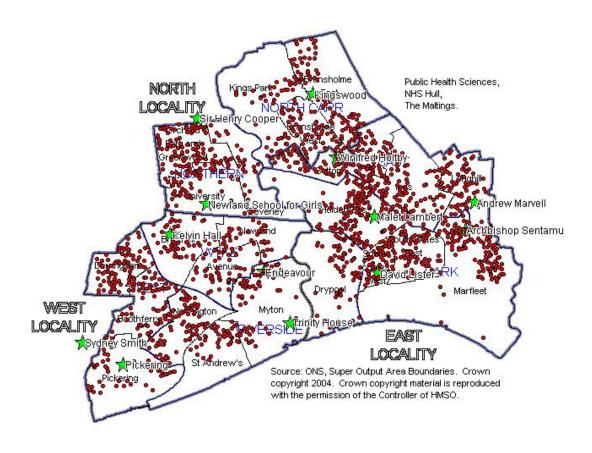


Children and Young People Health and Wellbeing Survey,

Hull 2008-2009



Public Health Intelligence team

October 2009



TOGETHER WE CARE

Key points/headlines

- Percentages smoking in years 7 to 10 had decreased since 2002
- More girls smoked than boys (twice as many in year 11)
- By year 11, adult smoking patterns were established among girls, with one third smoking
- More than half of pupils lived in homes where at least one other person was a smoker (69% in most deprived areas, 36% in least deprived areas)
- 40% of pupils had been drunk at least once, while in year 11 36% of boys and 39% of girls got drunk at least once a month
- 13% of boys and 10% of girls in year 11 reported exceeding the recommended maximum guideline amounts of alcohol for adults (men: 21 units; women: 14 units).
- One fifth of pupils that drank alcohol bought alcohol from shops, pubs or clubs.
- More than one third of pupils were given alcohol by their parents or carers.
- While few pupils in years 7 and 8 had used or tried drugs, in year 11 22% of girls and 18% of boys had used or tried drugs
- The most common used drug by pupils was cannabis (13% of girls and almost 7% of boys in years 9-11)
- 61% of boys and 59% of girls reported they ate a healthy diet
- Percentages eating 5-A-DAY fruits and vegetables decreased by 30% in boys and 40% in girls between years 7 and 11
- 48% of boys and 34% engaged in at least 1 hour of physical activity per day on average
- 14% of boys and 16% of girls reported that they had been bullied at school in the last month, with the percentages reporting they had ever been bullied at school three times higher
- Around three-quarters of pupils were happy all of the time or most of the time, while 7% of boys and 11% of girls were sad ail of the time or most of the time
- Awareness of sexually transmitted infections had increased since 2002 in pupils in years 9 to 11

Contents

Key	y points	/headlines	3
		res	
List	t of table	es	11
Su	mmary .		14
1	Introd	uction	19
2	Metho	ods	20
2	2.1 S	urvey sample	20
2	2.2 S	urvey methodology	20
2	2.3 D	ata considerations	
	2.3.1	Questionnaire content	20
	2.3.2	Alcohol	22
	2.3.3	Data assumptions	
	2.3.4	Geography	23
	2.3.5	Comparisons with the 2002 local survey	23
	2.3.6	Comparisons with England	23
3	Demo	graphicsgraphics	24
3		ool year, age and gender	
3	3.1 G	eographical distribution	25
		ts	
4		upils and their homes	
	4.1.1	Household members	
	4.1.2	Number of house moves in past 2 years	
	4.1.3	Feelings of safety	
	4.1.4	Employment status of parents or carers	
	4.1.5	Caring responsibilities	
	4.1.6	Access to the internet at home	
4		upils and their relationships with school	
	4.2.1	What kind of a place is your school?	
	4.2.2	Bullying	
	4.2.3	Homework	
	4.2.4	School tests/exams	
	4.2.5	The percentages of pupils that worried	
	4.2.6	Intentions for the future	
4		iet and physical activities	
	4.3.1	Healthy diet eaten	
	4.3.2	5-A-DAY	
	4.3.3	Cookery activities	
	4.3.4	Missed meals on school days	
	4.3.5	Type of activities engaged in by pupils	
	4.3.6	Time spent on physical activities	
	4.3.7	Changes to lifestyles that pupils aspire to make	
	4.3.8	Time spent watching television	
	4.3.9	Time spent on gaming or using the internet	
4		moking	
	4.4.1	Smoking in the past week	
	4.4.2	Number of cigarettes smoked	
	4.4.3	Current smoking behaviour	
	4.4.4	Age at which pupils started smoking	
	4.4.5	How pupils sourced their cigarettes	85

	4.4.6	Smoking in the home	88
4.	5 Alco	phol	90
	4.5.1	Ever drunk alcohol	90
	4.5.2	Amount of alcohol drunk in past week	93
	4.5.3	Frequency of drinking alcohol	97
	4.5.4	Frequency of getting drunk	102
	4.5.5	Ill effects after drinking alcohol	102
	4.5.6	How pupils source their alcohol	105
	4.5.7	Where pupils drink alcohol	110
	4.5.8	Perceived effect of alcohol consumption on health	112
4.	6 Drug	gs	
	4.6.1	Ever been offered or encouraged to try drugs?	115
	4.6.2	Ever used drugs	116
	4.6.3	Comparisons with other surveys	118
4.	7 Smo	oking, drinking and drugs	121
	4.7.1	Ever smoked, drunk alcohol or taken drugs	
	4.7.2	Advice on smoking, alcohol and other drugs	123
4.	8 Hea	lth	125
	4.8.1	General health	125
	4.8.2	Activities limited by illness or disability	127
	4.8.3	Use of NHS services	128
	4.8.4	Dental health	129
	4.8.5	Mental health	131
	4.8.6	Feelings	131
	4.8.7	Causes of worries	132
	4.8.8	Strategies to deal with worries	134
4.	9 Sex	ual health	137
	4.9.1	Sources of help or advice around sexual health	137
	4.9.2	Awareness of Sexually Transmitted Infections	139
	4.9.3	Contraception	142
5	Conclusi	ions	145
6	Recomm	nendations	145
7	Reference		
8	Further I	nformation	146
9		edgements	
App	endix A:	Survey methodology	148
App	endix B:	Quota sampling	149
		Questionnaire	
Inde	exX		178

List of figures

Figure 3.1: Geographical spread of survey respondents25
Figure 4.1 How safe do you feel when outside in the area near your home
during the daytime, by school year and gender?30
Figure 4.2 How safe do you feel when outside in the area near your home
after dark, by school year and gender?31
Figure 4.3 Percentage of pupils in years 7 to 10 with at least one working
parent or carer, comparisons with 200232
Figure 4.4 Age-gender-adjusted percentage of pupils with at least one
working parent or carer, by deprivation quintile33
Figure 4.5 Age-gender-adjusted percentages of pupils involved in caring for
someone by deprivation quintiles34
Figure 4.6 Age-adjusted percentages of pupils involved in caring for someone
by gender with comparisons to 2002, restricted to pupils in year 7 to 10 only35
Figure 4.7 Age-gender-adjusted percentage of pupils with access to the
internet at home by gender with comparisons to 2002, restricted to pupils in
year 7 to 10 only36
Figure 4.8 Age-gender-adjusted percentage of pupils with access to the
internet at home, by deprivation quintiles37
Figure 4.9 'School is a place where adults listen to what I say', by gender and
school year39
Figure 4.10 'School is a place where the things I learn are important to me', by
gender and school year39
Figure 4.11 'School is a place where I really like to go each day', by gender
and school year40
Figure 4.12 'School is a place where I like learning', by gender and school
year
Figure 4.13 Percentage of pupils reporting they had ever been bullied* at
school, by school year and gender
Figure 4.14 Age-gender-adjusted percentages of pupils reporting they had
been bullied at school in the last month, by deprivation quintiles
Figure 4.15 If you have ever been bullied, what form did the bullying take*, by gender44
gender44 Figure 4.16 Percentage of pupils worrying a great deal or quite a lot in the last
rigule 4. To Percentage of pupils worrying a great deal of quite a lot in the last
month about bullying by school year and gondar with comparisons to 2002 46
month about bullying by school year and gender, with comparisons to 2002 46
Figure 4.17 Number of hours that pupils reported they spent doing homework
Figure 4.17 Number of hours that pupils reported they spent doing homework outside of school hours on a typical school day, by gender and school year.47
Figure 4.17 Number of hours that pupils reported they spent doing homework outside of school hours on a typical school day, by gender and school year.47 Figure 4.18 Age-gender-adjusted percentages of pupils reporting they spend
Figure 4.17 Number of hours that pupils reported they spent doing homework outside of school hours on a typical school day, by gender and school year.47 Figure 4.18 Age-gender-adjusted percentages of pupils reporting they spend no time doing homework out of school hours on a typical school day, by
Figure 4.17 Number of hours that pupils reported they spent doing homework outside of school hours on a typical school day, by gender and school year.47 Figure 4.18 Age-gender-adjusted percentages of pupils reporting they spend no time doing homework out of school hours on a typical school day, by deprivation quintiles
Figure 4.17 Number of hours that pupils reported they spent doing homework outside of school hours on a typical school day, by gender and school year.47 Figure 4.18 Age-gender-adjusted percentages of pupils reporting they spend no time doing homework out of school hours on a typical school day, by deprivation quintiles
Figure 4.17 Number of hours that pupils reported they spent doing homework outside of school hours on a typical school day, by gender and school year .47 Figure 4.18 Age-gender-adjusted percentages of pupils reporting they spend no time doing homework out of school hours on a typical school day, by deprivation quintiles
Figure 4.17 Number of hours that pupils reported they spent doing homework outside of school hours on a typical school day, by gender and school year .47 Figure 4.18 Age-gender-adjusted percentages of pupils reporting they spend no time doing homework out of school hours on a typical school day, by deprivation quintiles
Figure 4.17 Number of hours that pupils reported they spent doing homework outside of school hours on a typical school day, by gender and school year .47 Figure 4.18 Age-gender-adjusted percentages of pupils reporting they spend no time doing homework out of school hours on a typical school day, by deprivation quintiles
Figure 4.17 Number of hours that pupils reported they spent doing homework outside of school hours on a typical school day, by gender and school year .47 Figure 4.18 Age-gender-adjusted percentages of pupils reporting they spend no time doing homework out of school hours on a typical school day, by deprivation quintiles
Figure 4.17 Number of hours that pupils reported they spent doing homework outside of school hours on a typical school day, by gender and school year .47 Figure 4.18 Age-gender-adjusted percentages of pupils reporting they spend no time doing homework out of school hours on a typical school day, by deprivation quintiles

Figure 4.22 What do you think you will do when you are 16, females by school year?52
Figure 4.23 Age-gender-adjusted percentage of pupils reporting they eat a
healthy diet, plus the percentage reporting lacking knowledge about healthy
diets, by deprivation quintiles54
Figure 4.24 Number of portions of fruits and vegetables eaten the day before
· · · · · · · · · · · · · · · · · · ·
completing the survey by school year and gender
Figure 4.25 Percentage of pupils eating 5-A-DAY fruits and vegetables by
deprivation quintiles
Figure 4.26 Percentage of pupils eating 5-A-DAY fruits and vegetables by age
(ages 11-15 years only) and gender, Hull 2008 and England 200757
Figure 4.27 Involvement in cookery activities, by type of activity, gender and
school year59
Figure 4.28 Age-gender-adjusted percentage of pupils reporting they never
eat breakfast on a school day, by deprivation quintiles61
Figure 4.29 Age-adjusted percentages of pupils reporting they never eat
breakfast or lunch or both on a school day by gender, with comparisons to
2002, restricted to pupils in year 7 to 10 only62
Figure 4.30 Type of activities with which pupils were engaged on a typical
school day63
Figure 4.31 Average daily amount of sports and physical activities pupils
engaged in, by school year and gender64
Figure 4.32 Percentage of pupils engaged in at least 1 hour of sports and
physical activities per day on average, by deprivation quintiles and gender65
Figure 4.33 Would you like to, males by school year66
Figure 4.34 Would you like to, females by school year67
Figure 4.35 Percentage of pupils who would like to eat a healthier diet, lose
weight or increase weight, by gender with comparisons to 2002, restricted to
pupils in years 7 to 10 only68
Figure 4.36 Number of hours that pupils spent watching television or
DVDs/BluRay discs on a typical school day, by gender and school year69
Figure 4.37 Number of hours that pupils spent watching television or
DVDs/BluRay discs on a typical school day, by gender and with comparisons
to Hull's 2002 survey, restricted to pupils in years 7 to 1069
Figure 4.38 Number of hours that pupils spent on gaming (PC, internet,
console, play station, Wii, etc.) on a typical school day, by gender and school
year70
Figure 4.39 Number of hours that pupils spent on gaming (PC, internet,
console, play station, Wii, etc.) on a typical school day, by gender and with
comparisons to Hull's 2002 survey, restricted to pupils in years 7 to 1071
Figure 4.40 Number of hours that pupils spent on the internet (excluding
gaming) on a typical school day, by gender and school year72
Figure 4.41 Number of hours that pupils spent on the internet (excluding
gaming) on a typical school day, by gender and with comparisons to Hull's
2002 survey, restricted to pupils in years 7 to 10 who reported having access
to the internet at home73
Figure 4.42 Percentage of young people aged 11-15 that had smoked in the
last week by age and gender, Hull 2002 and 2008*, England 200876
Figure 4.43 Number of cigarettes smoked last week by school year
(percentage of smokers)77

Figure 4.44 Age-gender-adjusted percentage of pupils reporting that they smoke (defining themselves as regular or occasional smokers), by deprivation quintiles
quintiles
Figure 4.46 Age at which pupils reported smoking their first cigarette by gender83
Figure 4.47 Age at which pupils reported becoming regular smokers by gender83
Figure 4.48 Age at which pupils in years 7 to 10 reported smoking their first cigarette by gender, with comparisons to 2002
Figure 4.49 Age at which pupils in years 7 to 10 reported becoming regular
smokers by gender, with comparisons to 2002
Figure 4.51 If you smoke, where do you get your cigarettes, females (N=277)?
Figure 4.52 Age-gender-adjusted percentage of pupils reporting they live with a regular smoker* by deprivation quintiles
Figure 4.53 Age-gender-adjusted percentage of pupils that have ever had a
whole alcoholic drink, by deprivation quintiles
Hull 2008 and England 200892 Figure 4.55 Percentage of pupils drinking more alcohol over the past week
than the recommended guideline amounts for adults (more than 21 units males; more than 14 units females) by gender and school year94
Figure 4.56 Percentage of pupils drinking more alcohol over the past week than the recommended guideline amounts for adults (more than 21 units
males; more than 14 units females) by gender and school year* with
comparisons to 200295 Figure 4.57 Age-gender-adjusted percentage of pupils drinking more alcohol
over the past week than the recommended guideline amounts for adults (more than 21 units males; more than 14 units females) by deprivation
quintiles96
Figure 4.58 Percentage of pupils reporting they drink alcohol at least once a week by school year and gender, with comparisons to 200298
Figure 4.59 Percentage of pupils reporting they drink alcohol at least once a week by age (ages 11 to 15 years only) and gender, with comparisons to
England 200899
Figure 4.60 Number of drinking days in the last week by school year and
gender among pupils who drank alcohol in the last week
to 10 who drank alcohol in the last week, by gender and with comparisons to
Hull 2002101
Figure 4.62 Number of drinking days in the last week among pupils in aged 11
to 15 who drank alcohol in the last week, by gender and with comparisons to
England 2008101
Figure 4.63 How often do you get drunk, by gender and school year102
Figure 4.64 Percentage of males that had ever drunk alcohol who had
suffered ill effects after drinking alcohol in the past year*103

Figure 4.65 Percentage of females that had ever drunk alcohol who had suffered ill effects after drinking alcohol in the past year*
Figure 4.66 Comparisons between Hull and England* of the ill-effects
experienced by pupils in the past 4 weeks after drinking alcohol, restricted to
pupils aged 11 to 15 years only105
Figure 4.67 How pupils source their alcohol, males106
Figure 4.68 How pupils source their alcohol, finales
· ·
Figure 4.69 How pupils source their alcohol from (broad categories), by
school year
Figure 4.70 Source of alcohol, where supplied by family member, by school
year107
Figure 4.71 Age adjusted percentages of pupils that had ever asked someone
else to buy them alcohol, or had taken alcohol from home without permission
by gender, restricted to pupils in years 7 to 10108
Figure 4.72 Where young people aged 11 to 15 years get their alcohol, Hull
2008 and England 2008 (obtained in the last 4 weeks where marked with an
asterisk)
Figure 4.73 Where pupils drank alcohol in the last 7 days by gender110
Figure 4.74 Places where pupils report drinking alcohol, age-gender-adjusted
percentages, comparisons with 2002111
Figure 4.75 Percentage of respondents aged 11 to 15 years reporting that
they had drunk alcohol at their own or someone else's home or in a public
place by gender, Hull 2008 (where they had drunk alcohol in the last 7 days)
• • • • • • • • • • • • • • • • • • • •
and England 2008 (where they usually drank alcohol)
Figure 4.76 Do you think the amount of alcohol you usually drink could harm
your health, by gender and school year113
Figure 4.77 Percentage of pupils in years 7 to 10 reporting believing the
amount of alcohol they usually drink could be harmful to their health* by
gender and school year, comparisons with 2002114
Figure 4.78 What drugs have you been offered or encouraged to try in the last
three months, by gender (years 9 to 11 only)116
Figure 4.79 Which drugs have you used*, by gender (years 9 to 11 only)117
Figure 4.80 Age-gender-adjusted percentage of pupils in years 9 to 11
reporting they had ever used or tried drugs, by deprivation quintiles118
Figure 4.81 Have you ever used drugs by age and gender, Hull 2008 and
2002, England 2008 and 2002?120
Figure 4.82 Where pupils reported they would go to for advice on issues
around drugs, including alcohol and tobacco
Figure 4.83 Self reported general health by gender and school year126
Figure 4.84 Self reported general health (age-adjusted percentages) by
gender with comparisons to 2002, pupils in years 7 to 10 only
Figure 4.85 Activities limited by long-term illness or disability
Figure 4.86 In the past year have you used or visited any of the following as a
patient, by school year
Figure 4.87 Last visit to the dentist (age-adjusted percentages) by gender,
with comparisons to 2002, pupils in years 7 to 10 only
Figure 4.88 How much of the time are you happy, by school year and by
gender131
Figure 4.89 How much of the time are you sad, by school year and by gender
132

igure 4.91 Causes of worries, females133 igure 4.92 Comparisons with 2002 in the percentage of pupils in years 7 to 0 who reported worrying a great deal or quite a lot over the last month, by
0 who reported worrying a great deal or guite a lot over the last month, by
pe of worry and gender134
igure 4.93 If you are worried or upset, do you do any of the following to help
ou feel better*, males135
igure 4.94 If you are worried or upset, do you do any of the following to help
ou feel better*, females135
igure 4.95 Comparisons with 2002 in the methods pupils in years 7 to 10 use
help themselves feel better when worried or upset136
igure 4.96 Who or where pupils in years 9 to 11 would go to for help and
dvice about sexual health137
igure 4.97 Who or where pupils in years 9 to 10 would go to for help and
dvice about sexual health with comparisons to 2002, males and females
ombined138
igure 4.98 Where pupils in years 9 to 11 had heard about sexually
ansmitted infections140
igure 4.99 Percentage of pupils in years 9 to 10* that reported they had
eard about a range of STIs by gender, with comparisons to 2002141
igure 4.100 Where pupils in years 9 to 10 had heard about sexually
ansmitted infections with comparisons to 2002, males and females
ombined142
igure 4.101 Where pupils would go if they needed contraception (years 9-11
nly) by gender143
igure 4.102 Where pupils would go if they needed contraception, by gender
nd school year (years 9-11 only)144

List of tables

Table 2.1: Units of alcohol assumed for each type of alcoholic drink	22
Table 3.1 Age and gender of respondents	
Table 3.2 School year and gender of respondents	
Table 3.3: Area committee area and locality of survey respondents* and	
population aged 11-15 years inclusive (September 1st 2008)	
Table 3.4: Deprivation quintile (Hull) of survey respondents	
Table 4.1 Total number of children under 18 years of age living in the ho	
by school year	
Table 4.2 Total number of adults living in the home, by school year	
Table 4.3 How many times have you moved house in the past year?	
Table 4.4 Pupils' feelings of safety when outside in the area near their ho	
Table 4.5 Employment status of parents or carers	
Table 4.6 Percentage of pupils who help care for someone, by school	
and gender	
Table 4.7 Percentage of pupils with access to the internet at home	
Table 4.8 School is a place where, by gender	
Table 4.9 Percentage of pupils reporting they had ever been bullied at sch	
by gender and school year	
Table 4.10 Percentage of pupils reporting they had been bullied in the	
month at school, by gender and school year	
Table 4.11 If you have ever been bullied, what form did the bullying take	
gendergen	
Table 4.12 Percentage of pupils worrying in the last month about bullying	a bv
school year and gender	
Table 4.13 Percentage of pupils worrying in the last month about home	
by school year and gender	48
Table 4.14 Percentage of pupils worrying in the last month about sc	
tests/exams by school year and gender	
Table 4.15 What do you think you will do when you are 16, by gender?	
Table 4.16 Generally speaking, do you eat healthy diet, by school year	
gender	
Table 4.17 The number of portions of fruits and vegetables eaten yester	
by pupils' perceptions of their diet being healthy	
Table 4.18 Percentage of pupils eating 5 portions of fruits and vegetables	ner
day (5-A-DAY), by school year and gender	
Table 4.19 Percentage of pupils eating 5-A-Day fruits and vegetables	bv
school year (years 7-10 only) and gender, Hull 2008 and 2002	
Table 4.20 Involved in any type of cookery activity (at home, during lessor	
at after-school clubs) by school year and gender	
Table 4.21 Percentage of pupils participating in cookery activities by typ	
activity and gender	
Table 4.22 Percentage of pupils reporting they never eat breakfast of	
school day during a typical school week, by gender and school year	
Table 4.23 Percentage of pupils reporting they never eat breakfast or lunc	
both on schooldays in a usual school week, by gender	
Table 4.24 Percentage of pupils engaged in at least 1 hour of sports	
physical activities per day on average, by school year and gender	
1 J J J J J J J J J J J J J J J J J J J	

Table 4.25 Would you like to change one of the following things about
yourself, by gender66 Table 4.26 Percentage of pupils who smoked in the last week, by school year
and gender74
Table 4.27 Percentage of pupils who smoked in the last week, by age (11-15
only) and gender, with comparisons to England75
Table 4.28 Percentage of pupils who smoked in the last week, by school year
(years 7-10 only) and gender, with comparisons to Hull 200275
Table 4.29 Number of cigarettes smoked last week by gender in Hull 2008
and 2002, England 2008 (ages 11-15 years only)
Table 4.30 Smoking behaviour by school year and gender
Table 4.31 Smoking behaviour in 2008 by age and gender in Hull and England80
Table 4.32 Smoking behaviour by school year and gender in Hull 2008 and
200281
Table 4.33 How pupils aged 11 to 15 years sourced their cigarettes by
gender, with comparisons to England 200887
Table 4.34 Does anyone who lives in your house smoke regularly, by gender
and school year88
Table 4.35 Ever had an alcoholic drink by gender and school year90
Table 4.36 Ever had an alcoholic drink by age (11-15 years only) and gender,
comparisons with England 200892 Table 4.37 Ever had an alcoholic drink by gender and school year (years 7-10
only), comparisons with 2002 survey93
Table 4.38 Percentage of pupils drinking more alcohol over the past week
than the recommended guideline amounts for adults (more than 21 units
males; more than 14 units females) by gender and school year94
Table 4.39 Where pupils drank alcohol in the last week, the number of units of
alcohol consumed in the last week (ages 11 to 15 years only) with
comparisons to Hull 2002 and England 200897
Table 4.40 Drinks alcohol every week by gender and school year97 Table 4.41 Number of drinking days in the last week by gender among pupils
who drank alcohol in the last week99
Table 4.42 Percentage of pupils that had ever drunk alcohol and had
experienced any ill effects from that consumption, by gender and school year
Table 4.43 Do you think the amount of alcohol you usually drink could harm
your health by the amount of alcohol drunk in the past week and gender113
Table 4.44 Has anyone offered or encouraged you to try any drugs in the last
three months, by gender and school year115
Table 4.45 Have you ever used or tried any drugs, by gender and school year116
Table 4.46 Has anyone offered or encouraged you to try any drugs in the last
three months by gender and school year (years 7 to 10 only), with
comparisons to Hull 2002
Table 4.47 Have you ever used or tried any drugs, by gender and school year
(years 7 to 10 only), with comparisons to Hull 2002119
Table 4.48 Percentages of pupils reporting they have ever smoked, drunk
alcohol or taken drugs by school year and gender121

Table 4.49 Percentages of pupils in years 7 to 10 reporting they had ever
smoked, drunk alcohol or taken drugs by school year, males and females
combined, comparisons to Hull 2002122
Table 4.50 Percentages of pupils aged 11 to 15 years reporting they had ever
smoked, drunk alcohol or taken drugs by school year, males and females
combined, comparisons to England 2008122
Table 4.51 Sources of help or advice / helpful information on drugs including
tobacco and alcohol, pupils aged 11 to 15 years only, with comparisons to
England 2008124
Table 4.52 self reported health status by gender and school year125
Table 4.53 Activities limited by long-term illness or disability by gender and
school year127
Table 4.54 In the past year have you used or visited any of the following as a
patient, by gender128
Table 4.55 when did you last visit the dentist, by school year and gender129
Table 4.56 Percentage of pupils in years 9 to 11 that reported they had heard
about a range of STIs139

Summary

Pupils and their homes

82% of boys and girls felt very safe or fairly safe when outside in the area near their homes during the daytime, decreasing to 54% of boys and 38% of girls after dark, when 12% of boys and 17% of girls felt very unsafe.

80% of pupils had at least one working parent, compared with 85% in the 2002 survey.

35% of boys and 36% of girls reported being involved in helping to care for someone, little changed in boys in years 7 to 10 when compared with 2002, but a 13% increase in girls.

More than half of pupils lived in houses where at least one person was a regular smoker. In homes where pupils lived with a regular smoker just over half smoked in the home.

Differences by deprivation quintile were stark, with almost twice as many pupils living in the most deprived fifth of areas of Hull living with at least one smoker (69%) than pupils in the least deprived fifth of areas in the city (36%).

In 2008 85% of pupils had access to the internet at home. There were small increases with age. The age-gender-standardised percentage of pupils in years 7 to 10 with access to the internet at home was 84%, an increase of one third since 2002.

Pupils and school

The majority of pupils (86%) agreed that school was 'a place where the things I learn are important to me', with few variations by year group or gender. Smaller percentages agreed that school was 'a place where I like learning', 59% of boys and 61% of girls, with the highest percentages in year 11.

While 57% of boys and 54% of girls agreed that school was 'a place where adults listen to what I say' (highest in year 7 pupils), only 41% of boys and 44% of girls agreed that school was 'a place where I really like to go each day', with the lowest percentages in years 9 and 10.

14% of boys and 16% of girls reported that they had been bullied at school in the last month, with the percentages reporting they had ever been bullied at school three times higher. Percentages reporting they had been bullied at school were highest among younger pupils, and generally decreased with age. 1 in 8 pupils worried about bullying a great deal or quite a lot.

The most common form of bullying was being called names or teased (87% of boys and 92% of girls that had ever been bullied), followed by having lies and rumours spread (60% of boys, 72% of girls). Around half pupils that had ever been bullied reported they had been pushed, hit, kicked or slapped.

70% of boys and 79% of girls spent at least some time on a typical school day doing homework, although the percentages generally decreased as age increased, from 82% of boys and 89% of girls in year 7 to 63% of boys and 67% of girls in year11. One quarter of pupils had worried either a great deal or quite a lot about homework in the last month, with percentages peaking in year 11 at 30% in boys and 33% in girls.

33% of boys and 43% of girls worried either a great deal or quite a lot in the last month about school tests or exams, with percentages increasing with age to peak in year 11 at 52% among boys and 69% among girls.

When asked what they intended to do at 16 22% of boys and 13% of girls said they wanted to get a job, 17% of boys and 8% of girls said they wanted an apprenticeship or job training school, while 52% of boys and 71% of girls wanted to stay in full-time education.

Diet and physical activities

61% of boys and 59% of girls reported they ate a healthy diet, while 45% of boys and 43% of girls reported eating at least 5 portions of fruits and vegetables per day. Percentages eating 5-A-DAY were greatest in year 7, decreasing with each succeeding year group. However, these percentages are likely to be over-estimates, as they are far higher than those from the England survey, where pupils were given very detailed guidance and asked about different types of fruits and vegetables.

83% of boys and 90% of girls were involved in cookery related activities, ranging from lessons at school (around half of pupils), after school cookery clubs (3% of pupils) or helping to prepare meals at home (20% of pupils often helping, 55% occasionally helping).

15% of girls and 10% of boys reported never eating breakfast on a school day, higher in older year groups, while 2% of boys and girls reported never eating lunch on a school day.

48% of boys engaged in at least 1 hour of physical activity per day on average, with similar percentages for each year group. Percentages of girls doing so were lower, 34% overall and more variable, although no clear trend with age.

More than 60% of girls wanted to eat a healthier diet, lose weight, play more sport/take more exercise and generally be more active. Among boys one third wanted to lose weight, while almost half wanted to eat a healthier diet, play more sport/take more exercise and generally be more active.

The percentage of boys in years 7 to 10 watching television or DVDs/BluRay discs for at least 3 hours per day on a typical school day halved between 2002 and 2008 to 25%, but changed little in girls (46%).

The percentage of boys in years 7 to 10 spending at least 3 hours on a typical school day gaming quadrupled to 44% in 2008, and in girls increase from less than 1% in 2002 to 25% in 2008.

Percentages of pupils in years 7 to 10 spending 3 hours or more on the internet on a typical school day tripled among boys to 18%, increasing ten-fold among girls to 28%.

Smoking

Girls started to smoke earlier than boys and in greater numbers than boys. Higher percentages of girls than boys in each year group reported smoking. By year 11 more than twice as many girls (33%) than boys (15%) reported smoking.

The percentages of pupils in years 7 to 10 reporting they smoked decreased since the 2002 survey in boys and girls, and for each year group (restricted to years 7 to 10 as the 202 survey only covered these year groups).

Comparing against England 2007 (pupils aged 11 to 15 years as this was the age range surveyed in the England survey), higher percentages of girls in Hull smoked than in England at each age, whereas among boys percentages were lower in Hull with the exception of boys aged 13 years.

41% of boys and 32% of girls that smoked bought cigarettes from shops; 22% of girls and 18% of boys asked strangers to buy cigarettes for them; 12% of boys and 9% of girls were given cigarettes by their parents or carers.

The way pupils aged 11-15 sourced their cigarettes were similar between Hull and England among boys, while girls in Hull were 25% less likely to buy cigarettes from shops than in England. Both boys and girls in Hull were 50% more likely to be given cigarettes by their parents or carers.

Alcohol

62% of boys and 64% of girls overall had had an alcoholic drink, with greater percentages of girls than boys in each year group except year 7, in which year 43% of boys and 28% of girls had had an alcoholic drink, rising each year to 85% of boys and 91% of girls in year 11.

Comparing with England 2007 (in pupils aged 11 to 15 years only), more boys and girls at each age in Hull had had an alcoholic drink than in England, with

61% of boys and 62% of girls in Hull aged 11-15 years having had an alcoholic drink, compared to 53% of boys and 52% of girls in England.

Percentages reporting they had had an alcoholic drink in Hull appear to have decreased substantially since 2002 but as the form of the question on alcohol changed between these two surveys this is likely to account for a large part of the difference.

Percentages of pupils reporting they had ever been drunk increased with year group, such that 80% of girls and 71% of boys in year 11 had been drunk, with half of these reporting they get drunk at least once a month.

Maximum recommended guidelines on the maximum amount of alcohol that should be consumed each week (21 units for men and 14 units for women) were exceeded by 4% of boys and 5% of girls overall, in the week before completing the survey. While few in the younger year groups exceeded these amounts, by year 11 13% of boys and 10% of girls had done so.

Looking at pupils aged 11 to 15 years, 26% of boys and 17% of girls in Hull in 2008 had consumed 15 or more units of alcohol in the previous week, compared with 36% of boys and 27% of girls in England and 19% of boys and 20% of girls in Hull in 2002.

One fifth of pupils reported buying alcohol from shops, pubs or clubs. 15% of girls and 11% of boys asked strangers to buy alcohol for them. 38% of boys and 33% of girls had alcohol given to them by their parents or carers.

Pupils most commonly drank alcohol at their home (60%) or at their friends' homes (40% of boys and 50% of girls), with only around a quarter of pupils drinking alcohol in public places, despite the widespread media-driven public perceptions to the contrary.

Comparing pupils aged 11-15 years with England, Hull pupils were 30% more likely to drink alcohol at their home or at the home of a friend or relative than in England, while there was little difference in the percentages drinking alcohol in public places.

Drugs

9% of boys and 11% of girls reported being offered or encouraged to try drugs in the past 3 months, with percentages increasing with age from 5% of pupils in year 7 to 19% in year 11, with cannabis the most commonly offered drug (13% of girls and 9% of boys in years 9-11).

While few pupils in years 7 and 8 reported ever using or trying drugs, percentages increased with age such that 22% of girls and 18% of boys in year 11 reported that they had used or tried drugs, with higher percentages of girls in each of year 9, 10 and 11 reporting ever using or trying drugs.

The most commonly used drug was cannabis, with 13% of girls and almost 7% of boys in years 9-11 reporting having taken cannabis at some point. Fewer than 2% of pupils in years 9 to 11 had used any other drugs.

Health

Almost two thirds of boys and almost half of girls reported having excellent or very good health, similar to 2002, while 9% of pupils reported that their activities were limited by long-term illness or disability.

Three quarters of pupils reported they were happy all or most of the time, with only 1.5% of boys and 1 % of girls rarely or never happy. Conversely 70% of boys and 54% of girls reported they were sad for not much of the time or rarely or never, while around 1% of pupils reported feeling sad all of the time.

43% of boys and 51% of girls worried a great deal about at least one of the 15 potential causes of worries in the questionnaire, with the largest cause of worries school tests and exams, worried about a great deal or quite a lot by 33% of boys and 43% of girls.

The percentages worrying a great deal or quite a lot about most areas listed in the questionnaire had decreased since 2002.

At least one quarter of girls worried a great deal or quite a lot about their looks, their health, losing weight, money and boyfriends/girlfriends, while at least one quarter of boys worried a great deal or quite a lot about their health and money

Sexual health

54% of boys and 59% of girls in years 9 to 11 had heard of each of gonorrhoea, syphilis, Chlamydia, genital herpes and HIV/AIDS (percentages among years 9 and 10 almost doubling in boys and increasing by two thirds in girls since 2002), while 13% of boys and 9% of girls professed to have heard of none of these.

Ignorance of where to go to seek contraception decreased from more than 30% of all pupils in year 9 to 12% of boys and 4% of girls in year 11. In year 9, 37% of girls and 29% of boys said they would go to Conifer House/Family Planning for contraception whereas by year 11 three-quarters of girls and almost two thirds of boys said they would do so.

1 Introduction

The aim of the 2008-9 Children and Young People Health and Wellbeing Survey was to examine health status, health related behaviour, and attitudes towards risks in a representative sample of Hull's children and young people aged 11 to 16 years, and attending one of Hull's 14 secondary schools. In so doing, differences between various demographic, socio-economic and lifestyle factors can be examined. Any differences can be quantified, and the results will be used to help improve / redefine services to reduce the impact of any inequalities, and to improve services for all.

The Public Health Intelligence team within now at Hull City Council (previously at NHS Hull when this survey was completed) undertook all aspects of the survey with the exception of the fieldwork and data entry, which were completed by SMSR. For further information on the Public Health Intelligence team see: www.hulljsna.com

2 Methods

2.1 Survey sample

Responses were received from 2,953 young people attending 13 of the 14 Hull secondary schools, together with the School Girls Mums unit, and Fountain House and Ashwell Pupil Referral Units. Of these 25 had non-Hull postcodes and were excluded from all succeeding analyses. Of the remaining 2,928 surveys 591 had an invalid or partial postcode. It was assumed that all these surveys were from pupils living in Hull, and postcodes were randomly assigned to these students based on their school of attendance, using postcodes from the Hull school census of January 2008. There remained 9 records without postcodes, those from the Pupil Referral Units or the School Girl Mum's Unit with an invalid, partial or missing postcode. These 9 records are therefore excluded from all analyses at sub-local authority level, but are included in all Hull-wide analyses.

As at October 2008, there were 16,318 Hull residents aged between 11 and 15 years of age, approximately equivalent to the number of children in Hull eligible to attend secondary school in years 7 to 11 inclusive. The survey of 2,928 respondents represents a sample of 17.9%.

2.2 Survey methodology

Quota sampling was used for the survey to ensure that the resulting sample was similar to all of Hull's children and young people aged 11-16 years, and in full-time education. Quotas were based on school size. The details are given in *Appendix B* starting on *page 149*. The survey was administered in each participating school during Personal, Social and Health Education (PHSE) classes, and many thanks are due to the school heads and the PHSE coordinators in the participating schools for agreeing to assist with this survey. A full list of these schools may be found in the *Acknowledgements* on *page 147*.

2.3 Data considerations

2.3.1 Questionnaire content

The full questionnaire can be found in the *Appendix* on *page 152*. A reduced version of the questionnaire was available for pupils in years 7 to 9. The reduced questionnaire was identical to the full questionnaire except that questions 71 to 75 inclusive (which asked about knowledge of sexual health issues) were removed.

The questionnaire was divided into several sections.

'You and Your Home' asked for some demographic information, as well as the number of people living in the home and access to the internet.

'Activities' asked about sports and physical activities as well as other types of activities.

'Safety' asked about feelings of safety when outside in the local area, both during the day and after dark.

'Your feelings' sought to gauge emotional well-being, asking about how often respondents were happy or sad.

'School' asked a series of questions about their school; what they were planning to do when they finished year 11; about respondents' experiences of bullying.

'Your worries' asked respondents about what had worried them over the last month; what sort of things they did to help them feel better if they were worried or upset.

'Your family' asked who lived with respondents in their home; whether they helped provide care for anyone; whether their female and male carers were in employment.

'Ethnicity and language' asked for respondents' ethnicity, as well as languages that were spoken at home.

'You and your health' asked about visits to GPs, A&E, hospital (outpatient and inpatient) and dentists; general health; illness or disability that affects normal activities.

'Your diet' asked whether respondents ate a healthy diet; whether they cooked at all at home; whether they learnt cookery at school or attended an after school cookery club; how often they ate breakfast on school days and what they ate for that day's breakfast; where they ate their lunch on a school day and what they ate for lunch the last time they were at school; what they ate for their evening meal yesterday; changes they would like to make to their diet or exercise levels; consumption of fruits and vegetables.

'Alcohol' asked whether respondents had ever had an alcoholic drink, their drinking patterns over the previous week, whether they had ever been drunk; behaviours that occur when they drink alcohol; where they drink alcohol; where/from whom they get their alcohol.

'Tobacco' asked whether respondents had smoked any cigarettes in the last week, and how many they had smoked; current smoking habits and future smoking intentions; age when tried their first cigarette and age when first

started smoking regularly; smoking in the home; where/from whom they get their cigarettes.

'Drugs' asked whether respondents had been offered or encouraged to try any drugs within the last 3 months; whether respondents had ever used drugs, and if so what types; where to seek help and advice about drugs.

'Sexual health' asked about where respondents would seek advice about sexual health and contraception; knowledge of sexually transmitted infections; where to access contraception.

'Anything else' gave respondents an opportunity to have their say on any issues raised in the questionnaire, or to make any additional comments.

2.3.2 Alcohol

Question 52 asked for the number of alcoholic drinks consumed in the last 7 days by type of drink. These were later converted to units as illustrated in **Table 2.1**.

Table 2.1: Units of alcohol assumed for each type of alcoholic drink

Type of drink	Size of drink	Units
Shandy (canned or mixed)	Pint	1
Ordinary beer, lager or cider	Pint	2
Strong beer, lager or cider	Pint	3
Wine	Pub glass	1.5
Sherry or other fortified wine	Glass	1
Spirits or shots	Pub measure	1
Alcopops	Bottle	1.5
Low alcohol beer	Pint	1
Low alcohol wine	Glass	1

2.3.3 Data assumptions

Many questions in the survey contained a list of options, with respondents asked to tick one box on each row. Where respondents missed out some of the rows, the assumption was made that this was equivalent to a negative response. Therefore these assumed 'Nos' will be included in the denominators when percentages are calculated.

2.3.4 Geography

Each survey respondent was assigned to a ward, area committee area and locality within Hull on the basis of their postcode. 25 respondents had non-Hull postcodes, and were therefore excluded from analyses. In 591 cases no geography could be assigned because there was no postcode, only a partial postcode, or a postcode that could not be matched in the current NHS postcode directory. For these records postcodes were randomly assigned based on the school they attended, using the January 2008 school survey from Hull City Council. In so doing, we made the assumption that all the records with an invalid postcode were indeed Hull residents. This was a pragmatic decision given that only 1% of respondents with a valid postcode were non-Hull residents.

2.3.5 Comparisons with the 2002 local survey

A previous health and wellbeing survey of children and young people was conducted during 2002 and comparisons have been made with this earlier survey. The 2002 survey only involved year 7 to year 10 pupils so comparisons with are restricted to these years. The survey methodology was different for the 2002 survey and as a result this earlier survey is not necessarily representative of Hull's population at the time. The full report is available on www.hulljsna.com

2.3.6 Comparisons with England

The results of the 2008 survey into smoking drinking and drug use among children and young people in England (IC2008) are used to make comparisons with England. The England survey was conducted among children and young people aged between 11 and 15 years. Therefore comparisons are restricted to these ages.

3 Demographics

3.1 School year, age and gender

Table 3.1 outlines the population structure of survey respondents by age and gender. Males are slightly under-represented, making up 48.7 of the survey population, whereas they form 51.6% of the Hull population aged 11-15 years in October 2008. 10 respondents did not provide their age and 12 did not provide their gender.

Table 3.1 Age and gender of respondents

Age	Male	Female	Missing	Total
(years)	N	N	N	N
11	200	174	1	375
12	301	322	1	624
13	302	286	1	589
14	308	313	4	625
15	244	297	0	541
16	68	96	0	164
Missing	4	1	5	10
Total	1,427	1,489	12	2,928

Throughout this report analyses will generally be presented by school year and gender. The numbers of respondents by school year and gender are presented in *Table 3.2*. School year was missing from 27 questionnaires. It was not possible to assign these to a school year based on age as for each age pupils could be in one of 2 school years, with the exception of those aged 11 who are all in year 7. All further analyses will be presented without missing values, although overall numbers included for each analysis will be presented.

Table 3.2 School year and gender of respondents

School	Male	Female	Missing	Total
Year	N	N	N	N
Year 7	313	314	2	629
Year 8	295	296	0	591
Year 9	278	262	2	542
Year 10	333	342	3	678
Year 11	194	268	0	462
Missing	14	7	5	26
Total	1,427	1,489	12	2,928

3.1 Geographical distribution

Figure 3.1 illustrates the geographical spread of survey respondents. Respondents were found from each ward (and hence area committee area and locality) in Hull, as expected given that all but 1 secondary school participated in the survey. Indeed, there appears to be a reasonable distribution of survey responders across Hull. The points are plotted in relation to postcode (mid-point of the postcode area) and there may be more than one survey responder at any particular postcode.

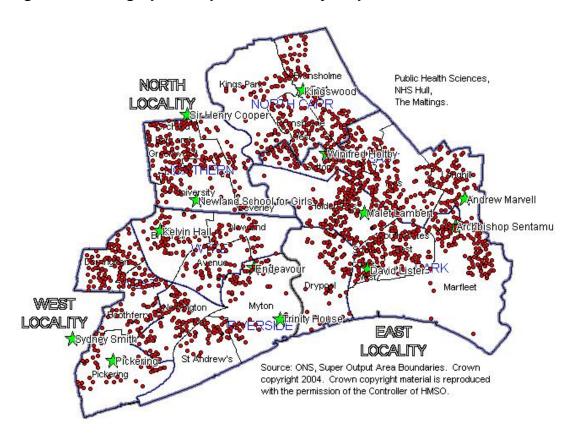


Figure 3.1: Geographical spread of survey respondents

Looking at a breakdown by ward, area and locality and comparing this with the Hull population aged 11-15 years on 1st September 2008 (derived from the GP registered population of Hull as of 1st October 2008, adjusted back to age on 1st September 2008) as shown in *Table 3.3* we can see that some wards were especially under-represented in the survey with 9 out of 23 wards being under-represented by 20% or more. The under-representation was greatest for Beverley (52%), Pickering (47%) and St Andrews (39%) wards. Conversely, 4 out of 23 wards were over-represented in the survey by more than 20%. By far the greatest over-representation was seen in Holderness (130%) and Ings (53%) driven by the fact that almost one quarter of surveys were conducted in Malet Lambert school. These differences between the survey population and the Hull population were smaller at area committee

area level, although two areas were under-represented by more than 20% (Wyke at 32% and Northern at 27%) while Park (which contains Holderness ward) was over-represented by 53%. At locality level, East locality was overrepresented by 32%, while North and West localities were under-represented by 20% and 19% respectively.

Table 3.3: Area committee area and locality of survey respondents* and

Hull population aged 11-15 years inclusive (September 1st 2008)

Word/gras committee	,			
Ward/area committee	Number	Proportion		
area/locality	(survey)	Survey	Sept 1 st 2008	
Bransholme East	151	5.2	6.0	
Bransholme West	119	4.1	4.3	
Kings Park	63	2.2	3.1	
North Carr	333	11.4	13.4	
Beverley	29	1.0	2.3	
Orchard Park and	176	6.0	7.1	
Greenwood				
University	79	2.7	3.9	
Northern	284	9.7	13.3	
North Locality	617	21.1	26.7	
Ings	217	7.4	4.7	
Longhill	110	3.8	5.0	
Sutton	195	6.7	5.2	
East	522	17.9	14.9	
Holderness	399	13.7	6.0	
Marfleet	190	6.5	6.2	
Southcoates East	142	4.9	4.1	
Southcoates West	105	3.6	2.8	
Park	836	28.6	19.2	
Drypool	111	3.8	3.9	
East Locality	1469	50.3	38.0	
Myton	112	3.8	3.9	
Newington	133	4.6	5.2	
St Andrews	57	2.0	3.3	
Riverside	413	14.1	16.3	
Boothferry	146	5.0	4.7	
Derringham	136	4.7	3.9	
Pickering	64	2.2	4.5	
West	346	11.9	13.1	
Avenue	74	2.5	4.0	
Bricknell	68	2.3	3.5	
Newland	43	1.5	2.3	
Wyke	185	6.3	9.8	
West Locality	833	28.5	35.3	
j i i i i i i i i i i i i i i i i i i i				

^{*}Excludes 9 respondents where postcode not provided and not imputed

A similar comparison of local deprivation quintiles (*Table 3.4*) shows smaller differences between survey respondents and the Hull population aged 11-15 years inclusive in September 2008. However, the three most deprived quintiles were under-represented, by 3 percentage points for the most deprived quintile, while the second least deprived quintile was over-represented by 6 percentage points.

Table 3.4: Deprivation quintile (Hull) of survey respondents

Area committee	Number	Proportion	
area/locality	(survey)	Survey	Sept 1 st 2008
Most deprived	558	19.1	22.0
2	619	21.2	22.8
3	508	17.4	19.7
4	696	23.8	17.7
Least deprived	538	18.4	17.7

4 Results

For simplicity, where the year that this survey was conducted is mentioned in text, tables or figures, it has been abbreviated from 2008-2009 to 2008.

4.1 Pupils and their homes

4.1.1 Household members

One quarter of pupils reported being the only child under 18 years old living in their home (*Table 4.1*), while 42% reported they were one of two children under 18 years old living in their home. One quarter of pupils reported being one of three or four children under 18 years old living at home, while 5% were one of five or more children under 18 years of age living in the home.

Table 4.1 Total number of children under 18 years of age living in the

home, by school year

School year	Total number	Total				
	1 child 2 children 3 or 4 5 or more children					
Year 7	17.7	43.5	31.9	6.9	626	
Year 8	21.6	48.0	26.7	3.7	588	
Year 9	24.3	42.9	27.6	5.2	539	
Year 10	29.4	39.1	26.3	5.2	673	
Year 11	36.2	34.6	24.0	5.2	459	
Years 7-11	25.4	41.8	27.5	5.3	2,885	

Almost two thirds of pupils reported that there were two adults living with them at home (anyone aged 18 years and over), while 1 in 6 pupils lived with only one adult, and 1 in 5 lived with three or more adults (*Table 4.2*).

Table 4.2 Total number of adults living in the home, by school year

School year	Number of ad	Number of adults living in the home (%)					
	1 adult	Total (N)					
Year 7	19.1	67.2	13.7	622			
Year 8	16.7	66.0	17.4	582			
Year 9	16.5	65.0	18.4	532			
Year 10	15.8	63.4	20.7	670			
Year 11	16.6	56.5	26.9	457			
Years 7-11	17.0	64.0	19.1	2,863			

4.1.2 Number of house moves in past 2 years

Three-quarters of pupils had been living in their current home for at least 2 years (slightly lower for year 7 pupils), while 15% had moved home once and 10% had moved home twice or more over that period (*Table 4.3*). Pupils in year 7 were the most likely to have moved at all over the past two years as well as being the most likely to have moved twice or more over that period (one in eight pupils in year 7 had done so). The overall percentages that had moved home in the past 2 years, when restricted to years 7 to 10, showed little change from the 2002 survey.

Table 4.3 How many times have you moved house in the past year?

School year	How many times have you moved house in the past 2 years (%)					
-	None	Once	Twice or more	(N)		
Year 7	70.5	16.4	13.1	627		
Year 8	76.3	16.6	7.2	586		
Year 9	75.3	14.8	9.8	539		
Year 10	76.7	14.1	9.2	674		
Year 11	76.1	13.7	10.2	460		
Years 7-11	74.9	15.2	9.9	2,886		

4.1.3 Feelings of safety

While 82% of boys and girls reported feeling safe when outside in the area near their home during the daytime (*Table 4.4*), the percentage feeling very safe was higher among boys (36%) than girls (31%). The percentages feeling very unsafe or a bit unsafe were similar for boys and girls. The percentages feeling very safe increased with school year, as did the percentages feeling very unsafe. Overall, the lowest percentage feeling safe was in year 7 (78%) as was the highest percentage feeling unsafe (17%). Variations between the other year groups were small.

Table 4.4 Pupils' feelings of safety when outside in the area near their homes

	nomes						
	Feelings	Feelings of safety when outside in the area near home (%)					
		Daytime		After dark			
	Males Females All			Males	Females	All	
Very safe	36.1	30.6	33.3	14.8	7.3	11.0	
Fairly safe	46.0	51.4	48.7	39.0	30.7	34.8	
Don't know	4.5	3.9	4.2	4.2	4.2	4.2	
A bit unsafe	10.7	11.5	11.1	30.4	40.5	35.6	
Very unsafe*	2.7	2.6	2.6	11.5	17.3	14.5	

Differences were greater when pupils reported their feelings of safety when outside in the area near their homes after dark. Twice as many boys (15%) than girls (7%) felt very safe after dark. More than half of boys felt very or fairly safe after dark when outside in the area near their homes (54%), while more than half of girls felt very or a bit unsafe (58%).

When looking at pupils' feelings of safety when outside the area near their homes during the daytime by school year, *Figure 4.1*, it can be seen that the percentage of boys that felt very safe increased with school year from 30% in year 7 to 42% in year 11, with around 80% of boys in each year group feeling very safe or fairly safe. Among girls there were fewer variations by school year, with the percentages feeling very safe ranging between 29% and 32%. The overall percentages of girls feeling very safe or fairly safe increased with age, from 77% in year 7 to 86% in year 10, before decreasing to 84% in year 11.

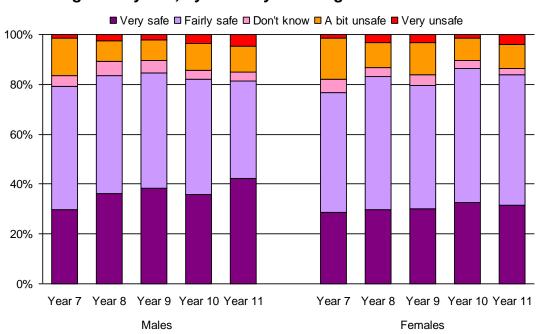


Figure 4.1 How safe do you feel when outside in the area near your home during the daytime, by school year and gender?

The percentages of pupils feeling very safe when outside in the area near their homes after dark were lower, as presented in *Figure 4.2*. 11% of boys in years 7 and 8 felt very safe, increasing with school year to 21% in year 11, while the percentages of boys feeling very safe or fairly safe also increased with school year, from 40% in year 7 to 65% in year 11.

The percentages of girls feeling very safe when outside in the area near their homes after dark were much lower, with smaller variations by school year, ranging from 5% in year 7 to 9% in year 10, decreasing slightly in year 11 to 7%. Only one quarter of girls in year 7 felt either very safe or fairly safe when

outside in the area near their homes after dark, increasing with school year to almost half of year 10 girls, decreasing again in year 11 to 43%.

The percentages of pupils feeling very unsafe when outside in the area near their homes after dark were two thirds higher among girls than boys in each year group, with the exception of year 10. It is not clear why the percentages of girls in year 10 feeling very unsafe or fairly unsafe are greater than in year 11, but may be due to girls in year 11 going more often to places where alcohol is consumed in large quantities, and hence experiencing more of the unfortunate after effects of excessive alcohol drinking on the behaviour of those imbibing.

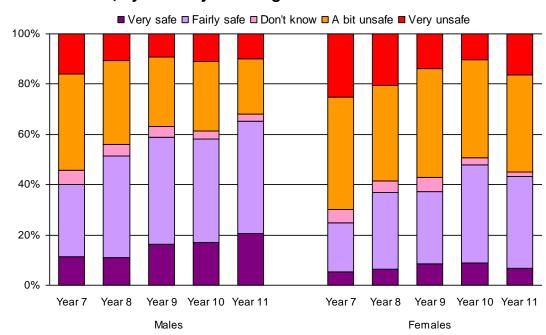


Figure 4.2 How safe do you feel when outside in the area near your home after dark, by school year and gender?

4.1.4 Employment status of parents or carers

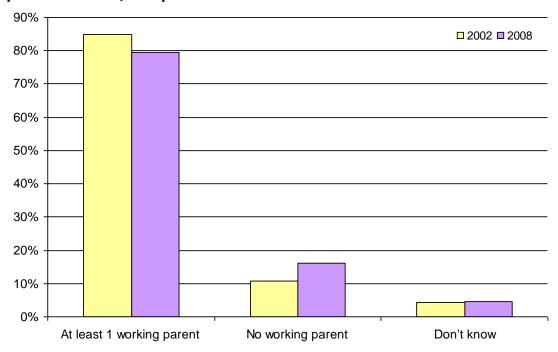
The employment status of the parents or carers of respondents are presented in *Table 4.5*. Almost two thirds of pupils reported that their mothers or female carers were in employment (63%), while 70% reported that their fathers or male carers were in employment. Mothers or female carers were more likely to work part-time (17%) than fathers or male carers (6%), but less likely to work full-time (29%) than fathers or male carers (53%). 10% did not know the employment status of their fathers or male carers, and 8% did not know the employment status of their mothers or female carers.

Table 4.5 Employment status of parents or carers

Employment status	Moth female		Father or male carer		
	N	%	N	%	
In full-time paid work/self-employed	781	28.6	1,431	52.8	
In part - time paid work/self-employed	479	17.6	159	5.9	
Working, but not sure if part of full time	458	16.8	311	11.5	
At home looking after the family/home	504	18.5	104	3.8	
Unemployed or looking for a job	114	4.2	159	5.9	
Disabled or ill (cannot work)	85	3.1	71	2.6	
A student	41	1.5	12	0.4	
Don't have one at home	42	1.5	188	6.9	
Don't know	223	8.2	276	10.2	

Comparisons with 2002 of the percentage of pupils (restricted to those in years 7 to 10 only) with at least one working parent are shown in *Figure 4.3*. The percentage of pupils in years 7 to 10 with at least one working decreased by 5% in 2008 compared with the 2002 survey, from 85% to 80%. The percentages of pupils answering 'Don't know' to the questions about their parents' occupation were similar in each survey. These 'Don't knows' have been left in the denominator on the assumption that if the pupils did not know what their parent's occupation was then they were probably not working. However, if the 'Don't knows' were removed from the calculation the percentage would decrease from 89% in 2002 to 83% in 2008.

Figure 4.3 Percentage of pupils in years 7 to 10 with at least one working parent or carer, comparisons with 2002



The age-gender-adjusted percentages of pupils reporting they had at least one working parent, by deprivation quintile, are shown in *Figure 4.4*. There was a clear gradient as the percentage with at least one working parent increased as the level of deprivation decreased. Two thirds of pupils living in the most deprived fifth of areas in Hull reported that at least one of their parents or carers was in employment (65%), rising to 92% in pupils living in the least deprived areas of the city. Those that answered "Don't know" were included in the denominator when calculating these percentages, on the assumption that pupils were likely to know whether or not their parents or carers worked, but would be less likely to know the precise reason why they were not working. If the "Don't knows" had been excluded, the percentage with at least one working parent would have increased to 70% in pupils living in the most deprived fifth of areas in the city and 94% in pupils living in the least deprived fifth of areas.

Most deprived

Quintile 2

Quintile 3

Quintile 4

Least deprived

0% 20% 40% 60% 80% 100%

Figure 4.4 Age-gender-adjusted percentage of pupils with at least one working parent or carer, by deprivation quintile

4.1.5 Caring responsibilities

Pupils were asked whether they helped look after any family or household members. The percentages of pupils that reported helping to care for someone are shown in *Table 4.6*, by school year and gender. Just over one third of pupils reported that they helped care for someone, with little difference by gender overall. While higher percentages of younger children reported helping to care for someone than did older children, differences were greater in boys than girls, perhaps reflecting the fact that as boys age, they have fewer caring responsibilities given to them by their parents or carers than do

girls, reflecting the gender imbalances seen among adults in terms of caring responsibilities.

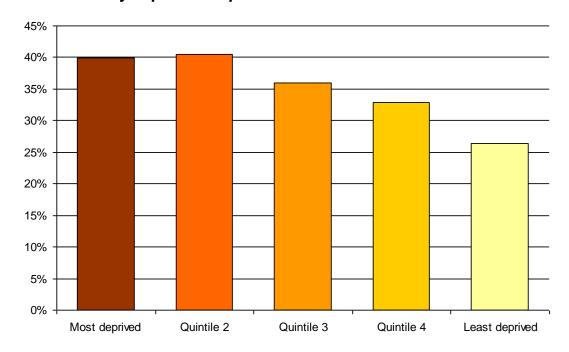
Table 4.6 Percentage of pupils who help care for someone, by school

vear and gender

	Percentage of pupils who help care for someone					
School	Ma	les	Fem	ales	Α	Ш
year	N	%	N	%	N	%
Year 7	102	38.6	102	38.6	204	38.6
Year 8	96	40.2	90	34.9	186	37.4
Year 9	67	29.1	85	36.2	152	32.5
Year 10	106	36.6	106	35.6	212	35.9
Year 11	43	26.4	80	34.5	123	31.1
Years 7-11	414	34.9	463	36.0	877	35.4

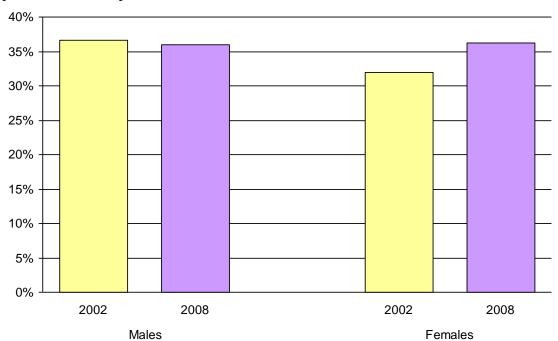
There were differences by deprivation levels in the age-gender-adjusted percentages of pupils involved in caring for someone, as shown in *Figure 4.5*. Around 40% of pupils living in the two most deprived fifths of areas in Hull were involved in caring for someone, decreasing to just over a quarter of pupils living in the least deprived fifth of areas in the city. This presumably represents both the smaller family size of people in the least deprived areas (77% of pupils living in these areas reported being either the only child or one of two children at home, compared with 59% of pupils living in the most deprived fifth of areas in the city), as well as the greater ability of the parents or carers to pay for childcare and other caring roles.

Figure 4.5 Age-gender-adjusted percentages of pupils involved in caring for someone by deprivation quintiles



Comparisons of the percentages of pupils that are involved in caring for someone with the previous health and wellbeing survey from 2002 are presented by gender in *Figure 4.6*, restricted to pupils in years 7 to 10 only. Among boys there was little change between the two surveys. Among girls the age-adjusted percentage reporting they are involved in caring for someone increased by more than one tenth to 36% in 2008.

Figure 4.6 Age-adjusted percentages of pupils involved in caring for someone by gender with comparisons to 2002, restricted to pupils in year 7 to 10 only



4.1.6 Access to the internet at home

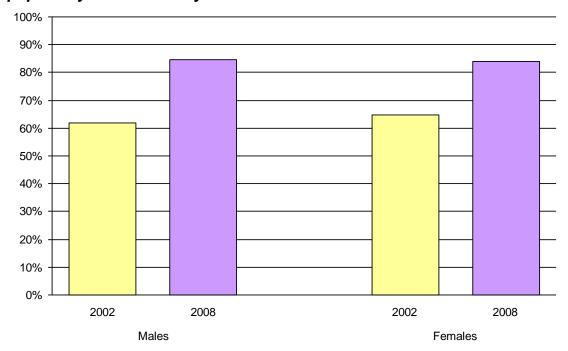
The overwhelming majority of pupils reported having access to the internet at home (*Table 4.7*), with little difference between genders (85% of boys and 84% of girls), although more year 7 boys (83%) than girls (78%) reported having access to the internet at home. Although the percentage reporting access to the internet at home did increase with age (from 80% overall in year 7 to 85% in year 11), the variation was small.

Table 4.7 Percentage of pupils with access to the internet at home

	Percentage of pupils with access to the internet at home					
School	Ma	les	Fem	ales	Α	Ш
year	N	%	N	%	N	%
Year 7	259	82.7	241	77.5	501	80.0
Year 8	242	82.9	248	84.1	490	83.5
Year 9	241	87.0	226	86.6	469	86.9
Year 10	287	85.9	290	86.8	579	86.3
Year 11	172	88.2	232	86.9	404	87.4
Years 7-11	1,201	85.1	1,237	84.3	2,443	84.7

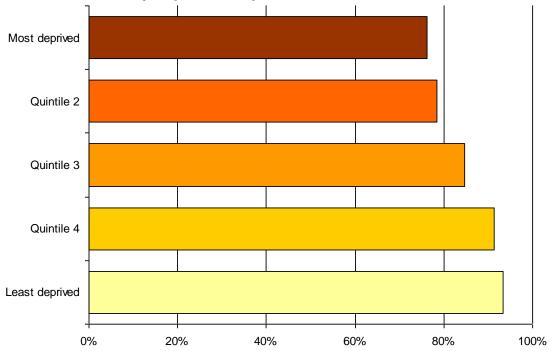
Comparisons with 2002 can be made for years 7 to 10 only. Age-gender-adjusted percentages of pupils in years 7 to 10 that reported having access to the internet at home in 2008 were one third higher than in 2002 among both boys and girls, as shown in *Figure 4.7*.

Figure 4.7 Age-gender-adjusted percentage of pupils with access to the internet at home by gender with comparisons to 2002, restricted to pupils in year 7 to 10 only



There was a clear gradient with deprivation in the percentage of pupils reporting having access to the internet at home, as shown in *Figure 4.8*, with the age-gender-adjusted percentage having access to the internet at home increasing as the level of deprivation decreased. However, even among pupils that lived in the most deprived fifth of areas of Hull more than three quarters of pupils reported that they had access to the internet at home, although this was 20% lower than the 93% of pupils living in the least deprived fifth of areas in the city.

Figure 4.8 Age-gender-adjusted percentage of pupils with access to the internet at home, by deprivation quintiles



4.2 Pupils and their relationships with school

Pupils were asked several questions that related directly to their experiences at school, whether about the type of place they found their school to be to whether they had ever been bullied at school.

4.2.1 What kind of a place is your school?

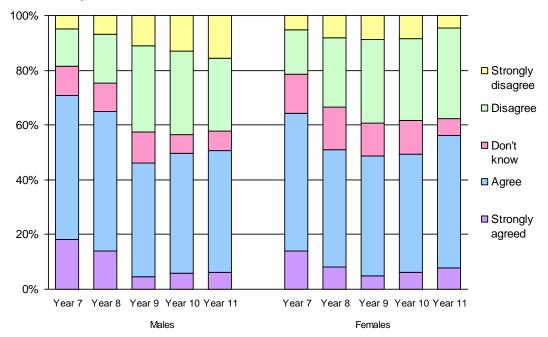
More than 80% of pupils agreed that their school was a place where the things they learned were important to them, with more than one quarter strongly agreeing (*Table 4.8*). Almost two thirds of pupils agreed that their school was a place where they liked learning, while more than half agreed that school was a place where adults listened to what the pupils had to say. Fewer than half of pupils agreed that school was a place where they liked to go each day.

Table 4.8 School is a place where . . ., by gender

School is a	-		Level	of agreem	nent (%)		
place where	Gender	Strongly agree	Agree	Don't know	Disagree	Strongly disagree	Total (N)
adults listen	Males	10.0	46.7	9.2	24.0	10.1	1,422
to what I say	Females	8.4	45.5	12.2	26.8	7.0	1,472
	All	9.2	46.1	10.7	25.4	8.6	2,906
the things I	Males	28.1	57.6	4.7	6.8	2.7	1,414
learn are	Females	27.7	58.0	6.3	6.5	1.4	1,472
important to me	All	27.9	57.8	5.6	6.6	2.1	2,898
I really like to	Males	7.0	33.6	10.6	32.1	16.7	1,421
go each day	Females	7.8	36.3	12.5	32.0	11.3	1,468
	All	7.4	35.0	11.5	32.0	14.1	2,901
I like learning	Males	9.4	49.3	10.7	19.6	11.0	1,421
	Females	10.8	51.2	13.1	18.5	6.4	1,468
	All	10.1	50.2	11.9	19.1	8.7	2,901

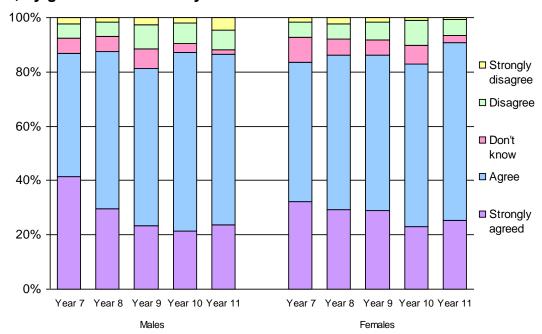
Younger pupils were the most likely to agree with the statement that 'School is a place where adults listen to what I say', *Figure 4.9*. Among boys fewer than 20% of respondents in year 7 disagreed with the statement, rising to 25% in year 8, and with 42-43% of boys in years 9 to 11 disagreeing. A similar pattern was seen with girls, although more year 7 (21%) and year 8 (33%) girls disagreed with the statement, while fewer in years 9 to 11 did so (38-39%).

Figure 4.9 'School is a place where adults listen to what I say', by gender and school year



There was little variation by age in the percentages agreeing with the statement that 'School is a place where the things I learn are important to me', *Figure 4.10*. However those in year 7 were the most likely to strongly agree with the statement. Among girls those in year 11 were the most likely to agree with the statement.

Figure 4.10 'School is a place where the things I learn are important to me', by gender and school year



Fewer than half of pupils agreed with the statement 'School is a place where I really like to go each day', *Figure 4.11*. Percentages decreased as age increased, with the exception of year 11 where the percentage increased. Despite this, it was only for year 9 and 10 boys that the percentage disagreeing with the statement exceeded 50%, as around 10-15% of pupils in most years said they did not know whether they agreed or disagreed with the statement. Year 11 girls were the only group where the percentage agreeing with the statement reached 50%.

100% ■ Strongly 80% disagree □ Disagree 60% ■ Don't know 40% ■ Agree Strongly 20% agreed 0% Year 7 Year 8 Year 9 Year Year Year 7 Year 8 Year 9 Year Year 10 10 11 11 Males Females

Figure 4.11 'School is a place where I really like to go each day', by gender and school year

Despite these lower percentages that did not like going to school every day, around 60% or more of pupils in each year group agreed with the statement 'School is a place where I like learning', *Figure 4.12*. The percentages agreeing with the statement did not change much by year group with the exception of year 11, where 64% of boys and 68% of girls agreed with the statement.

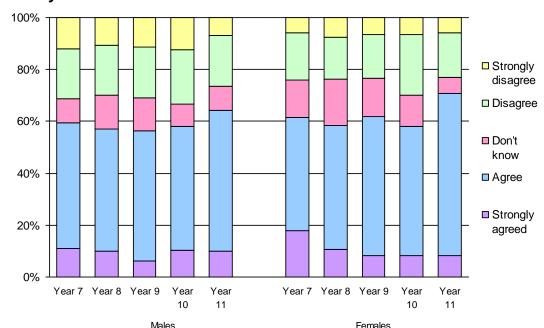


Figure 4.12 'School is a place where I like learning', by gender and school year

4.2.2 Bullying

Pupils were asked both whether they had ever been bullied at school, and whether they had been bullied at school within the last month. If they reported ever being bullied, pupils were then asked about the nature of the bullying that they had experienced.

The percentages reporting they had ever been bullied at school, by school year and gender are shown in *Table 4.9*. More girls than boys reported having been bullied at school in each year group than did boys, such that over all years combined, 54% of girls reported having ever been bullied at school compared with 44% of boys.

The percentages reporting they had ever been bullied at school generally decreased as school year increased, with the exception of year 11 where the percentage increased slightly to 40% in boys and 49% in girls. Unlike in boys the peak in girls was in year 9, where 62% of girls reported they had ever been bullied at school. These decreases with age may be due to the fact that as children get older, there are fewer children in the school older than them to bully them. Or it may be that pupils' perceptions of what constitutes bullying may change as they grow older. Or it may be a combination of these things or other factors entirely.

Table 4.9 Percentage of pupils reporting they had ever been bullied at school, by gender and school vear

	P	Percentage of pupils ever bullied at school						
School year	Ma	les	Fem	ales	Α	II		
	N	%	N	%	N	%		
Year 7	150	47.9	182	58.1	333	53.0		
Year 8	141	47.6	165	55.9	306	51.8		
Year 9	126	45.5	162	62.1	289	53.5		
Year 10	122	36.7	157	46.7	281	41.9		
Year 11	77	39.5	131	49.2	208	45.1		
Years 7-11	616	43.6	797	54.2	1,417	49.0		

When one looks at the more recent experiences of bullying in school reported by the pupils, as displayed in *Table 4.10*, far fewer pupils reported being bullied within the last month, although still 14% of boys and 16% of girls reported they had been bullied at school during that time. Again more girls than boys in each school year reported that they had been bullied at school within the last month. Again there was a downward trend in the percentages reporting being bullied, from 20% of year 7 boys and 22% of year 7 girls to 7% of year 11 boys and 8% of year 11 girls. Among girls year 9 bucked the downward trend in the percentage reporting having been bullied at school in the last month at 21%.

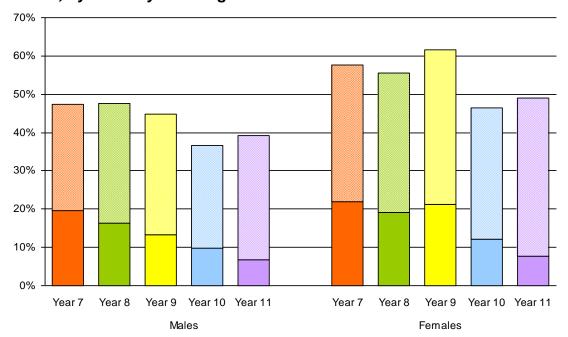
Table 4.10 Percentage of pupils reporting they had been bullied in the last month at school, by gender and school year

	Percent	age of pup	oils bullied	l at school	in the las	t month	
School year	Ma	les	Fem	ales	All		
	N	%	N	%	N	%	
Year 7	61	19.7	68	22.0	129	20.8	
Year 8	48	16.3	56	19.1	104	17.7	
Year 9	36	13.2	55	21.2	91	17.0	
Year 10	33	9.9	41	12.2	75	11.2	
Year 11	13	6.7	20	7.6	33	7.2	
Years 7-11	191	13.6	240	16.4	432	15.0	

The data for ever being bullied at school and for being bullied in the last month at school are also presented graphically in *Figure 4.13*.

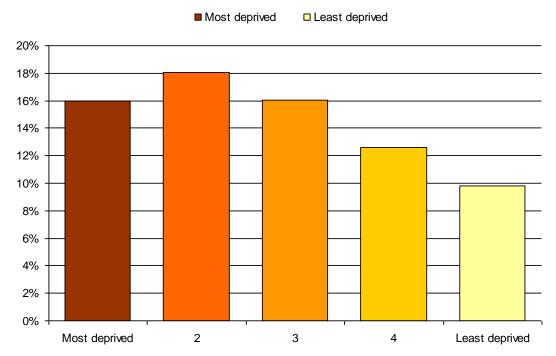
As well as the differences by age and gender, there were also differences by gender-age-adjusted deprivation quintiles in the percentage of pupils reporting they had been bullied in the last month, presented for males and females combined in *Figure 4.14*. More than one in six pupils living in the three most deprived fifths of areas of Hull reported they had been bullied at school in the last month, compared with one in ten pupils living in the least deprived fifth of areas of the city.

Figure 4.13 Percentage of pupils reporting they had ever been bullied* at school, by school year and gender



^{*}Solid block = "Within the last month"; Dotted block = "More than 1 month ago"

Figure 4.14 Age-gender-adjusted percentages of pupils reporting they had been bullied at school in the last month, by deprivation quintiles



Pupils who reported that they had ever been bullied were also asked what form the bullying they had experienced had taken. This information is presented by gender for all years combined in *Table 4.11* and graphically in

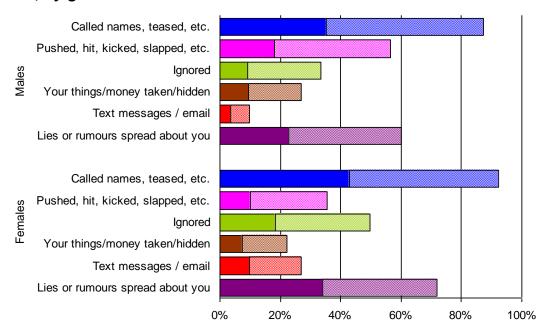
Figure 4.15. The two most common forms of bullying experienced by pupils were the same for boys and girls, although in both cases more girls than boys reported this to be one of the forms of bullying they had experienced. The most common form of bullying experienced by pupils was being called names or teased, cited by 87% of boys and 92% of girls who had ever been bullied. The second most common form of bullying experienced by pupils was having lies or rumours spread about them, experienced by 60% of boys and 72% of girls. After these, the most common form of bullying experienced by boys was being pushed, hit, kicked or slapped (56%), while in girls it was being ignored (50%).

Table 4.11 If you have ever been bullied, what form did the bullying take,

by gender

by gender										
	If you have ever been bullied, what form did it take (%)									
Form of bullying	Males (N=606)	Females	(N=786)						
	Yes, a	Yes, a	Yes, a	Yes, a						
	lot	bit	lot	bit						
Called names, teased, etc.	35.1	52.3	43.0	49.2						
Pushed, hit, kicked, slapped, etc.	18.0	38.4	10.2	25.4						
Ignored	9.2	24.3	18.4	31.2						
Your things/money taken/hidden	9.6	17.3	7.4	14.8						
Text messages / email	3.5	6.3	9.7	17.2						
Lies or rumours spread about you	22.8	37.3	34.0	37.8						

Figure 4.15 If you have ever been bullied, what form did the bullying take*, by gender



^{*}Solid block = "A lot"; Dotted block = "A bit"

The percentages of pupils that worried about bullying, by gender and school year are presented in *Table 4.12*. The percentages of pupils worrying about bullying either a great deal or quite a lot decreased with age, from 17% to 1.5% in boys between years 7 and 11 and from 20% to 6% in girls between years 7 and 11. For each year except year 10, more girls than boys worried a great deal or quite a lot about bullying.

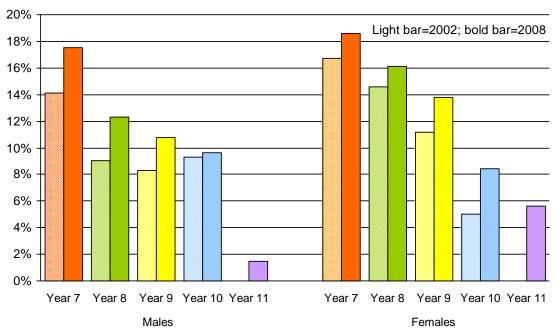
Table 4.12 Percentage of pupils worrying in the last month about

bullving by school year and gender

Degree of worry	Percenta	Percentage of pupils that had worried about bullying in the last month								
		School year								
	Y7	Y8	Y 9	Y10	Y11	Y7-11				
Males										
A great deal	11.0	5.8	5.4	4.5	1.0	5.9				
Quite a lot	6.5	6.5	5.4	5.1	0.5	5.1				
A bit but not much	7.7	9.6	8.3	4.2	4.1	6.9				
Very little	13.9	11.3	11.2	8.8	14.0	11.6				
Not at all	61.0	66.9	69.6	77.3	80.3	70.4				
Females										
A great deal	10.9	8.9	8.8	4.5	2.6	7.2				
Quite a lot	7.7	7.2	5.0	3.9	3.0	5.4				
A bit but not much	14.4	9.6	14.2	7.4	4.9	10.1				
Very little	12.2	14.7	13.8	10.7	11.6	12.5				
Not at all	54.8	59.6	58.1	73.5	77.9	64.8				

The percentages of pupils that had worried about bullying a great deal or quite a lot in the last month had increased since the last survey in 2002, for each school year and for both boys and girls, as shown in *Figure 4.16*. As was found in 2008, in 2002 greater percentages of girls than boys worried about bullying a great deal or quite a lot, with the exception of year 10.

Figure 4.16 Percentage of pupils worrying a great deal or quite a lot in the last month about bullying by school year and gender, with comparisons to 2002



4.2.3 Homework

As reported above, higher percentages of girls (79%) than boys (70%) spent some of their time on a typical school day on doing homework. This was the case for each year group, as shown in *Figure 4.17*. The median amount of time spent on homework on a typical school day was about 1 hour, for each year group. The percentages spending any time on a typical school day doing homework decreased as pupils got older, with the exception of year 11 where the percentages changed little from year 10. In year 7 18% of boys and 11% of girls reported spending no time on homework on a typical school day, increasing with year group to 39% of boys and 34% of girl in year 10, decreasing slightly in year 11.

The percentages of pupils reporting doing no homework outside of school on a typical school day was associated with deprivation, with age-gender-adjusted percentages shown in *Figure 4.18*. One in three pupils living in the two most deprived fifths of areas of Hull reported not doing any homework outside of school on a typical school day. Percentages then decreased as the level of deprivation decreased, such that 1 in 6 pupils living in the least deprived fifth of areas in the city. This is half the percentage seen in pupils living in the two most deprived fifths of areas in the city.

Figure 4.17 Number of hours that pupils reported they spent doing homework outside of school hours on a typical school day, by gender and school year

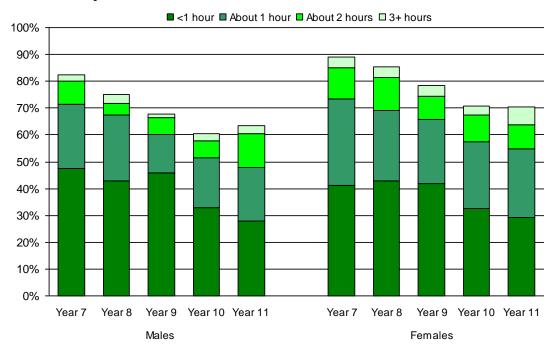
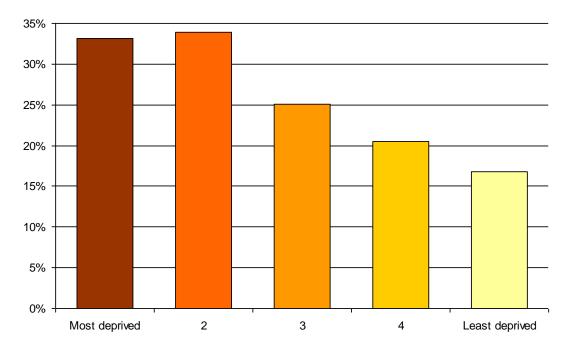


Figure 4.18 Age-gender-adjusted percentages of pupils reporting they spend no time doing homework out of school hours on a typical school day, by deprivation quintiles



Most pupils worried at least a bit about home work over the past month, as reported in *Table 4.13*. The patterns with school year in the percentages of

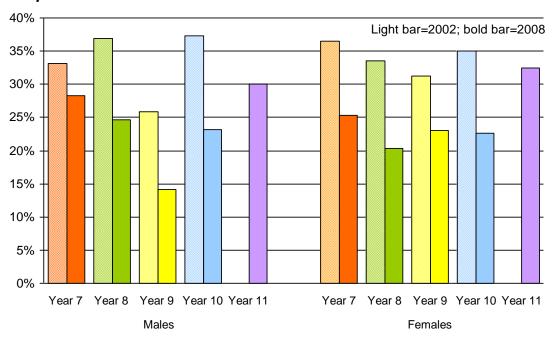
pupils that worried a great deal or quite a lot about homework over the past month varied by gender. Among boys the percentage decreased from 28% in year 7 to 14% in year 9, then increasing with each subsequent school year to 30% in year 11. Among girls the percentages worrying a great deal or quite a lot about homework in the last month decreased from 25% in year 7 to 21% in year 8, thence increasing to 23% in years 9 and 10, then to 25% in year 11. In years 7 and 8 boys worried more than girls about homework, while in older year groups girls worried more than boys, although in year 10 the percentage was 30% for both boys and girls, although more boys in year 10 worried a great deal (15%) than did girls (10%).

Table 4.13 Percentage of pupils worrying in the last month about homework by school year and gender

Degree of worry	Pero	_	of pupils t ework in t			out				
Dog. oo or mony		School year								
	Y7	Y8	Y 9	Y10	Y11	Y7-11				
Males										
A great deal	10.6	7.2	5.1	6.0	15.0	8.3				
Quite a lot	17.7	17.4	9.1	17.2	15.0	15.5				
A bit but not much	30.6	28.0	31.2	25.4	24.4	28.1				
Very little	19.4	20.8	22.5	15.4	22.3	19.7				
Not at all	21.6	26.6	32.2	36.0	23.3	28.4				
Females										
A great deal	9.0	4.5	8.8	6.8	9.7	7.7				
Quite a lot	16.3	15.8	14.2	15.8	22.8	16.9				
A bit but not much	32.1	37.3	26.5	31.5	28.8	31.4				
Very little	23.7	23.3	25.0	22.0	19.5	22.7				
Not at all	18.9	19.2	25.4	23.8	19.1	21.3				

When we compare against the results of the 2002 survey, which are presented together by year group and gender in *Figure 4.19*, we see that the percentages of pupils that had worried a great deal or quite a lot in the past month about homework had decreased substantially since 2002 for each year group and gender. Whereas in 2002 around one third of girls in each year group, and one third of boys in years 7, 8 and 10 had worried a great deal or quite a lot about homework over the past month, in 2008 this had decreased to between one fifth and one quarter for most year groups, and for year 9 boys to less than 15%. There was no comparison group for year 11 as the 2002 survey only sought to include pupils in years 7 to 10.

Figure 4.19 Percentages of pupils worrying a great deal or quite a lot in the last month about homework by school year and gender, with comparisons to 2002



4.2.4 School tests/exams

4.2.5 The percentages of pupils that worried

a great deal or quite a lot about school tests or exams in the past month were higher than the percentages that had worried about homework, at 33% of boys overall and 43% of girls overall, as presented in *Table 4.14*. Percentages increased with age in both boys and girls. Among girls they increased from 33% in 69% in year 11, and among boys they increased from 26% in year 8 (slightly higher in year 7) to 52% in year 11. Percentages were higher in girls than boys for each year group.

When we compare against the results of the 2002 survey, which are presented together by year group and gender in *Figure 4.20*, we see that the percentages of pupils that had worried a great deal or quite a lot in the past month about school tests or exams had decreased substantially since 2002 for each year group and gender, with the largest decreases seen in year 9, with the percentages halving in boys and almost halving in girls. This difference is likely to be at least partly attributable to the timing of the survey in relation to the school timetable. In 2002 the survey was undertaken between March and July, so would have covered the examinations season, with SATs tests and GCSE exams, whereas in 2008 the majority of the surveys were completed in December 2008 and January 2009, when there are no public examinations, although some schools may have internal tests or mock exams during this period. These changes may also partly reflect the

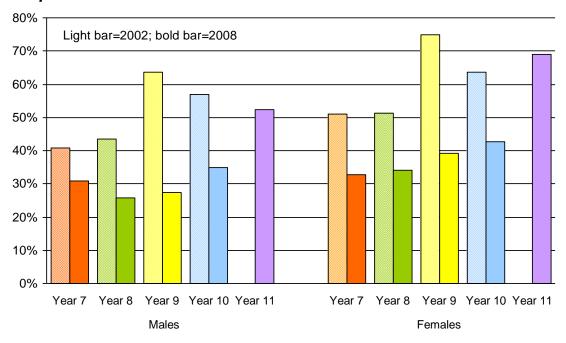
different weights in 2002 and 2008 given to coursework elements of GCSE courses in the awarding of final marks.

Table 4.14 Percentage of pupils worrying in the last month about school

tests/exams by school year and gender

tests/exams by school year and gender										
Degree of worry	Percent	•	upils that exams in			school				
Degree of worry		School year								
	Y7									
	1 /	10	1 9	110	111	17-11				
Males										
A great deal	15.5	9.9	9.4	13.0	18.7	13.0				
Quite a lot	15.5	16.0	18.1	21.8	33.7	20.1				
A bit but not much	25.5	23.5	26.1	25.1	24.4	24.9				
Very little	16.1	21.8	16.7	17.5	14.0	17.5				
Not at all	27.4	28.7	29.7	22.7	9.3	24.5				
Females										
A great deal	14.1	9.9	13.8	14.3	27.0	15.6				
Quite a lot	18.6	24.3	25.4	28.3	41.9	27.4				
A bit but not much	26.3	24.7	25.8	26.2	17.2	24.2				
Very little	19.2	21.6	18.5	13.7	7.9	16.2				
Not at all	21.8	19.5	16.5	17.6	6.0	16.6				

Figure 4.20 Percentages of pupils worrying a great deal or quite a lot in the last month about school tests/exams by school year, with comparisons to 2002



4.2.6 Intentions for the future

Pupils were also asked about what they would like to do once they were 16 and eligible to leave full-time education. The results by gender are presented in *Table 4.15*. While a majority of boys and girls reported they planned to stay in education, only half of boys said this, compared to more than 70% of girls. More boys wanted to get a job at 16 (22%) or enter job training or apprenticeship (17%) than girls (13% and 8% respectively).

Table 4.15 What do you think you will do when you are 16, by gender?

What do you think you will do when you are 16 (%)									
Males Females All (N=1,391) (N=1,463) (N=2,865)									
Go to work/get a full time job	22.3	13.2	17.6						
Stay in education at college or 6th form	52.2	70.8	61.7						
Job training/apprenticeship	17.1	8.1	12.5						
Other/Don't know	8.4	7.9	8.1						

These percentages are also presented, by school year, in *Figure 4.21* for boys and in *Figure 4.22* for girls. The percentage of boys and girls who reported that they intended to stay on at school after the age of 16 increased with school year, from 36% of boys and 54% of girls in year 7 to 69% of boys and 83% of girls in year 11. The percentage of pupils planning to leave school at age 16 and get a job decreased from 33% of boys and 27% of girls in year 7 to 9% of boys and 5% of girls in year 11.

The percentage of pupils that planned to leave school and commence job training or an apprenticeship remained largely unchanged with increasing school year, being around 18% in boys and around 9% in girls. The percentages that reported they did not know what they would do or they would do something else, at age 16 dropped, unsurprisingly, from 12% of boys and 9% of girls in year 7 to 3% of boys and girls in year 11.

As the time remaining until being legally able to leave school reduced, so it appears that plans changed or were developed, perhaps in response to a rising awareness of the reality of the employment situation for young adults, and the difficulty of finding work or the need to achieve suitable qualifications in order to access the jobs that are available. Or perhaps by the time of 15 or 16, pupils are more comfortable with the academic demands that further study would require of them, and so are happier to pursue post-16 qualifications.

Figure 4.21 What do you think you will do when you are 16, males by school year?

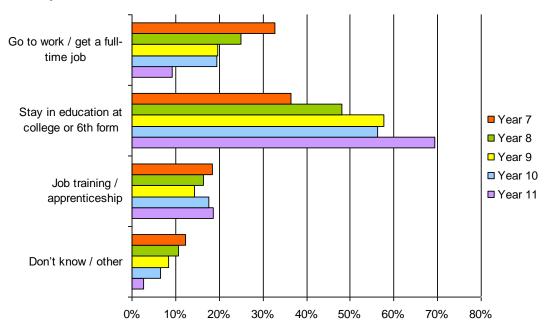
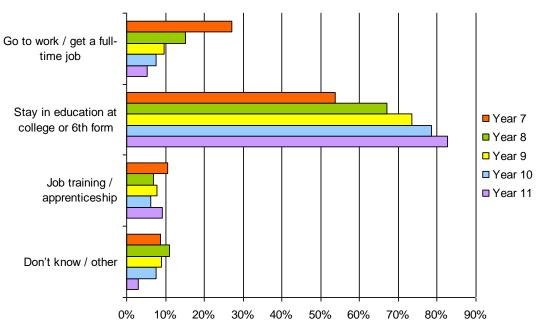


Figure 4.22 What do you think you will do when you are 16, females by school year?



4.3 Diet and physical activities

4.3.1 Healthy diet eaten

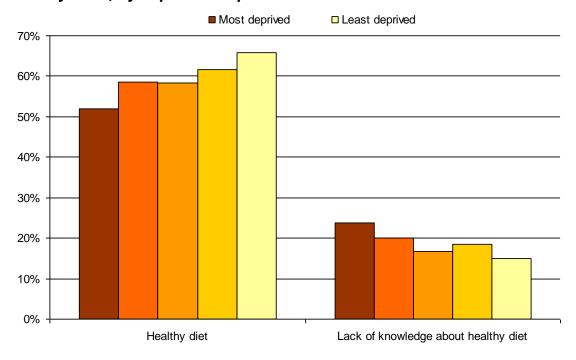
The percentages of pupils reporting they eat a healthy diet, by school year and gender are presented in *Table 4.16*. Slightly more boys (61%) than girls (59%) reported that they had a healthy diet, while more girls (20%) than boys (18%) reported either not knowing what a healthy diet was or whether their diet was healthy. These patterns were true for each year group, with the exception of year 9, where more girls (62%) reported eating a healthy diet than boys (59%), and fewer girls said don't know (18%) than boys (19%). For both boys and girls the percentages reporting that they ate a healthy diet decreased as school year increased. Overall, two thirds of year 7 pupils reported eating a healthy diet reducing to half of year 11 pupils. There was little variation with year group in the percentage of don't knows.

Table 4.16 Generally speaking, do you eat healthy diet, by school year and gender

J		Generally speaking, do you eat a healthy diet?							
	Males			F	emales	S	All		
School	Total	Yes	Don't	Total	Yes	Don't	Total	Yes	Don't
year	(N)	(%)	know (%)	(N)	(%)	know (%)	(N)	(%)	know (%)
Year 7	304	68.1	17.1	306	66.7	20.0	612	67.3	18.6
Year 8	276	64.9	18.5	279	63.1	21.8	555	64.0	20.1
Year 9	263	59.3	18.6	253	62.1	17.8	518	60.6	18.4
Year 10	318	55.7	19.8	328	53.7	21.0	648	54.6	20.5
Year 11	182	54.9	12.6	262	47.3	21.0	444	50.5	17.6
Years 7-11	1,343	61.0	17.7	1,428	58.6	20.3	2,777	59.7	19.1

Pupils living in the more deprived areas of Hull were less likely to report eating a healthy diet than those living in the less deprived areas of the city, with the age-gender-adjusted percentages shown in *Figure 4.23*. 52% of pupils living in the most deprived fifth or areas in Hull reported that they ate a healthy diet, 20% lower than the 66% of pupils living in the least deprived fifth of areas in the city. Further, pupils in the more deprived areas of the city were more likely to report lacking the knowledge to say whether or not they ate a healthy diet, than were pupils in less deprived areas. 1 in 4 pupils in the most deprived fifth of areas in Hull reported they lacked this knowledge, compared with almost 1 in 7 pupils living in the least deprived fifth of areas in the city.

Figure 4.23 Age-gender-adjusted percentage of pupils reporting they eat a healthy diet, plus the percentage reporting lacking knowledge about healthy diets, by deprivation quintiles



4.3.2 5-A-DAY

In order to test of whether pupils' perceptions of the healthiness of their diet were borne out by the substance of what they ate, pupils were asked for the number of portions of fruits and vegetables that they had eaten during the day prior to completing the survey. A cross-tabulation of these two questions is presented in *Table 4.17*.

55% of those reporting they ate a healthy diet had eaten at least 5 portions of fruits and vegetables on the day before completing the survey, compared with 24% of those reporting they did not have a healthy diet and 45% of those that did not know. Almost 1 in 5 (19%) of those that reported having a healthy diet ate fewer than 3 portions of fruits and vegetables the day before completing the survey (including 4% eating none). This compared with more than half of those reporting eating an unhealthy diet that had eaten fewer than 3 portions of fruits and vegetables the day before completing the survey (51%), including almost 1 in 5 (18%) eating none. Thus, although fruit and vegetable consumption was much higher in those reporting a healthy diet than in those reporting an unhealthy diet, many of those that report having a healthy diet are not eating sufficient quantities of fruits and vegetables to meet the 5-A-DAY target.

Table 4.17 The number of portions of fruits and vegetables eaten

yesterday by pupils' perceptions of their diet being healthy

Healthy diet	Number of portions of fruits and vegetables eaten on the day prior to completing the survey									
eaten?	Total (N)									
Yes	1,609	4.0	16.0	25.1	23.9	31.0				
No	554	17.7	33.6	25.1	15.2	8.5				
Don't know	513	14.8	30.2	21.8	18.7	14.4				
All	2,676	8.9	22.3	24.5	21.1	23.2				

The percentages of pupils meeting the 5-A-DAY target, by school year and gender are presented in *Table 4.18*. Overall more boys (46%) than girls (44%) met the 5-A-DAY target, although this was not the case in all year groups. The percentages meeting the 5-A-DAY target decreased with increasing school year, changing from 56% of boys and 55% of girls in year 7 to 40% of boys and 33% of girls in year 11. Year 9 girls are the one group where this trend was not seen.

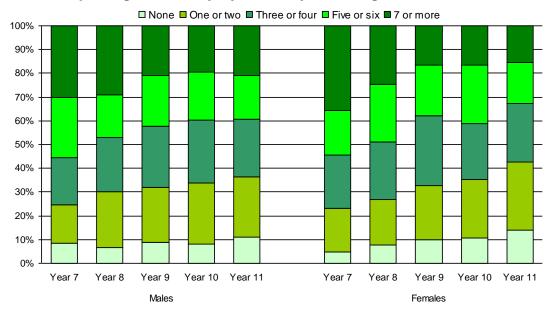
Table 4.18 Percentage of pupils eating 5 portions of fruits and

vegetables per day (5-A-DAY), by school year and gender

	Percenta	Percentage of pupils eating 5-A-DAY fruits and vegetables								
School	Ma	les	Fem	ales	All					
year	N	N %		%	Z	%				
Year 7	162	55.7	165	54.3	328	54.9				
Year 8	120	46.9	136	48.9	256	47.9				
Year 9	105	42.2	91	37.9	197	40.1				
Year 10	122	39.9	131	41.2	254	40.6				
Year 11	68	39.3	83	32.5	151	35.3				
Years 7-11	577	45.3	606	43.4	1,186	44.3				

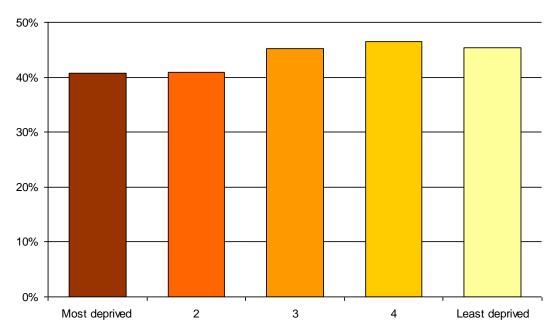
The number of portions of fruits and vegetables eaten the day prior to completing the survey are shown in more detail in *Figure 4.24*, again by school year and gender. Around 10% of all pupils ate no fruits or vegetables the day prior to completing the survey. The percentages do increase slightly with school year. One quarter of boys and girls in year 7 ate fewer than 3 portions of fruits and vegetables the day before completing the survey, rising with school year to more than 36% of boys and 43% of girls in year 11. While the decreases in the percentages eating 5-A-DAY with increasing school year may be due to older children becoming more pernickety in the way they eat, it might also reflect on increasing knowledge about what constitutes a portion.

Figure 4.24 Number of portions of fruits and vegetables eaten the day before completing the survey by school year and gender



The age-gender-adjusted percentages of pupils reporting eating 5-A-DAY fruits and vegetable by deprivation quintiles are presented in *Figure 4.25*. Although there were differences by deprivation quintile, the differences were small. As deprivation decreased the percentage eating 5-A-DAY increased, from 40% of pupils living in the most deprived fifth of areas in Hull to 47% of pupils living in the second least deprived fifth of areas, before decreasing slightly to 45% of pupils living in the least deprived fifth of areas in Hull.

Figure 4.25 Percentage of pupils eating 5-A-DAY fruits and vegetables by deprivation quintiles



The percentages eating 5-A-DAY for Hull can be compared with those for England 2007 collected for the Health Survey for England (IC2007). These are shown in *Figure 4.26* and show far higher percentages in Hull eating 5-A-DAY than in England, as well as little variation by age in England.

The differences in these results are likely to be due to the differing style of questions asked. In the Hull survey, respondents were asked to write down the number of portions of fruit they had consumed (with a brief guidance on how to determine a portion); the number of portions of vegetables consumed (again with a brief guidance on how to determine portion size); the number of glasses of real fruit juice consumed. In the Health Survey for England, respondents were asked about various types of fruits and vegetables in more detail, with a guidance note on how to determine portion size for each type.

The fact that the England percentages varied little with age reinforces what was said earlier about awareness of what constitutes a portion increasing with age. It is likely that the Hull percentages are over-estimates when compared with the England percentages, although the degree of over-estimation is hard to quantify. Consequently, comparisons with the Health Survey for England should be undertaken with extreme caution. Nonetheless, the comparisons have been included here for completeness.

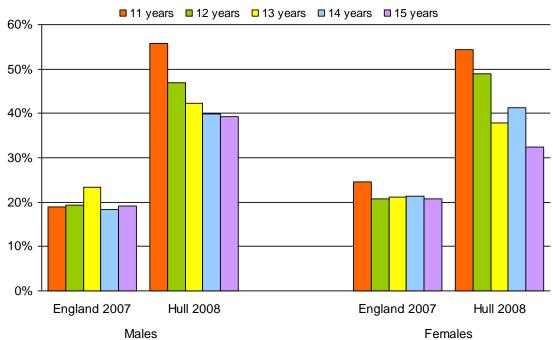


Figure 4.26 Percentage of pupils eating 5-A-DAY fruits and vegetables by age (ages 11-15 years only) and gender, Hull 2008 and England 2007

A different issue complicates the comparison to results from Hull's 2002 health and wellbeing survey. While the form of the questions were very similar (although with a less clear definition of what constituted a portion), the way the dataset was stored means that a range of percentages must be

produced rather than a single percentage. Missing values were coded to zero, but because zero is also a plausible value for these questions. It is not clear which ones were missing and which ones were true zeros. This has an impact on the percentages produced, as they are included in the denominator if a true zero, and excluded otherwise. Therefore, two percentages for 2002 will be produced, one with all zero values included and one with them excluded. The true value will lie somewhere within these ranges. The data are presented in *Table 4.19*, by school year (years 7-10 only) and gender.

The percentages reporting eating 5 or more portions of fruits and vegetables in 2008 were higher for each gender and year group than in 2002, as the upper end of the range in 2002 was below the percentage for 2008 in each case. In 2008 between 28% and 46% more boys in years 7-10 combined reported eating 5-A-DAY than in 2002; while between 20% and 37% more girls in years 7-10 combined reported eating 5-A-DAY than did in 2002. This would suggest that the public health messages around the need to eat 5-A-DAY have been reaching this younger audience (or maybe their parents). However, it is not clear whether these reported increases in 5-A-DAY purely represent higher consumption, or whether the increase might also reflect over-inflating of consumption, given pupil's increased knowledge of the 5-A-DAY message.

Table 4.19 Percentage of pupils eating 5-A-Day fruits and vegetables, by school year (years 7-10 only) and gender, Hull 2008 and 2002

_	Perce	Percentage of pupils eating 5-A-DAY fruits and vegetables							
School		Males	F	emales	All				
year	2008 2002		2008	2002	2008	2002			
Year 7	55.7	38 - 42.6	54.3	36.5 - 41.9	54.9	37.1 - 42.2			
Year 8	46.9	29.2 - 33.3	48.9	37.6 - 41.1	47.9	33.6 - 37.4			
Year 9	42.2	25.8 - 29.8	37.9	32.6 - 36.6	40.1	29.1 - 33.2			
Year 10	39.9	36.4 - 43.4	41.2	27.4 - 32.6	40.6	31.3 - 37.2			
Years 7-10	46.2	31.5 - 36.2	45.9	33.6 - 38.2	46.1	32.6 - 37.2			

4.3.3 Cookery activities

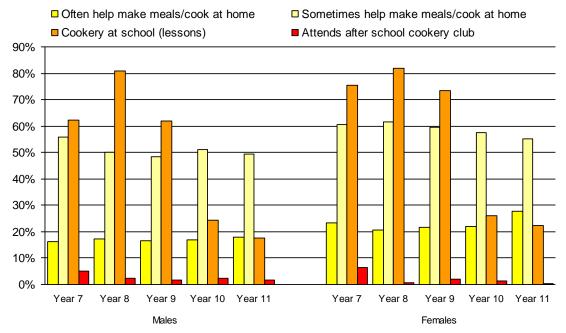
The overwhelming majority of pupils were involved in some type of cookery activities, as shown in *Table 4.20*, although more girls (90%) than boys (83%) were involved. Fewer older pupils were engaged in any cookery activities, with the differences between the genders greatest among older pupils. 85% of year 11 girls were involved in some cookery activities, one fifth higher than the 70% of boys that engaged in any cookery activities.

Table 4.20 Involved in any type of cookery activity (at home, during lessons or at after-school clubs) by school year and gender

10330113 of at after 3011001 clabs) by 3011001 year and genaci							
School	Percentage of pupils involved in any type of cookery activity (at home, during lessons or at after-school clubs)						
year	Males Females			All			
	N	%	N	%	N	%	
Year 7	270	89.1	292	94.8	564	92	
Year 8	257	93.1	269	95.7	526	94.4	
Year 9	222	85.4	238	94.1	462	89.7	
Year 10	227	71.6	272	82.2	501	77.1	
Year 11	126	70.4	222	84.7	348	78.9	
Years 7-11	1,102	82.5	1,293	90.1	2,401	86.5	

The type of cookery activities with which pupils were engaged are presented by school year and gender in *Figure 4.27* and overall by gender in *Table 4.21*. More than half of pupils (51% of boys and 55% of girls) reported either currently learning cookery as part of Food Technology or other lessons, or will be doing so during the current school year, with higher percentages among pupils in years 7 to 9, of whom around two thirds of boys and three-quarters of girls are or would be learning cookery during lessons, compared with one fifth and one quarter of year 10-11 boys and girls respectively. Few pupils participated in after school cookery clubs, but among those that did percentages were higher in year 7 pupils.

Figure 4.27 Involvement in cookery activities, by type of activity, gender and school year



More than half of all pupils reported sometimes helping to cook or make meals at home (51% of boys and 59% of girls), with percentages decreasing

with increasing school year. A further 1 in 6 of boys and almost 1 in 4 of girls reported helping to cook or make meals at home often. There was less variation with school year, although year 11 pupils reported the highest percentages.

Table 4.21 Percentage of pupils participating in cookery activities by

type of activity and gender

The of a classical factors and the state of								
	Type of cookery activity with which pupils are involved (%)							
	School-bas	ed activities	Help cook / make meals at					
Gender			home					
	During	After school	Often	Sometimes				
	lessons	cookery club						
Males	50.9	2.7	16.8	51.1				
Females	55.2	2.2	23.1	58.8				

4.3.4 Missed meals on school days

Pupils were asked how often they ate breakfast in a usual school week. The percentages reporting that they never ate breakfast in a usual school week are presented in *Table 4.22*, by gender and school year. Overall, more girls (15%) than boys (10%) reported never eating breakfast, with the percentages increasing as school year increased. Among boys, 7% of pupils in year 7 and 8 reported never eating breakfast, increasing to 19% in year 11. Among girls, a similar pattern was seen, although the percentages in each year were higher than for boys, with the exception of year 11. 8% of girls in year 7 reported never eating breakfast in a usual school week, increasing with school year to 21% in year 10, but then decreasing for year 11 girls to 17%.

Table 4.22 Percentage of pupils reporting they never eat breakfast on a school day during a typical school week, by gender and school year

School	Percentage of pupils reporting they never eat breakfast of school day in a typical school week Males Females All						
year	N N	ies %	rem N	ales %	N A	··· %	
Year 7	20	6.7	25	8.1	45	7.4	
Year 8	19	7.0	28	9.9	47	8.5	
Year 9	26	10.0	46	18.3	73	14.2	
Year 10	27	8.5	68	20.7	95	14.7	
Year 11	34	18.6	45	17.2	79	17.8	
Years 7-11	126	9.5	212	14.8	339	12.2	

The age-gender-adjusted percentages reporting never eating breakfast in a typical school week are presented in *Figure 4.28* by deprivation quintiles.

The patterns by deprivation quintile are similar for boys and girls, although the differences between quintiles are greater for boys than girls. For both boys and girls, those living in the second most deprived fifth of areas in Hull reported the highest percentages never eating breakfast on a school day in a usual school week (13% of boys, 17% of girls), followed by the pupils living in the most deprived fifth of areas of the city, then decreasing as deprivation lessened to 7% of boys and 13% of girls living in the least deprived fifth of areas in Hull.

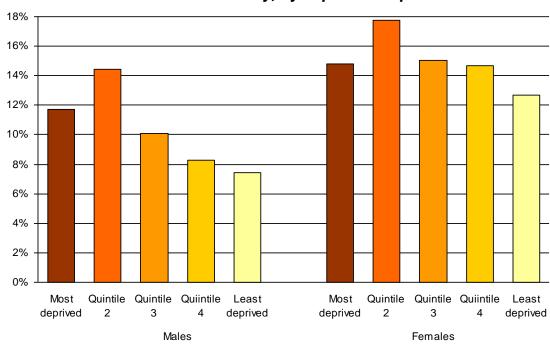


Figure 4.28 Age-gender-adjusted percentage of pupils reporting they never eat breakfast on a school day, by deprivation quintiles

Few pupils reported never eating lunch on a school day in a usual school week, so *Table 4.23* shows these percentages by gender, plus the percentages never eating breakfast and never eating both meals. 2% of boys and girls report missing lunch everyday, compared to 10% of boys and 15% of girls reporting missing breakfast everyday. Few report missing both meals everyday, although twice as many girls as boys do so.

Table 4.23 Percentage of pupils reporting they never eat breakfast or lunch or both on schooldays in a usual school week, by gender

function both on schooldays in a usual school week, by gender								
Never eat (on a school day in	Pupils reporting they never eat breakfast or lunch or both on schooldays in a usual school week							
a usual school	Ma	es Females		ales	All			
week):	N	%	N	%	N	%		
Breakfast	128	9.5	213	14.8	341	12.2		
Lunch	29	2.0	30	2.0	59	2.0		
Breakfast and lunch	9	0.7	18	1.3	27	1.0		

Comparisons with the 2002 survey are shown in *Figure 4.29*. There were decreases in the percentage of boys reporting never eating breakfast on a school day (down by almost one fifth to 8% in 2008) and in the percentage of boys reporting never eating lunch on a school day (down by more than half to under 2% in 2008), with a small decrease in those never eating both these meals. Among girls though, the percentage never eating breakfast on a school day increased slightly to just over 14% in 2008. The percentage reporting never eating lunch on a school day did decrease though, by more than one third to less than 2% (the same percentage as in boys). The percentage of girls reporting never eating both breakfast and lunch on school days increased by three quarters between 2002 and 2008, although the percentage remained very small at 1.3%.

Never eat

breakfast

Never eat

lunch

Females

Never eat

breakfast or

lunch

Figure 4.29 Age-adjusted percentages of pupils reporting they never eat breakfast or lunch or both on a school day by gender, with comparisons to 2002, restricted to pupils in year 7 to 10 only

4.3.5 Type of activities engaged in by pupils

Never eat

lunch

Males

Never eat

breakfast or

lunch

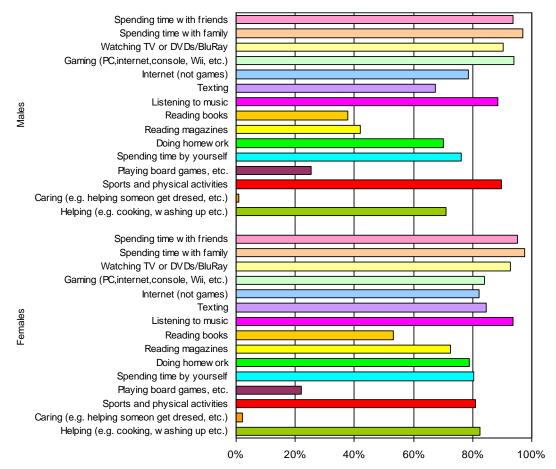
0%

Never eat

breakfast

Pupils reported being engaged in a wide range of activities. The percentages that participated in some or all of the 15 types of activities listed in the questionnaire are presented in *Figure 4.30*. The percentages of boys and girls participating in the listed activities were similar, although more boys than girls spent time playing electronic games, and on sports; while more girls than boys spent time texting, helping, reading books or magazines and doing homework.

Figure 4.30 Type of activities with which pupils were engaged on a typical school day



4.3.6 Time spent on physical activities

Pupils were asked to estimate the total number of hours they had spent on all physical activities and sports over the past week, including things like walking, cycling, gardening and active housework. These were then used to estimate the average daily number of hours spent on any physical activities or sports. The percentages of pupils that reported spending at least 1 hour per day on average on physical activities and sports are presented in *Table 4.24*, by school year and gender.

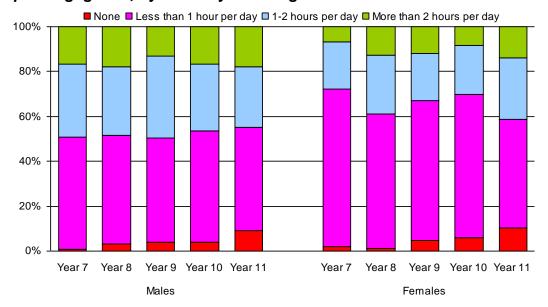
Almost half of boys overall and one third of girls managed to take part in at least 1 hour of physical activities or sports per day on average. That is, two thirds of girls and half of boys are not meeting the level of physical activity and sport recommended for children of at least 1 hour of physical activity or sport per day. Among boys there was little variation with age (ranging from 45% to 50%), although the lowest percentage was in year 11 boys. Among girls, the range of percentages was wider, from 28% in year 7 girls to 41% in year 11 girls. However, there was no clear trend with age, as the second highest percentage was in year 8 girls (39%).

Table 4.24 Percentage of pupils engaged in at least 1 hour of sports and physical activities per day on average, by school year and gender

School	Percentage of pupils engaged in at least 1 hour of sports and physical activities per day on average								
year	Ma	Males Females				All			
	N	%	N	%	N	%			
Year 7	147	49.2	80	27.8	228	38.7			
Year 8	129	48.5	106	39.0	235	43.7			
Year 9	119	49.6	75	32.9	195	41.6			
Year 10	142	46.6	85	30.1	228	38.7			
Year 11	82	44.8	102	41.1	184	42.7			
Years 7-11	619 47.9 448 34.0 1,070 40.9								

The average daily amount of physical activities and sports that pupils are engaged in are presented in more detail in *Figure 4.31*, again by gender and school year. Few pupils reported no sports or physical activities, although the percentages did increase with age to 10% in year 11, for both boys and girls. At the other end of the scale, 1 in 6 boys and 1 in 10 girls were engaged in at least 2 hours of physical activities and sports per day, with little variation by school year among boys, while among girls the percentage was lowest on year 7 and highest in year 11, although with no clear trend.

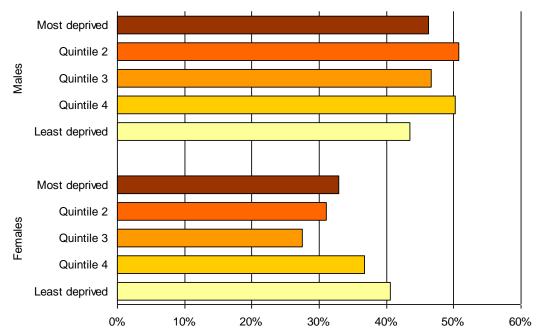
Figure 4.31 Average daily amount of sports and physical activities pupils engaged in, by school year and gender



There were no clear trends with deprivation in the percentages of pupils that were engaged in at least 1 hour of physical activities or sports per day on average as shown in *Figure 4.32*. Among boys, those living in the least deprived fifth of areas in Hull had the lowest percentage getting an average of 1 hour per day or more of physical activities or sports (44%), whilst among

girls the highest percentage achieving the recommended level of physical activities and sports were those living in the least deprived fifth of areas.

Figure 4.32 Percentage of pupils engaged in at least 1 hour of sports and physical activities per day on average, by deprivation quintiles and gender



4.3.7 Changes to lifestyles that pupils aspire to make

Pupils were asked several questions about changes that they might like to make to their lifestyles. The results of these are displayed by gender in *Table 4.25*. Girls were more likely to want to make changes to their lifestyle than boys. Almost two thirds of girls reported they would like to do one or more of the following: be more active; eat a healthier diet; play more sport or take more exercise; lose weight. This compared with half of boys who wanted to do these things.

Table 4.25 Would you like to change one of the following things about

yourself, by gender

Would you like to	Yes	No	Don't know					
	%	%	%					
Males (N=1,308)								
Eat a healthier diet	48.2	34.9	16.9					
Lose weight	35.2	53.1	11.6					
Increase your weight	17.4	71.3	11.2					
Play more sport/take more exercise	48.9	39.0	12.1					
Be more active	49.4	38.9	11.7					
Females (N=1,409)								
Eat a healthier diet	64.2	21.4	14.5					
Lose weight	60.1	31.4	8.4					
Increase your weight	9.4	83.0	7.6					
Play more sport/take more exercise	61.9	25.6	12.5					
Be more active	66.3	22.9	10.8					

Looking at this data by school year, it can be seen that there are clear trends with age, although the trends were different for boys and girls. Among boys (*Figure 4.33*), the percentages wanting to eat more healthily, lose weight, play more sport/take more exercise and be more active tended to be higher among younger pupils, decreasing with increasing age, although in most cases the percentages for year 11 boys increased somewhat. Only among boys wanting to increase their weight was there an increasing trend with age.

Eat a healthier diet Lose weight ■ Year 7 ■ Year 8 Increase your weight □ Year 9 □ Year 10 Play more sport/take ■ Year 11 more exercise Be more active 0% 10% 20% 30% 40% 50% 60%

Figure 4.33 Would you like to . . ., males by school year

Among girls (*Figure 4.34*) only for those wanting to play more sport/take more exercise was there a decreasing trend with age, although as with boys an increase was seen for year 11 girls. The percentage of girls wanting to lose weight increased with age from just over half of girls in year 7 to two third of girls in year 11. Although higher percentages of year 11 girls than girls in other year groups expressed desires to eat a healthier diet, to increase weight, and be more active, there were no clear trends with age for these aspirations.

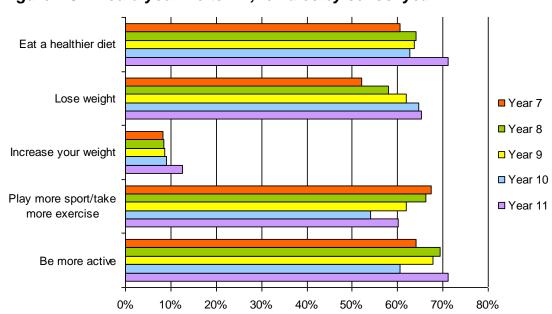
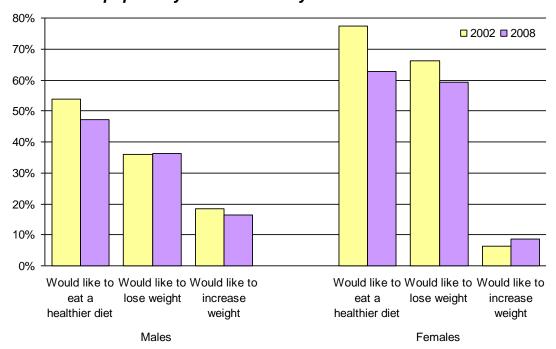


Figure 4.34 Would you like to . . ., females by school year

Comparisons to the survey in 2002 can be made with regard to those who would like to eat a healthier diet, lose weight and increase weight. These comparisons are presented in *Figure 4.35* by gender.

There was a decrease in the percentages of boys and girls reporting they would like to eat a healthier diet, down by one seventh in boys to 47% in 2008 and by one fifth in girls to 63% in 2008. These decreases may be due to higher percentages of pupils feeling they eat a healthy diet in 2008 (around 60% overall, see *Table 4.16* on *page 53*) although there is no comparison data for 2002, so this cannot be examined. There was little change in the percentage of boys reporting they want to lose weight, while among girls the percentage decreased by one tenth to 66% in 2008. There was an increase in the percentage of girls reporting they would like to increase weight, up by one third since 2002 to almost 9% in 2008, with a decrease of one tenth among boys to 16%.

Figure 4.35 Percentage of pupils who would like to eat a healthier diet, lose weight or increase weight, by gender with comparisons to 2002, restricted to pupils in years 7 to 10 only



4.3.8 Time spent watching television

Most pupils reported that they watched some television or DVDs/Blu Ray on school days, with few differences by age or gender in the percentages watching any televisions or DVDs/Blu Ray, as shown in *Figure 4.36*. Only for year 7 pupils were there any discernible differences between genders, with fewer girls watching 3 hours or more of television per day (15%) than boys (23%) while more girls watched less than 1 hour per day (24%) than boys (18%).

The question on hours spent watching television was asked in the 2002 survey. In that survey, pupils were asked to state how many hours, rather than ticking a response box as in the 2008 survey. The percentages reporting that they had watched 3 or more hours per day of television were far higher in 2002 (*Figure 4.41*). It is not clear, however, whether this difference is a real difference, or just an artefact of the different style of the questions asked. It may be, though, that gaming on consoles or on computers and the internet were more prevalent in 2008 than in 2002, and that this might account for the lower percentages watching 3 or more hours of television per day in 2008. The analyses presented in the next section suggest that this may indeed be the case.

Figure 4.36 Number of hours that pupils spent watching television or DVDs/BluRay discs on a typical school day, by gender and school year

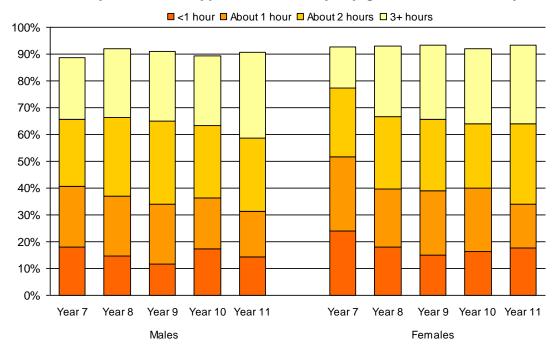
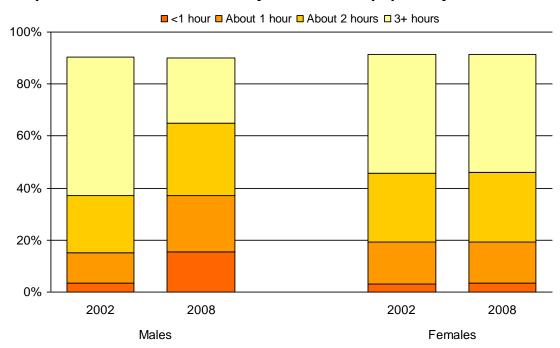


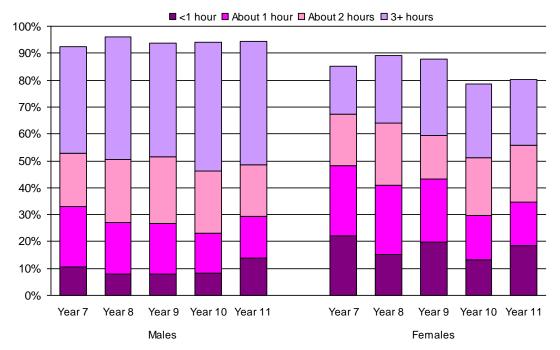
Figure 4.37 Number of hours that pupils spent watching television or DVDs/BluRay discs on a typical school day, by gender and with comparisons to Hull's 2002 survey, restricted to pupils in years 7 to 10



4.3.9 Time spent on gaming or using the internet

More than 90% of boys from each school year reported they spent at least some time on a typical school day in gaming using PCs, consoles, the internet, Wii, etc (*Figure 4.38*). There was little variation by school year among boys. Among girls lower percentages reported spending any time gaming, ranging from 79% to 89%, with lowest percentages in years 10 and 11. Higher percentages of girls than boys reported gaming for 1 hour or less on a typical school day, similar percentages reported game playing for around 2 hours on a typical school day, while the percentages of girls reporting game playing for 3 or more hours on a typical school day were between around half those in boys.

Figure 4.38 Number of hours that pupils spent on gaming (PC, internet, console, play station, Wii, etc.) on a typical school day, by gender and school year

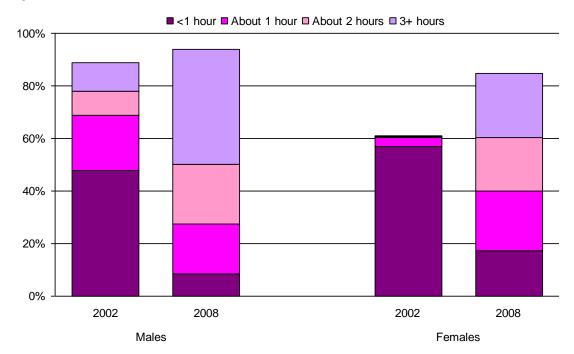


Comparisons with the 2002 survey in the amount of time that pupils spent in gaming are presented in *Figure 4.39*. In 2008 pupils were asked for the number of hours on a typical school day spent in gaming. In 2002 pupils were asked to state how many hours they spent in a week on gaming. These figures have been divided by 7 to give an average daily amount. However, it is likely that fewer hours would be spent on gaming on a school day than a non-school day. Therefore the percentages for 2002 are likely to be overestimates.

There was only a small increase between 2002 and 2008 in the percentage of boys that spent any time on gaming on a typical school day, although very large changes in the number of hours spent on gaming, which might be explained by the increased access to broadband internet since 2002. In 2002 48% of boys spent less than 1 hour per day on gaming, decreasing to 9% in 2008. In 2002 9% of boys spent about 2 hours gaming per day and 11% spent 3 or more hours gaming per day. In 2008 these percentages had increased to 23% and 44% respectively.

Among girls the percentage that spent any time on gaming increased by more than one third from 61% in 2002 to 85% in 2008. in 2002 57% of girls reported gaming for less than 1 hour per day (that is 93% of girls that did any gaming did so for less than 1 hour per day). In 2008 only 17% reported gaming for less than 1 hour per day, while one quarter of girls reported gaming for at least 3 hours per day.

Figure 4.39 Number of hours that pupils spent on gaming (PC, internet, console, play station, Wii, etc.) on a typical school day, by gender and with comparisons to Hull's 2002 survey, restricted to pupils in years 7 to 10



With the widespread availability of internet access at home, it is not surprising that the majority of pupils reported using the internet (excluding gaming) at some point on a typical school day, as shown in *Figure 4.40*. Among boys the percentage spending any time in using the internet (excluding gaming) increased with age from 71% in year 7 to 87% in year 11. The percentage using the internet for more than three hours per day increased with age too, from 8% in year 7 to 28% in year 11.

Among girls, the percentage spending any time on the internet (excluding gaming) was lowest in year 7 (75%), but remained around 84% for each other year group. As with boys the percentage of girls using the internet for more

than three hours on a typical school day increased with age from 13% in year 7 to 36% in year 11.

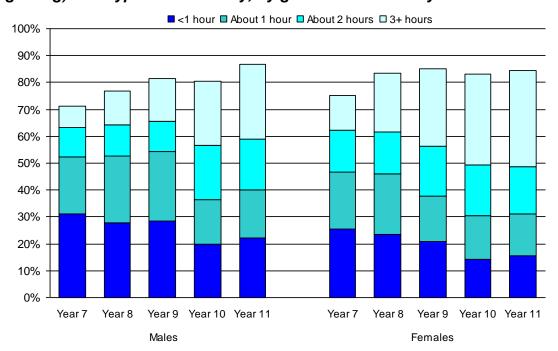


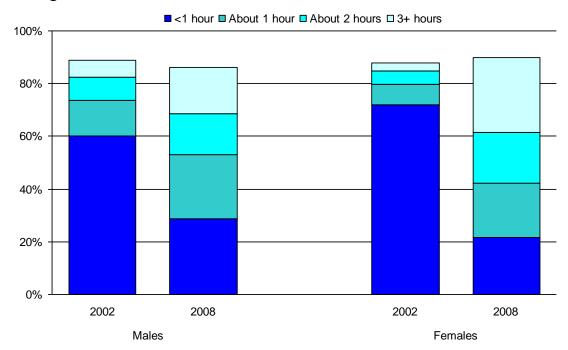
Figure 4.40 Number of hours that pupils spent on the internet (excluding gaming) on a typical school day, by gender and school year

Comparisons with 2002 in the numbers of hours spent using the internet are shown in *Figure 4.41*. In 2008 pupils were asked for the number of hours on a typical school day spent using the internet, excluding gaming. In 2002 pupils were asked to state how many hours they spent in a week using the internet, but were not asked to exclude gaming. These figures have been divided by 7 to give an average daily amount. However, it is likely that fewer hours would be spent on using the internet on a school day than a non-school day. This together with not excluding gaming purposes in 2002 means the percentages for 2002 are likely to be over-estimates. Further, in 2002 only pupils who had access to the internet at home were asked this question, therefore the responses for 2008 and 2002 as presented in *Figure 4.41* have been restricted to those that reported they did have access to the internet at home.

Among boys there was a small decrease in the reported percentages using the internet at all between 2002 and 2008, and a small increase among girls. However, the largest changes were seen in the numbers of hours spent using the internet. 60% of boys in 2002 reported using the internet for less than 1 hour per day, decreasing by more than half to 29% in 2008, while the percentage reporting using the internet for more than 3 hours per day trebled in boys from 6% in 2002 to 18% in 2008. Amongst girls these changes were even greater. In 2002 72% of girls reported using the internet for less than 1 hour per day, decreasing by more than two thirds to 22% in 2008. The

percentage using the internet for around 1 hour per day more than doubled to 21% in 2008, the percentage using the internet for around 2 hours per day more than trebled to 19% while a tenfold increase was seen in the percentage using the internet for 3 hours or more per day to 28%.

Figure 4.41 Number of hours that pupils spent on the internet (excluding gaming) on a typical school day, by gender and with comparisons to Hull's 2002 survey, restricted to pupils in years 7 to 10 who reported having access to the internet at home



4.4 Smoking

4.4.1 Smoking in the past week

The percentages of pupils that had smoked in the last week are displayed in *Table 4.26*. Girls smoked earlier than boys, and continued smoking in higher numbers as pupils aged. The percentage of pupils that had smoked in the last week was almost two and a half times higher in girls (14.6%) than boys (6%) overall. Few in years 7 and 8 smoked any cigarettes in the last week, but by year 9 just over 5% of boys and almost 15% of girls had smoked in the last week, that is smoking among girls was three times that among boys in year 9. In year 10, the percentage of girls that had smoked last week (22%) was almost 2.5 times higher than boys (9%), while by year 11 the percentage of girls that had smoked last week (30%) was almost twice as high as the boys (16%).

Table 4.26 Percentage of pupils who smoked in the last week, by school vear and gender

	Prop	Proportion of pupils who smoked in the last week						
School year	Ma	les	Fem	ales	All			
	n	%	n	%	n	%		
Year 7	2	0.7	11	3.7	13	2.2		
Year 8	6	2.4	8	3.0	14	2.7		
Year 9	13	5.4	35	14.8	48	10.0		
Year 10	27	9.1	69	22.3	96	15.8		
Year 11	27	15.7	76	29.9	103	24.2		
Years 7-11	75	6.0	199	14.6	274	10.5		

Comparison data is available from the Information Centre for England 2008 (IC2008), for young people aged 11 to 15 years. This data is presented, with an equivalent analysis from Hull 2008 in *Table 4.27*. Across all pupils, the percentages that had smoked in the last week were similar, although the patterns by gender varied somewhat. Amongst boys, the percentages that had smoked in the past week were lower for each age in Hull than in England (except those aged 13 years) while the overall percentage for boys aged 11-15 years was 5.5% in Hull, almost one third lower than for England in 2008 (8%). Amongst girls, the reverse was true. For each age an equal or higher percentage of girls in Hull had smoked in the past week than the England 2007 average. Overall, 13% of Hull girls aged 11-15 had smoked in the past week compared with 11% of girls in England in 2007.

Table 4.27 Percentage of pupils who smoked in the last week, by age (11-15 only) and gender, with comparisons to England

	Prop	oportion of pupils who smoked in the last week					
Age	Ma	les	Fem	ales	Α	JI .	
	Hull	England	Hull	Hull England		England	
11 years	1.1	2	3.6	1	2.3	1	
12 years	1.1	3	2.7	2	2.0	2	
13 years	5.8	5	9.2	8	7.5	7	
14 years	6.2	9	19.7	16	13.0	13	
15 years	13.1	17	26.6	23	20.8	20	
11-15 years	5.5	8	13.0	11	9.4	9	

Comparison data was also available from a previous survey of pupils in Hull in 2002. In this survey, only pupils in years 7-10 were asked to participate. Data are presented, with an equivalent analysis for 2008 in *Table 4.28*. Overall, the percentage of boys in year 7-10 that had smoked in the past week has declined by 48% in boys from 8.6% in 2002 to 4.5% in 2008. Among girls a similar decrease of 47% was seen, from 20.5% in 2002 to 11.1% in 2008. For each gender and year group a substantial decrease was seen between 2002 and 2008. Decreases were greatest among girls. The percentage of girls in year 9 that had smoked in the last week decreased by 40%, while in year 10 girls the percentage almost halved, from 43% in 2002 to 22% in 2008.

Table 4.28 Percentage of pupils who smoked in the last week, by school year (years 7-10 only) and gender, with comparisons to Hull 2002

	Prop	Proportion of pupils who smoked in the last week					
School	Ma	les	Fem	ales	All		
year	2002	2008	2002	2008	2002	2008	
Year 7	4.0	0.7	4.9	3.7	4.5	2.2	
Year 8	7.8	2.4	10.5	3	9.6	2.7	
Year 9	10.3	5.4	24.8	14.8	17.4	10.0	
Year 10	12.3	9.1	43.3	22.3	30.3	15.8	
Years 7-10	8.6	4.5	20.5	11.1	15.1	7.8	

Data on the percentage that had smoked in the last week for England 2008 and Hull 2002 and 2008 are plotted in *Figure 4.42*. Among older boys (aged 14-15 years) the percentage that had smoked in the last week was lower in Hull in 2002 than in England in 2008, and decreased in 2008 in boys aged 14 years). For younger boys (aged 11-13 years) higher percentages in Hull in 2002 had smoked in the last week than England 2008, but in 2008, the percentages were lower in Hull in boys aged 11 or 12 years than England 2008, and the same in boys aged 13 years. Boys aged 15 years were the only boys where the percentage smoking in Hull in 2008 was similar to the percentage smoking in Hull in 2002. By age 16 years 15% of boys reported

smoking in the last week for the 2008 survey, although no comparison data were available.

Among girls, the percentages that had smoked in the previous week was substantially higher in Hull in 2002 than in England 2008, while in 2008 the percentages in Hull were similar to England 2008, except in girls aged 12 years, where the percentage smoking the previous week was slightly lower in Hull in 2008 than in England 2008, while for girls aged 11 years, none had smoked in the last week in Hull in 2002, while the percentage in 2008 was three times as high as England 2008, although this represented only 6 girls. By age 16 years 35% of girls in Hull reported they had smoked last week for the 2008 survey, although no comparison data were available.

50% □ England 2008 □ Hull 2002 ■ Hull 2008 40% 30% 20% 10% 0% 16 12 16 11 12 13 11 13 15 years years years years years years years vears vears years years years Males Females

Figure 4.42 Percentage of young people aged 11-15 that had smoked in the last week by age and gender, Hull 2002 and 2008*, England 2008

4.4.2 Number of cigarettes smoked

The numbers of cigarettes that were smoked last week by school year are presented in *Figure 4.43*. For years 7 to 10 most of those that had smoked last week had smoked 5 or fewer cigarettes (60% in year 7, although the percentage decreased with age). In years 9 to 11 substantial and increasing percentages of those that had smoked in the last week had smoked more than 20 cigarettes, increasing 27% of year 9 pupils to 47% of year 11 pupils.

^{*}The 2008 Hull survey was the only one to include pupils aged 16

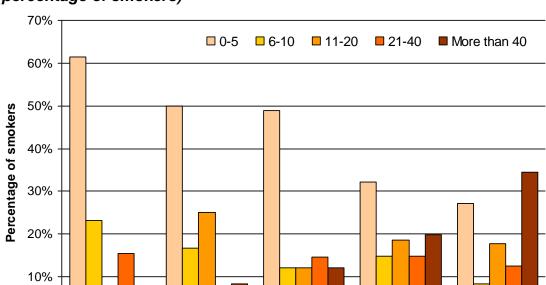


Figure 4.43 Number of cigarettes smoked last week by school year (percentage of smokers)

Data from England 2008 on the number of cigarettes smoked by young people aged 11-15 years was presented as weekly totals of none, 1 to 6 cigarettes, 7 to 69 cigarettes and 70 or more cigarettes per week. Data for Hull 2008 and 2002 are therefore presented in this fashion with the England data in *Table 4.29*. The percentages in Hull 2008 were similar to those for England 2008, with those that had smoked in the previous week having decreased somewhat since the 2002 survey.

Year 9

Year 10

Year 11

Year 8

Table 4.29 Number of cigarettes smoked last week by gender in Hull 2008 and 2002, England 2008 (ages 11-15 years only)

	Numbe	Number of cigarettes smoked last week						
Survey	None	1 to 6	7 to 69	70 or more				
	%	%	%	%				
Hull 2008	91.7	3.0	4.6	0.7				
Hull 2002	86.5	4.6	7.2	1.8				
England 2008	92	3	4	1				

4.4.3 Current smoking behaviour

0%

Year 7

Data on current smoking habits was collected in the survey and are presented in *Table 4.30*. No boys in year 7 defined themselves as smokers, while 3% of years 7 girls were smokers. 10% of year 7 boys had smoked at least once,

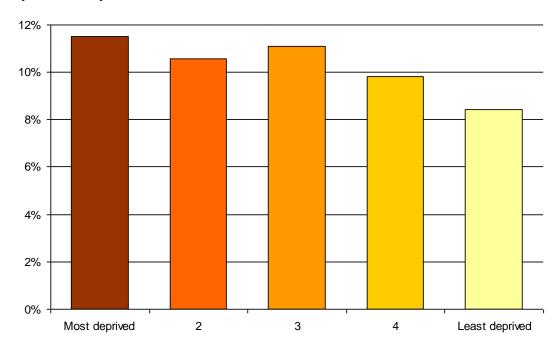
while among girls in year 7 it was 18%. The percentage that had ever smoked remained higher among girls than boys for each year group. For no year group had a majority of boys ever smoked, while 55% of year 10 girls and 68% of year 11 girls had ever smoked. In years 9-11 the percentage of girls that defined themselves as current smokers (regular or occasional) was more than double the percentage of boys. In year 11 girls 33% defined themselves as smokers (21% regular smokers) compared with 14% of boys (9% regular smokers). As with the earlier analysis on smoking patterns in the previous week, this shows that girls start smoking earlier than boys, and continue to smoke in greater numbers than boys. The percentage of girls in year 11 that are current smokers is the same as the percentage of young women aged 18-24 years who reported that they were current smokers in Hull's Health and Wellbeing Survey 2007, while among boys in year 11 the percentage currently smoking was 14%, one third of the percentage of young men aged 18-24 years found in the 2007 adult survey. This suggests that adult behaviours with respect to smoking start far earlier in girls than in boys, and are well developed before girls finish their secondary education.

Table 4.30 Smoking behaviour by school year and gender

Smoking behaviour	Smokir	ng behav	iour by s	school ye	ar & gen	der (%)
and gender		S	chool yea	ar		Years
	Yr 7	Yr 8	Yr 9	Yr 10	Yr 11	7-11
Males						
Smoke regularly	0.0	8.0	3.0	5.2	8.9	3.2
Smoke occasionally	0.0	1.2	2.1	3.4	5.3	2.2
Used to smoke	2.5	4.9	5.1	5.5	8.3	5.0
Tried smoking	7.2	10.3	17.9	20.3	22.5	15.2
Never smoked	90.3	82.7	71.8	65.5	55.0	74.4
Ever smoked	9.7	17.3	28.2	34.5	45.0	25.6
Females						
Smoke regularly	1.7	1.1	6.5	12.1	20.7	8.3
Smoke occasionally	1.4	1.5	6.0	10.1	12.0	6.2
Used to smoke	4.5	6.5	8.6	12.1	9.6	8.3
Tried smoking	10.3	13.0	23.7	21.2	25.5	18.5
Never smoked	82.1	77.8	55.2	44.6	32.3	58.7
Ever smoked	17.9	22.2	44.8	55.4	67.7	41.3

The age-gender-adjusted percentages that reported smoking currently (regular and occasional smokers combined) are presented in *Figure 4.44* by deprivation quintiles. 1 in 8 pupils living in the most deprived fifth or areas in Hull reported that they are currently smokers, compared with fewer than 1 in 11 pupils living in the least deprived fifth of areas in Hull. This downward trend in the percentage of smokers as deprivation decreases was found in adults too, in Hull's 2007 health and wellbeing survey for adults, and the full report may be found on the Hull public health website (www.hulljsna.com).

Figure 4.44 Age-gender-adjusted percentage of pupils reporting that they smoke (defining themselves as regular or occasional smokers), by deprivation quintiles



Comparisons with England 2008, by age and gender for young people aged 11-15 years are presented in *Table 4.31*. Because of the different ways in which the Hull and national surveys define occasional smokers, the percentages for occasional and regular smokers have been combined into current smokers. Because the national figures were published rounded up, or down, with no decimal places, the combined estimate may over-estimate or under-estimate the percentage of current smokers by up to 1 percent. For the other percentages for England 2007, there may be an over-estimate or and under-estimate of up to 0.5%.

Among boys Hull had lower percentages at each age that had ever smoked than England. At each age, the percentage of boys that were regular or occasional smokers was lower in Hull then England, although the percentages in boys aged 13 years were similar.

Among girls, the percentages that had ever smoked were higher at each age for Hull than England. Despite this, percentage of regular or occasional smokers among girls aged 11 to 15 years overall was slightly lower in Hull (13%) than England (14%), although it was only among girls aged 13 years where fewer girls in Hull (7%) than England (10%) smoked.

Table 4.31 Smoking behaviour in 2008 by age and gender in Hull and England

Smoking	,	Smoking	behavio	ur by age	and ger	nder (%)	
behaviour				ge (years			11-15
and gender		11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	years
Males							
Current	Hull	0.0	1.2	5.6	5.7	11.7	4.8
smoker	England	1	3	6	11	19	9
Used to	Hull	3.4	3.5	4.8	5.3	8.7	5.1
smoke	England	2	2	4	7	10	5
Tried	Hull	8.0	8.9	14.8	18.4	22.8	14.7
smoking	England	9	11	17	20	21	16
Never	Hull	88.6	86.5	74.8	70.7	56.8	75.3
smoked	England	87	83	72	62	48	69
Ever	Hull	11.4	13.5	25.2	29.3	43.2	24.7
smoked	England	13	17	28	38	52	31
Females							
Current	Hull	1.8	3.1	7.0	19.6	29.0	13.0
smoker	England	0	3	10	19	29	14
Used to	Hull	6.2	4.5	8.5	13.0	7.4	8.0
smoke	England	1	2	6	8	11	6
Tried	Hull	7.5	12.5	21.2	21.4	24.3	18.2
smoking	England	6	8	16	17	18	13
Never	Hull	84.5	79.9	63.3	46.0	39.3	60.8
smoked	England	92	87	68	56	42	67
Ever	Hull	15.5	20.1	36.7	54.0	60.7	39.2
smoked	England	8	13	32	44	58	33

Comparisons with the 2002 survey are presented in *Table 4.32*. Here the analysis is restricted to pupils in years 7 to 10, as the 2002 survey only included pupils in these school years. Among boys, the percentages that smoked regularly or occasionally in 2008 had halved since 2002 for each year group except year 10 where the percentage had decreased by one third. The difference in the percentages that had ever smoked between 2008 and 2002 decreased as year group increased, such that in year 7 63% fewer boys in 2008 had ever smoked compared with 2002, while in year 10 24% fewer boys in 2008 had ever smoked compared with 2002. Thus boys in 2008 smoked in fewer numbers in 2008 than in 2002, and started smoking at an older age too.

Among girls, the percentages of regular or occasional smokers in 2008 were less than half the equivalent percentages in 2002 for girls in each year group with the exception of year 7, where the percentage in 2008 was 20% lower than in 2002. The percentages that had ever smoked were between 22% and 34% lower in 2008 than 2002, although the differences between 2008 and 2002 showed no discernible trend with school year.

Table 4.32 Smoking behaviour by school year and gender in Hull 2008 and 2002

Smoking	Smo	oking beha	viour by so	chool year	and gende	r (%)
behaviour	Survey		Schoo	l year		Years
and gender	year	Year 7	Year 8	Year 9	Year 10	7-10
Males						
Current	2008	0.0	2.1	5.1	8.6	4.0
smoker	2002	4.1	4.1	10.0	12.7	7.9
Used to	2008	2.5	4.9	5.1	5.5	4.5
smoke	2002	4.1	9.0	7.3	8.2	7.0
Tried	2008	7.2	10.3	17.9	20.3	14.0
smoking	2002	17.9	17.2	24.5	24.5	21.4
Never	2008	90.3	82.7	71.8	65.5	77.5
smoked	2002	73.8	69.7	58.2	54.5	63.7
Ever	2008	9.7	17.3	28.2	34.5	22.5
smoked	2002	26.2	30.3	41.8	45.5	36.3
Females						
Current	2008	3.1	2.7	12.5	22.1	10.4
smoker	2002	3.9	7.5	26.0	45.9	20.6
Used to	2008	4.5	6.5	8.6	12.1	8.0
smoke	2002	5.0	7.5	7.9	13.4	8.3
Tried	2008	10.3	13.0	23.7	21.2	16.9
smoking	2002	16.2	18.6	23.3	19.1	19.5
Never	2008	82.1	77.8	55.2	44.6	64.8
smoked	2002	74.9	66.5	42.8	21.7	51.5
Ever	2008	17.9	22.2	44.8	55.4	35.2
smoked	2002	25.1	33.5	57.2	78.3	48.5

A graphical comparison of current smoking habits by gender for young people aged 11-15 years is presented in *Figure 4.45* with comparisons to England 2008 and Hull 2002. Again, the rounded percentages (with no decimal places) for England mean that the national percentages may be underestimated or over-estimated by up to 1% for current smokers, and up to 0.5% for other categories.

For boys, the percentages of current smokers (regular smokers and occasional smokers combined) were highest for England 2008 and lowest for Hull 2008. Among girls, the highest percentages of regular or occasional smokers were seen in Hull 2002, with the percentages in Hull 2008 similar to those for England. The largest percentage of boys that had never smoked was in Hull 2008, 9% higher than for England 2008, while among girls the percentage for Hull 2008 was 9% lower than for England 2008.

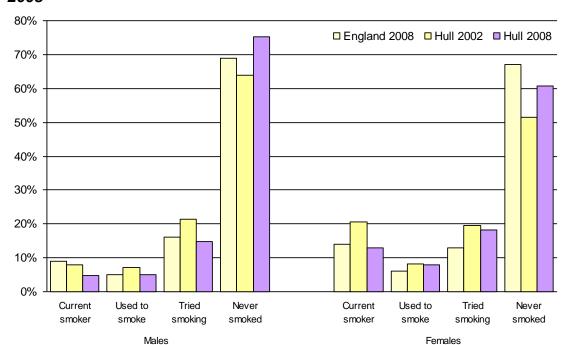


Figure 4.45 Smoking behaviour by gender, Hull 2008 and 2002, England 2008

4.4.4 Age at which pupils started smoking

Although boys were less likely than girls to become smokers while at school, they did tend to start smoking at an earlier age as shown in *Figure 4.46*. Almost one third of boys that have smoked reported starting smoking before the age of 11 years, compared with less than one quarter of girls, although before their 13th birthdays, similar percentages of boys that have smoked had started smoking (69%) as girls (66%).

In terms of when pupils reported that they became regular smokers, which is presented in *Figure 4.47*, percentages for each age at which they reported becoming regular smokers were similar for boys and girls. More girls than boys became regular smokers when 10 years old and 15 years old, while more boys first became regular smokers when 13 years old, but differences between genders in these years were small.

Figure 4.46 Age at which pupils reported smoking their first cigarette by gender

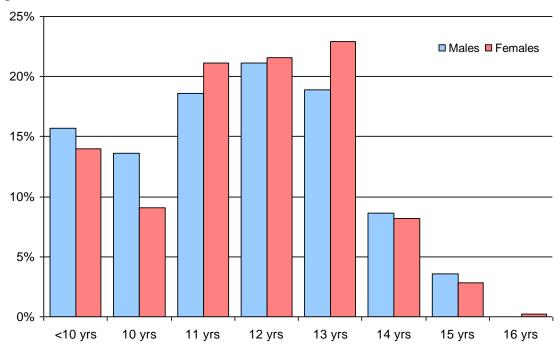
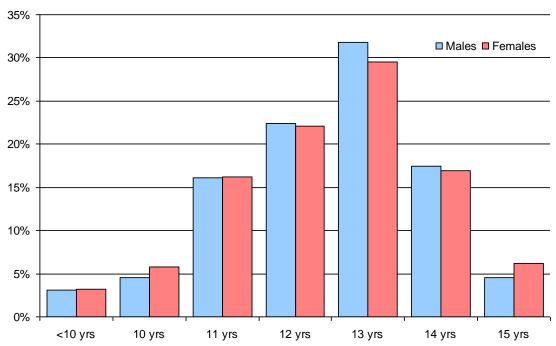


Figure 4.47 Age at which pupils reported becoming regular smokers by gender



Comparisons between 2002 and 2008 in the age at which pupils reported they had first smoked a cigarette, for pupils in years 7 to 10 only, are shown by gender in *Figure 4.48*. Compared with 2002 one tenth more boys in 2008 had smoked their first cigarette whilst they were 10 years old while almost one fifth fewer boys had smoked their first cigarette aged 11 or 12 years old (22% at each of 11 and 12 years of age). These were still the peak ages for boys in 2008 to have smoked their first cigarette. But instead of the next most common age being under 10 years as in 2002, it was 13 years of age doubled since 2002 to 18% in 2008. Among girls in years 7 to 10, and compared with 2002, a quarter more in 2008 had started smoking before their tenth birthday (17%), with a correspondingly lower percentage smoking their first cigarette aged 11 years (23%). But from each survey half of all pupils aged 7 to 10, that had smoked first smoked a cigarette before they reached 12 years of age, both boys and girls.

30%
25%
20%
15%
10%
<-10yrs 10 yrs 11 yrs 12 yrs 13 yrs 14 yrs 15 yrs

Males

Females

Figure 4.48 Age at which pupils in years 7 to 10 reported smoking their first cigarette by gender, with comparisons to 2002

A similar shift between 2002 and 2008 in the age at which boys in years 7 to 10 that smoked first became regular smokers can be seen in *Figure 4.49*. The percentage of boys that became regular smokers before their 10th birthday halved to 6%, as did the percentage that first smoked regularly while aged 11 years (16% in 2008). There was an increase of almost two thirds in the percentage of boys that first became regular smokers when aged 10 years old, however. Despite this, whereas in 2002 half of boys first smoked regularly at the age of 11 years or younger, in 2008 this had decreased to 37%.

A different pattern occurred for girls in years 7 to 10. Here there was little difference in the percentages that first became regular smokers at each age,

with the exception of girls aged 11 and 12 years of age, at each of which ages 23% of girls first became a regular smoker. This represented a 40% increase in the percentage of girls that first became a regular smoker aged 11 years since 2002, and a decrease of more than a quarter in the percentage of girls that first became a regular smoker aged 12 years since 2002. Overall, by the age of 11 years or younger 34% of girls in years 7 to 10 in 2008 had become regular smokers, an increase of almost one quarter since 2002. While this was still lower than the percentage of boys that had become regular smokers by this age, the difference between boys and girls in 2008 (girls were 9% less likely to have become a regular smoker by the age of 11 years or younger) had decreased substantially since 2002 (when girls were half as likely to have become a regular smoker by the age of 11 years or younger).

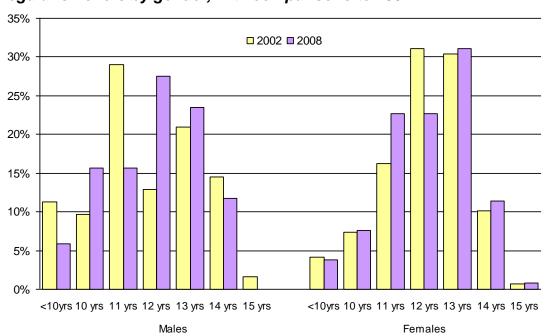


Figure 4.49 Age at which pupils in years 7 to 10 reported becoming regular smokers by gender, with comparisons to 2002

4.4.5 How pupils sourced their cigarettes

The ways in which those that smoke source their cigarettes are presented for boys in *Figure 4.50* and for girls in *Figure 4.51*. Despite being illegal to sell cigarettes to anyone under the age of 18 years, 41% of boys and 32% of girls bought cigarettes from shops, with corner shops the most common type of shop where cigarettes were bought (24% of boys and 23% of girls bought cigarettes from corner shops).

Boys were more likely to get cigarettes from family members (32%) than girls (26%), with 12% of boys and 9% of girls being given cigarettes by their parents or carers. Girls were more likely to get cigarettes from friends (72%)

than boys (65%). Girls were also more likely to ask strangers to buy their cigarettes (22%) than boys (18%). Around 1 in 6 pupils that smoked took cigarettes from their home, slightly higher in boys than girls.

Figure 4.50 If you smoke, where do you get your cigarettes, males (N=108)?

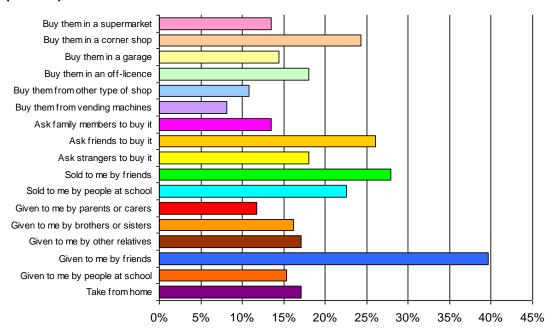
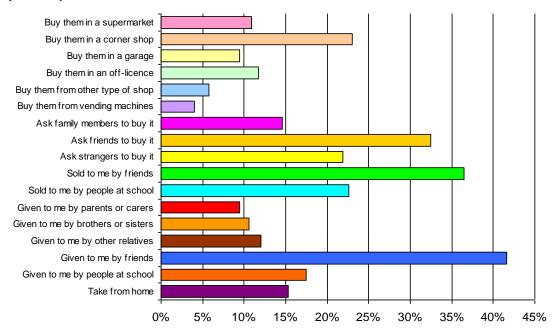


Figure 4.51 If you smoke, where do you get your cigarettes, females (N=277)?



Comparisons with England 2008 for some of the ways in which pupils get their cigarettes can be made, and are presented for pupils aged 11 to 15 years in *Table 4.33*.

Fewer pupils in Hull aged 11 to 15 years reported buying cigarettes from any shop (girls 28% lower than England; boys 8% lower). Boys in Hull were more likely to buy cigarettes from a supermarket or garage shop than boys in England, whereas girls in Hull were less likely to do so. Fewer Hull pupils bought cigarettes from vending machines than in England generally.

Boys and girls in Hull were less likely to buy cigarettes from other people (boys 10% lower than England; girls 4% lower). Two thirds of girls in England had cigarettes given to them compared to half of girls in Hull, while percentages were similar for boys from both Hull and England.

Percentages of pupils given cigarettes by their parents or carers were far higher in Hull than England (almost twice as high for boys and almost 60% higher for girls). Hull pupils were less likely to be given cigarettes by their friends than in England generally (boys one fifth lower than England; girls one third lower). Pupils in Hull aged 11 to 15 years were two and a half times more likely to take cigarettes from home than in England generally.

Table 4.33 How pupils aged 11 to 15 years sourced their cigarettes by gender, with comparisons to England 2008

gondon, with companieons to	Percentages by gender					
Source of cigarettes	Mal	es	Females			
	Hull	England	Hull	England		
Bought from any shop	40.5	44	31.8	44		
Supermarket	13.5	11	10.9	13		
Garage shop	14.4	10	9.5	11		
Bought from vending machine	8.1	11	4.0	9		
Bought from other people ¹	37.8	42	44.9	47		
Friends or relatives ²	26.1	28	32.5	36		
Someone else	22.5	26	22.6	29		
Given by other people	54.1	55	52.6	69		
Friends	39.6	50	41.6	63		
Brothers or sisters	16.2	6	10.6	12		
Parents	11.7	6	9.5	6		
Found or taken ³	17.1	7	15.3	6		

¹ Hull survey also asked whether had asked someone to buy cigarettes for them, but not included in this category

² Hull survey only includes bought from friends in this category

³ Hull survey response was 'taken from home'

4.4.6 Smoking in the home

Half of boys and 55% of girls reported that someone living in their house smoked regularly (*Table 4.34*) with 25% of boys and 29% of girls reporting that the regular smoker(s) smoked in the house. Among girls the percentages did not vary much by age, whiles among boys there was some variation, although no trend with age. For each year group the percentage of girls reporting that someone living in their house smoked regularly and smoked in the house was higher than for boys. It is not clear why this should be, but it may be that girls are more aware of what other household members are doing than boys. Given that smoking rates were found to be higher among girls than boys, it may be that girls have easier access to cigarettes at home than boys.

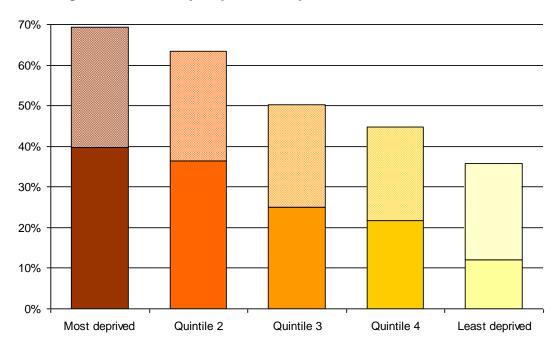
Table 4.34 Does anyone who lives in your house smoke regularly, by

gender and school year

	P	ercentage of	pupils who	live wit	h a regular s	moker		
		Males			Females	emales ke, not ouse		
School	Total	Smoke, not	Smoke in	Total	Smoke, not			
year		in house	the house		in house			
	N	%	%	N	%	%		
Year 7	267	34.1	23.6	276	33.3	24.6		
Year 8	230	20.9	23.5	257	27.2	28.4		
Year 9	215	18.6	26.5	227	28.2	29.5		
Year 10	270	27.0	26.3	295	20.0	31.9		
Year 11	162	23.5	22.2	247	25.5	29.1		
Years 7-11	1,144	25.3	24.6	1,302	26.7	28.7		

There were clear differences by deprivation quintile in the age-gender-adjusted percentages of pupils reporting that they lived with a regular smoker, as shown in *Figure 4.52*. Almost 70% of pupils living in the most deprived fifth of areas in Hull reported that someone living in their home was a regular smoker, decreasing as deprivation decreased to 36% of those living in the least deprived fifth of areas of Hull. The main differences by deprivation were the percentages reporting that they lived with a regular smoker who smoked inside the home, decreasing as deprivation decreased, from 39% of pupils in the most deprived fifth of areas in Hull to 12% of pupils living in the least deprived fifth of areas in Hull. Differences in the percentages of pupils in each deprivation quintile who reported that someone living in their house smoked regularly, but not inside the house, were smaller, ranging from around 29% of those in the two most deprived quintiles to around 23% in the two least deprived quintiles.

Figure 4.52 Age-gender-adjusted percentage of pupils reporting they live with a regular smoker* by deprivation quintiles



^{*}Solid bar = smoke inside the home; dotted bar = smoke but not in the home

4.5 Alcohol

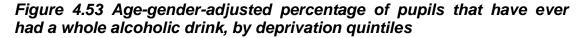
4.5.1 Ever drunk alcohol

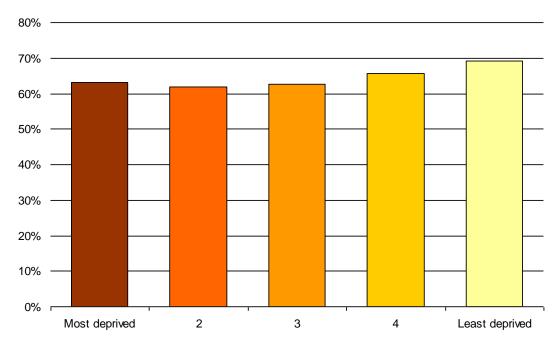
The percentages of pupils that had ever drunk a whole alcoholic drink, by school year and gender, are presented in *Table 4.35*. The percentage of pupils that had ever drunk alcohol was lowest in year 7 (35.3% overall) rising year on year to 88.5% of all year 11 pupils. More year 7 boys (42.9%) than girls (28.1%) had drunk alcohol, although for each succeeding year more girls than boys had drunk alcohol. Among year 11 pupils, 85.3% of boys and 90.7% of girls had drunk alcohol. Thus girls started drinking alcohol at an older age than did boys, but once they started to drink alcohol they drank in larger numbers than did boys. Overall, more girls (64.1%) than boys (61.8%) had ever drunk alcohol, although this difference is artefactually increased due to the larger percentage of female respondents being in year 11 (18.1%) than male respondents (13.7%).

Table 4.35 Ever had an alcoholic drink by gender and school year

	Ever had an alcoholic drink						
School	Ма		Fem		All		
year	N	%	N	%	N	%	
Year 7	123	42.9	86	28.1	210	35.3	
Year 8	121	45.8	145	52.2	266	49.1	
Year 9	168	66.7	173	71.8	342	69.1	
Year 10	235	75.6	261	82.1	496	78.7	
Year 11	151	85.3	233	90.7	384	88.5	
Years 7-11	798	61.8	898	64.1	1,698	63.0	

The age-gender-adjusted percentages of pupils that had ever had a whole alcoholic drink by deprivation quintile are shown in *Figure 4.53*. The differences between deprivation quintiles are relatively small, but still show a gradient whereby the highest percentage was seen in pupils living in the least deprived fifth of areas of Hull, among whom 69% had had a whole alcoholic drink. This compared with 66% of pupils living in the second least deprived fifth of areas of Hull, and between 62% and 63% living in the three most deprived fifth of areas of the city. These findings are similar to those found in the adult health and wellbeing survey of 2007 which found that adults living in the most deprived areas were less likely to drink alcohol than those living in the least deprived areas.





The percentages that had ever drunk alcohol can be compared with national figures for 2008 published by the Information Centre (IC2008). The national data is presented by age rather than year, and only for those aged 11-15 years so the equivalent data for Hull 2008 are presented alongside the data for England in *Table 4.36* and *Figure 4.54*.

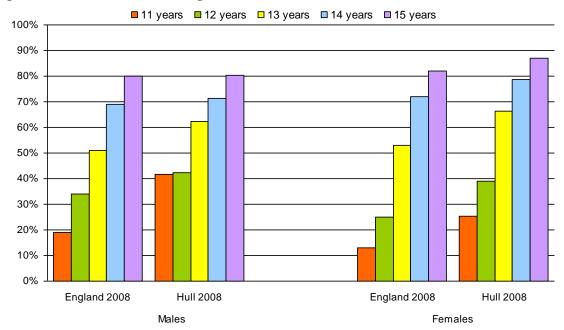
The patterns in Hull and England with respect to age and gender were similar. Some differences were apparent, however. At each age, a higher percentage of both boys and girls in Hull had drunk alcohol than boys and girls in England as a whole, with the possible exception of boys aged 15 years. In Hull, there was little difference in the percentage of boys aged 11 and 12 years that had ever drunk alcohol (both around 42%), whereas for England the percentage of boys aged 12 years that had ever drunk alcohol (31%) was one third higher than for boys aged 11 years (23%). Higher percentages of girls than boys had ever drunk alcohol in Hull from the age of 13 years onwards, whereas in England it was from the age of 14 years onwards. The difference between girls and boys aged 14 and 15 years was greater in Hull than in England, contributing to the higher overall percentage of girls in Hull having drunk alcohol than boys, whereas in England, the percentage was the same.

Table 4.36 Ever had an alcoholic drink by age (11-15 years only) and

gender, comparisons with England 2008

3		Ever	had an alc	oholic drin	ık (%)	
Age	Ma	les	Fem	nales	All	
	Hull	England	Hull	Hull England		England
11 years	41.8	19	25.3	13	34.0	16
12 years	42.3	34	39.0	25	40.5	30
13 years	62.2	51	66.5	53	64.4	52
14 years	71.3	69	78.8	72	74.8	70
15 years	80.3	80	87.1	82	84.1	81
11-15 years	60.2	53	61.9	52	61.0	52

Figure 4.54 Ever had an alcoholic drink by age (11-15 years only) and gender, Hull 2008 and England 2008



Hull pupils were previously surveyed in 2002. In this survey only those in years 7 to 10 were surveyed, so *Table 4.37* presents these results against a similar analysis from the 2008 survey. It should be noted that the form of the question asked in the survey changed from "Have you ever drunk alcohol?" asked in 2002 to "Have you ever had a whole alcoholic drink (including alcopops), i.e. not just a sip?" in 2008, which was similar to the question asked in the national survey, enabling robust comparisons with England. Consequently the percentage of pupils that had ever drunk alcohol in the 2008 survey was substantially lower than in the 2002 survey, for each school year and gender. This table is included for completeness, although no direct comparison can be made, as it is not possible to determine how much of the difference is due to a change in habits and how much is due to the change in the form of the question asked.

Table 4.37 Ever had an alcoholic drink by gender and school year (years 7-10 only), comparisons with 2002 survey

	Ever had an alcoholic drink (%)*					
School	Mal	les	Fem	ales	All	
year	2008	2002	2008	2008	2002	
Year 7	42.9	85.2	28.1	75.0	35.3	79.6
Year 8	45.8	90.8	52.2	89.6	49.1	90.2
Year 9	66.7	89.8	71.8	94.4	69.1	92.0
Year 10	75.6	93.9	82.1	97.5	78.7	96.0
Years 7-10	58.1	89.6	58.2	88.9	58.1	89.3

^{*}Questions differ so not directly comparable.

4.5.2 Amount of alcohol drunk in past week

Pupils were asked how much alcohol they had drunk over the past week, by various types of alcoholic drinks. These were then converted to units. A few pupils reported implausibly large quantities of some types of alcoholic drinks consumed, while others reported the same number of drinks of most or all types of alcoholic drinks. No second guessing as to the number of units consumed has been employed in this analysis, on the assumption that although the overall number of units reported in these few cases are implausibly large, they are likely to come from pupils who are drinking to excess, although not to the extent they have reported. This should be borne in mind when looking at these results, although it should also be noted that the numbers of pupil that did report implausible numbers of alcoholic drinks consumed, or who repeated the number of drinks for most or all types of alcoholic drinks, were small, and so any bias in this analysis will consequently be small too.

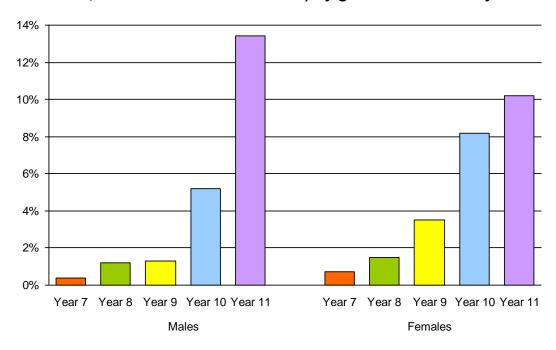
The percentage of pupils reporting that they were drinking above the recommended weekly guideline amounts for adults are presented in Table **4.38** and in **Figure 4.55**. The recommended adult maximum alcohol consumption for males is 21 units and for females 14 units. The percentages exceeding the recommended weekly limits were higher among girls than boys for each year group, with the exception of year 11. 1 in 12 girls in year 10 and 1 in 10 girls in year 11 had exceeded the adult guidelines, as had 1 in 7 boys in year 11. While the numbers exceeding the adult recommended limits were small in years 7-9, 3.5% of year 9 girls had exceeded these adult limits. Overall, 4% of boys who had drunk alcohol in the past week had exceeded the recommended maximum amounts for adult men, while 5% of girls who had drunk alcohol in the past week had exceeded the recommended maximum amounts for adult women. The percentages exceeding the recommended maximum amounts of alcohol units for adults in year 11 were high (13% for boys and 12% for girls). Among boys however, they were substantially lower than the percentages of young men drinking excessively as reported in Hull's 2007 Health and Wellbeing Survey for adults in which 32% of young men aged 18-24 years reported they had drunk more than 21

units of alcohol in the week before completing the survey. In that survey 13% of women reported drinking more than 14 units of alcohol in the week before the survey, very similar to the 12% of year 11 girls in this survey, suggesting that adult behaviours with regard to alcohol consumption are developed at a much younger age for girls than boys, and certainly before they have completed their secondary education, as was found in the earlier preceding section on smoking. Thus it would seem that targeted interventions to reduce the development of lifestyle behaviours that carry significant health risks should be targeted at girls while still in school if the percentage of adults exhibiting these behaviours is to be reduced.

Table 4.38 Percentage of pupils drinking more alcohol over the past week than the recommended guideline amounts for adults (more than 21 units males; more than 14 units females) by gender and school year

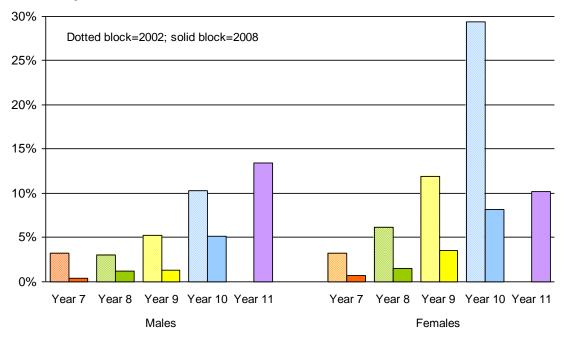
School year	Drank more than recommended adult guideline amount in past week					
-	Males Females All					II
	N	%	N	%	N	%
Year 7	1	0.4	2	0.7	3	0.5
Year 8	3	1.2	4	1.5	7	1.4
Year 9	3	1.3	8	3.5	11	2.4
Year 10	15	5.2	24	8.2	39	6.7
Year 11	22	13.4	25	10.2	47	11.5
Years 7-11	44	3.7	63	4.7	107	4.2

Figure 4.55 Percentage of pupils drinking more alcohol over the past week than the recommended guideline amounts for adults (more than 21 units males; more than 14 units females) by gender and school year



Comparisons can be made with the 2002 survey in respect of the percentage of pupils drinking more alcohol than the recommended guideline amounts for adults, and these are presented in *Figure 4.56*. The percentages of pupils in 2002 exceeding the adult guideline amounts were far higher than in 2008, for each year group and gender. As in 2002, the percentages of girls in years 7 to 10 exceeding adult guideline amounts were higher than the percentages of boys doing so. Percentages of boys in years 10 and 11 in 2008 equalled or exceeded those in 2002 in the year below, thus in years 10 and 11 in 2008 5% and 13% respectively of boys drank more than 21 units of alcohol, compared with 5% and 10% respectively in 2002. Among girls in 2008 the percentages in years 10 and 11 drinking more than 14 units were around one third of the percentage of girls in year 10 in 2002, and lower also than girls in year 9 in 2002.

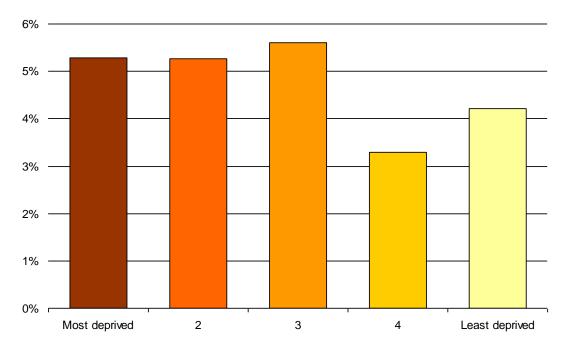
Figure 4.56 Percentage of pupils drinking more alcohol over the past week than the recommended guideline amounts for adults (more than 21 units males; more than 14 units females) by gender and school year* with comparisons to 2002



*2002 survey only included years 7 to 10

Age-gender-adjusted percentages of pupils exceeding the weekly recommended maximum number of units of alcohol for adults are presented by deprivation quintiles in *Figure 4.57*. The percentages exceeding these adult guideline limits (21 units for males, 14 units for females) were small for each quintile. Nonetheless, there were differences between the quintiles, with more than 5% of pupils living in the three most deprived fifths of areas in Hull exceeding these limits, highest in the middle quintile at 5.6%. This compared to just over 4% of pupils living in the least deprived fifth of areas in the city and just over 3% living in the second least deprived fifth of areas. although pupils living in the three most deprived fifths of areas were less likely to have ever had an alcoholic drink than those living in the least deprived areas, they were more likely to drink excessively.

Figure 4.57 Age-gender-adjusted percentage of pupils drinking more alcohol over the past week than the recommended guideline amounts for adults (more than 21 units males; more than 14 units females) by deprivation quintiles



National comparisons from 2008 in the numbers of units of alcohol consumed in the previous week are presented in *Table 4.39*, alongside comparisons with Hull's 2002 survey. Larger percentages of pupils in Hull 2008 reported drinking less than 4 units of alcohol, or between 6 and 10 units, in the last week than for England, while for other quantities of units percentages were lower for Hull than England. Almost one third fewer Hull boys drank 15 or more units per week in 2008 than in England as a whole, while more than one third fewer girls in Hull in 2008 did so than in England. Comparing with Hull 2002 one quarter fewer boys in 2008 that had drank alcohol in the last week had drunk less than 4 units, while the percentage drinking 15 or more units had increased by one third. Changes were smaller among girls, although the percentage of girls that drank alcohol that had drunk 15 or more units in the last week did decrease by one sixth since 2002.

Table 4.39 Where pupils drank alcohol in the last week, the number of units of alcohol consumed in the last week (ages 11 to 15 years only) with comparisons to Hull 2002 and England 2008

Number of units of	Percentage by gender							
alcohol consumed in the	Males			Females				
last 7 days	Hull		Engl.	Hull		Engl.		
	2002	2008	2008	2002	2008	2008		
Less than 4 units	43.3	32.8	24	38.3	38.6	24		
4 units, less than 6 units	12.1	11.7	12	10.9	11.6	13		
6 units, less than 10 units	13.7	17.0	15	19.2	22.9	20		
10 units, less than 15 units	11.8	13.0	14	11.2	9.9	15		
15 or more units	19.1	25.5	36	20.4	17.1	27		

4.5.3 Frequency of drinking alcohol

Pupils were asked how often they usually drank alcohol. The percentages of pupils that reported drinking alcohol every week are presented in *Table 4.40*. Overall, 12% of boys and 10% of girls reported drinking alcohol every week. The percentages increased rapidly with increasing age. 2% of year 7 pupils drank alcohol each week, rising to 35% of year 11 boys and 22% of year 11 girls. More boys than girls in years 10-11 drank alcohol weekly, with similar percentages before that.

Table 4.40 Drinks alcohol every week by gender and school year

	Drinks alcohol every week						
School year	Males		Fem	ales	All		
	N	%	N	%	N	%	
Year 7	5	1.7	6	2.0	11	1.9	
Year 8	15	5.7	8	2.9	23	4.3	
Year 9	19	7.7	20	8.5	39	8.1	
Year 10	48	15.8	46	14.6	94	15.2	
Year 11	62	35.4	56	21.9	118	27.4	
Years 7-11	149	11.7	136	9.9	285	10.7	

Comparisons to 2002 in the percentage of pupils drinking alcohol every week are presented in *Figure 4.58*. Percentages of pupils reporting they drank alcohol every week in 2008 had more than halved when compared with 2002, for each gender and school year. Among year 10 girls the percentage reporting drinking alcohol every week decreased by two thirds from 45% to 15%. In 2002 larger percentages of boys in years 7 to 9 than girls drank alcohol at least once a week, while in year 10 the percentage of girls drinking alcohol weekly was one third higher than for boys. In 2008 percentages in girls were similar to those in boys for years 7 to 10. Only in year 11 did the percentage of girls drinking at least once a week differ substantially from the percentage of boys doing so, with one third fewer girls than boys reported

drinking alcohol every week, although for this year group there was no comparison data from 2002.

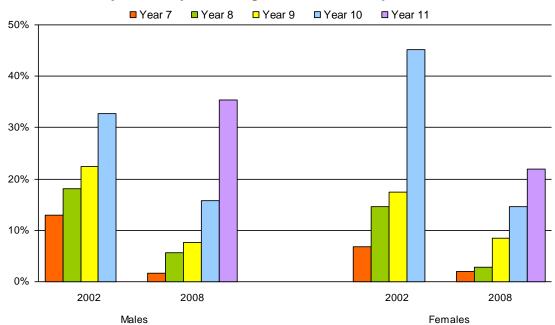


Figure 4.58 Percentage of pupils reporting they drink alcohol at least once a week by school year and gender, with comparisons to 2002

National comparison data from 2008 were also available by age (ages 11 to 15 years only). These data are presented in *Figure 4.59*. Percentages drinking alcohol at least once a week were similar between Hull and England, with the exception of girls aged 14 and 15 years, where percentages in Hull were around one fifth lower than in England.

Pupils were also asked for the number of days in the past week on which they had drunk alcohol, and the percentages for each number of drinking days last week are displayed in *Table 4.41* by gender. The majority of pupils that drank alcohol last week only did so on one day (51% of boys, 56% of girls) or on two days (30% of boys; 23% of girls). However 9% of boys and almost 7% of girls reported drinking alcohol on 5 or more days in the past week, with 6% of boys and 3% of girls reporting drinking alcohol on all 7 days.

Figure 4.59 Percentage of pupils reporting they drink alcohol at least once a week by age (ages 11 to 15 years only) and gender, with comparisons to England 2008

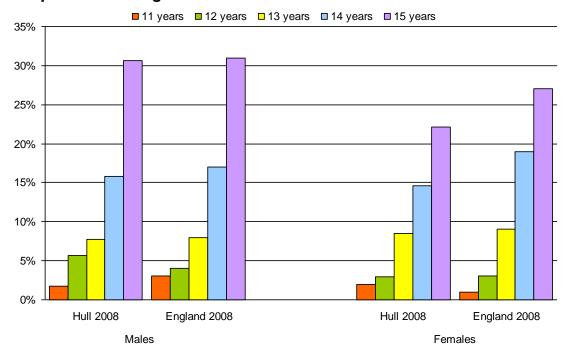


Table 4.41 Number of drinking days in the last week by gender among pupils who drank alcohol in the last week

pupils who drank alcohol in the last week								
Number of	Gender							
drinking days	Males		Fem	ales	All			
in last week	n	%	N %		n	%		
One day	178	51.3	221	56.1	400	53.8		
Two days	105	30.3	89	22.6	194	26.1		
Three days	23	6.6	40	10.2	63	8.5		
Four days	10	2.9	18	4.6	28	3.8		
Five days	9	2.6	7	1.8	16	2.2		
Six days	2	0.6	8	2.0	10	1.3		
Seven days	20	5.8	11	2.8	33	4.4		

These data by gender are broken down further by school year in *Figure 4.60*. In general, the number of reported drinking days in the last week increased as school year increased, although there was less variation by school year among girls than boys. While boys were more likely to have drunk alcohol on 5 or more days in the last week than girls, girls were more likely to have drunk alcohol on three days of the last week. Of all the genders and year groups, the largest percentage reporting they had drunk alcohol on all 7 days of the last week were year 7 girls at 15%, although this percentage did represent just 4 girls.

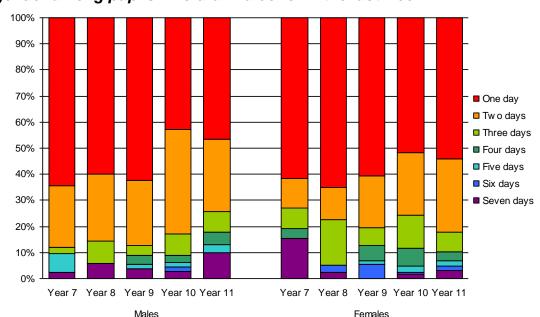


Figure 4.60 Number of drinking days in the last week by school year and gender among pupils who drank alcohol in the last week

We can compare the number of reported drinking days in the last week in the 2008 survey with those derived from the 2002 survey, at least for those in years 7 to 10, which are displayed in *Figure 4.61*. This suggests that boys in years 7 to 10 in 2008 that drink alcohol do so more frequently than did boys in 2002, while girls in 2008 drank alcohol less frequently than in 2002.

Boys in years 7 to 10 in 2008 who had drunk alcohol in the past week were almost two thirds more likely to have drunk on five or more days in the last week (7%) than in 2002 (4%), and one and a half times as likely to have drunk on 2 days in the last week (32%). Among girls in years 7 to 10 in 2008 who had drunk alcohol in the past week, the percentage reporting drinking on only one day in the past week increased by one eighth since 2002 to 57%, while the percentage reporting drinking alcohol on at least 5 days in the last week doubled since 2002 to 6%.

Comparisons may also be made to England 2008, and these are presented, for pupils aged 11 to 15 years only, in *Figure 4.62*. Boys in Hull aged 11 to 15 years who had drunk alcohol in the past week were twice as likely to report having done so on at least 5 days in the past week (8%) than boys in England, while they were less likely to have drunk alcohol on 3 or 4 days in the last week. Girls in Hull aged 11 to 15 years who had drunk alcohol in the past week were more than twice as likely to report having done so on at least 5 days in the past week (7%) than girls in England. They were also 50% more likely to report having done so on 4 days in the last week (5%) but, as for boys, were less likely to report having drunk alcohol on 2 days over the last week. There were no differences between Hull and England in the percentages reporting they had drunk alcohol on just one day in the last week.

Figure 4.61 Number of drinking days in the last week among pupils in years 7 to 10 who drank alcohol in the last week, by gender and with comparisons to Hull 2002

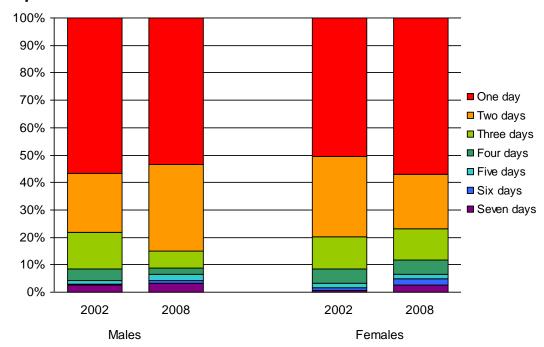
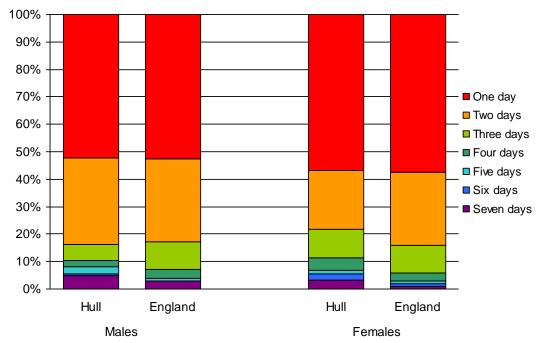


Figure 4.62 Number of drinking days in the last week among pupils in aged 11 to 15 who drank alcohol in the last week, by gender and with comparisons to England 2008



4.5.4 Frequency of getting drunk

The frequency of getting drunk was also reported, with the results, by gender and school year, presented in *Figure 4.63*. Among girls 80% in year 11 had been drunk, half of whom got drunk at least once a month. Among boys, 71% had been drunk, again with half of those getting drunk at least once a month. Higher percentages of girls than boys in each school year except year 7 had ever been drunk. Few in years 7 to 9 reported getting drunk weekly or monthly, although percentages were higher in year 9 girls than boys.

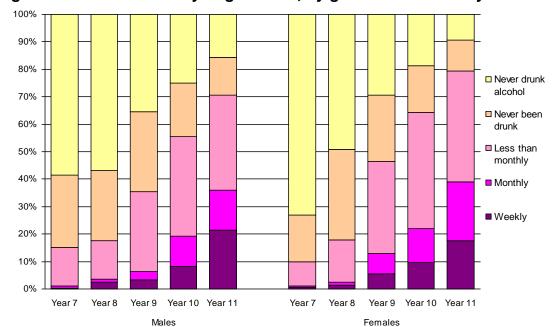


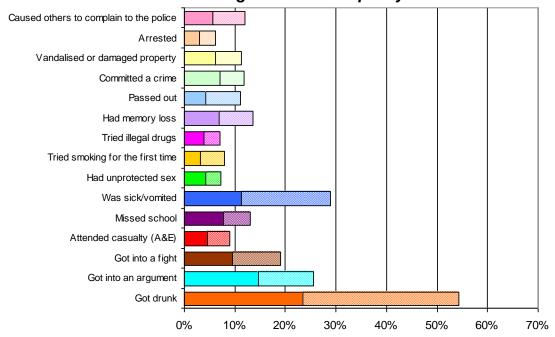
Figure 4.63 How often do you get drunk, by gender and school year

4.5.5 III effects after drinking alcohol

Pupils that had ever drunk alcohol were also asked about some of the things that had happened to them in the last year after drinking alcohol. The results for boys are presented in *Figure 4.64* and for girls in *Figure 4.65*.

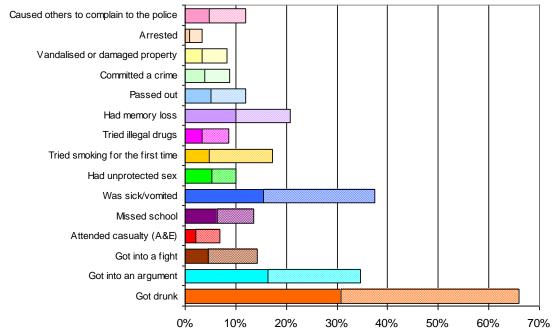
More girls than boys reported getting drunk (66% and 54% respectively); were sick or vomited (38% and 29% respectively); had unprotected sex (10% and 7% respectively); tried smoking (17% and 8% respectively) or had memory loss (21% and 11% respectively). More boys than girls had committed a crime (12% and 9% respectively); had committed an act of vandalism or damaged property (11% and 8% respectively); got into an argument (19% and 14% respectively) or had attended casualty (9% and 7% respectively).

Figure 4.64 Percentage of males that had ever drunk alcohol who had suffered ill effects after drinking alcohol in the past year*



^{*}Solid block=within last 4 weeks; dotted block=within past year

Figure 4.65 Percentage of females that had ever drunk alcohol who had suffered ill effects after drinking alcohol in the past year*



^{*}Solid block=within last 4 weeks; dotted block=within past year

Whilst two thirds of boys overall that had ever drunk alcohol had experienced at least one of these ill-effects after drinking alcohol, three-quarters of girls had done so (*Table 4.42*). The percentage of pupils that had ever drunk alcohol who reported ill-effects from that consumption increased with age,

from 47% of boys and 54% of girls in year 7 to 85% of boys and 89% of girls in year 11. In each year, the percentage of girls that had ever drunk alcohol and had experienced any ill-effects from that consumption was greater than the percentage of boys.

Table 4.42 Percentage of pupils that had ever drunk alcohol and had experienced any ill effects from that consumption, by gender and school

year

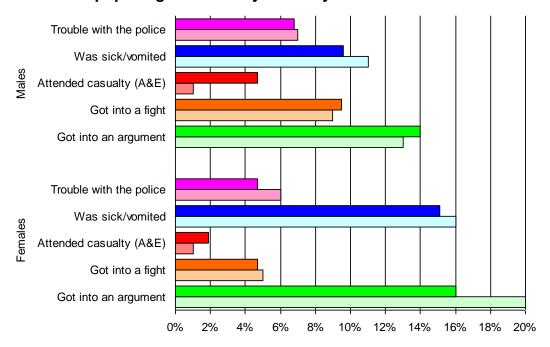
School year	Percentage of pupils that had ever drunk alcohol and had experienced any ill effects from that consumption					
	Males Females All					
	N	%	N	%	N	%
Year 7	46	46.5	33	54.1	79	49.4
Year 8	50	51.5	63	52.1	113	51.8
Year 9	78	56.9	103	69.6	181	63.3
Year 10	134	74.0	167	79.5	301	77.0
Year 11	121	84.6	201	88.9	322	87.3
Years 7-11	429	65.3	567	74.0	996	69.9

Comparisons of the ill-effects experienced by pupils within the last 4 weeks after drinking alcohol can be made to England data for 2008, for young people aged 11 to 15 years only. These are presented in *Figure 4.66*. In the England survey fewer response choices were offered to the participants, and the response choices offered by each survey did not always agree. 'Trouble with the police' was one of the response choices from the England survey not in the Hull survey, but an equivalent for Hull was produced by amalgamating the response choices 'caused others to complain to the police' and 'arrested'. 'Taken to hospital' from the England survey was assumed to be equivalent to 'attended casualty (A&E)' from the Hull survey.

The percentages of young people aged 11 to 15 years that reported they had experienced any of these ill-effects in the last 4 weeks were lower in Hull than in England as a whole, with the exception of attended casualty/taken to hospital. The percentage of boys reporting they had attended casualty in the last 4 weeks in Hull was four and a half times higher than the percentage for England, whilst among girls the percentage for Hull was almost twice as high as for England.

The relationships between genders with respect to ill-effects in the last 4 weeks from drinking alcohol were similar for both Hull and England with two exceptions. Girls in Hull were 15% more likely to have got into an argument than boys whereas in England they were 54% more likely. Girls in Hull were 60% less likely to attend casualty than boys, whereas in England they were equally likely to be taken to hospital.

Figure 4.66 Comparisons between Hull and England* of the ill-effects experienced by pupils in the past 4 weeks after drinking alcohol, restricted to pupils aged 11 to 15 years only



*Hull 2008=upper bar; England 2008= lower bar

4.5.6 How pupils source their alcohol

The source of the alcohol consumed by pupils was also collected in the survey, with the results shown in *Figure 4.67* (boys) and *Figure 4.68* (girls). Despite being an offence to sell alcohol to those under 18 years, 21% of pupils completing the survey reported they buy alcohol in shops or pubs or clubs, with slightly higher percentages of boys (22%) than girls (20%) doing so. More girls (40%) than boys (31%) asked someone else to buy alcohol for them, with 14% of girls and 11% of boys asking a stranger to buy alcohol for them. Almost two thirds of boys and girls had alcohol given to them, with more boys (38%) given alcohol by their parents or carers than girls (33%). Almost one fifth of pupils took alcohol from their home.

Figure 4.67 How pupils source their alcohol, males

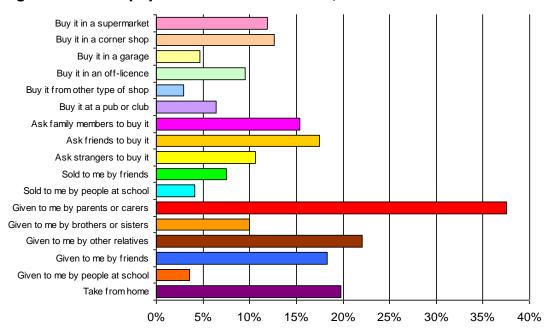


Figure 4.68 How pupils source their alcohol, females

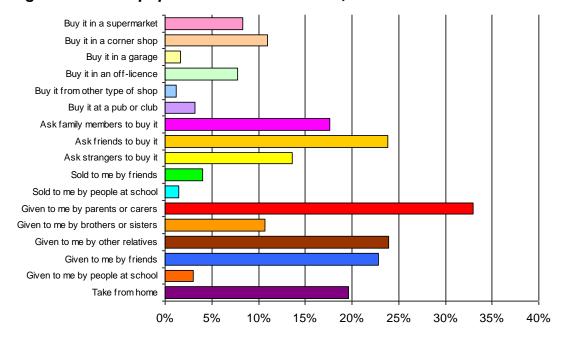
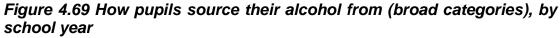
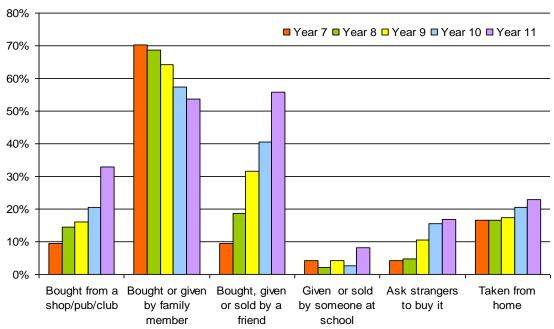


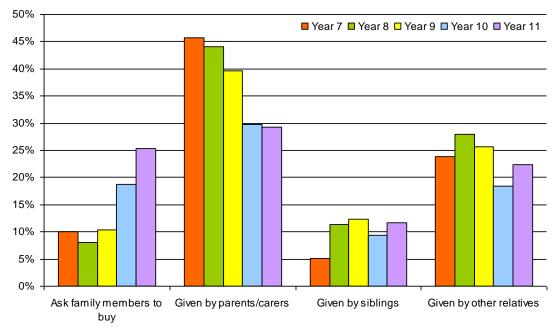
Figure 4.69 shows how pupils sourced their alcohol (in broad categories), by school year. For most categories, the percentages increased with increasing school year. This is to be expected, as older children are more likely to be able to pass as 18 or older, and so buy alcohol in shops or pubs or clubs. As they age, so will their friends, so the increase in those getting alcohol from their friends is also unsurprising.





The exception to the increasing trend with increasing school year was those that received alcohol from family members, with percentages decreasing from 70% of year 7 pupils that had ever drunk alcohol to 54% of year 11 pupils. From *Figure 4.70* it can be seen that this decrease was due to the decrease in pupils reporting they were given alcohol by their parents or carers, from 46% of pupils in year 7 that had ever drunk alcohol to 29% in year 11.

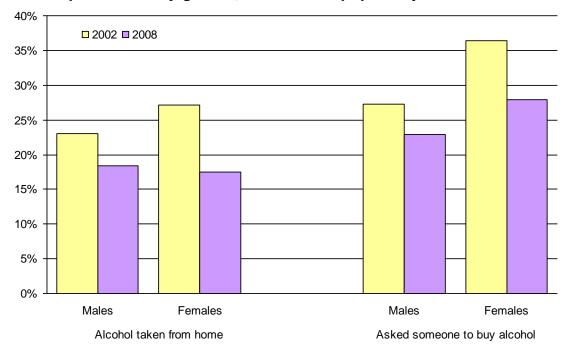
Figure 4.70 Source of alcohol, where supplied by family member, by school year



This decrease may be due to pupils having other sources of alcohol as they get older, and so ask their parents or carers for alcohol less often; it might be that as other sources of alcohol increase, some pupils forget or disregard the alcohol they get from their parents or carers; or it may be that parents or carers are, over time, becoming less concerned about alcohol consumption by their children, so are more willing to let them drink alcohol at a younger age; or it may be that younger pupils are more likely to have older siblings that drink alcohol, so their parents or carers allow the younger children to drink some too.

We can make comparisons to the 2002 survey for two of these methods of how pupils get their alcohol. In 2002 pupils were asked if they had ever asked somebody to buy them alcohol and whether they had ever taken alcohol from home without permission. Age-adjusted percentages of pupils in years 7 to 10 answering yes to these questions for 2002 and 2008 are presented by gender in *Figure 4.71*. The age-adjusted percentages of pupils in years 7 to 10 reporting taking alcohol from home without permission decreased by one fifth in boys and one third in girls between 2002 and 2008. In 2008 slightly fewer girls than boys took alcohol from home, whereas in 2002 17% more girls than boys did so. The age-adjusted percentages of pupils in years 7 to 10 that had asked someone to buy them alcohol also decreased between 2002 and 2008, by one sixth in boys and by one quarter in girls.

Figure 4.71 Age adjusted percentages of pupils that had ever asked someone else to buy them alcohol, or had taken alcohol from home without permission by gender, restricted to pupils in years 7 to 10

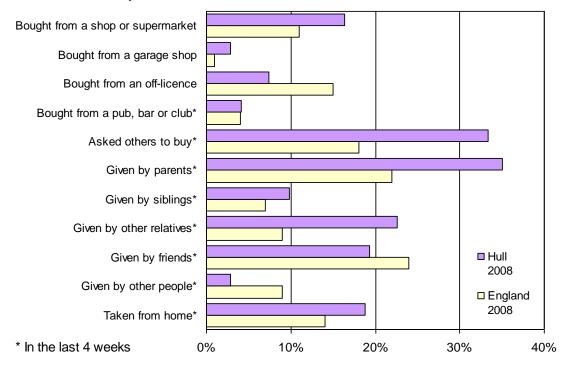


Comparisons of where pupils get their alcohol may also be made to England 2008. These are presented here, restricted to young people aged 11 to 15

years, in *Figure 4.72*. In the Hull survey respondents were asked where they get their alcohol with no restriction as to time period, while in the England survey respondents were asked how they got their alcohol in the last 4 weeks for 8 of the 11 sources featured in the figure (marked with an asterisk). Comparisons are made here on the assumption that the different time frame would make little difference to the response given, although it is recognised that this assumption may not be valid.

Young people aged 11 to 15 years in Hull were one and a half times as likely to buy alcohol from a shop or supermarket, excluding off-licences or garage shops (19%) than in England and three times as likely to buy it from a garage shop (3%), but only half as likely to buy alcohol from an off-licence (7%). Hull young people were more likely than those in England to ask others to buy alcohol for them (almost double at 33%), to be given alcohol by their parents or carers (two thirds higher at 35%), by siblings (more than one third higher at 10%) or by other relatives (two and a half times higher at 23%), although in each of these cases the England comparison is for the last 4 weeks only, and it is possible that these latter three sources might be more variable over time, perhaps influenced by family celebrations. Young people in Hull were also more likely to take alcohol from home (one third higher at 19%), but were less likely to be given alcohol by friends (one fifth lower at 19%) or by other people (one third lower at 3%).

Figure 4.72 Where young people aged 11 to 15 years get their alcohol, Hull 2008 and England 2008 (obtained in the last 4 weeks where marked with an asterisk)



4.5.7 Where pupils drink alcohol

The places where pupils reported drinking alcohol are presented (as percentages) in *Figure 4.73*. The places where alcohol was drunk in the last 7 days were similar for boys and girls. Pupils most commonly drank alcohol at their home (around 60% of boys and girls) or at their friends' homes (almost 40% of boys and almost 50% of girls). Despite the widespread perception that young people spend their leisure time drinking in parks and on street corers, only around a guarter of pupils reported drinking in public places.

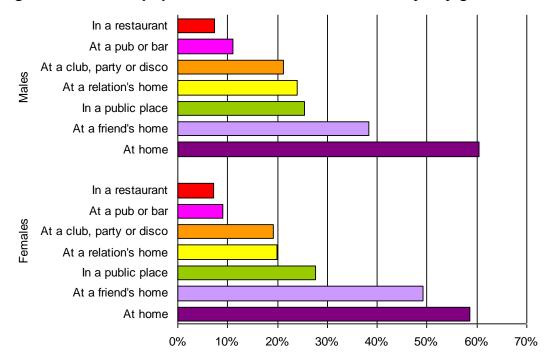


Figure 4.73 Where pupils drank alcohol in the last 7 days by gender

Comparisons between 2002 and 2008 of the places where young people drink their alcohol are presented as age-gender-adjusted percentages, restricted to pupils in years 7 to 10, in *Figure 4.74*. Higher percentages of pupils reported drinking alcohol in each of the 7 types of places listed in the questionnaire, with the exception of pupils drinking alcohol in pubs or bars, which saw a small decrease, and pupils drinking alcohol in restaurants which remained unchanged at 7%. The increases seen for each of the other types of places suggests that pupils in 2008 were drinking alcohol in a wider range of places than their predecessors in 2002.

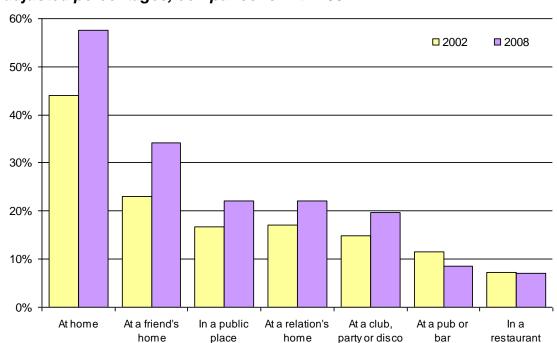


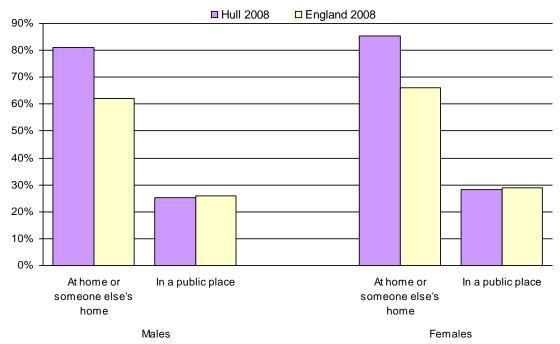
Figure 4.74 Places where pupils report drinking alcohol, age-genderadjusted percentages, comparisons with 2002

Some comparisons in the place where young people aged 11 to 15 years drank alcohol can be made with England 2008. In the national survey respondents were asked about where they usually drank, while in Hull they were asked about where they drank in the last 7 days. However, on the assumption that the range of places will not vary too much from week to week, they should be comparable. *Figure 4.75* therefore shows the comparisons for young people aged 11 to 15 years that drank alcohol in a public place (such as a park or street) and those that drank alcohol at either their home or someone else's home.

There were few differences between Hull and England in the percentages of young people aged 11 to 15 years reporting they drank alcohol in a public place such as a park or street. Around one quarter of boys in both Hull and England reported drinking alcohol in a public place, as did 28%-29% of girls.

There were large differences in the percentages of young people aged 11 to 15 years that reported drinking alcohol in their home or at someone else's home. At 81% and 86% respectively for both boys and girls, the percentages of young people in Hull drinking alcohol either at their home or at someone else's home were one third higher than in England as a whole.

Figure 4.75 Percentage of respondents aged 11 to 15 years reporting that they had drunk alcohol at their own or someone else's home or in a public place by gender, Hull 2008 (where they had drunk alcohol in the last 7 days) and England 2008 (where they usually drank alcohol)



4.5.8 Perceived effect of alcohol consumption on health

Pupils who had ever drunk alcohol were also asked whether they felt the amount of alcohol that they usually drank could be harmful to their health. The responses are presented in *Figure 4.76*, which shows the percentages for each category of response, by gender and school year.

Few pupils reported not knowing, although higher in younger pupils, generally. Almost one fifth of boys in year 8 onwards said their level of consumption was likely to be harmful to their health, as did almost one fifth of girls in year 9 onwards. The percentage saying "Yes, it's likely" or "Possibly" generally increased with school year to more than 40% of boys and girls in year 11.

This question was further analysed by gender and the number of units of alcohol consumed in the past week, with the results presented in *Table 4.43*. The results show a degree of awareness about the harmful effects of excessive alcohol consumption; with the percentage believing the amount of alcohol they normally drink is harmful to their health greatest in those that drank the most alcohol in the previous week. This perception was most prevalent in girls, amongst whom 90% of those that drank 21 units or more in the past week believed that their usual consumption would be or might be detrimental to their health, while in boys it was 69%. 28% of boys and 30% of girls that reported drinking no alcohol in the past week felt that their usual consumption would be or might be detrimental to their health. While on the

face of it this seems an odd finding, the harmful effects question was asked about their usual consumption, so it is perfectly plausible that pupils might consider their usual consumption to be potentially harmful, even if they had drunk little or no alcohol in the preceding week.

Figure 4.76 Do you think the amount of alcohol you usually drink could harm your health, by gender and school year

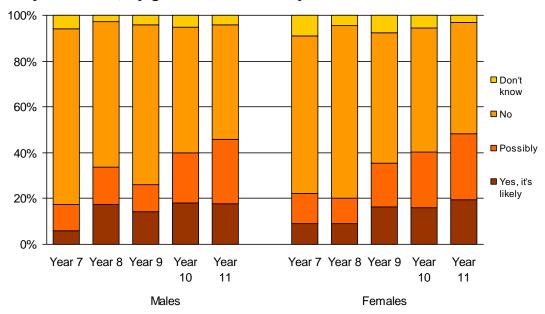


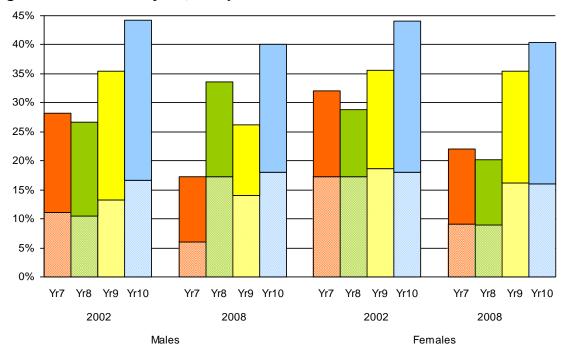
Table 4.43 Do you think the amount of alcohol you usually drink could harm your health by the amount of alcohol drunk in the past week and gender

Gender and units of	Is the an	Is the amount of alcohol you drink harmful, by units drunk last week (%)						
alcohol drunk last week	Total (N)	Yes, it's likely	Possibly	No	Don't know			
Males								
None	403	12.4	11.2	72.2	4.2			
7 units or less	137	11.7	19.7	66.4	2.2			
>7 to 14 units	57	19.3	40.4	33.3	7			
>14 to 21 units	34	17.6	52.9	26.5	2.9			
> 21 units	42	33.3	28.6	31.0	7.1			
Females								
None	471	9.1	15.7	70.3	4.9			
7 units or less	198	15.7	25.8	52.0	6.6			
>7 to 14 units	69	30.4	31.9	37.7	0.0			
>14 to 21 units	20	25.0	45.0	20.0	10.0			
> 21 units	39	38.5	41.0	10.3	10.3			

Comparisons with 2002 in the percentage of pupils in years 7 to 10 that reported they thought the amount of alcohol they normally drank could be damaging to their health are shown in *Figure 4.77*. Among boys the percentages believing that the amount of alcohol they usually consumed would or might damage their health decreased between 2002 and 2008 in all year groups except year 8, where the percentage increased by one quarter to 34%. The decreases seen for boys in each of the other years ranged from one tenth to 40% in year 10 to more than one third in year 7 to 17%. The percentage of boys believing it likely that the amount of alcohol they usually consumed would damage their health decreased by almost half to 6% in year 7, increased by two thirds to 17% in year 8, remaining little changed in years 9 and 10.

Among girls there were decreases in the percentages believing that the amount of alcohol they usually consumed would or might damage their health, with the exception of year 9 where there was no change. Decreases ranged from almost one tenth to 40% in year 10 to almost one third in years 7 and 8, to 22% and 20% respectively. There were decreases in girls that believed that the amount of alcohol they usually consumed would damage their health for each year group, with the largest decreases in younger girls, decreasing by almost one half to 9% in both years 7 and 8. Smaller decreases of just over one tenth to 16% were seen in girls in both years 9 and 10.

Figure 4.77 Percentage of pupils in years 7 to 10 reporting believing the amount of alcohol they usually drink could be harmful to their health* by gender and school year, comparisons with 2002



^{*}Lower bar='Yes, it is likely'; Upper bar='Possibly'

4.6 Drugs

4.6.1 Ever been offered or encouraged to try drugs?

Around 1 in 10 pupils reported they had been offered or encouraged to try drugs in the last three months (Table 4.44), 9% of boys and 11% of girls. Percentages increased with school year with the exception of year 7, where higher percentages reported being offered or encouraged to try drugs than in year 8. It is not clear whether this reflects the reality or whether there were some comprehension issues around what constituted illegal drugs among these pupils. In either case, the numbers are relatively small.

By year 11, almost 1 in 5 pupils reported they had been offered or encouraged to try drugs in the preceding three months, again slightly higher in girls. In years 7 and 8 larger percentages of boys reported being offered or encouraged to use drugs, while in years 9 to 11, the percentages were higher among girls.

Table 4.44 Has anyone offered or encouraged you to try any drugs in the

last three months, by gender and school year.

School	Has anyo	one offered tl	•	ncouraged ee months	•	drugs in		
year	Ma	les	Fem	ales	Α	JI .		
	N	%	N	%	N	%		
Year 7	16	6.0	14	5.0	30	5.4		
Year 8	9	3.9	9	3.4	18	3.6		
Year 9	20	8.8	30	13.0	50	10.9		
Year 10	32	11.5	43	14.3	75	12.9		
Year 11	30	30 18.5 50 19.8 80 19						
Years 7-11	107	9.2	146	11.0	253	10.1		

The types of drugs that pupils reported being offered or encouraged to try are presented in *Figure 4.78* restricted to pupils in years 9 to 11. The drug that pupils most commonly reported they were offered or encouraged to try was cannabis which 13% of girls and more than 8% of boys reported being offered or encouraged to try. The next most common was ecstasy for girls and cocaine for boys, each around 2%.

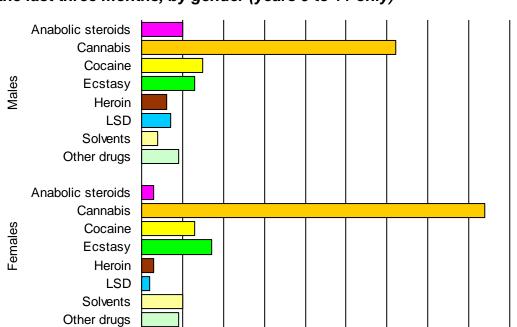


Figure 4.78 What drugs have you been offered or encouraged to try in the last three months, by gender (years 9 to 11 only)

4.6.2 Ever used drugs

0%

1%

2%

3%

4%

5%

6%

7%

8%

9%

Pupils were also asked if they had ever used or tried drugs, as well as the type of drug they had used or tried, and when they had last used or tried them. The percentages that had ever used drugs, by school year and gender are presented in *Table 4.45*. Only a very small number of pupils in years 7 and 8 reported ever using drugs. Among the older year groups, the percentages increased with school year, and where higher in girls than boys for each year group. By year 11, 22% of girls and 18% of boys reported that they had used or tried drugs.

Table 4.45 Have you ever used or tried any drugs, by gender and school

year

your						
	Have you ever used or tried any drugs?					
School	Ma	les	Fem	ales	All	
year	N	%	N	%	N	%
Year 7	0	0.0	3	1.1	3	0.5
Year 8	4	1.7	3	1.2	7	1.4
Year 9	11	5.0	22	9.6	33	7.3
Year 10	20	7.2	37	12.3	57	9.9
Year 11	29	18.4	55	21.8	84	20.5
Years 7-11	64	5.5	120	9.1	184	7.4

The type of drugs that pupils had used or tried, together with when they had last used or tried them, was also collected. Data for pupils in years 9 to 11 are presented in *Figure 4.79*. Cannabis was by far the most common drug that pupils reported using or trying, with almost 13% of girls and half that percentage of boys reporting they had used or tried cannabis at some point, with 5% of girls and 2% of boys saying that they had done so in the past 4 weeks. Among girls the most commonly used drugs after cannabis were cocaine, ecstasy and solvents, although in each case fewer than 2% of girls reported ever using these drugs. Among boys the most commonly used drugs after cannabis were cocaine and LSD, again with fewer than 2% of boys reporting using each of these. All other drugs listed were used by 1% or fewer pupils.

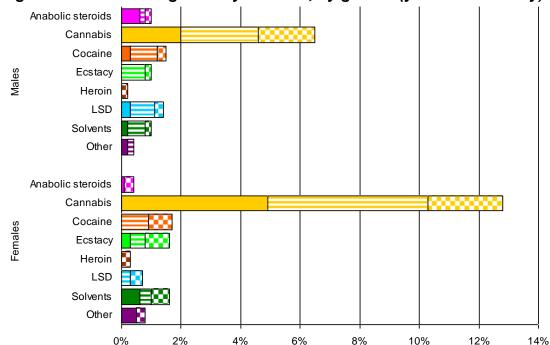


Figure 4.79 Which drugs have you used*, by gender (years 9 to 11 only)

The age-gender-adjusted percentages of pupils, restricted to pupils in years 9 to 11, reporting that they had ever used drugs are presented in *Figure 4.80* by deprivation quintiles. There is a clear gradient in the percentage reporting ever using or taking drugs increasing as the level of deprivation decreased. The only quintile where this was not the case was the most deprived quintile, where the percentage was slightly lower than the second most deprived quintile. 9% of pupils in the least deprived fifth of areas in Hull reported ever using or taking drugs. This was more than 40% lower than the 13% and 14% of pupils in the most deprived and second most deprived fifths of areas in Hull, respectively.

^{*}Solid colour=within last 4 weeks; stripes=within past year; chequerboard=more than 1 year ago

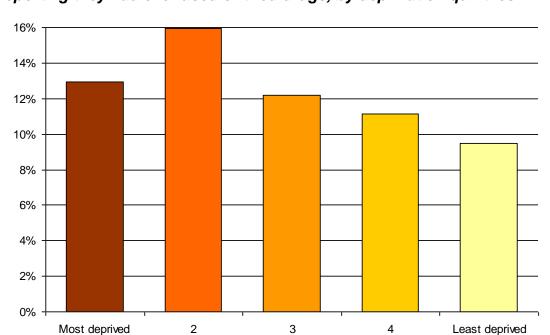


Figure 4.80 Age-gender-adjusted percentage of pupils in years 9 to 11 reporting they had ever used or tried drugs, by deprivation quintiles

4.6.3 Comparisons with other surveys

In the 2008 health and wellbeing survey the format of the questions on drug use was changed from those used in the previous survey. Pupils were first asked (question 66) whether anyone had offered or encouraged them to try any drugs in the last three months. If the answer was yes, pupils were asked in question 67 to tick which drugs they had been offered or encouraged to try, from a list of 9 different types of drugs. If the answer to question 66 was no, they were asked to skip to question 68. This question asked whether they had ever used or tried any drugs. If they answered yes to question 68 pupils were asked to answer question 69, which listed the 9 types of drugs again, with tick boxes against each one for when the drug was last used or tried. Again, if pupils ticked no to question 68 they were asked to skip to question 70.

In the 2002 survey the two filter questions outlined above were not asked, so all pupils were asked to answer the questions on the types of drugs they had been offered or encouraged to try in the last three months and on the types of drugs they had used or tried, each with a list of 17 different types of drugs.

A comparison of the two surveys (restricting to those aged 15 years and under) in *Table 4.46* shows a steep fall in the percentages of pupils in years 7 to 10 reporting they had been offered or encouraged to try drugs in the last three months, decreasing by 64% in boys 65% in girls.

Table 4.46 Has anyone offered or encouraged you to try any drugs in the last three months by gender and school year (years 7 to 10 only), with comparisons to Hull 2002

School	Percenta	•		or encoura	ged to try?	drugs in	
year	Ma	Males Females All					
	2008	2002	2008	2002	2008	2002	
Year 7	6.0	10.0	5.0	8.7	5.4	9.3	
Year 8	3.9	9.2	3.4	13.2	3.6	11.5	
Year 9	8.8	22.2	13	31.3	10.9	26.7	
Year 10	11.5	46.2	14.3	48.3	12.9	47.5	
Years 7-10	7.7	21.2	8.9	25.3	8.3	23.4	

Similar large decreases were seen in the percentages of year 7 to 10 boys and girls reporting they had ever used drugs (*Table 4.47*), where the percentage of boys decreased by 71% since 2002 and the percentage of girls decreased by 67%. These decreases are so great, that it seems probable that the change in the format of the drugs questions had a very large impact on the results.

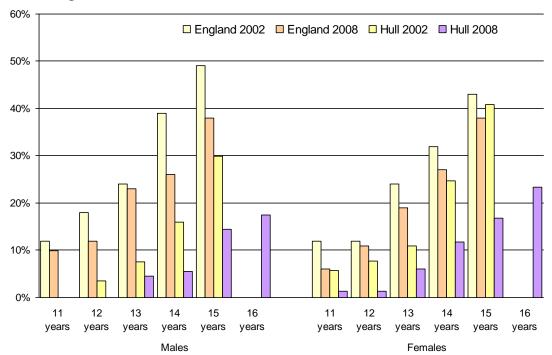
Table 4.47 Have you ever used or tried any drugs, by gender and school vear (vears 7 to 10 only), with comparisons to Hull 2002

	Percentage of pupils that ever used or tried drugs?						
School	Mal	les	Fem	ales	Α	All	
year	2008	2008 2002 2008 2002			2008	2002	
Year 7	0.0	2.9	1.1	6.0	0.5	4.6	
Year 8	1.7	4.7	1.2	8.1	1.4	6.7	
Year 9	5.0	12.3	9.6	22.5	7.3	17.4	
Year 10	7.2	29.9	12.3	37.2	9.9	34.1	
Years 7-10	3.5	11.9	6.1	18.5	4.8	15.5	

This impression is reinforced when comparing with the level of drug use among young people reported for England in 2008, as well as changes in these percentages for England between 2002 and 2008, which are presented in *Figure 4.81*. Between 2002 and 2008 the overall percentage of young people in England aged 11 to 15 years that reported using drugs decreased by 21% in boys and 16% in girls, with percentages for both 2002 and 2008 substantially higher than Hull 2008.

Consequently, comparisons with the previous Hull health and wellbeing survey, and indeed with the England survey, should be undertaken with extreme caution. Nonetheless, the comparisons have been included here for completeness.

Figure 4.81 Have you ever used drugs by age and gender, Hull 2008 and 2002, England 2008 and 2002?



4.7 Smoking, drinking and drugs

4.7.1 Ever smoked, drunk alcohol or taken drugs

The percentages of pupils reporting they had ever smoked, drunk alcohol or taken drugs are presented in *Table 4.48* by gender and school year. In year 7 more boys than girls had ever smoked, drunk alcohol or taken drugs, but for each other year more girls than boys had done so. The percentages that reported ever smoking, drinking alcohol or taken drugs were driven mostly by those that had ever drunk alcohol. Among all those in years 7 to 11 that reported ever smoking, drinking alcohol or taking drugs 93% of boys and 91% of girls had ever drunk alcohol.

Table 4.48 Percentages of pupils reporting they have ever smoked,

drunk alcohol or taken drugs by school year and gender

drunk alconor or taken drugs by school year and gender							
Ever smoked,		Pe	rcentage l	by school	year		
drunk alcohol or							
taken drugs	Year 7	Year 8	Year 9	Year 10	Year 11	Yrs 7-11	
Males							
Smoked cigarettes	7.4	14.2	25.2	31.8	43.4	23.0	
Drunk alcohol	42.9	45.8	66.7	75.6	85.3	61.9	
Taken any drugs	0.0	1.7	5.0	7.2	18.4	5.6	
Any of these	46.6	53.0	70.3	81.6	88.4	66.9	
None of these	53.4	47.0	29.7	18.4	11.6	33.1	
Females							
Smoked cigarettes	15.3	20.6	44.4	53.9	66.5	39.7	
Drunk alcohol	28.1	52.2	71.8	82.1	90.7	64.0	
Taken any drugs	1.1	1.2	9.6	12.3	21.8	9.0	
Any of these	35.8	59.4	78.0	86.7	93.4	70.2	
None of these	64.2	40.6	22.0	13.3	6.6	29.8	
All							
Smoked cigarettes	11.4	17.5	34.4	42.9	57.1	31.6	
Drunk alcohol	35.3	49.1	69.1	78.7	88.5	63.0	
Taken any drugs	0.5	1.4	7.3	9.9	20.5	7.4	
Any of these	41.1	56.3	73.9	84.1	91.4	68.6	
None of these	58.9	43.7	26.1	15.9	8.6	31.4	

Comparisons with 2002 of the percentages of pupils in years 7 to 10 that reported ever smoking, drinking alcohol or using drugs are presented, for males and females combined, in *Table 4.49*. Percentages reporting ever smoking, drinking alcohol or taking drugs have decreased substantially since 2002, although as discussed earlier in this report some of this difference is due to the different way that questions on drug use and alcohol use were structured and phrased in the 2008 survey when compared with the 2002 survey. In 2002 89% of pupils reported ever smoking, drinking alcohol or taking drugs, decreasing by more than one guarter to 64% in 2008.

Table 4.49 Percentages of pupils in years 7 to 10 reporting they had ever smoked, drunk alcohol or taken drugs by school year, males and females combined, comparisons to Hull 2002

Ever smoked,	,		age by schoo	ol year	
drunk alcohol or taken drugs	Year 7	Year 8	Year 9	Year 10	Yrs 7-10
Smoked cigarettes					
Hull 2002	24.0	33.1	48.7	62.0	41.7
Hull 2008	11.4	17.5	34.4	42.9	26.7
Drunk alcohol					
Hull 2002	76.4	88.4	90.2	95.9	87.4
Hull 2008	35.3	49.1	69.1	78.7	58.1
Taken drugs					
Hull 2002	4.6	6.7	17.4	34.1	15.5
Hull 2008	0.5	1.4	7.3	9.9	4.8
Any of these					
Hull 2002	80.8	90.3	91.1	96.7	89.4
Hull 2008	41.1	56.3	73.9	84.1	64.1
None of these					
Hull 2002	19.2	9.7	8.9	3.3	10.6
Hull 2008	58.9	43.7	26.1	15.9	35.9

Comparisons can also be made between Hull and England 2008, with respect to the percentage of pupils aged 11 to 15 years that reported they had ever smoked, drunk alcohol or taken drugs, displayed in *Table 4.50*.

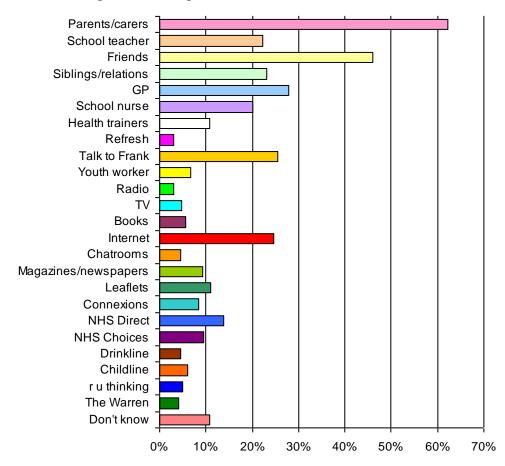
Table 4.50 Percentages of pupils aged 11 to 15 years reporting they had ever smoked, drunk alcohol or taken drugs by school year, males and females combined, comparisons to England 2008

Ever smoked, Percentage by school year drunk alcohol or taken drugs 11 yrs 12 yrs 13 yrs 14 yrs 15 yrs 11-15 yrs Smoked cigarettes 29.9 Hull 11.0 14.5 28.7 40.4 50.5 England 10 15 30 41 55 32 Drunk alcohol Hull 34.0 40.5 64.4 74.8 84.1 61.0 England 16 30 52 70 81 52 Taken any drugs Hull 0.6 0.7 5.3 8.7 15.9 6.5 England 8 11 21 26 38 23 Any of these Hull 40.5 47.2 69.9 80.5 88.2 66.9 **England** 41 62 78 26 86 61 None of these Hull 30.1 59.5 52.8 19.5 11.8 33.1 74 England 59 38 22 14 39 Hull pupils were more likely to have drunk alcohol, far less likely to have taken drugs (also due, as outlined above, to the different structure and phrasing of these questions in the 2008 Hull survey and the England survey). Overall pupils in Hull were more than one third more likely to have ever smoked, drunk alcohol or taken drugs than pupils in England as a whole.

4.7.2 Advice on smoking, alcohol and other drugs

Pupils were asked about where they would go to for advice on issues around drugs, including alcohol and tobacco. The answers to this question are presented, for boys and girls combined, in *Figure 4.82*. Almost two thirds of pupils said that they would seek help or advice from their parents or carers, with almost half reporting that they would seek help and advice from their friends (54% of girls and 37% of boys). Around one quarter of pupils reported that they would seek help or advice from their GP; the talk to Frank campaign (31% of boys and 21% of girls); the internet; siblings or other relations (26% of girls and 20% of boys); school teachers (26% of boys and 19% of girls). One fifth of pupils reported they would seek help and advice from a school nurse, while 11% of pupils did not know where they would go to seek help and advice on drugs, including alcohol and tobacco.

Figure 4.82 Where pupils reported they would go to for advice on issues around drugs, including alcohol and tobacco



Comparisons with England 2008 may be made for some of the sources of advice that pupils might seek around smoking, alcohol and drugs, and these are presented in *Table 4.51*. It should be noted that in the England survey pupils were asked whether they had got any helpful information from the listed sources on smoking, alcohol and drugs separately, while in the Hull survey pupils were asked where they would go to get help or advice about any drugs including alcohol and tobacco. The percentages of Hull pupils that would seek help or advice from school teachers or school nurses were far lower than the percentage of pupils in England as a whole who reported they had got helpful information from these sources. Fewer than 10% of Hull pupils cited TV, radio or newspapers and magazines as a source of help or advice, whereas the majority of pupils in the England survey reported they had got helpful information from these sources. Only one fifth of Hull pupils cited the internet as a source of help or advice, whereas around half of pupils in the England survey reported they had got helpful information from this source.

Table 4.51 Sources of help or advice / helpful information on drugs including tobacco and alcohol, pupils aged 11 to 15 years only, with comparisons to England 2008

Source of help or		Percer	ntages	
advice ¹ / helpful	Engl	Hull		
information ²	Smoking	Alcohol	Drugs	
Parents/carers	72	74	61	68.1
Friends	44	42	39	39.4
GP	30	28	30	31.7
Teachers	69	63	64	23.9
School nurse ³	35	32	35	20.9
TV	75	73	65	4.8
Radio	30	33	31	3.2
Newspapers/magazines	58	53	49	8.1
Internet	51	46	46	20.7
FRANK	27	20	30	22.8
Help lines	16	14	16	8.7

¹ Hull, where would you go to for help or advice about drugs, including alcohol and tobacco

² England (have you got any helpful information from these)

³ Other adults at school in the England survey

4.8 Health

4.8.1 General health

Pupils were asked to rate their general health as excellent, very good, good, fair or poor. The results are presented in *Table 4.52* and in *Figure 4.83*. Almost 60% of males reported their health to be excellent or very good, with little variation by school year. Among females the percentage reporting excellent or very good health was one third lower overall (47%). This did vary by year group, being highest in year 7 (56%) decreasing to around 40% in years 10 and 11. Conversely, fair or poor health was reported by between 9% and 11% of males by school year, while among females it varied from 10% in year 8 to 19% of year 10.

Table 4.52 self reported health status by gender and school year

Gender	•	Self-r	eported g	eneral hea	lth	
and school		Very				
year	Excellent	good	Good	Fair	Poor	Total
	%	%	%	%	%	N
Males						
Year 7	23.6	36.4	31.5	7.9	0.7	305
Year 8	19.3	41.2	30.7	6.9	1.8	274
Year 9	18.5	38.1	32.3	9.6	1.5	260
Year 10	18.4	38.8	32.8	6.9	3.1	320
Year 11	21.5	40.3	29.6	6.5	2.2	186
Years 7-11	20.2	38.8	31.5	7.6	1.9	1,345
Females						
Year 7	19.0	37.1	33.2	9.4	1.3	310
Year 8	9.5	42.0	38.5	8.1	1.8	283
Year 9	11.4	34.5	42.0	10.6	1.6	255
Year 10	4.2	34.5	42.1	17.3	1.8	330
Year 11	9.2	31.7	41.2	16.0	1.9	262
Years 7-11	10.6	36.0	39.3	12.4	1.7	1,440

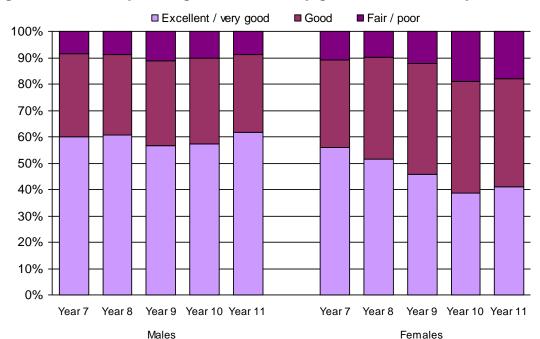
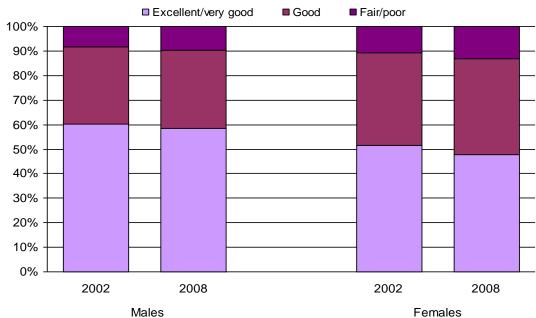


Figure 4.83 Self reported general health by gender and school year

Comparisons with 2002, adjusted for age and restricted to pupils in years 7 to 10, are presented in *Figure 4.84*. There are no significant changes since the 2002 survey, with very small increases in the age-adjusted percentage of girls reporting their health as fair or poor, and similar small decreases in the age-adjusted percentage of girls reporting their health as excellent or very good.





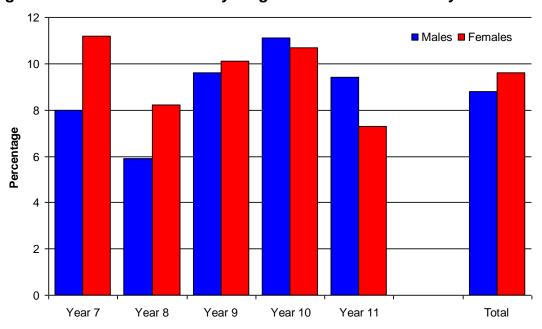
4.8.2 Activities limited by illness or disability

Pupils were asked whether they had any long-term illness or disability that restricted their normal activities, the results of which are presented in *Table 4.53* and in *Figure 4.85*. Fewer boys (8.8%) than girls (9.6%) reported a limitation on their activities, with no discernible pattern by school year. Among younger pupils (in years 7 to 9) larger percentages of girls than boys reported that their activities were limited by long-term illness or disability, with the difference decreasing as school year increased. Among older pupils (in years 10 and 11) larger percentages of boys than girls reported that their activities were limited by long-term illness or disability, with the differences increasing with increasing school year.

Table 4.53 Activities limited by long-term illness or disability by gender and school vear

and school ye	, u					
	Activi	ties limite	d by long	-term illne	ess or dis	ability
School year	Ma	les	Fem	ales	Α	.II
	N	%	N	%	N	%
Year 7	24	8.0	34	11.2	58	9.6
Year 8	16	5.9	23	8.2	39	7.1
Year 9	25	9.6	25	10.1	50	9.8
Year 10	35	11.1	35	10.7	71	11.0
Year 11	17	9.4	19	7.3	36	8.2
Years 7-11	117	8.8	136	9.6	254	9.2

Figure 4.85 Activities limited by long-term illness or disability



4.8.3 Use of NHS services

More than three-quarters of boys and four-fifths of girls had attended their GP, accident and emergency, minor injuries unit, or hospital as either an outpatient or inpatient in the past year (see *Table 4.54*). A higher percentage of girls (73.3%) than boys (65.3%) had been to their GP, while more boys (39.1%) had attended an accident and emergency or minor injuries unit than had girls (30.9%).

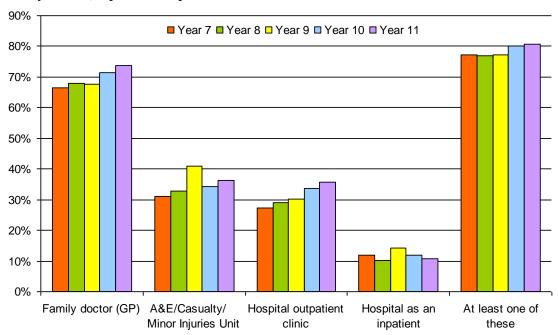
Table 4.54 In the past year have you used or visited any of the following

as a patient, by gender

genue.	Percentage attending					
Facility or service	Ma	les	Females All			I
attended or used	N	%	N	%	N	%
Family doctor (GP)	843	65.3	1,013	73.3	1,856	69.4
A&E/Casualty/Minor Injuries Unit	480	39.1	398	30.9	878	34.9
Hospital outpatient clinic	349	29.2	422	32.5	771	30.9
Hospital as an inpatient	161	13.6	126	10.0	287	11.8
At least one of the above	1,015	76.1	1,151	80.4	2,166	78.3

Figure 4.86 shows the patterns of attendance at NHS facilities (excluding dentists) by school year (boys and girls combined). Attendance at a GP, accident and emergency (A&E) department or minor injuries unit, or as an outpatient at hospital increased with age (excepting year 9 who had the highest percentage attending A&E). There was no discernible pattern by school year for inpatient stays.

Figure 4.86 In the past year have you used or visited any of the following as a patient, by school year



4.8.4 Dental health

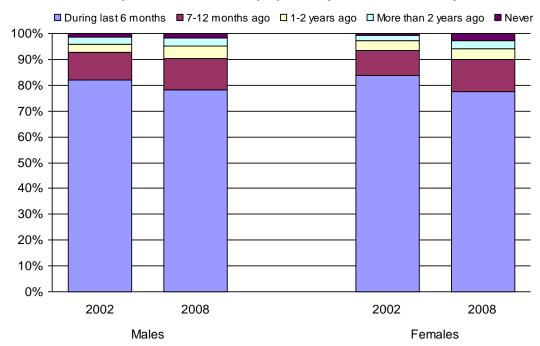
More than three-quarters of pupils had visited the dentist in the last 6 months, with around 90% having been at some time in the past year (see *Table 4.55*). The percentage that had been to the dentist in the last 6 months was highest amongst year 9 pupils (82.8% in boys and 81.3% in girls). Few pupils had never been to the dentist. However, these figures exclude those that answered "Don't know" which ranged from almost 1 in 5 pupils in year 7 to almost than 1 in 10 pupils in year 11.

Table 4.55 when did you last visit the dentist, by school year and gender

1451 C 4.55 W				he dentist		genaor
School year	During last 6	7-12 months	1-2 years	>2 years ago	Never	Total (N)
Males	months	ago	ago			
	70.6	17.3	5.0	2.5	2.7	255
Year 7	70.6		5.9	3.5		255
Year 8	81.1	10.6	3.5	3.5	1.3	227
Year 9	82.8	9.1	5.6	1.7	0.9	232
Year 10	78.2	11.3	4.7	4.4	1.5	275
Year 11	77.5	11.0	4.6	5.2	1.7	173
Years 7-11	77.9	12.0	4.9	3.6	1.6	1,162
Females						
Year 7	76.1	12.1	4.9	1.6	5.3	247
Year 8	73.8	17.3	3.0	4.6	1.3	237
Year 9	81.3	9.4	3.6	1.8	4.0	224
Year 10	78.6	11.0	5.0	4.0	1.3	299
Year 11	73.9	14.1	6.8	5.1	0.0	234
Years 7-11	76.8	12.7	4.7	3.5	2.3	1,241

Comparisons to the previous health and wellbeing survey in 2002 are shown as age-adjusted percentages by gender in *Figure 4.87*. As before, these percentages were calculated excluding the 'don't knows' from the denominators, with higher percentages of 'don't knows' in 2008 (14%) than in 2002 (11% of boys and 9% of girls). There were slightly fewer pupils reporting having visited the dentist during the last 6 months 2008 (78% of boys and 77% of girls) than in 2002 (82% of boys and 84% of girls). In 2008 10% of boys and girls had not seen a dentist in the last 12 months, compared with 7% in 2002.

Figure 4.87 Last visit to the dentist (age-adjusted percentages) by gender, with comparisons to 2002, pupils in years 7 to 10 only



4.8.5 Mental health

4.8.6 Feelings

Figure 4.88 and **Figure 4.89** show the percentages of pupils reporting how often they feel happy and sad respectively. There were few differences in how often pupils were happy between genders or between school years.

Differences between gender and between school years were seen in how often pupils felt sad. 46% of girls felt sad all, most or some of the time, compared with 30% of boys. The difference was seen both in those that felt sad most of the time and those that felt sad some of the time. Looking at school year, 43% of year 11 pupils felt sad all, most or some of the time, compared with 35% of year 7 pupils, although the differences by school year were largely in those that felt sad some of the time.

100% ■ Rarely or 80% never ■ Not much of the time 60% ■ Some of the time ■ Most if the 40% time □ All of the time 20% 0% Year 9 Year 10 Year 11 Males Females Year 7 Year 8

Gender

School year

Figure 4.88 How much of the time are you happy, by school year and by gender

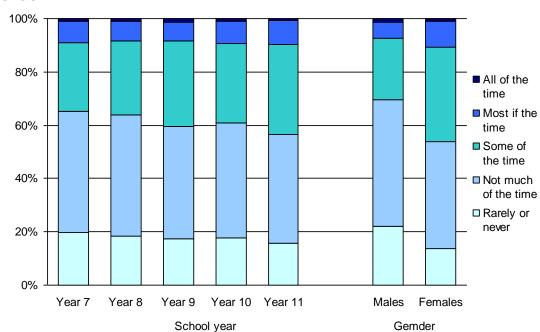


Figure 4.89 How much of the time are you sad, by school year and by gender

4.8.7 Causes of worries

Pupils were asked how much they worried about a variety of things, with the results presented in *Figure 4.90* for boys and *Figure 4.91* for girls. The biggest single cause of worries among both boys and girls was school tests or exams. 33% of boys and 43% of girls worried about these either a great deal or quite a lot. Among girls at least one quarter worried a great deal or quite a lot about one or more of the way they look, their health, losing weight, money, boyfriend or girlfriend problems. Among boys only two other causes of worries was cited by at least one quarter of respondents, their health and money.

Only 6% of boys and 1% of girls reported that they did not worry at all about the 15 potential causes of worries listed in the questionnaire. Conversely 43% of boys and 51% of girls worried a great deal about at least one of the listed potential causes of worries. 16% of boys and 18% of girls worried a great deal about homework and or school tests or exams. 8% of boys and 7% of girls worried a great deal about one or more of smoking, drinking alcohol or the availability of illegal drugs. 12% of boys and 26% of girls worried about the way they looked and or losing weight.

Figure 4.90 Causes of worries, males

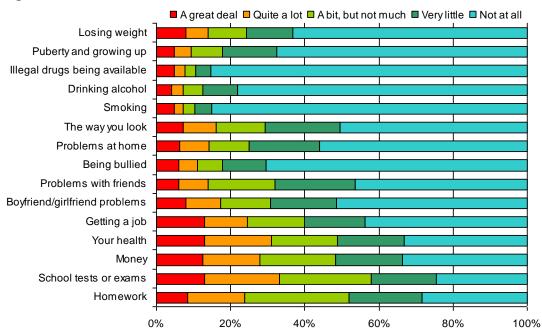
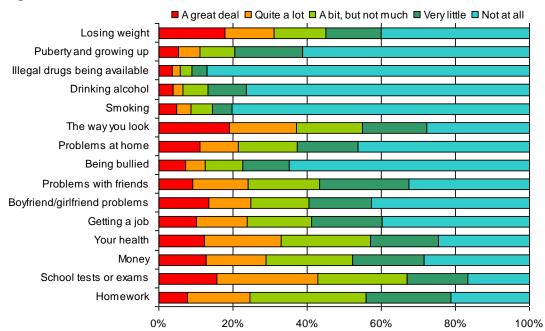
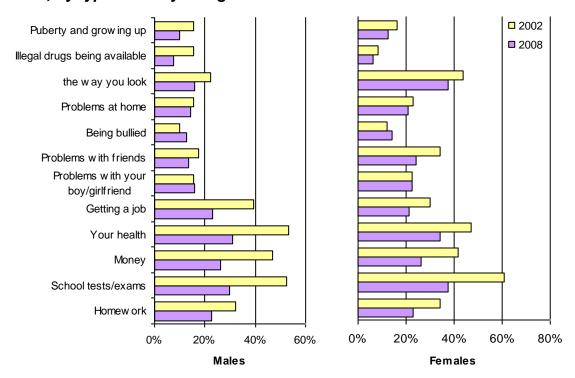


Figure 4.91 Causes of worries, females



The percentages of pupils that reported worrying a great deal or quite a lot about most of these causes of worries over the last month decreased between 2002 and 2008, as shown in *Figure 4.92*. Two exceptions were those worrying a great deal or quite a lot about being bullied, which increased by one quarter in boys and one sixth in girls, and those worrying about problems with boyfriends or girlfriends, which increased slightly in boys, remaining unchanged in girls.

Figure 4.92 Comparisons with 2002 in the percentage of pupils in years 7 to 10 who reported worrying a great deal or quite a lot over the last month, by type of worry and gender



4.8.8 Strategies to deal with worries

Pupils were also asked about their strategies for dealing with their worries, being asked to choose from a list of 22 ways, plus the option of adding others not already included in the list. The percentages of boys and girls that reported using the strategies listed in the questionnaire are presented in *Figure 4.93* for boys and *Figure 4.94* for girls.

The most commonly reported strategy for dealing with worries in girls was talking to friends (93%, 77% in boys) while in boys the most commonly reported strategies were spending time on hobbies or gaming (both at 80% compare to 67% and 50% respectively in girls). Eating was cited as a way of feeling better by 61% of girls and 55% of boys, smoking by 16% of girls and 11% of boys, drinking alcohol by 21% of girls and 19% of boys, taking illegal drugs by 7% of girls and 11% of boys.

Girls were more likely to talk to their family (80%) text their friends (77%), go on the internet (75%), visit social network sites (61%), use internet chat rooms (33%) than boys (76%, 54%, 69%, 45%, 32% respectively). Girls were also more likely to listen to music (87%), spend time alone (82%), cry (75%) or sleep (68%) in order to feel better than were boys (77%, 68%, 29%, 58% respectively). Boys were more likely to play sports in order to help feel better (70%), or to play board games (24%) than were girls (48% and 18% respectively).

Go in to internet chatrooms Visit social network websites Text friends Go on internet Spend time by yourself Play board games Gaming (PC, console, gameboy, etc.) Take illiegal drugs Take medicines Sleep Cry Eat Prayer or meditation Spend time on your hobbies Watch TV or DVDs/Blu Ray Smoke tobacco Drink alcohol Listen to music Do sport or exercise Talk to your family Talk to friends

Figure 4.93 If you are worried or upset, do you do any of the following to help you feel better*, males

10%

20%

0%

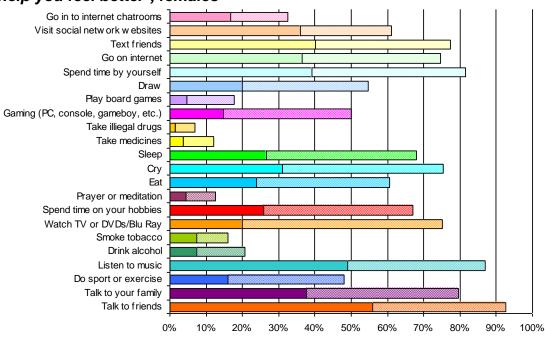


Figure 4.94 If you are worried or upset, do you do any of the following to help you feel better*, females

30%

40%

50%

60%

70%

80%

90%

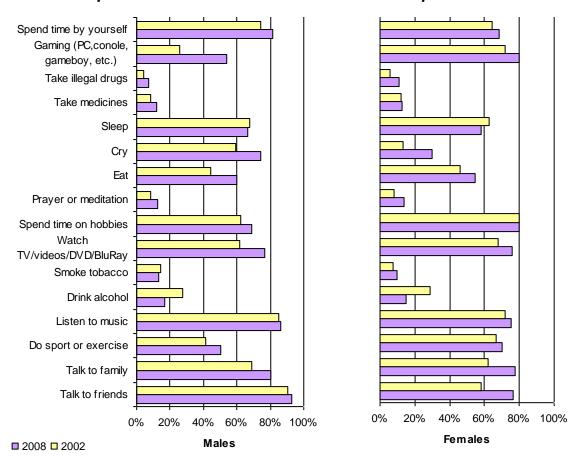
Comparisons with 2002 of the strategies employed by pupils to help themselves feel better when worried or upset are presented in *Figure 4.95*. For most of the methods used, there were increases since 2002 in the percentage of pupils utilising them, among both boys and girls. The only

^{*}Solid block = "Yes, often"; Dotted block = "Yes, sometimes"

^{*}Solid block = "Yes, often"; Dotted block = "Yes, sometimes"

decreases seen among boys were in those who used sleeping, smoking tobacco and drinking alcohol as methods of helping themselves feel better. The largest increases among boys were in those that played electronic or computer games and those that watched TV/DVDs/Blu Ray. Among girls, decreases since 2002 were found among those who used sleeping or drinking alcohol as their methods of helping themselves feel better. The largest increases since 2002 among girls were the percentages that talked to friends or family to try to help themselves feel better.

Figure 4.95 Comparisons with 2002 in the methods pupils in years 7 to 10 use to help themselves feel better when worried or upset



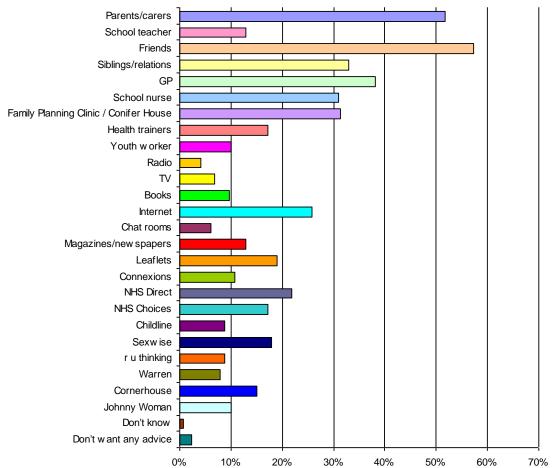
4.9 Sexual health

Two questionnaires were produced, both identical except that the questions on sexual health were omitted from the questionnaire that was aimed for younger pupils (years 7 and 8). However 17% of pupils in years 7 and 8 completed the survey for older pupils, while 12% of pupils in years 9 to 11 completed the survey for younger pupils. As the original design was to have only pupils in years 9 to 11 answering sexual health questions, and because so few of the year 7 and year 8 pupils did so, all analyses in this section are restricted to pupils in years 9 to 11 only.

4.9.1 Sources of help or advice around sexual health

The percentages of pupils in years 9 to 11 reporting that they would use the listed sources of help or advice on sexual health are presented in *Figure 4.96* with males and females combined.

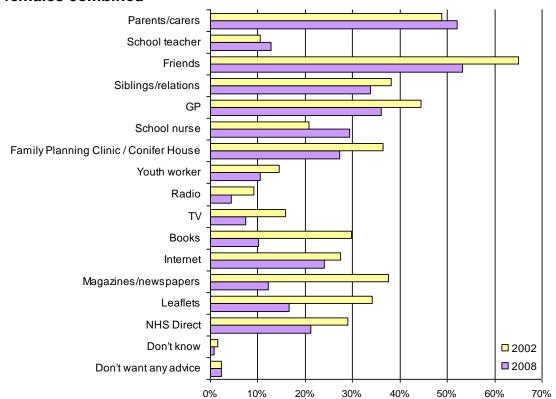
Figure 4.96 Who or where pupils in years 9 to 11 would go to for help and advice about sexual health



More than half of pupils in years 9 to 11 would go to their friends or their parents or carers if they needed help or advice about sexual health. Around one third of pupils said they would go to their GP, their siblings or other relations, school nurses or a family planning clinic or Conifer House. One quarter of pupils said they would look on the internet for help or advice. A small number of pupils (2%) said they did not want any advice.

These responses, at least those from pupils in years 9 to 10, may be compared to those given during the last survey conducted among school children in Hull in 2002. These comparisons, again with responses from males and females combined, are presented in *Figure 4.97*. Pupils in 2008 were much more likely to talk to a school nurse for sexual health advice than in 2002, and slightly more likely to talk to parents or carers and to school teachers. In 2008 pupils were less likely to look for sexual health advice through print or visual media, as well as less likely to use the internet generally, and NHS Direct specifically for sexual health advice. However, in the 2008 survey 9 other potential sources of sexual health advice were listed that were not included in the 2002 survey, and this may account for some of the decreases in most of the percentages shown here.

Figure 4.97 Who or where pupils in years 9 to 10 would go to for help and advice about sexual health with comparisons to 2002, males and females combined



4.9.2 Awareness of Sexually Transmitted Infections

Pupils were asked whether they had heard of several sexually transmitted infections (STIs). The results are presented in *Table 4.56*. Almost 9 out of 10 pupils had heard of HIV/AIDS, 84% had heard of Chlamydia, three quarters had heard of gonorrhoea and genital herpes, while less then two thirds had heard of syphilis. Percentages having heard of each STI were higher among girls than boys, with the largest difference for Chlamydia, of which 87% of girls had heard compared with 80% of boys. More than half of pupils had heard of each of the listed STIs (again higher in girls than boys), while 11% had not heard of any of them, or were not sure if they had heard of them, 13% of boys and 9% of girls.

Table 4.56 Percentage of pupils in years 9 to 11 that reported they had heard about a range of STIs

	Percentage of pupils that had hard of the listed STIs					
School year	Males		Females		All	
	n	%	n	%	n	%
Gonorrhoea	405	71.8	517	76.4	922	74.3
Syphilis	325	57.6	426	62.9	751	60.5
Chlamydia	449	79.6	590	87.1	1,039	83.7
Genital herpes	404	71.6	520	76.8	924	74.5
HIV/AIDS	484	85.8	611	90.3	1,095	88.2
All the above	305	54.1	398	58.8	703	56.6
None of the above*	72	12.8	59	8.7	131	10.6

^{*}Includes those that answered no or don't know to all the awareness of STIs questions

Pupils were also asked where they had heard about STIs. Their answers are presented in *Figure 4.98*. Two thirds of pupils reported hearing about STIs from school teachers, almost half from friends, around one third from parents or carers, school nurses or from watching television. The internet was cited as the source of awareness of STIs by one fifth of pupils in years 9 to 11, slightly ahead of leaflets and newspapers or magazines.

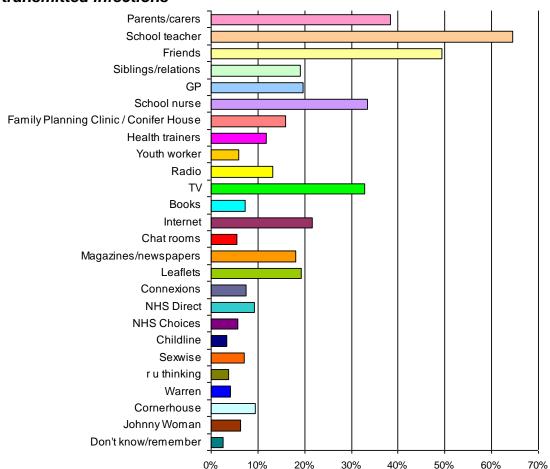


Figure 4.98 Where pupils in years 9 to 11 had heard about sexually transmitted infections

Pupils in the last health and wellbeing survey of Hull school children conducted in 2002 were also asked about their awareness of sexually transmitted infections. A comparison of the results of these two surveys, restricted to pupils in years 9 and 10, may be seen in *Figure 4.99*.

The percentages of pupils in years 9 and 10 in 2008 reporting that they had heard of gonorrhoea, syphilis, Chlamydia and genital herpes had increased since 2002 for both boys and girls. The largest increases among boys were seen for awareness of gonorrhoea (increased by almost three quarters) and Chlamydia (almost doubling), while among girls the largest increase was for Chlamydia, with awareness increasing by around half since 2002.

For both boys and girls there was a decrease in the percentages reporting that they had heard of HIV/AIDs. However, it is not clear whether this represents a decrease in awareness of this condition, or whether the decrease might be due to the slightly different format of this question in the 2002 survey, whereby HIV and AIDS were listed separately.

Overall, there was a large increase in the percentage of pupils that had heard of all the listed STIs, almost doubling in boys to 48% and up by almost two

thirds in girls to 53%. At the same time, though, the percentages that had not heard of any of the STIs mentioned in the questionnaire increased, by more than one third in boys to 9% and by almost two thirds in girls, again to 9%, revealing a small but stubbornly increasing pool of ignorance around sexually transmitted infections among pupils in years 9 and 10.

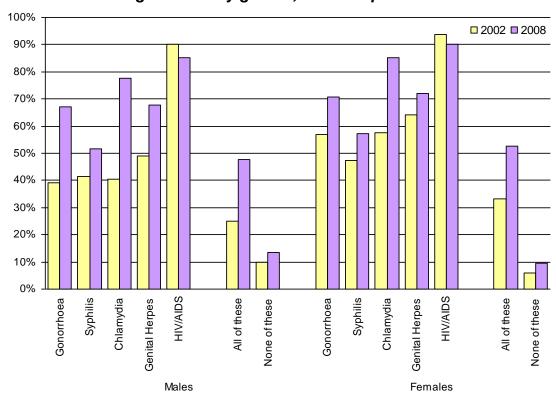


Figure 4.99 Percentage of pupils in years 9 to 10* that reported they had heard about a range of STIs by gender, with comparisons to 2002

A comparison with 2002 of where pupils reported hearing about sexually transmitted infections is presented in *Figure 4.100*, restricted to pupils in years 9 and 10, and shown for males and females combined. As reported earlier with respect to where pupils would go to for sexual health advice and help, there were increases since 2002 in the percentages of pupils that had heard about sexually transmitted infections from school teachers, school nurses and parents or carers, with the largest increase for school nurses (up by half since 2002).

There were large decreases in the percentages of pupils that had heard about sexually transmitted infections through print or electronic media, with the exception of the internet where there was a small increase between 2002 and 2008. Again, as alluded to earlier, the large decreases in many of these percentages when comparing the 2008 survey with that of 2002 might reflect the wider range of sources of information in 2008 when compared with 2002. Certainly as far as the survey is concerned, those participating in the 2008 survey were offered 9 extra categories to choose from than participants in the

2002 survey. Alternatively, it might be that pupils now look to a narrower range of sources for their sexual health information.

Parents/carers School teacher Friends Siblings/relations GP School nurse Family Planning Clinic / Conifer House Youth worker Radio TV **Books** Internet Magazines/newspapers Leaflets **NHS Direct 2**002 **2**008 Don't know 0% 10% 20% 30% 40% 50% 60% 70%

Figure 4.100 Where pupils in years 9 to 10 had heard about sexually transmitted infections with comparisons to 2002, males and females combined

4.9.3 Contraception

Pupils in years 9 to 11 were asked where they would go if they needed contraception. The results, by gender, are presented in *Figure 4.101*. The majority of pupils reported that they would go to Conifer House or to Family Planning (60% of girls and almost 50% of boys). The next most popular choices were GPs, pharmacies and school nurses, with more girls than boys saying GP or pharmacy. Around 15% of girls and more than 20% of boys did not know where they would go if they needed contraception.

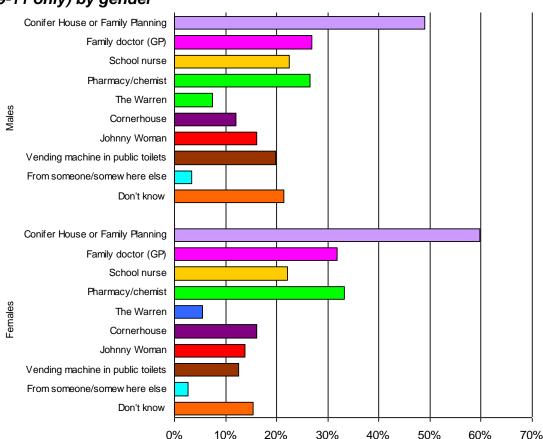
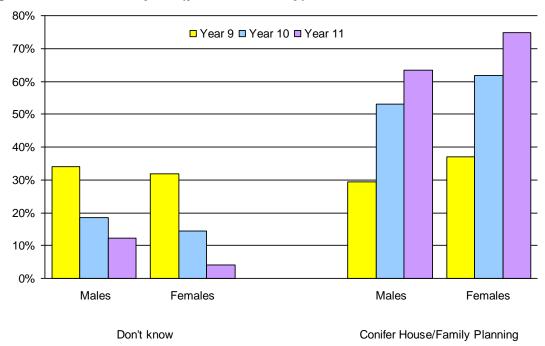


Figure 4.101 Where pupils would go if they needed contraception (years 9-11 only) by gender

The percentages of pupils that would not know where to go if they needed contraception are presented in *Figure 4.102*. More than one third of year 9 boys did not know where they would go for contraception, nor did almost one third of year 9 girls. Although the percentages professing they did not know where they would go for contraception decreased with each succeeding school year, the difference between the percentages of boys and girls that remained ignorant of where to get contraception increased with school year. Thus by year 11 only 4% of girls did not know where to go for contraception compared with three times as many boys.

As an illustration of the increasing levels of knowledge around sources of contraception, *Figure 4.102* also shows the percentages that would go to Conifer House or Family Planning if they needed contraception. In year 9, 37% of girls and 29% of boys said they would go this route, whereas by year 11 three-quarters of girls and almost two thirds of boys said they would do so.

Figure 4.102 Where pupils would go if they needed contraception, by gender and school year (years 9-11 only)



5 Conclusions

Secondary school children in Hull have high levels of some key risk factors for diseases in later life. Whilst many of these appear to have decreased since the previous health and wellbeing survey conducted among children and young people in Hull, in many cases they are still a cause for concern.

Of particular concern was the percentage of girls smoking. By year 11 one third of girls were smokers, a smoking rate equivalent to adult women aged 18-24 that was found in Hull's 2007 health and wellbeing survey of adults. Thus adult smoking behaviours are developed, at least in young women, while they are still at school. Also of great concern was the percentage of pupils reporting that they drank more alcohol in the last week than is recommended for adults, which reached 13% in year 11 boys and 10% in year 11 girls.

These worrying lifestyle behaviours are unlikely to be significantly reduced without also reducing the easy access to alcohol and cigarettes that young people in Hull appear to have. More than one third of pupils were still able to buy cigarettes from shops, while more than one fifth of pupils were able to buy alcohol from shops, pubs or clubs, despite it being illegal for shops, pubs or clubs to sell alcohol or cigarettes to anyone under the age of 18 years.

Deprivation related inequalities within Hull were also still much in evidence. Compared with pupils living in the least deprived fifth of areas in Hull, those living in the most deprived fifth of areas were: one third more likely to smoke; more than twice as likely to live with somebody who smoked in the home; one quarter more likely to exceed adult guidelines for alcohol consumption; one third more likely to have used drugs; one third more likely to never eat breakfast on a school day; 60% more likely to lack knowledge about healthy eating. They were also twice as likely not to spend any time doing homework on a typical school day; one quarter less likely to have any working parent; one fifth les likely to have access to the internet at home; almost two thirds as likely to have been bullied at school in the last month.

6 Recommendations

Given the early adoption by school children of many of the unhealthy lifestyle behaviours known to be risk factors for the early onset of diseases that occur in later life, public health programmes need to target young people while still at school in order to reduce the prevalence of these risk factors. This is especially important for smoking among young women, as this survey showed that adult smoking behaviours were already established by year 11.

7 References

IC2007: Health Survey for England 2007. Volume 1 Healthy lifestyles: knowledge, attitudes and behaviour; Rachel Craig and Nicola Shelton (Editors).

Published by the NHS Information Centre for Health and Social Care, 2008. <a href="http://www.ic.nhs.uk/statistics-and-data-collections/health-and-lifestyles-related-surveys/health-survey-for-england/health-survey-for-england-2007:healthly-lifestyles:-knowledge-attitudes-and-behaviour-[ns]

IC2008: Smoking, drinking and drug use among young people in England in 2008; Elizabeth Fuller (Editor).

Published by the NHS Information Centre for Health and Social Care, 2009. http://www.ic.nhs.uk/pubs/sdd08fullreport

Reports and questionaires from Hull's Adult and Young People Health and Wellbeing Survey can be found at www.hulljsna.com

8 Further Information

For further information on this survey and other surveys, and more information about Hull and health inequalities, as well as other publications and documents produced by the Public Health Intelligence team now at Hull City Council (previously at NHS Hull when this survey was completed and when this report was written): please visit our website: www.hulljsna.com

9 Acknowledgements

We would like to take this opportunity to thank the heads, staff and pupils of the schools and Pupil Referral Units that participated in this survey. Particular thanks are due to staff at all the schools for agreeing to take part in the survey, and for their patience, support and help in administering the survey, as well as to all the pupils who completed survey questionnaires.

Participating schools / Pupil Referral Units were:

- Andrew Marvel School
- Archbishop Sentamu Academy
- Ashwell Pupil Referral Unit
- David Lister School
- Endeavour High School
- Fountain House Pupil Referral Unit
- Hull Trinity House School
- Kelvin Hall School
- Kingswood College of Arts
- Malet Lambert School
- Newland School for Girls
- Pickering High School
- Schoolgirl Mums' Pupil Referral Unit
- Sir Henry Cooper School
- Sydney Smith School
- Winifred Holtby School

We would also like to thank Alison Cockerill, Health in Schools Programme Manager within Children and Young People's Services, who provided invaluable help with the survey.

Appendix A: Survey methodology

The consultation was undertaken using a questionnaire that was designed by the Public Health Intelligence team at now at Hull City Council (previously at NHS Hull when this survey was completed), with support and advice from Hull City Council's Health in Schools Programme Manager. Some of the questions were originally devised by the School Health Education Unit in Exeter, for which permission was kindly given for use in the 1996 local Children and Young Peoples survey, and extended to this questionnaire.

NHS Hull, after a tendering process, appointed SMSR Limited to conduct the survey on our behalf. It was agreed that the best approach would be for whole classes to complete the questionnaire during PHSE lessons. SMSR approached the head teachers and PHSE co-ordinators at each school, with a letter signed by Wendy Richardson, the Director of Public Health, and Alison Cockerill, the Health in Schools Programme Manager, inviting them to take part. Follow-up contacts were made both by SMSR, and by the Health in Schools Programme Manager.

All 14 secondary schools in Hull were invited to participate in the survey plus the three main pupil referral units. Only one secondary school, St. Marys College, declined to take part. A quota was then devised by the Public Health Intelligence team, which can be seen in *Appendix B: Quota sampling*. The aim was to survey all pupils at the three pupil referral units, plus a representative sample of pupils at each of the participating schools, to give a total sample of 3,000.

SMSR provided the PHSE co-ordinators at each school / pupil referral unit with sufficient questionnaires that the quota for that school would be met, and arranged for collection of the questionnaires after completion. SMSR offered to send one of their team into the schools to help administer the surveys, but this offer was declined in all cases. Most of the questionnaires were completed in December 2008, with the remainder completed in January 2009.

While all schools completed some questionnaires, not all schools met the anticipated quota, while the quality of some questionnaires was such that they were not suitable for inclusion. Thus SMSR had to contact schools again to request a further round of surveys. Not all schools were willing or able to participate with this second round, but the overall quota was almost met, although with a preponderance of a few schools.

In total, 2,953 questionnaires were completed. A small number of questionnaires were excluded, as the pupils were not resident in Hull (based on their postcodes). This left 2,928 questionnaires to be used in the analyses presented in this report. The respondents were broadly representative of Hull residents aged 11-15, as can be seen in the section on demographics starting on *page 24*, although young people in the most deprived quintile were slightly under-represented, and those in the second least deprived quintile slightly over-represented.

Appendix B: Quota sampling

Table B 1: Original school/gender/age quota

Table 2 1. Original concerns	Gender and school year												
School			Ma	ales			Females						Grand
	Y7	Y8	Y9	Y10	Y11	All	Y7	Y8	Y9	Y10	Y11	All	Total
Andrew Marvell Business &	26	26	24	27	26	129	26	26	26	25	25	129	258
Enterprise College													
Archbishop Sentamu	20	21	18	18	20	98	19	18	19	23	18	97	195
Academy													
David Lister School	22	17	27	34	41	140	22	23	27	29	37	138	278
Endeavour High School	17	23	26	33	29	129	9	10	14	15	20	68	197
Hull Trinity House School	13	13	13	14	13	65	-	-	-	-	-	-	65
Kelvin Hall School A	23	26	23	26	18	117	18	19	20	18	25	100	217
Specialist Science College													
Kingswood College of Arts	24	26	23	27	27	127	21	22	20	24	22	109	236
Malet Lambert School	29	33	34	30	31	157	34	29	29	31	30	154	311
Language College													
Newland School for Girls	-	-	-	-	-	-	38	38	39	35	37	187	187
Pickering High Sports	24	16	22	19	22	103	21	18	20	22	20	101	204
College													
Sir Henry Cooper School	15	15	18	16	15	79	11	12	10	11	11	56	135
Sydney Smith School	30	32	34	32	39	167	23	26	32	26	29	137	304
Winifred Holtby School	27	34	36	39	37	173	26	28	34	31	31	150	323
Pupil Referral Units	-	-	-	-	-	46	-	-	-	-	-	-	91
All schools / PRUs	273	287	311	328	330	1,529	268	270	298	318	316	1,471	3,000

Table B 2: Actual school/gender/age survey respondents

Table B 2. Actual School/ger	Gender and school year												
School			Ma	ales			Females						Grand
	Y7	Y8	Y9	Y10	Y11	All	Y7	Y8	Y9	Y10	Y11	All	Total
Andrew Marvell Business & Enterprise College	38	2	21	19	2	82	42	3	11	18	8	82	164
Archbishop Sentamu Academy	31	21	24	34	23	133	33	15	22	26	26	122	255
David Lister School	30	21	15	14		80	26	22	21	25		94	174
Endeavour High School	15	16	19	26	14	90	7	3	13	14	23	60	150
Hull Trinity House School	15	11	8	12	3	49	-	-	-	-	-	-	49
Kelvin Hall School A Specialist Science College	13	11	21	18		63	15	16	16	30		77	140
Kingswood College of Arts	7	7	25	23	13	75	13	14	23	17	4	71	146
Malet Lambert School Language College	65	97	60	63	79	364	46	113	57	53	97	366	730
Newland School for Girls	-	-	-	-	-	-	23	25	22	24	17	111	111
Pickering High Sports College	9	14	3	9	6	41	8	12	9	11	9	49	90
Sir Henry Cooper School	8	17	13	15		53	16	8	12	10	21	67	120
Sydney Smith School	56	50	39	53	36	234	61	37	24	59	24	205	439
Winifred Holtby School	23	26	29	45	17	140	24	25	31	47	17	144	284
Pupil Referral Units	-	1	-	-	-	16	-	-	-	-	-	-	43
All schools / PRUs	313	296	279	337	195	1,420	314	295	261	338	267	1,475	2,895

Table B 3: Comparison of gender/area/age quota with actual survey responders

Table B 3. Companson of ge	Gender and school year												
School	Males					Females						Grand	
	Y7	Y8	Y9	Y10	Y11	All	Y7	Y8	Y9	Y10	Y11	All	Total
Andrew Marvell Business & Enterprise College	12	-24	-3	-8	-24	-47	16	-23	-15	-7	-17	-47	-94
Archbishop Sentamu Academy	11	0	6	16	3	35	14	-3	3	3	8	25	60
David Lister School	8	4	-12	-20	-41	-60	4	-1	-6	-4	-37	-44	-104
Endeavour High School	-2	-7	-7	-7	-15	-39	-2	-7	-1	-1	3	-8	-47
Hull Trinity House School	2	-2	-5	-2	-10	-16	-	-	-	-	-	-	-16
Kelvin Hall School A Specialist Science College	-10	-15	-2	-8	-18	-54	-3	-3	-4	12	-25	-23	-77
Kingswood College of Arts	-17	-19	2	-4	-14	-52	-8	-8	3	-7	-18	-38	-90
Malet Lambert School Language College	36	64	26	33	48	207	12	84	28	22	67	212	419
Newland School for Girls	-	-	-	-	-	-	-15	-13	-17	-11	-20	-76	-76
Pickering High Sports College	-15	-2	-19	-10	-16	-62	-13	-6	-11	-11	-11	-52	-114
Sir Henry Cooper School	-7	2	-5	-1	-15	-26	5	-4	2	-1	10	11	-15
Sydney Smith School	26	18	5	21	-3	67	38	11	-8	33	-5	68	135
Winifred Holtby School	-4	-8	-7	6	-20	-33	-2	-3	-3	16	-14	-6	-39
Pupil Referral Units	-	-	-	-	-	-30	-	_	-	_	-	-18	-48
All schools / PRUs	40	9	-32	9	-135	-109	46	25	-37	20	-49	4	-105

Appendix C: Questionnaire



Health & Lifestyle Survey of Young People 2008

COLLOCI DECEDENCE	
SCHOOL REFERENCE	
OOI 10 OE INCI CINCIAOE	

YOUR NAME WILL NOT BE RECORDED ON THIS FORM

Reasons for survey

In Hull, we believe that children and young people are REALLY important and we want to make sure that you are helped to be as healthy and happy as possible and to achieve your full potential. To help with this we are doing a survey to find out about your health and lifestyles. We would like to ask you how you feel, what you think your health is like and how you live your lives. The information will be used to help us improve the health of young people in Hull.

Confidentiality

Your answers will be anonymous which means that we will only know the school, school year and age of the person who filled in which form, not their name. This means that we can't identify you or know what answer you gave to each question. Therefore you can write down what you really feel and believe.

How to fill in the questionnaire

There are quite a lot of questions, but most only ask you to tick boxes and not write long answers! Most ask you to tick the box that you agree with or is what you think, feel or do and is the best one for you. For some questions you will need to tick one box only, and for some you may be asked to tick several that you agree with or that apply to you. For other questions you may be asked to write your answer in words or numbers in a box, e.g. your postcode or the number of grown ups in your house.

Your answers are important to us

A lot of young people in Hull aged between 11 and 16 years will be filling in this form, so we have questions on a lot of topics, like smoking and drinking. Some may not apply to you, but we would really like you to answer ALL the questions.

Please try to fill in the form as honestly and truthfully as possible. We would like to know about what YOU think, feel and do. There is no right or wrong answer.

Health & Lifestyle Survey of Young People 2008

YOU AND YOUR HOME

1. Are you male or female? (Please tick only one box)	Male	Female 2
2. How old are you (in years)? (Please tick only one box) 111	2 13 3	14 15 16 6
3. What school year are you? (Please tick only one box) Year 7 Year 8	Year 9	Year 10 Year 11 5
4. What is the postcode of your ho (where you sleep most nights)? (Please write it in the boxes)	ome H U	
5. How many times have you moved (Please tick only one box) 0		vo years? 4 5 or more 5
6. How many adults/grown ups live or more)? (Please write the number of people in the		ome (aged 18
7. How many other children (not co in your home (under 18)? (Please write the number of other children		h you
8. Do you have access to the interior (Please tick only one box)	net at home?	Yes No 2

ACTIVITIES

9. In the last week, during or outside school time, how many hours did you spend on sports and physical activities in total? As well as sports and physical activities include walking, cycling, gardening, active housework and any activity vigorous enough to make you breathless. (Please add up the **total number of hours for the week** and write it in the box) Total hours last week **ALL** sports and physical activities 10. On one typical or usual school day last week, how long did you spend on these activities in total adding up the time over the day (not counting school lessons but include after school clubs)? Activities before and after school. Saturday or Sunday. (Please tick one box for each line. If you did any other activity that is not listed, please write in the details at the bottom of the list.) Not Less than **About** About 2 3 or at all 1 hour 1 hour hours more hrs Spending time with friends 1 3 Spending time with family 4 5 Watching TV or DVDs/Blu Ray 5 Gaming (PC, internet, console, 1 3 5 play station, Wii, etc) Internet (not games) 2 1 3 4 Texting (mobiles) Listening to music Reading books 1 3 Reading magazines Doing homework 1 2 3 4 5 Spending time by yourself 5 3 Playing board games, etc 1 4 5 Sports and physical activities 5 Caring (e.g. helping someone get washed or dressed) Helping (e.g. cooking, washing up) Other (write in what): Other (write in what):

SAFETY

) (by area we mo e)			•	ur home during 5-10 minute dri	
` ,	·	Very safe	Fairly safe	A bit unsafe	Very unsafe	Don't know
		1	2	3	4	5
12. How safe (Please tick only	•	when out s	side in th	e area near yo	our home after	dark?
		Very	Fairly	A bit	Very	Don't
		safe	safe	unsafe	unsafe	know
		1	2	3	4	5
YOUR FEELI	NGS					
13. How ofte (Please tick only	en do you <u>usual</u> v one box)	<u>ly</u> feel h	appy?			
\odot	All of the		st of	Some of	Not much	Rarely
	time 1	the	time 2	the time	of the time	or never
14. How ofte (Please tick only	en do you <u>usual</u> v one box)	<u>ly</u> feel s	çba			
\odot	All of the	Mos	st of	Some of	Not much	Rarely
O	time	the	time 2	the time	of the time	or never

SCHOOL

15. How far do you agree with these statements? (Please tick one box for each line) Strongly Strongly Don't agree Agree Disagree disagree know My school is a place where... ...adults at school listen to what I say ...the things I learn are important to me ...I really like to go each day ...I like learning 16. What do you think you will do when you are 16? (Please tick only one box) Go to work / get a full time job Stay in education at college or 6th form 2 Job training / apprenticeship 3 Other (please write in box) 4 5 Don't know If 'Other', please write what, in this box: Yes No 17. Have you ever been bullied at school? (Please tick only **one** box) If yes, please continue with Question 18. If no, please go to Question 20. 18. Have you been **bullied** in the **last month** at school? (Please tick only **one** box)

19. If you have ever been bullied, what was the bullying?

(Please tick one box for each line)	Yes, a lot	Yes, a bit	No
Called names, teased, etc	1	2	3
Pushed, hit, kicked, slapped, etc	1	2	3
Ignored	1	2	3
Your things or money taken or hidden	1	2	3
Text messages / email	1	2	3
Lies or rumours spread about you	1	2	3

If there was something	else no	ot on	this lis	t , please	write	in the	box b	pelow	what it
was:									

YOUR WORRIES

20. How much have you worried about the following in the <u>last month</u>? Please tick one box for each line) A great Quite A bit but Ver

Please tick one box for each line)	A great	Quite	A bit but	Very	N	Not	
	deal	<u>a lot</u>	not much	little	at	all	
Homework	1	2	3		4	5	
School tests or exams	1	2	3		4	5	
Money	1	2	3		4	5	
Your health	1	2	3		4	5	
Getting a job	1	2	3		4	5	
Boyfriend/girlfriend problems	1	2	3		4	5	
Problems with friends	1	2	3		4	5	
Being bullied	1	2	3		4	5	
Problems at home	1	2	3		4	5	
The way you look	1	2	3		4	5	
Smoking	1	2	3		4	5	
Drinking alcohol	1	2	3		4	5	
Illegal drugs being available	1	2	3		4	5	
Puberty and growing up	1	2	3		4	5	
Losing weight	1	2	3		4	5	

21. If you are worried or upset, do you do any of the things listed below to help you feel better?

(Please tick one box for each line)	Yes, often	Yes, sometimes	No
Talk to friends	1	2	3
Talk to your family	1	2	3
Do sport or exercise	1	2	3
Listen to music	1	2	3
Drink alcohol	1	2	3
Smoke tobacco	1	2	3
Watch TV or DVDs/Blu Ray	1	2	3
Spend time on your hobbies	1	2	3
Prayer or meditation	1	2	3
Eat	1	2	3
Cry	1	2	3
Sleep	1	2	3
Take medicines	1	2	3
Take illegal drugs	1	2	3
Gaming (PC, console, gameboy, play station, etc)	1	2	3
Play board games	1	2	3
Draw	1	2	3
Spend time by yourself	1	2	3
Go on internet	1	2	3
Text friends	1	2	3
Go on an internet site like Facebook or Myspace	1	2	3
Go in to internet Chat rooms	1	2	3

If there something else not on this list that helps you when you feel upset or worried, please write in what it is:

YOUR FAMILY

22. How many of these people <u>live in your home</u> with you (the home where you sleep most nights)?

(Please write number in each row and put in 0 for none)

	<u>Numbe</u> r		Number
Mother (or step-mother or carer		Uncles or aunts	
Father (or step-father or carer)		Friends of the family	
Mother's boyfriend or partner		Person renting room (lodger)	
Father's girlfriend or partner		Other children (not brothers or sisters)	
Brothers or sisters (or step brothers or sisters)		Other adults	
Grandparent or grandparents		I live in a children's home (tick box)	99

23.	Thinking	about	caring,	do y	ou hel	p lool	k af	ter	any o	f t	hese	peopl	le?
-----	----------	-------	---------	------	---------------	--------	------	-----	-------	-----	------	-------	-----

(Please tick as many as apply)

No, no-one	
Disabled or ill mother	
Disabled or ill father	
Disabled or ill brother or sister	
Elderly grandparents	
Someone else	

24. Is your mother (female carer):

(Please tick only **one** box)

Not in paid work at all -

In full-time paid work/self-employed	1
In part-time paid work/self-employed	2
Working, but not sure if part or full time	3
At home looking after the family/home	4
Unemployed or looking for a job	5
Disabled or ill (cannot work)	6
A student	7
Don't have one at home	8
Don't know	9

25. Is your father (male carer): (Please tick only one box) Not in paid work at all	In full-time paid work/self-employed In part-time paid work/self-employed Working, but not sure if part or full time At home looking after the family/home Unemployed or looking for a job Disabled or ill (cannot work) A student Don't have one at home Don't know
ETHNICITY AND LANGUAGE 26. To which of these ethnic groups of	• •
(Please tick only one box)	White British or Irish
	Eastern European 2
	Other White
	Mixed race / Dual Heritage 4
	Asian or Asian British 5
	Middle Eastern 6
	Black or Black British 7
	Chinese or Chinese British 8
	Other (please write in box)
If 'Other', please write which ethnic	group you belong to, in this box:
27. At home, is English your first lar (Please tick only one box) If yes, please go to Question 29. If r 28. If no, what language does your f (Please write the language in the box below)	no, please continue with Question 28.

YOU AND YOUR HEALTH

(Please tick one box for each	-	visited any of these	as a patient	?
		У	'es	No
Family doctor (GP)			1	2
An Accident and Emerge	ency (A&E) Casualty	department	1	2
or Minor Injuries Uni		· <u>-</u>		
A hospital clinic (out-pat		luding	1	2
A hospital as an 'inpatien	nt' (where you stave	d overnight)	1	2
30. When did you last v		During last 6 mont Between 7 and 12		
		Between 1 and 2 y	ears ago	3
		More than 2 years	ago	4
		Never		į
		Don't know		(
31. The <u>last time</u> you vis	sited your dentist ,	why did you go? Wo	as it because	•
(Please tick only one box)	You went for a che	ck-up		1
(Please tick only one box)	You went for a che	•	th or gums	
(Please tick only one box)		ouble with your teet	th or gums	1
(Please tick only one box)	You were having tr You had a note fro	ouble with your teet m school	th or gums	1 2
(Please tick only one box)	You were having tr	ouble with your teet m school se write in box)	th or gums	1 2 3
(Please tick only one box)	You were having tr You had a note fro Other reason (plea	ouble with your teet m school se write in box) r	th or gums	1 2 3 4
(Please tick only one box) If 'Other', please write	You were having tr You had a note fro Other reason (plea You can't remember You have never bea	ouble with your teet m school se write in box) r en to a dentist	th or gums	1 2 3 4 5 5
If 'Other', please write 32. In general, would you (Please tick only one box)	You were having tr You had a note fro Other reason (plea You can't remembe You have never bea what other reason	ouble with your teet m school se write in box) r en to a dentist in this box:	th or gums	1 2 3 4 5 5

33. Do you have any illness or disability which has lasted Yes No More than a month? (Please tick only one box)
If yes, please continue with Question 34. If no, please go to Question 35.
34. If yes, has this meant you have not been able to do Yes No some things you normally like doing, e.g. your hobbies or activities with your friends? (Please tick only one box)
YOUR DIET
35. <u>Generally speaking</u> , do you think you have a healthy diet? (Please tick only one box) Don't know what a Don't know if I Yes No healthy diet is have a healthy diet
1 2 3 4
36. Do you help make meals or cook at home? (Please tick only one box) Yes, often sometimes hardly ever 1 2
37. Will you be or are you learning cookery at school as part of Food Technology or other lessons during this school year? (Please tick only one box)
38. Are you attending an after school cookery club? (Please tick only one box)

YOUR DIET - BREAKFAST

39. How often do you eat the fol (Please tick one box for each line)	lowing dur Every	ing a usual	school wee	ek? Less	
(rease tick one box for each line)	day	3 or 4	1 or 2	than	
	(5	times a		once a	
	days)	week	week	week	Never
Breakfast before coming to school		2	3	4	5
Breakfast on way to school	1	2	3	4	5
Breakfast at school	1	2	3	4	5
D. Carry act at Control					
40. <u>Today</u> , what did you have for (Please tick as many as apply)	breakfas [.]	\neg	d or toast		
Nothing			i or roasi		
A hot drink		Fruit			
A fizzy drink		Crisp			
A milk drink		Yoghi			
A fruit drink (juice or smoothie)	Choco	plate or sw	eets	
Other cold drink (squash or wat	er)	Cered	al bar		
Cereal or porridge oats		Biscu	its or cake	S	
Cooked breakfast e.g. bacon, eg	g etc	Some	thing else	(write below)	
If there something else not on the in this box what it was:					write

YOUR DIET - LUNCH AND SNACKS DURING THE DAY

41. How often do you eat the following during a usual school week?

(Please tick one box for each line)	Every day (5 days)	3 or 4 times a week	1 or 2 times a week	Less than once a week	Never
School dinners	1	2	3	4	5
A 'packed lunch' from home	1	2	3	4	5
Lunch bought outside school	1	2	3	4	5
Lunch at home (go home for lunch)	1	2	3	4	5

42. The <u>last time</u> you were at school, what did you have for lunch and snacks during the day (this could be lunch and snacks you brought from home, school dinners or bought outside school)?

(Please tick as many as apply)

(Please tick as many as apply)	
Nothing	Hot dogs
A hot drink	White meat (chicken, turkey, etc)
A fizzy drink	Red meat (beef, pork, bacon, etc)
A milk drink	Chicken nuggets
A fruit drink (juice or smoothie)	Fish fingers or battered fish
Other cold drink (squash or water)	Fish without batter (tuna, etc)
Cold sandwiches or wrap	Pizza
Hot or toasted sandwich	Takeaway (Chinese, Indian, etc)
Bread or toast	Kebabs
Cereal or porridge oats	Curry
Eggs	Chilli
Cheese	Crisps (and tortillas e.g. Doritos)
Soup	Nuts
Rice	Cereal bars
Pasta	Fruit
Chips	Yoghurt, fromage frais, etc
Boiled or mashed potatoes	Cake
Jacket potato	Chocolate bars
Vegetables (including baked beans)	Sweets
Salad	Biscuits
Burger	Pudding or dessert
Sausages	Ice cream
Sausage roll, meat pie, pastie, etc	Something else (write in box below)

If there something else not on this list that you are for lunch or snacks during the school day, please write in this box what it was:

43. Where did you get your lunch and snacks mentioned above from?

(Please tick as many as apply)	I bought it from school	
	I brought it from home	
	I bought it outside school	
	I ate it at home (went home for lunch)	

YOUR DIET - EVENING MEAL AND SNACKS

44. <u>Yesterday</u>, what did you have for your evening meal and snacks during the evening? (Please tick as many as apply)

Please tick as many as apply)		
Nothing	Hot dogs	
A hot drink	White meat (chicken, turkey, etc)	
A fizzy drink	Red meat (beef, pork, bacon, etc)	
A milk drink	Chicken nuggets	
A fruit drink (juice or smoothie)	Fish fingers or battered fish	
Other cold drink (squash or water)	Fish without batter (tuna, etc)	
Cold sandwiches or wrap	Pizza	
Hot or toasted sandwich	Takeaway (Chinese, Indian, etc)	
Bread or toast	Kebabs	
Cereal or porridge oats	Curry	
Eggs	Chilli	
Cheese	Crisps (and tortillas e.g. Doritos)	
Soup	Nuts	
Rice	Cereal bars	
Pasta	Fruit	
Chips	Yoghurt, fromage frais, etc	
Boiled or mashed potatoes	Cake	
Jacket potato	Chocolate bars	
Vegetables (including baked beans)	Sweets	
Salad	Biscuits	
Burger	Pudding or dessert	
Sausages	Ice cream	
Sausage roll, meat pie, pastie, etc	Something else (write in box below)	

If there something else not on this list that you ate during the evening, please write in the box what it is:	
WITE IN THE DOX WHAT IT IS.	

YOUR DIET - CHANGES TO DIET AND EXERCISE

45. Would you like to (Please tick one box for each line)eat a healthier diet?lose weight?increase your weight?play more sports/take more exercise?be more active?	Yes No Don't know 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 1 2 3 3 3 3 3
YOUR DIET - FRUIT AND VEGETABL	<u>LES</u>
46. How many portions or pieces of fr (a portion is 1 banana, 1 apple, 1 grapes, etc. Do <u>not</u> include glasses (Please write the number in the box)	pear, 2 plums, handful of
47. How many portions of veg (not potatoes)? (a portion is ab- sized spoons of vegetables like p medium-sized tomato) (Please write the number in the box)	pout a handful or three medium-
48. How many glasses of <u>real</u> fruit judrink yesterday (not squash or juic (Please write the number in the box)	
ALCOHOL	
49. Have you <u>ever</u> had a whole alcoholic (including alcopops), i.e. <u>not</u> just a second (Please tick only one box)	
If yes, please continue with Question 5	0. If no, please go to Question 58.
50. How often do you normally have an (Please tick only one box) Rarely Less than once a month 1-3 days a month 3	alcoholic drink? 1-3 days a week 4-6 days a week Every day 4 6

of these drinks you have had ssume that one small can or b bottle is 1 pint and one litre lease write in the number you have d	ottle is is 2 pin	ts.	l standard	or large can
			Write in	
Shandy (canned)			number	pints
Shandy (mixed)				pints pints
Ordinary beer or lager (e.g. John	Smiths H	leineken etc)		pints
Strong beer or lager (e.g. Stella A				pints
Low alcohol beer or lager	•	- , ,		pints
Ordinary cider (e.g. Woodpecker,	etc)			pints
Strong cider (e.g. White lightning		White , etc)		pints
Wine (including babycham and cha				pub glasses
Low alcohol wine				glasses
Sherry, martini, cinzano, port, etc	:			glasses
Spirits (e.g. gin, whisky, vodka, ru	m, brandy	, Bacardi, etc)		pub measures
Shots (e.g. Aftershock, Sidekick,	etc)			measures
Alcopops/pre-mixed spirits (e.g. E Ice, WKD, etc)	Bacardi Br	reezer, Smirnoff		small bottles

51. During the <u>last 7 days</u>, on how many <u>days</u> did you drink some alcohol?

4 days 5 days

5

0 days

1 day

(do not include cans of shandy)

(Please tick only **one** box)

53. Did you drink alcohol at any of these places during the <u>last 7 days</u>? (Please tick one box for each line)

	Yes	3	No	
At home		1		2
At a friend's		1		2
At a club, party or disco		1		2
At a pub or bar		1		2
At a relation's home		1		2
In a restaurant		1		2
In a public place (e.g. street, park)		1		2
Somewhere else (write in box)		1		2

If somewhere else, please write in the box where:	

54. How often do you get drunk?

(Please tick only one box)

I have never been drunk

I have only been drunk a few times

Less than once a month

About once a month

About once every two weeks

About once a week

More than once a week

7

55. Where do you get your alcohol? (Please tick as many as apply) I buy it in a supermarket Sold to me by friends I buy it in a corner shop Sold to me by other people or students at school I buy it in a garage shop Given to me by parents or carers I buy it in an off-licence Given to me from brothers or sisters Given to me from other relatives or I buy it from another type of shop family Given to me from friends I buy it at a pub or club Given to me from other people or Ask family members to buy it for me students at school Take from home Ask friends to buy it for me Ask strangers to buy it for me If you get your alcohol from somewhere else, please write it in the box below (please do not give people's names):

56. Have any of these happened to you after drinking alcohol? (Please tick one box for each line)

	Never	In last 4	In last
		weeks	year
Got drunk	1	2	3
Got into an argument	1	2	3
Got into a fight	1	2	3
Attended casualty (A&E)	1	2	3
Missed school	1	2	3
Was sick/vomited	1	2	3
Had unprotected sex	1	2	3
Tried smoking for the first time	1	2	3
Tried illegal drugs	1	2	3
Had memory loss	1	2	3
Passed out	1	2	3
Committed a crime	1	2	3
Committed an act of vandalism or damaged property	1	2	3
Arrested	1	2	3
Caused others to complain to the police	1	2	3

57. Do you think that the health?	e amount of alcohol you usually drink could damage your
(Please tick only one box)	No 1
	Possibly 2
	Yes, it is likely
	Don't know 4
TOBACCO	
58. Have you smoked any of (Please tick only one box)	cigarettes during the <u>last 7 days</u> ? Yes No 2
If yes, please continue with	n Question 59. If no, please go to Question 60.
59. If yes, how many cigadays?	arettes have you smoked during the <u>last 7</u>
(Please write number of cigarett	tes smoked in the box)
60. What statement best (Please tick only one box)	describes you?
	I have never smoked at all, not even a drag
	I have tried smoking once or twice
	I used to smoke, but I don't now
	I smoke occasionally
	I smoke regularly
61. What statement best (Please tick only one box)	describes you?
	I don't smoke now and I never will
	I don't smoke now but I may when I am older 2
	I smoke, but would like to give up
	I smoke and don't want to give up

Write in your age w smoked your first c	• -
smoker?	ed regularly, how old were you when you became a regu
	gular smoker in box or tick the other box if never regularly smoken when you OR tick if never
Write in your age w become a regular	·
64. Do any people who live in (Please tick only one box)	n your house smoke regularly (not you)?
	No, no-one
	Yes, they smoke but not inside the house 2
	<u> </u>
	Yes, they smoke in the house
65. Where do you get your c. (Please tick as many as apply) I do not smoke	Yes, they smoke in the house 3 cigarettes? Ask strangers to buy them for me
(Please tick as many as apply) I do not smoke I buy them in a supermarket	Yes, they smoke in the house cigarettes? Ask strangers to buy them for me Sold to me by friends
(Please tick as many as apply) I do not smoke	Yes, they smoke in the house 3 cigarettes? Ask strangers to buy them for me
(Please tick as many as apply) I do not smoke I buy them in a supermarket I buy them in a corner shop I buy them in a garage shop	Yes, they smoke in the house cigarettes? Ask strangers to buy them for me Sold to me by friends Sold to me by other people or students at school Given to me by parents or carers
(Please tick as many as apply) I do not smoke I buy them in a supermarket I buy them in a corner shop I buy them in a garage shop I buy them in an off-licence	Yes, they smoke in the house Cigarettes? Ask strangers to buy them for me Sold to me by friends Sold to me by other people or students at school Given to me by parents or carers Given to me from brothers or sisters Given to me from brothers Given to
(Please tick as many as apply) I do not smoke I buy them in a supermarket I buy them in a corner shop I buy them in a garage shop	Yes, they smoke in the house Cigarettes? Ask strangers to buy them for me Sold to me by friends Sold to me by other people or students at school Given to me by parents or carers Given to me from brothers or sisters Given to me from brothers Given to
(Please tick as many as apply) I do not smoke I buy them in a supermarket I buy them in a corner shop I buy them in a garage shop I buy them in an off-licence I buy them from another type o	Yes, they smoke in the house Cigarettes? Ask strangers to buy them for me Sold to me by friends Sold to me by other people or students at school Given to me by parents or carers Given to me from brothers or sisters Given to me from other relatives or family family Sold Given to me from other relatives Given
(Please tick as many as apply) I do not smoke I buy them in a supermarket I buy them in a corner shop I buy them in a garage shop I buy them in an off-licence I buy them from another type o shop	Yes, they smoke in the house Sigarettes? Ask strangers to buy them for me Sold to me by friends Sold to me by other people or students at school Given to me by parents or carers Given to me from brothers or sisters Given to me from other relatives or family Given to me from friends Given to me fr

DRU	JGS
-----	-----

•	offered or encouraged you to try any drugs Yes 1	Jo 2
(Please tick only one		
,	ntinue with Question 67. If no, please go to Question 68.	
67. <u>If yes</u> , what (Please tick as many		
	Anabolic steroids - for body building/strength (e.g. Deca)	
P	Cannabis (e.g. grass, pot, marijuana, dope, blow, skunk, hash, puff, draw, ganja, spliff, joints, smoke, weed, Leb black, moroccan)	
	Cocaine (e.g. snow, coke, Charlie, C)	
	Ecstasy (E, MDMA, XTC, Mitsibishis/Mitzis, Rolexes, Doves, Beans, Rolls, X)	
	Heroin (e.g. H, junk, smack, skag, gear, Brown)	
Sec.	LSD (e.g. acid, tabs, trips, dots)	
	Semeron (Sem)	
-	Solvents used as drugs (e.g. glue sniffing, glue, gas refills, cleansing fluid)	
	Other drug not listed above (please write in box)	
If you were offe box below:	red other drugs not listed above , please write it in what in t	ihe
• —	er used or tried any drugs (not Yes No box)	
If yes, please cor	ntinue with Question 69. If no, please go to Question 70.	

69. If yes , please say when you have used any of the drugs listed b

(Please tick one box for each line)	In last	In last	More than
	4 weeks	year	a year ago
Anabolic steroids - for body building/strength (e.g. D	eca) 1	2	3
Cannabis (e.g. grass, pot, marijuana, dope, blow, skunk, hash, po	ıff, 1	2	3
draw,ganja, spliff, joints, smoke, weed, Leb black, moroccan)			
Cocaine (e.g. snow, coke, Charlie, C)	1	2	3
Ecstacy (E, MDMA, XTC, Mitsibishis/Mitzis, Rolexes, Doves, Border, X)	eans, 1	2	3
Heroin (e.g. H, junk, smack, skag, gear, Brown)	1	2	3
LSD (e.g. acid, tabs, trips, dots)	1	2	3
Semeron (Sem)	1	2	3
Solvents used as drugs (e.g. glue sniffing, glue, gas refills, cleansing fluid)	1	2	3
Other drug not listed above (please write in box)	1	2	3
,			
If you used or tried other drugs not listed about it was:	ve, please write i	in the box	below what
drug (including alcohol and tobacco)? (Please tick as many as apply)	Internet		
My parents / carers School teacher			
Friends	Chat rooms		
	Magazines/n	iewspapers	
Brothers, sisters, other close relations Family Destan (CD)	Leaflets Connexions		
Family Doctor (GP) School nurse	NHS Direct		
Health Trainers	NHS Choices	4	
	Drinkline	S	
Refresh EDANK / tells to Enough Compaign	_		
FRANK / talk to Frank Campaign	Childline		
Youth worker	r u thinking		
Radio	Warren		
TV	Do not know		
Books			
If there is someone else you would ask or some please write it in box (please do not give people's name	•	would look	

SEXUAL HEALTH

71. If you wanted some help and advice about sexual health who would you ask or where would you look?

(Please tick one box for each line)

	Yes	No	Not sure
My parents / carers	1	2	3
School teacher	1	2	3
Friends	1	2	3
Brothers, sisters, other close relations	1	2	3
Family Doctor (GP)	1	2	3
School nurse	1	2	3
Health Trainers	1	2	3
Family Planning Clinic / Conifer House	1	2	3
Youth worker	1	2	3
Radio	1	2	3
TV	1	2	3
Books	1	2	3
Internet	1	2	3
Chat rooms	1	2	3
Magazines/newspapers	1	2	3
Leaflets	1	2	3
Connexions	1	2	3
NHS Direct	1	2	3
NHS Choices	1	2	3
Childline	1	2	3
Sexwise	1	2	3
r u thinking	1	2	3
Warren	1	2	3
Cornerhouse	1	2	3
Johnny Woman	1	2	3
Do not know	1	2	3
Do not want any advice	1	2	3

If there is someone else you would ask or somewhere else you would look, please write it in box (please do not give people's names):

72. Have you ever heard of any of these sexually transmitted infections? (Please tick one box for each line)

	Yes	No	Don't know
Gonorrhoea	1	2	3
Syphilis	1	2	3
Chlamydia	1	2	3
Genital Herpes	1	2	3
HIV/AIDS	1	2	3

If "yes" to ANY of Question 72, please continue with Question 73.

If "no" or "don't know" to ALL of Question 72, please go to Question 74.

73. If <u>yes</u>, where did you get to hear about them? (Please tick as many as apply)

My parents / carers	Chat rooms	
School teacher	Magazines/newspapers	
Friends	Leaflets	
Brothers, sisters, other close relations	Connexions	
Family Doctor (GP)	NHS Direct	
School nurse	NH5 Choices	
Family Planning Clinic / Conifer House	Childline	
Health Trainers	Sexwise	
Youth worker	r u thinking	
Radio	Warren	
TV	Cornerhouse	
Books	Johnny Woman	
Internet	Don't know or remember	

If it was from someone	else or somewhere	else, please write	it in box (please do
not give people's names):			

	o you think is the best way to get information about contraception	or	
sexual h			
(Please tick as n			
	Written information only (a leaflet or similar)		
	Written information (website)		
	Talking to a health professional (school nurse, etc)		
	Talking to a parent/carer, other relation or close friend		
	Talking to a teacher or youth worker		
	Talking to someone and having written information to take away		
	Don't know		
75. Where w (Please tick as n			
	Conifer House or Family Planning		
	Family Doctor (GP)		
	School nurse		
	Pharmacy/chemist		
	Warren		
	Cornerhouse		
	Johnny Woman		
	Vending machines in public toilets		
	From someone/somewhere else		
	Don't know		
Γ			
If from some people's names):	eone else or somewhere else, please write it in box (please do not give :		

ANYTHING ELSE?

aiready given?		
(Please write in the box)		

76. Is there anything else you would like to add to your answers you have

THANK-YOU VERY MUCH FOR FILLING IN THIS QUESTIONNAIRE

A small number of questions used in this survey originally came from the School Health Education Unit in Exeter. Permission was kindly given to use these questions in the 1996 local Children's and Young People's survey, and extended to this questionnaire.

Index

5-A-DAY54	comparisons with England.104
comparisons with 200257	number of drinking days last
comparisons with England57	week99
deprivation56	comparions with 2002100
Activities62	comparisons with England.100
types of activities62	source of advice123
watching television/DVDs/BluRay	comparisons with England.124
68	units consumed in last week 93
comparisons with 200268	above recommended
Activities limited by illness/	
,	guidelines for adults93
disability127	comparisons with 2002 95
Alcohol16, 22, 90, 121	deprivation95
calculating units consumed22	adult survey
drink every week97	young men93
comparisons with 200297	young women94
comparisons with England98,	units consumed last week
99	comparisons with 200296
effect on health112	comparisons with England96
harmful112	effect on health112
units consumed last week112	where pupils drink110
effect on helath	comparisons with 2002110
comparisons with 2002114	comparisons with England.111
ever drunk90	friend's homes110
adult survey	home110, 111
deprivation90	public places110, 111
comparisons with 2002 92, 121	pubs/bars110
comparisons with England91,	restaurants110
122	worries about132
deprivation90	Aspirations65
•	
frequency of drinking97	eat healthier diet65
frequency of getting drunk102	increase weight67
how pupils get	lose weight65
ask strangers to buy105	play more sport65
bought from shops105, 106,	take more exercise65
109	Breakfast22, 60
bought in pubs/ clubs106	comparisons with 200262
bought in pubs/clubs105	deprivation60
comparisons with 2002108	never eaten60
•	
comparisons with England.108	comparisons with 200262
from friends106, 109	Bullied41
given by parents/ carers105,	deprivation42
• • •	
109	ever41
take from home109	form of bullying experienced43
how pupils get105	last month42
· · ·	
how pupils get	Bullying
taken from home105	worries about133
ill effects experienced102	Cannabis115, 117
ш опоото охроненова 102	Januaria113, 117

Caring33	drugs used119, 121
comparisons with 200235	gaming70
Chlamydia140	internet
Chlamydia139	access36
Cigarettes22	use72
Cocaine115, 117	last visit to dentist129
Comparisons23	missed meals62
England 200823	sexually transmitted infections
5-A-DAY57	awareness of140
alcohol	source of knowledge 141
drink every week98, 99	smoking
ever drunk91, 122	age became regular smoker
how pupils get108	84
ill-effects experienced104	age smoked first cigarette 84
number of drinking days last	behaviour80
week100	ever smoked121
source of advice124	number of cigarettes
units in last week96	smoked77
where pupils drink111	smoked in last week75
drug use119	sources of help/ advice on
•	sexual health138
drugs	
source of advice124	watching television/ DVDs/
drugs used122	BluRay68
smoking	working parents/ carers32
behaviour79	worries
ever smoked122	causes of133
how pupils get their	strategies to deal with 135
cigarettes87	worries about bullying45
number of cigarettes	worries about homework48
smoked77	worries about school tests/
smoked in last week74	exams49
source of advice124	Comparisons with 2002
Hull 200223	general health126
5-A-DAY57	Conifer House18, 138, 142
alcohol	Contraception142
drink every week97	where to get142
ever drunk92, 121	Conifer House142, 143
exceeding maximum units	don't know143
recommended for adults	Family Planning142, 143
95	GPs142
how pupils get108	pharmacies142
number of drinking days last	school nurses142
week100	Cookery21, 58
units in last week96	at home21, 59
usual consumption	at school21, 59
damaging to health114	Dental health129
where pupils drink110	last visit to dentist129
aspirations67	comparisons with 2002129
·	Dentist, last visited129
caring35	
drugs offered118	comparisons with 2002129

-	
Deprivation27	ecstasy117
5-A-DAY56	LSD117
alcohol	solvents117
ever drunk90	type of drugs117
exceeding maximum units	help and advice22
<u> </u>	
recommended for adults95	LSD117
breakfast never eaten60	offered / encouraged to try
bullying42	cocaine115
caring34	offered /encouraged to try
drug use117	ecstasy115
healthy diet53	offered/ encouraged to try
homework46	cannabis115
internet access36	comparisons with 2002118
physical activities and sport64	types of drugs115
smoking	offered/ encouraged to try115
currently smoke78	solvents117
live with regular smoker88	source of advice123
working parents/carers33	comparisons with England.124
	worries about132
Diet15, 21, 53	
5-A-DAY54	DVDs/BluRay68
comparisons with 200257	Ecstasy115, 117
comparisons with England57	Ethnicity21
deprivation56	Evening meal22
aspire to increase weight67	Exams49
aspire to lose weight65	worries49
breakfast60	comparisons with 200249
deprivation60	Exercise22
never eaten60	Family21
Breakfast22	Family Planning 18, 138, 142, 143
eat healthier65	Feelings21, 131
Evening meal22	how often happy131
healthy diet eaten53	how often sad131
deprivation53	Fruits and vegetables22
lunch61	Future ambitions51
never eaten61	Gaming
Lunch22	comparisons with 200270
missed meals60	General health125
comparisons with 200262	comparisons with 2002126
Drugs17, 22, 115, 121	Genital herpes139, 140
cannabis115, 117	Geography23
cocaine115, 117	geographical distribution25
ecstasy115, 117	Gonorrhoea140
	Gonorrhoea139
ever used116	
cannabis117	Happy131
cocaine117	Health18, 21, 125
comparisons with 2002119,	activities limited by illness/
121	disability127
comparisons with England 119,	dental129
122	last visit to dentist129
deprivation117	comparisons with 2002129
αθριτναιιστι	Compansons with 2002 129

general125	aspire to take more exercise 65
comparisons with 2002126	at least 1 hr per day63
mental131	deprivation64
feelings131	average daily amount64
how often happy131	deprivation64
how often sad131	time spent being active63
use of NHS services128	Physical activities and sports 63
Healthy diet53	at least 1 hr per day63
aspire to eat healthier65	deprivation64
deprivation53	average daily amount64
HIV/AIDS139, 140	deprivation64
Home14, 21, 28	time spent being active63
access to the internet35	Population24
number of adults28	by deprivation quintile27
number of children28	by ward, area committee area
number of house moves29	and locality26
Homework46	gender-age distribution24
deprivation46	Questionnaire
worries47	content21
worries	Quota sampling20, 148, 149
comparisons with 200248	Sad131
Internet68, 71	Safety21, 29
access35, 71	after dark29
deprivation36	daytime29
access	Sample size20
comparisons with 200236	School14, 21, 38
usage70, 71	bullying41
comparisons with 200272	deprivation42
LSD17	ever41, 42
Lunch22, 61	homework46
	deprivation46
comparisons with 200262 never eaten61	last month42
comparisons with 200262	pupil's experiences38
Mental health131	tests/exams49
feelings131	worries49
how often happy131	School tests
how often sad131	worries49
Missed meals60	comparisons with 200249
breakfast60	Sexual health 18, 22, 137
deprivation60	advice22
comparisons with 200262	awareness of sexually
deprivation60	transmitted infections139
lunch61	Chlamydia139, 140
NHS128	comparisons with 2002140
NHS Direct138	genital herpes139, 140
Parents/carers31	gonorrhoea139, 140
at least one working32	HIV/AIDS139, 140
comparisons with 200232	source of knowledge139
employment status31	comparisons with 2002 141
Physical activities15, 21, 53, 63	syphilis139, 140

Chlamydia139, 140	from family members85
contraception22, 142	given by parents/ carers 85, 87
where to get142	taken from home86
Conifer House142, 143	live with regular smoker
don't know143	deprivation88
Family Planning142, 143	smokes in the home88
GPs142	
	lives with regular smoker88
pharmacies142	number of cigarettes smoked76
school nurses142	comparisons with 200277
genital herpe140	comparisons with England77
genital herpes139	occasional smoker78
gonorrhoea139, 140	ow pupils get their cigarettes
HIV/AIDS139, 140	vending machines87
sources of help/ advice137	regular smoker78
comparisons with 2002138	smoked in last week
Conifer House138	comparisons with 200275
family planning clinic138	comparisons with England74,
GP138	75
internet138	smoked in last week74
NHS Direct138	smoking behaviour
none wanted138	comparisons with 200280
parents/ carers138	comparisons with England79
school nurses138	smoking in the home88
siblings/ other relations138	source of advice123
STIs22	
	comparisons with England.124
syphilis	worries about132
Smoking16, 22, 74, 121	Solvents117
age became regular smoker82	Sport
comparisons with 200284	aspire to play more65
age first smoked82	Sports63
comparisons with 200284	at least 1 hr per day63
cigarettes how pupils get their	deprivation64
cigarettes	average daily amount64
bought from shops87	deprivation64
current habits77	time spent being active63
comparisons with 200281	Syphilis139, 140
comparisons with England81	Television68
current smokers78	comparisons with 200268
currently smoke	Tobacco22
adult survey	Website146
deprivation78	Worries21, 132, 134
young women78	being bullied133
deprivation78	boyfriend/ girlfriend132
ever smoked	bullying45
comparisons with 2002121	comparisons with 200245
comparisons with England.122	causes132
how pupils get their cigarettes.85	being bullied133
	boyfriend/ girlfriend132
ask strangers to buy86	
bought from shops85	comparisons with 2002133
comparisons with England87	drinking alcohol132

health132	cry134
homework132	drinking alcohol134, 136
illegal drugs132	eating134
looks132	gaming134
losing weight132	hobbies134
money132	internet134
school tests/ exams132	listen to music134
smoking132	play sports134
comparisons with 2002133	sleep136
drinking alcohol132	smoking134, 136
health132	social network sites134
homework47, 132	spend time alone134
comparisons with 200248	talk to family134, 136
illegal drugs132	talk to friends136
looks132	talking to friends134
losing weight132	test friends134
money132	use illegal drugs134
school tests/ exams132	watching TV/ DVDs/ BluRay
strategies to deal with134	136
smoking132	strategies to deal with Play board
strategies to deal with134	games134
chat rooms134	tests/exams49
comparisons with 2002 135	comparisons with 200249