

Young People in Guernsey Post-16 Establishments

The Health-Related Behaviour Survey 2014



A report for Guernsey

The Schools Health Education Unit

www.sheu.org.uk

Survey Report 2014

Produced by the
Schools Health Education Unit

CONTENTS

YOUNG PEOPLE IN GUERNSEY POST-16 ESTABLISHMENTS	1
FOREWORD	2
INTRODUCTION.....	3
ADMINISTRATION.....	5
THE SAMPLE.....	5
GUERNSEY HEADLINES	5
YOUR 2014 HRBS RESULTS.....	7
REPORT	7
GENERAL INFORMATION	7
SPECIAL NEEDS	8
FAMILY	9
LIFE POST-16	10
COLLEGE SERVICES.....	12
CONTROL OVER HEALTH	13
WEIGHT AND APPEARANCE	14
SCHOOL FOOD	15
HEALTHY CHOICES	16
BREAKFAST	17
SMOKING.....	18
DRINKING	19
ILLEGAL DRUGS.....	21
PHYSICAL ACTIVITY	23
MENTAL & EMOTIONAL HEALTH	25
BULLYING	27
VIEWS AND OPINIONS.....	28
EMPLOYMENT	29
SEXUAL HEALTH	30
HAPPINESS	31
INTERNET SAFETY.....	33
LEISURE TIME	34
THEIR ESTABLISHMENT.....	35
FUTURE PLANS	36
ATTITUDES TO WORK AND TALENT.....	36
ROLE MODELS: WORD CLOUD.....	ERROR! BOOKMARK NOT DEFINED.
LIST OF TABLES	37

N.B. The items in the questionnaire are reported below in a slightly different order, compared with the original online survey. 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
Research Manager
Schools Health Education Unit

Introduction

The Health-Related Behaviour Survey, developed by the Schools Health Education Unit, is designed for young people of primary and secondary school age. The surveys have been developed over 30 years by health and education professionals, and over a million school children have taken part. In the last ten years, over four thousand schools and Post-16 Establishments 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 Post-16 Establishment's results are confidential and will not be shared with other organisations without the express permission of the Post-16 Establishment.

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 the Post-16 Establishment 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
	All Years
Males	289
Females	321

Guernsey Headlines

	Guernsey
	All Years
Males	289
Females	321

GENERAL INFORMATION

- 53% of the sample is female.
- 70% of students are 16-17 year olds.
- 80% of students described themselves as from Guernsey, while 14% said they are English/Scottish/Welsh/Irish.
- 99% of students are on a full-time course.

SPECIAL NEEDS

- 7% of students responded that they have a special need or disability, while 5% said they 'don't know' if they do.

FAMILY

- 61% of students responded that they live with their mother and father together.
- 17% of students responded that they live 'mainly or only' with their mother, while 3% of students responded that they live 'mainly or only' with their father.

LIFE AT A POST-16 ESTABLISHMENT

- 70% of students responded that they 'mostly' or 'definitely' feel like a real part of their establishment and 87% said that people at the establishment are friendly to them.
- 11% of students responded that they 'mostly' or 'definitely' feel that they are not a real part of their establishment and 3% said that people at the establishment are not friendly to them.
- 73% of students described their level of interest in their courses as 'high' or 'very high'.

- 64% of students described their general level of effort in their courses as 'high' or 'very high'.

CONTROL OVER HEALTH

- 91% agreed with at least one statement about being in control of their health (Q13a&c).
- 52% agreed with at least one statement saying that they weren't in control of their health.
- 85% of students responded that they are in charge of their health, while 46% said that even if they look after themselves, they can still easily fall ill.

SCHOOL FOOD

- 26% of students responded that they bought their lunch at the post-16 establishment on the day before the survey.

HEALTHY CHOICES

- 52% of students responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
- 22% of students responded that they 'very often' or 'always' consider their health when choosing what to eat.

BREAKFAST

- 16% of students responded that they didn't have anything to eat or drink for breakfast on the day of the survey.

SMOKING

- 23% of students responded that they currently smoke cigarettes. Of these, 28% said they have started smoking since they started post-16.

- ❑ 59% of students who currently smoke responded that they would like to give up smoking all together, with 18% responding that they would like help to give up smoking. 42% of smokers said they have already tried to give up.
- ❑ Of those who currently smoke cigarettes, the mean age that they started smoking is 14 years old.
- ❑ 40% of students who currently smoke responded that they smoke cheap cigarettes.

DRINKING

- ❑ 47% of students responded that they have had an alcoholic drink in the last 7 days, while 3% said they had alcohol to drink on at least 3 days in the last 7 days.
- ❑ 31% of students responded that they got drunk on at least one day in the last 7 days; 6% said they got drunk on more than one day.
- ❑ Of those students who have drunk alcohol, they were on average 15 years old when they first drank it.

DRUGS

- ❑ 40% of students had been offered an illegal drug
- ❑ 26% had ever tried cannabis.

MENTAL AND EMOTIONAL HEALTH

- ❑ 24% of students responded that they have worried so much about at least one of the issues listed that it has affected their studies 'often' or on 'most days'.

BULLYING

- ❑ 10% of students responded that they have been bullied in or near Post-16 Establishment in the last 12 months.
- ❑ 39% of students responded that they think the Post-16 Establishment takes bullying seriously. 46% said they 'don't know' if it does.

VIEWS AND OPINIONS

- ❑ 33% of students responded that they feel their views and opinions are listened to in their establishment, while 43% said they 'don't know' if they are.
- ❑ 39% of students responded that they feel their views and opinions make a difference to the decisions taken in the establishment.
- ❑ 52% of students responded that they feel their views and opinions make a difference to the decisions taken outside the establishment.

EMPLOYMENT

- ❑ 55% of students responded that they have done a regular paid job this term, while 33% said they have done irregular or casual paid work. 19% of all students said they worked for at least 40 hours last month.
- ❑ 5% of students said that their paid work affects their academic work 'quite a lot' or 'very much'. This works out as 8% of those who have done paid work this term.
- ❑ 20% of students who work said their job takes up too much time; 48% said it makes them too tired.

SEXUAL HEALTH

- ❑ 92% of students responded that they know where they can get condoms free of charge.

INTERNET SAFETY

- ❑ 56% of males and 65% of females say they use Facebook every day. 29% of males and 53% of females say they use Twitter every day.
- ❑ 24% of students responded that they have received a message in a chat room/social network site that scared them or made them upset.
- ❑ 25% of students responded that they someone they don't know in person has asked to meet with them.

Your 2014 HRBS Results

Report

General Information

The wider sample

Throughout the test below, overall percentages may be given for your establishment together with the comparable figure from the wider sample, which will follow in brackets. For example the proportion of your students who were aged 18 or over on the day of the survey 30%

	Guernsey
	All Years
Males	289
Females	321

The Sample

53% of the sample is female.

70% of students are 16-17 year olds.

80% of students described themselves as from Guernsey, while 14% said they are English/Scottish/Welsh/Irish.

99% of students are on a full-time course.

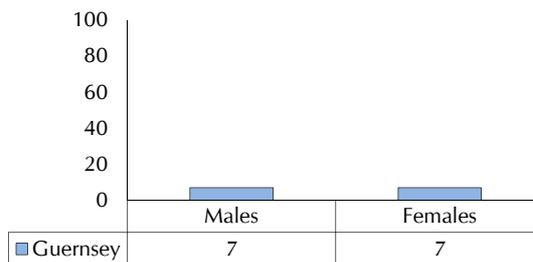
The spread of data for each year of study was as follows:

	Year 1	Year 2	Year 3 or higher
Percentage	54%	45%	1%

Special needs

7% of students responded that they have a special need or disability, while 5% said they 'don't know' if they do.

Q5a. Percentage answering that they have a special need or disability.

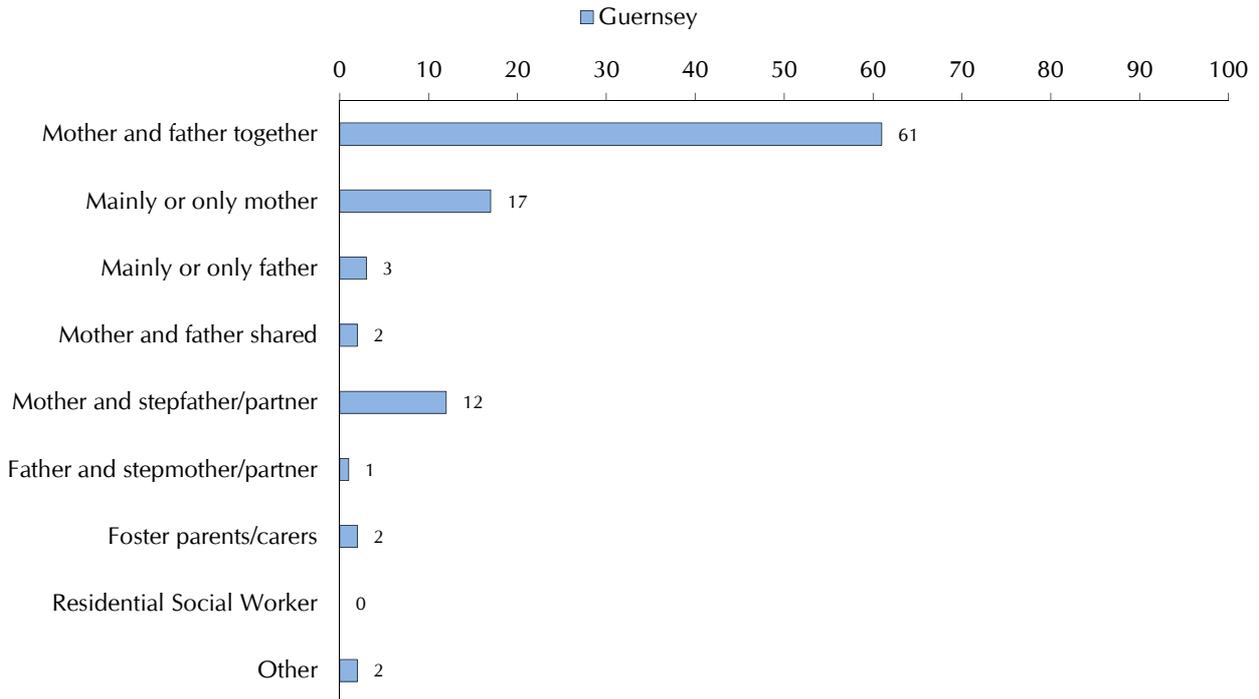


Q5b. Percentage of students responding that they are affected by the following special needs or disabilities:

Males		Females	
1	Dyslexia, Dyspraxia or Dyscalculia	3	1
2	ADHD (Attention Deficit Hyperactivity Disorder)	1	2
3	Autism/Asperger's	1	3
4			4
5			5

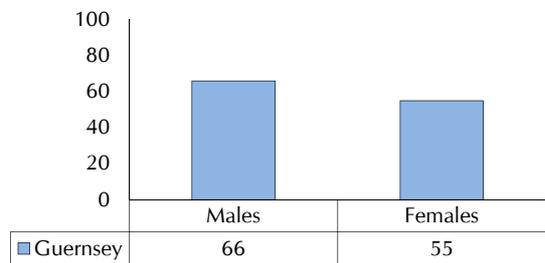
Family

Q6. Which adults do you live with?



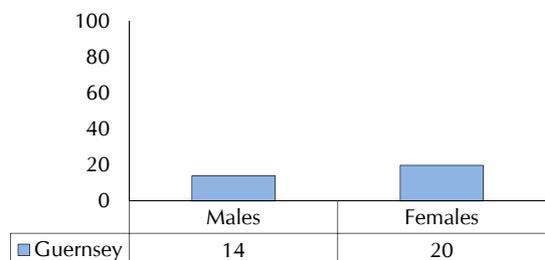
61% of students responded that they live with their mother and father together.

Q6. Percentage answering that they live with their mother and father together.



17% of students responded that they live 'mainly or only' with their mother, while 3% of students responded that they live 'mainly or only' with their father.

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



Life post-16

Views about life post-16

70% of students responded that they 'mostly' or 'definitely' feel like a real part of their establishment and 87% said that people at the establishment are friendly to them.

Q9. Percentage of students responding that the following statements are 'mostly' or 'definitely' true for them:

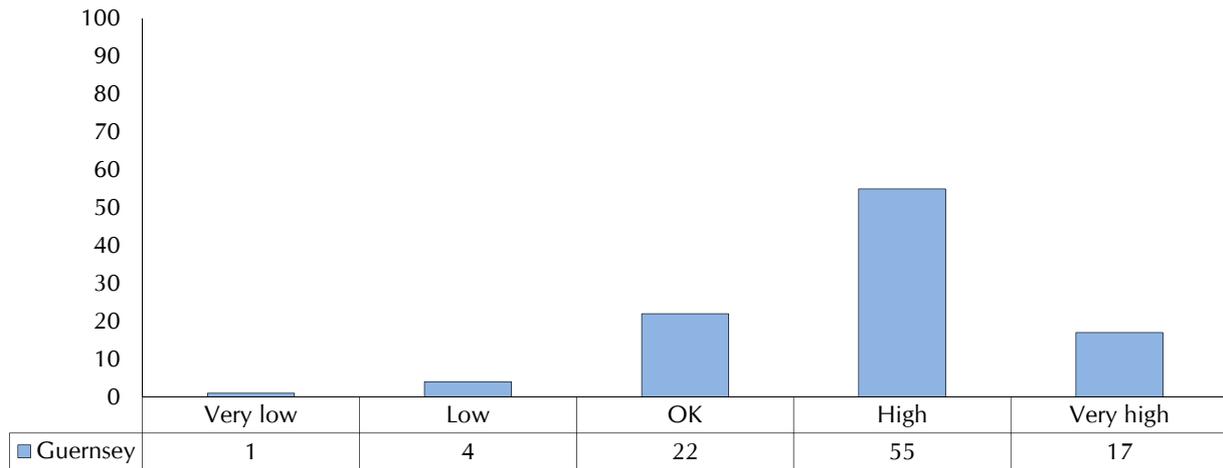
Males		Females		
1	People at this establishment are friendly to me	89	1 People at this establishment are friendly to me	86
2	There's at least one lecturer or adult in this establishment I can talk to if I have a problem	79	2 There's at least one lecturer or adult in this establishment I can talk to if I have a problem	78
3	Physical access to the establishment is good	74	3 Physical access to the establishment is good	76
4	I feel like a real part of my establishment	67	4 I feel like a real part of my establishment	72
5	I am included in lots of activities in my establishment	62	5 I am included in lots of activities in my establishment	55

11% of students responded that they 'mostly' or 'definitely' feel that they are not a real part of their establishment and 3% said that people at the establishment are not friendly to them.

Q9. Percentage of students responding that the following statements are 'mostly' or 'definitely' false for them:

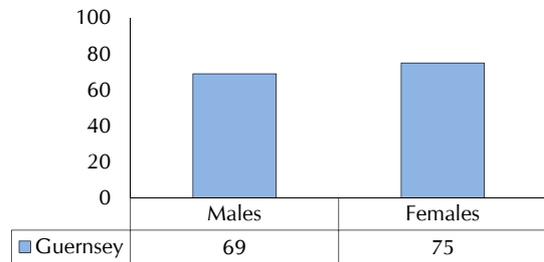
Males		Females		
1	I am included in lots of activities in my establishment	16	1 I am included in lots of activities in my establishment	20
2	I feel like a real part of my establishment	12	2 I feel like a real part of my establishment	10
3	Physical access to the establishment is good	10	3 There's at least one lecturer or adult in this establishment I can talk to if I have a problem	9
4	There's at least one lecturer or adult in this establishment I can talk to if I have a problem	7	4 Physical access to the establishment is good	8
5	People at this establishment are friendly to me	3	5 People at this establishment are friendly to me	3

Q10. How would you describe your general level of interest in your courses?

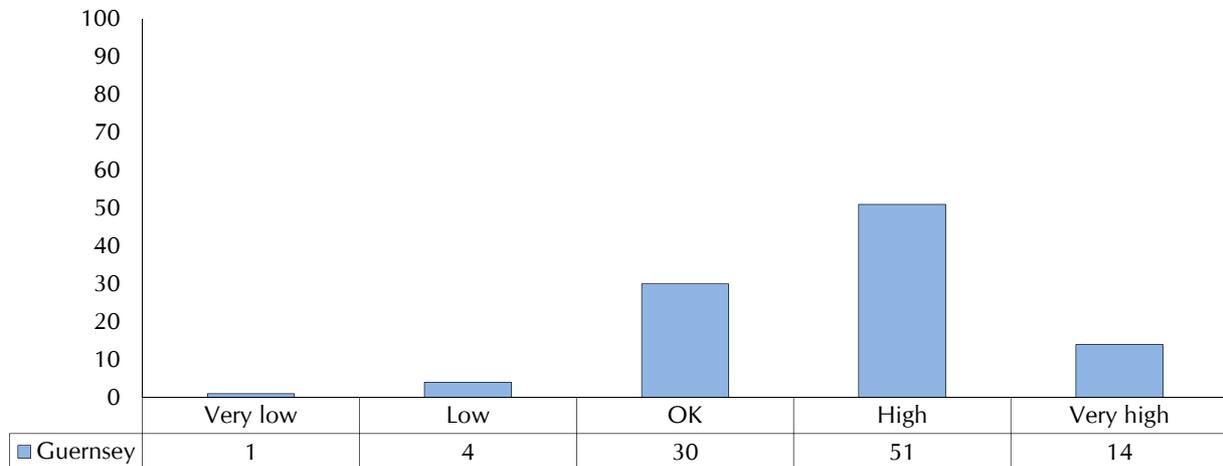


73% of students described their level of interest in their courses as 'high' or 'very high'.

Q10. Percentage describing their level of interest in their courses as 'high' or 'very high'.

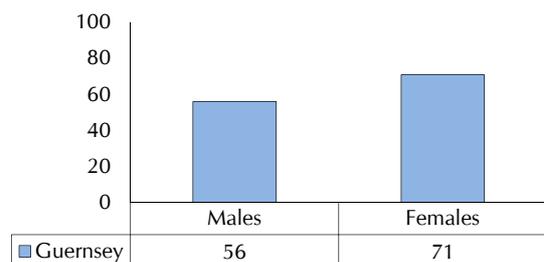


Q11. How would you describe your general level of effort in your courses?



64% of students described their general level of effort in their courses as 'high' or 'very high'.

Q11. Percentage describing their general level of effort in their courses as 'high' or 'very high'.



College services

Q12. Percentage of students who described the following as 'good' or 'very good' at Establishment:

Males			Females		
1	Lecturers	87	1	Lecturers	87
2	Teaching rooms	84	2	Teaching rooms	84
3	Personal tutor	68	3	Personal tutor	73
4	Social space	55	4	Medical support	55
5	Sports	54	5	Computers and networks (IT)	54
6	Medical support	47	6	Sports	47
7	Computers and networks (IT)	47	7	Exercise facilities	46
8	Exercise facilities	46	8	Social space	43
9	Financial advice	33	9	Financial advice	30

Q12. Percentage of students who described the following as 'poor' or 'very poor' at Establishment:

Males			Females		
1	Computers and networks (IT)	29	1	Financial advice	25
2	Financial advice	26	2	Computers and networks (IT)	23
3	Exercise facilities	22	3	Social space	22
4	Social space	20	4	Exercise facilities	16
5	Sports	18	5	Sports	11
6	Medical support	11	6	Medical support	10
7	Personal tutor	7	7	Teaching rooms	6
8	Teaching rooms	4	8	Personal tutor	5
9	Lecturers	2	9	Lecturers	2

Control over health

91% agreed with at least one statement about being in control of their health (Q13a&c).

Q13. Percentage agreeing with statements Q13a and/or Q13c.

	Guernsey
	All Years
Males	92
Females	91

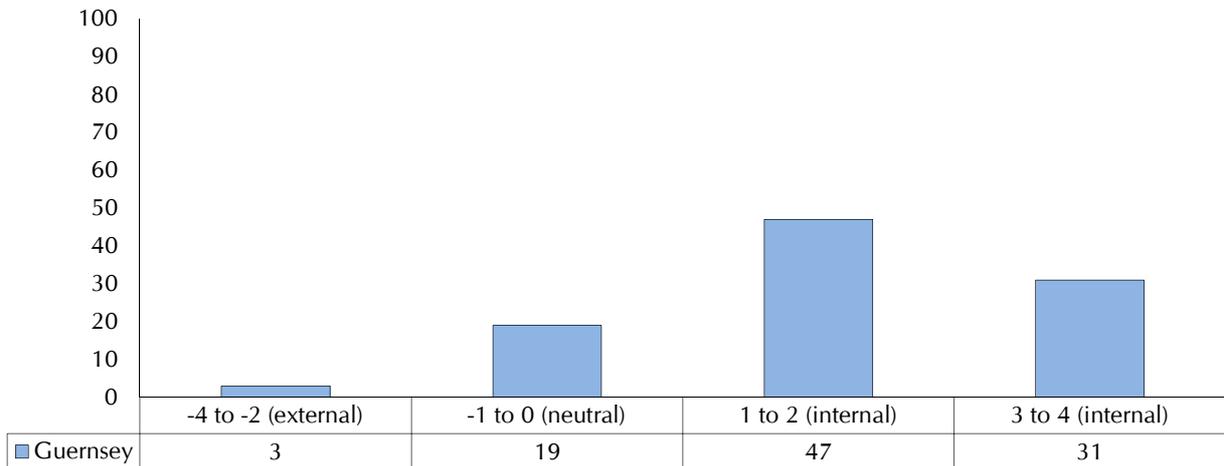
52% agreed with at least one statement saying that they weren't in control of their health.

Q13. Percentage agreeing with statements Q13b and/or Q13d.

	Guernsey
	All Years
Males	44
Females	60

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.

Q13. Aggregate health locus of control score:



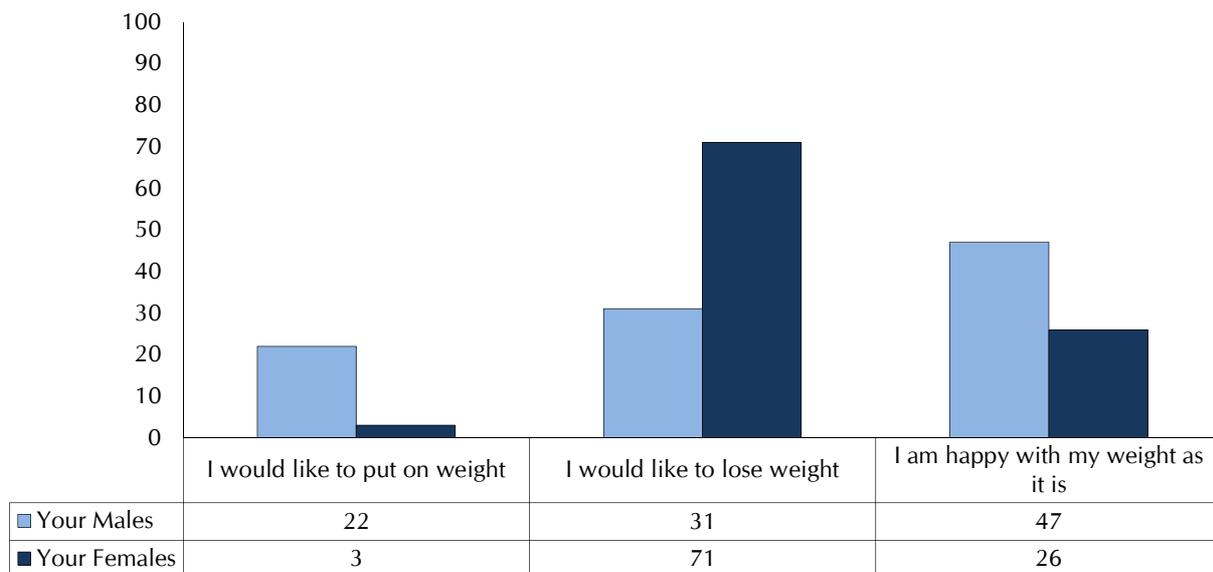
85% of students responded that they are in charge of their health, while 46% said that even if they look after themselves, they can still easily fall ill.

Q13. Percentage of students responding that they 'agree' with the following statements:

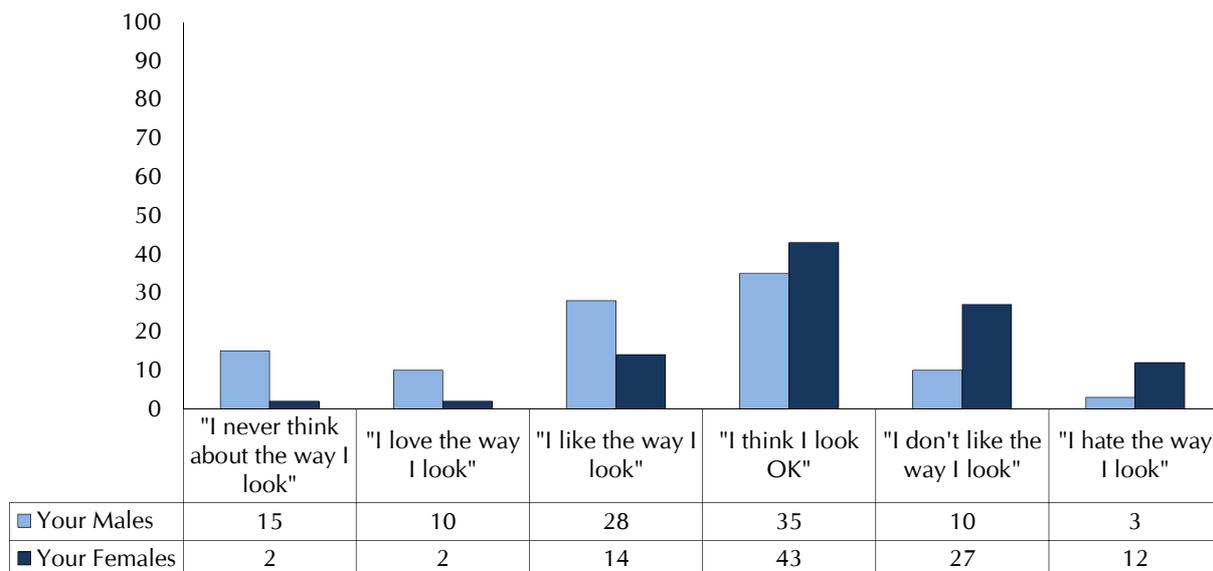
	All Years		Total
	Males	Females	
a. "I am in charge of my health"	87	82	85
b. "If I keep healthy, I've just been lucky"	14	15	15
c. "If I take care of myself I'll stay healthy"	82	78	80
d. "Even if I look after myself I can still easily fall ill"	39	53	46

Weight and appearance

Q14. Weight: Which statement describes you best?



Q15. Which statement best describes your feelings about the way you look?



Q16. Percentage of students responding that the following are the main things that affect the way they feel about their appearance (top 5):

Males			Females		
1	Just me	64	1	Just me	54
2	Comments/attitudes of friends	44	2	Comments/attitudes of other people at their establishment	45
3	Comments/attitudes of other people at their establishment	28	3	Seeing images of people on TV and in films	38
4	Seeing images of people involved in sport/music/dance	19	4	Comments/attitudes of friends	34
5	Seeing images of people on TV and in films	17	5	Seeing images of people in features about fashion	23

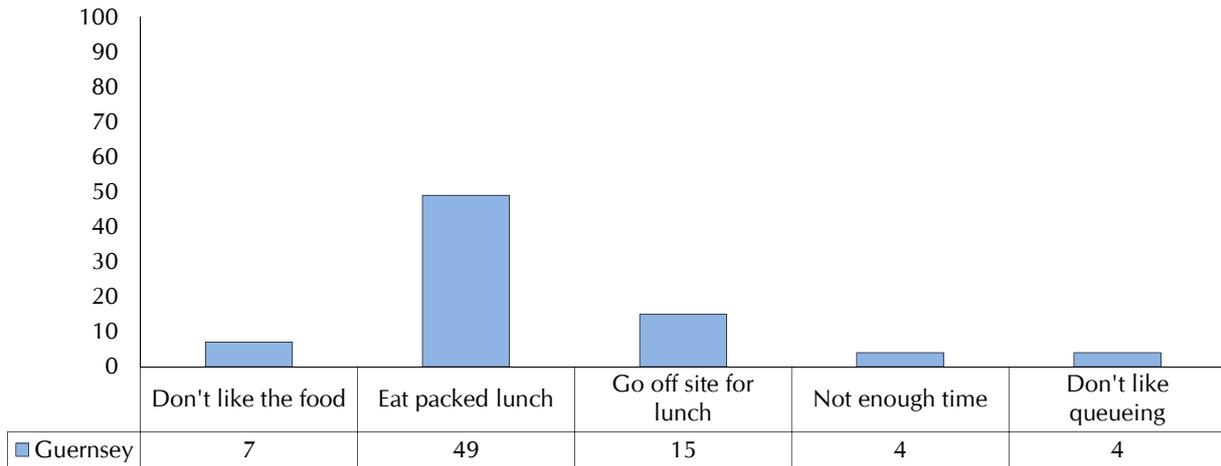
School food

26% of students responded that they bought their lunch at their establishment on the day before the survey.

Q17a. Percentage answering that they bought their lunch at **their establishment** on the day before the survey.

	Guernsey
	All Years
Males	31
Females	22

Q17b. If not, why was this?

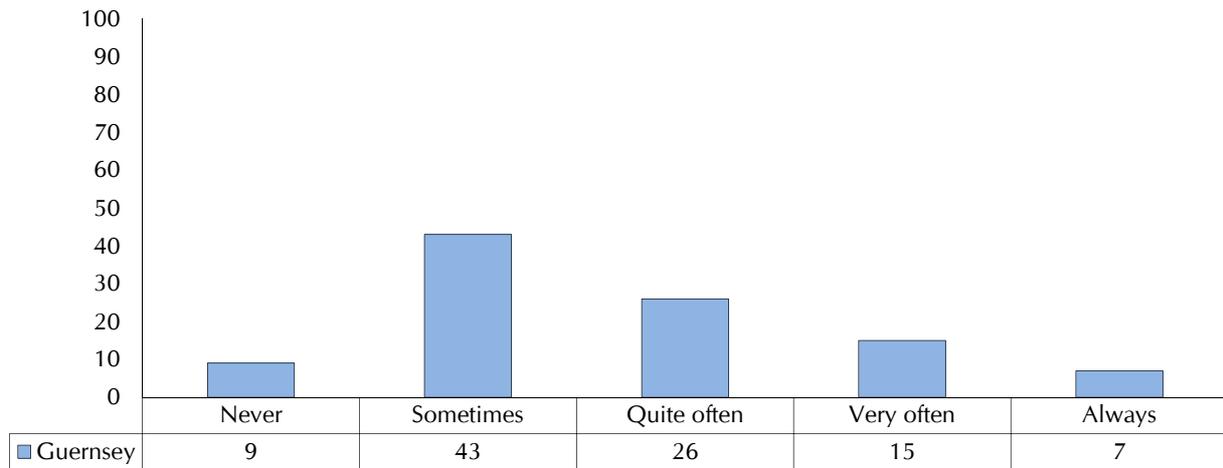


Q18. Percentage of students responding that they would be likely to choose the following sorts of food at **their establishment** if they were available at lunchtimes (top 10):

Males			Females		
1	Sandwiches	46	1	Wraps	57
2	Wraps	45	2	Other healthy hot choices	44
3	Other healthy hot choices	35	3	Salads	38
4	Healthy snacks (low fat/sugar, high fibre)	28	4	Healthy snacks (low fat/sugar, high fibre)	38
5	Fizzy drinks	27	5	Filled jacket potatoes	37
6	Fruit	21	6	Sandwiches	35
7	Sweets	20	7	Fruit salads	31
8	Salads	19	8	Fruit	29
9	Fruit salads	19	9	Fizzy drinks	20
10	Filled jacket potatoes	18	10	Sweets	19

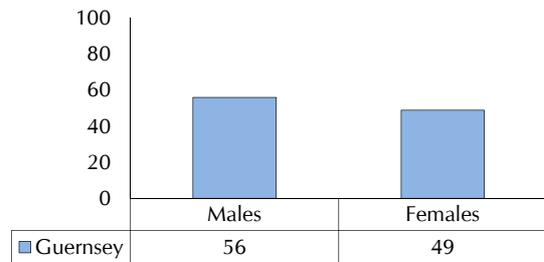
Healthy choices

Q19. When choosing what to eat, do you consider your health?



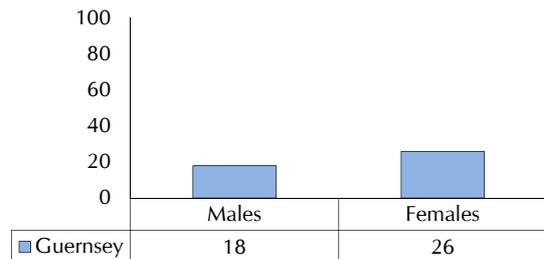
52% of students responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.

Q19. Percentage answering that they 'never' or only 'sometimes' consider their health when choosing what to eat.



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

Q19. Percentage answering that they 'very often' or 'always' consider their health when choosing what to eat.



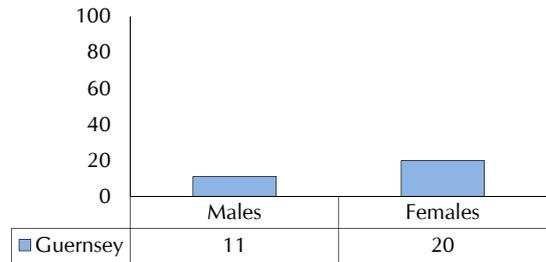
Breakfast

Q20. Percentage of students responding that they ate breakfast at the following places on the day of the survey:

Males			Females		
1	At home	82	1	At home	77
2	At their establishment	8	2	On the way to their establishment	7
3	Somewhere else	5	3	At their establishment	7
4	On the way to their establishment	3	4	Somewhere else	6

16% of students responded that they didn't have anything to eat or drink for breakfast on the day of the survey.

Q21. Percentage answering that they didn't have anything to eat or drink for breakfast on the day of the survey.

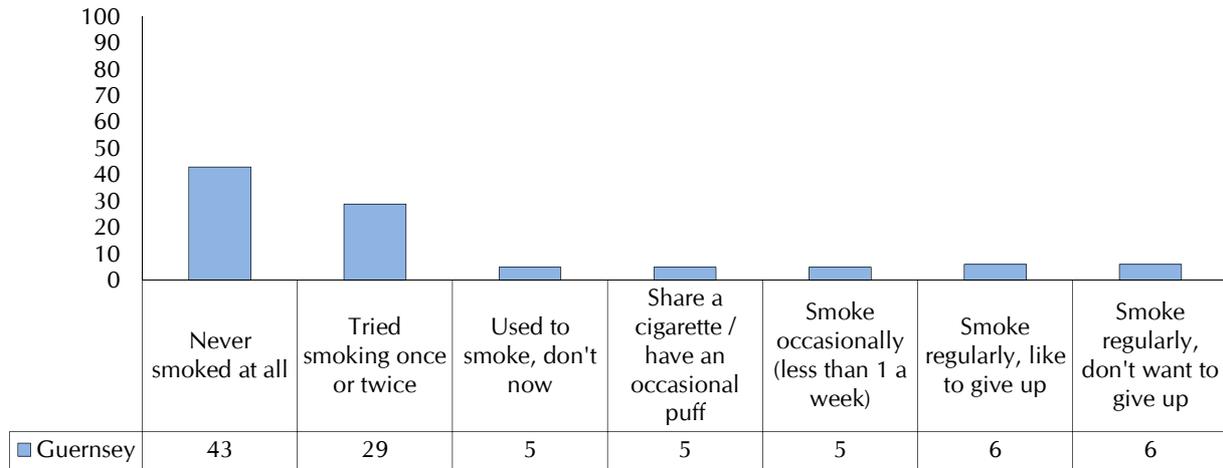


Q21. Percentage of students responding that they had the following to eat for breakfast on the day of the survey (top 10):

Males			Females		
1	Cereal	43	1	A drink	42
2	A drink	38	2	Cereal	24
3	Toast or bread	17	3	Toast or bread	16
4	Something else	8	4	Fruit	10
5	Porridge/Ready Brek	7	5	Porridge/Ready Brek	8
6	Yoghurt	6	6	Something else	6
7	Fruit	6	7	Yoghurt	6
8	Breakfast bar	3	8	Breakfast bar	4
9	Cooked breakfast	2	9	Biscuits/cakes	1
10	Pop tarts/muffins	1	10	Chocolate bar, sweets	1

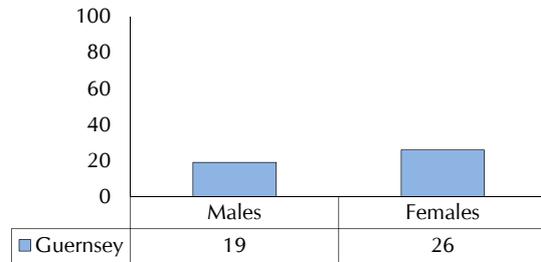
Smoking

Q22. Smoking: Which statement describes you best?



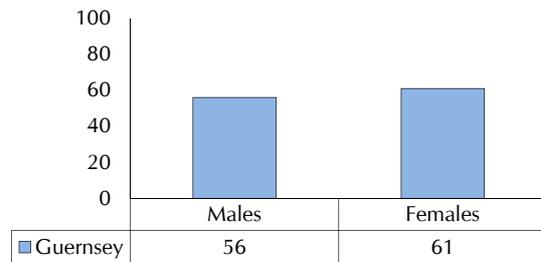
23% of students responded that they currently smoke cigarettes. Of these, 28% said they have started smoking since they started at their establishment.

Q22. Percentage answering that they currently smoke cigarettes.



59% of students who currently smoke responded that they would like to give up smoking all together, with 18% responding that they would like help to give up smoking. 42% of smokers said they have already tried to give up.

Q25. Percentage of smokers answering that they would like to give up smoking altogether.



Of those who currently smoke cigarettes, the mean age that they started smoking is 14 years old.

40% of students who currently smoke responded that they smoke cheap cigarettes.

Q28. Percentage answering that they smoke cheap cigarettes.

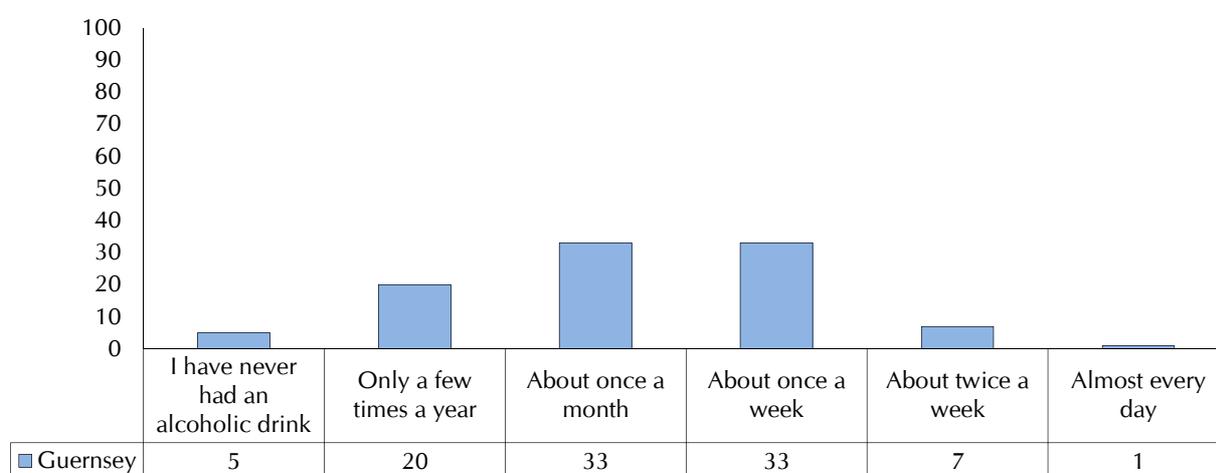


Q29. Percentage of all students responding that they get cheap cigarettes from the following:

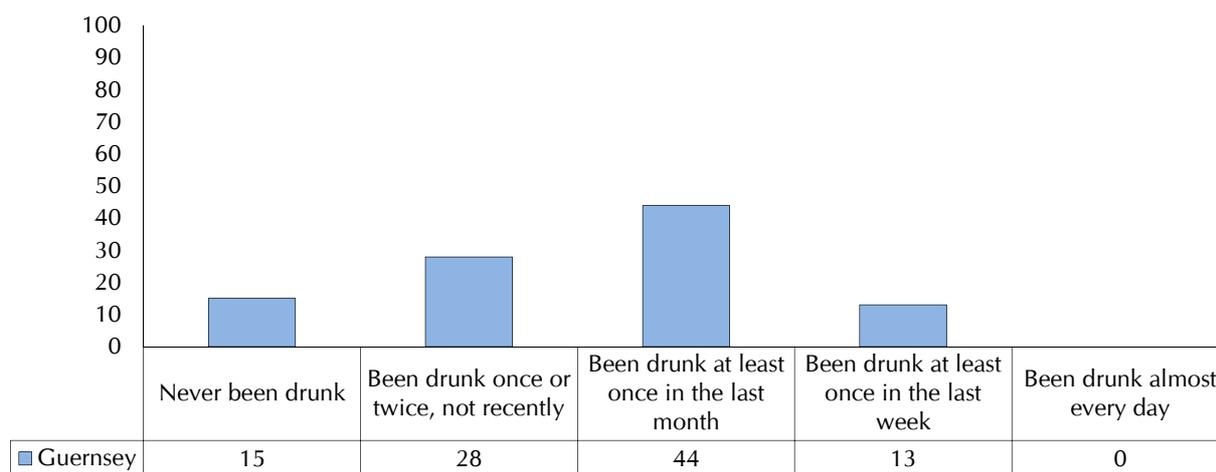
	Males	Females	Total
Family member/guardian	1	2	1
Friend	4	9	7
Someone selling from their house	0	1	0
Shop	5	6	6
Market	1	1	1
Other	0	0	0

Drinking

Q31. How often do you usually drink alcohol?



Q32. Getting drunk: Which statement describes you best?

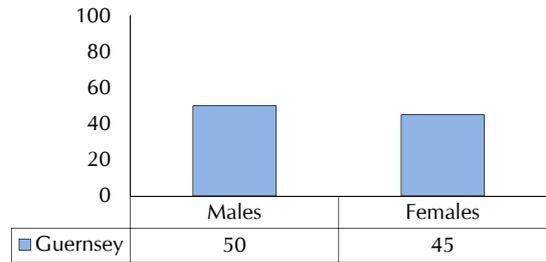


47% of students responded that they have had an alcoholic drink in the last 7 days, while 3% said they had alcohol to drink on at least 3 days in the last 7 days.

31% of students responded that they got drunk on at least one day in the last 7 days; 6% said they got drunk on more than one day.

Of those students who have drunk alcohol, they were on average 15 years old when they first drank it.

Q33. Percentage answering that they have had an alcoholic drink in the last 7 days.



Q35. Percentage answering that they got drunk on at least one day in the last 7 days.



Q37. Percentage of students responding that they get alcohol from the following places:

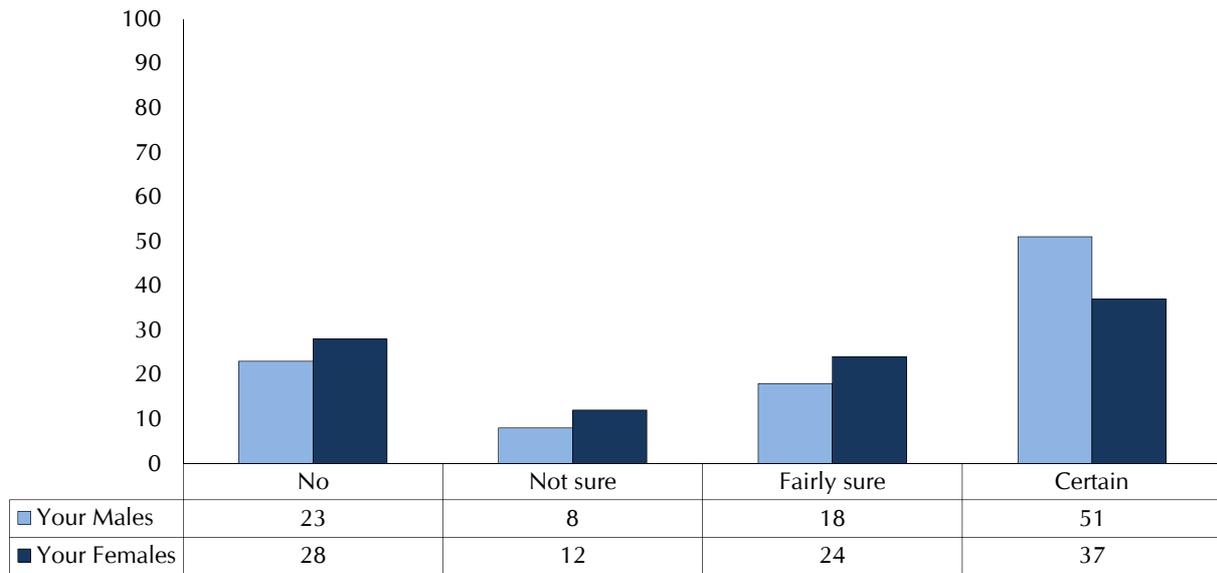
Males		Females		
1	Friends	63	1 Family members/guardian	66
2	Family members/guardian	57	2 Friends	64
3	Supermarket	43	3 Supermarket	42
4	Pub/club	39	4 Pub/club	32
5	Off-licence	22	5 Off-licence	17

Q38. Percentage of students responding that they think people their age drink alcohol for the following reasons:

Males	Strongly disagree	Disagree	Not sure	Agree	Strongly agree
To feel good	3	6	18	50	20
To feel confident	3	7	17	46	23
To relieve stress	4	11	22	43	17
To feel relaxed	3	8	24	46	15
To look cool	10	20	21	23	23
To get drunk	3	3	9	33	49
Because parents do	20	38	31	7	1
Because friends do	7	7	15	39	29
Females	Strongly disagree	Disagree	Not sure	Agree	Strongly agree
To feel good	1	7	18	56	17
To feel confident	1	6	13	50	28
To relieve stress	1	8	20	48	23
To feel relaxed	2	10	19	50	19
To look cool	9	18	18	27	27
To get drunk	1	4	11	38	46
Because parents do	14	46	30	6	3
Because friends do	2	7	12	40	38

Illegal drugs

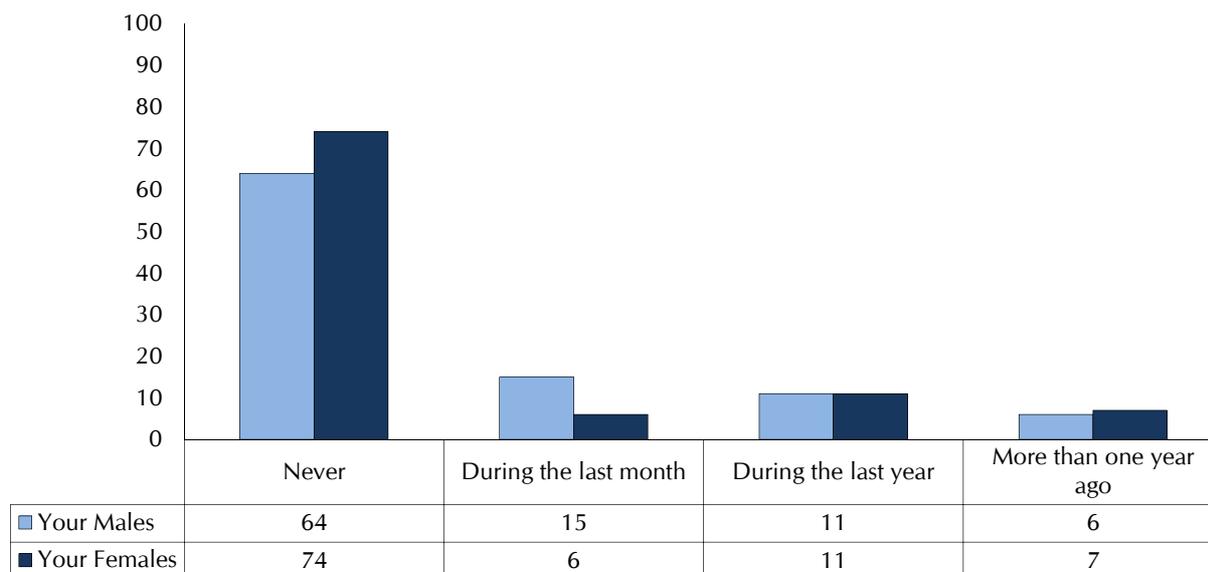
Q43. Do you know anyone personally who takes drugs (not cigarettes, alcohol or medicines)?



Q44. Percentage of students responding that they have been offered the following drugs at some point (top 10):

Males		Females	
1 Cannabis	44	1 Cannabis	36
2 Ecstasy	18	2 Ecstasy	10
3 Hallucinogens: natural	13	3 Cocaine	9
4 Cocaine	12	4 Amphetamines	7
5 Ketamine	10	5 Hallucinogens: natural	7
6 Emerging drugs of concern	10	6 Poppers	5
7 Amphetamines	9	7 Emerging drugs of concern	5
8 Hallucinogens: synthetic	7	8 Barbiturates	4
9 Solvents used as drugs	6	9 Tranquillisers	4
10 Poppers	4	10 Ketamine	4

Q45. Drugs summary: Percentage of students responding that they have taken at least one of the drugs listed...

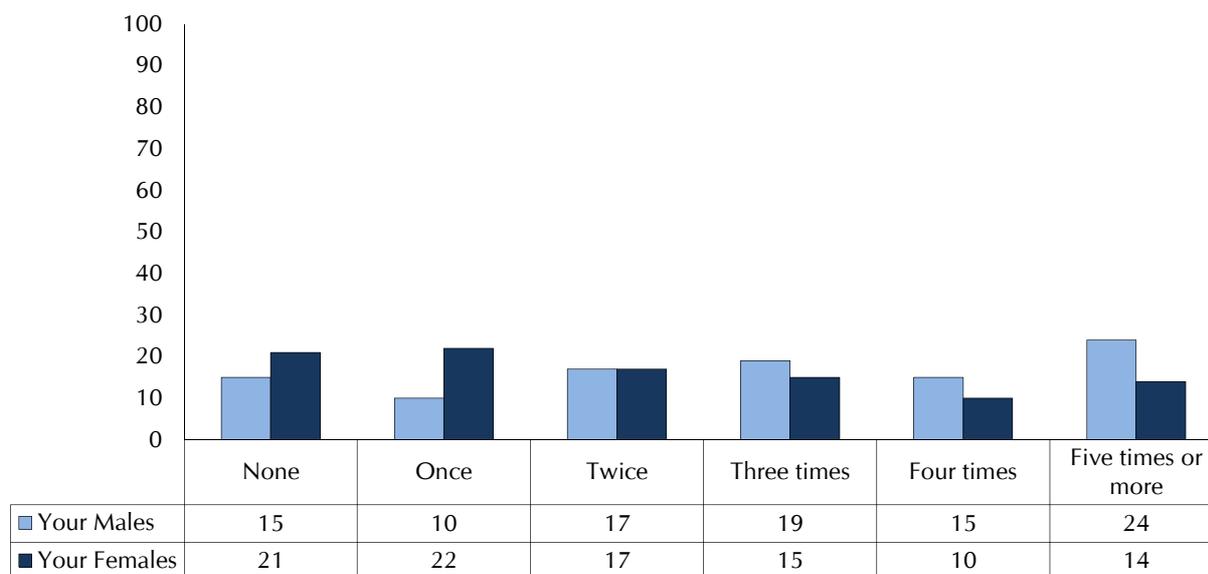


Q45. Percentage of students responding that they have used the following drugs at some point (top 10):

Males			Females		
1	Cannabis	31	1	Cannabis	21
2	Ecstasy	7	2	Ecstasy	5
3	Hallucinogens: natural	6	3	Poppers	3
4	Emerging drugs of concern	5	4	Tranquillisers	3
5	Amphetamines	3	5	Cocaine	3
6	Poppers	3	6	Emerging drugs of concern	3
7	Ketamine	3	7	Hallucinogens: synthetic	2
8	Tranquillisers	3	8	Solvents used as drugs	2
9	Opiates	3	9	Barbiturates	2
10	Cocaine	3	10	Crack	2

Physical activity

Q39. How many times last week did you exercise for at least 30 minutes each time and have to breathe harder and faster?



Q40. Percentage of students responding that they exercised at the following places in the week before the survey (top 5):

Males			Females		
1	Gym	39	1	At home	31
2	Lessons at their establishment	32	2	Lessons at their establishment	22
3	Sports club	29	3	Gym	19
4	At home	29	4	Didn't exercise last week	18
5	Outside/park/skate park etc.	18	5	Outside/park/skate park etc.	18

Q41. Percentage of students responding that they like to exercise because of the following (top 5):

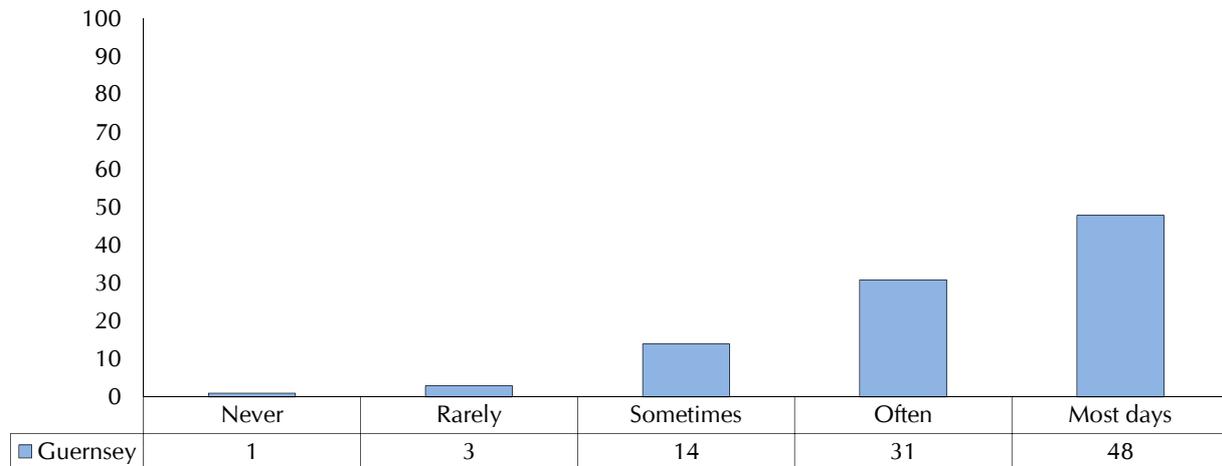
Males			Females		
1	I get fit and healthy	66	1	I get fit and healthy	65
2	It's fun	40	2	Gives me something to do	31
3	Gives me something to do	39	3	It's fun	26
4	I like competition	31	4	I get to socialise with friends	25
5	I get to socialise with friends	30	5	Don't like to exercise	21

Q42. Percentage of students responding that the following stops them exercising as much as they would like (top 10):

Males		Females			
1	I exercise as much as I like (nothing stops me)	40	1	I don't have enough time	61
2	I don't have enough time	39	2	It costs a lot to get there or to take part	37
3	It costs a lot to get there or to take part	16	3	I am shy in front of other people	31
4	I am shy in front of other people	13	4	I am not comfortable about how I look	29
5	I don't know what to do	12	5	Transport to get there is a problem	22
6	Transport to get there is a problem	11	6	I exercise as much as I like (nothing stops me)	18
7	There is nothing I want to do around here	9	7	I don't know what to do	15
8	I am not comfortable about how I look	8	8	I don't like the places you go to	9
9	Places to exercise are too far away	7	9	There is nothing I want to do around here	9
10	I don't like the places you go to	6	10	I don't like the people who go there	8

Mental & emotional health

Q47. Worrying summary: Percentage of students responding that they have worried about at least one of the issues listed in the last month....:



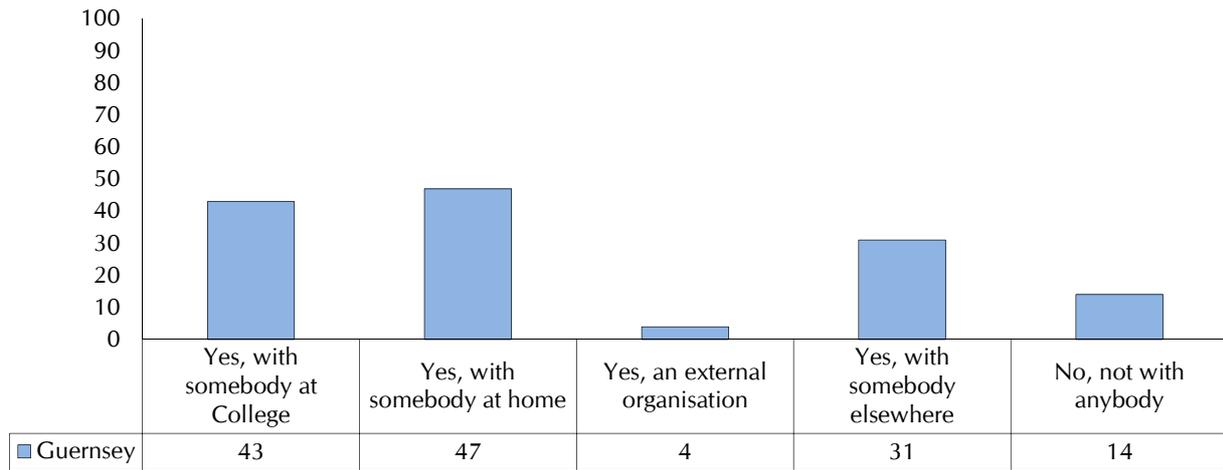
Q47. Percentage of students responding that they worry about the following 'often' or on 'most days':

Males		Females			
1	Study, work-load problems	50	1	Study, work-load problems	69
2	Money problems	30	2	Emotional health	44
3	Physical health	19	3	Money problems	44
4	Emotional health	18	4	Physical health	38
5	Family problems	16	5	Family problems	30
6	Boyfriend/girlfriend problems	13	6	Problems with friends	27
7	Problems with friends	11	7	Boyfriend/girlfriend problems	18
8	Sex	7	8	Problems with lecturers and teachers	8
9	Problems with lecturers and teachers	6	9	Sex	8
10	Other	2	10	Other	2

Q48. Percentage of students responding that they at least 'often' do the following when they have a problem that worries them:

Males		Females			
1	Listen to music	57	1	Listen to music	69
2	Think carefully about the problem	49	2	Think carefully about the problem	45
3	Keep busy socialising	41	3	Keep busy socialising	44
4	Exercise	30	4	Keep busy	40
5	Rest or sleep more	30	5	Rest or sleep more	36
6	Keep busy	29	6	Talk to someone about the problem	33
7	Talk to someone about the problem	23	7	Eat or drink more	33
8	Do nothing	21	8	Watch more TV	24
9	Watch more TV	19	9	Exercise	24
10	Eat or drink more	17	10	Do nothing	24

Q49. Do you have a close confiding relationship with someone?



24% of students responded that they have worried so much about at least one of the issues listed that it has affected their studies 'often' or on 'most days'.

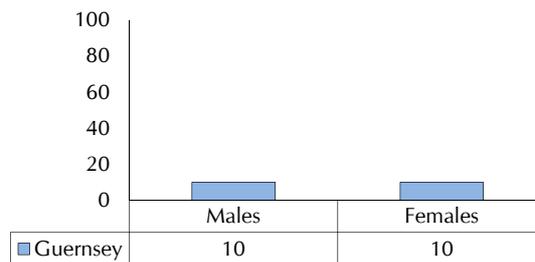
Q50. Percentage answering that they have worried so much about one of the issues it has affected their studies 'often' or on 'most days'.



Bullying

10% of students responded that they have been bullied in or near their establishment in the last 12 months.

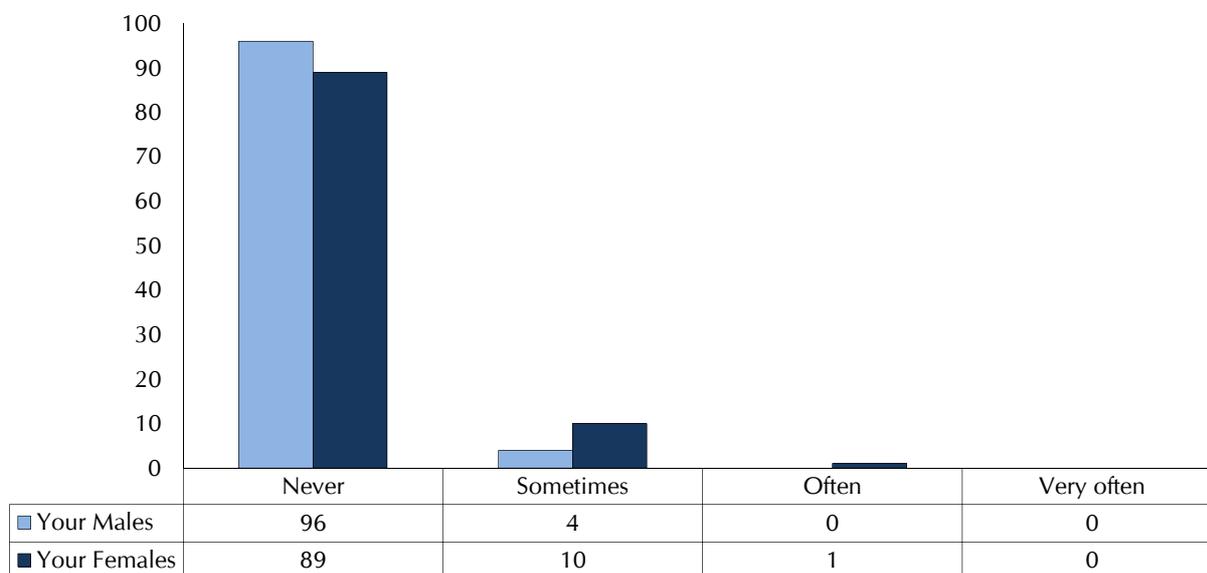
Q51. Percentage answering that they have been bullied in or near **their establishment** in the last 12 months.



Q52. Percentage of students responding that they have been bullied at the following places in the last 12 months:

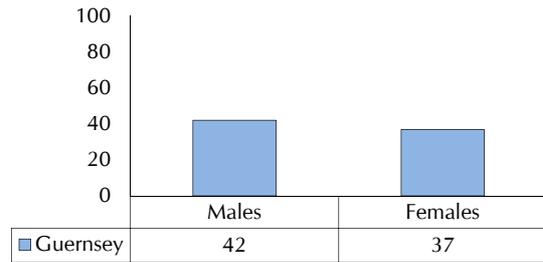
Males		Females		
1	During lesson time	6	1	
2	In a classroom (breaktimes)	4	2	
3	In the corridors	3	3	
4	Outside at their establishment (breaktimes)	3	4	
5	Online (internet chat room, Facebook etc.)	3	5	
			Outside at their establishment (breaktimes)	2

Q53. Do you ever feel afraid of going to your establishment because of bullying?



39% of students responded that they think the establishment takes bullying seriously. 46% said they 'don't know' if it does.

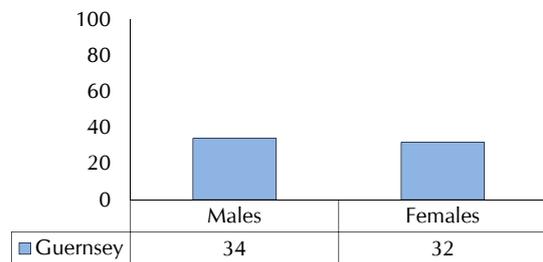
Q54. Percentage answering that they think the establishment takes bullying seriously.



Views and opinions

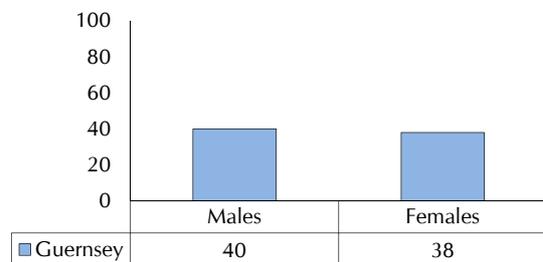
33% of students responded that they feel their views and opinions are listened to in their establishment, while 43% said they 'don't know' if they are.

Q55. Percentage answering that they feel their views and opinions are listened to in their establishment.



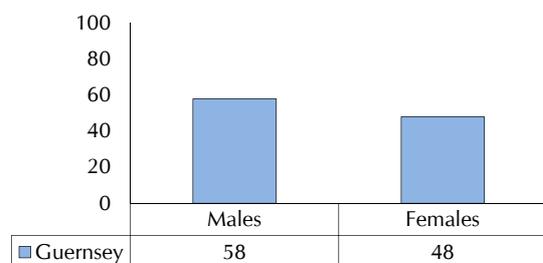
39% of students responded that they feel their views and opinions make a difference to the decisions taken in their establishment.

Q56a. Percentage answering that they feel their views and opinions make a difference to decisions taken in their establishment.



52% of students responded that they feel their views and opinions make a difference to the decisions taken outside their establishment.

Q56b. Percentage answering that they feel their views and opinions make a difference to decisions taken outside their establishment.



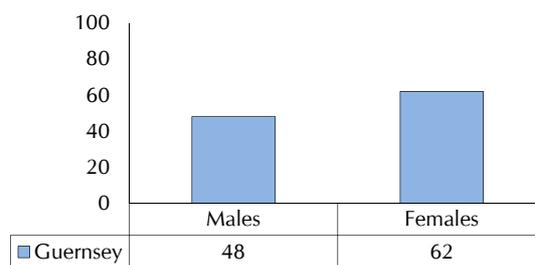
Employment

55% of students responded that they have done a regular paid job this term, while 33% said they have done irregular or casual paid work. 19% of all students said they worked for at least 40 hours last month.

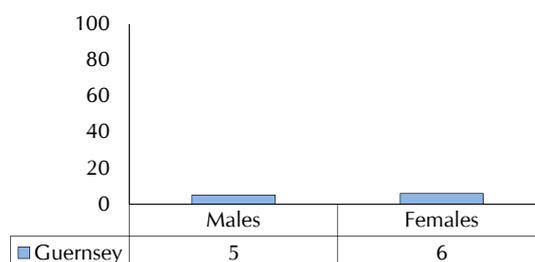
5% of students said that their paid work affects their academic work 'quite a lot' or 'very much'. This works out as 8% of those who have done paid work this term.

20% of students who work said their job takes up too much time; 48% said it makes them too tired.

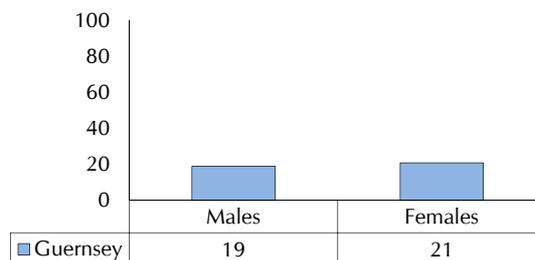
Q57. Percentage answering that they have done a regular paid job this term.



Q59. Percentage answering that their paid work has affected their academic work 'quite a lot' or 'very much'.



Q60. Percentage of those who work answering that their job takes up too much time.



Q61. Percentage of students responding that they do the following work during term-time:

Males		Females	
1	Retail work	30	41
2	Other work	20	20
3	Bar/restaurant work	12	15
4	Cleaning/manual work	9	4
5	Clerical/office work	3	1

Q62. Percentage of students responding that they work during term-time for the following reasons:

Males		Females	
1	To earn money for luxuries	47	50
2	To earn money for essentials	35	49
3	Because parents/guardians want me to	17	19
4	Because I enjoy working	14	19
5	Other reason	8	8

Sexual health

Q63. Percentage of students responding that the following is their main source of information about sex (top 5):

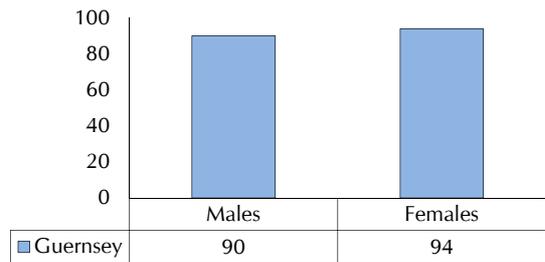
Males		Females			
1	Sex education lessons	30	1	Friends	33
2	Internet	24	2	Sex education lessons	25
3	Friends	20	3	My parents/carers	17
4	My parents/carers	7	4	Internet	10
5	Other	6	5	Doctor	5

Q64. Percentage of students responding that the following should be their main source of information about sex (top 5):

Males		Females			
1	Sex education lessons	52	1	Sex education lessons	48
2	My parents/carers	15	2	My parents/carers	23
3	Internet	9	3	Friends	7
4	Doctor	6	4	Advice centre (e.g. Family Planning Service)	6
5	Other	5	5	Doctor	6

92% of students responded that they know where they can get condoms free of charge.

Q65. Percentage answering that they know where they can get condoms free of charge.

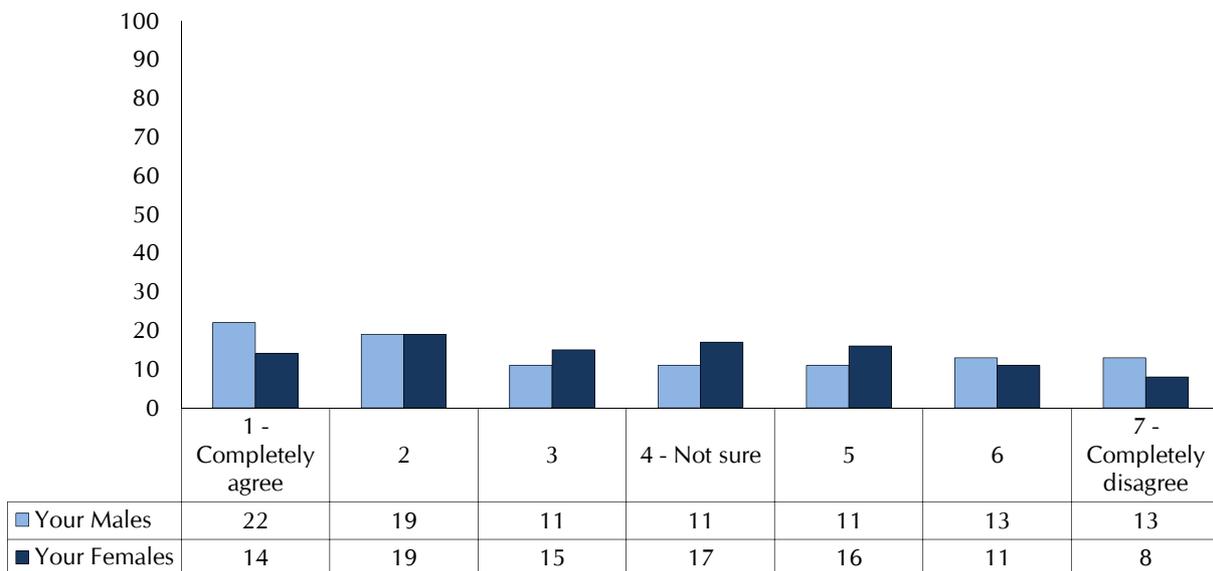


Q66. Knowledge of different methods of contraception:

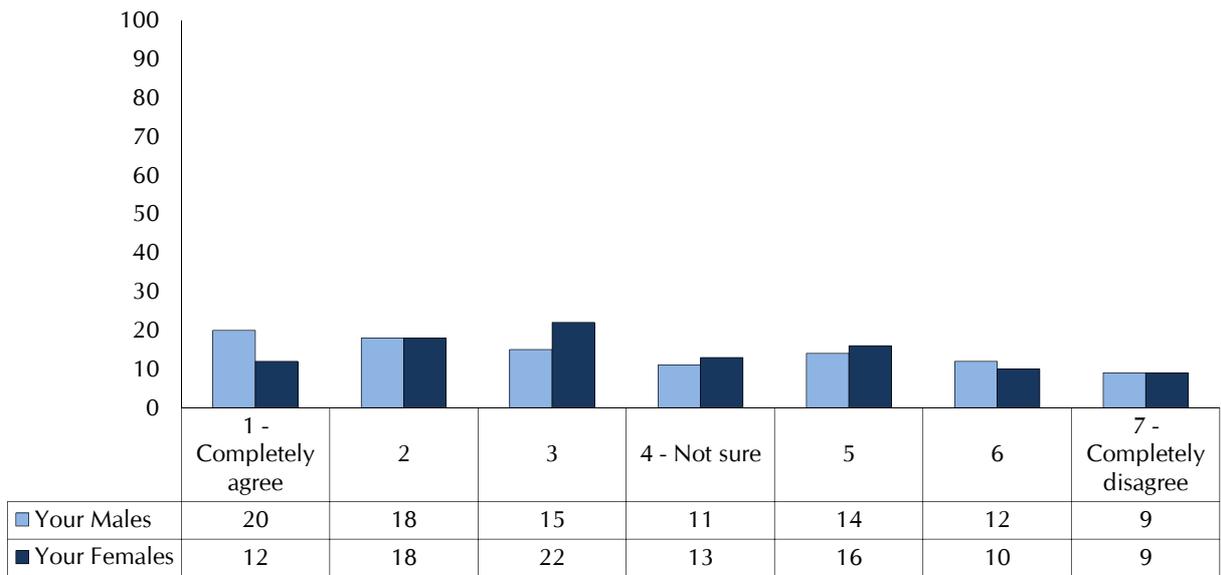
	Never heard of it	Know nothing about it	Not reliable to stop pregnancy	Reliable to stop pregnancy
Males				
Condoms	1	1	5	87
Diaphragm	30	31	13	19
Pill (Contraceptive Pill or mini-pill)	2	1	8	82
Contraceptive injection	8	13	5	67
Contraceptive implant	7	9	4	73
Female condom (Femidom)	3	16	18	57
Morning-after pill	2	4	29	58
Safe period/rhythm method	10	12	63	9
Sex without penetration	9	7	47	30
Females				
Condoms	0	0	16	80
Diaphragm	25	35	13	24
Pill (Contraceptive Pill or mini-pill)	0	1	8	88
Contraceptive injection	1	5	7	84
Contraceptive implant	1	3	6	87
Female condom (Femidom)	1	10	26	59
Morning-after pill	0	2	25	70
Safe period/rhythm method	11	8	70	7
Sex without penetration	5	11	60	20

Happiness

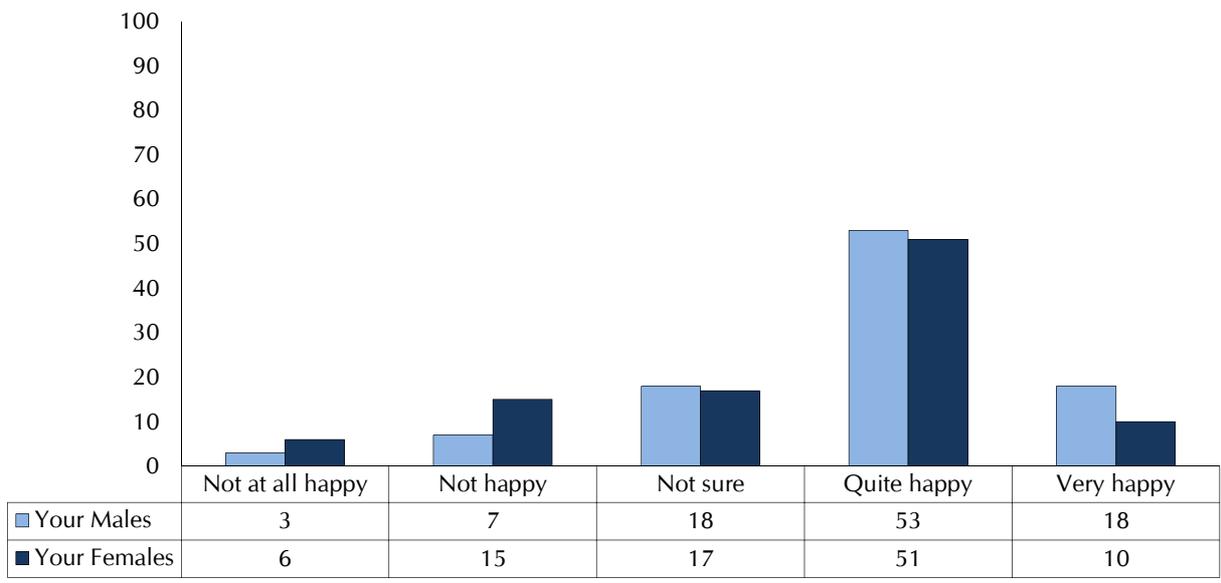
Q67a. How much do you agree with the following statements? I'm glad I am who I am:



Q67b. How much do you agree with the following statements? I generally feel happy:



Q68. In general, how happy do you feel with your life at the moment?



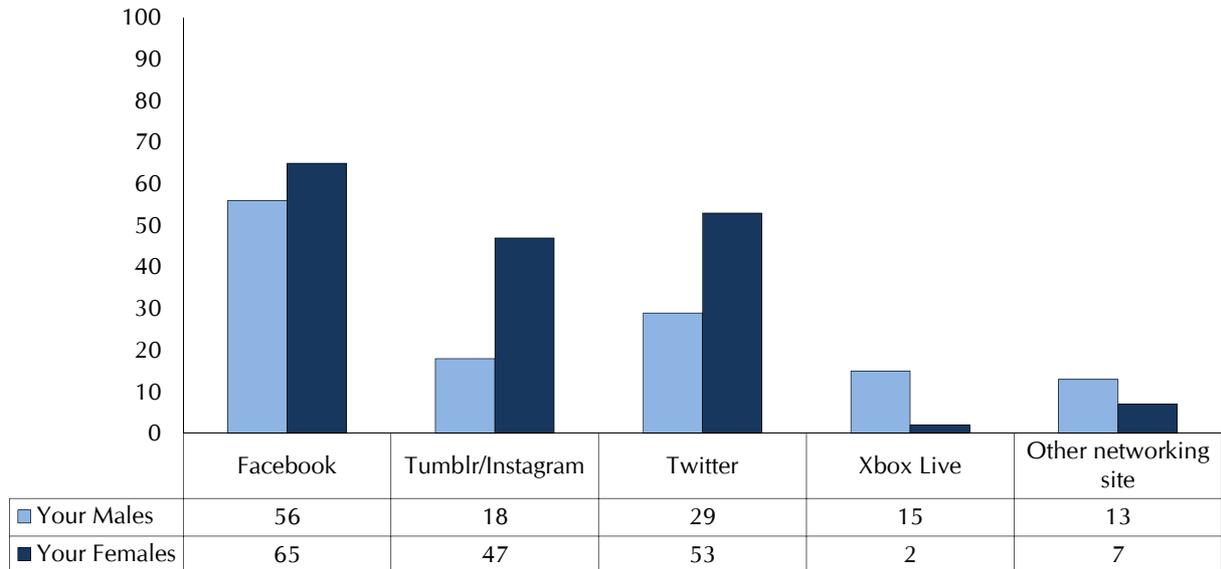
Internet safety

Q69. Percentage of students responding that they use the following internet chat rooms/social networking sites:

Males	Never	Sometimes	Often	Every day
Facebook	5	16	17	56
Tumblr/Instagram	49	15	11	18
Twitter	33	19	13	29
Xbox Live	47	17	15	15
Other networking site	69	4	4	13

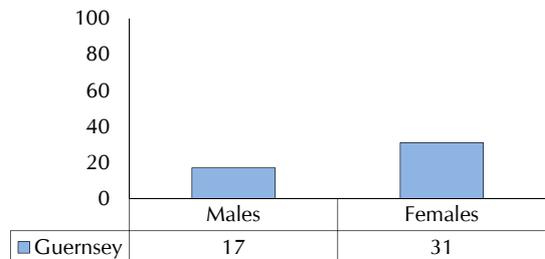
Females	Never	Sometimes	Often	Every day
Facebook	2	13	17	65
Tumblr/Instagram	25	9	15	47
Twitter	20	12	12	53
Xbox Live	86	7	2	2
Other networking site	80	2	3	7

Q69. Percentage of students responding that they use the following internet chat rooms/social networking sites 'every day':



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

Q70. Percentage answering that they have received a message in a chat room/social network site that scared them or made them upset.



25% of students responded that they someone they don't know in person has asked to meet with them.

Q71. Percentage answering that someone they don't know in person has asked to meet with them.



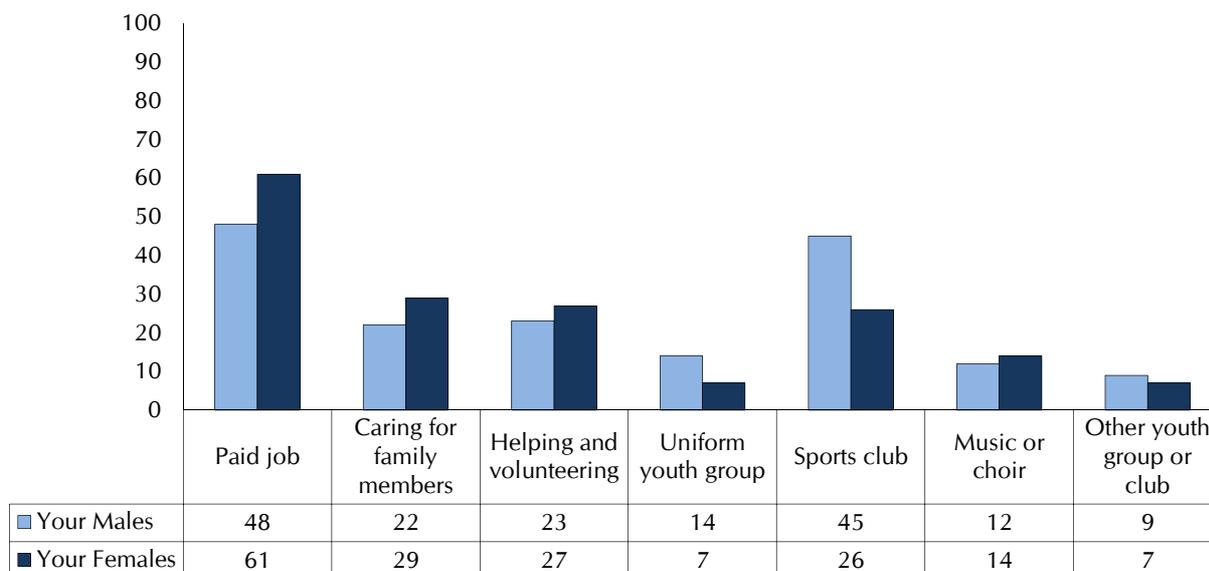
Leisure time

Q74. Percentage of students responding that they take part in the following activities:

Males	Never	Monthly	Weekly	More than weekly
Paid job	28	17	34	15
Caring for family members	54	18	14	8
Helping and volunteering	51	20	17	6
Uniform youth group (e.g. Scouts, Guides)	78	2	9	4
Sports club	44	5	16	29
Music or choir	78	3	6	6
Other youth group or club	82	2	6	3

Females	Never	Monthly	Weekly	More than weekly
Paid job	23	12	45	17
Caring for family members	49	18	18	11
Helping and volunteering	51	18	22	4
Uniform youth group (e.g. Scouts, Guides)	88	1	6	1
Sports club	65	5	12	14
Music or choir	80	2	6	8
Other youth group or club	85	2	4	3

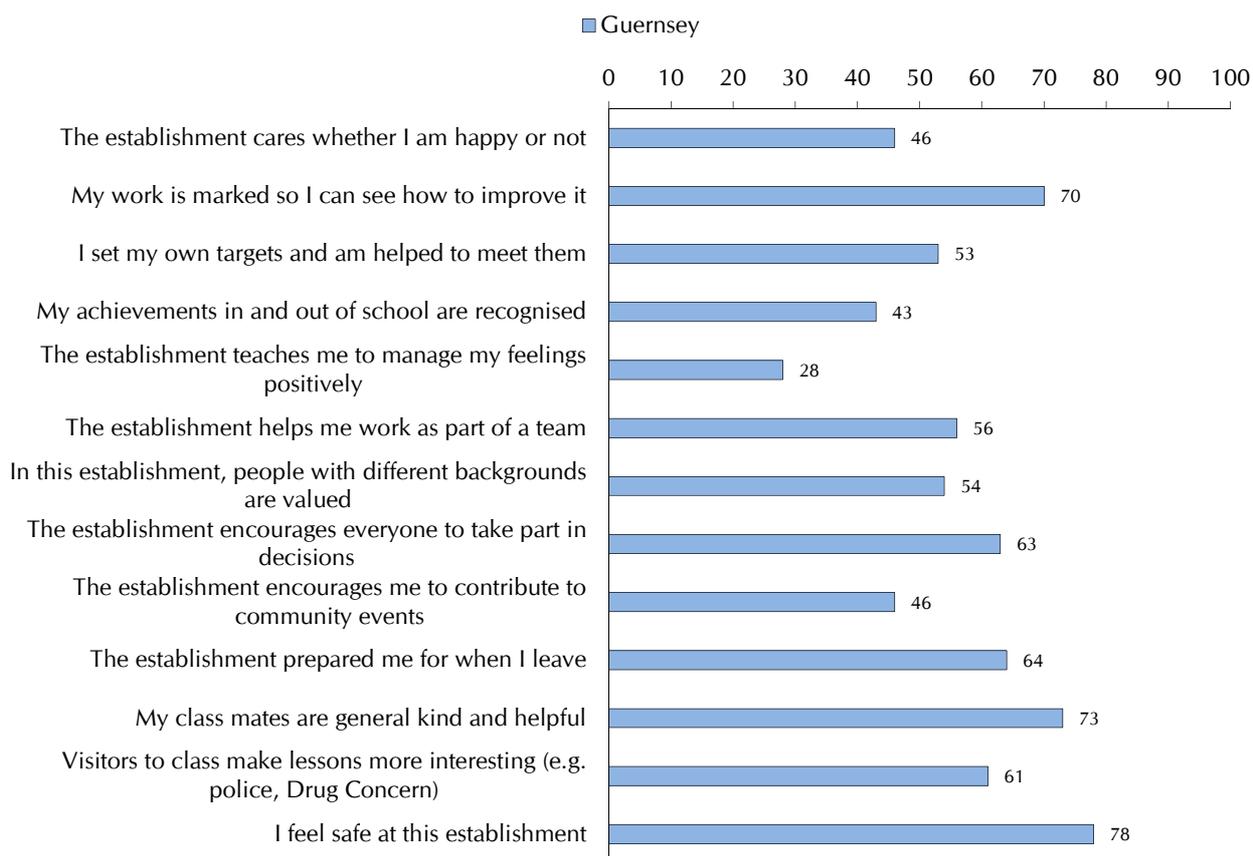
Q74. Percentage of students responding that they take part in the following activities at least 'weekly':



Their establishment

Q75. Percentage of students responding that they 'agree' with the following statements:

	Males	Females	Total
The establishment cares whether I am happy or not	40	50	46
My work is marked so I can see how to improve it	67	72	70
I set my own targets and am helped to meet them	51	55	53
My achievements in and out of school are recognised	48	39	43
The establishment teaches me to manage my feelings positively	29	27	28
The establishment helps me work as part of a team	55	57	56
In this establishment, people with different backgrounds are valued	52	55	54
The establishment encourages everyone to take part in decisions	61	65	63
The establishment encourages me to contribute to community events	48	45	46
The establishment prepared me for when I leave	60	68	64
My class mates are general kind and helpful	71	76	73
Visitors to class make lessons more interesting (e.g. police, Drug Concern)	55	66	61
I feel safe at my establishment	76	79	78



Future plans

Q76. Percentage of students responding that they would like to be in the following situation in five years' time:

	Males	Females	Total
Still living in Guernsey	22	22	22
In full-time education (e.g. College or University)	19	24	22
In full-time employment	47	50	48
Setting up my own home (with or without a partner)	32	39	36
Starting a family (have children)	5	12	8
Travelling abroad	31	37	34

Attitudes to work and talent

Q79. Percentage of students responding to the following statements:

Males	YES!	yes	not sure	no	NO!
Some people are born clever, some aren't, and there's not much anyone can do about that	12	31	19	18	12
If you work at things, you will always be able to get better at them	46	38	8	2	0
Effort is more important than talent	23	39	22	7	2
I can do plenty of things well and I can learn to do more	26	51	13	3	0
You are either good at sports or you aren't	11	30	19	23	10
Females	YES!	yes	not sure	no	NO!
Some people are born clever, some aren't, and there's not much anyone can do about that	10	22	26	24	14
If you work at things, you will always be able to get better at them	39	44	9	4	0
Effort is more important than talent	21	41	27	6	1
I can do plenty of things well and I can learn to do more	18	45	27	4	2
You are either good at sports or you aren't	13	29	27	21	6

List of Tables

Q5a. Percentage answering that they have a special need or disability.	8
Q5b. Percentage of students responding that they are affected by the following special needs or disabilities:	8
Q6. Which adults do you live with?	9
Q6. Percentage answering that they live with their mother and father together.	9
Q6. Percentage answering that they live 'mainly or only' with their mother.	9
Q9. Percentage of students responding that the following statements are 'mostly' or 'definitely' true for them:	10
Q9. Percentage of students responding that the following statements are 'mostly' or 'definitely' false for them:	10
Q10. How would you describe your general level of interest in your courses?	11
Q10. Percentage describing their level of interest in their courses as 'high' or 'very high'.	11
Q11. How would you describe your general level of effort in your courses?	11
Q11. Percentage describing their general level of effort in their courses as 'high' or 'very high'.	11
Q12. Percentage of students who described the following as 'good' or 'very good' at Establishment:	12
Q12. Percentage of students who described the following as 'poor' or 'very poor' at Establishment:	12
Q13. Percentage agreeing with statements Q13a and/or Q13c.	13
Q13. Percentage agreeing with statements Q13b and/or Q13d.	13
Q13. Aggregate health locus of control score:	13
Q13. Percentage of students responding that they 'agree' with the following statements:	13
Q14. Weight: Which statement describes you best?	14
Q15. Which statement best describes your feelings about the way you look?	14
Q16. Percentage of students responding that the following are the main things that affect the way they feel about their appearance (top 5):	14
Q17a. Percentage answering that they bought their lunch at their establishment on the day before the survey.	15
Q17b. If not, why was this?	15
Q18. Percentage of students responding that they would be likely to choose the following sorts of food at their establishment if they were available at lunchtimes (top 10):	15
Q19. When choosing what to eat, do you consider your health?	16
Q19. Percentage answering that they 'never' or only 'sometimes' consider their health when choosing what to eat.	16
Q19. Percentage answering that they 'very often' or 'always' consider their health when choosing what to eat.	16
Q20. Percentage of students responding that they ate breakfast at the following places on the day of the survey:	17
Q21. Percentage answering that they didn't have anything to eat or drink for breakfast on the day of the survey.	17
Q21. Percentage of students responding that they had the following to eat for breakfast on the day of the survey (top 10):	17
Q22. Smoking: Which statement describes you best?	18
Q22. Percentage answering that they currently smoke cigarettes.	18
Q25. Percentage of smokers answering that they would like to give up smoking altogether.	18
Q28. Percentage answering that they smoke cheap cigarettes.	18
Q29. Percentage of all students responding that they get cheap cigarettes from the following:	19
Q31. How often do you usually drink alcohol?	19
Q32. Getting drunk: Which statement describes you best?	19
Q33. Percentage answering that they have had an alcoholic drink in the last 7 days.	20
Q35. Percentage answering that they got drunk on at least one day in the last 7 days.	20
Q37. Percentage of students responding that they get alcohol from the following places:	20
Q38. Percentage of students responding that they think people their age drink alcohol for the following reasons:	20
Q43. Do you know anyone personally who takes drugs (not cigarettes, alcohol or medicines)?	21
Q44. Percentage of students responding that they have been offered the following drugs at some point (top 10):	21
Q45. Drugs summary: Percentage of students responding that they have taken at least one of the drugs listed...:	22
Q45. Percentage of students responding that they have used the following drugs at some point (top 10):	22
Q39. How many times last week did you exercise for at least 30 minutes each time and have to breathe harder and faster?.....	23
Q40. Percentage of students responding that they exercised at the following places in the week before the survey (top 5):	23
Q41. Percentage of students responding that they like to exercise because of the following (top 5):	23
Q42. Percentage of students responding that the following stops them exercising as much as they would like (top 10):	24

Q47. Worrying summary: Percentage of students responding that they have worried about at least one of the issues listed in the last month...:	25
Q47. Percentage of students responding that they worry about the following 'often' or on 'most days':	25
Q48. Percentage of students responding that they at least 'often' do the following when they have a problem that worries them:	25
Q49. Do you have a close confiding relationship with someone?	26
Q50. Percentage answering that they have worried so much about one of the issues it has affected their studies 'often' or on 'most days':	26
Q51. Percentage answering that they have been bullied in or near their establishment in the last 12 months.	27
Q52. Percentage of students responding that they have been bullied at the following places in the last 12 months:	27
Q53. Do you ever feel afraid of going to your establishment because of bullying?	27
Q54. Percentage answering that they think the establishment takes bullying seriously.	28
Q55. Percentage answering that they feel their views and opinions are listened to in their establishment.	28
Q56a. Percentage answering that they feel their views and opinions make a difference to decisions taken in their establishment.	28
Q56b. Percentage answering that they feel their views and opinions make a difference to decisions taken outside their establishment.	28
Q57. Percentage answering that they have done a regular paid job this term.	29
Q59. Percentage answering that their paid work has affected their academic work 'quite a lot' or 'very much':	29
Q60. Percentage of those who work answering that their job takes up too much time.	29
Q61. Percentage of students responding that they do the following work during term-time:	29
Q62. Percentage of students responding that they work during term-time for the following reasons:	29
Q63. Percentage of students responding that the following is their main source of information about sex (top 5):	30
Q64. Percentage of students responding that the following should be their main source of information about sex (top 5):	30
Q65. Percentage answering that they know where they can get condoms free of charge.	30
Q66. Knowledge of different methods of contraception:	31
Q67a. How much do you agree with the following statements? I'm glad I am who I am:	31
Q67b. How much do you agree with the following statements? I generally feel happy:	32
Q68. In general, how happy do you feel with your life at the moment?	32
Q69. Percentage of students responding that they use the following internet chat rooms/social networking sites:	33
Q69. Percentage of students responding that they use the following internet chat rooms/social networking sites 'every day':	33
Q70. Percentage answering that they have received a message in a chat room/social network site that scared them or made them upset.	33
Q71. Percentage answering that someone they don't know in person has asked to meet with them.	34
Q74. Percentage of students responding that they take part in the following activities:	34
Q74. Percentage of students responding that they take part in the following activities at least 'weekly':	34
Q75. Percentage of students responding that they 'agree' with the following statements:	35
Q76. Percentage of students responding that they would like to be in the following situation in five years' time:	36
Q79. Percentage of students responding to the following statements:	36



**This is not the end of your
Health Related Behaviour Survey!**

Ask us about...

- ... Getting your data into your computers**
- ... Turning your data into graphs and pie charts**
- ... Your data and Healthy Schools**
- ... Free resources about young people's health-related
behaviour: www.sheu.org.uk/node/366**

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