North Lincolnshire Adolescent Lifestyle Survey 2013/14

North Lincolnshire Council

Public Health Intelligence Team

May 2014
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### Background and methodology

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### Acknowledgements

We would like to express our thanks to all of those head-teachers, deputy heads, heads of year, and form tutors who coordinated the completion of this survey. Particular thanks are due to Judy Franklin and Ben Lawrance of Frederick Gough School for their leadership and support throughout the process and to Phillipa Hartley of Huntcliff School for helping us pilot the survey with pupils from her school. The fact that all secondary schools continue to participate in the survey each year demonstrates head teachers’ continuing commitment to improving the health and well-being of their pupils, and their engagement with the local and national public health and wellbeing agenda. Finally we would like to express our thanks to all of those 5689 pupils who took part in the survey.
Introduction

1.1 Introduction

- This report presents the summary findings of the latest Adolescent Lifestyle Survey, 2013/14.
- This is the fourth lifestyle survey of secondary school children completed in North Lincolnshire. The previous surveys were carried out in the autumn terms of 2004 and 2007 and the autumn & early spring terms of 2010/11.
- All 4 surveys were commissioned by North Lincolnshire’s Children and Young People’s Partnership and planned collaboratively with local secondary schools, local authority, NHS and public health staff.
- This latest survey was completed between October 2013 and February 2014, and was again led by individual schools and colleges, with the support of public health intelligence staff from North Lincolnshire Council.
- Each secondary school has access to their own school level survey data. This report summarises the results of the aggregated authority wide data for North Lincolnshire.
- Overall, the survey generated responses from just over 5,689 pupils aged 11-15 years. This represents 63% of this age group in North Lincolnshire.
- All North Lincolnshire secondary schools took part in the survey via an anonymous online survey tool. St Hugh’s Communication and Interaction Specialist College also took part, but used a modified and shorter version. St Hughes results are not comparable to those reported here and so are not included in this report.
- Pupils attending Pupil Referral Units, and other off site facilities at the time of the survey did not take part.
- Participation in the survey varied widely between schools, with some achieving close to 100% coverage. However, all schools reached the minimum participation rate of 33%, with most schools exceeding this figure.
- Because participation rates varied widely, a 38% sample of responses was randomly selected from the data base for each year group to ensure that the average benchmark for North Lincolnshire was weighted according to the relative size of each school.
- We are confident that the sample is representative of 11-15 year olds, in terms of age, gender, family income, looked after status, and ethnicity. However, it is likely that a significant number of young people with special educational needs attending these mainstream schools will not have participated because of the length of the survey, the language used, and the potential need for additional teaching assistant support, although we are aware that at least one school developed a modified version for use with young people with additional learning needs.
- The paragraphs below summarise the key findings across a range of key health and wellbeing outcomes. As in the previous three surveys a small number of questions related to sexual health were asked of pupils in years 9-11 only. Many of the questions have been used in national surveys to monitor trends in young people’s health and wellbeing.
- Parents were informed by schools ahead of the survey taking place and were given the opportunity to withdraw consent for their son or daughter to take part. No parents took up this opportunity.
- Overall, the results are very positive, with continuing and measurable improvements in health and wellbeing compared with 2004, 2007 and 2010 results. This is good news for young people, their families, schools and local agencies and represents the outcome of
local agencies’ joint efforts to improve children’s health and well-being over the last ten years.

- However, the report also identifies some opportunities for improvement and so the results of this survey will be used to inform the priorities of the Children’s Partnership and integrated commissioning groups.
- At the same time the individual school reports are being used by local schools to help them gauge how well they are meeting their own health and wellbeing objectives and to develop local action plans for improvement.

1.2 Characteristics of sample

- The sample broadly matches the North Lincolnshire secondary school aged population in terms of sex, age, ethnicity, disability and free school meal status. The sample was evenly split between the five national curriculum year groups, Years 7-11.
- 14% pupils who took part in the survey said they claimed free school meals, (FSM). This compares with 12% across the secondary school population as a whole in North Lincolnshire.
- Most pupils (97%) said they lived with at least one natural parent and 60% said they lived with both. Of those living with just one natural parent, 9 out of 10 lived with their Mum, although many will have had regular contact with both parents with some spending time living in each parents’ home. Less than 1% were placed in foster care or children’s homes. 4% said that other relatives, such as grandparents, lived with them. These figures are similar to the previous survey in 2010.
- Just over 7% of the survey population identified themselves as being from Black and Minority Ethnic groups; the largest BME group being young people of Bangladeshi heritage followed by Polish heritage. For 7% of pupils, English was not their first language. This is lightly higher than in previous years, when it was 6%.
- Just over 1 in 10 pupils (11%) considered themselves to have a long term health problem or disability. This is slightly higher than in 2010 and 2007, and compares with an estimated 7% of under 16s identified nationally, with a long term disability or health problem.
- Looked After Children and children on free school meals were more likely than other children to identify themselves as having a disability or long term problem, 26% and 14% respectively.
- Approximately 1 in 12 pupils (8%) said they spent time caring for a sick or disabled relative. This is slightly lower than in 2010 and 2007 (10%).
- Just over a third (37%) of these young carers said they were caring for a parent, and 40% for a grandparent, (often those that lived with them). For most pupils, this caring role involved doing jobs round the house, ‘keeping an eye’ on their relative, or keeping them company. For 1% of this age group, this involved daily personal care. This is similar to previous years.
- All of those providing personal care said they got help from either a social worker or health worker or both. More than half of this group of young carers were also being supported by ‘Kaleidoscope’.
- 30% of those who identified themselves as ‘carers’ were eligible for free school meals, confirming the strong association between family disability and low income seen in previous surveys.
- Where possible, we have undertaken detailed analysis by age, sex, ethnic group, disability and free school meal status and compared with national data.
2. Summary of data

2.1 Staying healthy

- The vast majority of young people, 86%, report being in good physical health, although this tends to decline with age, from 95% of Year 7s to 81% of Year 11s.
- The proportion of young people who report being physically active for at least one hour a day has risen markedly since 2010, from 10% to 23%. Even so, this still means that less than a quarter of 11-15 year olds achieve the level of exercise recommended for young people their age to maintain good health.
- This declines with age, from 32% of year 7s, to 19% of year 11s. Girls are markedly less active than boys. By Year 11 only 10% of girls maintained this level of physical activity, compared with 28% boys.
- Children on free school meals and children with disabilities are more likely to say they do no exercise at all, with 10% of each group, respectively, reporting inactivity, compared with 6% of the general population.
- The proportion of teenagers who say they skip meals or eat at irregular intervals has declined since 2010. This remains a particular issue amongst girls, and tends to increase as they get older. More than 1 in 4 Year 11 girls, (26%), say they never eat breakfast on school days, whilst more than 1 in 20 girls of this age, (7%) regularly miss both breakfast and lunch.

Figure 1: % girls and boys who say they never eat breakfast before school, 2013

- Fewer than half of pupils, (43%) said they eat school dinners, with take up declining as they get older. 10% of Year 9-11 pupils said they did not eat anything for lunch.
- A quarter (24%) of those who report claiming a free school lunch said they do not take up this offer in school. This varied from a low of 10% of FSM claimants eating school dinners in one school, to more than half, 51% in another.
- Almost 1 in 5 pupils (19%) aged 11-15 years considered themselves to be overweight. This is lower than in previous years, (when it was 22%) and compares with an observed 33% of 10-11 year olds in North Lincolnshire assessed as either overweight or obese by
the National Child Measurement Programme (NCMP) in 2012/13, including 19% of this age group who were assessed obese in that year.

- The proportion of boys who perceive themselves to be overweight is similar to girls. However girls are much more likely than boys to think that others perceive them to be overweight.

### 2.2 Emotional wellbeing

- The majority of children and young people have a positive outlook on life. Most are happy and confident and feel they have a lot to be proud of.

<table>
<thead>
<tr>
<th>Table 1: Which of the following statements do you agree with?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Agree</td>
</tr>
<tr>
<td>My life is going well</td>
</tr>
<tr>
<td>Life is just right</td>
</tr>
<tr>
<td>I wish I had a different life</td>
</tr>
<tr>
<td>I have a good life</td>
</tr>
<tr>
<td>I have what I want in life</td>
</tr>
<tr>
<td>I have a lot to be proud of</td>
</tr>
</tbody>
</table>

- However there were some differences between groups. For example, girls were less likely than boys to express a sense of pride in themselves, as were young people with a limiting long term illness or disability.

- These differences increase as pupils get older and are evident in all schools. By Year 11, 45% girls, and 55% of boys felt they had a lot to be proud of. These findings are similar to those reported in 2007.

**Figure 2: % pupils who say they have a lot to be proud of by age and disabled status**
Table 2: How frequently do you feel (all year groups)

<table>
<thead>
<tr>
<th></th>
<th>Everyday</th>
<th>Most days</th>
<th>Hardly ever</th>
<th>Never</th>
</tr>
</thead>
<tbody>
<tr>
<td>Happy</td>
<td>32%</td>
<td>52%</td>
<td>7%</td>
<td>1%</td>
</tr>
<tr>
<td>Confident</td>
<td>26%</td>
<td>41%</td>
<td>18%</td>
<td>6%</td>
</tr>
<tr>
<td>Worried</td>
<td>8%</td>
<td>21%</td>
<td>52%</td>
<td>9%</td>
</tr>
<tr>
<td>Sad or tearful</td>
<td>5%</td>
<td>18%</td>
<td>54%</td>
<td>12%</td>
</tr>
<tr>
<td>Stressed</td>
<td>13%</td>
<td>29%</td>
<td>38%</td>
<td>10%</td>
</tr>
<tr>
<td>Bad tempered/angry</td>
<td>11%</td>
<td>24%</td>
<td>44%</td>
<td>12%</td>
</tr>
<tr>
<td>Lonely/left out</td>
<td>7%</td>
<td>15%</td>
<td>41%</td>
<td>27%</td>
</tr>
<tr>
<td>Anxious/depressed</td>
<td>7%</td>
<td>13%</td>
<td>37%</td>
<td>31%</td>
</tr>
</tbody>
</table>

- Less than a quarter of pupils, 24%, said they felt sad or tearful, most days or every day, whilst only a fifth, 20%, said they were often anxious or depressed.
- A very small minority, 5%, said they felt sad or tearful every day, 7% felt lonely or left out and 7% felt anxious or depressed. The most common negative feeling was ‘feeling stressed’.
- Reports of daily sadness, loneliness and anxiety were evenly spread across the age ranges, with these negative emotions being reported much more commonly by girls than boys. 8% girls said they felt sad or tearful every day, compared with 3% boys.
- Children with disabilities or long term conditions were more likely to say they felt sad or lonely every day, 13% compared with 6% with no disabilities. Whilst 20% said they felt stressed every day, compared with 12% with no disability.
- Feeling stressed every day was also more common amongst older teenagers, rising from 6% of Year 7s to 22% of Year 11s, and was much more common amongst girls.

Table 3: % pupils (all ages) who say they feel at least one of the following every day

<table>
<thead>
<tr>
<th></th>
<th>Worried</th>
<th>Sad</th>
<th>Stressed</th>
<th>Angry/Bad tempered</th>
<th>Lonely</th>
<th>Anxious/depressed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>5%</td>
<td>3%</td>
<td>10%</td>
<td>10%</td>
<td>5%</td>
<td>4%</td>
</tr>
<tr>
<td>Girls</td>
<td>11%</td>
<td>8%</td>
<td>17%</td>
<td>12%</td>
<td>9%</td>
<td>7%</td>
</tr>
<tr>
<td>Disability</td>
<td>13%</td>
<td>10%</td>
<td>20%</td>
<td>16%</td>
<td>13%</td>
<td>12%</td>
</tr>
<tr>
<td>No disability</td>
<td>7%</td>
<td>5%</td>
<td>12%</td>
<td>10%</td>
<td>6%</td>
<td>6%</td>
</tr>
</tbody>
</table>
What young people worry about

- Young people were asked how worried they had been in the last month about a range of issues. Overall, levels of worrying appear to be lower than in previous surveys.
- Across the age groups, their chief concerns are achieving their potential at school, exams and tests and making the right choices of subject options. These anxieties increase with age and are higher amongst girls than boys.
- Girls are also far more likely than boys to say they worry a lot about their appearance – 47%, compared with 18% boys.
Worrying about being bullied

- The proportion of pupils who reported worrying a lot about bullying in the last month has fallen considerably in the last 10 years, down to 9%—compared with 13%, in 2010, 15% in 2007 and 20% in 2004.
- Falls have been greatest amongst Year 7s—down from 24% in 2007, 21% in 2010 to 11% in 2013. Rates were even lower amongst the older age groups.
- However, children with disabilities were much more likely to say they had worried a lot about this. 18% of Year 7s, compared with 11% of children without disabilities.

Settling into secondary school

- Pupils in Year 7 and Year 8 were asked to look back and consider how long it had taken them to settle into their current secondary school. Overall, just under half of pupils in Years 7-8, (49%) said they had settled in straight away. A further quarter, 25%, had settled in by the October half term break, whilst 5% said they still found it difficult to settle.
- There were no differences in responses between Year 7 and Year 8 pupils, although rates varied by school and between sexes, with girls reporting taking longer than boys to settle in.
• Children with self reported long term illnesses or disabilities took the longest, with 1 in 10 of this group still saying they had still not settled in their school, compared with 5% of other children. This applied across all schools.

![Figure 7: How long it took Years 7-8s to settle into their school](image)

Who Young People talk to
• When asked what they did to relieve their anxieties, the most common responses from girls were, talking to family and friends, and from boys playing on computer games and listening to music. A small handful of young people said they either had self harmed or would consider self harming.
• Reassuringly more than half, 62%, said they found it easy to talk to a parent about their worries and problems. However this declined as children got older, with friends overtaking parents as the main source of informal support.
• Only 32% overall said they found it easy to talk to teachers about their worries, and only 28% other school staff. This varied by school.
• 47% said they would not approach any adult staff member in school with a problem.
• 14% said they found it difficult to talk to any adult about their worries.
• A small minority, 7% said they found it difficult to talk to either their peers, parents or other adults, (including social workers) about their worries. This compares with 4% in 2010 and applied across the whole secondary school population equates to more than 600 with potential unmet emotional support needs.
• This applied equally to boys and girls, and across schools, although it was more common amongst older pupils.
• Almost a third of this small group of young people said they had been bullied in the last 4 weeks, more than half, 55% said they felt sad or lonely most days, a third, 33%, said they had worried a lot about family problems in the last 4 weeks, almost half said they had worried a lot about being bullied, 49%, with an equal proportion saying they had worried a lot about school work.

Access to formal support
• 68% were aware of peer mentors in their schools. This compares with 77% in 2010, and is due largely to a poor response to this question in 3 schools.
• Just over half, 54% said they had access to school counsellors, the same proportion as in 2010, and 37% cyber mentors, although this varied significantly between schools.
• 13% of pupils said they have talked to a peer mentor about bullying. Of these, 61% said it had made a difference.
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- There was no difference in awareness of support between those young people who felt able to share their worries with others and those who found it difficult.

2.3 Feeling Safe

Many of the questions in this section were asked in 2007, and a handful in 2004. Those asked in all three surveys include, how safe young people feel in different contexts and their perceptions and experience of bullying. Those asked for the first time in 2007 included experience of domestic abuse in the home. New questions were added in 2010 and in 2013, including their perceptions of ‘sexting’ and access to pornography.

Travelling about

- Generally most pupils said they feel safe travelling to and from school. Of those pupils who travel on a school bus, 7% said that they felt unsafe. An equal proportion said they felt unsafe walking or cycling to school. Young people were more likely to say they felt unsafe walking alone in their neighbourhood at night, 49%, travelling alone on public transport, 37%, or travelling in a friend’s car, 23%.
- 7% of pupils said they felt unsafe in school, with higher rates, (10%) amongst children with long term illnesses and disabilities. More than half 54% of these children were fearful of being bullied by other children, and 45% said they had been bullied in the last 4 weeks.

Online safety

- Overall. 77% pupils said they had their own smartphone, or other device, such as a laptop or tablet with internet access. Ownership of laptops was relatively universal across the age ranges, whilst smartphone ownership increased with age, from 55% of Year 7s to 82% Year 11s.
- 33% said their parents monitored their online activity with rates declining with increasing age, from 55% Year 7s to 13% Year 11s.
- Two thirds of pupils said they were sometimes on line after midnight, most of them at weekends only, and only on occasions. The frequency of late online activity increased with age, from 6% of Year 7s reporting being on line after midnight most nights, to 23% of Year 11s.
- 14% of pupils of all ages said they felt unsafe online, a slight rise on 2010 when it was 10%, possibly as a result of increased awareness of internet safety issues.
- Year 7s were least likely to say they felt safe online, 19%, compared with 10% of Year 11s.
- Just over half of all pupils, 51%, said they were aware of the online safety button, up from 47% in 2010. Awareness was lowest amongst Year 11s, at 43%.
- There were significant differences in awareness between schools, ranging from 19% of all year groups in one school, to 92% in another, suggesting that both parents and schools could do more to raise awareness of ‘e safety’.
- The majority, 72% said they found lessons in internet safety useful, with Years 10-11 being more likely to say they could not remember having any lessons on this.
- Overall, more than a fifth of pupils, 22%, said they would like more information on keeping safe online.
‘Sexting’

- Overall, 75% of Year 9-11 pupils perceived that ‘sexting’ happened amongst their age group. This rose to 80% of Year 11s.
- However, when asked if they had received a sexual message or image on their phone/computer in the last 12 months, half that number, 34%, said yes. Again this increased with age, from 24% Year 9s, to 43% Year 11s. There was little difference between boys and girls in this respect.
- 69% of 14-16 year olds thought that at least half young people their age had accessed pornography online. This was far more common amongst boys, 80%, compared with 60% girls.
- The perception was that this commonly began at 12 – 13 years of age.

Experience of Bullying

- Whilst young people may worry less about bullying than in previous years – the percentage who say they have been bullied at any time in their current school has not declined nearly as much, although it is a significant improvement on previous years.
- Pupils were given the Ofsted definition of bullying to read before answering this question, and were asked to indicate whether this had *ever happened to them* in this school. Just over a third of pupils, 38%, said they had been bullied at some point in their current school, a quarter of this number, (10% of all pupils) said they had been bullied a lot. This compares with 42% in 2010.
- When asked if this had occurred in the last 4 weeks, 14% said yes, of which half, 7%, had been bullied a lot. This is slightly higher than in 2010, when the rate was 12%, and is accounted for by a significant increase during this period in a very small number of schools.
- Reports of recent bullying were highest amongst children claiming free school meals, (20%) and those who self-reported as having a long term illness or disability, (23%). This difference was evident across all schools.

**Figure 8: Bullied in the last 4 weeks**

- Of those that have been bullied in the last four weeks, 71% said they had suffered verbal bullying, 17% physical bullying. 1 in 4, 24%, said it took the form of being isolated or left out by others. A very small minority of this group, 5%, said they thought had been bullied because of their sexuality.

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1 Defined as ‘sending or receiving a sexual image on a phone or computer’.
1 in 5 pupils, 20%, said they had experienced cyberbullying at some point in the past, this compares with 6% in 2010. The main source was Facebook or Twitter.

Reassuringly most young people, 85%, said they were aware of how to get help in the event of being bullied, or if they ever witnessed bullying.

Almost two thirds of pupils, 65%, felt that their school dealt with bullying well or OK, 21% felt it was poor, whilst 7% said they did not know.

Children with a long term illness or disability were less likely to rate school responses to bullying as adequate, with 28% saying they were poor.

Perceptions were lower for cyberbullying – with just over half of all pupils, 54%, reporting that their school dealt with this well, or OK, although a higher proportion reportedly did not know, at 19%.

**Domestic abuse**

1. Questions about domestic abuse were asked for the first time in 2007. In 2010 they were asked again with some additional questions. This brief section of the survey began with a definition supplied by North Lincolnshire’s Domestic Violence Coordinator.

2. Overall, 1 in 6 girls, 16%, and 1 in 10 boys, 10%, said they had witnessed domestic abuse within the family home. This is slightly lower for boys than in 2010, but the same for girls. As in the 2007 survey there was variation between schools.

3. Children on low incomes were more likely to report witnessing domestic abuse, 23% compared with 13% pupils not claiming FSM.

4. When asked whether a current girlfriend or boyfriend had ever hit them or been physically threatening towards them, 7% said yes. There was little difference between the sexes, although slightly more boys than girls claimed to have been hit or threatened with violence by their partner.

5. 14% said they had been verbally abused by their girlfriend or boyfriend, and 23% said that their partner had checked their text messages.

6. The majority of pupils were aware there were numbers they could ring for help and advice on this.

7. Of those who responded to the question, 61% said they found lessons on healthy relationships useful, whilst 33% said they had not had any yet.

8. 26% said they would like more information about this in the classroom.

**2.4 Risky behaviours**

**Smoking**

1. The percentage of young people who engage in risky behaviours in North Lincolnshire continues to decline, with self-reported levels of smoking, drug use and alcohol consumption all falling in line with national trends.

2. In 2013, 22% of 11-15 year olds in North Lincolnshire said they had tried tobacco. This compares with 28% in 2010 and 35% in 2007.

3. Experimentation tends to peak in the mid teen years, more than trebling between Year 7 and Year 9, with girls being more likely than boys to smoke. Experimentation is also more common amongst children on free school meals, 33% have tried smoking compared with 21% of those not claiming free school meals.

4. Pupils were not asked about the use of e-cigarettes.

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2 ‘Domestic abuse is when one person hurts or bullies another person who is or was their partner, or who sin the same family. Domestic abuse can happen between people who are boyfriend and girlfriend or who are married or grown-ups who live in the same house together’.
In 2014, less than 1% of Year 7 pupils in North Lincolnshire reported smoking at least one cigarette a week, (the national definition of regular smoking amongst under 16s). This is similar to previous years, with significant variation between schools.

Amongst Year 11s, smoking rates are higher than the national average, especially for girls, 15% compared with 10% nationally. As the graph shows, smoking has declined significantly amongst local Year 11 boys since 2010, but less so for girls, although for both sexes smoking rates are significantly lower than in 2007.

**Figure 9: Regular smoking by age and sex 2007/2010/2013 North Lincolnshire**

- Pupils that receive FSM are more likely to be regular smokers, 9% across all age groups, compared with 5% who are not eligible for FSM. This reflects the national social gradient in smoking, which is also observed amongst adults. More than half of Year 11 smokers said they started smoking at 13-14 years of age.
- In spite of falling smoking rates, young people still perceive smoking to be far more common amongst their peers than it actually is, although their perceptions are more in line with reality than in previous years. In 2013, 18% of all age groups thought at least half people their age smoked, compared with 46% in 2010. Again perceptions varied by school.
- More than two thirds, 69%, pupils said they found school lessons on smoking useful, a slight increase on 2010. Overall, almost 1 in 5 pupils, 32%, said that they had not yet had any lessons on smoking or could not remember having had any. This ranged from 4% in one school to 26% in another.
- Non smokers were far more likely than smokers to say they found these lessons useful.
- Just over half of these regular smokers say they want to quit, with variation between schools. Applied across the whole of North Lincolnshire this would equate to almost 300 young smokers across North Lincolnshire as a whole who want to quit.
- More than a third of young people say they live with smokers, 38%. This percentage was similar across the age groups, rising to 68% amongst regular smokers. Of those who lived with smokers, more than half 61% reported their Mum smoked and 45% their Dad.
Encouragingly, fewer young people say they buy cigarettes or tobacco directly from shops than in previous years, the most common method being to ask someone else to buy on their behalf. Nevertheless, 1 in 3 boys and 1 in 5 girls say they buy them from a shop or supermarket.

Drug use

- Regular drinking and self-reported drug use amongst teenagers has also fallen in North Lincolnshire over the last 3 years. As in previous surveys, the most common drug used by this age group is cannabis. In 2013, 3% of 11-15 year olds said they had tried cannabis in the last 4 weeks. This compares with 4% in 2010, and 7% in 2007, and is below the national average.
- When asked where they got these drugs from, the most common response from young people was from a friend, (60%), followed by a family member, (23%), or a stranger (17%).
This decline has been observed in almost all schools over the last three years.

In contrast the proportion of young people who say they have been offered drugs has remained fairly consistent over this period, suggesting that young people are becoming increasingly resilient to drug exposure.

Boys were more likely than girls to say they had been offered drugs, 18% compared with 15% girls. This gender difference was wider amongst pupils entitled to FSM, 22% of boys compared to 16% of girls.

Exposure to drugs was consistent across all areas of North Lincolnshire, regardless of the school’s urban or rural location. The most common place to be offered drugs was on the street, at the park, or at a friend’s house party.

The majority of young people, 74%, say they find lessons on drugs useful. This element of PHSE ranked higher than lessons on smoking or alcohol, and is slightly higher than in previous years. 12% said they had not had any lessons on this yet, although this varied by year group and by school.

Alcohol

Most young people this age say they have tried alcohol, and for many this tends to be on special occasions, and usually under parental supervision. Just over half of 11-15 year olds, 57%, said they had had a whole alcoholic drink to themselves, with consumption rising with age, from 30% of Year 7s to 80% of Year 11s. In each age group this is a higher proportion than nationally.

Far fewer young people report drinking as much as weekly and there is little difference with national rates. By Year 11, 16% of 15 year olds, in North Lincolnshire report drinking every week, compared with 15% of this age group nationally.

Drinking to excess has also fallen amongst this age group since 2010 and in every school. In 2013, 15% of all pupils said they had been drunk at least once in the previous 4 weeks, compared with 22% in 2010. This increases with age, rising from 5% of Year 7s, to 36% of Year 11s, with girls continuing to outnumber boys in the older year groups.
As in previous years, the main source of alcohol for young people, even amongst those who say they drink regularly, are parents. This is followed by ‘friends’ who they ask to purchase alcohol on their behalf.

As elsewhere in the country, drinking to excess tends to increase with age. In 2013, less than 2% of Year 7s, said they had been drunk at least once in the last month. This compares almost a third (30%), of Year 11s. There was little difference between the sexes in this respect. Even so this is a significant decline on previous years.

9% of Year 11s said they had had unprotected sex whilst drunk, whilst 12% said they had tried drugs.

### 2.5 Sexual health

- The vast majority of teenagers this age are not sexually active, and the percentage of 14-16 year olds who say they are has fallen in each survey in North Lincolnshire since 2004, and currently stands at 15%, compared with 21% in 2010.
- The highest rates are reported amongst Year 11s, 30%, and, in keeping with previous years, amongst girls, 37%. This compares with 36% nationally.
There was a strong association between sexual activity at this age and free school meal status (FSM), especially amongst the younger teenagers. However, this relationship weakens with age.

Figure 15: % of all Year 9-11 pupils that claim to have had sex by age and FSM status in 2013

Of the 15% of 13-15 year olds who said they were sexually active, 61% said they or their partner had used a condom the last time they had sex, with or without other forms of contraception, whilst 11% said they had used nothing. This is better than in previous years, when 16% said they had used no protection.

Table 4: When you last had sex, what forms of contraception did you/your partner use? (baseline - 15% of all Years 9-11 who claimed to be sexually active)

<table>
<thead>
<tr>
<th>Condom</th>
<th>Condom &amp; other contraception</th>
<th>Implant/ LARC</th>
<th>Injection</th>
<th>Pill</th>
<th>Nothing</th>
</tr>
</thead>
<tbody>
<tr>
<td>48%</td>
<td>13%</td>
<td>11%</td>
<td>2%</td>
<td>12%</td>
<td>11%</td>
</tr>
</tbody>
</table>

More than half of those who are sexually active said they were aged 14 years or younger the first time they had sex.

The vast majority said their current sexual partners was the same age as themselves or other young people under the age of 18.
Perceptions of others’ sexual activity

- In line with these positive results, their perceptions of how many young people engage in sex have fallen significantly since 2007, and 2010. In 2010, more than half, 53%, of 14-16 year olds thought that most young people their age had had sex, compared with an actual figure of 21% in that year. By 2013 their perceptions of sexual activity had fallen to 22% which is a better reflection of reality, but is still significantly higher than those who claimed to have had sex in 2013.

- As before, girls are far more likely than boys to over-estimate levels of sexual activity amongst their peers. 46% of Year 11 girls thought that most if not all 15 year olds were sexually active, compared with 31% boys this age. This compares with 71% and 58% in 2010.

Use of sexual health services
• 1 in 6 Year 11s (16%) said they had used sexual health services. Not surprisingly, the highest rates were reported amongst Year 11 girls. There was no association between use of services and free school meal status

Figure 18: % of all Year 9-11 pupils who say they have used sexual health services

• 6% pupils in Years 9-11 had been offered a Chlamydia test. This rose to 13% amongst Year 11s, and varied significantly between schools, ranging from 5% to 28%. Even so, this overall figure represents less than half of all sexually active Year 11s.
• At the same time young people’s knowledge and awareness of sexually transmitted infections (STIs) and how to avoid them has improved significantly since 2004. Knowledge of Chlamydia in particular, has increased significantly. In 2013, only 6% Year 10s said they did not know what Chlamydia was, compared with 20% of this age group in 2004. However this proportion varied significantly between schools.
• Pupils in Years 7-8 were asked how useful they found sexual health lessons. Two thirds, 66%, of Year 7s and 75% of Year 8s said they found them useful, whilst 22% and 14% respectively said they could not remember having any. This varied significantly by school.

2.6 Leisure Time
• Research studies have shown that getting involved in structured and supervised extra-curricular activities can enhance self-esteem, social skills and learning outcomes. As in previous surveys, most pupils reported being involved in some sort of structured activity outside school, most commonly sport.
• Children on free school meals were less likely than others to attend out of school sport clubs
• When asked whether they thought there was enough for young people their age to do at weekends or in the school holidays, in their area, only 40% said yes.
• Only 4% of pupils had heard of the ‘Yapp-Yapp’ website, whilst 18% said they would be interested in an e-magazine written for young people.

2.7 The Future
• Almost all students, (97%), recognised the importance of getting good exam results, either to secure a good job or to pursue higher education. Overall, 75% said it was very important to them. This is a significant increase on previous years.
When asked what support was available at home, the majority said they enjoyed the emotional support of their parents, although practical support, for example with homework, presented more difficulties.

**Figure 19: Parental support with schoolwork**

- Children on low incomes were more disadvantaged in this respect, with 12% saying they never have a quiet place at home to do school work, and 13% reporting that parents never help with homework.
- When asked what they thought they were most likely to be doing at 18 years of age (ie when they had finished school and 6th form), just under half, 49%, thought they would be studying at University. This declined with age and was much lower amongst boys than girls, and amongst children and young people claiming free school meals.
- In contrast boys were more likely than girls to consider an apprenticeship as their most likely destination.

<table>
<thead>
<tr>
<th></th>
<th>University</th>
<th>Apprenticeship</th>
<th>Other Work</th>
</tr>
</thead>
<tbody>
<tr>
<td>FSM status</td>
<td>40%</td>
<td>17%</td>
<td>24%</td>
</tr>
<tr>
<td>Non FSM status</td>
<td>52%</td>
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<td>21%</td>
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<td>23%</td>
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<td>Girls</td>
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<td>19%</td>
</tr>
<tr>
<td>Year 7</td>
<td>50%</td>
<td>17%</td>
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<td>Year 8</td>
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<td>19%</td>
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<tr>
<td>Year 11</td>
<td>47%</td>
<td>19%</td>
<td>23%</td>
</tr>
<tr>
<td>BME</td>
<td>49%</td>
<td>15%</td>
<td>25%</td>
</tr>
<tr>
<td>White</td>
<td>50%</td>
<td>19%</td>
<td>21%</td>
</tr>
</tbody>
</table>

- Just under a fifth, 18% thought they might be completing an apprenticeship, although this increased slightly with age, presumably as young people became more aware of the options available to them.
2.8 Advice and guidance
- More than half, 63%, of Year 10 pupils rated the advice they got from school when selecting their Year 10 options as very good or good enough. 19% said they needed more information, and 5% said there was too much information. 11% of this age group said they hadn’t had any careers advice yet, whilst 4% said they did not know where to go for help.
- Almost two thirds of Years 9-11, 63%, felt that the advice they had been given on careers was really good or good enough. This was similar to 2007. There was little difference between the year groups, although significant variation between schools.
- A slightly higher rate were confident they would get the right guidance and advice they needed at school about careers, although again this varied by school.
- Overall, most students in all year groups are confident they will receive the right level of support from their families regarding their future, although this perception declined with age, from 95% of Year 7s to 74% of Year 11s.

2.9 Getting involved
Volunteering
- Just over a quarter of young people, 27%, said they got involved in volunteering, this included either helping out with activities at school, or in the area where they live. This varied between schools, ranging from 16% to 36%.
- An almost equal proportion, 28% said they would like to volunteer and 10% said they would like more information.
- When asked what they did, the most common response was helping out in school, 26%, followed by raising money for charity, 17%, and coaching others in their spare time, 13%.
- Almost 10% said they were school buddies or peer mentors.

Figure 20: Reasons for why pupils volunteer
School councils

- On average, just under half of pupils in North Lincolnshire, 47%, said they had the opportunity to be elected to their school council, or other student body. This ranged from 30% in one school to 63% in another. This is similar to the results in 2010.
- Slightly fewer, 44%, said they had ever voted for a youth mayor or school council member.

Survey feedback

- Finally, more than half of respondents, 55%, said they would like to see a copy of the local authority level report.

3. Key issues

Family life

- Patterns of family life have changed considerably over the last decade and a half. Almost 1 in 3 young people in our survey said they lived with just one natural parent, with many maintaining regular contact with both Mum and Dad. For a growing number of young people this means that home and family life is increasingly spent in more than one household.

- Living in two homes may involve adjusting to different styles of parenting, as well as to new step parents and other family members. Many young people and their families manage these new arrangements and relationships very well, and in our survey the vast majority of these young people said they had good relationships with their parents, and felt supported by their family and friends.

- As in previous surveys, those living in new family arrangements were more likely to worry about family problems, and were less likely to say that they could talk to anyone about this, suggesting a degree of unmet need for low level support for some young people in our schools and communities.

Young Carers

- 1 in 12 young people identified themselves as ‘carers’ in our survey. This far exceeds the number currently in receipt of support, although all of those who said they provided personal care (1% of the survey sample) said they were receiving formal help.

- A significant proportion, 30%, of these ‘young carers’ lived with lone parents, and many of them were in receipt of benefits.

Healthy eating and exercise

- Whilst young people are clearly aware of healthy eating messages, the link between regular exercise, regular eating patterns and healthy body weight still needs to be reinforced.

- Teenage girls continue to be less physically active than boys and less interested in engaging in the range of sport based activities on offer than in previous years, in spite of their concerns about their body weight and body image. Whilst this is not unique to North Lincolnshire, we may still need to explore alternative opportunities for young women to participate in sport, get fit and develop their self-confidence.
Emotional well being

- Emotional wellbeing underpins many of the health and wellbeing outcomes for children and young people and is a key element of PSHE.
- Whilst children and young people may worry to varying degrees about a range of day-to-day issues, in our survey, overwhelmingly it was worries about achieving their potential in school, exams, tests and what might happen in the future that dominated, especially as young people got older.
- Whilst most young people are able to share these worries with someone close, a small proportion of young people, including a higher representation of children with special needs, say they cannot talk to anyone about their worries.
- Most of these young people are in their mid to late teens, suggesting that access to low level support services for this older age group, and specifically for children with disabilities and special needs, could be strengthened.
- Many of the issues that young people worried about were linked to feelings of self-worth and a desire to be valued by others. Young girls in particular are more likely to worry about how others perceive them, and as they reach their mid to late teens, to have lower self-esteem than boys. This may be linked to dissatisfaction with their physical appearance and specifically their body shape and weight.
- This tends to begin early amongst young women, becoming more of an issue as they get older. The way we tackle obesity and weight management more generally, will need to be sensitive to young people’s heightened self-consciousness about their physical appearance and specifically their body weight.
- Local agencies continue to work hard on promoting positive images of children and young people. Yet for the most part local and national media interest in young people tends to be overwhelmingly negative. The results of this survey are just one example of where there is a joint interest in promoting positive messages about young people, potentially through a ‘young reporters initiative’.

Smoking

- The number of pupils that have tried tobacco or are regular smokers has continued to fall in North Lincolnshire. This is very encouraging, and matches a national downward trend in smoking amongst the young.
- As in previous years there is a strong association between gender, low income and teen smoking rates, both locally and nationally. This continues to present a major challenge. Not only are teen smokers more likely to live with adult smokers, they are also more likely to live in low income households, where adults tend to smoke more heavily and may find it harder to give up.
- Pupils are far less likely to perceive smoking as ‘normal’ amongst their peer groups, than in previous surveys. However, they continue to overestimate actual levels of smoking amongst 11-15 year olds.
- In spite of the overall positive findings, smoking rates amongst those in receipt of free school meals has increased since the last survey, from 9% to 11%. Any efforts to reduce teen smoking will there need to take gender, age and socio economic differences into account, if we are to continue to reduce smoking uptake amongst the young and make an impact on the numbers of young women in North Lincolnshire who smoke.
- There are still a significant number of pupils who say they purchase tobacco and cigarettes from shops, suggesting that surveillance and enforcement should continue, including access to e-cigarettes.
- Young people also continue to circumvent these restrictions, asking others to purchase tobacco products for them.
Young people’s access to and use of e cigarettes was not considered in this survey, but will be included next time.

**Alcohol**

- In North Lincolnshire, the percentage of young people who are regularly drinking and/or drinking to excess has continued to fall since 2004. Rates have fallen by over a quarter since 2010, and reflect national rates.
- Parents continue to be the main source of alcohol to 11-15 year olds. 50% of all pupils that say that they have consumed alcohol say that they were given it by their patients.
- Parents have a key role to play, both in setting an example to their children, but also in limiting their access to alcohol. The most common source of alcohol for all age groups in this country is parents, followed by friends. National guidance emphasises the importance of providing information and guidance to parents on alcohol use amongst young people. This may need to be reinforced locally.
- There are already a range of measures in place in North Lincolnshire to prevent and respond to harmful under-age drinking. These messages need to be strengthened by parents at home, as well as within schools and other youth settings to avoid or reduce harm. Local agencies should consider an authority wide response to this issue.
- Although fewer young people are drinking alcohol every week or every day, than in previous years regular drinking and drinking to excess are associated with other risky behaviours, such as truanting, smoking, drug use, and not remaining in full time education. Reducing alcohol consumption among young people may therefore help reduce young people’s risk of not being in education or employment or training after Year 11 (NEET), through reducing their risk of participating in other risky behaviours.
- National research also suggests that young people who drink on most days have a different range of associated behaviours than those who drink less frequently. They tend to be less linked to group activities such as going to parties or hanging around in groups, and more strongly linked with violent behaviour and/or being bullied.

**Sexual health**

- Sex education including information about STIs is compulsory in all state maintained secondary schools and the Government’s advice is that primary schools should provide sex education in addition to what is already required within the National Curriculum. The quality of SRE teaching in our secondary schools is clearly very high and is well received by young people.
- Most young people continue to rely on schools as their main source of information about sexual health, although this is often supplemented by information and advice from parents and friends. However, as young people approach their exams in Years 10 and 11, the pressure on timetables is particularly intense, and PHSE is often the first subject to suffer. Yet this is just the age when young people are most likely to engage in risky behaviours.
- In its document “Developing Sexual Health Programmes – a Framework for action”, the World Health Organisation write “The correlation between education level and sexual health outcomes has been well documented. One of the most effective ways to improve sexual health in the long term is a commitment to ensuring that adolescents and young people are sufficiently educated to make healthy decisions about their sexual lives”.
- The number of young people who say they are ‘having sex’ in North Lincolnshire, has fallen again in 2013, and remains below national rates. This is clearly good news and should be considered alongside the recent decline in teen conception rates in our area. .
- Nevertheless, a small but significant minority of young people, mainly girls, are having sex at relatively young ages, especially in low income areas.
Given the association between low income and early sexual experience, and the strong correlation between teen pregnancy rates and socio-economic deprivation, maintaining the decline in risk-taking behaviours will require a targeted approach to raising aspirations and self-esteem and addressing sexual health issues will be crucial.

As far as knowledge and awareness of STIs and local services goes, young people appear to be far better informed than in 2004, 2007, or 2010, especially in the younger year groups. This is very encouraging, as research evidence suggests that if effective sex and relationships education (SRE), is provided before young people become sexually active, it can delay the onset of sexual activity and increase the use of contraception.

Bullying

One of the most positive results of this survey is the continuing decline in the number of pupils who worry about being bullied at school. Fear of bullying has declined again since 2010 and in all age groups, but especially amongst those in Year 7. This follows increased efforts by schools, partner agencies, young people and families to tackle bullying within schools, to ease the transition of younger pupils into secondary schools and to reduce fear of bullying amongst young people generally.

All secondary schools in North Lincolnshire have peer mentoring schemes and the vast majority of young people are either aware of them, have gone to them for help, or are actively involved in mentoring younger pupils themselves. Those with least knowledge were young people in Year 7. Given this age groups’ anxieties about and vulnerability to bullying, more work may need to be done to raise awareness of this support service pre and post transition to secondary school.

Although levels of cyber bullying have only increased slightly, pupils have said that they are being bullied via electronic networking sites like Facebook. Schools are aware of this type of bullying but need to remain focused to ensure this problem does not proliferate further.

Domestic abuse

National research suggests that between 4-6% of women experience domestic violence each year, with 1 in 4 expected to experience this during their lifetime. Children and young people are often in the same room or nearby when this is happening and are often witness to this themselves. Whilst the number of young people in our survey who report having witnessed domestic violence in their family does seem high, this is a similar result to 2007 and to 2010.

 Whilst there are no national data with which to compare these findings, what research there is suggests that this figure may reflect children’s experiences elsewhere. For example, national research data published in 2007, suggests that 29% women and 18% of men aged 16-59 years reported that they had experienced one or more types of abuse at the hands of a current or previous partner.

North Lincolnshire has a well-developed and integrated Domestic Abuse Strategy which includes awareness raising and training for school staff and students. This work will need to continue to ensure that children and young people in all schools receive consistent messages about the nature of domestic abuse and are supported appropriately where this is required.

Citizenship

An increasing number of young people recognise the value of getting involved in voluntary activity and more than half are either already involved in or would like to do more voluntary work.
The Future

- As in the previous surveys, the majority of pupils were satisfied with the advice they received for GCSE options and for future careers, although they were less satisfied than in 2007. This may reflect their concerns about university funding and employment prospects for young people in the current economic climate.

- There were clear differences in young people’s aspirations for the future, with far fewer boys than girls aspiring to go to college or university post 18. Those on lower incomes were least likely to identify this is an option.

What next

- The 2004, 2007 and 2010 surveys were originally commissioned by the Children’s Trust Partnership Board in North Lincolnshire. Since then local secondary schools have committed to maintaining the survey at least every three years with the support of public health and other Council staff. In the meantime the results are being used to support and inform the work of schools and their partner agencies to improve the health and well-being of our local adolescent population.

4. Methodology

4.1 Method

This was the second survey to be completed electronically via a web based survey tool across all North Lincolnshire secondary schools. Schools organised this themselves, although they each used the same anonymous self-completion questionnaire, which was developed in consultation with local agencies. Schools were asked to complete the survey within a specific timeframe, so that the ages of pupils were consistent across schools and could be compared with previous survey cohorts. Schools were also asked to involve a representative sample of young people in their surveys (at least 33% of each year group depending on the size of their schools), and where possible to include a cross section of pupils, with a range of abilities.

4.2 Timescales

As in 2004, 2007 and 2010, the plan was to gather data in the second half of the first term of the academic year. That is, between early November and mid-December, 2013. Most schools were able to complete this in good time. However two schools were late coming on board with the survey and only began their data collection into January and February 2014. This slight delay is unlikely to have any impact on the comparability of results with 2010, 2007 or 2004.

4.3 Sample size

Each school was invited to select at least a third (33%) of each year group to participate in the survey. The objective was to achieve a representative sample of pupils in each year group and from a range of abilities. As the table below shows, the overall sample achieved was 63%, or almost two thirds of the secondary school population in North Lincolnshire, which is well above the average of 49% in 2010, 50% in 2007 and 43% achieved in 2004.

However there was variation between schools, as the table below shows. Most schools exceeded the minimum quota of 33% we asked for. In fact, two schools ‘over sampled’, achieving more than 95% coverage. These were a rural and an urban school of similar size. Two schools ‘undersampled’ in specific year groups and are highlighted in the table below. Their results for these year groups may need to be treated with caution.

In order to provide a representative local authority benchmark, the North Lincolnshire average used in this report, (and throughout the Local Authority wide report) has been ‘weighted’ to take account of the difference in participation rates across schools and between year groups.
Overall more than 5750 pupils completed a questionnaire. In 61 cases the degree of missing data was such to render these responses unusable – so these were removed from the analysis. The weighted North Lincolnshire average is based on 3440 questionnaire responses, or 38% of the total secondary school population. St Hughes Communication and Interaction College completed a shorter, modified version of the survey tool and their results are reported separately. Their results are not included in the North Lincolnshire average reported here.

### Table 7. The percentage of each Year Group who participated in the survey by school

<table>
<thead>
<tr>
<th>School</th>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
<th>Year 11</th>
<th>% participation rate</th>
</tr>
</thead>
<tbody>
<tr>
<td>01</td>
<td>92%</td>
<td>93%</td>
<td>93%</td>
<td>99%</td>
<td>100%</td>
<td>96%</td>
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<tr>
<td>02</td>
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</table>

### Table 8: Number of respondents in each year group, ALS 2013 (whole sample)

<table>
<thead>
<tr>
<th>School Year</th>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
<th>Year 11</th>
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<tr>
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<td>1004</td>
<td>1257</td>
<td>5689</td>
</tr>
</tbody>
</table>

### Table 9: Number of respondents included in weighted sample, (38%)

<table>
<thead>
<tr>
<th>School Year</th>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
<th>Year 11</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female</td>
<td>314</td>
<td>363</td>
<td>355</td>
<td>329</td>
<td>374</td>
<td>1735</td>
</tr>
<tr>
<td>Male</td>
<td>333</td>
<td>329</td>
<td>335</td>
<td>331</td>
<td>373</td>
<td>1701</td>
</tr>
<tr>
<td>Total</td>
<td>647</td>
<td>692</td>
<td>690</td>
<td>660</td>
<td>747</td>
<td>3436</td>
</tr>
</tbody>
</table>

### 4.4 National and Local Comparisons

Where possible, the results are compared with the most recently available national data (2012) and with the results of previous local surveys, (the 2010 and 2007 Adolescent Lifestyle Survey). What follows is a selection of key survey findings compared across each of the participating schools. Where there were no differences between schools, or where numbers were too small...
to draw meaningful comparisons, we have only presented the aggregated North Lincolnshire average.

4.5 Missing data –
For the most part, the questionnaire was completed well - with less than 5% missing data for the majority of the questions asked. However, towards the end of the survey there was obvious evidence of respondent fatigue, with missing data rising to 10% in some places of the final section of the survey.