What the survey is…

The Secondary School Wellbeing Survey is carried out alongside a Primary School Wellbeing Survey every two years. These surveys have been carried out in 2011, 2013 and 2015. They have been developed by Bath and North East Somerset Council (B&NES), in partnership with the Schools Health Education Unit (SHEU).

The Secondary School survey asks B&NES pupils in Year 8 (12 and 13 years old) and Year 10 (14 and 15 years old) about a wide range of issues, such as life satisfaction, worries, eating behaviours and smoking, alcohol and drug use.

The purpose of the survey is to acquire data that can be used to inform decisions, at both a local authority and school level, to improve the wellbeing of pupils in B&NES. It is also used in the classroom as the stimulus for discussion with young people.

Data from the 2015 Secondary School Health & Wellbeing Survey can be particularly useful when considered in conjunction with the following:

- results of previous B&NES CYP Health & Wellbeing surveys, particularly 2011 and 2013;
- results of similar school surveys carried out by SHEU across the country;
- findings from the 2015 Good Childhood Report (Children’s Society); and
- findings from the 2014 Smoking, Drinking and Drug use among young people in England report (Health and Social Care Information Centre [HSCIC]).
What the survey is not…

The survey is undoubtedly extremely valuable in helping to understand the issues that affect the health and wellbeing of young people locally. However, it has its limitations and it is important to bear these in mind when interpreting the results.

Firstly, the survey is not statistically representative of all Year 8 and Year 10 pupils as not all schools participated, nor was a random sample selected.

The pupils that completed the survey were those in schools that choose to participate and who were present on the day of the survey. Therefore, it excluded pupils that were not in school on the day of the survey due to illness or exclusion, and in a small number of schools, those that were not able to do the survey due to restricted access to computers.

Due to the fact the survey was for school pupils in Year 8 and Year 10 in B&NES, it excluded children resident in B&NES who go to schools outside B&NES. Therefore, the survey included some children not resident in B&NES.

The survey was designed as an anonymous survey. Names and other personal identifiable information were not collected. Therefore, pupils cannot be identified. Furthermore, due to safeguarding and ethical issues the survey was unable to ask very sensitive personal questions.
Participation

Schools
12 out of 13 state funded secondary schools took part.
In terms of the trend data it is important to note that there were 4 secondary schools that did not take part in all three years, 2011, 2013 and 2015.

Pupils
Using the January 2015 School Census, estimates have been generated as the proportion of pupils that took part in the survey:

- **Year 8** pupils took part
  - 1,648 pupils
  - 88%

- **Year 10** pupils took part
  - 1,482 pupils
  - 81%

This equates to 84% overall (Year 8 and Year 10)

There is however variation in pupil participation, e.g. participation by Year 10 pupils per school ranges from 93% to 49%.
**Demographics** (Year 8 and Year 10)

**Gender**
- 52% females (1,576)
- 48% males (1,472)

**Ethnicity**
- White British: 89% (2,780)
- BME: 11% (344)

**Long term illness, disability or special need**
- 9% said they had a long term illness, disability or special need
- 2% said they had Dyslexia, dyspraxia, dyscalculia. This was the most common condition
- 11% said they did not know

*All demographics are self-reported by the pupils*
**Demographics**

**Free School Meal Ever 6 (FSMEver6) (Year 8 and Year 10)**

18% pupils stated that they had been eligible for Free School Meals in last six years [part of the Pupil Premium cohort] (562 pupils).

**Adults at home (Year 8 and Year 10)**

65% of pupils live with their Mum and Dad together (2,027 pupils), 35% of FSMEver6 pupils compared to 71% of non-FSMEver6 pupils.

16% of pupils live with mainly or only Mum, 2% mainly or only Dad (449 and 62 pupils).

9% of pupils live with Mum and stepdad/partner (281 pupils)

7% of pupils live with Mum and Dad separately (shared) (218 pupils)

* All demographics are self-reported by the pupils and all numbers of pupils are approximate.
Demographics*

**Young carers** (Year 8 and Year 10)

6% of pupils said they were young carers (186 pupils)

*FSMEver6 pupils are almost 3x more likely (14%) to be a young carer (79 pupils), compared to non-FSMEver6 pupils (5%).

**Sexuality** (YR 10)

- Heterosexual (1,260 pupils)
- Bisexual (59 pupils)
- Gay/lesbian (15 pupils)

* All demographics are self-reported by the pupils and all numbers of pupils are approximate.
Key Findings

Alcohol

- Year on year – drinking is going down, both nationally and locally
- More young people in B&NES appear to be drinking alcohol compared to national
- Older pupils are much more likely to drink alcohol than younger pupils
- Significantly more drinking reported amongst those of sexual or ethnic minority
- Young people are drinking at home with their parents knowledge
Alcohol, Smoking and Drugs

Key Findings

Smoking

• The vast majority of pupils, locally and nationally, have never smoked; and this proportion has been increasing

• 1 in 9 (11%) Year 10 pupils currently smoke, and 1 in 12 (8%) are regular smokers

• Girls are more than twice as likely to smoke than boys

• A higher proportion of FSMEver6 pupils smoke compared to non-FSMEver6 pupils (and FSMEver6 pupils are more likely to have been offered cheap or foreign cigarettes or tobacco)

• FSMEver6 pupils are more than twice as likely to be exposed to passive smoking than non-FSMEver6 pupils

• 1 in 5 of B&NES’s Year 8 and Year 10 pupils said that they had used an electronic cigarette at least once
Alcohol, Smoking and Drugs

Key Findings

Drugs

• 15% of B&NES Year 8 and 10 pupils said they had been offered illegal drugs or NPS (‘legal’ highs), and 9% said they had taken them, this was lower than national

• Both locally and nationally, pupils contact and use of illegal drugs and NPS (‘legal’ highs) increases with age

• A higher proportion of B&NES’s FSMEver6 pupils said they had been offered Cannabis compared to non-FSMEver6 pupils
Alcohol, Smoking and Drugs

There is a considerable amount of data relating to alcohol smoking and drug use among young people. However, not all findings are consistent as this is a challenging area to research and self-report studies have potential limitations, for example, response bias and differences in the understanding of questions.

The 2014 Health and Social Care Information Centre’s (HSCIC) Smoking, Drinking and Drug use among young people in England Survey is the latest in a series designed to monitor smoking, drinking and drug use among secondary school pupils aged 11 to 15 (information was obtained from 6,173 pupils in 210 schools throughout England in the autumn term of 2014). Some of the questions about alcohol, smoking and drugs in the B&NES Child Health Wellbeing Secondary School Survey were taken from the HSCIC survey. Though the HSCIC results are not directly comparable because the surveys were carried out in different years and cover slightly different age groups, the HSCIC survey can still be used to get some indication as to how B&NES compares to nationally.

Warning: as highlighted by the Cabinet Office’s Horizon Scanning Unit, surveys that are conducted in schools, like the B&NES Child Health and Wellbeing Survey and the HSCIC Survey, by their very nature omit pupils who are often absent from school. As these are the pupils often more likely to participate in more severe risk-taking behaviours there is a likelihood that this leads to systematic underestimation of such behaviours.²
Alcohol

The proportions of B&NES Year 8 and Year 10 pupils who said they had drunk an alcoholic drink, and that they did so regularly, were slightly higher than the proportions of 12-15 year olds responding to the national 2014 HSCIC survey.¹⁷ *

* Results not directly comparable because the surveys were conducted in different years.

Had ever had a proper alcoholic drink – a whole drink, not just a sip

<table>
<thead>
<tr>
<th>B&amp;NES</th>
<th>HSCIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>45%</td>
<td>41%</td>
</tr>
</tbody>
</table>

Usually had an alcoholic drink at least once a week

<table>
<thead>
<tr>
<th>B&amp;NES</th>
<th>HSCIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>7%</td>
<td>5%</td>
</tr>
</tbody>
</table>
Alcohol, Smoking and Drugs

Alcohol

The proportion of B&NES Year 8 and Year 10 pupils who said they had drunk an alcoholic drink in the last 7 days was slightly higher than the proportions of 12-15 year olds that said they had drunk alcohol in the last week *:

It is interesting to note that in both the B&NES and HSCIC survey a greater proportion of pupils said that they had an alcoholic drink in the last 7 days/week (13%,9%) than stated they usually had an alcoholic drink at least once a week (7%,5%)*.

The proportion of Year 8 and Year 10 pupils that said they had been drunk in the last 4 weeks was very similar for both B&NES (9%) and HSCIC (10%).

* Results not directly comparable because the surveys were conducted in different years and the wording of the question differed slightly.
Alcohol, Smoking and Drugs

Alcohol- Trends

According to the HSCIC survey the proportion of 11 to 15 year olds that have ever had an alcoholic drink has ↓ over the years 17**:

![Bar chart showing the trend in the proportion of 11 to 15 year olds that have ever had an alcoholic drink from 2005 to 2014. The percentages are as follows: 2005: 58%, 2006: 55%, 2007: 54%, 2008: 52%, 2009: 51%, 2010: 45%, 2011: 45%, 2012: 43%, 2013: 39%, 2014: 38%.

According to the HSCIC survey the proportion of 11 to 15 year olds that usually have an alcoholic drink at least once a week alcoholic drink has ↓ over the years 17**:

![Bar chart showing the trend in the proportion of 11 to 15 year olds that usually have an alcoholic drink at least once a week from 2005 to 2014. The percentages are as follows: 2005: 17%, 2006: 15%, 2007: 15%, 2008: 13%, 2009: 12%, 2010: 8%, 2011: 7%, 2012: 6%, 2013: 5%, 2014: 4%.

**Results not directly comparable as HSCIC trend results are for the age group 11-15 year olds.
Alcohol, Smoking and Drugs

Alcohol - Trends

According to the HSCIC survey the proportion of 11 to 15 year olds that had alcohol in the last week has over the years:

<table>
<thead>
<tr>
<th>Year</th>
<th>HSCIC Proportion</th>
</tr>
</thead>
<tbody>
<tr>
<td>2005</td>
<td>22%</td>
</tr>
<tr>
<td>2006</td>
<td>21%</td>
</tr>
<tr>
<td>2007</td>
<td>20%</td>
</tr>
<tr>
<td>2008</td>
<td>18%</td>
</tr>
<tr>
<td>2009</td>
<td>18%</td>
</tr>
<tr>
<td>2010</td>
<td>13%</td>
</tr>
<tr>
<td>2011</td>
<td>12%</td>
</tr>
<tr>
<td>2012</td>
<td>10%</td>
</tr>
<tr>
<td>2013</td>
<td>9%</td>
</tr>
<tr>
<td>2014</td>
<td>8%</td>
</tr>
</tbody>
</table>

The proportion of B&NES Year 8 and 10 pupils (12-15 year olds) that said they had an alcoholic drink in the last 7 days has also:

- 2013: 22%
- 2015: 13%

*Results not directly comparable as HSCIC trend results are for the age group 11-15 year olds*
Alcohol, Smoking and Drugs

Alcohol - Trends

Moreover, according to the HSCIC survey the proportion of 11 to 15 year olds that said they had been drunk in the last 4 weeks has also ↓ over the years\textsuperscript{17}:

\begin{figure}
\centering
\includegraphics[width=\textwidth]{alcohol_trends.png}
\caption{Alcohol trends over the years}
\end{figure}

In 2015 \textbf{9\%} of B&NES Year 8 and Year 10 pupils said they had been drunk in the last 4 weeks.\textsuperscript{*}

\textsuperscript{*} Results not directly comparable as HSCIC trend results are for the age group 11-15 year olds
Alcohol – Hospital admission trends

There has been a steady decline in the rate of children and young people (under 18 years) hospital alcohol specific admissions in B&NES to its lowest level since 2006/07-2008/09, from 87.2 per 100,000 population aged under 18 years during the period 2006/07-2008/09 (85 admissions), to 52.1 during the period 2011/12-2013/14 (55 admissions).

Furthermore, for the first time since then, the rate is now not statistically different to the comparable national rate, i.e. England, at 40.1 per 100,000 u18 population.\textsuperscript{19}

For more information see the Alcohol and Young People section of B&NES’s JSNA.
Alcohol, Smoking and Drugs

Alcohol – Gender*

According to the national 2014 HSCIC survey (12-15 years) a slightly higher proportion of girls said they had ever had an alcoholic drink (43%) compared to boys (39%).**17

In response to the HSCIC survey a slightly higher proportion of girls (11%) also said they had got drunk in the last 4 weeks compared to boys (8%).**17

However, the alcohol consumption results of the B&NES Child Health and Wellbeing Survey on the whole indicate that a slightly higher proportion of boys have drunk an alcoholic drink, and do so regularly compared to girls. But, as with the national HSCIC results, a slightly greater proportion of B&NES girls (10%, 156 pupils) said they had got drunk in the last 4 weeks than boys (8%, 116 pupils).

* All numbers of pupils are approximate
** Results not directly comparable because the surveys were conducted in different years.
Alcohol, Smoking and Drugs

B&NES results

Had ever had a proper alcoholic drink – a whole drink, not just a sip

- **43%** girls (674)
- **48%** boys (698)

Usually had an alcoholic drink at least once a week

- **6%** girls (94)
- **8%** boys (116)

Had an alcoholic drink/alcohol in last 7 days/week

- **12%** girls (187)
- **15%** boys (218)

* All numbers of pupils are approximate
Alcohol, Smoking and Drugs

Alcohol – Age
The real difference in alcohol consumption according to both the HSCIC and B&NES surveys is not between the genders, but age, with the results indicating that much higher proportions of older pupils (14-15 year olds/Year 10) have drunk an alcoholic drink and do so regularly than the younger pupils (12-13 year olds/Year 8).

According to the national 2014 HSCIC survey a considerably higher proportion of 14-15 year olds (60%) said they had ever had an alcoholic drink compared to 12-13 year olds (23%).\(^*\)\(^{17}\)

A higher proportion of 14-15 year olds (8%) also said they usually had an alcoholic drink at least once a week, than 12-13 year olds (2%). With an even greater difference between the age groups in terms of those that said they had alcohol in last the last week, with 15% of 14-15 year olds compared to just 3% of 12-13 year olds.\(^*\)\(^{17}\)

Furthermore, in response to the HSCIC survey a much higher proportion of 14-15 year olds (16%) said they had got drunk in the last 4 weeks compared to 12-13 year olds (2%).\(^*\)\(^{17}\)

The results of the B&NES survey reflect those of the HSCIC survey.

\(^*\) Results not directly comparable because the surveys were conducted in different years.
Alcohol, Smoking and Drugs

B&NES results

Had ever had a proper alcoholic drink – a whole drink, not just a sip

- Year 8: 26% of 414 pupils
- Year 10: 67% of 950 pupils

Usually had an alcoholic drink at least once a week

- Year 8: 2% of 32 pupils
- Year 10: 12% of 170 pupils

Had an alcoholic drink/alcohol in last 7 days/week

- Year 8: 5% of 80 pupils
- Year 10: 22% of 312 pupils

* All numbers of pupils are approximate
Alcohol, Smoking and Drugs

Alcohol – Age*

According to the B&NES survey a much higher proportion of Year 10 pupils also said they had got drunk in the last 4 weeks compared to Year 8 pupils:

Drunk in the last 4 weeks

<table>
<thead>
<tr>
<th>Year</th>
<th>Number</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 8</td>
<td>32</td>
<td>2%</td>
</tr>
<tr>
<td>Year 10</td>
<td>240</td>
<td>17%</td>
</tr>
</tbody>
</table>

* All numbers of pupils are approximate
Alcohol, Smoking and Drugs

Smoking*

According to the B&NES and HSCIC surveys the vast majority of Year 8 and Year 10 pupils locally (81%, 2,515 pupils) and nationally (80%) have never smoked.**

9% (279 pupils) of B&NES Year 8 and Year 10 pupils said they had only tried smoking once.

[Nationally, 11% of 12-15 year olds responding to the 2014 HSCIC survey said they had tried smoking.** Though this is slightly higher than the B&NES result, they are not directly comparable because the HSCIC question option was different. It asked whether a pupil had ever tried smoking, so this would also include pupils who had tried smoking more than once].

* All numbers of pupils are approximate
** Results not directly comparable because the surveys were conducted in different years.
Alcohol, Smoking and Drugs

Smoking – Current smokers

According to the B&NES and HSCIC surveys of Year 8 and Year 10 pupils locally (7%, 217 pupils) and nationally (6%) currently smoke.**

4% of pupils responding to both the B&NES (124 pupils) and HSCIC surveys said they were regular smokers (smoking at least one cigarette a week).**

According to the 2014 HSCIC report, regular smoking was associated with other risky behaviours: drinking alcohol, taking drugs and truancy. 16

* All numbers of pupils are approximate
** Results not directly comparable because the surveys were conducted in different years.
For more information see the Smoking section of B&NES’s JSNA.
Alcohol, Smoking and Drugs

Smoking – Trends

According to the HSCIC (11-15 year olds) and B&NES (12/13 & 14/15) surveys the proportion of pupils that have never smoked has increased over time:*^17

* Results not directly comparable as HSCIC trend results are for the age group 11-15 year olds

Bath and North East Somerset – The place to live, work and visit
Alcohol, Smoking and Drugs

Smoking – Trends

According to the HSCIC (11-15 year olds) and B&NES (12/13 & 14/15) surveys the proportion of pupils that are current and regular smokers (smoking at least one cigarette a week) have \(\downarrow\) over time:* 17

* Results not directly comparable as HSCIC trend results are for the age group 11-15 year olds.
Smoking – Gender *

According to the national 2014 HSCIC survey (12-15 years) a higher proportion of girls (8%) said they were current smokers compared to boys (4%).**

The results of the B&NES survey reflect those of the HSCIC survey:

B&NES results

- **9% (141)** Current smokers (girls)
- **4% (58)** Current smokers (boys)

* All numbers of pupils are approximate
** Results not directly comparable because the surveys were conducted in different years.
Alcohol, Smoking and Drugs

Smoking – Age

Unsurprisingly, according to both the HSCIC and B&NES surveys, there is a much greater difference in smoking experience and habits between the age groups, than between genders.

According to the national 2014 HSCIC survey a considerably lower proportion of 14-15 year olds (71%) said they had never smoked compared to 12-13 year olds (90%). Hence, a higher proportion of 14-15 year olds responding to the HSCIC survey (15%) said they had tried smoking compared to 12-13 year olds (7%).\(^*\)\(^{17}\)

Furthermore a higher proportion of 14-15 year olds (10%) said they were current smokers than 12-13 year olds (2%). This was also the case in terms of regular smokers, with 6% of 14-15 year olds stating that they smoked at least one cigarette a week, compared to 1% of 12-13 year olds.\(^*\)\(^{17}\)

The results of the B&NES survey reflect those of the HSCIC survey.

\(^*\) Results not directly comparable because the surveys were conducted in different years.
Alcohol, Smoking and Drugs

Smoking – Age*

Year 8
- Never smoked: 91% (760 pupils)
- Tried smoking once: 6% (50 pupils)
- Current smokers: 2% (17 pupils)

Year 10
- Never smoked: 70% (513 pupils)
- Tried smoking once: 13% (95 pupils)
- Current smokers: 11% (81 pupils)

* All numbers of pupils are approximate
### Alcohol, Smoking and Drugs

**Smoking – FSMEver6 pupils***

According to the B&NES survey, a lower proportion of FSMEver6 pupils (72%, 405) have never smoked compared to non-FSMEver6 pupils (83%, 2,124).

The B&NES survey also indicates that a higher proportion of FSMEver6 pupils were current and/or regular smokers (**at least one cigarette a week**) compared to non-FSMEver6 pupils:

- **FSMEver6 pupils**
  - Current smokers: 10% (56)
  - Regular smokers**: 7% (38)

- **Non-FSMEver6 pupils**
  - Current smokers: 6% (154)
  - Regular smokers**: 4% (100)

* All numbers of pupils are approximate.
Alcohol, Smoking and Drugs

Smoking – Passive smoking *

20% (620) of B&NES Year 8 and Year 10 pupils said that people regularly smoke cigarettes around them (e.g. at home or in a car).

A significantly higher proportion of FSMEver6 pupils said that people regularly smoke cigarettes around them compared to non-FSMEver6 pupils:

- FSME6: 35% (197)
- Non-FSME6: 16% (409)

* All numbers of pupils are approximate
Alcohol, Smoking and Drugs

Smoking – Electronic cigarettes*

20% (620) of Year 8 and Year 10 pupils said that they had used an electronic cigarette at least once, with a significantly higher proportion of boys (23%, 334) stating they had compared to girls (16%, 251).

The greatest difference however was between Year 8 and Year 10 pupils:

<table>
<thead>
<tr>
<th>Year</th>
<th>Used an electronic cigarette at least once</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 8</td>
<td>13% (208)</td>
</tr>
<tr>
<td>Year 10</td>
<td>28% (397)</td>
</tr>
</tbody>
</table>

* All numbers of pupils are approximate
Alcohol, Smoking and Drugs

Drugs *

The drugs questions in the B&NES survey referred to both illegal drugs (banned by law, and prescription drugs that have been dangerously modified) and ‘legal' highs. ‘Legal’ highs were defined as “…substances which produce the same, or similar effects, to illegal drugs, but are not yet controlled under the Misuse of Drugs Act. They are however, considered illegal under current medicines legislation to sell, supply or advertise for human consumption.”

‘Legal’ highs should be referred to as New Psychoactive Substances (NPS).

According to the B&NES survey 15% (462) of Year 8 and Year 10 pupils had been offered illegal drugs or NPS.

A lower proportion of B&NES Year 8 and Year 10 pupils said they had ever been offered cannabis than the 12-15 year olds responding to the national HSCIC survey:**

<table>
<thead>
<tr>
<th></th>
<th>B&amp;NES</th>
<th>HSCIC</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offered Cannabis</td>
<td>(524) 17%</td>
<td>22%</td>
</tr>
</tbody>
</table>

* All numbers of pupils are approximate

** Results not directly comparable because the surveys were conducted in different years.
Alcohol, Smoking and Drugs

Drugs *

34% (1,048) of B&NES Year 8 and Year 10 pupils said they thought knew someone personally who took illegal drugs or legal highs.

A lower proportion of B&NES Year 8 and Year 10 pupils said they had ever taken illegal drugs or legal highs than the 12-15 year olds responding to the national HSCIC survey: **

* All numbers of pupils are approximate

** Results not directly comparable because the surveys were conducted in different years and the wording of the question was different.

For more information see the Substance Misuse section of B&NES’s JSNA.
Alcohol, Smoking and Drugs

Drugs *

The individual drugs listed in the B&NES survey that were most taken by pupils were, Cannabis, followed by NOs/laughing gas (Nitrous Oxide), and then Ecstasy/MDMA.

7% (219) of B&NES Year 8 and Year 10 pupils said they had ever taken Cannabis, and 8% of the 11-15 year olds that responded to the HSCIC survey.**

Taken Cannabis

6% (188) of B&NES Year 8 and Year 10 pupils said they had ever taken laughing gas (Nitrous Oxide).

2% (219) of B&NES Year 8 and Year 10 pupils said they had ever taken Ecstasy/MDMA, and 1% of the 11-15 year olds that responded to the HSCIC survey.**

Taken Ecstasy

* All numbers of pupils are approximate
** Results are not directly comparable because the surveys were conducted in different years and cover slightly different age groups.
Alcohol, Smoking and Drugs

Drugs - Trends

The proportion of B&NES Year 8 and Year 10 pupils (15%) that said they had been offered illegal drugs or legal highs has only \( \uparrow \) by 1% since 2011.

According to the HSCIC (11-15 year olds) and B&NES (12/13 & 14/15 year olds) surveys the proportion of pupils that have been offered Cannabis has \( \downarrow \) over time:*17

* Results not directly comparable as HSCIC trend results are for the age group 11-15 year olds.
Alcohol, Smoking and Drugs

Drugs - Trends
According to the B&NES survey the proportion of Year 8 and Year 10 pupils that have ever taken illegal drugs or legal highs has remained the same (9%) as in 2013 and 2011.

However, the proportion of 11-15 year olds that said they had ever taken drugs in response to the national HSICIC survey over the same period, and has halved compared to 2005:* 17

* Results not directly comparable as HSCIC trend results are for the age group 11-15 year olds

Bath and North East Somerset – The place to live, work and visit
**Alcohol, Smoking and Drugs**

**Drugs – Age** *

There was very little difference in the responses to the drugs questions in the B&NES survey between the genders, however, according to both the HSCIC and B&NES surveys, pupils contact and use of illegal drugs and legal highs **↑** with age.**17

**B&NES results:**

<table>
<thead>
<tr>
<th>Offered illegal drugs or legal highs</th>
<th>Year 8</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offered illegal drugs or legal highs</td>
<td>7% (112)</td>
<td>24% (338)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Offered Cannabis</th>
<th>Year 8</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Offered Cannabis</td>
<td>6% (96)</td>
<td>28% (395)</td>
</tr>
</tbody>
</table>

In response to the 2014 HSCIC survey **11%** of 12-13 year olds said they had been offered cannabis, compared to **33%** of 14-15 year olds.**17

* All numbers of pupils are approximate

** Results not directly comparable because the surveys were conducted in different years.
Alcohol, Smoking and Drugs

Drugs – Age *

A much higher proportion of B&NES Year 10 pupils said they thought they knew someone personally who took illegal drugs or legal highs, compared to Year 8 pupils:

<table>
<thead>
<tr>
<th>Age</th>
<th>Number (N)</th>
<th>Proportion</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 8</td>
<td>(272)</td>
<td>17%</td>
</tr>
<tr>
<td>Year 10</td>
<td>(733)</td>
<td>52%</td>
</tr>
</tbody>
</table>

* All numbers of pupils are approximate
Alcohol, Smoking and Drugs

Drugs – Age *

According to both the HISCIC and B&NES surveys a higher proportion of older pupils (14-15 year olds/Year 10) have taken illegal drugs or legal highs:**

* All numbers of pupils are approximate
** Results not directly comparable because the surveys were conducted in different years.
Alcohol, Smoking and Drugs

Drugs – Age *

A higher proportion of B&NES Year 10 pupils said they had taken Cannabis, NOs/laughing gas (Nitrous Oxide), and Ecstasy/MDMA than Year 8 pupils:

- **Taken Cannabis**
  - Year 8: (32) 2%
  - Year 10: 12% (172)

- **Taken Nitrous Oxide**
  - Year 8: (32) 2%
  - Year 10: 10% (144)

- **Taken Ecstasy**
  - Year 8: less than 1%
  - Year 10: 3% (43)

3% (43) of B&NES Year 10 pupils said they had taken Ecstasy/MDMA compared to less than 1% of Year 8 pupils.

* All numbers of pupils are approximate
Alcohol, Smoking and Drugs

Drugs – FSMEver6 pupils *

In response to the B&NES survey a higher proportion of FSMEver6 pupils said they had been offered Cannabis compared to non-FSMEver6 pupils:

- **Offered Cannabis**
  - FSMEver6: (124) 22%
  - Non-FSMEver6: (409) 16%

* All numbers of pupils are approximate
Priorities of the Young Parliament

As part of a Young Parliament held in B&NES in 2015, 11 schools and 55 pupils came together to debate and participate in four workshops around the themes: Curriculum for Life, Preparing for the Next Steps, Ways to Wellbeing, Mind, Body and Soul and Power to the Pupils.

A number of key priorities were identified that reflect some of the issues highlighted by the Child Health and Wellbeing Survey:

**Emotional Wellbeing**
- Young people need to share their experiences of mental health issues and Personal, Social and Health Education (PSHE) lessons should focus more on mental health
- There should be more education around self-harm

**Empowerment**
- Pupils should be taught about politics in order to increase engagement by young people
- Pupils should be able to take part in staff meetings at school and be involved in the recruitment and ongoing assessment of staff

**Achievements**
- There should be more support/praise for well-behaved children
Priorities of the Young Parliament

Aspirations
- More vocational options are needed in school, as well as better careers guidance and talks from professionals about their employment experiences

Healthy eating
- Healthy food should be made cheaper and more appealing

Exercise
- Exercise needs to be presented in a more positive light in the media
- There should be fitness videos available for pupils and greater access to gym equipment

Body image
- There needs to be more education and discussion about body image in PSHE lessons

School lessons about sex and healthy relationships
- It is important that sexual health and healthy relationships are discussed in school lessons
References


⁵ Hale, L. and Guan, S. (2014), Screen time and sleep among school-aged children and adolescents: A systematic literature review, Sleep Medicine Reviews, 21:50–58.


⁹ Research Intelligence Team, Bath and North East Somerset Council (2013) Hospital Inpatient Admissions for Self-Harm in B&NES residents - financial years 2006/07-2012/13, in house analysis of SUS data

References


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