

Guernsey Young People's Survey 2010



Introduction

The Guernsey Young People's Survey was undertaken in the summer 2010. The key points to note are;

- 1500 pupils in Years 6, 8, 10&12 answered 100 questions on behaviour, views and attitudes to life in Guernsey.
- Yr 6 aged 10 -11 years. Yr8 aged 12 -13 years, Yr10 aged 14-15 years, and YR 12 aged 16–17 years.
- The survey was undertaken on-line in islands schools in summer 2010.
- Comparisons are made with a similar survey undertaken in Guernsey in 2007 and in England in 2009.

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. They have been asked to comment on the survey.

“We are pleased to have the opportunity to revisit the views, attitudes and behaviours of the Bailiwick young people. We have been invited to comment on the findings of the 2010 survey. In Summary our view is:

- The findings of the 2010 survey broadly concur with those of the young people as Top - class teenagers. Our observation is that Guernsey can be described as **‘moving in the right direction’** when considering the lives of young people.
- There have been some notable developments. The drop in alcohol consumption is reassuring and the work in developing smoke free attitudes is exemplary, as is the work of the agencies in developing positive, responsible attitudes to sex and relationships. However Guernsey is clearly not immune from the unprecedented speed with which children's lives are changing, the pressures they face and the increased emotional stress that they feel.
- Much has been done to address concerns about self – esteem and emotional well – being that were highlighted in the 2007 survey but this remains an issue for Guernsey as much as for any other community.” *Schools Health Education Unit 2010*

Announcements about the findings of the survey

Over the next six months it is planned to release findings on the surveys on the following topics:

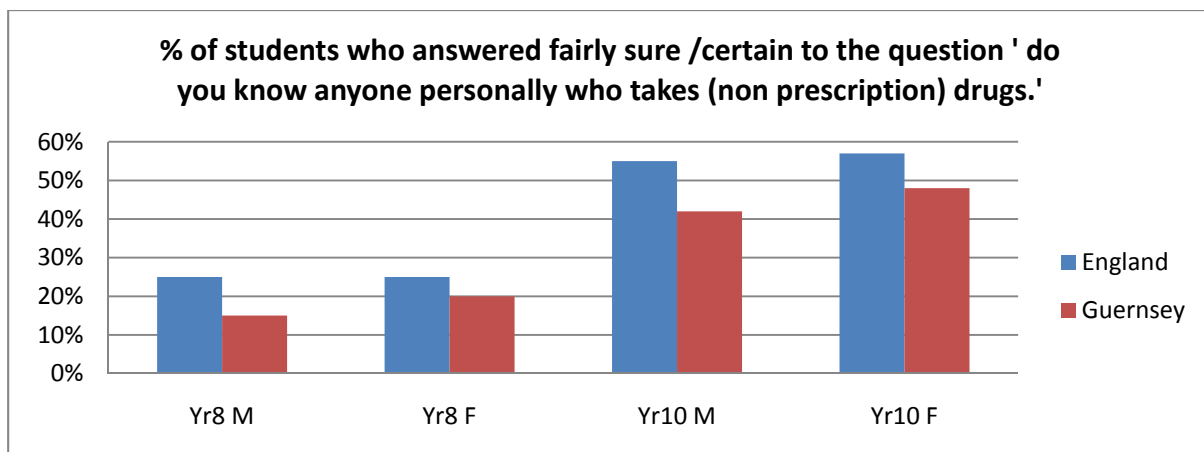
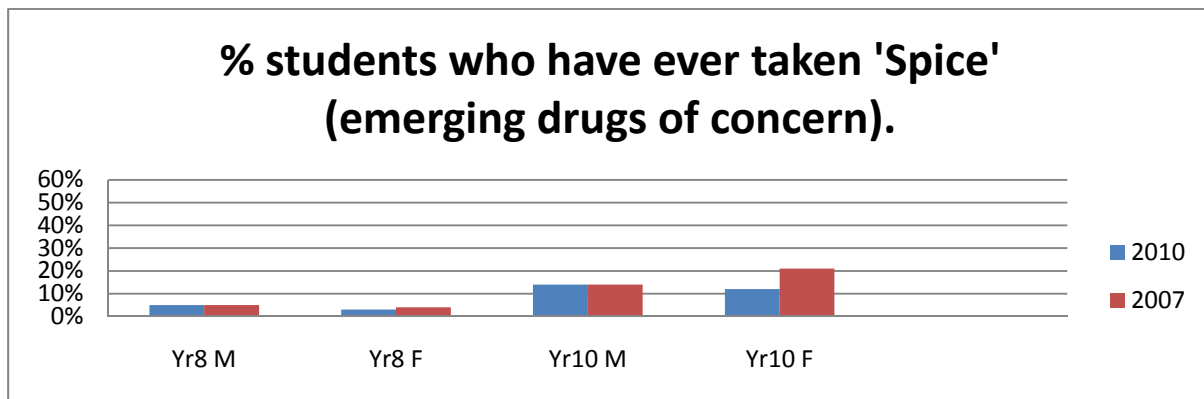
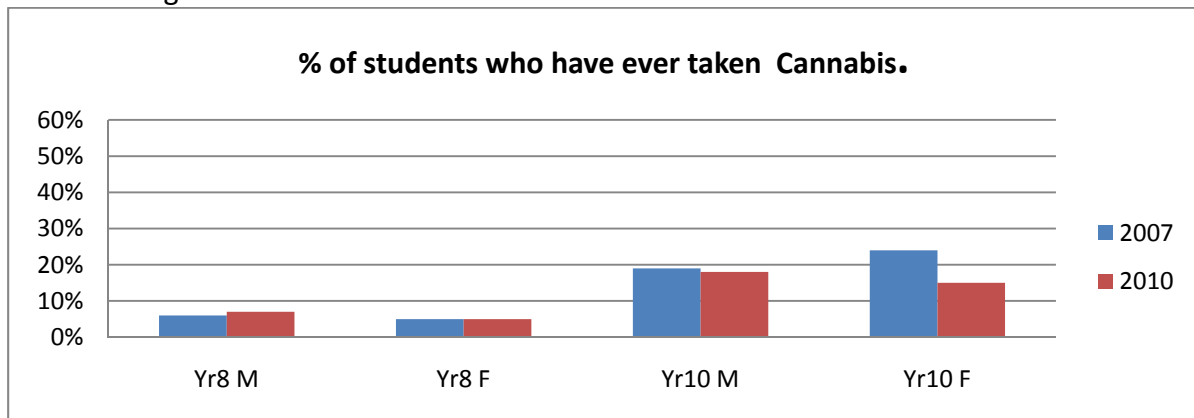
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FINDINGS OF THE YOUNG PEOPLE'S SURVEY 2010

Drugs, Alcohol, Tobacco, Sex and Relationships

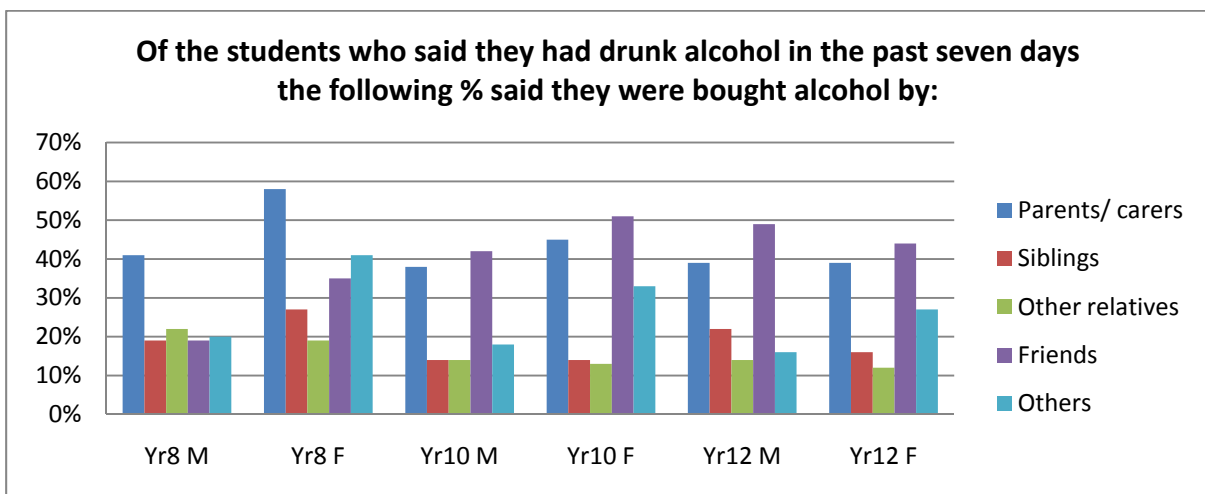
Drugs:

- The number of young people who have tried Cannabis has remained constant since the 2007 Survey.
- There has been a slight decline in the numbers of Year 10 girls who have experimented.
- The pattern is similar for emerging drugs of concern such as Spice.
- The reported incidence of drug use remains lower than in England. Similarly, the number of young people who report knowing someone who uses drugs is lower than in England.



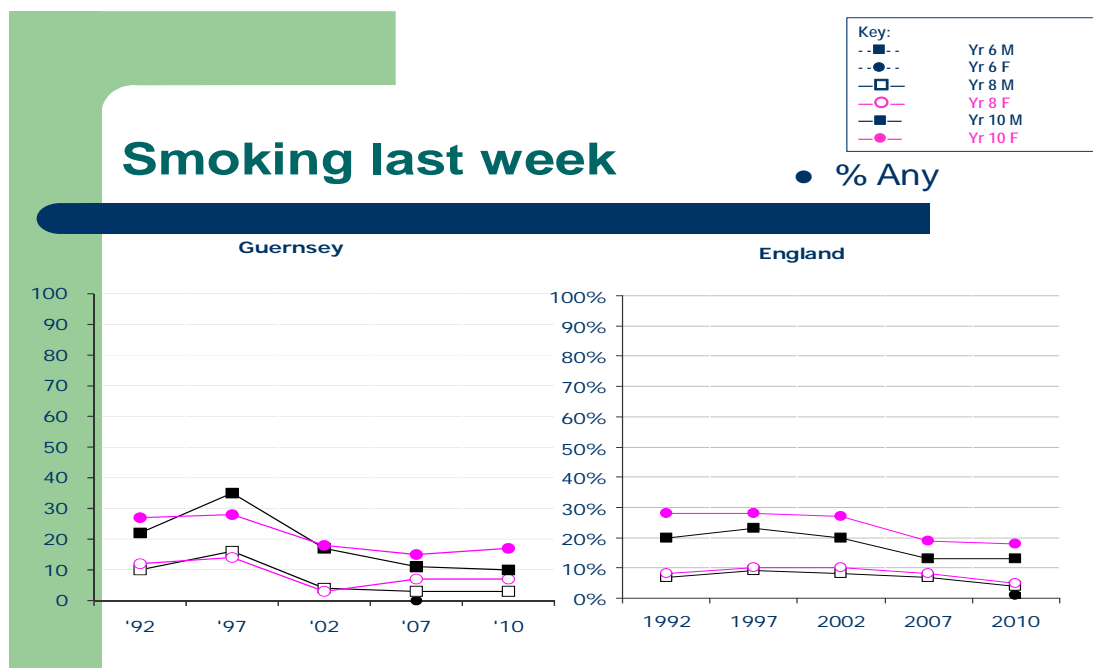
Alcohol:

- Between 2007 – 2010 there has been a drop in the numbers of young people who report having had an alcoholic drink in the past seven days.
- There has been a particular decline amongst Year 8 girls.
- Amongst those young people who said that they had drunk alcohol there has been a significant increase amongst those Year 10 pupils who drank more alcohol than they intended.
- Parents remain the main source of purchaser for those students who had drunk alcohol in the past seven days



Tobacco:

- Smoking figures in Guernsey amongst young people remain constant with the exception of year 10 girls.
- Attitudes of young people have changed; smoking is no longer seen as being cool.
- Nearly one third of young people are exposed to smoking in cars and have parents who smoke.
- Young people do not consider it acceptable that adults smoke around children.



How do you feel when you see a young person smoking?

Answers from Year 8 -12

I think the young person looks cool	2%
I think the young person looks stupid	35%
I think the young person looks mature	2%
I feel disgusted	21%
I pity them	18%
None	22%

Do your parents/carers smoke? All pupils who completed the survey.

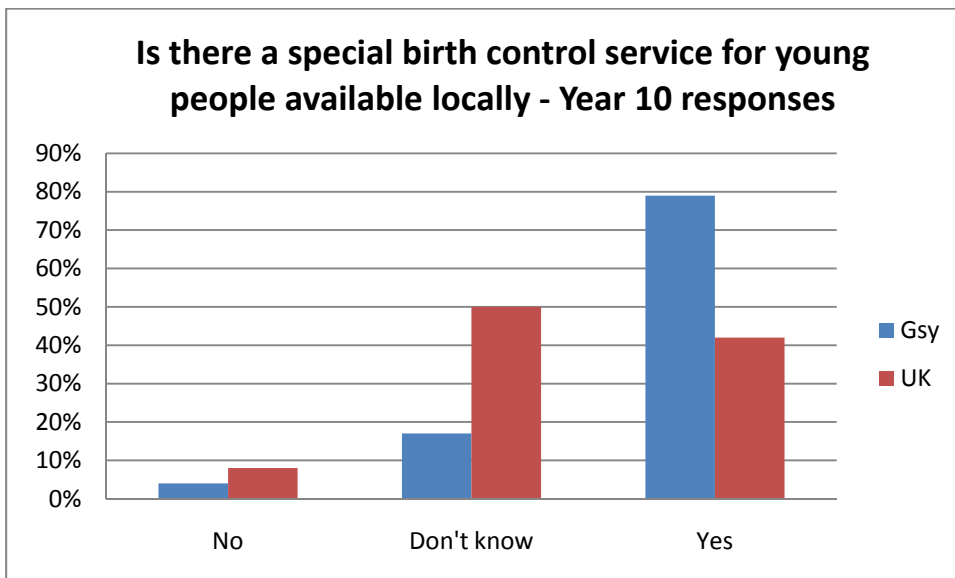
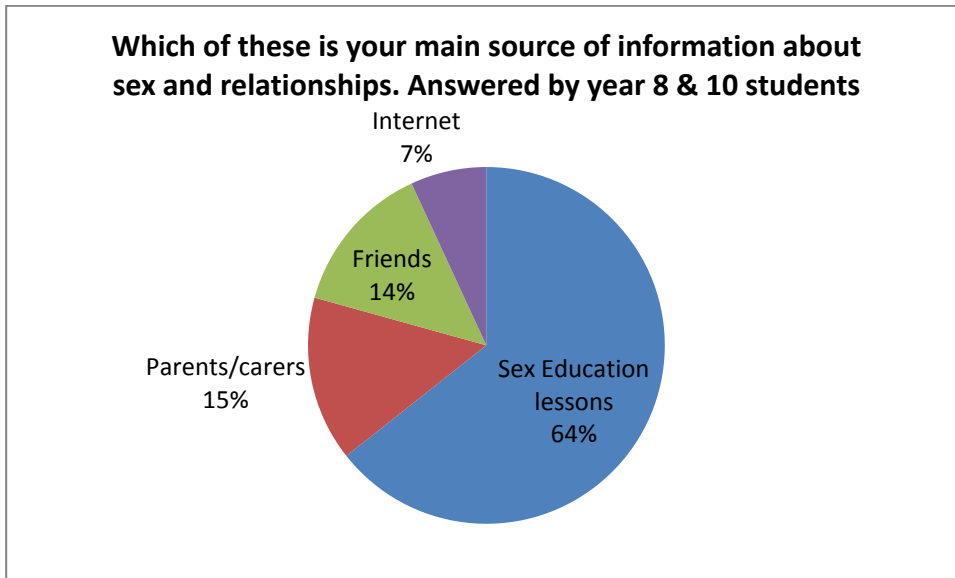
	Total	Male	Female
	2010	2010	2010
Yes	31%	30%	32%
Does anyone smoke indoors at home in rooms that you use?			
Yes	18%	16%	19%
Does anyone Smoke in a car when you are in it too?			
Yes	30%	24%	35%

Do you think it is ok for adults to smoke around children?

Yes	1%
No	96%

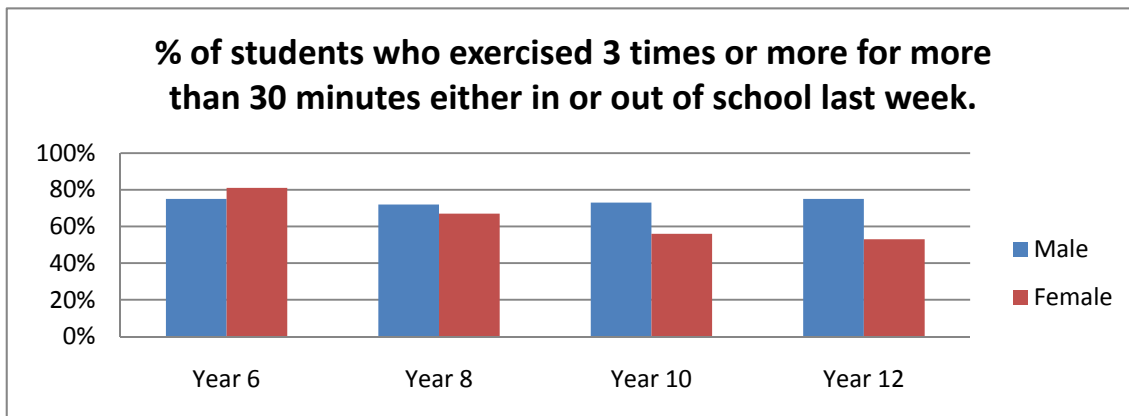
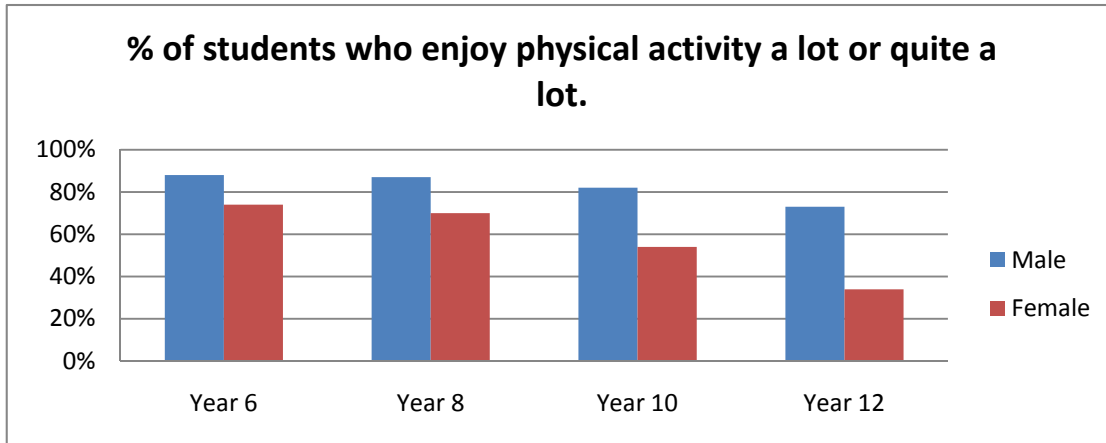
Sex and Relationships

- Young people saw sex education lessons as their main source of information about sex and relationships.
- Young people in Guernsey are much more aware of birth control services locally.



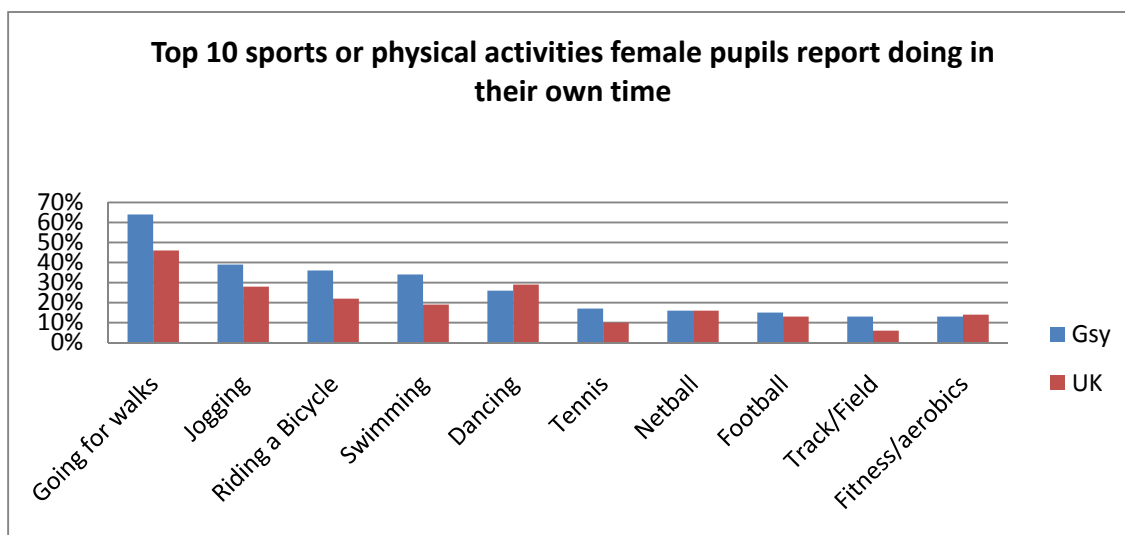
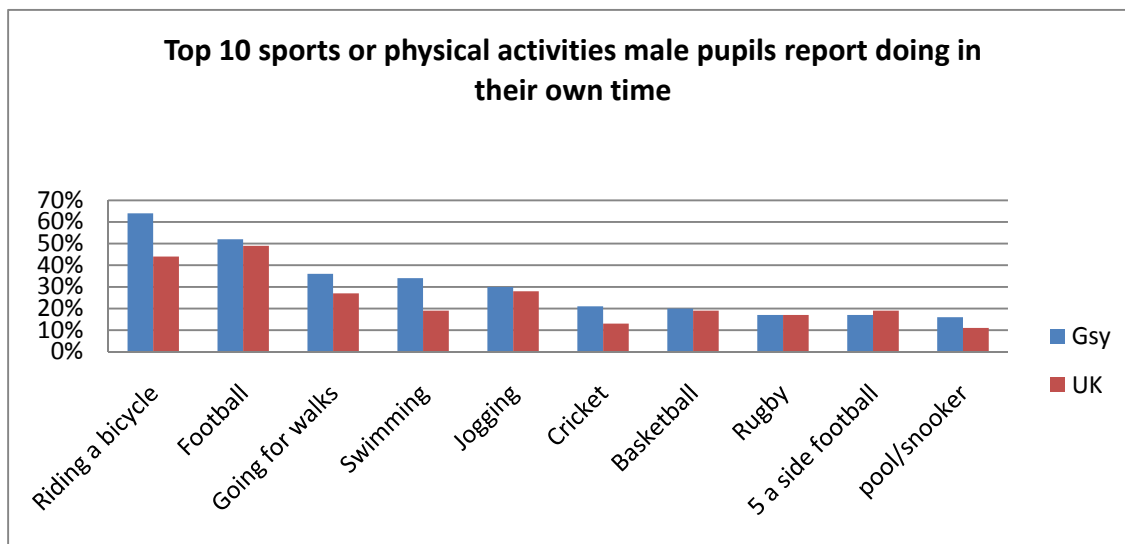
Sports participation

- Enjoyment of levels of sport are very similar to those recorded in English surveys.
- There is a significant decline in the levels of enjoyment and activity amongst girls as they get older.
- The proportion of boys exercising regularly remains constant whilst girls exercise lessens as they get older.



Activities over the previous day

- Guernsey students reported that they were more active than students in England.



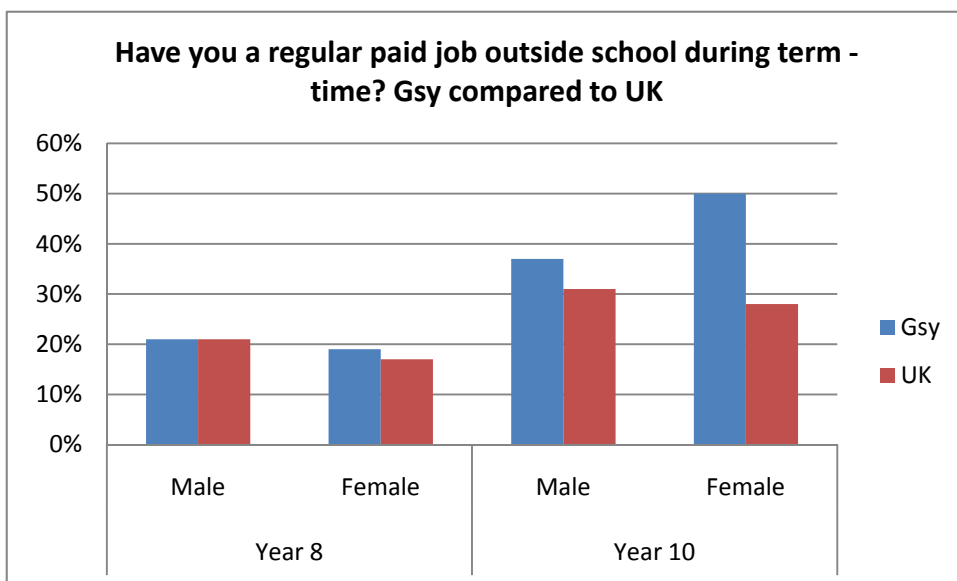
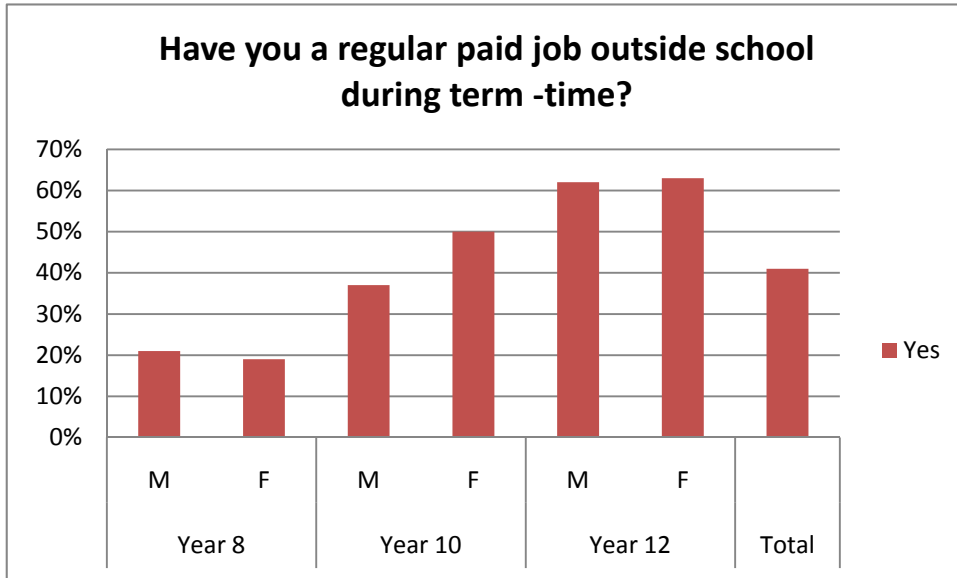
Use of communications technology

The accessibility of young people to internet access and mobile phones is almost universal

- 96% of all pupils have a computer at home with internet access.
- 98% of all pupils have a mobile phone (100% of year 10 girls).
- 23% of Primary school pupils use internet chat rooms/social networking sites every day (in total 67% use them either sometimes, often or every day).
- 33% of year 10 girls spend more than 2 hours texting.

Part time employment

More Guernsey students undertake part-time work outside school during term than do students in England.

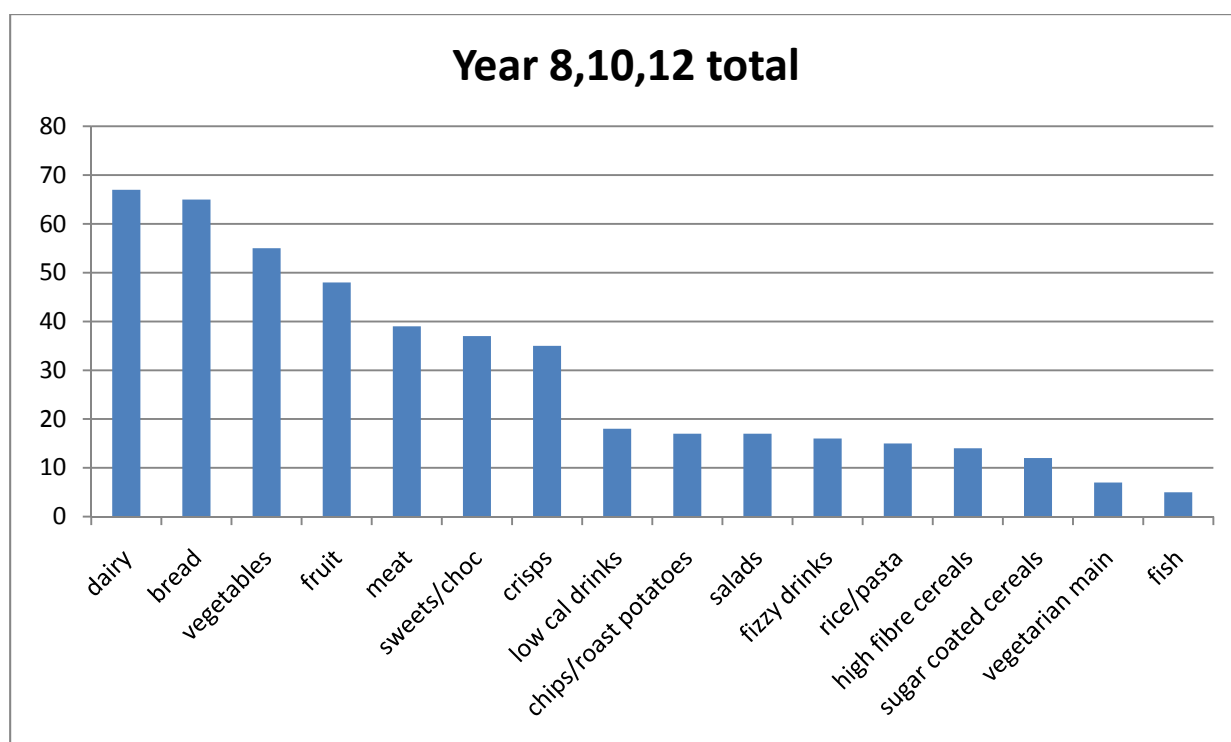


Health and weight

Highlights from the survey:

- The most popular foods eaten on most days by local teenagers are dairy foods, bread, fruit and vegetables. However 37% say they eat sweets and chocolates and 35% say they eat crisps on most days
- Less than a quarter of teenagers ate five or more portions of fruit and veg on the day before the survey
- A quarter of teenage girls ate nothing at all before lessons on the day before the survey
- 43% of year 6 girls and 63% of year 10 girls said they would like to lose weight
- 19% of year 10 boys and 11% of year 10 girls were overweight or obese though this may be underreported as a higher proportion of pupils did not answer questions about their weight and height
- 28% of year 10 boys said they never considered their health when choosing what to eat
- 40% of those surveyed ate their evening meal at the table with their family not watching TV

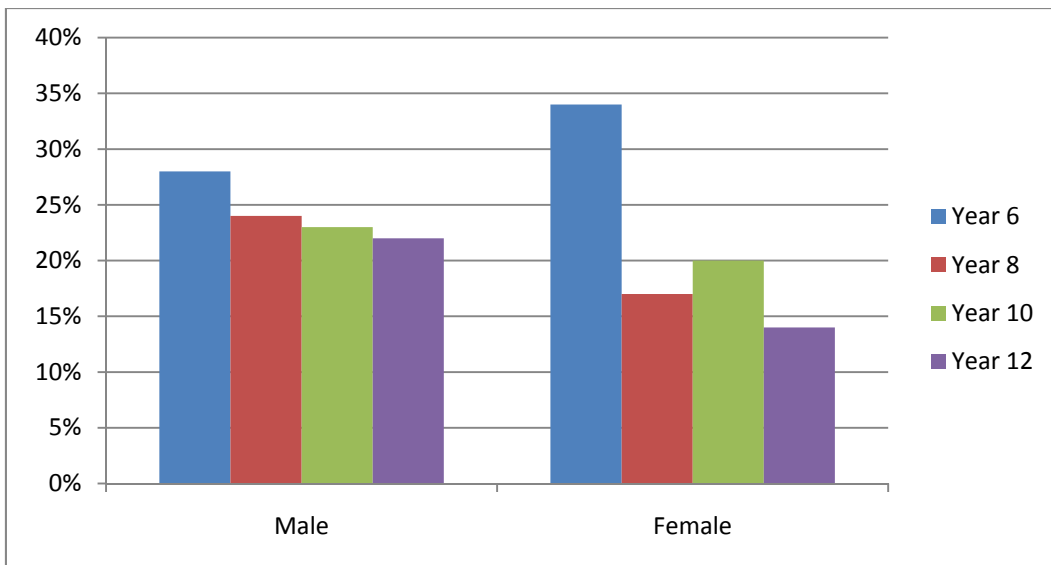
1. How often do you eat the following? Answer: on most days



	% Year 8,10,12 total
dairy	67
bread	65
vegetables	55
fruit	48
meat	39
sweets/choc	37
crisps	35

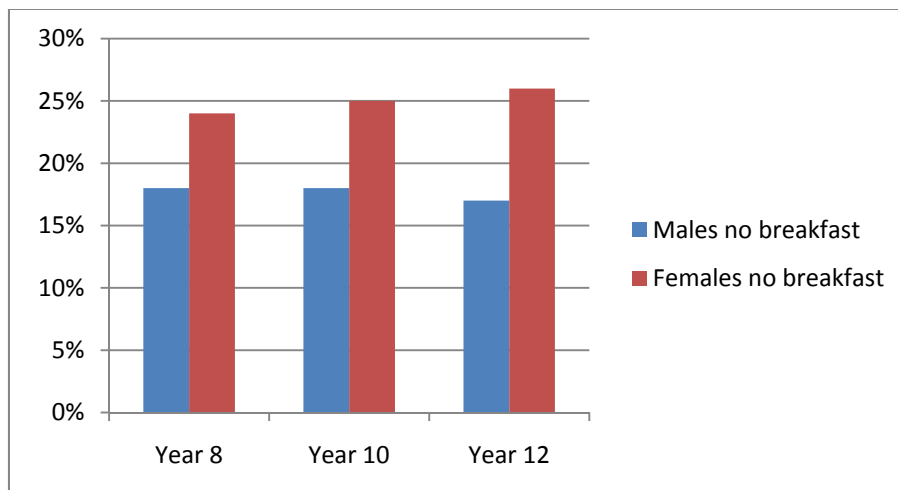
low cal drinks	18
chips/roast potatoes	17
salads	17
fizzy drinks	16
rice/pasta	15
high fibre cereals	14
sugar coated cereals	12
vegetarian main	7
fish	5

2. How many portions of fruit and vegetables did you eat yesterday? Answer: Five or more



	Year 6	Year 8	Year 10	Year 12
Male	28%	24%	23%	22%
Female	34%	17%	20%	14%

3. Did you eat or drink anything before lessons this morning? Answer: No, nothing at all



	Males	Females
Year 8	18%	24%
Year 10	18%	25%
Year 12	17%	26%

4. Your weight - which statement describes you best? Answer: Would like to lose weight

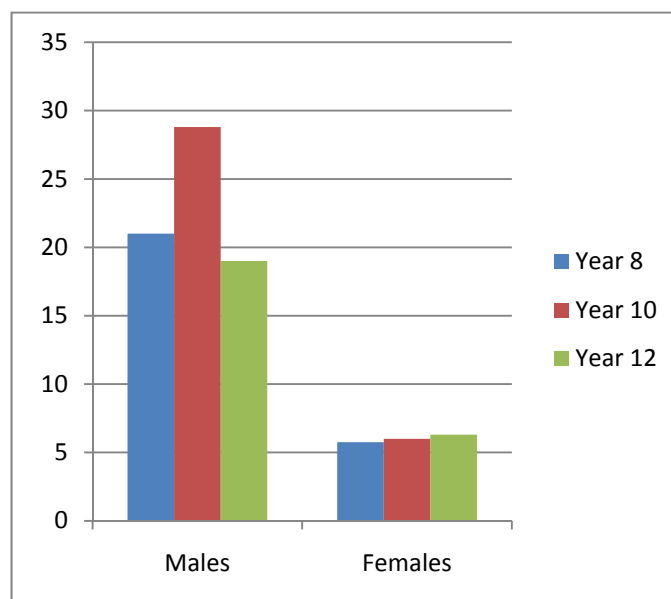
	Guernsey		England	
	% Boys	% Girls	% Boys	% Girls
Year 6	35	43	31	40
Year 8	36	49	33	53
Year 10	33	63	28	59
Year 12	30	63	-	-

Percentage of children overweight*

	Year 8		Year 10		All	
	Male	Female	Male	Female	Male	Female
Underweight	3	5	5	4	4	4
Overweight	11	3	13	9	13	7
Obese	6	5	6	2	6	3

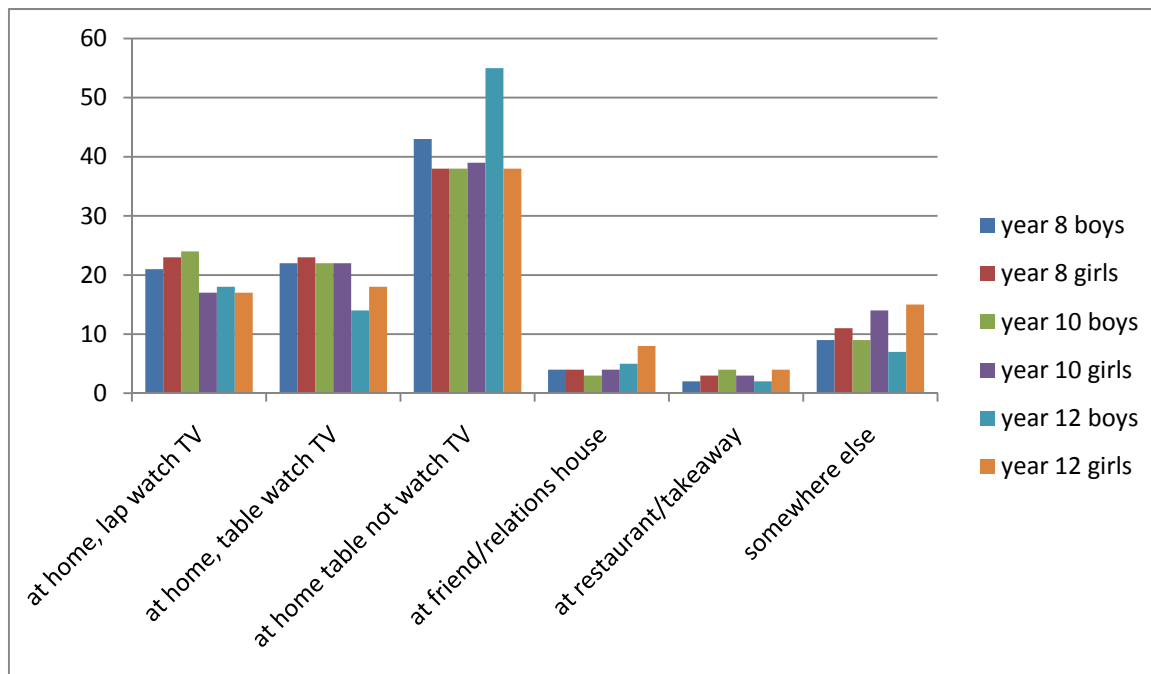
*weight status was determined by calculating BMI from young people's self-reported heights and weights which were then applied to BMI-for-age growth charts to obtain a percentile ranking.

5. When choosing what to eat, do you consider your health? Answer : Never



	Year 8 boys	Year 10 boys	Year 12 boys	Year 8 girls	Year 10 girls	Year 12 girls
%	21	28	18	6	7	8

6. Where did you eat your main evening meal yesterday?



	% year 8 boys	% year 8 girls	% year 10 boys	% year 10 girls	% year 12 boys	% year 12 girls
at home, lap watch TV	21	23	24	17	18	17
at home, table watch TV	22	23	22	22	14	18
at home table not watch TV	43	38	38	39	55	38
at friend/relations house	4	4	3	4	5	8
at restaurant/takeaway	2	3	4	3	2	4
somewhere else	9	11	9	14	7	15

Emotional Health and Well-Being

The Young People's Survey asked a series of questions to gauge the emotional health and well-being of Guernsey's young people.

Self-Esteem

The Young People's Survey asks a series of questions that gauge the levels of self-esteem of Guernsey young people. In particular, they are asked to respond to the statement:

I am glad I am who I am
and
I generally feel happy

The scale is also based on social confidence and relationships with friends.

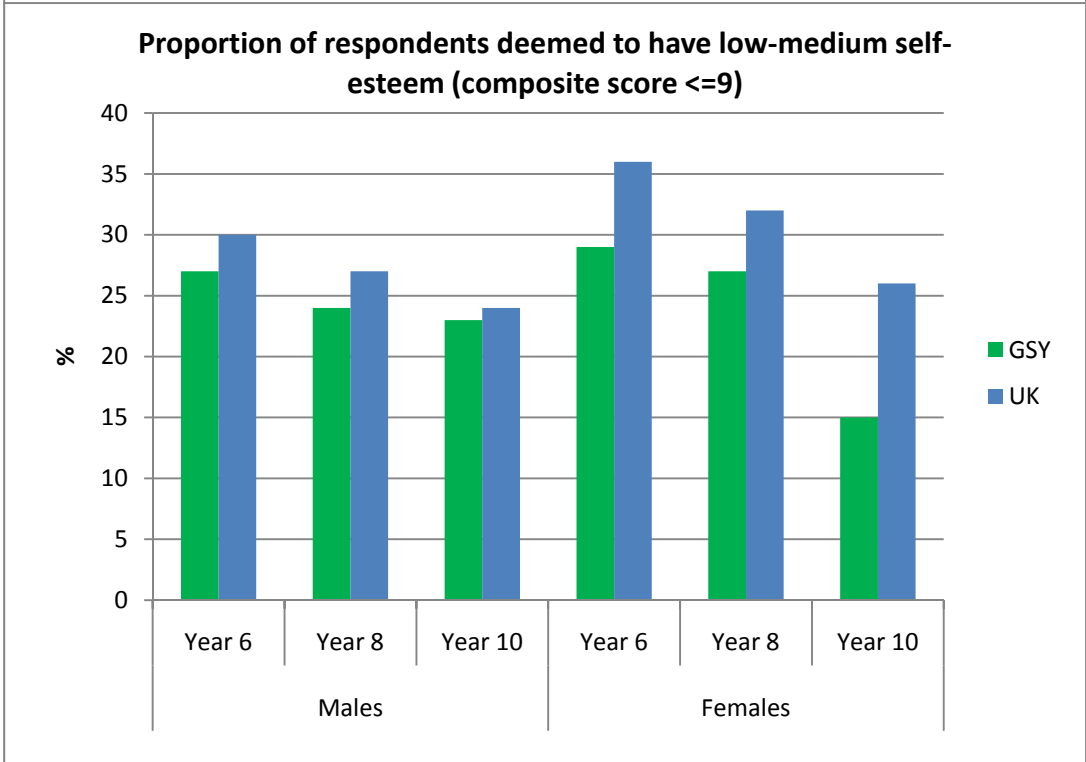
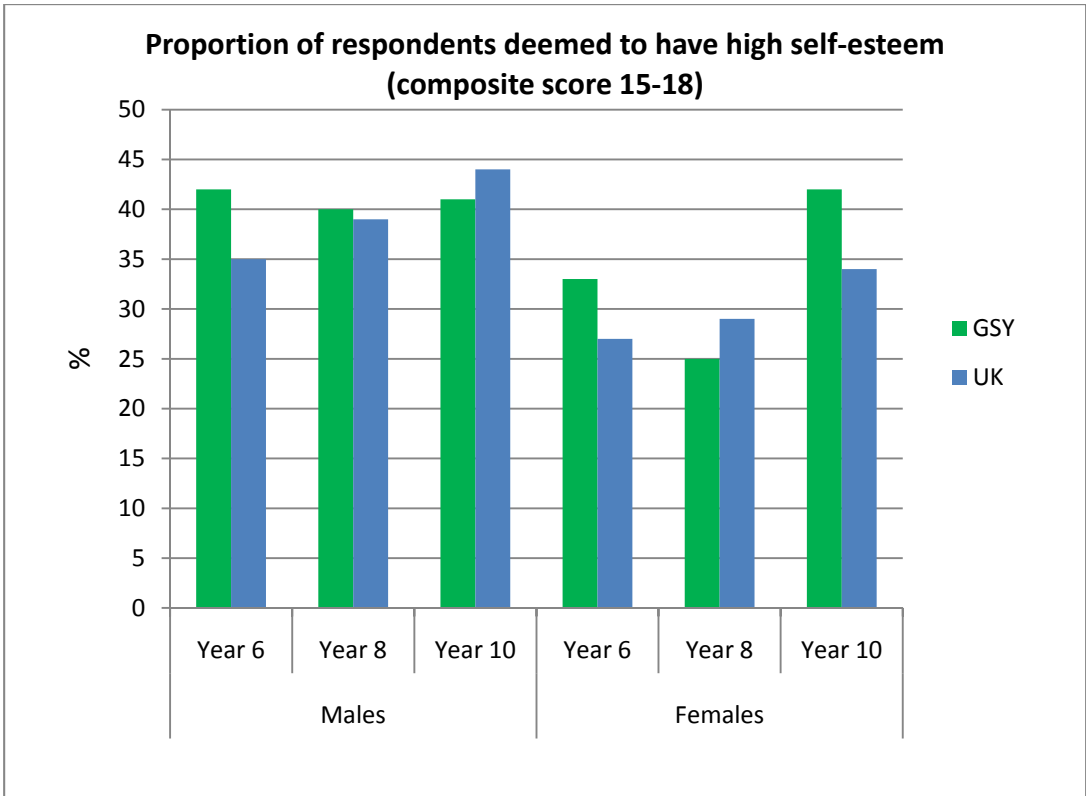
The scale is between 0-18.

0-9 is medium to low self-esteem

15-18 is high self-esteem.

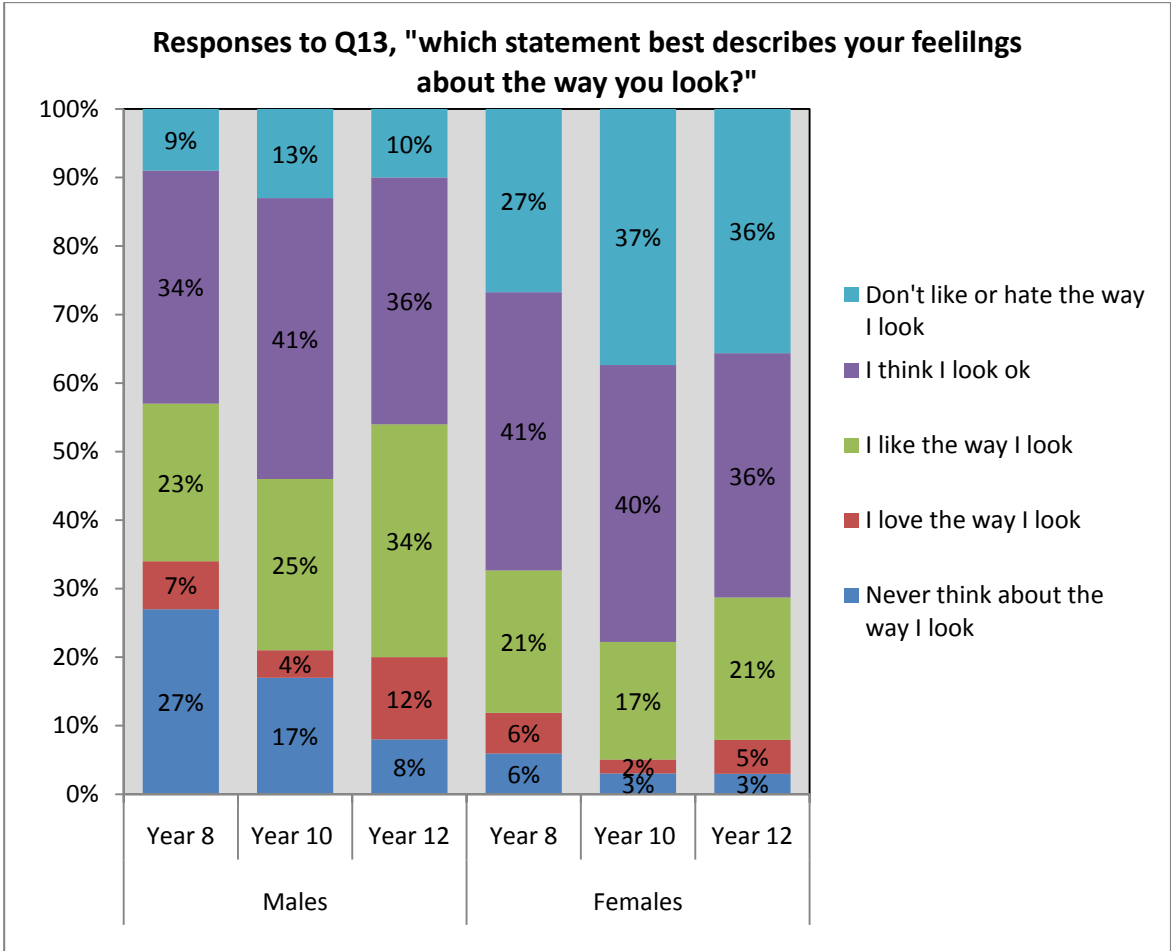
The findings demonstrate that:

- Fewer Guernsey students have lower self-esteem across all ages than students in England.
- Guernsey primary age pupils demonstrate higher levels of self-esteem than students in England.
- The picture varies at secondary school.
- Boys generally record more high self-esteem levels than girls.



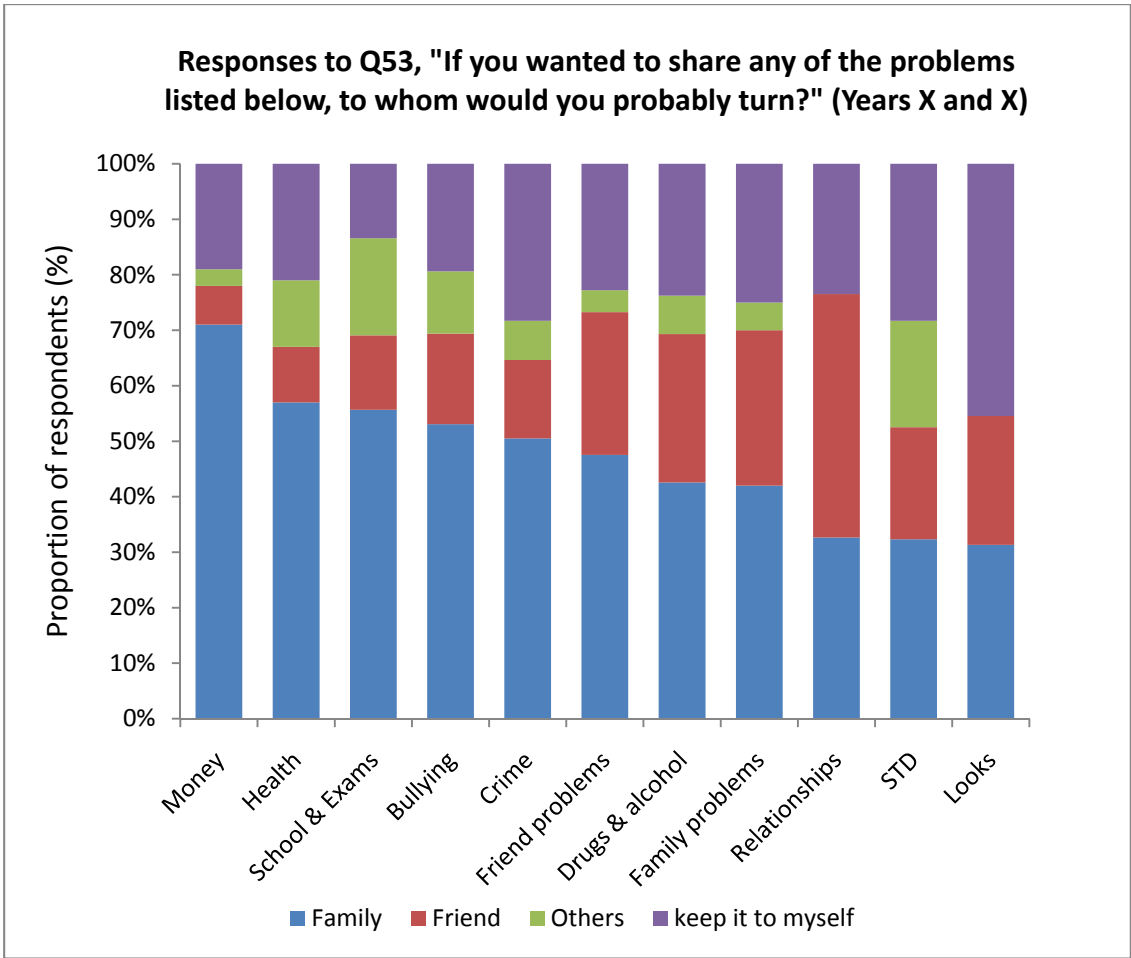
Feelings about the way you look

¼ to ⅓ of girls don't like or hate the way they look.



To whom would young people turn to share problems?

The findings indicate that their families are the first contact when faced with problems.

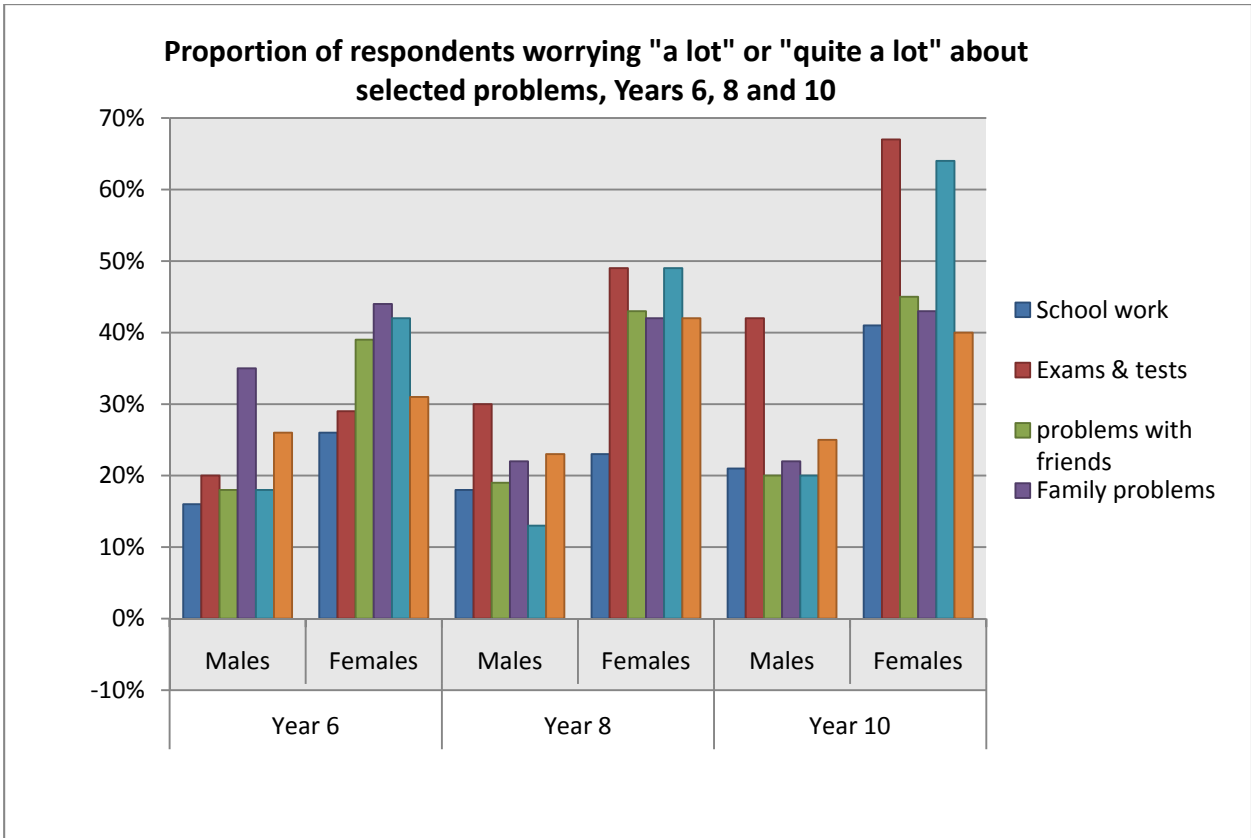


Worries

Pupils were asked to gauge how much they worry about selected problems.

School work, exams and tests were the biggest worries.

Girls worry more than boys



I'm glad I am who I am

I generally feel happy

There is a significant change in responses between primary and secondary school phases.

Nearly 1 in 3 secondary school pupils report that they are not glad that they are who they are and that they do not generally feel happy.

Slightly more girls than boys respond that they are not glad that they are who they are and that they do not generally feel happy.

