2013/14 Adolescent Lifestyle Survey North Lincolnshire

College/Sixth Form Report

NORTH LINCOLNSHIRE COUNCIL

October 2014
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## Acknowledgements

We would like to express our thanks to the principals and headteachers of the schools and colleges that took part in this survey and to all those staff who helped to coordinate and facilitate the survey within their establishments. Particular thanks are due to Kit Sargent and Amanda Tasker for their support. Finally we would like to express our thanks to the 500 students who took part.

Further reports from the North Lincolnshire Primary Age Lifestyle Survey and the Adolescent Lifestyle Survey are available at [http://nldo.northlincs.gov.uk/IAS_Live/sa/jsna/lifestage-reports/developing-well](http://nldo.northlincs.gov.uk/IAS_Live/sa/jsna/lifestage-reports/developing-well).
1. Introduction

The Adolescent Lifestyle Survey (ALS) was completed for the first time with colleges and school sixth forms in 2013/14. All were approached and all agreed to take part. In the first instance it was agreed that the survey would be completed with new entrants/Year 12s only, the majority of whom were between 17 and 19 years of age.

The survey questions were agreed with the ALS Steering group which included college representatives, and were similar to those asked of Years 9-11, with some additional questions asked about family background, and residence to reflect the wider catchment of the college population.

The survey was administered via a web based tool and completed anonymously on line. The colleges had access to their own results as the survey was completed. This report presents the aggregated data for all five establishments. The three school sixth forms have relatively small intakes and have been aggregated.

No attempts were made to randomise the selection of participating students, or to structure or weight the resulting responses to reflect the colleges’ Year 12 intake. Colleges were simply asked to engage as broad and as large a group of young people as possible in this first year of operation.

Overall, more than 550 college and sixth form students took part in the survey across the two colleges and three sixth forms in North Lincolnshire. 90 students were aged 19 plus and were excluded from the analysis to enable a more robust comparisons with Year 9-11 students. This report is based on the results for the 487 students aged 16-18 years of age who were captured by the survey.

With the exception of the demographic data, the data is aggregated with no identification of individual college results. The appendix table provides some data by college which is anonymised.

Overall, the results of the survey are very positive and are in line with the ALS results for younger age groups, suggesting a similar decline in risk taking behaviours amongst 17 and 18 year olds. The number of young people who feel subjected to bullying is also much lower in year 12 students than amongst school-age pupils. The report also identifies some
opportunities for improvement, including additional support for careers advice and low level emotional support, as young people are clearly very concerned about their future.

Figure 1: Responses by school/college, 2013/14

![Graph showing responses by school/college](image)

2. Demographics

2.1 Age, gender and free school meal status

Figure 2: Age of respondents by school/college

![Graph showing age distribution](image)

Girls outnumbered boys in the survey responses from John Leggott College and from the school 6th forms, whereas the reverse was the case in North Lindsey College, where boys outnumbered girls.

Figure 3: Gender of respondents by school 6th form /college

![Graph showing gender distribution](image)
14% of students said they had been entitled to free school meals (FSM) when they were at secondary school. This figure ranged from 9% in one school/college to 22% in another.

2.2 Ethnic origin, language and residence

Overall, 6% of the survey population identified themselves as from Black and Minority Ethnic (BME) groups. The largest BME group being young people of Chinese, Bangladeshi and Eastern European heritage.

A similar figure (6%) reported that English was not their first language. Bengali, Polish and Lithuanian were the most common other first languages spoken.

5% of students who responded said England was not their home country.

18% of respondents did not live in North Lincolnshire. Most of these were students who travelled into North Lincolnshire from neighbouring Doncaster, Hull East Riding of Yorkshire and North East Lincolnshire.

2.3 Carers

6% said they spent time looking after a sick or disabled relative. This compares with 8% of 11-15 year olds.

2.4 Self reported health and disability

Almost 1 in 10 pupils (9%) considered themselves to have a long term health problem or disability, (a figure similar to that reported by secondary school aged pupils). This ranged from 6% to 13% between schools/college.

65% boys and 71% females rated themselves as healthy, 16% and 14% respectively as unhealthy. Equal numbers of boys and girls, 2%, rated themselves as very unhealthy.
3. Health and wellbeing

3.1 Diet
Just over a third of young people said they ate breakfast on most school/college days, whilst 41% said rarely or never. There was little difference between girls and boys in this respect. Overall, 3 out of 4 students, (76%) said water was easily available in their college.

Figure 4: What young people do for lunch

For 1 in 3, lunch was the main meal of the day.

3.2 Physical activity
Overall, only 12% met the recommended levels of physical activity for this age group (i.e. which is at least 1 hour of moderate or vigorous intensity physical activity a day), although a further 28% were active for an hour at least 3 times a week. 1 in 5 (20%) said they did no exercise at all. As with younger teenagers, there was a considerable gender gap in levels of physical activity. 52% boys were active at least 3 days a week, compared with 28% of girls. There was no difference by free school meal status. 37% of young people said they did not sport or physical activity outside college or school.

3.3 Perceptions of weight
Almost half of young people (48%) regarded themselves as being an ideal weight, 1 in 3 (32%) overweight and 11% underweight. When asked how others perceived them, slightly more (16%) felt they would be perceived by others as underweight.

3.4 Emotional health and wellbeing
The vast majority of young people (80%) reported feeling happy every day or most days, and 60% felt they had a good life. 59% said they felt confident most days, whilst just under half (47%) felt they had a lot to be proud of. There was no difference between girls and boys in this respect.
However, as with most other young people a significant proportion admit to worrying at least a little in the previous 4 weeks. In fact 43% of this age group admitted to feeling worried every day or most days, compared with 29% of 11-15 year olds, and just over half said they felt stressed most days, 51% compared with 42% of 11-15 year olds. A fifth, (22%), said they felt lonely, or left out, most days or every day, a similar figure to 11-15 year olds. A higher proportion, 25% said they felt anxious or depressed most or every day, including 22% boys and 30% girls.

Concerns about course work, exams, and preparing for the future were the most common sources of worry for young people, followed by family problems.

**Figure 5: Worried a lot in the last 4 weeks**

When asked what they did to help them cope with these stresses, the most common responses were to talk to friends or family, listen to music, watch TV or exercise.

**Figure 6: Who young people find it easy to talk to about their problems**
Just under two thirds were aware they had access to student mentors in their college and about half were aware of student counsellors and student support officers. A third thought these services made a difference.

There were no differences between students attending the various schools/colleges in this respect.

4. Risky behaviours

4.1 Smoking

Young people were asked whether they smoked and how often. At this age, the official definition of regular smoking is at least weekly although most young people this age who smoke at least once a week, smoke daily.

Overall, 14% of young people this age fell within the definition of regular smokers. This is similar to figures reported in the survey of young people in Year 11. Rates were higher amongst girls, 18%, compared with 9% boys, and amongst young people who had been entitled to free school meals. 8 out of 10 of these smokers said they would like to give up.

When asked, just over half said they had found school lessons on smoking useful.

4.2 Alcohol

By this age more than 85% of young people had tried alcohol. Just over 1 in 5 (22%) said they drank alcohol weekly, and 44% monthly. There was no difference between the schools/colleges in this respect, between girls and boys or entitlement to free school meals. Reports of drinking to excess was slightly lower than amongst younger age groups, with 30% reporting having been drunk in the previous 4 weeks compared with 36% of Year 11s. Girls were more likely than boys to report getting drunk at this age. 36% girls compared with 22% boys.

4.3 Illegal Drugs

More than 1 in 3 young people this age (37%) say they have been offered drugs. The most common venue being at a friend’s house party. 14% said they had tried drugs at some point in the past, while 5% said they had tried drugs in the last 4 weeks, cannabis being the most common drug used. There were no differences between the sexes, or by schools/college attended.

Almost three quarters, (74%), said they had found lessons on drugs at school useful, whilst 14% said they would like more information. The majority of young people, 74%, said they would know where to get help and advice regarding drug use if required.
5. Sexual Health

Overall, just under 2% of this age group identified themselves as gay or lesbian and 5% as bisexual. The majority said they were 15 years of age when they became sure of their sexuality. When asked if they would have liked someone to talk to at school about their sexuality, 39% of this group said yes. Just under half said they would have liked more information about this at school.

1 in 6 young people this age (16%) said they had used sexual health services, Choices clinics being the most common venue. When asked where they would go should they need sexual health advice, the majority identified Choices or other sexual health clinics. The next most popular were GPs. The vast majority of this age group (97%) knew what chlamydia was and 1 in 3 said they had been offered a chlamydia test. This varied by sex. 40% girls said they had been offered a test, compared with 27% boys.

When asked how many young people their age they thought had had sex, 82% said at least half had, and 60% thought that most had. This compares with 42% who claimed to have had sex. Girls were more likely than boys to have had sex at this age, 49% compared with 33% boys.

**Figure 7: How many young people your age do you think have had sex, compared with % who claim to have had sex**

Of those who were sexually active, more than half (60%) had had no more than two partners to date, whilst 17% said they had had 5 or more sexual partners. 3% said they did not feel they had the right to say no the last time they had sex. More than half of this group were boys.

More than half of this sexually active group (58%) said they had discussed contraception choices with their last sexual partner, and 78% said they felt able to ask their partner to use a condom. However, when asked what protection they had used the last time they had sex,
only half (50%) reportedly used a condom. 10% said they had used nothing and 40% the pill, or LARC.

The vast majority of their sexual partners were of a similar age.

73% said they had found school lessons on sexual health useful, 16% said they had not been useful, whilst the remainder could not remember having had any.

61% felt that these lessons had answered most of their questions, 17% said they had not.

6. Staying Safe
6.1 Experience of bullying

Overall 9% of young people said they had been bullied in this college/sixth form, 2% of the total sample in the last 4 weeks. This was more common in some sixths forms and colleges than others. Most of those who had been bullied were unsure why they had been bullied. Almost 1 in 5 said they witnessed bullying of others in their school/college.

Almost three quarters (72%) said they would know where to go in college for support if they were ever bullied.

6% said they had been cyberbullied whilst at this school/college, half on Facebook and the remainder on a text message or on email.

More than half (56%) felt that bullying was dealt with well by their college, slightly fewer (44%), felt that their college dealt with cyberbullying well. There were few differences between the colleges in this respect.

By this age almost 90% young people have a mobile, including just over three quarters (76%) who owned smartphones, and 73% owned laptops, or tablets.

6.2 ‘Sexting’

73% thought ‘sexting’ was common amongst their age group, although fewer than 20% said they had received a sexual message or image in the last 12 months. Girls were more likely than boys to say they had received such a message, 26% girls compared with 13% boys.

Two thirds of young people this age thought that at least half of their peers viewed pornography on line. More than half thought that young people probably began looking at porn at 13 years of age or younger.

On average, only 37% of this age group said they were aware of the CEOP online safety button, and only 17% knew how to download it onto their web-browser. There was little difference between the colleges and sixth forms pupils in this respect. 2% of young people aged 16-18 years said they had used the CEOP online safety button. Just over half (53%) said they found lessons on internet safety useful.
6.3 Domestic Abuse

This brief section of the survey began with a definition of domestic abuse supplied by the local coordinator. Overall, 16% girls and 11% boys said they had witnessed domestic abuse in their family. There were no significant differences between the schools/colleges in this respect.

Just over a quarter (29%) said they were currently in a relationship, and 10% of these said that their partner had either hit them or threatened to hit them, 11% had checked their text messages. Two thirds said they were aware that there were numbers they could ring for support and advice.

7. The Future

7.1 Aspirations

The majority of young people said it was very important for them to get good exam results. Just under half (43%) said they hoped to go on to university. There were significant differences between the colleges in this respect, and between girls and boys, at 49% and 35% respectively. 14% hoped to be doing an apprenticeship when they finished 6th form/college, and 21% hoped to be in full time employment.

Boys were more likely than girls to say they were not sure what they wanted to do when they finished 6th form/college, 22% compared with 17%.

7.2 Careers advice

Just over half (55%) thought that the careers advice they received at college was very good or good enough. 16% said they would like more advice, 4 out of 5 of these were girls.

More than half (55%) were confident they would get the careers advice they needed at school/college. However girls were less confident than boys in this respect, with 22% saying they were not very confident.

Young people were more confident about the advice and support they would get at home, with 63% saying they were happy with this.

7.3 Paid and unpaid work

At the time of the survey just over 1 in 4 (29%) said they had a part time paid job. A further 19% said they volunteered, whilst 26% said they would like to volunteer.
### 8. Appendix table

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<th>Schools/Colleges*</th>
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<td></td>
<td>1</td>
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<tr>
<td>% with a disability/limiting long term illness</td>
<td>7%</td>
</tr>
<tr>
<td>% entitled to FSM</td>
<td>9%</td>
</tr>
<tr>
<td>% BME</td>
<td>10%</td>
</tr>
<tr>
<td>% Did no exercise in previous 7 days</td>
<td>26%</td>
</tr>
<tr>
<td>% feel confident most days</td>
<td>47%</td>
</tr>
<tr>
<td>% who feel lonely/ left out most days</td>
<td>28%</td>
</tr>
<tr>
<td>% who feel they have a lot to be proud of</td>
<td>34%</td>
</tr>
<tr>
<td>% feel anxious/depressed most days</td>
<td>33%</td>
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<tr>
<td>% regular smokers</td>
<td>13%</td>
</tr>
<tr>
<td>% used drugs in the last 4 weeks</td>
<td>8%</td>
</tr>
<tr>
<td>% have had sex</td>
<td>38%</td>
</tr>
<tr>
<td>% used no protection last time they had sex</td>
<td>8%</td>
</tr>
<tr>
<td>% received a sexual message in the last 12 month s</td>
<td>32%</td>
</tr>
<tr>
<td>% ever witnessed domestic abuse in the home</td>
<td>14%</td>
</tr>
<tr>
<td>% worried a lot in last 4 weeks about reaching their potential</td>
<td>54%</td>
</tr>
<tr>
<td>% confident they will get the right advice and guidance at college to help choose job/career</td>
<td>42%</td>
</tr>
<tr>
<td>% confident they will get the right advice and guidance at home to help them choose the right job/career</td>
<td>49%</td>
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*The results from the two colleges are presented separately and the results from the three sixth forms are amalgamated due to the smaller number of respondents in each*