

Supporting the Health and Wellbeing of Young people in Blackpool

A summary report of the Health Related Behaviour Survey 2022

These results were collected from a sample of primary pupils aged 8 to 11 and secondary pupils aged 12 to 15 in Blackpool during the Summer and Autumn terms in 2022.

This survey was undertaken by the Public Health Directorate within Blackpool Council. The survey was co-ordinated by the Public Health Team as a way of collecting robust information about young people's lifestyles.

Teachers were informed on how to collect the most reliable data and then pupils completed an online or paper version of the questionnaire appropriate for their age group.

Year 4 - 6 pupils completed the Primary version of the questionnaire. Pupils in Years 8 - 10 completed the Secondary version of the questionnaire.

All were undertaken anonymously. A total of 3554 pupils took part in 17 primary school settings and 5 secondary school settings in Blackpool. Students from one further education college also took part in the survey. Questionnaires were then checked and analysed at SHEU in Exeter.

Cross-phase links

Many of the questions in each version of the questionnaire are

identical or very similar. Some of the results of these questions are presented on pages 8 and 9 of this document, so that behaviour can be seen across the age range.

Trend data

The content of the questionnaire has remained very similar as in previous surveys to allow for comparisons. 2022 results have been compared with the previous surveys in 2019, 2017, 2015, 2009 and 2007 to look for changes; a selection of these are presented on page 10.

3554 young people were involved in the survey:

School Year Age	Year 4	Year 5	Year 6	Year 8	Year 10	Year 12	Total
	8-9	9-10	10-11	12-13	14-15	16-17	
Boys	385	86	443	266	223	264	1667
Girls	422	84	456	246	178	372	1758
Total	810	170	902	537	411	655	*3485

*60 pupils didn't tell us their gender and an additional 69 pupils completed the FE survey in older age groups.

Before and 'after' COVID comparisons

Although COVID is not necessarily over, the timings of the 2019 and 2022 surveys provide particularly interesting data for comparison. A selection of some of the significant differences is indicated on pages 3 and 5. Some of these differences may well be due, at least in part, to the COVID-19 pandemic.

For more details please contact SHEU Tel. (01392 667272)
www.sheu.org.uk

TOPICS INCLUDE:

Background

Drugs, Alcohol & Tobacco

Emotional Health & Wellbeing

Healthy Eating

Leisure & Money

Physical Activity

Relationships & Sexual Health

Safety

School & Career

Blackpool Council

PUBLIC HEALTH

SHEU

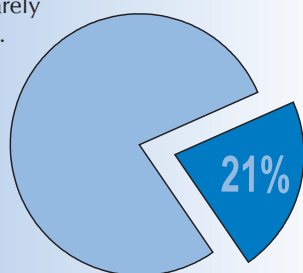
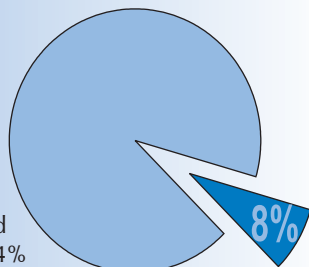
Blackpool Primary school pupils in Years 4 and 6 (ages 8 - 11)

BACKGROUND

- 85% of pupils describe themselves as 'White UK'.

HEALTHY EATING

- 8% of pupils had nothing to eat or drink for breakfast on the day of the survey.
- 31% of pupils had cereal for breakfast and 26% toast or bread on the morning of the survey. 14% said they had fruit.
- Pupils were asked to identify, from a list, the foods which they ate 'on most days'. 49% of pupils said they have fresh fruit and 36% said vegetables. 39% said crisps and 36% said sweets 'on most days'.
- 34% of boys and 25% of girls said that they have spent money on fizzy drinks (not low-cal.) in the last 7 days. 20% said they drink fizzy drinks 'on most days'.
- 48% of pupils said that they 'rarely or never' ate fish or fish fingers. 38% said they 'rarely or never' had salads.
- 21% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey; 15% had eaten none.
- 58% drank between 1 and 5 cups of water on the day before the survey, 32% said they had drunk a litre or more while 11% said they had drunk none. 95% of pupils said they can get water at school easily.
- 43% of pupils said that they would like to lose weight.

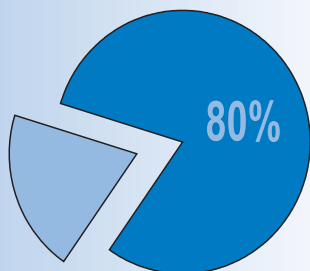


Dental Care

- 75% of pupils reported that they cleaned their teeth at least twice on the day before the survey (the recommended frequency). 5% said they did not clean their teeth at all the day before the survey.
- 26% of pupils had a filling on their last visit to the dentist, 2% had a brace fitted or checked and 6% had other treatment.

PHYSICAL ACTIVITY

- 80% of pupils reported that they enjoy physical activity 'quite a lot' or 'a lot'.
- 56% describe themselves as 'fit' or 'very fit'.
- 36% reported that they had exercised five times or more, in the week before the survey, which made them breathe harder and faster. 24% said once or twice and 6% said none.



- The top four physical activities for Year 6 pupils were:

	Boys	Girls
Football	70%	64%
Running races/tag	69%	59%
Going for walks	62%	48%
Keep-fit	54%	43%

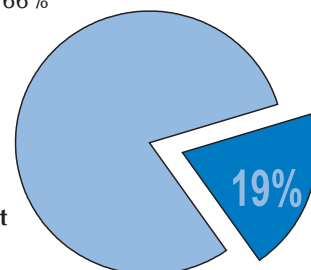
(The table shows the percentage of pupils taking part at least weekly)

- 49% of pupils walked to school on the day of the survey. 49% came by car.
- 75% of pupils said they have a bicycle. 31% reported that they wear a helmet 'usually' or 'always' when cycling/scooting.

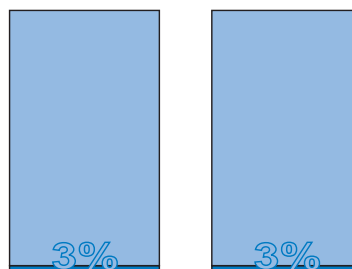
DRUGS, ALCOHOL & TOBACCO

Drugs

- 52% of Year 6 pupils reported that their parents had talked with them about drugs while 66% said their teachers had. 47% said they had talked with visitors in school lessons about drugs.
- 19% said they were 'fairly sure' or 'certain' they know someone who uses drugs (not as medicines).



Alcohol

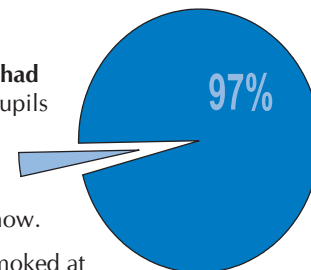


- 3% of boys and 3% of girls in Year 6 said that they they drank an alcoholic drink (more than just a sip) in the week before the survey.

- 85% of pupils say that they don't drink alcohol. 2% of pupils reported that their parents 'never' or only 'sometimes' know if they drink alcohol.
- 1% of pupils drank beer or lager, 1% said alcopops and pre-mixed spirits, 1% said spirits in the week before the survey.

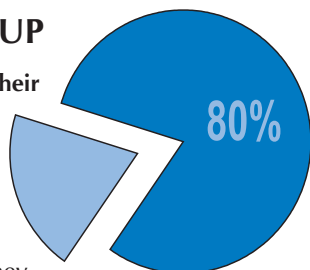
Tobacco

- 97% of pupils said that they had never smoked at all. 2% of pupils said they had tried smoking once or twice and 1% said they used to smoke sometimes but don't smoke now.
- 1% of pupils said they had smoked at least one cigarette in the seven days before the survey.
- 81% of pupils said that they wouldn't smoke when they are older. 16% said 'maybe' and 3% said they will smoke when they are older.



PUBERTY & GROWING UP

- 80% of Year 6 pupils said that their parents had talked with them about how their body changes as they grow up. 76% said that teachers have talked with them in school lessons.
- 74% of Year 6 pupils said that they felt they know enough about how your body changes as you get older.
- 27% of boys and 47% of girls in Year 6 reported that they worried 'quite a lot' or 'a lot' about the way they looked.
- 14% of boys and 26% of girls in Year 6 said they worried 'quite a lot' or 'a lot' about body changes as they grow up.

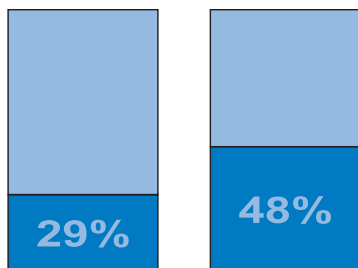


EMOTIONAL HEALTH & WELLBEING

- 28% of boys and 15% of girls had high self-esteem scores.
- 12% of pupils had low self-esteem scores.
- 83% of pupils said they worried about at least one of the items listed in the questionnaire at least 'quite a lot'.
- The top 5 worries for Year 6 pupils were as follows:

	Boys		Girls
SATs/tests	34%	The way you look	47%
Crime	34%	Problems with friends	43%
Family	32%	SATs/tests	42%
The environment	31%	Family	34%
Problems with friends	29%	Crime	31%

SAFETY



- 29% of boys and 48% of girls in Year 6 reported that they felt afraid of going to school because of bullying at least 'sometimes'.

- 31% of pupils said they had been bullied at or near school in the last 12 months.
- 46% said the bullying happened outside at playtime and 39% said inside a classroom at playtime. 27% said it happened at or near home.
- 38% of pupils reported that they thought they were bullied because of the way they looked and 29% because of their size or weight.
- 63% of pupils said their school takes bullying seriously.
- 35% of pupils reported that they had an accident in the last twelve months that was treated by a doctor or at a hospital.
- 31% of pupils reported that they had been scared or upset by an adult who approached them; 23% knew the person.
- 16% of pupils said they told an adult straight away while 14% said they kept it to themselves. 3% told the police.
- 88% of pupils reported that they have been told how to stay safe online. 12% said that someone they don't know in person has asked to meet with them.

SCHOOL

- 29% of pupils spent time doing homework on the evening before the survey.
- 68% of pupils said that their school cared whether they were happy or not.
- 41% of pupils said that their views and opinions were asked for in school.
- 62% of pupils said that in their school people with different backgrounds were valued.
- 73% said that their school encouraged everyone to take part in decisions e.g. school council.
- 58% said that their school encouraged them to take part in community events.

LEISURE & MONEY

- The top four weekly activities outside school were:

	Boys		Girls
Sports clubs	48%	Sports clubs	36%
Youth clubs	14%	Music clubs	15%
Cubs/scouts etc.	8%	Brownies/guides etc.	13%
Music clubs	8%	Youth clubs	11%

- After school yesterday, 63% of pupils spent time watching television. 62% played with friends, 65% played computer games and 64% listened to music. 59% played sport or did physical activity on the evening before the survey. 31% went to a club and 25% looked after someone at home.
- 46% report getting pocket money at least monthly.
- In the last week Year 6 pupils spent money on:

	Boys		Girls
Sweets, chocolate, etc	49%	Sweets, chocolate, etc	45%
Snacks	41%	Snacks	38%
Fizzy drinks	39%	Presents	28%
Computer, games etc.	36%	Fizzy drinks	27%

BEFORE AND 'AFTER' COVID: SIGNIFICANT DIFFERENCES BETWEEN THE BLACKPOOL 2022 AND 2019 SURVEYS

For most of the questions in the questionnaire, Blackpool primary pupils give similar responses in 2022 and 2019. Some differences (more than 5%) include:

- ↓ Pupils were less likely to say they can get water from a water fountain at school (19% vs 54%).
- ↓ Pupils were less likely to say they spent time doing homework after school on the day before the survey (29% vs 50%).
- ↑ Pupils were more likely to say teachers, the school nurse or visitors in school lessons have talked with them about how their body changes as they grow up (72% vs 52%).
- ↑ Pupils were more likely to say they chat online to people they don't know in real life (25% vs 13%).
- ↑ Pupils were more likely to say someone they don't know in person has asked to meet with them (12% vs 6%).
- ↓ Pupils were less likely to say they went to a youth club in the 7 days before the survey (13% vs 21%).
- ↑ Pupils were more likely to say they think they have been 'picked on' or bullied because of their size or weight (29% vs 21%).
- ↓ Pupils were less likely to say they ate at least 5 portions of fruit and vegetables on the day before the survey (21% vs 27%).
- ↓ Pupils were less likely to have a high self-esteem score (15 to 18) (21% vs 27%).

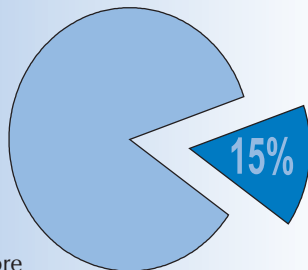
Blackpool Secondary school pupils in Years 8 and 10 (ages 12 - 15)

BACKGROUND

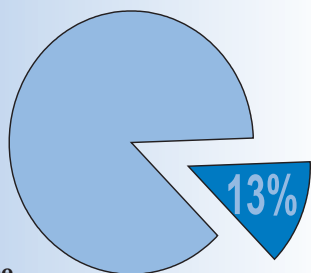
- 88% of pupils described themselves as White. 81% said they were White British. 1% described themselves as Asian and 5% as mixed.
- 10% of pupils describe themselves as a 'young carer'. 2% of pupils reported that it took up more than 2 hours of their time a day.

HEALTHY EATING

- 15% of pupils reported having nothing to eat or drink for breakfast on the day of the survey.
- 7% of pupils reported having a high energy/caffeine drink before lessons on the day of the survey.
- 22% of boys and 19% of girls said that they have fizzy drinks (not low cal.) 'on most days'.
- 19% of pupils reported 'never' considering their health when choosing what to eat. 16% of pupils consider their health 'very often' or 'always'.
- 14% of the pupils would like to put on weight while 53% would like to lose weight (63% of Year 10 girls said this). 33% of pupils are happy with their weight as it is.
- 24% of pupils said they had no lunch on the day before the survey. 38% of pupils ate a packed lunch from home or went home for lunch, 32% had school food and 6% bought lunch from a takeaway or shop.

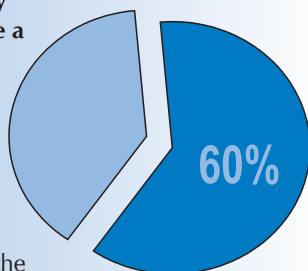


- 30% of pupils said they eat sweets, chocolates 'on most days'. 31% said they eat crisps 'on most days'. 44% said they eat fruit/vegetables 'on most days'.
- 13% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 17% had eaten none.



PHYSICAL ACTIVITY

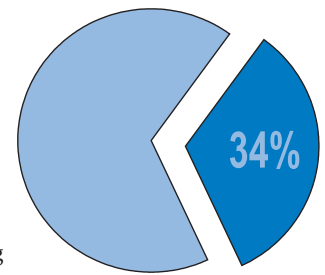
- 60% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.
- 37% of the boys consider themselves as 'fit' or 'very fit' compared with 33% of the girls.
- 67% of pupils reported that they had done some form of physical activity on at least three days in the week before the survey. 5% said they had not done any.
- 43% of pupils had exercised on at least three days in the week before the survey enough to increase breathing rate. 12% said none.



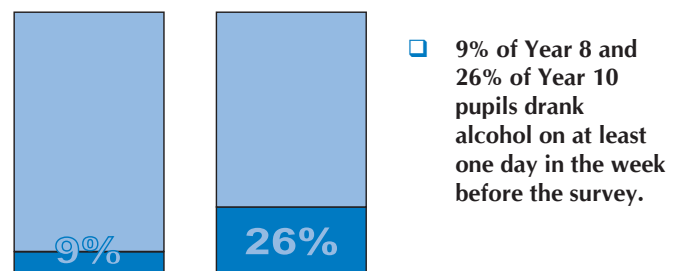
DRUGS, ALCOHOL & TOBACCO

Drugs

- 34% of Year 10 pupils have been offered cannabis. 6% have been offered NPS (legal highs).
- By far the most commonly taken drug is cannabis, with 18% of Year 10 pupils saying that they have taken cannabis.
- 10% of pupils have ever used drugs. 7% of pupils say they have used a drug within the last month.
- 6% of pupils reported taking any of the drugs listed and alcohol on the same occasion. 3% said they had taken more than one type of drug on the same occasion.



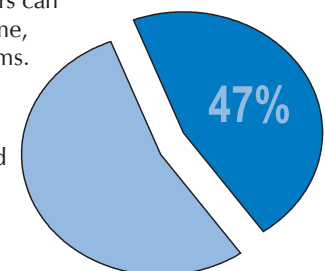
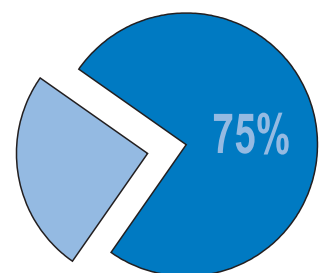
Alcohol



- 2% of Year 10 pupils bought alcohol in the last 7 days from an off-licence who should only sell to over-18s. 2% said they got adults outside shops to buy it for them.
- When asked for their main reasons for drinking alcohol, 73% of drinkers said it was 'often' or 'always' 'to socialise and have fun', 43% of drinkers said 'to get drunk'.
- 11% of pupils reported that in the last year they have been drunk at least 'once or twice a month'.

Tobacco

- 75% of pupils said they had never smoked at all.
- Boys: 4% of Year 8 boys and 10% of Year 10 boys smoke occasionally or regularly.
- Girls: 4% of Year 8 girls and 20% of Year 10 girls smoke occasionally or regularly.
- 5% of Year 8 and 16% of Year 10 said they had smoked at least one cigarette in the seven days before the survey.
- 9% of pupils said that smokers can smoke anywhere in their home, 15% said only in certain rooms.
- 47% of pupils reported that they had used an electronic cigarette/vaporiser. 17% said that they use an e-cigarette regularly (at least once a week).
- 32% of pupils said they tried vaping first (or only tried vaping), 5% of pupils said they tried smoking first (or only tried smoking) and 5% said they tried smoking and vaping at about the same time.



EMOTIONAL HEALTH & WELLBEING

- 34% of boys and 11% of girls had high self-esteem scores.
- 13% of pupils had low self-esteem scores.
- 75% of pupils said that they worried about at least one of the items listed in the questionnaire at least 'quite a lot'.
- The top four worries for secondary pupils were:**

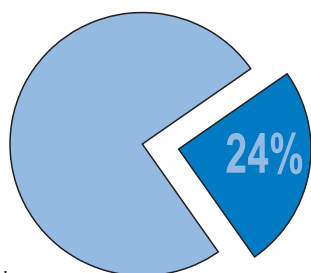
	Boys		Girls
Exams and tests	36%	The way you look	64%
The way you look	31%	Exams and tests	58%
Your weight	29%	Your weight	54%
Career problems	20%	School-work	44%

- Pupils reported using the following to cope when they are stressed/have a problem that worries them:**

	Boys		Girls
Eat or drink more	22%	Eat or drink more	36%
Cut or hurt myself	7%	Cut or hurt myself	17%
Smoke	4%	Drink alcohol	6%
Drink alcohol	4%	Smoke	4%

SAFETY

- 22% of boys and 36% of girls reported that they felt afraid of going to school because of bullying at least 'sometimes' while 70% said 'never'.
- 24% of pupils said that they had been bullied at or near school in the last 12 months.**
- 27% of pupils think that their school takes bullying seriously.
- 14% reported that they had been a victim of violence or aggression in the area where they live, in the twelve months before the survey.
- 4% of pupils said that their personal safety had been put at risk when drinking alcohol. Pupils who said yes were then asked to estimate on how many occasions. 1% said once and then never again, 2% said sometimes.
- 74% of pupils said they at least 'sometimes' do something to try and avoid sunburn.
- 9% of secondary pupils in Blackpool use a sun bed. The most likely place for them to report using a sun bed was at home (5%); 2% said at a salon or shop, 2% also said at a friends home.
- 6% of pupils said that they have used melanotan.
- 3% of Year 10 pupils report that they have a permanent tattoo. 1% had this done in a shop, 2% said at home.



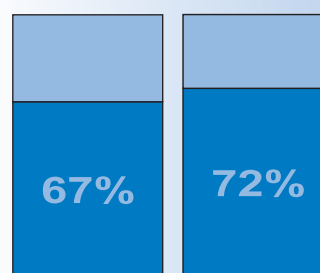
SCHOOL & LEISURE TIME

- 40% of pupils said that in their school people with different backgrounds were valued. 43% said that their school encouraged everyone to take part in decisions.
- 17% said what pupils say makes a difference to what school decides.
- 30% of pupils said they worry about schoolwork problems 'quite a lot' or 'a lot'.
- The top four weekly activities outside school were:**

	Boys		Girls
Sports clubs	39%	Sports clubs	25%
Youth/community /social clubs	14%	Youth/community /social clubs	13%
Duke of Edinburgh	12%	Art clubs	12%
Other	9%	Duke of Edinburgh	10%

RELATIONSHIPS & SEXUAL HEALTH

- 34% of pupils said that school lessons were their main source of information about sex, 18% said family and 19% said friends were.
- 11% of Year 10 pupils said that they were currently in a sexual relationship. 14% said that they had a sexual relationship in the past and 4% said they were currently in a relationship and thinking about having sex.
- 87% of pupils said they chat online.
- 31% of pupils said they have received a chat message that scared them or made them upset.
- 58% of pupils said they have seen images aimed at adults and 40% (53% Year 10 boys) of pupils said they had looked online for pornographic or violent images, games or films.



- 67% of Year 10 boys and 72% of Year 10 girls said they know how to access contraceptive and sexual health advice.**

BEFORE AND 'AFTER' COVID: SIGNIFICANT DIFFERENCES BETWEEN THE BLACKPOOL 2022 AND 2019 SURVEYS

For most of the questions in the questionnaire, Blackpool secondary pupils give similar responses in 2022 and 2019. Some differences (more than 5%) include:

- ↓ Pupils were less likely to say they have been to the dentist in the last year (66% vs 85%).
- ↓ Pupils were less likely to say they do something to avoid sunburn 'usually' or 'whenever possible' (23% vs 48%).
- ↑ Year 10+ pupils were more likely to say they know how to access contraceptive and sexual health advice (69% vs 42%).
- ↑ Pupils were more likely to say they are underweight (14% vs 5%).
- ↑ Pupils were more likely to say they would like additional support to help them with their weight management (21% vs 14%).
- ↑ Pupils were more likely to say they didn't have any lunch on the day before the survey (24% vs 14%).
- ↑ Pupils were more likely to say they walked all the way to school on the day of the survey (46% vs 24%).
- ↑ Pupils were more likely to say they did physical activity on five days or more in the week before the survey (41% vs 26%).
- ↑ Pupils were more likely to say they think at least 'about a quarter' of pupils in their school smoke (67% vs 56%).
- ↑ Pupils were more likely to say their parents/carers smoke (53% vs 43%).
- ↓ Pupils were less likely to say they 'agree' the school cares whether they are happy or not (26% vs 40%).
- ↓ Pupils were less likely to say they 'usually' or 'always' talk to someone when they have a problem that worries them or they are feeling stressed (27% vs 39%).
- ↑ Pupils were more likely to say they they worry 'quite a lot' or 'a lot' about the way they look (48% vs 35%).
- ↑ Pupils were more likely to have a med-low self-esteem score (9 or less) (40% vs 31%).
- ↓ Pupils were less likely to say they have been told how to stay safe when using the internet, such as Facebook and chat rooms (82% vs 91%).
- ↓ Pupils were less likely to say they they have used cannabis (10% vs 16%).

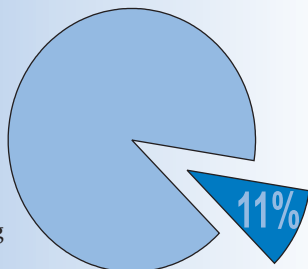
Blackpool FE Students in Year 12 (ages 16 - 17)

BACKGROUND

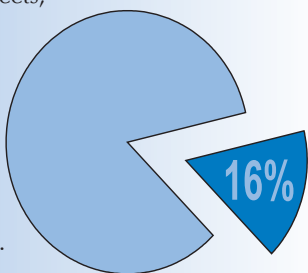
- 94% of students described themselves as White. 90% said they were White British. 2% described themselves as Asian and 2% as mixed.
- 4% of students describe themselves as a 'young carer'. 1% of students reported that it took up more than 2 hours of their time a day.

HEALTHY EATING

- 11% of students reported having nothing to eat or drink for breakfast on the day of the survey.
- 3% of students reported having a high energy/caffeine drink before lessons on the day of the survey.
- 10% of boys and 6% of girls said that they have fizzy drinks (not low cal.) 'on most days'.
- 15% of students reported 'never' considering their health when choosing what to eat. 18% of pupils consider their health 'very often' or 'always'.
- 16% of the students would like to put on weight while 43% would like to lose weight (51% of Year 12 girls said this). 41% of students are happy with their weight as it is.
- 22% of students said they had no lunch on the day before the survey. 37% of students ate a packed lunch from home or went home for lunch, 34% had college food and 8% bought lunch from a takeaway or shop.

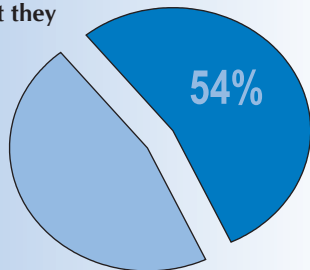


- 23% of students said they eat sweets, chocolates 'on most days'. 18% said they eat crisps 'on most days'. 57% said they eat fruit/vegetables 'on most days'.
- 16% of students had eaten 5 or more portions of fruit and vegetables on the day before the survey, 11% had eaten none.



PHYSICAL ACTIVITY

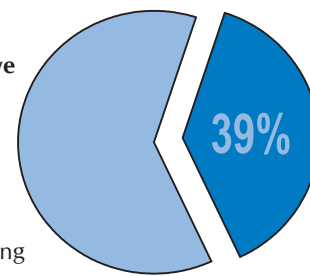
- 54% of students reported that they enjoyed physical activities 'quite a lot' or 'a lot'.
- 39% of the boys consider themselves as 'fit' or 'very fit' compared with 31% of the girls.
- 68% of students reported that they had done some form of physical activity on at least three days in the week before the survey. 16% said they had not done any.
- 41% of students had exercised on at least three days in the week before the survey enough to increase breathing rate. 28% said none.



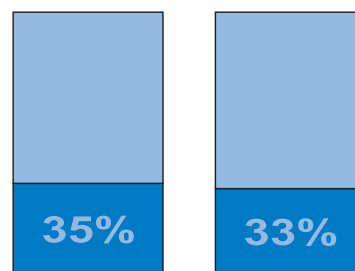
DRUGS, ALCOHOL & TOBACCO

Drugs

- 39% of Year 12 students have been offered cannabis. 5% have been offered NPS (legal highs).
- By far the most commonly taken drug is cannabis, with 15% of Year 12 students saying that they have taken cannabis.
- 16% of students have ever used drugs. 6% of students say they have used a drug within the last month.
- 9% of students reported taking any of the drugs listed and alcohol on the same occasion. 1% said they had taken more than one type of drug on the same occasion.



Alcohol

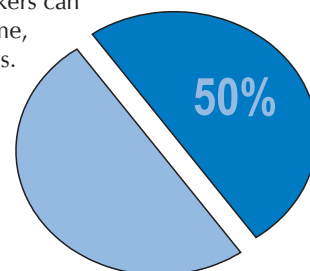
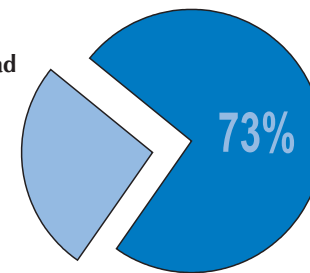


- 35% of Year 12 boys and 33% of Year 12 girls drank alcohol on at least one day in the week before the survey.

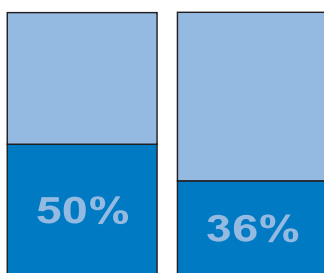
- 4% of Year 12 students bought alcohol in the last 7 days from a pub/nightclub, 2% bought it from an off-licence and 2% from a supermarket; all these places should only sell to over-18s. 15% said their parents bought or gave it to them and 14% said their friends/family over 18 did.
- When asked for their main reasons for drinking alcohol, 53% of drinkers said it was 'often' or 'always' 'to socialise and have fun', 23% of drinkers said 'to get drunk'.
- 28% of students reported that in the last year they have been drunk at least 'once or twice a month'.

Tobacco

- 73% of students said they had never smoked at all.
- Boys: 3% said they smoke occasionally and 5% smoke regularly.
- Girls: 4% said they smoke occasionally and 5% smoke regularly.
- 8% of boys and 9% of girls said they had smoked at least one cigarette in the seven days before the survey.
- 2% of students said that smokers can smoke anywhere in their home, 5% said only in certain rooms.
- 50% of students reported that they had used an electronic cigarette/vaporiser. 12% said that they use an e-cigarette regularly (at least once a week).
- 35% of students said they tried vaping first (or only tried vaping), 8% of students said they tried smoking first (or only tried smoking) and 5% said they tried smoking and vaping at about the same time.

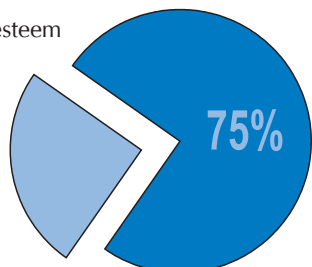


EMOTIONAL HEALTH & WELLBEING



- 50% of boys and 36% of girls had high self-esteem scores.

- 3% of students had low self-esteem scores.
- 75% of students said that they worried about at least one of the items listed in the questionnaire at least 'quite a lot'.
- The top four worries for FE students were:



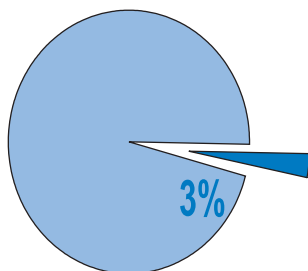
	Boys	Girls
Exams and tests	37%	67%
College-work problems	32%	The way you look 53%
Career problems	28%	College-work problems 52%
The way you look	25%	Your weight 46%

- Students reported using the following to cope when they are stressed/have a problem that worries them:

	Boys	Girls
Eat or drink more	16%	32%
Smoke	2%	3%
Cut or hurt myself	0%	6%
Drink alcohol	4%	6%

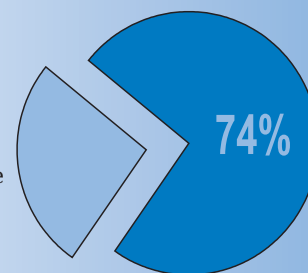
SAFETY

- 5% of boys and 6% of girls reported that they felt afraid of going to college because of bullying at least 'sometimes' while 94% said 'never'.
- 3% of students said that they had been bullied at or near college in the last 12 months.
- 46% of students think that their college takes bullying seriously.
- 5% of students reported that they had been a victim of violence or aggression in the area where they live, in the twelve months before the survey.
- 8% of students said that their personal safety had been put at risk when drinking alcohol. Students who said yes were then asked to estimate on how many occasions: 3% said once and then never again, 3% said sometimes and 1% said regularly or every time they drink alcohol.
- 86% of students said they at least 'sometimes' do something to try and avoid sunburn.
- 5% of FE students in Blackpool use a sun bed. The most likely place for them to report using a sun bed was at a salon or shop (3%); 1% said at home. 2% of students said that they have used melanotan.
- 4% of Year 12 girls report that they have a permanent tattoo.



COLLEGE & CAREER

- 74% of students said that in their college people with different backgrounds were valued. 66% said that their college encouraged everyone to take part in decisions.
- 37% said what students say makes a difference to what college decides.
- 58% of students agreed that college cares whether they are happy or not.
- 44% of students said they worry about college-work problems 'quite a lot' or 'a lot'; 36% said the same about career problems.



RELATIONSHIPS & SEXUAL HEALTH

- 24% of pupils said that college lessons were their main source of information about sex, 26% said the Internet, 12% said family and 31% said friends were.
- 21% of Year 12 students said that they were currently in a sexual relationship. 16% said that they had a sexual relationship in the past and 7% said they were currently in a relationship and thinking about having sex.
- 72% of Year 12 boys and 85% of Year 12 girls said they know how to access contraceptive and sexual health advice.
- 73% of students said they chat online.
- 22% of students said they have received a chat message that scared them or made them upset.
- 59% of students said they have seen images aimed at adults and 36% of students (64% Year 12 boys) said they had looked online for pornographic or violent images, games or films.
- 47% of boys and 50% of girls said that they know of friends who have sent an inappropriate image of themselves to another person. 16% of Year 12 boys and 45% of Year 12 girls said they have been asked to send an inappropriate image of themselves to another person.
- 90% of students said they have been told how to stay safe while using the Internet, e.g. using Facebook or chatting.
- 78% of students said 'they could usually or always say no' to a friend who was asking them to do something they didn't want to do.

SIGNIFICANT DIFFERENCES BETWEEN THE BLACKPOOL 2022 AND 2019 SURVEYS

For most of the questions in the questionnaire, Blackpool Year 12 students give similar responses in 2022 and 2019. Some differences (more than 5%) include:

- Students were less likely to say they have been to the dentist in the last year (74% vs 89%).
- Students were less likely to have smoked (27% vs 44%) or tried vaping (59% vs. 63%).
- Students were more likely to say they that young people start having sex aged 16 or older (61% vs 51%).
- Students were less likely to have used cannabis (15% vs 24%).
- Students were less likely to say they want to do more physical activity (52% vs 62%).
- Students were less likely to have had an accident in the past 12 months (25% vs 34%).
- Students were less likely to say their parents/carers smoke (26% vs 31%).
- Students were less likely to say they have been or are currently in a sexual relationship (37% vs 44%).
- Students were more likely to say they know how to access contraceptive and sexual health advice (80% vs 62%).

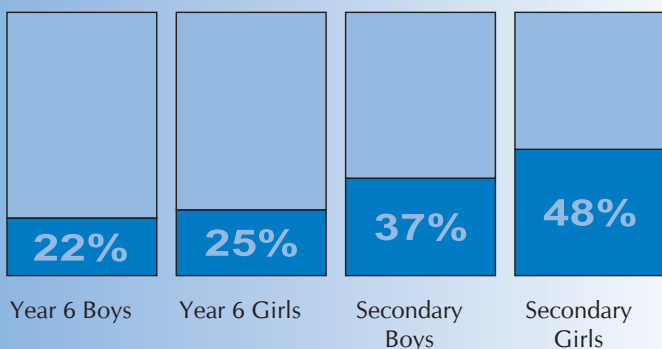
Questions included in the primary, secondary and FE versions of the Blackpool 2022 questionnaire

Cross-phase data

The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

HEALTHY EATING

- Secondary pupils are more likely than primary pupils to say they had 'nothing at all' for breakfast or 'just a drink' on the morning of the survey. Girls are also more likely to report this than boys at all ages:

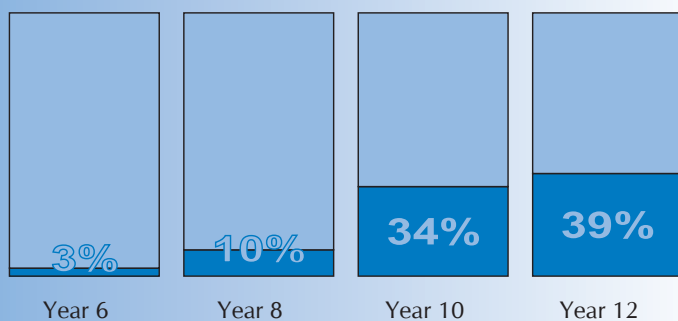


- 36% of Year 12 boys and 43% of Year 12 girls also said they had 'nothing at all' or 'just a drink' for breakfast.
- There is a declining trend for pupils having crisps 'on most days': 36% of Year 6 pupils, 33% of Year 8, 27% of Year 10 and 18% of Year 12 students said this.
- More secondary girls say they would like to lose weight than primary aged girls: 46% of Year 6 girls, 61% of Year 8 girls and 63% of Year 10 girls said this. However, this falls to 51% of Year 12 girls saying the same.

DRUGS

Have you ever been offered cannabis?

- 3% of Year 6 pupils said that they have been offered cannabis. 10% of Year 8, 34% of Year 10 pupils and 39% of Year 12 students said the same.

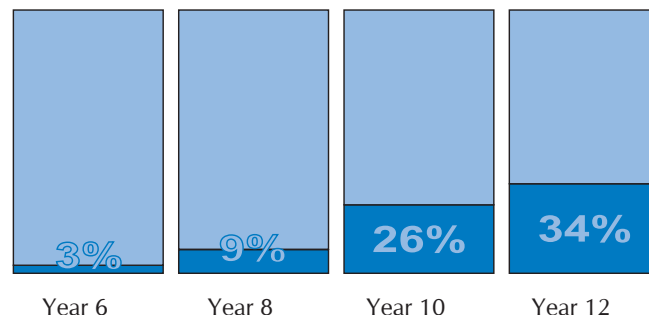


- 3% of Year 8 pupils, 18% of Year 10 pupils and 15% of FE students said they have used cannabis.

ALCOHOL

Have you had an alcoholic drink in the week before the survey?

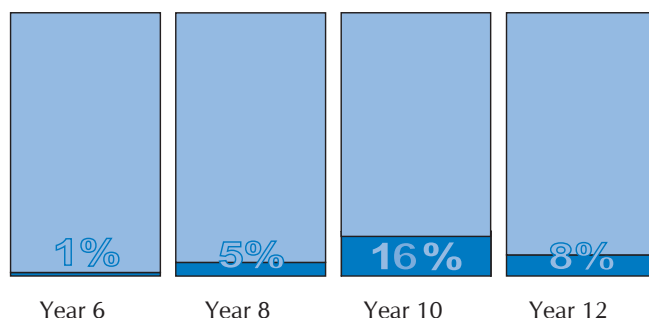
- 3% of the Year 6 pupils had an alcoholic drink on at least one day in the week before the survey. 9% of Year 8, 26% of Year 10 pupils and 34% of Year 12 students said the same.



TOBACCO

Did you smoke last week?

- 1% of the Year 6 pupils smoked a cigarette in the week before the survey. 5% of Year 8 pupils, 16% of Year 10 pupils and 8% of Year 12 students said the same.

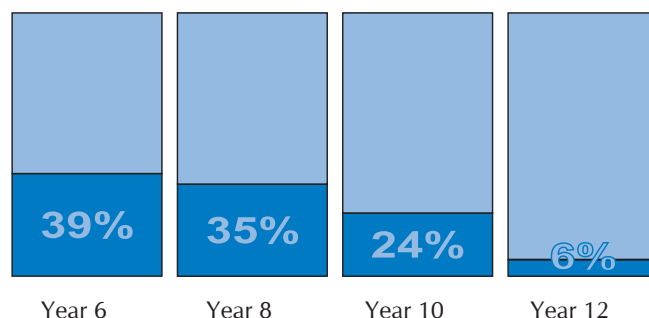


- 97% of primary pupils said that they had 'never smoked at all'. 75% of secondary pupils and 73% of FE students said the same.
- When asked if they thought they would smoke when they are older, 16% of Year 6 pupils said 'maybe', 1% said 'yes' and 2% said 'YES!'.

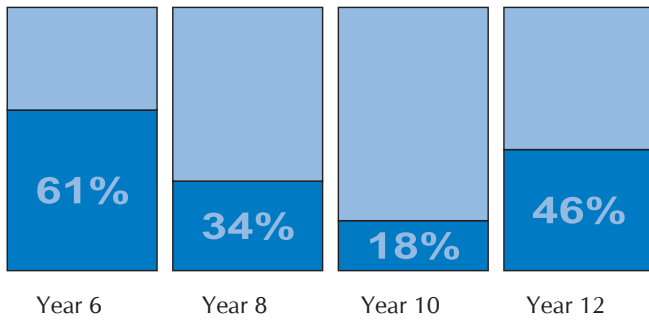
EMOTIONAL HEALTH & WELLBEING

Are you ever afraid of going to school/college because of bullying?

- 39% of Year 6 pupils said they felt afraid of going to school at least sometimes. This falls to 35% in Year 8, 24% in Year 10 and again to 6% in Year 12.

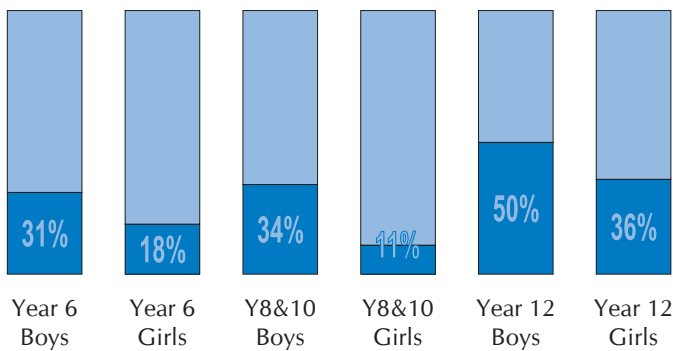


- Our surveys show that the figures for worrying ‘quite a lot’ or ‘a lot’ about being bullied are consistently higher for girls than for boys.
- 27% of Year 6 pupils said they had been bullied in the last 12 months. 28% of Year 8, 19% of Year 10 and 3% of Year 12 said the same.
- 61% of Year 6 said that their school takes bullying seriously. This falls to 34% of Year 8 and 18% of Year 10 pupils in 2022. However, this rises to 46% of Year 12 students said the same.



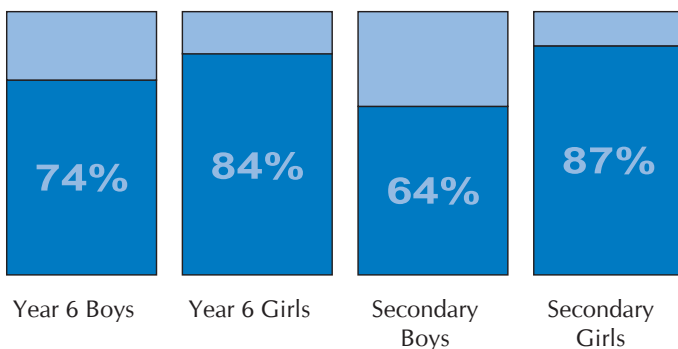
Self-esteem

- Boys are more likely than girls to record having high self-esteem at all ages. The upward/downward trends across the age range are different for boys and girls:



How much do you worry about problems?

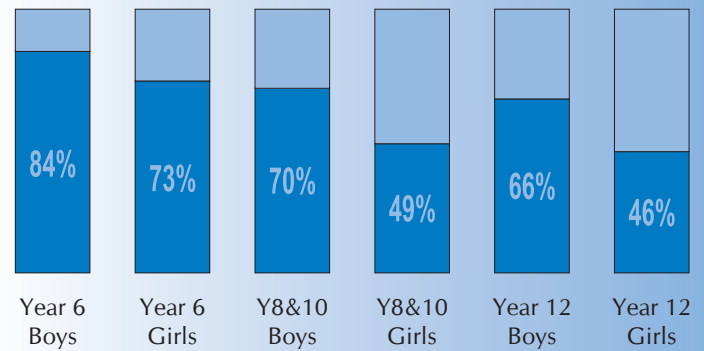
- Our surveys show that girls are more likely to worry ‘quite a lot’ or ‘a lot’ about ‘at least one’ of the problems listed than boys are. The difference between boys and girls widens from primary to secondary school:



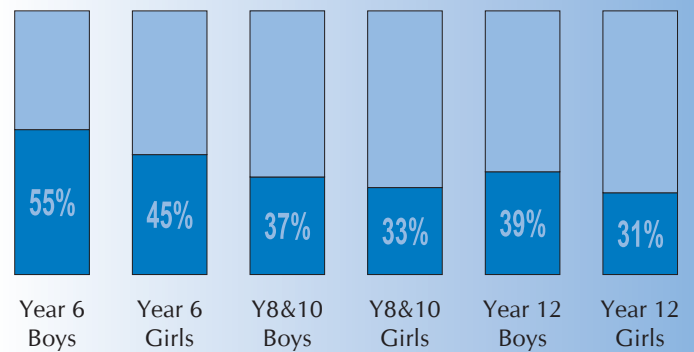
- 63% of Year 12 boys and 84% of Year 12 girls also worried ‘quite a lot’ or ‘a lot’ about at least one of the problems listed.
- 42% of Year 6 girls said they worried about school tests ‘quite a lot’ or ‘a lot’, this rises to 64% of Year 10 girls and 67% of Year 12 girls. 47% of Year 6 girls worried about the way they looked; this rises to 68% of Year 10 girls but falls to 53% of Year 12 girls who said the same.

PHYSICAL ACTIVITIES

- 78% of Year 6 pupils said that they enjoy physical activities ‘quite a lot’ or ‘a lot’. 60% of secondary pupils and 54% of FE students said the same. The figures for boys and girls are as follows:



- 50% of Year 6 pupils described themselves as ‘fit’ or ‘very fit’. 36% of Year 8, 32% of Year 10 pupils and 34% of FE students said the same. The figures for boys and girls are as follows:



- A clear gender difference is apparent across the age range, with fewer girls saying that they enjoy physical activities and that they consider themselves as fit.

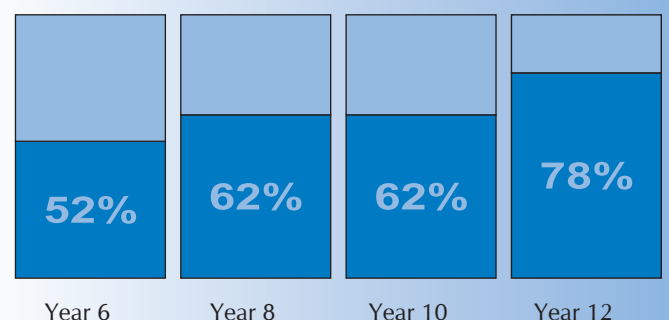
SAFETY

When you cycle do you wear a safety helmet?

- 31% of Year 6 pupils said that they ‘never’ wear a safety helmet when cycling/scooting. 44% of secondary pupils (60% of FE students) said that they ‘don’t cycle’. 20% don’t have a safety helmet (8% of FE students). 22% said that they ‘hardly ever or never’ wear theirs (13% of FE students).

When a friend wants you to do something you don’t want to do...

- 52% of Year 6 pupils said that they could ‘usually or always’ say no to a friend who was asking them to do something they didn’t want to do. 62% of Year 8, 62% of Year 10 and 78% of Year 12 said the same.



TRENDS - changes in the data between 2007 and 2022

Primary

- 21% of Blackpool primary pupils in 2022 said that they had 5 or more portions of fruit and vegetables the day before compared with 27% in 2019, 23% in 2017, 27% in 2015 and in 2012. These compare with 26% in 2009 and 35% in 2007.
- 80% of pupils in 2022 said they enjoyed physical activity 'quite a lot' or 'a lot'. 82% said this in 2019, 85% in 2017, 84% in 2015 and 78% in 2012. 86% said this in 2009 and 83% in 2007.
- 66% of Year 6 pupils in 2022 said that their teachers had talked with them about drugs compared with 62% in 2019, 54% in 2017 and 39% in 2015, 33% in 2012, 54% in 2009 and 61% in 2007.
- 19% of pupils in 2022 said they knew someone personally who used drugs compared with 16% in 2019, 13% of pupils in 2017, 14% in 2015 and 2012. 17% said this in 2009 and 21% in 2007.
- 3% of boys in 2022 said that they drank alcohol on at least one day in the previous week. This compared with 6% in 2019 and 2017, 8% in 2015, 12% in 2012, 13% in 2009 and 18% in 2007.
- 76% of pupils in 2022 said that their parents had talked with them about body changes as you grow up. This compared with 73% in 2019, 67% in 2017, 64% in 2015 and 66% in 2012, 77% in 2009 and 70% in 2007. 64% of pupils in 2022 said teachers had talked with them about this; 46% said the same in 2019, 42% in 2017, 35% in 2015, 32% in 2012, 57% in 2009 and 44% in 2007.
- 33% of boys and 50% of girls in 2022 said they were afraid to go to school because of bullying at least sometimes, compared with 35% of boys and 46% of girls in 2019, 32% of boys and 43% of girls in 2017, 35% of boys and 48% of girls in 2015, 38% of boys and 43% of girls in 2012, 34% of boys and 45% of girls in 2009 and 25% of boys and 38% of girls who said the same in 2007.
- 31% of boys and 18% of girls in Year 6 in 2022 recorded levels of high self-esteem compared with 32% of boys and 24% of girls in 2019, 36% of boys and 29% of girls in Year 6 in 2017, 37% of boys and 25% of girls in 2015, 27% of boys and 24% of girls in 2012, 23% of boys and 20% of girls in 2009 and 40% of boys and 28% of girls in 2007.

Secondary

- 15% of secondary pupils in 2022 said that they had nothing to eat or drink for breakfast on the day of the survey compared with 12% in 2019, 9% in 2017 and 2015, 13% in 2012, 18% in 2009 and 13% in 2007.
- 60% of pupils in 2022 said that they enjoyed physical activity 'quite a lot' or 'a lot'. This compared with 60% in 2019, 64% in 2017, 67% in 2015, 60% in 2012, 84% in 2009 and 72% in 2007.
- 75% of pupils in 2022 said they have never smoked at all compared with 76% in 2019, 75% in 2017 and 2015, 66% in 2012, 63% in 2009 and 53% in 2007.
- 20% of pupils in 2022 said they had been offered cannabis compared with 25% in 2019, 20% in 2017, 18% in 2015, 19% in 2012, 20% in 2009 and 26% in 2007.
- 17% of pupils drank alcohol the previous week in 2022 compared with 10% in 2019, 14% in 2017, 15% in 2015, 21% in 2012, 28% in 2009 and 34% in 2007.
- 53% of pupils in 2022 said that they have a parent/carer who smokes compared with 46% in 2019, 50% in 2017 and 49% in 2015.
- 22% of boys and 36% of girls in 2022 reported a fear of going to school because of bullying at least sometimes compared with 18% of boys and 35% of girls in 2019, 18% of boys and 31% of girls in 2017, 16% of boys and 33% of girls in 2015, 24% of boys and 38% of girls in 2012, 23% of boys and 33% of girls in 2009 and 32% of boys and 41% of girls who said the same in 2007.
- 27% of pupils in 2022 said their school takes bullying seriously compared with 36% in 2019, 31% in 2017, 38% in 2015, 46% in 2012, 51% in 2009 and 48% in 2007.
- 14% of pupils in 2022 reported being a victim of violence or aggression within the past 12 months compared with 14% in 2019, 12% in 2017 and 2015, 14% in 2012. 15% reported this in 2009 and 20% in 2007.

The Way Forward – over to you

This work was funded by the Public Health Directorate within Blackpool Council in order to support planning and evaluation of health focussed initiatives. We are grateful to the teachers, schools, the college and young people for their time and contributions to this survey. As a result of their work we have excellent data to be used by schools and colleges, as well as both statutory and voluntary agencies that support the health of young people in Blackpool. This work will inform action plans for joint working between and within organisations involved in improving the health and wellbeing of pupils in schools. The data will also be used to help develop and improve services for young people in Blackpool.

Blackpool Schools who took part in the survey:

Blackpool primary schools:

Anchorsholme Primary Academy, Bispham Endowed CE Primary School, Blackpool Gateway Academy, Blackpool St John's CE Primary School, Boundary Primary School, Christ The King Catholic Academy, Devonshire Primary Academy, Hawes Side Academy, Mereside Primary Academy, Moor Park Primary School, Norbreck Primary Academy, Revoe Learning Academy, Roseacre Primary Academy, St Cuthbert's Catholic Academy, Stanley Primary School, Thames Primary Academy, Westminster Primary Academy

Blackpool secondary schools:

Armfield Academy, Blackpool Aspire Academy, Educational Diversity, Montgomery Academy, South Shore Academy

Blackpool FE settings:

The Blackpool Sixth Form College

For more information about the survey please contact:

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