

# Young People in Guernsey Primary Schools

The Health-Related Behaviour Survey 2013



A report for Guernsey Primary

The Schools Health Education Unit

[www.sheu.org.uk](http://www.sheu.org.uk)



# **School Survey Report 2013**

Produced by the  
Schools Health Education Unit

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

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## Foreword

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

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

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

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



**Angela Balding**

Survey Manager  
Schools Health Education Unit



**Dr. David Regis**

Research Manager  
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## Introduction

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

Preceding this report you should have received **The Survey Results Tables** (or 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 Survey Results Tables show the number of responses received for each question, which may be less than the total sample. Also in the Results Tables we show the results 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](http://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.

<b>15%</b> (20%) of the sample...
-----------------------------------

**Your survey** (Reference sample)

	Your survey		Reference Sample	
	Year 8	Year 10	Year 8	Year 10
Boys	<b>10</b>	<b>20</b>	30	40
Girls	<b>80</b>	<b>70</b>	60	50

Favourite fruits			
1	Apples	<b>70</b>	(60)
2	Oranges	<b>60</b>	(50)
3	Bananas	<b>50</b>	(40)

**Your survey** (Reference sample)

## The sample

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

Guernsey Primary	
Year 6	
Boys	234
Girls	210

## Guernsey Primary Headlines

Guernsey Primary	
Year 6	
Boys	234
Girls	210

### Background

#### ETHNICITY

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

#### SPECIAL NEEDS

- 9% of pupils responded that they have a special need or disability. 8% said they 'don't know' if they do.
- 5% of pupils responded that they have Dyslexia, Dyspraxia or Dyscalculia.

#### BOOKS AT HOME

- 1% of pupils responded that they don't have any books in their home, while 7% said they have 'very few' (1 – 10).
- 21% of pupils responded that they have about enough books to fill one bookcase (51 – 100), while 51% said they have enough to fill at least two bookcases (101 +).

#### HOME LIFE

- 5% of pupils responded that only two people live in their home.
- 14% of pupils responded that at least six people live in their home.
- 66% of pupils responded that they live with their mother and father together.
- 13% of pupils responded that they live 'mainly or only' with their mother, while 1% said they live 'mainly or only' with their father.
- 14% of pupils responded that there are one or two bedrooms in their home.
- 16% of pupils responded that there are at least five bedrooms in their home.

### Healthy Eating

#### WEIGHT

- 4% of pupils responded that they would like to put on weight.
- 34% of pupils responded that they would like to lose weight.
- 62% of pupils responded that they are happy with their weight as it is.
- 12% of pupils responded that they never think about the way they look.
- 39% of pupils responded that they like the way they look.
- 41% of pupils responded that they think they look OK.

- 7% of pupils responded that they don't like the way they look.

#### BREAKFAST

- 1% of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 2% had a cooked breakfast.
- 7% of pupils responded that they had at most a drink for breakfast on the day of the survey.

#### FOOD

- 52% of pupils responded that they ate vegetables (not potatoes) 'on most days' in the last week and 40% said they ate fresh or tinned fruit.
- 60% of pupils responded that they didn't eat oily fish in the last week.

#### HEALTHY CHOICES

- 7% of pupils responded that they 'never' consider their health when choosing what to eat, while 38% said they 'sometimes' do.
- 27% of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

### Health and Hygiene

#### DENTAL HEALTH

- 75% of pupils responded that they visited the dentist in the last 6 months.
- 7% of pupils responded that they last visited the dentist more than a year ago, while 3% said they have never been.

### Physical Activity

#### EXERCISE

- 5% of boys and 1% of girls responded that they didn't exercise enough to breathe harder and faster at all last week.
- 74% of boys and 85% of girls responded that they exercised enough to breathe harder and faster at least three times in the last week.
- 20% of pupils responded that they don't have enough time to be as physically active as they want, while 13% said they are shy in front of others.

### Alcohol and Tobacco

#### ALCOHOL

- 2% of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- 1% of pupils responded that they drank alcohol on more than one day in the 7 days before the survey.

Headlines

**SMOKING**

- ❑ 3% 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.
- ❑ 93% 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 6% think they may smoke.
- ❑ 30% of pupils responded that their parents/carers smoke.
- ❑ 9% of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 13% of pupils responded that someone smokes in a car when they are in it too.
- ❑ 31% of pupils responded that at least one person smokes on most days indoors in their home; 19% said more than one person does.

**DRUGS**

- ❑ 7% 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.
- ❑ 0% of pupils responded that they have been offered drugs other than cannabis, while 4% said they 'don't know' if they have.

**Emotional Health and Well-being**

**HAPPINESS**

- ❑ 88% of pupils agreed that they are glad they are who they are.
- ❑ 2% of pupils disagreed that they are glad they are who they are.
- ❑ 85% of pupils agreed that they are generally happy.
- ❑ 4% of pupils disagreed that they are generally happy.
- ❑ 8% of pupils responded that they are either 'not happy' or 'not at all happy' with their life at the moment.
- ❑ 82% of pupils responded that they are 'quite' or 'very' happy with their life at the moment.

**WORRYING**

- ❑ 83% of pupils responded that they worry about at least one of the issues listed 'quite' or 'very' often.
- ❑ 35% of pupils responded that they 'quite' or 'very' often worry about moving on to secondary school and 38% said they worry about their family.

**SCHOOL LESSONS**

- ❑ 59% of pupils responded that they enjoy 'most' or 'all' of their lessons at school.
- ❑ 7% of pupils responded that they enjoy 'hardly any' of their lessons at school.

**Bullying and Safety**

**BULLYING**

- ❑ 30% of pupils responded that they have been bullied at or near school in the last 12 months, while 12% said they 'don't know' if they have.

- ❑ 69% of pupils responded that they have experienced at least one of the negative behaviours listed at least a 'few times' in the last month, while 6% experienced such behaviour 'every day'.
- ❑ 53% of pupils responded that they have been teased/made fun of at least a 'few times' in the last month and 38% said they have been pushed/hit for no reason.
- ❑ 21% of pupils responded that they think they are being picked on or bullied because of the way they look and 18% think they are because of their size or weight.
- ❑ 71% of pupils responded that they think their school takes bullying seriously, while 15% think it doesn't take it seriously.
- ❑ 27% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- ❑ 4% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

**INTERNET SAFETY**

- ❑ 66% of pupils responded that they at least 'sometimes' use internet chat rooms or social networking sites.
- ❑ 21% of pupils responded that they use internet chat rooms or social networking sites 'very often/every day'.
- ❑ 18% of pupils responded that they have received a chat message that scared or upset them.

**Enjoying and Achieving**

**LEISURE TIME**

- ❑ 34% of pupils responded that they take part in helping and volunteering at least 'weekly'.
- ❑ 26% of pupils responded that they take part in a uniform youth group (e.g. Scouts, Guides) at least 'weekly'.
- ❑ 61% of pupils responded that they take part in a sports club at least 'weekly'.
- ❑ 41% of pupils responded that they take part in music or choir at least 'weekly'.
- ❑ 34% of pupils responded that they take part in other youth groups or clubs at least 'weekly'.
- ❑ 84% of pupils responded that they are 'quite' or 'very' good at playing with other people in a team and 56% said they are good at organising other people.
- ❑ 30% of pupils responded that they are 'not very good' or 'not good at all' at speaking in front of a group.

**SELF-ESTEEM**

- ❑ 22% of pupils had a med-low self-esteem score (9 or less).
- ❑ 46% of pupils had a high self-esteem score (15 or more).
- ❑ 82% of pupils responded that they feel happy talking to other pupils at school.

## 2013/2010 Comparisons

	2013	2010
	All Years	All Years
Boys	234	264
Girls	210	251

2010 data in brackets; see notes on interpreting differences.

### Background

#### ETHNICITY

- 77% (87%) of pupils responded that they are from Guernsey, while 10% (9%) said they are English/Scottish/Welsh/Irish.

#### BOOKS AT HOME

- 1% (1%) of pupils responded that they don't have any books in their home, while 7% (6%) said they have 'very few' (1 – 10).
- 21% (26%) of pupils responded that they have about enough books to fill one bookcase (51 – 100), while 51% (46%) said they have enough to fill at least two bookcases (101+).

#### HOME LIFE

- 66% (65%) of pupils responded that they live with their mother and father together.
- 13% (12%) of pupils responded that they live 'mainly or only' with their mother, while 1% (2%) said they live 'mainly or only' with their father.

### Healthy Eating

#### WEIGHT

- 4% (4%) of pupils responded that they would like to put on weight.
- 34% (39%) of pupils responded that they would like to lose weight.
- 62% (57%) of pupils responded that they are happy with their weight as it is.

#### BREAKFAST

- 1% (9%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 2% (5%) had a cooked breakfast.

#### FOOD

- 52% (51%) of pupils responded that they ate vegetables (not potatoes) 'on most days' in the last week and 40% (57%) said they ate fresh or tinned fruit.

### Physical Activity

#### EXERCISE

- 5% (2%) of boys and 1% (3%) of girls responded that they didn't exercise enough to breathe harder and faster at all last week.
- 74% (74%) of boys and 85% (72%) of girls responded that they exercised enough to breathe harder and faster at least three times in the last week.
- 20% (13%) of pupils responded that they don't have enough time to be as physically active as they want.

### Alcohol and Tobacco

#### ALCOHOL

- 2% (12%) of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- 1% (4%) of pupils responded that they drank alcohol on more than one day in the 7 days before the survey.

#### SMOKING

- 3% (4%) of pupils said they have smoked in the past or smoke now.
- 93% (86%) of pupils responded that they think they will not smoke when they are older.
- 1% (2%) of pupils responded that they think they will smoke when they are older, while 6% (13%) think they may smoke.
- 30% (33%) of pupils responded that their parents/carers smoke.
- 9% (12%) of pupils responded that someone smokes indoors at home in rooms that they use.
- 13% (17%) of pupils responded that someone smokes in a car when they are in it too.
- 31% (39%) of pupils responded that at least one person smokes on most days indoors in their home; 19% (24%) said more than one person does.

#### DRUGS

- 7% (9%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who takes drugs.
- 1% (2%) of pupils responded that they have been offered cannabis.
- 0% (4%) of pupils responded that they have been offered drugs other than cannabis, while 4% (4%) said they 'don't know' if they have.

### Emotional Health and Well-being

#### HAPPINESS

- 88% (87%) of pupils agreed that they are glad they are who they are.
- 2% (4%) of pupils disagreed that they are glad they are who they are.
- 85% (86%) of pupils agreed that they are generally happy.
- 4% (5%) of pupils disagreed that they are generally happy.

#### WORRYING

- 35% (37%) of pupils responded that they 'quite' or 'very' often worry about moving on to secondary

## Headlines

school and 38% (39%) said they worry about their family.

### SCHOOL LESSONS

- ❑ 59% (57%) of pupils responded that they enjoy 'most' or 'all' of their lessons at school.
- ❑ 7% (8%) of pupils responded that they enjoy 'hardly any' of their lessons at school.

## Bullying and Safety

### BULLYING

- ❑ 69% (66%) of pupils responded that they have experienced at least one of the negative behaviours listed at least a 'few times' in the last month, while 6% (6%) experienced such behaviour 'every day'.
- ❑ 53% (45%) of pupils responded that they have been teased/made fun of at least a 'few times' in the last month and 38% (32%) said they have been pushed/hit for no reason.
- ❑ 21% (17%) of pupils responded that they think they are being picked on or bullied because of the way

## Guernsey Primary Survey 2013

they look and 18% (17%) think they are because of their size or weight.

### INTERNET SAFETY

- ❑ 66% (66%) of pupils responded that they at least 'sometimes' use internet chat rooms or social networking sites.
- ❑ 21% (22%) of pupils responded that they use internet chat rooms or social networking sites 'very often/every day'.
- ❑ 18% (12%) of pupils responded that they have received a chat message that scared or upset them.

## Enjoying and Achieving

### SELF-ESTEEM

- ❑ 22% (27%) of pupils had a med-low self-esteem score (9 or less).
- ❑ 46% (38%) of pupils had a high self-esteem score (15 or more).
- ❑ 82% (83%) of pupils responded that they feel happy talking to other pupils at school.

### Significant differences between 2013 and 2010 data

Below we have listed some statistically significant differences between the data collected in the 2013 survey and that collected in 2010.

	2013	2010
	All Years	All Years
Boys	234	264
Girls	210	251

Sig	2013	2010	Question
***	2%	12%	of pupils responded that they had an alcoholic drink in the 7 days before the survey.
***	1%	9%	of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey.
***	40%	57%	of pupils responded that they ate fresh or tinned fruit 'on most days' in the last week.
***	77%	87%	of pupils responded that they are from Guernsey.
***	93%	86%	of pupils responded that they think they will not smoke when they are older.
***	0%	4%	of pupils responded that they have been offered drugs other than cannabis.
***	20%	13%	of pupils responded that they don't have enough time to be as physically active as they want.
***	1%	4%	of pupils responded that they drank alcohol on more than one day in the 7 days before the survey.
***	31%	39%	of pupils responded that at least one person smokes on most days indoors in their home.
***	18%	12%	of pupils responded that they have received a chat message that scared or upset them.
**	46%	38%	of pupils had a high self-esteem score (15 or more).
**	53%	45%	of pupils responded that they have been teased/made fun of at least a 'few times' in the last month.
*	80%	73%	of pupils responded that they exercised enough to breathe harder and faster at least three times in the last week.
*	38%	32%	of pupils responded that they have been pushed/hit for no reason at least a 'few times' in the last month.
*	13%	17%	of pupils responded that someone smokes in a car when they are in it too.

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

## Background

### Ethnicity

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

**QD.** Percentage responding that they are from Guernsey.  
 Guernsey Primary  
 Year 6  
 Boys 77  
 Girls 78

### Special needs

9% of pupils responded that they have a special need or disability. 8% said they 'don't know' if they do.

**Q1a.** Percentage responding that they have a special need or disability.  
 Guernsey Primary  
 Year 6  
 Boys 13  
 Girls 4

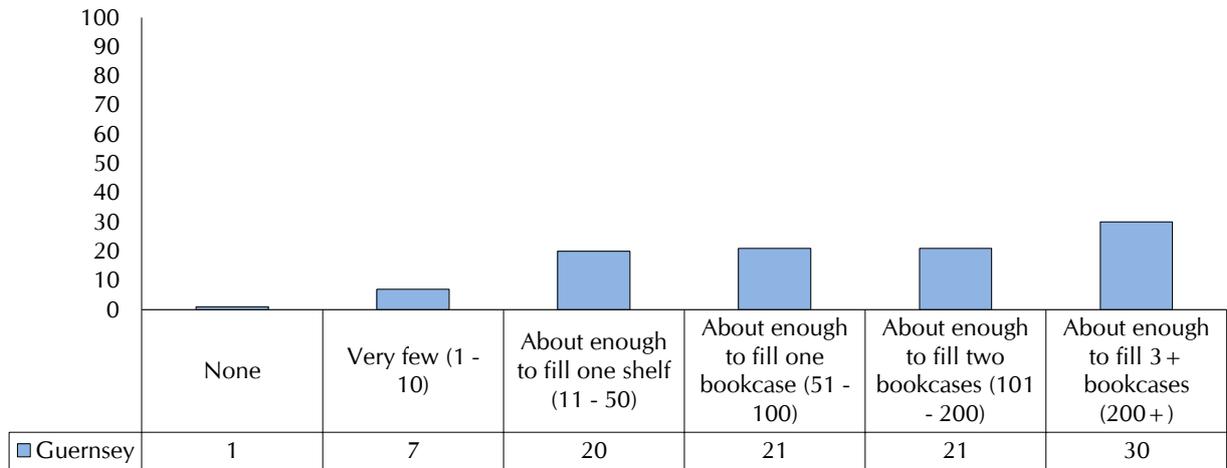
5% of pupils responded that they have Dyslexia, Dyspraxia or Dyscalculia.

**Q1b.** Percentage of pupils responding that they have the following special needs or disabilities:

Boys		Girls	
1	Dyslexia, Dyspraxia or Dyscalculia	7	1
2	ADHD (Attention Deficit Hyperactivity Disorder)	3	2
3	Physical impairment or difficulty	1	3
4	Autism/Asperger's	1	4

**Books at home**

**Q2.** Roughly how many books are there in your home?



1% of pupils responded that they don't have any books in their home, while 7% said they have 'very few' (1 – 10).

**Q2.** Percentage answering that they don't have any books in their home.

Guernsey Primary

Year 6

Boys 1

Girls 0

21% of pupils responded that they have about enough books to fill one bookcase (51 – 100), while 51% said they have enough to fill at least two bookcases (101+).

**Q2.** Percentage answering that they have enough books in their home to fill at least two bookcases (101+).

Guernsey Primary

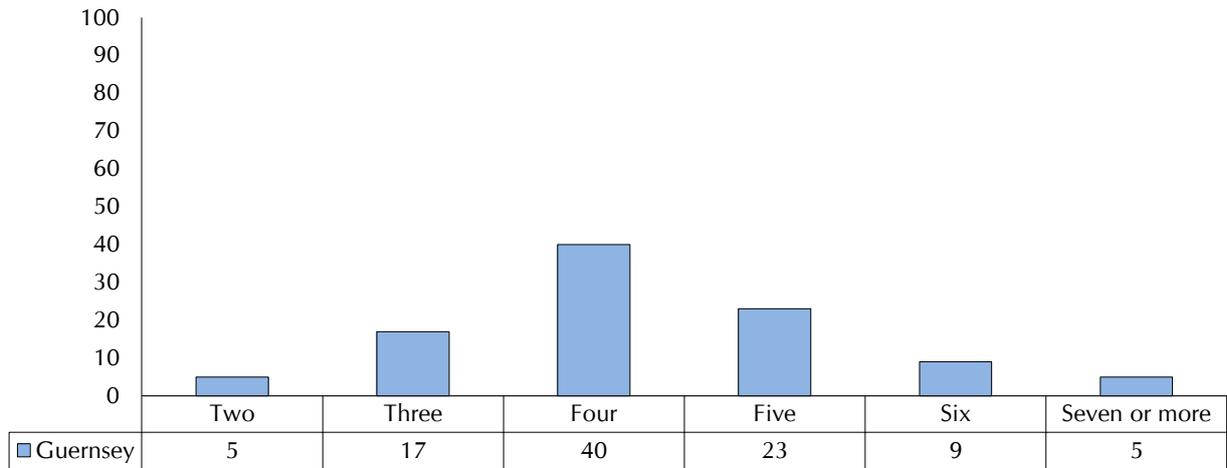
Year 6

Boys 47

Girls 55

**Home Life**

**Q3.** How many people live in your home (include yourself)?



5% of pupils responded that only two people live in their home.

**Q3.** Percentage answering that only two people live in their home.

Guernsey Primary

Year 6

Boys 5

Girls 5

14% of pupils responded that at least six people live in their home.

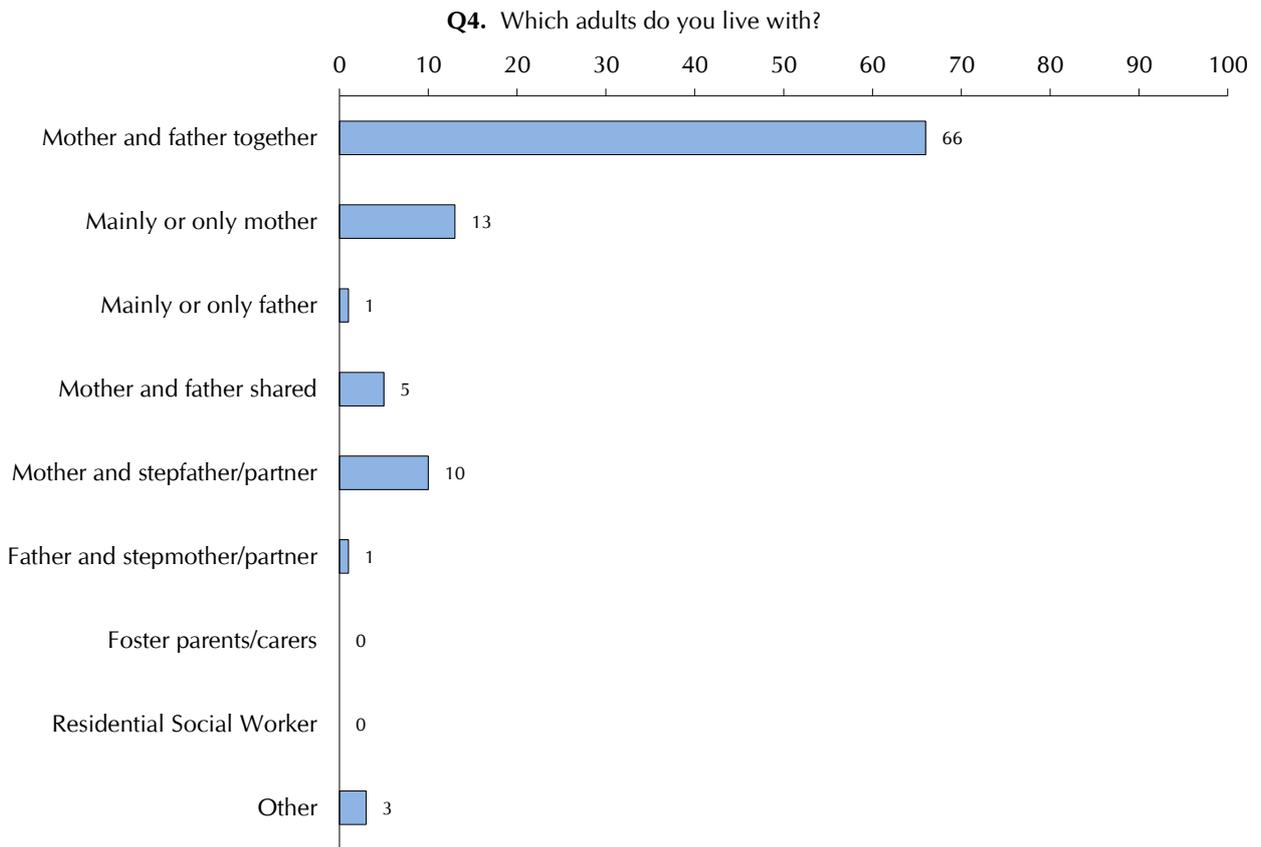
**Q3.** Percentage answering that at least six people live in their home.

Guernsey Primary

Year 6

Boys 14

Girls 15



66% of pupils responded that they live with their mother and father together.

13% of pupils responded that they live 'mainly or only' with their mother, while 1% said they live 'mainly or only' with their father.

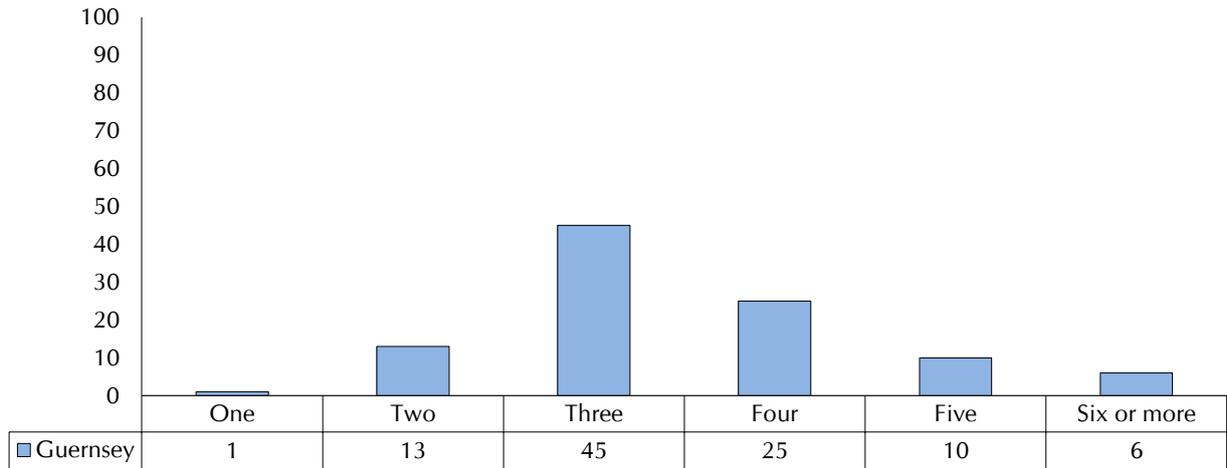
**Q4.** Percentage answering that they live with their mother and father together.

Guernsey Primary  
 Year 6  
 Boys 67  
 Girls 65

**Q4.** Percentage answering that they live 'mainly or only' with their mother.

Guernsey Primary  
 Year 6  
 Boys 12  
 Girls 14

**Q5. How many bedrooms are there in your home?**



14% of pupils responded that there are one or two bedrooms in their home.

**Q5.** Percentage answering that there are one or two bedrooms in their home.

Guernsey Primary  
 Year 6  
 Boys 14  
 Girls 14

16% of pupils responded that there are at least five bedrooms in their home.

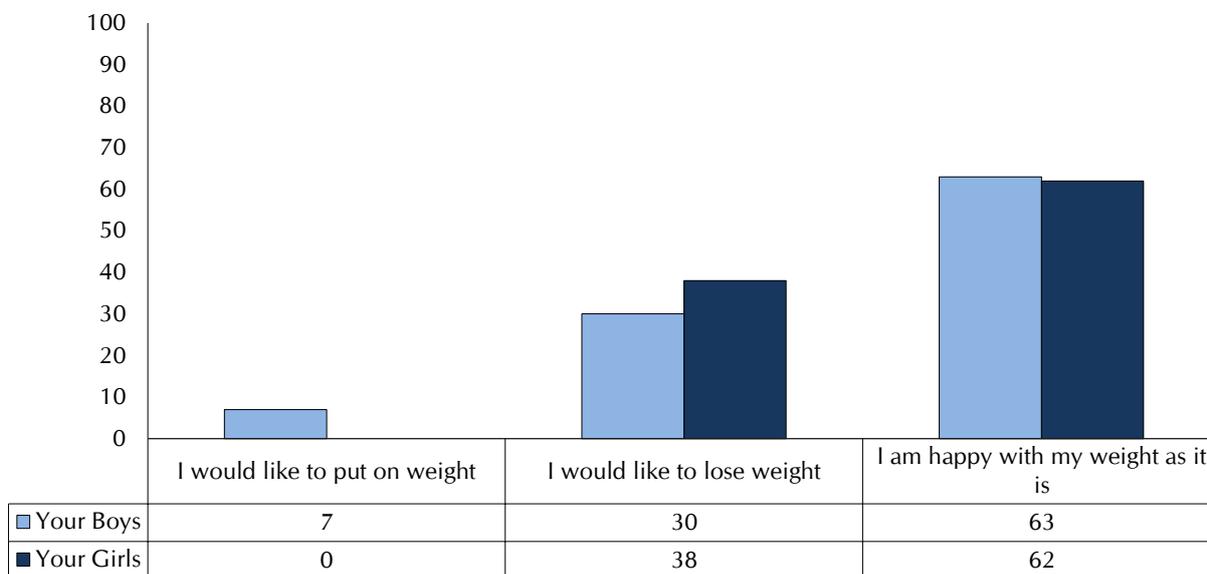
**Q5.** Percentage answering that there are at least five bedrooms in their home.

Guernsey Primary  
 Year 6  
 Boys 16  
 Girls 17

# Healthy Eating

## Weight

**Q6. Weight: Which statement describes you best?**



4% of pupils responded that they would like to put on weight.

**Q6.** Percentage answering that they would like to put on weight.

Guernsey Primary  
 Year 6  
 Boys 7  
 Girls 0

34% of pupils responded that they would like to lose weight.

**Q6.** Percentage answering that they would like to lose weight.

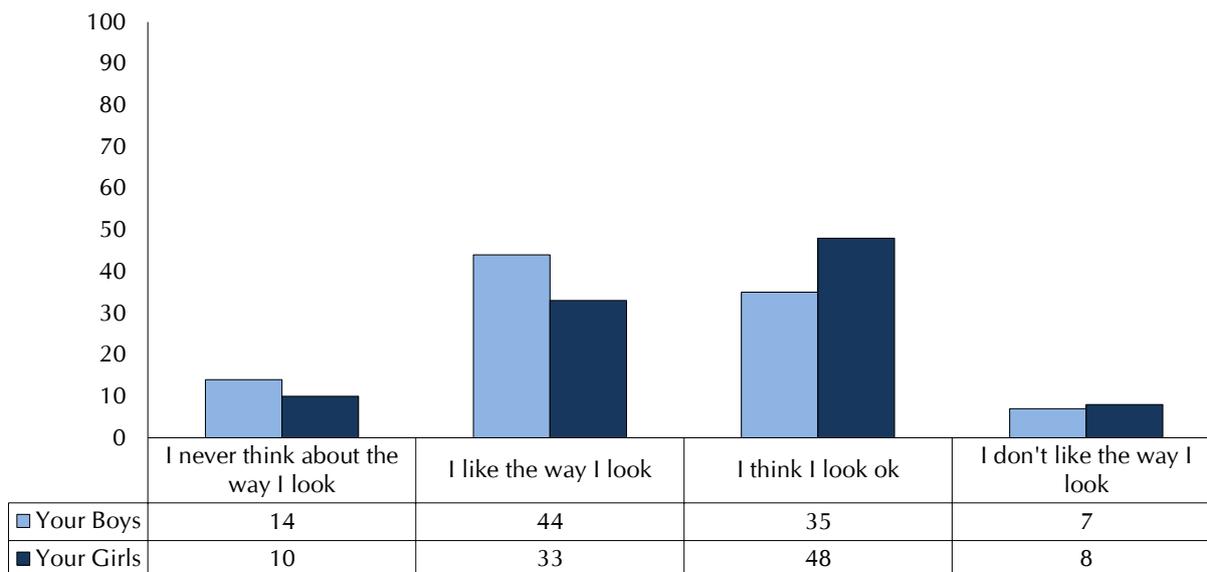
Guernsey Primary  
 Year 6  
 Boys 30  
 Girls 38

62% of pupils responded that they are happy with their weight as it is.

**Q6.** Percentage answering that they are happy with their weight as it is.

Guernsey Primary  
 Year 6  
 Boys 63  
 Girls 62

**Q7.** Which statement best describes your feelings about the way you look?



12% of pupils responded that they never think about the way they look.

**Q7.** Percentage answering that they never think about the way they look.

Guernsey Primary  
 Year 6  
 Boys 14  
 Girls 10

39% of pupils responded that they like the way they look.

**Q7.** Percentage answering that they like the way they look.

Guernsey Primary  
 Year 6  
 Boys 44  
 Girls 33

41% of pupils responded that they think they look OK.

**Q7.** Percentage answering that they think they look OK.

Guernsey Primary  
 Year 6  
 Boys 35  
 Girls 48

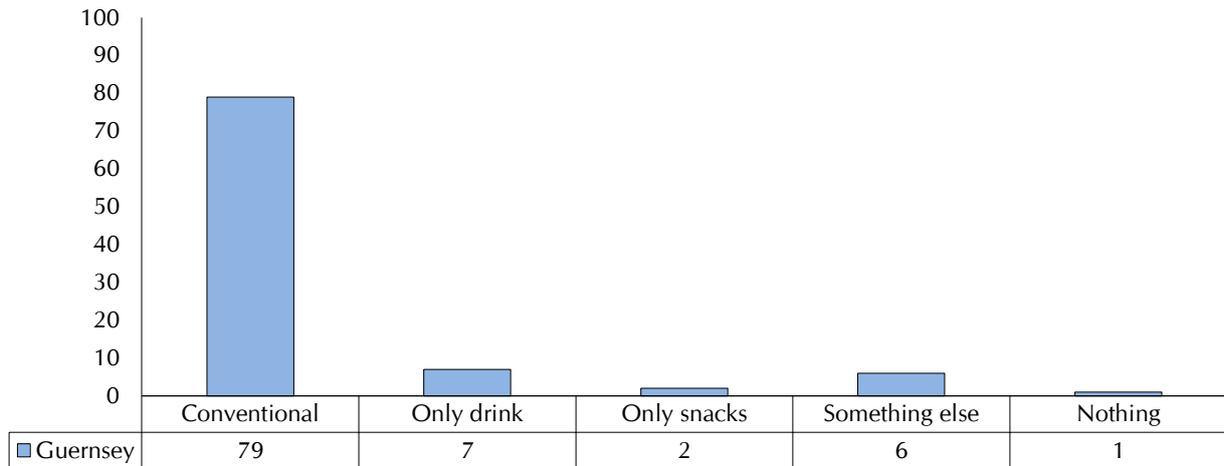
7% of pupils responded that they don't like the way they look.

**Q7.** Percentage answering that they don't like the way they look.

Guernsey Primary  
 Year 6  
 Boys 7  
 Girls 8

**Breakfast**

**Q9.** 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 or porridge; toast or bread; cooked breakfast; fruit; yoghurt or breakfast bar. Only snacks means: chocolate bar, sweets; crisp-type snack; cakes, muffins or biscuits but not conventional breakfast.

1% of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 2% had a cooked breakfast.

**Q9.** Percentage answering that they didn't have anything to eat or drink before lessons on the day of the survey.

Guernsey Primary

Year 6

Boys 0

Girls 1

7% of pupils responded that they had at most a drink for breakfast on the day of the survey.

**Q9.** Percentage answering that they had only a drink for breakfast before lessons on the day of the survey.

Guernsey Primary

Year 6

Boys 8

Girls 6

**Q9.** Percentage of pupils responding that they had the following to eat or drink for breakfast on the day of the survey (top 5):

Boys		Girls	
1 Cereal	52	1 A drink	51
2 A drink	46	2 Cereal	49
3 Toast or bread	20	3 Toast or bread	20
4 Other	6	4 Fruit	11
5 Fruit	6	5 Yoghurt	5

**Q8.** Percentage of pupils responding that they ate breakfast at the following on the day of the survey:

Boys		Girls	
1 At home	92	1 At home	94
2 On the way to school	3	2 Somewhere else	1
3 Somewhere else	2	3	

**Food**

52% of pupils responded that they ate vegetables (not potatoes) 'on most days' in the last week and 40% said they ate fresh or tinned fruit.

**Q10.** Percentage of pupils responding that they ate or drank the following 'on most days' in the last week:

Boys		Girls	
1	Any dairy produce	62	67
2	Vegetables (not potatoes)	47	59
3	Wholemeal bread or chapattis	32	51
4	Fresh or tinned fruit	31	39
5	Sweets, chocolate, chocolate bars	29	28
6	High-fibre cereals	27	25
7	Crisps or other salty/savoury packet snack	26	22
8	Chips or roast potatoes	18	22
9	Salads	16	13
10	Other fizzy drinks (not low calorie)	16	10

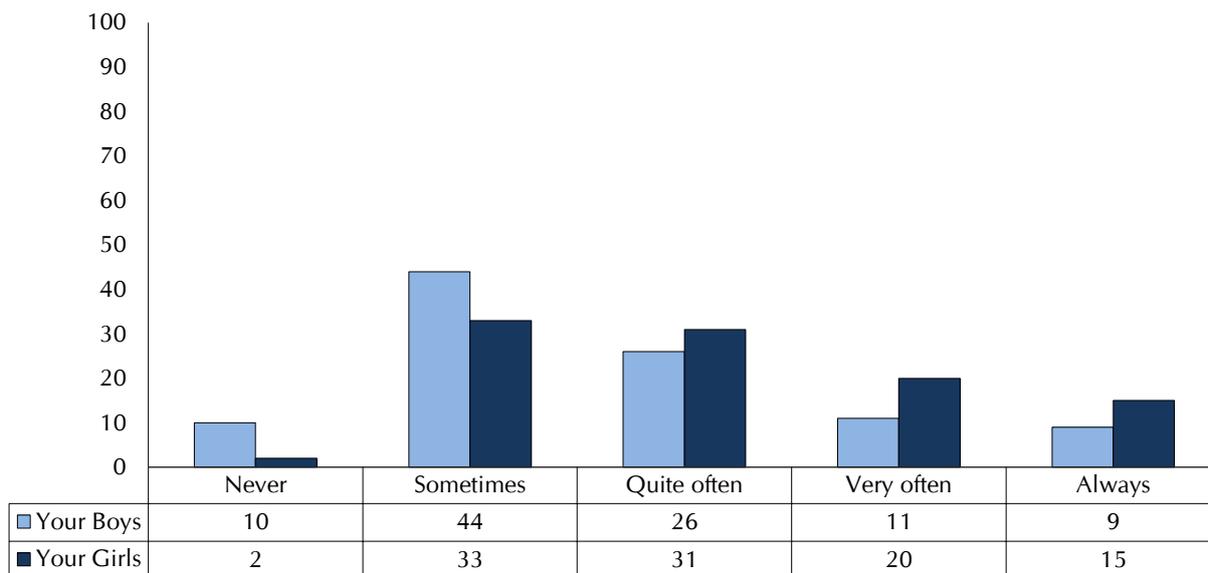
60% of pupils responded that they didn't eat oily fish in the last week.

**Q10.** Percentage of pupils responding that they didn't eat or drink the following in the last week:

Boys		Girls	
1	Energy drinks (with caffeine)	56	78
2	Oily fish	56	64
3	Sugar-coated cereals	47	61
4	Salads	43	55
5	Any other fish (not oily)	40	54
6	'Diet' fizzy drinks (low calorie)	38	45
7	High-fibre cereals	33	31
8	Wholemeal bread or chapattis	30	28
9	Red meat as steak, roast, chop or mince	27	27
10	Fresh or tinned fruit	25	25

**Healthy choices**

**Q11.** When choosing what to eat, do you consider your health?



7% of pupils responded that they ‘never’ consider their health when choosing what to eat, while 38% said they ‘sometimes’ do.

**Q11.** Percentage answering that they ‘never’ consider their health when choosing what to eat.

Guernsey Primary  
 Year 6  
 Boys 10  
 Girls 2

27% of pupils responded that they ‘very often’ or ‘always’ consider their health when choosing what to eat.

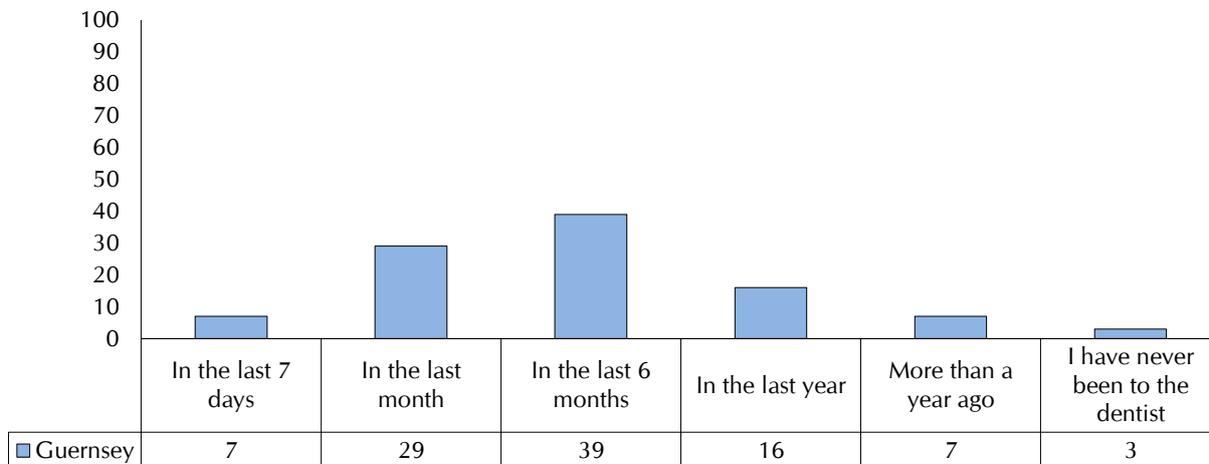
**Q11.** Percentage answering that they ‘very often’ or ‘always’ consider their health when choosing what to eat.

Guernsey Primary  
 Year 6  
 Boys 20  
 Girls 34

## Health and Hygiene

### Dental health

**Q12.** How long ago did you last visit the dentist?



75% of pupils responded that they visited the dentist in the last 6 months.

**Q12.** Percentage answering that they visited the dentist in the last 6 months.

Guernsey Primary  
Year 6

Boys	76
Girls	73

7% of pupils responded that they last visited the dentist more than a year ago, while 3% said they have never been.

**Q12.** Percentage answering that they last visited the dentist more than a year ago.

Guernsey Primary  
Year 6

Boys	8
Girls	7

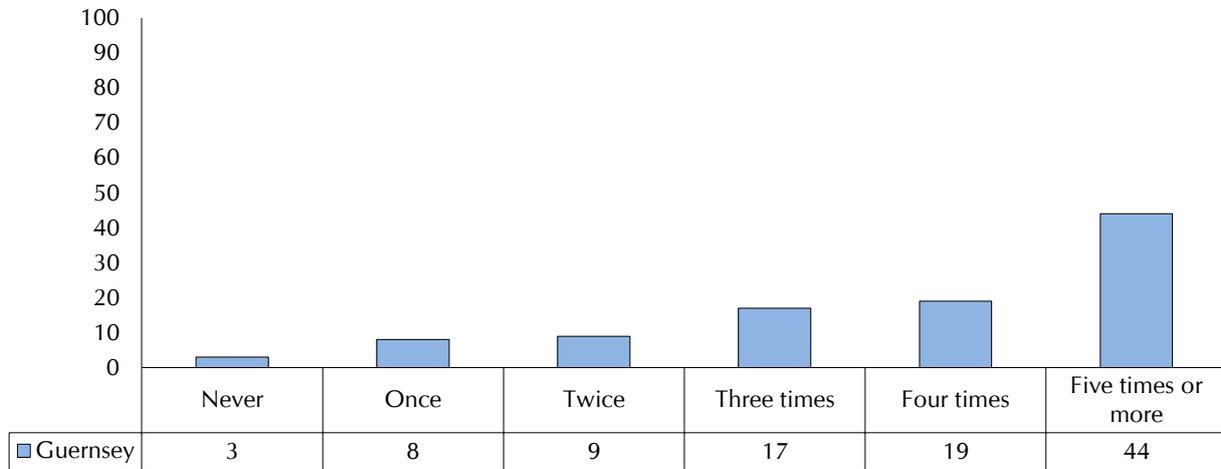
**Q13.** Percentage of pupils responding that they got the following treatment on their last visit to the dentist:

Boys			Girls		
1	Check-up	76	1	Check-up	78
2	Fillings	16	2	Fillings	13
3	Tooth removed	13	3	Tooth removed	10
4	Other	5	4	Other	8
5	Brace fitted or checked	5	5	Brace fitted or checked	7

# Physical Activity

## Exercise

**Q14.** How many times last week did you exercise for at least 30 minutes, both at school and in your leisure time, and have to breathe harder and faster?



5% of boys and 1% of girls responded that they didn't exercise enough to breathe harder and faster at all last week.

**Q14.** Percentage answering that they didn't exercise enough to breathe harder and faster at all last week.

Guernsey Primary  
Year 6

Boys 5  
Girls 1

74% of boys and 85% of girls responded that they exercised enough to breathe harder and faster at least three times in the last week.

**Q14.** Percentage answering that they exercised enough to breathe harder and faster at least three times in the last week.

Guernsey Primary  
Year 6

Boys 74  
Girls 85

20% of pupils responded that they don't have enough time to be as physically active as they want, while 13% said they are shy in front of others.

**Q15.** Percentage of pupils responding that the following stops them from being as physically active as they want (top 10):

Boys		Girls			
1	Other	24	1	I don't have enough time	22
2	I don't have enough time	18	2	Other	21
3	I feel awkward trying new things	13	3	I am shy in front of others	18
4	I don't know what to do	12	4	It's too expensive	14
5	I am shy in front of others	9	5	My friends don't do it/go there	11
6	My friends don't do it/go there	8	6	I feel awkward trying new things	9
7	It's too expensive	7	7	The facilities don't offer what I want	6
8	It's too difficult to get there	7	8	I don't know what to do	4
9	I don't like the people who go there	5	9	It's too difficult to get there	3
10	I have a health problem or disability	4	10	I'm not allowed outside to play	2

## Alcohol and Tobacco

### Alcohol

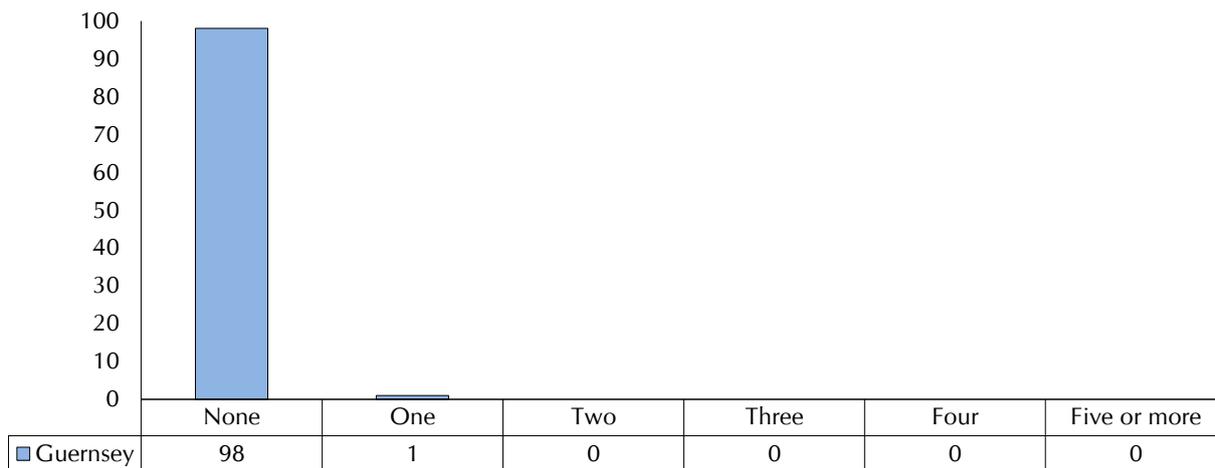
2% of pupils responded that they had an alcoholic drink in the 7 days before the survey.

**Q16.** Percentage answering that they had an alcoholic drink in the 7 days before the survey.

Guernsey Primary  
Year 6

Boys	3
Girls	1

**Q17.** On how many days did you drink alcohol, in the last 7 days?



1% of pupils responded that they drank alcohol on more than one day in the 7 days before the survey.

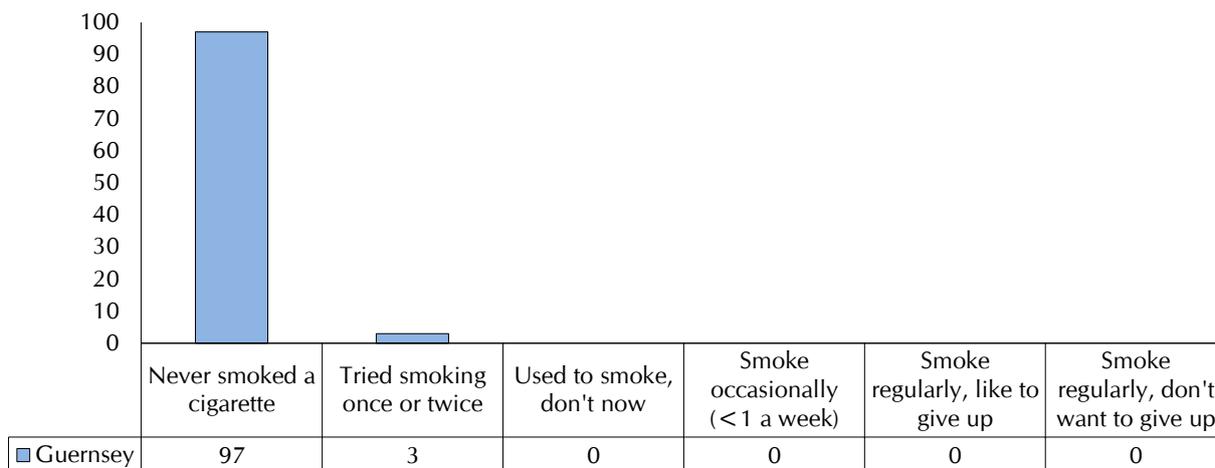
**Q17.** Percentage answering that they drank alcohol on more than one day in the 7 days before the survey.

Guernsey Primary  
Year 6

Boys	1
Girls	0

**Smoking**

**Q19.** Smoking: Which statement describes you best?



3% of pupils said they have smoked in the past or smoke now.

**Q19.** Percentage answering that they have smoked in the past or smoke now.

Guernsey Primary  
 Year 6  
 Boys 3  
 Girls 2

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

**Q20.** Percentage answering that they smoked in the 7 days before the survey.

Guernsey Primary  
 Year 6  
 Boys 0  
 Girls 0

93% of pupils responded that they think they will not smoke when they are older.

**Q22.** Percentage answering that they think they will not smoke when they are older.

Guernsey Primary  
 Year 6  
 Boys 90  
 Girls 96

1% of pupils responded that they think they will smoke when they are older, while 6% think they may smoke.

**Q22.** Percentage answering that they think they will smoke when they are older.

Guernsey Primary  
 Year 6  
 Boys 1  
 Girls 1

## Physical Activity

## Guernsey Primary Survey 2013

30% of pupils responded that their parents/carers smoke.

**Q23a.** Percentage answering that their parents/carers smoke.

Guernsey Primary

Year 6

Boys 27

Girls 34

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

**Q23b.** Percentage answering that someone smokes indoors at home in rooms that they use.

Guernsey Primary

Year 6

Boys 10

Girls 9

13% of pupils responded that someone smokes in a car when they are in it too.

**Q23c.** Percentage answering that someone smokes in a car when they are in it too.

Guernsey Primary

Year 6

Boys 11

Girls 15

31% of pupils responded that at least one person smokes on most days indoors in their home; 19% said more than one person does.

**Q24.** Percentage answering that at least one person smokes on most days indoors in their home.

Guernsey Primary

Year 6

Boys 29

Girls 33

## Drugs

7% of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who takes drugs.

**Q25.** Percentage answering that they know someone personally who takes drugs.

Guernsey Primary

Year 6

Boys 8

Girls 5

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

**Q26.** Percentage answering that they have been offered cannabis.

Guernsey Primary

Year 6

Boys 1

Girls 0

0% of pupils responded that they have been offered drugs other than cannabis, while 4% said they 'don't know' if they have.

**Q27.** Percentage answering that they have been offered drugs other than cannabis.

Guernsey Primary

Year 6

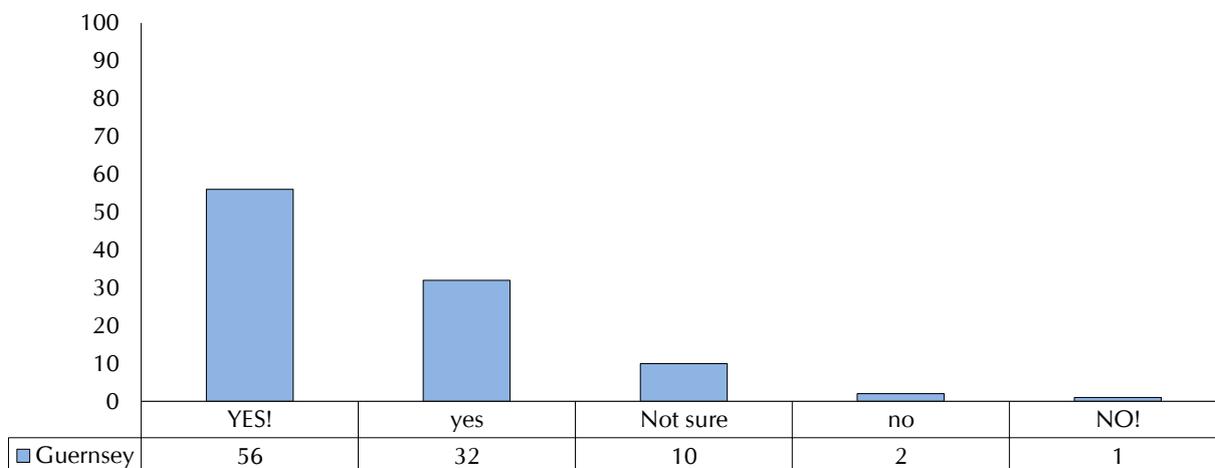
Boys 0

Girls 1

## Emotional Health and Well-being

### Happiness

**Q28a.** How much do you agree with the following? I'm glad I am who I am:



88% of pupils agreed that they are glad they are who they are.

**Q28a.** Percentage answering that they are glad they are who they are.

Guernsey Primary

Year 6

Boys 89

Girls 87

2% of pupils disagreed that they are glad they are who they are.

**Q28a.** Percentage answering that they are not glad they are who they are.

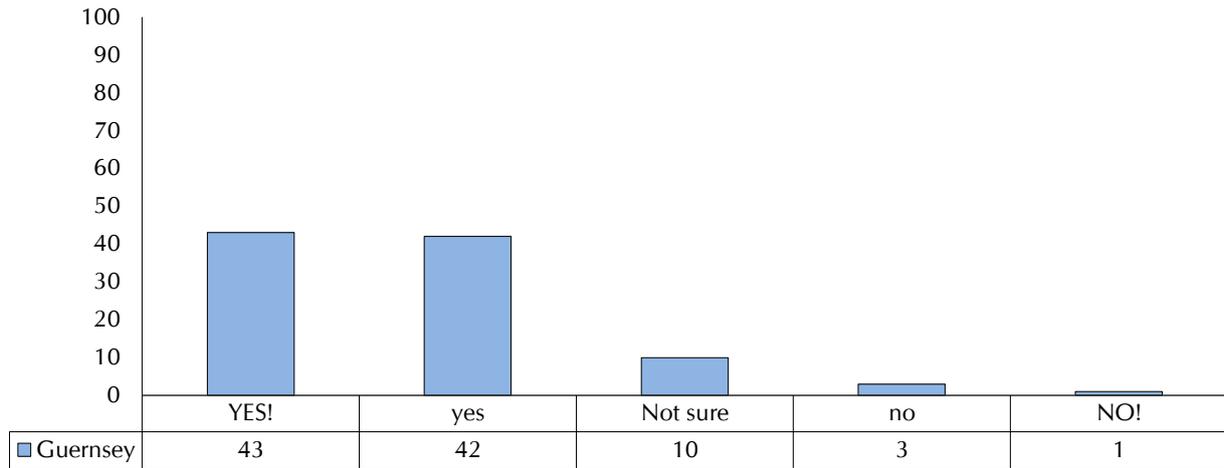
Guernsey Primary

Year 6

Boys 2

Girls 2

**Q28b.** How much do you agree with the following? I generally feel happy:



85% of pupils agreed that they are generally happy.

**Q28b.** Percentage answering that they are generally happy.

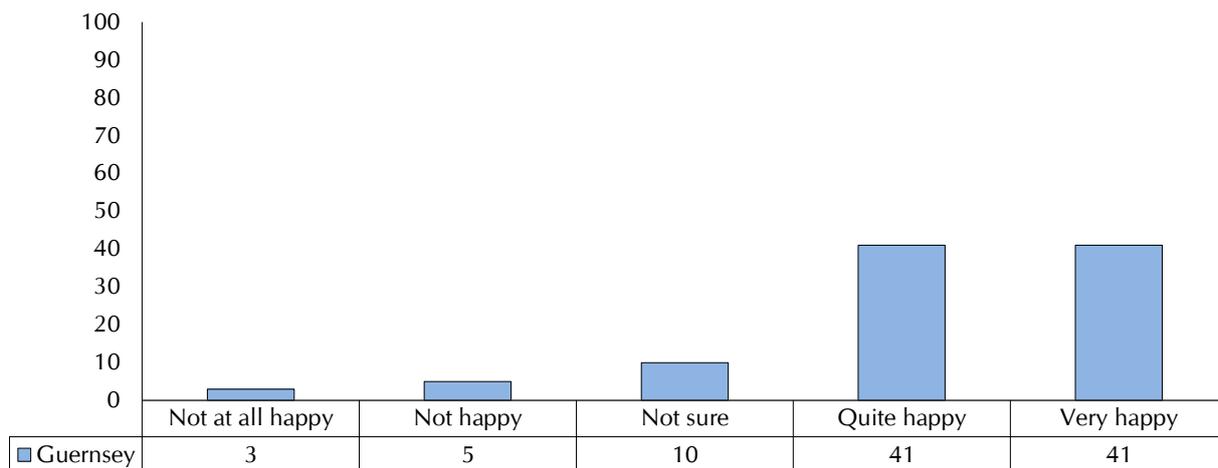
Guernsey Primary  
 Year 6  
 Boys 86  
 Girls 85

4% of pupils disagreed that they are generally happy.

**Q28b.** Percentage answering that they are not generally happy.

Guernsey Primary  
 Year 6  
 Boys 6  
 Girls 3

**Q29.** In general, how happy do you feel with your life at the moment?



8% of pupils responded that they are either 'not happy' or 'not at all happy' with their life at the moment.

**Q29.** Percentage answering that they are either 'not happy' or 'not at all happy' with their life at the moment.

Guernsey Primary

Year 6

Boys 9

Girls 7

82% of pupils responded that they are 'quite' or 'very' happy with their life at the moment.

**Q29.** Percentage answering that they are 'quite' or 'very' happy with their life at the moment.

Guernsey Primary

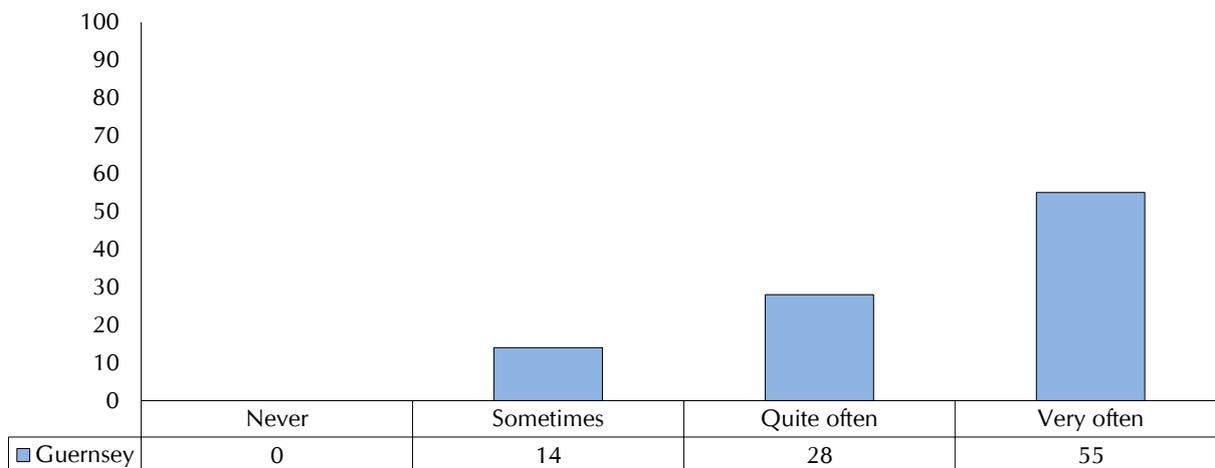
Year 6

Boys 82

Girls 82

**Worrying**

**Q30.** Worrying summary: Percentage of pupils responding that they worry about at least one of the issues listed...



83% of pupils responded that they worry about at least one of the issues listed 'quite' or 'very' often.

**Q30.** Percentage answering that they worry about at least one of the issues listed 'quite' or 'very' often.

Guernsey Primary  
 Year 6  
 Boys 84  
 Girls 82

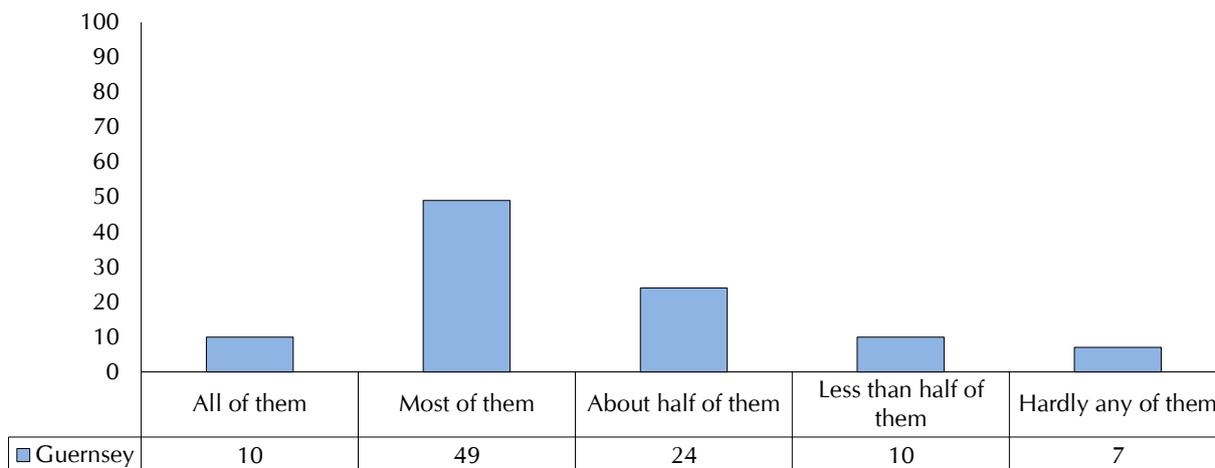
35% of pupils responded that they 'quite' or 'very' often worry about moving on to secondary school and 38% said they worry about their family.

**Q30.** Percentage of pupils responding that they worry about the following 'quite' or 'very' often (top 10):

Boys		Girls	
1	Your family 40	1	Moving on to secondary school 40
2	Moving on to secondary school 30	2	Your family 36
3	Crime 28	3	Falling out with friends 32
4	War and terrorists 27	4	War and terrorists 30
5	11+ tests 27	5	Crime 30
6	School-work/homework 25	6	The way you look 29
7	Your health 25	7	The environment 28
8	The environment 24	8	Growing up 27
9	The way you look 22	9	Keeping safe outside 26
10	Keeping safe outside 21	10	Your health 24

**School lessons**

**Q31.** How many lessons do you enjoy at school?



59% of pupils responded that they enjoy ‘most’ or ‘all’ of their lessons at school.

**Q31.** Percentage answering that they enjoy ‘most’ or ‘all’ of their lessons at school.

Guernsey Primary  
 Year 6  
 Boys 49  
 Girls 70

7% of pupils responded that they enjoy ‘hardly any’ of their lessons at school.

**Q31.** Percentage answering that they enjoy ‘hardly any’ of their lessons at school.

Guernsey Primary  
 Year 6  
 Boys 11  
 Girls 3

## Bullying and Safety

### Bullying

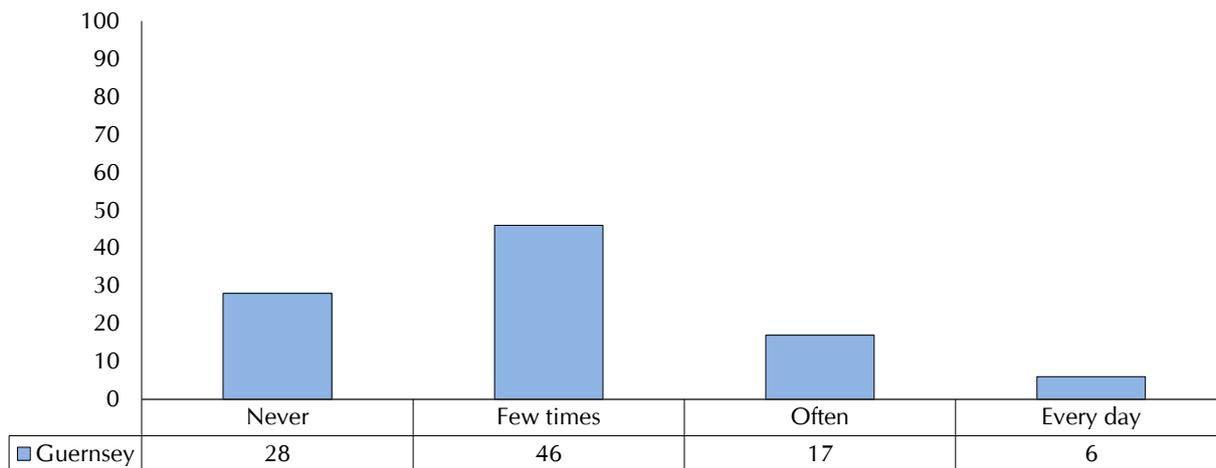
30% of pupils responded that they have been bullied at or near school in the last 12 months, while 12% said they 'don't know' if they have.

**Q34.** Percentage answering that they have been bullied at or near school in the last 12 months.

Guernsey Primary  
Year 6

Boys	29
Girls	32

**Q35.** Negative behaviour summary: Percentage of pupils responding that they have experienced at least one of the negative behaviours listed in the last month...:



69% of pupils responded that they have experienced at least one of the negative behaviours listed at least a 'few times' in the last month, while 6% experienced such behaviour 'every day'.

**Q35.** Percentage answering that they have experienced negative behaviour at least a 'few times' in the last month.

Guernsey Primary  
Year 6

Boys	68
Girls	70

53% of pupils responded that they have been teased/made fun of at least a 'few times' in the last month and 38% said they have been pushed/hit for no reason.

**Q35.** Percentage of pupils responding that they have experienced the following at least a 'few times' in the last month:

Boys		Girls			
1	Teased/made fun of	54	1	Teased/made fun of	51
2	Called nasty names	49	2	Called nasty names	43
3	Pushed/hit for no reason	44	3	Pushed/hit for no reason	32
4	Threatened for no reason	26	4	Had belongings taken/broken	23
5	Had belongings taken/broken	26	5	Ganged up on	19
6	Ganged up on	24	6	Threatened for no reason	17
7	Asked for money	17	7	Asked for money	16
8	Other bullying online	8	8	Received nasty/threatening text messages	10
9	Received nasty/threatening text messages	7	9	Other bullying online	7
10	Received nasty/threatening emails	4	10	Received nasty/threatening emails	4

21% of pupils responded that they think they are being picked on or bullied because of the way they look and 18% think they are because of their size or weight.

**Q36.** Percentage of pupils responding that they think they are being picked on or bullied because of the following:

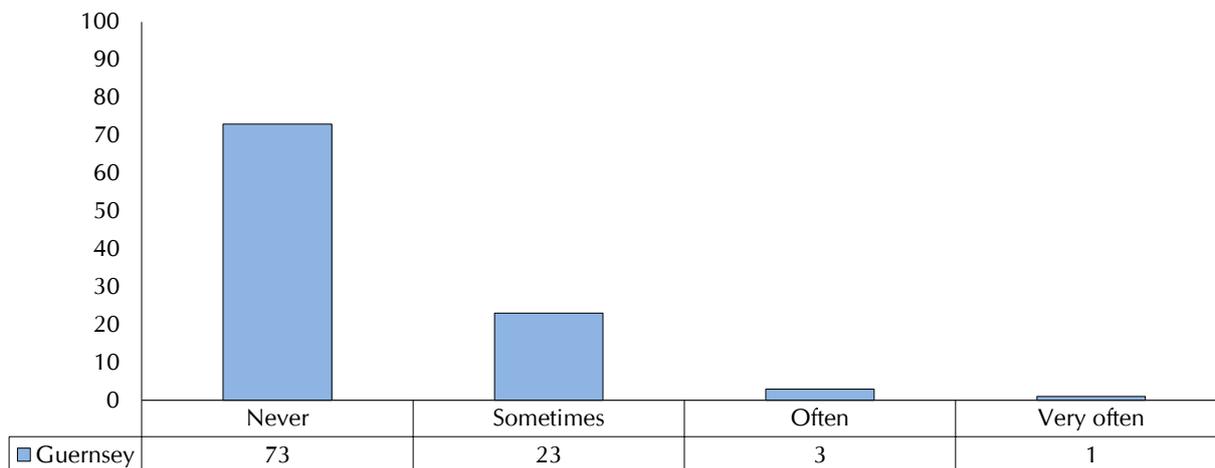
Boys		Girls	
1	The way you look	21	21
2	Your size or weight	17	19
3	Other	9	13
4	The clothes you wear	8	10
5	Your race, colour or religion	8	6

71% of pupils responded that they think their school takes bullying seriously, while 15% think it doesn't take it seriously.

**Q37.** Percentage answering that they think their school takes bullying seriously.

Guernsey Primary	
Year 6	
Boys	72
Girls	70

**Q38.** Do you ever feel afraid of going to school because of bullying?



27% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.

**Q38.** Percentage answering that they at least 'sometimes' feel afraid of going to school because of bullying.

Guernsey Primary	
Year 6	
Boys	26
Girls	29

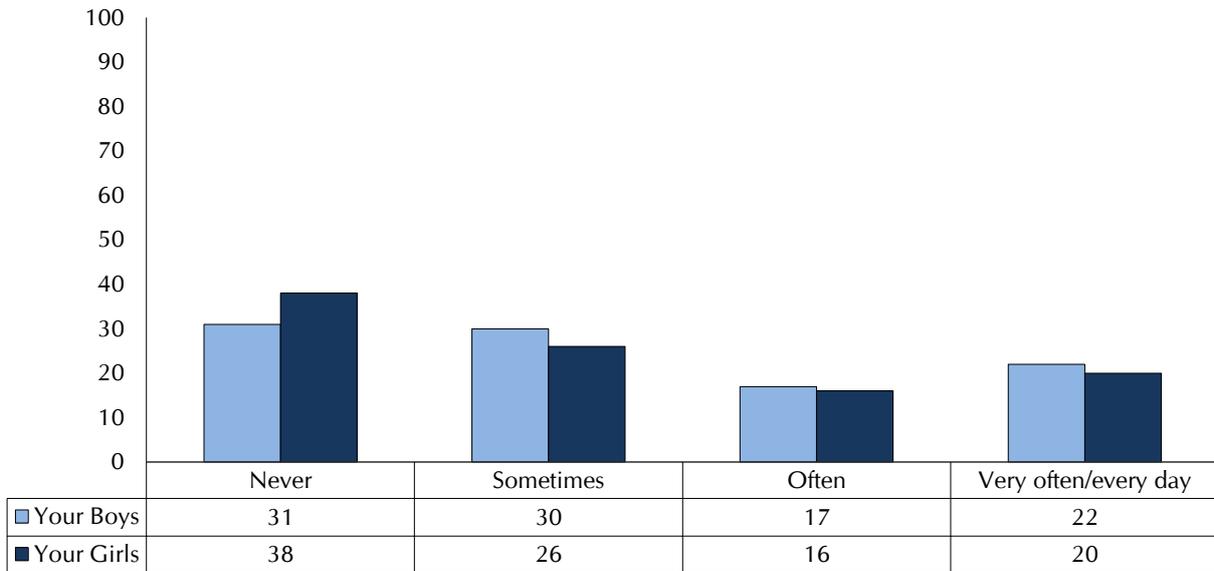
4% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

**Q38.** Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

Guernsey Primary	
Year 6	
Boys	5
Girls	4

**Internet safety**

**Q39.** Do you ever use internet chat rooms or social networking sites (e.g. Facebook, Club Penguin)?



66% of pupils responded that they at least 'sometimes' use internet chat rooms or social networking sites.

**Q39.** Percentage answering that they at least 'sometimes' use internet chat rooms or social networking sites.

Guernsey Primary

Year 6

Boys 69

Girls 62

21% of pupils responded that they use internet chat rooms or social networking sites 'very often/every day'.

**Q39.** Percentage answering that they use internet chat rooms or social networking sites 'very often/every day'.

Guernsey Primary

Year 6

Boys 22

Girls 20

18% of pupils responded that they have received a chat message that scared or upset them.

**Q40.** Percentage answering that they have received a chat message that scared or upset them.

Guernsey Primary

Year 6

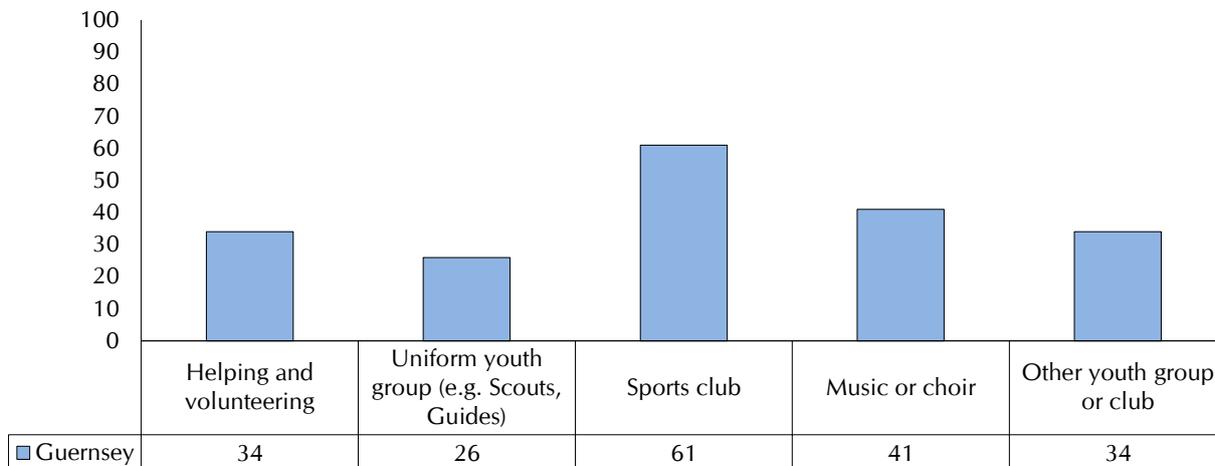
Boys 15

Girls 22

## Enjoying and Achieving

### Leisure time

**Q41.** Percentage of pupils responding that they take part in the following activities at least 'weekly':



34% of pupils responded that they take part in helping and volunteering at least 'weekly'.

26% of pupils responded that they take part in a uniform youth group (e.g. Scouts, Guides) at least 'weekly'.

61% of pupils responded that they take part in a sports club at least 'weekly'.

41% of pupils responded that they take part in music or choir at least 'weekly'.

34% of pupils responded that they take part in other youth groups or clubs at least 'weekly'.

**Q41.** Percentage answering that they take part in helping and volunteering at least 'weekly'.

Guernsey Primary  
Year 6

Boys 31  
Girls 37

**Q41.** Percentage answering that they take part in a uniform youth group at least 'weekly'.

Guernsey Primary  
Year 6

Boys 21  
Girls 31

**Q41.** Percentage answering that they take part in a sports club at least 'weekly'.

Guernsey Primary  
Year 6

Boys 59  
Girls 62

**Q41.** Percentage answering that they take part in music or choir at least 'weekly'.

Guernsey Primary  
Year 6

Boys 29  
Girls 55

**Q41.** Percentage answering that they take part in other youth groups or clubs at least 'weekly'.

Guernsey Primary  
Year 6

Boys 32  
Girls 37

84% of pupils responded that they are 'quite' or 'very' good at playing with other people in a team and 56% said they are good at organising other people.

**Q42.** Percentage of pupils responding that they are 'quite' or 'very' good at the following:

	Year 6		Total
	Boys	Girls	
Playing with other people in a team	85	83	84
Playing on your own	70	54	62
Learning new skills	78	79	78
Organising other people	53	59	56
Speaking in front of a group	55	58	56
Taking turns	75	85	80
Listening to other people's points of view	85	86	85
Making friends	80	74	77
Practising skills	78	80	79
Following rules	75	88	81

30% of pupils responded that they are 'not very good' or 'not good at all' at speaking in front of a group.

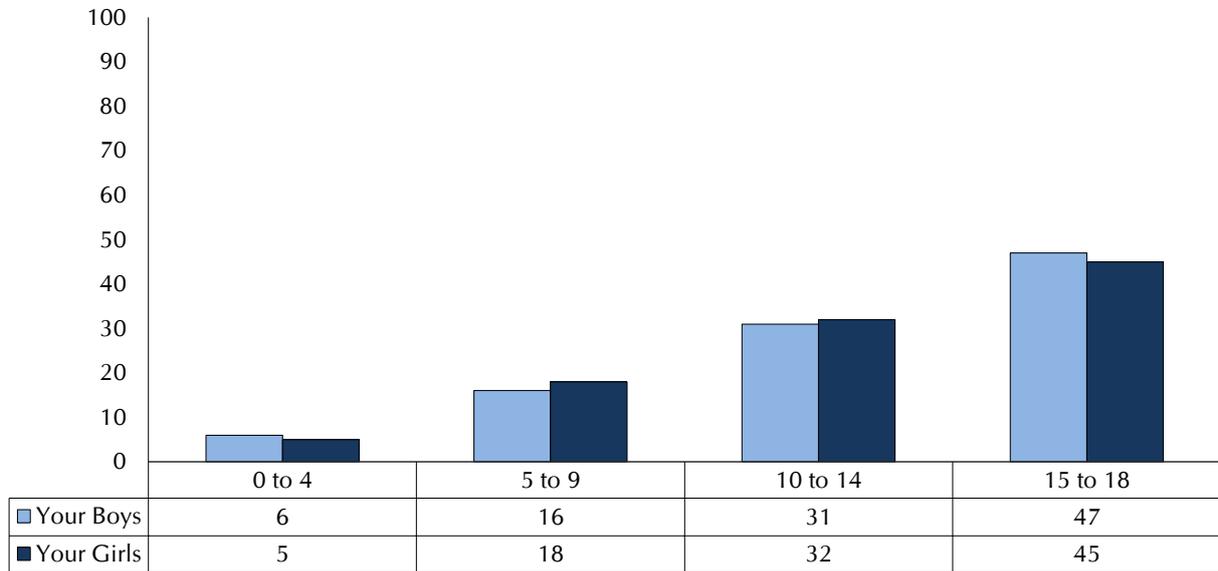
**Q42.** Percentage of pupils responding that they are 'not very good' or 'not good at all' at the following:

	Year 6		Total
	Boys	Girls	
Playing with other people in a team	6	3	5
Playing on your own	13	28	20
Learning new skills	5	6	6
Organising other people	18	14	16
Speaking in front of a group	32	27	30
Taking turns	9	5	7
Listening to other people's points of view	4	4	4
Making friends	6	7	6
Practising skills	6	3	5
Following rules	10	3	7

**Self-esteem**

This measurement is derived from the responses to a set of ten 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 compared with wider data are:

**Q43.** 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. In Young People into 2011 we report that 40% of Year 10 boys and 35% of Year 10 girls appear in the highest bracket.

22% of pupils had a med-low self-esteem score (9 or less).

**Q43.** Percentage with a med-low self-esteem score (9 or less).

Guernsey Primary  
 Year 6  
 Boys 22  
 Girls 23

46% of pupils had a high self-esteem score (15 or more).

**Q43.** Percentage with a high self-esteem score (15 or more).

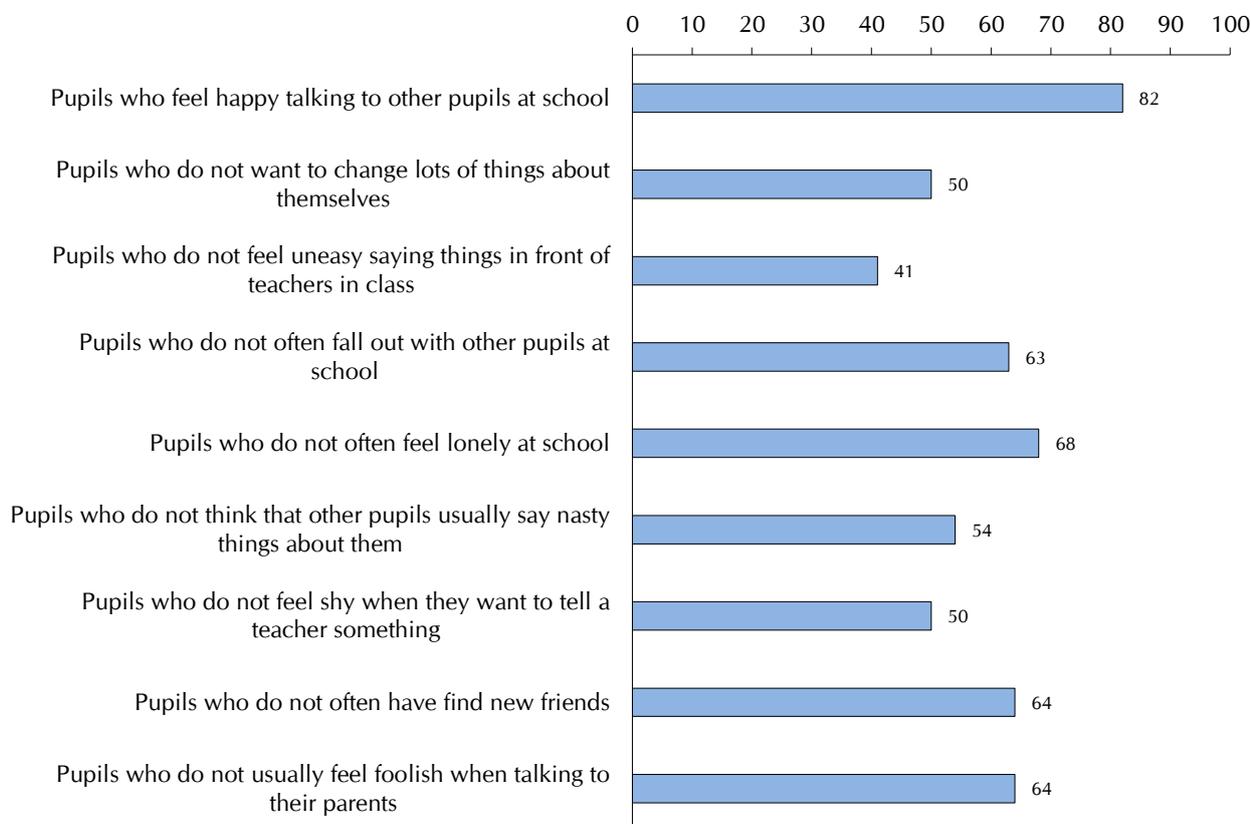
Guernsey Primary  
 Year 6  
 Boys 47  
 Girls 45

82% of pupils responded that they feel happy talking to other pupils at school.

**Q43.** (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	83	81	82
Pupils who do not want to change lots of things about themselves	54	46	50
Pupils who do not feel uneasy saying things in front of teachers in class	43	39	41
Pupils who do not often fall out with other pupils at school	62	64	63
Pupils who do not often feel lonely at school	71	64	68
Pupils who do not think that other pupils usually say nasty things about them	56	51	54
Pupils who do not feel shy when they want to tell a teacher something	55	44	50
Pupils who do not often have find new friends	69	59	64
Pupils who do not usually feel foolish when talking to their parents	63	66	64

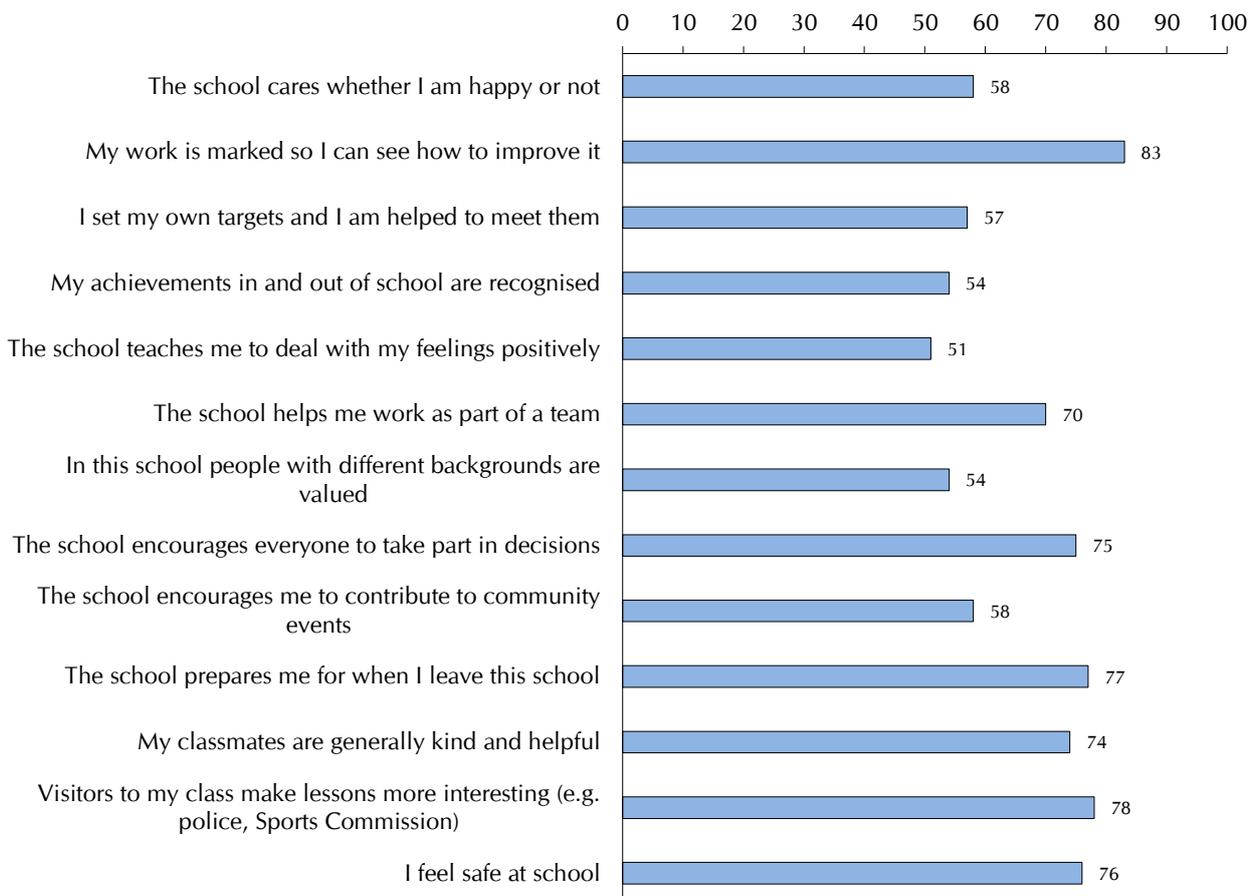
**Q43.** (Individual self-esteem items) Percentage in each group giving a high esteem response:



**Q44.** Percentage of pupils responding 'yes' to the following statements:

	Year 6		Total
	Boys	Girls	
The school cares whether I am happy or not	56	60	58
My work is marked so I can see how to improve it	83	83	83
I set my own targets and I am helped to meet them	58	55	57
My achievements in and out of school are recognised	52	56	54
The school teaches me to deal with my feelings positively	50	52	51
The school helps me work as part of a team	70	71	70
In this school people with different backgrounds are valued	53	56	54
The school encourages everyone to take part in decisions	73	77	75
The school encourages me to contribute to community events	57	60	58
The school prepares me for when I leave this school	76	78	77
My classmates are generally kind and helpful	73	76	74
Visitors to my class make lessons more interesting (e.g. police, Sports Commission)	78	78	78
I feel safe at school	74	79	76

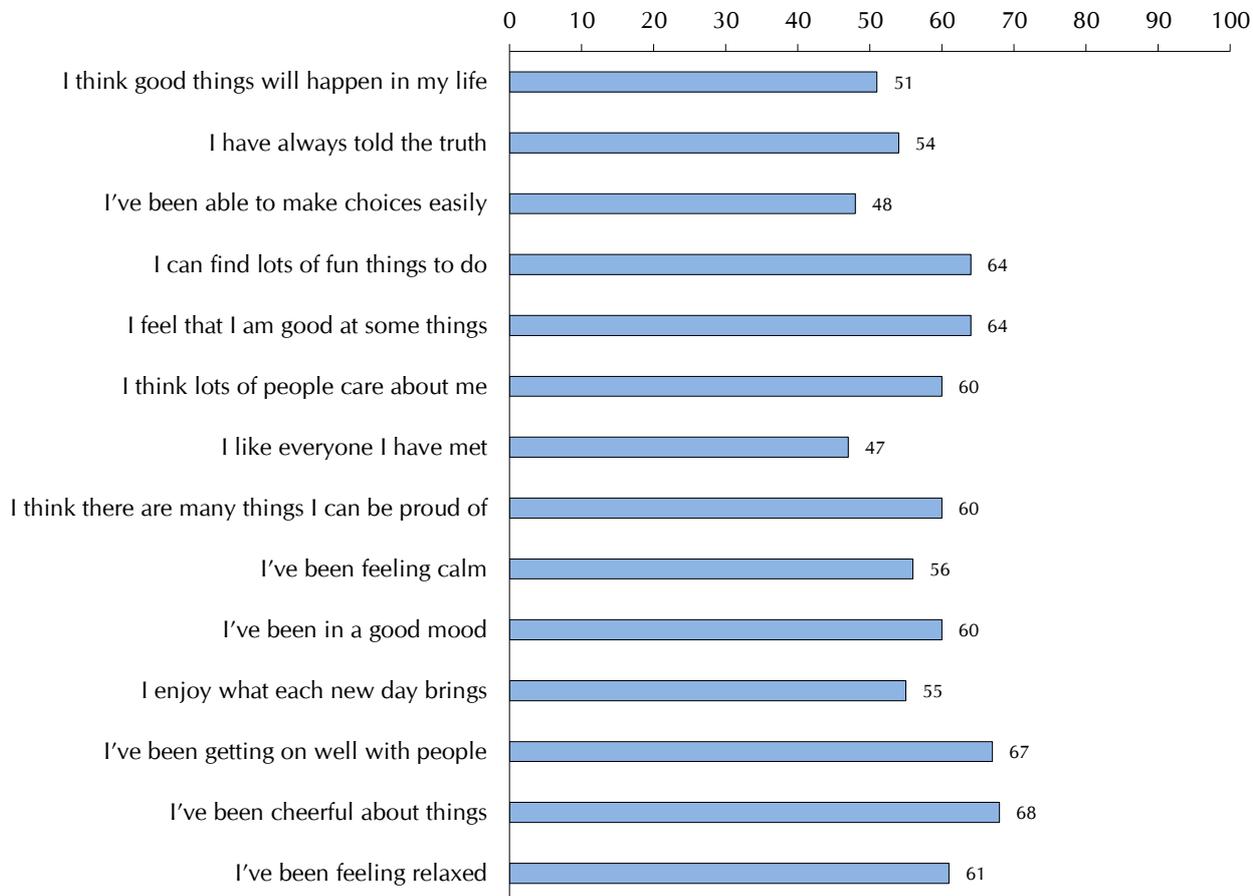
**Q44.** Percentage of pupils responding 'yes' to the following statements:



**Q46.** Percentage of pupils responding that they have felt the following 'quite a lot of the time' or 'all of the time' over the past couple of weeks:

	Year 6		Total
	Boys	Girls	
I think good things will happen in my life	54	48	51
I have always told the truth	50	58	54
I've been able to make choices easily	49	46	48
I can find lots of fun things to do	64	64	64
I feel that I am good at some things	66	61	64
I think lots of people care about me	59	62	60
I like everyone I have met	48	46	47
I think there are many things I can be proud of	62	57	60
I've been feeling calm	57	56	56
I've been in a good mood	61	60	60
I enjoy what each new day brings	53	58	55
I've been getting on well with people	70	63	67
I've been cheerful about things	69	67	68
I've been feeling relaxed	63	58	61

**Q46.** Percentage of pupils responding that they have felt the following 'quite a lot of the time' or 'all of the time' over the past couple of weeks:



**Q47.** Percentage of pupils responding 'yes' to the following statements:

	Year 6		Total
	Boys	Girls	
I feel like a real part of my school	62	68	65
There's at least one teacher or other adult in this school I can talk to if I have a problem	72	76	74
People at this school are friendly to me	74	71	73
I am included in lots of activities in my school	68	65	67

## List of Tables

QD. Percentage responding that they are from Guernsey. ....	10
Q1a. Percentage responding that they have a special need or disability. ....	10
Q1b. Percentage of pupils responding that they have the following special needs or disabilities: ....	10
Q2. Roughly how many books are there in your home? ....	11
Q2. Percentage answering that they don't have any books in their home. ....	11
Q2. Percentage answering that they have enough books in their home to fill at least two bookcases (101 +). ....	11
Q3. How many people live in your home (include yourself)? ....	12
Q3. Percentage answering that only two people live in their home. ....	12
Q3. Percentage answering that at least six people live in their home. ....	12
Q4. Which adults do you live with? ....	13
Q4. Percentage answering that they live with their mother and father together. ....	13
Q4. Percentage answering that they live 'mainly or only' with their mother. ....	13
Q5. How many bedrooms are there in your home? ....	14
Q5. Percentage answering that there are one or two bedrooms in their home. ....	14
Q5. Percentage answering that there are at least five bedrooms in their home. ....	14
Q6. Weight: Which statement describes you best? ....	15
Q6. Percentage answering that they would like to put on weight. ....	15
Q6. Percentage answering that they would like to lose weight. ....	15
Q6. Percentage answering that they are happy with their weight as it is. ....	15
Q7. Which statement best describes your feelings about the way you look? ....	16
Q7. Percentage answering that they never think about the way they look. ....	16
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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](http://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***