These results are from a compilation of data collected from a sample of primary pupils in Year 6 and secondary pupils in Years 8 and 10 in Cumbria during Summer 2012. This work was commissioned by Cumbria Children’s Services and Public Health, NHS Cumbria as a way of collecting information about young people’s knowledge, attitudes and behaviours as well as sources of information and support.

Teachers were briefed on how to collect the most reliable data and then pupils in Years 6 in the primary schools and Years 8 and 10 in the secondary schools anonymously completed the questionnaire. A total of 3845 pupils took part in 18 secondary schools and 28 primary schools. Completed questionnaires were then returned to SHEU in Exeter for processing.

**Bold type** in the main body of the report indicates a result has an accompanying chart.

### Topics include:
- Emotional Health and Wellbeing
- Attitudes to School
- Keeping Safe
- Bullying
- Risk-Taking Behaviour
- Healthy Lifestyles

---

<table>
<thead>
<tr>
<th>School Year</th>
<th>Year 6</th>
<th>Year 8</th>
<th>Year 10</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age</td>
<td>10-11</td>
<td>12-13</td>
<td>14-15</td>
<td></td>
</tr>
<tr>
<td>Males</td>
<td>394</td>
<td>770</td>
<td>728</td>
<td>1892</td>
</tr>
<tr>
<td>Females</td>
<td>394</td>
<td>786</td>
<td>773</td>
<td>1953</td>
</tr>
<tr>
<td>Total</td>
<td>788</td>
<td>1556</td>
<td>1501</td>
<td>3845</td>
</tr>
</tbody>
</table>

**3845 young people were involved in the survey:**

**Trends**

The HRBQ survey has been undertaken in secondary schools in Cumbria on 10 occasions, 1988, 1990, 1992, 1995, 2000, 2003*, 2006*, 2008*, 2010* and 2012*. (Asterisks indicate a combined primary/secondary survey.) It has been possible to look at certain questions and analyse the data over the whole period to see if any trends are discernible. Different schools took part in different years so this needs to be taken into consideration when studying the data.

**Reference sample**

Cumbria data have been compared with a compilation of data from other areas in the UK that have completed similar versions of the questionnaire. This is the sample that will be used throughout the report under 'Comparisons'.
EMOTIONAL HEALTH & WELLBEING

Primary/Secondary results

- Boys generally appear in the highest self-esteem brackets more often than girls do.

<table>
<thead>
<tr>
<th></th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 6</td>
<td>41%</td>
<td>29%</td>
</tr>
<tr>
<td>Year 8</td>
<td>41%</td>
<td>25%</td>
</tr>
<tr>
<td>Year 10</td>
<td>42%</td>
<td>23%</td>
</tr>
</tbody>
</table>

- Percentage responding that they worry about the following ‘quite a lot’ or ‘a lot’ (top 10):

<table>
<thead>
<tr>
<th>Primary school worries</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Crime</td>
<td>24%</td>
<td>37%</td>
</tr>
<tr>
<td>2 Family</td>
<td>24%</td>
<td>33%</td>
</tr>
<tr>
<td>3 SATs/tests</td>
<td>18%</td>
<td>31%</td>
</tr>
<tr>
<td>4 Health</td>
<td>14%</td>
<td>30%</td>
</tr>
<tr>
<td>5 Money</td>
<td>12%</td>
<td>27%</td>
</tr>
<tr>
<td>6 The Environment</td>
<td>11%</td>
<td>22%</td>
</tr>
<tr>
<td>7 Friends</td>
<td>10%</td>
<td>18%</td>
</tr>
<tr>
<td>8 The way you look</td>
<td>9%</td>
<td>18%</td>
</tr>
<tr>
<td>9 School work/homework</td>
<td>9%</td>
<td>14%</td>
</tr>
<tr>
<td>10 Body changes as you grow up</td>
<td>5%</td>
<td>14%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Secondary school worries</th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Exams &amp; tests</td>
<td>41%</td>
<td>60%</td>
</tr>
<tr>
<td>2 Family problems</td>
<td>26%</td>
<td>58%</td>
</tr>
<tr>
<td>3 Career</td>
<td>25%</td>
<td>38%</td>
</tr>
<tr>
<td>4 The way you look</td>
<td>24%</td>
<td>36%</td>
</tr>
<tr>
<td>5 Problems with friends</td>
<td>21%</td>
<td>33%</td>
</tr>
<tr>
<td>6 School-work problems</td>
<td>22%</td>
<td>26%</td>
</tr>
<tr>
<td>7 Money problems</td>
<td>20%</td>
<td>26%</td>
</tr>
<tr>
<td>8 Health problems</td>
<td>17%</td>
<td>23%</td>
</tr>
<tr>
<td>9 Being bullied</td>
<td>11%</td>
<td>19%</td>
</tr>
<tr>
<td>10 Puberty &amp; growing up</td>
<td>11%</td>
<td>19%</td>
</tr>
</tbody>
</table>

(The tables show the proportion of pupils who said they worried about the problems ‘quite a lot’ or ‘a lot’)

- Girls worry more than boys about several topics, e.g. tests, looks, family and friends.
- Family is the most popular source of support for boys and girls.

- 74% of primary school pupils and 33% of secondary school pupils think people at school care if they are happy.
- 52% of primary pupils and 58% of secondary school pupils said they could usually or always say no if a friend wanted them to do something they didn’t want to do. 4% and 2% said they could never say no.
- 42% of primary pupils and 44% of secondary school pupils said they usually or always knew what to say when they wanted a friend to do something. 8% and 3% said they never knew what to say.
- 68% of primary pupils and 67% of secondary pupils reported that, in general, they were ‘quite a lot’ or ‘a lot’ satisfied with their life.
- The breakdown by age and sex was:
  - Y6M: 75% Y6F: 61%
  - Y8M: 75% Y8F: 68%
  - Y10M: 71% Y10F: 53%

Primary results

- 64% of pupils reported that they worried about at least one of the problems listed in the questionnaire ‘quite a lot’ or ‘a lot’

Secondary results

- 76% of pupils reported that they worried about at least one of the problems listed in the questionnaire ‘quite a lot’ or ‘a lot’; the secondary pupils had a longer list of issues shown to them, so the figure is not directly comparable with the primary figure.
- 5% of pupils reported that there were no adults they could trust.
- 26% said they were at ease when meeting people of their same age.
- 70% of secondary school pupils say that they feel in charge of their own health.

LINKS

- There is a strong and easily understood link in all secondary groups between the maximum level of worry about any topic and reported satisfaction with life. If pupils worry at least ‘quite a lot’ about at least one issue, they are less likely to say they are at least ‘quite a lot’ satisfied.

% at least ‘quite a lot’ satisfied

<table>
<thead>
<tr>
<th></th>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 8</td>
<td>Not worried</td>
<td>86%</td>
</tr>
<tr>
<td></td>
<td>Worried</td>
<td>69%</td>
</tr>
<tr>
<td>Year 10</td>
<td>Not worried</td>
<td>84%</td>
</tr>
<tr>
<td></td>
<td>Worried</td>
<td>67%</td>
</tr>
</tbody>
</table>
Comparisons

- Primary school pupils in Cumbria are more likely to score in the highest bracket of self-esteem (35%) than are pupils in the reference sample (33%).

- Secondary school pupils in Cumbria are less likely to have a self-esteem score in the highest bracket (33%) than are pupils in the reference sample (44%).

- Secondary school pupils in Cumbria are more likely to say they can usually or always say no if a friend wanted them to do something they didn’t want to do (58%) than pupils in the reference sample (66%).

Worry about school problems 'quite a lot' or 'a lot', 1992-2012

- Anxiety about school work increased between 1992 and 2000; levels for most groups in 2010 are lower than they were in 2000, but Year 10 females show no decline.

Worry at least quite a lot about SATs among primary pupils 2003-2012

- Worry about SATs reached a peak among primary school pupils in 2006.
Primary/Secondary results

- 11% of primary pupils and 27% of secondary pupils said they worried about school work/homework.
- 23% of primary pupils and 66% of secondary pupils did homework on the evening before the survey;
- 28% of secondary pupils did over an hour.
- 54% of primary school pupils say their opinions are asked for in school, 66% think that pupils' opinions are listened to and 33% think that pupils' opinions make a difference.
- 35% of secondary school pupils think their teachers listen to them at school.

Pupils were asked if they agree with a series of statements about how they perceive school:

### Primary
- The school cares whether I am happy or not: 74%
- I can set goals and challenges for myself: 80%
- My achievements in and out of school are celebrated: 60%
- The school teaches me how to deal with my feelings positively: 61%
- The school helps me to understand the thoughts and feelings of other people: 69%
- The school helps me work well as part of a team: 87%
- In this school, people with different backgrounds are valued: 69%
- The school encourages everyone to take part in decisions: 85%
- The school encourages me to contribute to community events: 64%
- The school prepares me for when I leave this school: 90%

### Secondary
- I can set goals and challenges for myself: 41%
- My achievements in and out of school are celebrated: 38%
- The school teaches me how to deal with my feelings positively: 17%
- The school helps me work as part of a team: 42%
- In this school, people with different backgrounds are valued: 46%
- The school encourages everyone to take part in decisions: 48%
- The school encourages me to contribute to community events: 31%

Secondary results

- 66% of pupils reported that they enjoyed at least half of their lessons.
- 5% said they didn't expect to take any GCSEs.
- 66% reported that they expected to take several GCSEs and achieve grades A-C.
- 43% of boys and 59% of girls in Year 10 want to continue in full time education after Year 11.
- 28% of boys and 27% of girls in Year 10 want to find a job as soon as possible.
- When asked which of their PSHE lessons were useful, 50% say physical activity lessons were at least quite useful, 42% sex and relationships, 49% drugs and 43% healthy eating.

Comparisons

- Secondary school pupils in Cumbria are less likely to say they did homework on the night before the survey (66%) than pupils in the reference sample (79%).

Links

Dissatisfaction with school can be linked with a variety of health-risky behaviours, including drinking alcohol and unprotected sex. The table below shows how risky behaviours increase in prevalence among pupils who enjoy fewer of their lessons.

### How many of your school lessons do you enjoy?

<table>
<thead>
<tr>
<th>Year 10 only</th>
<th>All or most of them</th>
<th>About half of them</th>
<th>Less than half of them</th>
<th>Hardly any of them</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drinking last week</td>
<td>24</td>
<td>35</td>
<td>35</td>
<td>47</td>
</tr>
<tr>
<td>Sexual experience</td>
<td>13</td>
<td>20</td>
<td>24</td>
<td>39</td>
</tr>
<tr>
<td>Ever used drugs</td>
<td>12</td>
<td>20</td>
<td>27</td>
<td>30</td>
</tr>
</tbody>
</table>

**Trends**

The school cares whether I am happy or not among primary pupils 2006-2012

![Graph showing trends](image-url)
KEEPING SAFE

Primary/Secondary results

<table>
<thead>
<tr>
<th>E-safety</th>
<th>Primary</th>
<th>Secondary</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have a computer they use at home</td>
<td>94%</td>
<td>91%</td>
</tr>
<tr>
<td>Have Internet at home</td>
<td>94%</td>
<td>91%</td>
</tr>
<tr>
<td>Computer in their bedroom</td>
<td>36%</td>
<td>57%</td>
</tr>
<tr>
<td>Parents have rules for Internet use</td>
<td>58%</td>
<td>31%</td>
</tr>
<tr>
<td>Have been told how to stay safe online</td>
<td>88%</td>
<td>74%</td>
</tr>
<tr>
<td>Follow advice about staying safe</td>
<td>76%</td>
<td>57%</td>
</tr>
<tr>
<td>Use Facebook &amp;c for social networking</td>
<td>47%</td>
<td>80%</td>
</tr>
<tr>
<td>Spent 2h or more last night using the Internet for socialising</td>
<td>31%</td>
<td>31%</td>
</tr>
</tbody>
</table>

- 90% of Year 10 females say they use the Internet for social networking (compared with 80% of all secondary pupils). Our surveys show that the figure for girls is consistently higher than for boys.

Comparisons - primary

- Primary school pupils in Cumbria are more likely to have been told how to stay safe online (88%) than the pupils in the reference sample (80%).

Comparisons - secondary

- Secondary school pupils in Cumbria are more likely to say they always wear a cycle helmet (13%) than those in the reference sample (8%).

Primary results

- 47% of all Year 6 pupils go to bed between 9pm and 10pm; 23% of the sample are already in bed by then.
- Another 8% of pupils went to bed after 11pm.

Secondary results

- 12% of pupils got 6 or fewer hours of sleep the night before the survey.
- 72% got at least 8 hours sleep.
- 65% of pupils said that the amount of sleep they normally get is enough for them to stay alert and concentrate on their school work; 13% think it isn’t enough.
- 53% of pupils said that the amount of sleep they normally get is enough for their health; 11% think it isn’t enough.
- 13% of pupils rated the safety of their area, when going out after dark, as ‘poor’ or ‘very poor’. 2% said this about going out during the day.
- 53% of pupils rated the safety of their area, when going out after dark, as ‘good’ or ‘very good’. 83% said this about going out during the day. Interestingly, the figures for males and females were 82% and 84%.
- 9% have been the victim of violence or aggression during the last year.
- 5% of pupils reported that they were ‘fairly sure’ or ‘certain’ that they or their friends carried weapons or other items for protection when going out. The most common weapon named was a knife.

Links

- 32% of primary pupils go to bed after 10pm. For pupils with a computer in their bedroom, this rises to 43%, compared with 24% of pupils without a computer in their bedroom.
- 12% of secondary pupils got less than 6 hours sleep the night before the survey. This fell to 10% if the pupil did not have a computer in their bedroom.
Primary/Secondary results

- 35% of primary pupils and 24% of secondary pupils say that they feel afraid of going to school because of bullying at least sometimes.

- 31% of primary school pupils and 23% of secondary school pupils say they have been bullied at or near school in the last 12 months.

- 74% of primary pupils and 51% of secondary ones say their school takes bullying seriously (27% of secondary pupils say they don’t know).

Primary results

- Behaviour widely reported as causing distress included being called nasty names, being teased or made fun of and being pushed or hit for no reason.

- When asked where it happened, 34% of pupils reported outside at breaktime and 27% in a classroom at breaktime. 15% reported during a lesson.

- 22% of pupils reported that they thought they were bullied because of the way they looked and 17% thought because of their size or weight.

- 2% of pupils reported that they thought others might fear going to school because of them.

- 27% of pupils reported that they had been approached by an adult, who scared or upset them (13% say they knew the adult).

Comparisons

- Primary school pupils in Cumbria are more likely to say they feel afraid of going to schools because of bullying at least sometimes (35%) than the pupils in the reference sample (30%).

- Primary pupils in Cumbria are more likely to think their school takes bullying seriously (74%) than the pupils in the reference sample (68%).

Links

- There is a strong link between experiences of bullying and self-esteem:

  Percentage bullied in the last year by self-esteem score.

<table>
<thead>
<tr>
<th></th>
<th>Low</th>
<th>Med-low</th>
<th>Med-high</th>
<th>High</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary</td>
<td>65</td>
<td>59</td>
<td>29</td>
<td>13</td>
</tr>
<tr>
<td>Secondary</td>
<td>64</td>
<td>38</td>
<td>20</td>
<td>8</td>
</tr>
</tbody>
</table>

- It’s not clear whether bullying leads to lowered self-esteem – which is very plausible – or whether low self-esteem makes a child more likely to be bullied.

Trends

- The proportion of pupils who said they were ever afraid to go to school because of bullying has fluctuated over the years.

- In primary schools, the fear of bullying has increased, but that is not to say that actual incidences are more likely.
Acknowledgements

Grateful thanks go to all the pupils in Cumbria for their willingness and enthusiasm to take part in this survey. The help, and the time and effort spent, by staff of the schools is also acknowledged.

Thankyou to all those people from a variety of agencies who were involved in the questionnaire design and to the steering group members: Anne Sheppard (Children’s Services), Mike Conefrey (Children’s Services), Bruce Lawson (Active Cumbria), Mike Graham (Public Health, NHS Cumbria), Cathryn Beckett (Public Health, NHS Cumbria) and Sue Milner (Children’s Services).

Our thanks go to the staff and pupils that took part:

**Primaries:**
- Alston Primary School
- Appleby Primary School
- Beasidene CE Primary School, Penrith
- Black Combe Junior School, Millom
- Ewanrigg Junior School, Maryport
- Ghyllside Primary Training School, Kendal
- Greengate Juniors, Barrow
- Haverigg School
- Heron Hill Primary School, Kendal
- Holme Cultram Abbey CE School, Abbeytown
- Kingmoor Junior, Carlisle
- Kirkby Stephen Primary
- Longtown Primary School
- Nenthead Primary school
- Penny Bridge CE School, Ulverston
- Shap Endowed CE School
- Silloth Primary School
- Sir John Barrow School, Ulverston
- South Walney Junior School, Barrow
- St Begh’s Catholic Junior School, Whitehaven
- St Catherine’s Catholic Primary School, Penrith
- St James’ Catholic Primary School, Millom
- St James’ CE Junior School, Whitehaven
- St. Margaret Mary Catholic Primary, Carlisle
- St Michael’s CE Primary, Dalston
- St Paul’s Junior School, Barrow
- Thomlinson Junior School, Wigton
- Valley Primary School, Whitehaven

**Secondaries:**
- Caldew School, Dalston
- Dallam School, Milnthorpe
- Dowdales School, Dalton-in-Furness
- Furness Academy, Barrow
- John Ruskin School, Coniston
- Keswick School
- Kirkbie Kendal School, Kendal
- Newman Catholic School, Carlisle
- Queen Elizabeth Grammar School, Penrith
- Samuel King’s School, Alston
- Solway Community Technology College, Silloth
- St Benedict’s Catholic High School, Whitehaven
- Trinity School, Carlisle
- Ullswater Community College, Penrith
- Ulverston Victoria High School
- Walney School, Barrow
- Whitehaven School
- William Howard School, Brampton

For further information about the survey contact:

**Sue Milner**
Planning and Commissioning Officer
Planning and Commissioning Team
Partnerships and Prevention
Children’s Services
80 Warwick Road
Carlisle CA1 1DU
Tel. 01228 221241
sue.milner@cumbria.gov.uk

Copies of the full HRBQ report and all summaries can be found at:

Cumbria Intelligence Observatory
www.cumbriaobservatory.org.uk