

The Guernsey Young People's Survey 2019

**A report for
Guernsey Secondary**

The Schools Health Education Unit

www.sheu.org.uk

SHEU

Survey Report 2019

Produced by the
Schools Health Education Unit

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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.

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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.

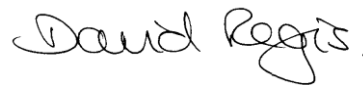
SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

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
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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.

In addition to this report you also have access to your 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 online results show the number of responses received for each question, which may be less than the total sample. Also in the online results we show the detail 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	195	179
Girls	273	209

Please note that, when asked about gender, 4 pupil(s) described themselves as non-binary, 1 said they describe themselves in some other way and 30 preferred not to say or didn't answer the question. An additional 0 pupil(s) 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.

Please note that when a sample size is small it is less likely that a difference will be statistically significant, even if there is an apparently large difference in percentages. This is because each pupil in the sample represents several percentage points (for example, in a sample of 20 pupils, each pupil represents 5%) and therefore a big difference in percentages may only represent a small number of pupils. Contrast this to when there is a larger sample of, for example, 200 pupils and each pupil represents just 0.5%. In this case a relatively small change in percentages will represent a much larger number of pupils, and increases the chance of any differences being statistically significant. This does not mean that a difference is not important to your school, merely that there is not enough data available to accurately calculate statistical significance.

Guernsey Secondary Headlines

	Guernsey	
	Yr 8	Yr 10
Boys	195	179
Girls	273	209

Included and Respected

ETHNICITY

- 76% of pupils responded that they are from Guernsey/Alderney, while 12% said they are English/Scottish/Welsh/Irish.

SPECIAL NEEDS

- 20% of pupils responded that they have a special need or disability, while 14% said they 'don't know' if they do.

HOME LIFE

- 68% of pupils responded that they live with their Mum and Dad together.
- 13% of pupils responded that they live 'mainly or only' with their Mum, while 2% said they live 'mainly or only' with their Dad.
- 4% of pupils responded that they would describe themselves as 'in care' with children's social care services, while 7% said they 'don't know' if they would.

Healthy and Active

CONTROL OVER HEALTH

- 89% agreed with at least one statement about being in control of their health (Q10a&c).
- 54% agreed with at least one statement saying that they aren't in control of their health (Q10b&d).
- 72% 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.
- 68% of pupils responded that they are in charge of their health, while 47% said that even if they look after themselves, they can still easily fall ill.

BEING HEALTHY

- 49% of pupils responded that good sleep is 'very important' in order to be an active, healthy child; 85% said drinking water is 'very important'.

TRAVEL TO SCHOOL

- 19% of pupils responded that they walked to school on the day of the survey.
- 16% of pupils responded that they travelled to school by bicycle/scooter on the day of the survey.
- 44% of pupils responded that they travelled to school by car/van on the day of the survey.
- 83% of pupils responded that they own their own bicycle.
- 14% of pupils responded that, if they could choose, they would like to walk to school.

- 22% of pupils responded that, if they could choose, they would like to travel to school by bicycle/scooter.

- 24% of pupils responded that, if they could choose, they would like to travel to school by car/van.

DIETING

- 8% of pupils responded that they would like to put on weight.
- 52% of pupils responded that they would like to lose weight.
- 40% of pupils responded that they are happy with their weight as it is.
- 13% of pupils responded that they never think about the way they look.
- 21% of pupils responded that they either 'love' or 'like' the way they look.
- 35% of pupils responded that they think they look OK.
- 31% of pupils responded that they either 'don't like' or 'hate' the way they look.

HEALTH

- 9% of pupils responded that they 'never' consider their health when choosing what to eat.
- 22% of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

BREAKFAST

- 27% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.
- 2% of pupils responded that they only had a drink before lessons on the day of the survey.

LUNCH

- 20% of pupils responded that they bought their lunch at school on the day before the survey.
- 10% 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 55% said they had a packed lunch.
- 4% of pupils responded that they didn't buy their lunch at school on the day before the survey because there wasn't enough time and 12% said it's too expensive.

DRINKS

- 84% of pupils responded that they drink plain water 'on most days'; 17% said they drink fruit juice or smoothies.
- 65% of pupils responded that they 'rarely or never' drink coffee.

ENERGY DRINKS

- ❑ 42% of pupils responded that they 'never' drink 'high energy' drinks.
- ❑ 27% of pupils responded that they drink 'high energy' drinks 'at least once a month'.

5-A-DAY

- ❑ 9% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- ❑ 30% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.
- ❑ 27% of pupils responded that (approximately) less than half of the portions of fruit and vegetables they ate the day before were fruit.
- ❑ 18% of pupils responded that (approximately) at least $\frac{3}{4}$ of the portions of fruit and vegetables they ate the day before were fruit.

PHYSICAL ACTIVITY

- ❑ 4% of boys and 3% of girls responded that they didn't do any physical activity in the week before the survey, while 55% of boys and 44% of girls said they did so on five days or more.
- ❑ 4% of boys and 5% of girls responded that they didn't do at least 60 minutes of physical activity on any day in the week before the survey.
- ❑ 61% of boys and 53% of girls responded that they did at least 60 minutes of physical activity on 4 or more days in the week before the survey.
- ❑ 46% of boys and 36% of girls responded that they did at least 60 minutes of physical activity on 5 or more days in the week before the survey.
- ❑ 22% of boys and 11% of girls responded that they did at least 60 minutes of physical activity every day in the week before the survey as recommended by NHS Live Well guidelines.
- ❑ 17% of pupils responded that they didn't do any physical activity that strengthens muscles and bones in the week before the survey.
- ❑ 50% of pupils responded that they did physical activity that strengthens muscles and bones on at least 3 days in the week before the survey as recommended by NHS Live Well guidelines.
- ❑ 44% of pupils responded that they exercise as much as they like – nothing stops them. However, 29% of pupils responded that they don't have enough time to be as physically active as they would like, while 23% said they are shy in front of other people.

LEISURE ACTIVITIES

- ❑ 44% of pupils responded that they would like to do more team sport, while 14% said they would like to do more arts or performance activities.
- ❑ 52% of pupils responded that they 'never' take part in any volunteering or leadership work in school/college, while 29% said they 'sometimes' do.
- ❑ 18% of pupils responded that they take part in volunteering or leadership work in school/college at least 'once a week'; 5% said they do so 'three or more times a week'.

ALCOHOL

- ❑ 14% of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 5% of pupils responded that they drank on more than one day in the 7 days before the survey; 2% said they did so on at least three days.
- ❑ 5% of pupils responded that they got drunk on at least one day in the 7 days before the survey; 1% 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.
- ❑ 3% of pupils responded that they drank pre-mixed drinks in the 7 days before the survey, while 4% said they drank spirits.
- ❑ 8% 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.
- ❑ 1% of pupils responded that they bought alcohol from a supermarket in the 7 days before the survey.
- ❑ 25% of pupils responded that they drink at home and their parents/carers 'always' know.
- ❑ Of the 320 pupils who drink alcohol at home, 68% said their parents 'always' know.
- ❑ 6% of pupils responded that they drink at home and their parents/carers 'never' or only 'sometimes' know.
- ❑ Of the 320 pupils who drink alcohol at home, 18% said their parents 'never' or only 'sometimes' know.
- ❑ 7% of pupils responded that they have drunk more than they intended at least 'once or twice a month' in the last year, while 1% said they have done so 'once a week or more'.
- ❑ 7% of pupils responded that their use of alcohol has caused a problem for them or someone else at some point during the last year.
- ❑ 2% 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; 0% said it has done so 'once a week or more'.

SMOKING

- ❑ 18% of boys and 18% of girls responded that they have tried smoking in the past or smoke now.
- ❑ 6% of boys and 6% of girls responded that they smoke 'occasionally' or 'regularly'.
- ❑ Of the 30 pupils who responded that they smoke 'regularly', 47% said they would like to give up smoking.
- ❑ 6% of pupils responded that they smoked in the 7 days before the survey.
- ❑ 3% of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.
- ❑ 28% of boys and 21% of girls responded that they have at least tried electronic cigarettes.

- ❑ 3% of boys and 1% of girls responded that they use electronic cigarettes 'regularly' (once a week or more).
- ❑ 29% of pupils responded that their parents/carers smoke.
- ❑ 9% of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 9% of pupils responded that someone smokes in a car when they are in it too.

ILLEGAL DRUGS

- ❑ 35% of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses illegal drugs that are not medicines.
- ❑ 18% of pupils responded that they have been offered cannabis.
- ❑ 11% of pupils responded that they have taken at least one of the drugs listed.
- ❑ 7% 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

- ❑ 77% of pupils responded that they have worried about at least one of the issues listed 'quite a lot' or 'a lot' over the last 3 months.
- ❑ 39% of pupils responded that they have worried about the way they look 'quite a lot' or 'a lot' over the last 3 months and 21% said they have worried about family problems.

SUPPORT

- ❑ 52% of pupils responded that their first source of support for school-work/homework problems is their parents or carers, while 12% said they would go to a teacher.

SELF-ESTEEM

- ❑ 35% of pupils appeared in the lower half of the self-esteem scale.
- ❑ 28% of pupils appeared in the highest bracket of the self-esteem scale.
- ❑ 67% of pupils responded that they feel happy talking to other pupils.

HAPPINESS

- ❑ 75% of pupils responded that they are at least 'quite' happy with their friendships; 77% said the same of relationships with their family.
- ❑ 35% of pupils responded that they are at least 'quite' unhappy with their appearance and 18% said the same of their life as a whole.
- ❑ 43% 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).
- ❑ 44% of pupils responded that they generally feel happy (responses 1 – 3).
- ❑ 41% of pupils responded that they don't generally feel happy (responses 5 – 7).

SEX INFORMATION

- ❑ 71% of Year 8 pupils and 81% of Year 10 pupils responded that their RSE lessons have helped them understand consent 'quite a lot' or 'a lot'.
- ❑ 9% of Year 8 pupils and 6% of Year 10 pupils responded that their RSE lessons have NOT helped them understand healthy/unhealthy relationships 'at all'.

CONTRACEPTION AND LOCAL SERVICES

- ❑ 56% of pupils responded that they know where they can get condoms free of charge.
- ❑ 54% of pupils responded that there is a special contraception and advice service for young people available locally, while 39% said they 'don't know' if there is.

SEXUAL ORIENTATION

- ❑ 84% of pupils responded that they are straight/heterosexual.
- ❑ 3% of pupils responded that they are gay/lesbian and 7% said they are bisexual.

CONTROLLING RELATIONSHIPS

- ❑ 9% of pupils responded that their boyfriend/girlfriend has threatened to spread rumours about them, either with their current partner or in the past; 9% said their boyfriend/girlfriend has used hurtful or threatening language towards them.
- ❑ 29% of pupils responded that they have experienced at least one of the controlling behaviours listed while in a relationship with a boyfriend/girlfriend.

Safe and Nurtured

BULLYING

- ❑ 21% of pupils responded that they have been bullied at or near school in the last 12 months, while 21% said they 'don't know' if they have.
- ❑ 18% of pupils responded that they were pushed or hit in the month before the survey and 5% said they were threatened (not for money).
- ❑ 22% of pupils responded that they experienced negative behaviour outside at school during breaktimes in the month before the survey.
- ❑ 26% 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.
- ❑ 30% of pupils responded that they think their school takes bullying seriously, while 35% think it doesn't take bullying seriously.

INTERNET SAFETY

- ❑ 92% of pupils responded that they use social media sites where they chat online.
- ❑ 87% of pupils responded that they would know what to do if something happened online to upset them.

SCREEN TIME

- ❑ 9% 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.

- ❑ 58% of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey; 22% said they did so for 'five hours or more'.
- ❑ 71% 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 14% said it was less than usual.
- ❑ 11% of pupils responded that they either didn't look at a device screen at all on the Sunday before the survey, or did so for less than an hour.
- ❑ 57% of pupils responded that they looked at a device screen for at least 'about three hours' on the Sunday before the survey; 24% said they did so for 'five hours or more'.
- ❑ 68% 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 18% said it was less than usual.

Reaching Potential

SCHOOL LESSONS

- ❑ 35% of pupils responded that they enjoy 'most' or 'all' lessons at school.
- ❑ 18% of pupils responded that they enjoy 'hardly any' lessons at school.
- ❑ 51% of pupils responded that they have worried about exams and tests 'quite a lot' or 'a lot' in the last 3 months; 35% said they have worried about school-work/homework problems.
- ❑ 12% of pupils responded that they are 'not at all' proud to be a member of their school/college, while 26% said they are 'not very proud'.
- ❑ 62% of pupils responded that they are 'quite' or 'very' proud to be a member of their school/college.

EVERY CHILD MATTERS

- ❑ 7% of pupils had a low pupil perception score.
- ❑ 40% of pupils had a high pupil perception score.
- ❑ 38% of pupils agreed that the school/college cares whether they are happy or not.

- ❑ 51% of pupils agreed that people of different backgrounds are valued in their school/college.
- ❑ 19% of pupils disagreed that the school/college cares whether they are happy or not.
- ❑ 15% of pupils disagreed that people of different backgrounds are valued in their school/college.

SCHOOL LESSONS

- ❑ 43% of pupils responded that they have found school/college lessons about Personal, Social and Health Education 'quite' or 'very' useful; 35% said the same of lessons about citizenship.
- ❑ 25% of pupils responded that they either couldn't remember any school/college lessons about bullying, or found them 'not at all' useful; 34% said the same of lessons about citizenship.

PE LESSONS

- ❑ 14% of pupils responded that they 'do not enjoy' PE lessons.
- ❑ 75% of pupils responded that they 'enjoy' or 'really enjoy' PE lessons.

EXTRA-CURRICULAR ACTIVITIES

- ❑ 36% of pupils responded that they don't attend any weekly extra-curricular clubs, while 20% said they do so once a week.
- ❑ 27% of pupils responded that they attend an extra-curricular club at least 'three times' a week.
- ❑ 8% of pupils responded that their school/college doesn't enable young people to make decisions about the future of the school/college 'at all'.
- ❑ 42% 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.

LEISURE TIME

- ❑ 65% of pupils responded that they went to parks or open spaces in the 4 weeks before the survey, while 54% said they went to or took part in a sports club or class (not school lessons or just watching).

2019/2016 Comparisons

	2019		2016	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	195	179	229	245
Girls	273	209	229	228

2016 data in brackets; see notes on interpreting differences. Comparisons are made with 2016 rather than a more recent survey as the 2019 questionnaire was based very heavily on the 2016 questionnaire.

Included and Respected

ETHNICITY

- 76% (80%) of pupils responded that they are from Guernsey/Alderney, while 12% (12%) said they are English/Scottish/Welsh/Irish.

SPECIAL NEEDS

- 20% (12%) of pupils responded that they have a special need or disability, while 14% (13%) said they 'don't know' if they do.

HOME LIFE

- 4% (4%) of pupils responded that they would describe themselves as 'in care' with children's social care services, while 7% (4%) said they 'don't know' if they would.

Healthy and Active

CONTROL OVER HEALTH

- 89% (91%) agreed with at least one statement about being in control of their health (Q10a&c).
- 54% (51%) agreed with at least one statement saying that they aren't in control of their health (Q10b&d).
- 72% (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.
- 68% (74%) of pupils responded that they are in charge of their health, while 47% (46%) said that even if they look after themselves, they can still easily fall ill.

DIETING

- 8% (7%) of pupils responded that they would like to put on weight.
- 52% (46%) of pupils responded that they would like to lose weight.
- 40% (47%) of pupils responded that they are happy with their weight as it is.
- 13% (15%) of pupils responded that they never think about the way they look.
- 21% (26%) of pupils responded that they either 'love' or 'like' the way they look.
- 35% (33%) of pupils responded that they think they look OK.
- 31% (26%) of pupils responded that they either 'don't like' or 'hate' the way they look.

HEALTH

- 9% (10%) of pupils responded that they 'never' consider their health when choosing what to eat.

- 22% (23%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

BREAKFAST

- 27% (22%) of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.
- 2% (3%) of pupils responded that they only had a drink before lessons on the day of the survey.

ENERGY DRINKS

- 42% (36%) of pupils responded that they 'never' drink 'high energy' drinks.
- 27% (30%) of pupils responded that they drink 'high energy' drinks 'at least once a month'.

PHYSICAL ACTIVITY

- 4% (4%) of boys and 3% (3%) of girls responded that they didn't do any physical activity in the week before the survey, while 55% (56%) of boys and 44% (41%) of girls said they did so on five days or more.

LEISURE ACTIVITIES

- 44% (45%) of pupils responded that they would like to do more team sport, while 14% (23%) said they would like to do more arts or performance activities.
- 52% (48%) of pupils responded that they 'never' take part in any volunteering or leadership work in school/college, while 29% (29%) said they 'sometimes' do.
- 18% (23%) of pupils responded that they take part in volunteering or leadership work in school/college at least 'once a week'; 5% (6%) said they do so 'three or more times a week'.

ALCOHOL

- 14% (19%) of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- 5% (6%) of pupils responded that they drank on more than one day in the 7 days before the survey; 2% (3%) said they did so on at least three days.
- 5% (8%) of pupils responded that they got drunk on at least one day in the 7 days before the survey; 1% (2%) said they did so on more than one day.
- 2% (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.
- 8% (11%) of pupils responded that they drank alcohol at home in the 7 days before the survey; 3% (3%) said they drank outside in a public place.

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

SMOKING

- ❑ 18% (24%) of boys and 18% (26%) of girls responded that they have tried smoking in the past or smoke now.
- ❑ 6% (7%) of boys and 6% (12%) of girls responded that they smoke 'occasionally' or 'regularly'.
- ❑ Of the 30 (58) pupils who responded that they smoke 'regularly', 47% (57%) said they would like to give up smoking.
- ❑ 6% (9%) of pupils responded that they smoked in the 7 days before the survey.
- ❑ 3% (5%) of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.
- ❑ 28% (28%) of boys and 21% (22%) of girls responded that they have at least tried electronic cigarettes.
- ❑ 3% (2%) of boys and 1% (1%) of girls responded that they use electronic cigarettes 'regularly' (once a week or more).
- ❑ 9% (11%) of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 9% (12%) of pupils responded that someone smokes in a car when they are in it too.

ILLEGAL DRUGS

- ❑ 35% (34%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone who takes illegal drugs that are not medicines (note: 2019 'uses illegal drugs'; 2016 'takes drugs').
- ❑ 18% (17%) of pupils responded that they have been offered cannabis.
- ❑ 11% (10%) of pupils responded that they have taken at least one of the drugs listed.
- ❑ 7% (5%) of pupils responded that they took at least one of the drugs listed in the month before the survey.
- ❑ 9% (9%) of pupils responded that they have used cannabis.

Emotional Health and Wellbeing

WORRYING

- ❑ 77% (80%) of pupils responded that they have worried about at least one of the issues listed 'quite a lot' or 'a lot' over the last 3 months (note: 2016 just asked how much they worry – not specific to last 3 months).
- ❑ 39% (35%) of pupils responded that they have worried about the way they look 'quite a lot' or 'a lot' over the last 3 months and 21% (28%) said they have worried about family problems.

SUPPORT

- ❑ 52% (48%) of pupils responded that their first source of support for school-work/homework problems is their parents or carers, while 12% (19%) said they would go to a teacher

SELF-ESTEEM

- ❑ 35% (30%) of pupils appeared in the lower half of the self-esteem scale.
- ❑ 28% (34%) of pupils appeared in the highest bracket of the self-esteem scale.
- ❑ 67% (72%) of pupils responded that they feel happy talking to other pupils.

HAPPINESS

- ❑ 43% (45%) of pupils responded that they are glad they are who they are (responses 1 – 3).
- ❑ 42% (42%) of pupils responded that they aren't glad they are who they are (responses 5 – 7).
- ❑ 44% (47%) of pupils responded that they generally feel happy (responses 1 – 3).
- ❑ 41% (40%) of pupils responded that they don't generally feel happy (responses 5 – 7).

CONTRACEPTION AND LOCAL SERVICES

- ❑ 56% (58%) of pupils responded that they know where they can get condoms free of charge.
- ❑ 54% (60%) of pupils responded that there is a special contraception and advice service for young people available locally, while 39% (36%) said they 'don't know' if there is.

Safe and Nurtured

BULLYING

- ❑ 21% (23%) of pupils responded that they have been bullied at or near school in the last 12 months, while 21% (16%) said they 'don't know' if they have.
- ❑ 18% (18%) of pupils responded that they were pushed or hit ('for no reason' in 2016) in the month before the survey.
- ❑ 26% (23%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 5% (5%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 30% (40%) of pupils responded that they think their school takes bullying seriously, while 35% (30%) think it doesn't take bullying seriously.

SCREEN TIME

- ❑ 9% (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.
- ❑ 58% (61%) of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey; 22% (25%) said they did so for 'five hours or more'.
- ❑ 71% (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 14% (13%) said it was less than usual.

Reaching Potential

SCHOOL LESSONS

- ❑ 35% (39%) of pupils responded that they enjoy 'most' or 'all' lessons at school.

- ❑ 18% (16%) of pupils responded that they enjoy 'hardly any' lessons at school.
- ❑ 51% (52%) of pupils responded that they have worried about exams and tests 'quite a lot' or 'a lot' in the last 3 months; 35% (34%) said they have worried about school-work/homework problems (note: 2016 just asked how much they worry – not specific to last 3 months).
- ❑ 12% (9%) of pupils responded that they are 'not at all' proud to be a member of their school/college, while 26% (22%) said they are 'not very proud'.
- ❑ 62% (69%) of pupils responded that they are 'quite' or 'very' proud to be a member of their school/college.

EVERY CHILD MATTERS

- ❑ 7% (7%) of pupils had a low pupil perception score.
- ❑ 40% (39%) of pupils had a high pupil perception score.
- ❑ 38% (36%) of pupils agreed that the school/college cares whether they are happy or not.
- ❑ 51% (44%) of pupils agreed that people of different backgrounds are valued in their school/college.
- ❑ 19% (22%) of pupils disagreed that the school/college cares whether they are happy or not.

- ❑ 15% (17%) of pupils disagreed that people of different backgrounds are valued in their school/college.

PE LESSONS

- ❑ 14% (12%) of pupils responded that they 'do not enjoy' PE lessons.
- ❑ 75% (76%) of pupils responded that they 'enjoy' or 'really enjoy' PE lessons.

EXTRA-CURRICULAR ACTIVITIES

- ❑ 36% (31%) of pupils responded that they don't attend any weekly extra-curricular clubs, while 20% (21%) said they do so once a week.
- ❑ 27% (29%) of pupils responded that they attend an extra-curricular club at least 'three times' a week.
- ❑ 8% (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'.
- ❑ 42% (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% (56%) of pupils agreed that, on the whole, they like their teachers.

Significant differences between 2019 and 2016 data

Below we have listed some statistically significant differences between the data collected in the 2019 survey and that collected in 2016.

	2019		2016	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	195	179	229	245
Girls	273	209	229	228

Sig	2019	2016	Question
***	42%	25%	of pupils responded that they 'never' drink 'high energy' drinks.
***	20%	12%	of pupils responded that they have a special need or disability.
***	30%	40%	of pupils responded that they think their school takes bullying seriously.
***	18%	25%	of pupils responded that they have tried smoking in the past or smoke now.
***	40%	47%	of pupils responded that they are happy with their weight as it is.
***	62%	69%	of pupils responded that they are 'quite' or 'very' proud to be a member of their school/college.
***	5%	8%	of pupils responded that they got drunk on at least one day in the 7 days before the survey.
***	14%	19%	of pupils responded that they had an alcoholic drink in the 7 days before the survey.
***	51%	44%	of pupils agreed that people of different backgrounds are valued in their school/college.
***	8%	11%	of pupils responded that they drank alcohol at home in the 7 days before the survey.
***	68%	74%	of pupils responded that they are in charge of their health.
**	6%	10%	of pupils responded that they smoke 'occasionally' or 'regularly'.
**	18%	23%	of pupils responded that they take part in volunteering or leadership work in school/college at least 'once a week'.
**	52%	46%	of pupils responded that they would like to lose weight.
**	35%	30%	of pupils appeared in the lower half of the self-esteem scale.
**	28%	34%	of pupils appeared in the highest bracket of the self-esteem scale.
**	21%	26%	of pupils responded that they either 'love' or 'like' the way they look.
**	27%	22%	of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.
*	54%	60%	of pupils responded that there is a special contraception and advice service for young people available locally.
*	31%	26%	of pupils responded that they either 'don't like' or 'hate' the way they look.
*	36%	31%	of pupils responded that they don't attend any weekly extra-curricular clubs.
*	76%	80%	of pupils responded that they are from Guernsey/Alderney.
*	6%	9%	of pupils responded that they smoked in the 7 days before the survey.
*	67%	72%	of pupils responded that they feel happy talking to other pupils.

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

Included and Respected

Ethnicity

76% of pupils responded that they are from Guernsey/Alderney, while 12% said they are English/Scottish/Welsh/Irish.

Q5. Percentage responding that they are from Guernsey/Alderney.

	Guernsey	
	Yr 8	Yr 10
Boys	77	79
Girls	73	78

Special needs

20% of pupils responded that they have a special need or disability, while 14% said they 'don't know' if they do.

Q7a. Percentage responding that they have a special need or disability.

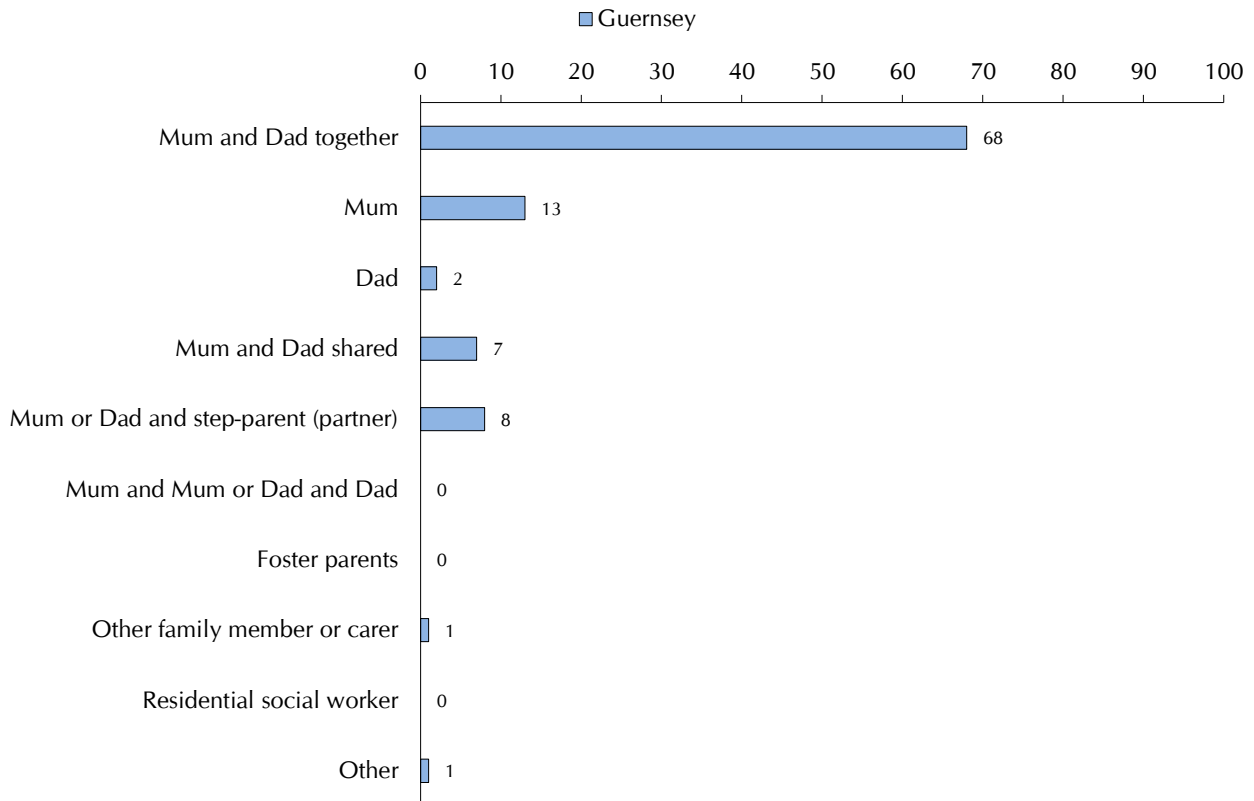
	Guernsey	
	Yr 8	Yr 10
Boys	29	23
Girls	15	15

Q7b. Percentage of pupils responding that they have the following special needs or disabilities (top 5):

Boys		Girls			
1	Dyslexia, Dyspraxia or Dyscalculia	10	1	Other	5
2	Other	6	2	Dyslexia, Dyspraxia or Dyscalculia	4
3	ADHD (Attention Deficit Hyperactivity Disorder)	4	3	Mental health disorder	3
4	Autism/Asperger's	3	4	Long-term illness	2
5	Mental health disorder	2	5	Visual impairment or difficulty	2

Family

Q8. Which adults do you live with or who do you live with most of the week?



68% of pupils responded that they live with their Mum and Dad together.

Q8. Percentage answering that they live with their Mum and Dad together.

	Guernsey	
	Yr 8	Yr 10
Boys	69	61
Girls	70	72

13% of pupils responded that they live 'mainly or only' with their Mum, while 2% said they live 'mainly or only' with their Dad.

Q8. Percentage answering that they live 'mainly or only' with their Mum.

	Guernsey	
	Yr 8	Yr 10
Boys	14	18
Girls	11	10

4% of pupils responded that they would describe themselves as 'in care' with children's social care services, while 7% said they 'don't know' if they would.

Q9. Percentage answering that they would describe themselves as 'in care' with children's social care services.

	Guernsey	
	Yr 8	Yr 10
Boys	6	4
Girls	3	3

Healthy and Active

Control over health

89% agreed with at least one statement about being in control of their health (Q10a&c).

Q10. Percentage agreeing with statements Q10a and/or Q10c.

	Guernsey	
	Yr 8	Yr 10
Boys	91	93
Girls	88	88

54% agreed with at least one statement saying that they aren't in control of their health (Q10b&d).

Q10. Percentage agreeing with statements Q10b and/or Q10d.

	Guernsey	
	Yr 8	Yr 10
Boys	53	47
Girls	49	65

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.

72% 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.

Q10. Percentage having a positive health locus of control score.

	Guernsey	
	Yr 8	Yr 10
Boys	78	75
Girls	71	67

68% of pupils responded that they are in charge of their health, while 47% said that even if they look after themselves, they can still easily fall ill.

Q10. 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"	74	58	75	72	68
b. "If I keep healthy, I've just been lucky"	16	14	21	15	16
c. "If I take care of myself I'll stay healthy"	78	77	83	72	76
d. "Even if I look after myself I can still easily fall ill"	48	43	36	59	47

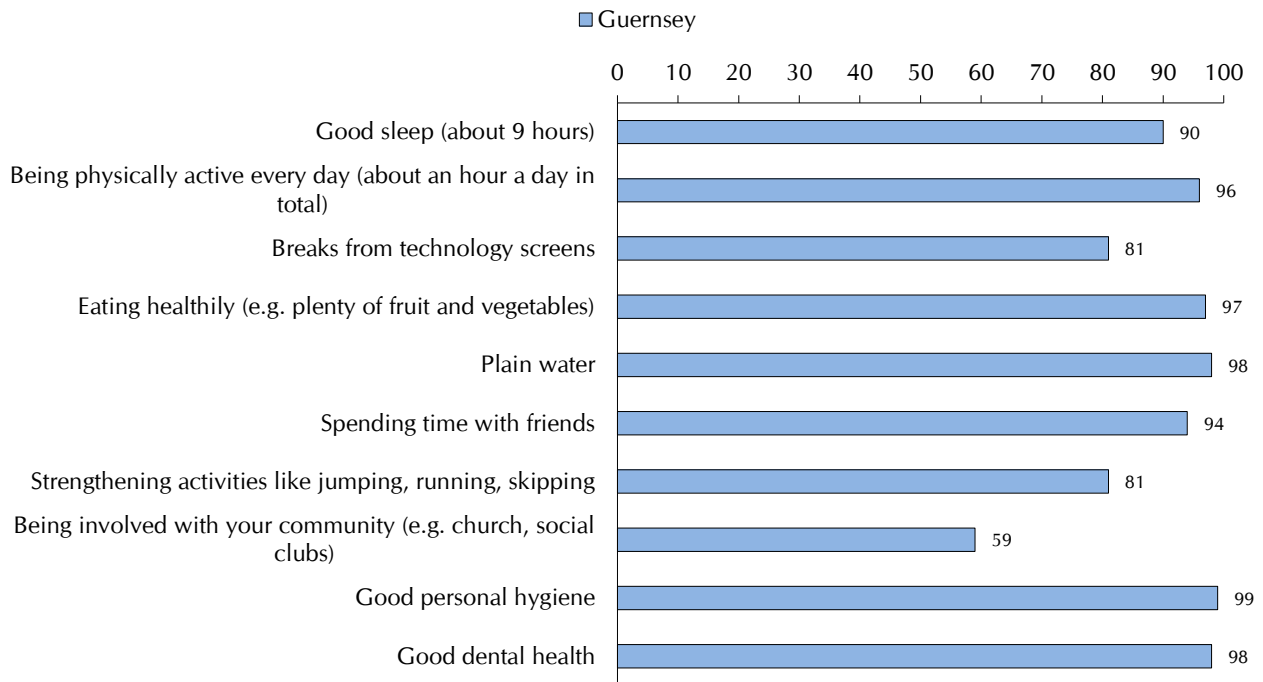
Being healthy

49% of pupils responded that good sleep is 'very important' in order to be an active, healthy child; 85% said drinking water is 'very important'.

Q11. How important are the following in order to be a healthy, active child?

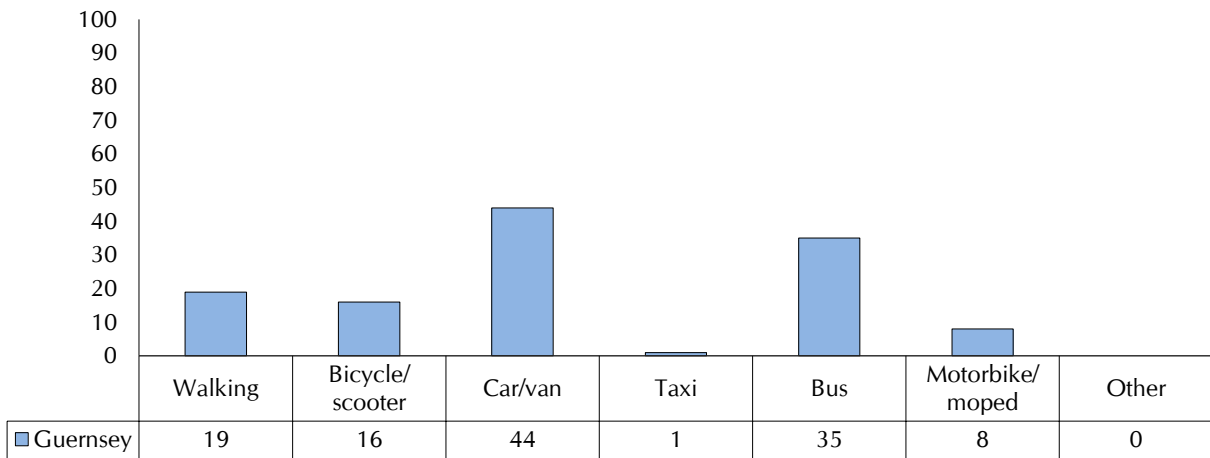
Boys	Not important	Quite important	Very important
Good sleep (about 9 hours)	11	45	44
Being physically active every day (about an hour a day in total)	5	33	62
Breaks from technology screens	23	57	20
Eating healthily (e.g. plenty of fruit and vegetables)	4	33	63
Drinking water	3	14	83
Spending time with friends	7	40	53
Strengthening activities like jumping, running, skipping	16	48	36
Being involved with your community (e.g. church, social clubs)	43	43	14
Good personal hygiene	1	20	79
Good dental health	3	32	65
Girls	Not important	Quite important	Very important
Good sleep (about 9 hours)	7	40	53
Being physically active every day (about an hour a day in total)	3	45	52
Breaks from technology screens	13	43	43
Eating healthily (e.g. plenty of fruit and vegetables)	1	23	76
Drinking water	1	9	90
Spending time with friends	5	38	57
Strengthening activities like jumping, running, skipping	21	55	24
Being involved with your community (e.g. church, social clubs)	38	51	10
Good personal hygiene	1	11	87
Good dental health	1	34	65

Q11. Percentage of pupils responding that they think the following are 'quite' or 'very' important in order to be a healthy, active child:



Travel to school

Q12. How did you travel to school today?



19% of pupils responded that they walked to school on the day of the survey.

Q12. Percentage answering that they walked to school on the day of the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	14	12
Girls	21	24

16% of pupils responded that they travelled to school by bicycle/scooter on the day of the survey.

Q12. Percentage answering that they travelled to school by bicycle/scooter on the day of the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	40	19
Girls	5	4

44% of pupils responded that they travelled to school by car/van on the day of the survey.

Q12. Percentage answering that they travelled to school by car/van on the day of the survey.

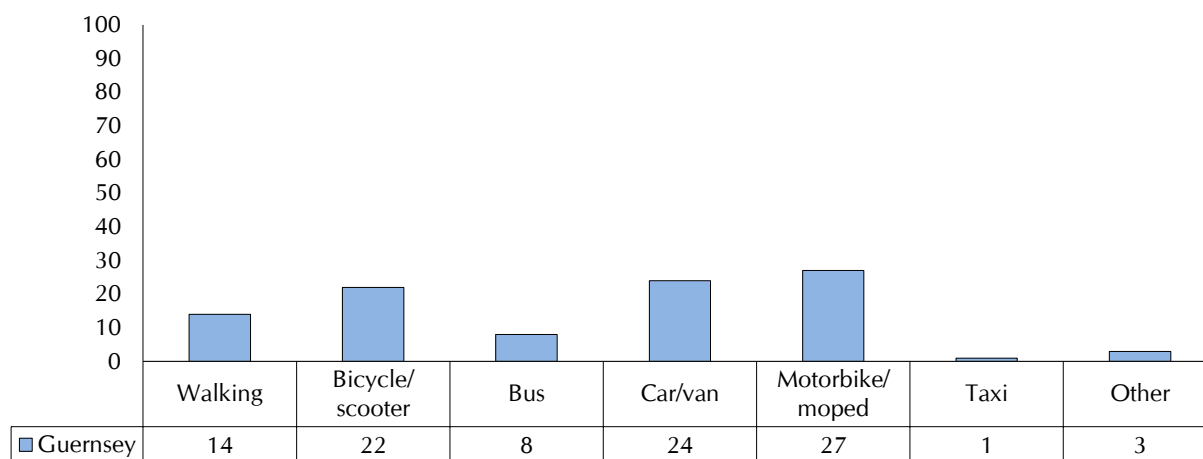
	Guernsey	
	Yr 8	Yr 10
Boys	38	27
Girls	55	50

83% of pupils responded that they own their own bicycle.

Q13. Percentage answering that they own their own bicycle.

	Guernsey	
	Yr 8	Yr 10
Boys	89	80
Girls	88	76

Q14. If you could choose, how would you like to travel to school?



14% of pupils responded that, if they could choose, they would like to walk to school.

Q14. Percentage answering that, if they could choose, they would like to walk to school.

	Guernsey	
	Yr 8	Yr 10
Boys	7	8
Girls	19	21

22% of pupils responded that, if they could choose, they would like to travel to school by bicycle/scooter.

Q14. Percentage answering that, if they could choose, they would like to travel to school by bicycle/scooter.

	Guernsey	
	Yr 8	Yr 10
Boys	37	16
Girls	22	14

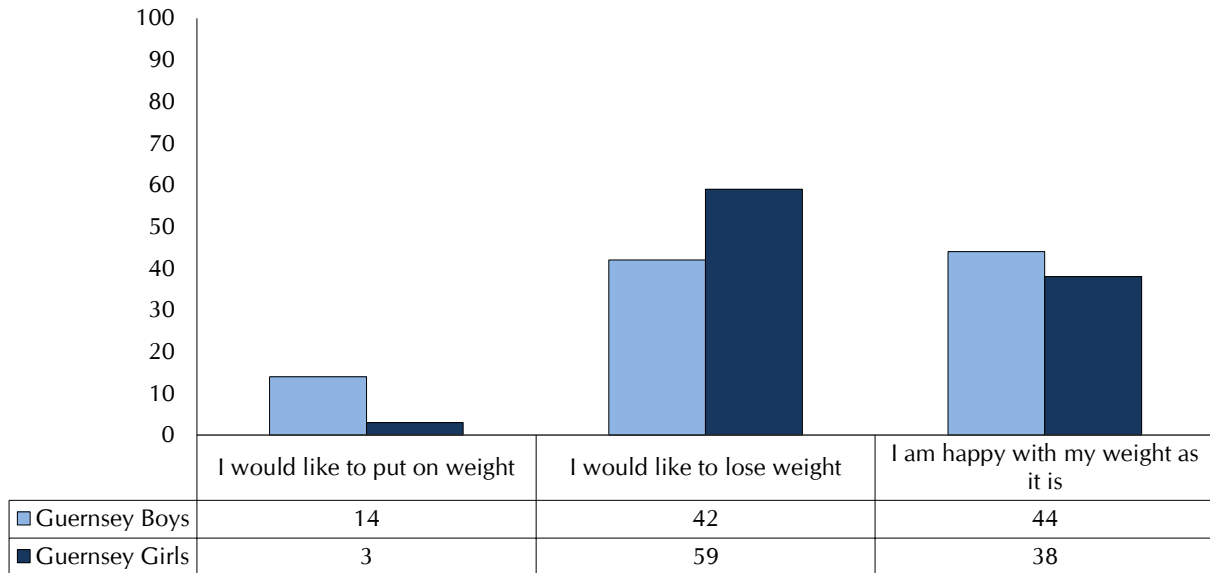
24% of pupils responded that, if they could choose, they would like to travel to school by car/van.

Q14. Percentage answering that, if they could choose, they would like to travel to school by car/van.

	Guernsey	
	Yr 8	Yr 10
Boys	13	17
Girls	27	35

Dieting

Q15. Weight: Which statement describes you best?



8% of pupils responded that they would like to put on weight.

Q15. Percentage answering that they would like to put on weight.

	Guernsey	
	Yr 8	Yr 10
Boys	11	17
Girls	3	3

52% of pupils responded that they would like to lose weight.

Q15. Percentage answering that they would like to lose weight.

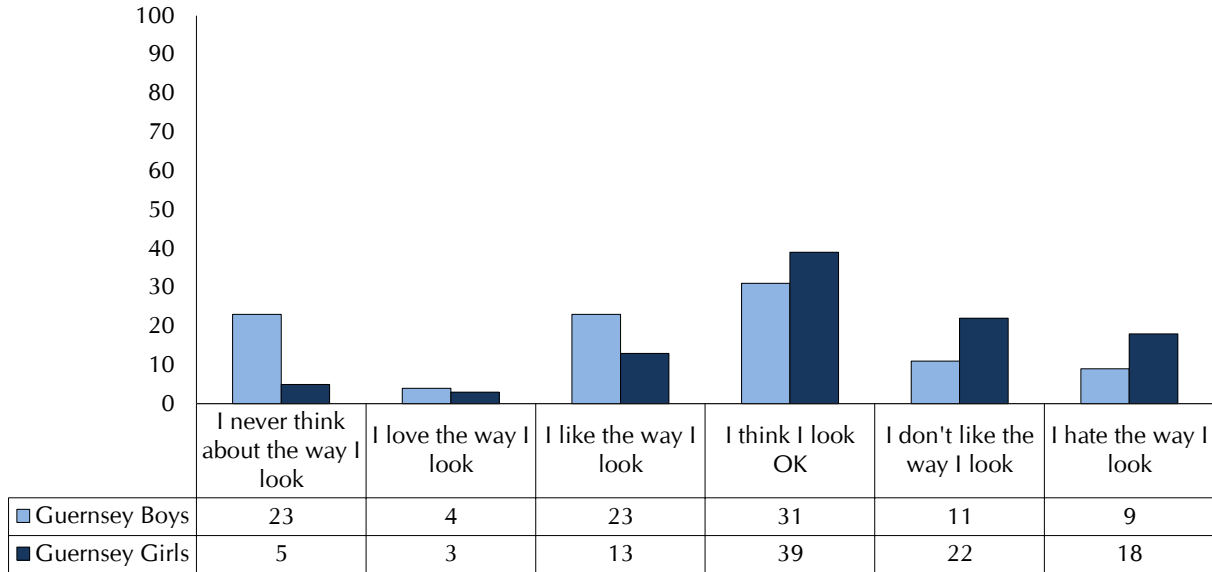
	Guernsey	
	Yr 8	Yr 10
Boys	44	40
Girls	55	65

40% of pupils responded that they are happy with their weight as it is.

Q15. Percentage answering that they are happy with their weight as it is.

	Guernsey	
	Yr 8	Yr 10
Boys	45	43
Girls	42	32

Q16. Which statement best describes your feelings about the way you look?



13% of pupils responded that they never think about the way they look.

Q16. Percentage answering that they never think about the way they look.

	Guernsey	
	Yr 8	Yr 10
Boys	27	18
Girls	7	3

21% of pupils responded that they either 'love' or 'like' the way they look.

Q16. Percentage answering that they either 'love' or 'like' the way they look.

	Guernsey	
	Yr 8	Yr 10
Boys	27	27
Girls	20	12

35% of pupils responded that they think they look OK.

Q16. Percentage answering that they think they look OK.

	Guernsey	
	Yr 8	Yr 10
Boys	29	33
Girls	37	40

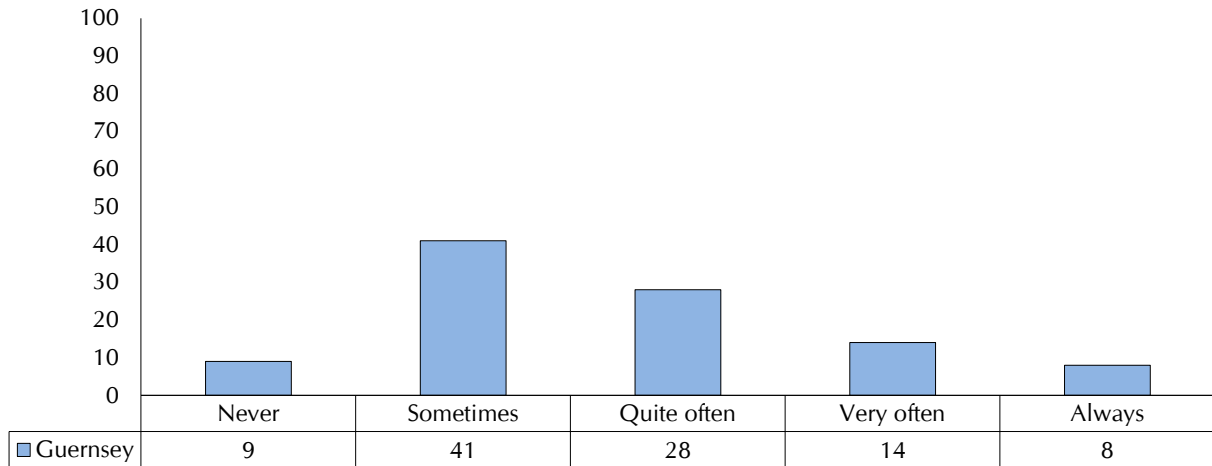
31% of pupils responded that they either 'don't like' or 'hate' the way they look.

Q16. Percentage answering that they either 'don't like' or 'hate' the way they look.

	Guernsey	
	Yr 8	Yr 10
Boys	16	23
Girls	36	44

Health

Q17. When choosing what to eat, do you consider your health?



9% of pupils responded that they 'never' consider their health when choosing what to eat.

Q17. Percentage answering that they 'never' consider their health when choosing what to eat.

	Guernsey	
	Yr 8	Yr 10
Boys	9	12
Girls	6	8

22% of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

Q17. Percentage answering that they 'very often' or 'always' consider their health when eating.

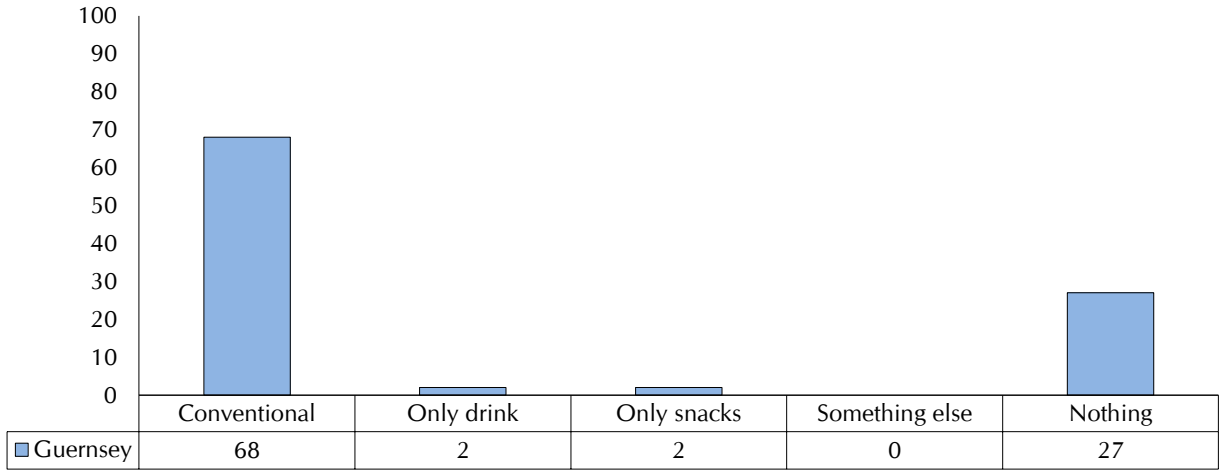
	Guernsey	
	Yr 8	Yr 10
Boys	24	18
Girls	27	22

Breakfast

Q18. Percentage of pupils responding that they ate breakfast at the following places on the day of the survey:

Boys			Girls		
1	At home	69	1	At home	67
2	On the way to school	4	2	On the way to school	4
3	At school	2	3	At school	2
4	Somewhere else	1	4	Somewhere else	0

Q19. 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.

27% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.

Q19. 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	22	28
Girls	23	34

2% of pupils responded that they only had a drink before lessons on the day of the survey.

Q19. Percentage answering that they only had a drink before lessons on the day of the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	2	2
Girls	3	2

Q19. 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	40	1	A drink	32
2	A drink	32	2	Cereal	31
3	Toast, bread, bagels, croissants etc.	18	3	Toast, bread, bagels, croissants etc.	22
4	Fruit	9	4	Fruit	17
5	Cooked breakfast	6	5	Yoghurt	6

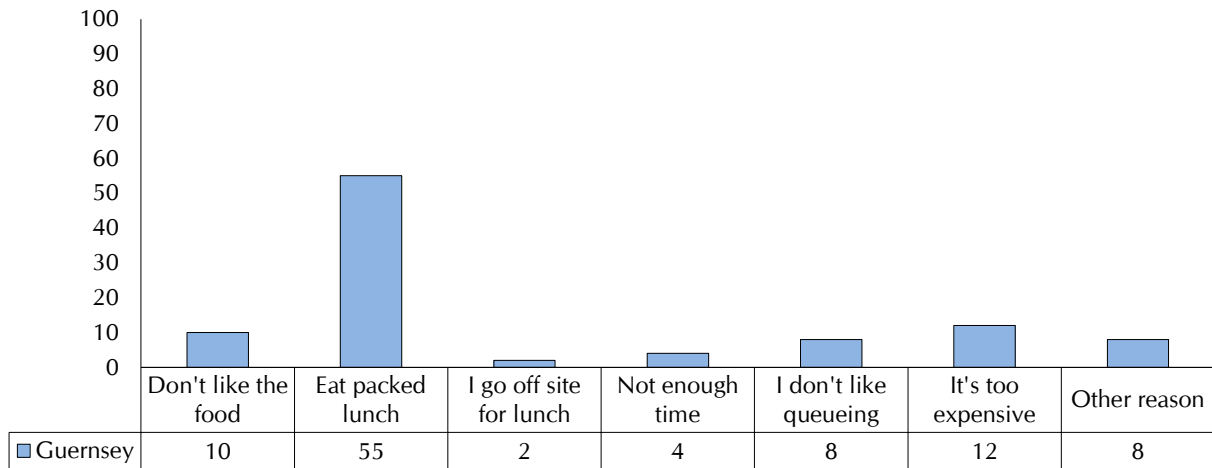
Lunch

20% of pupils responded that they bought their lunch at school on the day before the survey.

Q20a. Percentage answering that they bought lunch at school on the day before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	22	21
Girls	18	20

Q20b. If not, why was this?



10% 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 55% said they had a packed lunch.

Q20b. 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	6	12
Girls	9	14

4% of pupils responded that they didn't buy their lunch at school on the day before the survey because there wasn't enough time and 12% said it's too expensive.

Q20b. 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	6
Girls	4	4

Drinks

84% of pupils responded that they drink plain water 'on most days'; 17% said they drink fruit juice or smoothies.

Q21. Percentage of pupils responding that they drink the following 'on most days':

Boys		Girls			
1	Plain water	82	1	Plain water	85
2	Milk	49	2	Milk	29
3	Squash	23	3	Tea	22
4	Tea	22	4	Fruit juice or smoothie	18
5	Fruit juice or smoothie	16	5	Squash	15
6	Low-calorie/sugar-free squash	15	6	Low-calorie/sugar-free squash	13
7	Coffee	14	7	Coffee	11
8	Fizzy drinks	14	8	Sports drinks	6
9	Sports drinks	10	9	Fizzy drinks	6
10	Low-calorie/sugar-free fizzy drinks	8	10	Low-calorie/sugar-free fizzy drinks	3

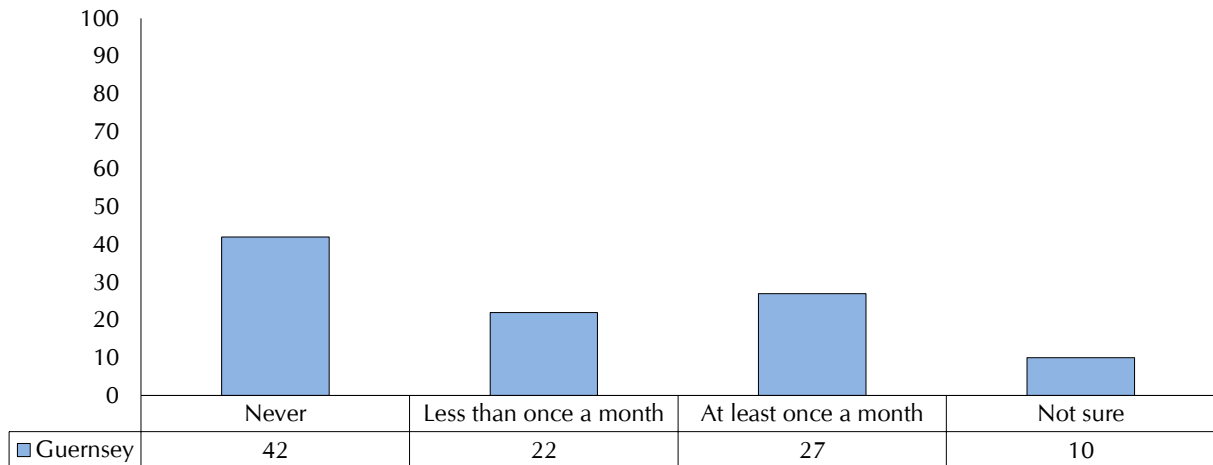
65% of pupils responded that they 'rarely or never' drink coffee.

Q21. Percentage of pupils responding that they 'rarely or never' drink the following:

Boys		Girls			
1	Energy drinks	71	1	Energy drinks	83
2	Coffee	60	2	Coffee	69
3	Hot chocolate	56	3	Milkshakes	67
4	Milkshakes	50	4	Sports drinks	64
5	Low-calorie/sugar-free squash	48	5	Hot chocolate	61
6	Tea	47	6	Low-calorie/sugar-free fizzy drinks	59
7	Low-calorie/sugar-free fizzy drinks	45	7	Low-calorie/sugar-free squash	57
8	Sports drinks	43	8	Fizzy drinks	51
9	Squash	37	9	Squash	51
10	Fruit juice or smoothie	30	10	Tea	46

Energy drinks

Q22. Do you drink 'high energy' drinks?



42% of pupils responded that they 'never' drink 'high energy' drinks.

Q22. Percentage answering that they 'never' drink 'high energy' drinks.

	Guernsey	
	Yr 8	Yr 10
Boys	31	32
Girls	46	55

27% of pupils responded that they drink 'high energy' drinks 'at least once a month'.

Q22. Percentage answering that they drink 'high energy' drinks 'at least once a month'.

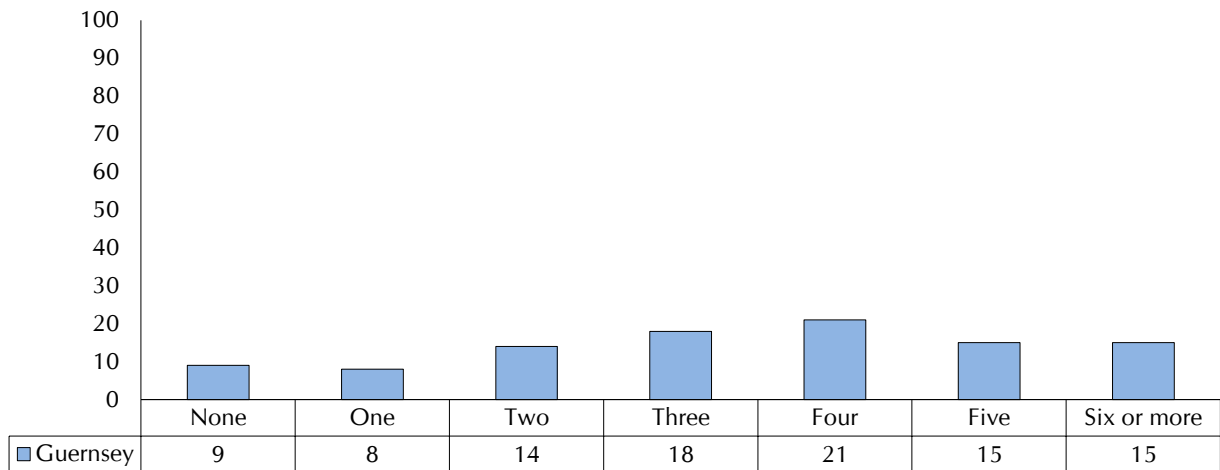
	Guernsey	
	Yr 8	Yr 10
Boys	39	28
Girls	21	20

Q23. Percentage of pupils responding that they drink the following at least '2 – 3 times a week' (top 5):

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

5-a-day

Q24. How many portions of fruit and vegetables did you eat yesterday?



9% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

Q24. Percentage answering that they didn't eat any portions of fruit or vegetables on the day before the survey.

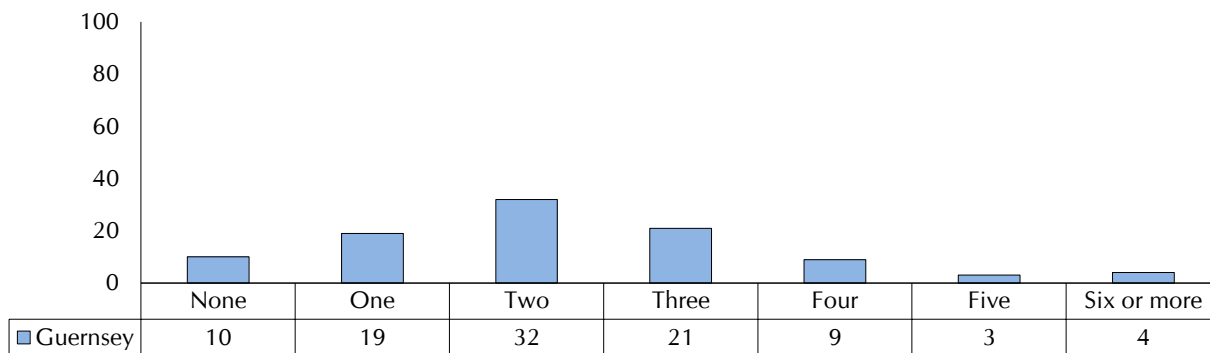
	Guernsey	
	Yr 8	Yr 10
Boys	11	12
Girls	3	10

30% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

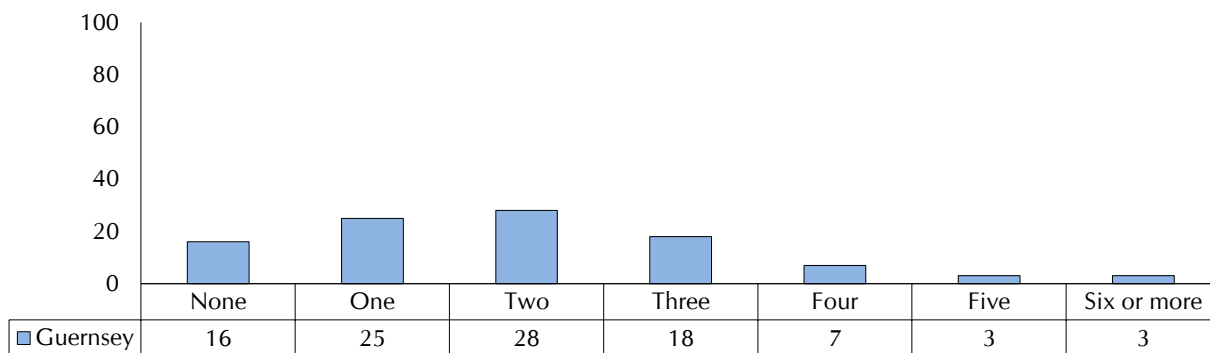
Q24. Percentage answering that they ate at least 5 portions of fruit and vegetables on the day before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	24	24
Girls	36	31

Q25. How many portions were fruit?



Q26. How many portions were vegetables?



27% of pupils responded that (approximately) less than half of the portions of fruit and vegetables they ate the day before were fruit.

Q25/26. Percentage answering that (approximately) less than half of the portions of fruit and vegetables they ate the day before were fruit.

	Guernsey	
	Yr 8	Yr 10
Boys	32	24
Girls	29	24

18% of pupils responded that (approximately) at least $\frac{3}{4}$ of the portions of fruit and vegetables they ate the day before were fruit.

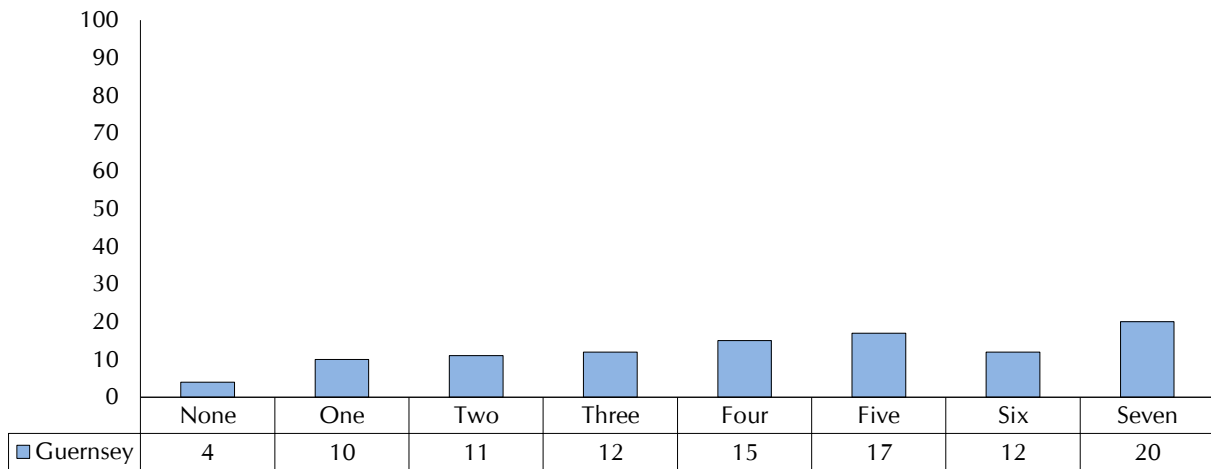
Q25/26. Percentage answering that (approximately) at least $\frac{3}{4}$ of the portions of fruit and vegetables they ate the day before were fruit.

	Guernsey	
	Yr 8	Yr 10
Boys	17	15
Girls	19	19

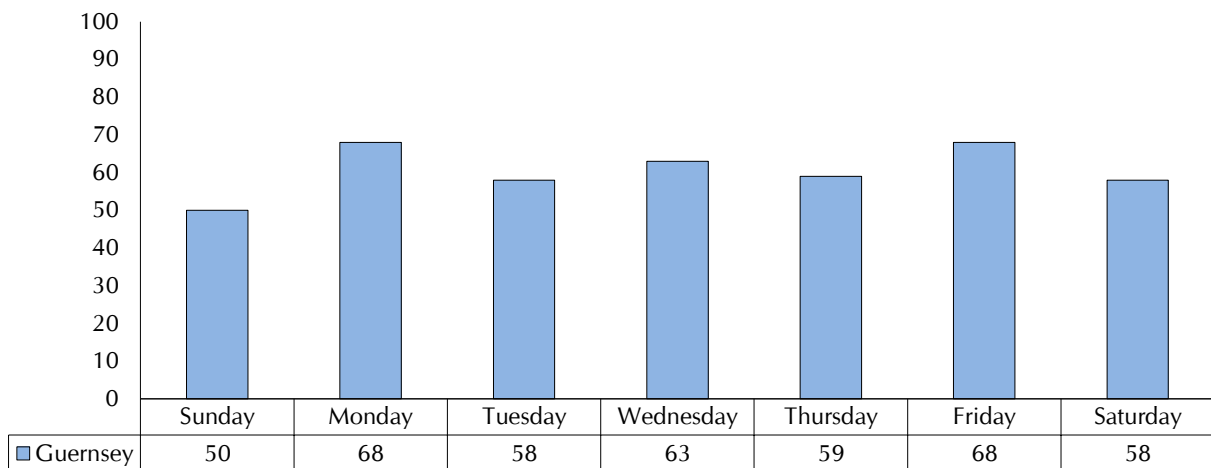
Physical activity

4% of boys and 3% of girls responded that they didn't do any physical activity in the week before the survey, while 55% of boys and 44% of girls said they did so on five days or more.

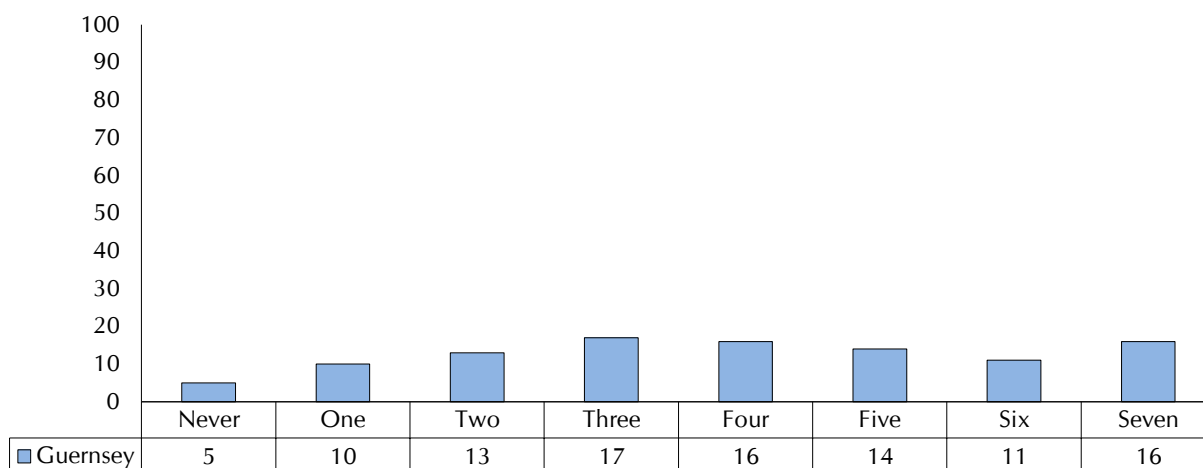
Q27. On how many days did you do any physical activity in the last 7 days?



Q27. On how many days did you do any physical activity in the last 7 days?



Q28. Over the past 7 days, how many days were you physically active for a total of at least 60 minutes per day?



4% of boys and 5% of girls responded that they didn't do at least 60 minutes of physical activity on any day in the week before the survey.

Q28. Percentage answering that they didn't do at least 60 minutes of physical activity on any day in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	3	6
Girls	2	9

61% of boys and 53% of girls responded that they did at least 60 minutes of physical activity on 4 or more days in the week before the survey.

Q28. Percentage answering that they did at least 60 minutes of physical activity on 4 or more days in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	67	55
Girls	63	41

46% of boys and 36% of girls responded that they did at least 60 minutes of physical activity on 5 or more days in the week before the survey.

Q28. Percentage answering that they did at least 60 minutes of physical activity on 5 or more days in the week before the survey.

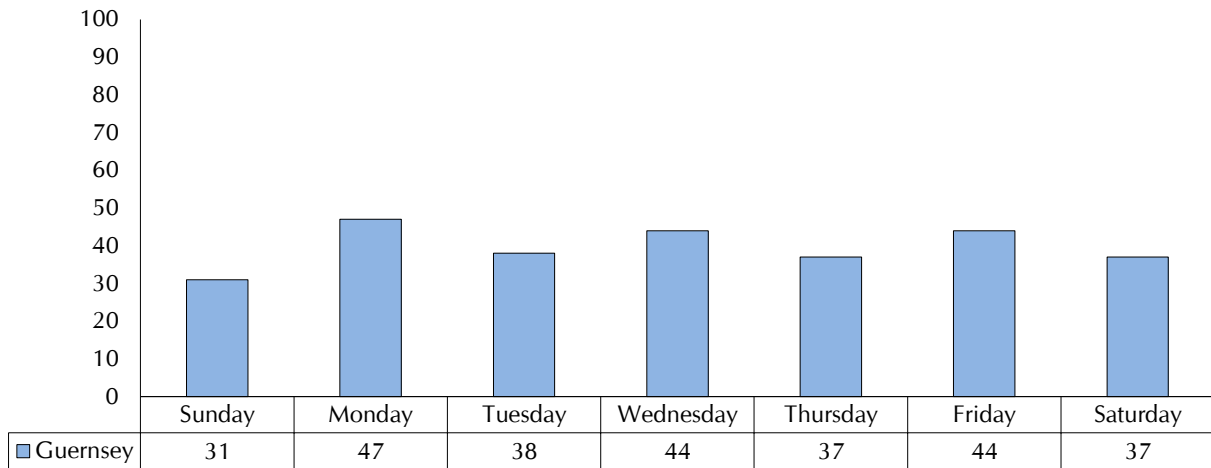
	Guernsey	
	Yr 8	Yr 10
Boys	50	41
Girls	44	26

22% of boys and 11% of girls responded that they did at least 60 minutes of physical activity every day in the week before the survey as recommended by NHS Live Well guidelines.

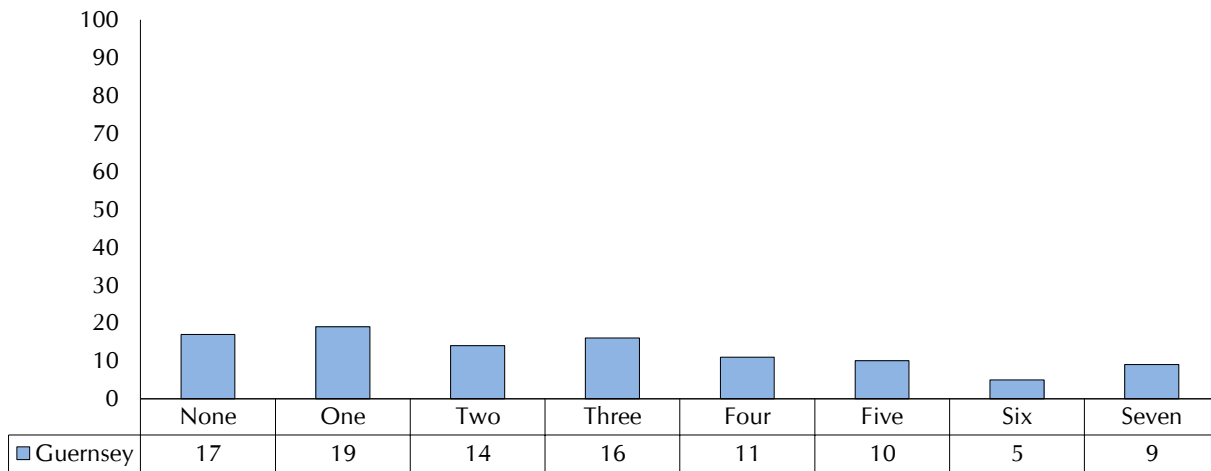
Q28. Percentage answering that they did at least 60 minutes of physical activity every day in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	22	22
Girls	14	7

Q29. Over the past 7 days, on which days were you physically active doing activity that strengthens muscles and bones (e.g. jumping, running, skipping, trampolining, dance and sports like netball and basketball etc.)?



Q29. Over the past 7 days, on [how many] days were you physically active doing activity that strengthens muscles and bones (e.g. jumping, running, skipping, trampolining, dance and sports like netball and basketball etc.)?



17% of pupils responded that they didn't do any physical activity that strengthens muscles and bones in the week before the survey.

Q29. Percentage answering that they didn't do any physical activity that strengthens muscles and bones in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	15	22
Girls	10	24

50% of pupils responded that they did physical activity that strengthens muscles and bones on at least 3 days in the week before the survey as recommended by NHS Live Well guidelines.

Q29. Percentage answering that they did physical activity that strengthens muscles and bones on at least 3 days in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	58	47
Girls	57	36

44% of pupils responded that they exercise as much as they like – nothing stops them. However, 29% of pupils responded that they don't have enough time to be as physically active as they would like, while 23% said they are shy in front of other people.

Q30. 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	22	1	I don't have enough time	35
2	I am shy in front of other people	14	2	I am shy in front of other people	31
3	There is nothing I want to do around here	11	3	I'm not comfortable about how I look	29
4	I'm not comfortable about how I look	11	4	I don't like to do activity when I have my period	28
5	I don't know what to do	11	5	It costs a lot to get there or to take part	22
6	It costs a lot to get there or to take part	9	6	I don't know what to do	19
7	I know what I want to do but don't know where to go	7	7	Transport to get there is a problem	15
8	I don't like wearing PE kit	7	8	There is nothing I want to do around here	12
9	Transport to get there is a problem	5	9	I know what I want to do but don't know where to go	12
10	I don't like the places you go to	5	10	I don't like to try new things	10

Leisure activities

Q31. Percentage of pupils responding that they do the following activities at least once a week:

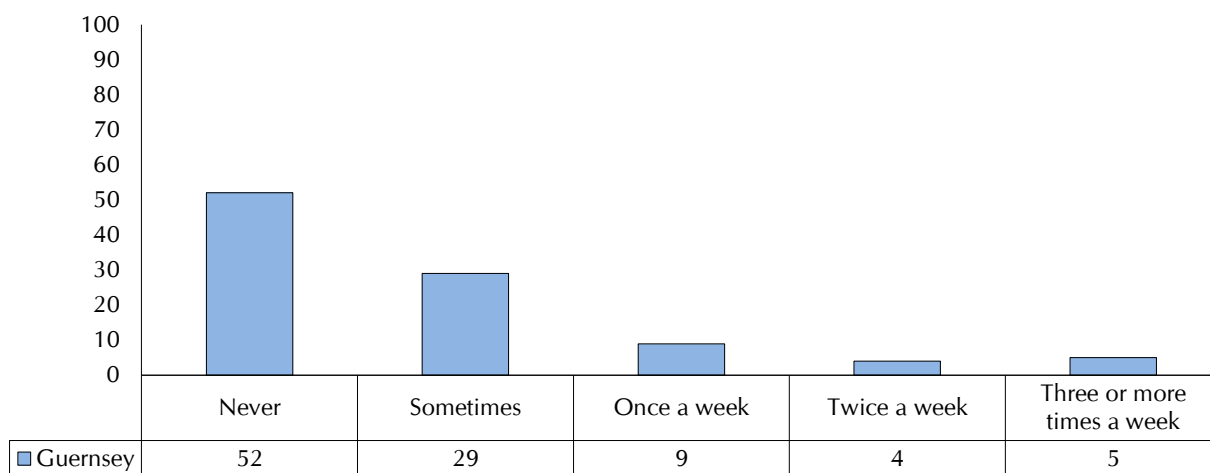
Boys			Girls		
1	Team sport	53	1	Individual sport	56
2	Individual sport	50	2	Team sport	50
3	Activity equipment (e.g. fitness trails in the parks, climbing frames)	23	3	Arts or performance activity	24
4	Youth group or club	17	4	Activity equipment (e.g. fitness trails in the parks, climbing frames)	18
5	Don't do any of these	16	5	Live music (taking part in)	15
6	Live music (taking part in)	9	6	Don't do any of these	14
7	Arts or performance activity	8	7	Youth group or club	13
8	Community activity or volunteering	2	8	Community activity or volunteering	12

44% of pupils responded that they would like to do more team sport, while 14% said they would like to do more arts or performance activities.

Q32. Percentage of pupils responding that they would like to do more of the following:

Boys			Girls		
1	Team sport	45	1	Team sport	43
2	Individual sport	32	2	Individual sport	36
3	Sports equipment (e.g. basketball hoops, painted marking for goals etc.)	26	3	Activity equipment (e.g. fitness trails in the parks, climbing frames)	26
4	Don't want any more opportunities like these	22	4	Sports equipment (e.g. basketball hoops, painted marking for goals etc.)	25
5	Activity equipment (e.g. fitness trails in the parks, climbing frames)	18	5	Arts or performance activity	20
6	Live music (taking part in)	11	6	Don't want any more opportunities like these	19
7	Youth group or club	9	7	Live music (taking part in)	16
8	Arts or performance activity	6	8	Community activity or volunteering	13
9	Other	4	9	Youth group or club	10
10	Community activity or volunteering	3	10	Other	3

Q33. Do you take part in any volunteering or leadership work in school/college?



52% of pupils responded that they 'never' take part in any volunteering or leadership work in school/college, while 29% said they 'sometimes' do.

Q33. Percentage answering that they 'never' take part in any volunteering or leadership work in school/college.

	Guernsey	
	Yr 8	Yr 10
Boys	64	51
Girls	56	38

18% of pupils responded that they take part in volunteering or leadership work in school/college at least 'once a week'; 5% said they do so 'three or more times a week'.

Q33. 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	11	24
Girls	12	28

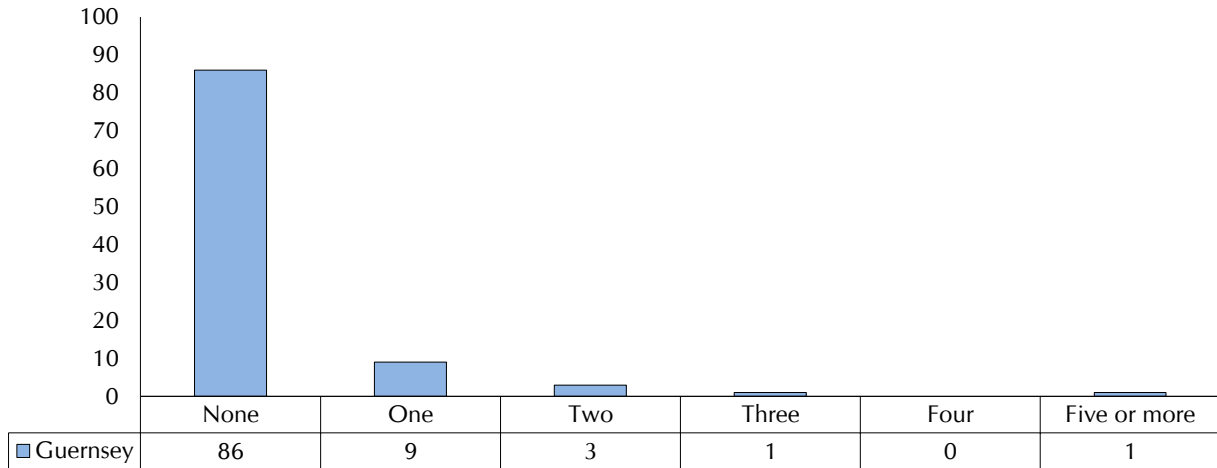
Alcohol

14% of pupils responded that they had an alcoholic drink in the 7 days before the survey.

Q34. Percentage answering that they had an alcoholic drink in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	8	28
Girls	3	20

Q35a. On how many days did you drink alcohol, in the last 7 days?

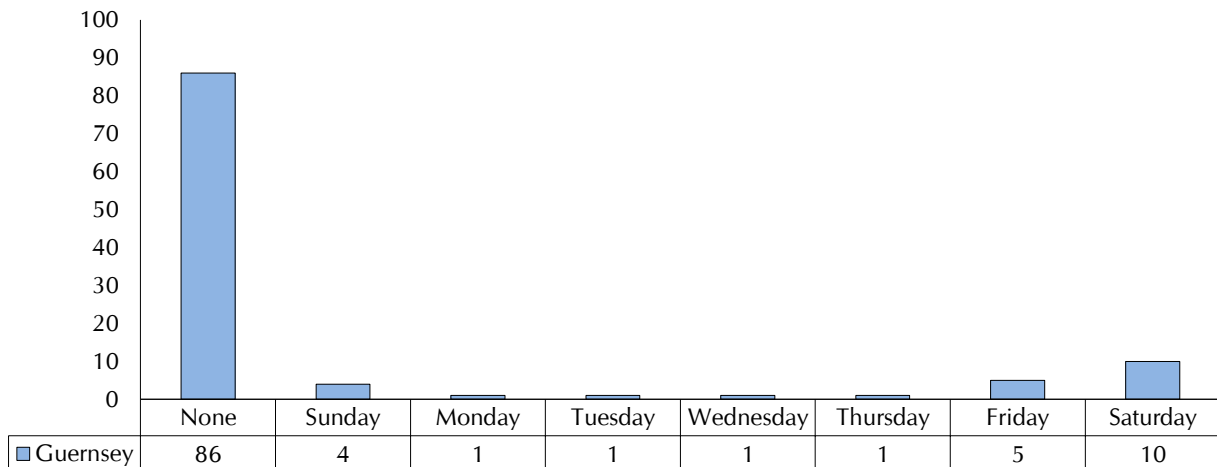


5% of pupils responded that they drank on more than one day in the 7 days before the survey; 2% said they did so on at least three days.

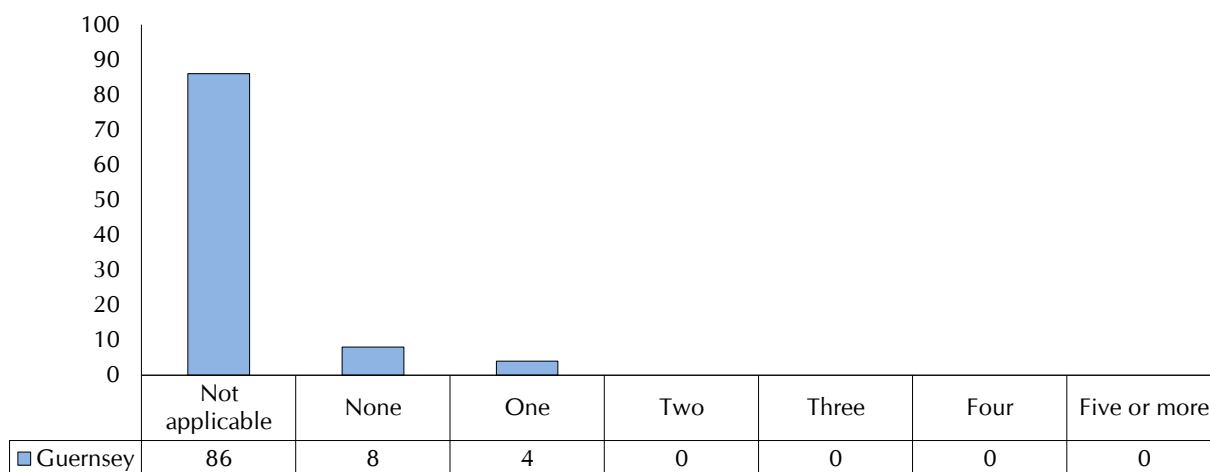
Q35a. Percentage answering that they drank alcohol on more than one day in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	3	8
Girls	1	7

Q35a. On which days did you drink alcohol, in the last 7 days?



Q35b. On how many days did you get drunk, in the last 7 days?

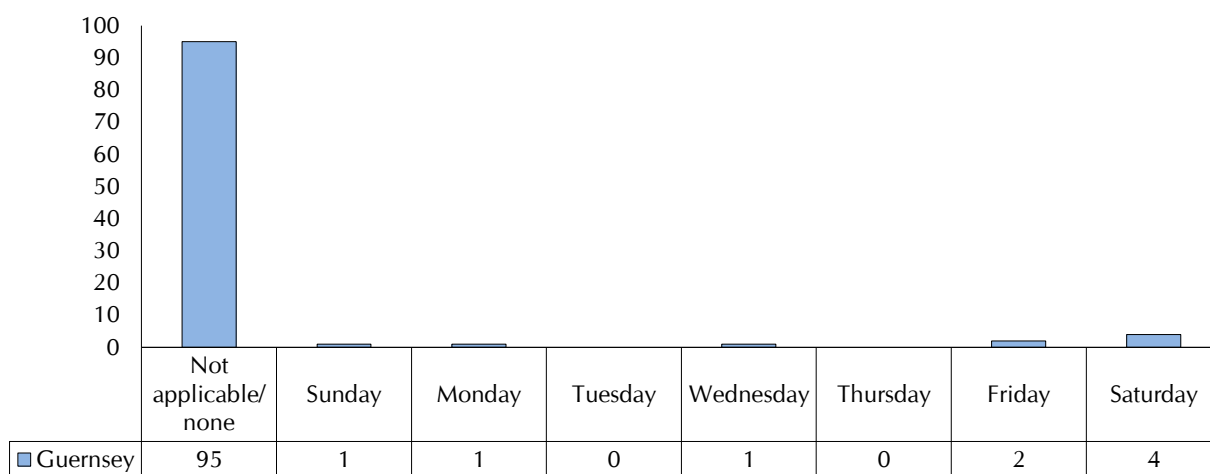


5% of pupils responded that they got drunk on at least one day in the 7 days before the survey; 1% said they did so on more than one day.

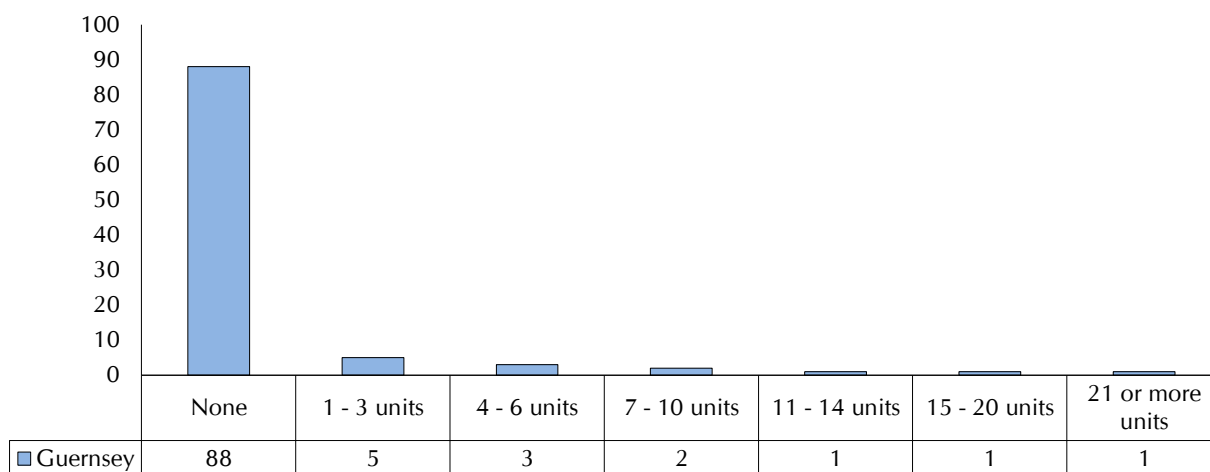
Q35b. Percentage answering that they got drunk on at least one day in the 7 days before the survey.

Guernsey		
	Yr 8	Yr 10
Boys	3	9
Girls	0	10

Q35b. On which days did you get drunk, in the last 7 days?



Q36. 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.

Q36. 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	3

3% of pupils responded that they drank pre-mixed drinks in the 7 days before the survey, while 4% said they drank spirits.

Q36. Percentage of pupils responding that they drank the following alcoholic drinks in the 7 days before the survey:

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

8% 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.

Q37. 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	10	1	At a friend's or relation's home	6
2	At a friend's or relation's home	10	2	At home	5
3	At a disco, club or party	5	3	At a disco, club or party	4
4	Outside in a public place	4	4	Outside in a public place	2
5	In a pub or bar	3	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.

Q38. Percentage of pupils responding that they were given/bought alcohol by the following people in the 7 days before the survey:

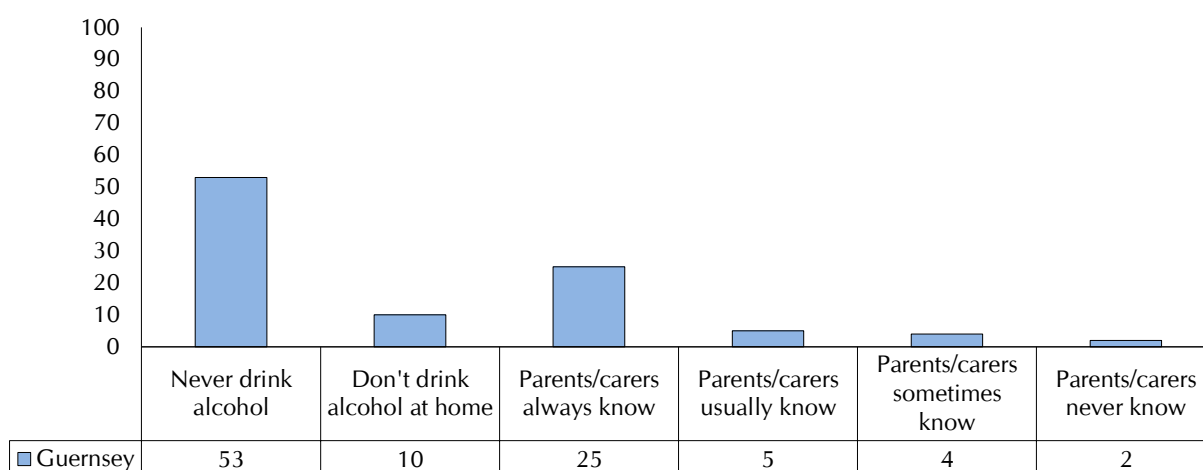
Boys			Girls		
1	Parents/carers	7	1	Friends	5
2	Friends	6	2	Parents/carers	5
3	Other relatives	3	3	Other people	2
4	Other people	2	4	Other relatives	2
5	Brothers or sisters	2	5	Brothers or sisters	1

1% of pupils responded that they bought alcohol from a supermarket in the 7 days before the survey.

Q39. Percentage of pupils responding that they bought alcohol from the following places in the 7 days before the survey:

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

Q40. If you ever drink alcohol at home, do your parents/carers know?



25% of pupils responded that they drink at home and their parents/carers 'always' know.

Of the 320 pupils who drink alcohol at home, 68% said their parents 'always' know.

6% of pupils responded that they drink at home and their parents/carers 'never' or only 'sometimes' know.

Of the 320 pupils who drink alcohol at home, 18% said their parents 'never' or only 'sometimes' know.

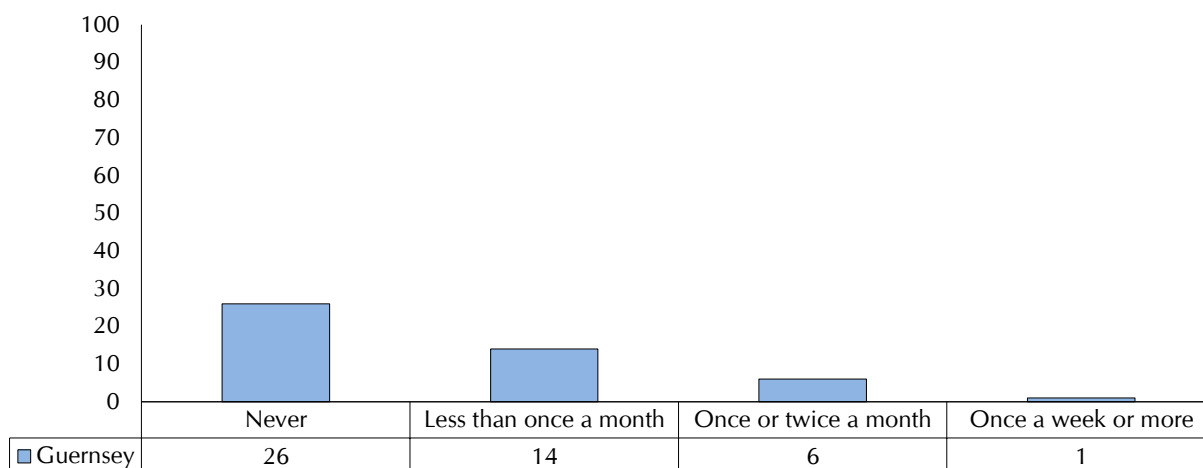
Q40. Percentage of those who drink alcohol at home answering that their parents/carers 'always' know.

Guernsey		
	Yr 8	Yr 10
Boys	67	72
Girls	78	60

Q40. Percentage answering that they drink alcohol at home and their parents/carers 'never' or only 'sometimes' know.

Guernsey		
	Yr 8	Yr 10
Boys	5	7
Girls	1	14

Q41. During the last year, how regularly have you drunk more alcohol than you intended?*



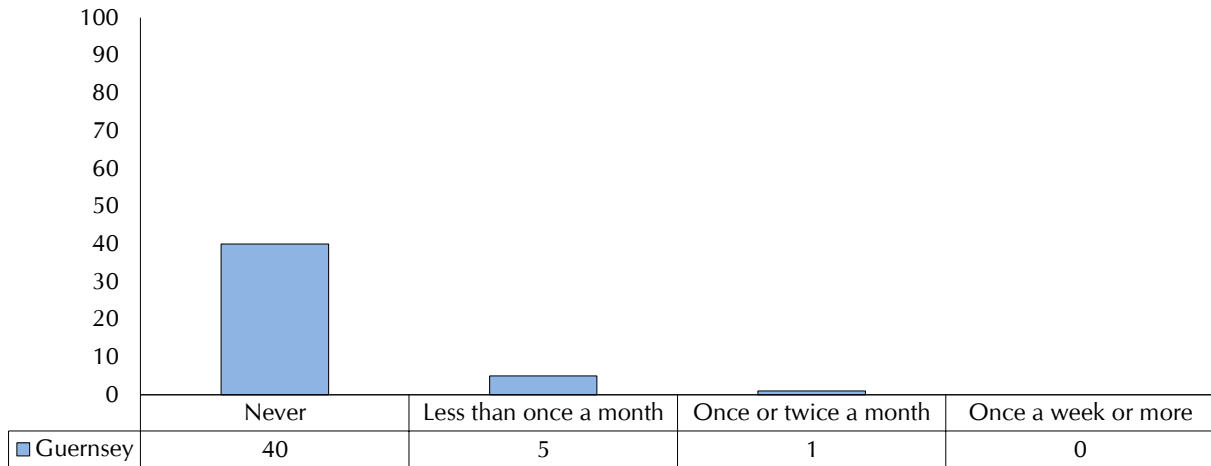
* Please note that this question was only asked of pupils who didn't say they 'never drink' to Q40, which may exclude some pupils who have drunk more alcohol than they intended in the last year as we know from our other surveys that 'I never drink' doesn't mean 'I have never had any'.

7% of pupils responded that they have drunk more than they intended at least 'once or twice a month' in the last year, while 1% said they have done so 'once a week or more'.

Q41. 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	3	11
Girls	1	14

Q42. During the last year, how often has your use of alcohol caused a problem, for you or anyone else?*



* Please note that this question was only asked of pupils who didn't say they 'never drink' to Q40, which may exclude some pupils who have drunk more alcohol than they intended in the last year as we know from our other surveys that 'I never drink' doesn't mean 'I have never had any'.

7% of pupils responded that their use of alcohol has caused a problem for them or someone else at some point during the last year.

Q42. 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	2	12
Girls	3	13

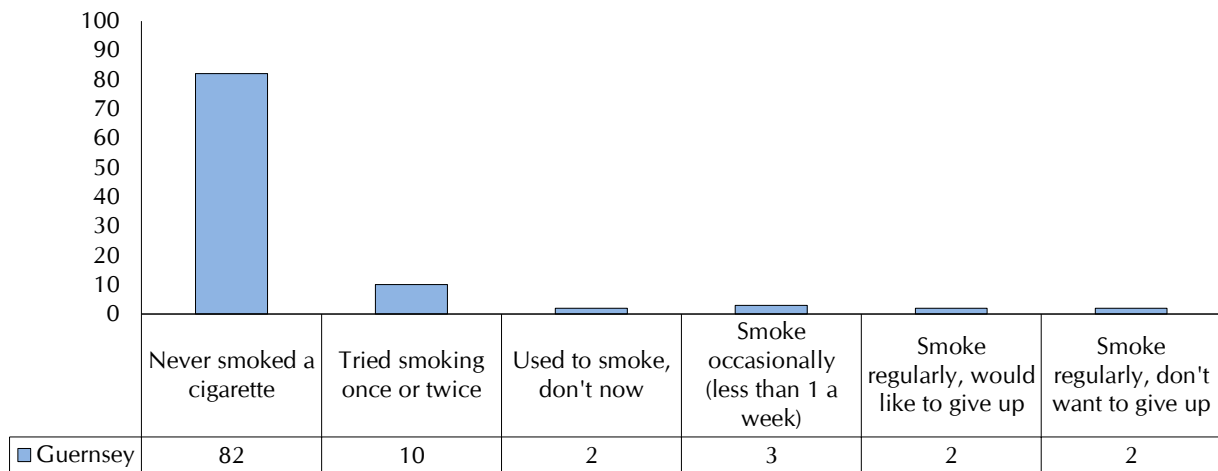
2% of pupils responded that their use of alcohol has caused a problem for them or someone else at least 'once or twice a month' during the last year; 0% said it has done so 'once a week or more'.

Q42. 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	1	3
Girls	1	2

Smoking

Q43. Smoking: Which statement describes you best?



18% of boys and 18% of girls responded that they have tried smoking in the past or smoke now.

Q43. Percentage answering that they have smoked in the past or smoke now.

	Guernsey	
	Yr 8	Yr 10
Boys	9	28
Girls	8	30

6% of boys and 6% of girls responded that they smoke 'occasionally' or 'regularly'.

Q43. Percentage answering that they smoke 'occasionally' or 'regularly'.

	Guernsey	
	Yr 8	Yr 10
Boys	2	10
Girls	1	12

Of the 30 pupils who responded that they smoke 'regularly', 47% said they would like to give up smoking.

Q43. Percentage of regular smokers answering that they would like to give up smoking.

	Guernsey	
	Yr 8	Yr 10
Boys	-	42
Girls	-	53

6% of pupils responded that they smoked in the 7 days before the survey.

Q44. Percentage answering that they smoked in the 7 days before the survey.

Guernsey		
	Yr 8	Yr 10
Boys	2	12
Girls	1	13

3% of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.

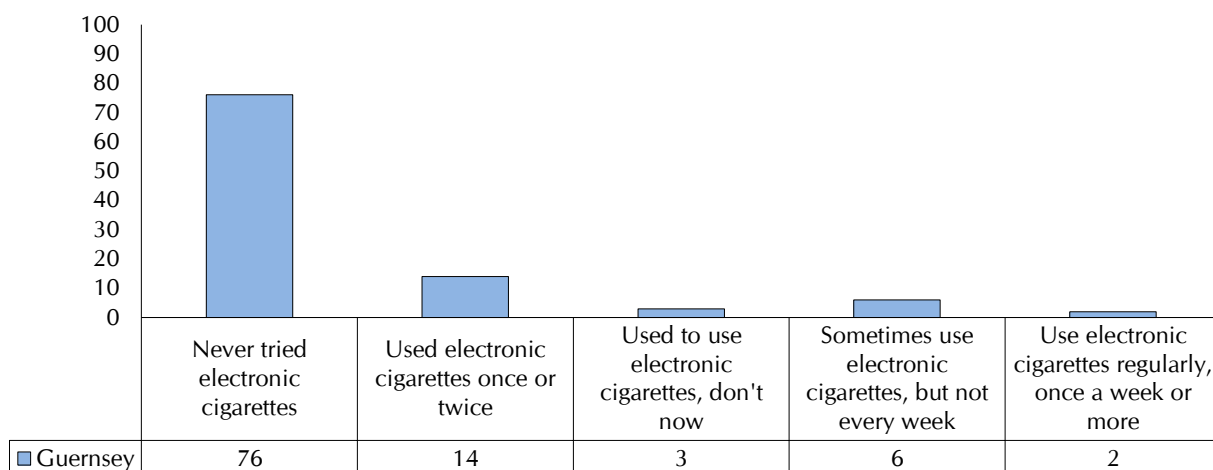
Q45a. Percentage answering that they smoked at least 10 cigarettes during the 7 days before the survey.

Guernsey		
	Yr 8	Yr 10
Boys	1	6
Girls	0	6

Q45b. Top 3 sources of cigarettes:

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

Q46. Have you ever used/tried electronic cigarettes (vaping/e-cigarettes/shisha pen/shisha stick)?



28% of boys and 21% of girls responded that they have at least tried electronic cigarettes.

Q46. Percentage answering that they have at least tried electronic cigarettes.

	Guernsey	
	Yr 8	Yr 10
Boys	13	45
Girls	9	37

3% of boys and 1% of girls responded that they use electronic cigarettes 'regularly' (once a week or more).

Q46. Percentage answering that they use electronic cigarettes 'regularly' (once a week or more).

	Guernsey	
	Yr 8	Yr 10
Boys	2	4
Girls	0	3

29% of pupils responded that their parents/carers smoke.

Q47a. Percentage answering that their parents/carers smoke.

	Guernsey	
	Yr 8	Yr 10
Boys	36	31
Girls	27	24

9% of pupils responded that someone smokes indoors at home in rooms that they use.

Q47b. Percentage answering that someone smokes indoors at home in rooms that they use.

	Guernsey	
	Yr 8	Yr 10
Boys	10	10
Girls	8	6

9% of pupils responded that someone smokes in a car when they are in it too.

Q47c. Percentage answering that someone smokes in a car when they are in it too.

	Guernsey	
	Yr 8	Yr 10
Boys	12	9
Girls	6	10

Illegal drugs

35% of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses illegal drugs that are not medicines.

Q48. Percentage answering that they are 'fairly sure' or 'certain' they know someone who uses illegal drugs.

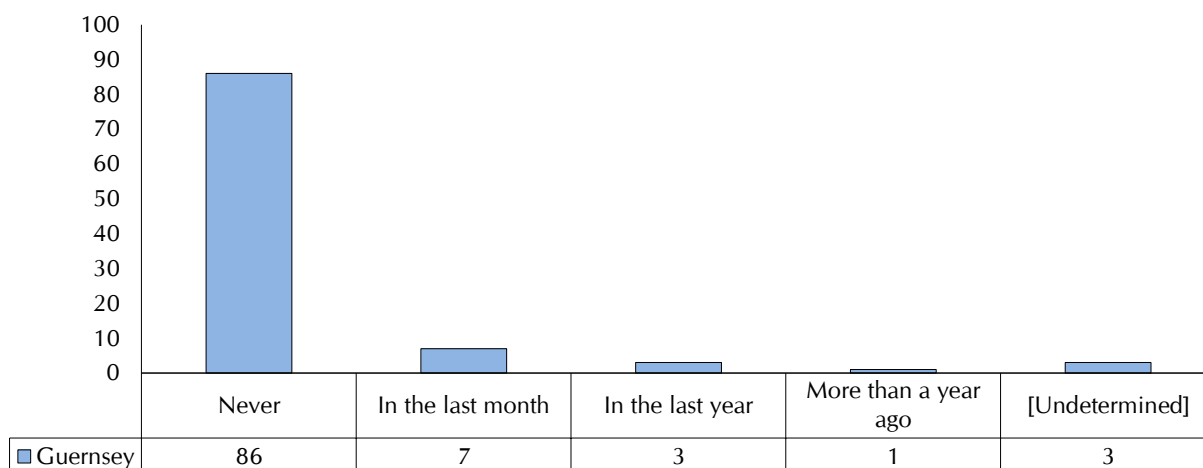
	Guernsey	
	Yr 8	Yr 10
Boys	23	51
Girls	19	49

18% of pupils responded that they have been offered cannabis.

Q49. Percentage of pupils responding that they have been offered the following drugs (top 5):

Boys			Girls		
1	Cannabis	21	1	Cannabis	15
2	Hallucinogens: natural	6	2	Ecstasy	5
3	Ecstasy	5	3	Hallucinogens: natural	3
4	Hallucinogens: synthetic	5	4	Ketamine	3
5	Ketamine	4	5	Hallucinogens: synthetic	3

Q50. Drugs summary: Percentage of pupils responding that they have taken at least one of the drugs listed...:



11% of pupils responded that they have taken at least one of the drugs listed.

Q50. Percentage answering that they have taken at least one of the drugs listed.

	Guernsey	
	Yr 8	Yr 10
Boys	7	21
Girls	3	16

7% of pupils responded that they took at least one of the drugs listed in the month before the survey.

Q50. Percentage answering that they took at least one of the drugs listed in the month before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	4	13
Girls	2	13

9% of pupils responded that they have used cannabis.

Q49/50. A summary of 6 common recreational drugs:

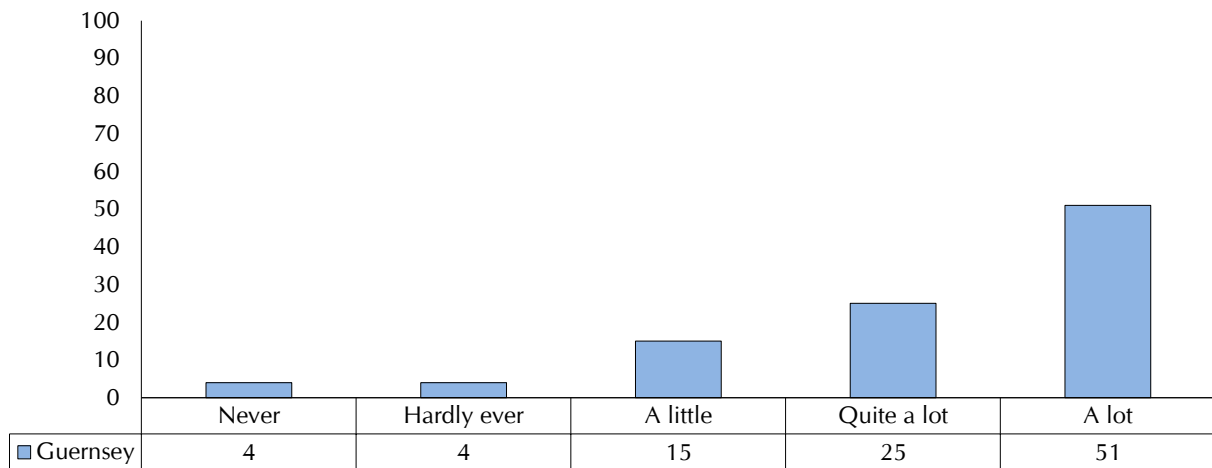
Year 8	Been offered	Have used in last month	Have used in last year	Have used
Amphetamines	1	0	0	0
Cannabis	7	0	2	2
Ecstasy	2	0	0	0
Synthetic hallucinogens	1	0	0	0
Solvents	1	0	0	0
New psychoactive substances	1	0	0	0

Year 10	Been offered	Have used in last month	Have used in last year	Have used
Amphetamines	5	0	1	1
Cannabis	31	11	16	17
Ecstasy	9	1	2	3
Synthetic hallucinogens	7	1	1	1
Solvents	4	1	1	2
New psychoactive substances	2	0	1	1

Emotional Health and Wellbeing

Worrying

Q51. Worrying summary: Percentage of pupils responding that they have worried about at least one issue in the last 3 months...



77% of pupils responded that they have worried about at least one of the issues listed 'quite a lot' or 'a lot' over the last 3 months.

Q51. Percentage answering that they worry 'quite a lot' or 'a lot' about at least one of the issues listed in the last 3 months.

	Guernsey	
	Yr 8	Yr 10
Boys	58	61
Girls	86	94

39% of pupils responded that they have worried about the way they look 'quite a lot' or 'a lot' over the last 3 months and 21% said they have worried about family problems.

Q51. Percentage of pupils responding that they have worried about the following 'quite a lot' or 'a lot' in the last 3 months:

Boys			Girls		
1	Exams and tests	33	1	Exams and tests	65
2	School-work/homework problems	21	2	The way you look	55
3	Health	20	3	School-work/homework problems	46
4	The way you look	18	4	Problems with friends	40
5	The environment/global warming	16	5	Health	36
6	Family problems	15	6	The environment/global warming	35
7	Wars and terrorism	13	7	Family problems	26
8	Problems with friends	13	8	Wars and terrorism	23
9	Money/family money problems	10	9	Money/family money problems	20
10	Crime	8	10	Bullying	14
11	Boyfriend/girlfriend problems	8	11	Boyfriend/girlfriend problems	14
12	Bullying	7	12	Crime	13
13	Alcohol	2	13	Drugs	3
14	Drugs	2	14	Alcohol	1
15	Sexually transmitted infections	1	15	Sexually transmitted infections	1

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.

52% of pupils responded that their first source of support for school-work/homework problems is their parents or carers, while 12% said they would go to a teacher

Q52. Sources of support and information:

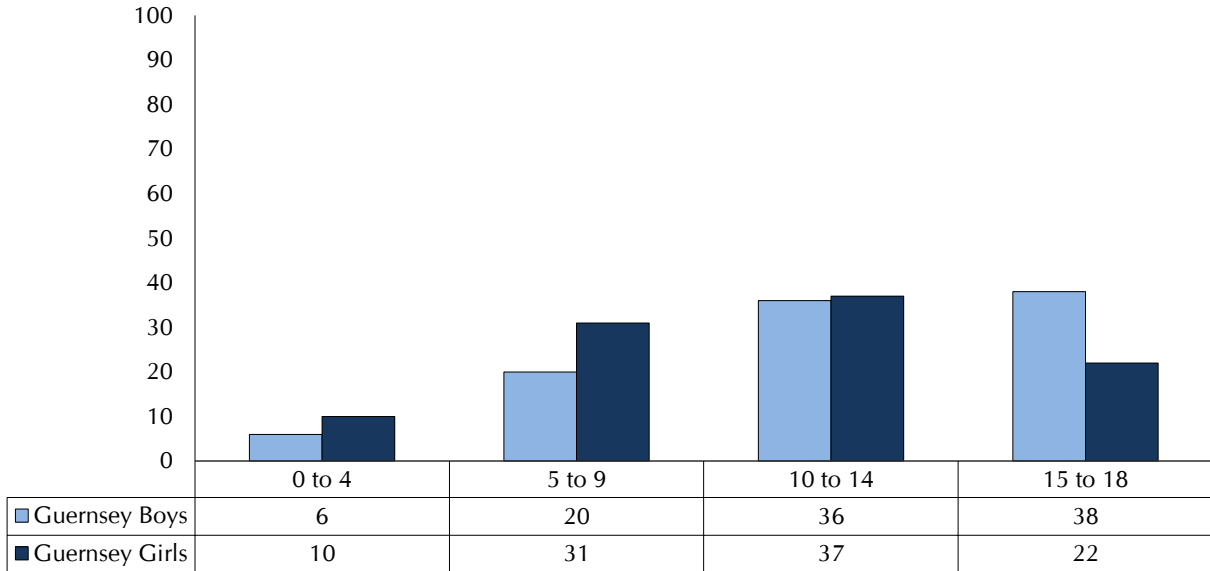
Boys	Parents or carers	Brother or sister	Friend	Teacher	School nurse	Other adult	Online help websites	Online chat groups	Keep it to myself
School-work/homework problems	58	5	9	9	0	1	0	1	18
Exams and tests	54	5	9	12	0	1	0	1	19
Money/family money problems	63	3	5	2	0	0	1	0	26
Bullying	52	3	8	9	0	1	1	1	25
Health	61	1	6	1	5	0	1	0	25
Problems with friends	47	3	19	3	0	0	0	2	26
Family problems	50	5	11	3	0	1	0	0	29
The way you look	44	4	8	1	0	0	0	0	42
Boyfriend/girlfriend problems	41	5	20	1	0	0	0	2	31
Sexually transmitted infections	47	2	6	1	9	2	2	1	30
Alcohol	53	4	12	1	2	0	1	1	25
Drugs	53	3	12	1	2	0	1	1	26
Environment/global warming	49	2	9	6	0	1	4	1	28
Wars and terrorism	53	3	8	4	0	1	3	1	27
Crime	54	3	9	5	0	1	1	1	26
Girls	Parents or carers	Brother or sister	Friend	Teacher	School nurse	Other adult	Online help websites	Online chat groups	Keep it to myself
School-work/homework problems	48	4	16	13	0	1	0	1	16
Exams and tests	45	3	15	17	0	1	1	1	16
Money/family money problems	46	5	8	0	0	2	0	0	38
Bullying	38	5	21	6	0	1	0	0	29
Health	54	2	7	0	3	2	2	0	29
Problems with friends	34	9	22	3	1	2	1	1	28
Family problems	32	5	19	1	1	2	0	0	39
The way you look	19	2	18	0	0	1	1	1	58
Boyfriend/girlfriend problems	24	7	38	0	0	1	0	1	29
Sexually transmitted infections	36	3	13	0	10	3	3	0	32
Alcohol	39	6	22	1	3	1	2	0	26
Drugs	39	5	20	1	4	1	2	1	27
Environment/global warming	38	4	17	5	0	3	4	3	26
Wars and terrorism	46	3	11	4	0	2	3	1	28
Crime	48	3	11	3	0	3	3	1	28

Please note that 'keep it to myself' is not necessarily negative; for some pupils it may mean that they can cope with the problem without help.

Self-esteem

This measurement is derived from the responses to a set of nine 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.

Q53. 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.

35% of pupils appeared in the lower half of the self-esteem scale.

Q53. Percentage with self-esteem score of 9 or less (med-low).

	Guernsey	
	Yr 8	Yr 10
Boys	23	29
Girls	44	38

28% of pupils appeared in the highest bracket of the self-esteem scale.

Q53. Percentage with self-esteem score of 15 or more (high).

	Guernsey	
	Yr 8	Yr 10
Boys	35	42
Girls	22	23

67% of pupils responded that they feel happy talking to other pupils.

Q53. (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	72	65	71	65	67
Pupils who do not want to change lots of things about themselves	38	18	30	14	24
Pupils who do not usually feel uneasy saying things in front of teachers in class	40	34	44	30	36
Pupils who do not often fall out with other pupils at school	53	51	61	60	55
Pupils who do not often feel lonely at school	64	56	63	55	59
Pupils who do not think that other pupils usually say nasty things about them	39	30	52	38	38
Pupils who do not usually feel shy when they want to tell a teacher something	52	28	55	39	42
Pupils who do not often have to find new friends because their old ones are with someone else	69	59	75	63	65
Pupils who do not usually feel foolish when they talk to their parents	64	53	57	58	57

Happiness

75% of pupils responded that they are at least 'quite' happy with their friendships; 77% said the same of relationships with their family.

Q54. Percentage of pupils responding that they are 'quite' or 'very' happy with the following:

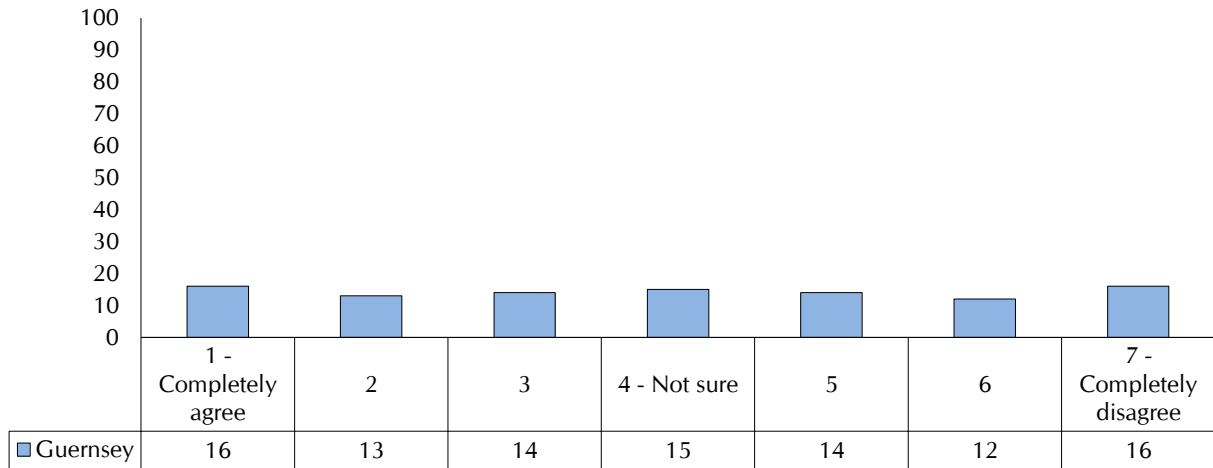
	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Their health at the moment	68	63	71	56	64
Their appearance	65	36	57	27	44
Their friendships	81	72	80	70	75
Their life as a whole	72	57	60	50	59
Their relationships with their family	81	78	79	71	77
Their school	59	61	54	49	56
The home that they live in	87	84	80	79	83
The things that they have (like money and things they own)	83	78	80	74	78
The way they use their time	73	62	65	52	62
What they want to do when they grow up	66	49	52	41	51

35% of pupils responded that they are at least 'quite' unhappy with their appearance and 18% said the same of their life as a whole.

Q54. Percentage of pupils responding that they are 'quite' or 'very' unhappy with the following:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Their health at the moment	16	17	16	28	19
Their appearance	18	42	25	49	35
Their friendships	7	14	7	15	11
Their life as a whole	13	16	19	24	18
Their relationships with their family	7	10	11	16	11
Their school	18	18	19	24	20
The home that they live in	5	7	8	9	7
The things that they have (like money and things they own)	5	8	7	8	7
The way they use their time	7	18	15	21	16
What they want to do when they grow up	6	9	16	25	13

Q55a. How much do you agree with the following statements? I'm glad I am who I am:



43% of pupils responded that they are glad they are who they are (responses 1 – 3).

Q55a. Percentage answering that they are glad they are who they are (responses 1 – 3).

Guernsey

	Yr 8	Yr 10
Boys	33	46
Girls	45	46

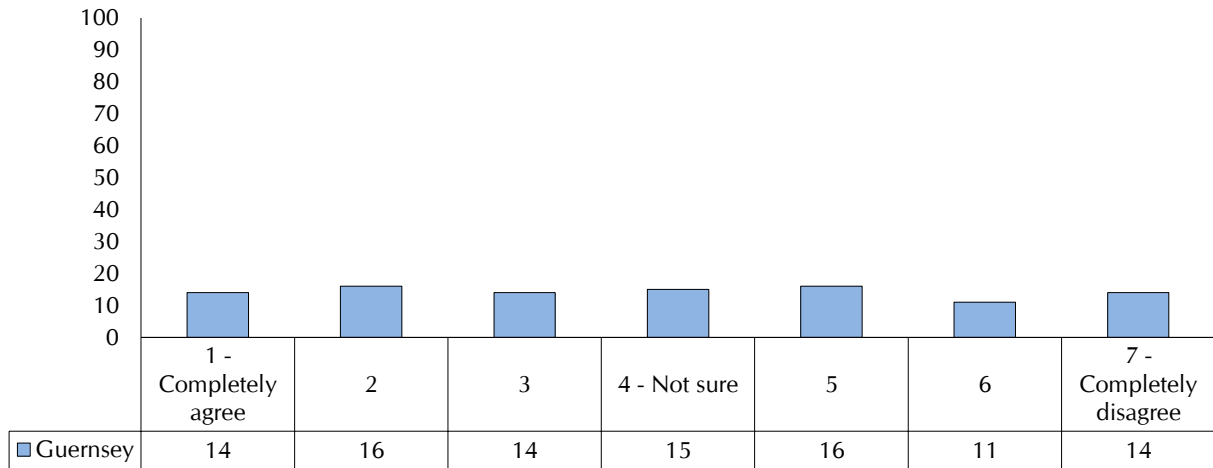
42% of pupils responded that they aren't glad they are who they are (responses 5 – 7).

Q55a. Percentage answering that they aren't glad they are who they are (responses 5 – 7).

Guernsey

	Yr 8	Yr 10
Boys	56	40
Girls	37	38

Q55b. How much do you agree with the following statements? I generally feel happy:



44% of pupils responded that they generally feel happy (responses 1 – 3).

Q55b. Percentage answering that they generally feel happy (responses 1 – 3).

Guernsey

	Yr 8	Yr 10
Boys	35	47
Girls	46	46

41% of pupils responded that they don't generally feel happy (responses 5 – 7).

Q55b. Percentage answering that they don't generally feel happy (responses 5 – 7).

Guernsey

	Yr 8	Yr 10
Boys	54	39
Girls	40	36

Sex information

71% of Year 8 pupils and 81% of Year 10 pupils responded that their RSE lessons have helped them understand consent 'quite a lot' or 'a lot'.

Q56. Percentage of pupils responding that their RSE (Relationships and Sex Education) lessons (incl. from SHARE and the Youth Commission) helped them understand the following 'quite a lot' or 'a lot':

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Puberty and growing up	58	78	66	77	71
Sexually transmitted infections (risks and how to avoid them)	39	34	75	82	55
Healthy/unhealthy relationships	59	82	65	79	72
Consent	63	77	74	86	75
Resisting pressure	46	50	63	71	57
Sex and the law	57	70	76	76	69
Sexuality: straight, lesbian, gay and bisexual	55	52	61	56	56
Gender identity and transgender	40	42	53	48	45
Sexual health services	40	44	64	83	57
Pornography sexting	41	38	59	63	49
Contraception	43	53	74	88	63
Sexual exploitation/abuse	46	50	65	67	57
Unintended pregnancy	42	52	71	76	59

9% of Year 8 pupils and 6% of Year 10 pupils responded that their RSE lessons have NOT helped them understand healthy/unhealthy relationships 'at all'.

Q56. Percentage of pupils responding that their RSE (Relationships and Sex Education) lessons (incl. from SHARE and the Youth Commission) have NOT helped them understand the following 'at all':

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Puberty and growing up	13	4	8	5	7
Sexually transmitted infections (risks and how to avoid them)	23	26	10	3	17
Healthy/unhealthy relationships	16	3	8	5	8
Consent	16	4	10	3	8
Resisting pressure	22	19	12	8	16
Sex and the law	17	9	9	5	10
Sexuality: straight, lesbian, gay and bisexual	21	21	10	18	18
Gender identity and transgender	26	31	17	27	26
Sexual health services	25	21	10	5	16
Pornography sexting	34	35	14	10	24
Contraception	28	18	7	4	15
Sexual exploitation/abuse	23	16	11	7	14
Unintended pregnancy	27	15	10	6	15

Contraception and local services

56% of pupils responded that they know where they can get condoms free of charge.

Q57. Percentage answering that they know where they can get condoms free of charge.

	Guernsey	
	Yr 8	Yr 10
Boys	37	86
Girls	25	90

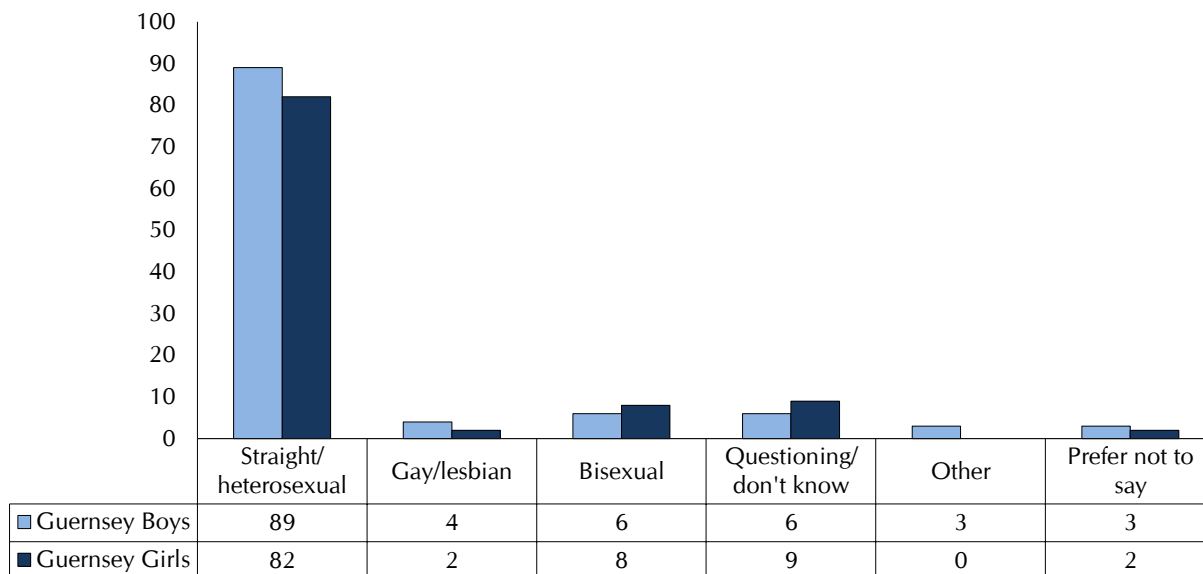
54% of pupils responded that there is a special contraception and advice service for young people available locally, while 39% said they 'don't know' if there is.

Q58. Percentage answering that there is a special contraception and advice service for young people available locally.

Guernsey		
	Yr 8	Yr 10
Boys	51	69
Girls	29	80

Sexual orientation

Q62. Sexual orientation: Which of the following best describes how you think about yourself?



84% of pupils responded that they are straight/heterosexual.

Q62. Percentage answering that they are straight/heterosexual.

Guernsey	
Yr 10	
Boys	89
Girls	82

3% of pupils responded that they are gay/lesbian and 7% said they are bisexual.

Q62. Percentage answering that they are gay/lesbian.

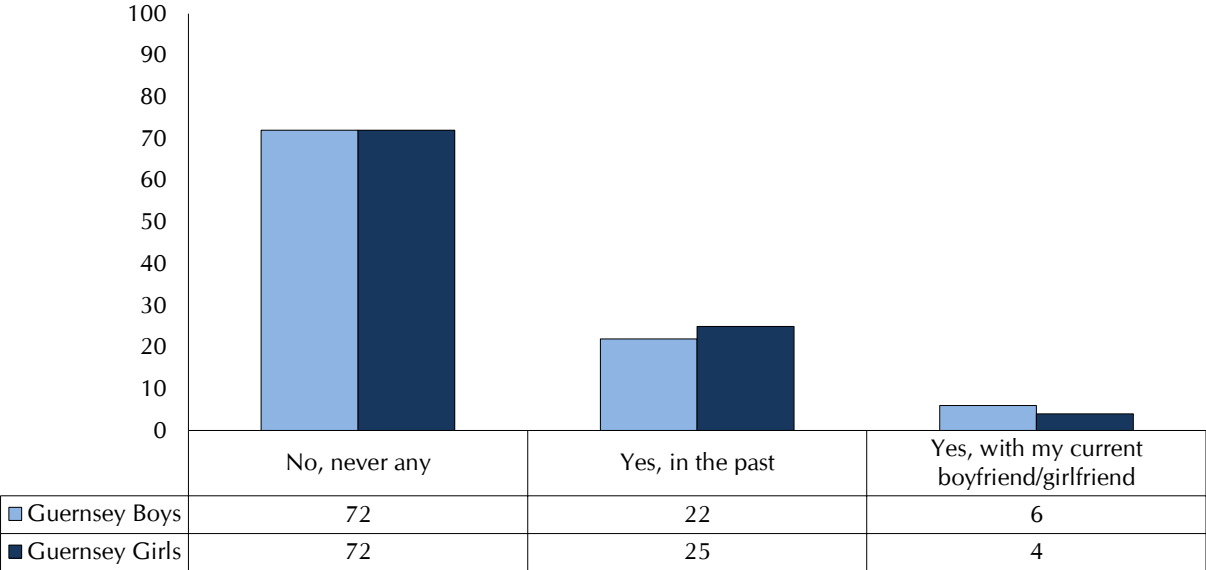
Guernsey	
Yr 10	
Boys	4
Girls	2

Controlling relationships

9% of pupils responded that their boyfriend/girlfriend has threatened to spread rumours about them, either with their current partner or in the past; 9% said their boyfriend/girlfriend has used hurtful or threatening language towards them.

Q63. Have any of these things happened to you in a relationship with a boyfriend/girlfriend?		
Boys	Yes, in the past	Yes, with my current boyfriend/girlfriend
Telling you what to wear	7	2
Being jealous or possessive	17	4
Tell you who you can and can't see	9	2
They kept checking your phone	6	2
Checking where you are all the time	9	2
Using hurtful/threatening language	6	2
Threatened to spread rumours about you	7	1
Threatened to hit or hurt you	5	1
Pushing you	5	1
Hitting you	4	2
Demanding undressed/sexual photos	5	1
Putting pressure on you to do what you don't want (e.g. having sex)	4	2
Girls	Yes, in the past	Yes, with my current boyfriend/girlfriend
Telling you what to wear	9	0
Being jealous or possessive	20	2
Tell you who you can and can't see	11	1
They kept checking your phone	7	1
Checking where you are all the time	11	2
Using hurtful/threatening language	9	0
Threatened to spread rumours about you	9	0
Threatened to hit or hurt you	5	0
Pushing you	7	0
Hitting you	3	0
Demanding undressed/sexual photos	7	0
Putting pressure on you to do what you don't want (e.g. having sex)	6	0

Q63. Percentage of pupils responding that they have experienced at least one of the controlling behaviours listed...



29% of pupils responded that they have experienced at least one of the controlling behaviours listed while in a relationship with a boyfriend/girlfriend.

Q63. Percentage answering that they have experienced at least one of the controlling behaviours listed while in a relationship with a boyfriend/ girlfriend.

Guernsey		
	Yr 8	Yr 10
Boys	19	38
Girls	23	35

Safe and Nurtured

Bullying

21% of pupils responded that they have been bullied at or near school in the last 12 months, while 21% said they 'don't know' if they have.

Q64. Percentage answering that they have been bullied at or near school in the last 12 months.

	Guernsey	
	Yr 8	Yr 10
Boys	24	16
Girls	23	20

18% of pupils responded that they were pushed or hit in the month before the survey and 5% said they were threatened (not for money).

Q65. Percentage of pupils responding that they experienced the following negative behaviours in the month before the survey (top 10):

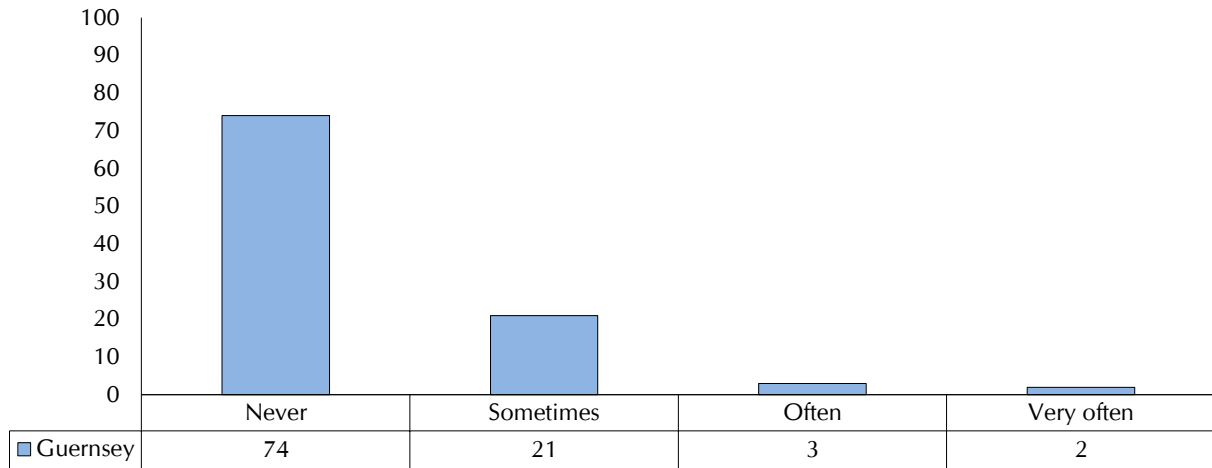
Boys		Girls			
1	Been teased/made fun of	33	1	Been teased/made fun of	39
2	Pushed/hit	22	2	Been excluded/left out of friendship groups	30
3	Been verbally abused	16	3	Been verbally abused	17
4	Had belongings taken/broken	12	4	Pushed/hit	14
5	Been excluded/left out of friendship groups	11	5	Received nasty/threatening message on social media	12
6	Been ganged up on	9	6	Seen nasty things written about you on social media	12
7	Been threatened (not for money)	6	7	Had belongings taken/broken	11
8	Seen nasty things written about you on social media	4	8	Been ganged up on	10
9	Received nasty/threatening phone message	4	9	Received nasty/threatening phone message	7
10	Received nasty/threatening message on social media	3	10	Been threatened (not for money)	5

22% of pupils responded that they experienced negative behaviour outside at school during breaktimes in the month before the survey.

Q66. Percentage of pupils responding that they experienced negative behaviour at the following in the month before the survey (top 5):

Boys		Girls			
1	Outside at school (breaktimes)	23	1	In a classroom (breaktimes)	22
2	In a classroom (breaktimes)	16	2	Outside at school (breaktimes)	21
3	In the corridors	11	3	During lesson time	16
4	During lesson time	10	4	Via the internet/instant message etc.	14
5	Via the internet/instant message etc.	7	5	In the corridors	14

Q67. Do you ever feel afraid of going to school because of bullying?



26% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.

Q67. Percentage answering that they feel afraid of going to school because of bullying at least 'sometimes'.

	Guernsey	
	Yr 8	Yr 10
Boys	24	15
Girls	34	25

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

Q67. Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

	Guernsey	
	Yr 8	Yr 10
Boys	5	3
Girls	7	4

30% of pupils responded that they think their school takes bullying seriously, while 35% think it doesn't take bullying seriously.

Q68. Percentage answering that they think their school takes bullying seriously.

	Guernsey	
	Yr 8	Yr 10
Boys	33	26
Girls	33	26

Internet safety

92% of pupils responded that they use social media sites where they chat online.

Q69a. Percentage answering that they use social media sites where they chat online.

Guernsey		
	Yr 8	Yr 10
Boys	87	95
Girls	91	95

Q69b. Percentage of pupils responding that they use social media sites where they chat online and responded 'yes' to the following questions:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Do you use social networking sites (e.g. Facebook, Snapchat, Instagram) to communicate with others?	81	89	91	94	89
Do you chat to just your friends or family that you know in real life?	67	74	59	62	66
Do you chat to friends of friends?	61	51	65	66	60
Do you chat to other people who you don't know in real life?	30	22	44	36	32
Are all your online profiles set to friends-only and not public?	49	71	44	66	59
Do you hide some of the things you do or say on the internet from parents/carers?	34	34	59	45	42

Q69c-i. Percentage of pupils responding 'yes' to the following questions about internet safety:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
c) Has anyone you didn't know asked to see pictures of you?	15	28	28	41	29
d) Has anyone (online or in person) threatened or pressured you to send a picture or video of yourself or show yourself on webcam?	6	8	8	13	9
e) Have you sent sexual pictures of yourself to someone you don't know? (online or by phone message)	2	2	4	8	4
f) Have you sent sexual pictures of yourself to someone you do know? (online or by phone message)	5	3	14	14	9
g) Has anyone you don't know in person asked to meet with you?	13	19	14	28	19
h/i) Have you ever met up with someone you first met online?	7	6	9	12	9
h/ii) If yes, was this person quite a bit older than you?	4	5	3	4	4
i/i) Have you ever been told how to stay safe while online?	69	86	72	78	77
i/ii) If yes, do you always follow the advice you have been given?	47	66	41	52	53

87% of pupils responded that they would know what to do if something happened online to upset them.

Q69j. Percentage answering that they would know what to do if something happened online to upset them.

Guernsey		
	Yr 8	Yr 10
Boys	86	88
Girls	86	89

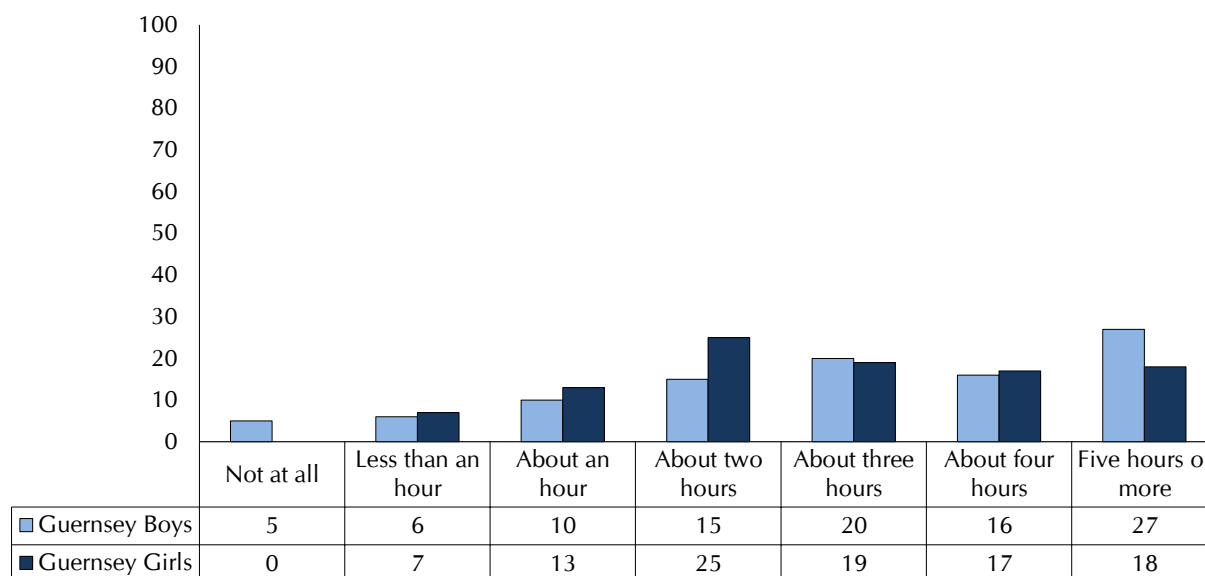
24% of pupils responded that they have told their parents/carers about something upsetting online, while 4% told or contacted adults at school and 46% said nothing upsetting has happened.

Q69k. Percentage of pupils responding that they have talked to or contacted the following about something upsetting online:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Nothing upsetting has happened	57	38	52	45	46
Parents/carers	19	35	13	23	24
Friends	15	30	15	33	24
Adults at school	3	5	1	5	4
Police/CEOP	1	2	0	2	1
Someone else	6	4	1	4	4
No-one	16	13	21	13	16

Screen time

Q78. How long did you spend looking at a device screen yesterday? (Including computer, iPad, TV, games console or other handheld devices)



9% 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.

Q78. 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	13	10
Girls	9	5

58% of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey; 22% said they did so for 'five hours or more'.

Q78. Percentage answering that they looked at a device screen for at least 'about three hours' on the day before the survey.

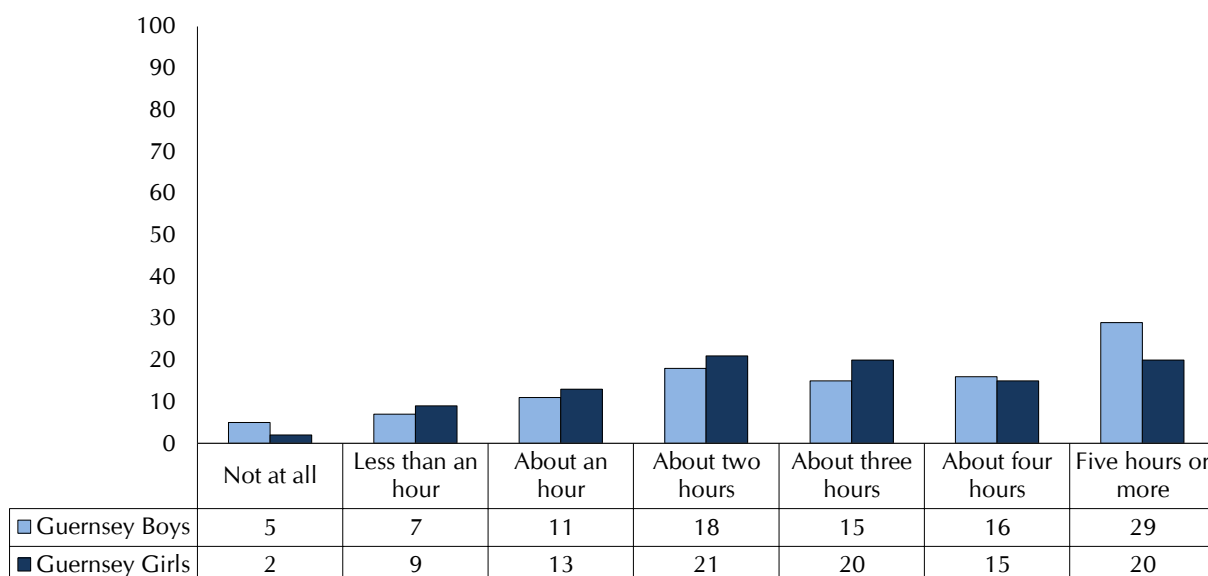
	Guernsey	
	Yr 8	Yr 10
Boys	59	69
Girls	47	64

71% 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 14% said it was less than usual.

Q79. 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	65	68
Girls	76	74

Q80. How long did you spend looking at a device screen last Sunday? (Including computer, iPad, TV, games console or other handheld devices)



11% of pupils responded that they either didn't look at a device screen at all on the Sunday before the survey, or did so for less than an hour.

Q80. Percentage answering that they either didn't look at a device screen at all on the Sunday before the survey, or did so for less than an hour.

	Guernsey	
	Yr 8	Yr 10
Boys	13	10
Girls	11	10

57% of pupils responded that they looked at a device screen for at least 'about three hours' on the Sunday before the survey; 24% said they did so for 'five hours or more'.

Q80. Percentage answering that they looked at a device screen for at least 'about three hours' on the Sunday before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	54	66
Girls	48	62

68% 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 18% said it was less than usual.

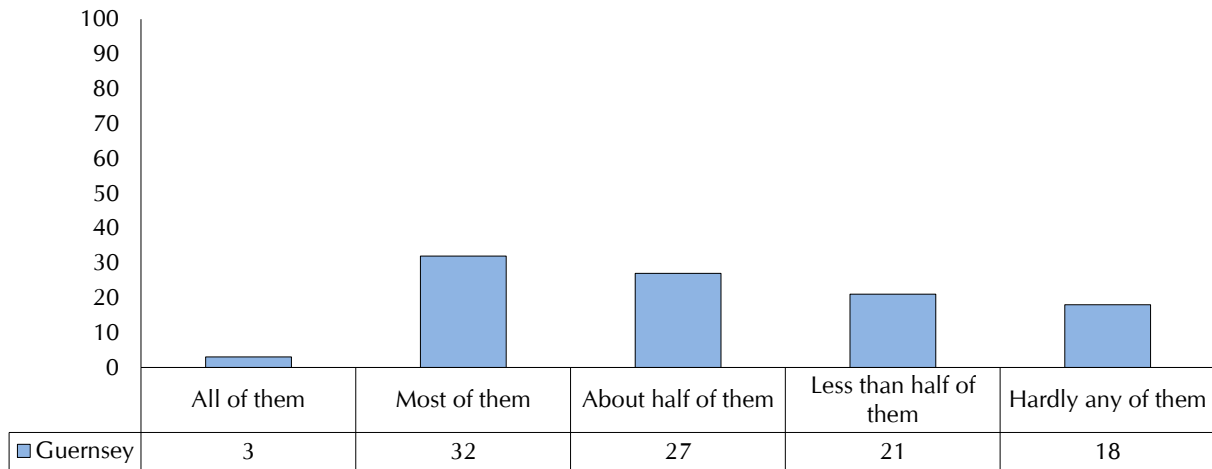
Q81. Percentage answering that the amount of time they spent looking at a device screen is a usual amount for them at a weekend.

	Guernsey	
	Yr 8	Yr 10
Boys	63	72
Girls	67	69

Reaching Potential

School lessons

Q70. How many lessons do you enjoy at school?



35% of pupils responded that they enjoy 'most' or 'all' lessons at school.

Q70. Percentage answering that they enjoy 'most' or 'all' lessons at school.

	Guernsey	
	Yr 8	Yr 10
Boys	33	38
Girls	38	33

18% of pupils responded that they enjoy 'hardly any' lessons at school.

Q70. Percentage answering that they enjoy 'hardly any' lessons at school.

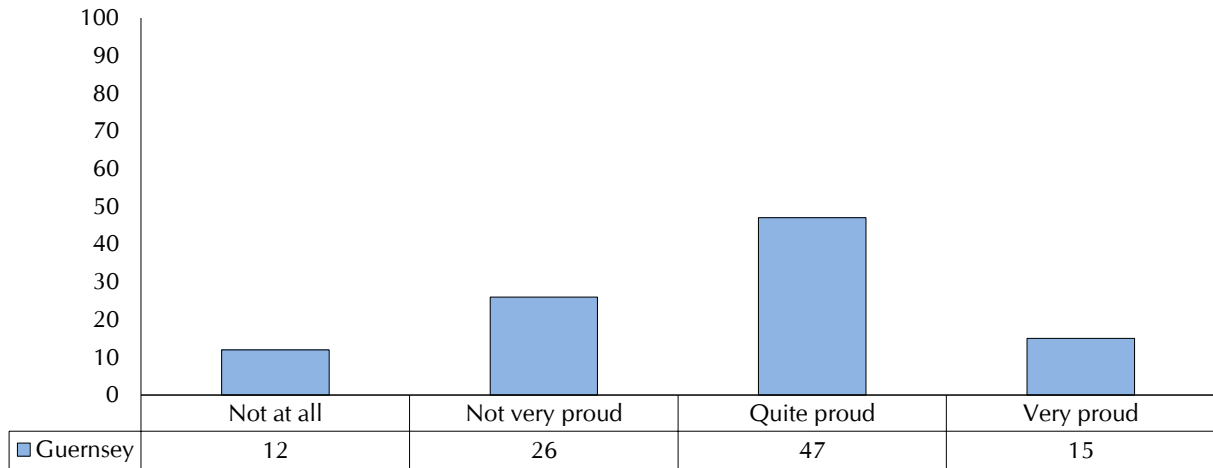
	Guernsey	
	Yr 8	Yr 10
Boys	21	16
Girls	17	15

51% of pupils responded that they have worried about exams and tests 'quite a lot' or 'a lot' in the last 3 months; 35% said they have worried about school-work/homework problems.

Q51. Percentage answering that they have worried about exams and tests 'quite a lot' or 'a lot' in the last 3 months.

	Guernsey	
	Yr 8	Yr 10
Boys	31	36
Girls	61	71

Q71. How proud are you to be a member of this school/college?



12% of pupils responded that they are 'not at all' proud to be a member of their school/college, while 26% said they are 'not very proud'.

Q71. Percentage answering that they are 'not at all' proud to be a member of their school/college.

	Guernsey	
	Yr 8	Yr 10
Boys	14	11
Girls	8	12

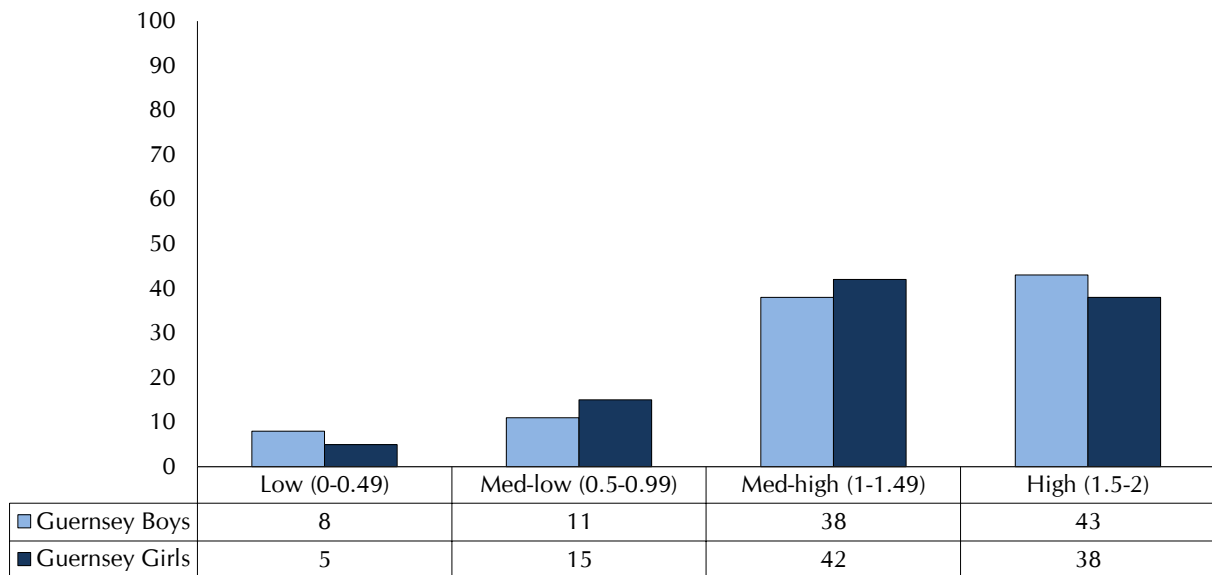
62% of pupils responded that they are 'quite' or 'very' proud to be a member of their school/college.

Q71. Percentage answering that they are 'quite' or 'very' proud to be a member of their school/college.

	Guernsey	
	Yr 8	Yr 10
Boys	58	60
Girls	68	62

Every Child Matters

Q72. Composite pupil perception score:



N.B. This score is derived from the levels of agreement to each of the positive statements about their experience in school (Q72).

7% of pupils had a low pupil perception score.

Q72. Percentage who had a low pupil perception score.

	Guernsey	
	Yr 8	Yr 10
Boys	8	9
Girls	3	8

40% of pupils had a high pupil perception score.

Q72. Percentage who had a high pupil perception score.

	Guernsey	
	Yr 8	Yr 10
Boys	46	40
Girls	40	35

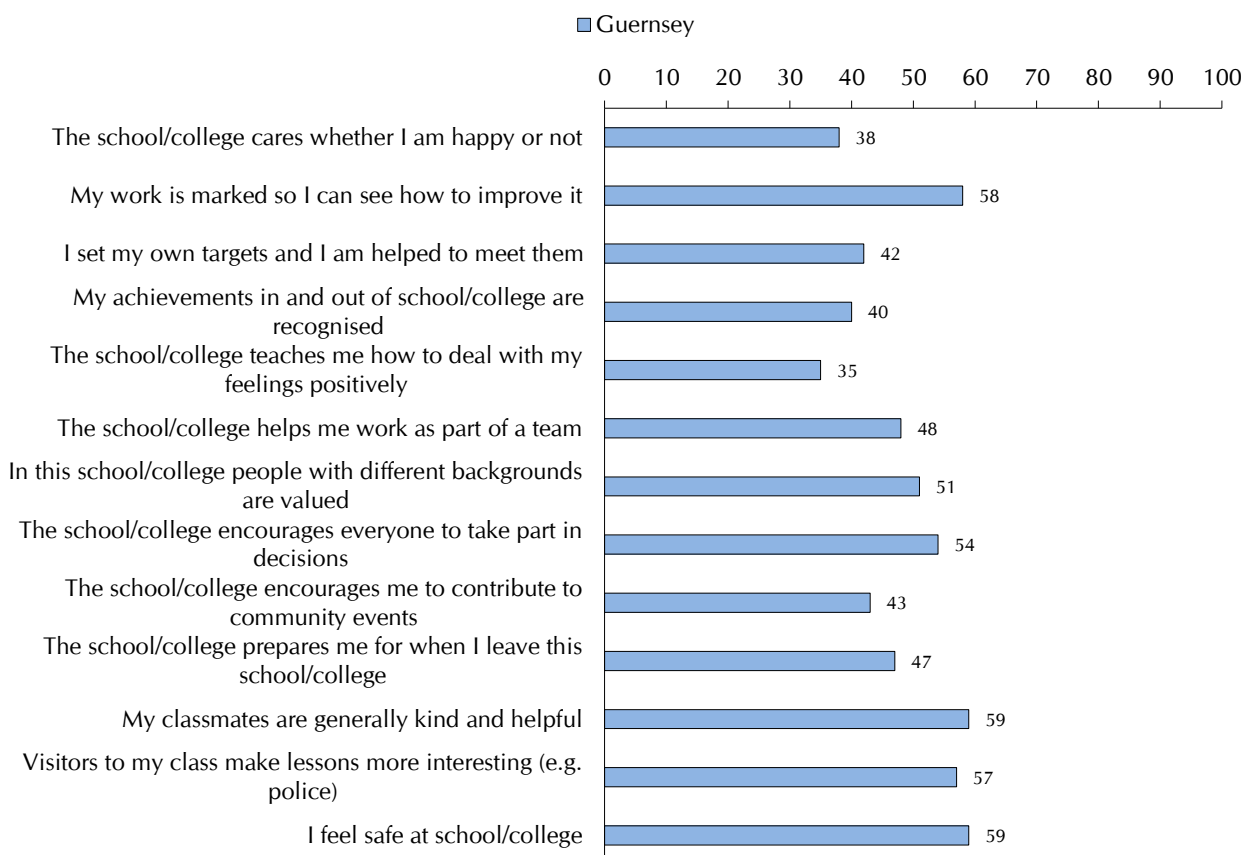
38% of pupils agreed that the school/college cares whether they are happy or not.

Q72. Percentage of pupils responding that they 'agree' with the following statements (top 10):

Boys			Girls		
1	My work is marked so I can see how to improve it	63	1	I feel safe at school/college	60
2	My classmates are generally kind and helpful	61	2	Visitors to my class make lessons more interesting (e.g. police)	59
3	I feel safe at school/college	58	3	My classmates are generally kind and helpful	58
4	Visitors to my class make lessons more interesting (e.g. police)	54	4	The school/college encourages everyone to take part in decisions	56
5	The school/college encourages everyone to take part in decisions	51	5	My work is marked so I can see how to improve it	54
6	In this school/college people with different backgrounds are valued	51	6	In this school/college people with different backgrounds are valued	50
7	The school/college prepares me for when I leave this school/college	50	7	The school/college helps me work as part of a team	48
8	The school/college helps me work as part of a team	49	8	The school/college prepares me for when I leave this school/college	46
9	I set my own targets and I am helped to meet them	48	9	The school/college encourages me to contribute to community events	43
10	The school/college encourages me to contribute to community events	44	10	The school/college cares whether I am happy or not	39

51% of pupils agreed that people of different backgrounds are valued in their school/college.

Q72. Percentage of pupils responding that they 'agree' with the following statements:



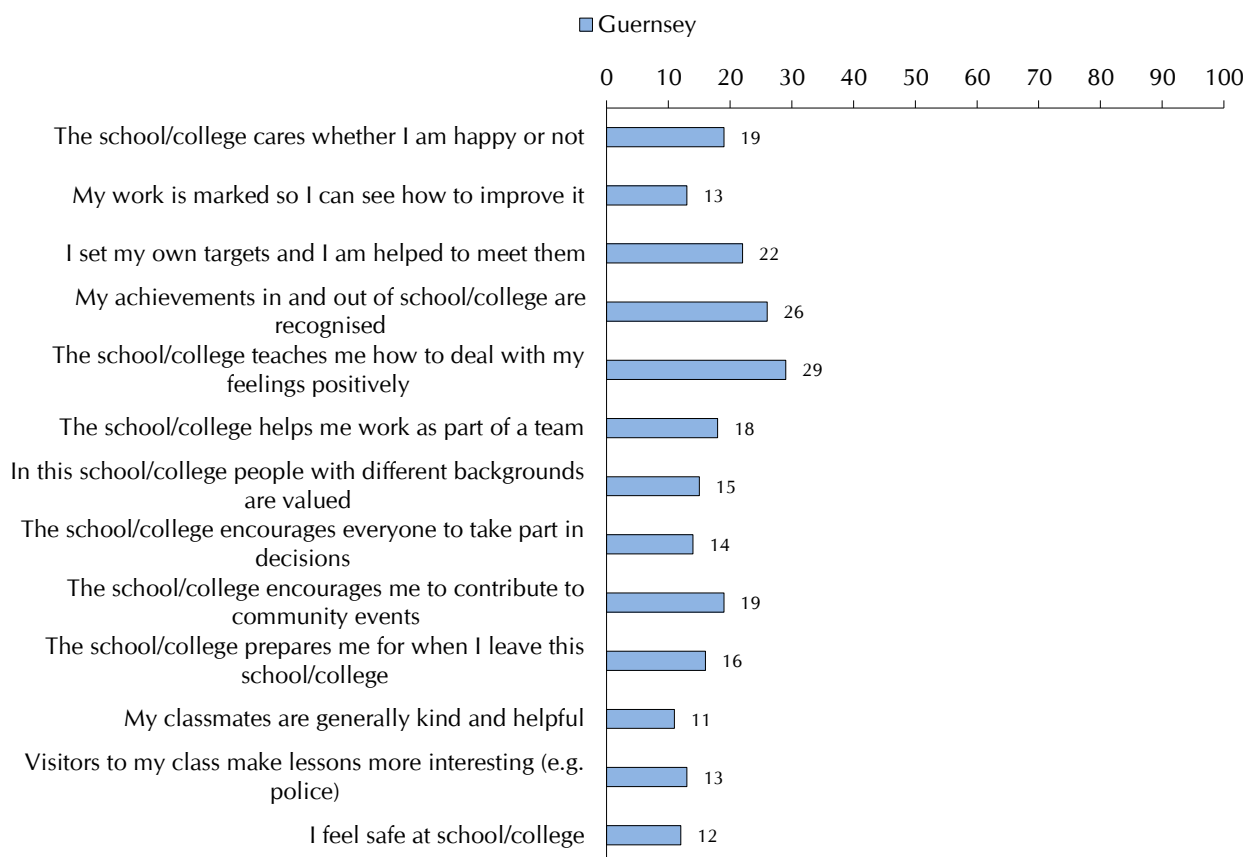
19% of pupils disagreed that the school/college cares whether they are happy or not.

Q72. Percentage of pupils responding that they 'disagree' with the following statements (top 10):

Boys			Girls		
1	The school/college teaches me how to deal with my feelings positively	26	1	The school/college teaches me how to deal with my feelings positively	30
2	My achievements in and out of school/college are recognised	21	2	My achievements in and out of school/college are recognised	28
3	The school/college cares whether I am happy or not	21	3	I set my own targets and I am helped to meet them	24
4	The school/college helps me work as part of a team	19	4	The school/college encourages me to contribute to community events	20
5	I set my own targets and I am helped to meet them	19	5	The school/college cares whether I am happy or not	18
6	The school/college encourages me to contribute to community events	18	6	The school/college helps me work as part of a team	16
7	Visitors to my class make lessons more interesting (e.g. police)	16	7	The school/college prepares me for when I leave this school/college	15
8	The school/college prepares me for when I leave this school/college	15	8	In this school/college people with different backgrounds are valued	14
9	In this school/college people with different backgrounds are valued	15	9	My work is marked so I can see how to improve it	14
10	The school/college encourages everyone to take part in decisions	14	10	The school/college encourages everyone to take part in decisions	13

15% of pupils disagreed that people of different backgrounds are valued in their school/college.

Q72. Percentage of pupils responding that they 'disagree' with the following statements:



School lessons

43% of pupils responded that they have found school/college lessons about Personal, Social and Health Education 'quite' or 'very' useful; 35% said the same of lessons about citizenship.

Q73. Percentage of pupils responding that they have found school/college lessons about the following 'quite' or 'very' useful:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Personal, Social and Health Education	38	47	37	46	43
Citizenship	35	33	35	34	35
Drug education (incl. alcohol and tobacco)	50	56	47	59	54
Emotional health and wellbeing	49	50	39	50	48
Bullying	44	53	39	44	46
Healthy eating	50	54	46	46	50
Physical activity	52	60	52	51	54
Online safety	52	67	49	55	57
Sex and Relationship education	52	58	52	71	59
Domestic abuse education	47	54	44	62	53

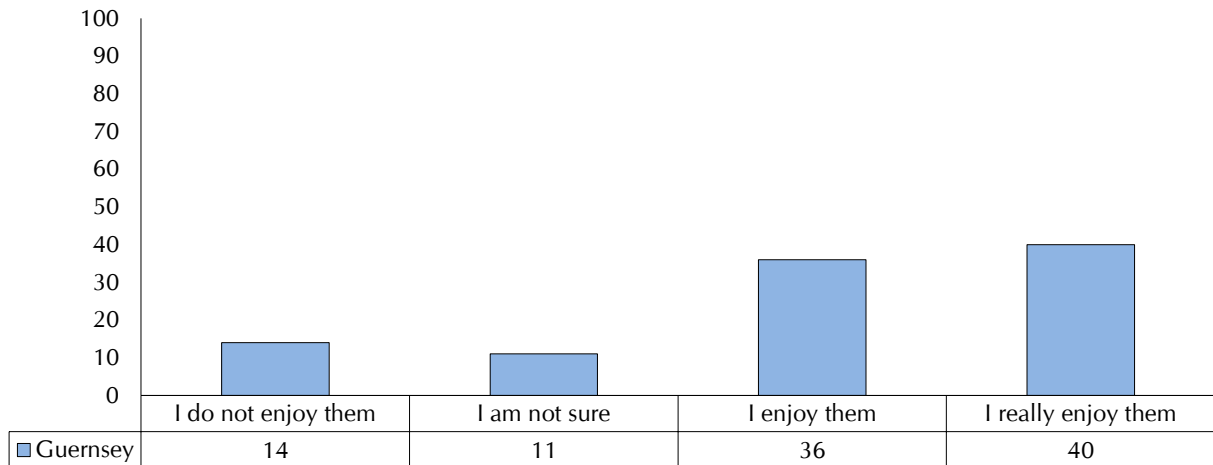
25% of pupils responded that they either couldn't remember any school/college lessons about bullying, or found them 'not at all' useful; 34% said the same of lessons about citizenship.

Q73. Percentage of pupils responding that they either couldn't remember any school/college 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	28	17	24	15	20
Citizenship	37	35	33	31	34
Drug education (incl. alcohol and tobacco)	29	16	24	9	19
Emotional health and wellbeing	26	24	27	17	24
Bullying	35	20	30	18	25
Healthy eating	27	23	22	25	24
Physical activity	25	20	18	22	21
Online safety	24	13	20	14	17
Sex and Relationship education	29	16	21	7	18
Domestic abuse education	29	19	24	14	21

PE lessons

Q74. How do you feel about PE lessons?



14% of pupils responded that they 'do not enjoy' PE lessons.

Q74. Percentage answering that they 'do not enjoy' PE lessons.

	Guernsey	
	Yr 8	Yr 10
Boys	7	6
Girls	14	23

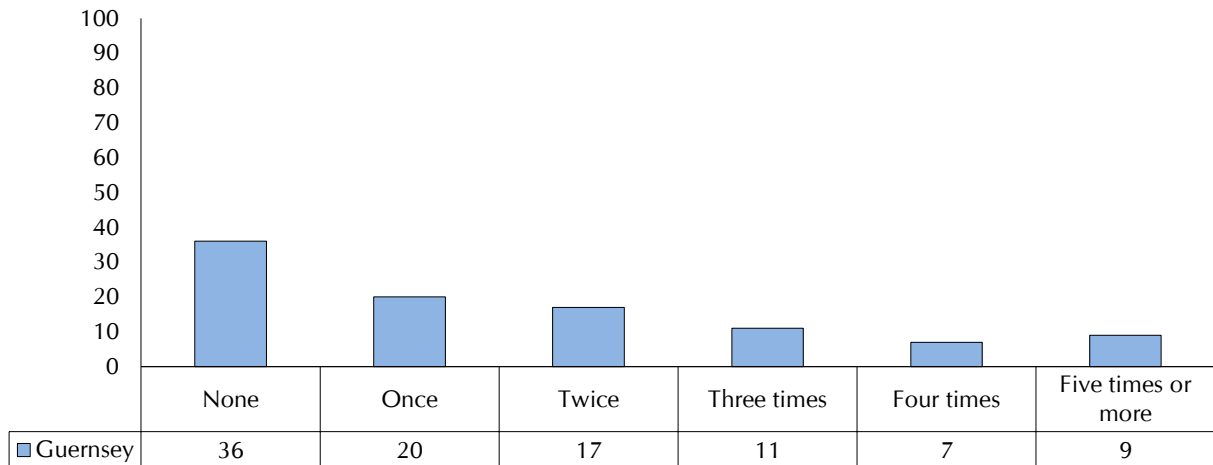
75% of pupils responded that they 'enjoy' or 'really enjoy' PE lessons.

Q74. Percentage answering that they 'enjoy' or 'really enjoy' PE lessons.

	Guernsey	
	Yr 8	Yr 10
Boys	86	86
Girls	72	67

Extra-curricular activities

Q75. How many times per week do you attend an extra-curricular club?



36% of pupils responded that they don't attend any weekly extra-curricular clubs, while 20% said they do so once a week.

Q75. Percentage answering that they don't attend any weekly extra-curricular clubs.

Guernsey

	Yr 8	Yr 10
Boys	34	50
Girls	28	36

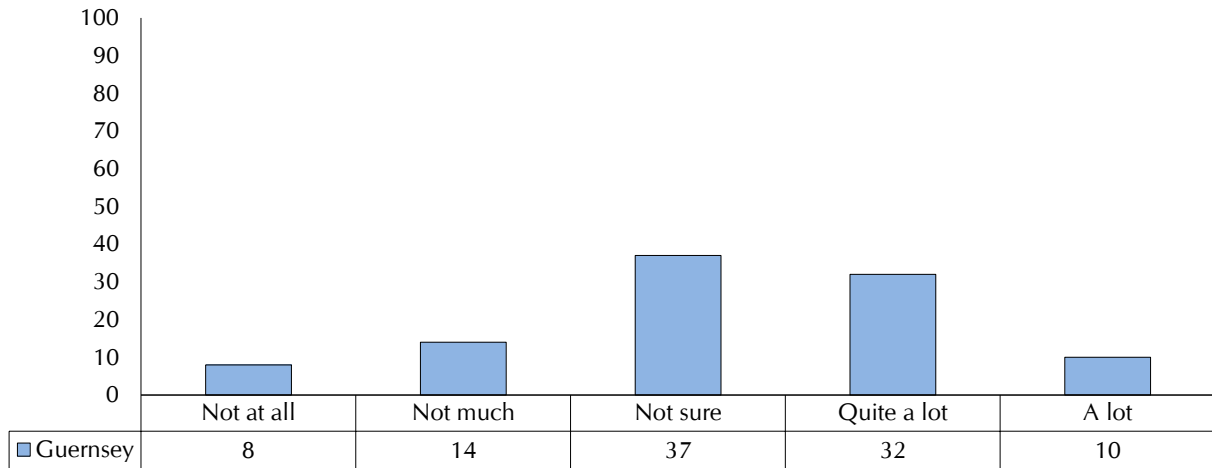
27% of pupils responded that they attend an extra-curricular club at least 'three times' a week.

Q75. Percentage answering that they attend an extra-curricular club at least 'three times' a week.

Guernsey

	Yr 8	Yr 10
Boys	18	14
Girls	38	28

Q76. How much does your school/college enable young people to make decisions about the future of the school/college?



8% of pupils responded that their school/college doesn't enable young people to make decisions about the future of the school/college 'at all'.

Q76. 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	11	5
Girls	8	4

42% 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'.

Q76. 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	41	51
Girls	36	43

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

Q77. 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	55	47	61	66	56
I want to do well at school/college	83	89	86	92	88
The best part of my life is the time I spend in school/college	25	22	21	21	22
School/college has prepared me for the world of work	48	41	45	39	42

Q77. 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	23	20	17	18	20
I want to do well at school/college	6	3	6	3	4
The best part of my life is the time I spend in school/college	39	47	43	52	46
School/college has prepared me for the world of work	25	21	21	25	23

Leisure time

65% of pupils responded that they went to parks or open spaces in the 4 weeks before the survey, while 54% said they went to or took part in a sports club or class (not school lessons or just watching).

Q82. 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	61	1 Parks or open spaces	68
2	Sports club or class (not school lessons and not just watching)	48	2 Sports club or class (not school lessons and not just watching)	59
3	Cinemas/theatres	33	3 Music group or lessons	39
4	Music group or lessons	22	4 Art, craft, dance, drama, film/ video making group	28
5	Youth centre or club (including scouts/guides etc.)	20	5 Cinemas/theatres	28
6	Given their time to help a charity, a local voluntary group or done some organised volunteering	15	6 Given their time to help a charity, a local voluntary group or done some organised volunteering	22
7	Art, craft, dance, drama, film/ video making group	13	7 Libraries (not school library)	17
8	Libraries (not school library)	13	8 Youth centre or club (including scouts/guides etc.)	17
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**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
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education contacts, with money and resources, within your
local community***