

The Guernsey Young People's Survey 2016

**A report for
Guernsey Secondary**

The Schools Health Education Unit

www.sheu.org.uk

SHEU

Survey Report 2016

Produced by the
Schools Health Education Unit

The contents of this book are © SHEU 2016. Users of the Health Related Behaviour Questionnaire survey service are permitted to reproduce or adapt these materials for use within the classroom only.

The support service we offer benefits from the continuous use and development of our materials, and feedback from users. Therefore, if you wish to make any contribution based on your own use of the survey service, we would be delighted to hear from you.

Contact:

Angela Balding, Survey Manager
Schools Health Education Unit
3 Manaton Court
Manaton Close
Matford
Exeter EX2 8PF

Tel: 01392 667272 Fax: 01392 667269

e-mail angela.balding@sheu.org.uk

CONTENTS

Page No.

FOREWORD	6
INTRODUCTION	7
GUERNSEY SECONDARY HEADLINES.....	8
2016/2013 COMPARISONS.....	12
INCLUDED AND RESPECTED	17
HEALTHY AND ACTIVE.....	19
EMOTIONAL HEALTH AND WELLBEING	46
SAFE AND NURTURED	56
REACHING POTENTIAL	59
LIST OF TABLES	68

N.B. The items in the questionnaire are reported below in a slightly different order, compared with the original survey booklet. This has been done to keep items on similar topics closer together.

Foreword

The Schools Health Education Unit (SHEU) is pleased to be able to produce your Report, which contains detailed information about the health beliefs and behaviour of your pupils.


SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

SHEU hope that your pupils found the experience of completing the questionnaire interesting and thought provoking.

Finally, SHEU would like to take this opportunity to thank you for your support and co-operation in agreeing to participate in this valuable research initiative.



Angela Balding
Survey Manager
Schools Health Education Unit



Dr. David Regis
Research Manager
Schools Health Education Unit

Introduction

The Health-Related Behaviour Survey, developed by the Schools Health Education Unit, is designed for young people of primary and secondary school age. The surveys have been developed over 30 years by health and education professionals, and over a million school children have taken part. In the last ten years, over four thousand schools and colleges have participated. Data arising from the survey can be used to inform planning decisions as well as being used in the classroom as the stimulus for discussion with young people.

This report should ideally be studied with reference to the original questionnaire and the survey results tables. The first is recommended because we may have paraphrased a question below for reasons of space, and the precise wording and position may be important for interpretation.

Preceding this report you should have received **The Survey Results Tables** (or online results), which contain more information than can be summarised here. You may want to refer to this if you want to look in more detail at the results of a particular question. The Survey Results Tables show the number of responses received for each question, which may be less than the total sample. Also in the Results Tables we show the results of each response for multiple-choice questions, whereas in this report answers may be selective or grouped.

A school's results are confidential and will not be shared with other organisations without the express permission of the school.

Additional services (graphs and discs) are available; please contact SHEU. In particular, we have designed a set of INSET workshops around different examples of using the questionnaire data. If you would like further details of these or have any comments on this report please contact us at the address on the front of the report.

If you would like further details about Government policy background, we have created an overview which can be downloaded from our website at: <http://sheu.org.uk/content/page/appendix>.

Administration

Staff in school will have been responsible for the classes selected for inclusion.

Anything special about the day of administration, or the pupils present and absent on that day, may affect the detail of the results.

The sample

This survey involved pupils from the following years. The numbers in each group are shown below.

	Guernsey	
	Yr 8	Yr 10
Boys	229	245
Girls	229	228

Please note that 27 pupil(s) didn't specify whether they are a boy or a girl and 0 didn't specify what year group they are in. These pupils will not be included in any tables or charts which are split by sex or year respectively, however they will be included in any total figures.

If the sample you sent to Exeter for analysis was small, then it may have been aggregated by sex or year, or merged with a sample from another school or schools. This is done so that the figures are not too influenced by the behaviour of any one individual, and to ensure that the anonymity of the respondents is not compromised. If you would like to discuss this in more detail, please contact the Unit directly.

Guernsey Secondary Headlines

	Guernsey	
	Yr 8	Yr 10
Boys	229	245
Girls	229	228

Included and Respected

ETHNICITY

- 80% of pupils responded that they are from Guernsey/Alderney, while 12% said they are English/Scottish/Welsh/Irish.

SPECIAL NEEDS

- 12% of pupils responded that they have a special need or disability, while 13% said they 'don't know' if they do.

HOME LIFE

- 65% of pupils responded that they live with their mother and father together.
- 14% of pupils responded that they live 'mainly or only' with their mother, while 2% said they live 'mainly or only' with their father.
- 4% of pupils responded that they would describe themselves as 'in care' with children's social care services, while 4% said they 'don't know' if they would.

Healthy and Active

CONTROL OVER HEALTH

- 91% agreed with at least one statement about being in control of their health (Q8a&c).
- 51% agreed with at least one statement saying that they aren't in control of their health (Q8b&d).
- 77% of the pupils in your survey had a net positive score for these questions (Q8a-d).
- 74% of pupils responded that they are in charge of their health, while 46% said that even if they look after themselves, they can still easily fall ill.

DIETING

- 7% of pupils responded that they would like to put on weight.
- 46% of pupils responded that they would like to lose weight.
- 47% of pupils responded that they are happy with their weight as it is.
- 15% of pupils responded that they never think about the way they look.
- 26% of pupils responded that they either 'love' or 'like' the way they look.
- 33% of pupils responded that they think they look OK.
- 26% of pupils responded that they either 'don't like' or 'hate' the way they look.

HEALTH

- 10% of pupils responded that they 'never' consider their health when choosing what to eat.
- 23% of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

MEALS

- 72% of pupils responded that they had breakfast on the day before the survey.
- 85% of pupils responded that they had lunch on the day before the survey.
- 96% of pupils responded that they had an evening meal on the day before the survey.

BREAKFAST

- 22% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.
- 3% of pupils responded that they only had a drink before lessons on the day of the survey.

LUNCH

- 50% of pupils responded that they bought their lunch at school on the day before the survey.
- 6% of pupils responded that they didn't buy their lunch at school on the day before the survey because they don't like the food, while 29% said they had a packed lunch.
- 3% of pupils responded that they didn't buy their lunch at school on the day before the survey because there wasn't enough time.

ENERGY DRINKS

- 36% of pupils responded that they 'never' drink 'high energy' drinks.
- 30% of pupils responded that they drink 'high energy' drinks 'at least once a month'.

5-A-DAY

- 8% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- 22% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

PHYSICAL ACTIVITY

- 3% of pupils responded that they did not exercise for at least 30 minutes in the week before the survey.

- ❑ 48% of pupils responded that they exercised for at least 30 minutes five times or more in the week before the survey.
- ❑ 4% of boys and 3% of girls responded that they didn't do any physical activity in the week before the survey.
- ❑ 56% of boys and 41% of girls responded that they did physical activity on at least five days in the week before the survey.
- ❑ 17% of pupils responded that they didn't do any physical activity that caused them to breathe faster and feel warmer in the week before the survey.
- ❑ 24% of pupils responded that they did physical activity that caused them to breathe faster and feel warmer on at least 5 days in the week before the survey.
- ❑ 29% of pupils responded that they didn't do any physical activity that caused them to breathe faster and feel warmer for an hour or more in the week before the survey.
- ❑ 15% of pupils responded that they did physical activity that caused them to breathe faster and feel warmer for an hour or more on at least 5 days in the week before the survey.
- ❑ 52% of pupils responded that they exercise as much as they like – nothing stops them. However, 27% of pupils responded that they don't have enough time to be as physically active as they would like, while 21% said they are shy in front of other people.

LEISURE ACTIVITIES

- ❑ 45% of pupils responded that they would like to do more team sport, while 23% said they would like to do more arts or performance activities.
- ❑ 48% of pupils responded that they 'never' take part in any volunteering or leadership work in school/college, while 29% said they 'sometimes' do.
- ❑ 23% of pupils responded that they take part in volunteering or leadership work in school/college at least 'once a week'; 6% said they do so 'three or more times a week'.

ALCOHOL

- ❑ 19% of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 6% of pupils responded that they drank on more than one day in the 7 days before the survey; 3% said they did so on at least three days.
- ❑ 8% of pupils responded that they got drunk on at least one day in the 7 days before the survey; 2% said they did so on more than one day.
- ❑ 2% of pupils responded that they drank over the advised weekly limit of alcohol for adults of 14 units in the 7 days before the survey.
- ❑ 4% of pupils responded that they drank pre-mixed drinks in the 7 days before the survey, while 7% said they drank spirits.

- ❑ 11% of pupils responded that they drank alcohol at home in the 7 days before the survey; 3% said they drank outside in a public place.
- ❑ 6% of pupils responded that they were given/bought alcohol by their parents/carers in the 7 days before the survey.
- ❑ 7% of pupils responded that they bought alcohol from a supermarket in the 7 days before the survey.
- ❑ 70% of pupils responded that they have 'never' drunk more alcohol than they intended in the last year.
- ❑ 12% of pupils responded that they have drunk more than they intended at least 'once or twice a month' in the last year, while 3% said they have done so 'once a week or more'.
- ❑ 11% of pupils responded that their use of alcohol has caused a problem for them or someone else at some point during the last year.
- ❑ 3% of pupils responded that their use of alcohol has caused a problem for them or someone else at least 'once or twice a month' during the last year; 1% said it has done so 'once a week or more'.

SMOKING

- ❑ 24% of boys and 26% of girls responded that they have tried smoking in the past or smoke now.
- ❑ 7% of boys and 12% of girls responded that they smoke 'occasionally' or 'regularly'.
- ❑ Of the 58 pupils who responded that they smoke 'regularly', 57% said they would like to give up smoking.
- ❑ 9% of pupils responded that they smoked in the 7 days before the survey.
- ❑ 5% of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.
- ❑ 28% of boys and 22% of girls responded that they have at least tried electronic cigarettes.
- ❑ 2% of boys and 1% of girls responded that they use electronic cigarettes 'regularly' (once a week or more).
- ❑ 30% of pupils responded that their parents/carers smoke.
- ❑ 11% of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 12% of pupils responded that someone smokes in a car when they are in it too.

ILLEGAL DRUGS

- ❑ 34% of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.
- ❑ 17% of pupils responded that they have been offered cannabis.
- ❑ 10% of pupils responded that they have taken at least one of the drugs listed.

- ❑ 5% of pupils responded that they took at least one of the drugs listed in the month before the survey.
- ❑ 9% of pupils responded that they have used cannabis.

Emotional Health and Wellbeing

WORRYING

- ❑ 80% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 35% of pupils responded that they worry about the way they look 'quite a lot' or 'a lot' and 28% said they worry about family problems.

SUPPORT

- ❑ 48% of pupils responded that their first source of support for school-work problems is their parents or carers, while 19% said they would go to a teacher

SELF-ESTEEM

- ❑ 30% of pupils appeared in the lower half of the self-esteem scale.
- ❑ 34% of pupils appeared in the highest bracket of the self-esteem scale.
- ❑ 72% of pupils responded that they feel happy talking to other pupils.

HAPPINESS AND SATISFACTION

- ❑ 45% of pupils responded that they are glad they are who they are (responses 1 – 3).
- ❑ 42% of pupils responded that they aren't glad they are who they are (responses 5 – 7).
- ❑ 47% of pupils responded that they generally feel happy (responses 1 – 3).
- ❑ 40% of pupils responded that they don't generally feel happy (responses 5 – 7).
- ❑ 14% of pupils responded that they feel 'not at all happy' or 'not happy' with their life at the moment.
- ❑ 67% of pupils responded that they feel 'quite' or 'very' happy with their life at the moment.

CONTRACEPTION AND LOCAL SERVICES

- ❑ 58% of pupils responded that they know where they can get condoms free of charge.
- ❑ 60% of pupils responded that there is a special contraception and advice service for young people available locally, while 36% said they 'don't know' if there is.

SEXUAL RELATIONSHIPS

- ❑ 21% of Year 10+ pupils responded that they are either in a sexual relationship or have had one in the past, while 5% said they are in a relationship and thinking about having sex.
- ❑ 3% of Year 10+ pupils responded that they have had sex and 'never' use a method of protection or contraception, while 5% said they only 'sometimes' do.

- ❑ 13% of Year 10+ pupils responded that they have had sex and 'always' use a method of protection or contraception.
- ❑ Of the 95 Year 10+ pupils who have had sex, 13% said they 'always' use a method of protection or contraception.

Safe and Nurtured

BULLYING

- ❑ 23% of pupils responded that they have been bullied at or near school in the last 12 months, while 16% said they 'don't know' if they have.
- ❑ 50% of pupils responded that they have experienced one or more of the negative behaviours listed in the last month.
- ❑ 18% of pupils responded that they were pushed or hit in the month before the survey and 10% said they were threatened for no reason.
- ❑ 23% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 5% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 40% of pupils responded that they think their school takes bullying seriously, while 30% think it doesn't take bullying seriously.

INTERNET SAFETY

- ❑ 63% of pupils responded that they use Facebook 'often' or 'every day', while 24% said the same of Twitter.
- ❑ 30% of pupils responded that they have received a message in a chat room/social network site that scared or upset them.
- ❑ 22% of pupils responded that someone they don't know in person has asked to meet with them.

Reaching Potential

SCHOOL LESSONS

- ❑ 39% of pupils responded that they enjoy 'most' or 'all' lessons at school.
- ❑ 16% of pupils responded that they enjoy 'hardly any' lessons at school.
- ❑ 52% of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'; 34% said they worry about school-work/homework problems.
- ❑ 9% of pupils responded that they are 'not at all' proud to be a member of their school/college, while 22% said they are 'not very proud'.
- ❑ 69% of pupils responded that they are 'quite' or 'very' proud to be a member of their school/college.

EVERY CHILD MATTERS

- ❑ 36% of pupils agreed that the school cares whether they are happy or not.
- ❑ 44% of pupils agreed that people of different backgrounds are valued in their school.

PE LESSONS

- ❑ 12% of pupils responded that they 'do not enjoy' PE lessons.
- ❑ 76% of pupils responded that they 'enjoy' or 'really enjoy' PE lessons.

EXTRA-CURRICULAR ACTIVITIES

- ❑ 31% of pupils responded that they don't attend any weekly extra-curricular clubs, while 21% said they do so once a week.
- ❑ 29% of pupils responded that they attend an extra-curricular club at least 'three times' a week.
- ❑ 5% of pupils responded that their school/college doesn't enable young people to make decisions about the future of the school/college 'at all'.
- ❑ 45% of pupils responded that their school/college enables young people to make decisions about the future of the school/college 'quite a lot' or 'a lot'.

- ❑ 56% of pupils agreed that, on the whole, they like their teachers.

SCREEN TIME

- ❑ 8% of pupils responded that they either didn't look at a device screen at all on the day before the survey, or did so for less than an hour.
- ❑ 61% of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey; 25% said they did so for 'five hours or more'.
- ❑ 72% of pupils responded that the amount of time they spent looking at a device screen is a usual amount for them on a week day, while 13% said it was less than usual.
- ❑ 39% of pupils responded that the amount of time they spent looking at a device screen is a usual amount for them at a weekend, while 46% said it was less than usual.

2016/2013 Comparisons

	2016		2013	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	229	245	283	245
Girls	229	228	240	212

2013 data in brackets; see notes on interpreting differences.

Included and Respected

ETHNICITY

- 80% (85%) of pupils responded that they are from Guernsey/Alderney, while 12% (9%) said they are English/Scottish/Welsh/Irish.

SPECIAL NEEDS

- 12% (6%) of pupils responded that they have a special need or disability, while 13% (8%) said they 'don't know' if they do.

HOME LIFE

- 65% (62%) of pupils responded that they live with their mother and father together.
- 14% (15%) of pupils responded that they live 'mainly or only' with their mother, while 2% (3%) said they live 'mainly or only' with their father.

Healthy and Active

CONTROL OVER HEALTH

- 91% (87%) agreed with at least one statement about being in control of their health (Q8a&c).
- 51% (52%) agreed with at least one statement saying that they aren't in control of their health (Q8b&d).
- 77% (72%) of the pupils in your survey had a net positive score for these questions (Q8a-d).
- 74% (68%) of pupils responded that they are in charge of their health, while 46% (48%) said that even if they look after themselves, they can still easily fall ill.

DIETING

- 7% (6%) of pupils responded that they would like to put on weight.
- 46% (48%) of pupils responded that they would like to lose weight.
- 47% (46%) of pupils responded that they are happy with their weight as it is.
- 15% (13%) of pupils responded that they never think about the way they look.
- 26% (26%) of pupils responded that they either 'love' or 'like' the way they look.
- 33% (35%) of pupils responded that they think they look OK.
- 26% (25%) of pupils responded that they either 'don't like' or 'hate' the way they look.

HEALTH

- 10% (12%) of pupils responded that they 'never' consider their health when choosing what to eat.
- 23% (22%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

ENERGY DRINKS

- 36% (22%) of pupils responded that they 'never' drink 'high energy' drinks.
- 30% (42%) of pupils responded that they drink 'high energy' drinks 'at least once a month'.

PHYSICAL ACTIVITY

- 3% (5%) of pupils responded that they did not exercise for at least 30 minutes in the week before the survey.
- 48% (32%) of pupils responded that they exercised for at least 30 minutes five times or more in the week before the survey.
- 52% (43%) of pupils responded that they exercise as much as they like – nothing stops them. However, 27% (35%) of pupils responded that they don't have enough time to be as physically active as they would like, while 21% (17%) said they are shy in front of other people.

ALCOHOL

- 19% (18%) of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- 6% (5%) of pupils responded that they drank on more than one day in the 7 days before the survey; 3% (1%) said they did so on at least three days.
- 8% (7%) of pupils responded that they got drunk on at least one day in the 7 days before the survey; 2% (2%) said they did so on more than one day.
- 2% (1%) of pupils responded that they drank over the advised weekly limit of alcohol for adults of 14 units in the 7 days before the survey.
- 4% (5%) of pupils responded that they drank pre-mixed drinks in the 7 days before the survey, while 7% (4%) said they drank spirits.
- 11% (10%) of pupils responded that they drank alcohol at home in the 7 days before the survey; 3% (2%) said they drank outside in a public place.
- 6% (5%) of pupils responded that they were given/bought alcohol by their parents/carers in the 7 days before the survey.

- ❑ 7% (1%) of pupils responded that they bought alcohol from a supermarket in the 7 days before the survey.
- ❑ 70% (64%) of pupils responded that they have 'never' drunk more alcohol than they intended in the last year.
- ❑ 12% (10%) of pupils responded that they have drunk more than they intended at least 'once or twice a month' in the last year, while 3% (2%) said they have done so 'once a week or more'.
- ❑ 11% (11%) of pupils responded that their use of alcohol has caused a problem for them or someone else at some point during the last year.
- ❑ 3% (4%) of pupils responded that their use of alcohol has caused a problem for them or someone else at least 'once or twice a month' during the last year; 1% (1%) said it has done so 'once a week or more'.

SMOKING

- ❑ 24% (21%) of boys and 26% (26%) of girls responded that they have tried smoking in the past or smoke now.
- ❑ 7% (6%) of boys and 12% (8%) of girls responded that they smoke 'occasionally' or 'regularly'.
- ❑ Of the 58 (43) pupils who responded that they smoke 'regularly', 57% (67%) said they would like to give up smoking.
- ❑ 9% (7%) of pupils responded that they smoked in the 7 days before the survey.
- ❑ 5% (4%) of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.
- ❑ 30% (32%) of pupils responded that their parents/carers smoke.
- ❑ 11% (12%) of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 12% (18%) of pupils responded that someone smokes in a car when they are in it too.

ILLEGAL DRUGS

- ❑ 34% (21%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.
- ❑ 17% (9%) of pupils responded that they have been offered cannabis.
- ❑ 10% (6%) of pupils responded that they have taken at least one of the drugs listed.
- ❑ 5% (2%) of pupils responded that they took at least one of the drugs listed in the month before the survey.
- ❑ 9% (4%) of pupils responded that they have used cannabis.

Emotional Health and Wellbeing

WORRYING

- ❑ 80% (75%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 35% (36%) of pupils responded that they worry about the way they look 'quite a lot' or 'a lot' and 28% (27%) said they worry about family problems.

SUPPORT

- ❑ 48% (56%) of pupils responded that their first source of support for school-work problems is their parents or carers, while 19% (10%) said they would go to a teacher

SELF-ESTEEM

- ❑ 30% (33%) of pupils appeared in the lower half of the self-esteem scale.
- ❑ 34% (32%) of pupils appeared in the highest bracket of the self-esteem scale.
- ❑ 72% (74%) of pupils responded that they feel happy talking to other pupils.

HAPPINESS AND SATISFACTION

- ❑ 45% (52%) of pupils responded that they are glad they are who they are (responses 1 – 3).
- ❑ 42% (36%) of pupils responded that they aren't glad they are who they are (responses 5 – 7).
- ❑ 47% (52%) of pupils responded that they generally feel happy (responses 1 – 3).
- ❑ 40% (35%) of pupils responded that they don't generally feel happy (responses 5 – 7).
- ❑ 14% (13%) of pupils responded that they feel 'not at all happy' or 'not happy' with their life at the moment.
- ❑ 67% (71%) of pupils responded that they feel 'quite' or 'very' happy with their life at the moment.

CONTRACEPTION AND LOCAL SERVICES

- ❑ 58% (40%) of pupils responded that they know where they can get condoms free of charge.
- ❑ 60% (44%) of pupils responded that there is a special contraception and advice service for young people available locally, while 36% (48%) said they 'don't know' if there is.

SEXUAL RELATIONSHIPS

- ❑ 21% (17%) of Year 10+ pupils responded that they are either in a sexual relationship or have had one in the past, while 5% (4%) said they are in a relationship and thinking about having sex.

Safe and Nurtured

BULLYING

- ❑ 23% (28%) of pupils responded that they have been bullied at or near school in the last 12 months, while 16% (11%) said they 'don't know' if they have.

- ❑ 50% (55%) of pupils responded that they have experienced one or more of the negative behaviours listed in the last month.
- ❑ 18% (17%) of pupils responded that they were pushed or hit in the month before the survey and 10% (10%) said they were threatened for no reason.
- ❑ 23% (28%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 5% (6%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 40% (44%) of pupils responded that they think their school takes bullying seriously, while 30% (29%) think it doesn't take bullying seriously.

INTERNET SAFETY

- ❑ 63% (73%) of pupils responded that they use Facebook 'often' or 'every day', while 24% (29%) said the same of Twitter.

- ❑ 30% (24%) of pupils responded that they have received a message in a chat room/social network site that scared or upset them.
- ❑ 22% (17%) of pupils responded that someone they don't know in person has asked to meet with them.

Reaching Potential

SCHOOL LESSONS

- ❑ 39% (40%) of pupils responded that they enjoy 'most' or 'all' lessons at school.
- ❑ 16% (15%) of pupils responded that they enjoy 'hardly any' lessons at school.
- ❑ 52% (43%) of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'; 34% (24%) said they worry about school-work/homework problems.

EVERY CHILD MATTERS

- ❑ 36% (32%) of pupils agreed that the school cares whether they are happy or not.
- ❑ 44% (43%) of pupils agreed that people of different backgrounds are valued in their school.

Significant differences between 2016 and 2013 data

Below we have listed some statistically significant differences between the data collected in the 2016 survey and that collected in 2013.

	2016		2013	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	229	245	283	245
Girls	229	228	240	212

Sig	2016	2013	Question
***	58%	40%	of pupils responded that they know where they can get condoms free of charge.
***	48%	32%	of pupils responded that they exercised for at least 30 minutes five times or more in the week before the survey.
***	36%	22%	of pupils responded that they 'never' drink 'high energy' drinks.
***	60%	44%	of pupils responded that there is a special contraception and advice service for young people available locally.
***	34%	21%	of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.
***	30%	42%	of pupils responded that they drink 'high energy' drinks 'at least once a month'.
***	17%	9%	of pupils responded that they have been offered cannabis.
***	19%	10%	of pupils responded that their first source of support for school-work problems would be a teacher.
***	63%	73%	of pupils responded that they use Facebook 'often' or 'every day'.
***	34%	24%	of pupils responded that they worry about school-work/homework problems 'quite a lot' or 'a lot'.
***	12%	6%	of pupils responded that they have a special need or disability.
***	9%	4%	of pupils responded that they have used cannabis.
***	52%	43%	of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'.
***	12%	18%	of pupils responded that someone smokes in a car when they are in it too.
***	27%	35%	of pupils responded that they don't have enough time to be as physically active as they would like.
***	10%	6%	of pupils responded that they have taken at least one of the drugs listed.
***	48%	56%	of pupils responded that their first source of support for school-work problems is their parents or carers.
***	74%	68%	of pupils responded that they are in charge of their health.
***	91%	87%	agreed with at least one statement about being in control of their health (Q8a&c).
***	45%	52%	of pupils responded that they are glad they are who they are (responses 1 – 3).
***	80%	85%	of pupils responded that they are from Guernsey/Alderney.
**	24%	29%	of pupils responded that they use Twitter 'often' or 'every day'.
**	30%	24%	of pupils responded that they have received a message in a chat room/social network site that scared or upset them.
**	80%	75%	of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
**	42%	36%	of pupils responded that they aren't glad they are who they are (responses 5 – 7).
**	70%	64%	of pupils responded that they have 'never' drunk more alcohol than they intended in the last year.
**	23%	28%	of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
*	47%	52%	of pupils responded that they generally feel happy (responses 1 – 3).
*	23%	28%	of pupils responded that they have been bullied at or near school in the last 12 months.
*	22%	17%	of pupils responded that someone they don't know in person has asked to meet with them.
*	40%	35%	of pupils responded that they don't generally feel happy (responses 5 – 7).
*	10%	7%	of pupils responded that they smoke 'occasionally' or 'regularly'.
*	50%	55%	of pupils responded that they have experienced one or more of the negative behaviours listed in the last month.

Tests: Chi-squared (χ^2). KEY: * = $p < 0.05$ (5%) ** = $p < 0.01$ (1%) *** = $p < 0.001$ (0.1%).

Included and Respected

Ethnicity

80% of pupils responded that they are from Guernsey/Alderney, while 12% said they are English/Scottish/Welsh/Irish.

Q4. Percentage responding that they are from Guernsey/Alderney.

	Guernsey	
	Yr 8	Yr 10
Boys	81	79
Girls	80	84

Special needs

12% of pupils responded that they have a special need or disability, while 13% said they 'don't know' if they do.

Q5a. Percentage responding that they have a special need or disability.

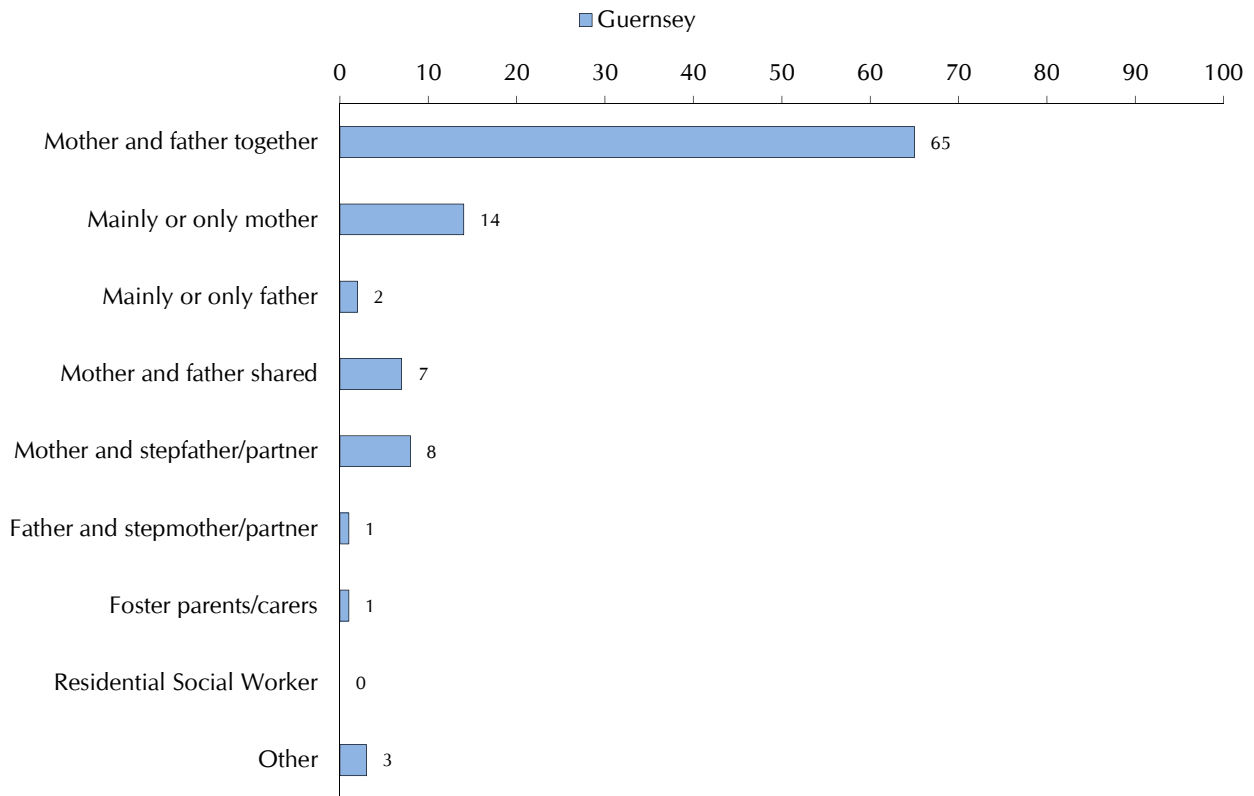
	Guernsey	
	Yr 8	Yr 10
Boys	17	9
Girls	11	10

Q5b. Percentage of pupils responding that they have the following special needs or disabilities:

Boys			Girls		
1	Other	6	1	Other	5
2	Dyslexia, Dyspraxia or Dyscalculia	5	2	Dyslexia, Dyspraxia or Dyscalculia	3
3	ADHD (Attention Deficit Hyperactivity Disorder)	2	3	Mental health disorder	2
4	Autism/Asperger's	2	4	Physical impairment or difficulty	1
5	Behaviour difficulties	1	5	Behaviour difficulties	1

Home life

Q6. Which adults do you live with?



65% of pupils responded that they live with their mother and father together.

Q6. Percentage answering that they live with their mother and father together.

	Guernsey	
	Yr 8	Yr 10
Boys	62	58
Girls	74	64

14% of pupils responded that they live 'mainly or only' with their mother, while 2% said they live 'mainly or only' with their father.

Q6. Percentage answering that they live 'mainly or only' with their mother.

	Guernsey	
	Yr 8	Yr 10
Boys	15	20
Girls	9	13

4% of pupils responded that they would describe themselves as 'in care' with children's social care services, while 4% said they 'don't know' if they would.

Q7. Percentage answering that they would describe themselves as 'in care' with children's social care services.

	Guernsey	
	Yr 8	Yr 10
Boys	4	3
Girls	3	4

Healthy and Active

Control over health

91% agreed with at least one statement about being in control of their health (Q8a&c).

Q8. Percentage agreeing with statements Q8a and/or Q8c.

	Guernsey	
	Yr 8	Yr 10
Boys	90	96
Girls	91	89

51% agreed with at least one statement saying that they aren't in control of their health (Q8b&d).

Q8. Percentage agreeing with statements Q8b and/or Q8d.

	Guernsey	
	Yr 8	Yr 10
Boys	50	56
Girls	43	56

For an overall 'control' score SHEU add together the scores for the two 'controlling' items (a + c) and take away the score for the two 'chance' items (b + d). This gives a score, in the jargon, of 'health locus of control', whether a person sees themselves as being generally in control of their health or not. If not then this fatalism may make health warnings irrelevant.

77% of the pupils in your survey had a net positive score for these questions. SHEU know from other studies that such scores are related to higher levels of participation in health-promoting behaviour, and lower levels of health-risky behaviour.

Q8. Percentage having a positive health locus of control score.

	Guernsey	
	Yr 8	Yr 10
Boys	76	83
Girls	80	73

74% of pupils responded that they are in charge of their health, while 46% said that even if they look after themselves, they can still easily fall ill.

Q8. Percentage of pupils responding that they 'agree' with the following statements:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
a. "I am in charge of my health"	70	66	86	74	74
b. "If I keep healthy, I've just been lucky"	11	7	14	17	13
c. "If I take care of myself I'll stay healthy"	78	80	87	82	81
d. "Even if I look after myself I can still easily fall ill"	45	41	49	48	46

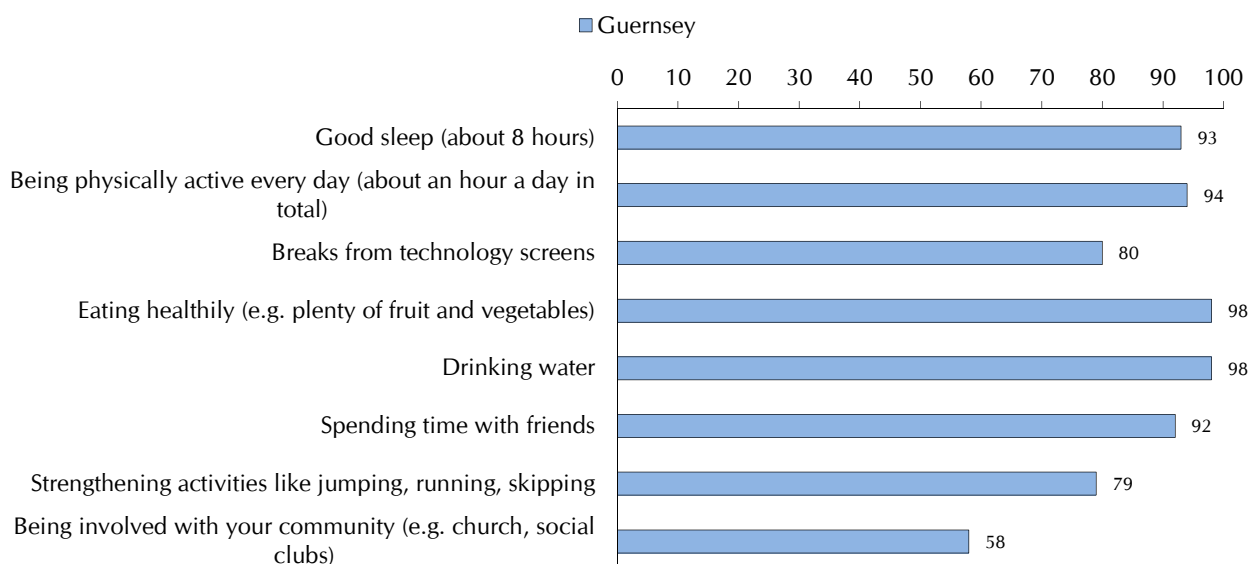
Being healthy

Q9. How Important are the following in order to be a healthy, active child?

Boys	Not important	Quite important	Very important
Good sleep (about 8 hours)	8	35	57
Being physically active every day (about an hour a day in total)	5	34	62
Breaks from technology screens	24	47	29
Eating healthily (e.g. plenty of fruit and vegetables)	3	32	65
Drinking water	2	17	81
Spending time with friends	8	41	51
Strengthening activities like jumping, running, skipping	20	51	30
Being involved with your community (e.g. church, social clubs)	44	43	12

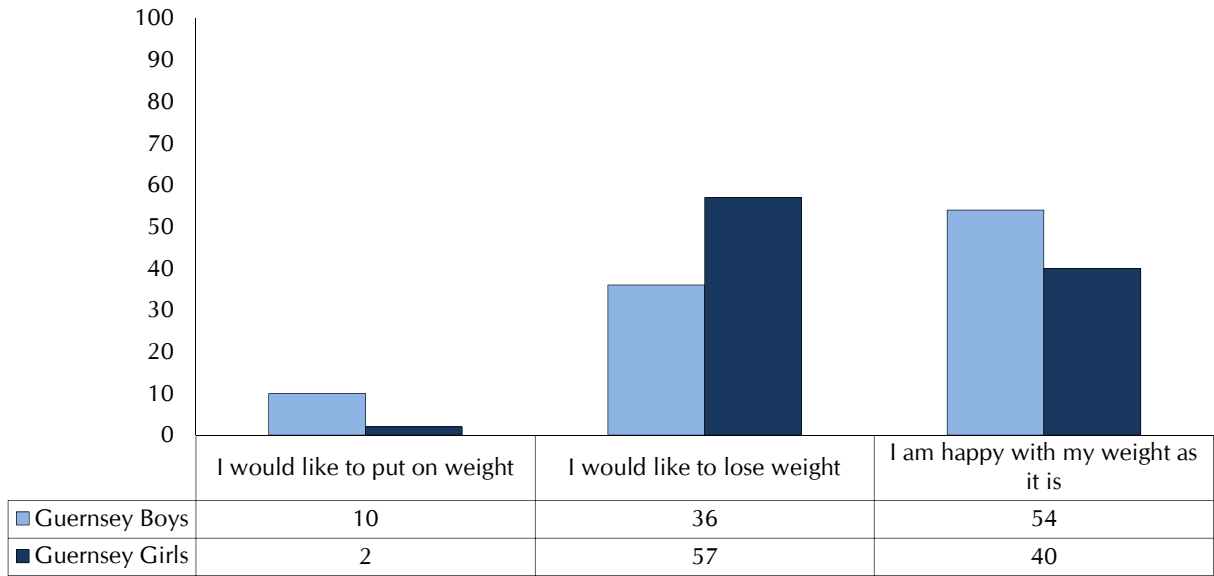
Girls	Not important	Quite important	Very important
Good sleep (about 8 hours)	4	30	67
Being physically active every day (about an hour a day in total)	6	37	57
Breaks from technology screens	15	45	39
Eating healthily (e.g. plenty of fruit and vegetables)	1	20	79
Drinking water	1	9	90
Spending time with friends	6	45	49
Strengthening activities like jumping, running, skipping	20	55	25
Being involved with your community (e.g. church, social clubs)	37	50	13

Q9. Percentage of pupils responding that they think the following are 'quite' or 'very' important in order to be a healthy, active child:



Dieting

Q11. Weight: Which statement describes you best?



7% of pupils responded that they would like to put on weight.

Q11. Percentage answering that they would like to put on weight.

	Guernsey	
	Yr 8	Yr 10
Boys	5	15
Girls	1	3

46% of pupils responded that they would like to lose weight.

Q11. Percentage answering that they would like to lose weight.

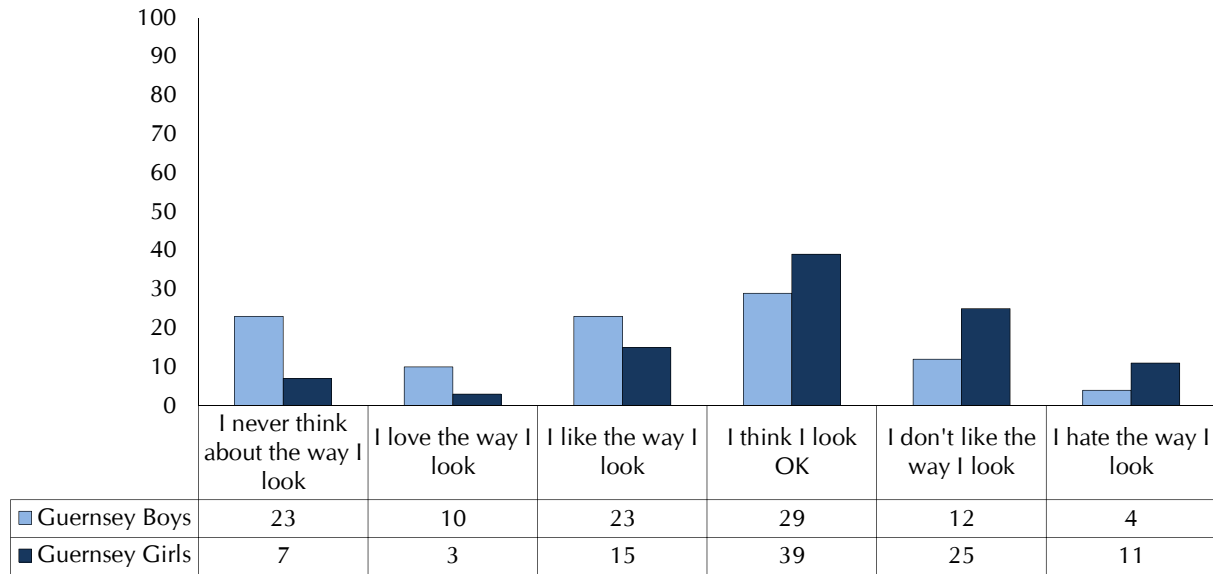
	Guernsey	
	Yr 8	Yr 10
Boys	38	33
Girls	56	59

47% of pupils responded that they are happy with their weight as it is.

Q11. Percentage answering that they are happy with their weight as it is.

	Guernsey	
	Yr 8	Yr 10
Boys	57	51
Girls	43	37

Q12. Which statement best describes your feelings about the way you look?



15% of pupils responded that they never think about the way they look.

Q12. Percentage answering that they never think about the way they look.

Guernsey		
	Yr 8	Yr 10
Boys	28	18
Girls	8	6

26% of pupils responded that they either 'love' or 'like' the way they look.

Q12. Percentage answering that they either 'love' or 'like' the way they look.

Guernsey		
	Yr 8	Yr 10
Boys	32	34
Girls	21	16

33% of pupils responded that they think they look OK.

Q12. Percentage answering that they think they look OK.

Guernsey		
	Yr 8	Yr 10
Boys	27	30
Girls	34	43

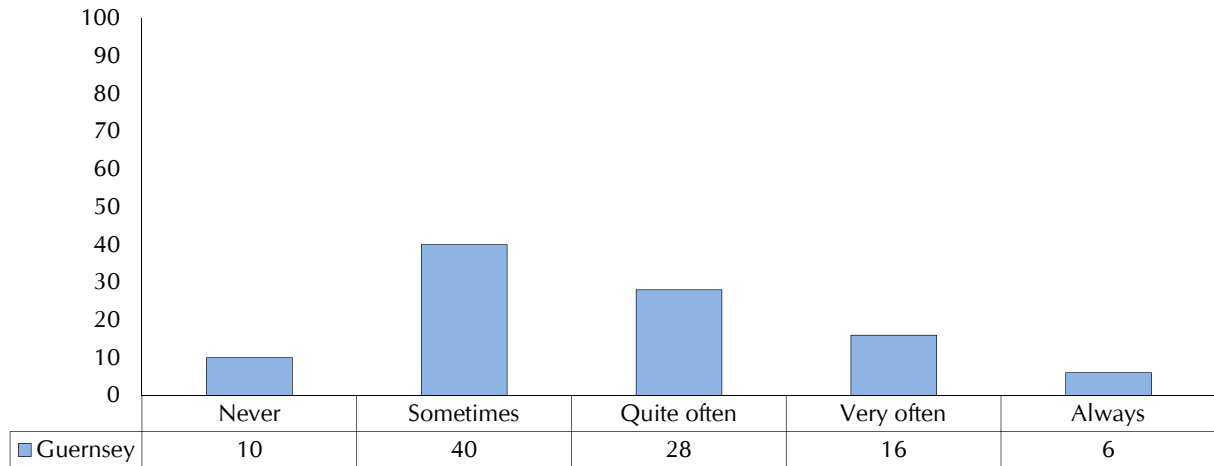
26% of pupils responded that they either 'don't like' or 'hate' the way they look.

Q12. Percentage answering that they either 'don't like' or 'hate' the way they look.

Guernsey		
	Yr 8	Yr 10
Boys	13	18
Girls	37	36

Health

Q13. When choosing what to eat, do you consider your health?



10% of pupils responded that they 'never' consider their health when choosing what to eat.

Q13. Percentage answering that they 'never' consider their health when choosing what to eat.

	Guernsey	
	Yr 8	Yr 10
Boys	9	17
Girls	5	6

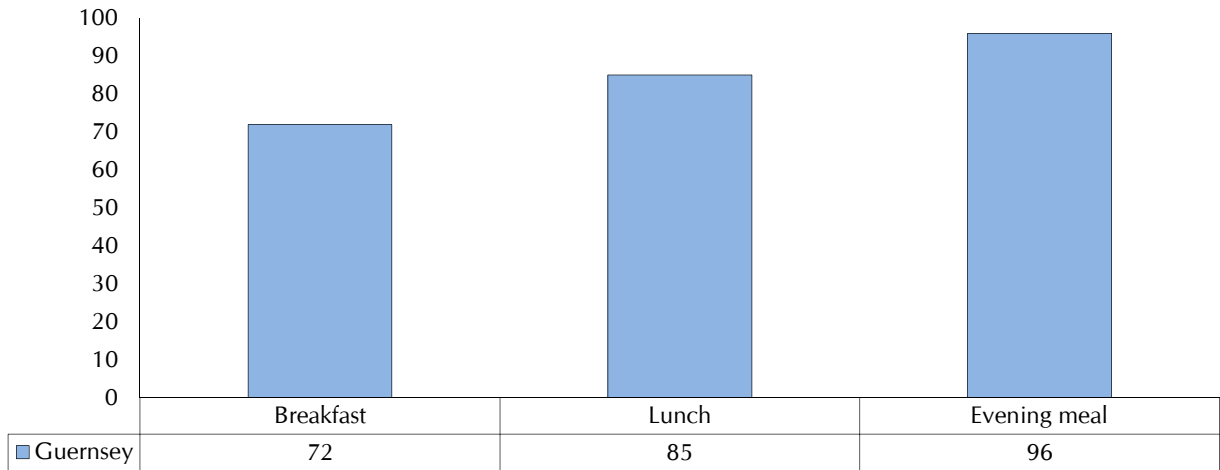
23% of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

Q13. Percentage answering that they 'very often' or 'always' consider their health when eating.

	Guernsey	
	Yr 8	Yr 10
Boys	15	18
Girls	31	26

Meals

Q14. Which meals did you have yesterday?



72% of pupils responded that they had breakfast on the day before the survey.

Q14. Percentage answering that they had breakfast on the day before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	80	77
Girls	74	60

85% of pupils responded that they had lunch on the day before the survey.

Q14. Percentage answering that they had lunch on the day before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	91	85
Girls	85	83

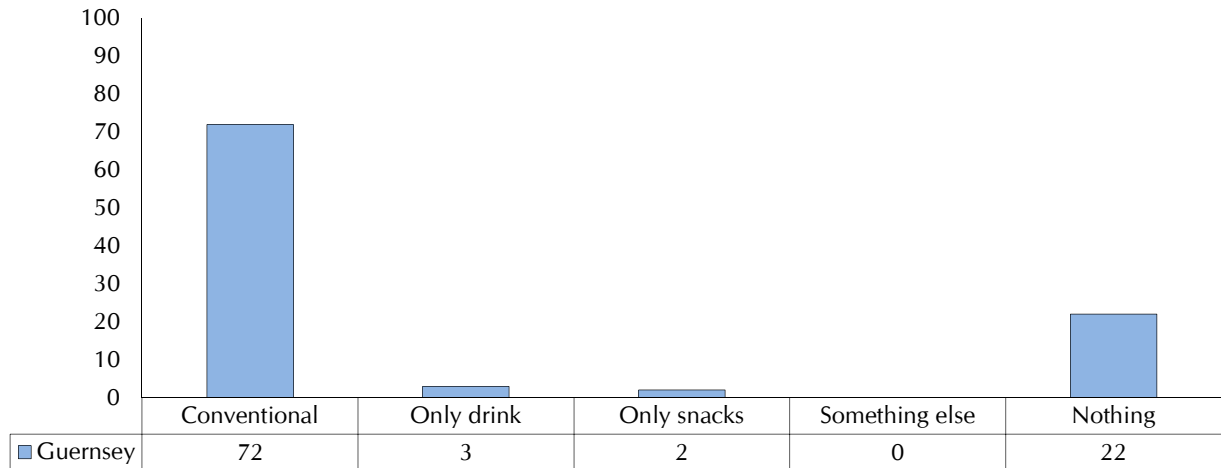
96% of pupils responded that they had an evening meal on the day before the survey.

Q14. Percentage answering that they had an evening meal on the day before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	98	97
Girls	99	92

Breakfast

Q16. Percentage of pupils responding that they had the following to eat or drink before lessons on the day of the survey:



The chart shows the percentages having different types of breakfast. The category 'Conventional' means at least one of cereal; porridge; toast or bread; cooked breakfast; fruit; yoghurt or a breakfast bar. Only snacks means: chocolate bar/sweets; crisp-type snack; pop tarts, biscuits, cakes or muffins but not conventional breakfast.

22% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.

Q16. Percentage answering that they didn't have anything to eat or drink before lessons on the day of the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	14	20
Girls	20	33

3% of pupils responded that they only had a drink before lessons on the day of the survey.

Q16. Percentage answering that they only had a drink before lessons on the day of the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	1	3
Girls	3	3

Q16. Percentage of pupils responding that they had the following to eat or drink before lessons on the day of the survey (top 5):

Boys			Girls		
1	Cereal	51	1	A drink	40
2	A drink	44	2	Cereal	33
3	Toast or bread	22	3	Toast or bread	19
4	Fruit	9	4	Fruit	11
5	Cooked breakfast	7	5	Yoghurt	6

Q15. Percentage of pupils responding that they ate breakfast at the following on the day of the survey:

Boys			Girls		
1	At home	79	1	At home	67
2	On the way to school	2	2	At school	4
3	Somewhere else	1	3	On the way to school	4
4	At school	1	4		

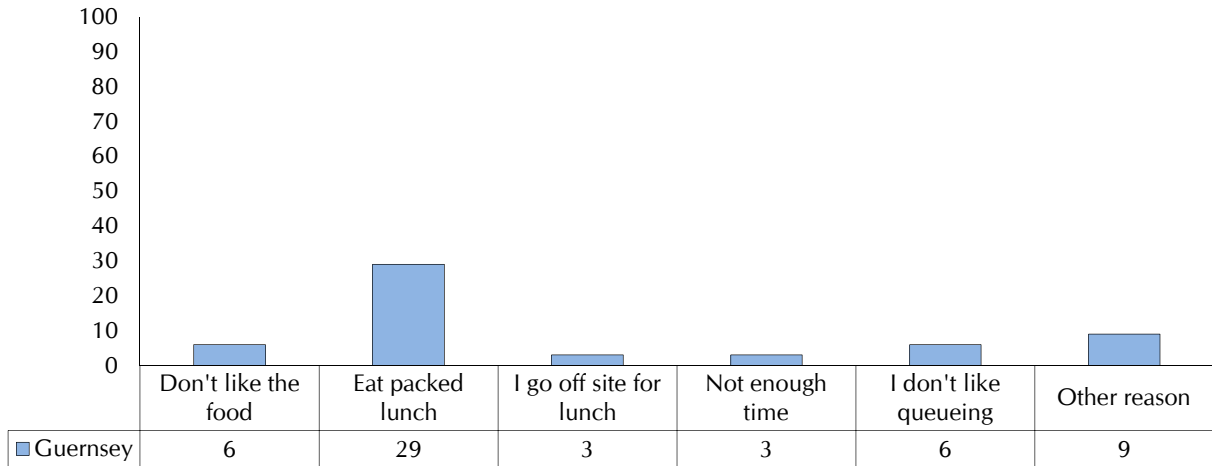
Lunch

50% of pupils responded that they bought their lunch at school on the day before the survey.

Q17a. Percentage answering that they bought lunch at school on the day before the survey.

Guernsey		
	Yr 8	Yr 10
Boys	52	54
Girls	48	44

Q17b. If not, why was this?



6% of pupils responded that they didn't buy their lunch at school on the day before the survey because they don't like the food, while 29% said they had a packed lunch.

Q17b. Percentage answering that they didn't buy their lunch at school on the day before the survey because they don't like the food.

Guernsey		
	Yr 8	Yr 10
Boys	4	5
Girls	6	8

3% of pupils responded that they didn't buy their lunch at school on the day before the survey because there wasn't enough time.

Q17b. Percentage answering that they didn't buy their lunch at school on the day before the survey because there wasn't enough time.

Guernsey		
	Yr 8	Yr 10
Boys	3	4
Girls	3	1

Drinks

Q18. Percentage of pupils responding that they drink the following 'on most days':

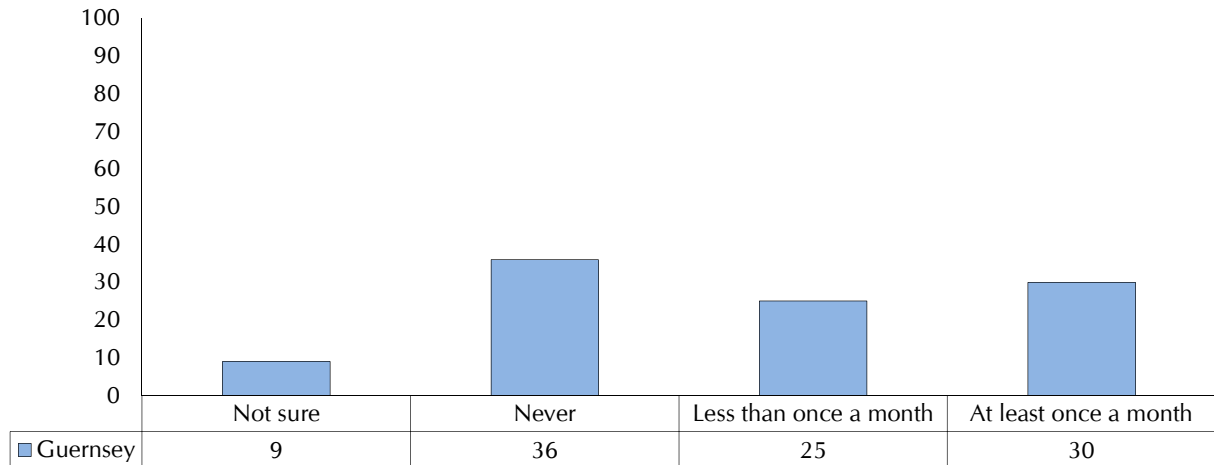
Boys		Girls			
1	Plain water	75	1	Plain water	81
2	Milk	47	2	Milk	32
3	Squash	33	3	Tea	29
4	Fruit juice	27	4	Squash	20
5	Tea	25	5	Fruit juice	19
6	Fizzy drinks	17	6	Sugar-free squash	12
7	Coffee	16	7	Coffee	10
8	Sugar-free squash	15	8	Smoothie	6
9	Sports drinks	14	9	Fizzy drinks	6
10	Energy drinks	10	10	Hot chocolate	4

Q18. Percentage of pupils responding that they 'rarely or never' drink the following:

Boys		Girls			
1	Coffee	65	1	Energy drinks	73
2	Smoothie	61	2	Milkshakes	68
3	Sugar-free squash	56	3	Coffee	67
4	Milkshakes	51	4	Low-sugar fizzy drinks	62
5	Hot chocolate	51	5	Sports drinks	62
6	Energy drinks	49	6	Sugar-free squash	58
7	Low-sugar fizzy drinks	47	7	Smoothie	54
8	Tea	44	8	Hot chocolate	54
9	Sports drinks	39	9	Fizzy drinks	45
10	Squash	30	10	Squash	44

Energy drinks

Q19. Do you drink 'high energy' drinks?



36% of pupils responded that they 'never' drink 'high energy' drinks.

Q19. Percentage answering that they 'never' drink 'high energy' drinks.

	Guernsey	
	Yr 8	Yr 10
Boys	31	33
Girls	39	40

30% of pupils responded that they drink 'high energy' drinks 'at least once a month'.

Q19. Percentage answering that they drink 'high energy' drinks 'at least once a month'.

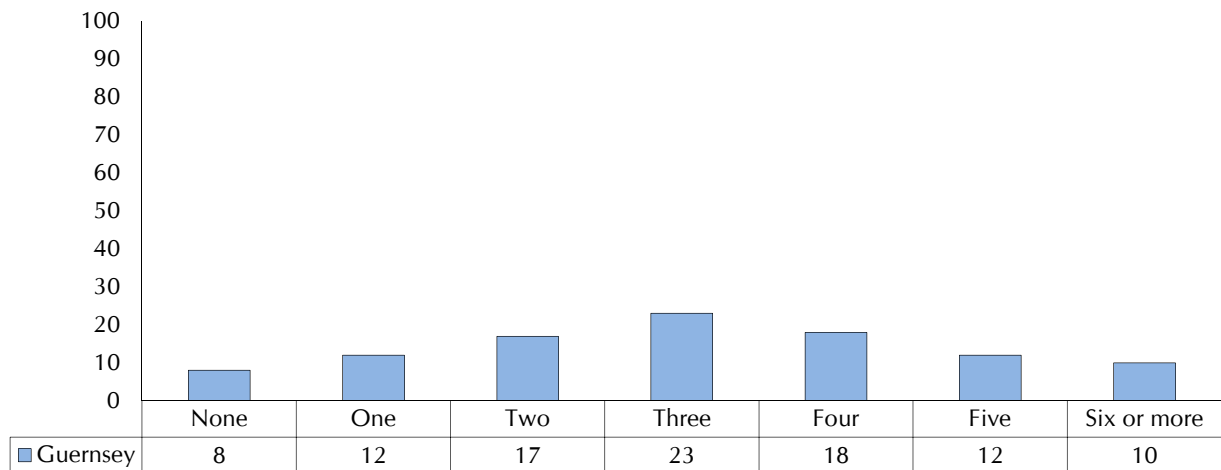
	Guernsey	
	Yr 8	Yr 10
Boys	33	38
Girls	24	24

Q20. Percentage of pupils responding that they drink the following at least '2 – 3 times a week' (top 5):

Boys			Girls		
1	Mountain Dew	10	1	Red Bull	3
2	Monster	8	2	Other	2
3	Powerade Energy (not Sport)	7	3	Powerade Energy (not Sport)	2
4	Red Bull	6	4	Mountain Dew	2
5	Other	6	5	Monster	2

5-a-day

Q21. How many portions of fruit and vegetables did you eat yesterday?



8% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

Q21. Percentage answering that they didn't eat any portions of fruit or vegetables on the day before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	10	8
Girls	7	7

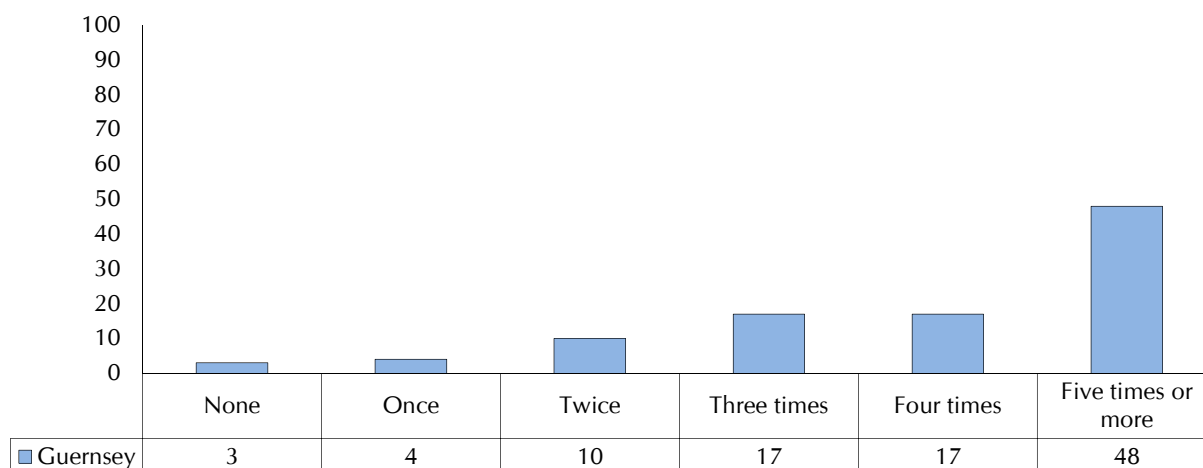
22% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

Q21. Percentage answering that they ate at least 5 portions of fruit and vegetables on the day before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	16	18
Girls	28	24

Physical activity

Q22. How many times last week did you exercise for at least 30 minutes?



3% of pupils responded that they did not exercise for at least 30 minutes in the week before the survey.

Q22. Percentage answering that they did not exercise for at least 30 minutes at all in the week before the survey.

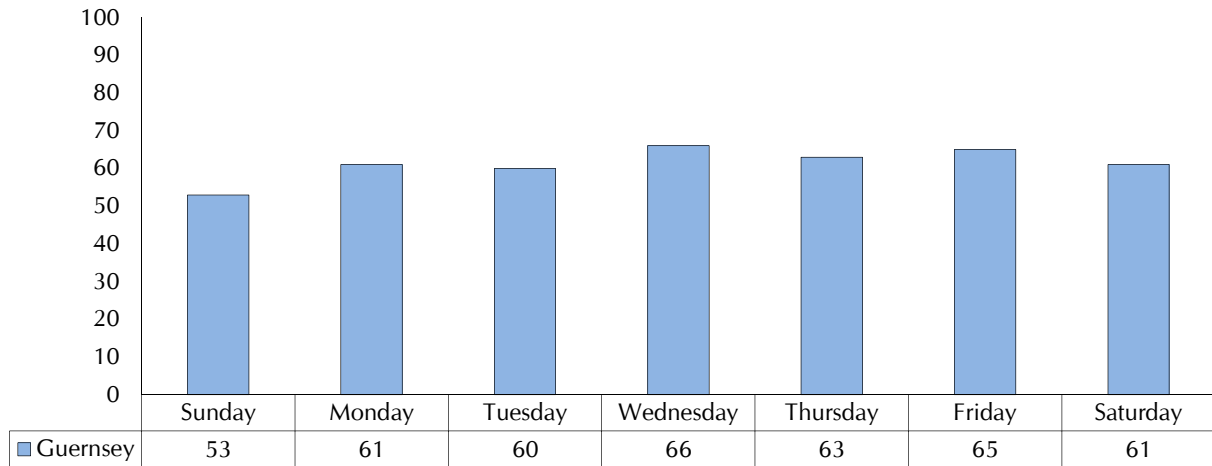
Guernsey		
	Yr 8	Yr 10
Boys	4	3
Girls	1	4

48% of pupils responded that they exercised for at least 30 minutes five times or more in the week before the survey.

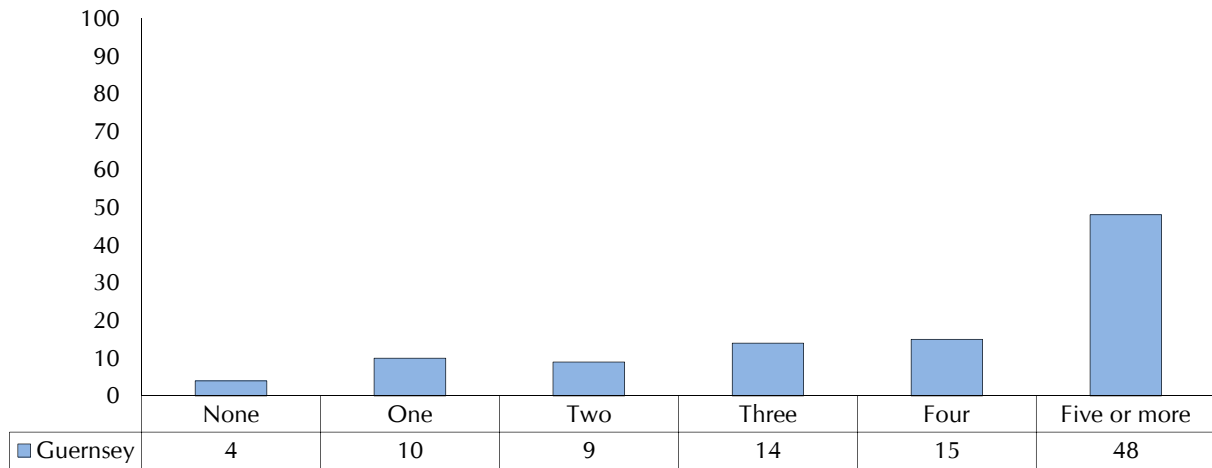
Q22. Percentage answering that they exercised for at least 30 minutes five times or more in the week before the survey.

Guernsey		
	Yr 8	Yr 10
Boys	56	52
Girls	50	35

Q23. On which days did you do any physical activity in the last 7 days?



Q23. On how many days did you do any physical activity in the last 7 days?



4% of boys and 3% of girls responded that they didn't do any physical activity in the week before the survey.

Q23. Percentage answering that they didn't do any physical activity in the week before the survey.

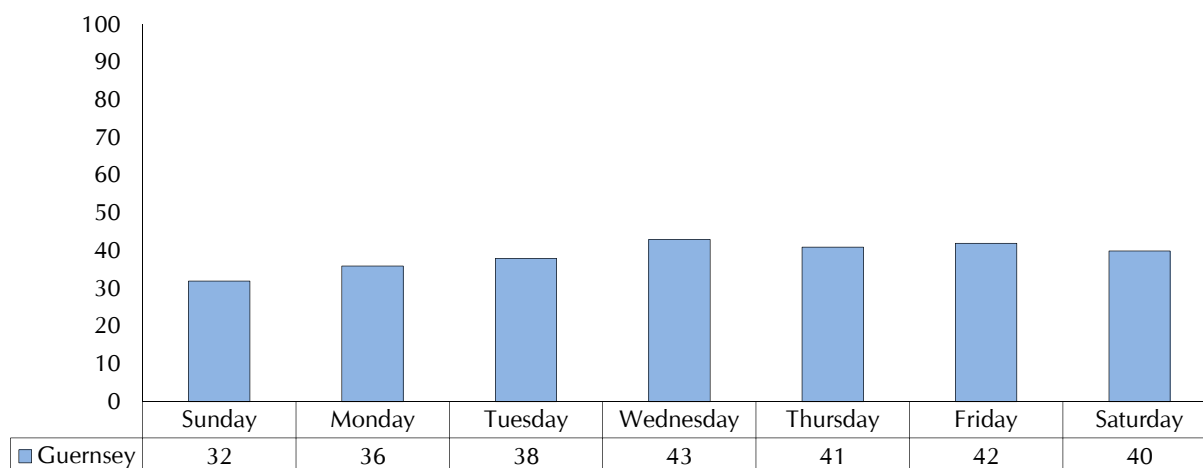
	Guernsey	
	Yr 8	Yr 10
Boys	5	3
Girls	2	4

56% of boys and 41% of girls responded that they did physical activity on at least five days in the week before the survey.

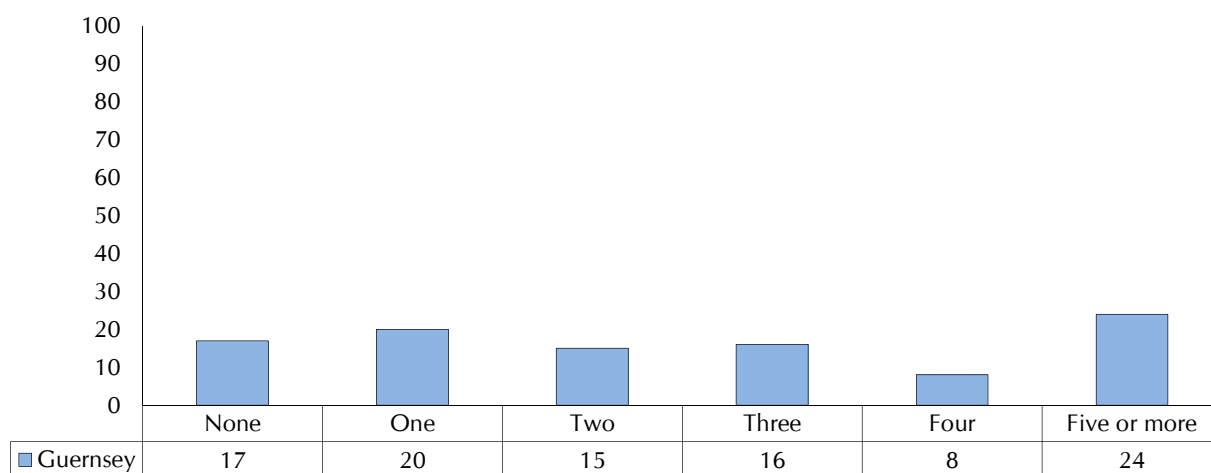
Q23. Percentage answering that they did physical activity on at least 5 days in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	58	53
Girls	46	37

Q24. On which days did you breathe faster and feel warmer while doing physical activity, in the last 7 days?



Q24. On how many days did you breathe faster and feel warmer while doing physical activity, in the last 7 days?



17% of pupils responded that they didn't do any physical activity that caused them to breathe faster and feel warmer in the week before the survey.

Q24. Percentage answering that they didn't do any physical activity that caused them to breathe faster and feel warmer in the week before the survey.

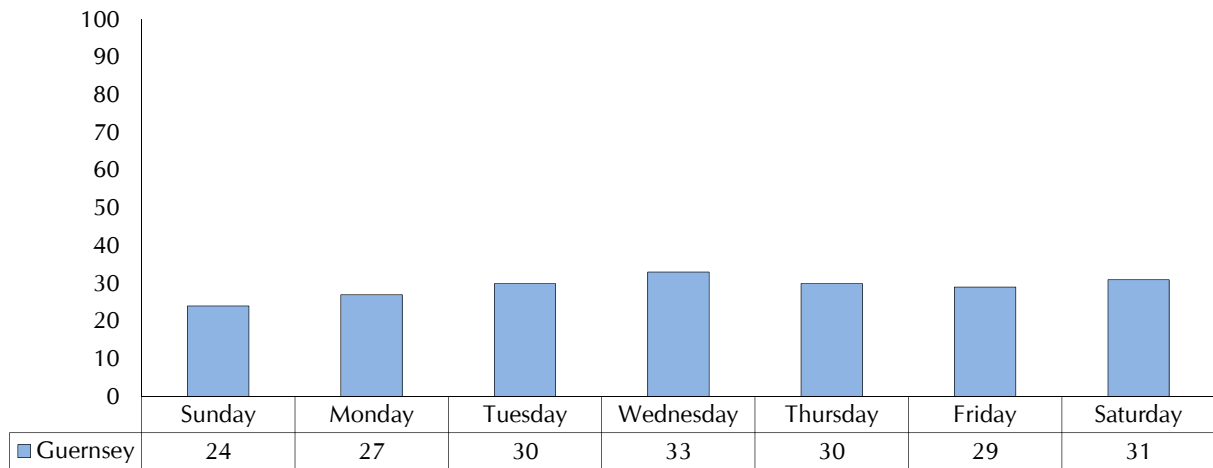
	Guernsey	
	Yr 8	Yr 10
Boys	22	18
Girls	10	17

24% of pupils responded that they did physical activity that caused them to breathe faster and feel warmer on at least 5 days in the week before the survey.

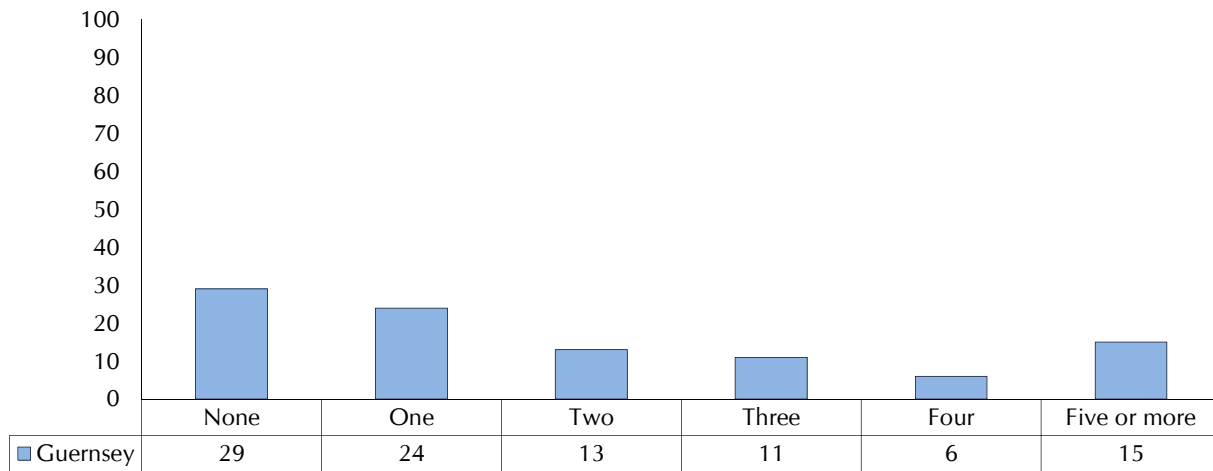
Q24. Percentage answering that they did physical activity that caused them to breathe faster and feel warmer on at least 5 days in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	24	27
Girls	26	19

Q25. On which days did you breathe faster and feel warmer while doing physical activity for an hour or more, in the last 7 days?



Q25. On how many days did you breathe faster and feel warmer while doing physical activity for an hour or more, in the last 7 days?



29% of pupils responded that they didn't do any physical activity that caused them to breathe faster and feel warmer for an hour or more in the week before the survey.

Q25. Percentage answering that they didn't do any physical activity that caused them to breathe faster and feel warmer for an hour or more in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	33	27
Girls	18	35

15% of pupils responded that they did physical activity that caused them to breathe faster and feel warmer for an hour or more on at least 5 days in the week before the survey.

Q25. Percentage answering that they did physical activity that caused them to breathe faster and feel warmer for an hour or more on at least 5 days in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	16	19
Girls	18	10

52% of pupils responded that they exercise as much as they like – nothing stops them. However, 27% of pupils responded that they don't have enough time to be as physically active as they would like, while 21% said they are shy in front of other people.

Q26. Percentage of pupils responding that the following stop them from exercising as much as they would like (top 10):

Boys			Girls		
1	I don't have enough time	21	1	I don't have enough time	33
2	I am shy in front of other people	12	2	I am shy in front of other people	29
3	There is nothing I want to do around here	10	3	I'm not comfortable about how I look	25
4	Transport to get there is a problem	9	4	It costs a lot to get there or take to part	15
5	It costs a lot to get there or take to part	9	5	There is nothing I want to do around here	13
6	I'm not comfortable about how I look	9	6	I don't know what to do	13
7	I don't know what to do	9	7	I know what I want to do but don't know where to go	10
8	Places to exercise are too far away	6	8	Transport to get there is a problem	10
9	I don't like the people who go there	5	9	I don't like the people who go there	8
10	I don't like to try new things	5	10	I don't like to try new things	7

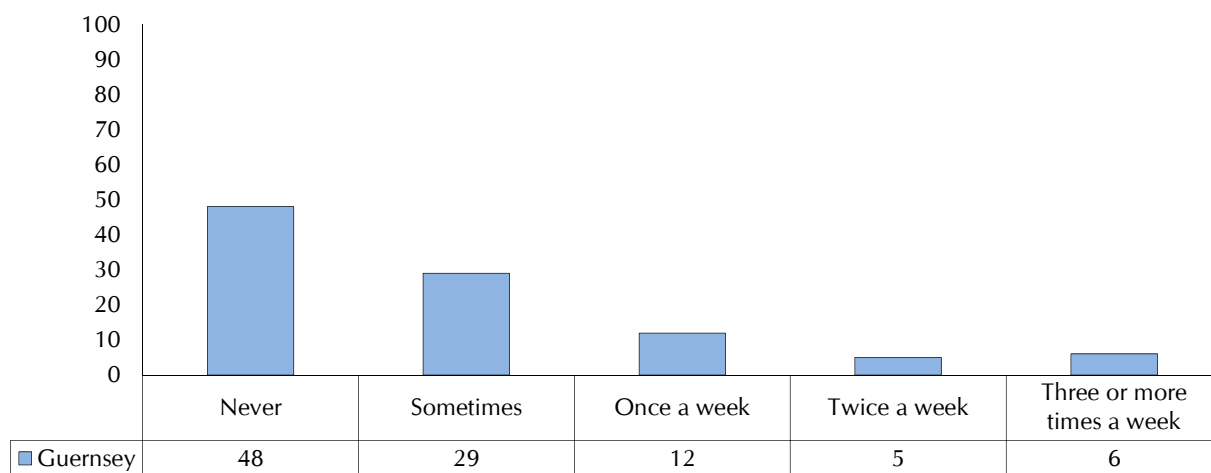
Leisure activities

45% of pupils responded that they would like to do more team sport, while 23% said they would like to do more arts or performance activities.

Q27. Percentage of pupils responding that they would like more of the following:

Boys			Girls		
1	Team sport	49	1	Team sport	42
2	Sports equipment (e.g. basketball hoops, painted marking for goals etc.)	32	2	Arts or performance activity	34
3	Individual sport	32	3	Activity equipment (e.g. fitness trails in the parks, climbing frames)	33
4	Activity equipment (e.g. fitness trails in the parks, climbing frames)	23	4	Individual sport	29
5	Don't want any more opportunities like these	20	5	Sports equipment (e.g. basketball hoops, painted marking for goals etc.)	25
6	Live music (taking part in)	17	6	Live music (taking part in)	22
7	Youth group or club	13	7	Don't want any more opportunities like these	17
8	Arts or performance activity	12	8	Youth group or club	13
9	Community activity or volunteering	7	9	Community activity or volunteering	10

Q28. Do you take part in any volunteering or leadership work in school/college?



48% of pupils responded that they 'never' take part in any volunteering or leadership work in school/college, while 29% said they 'sometimes' do.

23% of pupils responded that they take part in volunteering or leadership work in school/college at least 'once a week'; 6% said they do so 'three or more times a week'.

Q28. Percentage answering that they 'never' take part in any volunteering or leadership work in school/college.

Guernsey		
	Yr 8	Yr 10
Boys	55	48
Girls	49	39

Q28. Percentage answering that they take part in any volunteering or leadership work in school/college at least 'once a week'.

Guernsey		
	Yr 8	Yr 10
Boys	12	34
Girls	15	30

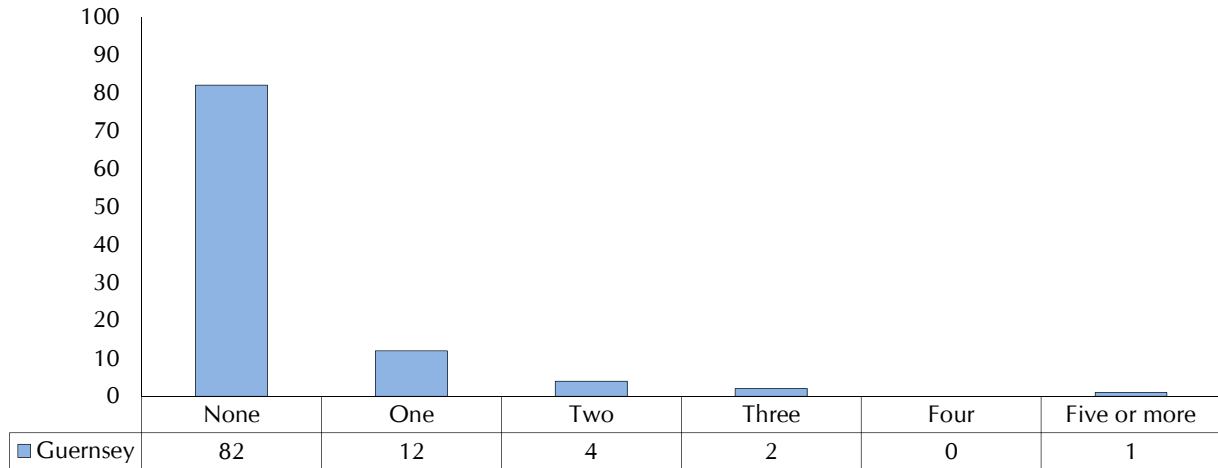
Alcohol

19% of pupils responded that they had an alcoholic drink in the 7 days before the survey.

Q29. Percentage answering that they had an alcoholic drink in the 7 days before the survey.

Guernsey		
	Yr 8	Yr 10
Boys	8	31
Girls	7	28

Q30a. On how many days did you drink alcohol, in the last 7 days?

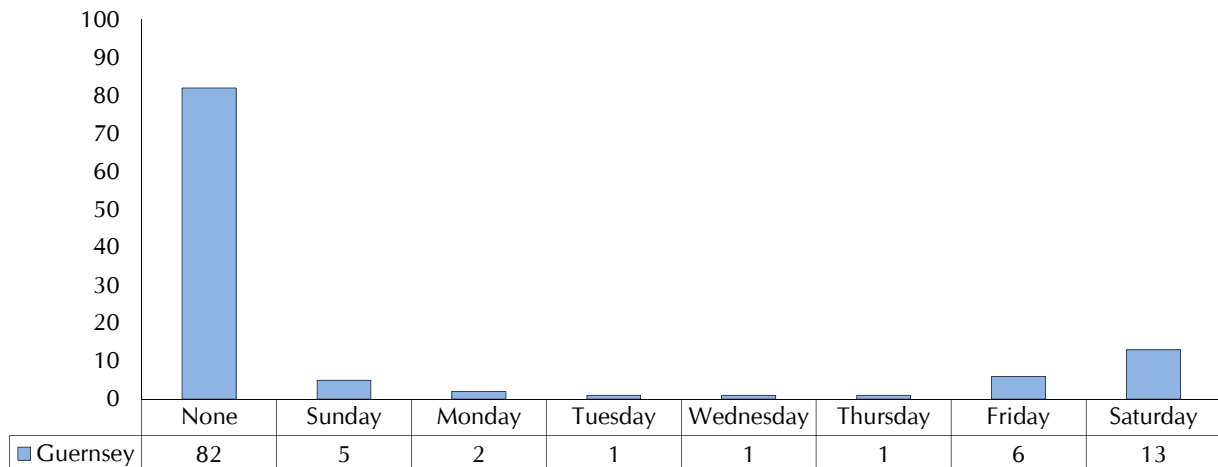


6% of pupils responded that they drank on more than one day in the 7 days before the survey; 3% said they did so on at least three days.

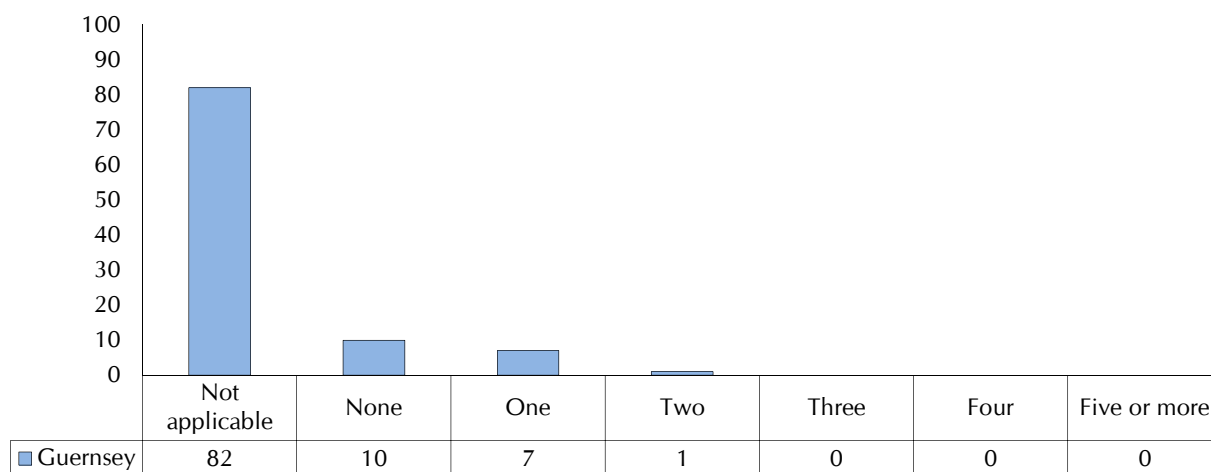
Q30a. Percentage answering that they drank alcohol on more than one day in the 7 days before the survey.

Guernsey		
	Yr 8	Yr 10
Boys	3	11
Girls	3	7

Q30a. On which days did you drink alcohol, in the last 7 days?



Q30b. On how many days did you get drunk, in the last 7 days?

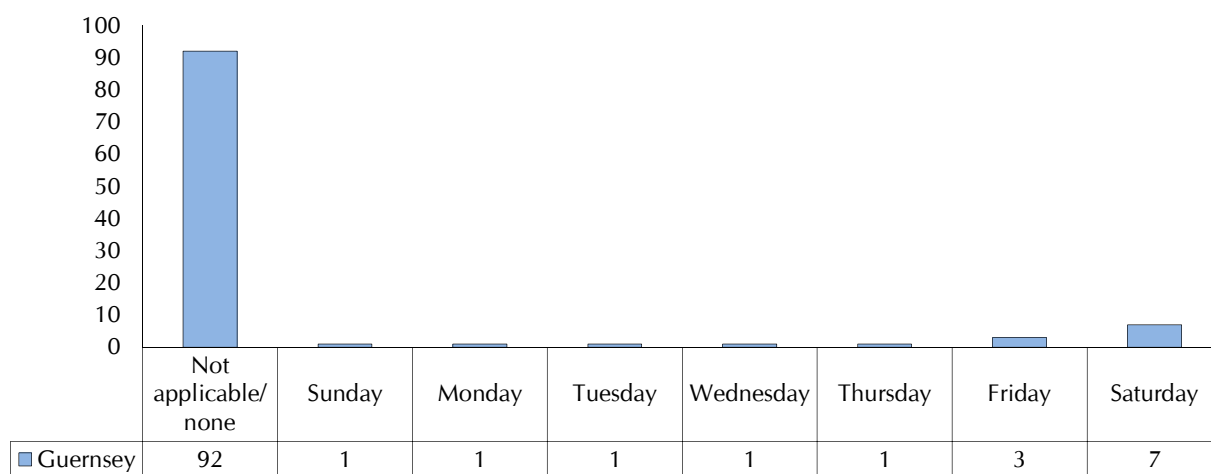


8% of pupils responded that they got drunk on at least one day in the 7 days before the survey; 2% said they did so on more than one day.

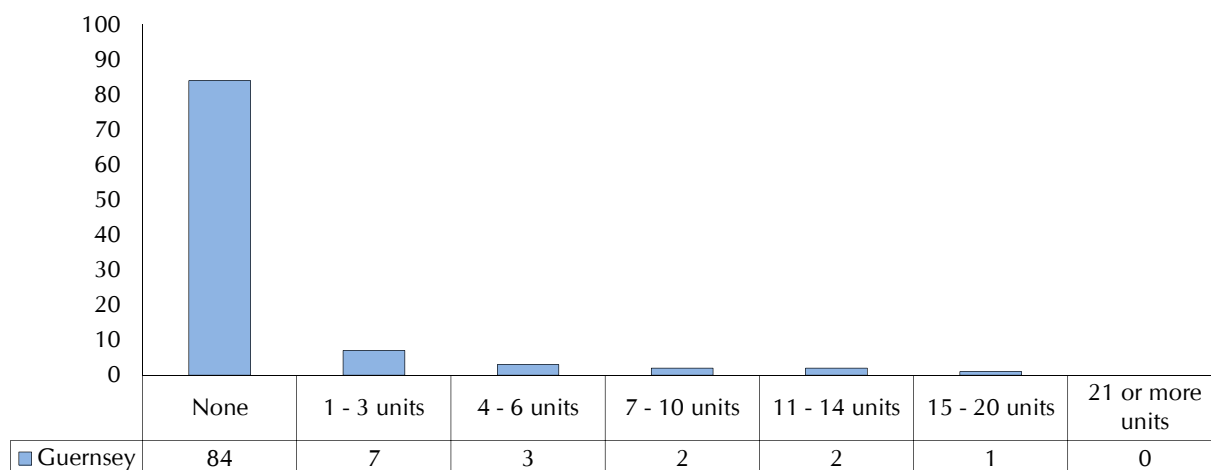
Q30b. Percentage answering that they got drunk on at least one day in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	4	11
Girls	2	15

Q30b. On which days did you get drunk, in the last 7 days?



Q31. Total units of alcohol pupils reported drinking in the last 7 days:



2% of pupils responded that they drank over the advised weekly limit of alcohol for adults of 14 units in the 7 days before the survey.

Q31. Percentage answering that they drank over 14 units of alcohol in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	1	3
Girls	0	2

4% of pupils responded that they drank pre-mixed drinks in the 7 days before the survey, while 7% said they drank spirits.

Q31. Percentage of pupils responding that they drank the following alcoholic drinks in the 7 days before the survey:

Boys			Girls		
1	Cider	8	1	Wine/champagne	7
2	Beer or lager	7	2	Spirits	7
3	Spirits	6	3	Cider	4
4	Pre-mixed drinks	5	4	Pre-mixed drinks	4
5	Wine/champagne	2	5	Beer or lager	4

11% of pupils responded that they drank alcohol at home in the 7 days before the survey; 3% said they drank outside in a public place.

Q32. Percentage of pupils responding that they have drunk alcohol at the following places in the 7 days before the survey:

Boys			Girls		
1	At home	12	1	At home	10
2	At a friend's or relation's home	8	2	At a friend's or relation's home	8
3	At a disco, club or party	4	3	At a disco, club or party	5
4	Outside in a public place	3	4	Outside in a public place	3
5	In a pub or bar	1	5	In a pub or bar	1

6% of pupils responded that they were given/bought alcohol by their parents/carers in the 7 days before the survey.

Q33. Percentage of pupils responding that they were given/bought alcohol by the following people in the 7 days before the survey:

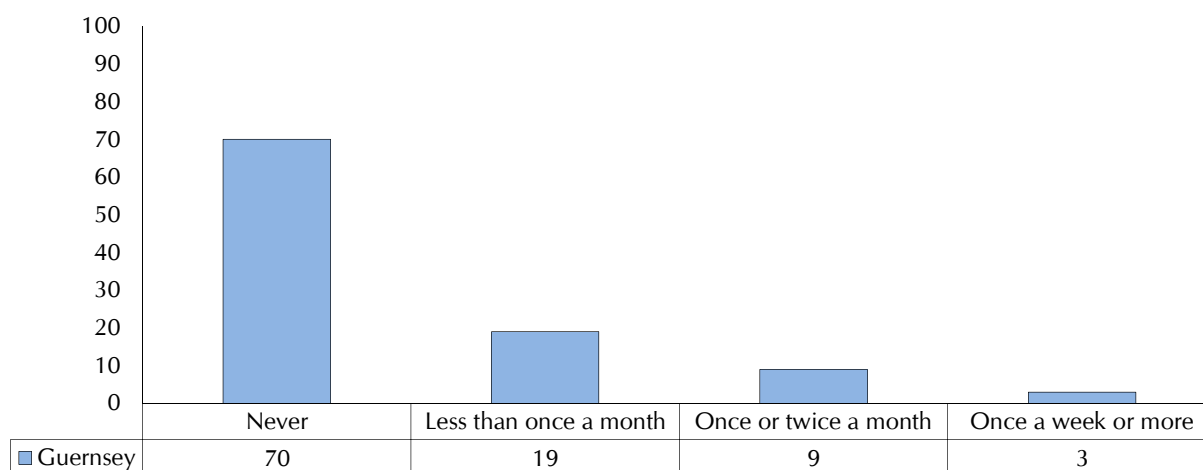
Boys			Girls		
1	Friends	7	1	Friends	7
2	Parents/carers	7	2	Parents/carers	6
3	Other people	4	3	Other people	4
4	Other relatives	2	4	Other relatives	2
5	Brothers or sisters	2	5	Brothers or sisters	1

7% of pupils responded that they bought alcohol from a supermarket in the 7 days before the survey.

Q34. Percentage of pupils responding that they bought alcohol from the following places in the 7 days before the survey:

Boys			Girls		
1	Somewhere else	15	1	Somewhere else	19
2	Supermarket	5	2	Supermarket	6
3	Pub or bar	2	3	Another shop (not supermarket)	5
4	Another shop (not supermarket)	1	4	Disco or club	3
5			5	Pub or bar	1

Q35. During the last year, how regularly have you drunk more alcohol than you intended?



70% of pupils responded that they have 'never' drunk more alcohol than they intended in the last year.

Q35. Percentage answering that they have 'never' drunk more than they intended in the last year.

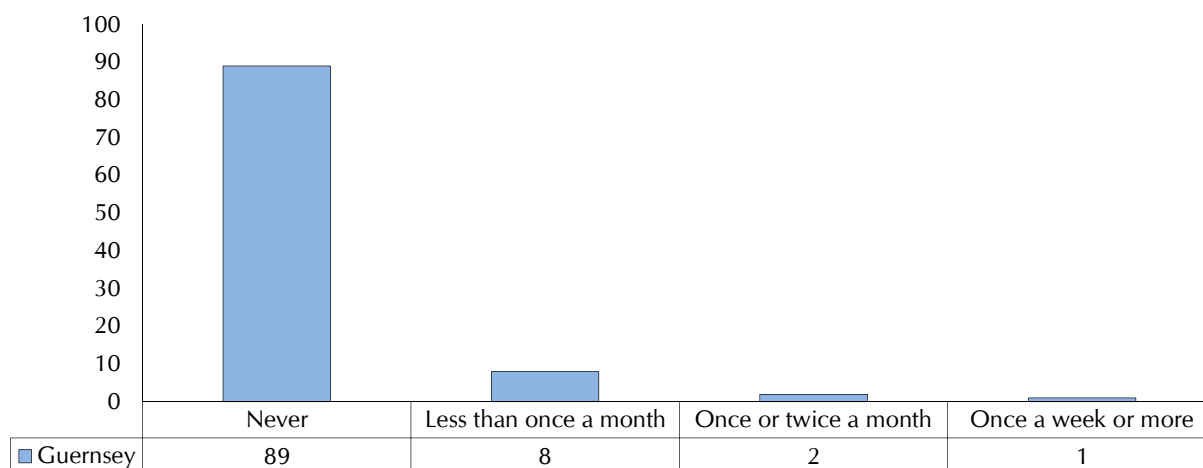
Guernsey		
	Yr 8	Yr 10
Boys	84	60
Girls	83	52

12% of pupils responded that they have drunk more than they intended at least 'once or twice a month' in the last year, while 3% said they have done so 'once a week or more'.

Q35. Percentage answering that they have drunk more than they intended at least 'once or twice a month' in the last year.

Guernsey		
	Yr 8	Yr 10
Boys	5	13
Girls	6	21

Q36. During the last year, how often has your use of alcohol caused a problem, for you or anyone else?



11% of pupils responded that their use of alcohol has caused a problem for them or someone else at some point during the last year.

Q36. Percentage answering that their use of alcohol has caused a problem for them or someone else at some point during the last year.

	Guernsey	
	Yr 8	Yr 10
Boys	4	15
Girls	4	19

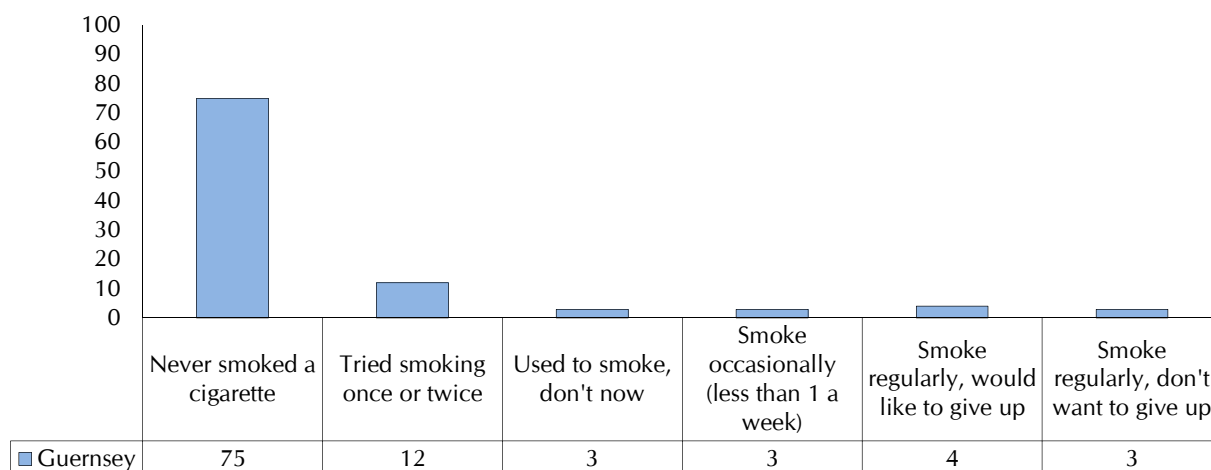
3% of pupils responded that their use of alcohol has caused a problem for them or someone else at least 'once or twice a month' during the last year; 1% said it has done so 'once a week or more'.

Q36. Percentage answering that their use of alcohol has caused a problem for them or someone else at least 'once or twice a month' during the last year.

	Guernsey	
	Yr 8	Yr 10
Boys	2	3
Girls	1	6

Smoking

Q37. Smoking: Which statement describes you best?



24% of boys and 26% of girls responded that they have tried smoking in the past or smoke now.

Q37. Percentage answering that they have smoked in the past or smoke now.

	Guernsey	
	Yr 8	Yr 10
Boys	13	33
Girls	10	42

7% of boys and 12% of girls responded that they smoke 'occasionally' or 'regularly'.

Q37. Percentage answering that they smoke 'occasionally' or 'regularly'.

	Guernsey	
	Yr 8	Yr 10
Boys	4	10
Girls	5	19

Of the 58 pupils who responded that they smoke 'regularly', 57% said they would like to give up smoking.

Q37. Percentage of regular smokers answering that they would like to give up smoking.

	Guernsey	
	Yr 8	Yr 10
Boys	50	57
Girls	50	64

9% of pupils responded that they smoked in the 7 days before the survey.

Q38. Percentage answering that they smoked in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	4	9
Girls	5	17

5% of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.

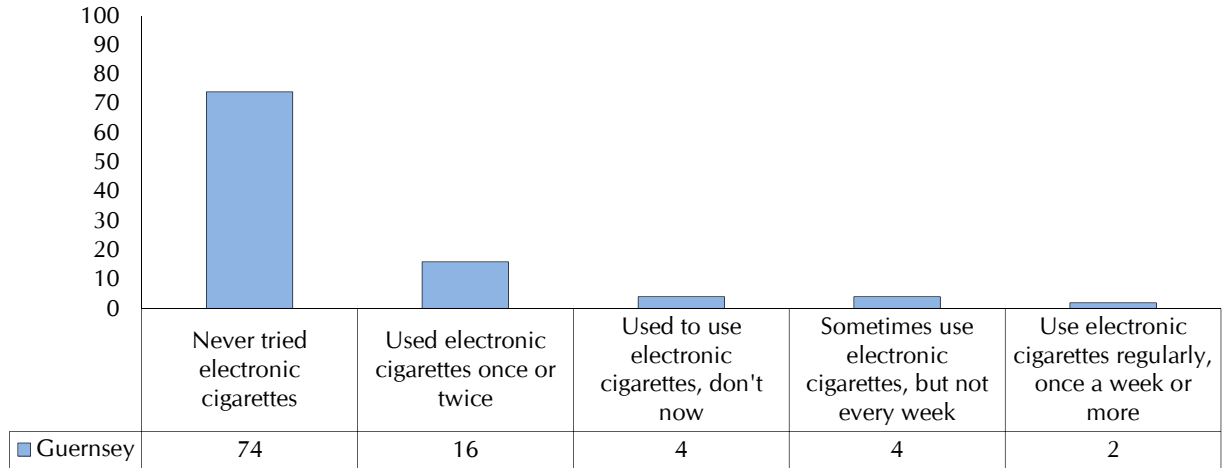
Q39a. Percentage answering that they smoked at least 10 cigarettes during the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	2	4
Girls	1	10

Q39b. Top 3 sources of cigarettes:

	Boys		Girls		
1	From friends	3	1	From friends	6
2	Somewhere else	1	2	Someone bought them for me	3
3	From a relative	1	3	Given them	2

Q40. Have you ever used/tried electronic cigarettes (vaping/e-cigarettes/shisha pen/shisha stick)?



28% of boys and 22% of girls responded that they have at least tried electronic cigarettes.

Q40. Percentage answering that they have at least tried electronic cigarettes.

Guernsey		
	Yr 8	Yr 10
Boys	21	35
Girls	11	34

2% of boys and 1% of girls responded that they use electronic cigarettes 'regularly' (once a week or more).

Q40. Percentage answering that they use electronic cigarettes 'regularly' (once a week or more).

Guernsey		
	Yr 8	Yr 10
Boys	1	3
Girls	1	1

30% of pupils responded that their parents/carers smoke.

Q41a. Percentage answering that their parents/carers smoke.

Guernsey		
	Yr 8	Yr 10
Boys	30	29
Girls	24	36

11% of pupils responded that someone smokes indoors at home in rooms that they use.

Q41b. Percentage answering that someone smokes indoors at home in rooms that they use.

Guernsey		
	Yr 8	Yr 10
Boys	9	12
Girls	8	13

12% of pupils responded that someone smokes in a car when they are in it too.

Q41c. Percentage answering that someone smokes in a car when they are in it too.

Guernsey		
	Yr 8	Yr 10
Boys	9	13
Girls	8	19

Illegal drugs

34% of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.

Q42. Percentage answering that they are 'fairly sure' or 'certain' they know someone who uses drugs.

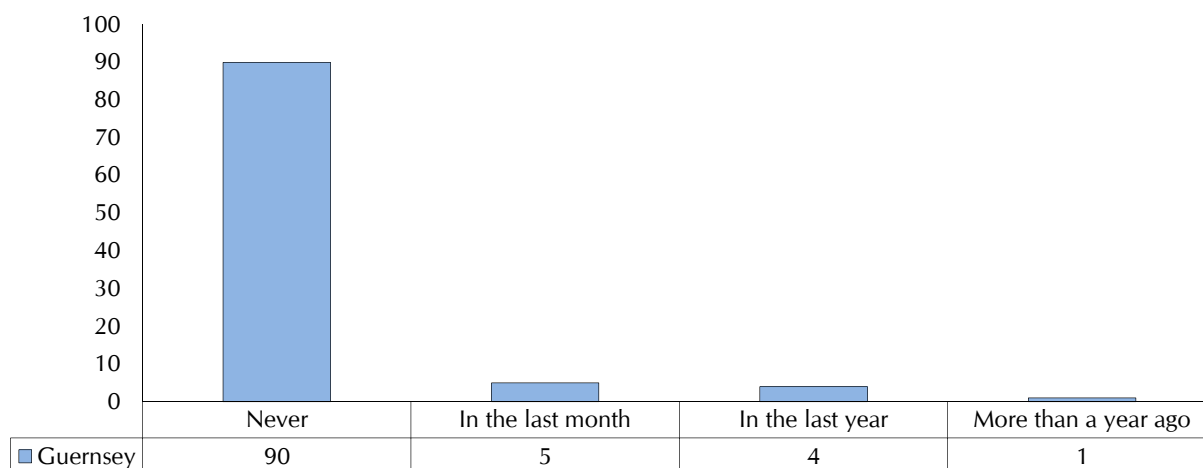
	Guernsey	
	Yr 8	Yr 10
Boys	18	51
Girls	18	45

17% of pupils responded that they have been offered cannabis.

Q36. Percentage of pupils responding that they have been offered the following drugs (top 5):

Boys			Girls		
1	Cannabis	20	1	Cannabis	14
2	Hallucinogens: natural	5	2	Hallucinogens: natural	5
3	Hallucinogens: synthetic	4	3	Ecstasy	4
4	Ecstasy	3	4	Cocaine	2
5	Solvents used as drugs	3	5	Crack	2

Q44. Drugs summary: Percentage of pupils responding that they have taken at least one of the drugs listed...:



10% of pupils responded that they have taken at least one of the drugs listed.

Q44. Percentage answering that they have taken at least one of the drugs listed.

	Guernsey	
	Yr 8	Yr 10
Boys	3	19
Girls	2	16

5% of pupils responded that they took at least one of the drugs listed in the month before the survey.

Q44. Percentage answering that they took at least one of the drugs listed in the month before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	2	8
Girls	1	8

9% of pupils responded that they have used cannabis.

Q43/44. A summary of 6 common recreational drugs:

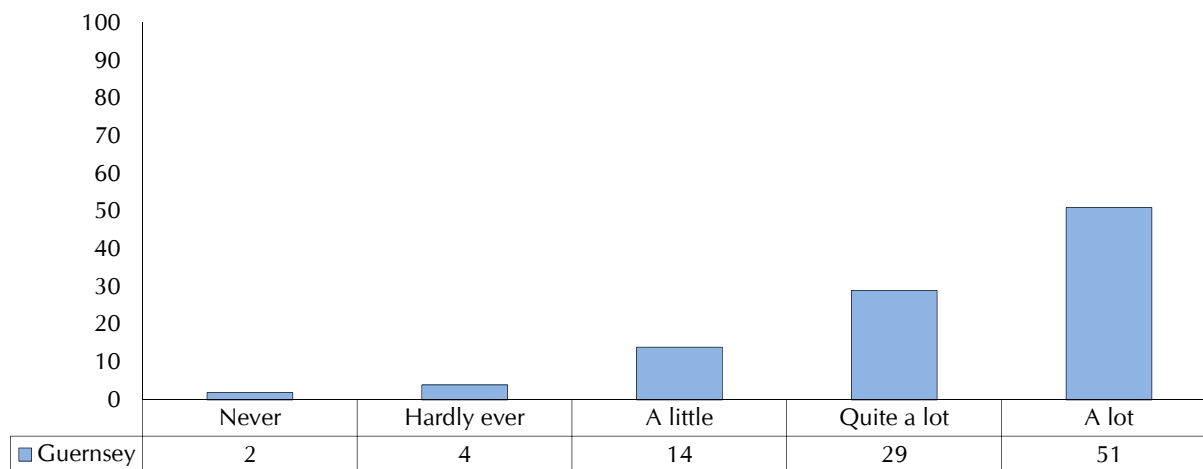
Year 8	Been offered	Have used in last month	Have used in last year	Have used
Amphetamines	1	1	1	1
Cannabis	6	1	1	2
Ecstasy	2	1	1	1
Synthetic hallucinogens	1	0	0	0
Solvents	1	0	1	1

Year 10	Been offered	Have used in last month	Have used in last year	Have used
Amphetamines	3	0	0	1
Cannabis	29	6	13	16
Ecstasy	6	0	2	2
Synthetic hallucinogens	5	1	1	2
Solvents	4	1	1	1

Emotional Health and Wellbeing

Worrying

Q45. Worrying summary: Percentage of pupils responding that they worry about at least one issue...:



80% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

Q45. Percentage answering that they worry 'quite a lot' or 'a lot' about at least one of the issues listed.

	Guernsey	
	Yr 8	Yr 10
Boys	65	79
Girls	85	90

35% of pupils responded that they worry about the way they look 'quite a lot' or 'a lot' and 28% said they worry about family problems.

Q45. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':

Boys			Girls		
1	Exams and tests	43	1	Exams and tests	63
2	Health	28	2	The way you look	51
3	School-work/homework problems	28	3	Problems with friends	40
4	Wars and terrorism	25	4	School-work/homework problems	40
5	Problems with friends	25	5	Health	39
6	Family problems	24	6	Family problems	31
7	The way you look	19	7	Wars and terrorism	30
8	Money/family money problems	17	8	Money/family money problems	28
9	Bullying	14	9	Bullying	20
10	Crime	13	10	Crime	19
11	Boyfriend/girlfriend problems	12	11	The environment	17
12	The environment	12	12	Boyfriend/girlfriend problems	16
13	Alcohol	4	13	Drugs	5
14	Drugs	4	14	Alcohol	5
15	Sexually transmitted infections	3	15	Sexually transmitted infections	2

Support

We asked for a variety of problems, who or what would be the first source of help or information that the young people would turn to.

48% of pupils responded that their first source of support for school-work problems is their parents or carers, while 19% said they would go to a teacher

Q46. Sources of support and information:

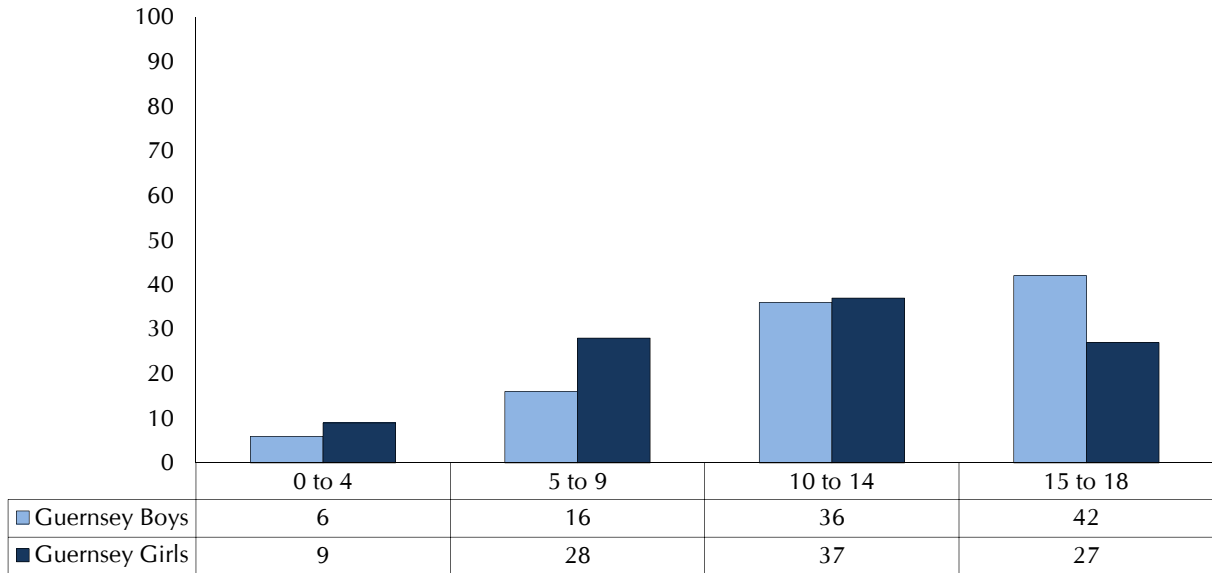
Boys	Parents or carers	Brother or sister	Friend	Teacher	School nurse	Other adult	Keep it to myself
School	51	3	7	18	0	0	21
Exams and tests	50	4	7	20	0	0	19
Money/family money problems	61	3	5	1	0	1	28
Bullying	50	4	8	10	0	1	27
Health	57	1	4	2	8	2	27
Problems with friends	38	5	23	2	0	0	31
Family problems	49	6	9	2	1	3	29
The way you look	33	3	11	1	0	1	52
Relationships	31	5	23	0	0	1	40
Sexually transmitted infections	39	2	6	1	13	4	36
Alcohol	44	4	12	1	4	2	32
Drugs	42	4	13	1	5	3	32
Environment	45	2	9	4	0	4	35
Wars and terrorism	50	2	10	2	0	2	33
Crime	50	2	9	2	0	2	35

Girls	Parents or carers	Brother or sister	Friend	Teacher	School nurse	Other adult	Keep it to myself
School	47	4	14	19	0	0	15
Exams and tests	41	6	14	21	0	1	18
Money/family money problems	50	5	9	2	0	1	33
Bullying	41	4	22	7	0	1	25
Health	54	3	7	0	6	2	28
Problems with friends	33	10	29	3	0	1	24
Family problems	31	7	20	3	1	2	35
The way you look	18	3	22	0	0	0	56
Relationships	20	8	39	0	0	1	31
Sexually transmitted infections	31	3	15	0	11	4	34
Alcohol	36	7	22	1	4	2	28
Drugs	36	7	20	1	4	3	30
Environment	37	3	13	7	0	3	36
Wars and terrorism	49	3	15	3	0	2	27
Crime	47	3	17	2	0	3	28

Self-esteem

This measurement is derived from the responses to a set of ten statements taken from a standard self-esteem enquiry method developed by Denis Lawrence (Lawrence, 1981). The scale is based on social confidence and relationships with friends.

Q47. Composite self-esteem score:



Data from the 'Young People in...' series reveal more girls than boys found at the lower end of the scale and more boys than girls at the higher end.

30% of pupils appeared in the lower half of the self-esteem scale.

Q47. Percentage with self-esteem score of 9 or less (med-low).

	Guernsey	
	Yr 8	Yr 10
Boys	23	21
Girls	39	34

34% of pupils appeared in the highest bracket of the self-esteem scale.

Q47. Percentage with self-esteem score of 15 or more (high).

	Guernsey	
	Yr 8	Yr 10
Boys	41	43
Girls	26	28

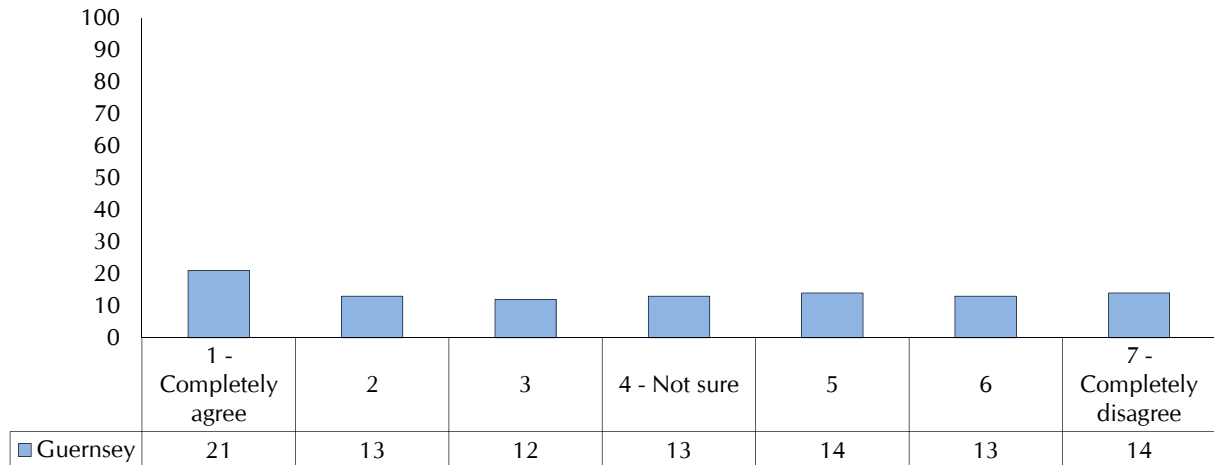
72% of pupils responded that they feel happy talking to other pupils.

Q47. (Individual self-esteem items) Percentage in each group giving high esteem response:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who feel happy talking to other pupils	76	69	75	70	72
Pupils who do not want to change lots of things about themselves	43	16	34	15	27
Pupils who are not usually uneasy saying things in front of teachers	47	35	47	29	40
Pupils who do not often fall out with other pupils	54	49	63	66	58
Pupils who do not often feel lonely at school	78	66	70	66	70
Pupils who do not think that other pupils usually say nasty things about them	40	31	44	40	39
Pupils who do not usually feel shy when they want to tell a teacher something	55	38	66	41	50
Pupils who do not often have to find new friends because their old ones are with someone else	70	60	75	69	69
Pupils who do not usually feel foolish when they talk to their parents	58	58	66	58	60

Happiness and satisfaction

Q48a. How much do you agree with the following statements? I'm glad I am who I am:



45% of pupils responded that they are glad they are who they are (responses 1 – 3).

Q48a. Percentage answering that they are glad they are who they are (responses 1 – 3).

Guernsey

	Yr 8	Yr 10
Boys	41	49
Girls	46	45

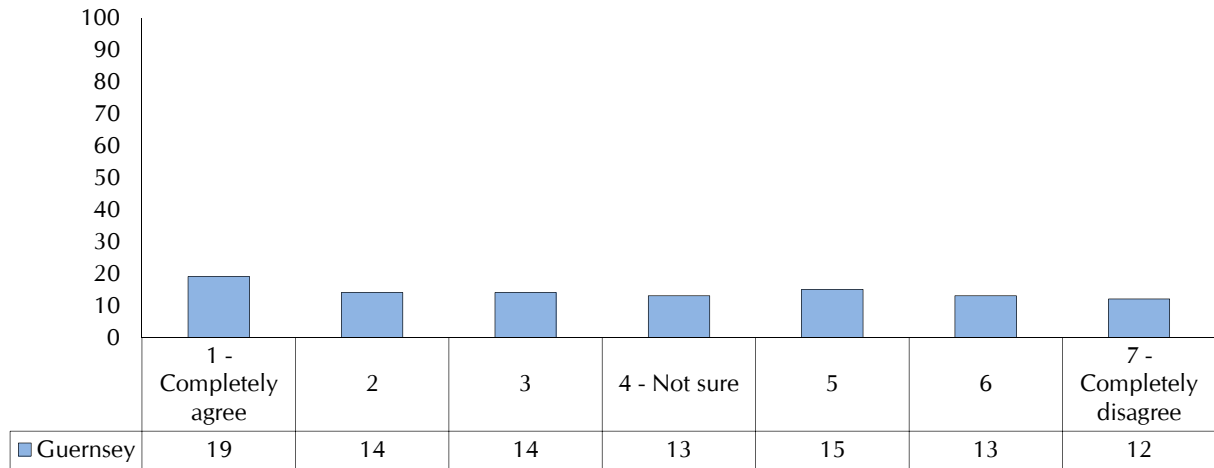
42% of pupils responded that they aren't glad they are who they are (responses 5 – 7).

Q48a. Percentage answering that they aren't glad they are who they are (responses 5 – 7).

Guernsey

	Yr 8	Yr 10
Boys	50	43
Girls	38	37

Q48b. How much do you agree with the following statements? I generally feel happy:



47% of pupils responded that they generally feel happy (responses 1 – 3).

Q48b. Percentage answering that they generally feel happy (responses 1 – 3).

Guernsey

	Yr 8	Yr 10
Boys	42	51
Girls	49	46

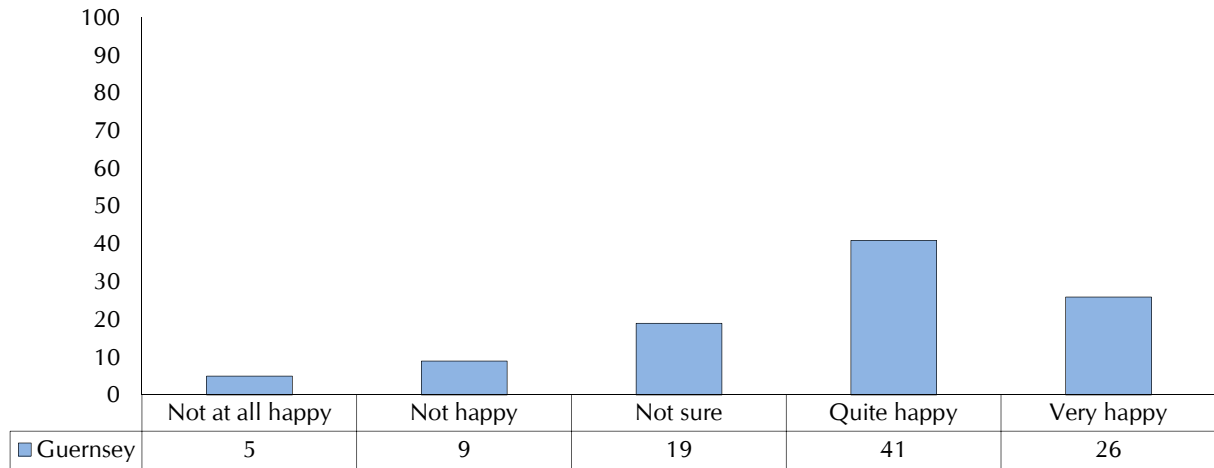
40% of pupils responded that they don't generally feel happy (responses 5 – 7).

Q48b. Percentage answering that they don't generally feel happy (responses 5 – 7).

Guernsey

	Yr 8	Yr 10
Boys	46	38
Girls	37	38

Q49. In general, how happy do you feel with your life at the moment?



14% of pupils responded that they feel 'not at all happy' or 'not happy' with their life at the moment.

Q49. Percentage answering that they feel 'not at all happy' or 'not happy' with their life at the moment.

Guernsey

	Yr 8	Yr 10
Boys	6	13
Girls	16	19

67% of pupils responded that they feel 'quite' or 'very' happy with their life at the moment.

Q49. Percentage answering that they feel 'quite' or 'very' happy with their life at the moment.

Guernsey

	Yr 8	Yr 10
Boys	80	70
Girls	61	60

Sex information

Q50. Percentage of pupils responding that the following is their main source of information about sex (top 5):

Boys			Girls		
1	Sex education lessons	50	1	Sex education lessons	51
2	Friends	13	2	Friends	22
3	My parents/carers	12	3	My parents/carers	12
4	Internet	3	4	Brothers, sisters, other close relations	4
5	Brothers, sisters, other close relations	3	5	Internet	4

Q51. Percentage of pupils responding that the following should be their main source of information about sex (top 5):

Boys			Girls		
1	Sex education lessons	69	1	Sex education lessons	68
2	My parents/carers	13	2	My parents/carers	18
3	Friends	3	3	Friends	4
4	Doctor	2	4	Doctor	3
5	Internet	2	5	Advice centre (e.g. Family Planning Service)	2

Contraception and local services

58% of pupils responded that they know where they can get condoms free of charge.

Q52. Percentage answering that they know where they can get condoms free of charge.

Guernsey		
	Yr 8	Yr 10
Boys	31	90
Girls	20	90

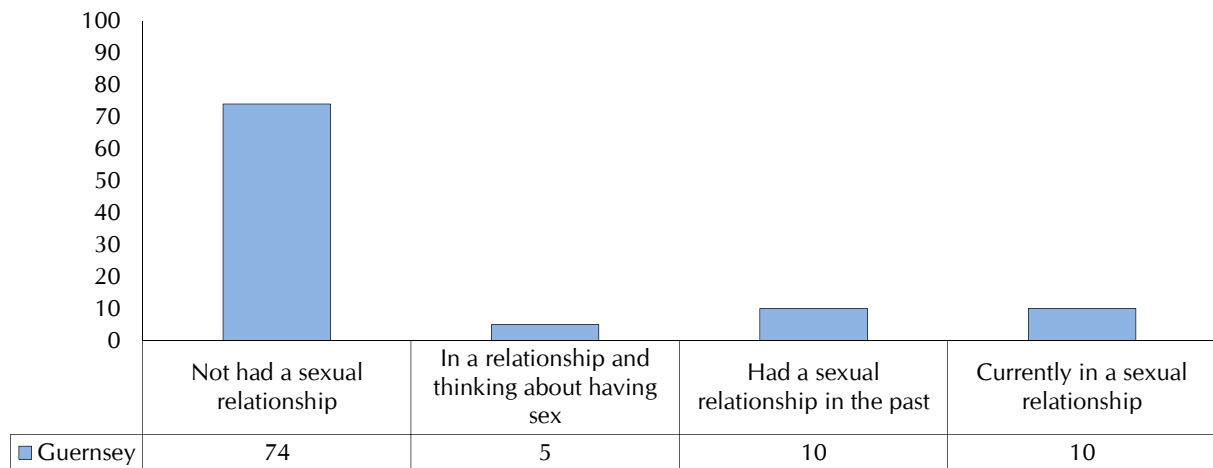
60% of pupils responded that there is a special contraception and advice service for young people available locally, while 36% said they 'don't know' if there is.

Q53. Percentage answering that there is a special contraception and advice service for young people available locally.

Guernsey		
	Yr 8	Yr 10
Boys	49	67
Girls	44	79

Sexual relationships

Q55. Year 10+: Sexual relationships: Which of the following best describes you?



21% of Year 10+ pupils responded that they are either in a sexual relationship or have had one in the past, while 5% said they are in a relationship and thinking about having sex.

Q55. Percentage of Year 10+ pupils answering that they are either in a sexual relationship or have had one in the past.

	Guernsey
	Yr 10
Boys	18
Girls	23

Q56. Year 10+: If you have had sex, do you use a method of protection or contraception?



3% of Year 10+ pupils responded that they have had sex and 'never' use a method of protection or contraception, while 5% said they only 'sometimes' do.

13% of Year 10+ pupils responded that they have had sex and 'always' use a method of protection or contraception.

Of the 95 Year 10+ pupils who have had sex, 13% said they 'always' use a method of protection or contraception.

Q56. Percentage of Year 10+ pupils answering that they have had sex and 'never' use a method of protection or contraception.

Guernsey

Yr 10

Boys 3

Girls 2

Q56. Percentage of Year 10+ pupils who have had sex answering that they 'always' use a method of protection or contraception.

Guernsey

Yr 10

Boys 59

Girls 66

Safe and Nurtured

Bullying

23% of pupils responded that they have been bullied at or near school in the last 12 months, while 16% said they 'don't know' if they have.

Q57. Percentage answering that they have been bullied at or near school in the last 12 months.

	Guernsey	
	Yr 8	Yr 10
Boys	28	23
Girls	22	20

50% of pupils responded that they have experienced one or more of the negative behaviours listed in the last month.

Q58. Percentage answering that they have experienced at least one of the negative behaviours listed in the last month.

	Guernsey	
	Yr 8	Yr 10
Boys	45	51
Girls	54	52

18% of pupils responded that they were pushed or hit in the month before the survey and 10% said they were threatened for no reason.

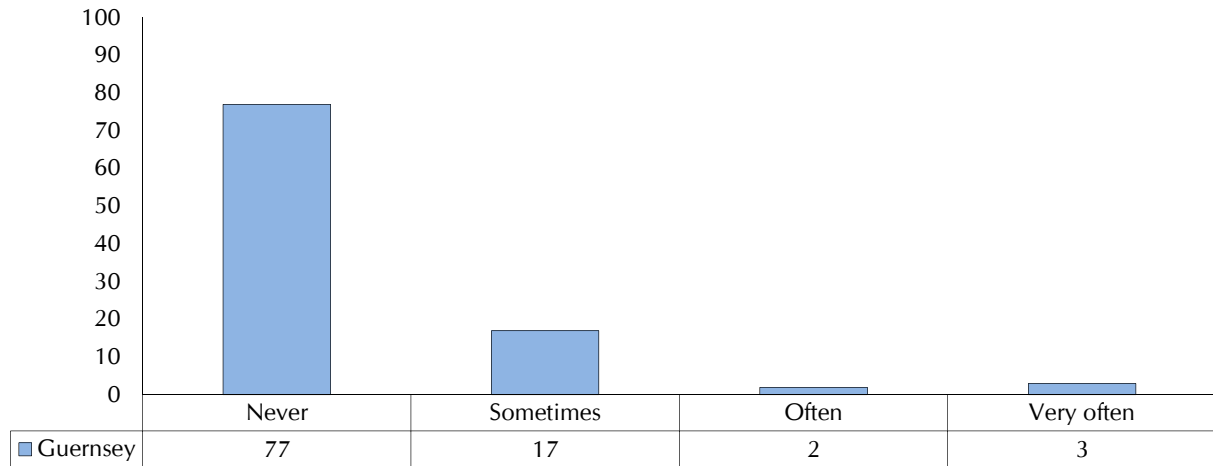
Q58. Percentage of pupils responding that they experienced the following negative behaviours in the month before the survey (top 10):

Boys			Girls		
1	Been teased/made fun of	36	1	Been teased/made fun of	38
2	Pushed/hit for no reason	22	2	Been excluded/left out of friendship groups	29
3	Been verbally abused	21	3	Been verbally abused	18
4	Been excluded/left out of friendship groups	13	4	Pushed/hit for no reason	14
5	Had belongings taken/broken	13	5	Received nasty/threatening message online	11
6	Been threatened for no reason	9	6	Been threatened for no reason	11
7	Been ganged up on	8	7	Had belongings taken/broken	11
8	Seen nasty things written about you online	5	8	Received nasty/threatening text message	10
9	Received nasty/threatening message online	4	9	Seen nasty things written about you online	10
10	Received nasty/threatening text message	4	10	Been ganged up on	9

Q59. Percentage of pupils responding that they experienced negative behaviour at the following in the month before the survey (top 5):

Boys			Girls		
1	In a classroom (breaktimes)	21	1	In a classroom (breaktimes)	21
2	Outside at school (breaktimes)	19	2	Outside at school (breaktimes)	17
3	During lesson time	14	3	Via the internet/instant message etc.	16
4	In the corridors	12	4	During lesson time	15
5	Somewhere else	5	5	In the corridors	13

Q60. Do you ever feel afraid of going to school because of bullying?



23% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.

Q60. Percentage answering that they feel afraid of going to school because of bullying at least 'sometimes'.

	Guernsey	
	Yr 8	Yr 10
Boys	22	15
Girls	30	22

5% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

Q60. Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

	Guernsey	
	Yr 8	Yr 10
Boys	2	3
Girls	8	6

40% of pupils responded that they think their school takes bullying seriously, while 30% think it doesn't take bullying seriously.

Q61. Percentage answering that they think their school takes bullying seriously.

	Guernsey	
	Yr 8	Yr 10
Boys	49	43
Girls	40	30

Internet safety

63% of pupils responded that they use Facebook 'often' or 'every day', while 24% said the same of Twitter.

Q62. Percentage of pupils responding that they use the following internet chat rooms or social networking sites 'often' or 'every day':

Boys		Girls		
1	Facebook	61	1 Instagram/Snapchat/Flickr	83
2	Instagram/Snapchat/Flickr	59	2 Facebook	65
3	Xbox Live	36	3 Twitter	24
4	Other networking site	28	4 Tumblr/Reddit	13
5	Twitter	23	5 Other networking site	12
6	Tumblr/Reddit	7	6 Xbox Live	5

30% of pupils responded that they have received a message in a chat room/social network site that scared or upset them.

Q63. Percentage answering that they have received a message in a chat room/social network site that scared or upset them.

Guernsey		
	Yr 8	Yr 10
Boys	14	23
Girls	39	44

22% of pupils responded that someone they don't know in person has asked to meet with them.

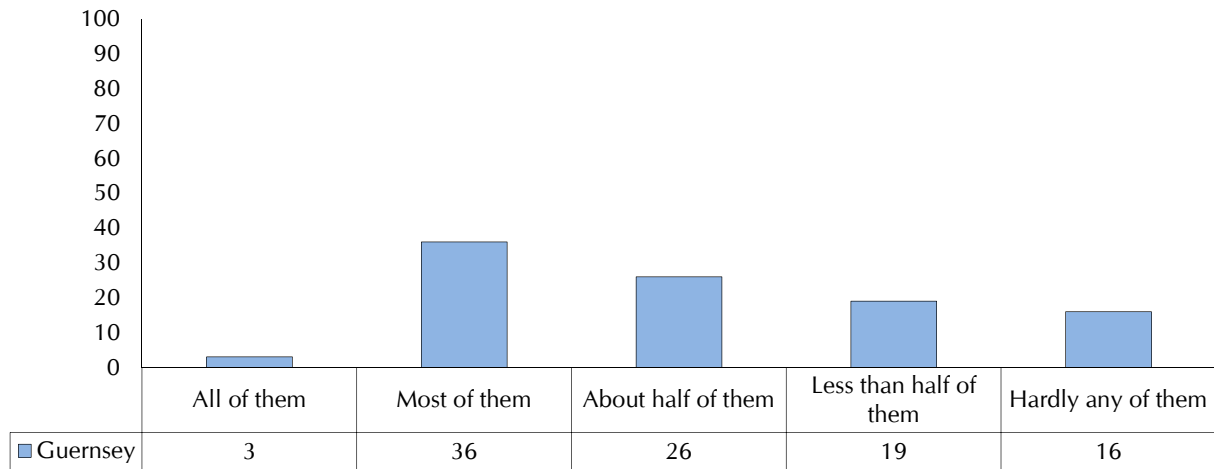
Q64. Percentage answering that someone they don't know in person has asked to meet with them.

Guernsey		
	Yr 8	Yr 10
Boys	15	23
Girls	13	34

Reaching Potential

School lessons

Q65. How many lessons do you enjoy at school?



39% of pupils responded that they enjoy 'most' or 'all' lessons at school.

Q65. Percentage answering that they enjoy 'most' or 'all' lessons at school.

	Guernsey	
	Yr 8	Yr 10
Boys	33	48
Girls	39	37

16% of pupils responded that they enjoy 'hardly any' lessons at school.

Q65. Percentage answering that they enjoy 'hardly any' lessons at school.

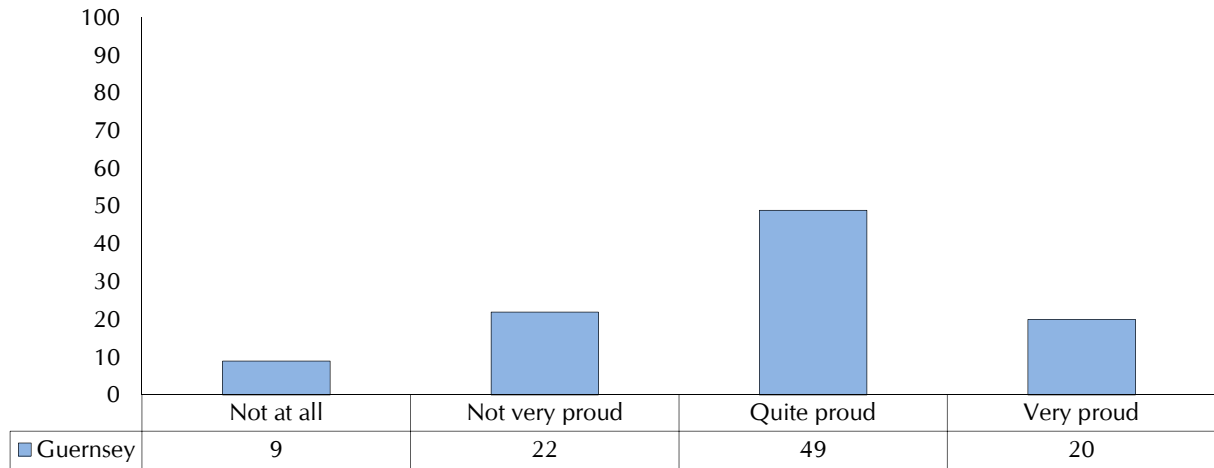
	Guernsey	
	Yr 8	Yr 10
Boys	16	14
Girls	16	15

52% of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'; 34% said they worry about school-work/homework problems.

Q45. Percentage answering that they worry about exams and tests 'quite a lot' or 'a lot'.

	Guernsey	
	Yr 8	Yr 10
Boys	34	51
Girls	56	70

Q66. How proud are you to be a member of this school/college?



9% of pupils responded that they are 'not at all' proud to be a member of their school/college, while 22% said they are 'not very proud'.

Q66. Percentage answering that they are 'not at all' proud to be a member of their school/college.

Guernsey		
	Yr 8	Yr 10
Boys	11	8
Girls	8	7

69% of pupils responded that they are 'quite' or 'very' proud to be a member of their school/college.

Q66. Percentage answering that they are 'quite' or 'very' proud to be a member of their school/college.

Guernsey		
	Yr 8	Yr 10
Boys	69	67
Girls	73	70

Every Child Matters

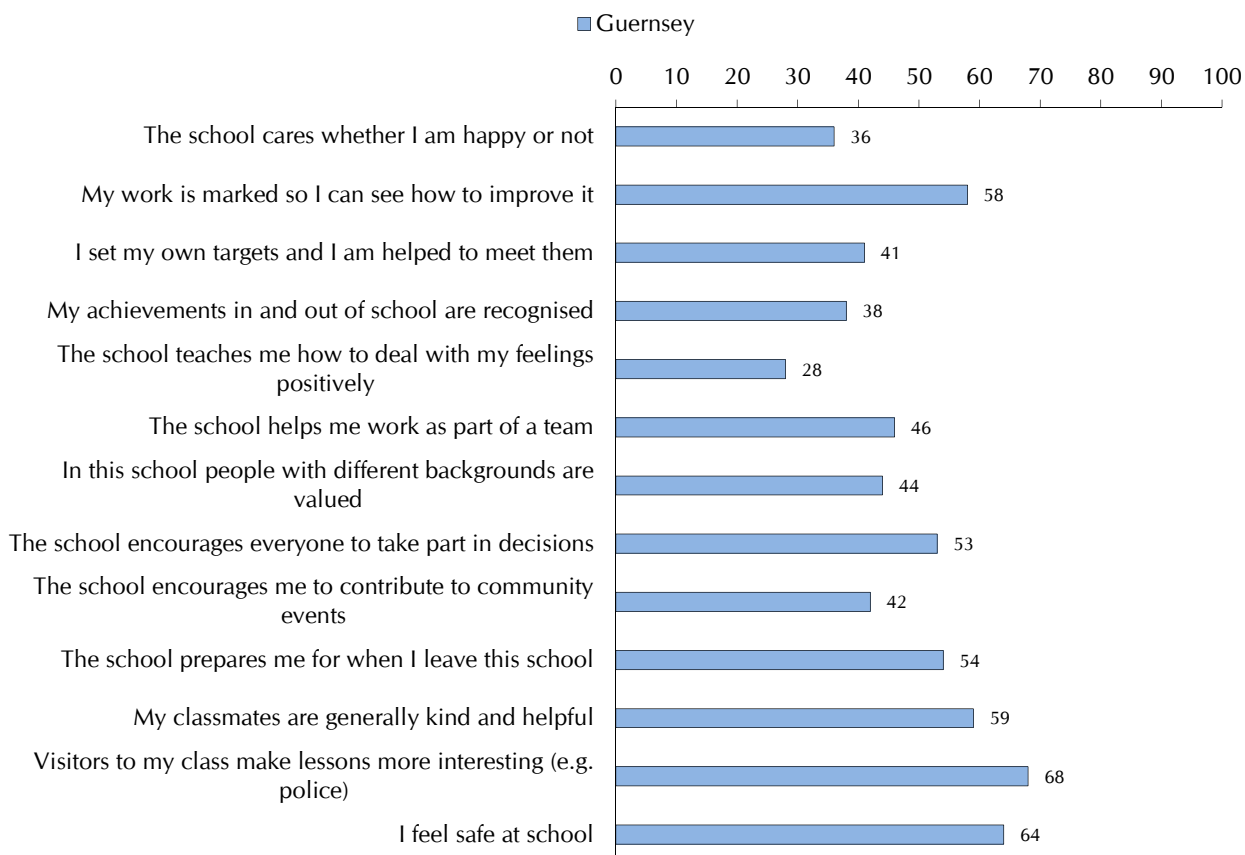
36% of pupils agreed that the school cares whether they are happy or not.

Q67. Percentage of pupils responding that they 'agree' with the following statements (top 10):

Boys			Girls		
1	Visitors to my class make lessons more interesting (e.g. police)	66	1	Visitors to my class make lessons more interesting (e.g. police)	70
2	I feel safe at school	64	2	I feel safe at school	65
3	My work is marked so I can see how to improve it	58	3	My classmates are generally kind and helpful	62
4	The school prepares me for when I leave this school	56	4	My work is marked so I can see how to improve it	58
5	My classmates are generally kind and helpful	56	5	The school encourages everyone to take part in decisions	56
6	The school encourages everyone to take part in decisions	51	6	The school prepares me for when I leave this school	52
7	In this school people with different backgrounds are valued	47	7	The school helps me work as part of a team	46
8	The school encourages me to contribute to community events	46	8	In this school people with different backgrounds are valued	41
9	The school helps me work as part of a team	46	9	The school encourages me to contribute to community events	39
10	I set my own targets and I am helped to meet them	44	10	I set my own targets and I am helped to meet them	38

44% of pupils agreed that people of different backgrounds are valued in their school.

Q67. Percentage of pupils responding that they 'agree' with the following statements:



Q68. Percentage of pupils responding that they have found school lessons about the following 'quite' or 'very' useful:

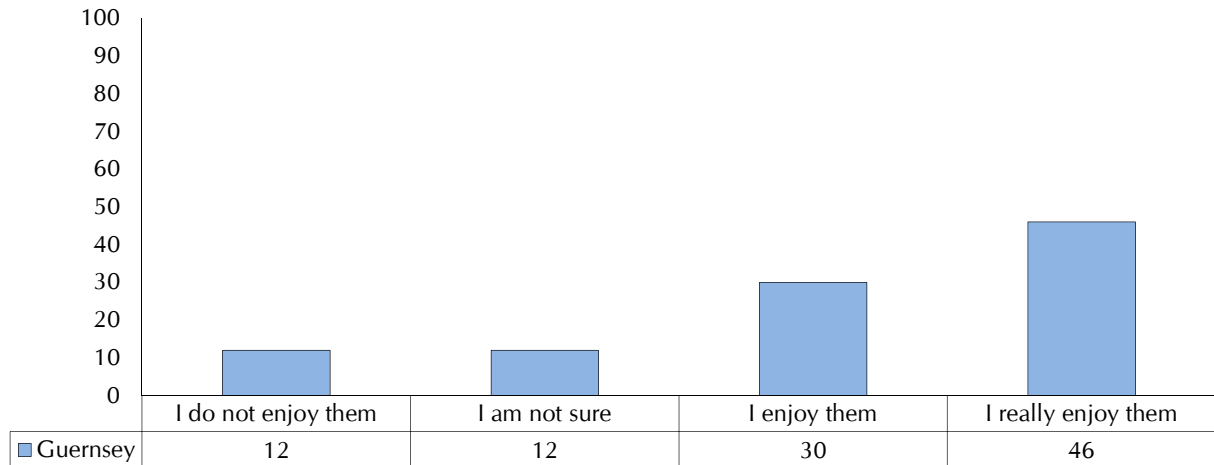
	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Personal, Social and Health Education	44	48	48	39	44
Citizenship	39	33	30	28	32
Drug education (incl. alcohol and tobacco)	67	62	59	54	59
Emotional health and wellbeing	48	49	38	35	42
Bullying	48	49	34	35	41
Healthy eating	56	56	39	40	47
Physical activity	59	57	51	44	52
Online safety	56	65	46	49	53
Sex and Relationship education	57	65	62	59	60
Domestic abuse education	46	48	43	42	44

Q68. Percentage of pupils responding that they either couldn't remember any school lessons about the following, or found them 'not at all' useful:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Personal, Social and Health Education	23	20	24	18	22
Citizenship	31	38	39	34	36
Drug education (incl. alcohol and tobacco)	18	13	19	8	15
Emotional health and wellbeing	29	27	36	33	32
Bullying	27	28	37	28	31
Healthy eating	25	22	29	22	25
Physical activity	20	23	23	26	24
Online safety	20	17	28	17	21
Sex and Relationship education	19	15	15	11	16
Domestic abuse education	31	30	31	27	30

PE lessons

Q69. How do you feel about PE lessons?



12% of pupils responded that they 'do not enjoy' PE lessons.

Q69. Percentage answering that they 'do not enjoy' PE lessons.

	Guernsey	
	Yr 8	Yr 10
Boys	6	11
Girls	10	17

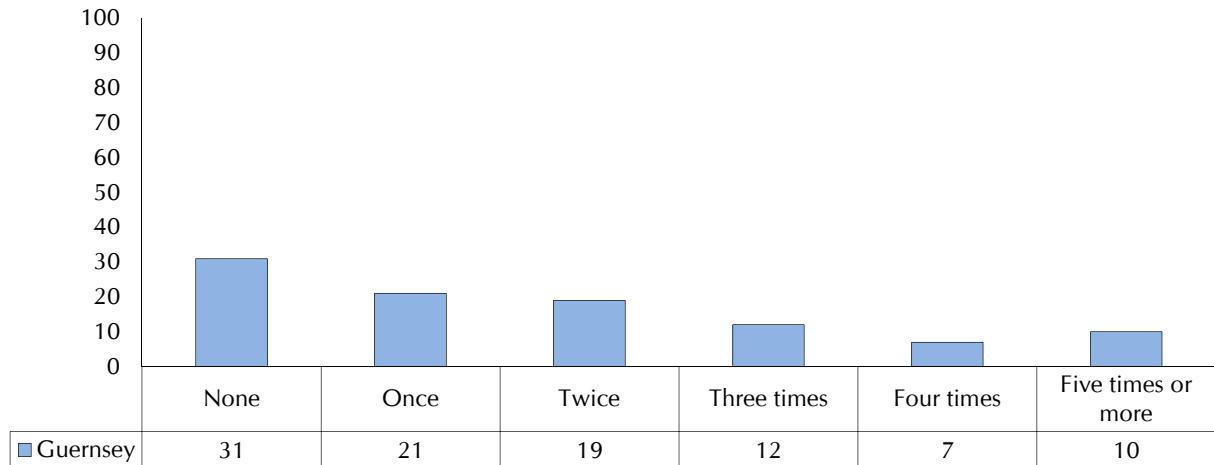
76% of pupils responded that they 'enjoy' or 'really enjoy' PE lessons.

Q69. Percentage answering that they 'enjoy' or 'really enjoy' PE lessons.

	Guernsey	
	Yr 8	Yr 10
Boys	86	82
Girls	73	67

Extra-curricular activities

Q70. How many times per week do you attend an extra-curricular club?



31% of pupils responded that they don't attend any weekly extra-curricular clubs, while 21% said they do so once a week.

Q70. Percentage answering that they don't attend any weekly extra-curricular clubs.

Guernsey

	Yr 8	Yr 10
Boys	34	30
Girls	19	38

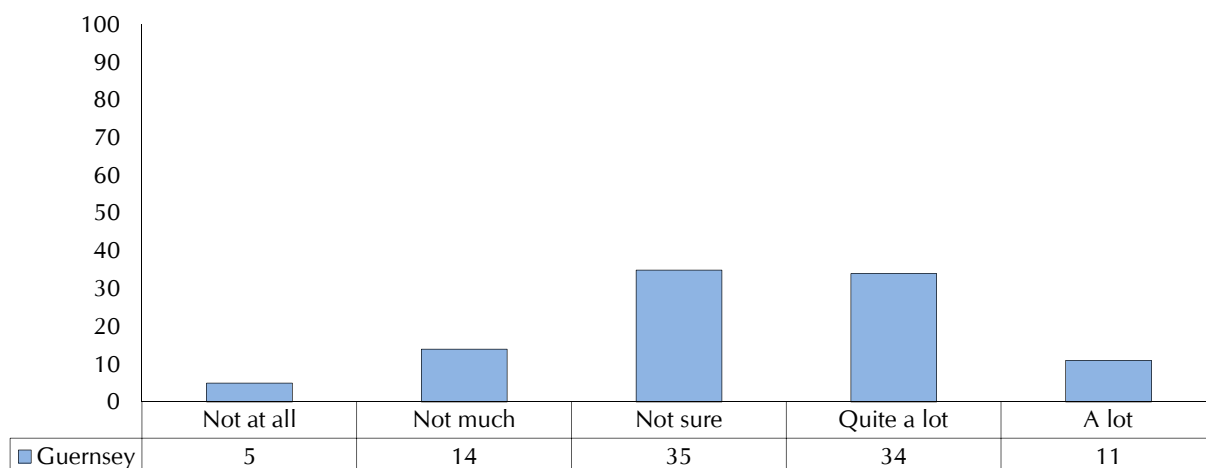
29% of pupils responded that they attend an extra-curricular club at least 'three times' a week.

Q70. Percentage answering that they attend an extra-curricular club at least 'three times' a week.

Guernsey

	Yr 8	Yr 10
Boys	26	29
Girls	39	22

Q71. How much does your school/college enable young people to make decisions about the future of the school/college?



5% of pupils responded that their school/college doesn't enable young people to make decisions about the future of the school/college 'at all'.

Q71. Percentage answering that their school/college doesn't enable young people to make decisions about the future of the school/college 'at all'.

Guernsey

	Yr 8	Yr 10
Boys	6	4
Girls	5	5

45% of pupils responded that their school/college enables young people to make decisions about the future of the school/college 'quite a lot' or 'a lot'.

Q71. Percentage answering that their school/college enables young people to make decisions about the future of the school/college 'quite a lot' or 'a lot'.

Guernsey

	Yr 8	Yr 10
Boys	48	53
Girls	40	42

56% of pupils agreed that, on the whole, they like their teachers.

Q72. Percentage of pupils responding 'agree' or 'strongly agree' to the following statements about school:

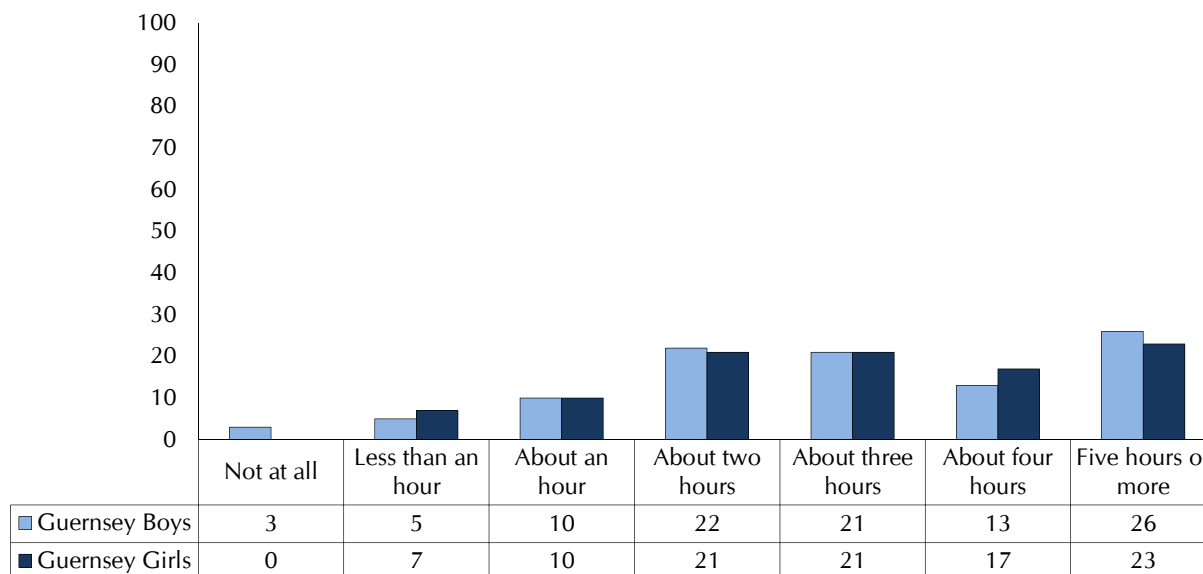
	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
On the whole I like my teachers	52	50	59	63	56
I want to do well at school/college	88	90	87	94	89
The best part of my life is the time I spend in school/college	23	22	26	19	22
School/college has prepared me for the world of work	60	45	52	44	49

Q72. Percentage of pupils responding 'disagree' or 'strongly disagree' to the following statements about school:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
On the whole I like my teachers	22	19	22	17	20
I want to do well at school/college	5	2	5	1	3
The best part of my life is the time I spend in school/college	49	44	44	48	47
School/college has prepared me for the world of work	14	20	21	25	21

Screen time

Q73. How long did you spend looking at a device screen yesterday? (Including computer, iPad, TV, games console, mobile phone or other handheld devices)



8% of pupils responded that they either didn't look at a device screen at all on the day before the survey, or did so for less than an hour.

Q73. Percentage answering that they either didn't look at a device screen at all on the day before the survey, or did so for less than an hour.

	Guernsey	
	Yr 8	Yr 10
Boys	12	5
Girls	13	2

61% of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey; 25% said they did so for 'five hours or more'.

Q73. Percentage answering that they looked at a device screen for at least 'about three hours' on the day before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	54	65
Girls	49	74

72% of pupils responded that the amount of time they spent looking at a device screen is a usual amount for them on a week day, while 13% said it was less than usual.

Q74a. Percentage answering that the amount of time they spent looking at a device screen is a usual amount for them on a week day.

	Guernsey	
	Yr 8	Yr 10
Boys	70	68
Girls	73	79

39% of pupils responded that the amount of time they spent looking at a device screen is a usual amount for them at a weekend, while 46% said it was less than usual.

Q74b. Percentage answering that the amount of time they spent looking at a device screen is a usual amount for them at a weekend.

	Guernsey	
	Yr 8	Yr 10
Boys	39	41
Girls	43	31

Leisure time

Q75. Percentage of pupils responding that they went to or took part in the following in the 4 weeks before the survey:

Boys		Girls			
1	Parks or open spaces	64	1	Parks or open spaces	65
2	Sports club or class (not school lessons and not just watching)	57	2	Sports club or class (not school lessons and not just watching)	56
3	Cinemas/theatres	29	3	Music group or lessons	34
4	Youth centre or club (including scouts/guides etc.)	24	4	Art, craft, dance, drama, film/ video making group	32
5	Given their time to help a charity, a local voluntary group or done some organised volunteering	22	5	Cinemas/theatres	30
6	Music group or lessons	21	6	Given their time to help a charity, a local voluntary group or done some organised volunteering	27
7	Art, craft, dance, drama, film/ video making group	16	7	Youth centre or club (including scouts/guides etc.)	18
8	Libraries (not school library)	13	8	Libraries (not school library)	14
9	Religious, faith or community group	13	9	Religious, faith or community group	8
10	Museums/art galleries	10	10	Museums/art galleries	6

List of Tables

Q4. Percentage responding that they are from Guernsey/ Alderney.....	17
Q5a. Percentage responding that they have a special need or disability.	17
Q5b. Percentage of pupils responding that they have the following special needs or disabilities:.....	17
Q6. Which adults do you live with?	18
Q6. Percentage answering that they live with their mother and father together.....	18
Q6. Percentage answering that they live 'mainly or only' with their mother.	18
Q7. Percentage answering that they would describe themselves as 'in care' with children's social care services.	18
Q8. Percentage agreeing with statements Q8a and/or Q8c.	19
Q8. Percentage agreeing with statements Q8b and/or Q8d.	19
Q8. Percentage having a positive health locus of control score.	19
Q8. Percentage of pupils responding that they 'agree' with the following statements:.....	19
Q9. How Important are the following in order to be a healthy, active child?	20
Q9. Percentage of pupils responding that they think the following are 'quite' or 'very' important in order to be a healthy, active child:	20
Q11. Weight: Which statement describes you best?.....	21
Q11. Percentage answering that they would like to put on weight.	21
Q11. Percentage answering that they would like to lose weight.	21
Q11. Percentage answering that they are happy with their weight as it is.	21
Q12. Which statement best describes your feelings about the way you look?.....	22
Q12. Percentage answering that they never think about the way they look.	22
Q12. Percentage answering that they either 'love' or 'like' the way they look.	22
Q12. Percentage answering that they think they look OK.	22
Q12. Percentage answering that they either 'don't like' or 'hate' the way they look.....	22
Q13. When choosing what to eat, do you consider your health?.....	23
Q13. Percentage answering that they 'never' consider their health when choosing what to eat.....	23
Q13. Percentage answering that they 'very often' or 'always' consider their health when eating.....	23
Q14. Which meals did you have yesterday?	24
Q14. Percentage answering that they had breakfast on the day before the survey.	24
Q14. Percentage answering that they had lunch on the day before the survey.....	24
Q14. Percentage answering that they had an evening meal on the day before the survey.	24
Q16. Percentage of pupils responding that they had the following to eat or drink before lessons on the day of the survey: .	25
Q16. Percentage answering that they didn't have anything to eat or drink before lessons on the day of the survey.....	25
Q16. Percentage answering that they only had a drink before lessons on the day of the survey.	25
Q16. Percentage of pupils responding that they had the following to eat or drink before lessons on the day of the survey (top 5):.....	25
Q15. Percentage of pupils responding that they ate breakfast at the following on the day of the survey:	25
Q17a. Percentage answering that they bought lunch at school on the day before the survey.	26
Q17b. If not, why was this?.....	26
Q17b. Percentage answering that they didn't buy their lunch at school on the day before the survey because they don't like the food.	26
Q17b. Percentage answering that they didn't buy their lunch at school on the day before the survey because there wasn't enough time.....	26
Q18. Percentage of pupils responding that they drink the following 'on most days':.....	27
Q18. Percentage of pupils responding that they 'rarely or never' drink the following:.....	27
Q19. Do you drink 'high energy' drinks?.....	28
Q19. Percentage answering that they 'never' drink 'high energy' drinks.	28
Q19. Percentage answering that they drink 'high energy' drinks 'at least once a month'.....	28
Q20. Percentage of pupils responding that they drink the following at least '2 – 3 times a week' (top 5):.....	28
Q21. How many portions of fruit and vegetables did you eat yesterday?	29
Q21. Percentage answering that they didn't eat any portions of fruit or vegetables on the day before the survey.....	29

Q21. Percentage answering that they ate at least 5 portions of fruit and vegetables on the day before the survey.....	29
Q22. How many times last week did you exercise for at least 30 minutes?.....	30
Q22. Percentage answering that they did not exercise for at least 30 minutes at all in the week before the survey.	30
Q22. Percentage answering that they exercised for at least 30 minutes five times or more in the week before the survey....	30
Q23. On which days did you do any physical activity in the last 7 days?	31
Q23. On how many days did you do any physical activity in the last 7 days?.....	31
Q23. Percentage answering that they didn't do any physical activity in the week before the survey.....	31
Q23. Percentage answering that they did physical activity on at least 5 days in the week before the survey.....	31
Q24. On which days did you breathe faster and feel warmer while doing physical activity, in the last 7 days?	32
Q24. On how many days did you breathe faster and feel warmer while doing physical activity, in the last 7 days?.....	32
Q24. Percentage answering that they didn't do any physical activity that caused them to breathe faster and feel warmer in the week before the survey.....	32
Q24. Percentage answering that they did physical activity that caused them to breathe faster and feel warmer on at least 5 days in the week before the survey.....	32
Q25. On which days did you breathe faster and feel warmer while doing physical activity for an hour or more, in the last 7 days?	33
Q25. On how many days did you breathe faster and feel warmer while doing physical activity for an hour or more, in the last 7 days?	33
Q25. Percentage answering that they didn't do any physical activity that caused them to breathe faster and feel warmer for an hour or more in the week before the survey.....	33
Q25. Percentage answering that they did physical activity that caused them to breathe faster and feel warmer for an hour or more on at least 5 days in the week before the survey.	33
Q26. Percentage of pupils responding that the following stop them from exercising as much as they would like (top 10): ..	34
Q27. Percentage of pupils responding that they would like more of the following:.....	35
Q28. Do you take part in any volunteering or leadership work in school/college?.....	35
Q28. Percentage answering that they 'never' take part in any volunteering or leadership work in school/college.....	35
Q28. Percentage answering that they take part in any volunteering or leadership work in school/college at least 'once a week'	35
Q29. Percentage answering that they had an alcoholic drink in the 7 days before the survey.	36
Q30a. On how many days did you drink alcohol, in the last 7 days?	36
Q30a. Percentage answering that they drank alcohol on more than one day in the 7 days before the survey.	36
Q30a. On which days did you drink alcohol, in the last 7 days?	36
Q30b. On how many days did you get drunk, in the last 7 days?.....	37
Q30b. Percentage answering that they got drunk on at least one day in the 7 days before the survey.	37
Q30b. On which days did you get drunk, in the last 7 days?.....	37
Q31. Total units of alcohol pupils reported drinking in the last 7 days:	38
Q31. Percentage answering that they drank over 14 units of alcohol in the 7 days before the survey.....	38
Q31. Percentage of pupils responding that they drank the following alcoholic drinks in the 7 days before the survey:.....	38
Q32. Percentage of pupils responding that they have drunk alcohol at the following places in the 7 days before the survey:	38
Q33. Percentage of pupils responding that they were given/bought alcohol by the following people in the 7 days before the survey:.....	39
Q34. Percentage of pupils responding that they bought alcohol from the following places in the 7 days before the survey: ..	39
Q35. During the last year, how regularly have you drunk more alcohol than you intended?.....	39
Q35. Percentage answering that they have 'never' drunk more than they intended in the last year.	39
Q35. Percentage answering that they have drunk more than they intended at least 'once or twice a month' in the last year.	39
Q36. During the last year, how often has your use of alcohol caused a problem, for you or anyone else?.....	40
Q36. Percentage answering that their use of alcohol has caused a problem for them or someone else at some point during the last year.	40
Q36. Percentage answering that their use of alcohol has caused a problem for them or someone else at least 'once or twice a month' during the last year.	40
Q37. Smoking: Which statement describes you best?	41
Q37. Percentage answering that they have smoked in the past or smoke now.....	41

Q37. Percentage answering that they smoke 'occasionally' or 'regularly'.	41
Q37. Percentage of regular smokers answering that they would like to give up smoking.	41
Q38. Percentage answering that they smoked in the 7 days before the survey.	42
Q39a. Percentage answering that they smoked at least 10 cigarettes during the 7 days before the survey.	42
Q39b. Top 3 sources of cigarettes:	42
Q40. Have you ever used/tried electronic cigarettes (vaping/e-cigarettes/shisha pen/shisha stick)?	43
Q40. Percentage answering that they have at least tried electronic cigarettes.	43
Q40. Percentage answering that they use electronic cigarettes 'regularly' (once a week or more).	43
Q41a. Percentage answering that their parents/carers smoke.	43
Q41b. Percentage answering that someone smokes indoors at home in rooms that they use.	43
Q41c. Percentage answering that someone smokes in a car when they are in it too.	43
Q42. Percentage answering that they are 'fairly sure' or 'certain' they know someone who uses drugs.	44
Q36. Percentage of pupils responding that they have been offered the following drugs (top 5):	44
Q44. Drugs summary: Percentage of pupils responding that they have taken at least one of the drugs listed...	44
Q44. Percentage answering that they have taken at least one of the drugs listed.	44
Q44. Percentage answering that they took at least one of the drugs listed in the month before the survey.	44
Q43/44. A summary of 6 common recreational drugs:	45
Q45. Worrying summary: Percentage of pupils responding that they worry about at least one issue...	46
Q45. Percentage answering that they worry 'quite a lot' or 'a lot' about at least one of the issues listed.	46
Q45. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':	46
Q46. Sources of support and information:	47
Q47. Composite self-esteem score:	48
Q47. Percentage with self-esteem score of 9 or less (med-low)	48
Q47. Percentage with self-esteem score of 15 or more (high).	48
Q47. (Individual self-esteem items) Percentage in each group giving high esteem response:	49
Q48a. How much do you agree with the following statements? I'm glad I am who I am:	50
Q48a. Percentage answering that they are glad they are who they are (responses 1 – 3).	50
Q48a. Percentage answering that they aren't glad they are who they are (responses 5 – 7).	50
Q48b. How much do you agree with the following statements? I generally feel happy:	51
Q48b. Percentage answering that they generally feel happy (responses 1 – 3).	51
Q48b. Percentage answering that they don't generally feel happy (responses 5 – 7).	51
Q49. In general, how happy do you feel with your life at the moment?	52
Q49. Percentage answering that they feel 'not at all happy' or 'not happy' with their life at the moment.	52
Q49. Percentage answering that they feel 'quite' or 'very' happy with their life at the moment.	52
Q50. Percentage of pupils responding that the following is their main source of information about sex (top 5):	53
Q51. Percentage of pupils responding that the following should be their main source of information about sex (top 5):	53
Q52. Percentage answering that they know where they can get condoms free of charge.	53
Q53. Percentage answering that there is a special contraception and advice service for young people available locally.	53
Q55. Year 10+: Sexual relationships: Which of the following best describes you?	54
Q55. Percentage of Year 10+ pupils answering that they are either in a sexual relationship or have had one in the past.	54
Q56. Year 10+: If you have had sex, do you use a method of protection or contraception?	55
Q56. Percentage of Year 10+ pupils answering that they have had sex and 'never' use a method of protection or contraception.	55
Q56. Percentage of Year 10+ pupils who have had sex answering that they 'always' use a method of protection or contraception.	55
Q57. Percentage answering that they have been bullied at or near school in the last 12 months.	56
Q58. Percentage answering that they have experienced at least one of the negative behaviours listed in the last month.	56
Q58. Percentage of pupils responding that they experienced the following negative behaviours in the month before the survey (top 10):	56
Q59. Percentage of pupils responding that they experienced negative behaviour at the following in the month before the survey (top 5):	56
Q60. Do you ever feel afraid of going to school because of bullying?	57

Q60. Percentage answering that they feel afraid of going to school because of bullying at least 'sometimes'.....	57
Q60. Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.	57
Q61. Percentage answering that they think their school takes bullying seriously.	57
Q62. Percentage of pupils responding that they use the following internet chat rooms or social networking sites 'often' or 'every day':.....	58
Q63. Percentage answering that they have received a message in a chat room/social network site that scared or upset them.	58
Q64. Percentage answering that someone they don't know in person has asked to meet with them.....	58
Q65. How many lessons do you enjoy at school?.....	59
Q65. Percentage answering that they enjoy 'most' or 'all' lessons at school.	59
Q65. Percentage answering that they enjoy 'hardly any' lessons at school.	59
Q45. Percentage answering that they worry about exams and tests 'quite a lot' or 'a lot'.	59
Q66. How proud are you to be a member of this school/college?.....	60
Q66. Percentage answering that they are 'not at all' proud to be a member of their school/college.....	60
Q66. Percentage answering that they are 'quite' or 'very' proud to be a member of their school/college.....	60
Q67. Percentage of pupils responding that they 'agree' with the following statements (top 10):.....	61
Q67. Percentage of pupils responding that they 'agree' with the following statements:.....	61
Q68. Percentage of pupils responding that they have found school lessons about the following 'quite' or 'very' useful:.....	62
Q68. Percentage of pupils responding that they either couldn't remember any school lessons about the following, or found them 'not at all' useful:.....	62
Q69. How do you feel about PE lessons?.....	63
Q69. Percentage answering that they 'do not enjoy' PE lessons.....	63
Q69. Percentage answering that they 'enjoy' or 'really enjoy' PE lessons.	63
Q70. How many times per week do you attend an extra-curricular club?.....	64
Q70. Percentage answering that they don't attend any weekly extra-curricular clubs.....	64
Q70. Percentage answering that they attend an extra-curricular club at least 'three times' a week.....	64
Q71. How much does your school/college enable young people to make decisions about the future of the school/college?.....	65
Q71. Percentage answering that their school/college doesn't enable young people to make decisions about the future of the school/college 'at all'.	65
Q71. Percentage answering that their school/college enables young people to make decisions about the future of the school/college 'quite a lot' or 'a lot'.....	65
Q72. Percentage of pupils responding 'agree' or 'strongly agree' to the following statements about school:.....	65
Q72. Percentage of pupils responding 'disagree' or 'strongly disagree' to the following statements about school:.....	65
Q73. How long did you spend looking at a device screen yesterday? (Including computer, iPad, TV, games console, mobile phone or other handheld devices).....	66
Q73. Percentage answering that they either didn't look at a device screen at all on the day before the survey, or did so for less than an hour.....	66
Q73. Percentage answering that they looked at a device screen for at least 'about three hours' on the day before the survey.	66
Q74a. Percentage answering that the amount of time they spent looking at a device screen is a usual amount for them on a week day.	66
Q74b. Percentage answering that the amount of time they spent looking at a device screen is a usual amount for them at a weekend.....	66
Q75. Percentage of pupils responding that they went to or took part in the following in the 4 weeks before the survey:	67



**This is not the end of your
Health Related Behaviour Survey!**

Ask us about...

- ... Getting your data into your computers**
- ... Turning your data into graphs and pie charts**
- ... Your data and Healthy Schools**
- ... Free resources about young people's health-related
behaviour: www.sheu.org.uk/node/366**

***We may also be able to introduce you to health and
education contacts, with money and resources, within your
local community***