

# **GUERNSEY YOUNG PEOPLE'S SURVEY RESULTS 2019**



States of Guernsey  
Education Services

# YOUNG PEOPLE'S SURVEY RESULTS 2019

## THE CONTEXT

- The survey has been undertaken since the early 1990's and is the key evidence base for the collation of the views, attitudes and health behaviours of young people in Guernsey
- The survey has changed over the years. The original versions were paper-based and focused on health issues. The surveys have developed and are now completed online and have retained many topics featured in previous surveys
- The Guernsey Young People's survey was administered in Spring 2019
- 1400 + pupils in Years 6, 8 & 10 across the Bailiwick, including St Anne's Alderney, undertook the survey.
- There was input from colleagues including Education Services; Health Improvement Commission; The Sports Commission; The Youth Commission; SHARE; PSHCE advisor. Colleagues have commented upon the findings of the Young People's survey in this summary
- The survey is administered by the Schools Health Education Unit. The unit are leaders in gathering evidence about the behaviour, views and attitudes of young people



# YOUNG PEOPLE'S SURVEY RESULTS 2019

## HOW WE USE THE FINDINGS

- Over the years the surveys have provided an evidence base that has been used for a variety of purposes:
  - To monitor trends amongst young people, especially to measure developments over time
  - To benchmark the findings against other communities
  - To inform practice – the survey has been especially significant in shaping initiatives such as the Children and Young People's plan, the Drug and Alcohol Strategy, participation of young people in sporting activities, developments in Personal Social and Health Education
  - To help shape the future provision and formulation of strategies including the Children and Young People's plan, the Drug and Alcohol Strategy, the Tobacco Control Strategy, Health Improvement and Transforming Education Programme
  - Following the 2016 survey over 30 presentations were made to organisations that work with young people
  - Each school will receive a summary of the results for their own school which can be compared to the results across the wider cohort

# YOUNG PEOPLE'S SURVEY RESULTS 2019

## THE QUESTIONS

- 70+ questions were asked about aspects of Young People's lives shaped around the priorities of the Children and Young People's Plan
- Topic areas include: Drugs; Alcohol; Tobacco; Sex and Relationships; Sport and physical activity participation; Food and Health; Emotional Health
- The survey asked questions which reflected the four priority outcomes of the Children and Young People's Plan. Those four priority outcomes are that children should be:
  - Healthy and Active
  - Safe and Nurtured
  - Included and Respected
  - Able to achieve individual and economic potential
- The survey also included a number of questions that seek to find out young people's views on education



# YOUNG PEOPLE'S SURVEY RESULTS 2019

The results have been shared with 'expert commentators' who work across a range of services that support young people. The experts are listed below

- Emma Cusack – Youth Commission
- Julia Dando – Health visitor, School nurse and Children's community nurse
- Julie Duquemin – SHARE
- Amanda Evans – PSHE advisor
- Jeremy Frith - Guernsey Sports Commission
- Katie Hill - Health Improvement Commission
- Alex Kosmas – Health Improvement Commission
- Andrea Nightingale – Health Improvement Commission
- Nix Petit – Health Improvement Commission
- Dave Stumpf – Education services
- Lucy Whitman - Health Improvement Commission
- Alun Williams - Health Improvement Commission



# YOUNG PEOPLE'S SURVEY RESULTS 2019

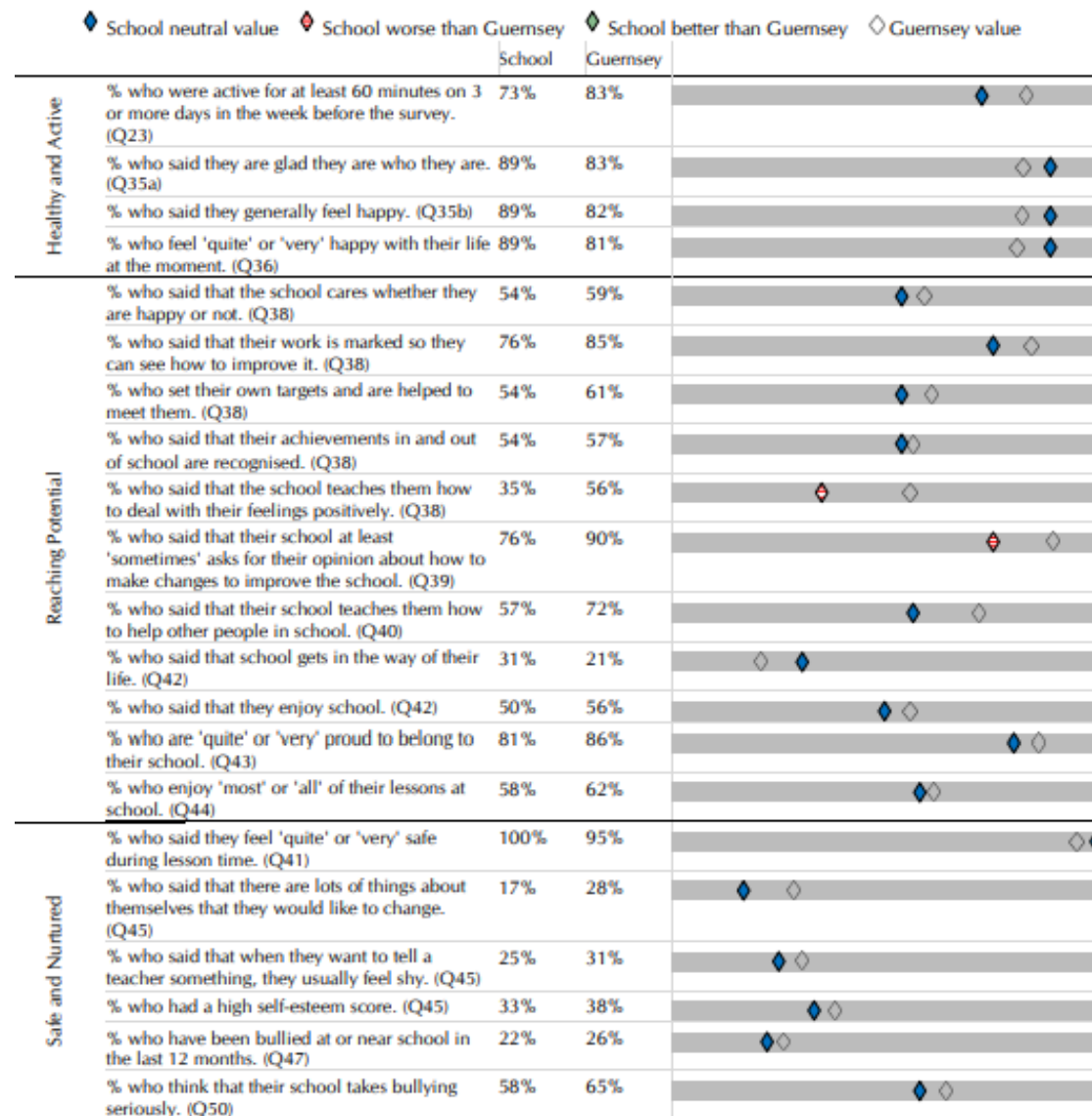
- 590 of Year 6 Primary School Pupils responded - 90% of total cohort
- 848 of Year 8+10 Secondary School students responded – 71% % of total cohort. The proportion of girls responding to the year 8+10 questions was greater
- 67 Questions were asked of the Year 6 pupils. These were broadly similar to previous survey questions
- 82 Questions were asked of students in Year 8+10. These included more questions focused on emotional wellbeing



# INDIVIDUAL SCHOOL REPORTS

Each School receives its own report with details of responses. The school can also compare with results from 2016 and with all Guernsey schools.

A summary sheet breaks down results according to the priorities of the Children and Young People's plan



# General observations

*'The Guernsey Young People's Survey provides a wealth of information on the views, behaviours and attitudes of Young People in Guernsey in the 21st Century. The 1400 young people who responded (and the teachers who oversaw the completion of the survey) must be commended for responding so honestly and candidly to the 150 questions that were posed.*

*As with previous surveys, young people in Guernsey face similar pressures to young people elsewhere. There is continuing evidence that Guernsey youngsters are struggling with issues associated with emotional health and wellbeing with a significant minority showing lower self-esteem and increased worries and anxiety.*

*It is, however, reassuring to observe that for the majority they are becoming more active, improving their diet and showing increasingly healthy attitudes to alcohol, tobacco and sex and relationships*

*The Guernsey Young People's survey is well-established as an evidence-base that allows young people, their parents and the whole community to scrutinise how they can support each other to improve the quality of life of Guernsey's young people. The Bailiwick is going through a time of unprecedented change and development in the services and structures that shape young people's lives. The findings of this survey present an opportunity to listen to and reflect upon what young people are saying about their experience of life and to use those observations to ensure that future systems do all they can to support and enhance their health and well-being'.*





# Comments from Schools Health Education Unit

*'Guernsey schools and their students are to be congratulated for the care and attention given to collecting the latest set of data for young people across the Bailiwick of Guernsey. Every school that took part gave the survey proper time and support, and their young people worked hard to explain what is going on in their lives.*

*We can see a fantastic set of data going back to the 1990s and we know that this is much more than just a data collection exercise here, but has real impact at all levels. We know that the Education Department and wider partners make good use of the island-wide figures to shape the Children and Young People's Plan among other initiatives to improve the lives of young people across Guernsey.*

*We see that, when compared with young people from the UK mainland, your young people have similar issues to deal with, emotional health and wellbeing is a key issue for young people everywhere.*

*The UK Government has recently published the first 'State of the Nation' report regarding children's mental wellbeing. The findings are broadly similar to those in the Young People's Survey and the comment made by the UK Education Secretary, Gavin Williamson are as pertinent to Guernsey as the UK:*

***'The pressures young people face today both in and out of school are vastly different to those their parents and grandparents experienced, so we need to listen to what they have to say and act on it.'***

*We are pleased to see that the continued reduction in levels of smoking and alcohol use across the UK is also mirrored in Guernsey; positive changes in 5-a-day in Guernsey since the last survey are not seen on the mainland, which is a great outcome.'*



# Comments from State of the Nation2019: Children and Young People's Wellbeing Research report

## October 2019

The recent publication of this report by the UK Department for Education covers similar topics regarding emotional health and wellbeing. Their findings are broadly similar with those that have been reported in the Guernsey Young People's Survey:

*'All children and young people (CYP) deserve to have good wellbeing, and grow up equipped with the tools they need to understand and support their mental wellbeing as they move into adulthood. Whilst there is growing awareness of the importance of wellbeing and the majority of children are happy with their lives, it remains the case that many are not.'*

*Current evidence on children and young people's wellbeing presents a complex picture:*

*The influences on children's wellbeing are multifaceted, and becoming increasingly varied as children grow into young people with different pressures on their lives.*

*A growing body of evidence indicates that their peer and family relationships, alongside their wider school and neighbourhood environment, have the strongest links to children and young people's wellbeing.'*

# Comments from State of the Nation2019: Children and Young People's Wellbeing Research report - Executive Summary

## Wellbeing in children and young people in England Executive Summary

- The majority of children and young people report being relatively happy with their lives, but many are not.
- Wellbeing declines as children and young people get older. This highlights the need to equip children and young people with the skills to support their wellbeing as they move into the world.
- There were few consistent differences in wellbeing by gender in children, but young females were more likely to report recently feeling anxious than males.
- There is some evidence that FSM (Free School Meals) pupils' wellbeing is lower than their non-FSM peers, but both FSM and SEN status are not consistent indicators of poor wellbeing suggest that children's underlying characteristics and experiences may be more important determinants of their wellbeing, which are not neatly captured by FSM or SEN status.
- Findings for children and young people's wellbeing overall suggest the need to understand wellbeing across different groups of children and young people, and to use a range of measures to understand their experiences.

# Questions covered in this summary

## Included and Respected:

- Ethnicity
- Home life
- How young people describe themselves

## Healthy and Active:

- Modes of travel to School
- Perceptions of weight and how students look
- Considering health when choosing what to eat
- Eating breakfast and eating packed lunches
- Consuming energy drinks
- Eating 5 or More Fruit and Vegetables a day
- Levels of Activity
- Views on The Daily Mile
- Alcohol Consumption
- Exposure to Drugs
- Exposure to Smoking

# Questions covered in this summary

## Safe and Nurtured

- Levels of low and high Self-esteem
- 'I am glad I am who I am/ I generally feel happy'
- Questions on emotional health and wellbeing
- 'Bullied at or near School'/ 'My School takes bullying seriously'
- Using social media in 2019
- Year 10 students who know where to get condoms
- Year 10 students' knowledge about the contraception advice service available to them

## Included and Respected:

- Ethnicity
- Home life
- How young people describe themselves

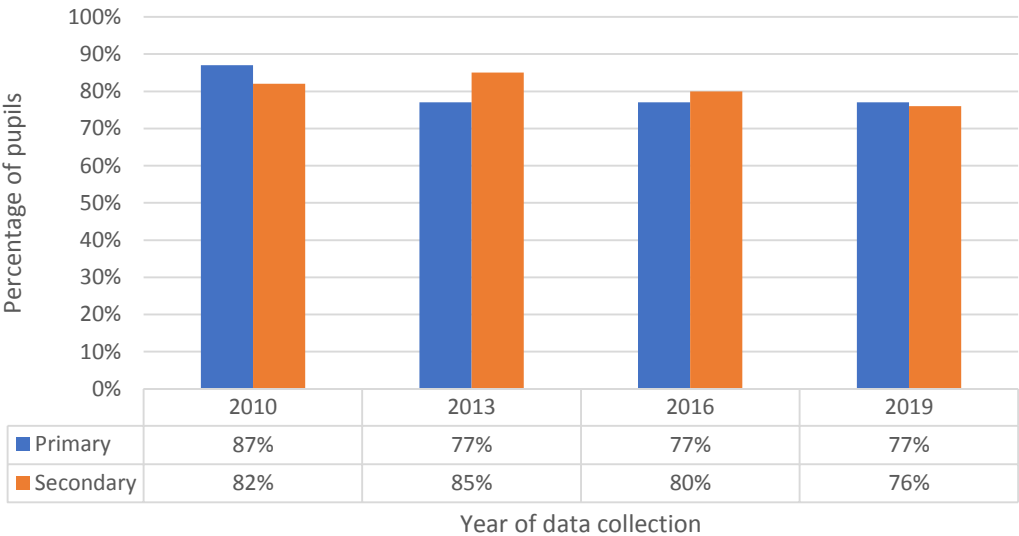
## Reaching Potential

- Enjoy/don't enjoy their PE lesson
- Enjoy all or most of their lessons
- They are helped to meet the targets they have set
- The school cares if they are happy or not
- Work is marked so they can improve
- Achievements are recognised
- The school teaches them how to deal with their feelings in a positive way

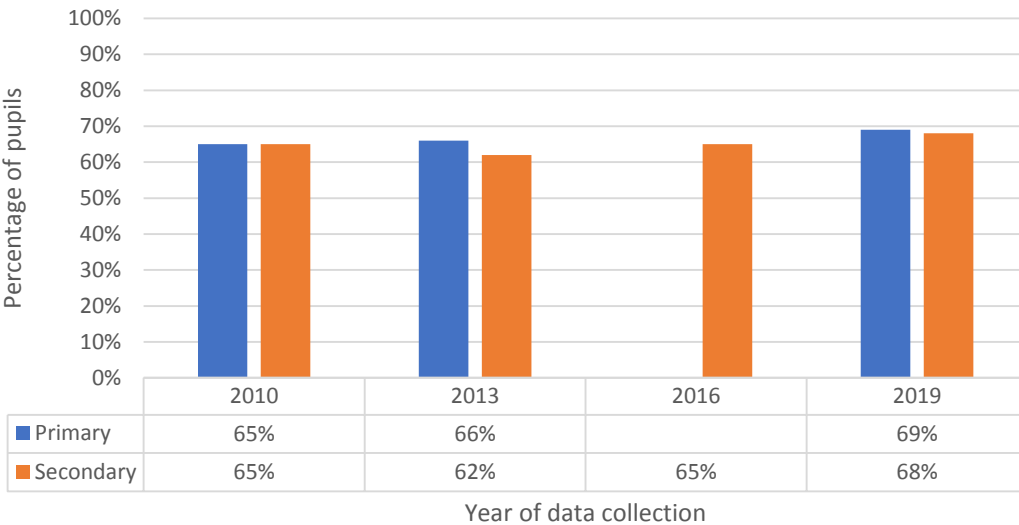
# INCLUDED AND RESPECTED

- The proportion of children that describe themselves as Guernsey/Alderney has remained high.
- The proportion of students that describe themselves as Guernsey/Alderney varies from 52% to 100% across schools.
- The proportion of children living with both parents has also remained constant.
- The proportion of children living with both parents varies from 51% to 85% across schools.

"I describe myself as 'Guernsey/Alderney'"

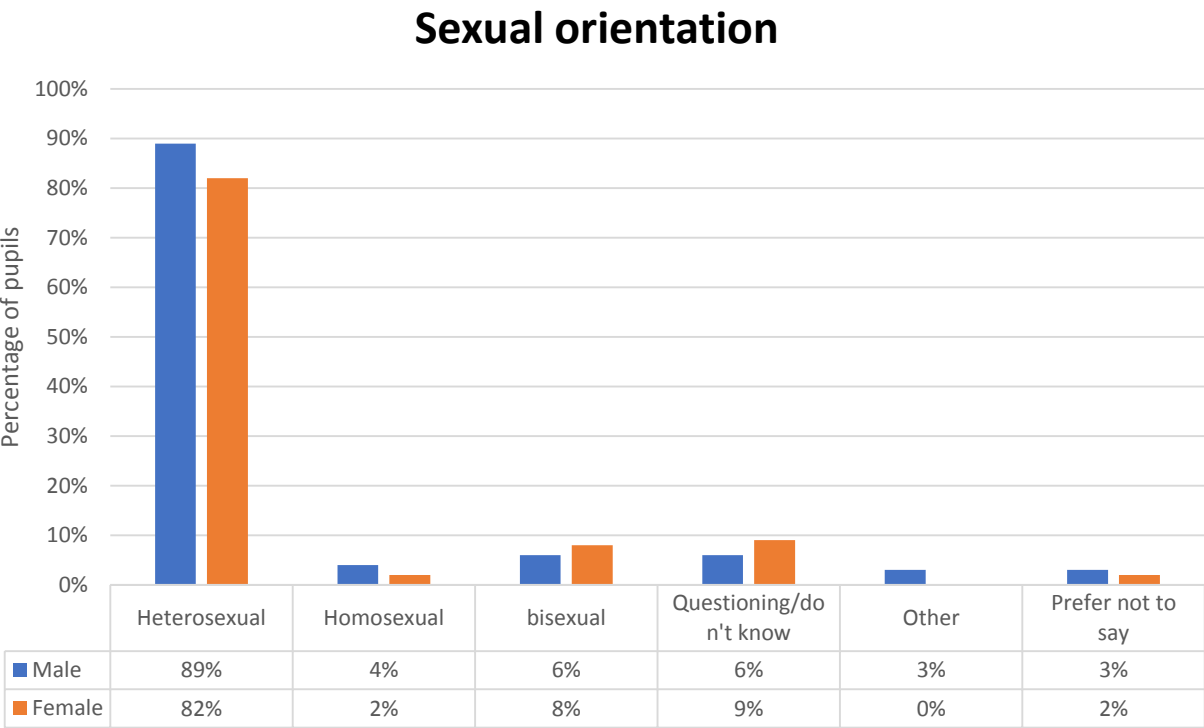


"I live with my Mum and Dad together"



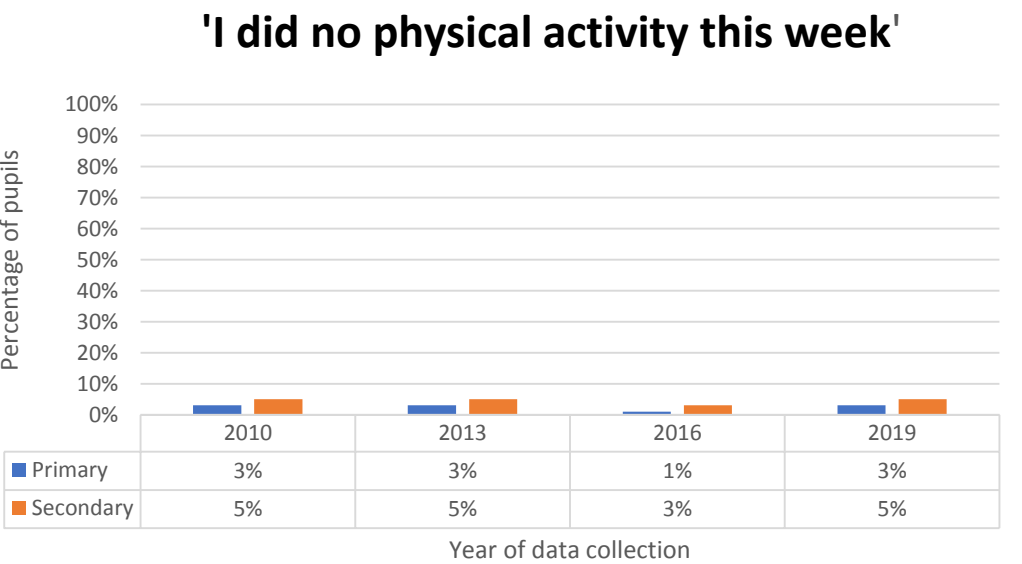
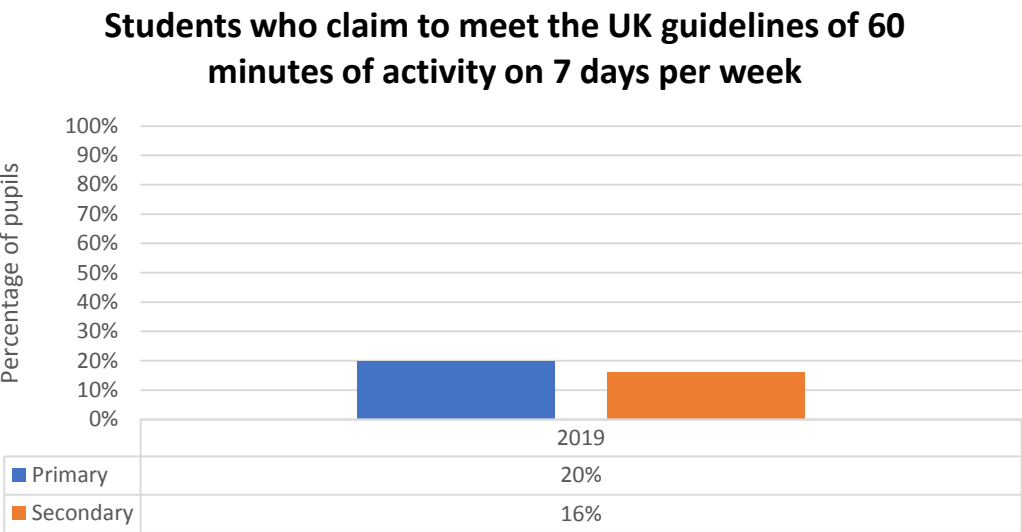
# INCLUDED AND RESPECTED

- Year 10 students were asked about their sexual orientation
- These results are similar to those measured by SHEU across UK Cohorts.
- Pupils could answer more than one - hence more than 100%



# HEALTHY AND ACTIVE

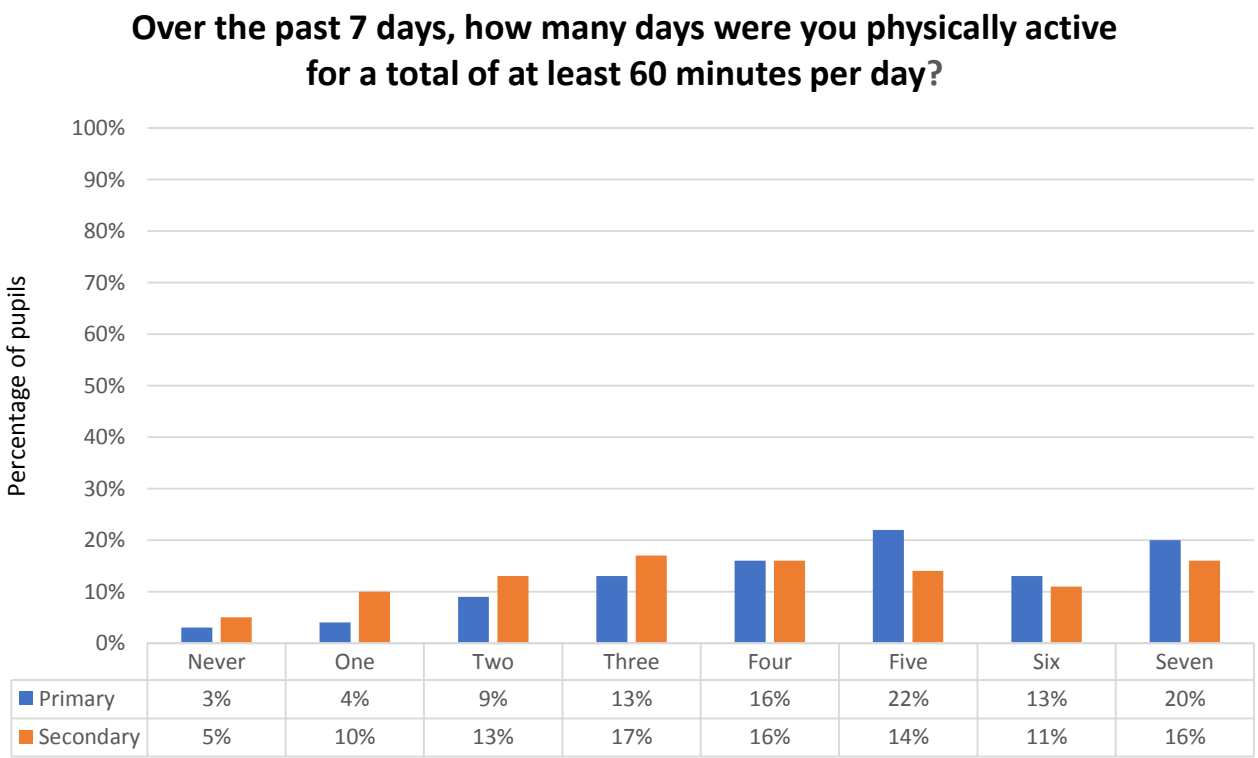
- 20% of primary and 16% of secondary school students are achieving 60 minutes or more daily
- The number of students doing no physical activity has remained low (≤5%)





# HEALTHY AND ACTIVE

- 71% of primary and 57% of secondary pupils responded that they were physically active for at least 60 minutes on 4 or more days in the week before the survey.
- For primary pupils, this was 73% of boys and 67% of girls.
- For secondary schools, this was 61% of boys and 53% of girls.



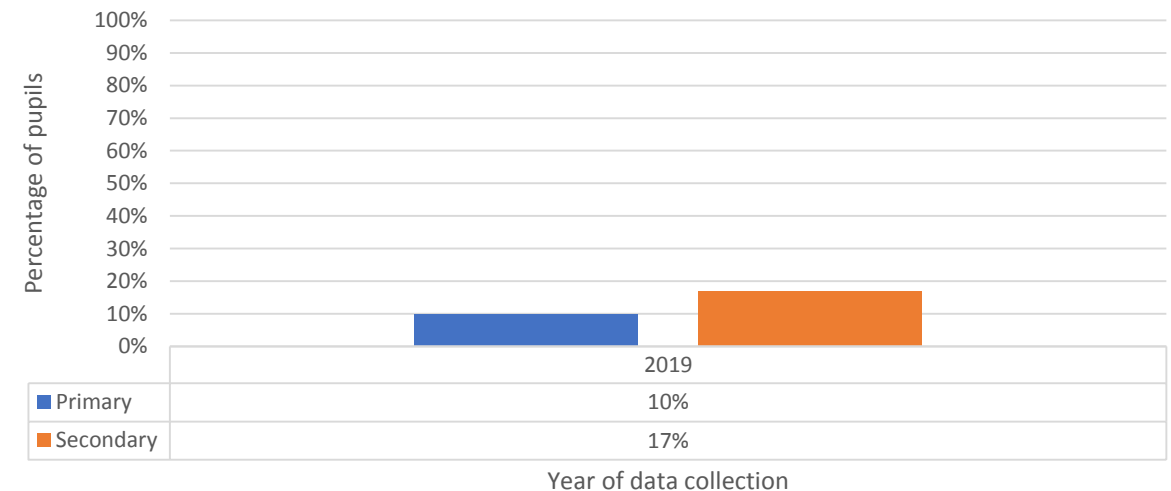
# HEALTHY AND ACTIVE

- 62% of primary pupils and 50% of secondary students said that they did physical activity that strengthened their muscles and bones, on at least 3 days in the week before the survey, as recommended by the NHS Live Well guidelines.
- 10% of primary and 17% of secondary pupils responded that they didn't do any physical activity that strengthened muscles and bones, in the week prior to the survey.

**"I did physical activity that strengthened my muscles and bones, on at least 3 days in the past week"**



**"I did no physical activity that strengthened my muscles and bones in the past week"**



## **Comment on activity levels:**

### **Alun Williams, Education Lead, Health Improvement Commission**

*‘It is encouraging to see a significant increase in perceived levels of activity especially with more young people being more active over 4-5 days per week. The Health Improvement Commission has referred to the next few years being a golden opportunity to embed high levels of physical activity as the norm across all sectors of the community and this is an encouraging sign that schools and families are incorporating activity into all aspects of young people’s lives.*

*However, it remains the case that most young people do not meet the UK physical activity guidelines and it is of particular concern that activity levels are lowest amongst older students and girls. Guernsey is going in the right direction but much work still has to be undertaken to ensure that all young people benefit from the huge number of positive physical and mental health outcomes of being active.’*



## **Comment on activity levels:**

### **Jeremy Frith, Guernsey Sports Commission**

‘There are encouraging signs from this survey that levels of physical activity are increasing and that children understand the importance of being active in order to be healthy and happy. However, there are signs that some groups are not as active as others, challenges which we must continue to address.

Over the coming years there is a golden opportunity for the sport and physical activity sector to increase its level of positive impact on all of our community, and particularly for the Island’s young people. The release of the Guernsey Sports Commission 5 year action plan in January 2020 will help it set out how it aims to support our local clubs and associations to work towards delivering an inclusive offer for Island’s young people.

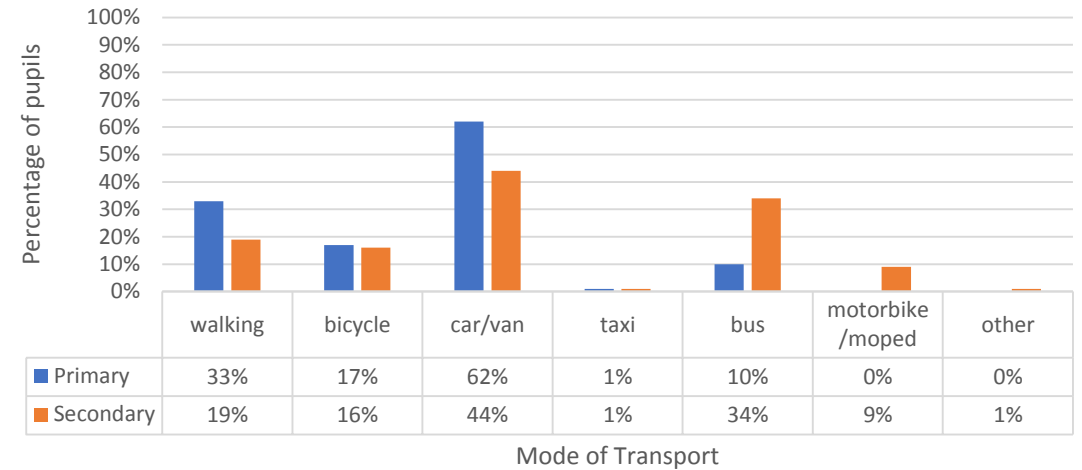
Fundamental to the success of this plan is the need to develop a supported pathway for all young people from enjoying positive experiences of sport and physical activity at school to successfully integrating in to our sporting clubs and associations. This we hope will increase the opportunity to develop a lifelong engagement with sport and physical activity from childhood in to adulthood.

# HEALTHY AND ACTIVE

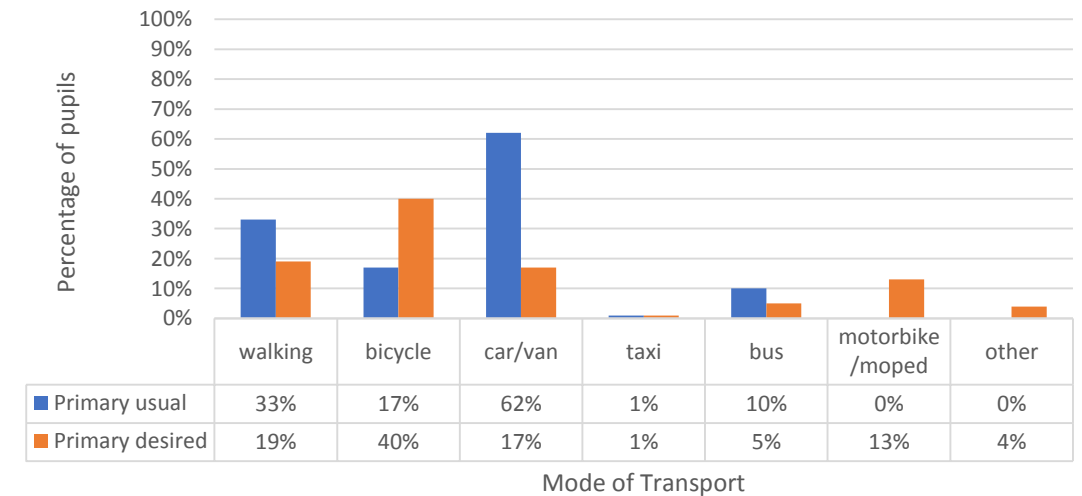
- Passive modes of transport are more frequently used to travel to school
- Children would like to travel to school actively if they had the choice
- 92% of primary pupils and 83% of secondary pupils own their own bicycle
- 33% (52%) of primary pupils responded that they usually walk to school
- 62% (49%) of primary pupils responded that they usually get to school by car/van

The values in red represent the UK average

## How Pupils Travel to School on a Usual Day



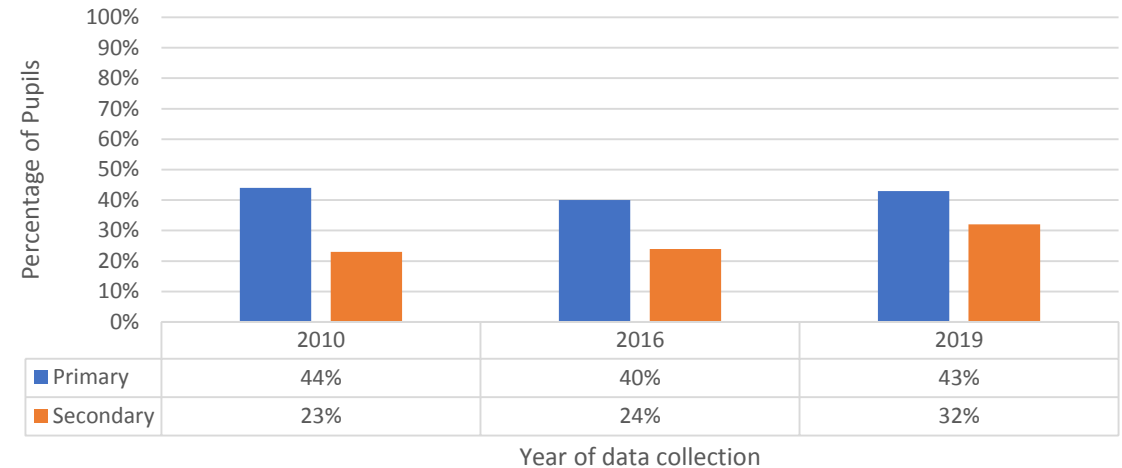
## How Primary School Pupils Usually Travel to School versus How they Would Like to Travel to School



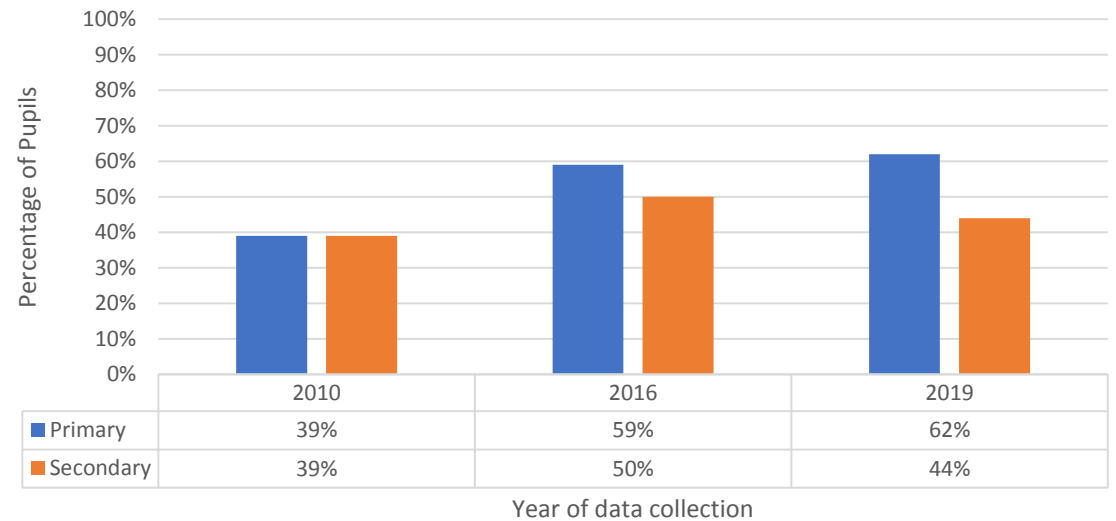
# HEALTHY AND ACTIVE

- There has been a 3% increase in primary school children and 8% increase in secondary school students who actively travel to school, since 2016
- There has been also been an increase in primary school children being driven to school, but a decrease in the amount of secondary students taking a car to school, since 2016

Number of Pupils that travel Actively to School



Number of Pupils Travelling to School by Car



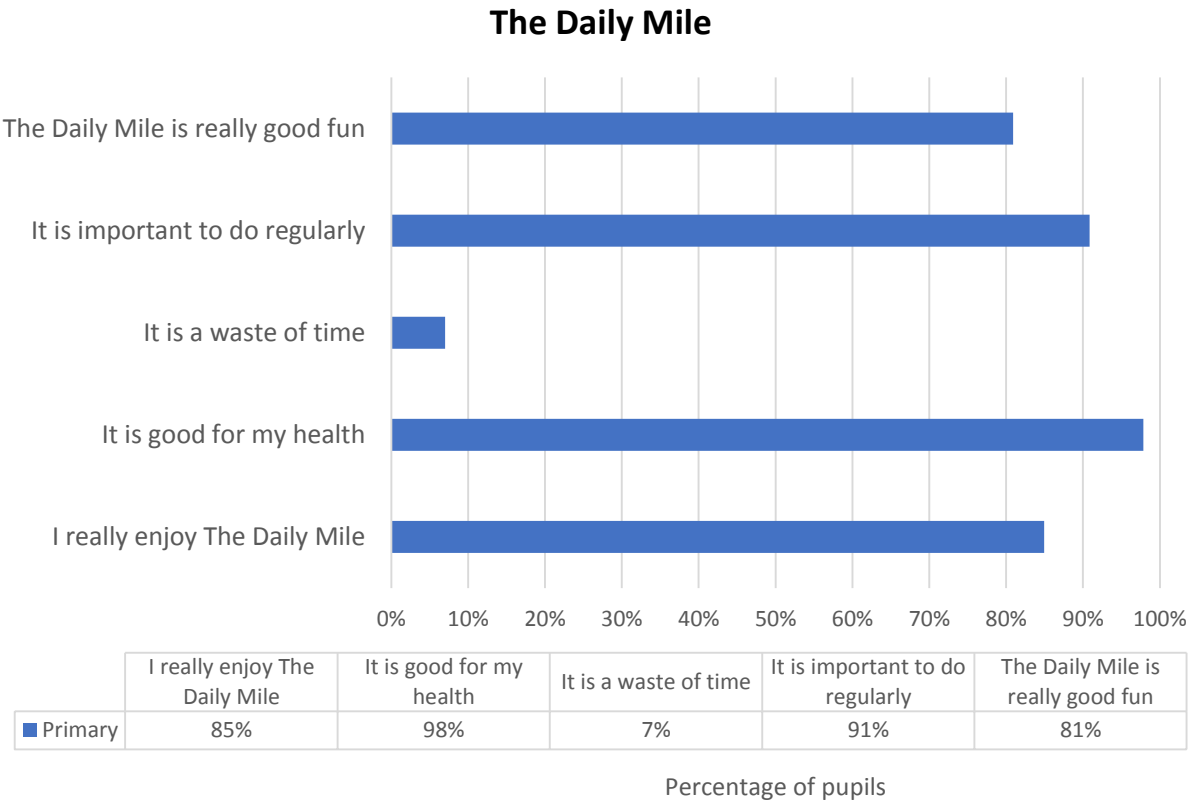
# **Comment on active travel: Nix Petit, Active Travel Officer -Health Improvement Commission**

*'It is reassuring to see that the number of pupils travelling actively to school has shown slight positive increases at both primary and secondary since 2016. Moreover, it is encouraging to see that despite the majority of pupils being driven to school, many report that they would like to travel actively.'*

*This provides the perfect opportunity for the Health Improvement Commission to implement long-term active travel initiatives in local schools and the wider community enabling daily active travel behaviours which contribute to World Health Organisation Guidelines for Physical Activity. This work will contribute toward closing the gap between active travel rates in Guernsey compared to the UK.'*

# HEALTHY AND ACTIVE

- Primary school pupils were asked for their opinions on the daily mile. Of those pupils who participate in The Daily mile :
  - 85% said they really enjoyed it
  - 98% agreed it was good for their health
  - 7% thought it was a waste of time
  - 91% agreed it was important to do regularly
  - 81% said it was really good fun





# **Comment on The Daily Mile:**

## **Alun Williams, Education Lead - Health Improvement Commission**

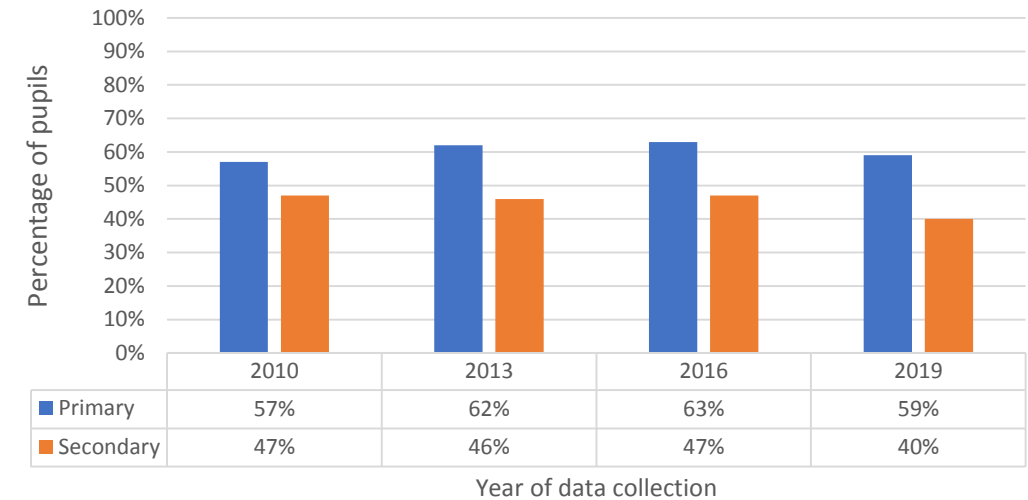
*‘These results demonstrate that The Daily Mile has quickly established itself as a popular and effective way of enabling young people to undertake fifteen minutes of moderate-vigorous intensity fun-based activity on a regular basis.*

*The responses were very positive and schools can use this information as a springboard to incorporate The Daily Mile more widely so that all pupils can benefit from the experience.’*

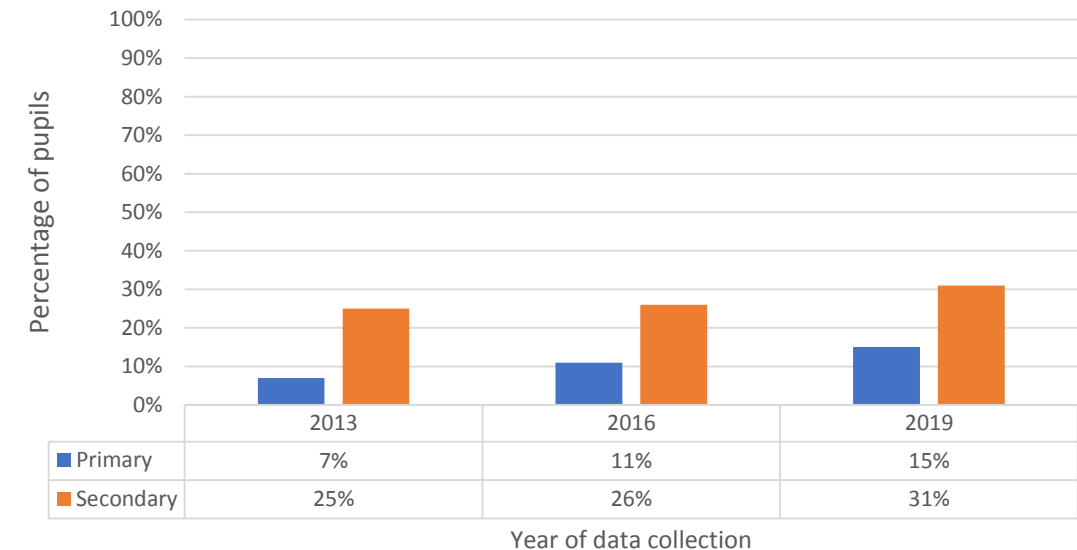
# HEALTHY AND ACTIVE

- Primary school students were happier with their weight than secondary students
- The number of students who claimed they disliked or hated the way they looked has increased in both primary and secondary students
- 3% of primary and 8% of secondary students would like to put on weight
- 38% of primary and 52% of secondary students would like to lose weight
- 38% (27%) of primary pupils responded that they would like to lose weight.

## 'I am happy with my weight as it is'



## 'I don't like/hate the way I look'



## Comment on weight perspectives :

Julia Dando, Team Manager, Health Visiting and School Nurses

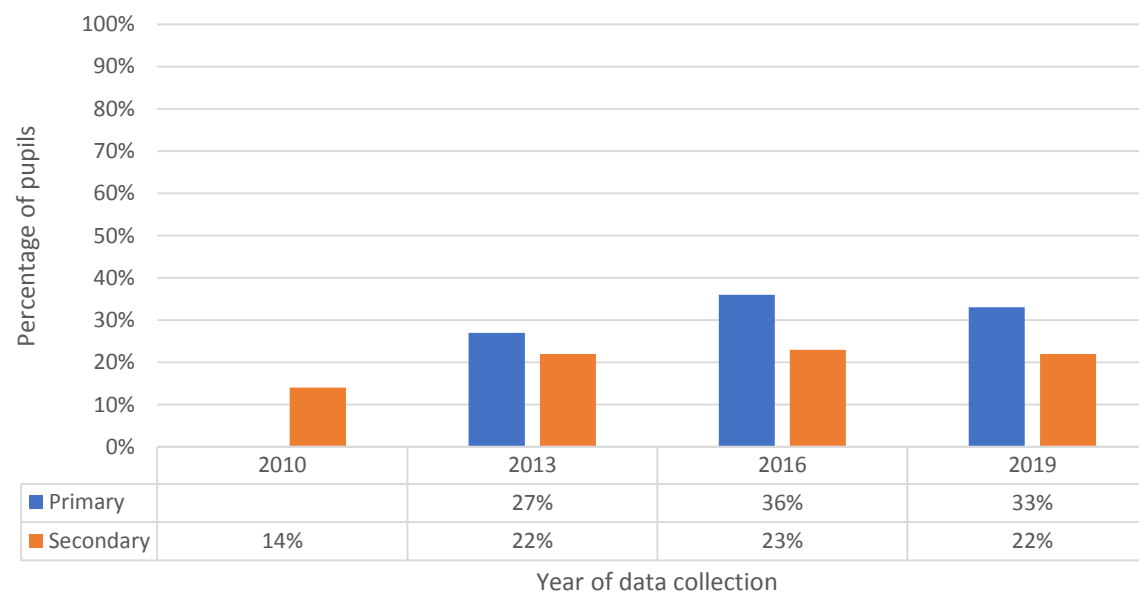
*‘The Guernsey and Young people’s survey captures excellent feedback & engagement with our children. It’s encouraging to see that the proportion of students eating 5 or more portions of fruit and veg a day, has increased from 30% to 39% in primary school children and 19% to 30% in secondary pupils. Not surprisingly the survey also reports that primary school students were happier with their weight than secondary students.*

*Childhood overweight and obesity can cause social, psychological and physical health problems and worryingly this is also reflected in the survey’s findings. The Health Visiting & School Nursing teams continue work to deliver “The Healthy Child programme DOH 2015” across Guernsey and Alderney and take a whole system approach, working in partnership with all families, statutory and voluntary agencies to support children from an early age to achieve their full potential in line with the Guernsey and Alderney Children and Young People’s Plan.’*

# HEALTHY AND ACTIVE

- Only 33% of primary and 22% of secondary students 'always' or 'often' consider their health when choosing what to eat
- 34% (56%) of primary pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat

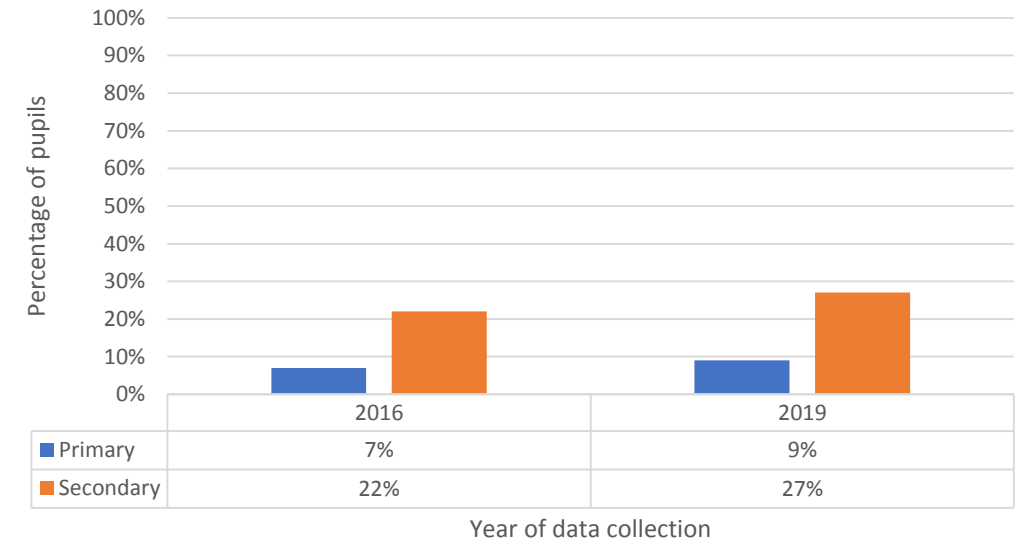
## 'I always/very often consider my health when choosing what to eat'



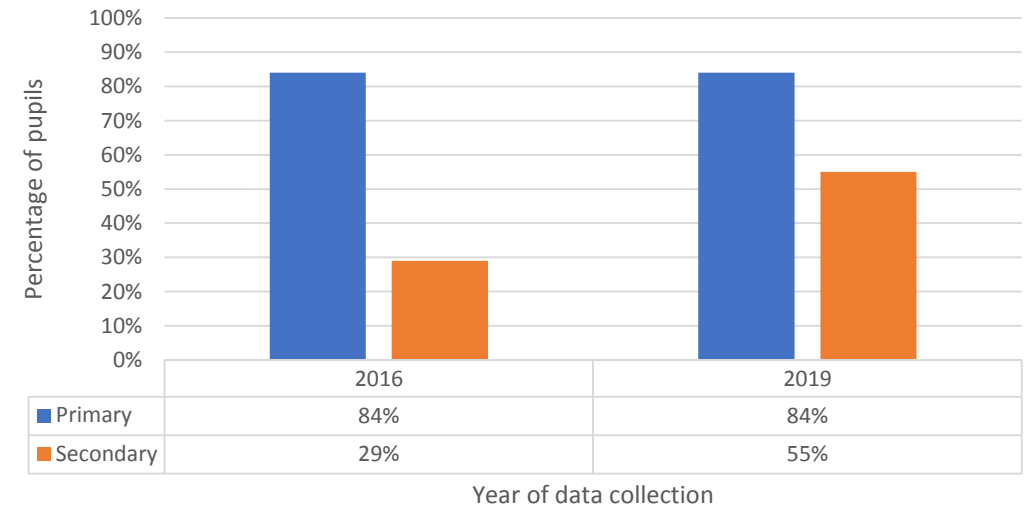
# HEALTHY AND ACTIVE

- The proportion of pupils not eating breakfast before school has increased by 2% in primary school children and 5% in secondary students
- Those eating a packed lunch remained at 84% in primary schools, but has increased from 29% to 55% in secondary schools, since 2016
- 12% (36%) of primary pupils responded that they had a school lunch on the day before the survey
- 84% (60%) of primary pupils responded that they had a packed lunch on the day before the survey

"I did not have any breakfast today"



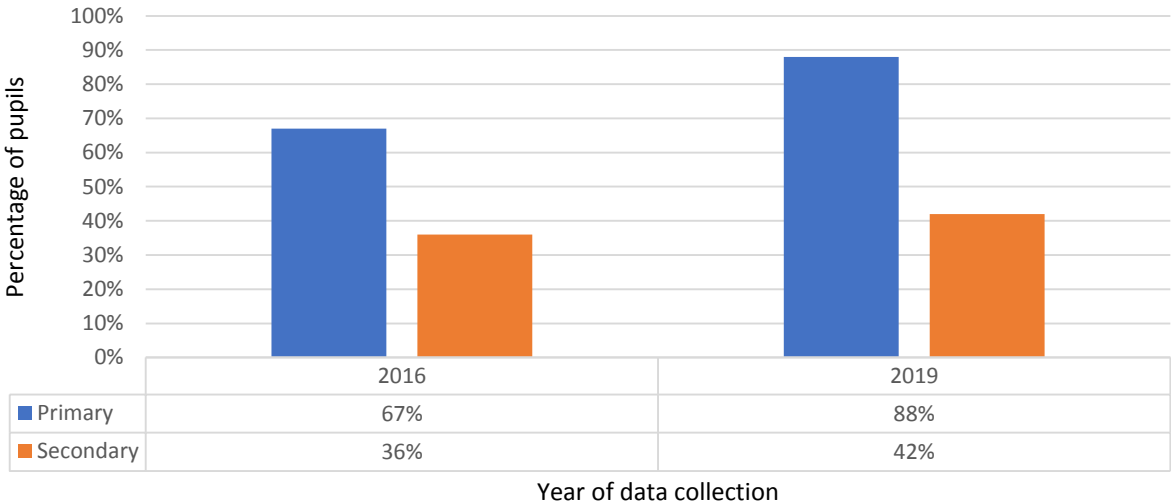
"I had a packed lunch yesterday"



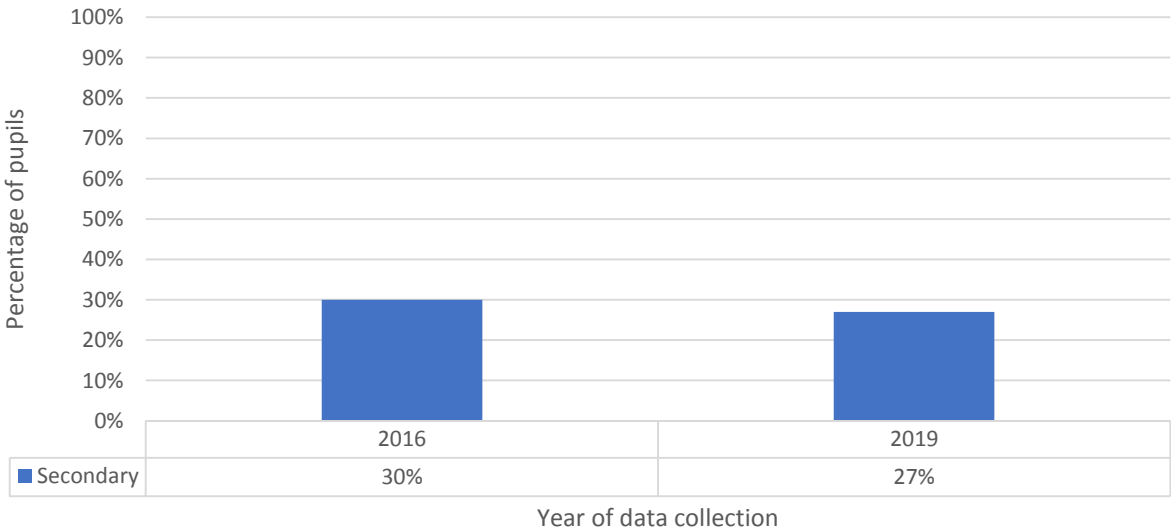
# HEALTHY AND ACTIVE

- The proportion of students who never consume energy drinks has increased for both primary and secondary schools, from 67% to 88% and 36% to 42%, respectively
- The proportion of secondary students regularly consuming high energy drinks has decreased by 3%

"I never drink energy drinks"

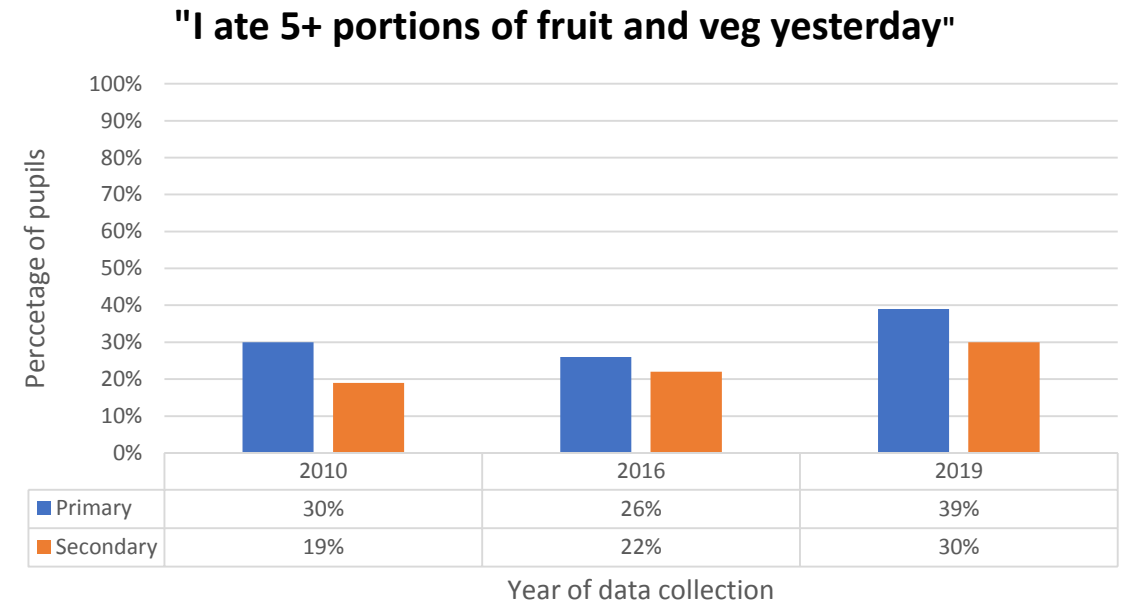


"I drink energy drinks at least once per month"



# HEALTHY AND ACTIVE

- The proportion of students eating 5 or more portions of fruit and veg a day, has increased from 30% to 39% in primary school children and 19% to 30% in secondary pupils
- 39% (28%) of primary pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey



## COMMENTS ON NUTRITION IN CHILDREN AND YOUNG PEOPLE

Alex Kosmas – Community Nutritionist, Katie Hill – Specialist Nurse Weight Management, Lucy Whitman, Healthier Weight Lead

### NUTRITION DATA

- a. 39% of primary and 30% of secondary students report having eaten five or more portions of fruit and vegetables the previous day, a reported increase from 26% and 22% respectively in 2016.
- b. Students report eating more fruit than vegetables.
- c. 9% of primary and 27% of secondary students report that they did not have any breakfast before school on the day of the survey.
- d. Reported rates of eating a packed lunch the day before the survey remain the same in primary at 84%, whilst rates of having a packed lunch have increased in secondary, from 29% in 2016 to 55% in 2019.

*‘Good nutrition is vital for children and young people, impacting a range of factors within their lives, from tooth decay and weight status to emotional wellbeing and educational attainment. Whilst the Survey results demonstrate some positive signs, it is clear continued and concerted action across our community is required to support more children and young people to eat well.’*



## COMMENTS ON FURTHER ACTION

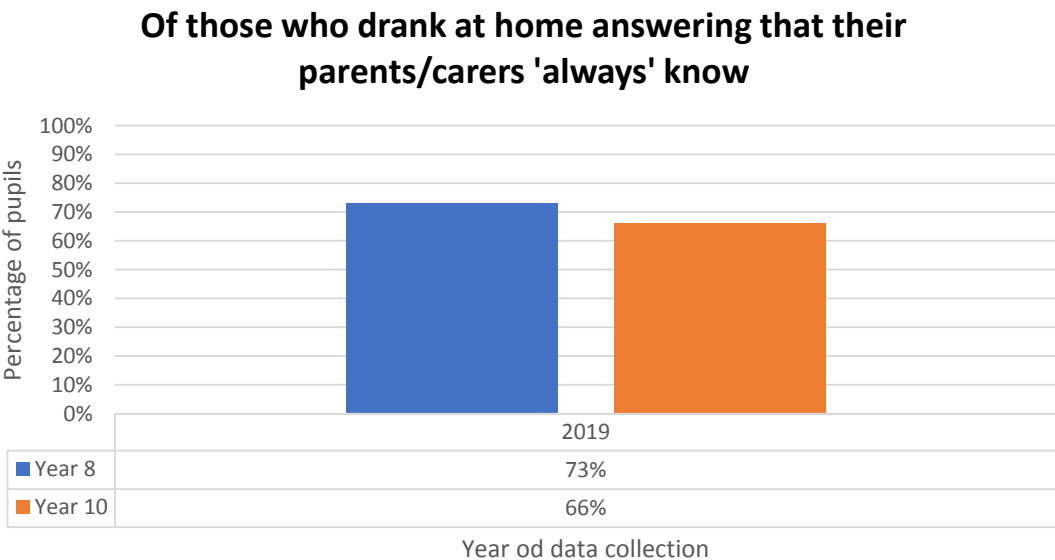
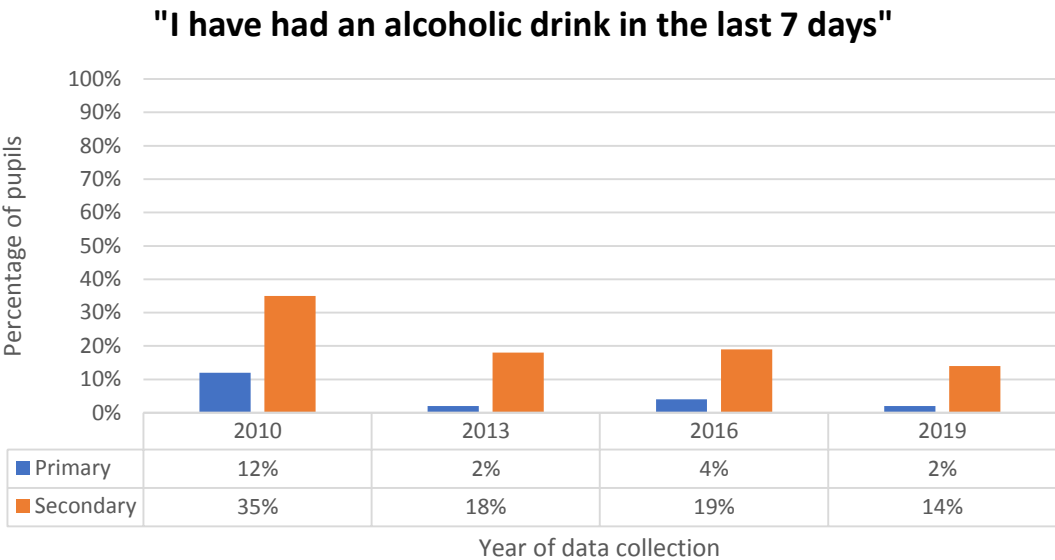
*'The influences on what children and young people eat and drink are multiple and complex. Schools play a key role in supporting knowledge and skills, but equally in also providing an environment that demonstrates and role models behaviours that are consistent with these knowledge and skills. From the review and update of key policies and Standards at Committee level to developing and enhancing curriculum content and student and staff engagement, work is under way in a number of primary, secondary and tertiary education establishments and supported through a range of agencies and will need to be embedded in practice to have full effect.'*

*This work is mirrored in the actions being taken to support children and their families from an early age, through key stakeholders such as the Health Visitor Service and early years providers and youth and sports clubs.*

*Clearly, the broader environments that also impact the nutrition of children and young people are of importance too, including the practices of shops, restaurants and cafes and other outlets that sell or provide food and drink and the influence of wider determinants of nutrition, such as approaches to marketing and advertising and economic and social policies. Therefore, it is community-wide action, including the key role played by schools, that is required to support improved nutrition in children and young people, to unlock the benefits that this will bring.'*

# HEALTHY AND ACTIVE

- There has been a 10% and 21% decrease in alcohol consumption in primary and secondary students respectively, since 2010
- Of the 320 pupils that said they drank alcohol at home, 68% said their parents ‘always’ know



# **Comment on alcohol trends:**

## **Andrea Nightingale -Drug and Alcohol Strategy Coordinator**

*'The general trend is continuing to show that young people in Guernsey are drinking a lot less than those in 2010 and the continued decline amongst the secondary school cohort in 2019 from 2016 is very encouraging.'*

*The survey showed that 5% of respondents reported getting drunk on at least one day in the 7 days prior to the survey which whilst still of concern, is half the rate reported in the UK.*

*Action for Children are commissioned to deliver an evidence-based programme in secondary schools to Year 8 students (12/13 years). They provide 4 sessions in Year 8, with 2 sessions following in Year 9. This is very much an educational prevention package which gives young people the information they need to make informed choices around the use of alcohol. What we hope is that experimenting with alcohol is delayed as long as possible and the above statistics are suggesting that this cohort of young people are making sensible choices.*

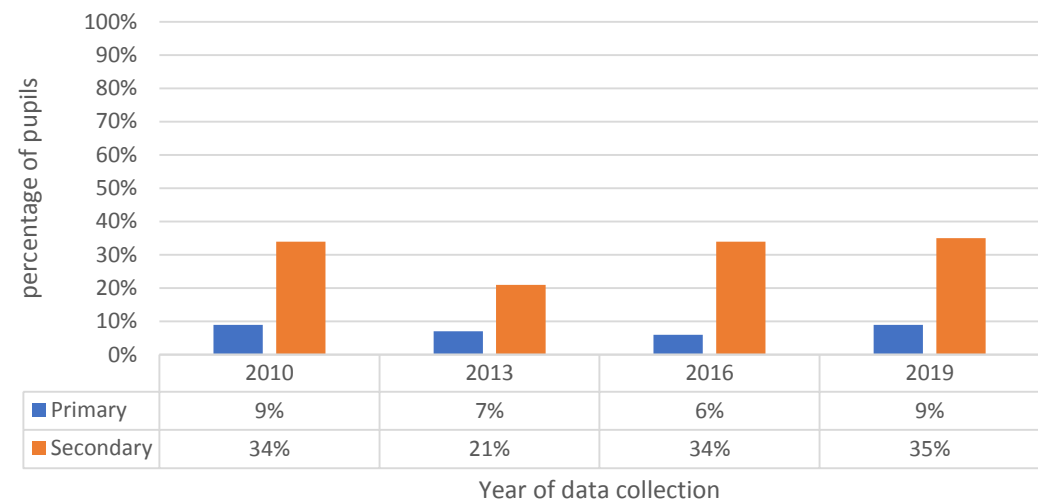
*We have a multi-agency approach within Personal, Social and Health Education to offer students coping skills to deal with peer pressure emphasising the consequences of risky behaviours. We also include opportunities for the students to explore alternative ways of enjoying themselves without the need to introduce alcohol or drugs in early teenage years.*

*We need to continue this way of engaging with young people as well as giving consistent messages in the Community through youth centres, youth groups, sports clubs, drama activities and outreach services.'*

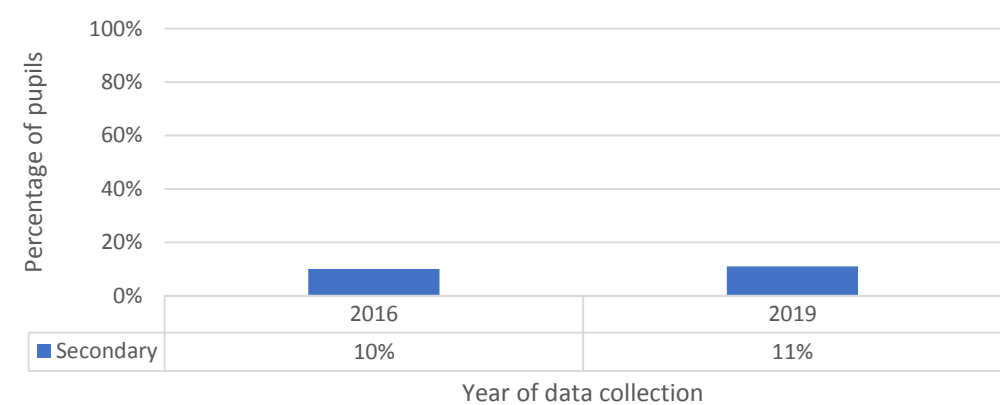
# HEALTHY AND ACTIVE

- 18% of secondary had been offered cannabis
- 11% of secondary students had taken at least one of the drugs listed in the survey (Cannabis, hallucinogens – natural/synthetic, MDMA, ketamine), compared with 10% in 2016
- 35% of secondary students were ‘fairly sure’ or ‘certain’ that they knew someone who takes illegal drugs
- 9% (13%) of primary pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who takes drugs
- 1% (4%) of primary pupils responded that they have been offered cannabis

"I am fairly sure or certain I know somebody who takes illegal drugs"



Secondary students who have taken at least one of the illegal drugs listed



## Comment on Drugs:

### Andrea Nightingale -Drug and Alcohol Strategy Coordinator

*'The findings show that there has been little change amongst secondary age pupils in the use of all drugs, with 11% reporting having taken at least one illicit drug (the majority being cannabis)*

*Levels of primary age children knowing people who takes drugs (9%) remain below the UK (13%) and fewer (1%) have been offered cannabis 4% in comparison to the UK.*

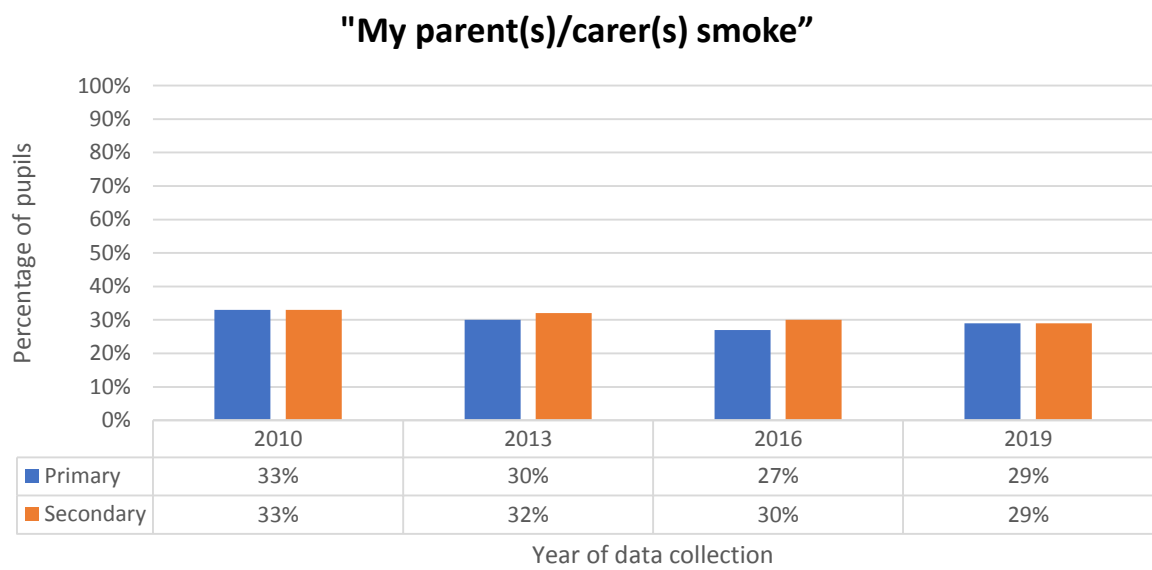
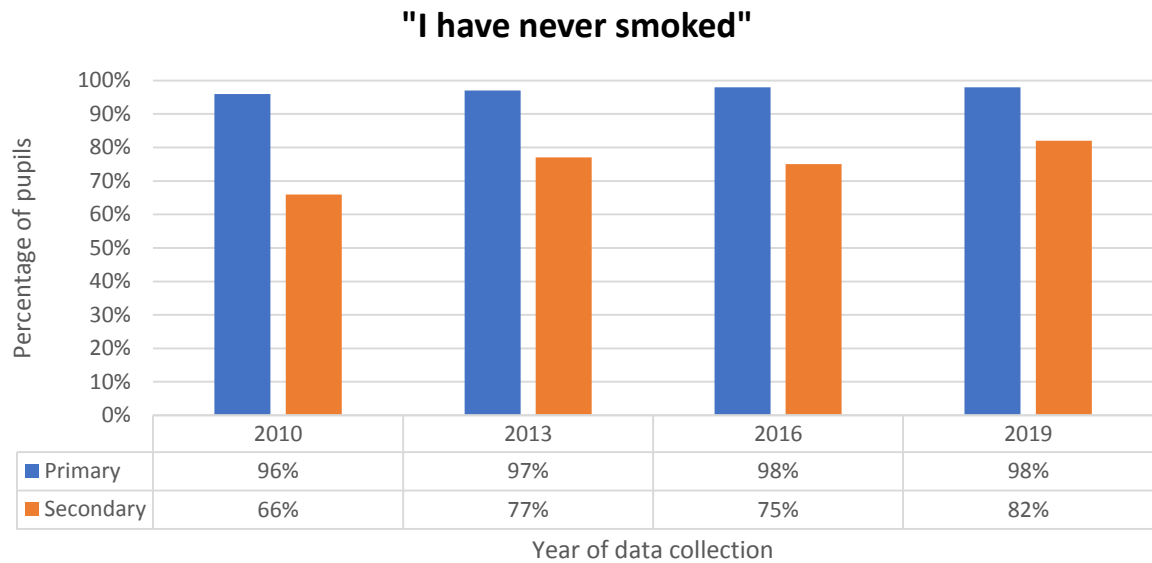
*Age appropriate drug lessons including safe/unsafe items, benefits of healthy choices, trustworthy sources of information are offered to all students in Years 5 and 6 by Action for Children, the commissioned service to deliver drug and alcohol education.*

*Information gathered by the Drug & Alcohol Strategy Action Group state that local teenagers seem to be increasingly indifferent about cannabis use, will talk about it more openly and maybe due to the changing attitudes towards cannabis in the UK and other countries, and the introduction of Cannabidiol (CPD) products (legal cannabis oil sold over the counter as a health product but does not contain a "high") young people seem to think 'street' cannabis is not damaging to health and that it is less harmful than alcohol. They forget that it is a Class B drug locally and therefore illegal with significant consequences if caught. AfC continue to find innovative and engaging ways of giving very clear messages around cannabis and all drug use.'*



# HEALTHY AND ACTIVE

- Primary school students who have never smoked stayed at 98%, whereas secondary results increased by 7%
- The number of parents that smoke has decreased slightly since 2010
- 97% of primary and 76% of secondary students have never tried electronic cigarettes
- No primary pupils and 2% of secondary students use electronic cigarettes regularly (once per week or more)



## Comment on smoking trends:

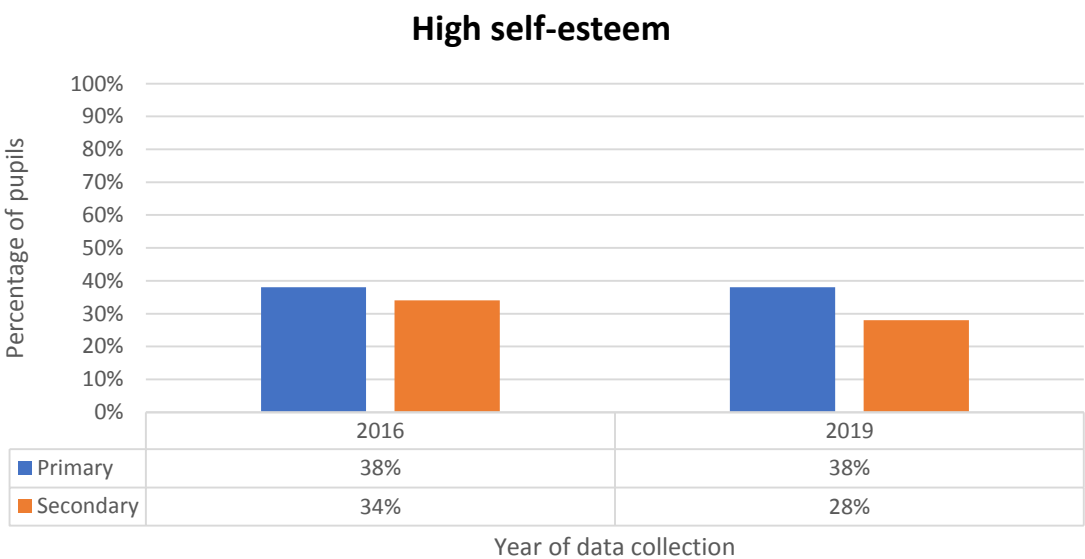
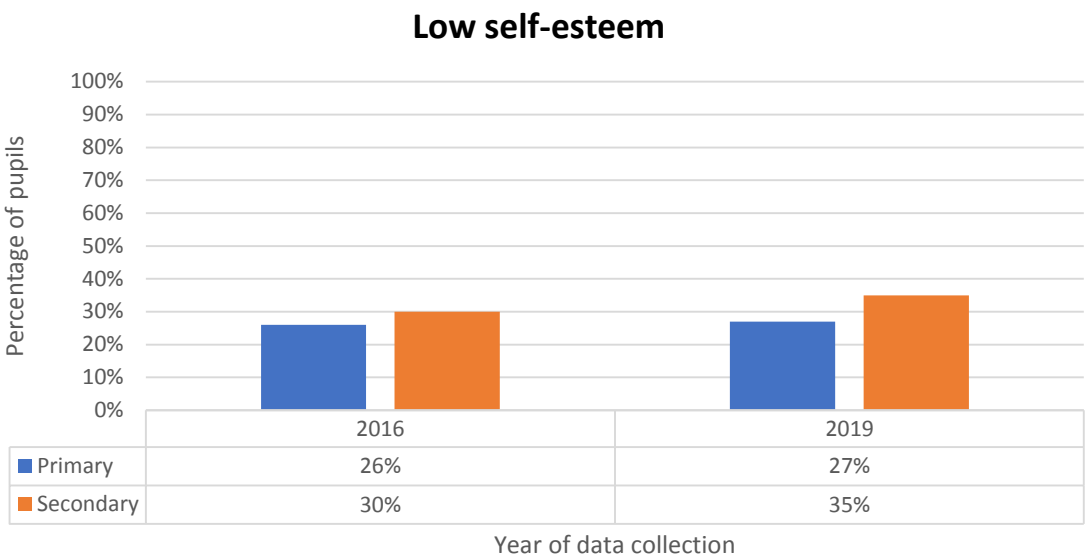
Amanda Evans PSHCE Advisor

*'It is encouraging to see a continued decline in young people that smoke tobacco products but we still need to continue to provide a quality tobacco education programme in schools. This includes tobacco education to every young person from Year 6 through to Year 11. ASSIST (a peer-led intervention programme on smoking for Year 8 students) is an effective school-based, smoking intervention programme that aims to reduce smoking in young people and we recommend its use in all Secondary schools.'*

*The rates of e-cigarette use amongst older boys has increased and needs to be addressed through the current education programme.'*

# Safe and Nurtured

- Primary results regarding low self-esteem have remained constant since 2016
- The proportion of secondary students with low self-esteem has increased by 5%, since 2016
- The proportion of Secondary Students with high self-esteem has reduced by 6%, since 2016
- 27% (23%) of primary pupils had a med-low self-esteem score (9 or less).
- 38% (43%) of primary pupils had a high self-esteem score (15 or more).

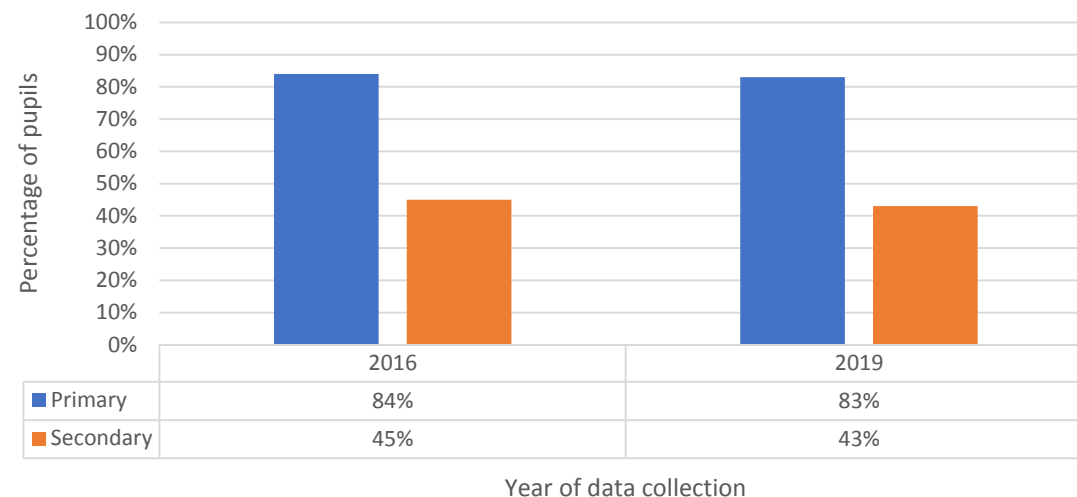




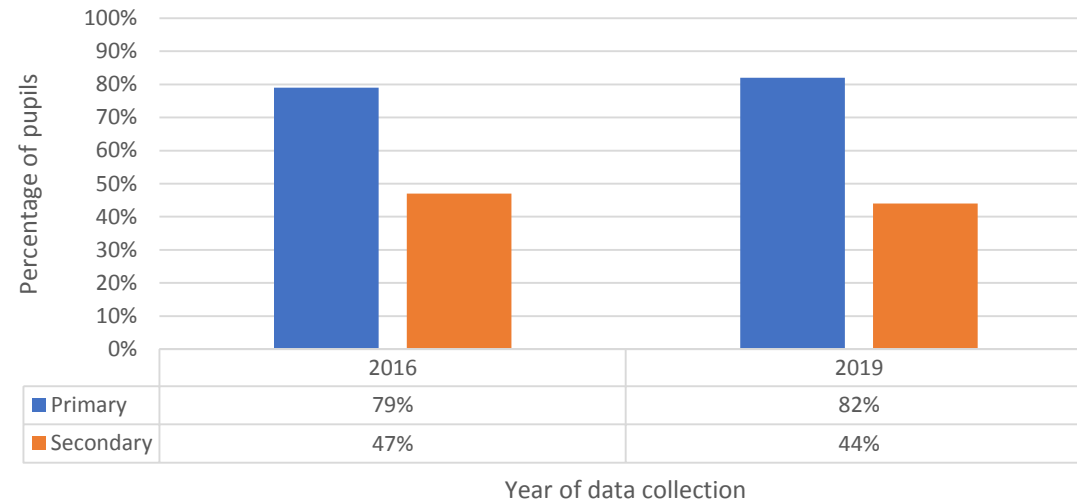
# Safe and Nurtured

- Results have remained similar since 2016
- 43% of secondary students are glad to be themselves
- 44% of secondary students agree that they generally feel happy
- Primary results in 2019, were 83% and 82% respectively

I am glad I am who I am (agree)



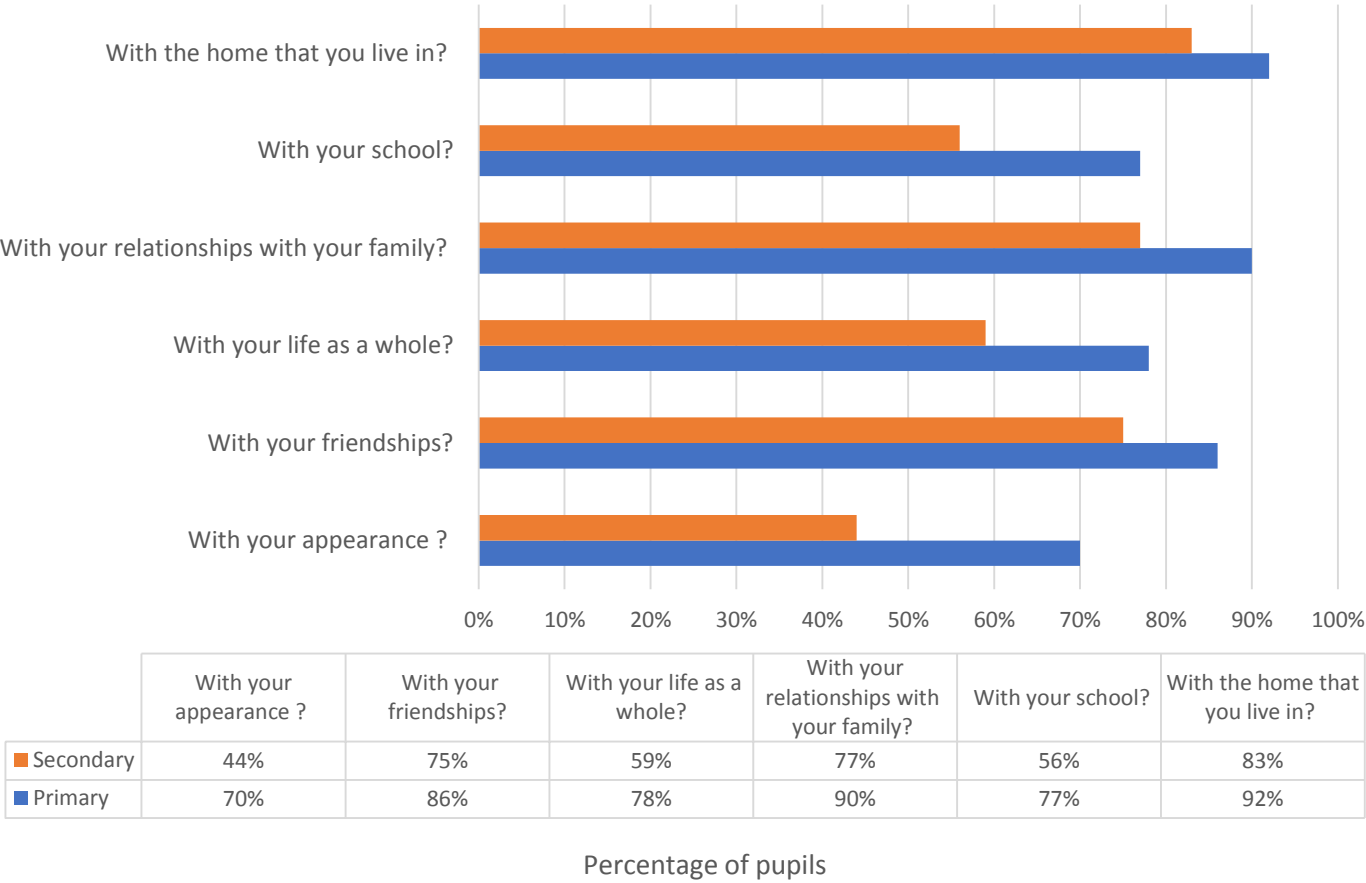
I generally feel happy (agree)



# Safe and Nurtured

- This year, the survey added more questions about emotional health and wellbeing
- Secondary school students showed more concern in their emotional health and wellbeing than the younger students

**Pupils who answered 'very happy' or 'quite happy'**



# Comment on Emotional Health and Wellbeing:

## Emma Cusack -Emotional Health and Wellbeing Lead at the Youth Commission

*‘The data collated from the young people’s survey mirrors that of the Youth Commission. In 2018 we have seen an increase in referrals for young people requiring long-term support. For the first time since opening The HUB in 2012 we have had to create a waiting list for young people accessing support from our workers/mentors. The highest proportion of young people accessed our service for support around managing their emotions (anxiety and anger) followed by low mood.*

*Recently we have also reported more referrals for those that are questioning their gender and/or sexuality identity. We are therefore increasing our training opportunities to teachers and other professionals in this area so they can help support the demand.*

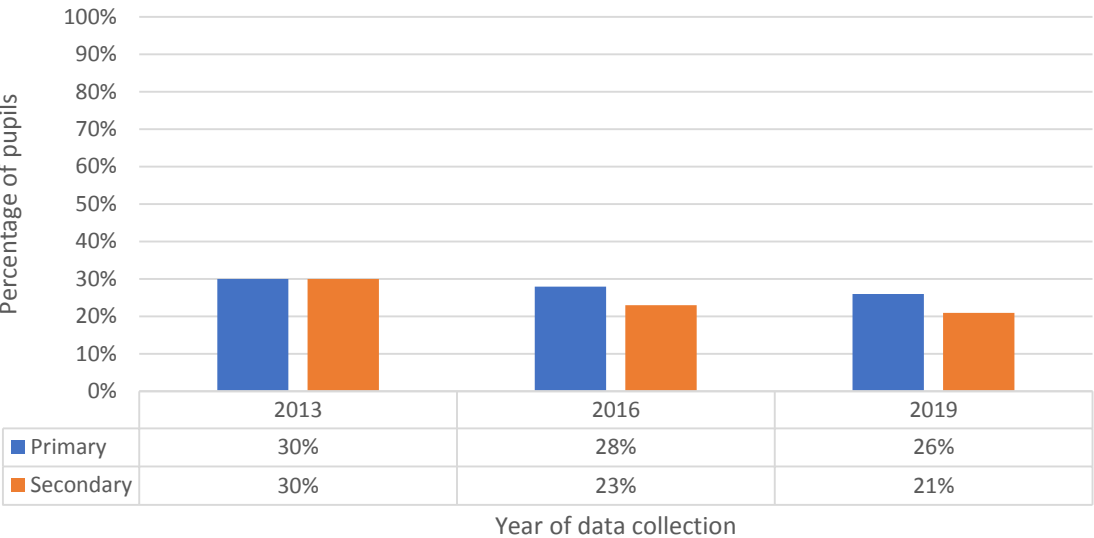
*The Youth Commission have recently completed some research into whether emotional health and wellbeing support is better placed in a school setting or in the community; and found that voluntary and community sectors in the UK are more accessible to young people from marginalised groups, such as those from BME background, compared to statutory and school-based counselling services. We continue to deliver universal to targeted service for children and young people in order to support the development of their social, physical and emotional wellbeing through a number of different interventions; youth clubs, 1:1 sessions; targeted group support and PSHCE lessons. Our most recent project aims to support young people in having a ‘voice’ – we believe in championing children’s rights and influencing social policy with, and on behalf of, young people. We hope this will enable children to feel listened to and enable them to be heard about issues affecting their lives. ‘*

*Research Paper: “Counselling for young people and young adults in the voluntary and community sector: An overview of the demographic profile of clients and outcomes” Charlie Duncan, Barbara Rayment, James Kenrick and Mick Cooper (2018)*

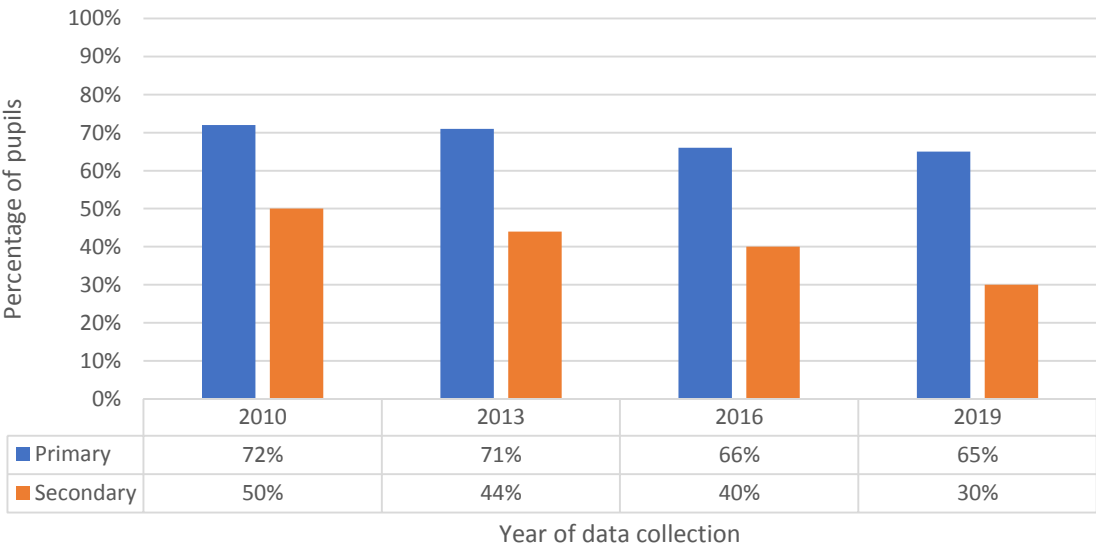
# SAFE AND NURTURED

- Those claiming to have been bullied in the last year has decreased from 30% to 26% and 21%, in primary and secondary students respectively
- However, less students believe that their schools take bullying seriously. There was a decrease from 72% to 65% in primary school pupils and 50% to 30% in secondary students
- 35% (28%) of primary pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.

'I have been bullied at or near school in the last year'



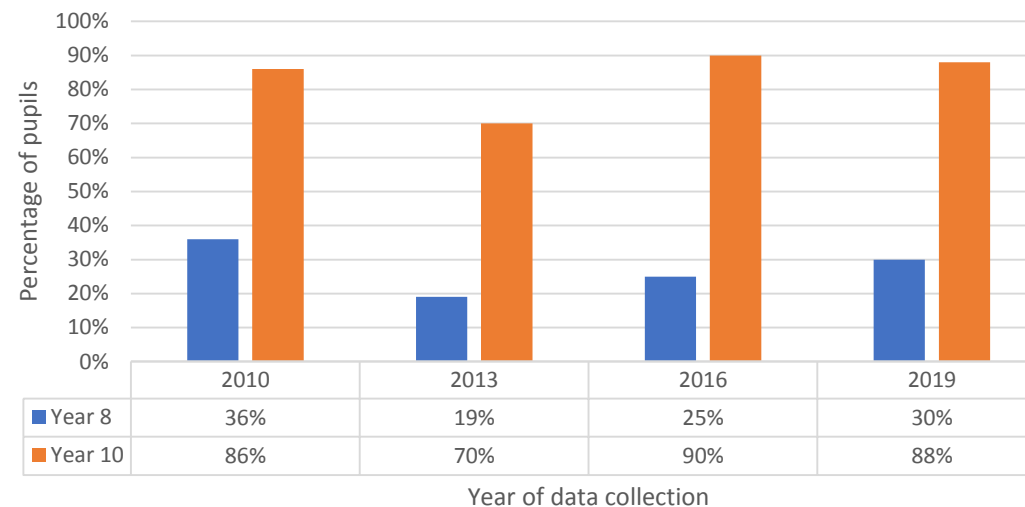
'My school takes bullying seriously'



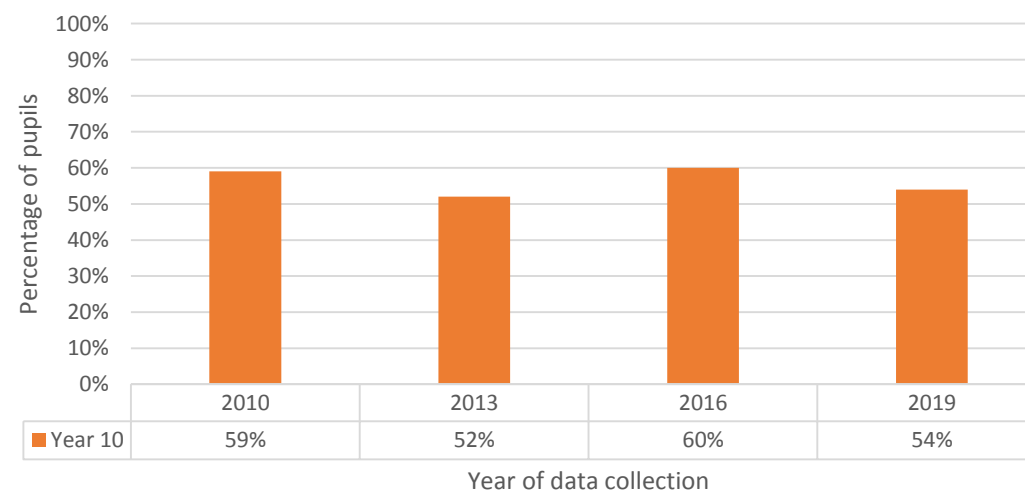
# Safe and Nurtured

- Year 10 students who know where to get condoms free of charge remains high; there was a 5% increase in year 8 pupils
- 54% of year 10 students know about the contraception advice service available to them

## "I know where to get condoms free of charge"



## Is there a special contraception & advice service for young people available locally? (yes)



## Comment on Sex and Relationships:

### Julie Duquemin -Health Educator, SHARE

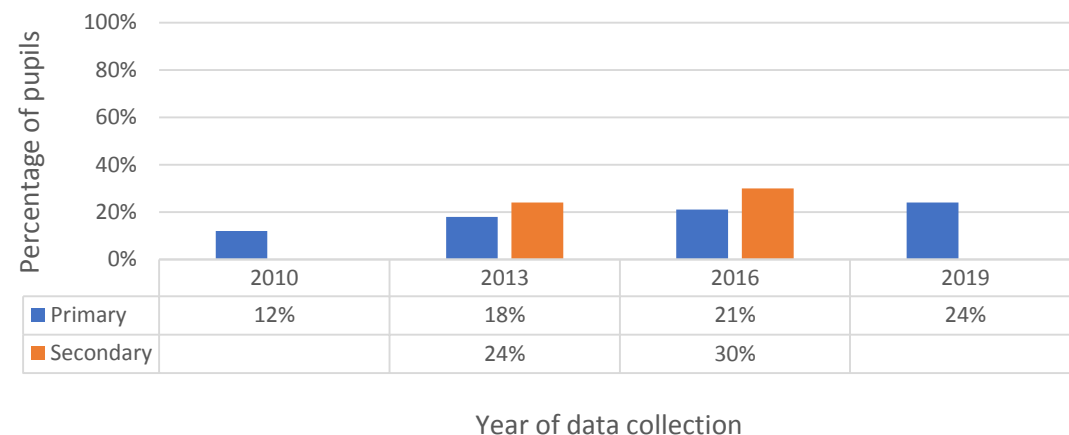
*'It is reassuring to see the high numbers of year 10 students who know about local sexual health services and where to get condoms free of charge. Now that locally young people under 21 are entitled to free contraception, they should have few difficulties obtaining the help and advice they need to maintain safe and happy relationships. Share will continue to make 'sign posting' for help and advice a priority in all lessons.*

*It is reassuring that the majority of young people recorded that they learnt a lot or quite a lot from their Share lessons. The Share team are constantly evaluating and evolving the sessions which are delivered as part of their PSHCE programme. SHARE consult with staff, parents and local young people to ensure the programme is delivered effectively and with the best outcomes.'*

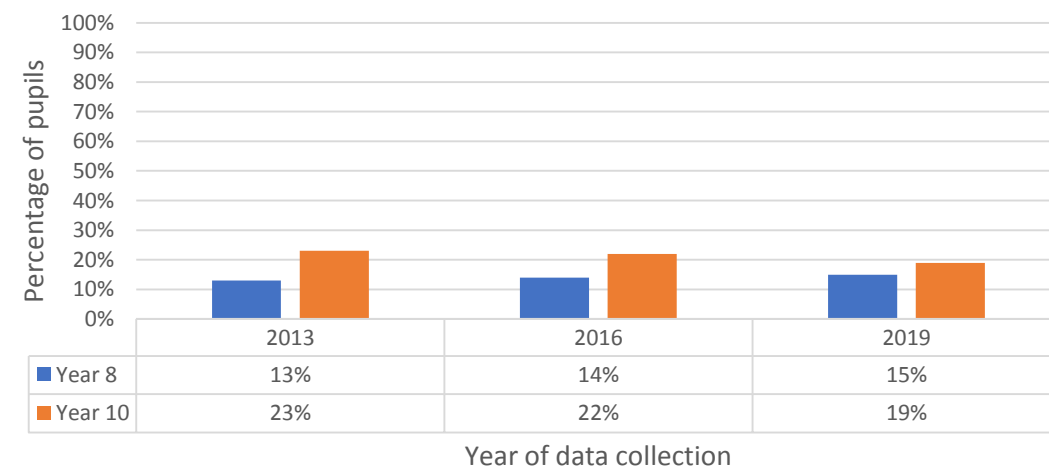
# Safe and Nurtured

- 92% of secondary students are regularly using some form of social media in 2019
- There was an increase in primary school children who had received upsetting messages, since 2016
- 15% of year 8 and 19% of year 10 students had been asked to meet someone they didn't know

## "I have received a message online that scared or upset me"



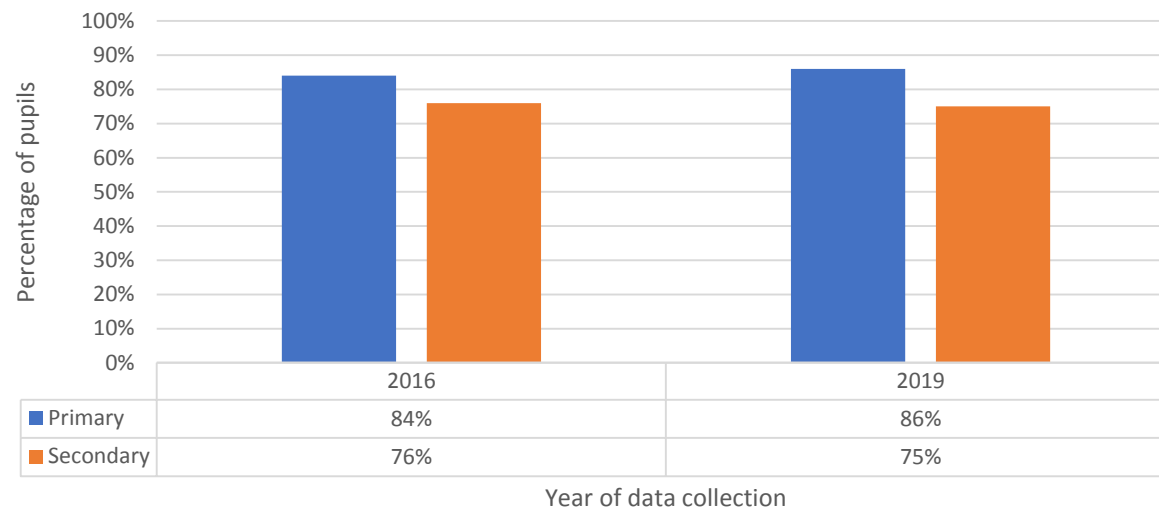
## "Somebody I don't know has asked to meet"



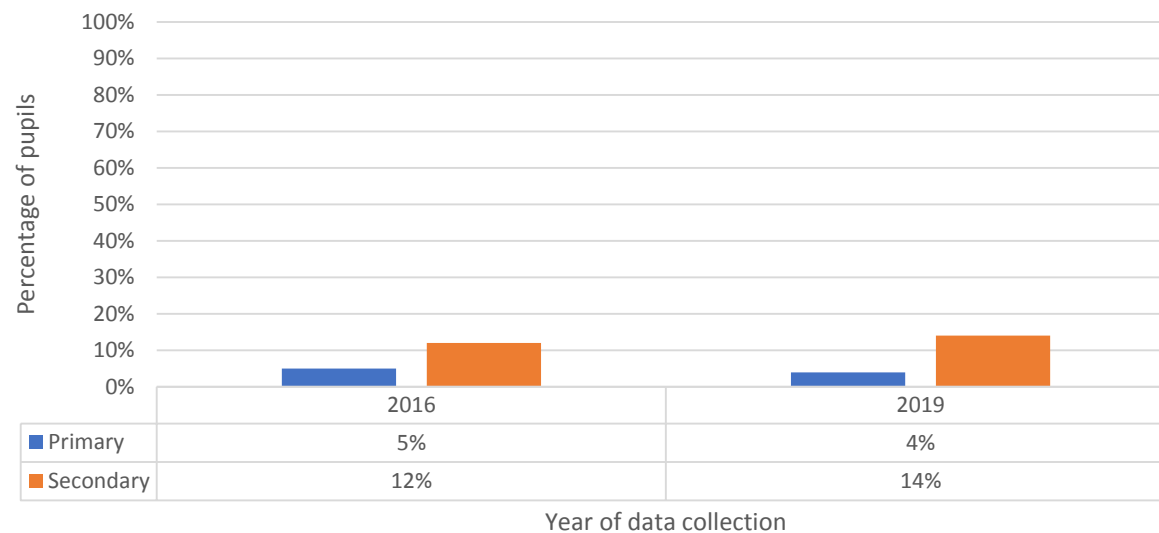
# REACHING POTENTIAL

- The proportion of children who enjoy/don't enjoy their PE lessons has stayed similar since 2016
- A higher proportion of primary school children enjoy PE than secondary school children

"I really/enjoy PE lessons"



"I don't enjoy PE lessons"

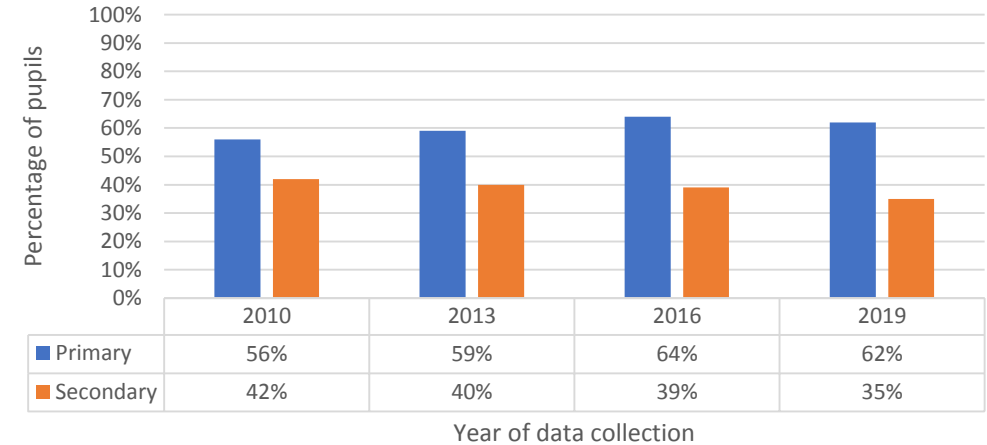




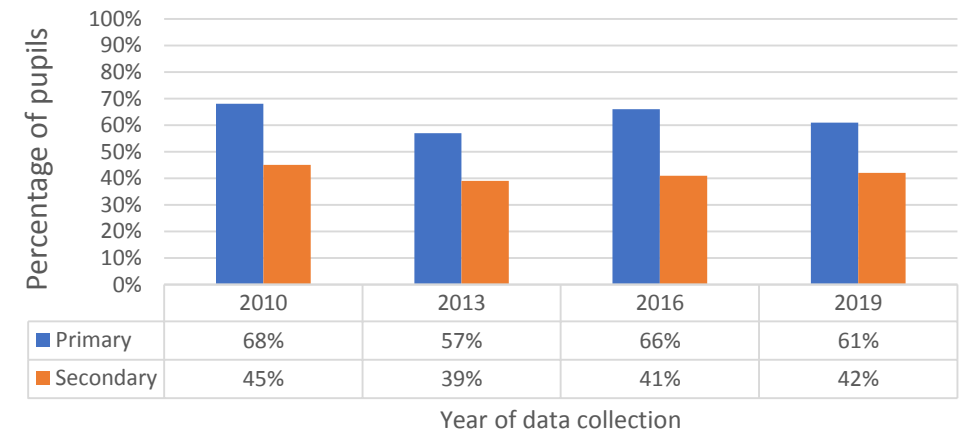
# REACHING POTENTIAL

- There has been a steady decrease in the number of secondary students who enjoy all or most of their lessons
- 61% of primary and 42% of secondary students agree they are helped to meet the targets they have set

## "I enjoy all/most of my lessons"



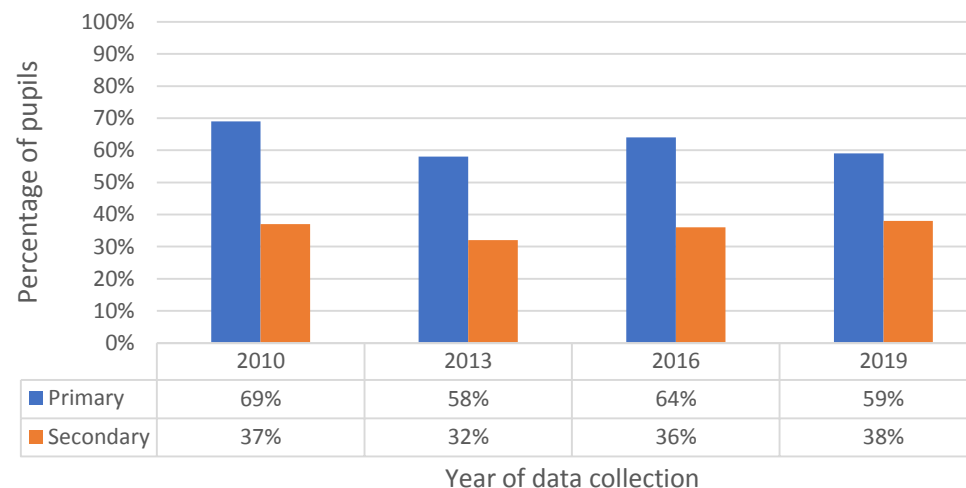
## I set my own targets and I am helped to meet them (agree)



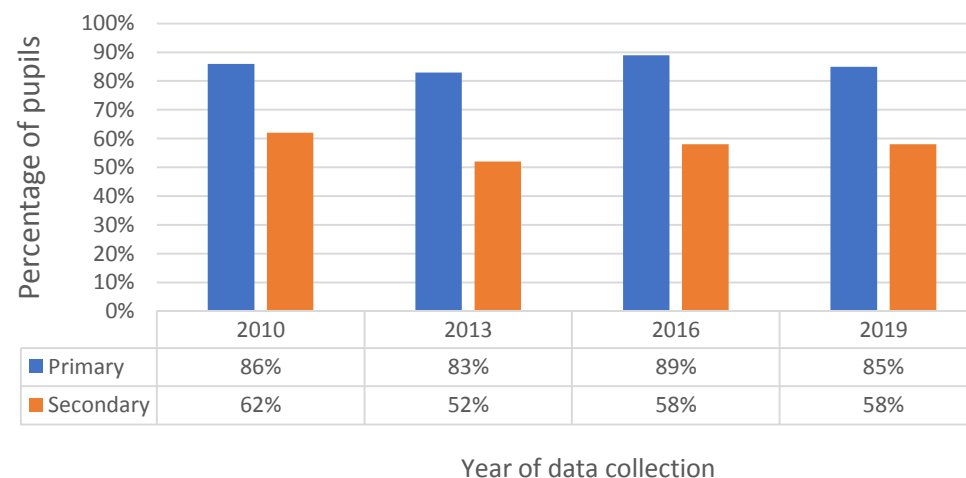
# REACHING POTENTIAL

- 59% of primary and 38% of secondary students agree that the school cares if they are happy or not
- 85% of primary and 58% of secondary students agree their work is marked so they can improve

## The school cares whether I am happy or not (agree)



## My work is marked so I can see how I improve (agree)



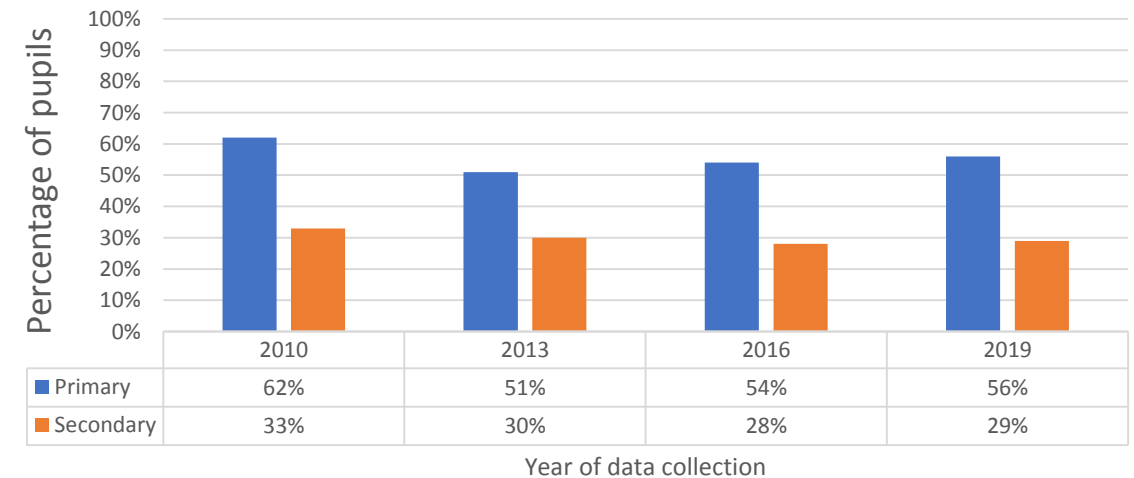
# REACHING POTENTIAL

- 57% of primary and 40% of secondary students agree their achievements are recognised
- 56% of primary and 29% of secondary students agree the school teaches them how to deal with their feelings in a positive way

## My achievements are recognised (agree)



## The school teaches me how to deal with my feelings positively (agree)



# Comment on Reaching Potential

Dave Stumpf, Education Development Officer

*'The Young People's Survey is an important tool when considering emotional health and wellbeing of our pupils in primary and secondary schools. With a number of areas to celebrate there are some key findings that we need to focus our attention towards as this will help us to review and develop our future practice.'*

*Although the findings regarding children's enjoyment of their PE lessons stayed similar to the findings of 2016, it is encouraging that 86% of children in primary schools and 75% of children in secondary schools continue to enjoy PE. This data also reflects the active participation of physical exercise in the primary schools as it was recorded that 85% of children enjoyed the Daily Mile and 98% recognised that this activity was good for their health.'*



# Comment on Reaching Potential

## Dave Stumpf, Education Development Officer

*'We continue to develop practices to support all children with their engagement with education and it is positive that two thirds of the primary school students enjoy most/all of their subjects. However, it is recognised in the survey that there has been a decrease in the amount of students in the secondary schools who enjoy most/all of their subjects and this needs to be a factor when schools analyse this data to inform future practice. The setting of targets has been perceived as a positive by nearly two thirds of children in the primary schools as this has helped them feel that they have contributed to their learning journey.'*

*However whilst in the secondary schools, 56% of pupils agree that, on the whole, they like their teachers, only 42% of pupils agreed that they set their own targets and receive help to meet them. As this should inform future practice, we also need to consider that 53% of primary pupils said that their school 'sometimes' asks for their opinion about how to make changes to improve the school . Only 42% of pupils who responded stated that their school/college enables young people to make decisions about the future of the school/college 'quiet a lot' or 'a lot'. With the commitment to the UNCRC and article 12, 'the voice of the child', all schools are committed to and will continue to develop this important area through the Rights Respecting Award.'*

# Comment on Reaching Potential

Dave Stumpf, Education Development Officer

*'As we are aware that relationships are important when helping pupils to achieve their potential, schools will need to explore how to address the question 'the school cares whether I am happy or not' as just 38% of pupils in secondary schools agree that the school cares if they are happy or not. We continue to celebrate that nearly two thirds of pupils in the primary schools agree with this statement, however, we also need to consider that there has been a 10% decrease since 2010. Schools have continued to develop systems and practice to support pupils to make progress with nearly two thirds of children in secondary schools and 85% of pupils in the primary schools agreeing that work is marked so that they can improve.*

*Recognition of what is achieved by all children is an important aspect in the development and review of current practice. Nearly two thirds of pupils in the primary schools and 40% of children in secondary schools feel that their achievements are recognised; the improvement of this measure will be a factor during this transitional period of education. To support the emotional health and wellbeing of our pupils; considering 56% of primary and only 29% of secondary students agree the school teaches them how to deal with their feelings in a positive way, it is important that the overarching States of Guernsey Mental Health and Wellbeing Strategy and the access to Mental Health First Aid training continue.'*