



# my life, my view

Derbyshire Youth Well-Being Survey

Summer Term 2017

## Acknowledgements

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## Table of Contents

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1. Introduction.....	4
2. Summary of key findings .....	4
3. Purpose of the survey .....	6
4. Survey method .....	7
5. Survey design .....	8
6. Survey questions .....	9
7. Recruitment of Schools .....	9
8. Number of Schools .....	10
9. Number of Young People .....	10
10. Reporting to Schools .....	11
11. Survey Results .....	12
Section 11.1: My Experiences .....	14
Section 11.2: My School.....	24
Section 11.3: My Life .....	30
Section 11.4: My Community .....	37
Section 11.5: My Feelings .....	38
12. Comparing data to previous years.....	45
13. Patterns in the data .....	53
14. Conclusions.....	57
15. Recommendations for 2016/17 academic year.....	58
16. Appendix .....	59
Appendix 1: Survey Questions .....	59
Appendix 2: Participating Schools.....	64
Appendix 3: Social Norms Resources.....	65

## 1. Introduction

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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.

This is the second year of the project. During the 2017 spring and summer school terms 4,117 young people from 20 schools completed the My Life, My View survey.

The survey includes 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

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- The majority of young people in year 8 and 9 do not engage in risk-taking behaviours, such as drinking, smoking or drug use. However engagement with these behaviours does increase, as young people get older.
- The number of year 8 pupils reporting that they have tried a cigarette slightly increased to 10% when compared to 2015/16.
- 32% of young people in year 8 have drunk alcohol without adult supervision in the last year. 31% of year 9's have drunk alcohol without adult supervision in the past month.
- 20% of year 8's and 33% of year 9's reported that they had tried an electronic cigarette. 6% of year 9's report using an e-cigarette everyday. This represents a 3% increase from last year for year 8 pupils.
- It is estimated that 13% of young people in year 8 and 14% of those in year 9 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, friends and possessions but 10% of year 8's and 13% of year 9's report feeling sad most days.
- As young people get older they feel more pressure from others to behave a certain way
- Older adolescents also feel less confident about their future
- Parents continue to be a key area of support for young people, 57% of year 8's and 51% of year 9's say they talk to their parents about things that bother them. As young people get older they become more reliant on their friends and less reliant on their parents for support.
- 28% of year 8's and 37% of year 9's are taking risks on the Internet. 10% and 12% of year 8 and 9 pupils respectively report that they have been pressured into sharing something online.
- Bullying is reported by 21% of young people with appearance being the most likely reason for bullying. This was consistent across both year groups
- Body confidence is relatively low amongst young people. 28% of year 8's and 32% of year 9's stating that they were not happy with their appearance.
- 15% of year 8's have felt stigmatised because of their mental health. 36% of year 8's feel that young people with mental health issues are stigmatised by their peers.

### 3. Purpose of the survey

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Following the success of the 2014/15 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 2015/16 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

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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

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This year's survey is a continuation of the 2015/16 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.

During the 2016/17 academic year the My Life, My View survey was completed by year 8 and 9 students in Derbyshire. Both the year 8 and 9 survey had two additional questions. The year 8 survey had two questions related to feelings of stigma because of mental health issues. The year 9



survey had an extra questions relating to alcohol and e-cigarette usage. The full list of questions used can be found in the appendix.

Both surveys 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

## 6. Survey questions

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

## 7. Recruitment of Schools

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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

While we have observed a slight decline in the number of schools taking part, the high level of marketing activities, combined with the successful surveying of schools in 2014/15 and 2015/16 academic years has significantly contributed to the high retention rate of schools that are completing the survey across multiple academic years.

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 and 9 pupils only a very small number of home-schooled young people would have been eligible to take part.

## 8. Number of Schools

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A total of 20 schools took part in the survey; this represents 44% of all secondary schools in Derbyshire taking part in the project. This is a slight decrease on last year's survey in which 22 schools participated (49%).

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.

Out of the 20 schools that participated this year, 16 completed both the year 8 and 9 survey, 3 schools participated in the year 8 survey only. 1 further school completed only the year 9 survey.

It should be noted that not all of the participating 20 schools completed the survey with every young person in school year 8 or year 9.

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

## 9. Number of Young People

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A total of 4,117 young people attending a Derbyshire secondary school completed the survey this academic year. This total is comprised of 2,280 year 8 and 1,837 year 9 pupils. This academic year has the highest survey responses since the projects inception, however this is due to the fact that year 8 and 9 pupils completed the survey. In real terms the number of responses from year 8's pupils this year is lower than the 2015/16 academic year (3,034). This decrease in responses is due to the decrease in the number of schools participating in the survey

This represents approximately 27.88% and 22.47% of the year 8 and 9 population of Derbyshire respectively. This approximation is based on 2011 census data. This is a decrease on last year's survey in which 3,034 year 8 pupils participated (37.10%).

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 or 9.

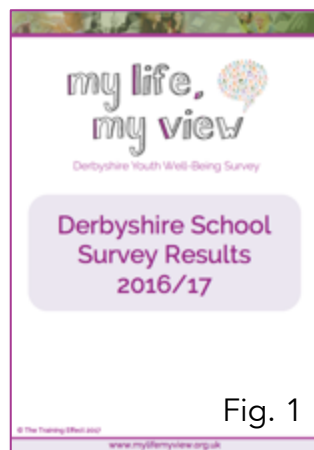


Fig. 1

## 10. Reporting to Schools

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

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

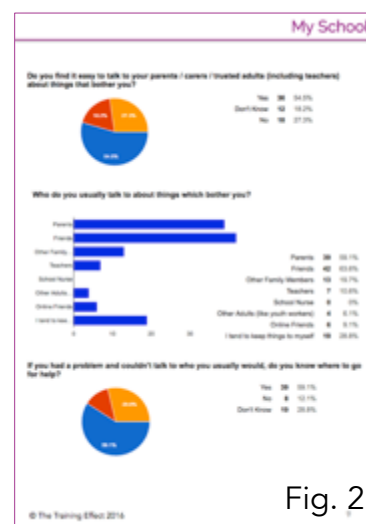


Fig. 2

average for all schools was included in the school level report.

All participating schools received their tailored report before the end of the 2017 summer term.

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.



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, 90% of young people surveyed have never tried a cigarette.

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

## 11. Survey Results

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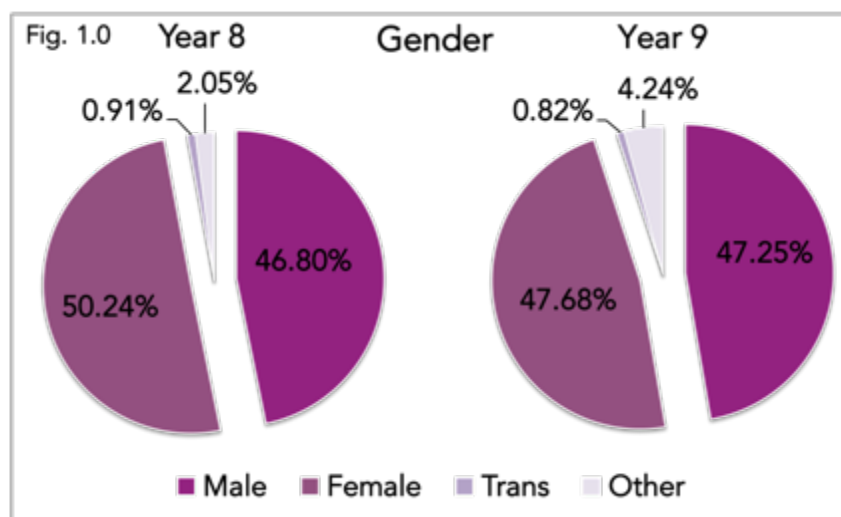
The following survey results are presented in each of the six sections that were presented to young people completing the survey.

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 (46.8% and 47.3%) and females (50.2% and 47.7%) in both year groups and includes a minority of young people who view themselves as either transgender (0.9% and 0.8%) or other (2.1% and 4.2%). This is highlighted in the figure below.



## Ethnicity

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

**Table 1:** Breakdown of participant's ethnicity

Ethnicity	Year 8	Year 9
White British	91.39%	89.22%
White Irish	1.67%	1.91%
Gypsy or Irish Traveller	0.74%	1.32%
Any other white background	1.00%	1.31%
White and Black Caribbean	0.52%	0.83%
White and Black African	0.62%	0.34%
White and Asian	0.39%	0.49%
Any other mixed / multiple ethnic background	1.71%	0.77%
Indian	0.27%	0.28%
Pakistani	0.04%	0.55%
Bangladeshi	0.04%	0.39%
Chinese	0.04%	0.33%
Any other Asian background	0.13%	0.27%
African	0.35%	0.11%

Caribbean	0.04%	0.11%
Any other black / African / Caribbean background	0.04%	0.34%
Arab	0.08%	0.61%
Any other ethnic group	0.87%	0.87%

## Section 11.1: My Experiences

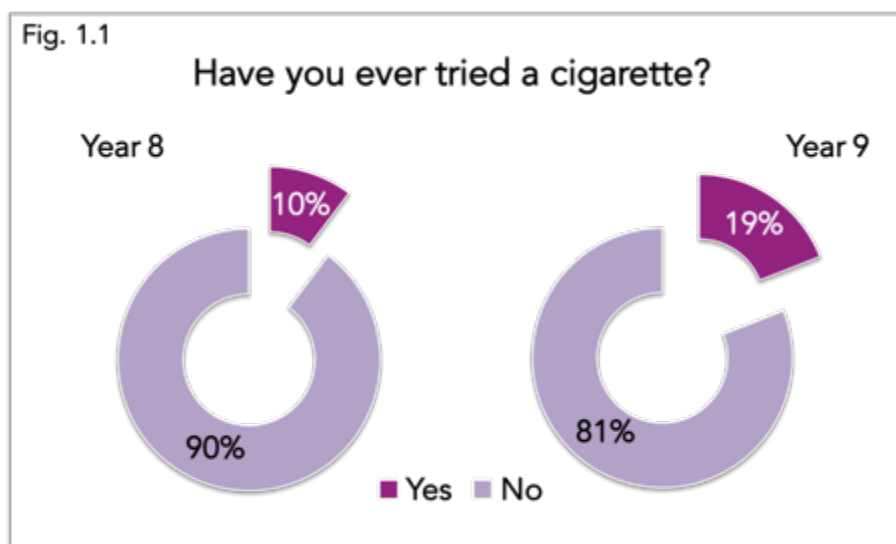
The first section of the survey was concerned with the experiences of young people. This section consisted of questions related to their own engagement in behaviours that are considered 'risky' or have the potential for risk.

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.

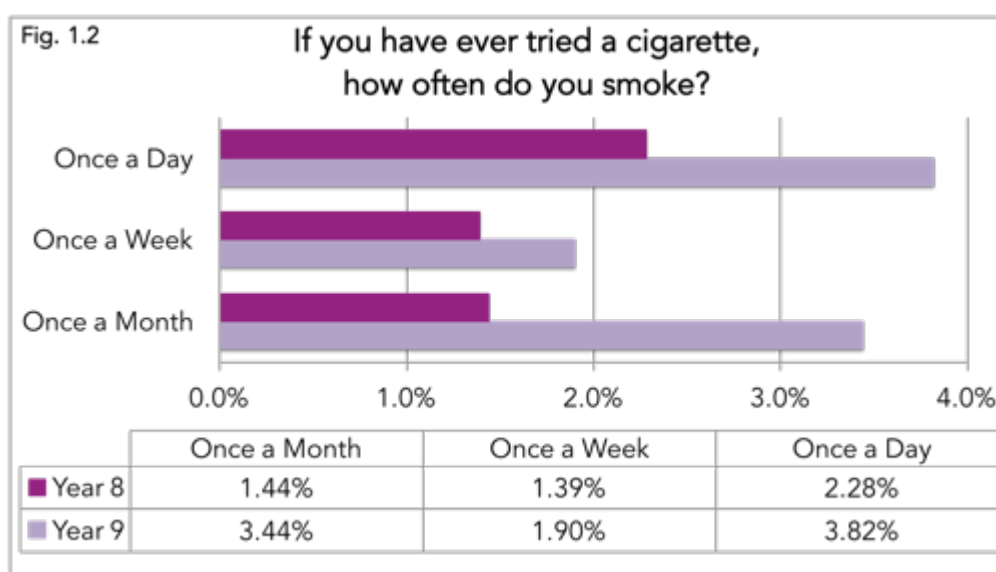
These questions are seen as particularly important as they provide insight into early risk-taking behaviour, and the use of alcohol and drugs has a well-established impact on emotional health and well-being.



We found that **10%** of year 8's and **19%** of year 9's 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.



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. Two variables are known; this survey was completed at the end of the academic year by the majority of schools 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.<sup>1</sup>

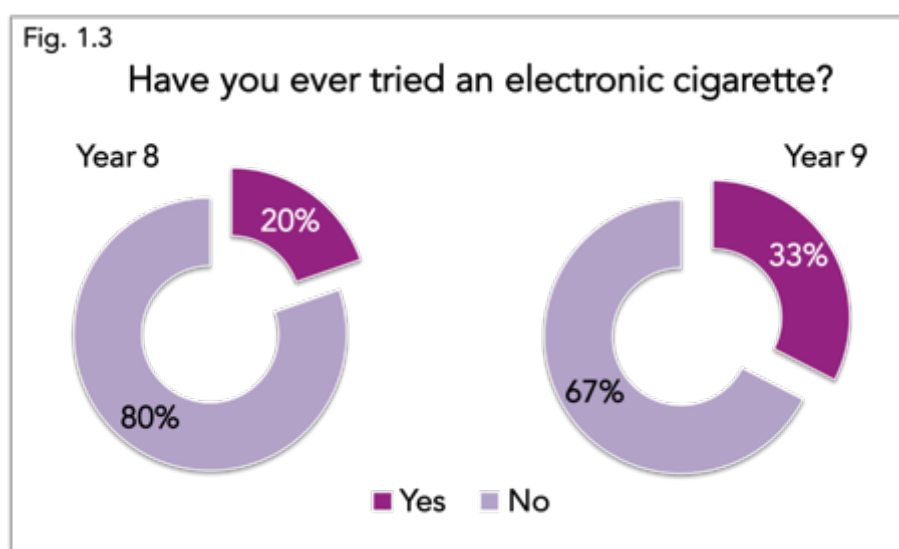
Even though this data is higher a very significant majority of young people in school years 8 and 9 in Derbyshire have not tried cigarettes.

<sup>1</sup> What about YOUth? Survey 2014, HSCIC

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 **5%** in year 8 and **9%** in year 9.

The highly addictive nature of nicotine is evident even at this age as a relatively large minority (45% of year 8's and 42% of year 9's) 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.<sup>2</sup>

**20%** of year 8 and **33%** of year 9 pupils said they had tried an e-cigarette. This is noticeably higher than those who are smoking conventional cigarettes.

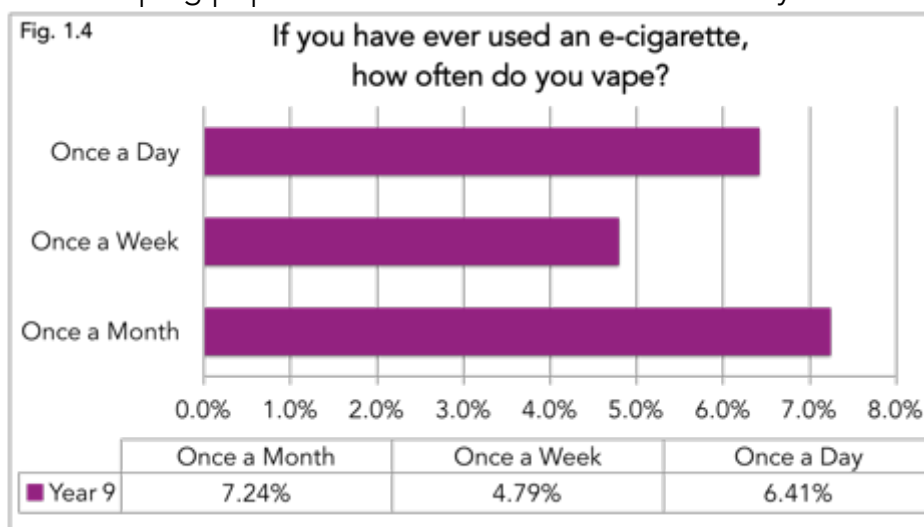
This result is repetition of last years My Life, My View survey results, as the numbers of those having tried vaping (17% in 2015/16) was higher than those who report having tried smoking (8% in 2015/16).

Year 9 pupils were asked about their frequency of use of e-cigarettes. This was styled in the same format as a previous question on the frequency of smoking traditional cigarettes.

<sup>2</sup> E-Cigarettes: An Evidence Update, PHE, 2015



Fig 1.4 highlights those young people that can be presumed to be semi-regular or regular e-cigarette users. Combined, the figures above may indicate a vaping population within the cohort of **18%** in year 9.



The survey questions 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.

Current data from Public Health England suggest that those who 'vape' were once previous smokers who have moved onto using e-cigarettes. The data we have received from the My Life, My View survey seems to contradict this and indicates that a large proportion of young people who have tried e-cigarettes but never a traditional cigarette. Table 2 highlights the number of young people who have tried only a cigarette, only an e-cigarette, both and also neither.

**Table 2: Breakdown of cigarette and e-cigarette engagement**

	Year 8	Year 9
Tried neither a cigarette or an e-cigarette	78.8%	65.2%
Only tried a cigarette	1.5%	2.3%
Only tried an e-cigarette	10.9%	15.8%
Tried both a cigarette and an e-cigarette	8.8%	16.8%

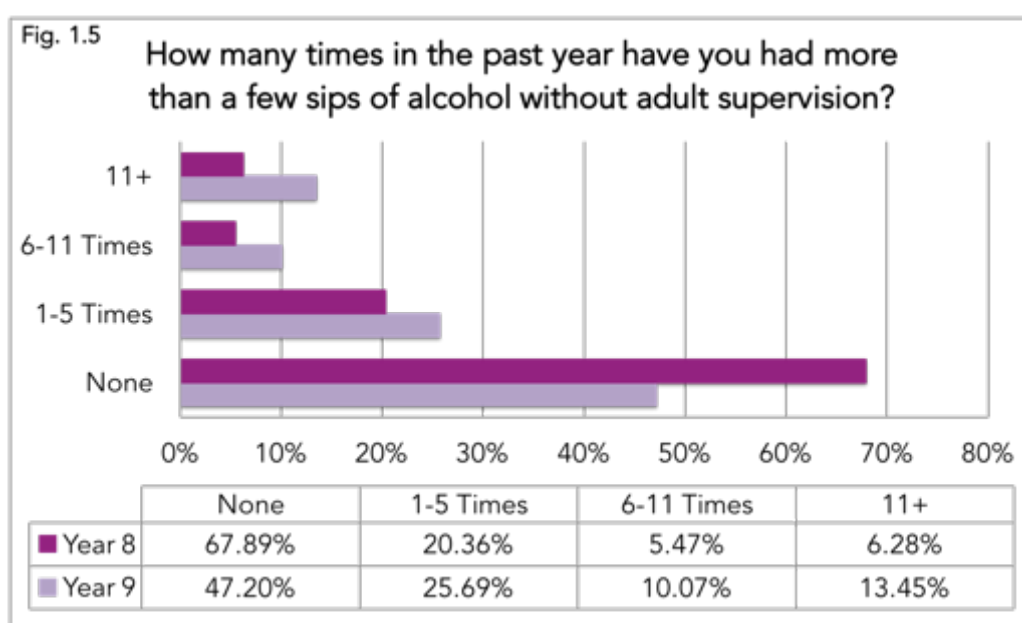
Table 2 emphasises the fact that the majority of those who have tried a cigarette have also tried an e-cigarette<sup>3</sup> and that around half of the young

<sup>3</sup> 85% and 88% of young people who have tried a cigarette in years 8 and 9 respectively have also tried an e-cigarette

people who have tried an e-cigarette have not previously smoked a cigarette<sup>4</sup>.

## Alcohol

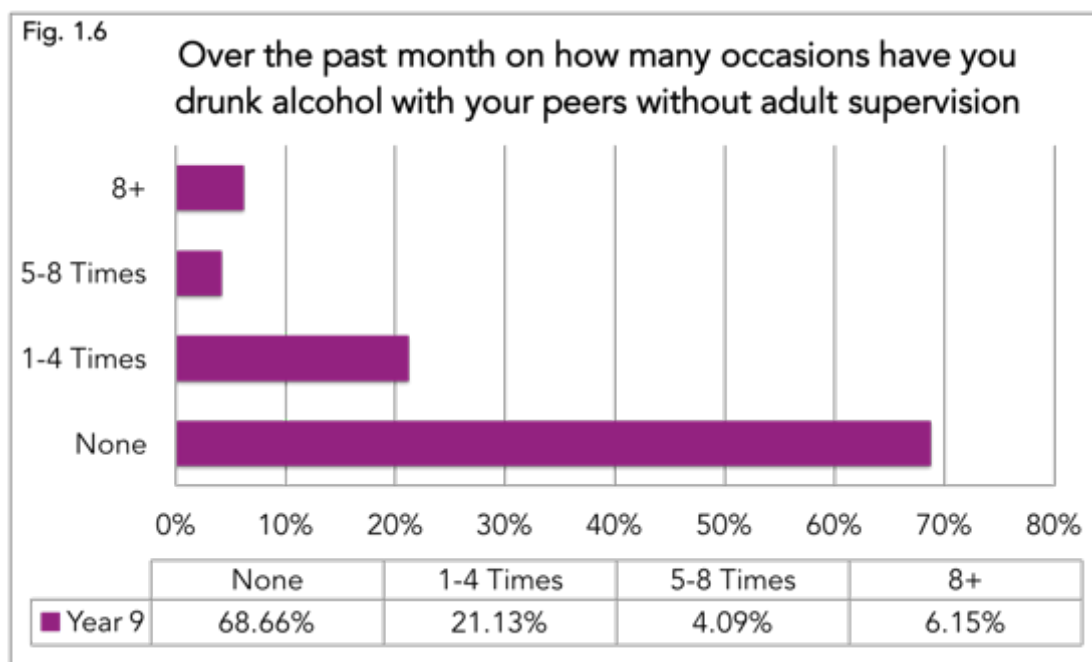
Due to alcohol being a normalised social behavior in the UK, it is not surprising that this is the risk behaviour that young people engage with the most. Of the young people in year 8, the majority (**68%**) have not drunk alcohol without adult supervision in the past year. However, figure 1.5 highlights a large increase in drinking, as young people get older. The majority, **63%** of year 9 pupils have drunk alcohol without supervision within the last year.



Year 9 pupils were also more likely to drink more frequently than those in year 8. The number of year 9 pupils who said they had drunk 6 or more times in the last year is double that of year 8 (**24%** to **12%** respectively).

Young people in year 9 were asked an additional question related to alcohol. It focused on the number of times they drunk alcohol with their peers in the last month. The majority of year 9 pupils have not drunk in the last month with their peers (**69%**). However, there is a minority (**21%**) who have infrequently drunk with their friends without adult supervision and a further **10%** who have done so regularly.

<sup>4</sup> 55% and 48% of young people who have tried an e-cigarette in years 8 and 9 respectively have not tried a traditional cigarette



These figures do not indicate whether young people have been drunk or drunk large quantities of alcohol, instead they highlight a clear change between years 8 and 9 in terms of the level of engagement with alcohol. The figures indicate that many young people begin to experiment with alcohol with their friends between the ages of 13<sup>5</sup> and 14.

### Cannabis and other drug use

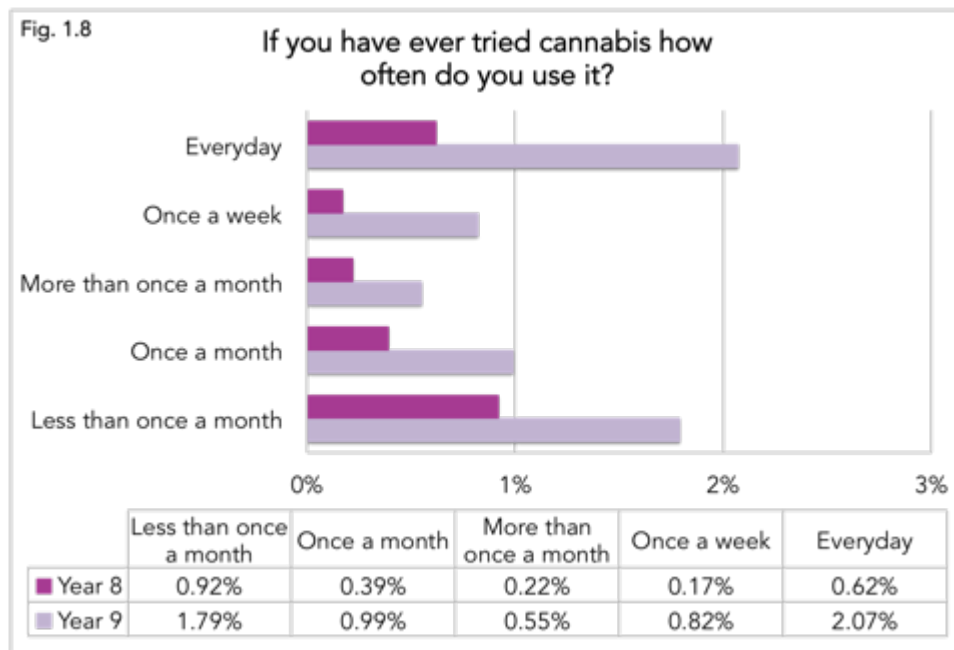
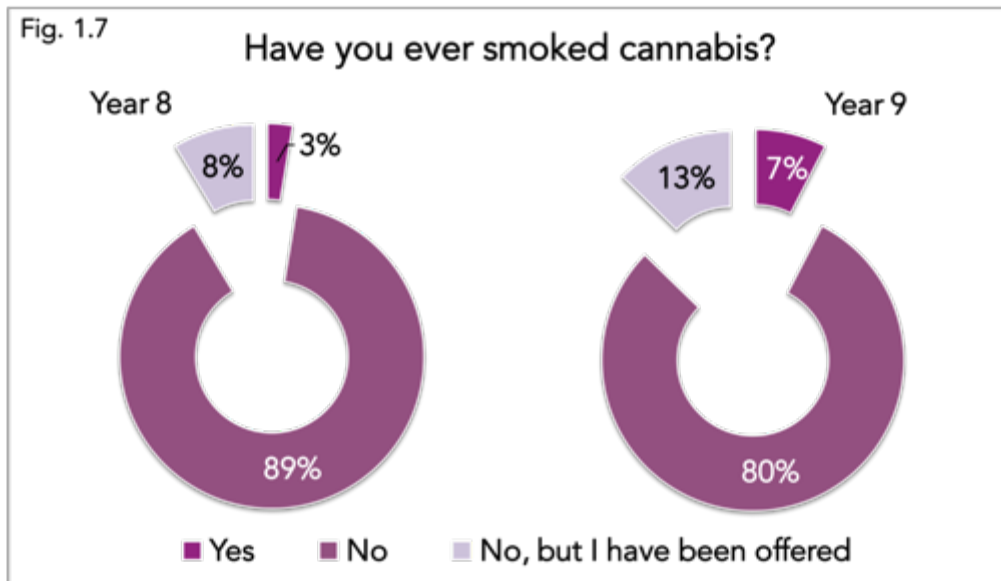
The overwhelming majority of young people completing the survey have never smoked cannabis, with only **3%** of year 8's and **7%** of year 9's reporting they had tried it.

It must be noted however that **8%** of year 8 and **13%** of year 9 pupils reported to having not tried cannabis but that they had been offered it.

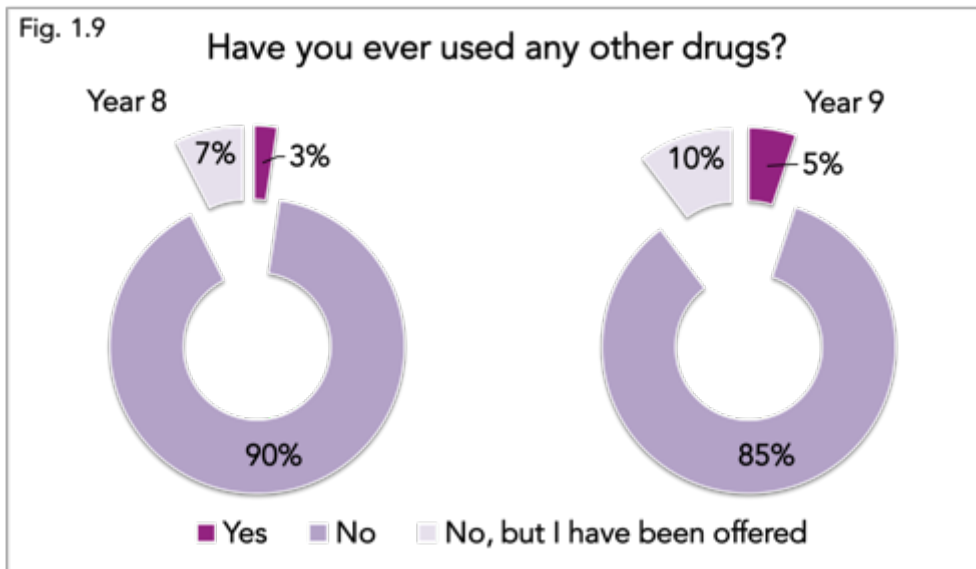
Young people were also asked how often they smoked cannabis (Fig 1.7), a consistent answer was observed with the previous question in both year groups, indicating confidence that young people have been honest in their answers to this question.

Of those young people who are smoking cannabis, less than 1% (**0.6%**) of year 8 and 2% of year 9 pupils are smoking cannabis everyday.

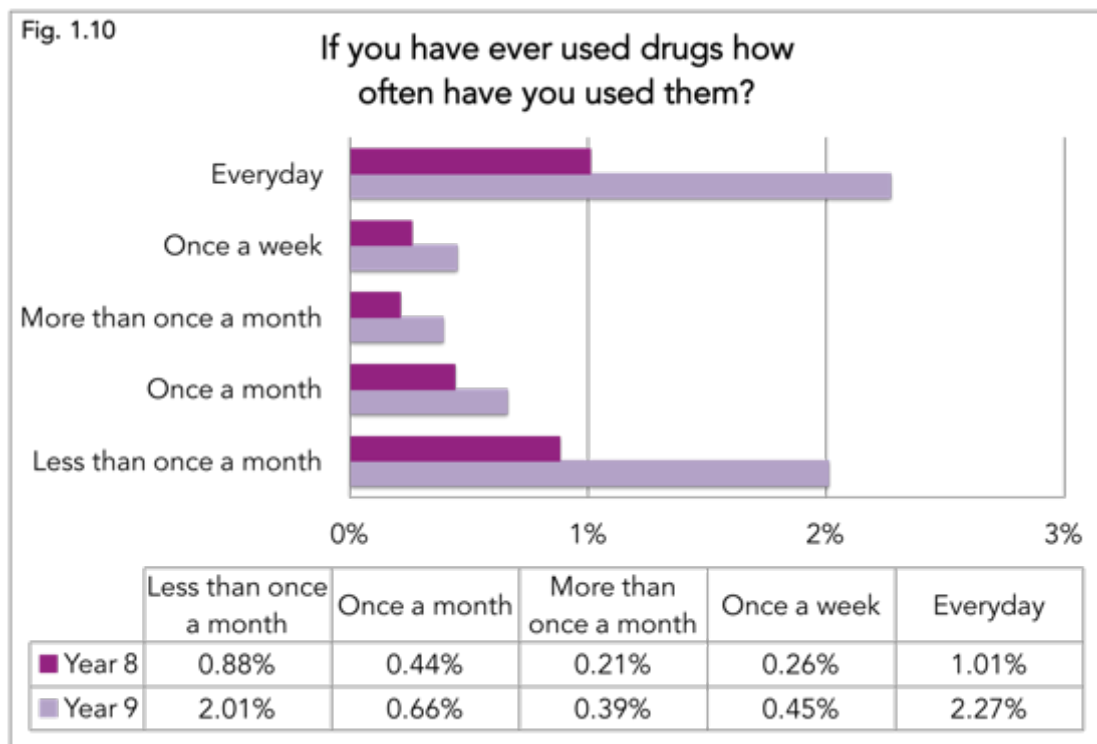
<sup>5</sup> Due to the survey generally being completed in the summer term we can assume the majority of young people in year 8 are 13 years old.



Similarly, when asked about general drug use the overwhelming majority of young people reported never having used any other drug. Only 3% and 5% of year 8 and 9 pupils respectively reported that they had used an illegal drug (excluding cannabis).



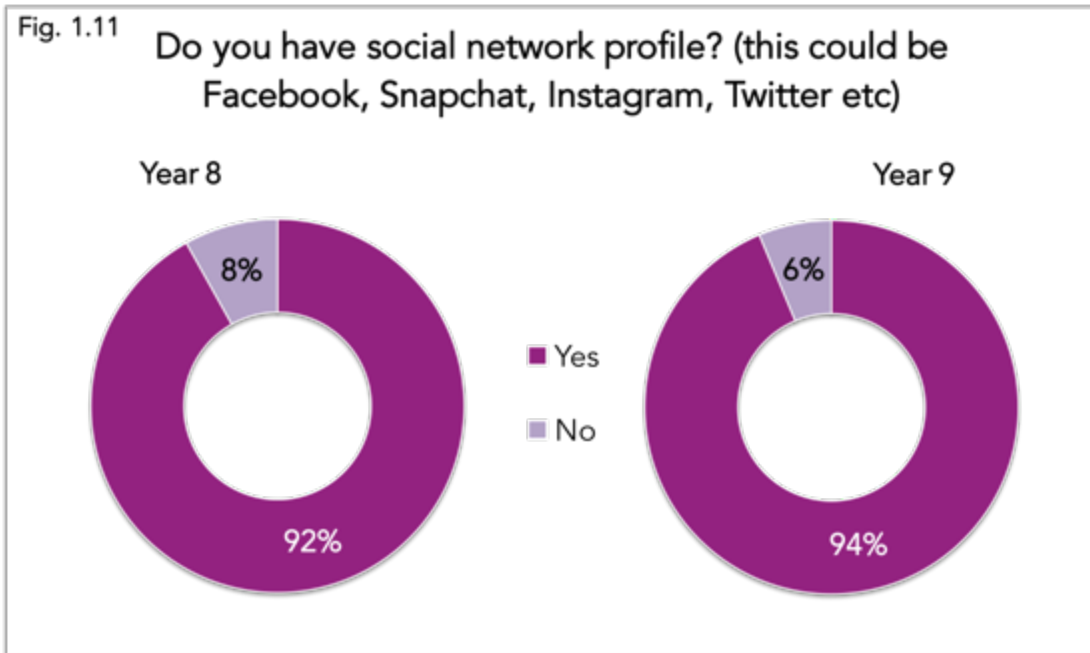
In the same format as before, young people were asked about their frequency of drug use. This highlights a consistency. Only 1% and 2% of years 8 and 9 respectively said they use drugs everyday.



## Use of the Internet

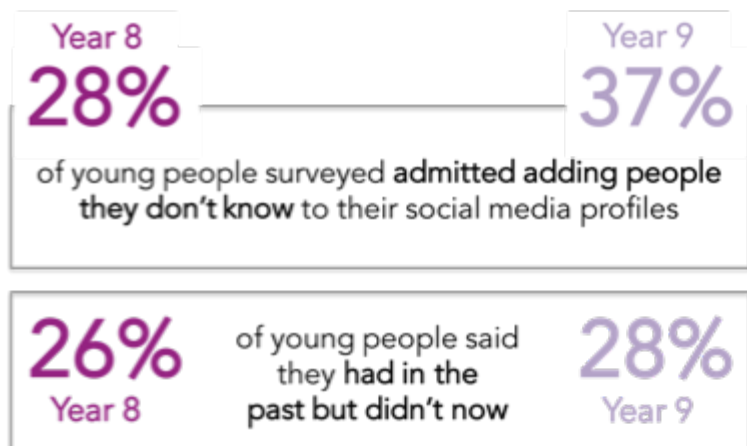
The majority of young people have a social network profile (Fig 1.11).

However, **8%** of year 8 pupils surveyed reported that they do not currently use a social network profile. This number decreases as young people get older (**6%** for year 9 pupils).



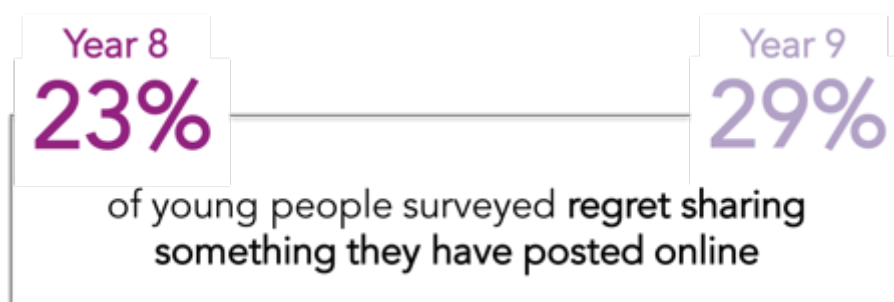
Over a quarter of year 8 pupils and just under two fifths of year 9's surveyed admitted to adding people that they do not know to their social network profiles. An additional quarter of young people admitted to having done this in the past.

Over one-in-five young people in year 8 reported regretting sharing information online and one-in-ten reported that they have felt pressured to share. In year 9, the number who regret posting and have felt pressured to share something online is slightly higher than that of year 8 pupils.



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 and the decision making skills of young people may impact on their ability to make positive choices in relation to their use of the internet.



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.



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

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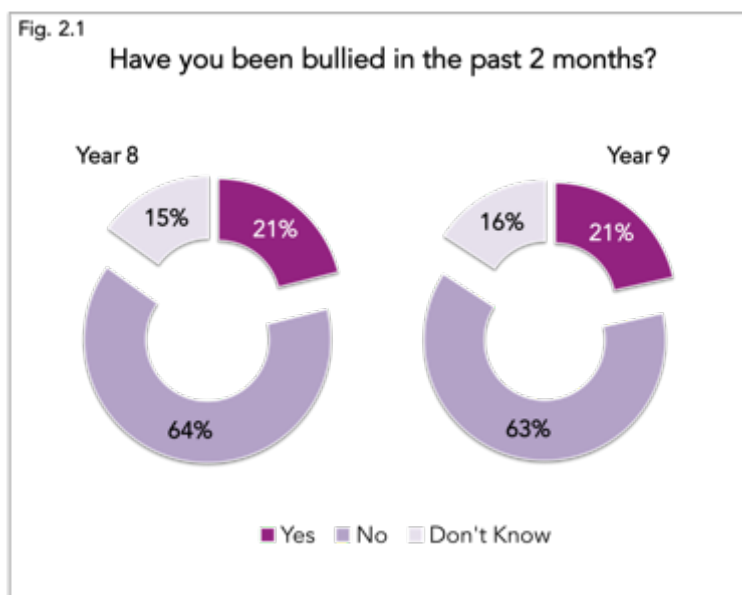
The second section of the survey was concerned with young people's experience of school.

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.



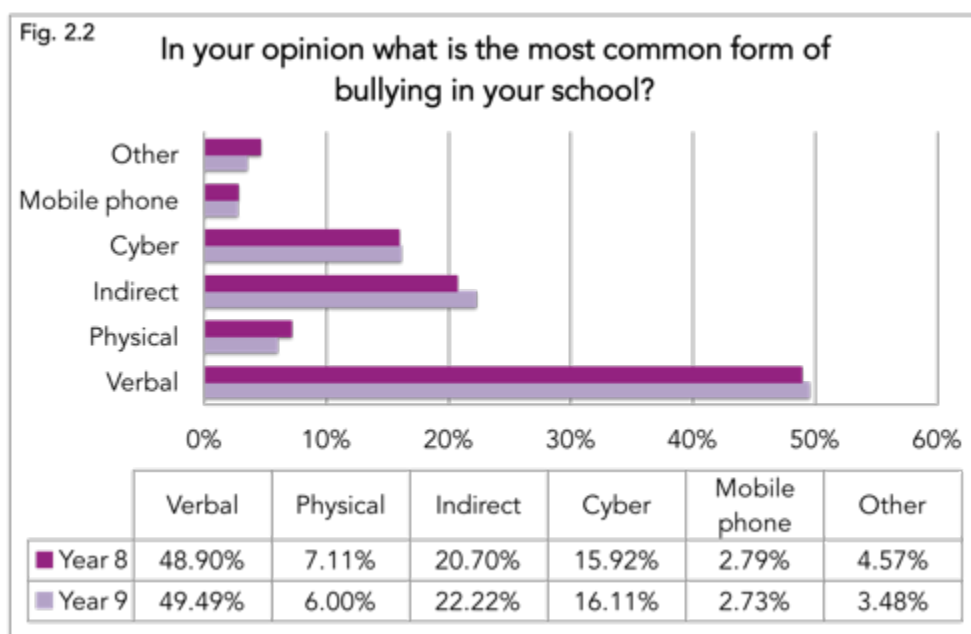
21% of young people reported that they had been bullied over the preceding 2-month period.

An interesting finding in relation to bullying within schools is that 15-16% of young people answered they *Don't Know* if they have suffered bullying.

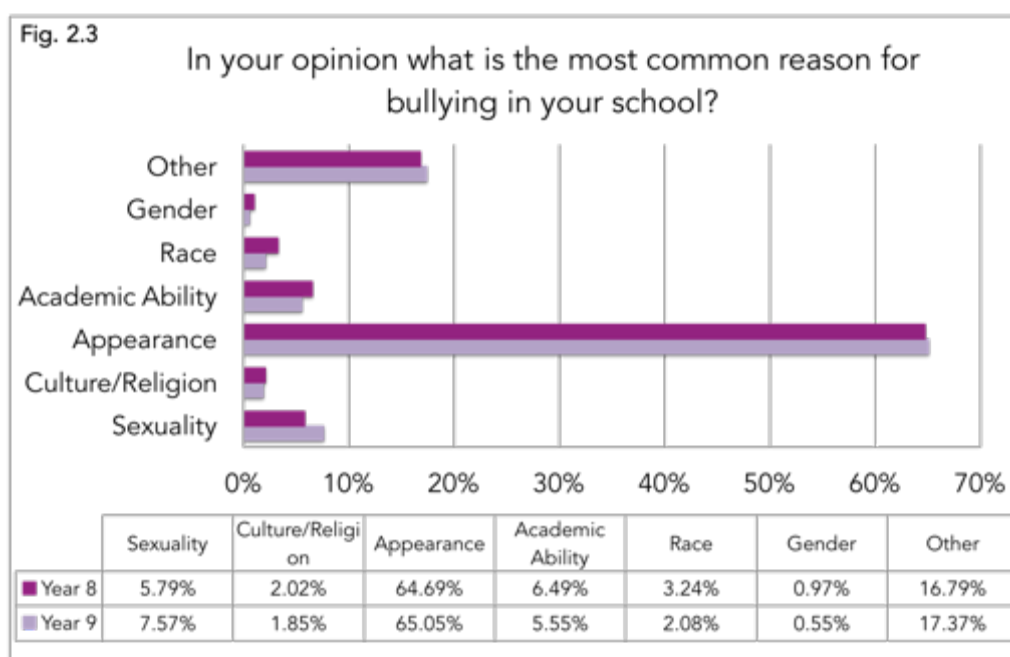
This may indicate a possible need for further educational work with young people in relation to appropriate behaviours and what constitutes bullying within their own peer groups and school communities.



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 (49%), followed by indirect bullying (21% and 22% for year 8 and 9 respectively) and cyber bullying (16%).

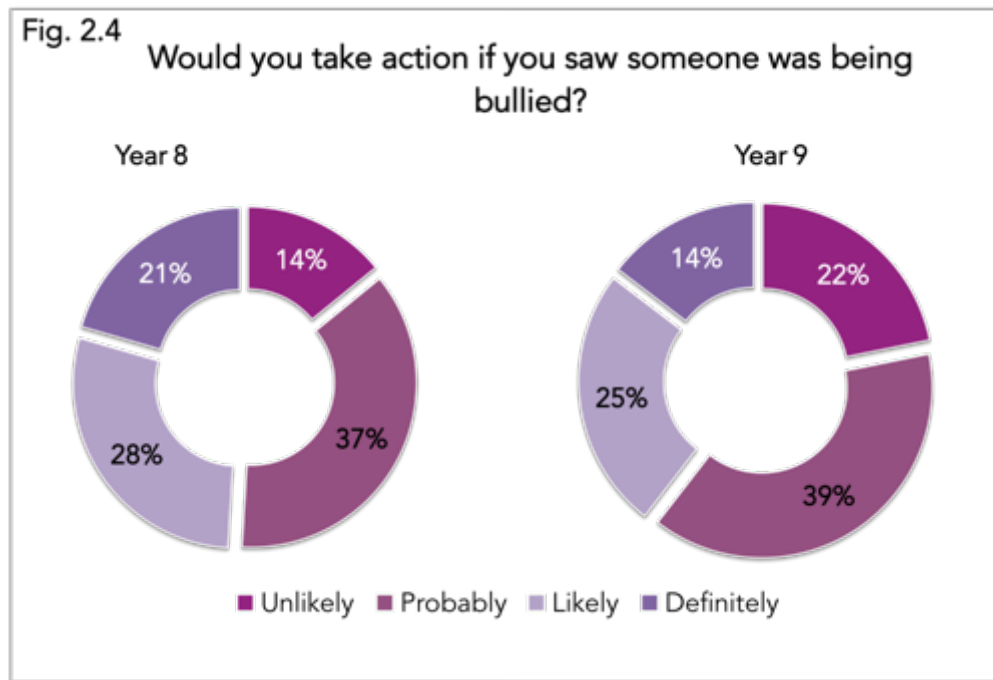


Young people were also asked what they felt was the most common focus of bullying within their schools (Fig 2.3). Nearly two-thirds of both year groups felt that bullying related to appearance was the most common focus of bullying. This mirrors the finding from the previous year of the survey.



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.

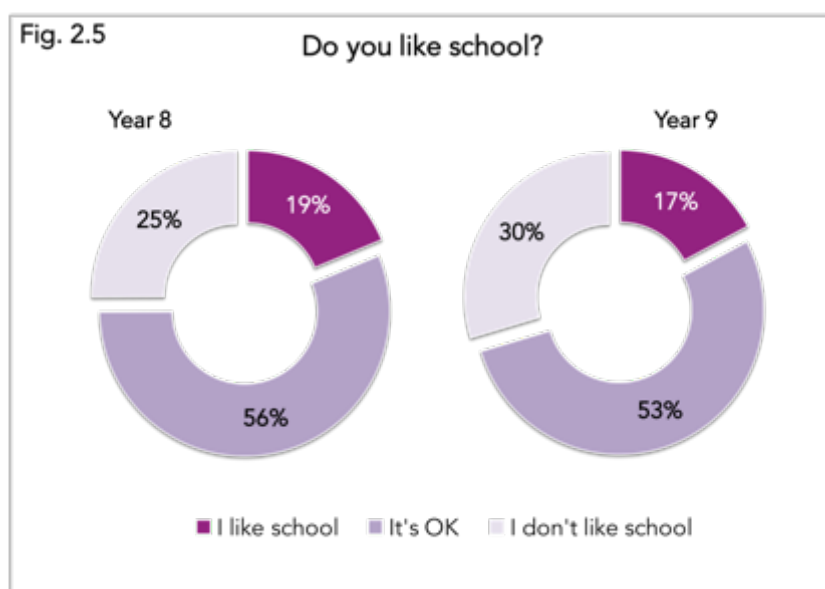
A positive finding is that a majority of young people, **49%** of year 8's and **39%** of year 9's, would 'likely' or 'definitely' take action if they saw someone was being bullied. Only **14%** of year 8's and **22%** of year 9's felt they were unlikely take action.



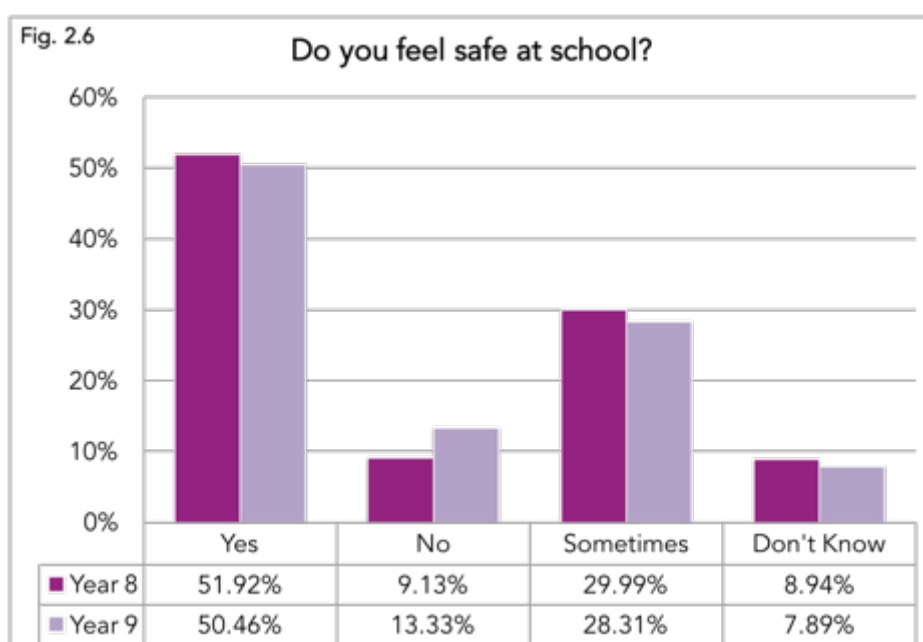
Overall the responses from years 8 and 9 on questions related to bullying were very consistent. Very similar numbers of young people report being bullied and young peoples opinions on the reasons of bully show large similarities across the two year groups.

## Experience of School and Seeking Support

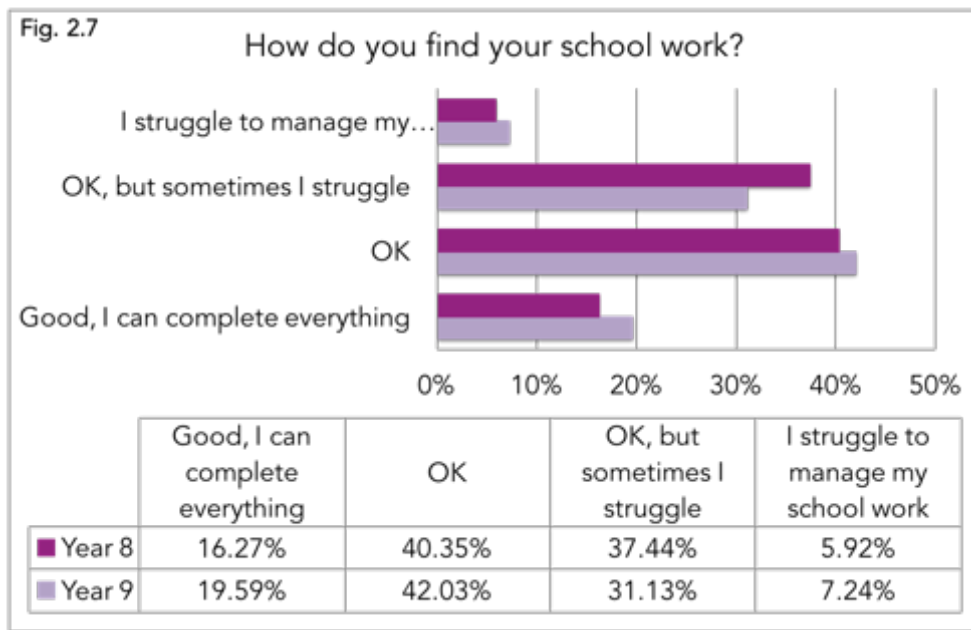
The majority of young people like their school or think that it is OK. However as young people get older they are more likely to dislike school. **25%** of young people in year 8 and **30%** in year 9 indicated that they do not like school.



Young people were also asked whether they felt safe at school (Fig 2.6). Overall year 9 pupils were less likely to report feeling safe at school. Both years reported a slight majority of young people (**52% and 50% of year 8's and 9's respectively**) who felt safe at school with an additional **30%** of years 8 and **28%** of year 9's indicating that they felt safe sometimes. **9%** of year 8 pupils indicated that they did not feel safe. This figure increases to **13%** in year 9.

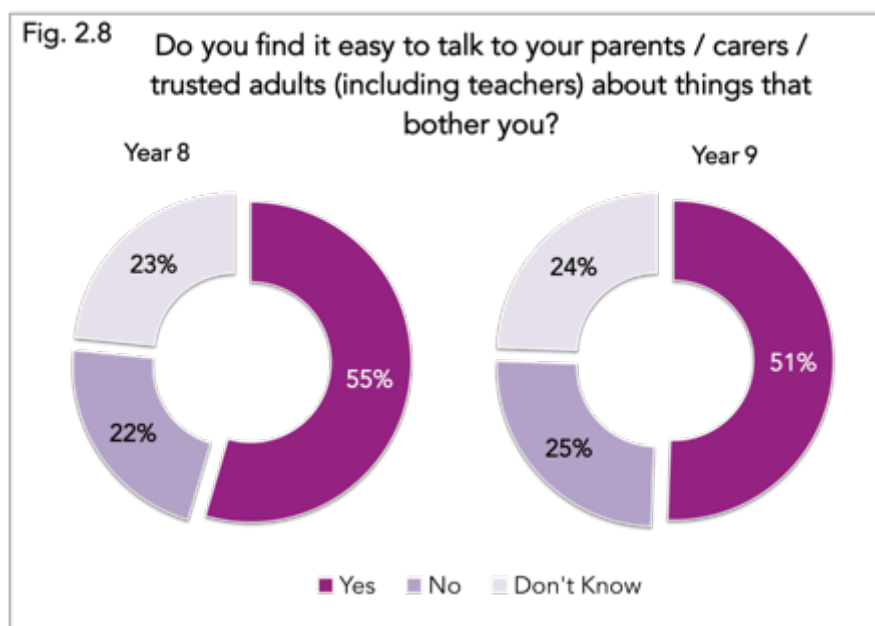


A small but potentially significant number of young people in year 8, **6%**, report that they struggle with their schoolwork. While the number of year 9's who struggle with schoolwork is slightly higher than those in year 8 (**7%**), young people in year 9 overall feel more confident with their school work.

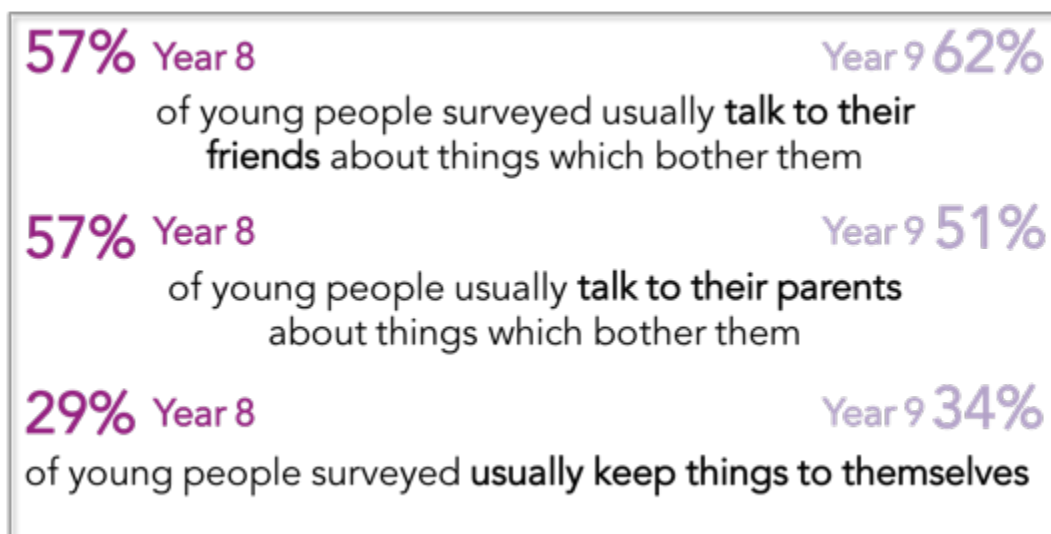


A majority of young people report that they find it easy to talk to parents / carers or trusted adults about things which bother them.

However around a quarter, **22%** in year 8 and **25%** in year 9 do not find it easy to talk about things that bother them. Just as many young people are also unsure whether they are able to talk about things that bother them (23% and 24% respectively).

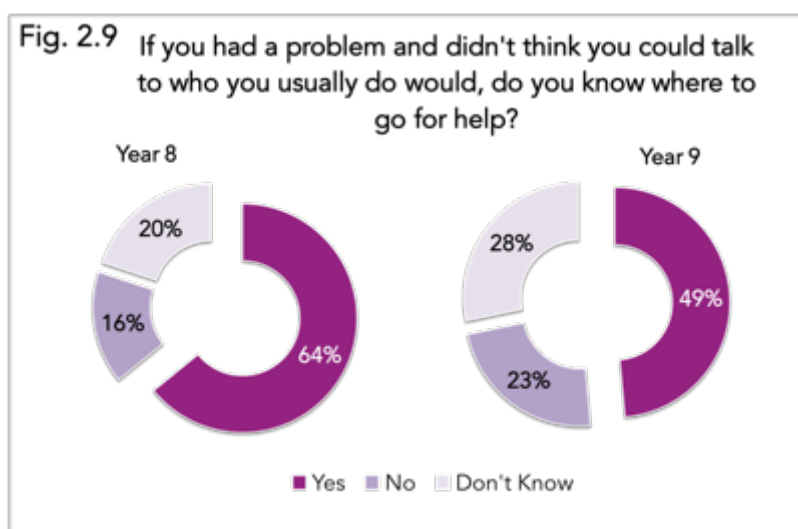


This suggests that a minority of young people across Derbyshire are not able or confident to seek the support, help and advice they may need.



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.

Friends and parents were the two most popular answers recorded by young people. They represent a significant source of help and advice for young people entering adolescence. For both year groups, friends were the largest recorded option with 57% and 62% of years 8 and 9 respectively selecting this option. While parents were also just as important as friends for year 8 pupils (both at 57%), young people in year 9 reported they relied on friends much more than their parents. An additional one third of young people said they usually keep things to themselves.



Whilst a majority of young people in year 8 (64%) report that they know where they could access support, this drops sharply when answered by year 9's. The majority of year 9's (51%) either

do not know or are unsure where they can access support locally (Fig 2.9). The reason for the difference between year groups is unclear; it may be down to year 9's feeling they have more or increasing problems than that of year 8's. This will continue to be monitored as young people get older to identify if it constitutes a trend.

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 especially as they get older.

### Section 11.3: My Life

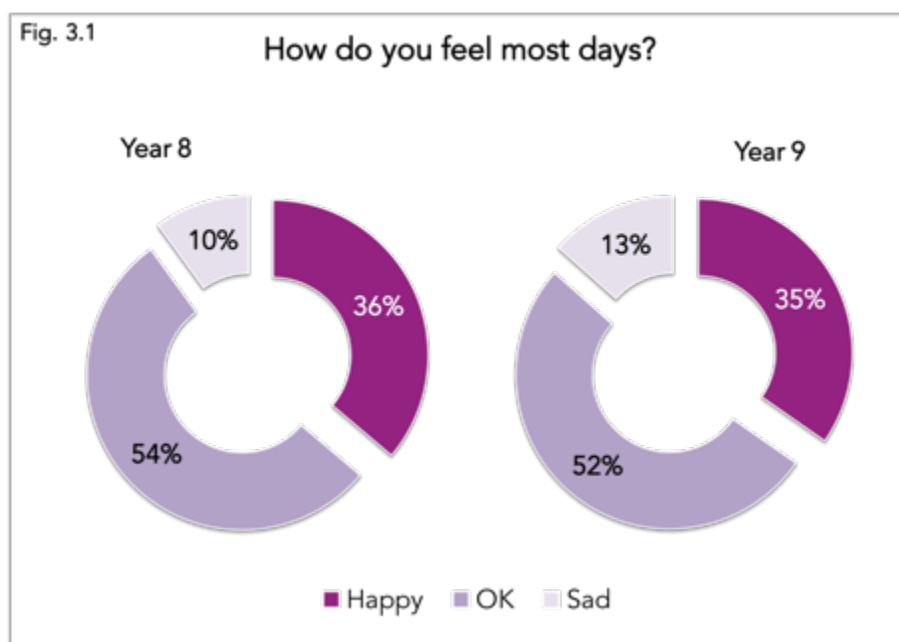
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The third section of the survey was concerned with young people's own lives.

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

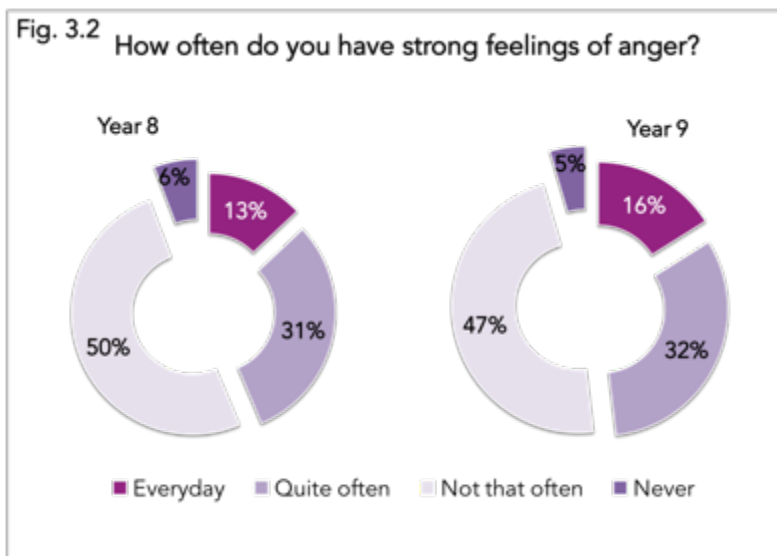


Of the young people surveyed **10%** and **13%** of year 8 and 9 pupils respectively report feeling sad most days.

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.

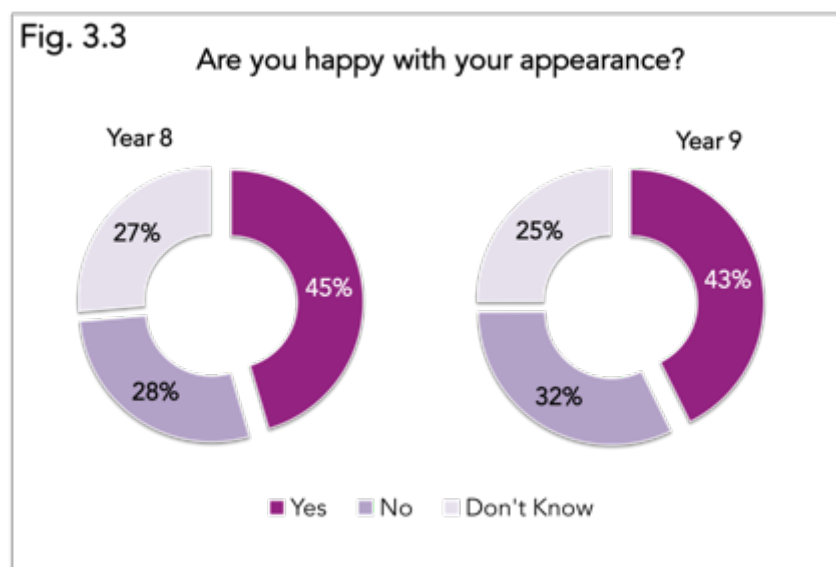
**13%** of year 8's and **16%** of year 9's surveyed report experiencing strong feelings of anger everyday of their lives (Fig 3.2).



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.

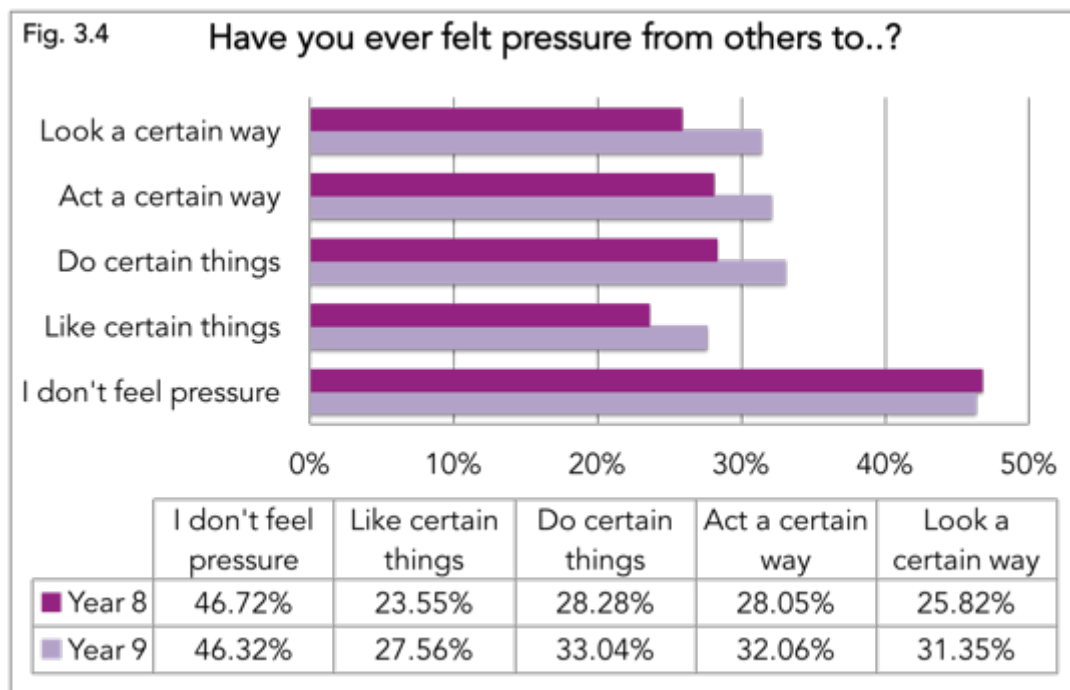
When asked about their appearance **30%** of young people surveyed (28% of year 8's and 32% of year 9's) report that they are not happy with their appearance, a further **26%** report that they don't know.

Less than half of young people surveyed report that they are happy with the way they look. The number who are happy with their appearance decreases as they get older (45% in year 8 to 43% in year 9).



Overall there is a majority of young people with low confidence in respect of their appearance. The cause of this may be down to a combination of unrealistic body image expectations of young people fueled through social media and young people’s opinion that bullying is often focused on appearance.

Following on with a similar trend, when asked about feeling pressure, **26%** of year 8 and **31%** of year 9 pupils stated they had felt pressure from others to look a certain way. Further analysis of this cohort highlighted that the majority (**52%** and **54%** of year 8 and 9 pupils respectively) who had felt pressure to look a certain way were also unhappy with their appearance. This could further suggest a link between modern societal pressures and low self-efficacy in young people.

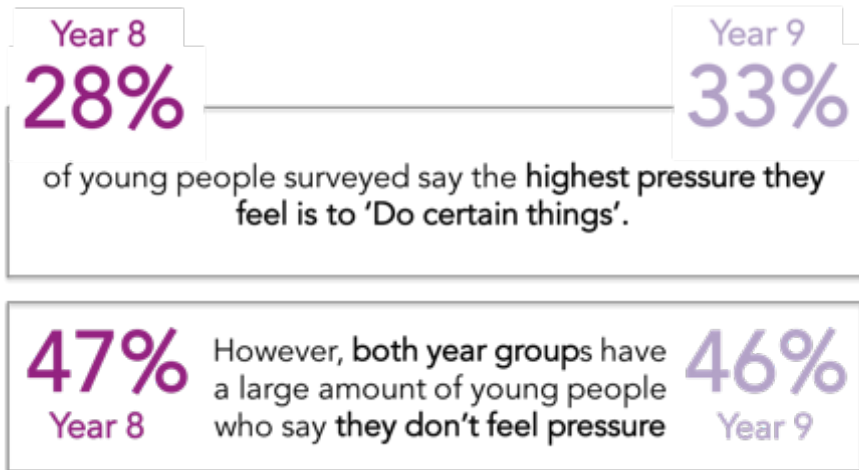


Similar numbers of young people also stated that they felt pressure to: act a certain way, do certain things and to like certain things. Just under half of young people (**47%** in year 8 and **46%** in year 9) when asked about feeling pressure from others responded that they didn’t feel pressure from others (Fig 3.4).

Overall young people in year 9 reported having felt more of all of the societal pressures that we listed than that of year 8.

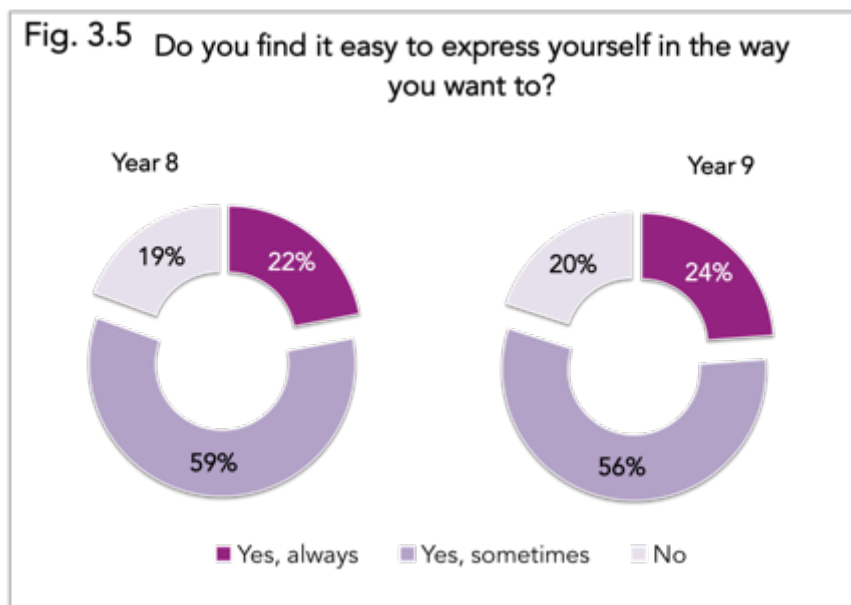
A clear majority of young people report that they can always or sometimes express themselves in the way they want to.

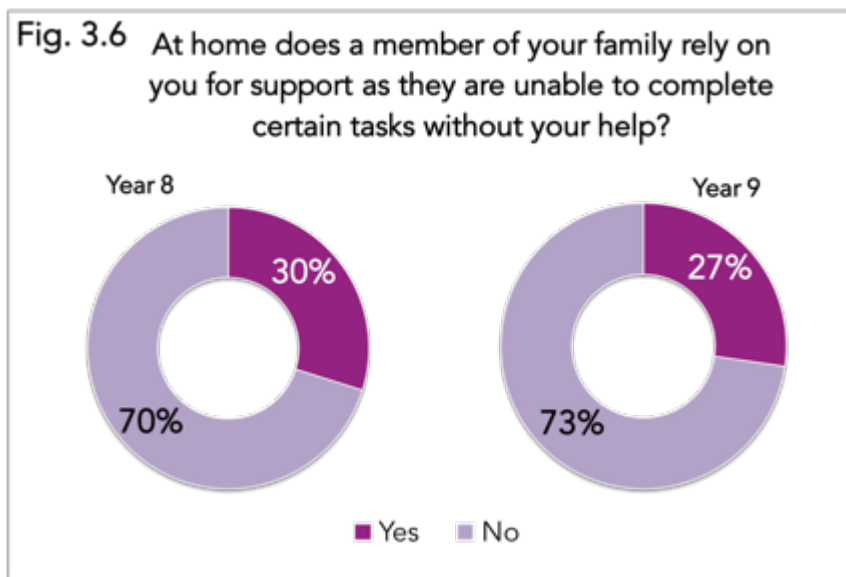




Around 1-in-5 young people in years 8 and 9 (19% and 20% respectively) who do not find it easy to express themselves are potentially experiencing or are at risk of poor social and emotional skills.

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.





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.

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 in both years 8 and 9 rate their happiness with their lives in a positive manner.



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.

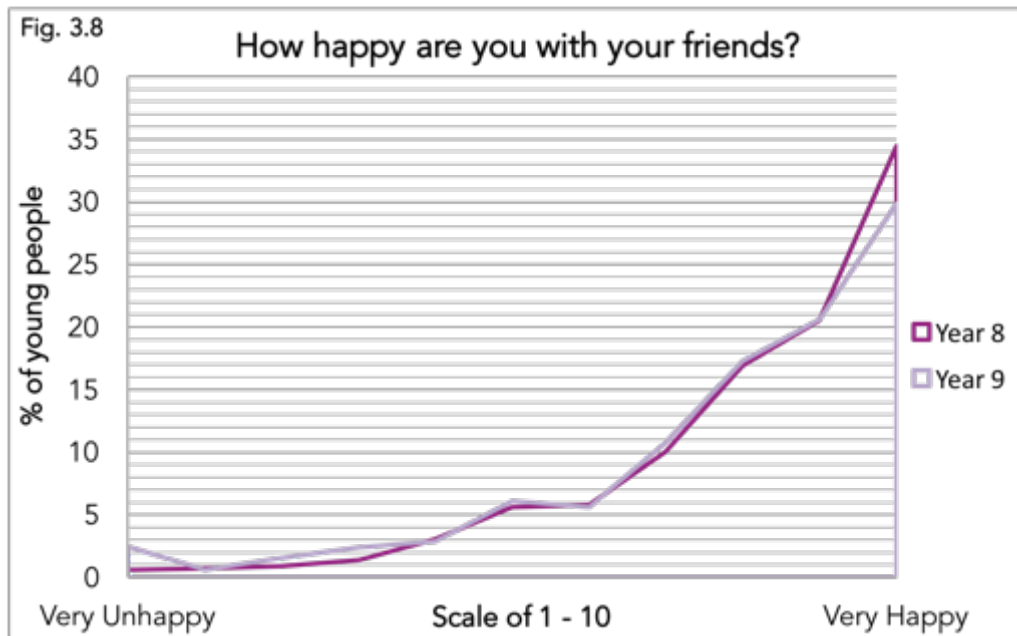
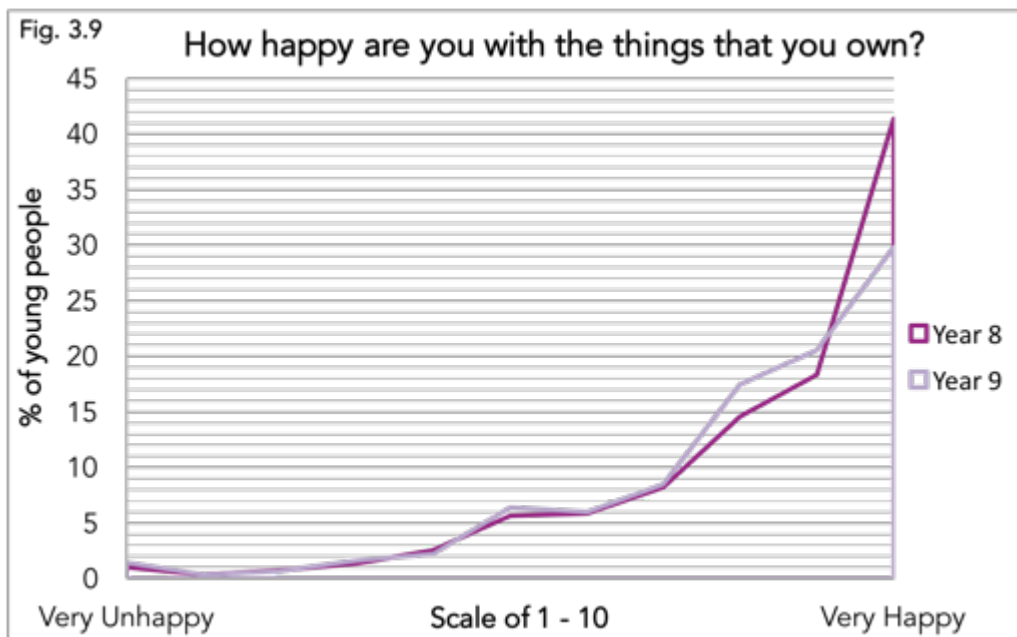


Fig 3.9 shows a very strong trend, the vast majority of young people in Derbyshire are happy with the things they have.

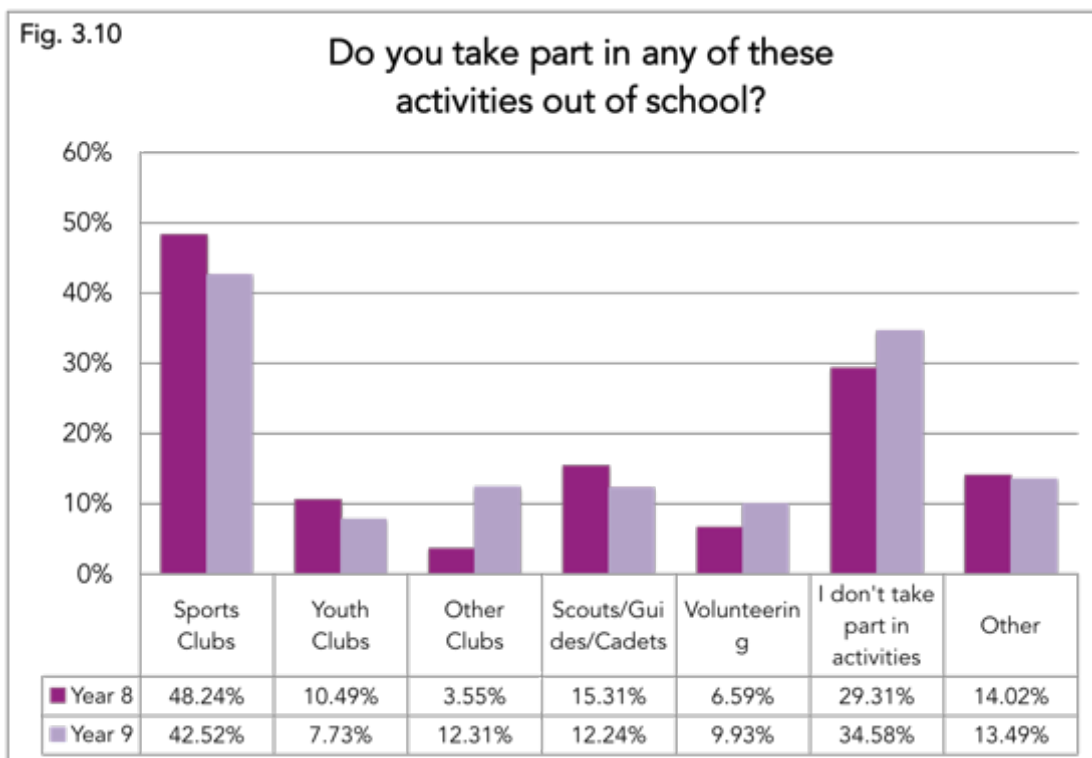


Young people in Derbyshire are engaging in outside activities at a high rate. Participating in additional activities can increase emotional health and build up additional networks of support. There is also a strong link between physical activity and increased emotional wellbeing<sup>6</sup>.

However it should be noted that over a quarter of young people said they do not take part in extra curricular activities.

Even though year 9's take part in "Other clubs" and volunteering much more than year 8 pupils Figure 3.10 highlights that, as young people get older they are overall less likely to take part in activities outside of school. This may be due to a combination of young people having less time i.e. increased schoolwork, changing priorities and/or are being more sedentary.

Over the course of the project we will continue to monitor the level of physical/extra curricular activities as young people get older.



<sup>6</sup> Royal College of Psychiatrists, 2012

## Section 11.4: My Community

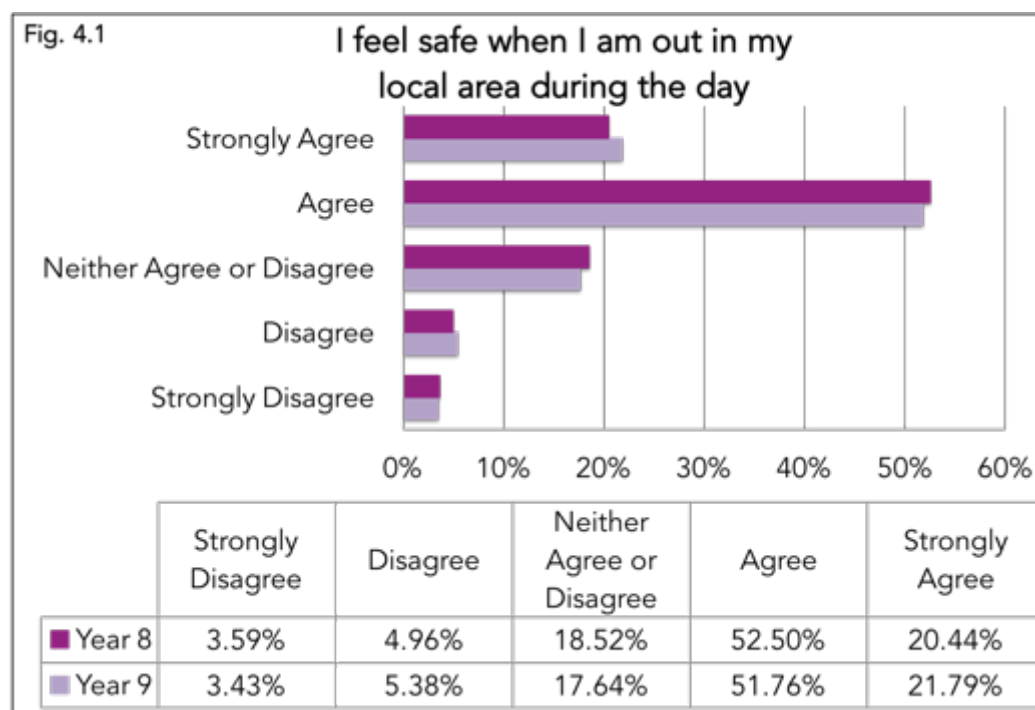
The fourth section of the survey was concerned with young people's opinion of the communities in which they live.

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

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

### Local Area

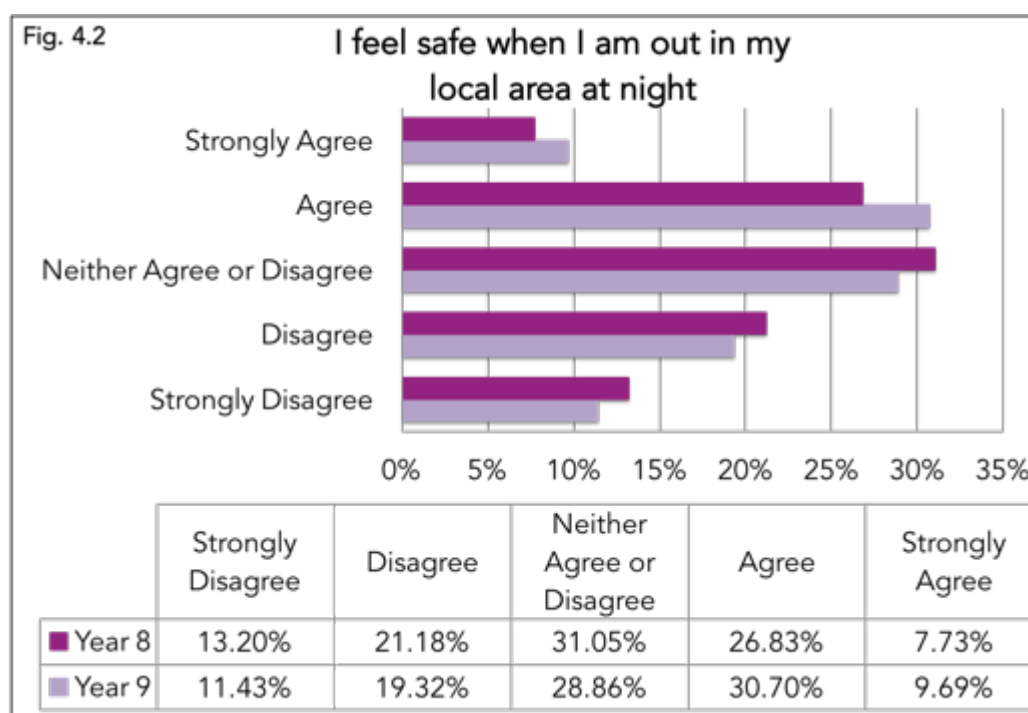
Feeling safe in your local community is a key aspect of well-being; the majority of young people surveyed feel safe during the day in their communities. Data available locally from 2011 shows that **91%** of adults felt safe in their local area during the day.<sup>7</sup>



<sup>7</sup> Derbyshire Observatory, 2011

Young people’s feelings of safety observed in Fig 4.1 are reduced when young people are asked about their local communities at night.

**34%** and **31%** of young people in years 8 and 9 respectively 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.<sup>7</sup>



## 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.

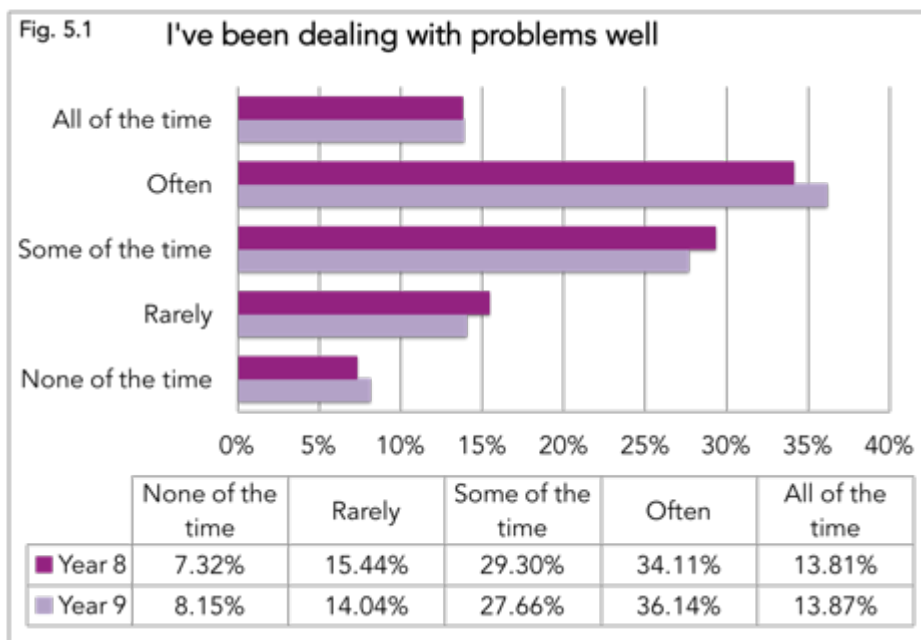
This section consisted of questions related to their feelings of positivity towards their own futures, how trusting they were of others and their ability to make changes to their own lives.

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

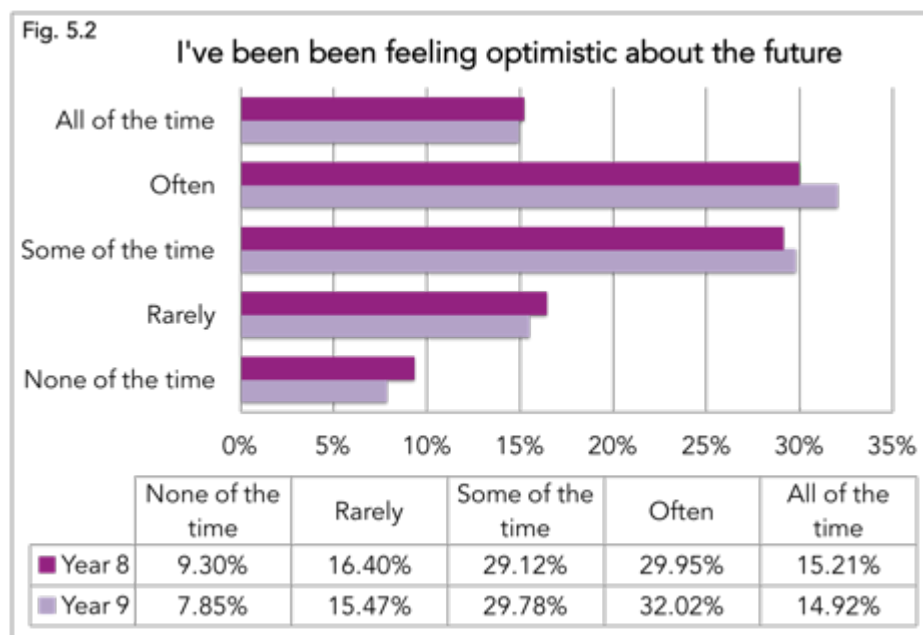
### The Future

The majority of young people in Derbyshire report that they are dealing with their problems well, with **77%** and **78%** of year 8 and 9 young people feeling that they deal with their problems well at least some of the time.

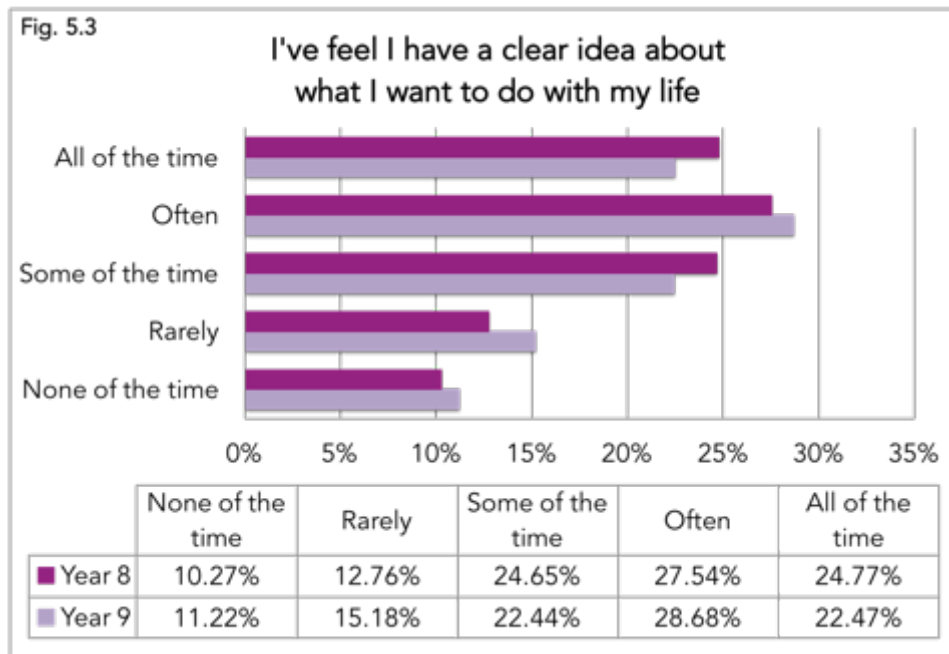
However, over one-in-five young people in Derbyshire do report that they deal with their problems well, rarely or for none of the time.



Young people in year 9 feel slightly more optimistic about their future than those in year 8. Whilst many young people in Derbyshire are feeling optimistic about their futures for at least some of the time, **26%** of year 8 and **23%** of year 9 pupils report never or rarely feeling optimistic about their futures.



A relationship may look prominent 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 due to the closely aligned percentage of young people reporting each issue. Under further analysis almost half (**47%**) of young people in both years 8 and 9 who felt difficulty dealing with problems also reported that they do not feel optimistic about their future.

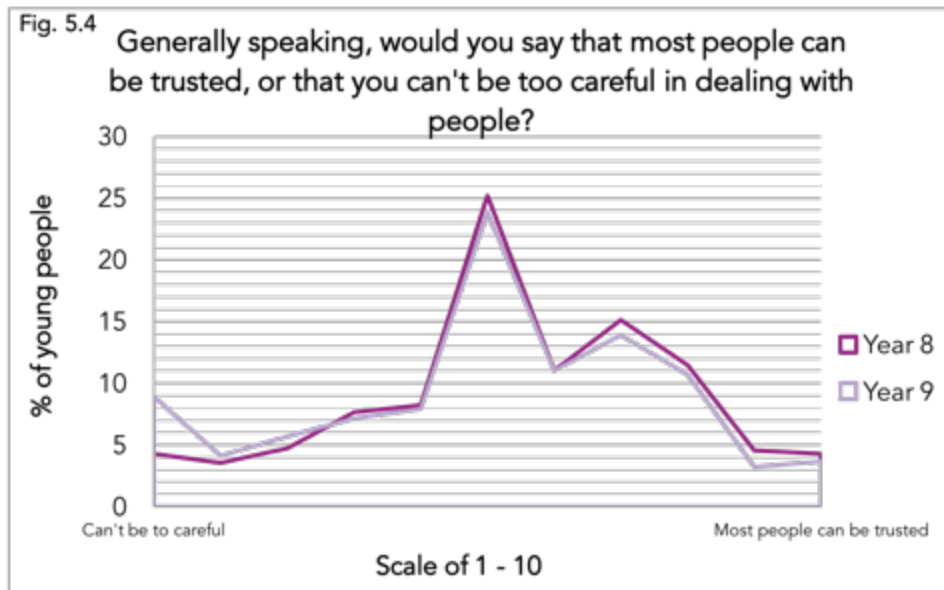


Young people in year 8 reported having a clearer idea about what they wanted to do with their future than year 9 pupils.

Further analysis on both questions relating to the future highlighted that young people in year 9 were overall less confident than year 8 pupils about their future. **50%** of year 9's who reported not feeling optimistic about their futures also said they did not have a clear idea about what they want to do with their lives. In year 8 this figure was **38%**.



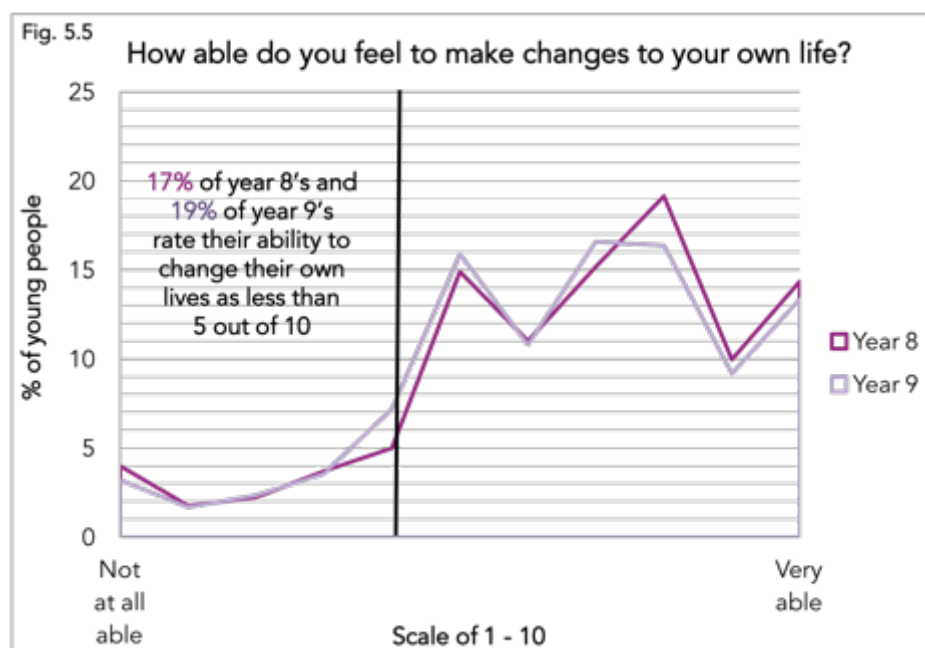
Young people in both years seem to neither agree nor disagree with the question (Fig 5.4) with a slight bias towards 'most people can be trusted'.



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 **17%** of young people in year 8 and **19%** of those in year 9 rate their ability to change their own lives as less than 5 out of 10.

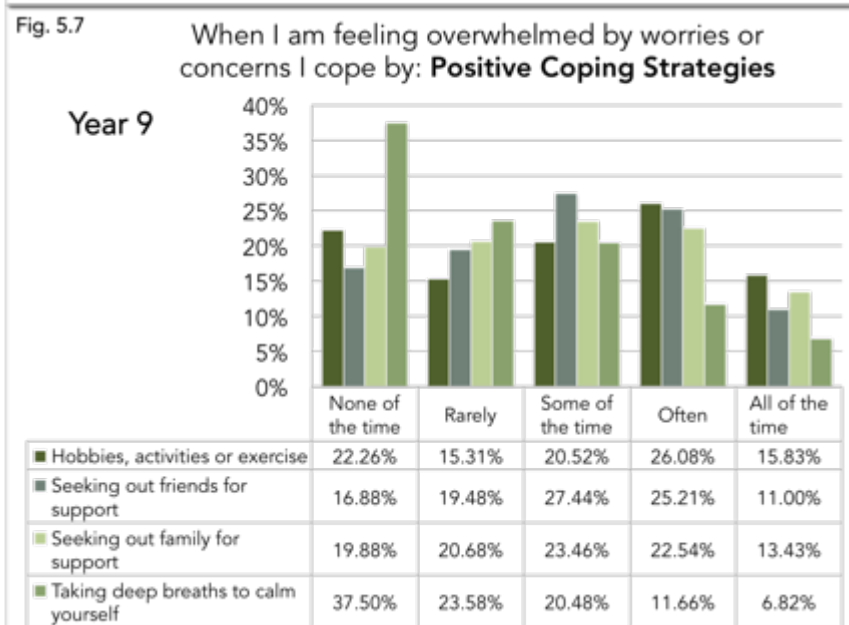
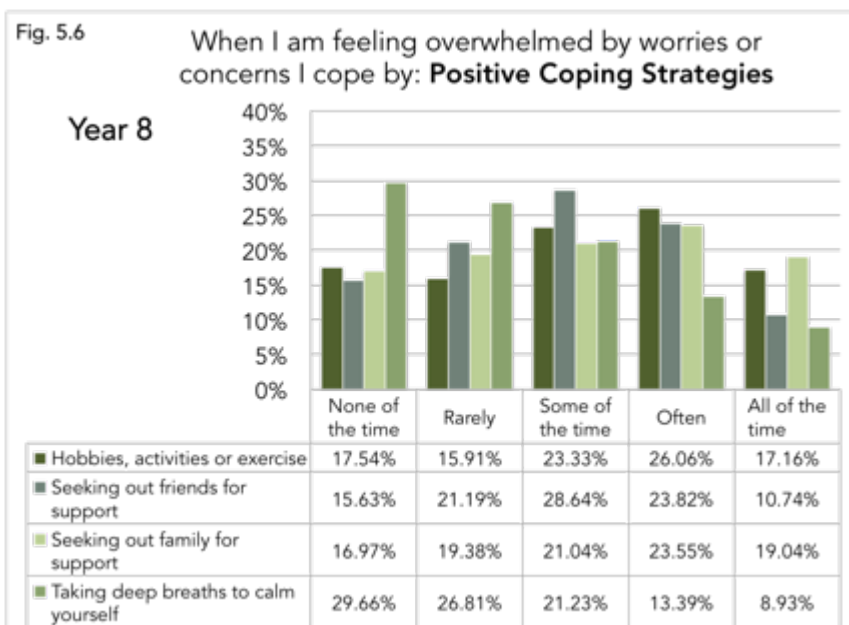


## Coping Strategies

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.

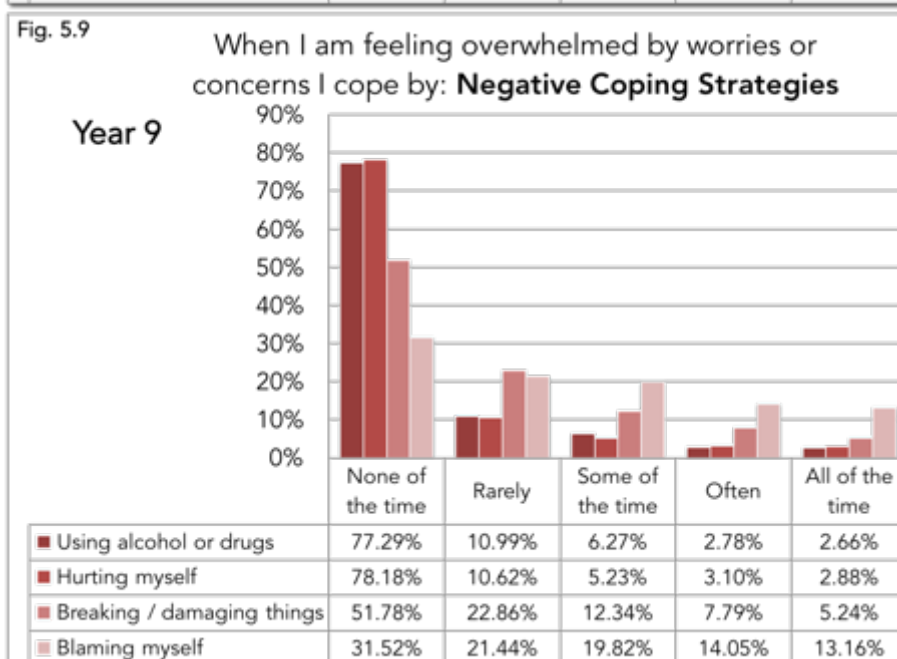
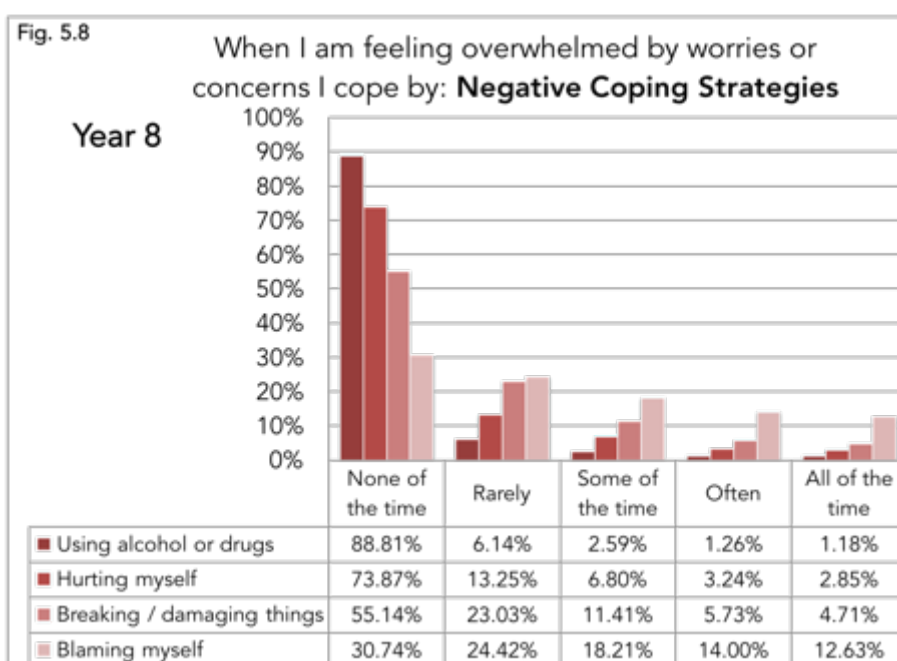
In the survey all coping skills options we grouped together randomly and there was no phrasing to indicate which options represented positive or negative strategies.



The responses to questions asking about positive coping strategies (Fig 5.6 for year 8 and Fig 5.7 for year 9) show a relatively even and varied split across the possible answers in both year groups.

There is a slight negative trend towards young people using positive coping skills 'rarely' or 'none of the time' more than 'often' or 'all of the time'. This trend is more prominent in the year 9 responses.

This could indicate the need for Derbyshire schools to develop positive coping strategies in young people and for the delivery of emotional resilience education.



Negative coping skill questions (Fig 5.8 for year 8 and Fig 5.9 for year 9) highlight 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.

However, it should be noted that over one-in-ten (**11%**) young people in year 8 and just under one-in-four (**23%**) year 9 pupils have used alcohol or drugs in order to cope with worries.

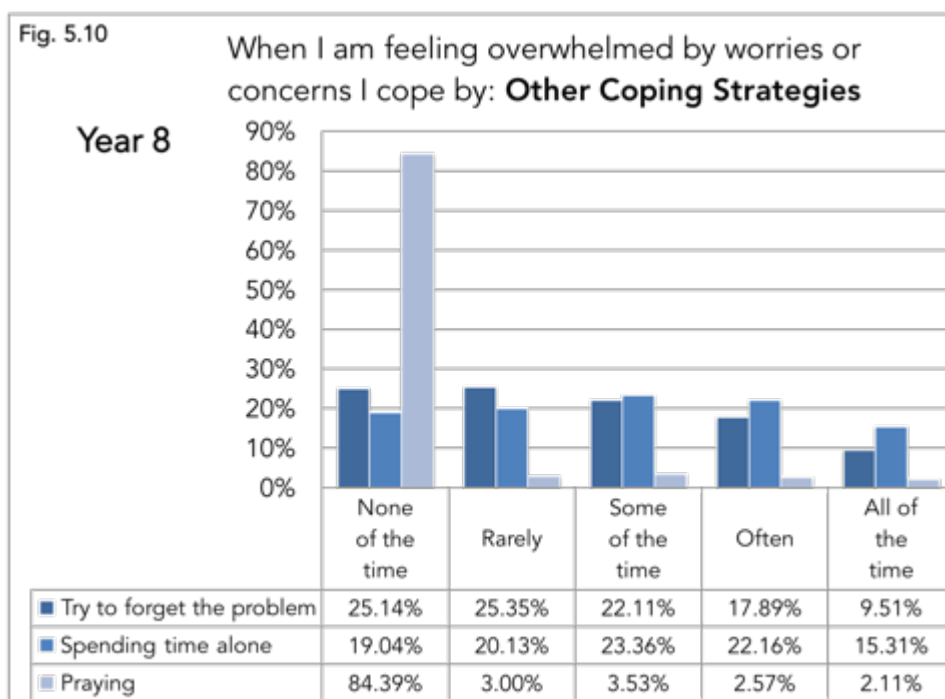
The negative coping strategy questions have also highlighted an alarming number of young people who have hurt themselves in order to cope with their worries or concerns. **26%** and **22%** of year 8 and 9 pupils respectively report self-harming at least rarely as a coping strategy.

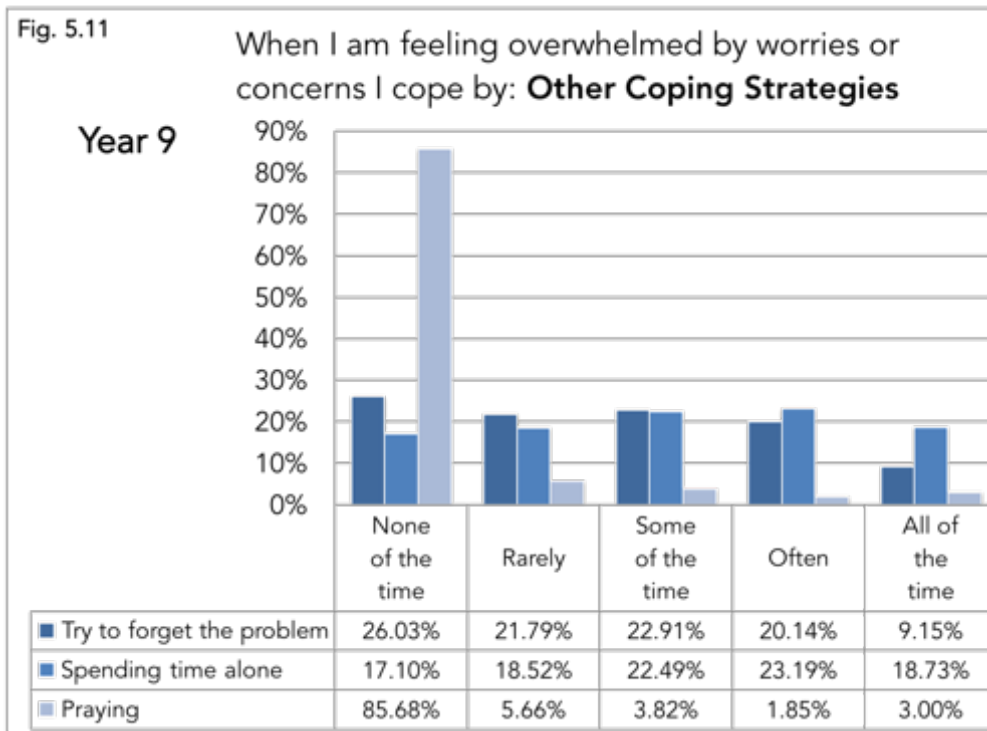
For year 8 the number of young people self-harming is higher than the observed figure in the 2015/16 My Life, My View survey (**22%**). We will continue to monitor the level of young people self-harming to see whether this increase is a continuing trend.

Overall the negative coping strategy questions demonstrate that a sizeable minority are struggling to deal with stressful situations.

Fig 5.10 and 5.11 show the coping strategies that can viewed as positive or negative.

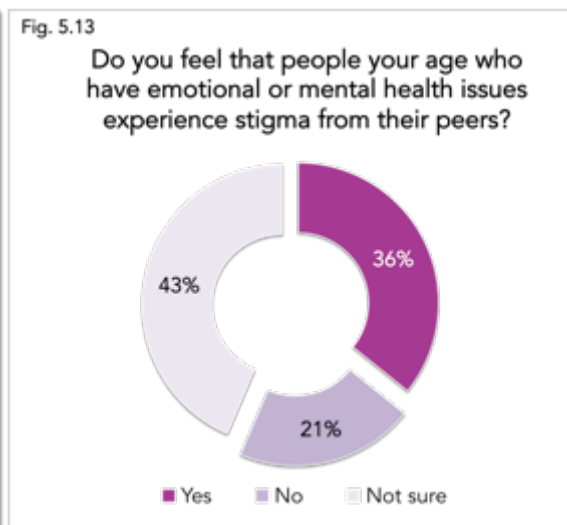
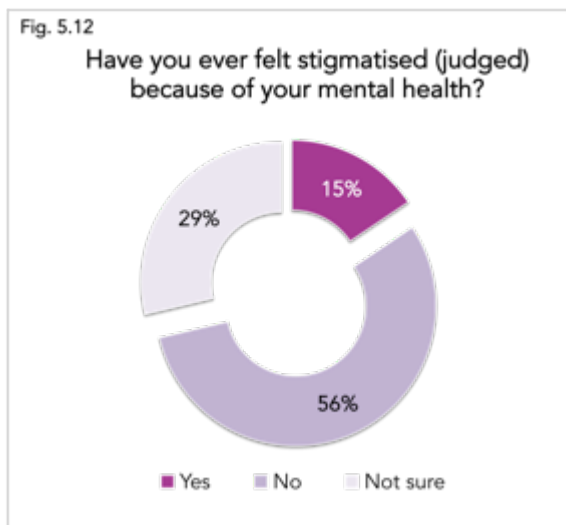
These coping strategies do not necessarily highlight a need for a young person but are included for reference.





## Stigma

Year 8 students were asked two questions related to experiencing stigma because of their mental health. Figure 5.12 highlights that more than one-in-ten young people (**15%**) have felt stigmatised because of their mental health. An additional **29%** are unsure whether they have been judged because of their mental health.



The results from figure 5.13 may also cause for concern. More than a third of year 8's (**36%**) reported having felt that young people with mental health

issues are stigmatised by their peers. Some further investigation to ascertain whether young people think that other young people are stigmatised, due to an increased focus on stigmatisation through high profile national campaigns, or whether they have actually observed stigmatisation themselves could be beneficial.

Only **21%** of year 8's said they definitively believe that young people with mental health issues are not judged by their peers.

While the previous two questions cannot provide the method or severity of which young people with mental health issues are being stigmatised, it may indicate that positive views on mental health issues have not become normalised for this cohort of young people.

Due to the increasing promotion of positive mental health education in schools through government strategies and work done locally, the observed figure may also will be interesting to monitor whether in future years young people change their views on mental health.

## 12. Comparing data to previous years

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My Life, My View is a longitudinal survey project in which we track young people thoughts, experiences and beliefs as they grow older, however, over the project we will continue to collect baseline data each year from year 8 cohort.

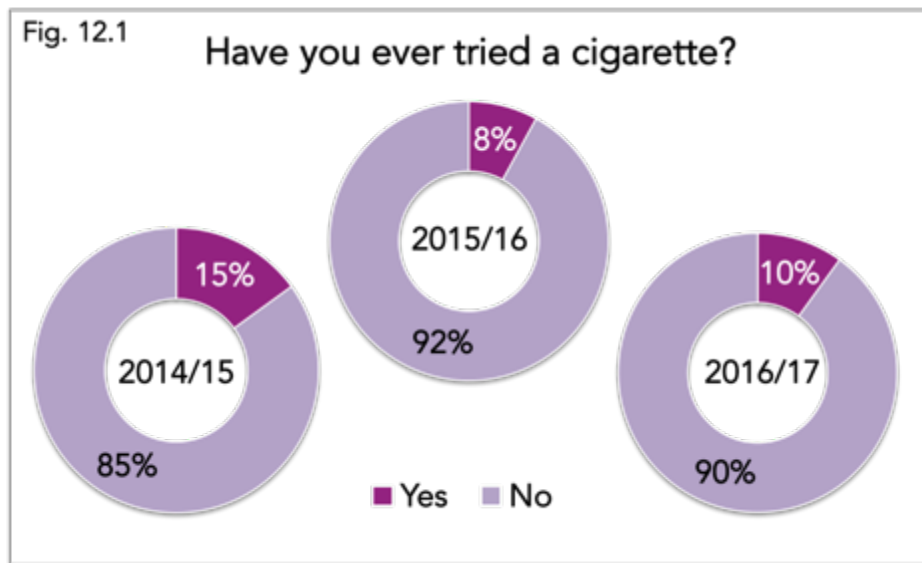
This is order to understand whether there are any inter-generational shifts of certain behaviours over the projects timeline and to add in a level of reliability and validity to the survey results. Therefore, this year's survey contains a high number of similar questions to compare against the two previous data sets we have obtained.

From the figures below we can see a high level of consistency between the three datasets.

### Smoking, Alcohol & Cannabis

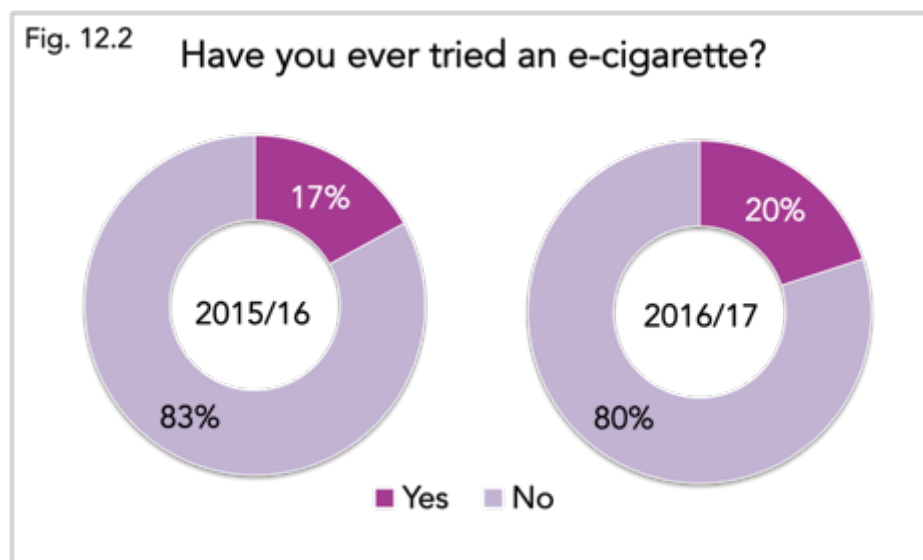
The number of year 8's who have tried a cigarette has increased since 2015/16 but still remains significantly lower than 2014/15 (Fig 12.1).

In 2014/15, **15%** reported they had tried a cigarette, this dropped to **8%** in 2015/16 and has risen slightly to **10%** this year.



This drop may be caused by the fact that young people are moving away from conventional cigarettes towards the use of e-cigarettes, this was discussed in section 11.1.

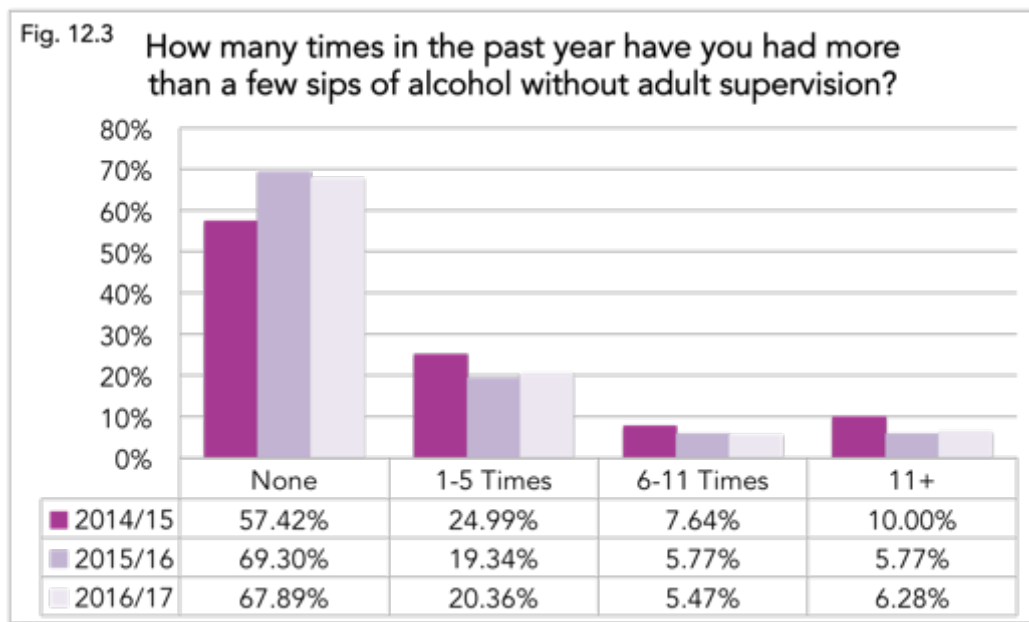
Fig 12.2 highlights the e-cigarette data that we have obtained during the past 2 years of the My Life, My View survey. The number of young people who have tried an e-cigarette has over the two years, repeatedly been double the number of those who have tried a traditional cigarette.



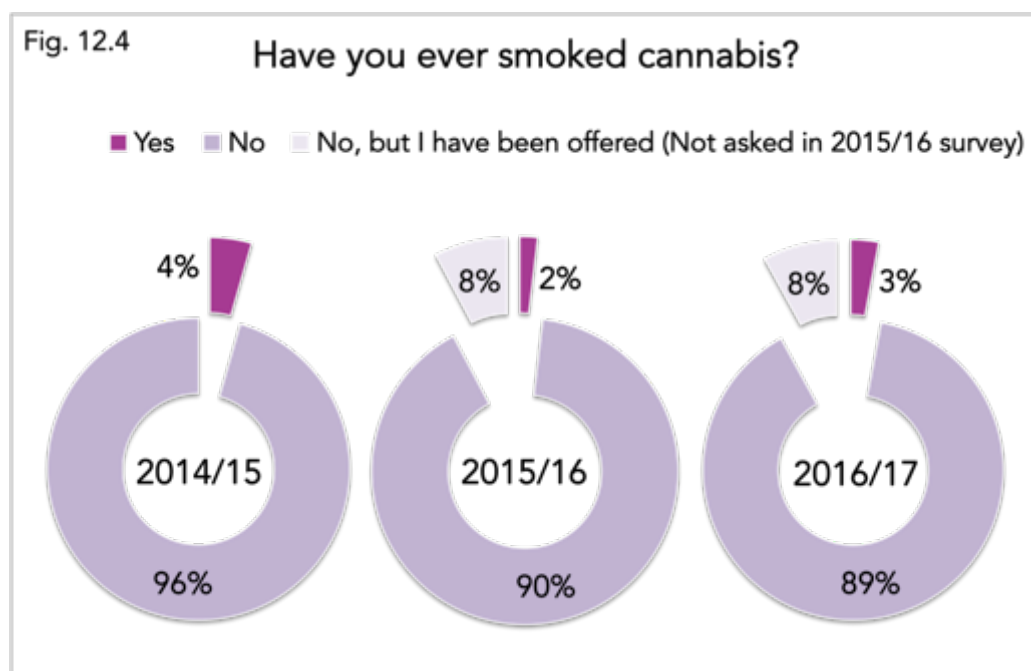
It is too early to say whether the number of young people who are trying e-cigarettes is increasing year on year, or whether it will remain at the current

level. As such the level of e-cigarette usage amongst young people will continue to be monitored throughout the rest of the project.

Similar to smoking, alcohol use by year 8's has remained similar to 2015/16 and is therefore a significant improvement on the initial year (Fig 12.4). **57%** of year 8's in 2014/15 said they had never drunk without adult supervision; this went up to **69%** last year and has remained at a similar level of **68%**. Higher frequency of drinking (11+ times) has increased this year by half a percent (**0.56%**) compared to last years results.



Cannabis usage has also remained at a relatively consistent level with last year's results; there was a slight increase of those having reported trying it (1.87% in 2015/16, 2.63% in 2016/17).





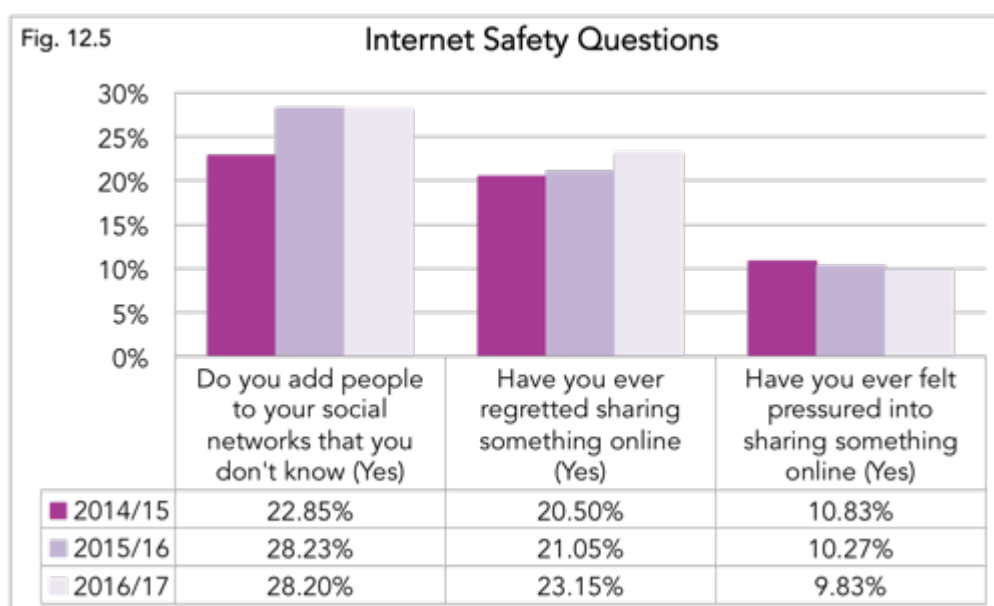
## Internet use

This section also provided very comparable responses from the two previous surveys. In the all 3 years of the survey over **90%** responded that they had a social network account.

With regards to adding people online, in 2014/15 **23%** said they added people they didn't know, this rose to **28%** in last year's survey and remained at this level for this academic year.

In both 2014/15 and 2015/16, **21%** of year 8's regretted sharing something online, this figure rose slightly this year to **23%**. Additionally, over the 3 years the amount of year 8's stating that they have felt pressured to share something online has remained consistently around **10%**.

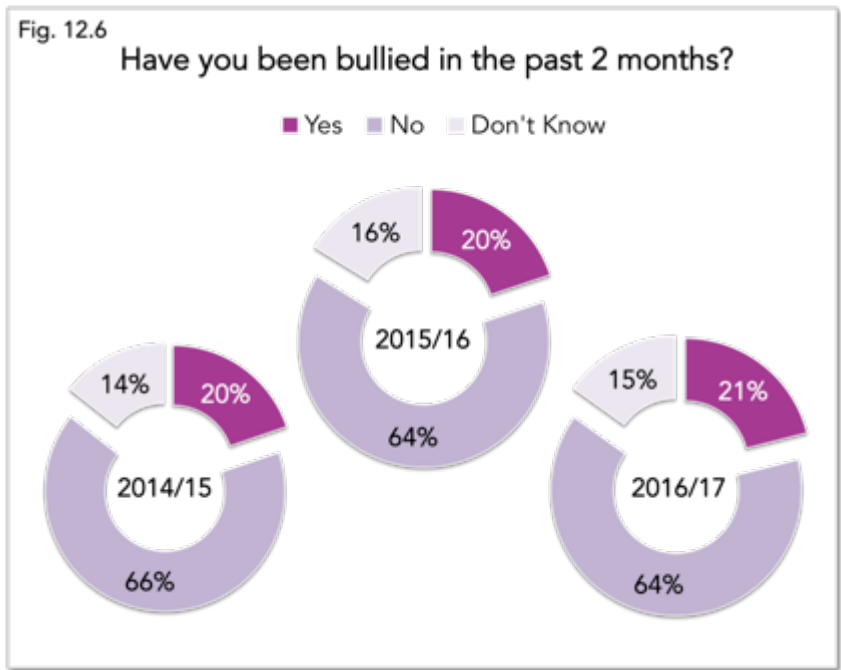
Overall there is a high level of comparable and replicable data in terms of Internet use.



## Bullying

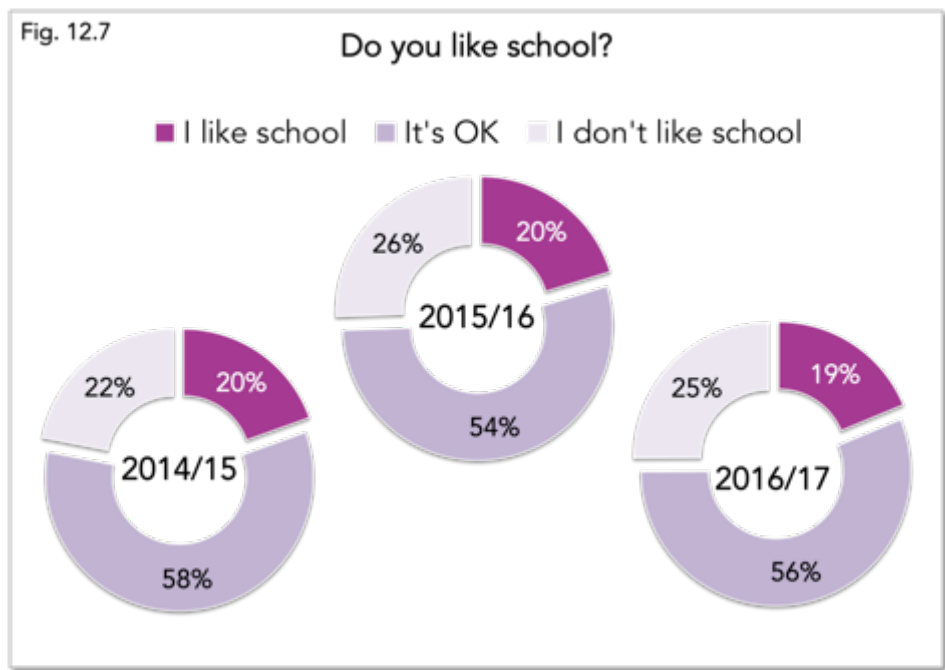
Similar to that of Internet use, the results for the bullying questions are nearly exactly replicable. The number of young people who said they had been bullied in the last two months remained constant in 2014/15 and 2015/16 at **20%** and only increased slightly this year to **21%** this academic year.

Consistently over the three years the majority of young people reported that the most common focus for bullying was appearance.



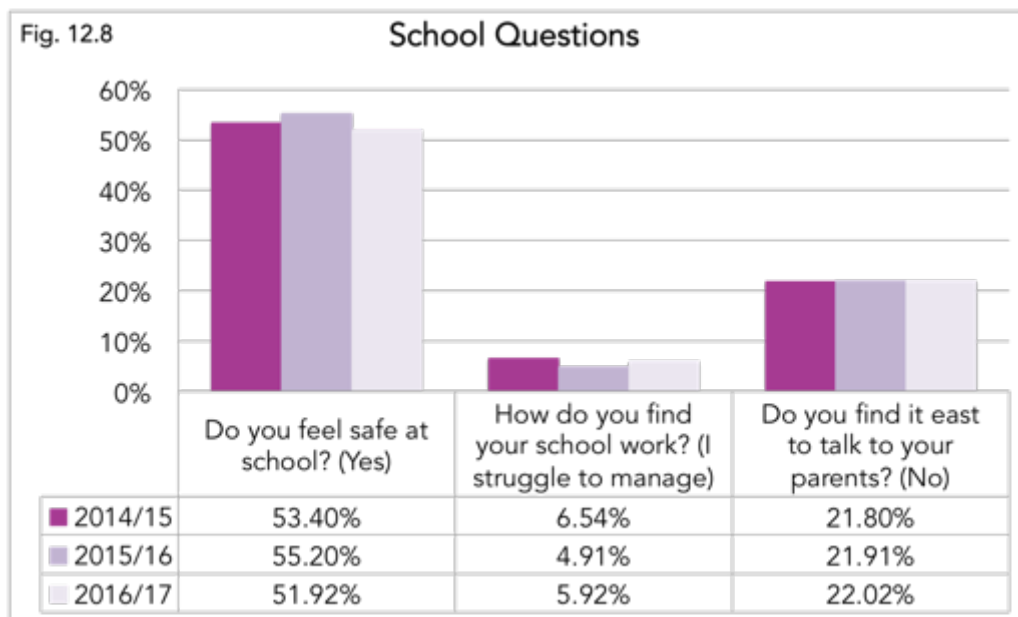
### At School

Young people's opinion of school has also remained constant over the three years. In 2014/15 22% of year 8's said they didn't like school, this increased to 26% in 2015/16 and remained there this year at 25%. However all 3 survey reported similar amount of young people that said they liked school.



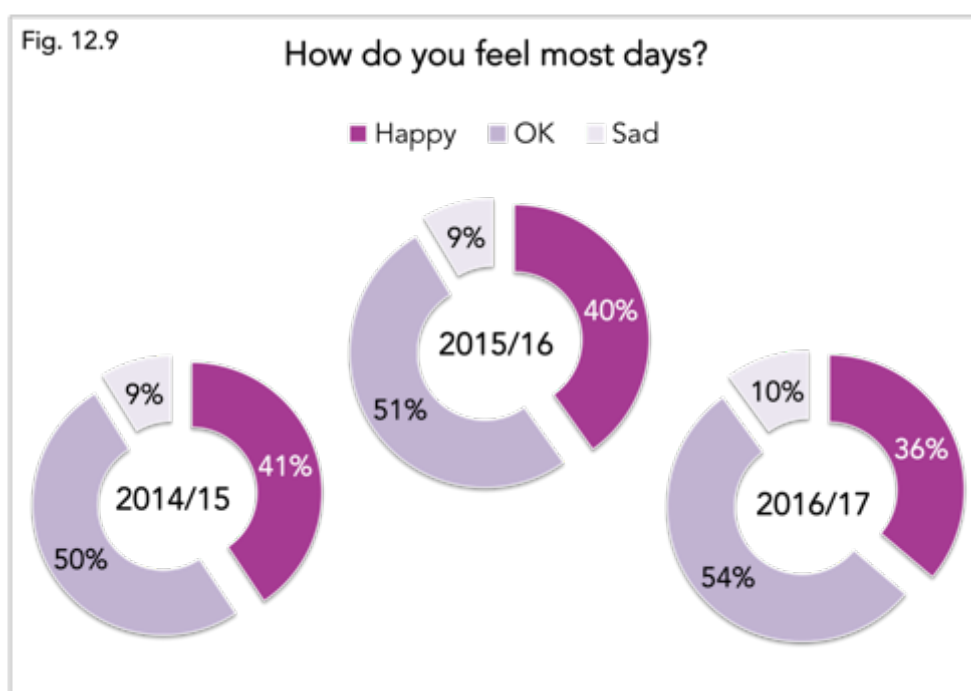
The surveys also showed comparative figures for: feelings of safety at school (Yes, 53% in 2014/15, 55% in 2015/16 and 52% in 2016/17), thoughts on schoolwork (I struggle with schoolwork, 7% in 2014/15, 5% in 2015/16 and

6% in 2016/17) and whether they feel they can talk to adults about problems (No, 24% in 2014/15, 22% in 2015/16 and 2016/17).

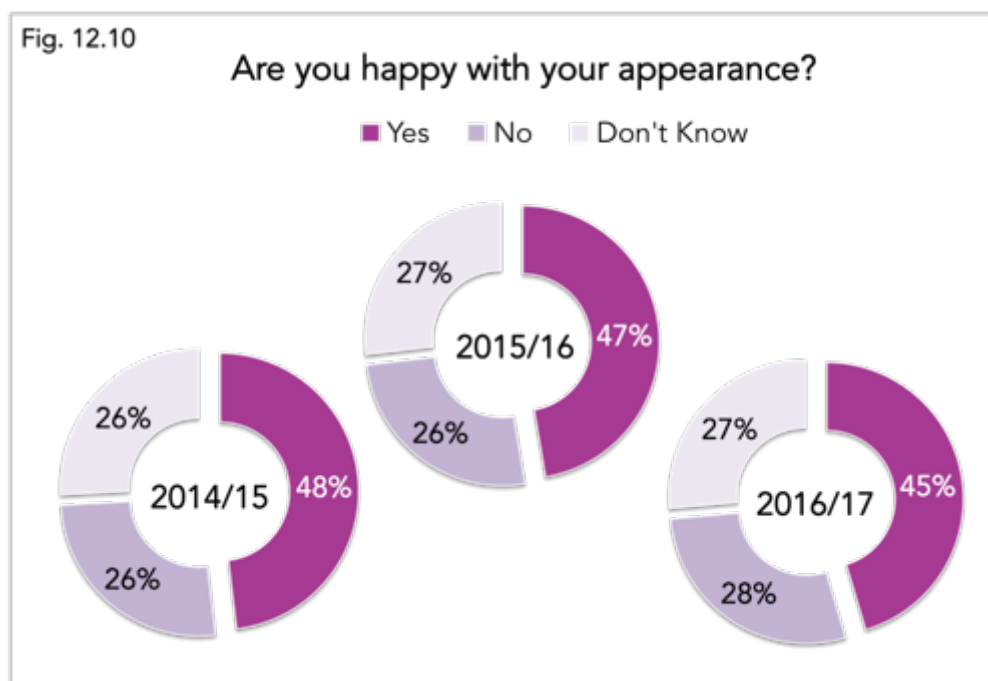


## My Life

Emotional wellbeing results for 2016/17 show highly similar results compared to the previous surveys. In 2016/17 while the number of young people who said they feel 'Happy' most days has dropped to **36%** compared to the 40% mark of the previous two years, the number of young people who feel 'Sad' most days has remained at the **10%** level.



When year 8's were asked about whether they were happy with their appearance the results were consistent again over the three years. This years survey highlighted a slight change in that less young people were happy and more young people were unhappy with their appearance. We will monitor the results next year however, this year's results is still very comparable to the previous two years.



From these figures we can see a clear and consistent replication of results over the three years that TTE has been surveying year 8's in Derbyshire. As results to key questions have been consistently repeated over several years we can state that the results we are obtaining are a suitably reliable baseline to compare against the next two years of My Life, My View.

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

## 13. Patterns in the data

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### Emotional Health

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 of both year groups 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 negatively.

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

This at risk cohort for each year group is represented by the following:

**Table 3:** Cumulative number of emotional health questions answered negatively

	Year 8	Year 9
Answered <b>three or more</b> questions	26.32%	28.74%
Answered <b>four or more</b> questions	13.11%	14.32%
Answered <b>five or more</b> questions	5.31%	6.86%

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.

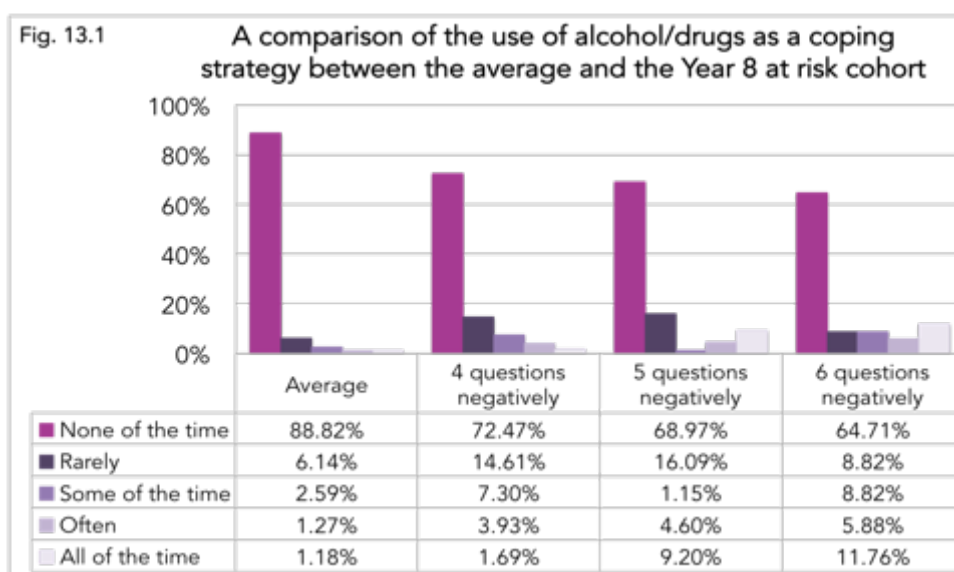
As these are cumulative totals (e.g. those answering three questions would also be included in the totals for four or five or more questions) we may be observing an at risk cohort of around 13% of year 8's and 14% of year 9's surveyed.

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.

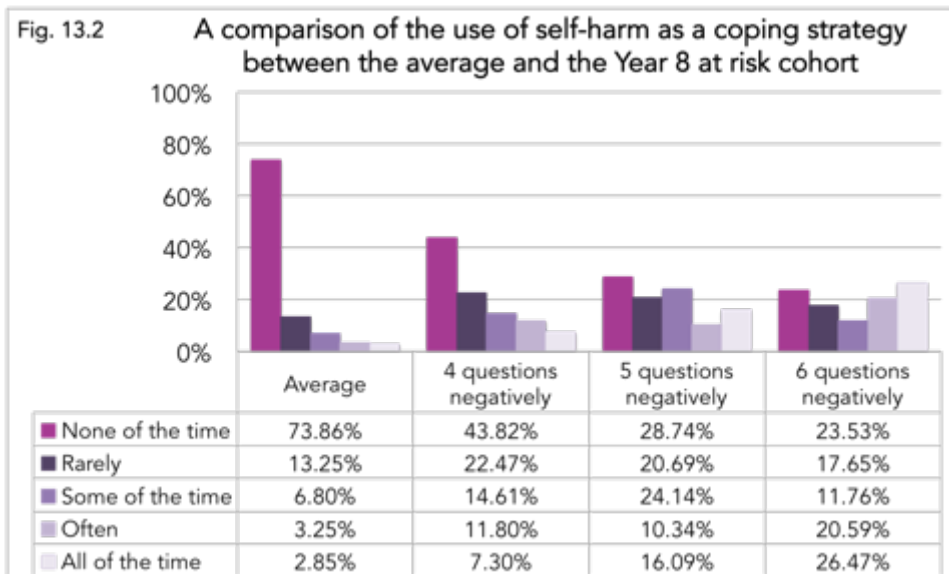
From these results however, we can see that there is slightly more year 9's than year 8's who may be thought of as at risk.

This year's cohort of year 9's were the participants of last years My Life, My View survey. In 2015/16 we determined there to be risk group of **10%**, this has now increased by 4% to **14%**.



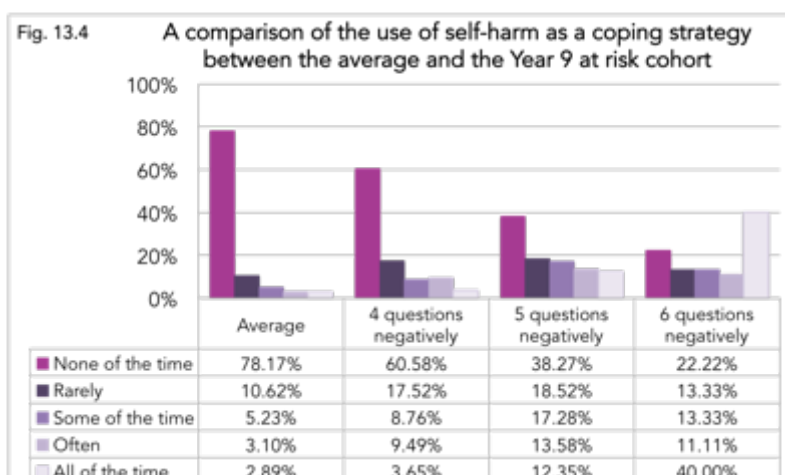
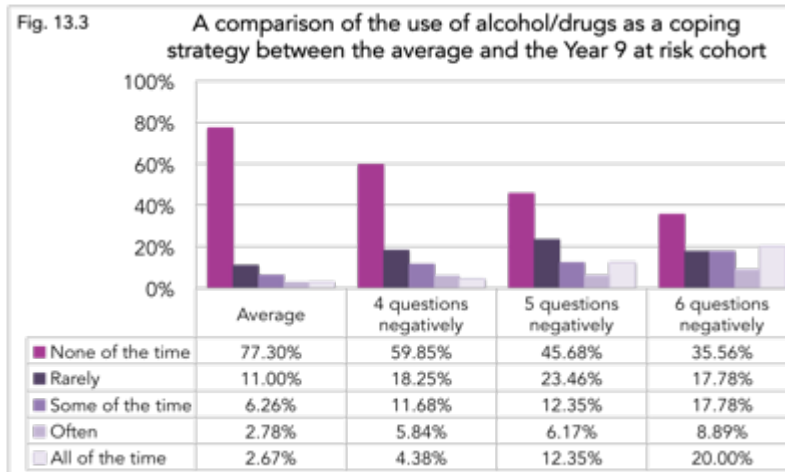
Additional analysis was conducted to ascertain whether those who are potentially affected by emotional health issues have a greater reliance on negative coping skills than that of the average young person.

Figures 13.1 and 13.2 highlight the difference between the average person and that of the at risk cohort in year 8 with regards to using the most severe negative coping strategies. Similarly Figures 13.3 and 13.4 highlight the same difference but for year 9's. These figures emphasise a higher reliance



on the use of negative coping strategies by the at risk cohort than the average young person.

Young people who answered all 6 emotional health questions negatively are much more likely to self-harm to deal with problems than the average young person. The identification and support of the at risk cohort is important for the positive development of young people.



As the survey continues we will monitor the at risk cohort especially as young people get older and develop into late adolescence.

## Risk-taking behaviours

Further data analysis was also conducted to look at the level of engagement of multiple risk-taking behaviours. We analysed the responses from both year groups relating to the questions on; having tried a cigarette, have drunk in the past without adult supervision (in the past year for year 8's and in the past month for year 9's) and having ever tried cannabis.

Table 4 contains the breakdown of young people who have engaged in one, two or all three of the risky behaviours previously mentioned. The table also highlights the percentage of young people who have never drunk, smoked or tried cannabis.

**Table 4:** Breakdown of risk-taking behaviours

		Year 8	Year 9
Neither		65.48%	62.11%
1 risk	Cigarettes only	2.15%	4.84%
	Alcohol only	24.04%	17.80%
	Cannabis only	0.04%	0.54%
2 risks	Alcohol and cannabis	0.13%	0.49%
	Cigarettes and cannabis	0.22%	1.14%
	Alcohol and cigarettes	5.70%	7.68%
	All three risks	2.24%	5.39%

Table 4 firstly highlights the fact that the majority of young people in Derbyshire are not engaging in risk-taking behaviours. It also emphasises that when young people do take risk it is primarily involves alcohol (highlighted yellow) and often alcohol on it's own. **93%**<sup>8</sup> of all risk-taking done by year 8's involves alcohol. For year 9's this figure is **83%**<sup>9</sup>.

Additionally it highlights that smoking and cannabis use rarely occurs in isolation. Young people are much more likely to engage with these behaviours if they are also using alcohol.

<sup>8</sup> 34.52% of young people in year 8 have engaged in at least 1 risk-taking behaviour, 32.11% of young people have engaged in alcohol use. Therefore 93.01% of risk-taking involves alcohol.

<sup>9</sup> 37.89% of young people in year 9 have engaged in at least 1 risk-taking behaviour, 31.36% of young people have engaged in alcohol use. Therefore 82.76% of risk-taking involves alcohol.



Finally, using the common liability model, we can predict that the young people who are already drinking and smoking in years 8 and 9 (highlighted grey) are the cohort of young people most at risk of engaging with cannabis and/or other drugs.

## 14. Conclusions

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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.

Results from years 8 and 9 are large comparable overall, however as young people get older they generally engage in more risk-taking behaviours, such as smoking, drinking, drugs and taking risks online. Older adolescents also feel more pressure from others and are less confident about the future than their younger peers.

Whilst most young people in both year groups are not engaging in risk-taking behaviours a small minority of young people are already reporting engagement in regular drinking, smoking and cannabis use. The largest risk-taking behaviours involves alcohol without adult supervision.

Over 1 in 10 young people surveyed seem to be experiencing or are 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. These young people may be at a significant risk of future engagement in risk-taking behaviours or self-harm.

## 15. Recommendations for 2017/18 academic year

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- The repetition of the survey in the main but the inclusion of additional age appropriate questions, such as exam stress, for year 10 students.
- Additional marketing techniques to improve school engagement rates.
- A specific focus locally on alcohol education, as this is the risk-behaviour most likely to be engaged in by students of all ages. This is to ensure young people understand the risks with regards to alcohol and can manage their own risk-taking behaviours
- Additional work focused on bullying could be beneficial for local schools. This is due to a large portion of young people reporting that they did not know if they had been a victim of bullying.
- Coping skills and resilience education for young people in schools to promote the use of positive coping skills.
- Resilience education for older adolescent young people to improve their general self-efficacy and to improve their emotional health specifically regarding their future.

## 16. Appendix

### 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
If you have ever tried an e-cigarette how often do you vape? (If you have never smoked just click N/A) <b>YEAR 9 ONLY</b>	Once a Month / Once a Week / Once a Day / N/A
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+
Over the past month on how many occasions have you drunk alcohol with your peers without adult supervision? <b>YEAR 9 ONLY</b>	None / 1-4 Times / 5-8 Times / 8+
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

<b>Section: My School</b>	
<b>Question</b>	<b>Possible Answers</b>
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 reason for bullying in your school?	Sexuality / Culture/Religion / 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
<b>Section: My Life</b>	
<b>Question</b>	<b>Possible Answers</b>
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	Look a certain way / Act a certain way

to.....(You can select more than one option for this question)	/ 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
<b>Section: My Community</b>	
<b>Question</b>	<b>Possible Answers</b>
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
<b>Section: My Feelings</b>	
<b>Question</b>	<b>Possible Answers</b>
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 – Can't 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	None of the time / Rarely / Some of the time / Often / All of the time
When I am overwhelmed by worries or concerns I try to cope by: Using alcohol or drugs	None of the time / Rarely / Some of the time / Often / All of the time

When I am overwhelmed by worries or concerns I try to cope by: Seeking out friends for support	None of the time / Rarely / Some of the time / Often / All of the time
When I am overwhelmed by worries or concerns I try to cope by: Seeking out family for support	None of the time / Rarely / Some of the time / Often / All of the time
When I am overwhelmed by worries or concerns I try to cope by: Hurting myself	None of the time / Rarely / Some of the time / Often / All of the time
When I am overwhelmed by worries or concerns I try to cope by: Breaking or damaging things	None of the time / Rarely / Some of the time / Often / All of the time
When I am overwhelmed by worries or concerns I try to cope by: Taking deep breaths to calm myself	None of the time / Rarely / Some of the time / Often / All of the time
When I am overwhelmed by worries or concerns I try to cope by: Trying to not think about it and forgetting the problem	None of the time / Rarely / Some of the time / Often / All of the time
When I am overwhelmed by worries or concerns I try to cope by: Blaming myself	None of the time / Rarely / Some of the time / Often / All of the time
When I am overwhelmed by worries or concerns I try to cope by: Spending time alone	None of the time / Rarely / Some of the time / Often / All of the time
When I am overwhelmed by worries or concerns I try to cope by: Praying or attending my place of worship	None of the time / Rarely / Some of the time / Often / All of the time
How able do you feel to make changes to your own life?	Rating Scale: 0 – Not at all able / 10 – Very able
Have you ever felt stigmatised (judged) because of your mental health? <b>YEAR 8 ONLY</b>	Yes / No / Not Sure
Do you feel that people your age who have emotional or mental health issues experience stigma from their peers? (Stigma means being judged or treated differently in a negative way) <b>YEAR 8 ONLY</b>	Yes / No / Not Sure
<b>Section: Further Help and Support</b>	
<b>Question</b>	<b>Possible Answers</b>
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.	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

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](mailto:info@safespeak.org.uk) Call us on: 0800 093 5264 (free from land lines) or 01332 349301

below.

(FREE TEXT BOX)

## Appendix 2: Participating Schools

### Year 8 survey

Full Completion		Partial Completion	
1	Dronfield Henry Fanshawe School	1	Anthony Gell School
2	Heritage High School	2	David Napier Academy
3	Highfields School	3	Glossopdale Community College
4	John Flamsteed Community School	4	Lady Manners School
5	Netherthorpe School	5	Shirebrook Academy
6	Ormiston Ilkeston Enterprise Academy	6	The Pingle School
7	Queen Elizabeth's Grammar School		
8	Springwell Community College		
9	St Philip Howard Catholic Voluntary Academy		
10	The Long Eaton School		
11	The Ripley Academy		
12	Tibshelf Community School		
13	Tupton Hall School		

### Year 9 survey

Full Completion		Partial Completion	
1	Glossopdale Community College	1	Anthony Gell School
2	Heritage High School	2	Dronfield Henry Fanshawe School
3	Highfields School	3	John Flamsteed Community School
4	Lady Manners School	4	The Long Eaton School
5	Netherthorpe School	5	The Pingle School
6	Ormiston Ilkeston Enterprise Academy	6	Tibshelf Community School
7	Queen Elizabeth's Grammar School	7	Whittington Green School
8	Shirebrook Academy		
9	St Philip Howard Catholic Voluntary Academy		
10	The Ripley Academy		



## Appendix 3: Social Norms Resources

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

**my life, my view** 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 school's 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