

Kirklees Children and Young People's Survey 2014

Top level findings

January 2016

About the survey

- The survey was self-completed on-line as part of a school lesson.
- The survey was conducted between June 2014 and November 2014.
- The year groups involved were 7, 9 and 12 which ranged age 11-19.
- 5397 children from 25 schools took part

Which Schools took part?

- Almondbury High School
- Batley Business and Enterprise College
- All Saints Catholic High School
- Batley Grammar
- BBG Academy
- Brian Jackson College of Open Learning
- Castle Hall Academy
- Colne Valley High School
- Heckmondwike Grammar School
- Honley High School
- Huddersfield Grammar School
- Kirklees College
- King James' School
- Kirkburton Middle School
- Moor End Academy
- Nether Hall Learning Campus High
- Newsome High School and Sports College
- Royds Hall Community School
- Salendine Nook Academy
- Scissett Middle School
- Shelley College
- Spen Valley High School
- Thornhill Community Academy
- Westborough High School

Survey Findings

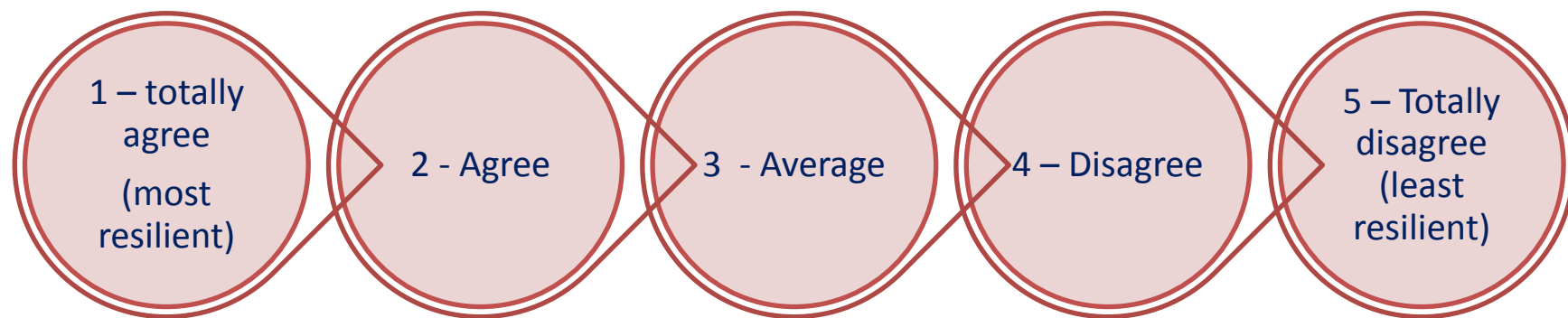
What is resilience?

Able to adapt compassionately in the face of adversity, yet continue to function normally

- ✓ letting go,
- ✓ learning + growing
- ✓ finding healthy + valued ways to cope

(Key Elements of Resilience in Individuals, Communities and Organisations.
February 2014. Kirklees Council)

Resilience in Kirklees



Mean resilience score = 2.2

Personal competence = 2.4

Social competence = 2.3

Structured sub-style = 2.5

Family Cohesion = 1.9

Social resources = 2.1

- Year 7s have higher resilience than Year 9 and 12.
- Year 9s and 12s have the same level of resilience

Emotional Wellbeing Year 9 & 12

Warwick Edinburgh Mental Well-being Scale (WEMWS)

- A series of 14 questions on people's state of mind. Each person can score somewhere between 14 and 70; a higher score = a more positive state of mind.
- The average score for children across Kirklees is **46.2**
- This compares with **47.4** in adults across Kirklees.
- A children's national benchmark is **47.6** and for Kirklees is **47.7**. (What about Youth Survey - 2014).

Emotional Wellbeing Differences

- No difference between Year 9 and 12
- Lower well-being in females (43.7 females, 48.4 males)
- Differences in District Committees, lowest in Kirklees Rural (45.4) followed by Batley and Spen (46.4), Dewsbury and Mirfield (46.6) and Huddersfield (47.4)

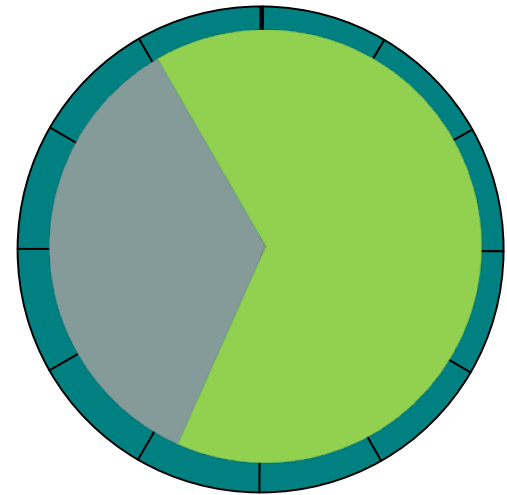
Emotional Wellbeing Year 7

Stirling Children's Well-being Scale (SCWBS)

- Mean **43.85** (N=1713) vs Stirling mean **44**
- Significantly lower well-being in females (43.2 females, 44.5 males)
- Differences in District Committees, lower in Kirklees Rural and Huddersfield (42.9) than in Dewsbury and Mirfield (44.4) and Batley and Spen (45)

Sleep

- On average, pupils went to bed at 11pm and woke just before 7am, giving an average of nearly **8 hours' sleep** (range 1 – 12 hours).
- The recommended number of hours' sleep for young people is **10**.
- **28%** lost sleep over worries at **least once a week** over the last few weeks (5% at least 5 days)



Bullying

14% of children and young people in Kirklees experienced bullying regularly during the last two months

Well-being and Resilience were lower the more people were bullied

45% of children and young people in Kirklees thought their school dealt with bullying well or very well

Help if you are bullied

Do you know where to get help?

86% of children and young people in Kirklees stated they knew where to get help if they were being bullied

The majority said they would speak to their **parents** and/or **teachers**

Community Safety

Feeling safe from harm in the community:

(2009 data is in brackets)

- In the local area **80%** (83%)
- On public transport **70%** (76%)
- At school **87%** (90%)
- Going to and from school **84%** (89%)

74% said they were very satisfied with the local area as a place to live and **62%** agreed that people of different ages get on well

People who responded '**don't know**' or said that they **don't feel safe** had lower levels of resilience and well-being

Physical Activity

Exercise (60 mins+) in last 7 days

- 22% no exercise
- 60% 1-4 times
- 9% 5-6 times
- 8% 7 times

Travel to School

Method of Travel	Count	%
Car/van	2159	41.7
School bus	749	14.5
Other bus	512	9.9
Train	58	1.1
Taxi	104	2.0
Bike	35	.7
Walk	1947	37.6
Other	27	.5

Active Travel = 39%

Food

- **21%** said they ate 5+ portions of fruit/veg on the previous day
- Mean number of portions of fruit and vegetables eaten is **3**
- Year 7s eat more fruit and veg than year 9s and 12s
- **57%** had breakfast 5 days a week before school
- **19%** never had breakfast or had it less than once a week this increased with age.
- Most popular choices for breakfast are **cereal and toast**

Smoking

Cigarettes	Never	Tried it	Used to	Occasionally	Regularly
Year 7	92%	6%	1%	0%	0%
Year 9	75%	14%	4%	2%	5%
Year 12	58%	19%	3%	5%	15%

E-cigarettes	Never	Tried it	Occasionally	Regularly
Year 7	84%	11%	2%	1%
Year 9	65%	24%	7%	3%
Year 12	71%	18%	6%	4%

32% said they lived with a smoker at home (rising from 19% in the least deprived quintile to 41% in the most deprived)

Drinking Alcohol

Had an Alcoholic Drink?	Yes	No
Year 7	22%	78%
Year 9	54%	46%
Year 12	62%	39%

66%
in
2009

How often?	Never	Occasionally/ monthly	Weekly/ more than weekly
Year 9	16%	60%	6%
Year 12	7%	57%	36%

21%
in
2009

Drunk?	Never	Occasionally/ monthly	Weekly/ more than weekly
Year 9	39%	25%	3%
Year 12	20%	59%	14%

7% in
2009

Of those
who said
they had
had an
alcoholic
drink

Drugs

Tried a drug	Yes	No
Year 9	9%	91%
Year 12	21%	79%

12%
in
2009

**Of those who
have tried
drugs ...**

Year 9

Cannabis 7%

Solvents 1%

Ecstasy 1%

Cocaine 1%

Steroids 1%

Magic Mushrooms 1%

Legal Highs 2%

Year 12

Cannabis 20%

Solvents 1.5%

Ecstasy 2.5%

LSD 1%

Amphetamines 1.5%

Cocaine 3%

Ketamine 1.5%

Steroids 1%

Magic Mushrooms 1%

Legal Highs 4%

Sexual Health

- **11%** of young people reporting having sexual intercourse. This was **12%** in 2009.
- Mean age that people reported having sex for the first time is **age 14** (N=243)
- **35%** of those who reported having sexual intercourse, had sex for the first time at age 13 or younger
- **59%** of year 9s who reported having sexual intercourse (n=131), had sex at age 13 or younger (57% in 2009)

Sexual Health

Used a condom?	Never	Sometimes/ usually	Always
Year 9	31%	29%	40%
Year 12	28%	53%	20%

Know where to get Condoms for free?	Yes	No
Year 9	47%	53%
Year 12	50%	50%

Physical Health

Weight?	Would like to put on weight	Would like to lose weight	Happy with my weight
Year 7	7%	40%	53%
Year 9	10%	45%	45%
Year 12	16%	47%	36%

My health is...	Excellent/very good/good	Fair	Poor/very poor
Year 7	85%	12%	3%
Year 9	74%	18%	7%
Year 12	74%	22%	4%

Health conditions

12% of young people had a health condition

Do you have a health condition?	Yes
Year 7	12%
Year 9	13%
Year 12	9%

Do you have a health condition?	Yes
Male	53%
Female	47%

What health conditions do young people have?

Out of those who had a health condition.....

**They could pick more than one condition

- Asthma 52%
- Eczema 27%
- Pain 20%
- Anxiety or depression 16%
- Attention Deficit disorders 6%
- Diabetes 3%
- Epilepsy 2%

My health condition stops me...

- Doing exercise = 32%
- Being involved in sport = 26%
- Socialising with friends = 16%
- Going to school/college = 16%
- Maintaining a healthy weight = 15%
- Doing homework = 10%
- Having relationships = 9%
- Spending time with family = 9%

Dental Health

Year 7's brushed
their teeth
43% before
breakfast, **53%**
after breakfast, **11%**
after evening meal
81% Before bed

84% of Year 7's said
the reason for their
last dentist visit was
for a **check up**, **8%**
said due to having
**trouble with their
teeth**

Aspirations

End of year 11?	Full time education	Employment	Training for a skilled job
Year 7	47%	36%	53%
Year 9	61%	33%	41%

End of year 13?	Full time education	Employment	Training for a skilled job
Year 12	70%	27%	22%

Want to find out more?

If you would like to know more about the results of this survey please contact:

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