my life, my view

Derbyshire Youth Well-Being Survey

Summer Term 2016

Acknowledgements

Table of Contents

1. Introduction

The aim of My Life, My View, the Derbyshire emotional health and well-being survey is to provide an insight into the experiences, behaviours and attitudes of young people as they move towards adulthood. My Life, My View is a four-year tracking survey that will follow pupils from the 2015/16 academic year as they progress from year 8 to year 11, providing valuable longitudinal data and insight into adolescent development. In addition year 8 pupils across the county complete the survey each academic year.

During the 2016 spring and summer school terms 3,034 young people from 28 schools completed the My Life, My View survey.

The survey included questions related to all aspects of young people's lives, including their experiences, their engagement in risk-taking behaviours, their relationships and how happy they are with their lives.

This wide ranging focus aimed to encapsulate as many factors as possible which contribute to emotional health and well-being.

2. Summary of key findings

- The number of year 8 pupils reporting that they have tried a cigarette dropped by 7% when compared to 2015.
- Fewer young people reported drinking without adult supervision when compared to 2015. In 2015 43% of young people reported they had drunk alcohol without adult supervision this year this figure decreased to 31%.
- 17% of young people reported that they had tried an electronic cigarette.
- It is estimated that 10% of young people surveyed may be experiencing or are at risk of emotional health difficulties. This is the number of young people whose answers to four or more emotional health questions showed cause for concern.
- The majority of young people are happy with their lives but 15% report a low sense of happiness.
- The majority of young people report feeling 'Happy' or 'OK' on most days but 9% report feeling sad. This is the same percentage of young people observed in 2015.

- The majority of young people in Derbyshire are happy with their local area, the things they have and their friends.
- A minority of young people in year 8 are already engaging in experimental /recreational smoking (7%) and drinking (31%).
- Parents continue to be a key area of support for young people, 55% say they talk to their parents about things that bother them.
- 28% of young people are taking risks on the Internet and 10% report that they have been pressured into sharing something online.
- Bullying is reported by 20% of young people with appearance being the most likely reason for bullying. This is the same percentage and most likely reason as observed in 2015.
- Feeling pressure to do certain things, to look a certain way or to act in a certain manner is a concern for many young people. Just over half of young people surveyed reported feeling pressure to look or act a certain way and to like and do certain things.

3. Purpose of the survey

Following the success of the 2015 emotional health and well-being survey for year 8's, public health commissioned further surveys of all young people in year 8 across Derbyshire focussing on their emotional health and well-being and any resulting behaviour for a number of reasons:-

Currently, information about young people's thoughts and feelings in Derbyshire is fragmented, anecdotal, focuses on hospital admissions or those that have received support from specialist agencies. This is only capturing the 'tip of the iceberg'. In order to provide cost effective, successful interventions that ensure prevention and early intervention is possible, we need to be confident that we know what the concerns of young people actually are.

The survey will give baseline information to cover the whole of the county, giving a clear picture of what a large number of young people are concerned about and what behaviours they are engaged in. This is particularly important for those that are not known to any services currently, rather than information about a small number of young people engaging in the most serious behaviour.

By giving schools their own data and comparable data from across the county they can see where they have particular issues, allowing them to

prioritise their pupil premium, focus on a specific area of concern with their young people and to allow early intervention.

Targeting of preventative and early intervention work allows more effective use of limited resources and allows young people to access the help and information they need to allay their concerns. This will help prevent young people's behaviour from escalating to that which needs specialist support services such as Child and Adolescent Mental Health Services, substance misuse support etc.

The support and expertise of public health nurses and school pastoral staff etc. were used to ensure that young people were supported with any sensitive issues and concerns that the survey may raise.

Year 8 were chosen as a cohort as it was felt that they had already settled into secondary school, did not have the added pressure of GCSE exams and schools would be able to identify opportunities to talk about concerns before young people were engaging in them, for example work on substance misuse.

Tracking of the 2016 cohort until year 11 will enable trends and patterns in the data to be identified. It will also highlight key transitional points of change in behaviour over the years. As year 8 pupils are also being surveyed over 4 years this will allow changes due to the cultural climate to be recognised and comparisons with cohorts over the years and the older pupils about their feelings.

4. Survey method

The survey was conducted using online survey software, this was chosen primarily for its ease of use and to effectively manage the potentially high number of returns anticipated as part of this project.

Paper based surveys were considered but rejected due to their high potential for error, the number of questions required and the relatively short project timeline.

The online surveys were designed using the Google Forms programme. This was selected for its high functionality and collaborative abilities, crucial for a project remotely managed outside of the commissioning authority.

The survey was completely anonymous requiring no login or identifying details. Each school was provided with a personalised web link giving access to the survey.

5. Survey design

This year's survey is a continuation of the 2015 Derbyshire emotional health and well-being survey for year 8's conducted by TTE. The survey was developed in collaboration between TTE and DCC and has been revised to suit the needs of this four-year longitudinal project.

The survey aims to gain insight into a wide range of factors that contribute to emotional health and well-being as well as studying young people's perceptions, beliefs and opinions on behaviours, relationships and communities as they develop from year 8 through to year 11.

Where possible validated questions were used to enable comparison of results in Derbyshire to other available datasets. In addition TTE included survey questions it uses with year 8 pupils in other parts of the UK focused on the screening of risk-taking behaviours, the intended outcome being further comparative data.

The survey was divided into five distinct sections focused on different contributory elements affecting emotional health and well-being, these sections were:

My Experiences – This section included risk-taking behaviours and use of the Internet
My School – This section included; experience of school, perception of bullying, relationships with adults and schoolwork
My Life – This section included; how the young person feels most days, anger, appearance, social pressures and satisfaction with multiple aspects of their life
My Community – This section looked into whether young people felt safe in their local community

My Feelings – This section included; how young people feel about their future, aspirations, how trusting they are of others, their general self-efficacy and their coping strategies.

The survey questions were further informed through consultations in local schools. Focus groups were conducted at Ripley Academy where young people had the opportunity to discuss their emotional health and well-being, their concerns and the questions they felt were most pertinent and insightful.

These discussions with young people directly influenced the design of the survey and survey questions.

6. Survey questions

The survey questions can be found in appendix 1 at the end of this report.

7. Recruitment of Schools

All secondary schools in Derbyshire were given access to the survey, no selection criteria for inclusion and completion was implemented as the main aim was to provide a snapshot of emotional health and well-being rather than to provide a more rigorous academic piece of work.

A significant amount of activities were conducted to ensure the highest number of schools took part in the project. This included:

- Email marketing to all schools
- Extensive phone calls to all schools
- Promotion through social media
- Promotion through DCC communication channels
- Using current networks and opportunities to promote the survey

The high level of marketing activities, combined with the successful surveying of schools in 2015 has significantly contributed to the high response level of schools completing the survey.

In addition, to ensure that all young people had the opportunity to complete the survey a tailored survey was developed for young people who are electively home educated. This was developed in partnership with the Home

School Education Consultant and provided to all young people receiving home schooling in Derbyshire.

At the time of writing no home-schooled young people completed the survey. It should be noted that as the survey was only focused on year 8 pupils only a very small number of home-schooled young people would have been eligible to take part.

8. Number of Schools

A total of 28 schools took part in the survey; this represents 58% of all secondary schools in Derbyshire taking part in the project. This is an increase on last year's survey in which 21 schools participated (44%).

This is a very high participation rate for a survey of this nature, as a comparison the Leicestershire survey of children and young people 2012/13 had an engagement rate of 11% of secondary schools. The increased participation from schools is in part through the contacts that were established through last year's survey and through effective promotion of the survey by DCC and TTE.

It should be noted that not all of the participating 28 schools completed the survey with every young person in school year 8.

A list of participating school schools can be found in appendix 2 at the end of this report.

9. Number of Young People

A total of 3,034 young people attending a Derbyshire secondary school in year 8 completed the survey; this represents 37.10% of the population of Derbyshire based on the 2011 census data for 12 year olds. This is an increase on last year's survey in which 2,234 young people participated (27.32%).

The potential significant difference between the percentage of schools completing and percentage of the population completing the survey can be partially explained through; young people attending a non-state school, attendance at a school outside of Derbyshire, absence, home schooling and schools not completing the survey with every pupil in school year 8.

10. Reporting to Schools

Each participating school received a tailored report (Fig. 1) highlighting their individual results.
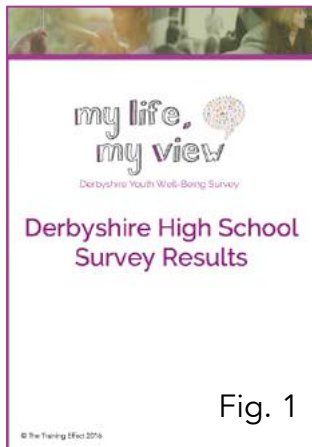
Fig. 1

These were provided for schools regardless of whether they completed the survey with the entire target year group.

Results were provided for each question and presented in a graphical format (Fig. 2).

Alongside the data for the individual school the reports contained the average for the question across all participating schools.

This average data was not broken down into district or individual school level; only the average for all schools was included in the school level report.

All participating schools received their tailored report before the end of the 2016 summer term.
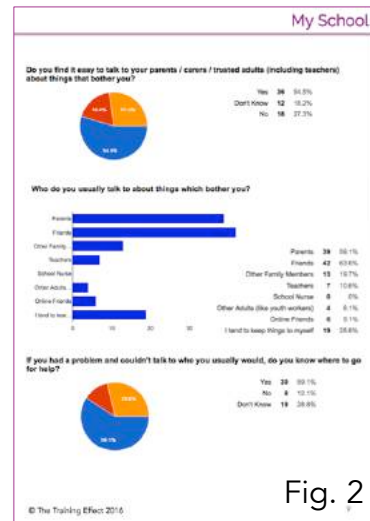
Fig. 2

Alongside the survey data schools were also provided with simple social norms resources (Fig. 3) that could be used with participating students.

These resources included detailed explainers for schools in relation to their use, and a selection of completed poster templates.

Fig. 3

The intended outcome being the promotion of positive social norms drawn from the survey results where these exist. An example of this is the highly positive social norm discovered in relation to smoking,

10

92% of young people surveyed have never tried a cigarette.

Schools will be contacted again in September 2016 to further discuss the use of these resources and how they can be tailored and used most effectively in their school.

11. Survey Results

The following survey results are presented in each of the six sections that were presented to young people completing the survey.

Some minor rounding of the percentages has occurred due to presenting the data in a coherent format within the charts. This may have led to some results not equaling 100%, this is due to rounding errors.

Explainers for each question are given where relevant and comparison figures included where these are available.

Gender

The survey was adapted this year to include a non-binary gender choice. The breakdown of the gender responses shows an even distribution between males (48.46%) and females (49.19%) and includes a minority of young people who view themselves as either transgender (0.81%) or other (1.55%).

Ethnicity

The full breadown of self reported ethnic group is included in the table below.

Table 1: Breakdown of participant's ethnicity

Ethnicity	Percentage
White British	91.47
White Irish	1.75
Gypsy or Irish Traveller	0.59
Any other white background	1.02
White and Black Caribbean	0.65
White and Black African	0.32
White and Asian	0.59

Any other mixed / multiple ethnic background	0.86
Indian	0.43
Pakistani	0.23
Bangladeshi	0.10
Chinese	0.23
Any other Asian background	0.13
African	0.10
Caribbean	0.23
Any other black / African / Caribbean background	0.20
Arab	0.13
Any other ethnic group	0.99

Section 11.1: My Experiences

The first section of the survey was concerned with the experiences of young people. This section consisted of questions related to their own engagement in behaviours that are considered 'risky' or have the potential for risk.

The purpose of this section was to collect data related to a range of behaviours that may potentially contribute to poor emotional health and well-being. This impact may be direct, such as the potential impact of drugs or alcohol on emotional health, or secondary, such as the impact on emotional health through problematic use of the Internet.

Smoking

Young people were asked several questions related to their own use of both legal and illegal drugs.

These questions are seen as particularly important as they provide insight into early risk-taking behaviour, and the use of alcohol and drugs has a well-established impact on emotional health and well-being.

We found that **8%** of young people report that they have tried a cigarette (Fig 1.1).

This does not mean that all of these young people are smokers; rather it represents those young people who have engaged in this risk-behaviour.

The risks of smoking extend across multiple domains and young people experimenting with cigarettes at this relatively young age may be exposed to further risks in obtaining cigarettes, these may include community or social risk factors such as older peers or permissive behaviour within their families.

Fig. 1.1

Have you ever tried a cigarette?

8%

92%

Yes
No
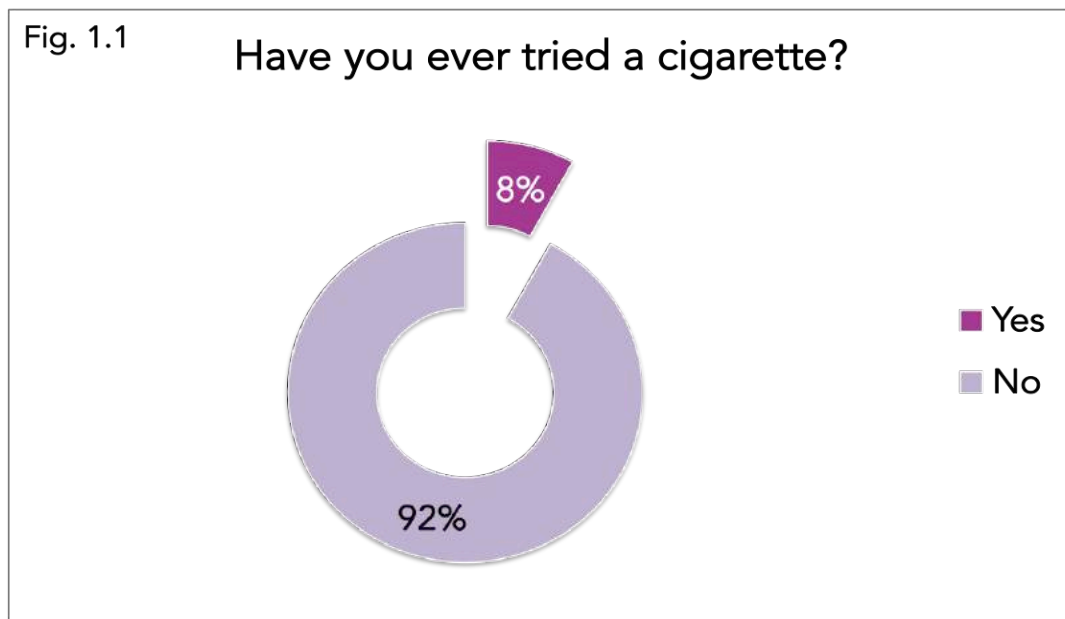
The rate of young people having tried a cigarette is higher than the average observed by The Training Effect in other local authority areas where the same question has been used. Some further exploration of this increase would be valuable. Two variables are known; this survey was completed at the end of the academic year as opposed to the start (as in the case with the comparison data) and Derbyshire has a higher adult smoking rate compared to the local authorities the comparison data is gained from.

The smoking rate for 15 year olds in Derbyshire for comparison is 5.9% of boys and 10.3% of girls.[1]

Fig. 1.2

If you have ever tried a cigarette how often do you smoke?

If you have ever tried a cigarette how often do you smoke?	Once a Month	Once a Week	Once a Day
	1.48%	0.72%	1.45%
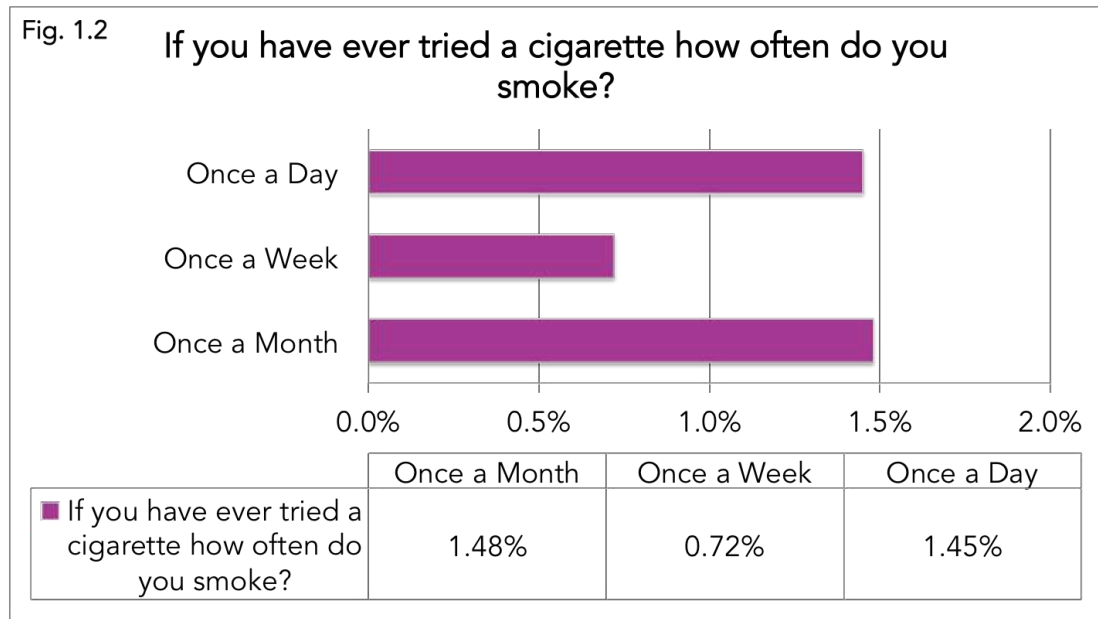
Even though this data is higher a very significant majority of young people in school year 8 in Derbyshire have not tried cigarettes.

Fig 1.2 highlights those young people that can be presumed to be semi-regular or regular smokers. Combined, the figures above may indicate a smoking population within the cohort of **3.7%**.

The highly addictive nature of nicotine is evident even at this age as a relatively large minority (39.7%) of those young people who do smoke do so everyday.

We also asked young people whether they have ever tried an electronic cigarette (Fig 1.3).

E-cigarettes and 'vaping' has become highly popular over the past few years as an alternative delivery method for nicotine. While the available evidence has stated they are less harmful than cigarettes, their long-term health effects are not fully understood.[2]

---

[1] What about YOUth? Survey 2014, HSCIC

[2] E-Cigarettes: An Evidence Update, PHE, 2015

Fig. 1.3

Have you ever tried an electronic cigarette?

17%

83%

■ Yes
■ No

17% of year 8 pupils said they had tried an e-cigarette. This is noticeably higher than those who are smoking conventional cigarettes. However this does correlate with TTE's data from other local authorities as the numbers of those having tried vaping is consistently higher than those who report having tried smoking.

The survey question related to e-cigarette usage did not specifically ask young people if the device they used contained a zero nicotine product. With this in mind some young people reporting having tried an electronic cigarette product may not have consumed nicotine.
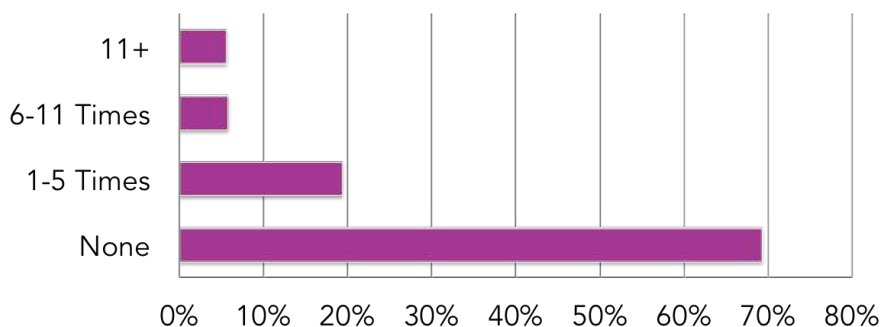
Alcohol

More than half of young people in Derbyshire, **69%** have not drunk alcohol without adult supervision (Fig 1.4).

Of those that have drunk alcohol **19%** report only having a few sips of alcohol 1-5 times without adult supervision over the past year.

Fig. 1.4

How many times in the past year have you had more than a few sips of alcohol without adult supervision?

	None	1-5 Times	6-11 Times	11+
How many times in the past year have you had more than a few sips of alcohol with your peers?	69.30%	19.34%	5.77%	5.57%

However, nearly **6%** of young people report that they have drunk alcohol without adult supervision more than six times in the past year and another **6%** of young people have drunk alcohol without adult supervision on more than eleven occasions.

This does not mean that these young people have necessarily been drunk or drunk large quantities of alcohol but it does indicate that many young people are beginning to experiment with alcohol at a young age.

This question is higher than comparative data for the same question gathered in other local authority areas. The figure observed previously for this question is **83%** of young people in year 8 reporting that they have not drunk alcohol with peers.

Cannabis and other drug use

The overwhelming majority of young people completing the survey have never smoked cannabis, with only **2%** of young people reporting they had tried it.

It must be noted however that **8%** of year 8 pupils reported to having not tried cannabis but that they had been offered it.

Fig. 1.5

Have you ever smoked cannabis?
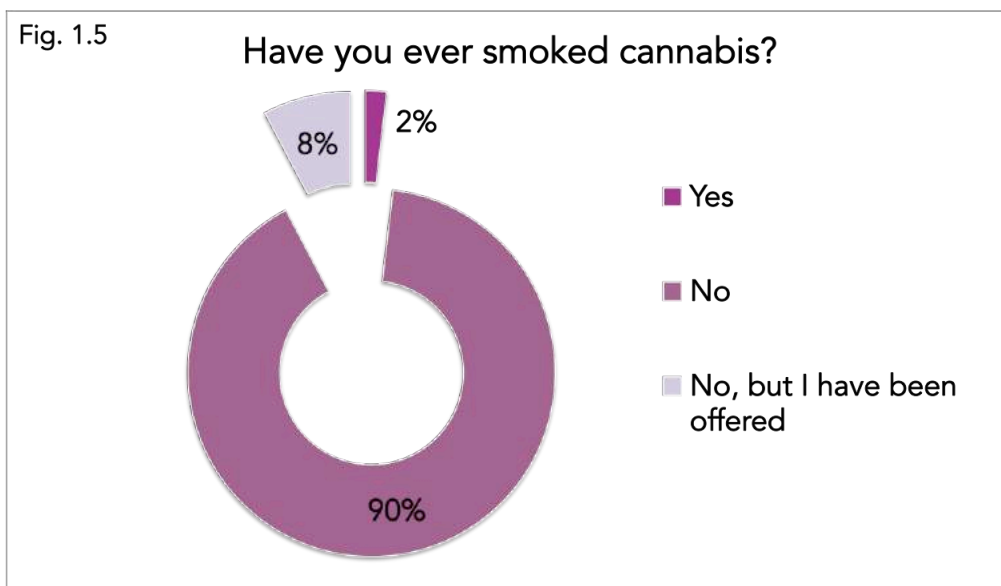
Young people were also asked how often they smoked cannabis (Fig 1.6), a consistent answer was observed with the previous question indicating confidence that young people have been honest in their answers to this question.

Of those young people who are smoking cannabis, less than 1% (**0.75%**) are smoking cannabis everyday.

Fig. 1.6

If you have ever smoked cannabis how often do you smoke?

	Less than once a month	Once a month	More than once a month	Once a week	Everyday	N/A
■ If you have ever smoked cannabis how often do you smoke?	0.66%	0.13%	0.10%	0.13%	0.75%	98.23%
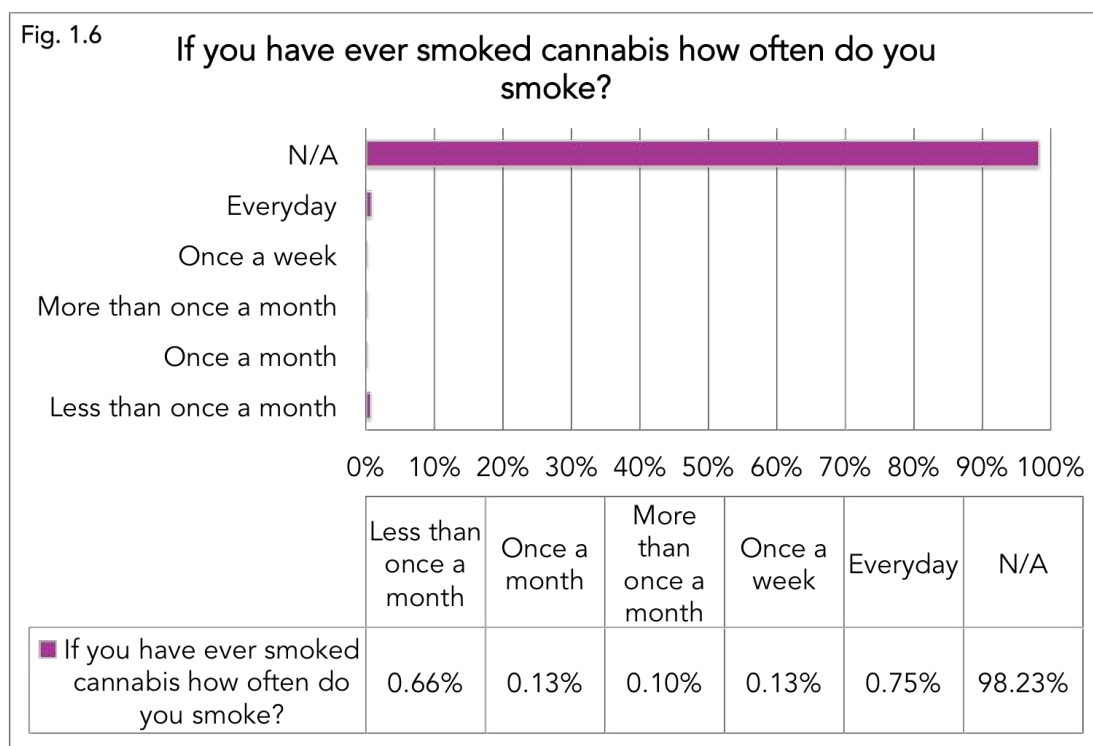
Similarly, when asked about general drug use the overwhelming majority of young people reported never having used any other drug. Only **3%** of young people reported that they had used an illegal drug.

Fig. 1.7

Have you ever used any other drugs?

6%   3%

■ Yes

■ No

■ No, but I have been offered

91%
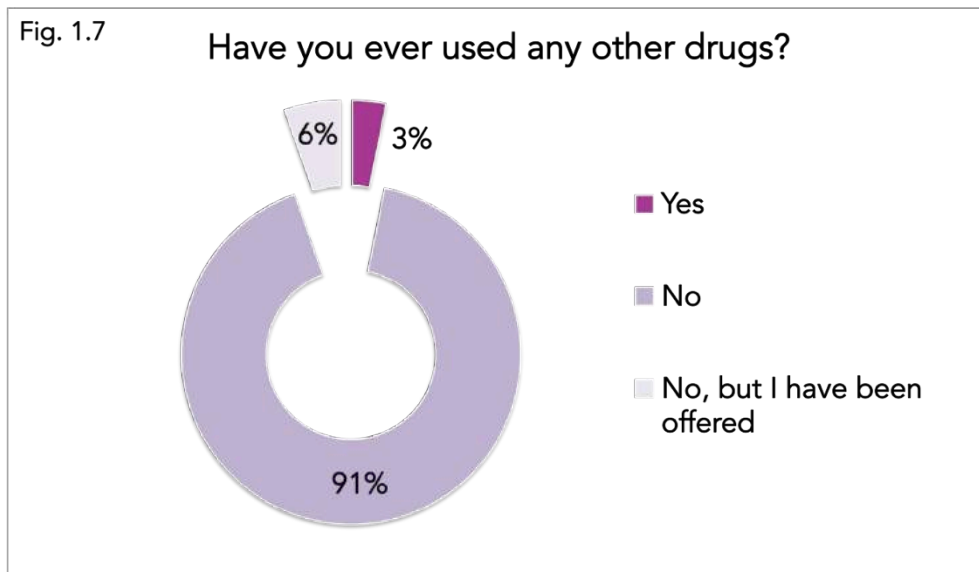
In the same format as before, young people were asked about their frequency of drug use. This highlights a consistency. Only **0.99%** said they use drugs everyday.

Fig. 1.8

If you have ever used drugs how often have you used them?

	Less than once a month	Once a month	More than once a month	Once a week	Everyday	N/A
■ If you have ever used drugs how often do you use them?	1.08%	0.26%	0.30%	0.16%	0.99%	97.19%
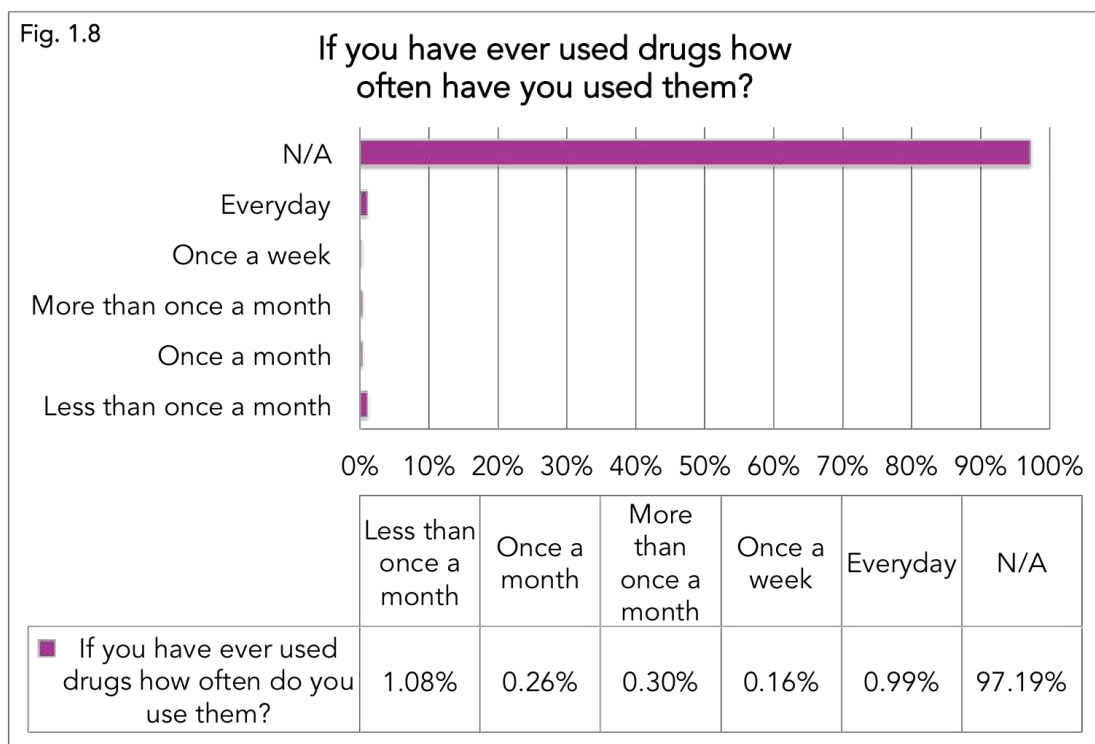
Use of the Internet

The majority of young people in year 8 have a social network profile (Fig 1.9).

However, **9%** of young people surveyed reported that they do not currently use a social network profile.

Fig. 1.9

Do you have social network profile? (this could be Facebook, Snapchat, Instagram, Twitter etc)

9%

91%

- Yes
- No
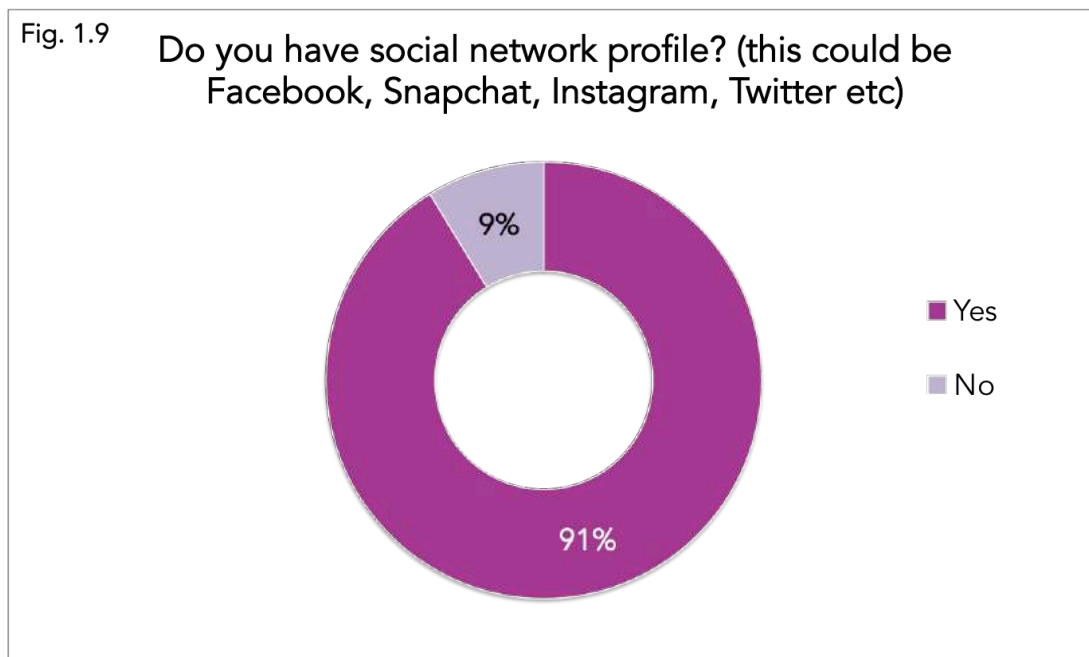
28%
of young people surveyed admitted adding people they don't know to their social media profiles

21% of young people said they had in the past but didn't now

Over a quarter of young people surveyed admitted to adding people that they do not know to their social network profiles and a further fifth admitted to having done this in the past.

It is clear that by year 8 some young people are already taking risks online. While these posts may not have been particularly explicit or potentially

harmful they represent behaviour contrary to accepted information and advice related to staying safe.

These messages are well established throughout PSHE education and begin during primary school, even when these messages are received and understood other competing factors, such as peers, impact on the decision making of young people in relation to their use of the internet.

21%
ot young people surveyed regret sharing something they have posted online
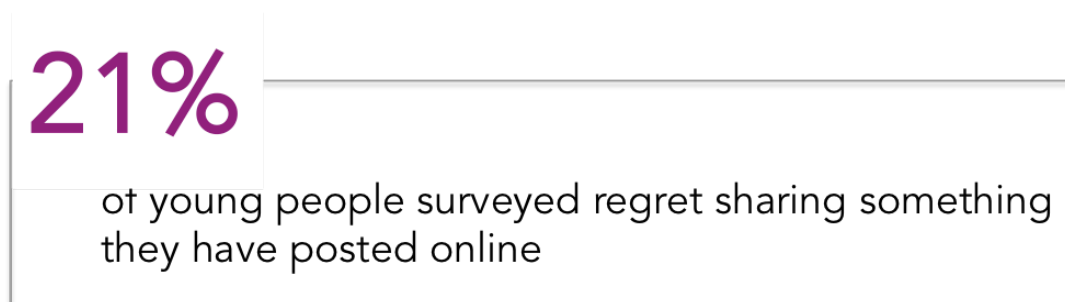
Over one-in-five young people reported regretting sharing information online and one-in-ten reported that they have felt pressured to share.

Some further insight as to whether the young people experiencing this pressure find that it comes from themselves, in terms of expectations on their behaviour, or is more overt pressure from their peers could potentially be useful.

10%
of young people surveyed have felt pressured into sharing something online
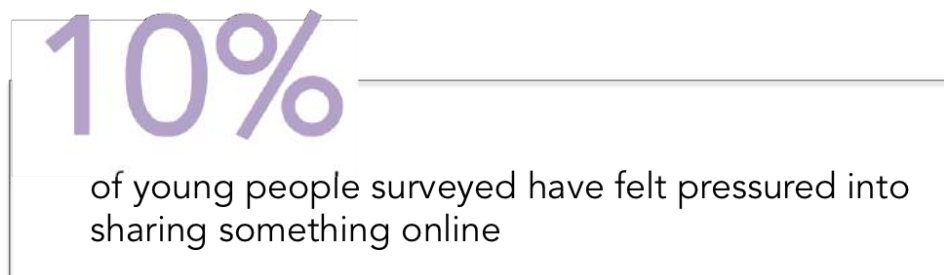
This additional data could help identify the exact pressures that influence online risk-taking and assist in the design and implementation of effective educational programmes and resources.

Section 11.2: My School

The second section of the survey was concerned with young people's experience of school.

This section consisted of questions related to their experience of school, how they feel about school, how safe they feel in school, schoolwork and questions related to bullying and the use of sexist language.

The purpose of this section was to collect data related to multiple factors that may influence how young people view their education and social life within the school environment.

Bullying

Young people were asked about their experiences of bullying over the past 2 months.

20% of young people reported that they had been bullied over the preceding 2-month period.

An interesting finding in relation to bullying within schools is that **16%** of young people answered they *Don't Know* if they have suffered bullying.

Fig. 2.1
Have you been bullied in the past 2 months?

■ Yes ■ No □ Don't Know

16% 20% 64%
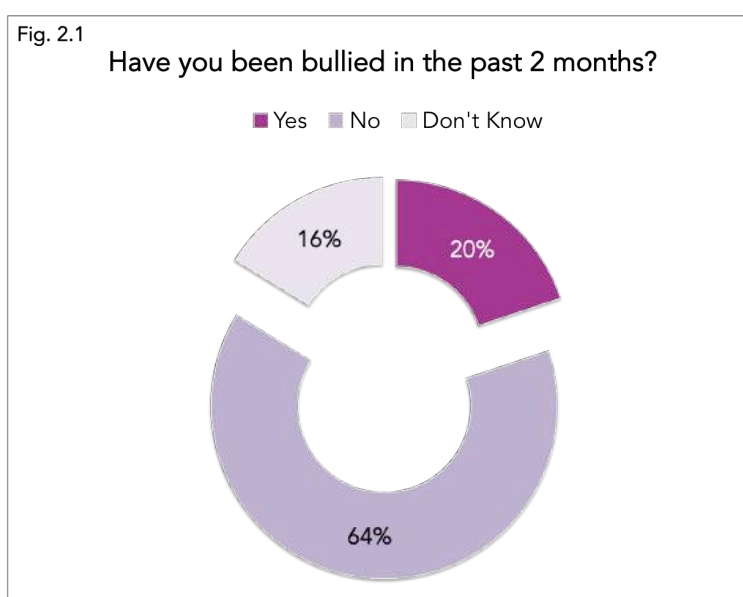
This may indicate a possible need for further educational work with young people in relation to appropriate behaviours and what constitutes bullying within their own peer groups and school communities.

Young people were also asked what they thought was the most common form of bullying that occurs in their school (Fig 2.2). Verbal bullying was viewed by the young people as the most common form of bullying in school (**47%**), followed by indirect bullying (**24%**) and cyber bullying (**17%**).

Fig. 2.2

In your opinion what is the most common form of bullying in your school?

	Verbal	Physical	Indirect	Cyber	Mobile phone	Other
■ In your opinion what is the most common form of bullying in your school?	46.59%	6.10%	23.66%	16.63%	2.77%	4.28%
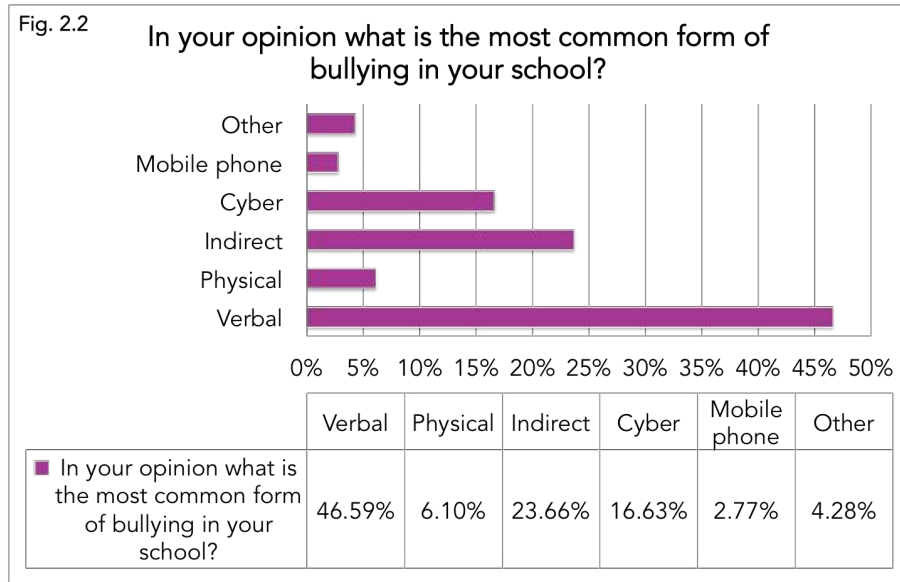
Young people were also asked what they felt was the most common focus of bullying within their schools (Fig 2.3). Nearly two-thirds felt that bullying related to appearance was the most common focus of bullying.

Whilst a very low figure the second highest individual bullying focus (apart from academic ability) was sexuality indicating that educational provision within PSHE and across school communities generally focused on LGBT issues may be beneficial.

Fig. 2.3

In your opinion what is the most common focus of bullying in your school?

	Sexuality	Culture / Religion	Appearance	Academic Ability	Race	Gender	Other
■ In your opinion what is the most common focus of bullying in your school?	6.07%	2.36%	65.12%	6.64%	3.00%	0.73%	16.04%
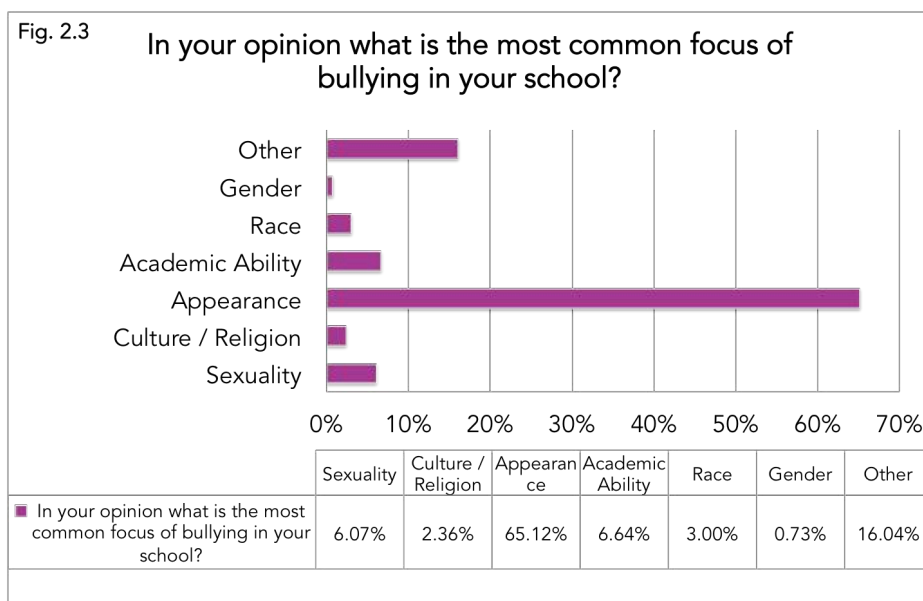
A positive finding is that a majority of young people, **48%**, would 'likely' or 'definitely' take action if they saw someone was being bullied. Only 1**5%** of young people felt they were unlikely take action.

Fig. 2.4

Would you take action if you saw someone was being bullied?

Legend:
- Unlikely
- Probably
- Likely
- Definitely

15%
20%
28%
37%
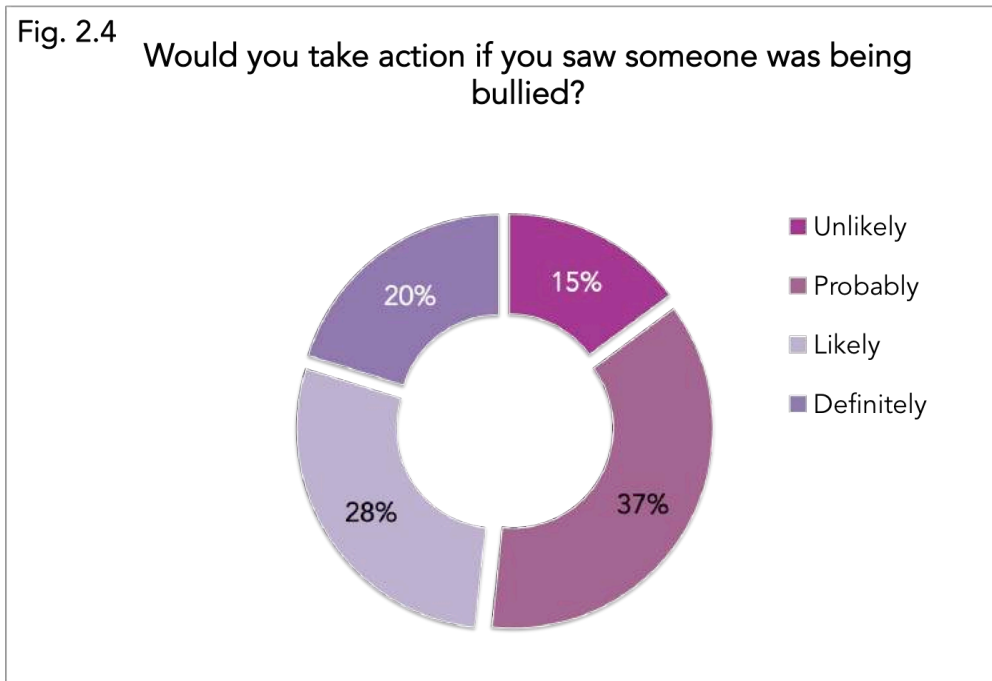
Experience of School and Seeking Support

The majority of young people like their school or think that it is OK.

26% of young people surveyed indicated that they do not like school.

Fig. 2.5

Do you like school?

Legend:
- I like school
- It's OK
- I don't like school

20%
26%
54%
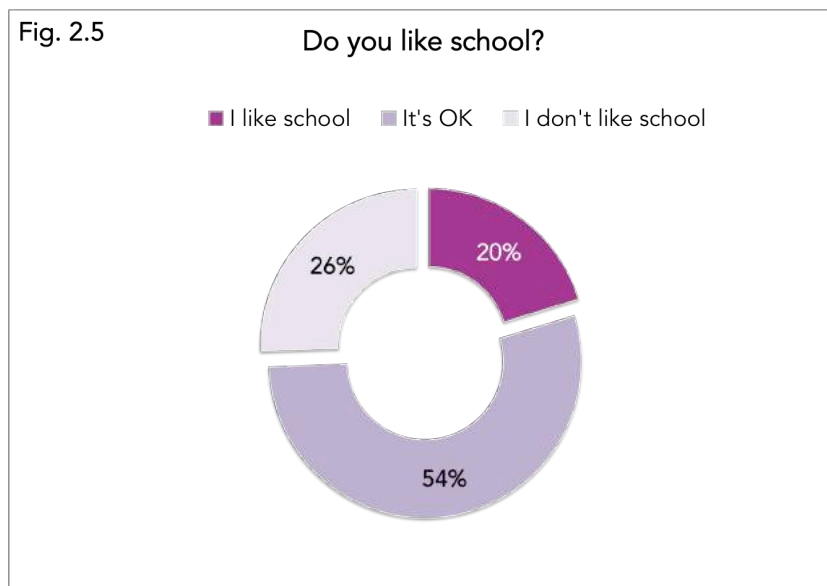
Young people were also asked whether they felt safe at school (Fig 2.6).

A slight majority of young people (**55%**) indicated that they felt safe at school with an additional **29%** indicating that they felt safe sometimes. **9%** of young people indicated that they did not feel safe.

Fig. 2.6

Do you feel safe at school?

	Yes	No	Sometimes	Don't Know
■ Do you feel safe at school?	55.20%	8.59%	29.06%	7.16%
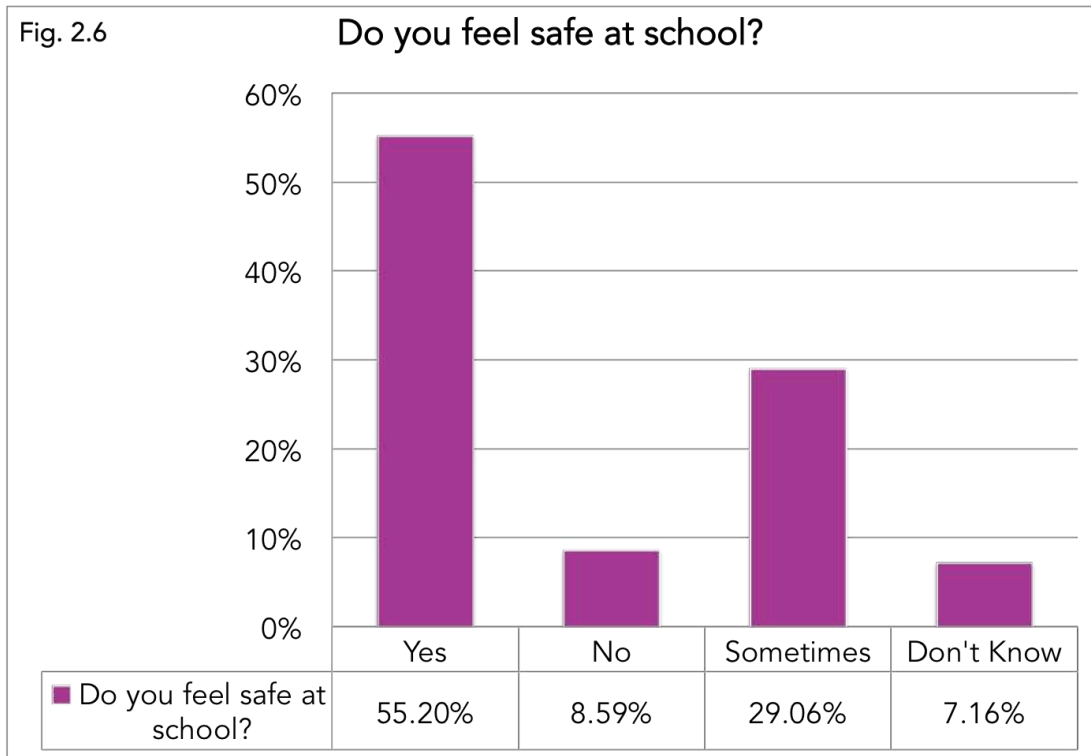
A small but potentially significant number of young people, **5%**, report that they struggle with their schoolwork. Those who struggle with schoolwork may have increased stress levels.

Fig. 2.7

How do you find your school work?

	Good, I can complete everything	OK	OK, but sometimes I struggle	I struggle to manage my school work
■ How do you find your school work?	19.61%	40.97%	34.53%	4.91%
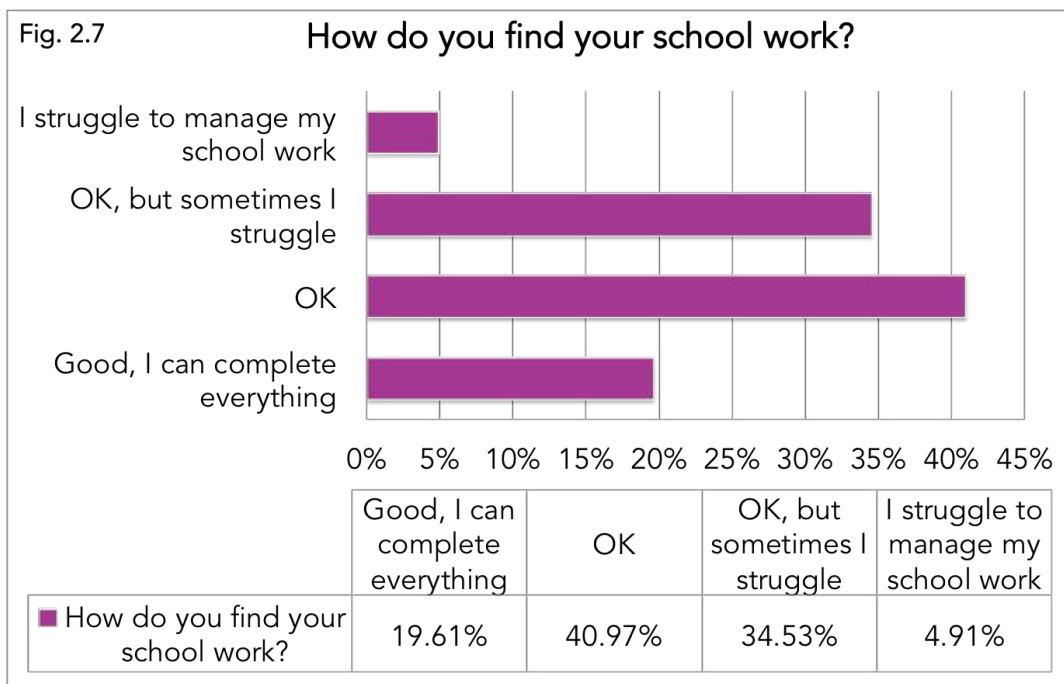
A majority of young people report that they find it easy to talk to parents / carers or trusted adults about things which bother them.

Fig. 2.8 Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you?
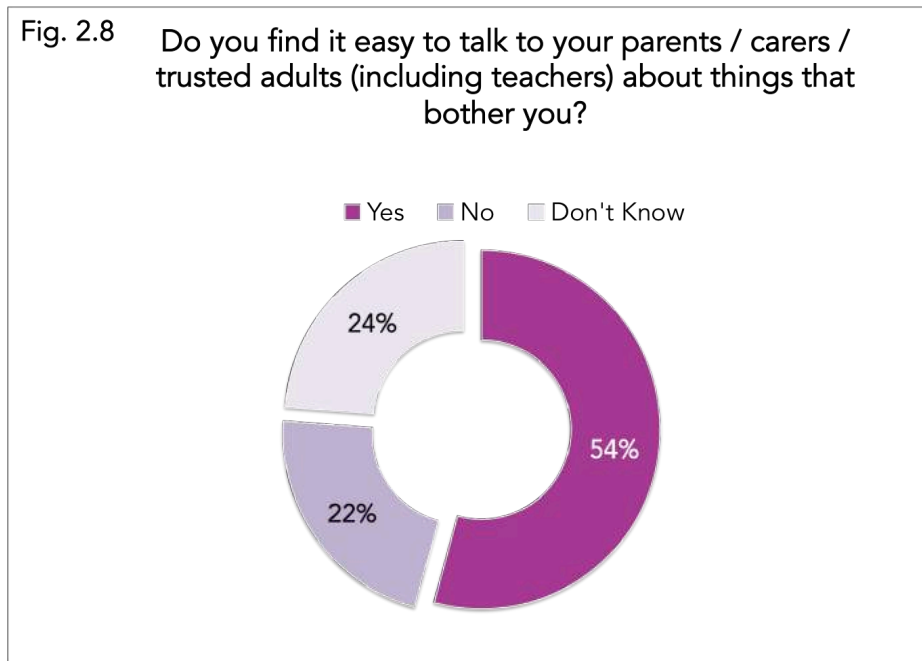
However just under a quarter (**24%**) of young people do not find it easy to talk about things that bother them and **22%** of young people report that they do not know.

This suggests that a minority of young people across Derbyshire are not able or confident to seek the support, help and advice they may need.

60%
of young people surveyed usually talk to their friends about things which bother them

55%
of young people usually talk to their parents about things which bother them

29%
of young people surveyed usually keep things to themselves
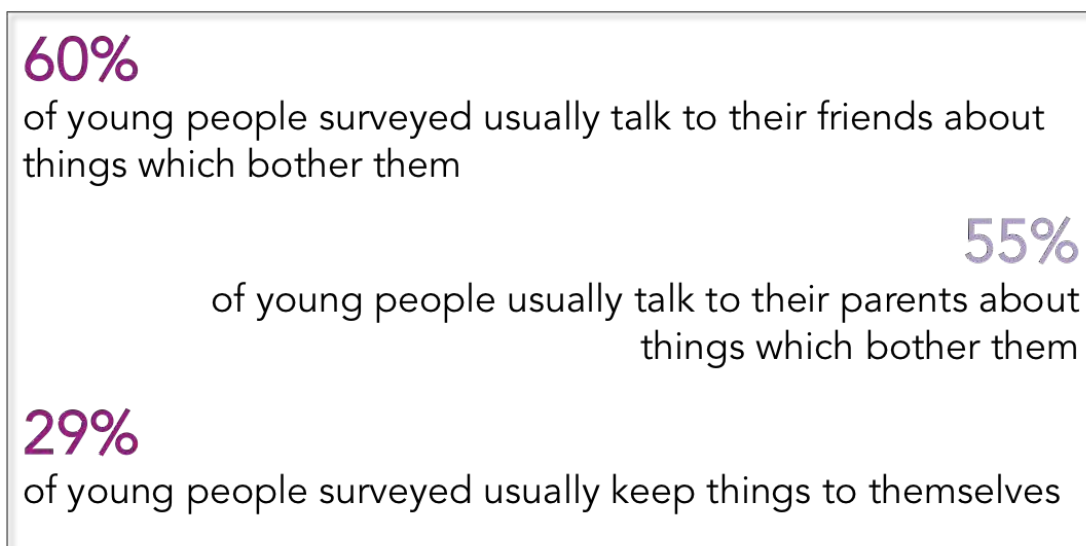
The above question was offered as a multiple choice option meaning that young people could select several options in relation to who they usually speak to when they need help or advice.

Parents remain a key source of help and advice for young people entering adolescence with **55%** of young people reporting that they usually talk to their parents about things that bother them.

Friends are a significant source of help and advice for young people of this age, with young people reporting they talk to friends as the highest recorded option.

Fig. 2.9 If you had a problem and didn't think you could talk to who you usually do would, do you know where to go for help?
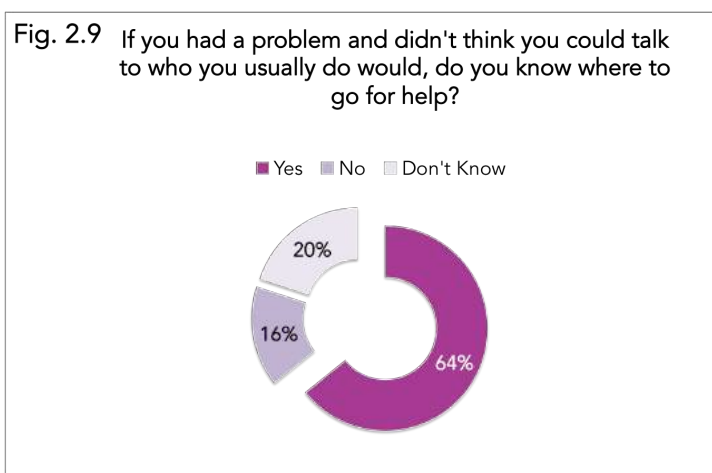
Some consistency with the previous question may have been observed with a broadly similar number of young people reporting they don't find it easy to talk about things that bother them and those that said they usually keep things to themselves.

Whilst a majority of young people report that they know where they could access support over one-third are either not aware or not sure of where help and advice can be accessed locally (Fig 2.9).

Thought should be given to how schools and other services can ensure that all young people are aware of the range of support on offer for a range of issues.

Section 11.3: My Life

The third section of the survey was concerned with young people's own lives.

This section consisted of questions related to their own emotional health and well-being, how satisfied they were with their own lives, social pressure and engagement in outside activities.

The purpose of this section was to ask young people specific questions around their own lives, emotional health and how they perceive the pressure exerted on them by others.

Emotional Health and Social Pressure

Fig. 3.1

How do you feel most days?

■ Happy ■ OK ■ Sad

9%

40%

51%
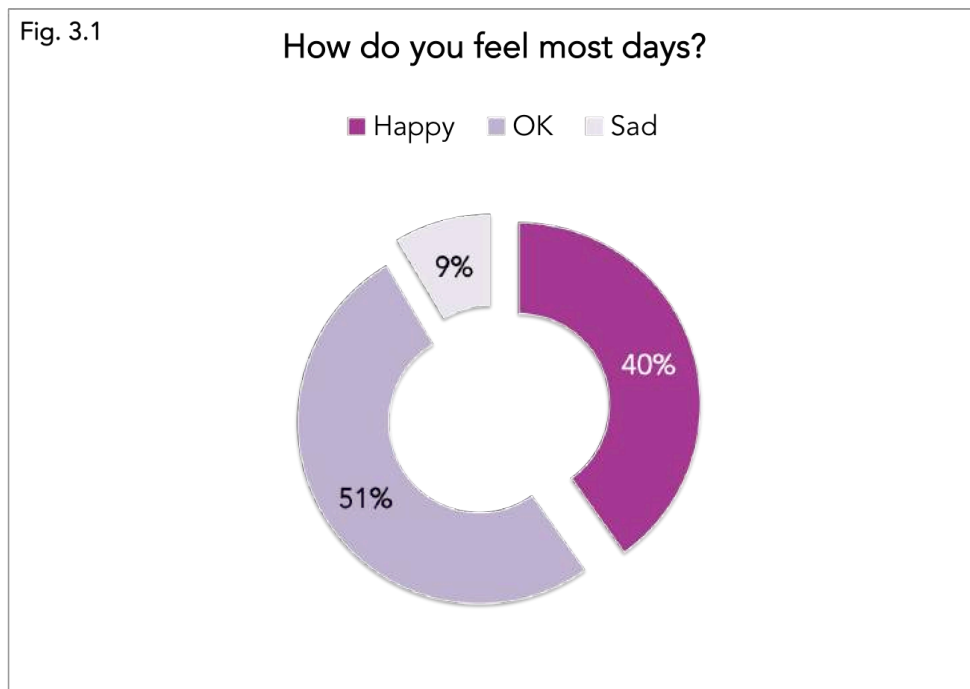
Of the young people surveyed **9%** report feeling sad most days.

The figure above broadly correlates with data from the Office of National Statistics, 10% of children in Great Britain aged between 5 and 16 have a mental health problem, with 4% of children suffering from an emotional disorder such as anxiety or depression.

This figure may indicate mild and emerging emotional health concerns for this minority of young people.

13% of young people surveyed report experiencing strong feelings of anger everyday of their lives (Fig 3.2).

Fig. 3.2 How often do you have strong feelings of anger?

6%

13%

31%

50%

■ Everyday
■ Quite often
▢ Not that often
■ Never
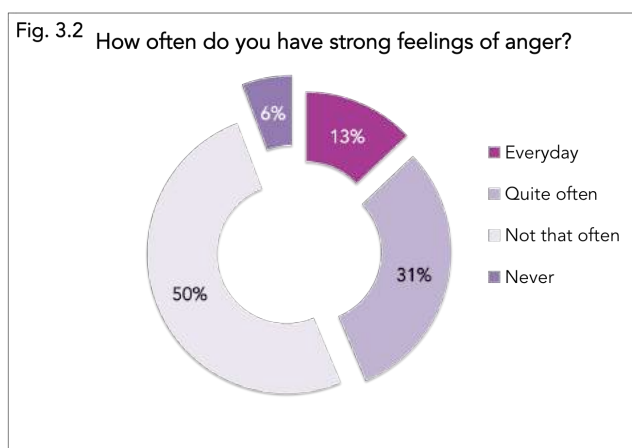
These feelings may be due to challenges and problems in their lives and may be negatively impacting on their emotional health and well-being. There may also be a negative effect on their friends and peers.

27

27% of young people surveyed report that they are not happy with their appearance, a further **26%** report that they don't know.

However, nearly half of young people surveyed report that they are happy with the way they look.

Fig. 3.3 Are you happy with your appearance?
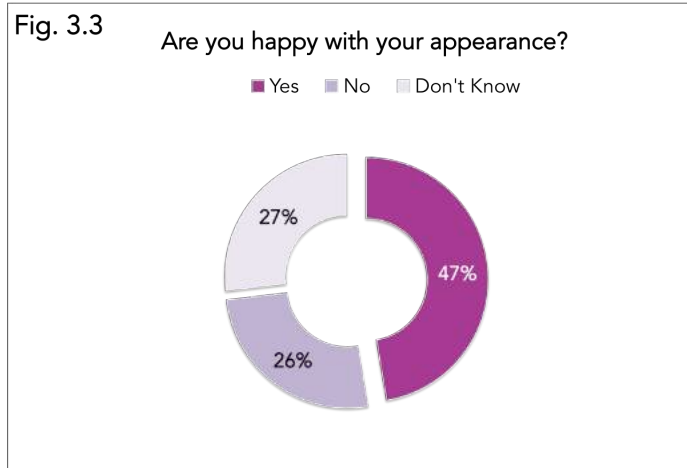
When asked about feeling pressure, 25% of young people stated they had felt pressure from others to look a certain way. Further analysis of this cohort highlighted that just under half (48%) of those who had felt pressure to look a certain way were also unhappy with their appearance. This could suggest a link between modern societal pressures and low self-efficacy in young people.

Similar numbers of young people also stated that they felt pressure to: act a certain way (27%), do certain things (26%) and to like certain things (28%). Just under half of young people when asked about feeling pressure from others responded that they didn't feel pressure from others (Fig 3.4).

Fig. 3.4 Have you ever felt pressure from others to..?

	I don't feel pressure	Like certain things	Do certain things	Act a certain way	Look a certain way
■ Have you ever felt pressure from others to...?	48.57%	28.43%	26.05%	27.30%	25.08%
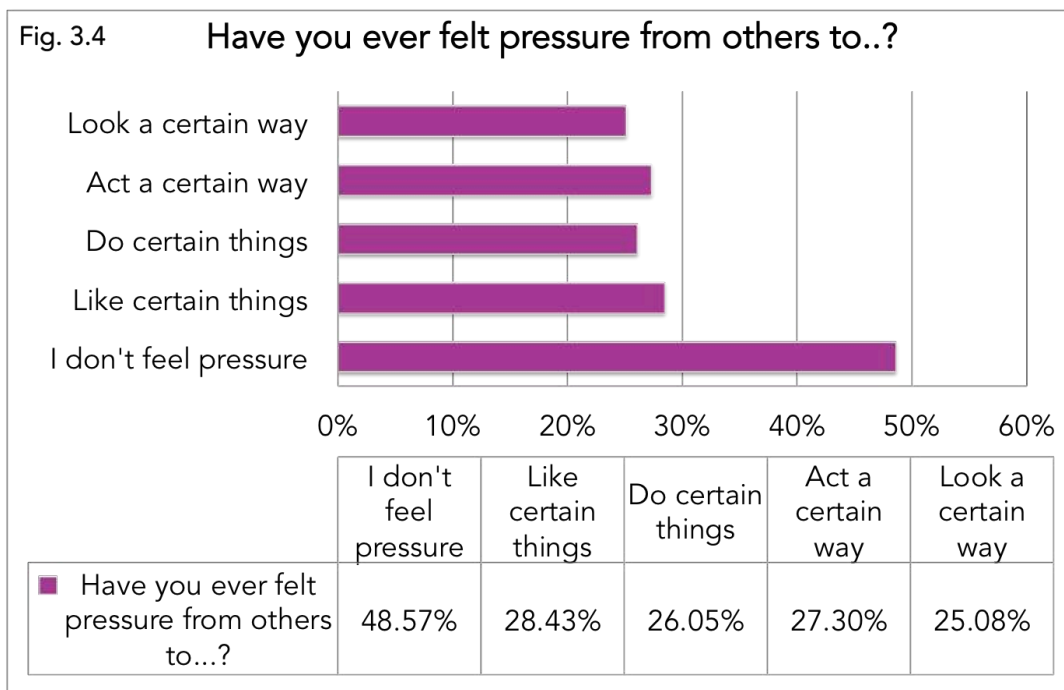
A clear majority of young people report that they can always or sometimes express themselves in the way they want to.

This may indicate a minority of young people who are experiencing or are at risk of poor social and emotional skills.

Fig. 3.5 Do you find it easy to express yourself in the way you want to?

■ Yes, always   ■ Yes, sometimes   □ No

18%   23%   59%
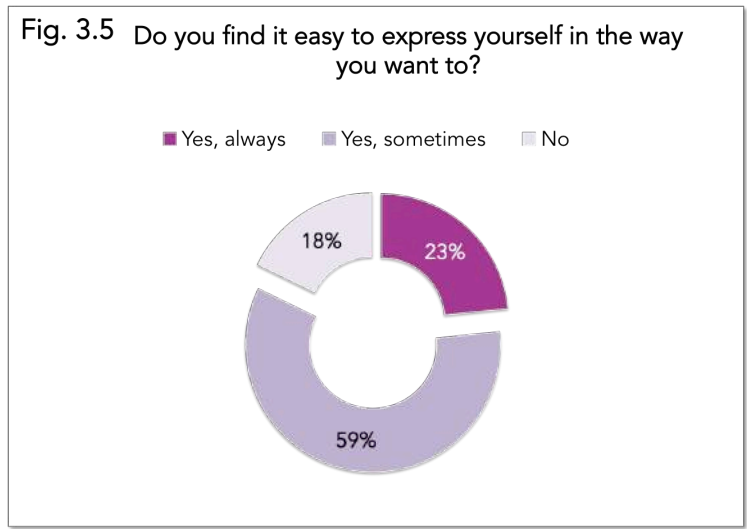
Being able to express yourself either through emotions and feelings or personality and preferences is important for emotional health. Feelings of frustration, anger and isolation can come from not being able to express yourself.

18% of young people report that they cannot express themselves in the way they would like.

28% of young people surveyed say the highest pressure they feel is to like certain things.

49% However 48.6% of young people surveyed said they didn't feel pressure

A significant number of young people report having caring responsibilities at home. The question asked was broad in its scope and this figure does not necessarily represent the number of young people in Derbyshire who could be considered 'Young Carers' using the accepted definition.

Fig. 3.6 At home does a member of your family rely on you for support as they are unable to complete certain tasks without your help?
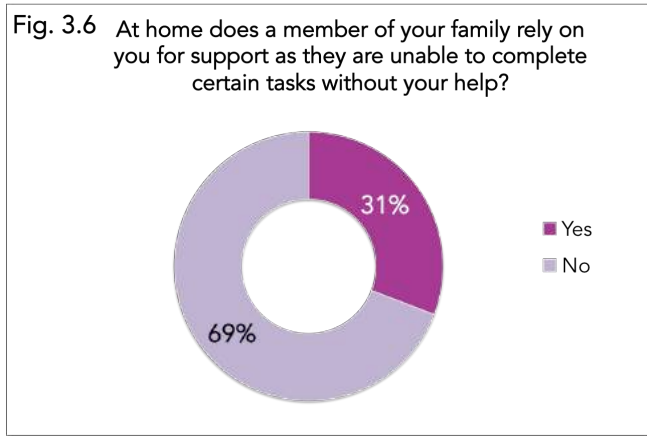
Some further survey work to identify exactly what are the caring responsibilities of young people in Derbyshire could be useful but was outside the scope of this project.

Fig 3.7 shows the plotting of young people locally when asked to rate their happiness with their lives on a scale of 1-10. The majority of young people rate their happiness with their lives in a positive manner.

Fig. 3.7

How happy are you with your life?
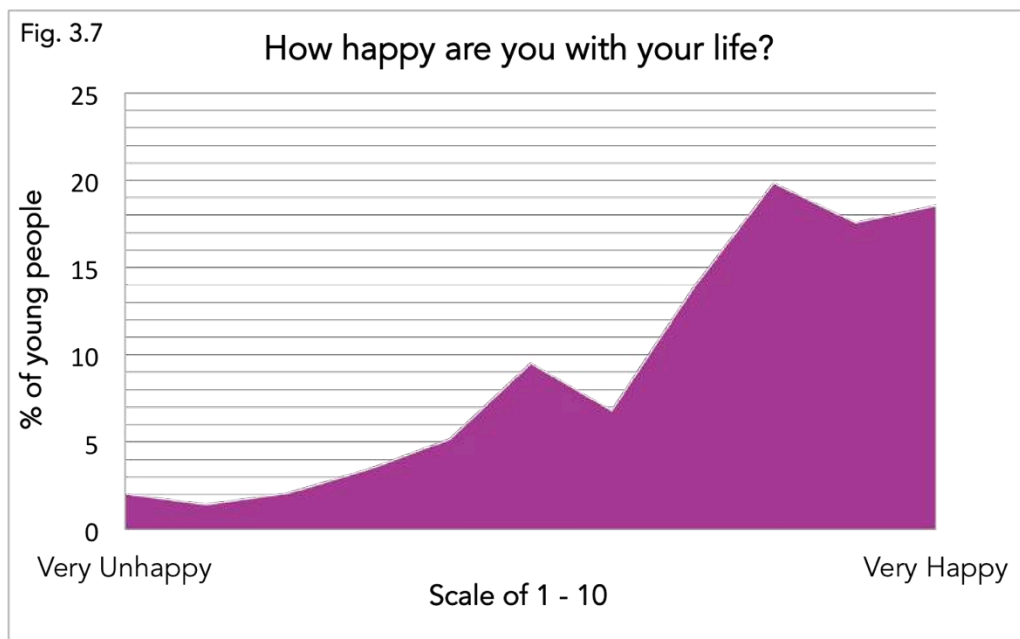
Similarly the majority of young people surveyed are happy with their friends (Fig 3.8), with the percentage of young people who are not happy with their peer relationships being very low.

Fig. 3.8

How happy are you with your friends?

% of young people (y-axis, scale 0 to 40)

Very Unhappy — Very Happy

Scale of 1 - 10
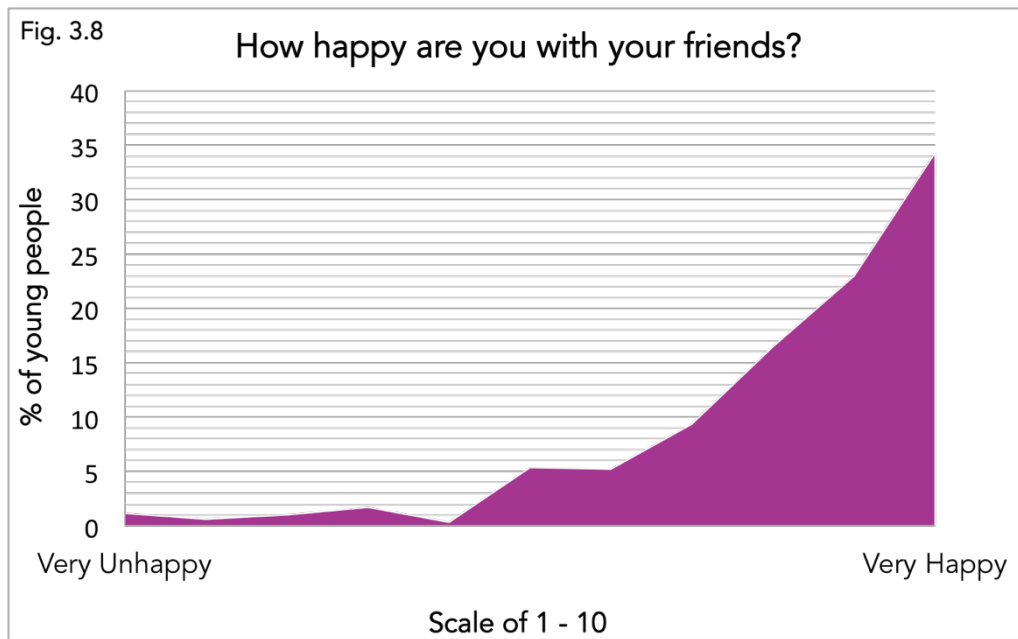
Fig 3.9 shows a very strong trend, the vast majority of young people in Derbyshire are happy with the things they have.

Fig. 3.9

How happy are you about the things you have? (like money and the things and possessions you own)

% of young people (y-axis, scale 0 to 45)

Very Unhappy — Very Happy

Scale of 1 - 10
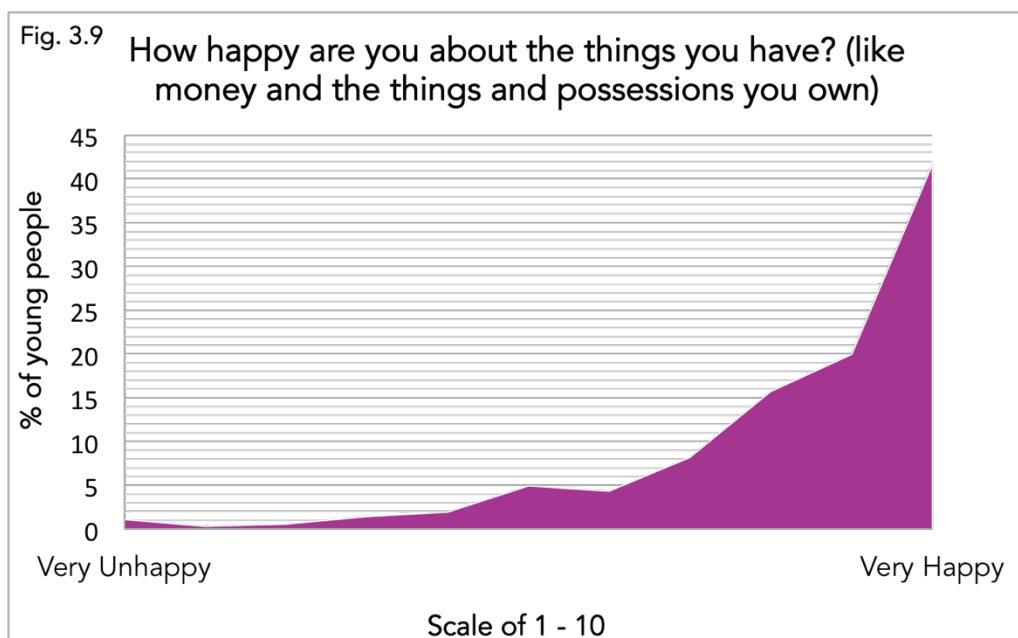
Young people in Derbyshire are engaging in outside activities at a high rate.

Participating in additional activities can increase emotional health and build up additional networks of support. There is also a strong link between physical activity and increased emotional wellbeing.

Fig. 3.10

Do you take part in any of these activities outside of school?

	Sports Club's	Youth Club's	Other Club's (Drama, Music etc)	Scouts / Guides / Cadets	Volunte ering	I don't take part in activities	Other
■ Do you take part in any of these activities outside of school?	47.61%	11.96%	14.56%	14.51%	6.89%	27.91%	13.63%
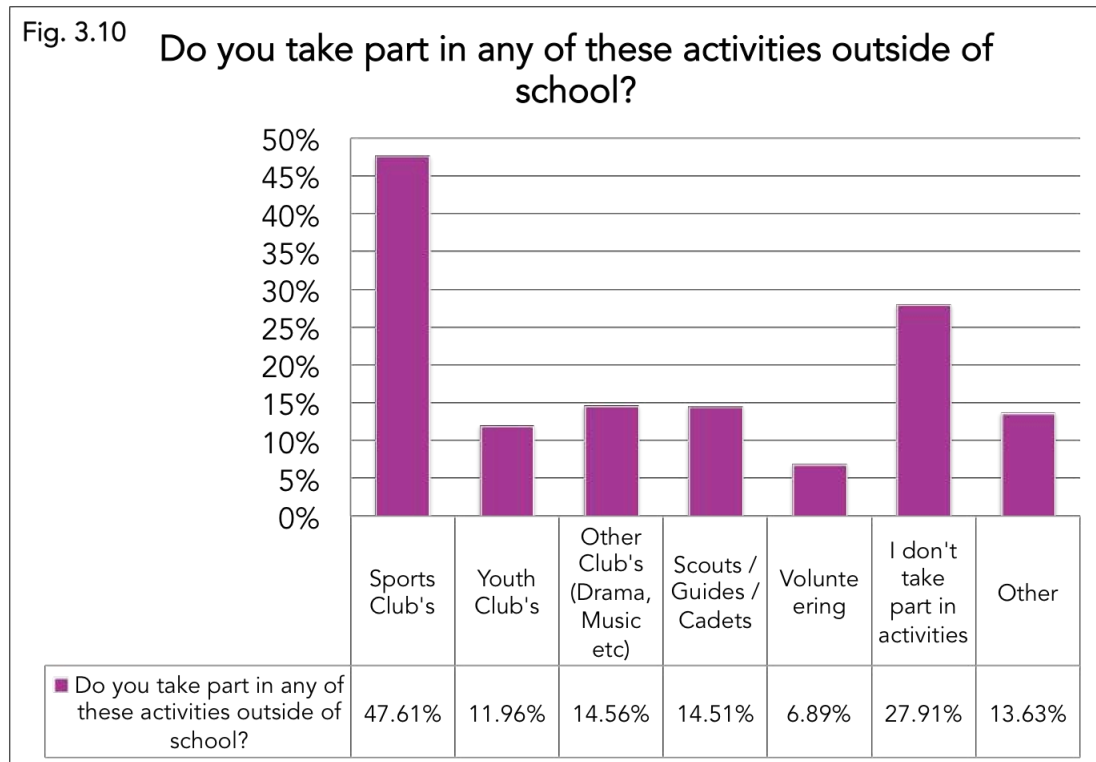
However it should be noted that over a quarter of young people said they do not take part in extra curricular activities.

Extra curricular activities that involve physical exercise have been shown to improve academic performance and mental well-being of young people[3].

Section 11.4: My Community

The fourth section of the survey was concerned with young people's opinion of the communities in which they live.

This section consisted of questions related to how safe they feel in their local areas at different times of the day.

---

[3] Royal College of Psychiatrists, 2012

The purpose of this section was to gain insight related to the communities in which young people live.

Local Area

Feeling safe in your local community is a key aspect of well-being; the majority of young people surveyed feel safe during the day in their communities. Data available locally from 2011 shows that **91%** of adults felt safe in their local area during the day.[4]

Fig. 4.1

I feel safe when I am out in my local area:

	Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
During the day	2.84%	5.75%	18.20%	50.09%	23.10%
At night	13.37%	21.82%	28.25%	27.96%	8.64%
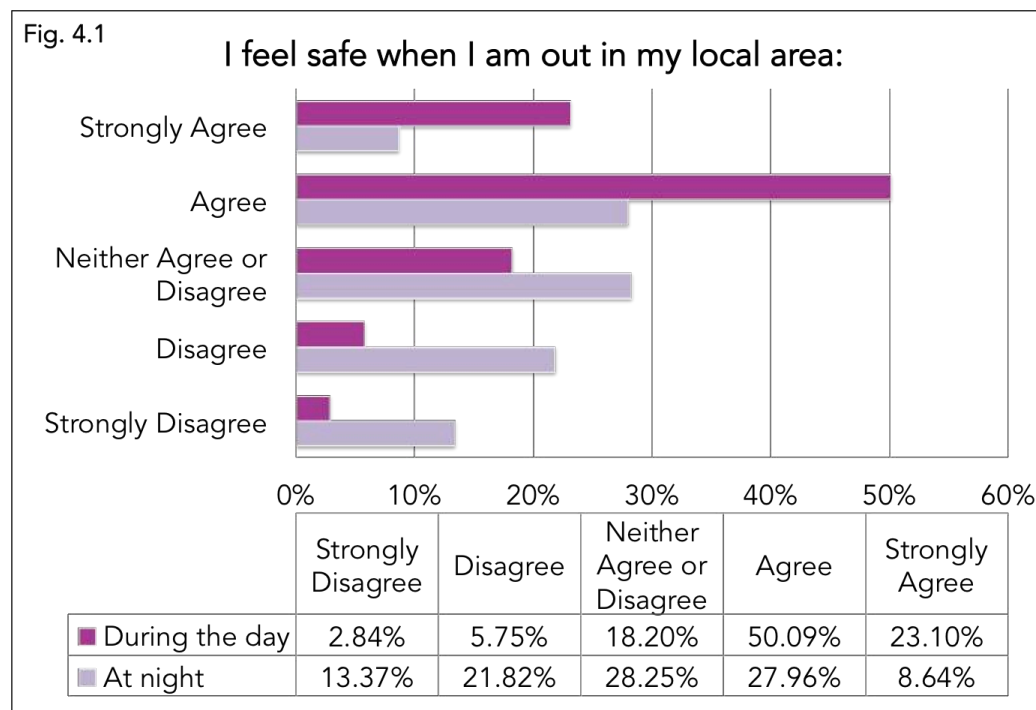
Young people's feelings of safety observed in Fig 4.1 are reduced when young people are asked about their local communities at night.

35% of young people report that they feel unsafe in their local area at night, this is highly comparable to available data for adults, where **36%** report feeling unsafe at night.[4]

---

[4] Derbyshire Observatory, 2011

Section 11.5: My Feelings

The fifth and final section of the survey was concerned with young people's feelings and perception of factors affecting their aspirations and self-efficacy.

This section consisted of questions related to their feelings of positivity towards their own futures, how trusting they were of others and their ability to make changes to their own lives.

The purpose of this section was to gain insight into the aspirations of young people a key element of personal emotional well-being.

The Future

The majority of young people in Derbyshire report that they are dealing with their problems well, with **78%** of young people feeling that they deal with their problems well at least for some of the time.

However, **22%** of young people in Derbyshire do report that they deal with their problems well, rarely or for none of the time.

Whilst many young people in Derbyshire are feeling optimistic about their futures for at least some of the time, **22%** of young people report never or rarely feeling optimistic about their futures.
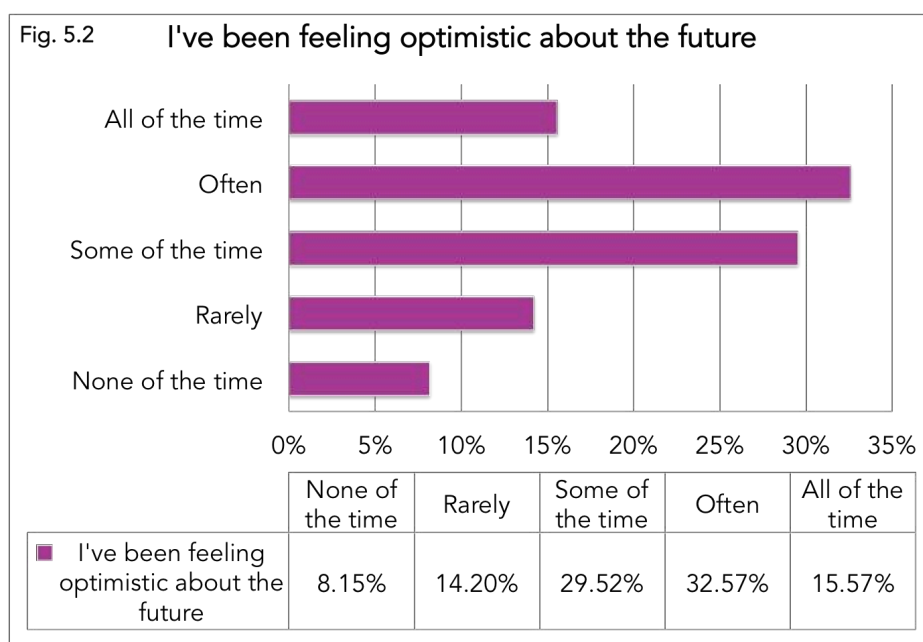
Fig. 5.2 **I've been feeling optimistic about the future**

	None of the time	Rarely	Some of the time	Often	All of the time
■ I've been feeling optimistic about the future	8.15%	14.20%	29.52%	32.57%	15.57%

A correlation may exist between those young people reporting that they do not feel optimistic about their futures and those who are reporting they find it difficult to deal with problems. This is suggested due to the closely aligned percentage of young people reporting each issue.

A correlation may exist between those young people reporting that they do not feel optimistic about their futures and those who do not have a clear idea about what they want to do with their lives.

Fig. 5.3

I feel I have a clear idea about what I want to do in my life

	None of the time	Rarely	Some of the time	Often	All of the time
■ I feel I have a clear idea about what I want to do in my life	9.07%	12.15%	22.96%	28.74%	27.08%
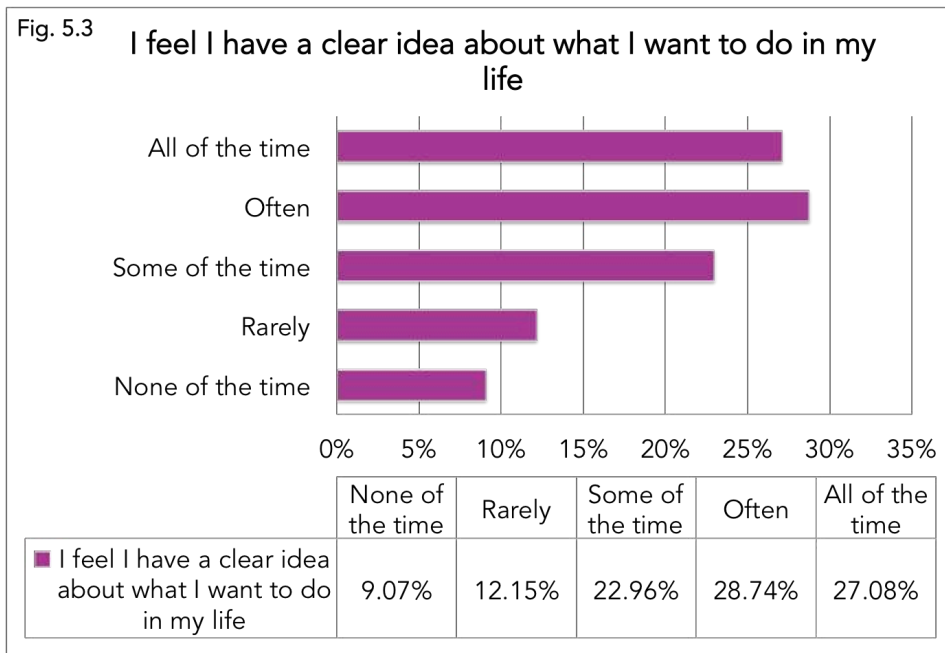
Young people seem to neither agree nor disagree with the question presented in Fig 5.4 with a slight bias towards 'most people can be trusted'.

Fig. 5.4

Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?

% of young people

Can't be to careful   Most people can be trusted

Scale of 1 - 10
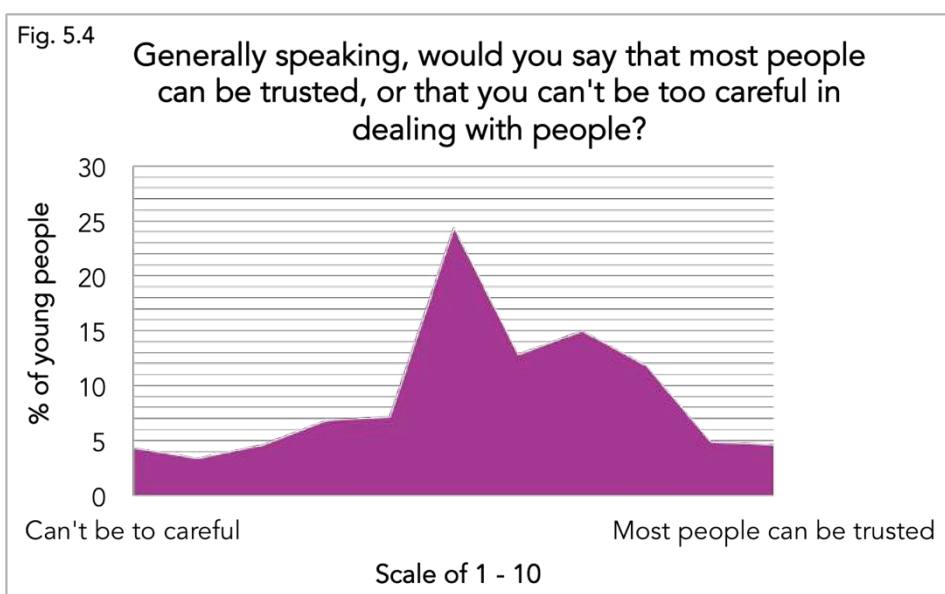
This question gives some insight into how young people view the world and their own personal outlook.

Fig 5.5 demonstrates that many young people have a positive sense of self-efficacy, the belief in their ability to make changes in their own lives.

There are a minority of young people however who feel they are unable to make positive changes to their lives. The chart below demonstrates that **15%** of young people rate their ability to change their own lives as less than 5 out of 10.

Fig. 5.5

How able do you feel to make changes to your own life?

15% of young people rate their ability to change their own lives as less than 5 out of 10

% of young people

Not at all able

Very able

Scale of 1 - 10

Coping Strategies
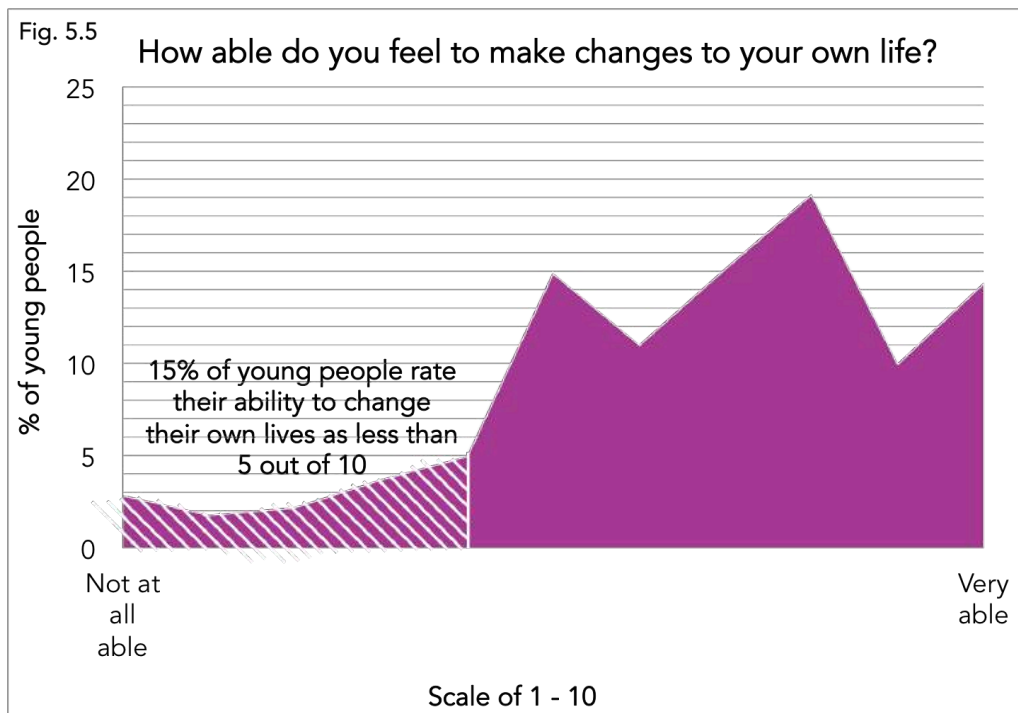
This year young people were asked about how they deal with situations or times when they are stressed and overwhelmed with worries.

Coping strategies are important life skills and can indicate a young persons level of emotional resilience. A lack of positive coping strategies or a reliance on negative coping strategies can indicate a low level of emotional resilience and can lead to poor emotional well-being or disorders in later life.

The responses to questions asking about positive coping strategies (Fig 5.6) show a relatively even and varied split across the possible answers. However, there is a slight bias towards using positive coping skills more 'often' or 'all of

the time' than 'rarely' or 'none of the time'. While more young people use positive coping skills, there is still a large minority who do not.

This could indicate the need for emotional resilience education at schools.

Fig. 5.6

When I am feeling overwhelmed by worries or concerns I cope by: Positive Coping Strategies

	None of the time	Rarely	Some of the time	Often	All of the time
Hobbies, activities or exercise	18.02%	14.40%	23.14%	25.87%	18.59%
Seeking out friends for support	13.87%	23.00%	7.55%	26.91%	11.36%
Seeking out family for support	13.87%	23.00%	7.55%	26.91%	11.36%
Taking deep breaths to calm yourself	16.46%	18.35%	22.46%	23.60%	19.11%

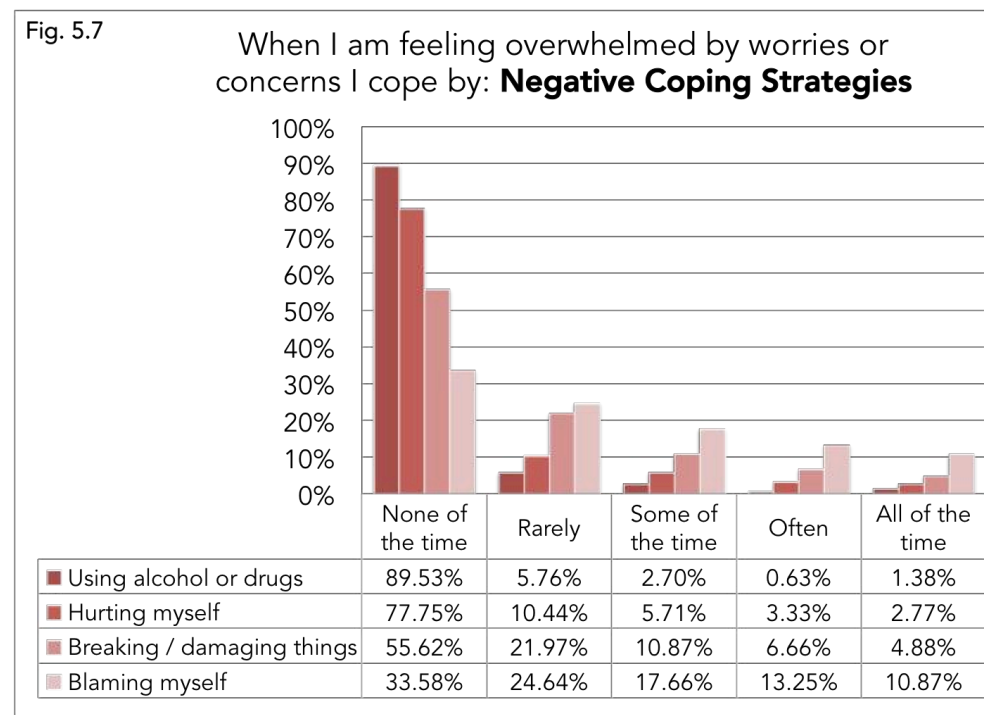Negative coping skills (Fig 5.7) show a much clearer general downward trend in comparison to positive coping skills. This highlights that the majority of young people do not rely on negative coping strategies heavily.

Fig. 5.7

When I am feeling overwhelmed by worries or concerns I cope by: Negative Coping Strategies

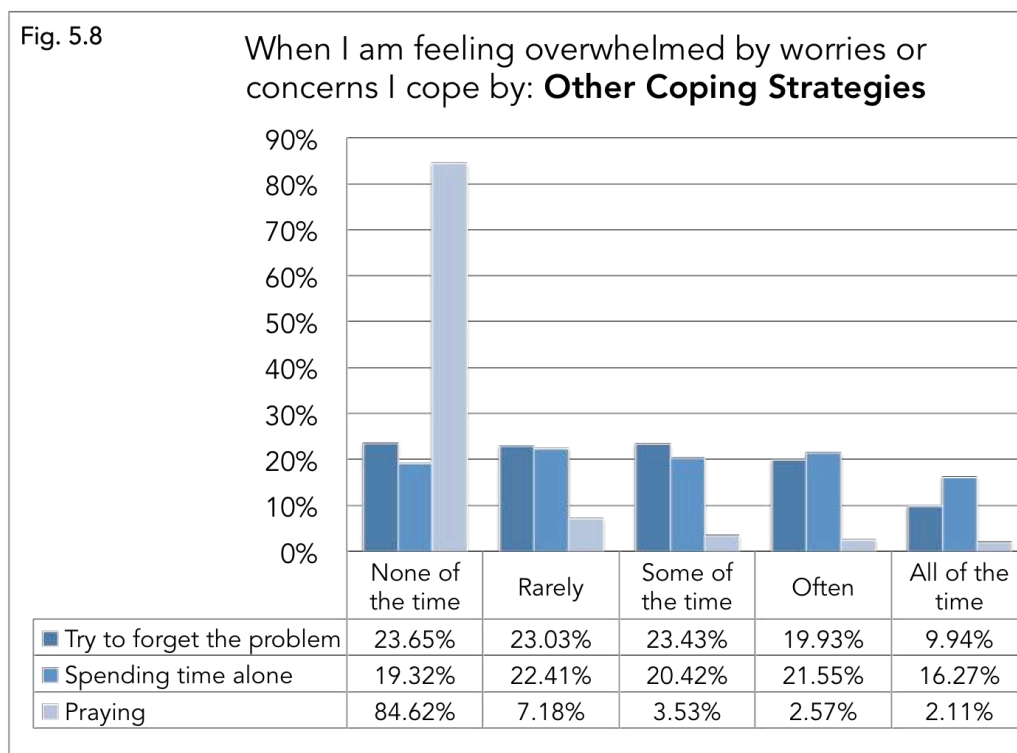|	None of the time	Rarely	Some of the time	Often	All of the time
Using alcohol or drugs	89.53%	5.76%	2.70%	0.63%	1.38%
Hurting myself	77.75%	10.44%	5.71%	3.33%	2.77%
Breaking / damaging things	55.62%	21.97%	10.87%	6.66%	4.88%
Blaming myself	33.58%	24.64%	17.66%	13.25%	10.87%

37

However, it should be noted that **10%** of year 8's have used alcohol or drugs and over one-in-five (**22%**) have hurt themselves in order to cope with worries.

This may demonstrate that a minority are struggling to deal with stressful situations.

Fig 5.8 shows those coping strategies that can viewed as positive or negative.

These coping strategies do not necessarily highlight a need for a young person but are included for reference.

Fig. 5.8

When I am feeling overwhelmed by worries or concerns I cope by: **Other Coping Strategies**

	None of the time	Rarely	Some of the time	Often	All of the time
Try to forget the problem	23.65%	23.03%	23.43%	19.93%	9.94%
Spending time alone	19.32%	22.41%	20.42%	21.55%	16.27%
Praying	84.62%	7.18%	3.53%	2.57%	2.11%

As young people develop throughout adolescence and continue to be tracked by this survey it will be interesting to observe the development of coping strategies and if this changes over time.

12. Comparing data to 2015

Due to the 2016 My Life, My View survey and Derbyshire's emotional health and well-being survey conducted in 2015 containing a high number of similar questions a comparison between the two data sets can occur.

This comparison has several applications. Not only is it useful to compare the current cohort of year 8's to those completing the comparable survey in 2015, it also provides evidence to the validity and reliability of the survey questions.
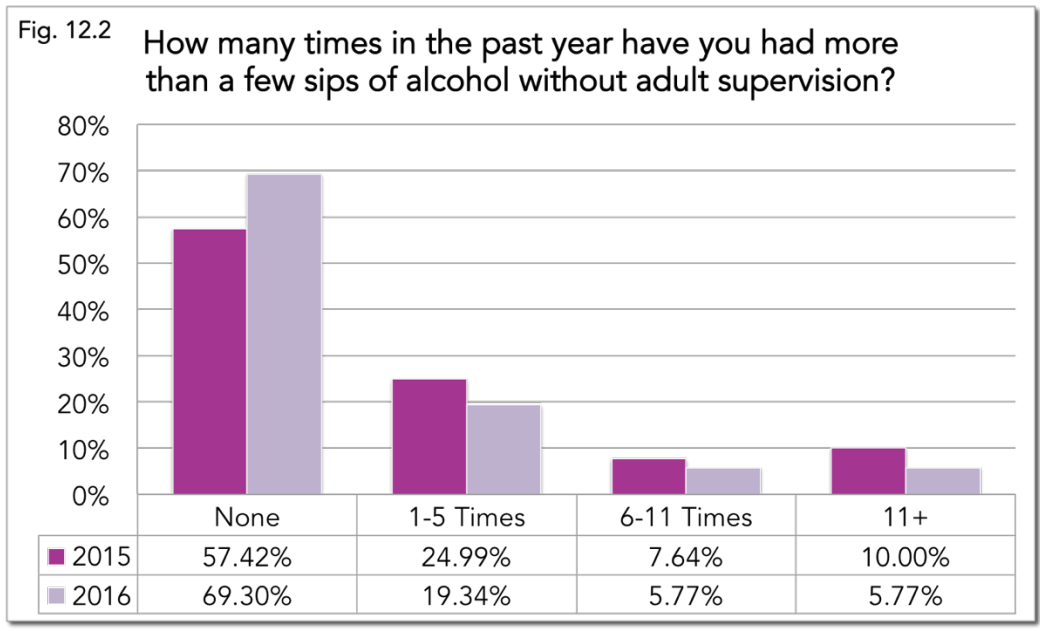
Smoking, Alcohol & Cannabis

The number of year 8's who have tried a cigarette has dropped dramatically since 2015 (Fig 12.1).

In 2015, **15%** reported they had tried a cigarette, this dropped to **8%** in 2016. This drop may be caused by a shift away from conventional cigarettes towards the use of e-cigarettes. However, we do not have comparable e-cigarette data from 2015 to ascertain that this is the case. Data from My Life, My View 2017 should indicate whether this drop is a one-off decline, or due to a larger trend towards the use of e-cigarettes.
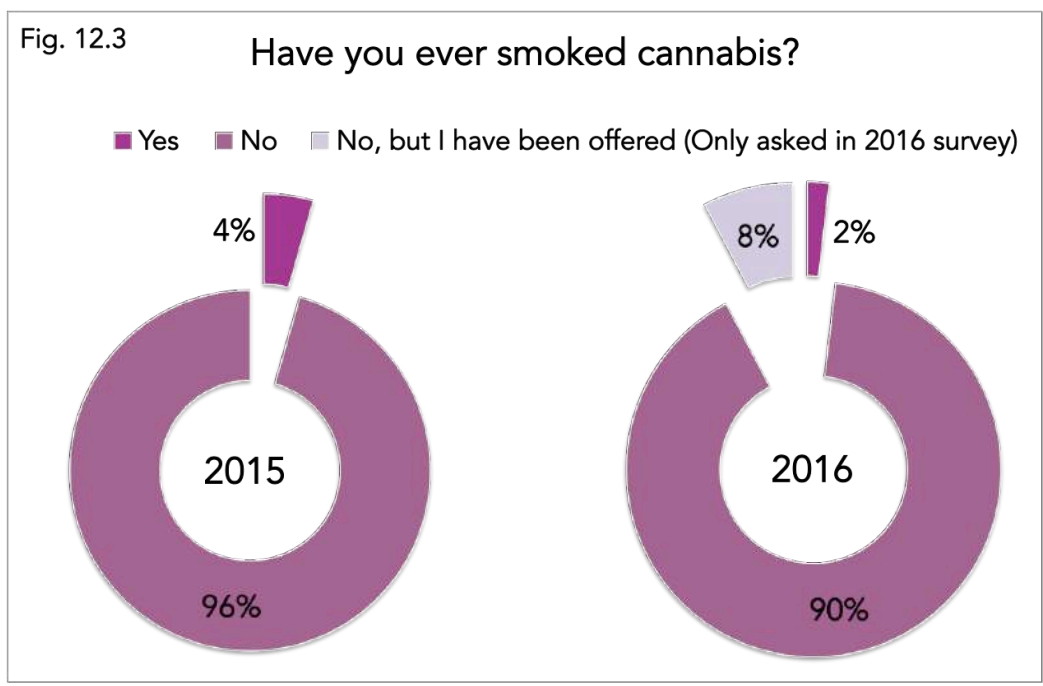
Similar to smoking, alcohol use by year 8's has gone down (Fig 12.2). **57%** of year 8's in 2015 said they had never drunk without adult supervision; this went up to **69%** this year. Higher frequency of drinking also decreased.

Fig. 12.1 Have you ever tried a cigarette?

2015: 15% Yes, 85% No
2016: 8% Yes, 92% No
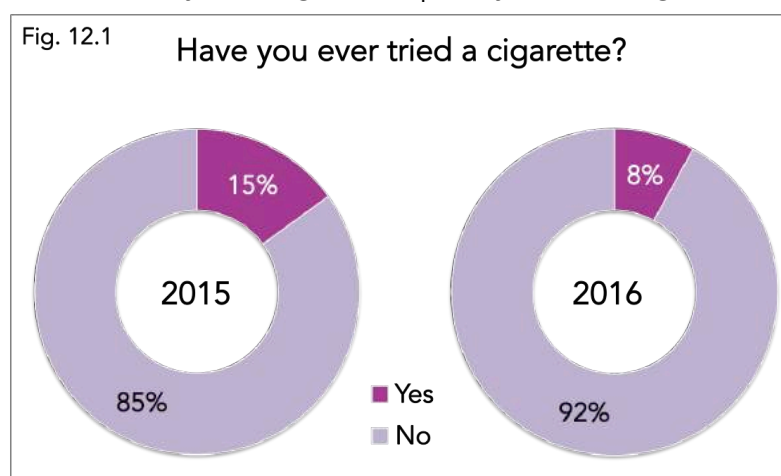
In 2015, **10%** reported having more than 11 drinks without adult supervision within the last year, this nearly halved to **6%** in 2016.

Fig. 12.2 How many times in the past year have you had more than a few sips of alcohol without adult supervision?

	None	1-5 Times	6-11 Times	11+
2015	57.42%	24.99%	7.64%	10.00%
2016	69.30%	19.34%	5.77%	5.77%

Cannabis levels have also slightly decreased from **4%** in 2015 to just **2%** of young people surveyed reporting that they have smoked cannabis.

Fig. 12.3 Have you ever smoked cannabis?

■ Yes   ■ No   ■ No, but I have been offered (Only asked in 2016 survey)

2015: 4% Yes, 96% No

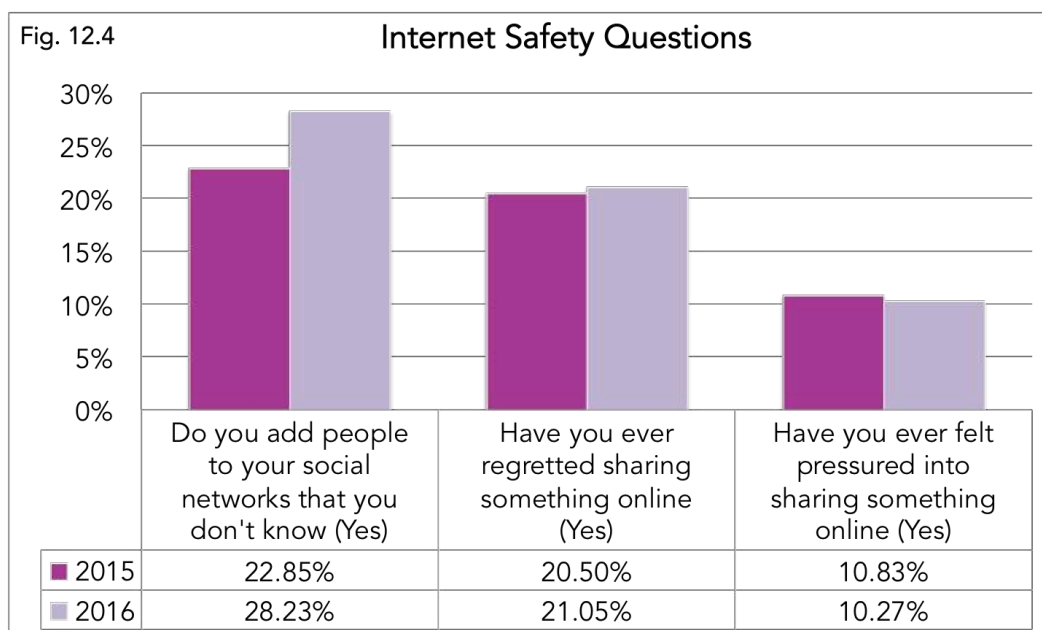2016: 8% No but offered, 2% Yes, 90% No

Internet use

This section of the survey provided very comparable responses from the 2015 and 2016 survey. In both surveys over **90%** responded that they had a social network account.

With regards to adding people online, in 2015 **23%** said they added people they didn't know, this rose to a relatively similar level of **28%** in this year's survey.

In both 2015 and 2016 **21%** of year 8's regretted sharing something online. In addition 11% and 10% of year 8's in 2015 and 2016 respectively stated that they have felt pressured to share something online.

Overall there is a high level of comparable and replicable data in terms of Internet use.

Fig. 12.4 — Internet Safety Questions

|	Do you add people to your social networks that you don't know (Yes)	Have you ever regretted sharing something online (Yes)	Have you ever felt pressured into sharing something online (Yes)
2015	22.85%	20.50%	10.83%
2016	28.23%	21.05%	10.27%

Bullying

Similar to that of Internet use, the results for the bullying questions are nearly exactly replicable. The number of young people who said they had been bullied in the last two months remained constant from 2015 to 2016 at **20%**. Consistently over the two years the majority of young people reported that the most common focus for bullying was appearance.

Fig. 12.5

Have you been bullied in the past 2 months?

■ Yes ■ No □ Don't Know

2015: 20%, 14%, 66%
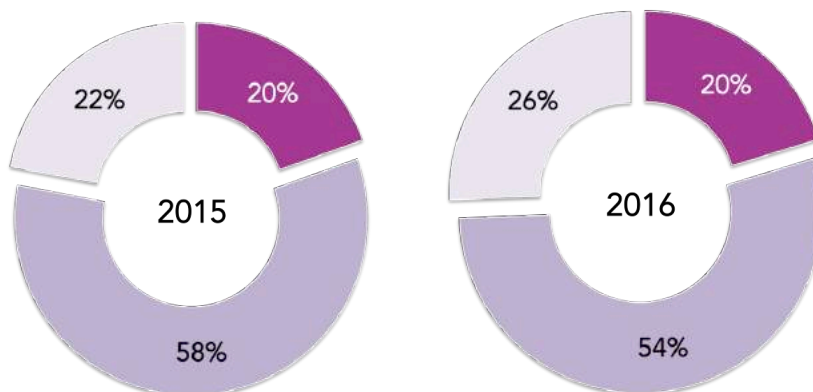2016: 20%, 16%, 64%
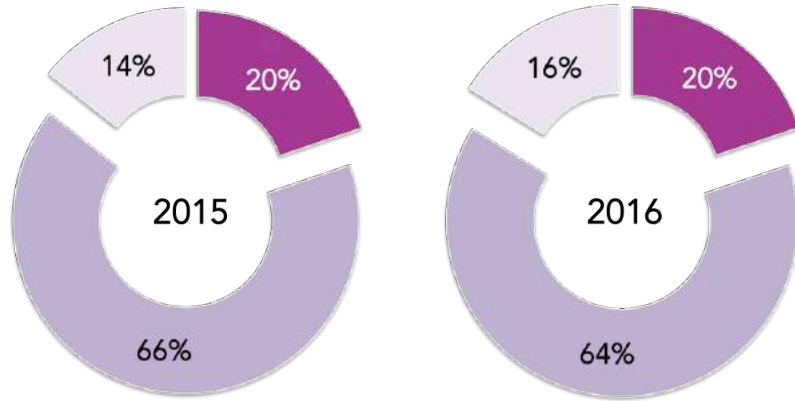
At School

Young people's opinion of school has also remained constant over the two years. In 2015 only **22%** of year 8's said they didn't like school, this increased to **26%** this year, however in both surveys **20%** answered 'I like school'.
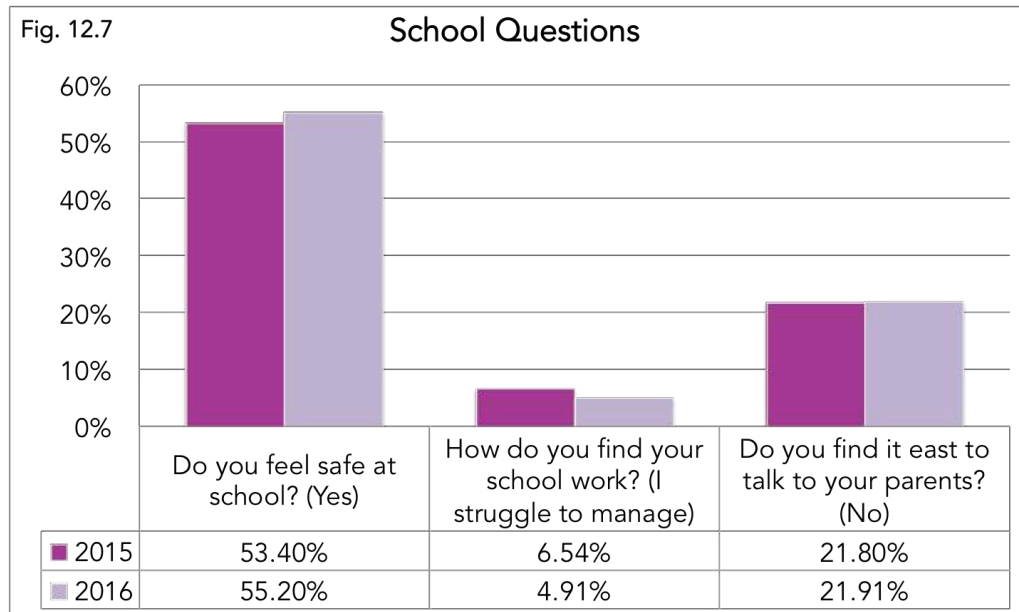

Fig. 12.6

Do you like school?

■ I like school ■ It's OK □ I don't like school

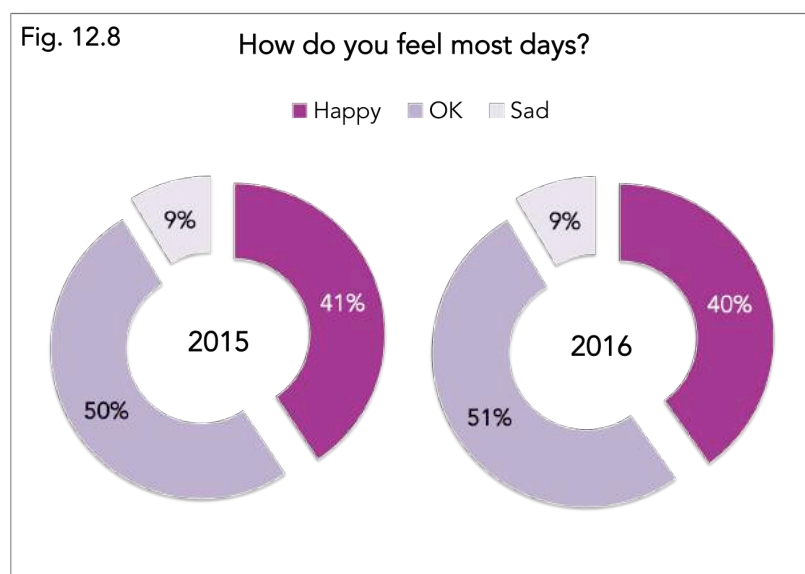2015: 20%, 22%, 58%
2016: 20%, 26%, 54%

The surveys also showed comparative figures for: feelings of safety at school (Yes, 53% in 2015, 55% in 2016), thoughts on schoolwork (I struggle with

Fig. 12.7 — School Questions

	Do you feel safe at school? (Yes)	How do you find your school work? (I struggle to manage)	Do you find it east to talk to your parents? (No)
■ 2015	53.40%	6.54%	21.80%
▨ 2016	55.20%	4.91%	21.91%

schoolwork, 7% in 2015, 5% in 2016) and whether they feel they can talk to adults about problems (No, 24% in 2015, 22% in 2016).

My Life

Emotional wellbeing results for 2016 show highly similar results compared to the 2015 survey. When asked in 2015 'how do you feel most days?' **41%** answered 'happy', **50%** answered 'OK' and **9%** answered 'sad'. In 2016 the responses were **40%**, **51%** and **9%** for 'happy', 'OK' and 'sad' respectively.

Fig. 12.8 — How do you feel most days?

■ Happy ■ OK ▢ Sad

2015: Happy 41%, OK 50%, Sad 9%
2016: Happy 40%, OK 51%, Sad 9%

When year 8's were asked about whether they were happy with their appearance the scores were replicated again over the two years. In 2015

Fig. 12.9

Are you happy with your appearance?

■ Yes ■ No ■ Don't Know

2015: 48%, 26%, 26%
2016: 47%, 26%, 27%
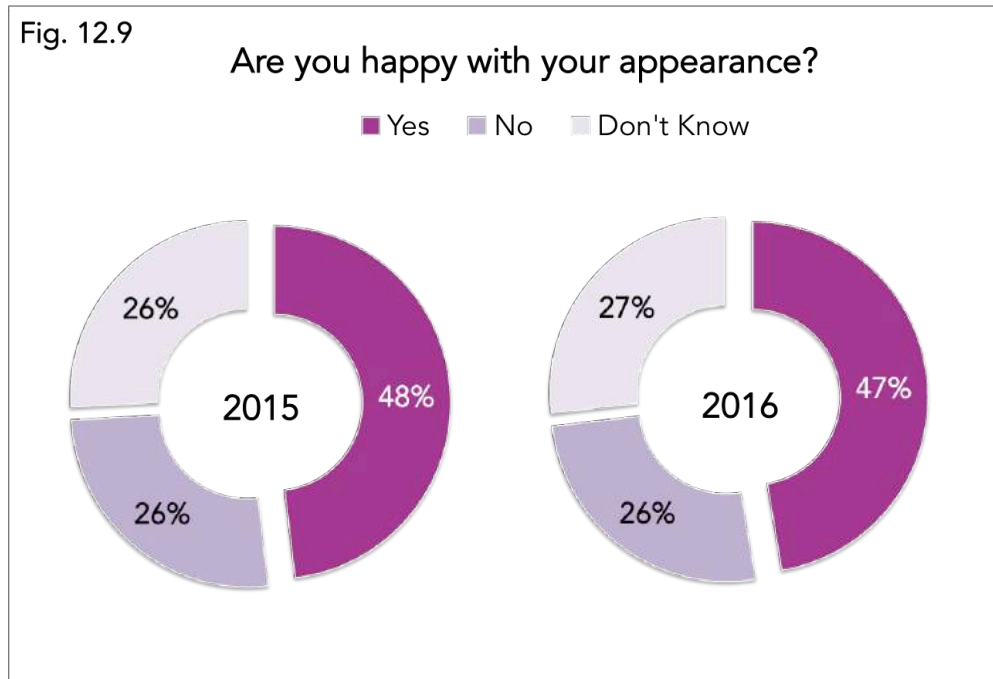
48% responded 'yes', **26%** responded 'no' and **26%** responded 'don't know'. In 2016 the responses were **47%, 26%** and **27%** for 'yes', 'no' and 'don't know' respectively.

Overall there is a clear consistency between My Life, My View data and that of the 2015 emotional health and well-being survey. These comparable results indicate validity and reliability of the survey questions.

As My Life, My View continues over the next three years more comparison of year on year data can occur, further testing validity and reliability.

13. Patterns in the data

Whilst there is no wholly consistent percentage of young people demonstrating a positive or negative bias across all questions some patterns can be observed.

We analysed the anonymous data to ascertain those young people who answered emotional health and well-being questions in a manner indicating potential concerns.

This analysis was conducted across the following survey questions:

- How able do you feel to make changes to your own life?
- I feel I have a clear idea about what I want to do in my life.
- I've been feeling optimistic about the future.
- How often do you have strong feelings of anger?
- How do you feel most days?
- Do you feel safe at school?

Our analysis was focused on those young people who had answered three, four, five or all six of these questions.

This identified a cohort of young people who may be already experiencing emotional health and well-being concerns.

This at risk cohort is represented by the following:

21.74% of young people answered three or more questions.
9.96% of young people answered four or more questions.
3.88% of young people answered five or more questions.

We anticipate that those young people answering four or more questions, effectively more than half of the questions asked, should be considered the at risk cohort.

As these are cumulative totals (e.g. those answering three questions would also be included in the totals for four or five or more questions) we may be observing an at risk cohort of around 10% of young people surveyed.

This estimate is drawn from the consistency in answers observed in the emotional health questions listed above.

It is not intended to give a definite number of the young people locally but should be seen as a useful guide to the number of young people in Derbyshire potentially affected by emotional health issues.
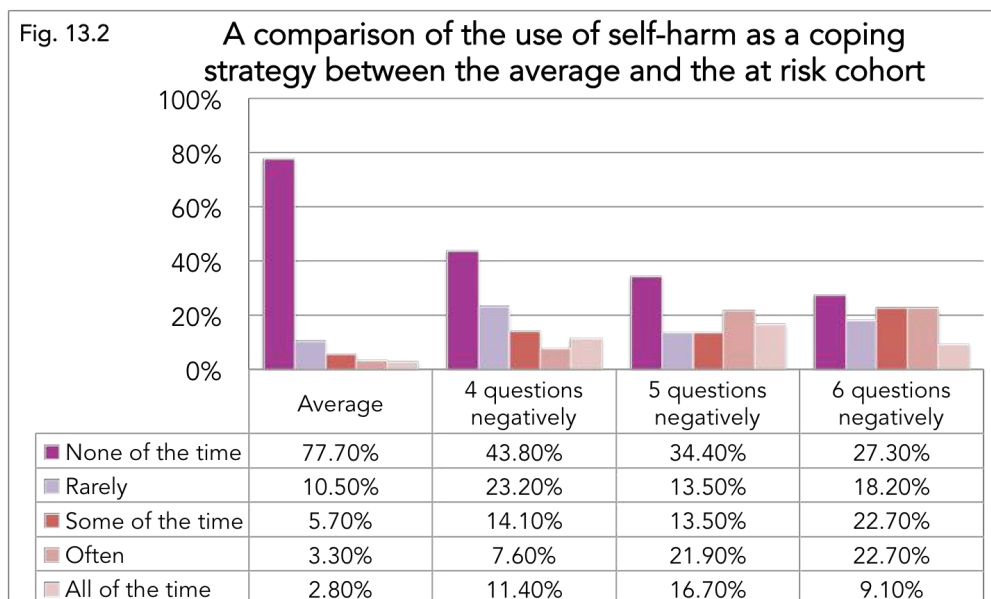
Additional analysis was conducted to ascertain whether those who are potentially affected by emotional health issues have a greater reliance on negative coping skills than that of the average young person.

Fig. 13.1 A comparison of the use of alcohol/drugs as a coping strategy between the average and the at risk cohort

	Average	4 questions negatively	5 questions negatively	6 questions negatively
None of the time	89.50%	71.40%	70.80%	68.20%
Rarely	5.80%	12.40%	12.50%	13.60%
Some of the time	2.70%	8.60%	7.30%	4.50%
Often	0.60%	2.70%	2.10%	4.50%
All of the time	1.40%	4.90%	7.30%	9.10%
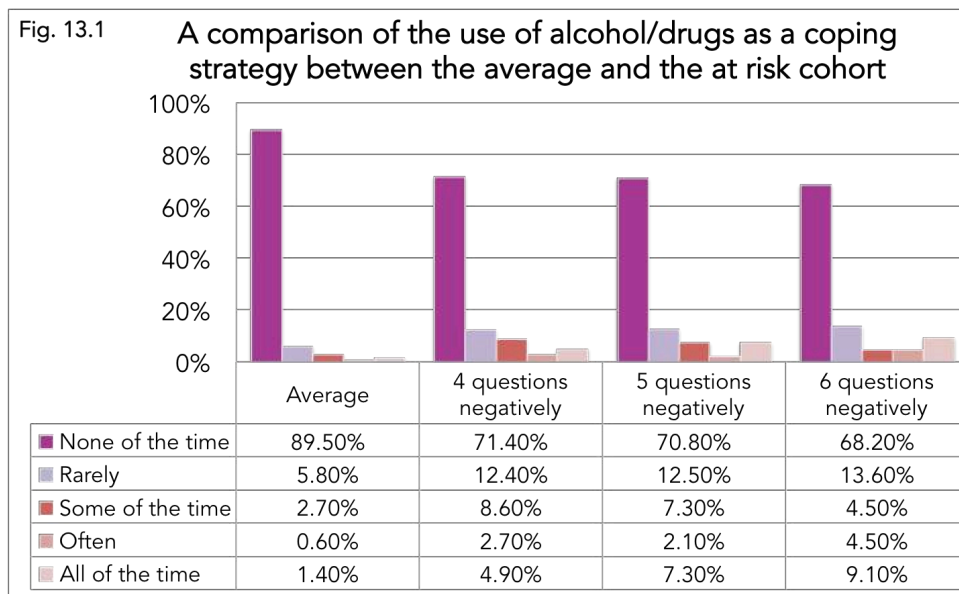
Figures 13.1 and 13.2 highlight the difference between the average young person and that of the at risk cohort with regards to using the most severe negative coping strategies. These figures emphasise a higher reliance on the use of negative coping strategies by the at risk cohort than the average young person.

Fig. 13.2 A comparison of the use of self-harm as a coping strategy between the average and the at risk cohort

	Average	4 questions negatively	5 questions negatively	6 questions negatively
None of the time	77.70%	43.80%	34.40%	27.30%
Rarely	10.50%	23.20%	13.50%	18.20%
Some of the time	5.70%	14.10%	13.50%	22.70%
Often	3.30%	7.60%	21.90%	22.70%
All of the time	2.80%	11.40%	16.70%	9.10%

14. Conclusions

The findings of this survey indicate that the majority of young people surveyed are living happy fulfilling lives, are optimistic about their futures and have a strong sense of self efficacy.

However, around 1 in 10 young people surveyed seem to be experiencing or at risk of some form of emotional health concern. This is evidenced by consistent findings across key questions focused on factors affecting emotional health and well-being.

In addition, whilst most young people are not engaging in risk-taking behaviours a small minority of young people are already reporting engagement in regular drinking, smoking and cannabis use.

15. Recommendations for 2016/17 academic year

- The survey may benefit from additional questions when completed with year nine pupils that build on the findings which were of concern for the initial year 8 co-hort.
- The survey should reflect the changing life experiences of young people as they transition from year 8 to year 9.
- As with the previous years survey some additional work focused on bullying could be beneficial for local schools. This is due to 16% of young people reporting that they did not know if they had been a victim of bullying.

Appendix 1: Survey Questions

Section: My Experiences	
Question	**Possible Answers**
Have you ever tried a cigarette?	Yes / No
If you have ever tried a cigarette how often do you smoke? (If you have never smoked just click N/A)	Once a Month / Once a Week / Once a Day / N/A
Have you ever tried an electronic cigarette?	Yes / No
How many times in the past year have you had more than a few sips of alcohol without adult supervision?	None / 1-5 Times / 6-11 Times / 11+
Have you ever smoked cannabis?	Yes / No / I have not smoke cannabis but have been offered it
If you have ever smoked cannabis how often do you smoke? (If you have never smoked cannabis just choose N/A)	Less than once a month / Once a month / More than once a month / Once a Week / Everyday / N/A
Have you ever used any other drugs?	Yes / No / I have not used but have been offered drugs
If you have ever used drugs how often do you used them? (If you have never used drugs just choose N/A)	Less than once a month / Once a month / More than once a month / Once a Week / Everyday / N/A
Do you have social network profile? (this could be Facebook, Snapchat, Instagram, Twitter etc)	Yes / No
Do you add people to your social networks that you don't know in real life?	Yes / No / I have before but don't now
Have you ever regretted sharing something online?	Yes / No
Have you ever felt pressured into sharing something online?	Yes / No
Section: My School	
Question	**Possible Answers**
Have you been bullied in school in the past 2 months?	Yes / Don't Know / No
In your opinion what is the most common form of bullying in your school	Verbal bullying / Physical bullying / Indirect bullying / Cyber bullying / Bullying via mobile / Other
In your opinion what is the most common	Sexuality / Culture/Religion /

reason for bullying in your school?	Appearance / Academic Ability / Race / Gender / Other
Would you take action if you saw someone was being bullied?	I would be unlikely to take action / I would probably take action / I would be likely to take action / I would definitely take action
Do you like school?	I like school / It's OK / I don't like school
How do you find your school work?	Good, I can complete everything / OK / OK, but sometimes I struggle / I struggle to manage my school work
Do you feel safe at school?	Yes / No / Sometimes / Don't know
Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you?	Yes / Don't know / No
Who do you usually talk to about things which bother you?	Parents / Friends / Other family members / Teachers / School Nurse / Other adults (like youth workers) / Online Friends / I tend to keep things to myself
If you had a problem and didn't think you could talk to who you usually do would you know where to go for help?	Yes / No / Don't know

Section: My Life	
Question	**Possible Answers**
How do you feel most days?	Happy / OK / Sad
How often do you have strong feelings of Anger?	Everyday / Quite Often / Not that Often / Never
Are you happy with your appearance?	Yes / No / Don't Know
Do you find it easy to express yourself in the way you want to?	Yes, always / Yes, sometimes / No
Have you ever felt pressured to look a certain way?	Yes / No / Don't Know
If I do feel pressure from others it is usually to.....(You can select more than one option for this question)	Look a certain way / Act a certain way / Do certain things / Like certain things / I don't feel pressure
At home does a member of your family rely on you for support as they are unable to complete certain tasks without your help?	Yes / No
How happy are you with your life?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy

How happy are you with your friends?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How happy are you about the things you have? (like money and the things and possessions you own)	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
Do you take part in any of these activities outside of school?	Sport clubs / Youth clubs / Other clubs (e.g. drama, music) / Scouts-Guides-Cadets etc / Volunteering / I don't take part in activities outside of school / Other

Section: My Community

Question	Possible Answers
I feel safe when I am out in my local area during the day	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
I feel safe when I am out in my local area at night	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree

Section: My Feelings

Question	Possible Answers
I've been dealing with problems well	None of the time / Rarely / Some of the time / Often / All of the time
I've been feeling optimistic about the future	None of the time / Rarely / Some of the time / Often / All of the time
I feel I have a clear idea about what I want to do in my life	None of the time / Rarely / Some of the time / Often / All of the time
Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?	Rating Scale: 0 – Cant be too careful / 10 – Most people can be trusted
When I am overwhelmed by worries or concerns I try to cope by: Taking part in hobbies, activities or exercise	
When I am overwhelmed by worries or concerns I try to cope by: Using alcohol or drugs	
When I am overwhelmed by worries or concerns I try to cope by: Seeking out friends for support	
When I am overwhelmed by worries or concerns I try to cope by: Seeking out family for support	
When I am overwhelmed by worries or	

concerns I try to cope by: Hurting myself	
When I am overwhelmed by worries or concerns I try to cope by: Breaking or damaging things	
When I am overwhelmed by worries or concerns I try to cope by: Taking deep breaths to calm myself	
When I am overwhelmed by worries or concerns I try to cope by: Trying to not think about it and forgetting the problem	
When I am overwhelmed by worries or concerns I try to cope by: Blaming myself	
When I am overwhelmed by worries or concerns I try to cope by: Spending time alone	
When I am overwhelmed by worries or concerns I try to cope by: Praying or attending my place of worship	
How able do you feel to make changes to your own life?	Rating Scale: 0 – Not at all able / 10 – Very able
Section: Further Help and Support	
Question	**Possible Answers**
If you are worried in any way please speak to a teacher, parent, youth worker, school nurse, primary mental health worker or other trusted adult. There are also services available in Derbyshire if you need to talk about any of the issues raised in this survey. Safe Speak is a service you can call to discuss a range of issues, you can contact them using the details below. Email us at: info@safespeak.org.uk Call us on: 0800 093 5264 (free from land lines) or 01332 349301	If you would like us to make your school aware that you would like to receive further support and the opportunity to discuss any issues please leave your name and school below. (FREE TEXT BOX)

Appendix 2: Participating Schools

Full Completion		Partial Completion	
1	Anthony Gell School	1	Aldecar Community Language School
2	Eckington School	2	Chapel-en-le-Frith High School
3	Highfields School	3	Dronfield Henry Fanshawe School
4	Hope Valley College	4	Frederick Gent School
5	Lady Manners School	5	Glossopdale Community College
6	Netherthorpe School	6	Heritage High School
7	Shirebrook Academy	7	John Flamsteed Community School
8	St Philip Howard Catholic Voluntary Academy	8	Kirk Hallam Community Academy
9	The Ripley Academy	9	Ormiston Ilkeston Enterprise Academy
		10	Outwood Academy
		11	Parkside Community School
		12	Queen Elizabeth's Grammar School
		13	St John Houghton Catholic Voluntary Academy
		14	The Ecclesbourne School
		15	The Long Eaton School
		16	The Pingle School
		17	Tibshelf Community School
		18	Whittington Green School
		19	Wilsthorpe Community School

Appendix 3: Social Norms Resources

*The figures in the resources are placeholder text and are replaced with individual data for each school

Social Norms Posters

The following posters should be used to reinforce the messages delivered through the Informed sessions. They can provide an effective whole school message related to risk-taking behaviours.

Method

You will have been provided with the data for your school. Included within this is the data related to each of the following posters.

You will need to replace the large figure in each poster with the relevant figure for your school. Remember to also insert your schools name and the correct year group they are currently marked with an X) into the relevant poster. You may also want to add your school logo.

We have built the posters in PowerPoint as it is a programme that everyone should have access to, we would advise saving the modified file as a PDF. You are free to redesign these posters as you see fit, please keep the messages consistent however and we would love to see examples of what you have done.

Why not run a competition with your students to design a poster containing these messages?

92% of Derbyshire High School students in year 8 have NEVER TRIED A CIGARETTE

The majority of year 8 pupils are NOT smoking

88% of Social Norms High students in year 8 have NEVER TRIED AN ELECTRONIC CIGARETTE

The majority of year 8 pupils are NOT using electronic cigarettes

76% of Social Norms High students in year 8 HAVE NEVER HAD AN ALCOHOLIC DRINK without an adult being present

The majority of year 8 pupils are choosing NOT to drink alcohol when they are with their friends

96% of Social Norms High students in year 8 HAVE NEVER TRIED CANNABIS

The majority of year 8 pupils are NOT smoking cannabis

68% of Social Norms High students in year 8 ARE NOT ADDING people they don't know on social media

The majority of year 8 pupils are NOT adding strangers online

77% of Social Norms High students in year 8 HAVE NEVER REGRETTED SHARING something online

The majority of year 8 pupils are NOT taking risks online

53