

Physical Health

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.

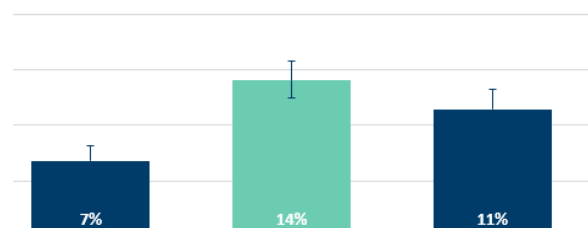
Comparing survey results with other areas is limited to the two local authorities who use the survey, Leeds and Torbay.

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

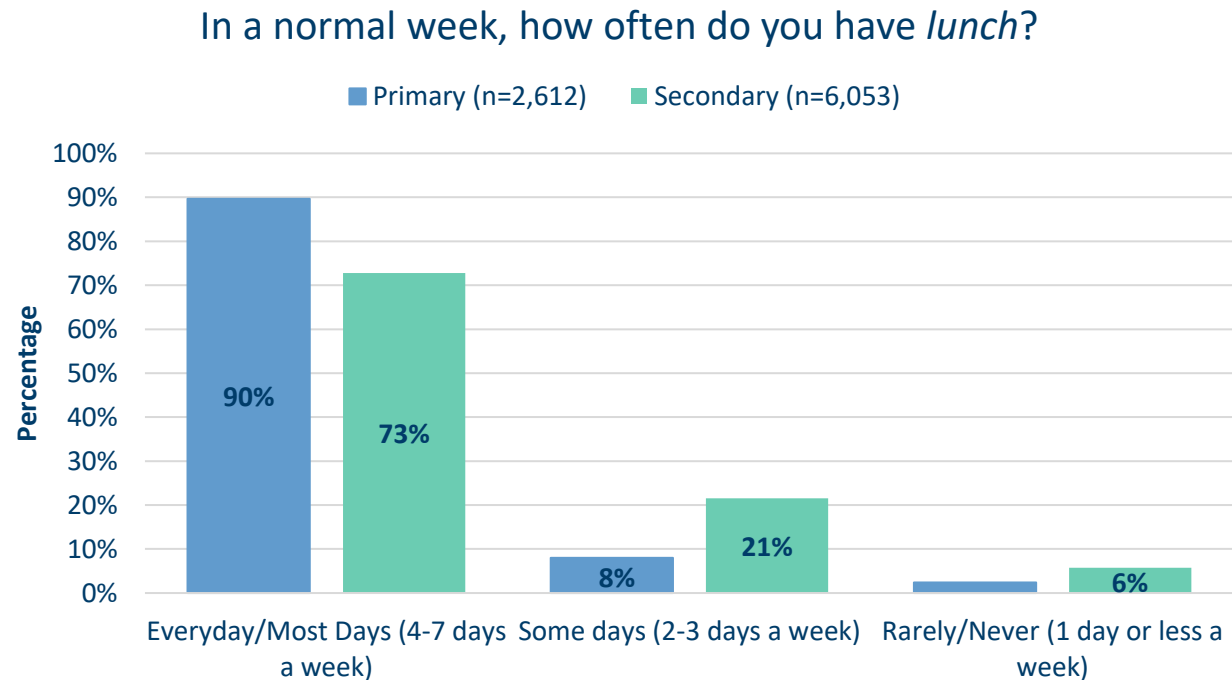
- If you have questions about participating in the survey or the wider Healthy Schools Programme, please contact the School Health Service: kchft.schoolhealthplan@nhs.net.
- If you have questions about the analysis, please contact: public.health@eastsussex.gov.uk.
- Further analysis of the source data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

Overview

- Healthy eating
- School experience of lunchtime
- Oral health
- Sleep
- Physical activity and sport
- Drugs, alcohol, smoking and vaping
- Sexual health

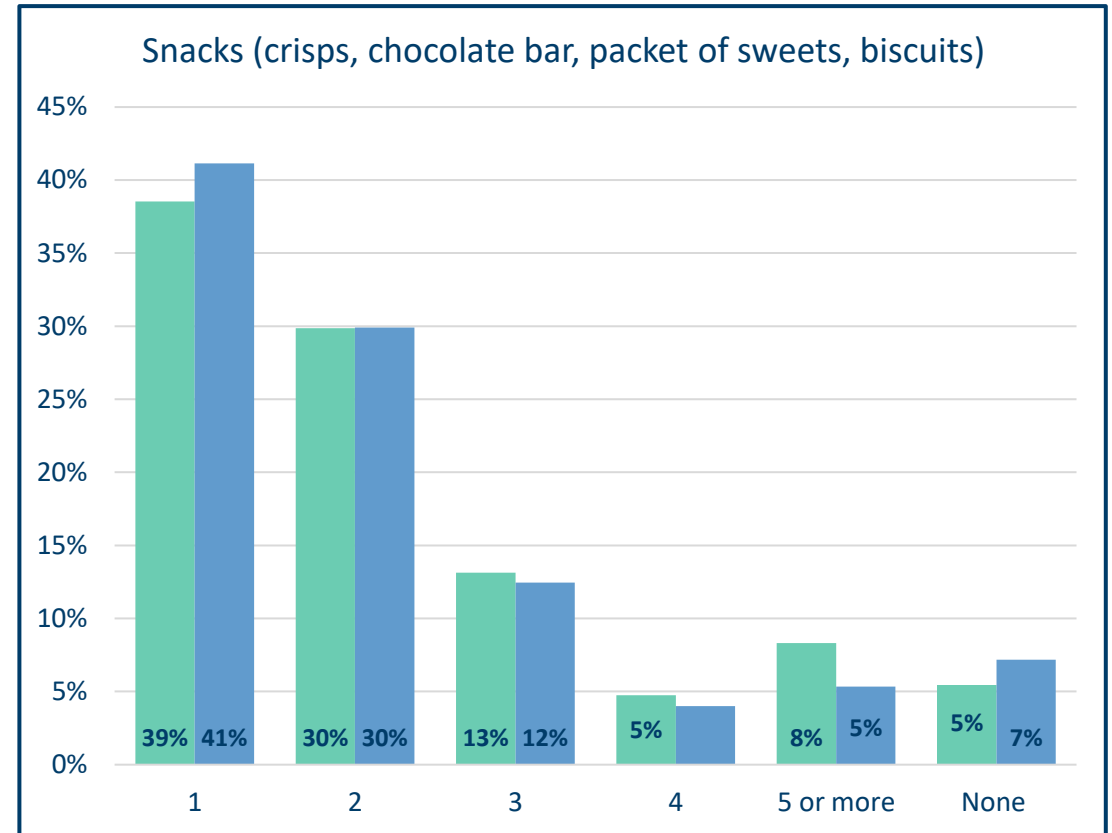
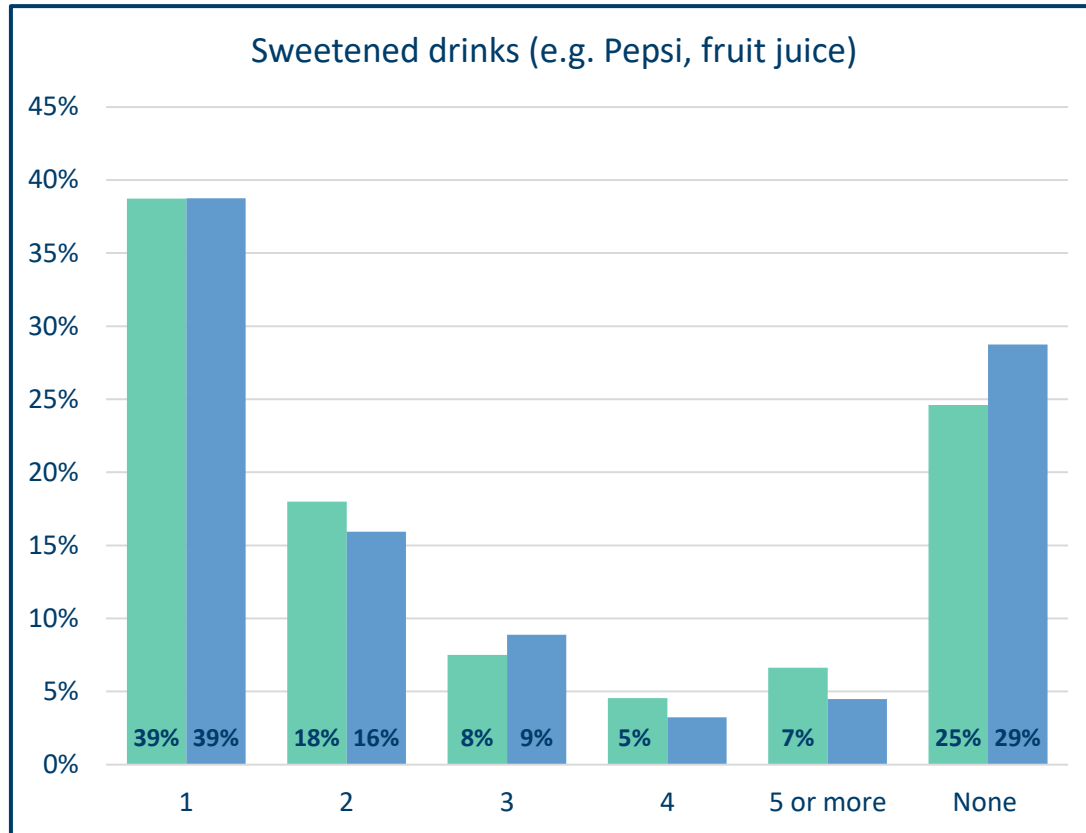
Breakfast, Lunch and Dinner

- In a normal week, 77% of primary and 57% of secondary students have *breakfast* everyday/most days.
- On a normal school day, 95% of primary and 90% of secondary students eat their breakfast at home.



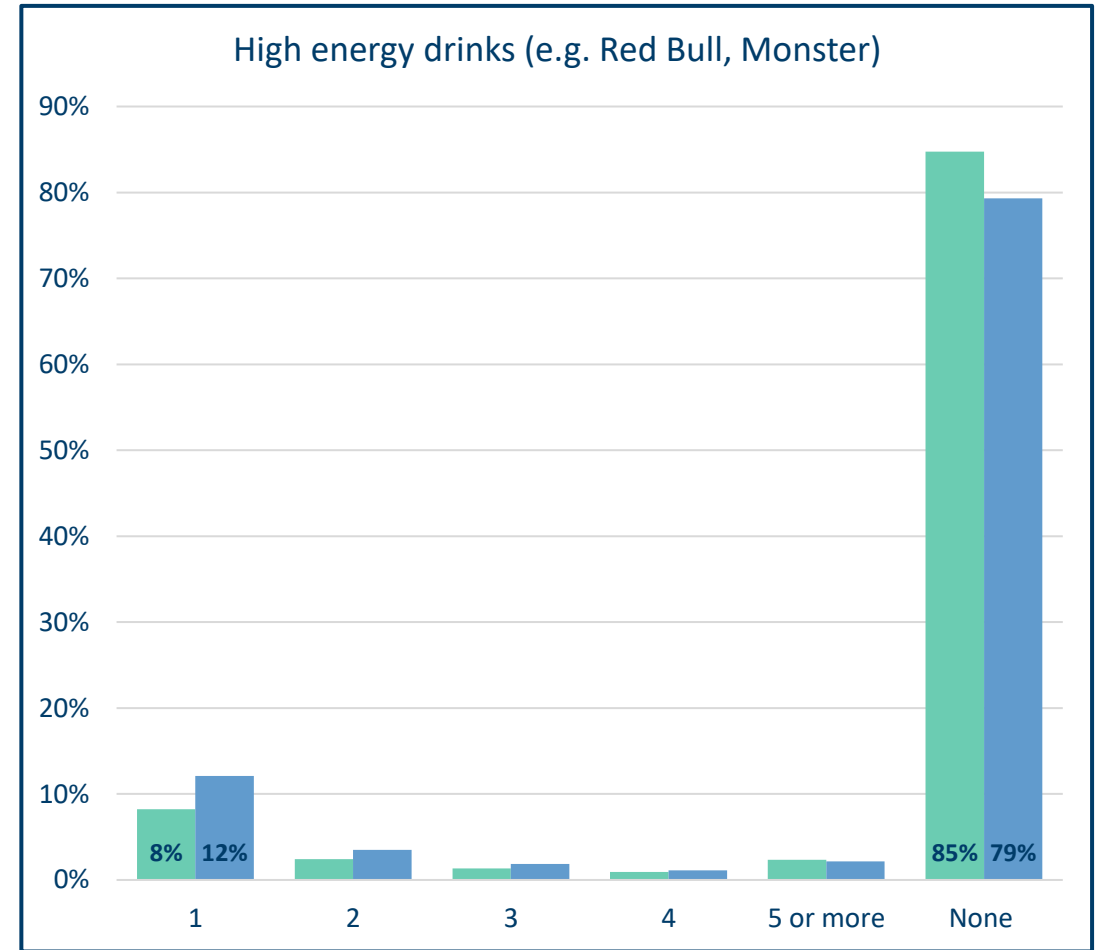
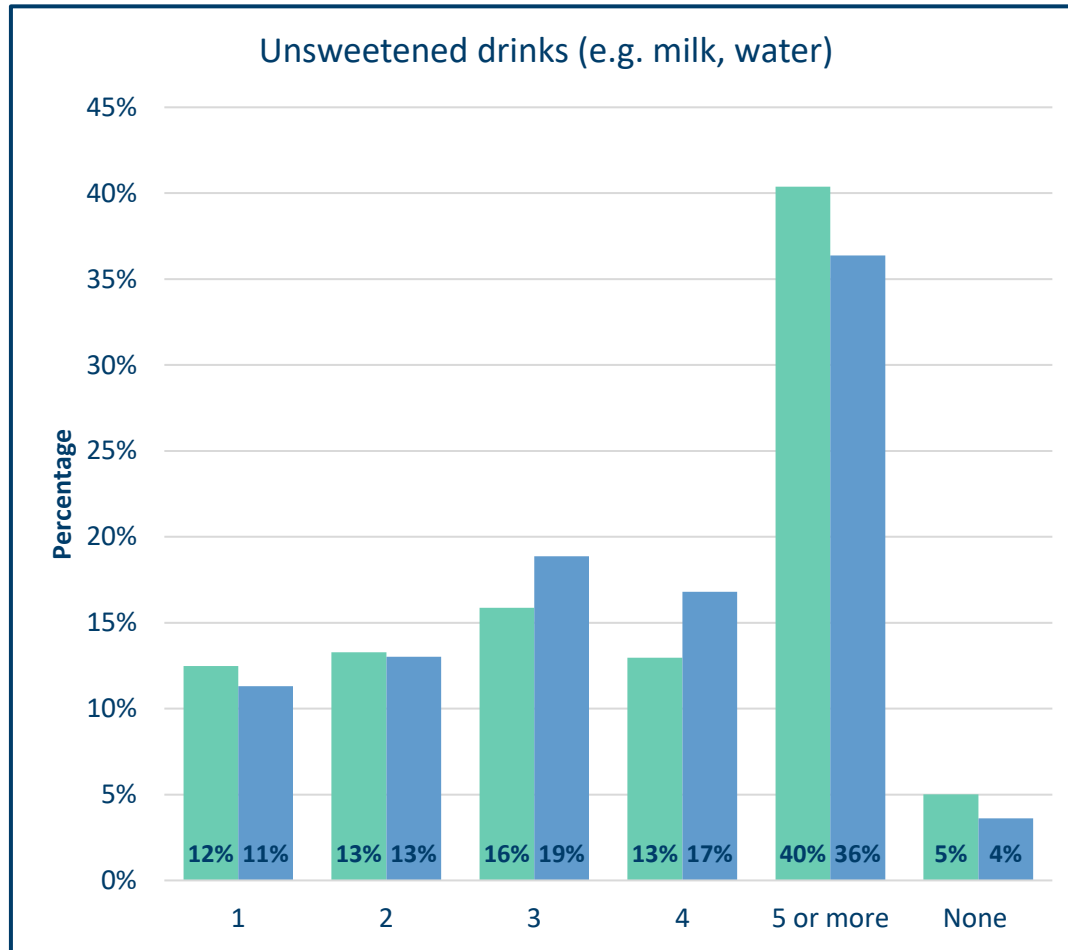
- In a normal week, 92% of primary and secondary students have an *evening meal* everyday/most days.

On a normal day, how many portions of the following do you have?



■ Primary (2,613) ■ Secondary (6,052)

On a normal day, how many portions of the following do you have?



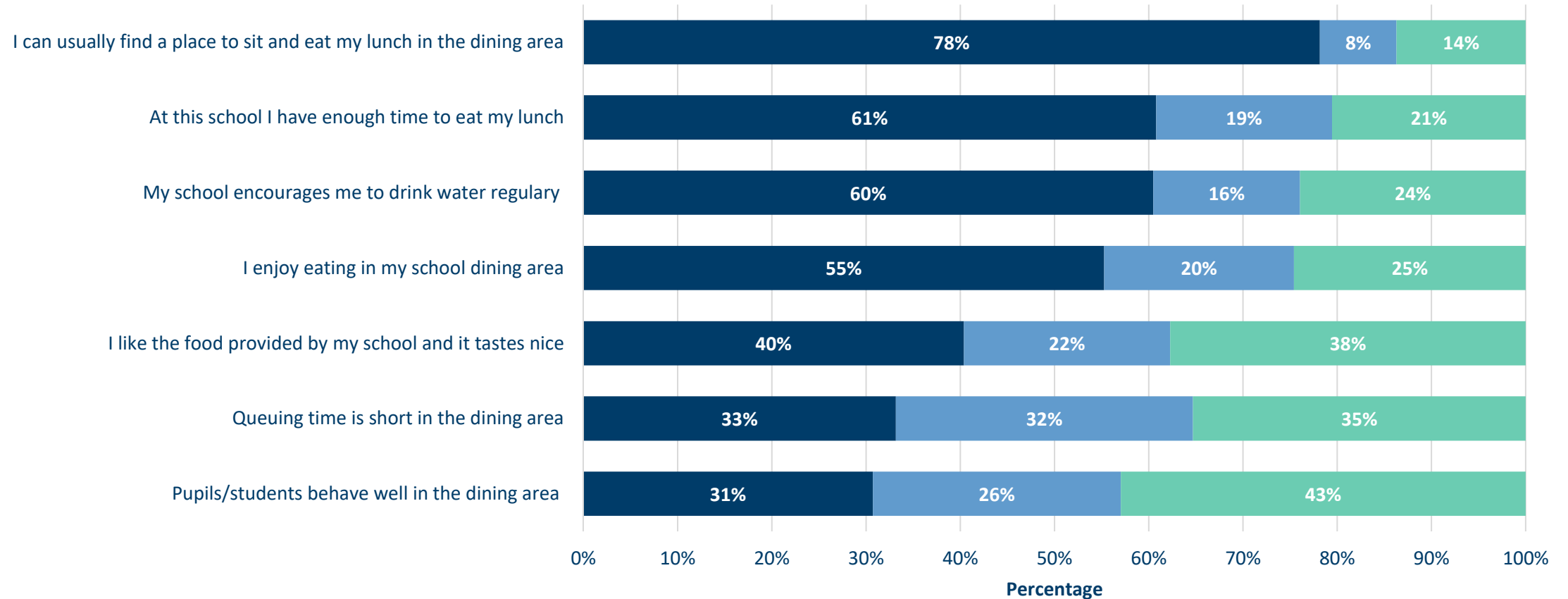
■ Primary (2,613) ■ Secondary (6,052)

Note: the scales are not the same on both charts.

How much do you agree or disagree with the following statements? (Primary)

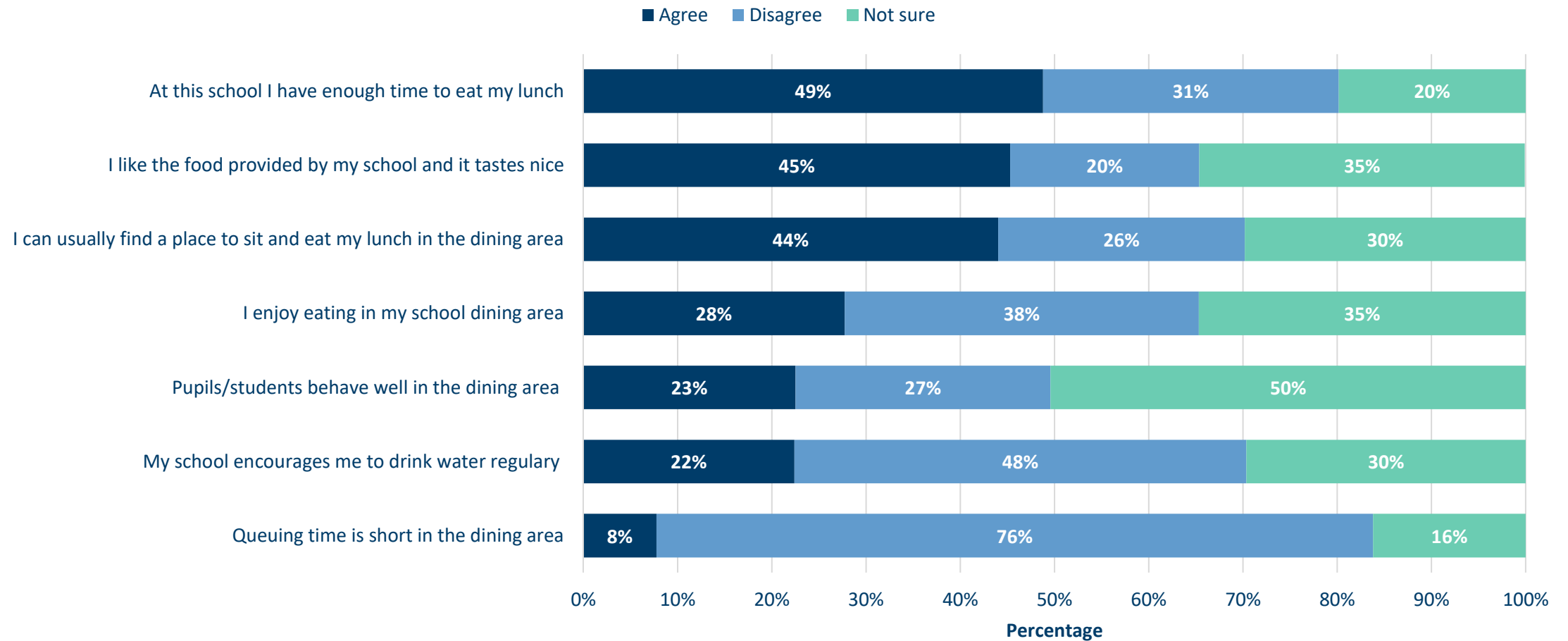
How much do you agree or disagree with the following statements?
(Primary, n=2,614)

■ Agree ■ Disagree ■ Not sure

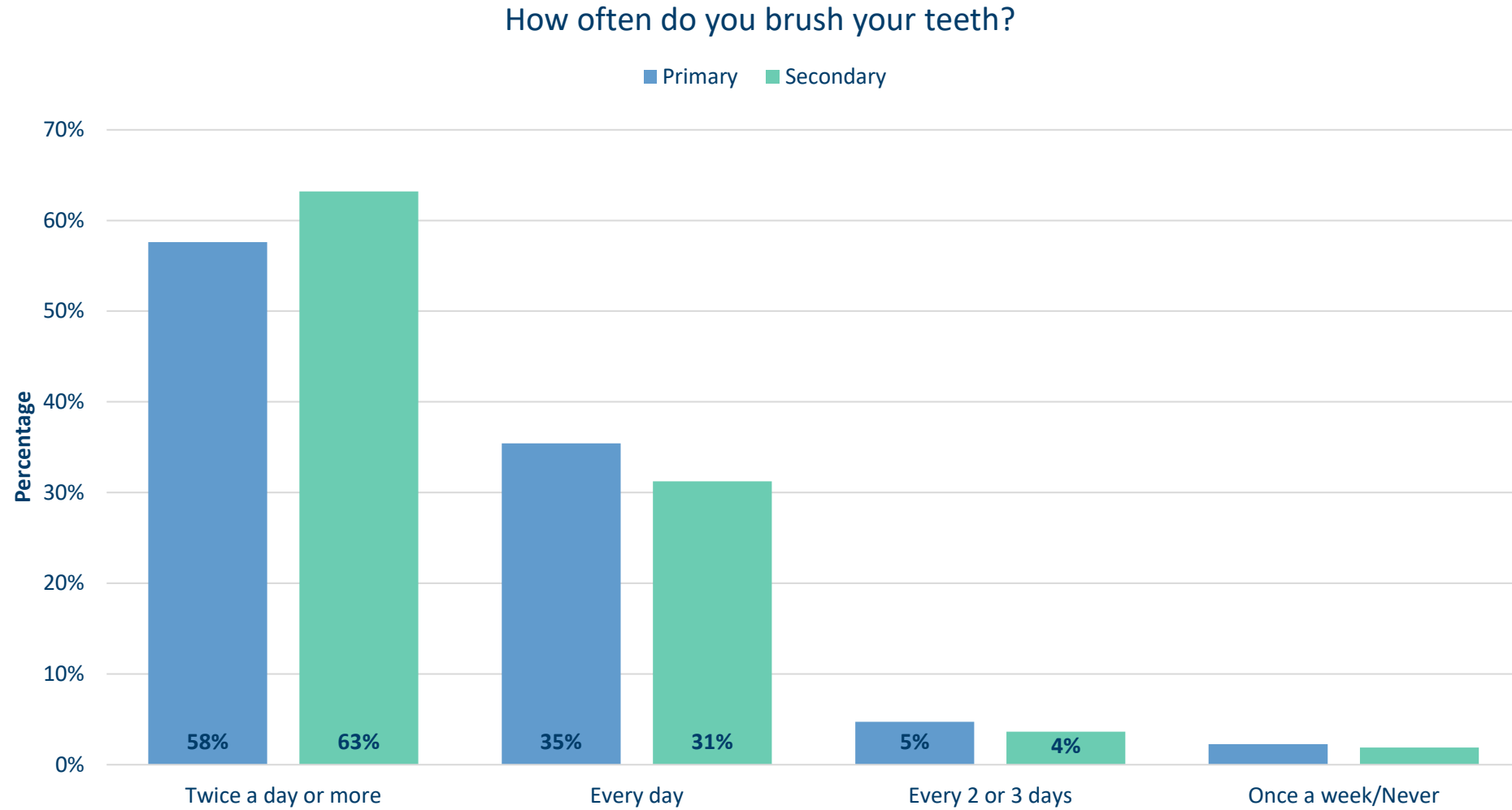


How much do you agree or disagree with the following statements? (Secondary)

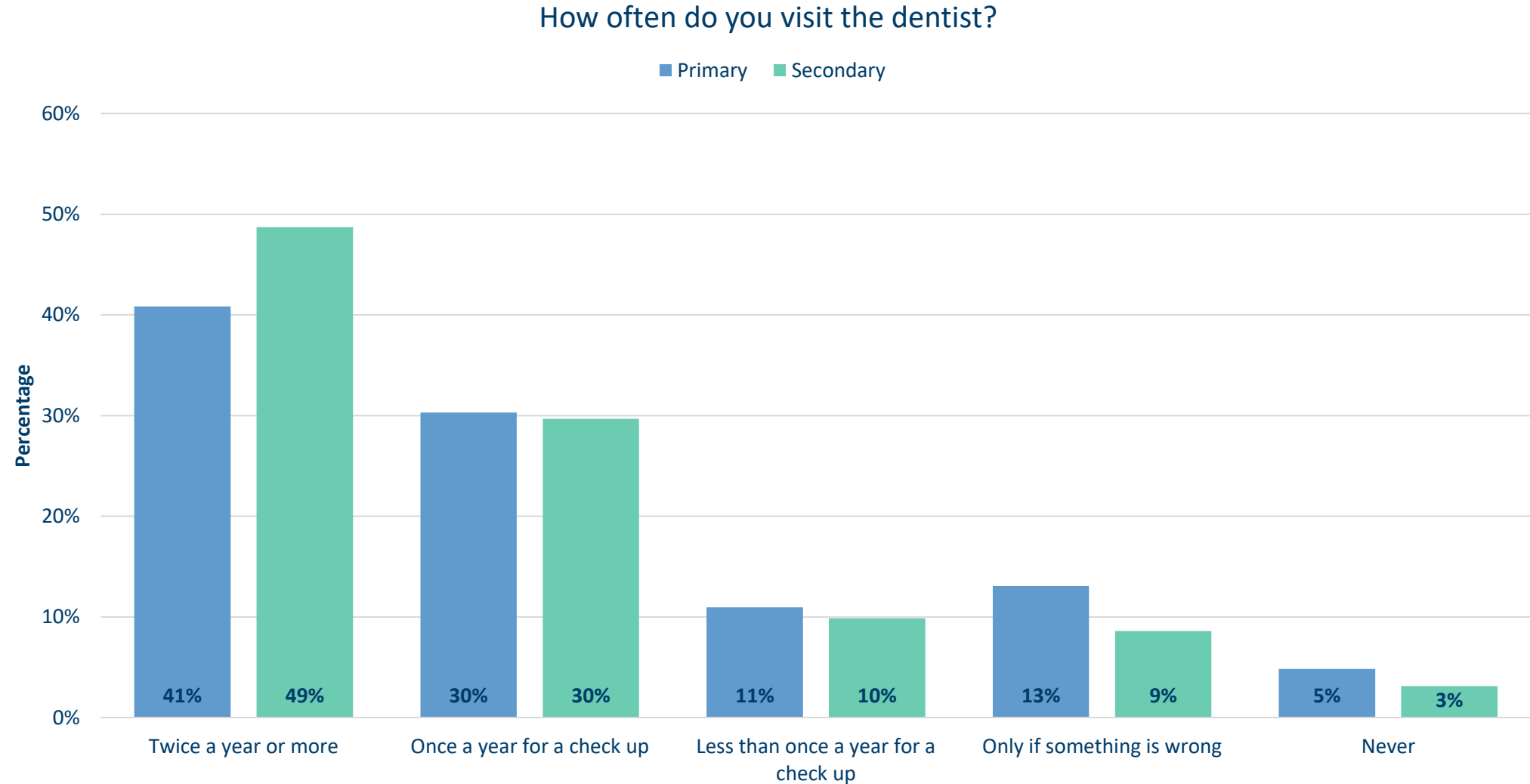
How much do you agree or disagree with the following statements?
(Secondary, n=6,050)



How often do you brush your teeth?

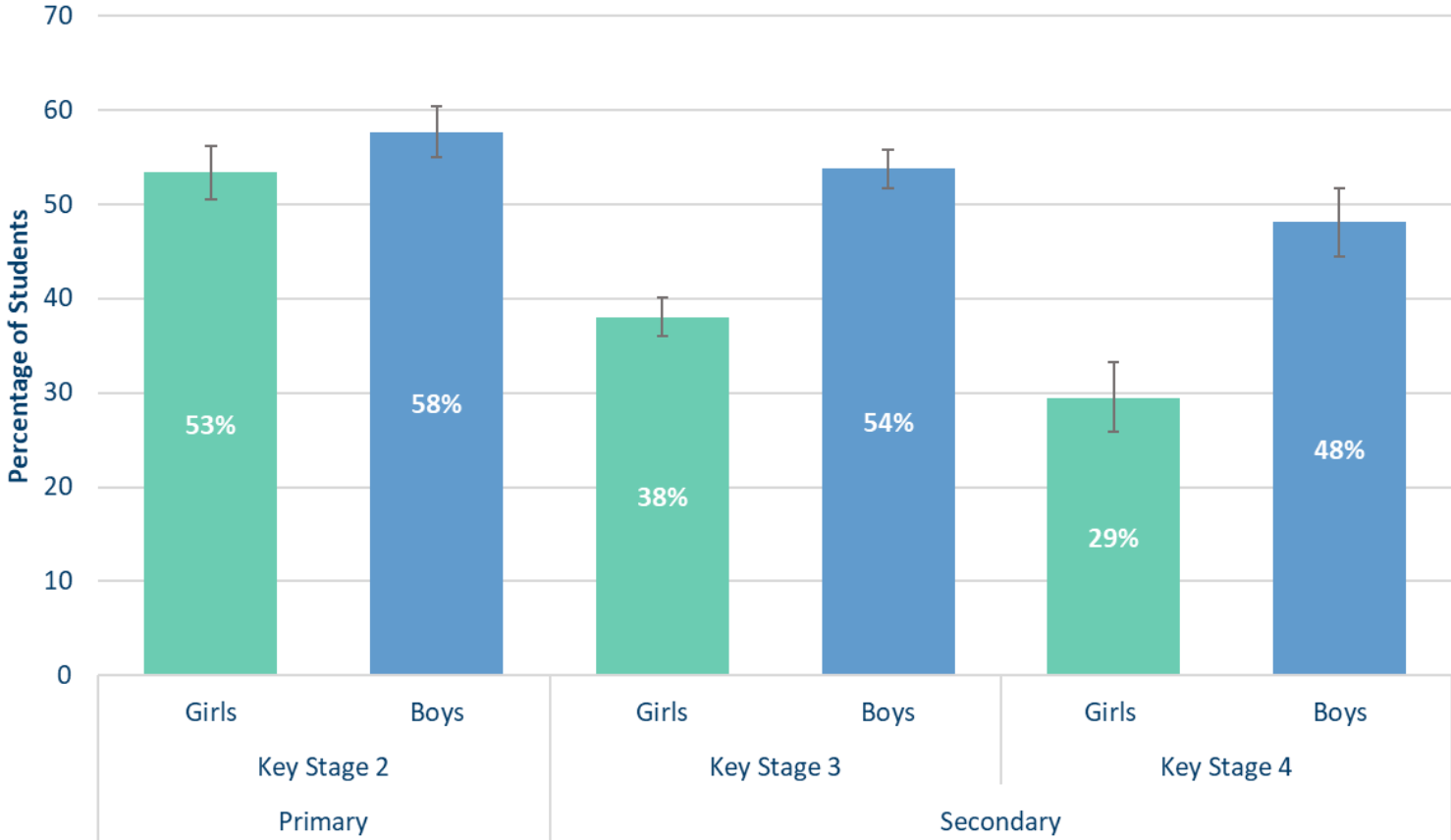


How often do you visit the dentist?



Sleep

On a normal school night (Sunday to Thursday) do you get enough sleep? - Yes



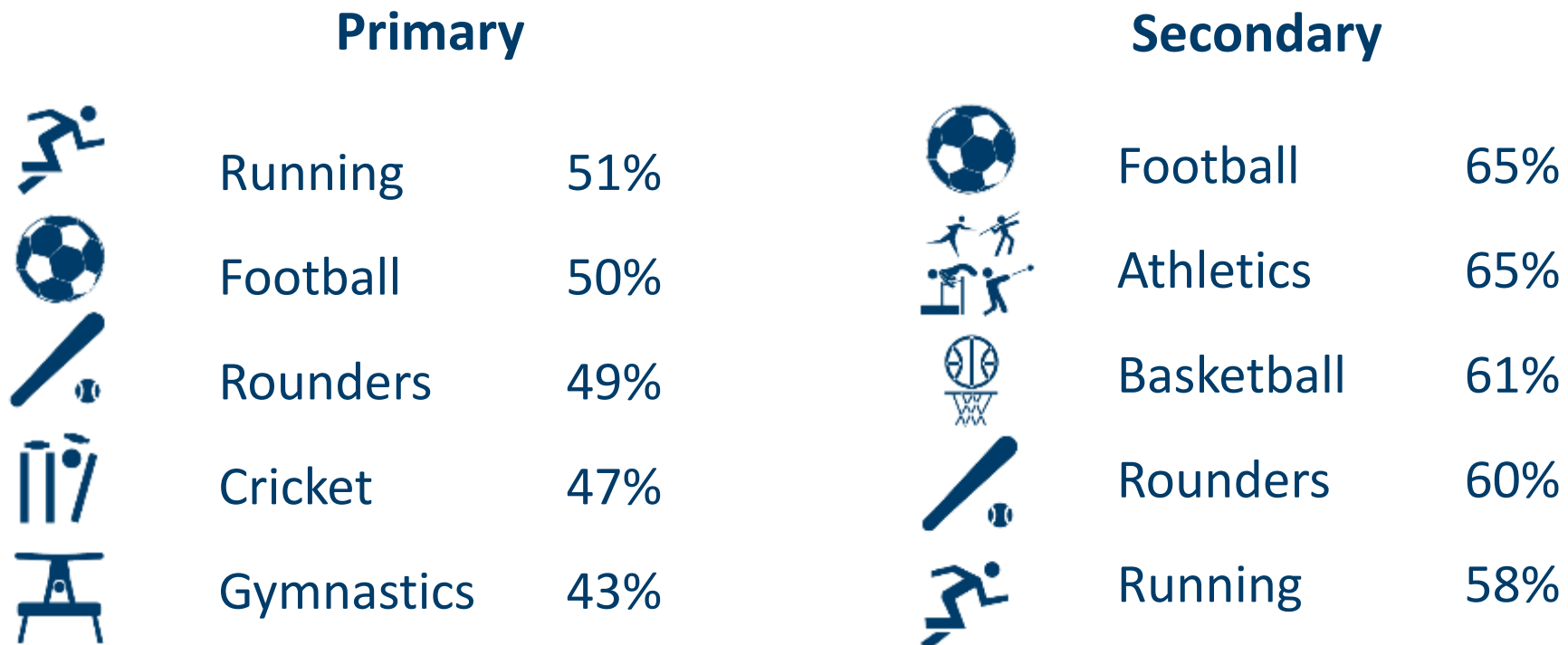
- Across all age groups boys report getting better sleep than girls (significantly better for key stage 3 and 4).
- Girls get significantly less sleep as they get older.

Physical Education

- 87% of primary students and 78% of secondary students have enjoyed PE this year.

In the last 12 months, what sports have you done in PE lessons? (Top five)

(students could tick multiple options)

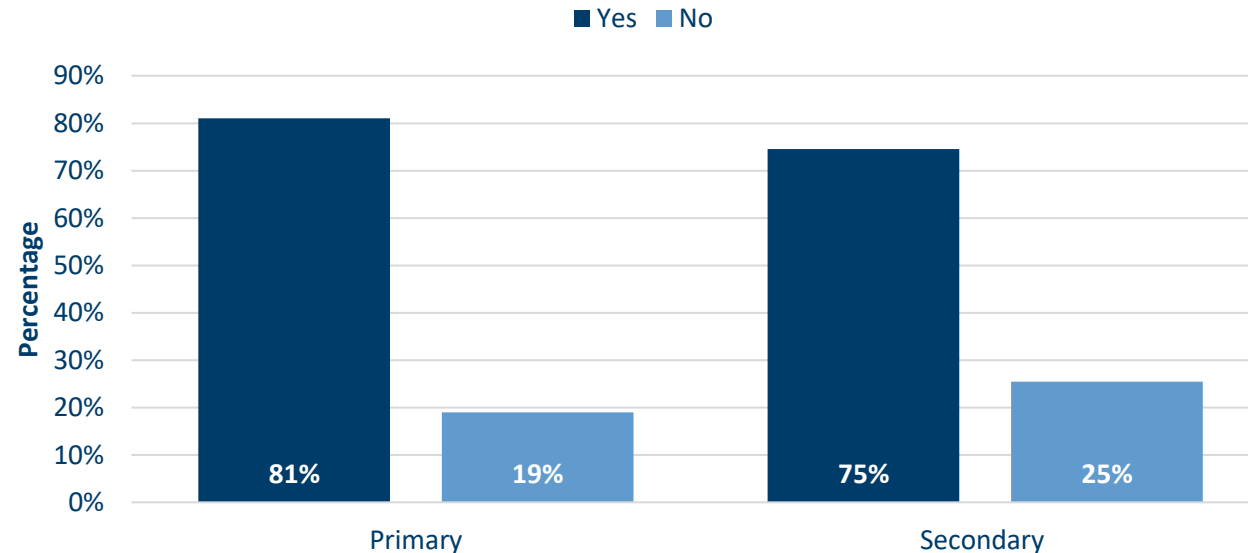


After-school clubs

- In the last 12 months, **65%** of **primary** and **58%** of **secondary** students have **attended an after-school club**.
- **26%** of **secondary** students are **not interested** in any **after-school club** that their school might offer.
- **26%** of **primary** students have **not attended any sports club(s) outside of school** in the last 12 months.

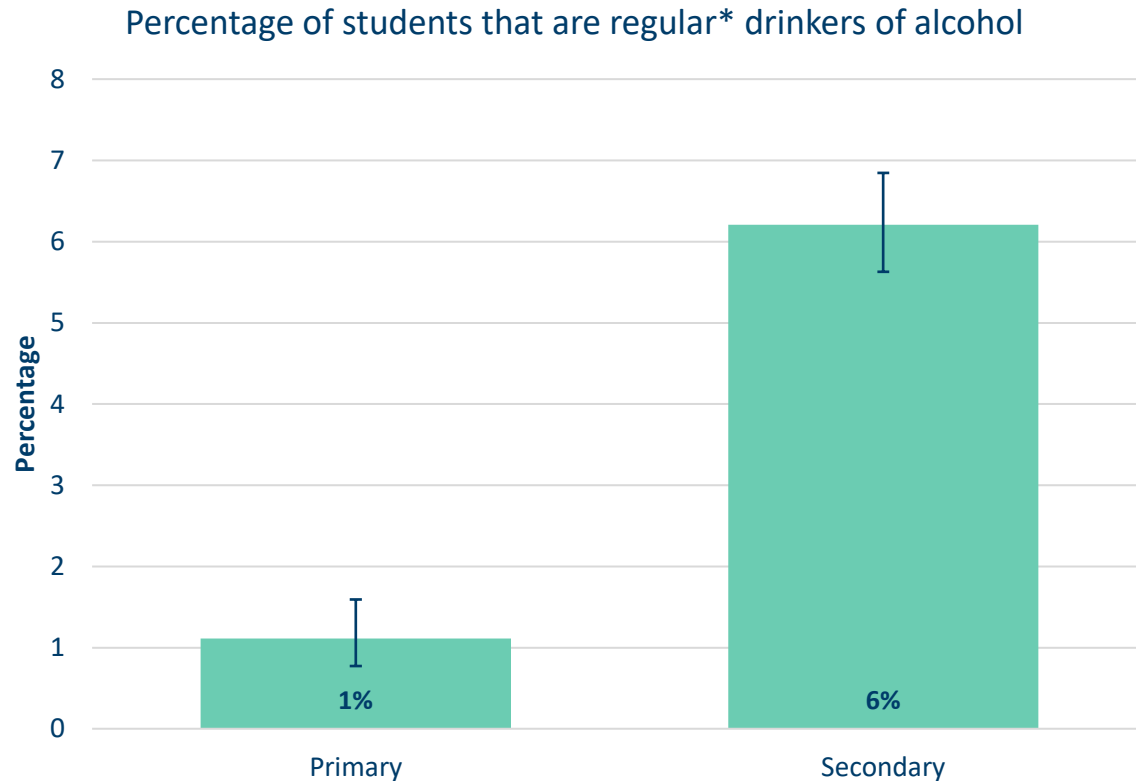
Physical Activity

In a normal week, do you usually achieve recommended levels of 60 minutes of physical activity on most days?



- In a normal week, 2% of primary and secondary students reported they are never physically active for 30 minutes or more.
- The top two reported barrier for primary students not taking part in physical activity was **‘nothing available in the area’** and **‘I don’t have the confidence’** for secondary students it was **‘I don’t have the confidence’** and **‘I have no one to go with me’**.

Alcohol



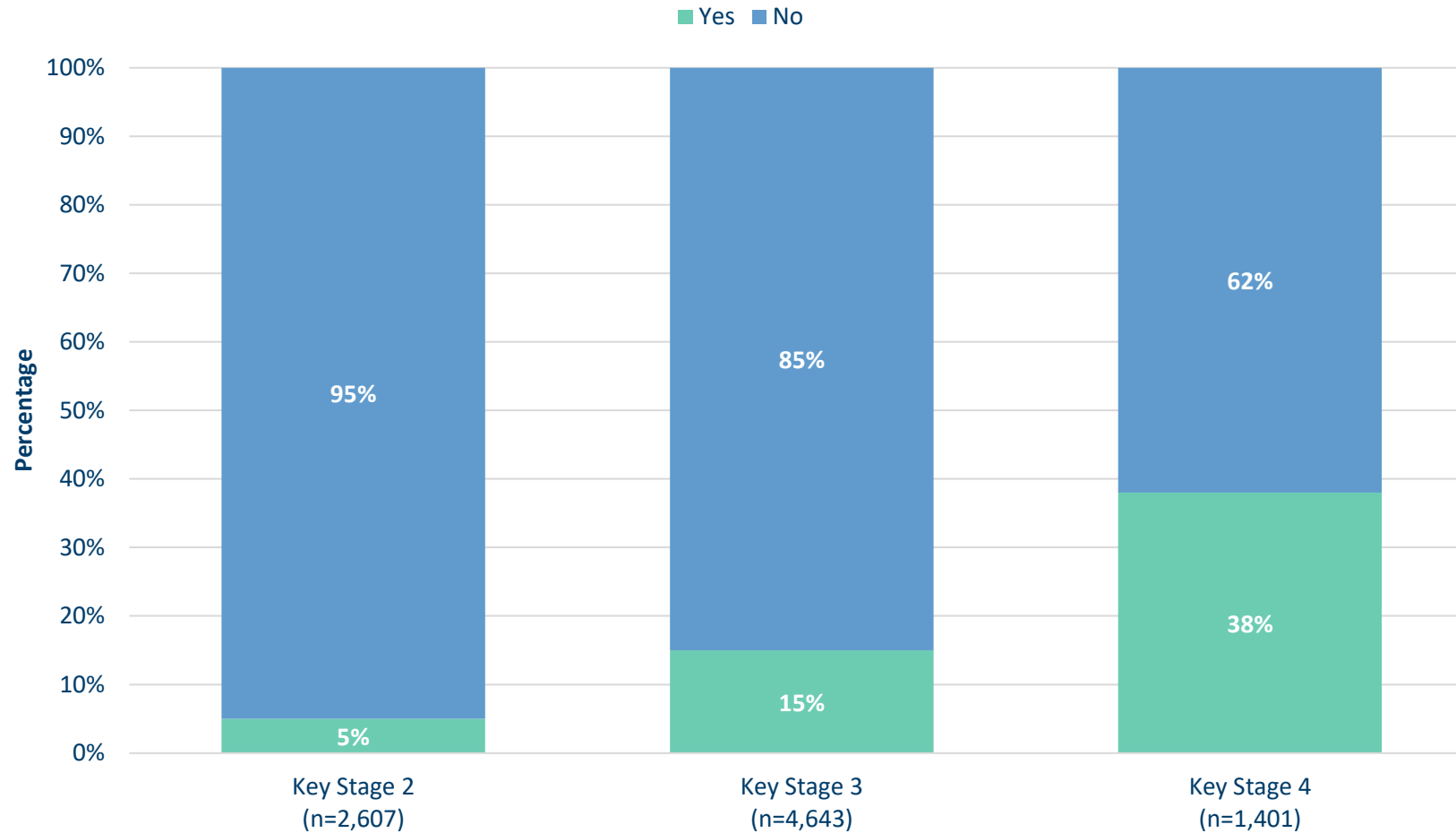
* defined as drinking alcohol at least once a week

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

- 63% of key stage 3 and 52% of key stage 4 students get most of their alcohol provided by their parents.

Have you ever been *offered* drugs?

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



Have you ever *used* drugs?

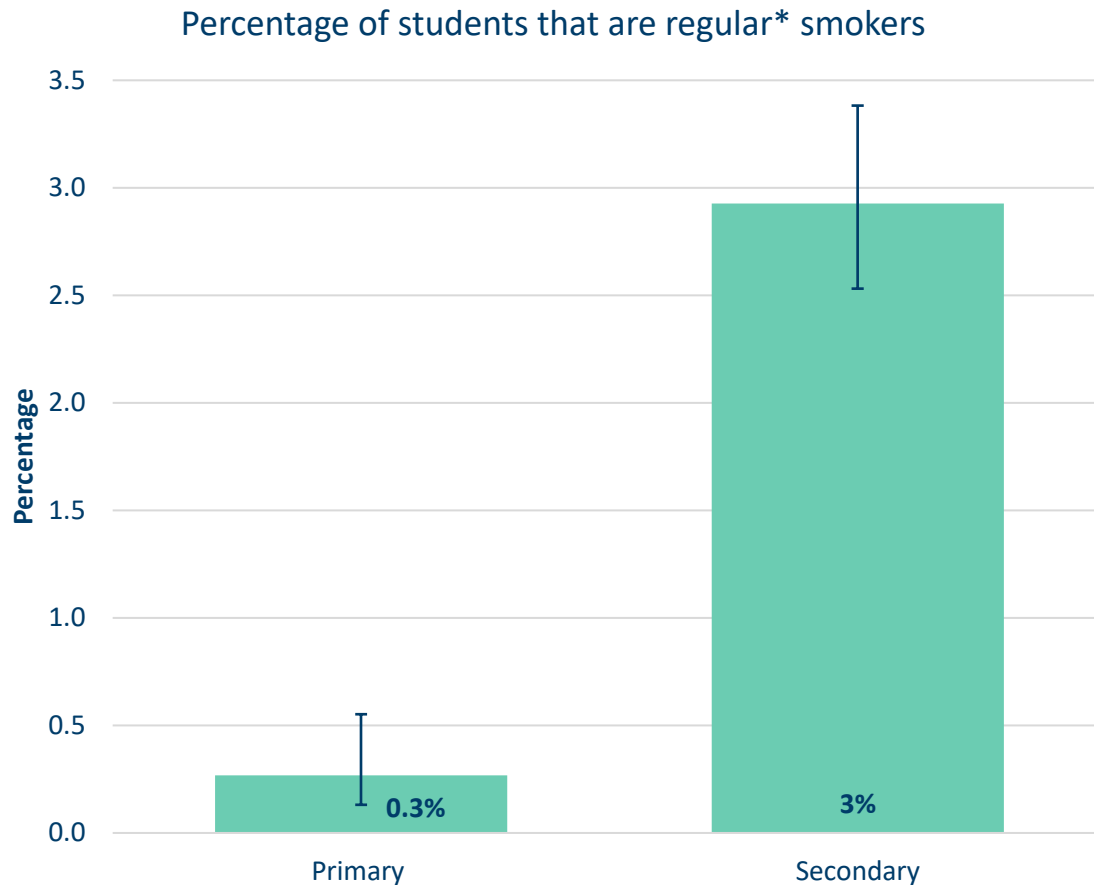
- Nearly a quarter (23%) of key stage 4 students have *ever* used illegal drugs or glues, gases and solvents as drugs compared to 4% of key stage 3 students.
- Cannabis - all other forms (not including edible) is the most used drug.
- 4% of secondary students use drugs regularly (at least once a week).

Of the students that have ever used 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.
- 4% of key stage 4 and 2% of key stage 3 students have *ever* used New Psychoactive Substances.

Smoking

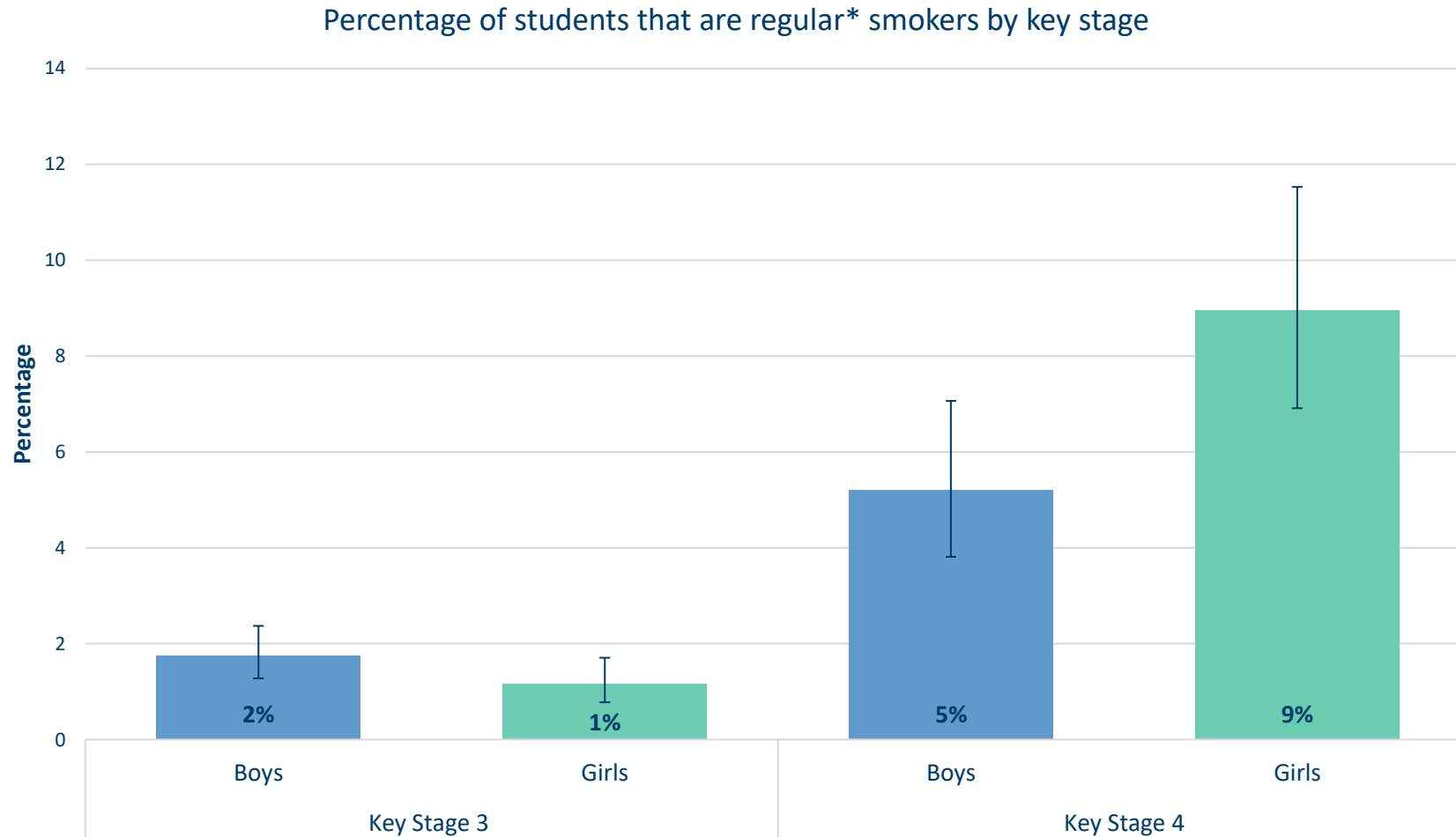
- 2% of primary students have *ever* smoked a cigarette compared to 13% of secondary students.



* defined as smoking at least once a week

- **Significantly more secondary school students are regular smokers compared to primary school students.**

Smoking by key stage and gender



* defined as smoking at least once a week

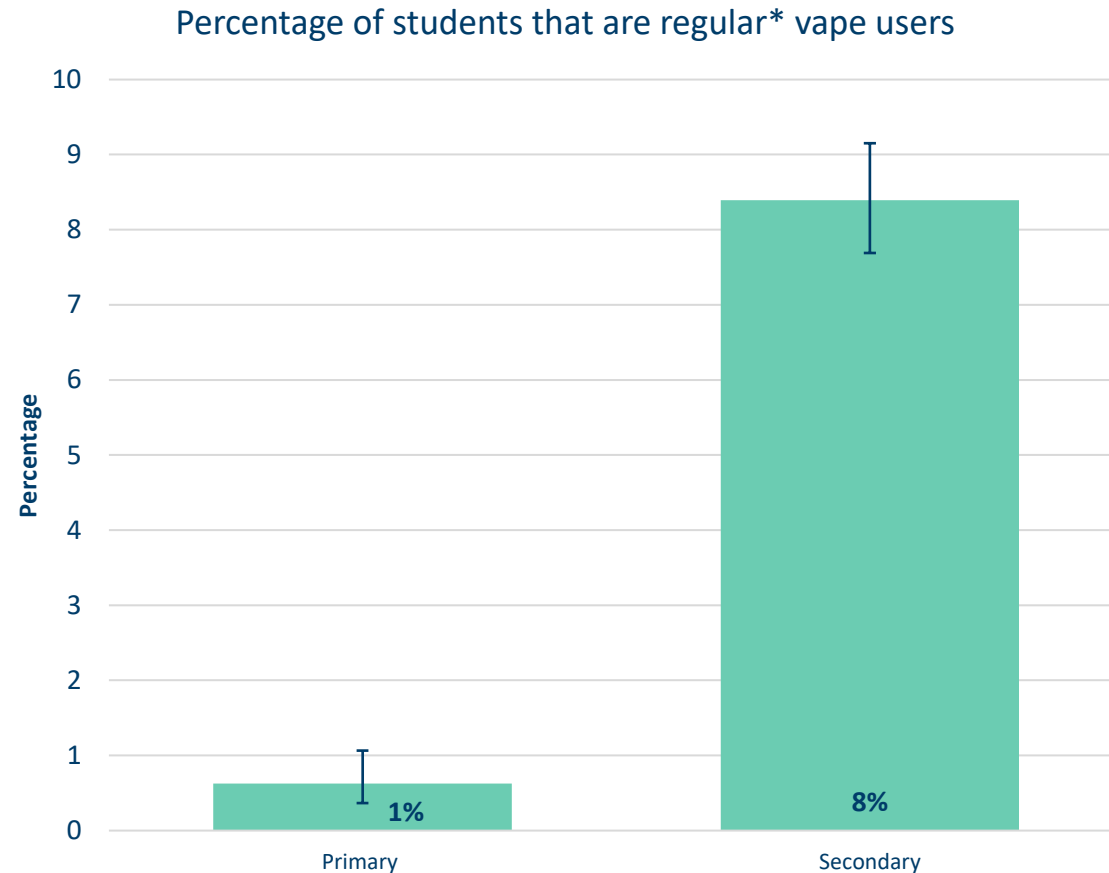
Where do you get most of your cigarettes from?

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%

Vaping (electronic cigarettes)

- 79% of primary and 91% of secondary students have ever heard of vaping.

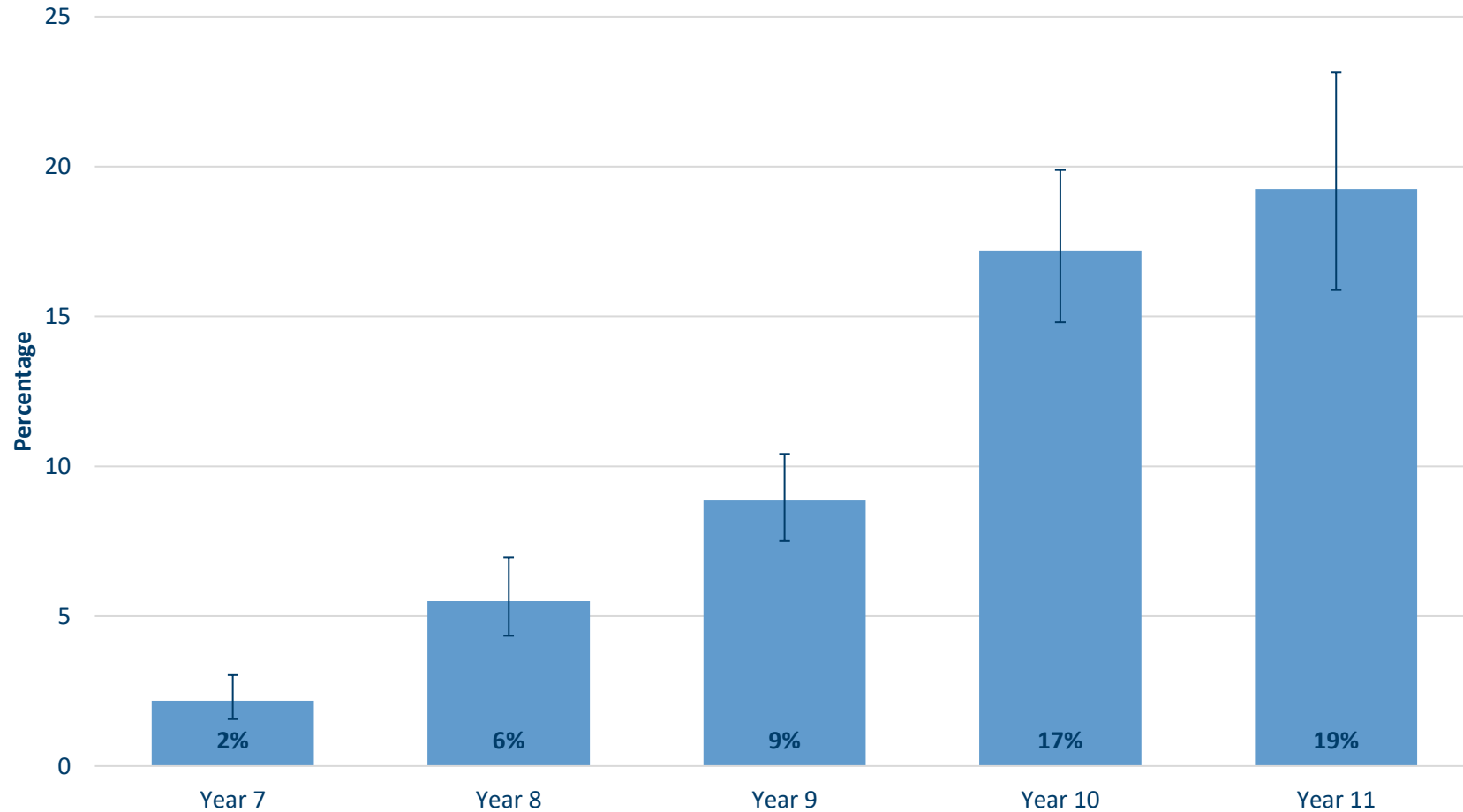


* defined as vaping at least once a week

- **Significantly more secondary school students are regular vape users compared to primary students.**
- 10% of secondary girls are regular vape users compared to 7% of secondary boys.

Vaping (electronic cigarettes) by year group

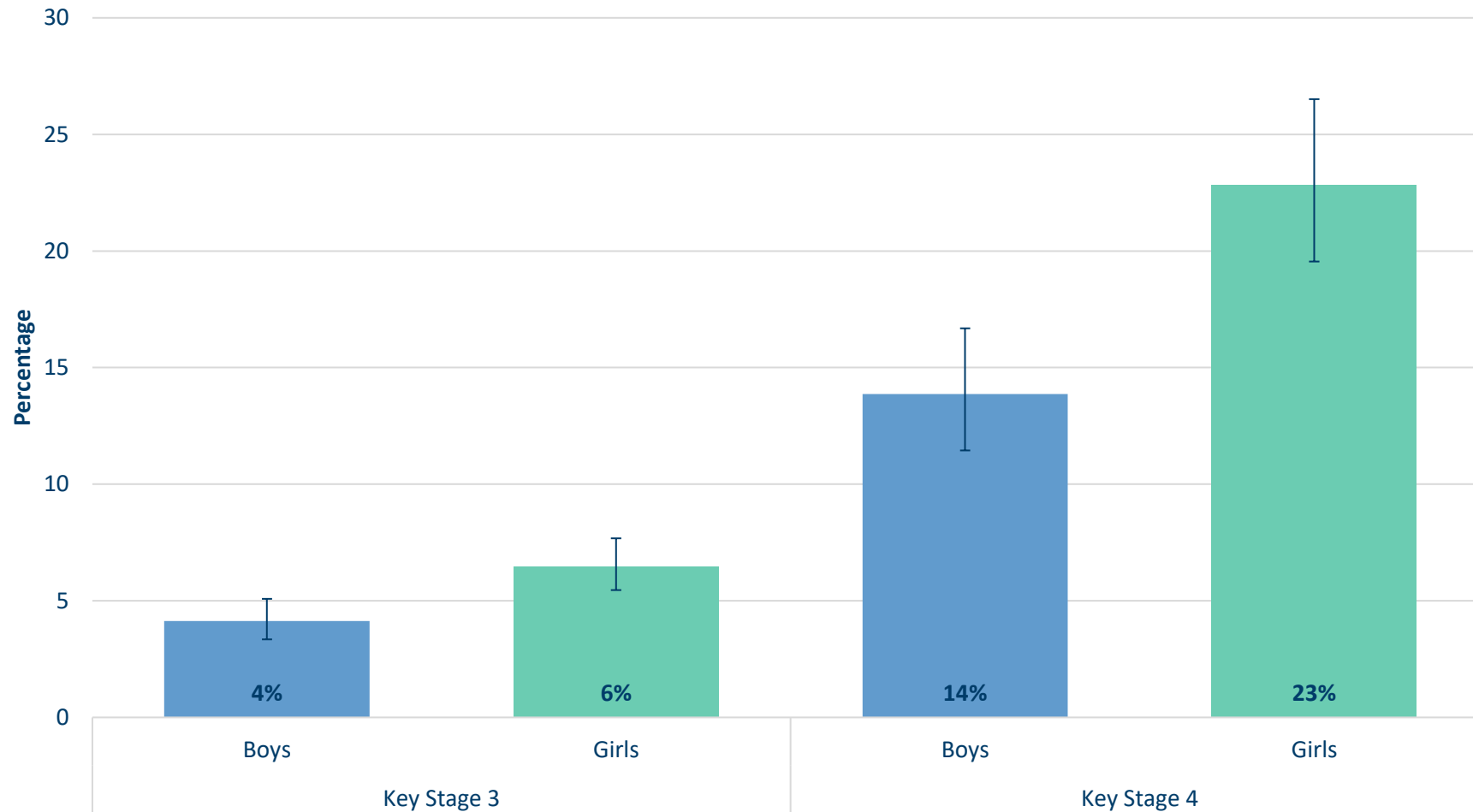
Percentage of students that are regular* vape users
by year group



* defined as vaping at least once a week

Vaping (electronic cigarettes) by key stage and gender

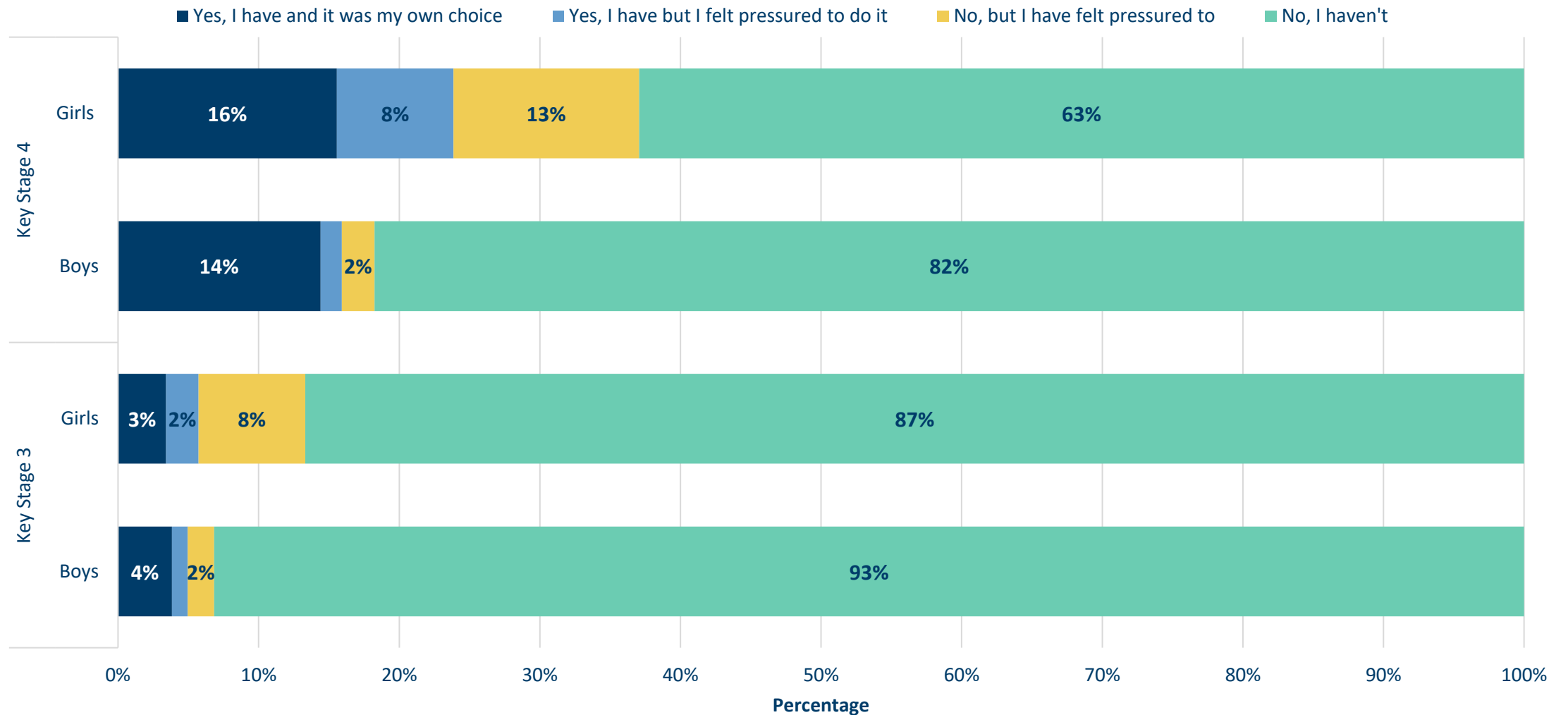
Percentage of students that are regular* vape users
by key stage and gender



* defined as vaping at least once a week

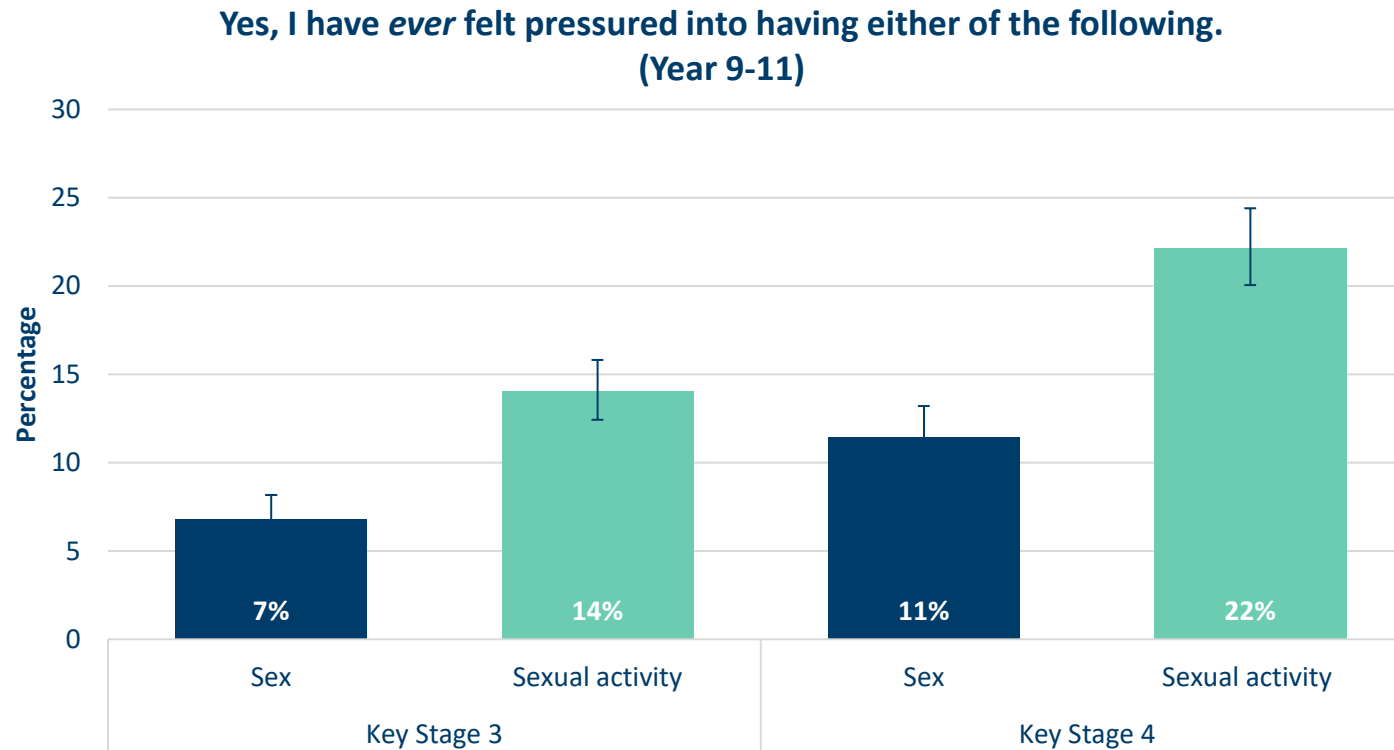
Nude pictures or videos

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.

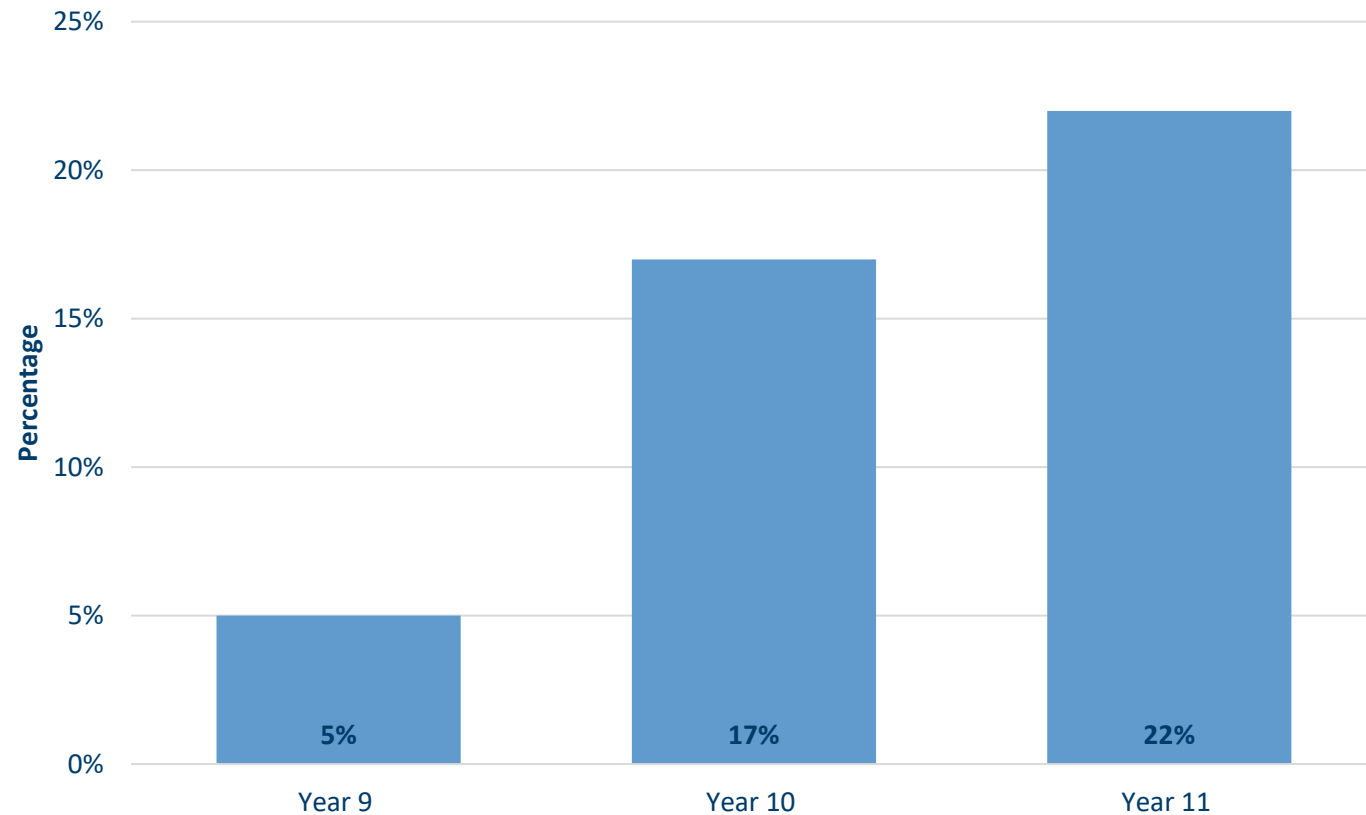
If you have *ever* felt pressured into having sex or sexual activity, who or what pressured you? (Year 9-11)

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

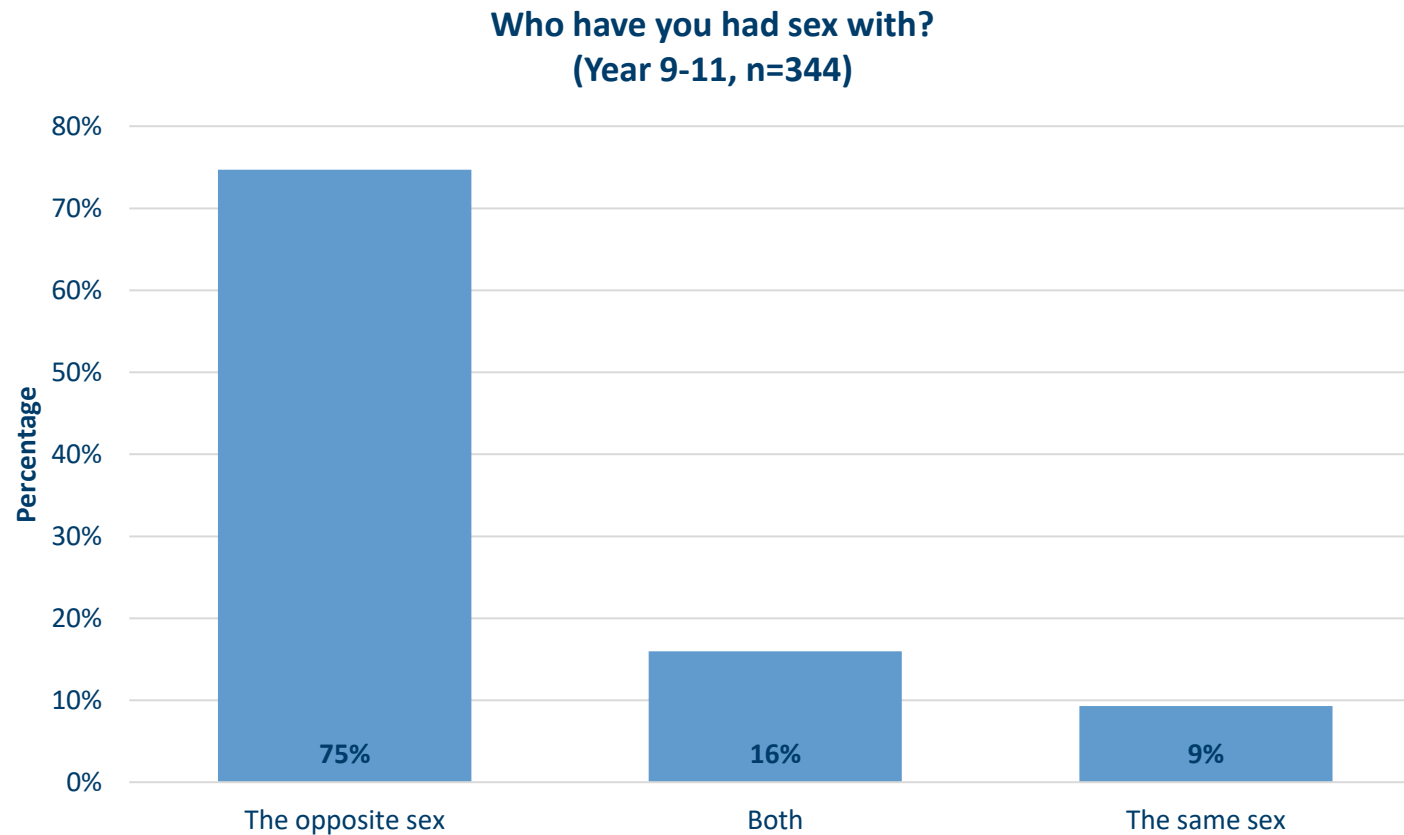
Have you *ever* had sex (sexual contact between individuals involving penetration)? (Year 9-11)

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



Who have you had sex (sexual contact between individuals involving penetration) with? (Year 9-11)

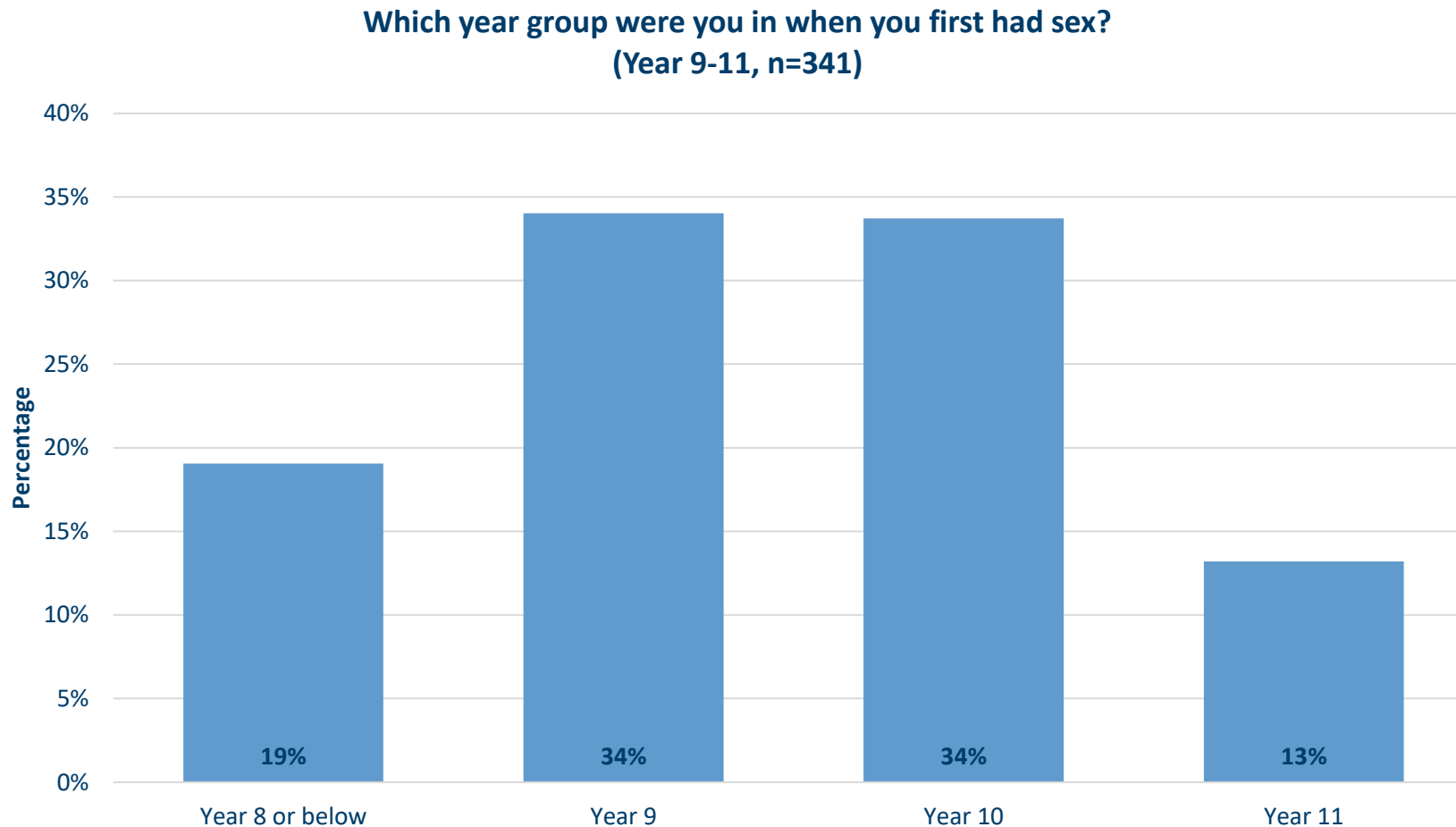
Of the students that responded yes to *ever* having sex:



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

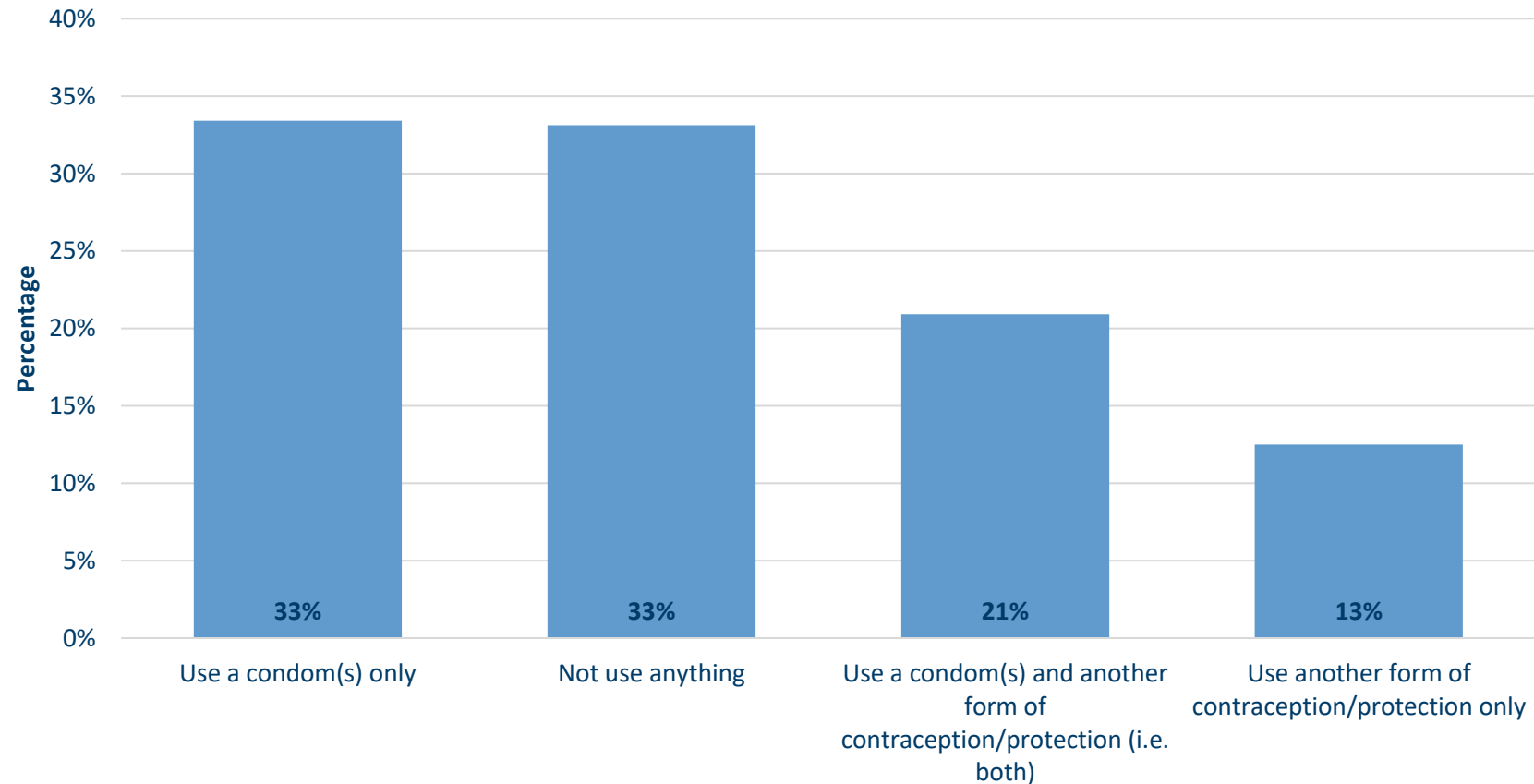
Of the students that responded yes to *ever* having sex:



The last time you had sex, did you or your partner use condom(s) and or protection/contraception...

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

The last time you had sex, did you or your partner...
(Year 9-11, n=344)



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%

Where did you or your partner get the condom(s) or contraception from? (Year 9-11)

Students that responded yes to *ever* having sex and *using* contraception/protection or condoms the last time they had sex, (n=230):

Where did you or your partner get the condom(s) or contraception from? (n=230)	
	Percentage
Bought it from a shop/vending machine	27%
Got it for free from a local condom scheme e.g. C-Card, youth club/project	21%
Other	15%
A sexual health clinic	11%
From a parent or other family member	11%
The doctors	7%
From a friend	6%
Online	3%