

# Supporting the Health and Wellbeing of Young People in Newcastle

## A summary report of the Health Related Behaviour Survey 2015

These results were collected from a sample of primary pupils aged 8 to 11 and secondary pupils aged 12 to 15 in Newcastle in the spring of 2015.

This work was commissioned by Newcastle City Council and was co-ordinated by the Healthy School Team, Newcastle Hospitals Community Health. The data will be used to support the Newcastle Healthy School Programme, Personal, Social, Health and Economic education planning in schools and the Newcastle IBA Strategy. Teachers were informed how to collect the most reliable data and then pupils

completed a version of the questionnaire appropriate for their age group.

Year 4 and Year 6 pupils completed the Primary version of the questionnaire. Pupils in Years 8 and 10 completed the Secondary version of the questionnaire. All were undertaken anonymously.

A total of 5660 pupils from 58 schools in the city took part. They comprised 43 first and primary schools, 3 middle schools, 10 secondary and high schools, 1 special school and the Pupil Referral Unit.

### Cross-phase links

Many of the questions in each version of the questionnaire are identical or very similar. Some of the results of these questions are presented on page 6 of this document, so that behaviour can be seen across the age range.

### Trend data

The 2015 results have also been compared with the previous surveys in 2013 and 2011 to look for any changes. A selection of potential emerging trends is presented on page 7.

### 5660 young people were involved in the survey:

School Year	Year 4	Year 6	Year 8	Year 10	Total
Age	8-9	10-11	12-13	14-15	
Boys	834	887	499	645	2865
Girls	817	891	393	694	2795
Total	1652	1778	892	1339	5660

### Reference sample

Newcastle data have been compared with the SHEU wider survey sample where pupils have completed a similar version of the questionnaire. Over 78,000 pupils are involved in this sample and areas include Cambridgeshire, Croydon, Dudley, Essex, Greenwich, Hertfordshire, Lambeth, North Yorkshire, Plymouth, Somerset and Wolverhampton.

A selection of some of the differences, where the level seen in the Newcastle data is either 5% above or below that in the wider SHEU data, is indicated on pages 3 and 5. For more details please contact SHEU Tel. (01392 667272) [www.sheu.org.uk](http://www.sheu.org.uk)

### Topics include:

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Physical Activity

Relationships and sexual health

Safety

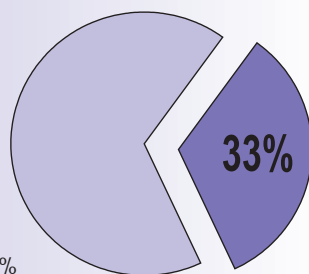
School

# Newcastle primary school pupils in Year 4 and Year 6 (ages 8 - 11)

- 71% of pupils described themselves as White UK and 4% said White non-UK. 13% described themselves as Asian, 5% Black, 3% as Mixed race and 1% Chinese.

## HEALTHY EATING

- 96% of pupils had something for breakfast on the morning of the survey; 2% had just a snack.
- 46% of pupils had cereal for breakfast, 30% had toast or bread on the morning of the survey.
- Pupils were asked to identify, from a list, the foods which they eat 'on most days'. 54% of pupils said they have fruit or vegetables, 23% said crisps, 13% chips or roast potatoes, and 21% said sweets 'on most days'.
- 21% said they have take-away/fast foods on at least '2 - 3 days a week', whereas 34% said 'rarely or never'.
- 33% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 8% had eaten none.**
- 83% of pupils described their weight as a 'healthy weight', 7% said they were overweight and 10% said underweight.
- 29% of pupils said they would like to lose weight.

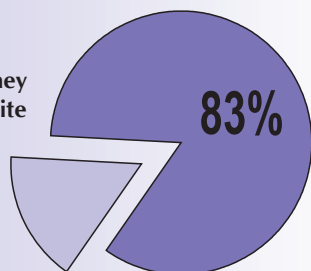


## Dental Care

- 80% of pupils reported that they cleaned their teeth at least twice on the day before the survey (the recommended frequency). 3% said they did not clean their teeth at all the day before the survey.
- 20% of pupils said they had fillings on their last visit to the dentist.
- 14% of pupils report drinking 'non-diet' fizzy drinks 'on most days'.

## PHYSICAL ACTIVITY

- 83% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.**
- 69% of pupils described themselves as 'fit' or 'very fit'.
- 41% of pupils walked all the way to school on the day of the survey, 5% came on their scooter. 7% came by car but parked and walked 300m or more and 39% came by car.
- 33% said they would like to cycle to school if they had a choice, 11% said they would like to come on their scooter.
- The top four physical activities for Year 6 pupils were:**



	Boys	Girls
Football	69%	56%
Running (races/tag)	58%	56%
Team sports	54%	55%
Going for walks	47%	40%

(The table shows the percentage of pupils taking part at least weekly)

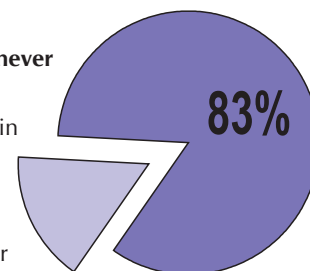
## DRUGS, ALCOHOL AND TOBACCO

### Drugs

- 93% of pupils said they have never been offered drugs, 4% didn't know and 3% said they had been.
- 7% said they are 'fairly sure' or 'certain' they know someone who uses drugs (not as medicines).

### Alcohol

- 83% of pupils said they have never drunk alcohol.**
- 96% of boys and 98% of girls in Year 6 said that they didn't drink any alcoholic drink in the last 7 days.
- 1% (n. 34) of pupils drank beer or lager, 1% (n. 34) said they drank wine in the week before the survey.
- When asked if their parents know if they drink alcohol, 86% of pupils said they don't drink alcohol, 11% of pupils reported that their parents 'always' know if they drink alcohol, 1% said usually. 2% of pupils reported that their parents 'never' or only 'sometimes' know if they drink alcohol.



### Tobacco

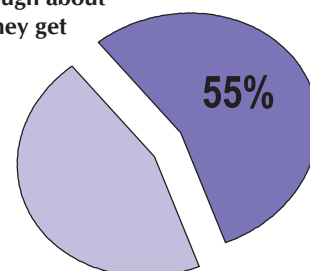
- 97% of pupils have never smoked a cigarette. 2% of pupils said they had tried smoking once or twice.
- 99% of pupils did not report smoking in the 7 days before the survey.**
- 2% of pupils said they will smoke when they are older, 11% said 'maybe'.**
- 35% of pupils said their parents/carers smoke. 11% of pupils report that their parents/carers smoke indoors at home and 8% said their parents/carers smoke in a car when they are in it.

## PUBERTY AND GROWING UP

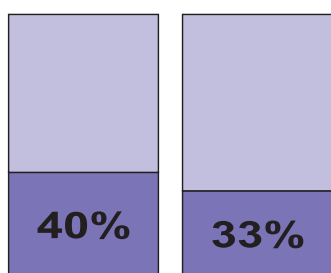
- When asked who the pupils would like to talk to them about growing up and body changes, the top Year 6 responses were:**

	Boys	Girls
Parents/carers	84%	90%
Other close relatives	45%	47%
Brothers and sisters	42%	39%
Friends	29%	39%

- 11% of boys and 18% of girls reported that they worry 'quite a lot' or 'a lot' about the way they looked.
- 14% of boys and 18% of girls said they worry 'quite a lot' or 'a lot' about body changes.
- 55% feel that they know enough about how their body changes as they get older, 31% are not sure and 15% said they don't know enough.**



## EMOTIONAL HEALTH & WELL-BEING



- 40% of boys and 33% of girls had high self-esteem scores.
- 5% of pupils had low self-esteem scores.
- 73% of pupils said they worry about at least one of the items listed in the questionnaire 'quite a lot' or 'a lot'.

### The top 5 worries for Year 6 pupils were as follows:

	Boys	Girls
SATs/tests	40%	45%
Crime	28%	26%
Health	23%	24%
Family	22%	23%
Bullying	21%	23%

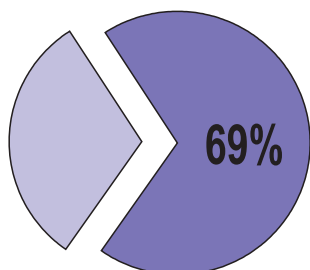
## SAFETY

### Cycle safety

- 77% of pupils report cycling. Of those who cycle, 49% said they wear a cycle helmet on most occasions or always, 13% said they 'hardly ever/never' wear a cycle helmet and 21% said they didn't have a cycle helmet.
- Of those who cycle, 39% of pupils said when they cycle in the dark or in poor weather, they 'most times' or 'always' switch on their bike lights. 6% said 'hardly ever/never'. 35% said they didn't have lights.

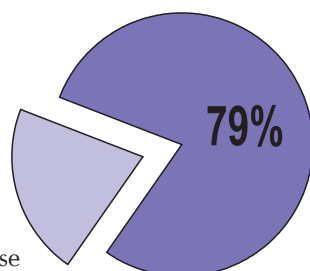
### Bullying

- 69% said that their school takes bullying seriously.
- 10% of pupils reported that they feel afraid of going to school because of bullying 'often' or 'very often'. 25% said 'sometimes' while 65% said 'never'.
- 23% of pupils said that they have been bullied at or near school in the last 12 months; 13% didn't know.
- 17% of pupils reported that they think they are bullied because of the way they looked and 12% because of their size or weight.
- 9% thought they were bullied because of their colour, race or religion.
- 58% of pupils said that when a friend wants them to do something they don't want to do, they can 'usually or always say no'.



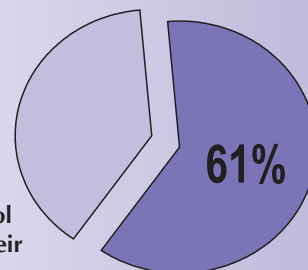
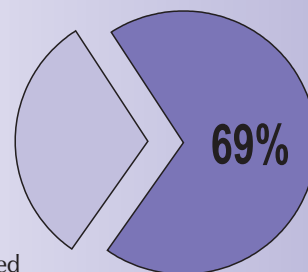
### Internet safety

- 79% of pupils said that they have been told how to stay safe while using the Internet.
- 22% of pupils have seen adult-only pictures online.
- 25% of pupils said that they use chat rooms or social networking sites like Facebook 'often' or 'very often/every day'.



## SCHOOL

- 69% of pupils said that school cares whether they are happy or not.
- 62% said their achievements in school are recognised.
- 55% of pupils said that their views and opinions are listened to in school.
- 25% of pupils thought that their views and opinions made a difference to how their school is run.
- 69% said that their school encouraged everyone to take part in decisions e.g. school council.
- 53% said that their school valued people with different backgrounds.
- 61% of pupils said that school teaches them to deal with their feelings positively.



## SIGNIFICANT DIFFERENCES BETWEEN THE NEWCASTLE 2015 SURVEY AND THE SHEU YEAR 6 REFERENCE SAMPLE

Newcastle Year 6 data has been compared with the SHEU wider data sample for Year 6 (over 25,000 pupils). In most cases, Newcastle pupils are similar to the wider sample. Some differences (more than 5%) include the following:

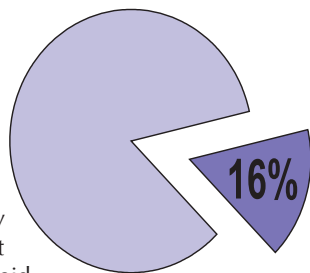
- 32% of Newcastle Year 6 pupils said that they would like to lose weight. This is higher than the 27% seen in the wider SHEU sample for Year 6 pupils.
- 33% of Year 6 Newcastle pupils said they had at least 5 portions of fruit and vegetables the day before compared with 28% of pupils in the wider sample.
- 10% of Newcastle Year 6 pupils said they had, at most a drink for breakfast on the day of the survey compared with 4% of pupils in the wider sample.
- 18% of Newcastle Year 6 pupils said they had a filling the last time they went to the dentist compared with 24% of pupils in the wider sample.
- 65% of Newcastle Year 6 pupils said that no one ever smokes at home. This compared with 58% of pupils in the wider sample.
- 39% of Newcastle Year 6 pupils recorded levels of high self-esteem. This is higher than the 33% of pupils recording the same in the wider sample.
- 28% of Newcastle Year 6 pupils said that they were afraid of going to school because of bullying at least 'sometimes' compared with 36% of the wider sample.
- 21% of Newcastle Year 6 pupils said that they had been bullied at or near school in the last 12 months. This is lower than the 27% of pupils saying this in the wider sample.
- 89% of Newcastle Year 6 pupils said that they have been told how to stay safe using the Internet. This is higher than the 80% of pupils saying this in the wider sample.
- 43% of Newcastle Year 6 pupils said that their views and opinions are listened to via school/class council. This is lower than the 48% of pupils saying this in the wider sample.

# Newcastle secondary school pupils in Year 8 and Year 10 (ages 12 - 15)

- 71% of pupils described themselves as White UK and 5% said White non-UK. 12% described themselves as Asian, 4% Black, 3% as Mixed race and 1% Chinese.
- 52% said they have no religion, 27% said they were Christian, 15% said they were Muslim.

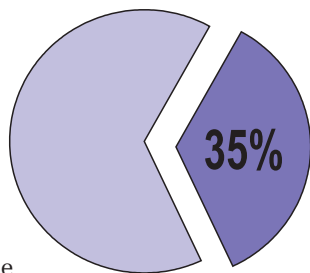
## HEALTHY EATING

- 93% of pupils reported having something for breakfast on the day of the survey, although 23% said it was just a drink.
- 4% said they had a chocolate bar or sweets and 13% said they had a fizzy drink for breakfast.
- 87% of pupils reported considering their health at least 'sometimes' when choosing what to eat. 16% of pupils consider their health 'very often' or 'always'.
- 43% of pupils are happy with their weight. 10% of pupils would like to put on weight while 47% would like to lose weight. 16% of pupils would like help with weight management.
- 76% of pupils described themselves as a 'healthy weight', 16% said they were 'overweight'.
- 15% of pupils said they had no lunch the day before the survey.
- 21% of pupils said that they have fizzy drinks (not low-cal.) 'on most days'.
- 26% of pupils said they eat sweets and chocolates 'on most days'. 25% said they eat crisps 'on most days'.**
- 53% said they eat fruit or vegetables 'on most days'.
- 14% said they eat chips/roast potatoes 'on most days'.
- 16% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey; 11% had eaten none.**
- 15% of pupils said their family has a take-away/fast food on at least '2-3 days a week'; 35% said 'rarely or never'.



## PHYSICAL ACTIVITY

- 67% of pupils reported that they enjoy physical activities 'quite a lot' or 'a lot'.
- 42% described themselves as 'fit' or 'very fit'. 15% said they were 'unfit' or 'very unfit'.
- 35% of pupils did at least five hours of at least moderate intensity physical activity last week; 17% said they did an hour or less.**
- 23% of pupils travelled to school by car on the day of the survey, 32% walked all the way and 2% came by bike.
- 17% of boys and 6% of girls said they would like to travel to school by bike if they had a choice.



## DRUGS, ALCOHOL & TOBACCO

### Drugs

- 89% of pupils have never taken drugs. 4% of pupils say they have taken one of the drugs listed in the questionnaire within the last month.**
- 70% of pupils said that they thought legal highs are 'always unsafe'. 13% said they thought they were safe if used properly.
- 80% of pupils have not been offered cannabis.
- By far the most commonly taken drug is cannabis, with 9% saying that they have taken this.
- 5% of pupils reported taking an illegal drug and alcohol on the same occasion.
- Of the most common drugs, the percentage of pupils saying they had taken them were:**

Have ever used	Year 8	Year 10
Cannabis	2%	13%
Legal Highs	1%	3%
Other illegal drugs	1%	1%

### Alcohol

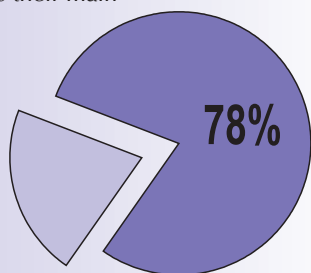
- 87% of pupils did not drink alcohol the week before the survey.**
- 3% of boys and 5% of girls drank over 14 units last week.
- 0% of pupils bought alcohol themselves from a supermarket, 1% said from an off-licence and 2% got adults outside shops to buy it for them.
- 4% of pupils said family/friends over 18 bought/gave them the alcohol.
- 6% of pupils said that they had drunk alcohol at home with their parents knowledge; 2% said this was without their parents knowledge.
- 5% drank alcohol at a friend or relations' home and 3% drank outside in a public place.
- 12% said they had been drunk at least once or twice a month in the last year.

### Tobacco

- 74% of pupils said they have never smoked a cigarette. 14% of pupils said they had tried smoking once or twice.
- 7% of pupils said they had smoked a cigarette in the seven days before the survey.
- 1% of Year 8 boys and 9% of Year 10 boys say they smoke 'occasionally' or 'regularly'. 4% of Year 8 girls and 14% of Year 10 girls say they smoke 'occasionally' or 'regularly'.**
- Of the Year 10 girls, 6% had bought 'single' cigarettes, 5% had bought cigarettes from other sellers e.g. from neighbours, market stalls, car boots, ice cream vans etc. 6% bought packets with health warnings in foreign languages and 5% had bought counterfeit cigarettes.
- 37% of pupils said their parents/carers smoke. 16% of pupils report their parents/carers smoke indoors at home and 9% said their parents/carers smoke in a car when they are in it.
- 7% of pupils said that smoking at home only happens on the doorstep, 18% said only outside. 8% said it only happens in certain rooms but 4% said smokers can smoke anywhere.
- 33% of pupils reported that they have used an electronic cigarette/vapouriser. 11% of pupils said they had bought them and 2% said they use an electronic cigarette regularly.**

## RELATIONSHIPS AND SEXUAL HEALTH

- 29% of Year 10 pupils believe there is a contraception advice service for young people available locally, 59% didn't know.
- 40% of pupils said that school sex education lessons are their main source of information about sex, 23% said friends are. 16% said their family was their main source.
- 78% of Year 10 pupils have never had a sexual relationship.**
- 18% of Year 10 pupils said they have had sex but only 9% of pupils said they always use contraception/barriers against STIs when having sex.



## EMOTIONAL HEALTH AND WELLBEING

- 49% of boys and 31% of girls had high self-esteem scores.**
- 5% of pupils had low self-esteem scores.
- 64% of pupils said they worried about at least one of the items listed in the questionnaire at least 'quite a lot'.
- The top 3 worries for Year 10 pupils were as follows:**

	Boys	Girls
Exams and tests	38%	66%
Career	20%	49%
School-work	18%	45%

## SAFETY

### Bullying

- 4% of pupils reported that they feel afraid of going to school because of bullying 'often' or 'very often'. 13% said 'sometimes' while 83% said 'never'.
- When asked if they had ever been bullied at or near school in the last 12 months, 15% of secondary pupils said 'yes'; 11% didn't know if they had.**
- 40% of pupils think that their school takes bullying seriously.
- 5% said that they had bullied someone else in the past 12 months.
- 7% reported that they had been a victim of violence or aggression in the area where they live, in the last twelve months.
- 67% of pupils said that when a friend wants them to do something they don't want to do, they can 'usually or always' say no.

### Sun safety

- 96% of pupils have never used a tanning salon/sunbed. 2% have used one at home, 1% at a friend's home and 2% at a shop or salon.

### Internet safety

- 57% of pupils said they have used an Internet chat room.
- 86% of pupils said that they have been told how to stay safe while using the Internet.
- 59% of boys have seen images online that were for adults only. 55% of boys have looked online for pornographic or violent images, films or games.**

## SCHOOL

- 39% of pupils agreed that their school cares whether they are happy or not.**
- 21% of pupils agreed that their school teaches them how to manage their feelings.
- 46% of pupils agreed that in their school people with different backgrounds were valued.
- 51% agreed that their school encouraged everyone to take part in decisions.
- 16% agreed that what pupils say makes a difference to the decisions taken in school.

## SIGNIFICANT DIFFERENCES BETWEEN THE NEWCASTLE 2015 SURVEY AND THE SHEU REFERENCE SAMPLE

For most of the questions in the questionnaire, Newcastle secondary pupils give similar responses to the wider SHEU data (over 53,000 pupils). Some differences (more than 5%) include:

- 71% of Newcastle secondary pupils described themselves as 'White UK'. This is lower than the 80% seen in the wider SHEU sample.
- 43% of Newcastle pupils said they were happy with their weight as it is. This is lower than the 48% of pupils who said this in the wider sample.
- 6% of Newcastle pupils said they had nothing at all to eat or drink for breakfast on the day of the survey. This compared with 11% of pupils in the wider sample.
- 16% of Newcastle pupils said that they 'often' or 'always' consider their health when choosing what to eat compared with 23% of pupils in the wider sample.
- 12% of Newcastle Year 10 girls said they had at least 5 portions of fruit and vegetables the day before. This is lower than the 17% of girls saying this in the wider sample.
- 85% of Newcastle pupils said that they had been to a dentist in the last year compared with 95% of pupils in the wider sample.
- 26% of Newcastle pupils said they had smoked in the past or smoke now. This is higher than the 21% seen in the wider sample.
- 13% of Newcastle pupils said they had an alcoholic drink in the last 7 days. This is lower than the 18% of pupils saying this in the wider sample.
- 15% of Newcastle pupils said they have been bullied at or near school in the last 12 months. This is lower than the 21% of pupils saying this in the wider sample.
- 40% of Newcastle pupils said that their school takes bullying seriously. This is lower than the 56% of pupils saying this in the wider sample.
- 43% of Newcastle pupils said that they worry about exams and tests at least 'quite a lot'. This is lower than the 49% of pupils saying this in the wider sample.
- 28% of Newcastle pupils said that they worry about the way they look. This is lower than 37% reported in the wider sample.
- 21% of Newcastle girls said that they enjoy physical activities 'a lot'. This is lower than the 28% of girls saying this in the wider sample.

# Cross phase data: Questions included in both the primary and secondary versions of the 2015 questionnaire

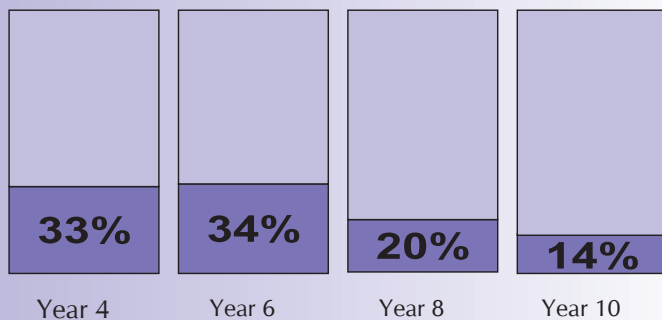
## Cross-phase data

The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

## HEALTHY EATING

### Five a day?

- Secondary school pupils are less likely to say that they had at least 5 portions of fruit and vegetables on the day before the survey, compared with primary aged pupils who said the same. 33% of Year 4, 34% of Year 6 pupils compared with 20% of Year 8 and 14% of Year 10 pupils.

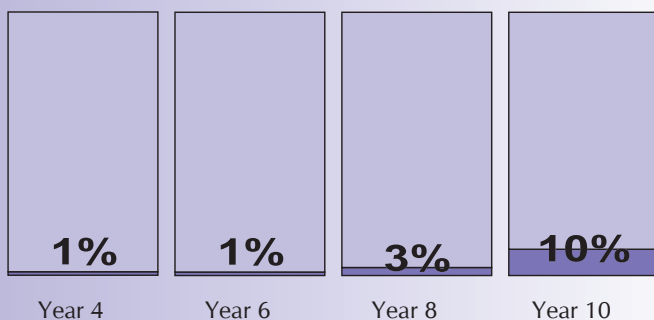


- Primary aged girls were less likely to report having nothing to eat for breakfast: Year 4 girls 7%, Year 6 girls 8%, Year 8 girls 25% and Year 10 girls 35%.
- Crisps 'on most days' seem popular across both primary and secondary age ranges: 22% of Year 4 pupil, 23% of Year 6 pupils, 25% of Year 8 pupils and 25% of Year 10 pupils had crisps 'on most days'. A slight rise with age is apparent.
- 21% of primary pupils have a take-away meal on at least '2- 3 days a week'. This is slightly higher than the 15% of secondary pupils who said the same.

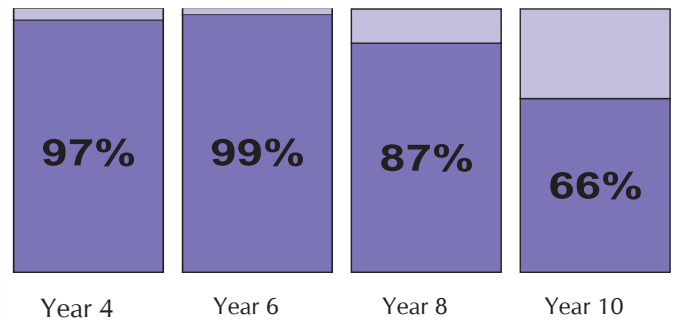
## TOBACCO

### Did you smoke last week?

- 1% of Year 4 and 1% of Year 6 pupils smoked a cigarette in the week before the survey. 3% of Year 8 pupils and 10% of Year 10 pupils said the same.



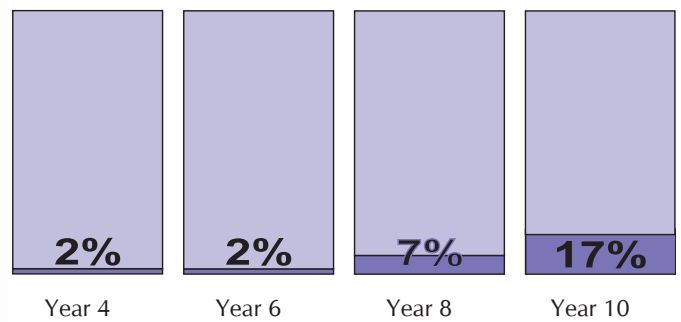
- 97% of Year 4 pupils said that they had 'never smoked at all'. 99% of Year 6, 87% of Year 8 and 66% of Year 10 pupils said the same.



## ALCOHOL

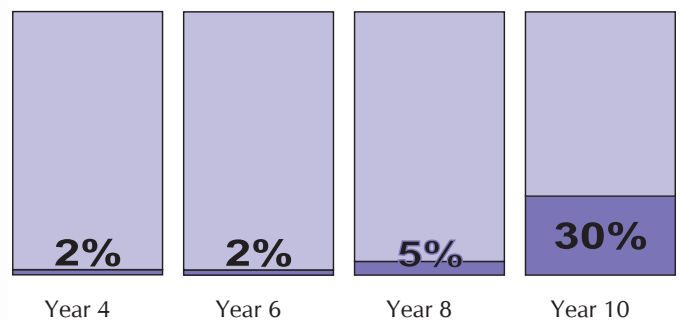
### Have you had an alcoholic drink in the week before the survey?

- 2% of Year 4 and Year 6 pupils said they had an alcoholic drink in the week before the survey. 7% of Year 8 and 17% of Year 10 pupils said the same.



## ILLEGAL DRUGS

- 2% of Year 4 and Year 6 pupils said that they had been offered drugs. 5% of Year 8 and 30% of Year 10 pupils said they had been offered cannabis.



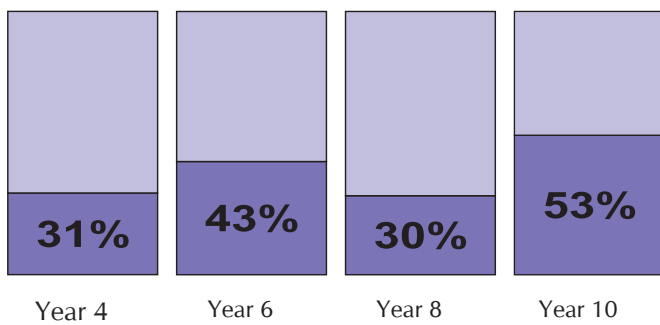
## EMOTIONAL HEALTH & WELLBEING

### Are you ever afraid of going to school because you may be bullied?

- 42% of Year 4 pupils and 28% of Year 6 pupils said they feel afraid of going to school at least sometimes. This drops to 19% of Year 8 and 16% of Year 10 pupils.
- When asked if they had ever been bullied at school, 25% of Year 4 and 21% of Year 6 pupils said they had. This falls to 14% who said this in Year 8 and 15% in Year 10.

## How much do you worry about problems?

- 31% of Year 4 pupils and 43% of Year 6 pupils said they worried about school tests 'quite a lot' or 'a lot', this falls to 30% of Year 8 but rises again to 53% of Year 10 pupils.

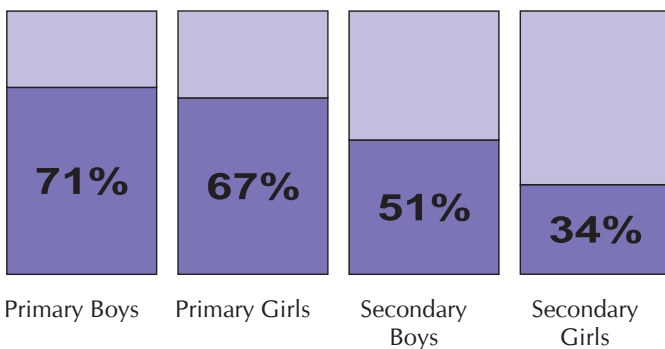


- 28% of secondary pupils worried about the way they looked, only 15% said the same in the primary survey.

## PHYSICAL ACTIVITIES

### How fit?

- 71% of primary aged boys and 67% of primary aged girls described themselves as fit/very fit. This compares with 51% of secondary aged boys and 34% of secondary aged girls.



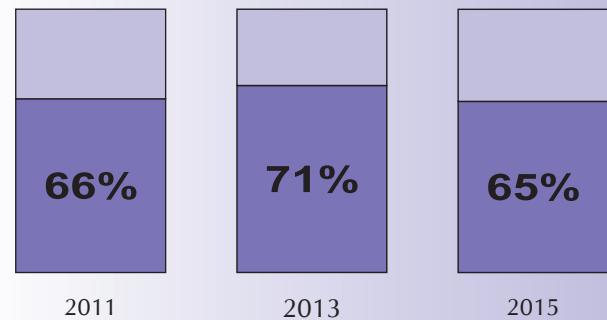
- 83% of primary pupils said that they enjoy physical activities 'quite a lot' or 'a lot'. 67% of secondary pupils said the same.

## PRIMARY CHANGES SINCE 2011

Some caution is advised when interpreting these changes as not all schools are included in each wave of the survey. The following questions however, have been identified as noteworthy for monitoring of any potential emerging trends:

- 6% of pupils in Year 6 in 2011 said that they had an alcoholic drink in the last 7 days. This fell to 2% of Year 6 pupils in 2013. In 2015, again 2% of Year 6 pupils said this.
- 11% of pupils in 2011 said that they knew someone personally who used drugs not as medicines. This fell to 8% of pupils in 2013 and again to 7% in 2015.
- When asked about cycling. 14% of pupils in 2011 said that they don't cycle. This figure increased to 22% in 2013. In 2015 it has increased again to 23% saying they don't cycle.
- 42% of pupils in 2011 said that their parents/carers smoked. This fell to 38% of pupils in 2013. In 2015 this has fallen again to 35%.
- 22% of pupils in 2011 said that they had 5 or more portions of fruit and vegetables the day before. This increased to 34% in the 2013 survey and is 34% again in 2015.
- 38% of pupils in 2011 said that they thought their views and opinions made a difference to how their school is run. This fell to 31% in 2013 and again to 25% in 2015.

- 66% of primary pupils in 2011 said that they were 'never' afraid of going to school because of bullying. In 2013 this increased to 71%. In 2015 this fell to 65%.



## SECONDARY CHANGES SINCE 2011

Some caution is advised when interpreting these changes as not all schools are included in each wave of the survey. The following questions however, have been identified as noteworthy for monitoring of any potential emerging trends:

- 26% of secondary pupils in 2011 said that they had never drunk alcohol at all. This increased markedly in 2013 to 40% and in 2015 this has increased again slightly to 41%.
- 21% of pupils in 2011 said that they had an alcoholic drink in the last 7 days. This fell to 13% of pupils in 2013 and remains at 13% in 2015.
- 69% of pupils in 2011 said that they have never smoked at all. This increased to 77% of pupils in 2013 but has fallen back slightly to 74% in 2015.
- 30% of pupils in 2011 said that they worried 'quite a lot' or 'a lot' about the way they look. In 2013, this fell to 24% but has risen again to 28% in 2015.
- 12% of pupils in 2011 said that they would like help with their weight management. This increased to 17% but has fallen back slightly to 16% in 2015.
- 45% of pupils in 2011 and 2013 said they would like to lose weight. This has increased slightly to 47% in 2015.
- 14% of pupils in 2011 said that they had at least 5 portions of fruit and vegetables the day before. In 2013, this figure increased to 18% in 2013 but has fallen back slightly to 16% in 2015.
- 49% of pupils in 2011 said that their school takes bullying seriously. This fell to 43% in 2013 and in 2015 this has fallen again to 40%.
- 16% of pupils in 2011 said they had been bullied at or near school in the last 12 months. In 2013 and 2015, 15% of pupils said this.
- 37% of pupils in 2011 said that they sweets, chocolate etc. 'on most days'. In 2013, this figure fell to 28% and in 2015 it has fallen again to 26%.
- 19% of pupils in 2011 said that they had embarrassed themselves after drinking alcohol during the last year. In 2013, this figure fell to 15% and again to 13% in 2015.
- 18% of pupils in 2011 said that they had been offered cannabis. This figure increased to 21% in 2013 but has fallen back slightly to 20% in 2015.
- 23% of Year 10 pupils in 2011 said that they were, or had been in a sexual relationship. In 2013, this figure fell to 18% and again in 2015 to 17%.
- In 2011, 66% of pupils said they could say 'no' to a friend who was asking them to do something they didn't want to do. In 2013, 65% of pupils said this and in 2015, 67% of pupils said they could say 'no'.

# The Way Forward – over to you

We are grateful to the teachers, schools, and young people for their time and contributions to this survey. As a result of their work we have excellent data to be used by schools, as well as both statutory and voluntary agencies that support the health of young people in Newcastle. This work will inform action plans for joint working between and within organisations involved in improving the health and wellbeing of pupils in schools. The data will be used to inform the planning of public health interventions to improve the health and wellbeing of children and young people in Newcastle and to support the implementation and monitoring of the Newcastle Children and Young Peoples' Plan.

## Newcastle Schools who took part in the survey:

Archibald First School, Atkinson Road Primary Academy, Beech Hill Primary School, Benfield School, Broadwood Primary School, Canning Street Primary School, Central Walker CE VC Primary School, Chillingham Road Primary School, Discovery School, English Martyrs' RC Primary School, Excelsior Academy, Gosforth Academy, Gosforth Central Middle School, Gosforth East Middle School, Gosforth Junior High Academy, Grange First School, Hawthorn Primary School, Heaton Manor School, Hilton Primary Academy, Kenton Bar Primary School, Knop Law Primary School, Linhope PRU, Milecastle Primary School, Moorside Community Primary School, Mountfield Primary School, Newcastle Bridges School, Newcastle College 14 -16 School, Ravenswood Primary School, Sacred Heart RC Primary School, Sacred Heart Catholic High School, Simonside Primary School, St. Alban's RC Primary School, St. Catherine's RC Primary School, St. Charles' RC Primary School, St. Cuthbert's Catholic Primary School, St. Cuthbert's High School, St. John Vianney RC Primary School, St. John's Primary School, St. Joseph's RC Primary School, St. Michael's RC Primary School, St. Oswald's RC Primary School, St. Paul's CE Primary School, St. Teresa's Catholic Primary School, Stocksfield Avenue Primary School, Studio West, Thomas Walling Primary School, Throckley Primary School, Tyneview Primary School, Walbottle Campus, Walbottle Village Primary School, Walkergate Primary School, West Denton Primary School, West Jesmond Primary

School, West Walker Primary School, Westerhope Primary School, Westgate Hill Primary School, Wingrove Primary School and Wyndham Primary School.

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