

# Emotional Health and Wellbeing of young people in Cumbria

A report from the Health-Related Behaviour Survey 2012

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.

## 3845 young people were involved in the survey:

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

### 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.

School Year	Year 6	Year 8	Year 10	Total
Age	10-11	12-13	14-15	
<b>Males</b>	6470	4662	4487	15619
<b>Females</b>	6321	4750	4664	15735
<b>Total</b>	12791	9412	9151	31354

### 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'.

### Topics include:

Emotional Health and Wellbeing  
Attitudes to School  
Keeping Safe  
Bullying

### This is report 1 of 3

**Emotional Health and Wellbeing**  
Risk-Taking Behaviour  
Healthy Lifestyles

# EMOTIONAL HEALTH & WELLBEING

## Primary/Secondary results

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

	Males	Females
Year 6	41%	29%
Year 8	41%	25%
Year 10	42%	23%

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

### Primary school worries

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

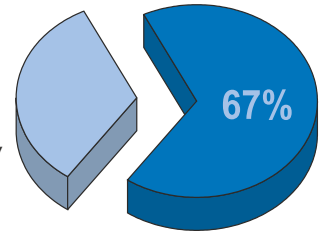
### Secondary school worries

	Males	Females
1 Exams & tests	41%	Exams & tests 60%
2 Family problems	26%	The way you look 58%
3 Career	25%	Family problems 38%
4 The way you look	24%	Problems with friends 36%
5 Problems with friends	21%	School-work problems 33%
6 School-work problems	22%	Health problems 26%
7 Money problems	20%	Career 26%
8 Health problems	17%	Money problems 23%
9 Being bullied	11%	Being bullied 19%
10 Puberty & growing up	11%	Puberty & growing up 19%

(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: 55%

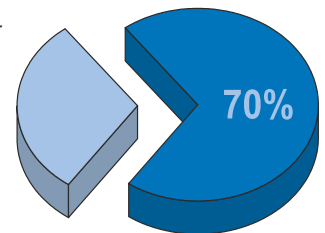


## Primary results

- 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.

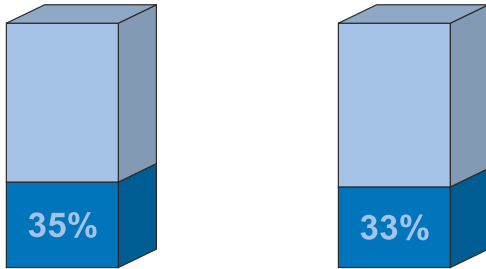
### % at least 'quite a lot' satisfied

		Males	Females
Year 8	Not worried	86%	90%
	Worried	69%	61%
Year 10	Not worried	84%	67%
	Worried	67%	54%

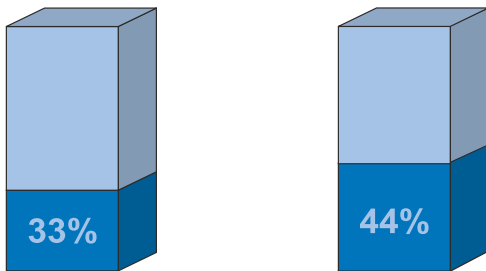
# EMOTIONAL HEALTH & WELLBEING

## Comparisons

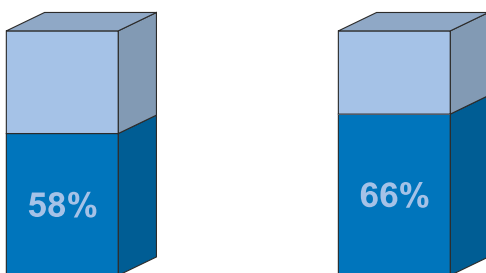
- Primary school pupils in Cumbria are more likely to score in the highest bracket of self-esteem (35%) than are pupils in the reference sample (33%).



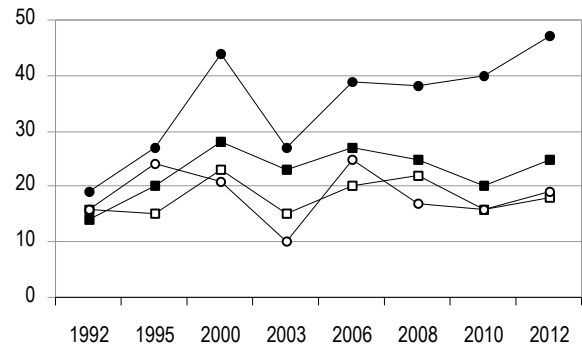
- Secondary school pupils in Cumbria are less likely to have a self-esteem score in the highest bracket (33%) than are pupils in the reference sample (44%).



- 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%).



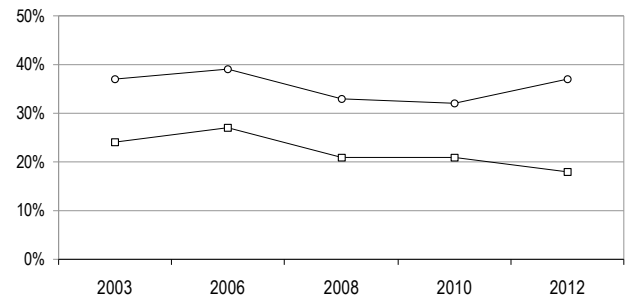
## Worry about school problems 'quite a lot' or 'a lot', 1992-2012



Key   
 Year 8 Male   
 Year 8 Female   
 Year 10 Male   
 Year 10 Female

- 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



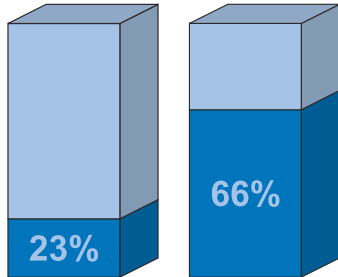
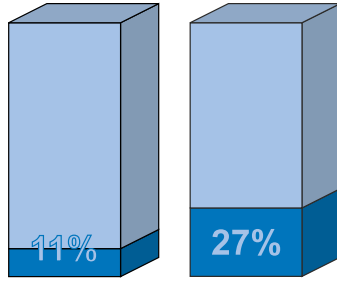
Key   
 Year 6 Male   
 Year 6 Female

- Worry about SATs reached a peak among primary school pupils in 2006

# ATTITUDES TO SCHOOL

## 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

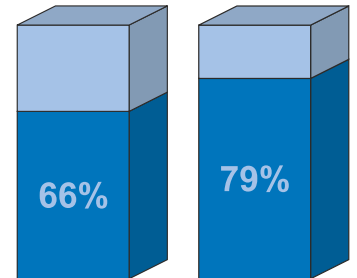
I can set goals and challenges for myself	41%
My achievements in and out of school are celebrated	38%
The school teaches me how to deal with my feelings positively	17%
The school helps me work as part of a team	42%
In this school, people with different backgrounds are valued	46%
The school encourages 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

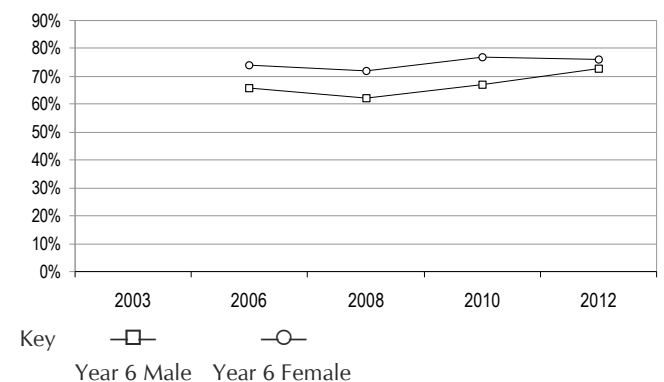
Dissatisfaction with school can be linked with a variety of health-risky behaviours, including drinking alcohol and unprotected sex. The table below shows how risky behaviours increase in prevalence among pupils who enjoy fewer of their lessons.

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

Year 10 only	All or most of them	About half of them	Less than half of them	Hardly any of them
Drinking last week	24	35	35	47
Sexual experience	13	20	24	39
Ever used drugs	12	20	27	30

## Trends

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



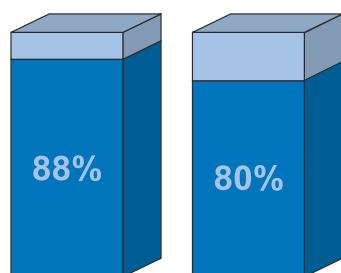
# KEEPING SAFE

## Primary/Secondary results

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

- 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.

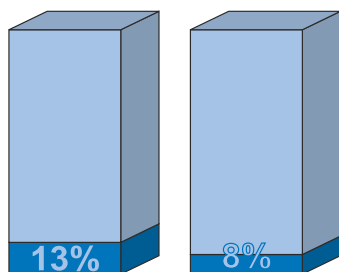
## Comparisons - primary



- 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%).

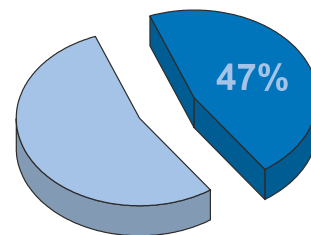
## Comparisons - secondary

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



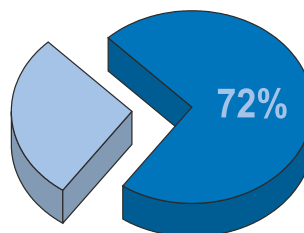
## Primary results

- 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

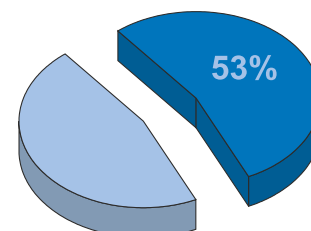
- 12% of pupils got 6 or fewer hours of sleep the night before the survey.



- 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%.



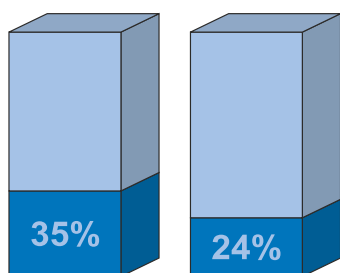
- 9% have been the victim of violence or aggression during the last year.
- 5% of pupils reported that they were 'fairly sure' or 'certain' that they or their friends carried weapons or other items for protection when going out. The most common weapon named was a knife.

## 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.

# BULLYING

## Primary/Secondary results

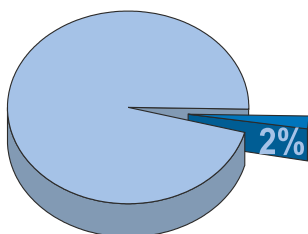


- 35% of primary pupils and 24% of secondary pupils say that they feel afraid of going to school because of bullying at least sometimes.

- 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).

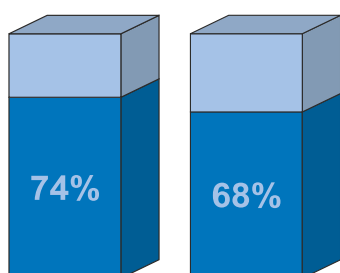
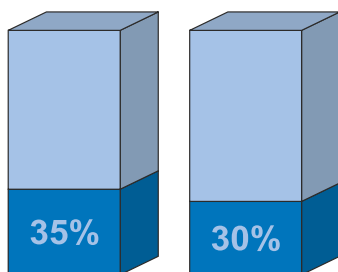
## Primary results

- 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:

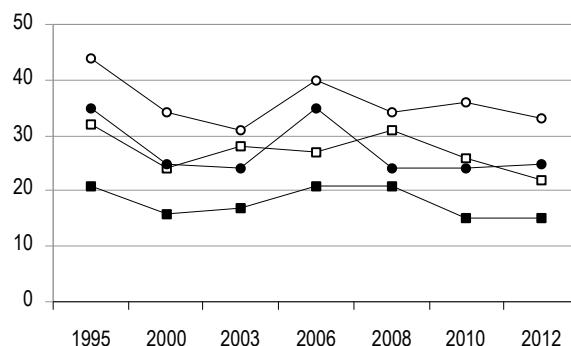
### Percentage bullied in the last year by self-esteem score.

	Low	Med-low	Med-high	High
Primary	65	59	29	13
Secondary	64	38	20	8

- 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

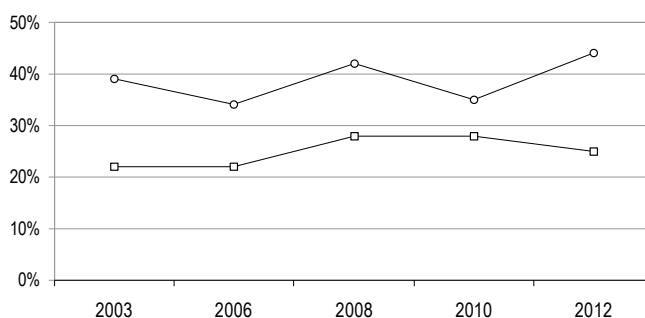
### Ever felt afraid to go to school because of bullying



Key  Year 8 Male  Year 8 Female  Year 10 Male  Year 10 Female

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

### Ever afraid to go to school because of bullying among primary pupils 2003-2012



Key  Year 6 Male  Year 6 Female

- 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  
Beaconside 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

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

**Cumbria Intelligence Observatory**  
[www.cumbriaobservatory.org.uk](http://www.cumbriaobservatory.org.uk)



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