

# Young People in Guernsey Schools

The Health-Related Behaviour Survey 2013



A report for Guernsey Secondary

The Schools Health Education Unit

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



# **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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**N.B. The items in the questionnaire are reported below in a slightly different order, compared with the original survey booklet. This has been done to keep items on similar topics closer together.**

## Foreword

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


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

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

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



Angela Balding  
Survey Manager  
Schools Health Education Unit



Dr. David Regis  
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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>.

## Administration

Staff in school will have been responsible for the classes selected for inclusion.

Anything special about the day of administration, or the pupils present and absent on that day, may affect the detail of the results.

## The sample

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

	Guernsey	
	Yr 8	Yr 10
Boys	283	245
Girls	240	212

If the sample you sent to Exeter for analysis was small, then it may have been aggregated by sex or year, or merged with a sample from another school or schools. This is done so that the figures are not too influenced by the behaviour of any one individual, and to ensure that the anonymity of the respondents is not compromised. If you would like to discuss this in more detail, please contact the Unit directly.



# Guernsey Secondary Headlines

	Guernsey	
	Yr 8	Yr 10
Boys	283	245
Girls	240	212

## Background

### ETHNICITY

- 85% of pupils responded that they are from Guernsey, while 9% said they are English/Scottish/Welsh/Irish.

### SPECIAL NEEDS

- 6% of pupils responded that they have a special need or disability. 8% said they 'don't know' if they do.

### BOOKS AT HOME

- 3% of pupils responded that they don't have any books in their home, while 15% said they have 'very few' (1 – 10).
- 22% of pupils responded that they have about enough books to fill one bookcase (51 – 100), while 40% 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.
- 13% of pupils responded that at least six people live in their home.
- 62% of pupils responded that they live with their mother and father together.
- 15% of pupils responded that they live 'mainly or only' with their mother, while 3% said they live 'mainly or only' with their father.
- 11% of pupils responded that there are one or two bedrooms in their home.
- 15% of pupils responded that there are at least five bedrooms in their home.

## Healthy Eating

### CONTROL OVER HEALTH

- 87% agreed with at least one statement about being in control of their health (Q6a&c).
- 52% agreed with at least one statement saying that they aren't in control of their health.
- 68% of pupils responded that they are in charge of their health, while 48% said that even if they look after themselves, they can still easily fall ill.

### DIETING

- 6% of pupils responded that they would like to put on weight.

- 48% of pupils responded that they would like to lose weight.

- 46% of pupils responded that they are happy with their weight as it is.

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

- 26% of pupils responded that they either 'love' or 'like' the way they look.

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

- 25% of pupils responded that they either 'don't like' or 'hate' the way they look.

- 56% of pupils responded that they are the main thing which affects the way they feel about their appearance, while 31% said comments/attitudes of friends are and 37% said comments/attitudes of other people at school.

### LUNCH

- 21% of pupils responded that they bought their lunch at school on the day before the survey.
- 8% of pupils responded that they didn't buy their lunch at school on the day before the survey because they don't like the food, while 61% said they had a packed lunch.
- 5% of pupils responded that they didn't buy their lunch at school on the day before the survey because there wasn't enough time.

### HEALTH

- 12% of pupils responded that they 'never' consider their health when choosing what to eat.
- 22% of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

### BREAKFAST

- 7% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.
- 11% of pupils responded that they only had a drink before lessons on the day of the survey.

### FOODS

- 62% of pupils responded that they ate vegetables (not potatoes) at least '4 – 6 times a week' in the last month or so, while 54% said they ate sweet biscuits, cakes, chocolate, sweets.
- 56% of pupils responded that they 'rarely or never' ate oily fish over the last month or so.

## ENERGY DRINKS

- ❑ 22% of pupils responded that they 'never' drink 'high energy' drinks.
- ❑ 42% of pupils responded that they drink 'high energy' drinks 'at least once a month'.

## Physical Activity

### HARD EXERCISE

- ❑ 5% of pupils responded that they did not exercise for at least 30 minutes and have to breathe harder and faster in the week before the survey.
- ❑ 69% of pupils responded that they exercised for at least 30 minutes and had to breathe harder and faster at least three times in the week before the survey.
- ❑ 43% of pupils responded that they exercise as much as they like – nothing stops them. However, 35% of pupils responded that they don't have enough time, while 17% said they are shy in front of other people.

## Smoking, Drinking, Drugs

### ALCOHOL

- ❑ 18% of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 5% of pupils responded that they drank on more than one day in the 7 days before the survey; 1% said they did so on at least three days.
- ❑ 23% of pupils responded that they think 0 – 10% of Year 10 pupils have at least one alcoholic drink a week, while 27% think more than 50% do.
- ❑ 7% of pupils responded that they got drunk on at least one day in the 7 days before the survey; 2% said they did so on more than one day.
- ❑ 1% of pupils responded that they drank over the advised weekly limit of alcohol for adult females of 14 units in the 7 days before the survey.
- ❑ 5% of pupils responded that they drank pre-mixed drinks in the 7 days before the survey, while 4% said they drank spirits.
- ❑ 10% of pupils responded that they drank alcohol at home in the 7 days before the survey; 2% said they drank outside in a public place.
- ❑ 6% of pupils responded that they have been given/bought alcohol by their parents/carers in the 7 days before the survey.
- ❑ 5% of pupils responded that they bought alcohol from a supermarket in the 7 days before the survey.
- ❑ 64% of pupils responded that they have 'never' drunk more alcohol than they intended in the last year.
- ❑ 10% of pupils responded that they have drunk more than they intended at least 'once or twice a month' in the last year, while 2% said they have done so 'once a week or more'.
- ❑ 11% of pupils responded that their use of alcohol has caused a problem for them or someone else at some point during the last year.

- ❑ 4% of pupils responded that their use of alcohol has caused a problem for them or someone else at least 'once or twice a month' during the last year; 1% said it has done so 'once a week or more'.
- ❑ 10% of pupils responded that, in the last year, they have 'never' been unable to remember what happened when drinking the night before.
- ❑ This works out as of 61% of recent drinkers responding that they have 'never' been unable to remember what happened when drinking the night before.
- ❑ 3% of pupils responded that they haven't been able to remember what happened when drinking the night before at least 'monthly' in the last year; 2% said this has happened at least 'weekly'.
- ❑ This works out as 17% of recent drinkers responding that they haven't been able to remember what happened when drinking the night before at least 'monthly' in the last year.
- ❑ 13% of pupils responded that, in the last year, they have 'never' failed to do what is normally expected of them because of drinking.
- ❑ This works out as 79% of recent drinkers responding that, in the last year, they have 'never' failed to do what is normally expected of them because of drinking.
- ❑ 1% of pupils responded that they have failed to do what is normally expected of them because of drinking at least 'monthly' in the last year; 0% said this has happened at least 'weekly'.
- ❑ This works out as 7% of recent drinkers responding that they have failed to do what is normally expected of them because of drinking at least 'monthly' in the last year.
- ❑ 2% of pupils responded that someone has been concerned about their drinking or suggested they cut down at some point; 1% said this has happened during the last year.
- ❑ This works out as 12% of recent drinkers responding that someone has been concerned about their drinking or suggested they cut down at some point.

### SMOKING

- ❑ 21% of boys and 26% of girls responded that they have tried smoking in the past or smoke now.
- ❑ 6% of boys and 8% of girls responded that they smoke 'occasionally' or 'regularly'.
- ❑ Of the 43 pupils who responded that they smoke 'regularly', 67% said they would like to give up smoking.
- ❑ 7% of pupils responded that they smoked in the 7 days before the survey.
- ❑ 4% of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.
- ❑ 8% of pupils responded that they smoke and feel that other people don't care, while 7% said they feel that people think that they are stupid, and 4% feel that people are disgusted because they smoke.

- ❑ 32% of pupils responded that their parents/carers smoke.
- ❑ 12% of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 18% of pupils responded that someone smokes in a car when they are in it too.
- ❑ 33% of pupils responded that at least one person smokes indoors at home on most days; 19% said more than one person does.
- ❑ 34% of pupils responded that they think 0 – 10% of Year 10 pupils smoke regularly, while 17% think more than 50% do.

#### **ILLEGAL DRUGS**

- ❑ 21% of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.
- ❑ 9% of pupils responded that they have been offered cannabis.
- ❑ 6% of pupils responded that they have taken at least one of the drugs listed.
- ❑ 1% of pupils responded that they have taken at least one of the drugs listed within the last month.
- ❑ 4% of pupils responded that they have used cannabis.

### **Emotional Health and Wellbeing**

#### **WORRYING**

- ❑ 75% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 37% of pupils responded that they worry about the way they look 'quite a lot' or 'a lot' and 27% said they worry about family problems.

#### **SUPPORT**

- ❑ 56% of pupils responded that their first source of support for school-work problems is their parents or carers, while 10% said they would go to a teacher

#### **HAPPINESS AND SATISFACTION**

- ❑ 52% of pupils responded that they are glad they are who they are (responses 1 – 3).
- ❑ 36% of pupils responded that they aren't glad they are who they are (responses 5 – 7).
- ❑ 52% of pupils responded that they generally feel happy (responses 1 – 3).
- ❑ 35% of pupils responded that they don't generally feel happy (responses 5 – 7).
- ❑ 13% of pupils responded that they feel 'not at all happy' or 'not happy' with their life at the moment.
- ❑ 71% of pupils responded that they feel 'quite' or 'very' happy with their life at the moment.

#### **SELF-ESTEEM**

- ❑ 33% of pupils appeared in the lower half of the self-esteem scale.
- ❑ 32% of pupils appeared in the highest bracket of the self-esteem scale.

- ❑ 74% of pupils responded that they feel happy talking to other pupils.

#### **FEELINGS AND EMOTIONS**

- ❑ 86% of Year 11+ pupils responded that they've been feeling useful at least 'some of the time', while 84% said the same about feeling confident.
- ❑ 84% of pupils responded that during the couple of weeks before the survey they felt there were many things that they could be proud of, at least 'some of the time'. 85% said the same of feeling cheerful about things during the couple of weeks before the survey.

### **Sexual Health**

#### **CONTRACEPTION AND LOCAL SERVICES**

- ❑ 40% of pupils responded that they know where they can get condoms free of charge.
- ❑ 44% of pupils responded that there is a special contraception and advice service for young people available locally, while 48% said they 'don't know' if there is.
- ❑ 79% of pupils responded that they think condoms are reliable to stop pregnancy.

#### **SEXUAL RELATIONSHIPS**

- ❑ 24% of Year 10+ pupils responded that they are either in a sexual relationship or have had one in the past, while 4% said they are in a relationship and thinking about having sex.

### **Health and Hygiene**

#### **DENTAL HEALTH**

- ❑ 71% of pupils responded that they visited the dentist in the last 6 months.
- ❑ 15% of pupils responded that they last visited the dentist more than a year ago, while 1% said they have never been.
- ❑ 86% of pupils responded that they last went to the dentist for a check-up, while 18% said they last went for fillings.

### **Bullying**

- ❑ 28% of pupils responded that they have been bullied at or near school in the last 12 months, while 11% said they 'don't know' if they have.
- ❑ 68% of pupils responded that they have experienced one or more of the negative behaviours listed in the last month.
- ❑ 21% of pupils responded that they have been pushed or hit in the last month and 12% said they have been threatened.
- ❑ 28% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 6% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

- ❑ 44% of pupils responded that they think their school takes bullying seriously, while 29% think it doesn't take bullying seriously.

## Safety

### INTERNET SAFETY

- ❑ 74% of pupils responded that they use Facebook 'often' or 'every day', while 30% said the same of Twitter.
- ❑ 24% of pupils responded that they have received a message in a chat room/social network site that scared or upset them.
- ❑ 17% of pupils responded that someone they don't know in person has asked to meet with them.
- ❑ 2% of pupils responded that they think 0 – 10% of Year 10 pupils use social networking/chat sites every day, while 94% think more than 50% do.

## School

### SCHOOL AND CAREER

- ❑ 40% of pupils responded that they enjoy 'most' or 'all' lessons at school.
- ❑ 15% of pupils responded that they enjoy 'hardly any' lessons at school.
- ❑ 43% of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'; 24% said they worry about school-work/homework problems.

## EVERY CHILD MATTERS

- ❑ 32% of pupils agreed that the school cares whether they are happy or not.
- ❑ 43% of pupils agreed that people of different backgrounds are valued in their school.
- ❑ 52% of pupils responded that they would like to be in full-time education in five years' time, while 28% said they would like to be in full-time employment.
- ❑ 50% of pupils responded that they feel a real part of their school, while 51% feel they are included in lots of activities in their school.
- ❑ 20% of pupils responded that they feel there isn't at least one teacher or other adult in their school they can talk to if they have a problem.
- ❑ 12% of pupils responded that they are a Prefect or Mentor.

## Leisure

- ❑ 51% of pupils responded that they take part in a sports club at least 'weekly', while 19% said the same of helping and volunteering, and 23% said the same of a paid job.
- ❑ 82% of pupils responded that they are 'quite' or 'very' good at working with other people in a team, while 67% said the same of making friends.
- ❑ 41% of pupils responded that they are 'not very good' or 'not good at all' at speaking in front of a group, while 16% said the same of organising other people.

## 2013/2010 Comparisons

	2013		2010	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	283	245	202	208
Girls	240	212	201	239

2010 data in brackets; see notes on interpreting differences.

### Background

#### ETHNICITY

- 85% (82%) of pupils responded that they are from Guernsey, while 9% (13%) said they are English/Scottish/Welsh/Irish.

#### BOOKS AT HOME

- 3% (4%) of pupils responded that they don't have any books in their home, while 15% (13%) said they have 'very few' (1 – 10).
- 22% (20%) of pupils responded that they have about enough books to fill one bookcase (51 – 100), while 40% (39%) said they have enough to fill at least two bookcases (101+).

#### HOME LIFE

- 62% (65%) of pupils responded that they live with their mother and father together.
- 15% (12%) of pupils responded that they live 'mainly or only' with their mother, while 3% (2%) said they live 'mainly or only' with their father.

### Healthy Eating

#### CONTROL OVER HEALTH

- 68% (69%) of pupils responded that they are in charge of their health, while 48% (51%) said that even if they look after themselves, they can still easily fall ill.

#### DIETING

- 6% (7%) of pupils responded that they would like to put on weight.
- 48% (46%) of pupils responded that they would like to lose weight.
- 46% (47%) of pupils responded that they are happy with their weight as it is.
- 13% (13%) of pupils responded that they never think about the way they look.
- 26% (26%) of pupils responded that they either 'love' or 'like' the way they look.
- 35% (40%) of pupils responded that they think they look OK.
- 25% (22%) of pupils responded that they either 'don't like' or 'hate' the way they look.
- 56% (62%) of pupils responded that they are the main thing which affects the way they feel about their appearance, while 31% (57%) said

comments/attitudes of friends are and 37% (52%) said comments/attitudes of other people at school.

#### LUNCH

- 21% (14%) of pupils responded that they bought their lunch at school on the day before the survey.
- 8% (9%) of pupils responded that they didn't buy their lunch at school on the day before the survey because they don't like the food, while 61% (69%) said they had a packed lunch.
- 5% (5%) of pupils responded that they didn't buy their lunch at school on the day before the survey because there wasn't enough time.

#### HEALTH

- 12% (16%) of pupils responded that they 'never' consider their health when choosing what to eat.
- 22% (14%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

#### BREAKFAST

- 7% (16%) of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.
- 11% (12%) of pupils responded that they only had a drink before lessons on the day of the survey.

### Physical Activity

#### HARD EXERCISE

- 5% (5%) of pupils responded that they did not exercise for at least 30 minutes and have to breathe harder and faster in the week before the survey.
- 69% (67%) of pupils responded that they exercised for at least 30 minutes and had to breathe harder and faster at least three times in the week before the survey.

### Smoking, Drinking, Drugs

#### ALCOHOL

- 18% (34%) of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- 5% (15%) of pupils responded that they drank on more than one day in the 7 days before the survey; 1% (4%) said they did so on at least three days.
- 7% (13%) of pupils responded that they got drunk on at least one day in the 7 days before the survey; 2% (6%) said they did so on more than one day.

- ❑ 10% (34%) of pupils responded that they drank alcohol at home in the 7 days before the survey; 2% (19%) said they drank outside in a public place.
- ❑ 6% (23%) of pupils responded that they have been given/bought alcohol by their parents/carers in the 7 days before the survey.
- ❑ 5% (8%) of pupils responded that they bought alcohol from a supermarket in the 7 days before the survey.
- ❑ 64% (61%) of pupils responded that they have 'never' drunk more alcohol than they intended in the last year.
- ❑ 10% (20%) of pupils responded that they have drunk more than they intended at least 'once or twice a month' in the last year, while 2% (6%) said they have done so 'once a week or more'.
- ❑ 11% (16%) of pupils responded that their use of alcohol has caused a problem for them or someone else at some point during the last year.
- ❑ 4% (6%) of pupils responded that their use of alcohol has caused a problem for them or someone else at least 'once or twice a month' during the last year; 1% (1%) said it has done so 'once a week or more'.

#### **SMOKING**

- ❑ 21% (32%) of boys and 26% (35%) of girls responded that they have tried smoking in the past or smoke now.
- ❑ 6% (10%) of boys and 8% (14%) of girls responded that they smoke 'occasionally' or 'regularly'.
- ❑ Of the 43 (61) pupils who responded that they smoke 'regularly', 67% (69%) said they would like to give up smoking.
- ❑ 4% (7%) of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.
- ❑ 8% (14%) of pupils responded that they smoke and feel that other people don't care, while 7% (8%) said they feel that people think that they are stupid, and 4% (6%) feel that people are disgusted because they smoke.
- ❑ 32% (33%) of pupils responded that their parents/carers smoke.
- ❑ 12% (17%) of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 18% (26%) of pupils responded that someone smokes in a car when they are in it too.
- ❑ 33% (38%) of pupils responded that at least one person smokes indoors at home on most days; 19% (21%) said more than one person does.

#### **ILLEGAL DRUGS**

- ❑ 21% (34%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.
- ❑ 9% (11%) of pupils responded that they have been offered cannabis.

- ❑ 6% (10%) of pupils responded that they have taken at least one of the drugs listed.
- ❑ 1% (4%) of pupils responded that they have taken at least one of the drugs listed within the last month.
- ❑ 4% (6%) of pupils responded that they have used cannabis.

### **Emotional Health and Wellbeing**

#### **WORRYING**

- ❑ 37% (38%) of pupils responded that they worry about the way they look 'quite a lot' or 'a lot' and 27% (33%) said they worry about family problems.

#### **SUPPORT**

- ❑ 56% (55%) of pupils responded that their first source of support for school-work problems is their parents or carers, while 10% (16%) said they would go to a teacher.

#### **HAPPINESS AND SATISFACTION**

- ❑ 52% (60%) of pupils responded that they are glad they are who they are (responses 1 – 3).
- ❑ 36% (28%) of pupils responded that they aren't glad they are who they are (responses 5 – 7).
- ❑ 52% (59%) of pupils responded that they generally feel happy (responses 1 – 3).
- ❑ 35% (32%) of pupils responded that they don't generally feel happy (responses 5 – 7).

#### **SELF-ESTEEM**

- ❑ 33% (22%) of pupils appeared in the lower half of the self-esteem scale.
- ❑ 32% (38%) of pupils appeared in the highest bracket of the self-esteem scale.
- ❑ 53% (63%) of pupils responded that they feel happy talking to other pupils.

### **Sexual Health**

#### **CONTRACEPTION AND LOCAL SERVICES**

- ❑ 40% (63%) of pupils responded that they know where they can get condoms free of charge.
- ❑ 44% (52%) of pupils responded that there is a special contraception and advice service for young people available locally, while 48% (42%) said they 'don't know' if there is.
- ❑ 79% (76%) of pupils responded that they think condoms are reliable to stop pregnancy.

### **Bullying**

- ❑ 68% (64%) of pupils responded that they have experienced one or more of the negative behaviours listed in the last month.
- ❑ 21% (29%) of pupils responded that they have been pushed or hit in the last month and 12% (15%) said they have been threatened.
- ❑ 28% (22%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.

- ❑ 6% (4%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 44% (50%) of pupils responded that they think their school takes bullying seriously, while 29% (27%) think it doesn't take bullying seriously.

## **School**

### **SCHOOL AND CAREER**

- ❑ 40% (41%) of pupils responded that they enjoy 'most' or 'all' lessons at school.
- ❑ 15% (14%) of pupils responded that they enjoy 'hardly any' lessons at school.

- ❑ 43% (49%) of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'; 24% (28%) said they worry about school-work/homework problems.

### **EVERY CHILD MATTERS**

- ❑ 32% (37%) of pupils agreed that the school cares whether they are happy or not.
- ❑ 43% (43%) of pupils agreed that people of different backgrounds are valued in their school.
- ❑ 52% (50%) of pupils responded that they would like to be in full-time education in five years' time, while 28% (28%) said they would like to be in full-time employment.

## 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	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	283	245	202	208
Girls	240	212	201	239

Sig	2013	2010	Question
***	2%	19%	of pupils responded that they drank alcohol outside in a public place in the 7 days before the survey.
***	10%	34%	of pupils responded that they drank alcohol at home in the 7 days before the survey.
***	6%	23%	of pupils responded that they have been given/bought alcohol by their parents/carers in the 7 days before the survey.
***	40%	63%	of pupils responded that they know where they can get condoms free of charge.
***	18%	34%	of pupils responded that they had an alcoholic drink in the 7 days before the survey.
***	5%	15%	of pupils responded that they drank on more than one day in the 7 days before the survey.
***	21%	34%	of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.
***	10%	20%	of pupils responded that they have drunk more than they intended at least 'once or twice a month' in the last year.
***	7%	16%	of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.
***	23%	34%	of pupils responded that they have tried smoking in the past or smoke now.
***	7%	13%	of pupils responded that they got drunk on at least one day in the 7 days before the survey.
***	33%	22%	of pupils appeared in the lower half of the self-esteem scale.
***	22%	14%	of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.
***	21%	14%	of pupils responded that they bought their lunch at school on the day before the survey.
***	21%	29%	of pupils responded that they have been pushed or hit in the last month.
***	18%	26%	of pupils responded that someone smokes in a car when they are in it too.
***	7%	12%	of pupils responded that they smoke 'occasionally' or 'regularly'.
***	4%	7%	of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.
***	6%	10%	of pupils responded that they have taken at least one of the drugs listed.
***	1%	4%	of pupils responded that they have taken at least one of the drugs listed within the last month.
***	11%	16%	of pupils responded that their use of alcohol has caused a problem for them or someone else at some point during the last year.
***	52%	60%	of pupils responded that they are glad they are who they are (responses 1 – 3).
***	36%	28%	of pupils responded that they aren't glad they are who they are (responses 5 – 7).
***	44%	52%	of pupils responded that there is a special contraception and advice service for young people available locally.
***	12%	17%	of pupils responded that someone smokes indoors at home in rooms that they use.
**	74%	79%	of pupils responded that they feel happy talking to other pupils.
**	28%	22%	of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
**	52%	59%	of pupils responded that they generally feel happy (responses 1 – 3).
**	12%	16%	of pupils responded that they 'never' consider their health when choosing what to eat.
*	27%	33%	of pupils responded that they worry about family problems 'quite a lot' or 'a lot'.
*	43%	49%	of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'.
*	35%	40%	of pupils responded that they think they look OK.
*	44%	50%	of pupils responded that they think their school takes bullying seriously.
*	32%	38%	of pupils appeared in the highest bracket of the self-esteem scale.



\* 4% 6% of pupils responded that they have used cannabis.  
Tests: Chi-squared ( $\chi^2$ ). KEY: \* =  $p < 0.05$  (5%) \*\* =  $p < 0.01$  (1%) \*\*\* =  $p < 0.001$  (0.1%).

## Background

### Ethnicity

85% of pupils responded that they are from Guernsey, while 9% said they are English/Scottish/Welsh/Irish.

**QD.** Percentage responding that they are from Guernsey.

	Guernsey	
	Yr 8	Yr 10
Boys	84	83
Girls	85	88

### Special needs

6% 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.

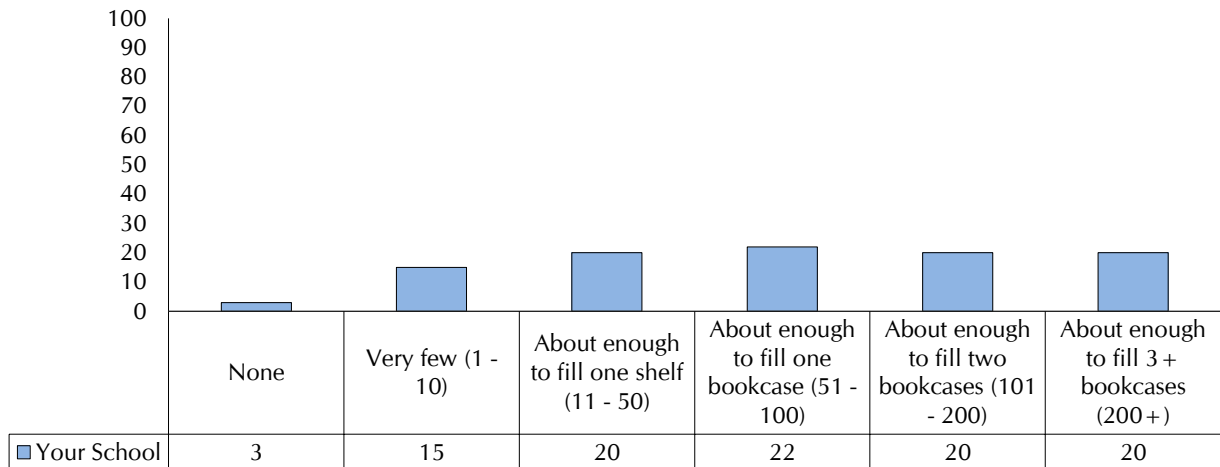
	Guernsey	
	Yr 8	Yr 10
Boys	11	6
Girls	5	2

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

Boys		Girls	
1	Dyslexia, Dyspraxia or Dyscalculia	5	1
2	ADHD (Attention Deficit Hyperactivity Disorder)	2	1
3	Other	1	3
4	Long-term illness	1	4
5	Behaviour difficulties	1	5

## Books at home

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



3% of pupils responded that they don't have any books in their home, while 15% said they have 'very few' (1 – 10).

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

	Guernsey	
	Yr 8	Yr 10
Boys	2	4
Girls	3	4

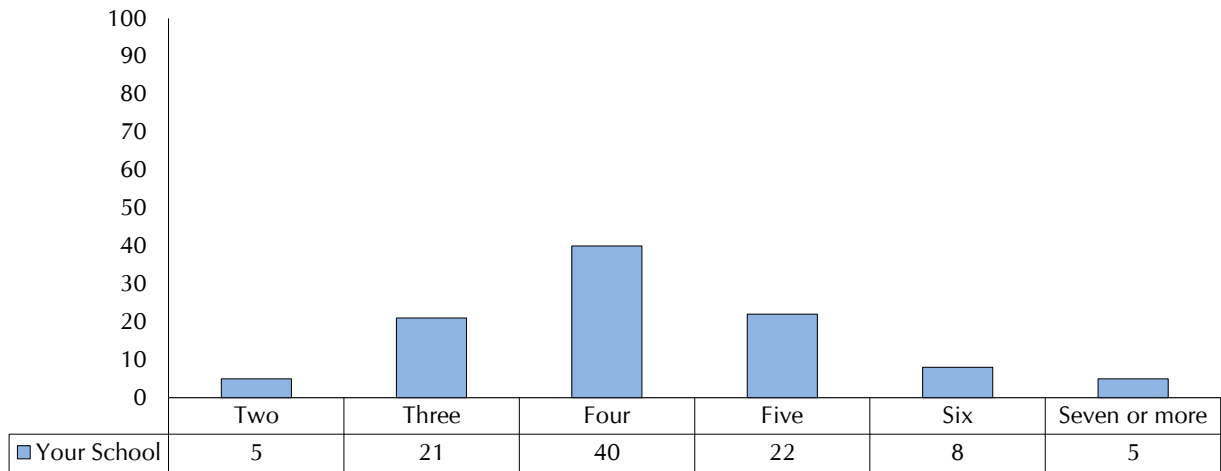
22% of pupils responded that they have about enough books to fill one bookcase (51 – 100), while 40% said they have enough to fill at least two bookcases (101+).

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

	Guernsey	
	Yr 8	Yr 10
Boys	44	41
Girls	38	38

## 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.

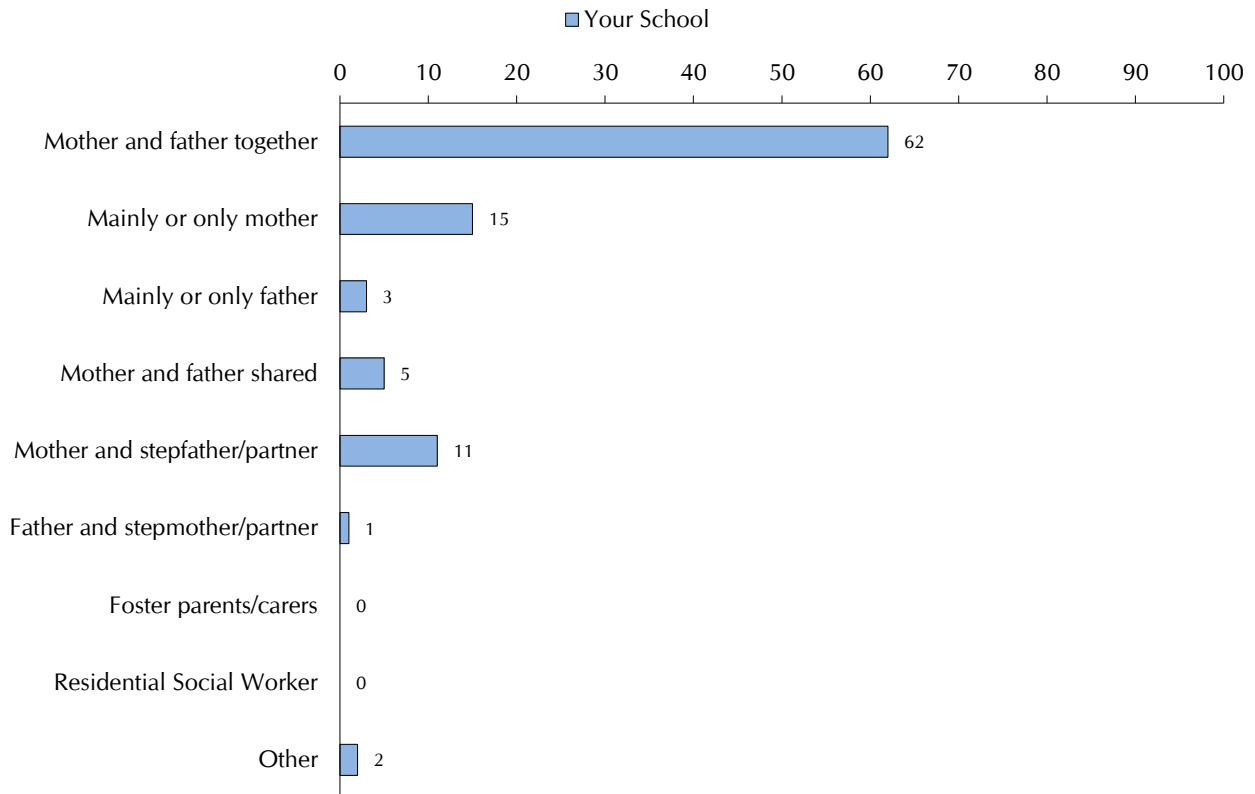
	Guernsey	
	Yr 8	Yr 10
Boys	5	4
Girls	7	2

13% 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	
	Yr 8	Yr 10
Boys	11	11
Girls	12	16

**Q4. Which adults do you live with?**



62% of pupils responded that they live with their mother and father together.

15% of pupils responded that they live 'mainly or only' with their mother, while 3% said they live 'mainly or only' with their father.

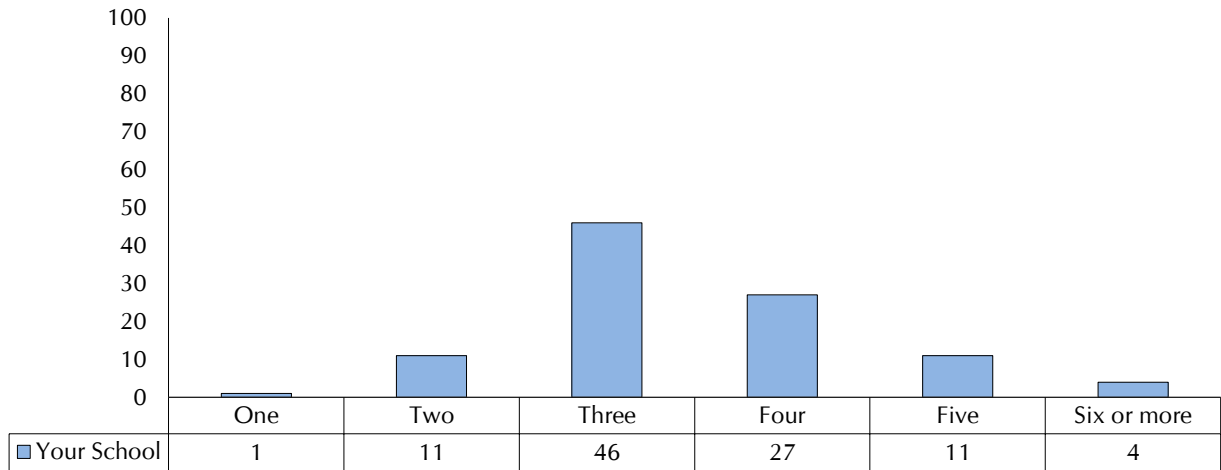
**Q4.** Percentage answering that they live with their mother and father together.

	Guernsey	
	Yr 8	Yr 10
Boys	68	60
Girls	59	60

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

	Guernsey	
	Yr 8	Yr 10
Boys	11	12
Girls	18	18

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



11% 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	
	Yr 8	Yr 10
Boys	11	12
Girls	14	9

15% 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	
	Yr 8	Yr 10
Boys	19	18
Girls	9	14

## Healthy Eating

### Control over health

87% agreed with at least one statement about being in control of their health (Q6a&c).

**Q6.** Percentage agreeing with statements Q6a and/or Q6c.

	Guernsey	
	Yr 8	Yr 10
Boys	83	93
Girls	87	88

52% agreed with at least one statement saying that they aren't in control of their health.

**Q6.** Percentage agreeing with statements Q6b and/or Q6d.

	Guernsey	
	Yr 8	Yr 10
Boys	47	53
Girls	57	52

For an overall 'control' score SHEU add together the scores for the two 'controlling' items (a + c) and take away the score for the two 'chance' items (b + d). This gives a score, in the jargon, of 'health locus of control', whether a person sees themselves as being generally in control of their health or not. If not then this fatalism may make health warnings irrelevant.

72% of the pupils in your survey had a net positive score for these questions. SHEU know from other studies that such scores are related to higher levels of participation in health-promoting behaviour, and lower levels of health-risky behaviour.

**Q6.** Percentage having a positive health locus of control score.

	Guernsey	
	Yr 8	Yr 10
Boys	70	80
Girls	69	68

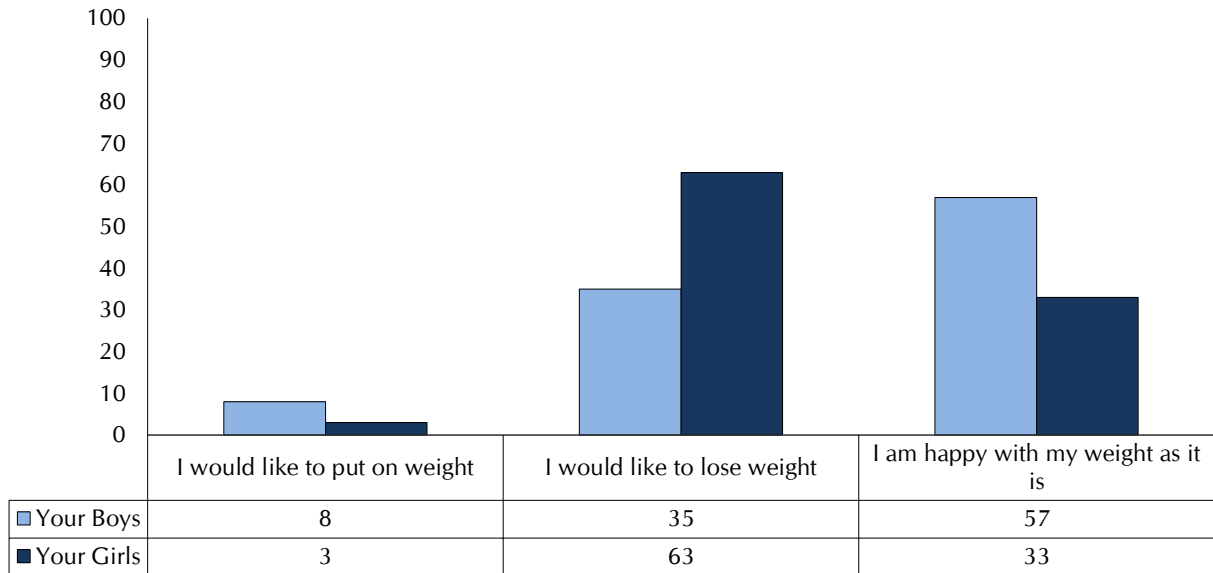
68% of pupils responded that they are in charge of their health, while 48% said that even if they look after themselves, they can still easily fall ill.

**Q6.** Percentage of pupils responding that they 'agree' with the following statements:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
a. "I am in charge of my health"	64	64	79	66	68
b. "If I keep healthy, I've just been lucky"	5	10	12	14	10
c. "If I take care of myself I'll stay healthy"	70	75	79	77	75
d. "Even if I look after myself I can still easily fall ill"	45	54	47	45	48

## Dieting

Q7. Weight: Which statement describes you best?



6% of pupils responded that they would like to put on weight.

Q7. Percentage answering that they would like to put on weight.

	Guernsey	
	Yr 8	Yr 10
Boys	7	9
Girls	2	4

48% of pupils responded that they would like to lose weight.

Q7. Percentage answering that they would like to lose weight.

	Guernsey	
	Yr 8	Yr 10
Boys	35	34
Girls	61	67

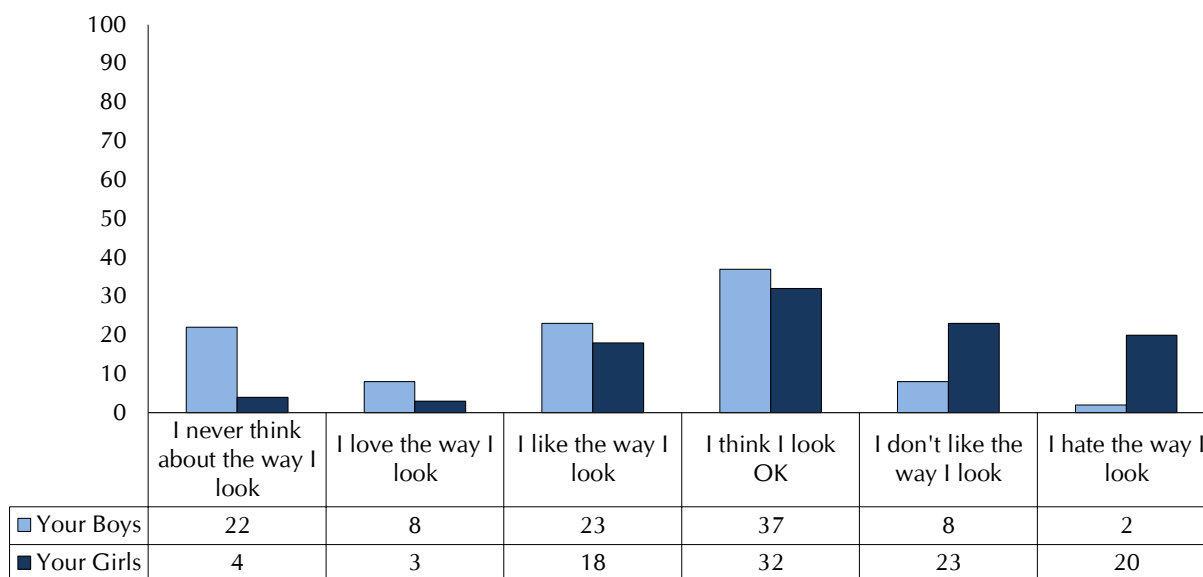
46% of pupils responded that they are happy with their weight as it is.

Q7. Percentage answering that they are happy with their weight as it is.

	Guernsey	
	Yr 8	Yr 10
Boys	58	57
Girls	37	29



**Q8.** Which statement best describes your feelings about the way you look?



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

**Q8.** Percentage answering that they never think about the way they look.

	Guernsey	
	Yr 8	Yr 10
Boys	24	19
Girls	5	2

26% of pupils responded that they either 'love' or 'like' the way they look.

**Q8.** Percentage answering that they either 'love' or 'like' the way they look.

	Guernsey	
	Yr 8	Yr 10
Boys	31	31
Girls	21	22

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

**Q8.** Percentage answering that they think they look OK.

	Guernsey	
	Yr 8	Yr 10
Boys	36	39
Girls	35	28

25% of pupils responded that they either 'don't like' or 'hate' the way they look.

**Q8.** Percentage answering that they either 'don't like' or 'hate' the way they look.

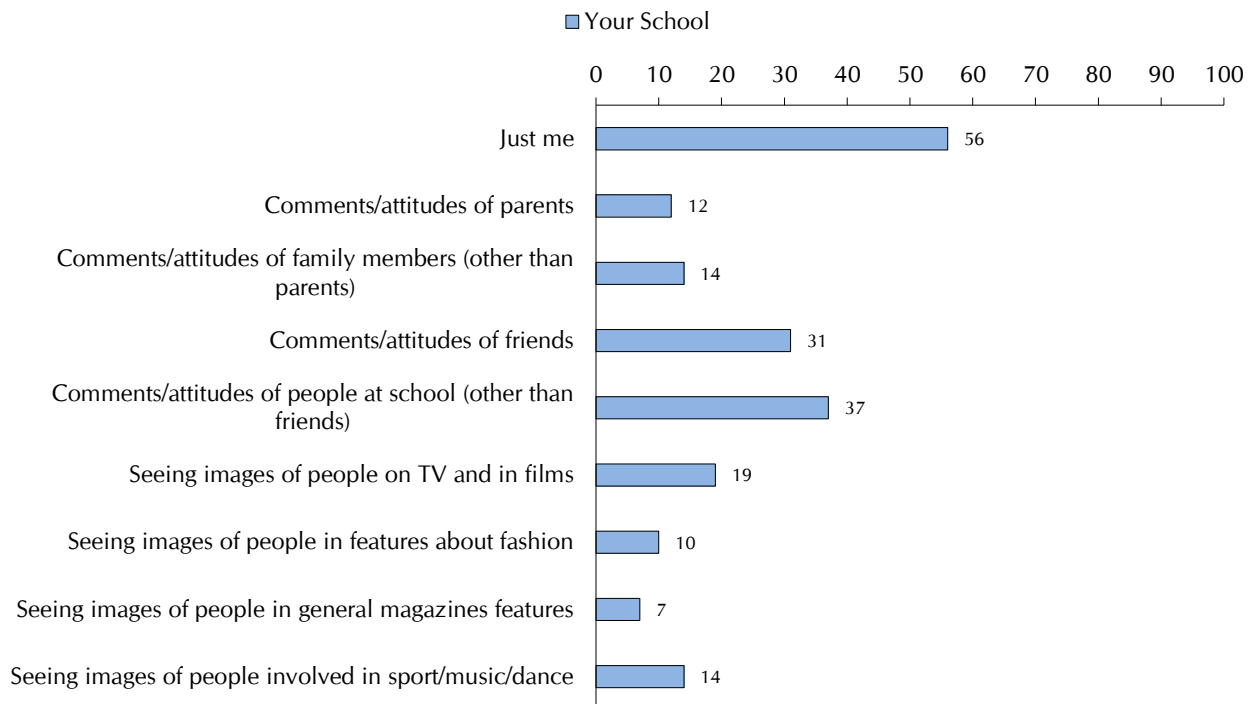
	Guernsey	
	Yr 8	Yr 10
Boys	9	11
Girls	39	49

56% of pupils responded that they are the main thing which affects the way they feel about their appearance, while 31% said comments/attitudes of friends are and 37% said comments/attitudes of other people at school.

**Q9.** Percentage of pupils responding that the following are the main things that affect the way they feel about their appearance (top 5):

Boys			Girls		
1	Just me	60	1	Just me	52
2	Comments/attitudes of friends	36	2	Comments/attitudes of people at school (other than friends)	46
3	Comments/attitudes of people at school (other than friends)	29	3	Comments/attitudes of friends	26
4	Comments/attitudes of family members (other than parents)	15	4	Seeing images of people on TV and in films	25
5	Seeing images of people on TV and in films	14	5	Seeing images of people in features about fashion	19

**Q9.** Percentage of pupils responding that the following are the main things that affect the way they feel about their appearance:



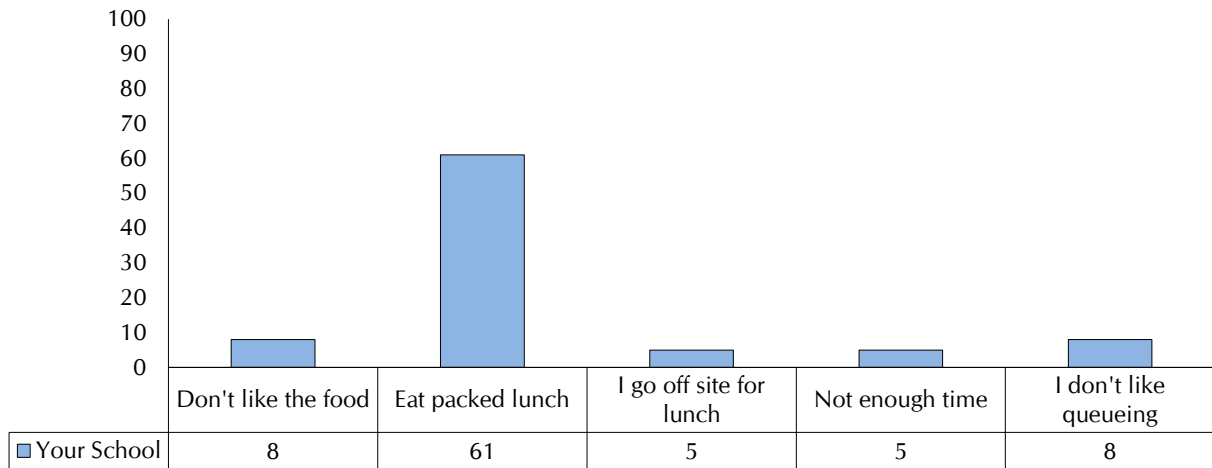
## Lunch

21% of pupils responded that they bought their lunch at school on the day before the survey.

**Q10a.** Percentage answering that they bought lunch at school on the day before the survey.

Guernsey		
	Yr 8	Yr 10
Boys	32	19
Girls	14	14

**Q10b.** If not, why was this?



8% of pupils responded that they didn't buy their lunch at school on the day before the survey because they don't like the food, while 61% said they had a packed lunch.

**Q10b.** Percentage answering that they didn't buy their lunch at school on the day before the survey because they don't like the food.

Guernsey		
	Yr 8	Yr 10
Boys	4	12
Girls	7	9

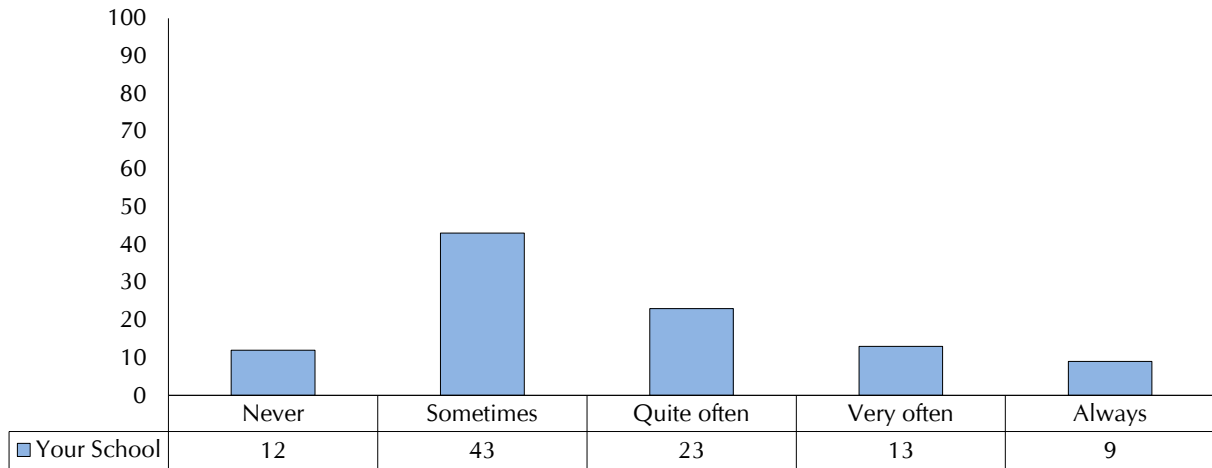
5% of pupils responded that they didn't buy their lunch at school on the day before the survey because there wasn't enough time.

**Q10b.** Percentage answering that they didn't buy their lunch at school on the day before the survey because there wasn't enough time.

Guernsey		
	Yr 8	Yr 10
Boys	4	6
Girls	4	6

## Health

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



12% of pupils responded that they 'never' consider their health when choosing what to eat.

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

Guernsey

	Yr 8	Yr 10
Boys	11	23
Girls	7	7

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

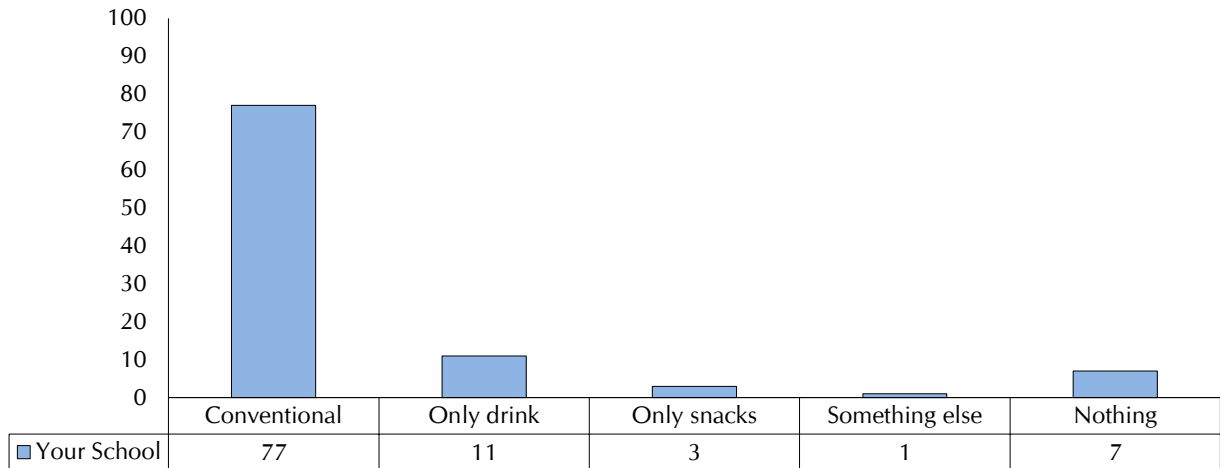
**Q11.** Percentage answering that they 'very often' or 'always' consider their health when eating.

Guernsey

	Yr 8	Yr 10
Boys	18	21
Girls	25	24

## Breakfast

**Q13.** Percentage of pupils responding that they had the following to eat or drink before lessons on the day of the survey:



The chart shows the percentages having different types of breakfast. The category 'Conventional' means at least one of cereal; porridge; toast or bread; cooked breakfast; fruit; yoghurt or a breakfast bar. Only snacks means: chocolate bar/sweets; crisp-type snack; pop tarts, biscuits, cakes or muffins but not conventional breakfast.

7% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.

**Q13.** Percentage answering that they didn't have anything to eat or drink before lessons on the day of the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	4	7
Girls	8	11

11% of pupils responded that they only had a drink before lessons on the day of the survey.

**Q13.** Percentage answering that they only had a drink before lessons on the day of the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	8	12
Girls	10	15

**Q13.** Percentage of pupils responding that they had the following to eat or drink before lessons on the day of the survey (top 5):

Boys			Girls		
1	Cereal	49	1	A drink	38
2	A drink	47	2	Cereal	33
3	Toast or bread	20	3	Toast or bread	19
4	Fruit	9	4	Fruit	11
5	Porridge/Ready brek	5	5	Breakfast bar	4

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

Boys			Girls		
1	At home	87	1	At home	75
2	Somewhere else	2	2	On the way to school	6
3	On the way to school	2	3	At school	3
4	At school	2	4	Somewhere else	3

## Foods

62% of pupils responded that they ate vegetables (not potatoes) at least '4 – 6 times a week' in the last month or so, while 54% said they ate sweet biscuits, cakes, chocolate, sweets.

**Q14.** Percentage of pupils responding that they ate or drank the following at least '4 – 6 times a week' over the last month or so:

Boys		Girls			
1	Vegetables (not potatoes)	62	1	Vegetables (not potatoes)	62
2	Fruit juice (not cordial or squash)	56	2	Sweet biscuits, cakes, chocolate, sweets	56
3	Crisps/savoury snacks	52	3	Crisps/savoury snacks	53
4	Sweet biscuits, cakes, chocolate, sweets	52	4	Fruit (tinned/fresh)	47
5	Fruit (tinned/fresh)	47	5	Fruit juice (not cordial or squash)	45
6	Fibre-rich breakfast cereal (e.g. Weetabix, porridge)	45	6	Cheese or yoghurt	41
7	Cheese or yoghurt	43	7	Fibre-rich breakfast cereal (e.g. Weetabix, porridge)	28
8	Wholemeal bread or chapattis	37	8	Wholemeal bread or chapattis	25
9	Beef, lamb, pork, ham	33	9	Salad (not garnish on sandwiches)	22
10	Non-alcoholic fizzy drinks (not sugar-free/diet)	25	10	Beef, lamb, pork, ham	22

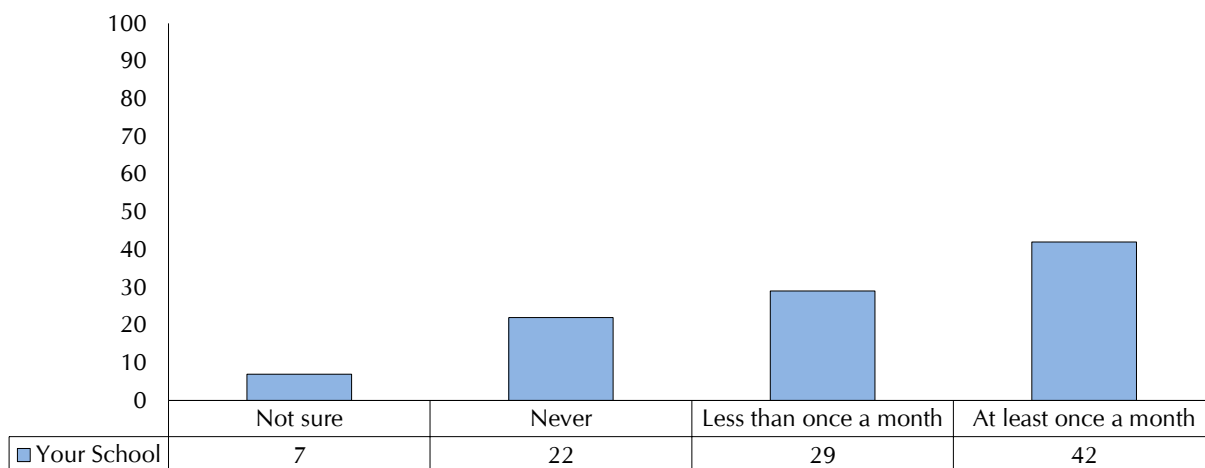
56% of pupils responded that they 'rarely or never' ate oily fish over the last month or so.

**Q14.** Percentage of pupils responding that they 'rarely or never' ate or drank the following over the last month or so:

Boys		Girls			
1	Vegetarian main meal (e.g. soya, tofu)	58	1	Oily fish (e.g. salmon, trout, mackerel etc.)	64
2	Oily fish (e.g. salmon, trout, mackerel etc.)	48	2	Vegetarian main meal (e.g. soya, tofu)	60
3	White fish not in batter or breadcrumbs	43	3	White fish not in batter or breadcrumbs	56
4	White fish in batter or breadcrumbs	30	4	White fish in batter or breadcrumbs	45
5	Salad (not garnish on sandwiches)	28	5	Fibre-rich breakfast cereal (e.g. Weetabix, porridge)	29
6	Wholemeal bread or chapattis	22	6	Wholemeal bread or chapattis	29
7	Fibre-rich breakfast cereal (e.g. Weetabix, porridge)	20	7	Beans or pulses (baked beans, chick peas, dahl)	27
8	Ice cream/cream	20	8	Non-alcoholic fizzy drinks (not sugar-free/diet)	26
9	Fruit (tinned/fresh)	17	9	Salad (not garnish on sandwiches)	24
10	Beans or pulses (baked beans, chick peas, dahl)	17	10	Chicken or turkey (in batter or breadcrumbs)	21

## Energy drinks

**Q15.** Do you drink 'high energy' drinks?



22% of pupils responded that they 'never' drink 'high energy' drinks.

**Q15.** Percentage answering that they 'never' drink 'high energy' drinks.

Guernsey

	Yr 8	Yr 10
Boys	23	17
Girls	23	25

42% of pupils responded that they drink 'high energy' drinks 'at least once a month'.

**Q15.** Percentage answering that they drink 'high energy' drinks 'at least once a month'.

Guernsey

	Yr 8	Yr 10
Boys	43	49
Girls	40	37

**Q16.** Percentage of pupils responding that they drink the following at least '2 – 3 times a week' (top 5):

Boys

1	Other	12
2	Red Bull	8
3	Powerade Energy (not Sport)	7
4	Mountain Dew	7
5	Monster	7

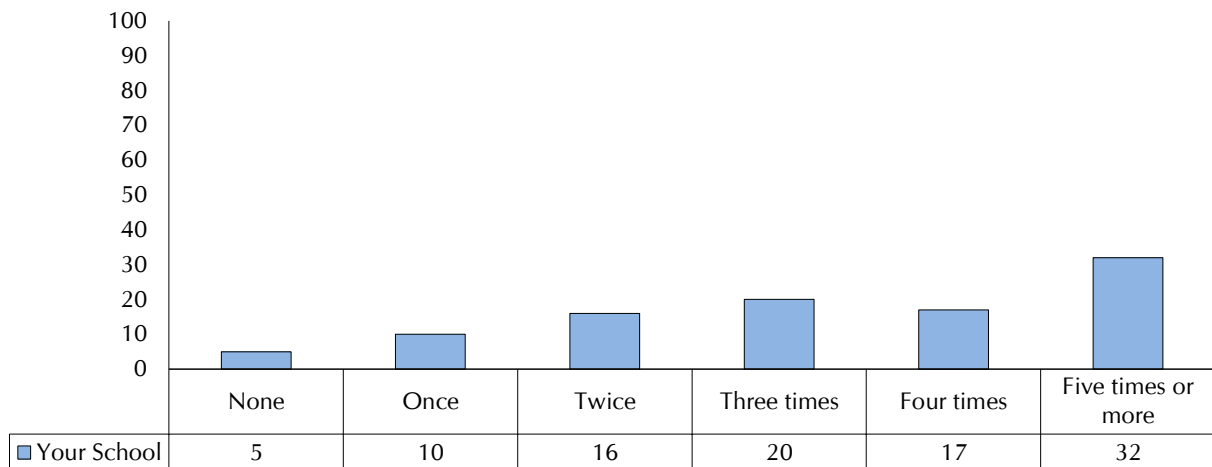
Girls

1	Other	11
2	Powerade Energy (not Sport)	5
3	Red Bull	5
4	Relentless	4
5	Boost	4

## Physical Activity

### Hard exercise

**Q17.** How many times last week did you exercise for at least 30 minutes and have to breathe harder and faster?



5% of pupils responded that they did not exercise for at least 30 minutes and have to breathe harder and faster in the week before the survey.

**Q17.** Percentage answering that they did not exercise for at least 30 minutes and have to breathe harder and faster at all in the week before the survey.

Guernsey

	Yr 8	Yr 10
Boys	6	9
Girls	3	4

69% of pupils responded that they exercised for at least 30 minutes and had to breathe harder and faster at least three times in the week before the survey.

**Q17.** Percentage answering that they exercised for at least 30 minutes and had to breathe harder and faster at least three times in the week before the survey.

Guernsey

	Yr 8	Yr 10
Boys	73	67
Girls	76	58



43% of pupils responded that they exercise as much as they like – nothing stops them. However, 35% of pupils responded that they don't have enough time, while 17% said they are shy in front of other people.

**Q18.** Percentage of pupils responding that the following stop them from exercising as much as they would like (top 10):

Boys			Girls		
1	I exercise as much as I like (nothing stops me)	51	1	I don't have enough time	42
2	I don't have enough time	29	2	I exercise as much as I like (nothing stops me)	34
3	I am shy in front of other people	10	3	I'm not comfortable about how I look	28
4	I don't know what to do	9	4	I am shy in front of other people	26
5	It costs a lot to get there or take to part	8	5	It costs a lot to get there or take to part	18
6	There is nothing I want to do around here	8	6	I don't know what to do	12
7	I'm not comfortable about how I look	7	7	Transport to get there is a problem	12
8	Transport to get there is a problem	6	8	There is nothing I want to do around here	10
9	I don't like the people who go there	5	9	I know what I want to do but don't know where to go	9
10	I have to look after people in my family	4	10	I don't like to try new things	7

## Smoking, Drinking, Drugs

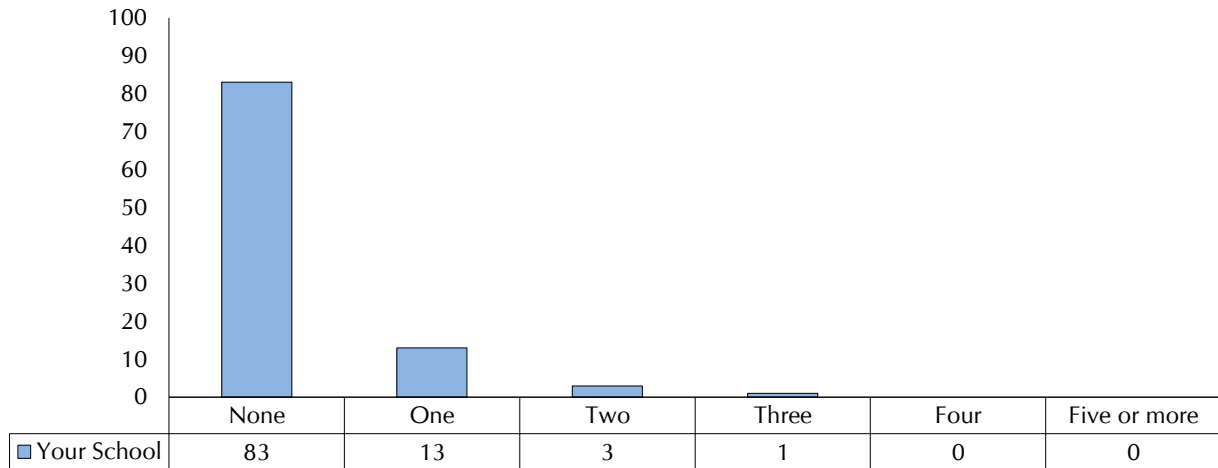
### Alcohol

18% of pupils responded that they had an alcoholic drink in the 7 days before the survey.

**Q19.** Percentage answering that they had an alcoholic drink in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	16	28
Girls	10	19

**Q20a.** On how many days did you drink alcohol, in the last 7 days?

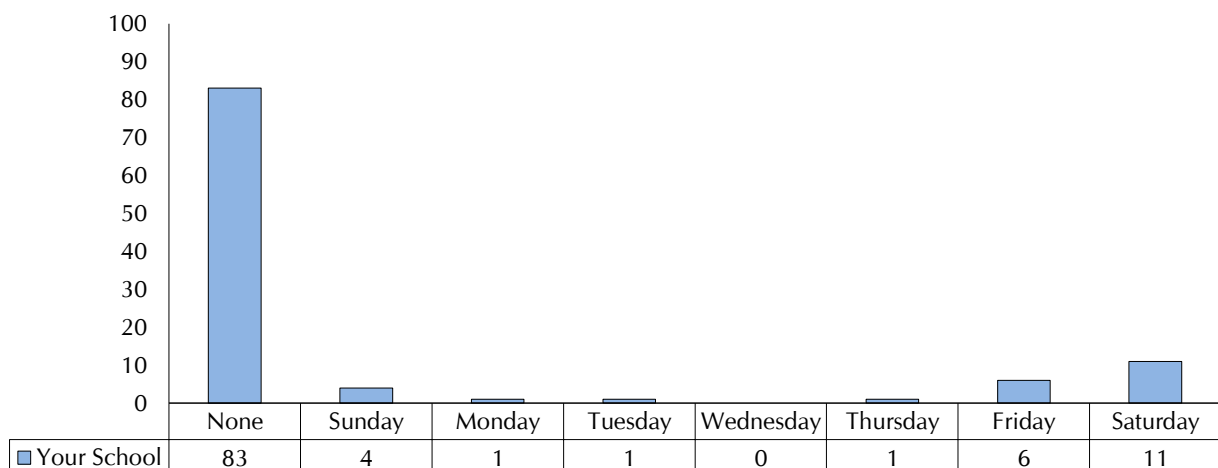


5% of pupils responded that they drank on more than one day in the 7 days before the survey; 1% said they did so on at least three days.

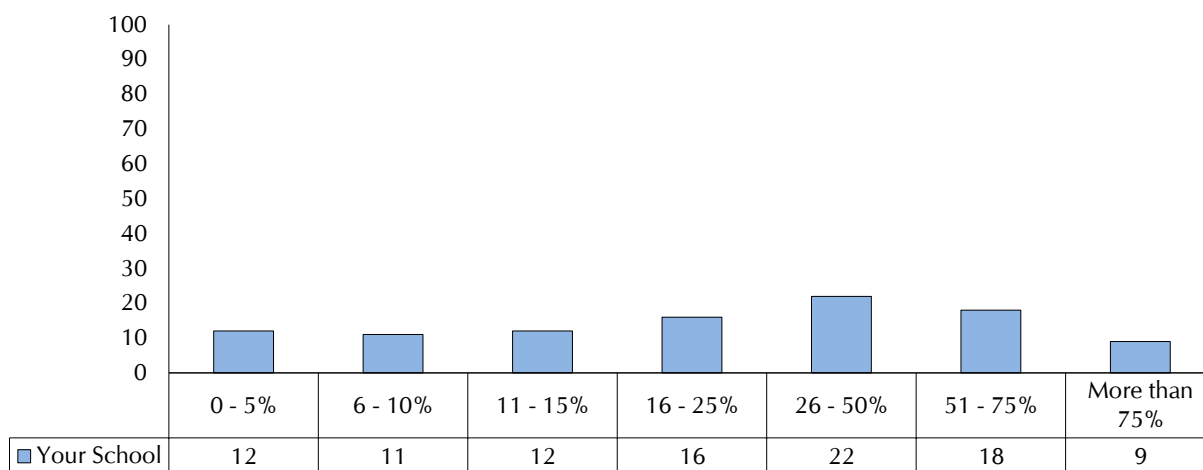
**Q20a.** Percentage answering that they drank alcohol on more than one day in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	3	6
Girls	3	6

**Q20a.** On which days did you drink alcohol, in the last 7 days?



**Q57a.** What percentage of Year 10s (aged 14 – 15) do you think have at least one alcoholic drink a week?

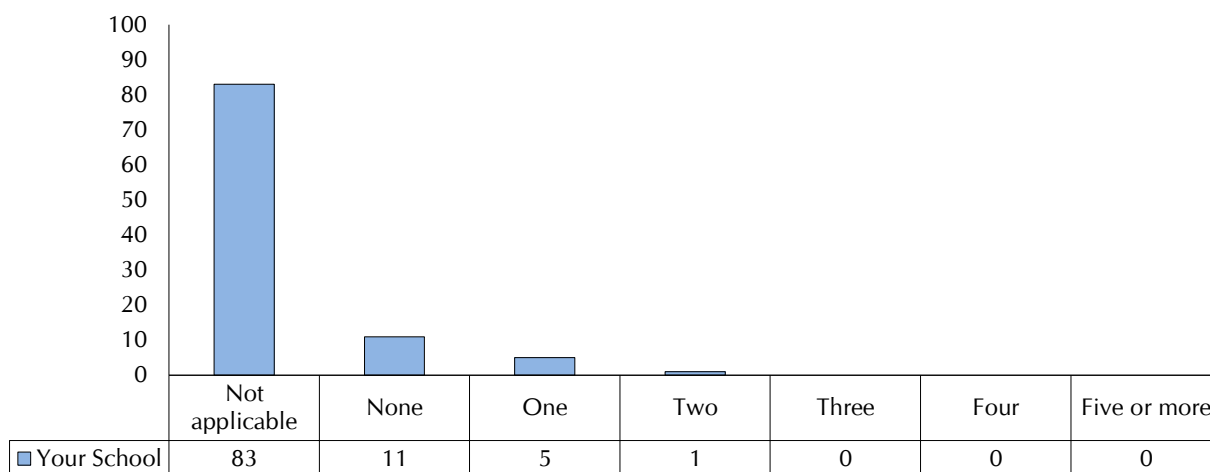


23% of pupils responded that they think 0 – 10% of Year 10 pupils have at least one alcoholic drink a week, while 27% think more than 50% do.

**Q57a.** Percentage answering that they think more than 50% of Year 10 pupils have at least one alcoholic drink a week.

	Guernsey	
	Yr 8	Yr 10
Boys	18	20
Girls	29	36

**Q20b.** On how many days did you get drunk, in the last 7 days?

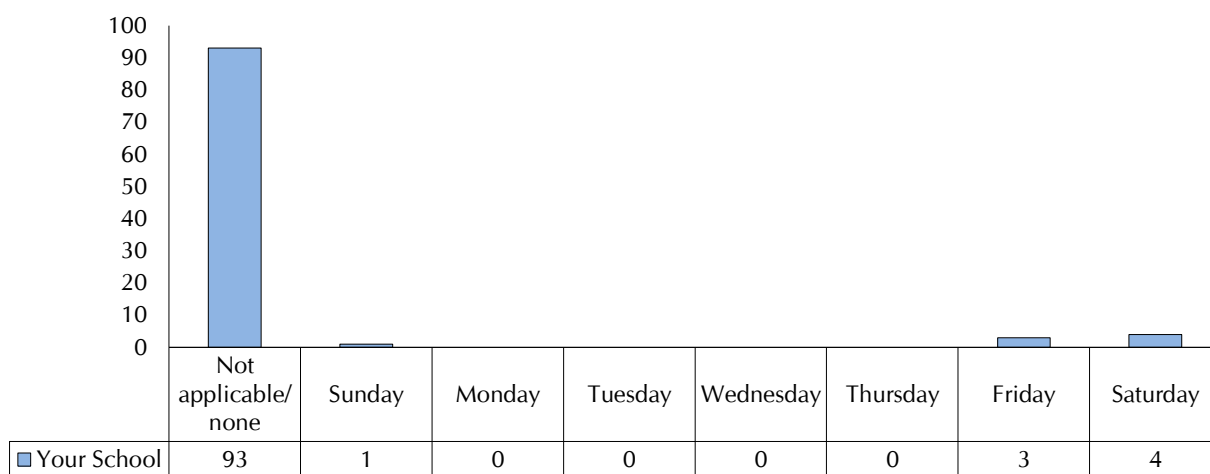


7% of pupils responded that they got drunk on at least one day in the 7 days before the survey; 2% said they did so on more than one day.

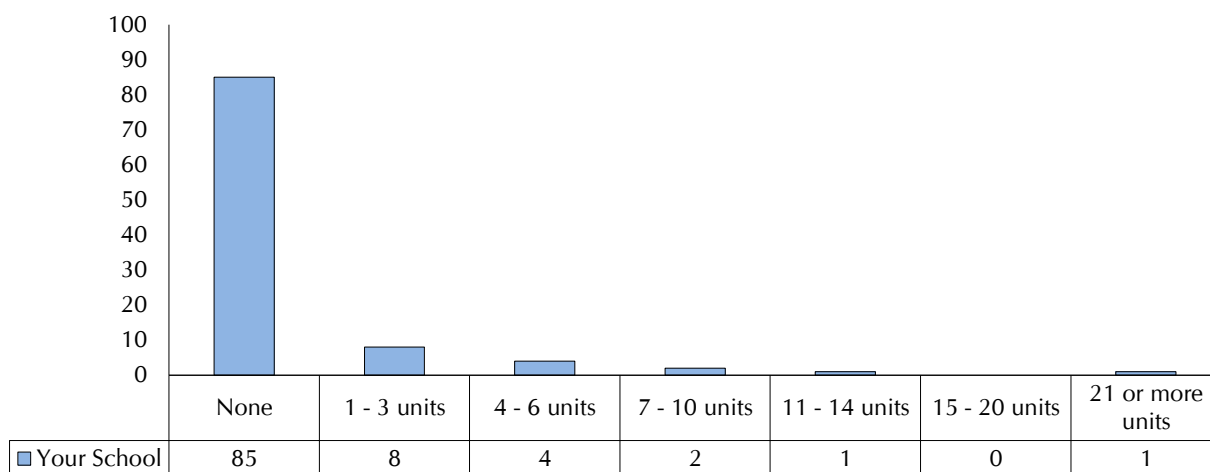
**Q20b.** Percentage answering that they got drunk on at least one day in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	5	8
Girls	3	11

**Q20b.** On which days did you get drunk, in the last 7 days?



**Q21.** Total units of alcohol pupils reported drinking in the last 7 days:



1% of pupils responded that they drank over the advised weekly limit of alcohol for adult females of 14 units in the 7 days before the survey.

**Q21.** Percentage answering that they drank over 14 units of alcohol in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	0	1
Girls	0	2

5% of pupils responded that they drank pre-mixed drinks in the 7 days before the survey, while 4% said they drank spirits.

**Q21.** Percentage of pupils responding that they drank the following alcoholic drinks in the 7 days before the survey (top 5):

Boys			Girls		
1	Cider	7	1	Pre-mixed drinks	5
2	Beer or lager	6	2	Cider	5
3	Pre-mixed drinks	5	3	Spirits	4
4	Spirits	4	4	Wine	3
5	Wine	3	5	Beer or lager	2

10% of pupils responded that they drank alcohol at home in the 7 days before the survey; 2% said they drank outside in a public place.

**Q22.** Percentage of pupils responding that they have drunk alcohol at the following places in the 7 days before the survey:

Boys			Girls		
1	At home	13	1	At home	7
2	At a friend's or relation's home	8	2	At a friend's or relation's home	6
3	At a disco, club or party	4	3	Outside in a public place	3
4	Outside in a public place	2	4	In a pub or bar	2
5	In a pub or bar	2	5	At a disco, club or party	2

6% of pupils responded that they have been given/bought alcohol by their parents/carers in the 7 days before the survey.

**Q23.** Percentage of pupils responding that they have been given/bought alcohol by the following people in the 7 days before the survey:

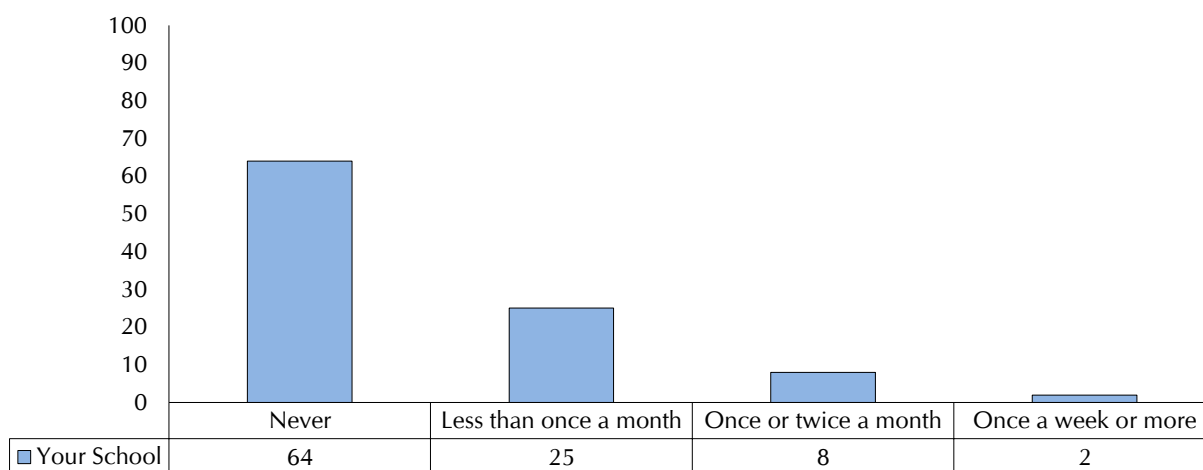
Boys			Girls		
1	Parents/carers	7	1	Friends	6
2	Friends	5	2	Other people	5
3	Other people	4	3	Parents/carers	4
4	Other relatives	3	4	Other relatives	2
5	Brothers or sisters	3	5	Brothers or sisters	1

5% of pupils responded that they bought alcohol from a supermarket in the 7 days before the survey.

**Q24.** Percentage of pupils responding that they have bought alcohol from the following places in the 7 days before the survey:

Boys			Girls		
1	Pub or bar	10	1	Another shop (not supermarket)	9
2	Another shop (not supermarket)	8	2	Disco or club	5
3	Disco or club	7	3	Supermarket	5
4	Supermarket	5	4	Pub or bar	2

**Q25.** During the last year, how regularly have you drunk more alcohol than you intended?



64% of pupils responded that they have 'never' drunk more alcohol than they intended in the last year.

**Q25.** Percentage answering that they have 'never' drunk more than they intended in the last year.

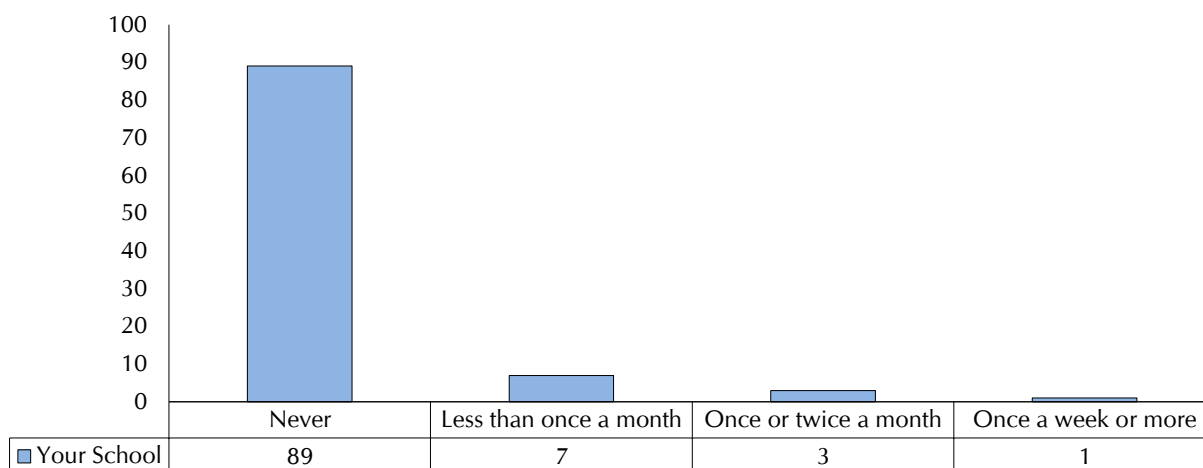
	Guernsey	
	Yr 8	Yr 10
Boys	70	57
Girls	77	50

10% of pupils responded that they have drunk more than they intended at least 'once or twice a month' in the last year, while 2% said they have done so 'once a week or more'.

**Q25.** Percentage answering that they have drunk more than they intended at least 'once or twice a month' in the last year.

	Guernsey	
	Yr 8	Yr 10
Boys	8	14
Girls	8	14

**Q26.** During the last year, how often has your use of alcohol caused a problem, for you or anyone else?



11% of pupils responded that their use of alcohol has caused a problem for them or someone else at some point during the last year.

**Q26.** Percentage answering that their use of alcohol has caused a problem for them or someone else at some point during the last year.

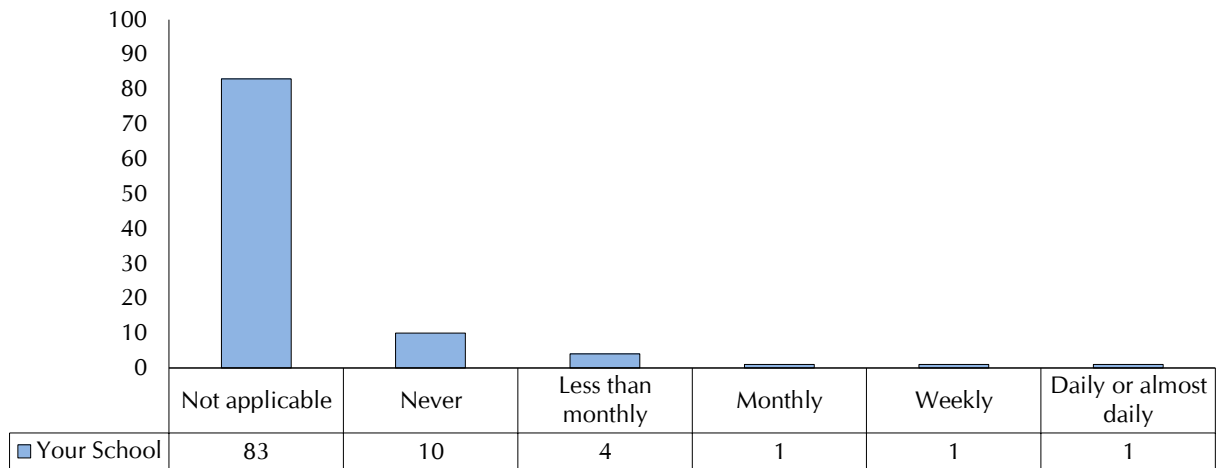
	Guernsey	
	Yr 8	Yr 10
Boys	6	13
Girls	9	18

4% of pupils responded that their use of alcohol has caused a problem for them or someone else at least 'once or twice a month' during the last year; 1% said it has done so 'once a week or more'.

**Q26.** Percentage answering that their use of alcohol has caused a problem for them or someone else at least 'once or twice a month' during the last year.

	Guernsey	
	Yr 8	Yr 10
Boys	3	3
Girls	4	6

**Q27.** How often in the last year have you not been able to remember what happened when drinking the night before?



NB: This question was only asked of pupils who drank alcohol in the last week

10% of pupils responded that, in the last year, they have 'never' been unable to remember what happened when drinking the night before.

This works out as of 61% of recent drinkers responding that they have 'never' been unable to remember what happened when drinking the night before.

3% of pupils responded that they haven't been able to remember what happened when drinking the night before at least 'monthly' in the last year; 2% said this has happened at least 'weekly'.

This works out as 17% of recent drinkers responding that they haven't been able to remember what happened when drinking the night before at least 'monthly' in the last year.

**Q27.** Percentage answering that, in the last year, they have 'never' been unable to remember what happened when drinking the night before.

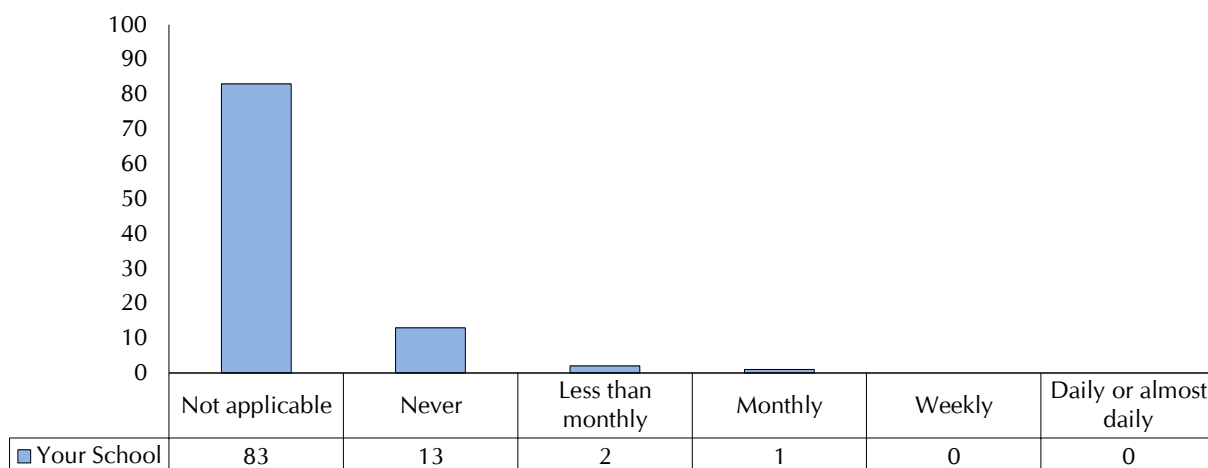
	Guernsey	
	Yr 8	Yr 10
Boys	12	14
Girls	7	7

**Q27.** Percentage answering that they haven't been able to remember what happened when drinking the night before at least 'monthly' in the last year.

	Guernsey	
	Yr 8	Yr 10
Boys	2	5
Girls	1	4



**Q28.** How often in the last year have you failed to do what was normally expected of you because of drinking?



NB: This question was only asked of pupils who drank alcohol in the last week

13% of pupils responded that, in the last year, they have 'never' failed to do what is normally expected of them because of drinking.

This works out as 79% of recent drinkers responding that, in the last year, they have 'never' failed to do what is normally expected of them because of drinking.

1% of pupils responded that they have failed to do what is normally expected of them because of drinking at least 'monthly' in the last year; 0% said this has happened at least 'weekly'.

This works out as 7% of recent drinkers responding that they have failed to do what is normally expected of them because of drinking at least 'monthly' in the last year.

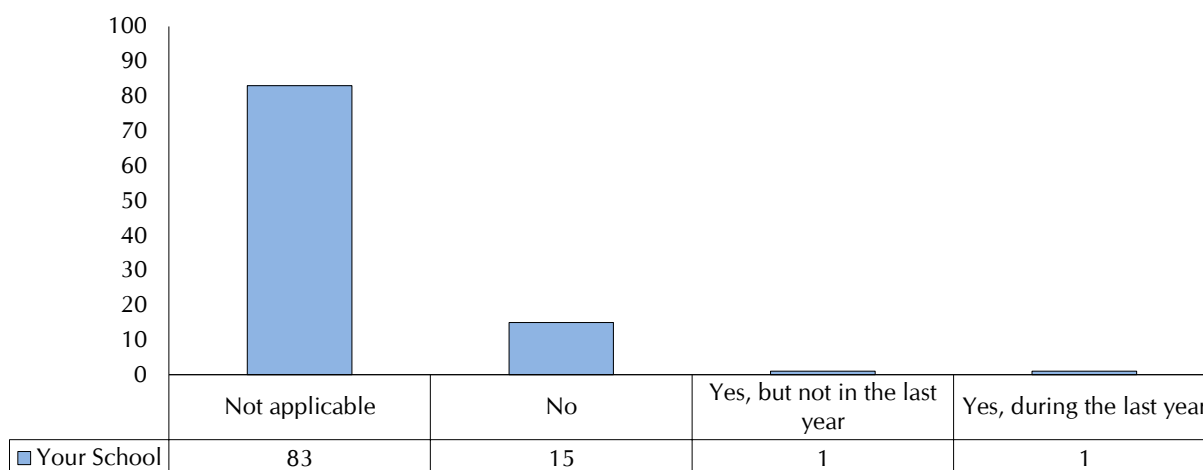
**Q28.** Percentage answering that, in the last year, they have 'never' failed to do what is normally expected of them because of drinking.

Guernsey		
	Yr 8	Yr 10
Boys	14	21
Girls	7	10

**Q28.** Percentage answering that they have failed to do what is normally expected of them because of drinking at least 'monthly' in the last year.

Guernsey		
	Yr 8	Yr 10
Boys	0	1
Girls	1	3

**Q29.** Has anyone – a relative, friend, doctor or health worker – been concerned about your drinking or suggested you cut down? NB: This question was only asked of pupils who drank alcohol in the last week



NB: This question was only asked of pupils who drank alcohol in the last week

2% of pupils responded that someone has been concerned about their drinking or suggested they cut down at some point; 1% said this has happened during the last year.

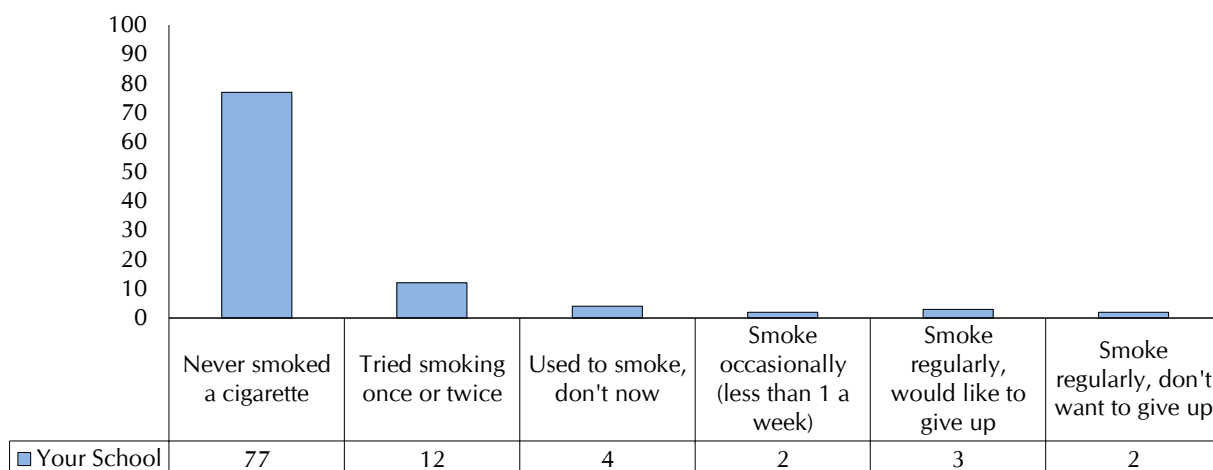
This works out as 12% of recent drinkers responding that someone has been concerned about their drinking or suggested they cut down at some point.

**Q29.** Percentage answering that someone has been concerned about their drinking or suggested they cut down at some point.

	Guernsey	
	Yr 8	Yr 10
Boys	1	3
Girls	2	3

## Smoking

**Q30.** Smoking: Which statement describes you best?



21% of boys and 26% of girls responded that they have tried smoking in the past or smoke now.

**Q30.** Percentage answering that they have smoked in the past or smoke now.

	Guernsey	
	Yr 8	Yr 10
Boys	14	30
Girls	22	31

6% of boys and 8% of girls responded that they smoke 'occasionally' or 'regularly'.

**Q30.** Percentage answering that they smoke 'occasionally' or 'regularly'.

	Guernsey	
	Yr 8	Yr 10
Boys	2	11
Girls	6	10

Of the 43 pupils who responded that they smoke 'regularly', 67% said they would like to give up smoking.

**Q30.** Percentage of regular smokers answering that they would like to give up smoking.

	Guernsey	
	Yr 8	Yr 10
Boys	75	46
Girls	73	80

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

**Q31.** Percentage answering that they smoked in the 7 days before the survey.

Guernsey		
	Yr 8	Yr 10
Boys	3	11
Girls	5	9

4% of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.

**Q32a.** Percentage answering that they smoked at least 10 cigarettes during the 7 days before the survey.

Guernsey		
	Yr 8	Yr 10
Boys	2	5
Girls	3	6

**Q32b.** Top 3 sources of cigarettes:

Boys			Girls		
1	From friends	3	1	From friends	3
2	Somewhere else	1	2	From shop	2
3	From shop	1	3	Given them	1

8% of pupils responded that they smoke and feel that other people don't care, while 7% said they feel that people think that they are stupid, and 4% feel that people are disgusted because they smoke.

**Q32c.** Percentage of pupils responding that they smoke and feel other people think the following about them:

Boys			Girls		
1	They don't care	7	1	They think I am stupid	9
2	They think I am stupid	6	2	They don't care	9
3	They pity me	2	3	They are disgusted	7
4	They think it's ok	2	4	They think it's ok	2
5	They are disgusted	2	5	They pity me	2
6	They think I am cool	1	6	They think I am cool	1

32% of pupils responded that their parents/carers smoke.

12% of pupils responded that someone smokes indoors at home in rooms that they use.

18% of pupils responded that someone smokes in a car when they are in it too.

33% of pupils responded that at least one person smokes indoors at home on most days; 19% said more than one person does.

**Q33a.** Percentage answering that their parents/carers smoke.

	Guernsey	
	Yr 8	Yr 10
Boys	31	30
Girls	32	36

**Q33b.** Percentage answering that someone smokes indoors at home in rooms that they use.

	Guernsey	
	Yr 8	Yr 10
Boys	12	9
Girls	12	15

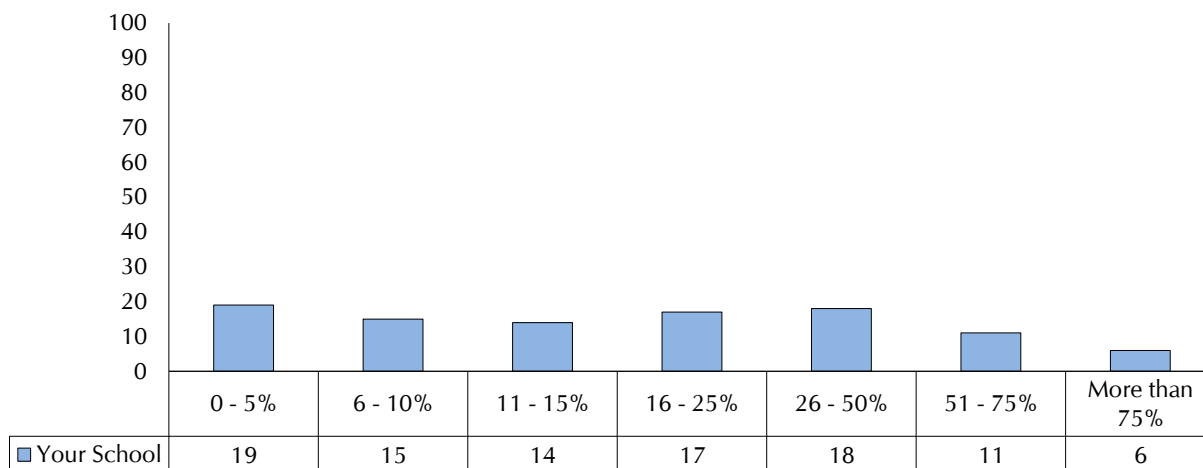
**Q33c.** Percentage answering that someone smokes in a car when they are in it too.

	Guernsey	
	Yr 8	Yr 10
Boys	16	16
Girls	20	23

**Q34.** Percentage answering that at least one person smokes indoors at home on most days.

	Guernsey	
	Yr 8	Yr 10
Boys	37	23
Girls	36	38

**Q57b.** What percentage of Year 10s (aged 14 – 15) do you think smoke regularly (at least once a week)?



34% of pupils responded that they think 0 – 10% of Year 10 pupils smoke regularly, while 17% think more than 50% do.

**Q57b.** Percentage answering that they think more than 50% of Year 10 pupils smoke regularly.

	Guernsey	
	Yr 8	Yr 10
Boys	21	8
Girls	26	16

## Illegal drugs

21% of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.

**Q35.** Percentage answering that they are 'fairly sure' or 'certain' they know someone who uses drugs.

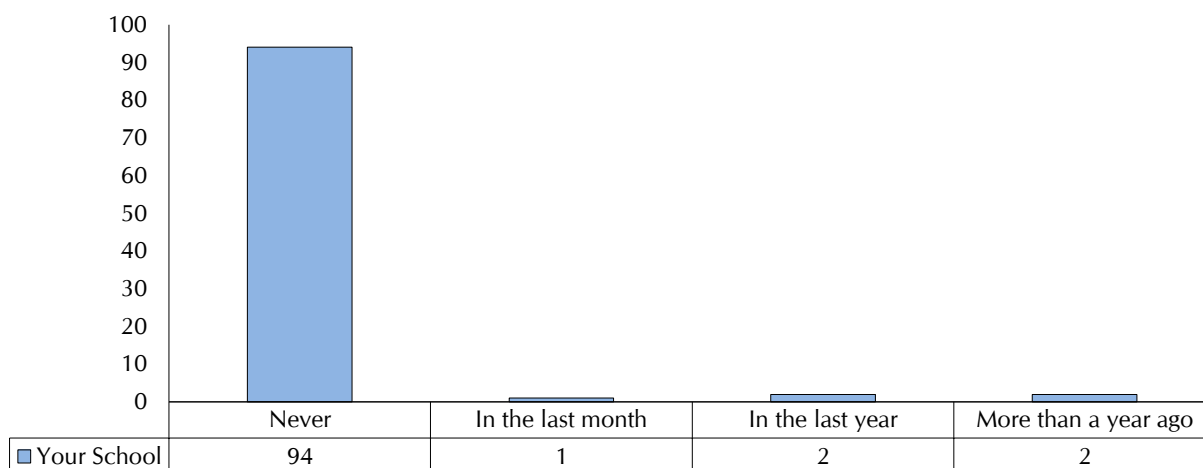
	Guernsey	
	Yr 8	Yr 10
Boys	10	29
Girls	16	31

9% of pupils responded that they have been offered cannabis.

**Q36.** Percentage of pupils responding that they have been offered the following drugs (top 5):

Boys			Girls		
1	Cannabis	11	1	Cannabis	7
2	Ecstasy	2	2	Ketamine	2
3	Solvents used as drugs	2	3	Solvents used as drugs	2
4	Cocaine	2	4	Hallucinogens: synthetic	1
5	Hallucinogens: natural	2	5	Muscle-building steroids	1

**Q37.** Drugs summary: Percentage of pupils responding that they have taken at least one of the drugs listed...:



6% of pupils responded that they have taken at least one of the drugs listed.

**Q37.** Percentage answering that they have taken at least one of the drugs listed.

	Guernsey	
	Yr 8	Yr 10
Boys	3	13
Girls	5	4

1% of pupils responded that they have taken at least one of the drugs listed within the last month.

**Q37.** Percentage answering that they have taken at least one of the drugs listed within the last month.

	Guernsey	
	Yr 8	Yr 10
Boys	1	3
Girls	2	0

4% of pupils responded that they have used cannabis.

**Q36/37.** A summary of 6 common recreational drugs:

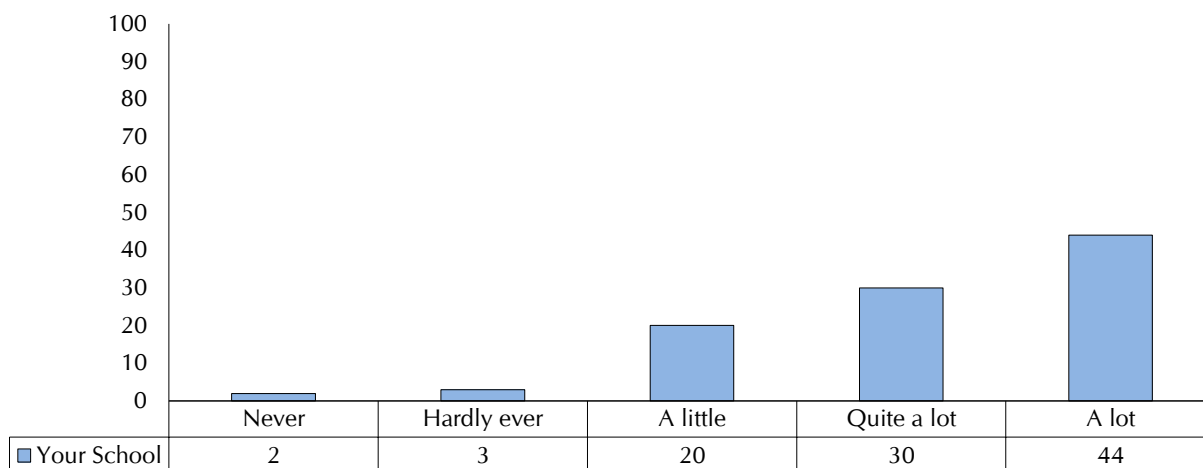
Year 8	Been offered	Have used in last month	Have used in last year	Have used
Amphetamines	1	0	0	0
Cannabis	4	1	1	2
Ecstasy	1	0	0	0
Synthetic hallucinogens	0	0	0	0
Solvents	1	0	0	0

Year 10	Been offered	Have used in last month	Have used in last year	Have used
Amphetamines	1	0	0	0
Cannabis	15	2	5	6
Ecstasy	2	0	1	1
Synthetic hallucinogens	1	0	0	0
Solvents	3	1	2	2

## Emotional Health and Wellbeing

### Worrying

**Q38.** Worrying summary: Percentage of pupils responding that they worry about at least one issue...:



75% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

**Q38.** Percentage answering that they worry 'quite a lot' or 'a lot' about at least one of the issues listed.

	Guernsey	
	Yr 8	Yr 10
Boys	66	61
Girls	82	93

37% of pupils responded that they worry about the way they look 'quite a lot' or 'a lot' and 27% said they worry about family problems.

**Q38.** Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':

Boys			Girls		
1	Exams and tests	35	1	The way you look	59
2	Health	21	2	Exams and tests	53
3	Family problems	19	3	Problems with friends	41
4	School-work/homework problems	18	4	Health	38
5	Problems with friends	17	5	Family problems	37
6	The way you look	16	6	School-work/homework problems	30
7	Money/family money problems	16	7	Money/family money problems	28
8	Bullying	15	8	Bullying	27
9	Wars and terrorism	12	9	Boyfriend/girlfriend problems	19
10	The environment	10	10	Wars and terrorism	15
11	Crime	10	11	Crime	15
12	Boyfriend/girlfriend problems	10	12	The environment	10
13	Alcohol	3	13	Alcohol	5
14	Drugs	3	14	Drugs	4
15	Sexually transmitted infections	3	15	Sexually transmitted infections	2



## Support

We asked for a variety of problems, who or what would be the first source of help or information that the young people would turn to.

56% of pupils responded that their first source of support for school-work problems is their parents or carers, while 10% said they would go to a teacher

### Q39. Sources of support and information:

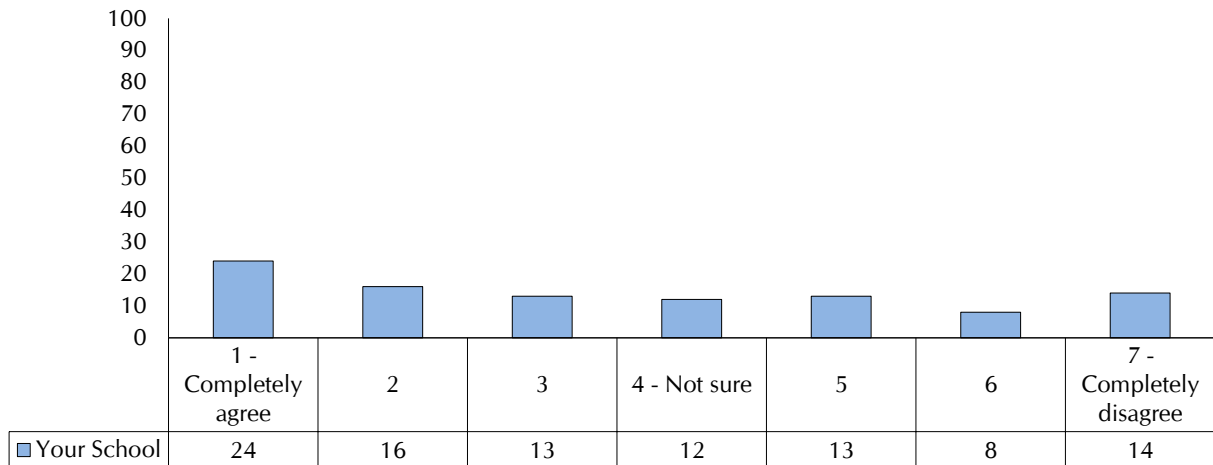
Year 8	Parents or carers	Brother or sister	Friend	Teacher	School nurse	Other adult	Keep it to myself
School	64	7	9	8	0	0	12
Exams and tests	60	5	10	13	0	0	12
Money/family money problems	63	4	8	1	0	1	23
Bullying	51	6	13	9	0	0	20
Health	63	4	7	0	5	1	20
Problems with friends	46	9	22	2	0	1	20
Family problems	47	7	16	1	1	4	23
The way you look	31	6	17	0	1	0	46
Relationships	31	9	30	0	0	0	29
Sexually transmitted infections	37	3	8	0	13	1	38
Alcohol	50	8	12	1	3	1	26
Drugs	51	6	10	1	4	1	27
Environment	47	4	7	7	0	3	31
Wars and terrorism	51	3	11	4	0	3	27
Crime	54	4	9	3	0	3	26

Year 10	Parents or carers	Brother or sister	Friend	Teacher	School nurse	Other adult	Keep it to myself
School	45	5	18	13	0	1	18
Exams and tests	42	8	14	21	0	0	15
Money/family money problems	56	5	9	0	0	1	29
Bullying	36	6	19	10	0	1	28
Health	54	3	9	1	5	1	28
Problems with friends	33	11	25	2	0	0	29
Family problems	33	7	25	3	0	4	28
The way you look	21	7	17	0	1	0	54
Relationships	22	7	42	0	0	0	28
Sexually transmitted infections	28	5	18	1	20	2	27
Alcohol	37	7	27	1	3	1	25
Drugs	37	6	25	1	3	3	26
Environment	37	4	14	5	0	4	35
Wars and terrorism	42	2	14	3	0	5	34
Crime	45	5	14	2	0	4	31

## Happiness and satisfaction

**Q52a.** How much do you agree with the following statements? I'm glad I am who I am:



52% of pupils responded that they are glad they are who they are (responses 1 – 3).

**Q52a.** Percentage answering that they are glad they are who they are (responses 1 – 3).

Guernsey

	Yr 8	Yr 10
Boys	60	56
Girls	45	45

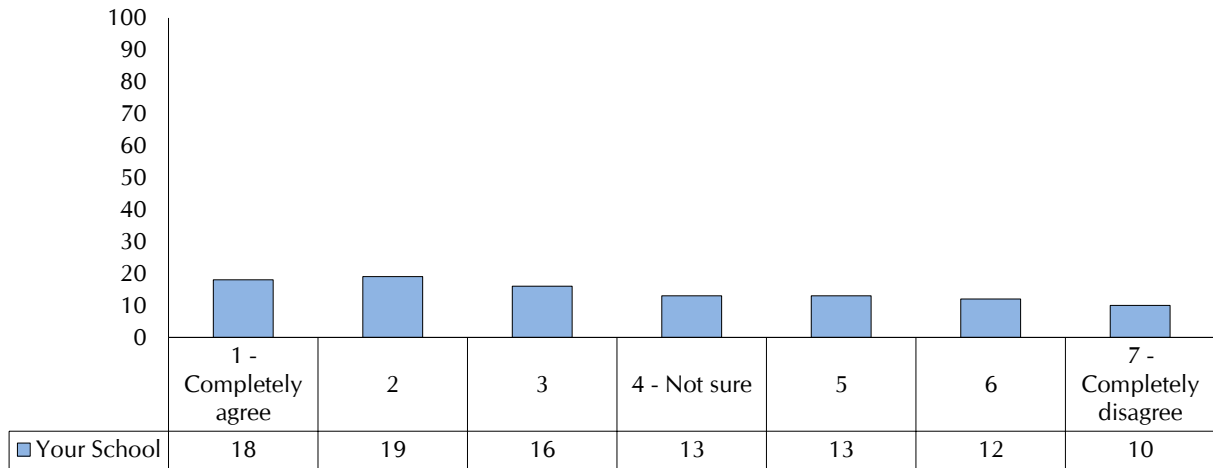
36% of pupils responded that they aren't glad they are who they are (responses 5 – 7).

**Q52a.** Percentage answering that they aren't glad they are who they are (responses 5 – 7).

Guernsey

	Yr 8	Yr 10
Boys	32	39
Girls	37	35

**Q52b.** How much do you agree with the following statements? I generally feel happy:



52% of pupils responded that they generally feel happy (responses 1 – 3).

**Q52b.** Percentage answering that they generally feel happy (responses 1 – 3).

Guernsey

	Yr 8	Yr 10
Boys	59	56
Girls	49	43

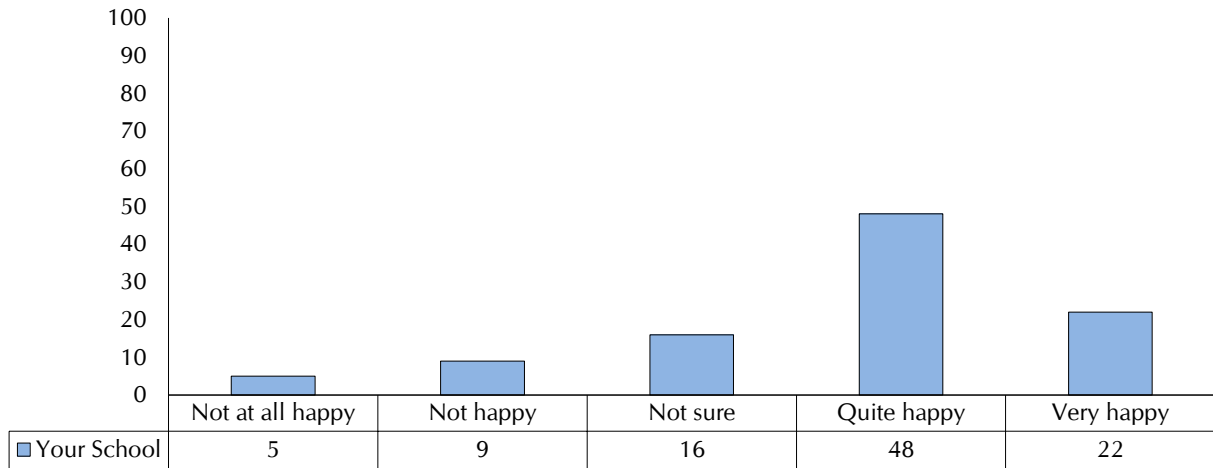
35% of pupils responded that they don't generally feel happy (responses 5 – 7).

**Q52b.** Percentage answering that they don't generally feel happy (responses 5 – 7).

Guernsey

	Yr 8	Yr 10
Boys	28	36
Girls	35	43

**Q53.** In general, how happy do you feel with your life at the moment?



13% of pupils responded that they feel 'not at all happy' or 'not happy' with their life at the moment.

**Q53.** Percentage answering that they feel 'not at all happy' or 'not happy' with their life at the moment.

Guernsey

	Yr 8	Yr 10
Boys	7	9
Girls	17	23

71% of pupils responded that they feel 'quite' or 'very' happy with their life at the moment.

**Q53.** Percentage answering that they feel 'quite' or 'very' happy with their life at the moment.

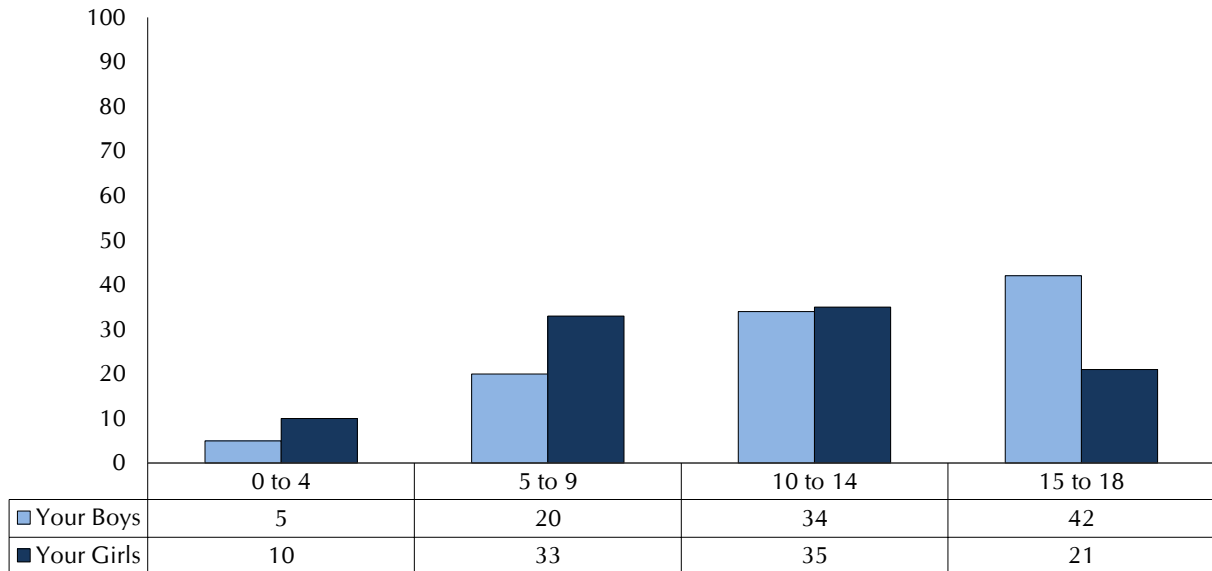
Guernsey

	Yr 8	Yr 10
Boys	79	78
Girls	66	58

## 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:

**Q64.** Composite self-esteem score:



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

33% of pupils appeared in the lower half of the self-esteem scale.

**Q64.** Percentage with self-esteem score of 9 or less (med-low).

	Guernsey	
	Yr 8	Yr 10
Boys	26	22
Girls	45	41

32% of pupils appeared in the highest bracket of the self-esteem scale.

**Q64.** Percentage with self-esteem score of 15 or more (high).

	Guernsey	
	Yr 8	Yr 10
Boys	39	46
Girls	21	21

74% of pupils responded that they feel happy talking to other pupils.

**Q64.** (Individual self-esteem items) Percentage in each group giving high esteem response:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who feel happy talking to other pupils	76	67	75	77	74
Pupils who do not want to change lots of things about themselves	36	14	39	14	26
Pupils who are not uneasy saying things in front of teachers	40	20	47	31	34
Pupils who do not often fall out with other pupils	52	52	60	62	56
Pupils who do not often feel lonely at school	68	56	72	56	63
Pupils who do not think that other pupils usually say nasty things about them	41	32	55	32	40
Pupils who do not usually feel shy when they want to tell a teacher something	49	30	57	36	43
Pupils who do not often have to find new friends because their old ones are with someone else	65	53	72	67	64
Pupils who do not usually feel foolish when they talk to their parents	56	51	69	52	57

## Feelings and emotions

84% of pupils responded that during the couple of weeks before the survey they felt there were many things that they could be proud of, at least 'some of the time'. 85% said the same of feeling cheerful about things during the couple of weeks before the survey.

**Q69.** Percentage of pupils responding to the following statements/descriptions about how they might have been thinking or feeling over the past couple of weeks (Years 10 and below pupils only):

Boys	Not much of the time	Some of the time	Quite a lot of the time	All of the time
I think good things will happen in my life	11	41	33	15
I've been able to make choices easily	12	37	36	15
I can find lots of fun things to do	11	27	43	19
I feel that I am good at some things	6	27	45	22
I think lots of people care about me	11	34	32	23
I think there are many things I can be proud of	10	29	37	24
I've been feeling calm	12	28	41	19
I've been feeling in a good mood	10	26	43	21
I enjoy what each new day brings	14	36	34	16
I've been getting on well with people	8	24	45	24
I've been cheerful about things	10	27	44	19
I've been feeling relaxed	12	30	40	18
<b>Girls</b>	<b>Not much of the time</b>	<b>Some of the time</b>	<b>Quite a lot of the time</b>	<b>All of the time</b>
I think good things will happen in my life	22	40	32	6
I've been able to make choices easily	22	44	28	5
I can find lots of fun things to do	19	35	37	9
I feel that I am good at some things	13	45	33	9
I think lots of people care about me	15	38	31	16
I think there are many things I can be proud of	22	38	28	12
I've been feeling calm	26	37	29	8
I've been feeling in a good mood	23	33	36	8
I enjoy what each new day brings	26	38	28	9
I've been getting on well with people	13	27	41	19
I've been cheerful about things	21	33	35	12
I've been feeling relaxed	27	35	29	9

## Sexual Health

### Sex information

**Q40.** Percentage of pupils responding that the following is their main source of information about sex (top 5):

Boys			Girls		
1	Sex education lessons	54	1	Sex education lessons	56
2	Friends	14	2	Friends	18
3	Internet	11	3	My parents/carers	11
4	My parents/carers	10	4	Internet	5
5	TV, films, DVDs	5	5	Visitors in school lessons	2

**Q40.** Percentage of pupils responding that the following should be their main source of information about sex (top 5):

Boys			Girls		
1	Sex education lessons	66	1	Sex education lessons	67
2	My parents/carers	16	2	My parents/carers	21
3	Internet	7	3	Friends	3
4	Doctor	3	4	School nurse	3
5	Friends	2	5	Other	1

### Contraception and local services

40% of pupils responded that they know where they can get condoms free of charge.

**Q42.** Percentage answering that they know where they can get condoms free of charge.

Guernsey		
	Yr 8	Yr 10
Boys	20	66
Girls	17	73

44% of pupils responded that there is a special contraception and advice service for young people available locally, while 48% said they 'don't know' if there is.

**Q43.** Percentage answering that there is a special contraception and advice service for young people available locally.

Guernsey		
	Yr 8	Yr 10
Boys	23	69
Girls	27	72



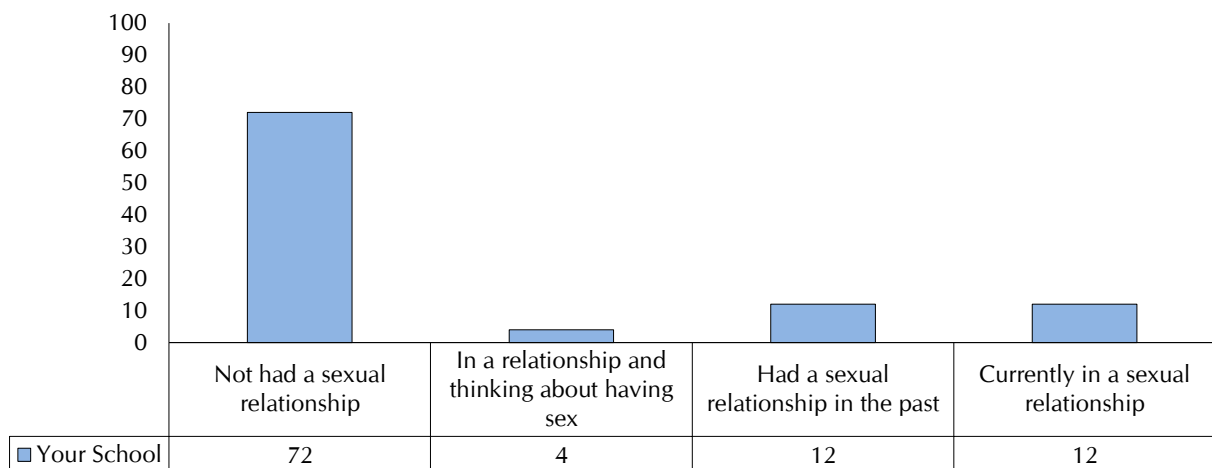
79% of pupils responded that they think condoms are reliable to stop pregnancy.

**Q44a.** Knowledge of contraception methods:

Year 8	Never heard of it/know nothing about it	Not reliable to stop pregnancy	Reliable to stop pregnancy
Condoms	7	20	72
Diaphragm	83	9	9
Pill (Contraceptive Pill or mini-pill)	34	11	55
Contraceptive injection	67	7	26
Contraceptive implant	71	6	23
Female condom (Femidom)	52	12	35
Morning-after pill	58	16	26
Safe period/rhythm method	65	19	15
Sex without penetration	57	20	24
Year 10	Never heard of it/know nothing about it	Not reliable to stop pregnancy	Reliable to stop pregnancy
Condoms	4	8	88
Diaphragm	69	13	18
Pill (Contraceptive Pill or mini-pill)	6	7	86
Contraceptive injection	21	5	73
Contraceptive implant	23	4	73
Female condom (Femidom)	17	21	62
Morning-after pill	9	16	76
Safe period/rhythm method	28	57	16
Sex without penetration	24	51	25

## Sexual relationships

**Q44b.** Year 10+: Sexual relationships: Which of the following best describes you?



24% of Year 10+ pupils responded that they are either in a sexual relationship or have had one in the past, while 4% said they are in a relationship and thinking about having sex.

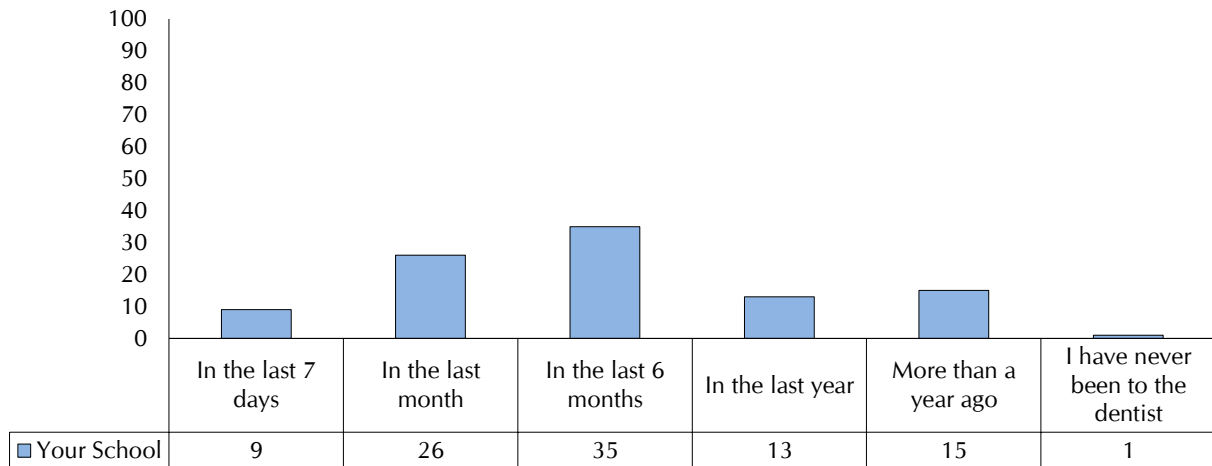
**Q44b.** Percentage of Year 10+ pupils answering that they are either in a sexual relationship or have had one in the past.

	Guernsey	
	Yr 10	Yr 12
Boys	19	33
Girls	16	53

## Health and Hygiene

### Dental health

**Q45.** How long ago did you last visit the dentist?



71% of pupils responded that they visited the dentist in the last 6 months.

**Q45.** Percentage answering that they visited the dentist in the last 6 months.

	Guernsey	
	Yr 8	Yr 10
Boys	74	72
Girls	65	73

15% of pupils responded that they last visited the dentist more than a year ago, while 1% said they have never been.

**Q45.** Percentage answering that they last visited the dentist more than a year ago.

	Guernsey	
	Yr 8	Yr 10
Boys	13	15
Girls	16	16

86% of pupils responded that they last went to the dentist for a check-up, while 18% said they last went for fillings.

**Q46.** Percentage of pupils responding that they got the following treatment on their last visit to the dentist:

	Boys		Girls		
1	Check-up	87	1	Check-up	85
2	Brace fitted or checked	20	2	Brace fitted or checked	23
3	Fillings	16	3	Fillings	19
4	Tooth removed	9	4	Tooth removed	12
5	Other	5	5	Other	6

## Bullying

28% of pupils responded that they have been bullied at or near school in the last 12 months, while 11% said they 'don't know' if they have.

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

	Guernsey	
	Yr 8	Yr 10
Boys	30	14
Girls	36	27

68% of pupils responded that they have experienced one or more of the negative behaviours listed in the last month.

**Q48.** Percentage answering that they have experienced at least one of the negative behaviours listed in the last month.

	Guernsey	
	Yr 8	Yr 10
Boys	68	55
Girls	76	72

21% of pupils responded that they have been pushed or hit in the last month and 12% said they have been threatened.

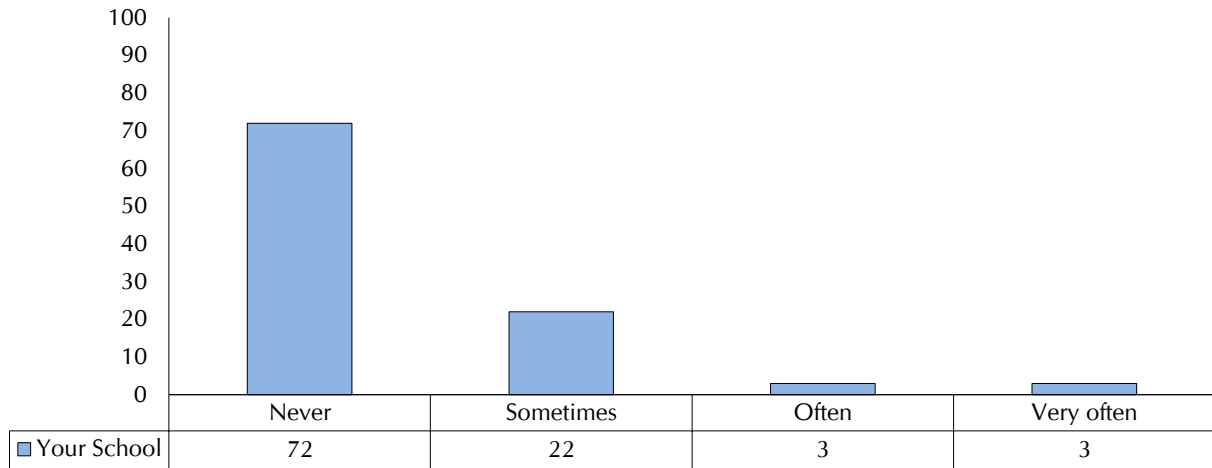
**Q48.** Percentage of pupils responding that they have experienced the following negative behaviours in the last month (top 10):

Boys		Girls			
1	Been teased/made fun of	42	1	Been teased/made fun of	50
2	Pushed/hit for no reason	25	2	Been excluded/left out of friendship groups	34
3	Been asked for money	21	3	Been asked for money	25
4	Been verbally abused	19	4	Been verbally abused	21
5	Been excluded/left out of friendship groups	12	5	Pushed/hit for no reason	17
6	Had belongings taken/broken	12	6	Seen nasty things written about you online	15
7	Been threatened for no reason	12	7	Been threatened for no reason	12
8	Been ganged up on	8	8	Had belongings taken/broken	12
9	Seen nasty things written about you online	5	9	Received nasty/threatening message online	11
10	Received nasty/threatening message online	4	10	Been ganged up on	9

**Q49.** Percentage of pupils responding that they have experienced negative behaviour at the following in the last month (top 5):

Boys		Girls			
1	Outside at school (breaktimes)	27	1	Outside at school (breaktimes)	27
2	In a classroom (breaktimes)	19	2	In a classroom (breaktimes)	26
3	In the corridors	15	3	In the corridors	21
4	During lesson time	12	4	Via the internet/instant message etc.	20
5	At or near home	6	5	During lesson time	19

**Q50.** Do you ever feel afraid of going to school because of bullying?



28% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.

**Q50.** Percentage answering that they feel afraid of going to school because of bullying at least 'sometimes'.

	Guernsey	
	Yr 8	Yr 10
Boys	26	13
Girls	40	29

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

**Q50.** Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

	Guernsey	
	Yr 8	Yr 10
Boys	5	2
Girls	10	6

44% of pupils responded that they think their school takes bullying seriously, while 29% think it doesn't take bullying seriously.

**Q51.** Percentage answering that they think their school takes bullying seriously.

	Guernsey	
	Yr 8	Yr 10
Boys	44	50
Girls	38	46

# Safety

## Internet safety

74% of pupils responded that they use Facebook 'often' or 'every day', while 30% said the same of Twitter.

**Q54.** Percentage of pupils responding that they use the following internet chat rooms or social networking sites 'often' or 'every day':

Boys			Girls		
1	Facebook	68	1	Facebook	80
2	Xbox Live	40	2	Tumblr/Instagram	59
3	Other networking site	32	3	Twitter	42
4	Tumblr/Instagram	23	4	Other networking site	22
5	Twitter	18	5	Xbox Live	6

24% of pupils responded that they have received a message in a chat room/social network site that scared or upset them.

**Q55.** Percentage answering that they have received a message in a chat room/social network site that scared or upset them.

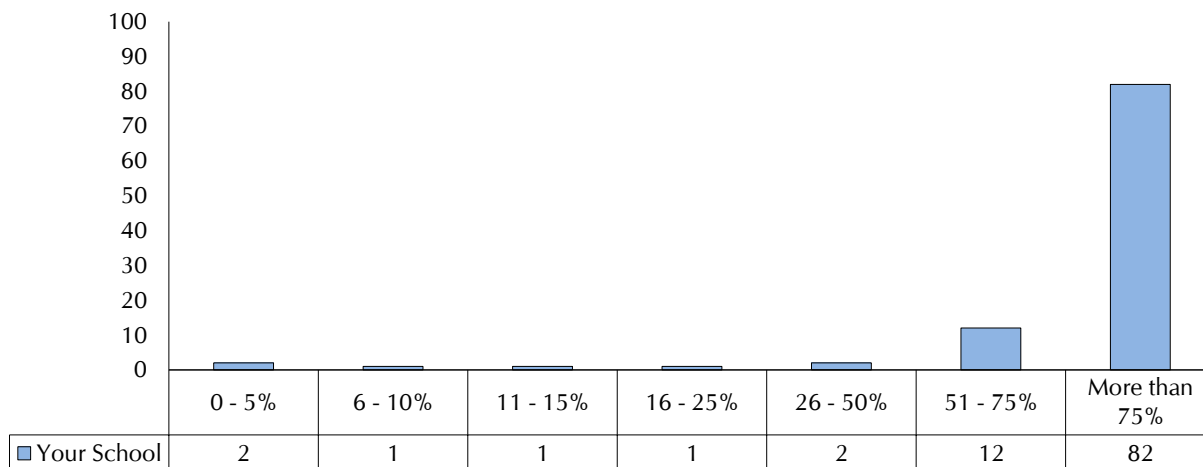
Guernsey		
	Yr 8	Yr 10
Boys	12	12
Girls	36	39

17% of pupils responded that someone they don't know in person has asked to meet with them.

**Q56.** Percentage answering that someone they don't know in person has asked to meet with them.

Guernsey		
	Yr 8	Yr 10
Boys	13	18
Girls	14	29

**Q57c.** What percentage of Year 10s (aged 14 – 15) do you think use an internet social networking/chat site like Facebook every day?



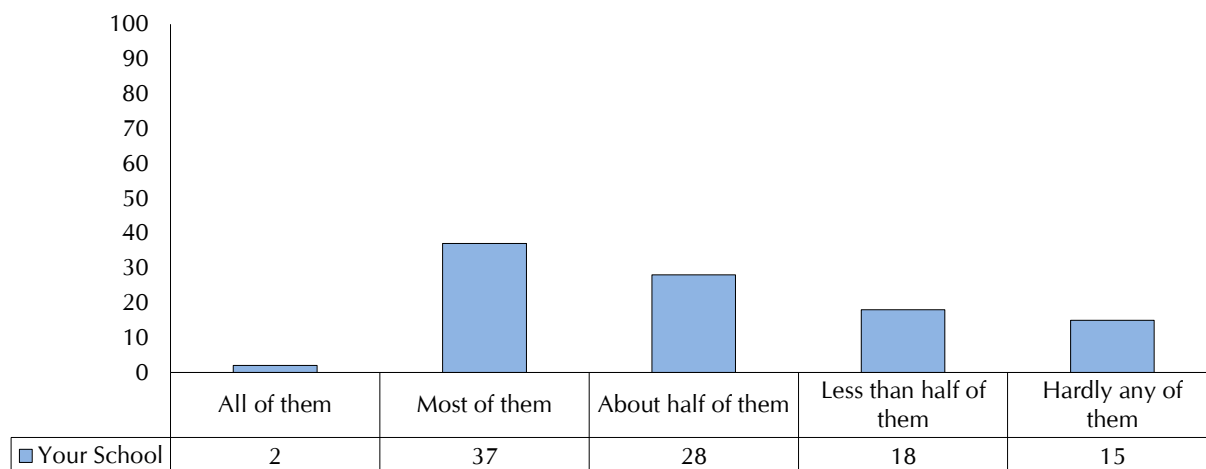
2% of pupils responded that they think 0 – 10% of Year 10 pupils use social networking/chat sites every day, while 94% think more than 50% do.

**Q57c.** Percentage answering that they think more than 50% of Year 10 pupils use social networking/chat sites every day.

Guernsey		
	Yr 8	Yr 10
Boys	90	94
Girls	94	96

## School and career

**Q58.** How many lessons do you enjoy at school?



40% of pupils responded that they enjoy 'most' or 'all' lessons at school.

**Q58.** Percentage answering that they enjoy 'most' or 'all' lessons at school.

Guernsey

	Yr 8	Yr 10
Boys	40	47
Girls	30	44

15% of pupils responded that they enjoy 'hardly any' lessons at school.

**Q58.** Percentage answering that they enjoy 'hardly any' lessons at school.

Guernsey

	Yr 8	Yr 10
Boys	15	15
Girls	16	13

43% of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'; 24% said they worry about school-work/homework problems.

**Q38.** Percentage answering that they worry about exams and tests 'quite a lot' or 'a lot'.

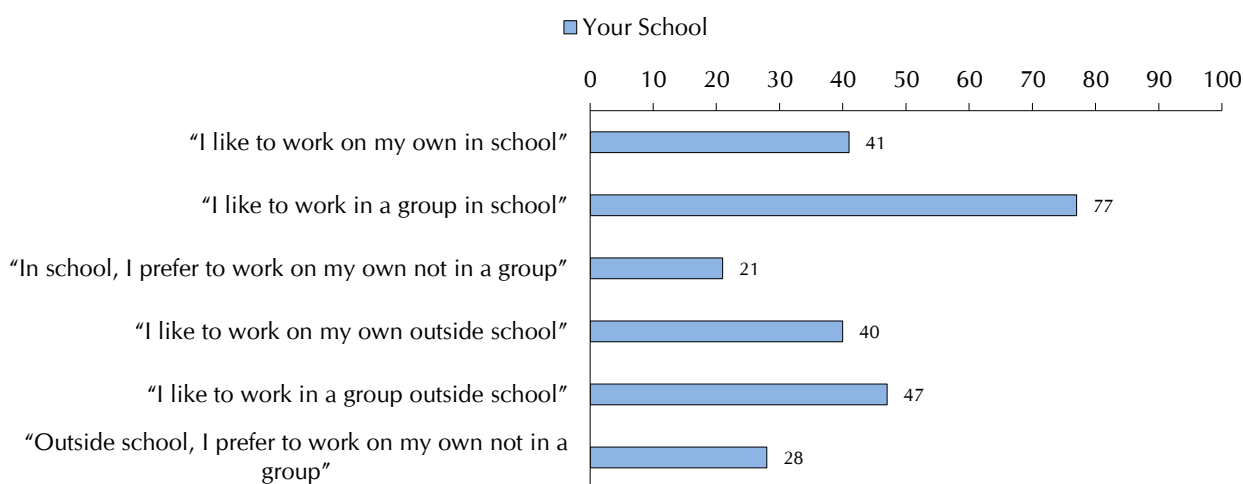
Guernsey

	Yr 8	Yr 10
Boys	36	34
Girls	41	68

**Q63.** How much do you agree or disagree with the following statements?

	Disagree	Not sure	Agree	Strongly agree
<b>Boys</b>				
"I like to work on my own in school"	32	29	29	11
"I like to work in a group in school"	7	17	49	27
"In school, I prefer to work on my own not in a group"	44	36	11	8
"I like to work on my own outside school"	28	33	26	13
"I like to work in a group outside school"	19	33	35	13
"Outside school, I prefer to work on my own not in a group"	34	39	17	9
<b>Girls</b>				
"I like to work on my own in school"	26	32	31	11
"I like to work in a group in school"	6	16	52	25
"In school, I prefer to work on my own not in a group"	39	38	14	8
"I like to work on my own outside school"	25	35	27	13
"I like to work in a group outside school"	17	37	34	12
"Outside school, I prefer to work on my own not in a group"	29	41	20	10

**Q63.** Percentage of pupils responding that they 'agree' or 'strongly agree' with the following statements:





## Every Child Matters

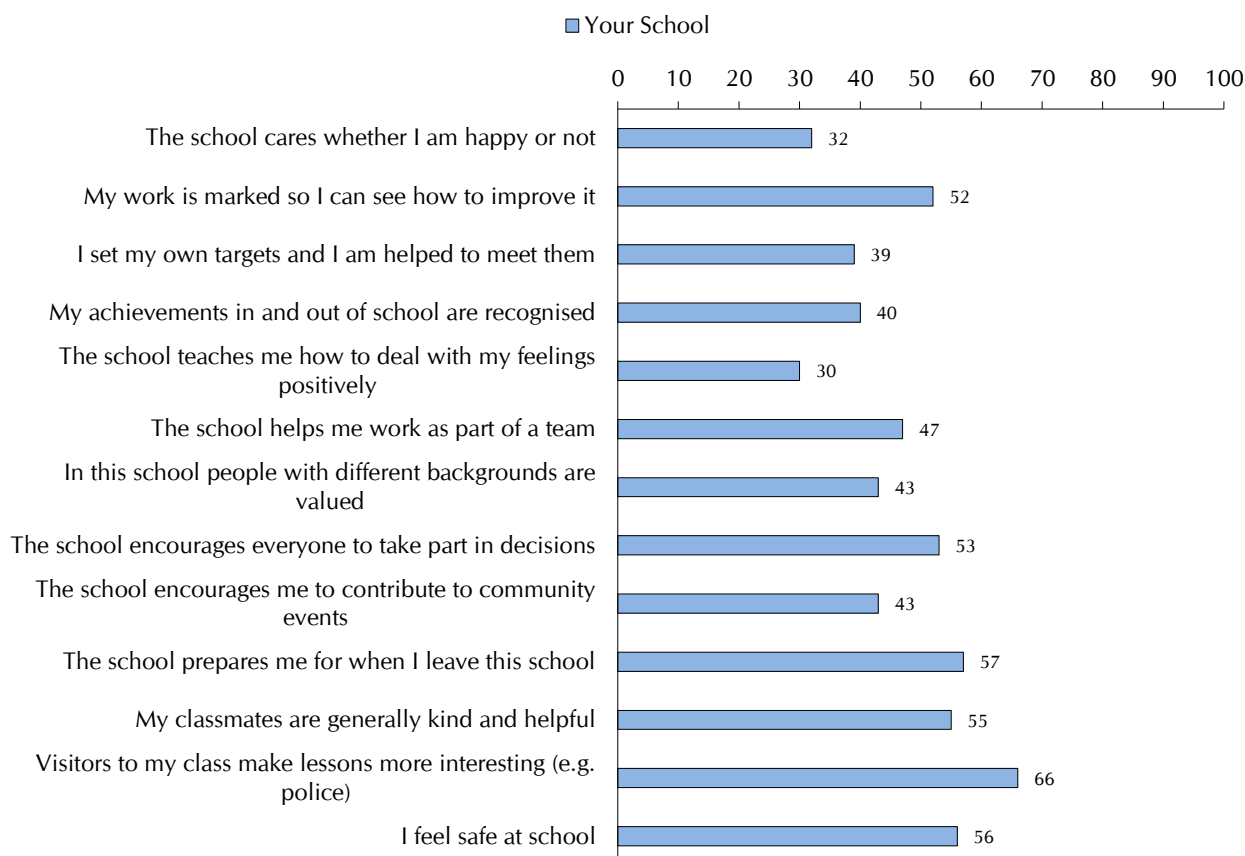
32% of pupils agreed that the school cares whether they are happy or not.

**Q65.** Percentage of pupils responding that they 'agree' with the following statements( top 10):

Boys			Girls		
1	Visitors to my class make lessons more interesting (e.g. police)	64	1	Visitors to my class make lessons more interesting (e.g. police)	69
2	I feel safe at school	58	2	My classmates are generally kind and helpful	59
3	The school prepares me for when I leave this school	57	3	The school prepares me for when I leave this school	57
4	My work is marked so I can see how to improve it	55	4	The school encourages everyone to take part in decisions	55
5	The school encourages everyone to take part in decisions	52	5	I feel safe at school	53
6	My classmates are generally kind and helpful	52	6	My work is marked so I can see how to improve it	50
7	The school helps me work as part of a team	47	7	The school helps me work as part of a team	47
8	I set my own targets and I am helped to meet them	44	8	The school encourages me to contribute to community events	43
9	The school encourages me to contribute to community events	43	9	In this school people with different backgrounds are valued	43
10	In this school people with different backgrounds are valued	42	10	My achievements in and out of school are recognised	38

43% of pupils agreed that people of different backgrounds are valued in their school.

**Q65.** Percentage of pupils responding that they 'agree' with the following statements:

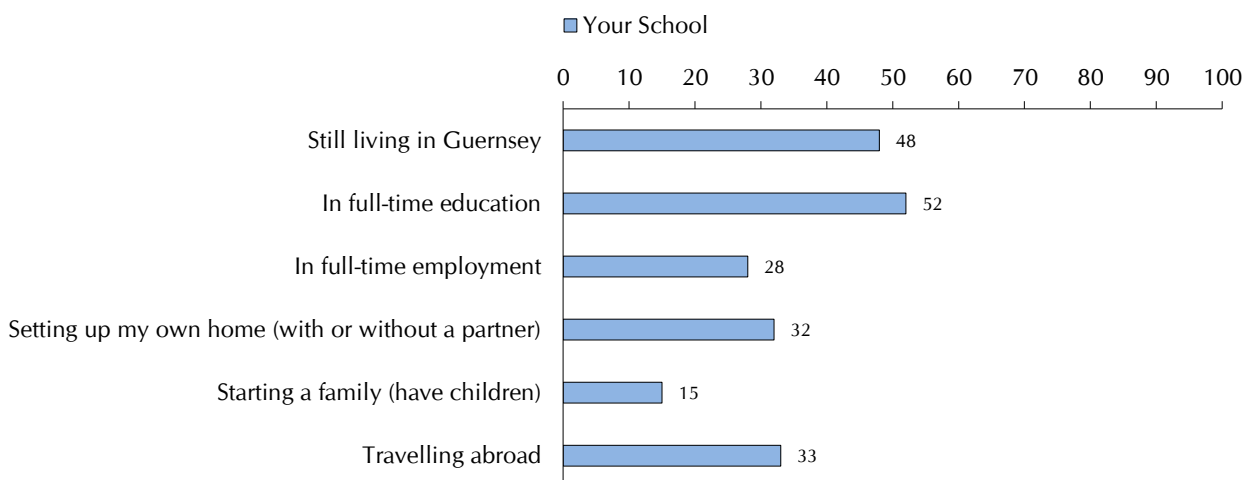


52% of pupils responded that they would like to be in full-time education in five years' time, while 28% said they would like to be in full-time employment.

**Q66.** Where would you like to be in five years' time?

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Still living in Guernsey	58	53	38	35	48
In full-time education	52	60	41	54	52
In full-time employment	31	21	37	23	28
Setting up my own home (with or without a partner)	34	31	32	31	32
Starting a family (have children)	22	15	13	8	15
Travelling abroad	35	27	30	42	33

**Q66.** Where would you like to be in five years' time?



50% of pupils responded that they feel a real part of their school, while 51% feel they are included in lots of activities in their school.

**Q70.** Percentage of pupils responding that the following statements are 'mostly' or 'definitely' true for them:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
I feel like a real part of my school	51	46	51	52	50
There's at least one teacher or other adult in this school I can talk to if I have a problem	53	52	62	65	57
People in this school are friendly to me	74	73	76	77	75
I am included in lots of activities in my school	63	42	52	42	51

20% of pupils responded that they feel there isn't at least one teacher or other adult in their school they can talk to if they have a problem.

**Q70.** Percentage of pupils responding that the following statements are 'mostly' or 'definitely' false for them:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
I feel like a real part of my school	24	22	22	24	23
There's at least one teacher or other adult in this school I can talk to if I have a problem	21	25	17	17	20
People in this school are friendly to me	12	11	10	12	11
I am included in lots of activities in my school	17	27	27	35	26

12% of pupils responded that they are a Prefect or Mentor.

**Q71.** Percentage of pupils responding that they have the following jobs or responsibilities in school:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Prefect/Mentor	10	8	11	22	12
School Council Rep	10	10	13	15	12
Student Leader	8	8	13	3	8
Other	15	17	11	13	14

## Leisure

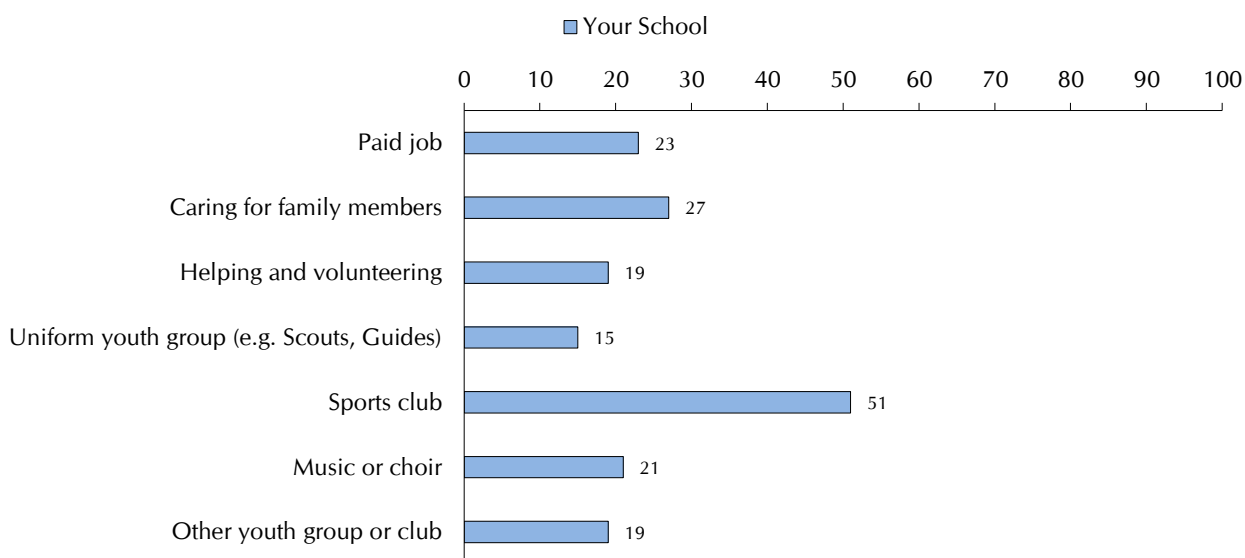
51% of pupils responded that they take part in a sports club at least 'weekly', while 19% said the same of helping and volunteering, and 23% said the same of helping and volunteering, and 23% said the same of a paid job.

### Q61. How often do you take part in these activities?

Year 8	Never	Monthly	Weekly	More than weekly
Paid job	77	11	10	2
Caring for family members	45	27	16	12
Helping and volunteering	54	30	12	5
Uniform youth group (e.g. Scouts, Guides)	79	2	14	5
Sports club	39	9	25	27
Music or choir	71	4	15	11
Other youth group or club	71	5	15	9

Year 10	Never	Monthly	Weekly	More than weekly
Paid job	50	13	28	9
Caring for family members	51	24	14	11
Helping and volunteering	57	20	19	4
Uniform youth group (e.g. Scouts, Guides)	90	1	7	2
Sports club	45	6	22	27
Music or choir	82	2	8	8
Other youth group or club	83	3	9	4

### Q61. Percentage of pupils responding that they take part in the following at least 'weekly':



82% of pupils responded that they are 'quite' or 'very' good at working with other people in a team, while 67% said the same of making friends.

**Q62.** Percentage of pupils responding that they are 'quite' or 'very' good at the following:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Working with other people in a team	85	80	79	86	82
Working on your own	74	78	79	79	77
Learning new skills	78	68	78	74	75
Organising other people	60	57	55	58	58
Speaking in front of a group	52	39	44	32	43
Taking turns	72	73	72	79	73
Listening to other people's point of view	82	85	76	90	83
Making friends	69	65	65	66	67
Practising skills	79	66	73	66	71
Following rules	74	72	67	74	72

41% of pupils responded that they are 'not very good' or 'not good at all' at speaking in front of a group, while 16% said the same of organising other people.

**Q62.** Percentage of pupils responding that they are 'not very good' or 'not good at all' at the following:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Working with other people in a team	7	6	7	8	7
Working on your own	16	10	10	12	12
Learning new skills	5	9	3	8	6
Organising other people	16	18	16	15	16
Speaking in front of a group	31	47	37	52	41
Taking turns	13	8	11	6	10
Listening to other people's point of view	10	6	8	4	7
Making friends	16	15	12	12	14
Practising skills	5	11	3	9	7
Following rules	15	12	14	10	13

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Q52a. Percentage answering that they aren't glad they are who they are (responses 5 – 7). ....	46
Q52b. How much do you agree with the following statements? I generally feel happy: ....	47
Q52b. Percentage answering that they generally feel happy (responses 1 – 3). ....	47
Q52b. Percentage answering that they don't generally feel happy (responses 5 – 7). ....	47
Q53. In general, how happy do you feel with your life at the moment?.....	48
Q53. Percentage answering that they feel 'not at all happy' or 'not happy' with their life at the moment. ....	48
Q53. Percentage answering that they feel 'quite' or 'very' happy with their life at the moment. ....	48
Q64. Composite self-esteem score:.....	49
Q64. Percentage with self-esteem score of 9 or less (med-low).....	49
Q64. Percentage with self-esteem score of 15 or more (high). ....	49
74% of pupils responded that they feel happy talking to other pupils. ....	50
Q64. (Individual self-esteem items) Percentage in each group giving high esteem response: ....	50
Q69. Percentage of pupils responding to the following statements/descriptions about how they might have been thinking or feeling over the past couple of weeks (Years 10 and below pupils only):.....	51
Q40. Percentage of pupils responding that the following is their main source of information about sex (top 5): ....	52
Q40. Percentage of pupils responding that the following should be their main source of information about sex (top 5):.....	52
Q42. Percentage answering that they know where they can get condoms free of charge. ....	52
Q43. Percentage answering that there is a special contraception and advice service for young people available locally. ....	52
Q44a. Knowledge of contraception methods: ....	53
Q44b. Year 10+: Sexual relationships: Which of the following best describes you? ....	54
Q44b. Percentage of Year 10+ pupils answering that they are either in a sexual relationship or have had one in the past. ....	54
Q45. How long ago did you last visit the dentist? ....	55
Q45. Percentage answering that they visited the dentist in the last 6 months. ....	55
Q45. Percentage answering that they last visited the dentist more than a year ago. ....	55
86% of pupils responded that they last went to the dentist for a check-up, while 18% said they last went for fillings. ....	55



Q46. Percentage of pupils responding that they got the following treatment on their last visit to the dentist: .....	55
Q47. Percentage answering that they have been bullied at or near school in the last 12 months. ....	56
Q48. Percentage answering that they have experienced at least one of the negative behaviours listed in the last month. ....	56
Q48. Percentage of pupils responding that they have experienced the following negative behaviours in the last month (top 10):.....	56
Q49. Percentage of pupils responding that they have experienced negative behaviour at the following in the last month (top 5):.....	56
Q50. Do you ever feel afraid of going to school because of bullying? .....	57
Q50. Percentage answering that they feel afraid of going to school because of bullying at least 'sometimes'. ....	57
Q50. Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying. ....	57
Q51. Percentage answering that they think their school takes bullying seriously. ....	57
74% of pupils responded that they use Facebook 'often' or 'every day', while 30% said the same of Twitter. ....	58
Q54. Percentage of pupils responding that they use the following internet chat rooms or social networking sites 'often' or 'every day':.....	58
Q55. Percentage answering that they have received a message in a chat room/social network site that scared or upset them. ....	58
Q56. Percentage answering that someone they don't know in person has asked to meet with them.....	58
Q57c. What percentage of Year 10s (aged 14 – 15) do you think use an internet social networking/chat site like Facebook every day?.....	58
Q57c. Percentage answering that they think more than 50% of Year 10 pupils use social networking/chat sites every day. ....	58
Q58. How many lessons do you enjoy at school?.....	59
Q58. Percentage answering that they enjoy 'most' or 'all' lessons at school. ....	59
Q58. Percentage answering that they enjoy 'hardly any' lessons at school. ....	59
Q38. Percentage answering that they worry about exams and tests 'quite a lot' or 'a lot'. ....	59
Q63. How much do you agree or disagree with the following statements? .....	60
Q63. Percentage of pupils responding that they 'agree' or 'strongly agree' with the following statements: .....	60
Q65. Percentage of pupils responding that they 'agree' with the following statements( top 10): .....	61
Q65. Percentage of pupils responding that they 'agree' with the following statements:.....	61
Q66. Where would you like to be in five years' time?.....	62
Q66. Where would you like to be in five years' time?.....	62
50% of pupils responded that they feel a real part of their school, while 51% feel they are included in lots of activities in their school. ....	62
Q70. Percentage of pupils responding that the following statements are 'mostly' or 'definitely' true for them: .....	62
20% of pupils responded that they feel there isn't at least one teacher or other adult in their school they can talk to if they have a problem. ....	62
Q70. Percentage of pupils responding that the following statements are 'mostly' or 'definitely' false for them:.....	62
Q71. Percentage of pupils responding that they have the following jobs or responsibilities in school: .....	63
51% of pupils responded that they take part in a sports club at least 'weekly', while 19% said the same of helping and volunteering, and 23% said the same of a paid job. ....	64
Q61. How often do you take part in these activities? .....	64
Q61. Percentage of pupils responding that they take part in the following at least 'weekly': .....	64
82% of pupils responded that they are 'quite' or 'very' good at working with other people in a team, while 67% said the same of making friends. ....	65
Q62. Percentage of pupils responding that they are 'quite' or 'very' good at the following: .....	65
41% of pupils responded that they are 'not very good' or 'not good at all' at speaking in front of a group, while 16% said the same of organising other people. ....	65
Q62. Percentage of pupils responding that they are 'not very good' or 'not good at all' at the following: .....	65





**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***