



my life, my view

Derbyshire Youth Well-Being Survey

Summer Term 2019

Acknowledgements

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1. Introduction

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 followed pupils from the 2015/16 academic year as they progressed 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 fourth year of the project. During the 2019 spring and summer school terms 5,783 young people from 21 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

- The majority of young people in Derbyshire (in years 8 to 11) 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 majority of young people have not tried a cigarette. 9% of year 8's, 17% of year 9's, 26% of year 10's and 31% of year 11's reported that they had tried a cigarette. Young people were more likely to have tried an e-cigarette. 17% of year 8's, 31% of year 9's, 40% of year 10's and 45% of year 11's reported that they had tried an electronic cigarette.
- 29% of young people in year 8 have drunk alcohol without adult supervision in the last year. 25% of year 9's, 46% of year 10's and 59% of year 11's have drunk alcohol without adult supervision in the past month.
- It is estimated that 15% of young people in year 8, 16% of those in year 9, 22% of year 10 and 18% of year 11 pupils may be experiencing or are at risk of developing emotional health difficulties. This is the number of young people whose answers to four or more emotional health questions showed cause for concern.
- Emotional well-being results for 2018/19 show broadly similar results compared to the four previous surveys, however these results indicate a slight decline in youth mental health. Results indicate that between 2015 and 2019 there were increases in the percentage of young people who felt sad most days and a decrease in the percentage of young people who liked their appearance.
- The majority of young people are happy with their lives, friends and possessions but 13% of year 8's and 15% of year 9's report feeling sad most days. 11% of year 10's and 15% of year 11's say they feel down, depressed or helpless almost everyday in the past month.
- Parents continue to be a key area of support for young people but as young people get older they become more reliant on their friends 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. 42% of year 10's reported they had messaged someone on social media that they did not know.
- Year 8 pupils reported being bullied more than any other year group. 20% of year 8's stated they had been bullied within the past 2 months, for year 11's this figure drops to 14%. All year groups state appearance being the most likely reason for bullying.

- Body confidence is relatively low amongst young people. 32%, 34%, 39% and 38% of years 8 to 11 respectively stated that they were not happy with their appearance.
- 17% of year 8's have felt stigmatised because of their mental health. This figure rises, as young people get older with 22% of pupils in years 10 and 11 stating they've felt stigmatised.

3. Purpose of the survey

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

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 behaviours before young people were likely to be engaging in them, for example substance misuse.

Tracking of the 2015/16 cohort until year 11 enabled trends and patterns in the data to be identified. It also highlighted key transitional points of behaviour change as young people mature.

As subsequent year 8 pupils were also surveyed over the 4 years of the project, it allowed analysis of any cultural or social changes to be identified and enabled comparisons with additional cohorts over the life of the project.

4. Survey method

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 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

This year's survey is a continuation of the 2014/15 Derbyshire emotional health and well-being survey for year 8's, conducted by The Training Effect (TTE). The survey was developed in collaboration between TTE and Derbyshire County Council (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 2018/19 academic year the My Life, My View survey was completed by year 8, 9, 10 and 11 students in Derbyshire.

Years 10 and 11 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

The full list of survey questions can be found in appendix 1 at the end of this report.

7. Recruitment of Schools

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 2019 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.

No home-schooled young people completed the survey. It should be noted that as the survey was only focused on year 8 to 11 pupils, an estimated 442 home-schooled young people would have been eligible to take part.

8. Number of Schools

A total of 21 schools took part in the 2018/19 survey; this represents 47% of all secondary schools in Derbyshire taking part in the project. This is slightly higher than the number of schools that participated in the survey during the 2015/16 and 2016/17 academic years.

Out of the 21 schools that participated this year, 19 completed the year 8 survey, 17 completed the year 9 survey, 14 completed the year 10 survey and 16 completed the year 11 surveys.

It should be noted that not all of the participating 21 schools chose to complete the survey with every young person in school year 8, 9, 10 or 11.

A list of participating school schools can be found in appendix 2 at the end of this report.

9. Number of Young People

A total of 5,783 young people attending a Derbyshire secondary school completed the survey this academic year. This total is comprised of 2,163 year 8 pupils, 1,657 year 9 pupils, 913 year 10 pupils and 1,050 pupils in year 11. The 2018/19 academic year provided the largest number of responses for any year of the survey, this can be partly explained by the addition of the year 11 survey but equally this year saw a resurgence in the number of year 8 and year 9 responses.

For comparison the 2017/18 survey received 1,609 and 1,295 responses from years 8 and 9 pupils respectively, an increase of 34.4% for year 8 and 28.0% for year 9 this year.

The survey responses represent approximately 24.4%, 19.4%, 10.7% and 12.6% of the year 8, 9, 10 and 11 population of Derbyshire respectively. This approximation is based on Mid-2018 ONS estimated population for Derbyshire.

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, 10 or 11.

Since the initial emotional well-being survey in 2014/15 and subsequent years of the My Life, My View survey, TTE has received a total of 18,672 responses from young people in Derbyshire with an average of 22 schools participating each year.

10. Reporting to Schools

Each participating school received a tailored report (Fig. 1) highlighting their individual results.

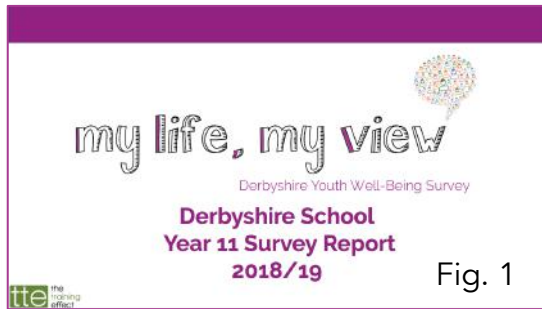


Fig. 1

Results were provided for each question and presented in a graphical format (Fig. 2).

In addition to being provided with their individual results, schools were also provided with county level averages. This was in order for schools to understand their results within the local context. 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 2018/19 academic year. Schools that completed after this date received their results in September.

An additional intended outcome from the provision of this data is the promotion of positive social norms drawn from the survey results where these exist in participating schools.

These were provided for schools regardless of whether they completed the survey with the entire target year group.

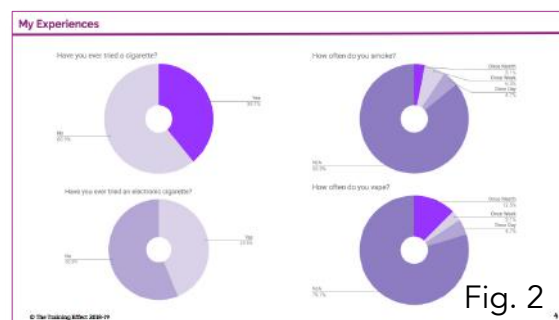


Fig. 2

11. Survey Results

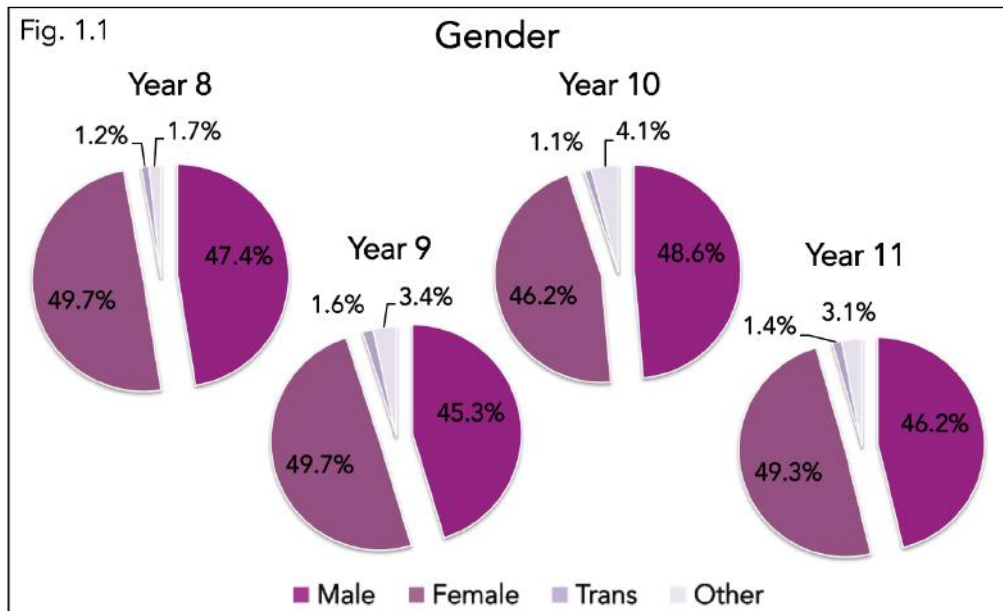
The following survey results are presented in each of the six sections that were presented to young people completing the survey.

Some minor rounding of the percentages has occurred due to presenting the data in a coherent format within the charts. Due to this rounding some of the totals may not equal 100%.

An explanation for each question is given where relevant and comparison figures included where these are available.

Gender

The breakdown of the gender responses shows an even distribution between males (47.4%, 45.3%, 48.6% and 46.2%) and females (49.7%, 49.7%, 46.2% and 49.3%) in all year groups and includes a minority of young people who view themselves as either transgender (1.2%, 1.6%, 1.1% and 1.4%) or other (1.7%, 3.4%, 4.1% and 3.1%). This is highlighted in the figure below.



Section 11.1: My Experiences

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.

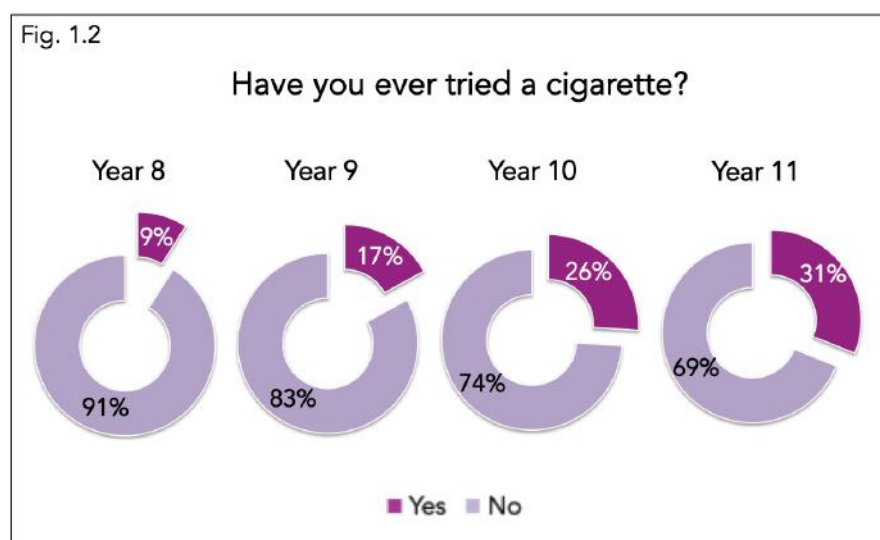
Unsurprisingly as young people get older, they are more likely to engage in risk-taking behaviours. This is highlighted through the following results.

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-being¹.

We found that **9%** of year 8's, **17%** of year 9's, **26%** of year 10's and **31%** of year 11's report that they have tried a cigarette (Fig 1.2).

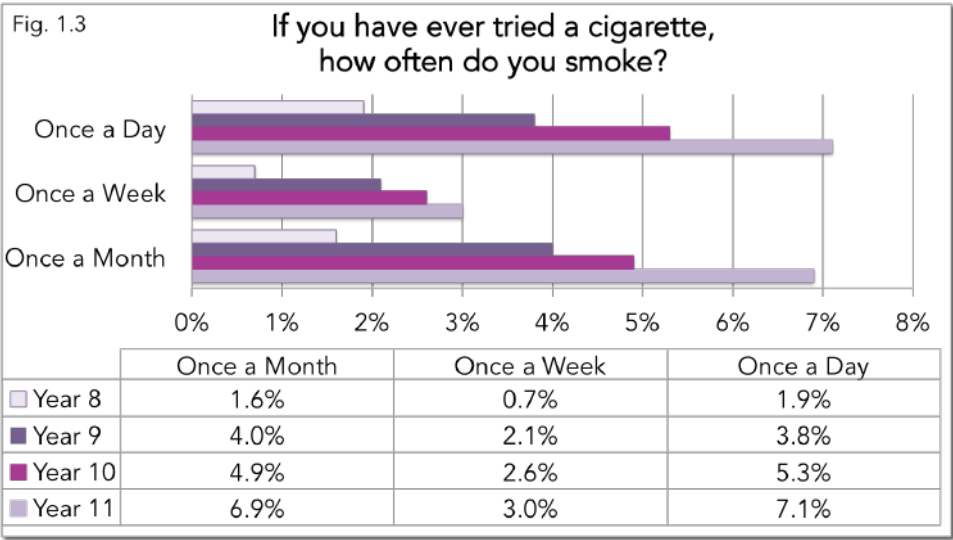


¹ NHS, "Stopping smoking is good for your mental health." Last modified January 25 2018. <https://www.nhs.uk/live-well/quit-smoking/stopping-smoking-mental-health-benefits>

Drinkaware, "Alcohol and mental health." Last modified March 2 2016. <https://www.drinkaware.co.uk/alcohol-facts/health-effects-of-alcohol/mental-health/alcohol-and-mental-health/>

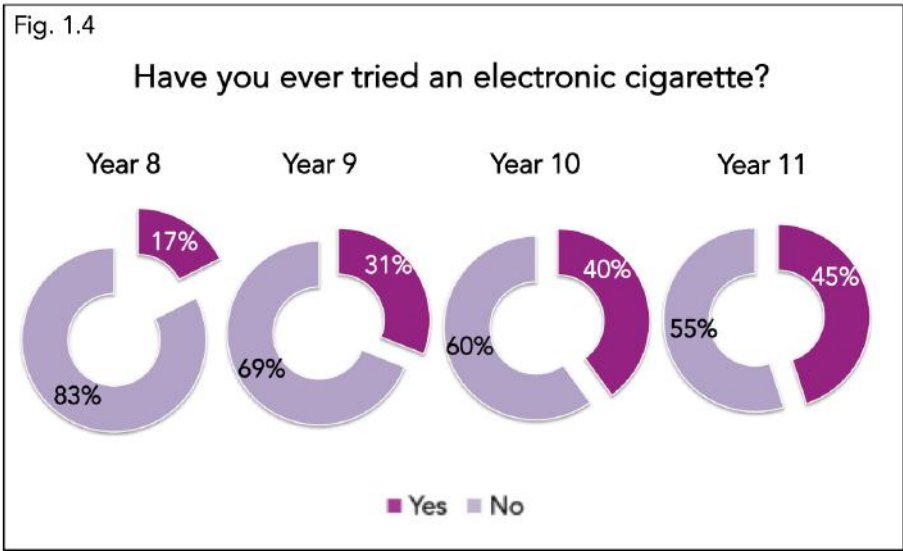
This does not mean that all of these young people are smokers; rather it represents those young people who have engaged in this risk-behaviour.

Fig 1.3 below highlights those young people that can be presumed to be semi-regular or regular smokers. Adding the percentages below may indicate a smoking population within the cohort of **5%** in year 8, **10%** in year 9, **13%** in year 10 and **17%** in year 11. In Fig 1.3 the percentages of young people who responded 'N/A' are not included as they indicate they have not smoked.



A relatively large minority (**44%** of year 8's, **38%** of year 9's, **41%** of year 10's and **42%** of year 11'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).



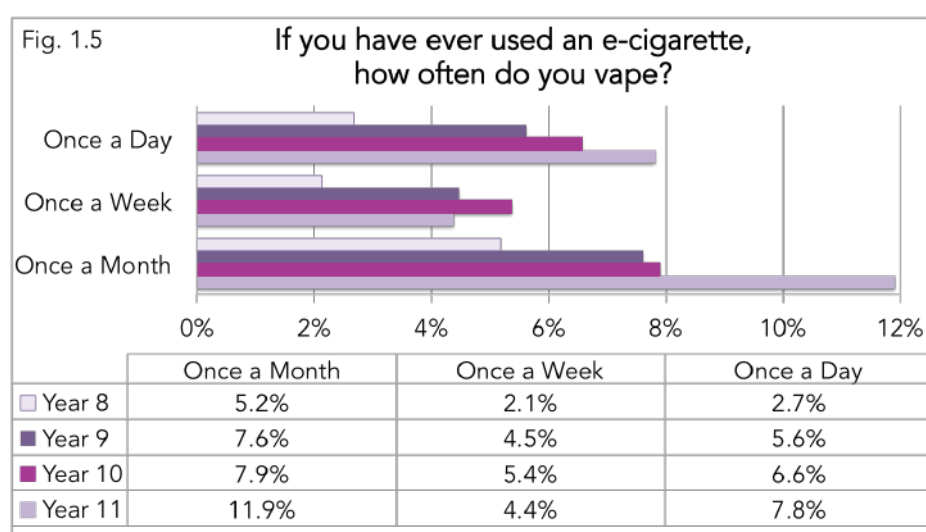
E-cigarettes and 'vaping' has become highly popular over the past few years as an alternative delivery method for nicotine. Whilst the available evidence has stated they are less harmful than cigarettes, their long-term health effects are not fully understood.³

17% of year 8, **31%** of year 9 **40%** of year 10 and **45%** of year 11 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 percentage 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 regular e-cigarette users. Fig 1.5 does not include the percentages of young people that responded 'N/A', indicating they do not vape.

Combined, the figures below may indicate a vaping population within the cohort of **10%** in year 8, **18%** in year 9, **20%** in year 10 and **24%** in year 11.



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.

³ Public Health England, "Vaping in England: evidence summary February 2019" Published February 27 2019. <https://www.gov.uk/government/publications/vaping-in-england-an-evidence-update-february-2019/vaping-in-england-evidence-update-summary-february-2019#vaping-in-young-people>

Current data from Public Health England suggests that vaping in adolescents is associated with smoking.⁴ However, the data we have received from the My Life, My View survey seems to highlight that a large proportion of young people who have tried e-cigarettes have never tried a traditional cigarette. Table 2 highlights the percentage 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	Year 11
Tried neither a cigarette nor an e-cigarette	81.6%	68.0%	58.6%	52.3%
Only tried a cigarette	0.9%	1.4%	1.9%	2.5%
Only tried an e-cigarette	9.8%	15.5%	15.8%	16.4%
Tried both a cigarette and an e-cigarette	7.7%	15.2%	23.8%	28.7%

Table 2 emphasises the fact that the vast majority of those who have tried a cigarette have also tried an e-cigarette⁵ and that around half of the young people who have tried an e-cigarette have not previously smoked a cigarette⁶.

Alcohol

With England being identified as having one of the highest rates of regular drunkenness among young people in Europe⁷, it is not surprising that this is the risk behaviour that young people in Derbyshire engage with the most. Of the young people in year 8, the majority (**71%**) 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, **39%** 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 percentage of year 9 pupils who said they had drunk 6 or more times in the last year is **50%** more than that of year 8 (**18%** to **12%** respectively).

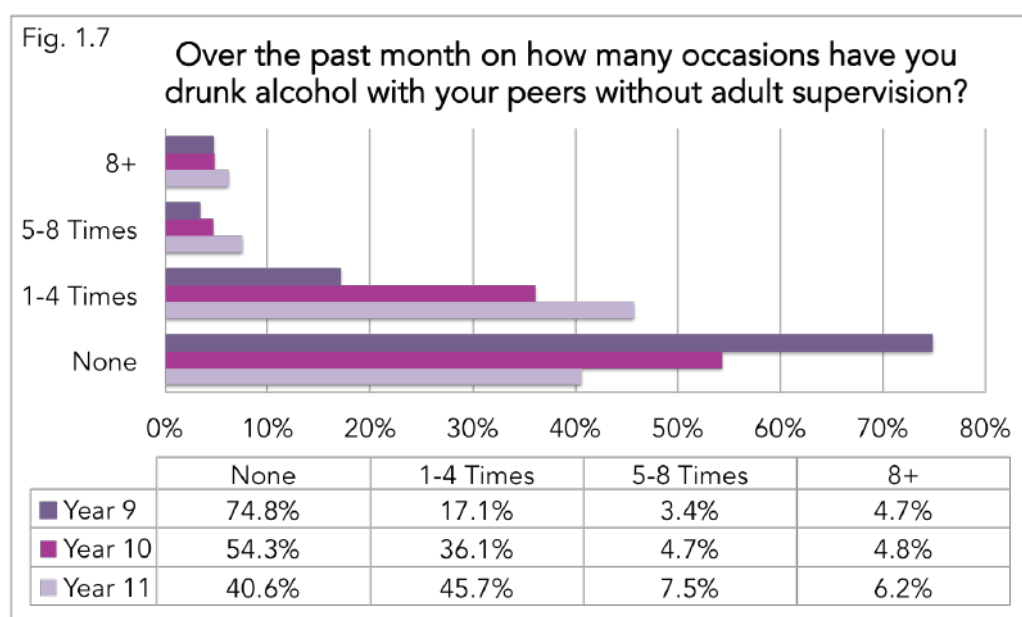
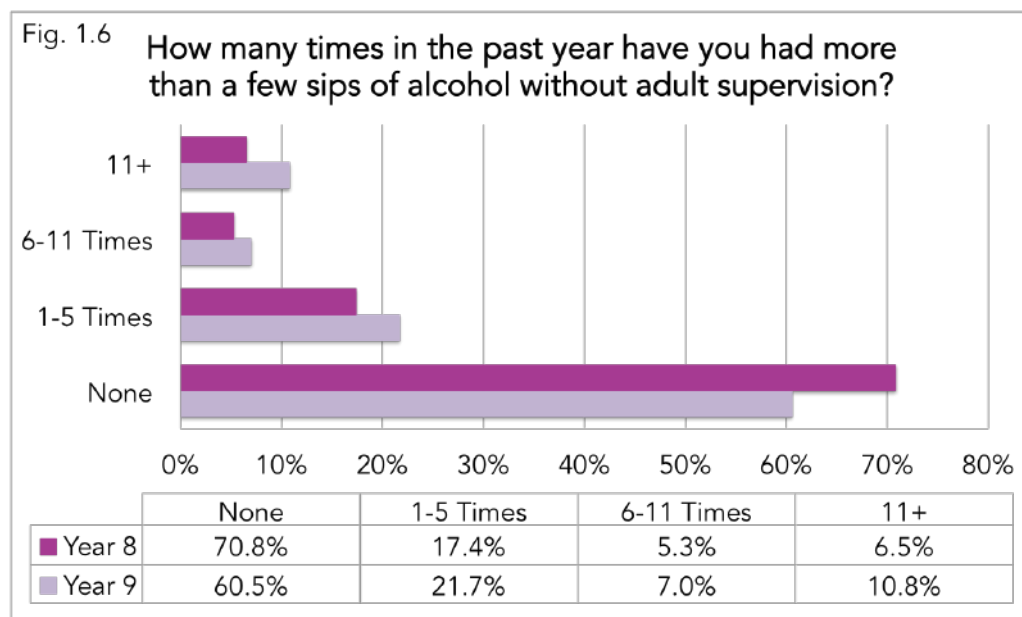
⁴ Public Health England, "Vaping in England: evidence summary February 2019" Published February 27 2019.

⁵ 89%, 92%, 93% and 92% of young people who have tried a cigarette in years 8, 9, 10 and 11 respectively have also tried an e-cigarette

⁶ 56%, 51%, 40% and 36% of young people who have tried an e-cigarette in years 8, 9, 10 and 11 respectively have not tried a traditional cigarette

⁷ NHS Digital, "Health Survey for England 2018 [NS]" Published December 3 2019, <https://digital.nhs.uk/data-and-information/publications/statistical/health-survey-for-england/2018>

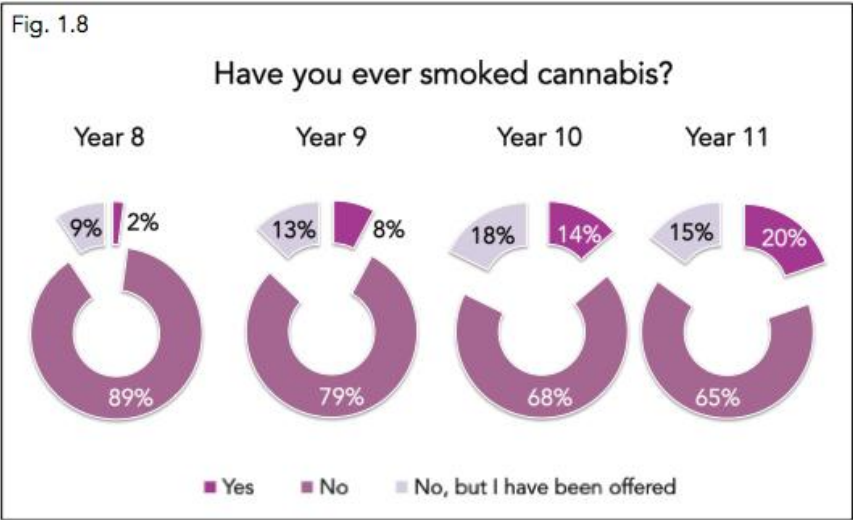
Year 9, 10 and 11 students were asked an additional question about alcohol. It focused on the number of times they drunk alcohol with their peers in the last month. The majority of year 9 and 10 pupils have not drunk in the last month with their peers (75% and 54% respectively), however the majority of pupils in year 11 did drink (59%). The vast majority of those who had drunk in year 11 had done so infrequently (1-4 times over the past month; 46%).



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 11 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 13⁸ and 15.

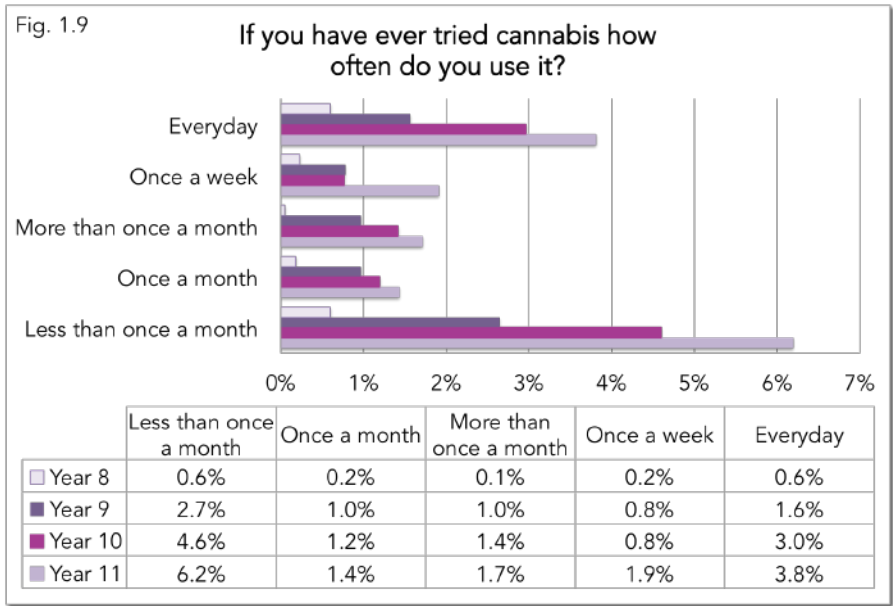
Cannabis and other drug use



The overwhelming majority of young people completing the survey have never smoked cannabis, with **2%** of year 8's, **8%** of year 9's, **14%** of year 10's and **20%** of year 11's reporting they had tried it.

It must be noted however that **9%** of year 8, **13%** of year 9, **18%** of year 10 and **15%** of year 11 pupils reported to having not tried cannabis but that they had been offered it.

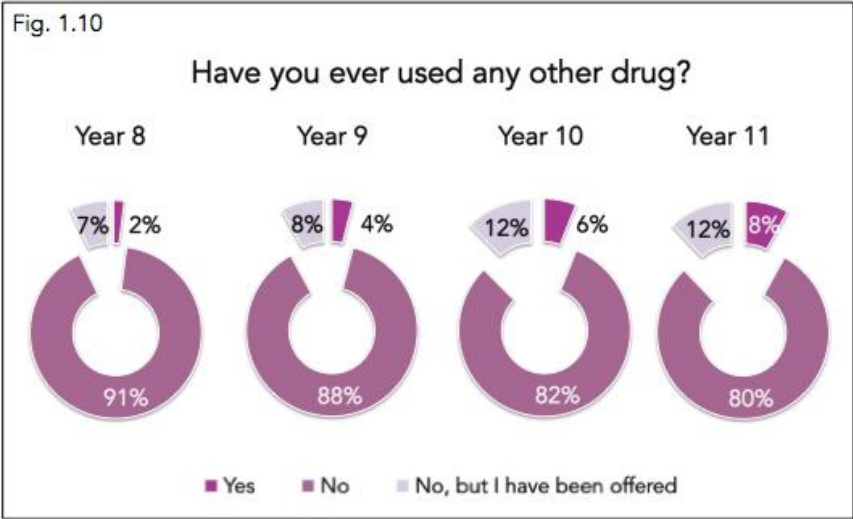
Young people were also asked how often they smoked cannabis (Fig 1.9)



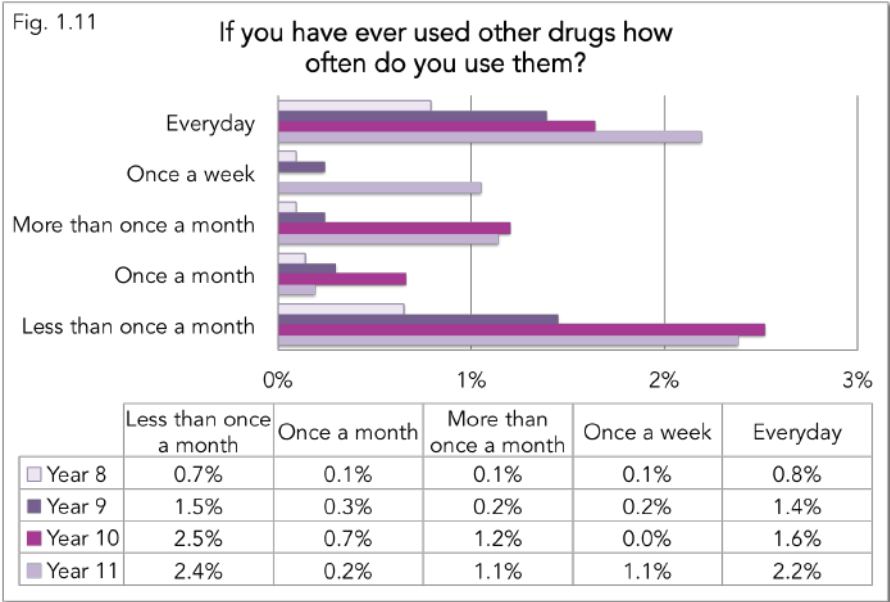
⁸ Due to the survey generally being completed in the summer term we can assume the majority of young people in year 8 are 13 years old.

Of those young people who are smoking cannabis, less than **1%** of year 8, **2%** of year 9, **3%** of year 10 and **4%** of year 11 pupils are smoking cannabis everyday. This represents 13 young people in year 8, increasing to 40 in year 11 who stated they were smoking cannabis daily. Fig 1.9 does not include the responses of young people that responded 'N/A', indicating they have not tried cannabis.

Similarly, when asked about other illegal drug use (not including cannabis) the overwhelming majority of young people reported never having used any other drug. Only **2%**, **4%**, **6%** and **8%** of year 8, 9, 10 and 11 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%** of years 8 and 9 and **2%** of years 10 and 11 said they use drugs (excluding cannabis) everyday.



Parental Permissiveness

Included in the year 8 to 10 survey questions related to parental permissiveness were included. 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. This percentage increased as young people get older, **45%** of year 9’s and **62%** of year 10’s also believed this.

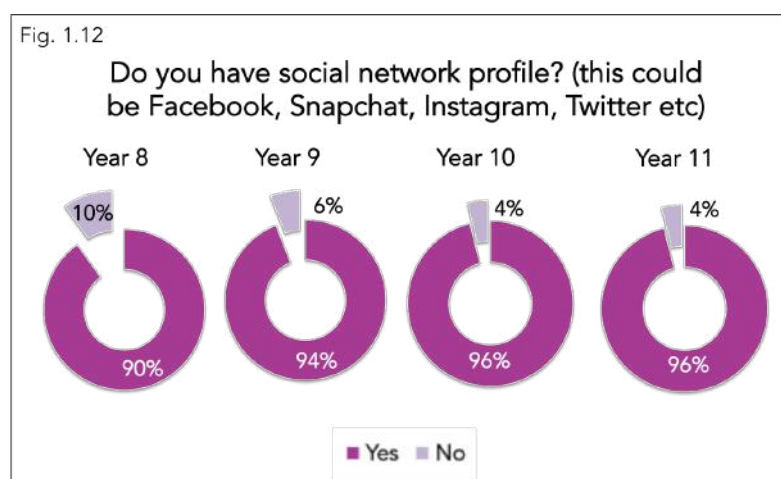
Smoking and cannabis were viewed differently however. The vast majority of young people believe that their parents would think it was wrong or very wrong if they smoked cigarettes or cannabis. However, as young people get older their view on what their parents believe softens.

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

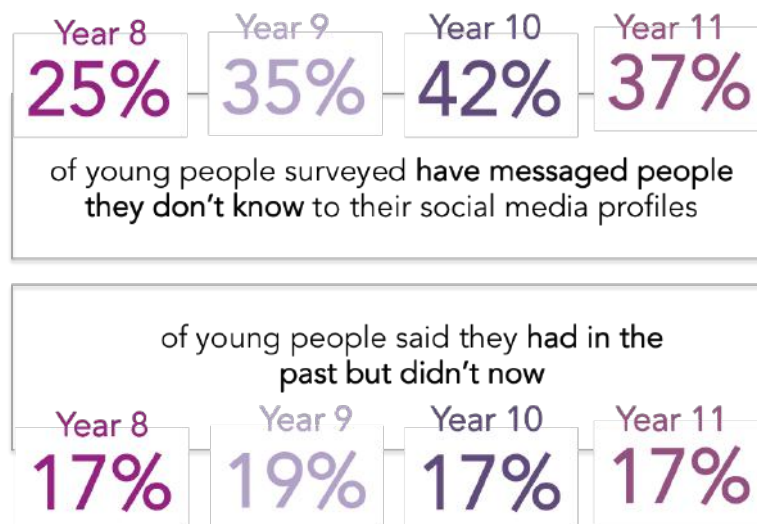
Use of the Internet

The majority of young people have a social network profile (Fig 1.12).

However, **10%** of year 8 pupils surveyed reported that they do not currently have a social network profile. This decreases as young people get older (**6%** for year 9 and **4%** for year 10 and 11 pupils).



A large minority of young people add people online who they don't know, with figures increasing as young people get older. A quarter of year 8 pupils, one third of year 9's and **42%** of year 10 and **37%** of year 11's surveyed stated that they had messaged people that they do not know social media. 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 all older year groups, the percentage 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.

Section 11.2: My School

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

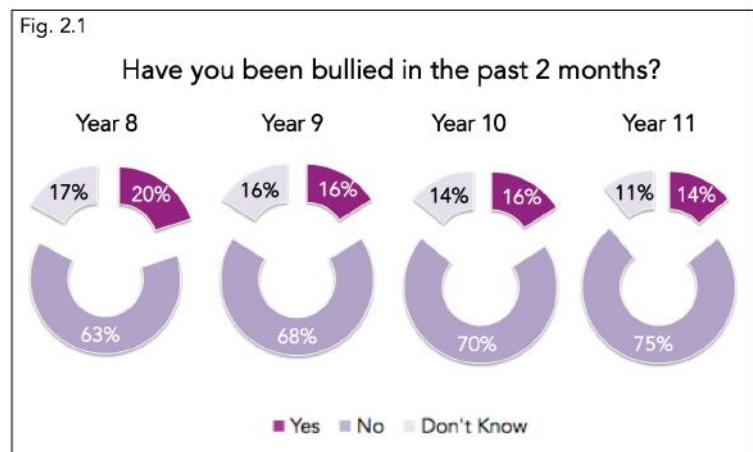
This section consisted of questions related to their experience of school, how they feel about school, how safe they feel in school, schoolwork and questions related to bullying and the use of sexist language.

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.

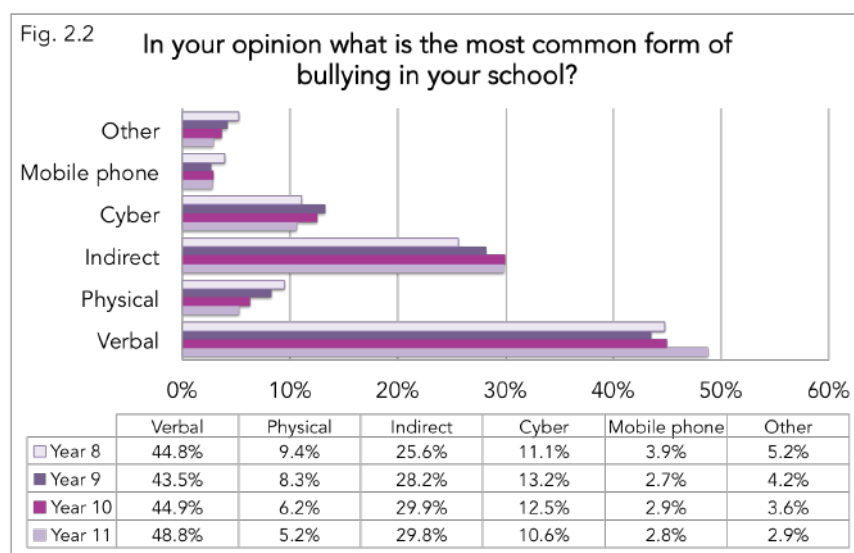
Bullying

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

20% of year 8, **16%** of year 9 and 10 and **14%** of year 11 pupils reported that they had been bullied over the preceding 2-month period.

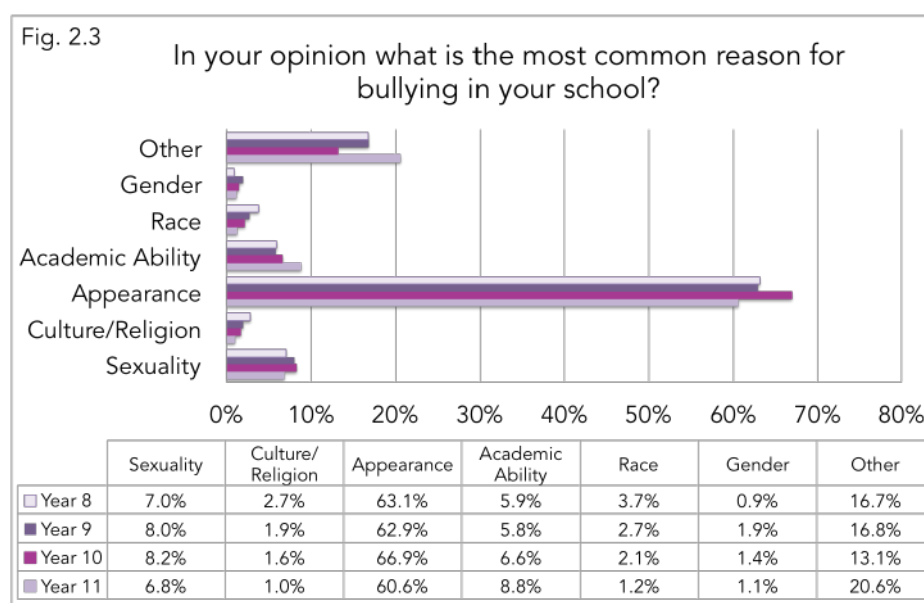


An interesting finding in relation to bullying within schools is that **11-17%** of young people in all year groups answered they **Don't Know** if they have suffered bullying.



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 (**45%, 44%, 45%** and **49%** for years 8, 9, 10 and 11 respectively), followed by indirect bullying (**26%, 28%** for years 8, 9, and **30%** for both years 10 and 11 respectively) and cyber bullying (**11%, 13%, 12%** and **11%** for years 8, 9, 10 and 11 respectively).

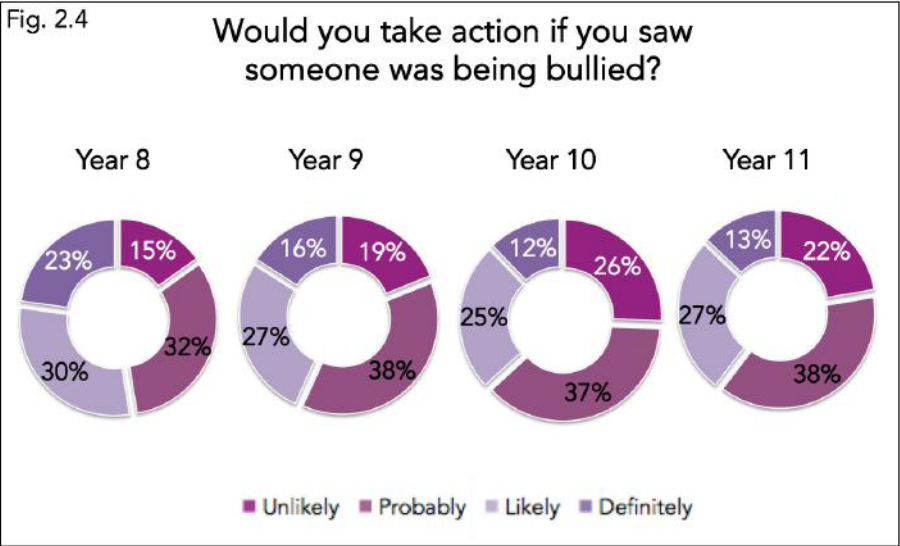


Young people were also asked what they felt was the most common focus of bullying within their schools (Fig 2.3). Nearly two-thirds of all year groups felt that bullying related to appearance was the most common focus of bullying. This mirrors the findings from the previous years of the survey.

Whilst a low figure, the second highest individual bullying focus (apart from 'Other') was sexuality indicating that educational provision within PSHE and across school communities generally focused on LGBT issues may be beneficial.

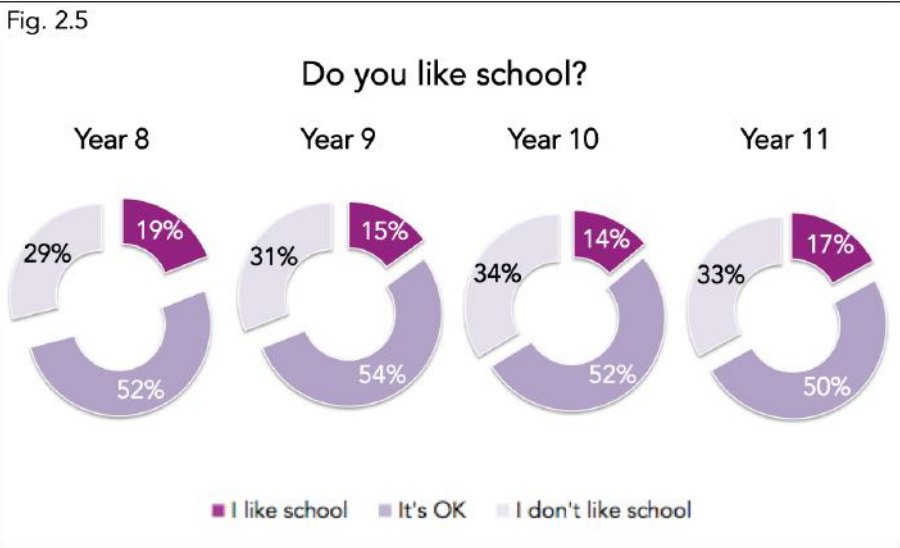
A positive finding is that a majority of young people in year 8 would 'likely' or 'definitely' take action if they saw someone was being bullied. However as they get older young people who would take action become the minority. Only **41%** of year 9's, **37%** of year 10's and **40%** of year 11's said they would be 'likely' or 'definitely' would take action.

Overall the responses from years 8, 9, 10 and 11 on questions related to bullying were consistent. Similar percentages of young people report being bullied however more year 8's reported that they had been bullied in the past two months when compared to years 9, 10 and 11.



Experience of School and Seeking Support

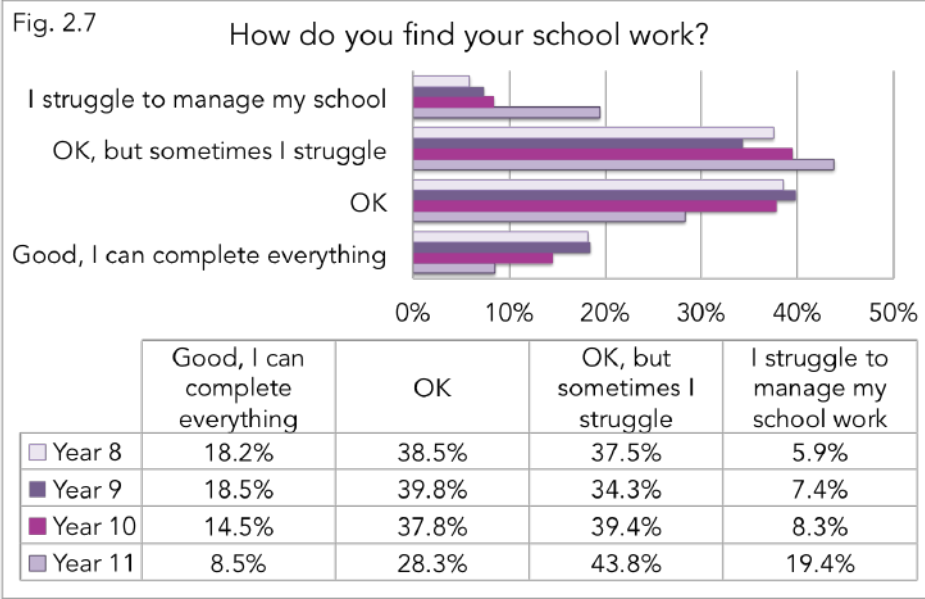
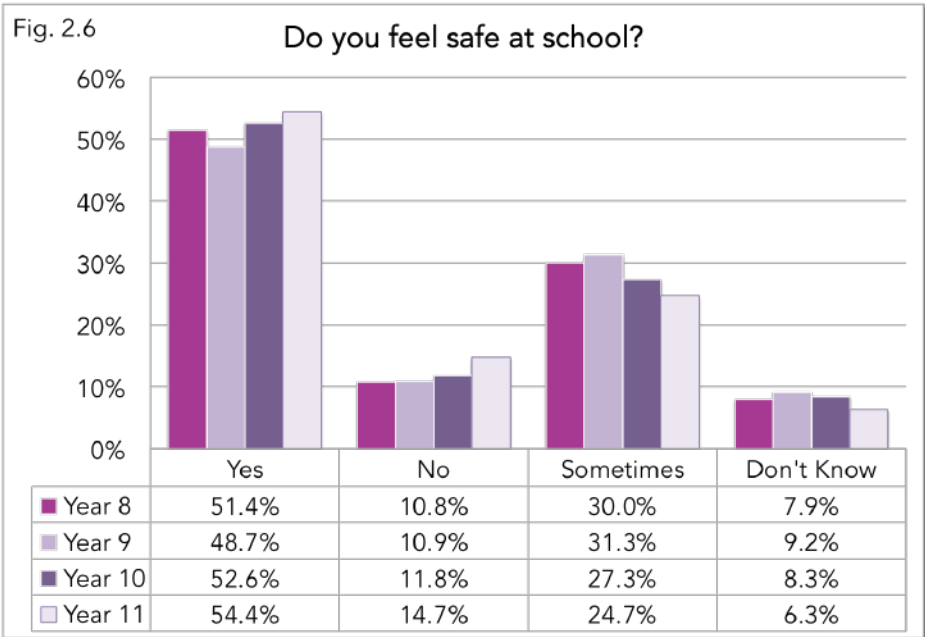
The majority of young people like their school or think that it is OK. However as young people get older they are more likely to dislike school. **29%** of young people in year 8, **31%** in year 9, **34%** in year 10 and **33%** in year 11 indicated that they do not like school.



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

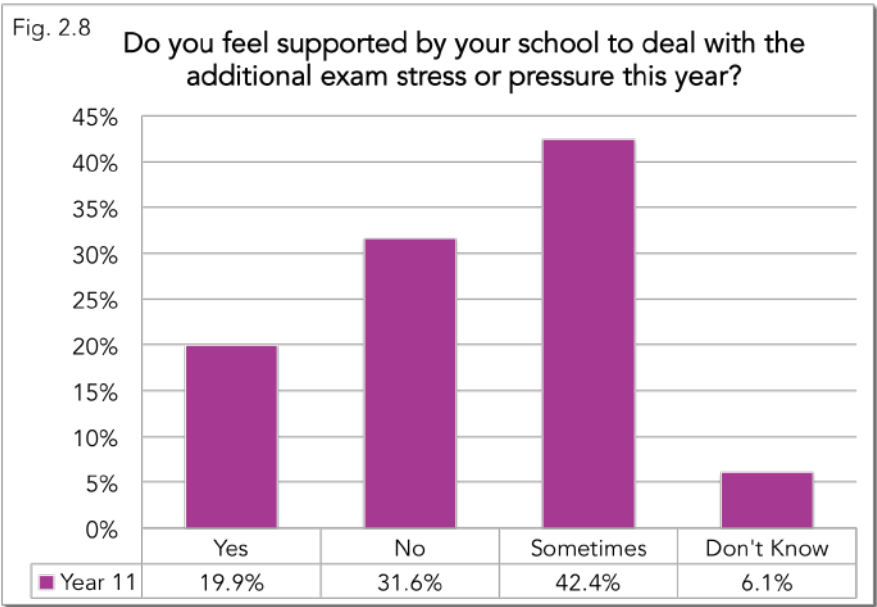
Overall year 11 pupils were less likely to report feeling safe at school. **11%** of year 8 and 9 pupils indicated that they did not feel safe. This figure increases to **12%** in year 10 and to **14%** in year 11.

A small but potentially significant proportion of young people in year 8, **6%**, report that they struggle with their schoolwork. This increases as young people get older. A large increase occurs between years 10 (**8%**) and 11 (**19%**), this is most likely due to the increased pressure of exams and completing their GCSE's for the year 11 pupils.



This point is further explored in figure 2.8. Year 11 pupils were asked if they felt their school supported them with the added pressures of exams, just

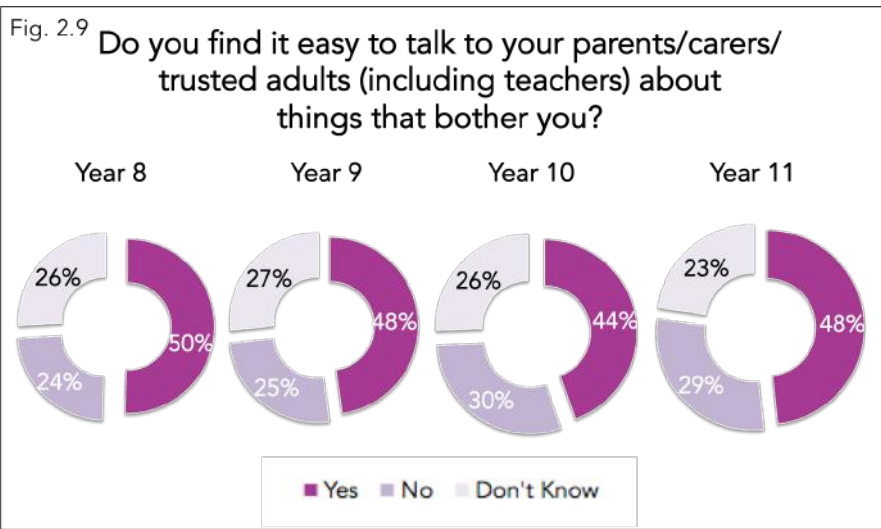
under one third said 'No' with an additional 42% only saying they felt supported some of the time.



Only the half of year 8's (50%) report that they find it easy to talk to parents / carers or trusted adults about things which bother them. Only 48% of year 9's, 44% of year 10's and 48% of year 11's reported they find it easy to talk to parents, carers or other trusted adults about things that bother them.

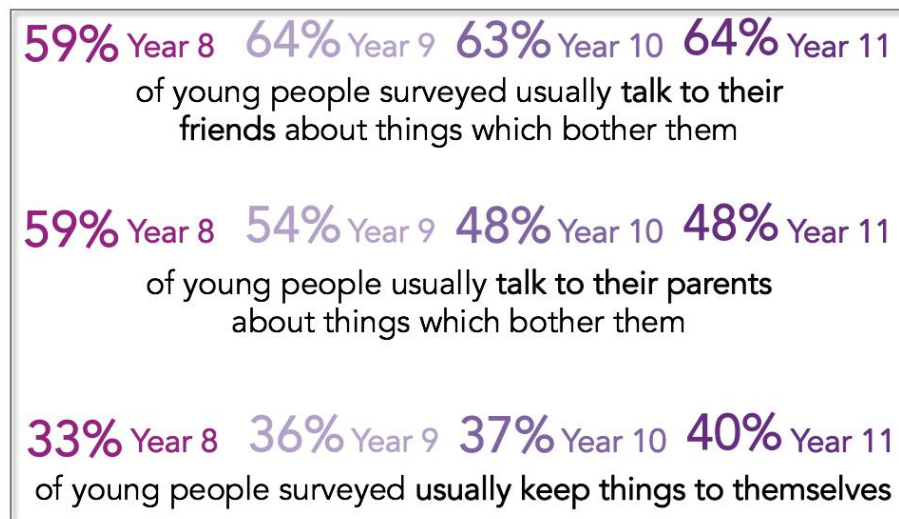
Around a quarter of all year groups, 26% in years 8 and 10, 27% in year 9 and 23% in year 11, do not find it easy to talk about things that bother them.

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.



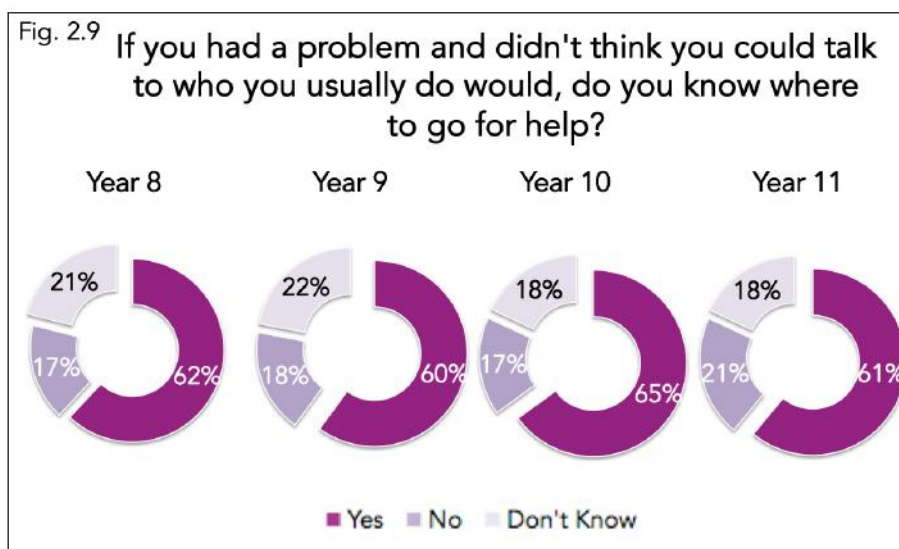
The below question was offered as a multiple choice option meaning that young people could select several options in relation to who they usually speak to when they need help or advice.

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%, 64%, 63% and 64%** of years 8, 9, 10 and 11 respectively selecting this option.



While parents were just as important as friends for year 8 pupils (59%), young people in years 9 to 11 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 **60%**, year 10 **65%** and year 11, **61%**) report that they know where they could access support. The percentage of young people who do not know where to get help also remains a significant minority and consistent, as young people get older.



Young people in year 9 are least likely to know where to go for help (22% compared to 21% of year 8's and 18% of years 10 and 11).

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

The third section of the survey was concerned with young people's lives.

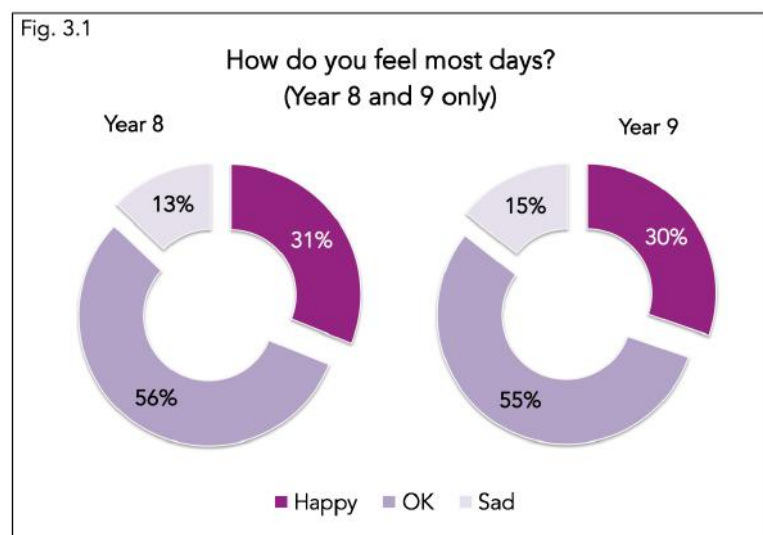
This section consisted of questions related to their own emotional health and well-being, how satisfied they were with their lives, social pressure and engagement in outside activities.

The purpose of this section was to ask young people specific questions around their lives, emotional health and how they perceive the pressure exerted on them by others.

Emotional Health and Social Pressure

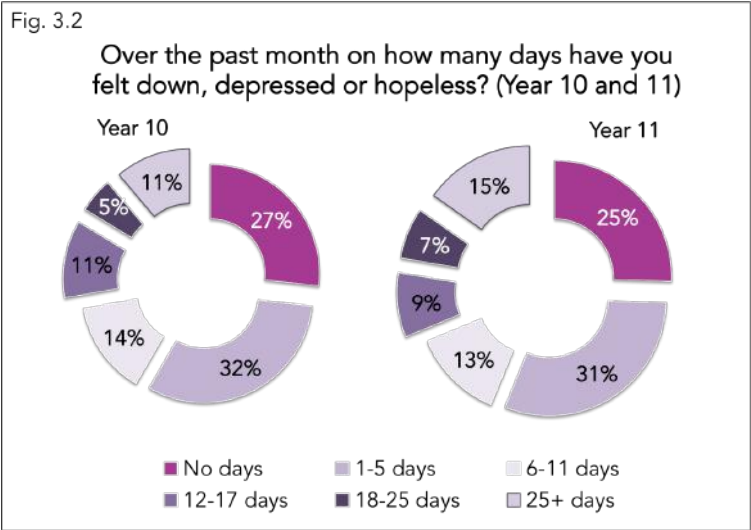
Of the young people surveyed 13% and 15% of year 8 and 9 pupils respectively report feeling sad most days.

The figure below broadly correlates with data published by the Office of National Statistics, in which 13% of children in Great Britain aged between 5 and 19 have a mental health problem.⁹



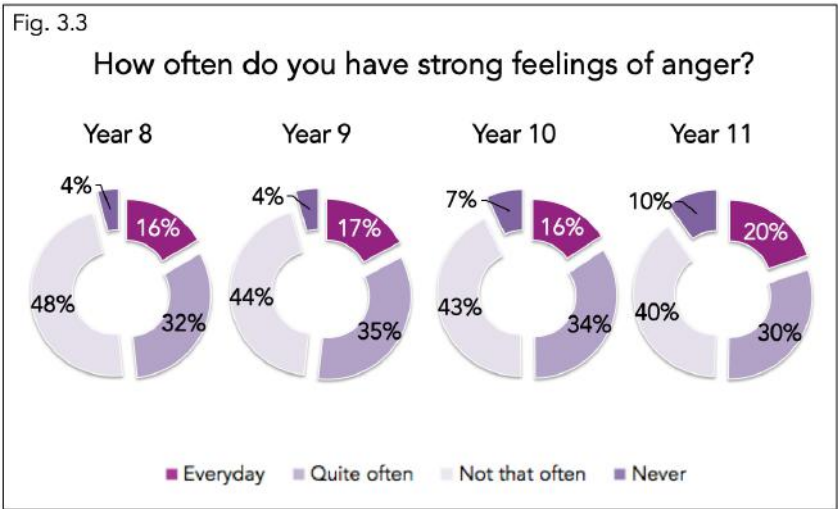
⁹ NHS Digital, "Mental Health of Children and Young People in England, 2017 [PAS]", Published November 22 2018, <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2017/2017>

Years 10 and 11 were asked a more complex question relating to their emotional health. When asked how many days had they felt down, depressed or hopeless **59%** of year 10's and **56%** of year 11's responded infrequently (either no days or 1-5 days). While the majority state they are feeling emotionally healthy, a significant minority (**11%** and **15%** of years 10 and 11 respectively) indicate they are feeling depressed or hopeless all the time (25+ days). This figure is once again relatable to data published by the Office for National Statistics.¹⁰



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

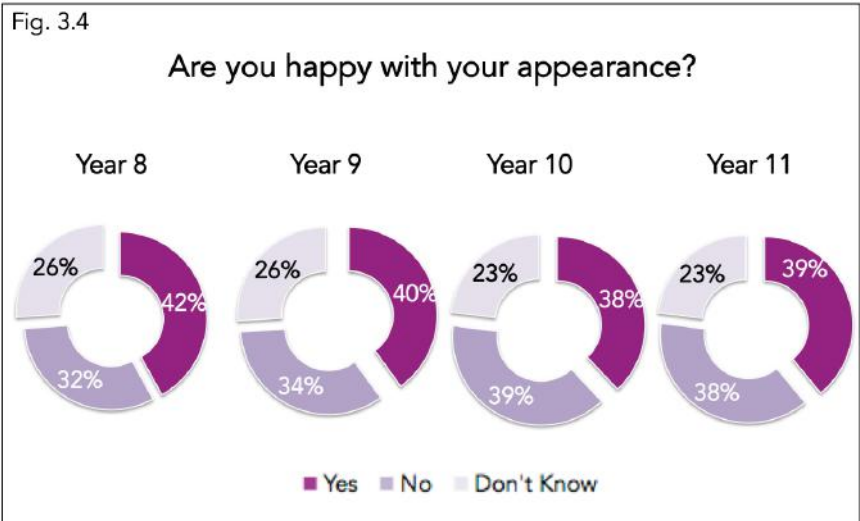
16% of year 8's, **17%** of year 9's, **16%** of year 10's and **20%** of year 11's surveyed report experiencing strong feelings of anger everyday of their lives (Fig 3.3).



¹⁰ NHS Digital, "Mental Health of Children and Young People in England, 2017 [PAS]", Published November 22 2018

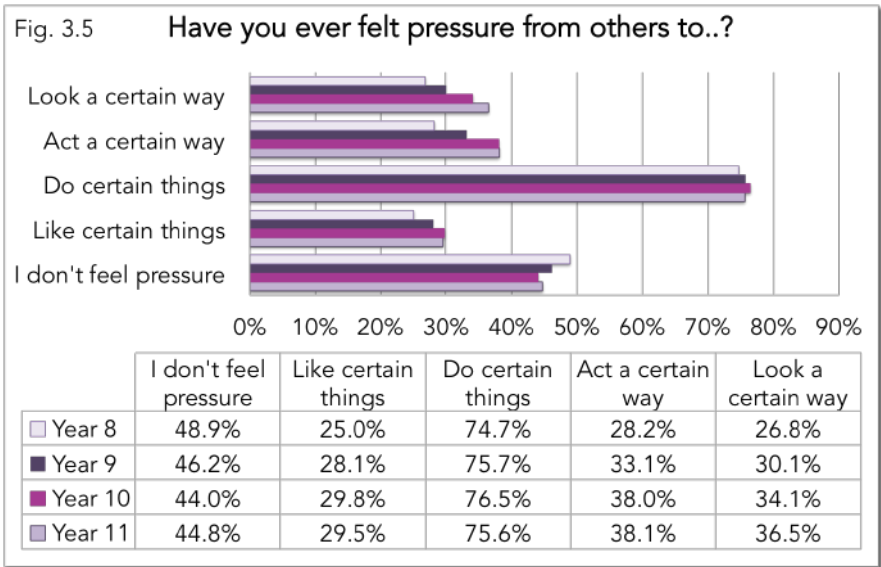
These feelings may be due to challenges and problems in their lives and may be negatively impacting on their emotional health and well-being. There may also be a negative effect on their friends and peers.

When asked about their appearance **35%** of young people surveyed (**32%** of year 8's, **34%** of year 9's, **39%** of year 10's and **38%** of year 11's) report that they are not happy with their appearance, a further quarter report that they don't know.



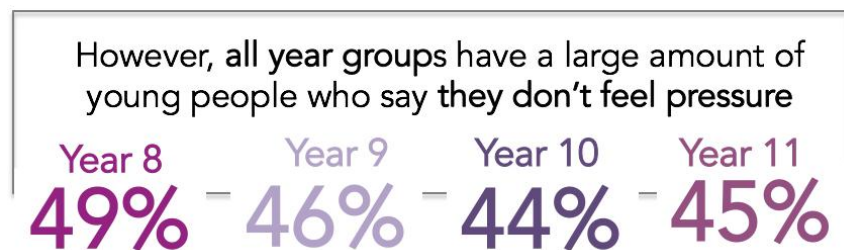
Less than half of young people surveyed report that they are happy with the way they look. The percentage who are happy with their appearance slightly decreases as they get older (**42%** in year 8, **40%** in year 9, **38%** in years 10 and **39%** in year 11).

Results from figure 3.4 highlight that the majority of young people have low happiness with respect to 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.



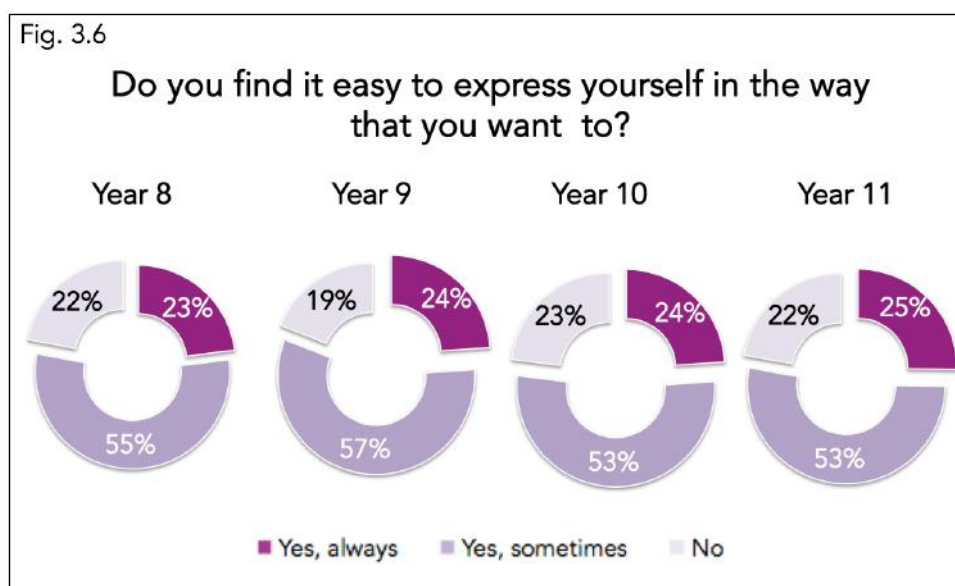
Following on with a similar trend, when asked about feeling pressure, **27%** of year 8, **30%** of year 9, **34%** of year 10 and **36%** of year 11 pupils stated they had felt pressure from others to look a certain way. Further analysis of this cohort highlighted that the majority (**48%**, **52%**, **57%** and **57%** of year 8, 9, 10 and 11 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.

Just under half of young people (**49%**, **46%**, **44%** and **45%** in years 8, 9, 10 and 11 respectively) when asked about feeling pressure from others responded that they didn't feel pressure from others (Fig 3.5).



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

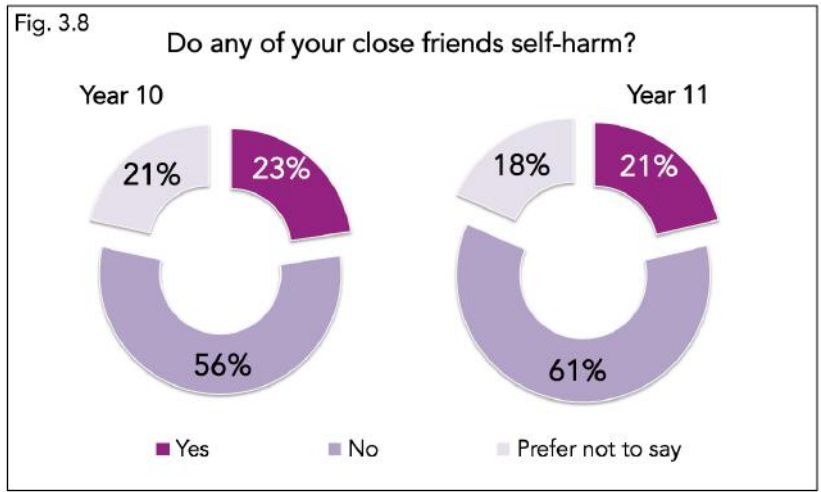
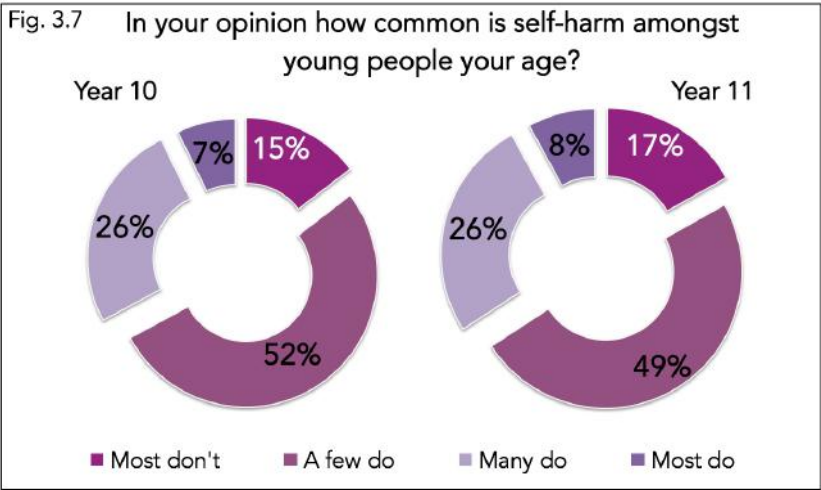
Around one-in-five young people in years 8 to 11 (**22%**, **19%**, **23%** and **22%** respectively) who do not find it easy to express themselves.



Being able to express yourself either through emotions and feelings or personality and preferences is important for positive emotional health.

Expressing yourself helps release feelings of frustration and anger and enables young people to strengthen relationships and connect with people¹¹.

Pupils in years 10 and 11 were asked two questions related to self-harm. Self-harm is linked to poor mental health and suggests they may lack positive coping skills to deal with their issues.¹²



Recent studies suggest that a significant number of young people, especially females in the UK are self-harming during adolescence¹³.

When asked their opinion on how common self-harm is at their age, **77%** of year 10's and **76%** of year 11's stated that either "Most don't" or 'A few do'

¹¹ NHS, "How to be happier", last reviewed February 28 2019, <https://www.nhs.uk/conditions/stress-anxiety-depression/feel-better-and-happy/>

¹² NHS, "Self-harm", last reviewed May 25 2018, <https://www.nhs.uk/conditions/self-harm/>

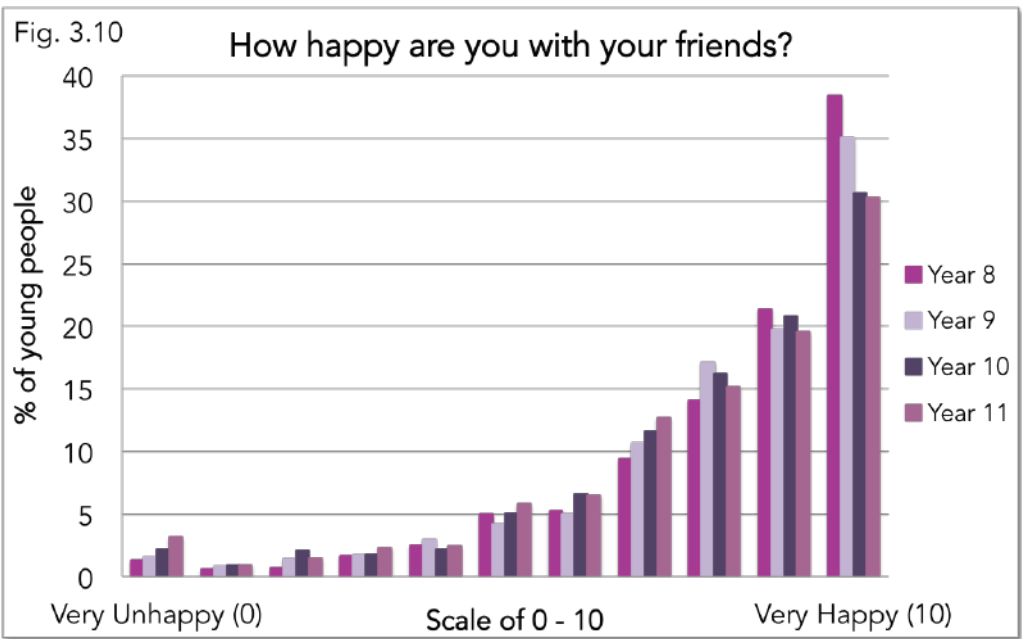
¹³ Morgan Catharine et al. "Incidence, clinical management, and mortality risk following self harm among children and adolescents: cohort study in primary care" *BMJ*, 2017

self-harm. Worryingly, **26%** of young people stated that 'Many' and **8%** feel that 'Most' young people their age self-harm.

Year 10 and 11 pupils were also asked whether they had any close friends who self-harm. The majority, (**56%** and **61%** of years 10 and 11 respectively) do not. Just over 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 0-10. 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.

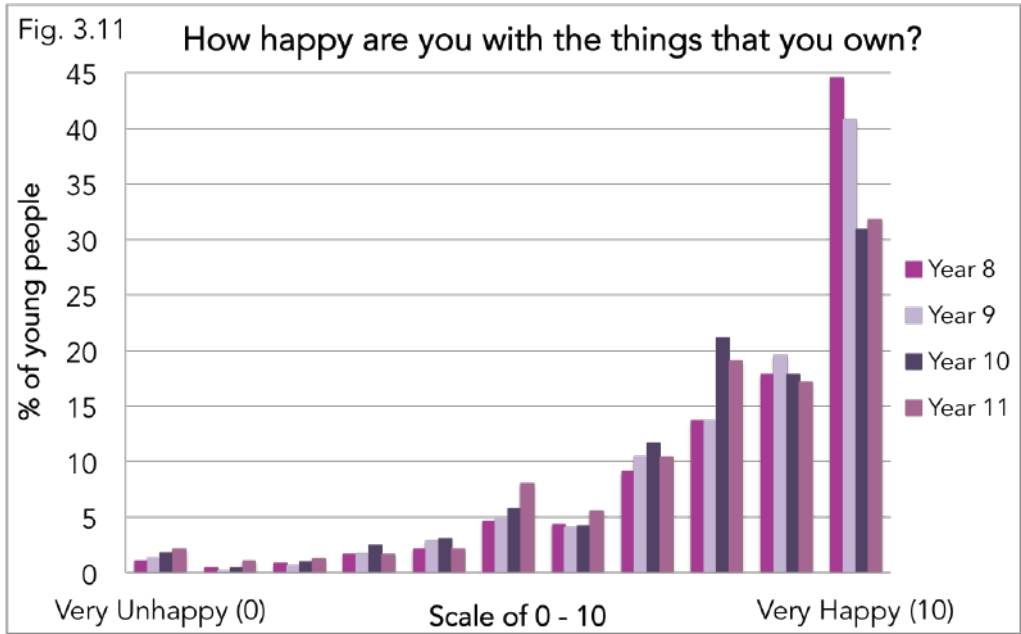
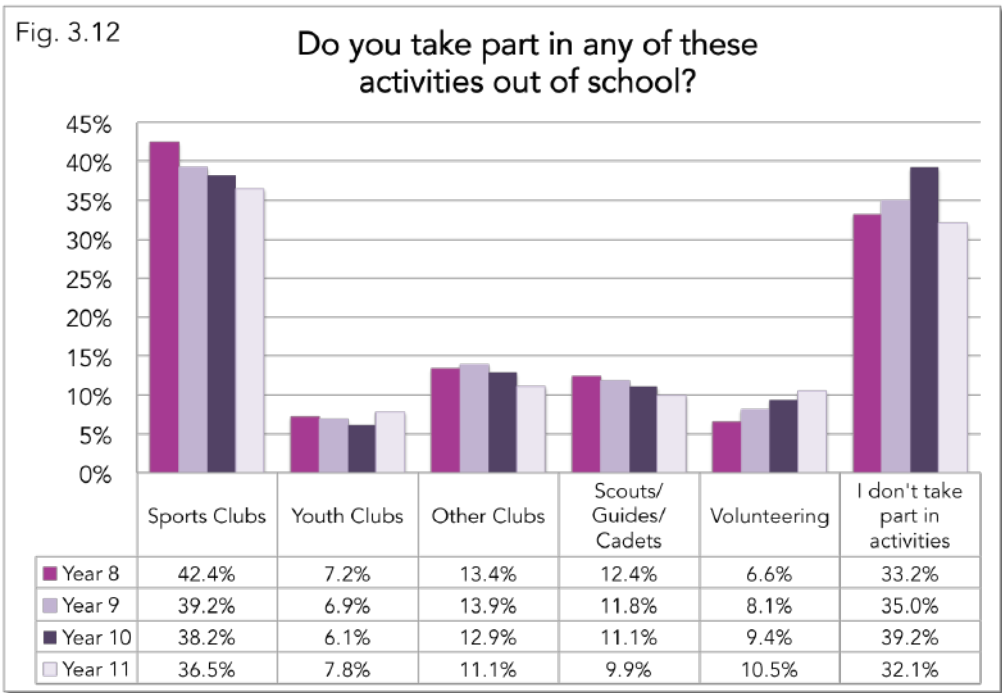


Fig 3.11 shows a very strong trend, the vast majority of young people in Derbyshire are happy with the things they have.

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

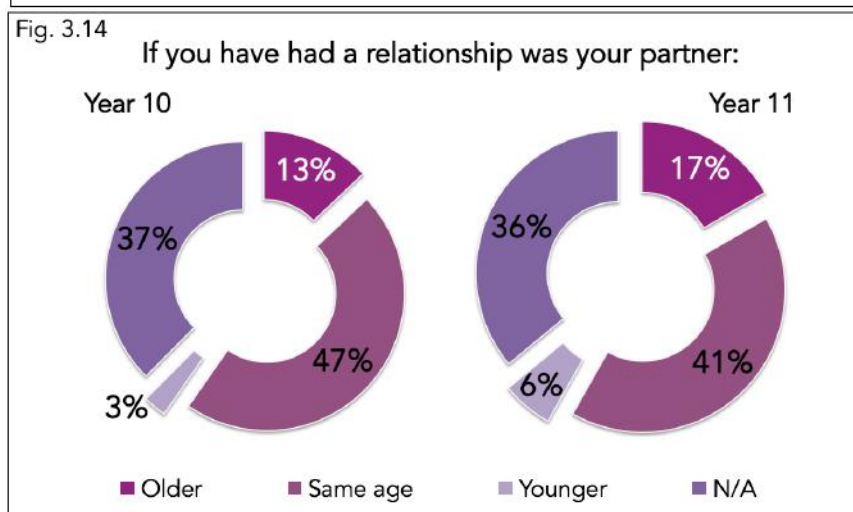
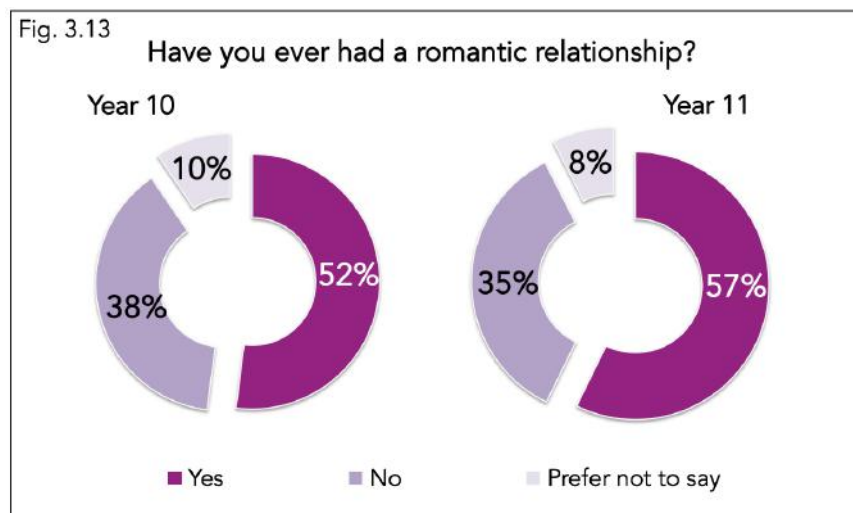


activity and increased emotional wellbeing¹⁴. For all year groups, sport is the most likely activity young people take part in.

Relationships

Pupils in years 10 and 11 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 over half of year 10 (52%) and 11 (57%) pupils said they had been in a romantic relationship. A further 10% and 8% of year 10 and 11's respectively said they would prefer not to say.



¹⁴ Royal College of Psychiatrists, 2012

An additional question focused on the age of the young person's partner was included in the survey.

Of the young people who said they have been in a romantic relationship, **47%** and **41%** of years 10 and 11 respectively said their partner was the same age, **3%** and **6%** had a younger partner while **13%** and **17%** had an older partner.

Females were much more likely than males to have a partner who was older than them. **36%** of females said their partners were older compared to just **12%** of males. Males were more likely to have a partner who was younger, **9%** compared to just **4%** of females.

Fig. 3.15

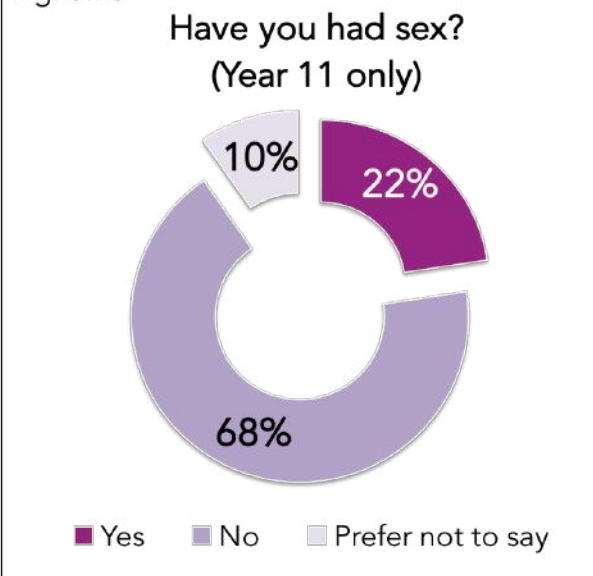


Fig. 3.16

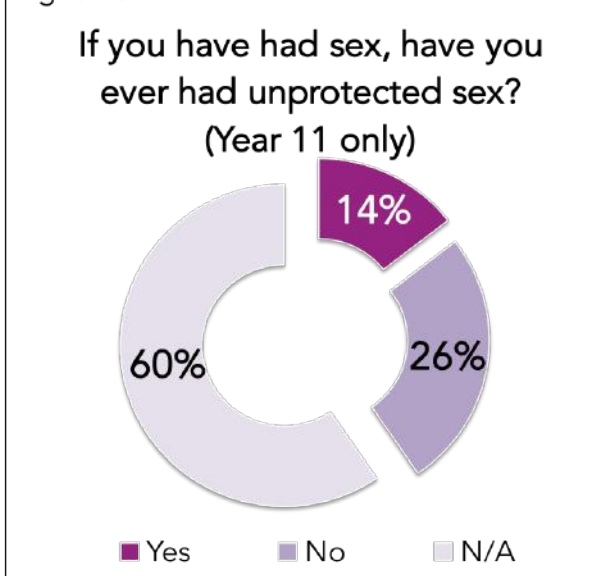


Fig. 3.17

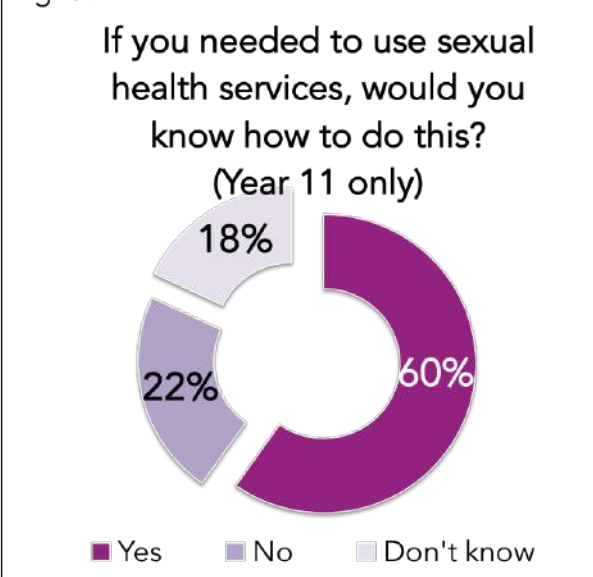
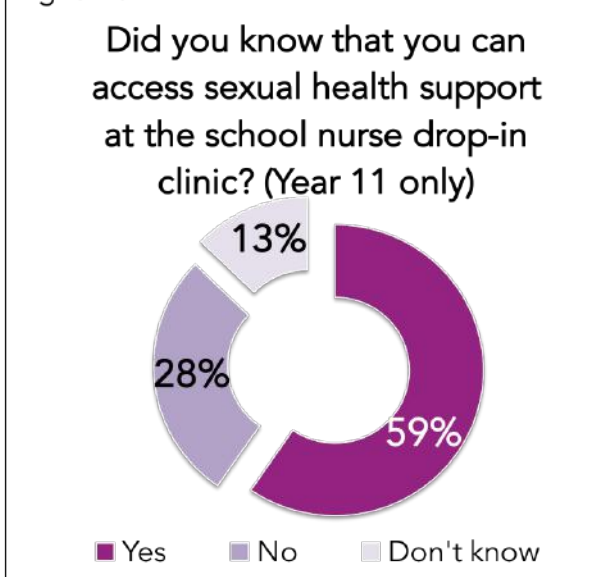


Fig. 3.18



Year 11 pupils were also asked additional questions related to sex and sexual health support. **22%** reported having had sex and **14%** reported having had unprotected sex. While the majority also reported knowing where to go for help if they needed sexual health services, a significant minority stated that they weren't sure (**18%**) or didn't know at all (**22%**). Similar amounts of young people were also unaware that they could access support at school via the school nurse (**13%** were unsure and **28%** didn't know).

Section 11.4: My Community

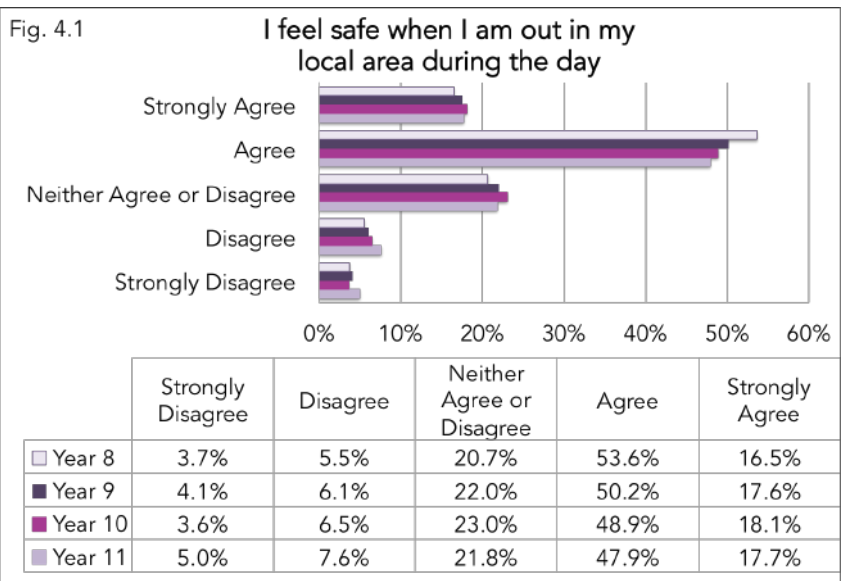
The fourth section of the survey was concerned with young people's opinion of the communities in which they live.

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

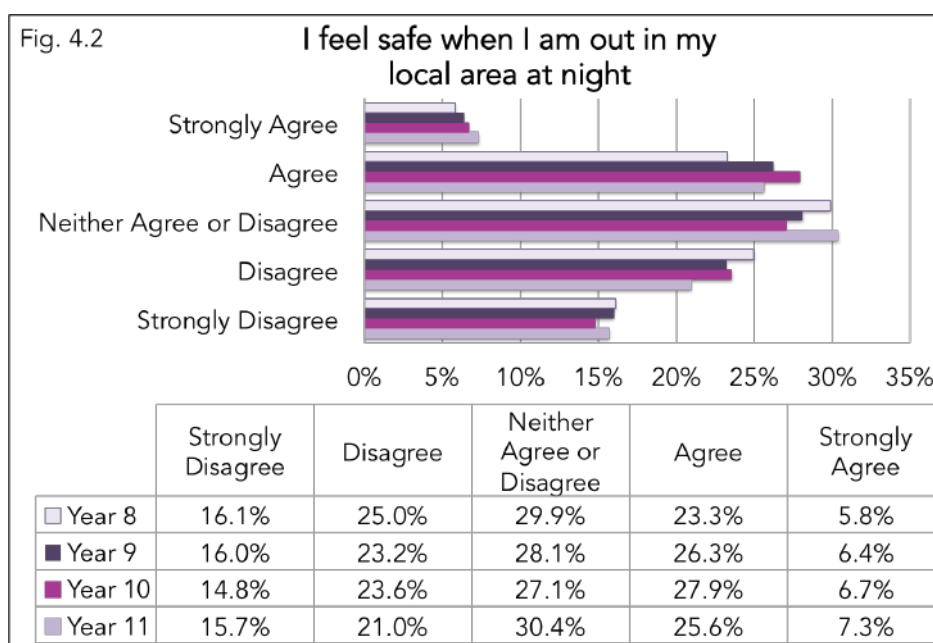
Feeling safe in your local community is a key aspect of well-being; the majority of young people surveyed feel safe during the day in their communities. Data available locally from 2011 shows that **91%** of adults felt safe in their local area during the day.¹⁵



¹⁵ 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.

41% of year 8, **39%** of year 9, **38%** of year 10 and **37%** of year 11 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 night¹⁶.



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.

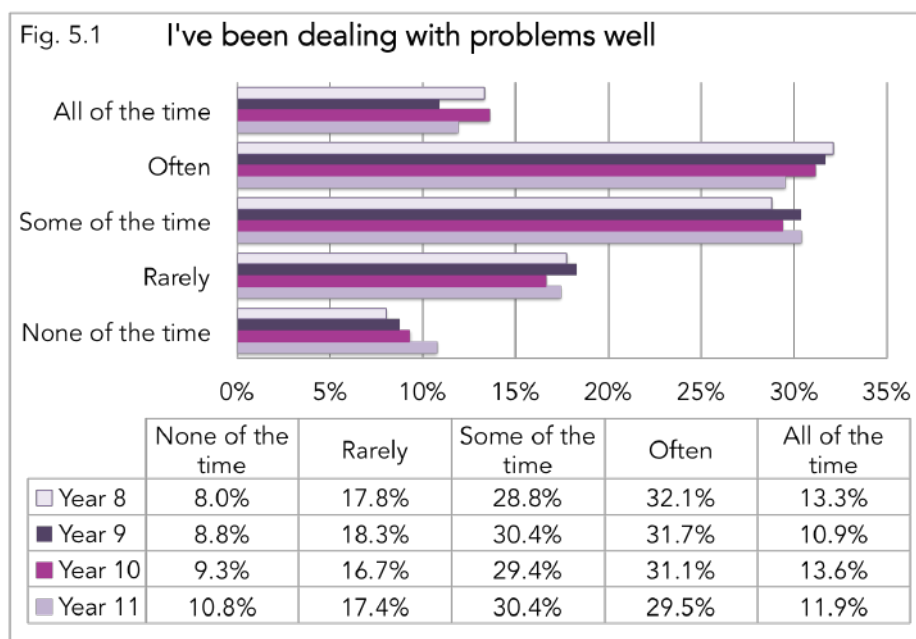
This section consisted of questions related to their feelings of positivity towards their own futures, how trusting they were of others and their ability to make changes to their own lives.

The purpose of this section was to gain insight into the aspirations of young people, a key element of personal emotional well-being.

¹⁶ Derbyshire Observatory, 2011

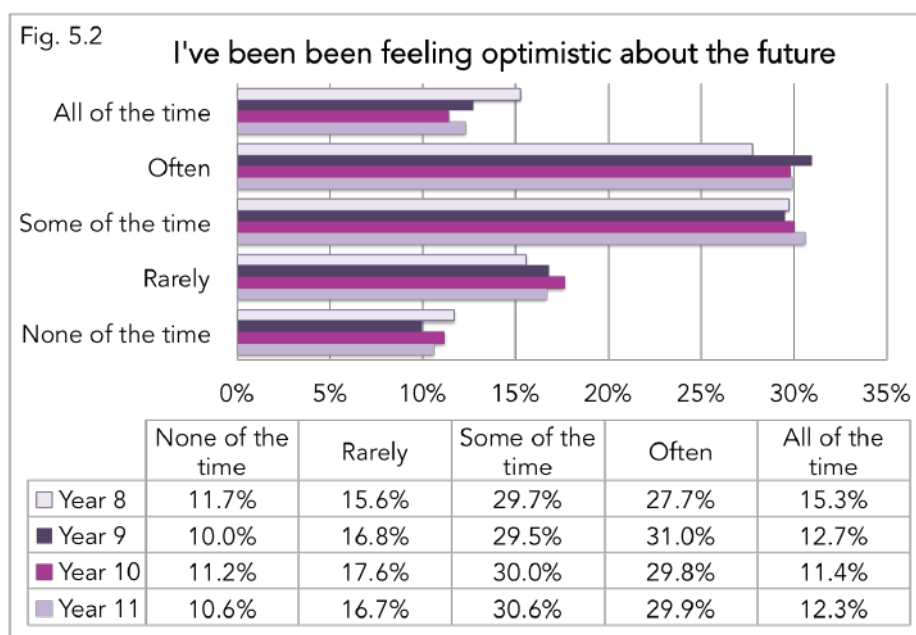
The Future

The majority of young people in Derbyshire report that they are dealing with their problems well, with **74%, 73%, 74% and 72%** of year 8, 9, 10 and 11 young people feeling that they deal with their problems well at least some of the time.



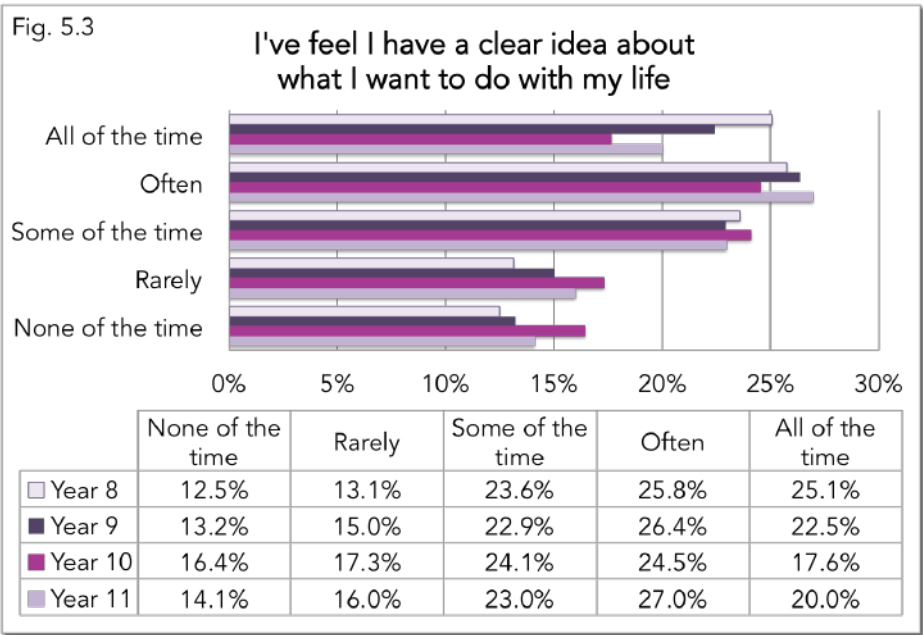
However, around one-in-four young people in Derbyshire reported that they deal with their problems well only rarely or for none of the time.

Optimism about the future is relatively consistent as young people get older. Whilst many young people in Derbyshire are feeling optimistic about their



futures for at least some of the time, **27%** of years 8, 9 and 11 and **29%** 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 just under half (**45%** and **47%**) of young people in both years 8 and 9 and over half (**55%** and **57%**) of those in years 10 and 11 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, with year 10 being the most uncertain year group.

Further analysis on both questions highlighted that as young people got older they were overall less confident about their future. **46%** of year 9's, **52%** of year 10's and **53%** of year 11'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 slightly lower at **40%**.

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.

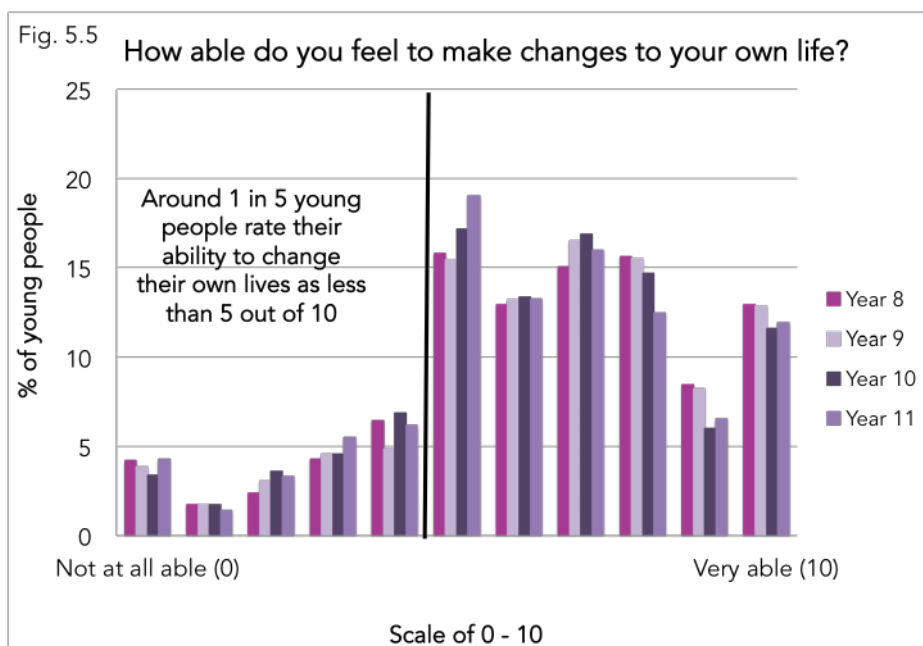
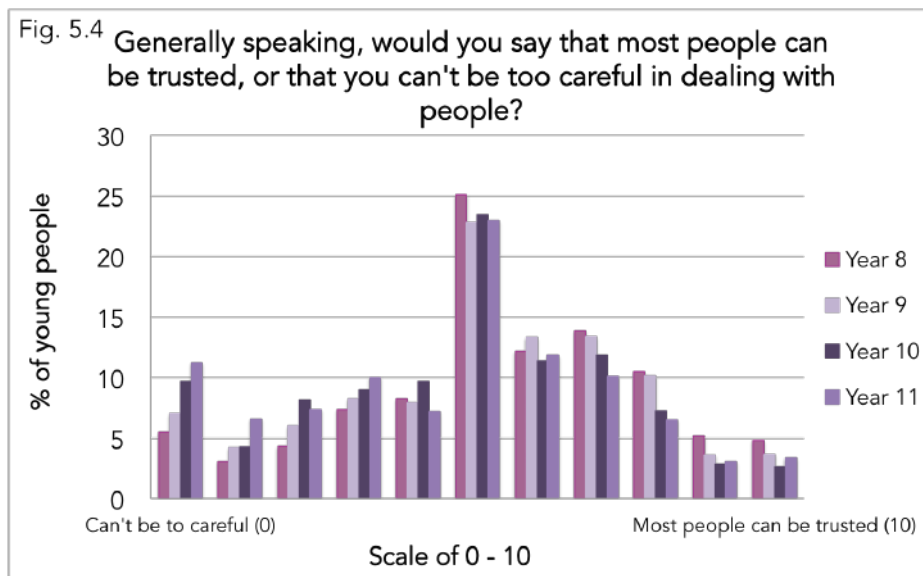
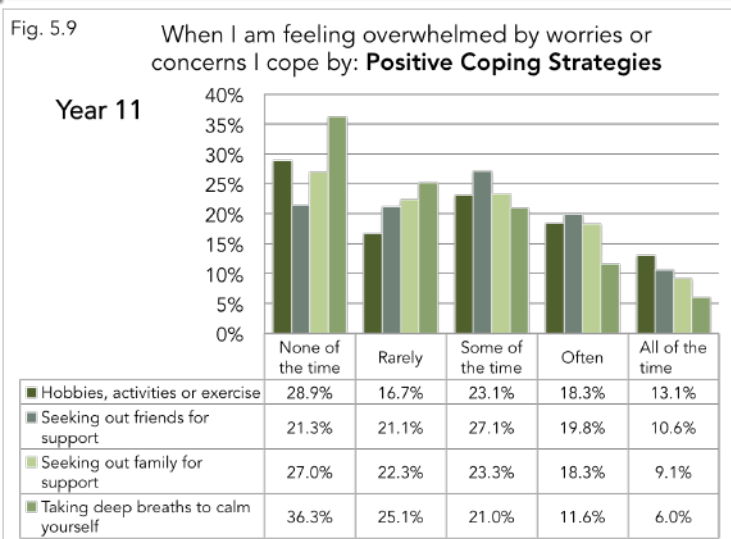
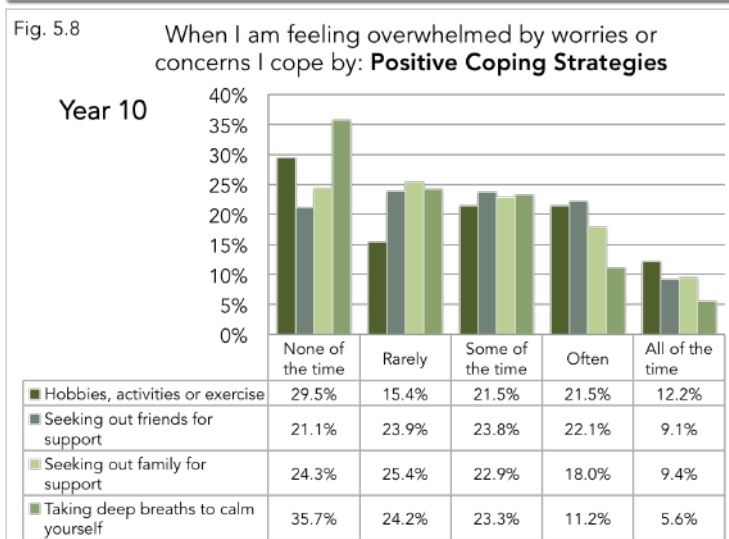
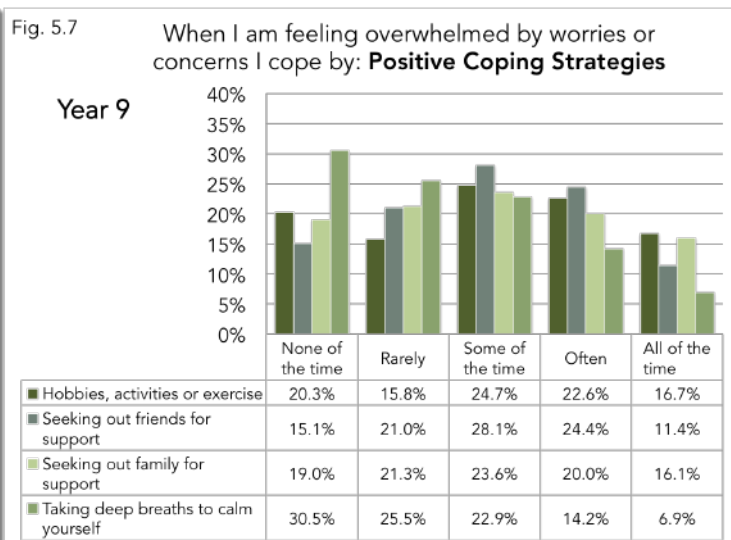
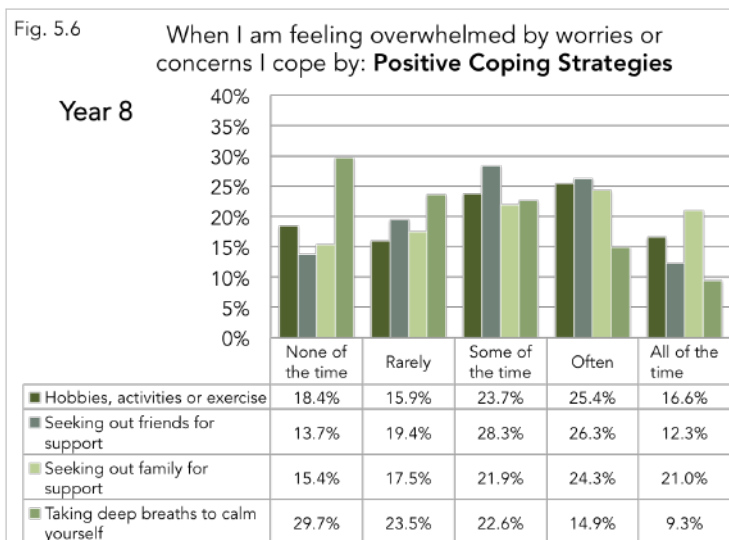


Fig 5.5 demonstrates that many young people have a positive sense of self-efficacy, the belief in their ability to make changes in their own lives.

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 **19%, 18%, 20% and 21%** of young people in years 8 to 11 respectively 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.



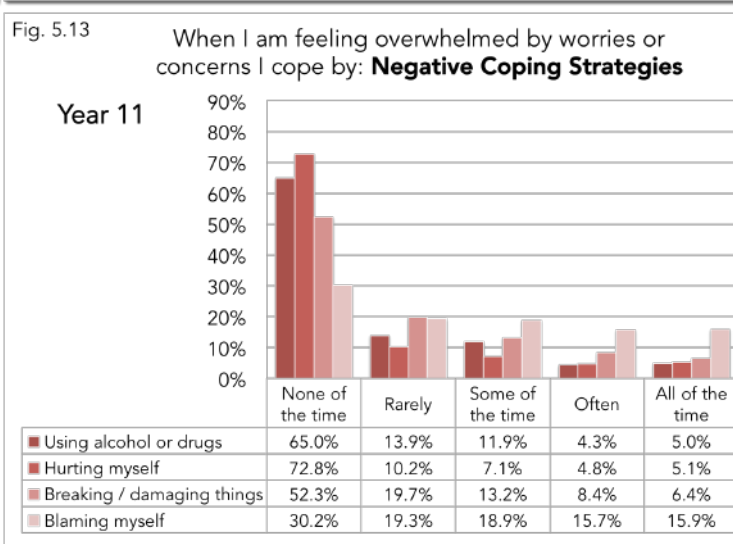
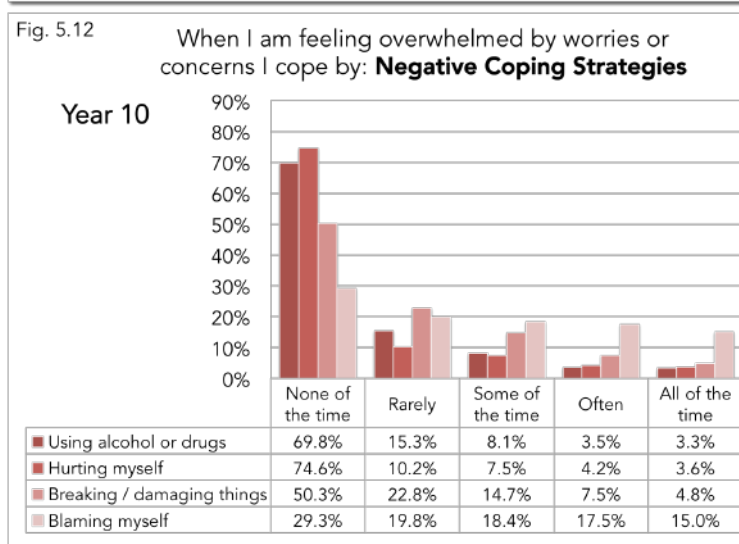
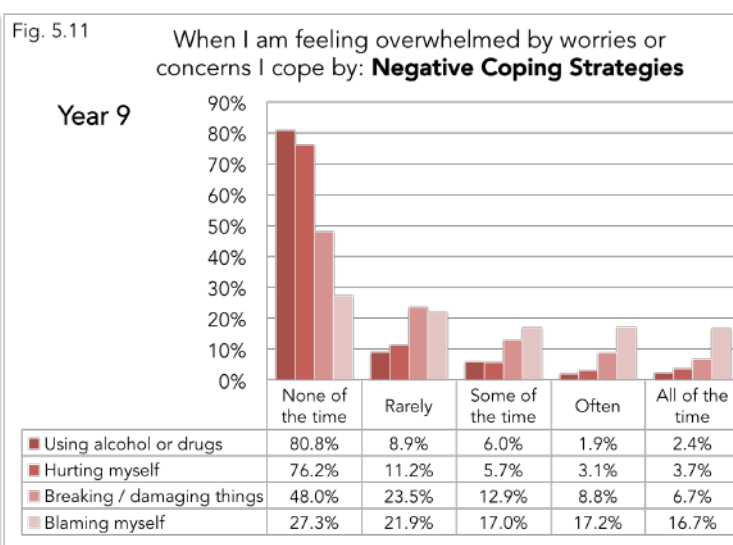
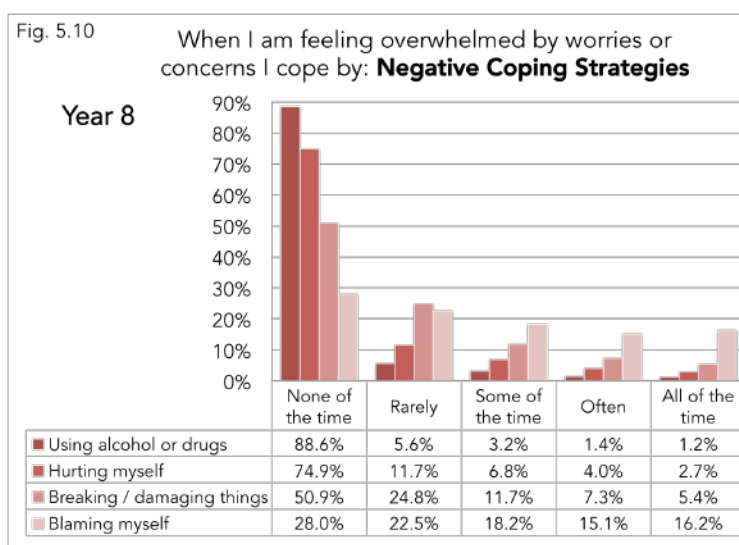
Coping strategies are important life skills and can indicate a young person's level of emotional resilience. A lack of positive coping strategies or a reliance on negative coping strategies can indicate a low level of emotional resilience and can lead to poor emotional well-being or disorders in later life.

In the survey, all coping skills' options were 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 to Fig 5.9 for years 8 to 11) 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 and 11 responses.

This could indicate the need for Derbyshire schools to develop strategies and approaches that promote positive coping strategies in young people and for the delivery of good quality emotional resilience education.

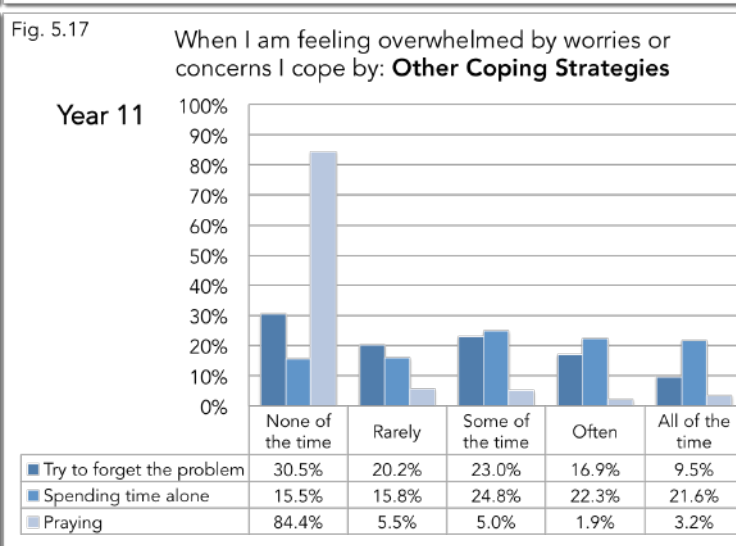
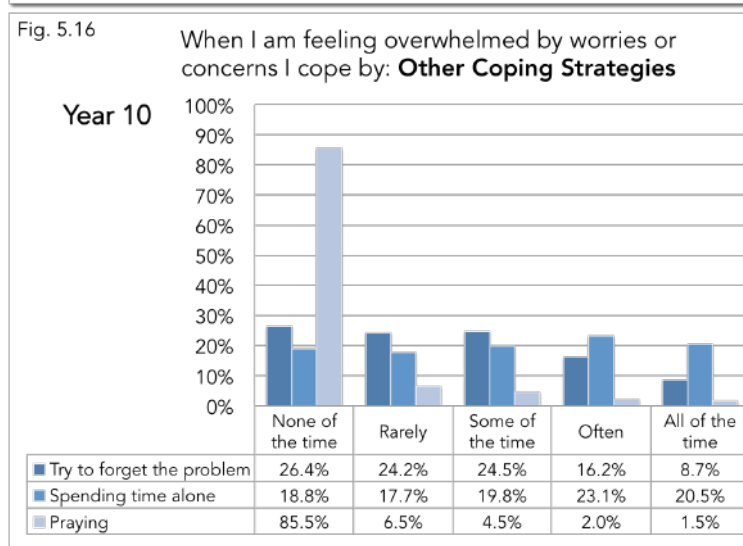
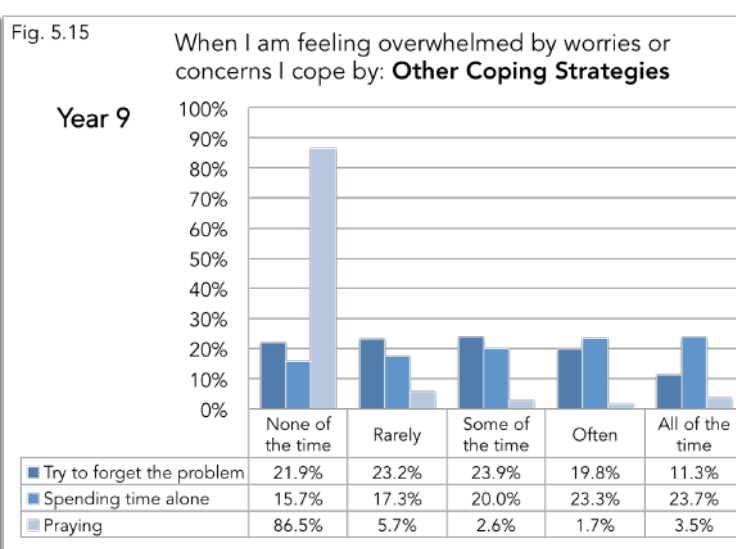
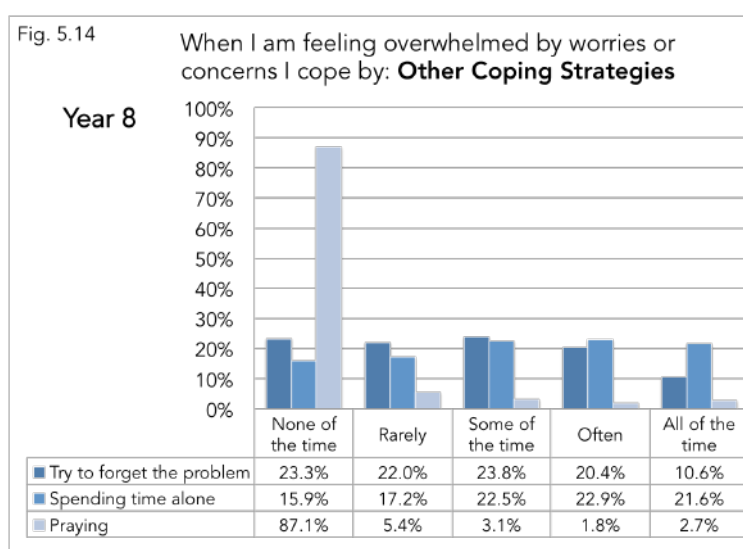


Negative coping skill questions (Fig 5.10 to Fig 5.13) highlight a much clearer general downward trend in comparison to positive coping skills. This highlights that the majority of young people do not rely on negative coping strategies heavily.

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 11 this increases to **35%**.

The negative coping strategy questions have also highlighted an alarming percentage of young people who have hurt themselves in order to cope with their worries or concerns. **25%, 24%, 25%** and **27%** of year 8, 9, 10 and 11 pupils respectively report self-harming at least rarely as a coping strategy.

Overall the negative coping strategy questions demonstrate that a sizeable minority are struggling to deal with stressful situations.

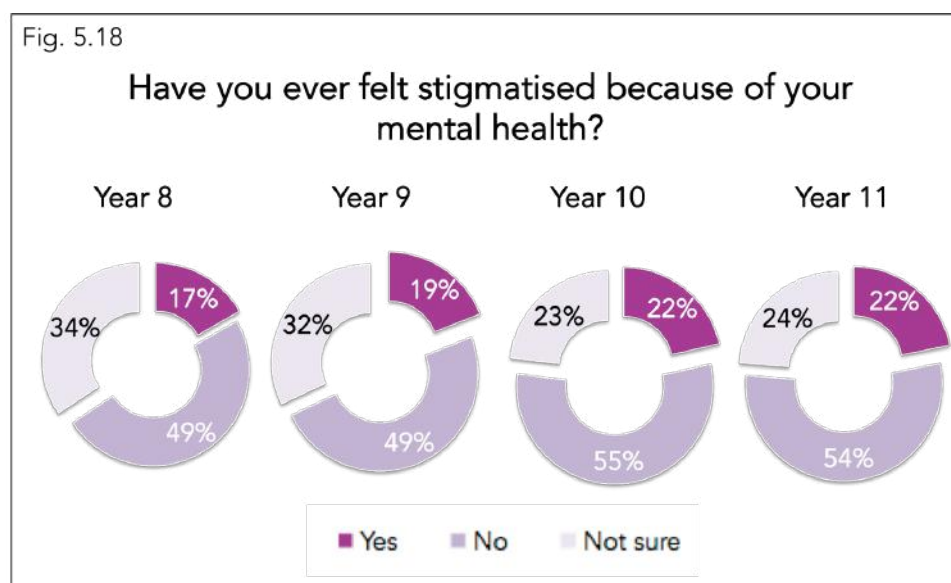


Figures 5.14 to 5.17 show the coping strategies that can be viewed as positive or negative.

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

Stigma

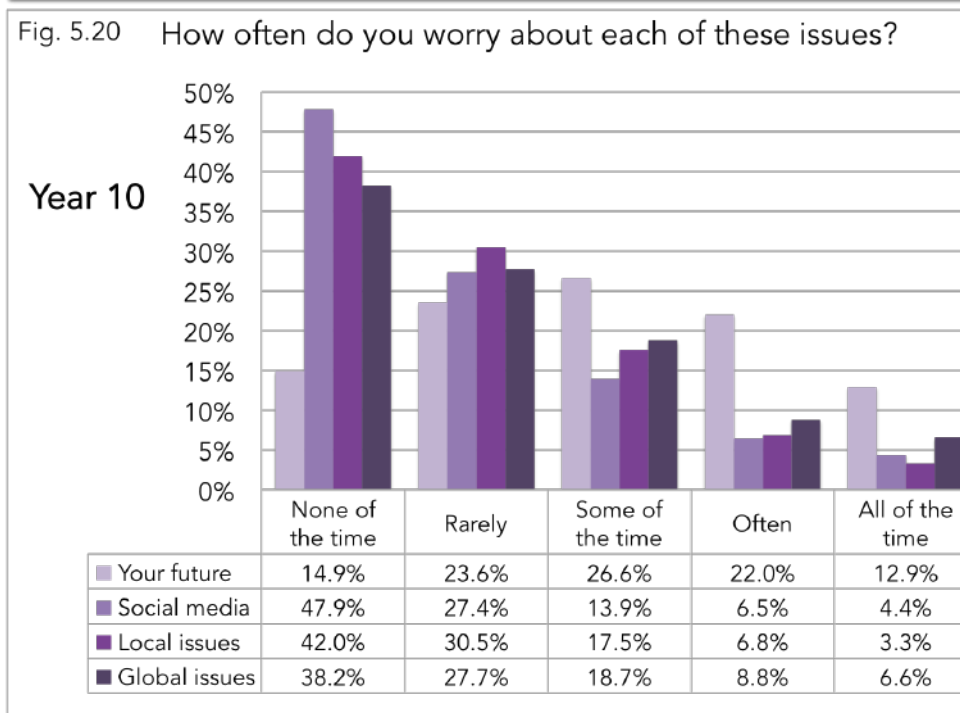
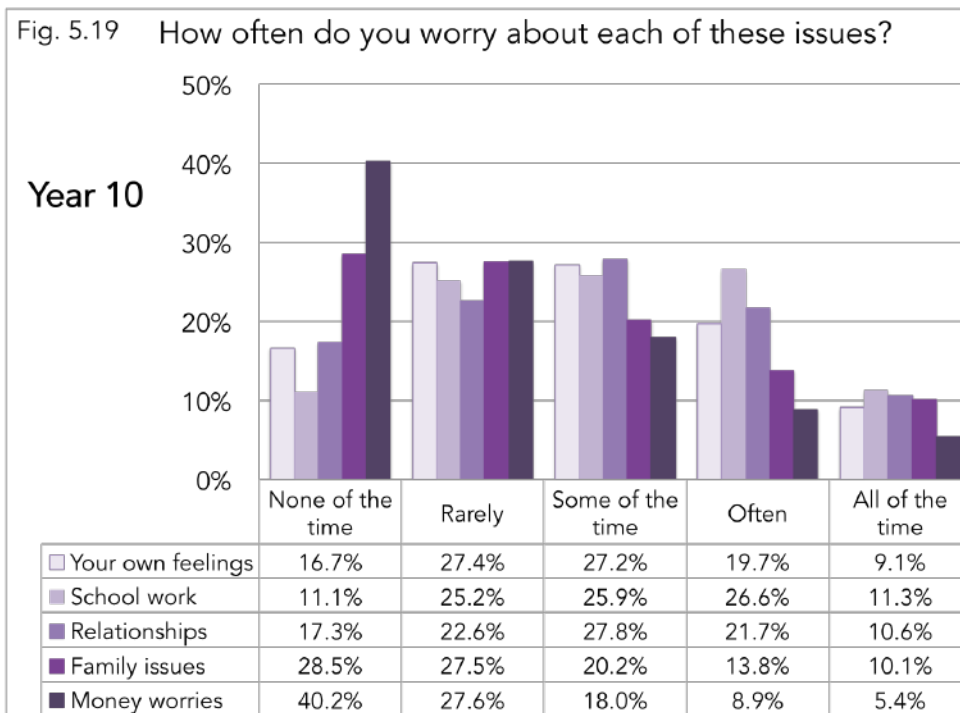
All students were asked whether they have ever felt stigmatised because of their mental health. Pupils in years 10 and 11 were more likely to say they have felt stigmatised than their year 8 peers (22% to 17% respectively). Pupils in year 8 were more unsure whether they have been stigmatised (32%) compared to the older year groups (31%, 23% and 24% for years 9 to 11 respectively). This may indicate that pupils in year 8 do not comprehend when someone has been stigmatised because of their 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 years 10 & 11

Year 10 and 11 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 was only one issue that the majority of young people worried about regularly, this was Year 11's and their school work (**53%** worried often or all

of the time). For year 10's this was also their biggest worry (38% worried often or all of the time). The other main worries that young people have relate to their future (35% and 37% of years 10 and 11 respectively worry often or all the time) and with relationships (32% and 31% of years 10 and 11 respectively worry often or all the time). Young people worry least about social media, sexting (year 11's only) and local and global issues.

Fig. 5.21 How often do you worry about each of these issues?

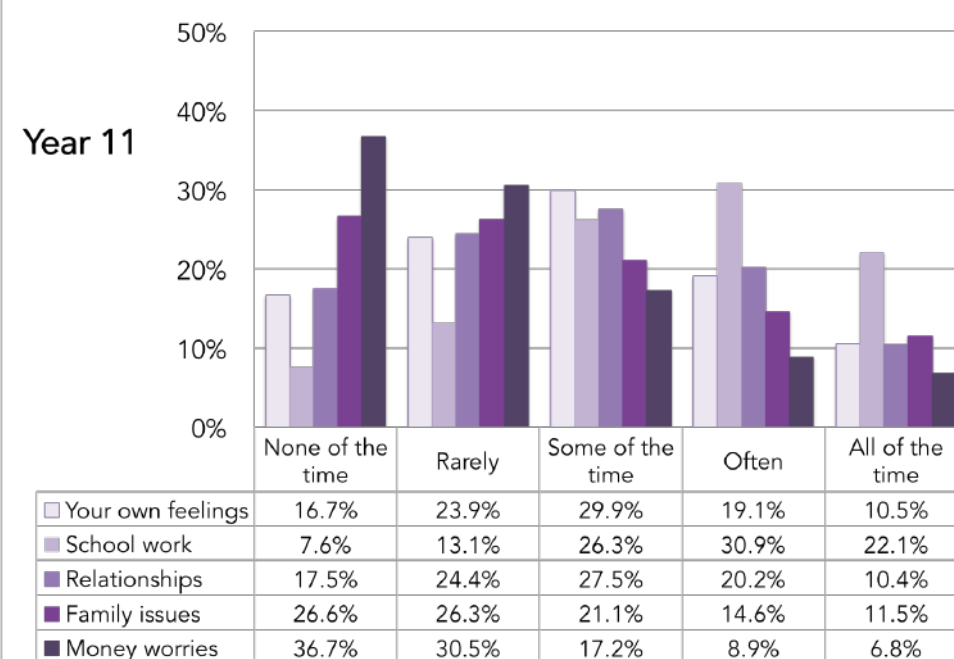
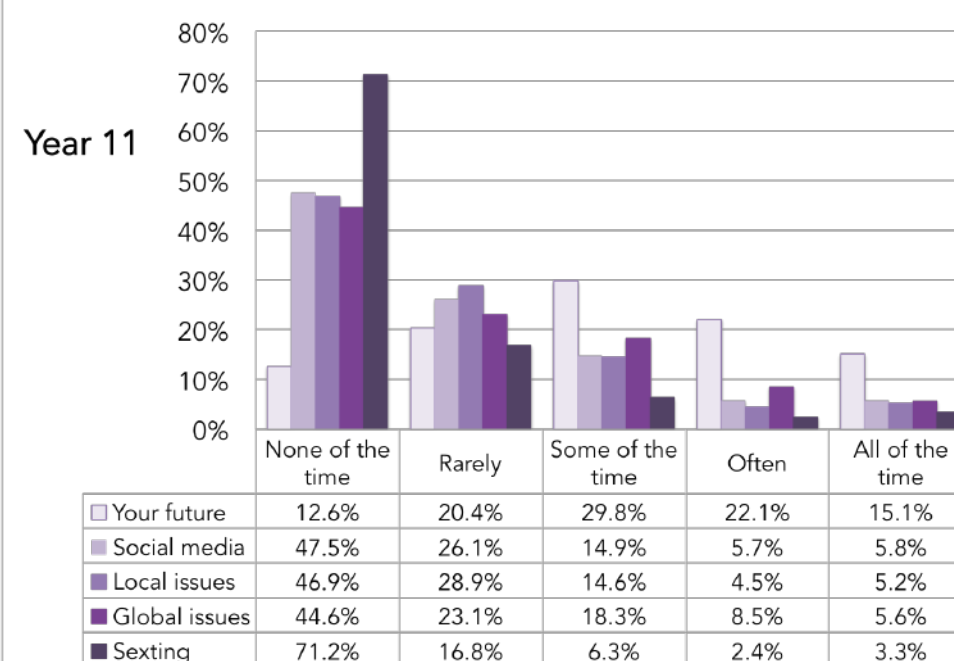


Fig. 5.22 How often do you worry about each of these issues?



12. Comparing data to previous years

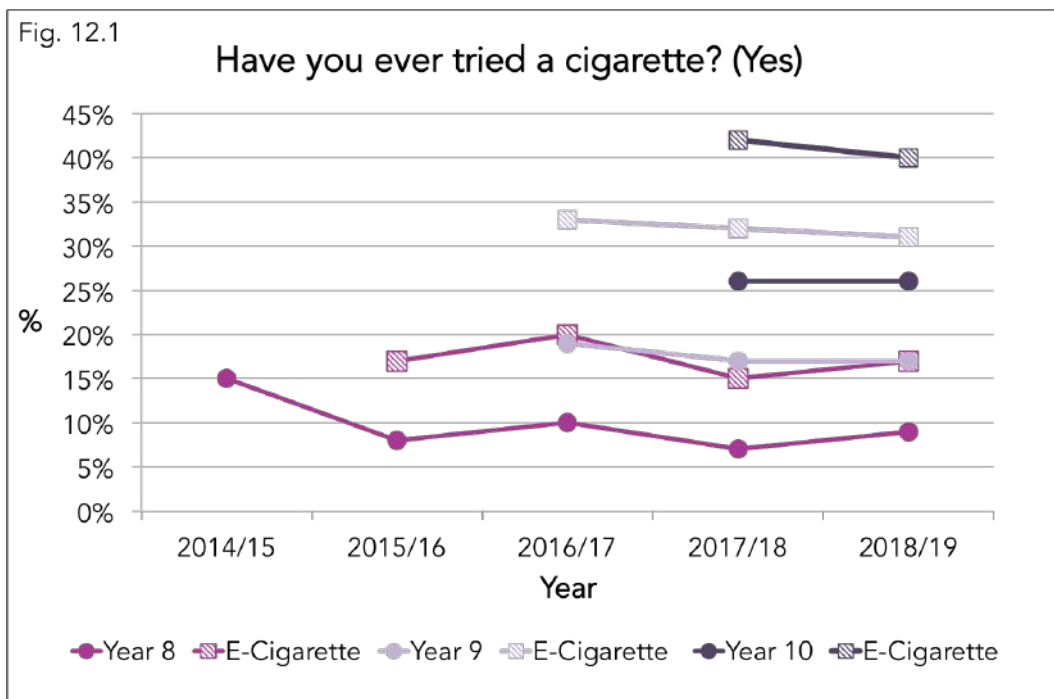
My Life, My View is a longitudinal survey project which tracks the thoughts, experiences and beliefs of young people as they grow older, however, over the life of the project we have continued to collect baseline data annually from each new year 8 cohort.

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 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 five year 8, three year 9 and two year 10 datasets.

Smoking, Alcohol & Cannabis

The percentage of year 8's who have tried a cigarette has been in an overall steady decline since 2014/15 (Fig 12.1). Over the past four years we have seen the percentage of young people who have tried a cigarette fluctuate around the 10% mark.



In year 9 we have seen a slight decrease in the percentage 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

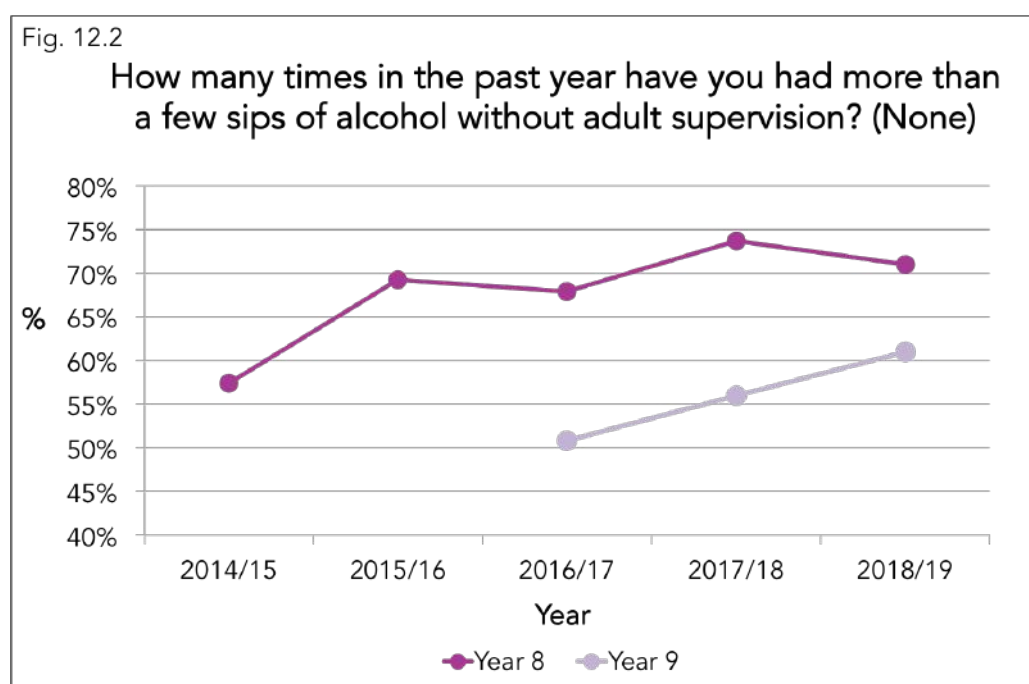
away from conventional cigarettes towards the use of e-cigarettes, this was discussed in section 11.1.

For year 10 pupils the number who had tried a cigarette remained at **26%**.

Fig 12.1 also highlights the e-cigarette data that we have obtained during the past four years of the My Life, My View survey. The percentage of young people who have tried an e-cigarette has over the four years, repeatedly been around double those who have tried a traditional cigarette. This, in addition to Table 1 earlier in the report (p.17), may indicate that young people are experimenting with e-cigarettes without having tried conventional cigarettes.

It is too early to say whether the percentage of young people who are trying e-cigarettes is slightly decreasing year on year, or whether it will remain at the current level.

Similar to smoking, alcohol use without supervision 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 then increased again to **74%** in 2017/18. This year saw the percentage of year 8 pupils not drinking decrease slightly to **71%** but this is still much higher than the original results in 2014/15.



Year 9 drinking has also decreased, in 2016/17 **51%** and in 2017/18 **56%** had not drunk in the past year without adult supervision, this year it is **61%**.

Fig 12.3 also highlights similar results for year 9 pupils when asked about experiences of drinking within the past month. For year 10 pupils however the percentage who have not drunk in the past month has slightly decreased but remained relatively consistent, from **55%** in 2017/18 to **54%** in 2018/19.

Fig. 12.3

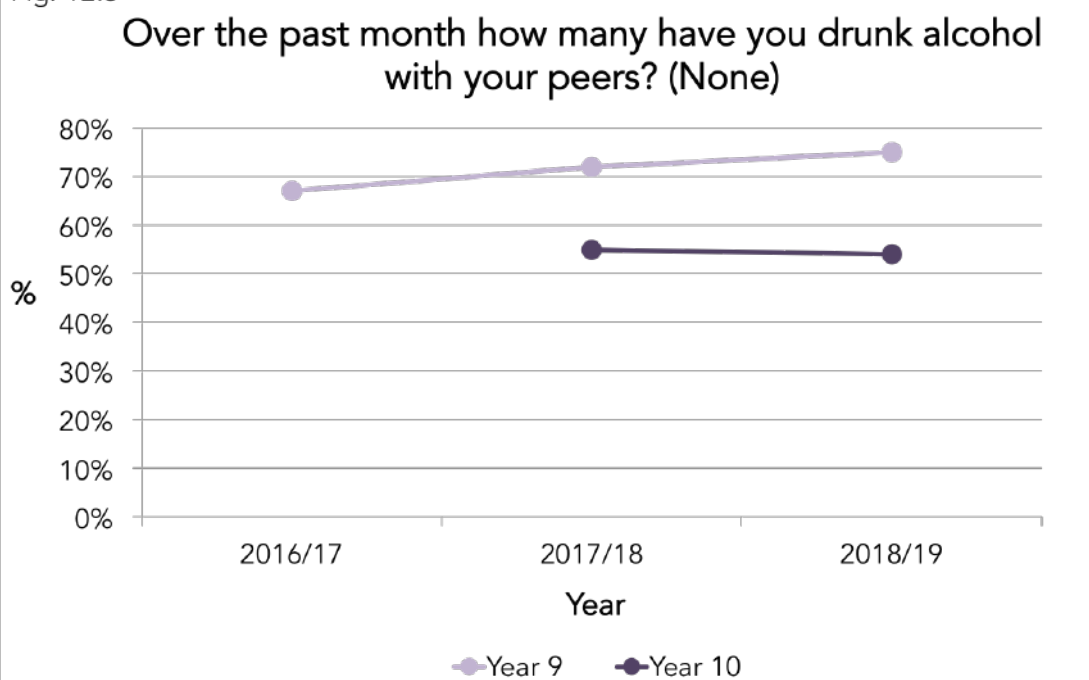
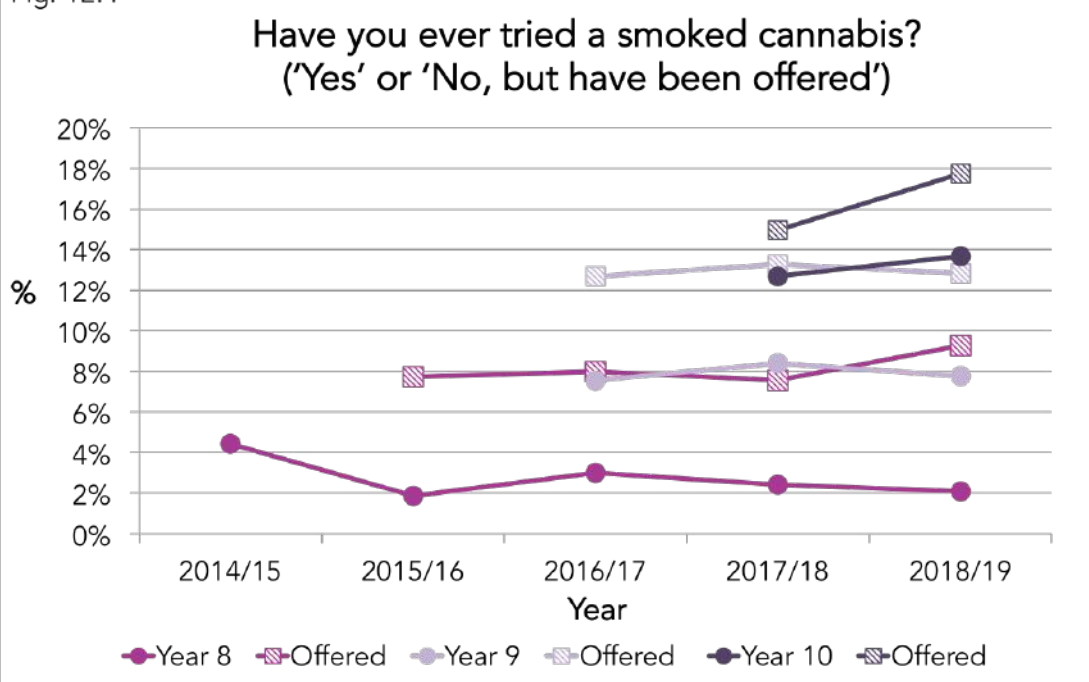


Fig. 12.4

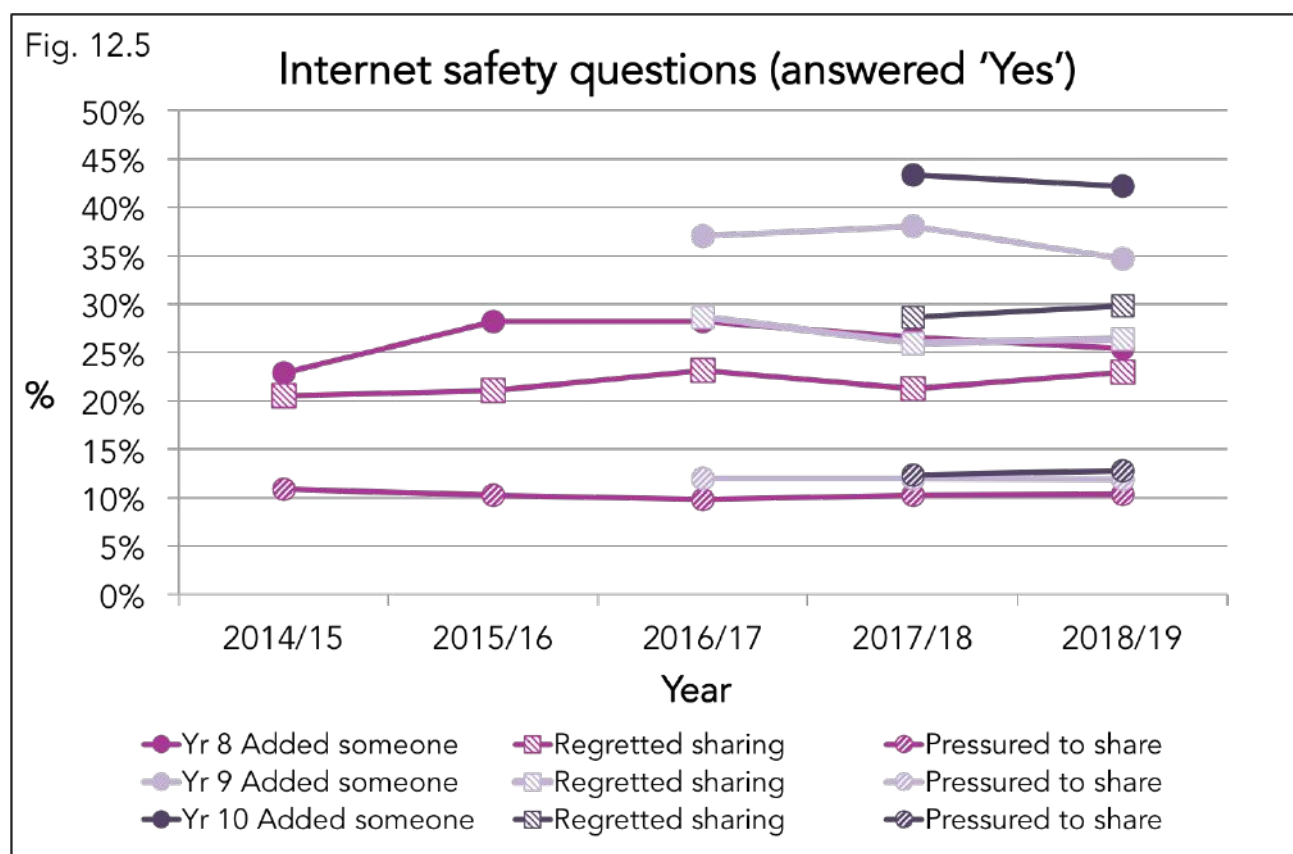


Cannabis usage has also remained at a relatively consistent level for both year groups when compared to previous years' results. For year 8's it has remained around the **2%** figure, for years 9 and 10 it is slightly more at **8%** **13%** respectively.

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 percentage of young people who have socialized with someone online who they did not know has remained stable for all three-year groups. During 2017/18, **27%** of year 8's, **38%** of year 9's and **43%** of year 10's had added someone online they didn't know, this year it is **25%**, **35%** and **42%** respectively.



23% of year 8's regretted sharing something online, this figure is slightly higher than last year (**22%**) but it was the reported percentage in 2016/17, emphasising consistency in responses.

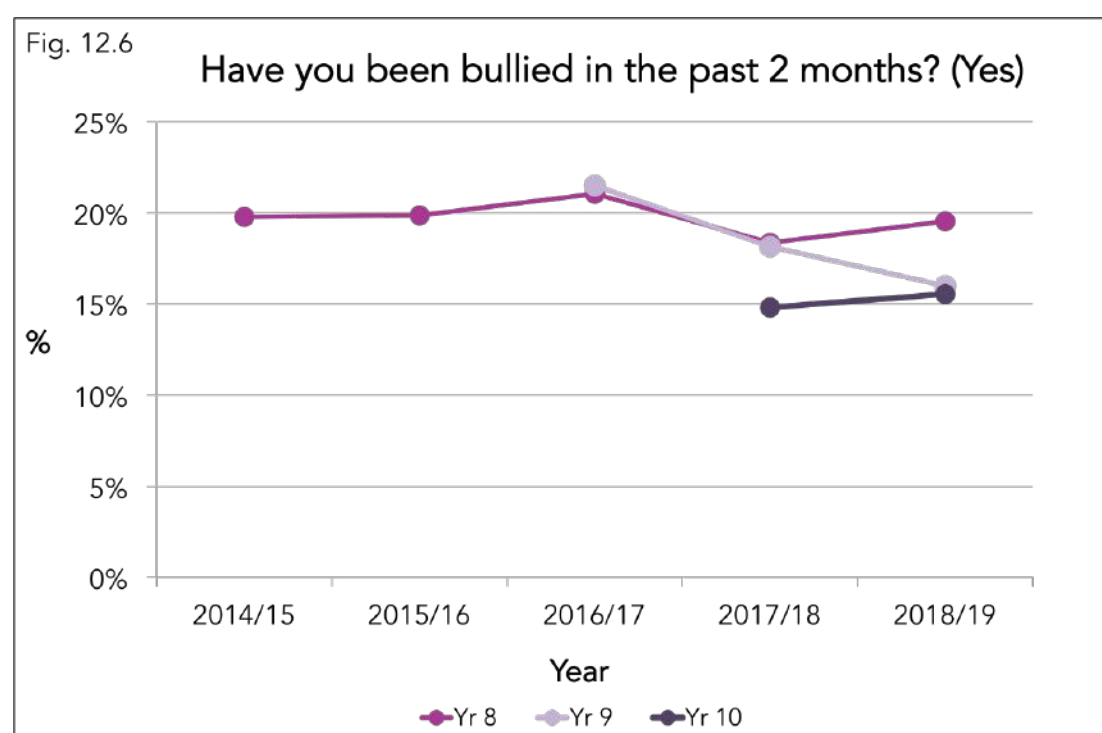
Additionally, over the 5 years the amount of year 8's stating that they have felt pressured to share something online has remained consistent at around **10%**. In year 9, the percentage of young people who have regretted sharing (**26%**) and have been pressured online (**12%**) has remained the same as the 2017/18 results. Similar results can be found for year 10's where feelings of regret and pressure have increased by just one percent (**29%** to **30%** for feelings of regret and **12%** to **13%** of having felt pressured)

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 percentage of young people who said they had been bullied in the last two months fluctuated around **20%** for year 8. For year 9 pupils we have seen a steady decrease from **22%** in 2016/17 to **16%** in 2018/19. Year 10 is the only year group where bullying has increased from the previous year, but this is small (from **15%** in 2017/18 to **16%** this year).

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

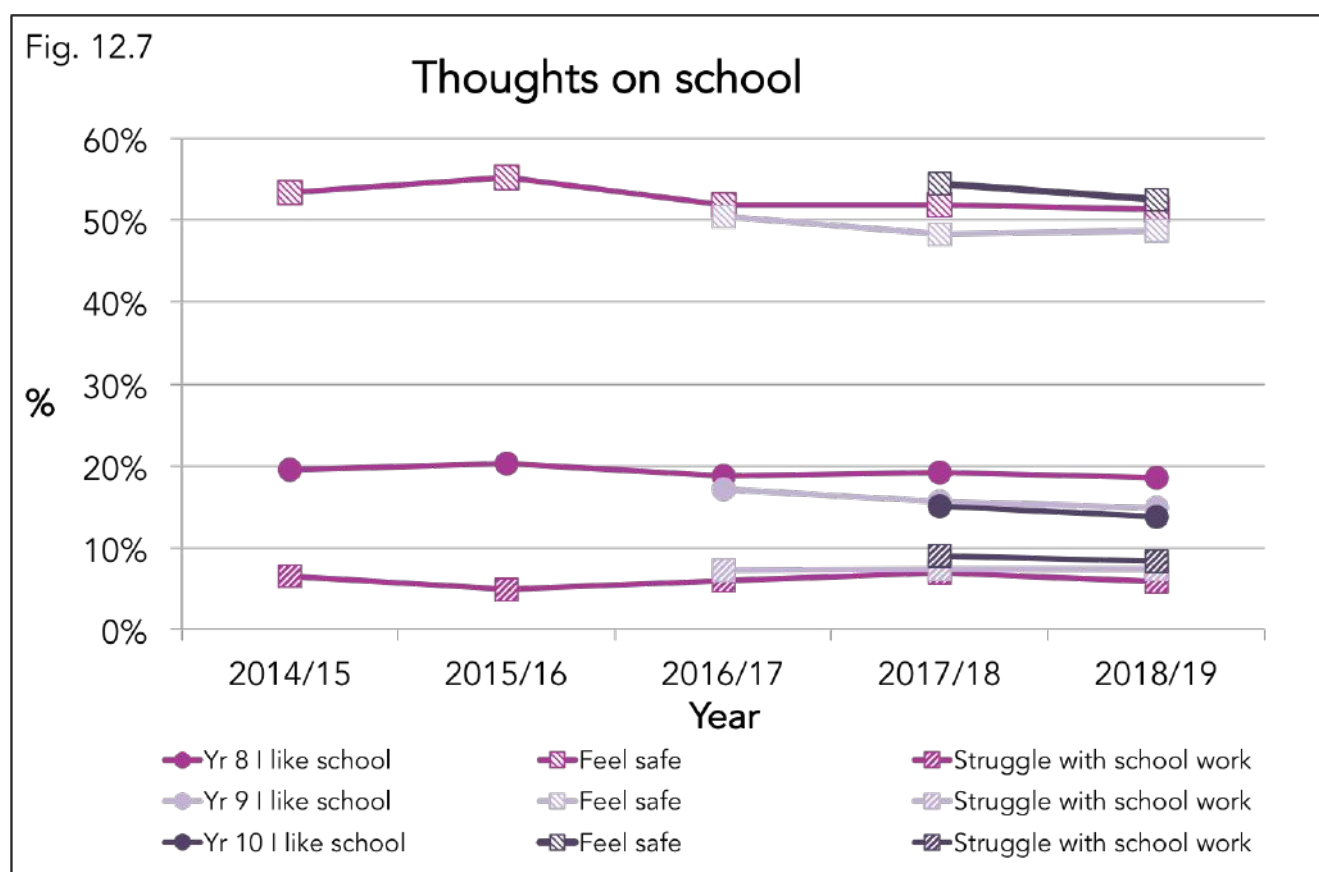


At School

Year 8 pupils' opinion of school has also remained constant over the five years. In 2014/15 **20%** of year 8's said they liked school and has remained around that figure in the subsequent years (**20%** in 2015/16 and stayed at **19%** in 2016/17, 2017/18 and 2018/19). Likewise the five surveys reported similar amount of young people that said they liked school.

Years 9 and 10 follow a similar trend in which responses over the several years have been near identical.

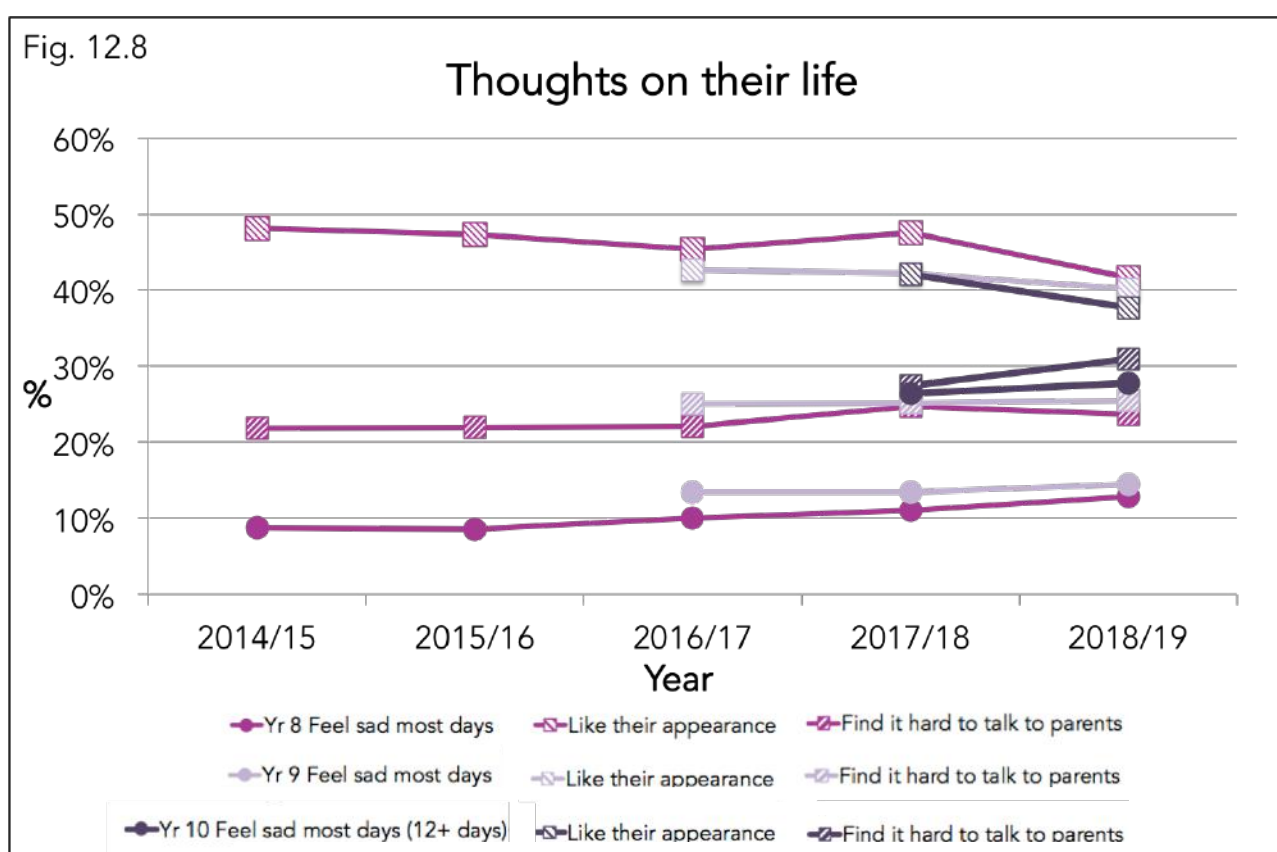
The surveys also showed very comparative figures for: feelings of safety at school (Yes, 53% in 2014/15, 55% in 2015/16, 52% for both 2016/17 and 2017/18 and 51% in 2018/19) and with thoughts on schoolwork (I struggle with schoolwork, 7% in 2014/15, 5% in 2015/16, 6% in 2016/17, 7% in 2017/18 and returning to 6% this year). This is replicated in the both the year 9 and 10 surveys, highlighted in Fig 12.7.



My Life

Emotional well-being results for 2018/19 show broadly similar results compared to the previous surveys, however these results indicate a slight decline in youth mental health. Results show that for all years there were increases in the percentage of young people who felt sad most days¹⁷ and a decrease in the percentage of young people who liked their appearance¹⁸.

Year 10's saw an increase (when compared to last year) in the percentage of young people who feel they can't talk to adults about problems (27% compared to 31%). For years 8 and 9 there was also a slight increase when compared to previous years, but these increases were not as pronounced.



From these figures we can see a clear and consistent replication of results over the several years that TTE has been surveying year 8 and 9 pupils in Derbyshire. This year we have also seen replication of results by the two year

¹⁷ For year 8, 9% in 2014/15 to 13% in 2018/19, for year 9, 13% in 2016/17 to 14% in 2018/19 and for year 10, 26% in 2017/18 to 28% in 2018/19.

¹⁸ For year 8, 48% in 2014/15 to 42% in 2018/19, for year 9, 43% in 2016/17 to 40% in 2018/19 and for year 10, 42% in 2017/18 to 38% in 2018/19.

10 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 when discussing the important issues and experiences facing young people in Derbyshire.

13. Patterns in the data

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 all 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 and 11 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	Year 11
Answered 3 or more emotional health questions negatively	28.9%	31.0%	39.5%	30.9%
Answered 4 or more emotional health questions negatively	14.7%	16.3%	22.2%	18.0%
Answered 5 or more emotional health questions negatively	6.3%	6.9%	11.0%	8.4%

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, **22%** of year 10's and **18%** 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 generally that as young people get older they are more likely to be at risk of emotional health issues. The year group with the potentially worst emotional health from the results is year 10.

Emotional Health of 'At risk cohort' versus Derbyshire averages

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 13.8 highlight the same difference but for years 9 to 11. 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. Schools should look to develop procedures that enable identification of this 'at risk' cohort and ensure additional support is available.

Fig. 13.1 A comparison of the use of alcohol/drugs as a coping strategy between the average and the Year 8 at risk cohort

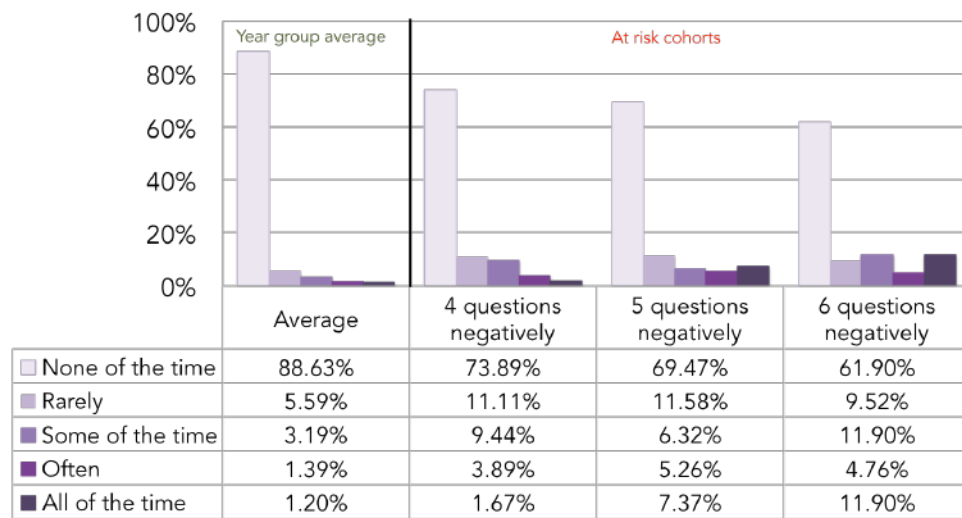


Fig. 13.2 A comparison of the use of self-harm as a coping strategy between the average and the Year 8 at risk cohort

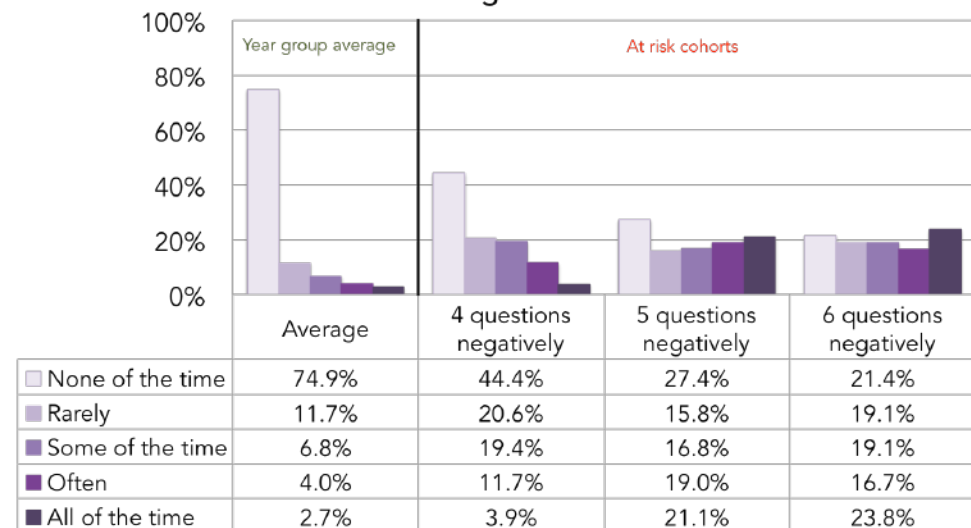


Fig. 13.3 A comparison of the use of alcohol/drugs as a coping strategy between the average and the Year 9 at risk cohort

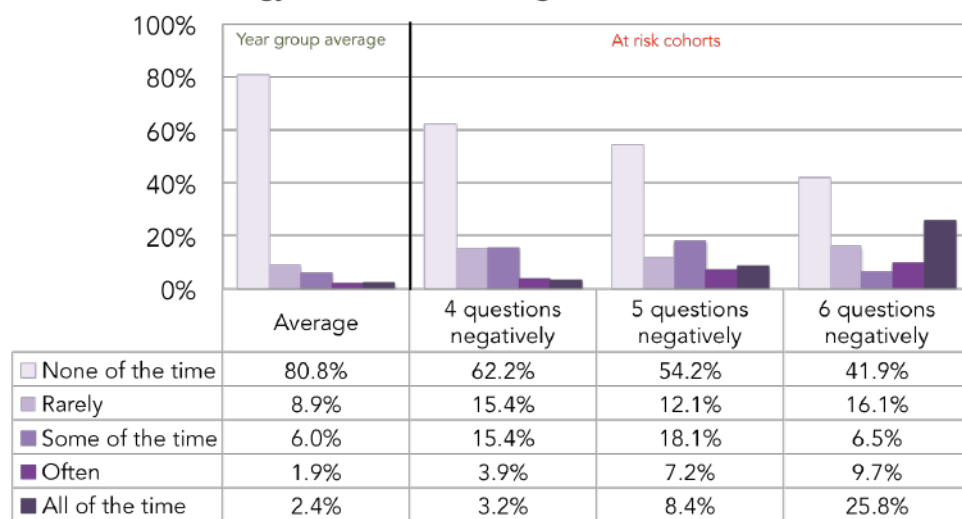


Fig. 13.4 A comparison of the use of self-harm as a coping strategy between the average and the Year 9 at risk cohort

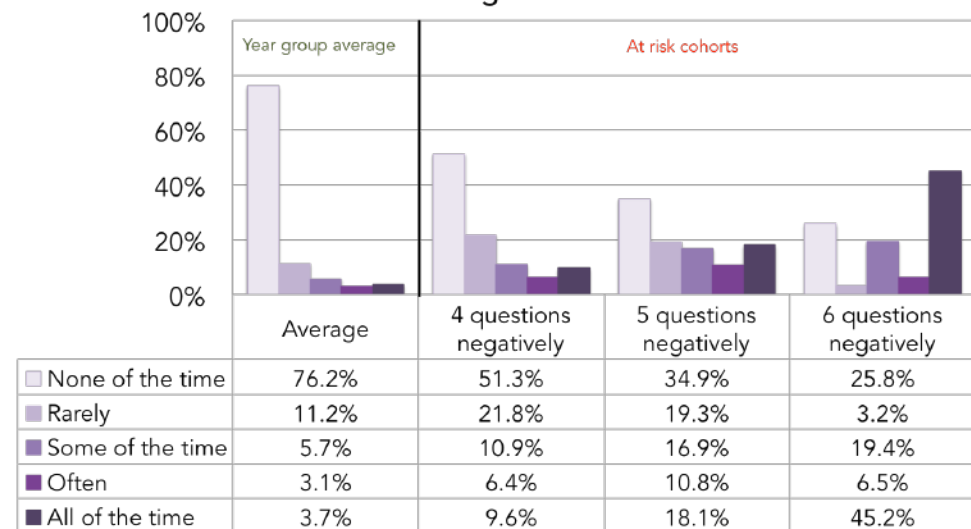


Fig. 13.5 A comparison of the use of alcohol/drugs as a coping strategy between the average and the Year 10 at risk cohort

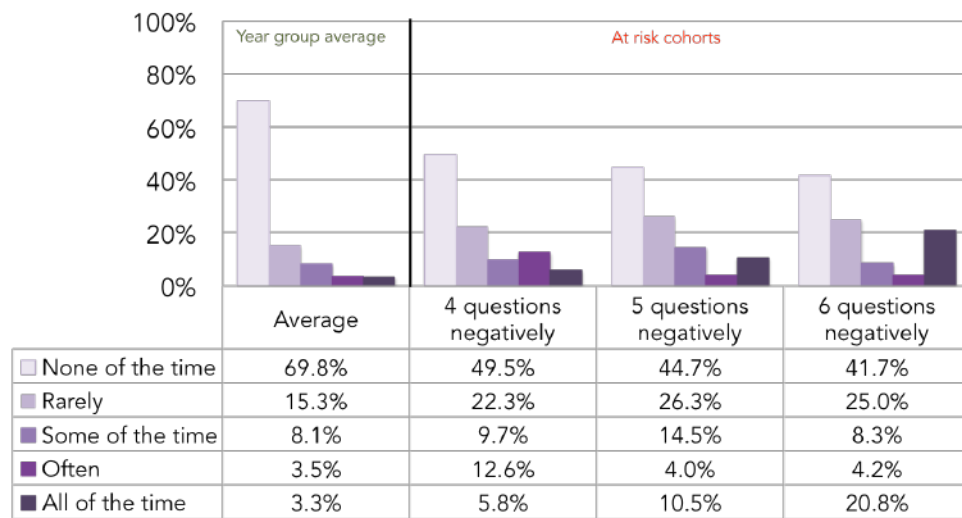


Fig. 13.6 A comparison of the use of self-harm as a coping strategy between the average and the Year 10 at risk cohort

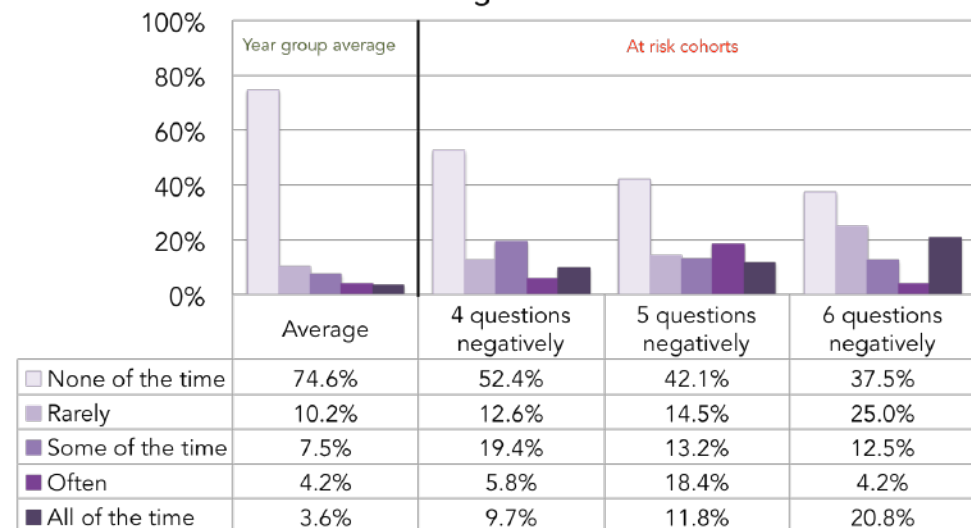


Fig. 13.7 A comparison of the use of alcohol/drugs as a coping strategy between the average and the Year 11 at risk cohort

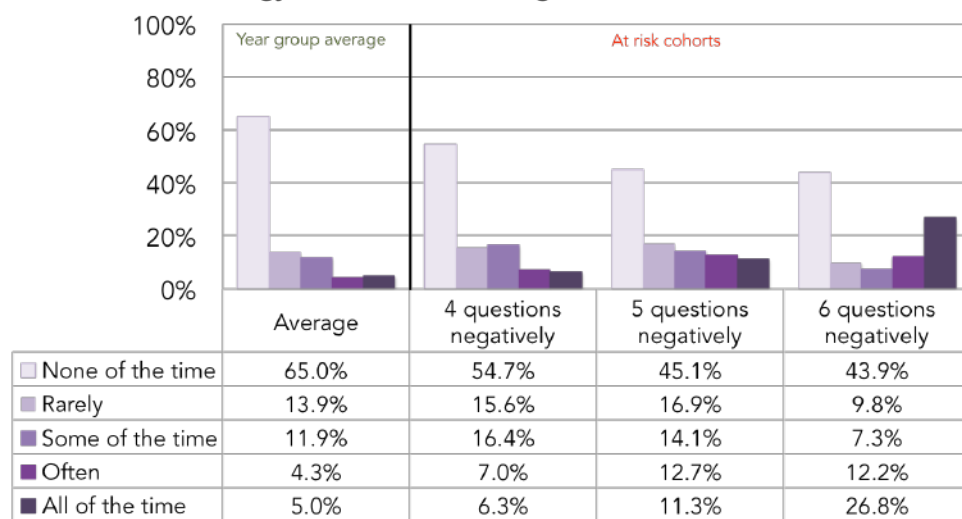
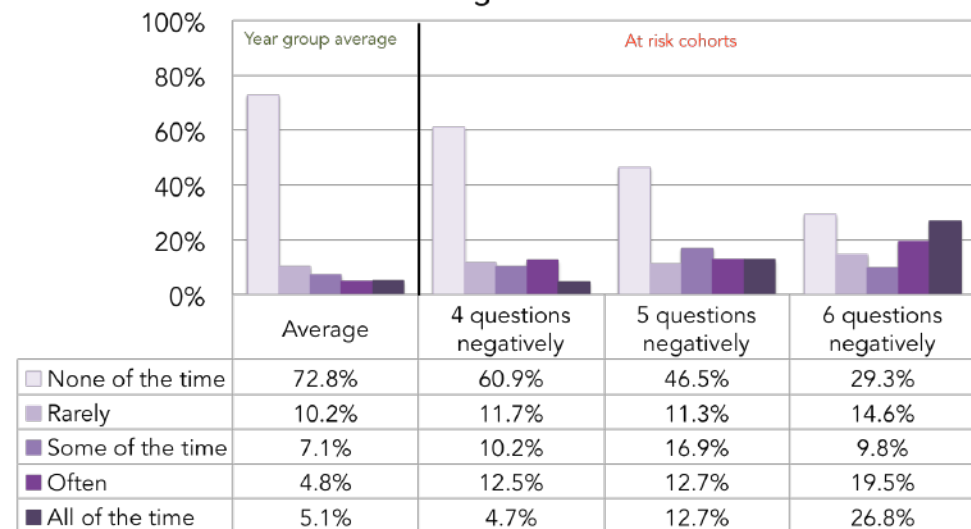


Fig. 13.8 A comparison of the use of self-harm as a coping strategy between the average and the Year 11 at risk cohort



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, having drunk in the past without adult supervision (in the past year for year 8's and in the past month for years 9, 10 and 11) 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	Year 11
	Neither	68.8%	69.3%	48.0%	34.3%
1 risk	Cigarettes only	1.8%	3.7%	4.1%	3.6%
	Alcohol only	22.4%	13.4%	24.8%	32.0%
	Cannabis only	0.1%	0.4%	0.4%	0.2%
2 risks	Alcohol and cannabis	0.1%	0.4%	1.2%	2.2%
	Cigarettes and cannabis	0.2%	1.4%	1.9%	2.5%
	Alcohol and cigarettes	5.0%	5.7%	9.5%	10.4%
	All three risks	1.7%	5.7%	10.2%	14.9%

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 risks it primarily involves alcohol (in bold) and often alcohol on its own. **93%**¹⁹ of all risk-taking done by year 8's involves alcohol. For years 9, 10 and 11 the figures involving alcohol are **82%**²⁰, **88%**²¹ and **90%**²² 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.

¹⁹ 31.25% of young people in year 8 have engaged in at least 1 risk-taking behaviour, 29.17% of young people have engaged in alcohol use. Therefore 93.34% of risk-taking involves alcohol.

²⁰ 30.66% of young people in year 9 have engaged in at least 1 risk-taking behaviour, 25.17% of young people have engaged in alcohol use. Therefore 82.09% of risk-taking involves alcohol.

²¹ 52.03% of young people in year 10 have engaged in at least 1 risk-taking behaviour, 45.67% of young people have engaged in alcohol use. Therefore 87.78% of risk-taking involves alcohol.

²² 65.71% of young people in year 11 have engaged in at least 1 risk-taking behaviour, 59.43% of young people have engaged in alcohol use. Therefore 90.44% of risk-taking involves 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.

14. Conclusions

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, 10 and 11 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 behaviour 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.

16. Appendix

Appendix 1: Survey Questions

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? YEARS 9, 10 AND 11 ONLY	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 illegal drugs?	Yes / No / I have not used but have been offered drugs
If you have ever used any other illegal 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? YEAR 9 & 10 ONLY	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)?	Not wrong at all / A little bit wrong / Wrong / Very wrong

YEAR 9 & 10 ONLY	
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
YEAR 9 & 10 ONLY	
Do you have social network profile? (this could be Facebook, Snapchat, Instagram, Twitter etc)	Yes / No
Do you direct message people via 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
Section: My School	
Question	Possible Answers
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 supported by your school to cope with additional exam pressure or stress this year?	Yes / Sometimes / No / I don't know
YEAR 11 ONLY	
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	Parents / Friends / Other family

bother you?	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
Section: My Life	
Question	Possible Answers
How do you feel most days? YEAR 8 & 9 ONLY	Happy / OK / Sad
Over the past month on how many days have you felt down, depressed or hopeless? YEAR 10 & 11 ONLY	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? YEAR 10 & 11 ONLY	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? YEAR 10 & 11 ONLY	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? YEAR 10 & 11 ONLY	Yes / No / Prefer not to say
If you have had a romantic relationship was your partner:	Older than you / The same age (same year group in school) /

YEAR 10 & 11 ONLY	Younger than you / N/A
Have you had sex? YEAR 11 ONLY	Yes / No / Prefer not to say
If you have had sex, have you ever had unprotected sex? YEAR 11 ONLY	Yes / No / N/A
If you needed to use sexual health services, would you know how to do this? YEAR 11 ONLY	Yes / No / Don't know
Did you know that you can access sexual health support at the school nurse drop-in clinic? YEAR 11 ONLY	Yes / No / Don't know
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
Section: My Community	
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
Section: My Feelings	
Question	Possible Answers
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 YEAR 10 & 11 ONLY	None of the time / Rarely / Some of the time / Often / All of the time
How often do you worry about each of these	None of the time / Rarely / Some

issues? School work YEAR 10 & 11 ONLY	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) YEAR 10 & 11 ONLY	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 YEAR 10 & 11 ONLY	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 YEAR 10 & 11 ONLY	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 YEAR 10 & 11 ONLY	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) YEAR 10 & 11 ONLY	None of the time / Rarely / Some of the time / Often / All of the time
How often do you worry about each of these issues? Sexting (being sent or receiving sexually explicit photos or videos) YEAR 11 ONLY	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 crime, gangs, anti-social behaviour etc.) YEAR 10 ONLY	None of the time / Rarely / Some of the time / Often / All of the time
How often do you worry about each of these issues? Global issues (like climate change or politics) YEAR 10 ONLY	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

	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
Section: Further Help and Support	
Question	
<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.</p> <p>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: info@safespeak.org.uk Call us on:</p>	

0800 093 5264 (free from land lines) or 01332 349301

Your School Nurse can talk to you about any of the issues raised in this survey including sexual health, emotional health and substance use.

Your School Nurse Drop-in Clinic details can be found at:

<http://www.derbyshireschoolnurses.org.uk/young-people/drop-in-information>

Your Sexual Health Matters is a service you can use to find further information, support and advice related to your sexual health. You can access the service using the details below:

Website: www.yoursexualhealthmatters.org.uk
Tel: 0800 328 3383

You can also contact ChildLine who are available to help 24/7.

Childline: 0800 1111

Appendix 2: 2018/19 Participating Schools (including the surveys completed)

	School Name	8	9	10	11
1	Aldercar High School	X	X	X	X
2	Anthony Gell School				X
3	Belper School	X			
4	Dronfield Henry Fanshawe School	X	X	X	X
5	Glossopdale School	X	X	X	X
6	Granville Academy	X			
7	Heritage High School	X	X	X	X
8	Highfields School	X	X	X	X
9	Hope Valley College	X	X	X	X
10	John Flamsteed Community School	X	X	X	X
11	Netherthorpe School	X	X	X	X
12	Ormiston Ilkeston Enterprise Academy	X	X	X	X
13	Queen Elizabeth's Grammar School	X	X	X	X
14	Shirebrook Academy	X	X		
15	Springwell Community College	X	X	X	
16	St John Houghton Catholic Academy	X	X	X	X
17	The Ripley Academy	X	X	X	X
18	The William Allitt School	X	X		
19	Tibshelf School	X	X	X	X
20	Whittington Green School				X
21	Wilsthorne School	X	X		X