

# my life, my view

Derbyshire Youth Well-Being Survey

Summer Term 2018

## Acknowledgements

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# 1. Introduction

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The aim of My Life, My View, the Derbyshire emotional health and well-being survey is to provide 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 third year of the project. During the 2018 spring and summer school terms 3,714 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 years 8, 9 and 10 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 decreased to 7% when compared to 2016/17.
- 26% of young people in year 8 have drunk alcohol without adult supervision in the last year. 28% of year 9's and 45% of year 10's have drunk alcohol without adult supervision in the past month.
- 15% of year 8's, 32% of year 9's and 42% of year 10's reported that they had tried an electronic cigarette. 6% of year 9's and 8% of year 10's report using an e-cigarette everyday.
- It is estimated that 15% of young people in year 8, 16% of those in year 9 and 21% of year 10 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 11% of year 8's and 13% of year 9's report feeling sad most days. 11% of year 10's say they feel down, depressed or helpless almost everyday in the past month.
- 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, 54% of year 8's, 52% of year 9's and 49% of year 10'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.
- As young people get older they are more likely to take or have already taken risks online. Around 1-in-ten pupils reported that they have been pressured into sharing something online. 43% of year 10's reported they add people on social media they do not know.
- Bullying is reported by 18% of young people in years 8 and 9, this figure decreases to 14% in year 10. All year groups state appearance being the most likely reason for bullying.
- 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.

- 16% of year 8's have felt stigmatised because of their mental health. This figure rises as young people get older with 21% of year 10's stating they've felt stigmatised.

### 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 data may only be capturing the 'tip of the iceberg' and may not provide a true reflection of the experiences and needs of young people across Derbyshire.

In order to provide cost effective, successful interventions that ensure timely prevention and early intervention data from young people themselves focused on their needs and concerns is vital.

The survey aims to provide baseline data from a significant co-hort covering the whole of the county, providing a clear picture of the concerns facing young people and the behaviours in which they engage. 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 resources, focus on specific areas of concern and promote early intervention and prevention.

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 can help in preventing or delaying young people needing to access specialist support services such as Child and Adolescent Mental Health Services, substance misuse treatment etc.

Year 8 pupils were chosen as the initial starting cohort as it was felt that they had 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 likely to be engaging in them, for example 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 behaviour change as young people mature.

As subsequent year 8 pupils are also being surveyed over the 4 years of the project this will allow analysis of any changes due to cultural or social changes to be identified and enable comparisons with additional cohorts over the life of the project.

## 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 2017/18 academic year the My Life, My View survey was completed by year 8, 9 and 10 students in Derbyshire.



Year 10 students had several additional age appropriate questions. This includes questions on romantic relationships, self-harm and general worries. The full list of questions used can be found in the appendix.

All surveys were 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 during the academic years between 2014 and 2017 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 to 10 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 the same number of schools that participated in the survey during the 2016/17 academic year.

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, 14 completed all year groups surveys, 5 schools participated in the year 8 survey only. 1 further school completed only the year 10 survey.

It should be noted that not all of the participating 20 schools completed the survey with every young person in school year 8, 9 or 10.

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 3,714 young people attending a Derbyshire secondary school completed the survey this academic year. This total is comprised of 1,609 year 8, 1,295 year 9 and 810 year 10 pupils. This academic year has seen a slight decrease in the number of survey responses compared to 2016/17 (4,117) even with an additional year group participating.

This reduction is due to the decrease in number of year 8 pupils completing the survey. In 2015/16 academic year 3,034 year 8 pupils completed the survey.

This drop in completion may be partly due to 'survey fatigue' and partly because schools may perceive that they will find no new insights related to the experiences and behavior of their students due to the high consistency and reliability of survey results from year to year.

Schools also reported concerns regarding GDPR this academic year. While we reassured concerned schools that this project was not affected by GDPR as no personal data is collected these concerns did result in at least 1 school withdrawing from participation in the project.

The survey responses represents approximately 19.68%, 15.84% and 9.91% of the year 8, 9 and 10 population of Derbyshire respectively. This approximation is based on 2011 census data.

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, 9 or 10.

## 10. Reporting to Schools

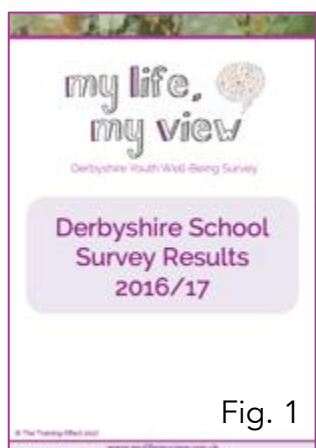


Fig. 1

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

For schools that completed their survey before the end of June received their tailored report before the end of the 2017/18 academic year. Schools that completed after this date received their results in September.

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.

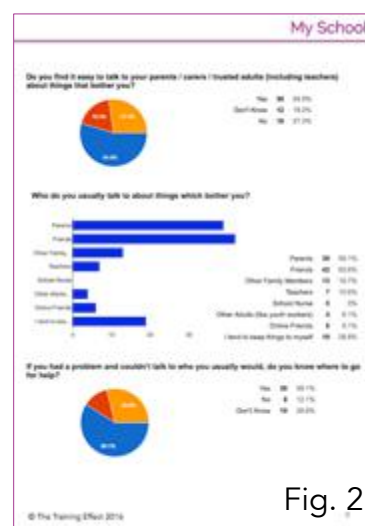


Fig. 2

## 11. Survey Results

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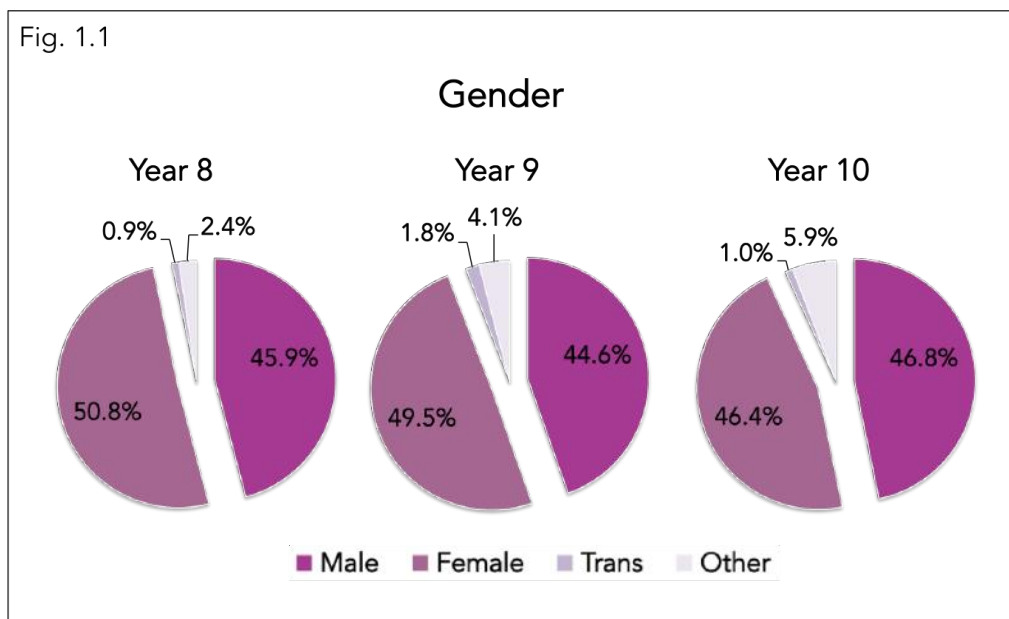
The following survey results are presented in each of the six sections that were presented to young people completing the survey.

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 breakdown of the gender responses shows an even distribution between males (45.9%, 44.6% and 46.8%) and females (50.8%, 49.5% and 46.4%) in all year groups and includes a minority of young people who view themselves as either transgender (0.9%, 1.8% and 1.0%) or other (2.4%, 4.1% and 5.9%). This is highlighted in the figure below.



### Ethnicity

In previous years we asked young people to provide their ethnicity, however, to comply with the recent implementation of GDPR we removed this question. Whilst the inclusion of ethnicity did not mean the collection of personal data as defined by GDPR, a very small risk existed where a school

may have been able to identify individual students if they identified as being from an minority ethnic group with which a very small number of pupils in a school belonged to.

## Section 11.1: My Experiences

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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.

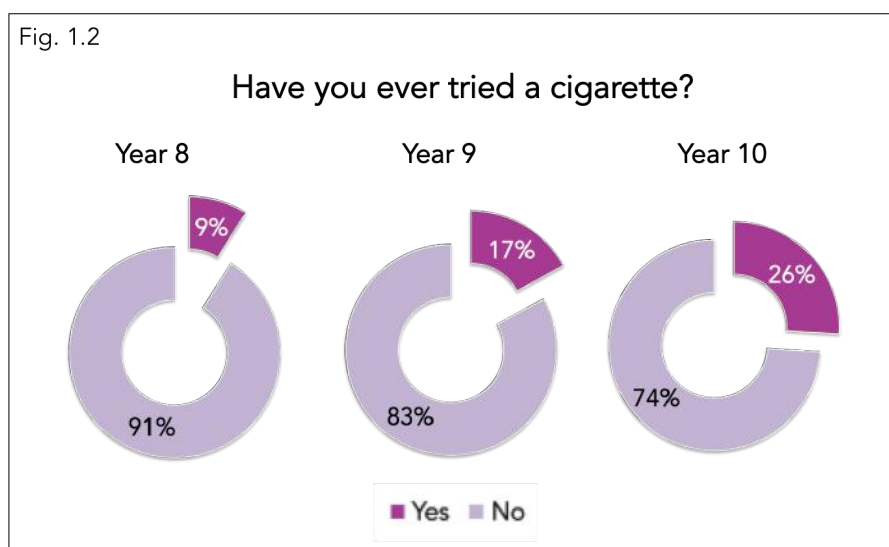
The purpose of this section was to collect data related to a range of behaviours that may potentially contribute to poor emotional health and well-being. This impact may be direct, such as the potential impact of drugs or alcohol on emotional health, or secondary, such as the impact on emotional health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

Unsurprisingly as young people get older, they are more likely to engage in risk-taking behaviours. This is highlighted through the following results.

### 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.



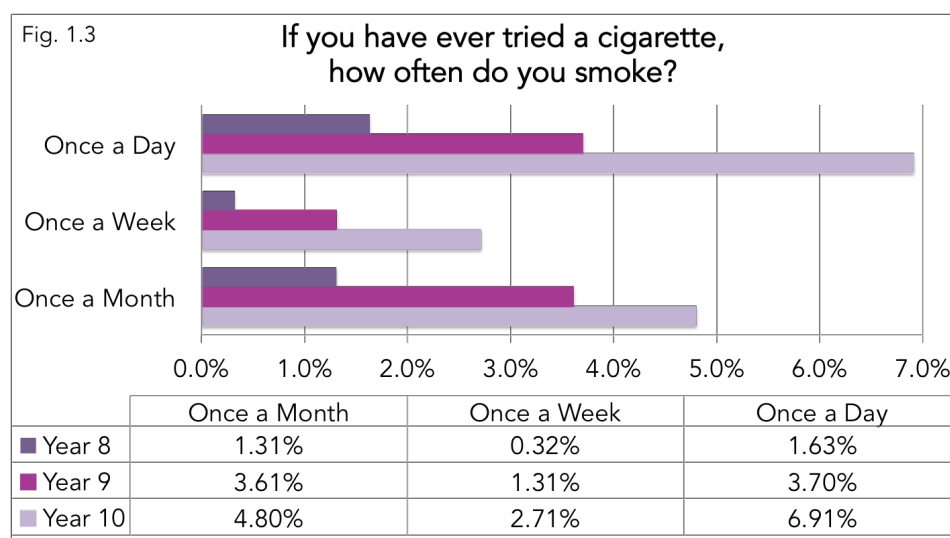
We found that **9%** of year 8's, **17%** of year 9's and **26%** of year 10's report that they have tried a cigarette (Fig 1.1).

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>



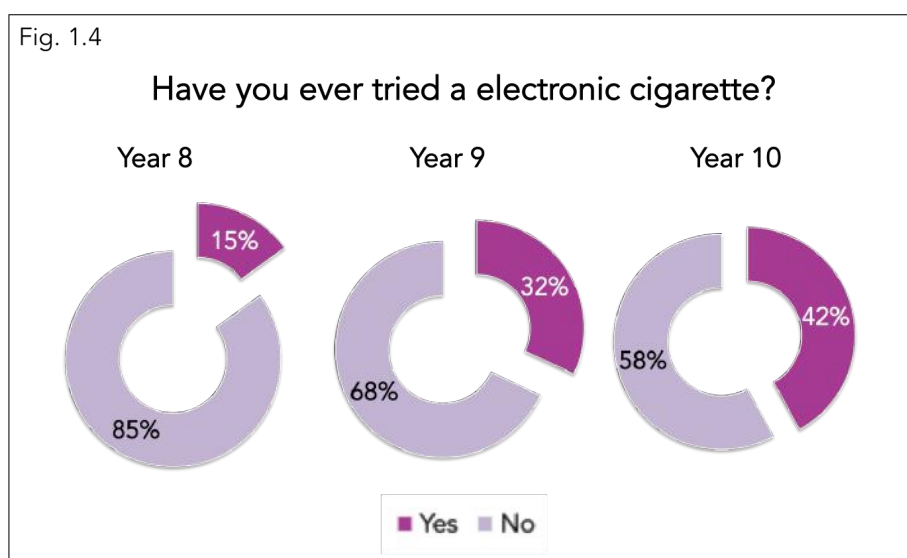
Even though this data is higher a very significant majority of young people in school years 8, 9 and 10 in Derbyshire have not tried cigarettes.

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

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

<sup>3</sup> 77%, 91% and 92% of young people who have tried a cigarette in years 8, 9 and 10 respectively have also tried an

Fig 1.3 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, **9%** in year 9 and **14%** in year 10.



The highly addictive nature of nicotine is evident even at this age as a relatively large minority (45% of year 8's, 43% of year 9's and 48% of year 10'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 1.4).

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

**15%** of year 8, **32%** of year 9 and **42%** of year 10 pupils said they had tried an e-cigarette. This is noticeably higher than those who are smoking conventional cigarettes.

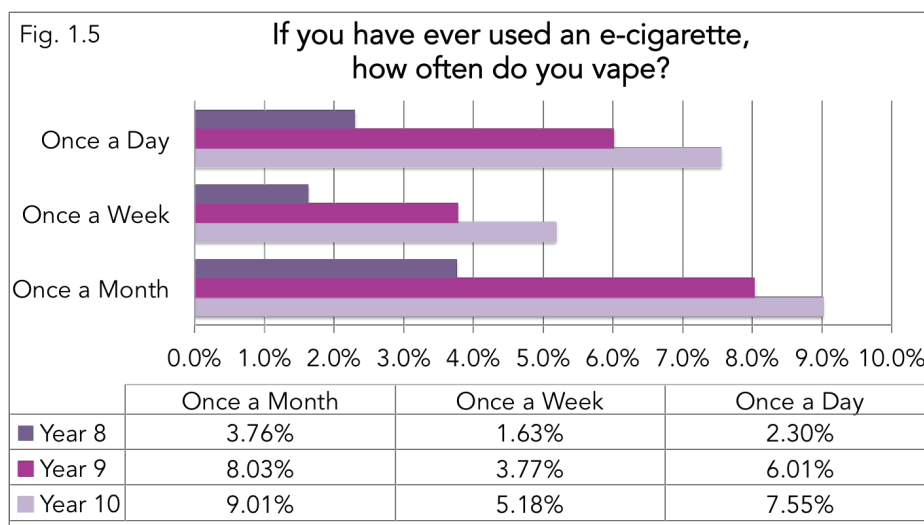
These results have been repeated over the previous years of the My Life, My View survey, as the numbers of those having tried vaping have been significantly higher than those who report having tried smoking.

Young people were also asked about their frequency of vaping. Fig 1.5 highlights those young people that can be presumed to be semi-regular or

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



regular e-cigarette users. Combined, the figures above may indicate a vaping population within the cohort of **8%** in year 8, **18%** in year 9 and **22%** in year 10.



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 1: Breakdown of cigarette and e-cigarette engagement**

	Year 8	Year 9	Year 10
Tried neither a cigarette or an e-cigarette	83.8%	66.8%	56.1%
Only tried a cigarette	1.6%	1.5%	2.2%
Only tried an e-cigarette	9.1%	16.2%	17.8%
Tried both a cigarette and an e-cigarette	5.5%	15.5%	24.0%

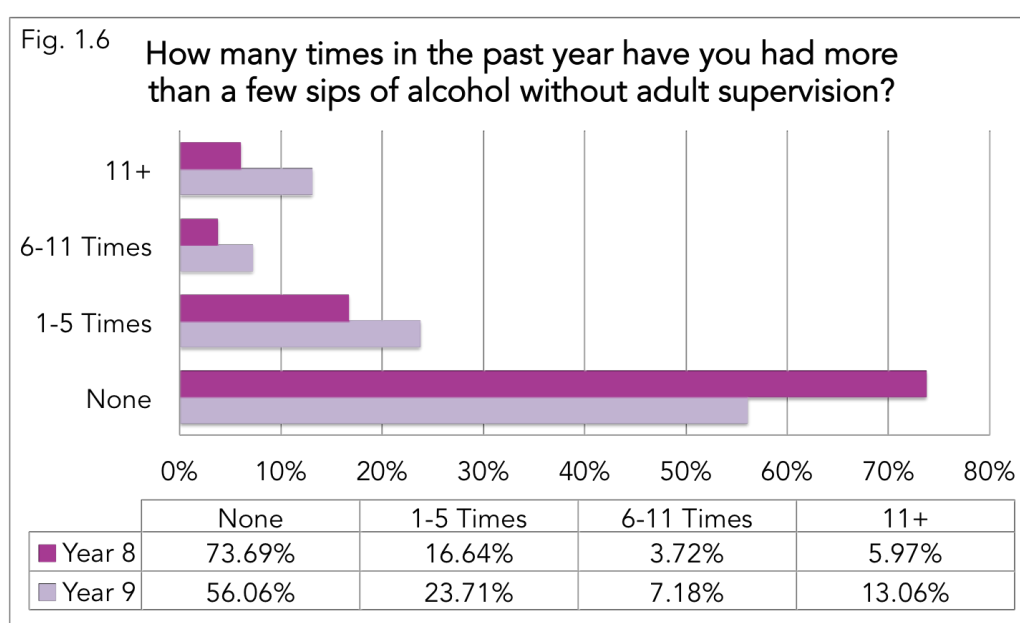
Table 2 emphasises the fact that the vast majority of those who have tried a cigarette have also tried an e-cigarette<sup>3</sup> and that around half of the young

<sup>3</sup> 77%, 91% and 92% of young people who have tried a cigarette in years 8, 9 and 10 respectively have also tried an e-cigarette

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

## Alcohol

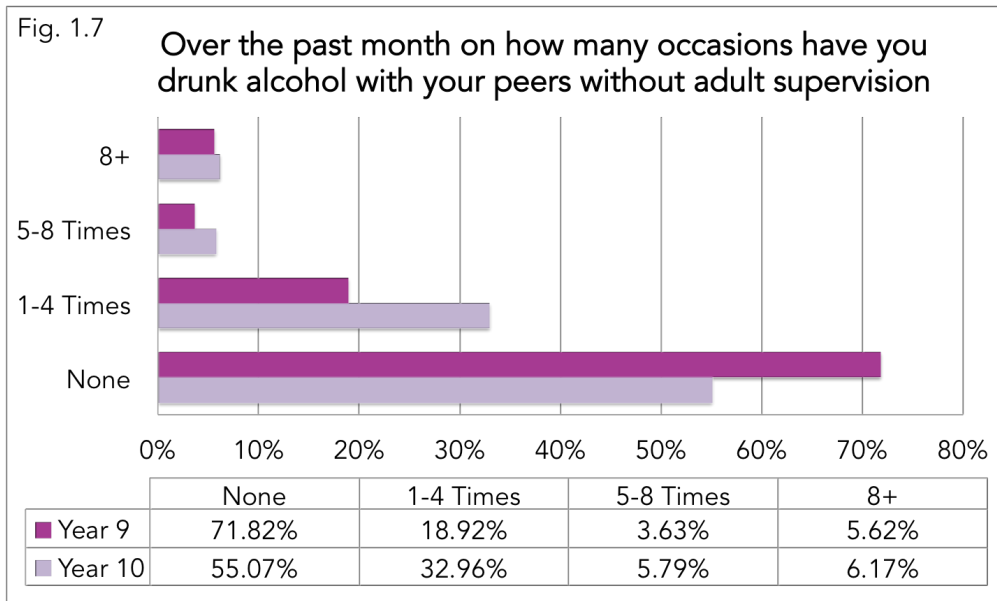
Due to alcohol being a normalised social behavior in the UK, it is not surprising that this is the risk behaviour that young people engage with the most. Of the young people in year 8, the majority (**74%**) have not drunk alcohol without adult supervision in the past year. However, figure 1.6 highlights a large increase in drinking, as young people get older. A large minority, **44%** 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 (**20%** to **10%** respectively).

Year 9 and 10 students were asked an additional question about alcohol. It focused on the number of times they drunk alcohol with their peers in the last month. The majority of year 9 and 10 pupils have not drunk in the last month with their peers (**72%** and **55%** respectively). However, there is a significant minority (**19%** and **33%**) who have infrequently drunk with their friends without adult supervision and a further **9%** and **12%** of year 9 and 10 pupils respectively who have done so regularly.

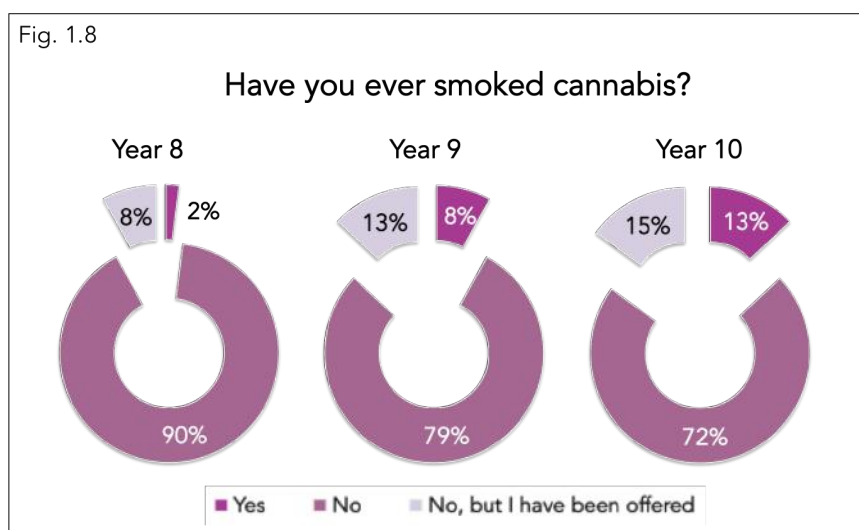
<sup>4</sup> 62%, 51% and 43% of young people who have tried an e-cigarette in years 8, 9 and 10 respectively have not tried a traditional cigarette



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 to 10 in terms of the level of engagement with alcohol. The figures indicate that many young people begin to experiment with alcohol, often regularly, with their friends between the ages of 13<sup>5</sup> and 15.

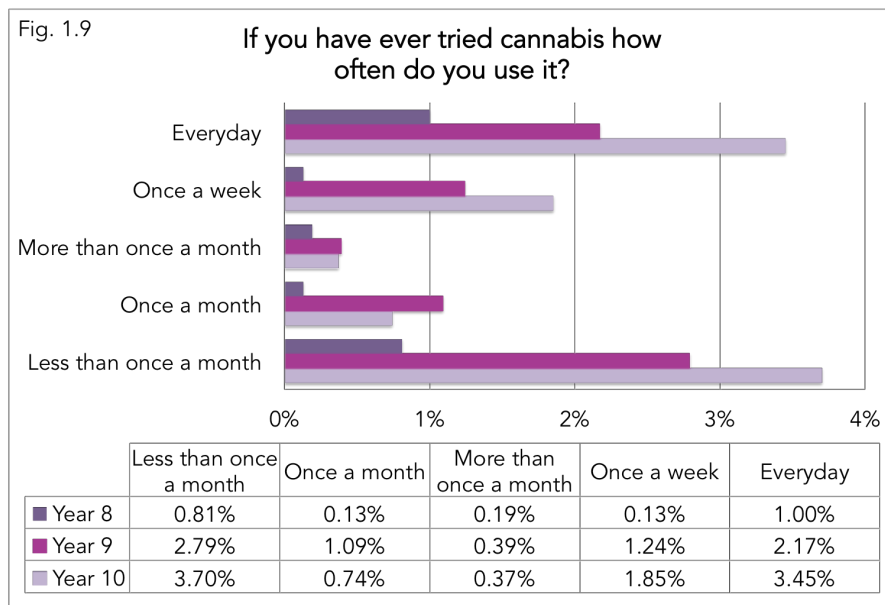
### Cannabis and other drug use

The overwhelming majority of young people completing the survey have never smoked cannabis, with only **2%** of year 8's, **8%** of year 9's and **13%** of year 10's reporting they had tried it.



<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.

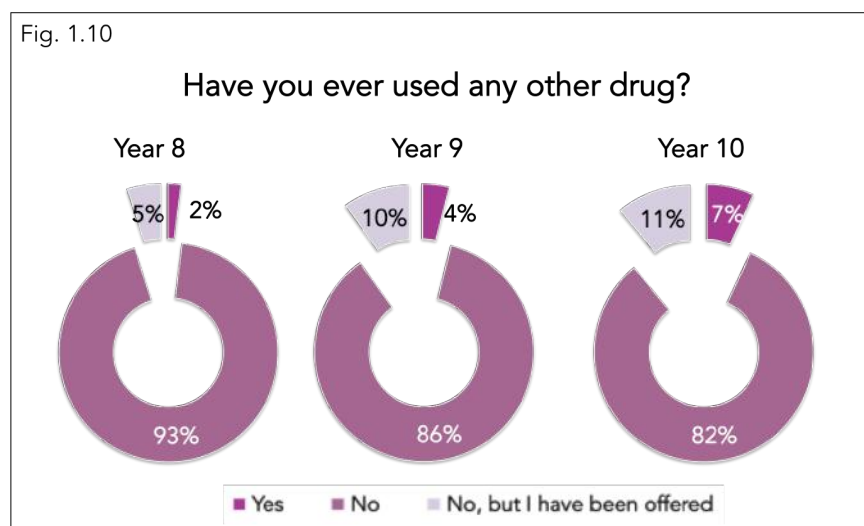
It must be noted however that **8%** of year 8, **13%** of year 9 and **15%** of year 10 pupils reported to having not tried cannabis but that they had been offered it.



Young people were also asked how often they smoked cannabis (Fig 1.8), 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.

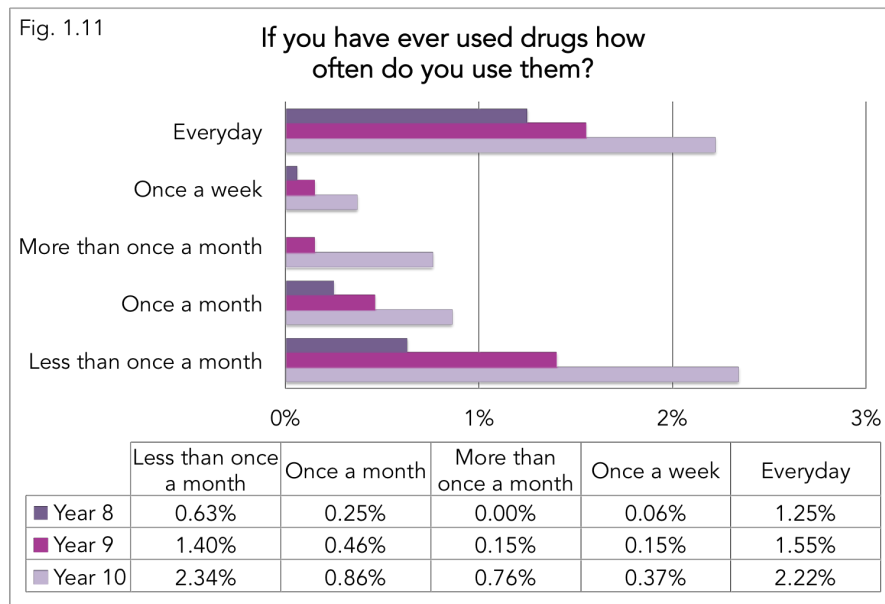
Of those young people who are smoking cannabis, **1%** of year 8, **2%** of year 9 and **3%** of year 10 pupils are smoking cannabis everyday.

Similarly, when asked about general drug use the overwhelming majority of young people reported never having used any other drug. Only **2%**, **4%** and **7%** of year 8, 9 and 10 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%**, **2%** and **2%** of years 8, 9 and 10 respectively said they use drugs everyday.



## Parental Permissiveness

Included in this years surveys were questions related to parental permissiveness. Parental permissiveness relates to the amount of freedom parents allow their children to make decisions in their own lives.

High permissiveness can amount to childhood neglect and is often a contributing factor for young people who engage in risk-taking behaviours.

All year groups were asked their opinion on how wrong they thought their parents would view them engaging in three risk-taking behaviours, namely, drinking, smoking and drug use.

Throughout all year groups it was observed that young people believed drinking to be the most acceptable behavior. Even at age 13 (year 8) one third believe their parents would only feel it to be “A little bit wrong” or “Not wrong at all” if they were to be drinking regularly. The majority of year 9 (51%) and year 10 (61%) also believe this.

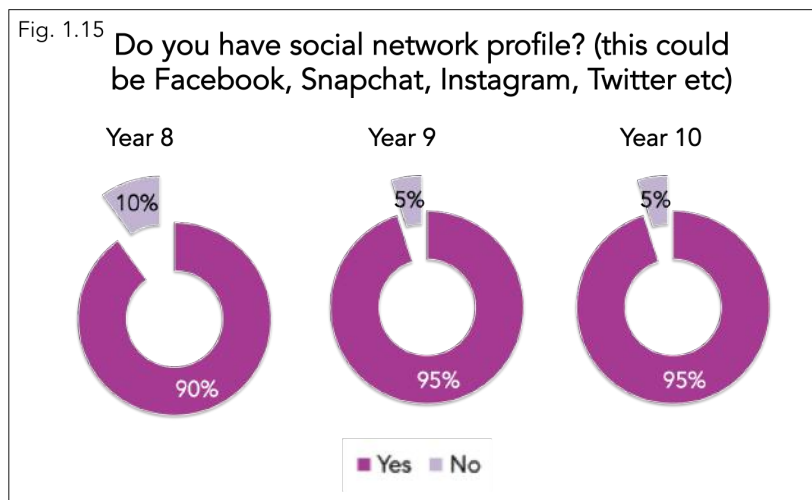
Smoking and cannabis were viewed differently however. The vast majority of young people believe that their parents would think it was wrong or very wrong if they smoked cigarettes or cannabis. However, as young people get older their view on what their parents believe softens.

While the vast majority still say that their parents wouldn't approve, there is a shift from "Very wrong" to only "Wrong".

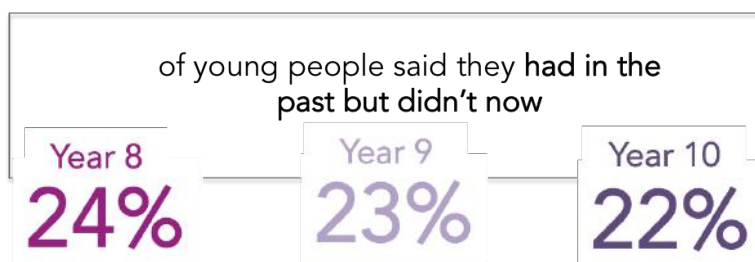
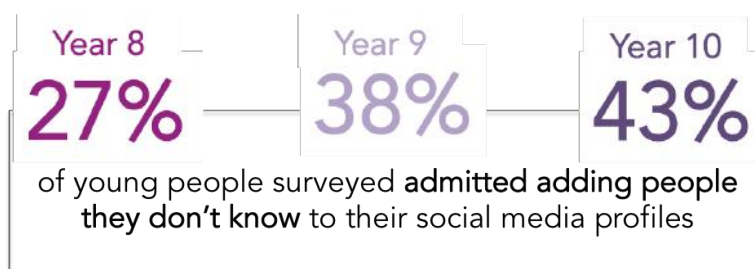
### Use of the Internet

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

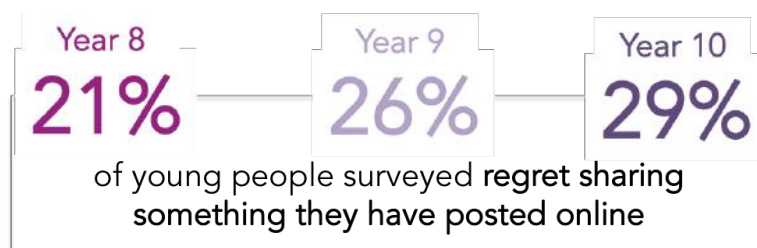
However, **10%** of year 8 pupils surveyed reported that they do not currently use a social network profile. This number decreases as young people get older (**5%** for year 9 and 10 pupils).



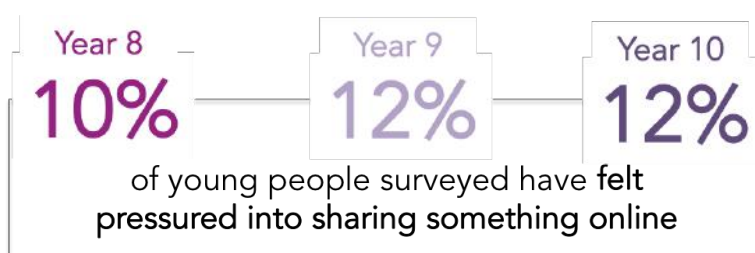
A large minority of young people add people online who they don't know, with figures increasing as young people get older. Over a quarter of year 8 pupils, slightly under two fifths of year 9's and just under half of year 10's surveyed admitted to adding people that they do not know to their social network 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 both year 9 and 10, 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

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

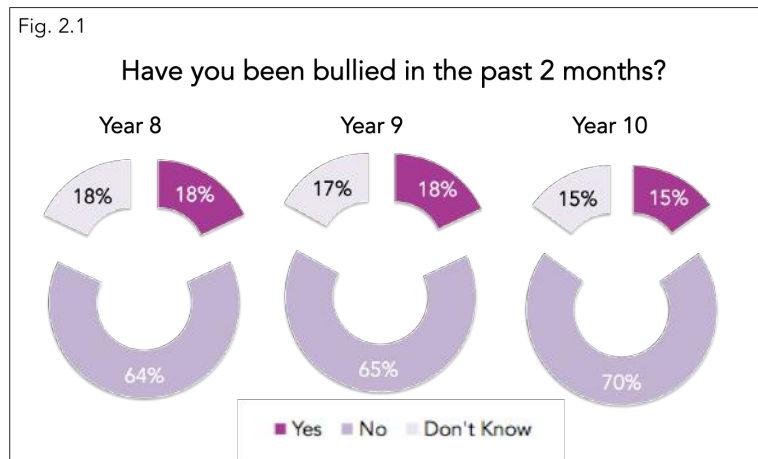
This section consisted of questions related to their experience of school, how they feel about school, how safe they feel in school, schoolwork and questions related to bullying and the use of sexist language.

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.

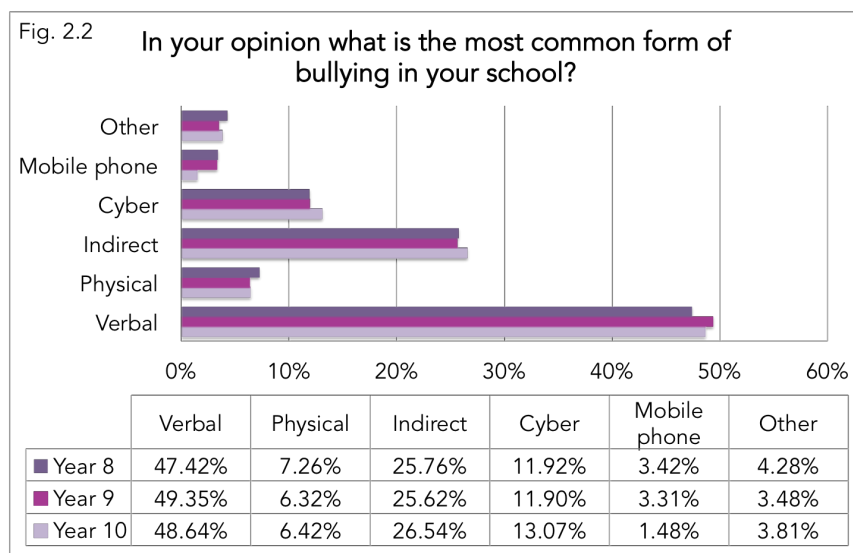
### Bullying

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

**18%** of year 8 and 9 pupils reported that they had been bullied over the preceding 2-month period. For year 10 this figure decreases slightly to **14%**



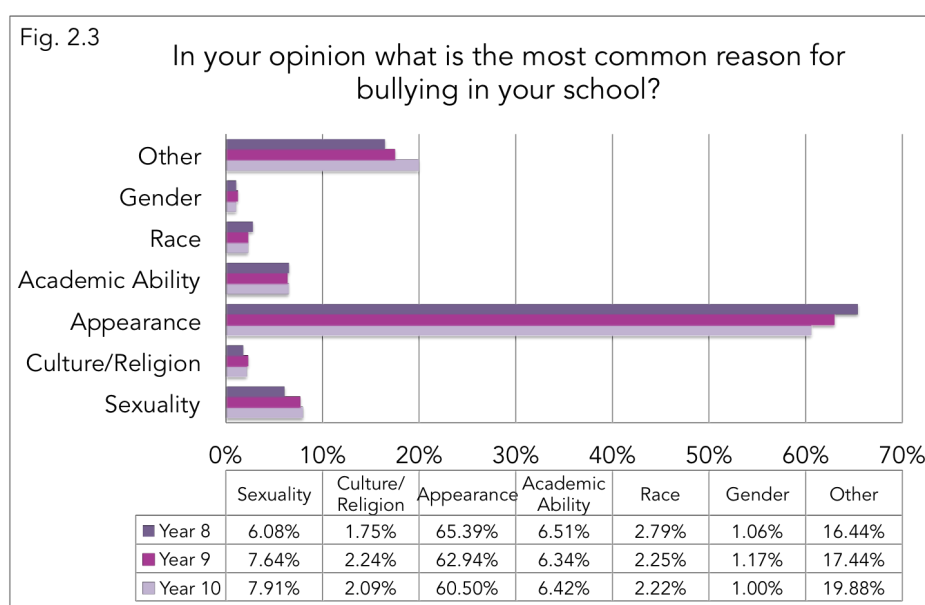
An interesting finding in relation to bullying within schools is that **15-18%** of young people in all year groups answered they **Don't Know** if they have suffered bullying.





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 (48 and 49% for year 8 and both year 9 and 10 respectively), followed by indirect bullying (26% and 27% for both year 8 and 9 and year 10 respectively) and cyber bullying (12% and 13% for both year 8 and 9 and year 10 respectively).

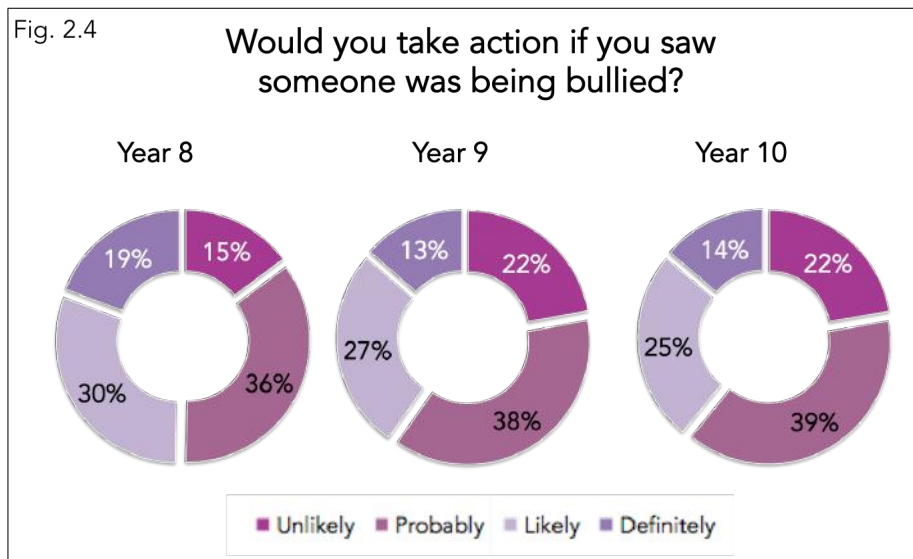


Young people were also asked what they felt was the most common focus of bullying within their schools (Fig 2.3). Nearly two-thirds of all year groups felt that bullying related to appearance was the most common focus of bullying. This mirrors the findings from the previous year of the survey.

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.

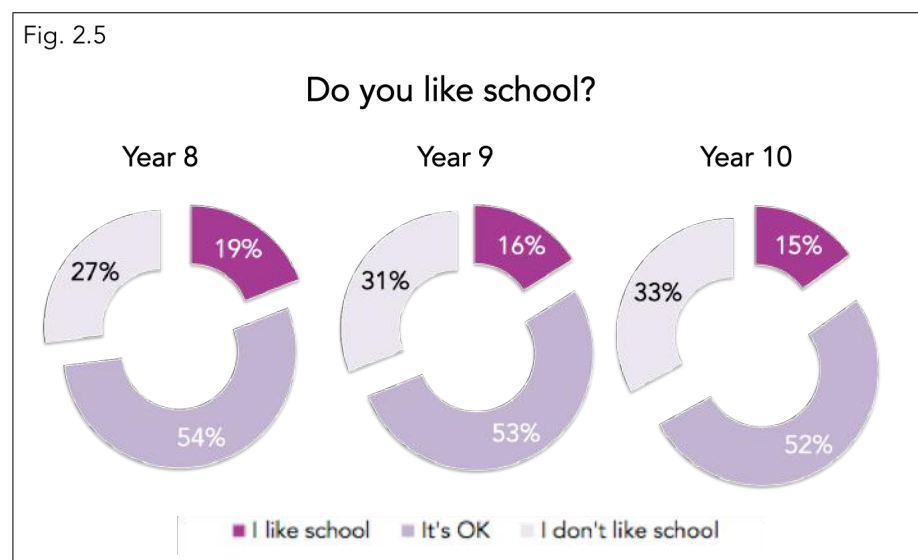
A positive finding is that a majority of young people in year 8 would 'likely' or 'definitely' take action if they saw someone was being bullied. However as they get older young people who would take action become the minority. Only 40% of year 9's and 39% of year 10's said they would be 'likely' or 'definitely' would take action.

Overall the responses from years 8, 9 and 10 on questions related to bullying were very consistent. Very similar numbers of young people report being bullied and young people's opinions on the reasons of bullying show large similarities across the three year groups.



### Experience of School and Seeking Support

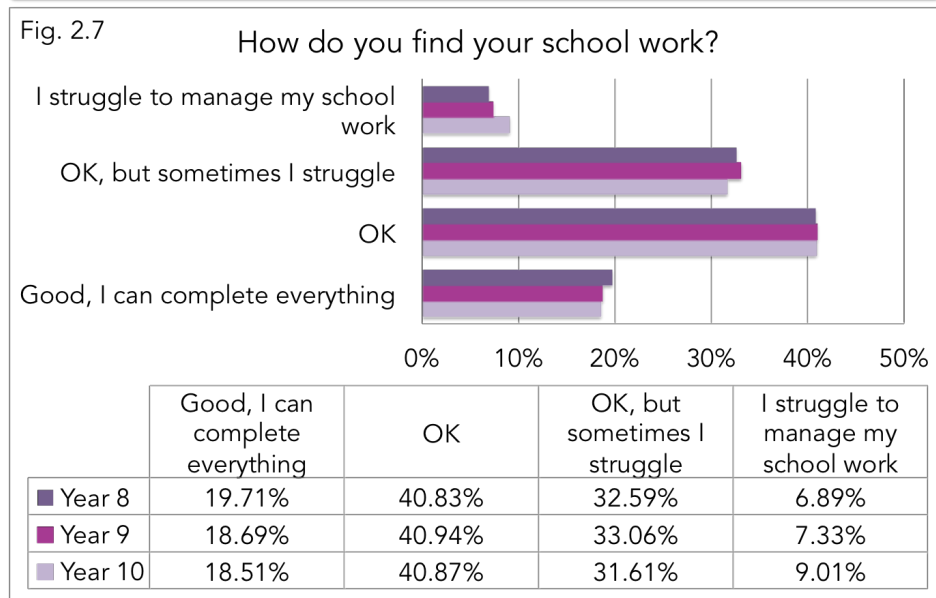
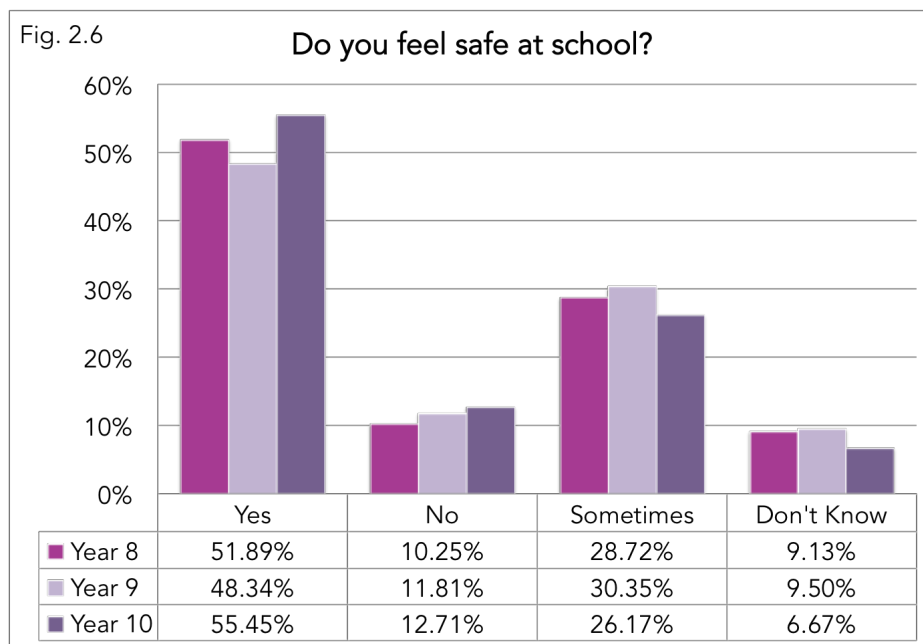
The majority of young people like their school or think that it is OK. However as young people get older they are more likely to dislike school. **27%** of young people in year 8, **31%** in year 9 and **33%** in year 10 indicated that they do not like school.



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

Overall year 10 pupils were less likely to report feeling safe at school. **10%** of year 8 pupils indicated that they did not feel safe. This figure increases to **12%** in year 9 and to **13%** in year 10.

A small but potentially significant number of young people in year 8, **7%**, report that they struggle with their schoolwork. The number of year 9's who struggle with schoolwork is the same as those in year 8 (**7%**), young people in year 9 overall feel only slightly less confident with their school work. Pupils in year 10 are most likely to say they struggle with their school work (**9%**).

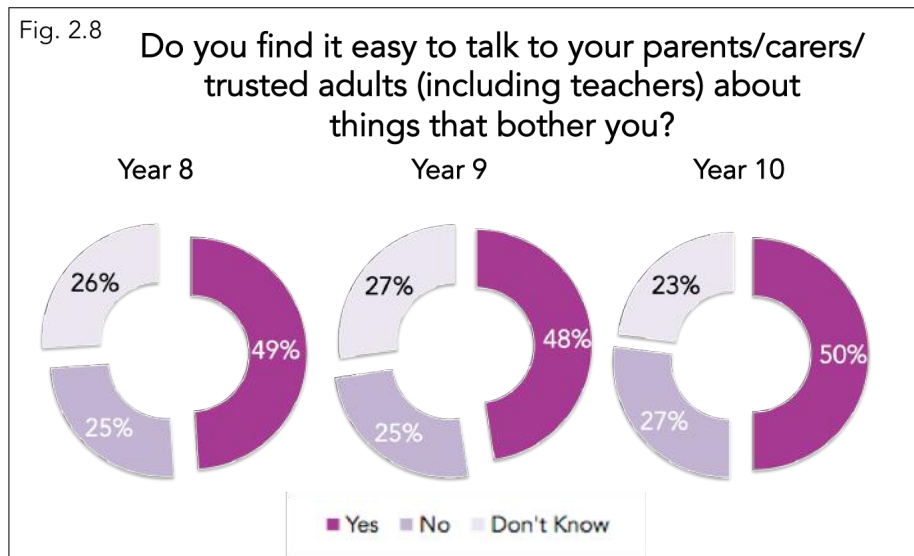


Only the majority of year 10's (50%) report that they find it easy to talk to parents / carers or trusted adults about things which bother them. Young

people who find this in years 8 and 9 are in the minority (49% and 47% respectively).

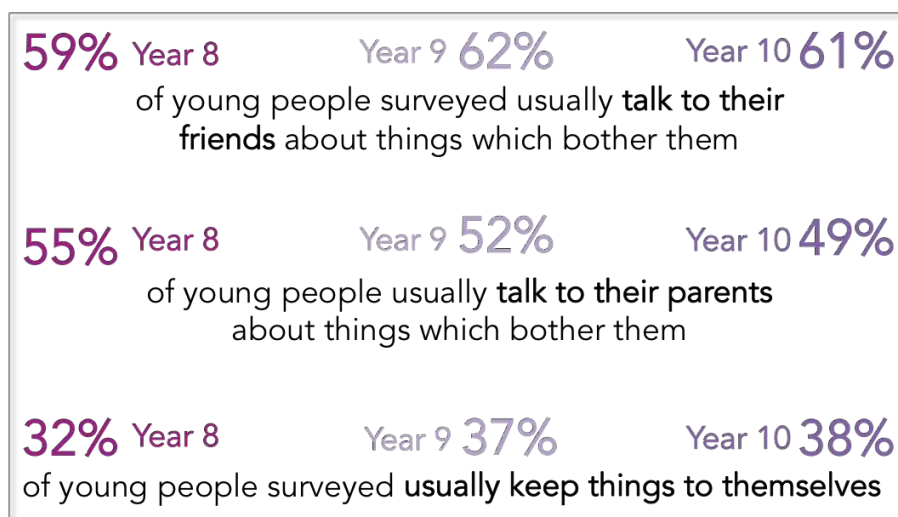
Around a quarter of all year groups, **25%** in year 8 and year 9 and **27%** in year 10, do not find it easy to talk about things that bother them.

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.



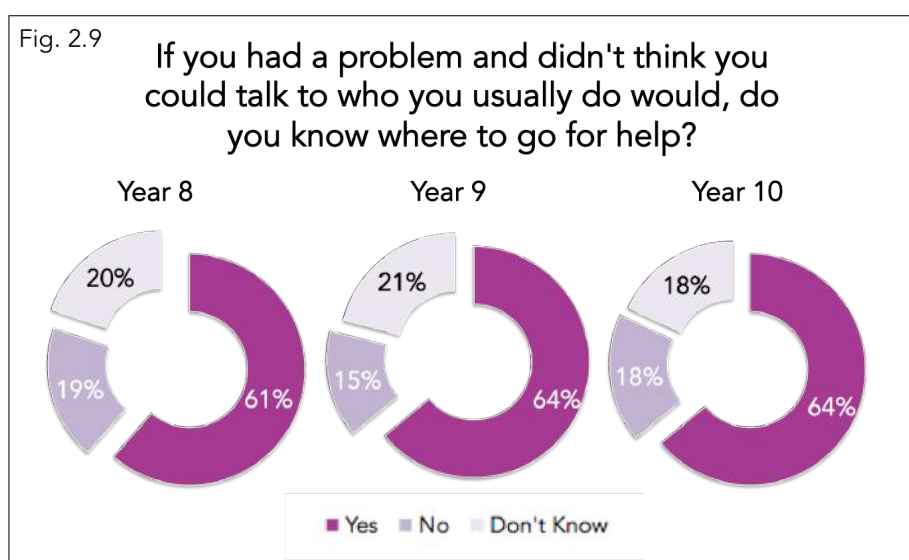
The below question was offered as a multiple choice option meaning that young people could select several options in relation to who they usually speak to when they need help or advice.

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 all year groups, friends were the largest recorded option with **59%**, **62%** and **61%** of years 8, 9 and 10 respectively selecting this option. While parents were also nearly just as important as



friends for year 8 pupils (55%), young people in year 9 and 10 reported they relied on friends much more than their parents. An additional one third of young people said they usually keep things to themselves.

Just under two thirds of young people in all year groups (year 8 **62%**, year 9 and 10, **64%**) report that they know where they could access support. The number of young people who do not know where to get help also remains small and consistent as young people get older. Young people in year 8 are most unlikely to know where to go for help (19% compared to 15% and 18% in years 9 and 10 respectively).



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.

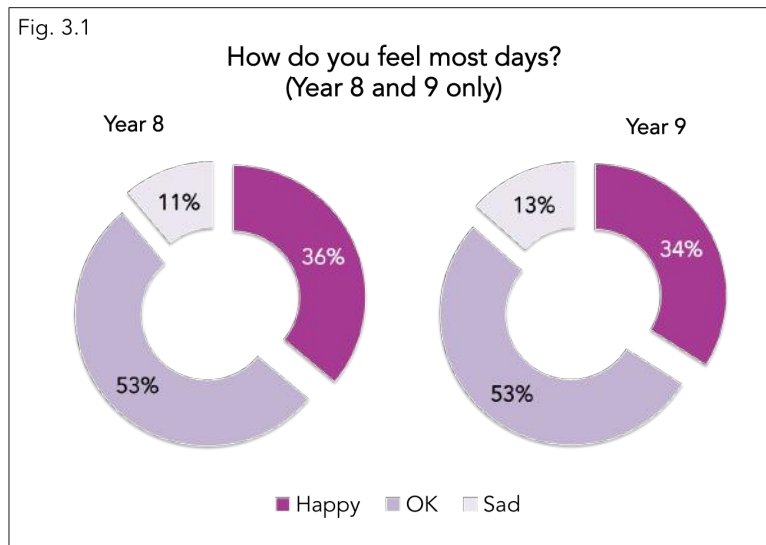
This section consisted of questions related to their own emotional health and well-being, how satisfied they were with their own lives, social pressure and engagement in outside activities.

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.

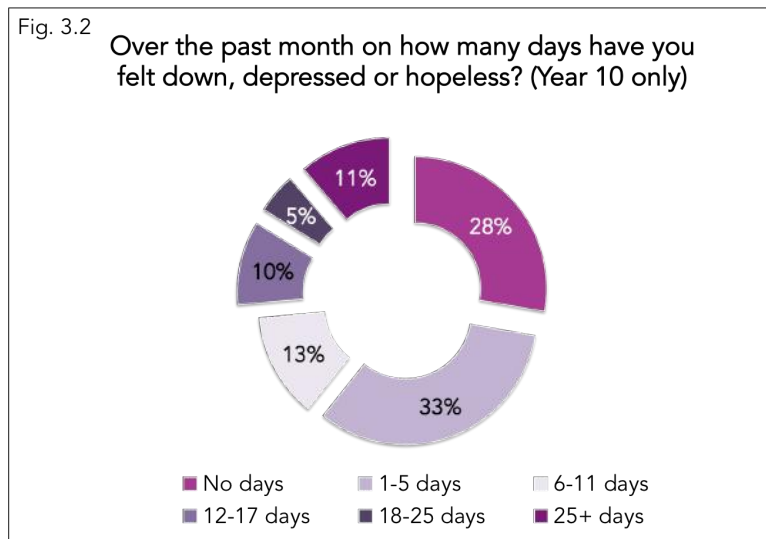
## Emotional Health and Social Pressure

Of the young people surveyed **11%** 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.



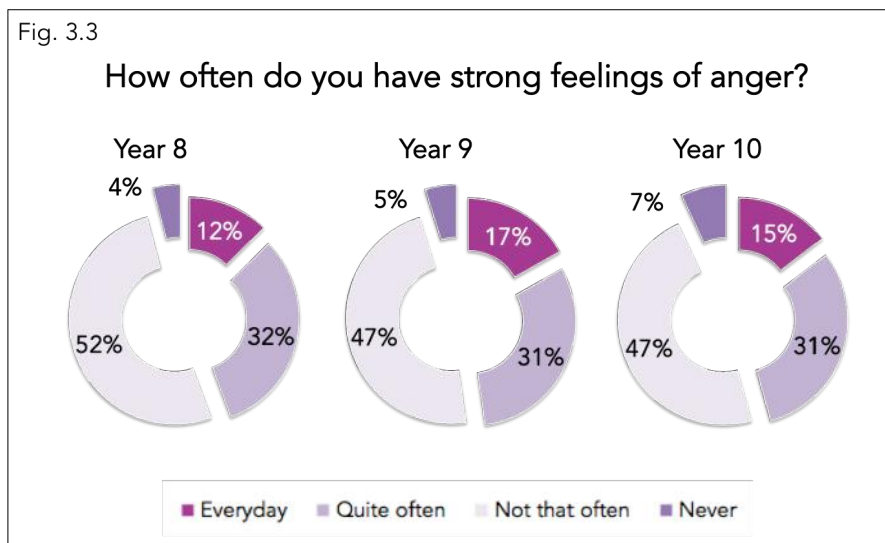
Year 10 were asked a more complex question relating to their emotional health. When asked how many days had they felt down, depressed or hopeless **61%** of year 10's responded infrequently (either no days or 1-5 days). While the majority state they are feeling emotionally healthy, a significant minority (**11%**) indicate they are feeling depressed or hopeless all the time (25+ days). This figure is once again relatable to data from the Office for National Statistics.



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

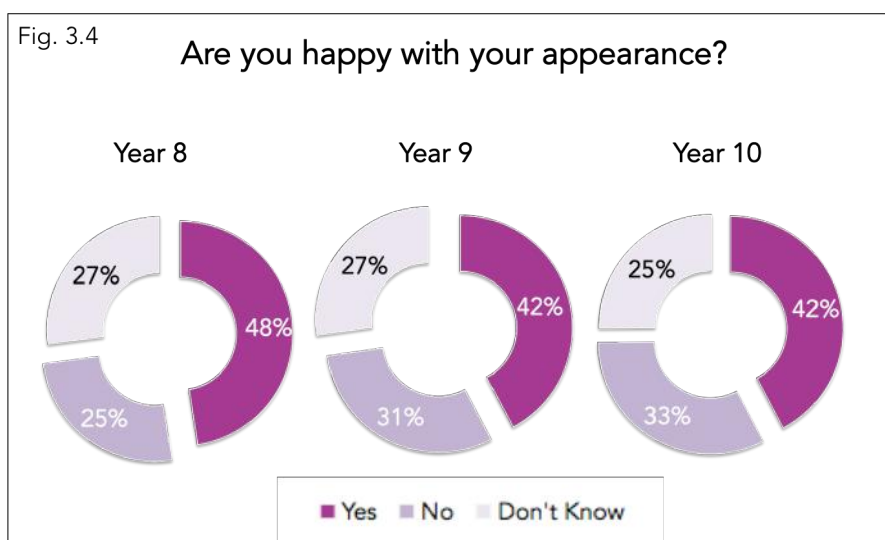
**12%** of year 8's, **17%** of year 9's and **15%** of year 10's surveyed report experiencing strong feelings of anger everyday of their lives (Fig 3.2).

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.



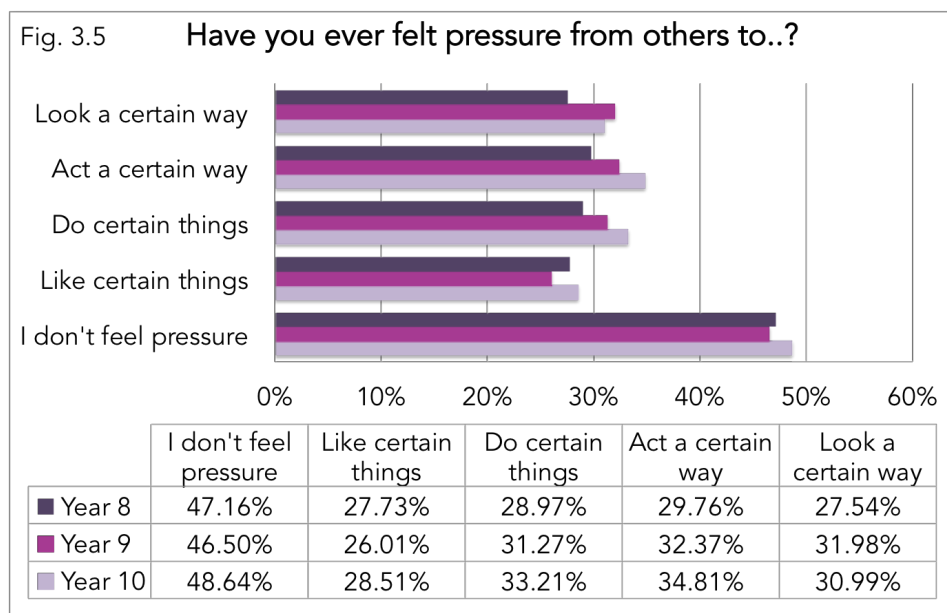
When asked about their appearance **32%** of young people surveyed (32% of year 8's, 31% of year 9's and 33% of year 10's) report that they are not happy with their appearance, a further quarter report that they don't know.

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 (48% in year 8 to 42% in both years 9 and 10).

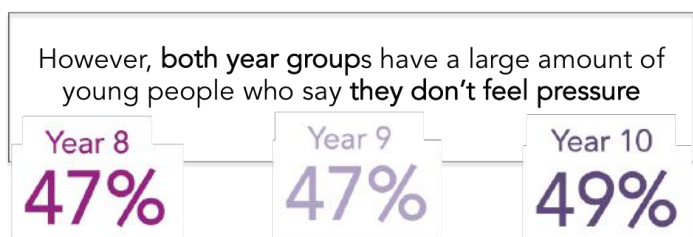
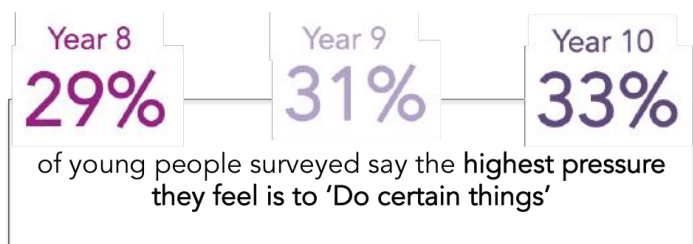


Overall there is a majority of young people with low confidence in respect of their appearance. The cause of this may be down to a combination of unrealistic body image expectations of young people fueled through social media and young people’s opinion that bullying is often focused on appearance.

Following on with a similar trend, when asked about feeling pressure, **28%** of year 8, **32%** of year 9 and **31%** of year 10 pupils stated they had felt pressure from others to look a certain way. Further analysis of this cohort highlighted that the majority (**52%**, **54%** and **54%** of year 8, 9 and 10 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 both years 8 and 9 and **49%** in year 10) when asked about feeling pressure from others responded that they didn't feel pressure from others (Fig 3.4).

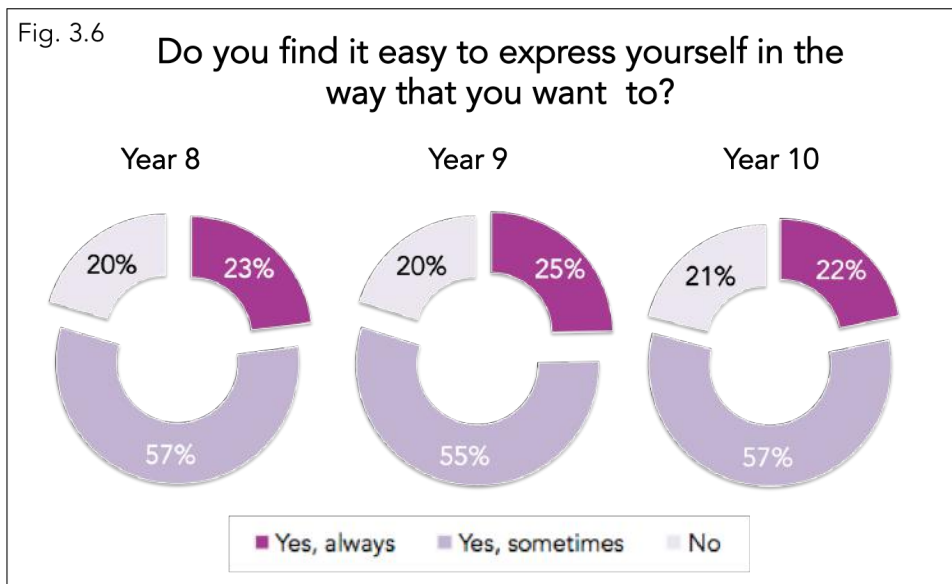




Overall as young people age they are observed to more acutely feel each of the societal pressures contained within the survey.

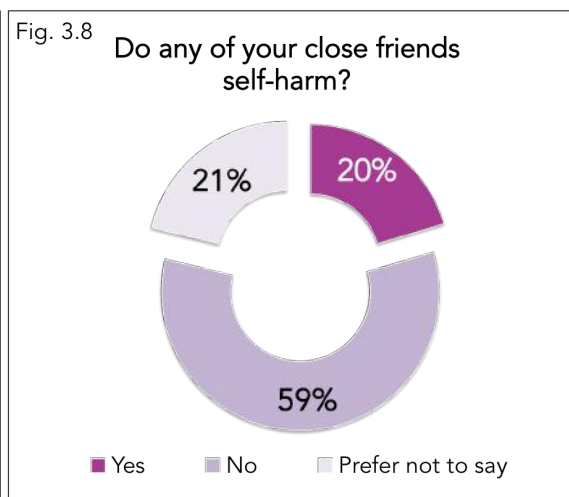
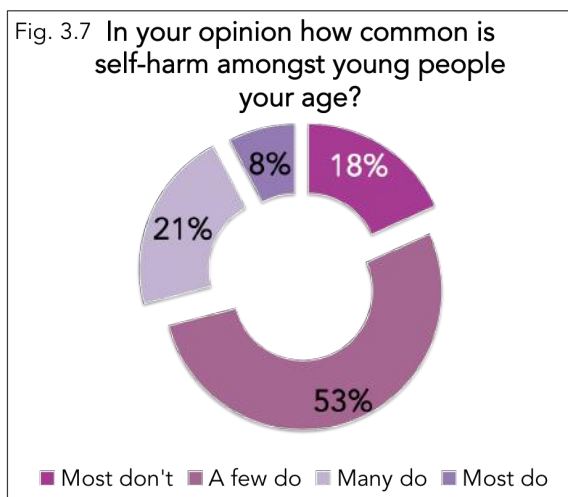
A clear majority of young people report that they can always or sometimes express themselves in the way they want to.

Around 1-in-5 young people in years 8, 9 and 10 (20%, 20% and 21% 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 positive emotional health. Feelings of frustration, anger and isolation can come from not being able to express yourself.

Pupils in year 10 were asked two questions related to self-harm. Self-harm is a symptom of poor mental health and suggests they may lack positive coping skills to deal with their issues.



Recent studies suggest that a large number of young people in the UK will self-harm during adolescence.

When asked their opinion on how common self-harm is at their age, 71% of year 10's stated that either "Most don't" or 'A few do' self-harm. Worryingly, 21% stated that 'Many' and 8% feel that 'Most' young people their age self-harm.

Year 10's were also asked whether they had any close friends who self-harm. The majority, 58% do not. One-in-five young people said they do, which follows recent statistics on self-harm figures. A further fifth also stated they would prefer not to say.

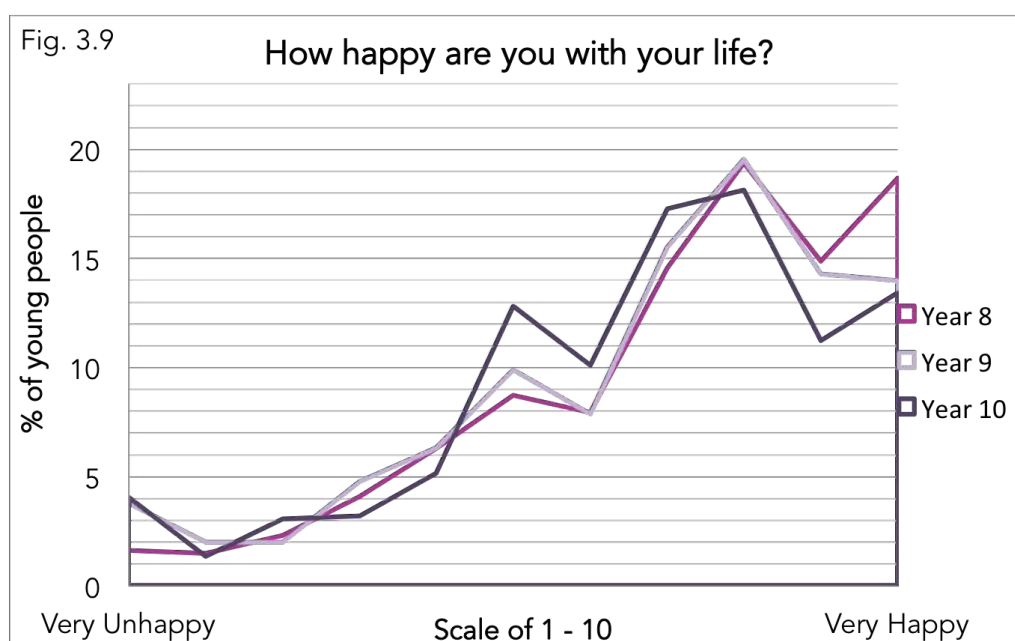
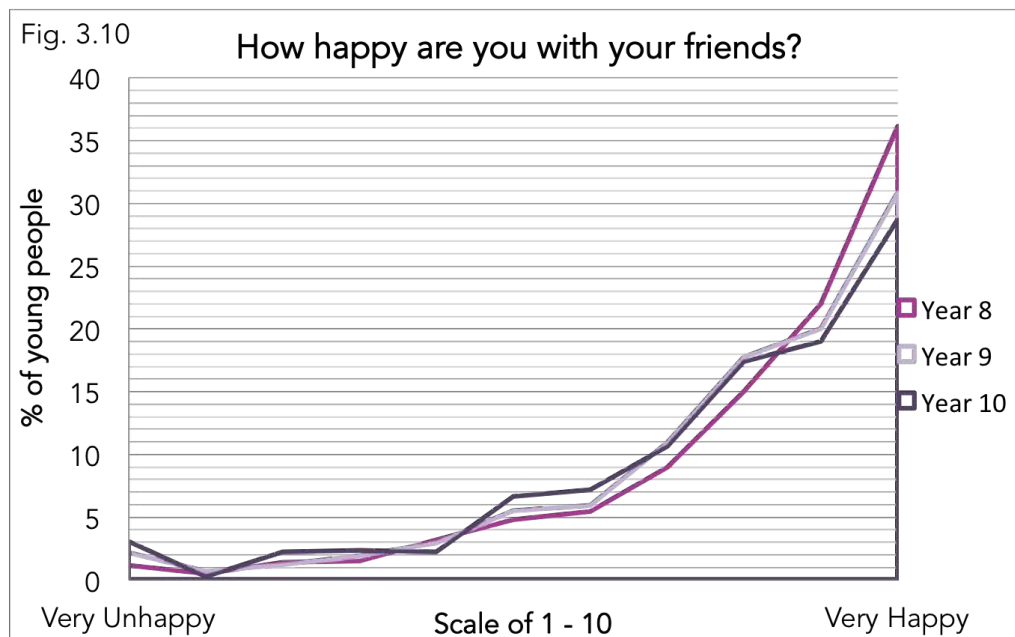


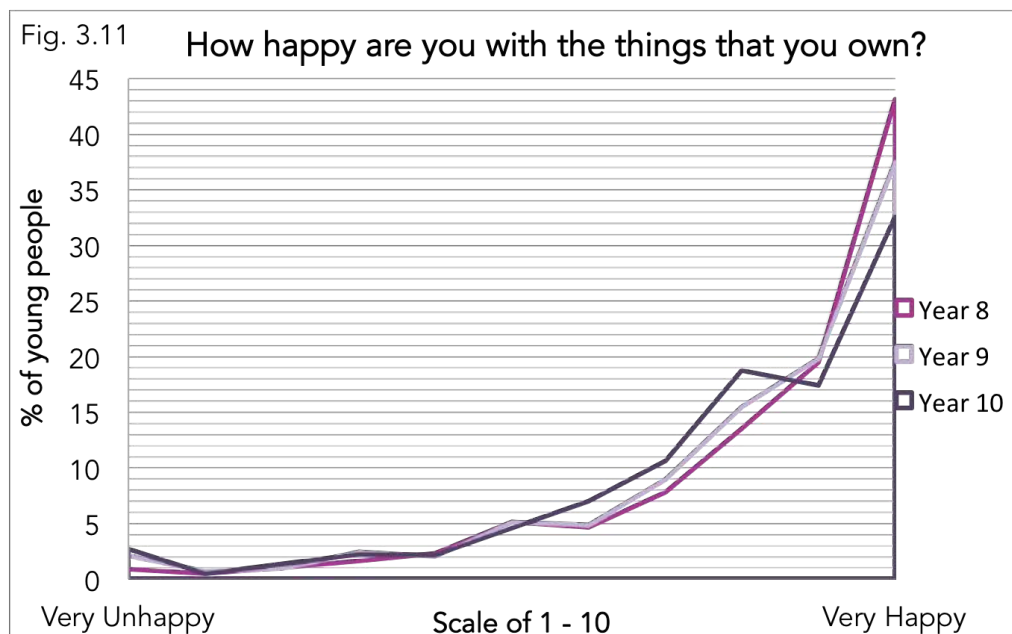
Fig 3.9 shows the plotting of young people locally when asked to rate their happiness with their lives on a scale of 1-10. The majority of young people in all years rate their happiness with their lives in a positive manner.

Similarly the majority of young people surveyed are happy with their friends (Fig 3.10), with the percentage of young people who are not happy with their peer relationships being very low.

Fig 3.11 shows a very strong trend, the vast majority of young people in Derbyshire are happy with the things they have.

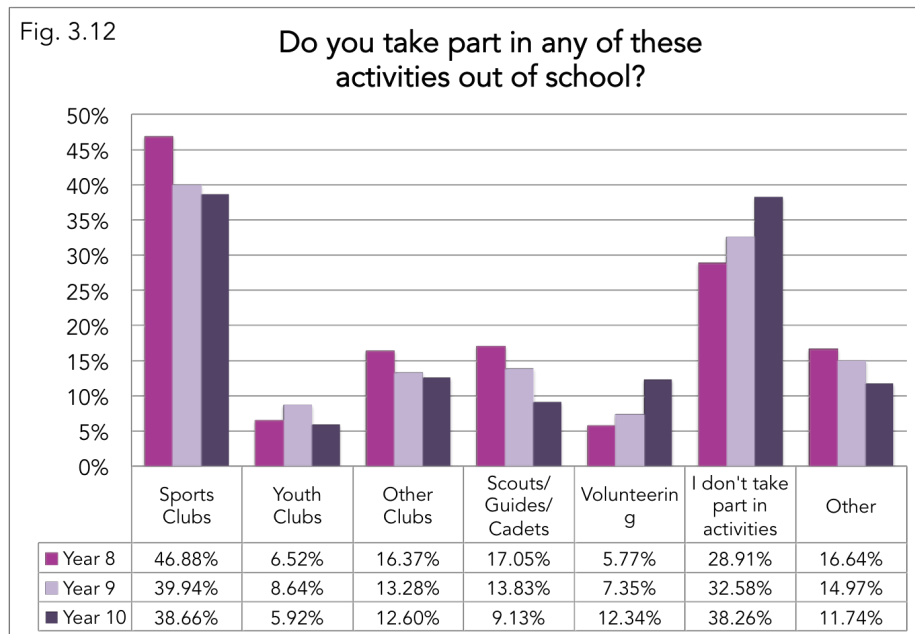


Young people in Derbyshire are engaging in outside activities at a high rate. Participating in additional activities can increase emotional health and build additional networks of support. There is also a strong link between physical activity and increased emotional wellbeing<sup>6</sup>. For all year groups, sport is the most likely activity young people take part in.



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

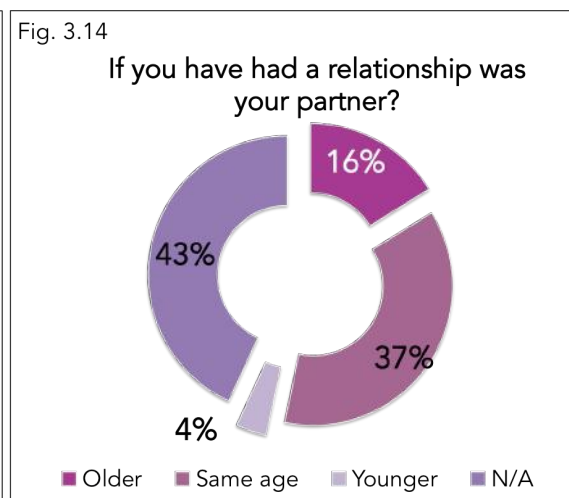
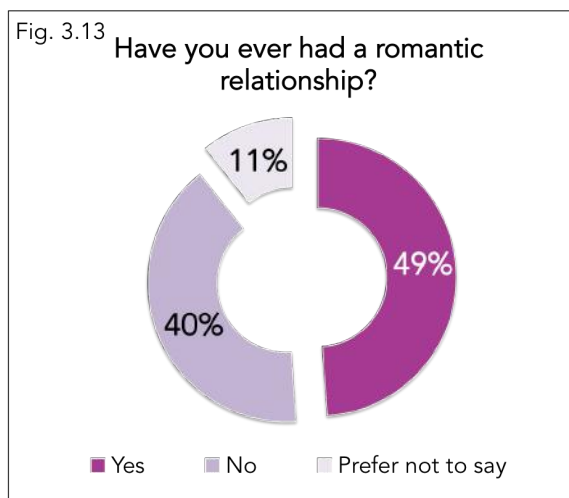
However, it should be noted that as young people get older, more and more said they do not take part in extra curricular activities. This may be due to a combination of young people having less time i.e. increased schoolwork, changing priorities and/or are being more sedentary.



## Relationships

Pupils in year 10 were asked two questions about their experience of romantic relationships. Different to normal friendships, romantic relationships are an important and common part of adolescent development. However, when unhealthy or abusive relationships occur it can have immediate and long-term effects on the emotional health of young people.

Just under half (49%) of year 10 pupils said they had been in a romantic relationship. A further 11% said they would prefer not to say.



An additional question focused on the age of the young person's partner was included in the survey. Older partners are a risk factor for young people and can often lead to unhealthy relationships. 43% of year 10 pupils answered 'N/A' to this question, which correlates to the findings in the previous question (40% said they had not been in a romantic relationship).

Of the young people who said they have been in a romantic relationship, 65% said their partner was the same age, 6% had a younger partner and 28% had an older partner.

Females were much more likely than males to have a partner who was older than them. 39% of females said their partners were older compared to just 18% of males. 6% of both genders had a partner who was younger than them.

## Section 11.4: My Community

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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 area at different times of the day.

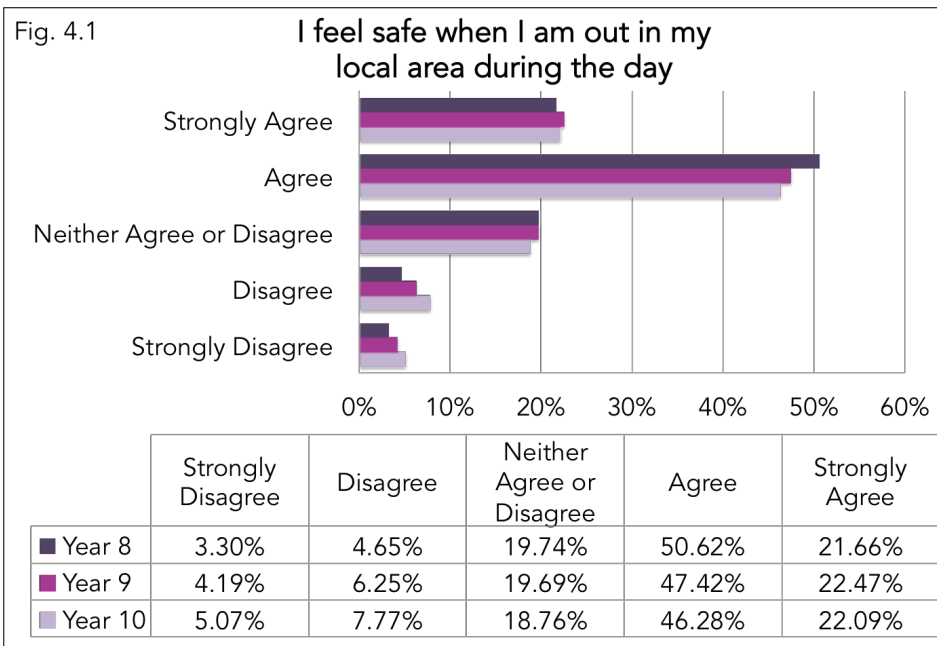
The purpose of this section was to gain insight related to the communities in which young people live.

### 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>

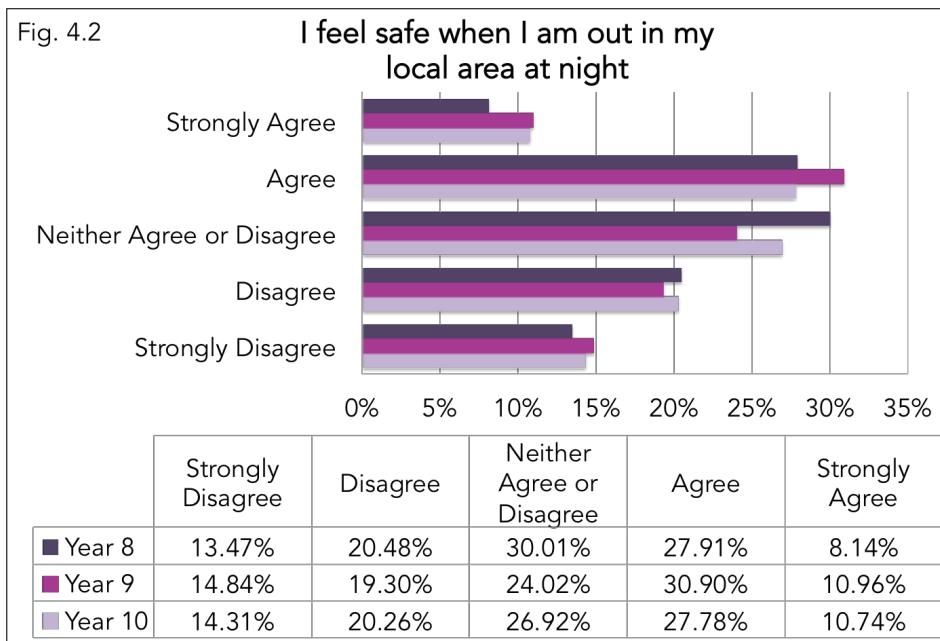
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<sup>7</sup> Derbyshire Observatory, 2011



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%** of years 8 and 9 and **35%** of year 10 pupils 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.

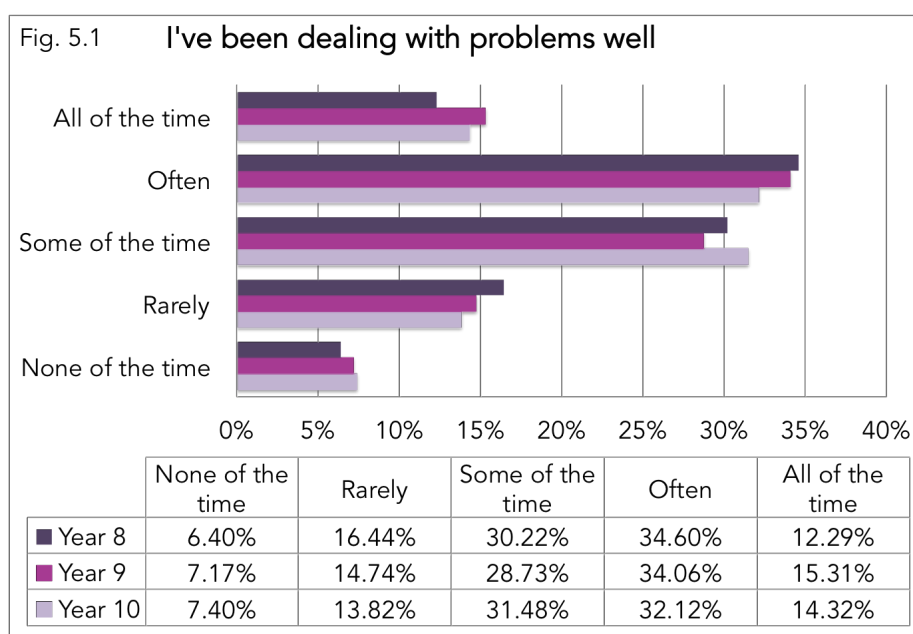
This section consisted of questions related to their feelings of positivity towards their own futures, how trusting they were of others and their ability to make changes to their own lives.

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

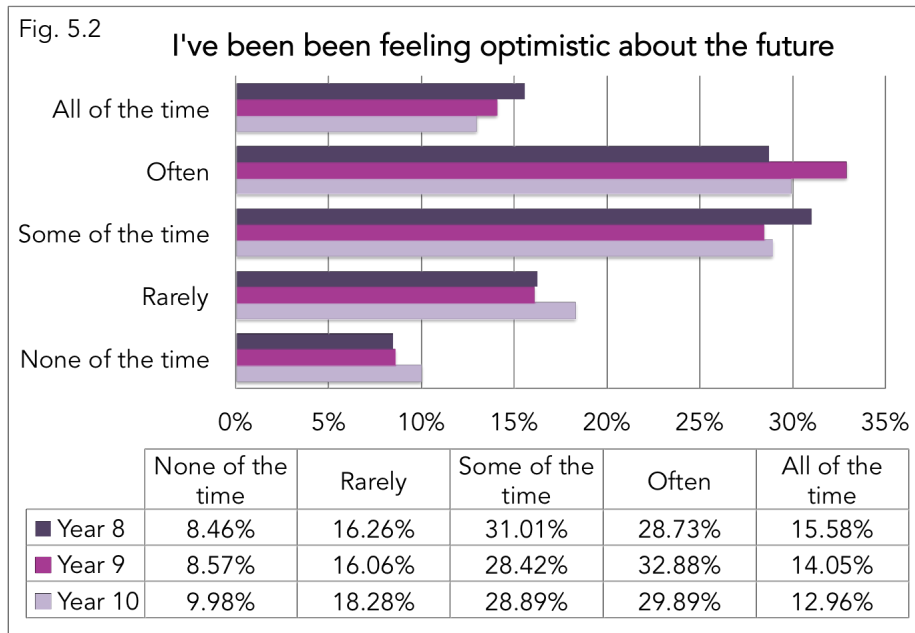
The majority of young people in Derbyshire report that they are dealing with their problems well, with **77%**, **78%** and **78%** of year 8, 9 and 10 young people feeling that they deal with their problems well at least some of the time.

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

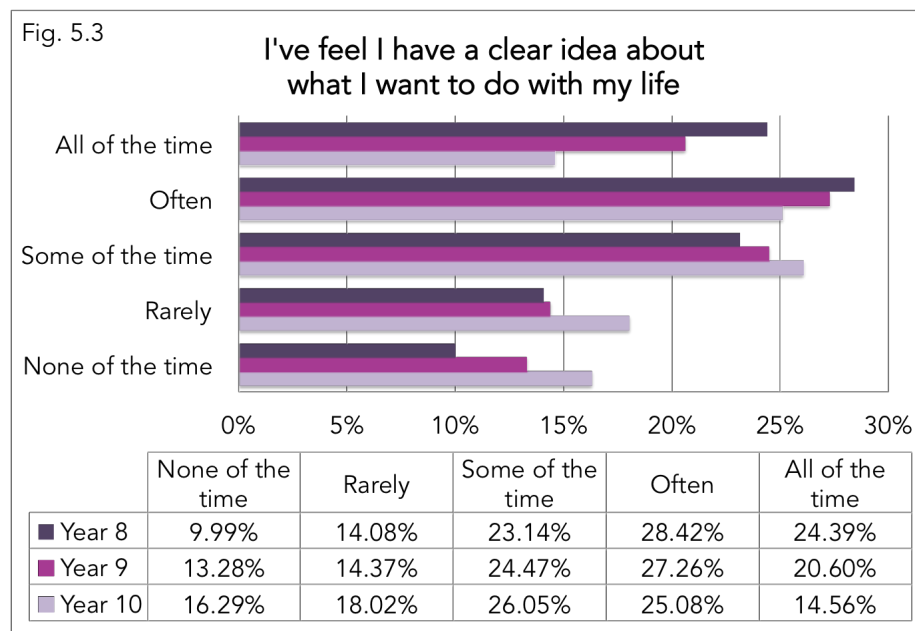


Young people in year 10 feel slightly less optimistic about their future than those in year 8. Whilst many young people in Derbyshire are feeling optimistic about their futures for at least some of the time, **25%** of both

years 8 and 9 and **28%** of year 10 pupils report never or rarely feeling optimistic about their futures.



A relationship 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 due to the closely aligned percentage of young people reporting each issue. Upon further analysis around half (**46%** and **50%**) of young people in both years 8 and 9 and **60%** of those in year 10 who felt difficulty dealing with problems also reported that they do not feel optimistic about their future.

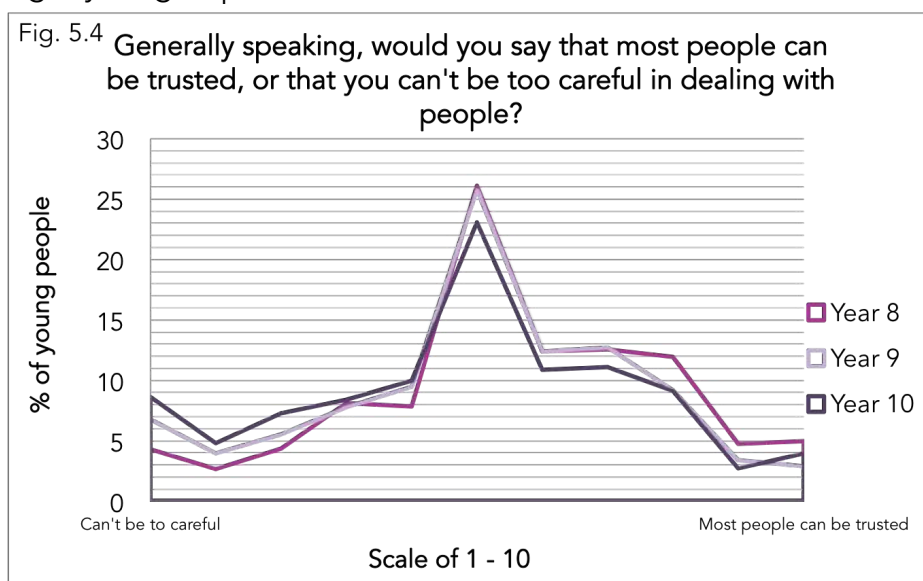




As young people get older they report having more uncertainty about what they want to do in the future.

Further analysis on both questions highlighted that as young people got older they were overall less confident about their future. **49%** of year 9's and **55%** of year 10'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 all years seem to neither agree nor disagree with the question (Fig 5.4) with a slight bias towards 'most people can be trusted' in the younger year groups.



This question gives some insight into how young people view the world and their own personal outlook.

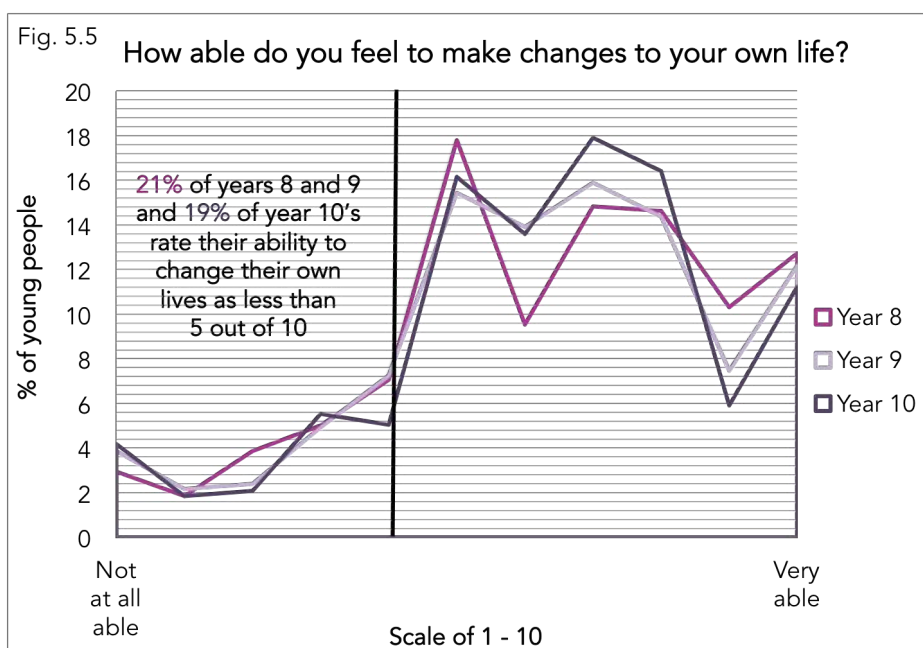


Fig 5.5 demonstrates that many young people have a positive sense of self-efficacy, the belief in their ability to make changes in their own lives. This belief in ability to change their life increases as young people get older.

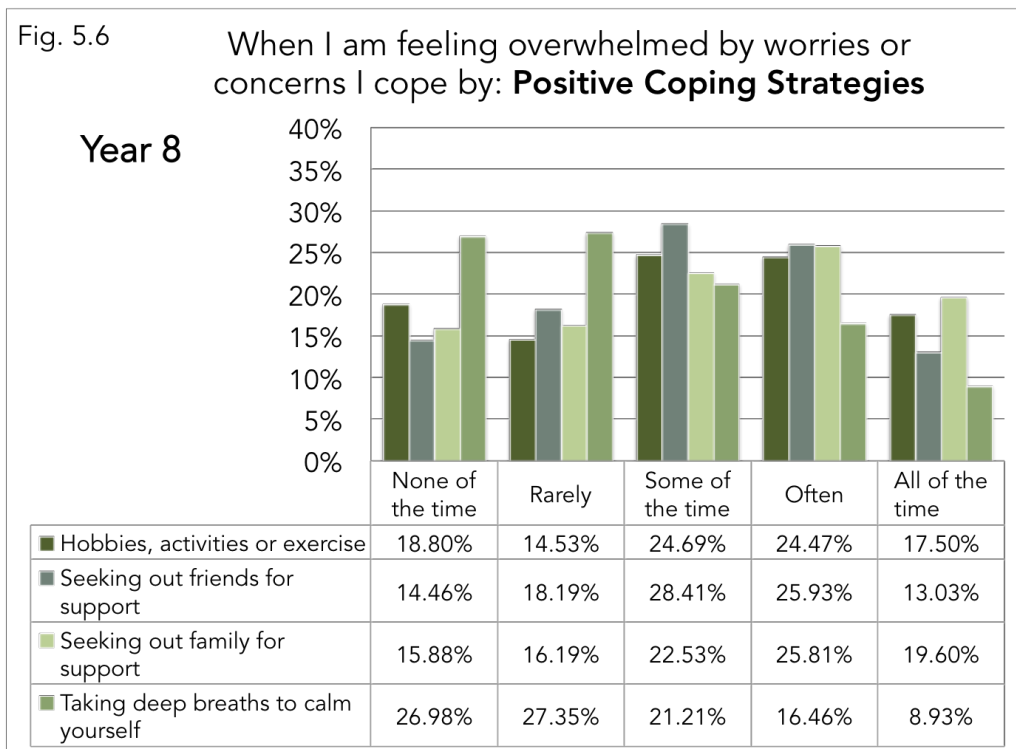
There are a minority of young people however who feel they are unable to make positive changes to their lives. The chart below demonstrates that **21%** of young people in year 8 and 9 and **19%** of those in year 10 rate their ability to change their own lives as less than 5 out of 10.

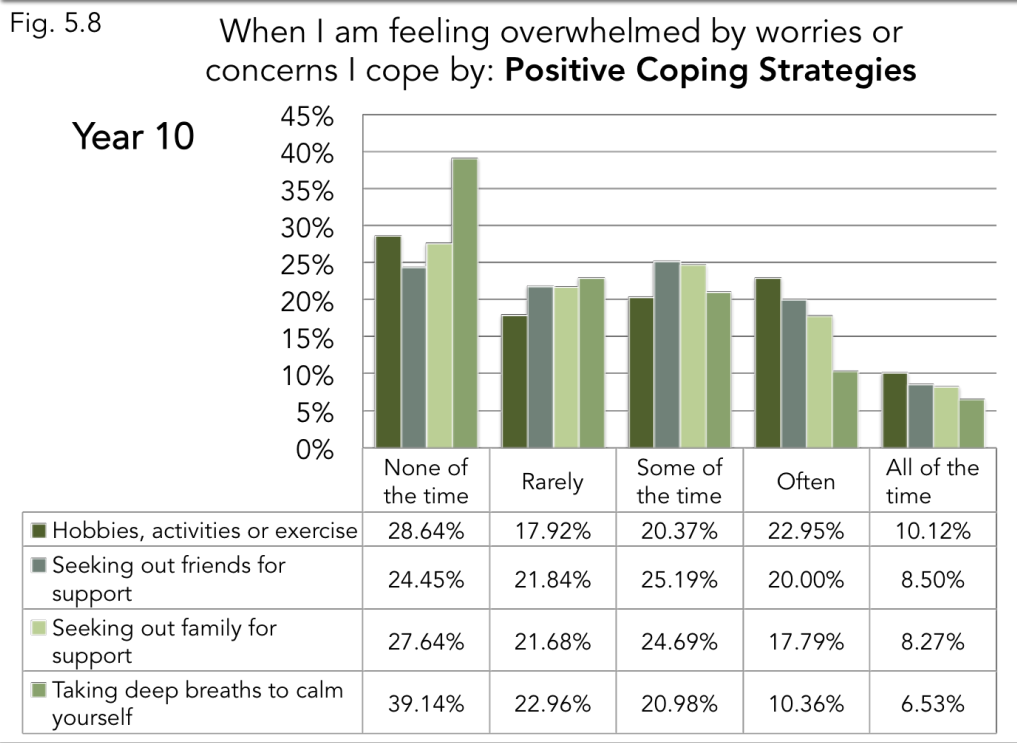
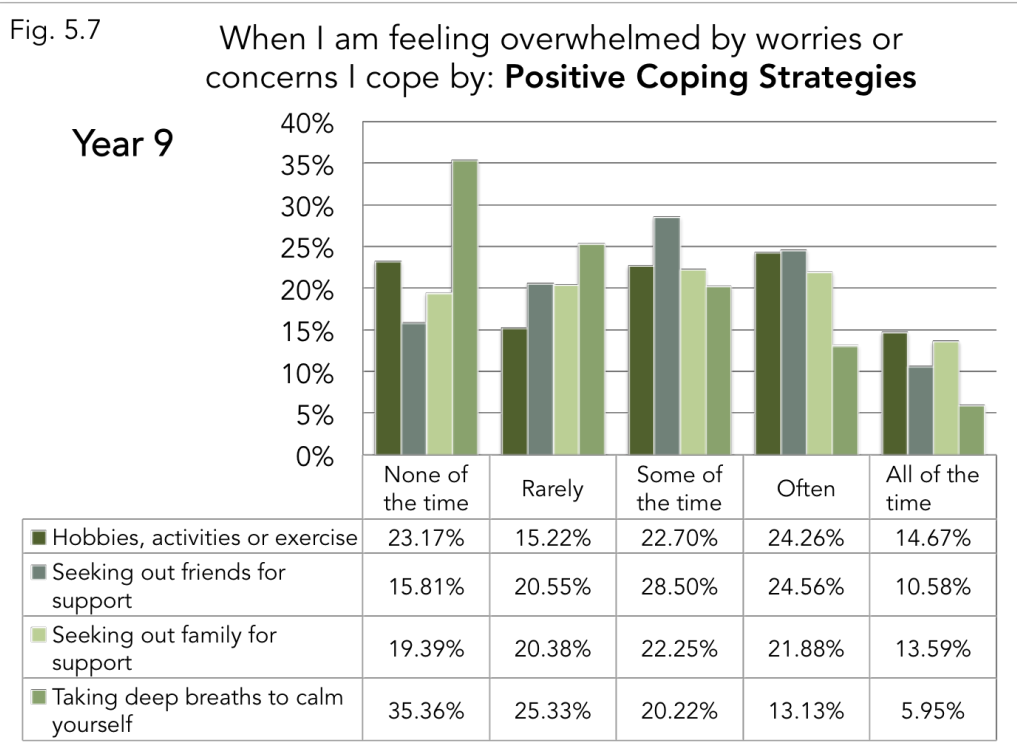
## Coping Strategies

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.

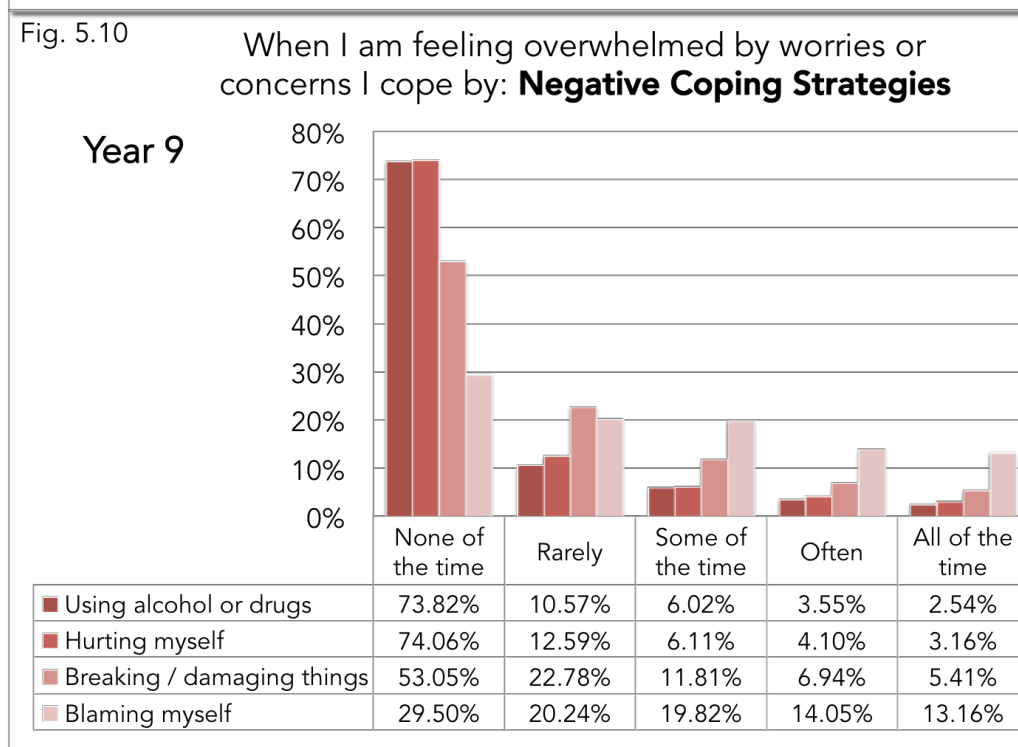
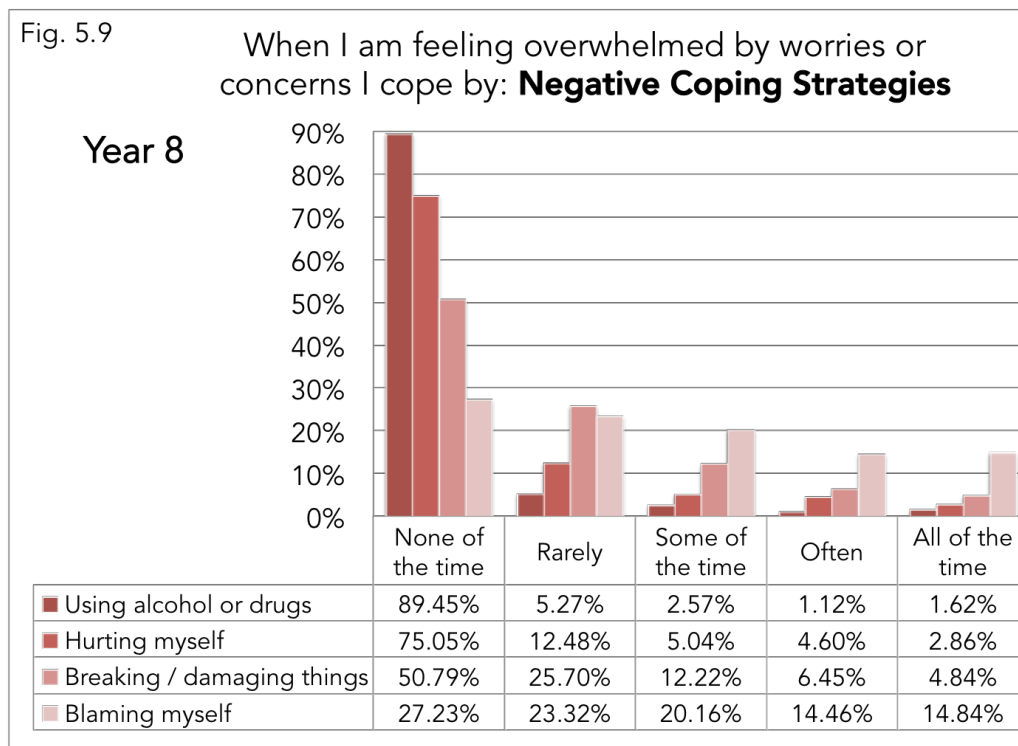
In the survey all coping skills options we grouped together randomly and there was no phrasing to indicate which options represented positive or negative strategies.





The responses to questions asking about positive coping strategies (Fig 5.6 for year 8, Fig 5.7 for year 9 and Fig 5.8 for year 10) show a relatively even and varied split across the possible answers in both year groups.

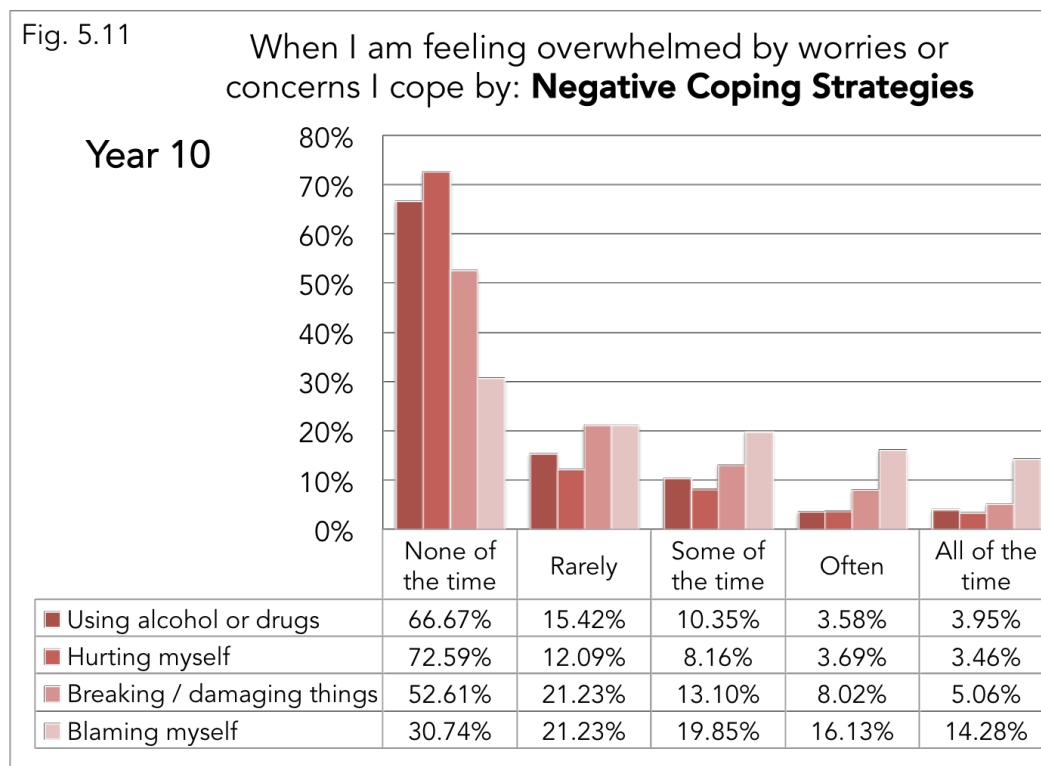
There is a slight negative trend towards young people using positive coping skills 'rarely' or 'none of the time' more than 'often' or 'all of the time'. This trend is more prominent in the year 10 responses.



This could indicate the need for Derbyshire schools to develop strategies and approaches which promote positive coping strategies in young people and for the delivery of good quality 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 as young people get older they are more likely to have used alcohol or drugs in order to cope with worries. In year 8 **11%** have used alcohol or drugs to cope, in year 10 this increases to **33%**.

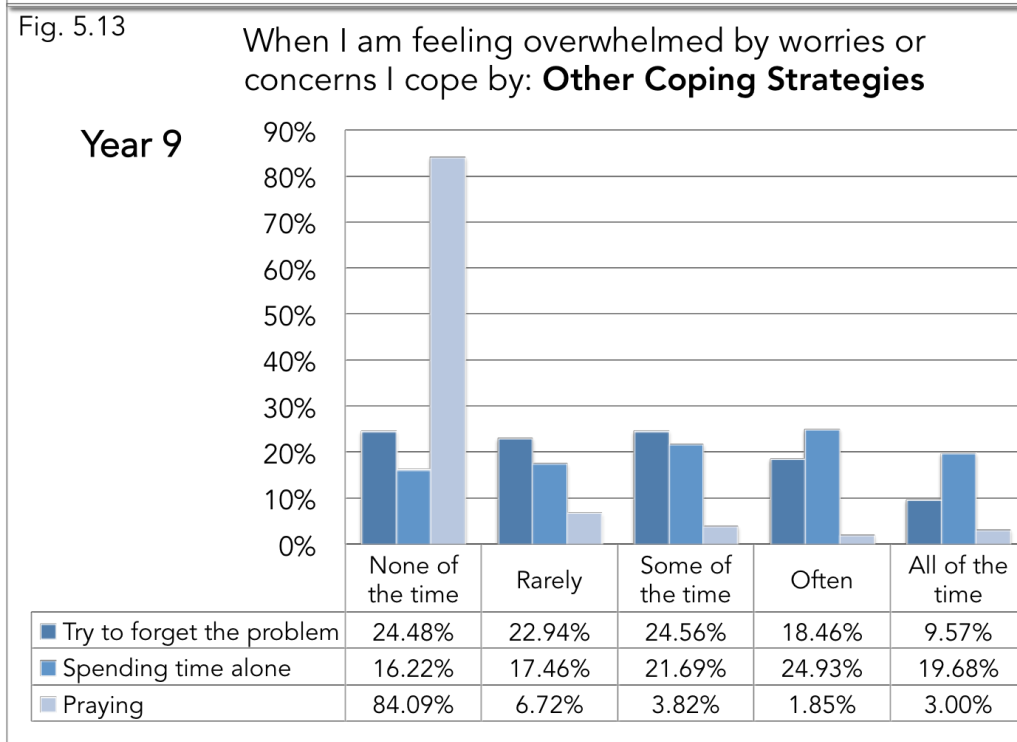
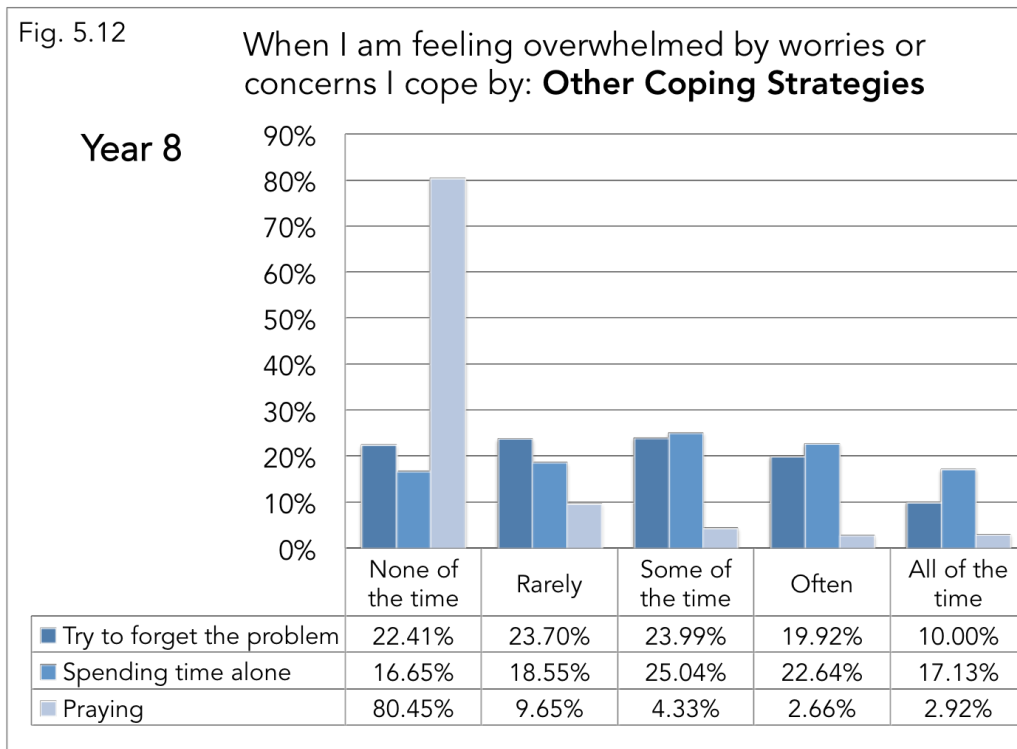


The negative coping strategy questions have also highlighted an alarming number of young people who have hurt themselves in order to cope with their worries or concerns. **25%, 26% and 27%** of year 8, 9 and 10 pupils respectively report self-harming at least rarely as a coping strategy.

For year 8 the number of young people self-harming is slightly 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.

Figures 5.12 to 5.14 show the coping strategies that can viewed as positive or negative.

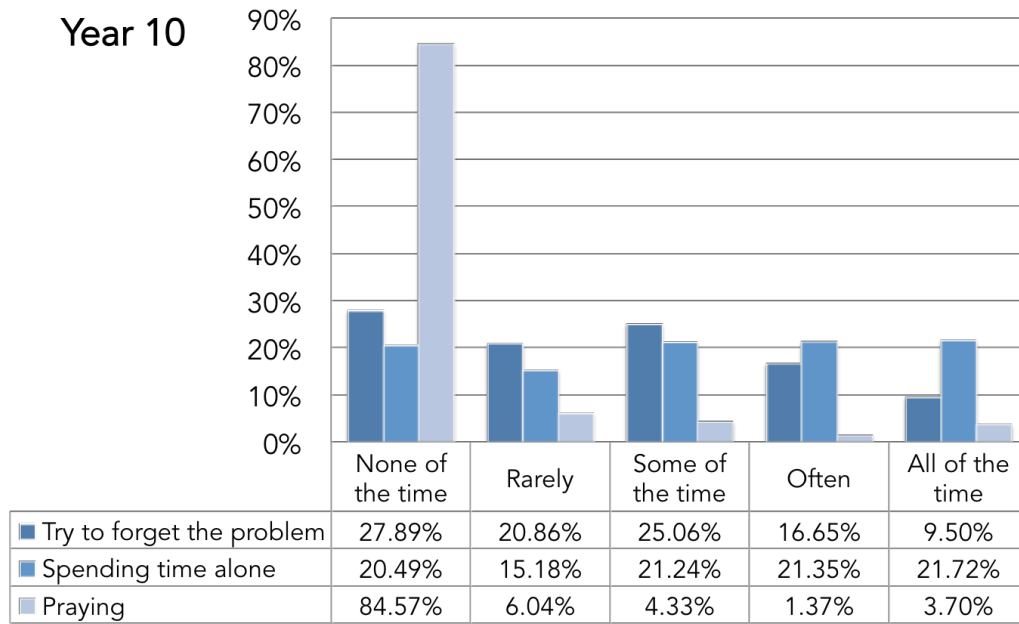


These coping strategies do not necessarily highlight a need for a young person but are included for reference.

Fig. 5.14

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

Year 10

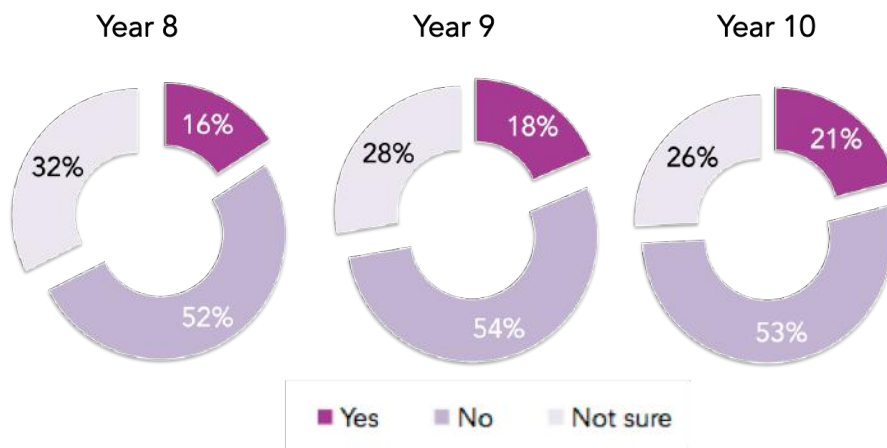


## Stigma

All students were asked whether they have ever felt stigmatised because of their mental health. Pupils in year 10 were more likely to say they have felt stigmatised than their year 8 peers (21% to 16% respectively). Pupils in year 8 were more unsure whether they have been stigmatised (32%) compared to the older year groups (25% and 26% for years 9 and 10 respectively). This may indicate that pupils in year 8 do not comprehend when someone has been stigmatised because of their mental health.

Fig. 5.15

Have you ever felt stigmatised because of your mental health?



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

### Worries for year 10

Year 10 pupils were also asked additional questions related to potential worries that they may have. They were asked about how often they worry about various issues including, money, school, relationships, the future and local and global issues.

There is not a single issue that the majority of young people worry about regularly. The main worries that young people have relate to their future (36% worry often or all the time), their school work (35% worry often or all the time) and with relationships (31% worry often or all the time). Young people least worry about social media (11% worry often or all the time) and about local issues (8% worry often or all the time).

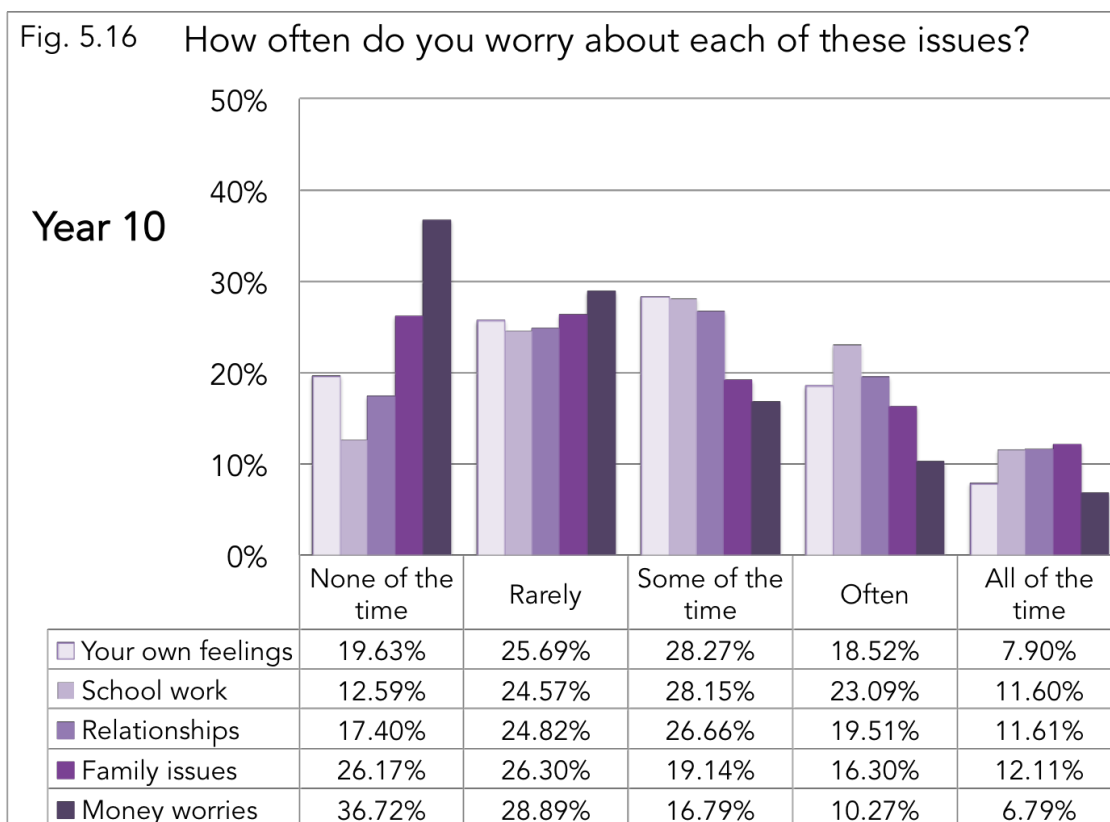
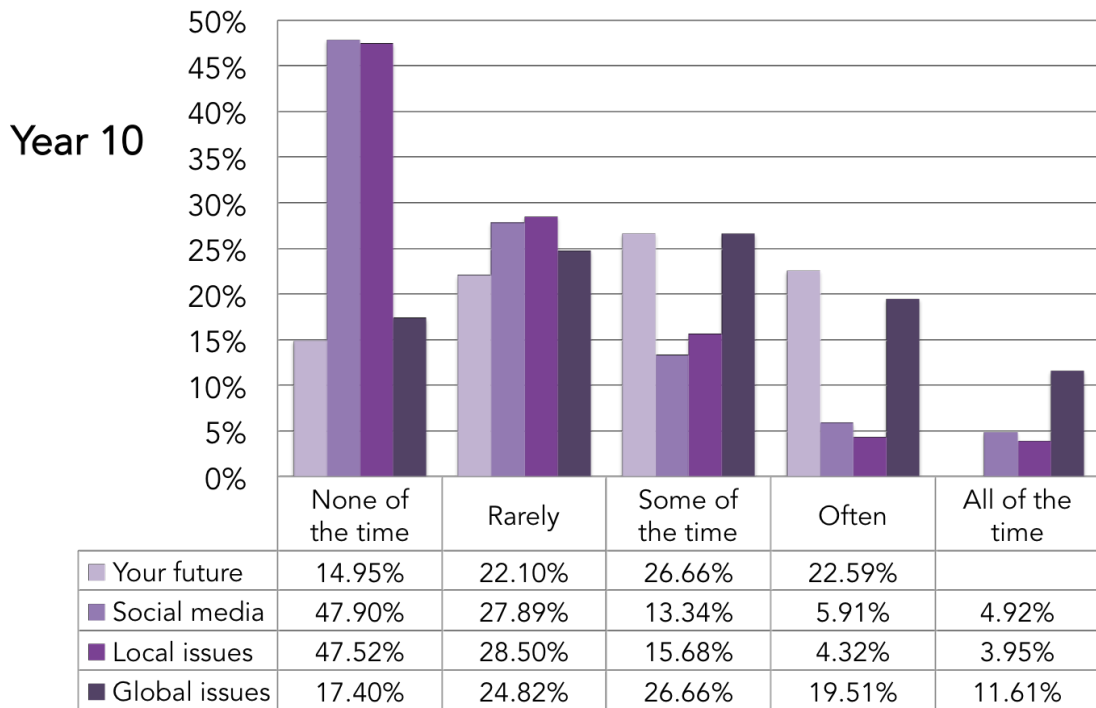




Fig. 5.17 How often do you worry about each of these issues?



## 12. Comparing data to previous years

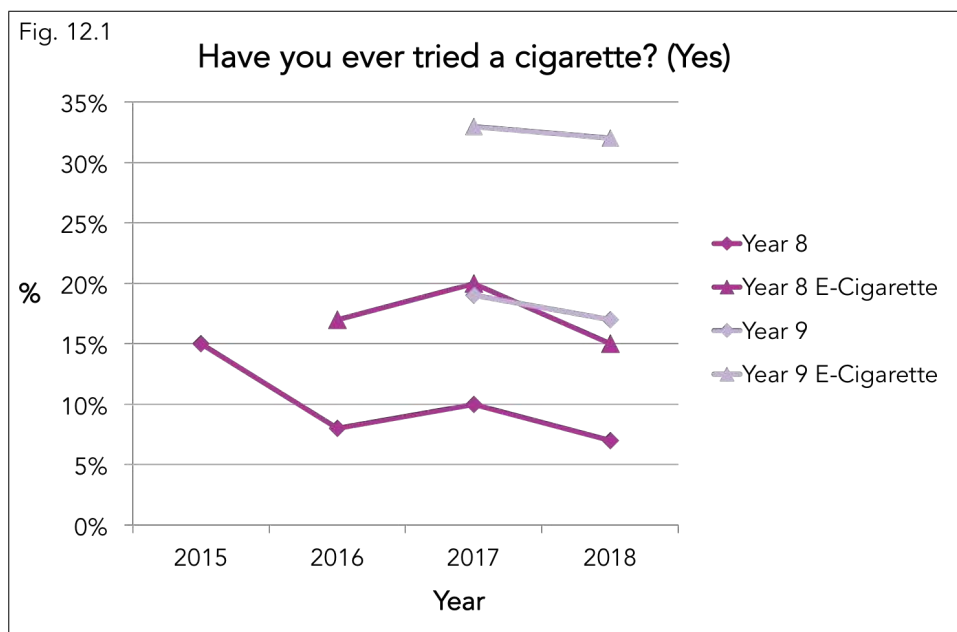
My Life, My View is a longitudinal survey project in which we track the thoughts, experiences and beliefs of young people as they grow older, however, over the life of the project we continue to collect baseline data annually from each new year 8 co-hort.

This is in 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 four year 8 and two year 9 datasets.

### Smoking, Alcohol & Cannabis

The number of year 8's who have tried a cigarette has decreased since 2016/17 and returns back to 2015/16 figures (Fig 6.1). Over the past four years we have seen the number of young people who have tried a cigarette fluctuate around the 10% mark. This low figure correlates to national figures which show a clear downward trend in young people starting to smoke over the past 10 years.



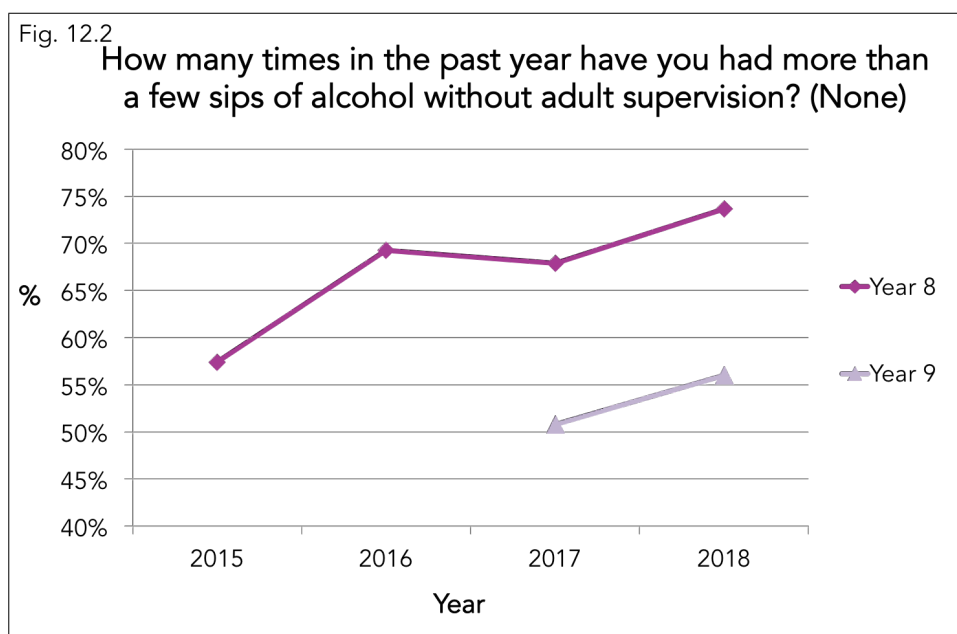
In year 9 we have seen a slight decrease in the number of young people who have tried a cigarette. In 2016/17 the figure was 19%, this year it was 17%.

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.

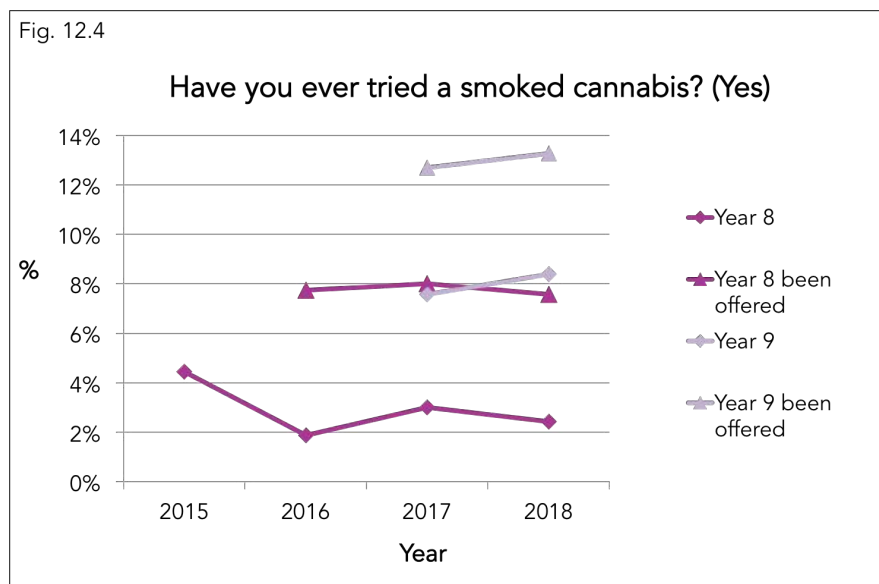
Fig 12.1 also highlights the e-cigarette data that we have obtained during the past 3 years of the My Life, My View survey. The number of young people who have tried an e-cigarette has over the three years, repeatedly been double the number of those who have tried a traditional cigarette.

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 also decreased when compared to the results of previous years and is therefore a significant improvement on the initial year (Fig 12.2). **57%** of year 8's in 2014/15 said they had never drunk without adult supervision; this went up to **68-69%** in the previous two years and has again increased to **74%**. Year 9 drinking has also decreased, in 2016/17 **49%** had drunk in the past year without adult supervision, this year it is **44%**.



Higher frequency of drinking (11+ times) has decreased this year for year 8's by a third of a percent (**0.31%**) compared to last year's results. For year 9 it has remained at **13%**. Fig 12.3 also highlights similar results for year 9 pupils when asked about experiences of drinking within the past month.



Cannabis usage has also remained at a relatively consistent level for both year groups when compared to previous years' results. For year 8's it has remained around the **3%** figure, for year 9's it is slightly more at **8%**.

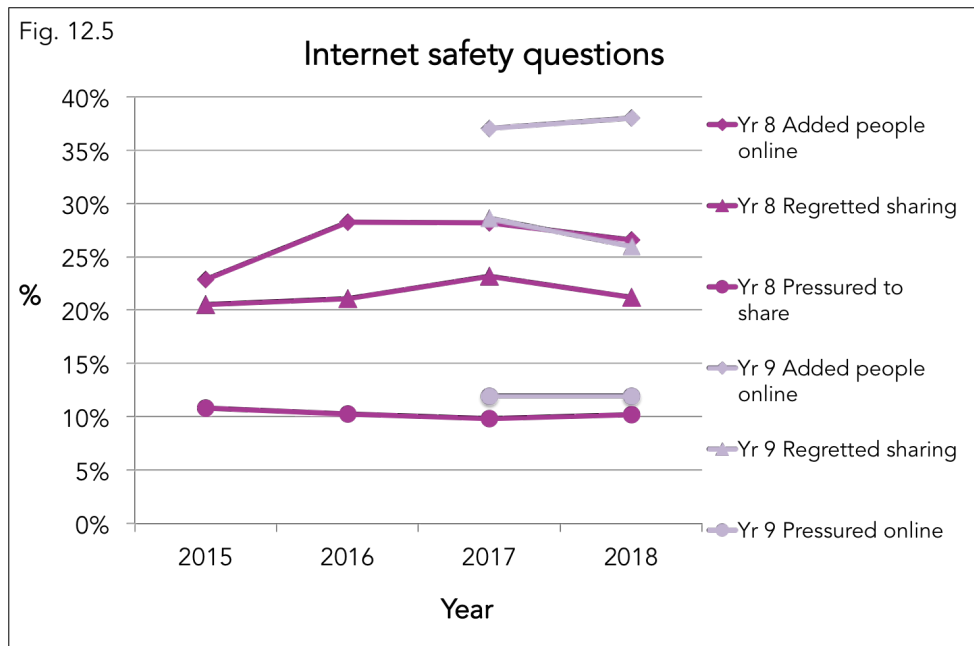
## Internet use

This section also provided very comparable responses from the previous surveys. In every survey since 2014/15, over **90%** responded that they had a social network account.

The number of young people who have added people online has remained stable for both year groups. During 2016/17, 28% of year 8's and 37% of year 9's had added someone online they didn't know, this year it is 27% and 38% respectively.

**21%** of year 8's regretted sharing something online, this figure is lower than last year and was repeated in both the 2014/15 and 2015/16 survey. Additionally, over the 4 years the amount of year 8's stating that they have felt pressured to share something online has remained consistent at around **10%**. In year 9, the number of young people who have regretted sharing has decreased from last years results (**29%** to **26%**) but the amount of young people who have been pressured online has remained at **12%**.

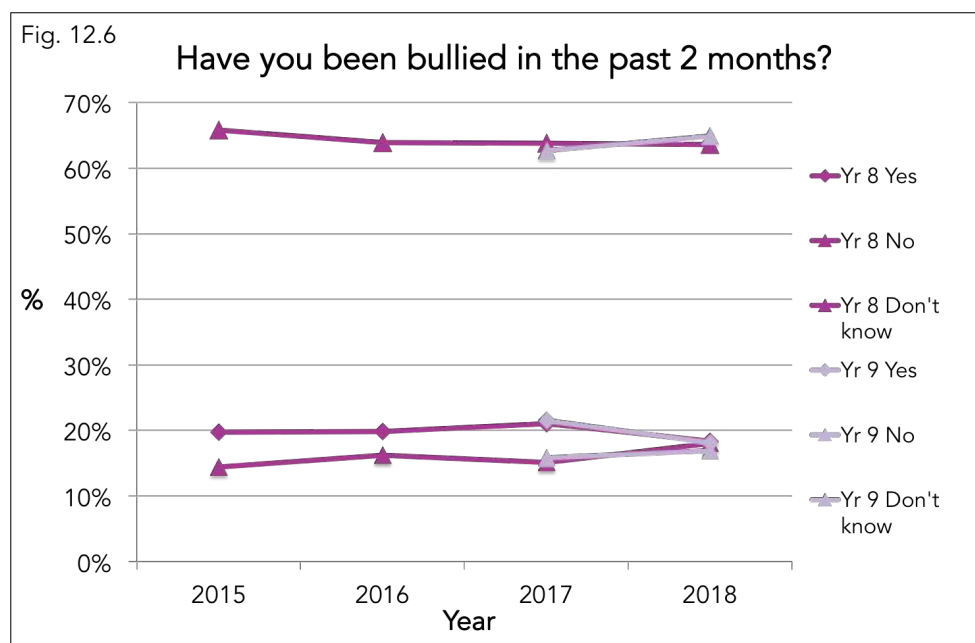
Overall there is a high level of comparable and replicable data in relation to use of the Internet.



## Bullying

Similar to that of internet use, the results for the bullying questions are replicable. The number of young people who said they had been bullied in the last two months has decreased from around **20%** in previous years to **18%** for year 8. Year 9 is similar in that the number who had been bullied decreased from **22%** last year to **18%** this year.

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

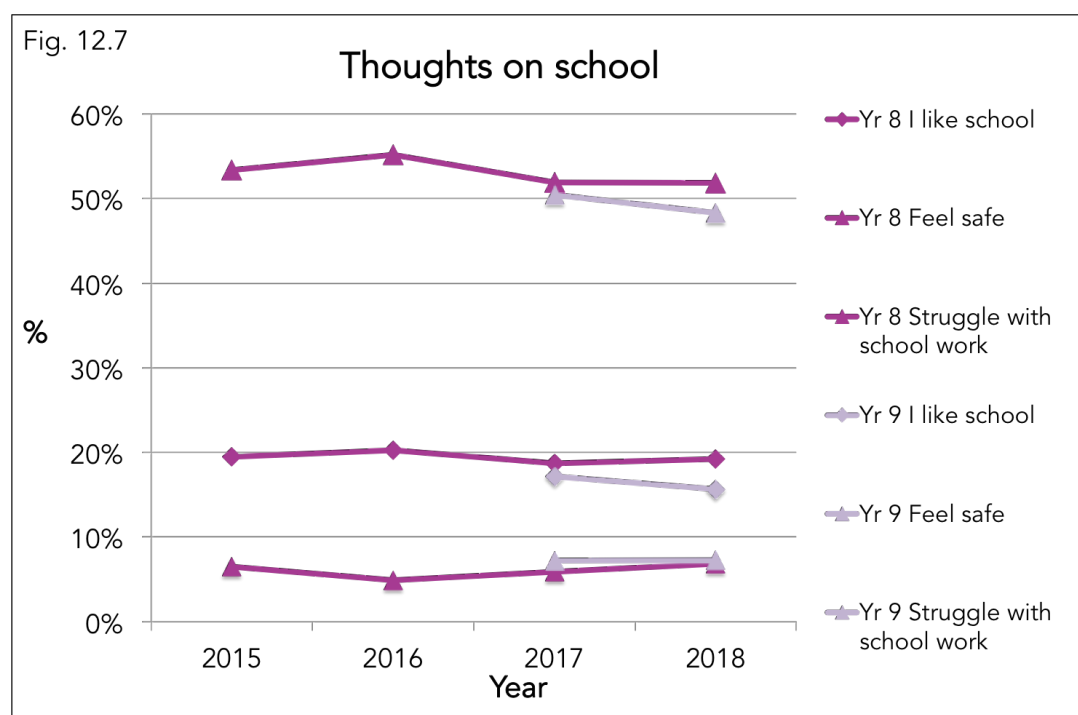


## At School

Year 8 pupils' opinion of school has also remained constant over the four years. In 2014/15 **22%** of year 8's said they didn't like school, this increased to **26%** in 2015/16 and has remained around that figure in the past two years (**25%** in 2016/17 and **27%** in 2017/18). Likewise the four surveys reported similar amount of young people that said they liked school.

Year 9 follows a similar trend in which responses over the two years have been near identical (I like school was **17%** in 2016/17 and **16%** in 2017/18). Don't like school was **30%** in 2016/17 and 31% in 2017/18).

The surveys also showed very comparative figures for: feelings of safety at school (Yes, 53% in 2014/15, 55% in 2015/16, 52% in 2016/17 and in 2017/18) and with thoughts on schoolwork (I struggle with schoolwork, 7% in 2014/15, 5% in 2015/16, 6% in 2016/17 and 7% in 2017/18). This is replicated in the year 9 survey.



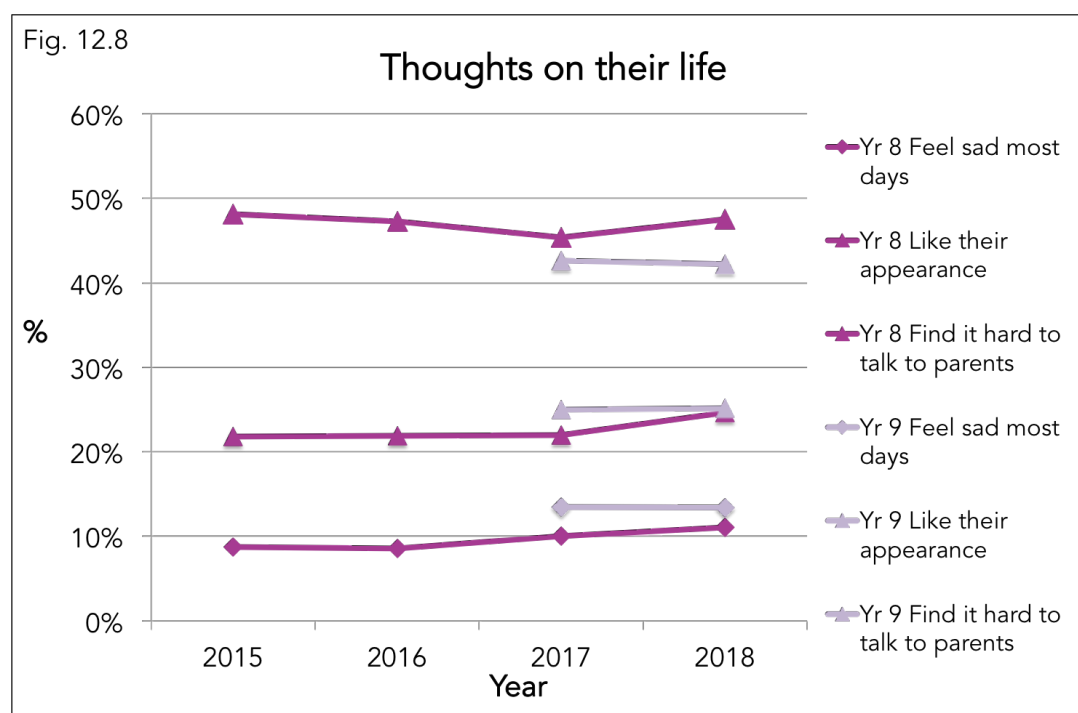
## My Life

Emotional well-being results for 2017/18 show highly similar results compared to the previous surveys. This year we see the exact same number of year 8 students who are 'Happy' most days (36%). While there has been a

slight increase of the number of young people who feel sad (up to 11%) this still remains around the one-in-ten figure highlighted by the three previous surveys. For year 9 pupils the results are also replicable. In both 2016/17 and 2017/18 surveys, 13% of young people said they felt 'Sad' most days.

This year we have seen in both year groups a slight increase in the number of young people who feel they can't talk to adults about problems. For year 8 it was 22% for all previous years until 2017/18 where it increased to 25%. For year 9 the figure was 24% in 2016/17 and has risen to 27% in 2017/18. It should be noted however that this is not a dramatic change.

When year 8's were asked about whether they were happy with their appearance the results were consistent again over the three previous years. This years survey saw a return to earlier results in which more young people were happy with their appearance.



From these figures we can see a clear and consistent replication of results over the four years that TTE has been surveying year 8's in Derbyshire. This year we have also seen replication of results by the two year 9 surveys. 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 heads into its final year, 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? (Year 8 and 9 only)
- Over the past month on how many days have you felt down, depressed or hopeless? (Year 10 only)
- 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 2:** Cumulative number of emotional health questions answered negatively

	Year 8	Year 9	Year 10
Answered <b>three or more</b> questions	26.97%	28.80%	36.67%
Answered <b>four or more</b> questions	14.85%	15.83%	21.11%
Answered <b>five or more</b> questions	5.1%	7.72%	11.60%



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.

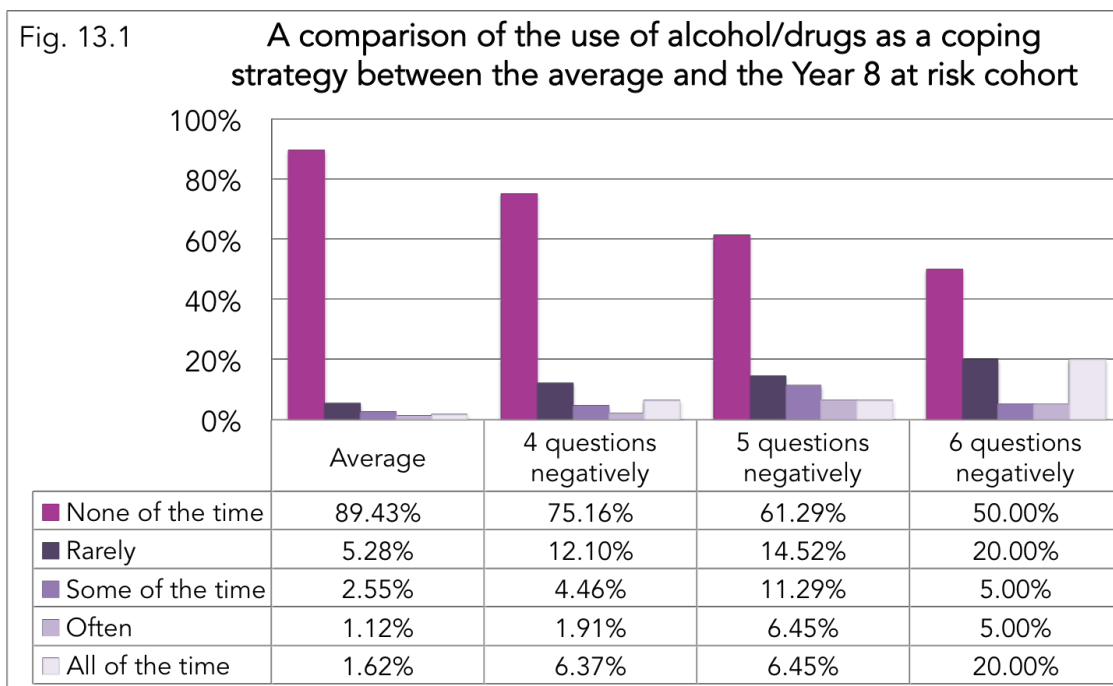
As these are cumulative totals (e.g. those answering three questions would also be included in the totals for four or five or more questions) we may be observing an at risk cohort of around 15% of year 8's, 16% of year 9's and 21% of year 10's surveyed.

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

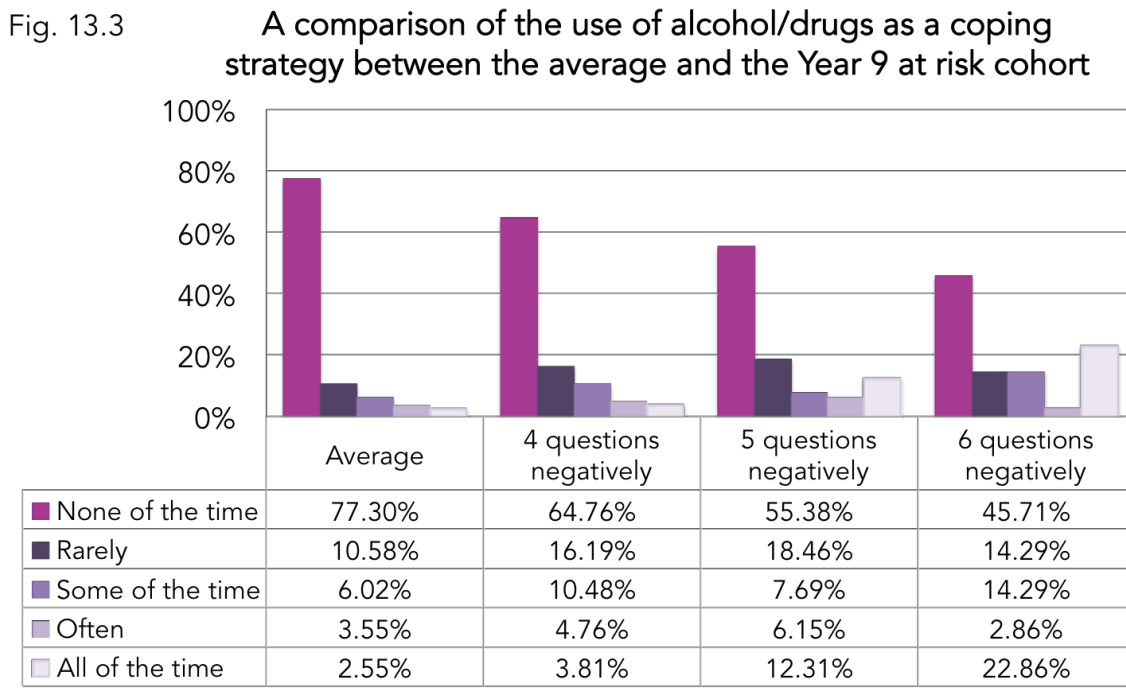
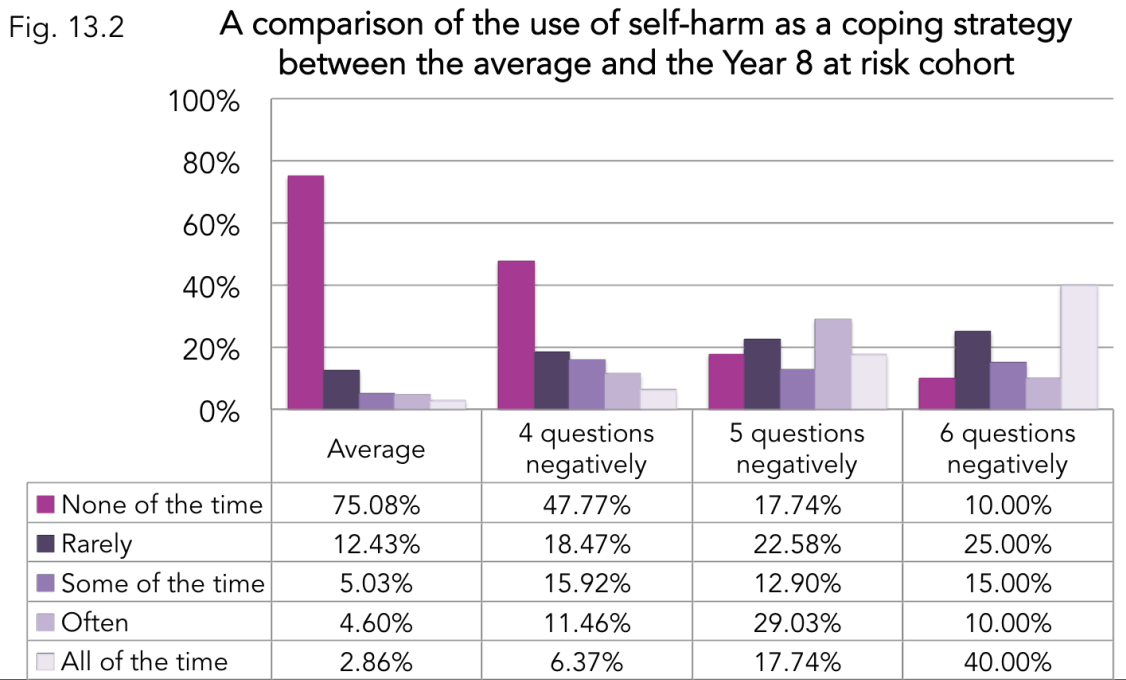
It is not intended to give a definite number of the young people locally but should be seen as a useful guide to the number of young people in Derbyshire potentially affected by emotional health issues.

From these results however, we can see that as you get older you are more likely to be at risk of emotional health issues.

This year's cohort of year 10's were the original participants of the My Life, My View survey. In 2015/16 we determined there to be risk group of **10%**, in 2016/17 it had increased to **14%**, this year it has increased further to **21%**.

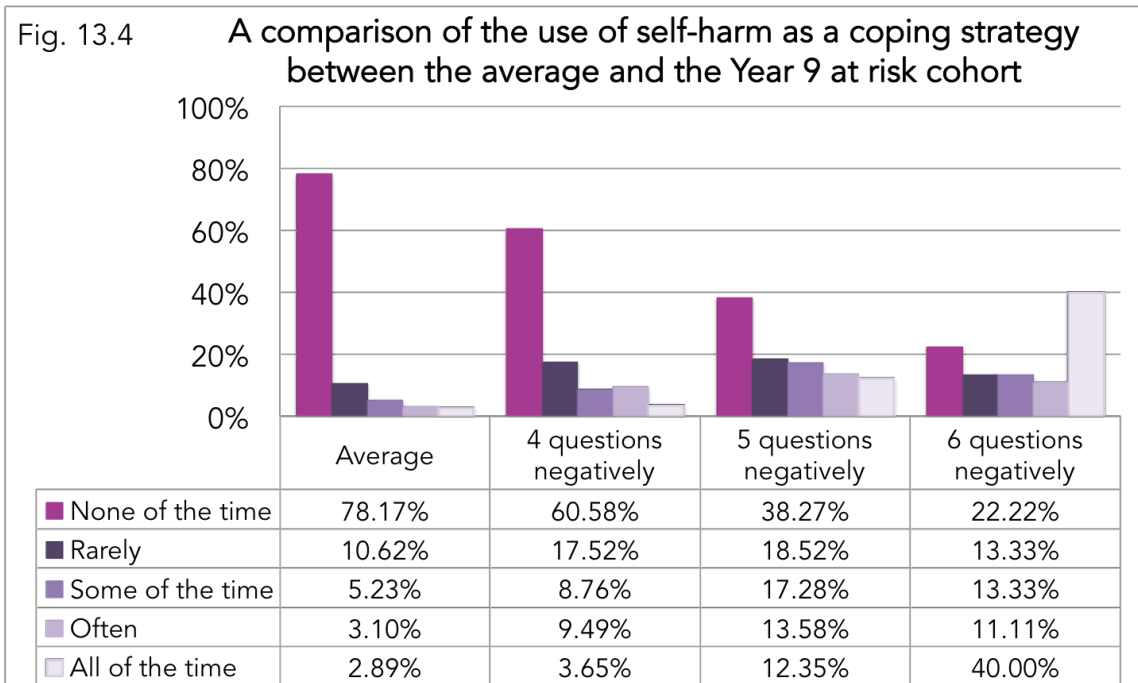


Additional analysis was conducted to ascertain whether those who are potentially affected by emotional health issues have a greater reliance on negative coping skills than that of the average young person.

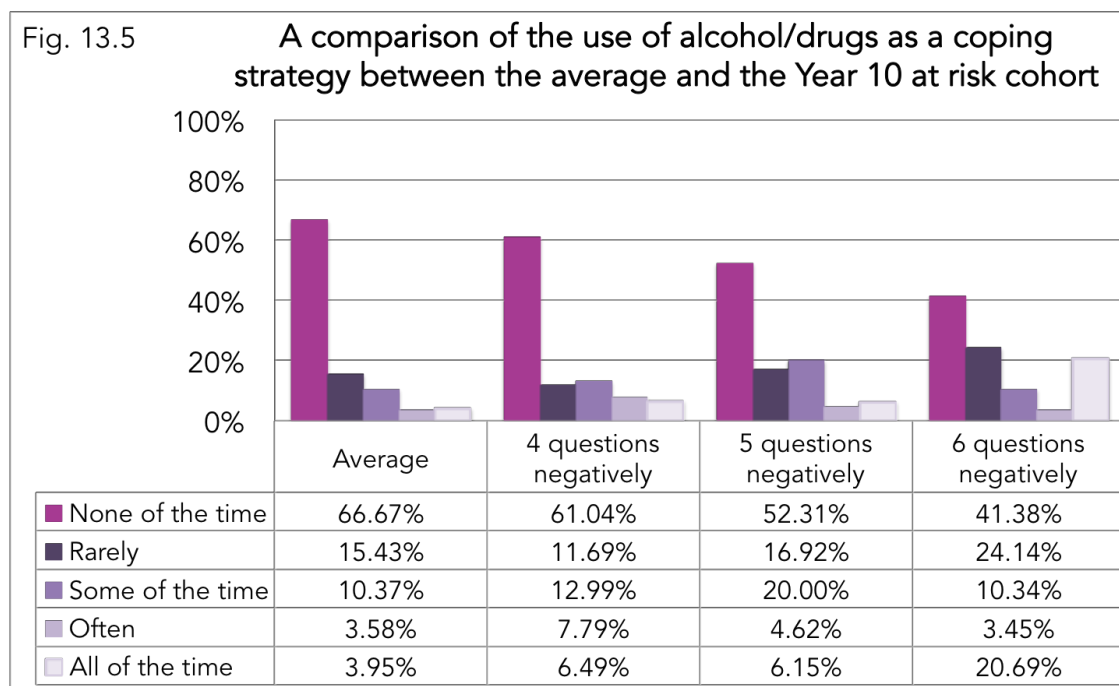


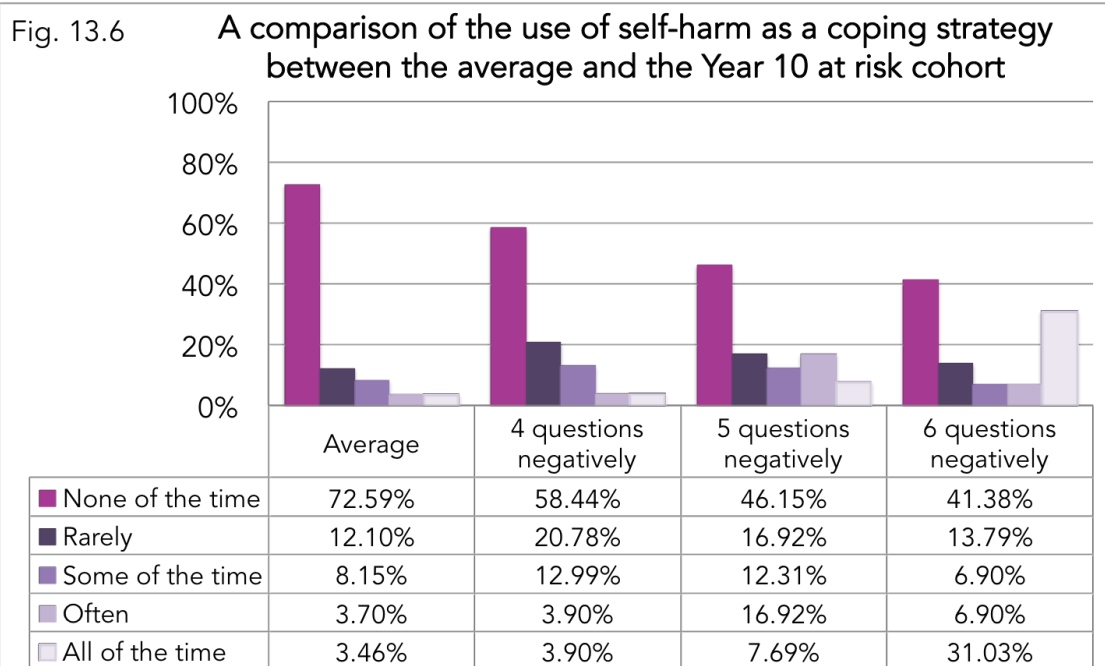
Figures 13.1 and 13.2 highlight the difference between the average person and that of the at risk cohort in year 8 with regards to using the most severe negative coping strategies. Similarly Figures 13.3 to 13.6 highlight the same difference but for years 9 and 10. These figures emphasise a higher reliance 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 years 9 and 10) 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 3: Breakdown of risk-taking behaviours

		Year 8	Year 9	Year 10
Neither		71.97%	66.18%	48.64%
1 risk	Cigarettes only	1.49%	3.71%	4.94%
	Alcohol only	20.32%	15.52%	23.58%
	Cannabis only	0.06%	0.85%	0.49%
2 risks	Alcohol and cannabis	0.56%	0.46%	1.11%
	Cigarettes and cannabis	0.12%	1.08%	0.99%
	Alcohol and cigarettes	3.79%	6.18%	10.12%
	All three risks	1.68%	6.02%	10.12%

Table 4 firstly highlights the fact that the majority of young people in years 8 and 9 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 its own. **94%**<sup>8</sup> of all risk-taking done by year 8's involves alcohol. For years 9 and 10 the figures are **83%**<sup>9</sup> and **88%**<sup>10</sup> respectively.

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.

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

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<sup>8</sup> 28.03% of young people in year 8 have engaged in at least 1 risk-taking behaviour, 26.35% of young people have engaged in alcohol use. Therefore 94.01% of risk-taking involves alcohol.

<sup>9</sup> 33.82% of young people in year 9 have engaged in at least 1 risk-taking behaviour, 28.19% of young people have engaged in alcohol use. Therefore 83.35% of risk-taking involves alcohol.

<sup>10</sup> 51.36% of young people in year 10 have engaged in at least 1 risk-taking behaviour, 44.94% of young people have engaged in alcohol use. Therefore 87.50% of risk-taking involves alcohol.

## 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, 9 and 10 are largely 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 all 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.

In terms of the survey itself, the constant repetition and replication of results for years 8 and 9 over multiple years infers that the results from this report are valid and reliable.

## 15. Recommendations for 2018/19 academic year

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- The repetition of the survey in the main but the inclusion of additional age appropriate questions, such as sexual relationships and part-time work, for year 11 students.
- Additional marketing techniques to improve school engagement rates and retain schools that have participated this year.
- 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.
- Possible rewording of the internet safety questions to reflect the changing interactions and relationship young people have with social media. Young people now use a variety of apps that were not or available at the start of the programme. Wording should also reflect that young people direct message people that they do not know and engage in solely online relationships.

## 16. Appendix

### Appendix 1: Survey Questions - TO BE UPDATED

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)	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 &amp; 10 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
How wrong do your parents/carers feel it would be for you to: Smoke cigarettes? <b>YEAR 9 &amp; 10 ONLY</b>	Not wrong at all / A little bit wrong / Wrong / Very wrong
How wrong do your parents/carers feel it would be for you to: Drink alcohol regularly (at least once or twice a month)? <b>YEAR 9 &amp; 10 ONLY</b>	Not wrong at all / A little bit wrong / Wrong / Very wrong
How wrong do your parents/carers feel it would be for you to: Smoke cannabis?	Not wrong at all / A little bit wrong / Wrong / Very wrong



<b>YEAR 9 &amp; 10 ONLY</b>	
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>	

Question	Possible Answers
How do you feel most days? <b>YEAR 8 &amp; 9 ONLY</b>	Happy / OK / Sad
Over the past month on how many days have you felt down, depressed or hopeless? <b>YEAR 10 ONLY</b>	No days / 1-5 days / 6-11 days / 12-17 days / 18-25 days / 25+ days
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 pressure from other 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
In your opinion how common is self-harm amongst young people your age? <b>YEAR 10 ONLY</b>	Most young people my age don't self-harm / A few young people my age self-harm / Many young people my age self-harm / Most young people my age self-harm
Do any of your close friends self-harm? <b>YEAR 10 ONLY</b>	Yes / No / Prefer not to say
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
Have you had a romantic relationship? <b>YEAR 10 ONLY</b>	Yes / No / Prefer not to say
If you have had a romantic relationship was your partner: <b>YEAR 10 ONLY</b>	Older than you / The same age (same year group in school) / Younger than you / N/A
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>	
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
<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
How often do you worry about each of these issues? Your own feelings and how you cope with things <b>YEAR 10 ONLY</b>	None of the time / Rarely / Some of the time / Often / All of the time
How often do you worry about each of these issues? School work <b>YEAR 10 ONLY</b>	None of the time / Rarely / Some of the time / Often / All of the time
How often do you worry about each of these issues? Relationships (with your friends and any romantic relationships) <b>YEAR 10 ONLY</b>	None of the time / Rarely / Some of the time / Often / All of the time
How often do you worry about each of these issues? Family issues <b>YEAR 10 ONLY</b>	None of the time / Rarely / Some of the time / Often / All of the time
How often do you worry about each of these issues? Money worries <b>YEAR 10 ONLY</b>	None of the time / Rarely / Some of the time / Often / All of the time
How often do you worry about each of these issues? Your future <b>YEAR 10 ONLY</b>	None of the time / Rarely / Some of the time / Often / All of the time
How often do you worry about each of these issues? Social media (worrying about how you're perceived online or how many 'likes' you get) <b>YEAR 10 ONLY</b>	None of the time / Rarely / Some of the time / Often / All of the time
How often do you worry about each of these issues? Local issues (this could include	None of the time / Rarely / Some of the time / Often / All of the time

crime, gangs, anti-social behaviour etc.) <b>YEAR 10 ONLY</b>	
How often do you worry about each of these issues? Global issues (like climate change or politics) <b>YEAR 10 ONLY</b>	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 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?	Yes / No / Not Sure
<b>Section: Further Help and Support</b>	

Question	Possible Answers
<p>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.</p> <p>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.</p> <p>Email us at: <a href="mailto:info@safespeak.org.uk">info@safespeak.org.uk</a> Call us on: 0800 093 5264 (free from land lines) or 01332 349301</p>	<p>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.</p> <p>(FREE TEXT BOX)</p>

## Appendix 2: Participating Schools

### Participated in all surveys (Years 8-10)

1	Anthony Gell School
2	Glossopdale School
3	Heritage High School
4	Highfields School
5	Hope Valley College
6	Lady Manners School
7	Netherthorpe School
8	Ormiston Ilkeston Enterprise Academy
9	Queen Elizabeth's Grammar School
10	Shirebrook Academy
11	St Philip Howard Catholic Voluntary Academy
12	The Long Eaton School
13	The Ripley Academy
14	Whittington Green School

### Participated in one year group survey only

Year 8		Year 10	
1	John Flamsteed Community School	1	Outwood Academy
2	John Port School		
3	Springwell Community College		
4	St Mary's Catholic High School		
5	The William Allitt School		