

# Supporting the Health of Young People in Sunderland

## A summary report of the Health Related Behaviour Survey 2023

These results were collected from a sample of primary pupils aged 8 to 11 and secondary pupils aged 12 to 15 in Sunderland in the summer term 2023. This work was co-ordinated by Sunderland City Council's Public Health Team as a way of collecting robust information about young people's lifestyles and will be used to inform the Health City Plan and work to improve health outcomes for Children and Young People in Sunderland.

Teachers were informed on how to collect the most reliable data and then pupils completed a

version of the questionnaire appropriate for their age group.

Year 4 and 6 pupils completed the primary version of the questionnaire. Pupils in Years 8 and 10 completed the secondary version of the questionnaire. All were undertaken anonymously.

Schools were given the choice of using online or paper-based questionnaires.

### Comparisons and Trends

Comparisons have been made between the Sunderland 2023 results and the previous 2021 sample. 2021 figures are shown

as (%) through the report. Some trend charts are shown on page 12 to look for any Covid-19 effect. In 2023 a total of 5970 pupils took part in 33 primary schools and 15 secondary schools in Sunderland.

### Cross-phase links

Many of the questions in each version of the questionnaire are identical or very similar. Some of the results of these questions are presented on pages 6 and 7 of this document, so that behaviour can be seen across the age range.

### 5970 young people were involved in the survey:

School Year	Year 4	Year 6	Year 8	Year 10	Total
Age	8-9	10-11	12-13	14-15	
Boys (male)	566	578	995	868	3007
Girls (female)	518	636	890	870	2914
Total	1092	1215*	1902*	1761*	5970*

\*9 primary pupils didn't select boy or girl and 40 secondary pupils didn't select male or female when asked for their birth gender.

A selection of statistically significant differences between the 2023 and 2021 results have been shown on pages 8 and 9.

For more details please contact The Schools Health Education Unit Tel. (01392 667272).

### Topics include

Background

Healthy Eating

Physical Activity

Drugs, Alcohol and Smoking

Worries

Staying Safe (including bullying)

School

Emotional Health and Wellbeing

Relationships and sexual health

COVID-19

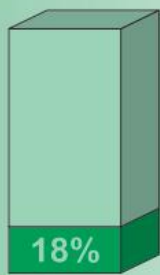
# Sunderland primary school pupils in Year 4 and Year 6 (ages 8 - 11)

## BACKGROUND

- 85% (89%) of pupils described themselves as White UK. 6% (5%) described themselves as Asian, 2% (2%) as Mixed.
- 91% (91%) have at least one brother or sister. 37% (36%) were the first child of the family.

## HEALTHY EATING

- 5% (5%) of pupils had nothing to eat or drink for breakfast on the day of the survey. 32% (35%) of pupils had cereal.
- 53% (50%) of pupils said that they had a drink at breakfast time.
- 37% (40%) of Year 6 boys and 41% (46%) of Year 6 girls would like to lose weight.
- 27% (28%) of pupils have chips/roast potatoes, 35% (39%) crisps and 32% (34%) sweets and chocolates 'on most days'.
- 18% (20%) of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey. 15% (16%) had eaten none.**



5 + portions

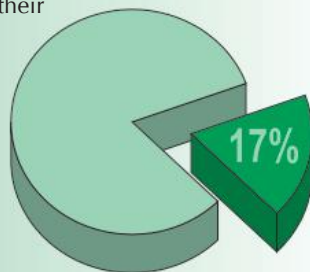


None

- 44% (47%) eat fresh fruit, 37% (48%) dairy produce and 30% (33%) vegetables 'on most days'.

## Dentist

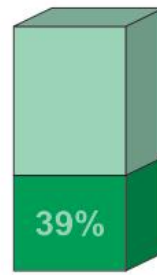
- 75% (75%) of pupils cleaned their teeth at least twice the day before; 3% (4%) said none at all.
- 75% (74%) had a check up on their last visit to the dentist, 26% (25%) had fillings and **17% (18%) had a tooth removed.**



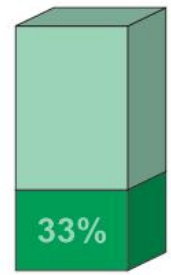
## PHYSICAL ACTIVITY

- 65% (63%) of pupils said they spent time watching television after school on the day before the survey, 60% (55%) listened to music and 62% (61%) played with friends.
- 80% (84%) of Year 6 boys and 50% (46%) of Year 6 girls played computer games the night before.

- 39% (42%) of Year 6 boys and 33% (30%) of Year 6 girls reported that they took part in hard exercise on at least 5 occasions in the previous week.**



Year 6 Boys



Year 6 Girls

- 65% (59%) of pupils considered themselves 'fit' or 'very fit', 7% (10%) said they were 'unfit' or 'very unfit'.

- The top five physical activities in 2023 for Year 6 were:**

Boys	2023	2021	Girls	2023	2021
Running (races or tag)	71%	72%	Going for walks	63%	66%
Football	70%	65%	Running (races or tag)	62%	59%
Going for walks	59%	59%	Keep-fit	51%	44%
Keep-fit	57%	46%	Dancing/gymnastics	38%	33%
Bike riding	46%	46%	Swimming	36%	18%

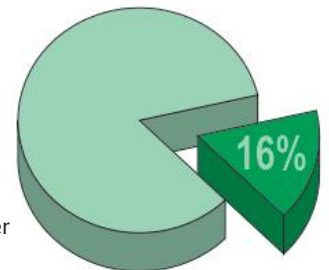
The table shows the proportion of pupils taking part in the activity at least weekly.

## DRUGS, ALCOHOL AND SMOKING

### Year 6 only

#### Drugs

- 56% (46%) of Year 6 pupils reported that their parents had talked with them about illegal drugs. 81% (65%) said their teachers had.
- 16% (12%) of Year 6 pupils said that they know someone personally who uses drugs, not as medicines.**
- 2% (1%) of Year 6 pupils said that they had been offered cannabis, and 1% (1%) said other drugs.

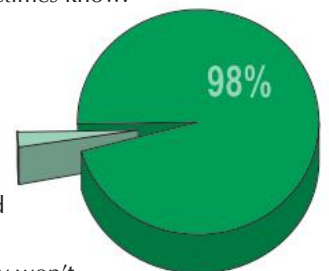


#### Alcohol

- 2% (2%) of Year 6 pupils said they had an alcoholic drink (more than just a sip) in the week before the survey.
- When asked what they had, >1% (>1%) said they had cider, 1% (>1%) said spirits, and 1% (1%) said beer.
- 91% (91%) of pupils said they do not drink alcohol, 7% (7%) said their parents always know if they do, 2% (1%) said their parents usually/sometimes know. 1% (0%) said 'never'.

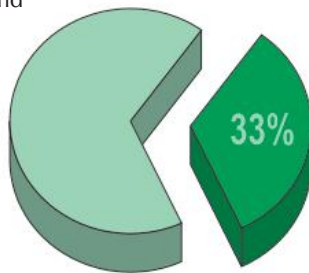
#### Smoking

- 98% (98%) of Year 6 pupils said they have never smoked at all.**
- 0% (0%) of pupils had smoked during the last seven days.
- 86% (87%) of pupils think they won't smoke when they are older, 14% (13%) said maybe or yes they will.



## WORRIES

- ❑ Not including worries around COVID, 80% (78%) of pupils said they worried about at least one of the items listed in the questionnaire.
- ❑ 34% (32%) worried about SATs/tests, 23% (24%) of pupils worried about health problems and 30% (29%) about crime.
- ❑ 22% (21%) of pupils worried about how their body changes as they grow up.
- ❑ **33% (29%) worried about family problems.**



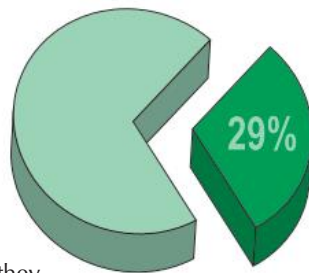
## STAYING SAFE

- ❑ 35% (27%) of pupils reported that they had an accident in the last twelve months that was treated by a doctor or at a hospital.
- ❑ 9% (14%) of pupils said they never did anything to avoid sunburn, 25% (22%) said 'whenever possible'.
- ❑ 79% (84%) of pupils reported owning a bike, however, 41% (42%) of pupils said they 'never or almost never' wear a safety helmet when cycling.
- ❑ **30% (26%) of pupils reported that they had been approached by an adult who scared or made them upset.**
- ❑ 14% (12%) of pupils knew the person.
- ❑ When asked what they did when this happened, 17% (14%) ran or walked away, 11% (10%) told an adult straight away and 11% (8%) told an adult afterwards. 8% (7%) said they kept it to themselves.
- ❑ 45% (47%) of pupils said that when a friend wants them to do something they don't want to do, they can 'usually or always say no'. 19% (20%) said that can 'rarely' or 'never say no'.



## SCHOOL

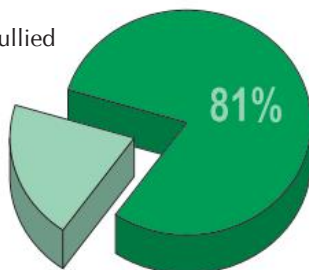
- ❑ **29% (40%) of pupils spent time doing homework on the evening before the survey.**
- ❑ 37% (40%) of pupils read a book for pleasure the night before.
- ❑ 95% (96%) of pupils said they spent time chatting/talking during school playtimes. 87% (88%) said they played running/skipping games/tag and 72% (64%) played ball games. 27% (22%) said they read quietly.
- ❑ 76% (76%) of pupils said that their school helps them work as part of a team.



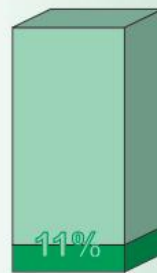
## EMOTIONAL HEALTH & WELLBEING

### Bullying

- ❑ 27% (26%) said they had been bullied at or near school in the last 12 months.
- ❑ **81% (80%) of pupils said that they have lessons/assemblies about bullying and how it makes people feel.**



- ❑ **11% (12%) of pupils reported that they felt afraid to go to school because of bullying, 'often' or 'very often'. 26% (27%) said 'sometimes'.**

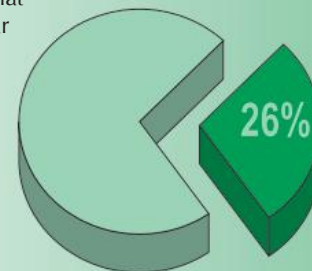


Often/very often



Sometimes

- ❑ 84% (87%) of pupils said that they know who to go to in school if they are being bullied.
- ❑ 14% (14%) said if they had a bullying problem they would keep it to themselves.
- ❑ When asked where bullying happened in the month prior to the survey, 36% (32%) said it happened outside at playtime/lunchtime and 28% (24%) said in a classroom at playtime/lunchtime. 16% (9%) reported being bullied during a lesson.
- ❑ 33% (30%) of pupils reported that they thought they were bullied because of the way they looked. 22% (22%) said because of their size or weight.
- ❑ 7% (7%) thought they were bullied because of their race, colour or religion.
- ❑ 4% (4%) of pupils reported that they thought others might fear going to school because of them.
- ❑ **26% (28%) of pupils had high self-esteem scores.**
- ❑ 35% (34%) of pupils had a med-low self-esteem score (9 or less).
- ❑ 38% (39%) of pupils responded that they do not want to change lots of things about themselves.



## GROWING UP

- ❑ 85% (78%) of Year 6 pupils said their parents had talked with them about how their body changes as they grow up.
- ❑ 87% (63%) of Year 6 pupils said their teachers had talked with them about how their body changes as they grow up.
- ❑ 78% (69%) said that they felt they knew enough about how their body changes as they grow up.

## COVID-19 (Year 6 only questions)

- ❑ Since the COVID-19 pandemic, 43% of pupils said that they spend more time online now; 35% said it was about the same.
- ❑ 17% of pupils said that they have become more anxious/worried since COVID 19. 33% said it was about the same and 31% said they were less anxious/worried.
- ❑ 57% of pupils said that they are more physically active than before COVID 19. 7% said they were less active and 27% said it was about the same as before the pandemic.

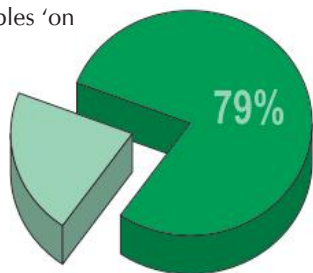
# Sunderland secondary school pupils in Year 8 and Year 10 (ages 12 - 15)

## BACKGROUND

- 86% (92%) of pupils described themselves as white.
- 60% (60%) live with mother and father together, 16% (16%) said 'mainly or only with mum'.

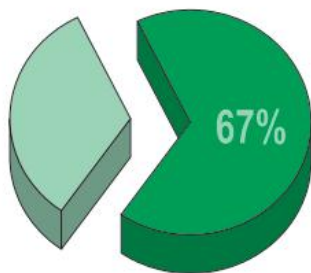
## HEALTHY EATING

- 24% (23%) of Year 10 girls had nothing to eat or drink for breakfast on the day of the survey. It is interesting that 61% (65%) of Year 10 girls say that they would like to lose weight. 23% (18%) of the Year 10 girls also reported having no lunch on the day before the survey.
- 14% (13%) of pupils said they 'never' considered their health when choosing what to eat, 17% (16%) said they did 'very often' or 'always'.
- 30% (29%) of pupils said they ate sweets and chocolates 'on most days'. 27% (32%) said they ate crisps 'on most days'.
- 13% (10%) ate salads, 40% (38%) fresh fruit and 38% (39%) vegetables 'on most days'.
- 13% (14%) said they had 5 or more portions of fruit and vegetables the day before, 16% (14%) said 'none'.
- 79% (79%) of pupils said they drink water 'on most days', 4% (5%) said 'rarely or never'.**
- 1% (1%) of pupils went home for lunch the day before, 1% (1%) bought their lunch from a takeaway or shop.



## PHYSICAL ACTIVITY

- 67% (64%) of pupils said they enjoyed physical activities 'quite a lot' or 'a lot'.**
- The top 2 reasons given by secondary pupils for doing physical activity were 'Because I want to be physically fit' 51% (51%) and 'Because it's fun' 51% (48%).
- 50% (49%) of boys and 42% (47%) of girls walked/scooted to school on the day of the survey. 39% (37%) of boys and 45% (40%) of girls travelled to school by car.
- 31% (30%) of the Year 10 boys exercised enough to breathe harder and faster on at least 5 occasions in the previous week compared with 13% (14%) of the Year 10 girls.



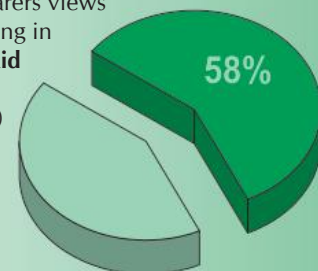
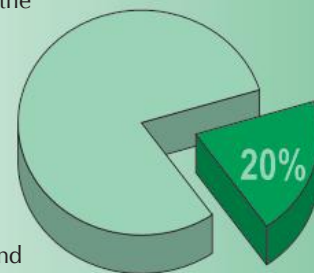
## DRUGS, ALCOHOL & SMOKING

### Drugs

- 28% (28%) of Sunderland secondary pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.**
- 9% (9%) of Year 10 boys and 15% (14%) of Year 10 girls have taken drugs.
- 4% (3%) reported taking an illegal drug in the last month, 6% (6%) said they had taken an illegal drug in the last year. 11% (10%) of Year 10 pupils had taken cannabis at some point.
- 4% (4%) of Year 10 boys and 8% (8%) of Year 10 girls have taken an illegal drug and alcohol on the same occasion.

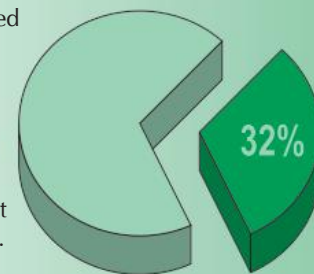
### Alcohol

- 8% (9%) of Year 8 and 22% (26%) of Year 10 pupils said that they have drunk alcohol in the last 7 days.
- 23% (25%) of pupils said that they usually drink with their parents.
- 20% (23%) of Year 10 pupils said they usually drink with a large group of friends.**
- Boys: 5% (8%) of Year 8 boys and 18% (21%) of Year 10 boys drank one or more unit of alcohol in the seven days before the survey.
- Girls: 7% (10%) of Year 8 girls and 22% (30%) of Year 10 girls drank one or more unit of alcohol in the seven days before the survey.
- 6% (8%) of pupils got drunk on at least one day last week.
- When asked about their parents/carers views of them drinking/potentially drinking in the future, **58% (55%) of pupils said they don't drink alcohol/don't intend to drink alcohol.** 10% (9%) said their parents disapprove of them drinking alcohol
- 4% (6%) said their parents weren't aware that they drank alcohol.
- 16% (17%) of Year 8 and 34% (35%) of Year 10 pupils said that their parents know they drink alcohol and either don't comment or approve of their drinking alcohol.



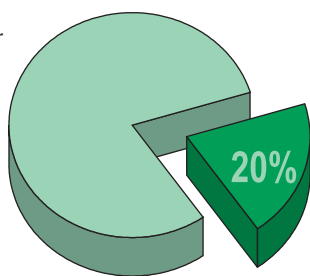
### Smoking

- Boys: 1% (1%) of Year 8 boys and 4% (6%) of Year 10 boys reported that they smoke occasionally or regularly.
- Girls: 3% (3%) of Year 8 girls and 8% (12%) of Year 10 girls reported that they smoke occasionally or regularly.
- 32% (33%) of pupils said that their parents/carers smoke.**
- 65% (63%) of pupils said that no-one ever smokes at home. 25% (27%) said if smoking happened it was only outside.
- 7% (7%) said that smoking happened only in certain rooms but 3% (3%) said that smokers could smoke anywhere in their home.
- When asked about their parents/carers views of them smoking/potentially smoking in the future, **78% (75%) of pupils said they don't smoke/don't intend to smoke.**



## Vaping

- When asked about vaping 4% (13%) said that they have never heard of them, 61% (66%) said that they have never used one.
- 20% (16%) said that they have tried a vape.** 16% (5%) of pupils reported that they used one at least 'occasionally'.



## WORRIES

- Not including worries around COVID, 78% (81%) of pupils said they worried about at least one of the items listed in the questionnaire.

### The main worries for Year 8 pupils included:

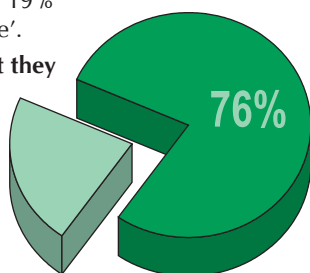
	Boys		Girls
Future opportunities	34%	The way you look	58%
Exams & tests	28%	Exams & tests	50%
Physical health	27%	Future opportunities	49%
Mental health	25%	Problems with friends	46%
The way you look	25%	Mental health	43%

### These changed to the following for Year 10 pupils:

	Boys		Girls
Future opportunities	39%	The way you look	65%
Exams & tests	30%	Exams & tests	62%
Physical health	29%	Future opportunities	59%
Mental health	28%	Mental health	54%
The way you look	27%	Physical health	39%

## STAYING SAFE

- 30% (24%) said they were treated for a serious accident or injury by a doctor or at a hospital within the last year. 14% (10%) were due to sporting injuries.
- 25% (31%) of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'. 5% (5%) said this about going out during the day.
- 71% (75%) of pupils rated their safety at school as 'good' or 'very good', 71% (70%) said this about their journey to and from school.
- 7% (7%) said they had been the victim of violence or aggression in the area where they lived in the past 12 months.
- 63% (64%) of pupils said they 'never or almost never' wear a safety helmet when cycling; 19% (19%) said 'whenever possible'.
- 76% (81%) of pupils said that they have been told how to stay safe online,** 52% (55%) of pupils said that they always follow the advice they have been given.
- 26% (28%) of pupils said that they had received a hurtful, nasty or scary message or picture online.
- 19% (21%) of pupils [34% (36%) of Year 10 girls] said that they have been asked to meet someone who they don't know in person. 6% (5%) of pupils [11% (8%) of Year 10 girls] said they actually met up with them.

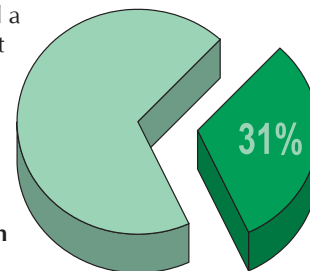


## SCHOOL

- 49% (50%) of pupils reported that they enjoyed at least half of their lessons.
- 71% (75%) said they thought it was important to go to school regularly. 23% (23%) said that they felt their views and opinions were listened to in school.
- 69% (70%) said that their work is marked so they can see how to improve it.
- 54% (59%) want to continue in full-time education at the end of Year 11.

## EMOTIONAL HEALTH AND WELLBEING

- 57% (50%) of pupils reported that, in general, they were 'quite a lot' or 'very much' happy with their life.
- 30% (31%) of pupils reported a fear of going to school at least sometimes because of bullying.
- 37% (32%) said they had been bullied at school in the past 12 months.
- 31% (28%) of pupils had high self-esteem scores.**



## RELATIONSHIPS AND SEXUAL HEALTH

- When a friend wants them to do something they don't want to do, 66% (67%) of pupils said they could 'usually or always' say 'no'. 10% (10%) said they were 'rarely' or 'never' able to say 'no'.
- 13% (18%) of pupils said their friends were their main source of information about relationships and sexual health. 34% (31%) said their parents were, 24% (20%) said school lessons. 24% (28%) of Year 10 boys said the Internet was.
- Year 10 pupils were asked a number of questions around their attitudes towards sex. 33% (31%) agreed that young people should wait until they are 16 before having sex. 23% (25%) disagreed with this.
- 61% (67%) agreed that if a girl is on the pill, a condom should still be used for sexual intercourse.
- 64% (67%) of Year 10 boys and 76% (80%) of Year 10 girls agreed that a condom should always be used for sexual intercourse to protect against sexually transmitted infections.
- 17% (15%) of Year 10 pupils said they have had sexual intercourse, 8% (8%) of pupils preferred not to answer.
- 51% (44%) of pupils [79% (67%) of Year 10] have heard of the C-Card Scheme, 7% (5%) of pupils said that they have accessed the C-card Scheme.
- 40% (30%) of pupils [60% (41%) of Year 10] said that they know where to get condoms free of charge.

## COVID-19

- Since the COVID-19 pandemic, 52% of pupils said that they spend more time online now; 32% said it was about the same.
- 24% of pupils said that they have become more anxious/worried since COVID 19. 33% said it was about the same and 26% said they were less anxious/worried.
- 47% of pupils said that they are more physically active than before COVID 19. 15% said they were less active and 29% said it was about the same as before the pandemic.

# Pyramid data: Questions included in both the primary and secondary versions of the 2023 questionnaire

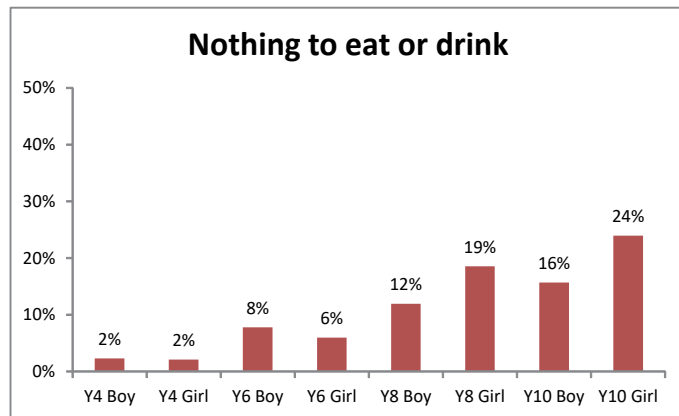
## Cross-phase data

The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

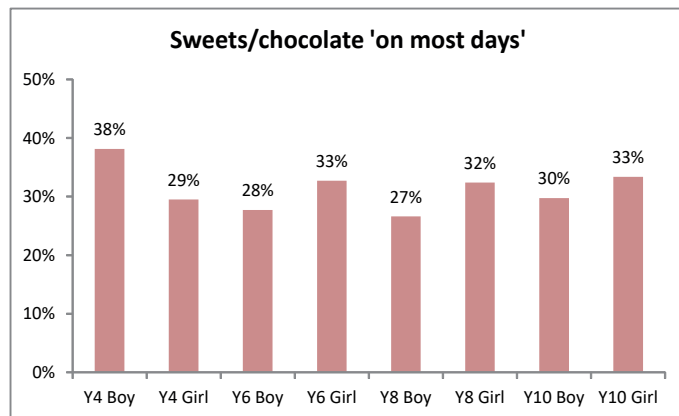
## HEALTHY EATING

### What did you eat or drink before coming to school today?

- There is an upward trend in the number of pupils who report having 'nothing at all' for breakfast, more so for the girls than the boys:

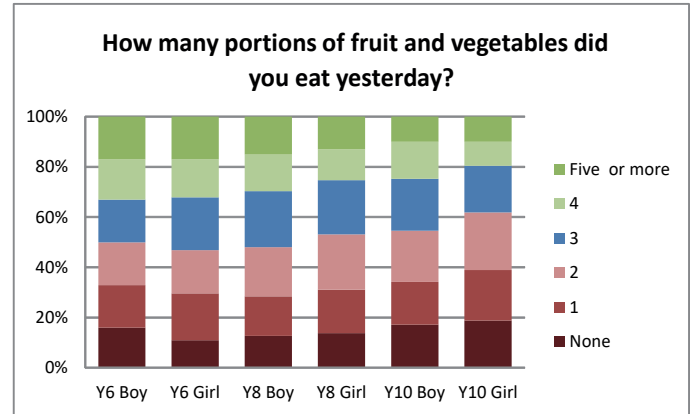


- The proportion of primary and secondary pupils eating crisps and sweets and chocolates 'on most days' decreases slightly across age groups: 32% of primary pupils eating sweets compares with 30% in the secondary phase.

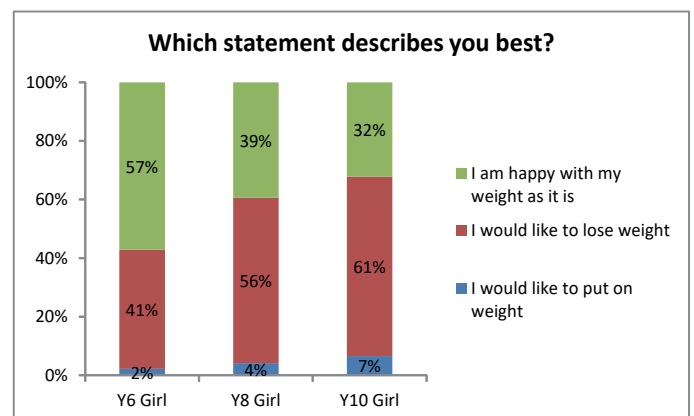


- The proportion of primary and secondary pupils drinking energy drinks 'on most days' increases across age groups: 10% of primary pupils drinking energy drinks compares with 14% in the secondary phase.
- The proportion of pupils who eat fresh fruit 'on most days' decreases as they get older: 44% in the primary and 40% in the secondary sample.

- Secondary school pupils are similarly less likely to say that they had 5 or more portions of fruit and vegetables the day before, compared with primary aged pupils who said the same; 13% vs. 18%.

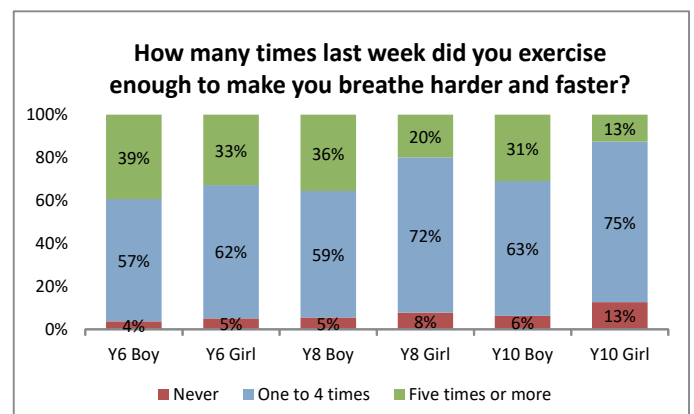


- 41% (46%) of Year 6 girls said they would like to lose weight, this rises to 56% (62%) of Year 8 and 61% (65%) of Year 10 girls.



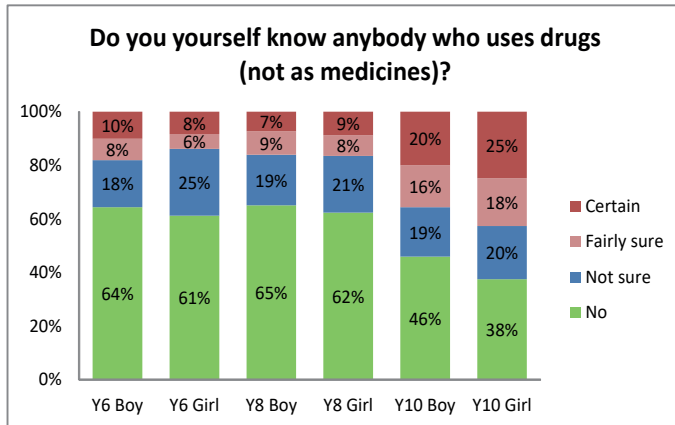
## PHYSICAL ACTIVITIES

- A clear gender difference becomes apparent as pupils get older, with fewer girls saying they enjoy physical activities. Primary - boys 86%, girls 78%, Secondary - boys 81%, girls 53%.
- 37% (38%) of primary pupils said that they exercised hard at least 5 times in the previous week, only 25% (22%) of secondary pupils said the same, again there were gender differences with the boys being more active than the girls. **Girls figures are: Year 6 – 33% (30%), Year 8 – 20% (18%) and Year 10 – 13% (14%).**



## ILLEGAL DRUGS

- 16% (12%) of Year 6 pupils said that they knew someone personally who used drugs (not as medicines). 16% (15%) said this in Year 8 and in Year 10 it had risen sharply to 39% (40%).

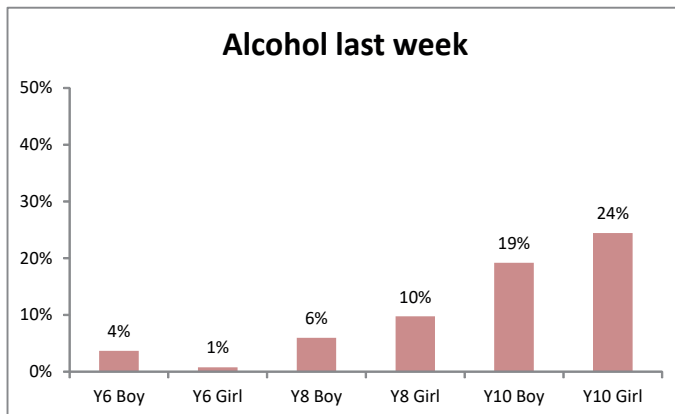


- 2% (1%) of Year 6 pupils and 18% (16%) of secondary pupils said that they had been offered cannabis. 1% (1%) of Year 6 pupils had been offered other drugs. 5% (5%) of secondary pupils had been offered cocaine, 3% (4%) said they had been offered ecstasy.

## ALCOHOL

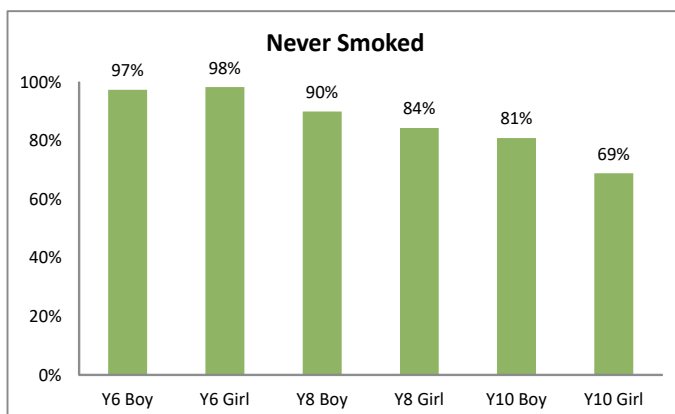
*Have you had an alcoholic drink in the week before the survey?*

- 2% (2%) of the Year 6 pupils had an alcoholic drink in the week before the survey. 8% (9%) of Year 8 pupils and 22% (26%) of Year 10 pupils said they had drunk alcohol in the week before the survey.

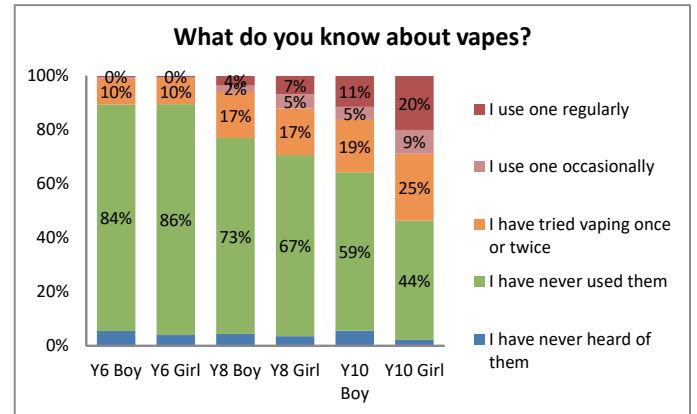


## SMOKING

- 98% (98%) of Year 6 pupils said that they had 'never smoked at all'. 87% (88%) of Year 8 and 75% (71%) of Year 10 pupils said the same.



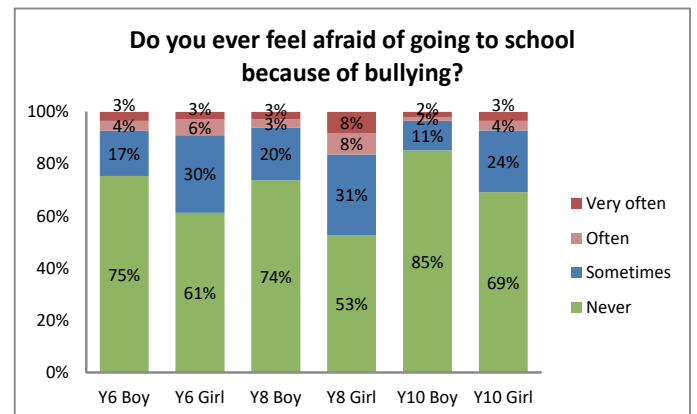
## VAPING



## EMOTIONAL HEALTH & WELLBEING

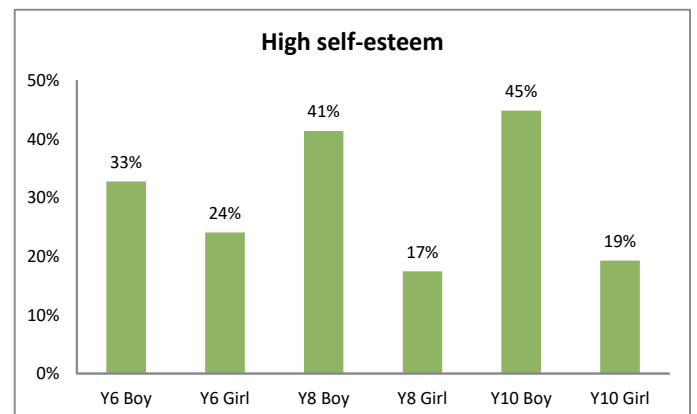
*Do you ever feel afraid of going to school because of bullying?*

- 32% (34%) of Year 6 pupils said they felt afraid of going to school at least sometimes. 36% (36%) of Year 8 pupils and 23% (27%) of Year 10 pupils said that they feel afraid of going to school because of bullying at least sometimes.



## Self-esteem

- Self-esteem usually appears to increase with age. 33% (36%) of Year 6 boys recorded levels of high self-esteem. In Year 8 this increased to 41% (46%) for boys and again to 45% (41%) for Year 10 boys who recorded levels in the highest bracket.






- A clear gender difference is apparent with fewer girls recording levels of high self-esteem compared with boys, for example, 45% (41%) of Year 10 boys compared with 19% (20%) of Year 10 girls.

# Significant differences - primary

## Statistically significant differences for primary pupils comparing 2023 results with those in 2021




	2023	2021	% point difference	
Pupils who washed their hands before lunch on the day before the survey.	52%	81%	- 29%	↓
Year 6 pupils who said teachers in school lessons, a School Nurse, or visitors in school lessons have talked with them about how their body changes as they grow up.	95%	72%	+23%	↑
Year 6 pupils who said either, teachers in school lessons, a School Nurse, or visitors in school lessons have talked with them about illegal drugs.	84%	67%	+17%	↑
Pupils who go swimming at least 'once a week'.	43%	24%	+19%	↑
Pupils who are able to get water in school.	96%	90%	+6%	↑
Pupils who did homework after school on the day before the survey	29%	40%	- 11%	↓
Pupils who wash their hands after visiting the toilet 'whenever possible'.	79%	87%	- 8%	↓
Pupils who do something to avoid sunburn 'usually' or 'whenever possible'.	59%	49%	+10%	↑
Pupils who have had an accident in the 12 months before the survey that was treated by a doctor or at a hospital.	35%	27%	+8%	↑
Pupils who played sport after school on the day before the survey	57%	49%	+8%	↑
Pupils who were pushed/hit for no reason in the last month.	50%	42%	+8%	↑
Year 6 pupils who feel that they know enough about how their body changes as they grow up.	78%	69%	+9%	↑
Pupils who think they are 'fit' or 'very fit'.	65%	59%	+6%	↑
Pupils who have a bicycle.	79%	84%	- 5%	↓
Pupils who drank at least a litre of water on the day before the survey.	31%	27%	+4%	↑
Year 6 pupils said they are 'fairly sure' or 'certain' that they know someone who uses drugs (not as medicines).	16%	12%	+4%	↑
Pupils who spent time going to a club after school on the day before the survey.	28%	20%	+8%	↑
Pupils who at least 'sometimes' spend time playing ball games like football or netball during school playtimes/dinner times.	72%	64%	+8%	↑
Pupils who spent time playing sport or other physical activity after school on the day before the survey.	57%	49%	+8%	↑
Pupils who said people with different backgrounds are valued in their school.	67%	64%	+3%	↑
Pupils who eat vegetables 'on most days'.	30%	33%	- 3%	↓
Year 6 pupils who are 'fairly sure' or 'certain' that they know someone who uses drugs (not as medicines).	16%	12%	+4%	↑
Pupils who worry 'quite a lot' or 'a lot' about family problems.	33%	29%	+4%	↑
Pupils who have had their belongings taken or broken in the last month.	28%	20%	+8%	↑
Pupils said that if they were being bullied in school they would tell parents/carers about it.	86%	82%	+4%	↑
Pupils who said their work is marked so they can see how to improve it.	88%	91%	- 3%	↓
Pupils who said their school cares whether they are happy or not.	71%	75%	- 4%	↓
Pupils who said their teachers listen to them at school.	76%	80%	- 4%	↓

KEY:  Good news  
 Not such good news  
 Neutral change



# Significant differences - secondary

Statistically significant differences for secondary pupils comparing 2023 results with those in 2021	2023	2021	% point difference	
Pupils have visited the doctor in the last 6 months.	64%	47%	+ 17%	↑
Have been away from school in the last 12 months due to illness or injury.	72%	56%	+ 16%	↑
Have at least tried vapes.	35%	21%	+ 14%	↑
Know where they can get condoms free of charge.	40%	30%	+10%	↑
Don't want anyone to talk with them about puberty and growing up.	21%	39%	- 18%	↓
Worry 'quite a lot' or 'a lot' about exams and tests/school-work.	42%	51%	- 9%	↓
Are 'quite' or 'very' happy with their life at the moment.	56%	50%	+ 6%	↑
Have found lessons about sex and relationships education 'quite' or 'very' useful.	37%	31%	+ 6%	↑
Had school food for lunch on the day before the survey	59%	50%	+ 9%	↑
Rated their safety when going out after dark as 'poor' or 'very poor'.	25%	31%	- 6%	↓
Have heard of the C-card scheme.	51%	44%	+ 6%	↑
Would like to lose weight.	49%	54%	- 5%	↓
Drink alcohol at least 'occasionally'.	19%	23%	- 4%	↓
Have found school lessons about drugs (including alcohol and tobacco) 'quite' or 'very' useful.	40%	36%	+ 4%	↑
Have found school lessons about puberty 'quite' or 'very' useful	38%	32%	+ 6%	↑
Chat to other people who they don't know in real life.	35%	39%	- 4%	↓
Want to find a job as soon as possible when they leave school.	42%	39%	+ 3%	↑
Exercised enough to breathe harder and faster at least three times last week.	61%	58%	+ 3%	↑
Have been told how to stay safe while online	76%	81%	- 5%	↓
Rated their safety at school as 'good' or 'very good'	71%	75%	- 4%	↓
Have a bicycle and they use it.	38%	42%	- 4%	↓
'Never' or only 'sometimes' consider their health when choosing what to eat.	61%	64%	- 3%	↓
Said school lessons are their main source of information about relationships and sexual health	24%	20%	+ 4%	↑
Have experienced at least one of the negative behaviours listed in a relationship with a past or current boyfriend/girlfriend.	31%	28%	+ 3%	↑
Travelled to school by car/van on the day of the survey	41%	38%	+ 3%	↑
worry 'quite a lot' or 'a lot' about the way they look	43%	47%	- 4%	↓
Have been offered at least one of the drugs listed.	20%	18%	+ 2%	↑
Have been teased/made fun of in the last month.	46%	43%	+ 3%	↑
Had a high self-esteem score (15 or more).	31%	28%	+ 3%	↑
Have received a hurtful, nasty or scary message or picture online.	26%	28%	- 2%	↓
Think they have been picked on or bullied because of the way they look.	39%	37%	+ 2%	↑

KEY:  Good news  
 Not such good news  
 Neutral change

# Inequalities

The survey data reveals the following children and young people who belong to social groupings recognised as having more negative outcomes against a wide range of indicators. We have produced some analysis to see if the experiences we see among children and young people in Sunderland are different if they are to be found under one of the social identity headings shown in the table below. A selection of statistically significant findings are presented here but a wider selection of topics and data are also available.

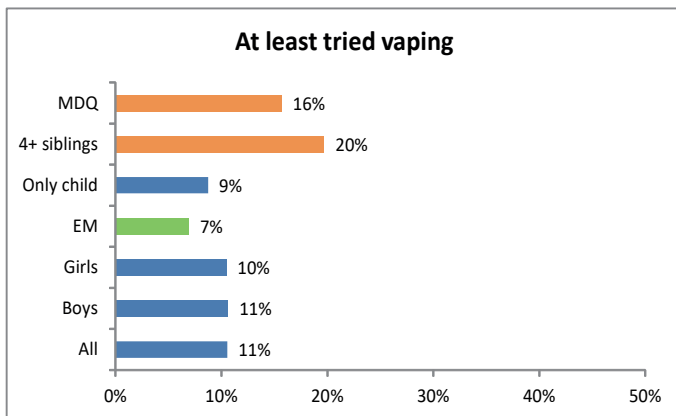
Pupil numbers in each year from social identity groups	Year 6	Year 10
All	1215	1761
Males	578	868
Females	636	870
Those who do not identify as birth sex (Non birth sex)	N/A	46
Lesbian, Gay or Bisexual (LGB)	N/A	183
Ethnic minority (EM)	190	396
SEN or with a disability or long-term illness (SEND)	N/A	379
Current free school meals (FSM)	N/A	327
Single parent family (SPF)	N/A	321
Only child	106	N/A
Have 4 or more siblings	209	N/A
Most deprived quintile (MDQ)	361	407

## Key

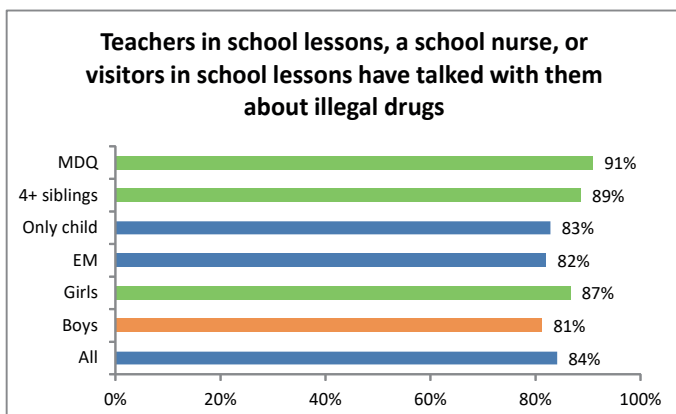
- Not significantly different to the 'All' figure (sample sizes affect significance)
  - Significantly 'better' than the 'All' figure (can be higher or lower)
  - Significantly 'worse' than the 'All' figure (can be higher or lower)
- All Y6 or All Y10 Pupils

## YEAR 6

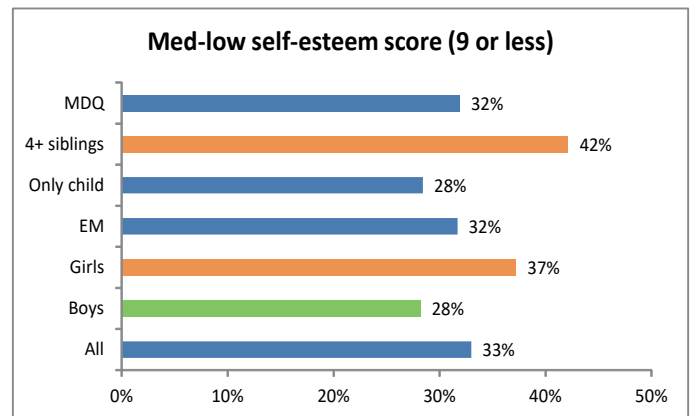
- Year 6 pupils who have 4 or more siblings were most likely to have tried vaping.



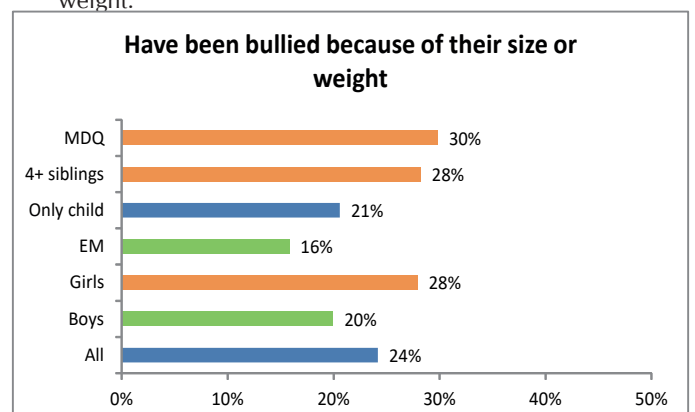
- Year 6 pupils from the most deprived quintiles are most likely to have lessons in school about illegal drugs.



- Year 6 pupils who have 4 or more siblings were most likely to have lower self-esteem.

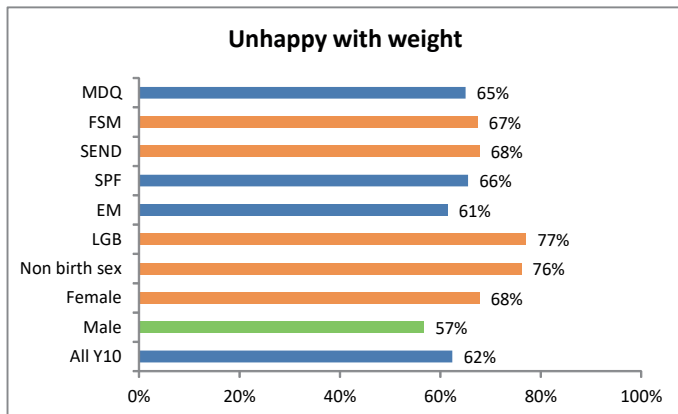


- Girls and pupils from the most deprived quintiles are most likely to say they have been bullied because of their size or weight.

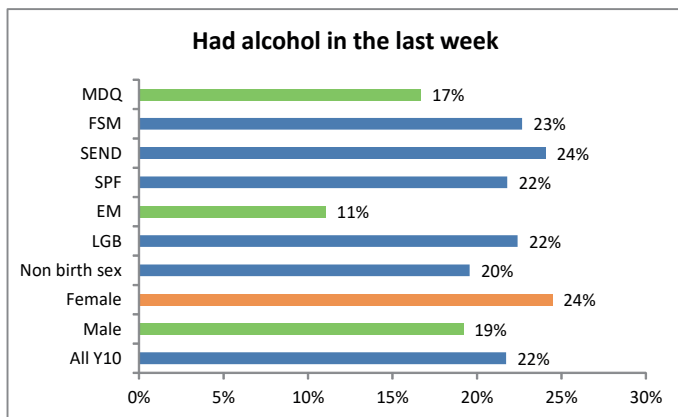


# YEAR 10

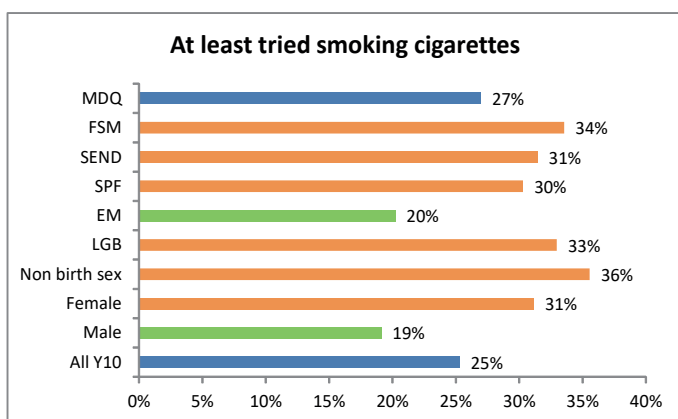
- Year 10 pupils who said they were unhappy with their weight were most likely to be female, have free school meals or say they are LGB or Non birth sex.



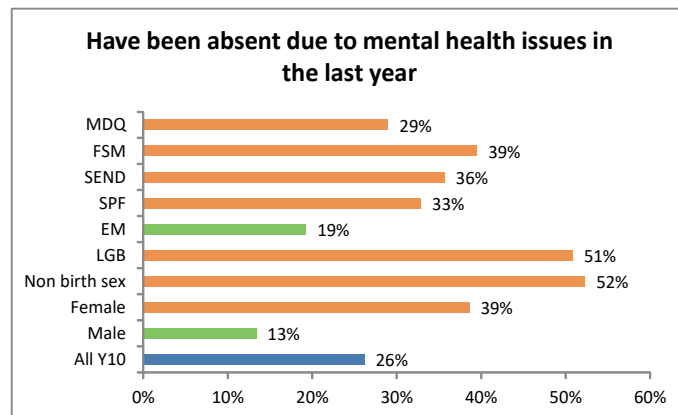
- Year 10 pupils were least likely to say they had alcohol in the last week if they were male, from an ethnic minority or from the most deprived quintile.



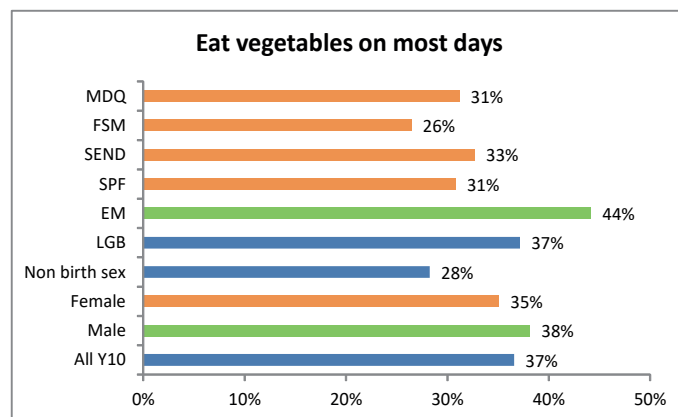
- Year 10 pupils who have at least tried smoking are more likely to be female, have free school meals, have special educational need or disability or say they are LGB or Non birth sex.



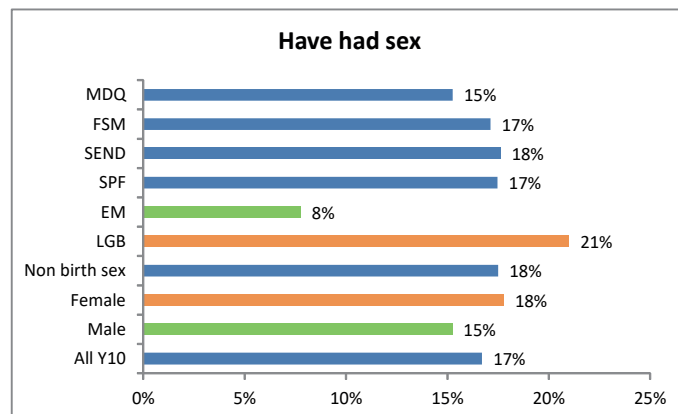
- Year 10 pupils were least likely to say they had missed school in the last year due to mental health issues if they were male or from an ethnic minority.



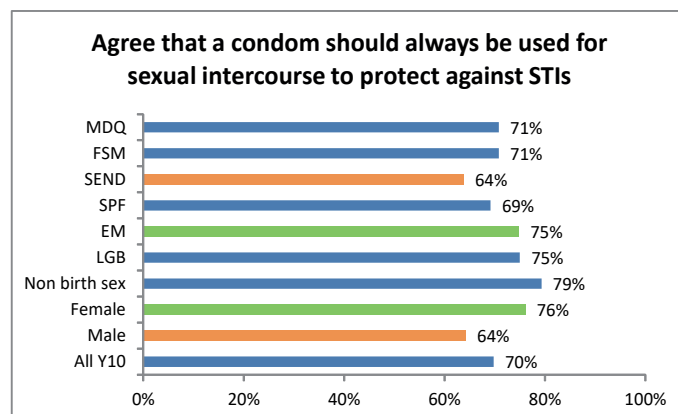
- Year 10 pupils were less likely to say they eat vegetables 'on most days' if they live in the most deprived quintile, have free school meals or come from single parent families.



- Year 10 pupils who have had sex are more likely to be female or say they are LGB. They are less likely to be male or from an ethnic minority.



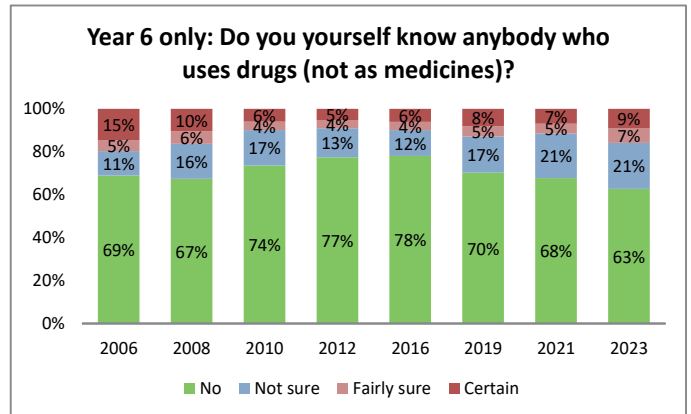
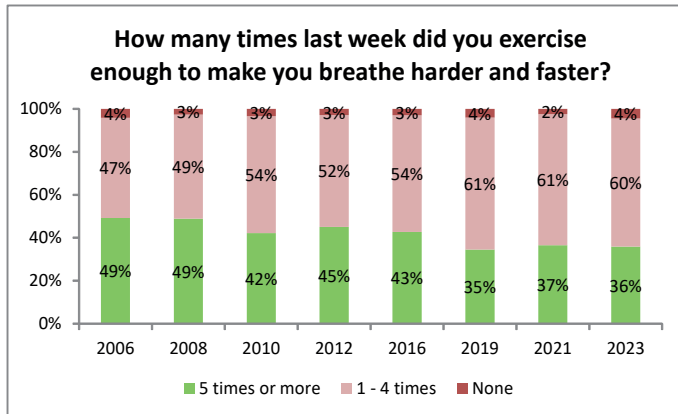
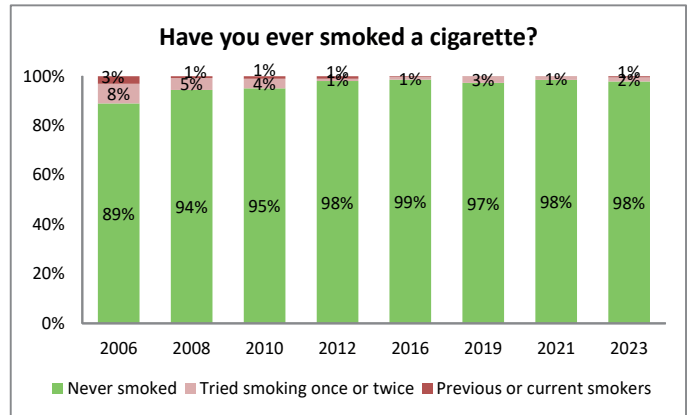
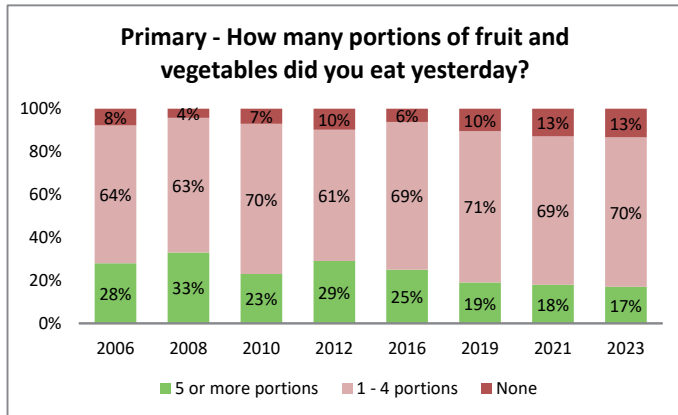
- Year 10 pupils were least likely to say a condom should always be used for sex if they were male or had special educational need or disability.



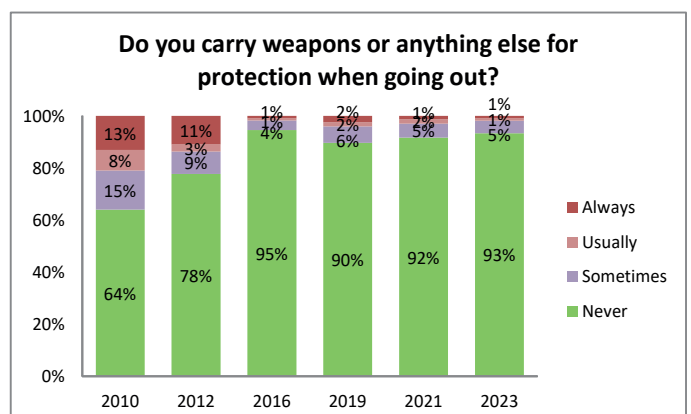
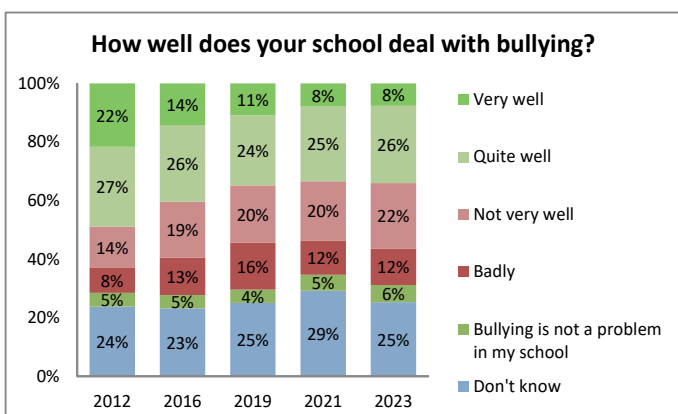
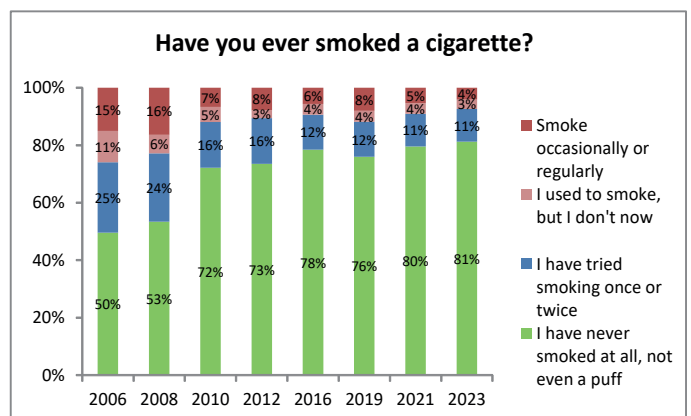
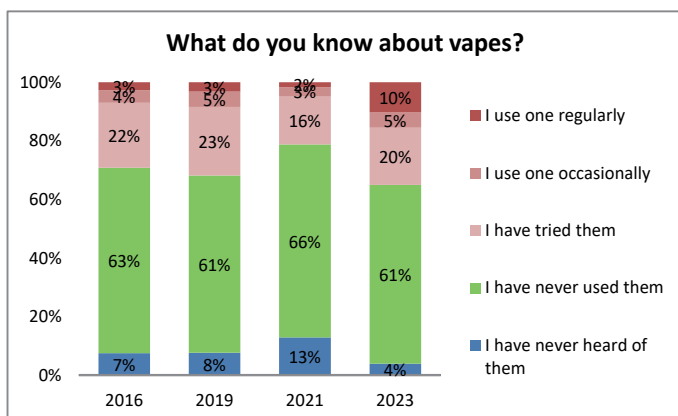
# Trends

Sunderland schools have been using the Health Related Behaviour Survey for many years. The following are a selection of interesting trend charts for the primary and secondary overall results.

## PRIMARY - YEAR 6



## SECONDARY



# The Way Forward – over to you

This work was funded by public health in Sunderland.

We are grateful to the teachers, schools, and young people for their time and contributions to this survey. We are also grateful to Jennifer Green for overseeing the organisation of the survey this year. Her meticulous attention to detail has helped to make this year's survey the most successful yet. As a result of the combined efforts of all concerned we have excellent data to be used by all key agencies that support the health needs of young people in Sunderland. The information gathered from this survey will be used by school, public health, Sunderland City Council and local health services to compare adolescent health behaviour to national statistics, prioritising areas of action to develop evidence based programmes, interventions and services.

The findings will be shared with a range of multi-agency partnerships focusing on children and young people including the Health and Wellbeing Board and the Starting Well Delivery Board. The report will also be shared with Headteachers, School Nurses, Elected Members and other providers supporting young people. The data will be used by these groups to assess effectiveness of current provision, highlighting any unmet need or gaps in provision, with a view to inform service review and delivery. The results of the survey will also be used to further enhance our Healthy Settings work with schools, so that we can address inequalities, promote inclusion and encourage participation, by providing accessible services and equipping young people with the skills to make informed decisions.

## ***Our thanks go to the staff and pupils who took part in the survey:***

### **PRIMARIES**

Academy 360  
Albany Village Primary School  
Barmston Village Primary School  
Barnes Junior School  
Barnwell Academy  
Bexhill Academy  
Broadway Junior School  
Christ's College  
Easington Lane Primary School  
East Rainton Primary School  
English Martyrs' Catholic Primary School, Sunderland  
Eppleton Academy Primary School  
Fatfield Academy  
George Washington Primary School  
Grange Park Primary School  
Hetton Lyons Primary School  
Hetton Primary School  
Hill View Junior Academy  
Hudson Road Primary School  
Hylton Castle Primary School  
Lambton Primary School  
Marlborough Primary School  
Richard Avenue Primary School  
Rickleton Primary School  
St Bede's Catholic Primary School  
St Cuthbert's Catholic Primary School  
St John Bosco Catholic Primary School

St Joseph's Catholic Primary School  
St Leonard's Catholic Primary School, Silksworth  
St Patrick's Catholic Primary School, Ryhope  
St Paul's CE Primary School  
Usworth Colliery Primary School  
Willow Wood Community Primary School

### **SECONDARIES**

Academy 360  
Beacon of Light School  
Biddick Academy  
Castle View Enterprise Academy  
Christ's College  
Hetton Academy  
Monkwearmouth Academy  
Oxclose Community Academy  
Sandhill View Academy  
Southmoor Academy  
St Aidan's Catholic Academy  
St Anthony's Girls' Catholic Academy  
Thornhill Academy  
Venerable Bede CE Academy  
Washington Academy

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