

# Safeguarding

My Health My School data 2021/22

(Primary and Secondary)



## Introduction – about the survey

- The My Health My School Survey is a pupil perception survey that helps generate information on health and wellbeing of pupils in East Sussex. The survey is completed online and anonymously, and schools have instant access to the data with an automatically generated report.
- The survey has been developed and used in schools in Leeds over the last 12 years and covers questions on a range of topics including Social, Emotional And Mental Health, Physical Activity, Healthy Eating, Drugs, Alcohol and Tobacco, Sexual Health, Identity and School life. Questions are asked at an age-appropriate level, and Years 3 and 4 just complete questions about Physical Activity. This is why the numbers completing each question varies.
- In terms of GDPR, those completing the survey and their parents/carers are informed that the anonymous data will be collated and shared with East Sussex County Council and its partners.
- The survey was first completed by schools during the 2020/21 academic year. Approximately, 3,780 pupils completed the survey from 27 schools. Last year (2021/22), 10,700 pupils completed the survey from 60 schools and colleges.
- Participation by schools and pupils is voluntary.

# Guidance on interpretation

**Schools are free to choose which year groups they survey**, although are now being encouraged to include Year 6 and 9 to improve statistical analysis. Where numbers are low, we can be less certain statistically that a result is representative of the wider school population.

**Schools are also free to choose which term they conduct the survey**, and it is likely that some pupils would answer the same question differently as they settle into school or encounter new challenges such as exams. Again, we are now encouraging completion during terms 5 & 6 to achieve greater consistency.

**Survey findings should not be viewed in isolation.** It is important to consider the findings alongside other sources of data relevant to the particular subject/question. They are a useful starting point to explore an issue in more depth.

**A bespoke SEND survey was also completed with 16 pupils across the county.** The questions are worded slightly differently. Due to low numbers the responses are not recorded in this report.

**Only one college/16+ setting completed the survey** and so they have been excluded from the analysis to avoid misrepresenting the age group as a whole.

**No secondary schools in Hastings completed survey**, which may bias the overall findings as the Borough contains some of the most deprived area of the county.

# Guidance on interpretation

**Comparing survey results by geographical location** is problematic and so not included. This is because it would involve grouping schools in a way which may be misleading. For example, pupils attending a large academy school would be resident over a wide geography, each experiencing different socio-demographic factors.

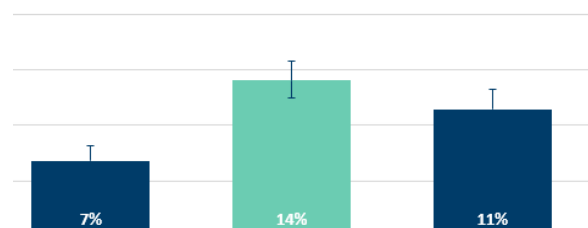
**Comparing survey results with other areas** is limited to the two local authorities who use the survey, Leeds and Torbay.

**Comparing survey results over time is possible** and will generate better analysis as more schools participate. Caution should be exercised when comparing 2022 with 2021 as the latter involved considerably less children.

**Comparing survey results by pupil characteristic is also possible** (e.g. gender, LGBTQ) but sometimes small numbers will limit confidence in the result.

**Data suppression:** values below five have been replaced by an \*.

**Confidence Intervals:** these are used on some charts. They represent the range of values that you can be 95% certain contains the true average for the school population. If the line does not overlap with the value you are comparing to you can be confident that there is a true difference between the two results. The lower the number of survey results the wider the interval will be.



## Further Information

- If you have questions about participating in the survey or the wider Healthy Schools Programme, please contact the School Health Service: [kchft.schoolhealthplan@nhs.net](mailto:kchft.schoolhealthplan@nhs.net).
- If you have questions about the analysis, please contact: [public.health@eastsussex.gov.uk](mailto:public.health@eastsussex.gov.uk).
- Further analysis of the source data is possible, if you are interested in exploring an area in more depth. Again, please contact: [public.health@eastsussex.gov.uk](mailto:public.health@eastsussex.gov.uk).

# Overview

- Drugs, alcohol and smoking
- Sexual health
- Bullying
- Feeling safe
- Information and learning
- Knowing where to go to get useful information or help/advice
- School
- Gambling

# Smoking

- 2% of primary students have *ever* smoked a cigarette compared to 13% of secondary students.
- 3% of secondary students are *regular* smokers (at least once a week).

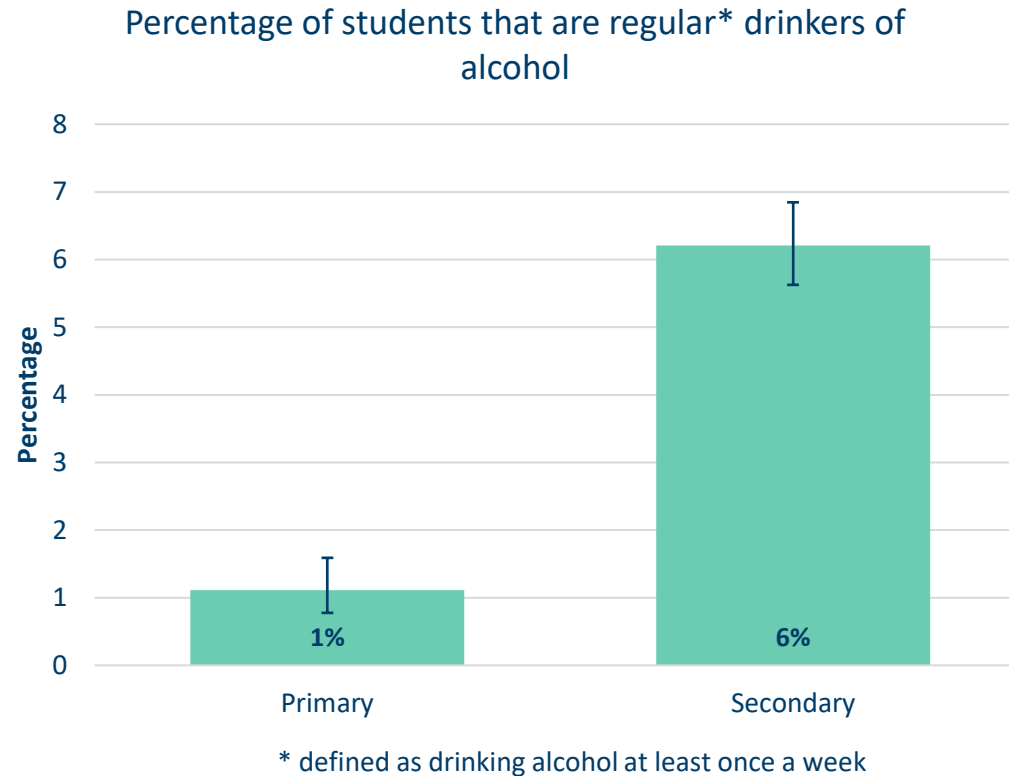
Students that responded yes to *ever* smoking a cigarette:

Where do you get most of your cigarettes from?		
	Secondary (n=762)	
	Number	Percentage
My friends provide them	258	34%
Other	193	25%
I buy them from shops	88	12%
I smoke what I can find at home (without my parents knowing)	56	7%
Someone older gives them to me	53	7%
I get someone older to buy them for me	44	6%
My parents provide them	21	3%
Other family members provide them	19	2%
I buy them from pubs and clubs	12	2%
Social Media	12	2%
Internet	6	1%

- 14% of primary and 12% of secondary students said they need better information to help them understand the risks of smoking.

# Alcohol

- **38%** of secondary students have *never* had a drink of alcohol.



- **Significantly more secondary school students are regular drinkers of alcohol compared to primary school students.**

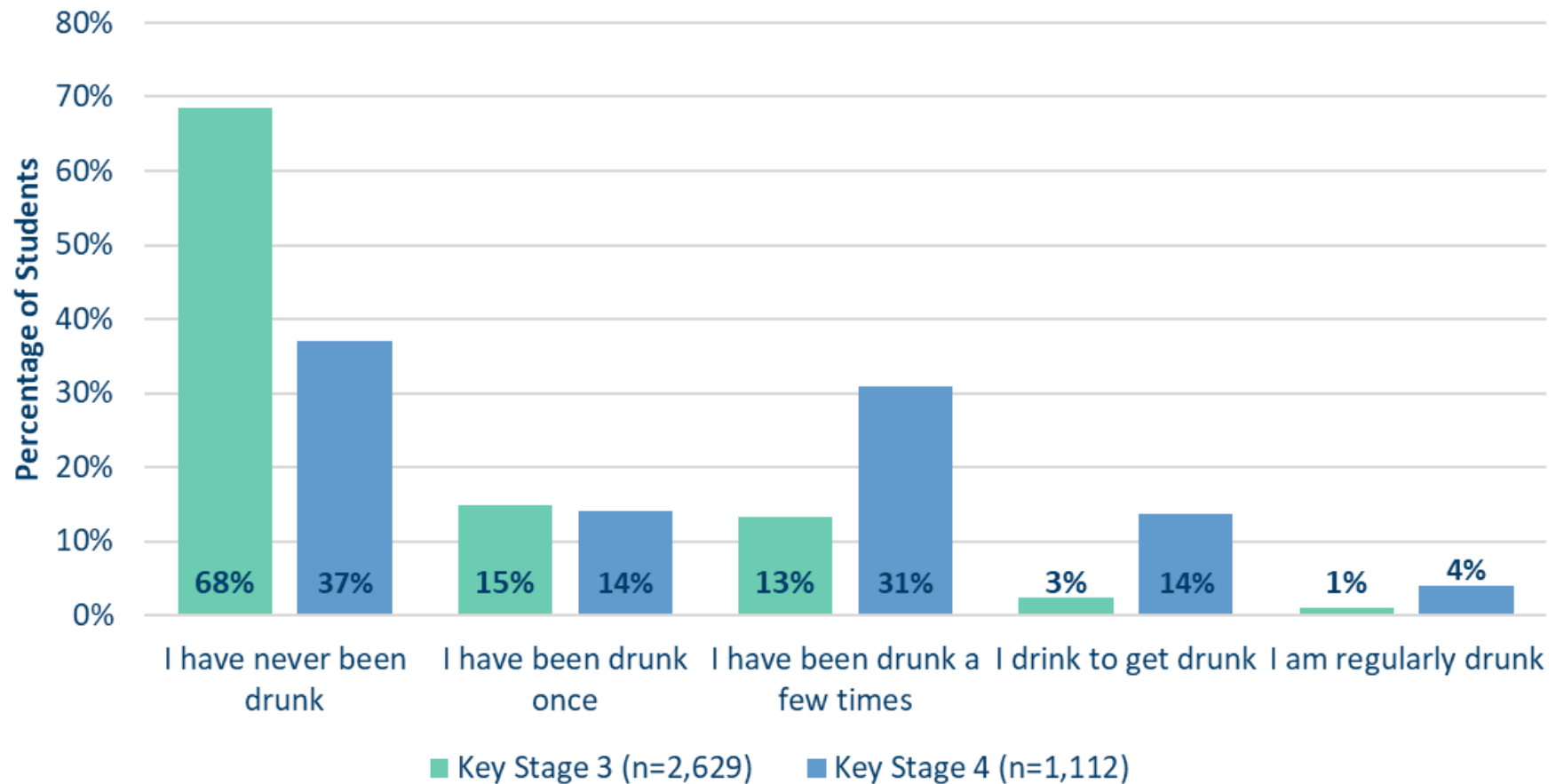
- 15% of primary and 13% of secondary students said they need better information to help them understand the risks of alcohol.



## Alcohol *continued*...

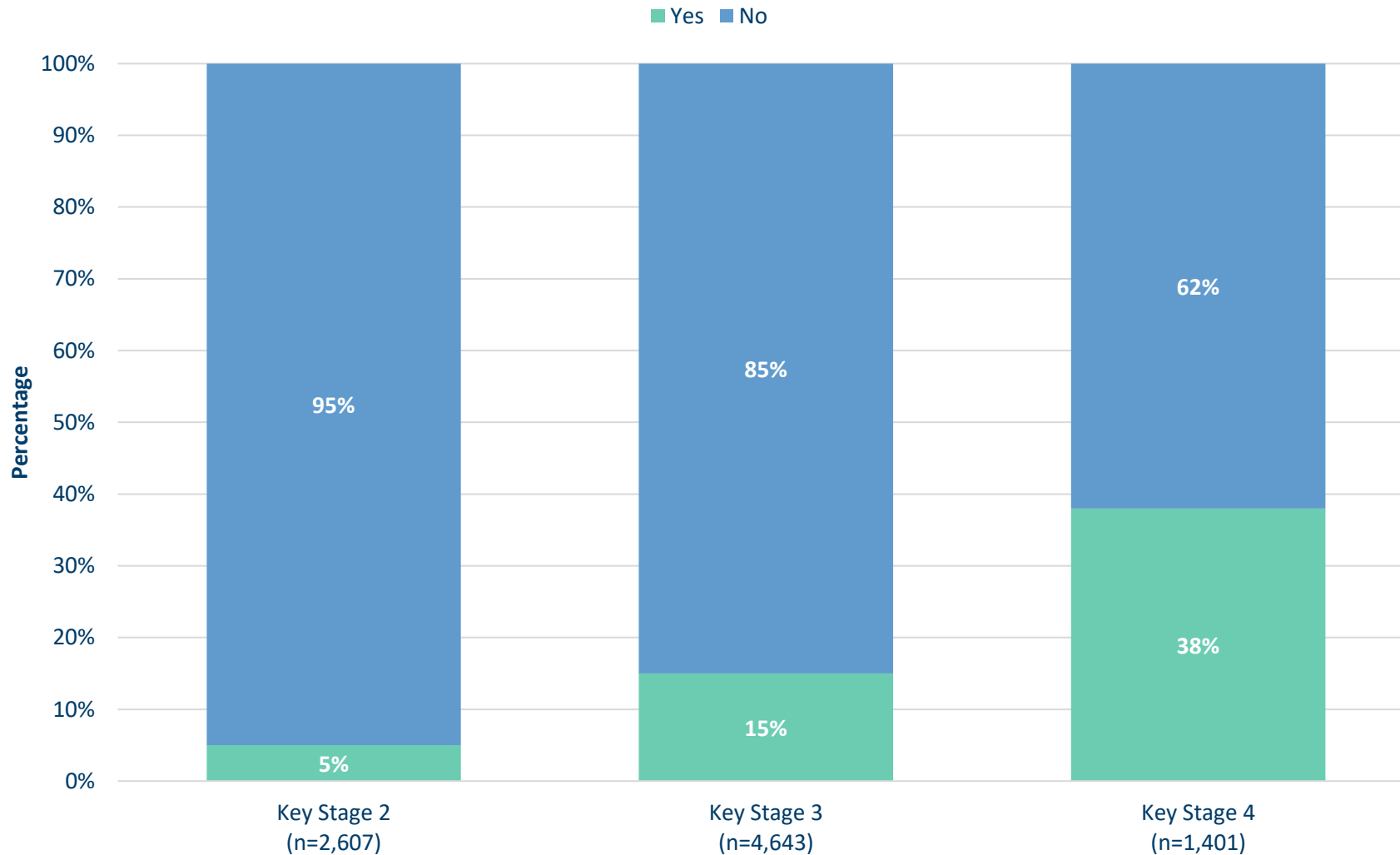
Of the students that responded they have *ever* tried alcohol:

Which of these describes you?



# Have you ever been *offered* drugs?

Have you ever been *offered* illegal drugs or glues, gases and solvents as drugs?



# Drugs

- Nearly a quarter (23%) of key stage 4 students have *ever* used illegal drugs or glues, gases and solvents as drugs compared to 4% of key stage 3 students.
- Cannabis - all other forms (not including edible) is the most used drug.
- 4% of secondary students use drugs *regularly* (at least once a week).

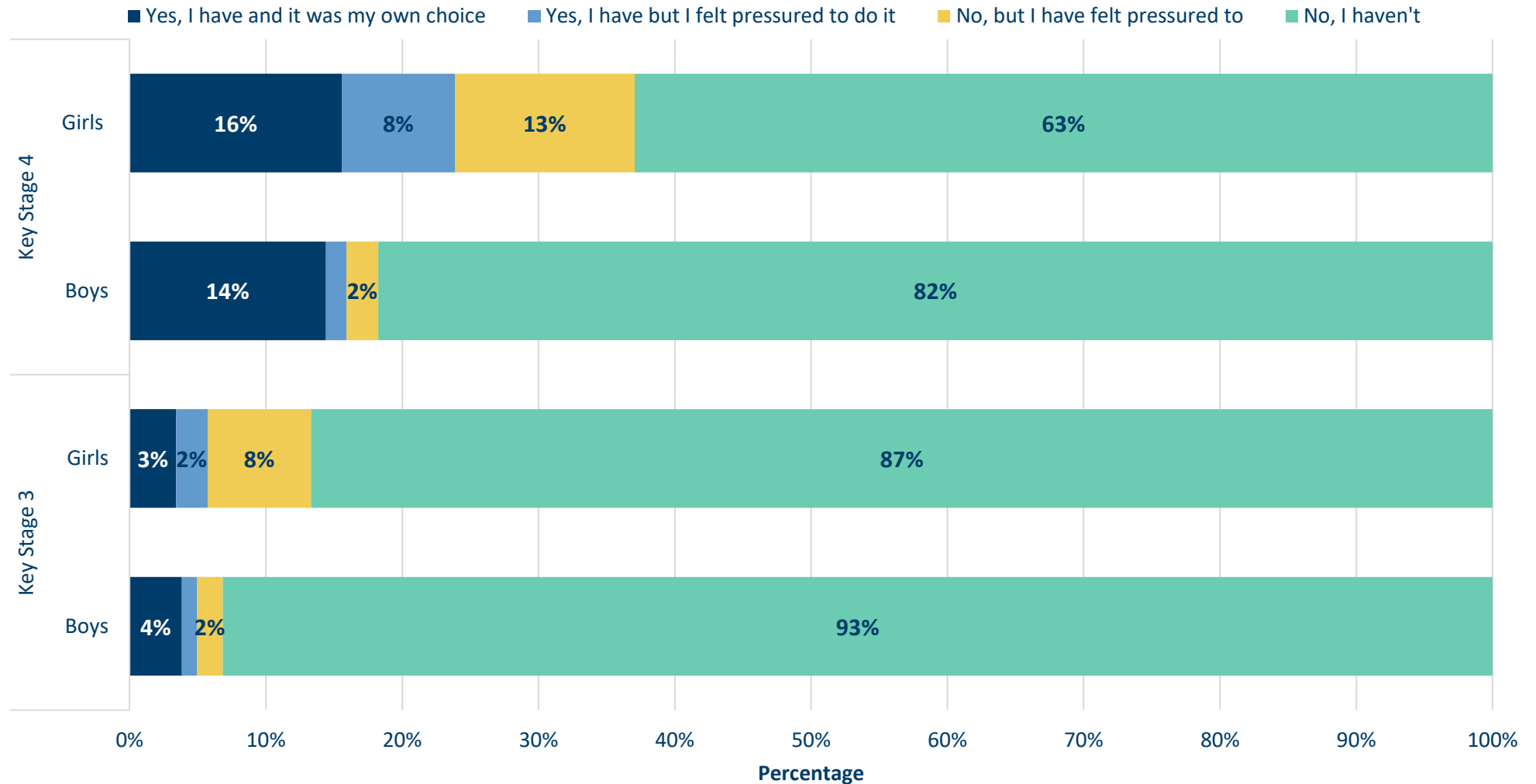
Of the students that responded they have *ever* used illegal drugs:

Where do you get most of your drugs from?		
	Secondary (n=487)	
	Number	Percentage
My friends provide it	198	41%
Other	122	25%
Someone older gives them to me	77	16%
My parents provide it	30	6%
I get someone older to buy it for me	17	3%
I buy it from shops	16	3%
Social media	10	2%
I use what I can find at home (without my parents knowing)	8	2%
I buy it in pubs and clubs	6	1%
Internet	*	*

- 16% of primary and 14% of secondary students said they need better information to help them understand the risks of drugs.

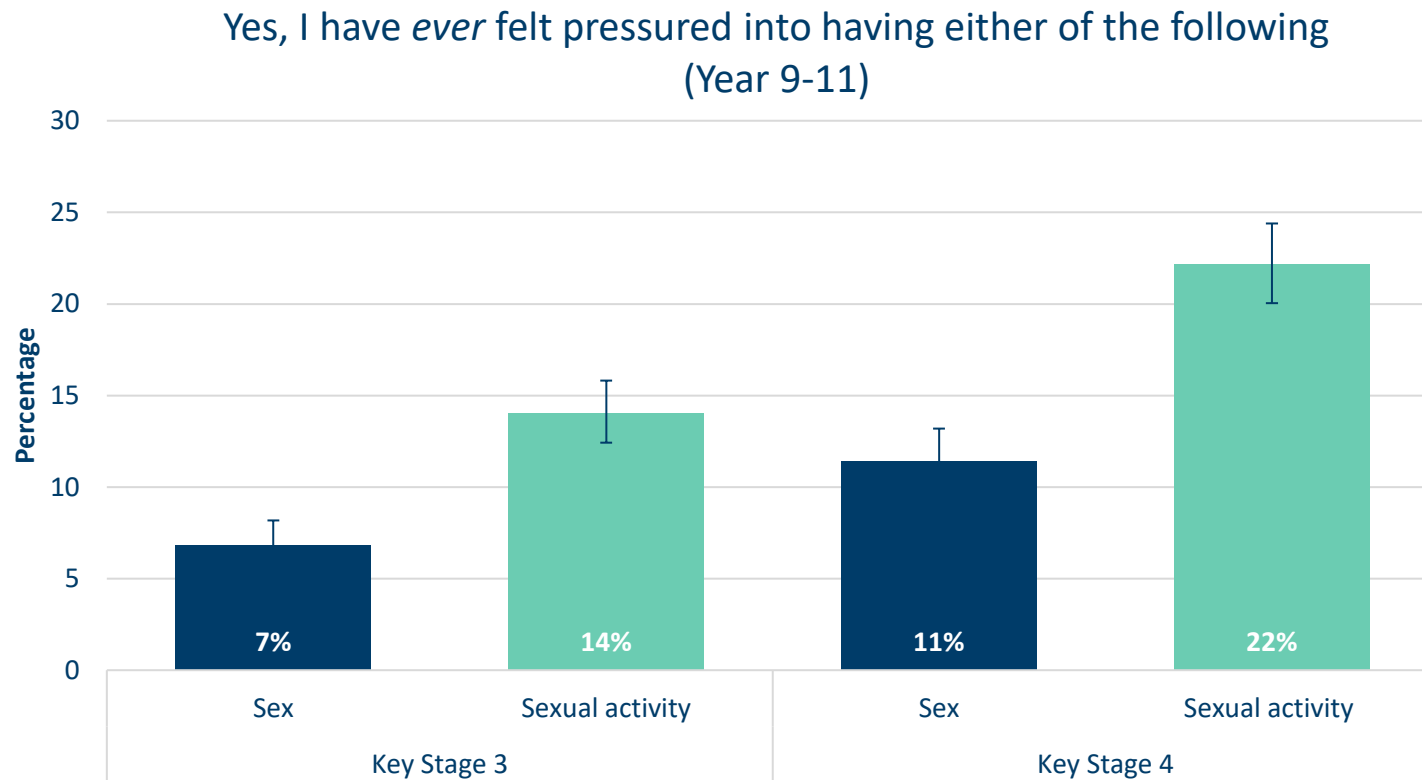
# Nude pictures or videos

Have you *ever* sent any nude pictures or videos? (Year 7-11)



# Consent and pressure to have sex/sexual activity

- 96% of students aged 13 to 16 years responded that they understand what is meant by consent in relation to sexual activity



- Significantly more students have felt pressured into sexual activity compared to sex
- Significantly more key stage 4 students have felt pressured into sexual activity compared to key stage 3

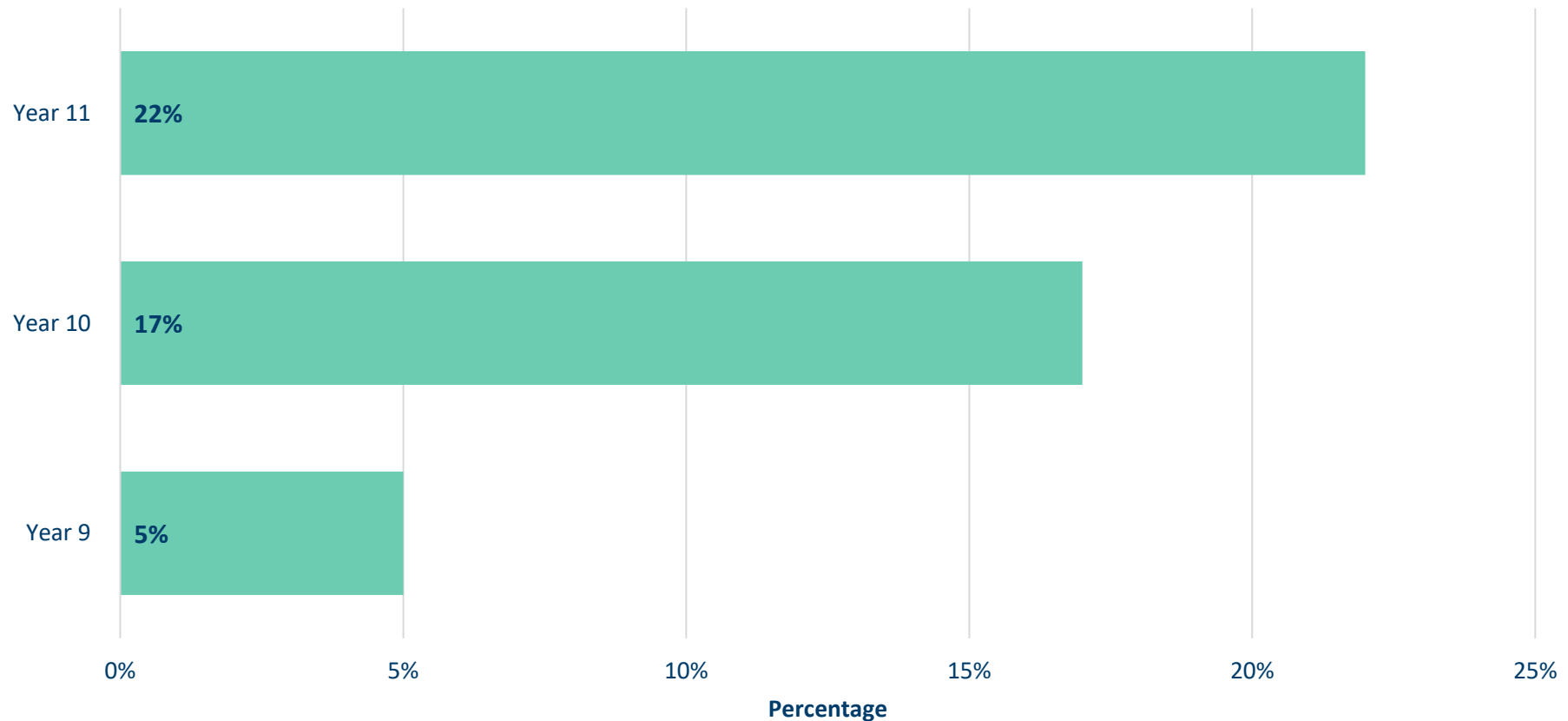
# If you have *ever* felt pressured into having sex or sexual activity, who or what pressured you? (Year 9-11)

<b>If you felt pressured into having sex or sexual activity, who or what pressured you?</b> <i>(Year 9-11, n=3,016)</i> <i>Students could tick multiple options</i>		
	<b>Number</b>	<b>Percentage</b>
<b>I have never felt pressured</b>	2,442	81%
<b>Boyfriend/girlfriend</b>	254	8%
<b>Friend(s)</b>	174	6%
<b>Online pressure</b>	139	5%
<b>Other young people</b>	111	4%
<b>Stranger</b>	104	3%
<b>Pornography</b>	101	3%
<b>Pupils at school</b>	100	3%
<b>TV/Films</b>	61	2%
<b>Other adults</b>	54	2%
<b>Family member</b>	45	1%

- Most students have never felt pressured into having sex or sexual activity.
- The two highest reported pressures were boyfriend/girlfriend and friend(s).

# Have you *ever* had sex (sexual contact between individuals involving penetration)? (Year 9-11)

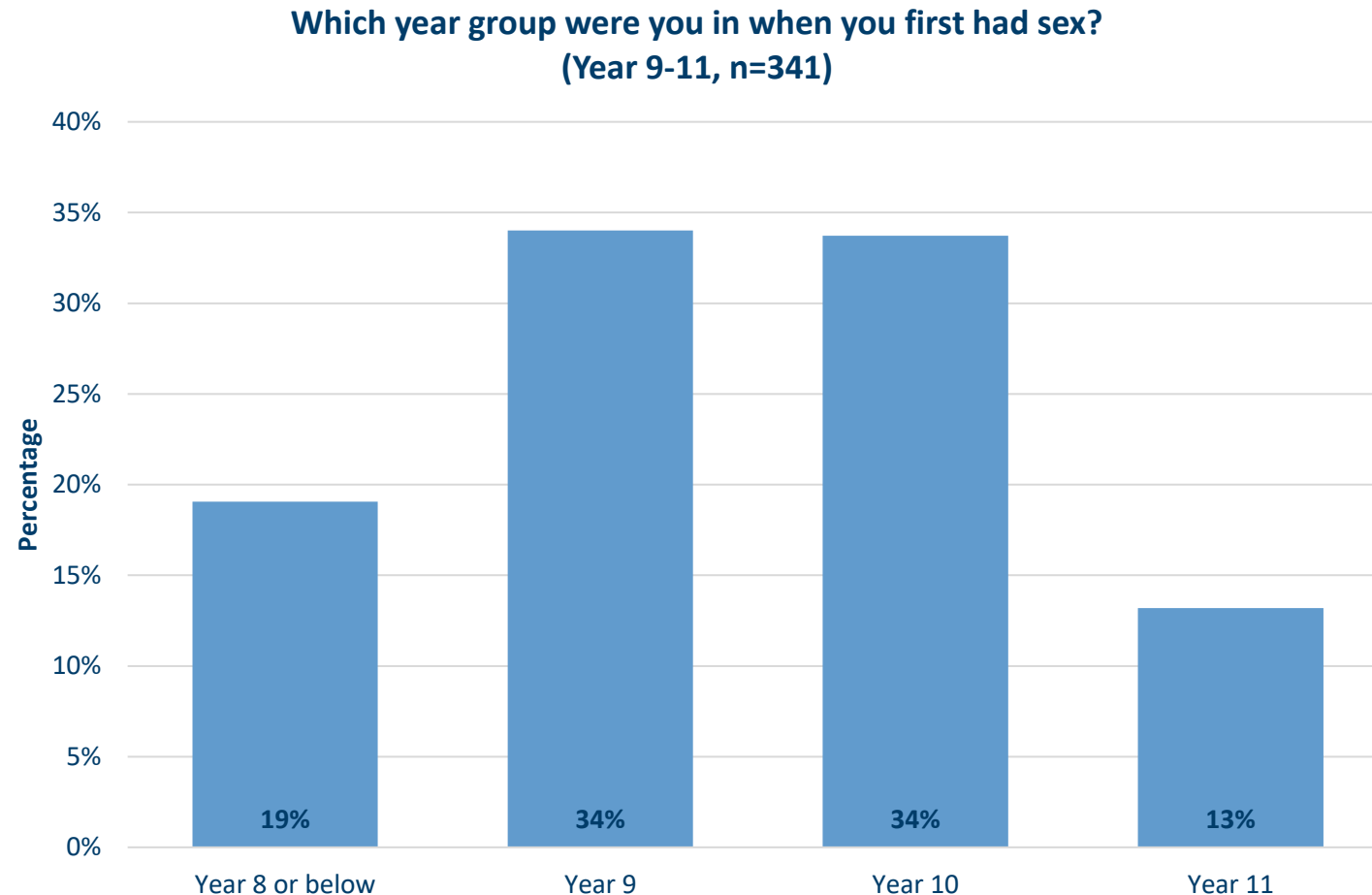
Yes, I have had sex (sexual contact between individuals involving penetration)?  
(Year 9-11)



# Which year group were you in when you first had sex? (Year 9-11)

- 13% (n=343) of year 9-11 students have *ever* had sex.

Of the students that responded yes to *ever* having sex:





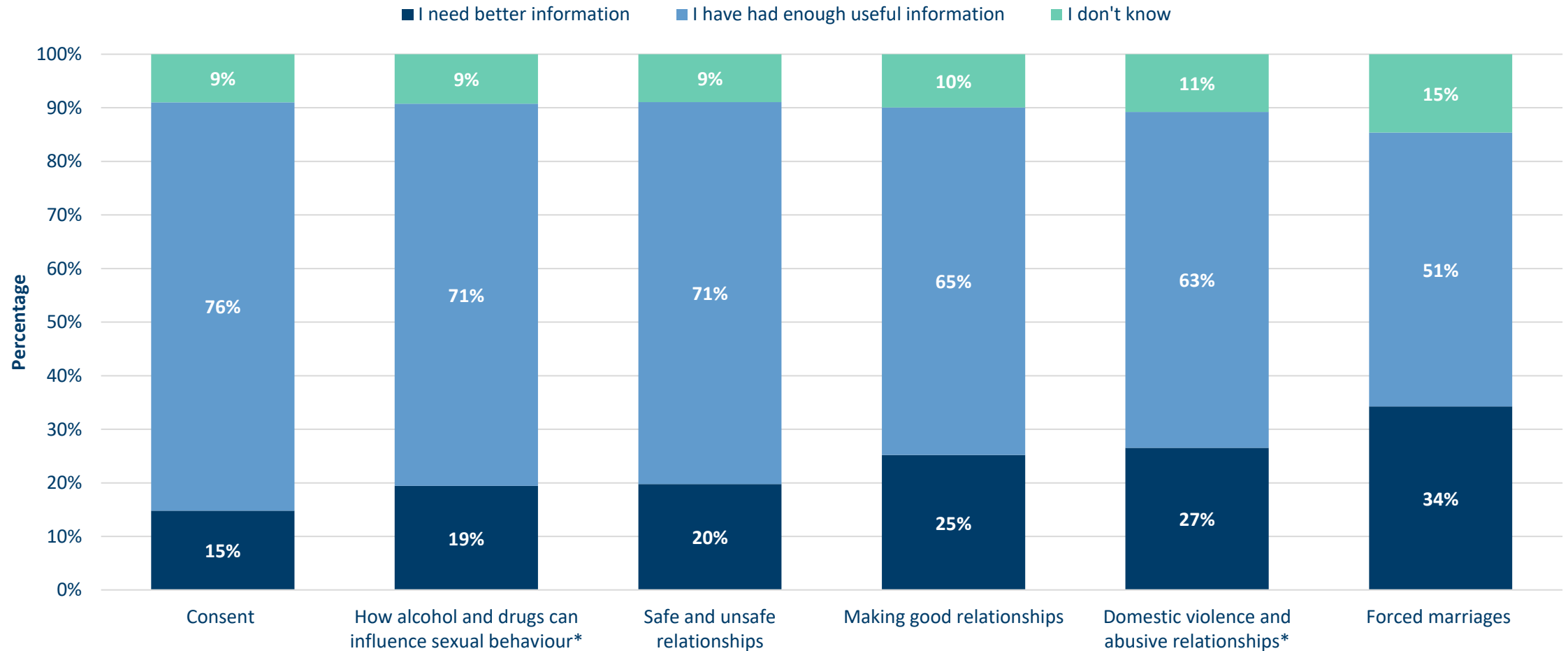
# Why did you or your partner *not* use a condom or any other form of contraception/protection? (Year 9-11)

Students that responded yes to *ever* having sex and *not* using contraception/protection or condoms the last time they had sex, (n=114):

Why did you or your partner not use a condom or any other form of contraception/protection? (Year 9-11, who had sex without protection, n=114, students could tick multiple options)		
	Number	Percentage
Other	39	39%
I don't like using condoms	25	25%
My partner didn't want to use anything	25	25%
We didn't plan to have sex	23	23%
I didn't want to use anything	18	18%
Didn't know where to get it from	15	15%
It's against my religion to use condoms or contraception/protection	10	10%
I was scared/embarrassed to get an appointment at the doctors or sexual health clinic	7	7%
I was scared/embarrassed to suggest using a condom	6	6%
I'm allergic to latex condoms	6	6%
I didn't have any money to buy condoms	5	5%

# Learning and Information (Secondary)

How much useful information and learning have you had to help you understand the following things?  
(Secondary Students)

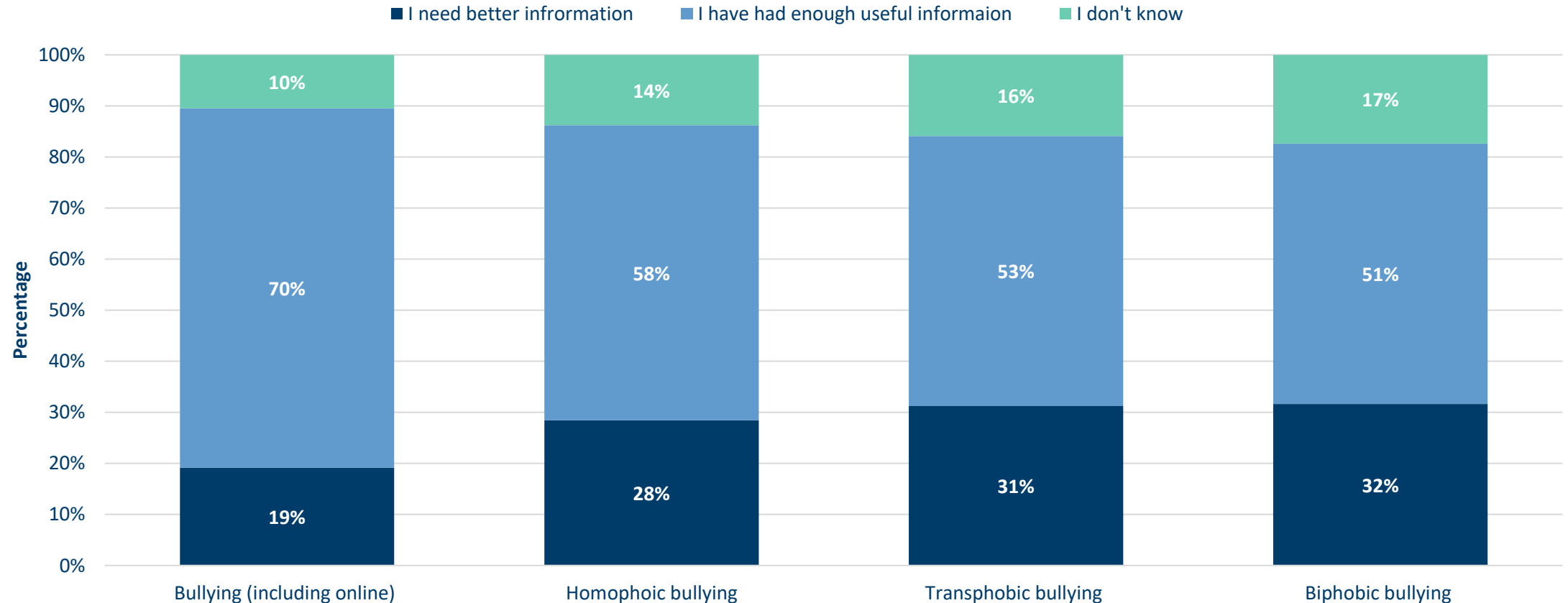


\* Year 9-11 only

# Learning and Information regarding bullying (Secondary)

- 40% of secondary students have been bullied (including online) at least a few times this year.

How much useful information and learning have you had to help you understand the following?  
(Secondary Students)

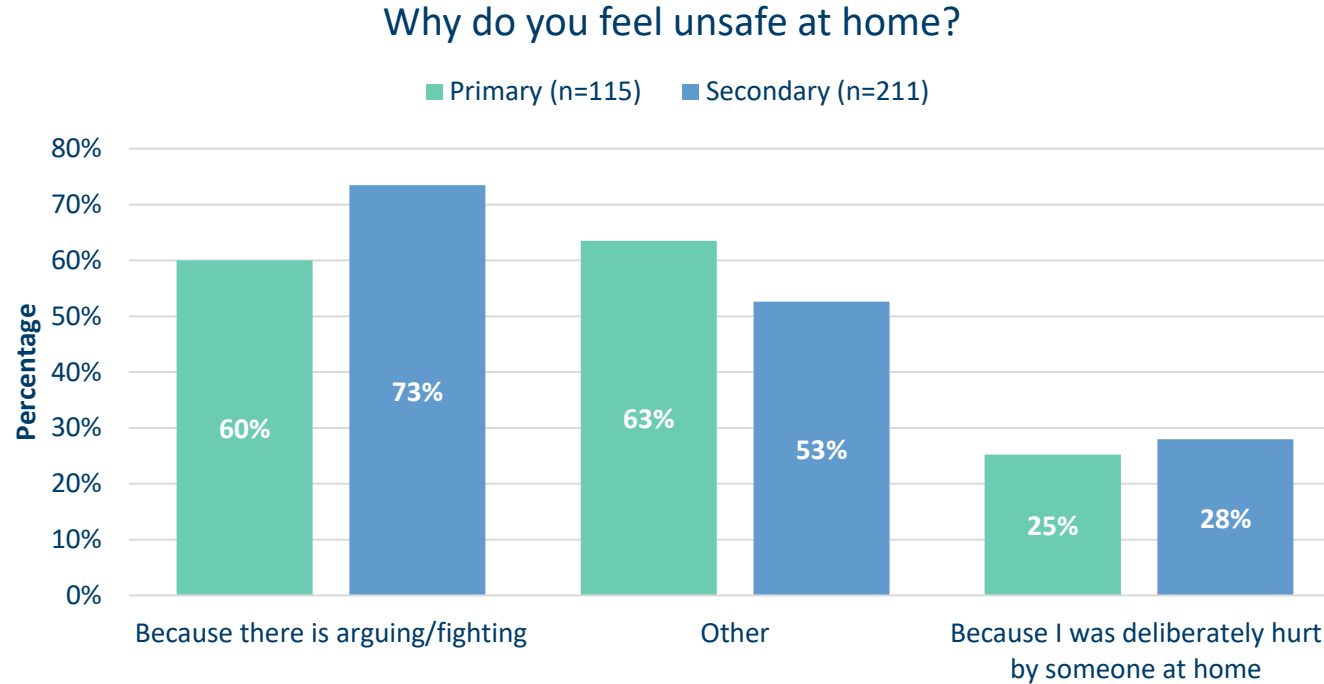


# Feeling Safe at home



- Nearly all students (95%) aged 9-16 years feel safe at home, 5% (n=424) of students feel unsafe.

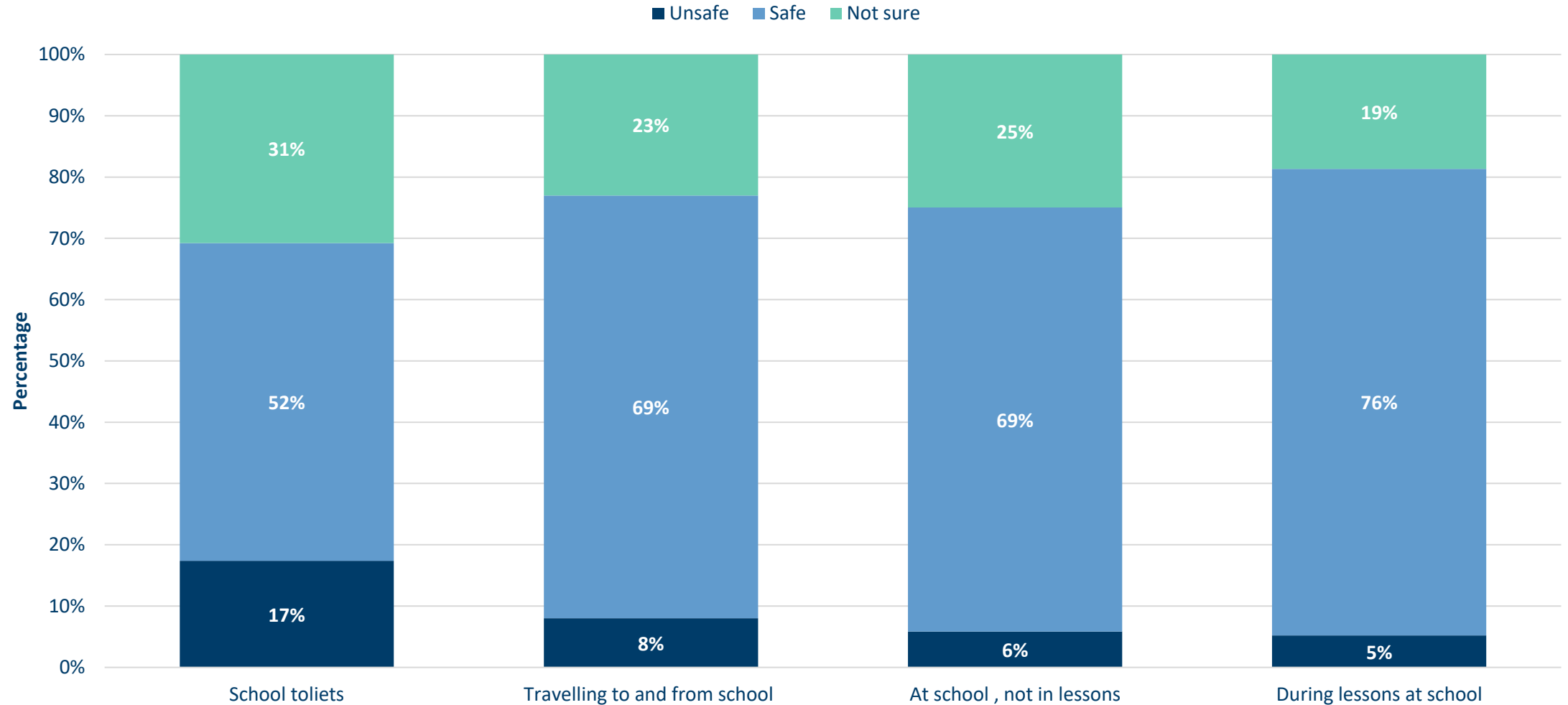
Students that responded feeling unsafe at home:



- Of those that do not feel safe at home, 54% (n=113) of secondary students feel unsafe at home because they have experienced abuse (mental, physical or sexual abuse).

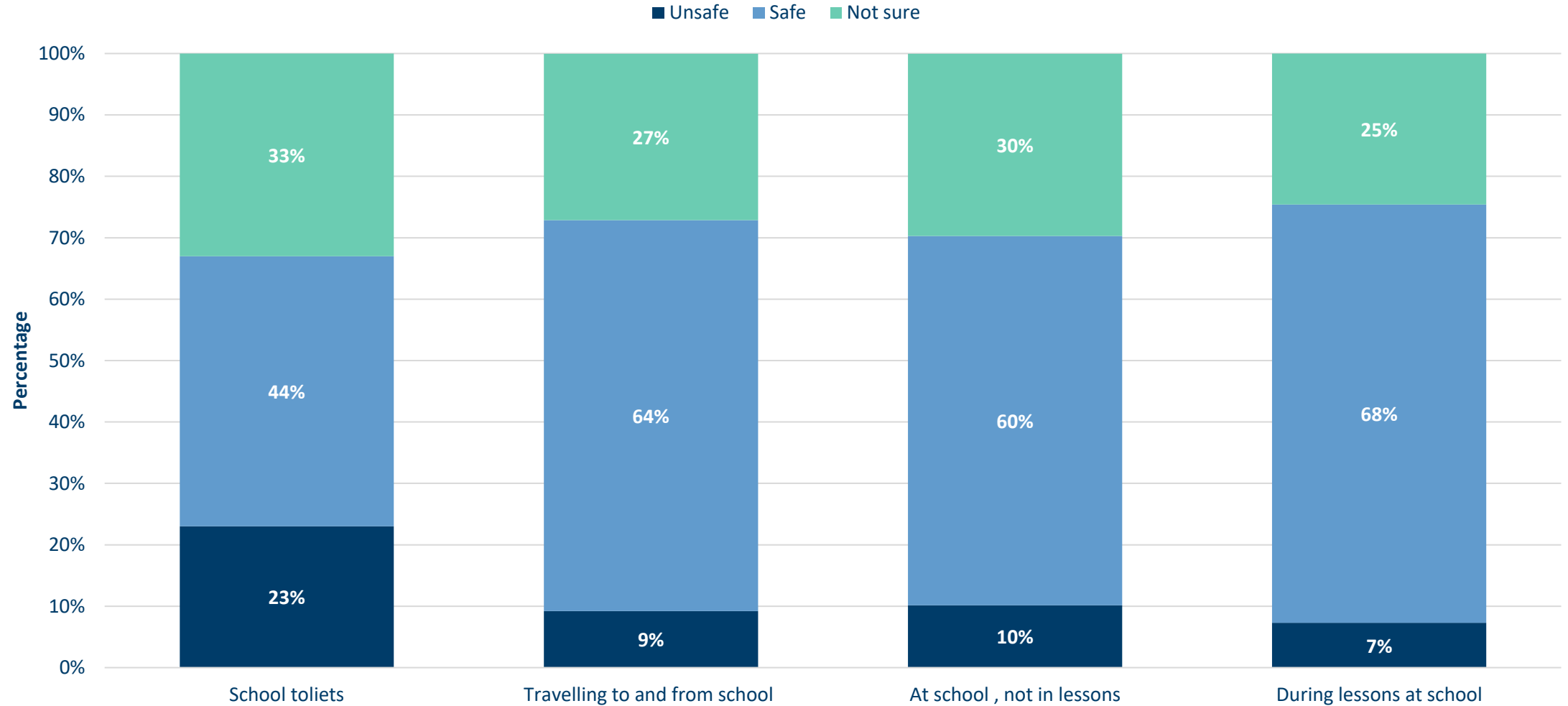
# Feeling Safe at school (Primary)

In the last 12 months, how safe have you felt in the following places? (Primary)



# Feeling Safe at school (Secondary)

In the last 12 months, how safe have you felt in the following places? (Secondary)

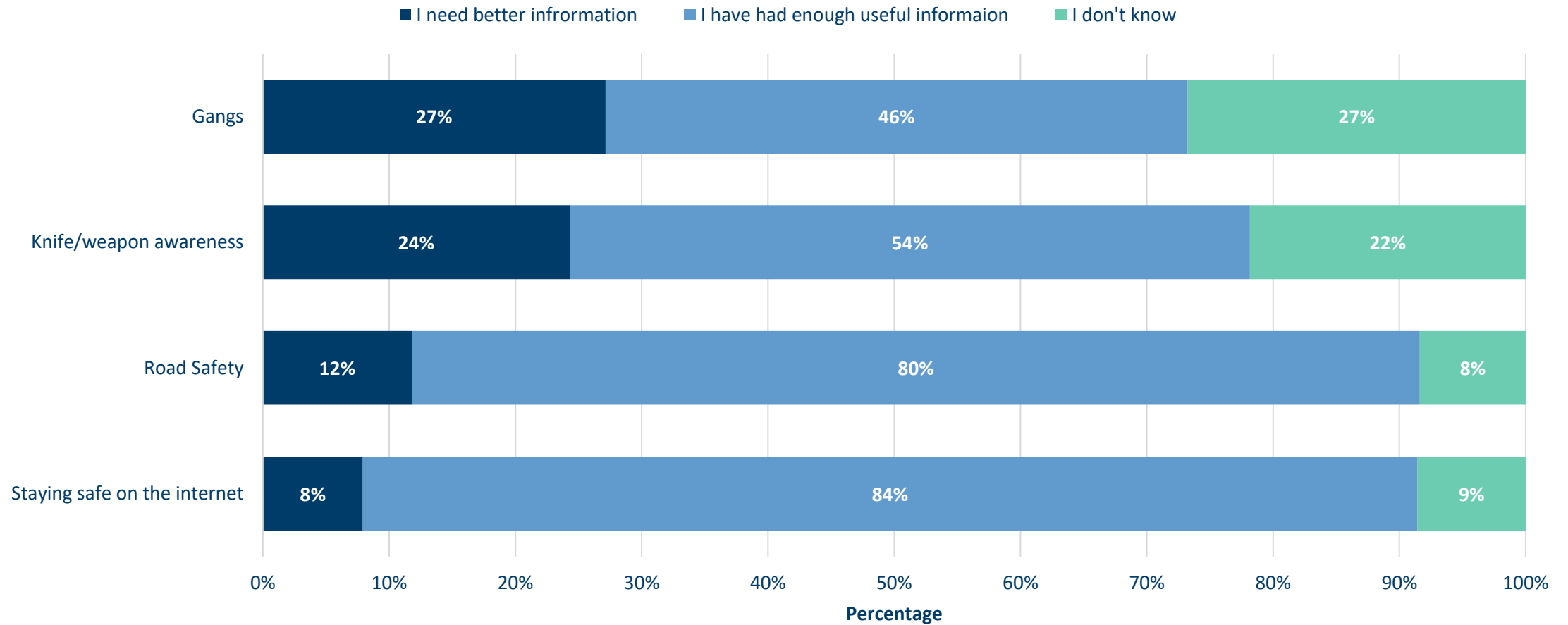


# Caring responsibilities

<b>Do you help look after somebody in your family because they...?</b> (Secondary n=6,048)		
	<b>Yes, most days</b>	
	<b>Number</b>	<b>Percentage</b>
<b>are too young to look after themselves (e.g. a brother or sister)</b>	692	11%
<b>are ill</b>	573	9%
<b>have a disability</b>	511	8%
<b>have a mental health problem</b>	441	7%
<b>other</b>	361	6%
<b>are your child</b> ( <i>Year 8-11 only, n=4,310</i> )	144	3%
<b>have a problem with drugs or alcohol</b>	181	3%

# Learning and Information (Primary)

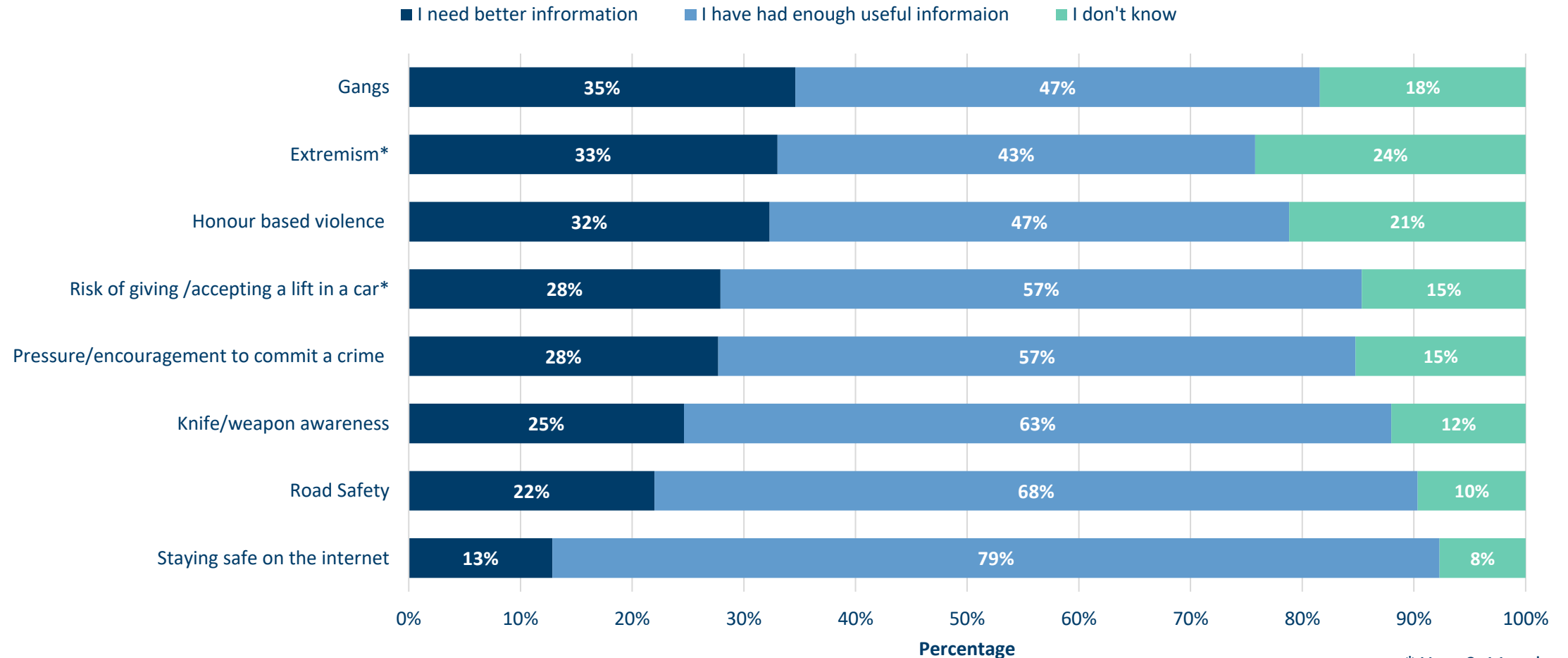
How much useful information and learning have you had to help you understand the following things?  
(Primary)





# Learning and Information (Secondary)

How much useful information and learning have you had to help you understand the following things?  
(Secondary)



\* Year 9-11 only

# To make sure you are safe and healthy, would you know where to go to get help or advice for each of these things? - Yes (Primary)



86% - Staying safe on the internet



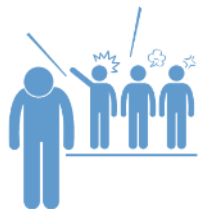
80% - Bullying (including online)



79% - Someone asking for your personal details on the internet



78% - Someone sending you upsetting messages, pictures or videos on the internet or your mobile phone



75% - Racism and what to do about it



62% - Pupils carrying knives/weapons



61% - Pressure to be in a gang



60% - Alcohol



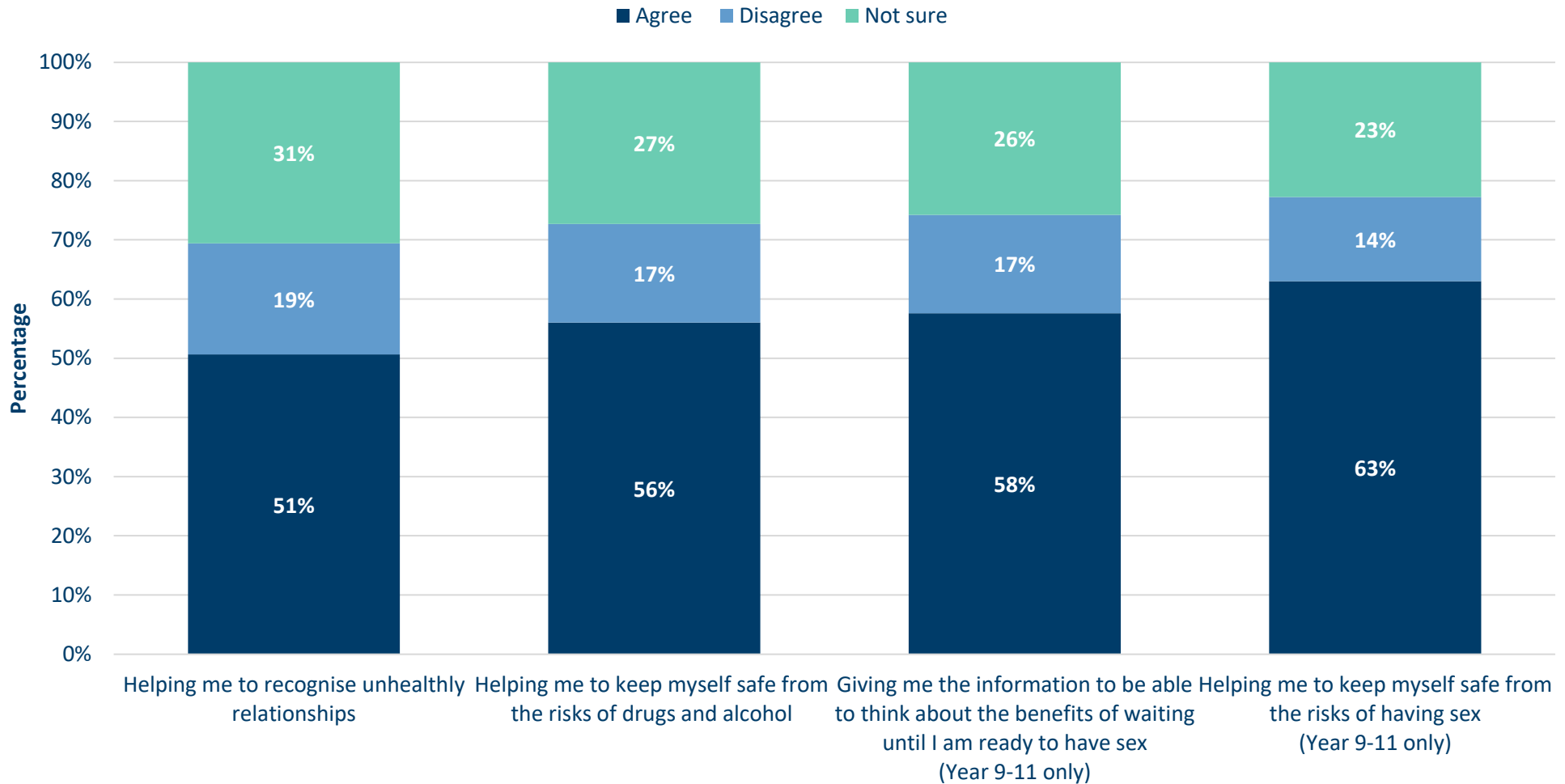
59% - Drugs

## To make sure you are safe and healthy, would you know where to go to get help or advice for each of these things? – Yes (Secondary)

- 81% - Staying safe on the internet
- 79% - Someone asking for your personal details on the internet Bullying (including online)
- 77% - Someone sending you upsetting messages, pictures or videos on the internet or your mobile phone
- 75% - Racism and what to do about it
- 72% - Domestic violence and abusive relationships\*
- 72% - Alcohol
- 72% - Drugs
- 69% - Homophobic bullying and ways to stop it
- 69% - Pupils carrying knives/weapons
- 68% - Transphobic bullying and ways to stop it
- 67% - Biphobic bullying and ways to stop it
- 67% - Pressure/encouragement to commit a crime
- 67% - Child sexual Exploitation (also known as grooming)
- 65% - Self-harm
- 64% - Gambling (mine/family members)
- 64% - Pressure to be in a gang
- 63% - Forced marriage
- 62% - Honour based violence
- 59% - Female Genital Mutilation (FGM)
- 58% - Extremism\*

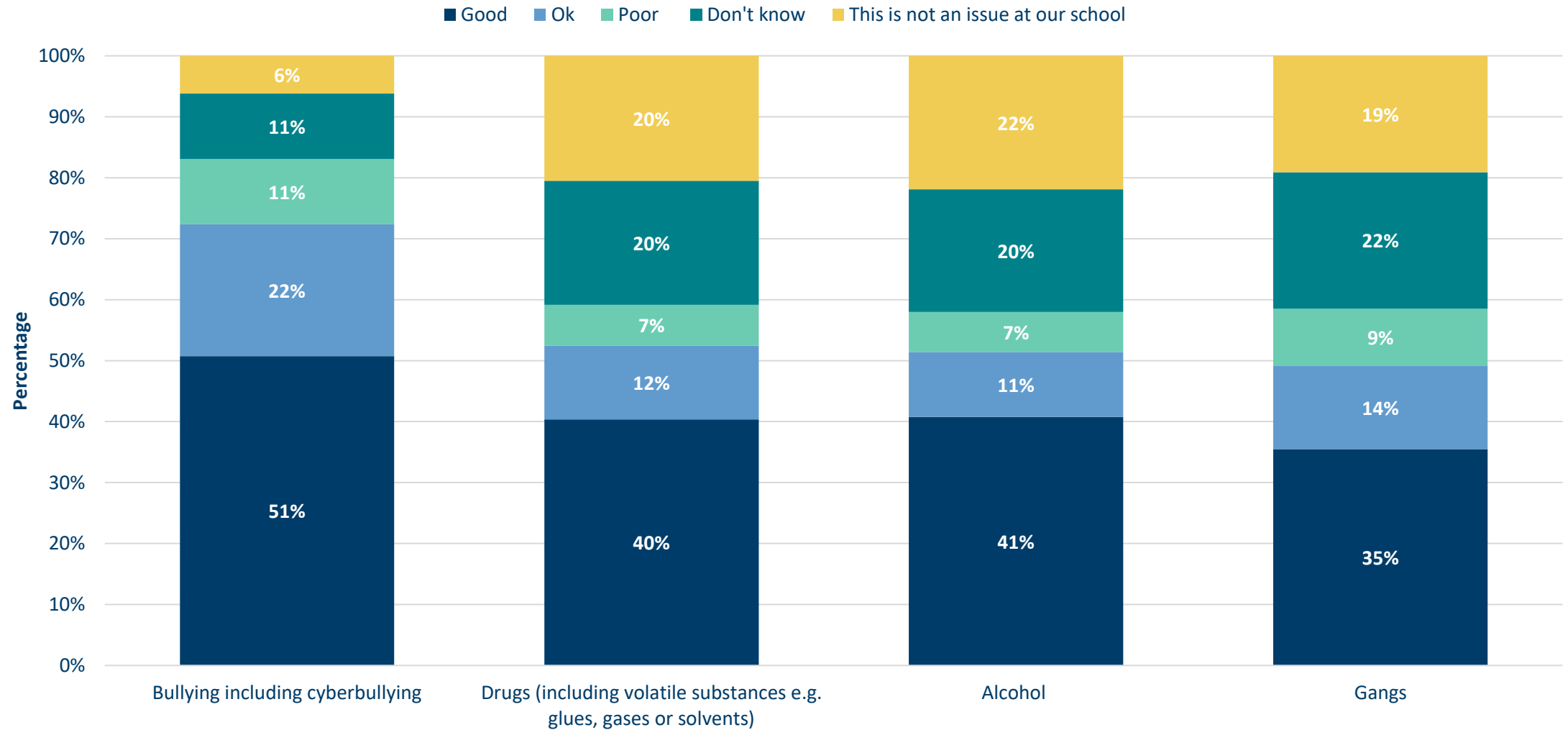
# 'My school has been good at...' (Secondary)

'My school has been good at...'(Secondary)



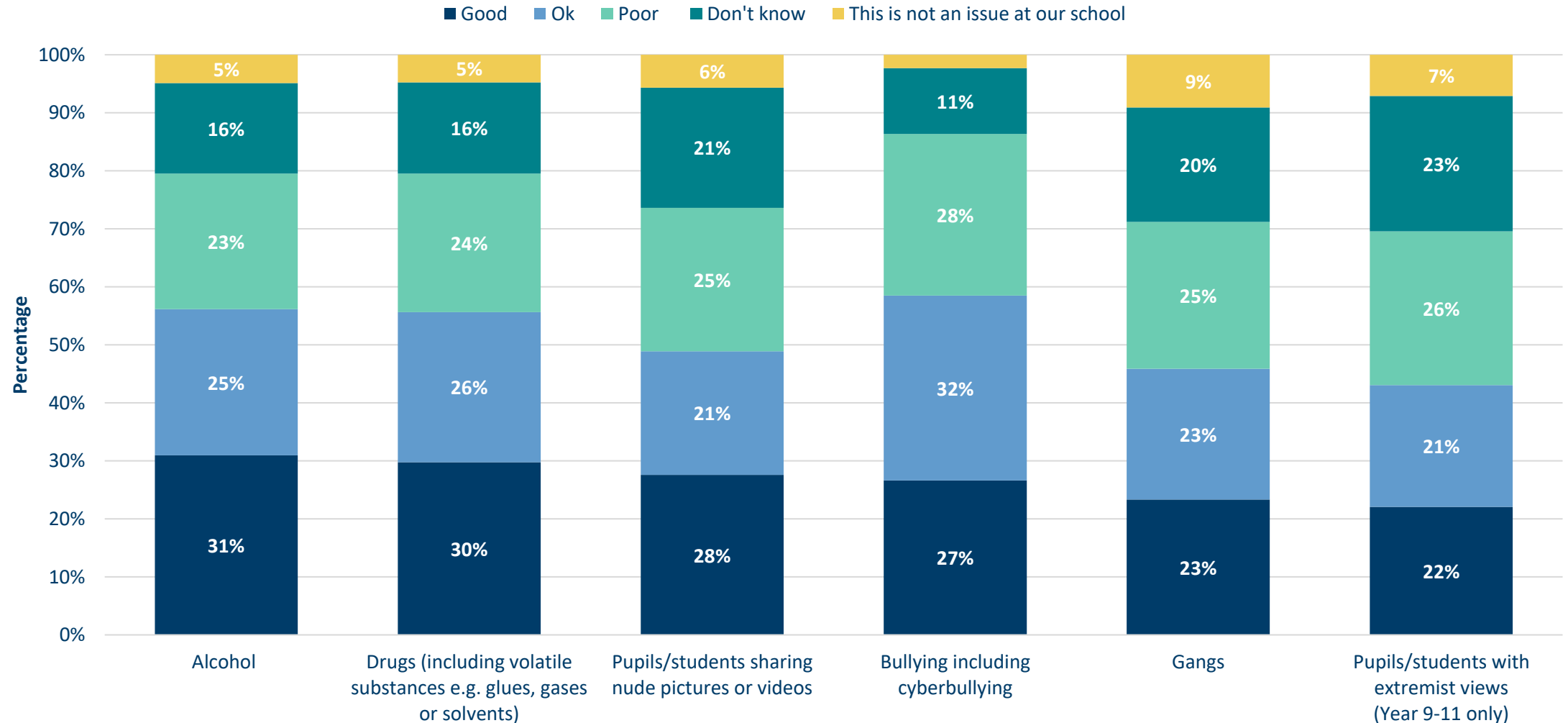
# How good do you think your school are at dealing with the following...? (Primary)

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# How good do you think your school are at dealing with the following...? (Secondary)

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## Gambling (Secondary)

- 7% of secondary students are regularly (at least once a week) engaging in gambling behaviour from buying coins to move up a level in a game to using gambling machines.

In the last 12 months, have you ever taken part in any of the following activities (gambled), either online or at a venue?

At least a few times in the last 12 months		
	Number	Percentage
Purchased coins to move up a level during a game or Skin Betting	1,493	25%
Placing a private bet for money (e.g. with friends)	1,405	23%
Placed a bet on a sporting event	1,115	18%
Bingo	1,089	18%
Fruit machine/Slot machines/other gambling machines	859	14%
Purchased a national lottery scratch card or lotto	857	14%
Playing cards for money (e.g. poker, blackjack)	717	12%
Any other betting or gambling activity	570	9%
Roulette	303	5%

- 32% of secondary students said they need better information to help them understand the risks of gambling .