



Young People's Survey Results 2016



States of Guernsey
Education Services

GUERNSEY YOUNG PEOPLE'S SURVEY 2016:

THE CONTEXT

- The survey has been undertaken since the early 1990's and is the key evidence base for the collation of the views, attitudes and health behaviours of young people in Guernsey
- The survey has changed over the years, the original versions were paper-based and focused on health issues, the surveys have developed and are now completed online and have retained many topics featured in previous surveys
- The Guernsey Young People's survey was administered in Spring 2016
- 1500 + pupils in Years 6, 8 & 10 across the Bailiwick, including St Anne's Alderney, undertook the survey, the Year 12 survey will be undertaken in January 2017
- This year, pupils in Years 8 & 10 had the opportunity to classify themselves as 'other'
- Input from colleagues, including: The Sports Commission; The Youth Commission; Healthy weight team; Drug and Alcohol Strategy; Health Improvement/Promotion teams, SHARE, PSHCE advisor. Colleagues have commented upon the findings of the Young People's survey in this summary
- The survey is administered by the Schools Health Education Unit. The unit are leaders in gathering evidence about the behaviour, views and attitudes of young people



THE QUESTIONS

- 70+ questions were asked about aspects of Young People's lives in accordance with the Children and Young People's Plan
- Topic areas include: Drugs; Alcohol; Tobacco; Sex and Relationships; Sport and physical activity participation; Food and Health; Emotional Health
- The survey also included a number of questions that seek to find out young people's views on education



HOW WE USE THE FINDINGS

Over the years the surveys have provided an evidence base that has been used for a variety of purposes:

- To monitor trends amongst young people, especially to measure developments over time
- To benchmark the findings against other communities
- To inform practice – the survey has been especially significant in shaping health-related activities such as the Drug and Alcohol Strategy, participation of Young People in sporting activities, developments in Personal Social and Health Education
- To act as an evidence base for the formulation of strategies including the Children and Young People’s plan, the Drug and Alcohol Strategy and the Tobacco Control Strategy
- Following the 2013 survey over 50 presentations were made to organisations that work with young people
- Each school will receive a summary of the results for their own school which can be compared to the results across the wider cohort



DOCUMENTATION FOR THE GUERNSEY YOUNG PEOPLE'S SURVEY

There is a wealth of papers that we have produced to communicate all the responses that we have received. Go to www.gov.gg/youngpeoplesurvey for a full set of documents. Here you will find:

- The Guernsey Young People's survey – *A report on responses of Guernsey Secondary pupils produced by the Schools Health Education Unit*
- The Guernsey Young People's survey – *A report on responses of Guernsey Primary pupils produced by the Schools Health Education Unit*
- Young People's survey 2016 – Infographics/ Young People's Survey 2016 – Comparisons - *Documents that have specifically been produced to inform young people of the key findings*
- Young People's survey 2016 – *A PowerPoint of key findings*
- Each school will also receive its own report



KEY AREAS

The survey asked questions which reflected the four priority outcomes of the Children and Young People's Plan. Those four priority outcomes are that children should be:

- Healthy and Active
- Safe and Nurtured
- Included and Respected
- Able to achieve individual and economic potential



COMMENTS FROM SCHOOLS HEALTH EDUCATION UNIT

- *The Guernsey Young People's survey research team are to be congratulated for the care and attention given to collecting the latest set of data for young people across the Bailiwick of Guernsey. The survey was shaped to reflect current local priorities, without losing sight of the issues that face all young people today in our rapidly-changing world. Every school that took part gave the survey proper time and support, and their young people worked hard to explain what is going on in their lives*
- *We can see a fantastic set of data going back to the 1990s and we know that this is much more than just a data collection exercise here, but has real impact at all levels. We know that the schools find their individual reports useful and that the Education Department and wider partners make good use of the island-wide figures*
- *We see that, when compared with young people from the UK mainland, your young people have similar issues to deal with, particularly with the rise of social media and Internet activity in general*
- *We are pleased to see that the reduction in levels of smoking and alcohol use across the UK is also mirrored in Guernsey. We are also happy to see that your young people still remain ahead of the rest of the UK in their levels of physical activity: perhaps this is one of the benefits of living in such a very agreeable place to be outside*



GENERAL FINDINGS

- *Young people in Guernsey are not immune to the pressures being faced by all 21st Century children and are, in many cases, demonstrating a resilience and positive attitude that is a credit to them, their schools and their families*
- *A positive observation is that they seem to be heeding some of the messages that they can control in their lives and are doing so by becoming more active and healthy showing increasingly responsible attitudes to alcohol, tobacco and sex and relationships – although there are some concerns about exposure to drugs*
- *However Guernsey youngsters are struggling with issues associated with emotional health and wellbeing with a significant minority showing lower self-esteem and increased worries and anxiety*
- *Generally, Guernsey's young people are coping with the challenges of 21st century life. There is however cause to be concerned for about 10% of our youngsters who are reporting views, attitudes and behaviours negatively*
- *The Guernsey Young People's survey is well-established as an evidence-base that allows young people, their parents and the whole community to scrutinise how they can support each other to improve the quality of life of Guernsey's young people. The survey now presents the opportunity to translate this into responses which support all of Guernsey's young people*



HEALTHY AND ACTIVE

Topics included: Body Image; Healthy habits and eating; Screen Time; Physical Activity

- Broadly, there have been significant and reassuring improvements in attitudes to being healthy and active reflected in this survey
 - 74% of Year 8 & 10 students feel 'I am in charge of my health'
 - 48% of Secondary students and 55% of Primary pupils participate in physical activity 5 x 30 minutes/week or more
 - 29% of Primary pupils and 18% of Secondary school students walk to school
 - 14% of Primary pupils and 7% of Secondary students cycle/scoot to school
 - 24% of pupils report eating 5 fruit/vegetables a day
 - 36% of Secondary students 'Never' consume high energy drinks (14% increase in 'Never' since 2013)
- However young people are not immune from the pressures of 21st Century living
 - 55% of young people travel to school by car (16% increase since 2010)
 - 61% of Secondary school students are looking at devices for at least 3 hours/day
 - 26% of Secondary school students responded 'I don't like the way I look' or 'I hate the way I look'



HEALTHY AND ACTIVE COMMENTS:

HEALTHY EATING

Comments on Healthy Eating by;

Amy Taylor - Health Improvement Practitioner, Healthy Eating

Christine Jewell - Specialist School Nurse, Weight Management

- We are pleased to see the % of Secondary students eating 5 or more fruit and vegetables daily is increasing
- The decrease in High Energy drinks consumption is pleasing
- The number of students not having breakfast is noted to have stabilised; it is hoped this figure will start to fall following further health education

Comments on further action

- The current environment can make healthy eating very difficult for a number of reasons. Foods that are high in sugar, salt and saturated fat are readily available and heavily marketed. They are often the types of food that are on offer in supermarkets and food outlets and can be placed next to till points to tempt the shopper while they wait. Research has shown that portion sizes have increased over the last few decades and that generally, we are eating far more than our ancestors
- Young people may find they are limited in choice because food is bought for them by parents or caregivers and we would therefore welcome the chance to meet with them so they can tell us which measures would help them to make healthier choices in and out of the home. It is encouraging to see that 74% of students feel in charge of their health, but we would like to increase this figure and ensure that choices being made promote health and wellbeing
- To improve the students health status we feel an overarching approach to Public Health is essential and ultimately cost effective



HEALTHY AND ACTIVE COMMENTS:

HEALTHY WEIGHT

39% OF PRIMARY
PUPILS & 36% OF
SECONDARY
STUDENTS PHYSICALLY
ACTIVE FOR AN HOUR
OR MORE

Comments on Healthy Weight by;

Yvonne Le Page – Health Promotion Manager

- We are pleased there are some improvements in the healthy eating figures and in students considering their health when eating and being physically active. However we are concerned about the increase in sedentary behavior – screen time, going to school by car etc and the percentage of young people not achieving the recommended 1 hour or more of physical activity per day – 64% of secondary students.
- In light of the recent Guernsey Child Measurement programme results where nearly 1 in three Year children were overweight and obese we need to recognise that we have a continuing high level of excess weight among our children.

Comments on further action

- We recognise that there are a multitude of causes involved in the development of obesity including biological, societal, environmental and economic drivers. No single intervention will be sufficient to address the problem so there needs to be a mix of activities involving all levels from government to individual actions. Schools and families play a very important part in these actions and the promotion of healthy lifestyles through the teaching of PSHE, the increase in physical activity through schemes such as the 'daily mile' and benchmarking through the Health Schools Scheme are all very vital.



HEALTHY AND ACTIVE COMMENTS:

MEDIA DEVICE USAGE AND INTERNET SAFETY

Comments on Media Device Usage and Internet Safety by;

Emma Cusack – Team Manager, The HUB

Media Device Usage

- The statistics generally depict what we see with our iHUB service.
- 8-11 year olds send on average 41 texts per week.
- 12-15 years olds send on average 193 texts per week
- 94% of pupils between 11-17 have their own phone.
- 89% of pupils between 11-17 have their own laptop/ PC/ tablet.
- Teens online for average of 5 hours per day...parents believe they are only online for 3 hours per day

Internet Safety

- Facebook, Instagram and Twitter are the most popular social media apps in Secondary schools – our service finds that most young people use Snapchat, Instagram and then Facebook



HEALTHY AND ACTIVE COMMENTS:

PHYSICAL ACTIVITY

Comments on Physical Activity by;

Ollie Dowding – PE and Sport Development Officer

- It is pleasing to see that there has been a significant increase in children reporting that they have been active 5 x a week for 30 minutes.

Comments on further action

- It is important that schools continue to look at their provision for physical activity within the school setting to ensure that children and young people have access to a variety of opportunities on a regular basis.

Comments on children travelling to school by;

Colin Le Page - Licensing & Operations Manager, Traffic and Highway Services

- The increase in children travelling to school by car is noted, and may partly be as a consequence of the closure of some parochial primary schools and the ensuing displacement of those children to schools further from their homes since the last survey.
- It is noted that Secondary schools are generally well served with bus services hence growth in cycling may be static in this sector.

Comments on further action

- The introduction of Bikeability in 2017 will give young people additional opportunities to be trained to cycle on roads safely.
- Additional funding to improve cycling infrastructure within schools will become available in 2017 to link into the implementation of Bikeability. This joint approach should help improve the opportunities for increasing cycling to school and raise awareness of active travel.



SAFE AND NURTURED

The Guernsey Young People's survey has always asked questions about risk taking behavior with particular reference to drugs, alcohol, tobacco and sex and relationships. As usual there are mixed results with particular concerns about exposure to drug use requiring monitoring. However a general trend seems to be that young people are aware of the risks associated with these areas and moderating behavior.

Alcohol

- 19% of Secondary School students had an alcoholic drink in the past seven days (30% decrease since 2010)
- 70% of Secondary School pupils have never drunk more than intended (22% decrease since 2010)
- 11% of Secondary School students reported alcohol has caused a problem for them or somebody else in the past year (13% decrease since 2013)

Smoking

- 98% of Year 6, 87% of Year 8 and 62% of Year 10 students have never tried smoking cigarettes
- 77% of Secondary School students have never tried e-cigarettes
- 27% of Primary and 30% of Secondary School pupils have Parents or Guardians who smoke
- 7% of Primary and 12% of Secondary School students are exposed to passive smoking situations in the home
- 7% of Primary and 12% of Secondary School students are exposed to passive smoking situations in a car
- 93% of Primary School pupils do not think that they will smoke in the future



SAFE AND NURTURED CONTINUED..

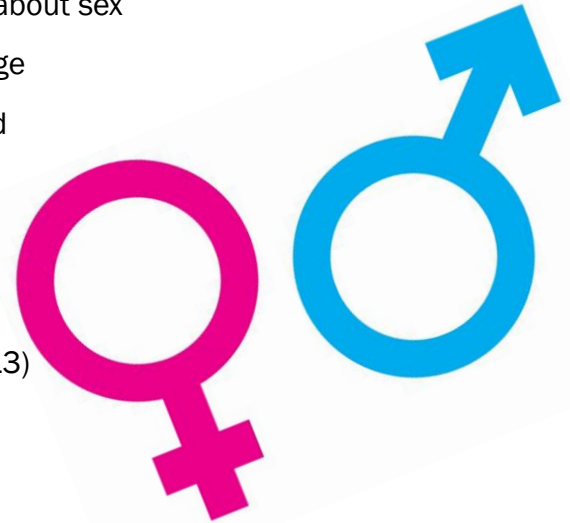
Sex and Relationships

- Sex and relationship education remains the main source of information about sex
- 90% of Year 10 students know where they can get condoms free of charge
- 73% of Year 10 students know where the sexual health service is located

Drugs

The statistics for exposure to drugs show worrying trends:

- 34% of Secondary School students report knowing a drug user (21% in 2013)
- 10% of Secondary School pupils have ever taken a drug (6% in 2013)



SAFE AND NURTURED COMMENTS:

ALCOHOL

Comments on Alcohol by;

Andrea Nightingale – Drug & Alcohol Strategy Coordinator

- The general trend is encouraging showing secondary school students are decreasing their alcohol consumption, fewer drinking more than intended and less reporting that alcohol has caused a problem in the past year
- I very much hope the message of standing up to peer pressure is getting through and finding alternative ways of enjoying teenage life without introducing alcohol too early
- Research states that the later young people experiment the less likely they will have an issue with alcohol in later life



SAFE AND NURTURED COMMENTS:

DRUGS

Comments on Drugs by;

Andrea Nightingale – Drug & Alcohol Strategy Coordinator

- Percentage wise secondary school students reporting having ever taken a drug (10%), is the same as 2010, with a decrease in 2013 (6%) so there is no real trend being shown
- There is an increase of those in secondary schools being offered cannabis at 17% compared to 9% in 2013 but only 9% actually tried it
- This is again showing the resilience and confidence young people have to say no

Comments on further action

- Drug & Alcohol Education delivered in schools will continue to give factual, concise, up to date information as well as the potential consequences of substance misuse
- They will also combine coping strategies and ideas to combat peer pressure, as well as linking in with other PSHCE agencies, to enable them to make informed choices on what could be life changing decisions



SAFE AND NURTURED COMMENTS:

SMOKING

Comments on Smoking by;

Tom Cheshire - Children and Young Peoples Healthy Lifestyle Worker

- I am pleased to see from comparisons of previous surveys that the percentage of students who smoke regularly has decreased since 2010
- Most Primary school students said that they will not smoke when they are older. This shows that even younger children know the dangers of cigarette smoke

Comments on further action

- It is reassuring to see from comparisons of previous surveys a decline in young people that smoke tobacco products but we still need to continue to provide quality education opportunities. This includes tobacco education to every young person in Year 6 right through Secondary school to Year 11. The Guernsey Tobacco Control Strategy has actions which aims to reduce the impact of smoking and particular in this year (2016) a ban of smoking at all health and education facilities. ASSIST (A Stop Smoking in Schools Trial) for all year 8 students is an effective school-based, peer-led, smoking intervention programme that aims to reduce smoking in young people and we recommend its use in all Secondary schools



SAFE AND NURTURED COMMENTS:

SEXUAL HEALTH AND RELATIONSHIPS

Comments on Sexual Health and Relationships by;

Julie Duquemin - Health Educator SHARE (Sexual Health and Relationship Education)

- It is encouraging that Year 10 mostly know where to access help & get condoms. Clinic stats show young people are being very responsible and accessing the clinics if and when they need to

Comments on further action

- The Sexual Health Strategy when passed by the states will also help address limited clinic access times, with a focus on providing more outreach services



INCLUDED AND RESPECTED

The Young People's survey has asked the same questions regarding self-esteem, bullying and concerns for several years enabling us to monitor trends over time. This year's responses reflect that Bailiwick's young people are not immune from the pressures that are a cause for concern for their general wellbeing.

Pupils were asked to respond to the question: 'I'm glad I am who I am' and "I generally feel happy'

- 79% of Primary School students and 47% of Secondary School students responded positively to the statement 'I generally feel happy' (6% decrease for Primary/ 5% decrease for Secondary since 2013)
- 6% of Primary School pupils and 42% of Secondary School students responded negatively to the statement 'I'm glad I am who I am' (4% increase for Primary since 2013, 6% increase for Secondary since 2013)
- 53% of Secondary School students report that exams are their greatest worry and concern (10% increase since 2013). School and homework and relationships with friends are also an increasing concern
- 23% of Secondary School students reported being bullied 'at' or 'near' school (5% decrease since 2013)
- 28% of all pupils reported being bullied 'at' or 'near' school in the last 12 months (2% decrease since 2013)



INCLUDED AND RESPECTED COMMENTS:

SELF-ESTEEM

Comments on Self-Esteem by;

Karen Hazzan – Principal Educational Psychologist

- Having positive self-esteem is important to emotional health and well-being. We also need to remember that it is normal for self-esteem to fluctuate throughout life
- Self-esteem partly depends on our physical development and life experiences, and partly depends on the messages the world gives us about what makes a person worthy
- It is not surprising that secondary school learners are reporting with lower levels of self-esteem compared with primary school learners. Within teenage years, young people are changing in terms of their bodies, brains and identity. It is understandable that in a time of such turmoil, self-esteem can take a knock

Comments of further action

- All adults should remind themselves that the teenage years are challenging for a young person's self-esteem, and remind the teenagers of the positive qualities they (the teenagers) have. [Which will not always be well received at the time, but will be remembered in some corner of their mind]
- The new Guernsey BIG picture curriculum focuses on the whole child, and a wide range of skills and knowledge, which reinforces the message that there are many and varied reasons that a person has worth
- Education Services and schools will continue to develop the priority initiatives about Inclusion, and mental health and well-being. Within these initiatives there are aspects that directly address self-esteem, and aspects that support the further development of schools being places where learners can develop positively as well rounded people, and are listened to

Comment on Self-Esteem by;

Emma Cusack – Team Manager, The HUB

- Since The HUB's service began we have continually seen a need for supporting young people with their self-esteem and resilience



INCLUDED AND RESPECTED COMMENTS:

WORRIES AND CONCERNS

Comments on Worries and Concerns by;

Karen Hazzan – Principal Educational Psychologist

- It saddens me that our children are concerned about the threat that war and terrorism poses. Given what we all see daily on the news, their concern is not surprising
- That our secondary age learners are worried about exams is in a sense a ‘sensible’ worry – it is normal reaction to being tested, especially when life plans can be affected by them. However, we do have to be careful that in our adult enthusiasm to support young people to do well, we do not tip them over into destructive levels of worry

Comments on further action

- It is very helpful that this Survey has identified worries about war and terrorism as an issue. It means that parents and school staff can ensure they have conversations with children about the topic, and reassure them that the Bailiwick of Guernsey is a safe place to live, and help them appreciate that most of the world is in fact safe most of the time
- From conversations I have had recently with young people I am aware that although school staff and parents intend to apply ‘the right amount of pressure’ to learners in terms of exams, young people themselves do not always hear the messages of support that way. A fruitful way forward might be for school staff to specifically ask learners about which messages are helpful, and which less so
- It is positive that the new Guernsey BIG picture curriculum focuses on the whole child, and a wide range of skills and knowledge, not simply exam success



INCLUDED AND RESPECTED COMMENTS: WORRIES AND CONCERNS

Comments on Worries and Concerns by;

Emma Cusack – Team Manager, The HUB

- The top 5 reasons why children and young people accessed support last year at The HUB was
 - Emotional health and well being
 - Self-esteem and resilience
 - Issues with family and friends
 - Relationship issues
 - Bullying or feeling excluded
- As a general comment, we do tend to find more Secondary school pupils access support around exam time



INCLUDED AND RESPECTED COMMENTS:

BULLYING

Comments on Bullying by;

Karen Hazzan – Principal Educational Psychologist

- That teasing and name calling is the most common form of bullying indicates how important it is for parents and school staff to remind learners that what they say to other children matters
- That there is an increase in the number of learners who say they are lonely at school does not mean that those children are lonely because they are being bullied, but it does tell us that this is an aspect of school life we need to find out more about

Comments on further action

- Parents and school staff need to ensure they have conversations with children about the differences and similarities between banter and bullying and how the 'bully' can think they are conducting harmless banter, whilst the child on the receiving end may feel they are being bullied
- Within schools, learners need to be encouraged to tell an adult – could be parent or member of school staff – if they feel other learners are bullying them, with the message that an adult can't help if they don't know about it. Equally, adults need to make sure that they do listen and take some appropriate action
- The States of Guernsey current Inclusion and Diversity campaign helps set the context of acceptance of the differences of others. Education Services and schools Inclusion strategy continues to focus on all learners feeling a positive part of their school environment
- Although, there is a decreasing number of students saying that they are afraid to go to school because of bullying, 7% of Primary & 5% of Secondary school pupils are still reporting they are afraid for this reason. These figures have been brought to the attention of the School Attendance Officers, who will work with school staff to explore the issue further. Where individual learners are identified as having this concern, suitable action will be taken to resolve the situation



ABLE TO ACHIEVE INDIVIDUAL AND ECONOMIC POTENTIAL

These questions particularly considered young people's experience at school:

- 90% of Primary pupils and 69% of Secondary students reported that they were proud to belong to their school
- 63% of all students regularly attend a sports club
 - 70% of Year 6 pupils
 - 56% of Year 8 & 10 pupils
- The proportion who recorded that they enjoyed most or all lessons increased in the Primary sector to 64% (from 59% in 2013)
- 39% of Secondary students recorded that they enjoyed most or all lessons



ABLE TO ACHIEVE INDIVIDUAL AND ECONOMIC POTENTIAL COMMENTS

Comments on Achieving Individual and Economic Potential by;

Nick Hynes – Director of Learning, Performance and Intervention

- It is pleasing that such a high % of Primary pupils report that they are proud to belong to their school
- The significantly lower % of Secondary students report the same demonstrates the importance of ensuring that children and young people see themselves as an integral part of the community of the school moving forward; it is very likely that the uncertainty of secondary school provision has had an impact on this
- High numbers of all students regularly attend a sports club is reassuring but we need to make sure that these are accessible to our most vulnerable young people and that there are not financial, physical or social barriers which inhibit this participation
- The fall in participation numbers at later years suggests that we need to re-evaluate the offer at these ages and seek to ensure we are meeting the needs of our children and young people through a broad variety of activities
- To see an increase in the proportion of primary children feeding back that they enjoyed their lessons is reassuring as colleagues have worked hard at ensuring that learning is interactive. At secondary phase these figures are disappointing
- In both areas I would expect to see a significant increase with the development and implementation of the New Bailiwick Curriculum which seeks to ensure that all children and young people have an entitlement to '*Joyous and Purposeful Learning*'

