



What has changed for young people in the South West over the past 10 years?

Secondary - young people aged 13 to 15

Improvements from 2006 to 2016

- **Fewer** young people are smoking – 94% don't smoke – compared to 86%
- **Fewer** young people are drinking alcohol – 77% don't drink alcohol – compared to 46%
- **Fewer** young people take illegal drugs – 96% don't take illegal drugs – compared to 95%
- There is **less** bullying – 12% are being bullied – compared to 16%
- Young people report schools are **dealing better with bullying** – a rise from 65% to 71%
- Cyber bullying continues to be the **lowest** form of bullying
- Young people feel **safer** outside – a rise to 82% from 72% feel safe outside
- Young people feel **safer** from crime – a rise to 65% from 45% feel safe from crime
- **More** young people report being able to eat healthily at home – 87% can eat healthily at home compared to 82%
- Sex and relationships education has **improved** - 81% say their school SRE is good compared to 77%

What hasn't improved between 2006 to 2016

- **Fewer** young people report being happy - feeling happy is down from a high point of 72% to 67%
- **Fewer** young people report being happy at school – feeling happy at school is down from 62% to 58%
- **Fewer** young people are confident about the future – down to 82% from 92%
- **Fewer** young people are taking part in physical activity – 51% report doing 6 hours or more physical activity per week – down from 56%

What's new – results from new questions

- Sleep – in year 8 the majority of young people go to bed by 9pm, in year 10 the majority of young people report going to bed by 10pm.
- 66% of young people report taking over an hour or longer to fall asleep, the majority of these report relaxing or listening to music before falling asleep, however 29% report playing on computer games or using the internet and 12% report watching the TV before falling asleep.
- 19% of young people report regularly feeling so worried about something they cannot sleep at night (weekly or daily)
- 84% of young people feel glad about who they are, 87% of young people feel they have control over their life
- 70% of young people like their appearance
- 4% of young people report vaping/using electronic cigarettes regularly (weekly or daily)

- 50% of young people say they are not happy to use their school toilets and only 32% say they are happy to use their school toilets.
- 39% of secondary pupils spent approximately 4 hours or more online/playing computer games the night before the survey and 23% reported they argue with or feel criticised by friends, parents or carers about the amount of time they spend online.

What has changed for children in the South West over the past 10 years?

Primary – children aged 8 to 11

- **Less** bullying –12% report being bullied – down from 14%
- Primary pupils report schools are dealing **better** with bullying – a rise from 83% to 86%
- Cyber bullying continues to be the **lowest** form of bullying (3%)
- Primary pupils feel **safer** outside – a rise to 79% from 71% feel safe outside
- Primary pupils feel **safer** from crime – a rise to 56% from 37% feel safe from crime
- **More** children report being able to eat healthily at home –86% can eat healthily at home compared to 81%

Compared to Secondary aged young people, primary pupils reported positively on:

- **More** primary pupils report being happy – feeling happy is up to 82% from 79%
- **More** primary pupils report being happy at school – feeling happy is up to 78% compared to 76%
- Primary pupils are **just as confident** about the future in 2016 compared to 2006 – 92% report feeling confident about the future
- **Fewer** primary pupils are taking part in physical activity – 44% report doing 6 hours or more physical activity per week compared to 54%

What's new – results from new questions

- Sleep – in year 4 the majority of children go to bed by 8pm, in year 6 the majority of children report going to bed by 9pm.
- 65% of primary pupils report taking over an hour or longer to fall asleep, the majority report relaxing or listening to music before falling asleep, however 11% report playing on computer games or using the internet and 12% report watching the TV before falling asleep.
- 24% of primary pupils report regularly feeling so worried about something they cannot sleep at night (weekly or daily)
- 92% of primary pupils are glad about who they are, 83% feel they have control over their life
- 83% of primary pupils like the way they look.
- 60% of primary pupils say they are happy to use their school toilets, 25% say they are not happy to use their school toilets.
- 20% of primary pupils spent approximately 4 hours or more online/playing computer games the night before the survey and 14% reported they argue with or feel criticised by friends, parents or carers about the amount of time they spend online.
- 61% of primary pupils report washing their hands before a meal and 89% wash hands after going to the toilet.
- 85% brush their teeth twice a day and 70% have visited a dentist in the past 12 months