

The Guernsey Young People's Survey 2019

**A report for
Guernsey Primary**

The Schools Health Education Unit

www.sheu.org.uk

SHEU

Survey Report 2019

Produced by the
Schools Health Education Unit

The contents of this book are © SHEU 2019. Users of the Health Related Behaviour Questionnaire survey service are permitted to reproduce or adapt these materials for use within the classroom only.

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

Contact:

Angela Balding, Survey Manager
Schools Health Education Unit
9 Yeo Business Park
Axehayes Farm
Clyst St. Mary
Exeter EX5 1DP

Tel: 01392 667272 Fax: 01392 667269

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

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Foreword

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

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

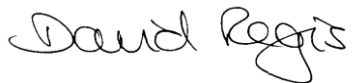
SHEU hope that your pupils found the experience of completing the questionnaire interesting and thought provoking.

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



Angela Balding

Survey Manager
Schools Health Education Unit



Dr. David Regis

Research Manager
Schools Health Education Unit

Introduction

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

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

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>.

Comparison figures

In this report the data gathered from this survey have been compared with a larger sample from your area. For example, if your school is in Exeter then the wider data might be Devon. This enables you to compare your results with others in the area and also go to the SHEU annual reports (summaries available at www.sheu.org.uk/publications) to find out about the UK statistics and trends.

If the figures in your survey have been compared with results from a reference sample, the reference figures are normally given second, and often in parentheses.

15% (20%) of the sample...

Your survey (Reference sample)

	Your Survey		Reference Sample	
	Year 8	Year 10	Year 8	Year 10
Boys	10	20	30	40
Girls	80	70	60	50

Favourite fruits			
1	Apples	70	(60)
2	Oranges	60	(50)
3	Bananas	50	(40)

Your survey (Reference sample)

The sample

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

	Guernsey
	Yr 6
Boys	330
Girls	260

Please note that 13 pupil(s) didn't specify whether they are a boy or a girl. 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.

In the report, you may see '-' in the tables or text (e.g. '-%').

This means we have suppressed the result because the number of valid responses for an item has dropped below 7 pupils. This may happen part-way through the report, if children start but don't complete the questionnaire for some reason.

Guernsey	
	Yr 6
Boys	330
Girls	260

Included and Respected

ETHNICITY

- 77% of pupils responded that they are from Guernsey/Alderney, while 14% said they are English/Scottish/Welsh/Irish.

FAMILY

- 69% of pupils responded that they live with their Mum and Dad together.
- 12% of pupils responded that they live 'mainly or only' with their Mum, while 1% said they live 'mainly or only' with their Dad.

SPECIAL NEEDS

- 17% of pupils responded that they have a special need, medical condition or disability, while 14% said they 'don't know' if they have.

Health and Activity

BEING HEALTHY

- 77% of pupils responded that they think eating healthily is 'very important' in order to be a healthy, active child, while 22% think it is 'quite important'.

TRAVEL TO SCHOOL

- 33% of pupils responded that they usually walk to school.
- 17% of pupils responded that they usually get to school by bicycle/scooter.
- 62% of pupils responded that they usually get to school by car/van.
- 92% of pupils responded that they own their own bicycle.
- 19% of pupils responded that, if they could choose, they would like to walk to school.
- 40% of pupils responded that, if they could choose, they would like to travel to school by bicycle/scooter.
- 17% of pupils responded that, if they could choose, they would like to travel to school by car/van.

BREAKFAST

- 87% of pupils responded that they ate breakfast at home on the day of the survey.
- 1% of pupils responded that they only had a drink for breakfast on the day of the survey.

LUNCH

- 1% of pupils responded that they didn't have any lunch on the day before the survey.
- 12% of pupils responded that they had a school lunch on the day before the survey.
- 84% of pupils responded that they had a packed lunch on the day before the survey.

- 3% of pupils responded that they went home for lunch on the day before the survey.
- 35% of pupils responded that they had a packed lunch on the day before the survey which contained chocolate, chocolate bar or sweets; 57% said they had fruit and 12% had vegetables or salad.

HEALTHY CHOICES

- 34% of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
- 33% of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

5-A-DAY

- 3% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- 39% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.
- 22% of pupils responded that (approximately) less than half of the portions of fruit and vegetables they ate the day before were fruit.
- 33% of pupils responded that (approximately) at least $\frac{3}{4}$ of the portions of fruit and vegetables they ate the day before were fruit.

DRINKS

- 89% of pupils responded that they drink plain water 'on most days'; 17% said the same of fruit juice/smoothies.
- 88% of pupils responded that they 'rarely or never' drink energy drinks; 56% said the same of sports drinks.

WEIGHT

- 3% of Year 6 pupils responded that they would like to put on weight.
- 38% of Year 6 pupils responded that they would like to lose weight.
- 59% of Year 6 pupils responded that they are happy with their weight as it is.

APPEARANCE

- 15% of Year 6 pupils responded that they never think about the way they look.
- 34% of Year 6 pupils responded that they like the way they look.
- 15% of Year 6 pupils responded that they **don't** like the way they look.

ACTIVITY

- ❑ 1% of boys and 3% of girls responded that they didn't do any physical activity in the week before the survey, while 62% of boys and 45% of girls said they did so on five days or more.
- ❑ 2% of boys and 4% of girls responded that they didn't do at least 60 minutes of physical activity on any day in the week before the survey.
- ❑ 73% of boys and 67% of girls responded that they did at least 60 minutes of physical activity on 4 or more days in the week before the survey.
- ❑ 56% of boys and 51% of girls responded that they did at least 60 minutes of physical activity on 5 or more days in the week before the survey.
- ❑ 10% of pupils responded that they didn't do any physical activity that strengthens muscles and bones in the week before the survey.
- ❑ 36% of pupils responded that they did physical activity that strengthens muscles and bones on at least 5 days in the week before the survey.
- ❑ 53% of pupils responded that none of the things listed stop them being as physically active as they would like, while 13% said they are shy in front of others.

LEISURE ACTIVITIES

- ❑ 54% of pupils responded that they do team sport at least once a week, while 19% said they do arts or performance activity. 11% said they don't do any of the activities listed.
- ❑ 42% of pupils responded that they would like to do more team sport, while 18% said they would like to do more arts or performance activity. 20% said they don't want any more opportunities like the ones listed.

SWIMMING

- ❑ 1% of pupils responded that they can't swim yet, while 2% said they can only swim with floats or arm bands.
- ❑ 20% of pupils responded that they can swim a length without floats or arm bands, while 78% said they can swim more than a length easily.

PE LESSONS

- ❑ 4% of pupils responded that they don't enjoy physical activity at school.
- ❑ 86% of pupils responded that they 'enjoy' or 'really enjoy' physical activity at school.

THE DAILY MILE

- ❑ 65% of pupils responded that they took part in the Daily Mile in school in the 7 days before the survey.
- ❑ Of the 206 pupils who said they didn't take part in the Daily Mile last week, 66% said they would like to take part in it.
- ❑ 77% of pupils who took part in the Daily Mile in the past week responded that they did it on two or more days in the week before the survey.
- ❑ 85% of pupils who took part in the Daily Mile in the past week 'agreed' or 'strongly agreed' that they really enjoy the Daily Mile.

- ❑ 98% of pupils who took part in the Daily Mile in the last week 'agreed' or 'strongly agreed' that the Daily Mile is good for their health.
- ❑ 7% of pupils who took part in the Daily Mile in the last week 'agreed' or 'strongly agreed' that the Daily Mile is a waste of time.

HAPPINESS

- ❑ 86% of pupils responded that they are at least 'quite' happy with their friendships; 90% said the same of relationships with their family.
- ❑ 14% of pupils responded that they are at least 'quite' unhappy with their appearance and 8% said the same of their life as a whole.
- ❑ 83% of pupils agreed that they are glad they are who they are.
- ❑ 7% of pupils disagreed that they are glad they are who they are.
- ❑ 82% of pupils agreed that they generally feel happy.
- ❑ 7% of pupils disagreed that they generally feel happy.
- ❑ 7% of pupils responded that they are either 'not happy' or 'not at all happy' with their life at the moment.
- ❑ 81% of pupils responded that they are 'quite' or 'very' happy with their life at the moment.

WORRYING

- ❑ 85% of pupils responded that they worry about at least one of the issues listed 'quite' or 'very' often.
- ❑ 27% of boys and 39% of girls worry 'quite' or 'very' often about more than 5 of the issues listed.
- ❑ 34% of pupils responded that they 'quite' or 'very' often worry about moving on to secondary school and 35% said they worry about their parents/carers or family.

Reaching Potential

- ❑ 10% of pupils responded that their school 'never' asks for their opinion about how to make changes to improve the school, while 53% said it 'sometimes' does.
- ❑ 37% of pupils responded that their school asks for their opinion 'quite a lot' or 'a lot' about how to make changes to improve the school.
- ❑ 72% of pupils responded that their school teaches them how to help other people in school and 76% said their school teaches them about people from other parts of the world.

SCHOOL ENJOYMENT

- ❑ 73% of pupils responded that, on the whole, they like their teachers and 56% said they enjoy school.
- ❑ 86% of pupils responded that they are 'quite' or 'very' proud to belong to their school.
- ❑ 14% of pupils responded that they are 'not very proud' to belong to their school.

SCHOOL LESSONS

- ❑ 62% of pupils responded that they enjoy 'most' or 'all' of their lessons at school.

- ❑ 1% of pupils responded that they don't enjoy any of their lessons at school, while 37% said they only enjoy 'some' of them.

Safe and Nurtured

SAFETY

- ❑ 95% of boys and 96% of girls responded that they feel 'quite' or 'very' safe during lesson time, while 5% said they feel 'not very safe'.
- ❑ 94% of boys and 96% of girls responded that they feel 'quite' or 'very' safe inside school at playtime/lunchtime, while 5% said they feel 'not very safe'.
- ❑ 92% of boys and 92% of girls responded that they feel 'quite' or 'very' safe in the playground at playtime/lunchtime, while 8% said they feel 'not very safe'.
- ❑ 95% of boys and 92% of girls responded that they feel 'quite' or 'very' safe on the way to and from school, while 6% said they feel 'not very safe'.
- ❑ 96% of boys and 94% of girls responded that they feel 'quite' or 'very' safe in the area where they live, while 5% said they feel 'not very safe'.
- ❑ 93% of boys and 89% of girls responded that they feel 'quite' or 'very' safe in the park/open spaces near their home, while 9% said they feel 'not very safe'.

SELF-ESTEEM

- ❑ 27% of pupils had a med-low self-esteem score (9 or less).
- ❑ 38% of pupils had a high self-esteem score (15 or more).
- ❑ 75% of pupils responded that they feel happy talking to other pupils at school.

BULLYING

- ❑ 26% 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.
- ❑ 25% of pupils responded that they have been bullied at or near school in the last year and experienced at least one of the negative behaviours listed at least a 'few times' in the last month, while 8% experienced such behaviour 'every day'.
- ❑ 22% of pupils responded that they have been bullied at or near school in the last year and been teased/made fun of at least a 'few times' in the last month and 18% said they have been pushed/hit.
- ❑ 15% of pupils responded that they have been bullied at or near school in the last year and think they have been picked on or bullied because of the way they look and 11% think they have because of their size or weight.
- ❑ 65% of pupils responded that they think their school takes bullying seriously, while 12% think it doesn't take it seriously.
- ❑ 35% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- ❑ 6% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

- ❑ 24% of pupils responded that they have received a message on their phone or online that scared or upset them.

Leisure Time and Internet Safety

LEISURE TIME

- ❑ 80% of pupils responded that they went to parks or open spaces in the 4 weeks before the survey and 34% went to a music group or lessons.

SCREEN TIME

- ❑ 22% 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.
- ❑ 34% of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey; 12% said they did so for 'five hours or more'.
- ❑ 65% of pupils responded that the amount of time they spent looking at a device screen is a usual amount for them on a week day, while 13% said it was less than usual.
- ❑ 41% 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 45% said it was less than usual.

ALCOHOL

- ❑ 2% of pupils responded that they had an alcoholic drink in the 7 days before the survey.

SMOKING

- ❑ 2% of pupils said they have smoked in the past or smoke now.
- ❑ 0% of pupils responded that they smoked in the 7 days before the survey.
- ❑ 90% of pupils responded that they think they will not smoke when they are older.
- ❑ 1% of pupils responded that they think they will smoke when they are older, while 9% think they may smoke.
- ❑ 3% of pupils responded that they have at least tried vaping (or vape now).
- ❑ 20% of pupils responded that their parents/carers vape.
- ❑ 29% of pupils responded that their parents/carers smoke.
- ❑ 8% of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 8% of pupils responded that someone smokes in a car when they are in it too.

DRUGS

- ❑ 9% of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who takes drugs.
- ❑ 1% of pupils responded that they have been offered cannabis.
- ❑ 1% of pupils responded that they have been offered drugs other than cannabis, while 3% said they are 'not sure' if they have.

2019/2016 Comparisons

	2019	2016
	Yr 6	Yr 6
Boys	330	297
Girls	260	287

2016 data in brackets; see notes on interpreting differences.

Included and Respected

ETHNICITY

- 77% (77%) of pupils responded that they are from Guernsey/Alderney, while 14% (10%) said they are English/Scottish/Welsh/Irish.

SPECIAL NEEDS

- 17% (17%) of pupils responded that they have a special need, medical condition or disability, while 14% (12%) said they 'don't know' if they have.

Health and Activity

BEING HEALTHY

- 77% (79%) of pupils responded that they think eating healthily is 'very important' in order to be a healthy, active child, while 22% (20%) think it is 'quite important'.

BREAKFAST

- 87% (92%) of pupils responded that they ate breakfast at home on the day of the survey.
- 1% (1%) of pupils responded that they only had a drink for breakfast on the day of the survey.

LUNCH

- 1% (2%) of pupils responded that they didn't have any lunch on the day before the survey.
- 12% (9%) of pupils responded that they had a school lunch on the day before the survey.
- 84% (84%) of pupils responded that they had a packed lunch on the day before the survey.
- 3% (5%) of pupils responded that they went home for lunch on the day before the survey.
- 35% (39%) of pupils responded that they had a packed lunch on the day before the survey which contained chocolate, chocolate bar or sweets; 12% (17%) had vegetables or salad.

HEALTHY CHOICES

- 34% (31%) of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
- 33% (36%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

DRINKS

- 89% (84%) of pupils responded that they drink plain water 'on most days'.
- 88% (67%) of pupils responded that they 'rarely or never' drink energy drinks; 56% (55%) said the same of sports drinks.

WEIGHT

- 3% (4%) of Year 6 pupils responded that they would like to put on weight.
- 38% (33%) of Year 6 pupils responded that they would like to lose weight.
- 59% (63%) of Year 6 pupils responded that they are happy with their weight as it is.

APPEARANCE

- 15% (16%) of Year 6 pupils responded that they never think about the way they look.
- 34% (37%) of Year 6 pupils responded that they like the way they look.
- 15% (11%) of Year 6 pupils responded that they **don't** like the way they look.

ACTIVITY

- 53% (48%) of pupils responded that none of the things listed stop them being as physically active as they would like, while 13% (15%) said they are shy in front of others.

SWIMMING

- 1% (1%) of pupils responded that they can't swim yet, while 2% (2%) said they can only swim with floats or arm bands.
- 20% (16%) of pupils responded that they can swim a length without floats or arm bands, while 78% (82%) said they can swim more than a length easily.

HAPPINESS

- 83% (84%) of pupils agreed that they are glad they are who they are.
- 7% (6%) of pupils disagreed that they are glad they are who they are.
- 82% (79%) of pupils agreed that they generally feel happy.
- 7% (6%) of pupils disagreed that they generally feel happy.
- 7% (8%) of pupils responded that they are either 'not happy' or 'not at all happy' with their life at the moment.
- 81% (80%) of pupils responded that they are 'quite' or 'very' happy with their life at the moment.

WORRYING

- 85% (86%) of pupils responded that they worry about at least one of the issues listed 'quite' or 'very' often.
- 34% (38%) of pupils responded that they 'quite' or 'very' often worry about moving on to secondary school and 24% (24%) said they worry about the way they look.

Reaching Potential

- ❑ 10% (8%) of pupils responded that their school 'never' asks for their opinion about how to make changes to improve the school, while 53% (57%) said it 'sometimes' does.
- ❑ 37% (34%) of pupils responded that their school asks for their opinion 'quite a lot' or 'a lot' about how to make changes to improve the school.
- ❑ 72% (73%) of pupils responded that their school teaches them how to help other people in school and 76% (77%) said their school teaches them about people from other parts of the world.

SCHOOL ENJOYMENT

- ❑ 73% (73%) of pupils responded that, on the whole, they like their teachers and 56% (59%) said they enjoy school.
- ❑ 86% (90%) of pupils responded that they are 'quite' or 'very' proud to belong to their school.
- ❑ 14% (10%) of pupils responded that they are 'not very proud' to belong to their school.

SCHOOL LESSONS

- ❑ 62% (64%) of pupils responded that they enjoy 'most' or 'all' of their lessons at school.
- ❑ 1% (1%) of pupils responded that they don't enjoy any of their lessons at school, while 37% (35%) said they only enjoy 'some' of them.

Safe and Nurtured

SAFETY

- ❑ 95% (98%) of boys and 96% (98%) of girls responded that they feel 'quite' or 'very' safe during lesson time, while 5% (2%) said they feel 'not very safe'.
- ❑ 94% (97%) of boys and 96% (95%) of girls responded that they feel 'quite' or 'very' safe inside school at playtime/lunchtime, while 5% (4%) said they feel 'not very safe'.
- ❑ 92% (95%) of boys and 92% (92%) of girls responded that they feel 'quite' or 'very' safe in the playground at playtime/lunchtime, while 8% (6%) said they feel 'not very safe'.
- ❑ 95% (94%) of boys and 92% (91%) of girls responded that they feel 'quite' or 'very' safe on the way to and from school, while 6% (8%) said they feel 'not very safe'.

SELF-ESTEEM

- ❑ 27% (26%) of pupils had a med-low self-esteem score (9 or less).
- ❑ 38% (38%) of pupils had a high self-esteem score (15 or more).
- ❑ 75% (79%) of pupils responded that they feel happy talking to other pupils at school.

BULLYING

- ❑ 26% (28%) of pupils responded that they have been bullied at or near school in the last 12 months, while 21% (19%) said they 'don't know' if they have.
- ❑ 65% (66%) of pupils responded that they think their school takes bullying seriously, while 12% (12%) think it doesn't take it seriously.

- ❑ 35% (33%) of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- ❑ 6% (7%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 24% (21%) of pupils responded that they have received a message on their phone or online that scared or upset them.

Leisure Time and Internet Safety

LEISURE TIME

- ❑ 80% (82%) of pupils responded that they went to parks or open spaces in the 4 weeks before the survey and 34% (33%) went to a music group or lessons.

SCREEN TIME

- ❑ 22% (22%) 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.
- ❑ 34% (27%) of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey; 12% (7%) said they did so for 'five hours or more'.
- ❑ 65% (64%) of pupils responded that the amount of time they spent looking at a device screen is a usual amount for them on a week day, while 13% (14%) said it was less than usual.
- ❑ 41% (44%) 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 45% (40%) said it was less than usual.

ALCOHOL

- ❑ 2% (4%) of pupils responded that they had an alcoholic drink in the 7 days before the survey.

SMOKING

- ❑ 2% (2%) of pupils said they have smoked in the past or smoke now.
- ❑ 0% (0%) of pupils responded that they smoked in the 7 days before the survey.
- ❑ 90% (93%) of pupils responded that they think they will not smoke when they are older.
- ❑ 1% (1%) of pupils responded that they think they will smoke when they are older, while 9% (6%) think they may smoke.
- ❑ 29% (27%) of pupils responded that their parents/carers smoke.
- ❑ 8% (7%) of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 8% (7%) of pupils responded that someone smokes in a car when they are in it too.

DRUGS

- ❑ 9% (6%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who takes drugs.
- ❑ 1% (1%) of pupils responded that they have been offered cannabis.
- ❑ 1% (2%) of pupils responded that they have been offered drugs other than cannabis, while 3% (1%) said they are 'not sure' if they have.

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 6	Yr 6
Boys	330	297
Girls	260	287

Sig	2019	2016	Question
***	88%	67%	of pupils responded that they 'rarely or never' drink energy drinks.
***	34%	27%	of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey.
**	89%	84%	of pupils responded that they drink plain water 'on most days'.
**	87%	92%	of pupils responded that they ate breakfast at home on the day of the survey.
*	15%	11%	of Year 6 pupils responded that they don't like the way they look.
*	95%	98%	of pupils responded that they feel 'quite' or 'very' safe during lesson time.
*	3%	5%	of pupils responded that they went home for lunch on the day before the survey.

Tests: Chi-squared (χ^2).

KEY: * = $p < 0.05$ (5%) ** = $p < 0.01$ (1%) *** = $p < 0.001$ (0.1%).

Included and Respected

Ethnicity

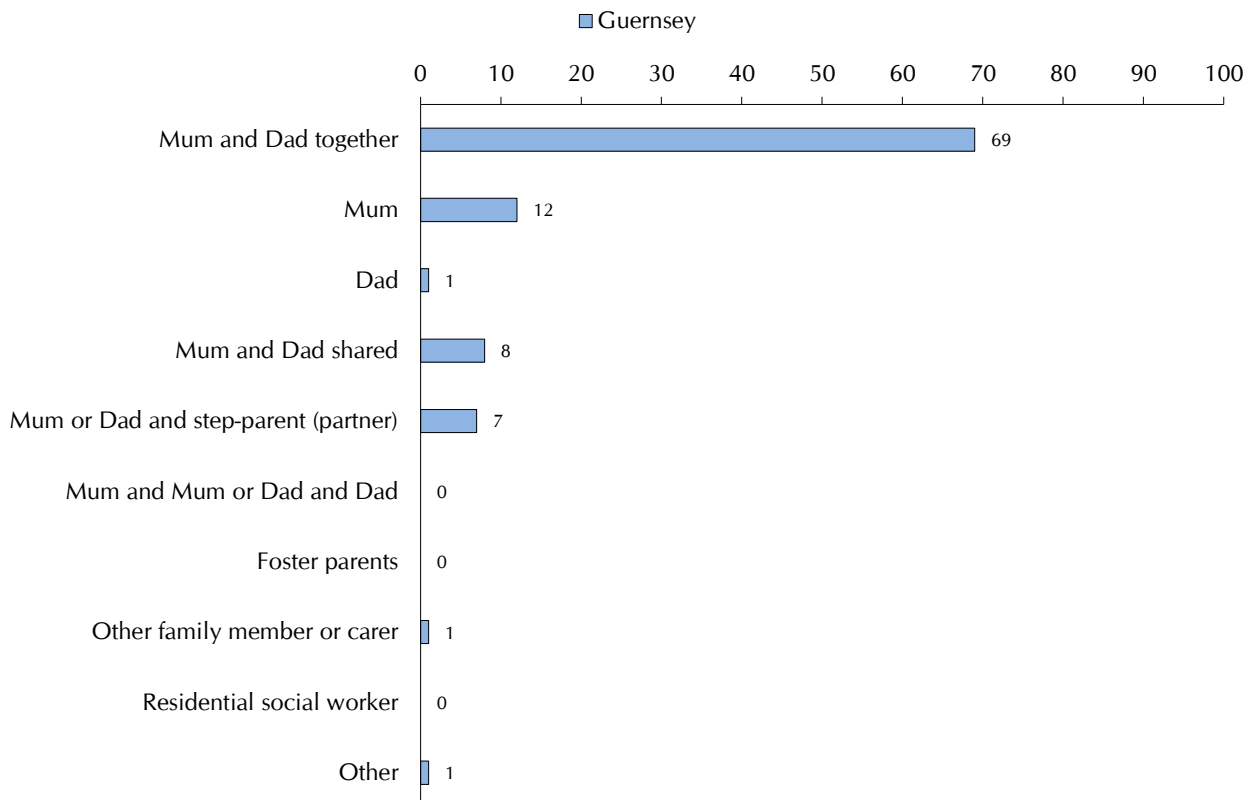
77% of pupils responded that they are from Guernsey/Alderney, while 14% said they are English/Scottish/Welsh/Irish.

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

	Guernsey
	Yr 6
Boys	75
Girls	81

Family

Q6. Which adults do you live with or who do you live with most of the week?



69% of pupils responded that they live with their Mum and Dad together.

Q6. Percentage answering that they live with their Mum and Dad together.

	Guernsey
	Yr 6
Boys	68
Girls	72

12% of pupils responded that they live 'mainly or only' with their Mum, while 1% said they live 'mainly or only' with their Dad.

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

	Guernsey
	Yr 6
Boys	11
Girls	13

Special needs

17% of pupils responded that they have a special need, medical condition or disability, while 14% said they 'don't know' if they have.

Q7a. Percentage answering that they have a special need, medical condition or disability.

Guernsey

Yr 6

Boys 21

Girls 12

Q7b. Percentage of pupils responding that they have the following special need, medical condition or disability (top 5):

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

Health and Activity

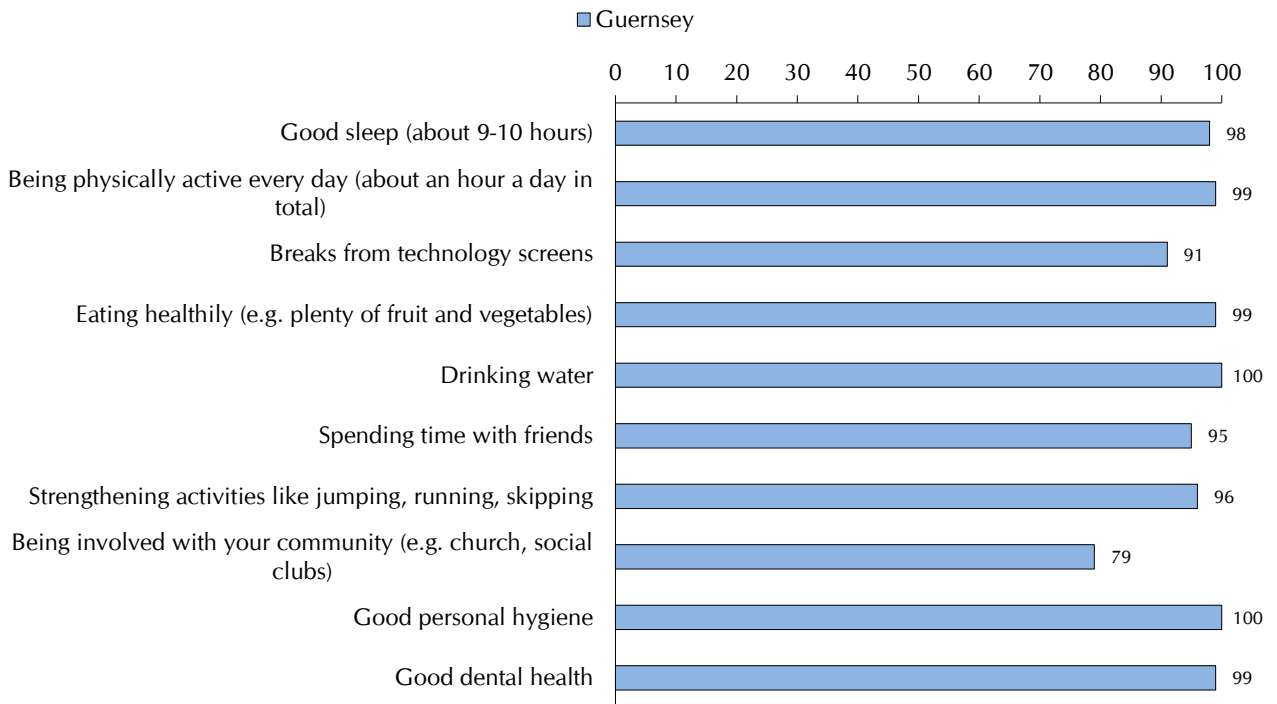
Being healthy

77% of pupils responded that they think eating healthily is 'very important' in order to be a healthy, active child, while 22% think it is 'quite important'.

Q8. How Important are the following in order to be a healthy, active child?

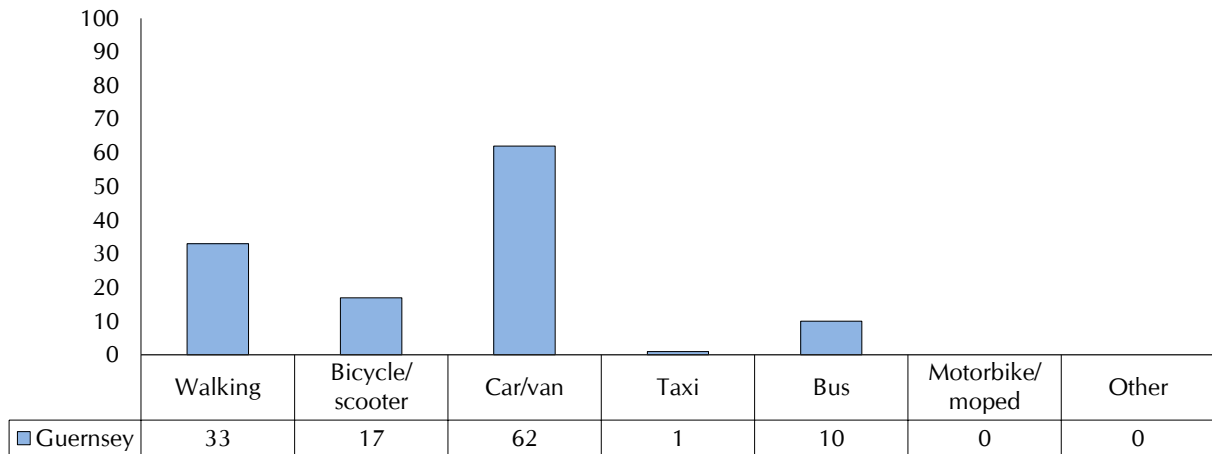
Boys	Not important	Quite important	Very important
Good sleep (about 9-10 hours)	3	36	61
Being physically active every day (about an hour a day in total)	0	35	65
Breaks from technology screens	11	40	48
Eating healthily (e.g. plenty of fruit and vegetables)	1	22	77
Drinking water	0	10	90
Spending time with friends	5	49	45
Strengthening activities like jumping, running, skipping	4	52	44
Being involved with your community (e.g. church, social clubs)	21	64	15
Good personal hygiene	0	15	85
Good dental health	1	21	79
Girls	Not important	Quite important	Very important
Good sleep (about 9-10 hours)	1	38	61
Being physically active every day (about an hour a day in total)	2	39	60
Breaks from technology screens	6	34	59
Eating healthily (e.g. plenty of fruit and vegetables)	1	22	77
Drinking water	0	7	93
Spending time with friends	5	50	46
Strengthening activities like jumping, running, skipping	3	58	39
Being involved with your community (e.g. church, social clubs)	23	63	14
Good personal hygiene	0	10	90
Good dental health	1	18	81

Q8. 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

Q9. How do you usually get to school?



33% of pupils responded that they usually walk to school.

Q9. Percentage answering that they usually walk to school.

Guernsey

Yr 6

Boys 33

Girls 31

17% of pupils responded that they usually get to school by bicycle/scooter.

Q9. Percentage answering that they usually get to school by bicycle/scooter.

Guernsey

Yr 6

Boys 25

Girls 8

62% of pupils responded that they usually get to school by car/van.

Q9. Percentage answering that they usually get to school by car/van.

Guernsey

Yr 6

Boys 59

Girls 66

92% of pupils responded that they own their own bicycle.

Q10. Percentage answering that they own their own bike.

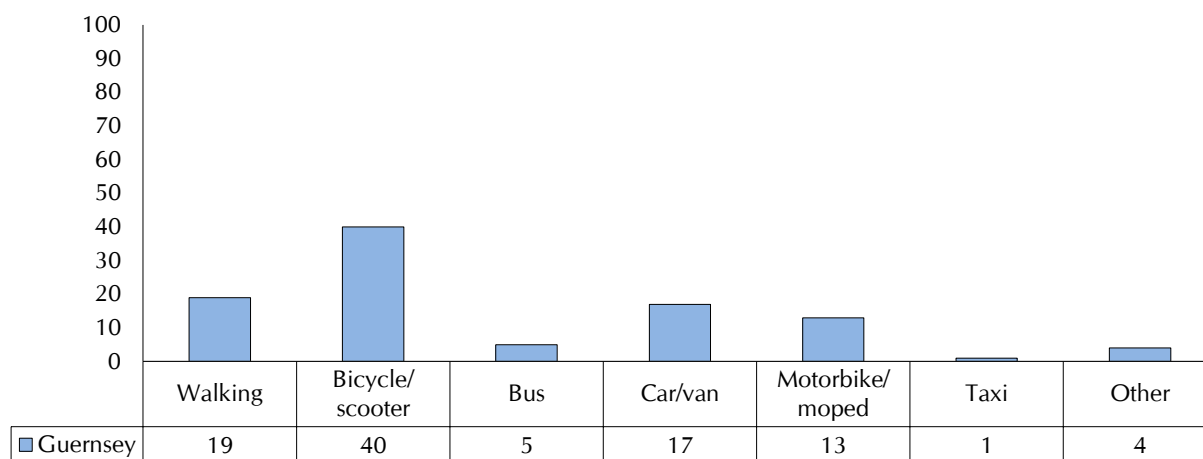
Guernsey

Yr 6

Boys 94

Girls 89

Q11. If you could choose, how would you like to travel to school?



19% of pupils responded that, if they could choose, they would like to walk to school.

Q11. Percentage answering that, if they could choose, they would like to walk to school.

Guernsey

Yr 6

Boys 14

Girls 26

40% of pupils responded that, if they could choose, they would like to travel to school by bicycle/scooter.

Q11. Percentage answering that, if they could choose, they would like to travel to school by bicycle/scooter.

Guernsey

Yr 6

Boys 45

Girls 34

17% of pupils responded that, if they could choose, they would like to travel to school by car/van.

Q11. Percentage answering that, if they could choose, they would like to travel to school by car/van.

Guernsey

Yr 6

Boys 14

Girls 21

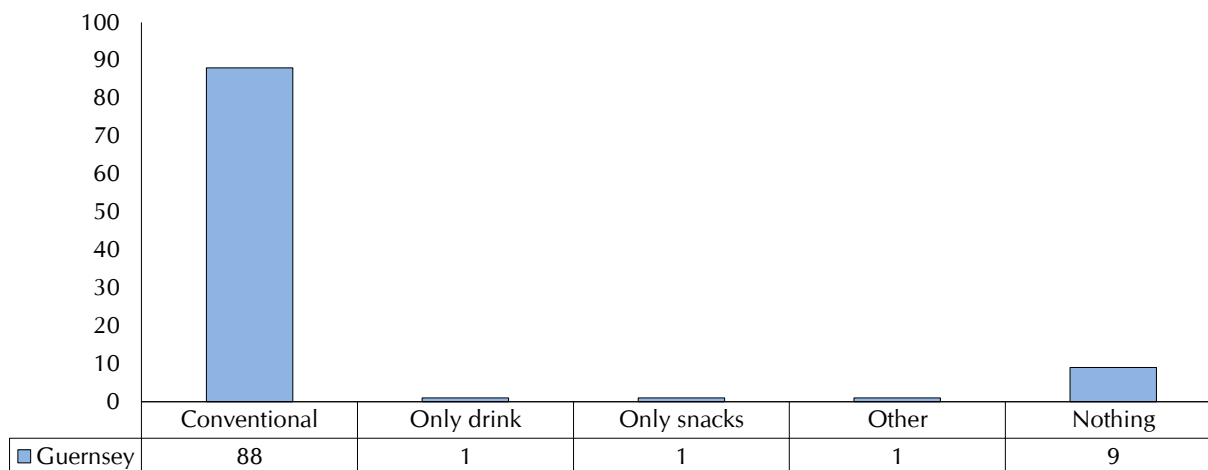
Breakfast

87% of pupils responded that they ate breakfast at home on the day of the survey.

Q12. Percentage of pupils responding that they ate breakfast at the following on the day of the survey:

Boys		Girls			
1	At home	89	1	At home	85
2	On the way to school	2	2	At school	3
3	At school	2	3	On the way to school	1
4	Somewhere else	1	4	Somewhere else	1

Q13. Percentage of pupils responding that they had the following types of breakfast 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/Ready brek; toast, bread, bagels, croissants; cooked breakfast, yoghurt, fruit or breakfast bar. Only snacks means: crisps, chocolate, biscuits/cakes, pop tarts/muffins but not conventional breakfast.

1% of pupils responded that they only had a drink for breakfast on the day of the survey.

Q13. Percentage answering that they only had a drink for breakfast on the day of the survey.

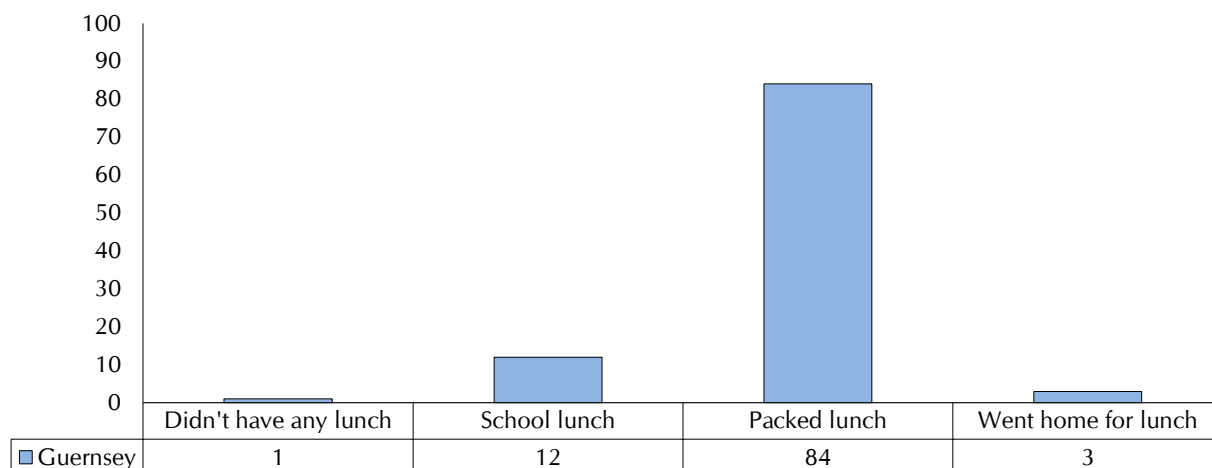
Guernsey	
Yr 6	
Boys	2
Girls	1

Q13. 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	54	1	Cereal	45
2	A drink	40	2	A drink	42
3	Toast, bread, bagels, croissants etc.	27	3	Toast, bread, bagels, croissants etc.	28
4	Fruit	16	4	Fruit	12
5	Cooked breakfast	8	5	Cooked breakfast	8

Lunch

Q14a. What did you do for lunch yesterday?



1% of pupils responded that they didn't have any lunch on the day before the survey.

Q14a. Percentage answering that they didn't have any lunch on the day before the survey.

Guernsey

Yr 6

Boys 1

Girls 2

12% of pupils responded that they had a school lunch on the day before the survey.

Q14a. Percentage answering that they had a school lunch on the day before the survey.

Guernsey

Yr 6

Boys 18

Girls 5

84% of pupils responded that they had a packed lunch on the day before the survey.

Q14a. Percentage answering that they had a packed lunch on the day before the survey.

Guernsey

Yr 6

Boys 78

Girls 91

3% of pupils responded that they went home for lunch on the day before the survey.

Q14a. Percentage answering that they went home for lunch on the day before the survey.

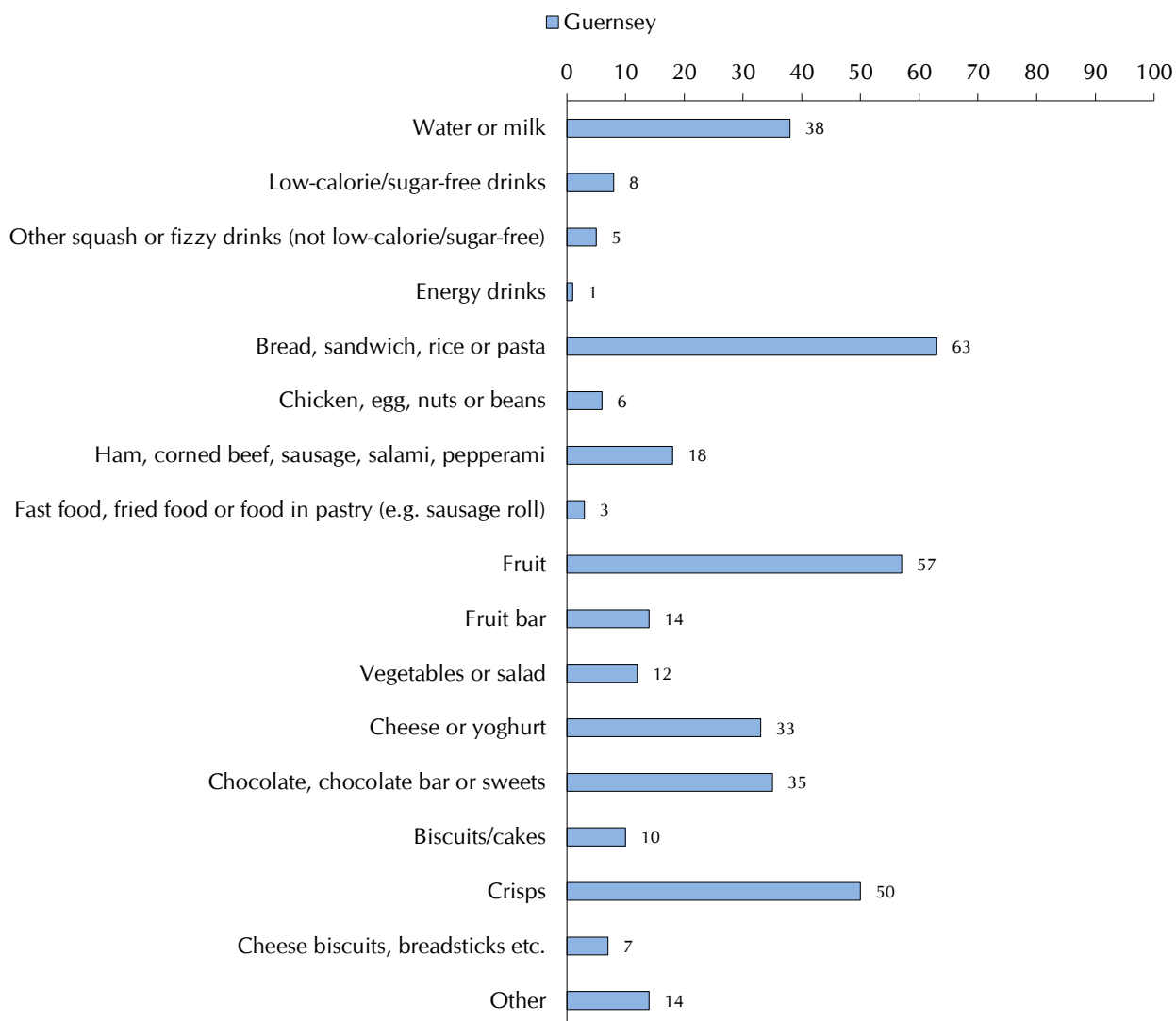
Guernsey

Yr 6

Boys 3

Girls 2

Q14b. Percentage of pupils responding that they had a packed lunch on the day before the survey which contained the following:



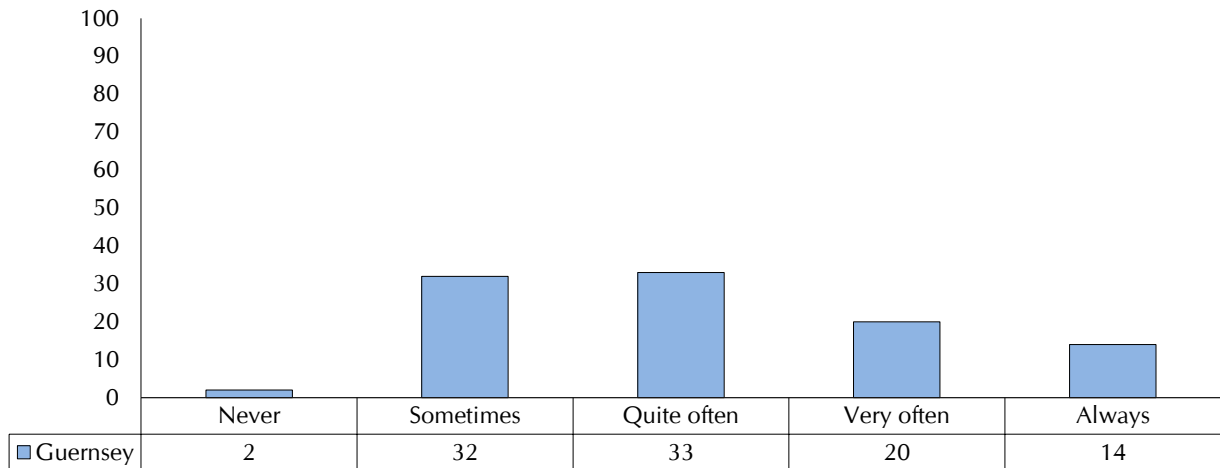
35% of pupils responded that they had a packed lunch on the day before the survey which contained chocolate, chocolate bar or sweets; 57% said they had fruit and 12% had vegetables or salad.

Q14b. Percentage of pupils responding that they had a packed lunch on the day before the survey which contained the following (top 10):

Boys			Girls		
1	Bread, sandwich, rice or pasta	57	1	Bread, sandwich, rice or pasta	71
2	Fruit	51	2	Fruit	65
3	Crisps	48	3	Crisps	53
4	Chocolate, chocolate bar or sweets	35	4	Water or milk	48
5	Water or milk	31	5	Cheese or yoghurt	41
6	Cheese or yoghurt	26	6	Chocolate, chocolate bar or sweets	35
7	Ham, corned beef, sausage, salami, pepperami	18	7	Ham, corned beef, sausage, salami, pepperami	19
8	Other	13	8	Vegetables or salad	15
9	Fruit bar	12	9	Other	15
10	Vegetables or salad	10	10	Fruit bar	15

Healthy choices

Q15. When choosing what to eat, do you consider your health?



34% of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.

Q15. Percentage answering that they 'never' or only 'sometimes' consider their health when choosing what to eat.

Guernsey

Yr 6

Boys 34

Girls 35

33% of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

Q15. Percentage answering that they 'very often' or 'always' consider their health when choosing what to eat.

Guernsey

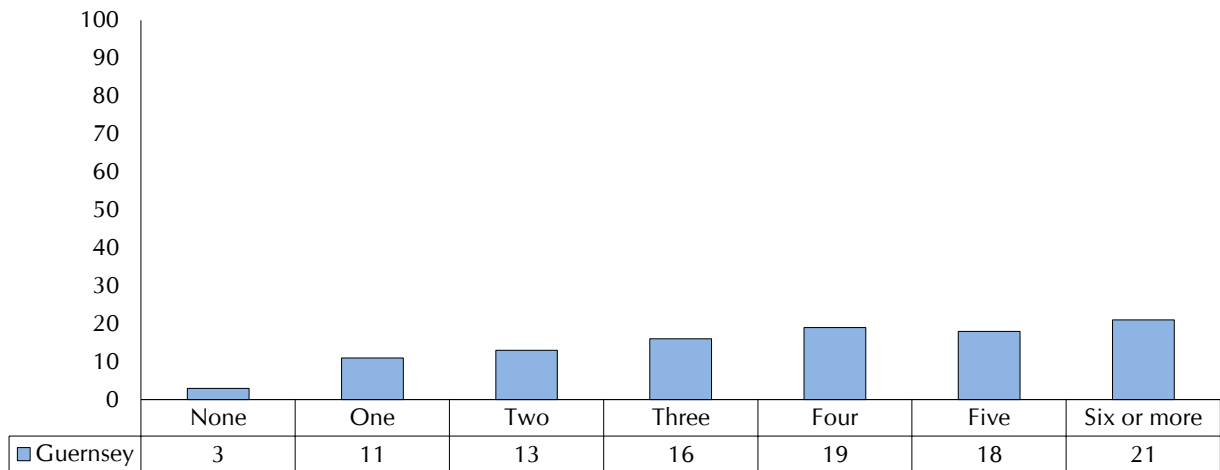
Yr 6

Boys 34

Girls 31

5-a-day

Q16. How many portions of fruit and vegetables did you eat yesterday?



3% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

Q16. Percentage answering that they didn't eat any portions of fruit or vegetables on the day before the survey.

Guernsey

Yr 6

Boys 4

Girls 1

39% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

Q16. Percentage answering that they ate at least 5 portions of fruit and vegetables on the day before the survey.

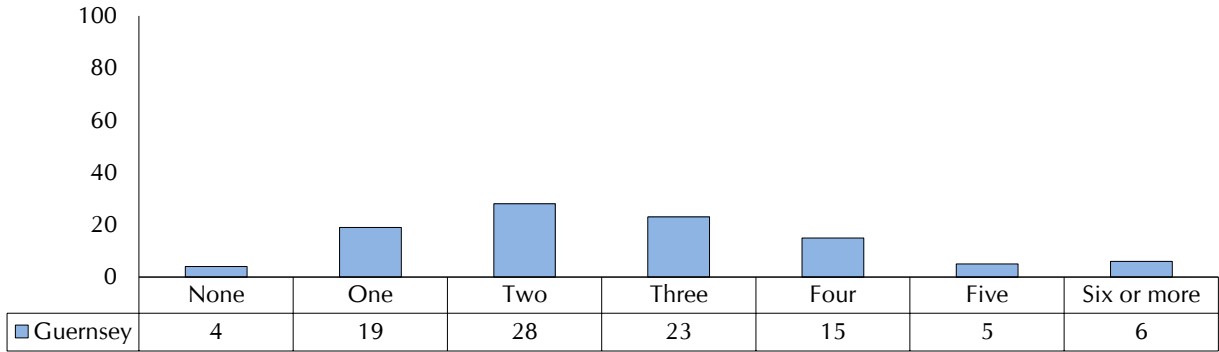
Guernsey

Yr 6

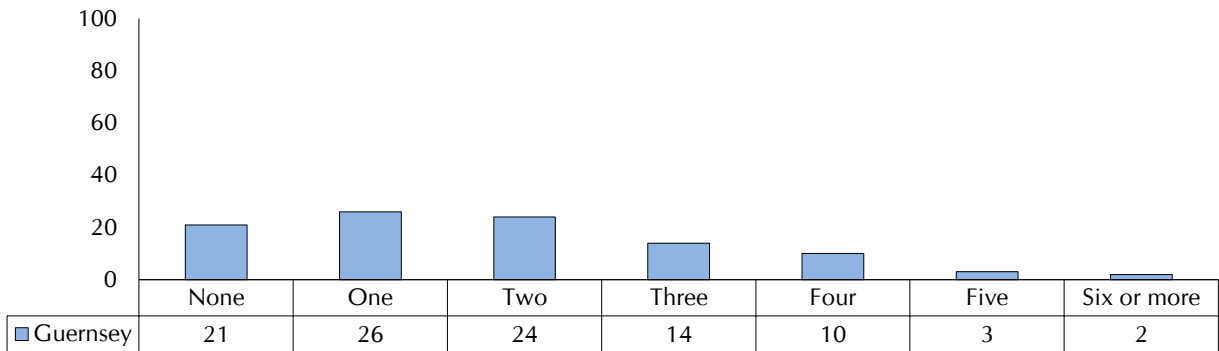
Boys 39

Girls 37

Q17. How many portions were fruit?



Q18. How many portions were vegetables?



22% of pupils responded that (approximately) less than half of the portions of fruit and vegetables they ate the day before were fruit.

Q17/18. Percentage answering that (approximately) less than half of the portions of fruit and vegetables they ate the day before were fruit.

Guernsey

Yr 6

Boys 22

Girls 21

33% of pupils responded that (approximately) at least $\frac{3}{4}$ of the portions of fruit and vegetables they ate the day before were fruit.

Q17/18. 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 6

Boys 34

Girls 31

Drinks

89% of pupils responded that they drink plain water 'on most days'; 17% said the same of fruit juice/smoothies.

Q19. Percentage of pupils responding that they drink the following 'on most days' (top 10):

Boys		Girls			
1	Plain water	87	1	Plain water	92
2	Milk	49	2	Milk	29
3	Fruit juice or smoothie	19	3	Squash (not low calorie/sugar-free)	19
4	Tea	18	4	Low calorie/sugar-free squash	15
5	Squash (not low calorie/sugar-free)	18	5	Fruit juice or smoothie	14
6	Low calorie/sugar-free squash	16	6	Tea	12
7	Hot chocolate	8	7	Sports drinks	5
8	Fizzy drinks (not low calorie/sugar-free)	8	8	Fizzy drinks (not low calorie/sugar-free)	4
9	Low calorie/sugar-free fizzy drinks	6	9	Hot chocolate	4
10	Coffee	6	10	Low calorie/sugar-free fizzy drinks	4

88% of pupils responded that they 'rarely or never' drink energy drinks; 56% said the same of sports drinks.

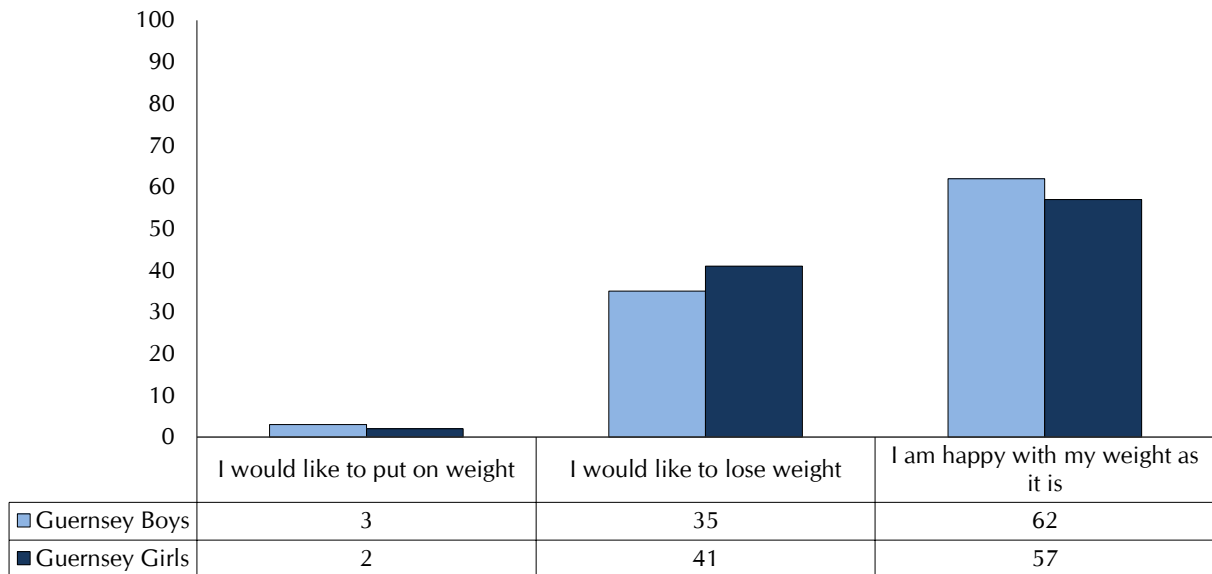
Q19. Percentage of pupils responding that they 'rarely or never' drink the following (top 10):

Boys		Girls			
1	Energy drinks	85	1	Energy drinks	91
2	Coffee	81	2	Coffee	89
3	Milkshakes	56	3	Sports drinks	66
4	Tea	52	4	Milkshakes	60
5	Low calorie/sugar-free fizzy drinks	51	5	Low calorie/sugar-free fizzy drinks	60
6	Sports drinks	48	6	Tea	59
7	Fizzy drinks (not low calorie/sugar-free)	44	7	Fizzy drinks (not low calorie/sugar-free)	57
8	Hot chocolate	42	8	Hot chocolate	47
9	Low calorie/sugar-free squash	40	9	Low calorie/sugar-free squash	44
10	Squash (not low calorie/sugar-free)	37	10	Squash (not low calorie/sugar-free)	36

Weight

3% of Year 6 pupils responded that they would like to put on weight, while 38% said they would like to lose weight and 59% are happy with their weight as it is.

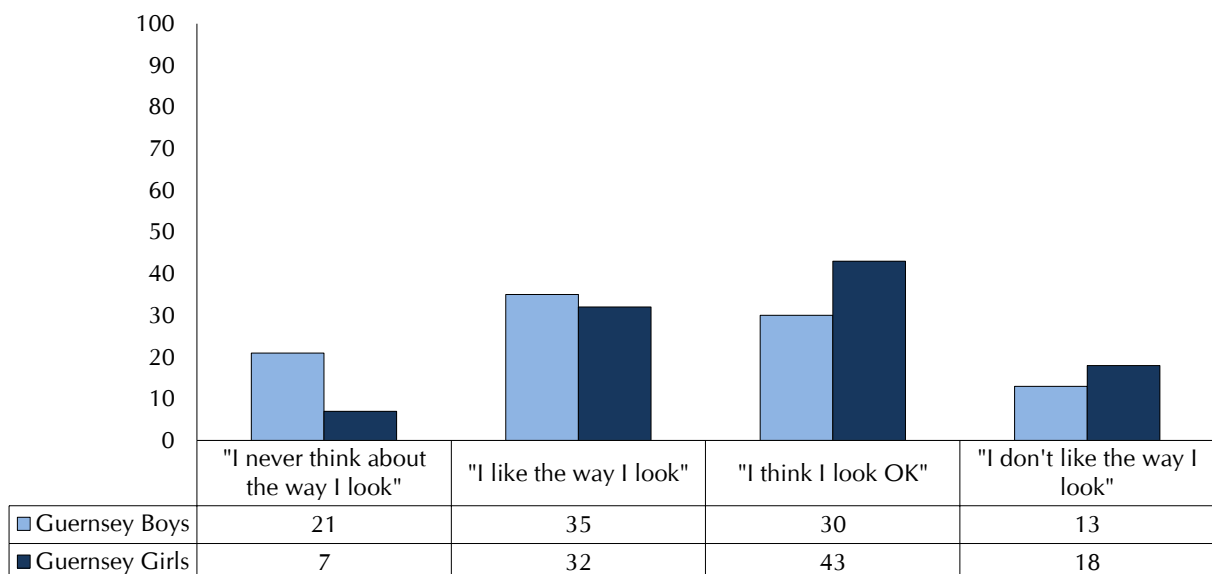
Q20. Year 6: Weight: Which statement describes you best?



Appearance

15% of Year 6 pupils responded that they never think about the way they look, while 34% said they like the way they look and 15% **don't** like the way they look.

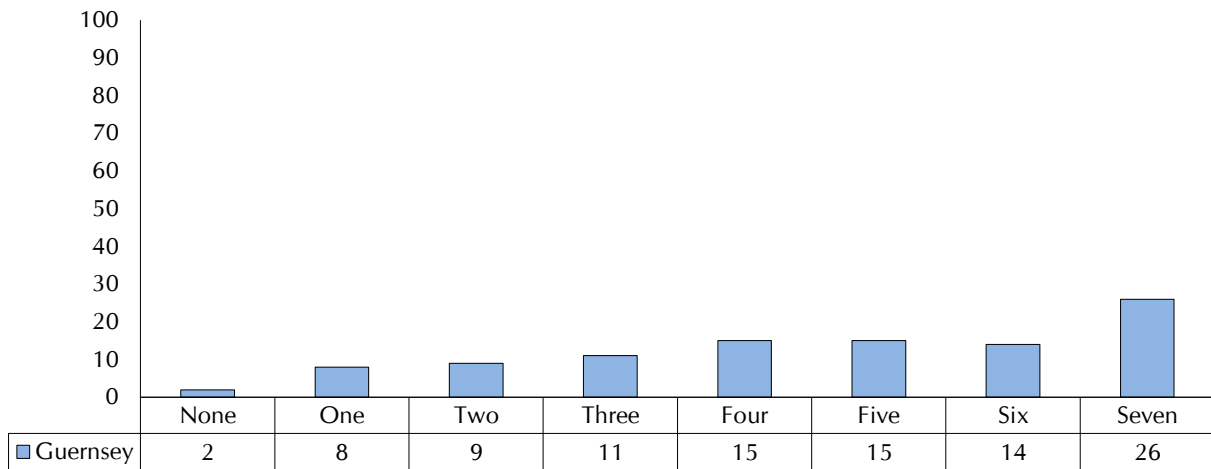
Q21. Year 6: Which statement best describes your feelings about the way you look?



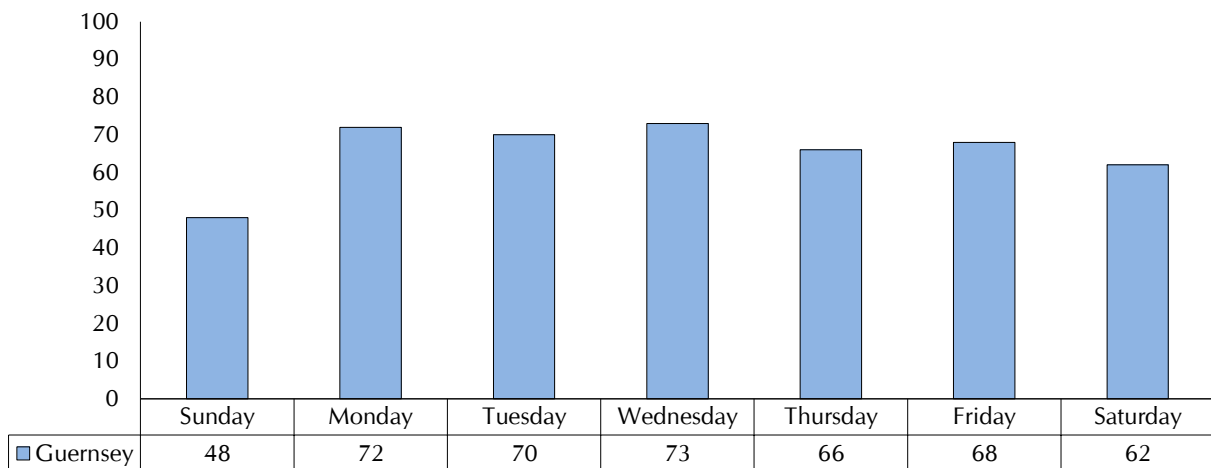
Activity

1% of boys and 3% of girls responded that they didn't do any physical activity in the week before the survey, while 62% of boys and 45% of girls said they did so on five days or more.

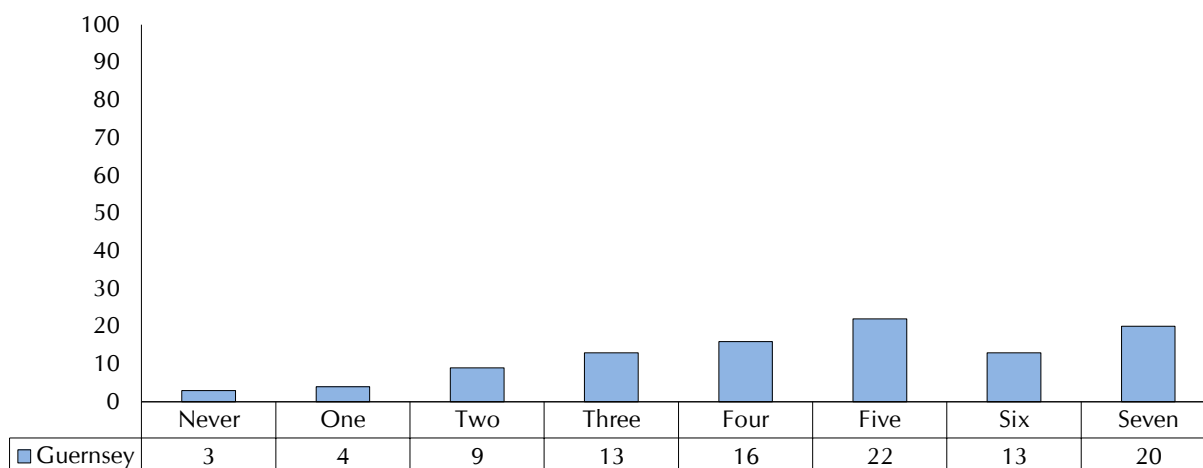
Q22. On how many days did you do any physical activity in the last 7 days?



Q22. On which days did you do any physical activity, in the last 7 days?



Q23. Over the past 7 days, how many days were you physically active for a total of at least 60 minutes per day?



2% of boys and 4% of girls responded that they didn't do at least 60 minutes of physical activity on any day in the week before the survey.

Q23. 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 6

Boys 2

Girls 4

73% of boys and 67% of girls responded that they did at least 60 minutes of physical activity on 4 or more days in the week before the survey.

Q23. 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 6

Boys 73

Girls 67

56% of boys and 51% of girls responded that they did at least 60 minutes of physical activity on 5 or more days in the week before the survey.

Q23. 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 6

Boys 56

Girls 51

24% of boys and 14% 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.

Q23. Percentage answering that they did at least 60 minutes of physical activity every day in the week before the survey.

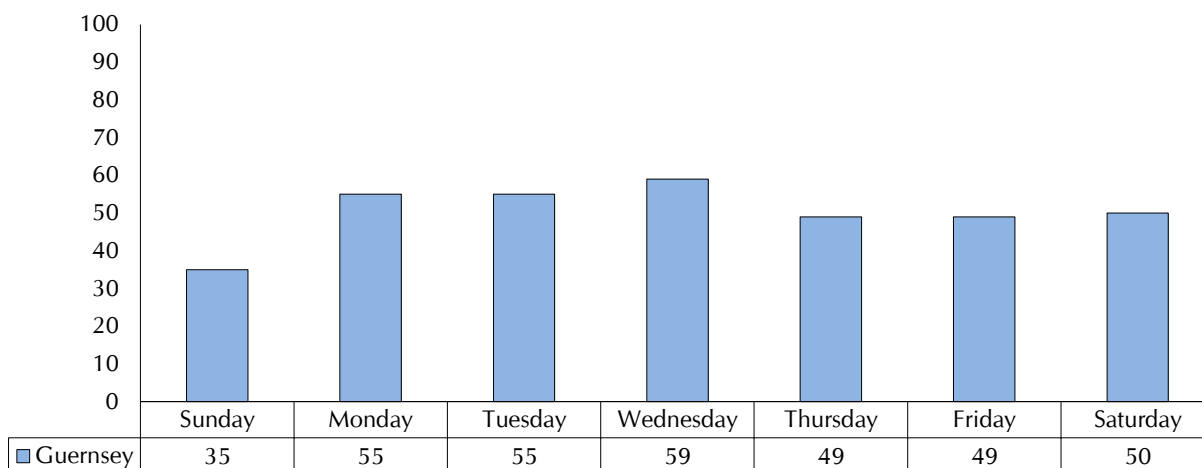
Guernsey

Yr 6

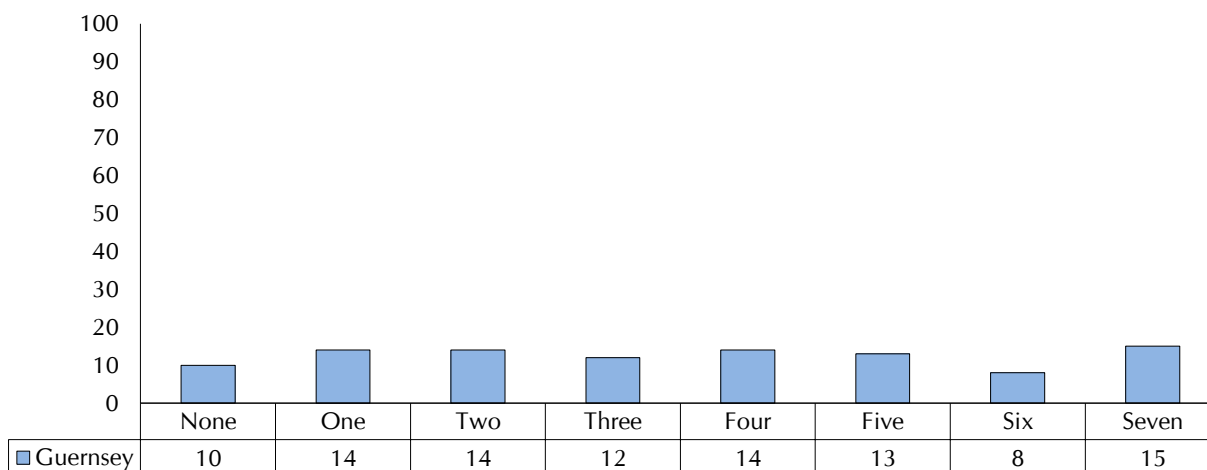
Boys 24

Girls 14

Q24. 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.)?



Q24. 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.)?



10% of pupils responded that they didn't do any physical activity that strengthens muscles and bones in the week before the survey.

Q24. Percentage answering that they didn't do any physical activity that strengthens muscles and bones in the week before the survey.

Guernsey

Yr 6

Boys 9

Girls 11

62% 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.

Q24. 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 6

Boys 64

Girls 60

53% of pupils responded that none of the things listed stop them being as physically active as they would like, while 13% said they are shy in front of others.

Q25. Percentage of pupils responding that they aren't as physically active as they would like because of the following (top 10):

Boys			Girls		
1	They don't have enough time	12	1	They feel awkward trying new things	19
2	They feel awkward trying new things	12	2	They are shy in front of others	17
3	They are shy in front of others	9	3	They don't have enough time	13
4	Their friends don't do it/go there	9	4	It's too expensive	10
5	It's too expensive	6	5	Their friends don't do it/go there	9
6	They don't know what to do	6	6	Other	7
7	Other	5	7	They don't know what to do	7
8	The don't like the people who do there	5	8	The centres or clubs don't offer what they want	6
9	The centres or clubs don't offer what they want	4	9	The don't like the people who do there	4
10	It's too difficult to get there	3	10	They have a health problem or disability	4

Leisure activities

54% of pupils responded that they do team sport at least once a week, while 19% said they do arts or performance activity. 11% said they don't do any of the activities listed.

Q26. Percentage of pupils responding that they do the following activities at least once a week:

Boys			Girls		
1	Team sport	61	1	Individual sport	55
2	Individual sport	58	2	Team sport	46
3	Activity equipment (e.g. fitness trails in the parks, climbing frames)	36	3	Activity equipment (e.g. fitness trails in the parks, climbing frames)	36
4	Youth group or club	34	4	Arts or performance activity	33
5	Live music (taking part in)	13	5	Youth group or club	25
6	Arts or performance activity	8	6	Live music (taking part in)	14
7	Community activity or volunteering	6	7	Community activity or volunteering	8

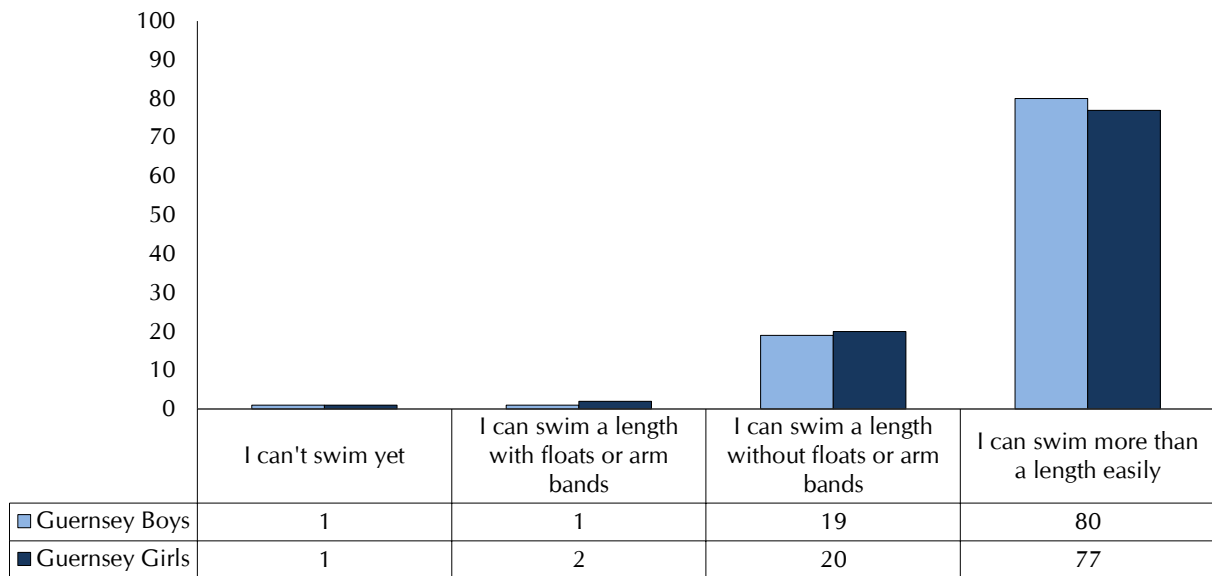
42% of pupils responded that they would like to do more team sport, while 18% said they would like to do more arts or performance activity. 20% said they don't want any more opportunities like the ones listed.

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

Boys			Girls		
1	Team sport	44	1	Team sport	39
2	Individual sport	34	2	Individual sport	38
3	Sports equipment (e.g. basketball hoops, painted marking for goals etc.)	30	3	Activity equipment (e.g. fitness trails in the parks, climbing frames)	26
4	Activity equipment (e.g. fitness trails in the parks, climbing frames)	22	4	Arts or performance activity	25
5	Youth group or club	16	5	Sports equipment (e.g. basketball hoops, painted marking for goals etc.)	21
6	Live music (taking part in)	16	6	Live music (taking part in)	14
7	Arts or performance activity	12	7	Youth group or club	12
8	Community activity or volunteering	6	8	Community activity or volunteering	10
9	Other	2	9	Other	1

Swimming

Q28. How far can you swim?



1% of pupils responded that they can't swim yet, while 2% said they can only swim with floats or arm bands.

Q28. Percentage answering that they can't swim yet.

Guernsey

Yr 6

Boys 1

Girls 1

20% of pupils responded that they can swim a length without floats or arm bands, while 78% said they can swim more than a length easily.

Q28. Percentage answering that they can swim at least a length without floats or arm bands.

Guernsey

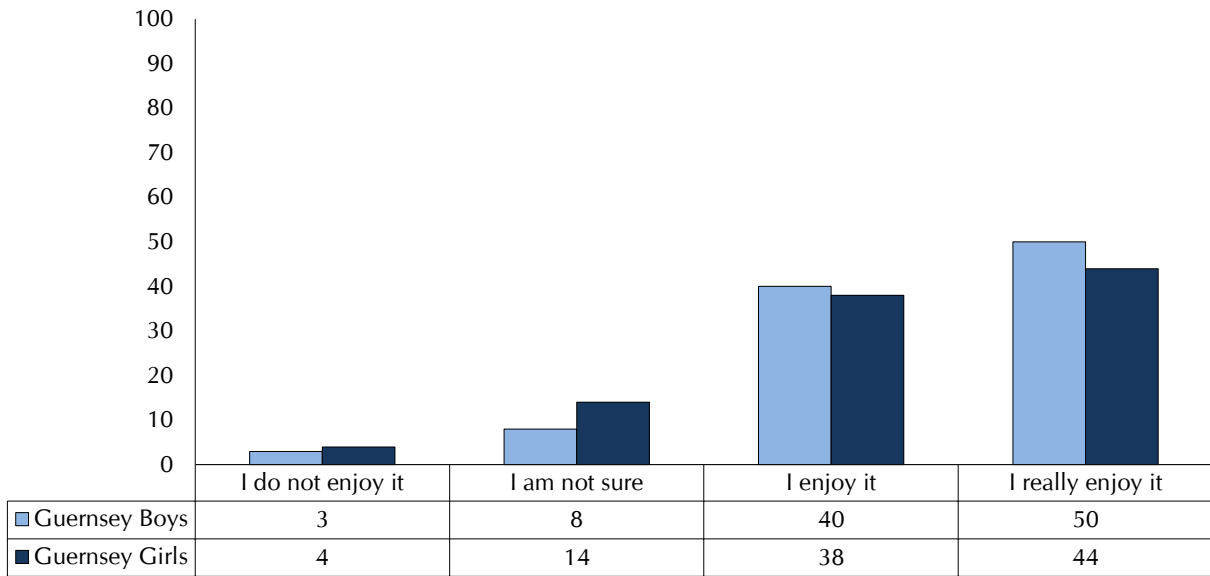
Yr 6

Boys 99

Girls 97

PE

Q29. How do you feel about physical activity at school?



4% of pupils responded that they don't enjoy physical activity at school.

Q29. Percentage answering that they don't enjoy physical activity at school.

Guernsey
Yr 6
Boys 3
Girls 4

86% of pupils responded that they 'enjoy' or 'really enjoy' physical activity at school.

Q29. Percentage answering that they 'enjoy' or 'really enjoy' physical activity at school.

Guernsey
Yr 6
Boys 89
Girls 81

The Daily Mile

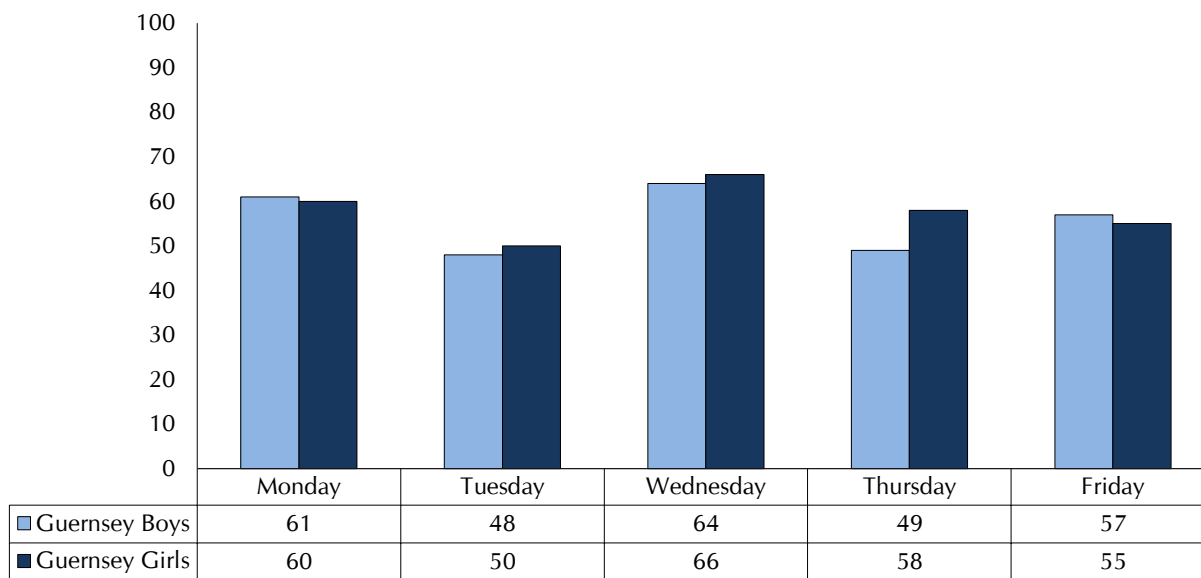
65% of pupils responded that they took part in the Daily Mile in school in the 7 days before the survey.

Of the 206 pupils who said they didn't take part in the Daily Mile last week, 66% said they would like to take part in it.

Q30. Percentage answering that they took part in the Daily Mile in school in the 7 days before the survey.

Guernsey	
Yr 6	
Boys	69
Girls	59

Q32. Since this time last week, on which days have you done the Daily Mile at school?



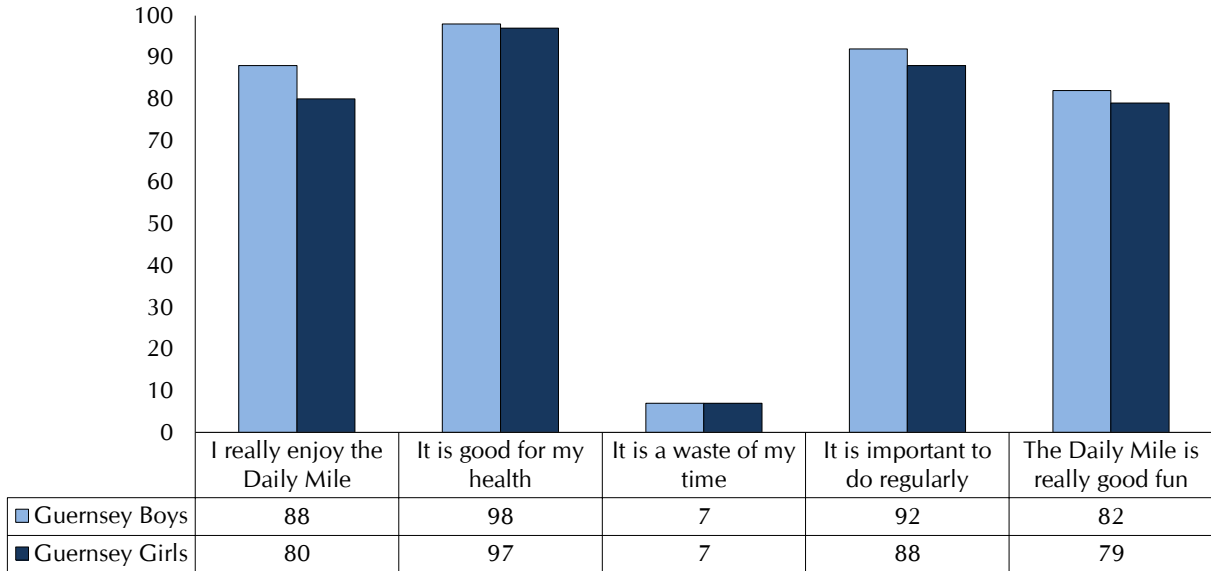
Percentages are of pupils who said they have taken part in the Daily Mile in the 7 days before the survey.

77% of pupils who took part in the Daily Mile in the past week responded that they did it on two or more days in the week before the survey.

Q32. Percentage of pupils who took part in the Daily Mile in the past week answering that they did it on two or more days in the week before the survey.

Guernsey	
Yr 6	
Boys	74
Girls	81

Q33. What do you think about the Daily Mile? % responding 'agree' or 'strongly agree'



85% of pupils who took part in the Daily Mile in the past week 'agreed' or 'strongly agreed' that they really enjoy the Daily Mile.

Q33. Percentage of pupils who took part in the Daily Mile in the past week 'agreeing' or 'strongly agreeing' that they really enjoy the Daily Mile.

Guernsey

Yr 6

Boys 88

Girls 80

98% of pupils who took part in the Daily Mile in the last week 'agreed' or 'strongly agreed' that the Daily Mile is good for their health.

Q33. Percentage of pupils who took part in the Daily Mile in the past week 'agreeing' or 'strongly agreeing' that the Daily Mile is good for their health.

Guernsey

Yr 6

Boys 98

Girls 97

7% of pupils who took part in the Daily Mile in the last week 'agreed' or 'strongly agreed' that the Daily Mile is a waste of time.

Q33. Percentage of pupils who took part in the Daily Mile in the past week 'agreeing' or 'strongly agreeing' that the Daily Mile is a waste of time.

Guernsey

Yr 6

Boys 7

Girls 7

Happiness

86% of pupils responded that they are at least 'quite' happy with their friendships; 90% said the same of relationships with their family.

Q34. Percentage of pupils responding that they are 'quite' or 'very' happy with the following:

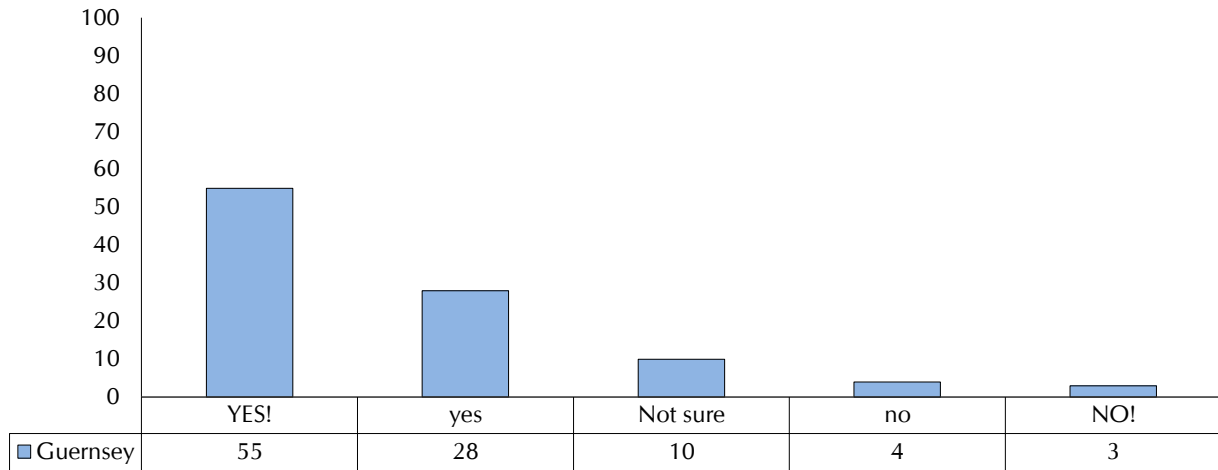
	Year 6		Total
	Boys	Girls	
Their health at the moment	84	79	82
Their appearance	76	63	70
Their friendships	91	81	86
Their life as a whole	82	73	78
Their relationships with their family	91	88	90
Their school	76	79	77
The home that they live in	95	88	92
The things that they have (like money and things they own)	94	88	91
The way they use their time	85	83	84
What they want to do when they grow up	77	71	75

14% of pupils responded that they are at least 'quite' unhappy with their appearance and 8% said the same of their life as a whole.

Q34. Percentage of pupils responding that they are 'quite' or 'very' unhappy with the following:

	Year 6		Total
	Boys	Girls	
Their health at the moment	5	7	6
Their appearance	11	18	14
Their friendships	3	9	6
Their life as a whole	7	9	8
Their relationships with their family	5	7	6
Their school	12	8	10
The home that they live in	2	6	4
The things that they have (like money and things they own)	1	4	2
The way they use their time	6	6	6
What they want to do when they grow up	0	2	1

Q35a. How much do you agree with the following? I'm glad I am who I am:



83% of pupils agreed that they are glad they are who they are.

Q35a. Percentage answering that they are glad they are who they are.

Guernsey

Yr 6

Boys 87

Girls 78

7% of pupils disagreed that they are glad they are who they are.

Q35a. Percentage answering that they are not glad they are who they are.

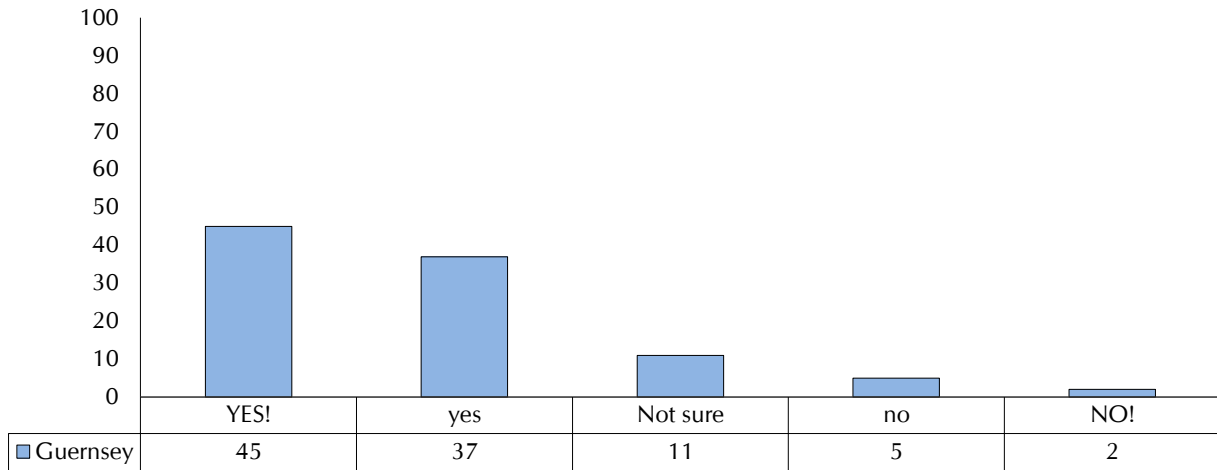
Guernsey

Yr 6

Boys 5

Girls 10

Q35b. How much do you agree with the following? I generally feel happy:



82% of pupils agreed that they generally feel happy.

Q35b. Percentage answering that they generally feel happy.

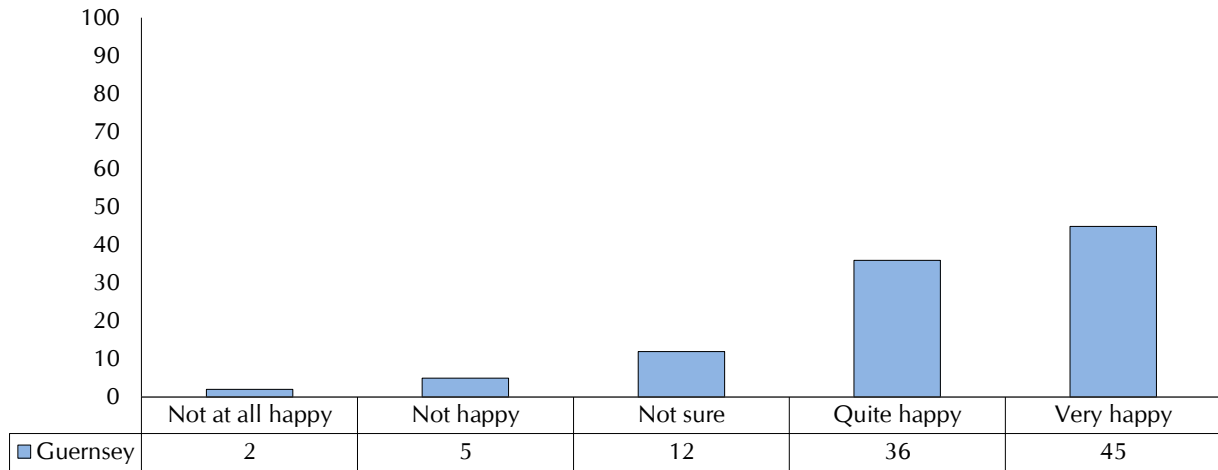
Guernsey
Yr 6
Boys 86
Girls 79

7% of pupils disagreed that they generally feel happy.

Q35b. Percentage answering that they generally do not feel happy.

Guernsey
Yr 6
Boys 5
Girls 9

Q36. In general, how happy do you feel with your life at the moment?



7% of pupils responded that they are either 'not happy' or 'not at all happy' with their life at the moment.

Q36. Percentage answering that they are either 'not happy' or 'not at all happy' with their life at the moment.

Guernsey

Yr 6

Boys 7

Girls 6

81% of pupils responded that they are 'quite' or 'very' happy with their life at the moment.

Q36. Percentage answering that they are 'quite' or 'very' happy with their life at the moment.

Guernsey

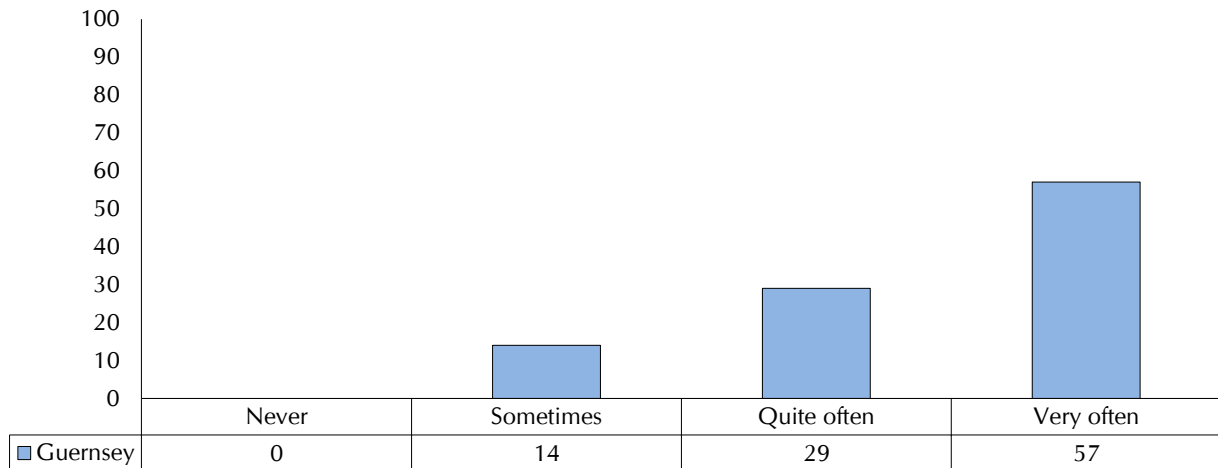
Yr 6

Boys 83

Girls 80

Worrying

Q37. Worrying summary: Percentage of pupils responding that they worry about at least one of the issues listed...



85% of pupils responded that they worry about at least one of the issues listed 'quite' or 'very' often.

27% of boys and 39% of girls worry 'quite' or 'very' often about more than 5 of the issues listed.

Q37. Percentage answering that they worry about at least one of the issues listed 'quite' or 'very' often.

	Guernsey
	Yr 6
Boys	85
Girls	86

34% of pupils responded that they 'quite' or 'very' often worry about moving on to secondary school and 35% said they worry about their parents/carers or family.

Q37. Percentage of pupils responding that they worry about the following 'quite' or 'very' often (top 10):

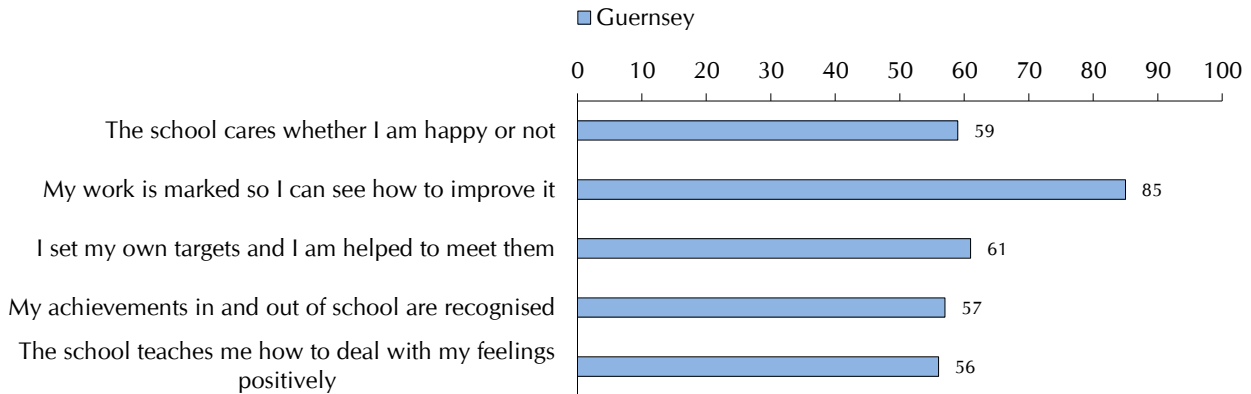
Boys		Girls			
1	The environment/global warming	43	1	The environment/global warming	48
2	Being healthy	40	2	War and terrorists	42
3	Parents/carers or family	36	3	Being healthy	41
4	War and terrorists	33	4	Falling out with friends	40
5	Moving on to secondary school	30	5	Being attacked or robbed	39
6	Being attacked or robbed	27	6	Moving on to secondary school	39
7	Falling out with friends	24	7	Parents/carers or family	34
8	School-work and exams/tests	23	8	Bullying	30
9	Keeping safe outside	22	9	The way they look	29
10	Bullying	22	10	Puberty and body changes	29

Reaching Potential

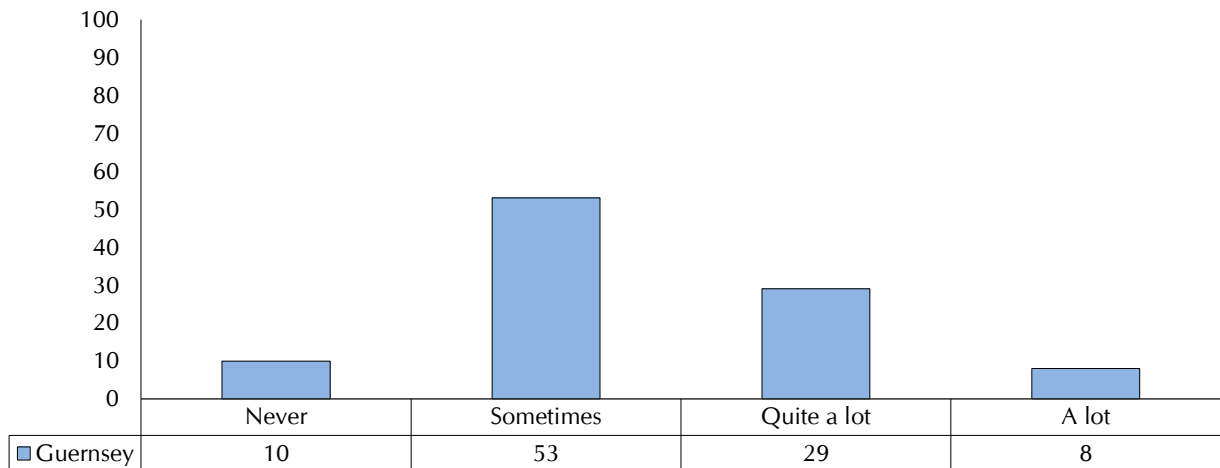
Q38. Percentage of pupils responding 'yes' to the following statements:

	Year 6		Total
	Boys	Girls	
The school cares whether I am happy or not	61	59	59
My work is marked so I can see how to improve it	88	81	85
I set my own targets and I am helped to meet them	65	57	61
My achievements in and out of school are recognised	59	54	57
The school teaches me how to deal with my feelings positively	58	54	56

Q38. Percentage of pupils responding 'yes' to the following statements:



Q39. How much does your school ask for your opinion about how to make changes to improve your school?



10% of pupils responded that their school 'never' asks for their opinion about how to make changes to improve the school, while 53% said it 'sometimes' does.

37% of pupils responded that their school asks for their opinion 'quite a lot' or 'a lot' about how to make changes to improve the school.

Q39. Percentage answering that their school 'never' asks for their opinion about how to make changes to improve the school.

Guernsey	
Yr 6	
Boys	12
Girls	7

Q39. Percentage answering that their school asks for their opinion 'quite a lot' or 'a lot' about how to make changes to improve the school.

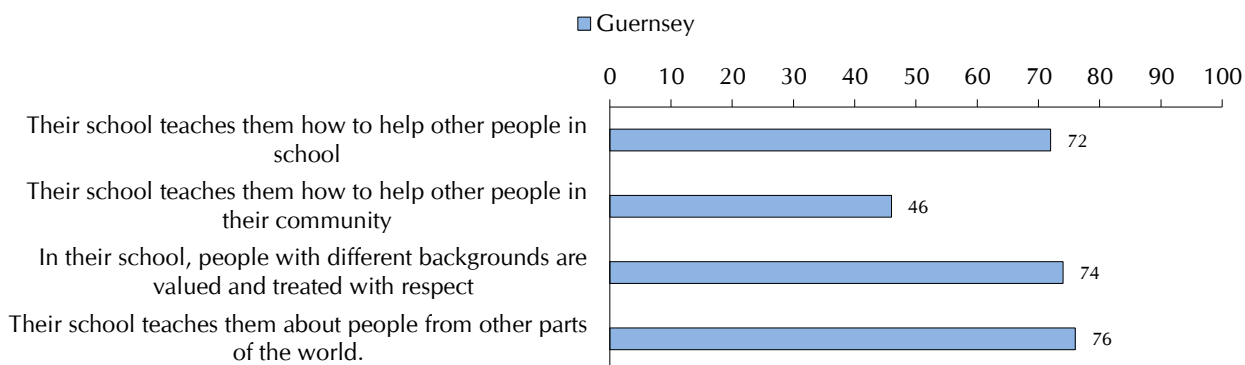
Guernsey	
Yr 6	
Boys	36
Girls	39

72% of pupils responded that their school teaches them how to help other people in school and 76% said their school teaches them about people from other parts of the world.

Q40. Percentage of pupils responding that they agree with the following statements:

	Year 6		Total
	Boys	Girls	
Their school teaches them how to help other people in school	73	71	72
Their school teaches them how to help other people in their community	46	46	46
In their school, people with different backgrounds are valued and treated with respect	71	79	74
Their school teaches them about people from other parts of the world.	75	78	76

Q40. Percentage of pupils responding that they agree with the following statements:



School enjoyment

73% of pupils responded that, on the whole, they like their teachers and 56% said they enjoy school.

Q42. Percentage of pupils responding 'yes' to the following statements about school:

	Year 6		Total
	Boys	Girls	
On the whole I like my teachers	71	77	73
School gets in the way of my life	24	15	21
I enjoy school	51	62	56
I really enjoy most lessons	54	64	58
I want to do well at school	91	93	92
I feel as though I am wasting my time at school	14	7	12
The best part of my life is the time I spend at school	12	16	14

86% of pupils responded that they are 'quite' or 'very' proud to belong to their school.

Q43. Percentage answering that they are 'quite' or 'very' proud to belong to their school.

Guernsey

Yr 6

Boys 83

Girls 91

14% of pupils responded that they are 'not very proud' to belong to their school.

Q43. Percentage answering that they are 'not very proud' to belong to their school.

Guernsey

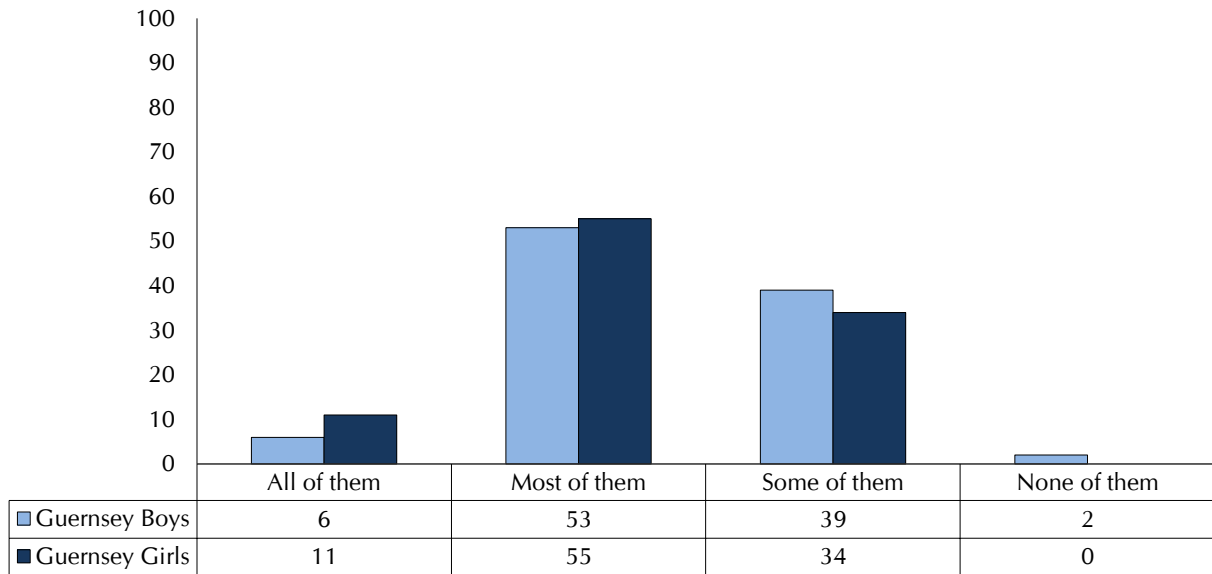
Yr 6

Boys 17

Girls 9

School lessons

Q44. How many lessons do you enjoy at school?



62% of pupils responded that they enjoy 'most' or 'all' of their lessons at school.

Q44. Percentage answering that they enjoy 'most' or 'all' of their lessons at school.

Guernsey

Yr 6

Boys 59

Girls 66

1% of pupils responded that they don't enjoy any of their lessons at school, while 37% said they only enjoy 'some' of them.

Q44. Percentage answering that they don't enjoy any of their lessons at school.

Guernsey

Yr 6

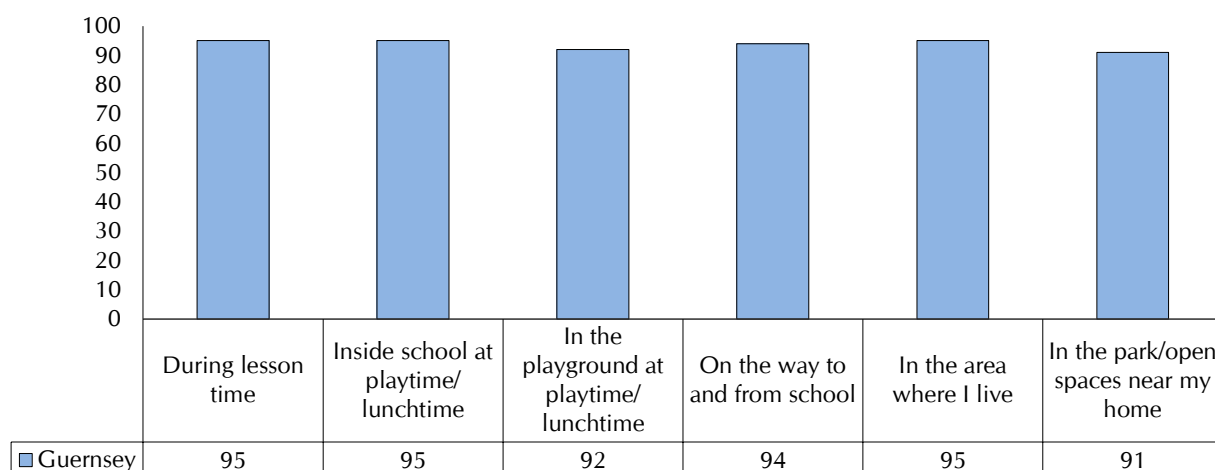
Boys 2

Girls 0

Safe and Nurtured

Safety

Q41. How safe do you feel...? % responding 'quite' or 'very' safe



95% of boys and 96% of girls responded that they feel 'quite' or 'very' safe during lesson time, while 5% said they feel 'not very safe'.

94% of boys and 96% of girls responded that they feel 'quite' or 'very' safe inside school at playtime/lunchtime, while 5% said they feel 'not very safe'.

92% of boys and 92% of girls responded that they feel 'quite' or 'very' safe in the playground at playtime/lunchtime, while 8% said they feel 'not very safe'.

95% of boys and 92% of girls responded that they feel 'quite' or 'very' safe on the way to and from school, while 6% said they feel 'not very safe'.

96% of boys and 94% of girls responded that they feel 'quite' or 'very' safe in the area where they live, while 5% said they feel 'not very safe'.

93% of boys and 89% of girls responded that they feel 'quite' or 'very' safe in the park/open spaces near their home, while 9% said they feel 'not very safe'.

Q41. Percentage answering that they feel 'quite' or 'very' safe during lesson time.

Guernsey

Yr 6

Boys 95

Girls 96

Q41. Percentage answering that they feel 'quite' or 'very' safe inside school at playtime/lunchtime.

Guernsey

Yr 6

Boys 94

Girls 96

Q41. Percentage answering that they feel 'quite' or 'very' safe in the playground at playtime/lunchtime.

Guernsey

Yr 6

Boys 92

Girls 92

Q41. Percentage answering that they feel 'quite' or 'very' safe on the way to and from school.

Guernsey

Yr 6

Boys 95

Girls 92

Q41. Percentage answering that they feel 'quite' or 'very' safe in the area where they live.

Guernsey

Yr 6

Boys 96

Girls 94

Q41. Percentage answering that they feel 'quite' or 'very' safe in the park/open spaces near their home.

Guernsey

Yr 6

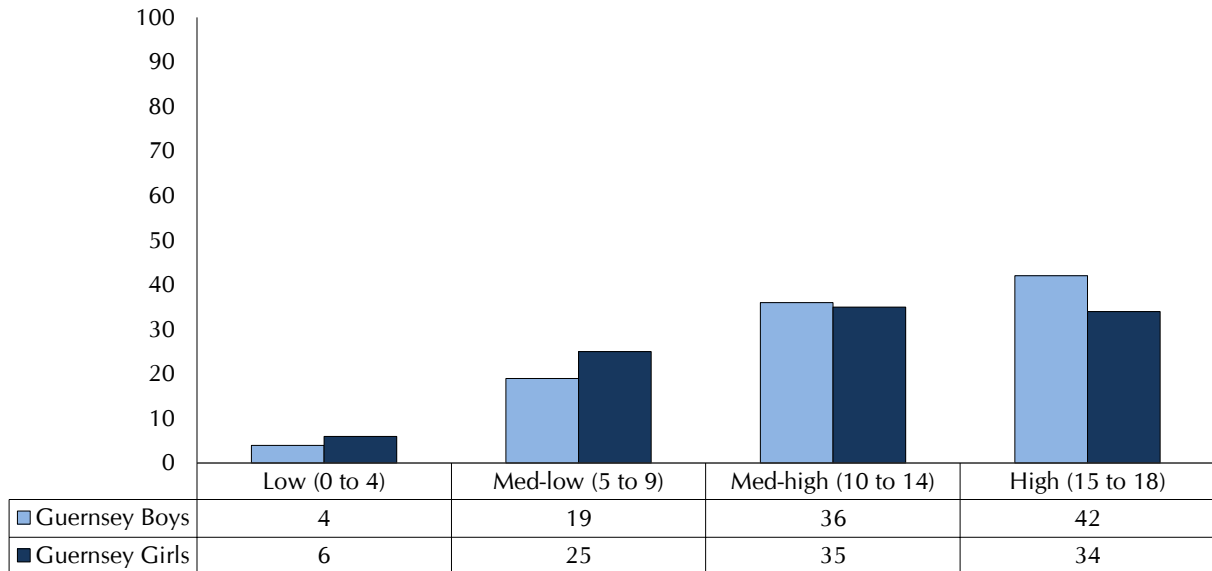
Boys 93

Girls 89

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. Overall the levels of esteem are:

Q45. Composite self-esteem score:



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

27% of pupils had a med-low self-esteem score (9 or less).

Q45. Percentage with a med-low self-esteem score (9 or less).

Guernsey	
Yr 6	
Boys	22
Girls	31

38% of pupils had a high self-esteem score (15 or more).

Q45. Percentage with a high self-esteem score (15 or more).

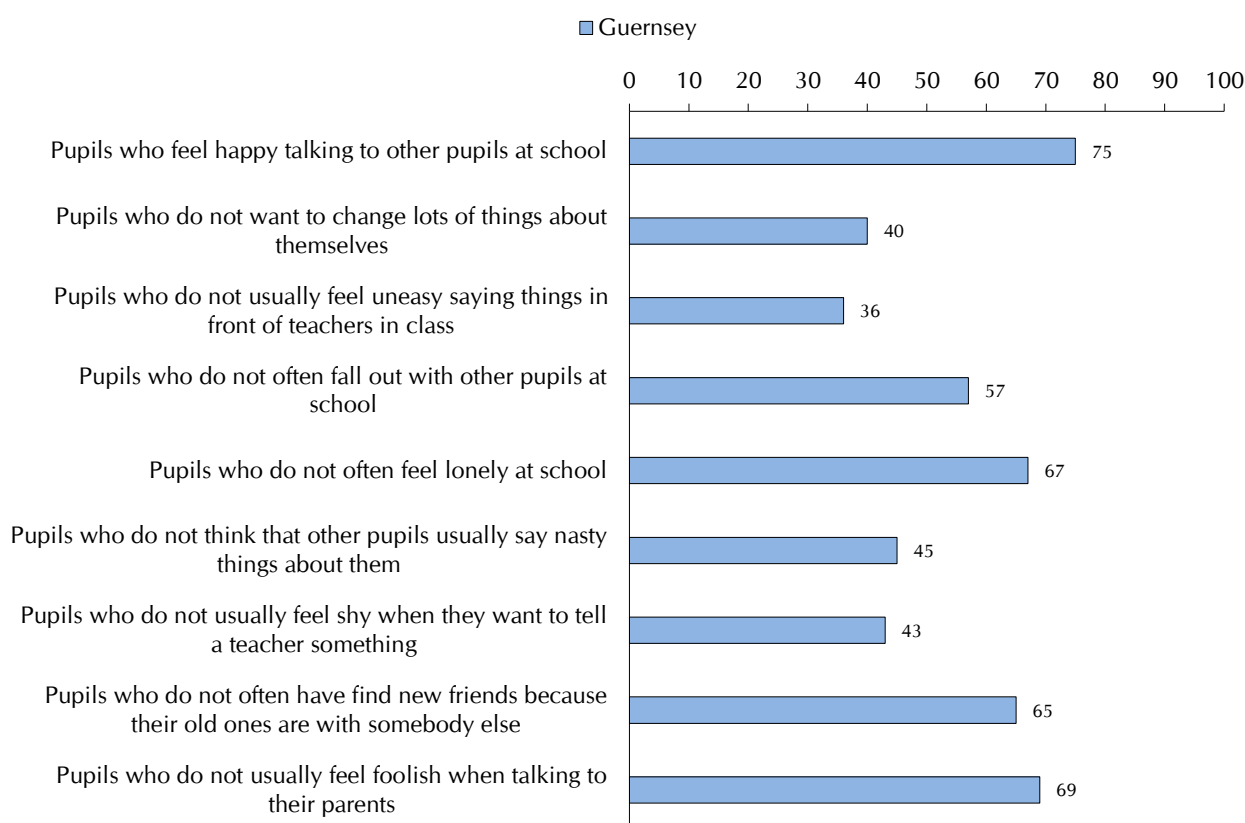
Guernsey	
Yr 6	
Boys	42
Girls	34

75% of pupils responded that they feel happy talking to other pupils at school.

Q45. (Individual self-esteem items) Percentage in each group giving a high esteem response:

	Year 6		Total
	Boys	Girls	
Pupils who feel happy talking to other pupils at school	77	73	75
Pupils who do not want to change lots of things about themselves	42	38	40
Pupils who do not usually feel uneasy saying things in front of teachers in class	39	32	36
Pupils who do not often fall out with other pupils at school	61	52	57
Pupils who do not often feel lonely at school	70	64	67
Pupils who do not think that other pupils usually say nasty things about them	49	41	45
Pupils who do not usually feel shy when they want to tell a teacher something	52	33	43
Pupils who do not often have find new friends because their old ones are with somebody else	71	59	65
Pupils who do not usually feel foolish when talking to their parents	71	68	69

Q45. (Individual self-esteem items) Percentage in each group giving a high esteem response:



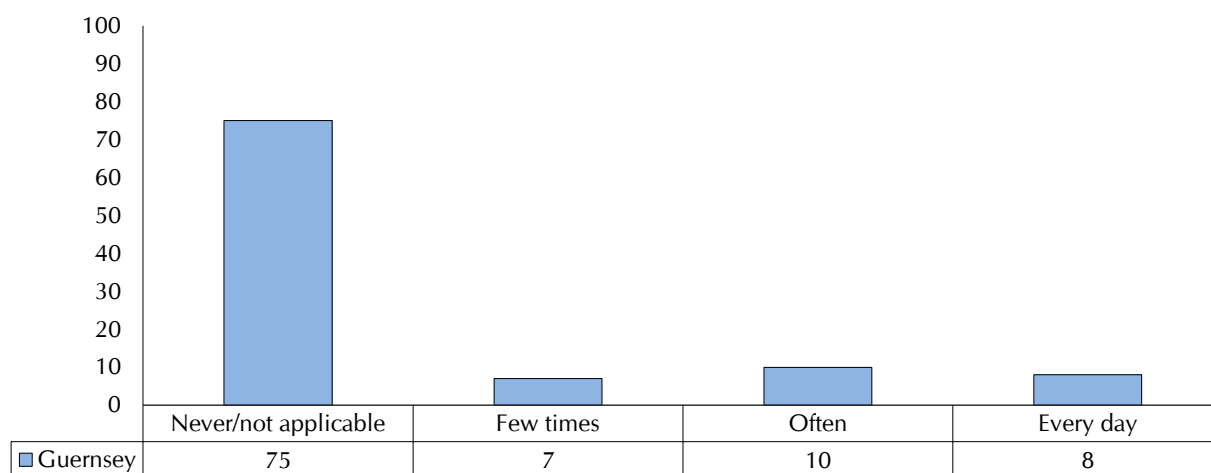
Bullying

26% 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.

Q47. Percentage answering that they have been bullied at or near school in the last 12 months.

Guernsey	
Yr 6	
Boys	24
Girls	26

Q48. Negative behaviour summary: Percentage of pupils responding that they have been bullied at or near school in the last year and experienced at least one of the negative behaviours listed in the last month...



25% of pupils responded that they have been bullied at or near school in the last year and experienced at least one of the negative behaviours listed at least a 'few times' in the last month, while 8% experienced such behaviour 'every day'.

Q48. Percentage answering that they have been bullied at or near school in the last year and experienced negative behaviour at least a 'few times' in the last month.

Guernsey	
Yr 6	
Boys	24
Girls	24

22% of pupils responded that they have been bullied at or near school in the last year and been teased/made fun of at least a 'few times' in the last month and 18% said they have been pushed/hit.

Q48. Percentage of pupils responding that they have been bullied at or near school in the last year and experienced the following at least a 'few times' in the last month:

Boys		Girls	
1	Teased/made fun of	21	22
2	Pushed/hit	20	20
3	Called nasty names	19	20
4	Been ignored/left out	18	17
5	Ganged up on	13	15
6	Threatened (not for money)	13	14
7	Had belongings taken/broken	10	12
8	Received nasty/threatening phone messages	6	10
9	Nasty comments on social media	5	9
10	Received nasty/threatening emails	3	5

15% of pupils responded that they have been bullied at or near school in the last year and think they have been picked on or bullied because of the way they look and 11% think they have because of their size or weight.

Q49. Percentage of pupils responding that they have been bullied at or near school in the last year and think they have been picked on or bullied because of the following:

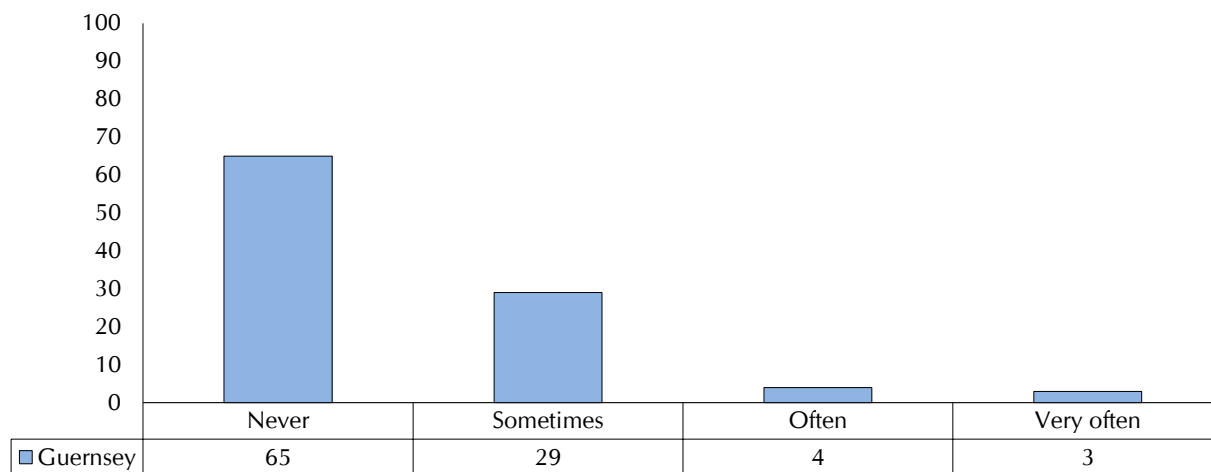
Boys		Girls	
1	The way they look	12	17
2	Their size or weight	8	14
3	Other	5	8
4	The clothes they wear	3	4
5	A disability	2	3
6	Their race, colour or religion	1	3

65% of pupils responded that they think their school takes bullying seriously, while 12% think it doesn't take it seriously.

Q50. Percentage answering that they think their school takes bullying seriously.

Guernsey	
Yr 6	
Boys	63
Girls	68

Q51. Do you ever feel afraid of going to school because of bullying?



35% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.

Q51. Percentage answering that they at least 'sometimes' feel afraid of going to school because of bullying.

Guernsey	
Yr 6	
Boys	33
Girls	38

6% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

Q51. Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

Guernsey	
Yr 6	
Boys	5
Girls	8

24% of pupils responded that they have received a message on their phone or online that scared or upset them.

Q52. Percentage answering that they have received a message on their phone or online that scared or upset them.

Guernsey	
Yr 6	
Boys	21
Girls	29

Leisure Time and Internet Safety

Leisure time

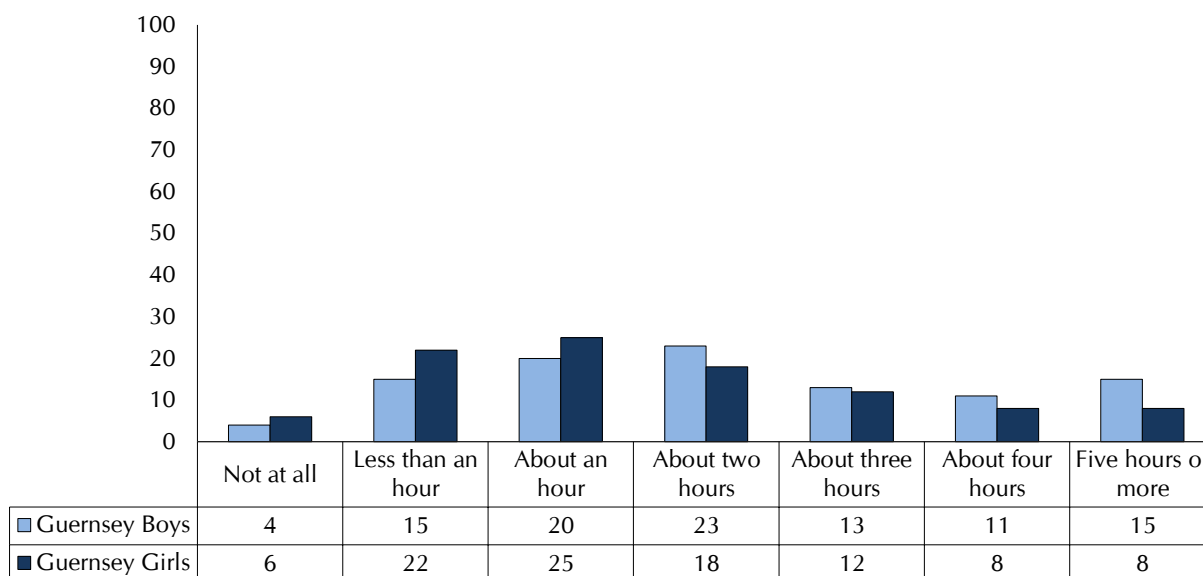
80% of pupils responded that they went to parks or open spaces in the 4 weeks before the survey and 34% went to a music group or lessons.

Q53. 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	78	1	Parks or open spaces	83
2	Sports club or class (not school lessons and not just watching)	71	2	Sports club or class (not school lessons and not just watching)	65
3	Cinemas/theatres	39	3	Art, craft, dance, drama, film/ video making group	51
4	Youth centre or club (including scouts/guides etc.)	38	4	Music group or lessons	38
5	Music group or lessons	31	5	Youth centre or club (including scouts/guides etc.)	38
6	Libraries (not school library)	27	6	Cinemas/theatres	35
7	Art, craft, dance, drama, film/ video making group	26	7	Libraries (not school library)	35
8	Museums/art galleries	23	8	Given their time to help a charity, a local voluntary group or done some organised volunteering	27
9	Given their time to help a charity, a local voluntary group or done some organised volunteering	23	9	Museums/art galleries	26
10	Religious, faith or community group	13	10	Religious, faith or community group	15

Screen time

Q54. How long did you spend looking at a device screen yesterday? (Including computer, iPad, TV, games console, mobile phone or other handheld devices)



22% 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.

34% of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey; 12% said they did so for 'five hours or more'.

65% of pupils responded that the amount of time they spent looking at a device screen is a usual amount for them on a week day, while 13% said it was less than usual.

41% 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 45% said it was less than usual.

Q54. 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 6

Boys 19

Girls 28

Q54. Percentage answering that they looked at a device screen for at least 'about three hours' on the day before the survey.

Guernsey

Yr 6

Boys 38

Girls 28

Q55a. 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 6

Boys 64

Girls 67

Q55b. 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 6

Boys 38

Girls 44

Alcohol

2% of pupils responded that they had an alcoholic drink in the 7 days before the survey.

Q56. Percentage answering that they had an alcoholic drink in the 7 days before the survey.

Guernsey

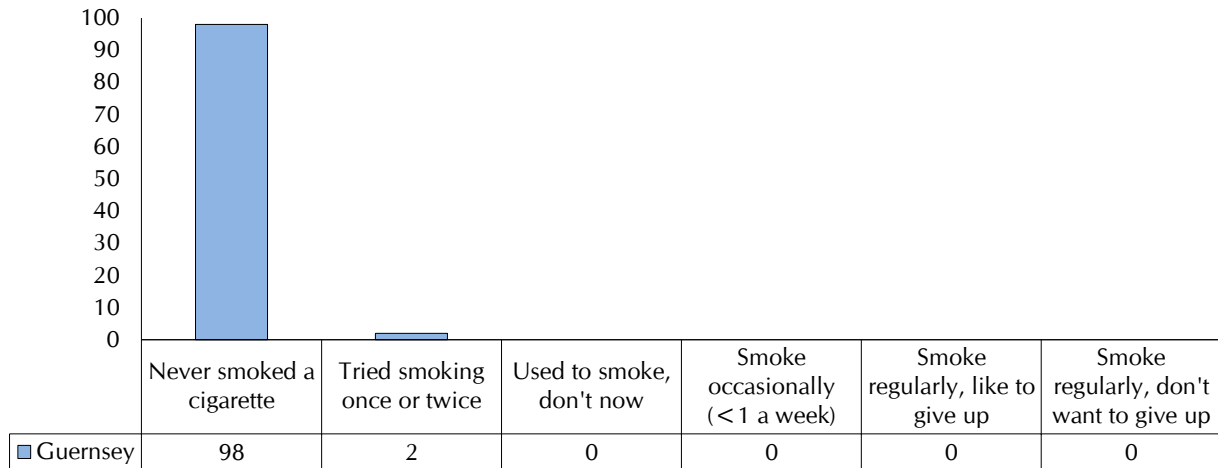
Yr 6

Boys 3

Girls 1

Smoking

Q58. Smoking: Which statement describes you best?



2% of pupils said they have smoked in the past or smoke now.

Q58. Percentage answering that they have smoked in the past or smoke now.

Guernsey

Yr 6

Boys 3

Girls 1

0% of pupils responded that they smoked in the 7 days before the survey.

Q59. Percentage answering that they smoked in the 7 days before the survey.

Guernsey

Yr 6

Boys 0

Girls 0

90% of pupils responded that they think they will not smoke when they are older.

Q61. Percentage answering that they think they will not smoke when they are older.

Guernsey

Yr 6

Boys 89

Girls 91

1% of pupils responded that they think they will smoke when they are older, while 9% think they may smoke.

Q61. Percentage answering that they think they will smoke when they are older.

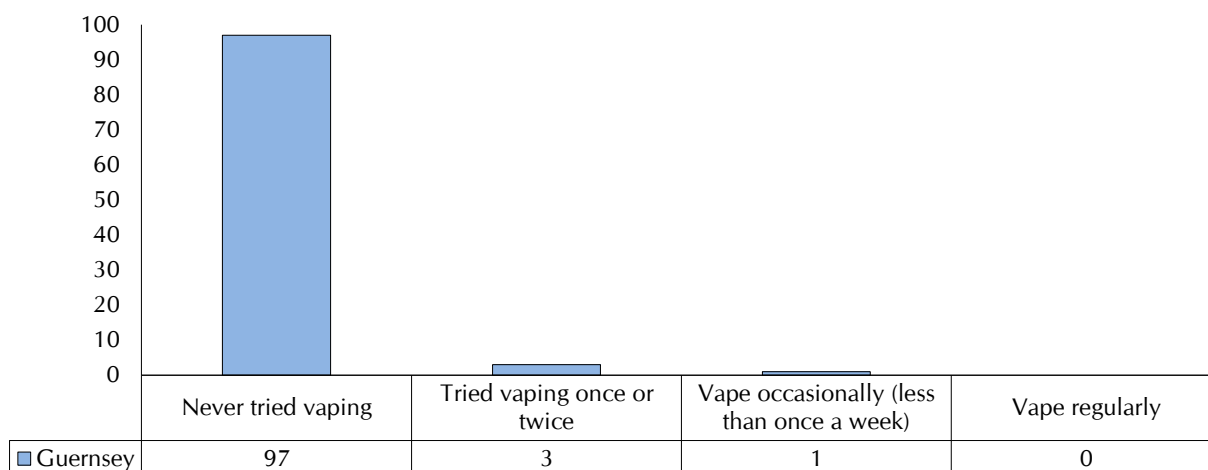
Guernsey

Yr 6

Boys 1

Girls 1

Q62. E-cigarettes and vaping: Which describes you best?



3% of pupils responded that they have at least tried vaping (or vape now).

Q62. Percentage answering that they have vaped in the past (or vape now).

Guernsey

Yr 6

Boys 4

Girls 1

20% of pupils responded that their parents/carers vape.

Q63. Percentage answering that their parents/carers vape.

Guernsey

Yr 6

Boys 21

Girls 20

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

Q64a. Percentage answering that their parents/carers smoke.

Guernsey

Yr 6

Boys 29

Girls 29

8% of pupils responded that someone smokes indoors at home in rooms that they use.

Q64b. Percentage answering that someone smokes indoors at home in rooms that they use.

Guernsey

Yr 6

Boys 6

Girls 10

8% of pupils responded that someone smokes in a car when they are in it too.

Q64c. Percentage answering that someone smokes in a car when they are in it too.

Guernsey

Yr 6

Boys 7

Girls 10

Drugs

9% of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who takes drugs.

Q65. Percentage answering that they know someone personally who takes drugs.

Guernsey

Yr 6

Boys 9

Girls 8

1% of pupils responded that they have been offered cannabis.

Q66. Percentage answering that they have been offered cannabis.

Guernsey

Yr 6

Boys 2

Girls 0

1% of pupils responded that they have been offered drugs other than cannabis, while 3% said they are 'not sure' if they have.

Q67. Percentage answering that they have been offered drugs other than cannabis.

Guernsey

Yr 6

Boys 1

Girls 0

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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
behaviour: www.sheu.org.uk/node/366**

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