



Stockport Young People's Lifestyle Survey 2008

A report on the health behaviour of
8488 young people (10-25 year olds) in Stockport

Prepared for Stockport Young People's Lifestyle Survey Steering Group
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SHEU

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Foreword

The original Stockport Young People's Lifestyle Survey was carried out in 2002, the results of which have been used extensively by schools, the Council and the Primary Care Trust in planning and developing services for young people. This 2007/8 survey has been carried out in order to get an update on our progress. We also wanted to ask our children and young people about some new issues that are important to them and to us, such as bullying, self-esteem and emotional well-being.

This survey is compiled from the answers of almost 8,500 young people in Stockport aged 10-25, from questionnaires completed between November 2007 and March 2008. Together, these answers make up one of the biggest surveys ever undertaken with Stockport's children and young people.

The results of the survey show that real improvements have been made to the health and lifestyle of Stockport's children and young people: fewer young people are drinking, smoking and trying illegal drugs and more young people are eating healthily: both eating breakfast and eating five portions of fruit and vegetables a day than in 2002.

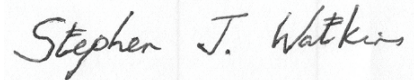
However, whilst there has been significant progress, there are still areas where improvements can be made: for example, the young people who are drinking alcohol are drinking more, and more frequently, than in 2002, giving us the challenge of finding the most appropriate ways to tackle such behaviour.

This research provides us with a rich source of information that will help Stockport in its efforts to meet the *Every Child Matters* agenda and the Children's Trust is committed to building on the good news revealed in the survey and addressing the important areas that need further attention.



Andrew Webb

Corporate Director of Children's Services
Stockport Metropolitan Borough Council



Dr Stephen Watkins

Director of Public Health
Stockport Primary Care Trust

Acknowledgements

SHEU would like to acknowledge with sincere gratitude the efforts of all the young people who took part in the survey, and those of the staff in schools, colleges and other institutions who worked hard to conduct the survey in a proper and timely manner among their many other commitments. SHEU have the clear impression that, with the extra pressures currently on teachers, participation by schools in surveys and other research is harder to secure, and so we are very appreciative of the time and effort devoted to this project by schools.

We would also like to thank everyone who was a member of or who contributed to the work of the Stockport Lifestyle Survey Steering Group, in particular:

Catherine Johnson deserves particular credit for managing Stockport PCT's, the Council's and partners' input to the commissioning, development, administration and production of the survey. Essentially this survey could not have been carried out without her skills and dedication.

Sue Kardahji, Sarah Clarke, Eleanor Banister and Heidi Shaw and their colleagues for their guidance and their prompt response to any questions we had;

Loraine Gleave and her colleagues for their liaison with schools and colleges and Tanya Cross for her work with parent governors;

Mike Brown and Caroline Gallogly of Stockport Children and Young People's Directorate for their support for the project,

Simon Morton and Andy Megram, formerly of Stockport's Corporate Youth Strategy for liaising with local young people on our behalf to ensure their proper contribution to the project; and

Jackie Honey of Jahoney Market Research and her colleagues for carrying out difficult work in often unpleasant weather!

The Lifestyle Survey Steering group would like to thank:

All those who contributed questions and were responsible for topic areas of the survey;

Everyone in the Public Health Directorate who took the surveys out into the community in order to make the 16-25s sample what it is;

The young people who were involved in the project, which included helping recruit SHEU and designing, testing and commenting on the surveys;

The Children and Young People's Partnership Implementation Group for their support and oversight of this project, especially Caroline Gallogly for her thorough work in publicising and disseminating the results of the survey across the Children's Trust;

And, last but certainly not least, the 8,488 young people who completed the surveys, enabling us to produce this report.

Questions 53-56 in the 16+ questionnaire are derived from the work of other researchers and form the Fast Alcohol Screening Test (FAST). Reference: Ray Hodgson, Tina Alwyn, Bev John, Betsy Thom and Alyson Smith (2002). The Fast Alcohol Screening Test. *Alcohol and Alcoholism* 37(1), pp. 61-66.

Some other questions are © 2007, SHEU/John Balding

The questionnaires in their entirety are © 2007, Stockport Lifestyle Survey Steering Group.

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Healthy Lifestyles in Stockport

The 2007/8 Stockport Young People's Lifestyle Survey aims to give service planners, providers, schools and young people a clear picture of the lifestyle, habits and behaviour of young people living or studying in Stockport.

The 2002 survey gave an indication of how many young people then were eating a healthy diet and exercising adequately and how many were drinking, smoking and had tried any illegal drugs. Since then, much time and effort has gone into improving services for young people, improving access to services and in setting up programmes to help young people attain a healthy lifestyle (e.g. setting up breakfast clubs in many Stockport schools).

Having surveyed almost 8500 young people it is possible to give a very clear picture of young people's lifestyles in the borough today.

To have a healthy lifestyle, ideally young people would be doing all of the following:

- Eating 5 portions of fruit or vegetables each day
- Meeting the physical activity guidelines
- Refraining from smoking
- Refraining from drinking (if under 18)
- Refraining from heavy drinking (if 18 +)

Additionally, in an ideal world, few young people would be:

- Engaging in early sexual activity
- Having unprotected sex
- Ever using drugs

Percentages in each age group reporting different behaviours, in 2002 and 2008

	2002					2007/08				
	Y6	Y8	Y10	16-18	19-25	Y6	Y8	Y10	16-18	19-25
5 portions of fruit/vegetables a day	22	21	14	18	9	26	24	19	14	13
No physical activity in the last 7 days ***	1	0	1	2	13	3	3	5	18	29
Smoked in the last 7 days	1	9	18	29	42	**0	3	13	22	39
Drank alcohol last week (% of all)	13	34	56	80	82	11	19	47	66	72
Heavy drinking (♀ >21 units/ ♂ >28 units)	*	1	3	11	11	*	2	6	12	15
Ever had sex	*	*	*	48	87	*	*	22	63	89
Ever offered cannabis	6	19	49	66	75	6	11	27	49	55
Ever used drugs	5	15	29	46	62	*	6	19	41	55

* Not asked in this age group

** Closest available question

*** The survey did not measure how many young people were doing at least an hour a day of moderate intensity physical activity. Therefore for the purposes of comparison we have used the percentage reporting *no physical activity in the last 7 days*.

The two surveys were rather more different in content, style and delivery than is ideal for making comparisons. The best available statistics have been used above but reference should be made to the original samples, methods and questionnaires. For the sample sizes answering each question in 2007/08, see the appropriate pages below.

It is encouraging to see some of the differences between the 2002 figures and the 2007/08 figures, particularly for smoking, unprotected sex and experimentation with drugs. The recent figures for heavy drinking are not so welcome.

The idea of 'lifestyle' suggests that behaviour in one area of life might be associated with behaviour in another.

The percentages in each group who are adopting three positive health behaviours – that is eating 5 a day, who are also non-smokers and either non-drinkers last week (under 18) or below adult guidelines (if over 18) is shown below, together with the figures doing any one of these behaviours. (There are no guidelines for alcohol use by under-18s, only adults). Physical activity has not been included in the list of positive behaviours for reasons already given.

We were also interested to know what proportion of young people in Stockport who were doing any of a list of negative behaviours – which includes smoking and drinking last week, had ever used drugs or had unprotected sex – or indeed doing all of them.

Percentages in each group doing any or all of a list of positive behaviours

	Y6	Y8	Y10	16-18	19-25	All
5 portions of fruit/vegetables a day	26	24	19	14	13	19
Didn't smoke last week	*100	97	87	78	61	87
No drinking last week	89	81	53	34	28	53
Any one positive behaviour	99	97	88	81	76	89
All 3 positive behaviours	18	15	8	4	5	10

* Closest available question

Percentages in each group doing any or all of a list of negative behaviours

	Y6	Y8	Y10	16-18	19-25	All
No physical activity in the last 7 days	3	3	5	18	29	10
At most 1 portion fruit/vegetables	9	10	17	23	30	17
Smoked last week	**0	3	13	22	39	13
Heavy drinking (♀ >21 units/ ♂ >28 units)	*	2	6	12	15	7
Got drunk at all last week	*	*	22	43	48	36
Unprotected sex	*	*	11	36	69	19
Used drugs	*	6	19	41	55	22
Any one negative behaviour	*	*	53	83	88	60
4 risky behaviours (smoking, heavy drinking, drugs, unprotected sex)		0	3	8	19	4
All 6 negative behaviours		0	0	1	4	1

* Not asked in this age group

** Closest available question



Links

Links can be shown between different aspects of lifestyle. For example, among 16-18 year-olds, drinking levels are associated with smoking, drug use and self-esteem. We also looked for, but did not find, links between drinking levels and either exercise or happiness.

21% of 16-18 year-olds smoke; if the young people drank more than twice the recommended daily guideline on at least one day last week (see below), the proportion was 30%.

40% of 16-18 year-olds have ever tried drugs; if the young people drank more than twice the recommended daily guideline on at least one day last week, the proportion was 58%.

18% of 16-18 year-olds scored in the lowest bracket of self-esteem; if the young people drank more than twice the recommended daily guideline on at least one day last week, the proportion was 13%.

Different relationships can be found in other year groups. The number of possible links than can be investigated in this way is obviously very large; this analysis is continuing to discover the ways in which behaviours fit together in young people's lifestyles.

Introduction

This report gives a summary of the conduct and main findings of the Stockport Young People's Lifestyle Survey for 2007/08. An extensive set of tables and a complete database is lodged with the commissioners, from whom further details can be obtained.

This work was commissioned by from SHEU by Stockport PCT and Stockport Council in Autumn 2006 and carried out during 2007 and 2008. The work was supervised by a Lifestyle Survey Group chaired initially by Sue Kardahji and then by Sarah Clarke.

This study repeats and extends a similar exercise conducted in 2002; comparisons are made in the text below where appropriate and marked with a flag. Flags are also used to mark other significant observations.

SHEU (Schools Health Education Unit) is the leading provider of health-related surveys for use in schools in the UK. Over half a million pupils have completed SHEU questionnaires since the service began in 1977, and we have had contact with thousands of schools across the UK, many on more than one occasion.

Timescale

Delays early in the project have been mostly recovered.

	Planned	Actual
November 2006 / March 2007	Detailed discussions with Stockport DAT personnel about implementation Timing agreed Questionnaire content agreed	Timing agreed
Late Sept/Oct 2007	Surveys to be carried out Scripts returned to Exeter	
October 2007		Questionnaire content agreed
November 2007	Progress report	Surveys delivered to schools and other agencies Survey begins
December 2007	Review report	
March 2008	Final results sent to Stockport Draft reports	Last scripts returned to Exeter Final results sent to Stockport
April 2008	Presentation Reports returned to schools/colleges	Draft report
May 2008		Presentation
July 2008		Final reports Reports returned to schools/colleges

Methods

Sample

The target population was determined as school pupils in Years 6, 8 and 10 (aged 10-11, 12-13 and 14-15 years old respectively) and young people between 16-25 living in Stockport. The results below have been reported using these age groups, with the oldest group being separated into 16-18 and 19-25 year-olds.

Questionnaire design

Four questionnaires were designed, appropriate to each age group. The original intention was to limit the number of questionnaires to two, but advice from colleagues familiar with work in schools suggested that a further differentiation was sensible. Questions were selected in order to:

- (a) repeat, perhaps in an amended form, items used in the 2002 survey
- (b) extend the surveys into new areas of enquiry (e.g., emotional well-being and bullying) and more detail about previous areas (e.g., negative consequences of alcohol and drug use)

Questionnaires were circulated to many people in public services in Stockport and also were commented on and tested by parents and by young people.

The questionnaires were made available on paper and online. Paper questionnaires were laid out using a dyslexia-friendly font, developed by a reading specialist, Dr. Rosemary Sassoon.

Recruitment

All schools and colleges in Stockport (state and private) were invited to take part by letter. Other institutions looking after young people were also invited to take part, including residential units and Pupil Referral Units. All schools and other units chose to take part using paper booklets.

A sample of young people outside educational settings was sought; a prize draw was arranged to promote their participation, using prizes including cinema vouchers, a digital camera and an iPod. Questionnaires were distributed with (a) an introductory letter, (b) postcard for entering the raffle, and (c) a FREEPOST envelope for return of the questionnaire.

For logistical reasons, this work was subcontracted to Jahoney, a local market research company. They recruited young people to the study through a variety of approaches:

- (a) Email and telephone approach to existing contacts
- (b) On-street approaches to young people in local shopping and entertainment settings
- (c) Approaches to local businesses employing young people

This work progressed more slowly than desirable; many booklets were distributed but not all were returned. Rewarding completion by distribution of consumer vouchers did not importantly alter completion rates.

A change of focus was implemented, so that researchers sat with young people while they completed the questionnaires; different venues for recruitment were sought. Staff from Stockport PCT were also used in this recovery work, managed directly by Stockport PCT.

Management

Parcels of questionnaires and support materials were sent to schools by courier, with instructions to arrange for courier collection for return of the booklets to Exeter. The materials explained how to collect good reliable data from pupils, and included instructions for providing feedback on the data collection process. One class in one school experienced particular difficulties, at least in part through incomplete adherence to the guidance provided, and these scripts were reviewed and revised as appropriate.

Through pressure of time, a training seminar normally provided by SHEU was not scheduled for this survey.

Once scripts arrived in the Unit, an acknowledgement letter was sent to the school with confirmation of numbers received. Schools providing incomplete information were contacted directly by SHEU.

All transfers of parcels were logged and monitored by SHEU and weekly reports made to Stockport.

Data entry was carried out in Exeter using two separate members of staff to complete the two stages of processing: (1) coding any free text to numbered categories, and (2) punching coded responses into data files.

Data entry was subject to a variety of checks:

- (a) Accuracy of staff checked using re-entry of scripts
- (b) Formatting checked using proprietary software
- (c) Analysis of results to identify any mis-punched figures

Accuracy recorded was well above usual quoted rates for manual data punching. SHEU data processing staff work exclusively with our questionnaires and are highly sensitive to anomalous responses.

SHEU staff completing data processing are routinely aware of data security and child protection issues. A small number of school scripts raised child protection concerns. In these cases the school was notified, so that pupils in the year group could be reminded about sources of support inside and outside school. A nominated member of the Lifestyle Survey Steering Group was informed of such cases in order to raise these issues with the head of Stockport's Safeguarding Unit.

Other centres were approached to recruit young people to the sample, for example, libraries and the Connexions service. Young people who may be hard to reach were especially sought, for example, young people within the probation service and young people attending the MOSAIC drug support services.

Data analysis

The analysis of this large and complex data set is still progressing. Analysis for this was carried out by the SHEU at Exeter using the statistical software package SPSS, with support and guidance from colleagues in Stockport. Analysis to date has mostly taken the form of simple frequency tables and cross-tabulations or correlations.

The sample

In the end, 41 primary schools, 13 secondary schools (including one private school), 1 PRU and 1 secondary special school took part in the study using paper surveys while none used the website.

Residential units were also invited to take part; they were responsible for only small numbers of young people and therefore returned their questionnaires by Freepost – making them impossible to identify.

All Further Education and Sixth-form colleges in Stockport returned scripts; a total of over 2500 from this sector alone. This involved creating the largest single data file SHEU have produced for one institution, which broke a couple of the data processing programmes that had been written with a smaller file size in mind.

Over 700 young people outside educational settings completed questionnaires on paper or online.

The completed sample size was 8488. There are 46,417 young people aged 10-25 living in Stockport, so this sample is 18% of the available population.


The sample sizes are shown below with a breakdown by age and sex.

Completed sample sizes by age group and by sex

	Age group	Y6	Y8	Y10	16-18	19-25	All
All	All	1243	2086	1809	2806	544	8488
Sex	Males	647	1102	931	1256	184	4120
	Females	596	984	858	1550	360	4348

The older samples have more females than we would expect by chance alone.

[Please see the Appendix for information about significance testing.]

 This means that any overall results for the 16-18yo and 19-25yo will be biased towards the levels seen in females in those groups; if the gender differences for a particular question are not large then this may not matter.

Not all people in the sample answered every question; sample sizes for single items will be given in the text below. Where a note is made that the table is based on the "total sample", this refers to the maximum number of cases submitted for analysis by the software (as in the table above).

Clusters

We have subdivided the sample by where they live, using the boundaries of the Inclusive and Supportive Community Clusters. These are different to the Area Committee boundaries used in 2002.

Clusters were allocated by self-reported postcode; school pupils reporting no postcode were assigned to the cluster to which their school belongs. A count by ward is given in the Appendix.

Completed sample sizes by age group and by cluster

	Age group	Y6	Y8	Y10	16-18	19-25	All	% in sample	% in population
All	All	1243	2086	1809	2806	544	8488		
Clusters	Brinnington & Reddish	212	286	178	203	73	952	13%	16%
	Cheadle	214	375	304	300	55	1248	17%	20%
	Hazel Grove & Bramhall	266	371	299	370	73	1379	19%	19%
	Heatons	133	233	280	140	16	802	11%	10%
	Marple & Werneth	224	371	305	333	67	1300	18%	16%
	Stockport Central	188	435	407	346	99	1475	21%	20%

These may be compared with the total population size known to be resident (registered with a GP) in each year group in those same clusters:

Numbers GP resident in each cluster

	Age group	Y6	Y8	Y10	16-18	19-25
All	All	3179	2998	3035	2998	3035
Clusters	Brinnington & Reddish	481	500	508	1,699	4,160
	Cheadle	710	767	720	2,301	4,498
	Hazel Grove & Bramhall	695	714	754	2,250	4,257
	Heatons	346	338	391	1,136	2,403
	Marple & Werneth	568	607	606	1,860	3,713
	Stockport Central	685	699	660	2,239	5,152

The percentages of the available sample found in the samples are therefore as follows:

Percentage sampled in each cluster

	Age group	Y6	Y8	Y10	16-18	19-25
All	All	36%	58%	50%	24%	2%
Clusters	Brinnington & Reddish	44%	57%	35%	12%	2%
	Cheadle	30%	49%	42%	13%	1%
	Hazel Grove & Bramhall	38%	52%	40%	16%	2%
	Heatons	38%	69%	72%	12%	1%
	Marple & Werneth	39%	61%	50%	18%	2%
	Stockport Central	27%	62%	62%	15%	2%

In the rest of this report, the longer cluster names have been abbreviated as follows:

Brinnington & Reddish	B & R
Cheadle	Cheadle
Hazel Grove & Bramhall	HG & B
Heatons	Heatons
Marple & Werneth	M & W
Stockport Central	Central

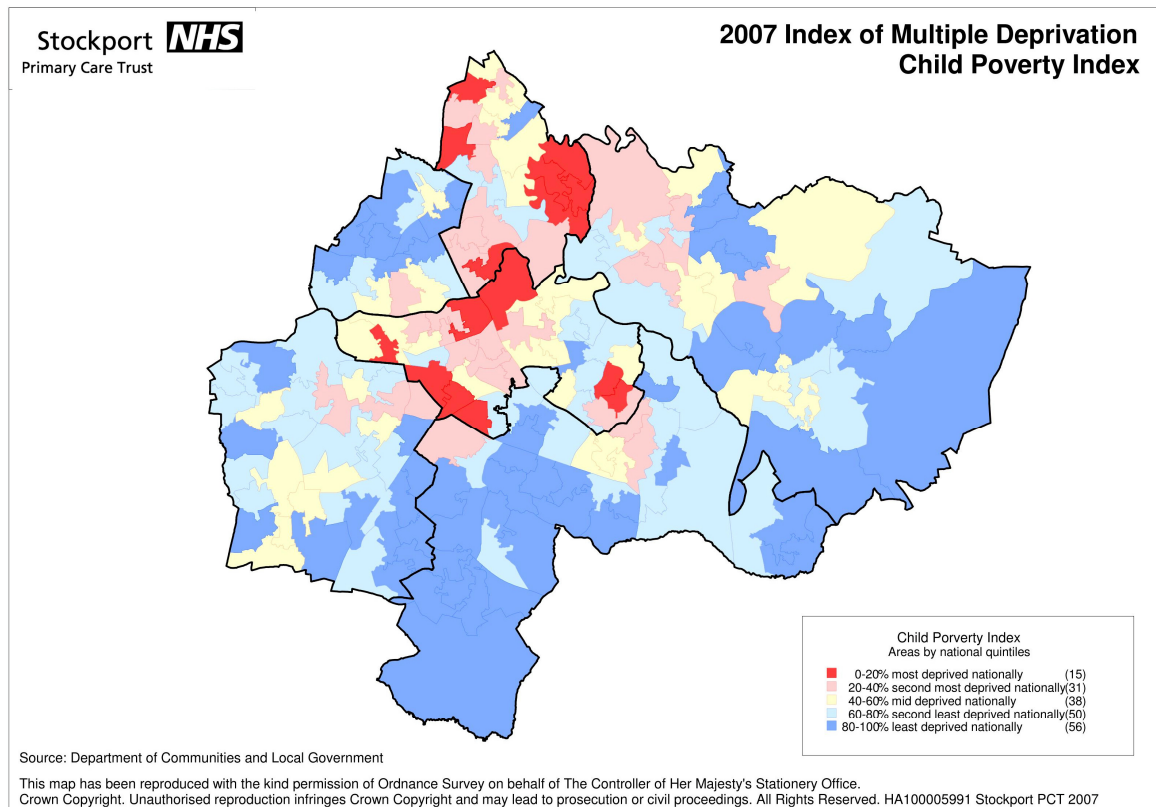
It may be helpful when reading about cluster differences below to have in mind the social characteristics of each cluster in the sample:

Deprivation and other profile of each cluster (Year 10 only, Sample = 1809).

	Brinnington & Reddish	Cheadle	Hazel Grove & Bramhall	Heatons	Marple & Werneth	Stockport Central
Truanted/excluded	3%	5%	4%	5%	2%	4%
Free School Meals	3%	1%	1%	1%	1%	2%
Single/repartnered parent	36%	31%	24%	21%	31%	34%
In care/fostered	1%	0%	0%	1%	1%	0%
Ethnic minority	16%	18%	10%	23%	5%	9%
Refugees	1%	2%	1%	4%	1%	2%
Disabled/long-term illness	11%	11%	11%	6%	8%	9%
Low self-esteem	17%	14%	14%	13%	18%	16%
Sample	178	304	299	280	305	407

Links between these features can be made with young people's responses to other questions about attitudes and behaviour.

These figures fit with what is known about the clusters' social profile; for example, the Child Poverty Index for Stockport shows the percentage of children in each small area (Lower Super Output Area) living in families that claim means tested benefits (Income Support, Job Seeker's Allowance (Income Based), Family Credit and Disability Working Allowance). A map showing patterns across the area can be seen below.



The six clusters consist of approximately 30 LSOAs, which are coloured according to the level of child poverty assessed in each small area. The scale runs from blue (least deprived) to red (most deprived), and shows us that only Brinnington & Reddish and Stockport Central clusters have small areas in the very highest bracket of the Child Poverty Index. No cluster however is without small areas in the next highest bracket of child poverty, but Hazel Grove & Bramhall and Cheadle have just three areas and Heatons only one.

Guide to this report

The majority of pages in the rest of this report show one question from the survey with charts and commentary.

* The question number given in the chart title is from the 16+ questionnaire.

All differences to which attention is called in the commentary will be 'statistically significant', that is, unlikely to be due to chance alone. The results referred to will usually have been analysed using the chi-squared distribution (χ^2). Chi-squared analysis assesses a whole table for unexpected peaks and troughs without saying which of them are most significant, and so the most important contributing figures will normally have been identified by inspection.

Where differences can be seen between one sample in the survey and another but are not commented upon, the enclosed table may be of some use in deciding if the differences seen are significant. The 'standard error' of a proportion is an assessment of how reliable our figures are, that is, the margin of error.

So, if we have a sample of 400 pupils and 20% of them think that *Stockport needs a new swimming pool*, we can see from the table that standard error of the percentage is 2%. The 95% confidence interval is about twice the standard error, which is to say, we are 95% confident that the true population percentage is between 16% and 24%, with our best guess being 20%. If the sample size were 2000, the 95% range would be 18-22%.

Standard errors of proportion

		Percentage seen in sample				
		10%	20%	30%	40%	50%
Number	50	4.2	5.7	6.5	6.9	7.1
in	100	3.0	4.0	4.6	4.9	5.0
sample	200	2.1	2.8	3.2	3.5	3.5
	400	1.5	2.0	2.3	2.4	2.5
	800	1.1	1.4	1.6	1.7	1.8
	1000	0.9	1.3	1.4	1.5	1.6
	1500	0.8	1.0	1.2	1.3	1.3
	2000	0.7	0.9	1.0	1.1	1.1

There are other statistical issues going on here – for example, whether or not the sample of classes from schools is truly random, whether or not a school forms a 'cluster' of cases, and whether we are sampling a large proportion of the whole population of pupils – but this is a good starting point for deciding whether differences seen are also important.

The large samples from the school-based surveys can exceed 50% of the available population, which, as it happens, reduces the standard error to about half of what we would expect for a population very much larger than the sample.

Ethnicity is one of the last questions in all the questionnaires, and so it may act as a useful indicator of completion rates. The total available samples are also shown in the table below (boxed) compared with the numbers answering. This gives an overall completion rate for this question of 89%, with rates across the different groups of between 79% and 95%. If 89% completed this question, it suggests that the earlier questions were well completed.

Sample	Y6	Y8	Y10	16-18	19-25
M	600	899	734	1162	171
F	558	862	774	1473	337

Sample	Y6	Y8	Y10	16-18	19-25
M	647	1102	931	1256	184
F	596	984	858	1550	360

Background

Ethnicity

Young people taking part in the survey were asked to identify the closest description of their ethnic group from a list. Further detail was invited if the respondent could not find in the list a label they were happy with.

86% of the sample was White-British, with the remainder choosing one of the other options.

White British	86%
White Irish	1%
White Other	2%
Mixed	3%
Asian	5%
Black	<1%
Other	1%

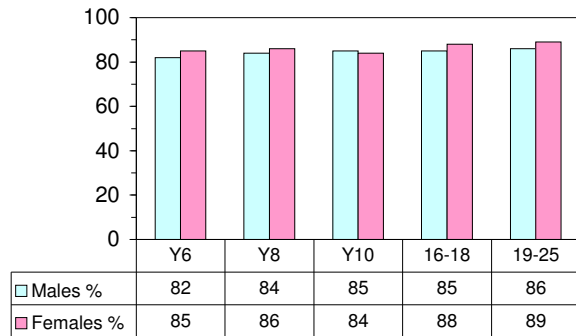
Young people were also asked if they *Don't want to say*, which was chosen by about 1% of the sample.

Cluster differences

There were significant differences in reports of ethnicity between clusters, with Heaton and Cheadle showing significantly lower proportions of White-British responses than other clusters.

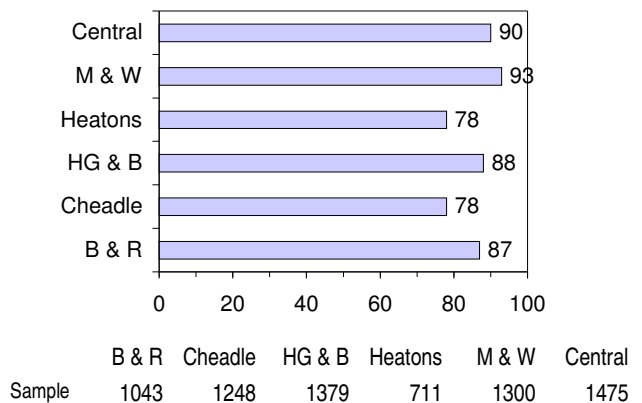
The cluster with the smallest proportion of non-White-British respondents was Marple & Werneth.

Percentage of young people in each group answering "76: Which of the following most nearly describes you? (ethnicity)" responding "White - British"



Sample	Y6	Y8	Y10	16-18	19-25
M	600	899	734	1162	171
F	558	862	774	1473	337

Percentage of White-British young people, by cluster. [Results for all respondents.]



Comparison with 2002

The results from 2002 for a similar question suggest that the school samples are more ethnically diverse in 2008 than they were in 2002, and confirm findings from other local research suggesting that the ethnic profile of the young population has been changing. This may affect some of the comparisons between the two studies, particularly alcohol use.

Comparison with YPi2007 sample

Comparisons have been made below with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. The proportion of young people who are non-White-UK in those samples is 87% in Y6 and 83% in the secondary sample. So, any differences observed are unlikely to be because of differences in ethnic composition.



Links

Ethnicity can be linked to several responses from other areas of the survey, with more young people from minority groups wanting to do more physical activity, having been bullied at school in the last 12 months, reporting less smoking by parents/carers, drinking less alcohol, and buying alcohol less often.

Parents and carers at home

Headline statistics

The questionnaire asked which parents or carers the young person lived with.

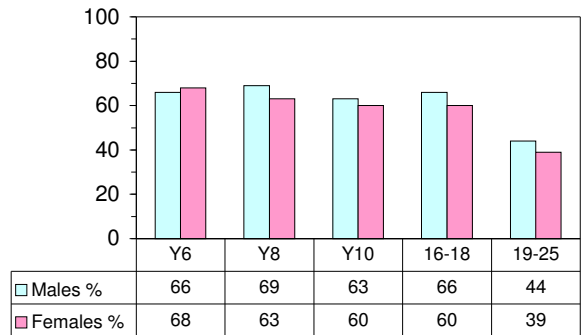
About 60% of the 10-18 year-olds live with *both parents*. The next largest groups reported *Mainly or only mother* and *Mother and stepfather/partner*.

There is a curious gender difference here, with boys 12-18 being slightly more likely to report having both parents at home than are girls.

There is a marked drop on this chart for the 19-25 age group; 19% of this group live with a partner.

33% of school-age pupils live with one parent; 21% live with one single parent (not parent and new partner).

Percentage of young people in each group answering "77: Who do you live with?" responding "Mother and father together"

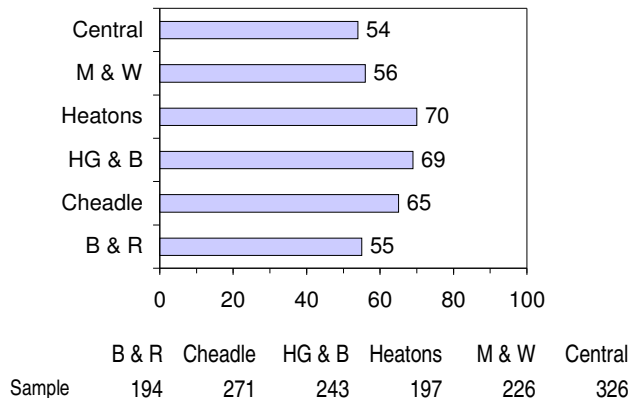


Sample	Y6	Y8	Y10	16-18	19-25
M	602	858	710	1125	163
F	554	838	760	1455	320

Cluster differences

There were significant differences in reports of home compositions between clusters, with Heaton, Cheadle and Hazel Grove & Bramhall all having rather higher proportions of Year 10 students with both parents at home than the other three clusters.

Percentage living with both parents, by cluster. Results for Year 10 pupils only.



Comparisons with local and national figures

24 percent of children in Britain in 2006 lived with one parent; 90 percent of these children lived with their mother.



Links

Family composition can be linked to several responses from other areas of the survey. Among children with just one parent at home we see higher levels of sexual experience, being bullied at school last year, worrying about any issue, not eating breakfast, smoking, smoking by parents/carers, drinking alcohol, experiencing negative consequences of alcohol, concerned about drinking by another person, aggression in the home, ever offered drugs, and ever used drugs.

Employment and education

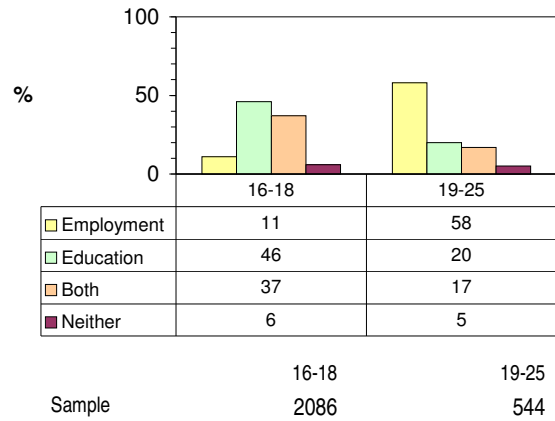
Headline statistics

Respondents given the 16+ questionnaires were asked if they were in full- or part-time employment or education.

Among the 16-18 age group, females were more likely to say they were in employment and in education. In the 19-25 age group, females were more likely to report being in education (but not in work).

The proportion of young people not in education, employment or training (NEET) is often assessed for 16-19 year-olds; 6% of the 2186 16-19 year-olds in the sample and who answered the question were neither in education nor work.

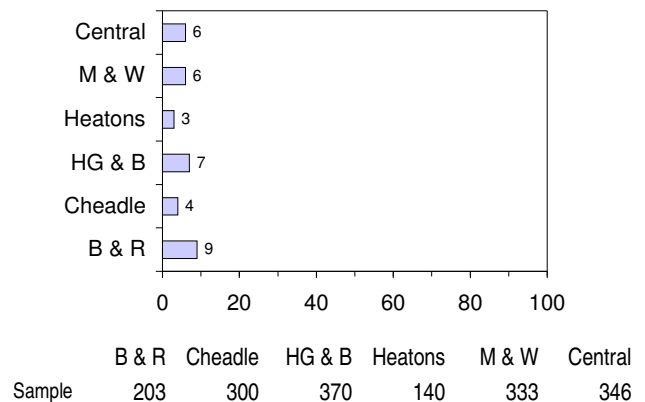
Percentage of young people in each group answering "78: Are you in...?" responding "full- or part-time employment" and "full- or part-time education"



Cluster differences

There were apparent differences in reports of education and employment between clusters; young people from Brinnington & Reddish seem under-represented both in education and in employment. These differences may fit with other understandings about the characteristics of the clusters, but do not reach statistical significance in these samples.

Percentage neither in education nor employment, by cluster. Results for 16-18yo only.



Comparison with 2002

The results from 2002 for a similar question suggest that fewer of the 16-18yo sample in 2002 were in employment (27% of males, 16% of females) and fewer of the 19-25yo sample were in education (males 12%, females 16%). These differences may of course lead to other differences between the 2002 and 2008 samples.

Comparison with other local figures

Other local figures (Stockport Joint Strategic Needs Assessment for Public Health) record that 9% of those aged 16-18 in 2007 were not in education or employment. This suggests that the sample we have includes a smaller proportion of such young people than we would expect by chance alone.

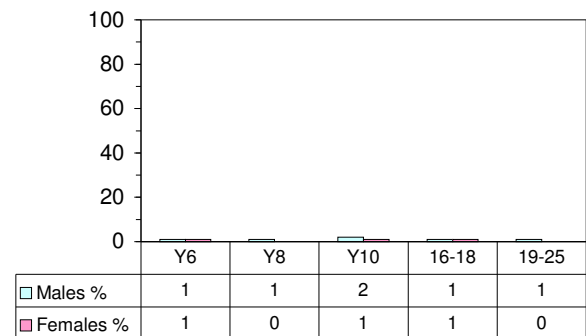
Asylum seekers and refugees

Headline statistics

The proportion of self-reported asylum seekers or refugees in the sample is very small.

The number of young people responding *Don't know* actually exceeds those responding Yes.

Percentage of young people in each group answering "79: Are you or your family asylum seekers or refugees" responding "Yes"



Sample	Y6	Y8	Y10	16-18	19-25
M	589	846	706	1116	166
F	550	830	756	1420	330

Comparison with 2002

The results from 2002 for a similar question suggest that the proportion of asylum seekers or refugees in the sample was similar in the 2002 sample to 2008.

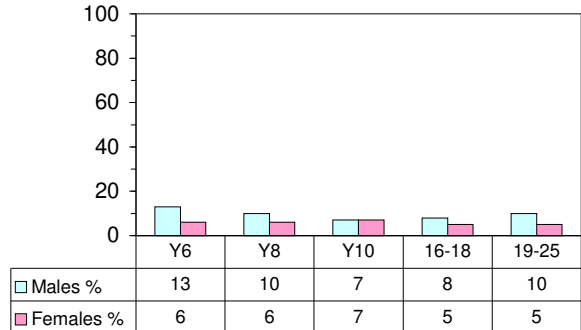
Disability

Headline statistics

Between 5% and 10% of all young people in the survey say they have a disability of some sort.

In most age groups, there is a higher proportion saying they have a disability among the males than the females.

Percentage of young people in each group answering "80: Do you have a disability?" responding "Yes"



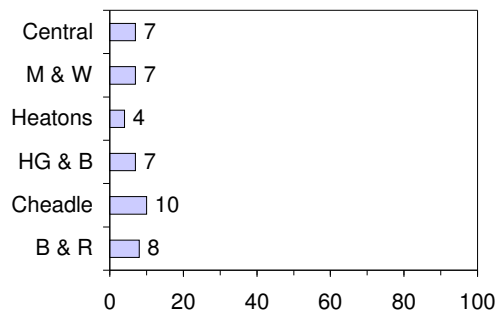
Sample	Y6	Y8	Y10	16-18	19-25
M	589	846	706	1116	166
F	550	830	756	1420	330

Cluster differences

There were near-significant differences in reports of disability between clusters, with Heaton's possibly being under-represented.

Year 10 were chosen for this analysis because the figures for males and females were similar; also this group had representation from the PRU and a special school.

Percentage reporting a disability, by cluster. Results for Year 10 only.



Nature of disability

The young people were asked what the nature of their disability was. 2% of the whole sample said physical, 4% said learning and 1% said sensory.

Sample	B & R	Cheadle	HG & B	Heaton's	M & W	Central
	196	271	241	198	220	323

Long-term illness

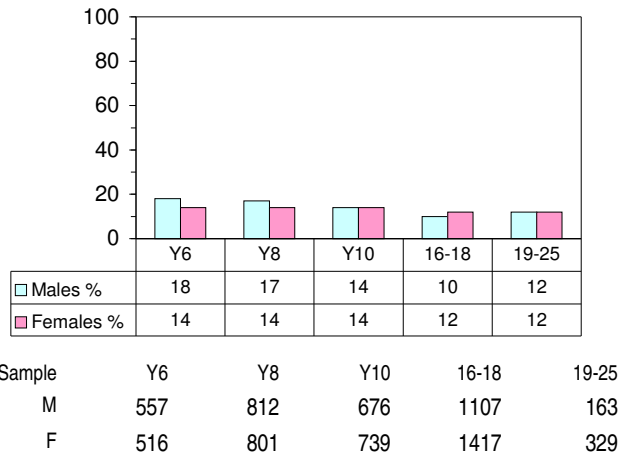
Headline statistics

Around 10% of young people say that they have a long-standing illness of some sort.

Among the younger age groups, there is a greater proportion of males who report having a long-term illness.

The greater part of this is likely to be accounted for by asthma.

Percentage of young people in each group answering "82: Do you have a long-standing illness?" responding "Yes"



Comparison with 2002

The results from 2002 for a similar question suggest that a similar proportion of young people in 2008 consider themselves to have a disability or long-term illness when compared with 2002.

Comparison with local and national figures

Figures about disability and long-term illness are available from the **Office of National Statistics** (<http://www.statistics.gov.uk/cci/nugget.asp?id=795>, accessed 1st April 2008). The proportion of the population aged under 20 years with longstanding illness or disability was between 15% and 20% from 1992 and 2000, with slightly more males than females reporting such a disability.

Free School Meals

Headline statistics

Around 10% of pupils in the survey say they get free school meals (or vouchers).

Percentage of young people in each group answering "87: Do you get free school meals or vouchers for free meals?" responding "Yes"

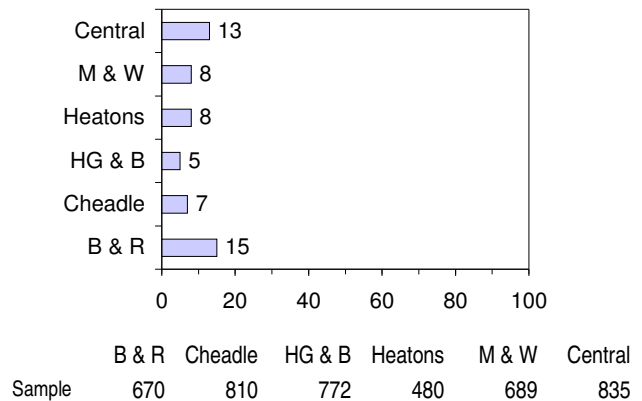


Sample	Y6	Y8	Y10
M	592	844	711
F	546	835	762

Cluster differences

There were significant differences in reports of free school meal entitlement between clusters, with Hazel Grove & Bramhall pupils reporting least and Brinnington & Reddish pupils reporting the most.

Percentage getting free school meals, by cluster.



Comparison with local and national figures

Just over 13% of children qualify for free meals up to the age of 16.

Of the 1.8 million children entitled to free school meals in the UK, over 350,000 do not claim them. The Child Poverty Action Group suggest that this is due to fear of stigma and bullying.



Links

Free school meals can be linked to several responses from other areas of the survey, with young people who get free school meals want to do more physical activities, are more often bullied at school last year, worrying quite a lot more often, less likely to eat 5-fruit-and-veg-a-day, less likely to eat breakfast, less likely to smoke, less likely to have parents/carers who smoke, less likely to drink alcohol in the last year, less likely to buy alcohol and more likely to have concern about drinking by others.

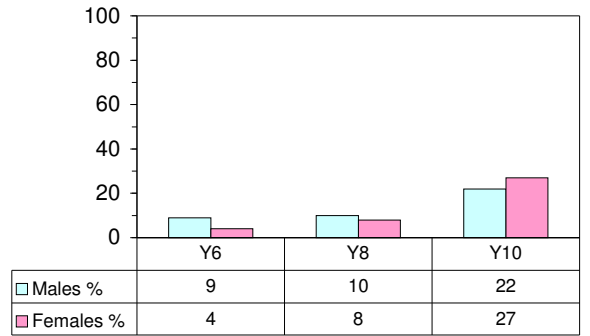
Truants

Headline statistics

About 10% of pupils in Y6 and Y8 have ever stayed away from school without permission; the proportion among Y10 pupils is about a quarter.

In the younger age groups, males exceed the percentages seen for females, but in the Y10 sample, females report truancy with higher rates.

Percentage of young people in each group answering "88: Have you ever stayed away from school without permission (bunked off skipped school truanted)" responding "Yes"



Sample	Y6	Y8	Y10
M	595	840	706
F	552	826	758

Comparison with 2002

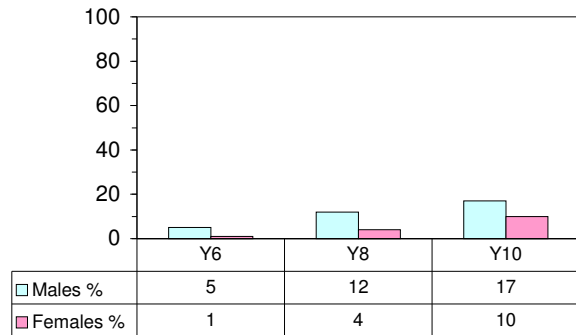
The results from 2002 for a similar question suggest that young people in the secondary sample in 2002 were a little more likely to have truanted (31% of males 14-15yo, 33% of females).

Excluded pupils

Headline statistics

The proportion of pupils who have ever been excluded from school rises with age; males report rather higher rates of exclusion than do females.

Percentage of young people in each group answering "89: Have you ever been excluded from school" responding "Yes"



Sample	Y6	Y8	Y10
M	592	843	704
F	552	829	753

Comparison with 2002

The results from 2002 for a similar question suggest that more of the young males in secondary schools in 2008 had ever been excluded: 5% of males aged 12-13y in 2002 had ever been excluded compared with 12% in the 2008 survey.



Links

Truancy and exclusion can be linked to responses from other areas of the survey, for example experimentation with drugs, although the sample sizes are rather small. There are a number of items related to alcohol where figures for the truant/excluded group are higher than for other pupils, where none of the differences reach statistical significance. However, taken together they are good evidence that young people with a history of truancy or exclusion are more likely to be involved with and perhaps experience problems with alcohol use by themselves or by family members.

Physical activity

Benefits of physical activity and recommendations for health

Regular physical activity has a range of benefits for children and young people including healthy growth and development, maintenance of energy balance, psychological well-being and social interaction. Levels of overweight and obesity among children and young people are high and rising and reduced physical activity levels are likely have contributed to the epidemic.

Children and young people under 18 years should achieve a total of at least 60 minutes of at least moderate intensity physical activity each day. The recommended level of activity can be achieved by doing all the activity at once or accumulated through shorter bouts of at least 10 minutes. At least twice a week this should include activities to improve bone health (activities that produce high physical stresses on the bones), muscle strength and flexibility.

National trends

Data on physical activity among children in England are found in the Health Survey for England, 2006.* Whilst most children under 16 years are active, about one third of boys and one third to a half of girls are not achieving the recommendation for health. The physical activity levels of boys remain at a similar level throughout childhood up to 15 years, whereas girls' levels decline with age.

*The Health Survey for England, 2006, measured activity levels only outside of school.

National and local priorities

Increasing and maintaining the physical activity levels of children and young people is both a local and national priority, particularly increasing the levels of those who are not achieving at least an hour a day.

In Stockport a number of approaches are being taken to increase and maintain physical activity levels including sport, active daily living, play and active recreation. Current work includes:

The Stockport School Sport Partnership are responsible for implementing the Physical Education, School Sport and Club Links Strategy (PESSCL) in Stockport and aim to provide to increase and improve the quality of Physical Education and School Sport including improving links with community providers. The Partnership is working with schools to achieve the Public Service Agreement:

to increase the take up of sporting opportunities by 5 to 16 year olds so that 85% of children by 2008 experience a minimum of two hours high quality PE and school sport within and beyond the curriculum each week.

The **Stockport School Travel Plan Team** is encouraging walking and cycling to school through the development of school travel plans and is working to the national target that all schools have a travel plan by 2010.

The **Stockport Play and Free Time Strategy**, which recognises the contribution active play and active recreation makes to physical activity levels.

The **Stockport Healthy Schools Programme**, which is working to achieve the national target that 75% of schools achieve National Healthy School Status by December 2009, which includes the attainment of the physical activity criteria.

The **Stockport Sports Trust**, who are working towards providing more accessible service for young people.

Any physical activity

Headline statistics

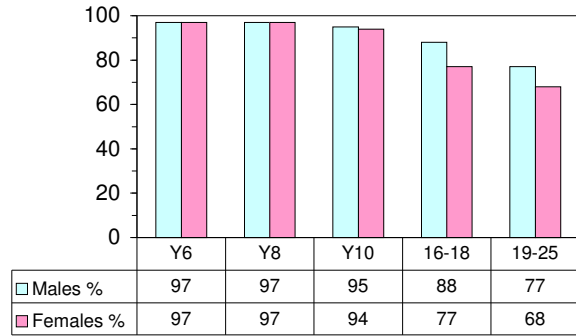
Young people were asked if they did any physical activity at all during the last 7 days.

The proportion doing no exercise increases with age.

In the older age groups, female respondents were less likely to report doing any physical activity than males of the same age.

While almost all of the primary school pupils reported doing physical activity during the week, this drops to 88% of the male 16-18 age group and 77% of the female 16-18 year olds. Activity levels fall further among the 19-25 year old sample with 23% of males and 32% of females reporting doing no physical activity in the last week.

Percentage of young people in each group answering "1: Have you done any exercise or other physical activity in the last seven days" responding "Yes", by age and sex.



Sample	Y6	Y8	Y10	16-18	19-25
M	635	1077	924	1237	173
F	595	974	854	1518	339

Cluster differences

There were apparent differences in reports of doing no physical activity between clusters, with Brinnington & Reddish showing distinctly higher levels.

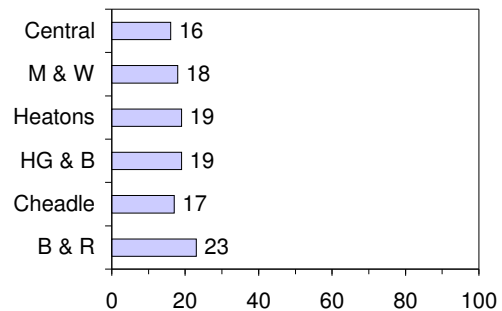
While these differences may fit with other known characteristics of the different clusters, they did not reach the criteria for statistical significance.

The 16-18 age group was chosen for this analysis, because the school samples will be strongly influenced by what is done as part of the curriculum.

Comparison with 2002

The results from 2002 were hard to compare; so many respondents indicated that they had been *Walking* that almost everyone qualified as having done at least one activity.

Percentage reporting doing no physical activity last week, by cluster. Results for 16-18 only.



Sample	B & R	Cheadle	HG & B	Heatons	M & W	Central
	195	295	370	140	328	338

Which activities

Headline statistics

Respondents saying that they did any physical activity were given a list of 19 options, with space to write in any additional activities. The 5 most common for each age group are highlighted on the table opposite.

Young people's choice of physical activity changes with age.

The most common form of physical activity reported for all age groups, except Y6, is walking; its potential contribution to the health of young people should not be underestimated. Playing outside is the most popular form of physical activity among Y6, with 85% reporting playing outside in the last week.


Swimming and *playing outside* decline in the older age groups but *gym* and other fitness exercises, *walking* and *dancing* make up a significant proportion of reported exercise in all age groups.

There are marked gender differences in the samples, with females more likely to report taking part in *aerobics* and *dancing* and males reporting *cycling*, *running/jogging*, *fitness exercises* and *football* more often.

Comparison with 2002

The most commonly reported activities for school pupils in 2002 were *walking*, *running*, *swimming*, *cycling*, *football* and *dancing*. *Walking*, *running* and *cycling* were all reported more often in 2002 than in 2008.

Activities most favoured by the older age groups were *walking*, *running*, *football* and *gym* for males, and *walking*, *dancing* and *aerobics* for females.

 *Walking* and *running* were reported by 16-25yo more often in 2002 than in 2008 while *gym* and *exercises* were reported more often in 2008 than in 2002.

Comparisons with national figures

Figures from the *Taking Part* child survey, 2007 (11-15 year olds) show that only 21% report participation in walking or hiking in the last four weeks. This appears much lower than participation in walking in Stockport.

The Health Survey for England, 2006, found that the most common types of physical activity for both boys and girls were active play and walking.

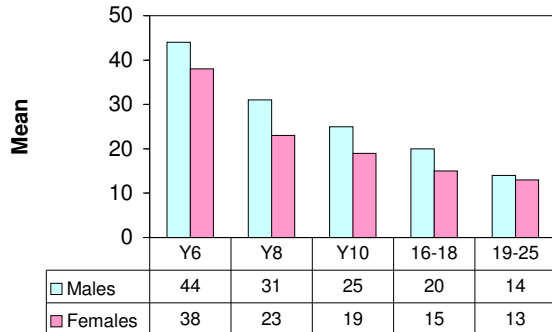
Percentage answering "2: Which of these activities have you done in the past 7 days?" reporting doing any of the list of physical activities, by age group; top 5 reported for each age group.

	Y6	Y8	Y10	16-18	19-25
Walking	81	73	67	66	60
Exercises (weights etc)	37	39	41	38	33
Running/jogging	69	52	39	34	24
Dancing	39	31	22	20	23
Football	57	44	39	24	19
Work out at gym		10	18	24	19
Playing outside	84	55	28	8	8
Swimming	35	25	14	13	15
Cycling	31	29	21	14	11

Average number of sessions of physical activity and range of activities

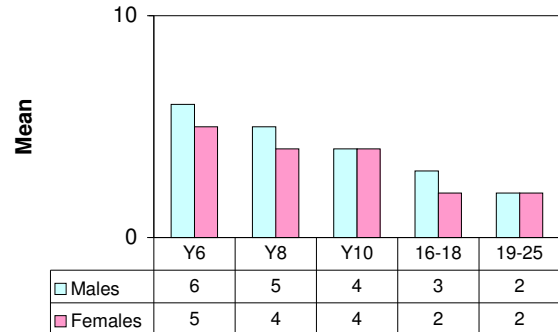
The number of sessions and the number of different activities were also derived from the same question listing physical activities.

Average number of sessions of physical activity in the last 7 days, by age and sex.



Sample	Y6	Y8	Y10	16-18	19-25
M	635	1077	924	1237	173
F	595	974	854	1518	339

Average number of different types of physical activity in the last 7 days, by age and sex.



Sample	Y6	Y8	Y10	16-18	19-25
M	635	1077	924	1237	173
F	595	974	854	1518	339

The results show that the average number of sessions and number of different types of activity decline with age.

More than 30 minutes?

Measuring physical activity levels in children and young people is challenging as they have complex physical activity patterns, with self-report through questionnaire particularly limiting. Therefore the survey did not attempt to record participation in line with the physical activity recommendations. For interest, the survey asked participants who reported any of a list of physical activities to indicate those which they did for more than 30 minutes in the last week

The highs and lows of the previous table are repeated here, as well as the differences between age groups.

The activity that respondents are most likely to do for more than 30 minutes at a time is walking. This is followed in most age groups by running/jogging and exercises (weights etc).

Younger respondents appear more likely to be active for more than half an hour at a time.

Percentage responding to "2b: please tell us how many times you did the activity for 30 minutes or more last week?"; top 5 activities reported for each age group

	Y6	Y8	Y10	16-18	19-25
Walking	*	58	49	46	43
Exercises (weight etc)	*	30	31	27	23
Running/jogging	*	42	30	24	17
Work out at gym	*	9	16	18	16
Dancing	*	27	18	16	16
Football	*	36	31	17	15
Playing outside	*	46	21	5	5
Badminton/tennis	*	17	24	5	4
Swimming	*	23	13	11	12
Cycling	*	23	16	10	8

* = not asked in this age group

Moderate physical activity?

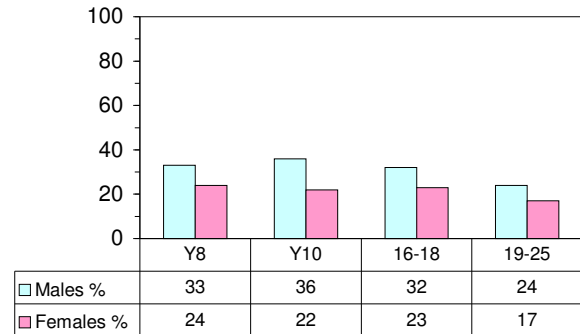
Headline statistics

It is recommended that physical activity is taken daily and should be of at least moderate intensity.

About 5% of the sample reported no moderate physical activity at all in the last 7 days. The proportion of young people doing at least 7 occasions of moderate physical activity in the last 7 days declines with age.

Males are distinctly more likely to report doing moderate exercise 7 or more times in the last week than are females.

Percentage responding "Q3: please write the number of occasions where the exercise made you breathe harder than normal and feel warm" answering they did at least 7 occasions of in the last 7 days, by age and sex.



	Y8	Y10	16-18	19-25
Males	809	658	819	104
Females	746	604	912	188

Y6 question

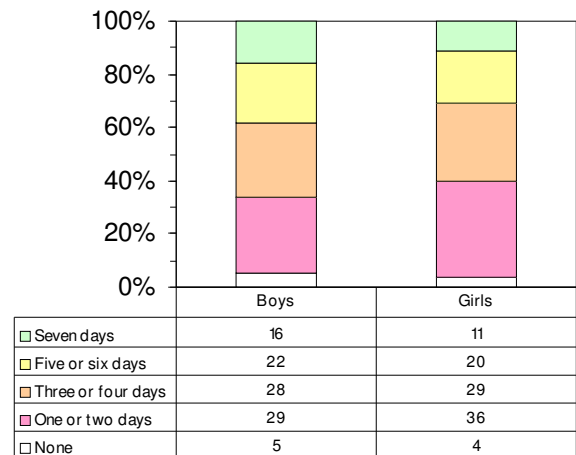
The Y6 questionnaire contained a related but different question on the number of days that they had been active enough to breathe harder than normal and feel warm – a phrase used to describe the effects of moderate intensity physical activity.

Similar to the gender differences seen above, boys reported higher numbers of days of moderate physical activity than did girls.

Whilst the data from both questions does not demonstrate the duration of physical activity taken, it appears that regular participation in moderate intensity physical activity is far lower than expected.

This may suggest either not enough physical activity of at least moderate intensity is being taken or may be due to a lack of knowledge and understanding of the moderate intensity message.

Percentage of young people in Y6 who exercised at all answering "4: Number of days where you breathed harder and felt warm", by sex



Sample	Boys	599	Girls	565
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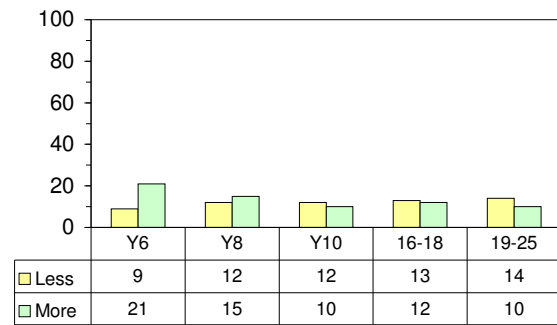
Typical week?

Headline statistics

About three-quarters of the sample said that the previous week's activity pattern was typical.

Of those saying that last week was not typical, more of the younger age groups perceived last week as *more* active than usual while in the oldest age group there were more reports that last week was *less* active than usual.

Percentage of young people in each group answering "4: Was this week's pattern of activity usual?" by age group



	Y6	Y8	Y10	16-18	19-25
Sample	1230	2063	1773	2737	514

Additional physical activity

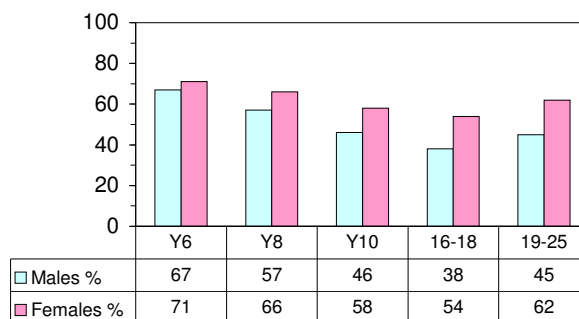
Headline statistics

Between 38%-71% of the different groups said that there were activities they would like to do but in fact do not.

In all of the age groups, females were more likely to say so than males.

The proportion of young people saying that there were activities they would like to do generally declined with age, but figures for the 19-25y age group were higher than those among the 16-18y age group.

Percentage of young people responding YES to "5: Are there any activities you would like to do but don't?" by age and sex



Sample	Y6	Y8	Y10	16-18	19-25
M	622	1052	874	1192	168
F	581	954	828	1480	336

Swimming is the activity most often sought by young people who named a desired activity, followed by gym and dancing. Figures for females in each age group were even higher.

Figures for going to the gym exceeded 10% for the oldest age groups; again these are mostly the votes of females (fully 21% of the 19-25yo females), with less than 10% of males the same age declaring an interest in this activity.

Percentage of young people naming activities they would like to do (list of top 5 activities), by age group

	Y6	Y8	Y10	16-18	19-25
Gym (incl. weights)	1	4	6	11	17
Swimming/water polo	10	9	6	9	16
Dancing	5	6	7	6	7
Kickboxing	1	1	1	2	4
Aerobics/etc.	1	1	1	2	4
Football	5	4	2	3	3
Jogging/running	1	2	2	2	2
Wrestling/boxing	5	5	4	1	2
Tennis/short tennis	10	4	2	1	1
Rugby/mini-rugby	9	4	3	1	1
Gymnastics/apparatus/etc.	7	7	3	1	1
Basketball	6	3	2	1	1

N.B. While water polo has been classified with swimming for the purposes of analysis, the overwhelming majority of these responses were swimming only.



Links

Links were found with other background factors for this question.

67% of young people in Y6 say that there are activities they want to do. The figure for young people from ethnic minorities in the same age group is 74%

45% of young people in Y10 say that there are activities they want to do. The figure for young people who have free school meals in the same age group is 69%, and for those with low self-esteem it is 55%.

Barriers to being active

Headline statistics

In every age group the most common reason given for not being active more was *lack of time*, increasing from 33% of the Y6 sample to 60% of the 19-25 year-olds.

Looking elsewhere on the table, every single item on the list was cited by at least 10% of one of the age groups. The most common barriers cited included *expense of travel, expense of the activities, shyness/awkwardness and lack of participation by friends*.

Percentage responding to "6: Does anything stop you from being as physically active as you would like?" reporting any barriers to being active, by age group

	Y6	Y8	Y10	16-18	19-25
I'm not allowed outside to play	14	9	*	*	*
It is too difficult to get to places (. . .)	21	18	22	18	16
It is too expensive to get to places (. . .)	21	18	21	29	36
It is too expensive to take (. . .)	25	18	20	24	33
The facilities don't offer what I want	24	19	22	13	11
I don't have enough time	33	34	41	56	60
I don't like the facilities	15	11	13	8	8
I don't like the people who go there	19	15	17	10	10
My friends don't do it/go there	28	34	32	22	21
I am shy in front of others	*	27	26	19	19
I don't know what to do	*	13	13	11	9
I have a health problem or disability	8	8	9	6	6
I feel awkward trying new things	17	22	21	14	14
Other (please describe below)	6	4	2	3	5
None of the above	23	24	21	20	15
Sample	1243	2086	1809	2806	544

* = not asked in this age group

Comparison with YPi2007 sample

This question did not feature in Young People into 2007 but we have an available sample from Y8 and Y10 students in Manchester. There, 42% of respondents gave lack of time as a reason for not taking as much exercise as they would like.



Links

One simple check we can perform with these figures is to see if there is an association between those responding *I have a health problem or disability* for this question and the questions about disability and illness, reported earlier in this document but which occur later in the questionnaires. As we might hope and expect, there is a strong correlation; in fact, all 198 of the 16-18yo females who say give this reason also say they have a long-term illness.

Not all young people with illness or disability give it as a reason for not being active as much as they would like.

Knowledge of physical activity recommendations

Headline statistics

We asked the school pupils “How long do you think you need to do physical activity for each day to be healthy?”, and invited them to declare a number of minutes.

The recommendation for young people under 18 is at least an hour a day; the proportions saying at least an hour a day or more are given opposite.

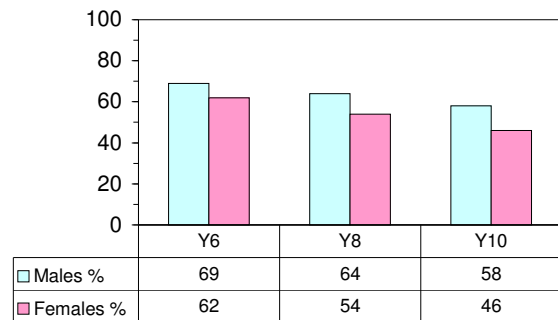
Estimates of the minimum daily exercise recommendation decline during years of compulsory schooling.

58% of pupils reported that they should be active for at least an hour a day (43% reported an hour a day exactly).

7% of all pupils thought that the time they should exercise each day was less than 30 minutes.

By contrast, 16% reported that they thought the recommended period was more than an hour and a half a day

The percentage of young people responding to “6: How long do you think you need to do physical activity for each day to be healthy?” answering at least an hour each day, by school year group and sex.



Sample	Y6	Y8	Y10
M	611	1011	776
F	582	939	755

General comments about physical activity

While the data cannot tell us the proportion of young people achieving at least an hour a day of physical activity, they do show that physical activity levels decline with age. More females report doing no physical activity than males.

Walking is the most common form of physical activity taken by young people; the contribution that walking can make to physical activity levels should not be overlooked.

Those developing strategies to increase the physical activity levels of young people should take in to account that they report that they don't have time to be as physically active as they would like. They should also note that participation in periods of physical activity lasting 30 minutes or more declines with age. Therefore it may be beneficial to focus on promoting the accumulation of at least 'an hour a day', through bouts of 10 minutes or more.

Young people report that there are activities that they don't do but would like to, in particular *swimming* and *going to the gym*. In light of this, promoting and providing more opportunities for these activities may also help to increase physical activity levels.

There appears to be a lack of knowledge and understanding of the physical activity recommendations for health among young people and this needs to be addressed.

Relationships and sexual health

The 2002 Lifestyle Survey gave us some information about sexual health of Stockport's young people, although this was limited to the 16+ sample. The survey showed that two thirds of young people over the age of 16 were sexually active. The survey also provided us with some data around use of contraception and condoms in young people 16 and over and around patterns of knowledge and use of sexual health services. The 2007/8 survey gives a much wider picture of sexual health amongst the 14+ age group and also looks at the efficacy of Sex and Relationship Education throughout the borough.

Nationally, we know that between a quarter and a third of young people are estimated to have sex before the age of 16. Rates of teenage pregnancy in the UK, although generally reducing overall, remain high by European comparisons. In Stockport teenage pregnancy rates have reduced from the 1999 baseline but showed a rise in 2006.

Teenage pregnancy rates are strongly correlated with high levels of socio-economic deprivation. Rates of diagnoses of sexually transmitted infections remain high and post-16 young people / adults are over-represented in diagnoses of many sexually transmitted infections (e.g. Chlamydia, Genital Herpes, Genital Warts)

There is some national data about usage of different types of contraception in young people and there is some information about usage of condoms but little about patterns of usage (e.g. frequency of use, effectiveness of use)

Decisions about sex in young people are complex and likely to be affected by a number of factors including, self confidence, self esteem, power in relationships, substance use, and personal choice.

Sex and Relationships Education (SRE) in schools is not statutory, and delivery in Stockport is patchy particularly in secondary schools. In a recent survey by the youth parliament, 40% of those surveyed described the SRE they had received as poor, 33% rated it average.

The aim for SRE and Sexual Health Services for young people in Stockport

Overall the aim is to promote safe, healthy sexual relationships that are free from coercion and create an environment where people can make informed choices about their sexual health. The following are main national targets in relevant to sexual health: -

- To reduce rates of teenage pregnancy to 21.6 per 1000 females 15 - 17 by 2010
- Establish a downward trend in rates of sexually transmitted infections
- Screen 15% of the 15 - 24 population for Chlamydia by end of March 2008
- Everyone referred to a GUM clinic should be able to get an appointment within 48 hours by March 2008.

Local actions

- SRE peer education project established in schools
- The NHS Primary Care Trust and Foundation Trust working together to achieve a 48 hour access target locally
- Central Youth is offering diagnosis and treatment for sexually transmitted infections
- Central Youth has developed outreach clinics in local communities
- There is a local condom distribution scheme allowing access to free condoms - young people are a key priority group
- Chlamydia Screening programme being implemented locally
- A local social marketing project has been established that aims to increase effective and consistent condom use in young people aged 16 - 24 when they are having sex
- Well established training activity that aims to increase capacity and capability of workers to provide sexual health advice
- RU Ready training programme has been rolled out in Stockport - this aims to promote delay of early sexual experiences of young people through promoting informed decision making.

For more information, contact:

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Michael Priestley, Teenage Pregnancy Co-ordinator 07800 617 521 michael.priestley@stockport-pct.nhs.uk

Sex and relationship education

NB The questions in this section were asked only of school pupils, with most questions asked in only the Y6 and Y8 questionnaires.

Lessons at school

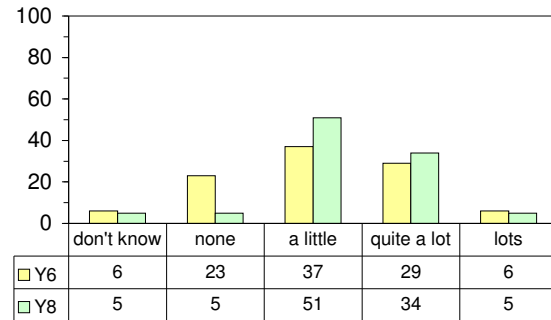
Headline statistics

Pupils in Years 6 and 8 were asked about the sex and relationships education they had received in school. They were first asked *how much* work they had done in school on this subject and could answer *none, a little, quite a lot, lots* or *don't know*.

Over a third described the amount of work they had done in school on sex relationship education as *Quite a lot* or *Lots* – although the majority in both groups (37% of Y6 and 51% of Y8) felt that they had only done a *little* on this subject. Almost ¼ of Y6 pupils said they had done no work in school on SRE, although by Y8 this has fallen to just 5%.

In both age groups, more females felt that they had received *Quite a lot* or *Lots* of this education than did males.

Percentage of young people in each group answering '21: How much work have you done in school on sex and relationship education?'



Sample	Y6	Y8
M	643	1092
F	591	979

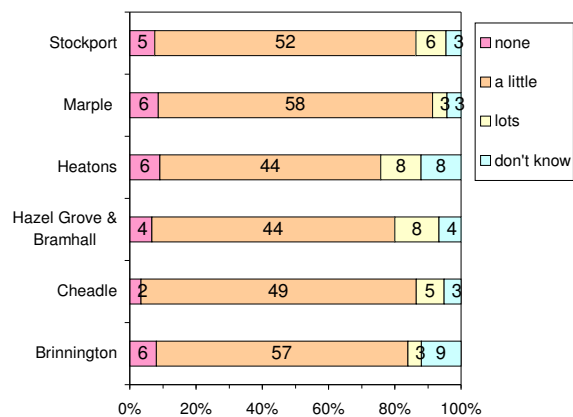
Cluster differences

There were significant differences in reports of SRE between clusters, with fewer Y8 pupils in Brinnington & Reddish and in Marple & Werneth reporting that they had done *quite a lot* of lessons.

This may be a matter of timing more than anything else, because some schools may prefer to schedule such lessons at the end of the academic year; nonetheless the differences are notable.

The results for the next question may shed further light on this issue.

Percentage of young people in year 8 answering '21: How much work have you done in school on sex and relationships education?' by cluster.



Sample	B & R	Cheadle	HG & B	Heatons	M & W	Central
	318	372	368	198	368	432

Comparison with 2002

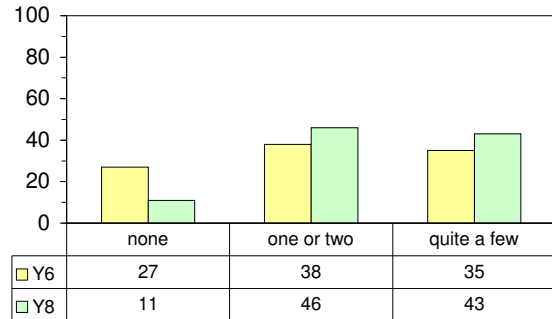
31% of Y6 pupils and 59% of Y8 pupils in 2002 said that they had received some sex education in class in the last year, compared with 72% of Y6 and 90% of Y8 reporting at least a *little* in 2008 – suggesting that more young people now are receiving this education than in 2002.

Headline statistics

Following on from this, pupils were asked a more specific question on how many lessons they had received solely about growing up / puberty. They could answer *none*, *one or two* or *quite a few*. The proportion saying *one or two* or *quite a few* were fairly similar in each year group, with the proportion answering *none* falling notably from Y6 to Y8 – 27% in Y6 to 11% of Y8s.

As with the previous question, in both age groups, females were more likely than males to say that they had received *quite a few* lessons on this topic. This raises interesting questions about the way these lessons are presented and the effect that they have on both boys and girls.

Percentage of young people in year 6 answering '22: How many SRE lessons have you had about growing up / puberty in the last year to help you understand the changes you are going through?' by cluster.

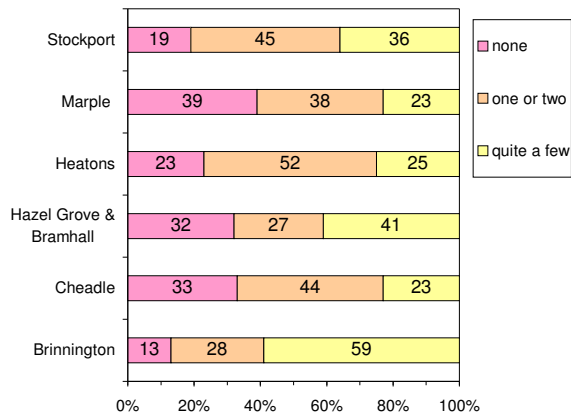


Sample	Y6	Y8
M	638	1088
F	586	973

Cluster differences

There were significant differences in reports of *Quite a few* between clusters, with double the proportion of Y6 pupils from Brinnington & Reddish so doing than those in Cheadle. This is the reverse of the pattern shown in the previous question.

Results for Y6 only.



Sample	B & R	Cheadle	HG & B	Heatons	M & W	Central
	210	209	260	132	222	185

Do young people feel confident about these lessons?

Headline statistics

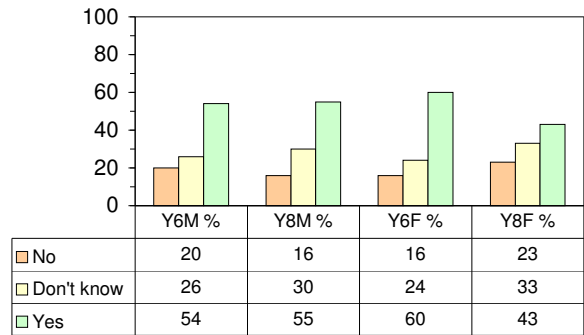
Young people were then asked to say how they felt about these lessons to give an idea of whether they felt they were a positive experience or not: did they feel they could ask any question they wanted to and did the teacher make them feel comfortable when discussing sex and relationship issues?

A clear majority in both year groups felt they could ask any question they wanted to: 57% of Y6s and 49% of Y8s.

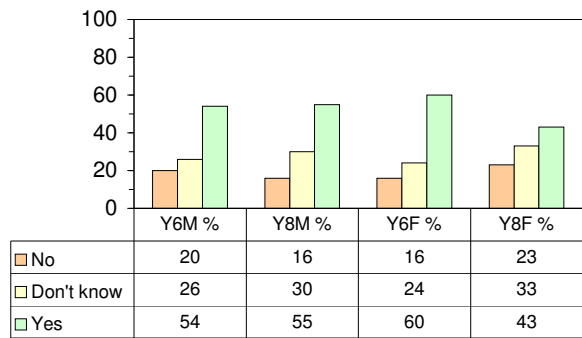
However, the response to the second question was less clear: just over 1/3 felt at ease in these lessons, just under 1/3 said they did not feel comfortable with them and 1/3 answered *don't know*.

Interestingly, amongst the Y6 pupils, girls were much more likely to give positive answers to these questions than boys. Among the Y8 pupils, however, boys were more likely to answer positively than girls.

Percentage of young people of each gender (Y6/Y8) answering "25: During sex and relationship education (SRE) at school...?" ... "I can ask any question I want to"



Percentage of young people of each gender (Y6/Y8) answering "The teacher makes me feel comfortable when talking about sex and relationship issues"

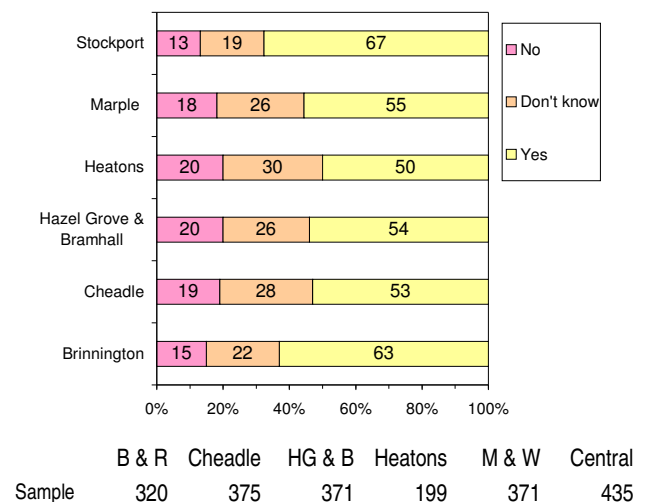


Sample	Y6	Y8
M	647	1102
F	596	984

Cluster differences

There were significant differences in reports of *I can ask any question I want to* between clusters, with pupils in Y6 in Stockport Central and in Brinnington & Reddish feeling most confident about this.

Percentage "I can ask any question I want to", by cluster. Results for Y6 only.



Learning in SRE

Headline statistics

Pupils were then asked to identify which topics they had learnt about in school, with the options: *male/female sex organs, puberty, relationships, pregnancy, contraception, being a parent and respecting yourself and others.*

Pupils could answer *No, Don't know* or *Yes*; so, for *Relationships*, 52% said *Yes*, 22% *No* and the remainder *Don't know*.

The most common topics reportedly covered in Y6 were *respecting yourself and others* (70%), *male/female sex organs* (53%), *puberty* (54%), *pregnancy* (43%) and *relationships* (58%).

In Year 8, the figures were *respecting yourself and others* (49%), *male/female sex organs* (78%), *puberty* (84%), *pregnancy* (54%) and *relationships* (47%).

Being a parent and *contraception* were reported least often in both year groups: 24% and 13% respectively of the Y6 group and 16% and 24% of the Y8s.

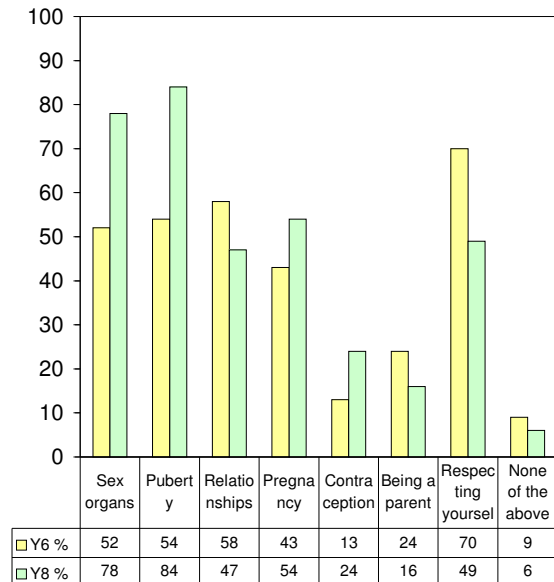
It is pleasing to see so many pupils in the younger age groups saying they had learned about *respect* in sex and relationships education.

This proportion falls between Y6 and Y8; by contrast, the proportion saying they have learned about *puberty* rises considerably.

Cluster differences

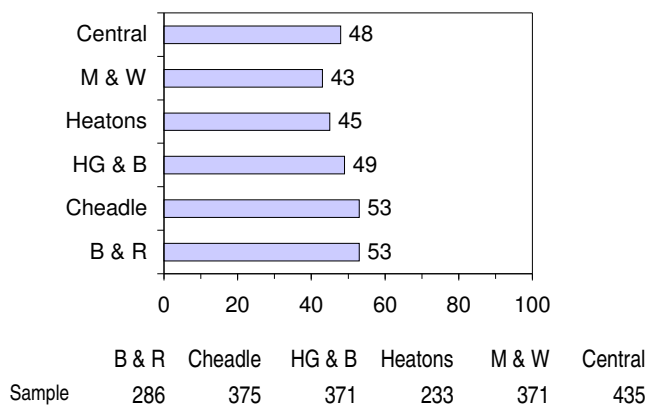
There were significant differences in reports of *Respecting yourself and others* between clusters, with Y6 pupils from *Cheadle* and from *Brinnington & Reddish* being the most likely to say they had learned about it at school.

Percentage of young people in each group answering "23: What topics have you learnt about in sex and relationship education (SRE) at school?"



	Y6	Y8
Sample	1243	2086

Percentage "Respecting yourself and others", by cluster. Results for Y6 only.



Young people's opinions of SRE

Headline statistics

Pupils were given nine options for describing SRE, 3 positive, 3 negative and 3 relatively neutral.

They were able to tick as many as they thought applicable.

Positively, the least popular responses were *useless* – ticked by only 3% of pupils, and *can't remember* – ticked by 7% of Y6 pupils and 11% of Y8s.

The most common response was the less than illuminating *It was OK*, which was reported by over a third of all children in Y6 (42%) and Y8 (39%).

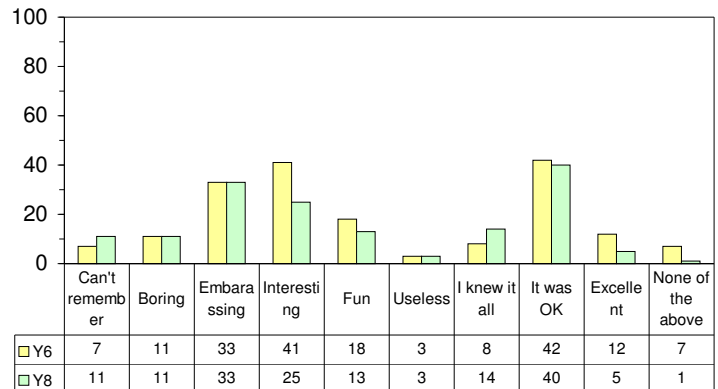
Among Year 8 pupils, the next most common options were *embarrassing* (33%), and *interesting* (25%). For Year 6 pupils, the figures were *embarrassing* (33%) and *interesting* (41%).

12% of Y6s and 5% of Y8s went so far as to describe their lessons as *excellent*.

Cluster differences

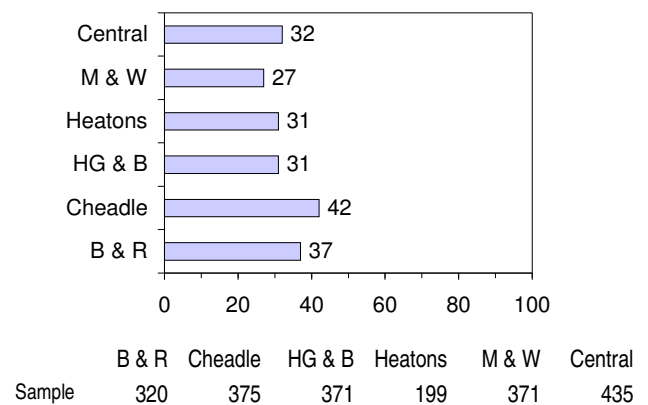
There were significant differences in reports of *Embarrassing* between clusters, with pupils in Y8 in Cheshire most likely and those in Marple & Werneth least likely to report this.

Percentage of young people in each group answering "24: What do you feel about sex and relationship education (SRE) at school?"



Sample	Y6	Y8
M	647	1102
F	596	984

Percentage responding "Embarrassing", by cluster. Results for Y8 only.



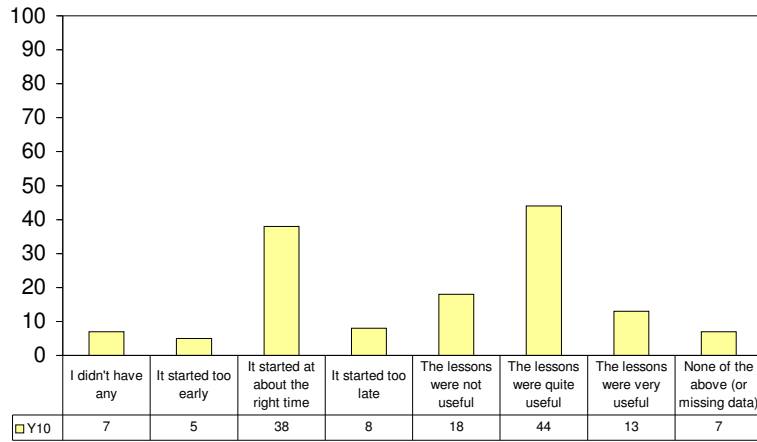
How useful do young people think SRE lessons are?

Year 10 pupils were asked a related question about the usefulness of their education in sex and relationships. They were asked to state whether they received any, whether it started at the right time and how useful they felt it was.

Positively, about half thought that their education was at least quite useful (44%, with 13% saying *very useful*) and 38% said they felt that these lessons started at the right time for them.

However, whilst the majority felt that these were beneficial, a significant minority identified concerns: 7% said they *did not have any* SRE lessons, 8% felt they started too late and 18% said they lessons were *not useful* to them. So, in a class of 30 Y10 pupils, 2 have either had no SRE lessons – or don't remember them; 2 think that their lessons started too late to be helpful and 5 think that the lessons themselves are not useful.

Percentage of young people in each group answering "[34]: Thinking about the sex and relationship education (SRE) you receive(d) at school please look at the following statements"



Sample	Y10
M	931
F	858

Information from parents

In concluding the section on sex and relationships education, young people in years 6, 8 and 10 were asked about the information they received about growing up / sex and relationships at home.

Younger pupils were asked how much information they had had, and all three year groups were asked about the timing of the information they received and what they thought of the information.

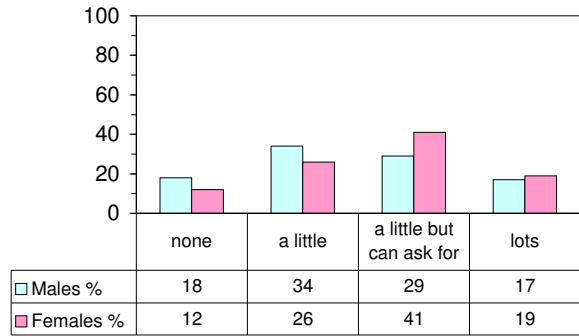
35% of Y6 and Y8 pupils said that they had received a *little* information from their parents or carers, but knew they could *ask for more* if they wanted it. A third of the groups said they had received a *little* information – without saying they felt they could ask for more. 18% of Y6 and 13% of Y8 pupils said they had received *lots* of information and 15% and 19% of Y6 and Y8 pupils respectively said they had received *no* information from their carers.

Girls in both age groups were far more likely than boys to answer *lots* and *I can ask for more* or a *little* and *I can ask for more*.

Cluster differences

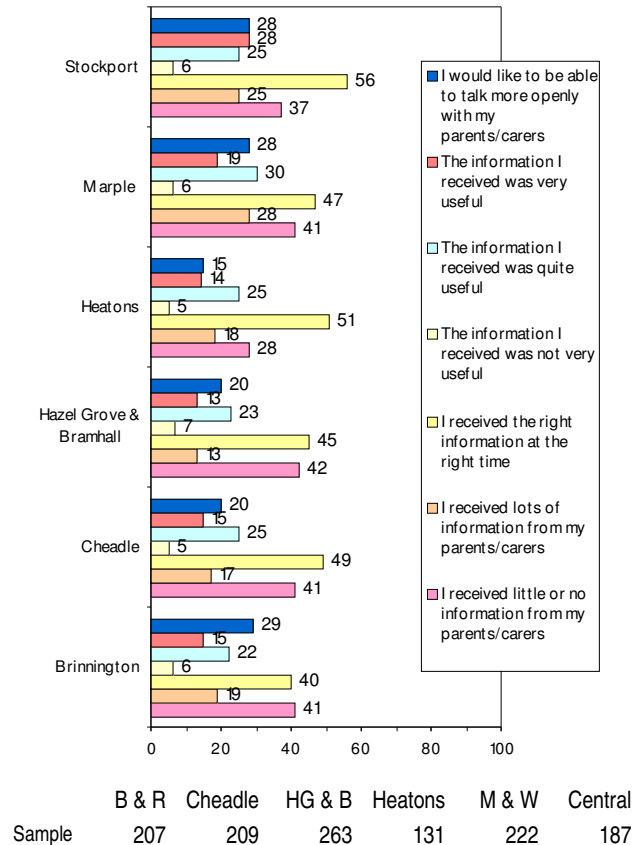
There were significant differences in reports of having *lots* of information from parents/carers between clusters, with Y6 pupils in Stockport Central reporting notably higher levels.

Percentage of young people in Y6/Y8 answering "26: How much information have you had about sex and relationships from parents/carers?"



Sample	Y6	Y8
M	639	1,080
F	586	975

Percentage of young people in year 6 answering '26: How much information have you had about sex and relationships from parents / carers?' by cluster.



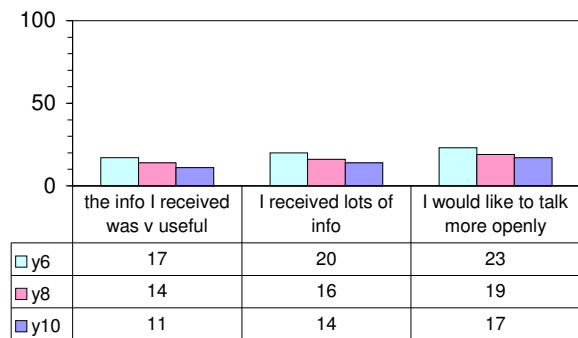
Pupils were asked if the information they received about sex and relationships at home was useful; around 40% described it as at least quite useful and some described it as very useful.

The proportion saying it was at least quite useful fell with age.

As with the previous question, females were rather more likely to describe the information received at home as useful than were males.

The proportion of young people saying they would like to talk more openly to their parents or carers also declines with age – from 23% of Y6 pupils to 19% of Y8 and 17% of Y10s.

Percentage of young people in each group answering “[35]: Thinking about the information on sex and relationships you have received from your parents/carers please look at the following statements...”



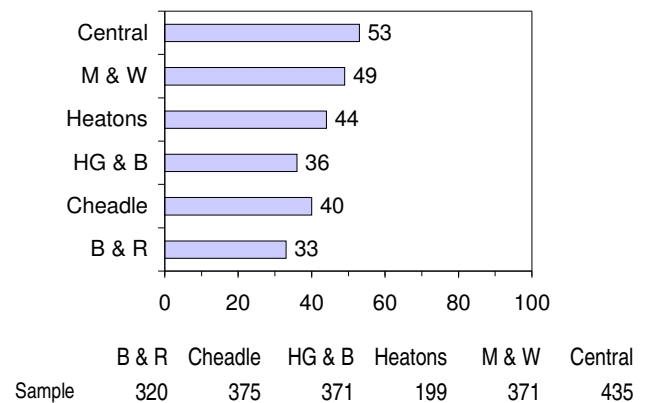
Sample	Y6	Y8	Y10
M	647	1,102	931
F	596	984	858

Cluster differences

There were significant differences in reports of having useful information from parents/carers between clusters, with pupils in Y8 resident in Stockport Central reporting higher levels than pupils in other clusters.

This pattern reflects that of the previous question – where young people feel they get lots of information from their parents, they also feel that they get useful information.

Percentage having useful information from parents/carers, by cluster. Results for Y8 only.



General comments about Sex and Relationship Education

“ The data collected around young people’s experience of sex and relationships education in Stockport gives a varied picture.

The majority of pupils in Y6 and Y8 say that they have done no, or only a little, work on SRE in school. Girls were more likely to say that they had received more information than boys – although by the time girls reach secondary school, they become less confident than boys in speaking out in class and asking questions on the subject.

Pupils generally describe SRE lessons as being OK, although more than 1/3 also describe it as embarrassing.

These survey results match the results of a recent MORI research study carried out as part of a Council Scrutiny Review on young people’s healthy lifestyles – focusing on PSHE education and particularly information on sexual health, drugs and alcohol provided in secondary schools. This study showed high levels of variation in teaching style and quality across Stockport schools; showed a need for single sex teaching to ensure both sexes had access to the information they need and demonstrated the need for high quality teaching and resources in order to ensure this education meets the needs of Stockport’s young people.



Sexual health

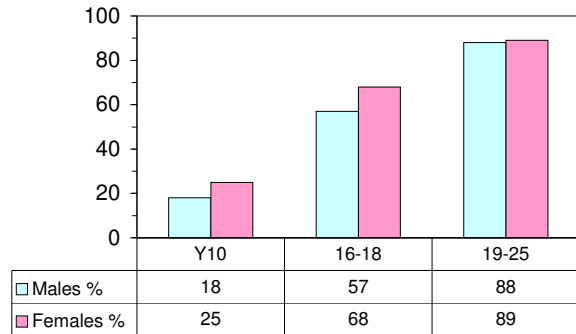
Sexual experience

Headline statistics

Young people in the older age groups (Y10 and above) were asked if they had ever had sex. What exactly is meant by 'sex' was not made completely explicit but for the purposes of the question respondents were asked to include oral sex.

About 20% of males and a quarter of females in Y10 reported ever having had sex. This proportion rose to over half of 16-18yo and nearly 90% of 19-25yo; more females than males reported some sexual experience in each age group.

Percentage of young people in each group who have had sex ("24: Have you ever had sex with another person?")

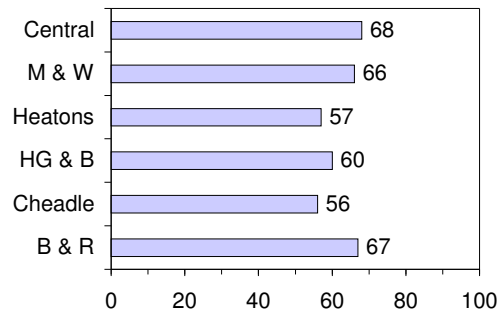


Sample	Y10	16-18	19-25
M	908	1220	179
F	848	1506	350

Cluster differences


There were significant differences in reports of ever having had sex between clusters, with young people aged 16-18y in Cheadle, Heaton and Hazel Grove & Bramhall reporting this less often than did young people in the other clusters.

Percentage of young people who have had sex, by cluster. Results for 16-18yo only.



Comparison with 2002

In 2002 49% of males aged 16-18yo and 48% of females said they were sexually active; the figures for 19-25yo were 90% and 87%.

 The figures for sexual experience among 16-18yo are higher in 2008 than those in 2002.

Sample	B & R	Cheadle	HG & B	Heaton	M & W	Central
	195	293	363	137	325	337



Links

Links were found with other background factors for this question.

22% of young people in Y10 say that they have ever had sex. The figure for young people from single-parent or re-partnered families in the same age group is 24%*, and for those with a disability or long-term illness is 30%.

* Association also found in other age groups

Sexual preferences

Headline statistics

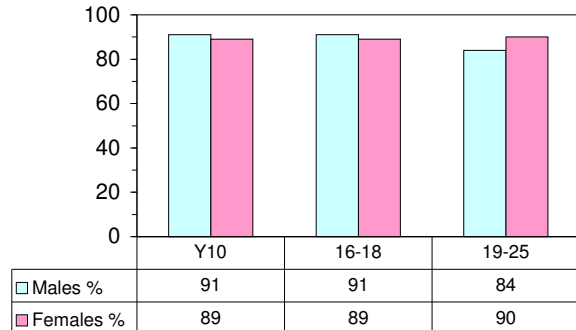
Young people were asked about their sexual preferences, and those who had had sex were also asked about whether they had heterosexual or same sex relationships.

90% of young people in Stockport described their sexual attractions as being mainly or only to the opposite sex.

The proportion attracted exclusively to the *same* sex was around 3% in most groups but reached 7% of 19-25yos; the proportion attracted to *both* sexes was 3% in Y10 and 7% in 19-25yo.

Over 5% of the Y10 sample said they were attracted to *No-one*.

Percentage of young people in each group answering "23: I have felt sexual attraction for:" responding [mainly/only opposite sex]



Sample	Y10	16-18	19-25
M	912	1238	179
F	836	1527	352

Same-sex relationships

Headline statistics

If young people in the survey said they have had sex, they were asked a further series of questions about their history.

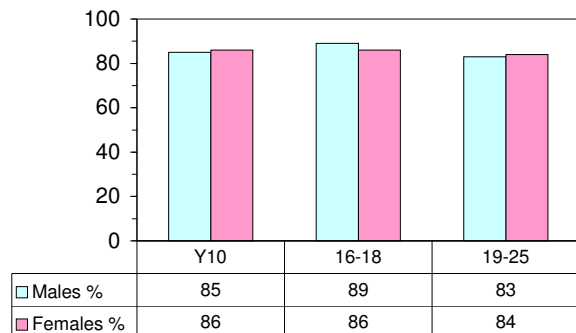
Of those young people in Stockport who had had sex:

86% said that it was only with members of the opposite sex;

11% said it was only or mainly with members of the same sex; and

3% said they had had sex with males and females

Percentage of young people WHO HAVE HAD SEX in each group answering "26: I have had sex with:" responding "[Only opposite sex]"



Sample	Y10	16-18	19-25
M	163	697	158
F	204	1004	308

Early experience of sex

Headline statistics

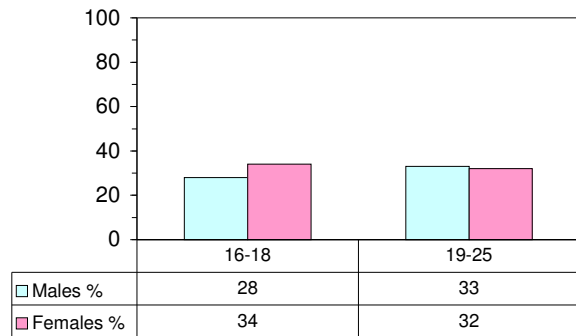
The age at which it is legal for young people to have sex is 16.

Around half of young people aged 16-18y who had had sex said they had first had sex when they were under 16.

38% of the Y10 pupils who said they had had sex reported that they were under 14 years of age when this first happened (7% of all Y10 pupils).

7% of sexually experienced 16-18yo were under 14 years of age when they first had sex (4% of all 16-18yo)

Percentage of young people in each group answering 25: "If you have had sex, please state how old you were when you first had sex?" responding "Under 16" (percentage of whole sample).



Sample	16-18	19-25
M	1220	179
F	1506	350

Comparison with local and national figures

The National Survey of Sexual Attitudes and Lifestyle (NATSAL), first undertaken in 1990, has some relevant findings from 2000 (Wellings K, et al. 2001, Sexual behaviour in Britain: early heterosexual experience. *Lancet*, (Dec)1;358(9296), pp.1843-50.)

The proportion of those aged 16-19 years at interview reporting first heterosexual intercourse at younger than 16 years was 30% for men and 26% for women; the most common age was 16 years. The proportion of women reporting first intercourse before 16 years increased up to, but not after, the mid-1990s. There has been a sustained increase in condom use and a decline in the proportion of men and women reporting no contraceptive use at first intercourse with decreasing age at interview.

Among 16-24 year olds, non-use of contraception increased with declining age at first intercourse; reported by 18% of men and 22% of women aged 13-14 years at occurrence. Early age at first intercourse was significantly associated with pregnancy under 18 years, but not with occurrence of STIs. Low educational attainment was associated with motherhood before 18 years, but not abortion.

Only a small minority of teenagers had unprotected first intercourse, and early motherhood is more strongly associated with educational level than with family background.

Contraception and protection

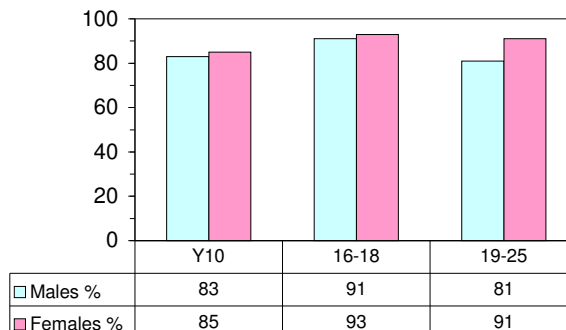
Headline statistics

Around 90% of young people in Stockport who have had sex said that they used some method of contraception or protection.

Females in all age groups were a little more likely to report using contraception than were males.

Use of contraception / protection drops amongst the oldest age group. While this may be due to people in this age group being in more settled relationships, it is still important to note that the rate amongst males in this age group drops below the level seen amongst the Year 10 age group.

Percentage of young people in each group answering "27: If you have had sex did you use a method of protection or contraception?" responding "Yes"



Sample	Y10	16-18	19-25
M	160	683	155
F	201	1006	312

Comparison with 2002

The results from 2002 for a similar question suggest that use of contraception among young people was similar then, although the question was asked separately about *preventing pregnancy* (87%) and *stop getting sexually transmitted infections* (61%).

Methods of contraception or protection used

Headline statistics

Using condoms at least some of the time was very common among young people who are sexually experienced; over 90% said they had used them at least some of the time.

The contraceptive pill was the next most common method, reported mostly by females.

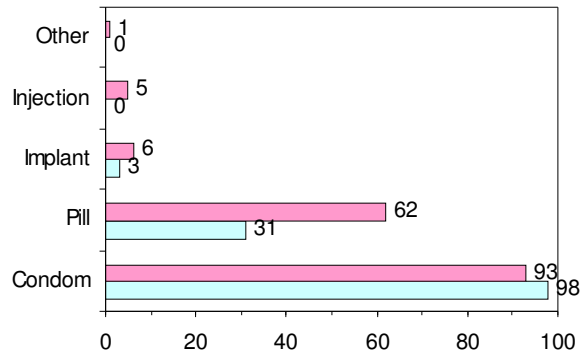
Other methods were recorded mostly at or below 5%, although 14% of 19-25 females recorded hormonal injection and 7% an implant.

There is a marked increase with age in use of oral contraceptives (combined or progesterone-only contraceptive pills).

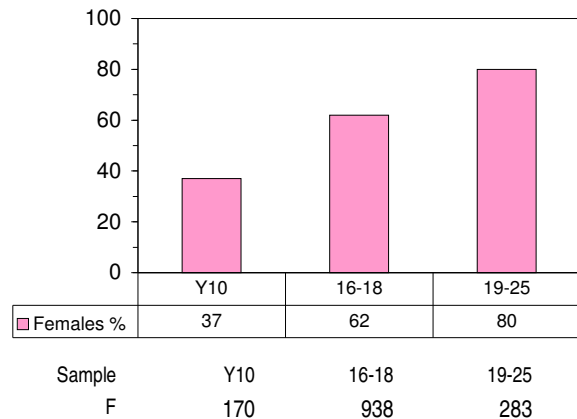
Figures for females are shown in the chart.

Around 95% of males who have ever had sex say they have used a condom; the proportion saying they or their partner have used the Pill increases with age from 28% of Y10 to 67% of 19-25yo.

Percentage of young people aged 16-18 who have had sex answering "28: If YES please select which methods you have used?" by sex (Sample σ = 629; ♀ = 942).



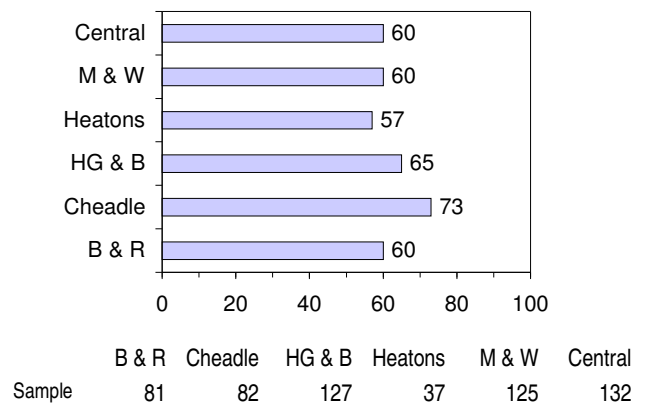
Percentage of females in each group answering "28: If YES please select which methods you have used?" responding "The pill/mini pill (combined or progesterone-only contraceptive pills)"



Cluster differences

There were apparent differences in reports of using the Pill between clusters, with females aged 16-18 who are resident in Cheadle showing highest rates and those in Heatons showing the least.

Percentage using the Pill, by cluster. Results for 16-18yo females only.



Comparison with 2002

The results from similar questions suggest that more young people in Stockport who are sexually active are using contraception in 2008 compared with the sample from 2002.

The samples have quite a different composition and the survey was carried out in a different way, but the figures are encouraging (16-18yo using contraception in 2002 86%, in 2008 92%; 19-25yo in 2002 63%, in 2008 88%).

In 2002 75% of 16-25yo respondents saying they used anything to stop infection gave condoms as the method. For stopping pregnancy, there was a similar shift in the use of the Pill between 38% of 16-18yo and 73% of 19-25yo.

Condom use

Young people were asked about possible reasons for not using a condom during sex; among the older age groups the most common reason was that they were using some other method. It is noted that the pill is an effective contraceptive but is no protection against infection.

Among the Y10 respondents, more common reasons were *got carried away* and *had drunk alcohol*.

About 10% of the sample said they *didn't like using condoms*.

Other reasons with lower frequency included *Partner didn't want me to*, *Had taken drugs* and *Didn't think there was any risk*.

Results are shown in the chart for females; the results for *Using other forms of protection / contraception* is very much lower for males.

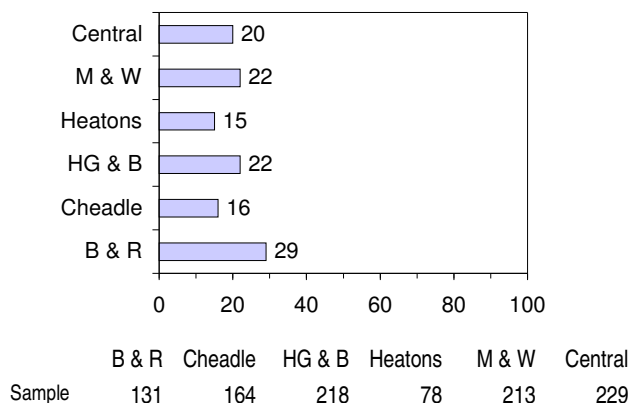
Cluster differences

There were significant differences in reports of *Got carried away* between clusters, with young people in Brinnington & Reddish reporting this reason in a significantly higher proportion than other clusters.

Percentage answering "29: If you have had sex without a condom why was this?"; top 5 reported for FEMALES in each age group.

	Y10	16-18	19-25
Using other method	14	35	49
Got carried away	19	24	27
Had drunk alcohol	18	19	20
My choice	9	14	21
Don't like using condoms	9	9	14
Sample	215	1024	313

Percentage "Got carried away", by cluster. Results for 16-18yo only.



Reasons for first having sex

Headline statistics

Young people were asked *What was the main reason you had sex for the first time?*

Males were more likely to emphasise *physical attraction* as a reason for first having sex than were females; females were more likely to say *love and commitment* than males, but both reasons featured strongly for both sexes.

Percentage answering "30: What was the main reason you had sex for the first time?"; all reasons sorted for young people in each age group.

	Y10	16-18	19-25
Love and commitment	34	39	35
Physical attraction	30	32	28
Curiosity/bit of fun	11	13	16
Opportunity	8	6	7
I /my partner was drunk	9	5	6
Peer pressure	3	3	4
To make me feel loved/wanted	2	1	1
Sample	298	1561	420

Comparisons with local and national figures

This interesting and important question derives from work by Roger Ingham and colleagues from a decade ago; it is not known what young people elsewhere in the country think in 2008, but these figures suggest that the reasons for first sex given by young people in Stockport are much more romantic and relationship-oriented than those given by the young men in the original study.

Reasons given for first sex by young men (Ingham and van Zessen, 1998).

	In UK	In Netherlands
Physical attraction	45%	15%
Opportunity	45%	30%
Peer pressure	40%	10%
Love & Commitment	10%	55%

Ingham, R. and Van Zessen, G. (1998).

From cultural contexts to interactional competencies, paper at *AIDS in Europe: Social and Behavioural Dimensions* Conference, Paris, 12-16th January.

Numbers of partners

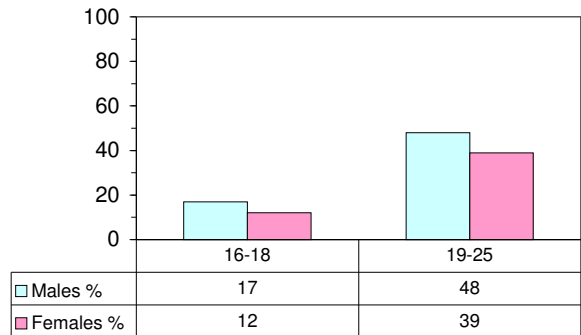
Headline statistics

The young people who had had sex were asked how many partners they had had; 36% of 16-18yo and 15% of 19-25yo say they have had just one sexual partner.

Among 19-25yo, 11% said two partners, 13% three, 11% four, 7% five, 24% 6-10 and 18% 11 or more.

Although males were not more likely than females to report ever having had sex, they were more likely to say that they had had 6 or more sexual partners.

Percentage of young people in each group answering "31: Please indicate how many sexual partners you have had in your lifetime" responding "6 or more"

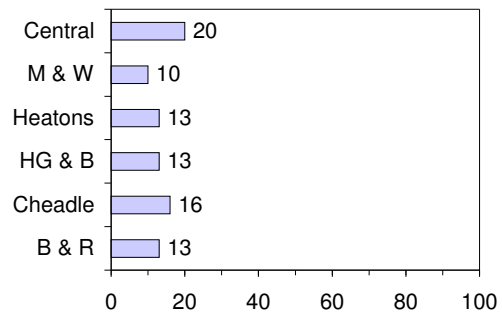


Sample	16-18	19-25
M	663	154
F	983	303

Cluster differences

There were significant differences in reports of numbers of sexual partners between clusters, with young people aged 16-18y in Stockport Central being most likely to say six or more.

Percentage with six or more lifetime sexual partners, by cluster. Results for 16-18yo only.



	B & R	Cheadle	HG & B	Heatons	M & W	Central
Sample	127	157	211	75	204	222

Sources of sexual health advice

Headline statistics

Young people in Y10 and above were asked where they might go for sexual health advice.

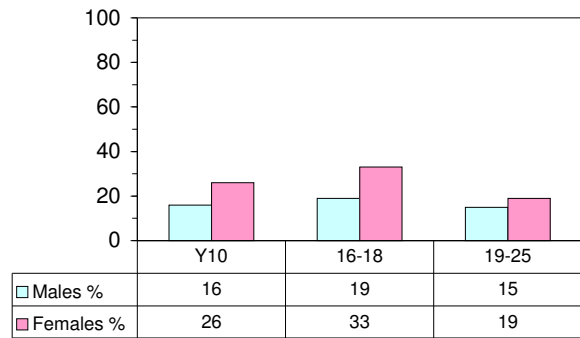
The most common resource was *Central Youth* named by 24% of respondents, followed by *Doctor/Health Centre* (22%) and then *Parents/carers* (13%).

These overall figures hide a substantial disparity between males and females, with females in each age group being much more likely to name any source of advice, including the top three listed above.

The fall in preference for *Central Youth* in the 19-25 year-olds is replaced by *Doctor/Health Centre*, which attracts votes from 39% of that age group.

Among Y10 students, *Central Youth* at 21% out-scored *parents/carers* with 15% .

Percentage of young people in each group answering "33: If you wanted advice about sexual health and/or contraception, who or where would you go to?" giving 'Central Youth'



Sample	Y10	16-18	19-25
M	931	1256	184
F	858	1550	360

Comparison with YPi2007 sample

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. A comparable question was asked about where they would go for advice about sex and relationships. The most common source of support among Y8 and Y10 pupils was *friends*, with 48% choosing them as their first resort, followed by *family* (34%), with other people and places all scoring 5% or less.

General comments about sexual health

“ There is a proportion of young people in Stockport engaging in early and/or risky sex. While nearly every sexually active person has used condoms at some time, about a quarter of females aged 16-18y said they had not used a condom on at least one occasion, perhaps because they were using some other method like the oral contraceptive pill.

Reasons for having sex on the first occasion included a higher proportion of young people saying 'love and commitment' than we would have expected from research elsewhere, which is welcome.



Bullying

Bullying is a new topic for the Stockport Young People's Lifestyle Survey and is something about which we know very little locally. What we do know is that bullying can have a very serious effect on the lives of young people, especially in terms of their self-esteem and emotional well-being and can also affect the long-term future of children, for example by reducing school attendance and educational attainment.

According to the DfES, bullying is deliberately hurtful behaviour repeated often over a period of time. According to ChildLine, however, others argue that bullying doesn't have to imply a series of incidents – it can be any occasion where someone deliberately intimidates or harasses another. Bullying can include:

- being called names or being teased
- being hit, pushed, pulled, pinched or kicked
- having bags, mobiles or other possessions taken
- receiving abusive text messages or emails etc.
- being forced to hand over money or do other things you don't want to do
- being ignored or left out
- being attacked because of religion, gender, sexuality, disability, appearance or ethnic or racial origin.

The NSPCC report that "31% of children experienced bullying by their peers during childhood, a further 7% were discriminated against and 14% were made to feel different or 'like an outsider.' 43% experienced at least one of these things during childhood...a quarter of children bullied by their peers reported that they suffered long term harmful effects lasting into adulthood". Research for ChildLine and the DfES found that just over half (54%) of both primary and secondary school children thought that bullying was 'a big problem' or 'quite a big problem' in their school. Just over half (51%) of Year 5 students (aged 9-10) reported that they had been bullied during the preceding term compared with just over a quarter (28%) of Year 8 students (aged 12-13). 15% of primary school students, and 12% of secondary school students said that they had both bullied other children and been bullied themselves in the last year.

In Stockport, the National Healthy Schools Programme has clear criteria for schools to follow around bullying in order to gain Healthy School status – including the need to have a clear policy on bullying, which is owned, understood and implemented by the whole school community. Also, the school must have achieved all of the following, as a minimum:

- The school signs the Anti-Bullying Charter and uses it to draw up an effective Anti-Bullying Policy
- Staff know and understand the policy on bullying including their role within it
- Staff feel supported and are able to identify and manage bullying
- Children/young people and parents/carers know and understand the policy on bullying and feel that they have the opportunity to regularly discuss its implementation
- The school has a system that ensures prompt reporting back to parents/carers on any concerns raised
- The school has a system for recording bullying incidents and a follow up process to monitor children and young people involved in bullying incidents
- Children/young people report that they feel safe in school

Schools in Stockport take various approaches to addressing bullying in school, such as discussions and activities in Circle Time or having named buddies in school and a buddy bench or buddy stop to enable other children to access a 'buddy'. Anti-bullying week takes place in November each year and is an ideal opportunity for schools to raise the issue of bullying and re-visit the policy to ensure that it is understood by the whole school community.

For more information, contact the PSHE team on 0161 218 1780

Experiences of bullying behaviours

Headline statistics

A list of aggressive and bullying behaviours was offered to the young people; the description 'bullying' was used as a section heading but the question did not require that the young people describe the behaviours as 'bullying'.

Over 60% of the Y6 pupils recorded at least one of the list of bullying behaviours occurring in the last month; the proportion declines to around a third of the 16-18yo.

In each age group up to the 16-18yo, females reported higher proportions experiencing these actions than males of the same age.

The most common behaviours recorded were *teasing* and *nasty names*, over 15% in all age groups with a maximum of 46% among Y6 females. Pupils in all groups recorded in proportions greater than 10% being *pushed/hit for no reason* (35% of Y6 males) and *being asked for money* (15% of Y8 females).

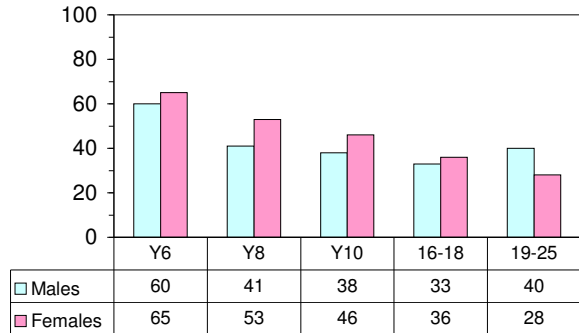
Cluster differences

There were significant differences in reports of bullying behaviours between clusters, with pupils in Y6 from Stockport Central showing markedly lower proportions of bullying behaviours than other clusters.

Comparison with YPi2007 sample

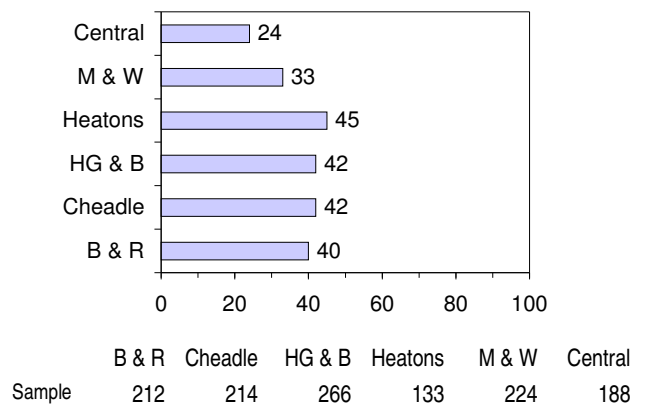
Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. A comparable question was asked about experiences of bullying behaviours; about 20% of Y6 pupils report such experiences 'often' or 'every day'.

Percentage of young people in each group answering "72: Have any of the following happened to you in the last month?" responding yes to any.



Sample	Y6	Y8	Y10	16-18	19-25
M	647	1102	931	1256	184
F	596	984	858	1550	360

Percentage reporting any bullying behaviours, by cluster. Results for Y6 only.



Sample	B & R	Cheadle	HG & B	Heatons	M & W	Central
	212	214	266	133	224	188

NB The questions in the remainder of this section were asked only of the school-age sample.

Places where bullying occurs

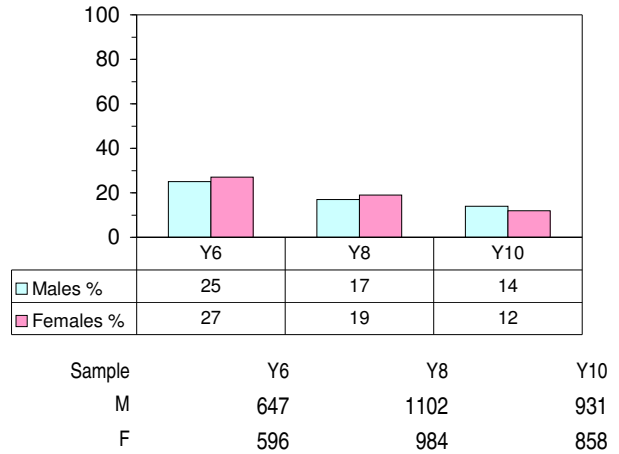
Headline statistics

Pupils who had experienced bullying behaviours were asked where they happened; the most common sites reported were *At or near home*, *In a classroom* and *Outside at school*.

At or near home was reported by 20% of Y6 pupils but fewer than 10% of secondary pupils.

There is a more steady decline for *Outside at school* (see chart).

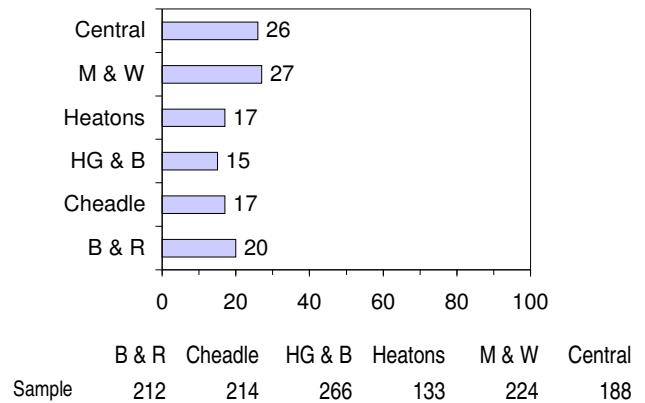
Percentage of young people in each group answering "75: Where did they happen?" responding "Outside at school"



Cluster differences

There were significant differences in reports of *At or near home* between clusters, with pupils in Y6 living in Stockport Central and Marple & Werneth recording higher levels than did those in other clusters.

Percentage bullied "At or near home", by cluster. Results for Y6 only.



Comparison with YPi2007 sample

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. A comparable question was asked about sites of bullying behaviours; and for the Y6 pupils who report such experiences 'often' or 'every day' the three most common sites were the same, *At or near home*, *In a classroom* and *Outside at school*.

Reasons for being bullied

Headline statistics

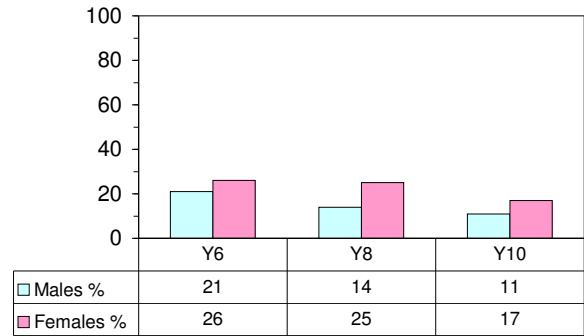
Pupils were asked for what reasons they think they are being picked on or bullied.

The most common reasons for being bullied recorded were *Size/weight* and *The way you look*, with percentages between 10% and 20% for all school age groups.

Other reasons fell below 10%, with most being below 5% in all age groups; these included *The clothes you wear*, *Your colour, race or religion*, *Your sexuality (being gay, lesbian or bisexual)*, and *A disability*.

The proportions reporting *The way you look* are shown in the chart.

Percentage of young people in each group answering "76: Do you think you are being picked on or bullied for any of the following?" responding "The way you look"



Sample	Y6	Y8	Y10
M	647	1102	931
F	596	984	858

Comparison with YPi2007 sample

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. A comparable question was asked about reasons for being picked on or bullied; for the Y6 pupils who report being bullied, the two most common sites were the same, *Size/weight* and *The way you look*.

Fear of bullying

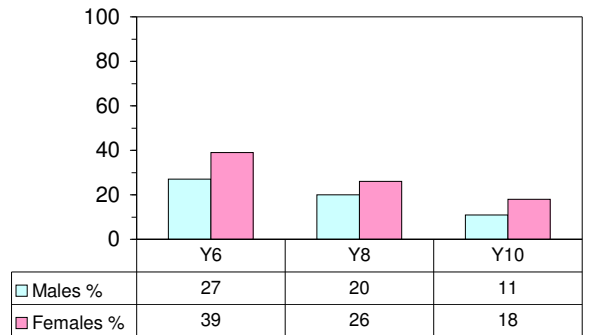
Headline statistics

Pupils were asked if they ever feel afraid of going to school because of bullying.

About a third of primary school pupils said they felt afraid of going to school because of bullying at least *sometimes*; this proportion declined to less than a quarter of Y8 pupils and even fewer Y10s.

More females than males expressed some fear of going to school because of bullying.

Percentage of young people in each group answering "77: Do you ever feel afraid of going to school because of bullying?" responding "[At least sometimes]"



Sample	Y6	Y8	Y10
M	647	1102	931
F	571	873	780

Comparison with YPi2007 sample

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. The same question was asked about fear of going to school because of bullying.

The results for secondary pupils in the wider SHEU sample seem to indicate more fear of bullying, with at least 5% more of each group saying they are afraid to go to school because of bullying at least sometimes than we see in Stockport.

School response to bullying

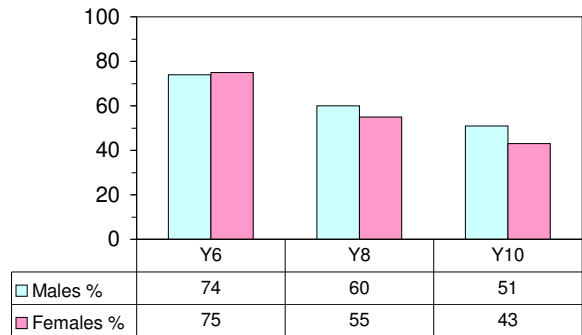
Headline statistics

Over 3/4 of Y6 pupils are confident that their school takes bullying seriously, but this confidence wanes into Y8 and further declines in Y10 where it is less than half.

Males in secondary schools were more likely than females to think their school takes bullying seriously.

The pupils not answering Yes are divided between *No* and *Don't know*, with fewer declaring *No*.

Percentage of young people in each group answering "78: Do you think your school takes bullying seriously?" responding "Yes"

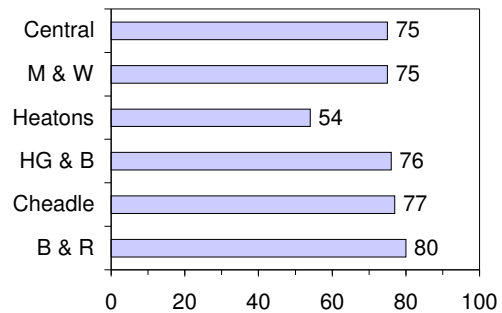


Sample	Y6	Y8	Y10
M	624	908	788
F	574	882	791

Cluster differences

There was an apparently anomalous result for Heaton's pupils in the confidence of Y6 pupils that their schools take bullying seriously, but this did not quite achieve statistical significance with this sample size.

Percentage whose schools take bullying seriously, by cluster. Results for Y6 only.



	B & R	Cheadle	HG & B	Heaton's	M & W	Central
Sample	210	208	247	123	221	183

Bullying at school

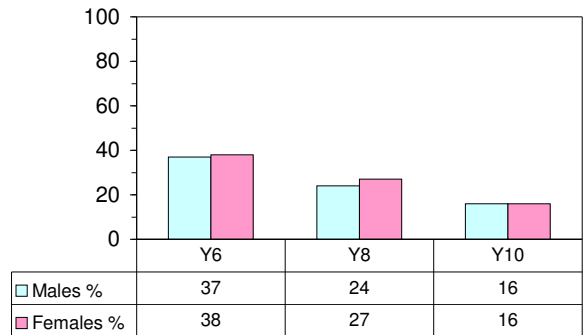
Headline statistics

Pupils were asked if they had been bullied at school in the last 12 months.

Over a third of Y6 pupils said they had been bullied at school in the last 12 months; this proportion was about a quarter in Y8 and even lower in Y10.

This question was identified by the Government as a target in early issues of the *Every Child Matters* outcome documentation.

Percentage of young people in each group answering "79: Have you been bullied at school in the last 12 months?" responding "Yes"



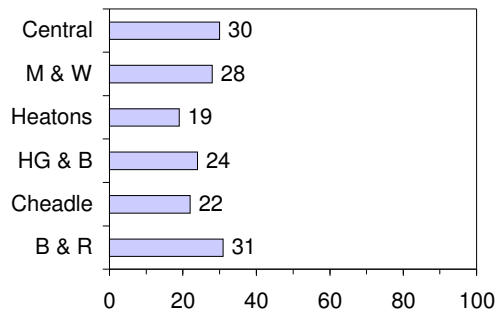
Sample	Y6	Y8	Y10
M	625	906	786
F	574	880	786

Cluster differences

There were significant differences in reports of being bullied at school in the last year between clusters; Heaton's pupils in Y8 record a lower level than do pupils in other clusters.

There was no dip in Heaton's for Y6 (see previous page).

Percentage being bullied at school in the last year, by cluster. Results for Y8 only.



Sample	B & R	Cheadle	HG & B	Heaton's	M & W	Central
	320	375	371	199	371	435

Comparison with YPi2007 sample

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. The same question was asked about being bullied. The results for primary pupils in this wider sample seem lower, with about 25% saying they have been bullied at school in the last 12 months.



Links

Links were found with other background factors for this question.

37% of Y6 pupils say they have been bullied at school in the last 12 months. For young people in the same age group with single-parent or re-partnered families, the figure was 40%.

22% of Y8 pupils say they have been bullied at school in the last 12 months. For young people in the same age group from ethnic minorities, the figure was 26%.

14% of Y10 pupils say they have been bullied at school in the last 12 months. For young people in the same age group with a disability or long-term illness, the figure was 21%*. For Y10 pupils who have free school meals, the figure was 27%. For Y10 pupils with low self-esteem, the figure was a remarkable 36%*.

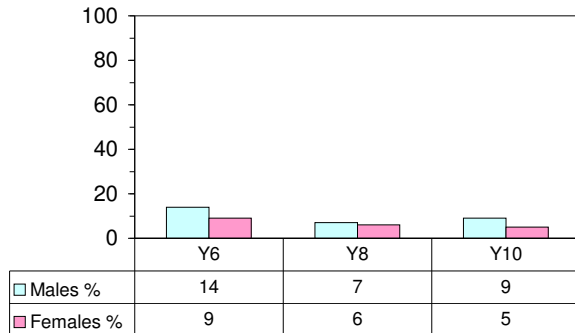
* Association also found in other age groups

This low self-esteem associated with being bullied could be either a consequence of bullying or a feature of personality that may attract bullying, or, of course, both. Self-esteem also features as a correlate on the next page.

Bullying others

Headline statistics

Percentage of young people in each group answering "80: Have you bullied anyone else at school in the last 12 months?" responding "Yes"



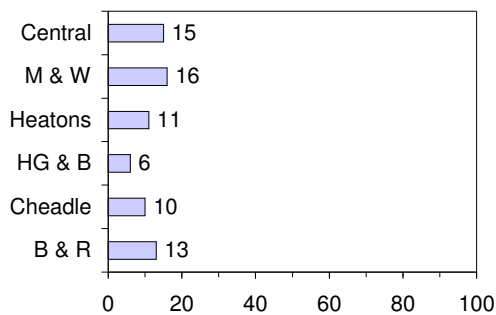
The proportion of pupils who said they had bullied anyone else at school in the last year was less than 10%; the figures for Y6 were highest and those for Y10 were lowest. These figures are consistent with the fall in accounts of bullying as pupils progress through school

Males were slightly more likely than females to report bullying in each age group.

Sample	Y6	Y8	Y10
M	620	915	786
F	575	879	786

Cluster differences

Percentage bullying others at school, by cluster. Results for Y6 only.



There were significant differences in reports of bullying others between clusters, with Hazel Grove & Bramhall pupils in Y6 reporting it with lower frequency than pupils in other clusters.

81: Do you think others may fear going to school because of you?

The proportions answering yes were very small among all groups of pupils (less than 5%), and no significant trends or differences between clusters could be discerned

	B & R	Cheadle	HG & B	Heatons	M & W	Central
Sample	209	208	245	122	221	184

Comparison with YPi2007 sample.

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. The same question was asked about bullying others. The results for Y6 pupils in this wider sample seem higher, with about 25% saying they have bullied someone else at school in the last 12 months. This sits in contrast with figures on the previous page, which suggested that bullying was more common in Stockport than in this wider sample.



Links

Links were found with other background factors for this question.

11% of Y6 pupils say they have bullied someone at school in the last 12 months. For young people in the same age group with low self-esteem, the figure was 16%*.

6% of Y8 pupils say they have bullied someone at school in the last 12 months. For young people in the same age group with a disability or long-term illness, the figure was 12%*.

* Association also found in other age groups

General comments about bullying



As young people grow older, they are less likely to report aggressive and bullying behaviours, but it is disappointing to see over a third of the 19-25yo still experiencing recent aggression.

Only a half at most of Y10 pupils say their school takes bullying seriously, but it should be remembered that many pupils will not have experience of the way their schools respond and say *Don't know* instead.



Emotional wellbeing

What is emotional wellbeing?

Emotional wellbeing – or good mental health – underpins all activities that children and young people engage in: learning; playing; interacting socially; communicating; and forming relationships.

Emotional wellbeing is an integral part of life and its promotion and care should be integral to all agencies working with children and young people.

Agencies need to ensure that all three of the following are addressed:

- ◆ Mental health promotion for all
- ◆ Prevention of mental health difficulties for vulnerable groups e.g. looked after and accommodated children, children of homeless families, children with chronic illness
- ◆ Ensuring that those children and young people who are mentally ill have adequate services to improve and maintain their mental health and wellbeing.

What we know about children and young people's mental health

It is not straightforward to gauge the mental health of our children and young people and the 2002 survey did not include questions about mental health. However, what we do know tends to measure rates of mental health problems rather than the degree of positive mental health or wellbeing. From this national data it is argued our children's and young people's mental health is currently in decline.

Among teenagers, rates of depression and anxiety have increased by 70% in the last 25 years. Estimates vary, but research suggests that 20% of children have a mental health problem in any given year and about 10% at any one time.

What is Stockport doing to promote, prevent and care for children's and young people's mental health and wellbeing?

Stockport's child and adolescent mental health services (CAMHS) promote the mental health and psychological wellbeing of children and young people, and provide services to all children and young people with mental health problems and disorders to ensure effective assessment, treatment and support, for them and their families.

The Primary Behaviour Support Service supports all primary schools in Stockport in their delivery of the Social and Emotional aspects of learning curriculum. In addition, in collaboration with the multi-agency mental health team they provide training for staff groups in promotion of positive emotional health and well being. This can be followed up with support for parents and groups of children with school staff supporting follow up sessions.

Secondary Jigsaw is a multidisciplinary mental health team who work across all the secondary schools in Stockport as part of the wider Core and Community CAMHS provision. The Team provides 1-1 support for students, family and small group interventions.

The Stockport Healthy Schools Programme is working to achieve the national target that 75% of schools achieve National Healthy School Status by December 2009, which includes the achievement of the Emotional Health and Wellbeing criteria.

A range of further support services is available to young people in Stockport, such as the online counseling site, Kooth.Com and Central Youth. [See also the next section.]

Worries

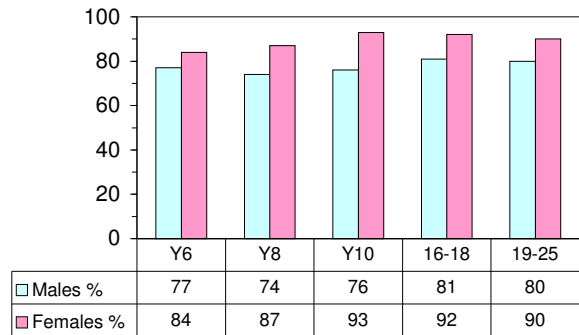
Headline statistics

Most young people are worried about something, with around 4/5 of all respondents saying that they worry *quite a lot* or a *lot* about at least one item on a list of issues.

Older groups are more likely to be worried about something than the younger groups.

Females are more likely than males to say that they worry about something at least *quite a lot*.

Percentage of young people in each group answering "34: How much do you worry about the issues listed below?" responding "Quite a lot/A lot" to any item



Sample	Y6	Y8	Y10	16-18	19-25
M	647	1102	931	1256	184
F	596	984	858	1550	360

The worries most likely to feature in the top 5 for each age group is different; the items receiving the most responses of quite a lot or a lot are shown in the table opposite.

Death or illness of family members is a concern for most groups, as is *the way you look and your health*.

The responses of *School work* and *Exams and tests* were combined in to one single option for Y6 pupils.

Percentage of young people in each group answering "34: How much do you worry about the issues listed below?"; top 5 items with 'quite a lot'/'a lot' responses

	Y6	Y8	Y10	16-18	19-25
Money problems	14	18	24	41	53
The way you look	26	38	44	48	47
"School-work"/"Study or work" problems**	30	18	28	46	38
Death / illness in family	55	48	45	39	38
Your health	33	34	29	31	33
Exams and tests	*	39	50	55	28
Parents/carers not getting on	27	22	21	16	14
Problems with friends	24	29	29	15	12
Parents/carers splitting up	32	23	20	14	11

	Y6	Y8	Y10	16-18	19-25
Sample	1243	2086	1809	2806	544

* Not asked in this age group

** Different phrasing for different age groups

Comparison with Tellus2 survey

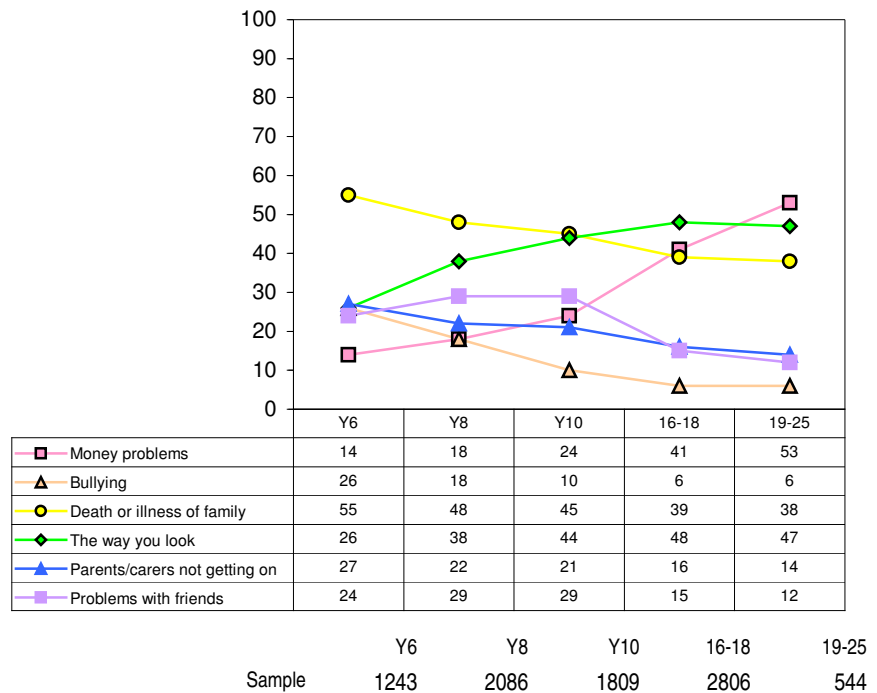
A related question was asked of young people in Stockport schools as part of the Tellus2 survey, a national survey of pupils in different local authorities. Pupils were asked *which issues do you worry about the most?*, and in Stockport 52% named *Exams*, 40% *Friendships*, 35% *Being healthy* and 34% *Money*.

Some issues increase in salience as young people get older, while others decline; some of these are among the most important worries listed above. There are obvious increases in worrying about *The way you look* and *Money* with age; worries about *Bullying*, *Death or illness of family members*, conflicts between *parents/carers* and *problems with friends* all decline in importance as we go up through the age groups.

Percentage of young people in each group answering 34b: Worry about other things?

The list of other worries mentioned is rather long, but none reached more than 2% of any age group. The 2% figure was reached by just one item, *my children*, for the 19-25 year-olds

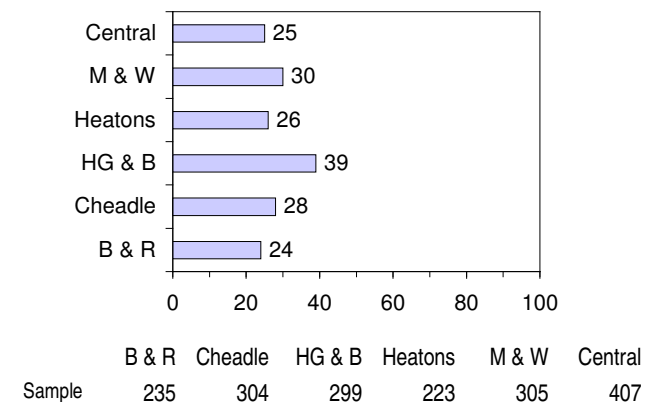
Percentage of young people in each group answering "34: How much do you worry about the issues listed below?" responding "Quite a lot/a lot" to different items



Cluster differences

There were significant differences in reports of *Worry about School work* between clusters, with Hazel Grove & Bramhall residents worrying most and Brinnington & Reddish residents worrying least about this item.

Percentage worrying quite a lot or a lot about school work, by cluster. Results for Y10 only.



Comparison with YPi2007 sample

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. The same question was asked about worries, but with rather a different list, so any differences should not be over-interpreted.

Such differences as can be seen with the wider SHEU sample suggest that young people in Stockport are more worried about *School work problems* and about *exams and tests*, with 5-15% more of young people in Stockport reporting being worried at least quite a lot about these issues.



Links

Links were found with other background factors for this question.

80% of Y6 pupils say they worry about at least one issue quite a lot or a lot. For young people in the same age group who get free school meals, the figure was 84%

80% of Y8 pupils say they worry about at least one issue quite a lot or a lot. For young people in the same age group with single-parent or re-partnered families, the figure was 86%*.

85% of Y10 pupils say they worry about at least one issue quite a lot or a lot. For young people in the same age group with a disability or long-term illness the figure was 90%* and if they had low self-esteem, the figure was 95%*.

* Association also found in other age groups

Support for problems

Headline statistics

Young people were asked to report where or to whom they would go *first* for support and advice on a range of problems. There is a very great deal of information available on this topic, of which only a few statistics have been extracted for this report.

Family is the first port of call for support for most young people for most problems, attracting the majority of votes for the majority of problems, with *friends* being the major alternative.

There are some peaks for particular issues for certain topics; for example, *someone at school/college* scored top with young people for problems like *Exams and tests* and was a significant proportion of support identified for *Bullying*. Also unsurprisingly, a *doctor or nurse* was the first support thought of for *health problems* (including *sexually transmitted infections*).

For problems within the family (e.g. *parents/carers splitting up* or *not getting on with each other*), *friends* were the most common support, with about 40% of young people saying they would go first to a friend. Friends were overwhelmingly the most common choice of support for *Relationship with boy/girlfriend*.

No-one/nowhere/keep it to myself was an option chosen by a fifth or more of young people for problems within the family.

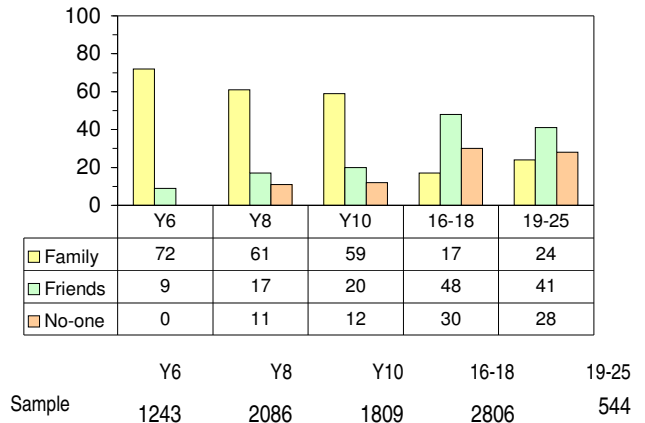
This was an option much more likely to be chosen by males than by females. For example, the proportion responding this way for *Death or illness of family members* was 39% among 19-25yo males and 23% among females in the same age group.

Books and magazines, telephone helplines and the internet were unpopular as the first ports of call for advice and support.

Percentage of young people in each group answering 35b: If you would go to some other source of support for any of these issues, please describe the person or place?

The list of other sources of support was quite long, although no single item attracted more than 1% of any one age group.

Percentage of young people in each group answering "35: If you needed help or information about the following where would you go first? *Death or illness of family members*" responding "Family", "Friends", or "No-one/nowhere/keep it to myself"



Satisfaction

Headline statistics

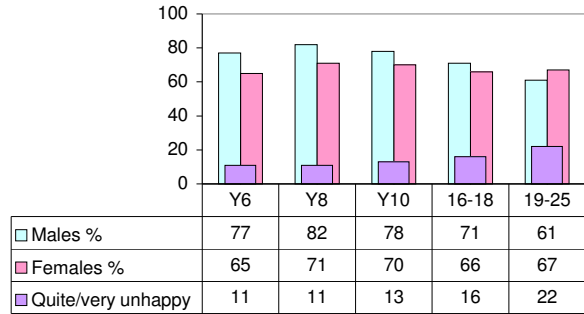
Young people were asked to describe how happy they were with their lives. 73% describe themselves as *quite happy* or *very happy*; 5% of all respondents report that they are *very unhappy*.

The proportion responding *quite unhappy* or *very unhappy* increases markedly with age. More respondents report that they are *quite unhappy* than *very unhappy*.

Whilst 40% of the Y6 group are *very happy*, with only 11% describing themselves as *quite/very unhappy*, these figures shift to 20% and 16% respectively amongst the 19-25 year olds

In Years 8 and 10, males respond with *very happy* more often than do females, but this difference is not found in other age groups.

Percentage of young people in each group answering "36: In general how happy do you feel with your life at the moment?" responding "quite/very happy", by sex (all young people 'quite/very unhappy' also shown)



Sample	Y6	Y8	Y10	16-18	19-25
M	638	1052	896	1230	175
F	592	965	842	1522	348

Comparison with YPi2007 sample

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. A similar question was asked in Y8 and Y10 about *how satisfied* young people were with their lives; about 60% said they were *quite a lot* or *a lot* satisfied and there was a gender difference similar to the one seen above where males in secondary school seem more comfortable than females.

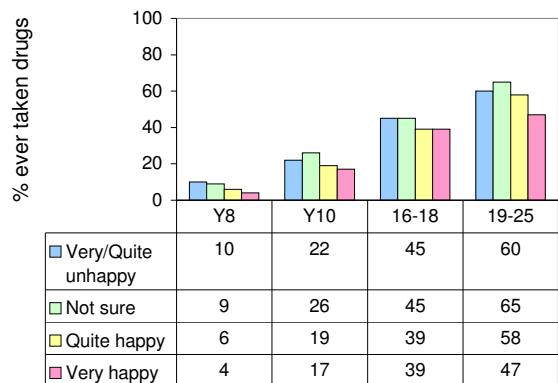


Links

We know from other work by SHEU that a similar question can be related to experimentation with drugs, and this analysis has been repeated here.

There is a small but distinct increase in drug experimentation in all age groups among those young people who are *unhappy* or *uncertain* about their life in general.

Percentage of young people in each age group who have ever taken drugs by each answer to "36: In general how happy do you feel with your life at the moment?"



SAMPLE	Y8	Y10	16-18	19-25
Very/Quite unhappy	219	214	482	113
Not sure	242	239	387	71
Quite happy	792	756	1235	236
Very happy	764	529	648	103

Self-esteem

Headline statistics

We wanted to measure young people's levels of self-esteem. To do this, the questionnaire had a list of items derived from the LAWSEQ self-esteem scale. Items from the list are combined to make a score between 0 and 18, where 18 indicated the highest self esteem. Scores were put into four brackets, the highest being 15-18, and anything below 9 being classed as low. The four categories are: high self esteem, medium-high, medium-low and low. 39% of all respondents scored with high self esteem, 41% score medium-high and 20% score with medium-low or low self-esteem.

The proportion with lower self-esteem scores in each age group and sex are shown in the chart.

Females of all age groups are more likely than males to score in the lower brackets of self-esteem scores.

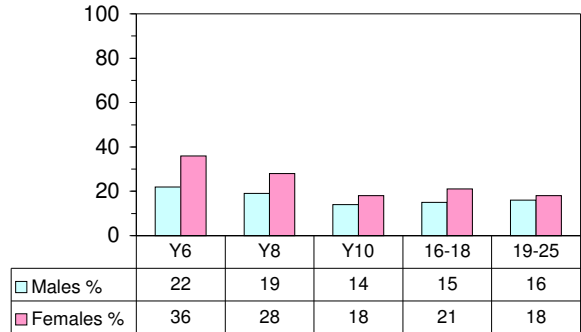
There is a general trend of increasing self-esteem during school years which does not seem to persist after 16 years of age.

Cluster differences

There were significant differences in reports of self-esteem between clusters, with residents Marple & Werneth and Brinnington & Reddish in Y6 showing rather higher proportions reaching the lowest-scoring brackets of self-esteem, while Y6 pupils in Cheadle and Heatons are the least likely to score so low.

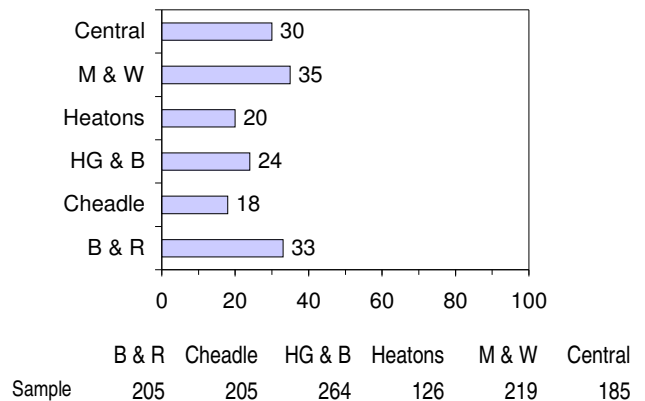
These differences are not to be found in older age groups.

Percentage of young people in each group scoring in the lower brackets of self-esteem



Sample	Y6	Y8	Y10	16-18	19-25
M	622	1031	887	1231	176
F	588	952	841	1515	345

Percentage with LOW self-esteem, by cluster. Results for Y6 only.



Comparison with YPi2007 sample

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. The same question was asked about self-esteem, and it seems that young people in secondary schools in Stockport are more likely to score in the highest bracket of self-esteem, with at least 5% more in each group reaching this criterion.



Links

Low self-esteem was found to be linked with items from several other areas of the survey, including not being physically active, wanting to do more physical activity, being bullied at school in the last year, bullying someone else at school in the last year, and worrying a lot about something.

General comments about emotional well-being



73% of young people in report that they are quite happy or very happy with their lives. However, 5% report that they are very unhappy and levels of unhappiness increase markedly with age.

Most respondents (80%) report high or medium-high levels of self-esteem. However, 20% score with medium low or low self esteem, with females more likely to score in the lower brackets of self-esteem than males.

Most young people (⁴/₅) say that they worry quite a lot or a lot about at least one item on a list of issues with the major concerns including *death or illness of family members, the way you look and your health*.

Young people report that when seeking support and advice on a range of problems, their first port of call is their family with friends being the major alternative.



Access to services

There are a range of services in Stockport that young people can access which provide information, advice, treatment or access to treatment, and support for health, wellbeing or lifestyle issues. Young people were asked in the survey to answer questions on their knowledge of, use of and perception of the role of the following services: Family Planning Clinics, MOSAIC-schools-based service, MOSAIC-other services, Central Youth, Kooth.com, URsorted.com, Child and Adult Mental Health Services, the Youth Service and Connexions.

Contact details for those wishing to find out more about these services can be found below:

Family Planning Clinics

Tel: Anne Heath on 0161 426 5298 or email anne.heath@stockport-pct.nhs.uk

MOSAIC service (Stockport Young People's Drug and Alcohol Service)

Tel: 0161 480 5939

Email: mosaic@stockport.gov.uk

MOSAIC school based service (MIB)

Tel: 0161 429 7677

Central Youth

Advice, information, counselling and sexual health service for young people aged 11-25.

Tel: 0161 480 9600

Kooth.com

Free online advice for young people

www.kooth.com

URsorted.com

Directory of services for children and young people

Tel: 0161 474 3178

Email: ursorted@stockport.gov.uk

Child and Adolescent Mental Health Services (CAMHS)

Tel: 0161 419 2053

Stockport Youth Service

Tel: 0161 474 4438

Connexions Stockport

Tel: 0161 475 7700

Access to services

The following charts and graphs show the answers for all the survey respondents aged 14 and older.

Headline statistics

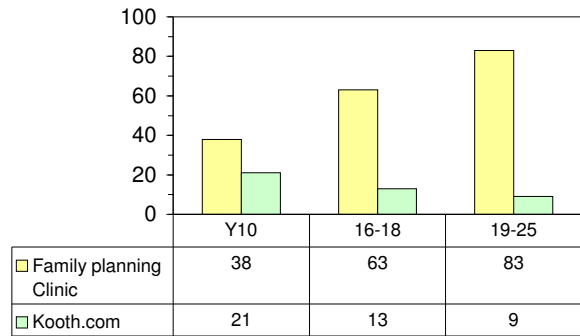
A list of services was offered to the young people in Y10 and older with a choice of descriptions of their knowledge and use of each service. Options were *Never heard of it*, *Heard of it but don't know what it is*, *Know what it is* and *I have used this service*.

A related question, also offered to Y10 and older, investigated young people's perceptions of which issues the different services were offering. The list of services and issues was laid out as a grid.

It comes as no surprise to see that awareness and use of the different services changes with advancing age. For example, the chart opposite shows results for two services with contrasting trends.

The least well-known services were the websites URsorted.com and Kooth.com, with over half of all respondents responding simply that they had never heard of them.

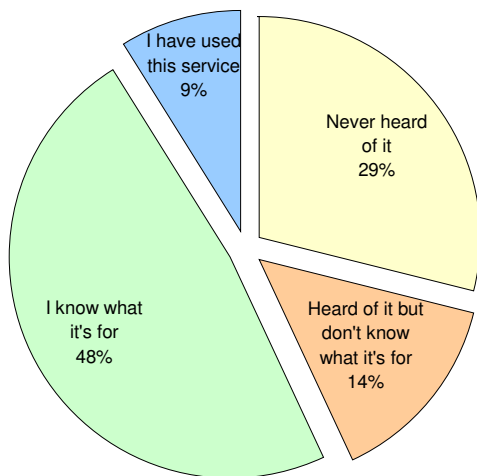
Percentage of young people in each group answering "73: For each of the following services which best describes your knowledge or use?" responding "I know what it's for" or "I have used this service"



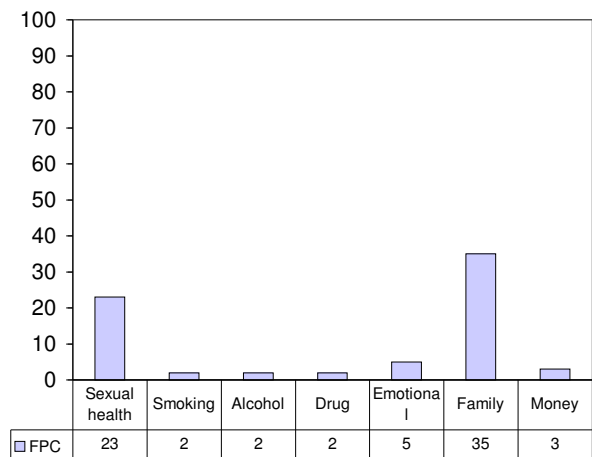
Sample	Y10	16-18	19-25
FPC	1511	2521	489
Kooth	1511	2488	478

For the 16-18 age group, *Connexions* was the best known, with 93% saying they either *have used it* or *knowing what it was for*.

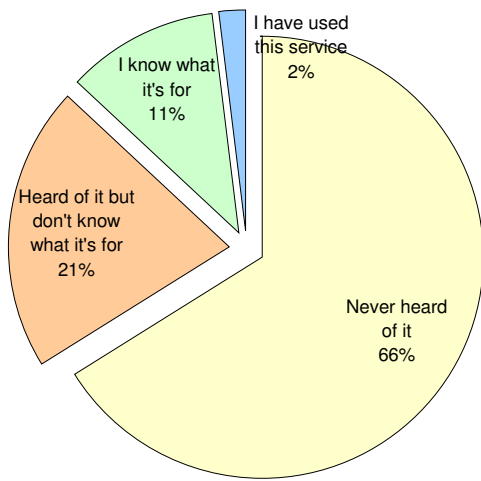
Percentages responding to question about awareness of Family Planning Clinic service (Sample = 4521)



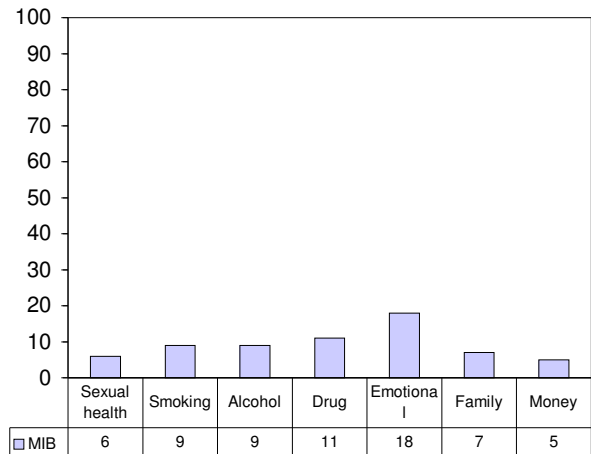
Percentages giving different issues as being dealt with by Family Planning Clinic service.



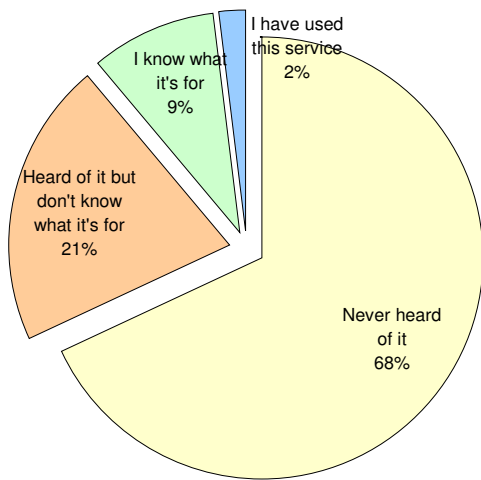
Percentages responding to question about awareness of MOSAIC school-based service (MIB) service (Sample = 4490).



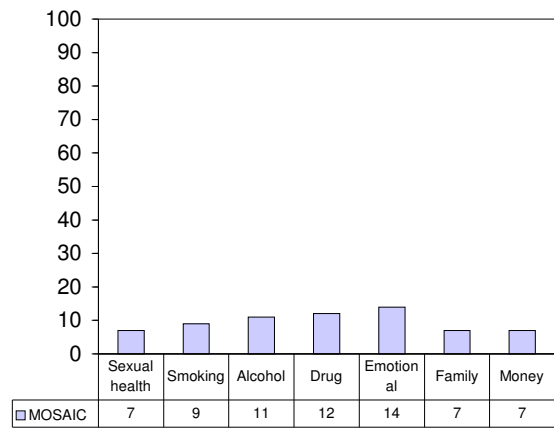
Percentages giving different issues as being dealt with by MOSAIC school-based service (MIB).



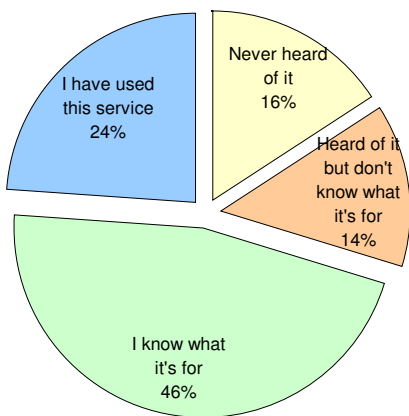
Percentages responding to question about awareness of MOSAIC service (Sample = 4450)



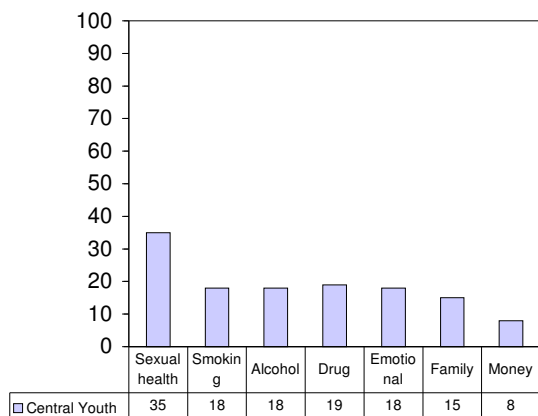
Percentages giving different issues as being dealt with by MOSAIC service.



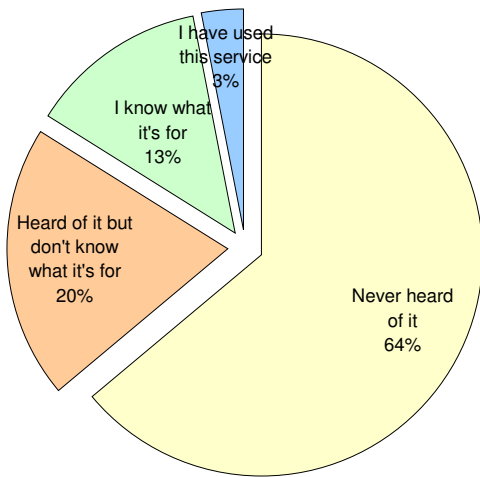
Percentages responding to question about awareness of Central Youth service (Sample = 4523)



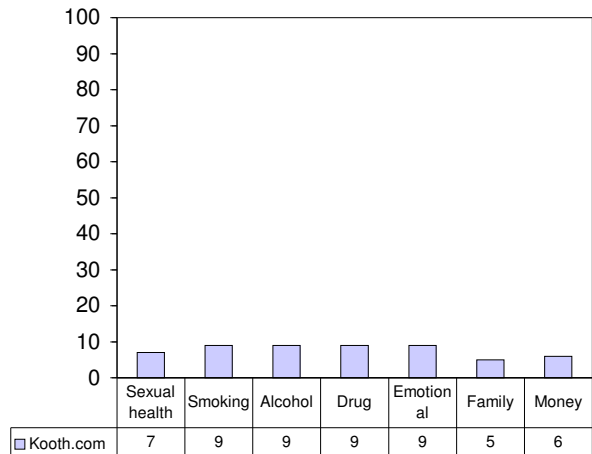
Percentages giving different issues as being dealt with by Central Youth service.



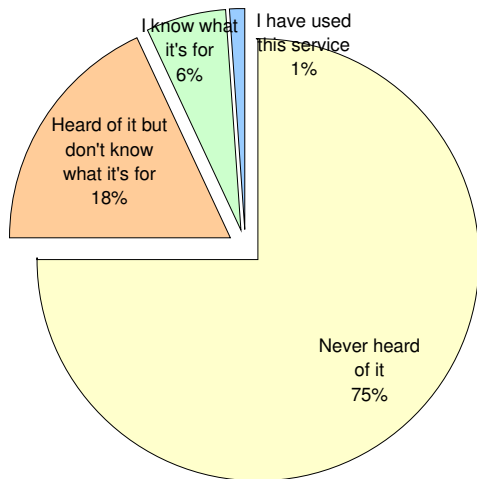
Percentages responding to question about awareness of Kooth.com service (Sample = 4477)



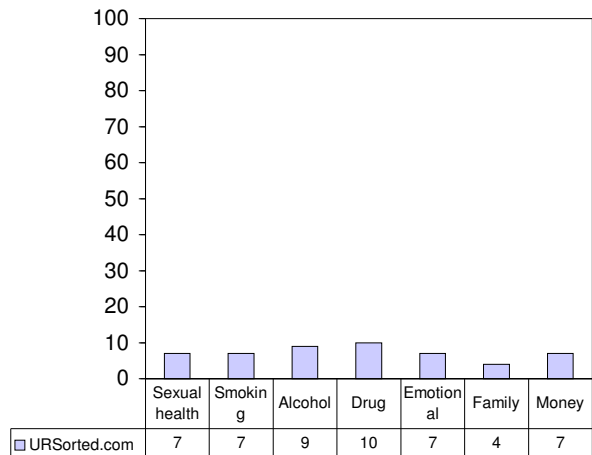
Percentages giving different issues as being dealt with by Kooth.com service.



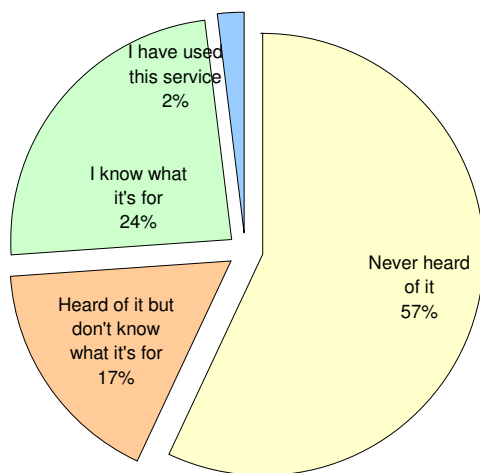
Percentages responding to question about awareness of URsorted.com service (Sample = 4471).



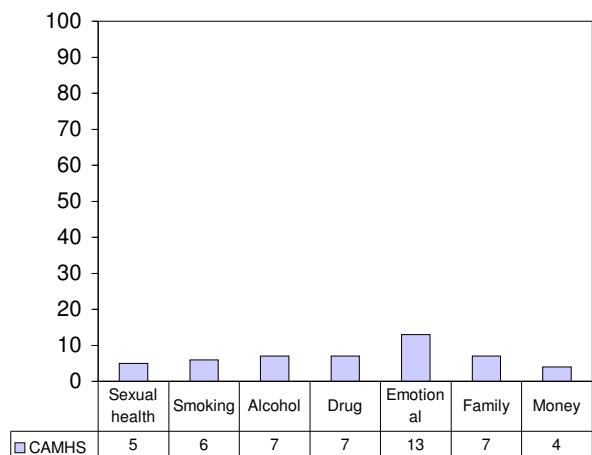
Percentages giving different issues as being dealt with by URsorted.com service.



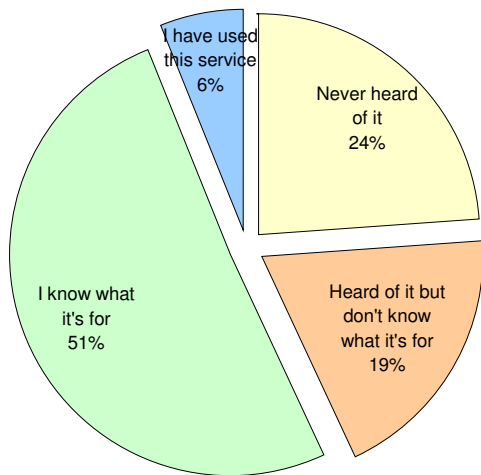
Percentages responding to question about awareness of Child and Adolescent Mental Health Services (CAMHS) service (Sample = 4436)



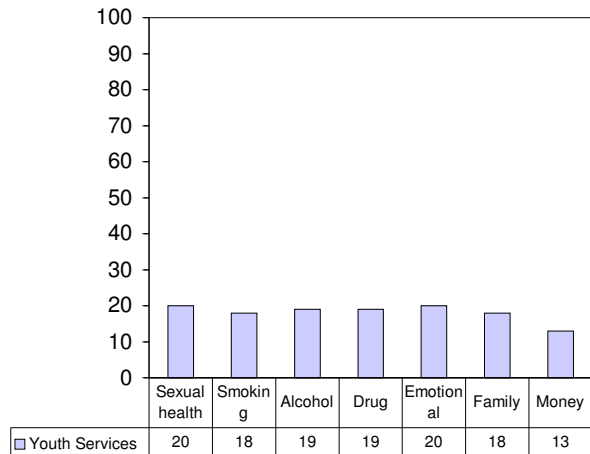
Percentages giving different issues as being dealt with by CAMHS service.



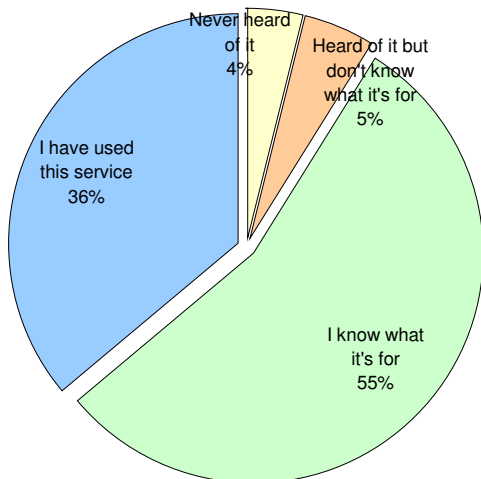
Percentages responding to question about awareness of Youth Service (Sample = 4448)



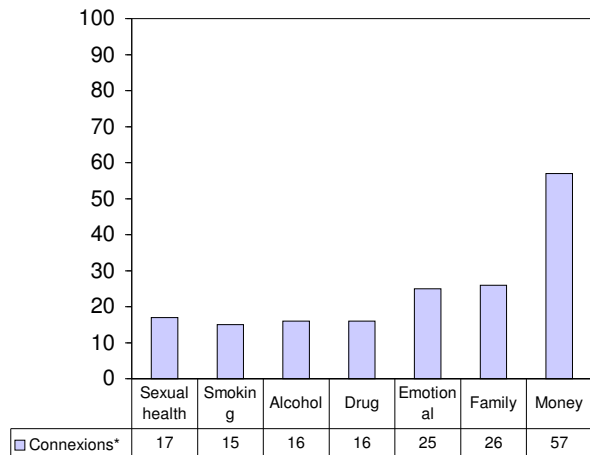
Percentages giving different issues as being dealt with by Youth Service.



Percentages responding to question about awareness of Connexions service (Sample = 3010; *16-25yo only).



Percentages giving different issues as being dealt with by Connexions service (*16-25yo only).



The results show that awareness of 'universal' and well-established services, e.g. Connexions and Central Youth, is greater than that of specialist local services such as MOSAIC. It may be suggested that young people find out about specialist services as and when they need them.

Responses around the issues dealt with by each service do not always reflect the main purpose of the service. However, the range of issues chosen may be due to the fact that it is increasingly the aim for young people's services to deal with most issues presented to them, rather than referring on to several different services.

Comparison with 2002

A related question was asked in 2002 about using a service for sexual health support or advice. In 2002, the proportions of young people saying they had not heard of *Central Youth* were 25% in Y10, 15% in 16-18yo and 13% in 19-25yo; the figures for *Family Planning* were respectively 28%, 8% and 1%. Figures for 2008 in the same three age groups were: *Central Youth*: 18%, 13% and 20%; *Family Planning Clinic*: 43%, 23% and 10%

These results do not suggest that awareness of *Central Youth* is very different in 2008.

However, awareness of the Family Planning Clinic has declined since 2002.

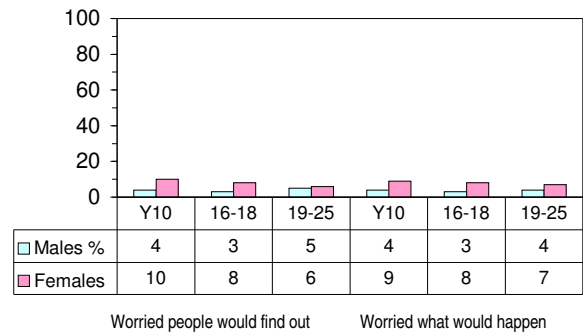
Barriers to using services

Headline statistics

The two most common reasons given were *I got help somewhere else* and *The problem went away*, which attracted very many more votes than other reasons in the list. The third most common reason was *I did not have enough time*.

Items where there may be something to be done to improve awareness were *I did not know where to go* (about 4% of the whole sample), *I was worried what might happen* (6%) and *I was worried people might find out* (6%). The latter reasons were reported more often by females than males in all age groups (see chart).

Percentage of young people in each group answering "75: If you have thought about using any of these services but did not why didn't you go?" responding "Worried about what might happen" or "Worried people might find out"



Sample	Y10	16-18	19-25
M	856	1256	184
F	803	1550	360

General comments about access to services

“ Knowledge and understanding of the role of support services differs from services to service. Young people reported the greatest awareness of the Family Planning Clinic, Connexions, Central Youth and the Youth Service. However, large proportions reported never having heard of the MOSAIC School Based Service, the MOSAIC service and the two local websites URsorted.com and Kooth.com

When asked why they may not have used such services, the most common reasons given by young people were that they got help somewhere else* or the problem went away rather than there was a particular barrier to using services.



* Young people report that they are most likely to turn to their family for support with most problems, with friends being the main alternative.

Healthy Eating

Benefits of healthy diet and recommendations for health

A healthy diet is important to maintain the health of young people, providing the nutrients for growing bodies and the energy for daily activities. A healthy diet has a balance of nutritious foods including fruit, vegetables and whole grains, and a minimum of sugary, salty and fatty foods. Diet is important for long-term health particularly affecting the risk of cancer, heart disease and diabetes, but healthier eating can be important for short-term wellbeing too, with improved diets being linked to improvements in sleep patterns, wellbeing, concentration and behaviour.

Obesity and overweight is increasing amongst young people; excess calories over the energy needed for regular activities contribute to weight gain, with these calories coming from larger portion sizes, and increased consumption of sugary and fatty snacks and sweetened drinks.

Dietary recommendations are complex and vary according to age, focusing on reducing energy intake to maintain a healthy weight, reducing total fat intake and the proportion of saturated fat, reducing salt, and reducing the amount of red meat, whilst increasing fruit and vegetables, oily fish and dietary fibre. Advice for a healthy diet includes eating breakfast, which establishes the body's metabolic rate for the day and reduces the likelihood of snacking, drinking more water rather than sweetened or fizzy drinks, and eating five portions of fruit and vegetables per day.

National trends

The Food Standards Agency reports that the English diet contains 50% more saturated fat and more salt than recommended, and only half the oily fish and two-thirds of the fibre. In particular, children and young people in England eat only a quarter of the fruit and vegetables recommended, but more than twice the salt intake and 50% more saturated fat and sugar than recommended. Teenagers do not receive sufficient calcium and iron in their diets for their growth needs.

Fruit and vegetable intake averages less than three portions a day. Whilst this is slowly increasing, there are significant inequalities with people from manual groups tending to eat only half as much as people from professional groups.

National and local priorities

Local priorities are set within the Stockport Food and Health Strategy. In line with national priorities the main focus for improving the diet of children and young people is improving the food eaten within the school day: the **Stockport Healthy Schools Programme** is working to achieve the national target that 75% of schools achieve **National Healthy School Status** by December 2009, which includes the achievement of the healthy eating criteria. Stockport is strongly committed to improving school meals in line with new national standards, to increasing the number of pupils taking school meals, and to the **national school fruit and vegetable scheme**. The local **Breakfast Club** project is committed to providing a healthy breakfast to Primary-age school children, with extra support offered to all schools where more than 20% pupils receive free school meals. The Food in Schools programme is overseen by a multi-agency **Food in Schools** group.

Outside the school setting local food work concentrates on pre-school-age children, but the **Stockport Community Food Team** delivers local commitments to improving the whole family's diet through education and cooking skills in community settings, particularly focused on Children's Centres in more deprived parts of the area.

For further information on young people and healthy eating, contact:

Jane Jefferson, Public Health Specialist, on 0161 426 5090

5-a-day

Headline statistics

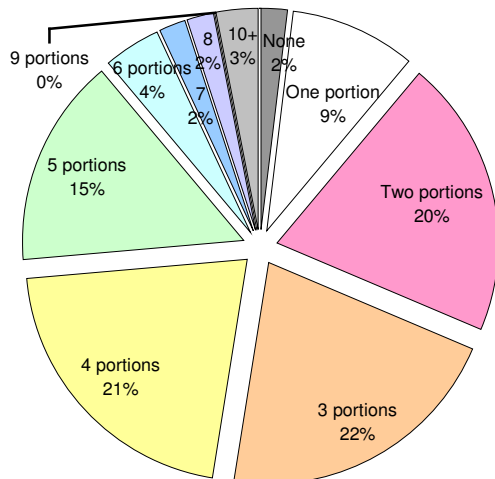
At least 10% of all groups say they eat at least 5 portions of fruit and vegetables a day (the current recommendation).

This proportion declines with age; over a quarter of Y6 pupils eat 5-a-day but the figure for the oldest group is barely over 10%.

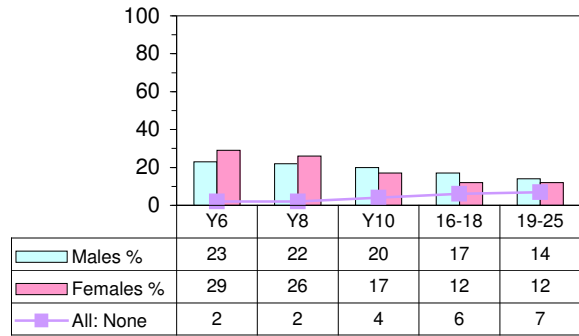
Among the younger age groups, more females than males report reaching this threshold, while among the older groups we see more males than females.

The proportion of young people who say that as a rule they eat no fruit or vegetables rises from 2% of Y6 pupils to 7% of 19-25yo.

Percentages of Y6 pupils reporting frequency of consumption of portions of fruit/veg. (Sample = 1010).



Percentage of young people in each group answering "39: On average, how many portions of FRUIT and VEGETABLES do you eat a day?" responding "5 or more" by gender, and those responding "None"



Sample	Y6	Y8	Y10	16-18	19-25
M	505	835	790	1121	167
F	505	833	783	1426	321

Comparison with 2006 Stockport Adult Lifestyle Survey

An Adult Lifestyle Survey, including a sample of 18-25yo, was carried out in 2006, with some overlapping topics. 8% of these young people report eating 5-a-day, which is rather lower than the present sample.

Comparison with Health Survey for England

Comparisons have been made with figures from *Health Survey for England* (ONS) 2006, which shows that the percentage of children aged 5-15 eating 5 portions of fruit and vegetables a day is 19% of boys and 22% for girls, which suggests that more pupils in Stockport are achieving 5 a day than the general population. There are also fewer pupils in Stockport who eat *none at all* (2% in year 6) compared with 7% of boys and 6% of girls aged 5-15 in the general population.



Links

Links were found with other background factors for this question.

15% of young people in Y10 say they eat 5-a-day. For young people in the same age group who have free school meals, the figure was 8%.

Fruit and vegetables

Headline statistics

Most young people who ate these items used the frequency options between once a day and once a week, indicating some cheerful mixing of sources of fruit and vegetables.

Among the types of fruit and vegetable listed, fruit juice is the most popular, with other fruit then vegetables following.

Fully 21% of Y6 pupils said they had *fruit juice* at least 5 times a day or more. With respect to achieving the 5-a-day target, fruit juice counts as only one portion, no matter how much fruit juice you drink, so this enthusiasm may be misguided if the hope is to meet the target through this source alone. More importantly, it may be that Y6 pupils refer to all fruit drinks, including squashes and cordials, as 'juice', even though these are distinguished in the wording of the question. In either case, this figure is worth discussing in schools and homes.

Moreover, fruit juice is both sugary and acidic, and we know that frequent consumption of sugar and acid food and drink during the day is associated with tooth decay.

These reports of drinking juice called attention to the possibility that young people may be over-reliant on just one source of fruit/veg to meet their 5-a-day target, rather than using fruit, fruit juice, salad and vegetables in a more balanced mix. Over 10% of the sample indicated that their achievement of 5-a-day relied to a great extent on just one source of fruit or vegetables.

It should be noted that estimates of eating 5-a-day derived from this set of items exceeds the young people's own declared estimate from the previous question.

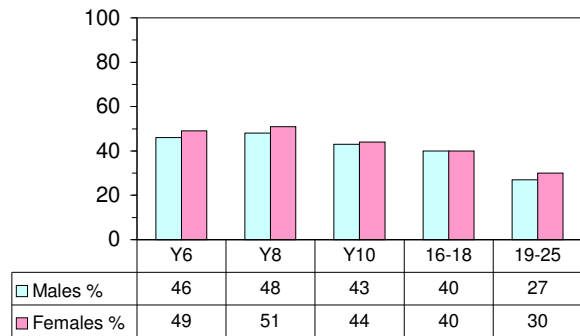
Comparison with 2002

Percentage eating a named item of fruit/vegetables etc., 5 or more times a day 2002 and 2008

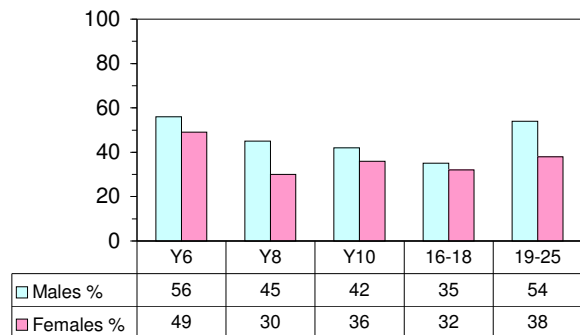
	Fruit	Vegetables or salad	Vegetables	Salad	Year
Y6	3	2			2002
Y6	15		16	6	2008
16-18	2	1			2002
16-18	4		5	2	2008

There is clear indication that eating fruit and vegetables with a frequency of 5-a-day or more has increased since 2002.

Percentage of young people in each group answering "38: How often do you eat a portion of each of the following?" responding "At least once a day" to *Fruit Juice*



Percentage of young people in each group who eat 5 or more portions of fruit and/or veg a day without much of a mixture in the diet.



Sample	Y6	Y8	Y10	16-18	19-25
M	647	1102	931	1256	184
F	596	984	858	1550	360

Breakfast

Headline statistics

The proportion having breakfast declines with age.

There is a marked gender difference that appears in secondary school, where more males than females eat breakfast, but the difference declines thereafter.

The same levels and patterns are seen for the related question about 'usually' eating breakfast.

Comparison with 2002

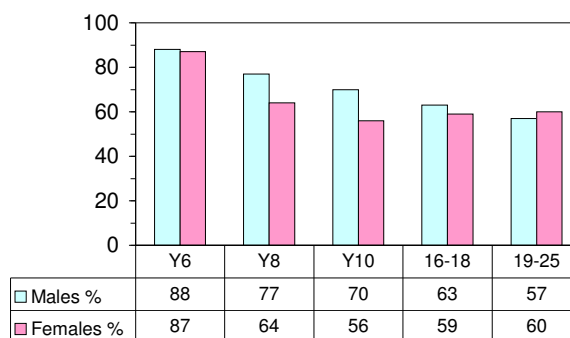
In 2002, the proportions in each age group who said they eat breakfast every day were: Y6 66%, Y8 53%, Y10 50%, 16-18y 46%, 19-25y 38%.

This is a sterner test than 'usually' so the results are not strictly comparable.

Comparison with YPi2007 sample

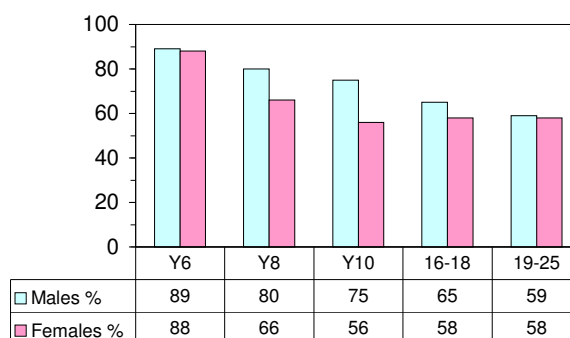
Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. A rather different question was asked about breakfast, so any differences should not be over-interpreted. Such differences as can be seen suggest that young people in secondary schools in Stockport are less likely to eat breakfast than are those elsewhere in the country.

Percentage of young people in each group answering "40: Did you eat breakfast today?" responding "Yes"



Sample	Y6	Y8	Y10	16-18	19-25
M	633	1022	885	1228	176
F	583	949	842	1510	346

Percentage of young people in each group answering "41: Do you usually eat breakfast?" responding "Yes"



Sample	Y6	Y8	Y10	16-18	19-25
M	632	1019	881	1222	175
F	582	945	839	1507	346



Links

Links were found with other background factors for this question.

61% of young people in Y10 said they ate breakfast on the day of the survey.

For young people in the same age group who have free school meals, the figure was 50%.

For young people in the same age group living in a Single-parent or re-partnered family 56%*.

For young people in the same age group who have low self-esteem 57%*.

* Association also found in other age groups

General comments about diet

“ This has been a short section where we have looked briefly at breakfasts and at the consumption of fruit and vegetables by young people.

There may have been an increase in the proportion eating 5-a-day since 2002.

In fact, the proportion eating the full 5-portions-each-day seems no worse than average, but there may be a higher proportion in Stockport eating none at all. Breakfasts, too, may be skipped more often by young people in Stockport than by their peers elsewhere.

The national difference in consumption of fruit and vegetables between different socio-economic groups is reflected in the Stockport figures



Smoking

Preventing the uptake of smoking at an early age is a key part of the overall strategy for reducing smoking prevalence in England as well as being vital for the prevention of ill-health later in life for individuals. Smoking causes considerable sickness and premature death in England. It is the largest single cause of heart disease and cancer. 1 in 4 current smokers will die of a smoking related disease. Over 80% of smokers start smoking as teenagers.

National targets and trends

The Government has a target to reduce the number of young people (11-15 year olds) who smoke regularly (at least one cigarette a week) from a baseline of 13% in 1996 to 11% by 2005 and 9% or less by 2010.

Smoking prevalence is falling: the percentage of regular smokers fell to 9% in 2005. There is some evidence that young people are less likely to start smoking than in previous generations but those who do start are also less likely to stop.

Young people find it increasingly difficult to buy cigarettes from shops but are still more likely to succeed in a purchase than not. Young people also access tobacco from family and friends and cheaper sources of cigarettes from illegal sources.

Smoking prevalence amongst young people in Stockport in 2002

In 2002 smoking among young people in Stockport was judged to be in line with national prevalence rates. According to the Stockport Young People's Lifestyle Survey (2002) 11% of young people aged 11-15 smoked at least 1 cigarette a week compared with DH data from 2000 of 10%. Among 10 – 18 year olds, 45% have ever smoked and 13% smoked at least weekly.

Although there is less association between young people's smoking and deprivation than with adult smoking and deprivation, the 2002 Lifestyle Survey found 14% of young people in the Tame Valley area smoked, whilst less than 3% of young people in Bramhall smoked.

National and local priorities

Parental social class is the primary factor for regular smoking among young people, therefore strategies to reduce adult smoking prevalence will help to reduce smoking prevalence amongst young people. Alongside this we need to take action to prevent uptake of smoking and encourage smoking cessation amongst young people. A new strategy to tackle this will be developed in 2008 which will build on the existing local education programme, including the schools curriculum, the Stockport Healthy Schools Programme and the services provided by Stockport Stop Smoking Service and MOSAIC – Stockport's young people's substance misuse service.

Further information about young people and smoking contact

Sarah Clarke, Tobacco Lead, Stockport PCT 0161 426 5070

Smoking experience

Young people were offered a list of descriptions of their experiences of smoking. The proportion that indicated that they smoke now or have ever smoked are shown in the chart.


The proportion who have ever smoked at all rises markedly during school years, from less than 10% of Y6 pupils through over 20% of those in Y8 and nearly half of Y10s. The rise continues less sharply after 16, with over half of 16-18yos and over 60% of 19-25 yo having ever smoked.

There are similar trends, with lower figures, in current smoking (at least one cigarette a week).

There is a steady increase in prevalence of current smoking between Y6 and the 19-25yo, with females more likely to report smoking than are males in all age groups but the oldest.

Comparison with 2002

The results from 2002 for a similar question suggest that fewer primary school children have ever *tried smoking* (2002 16%; 2008 6%). A similar pleasing difference is found among other age groups (see chart above), e.g. 16-25yo in 2002 66%; in 2008 40%).

 Current smoking is lower in several groups in 2008 compared with 2002.

Comparison with national figures

Figures are available from the report *Smoking, Drinking and Drug Use among young people in England in 2006* (ONS, 2007), a sequential survey of secondary school children. 1% of 12yo, 5% of 13yo, 13% of 14yo and 20% of 15yo are "regular smokers", smoking at least 1 cigarette a week.

Comparison with 2006 Stockport Adult Lifestyle Survey

An Adult Lifestyle Survey, including a sample of 18-25yo, was carried out in 2006, with some overlapping topics. 52% of that sample had ever smoked, which is a lower figure than the current sample in which 64% of 18-25yo had ever smoked. 25% of the ALS sample were "current smokers", which may be compared with the 31% of 18-25yo in the current sample who smoke at least one cigarette a week and the 24% who smoke an average of at least one cigarette a day.



Links

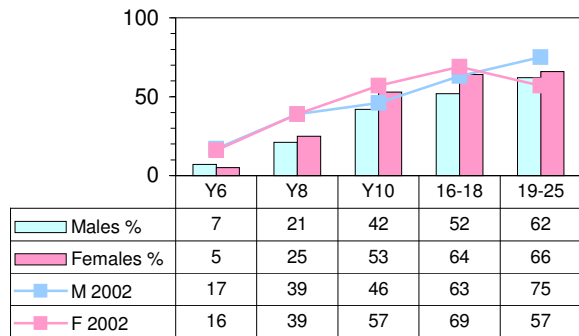
Links were found with other background factors for this question.

13% of young people in Y10 smoked last week. For young people in the same age group who live in a single-parent or reconstituted family the figure was 17%* and for those getting free school meals it was 4%.

22% of young people aged 16-18y smoked last week. For young people in the same age group who have low self-esteem the figure was 29%

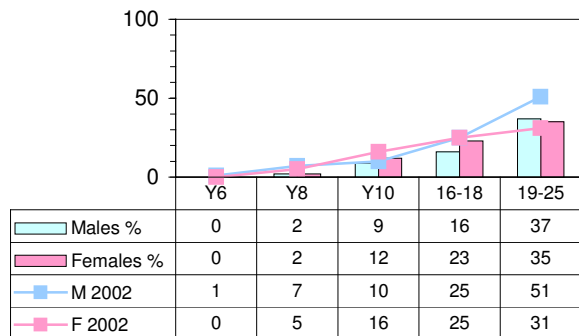
* Association also found in other age groups

Percentage of young people in each group answering "8: Which of these best describes you?" responding "[ever smoked at all]"



Sample	Y6	Y8	Y10	16-18	19-25
M	621	1059	892	1228	173
F	575	955	830	1518	351

Percentage of young people in each group responding "[smoke at least one cigarette a week]"



Sample	Y6	Y8	Y10	16-18	19-25
M	621	1059	892	1228	173
F	575	955	830	1518	351

Type of tobacco ever used

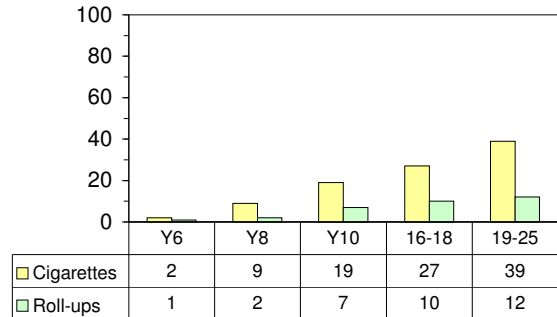
Headline statistics

Young people were asked if they ever smoked cigarettes or rollups.

Smoking of both types of tobacco increases with age.


Most smokers smoke cigarettes only. Roll-ups feature in much smaller proportions in each age group than cigarettes.

Percentage of young people in each group answering "7: Do you ever smoke the following" responding "cigarettes" and "roll-ups"



Sample	Y6	Y8	Y10	16-18	19-25
M	639	1087	914	1239	179
F	593	972	850	1526	350

Comparison with 2002

 The results from similar questions suggest that fewer young people in Stockport aged 16-25y in 2008 ever smoked either form of tobacco compared with the sample from 2002.

The samples have quite a different composition and the survey was carried out in a different way, but the figures are encouraging. The figure for 16-25yo in 2002 for ever smoking cigarettes was 43%, while only the 19-25yo males at 39% even approached that level in 2008.

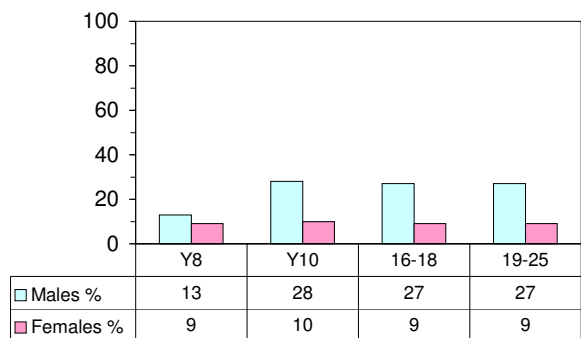
Cigarettes and roll-ups used

Headline statistics

Most smokers smoke cigarettes, with 80-90% of them smoking cigarettes only.

The proportion of smokers smoking roll-ups (exclusively or with packet cigarettes) shows a marked gender difference but does not seem to change at all with age after Y10.

Percentage of smokers in each group answering "9: What do you mainly smoke?" responding "Roll-ups" or "Both"



Sample	Y8	Y10	16-18	19-25
M	100	282	742	218
F	55	168	462	136

Age of first smoking

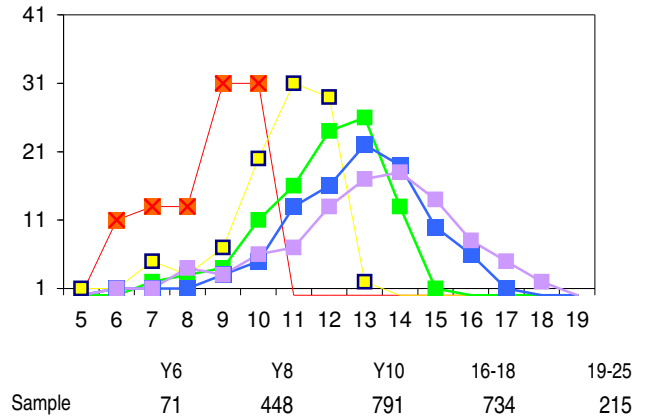
Headline statistics

Smokers were asked when they first tried smoking a cigarette.

The most commonly reported age for first smoking among 16-18yo of both sexes was 13.

The 'peak' age that smokers first reported smoking creeps up with the age of the smoker (see chart); as more young people start smoking then older ages will appear on the chart, but there may also be distorting effects of memory (was I really that young? Was that really even a puff or two?).

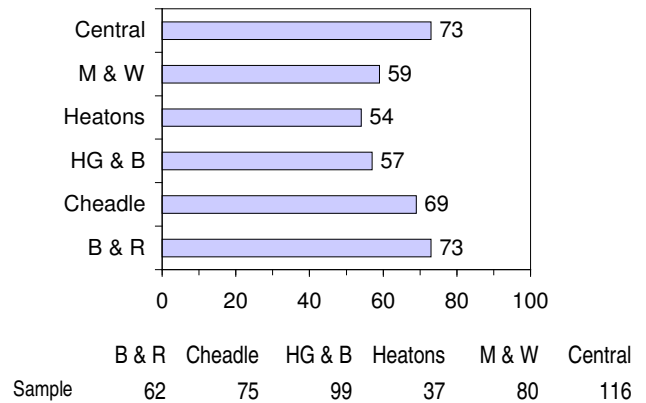
Percentage of SMOKERS ONLY in each group answering "18: How old were you when you first tried smoking a cigarette, even if it was only a puff or two?"



Cluster differences

There were apparent differences in reports of age of starting smoking between clusters, but these did not achieve statistical significance with these sample sizes.

Percentage of smokers starting smoking before 14yo, by cluster. Results for 16-18 only.

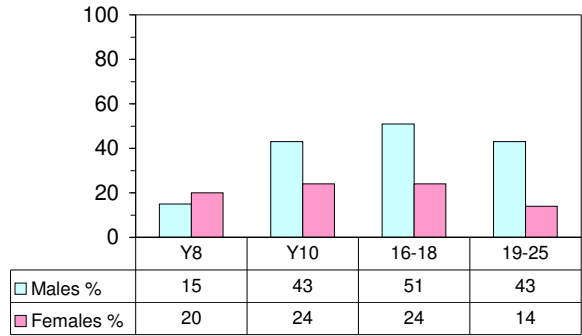


Tobacco and Cannabis

Headline statistics

Smokers were also asked if they ever smoked cannabis as well. 1-2% said that they smoked only cannabis, while about 1/4 of female smokers and around 1/2 of male smokers used cannabis as well, at least occasionally.

Percentage of SMOKERS in each group answering "10: Which of these do you smoke?" responding "Cannabis" (alone or with tobacco)

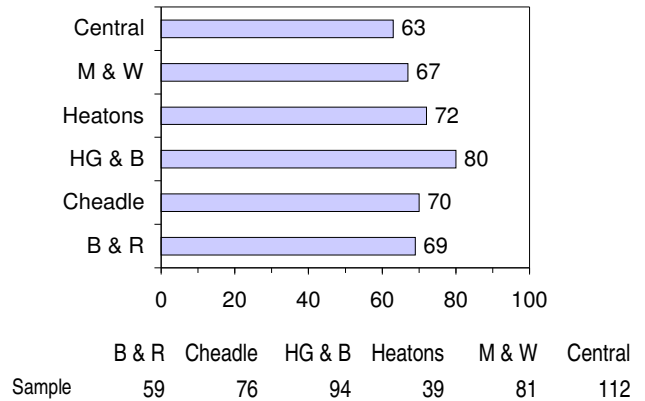


Sample	Y8	Y10	16-18	19-25
M	40	109	275	77
F	50	167	449	131

Cluster differences

There were some quite large differences in reports of smoking cannabis with tobacco between clusters, but the sample sizes were not sufficient to establish statistical significance.

Percentage of smokers smoking only tobacco, by cluster. Results for 16-18 only.



Comparison with 2002

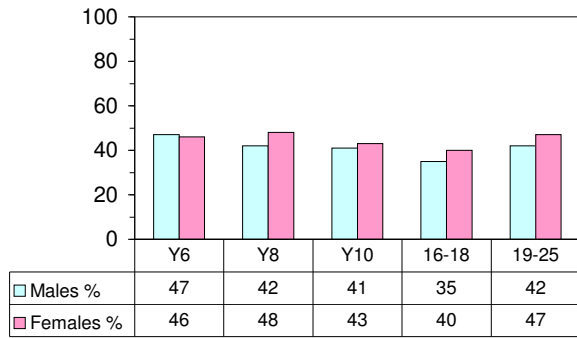
The results for a similar question suggest that smokers in Stockport in 2008 are less likely to include cannabis in their habit than they were in 2002.

The figures for smokers who smoke only tobacco in 2002 was 47%, in 2008 the figure was nearer 70%.

Smoking by parents and carers

Headline statistics

Percentage of young people in each group answering "21: Do any of your parents/carers smoke" responding "Yes"



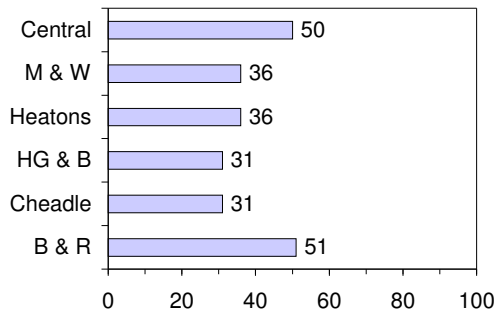
Smoking by parents and carers is reported by over 40% of all age groups.

Smoking by parents and carers is reported more by females than by males (a finding also seen in other research).

Sample	Y6	Y8	Y10	16-18	19-25
M	622	1068	891	1238	180
F	583	967	843	1528	352

Cluster differences

Percentage of young people reporting smoking by parents/carers, by cluster. Results for 16-18yo only.



There were significant differences in reports of smoking among parents/carers between clusters, with Brinnington & Reddish and Stockport Central showing much higher levels.

	B & R	Cheadle	HG & B	Heatons	M & W	Central
Sample	202	296	362	137	326	344



Links

Links can be found between smoking by parents/carers and the smoking habits of their children. For example, 20% of all 16-18yo currently smoke. However, of those 16-18yo respondents with parents or carers who smoke, 30% currently smoke. Trying that the other way on: 45% of all Y8 pupils have parents or carers who smoke, while of those Y8 pupils who have ever tried smoking, 65% have parents or carers who smoke.

Children of smoking parents also started smoking at earlier ages than children of non-smoking parents.

Links were also found with other background factors for this question.

41% of young people in Y10 have parents or carers who smoke.

For young people in the same age group who live with a single or re-partnered parent the figure was 55%*

For young people in the same age group who have free school meals the figure was 38%*

For young people in the same age group who have a disability or long-term illness the figure was 47%

For young people in the same age group who are from ethnic minority groups the figure was 37%*

For young people in the same age group who have low-self-esteem the figure was 46%*

* Association also found in other age groups

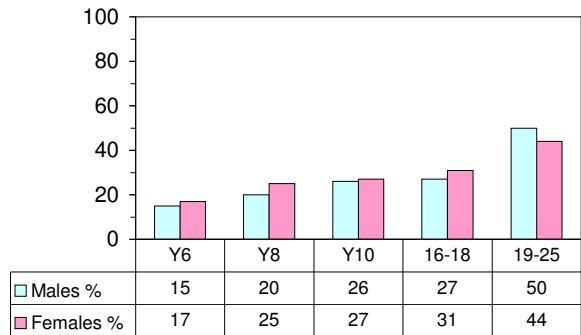
Smoking and siblings

Headline statistics

Smoking among siblings increases with age of the respondent, presumably as the siblings get older too.

In all age groups, except the oldest, we find females are more likely than males to report smoking by siblings.

Percentage of young people in each group answering "20: Do any of your brothers or sisters (including step brothers/sisters) smoke?" responding "Yes"

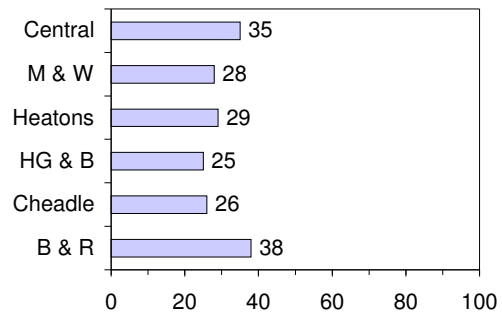


Sample	Y6	Y8	Y10	16-18	19-25
M	620	1057	885	1238	179
F	574	957	825	1516	347

Cluster differences

There were significant differences in reports of smoking by siblings between clusters, which naturally reflects smoking levels reported by the young people themselves.

Percentage with smoking siblings, by cluster. Results for 16-18yo only.



	B & R	Cheadle	HG & B	Heatons	M & W	Central
Sample	197	296	362	139	324	341

Comparison with YP2004 sample

Comparisons have been made with figures from *Young People into 2004* (SHEU, 2005), a sample of schools from across England. A similar question was asked about smoking by siblings and parents; in Y8, 11% of pupils have a *brother or sister who smokes* and the figure for Y10 was 13%.

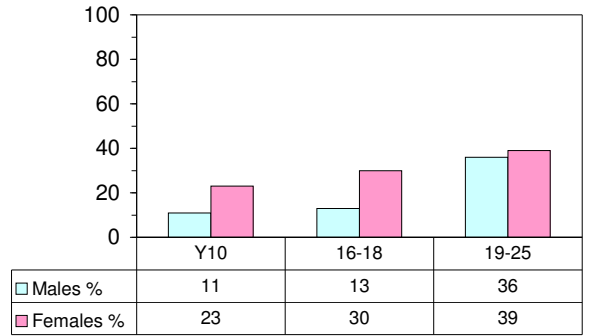
In Y8, 43% of pupils have a *parent or carer who smokes* and the figure for Y10 was 42%.

Smoking by partner

Headline statistics

Females are rather more likely to report smoking by their boyfriend/partner than males are for their girlfriend.

Percentage of young people with a partner in each group answering "22: Does your girlfriend/ boyfriend/ partner smoke?" responding "Yes"



Sample	Y10	16-18	19-25
M	882	1233	177
F	830	1524	347

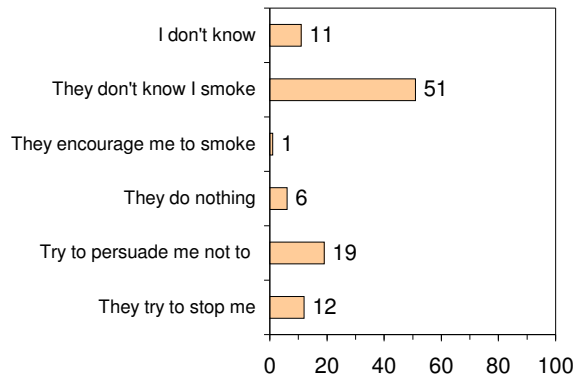
Parental views of smoking

Headline statistics

Pupils in schools who smoke were asked about their parents'/carers' attitude to their smoking.

Percentage answering "[9]: How do your parents/carers feel about you smoking?". Results for Y10 smokers only (Sample = 275)

The most obvious feature of the data is the proportion of young smokers who say their parents do not know that they smoke: about half.



Of the rest, about 30% try to stop or dissuade the pupil from smoking.

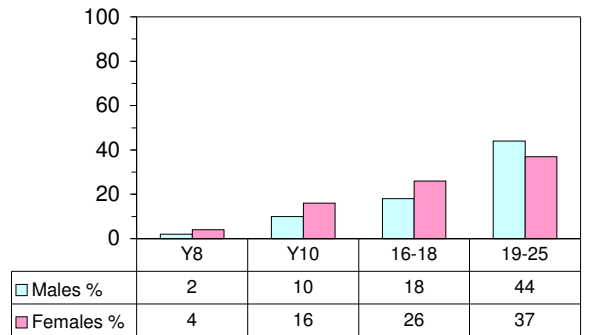
Smoking last week

Headline statistics

The proportion of young people who actually smoked in the last 7 days increases with age and in keeping with the proportion of smokers. The question was asked only of smokers, but the non-smokers have been given a figure of zero when deriving the figures for the whole population on the chart.

The proportion of *smokers* who actually smoked also increased markedly with age. This shows smoking becoming more established as a habit; it is likely that other aspects of lifestyle are similarly getting more settled.

Percentage of young people in each group answering "11: Have you smoked in the last 7 days?" responding "[any]" (N.B. not smokers only).



Sample	Y8	Y10	16-18	19-25
M	63	120	288	83
F	70	171	461	136

Comparison with 2002

The results from 2002 for a similar question suggest that smokers in 2002 were less likely to have smoked last week, although there were more smokers overall in 2002.

Numbers smoked last week

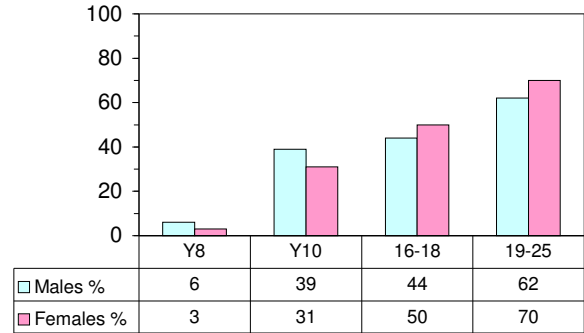
Headline statistics

Smokers were asked to record how many cigarettes they smoked during the week.

Looking at those smokers who smoke 36 or more (averaging out to at least 5 a day), we can see that there is a dramatic rise in the proportion of young people smoking more than 5 a day between Y8 and Y10; this increase continues less sharply after 16 until over 60% of smokers aged 19-25yo smoke at this level.

There are more female than male smokers in secondary schools, but of the male smokers, a higher proportion smoke five a day than do females.

Percentage of SMOKERS ONLY in each group answering "12: Thinking back over the last seven days, how many cigarettes or roll ups, approximately, have you smoked during the week?" responding "36 or more"



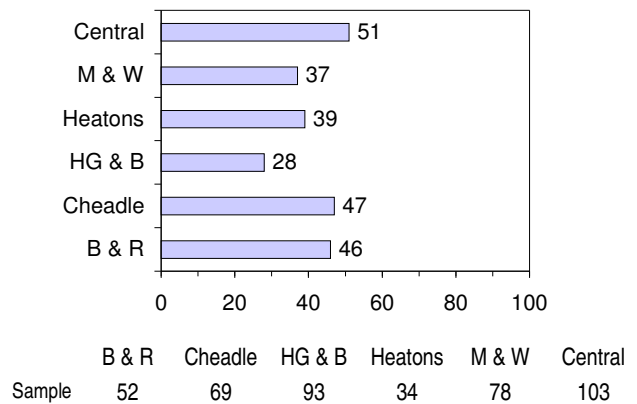
Sample	Y8	Y10	16-18	19-25
M	46	112	256	76
F	62	161	417	126

Cluster differences

There were differences in reports of smoking 36 or more between clusters, as shown in the chart opposite.

However, the analysis did not support a conclusion of significant differences between clusters. A larger difference would have reached the criterion, or the same magnitude of difference would have been significant in a larger sample size.

Percentage smoking 36 or more a week, by cluster. Results for smokers aged 16-18y only.



Comparison with YPi2007 sample

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. The same question was asked about smoking levels, and the proportion of smokers who smoke at least 5 a day is rather similar.

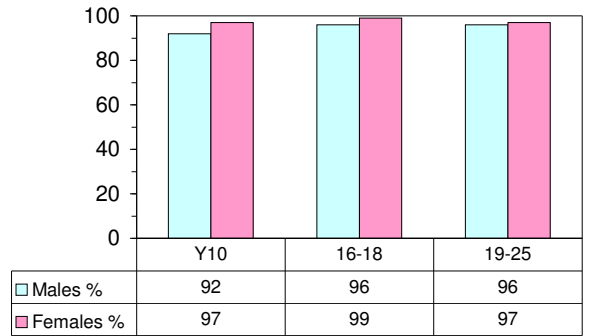
Changes in the law

Headline statistics

Since October 2007, the minimum age for buying cigarettes has been 18.

Over 90% of all smokers were aware of the change in the law, with females slightly more alert to this change than males.

Percentage of SMOKERS ONLY in each group answering "13: Are you aware that the legal age for buying cigarettes went up from 16 to 18 on 1st October?" responding "Yes"



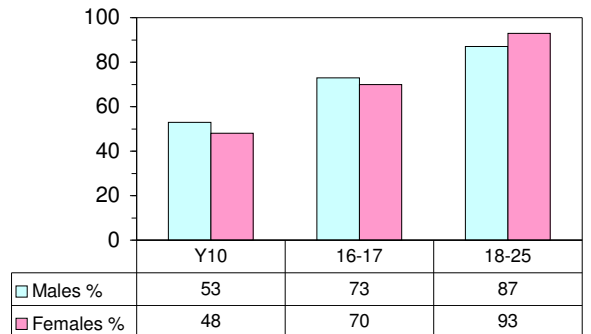
Sample	Y10	16-18	19-25
M	125	227	143
F	171	368	232

Experiences in shops

Headline statistics

In an ideal world, the proportion of young people under 18 who say they have bought cigarettes in a shop since 1st October 2007 would be zero, but over 40% of smokers in Y10 and 3/4 of smokers aged 16-17y say they have bought cigarettes in a shop after this date.

Percentage of SMOKERS in each group answering "14: Have you been into a shop and bought cigarettes since 1st October 2007?" responding "Yes"



Sample	Y10	16-17	18-25
M	124	229	143
F	169	368	230

Giving up smoking and support

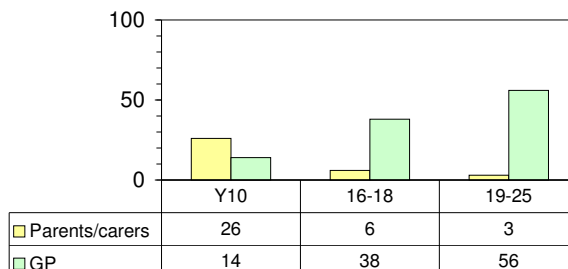
Help with smoking

We asked all young people in Y10 and older who or where they would go for help about smoking.

There is a big shift away from family and towards NHS services for help about smoking as young people leave school.

About 13% of these age groups say "I used to smoke sometimes, but never smoke now".

Percentage young people in each group answering "15: If you wanted help from someone about smoking, who or where would you go to...?" responding "Family" and "GP"



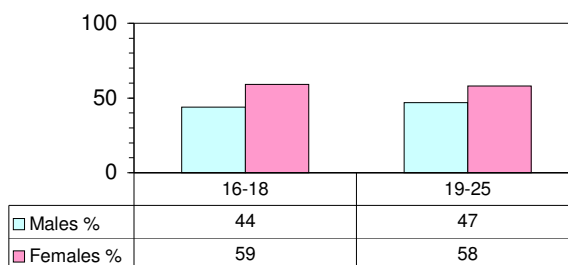
Sample	Y10	16-18	19-25
M	410	205	61
F	543	357	111

Stopping smoking

About half of all smokers say they have tried to give up smoking in the last 12 months. Female smokers are more likely than male smokers to have attempted to quit in the last year.

It is clear that these attempts have not been successful for these young people, but the sample includes a proportion of ex-smokers.

Percentage of SMOKERS ONLY in each group answering "16: Have you tried to stop smoking in the last 12 months?" responding "Yes"



Sample	16-18	19-25
M	287	83
F	454	133

Stop smoking services

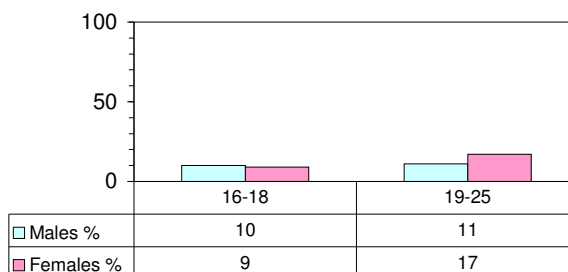
This question was asked of over-16s only.

At least 10% of these smokers say they have ever used a service to help them stop smoking. Given that about half of all smokers say they have tried to quit just in the last 12 months, it is clear that most of these attempts are unsupported as well as being unsuccessful.

Percentage of SMOKERS ONLY in each group answering 17b: If so, which service?

The services used were nearly always their GP or other branch of the health service (68% of 16-18yo and 78% of 19-25yo), with other services being like MOSAIC being used by no more than 10% of those using a service at all.

Percentage of SMOKERS ONLY in each group answering "17: Have you ever used a service to help you stop smoking?" responding "Yes"



Sample	16-18	19-25
M	286	83
F	455	133

Smoke-free places

Headline statistics

On 1st July 2007 all indoor public places were made smoke-free. The smokers 16 and over in the survey were asked if this had had any impact on them: they could answer *No impact on my smoking*, *Reduced my smoking to some extent*, *Reduced my smoking a lot*, *I had already stopped before 1st July*, or *I stopped because public places are now smoke free*.

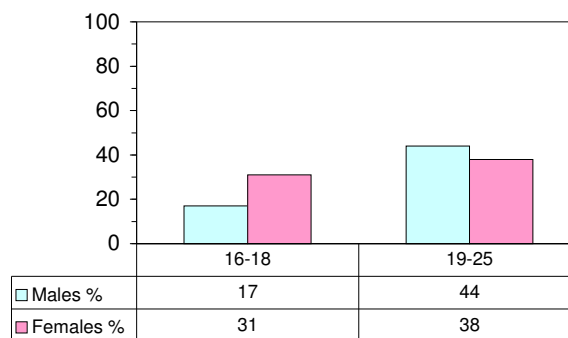
51% said that the imposition of smoke-free public places had *No impact on my smoking*.

A total of 29% indicated some reduction at least. This 29% is made up of 20% saying *the ban reduced my smoking to some extent*, for 7% it had *reduced my smoking a lot*, and a small but important 2% reported *I stopped because public spaces are smoke free*.

A further 20% of the total sample reported that they had already stopped before the 1st July.

The responses of the 423 ex-smokers are interesting: 5% of them (9 respondents) said they had *given up because public places are now smoke free*. 62% of ex-smokers reported that they had *given up before 1st July* and 27% of them declared that it had *no impact*. 8% of ex-smokers said that it had *reduced my smoking to some extent at least* (a response hard to interpret!).

Percentage of SMOKERS ONLY in each group 16 and over answering "19: From 1st July all public places became smoke free. What, if any, impact has this had on you?" responding "[any reduction]"



Sample	16-18	19-25
M	571	112
F	827	214

General comments about smoking



There is lots of good news about smoking, perhaps mostly in keeping with national trends, where we have seen a reduction in smoking in all age groups.

We see smoking associated with smoking by peers and parents; it also seems associated with challenging circumstances at home and with low self-esteem.

Smokers seem often to attempt to give up the habit but mostly do so without support.



Alcohol

In this survey we aimed to find out more about the true extent of risky drinking among young people, their attitudes to alcohol misuse, and how it has affected young people's lives. The 2002 survey found that 11-15 year olds in Stockport were, on average, drinking twice as much per week as the national average. Since then, a great deal of work has been done to address alcohol misuse by young people, such as the development of the MOSAIC service to provide advice and support, improved education materials and support for young people at school, increased enforcement of under-age sales legislation, and introduction of new Police powers to stop people drinking on the streets and parks, throughout Stockport.

Research into drinking among 11-15 year-olds recently published by The Information Centre (part of the Office for National Statistics)¹, found that, in 2006:

- ◆ About one in five pupils (21%) had drunk alcohol in the last seven days, a proportion that has declined from 26% in 2001. This proportion increased with age, from 3% of 11 year olds to 41% of 15 year olds.
- ◆ Among pupils who had drunk in the last seven days, the average consumption was 11.4 units, up from 10.4 units in 2000.
- ◆ The most common sources of alcohol for this age group are being given it by friends (26% of pupils in the last four weeks), or parents (23%), or asking someone else to buy it (20%).
- ◆ One in five pupils (20%) reported having been drunk in the last four weeks. Among pupils who had drunk any alcohol in the last four weeks, around a third (35%) had deliberately tried to get drunk.
- ◆ Regular smokers were three and a half times as likely as non-smokers to have drunk alcohol in the last seven days.
- ◆ Pupils who had taken drugs in the last year were three times as likely to have drunk alcohol in the last week as pupils who had never taken drugs.
- ◆ Truancy was associated with recent drinking, but exclusion from school was not.

How we will respond to the findings

The findings of this survey will be used to inform and prioritise the work of the Stockport Children and Young People's Strategic Partnership, especially in its contribution to the new Stockport Alcohol Misuse Strategy for 2008-11. This work aims to reduce substance misuse and its impact on young people and families, through further improving a range of education, advice and support for young people and their families.

Help and Information:

If you are concerned about alcohol or drug use affecting any young person (up to 25) please contact MOSAIC on 0161 480 5939 or visit www.Kooth.com or www.URsorted.com for free and confidential advice and information.

¹ 'Smoking, drinking and drug use among young people in England in 2006 The Information Centre: 2007

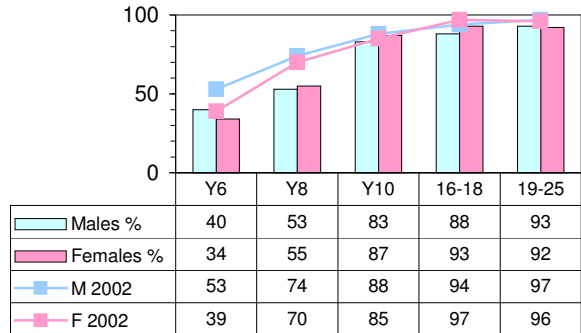
Alcohol habits

Ever tried alcohol

Headline statistics

The proportion of young people who say they have ever had an alcoholic drink increases with age, from about a third of Y6 pupils to over 90% of 19-25yo.

Percentage of young people in each group answering "42: Have you ever had an alcoholic drink (more than just a sip)?" responding "Yes"



Comparison with 2002 (see chart)

The results for a similar question suggest that primary school children in Stockport in 2008 are less likely to have ever drunk alcohol than were the sample from 2002; the figure from 2002 was 45%, in 2008 was 37%. Results in Y8 and 16-18yo showed similar differences.

Sample	Y6	Y8	Y10	16-18	19-25
M	612	1027	892	1234	178
F	560	949	847	1520	347

Comparison with 2006 Stockport Adult Lifestyle Survey

An Adult Lifestyle Survey, including a sample of 18-25yo, was carried out in 2006, with some overlapping topics. These figure from the ALS sample for ever drinking was 89%, which is a little lower than the current sample.

Comparison with local and national figures

Figures are available from the report *Smoking, Drinking and Drug Use among young people in England in 2006* (ONS, 2007), a sequential survey of secondary school children. At age 11, 25% of boys and 16% of girls had ever had an alcohol drink – a significantly lower figure than the year 6 figure in Stockport. At age 15, the figures were 80% of boys and 84% of girls, which is similar to the year 10 figures for Stockport.

Drinking in the last year

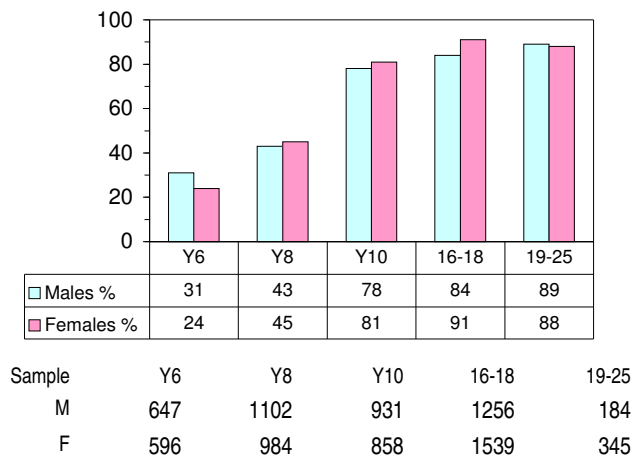
Headline statistics

Young people who had ever drunk alcohol were asked if they had drunk alcohol at all in the last year; the figures shown opposite are percentages of the whole sample, not just those answering the question.


Consumption in the last year increases with age, from over a quarter of Y6, nearly half of Y8, 4/5 of Y10 and nearly 90% of 16-25yo.

Most of the young people who had ever drunk alcohol had drunk it in the last year; in the case of the oldest age group, this reaches nearly 90%.

Percentage of all young people in each group answering "43: Have you drunk alcohol in the last 12 months?" responding "Yes"



Comparison with 2002

 The results from 2002 for a similar question suggest that school pupils drinking during the year is less common in 2008 than it was in 2002.

In 2002 only 4% of Y8 said they never drink alcohol now, so 96% might have drunk alcohol in the last year compared with 85% in 2008.



Links

Links were found with other background factors for this question.

44% of young people in Y8 drank in the last 12 months. For young people in the same age group who have a disability or long-term illness the figure was 53%*

For young people in the same age group who live with a single or re-partnered parent the figure was 55%*

For young people in the same age group who have truanted or been excluded the figure was 59%*

80% of young people in Y10 drank in the last 12 months. For young people in the same age group who have free school meals the figure was 69%*

88% of young people aged 16-18y drank in the last 12 months. For young people in the same age group who are from ethnic minority groups the figure was 56%*

* Association also found in other age groups

Drinking in the last week

Headline statistics

If young people drank in the last year, they were asked if they drank in the last week the figures shown opposite are percentages of the whole sample, not just those answering the question.

The proportion of young people who have drunk alcohol in the last week rises with age; whether males or females show the higher proportion changes in each age group.

The young people were asked which days in the last week they had drunk alcohol; Fridays and Saturdays were unsurprisingly popular, especially for the older respondents.

The proportion of drinkers who drank alcohol on *Three days or more* in the last week rises with age.

Especially in the older age groups, there is a higher proportion saying they drank alcohol on *Three days or more* among the males than the females.

Cluster differences

There were significant differences in reports of drinking days between clusters, with Stockport Central and Marple & Werneth showing notably higher levels than elsewhere.

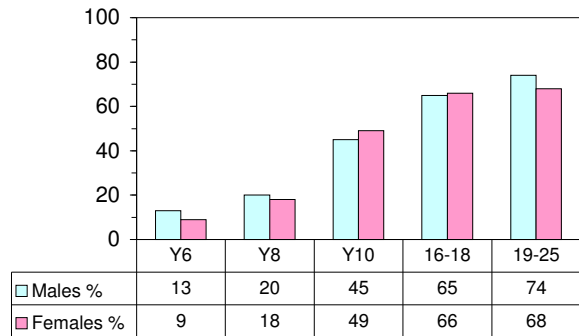
Comparison with 2002

The results from 2002 for a similar question suggest that fewer young people in 2008 in Y8 had had a drink in the last 7 days (19%) compared with 2002 (35%).

Comparison with local and national figures

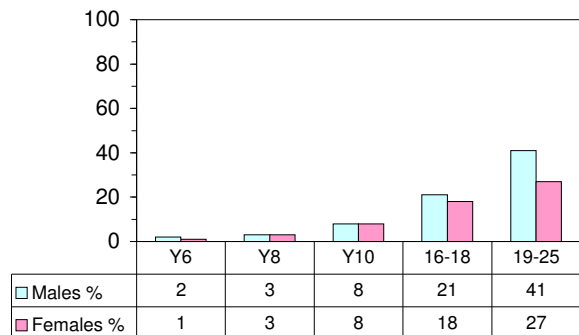
Figures are available from the report *Smoking, Drinking and Drug Use among young people in England in 2006* (ONS, 2007), a sequential survey of secondary school children. At age 11, 5% of boys and 2% of girls had had an alcohol drink in the last week – a significantly lower figure than the year 6 figure in Stockport. At age 15, the figures were 40% of boys and 41% of girls, which is slightly lower than the year 10 figures for Stockport.

Percentage of young people in each group answering "44: On which days if any did you drink alcohol in the last 7 days?" responding "[Any]"



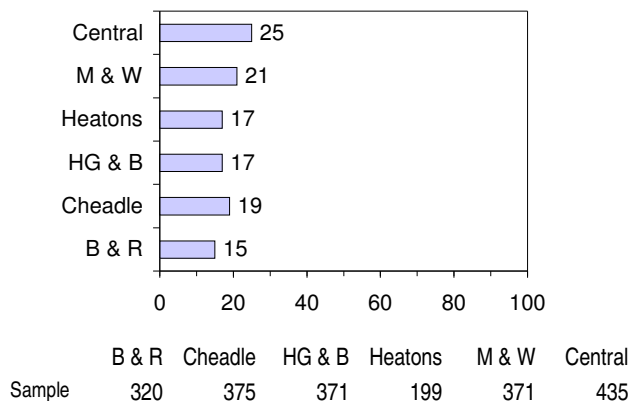
Sample	Y6	Y8	Y10	16-18	19-25
M	647	1102	931	1256	184
F	596	984	858	1539	345

Percentage of young people in each group responding "[Three days or more]"



Sample	Y6	Y8	Y10	16-18	19-25
M	647	1102	931	1256	184
F	596	984	858	1539	345

Percentage drinking on at least one day, by cluster. Results for Y8 only.



These questions were asked of Y8 students and older.

Types of drinks

Headline statistics

The most commonly recorded drinks consumed in the last week were *beers/lagers*, *alcopops* and *spirits*; *wine* and *shooters/jellies* also featured strongly.

There are gender differences apparent in the results, with *beers and lagers* favoured by more males. *Spirits* and *alcopops* are both reported more often by more females.

The drinks seen in different age groups changed as young people get older, so that *alcopops* become more commonly reported up to 16-18, but are less popular among the 19-25yo.

Year 6 pupils were asked to write and name any drinks they had last week; 4% of all Y6 pupils said they drank *beer or lager*, 2% *cider*, 5% *wine*, 2% *spirits* and 5% *alcopops*.

Drinking sites

Headline statistics

Young people were asked to state in which locations/on which occasions they drank alcohol, and those answering 'sometimes' or 'often' were recorded.

The most common sites for drinking *often* by all school pupils (Y6, Y8 and Y10) were *family functions/parties* and more generally the *home*; 14% of Y10 pupils say they drink *often* at home.

By the time they are in Y10, *Parties with friends* and *At friends' houses* also feature strongly. We also see more drinking outside in this age group.

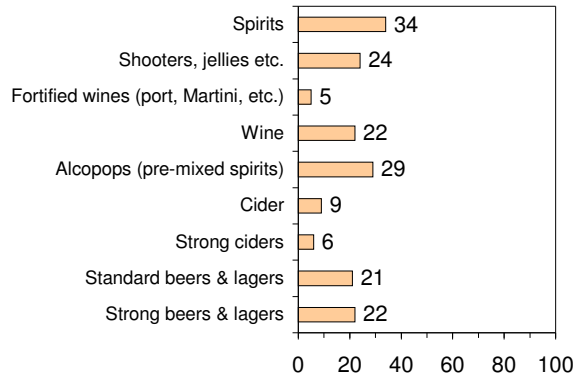
Among the 16-17yo age group, *parties* are the most common site for drinking *often*, followed by *pub or bar*.

National Comparison:

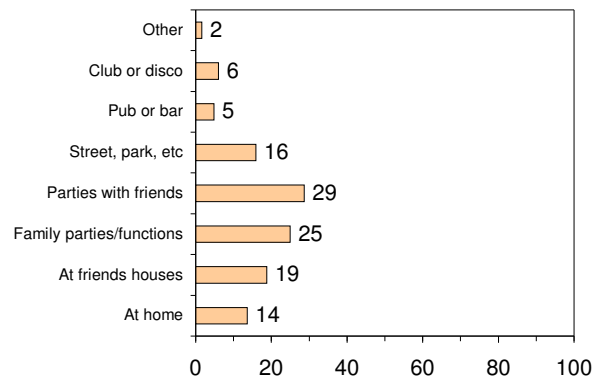
The ONS report, 'Smoking Drinking and Drug use Among young People in England in 2006' indicated that about 20% of 12-13 year-old young people who drink, usually drink in parks, street or other outside places; the figure for 14-15 year-olds is 36%.

The figures for Y8 and Y10 in Stockport who drink outside at least *sometimes* are 25% and 41% respectively. This suggests that drinking in public places is similar or slightly more common than average in Stockport.

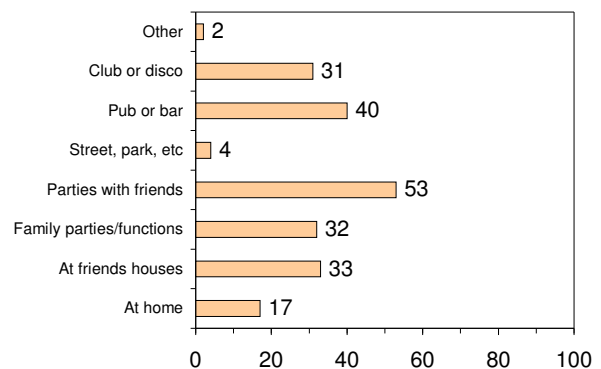
Percentage reporting consuming different drinks. Results for 16-18yo DRINKERS LAST YEAR ONLY (Sample = 2448)



Percentage answering "48: Where do you usually drink?". Results for Y10 DRINKERS LAST YEAR ONLY (Sample = 1270)



Percentage answering "48: Where do you usually drink?". Results for 16-17yo DRINKERS LAST YEAR ONLY (Sample = 2448)



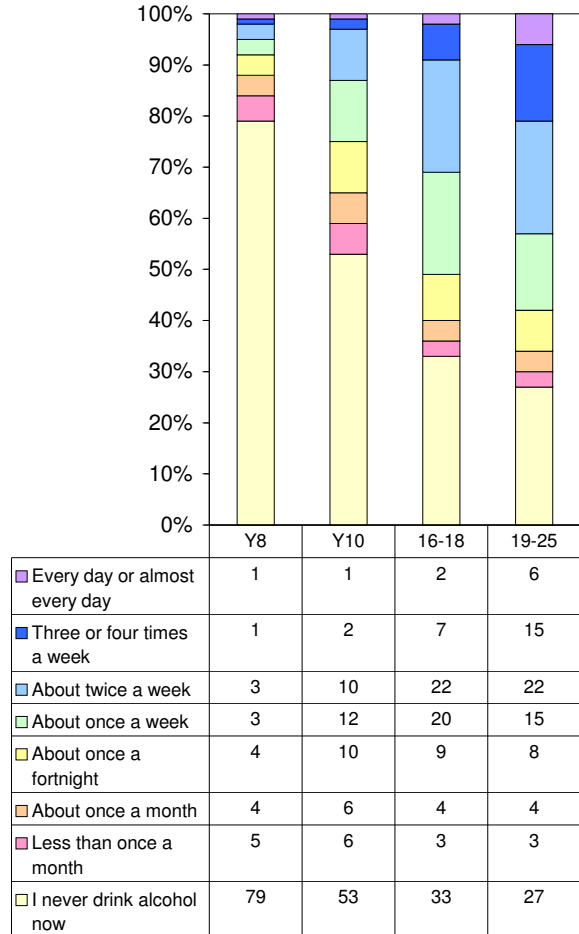
Drinking frequency

Headline statistics

Drinkers were asked how often they usually drink; the proportion drinking *with different frequencies* are shown in the chart opposite.

About a third of 16-18yo *never drink alcohol now*.

Percentage of DRINKERS in each group answering "47: How often do you usually have an alcoholic drink?"



	Y6	Y8	Y10	16-18	19-25
Sample		1956	1700	2715	510

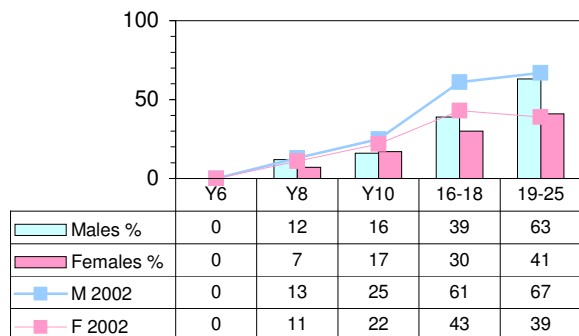
Drinkers were asked how often they usually drink; the proportion drinking *Twice a week* or more are shown in the chart opposite.

The proportion of young people drinking twice a week or more increases with age, particularly after 16; more males than females report drinking twice a week or more in most age groups.

Comparison with 2002 (see chart)

The results from 2002 for a similar question suggest that drinking *twice or more each week* is less common in 2008 than in 2002.

Percentage of DRINKERS in each group answering "47: How often do you usually have an alcoholic drink?" responding "Twice a week" or more



Sample	Y8	Y10	16-18	19-25
M	465	695	1034	151
F	430	684	1372	297

Units last week

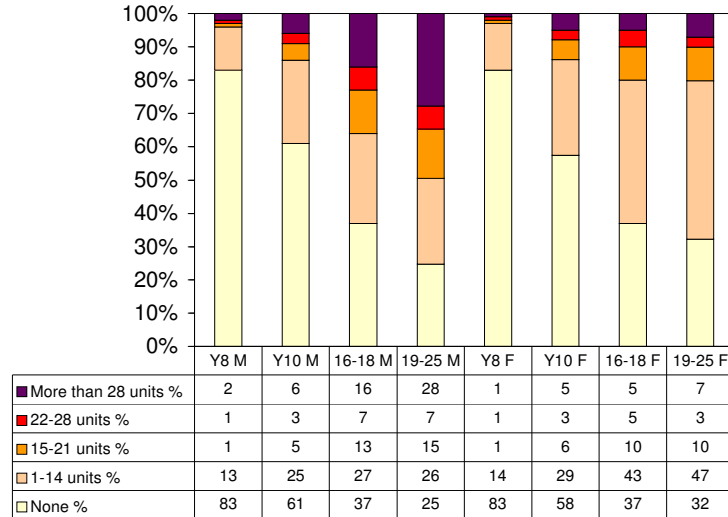
Headline statistics

The total number of units of alcohol was derived for all young people aged 12 and over who drank last week, and is shown in bands. These thresholds were extrapolated from adult recommendations of 3 or 4 units per day for males and 2 or 3 units per day for females. [There are no recommendations for under-18s.]

The proportion of ever-drinkers who drink no alcohol at all in the previous week drops steadily as people get older.

We also see the proportion drinking in the higher bands increases markedly after secondary school, with over 15% of over-16s consuming 15 units of alcohol or more in the last week.

Percentage in each group answering "46: [Total number of units of alcohol]" banded by amount.



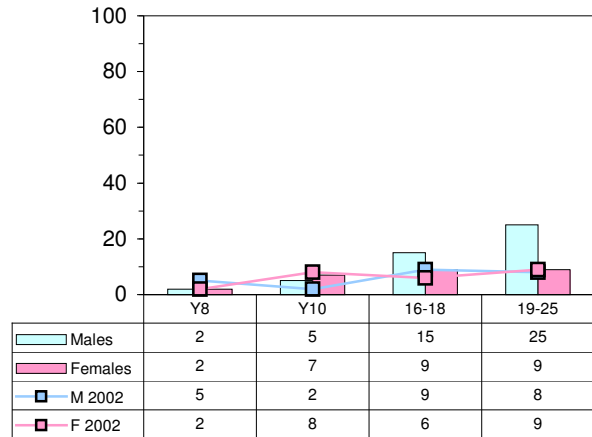
Sample	Y8	Y10	16-18	19-25
	1102	931	1256	184
	984	858	1550	360

The total number of units of alcohol was derived for all young people. The chart shows the proportions of males drinking over 28 units during the week and females drinking over 21 units.

Unsurprisingly, the proportion of drinkers exceeding these heavy drinking thresholds increases with age.

In the older age groups, we find a higher proportion drinking heavily among the males than among the females, even given the higher threshold set for their sex.

Percentage in each group answering "46: [Total number of units of alcohol]" recording over 28 units (males) or over 21 units (females).



Comparison with 2002 (see chart)

The results from 2002 for a similar question suggest that heavy drinking among males in the oldest age groups is more common in 2008 than in 2002.

N.B. These figures have been re-analysed since 2002 and may differ from previously published results.

Sample	Y8	Y10	16-18	19-25
M	1102	931	1256	184
F	984	858	1550	360

Comparison with YPi2007 sample

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. The same question was asked about drinking levels, and the proportion of drinkers who exceed the recommended guidelines for adults is rather similar.

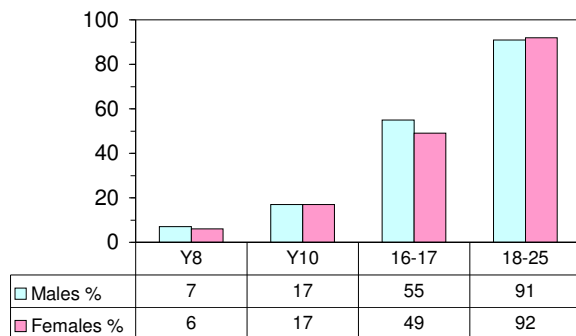
Buying alcohol

Headline statistics

This question was not asked of Y6 pupils.

The proportion of young people saying that they ever buy alcohol increases with age, but 18 does not appear to be a particularly important age in this respect. 17% of Y10s and over half of 16-17yo drinkers say that they buy alcohol themselves.

Percentage of young people in each group answering "49: Do you ever buy alcohol yourself?" responding "Yes"

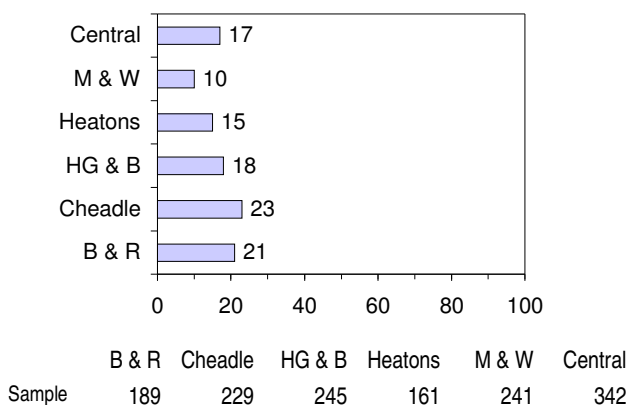


Sample	Y8	Y10	16-17	18-25
M	461	708	850	345
F	430	688	1121	556

Cluster differences

There were significant differences in reports of ever buying alcohol between clusters, with pupils in Y10 in Cheadle reporting purchasing alcohol with higher frequency than do pupils in other clusters; pupils in Y10 from Marple & Werneth report buying alcohol with lower frequency.

Percentage buying alcohol, by cluster. Results for Y10 only.



Sample	B & R	Cheadle	HG & B	Heatons	M & W	Central
	189	229	245	161	241	342



Links

Links were found with other background factors for this question.

14% of young people in Y10 ever buy alcohol themselves. For young people in the same age group who have free school meals the figure was 21%.

51% of young people aged 16-18y ever buy alcohol themselves. For young people in the same age group who are from ethnic minority groups the figure was 33%.

Males and females were similar in their responses about sites for buying alcohol; among 16-17yo (who should not be buying alcohol at all) the most common responses were *shop or supermarket* and *pub or bar*; see chart.

Among 19-25yo, most of whom buy alcohol at some time or other, the most common sites for buying alcohol were *shop/supermarket* (94%) and *pub or bar* (35%).

Among Year 10s, the figures for *shop/supermarket* were 89% and for *pub/bar* were 9%; the sample size here was 194.

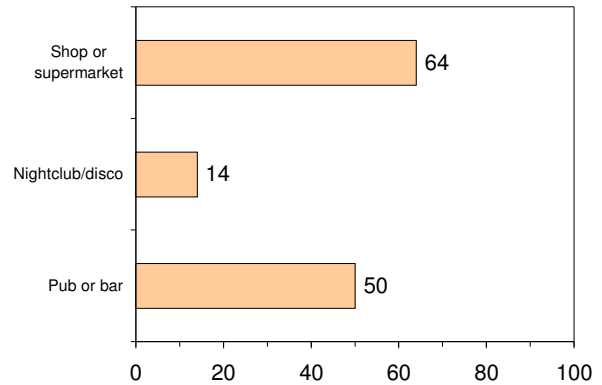
Young people were asked, if they did not buy alcohol themselves, from where they got hold of alcohol.

Among 16-17yo, 36% say from a *friend* and 29% from *parents/carers*; among Y10 the figures are 30% and 33% respectively.

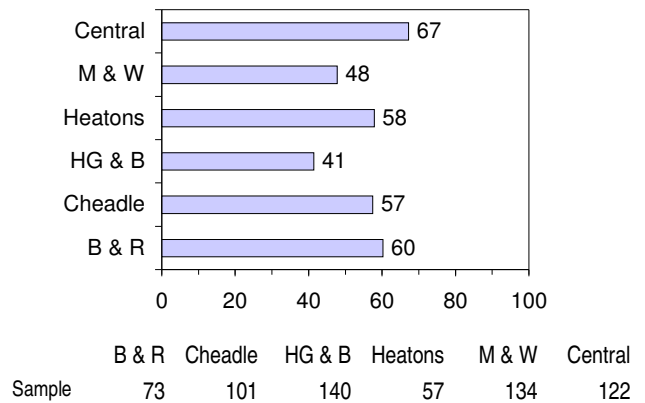
Cluster differences

There were significant differences in reports of buying alcohol from a shop or supermarket between clusters, with young people aged 16-17 living in Marple & Werneth and in Hazel Grove & Bramhall reporting these purchases much less often than young people from other clusters.

Percentage answering "50: If yes, where?". Results for 16-17yo drinkers who have bought alcohol last year only (Sample = 850)



Percentage buying in a shop/supermarket, by cluster. Results for 16-17yo only.



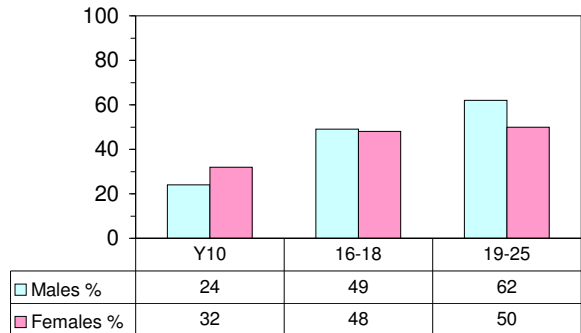
Drunkenness

Headline statistics

Drinkers in Y10 and above were asked if they had been drunk on any days last week.

About a third of the drinkers in the oldest age groups had been drunk on at least one day last week. In Y10, female drinkers are more likely than male drinker to report being drunk last week; this pattern is reversed in the 19-25yo age group.

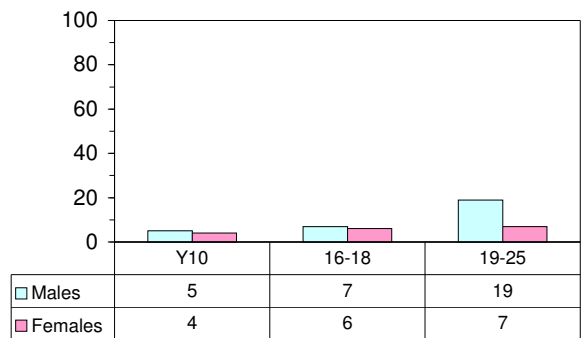
Percentage of DRINKERS in each group answering "45: On which days have you been drunk in the last 7 days?" responding "[any]"



Sample	Y10	16-18	19-25
M	699	1,020	154
F	671	1,358	301

The proportion of drinkers who say they have been drunk on three days or more last week is less than 10% but clearly represent a group whose habits are putting their health and safety at risk.

Percentage of DRINKERS in each group answering "45: On which days have you been drunk in the last 7 days?" responding "[three days or more]"

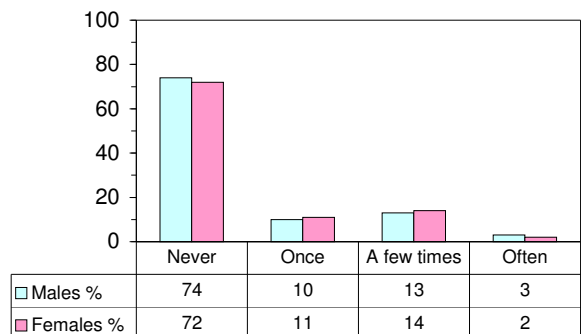


Sample	Y10	16-18	19-25
M	699	1,020	154
F	671	1,358	301

Headline statistics

The Y8 pupils were asked if they had ever been drunk; over 70% of them said *never* while just over 2% of them said *often*.

Percentage of young people in Y8 answering "45: Have you ever been drunk?"



Sample	Y8
M	1012
F	935

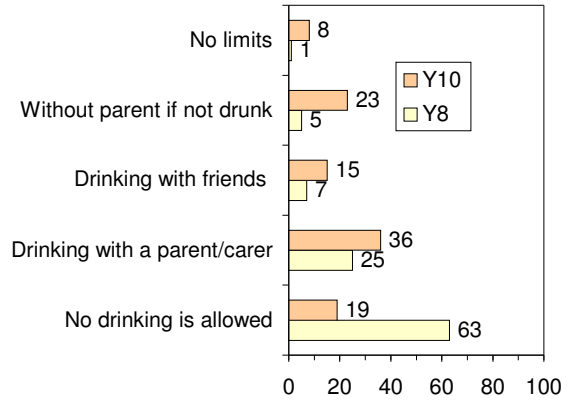
Parental limits

Headline statistics

This question was asked only of Y8 and Y10 pupils.

There are marked differences, as we might expect, in the limits imposed by parents/carers on pupils in Y8 compared with those in Y10. 63% of Y8 pupils say that no drinking is allowed at all, while 23% of Y10 pupils say they can drink unsupervised as long as they don't get drunk.

Percentage of young people in each group answering "59: What limits if any do your parents/carers apply to you about drinking alcohol?"

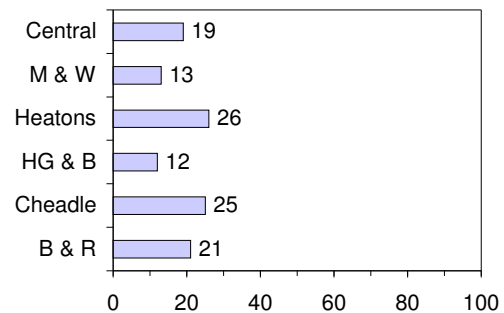


Sample	Y8	Y10
M	991	791
F	914	746

Cluster differences

There were significant differences in reports of parental restrictions between clusters, with Heaton and Cheadle residents from Y10 being more likely to say that no drinking at all is allowed at home.

Percentage "No drinking is allowed", by cluster. Results for Y10 only.



Sample	B & R	Cheadle	HG & B	Heaton	M & W	Central
	204	270	265	190	255	340



Links

This question can be linked with drinking behaviour of the Year 10 pupils.

Percentages getting drunk in the last week, by parental drinking limits (Y10 pupils).

Drinking limits	% getting drunk	Sample
No drinking is allowed	10%	291
Some drinking is allowed with a parent/carer	13%	550
Some drinking with friends is allowed if a parent/carer is present	31%	229
Drinking is allowed without a parent as long as I do not get drunk	29%	350
No limits	52%	117

Year 10 pupils are much more likely to have been drunk in the previous week if parents impose no limits on their children's drinking.

Norms for drunkenness

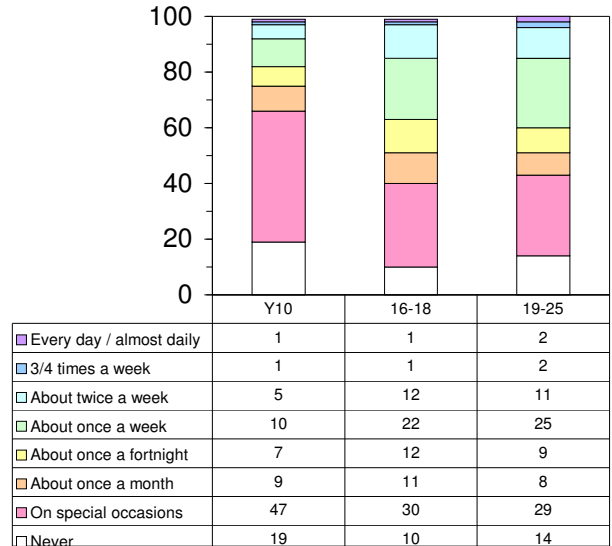
Percentage of young people in each group answering 59: How often do you think it's OK to get drunk?

Headline statistics

47% of Y10 students think that it's acceptable to get drunk on special occasions; 19% think it's never acceptable.

Drunkenness becomes more acceptable after Y10, with 60% of 16-18yo thinking it's acceptable to get drunk once a month or more and 14% thinking it's acceptable more than weekly.

Percentage of young people in each group answering "59: How often do you think it's OK to get drunk?"



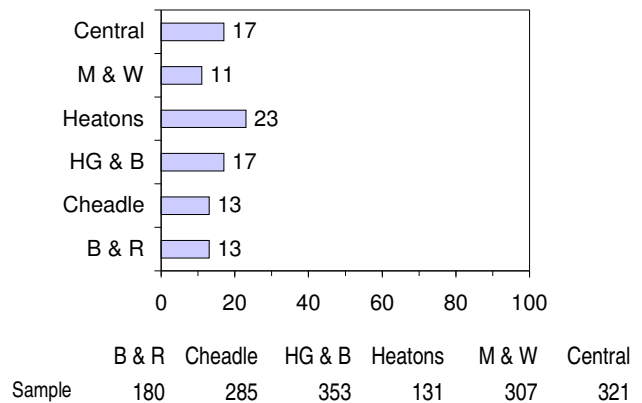
Sample	Y10	16-18	19-25
M	818	1166	170
F	797	1446	336

Cluster differences

There were differences in reports of the acceptability of drunkenness between clusters, with Heaton's residents aged 16-18yo most likely to report as OK getting drunk twice a week or more.

This seems at odds with the reports of parental attitudes of the Y10 pupils, reported on the previous page.

Percentage saying it's OK to get drunk at least twice a week, by cluster. Results for 16-18yo only.



The excuse of drunkenness

Headline statistics

We asked young people if they thought that being drunk made it acceptable for people to do things they wouldn't normally do. They could answer *Never*, *Sometimes* or *Yes*.

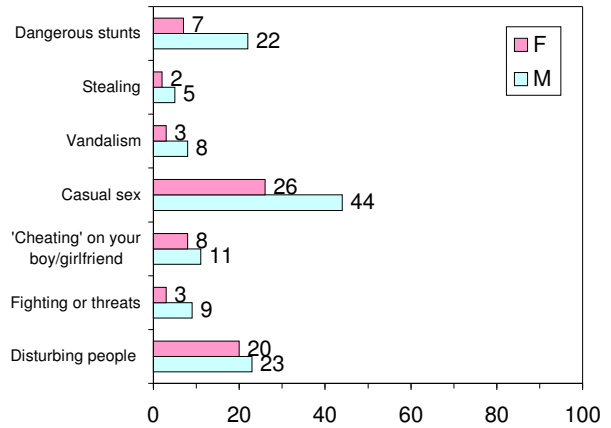
Whilst the majority of young people felt it was never acceptable to do the things listed (e.g. fighting, stealing, vandalism etc.) there was still a significant minority who felt it was either sometimes - or generally - acceptable to do these things when drunk.

44% of males aged 16-18yo thought that being drunk made it OK for people ever to have *casual sex* (when they would not normally); 22% of males in the same age group thought *Dangerous stunts* was similarly excusable.

Males in this age group thought being drunk made it OK for these items at least sometimes much more than did females, but for *Disturbing people by being noisy* and *Cheating on boy-/girl-friend* the proportions were much more similar between the sexes.

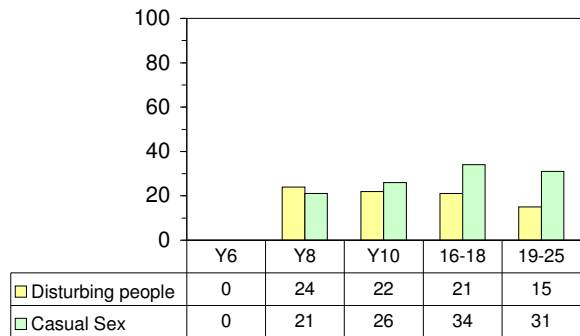
There are some interesting age-related trends in the figures; the proportion of young people who think that being drunk makes it OK to disturb people at least sometimes declines with age, while casual sex seems more excusable by drunkenness as young people get older.

Percentage of young people in 16-18yo age group answering "60: Does being drunk make it OK for people to do these things (when they would normally not do them)?" responding "Sometimes or Yes"



Sample	16-18
M	1166
F	1446

Percentage of answering "60: Does being drunk make it OK for people to do these things (when they would normally not do them)?" responding "Sometimes or Yes"



Sample	Y8	Y10	16-18	19-25
M	1102	931	1166	184
F	984	858	1446	360

Alcohol and the law

Headline statistics

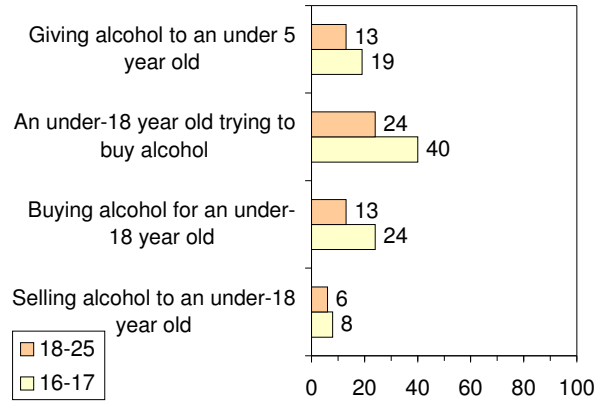
Respondents were offered a list of actions and asked to declare which were illegal; in fact, all the items listed are illegal.

The most interesting age group are the 16-17yo; 18-year-olds have been moved into the next age group for this question.

18-25yo are more likely to say that items in the list of illegal alcohol behaviours are illegal; the 16-17yo seem less sure.

Young people in both groups most likely to suggest that "trying to buy" alcohol under 18y is not illegal.

Percentage of young people in each group answering "54: Which of the following do you think is illegal?" responding "No"



Sample	16-17	18-25
M	1054	157
F	1394	304

Problems with alcohol

NB The questions in this section were asked only of the older samples.

Headline statistics

Young people in Y8 and older were offered a list of possible negative consequences of their use of alcohol and asked if they had experienced or been involved in any of them, and, if so, how often.

39% of the respondents in Y8 said that they had experienced in the last 12 months *at least one of these negative consequences* of alcohol use; this figure rose to 66% of Y10s and to 84% of the 16-25yos.

For all groups, the most commonly reported negative consequences of alcohol were *sickness* (78%) and *loss of memory* (41%).

36% of Y10s, 46% of the 16-18yo and 44% of the 19-25yo said that they had experienced some of the more serious consequences (trouble with police, accidental injury and physical or sexual assault) in the last year.

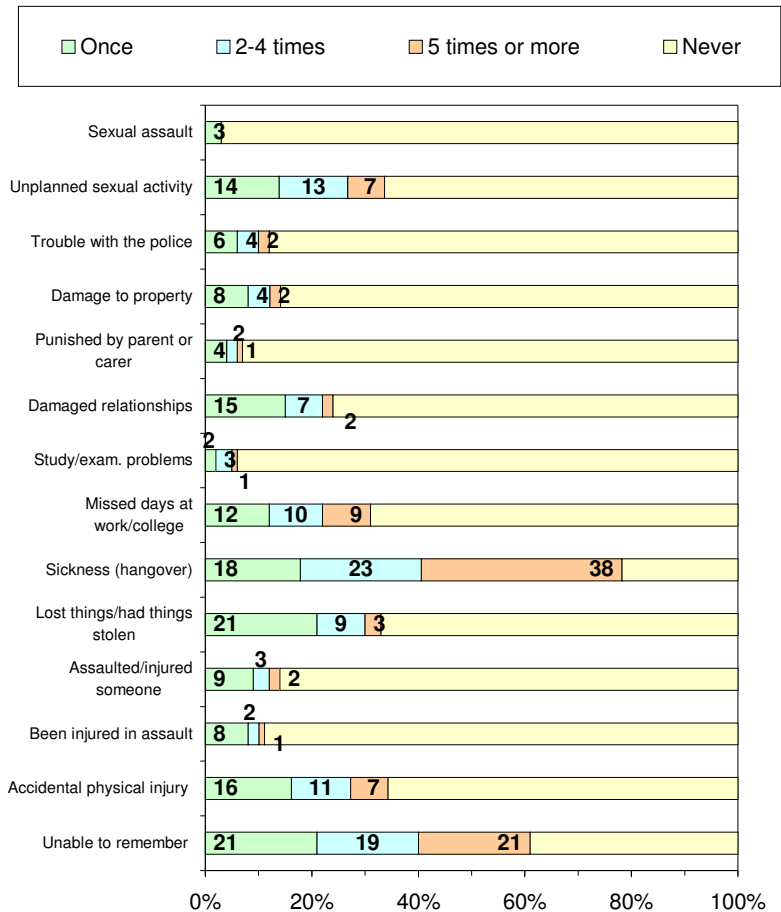
Experience of any problems five times or more

5% of Y8 pupils, 19% of Y10s, 33% of the 16-18yo and 45% of the 19-25yo said that they had experienced any one of the whole list of consequences five times or more.

Experience of serious consequences five times or more

6% of Y10s, 6% of the 16-18yo and 9% of the 19-25yo said that they had experienced any one of the most serious consequences (trouble with police, accidental injury and physical or sexual assault) five times or more.

Percentage of young people in each group answering "52: If you have drunk alcohol how many times during the last 12 months have you experienced or been involved in any of the following as a result of your drinking? OF DRINKERS LAST YEAR". Responses for 19-25yo only (Sample = 461).



Links

Links were found with other background factors for this question.

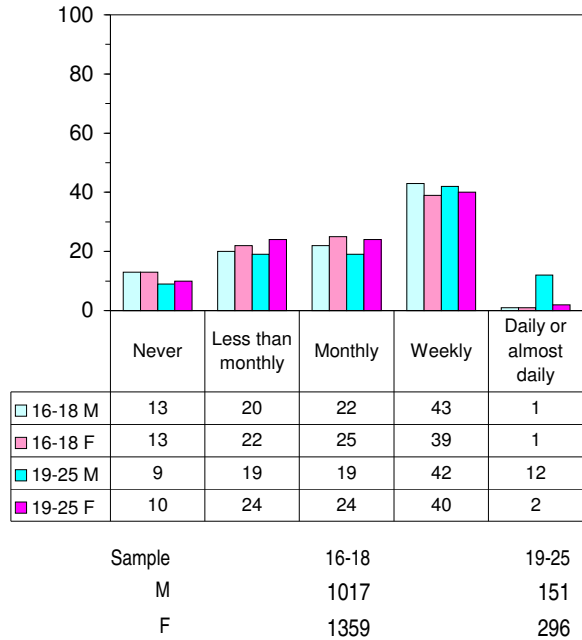
29% of young people aged 16-18y have experienced any *Negative consequences of alcohol* in the last year. For young people in the same age group who live with a single or repartnered parent the figure was 33%

Heavy drinking

Although the criteria for males and females are different, the prevalence seems rather similar in the two sexes.

Over 40% of young people say they drink more than twice the recommended guideline for adults of their sex at least once a week. 12% of 19-25yo males say they do so daily or almost daily.

Percentage of DRINKERS LAST YEAR in each group answering "answering 53a/b: [MALES/FEMALES] ONLY - How often do you have [EIGHT/SIX] or more units on one occasion?"



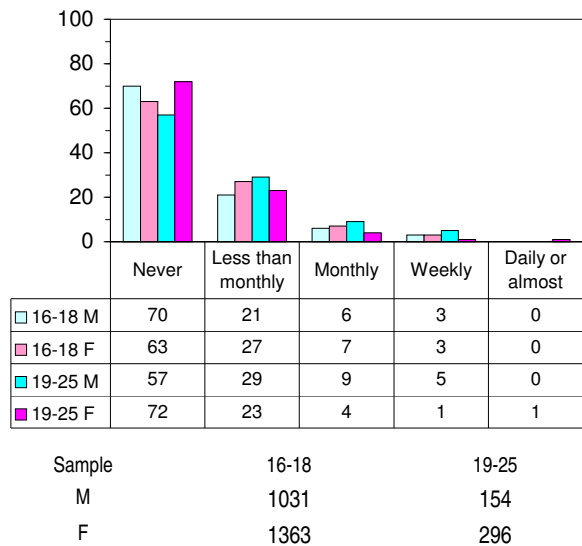
Drinking affecting function

Headline statistics

Between a quarter and a third of young people 16y and over said they had ever failed to do what was expected of them because of drinking; over 5% of the sample said they so failed at least once a month.

The patterning in these results is interesting, with males more likely to respond *Never* among the 16-18yo, and females more likely to respond *Never* among the 19-25yo.

Percentage of DRINKERS LAST YEAR in each group answering "55: How often in the last year have you failed to do what was normally expected of you because of drinking?"



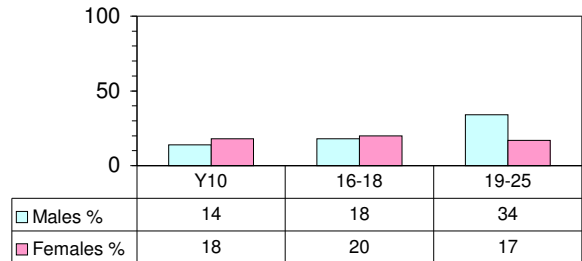
Drinking concerns

Headline statistics

Drinkers were asked if anyone had expressed concern about their drinking; 19% of the 16-18yo and over 20% of the 19-25yo age groups said so.

There is a marked spike for males aged 19-25y, with 34% of the group saying 'yes'.

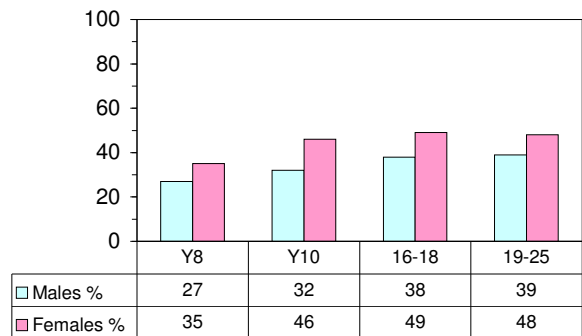
Percentage of DRINKERS LAST YEAR in each group answering "56: In the last year has anyone been concerned about your drinking or suggested you cut down?" responding "Yes"



Sample	Y10	16-18	19-25
M	682	1017	151
F	687	1359	296

Young people were asked a parallel question about their own concern about someone else's drinking. These figures were much higher, around a third of all respondents in Y8 and older. 21% of the whole sample were worried about the drinking of a friend (48% of the 19-25yo females) and 10% expressed concern about drinking by a parent or carer.

Percentage of young people in each group answering "57a: In the last year have you been concerned about someone else's drinking?" responding "Yes"



Sample	Y8	Y10	16-18	19-25
M	993	863	1207	174
F	926	831	1506	343



Links

Links were found with other background factors for this question.

37% of young people in Y10 have *been concerned about someone else's drinking* in the last year.

For young people in the same age group who have free school meals the figure was 77%.

For young people in the same age group who live with a single or re-partnered parent the figure was 43%*.

For young people in the same age group who have a disability or long-term illness the figure was 44%.

For young people in the same age group who have low self-esteem the figure was 53%*.

* Association also found in other age groups

Questions 53, 55 and 56 in the 16+ questionnaire form the basis of the FAST alcohol screening test (see page 5 for more details). Combined with the item *Unable to remember what happened* item from Question 52, this gives an approximation of the FAST criteria, and suggests that 54% of 16-18yo and 53% of 19-25yo are hazardous or problem drinkers.

Aggression at home and links with alcohol

Headline statistics

Verbal aggression (i.e. shouting and arguing) at home is not unusual, with about half the young people aged 14 and older reporting it happening in the last month.

Around 10% of the sample say they have experienced physical aggression (e.g. pushing, slapping, punching) at home in the last month.

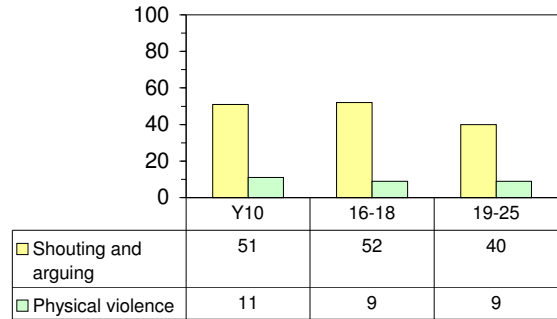
There are some marked gender differences (not illustrated); among 16-18yo, the proportion of males reporting shouting and arguing was 45%, and for females the figure was 57%. (Results for other age groups showed a similar difference.)

We went on to ask the respondents if any such aggression was linked with the use of alcohol.

41% of the 19-25 year olds surveyed have experienced verbal or physical aggression at home in the last month. Of those, 17% (which equals 13% of the whole 19-25 sample) said that this was linked to alcohol use.

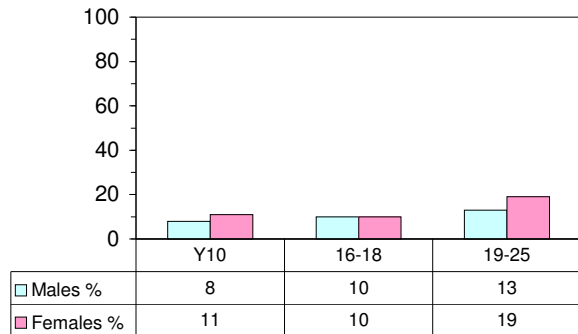
The equivalent figure for younger respondents is around 10%.

Percentage of young people in each group answering "58: Have the following happened at home in the last month?" responding "Yes"



Sample	Y10	16-18	19-25
M	931	1256	184
F	858	1550	360

Percentage of all young people in each group answering "58b: If you have experienced either of these was it linked with the use of alcohol by you or anyone else at home?" responding "Yes"



Sample	Y10	16-18	19-25
M	931	1256	184
F	858	1550	360



Links

Links were found with other background factors for this question.

51% of young people in Y10 experienced *Shouting and arguing* at home in the last month. For young people in the same age group who live with a single or re-partnered parent the figure was 56%*.

For young people in the same age group who have low self-esteem the figure was 62%* .

12% of young people in Y10 have experienced physical violence in the home in the last month. For young people in the same age group who have low self-esteem the figure was 21%* .

9% of young people aged 16-18 have experienced physical violence in the home in the last month. For young people in the same age group who have a disability or long-term illness the figure was 16%.

* Association also found in other age groups

General comments about drinking alcohol



Alcohol has not been a public health success in Stockport or anywhere else in recent years. People young and old seem to be drinking more, more often and suffering more of the consequences. Nationally, we see end-stage liver disease in people under 40 with much higher frequency, and there have even been cases of fatal cirrhosis in people under 25.

In the Stockport questionnaires, we find a majority of the drinkers have experienced at least one negative consequence of drinking in the last 12 months; some of the older age groups had experienced very serious consequences like injury and assault, and for some young people these are not single occurrences. Drunkenness may be seen as normal in some groups and the consequences part of the culture.

We also see that many young people are successfully making illegal purchases of alcohol.

In this study, there seems to have actually been a fall since 2002 in the proportion of pupils who ever drink alcohol. But among young people 16 and over who drink, we find higher proportion of young men in 2008 who drink heavily.



Drugs

The 2002 Young People's Lifestyle Survey taught us some very useful lessons about drug use amongst young people in Stockport. Whilst the majority of young people had never tried drugs, the survey showed the need to improve the education young people receive in school about substance use and showed the need to raise awareness about cannabis use as this was the drug most commonly offered to young people (51% of young people had been offered it) and the drug most commonly used or tried amongst those young people who had tried any illegal drugs.

Five years on, all Stockport schools have access to a Drugs, Alcohol and Tobacco Education curriculum pack produced by Stockport PSHE Services. The Healthy Schools programme team offer support around substance use policy development and education and all primary schools have access to the Stockport primary drugs link worker. Regular Health Evenings are run in primary schools, offering staff and parents the opportunity to find out more about drugs awareness issues.

MOSAIC, the Stockport young people's drug and alcohol service works with young people (up to 25) and parents/carers/family members who are affected by substance use. The service offers treatment, advice and support, counselling and complementary therapies. The service also employs detoxification nurses to provide this specialised service to young people in particular need.

The MOSAIC School Based Service has a substance use worker placed in every secondary school in Stockport to ensure that all young people in Stockport have access to support and advice where needed. The service also provides drug awareness workshops for parents and training for school staff. All secondary schools also have access to a MOSAIC family worker - providing support particularly for children of substance misusing parents.

The MOSAIC Primary Link Project is being rolled out across the clusters, offering all schools the chance to have learning mentors and other staff trained to offer low level interventions to young people vulnerable to substance use and to children of substance misusing parents. The primary project has also trained staff from other agencies working in primary schools (e.g. the Jigsaw team) to ensure that young people have access to the right support if needed.

The 2008-11 drugs strategy includes a new focus on involving parents and carers and ensuring that parents/carers feel equipped to talk to their children about drugs and alcohol. There is also a focus on developing a local approach to PSA 14: measuring the proportion of young people frequently using illicit drugs, alcohol or volatile substances. The data gathered in this survey give Stockport valuable baseline data from which to develop its services for young people further.

For further information about drug and alcohol support services for young people and their parents/carers, contact MOSAIC on 0161 480 5939 or email mosaic@stockport.gov.uk

For more information about the PSHE resources available to Stockport schools, please contact the PSHE Service on 0161 218 1780.

Offers of drugs

Headline statistics

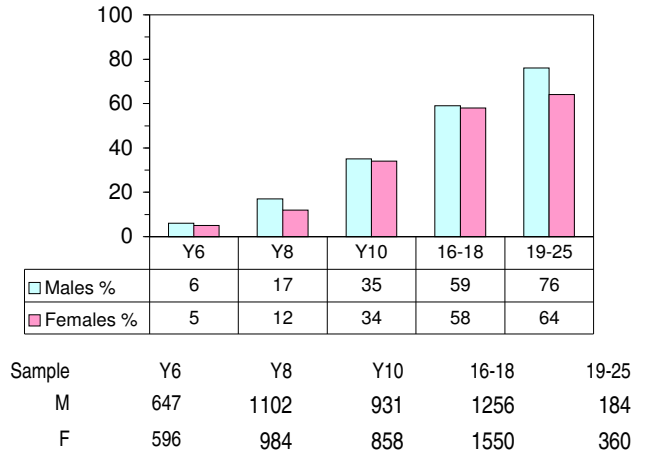
Young people were asked if they had ever been offered any illegal drugs. Older groups were given a list and asked to indicate which ones they had been offered. The question for Y6 pupils did not name any drugs but invited pupils to name a drug they had been offered.

Reports of ever having been offered illegal drugs rose from about 15% of Y8 pupils to over 2/3 of the 19-15yo.

In all age groups, we find a higher proportion offered illegal drugs among the males than among the females.

Cannabis was the drug most commonly encountered (27% of Y10, 49% of 16-18yo), with *ecstasy* (26% of 16-18yo) and *cocaine* (25% of 16-18yo) also featuring strongly.

Percentage of young people in each group answering "61a: Has anyone ever offered you any of these drugs (not a doctor or chemist)?" responding "[Yes]"



Comparison with 2002

The results for a similar question suggest that young people in Stockport in 2008 are less likely to have been offered drugs than were those in 2002; the figure for being offered any drugs for 11-15yo in 2002 was 38%, while in 2008 the figure for Y8 was 15% and for Y10 was 34%; the figure for being offered cannabis for 11-15yo in 2002 was 34%, while in 2008 the figure for Y8 was 11% and for Y10 was 27%. So, the overall figure for all 11-15yo in 2002, which was 38%, exceeds the figure for the oldest pupils in 2008, 34%.



Links

Links were found with other background factors for this question.

15% of young people in Y8 have ever been offered drugs. For young people in the same age group who have a disability or long-term illness the figure was 23%

For young people in the same age group who have a single or re-partnered parent the figure was 21%*.

34% of young people in Y10 ever been offered drugs. For young people in the same age group who have truanted or been excluded the figure was 54%*.

* Association also found in other age groups

Experience of drugs

Headline statistics

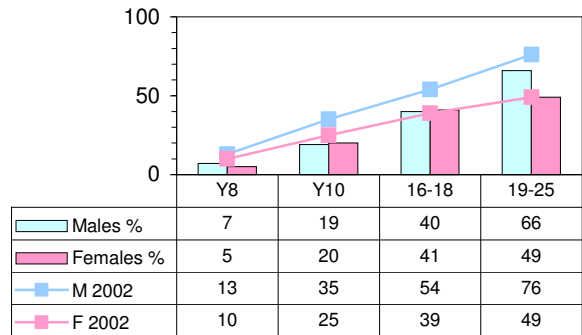
Reports of ever taking drugs similarly rises with age, from less than 10% of the Y8 pupils to over half of the 19-25yo. There is not much by way of gender differences in drug taking until we get to the 19-25 age group, where rather more males than females say they have ever taken any drugs.

Cannabis was the drug most commonly encountered (17% of Y10, 39% of 16-18yo), with *ecstasy* (9% of 16-18yo) and *cocaine* (10% of 16-18yo) also featuring strongly.

Comparison with 2002 (see chart)

The results for a similar question suggest that young people in Stockport in 2008 are less likely to have used drugs than were those in 2002; the figure for ever having used drugs for 11-15yo in 2002 was 25%, while in 2008 the figure for Y8 was 6% and for Y10 was 19%. These differences are accounted for mostly by differences in reporting by males.

Percentage of young people in each group answering "61b: Have you ever tried any of these drugs?" responding "[Yes]"



Sample	Y8	Y10	16-18	19-25
M	1102	931	1256	184
F	984	858	1550	360

Comparison with YPi2007 sample

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. The same question was asked about experiences with drugs, and the proportion of young people who have ever tried any drugs is rather similar in each group.

Comparison with local and national figures

Figures are available from the report *Smoking, Drinking and Drug Use among young people in England in 2006* (ONS, 2007), a sequential survey of secondary school children. 7% of 12yo, 12% of 13yo, 23% of 14yo and 29% of 15yo say they had ever taken drugs in the last year. These results seem a little higher than the figures for Y10 in Stockport.



Links

Links were found with other background factors for this question.

20% of young people in Y10 have ever taken drugs. For young people in the same age group who have truanted or been excluded the figure was 31%*.

The *Misuse of Drugs Act* classifies drugs into three classes, A to C, where Class A drugs (including ecstasy, LSD, heroin, cocaine, crack and magic mushrooms) attract the most serious penalties. 1% of Y8 pupils and 4.6% of Y10 pupils say they have ever used Class A drugs. Of those pupils who have ever truanted or been excluded, the figures are 4% and 10% respectively. Looking just at Y10 pupils who have ever been excluded, the figure is 17%.

41% of young people aged 16-18y have ever taken drugs. For young people in the same age group who have a single or re-partnered parent the figure was 50%

* Association also found in other age groups.

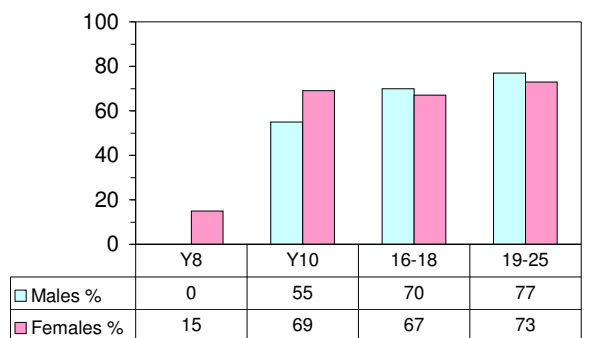
Drugs and alcohol

Headline statistics

Young people who had ever taken drugs were asked if they had ever taken alcohol and drugs on the same occasion.

About 60% of drug takers had ever taken alcohol and drugs on the same occasion.

Percentage of young people who EVER USED DRUGS in each group answering "62: Have you EVER taken drugs listed in the previous question and alcohol on the same occasion?" responding "Yes"



Sample	Y8	Y10	16-18	19-25
M	41	169	497	122
F	27	160	622	177

Comparison with YPi2007 sample

Comparisons have been made with figures from *Young People into 2007* (SHEU, 2007), a sample of schools from across England. The same question was asked about mixing drugs and alcohol, and the proportion of young people who have ever done this rather similar in the Y10 group where comparisons can be made.

Drug habits

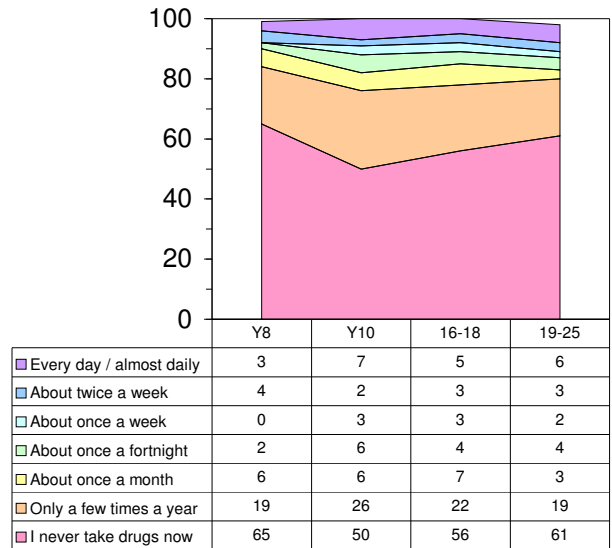
Headline statistics

The frequency of drug-taking by drug takers presents perhaps a more reassuring picture than the previous page.

The most common response of drug-takers in all age groups about frequency of drug-taking was 'I never take drugs any more', with about half of all respondents perhaps suggesting that their experiences have been short-term experiments. The next most common response was 'only a few times a year', around a fifth or so of all age groups.

About 5% of respondents in all age groups who had ever taken drugs reported daily or almost daily use of drugs.

Percentage of young people who have EVER TAKEN DRUGS in each group answering "63: How often do you usually take drugs?"



Sample	Y8	Y10	16-18	19-25
M	58	164	493	119
F	36	159	609	176

Comparison with local and national figures

Figures are available from the report *Smoking, Drinking and Drug Use among young people in England in 2006* (ONS, 2007), a sequential survey of secondary school children. 5% of all 14yo and 8% of all 15yo say they take drugs at least once a month.

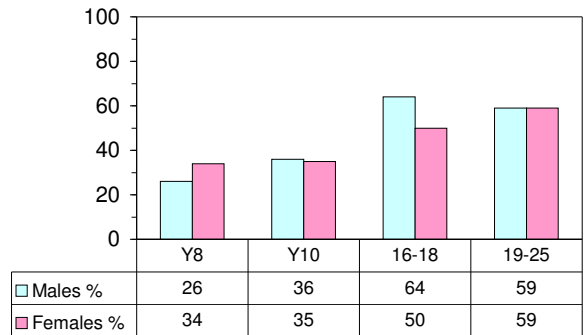
Sources of drugs

Headline statistics

Respondents were asked from whom they obtained drugs on the last occasion. The most common responses for the 16-18yo age group were: *A friend of my own age* 56%, *A friend older than me* 23%, *Someone I knew of but didn't know personally* 11%, and *My boyfriend/girlfriend/partner* 6%.

The proportion answering *A friend of my own age* rises with age.

Percentage of DRUG USERS in each group answering "64: The last time you used drugs who did you get them from?" responding "A friend of my own age"



Sample	Y8	Y10	16-18	19-25
M	47	147	466	107
F	29	139	569	164

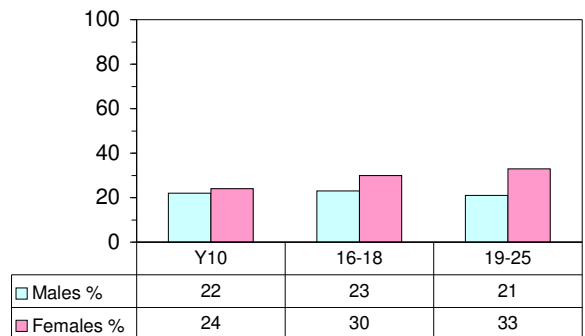
Where drug taking takes place

Headline statistics

Young people who had ever taken drugs were asked where this took place. The three most common responses to this question among the 16-18yo age group were: *In someone else's home* 27%, *At a party* 24%, and *Outside* 22%.

The proportion responding *In someone else's home* rises among females between Y10 and the 19-25yo age group, but this trend is not seen among males.

Percentage of DRUG USERS in each group answering "65: Where were you when you bought/were given drugs last time?" responding "In someone else's home"



Sample	Y10	16-18	19-25
M	146	448	107
F	136	559	163

Problems with drugs

Headline statistics

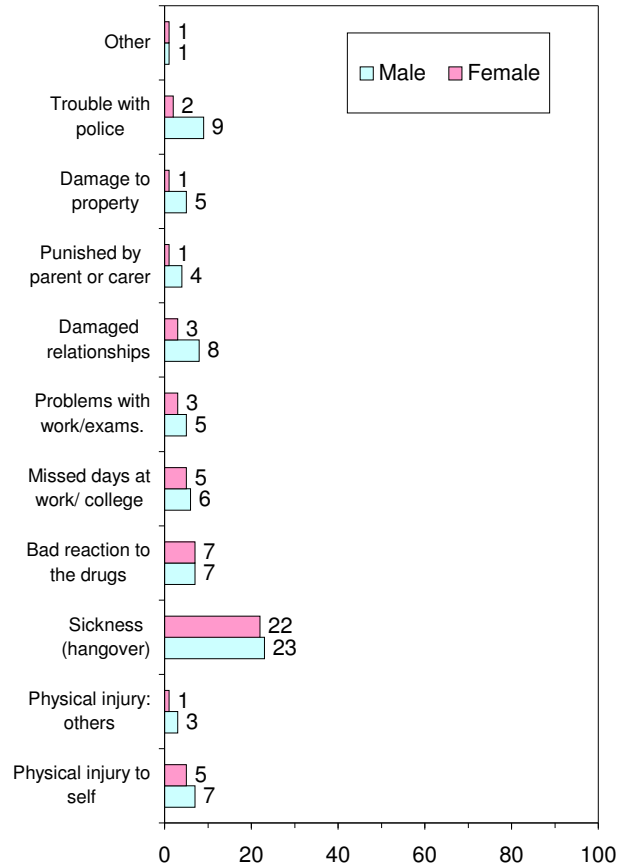
Young people in Y10 and older were offered a list of possible negative consequences of their use of drugs and asked if they had experienced any of them in the last 12 months, and, if so, how often.

The responses among the 16-18yo are shown opposite.

Similar to the results for alcohol, *sickness* is the most common negative consequence of drug use (22%), with most other consequences being reported with low frequency (5% or less) among females but with notably higher frequency among males, particularly for damage to property (5%) or relationships (8%) and for trouble with police (9%).

It should be noted that the 19-25yo sample included a group drawn from the probation service, which most likely accounts for this last figure at least.

Percentage of DRUG TAKERS in the 16-18yo age group answering "66: If you have taken drugs during the last 12 months have you experienced any of the following as a result of your drug use?"



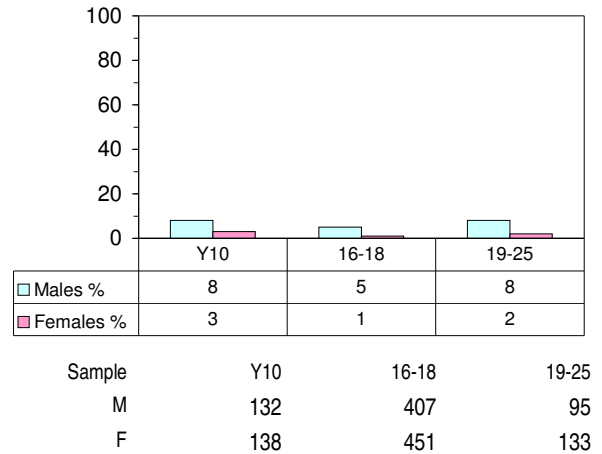
Sample	16-18
M	505
F	634

Drug services

Headline statistics

Young people who have ever used drugs were asked if they had ever visited any services as a result of their drug use. There is a marked gender difference, but the proportion in each age group is about the same: about 2% of females but over 5% of males.

Percentage of young people who have EVER TAKEN DRUGS in each group answering "67: If you have taken drugs during the last 12 months have you visited any services as a result of your drug use?" responding "Yes"

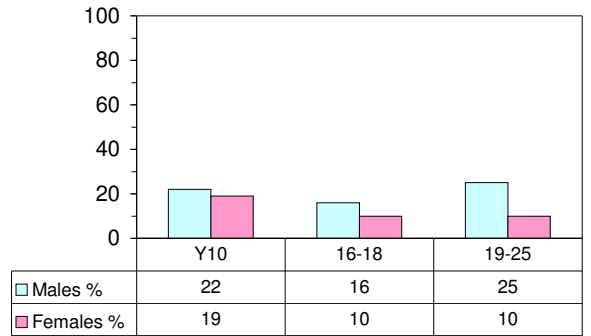


Drugs affecting functions

Headline statistics

Drug users were asked if they had failed to do what was normally expected of them because of their drug use; something less than 20% said that they had experienced this at least once in the last year. Again there is a marked gender difference, with males rather more likely to report having had this experience in the last year than females.

Percentage of DRUG USERS in each group answering "68: How often in the last year have you failed to do what was normally expected of you because of drug taking?" responding "[ever]"



Sample	Y10	16-18	19-25
M	138	462	105
F	147	548	151

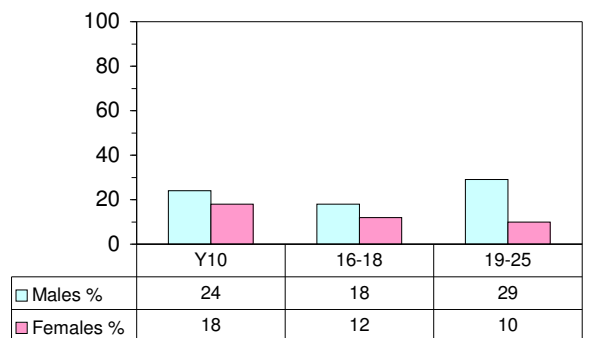
Drug concerns

Headline statistics

Drug users were asked if anyone had expressed concern about their drug taking; between 15-25% of the groups said yes. There is a marked gender difference, with males reporting such concerns more often than females.

The proportion in each age group among females declines with increasing age, while the figures for males show no such trend.

Percentage of young people who have EVER TAKEN DRUGS in each group answering "69: In the last year has anyone been concerned about your drug taking or suggested you cut down or stop?" responding "Yes"



Sample	Y10	16-18	19-25
M	132	407	95
F	138	451	133

Concerns about others

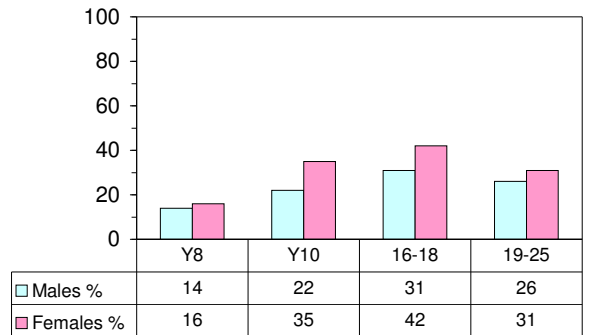
Headline statistics

All young people were asked if they had been concerned in the last year about the drug use of other people. 15% of Y8 pupils say they have been concerned, a figure which rises to over a third of 16-18yos. Females of all age groups record concern with higher rates than males in the same groups.

It is striking that the 19-25yo show lower levels than the group 16-18yo.

We went on to ask who they were worried about: for 17% of those answering, this was a friend; 4% said boy-/girl-friend, 3% siblings, and 2% parents.

Percentage of young people in each group answering "70a: In the last year have you been concerned about someone else's drug taking?" responding "Yes"



Sample	Y8	Y10	16-18	19-25
M	898	742	1039	152
F	845	763	1336	300

General comments about use of controlled drugs

There seems to be less involvement of young people with controlled drugs in Stockport in 2008 than in 2002. Nonetheless any use may be putting them at risk of a variety of negative consequences, and about a quarter of the older age groups had experienced at least one negative effect of drug use: for 7% of the sample this was a bad reaction to the drugs themselves.

17% of young people 16 and over report concern about the use of drugs by friends.

Social norms

The social norms approach to human behaviour has important implications for health promotion and prevention.

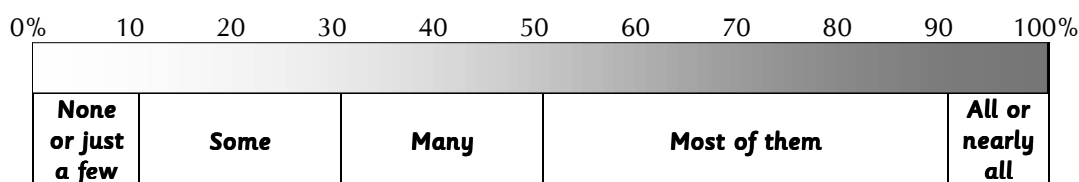
Social norms are people's beliefs about the behaviour that is expected of them in a particular social context. People's perceptions of social norms are often a good predictor of what they will say and do.

For example, surveys of US college students reveal that most students greatly overestimate the amount of heavy drinking that occurs on their campus and on college campuses in general. Based on this misperception, students may conclude that heavy drinking is the social norm, which in turn may lead them to drink more. In other words, the misperception may cause students to believe they are both justified and pressured to drink at a risky level in order to be like other students.

The theory predicts that overestimation of problem behaviour will increase risky behaviour while underestimation of healthy behaviours will discourage individuals from engaging in them. Thus, correcting misperceptions of group norms is likely to result in decreased problem behaviour or increased prevalence of healthy behaviours. These assumptions have been validated by extensive research on teenage and young-adult drinking and cigarette smoking and by interventions to promote safe drinking and smoking cessation.

Headlines

We asked pupils of secondary school age and older to estimate what proportion of their peers they think take part in various activities. By comparing their answers of estimated levels of drinking etc. amongst their peers with the actual levels recorded earlier in the questionnaire, we hoped to see how well the two sets of figures married up. To help young people in answering the question, they were given the following guide:



For the purposes of calculating averages, the following scores were used:

None or just a few	5
Some	20
Many	40
Most of them	70
All or nearly all	95

The scoring for this question obviously can greatly affect the results, but it is hard to defend other methods of scoring than the one used. These calculated averages were compared with actual levels:

Perhaps contrary to expectations, young people's perceptions of the behaviour of their peers suggest that they think most other people are drinking alcohol less often, getting drunk less often and are less involved with drugs than they are.

It is only for taking drugs in the last week where there is a significant over-estimate, although it should be noted that the reports of drug-taking during the week are based on a description of frequency, not whether young people actually took drugs last week.

Figures for other age groups (given in Appendix 4) tell the same story. These findings have many implications for health promotion; it also suggests that simply disseminating the results of the study is a health promotion intervention in itself, which needs careful handling.

Actual and average perceived and levels of participation in health-related behaviours (Results for 16-18yo only)

	Actual		Perceived	
	M	F	M	F
Drank alcohol last 12 months	84	91	58	62
Drank alcohol last 7 days	57	57	49	50
Been drunk once in 7 days	41	44	39	43
Ever been offered cannabis	48	49	37	38
Have ever taken cannabis	39	39	32	34
Take drugs weekly	02	02		
Taken any drugs over 7 days			22	23
Ever had sex	55	66		
Sample	1054	1394	1256	1550

There is a more exact comparison available for the number of sexual partners, with two parallel questions being asked of the older subjects:

Please circle how many sexual partners you have had in your lifetime.

0 1 2 3 4 5 6-10 11 +

Thinking about other young people of your age, what do you think would be the average number of sexual partners they have had in their lives?

Please circle one answer

0 1 2 3 4 5 6-10 11 +

Some of the answers to this question may well be exaggerated – despite this being an anonymised survey. Only those young people who had earlier said they had ever had sex answered this question, so those who had not had sex were assigned zero for the number of sexual partners they had.

We can then compare these answers. The table below shows the results for 16-18 year-old males:

Percentages of actual and estimated average numbers of sexual partners (Results for 16-18yo males only).

	0	1	2	3	4	5	6-10	11 +
Actual	44	21	11	6	5	3	6	4
Perceived	2	16	26	23	11	7	8	6

From this, we see that among that group, the most common number of sexual partners reported is none and the most common estimate for the average number is two. It is easy to see this as an example of ‘when all is said and done, more is said than done’ – that is, these young men perceive that sexual activity is more common than it actually is. However, the actual technical average (mean) is about two, so it is possible to see this estimate as quite accurate. (It is not certain how many young people read ‘average’ and imagine something more like ‘mode’.)

The other groups gave similar answers (see Appendix 4)

Moreover, the responses to each question are correlated +0.4, that is, the more sexual partners a young person reports, the more partners they suggest is the average for their age group. So, perceptions in this case may be related to their own experience and probably the actual norms among their immediate circle of peers.

Crosstabulation of actual and estimated average numbers of sexual partners among 16-18yo males (counts).

Sample		Perceived								
		None	1	2	3	4	5	6-10	7	11+
Actual	None		2	2		2				
	1	2	41	71	70	26	12	10	5	
	2		15	39	45	9	7	4	8	
	3			10	10	16	13	6	9	7
	4	1	3	12	11	16	6	8	4	
	5		1	3	14	5	5	6	2	
	6-10	1	2	7	16	13	8	14	5	
	11+	1	1	4	1	5	10	10	12	

There is another feature of this correlation, namely a shift towards the higher values for estimates; on the table above the three highest counts are shown boxed, and these are all above and to the right of the shaded boxes where the actual and perceived figures are the same. So, young men with one or two sexual partners report the average as two or three. Again, this could be seen as a result of peer pressure, but they could also be reflecting accurately the prevalence in their own peer group.

General comments about social norms

Clearly, an assumption that young people have exaggerated perceptions of the lifestyles of their peers is not supported by these data.

Recommendations

The recently established Children's Trust, which includes all the partners who have responsibility for improving the lives of children and young people in Stockport, is determined to respond to the voices of 8,500 children and young people who completed the survey. The Trust is committed to building on the good news revealed in the survey and addressing the important areas that need further attention.

As a result of this survey, an action plan will be developed, addressing the issues raised, which will be signed off, reviewed and monitored by the Health Partnership Board within the Children's Trust.

Healthy Eating

While the increase in 5-a-day consumption since 2002 is encouraging, relatively few young people are eating the recommended amounts of fruit and vegetables. The strategy to encourage them to eat recommended amounts should include encouraging more school age young people to eat school meals, with an emphasis on selecting and eating the whole meal.

Since 2002, the introduction of breakfast clubs has greatly increased the numbers of young people eating breakfast therefore the continuation and further development of these important facilities is recommended.

Physical Activity

The report shows that young people are unclear how much physical activity is recommended for their age, that participation in physical activity lasting for 30 minutes or more declines with age and that young reported that their main reason for not being more active was lack of time. The key recommendations therefore are to improve knowledge and understanding of the physical activity guidelines and to translate such knowledge into participating more in daily physical activity

Emotional wellbeing and support

To respond to the emotional health and wellbeing data gathered in the report, it is recommended that all schools should implement effectively the Primary and Secondary SEAL (social and emotional aspects of learning) programme as part of the PSHE curriculum.

The majority of school age children see their family as the primary source of help and support, therefore we recommend that initiatives to enable families and carers to support their children more effectively should be given high priority.

Bullying

Many young people say they have experienced bullying behaviour in the last year and many of the secondary age young people said they did not feel confident in the way their school dealt with this. Therefore, we recommend that schools, and other key settings, in working to reduce these levels continue to develop and review anti-bullying policies, ensuring that children and young people know and understand these policies and feel they have the opportunity to discuss their implementation regularly.

Sex and relationships

The information gathered in the report on sex and relationships and around people's experience of sex and relationships education (SRE) shows there is a need to continue to develop SRE programmes that are centred around the needs and experiences of young people at different stages. These should recognise the contribution of a variety of different people and services including schools, parents, peer supporters, school nurses, youth services and treatment services.

Smoking

While fewer young people are smoking than in 2002, those who are smoking are smoking with greater frequency and smoking a greater number of cigarettes. Action is required to increase supported cessation attempts amongst young people and their parents and develop peer education/support projects to encourage an alternative perspective to the 'cultural norm' that encourages smoking amongst a significant minority. Vigorous enforcement of sales and advertising legislation is also required.

Alcohol

Although fewer young people are drinking in 2008 than 2002, there has been a significant increase in the number of young people drinking heavily. We recommend that programmes are developed, such as the planned social marketing research project, to help increase our understanding of the motivations behind hazardous drinking among young people. Interventions to change behaviour should be developed from this basis.

Drug Use

The proportion of young people being offered and trying drugs has fallen significantly since 2002. However, it is clear that the more vulnerable young people in the sample are more likely to be offered and to take drugs than the wider population. Work should continue both in and out of school settings to target and provide support for these young people

The 19-25 age group

Throughout the survey, the 19-25s group demonstrate more risk factors and fewer positive factors than the younger survey respondents: they are the least likely to eat 5-a-day; least likely to be active; most likely to smoke; binge drink and have tried drugs. They are also the most unhappy of all the age groups surveyed. Because of these factors, we recommend that all relevant partners consider the specific needs of this age group in order to work towards improving their health and wellbeing.

Appendix 1: Sample by ward

Clusters were identified by self-reported postcode; school pupils reporting no postcode were assigned to the cluster to which their school belongs. Wards were identified by postcode alone.

Young people living outside Stockport but attending Stockport schools may also be using services in Stockport.

Completed samples by ward and age group

Cluster	Ward code	Y6	Y8	Y10	16-18	19-25	All
Unknown/Outside Stockport	Unknown/Outside Stockport	6	15	36	1114	161	1332
Brinnington & Reddish	00BSGC Brinnington & Central	44	56	42	45	38	225
	00BSGL Heaton North	4	23	14	16	5	62
	00BSGM Heaton South	1			1		2
	00BSGS Reddish North	80	77	44	87	20	308
	00BSGT Reddish South	55	67	49	54	10	235
	Unknown/Outside Stockport	28	63	29			120
Cheadle	00BSFZ Bramhall South	3	11	16	26	3	59
	00BSGD Cheadle & Gatley	28	23	67	63	11	192
	00BSGE Cheadle Hulme North	47	15	39	66	13	180
	00BSGF Cheadle Hulme South	32	28	36	87	16	199
	00BSGG Davenport & Cale Green	4	3	5	5	2	19
	00BSGK Heald Green	37	19	76	53	10	195
	Unknown/Outside Stockport	63	276	65			404
Hazel Grove & Bramhall	00BSFY Bramhall North	68	63	77	80	21	309
	00BSFZ Bramhall South	57	29	42	48	8	184
	00BSGF Cheadle Hulme South			1	1		2
	00BSGG Davenport & Cale Green	2	4	2	6		14
	00BSGJ Hazel Grove	67	67	14	101	17	266
	00BSGN Manor		12	5	13	5	35
	00BSGQ Marple South	5	9	4	18	1	37
	00BSGR Offerton	4	27	23	32	7	93
	00BSGU Stepping Hill	11	49	31	71	14	176
	Unknown/Outside Stockport	52	111	100			263
Heaton	00BSGL Heaton North	47	48	61	57	11	224
	00BSGM Heaton South	43	76	96	69	4	288
	00BSGT Reddish South	7	20	20	14	1	62
	Unknown/Outside Stockport	36	89	103			228
Marple & Werneth	00BSGA Bredbury & Woodley	85	98	73	85	18	359
	00BSGB Bredbury Green & Romiley	86	98	86	86	15	371
	00BSGP Marple North	10	81	82	107	18	298
	00BSGQ Marple South	17	49	39	55	16	176
	Unknown/Outside Stockport	26	45	25			96
Stockport Central	00BSGC Brinnington & Central	13	17	10	20	17	77
	00BSGG Davenport & Cale Green	38	58	36	61	14	207
	00BSGH Edgeley & Cheadle Heath	57	37	34	93	34	255
	00BSGN Manor	21	105	57	90	18	291
	00BSGR Offerton	12	63	55	62	14	206
	00BSGU Stepping Hill		24	19	20	2	65
	Unknown/Outside Stockport	47	131	196			374

Appendix 2: Vulnerable groups in the sample

The sample was examined for presence of young people who may be vulnerable for one reason or another. The numbers (below) were rather small for significance testing.

Numbers of young people with vulnerable characteristics in the sample.

	All	Truants/ excluded	Free School Meals	One parent at home (single or re- partnered)	Fostered/ in care	Ethnic minority	Refugees	Disabled/ long-term illness	Low self- esteem
All	8488	238	220	2453	30	1053	244	850	1652
Y6	1243	90	140	369	6	175	90	188	337
Y8	2086	78	52	552	6	260	74	219	455
Y10	1809	70	28	550	9	226	34	183	277
16-18	2806			869	9	333	36	219	489
19-25	544			113		59	10	41	94

The percentages represented by these numbers are also given:

Percentages of young people with vulnerable characteristics in the sample.

	Truants/ excluded	Free School Meals	One parent at home (single or re- partnered)	Fostered/ in care	Ethnic minority	Refugees	Disabled/ long-term illness	Low self- esteem
All	3%	3%	29%	<0%	12%	3%	10%	19%
Y6	7%	11%	30%	<0%	14%	7%	15%	27%
Y8	4%	2%	26%	<0%	12%	4%	10%	22%
Y10	4%	2%	30%	<0%	12%	2%	10%	15%
16-18			31%	<0%	12%	1%	8%	17%
19-25			21%		11%	2%	8%	17%

A selection of key questions were examined for links with these vulnerability factors and significant differences are reported in the main text of the report, in the format shown below:



Links

Links were found with other background factors for this question.

32% of young people in Y10 say they exercise 7 times or more in the last week. For young people in the same age group with low self-esteem, the figure was 28%.

The sample size for this analysis was to compare the 277 with low self-esteem with the remainder of the 1809 pupils in Year 10.

Appendix 3: Supplementary tables about social norms

Actual and perceived norms for numbers of sexual partners; modes boxed.

	0	1	2	3	4	5	6-10	11 +
16-18 M Actual	1	37	19	11	10	5	10	7
16-18 M Perceived	2	16	26	23	11	7	8	6
16-18 F Actual	1	35	21	16	8	7	8	4
16-18 F Perceived	0	8	24	26	17	9	12	4
19-25 M Actual	1	15	7	9	12	9	26	21
19-25 M Perceived	1	2	8	9	16	16	28	20
19-25 F Actual	0	14	14	15	11	6	23	16
19-25 F Perceived	0	1	4	13	14	16	34	18

Means and perceived norms for other behaviours (percentages)

Average estimates		Y8	Y10	16-18	19-25
Male	drank alcohol over the last 12 months?	34%	50%	58%	62%
	drank alcohol over the last 7 days?	19%	33%	49%	56%
	been drunk at least once in the last 7 days?	14%	26%	39%	45%
	have ever been offered cannabis?	16%	25%	37%	45%
	have ever taken cannabis?	13%	22%	32%	40%
	have taken any illegal drugs over the last 7 days?	10%	16%	22%	29%
Female	drank alcohol over the last 12 months?	37%	57%	62%	58%
	drank alcohol over the last 7 days?	21%	40%	50%	54%
	been drunk at least once in the last 7 days?	16%	33%	43%	47%
	have ever been offered cannabis?	14%	28%	38%	40%
	have ever taken cannabis?	12%	26%	34%	37%
	have taken any illegal drugs over the last 7 days?	10%	17%	23%	26%
Actual reports		Y8	Y10	16-18	19-25
Male	drank alcohol over the last 12 months	43%	78%	84%	89%
	drank alcohol over the last 7 days	14%	32%	57%	71%
	been drunk at least once in the last 7 days		19%	41%	54%
	have ever been offered cannabis	12%	29%	48%	61%
	have ever taken cannabis	04%	17%	39%	64%
	Take drugs at least weekly	00%	01%	02%	09%
	Ever had sex		18%	55%	86%
Female	drank alcohol over the last 12 months	45%	81%	91%	88%
	drank alcohol over the last 7 days	15%	38%	57%	64%
	been drunk at least once in the last 7 days		26%	44%	43%
	have ever been offered cannabis	09%	26%	49%	52%
	have ever taken cannabis	03%	18%	39%	47%
	Take drugs at least weekly	01%	01%	02%	00%
	Ever had sex		25%	66%	87%

It can be seen immediately that for some items, young people's estimates are rather higher than actual the actual proportions, as with drug use in the last week, but this is more often not the case. It can be argued that the scoring system is not very accurate, but clearly a glib assumption that young people have exaggerated perceptions of the wild, hedonistic lifestyles of their peers is not supported by these data.

Appendix 4: List of tables and figures

Percentages in each age group reporting different behaviours, in 2002 and 2008	6	normal and feel warm" answering they did at least 7 occasions of in the last 7 days, by age and sex.....	29
Percentages in each group doing any or all of a list of positive behaviours	7	Percentage of young people in Y6 who exercised at all answering "4: Number of days where you breathed harder and felt warm", by sex	29
Percentages in each group doing any or all of a list of negative behaviours	7	Percentage of young people in each group answering "4: Was this week's pattern of activity usual?" by age group	30
Completed sample sizes by age group and by sex.....	12	Percentage of young people responding YES to "5: Are there any activities you would like to do but don't?" by age and sex	31
Completed sample sizes by age group and by cluster.....	13	Percentage of young people naming activities they would like to do (list of top 5 activities), by age group.....	31
Numbers GP resident in each cluster.....	13	Percentage responding to "6: Does anything stop you from being as physically active as you would like?" reporting any barriers to being active, by age group	32
Percentage sampled in each cluster.....	13	The percentage of young people responding to "6: How long do you think you need to do physical activity for each day to be healthy?" answering at least an hour each day, by school year group and sex.	33
Deprivation and other profile of each cluster (Year 10 only, Sample = 1809).....	14	Percentage of young people in each group answering "21: How much work have you done in school on sex and relationship education?"	35
Standard errors of proportion	15	Percentage of young people in year 8 answering '21: How much work have you done in school on sex and relationships education?' by cluster.	35
Percentage of young people in each group answering "76: Which of the following most nearly describes you? (ethnicity)" responding "White - British"	16	Percentage of young people in year 6 answering '22: How many SRE lessons have you had about growing up / puberty in the last year to help you understand the changes you are going through?' by cluster.....	36
Percentage of White-British young people, by cluster. [Results for all respondents.].....	16	Results for Y6 only.	36
Percentage of young people in each group answering "77: Who do you live with?" responding "Mother and father together".....	17	Percentage of young people of each gender (Y6/Y8) answering "25: During sex and relationship education (SRE) at school...?" ... "I can ask any question I want to"	37
Percentage living with both parents, by cluster. Results for Year 10 pupils only.	17	Percentage of young people of each gender (Y6/Y8) answering "The teacher makes me feel comfortable when talking about sex and relationship issues".....	37
Percentage of young people in each group answering "78: Are you in...?" responding "full- or part-time employment" and "full- or part-time education"	18	Percentage "I can ask any question I want to", by cluster. Results for Y6 only.	37
Percentage neither in education nor employment, by cluster. Results for 16-18yo only.	18	Percentage of young people in each group answering "23: What topics have you learnt about in sex and relationship education (SRE) at school?"	38
Percentage of young people in each group answering "79: Are you or your family asylum seekers or refugees" responding "Yes".....	19	Percentage "Respecting yourself and others", by cluster. Results for Y6 only.	38
Percentage of young people in each group answering "80: Do you have a disability?" responding "Yes"	20	Percentage of young people in each group answering "24: What do you feel about sex and relationship education (SRE) at school?"	39
Percentage reporting a disability, by cluster. Results for Year 10 only.	20	Percentage responding "Embarrassing", by cluster. Results for Y8 only.	39
Percentage of young people in each group answering "82: Do you have a long-standing illness?" responding "Yes"	21	Percentage of young people in each group answering "[34]: Thinking about the sex and relationship education (SRE) you receive(d) at school please look at the following statements"	40
Percentage of young people in each group answering "87: Do you get free school meals or vouchers for free meals?" responding "Yes"	22	Percentage of young people in Y6/Y8 answering "26: How much information have you had about sex and relationships from parents/carers?".....	41
Percentage getting free school meals, by cluster.....	22	Percentage of young people in year 6 answering '26: How much information have you had about sex and relationships from parents / carers?' by cluster.....	41
Percentage of young people in each group answering "88: Have you ever stayed away from school without permission (bunked off / skipped school / tranted)" responding "Yes".....	23	Percentage of young people in each group answering "[35]: Thinking about the information on sex and relationships you have received from your parents/carers please look at the following statements..."	42
Percentage of young people in each group answering "89: Have you ever been excluded from school" responding "Yes"	24	Percentage having useful information from parents/carers, by cluster. Results for Y8 only.	42
Percentage of young people in each group answering "1: Have you done any exercise or other physical activity in the last seven days" responding "Yes", by age and sex.	26	Percentage of young people in each group who have had sex ("24: Have you ever had sex with another person?").....	43
Percentage reporting doing no physical activity last week, by cluster. Results for 16-18 only.	26		
Percentage answering "2: Which of these activities have you done in the past 7 days?" reporting doing any of the list of physical activities, by age group; top 5 reported for each age group	27		
Average number of sessions of physical activity in the last 7 days, by age and sex.	28		
Average number of different types of physical activity in the last 7 days, by age and sex.....	28		
Percentage responding to "2b: please tell us how many times you did the activity for 30 minutes or more last week?"; top 5 activities reported for each age group.....	28		
Percentage responding "Q3: please write the number of occasions where the exercise made you breathe harder than			

Percentage of young people who have had sex, by cluster. Results for 16-18yo only.....	43	Percentage bullying others at school, by cluster. Results for Y6 only.....	59
Percentage of young people in each group answering "23: I have felt sexual attraction for:" responding [mainly/only opposite sex]44		81: Do you think others may fear going to school because of you?.....	59
Percentage of young people WHO HAVE HAD SEX in each group answering "26: I have had sex with:" responding "[Only opposite sex]"	44	Percentage of young people in each group answering "34: How much do you worry about the issues listed below?" responding "Quite a lot/A lot" to any item	61
Percentage of young people in each group answering 25: If you have had sex, please state how old you were when you first had sex? " responding "Under 16" (percentage of whole sample)....	45	Percentage of young people in each group answering "34: How much do you worry about the issues listed below?"; top 5 items with 'quite a lot'/a lot' responses	61
Percentage of young people in each group answering "27: If you have had sex did you use a method of protection or contraception?" responding "Yes"	46	Percentage of young people in each group answering 34b: Worry about other things?	62
Percentage of young people aged 16-18 who have had sex answering "28: If YES please select which methods you have used?" by sex (Sample ♂ =629; ♀ =942).	47	Percentage of young people in each group answering "34: How much do you worry about the issues listed below?" responding "Quite a lot/a lot" to different items	62
Percentage of females in each group answering "28: If YES please select which methods you have used?" responding "The pill/mini pill (combined or progesterone-only contraceptive pills)"	47	Percentage worrying quite a lot or a lot about school work, by cluster. Results for Y10 only.	62
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Percentage answering "29: If you have had sex without a condom why was this?"; top 5 reported for FEMALES in each age group.....	48	Percentage of young people in each group answering 35b: If you would go to some other source of support for any of these issues, please describe the person or place?	63
Percentage "Got carried away", by cluster. Results for 16-18yo only.....	48	Percentage of young people in each group answering "36: In general how happy do you feel with your life at the moment?" responding "quite/very happy", by sex (all young people 'quite/very unhappy' also shown)	64
Percentage answering "30: What was the main reason you had sex for the first time?"; all reasons sorted for young people in each age group.....	49	Percentage of young people in each age group who have ever taken drugs by each answer to "36: In general how happy do you feel with your life at the moment?".....	64
Reasons given for first sex by young men (Ingham and van Zessen, 1998).....	49	Percentage of young people in each group scoring in the lower brackets of self-esteem	65
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Percentage with six or more lifetime sexual partners, by cluster. Results for 16-18yo only.....	50	Percentage of young people in each group answering "73: For each of the following services which best describes your knowledge or use?" responding "I know what it's for" or "I have used this service"	68
Percentage of young people in each group answering "33: If you wanted advice about sexual health and/or contraception, who or where would you go to?" giving 'Central Youth'	51	Percentages responding to question about awareness of Family Planning Clinic service (Sample = 4521).....	68
Percentage of young people in each group answering "72: Have any of the following happened to you in the last month?" responding yes to any.....	53	Percentages giving different issues as being dealt with by Family Planning Clinic service.....	68
Percentage reporting any bullying behaviours, by cluster. Results for Y6 only.....	53	Percentages responding to question about awareness of MOSAIC school-based service (MIB) service (Sample = 4490).....	69
Percentage of young people in each group answering "75: Where did they happen?" responding "Outside at school"	54	Percentages giving different issues as being dealt with by MOSAIC school-based service (MIB).....	69
Percentage bullied "At or near home", by cluster. Results for Y6 only.....	54	Percentages responding to question about awareness of MOSAIC service (Sample = 4450).....	69
Percentage of young people in each group answering "76: Do you think you are being picked on or bullied for any of the following?" responding "The way you look"	55	Percentages giving different issues as being dealt with by MOSAIC service.	69
Percentage of young people in each group answering "77: Do you ever feel afraid of going to school because of bullying?" responding "[At least sometimes]"	56	Percentages responding to question about awareness of Central Youth service (Sample = 4523).....	69
Percentage of young people in each group answering "78: Do you think your school takes bullying seriously?" responding "Yes"	57	Percentages giving different issues as being dealt with by Central Youth service.....	69
Percentage whose schools take bullying seriously , by cluster. Results for Y6 only.	57	Percentages responding to question about awareness of Kooth.com service (Sample = 4477)	70
Percentage of young people in each group answering "79: Have you been bullied at school in the last 12 months?" responding "Yes"	58	Percentages giving different issues as being dealt with by Kooth.com service.	70
Percentage being bullied at school in the last year, by cluster. Results for Y8 only.	58	Percentages responding to question about awareness of URsorted.com service (Sample = 4471).	70
Percentage of young people in each group answering "80: Have you bullied anyone else at school in the last 12 months?" responding "Yes".....	59	Percentages giving different issues as being dealt with by URsorted.com service.....	70
		Percentages responding to question about awareness of Child and Adolescent Mental Health Services (CAMHS) service (Sample = 4436)	70
		Percentages giving different issues as being dealt with by CAMHS service.	70

Percentages responding to question about awareness of Youth Service (Sample = 4448)	71	roll ups, approximately, have you smoked during the week?" responding "36 or more"	86
Percentages giving different issues as being dealt with by Youth Service.....	71	Percentage smoking 36 or more a week, by cluster. Results for smokers aged 16-18y only.....	86
Percentages responding to question about awareness of Connexions service (Sample = 3010; *16-25yo only).....	71	Percentage of SMOKERS ONLY in each group answering "13: Are you aware that the legal age for buying cigarettes went up from 16 to 18 on 1st October?" responding "Yes"	87
Percentages giving different issues as being dealt with by Connexions service (*16-25yo only).	71	Percentage of SMOKERS in each group answering "14: Have you been into a shop and bought cigarettes since 1st October 2007?" responding "Yes"	87
Percentage of young people in each group answering "75: If you have thought about using any of these services but did not why didn't you go?" responding "Worried about what might happen" or "Worried people might find out"	72	Percentage young people in each group answering "15: If you wanted help from someone about smoking, who or where would you go to...?" responding "Family" and "GP"	88
Percentages of Y6 pupils reporting frequency of consumption of portions of fruit/veg. (Sample = 1010).	74	Percentage of SMOKERS ONLY in each group answering "16: Have you tried to stop smoking in the last 12 months?" responding "Yes"	88
Percentage of young people in each group answering "39: On average, how many portions of FRUIT and VEGETABLES do you eat a day?" responding "5 or more" by gender, and those responding "None".....	74	Percentage of SMOKERS ONLY in each group answering 17b: If so, which service?.....	88
Percentage of young people in each group answering "38: How often do you eat a portion of each of the following?" responding "At least once a day" to <i>Fruit Juice</i>	75	Percentage of SMOKERS ONLY in each group answering "17: Have you ever used a service to help you stop smoking?" responding "Yes"	88
Percentage of young people in each group who eat 5 or more portions of fruit and/or veg a day without much of a mixture in the diet.	75	Percentage of SMOKERS ONLY in each group 16 and over answering "19: From 1st July all public places became smoke free. What, if any, impact has this had on you?" responding "[any reduction]"	89
Percentage eating a named item of fruit/vegetables etc., 5 or more times a day 2002 and 2008.....	75	Percentage of young people in each group answering "42: Have you ever had an alcoholic drink (more than just a sip)?" responding "Yes"	91
Percentage of young people in each group answering "40: Did you eat breakfast today?" responding "Yes"	76	Percentage of all young people in each group answering "43: Have you drunk alcohol in the last 12 months?" responding "Yes"	92
Percentage of young people in each group answering "41: Do you usually eat breakfast?" responding "Yes"	76	Percentage of young people in each group answering "44: On which days if any did you drink alcohol in the last 7 days?" responding "[Any]"	93
Percentage of young people in each group answering "8: Which of these best describes you?" responding "[ever smoked at all]"	78	Percentage of young people in each group responding "[Three days or more]"	93
Percentage of young people in each group responding "[smoke at least one cigarette a week]"	78	Percentage drinking on at least one day, by cluster. Results for Y8 only.	93
Percentage of young people in each group answering "7: Do you ever smoke the following" responding "cigarettes" and "roll-ups".....	79	Percentage reporting consuming different drinks. Results for 16-18yo DRINKERS LAST YEAR ONLY (Sample = 2448)	94
Percentage of smokers in each group answering "9: What do you mainly smoke?" responding "Roll-ups" or "Both"	79	Percentage answering "48: Where do you usually drink?" Results for Y10 DRINKERS LAST YEAR ONLY (Sample = 1270)	94
Percentage of SMOKERS ONLY in each group answering "18: How old were you when you first tried smoking a cigarette, even if it was only a puff or two?"	80	Percentage answering "48: Where do you usually drink?" Results for 16-17yo DRINKERS LAST YEAR ONLY (Sample = 2448)	94
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Percentage of young people in Y8 answering "45: Have you ever been drunk?"	99	Percentage of young people in each group answering "61b: Have you ever tried any of these drugs?" responding "[Yes]"	111
Percentage of young people in each group answering "59: What limits if any do your parents/carers apply to you about drinking alcohol?"	100	Percentage of young people who EVER USED DRUGS in each group answering "62: Have you EVER taken drugs listed in the previous question and alcohol on the same occasion?" responding "Yes"	112
Percentage "No drinking is allowed", by cluster. Results for Y10 only	100	Percentage of young people who have EVER TAKEN DRUGS in each group answering "63: How often do you usually take drugs?"	113
Percentages getting drunk in the last week, by parental drinking limits (Y10 pupils)	100	Percentage of DRUG USERS in each group answering "64: The last time you used drugs who did you get them from?" responding "A friend of my own age"	114
Percentage of young people in each group answering 59: How often do you think it's OK to get drunk?	101	Percentage of DRUG USERS in each group answering "65: Where were you when you bought/were given drugs last time?" responding "In someone else's home"	114
Percentage of young people in each group answering "59: How often do you think it's OK to get drunk?"	101	Percentage of DRUG TAKERS in the 16-18yo age group answering "66: If you have taken drugs during the last 12 months have you experienced any of the following as a result of your drug use?"	115
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Percentage of young people in 16-18yo age group answering "60: Does being drunk make it OK for people to do these things (when they would normally not do them)?" responding "Sometimes or Yes"	102	Percentage of DRUG USERS in each group answering "68: How often in the last year have you failed to do what was normally expected of you because of drug taking?" responding "[ever]"	117
Percentage of answering "60: Does being drunk make it OK for people to do these things (when they would normally not do them)?" responding "Sometimes or Yes"	102	Percentage of young people who have EVER TAKEN DRUGS in each group answering "69: In the last year has anyone been concerned about your drug taking or suggested you cut down or stop?" responding "Yes"	117
Percentage of young people in each group answering "54: Which of the following do you think is illegal?" responding "No"	103	Percentage of young people in each group answering "70a: In the last year have you been concerned about someone else's drug taking?" responding "Yes"	118
Percentage of young people in each group answering "52: If you have drunk alcohol how many times during the last 12 months have you experienced or been involved in any of the following as a result of your drinking? OF DRINKERS LAST YEAR". Responses for 19-25yo only (Sample = 461)	104	Actual and average perceived and levels of participation in health-related behaviours (Results for 16-18yo only)	119
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Percentage of young people in each group answering "58: Have the following happened at home in the last month?" responding "Yes"	107	Percentages of young people with vulnerable characteristics in the sample	124
Percentage of all young people in each group answering "58b: If you have experienced either of these was it linked with the use of alcohol by you or anyone else at home?" responding "Yes"	107	Actual and perceived norms for numbers of sexual partners; modes boxed	125
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