



SOUTH TYNESIDE

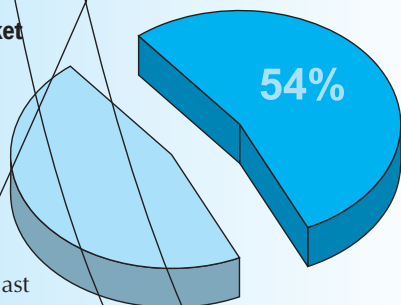
Secondary school pupils in Years 8 and 10 (ages 12-13 and 14-15)

CITIZENSHIP

- 97% of pupils describe themselves as white.
- 61% of pupils report that they live with both parents.**
- 17% live mainly or only with their mother.
- 13% with their mother and stepfather/partner
- 43% live in a family of 4 people, themselves included.
- 30% live in a family of 5 or more people, themselves included.
- 21% live in a house with four or more bedrooms.
- 34% of pupils live in a family with two cars.
- 13% have three or more cars.
- 6% have 'quality' broadsheet newspapers, 37% have 'popular' tabloid papers at home on most days.
- The most popular paper was the Sun.

MONEY

- 54% said they got pocket money every week.**
- 39% of pupils reported they do not usually get any regular pocket money.
- 74% got up to £10 the last time they received pocket money.
- 43% said they had put some of their own money into a savings scheme in the seven days before the survey.
- 27% of pupils said they had a regular paid job outside school during term time.**
- A greater proportion of boys worked compared with girls, 33% of Year 10 boys compared with 24% of Year 10 girls.
- 59% of the pupils who worked did so for 4 hours or less in the week before the survey.



- 24% worked 5 to 7 hours, 8% worked 8 to 10 hours and 9% worked 11 hours or more.
- The proportion of pupils who worked doing in excess of 4 hours in the week before the survey increased with age.**

Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- The most popular types of work were paper/milk rounds for boys and babysitting for girls.
- 22% of all pupils said they had spent nothing in the seven days prior to the survey.
- 24% spent up to £5, 23% up to £10 and 31% more than £10.
- The top items pupils spent money on were:**

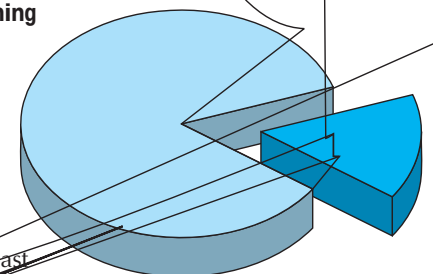
Year 8	Boys		Girls
Sweets, chocolate etc.	23%	Sweets, chocolate etc	24%
Soft drinks	21%	Clothes and footwear	24%
Computer games	17%	Comics, magazines	18%
Leisure centre	16%	Music etc	17%

Year 10	Boys		Girls
Sweets, chocolate etc	40%	Clothes and footwear	33%
Soft drinks	37%	Sweets, chocolate etc.	29%
Fares	26%	Soft drinks	28%
Crisps	22%	Cosmetics	26%

? Can pupils be encouraged to spend less money on sweets and chocolate and soft drinks?

HEALTHY EATING

- 14% of girls had nothing to eat or drink for breakfast on the day of the survey.**
- The most popular breakfast food was cereal, followed by toast or bread.
- 11% of pupils had a chocolate bar or sweets for breakfast.
- 7% of pupils had nothing to eat for lunch on the day before the survey.
- The most popular lunch choice was buying food from a takeaway/shop 45%.
- 18% of pupils had a cafeteria lunch in school on the day of the survey.



- Overall 50% of pupils would like to lose weight. Nearly two thirds of Year 10 girls said they would like to lose weight.

Year 8 Boys

Year 8 Girls

Year 10 Boys

Year 10 Girls

- 15% of Year 10 girls had nothing more to eat or drink for breakfast this morning. 12% of the Year 10 girls also reported having no lunch yesterday. It is not possible to say if these are the same girls.

- 14% of pupils said they never consider their health when choosing what to eat.

- Only 6% said they always considered their health.
- 51% of pupils have dairy products on most days; 36% have vegetables on most days, and 35% have fruit on most days.
- However, 29% have crisps on most days and 37% sweets and chocolates on most days.
- 13% of pupils said that they had no portions of fruit or vegetables the day before.
- 15% said that they had 5 or more portions.

- The top ten foods on the list given in the questionnaire with the highest percentages saying they eat the foods ‘on most days’ are:

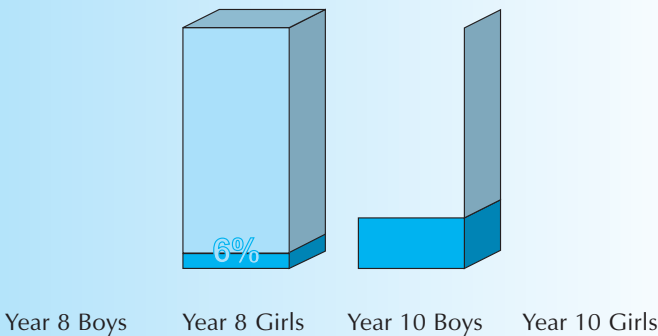
Year 8	Boys		Girls
Dairy produce	46%	Dairy produce	47%
Vegetables	33%	Vegetables	42%
Sweets, chocolates etc.	32%	Fresh Fruit	39%
Low-calorie drinks	31%	Wholemeal bread	30%
Wholemeal bread	31%	Sweets, chocolates etc	29%
Fresh Fruit	31%	Low-calorie drinks	28%
Chips or roast potatoes	27%	Crisps	27%
Meat	26%	Meat	24%
Fizzy drinks	26%	Chips or roast potatoes	22%

DRUGS, ALCOHOL AND TOBACCO

Drugs

- 27% of Year 8 pupils and 59% of Year 10 pupils are fairly sure that they know someone who takes drugs.

- Of Year 8 pupils 12% of boys and 8% of girls have been offered cannabis and 13% of boys and 12% of girls at least one of the other drugs listed in the questionnaire.
- By Year 10, 37% of boys and 36% of girls have been offered cannabis and 34% of boys and 37% of girls at least one of the other drugs listed in the questionnaire.
- Overall 16% of pupils reported that they had taken an illegal drug at some point in the past.



- 8% report they had taken some form of illegal drug in the month before the survey.
- 4% say they have taken more than one type of drug on the same occasion and 10% say they have taken an illegal drug and alcohol on the same occasion.
- A high proportion of pupils say they know nothing about the drugs listed in the questionnaire.

Year 8	Never heard of/ Know little about		Believe safe if used properly	
	Boys	Girls	Boys	Girls
Amphetamines	60%	76%	10%	4%
Cannabis leaf/resin	32%	53%	20%	9%
Ecstasy	49%	60%	7%	52%
Synthetic hallucinogens e.g. LSD	67%	75%	6%	3%
Solvents	47%	57%	15%	16%

Year 10	Never heard of/ Know little about		Believe safe if used properly	
	Boys	Girls	Boys	Girls
Amphetamines	49%	51%	10%	13%
Cannabis leaf/resin	28%	33%	36%	31%
Ecstasy	33%	33%	6%	7%
Synthetic hallucinogens e.g. LSD	47%	51%	6%	8%
Solvents	30%	30%	12%	14%

? Can anything be done to reduce drug use? Can drug education be improved?

Alcohol

- Overall, 37% of pupils had at least one alcoholic drink in the last week.

Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- The proportion of pupils drinking over 11 units of alcohol in the seven days before the survey rose as pupils got older:

Units	Boys		Girls	
	Year 8	Year 10	Year 8	Year 10
1-3	10%	10%	13%	11%
4-10	6%	17%	7%	14%
11+	2%	18%	2%	17%

- The most popular drinks were (table shows the proportion of pupils who drank them during the seven days before the survey):

Year 8	Boys		Girls	
Pre-mixed spirits	9%	Pre-mixed spirits	12%	
Beer or lager	7%	Wine	11%	
Wine	6%	Spirits	8%	

Year 10	Boys		Girls	
Beer or lager	25%	Pre-mixed spirits	20%	
Cider	14%	Wine	19%	
Pre-mixed spirits	12%	Spirits	16%	

- Of Year 8 pupils, 4% of boys and 8% of girls had bought alcohol from an off-licence (that should sell only to over-eighteen's) during the seven days before the survey. The figures for Year 10 are 14% of boys and 21% of girls.

EMOTIONAL HEALTH & WELL-BEING

- ❑ **68% of pupils reported that, in general, they were ‘quite a lot’ or ‘very much’ satisfied with their life.**
- ❑ A greater proportion of boys reported this than girls:
- ❑ Year 8 boys, 72%, Year 8 girls 64%
- ❑ Year 10 boys 73% Year 10 girls 62%
- ❑ 11% reported that they were ‘not at all’ or ‘not very much’ satisfied with their life.
- ❑ 4% of pupils reported that there were no adults they could trust.
- ❑ 74% of pupils reported that they worried about at least one problem ‘quite a lot’ or ‘a lot’.
- ❑ **The top four worries for pupils were:**

Year 8	Boys		Girls
Exams & tests	35%	Their looks	46%
Family problems	35%	Family problems	40%
Health problems	31%	Exams & tests	39%
Money problems	26%	Problems with friends	37%

Year 10	Boys		Girls
Exams & tests	42%	Exams & tests	57%
Family problems	35%	Their looks	52%
Career problems	34%	Family problems	44%
Health problems	33%	Problems with friends	41%

- ❑ **41% of Year 8 boys and 52% of Year 10 boys had a high self-esteem score (greater than 15).**
- ❑

PHYSICAL ACTIVITY

Overall 48% of pupils consider themselves 'fit' or 'very fit'. This varies across age ranges and gender.

- 32% of pupils exercised hard enough to increase their breathing rate at least five times last week, 7% none at all.
- Outside school hours soccer was the most popular form of physical activity for the boys, dancing and going for a walk for the girls.
- The top five physical activities were (table shows the proportion of pupils taking part in the sport at least weekly during the twelve months prior to the survey):

Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- Overall 84% of pupils said they enjoy physical activities 'quite a lot' or 'a lot'.
- There is a clear gender difference here too, 91% of Year 10 boys reported enjoying physical activities 'quite a lot' or 'a lot' compared with 72% of the girls.

