

GUERNSEY YOUNG PEOPLE'S SURVEY 2016

WHAT IS IT?

The Guernsey Young People's survey is an online questionnaire completed by all Bailiwick of Guernsey pupils in Years 6, 8 & 10. Students respond confidentially and anonymously to 70+ questions which gauge the views, attitudes and behaviour of Bailiwick young people today

THE RESULTS

All the data is collected, analysed and presented in an informative, accessible manner

WHAT IS THIS DOCUMENT FOR?

We have analysed the statistics for 2016 and presented them in a fun and informative manner



YOUNG PEOPLE'S SURVEY 2016 CONTENTS AND INTRODUCTION

PAGE 1	ALCOHOL		PAGE 9	INTERNET SAFETY	
PAGE 2	EXPERIENCE WITH DRUGS		PAGE 10	BODY IMAGE	
PAGE 3	EXPOSURE TO SMOKING		PAGE 11	A HEALTHY AND ACTIVE CHILD	
PAGE 4	SEXUAL HEALTH		PAGE 12	PHYSICAL ACTIVITY	
PAGE 5	REACHING POTENTIAL		PAGE 13	MEDIA DEVICE USAGE	
PAGE 6	SELF-ESTEEM		PAGE 14	HEALTHY HABITS	
PAGE 7	WORRIES AND CONCERNS		PAGE 15	HEALTHY EATING	
PAGE 8	BULLYING				

Welcome to the Guernsey Young People's Survey results booklet 2016

The Guernsey Young People's Survey has been undertaken since the early 1990's and is the key evidence base for the collation of the views, attitudes and health behaviours of young people in the Bailiwick of Guernsey. Just over 1500 pupils in Years 6, 8 & 10 answered 70+ questions on behaviour, views and attitudes to life in Guernsey. The Year 12 survey will be undertaken in January 2017.

Each school will receive their own results and there is a wealth of evidence and reports that have been produced and can be found on our Young People's Survey website: www.gov.gg/youngpeoplesurvey

There has been input from many colleagues in drawing together the questions. These include colleagues from The Sports Commission; The Youth Commission; healthy weight team, Drug and Alcohol Strategy, health improvement/promotion teams; SHARE.

The Survey is all about young people, so this year we have ensured that young people were involved in analysing and producing the results. We had a research team of Guernsey undergraduates who have produced the findings. They considered it very important that we presented the findings in a way that was accessible to young people so we have produced some short booklets of infographics. These look at the results generally and consider changes since 2013.

If you have any enquiries, please contact Alun Williams on alun.williams@gov.gg or telephone tel: 07911 728059



Research Assistants and Lifelong Learning Manager L-R:
Ciara Fossey, Nicole Petit, Alun Williams and Francesca Lewis

ALCOHOL



19%

of Secondary school students report drinking in the week before the survey

Females' choice of drink is either wine/champagne or spirits

Males are mainly drinking cider



This figure was 4% for Primary school pupils

11% of Year 8 & 10s reported alcohol caused a problem for them in the last year

70% answered that they have never drunk more than intended



17%

of Secondary school students report being offered Cannabis

Cannabis has been offered to 1% of Primary school pupils

9% have tried Cannabis

DRUG EXPOSURE

34% of Secondary and 6% of Primary school pupils said they were 'fairly sure' they knew someone who takes drugs

10% of Secondary students have taken one of the listed drugs

90%
OF SECONDARY STUDENTS HAVE NEVER EXPERIENCED DRUGS

EXPERIENCE WITH SMOKING

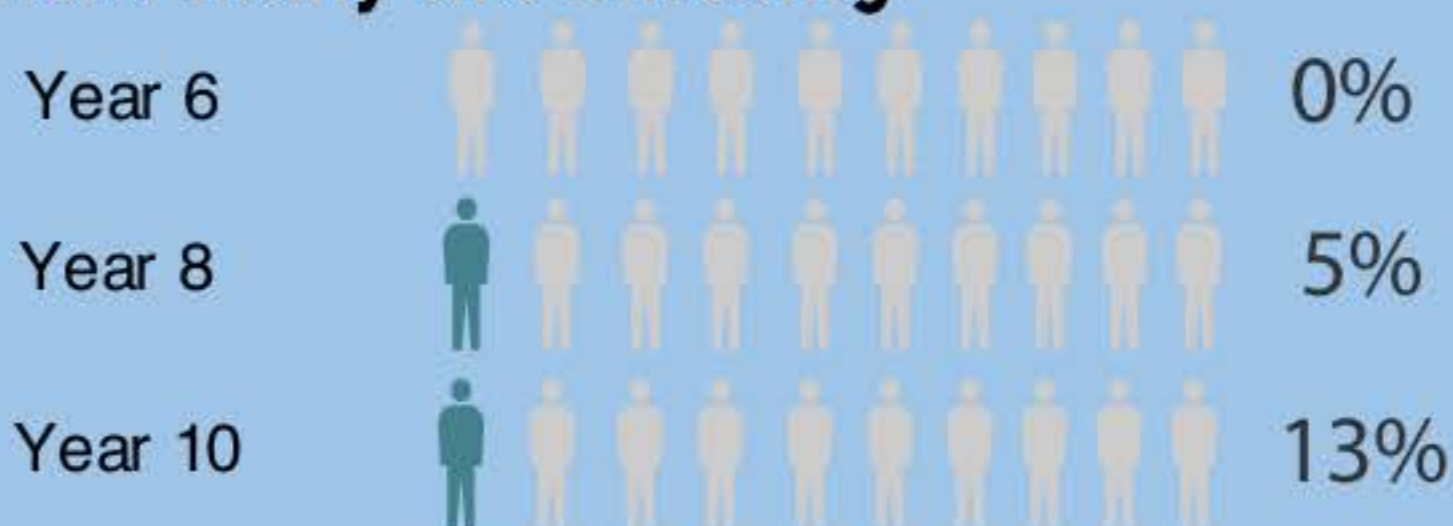
Prevalence of SMOKING in Year 6, 8 & 10 Pupils

2% of Year 6, 13% of Year 8 & of 38% of Year 10 students report they have tried smoking

The question regarding e-cigarettes was only asked to Secondary school students. 23% of Year 8 & 10 students report that they have tried e-cigarettes

Students who reported that their parents/carers smoked in rooms they use at home

How many are smoking



How many are using e-cigarettes



Parents or Guardians who smoke



Passive smoking exposure



Don't think they will smoke in the future



Safe & Nurtured: Sexual Health



Sexual Health



Year 8 & 10 pupils were asked about their knowledge of Island services that could provide sexual health information and free contraception. Additionally Year 10 students were asked whether they had experienced a sexual relationship.



of students know there is a special contraception and advice service.



67%



79%



44%



49%



Year 8



Year 10

Across both year groups it was reported that **SEX AND RELATIONSHIPS EDUCATION LESSONS** were their main source of information on this topic.



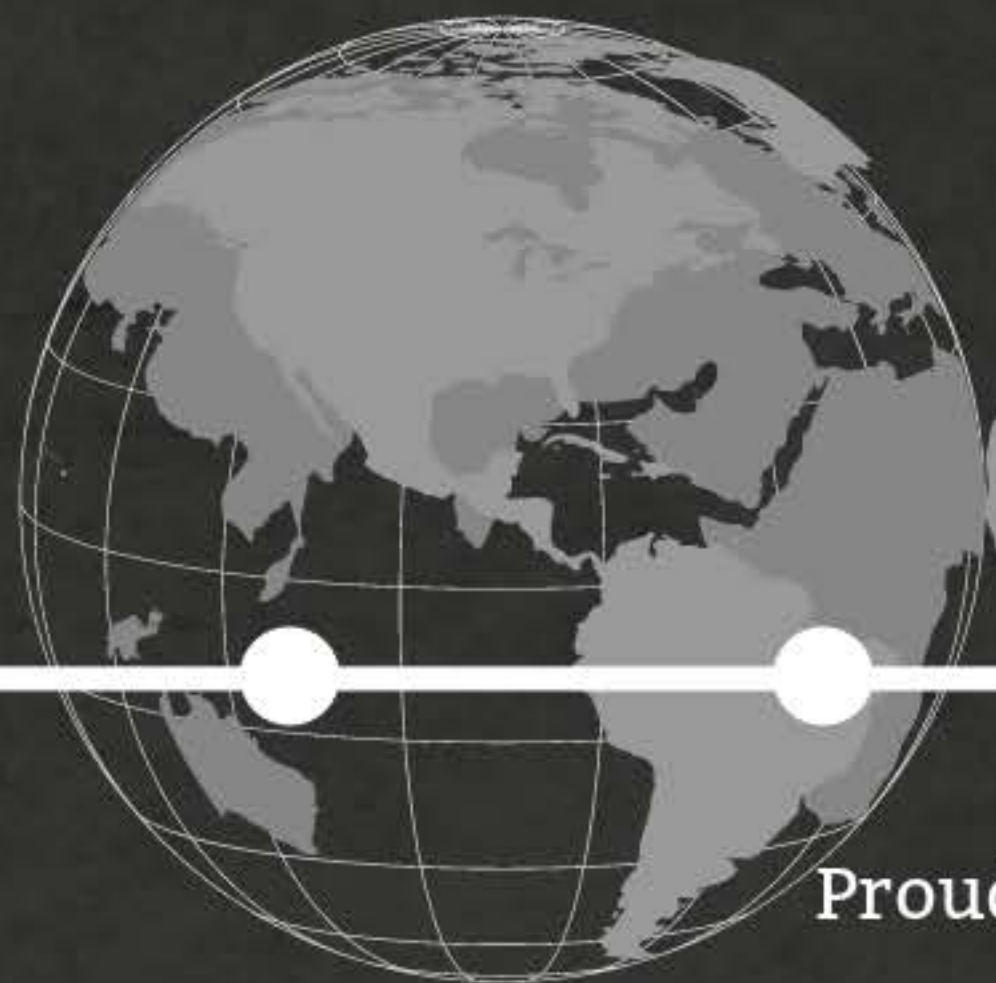
Year 8



Year 10

of students know where they can get free condoms.

REACHING POTENTIAL



Volunteered in the last month
22%

Enjoying "all" or "most" lessons
57%

Proud to belong to their educational establishment
80%

Desire to participate in extra-curricular activities
80%

83%

of Year 6 pupils reported going to Parks and Open spaces in the last 4 weeks, whereas,

64%

of Year 8 & 10 pupils attended these areas

63% of students regularly attend a Sports Club, 70% of Year 6 and 56% of Year 8 & 10 pupils

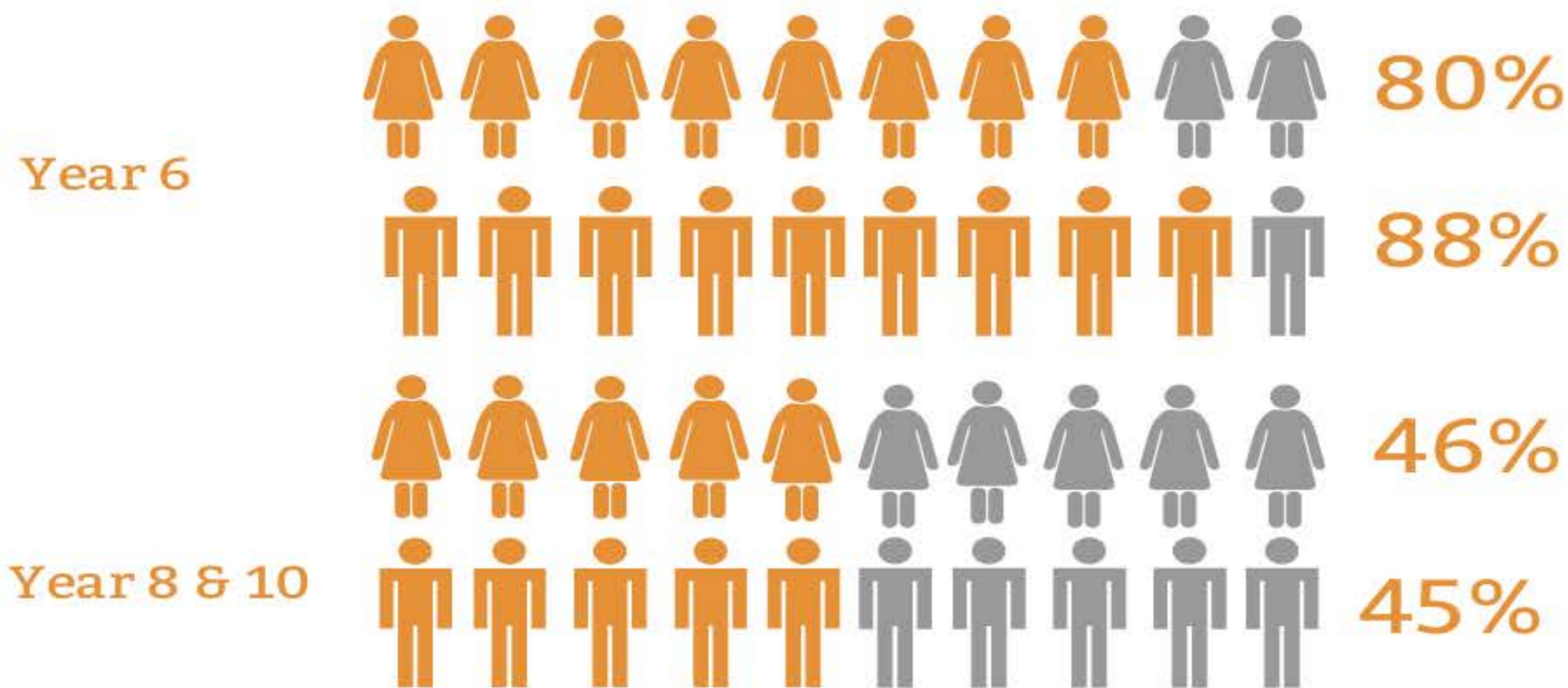
Barriers to participating in extra-curricular activities and physical activity



Self-esteem

Students were asked to respond to questions regarding inclusion and respect

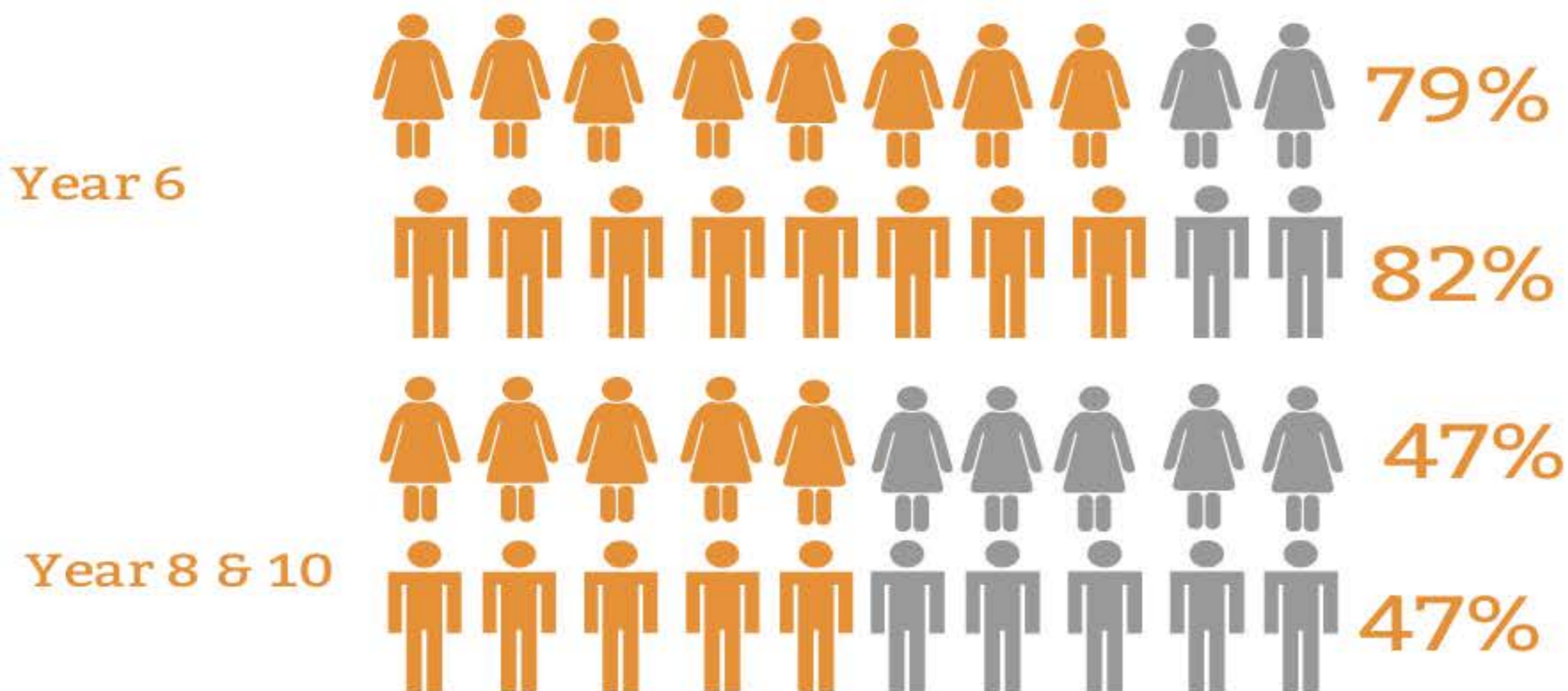
"I'M GLAD I AM WHO I AM"



34%

of Primary school pupils responded that their school asks for their opinions on how to improve the school 'a lot' or 'quite a lot'

"I GENERALLY FEEL HAPPY"



46%

of Secondary school students feel their school enables the students to make decisions about the future of their school/college

73%

of students report that they are happy with their life at the moment

16%

of students are not sure if they are happy with their life at the moment

11%

of students are NOT happy with their life at the moment

Year 8 & 10
students reported
**EXAMS AND
TESTS (53%)**
and
**SCHOOL / HOME
WORK (33%)**
as their greatest worries
and concerns

The issues most
worried about by
Primary pupils are
FAMILY (46%)
and
**WARS AND
TERRORISM (45%)**

PUPILS WERE ASKED
TO IDENTIFY THEIR
GREATEST
WORRIES AND CONCERNS

Parents are the highest rated
people that students would
turn to regarding their worries
and concerns, such as, alcohol,
bullying and school



BULLYING

TEASING & NAME CALLING

are the most common methods of bullying experienced

26%

of all young people reported being bullied "at or near school" in the last 12 months

41%

of students have been teased or made fun of in the past month

20%

of Year 6 Pupils report being bullied due to size or weight

6%

of all students reported "OFTEN" being AFRAID of going to school because of bullying

13%

of Year 6 students responded that they were called nasty names "OFTEN" or "EVERYDAY"

20%

of Year 8 & 10 pupils reported being excluded / left out of friendship groups in the last month



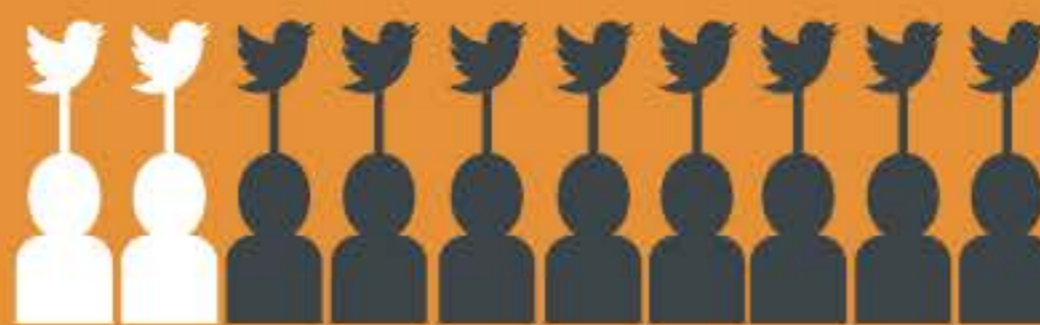
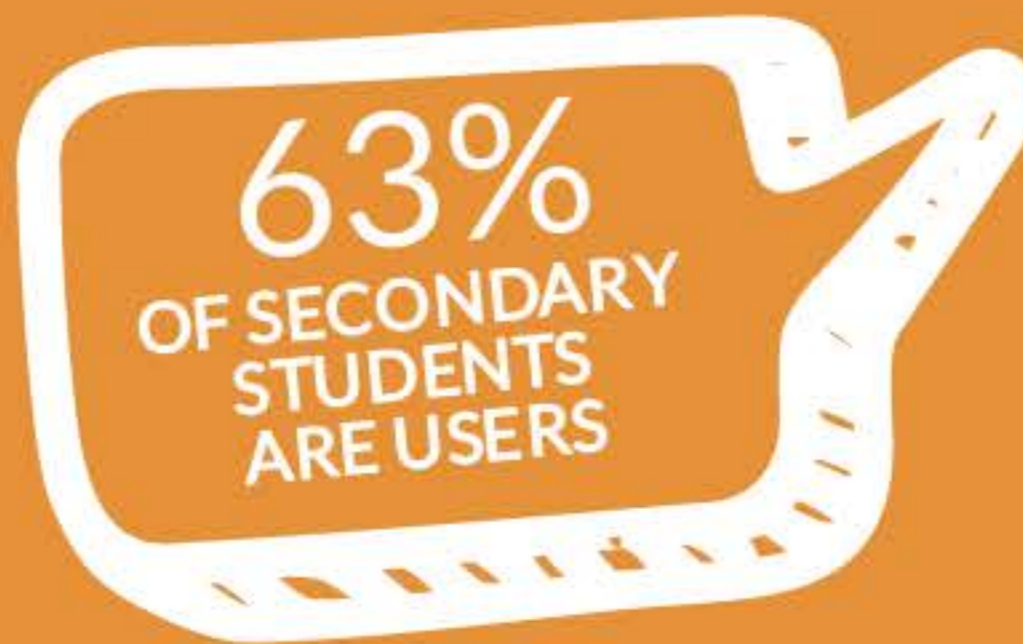
INTERNET SAFETY



22%

OF SECONDARY STUDENTS HAVE BEEN ASKED TO MEET SOMEONE THEY DO NOT KNOW VIA SOCIAL MEDIA

More than twice the number of females report concerns over internet safety compared with males



18% Year 8/10 males



42% Year 8/10 female



PRIMARY SCHOOLS



21% HAD RECEIVED UPSETTING OR SCARY MESSAGES BY PHONE OR ONLINE

14% 28%



30% OF SECONDARY SCHOOL STUDENTS HAD EXPERIENCED SCARY OR UPSETTING MESSAGES ONLINE



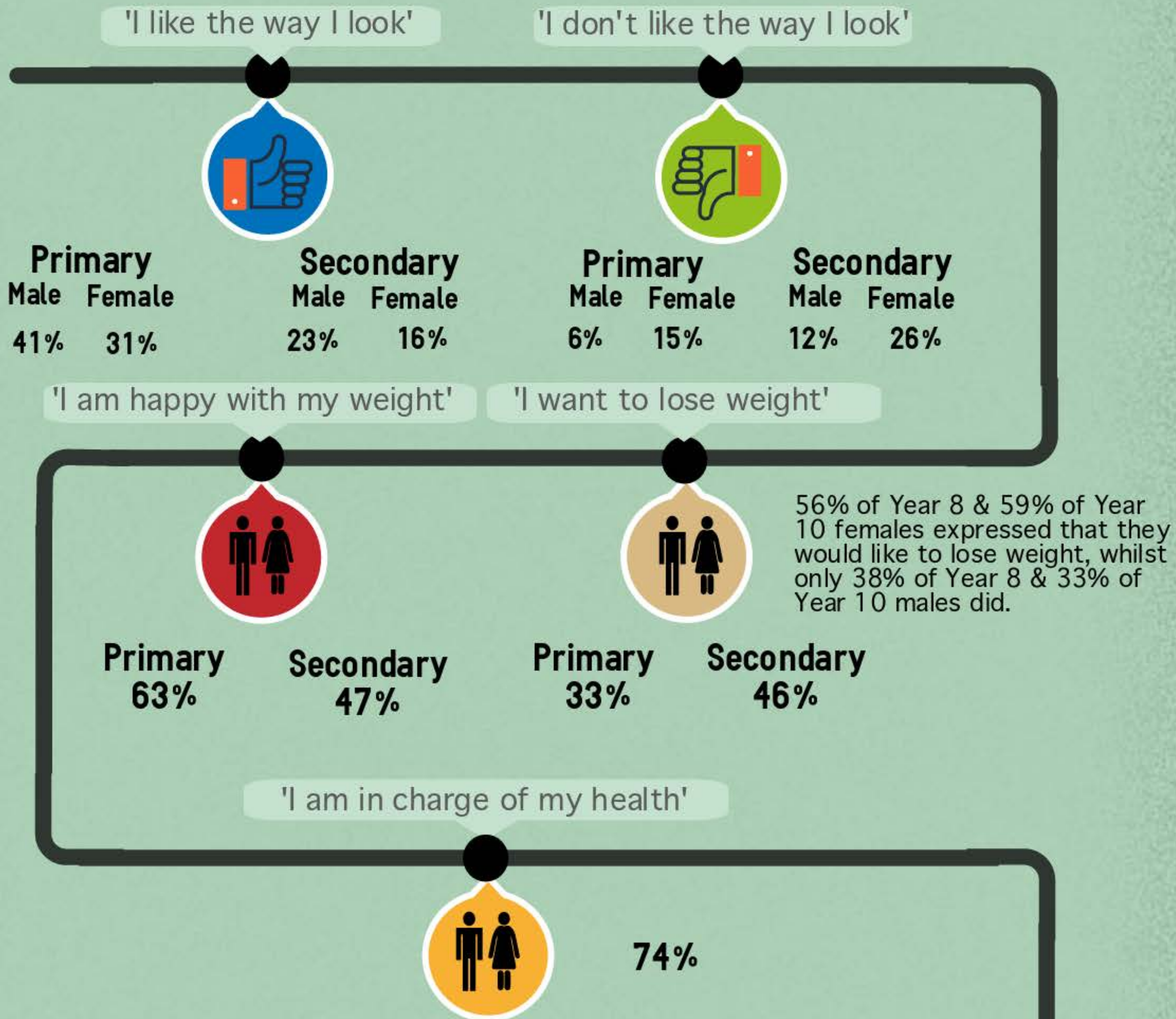
FACEBOOK
INSTAGRAM
TWITTER

ARE THE MOST POPULAR SOCIAL MEDIA APPS IN SECONDARY SCHOOLS



HEALTHY & ACTIVE : Body Image

Primary/Secondary Students were asked to respond to questions about how they feel about and perceive their body and weight



Generally more females answered 'I don't like the way I look' and 'I want to lose weight', whilst more males responded 'I like the way I look' and 'I am happy with my weight'.

74% of Secondary School Students felt that they were in charge of their health.

A HEALTHY AND ACTIVE CHILD

Primary/ Secondary School Students thought the following were 'very important' for remaining healthy and active, when asked to respond to a set of statements.



Students in the Bailiwick of Guernsey have a good understanding of what factors are important to remain healthy and active.

PHYSICAL ACTIVITY



PHYSICALLY ACTIVE
FOR AT LEAST 30
MINUTES, 5X OR
MORE A WEEK

55% OF
PRIMARY
PUPILS

48% OF
SECONDARY
STUDENTS



31% OF PRIMARY
PUPILS & 18% OF
SECONDARY
STUDENTS WALKED TO
SCHOOL TODAY



39% OF PRIMARY
PUPILS & 36% OF
SECONDARY
STUDENTS PHYSICALLY
ACTIVE FOR AN HOUR
OR MORE IN THE PAST 7
DAYS



63% OF PRIMARY &
61% OF SECONDARY
STUDENTS HAD BEEN
PHYSICALLY ACTIVE
IN THE PAST 7 DAYS

48%

OF PRIMARY PUPILS

&

43%

OF SECONDARY STUDENTS

REPORTED BREATHING FASTER
& FEELING WARMER WHILST
DOING PHYSICAL ACTIVITY IN
THE PAST 7 DAYS

MEDIA DEVICE USAGE



Year 6

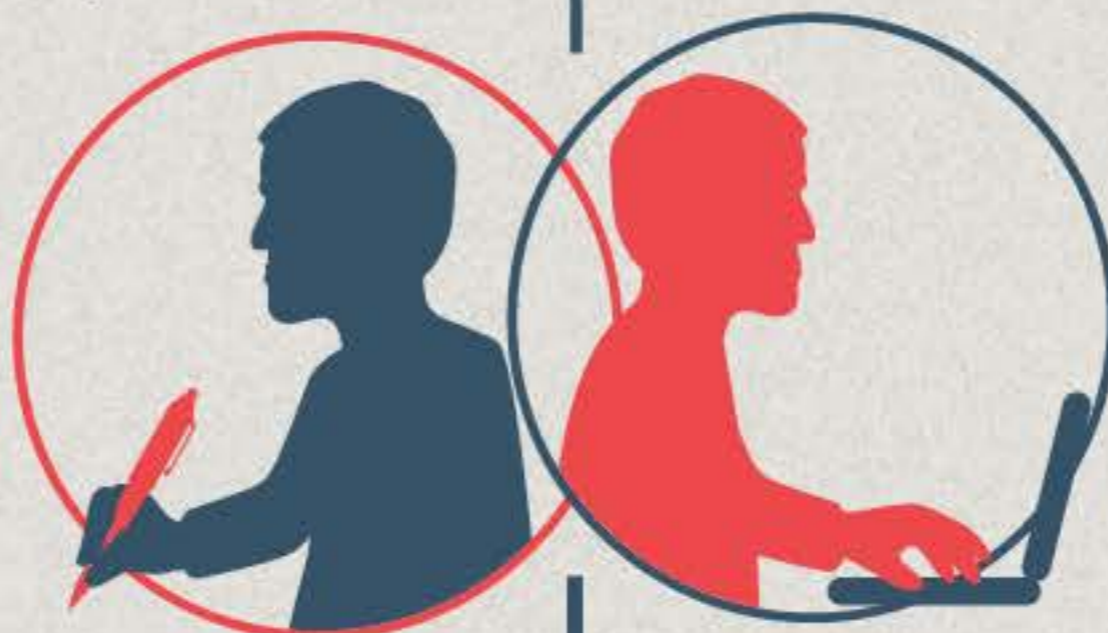
YEAR 8 & 10



23%

said they looked at a device screen for an hour or less on the day prior to the survey

27% looked at their screens for 3 or more hours



The number of Year 8 & 10s that looked at a device for an hour or less was



61% are looking at their devices for 3 or more hours a day



7%



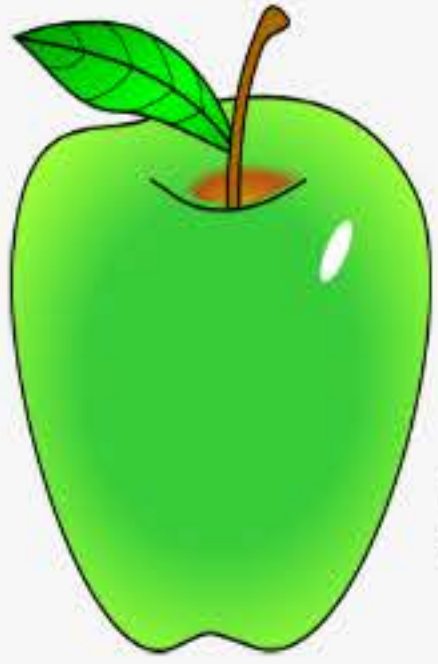
5+

hours a day



25%

There is a significant rise in device usage from Primary to Secondary School



HEALTHY HABITS

STUDENTS WERE ASKED ABOUT THEIR EATING HABITS AND INTAKE



EATING 5 FRUIT OR VEGETABLES A DAY

24% ATE 5 + PORTIONS A DAY



ENERGY DRINK CONSUMPTION

MALES

59%

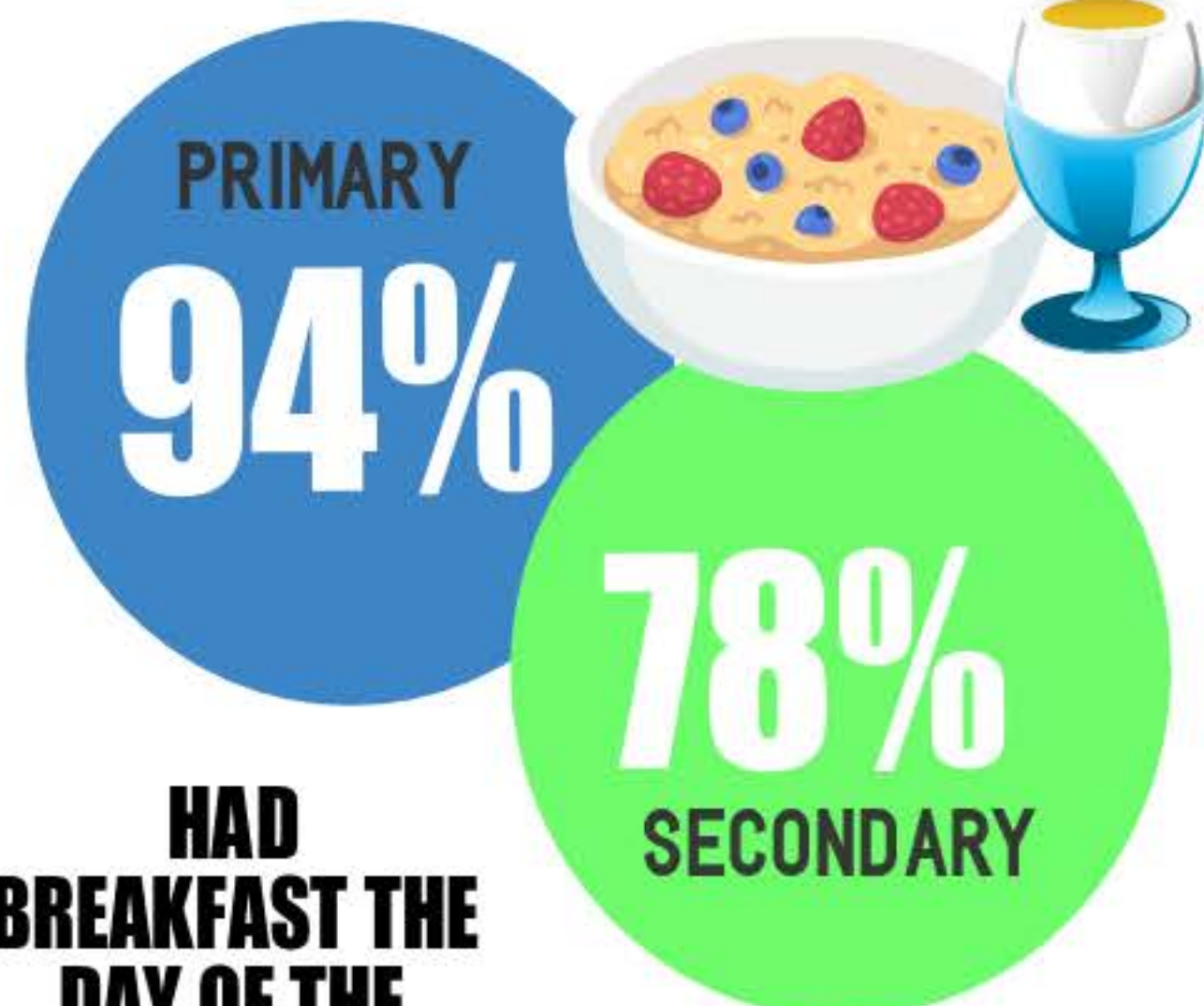
FEMALES

75%

PRIMARY SCHOOL PUPILS
REPORTED
'RARELY' OR 'NEVER'
HAVING ENERGY DRINKS

61% OF SECONDARY PUPILS 'NEVER'
HAVE HIGH ENERGY DRINKS OR ONLY
HAVE THEM 'ONCE A MONTH'

BREAKFAST



HAD
BREAKFAST THE
DAY OF THE
SURVEY



HEALTHY EATING

**PUPILS WERE ASKED ABOUT ASPECTS OF THEIR DIET
TO DETERMINE VIEWS AND ATTITUDES TOWARDS
HEALTHY EATING**



IN CHARGE OF THEIR HEALTH

74% OF
YR 8
& 10S



**FELT THEY WERE IN
CHARGE OF THEIR
OWN HEALTH**

**CONSIDERING
HEALTH IN
PRIMARY
SCHOOLS**

36%

**'VERY OFTEN' OR 'ALWAYS'
CONSIDER THEIR HEALTH WHEN
CHOOSING WHAT TO EAT**



**FEWER PUPILS
REPORTED THEY
'NEVER' OR
'SOMETIMES'
CONSIDER
HEALTH**

31%

**'VERY OFTEN' OR 'ALWAYS'
CONSIDER THEIR HEALTH WHEN
CHOOSING WHAT TO EAT**

23%

**SECONDARY SCHOOL
STUDENTS ARE ~~LESS~~
CONSCIOUS OF THEIR HEALTH
IN THEIR DIETS THAN PRIMARY
SCHOOL PUPILS**

10%



ANSWERED THEY 'NEVER'

CONSIDER THEIR HEALTH WHEN CHOOSING WHAT TO EAT