



**Sunderland
City Council**

**Sunderland Health Related
Behaviour Survey**

Supporting the health of children and young people in Sunderland

- A way of collecting information from children and young people about their own health and behaviours.
- Carried out within the academic year with children in primary school aged 8 to 11 years and children in secondary school aged 12 to 15 years.
- **Summer 2023:** Increase in participation year on year with 5,970 participants (33 primary/15 secondary schools).

5,970 young people were involved in the survey:

School Year Age	Year 4 8–9	Year 6 10–11	Year 8 12–13	Year 10 14–15	Total
Boys (male)	566	578	995	868	3,007
Girls (female)	518	636	890	870	2,914
Total	1,092	1,215*	1,902*	1,761*	5,970*

*9 primary pupils didn't select boy or girl and 40 secondary pupils didn't select male or female when asked for their birth gender.

Primary Theme Topics

Background

**Healthy
Eating**

**Physical
Activity**

**Drug's
Alcohol and
smoking**

Worries

Staying safe

School

**Emotional
Health and
Wellbeing**

Growing up

Covid 19

Secondary Theme Topics

Background

**Healthy
Eating**

**Physical
Activity**

**Drug's
Alcohol and
smoking**

Worries

Staying safe

School

**Emotional
Health and
Wellbeing**

**Relationships
and Sexual
Health**

Covid 19



Drugs, alcohol, smoking and vaping

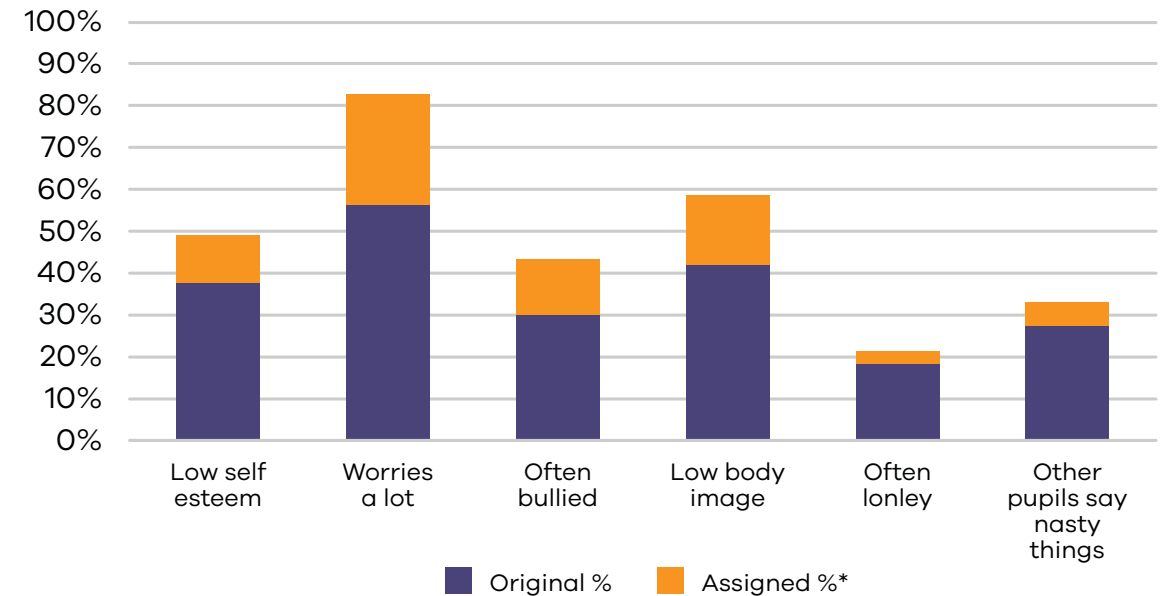
Drugs and alcohol - Primary (Year 6 only)

Alcohol

- 91% (91%) of year 6 pupils said they do not drink alcohol.
- Of the pupils who drank alcohol (sample size 105:) there was a higher prevalence of 'worries' and 'low body image' than any other concerns.
- Although Sunderland wide figures are very low, it seems surprising that spirits feature more often than cider, alcopops, shandy and wine.

Pupils drinking alcohol and other issues

(Primary HRB Survey 2023 and Sunderland Public Health local analysis)



*Unidentified locality allocated by Public Health Intelligence Analyst using agreed confidence intervals where no pupil postcode was provided.

Drugs and alcohol - Primary (Year 6 only)

Drugs

- More year 6 pupils 16% (12%) are 'fairly certain' or 'certain' that they know someone who uses drugs (not as medicines).

Attitudes to drinking - Secondary

When asked about their perceptions of pupil behaviours in their school in the context of England, pupils answering 'I think more pupils in class drink alcohol than the rest of England' was higher for those who drank 'regularly', 'occasionally' or who 'used to drink alcohol, but I don't now'.

Agreement of 'I think more pupils in class drink alcohol than the rest of England' was lowest for those who have never drunk alcohol (5.6%).

Those who had not drunk alcohol in the last 7 days were generally more concerned with their health and taking care of themselves,

and indicated higher levels of happiness than those who had drunk alcohol in last 7 days.

Drinking alcohol and substance misuse

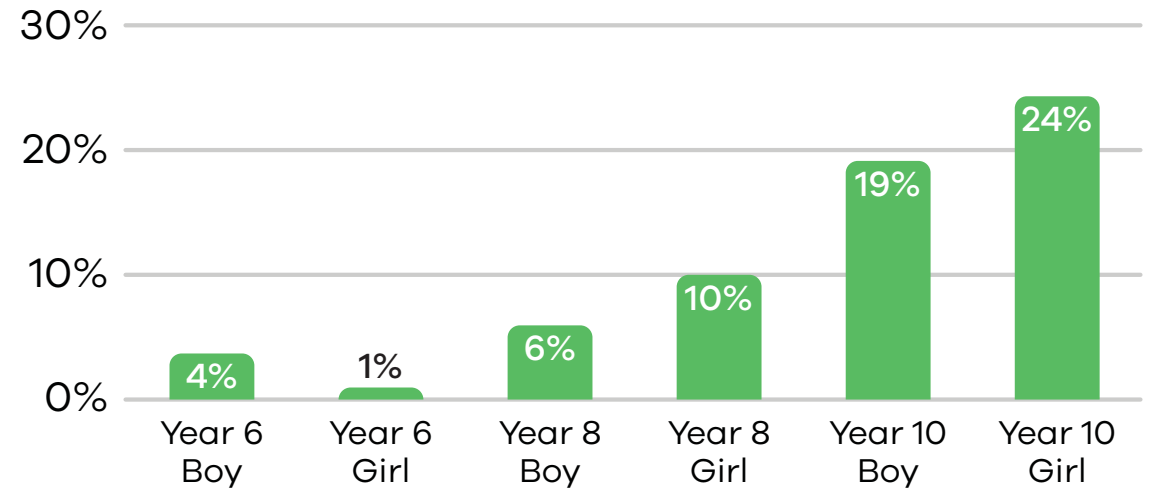
- Those who drink are more like to have taken a drug.
- 'I drink alcohol regularly and don't want to stop' 18.9% for those who have taken a drug, compared to 1.3% for those who have not taken a drug.
- 'I drink alcohol regularly but would like to cut back' 7.4% for those who have taken a drug, compared to 0.4% for those have not taken a drug.

Drinking behaviours - Secondary

- A positive difference - less secondary pupils 19% (23%) drink alcohol at least 'occasionally'.
- Alcohol consumption increases with age; 2% (2%) of year 6 had an alcoholic drink in the last week. While 8% (9%) of year 8 and 22% (26%) of year 10 said they had drunk alcohol in the last week.
- When considering 'type' of drink, 5.8% had drunk 'some' measures of spirits (9.5% year 10, 1.9% year 8), while 4.6% had drunk 'some' cider in the last week (7.8% year 10, 1.5% year 8).

Have you had an alcoholic drink in the last seven days?

(Primary and Secondary HRB Survey 2023)



Drinking behaviours - Secondary

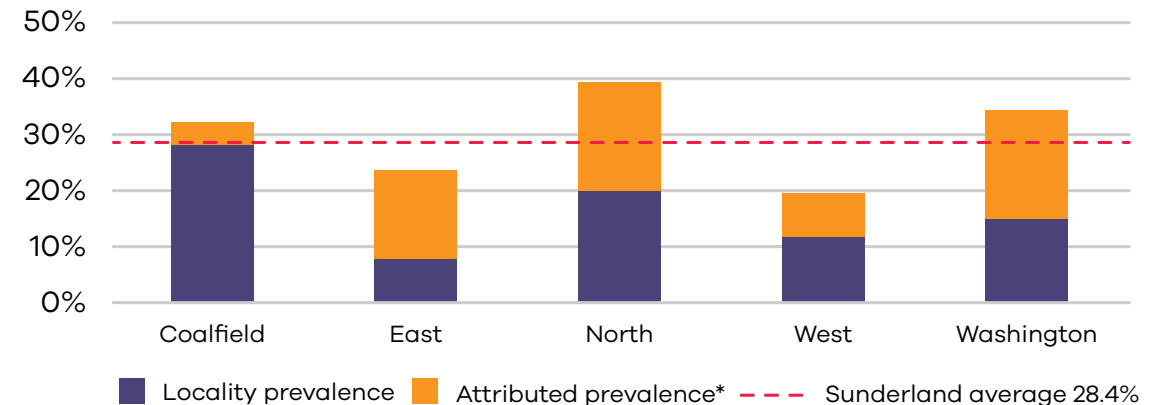
- 23% (25%) of secondary pupils said that they usually drink with their parents.
- 16% (17%) of year 8 and 34% (35%) of year 10 pupils said that their parents know they drink alcohol and either don't comment or approve of their drinking alcohol.
- When asked about their parents/carers views of them drinking/potentially drinking in the future, 58% (55%) of secondary pupils said they 'don't drink alcohol/do not intend to drink alcohol'.
- There was a marginal correlation between pupil's perceiving parental disapproval and pupils not drinking alcohol.

Drinking behaviours - Secondary (Year 10 only)

- Were least likely to say they had alcohol in the last week if they were male, from an ethnic minority or from the most deprived quintile.
- Said they usually drink with a large group of friends 20% (23%).
- In each locality (of the cohort who had, had sex after drinking alcohol), all localities (except the East where it was generally the same), thought more girls than boys had had sex.
- Data suggests that girls are twice as likely as boys to consider sex after drinking alcohol. It is important to note, neither the wider context nor the level of coercion are known.

Of those pupils who have had sexual intercourse, what percent involved alcohol

(Secondary HRB Survey 2023 and Sunderland Public Health local analysis)



*Unidentified locality allocated by Public Health Intelligence Analyst using agreed confidence intervals where no pupil postcode was provided.

Drug misuse - Secondary

An increasing number of secondary pupils 40% (36%) found lessons about drugs (including alcohol and tobacco) 'quite' or 'very' useful.

Compared with year 6 pupils, more secondary pupils 28% (28%) are 'fairly sure' or 'certain' that they know someone who takes drugs.

Although +2% more secondary pupils (20%) have been offered at least one of the drugs listed in the survey, the number of secondary pupils who have taken drugs remains low.

- 4% (3%) reported taking an illegal drug in the last month.
- 6% (6%) said they had taken an illegal drug in the last year.
- Around 1 in 11 boys told us they have taken drugs.
- Around 1 in 7 girls told us they have taken drugs.

Prevalence of drugs by type - Secondary

Cannabis

- 18.2% of secondary pupils have been offered cannabis. Of those who had been offered Cannabis;
- 19% had taken it in the last month
- 12.8% in the last year
- 4.4% over one year ago
- 11% (10%) of year 10 pupils had taken cannabis at some point.

Amphetamines

- 1.7% had been offered amphetamines
- 2.1% didn't know if they had been offered them.
- Of those who have been offered amphetamines; 1.7% have taken it in the last month, 13.8% in the last year, and 6.9% more than a year ago.
- 1.6% had been offered Benzodiazepines.

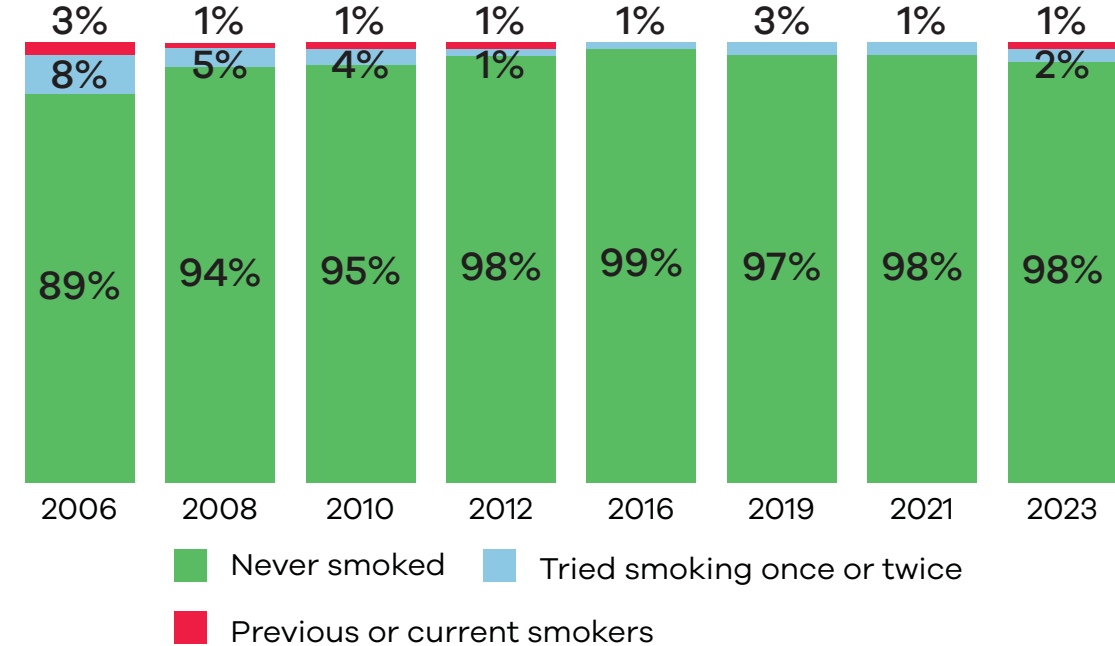
Smoking - Primary (Year 6 only)

Smoking

- The number of children and young people smoking has reduced since 2006.
- 98% (98%) of year 6 pupils have never smoked.
- 86% (87%) think they won't smoke when they are older but 14% (13%) said maybe or yes, they will.

Have you ever smoked a cigarette?

(Primary HRB Survey 2023)



Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)

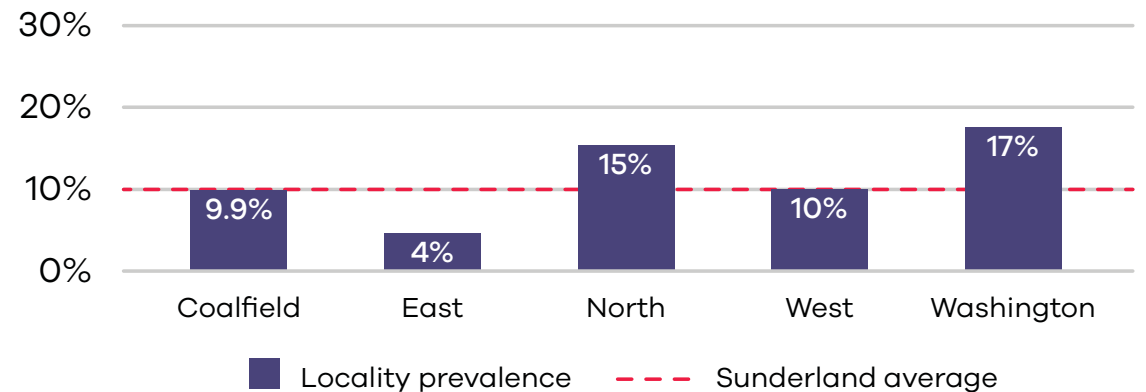
Vaping - Primary (Year 6 only)

Year 6 pupils were asked about vaping for the first time

- 11% of year 6's in Sunderland had 'tried' vaping.
- Washington (17%, almost 1 in 5) and the North (15%), were the only two localities above the Sunderland average.
- The East was the lowest with only 4% having tried vaping.
- Year 6 pupils with 4 or more siblings most likely to have tried vaping.
- Pupil responses indicate that pupils who smoke (or have previously smoked) are more likely to have tried vaping/vape.

Year 6 pupils who have tried vaping

(Primary HRB Survey 2023 and Sunderland Public Health local analysis)

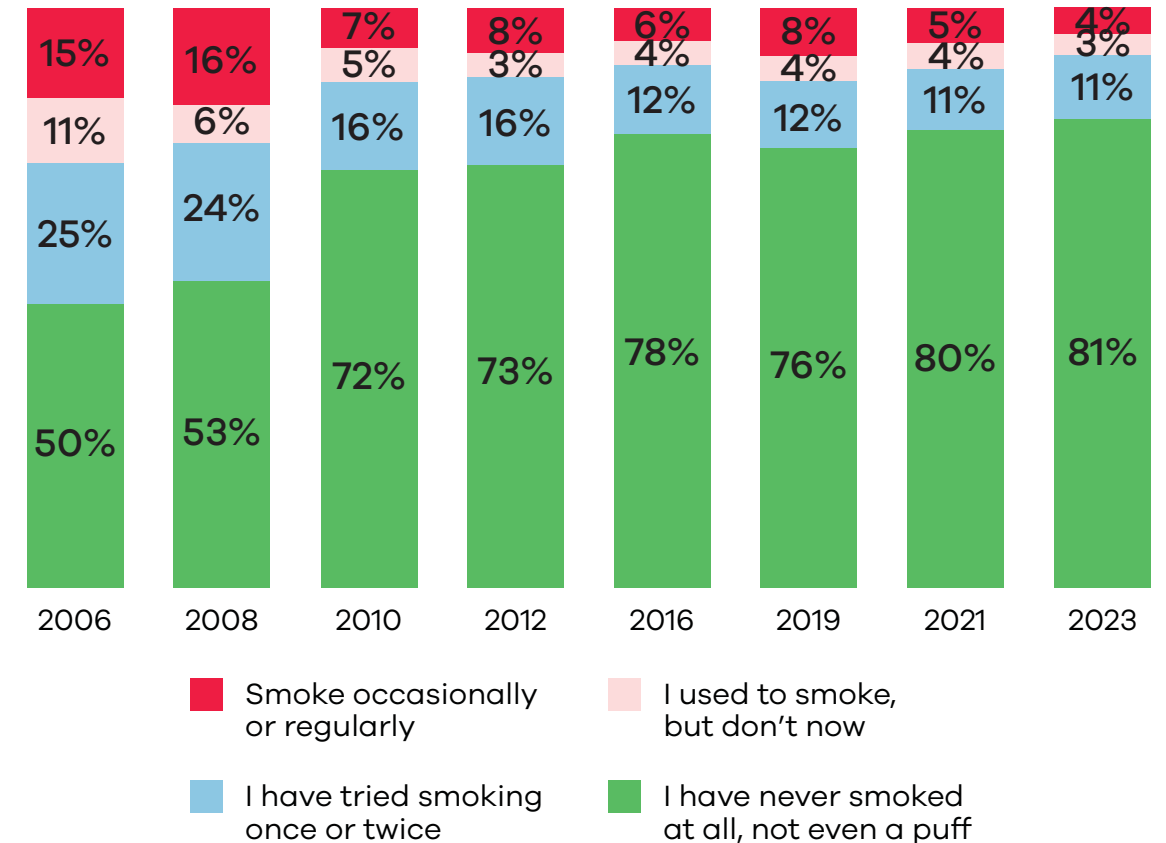


Smoking - Secondary

- 81% (80%) of secondary pupils 'have never smoked at all not even a puff'.
- 'I have never smoked' was therefore the most frequent response for all localities, but this varied between 74.4% in Washington to 83.6% in Coalfield.
- 87% (88%) of year 8 and 75% (71%) of year 10 pupils had 'never smoked'.

Have you ever smoked a cigarette?

(Secondary HRB Survey 2023)



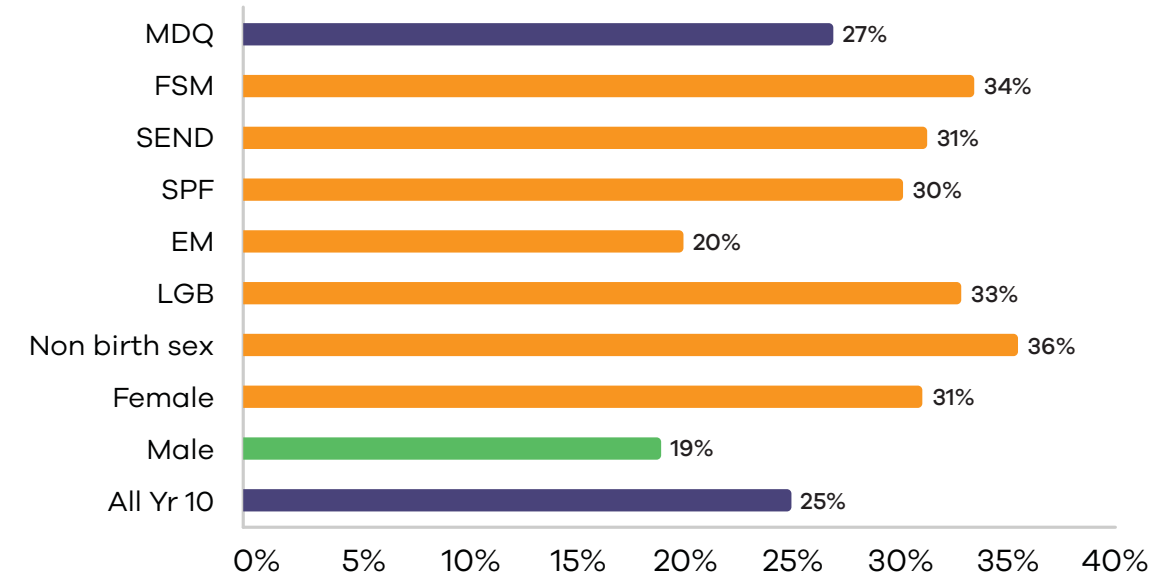
Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)

Smoking - Secondary

- Smoking rates (smoking 'occasionally' or 'regularly') were therefore higher in year 10 but numbers were very small;
- 1% (1%) of Year 8 boys and 4% (6%) of Year 10 boys
- 3% (3%) of Year 8 girls and 8% (12%) of Year 10 girls
- Year 10 pupils who had 'at least tried' smoking were more likely to be female or have Free School Meals (FSM).

Year 10 pupils who have at least tried smoking cigarettes

(Primary HRB Survey 2023)



See School Health Education Unit (SHEU) summary report for full view of social identity groups.

Parent attitudes and smoking habits - Secondary

Of those secondary pupils who smoke or 'used to smoke' (combined);

- 31.7% said their parents disapprove of smoking
- 24.5% said their parents were not aware of their smoking
- 9.4% said their parents were aware but did not comment

When asked about their parents/carers views of them smoking/potentially smoking in the future, 78% (75%) of pupils said they 'don't smoke/don't intend to smoke'.

- Pupils responses showed that overall, 32% of secondary pupil's parents/carers smoke.
- Comparatively, the parent/carer smoking rate was higher for those pupils who smoke or 'used to smoke' (combined) at 58%.

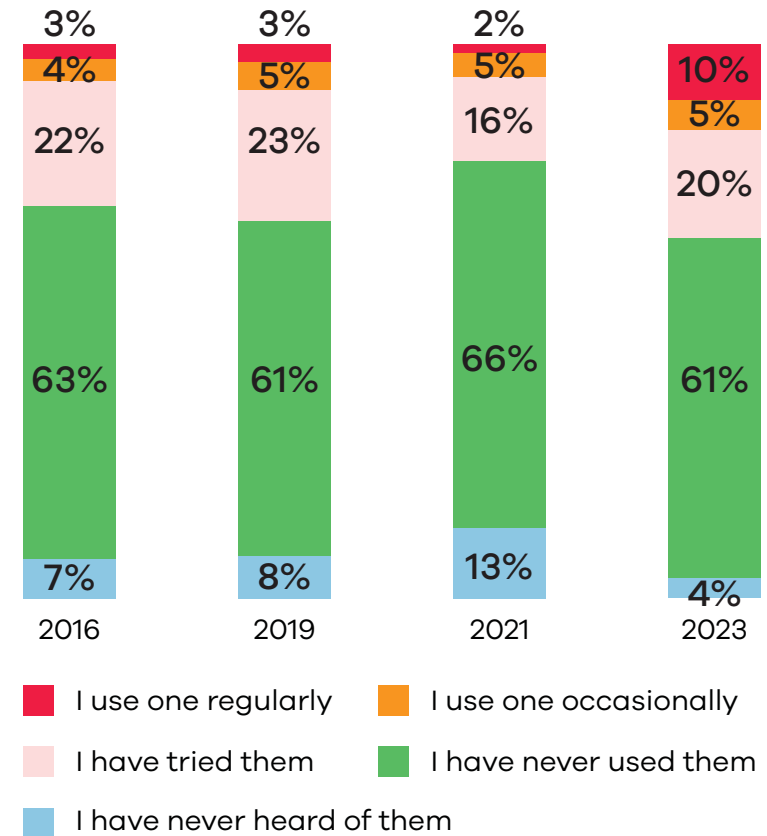
Vaping - Secondary

There is a significant increase in secondary pupils who have at least 'tried' vapes 35% (21%).

- Collectively, 16% (5%) of all localities said either 'I use them regularly' or 'I use one occasionally'.
- This varied locally from 12.6% in Coalfield to 19.0% in West.
- Overall, 20% (16%) reported that they have 'tried' a vape.
- 61% (66%) said that they have 'never used one'.
- And 4% (13%) said they have 'never heard of them'.

What do you know about vapes?

(Secondary HRB Survey 2023)



Vaping - Secondary

Why do secondary pupils vape?
(Sunderland level)

- 23.8% 'like the flavours'
- 20% 'enjoy vaping'
- 19.4% just want 'to give them a try'

Relationship between smoking and vaping - Secondary

The majority of secondary pupils told us they have 'never smoked' a cigarette - 79.4%.

- Most 73.6% of the pupils who have 'never smoked' have also 'never' vaped.
- A small number 4.5% of pupils who have 'never smoked' told us they have 'never heard of' vapes.

For these pupils who have 'never smoked' the percentage of those who vape is small;

- 3.1% of this group use a vape 'occasionally'
- 3.4% of this group use a vape 'regularly'

Of the secondary pupils who have 'never smoked' or have only 'tried smoking once or twice' (combined);

- 4.4% use a vape 'occasionally'
- 6.1% use a vape 'regularly'

A correlation between smoking and vaping - Secondary

Although the majority of secondary pupils told us they have 'never smoked' a cigarette... Pupil responses indicate that secondary pupils who smoke (or have previously smoked) are more likely to vape.

- Of the pupils who have 'tried' smoking', 'smoke occasionally', 'currently 'smoke regularly', or 'used to smoke';
- 15.8% use a vape 'occasionally'
- 62% of this group use a vape 'regularly'

The source of cigarettes and vapes - Secondary

The number of pupils reporting that they are smokers is too low to make many meaningful comparisons between where pupils are getting cigarettes and where pupils are getting vapes.

When asking pupils 'where do you get cigarettes from', the most common response was 'I was given them'.

When asking pupils 'where do you get your vapes from', the most common responses were'

- 'Don't want to say' 25.9%,
- 'I bought myself from street seller/neighbour/private house/van' 13.9%
- 'I bought them myself from a corner shop/newsagent' 13.0%
- Given them 13.0%



Emotional Health and Wellbeing

Worries - Primary

80% (78%) of primary pupils said they worried about at least one of the items listed in the questionnaire.

This was similar for secondary pupils at 78%.

Primary pupil's top worries;

- Exams and tests 34% (32%)
- Family problems 33% (29%) - significant increase in those worrying 'quite a lot' or 'a lot'
- Crime 30% (29%)
- Health problems 23% (24%)
- Worries about how the body changes with age 22% (21%)
- Although only 4.5% of pupils hadn't had someone in school talk with them about growing up and puberty.

Worries - Secondary

Year 8 (quite a lot or a lot);

Exams and tests (47.5%)

Future opportunities (41.7%)

The way you look (41.0%)

Mental health (33.8%)

Problems with Friends (32.0%)

Year 10 (quite a lot or a lot);

Future opportunities (49.7%)

Exams and tests (46.8%)

The way you look (46.2%)

Mental health (41.6%)

Physical health (34.2%)

Main worries for Year 8 pupils included			
Worry	Boys	Worry	Girls
Future opportunities	34%	The way you look	58%
Exams and tests	28%	Exams and tests	50%
Physical health	27%	Future opportunities	49%
Mental health	25%	Problems with friends	46%
The way you look	25%	Mental health	43%

Main worries for Year 10 pupils included			
Worry	Boys	Worry	Girls
Future opportunities	39%	The way you look	65%
Exams and tests	30%	Exams and tests	62%
Physical health	29%	Future opportunities	59%
Mental health	28%	Mental health	54%
The way you look	27%	Physical health	39%

Self-esteem scores - Primary

26% (28%) of primary pupils felt very good about themselves and had high self-esteem scores.

Low and mid-low self-esteem

- Overall, low or mid-low self-esteem remained the same at 35% (34%).
- However, at locality level, the East, North and Washington show slightly increased levels compared to 2021 at 3%, 3% and 4% higher, respectively.
- Only Washington currently has higher levels than the Sunderland average, at 41.3% (37%).
- The East remains the lowest (best) level of low or mid-low self-esteem, even with a slight 2-3% rise.

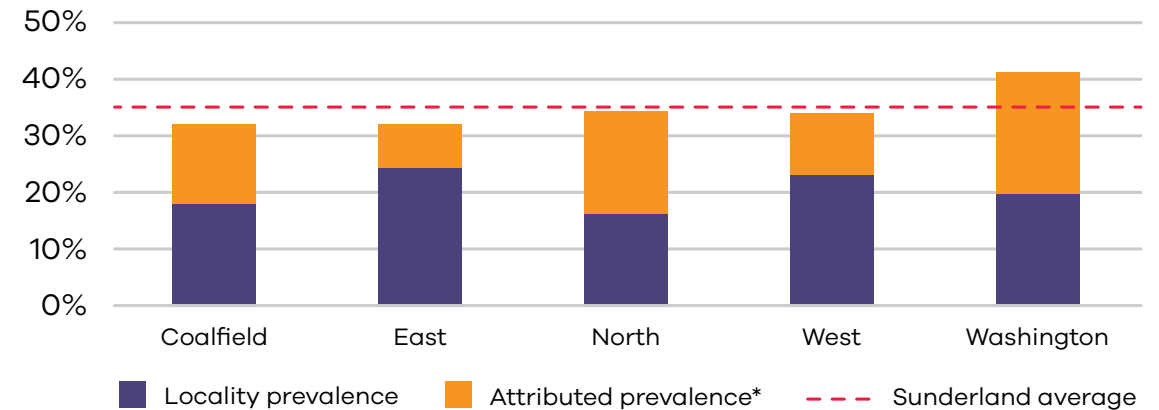
Self-esteem scores - Primary

Inequalities

- In year 6, pupils who have 4 or more siblings (42%) and girls (37%) were significantly more likely to have lower self-esteem.
- Self-esteem in White ethnicities is slightly lower than in 'other' ethnicities, with low/mid-low self-esteem rising slightly to 36.2% (35.2%).

Emotional Health and wellbeing self esteem low or mid-low

(Primary HRB Survey 2023)



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Self-esteem scores - Secondary

57% (50%) of pupils reported that, in general, they were 'quite a lot' or 'very much' happy with their life.

Slightly more secondary pupils - 31% felt very good about themselves with high self-esteem scores (vs. 28% 2021).

The Sunderland level secondary average for low or mid-low self-esteem was very similar to at primary age at 34%, with the lowest levels in Coalfield (30.1%).

How do young people's scores change as they grow up?

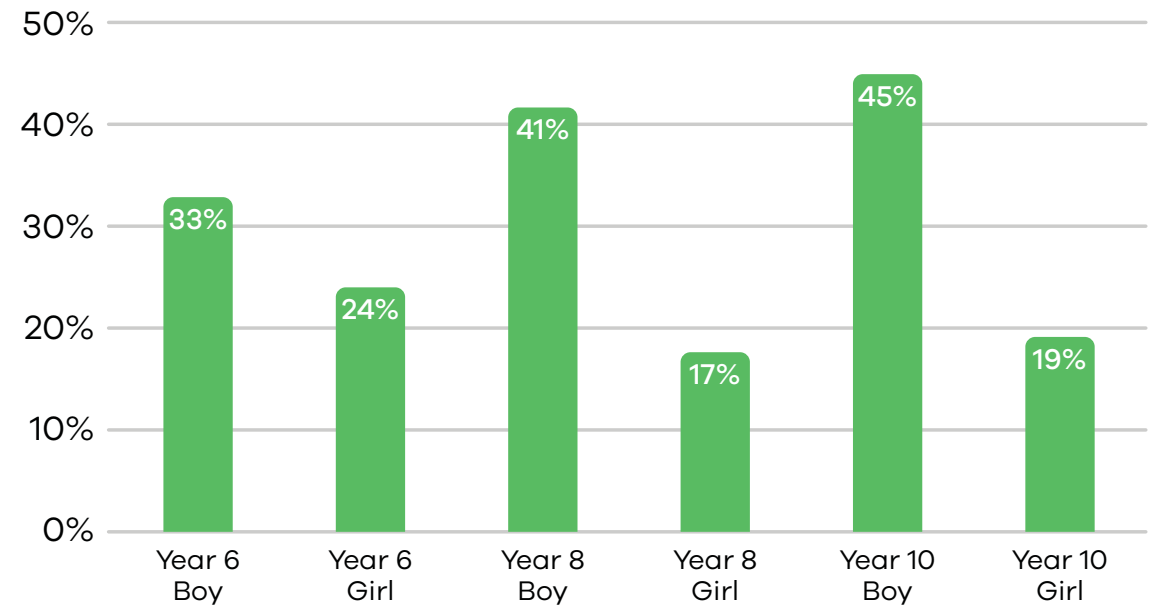
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- However, at locality level, the East, North and Washington show slightly increased levels compared to 2021 at 3%, 3% and 4% higher, respectively.
- Only Washington currently has higher levels than the Sunderland average, at 41.3% (37%).
- The East remains the lowest (best) level of low or mid-low self-esteem, even with a slight 2-3% rise.

Self-esteem scores - Secondary

A clear gender difference is apparent with fewer girls recording levels of high self-esteem compared with boys. For example, 45% (41%) of Year 10 boys compared with 19% (20%) of Year 10 girls

High self-esteem

(Primary and Secondary HRB Survey 2023)



Self-esteem scores - Secondary

There was only a low statistical correlation for primary pupil's self-esteem and peer pressure.

However, secondary pupil's self-esteem had a stronger correlation with peer pressure.

For secondary pupils with low or medium low self esteem;

- 17% can 'never say no' or 'rarely say no'.
- Females with low or medium low self esteem (19.1%) were also much more likely to 'never' or 'rarely say no' compared to males (12.1%) with low or medium low self esteem.

For secondary pupils with medium high or high self esteem;

- 5.8% can 'never say no' or 'rarely say no'.

Weight - Primary (Year 6 only)

Happy with weight as is;

- Overall, 'happy with weight' responses slightly increased to 58% (53%).
- This is the same at locality level, where all have increased since 2021, with the biggest increase in the North (around 10%).

Would like to lose weight

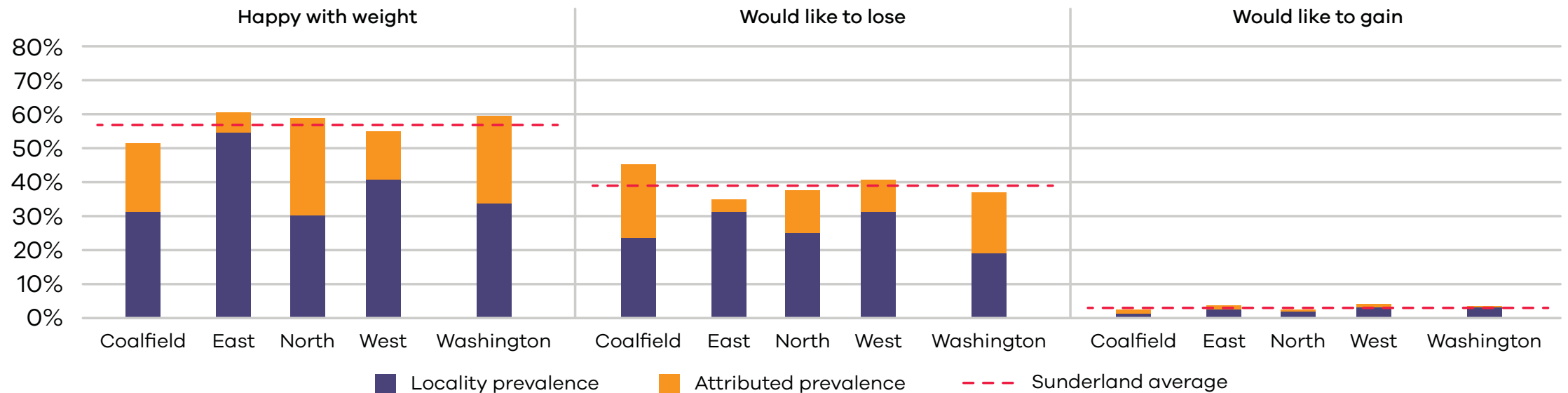
- Overall, 'like to lose weight' decreased by around 4%. It also decreased at locality level - except Coalfield and West showing just slight increases.
- Overall, 37% (40%) of year 6 boys and 41% (46%) of year 6 girls would 'like to lose weight'.
- Compared to the NCMP excess weight average (3-year pooled 2019–20 - 2021–22), each locality where pupils stated they wanted to 'lose weight' was approximately around the same as the NCMP excess weight average %.
- The East was perhaps a slight outlier. 'Wanting 'to lose weight' sat a little below NCMP excess weight average.

Weight - Primary (Year 6 only)

Would like to gain weight

- Overall, 'like to gain weight' decreased by around 1% and at locality level all decreased except East (up 3%).

Weight - feelings about weight (Primary HRB Survey 2023)



Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)

Weight - Secondary

Secondary pupil's attitudes to their weight was similar across all Sunderland localities.

Would like to lose weight

There was no significant difference in the % of secondary pupils who would like to lose weight 49% (54%).

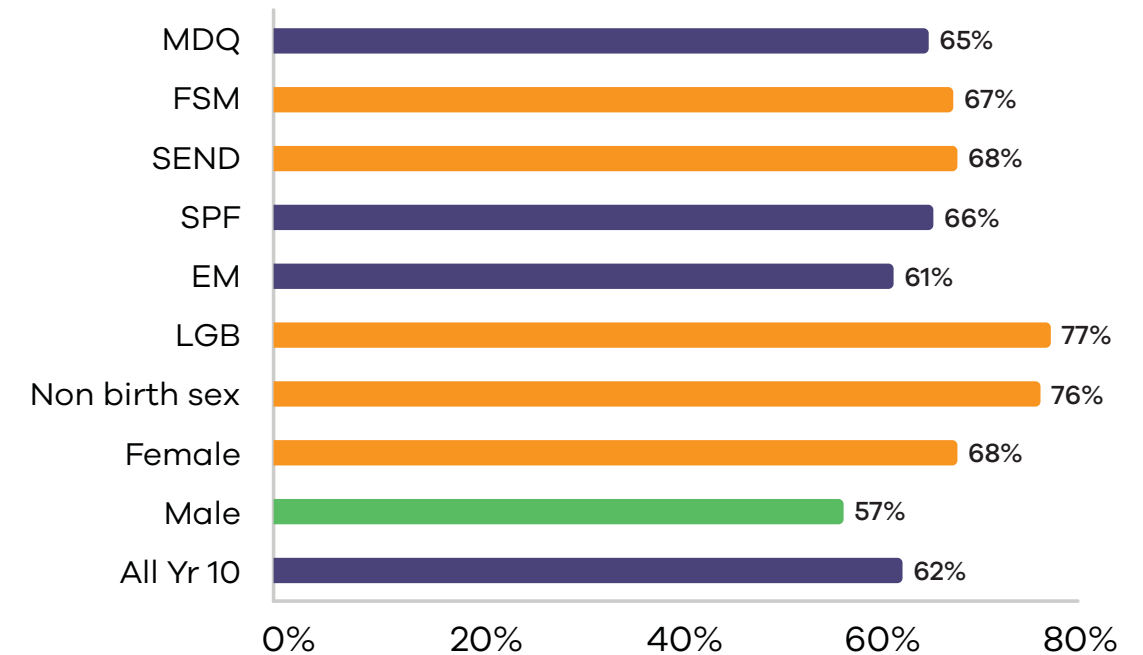
Unhappy with weight

Year 10 pupils who said they were unhappy with their weight were most likely to

- be lesbian, gay or bisexual (LGB)
- not identify as their birth sex (Non birth sex)
- be female

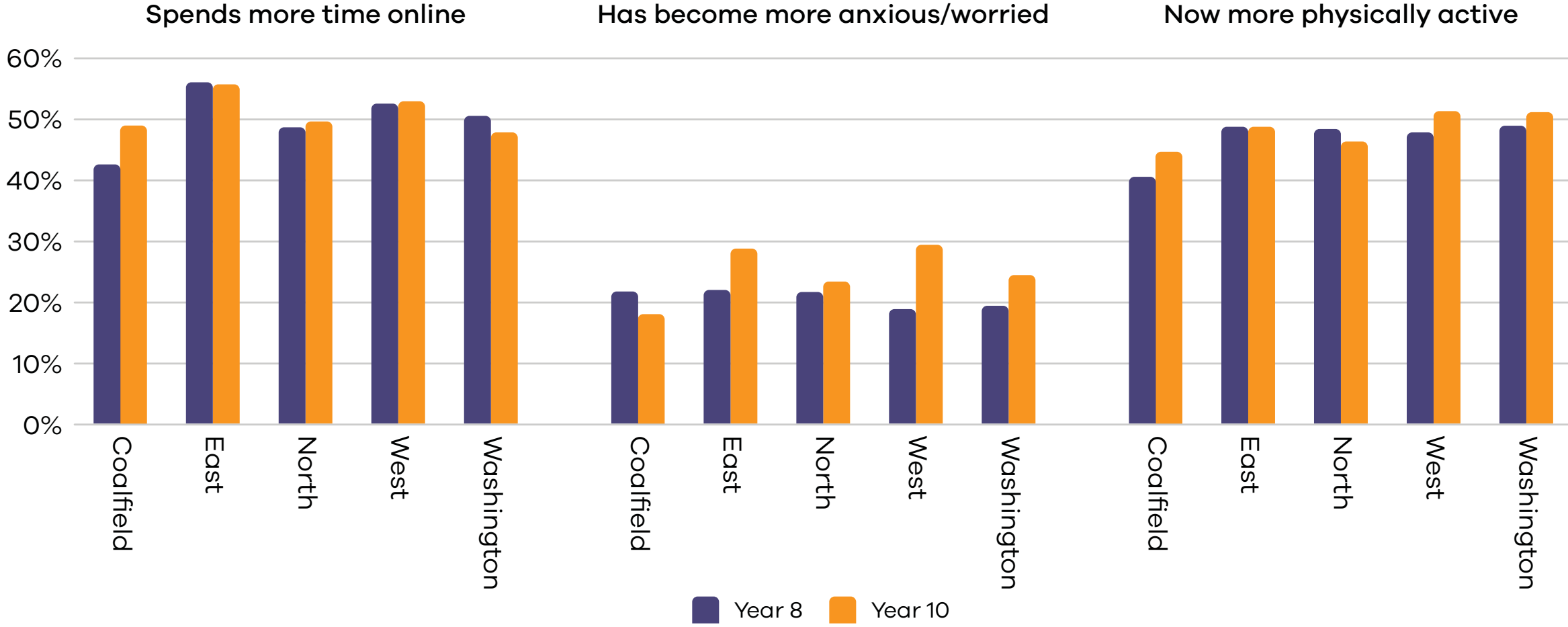
Unhappy with weight

(Primary HRB Survey 2023)



Pupil views of life since Covid-19 - Secondary

(Secondary HRB Survey 2023)



Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)



Healthy eating

Healthy eating - Primary

Eating fruit

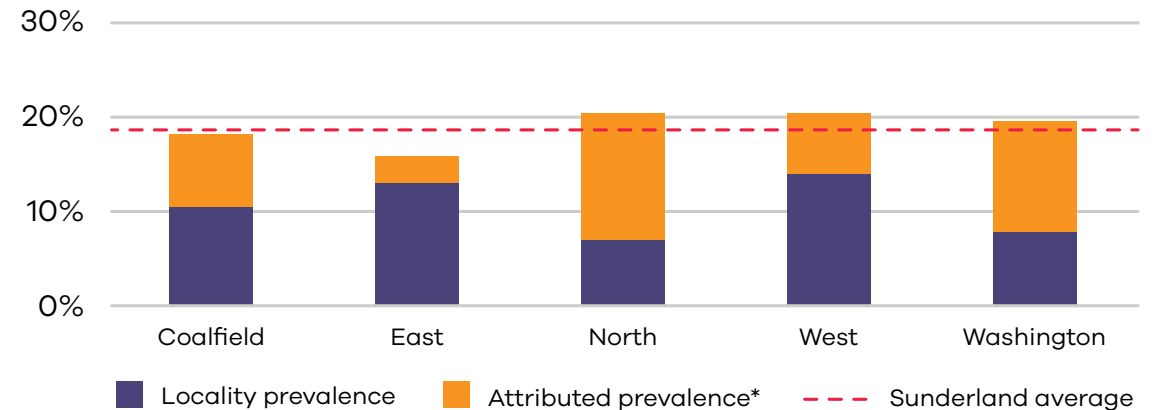
- Overall, 5+ portions of fruit and vegetables has dropped slightly in 2023 to 18% (20%).
- East, North and Washington (largest...2.6%) show reductions.

Eating vegetables

- Similarly, pupils who eat vegetables 'on most days' has slightly decreased to 30% (33%).

Healthy Eating: 5+ portions of fruit most days

(Primary HRB Survey 2023 and Sunderland Public Health local analysis)



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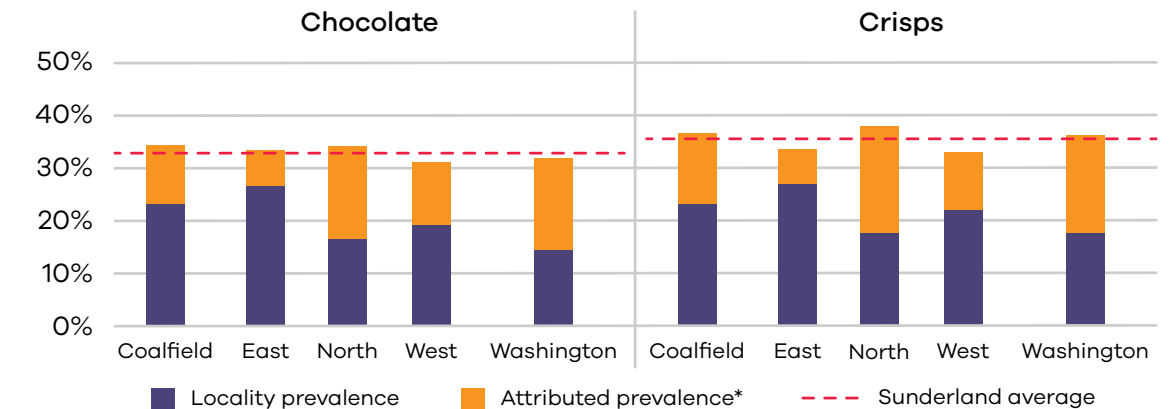
Unhealthy eating - Primary

Unhealthy eating

- There is a positive reduction in chocolate/sweets consumption at 32% (34%). All localities (except Washington +.5%) show a decrease.
- Consumption of crisps also slightly reduced to 35% (39%), with all localities showing a decrease.

Unhealthy Eating: Chocolate and crisps

(Primary HRB Survey 2023 and Sunderland Public Health local analysis)



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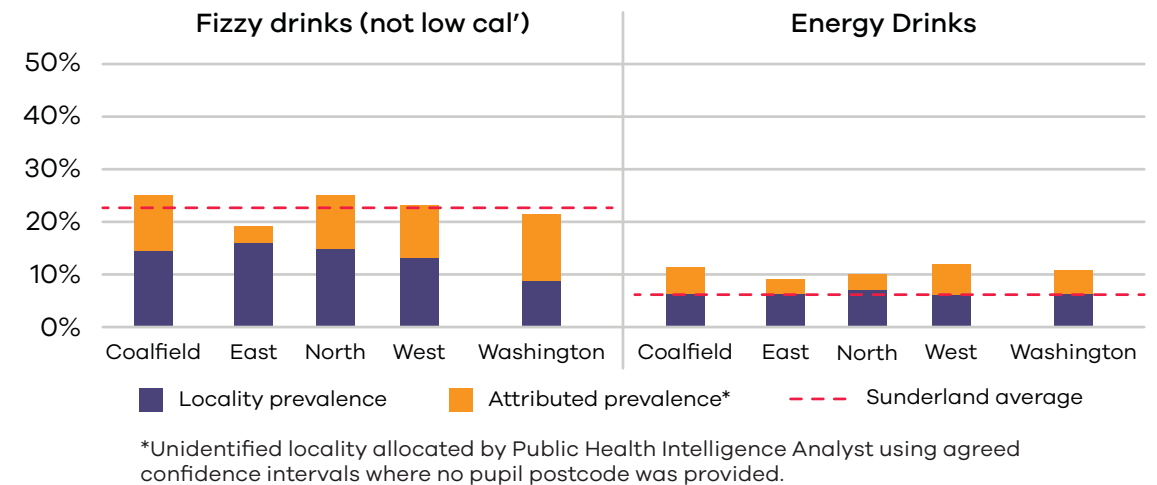
Unhealthy drinks - Primary

Unhealthy drinks

- Drinking fizzy drinks (not low calorie) slightly increased by 1%,(22% to 23%). All localities except the East show an increase.
- This year, we asked primary pupils about energy drinks (Red Bull, Lucozade Energy etc.).
- The proportion of primary and secondary pupils drinking energy drinks 'on most days' increases across age groups: 10% of primary pupils drink energy drinks compared with 14% in the secondary phase.

Unhealthy Eating: Fizzy and energy drinks

(Primary HRB Survey 2023 and Sunderland Public Health local analysis)



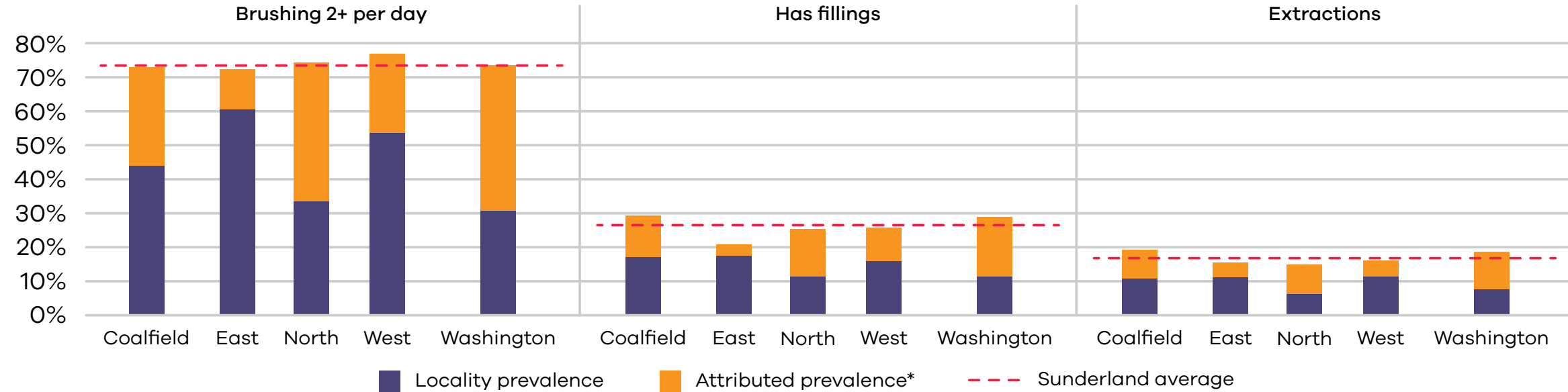
Dental Hygiene - Primary

- Most pupils continue to brush their teeth 2+ times a day. (stable at 75%).
- No significant differences at locality level, but all improved slightly since 2021. Except for the East which shows a 6% reduction.

Dental Hygiene - Primary

Dental Hygiene - brushing, fillings and extractions

(Primary HRB Survey 2023 and Sunderland Public Health local analysis)



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Healthy/unhealthy eating - Secondary

Healthy eating

- Secondary pupils are less likely to say that they ate 5+ portions of fruit and vegetables the day before the survey 13% (14%) compared with primary aged pupils (18%).
- At a locality level there was little variation, between 13.2% to 15.1%.

Inequalities

- Eating five portions of fruit and vegetables was lower for those pupils in receipt of Free School Meals (FSM), with an average of 11.8% (Sunderland level).
- For year 10 pupils, pupils were less likely to say they eat vegetables 'on most days' if they lived in the most deprived quintile, have FSM, or come from single parent families.

Healthy/unhealthy eating - Secondary

Unhealthy eating/drinking

- 30% (29%) of pupils have sweets and chocolates 'on most days', with 27% (32%) eating crisps 'on most days'.
- Consumption of fizzy drinks and chocolate and crisps was not significantly different between localities.

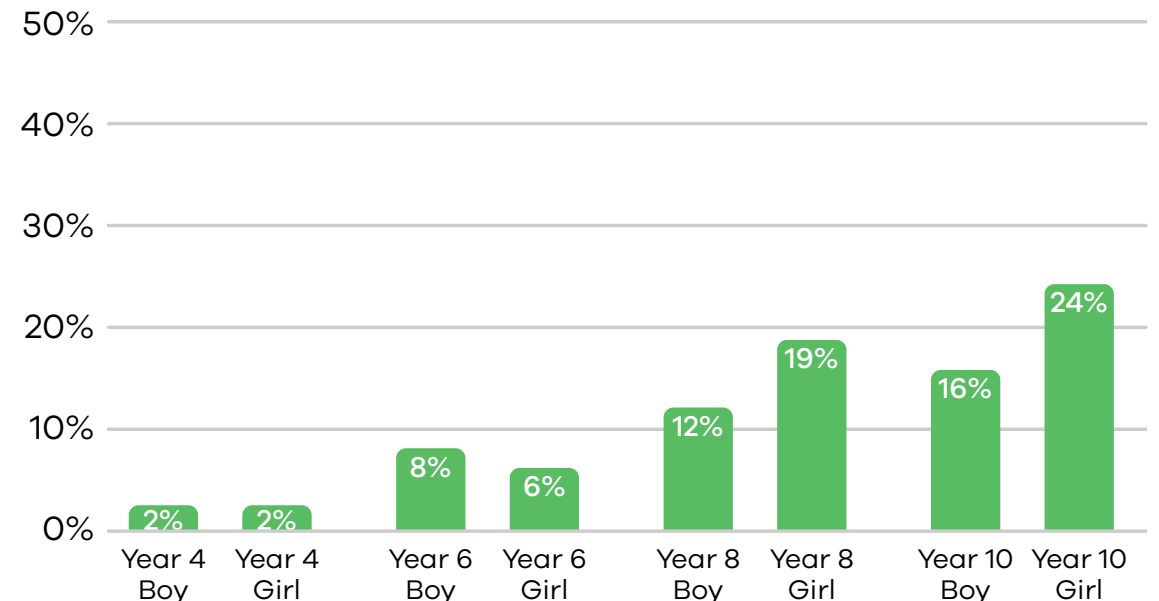
Correlations with weight - Primary and Secondary

How many of our children and young people skip breakfast?

- 95% of primary pupils and 82.5% of secondary pupils had something to eat or drink for breakfast.
- Yet, there is an upward trend in the total number of Sunderland pupils who report having 'nothing at all' for breakfast, which negatively increases with age.

Nothing to eat or drink

(Primary and Secondary HRB Survey 2023)



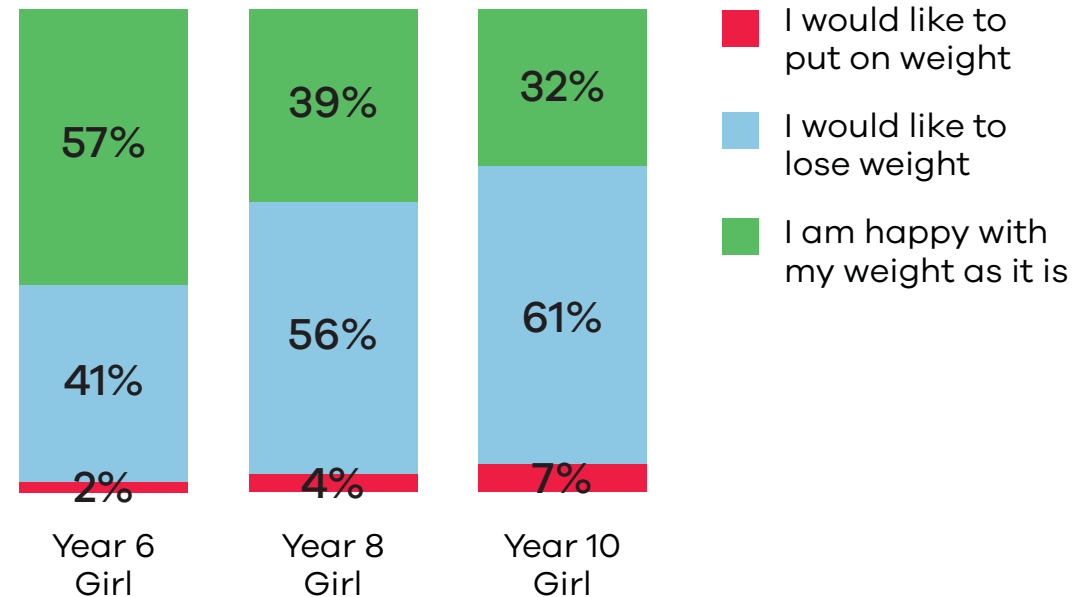
Correlations with weight - Primary and Secondary

A correlation with attitudes to weight

- 24% (23%) of Year 10 girls had nothing to eat or drink for breakfast on the day of the survey.
- It is interesting that, with age, girls increasingly agree with the statement 'I would like to lose weight'. 61% (65%) of Year 10 girls say that they would like to lose weight.
- 23% (18%) of Year 10 girls also reported having no lunch on the day before the survey.

What statement describes you best?

(Primary and Secondary HRB Survey 2023)





Life at school

Views and opinions (emotional) - Primary

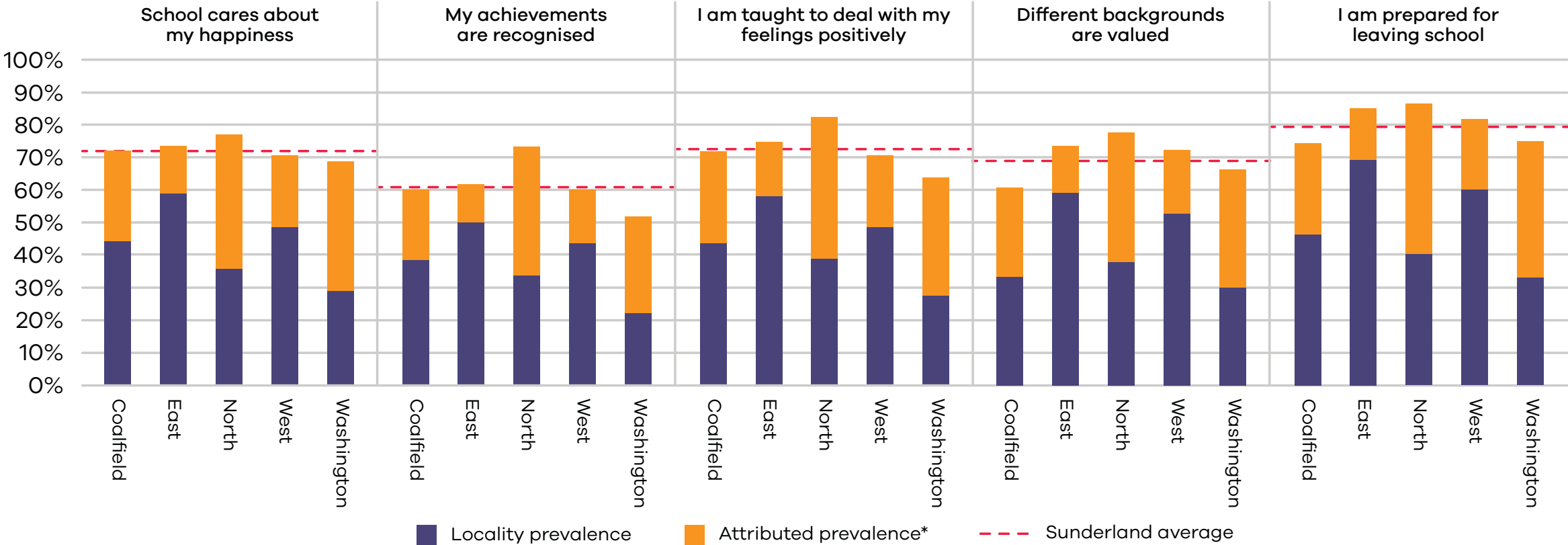
Emotional - school-based questions

- Overall, the school caring about happiness has dropped slightly to 71% (75%).
 - Achievements recognised is similar at 59% (57%).
 - Dealing with feelings positively has seen a small reduction to 71% (74%).
 - Different backgrounds valued has increased slightly to 67% (64%).
 - Prepared for leaving school has increased slightly to 78% (76%).
- At locality level, the North consistently has the highest percentages of satisfaction for these 4 questions.
 - Washington is consistently below the Sunderland average for each question.

Views and opinions (emotional) - Primary

Emotional - school based questions

(Primary HRB Survey 2023 and Sunderland Public Health local analysis)



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Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)

Views and opinions (practical) - Primary

Practical - school-based questions

Overall, pupils who said their work is marked so they can see how to improve it dropped slightly to 88% (91%).

Reaching targets is similar at 70% (72%).

Working as part of a team remains unchanged at 76% (76%).

Contributing to community events remains unchanged at 61% (61%).

Encouraged to make decisions has increased slightly to 76% (74%).

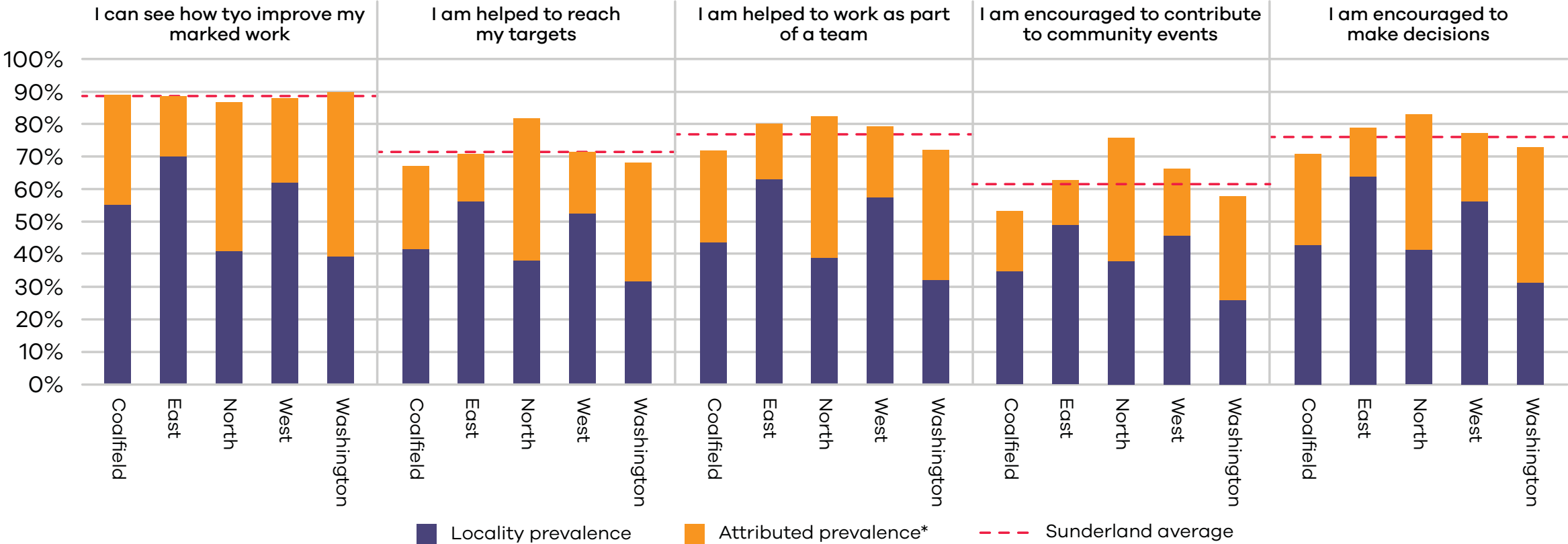
At locality level, the North has the highest percentages of satisfaction for these 4 questions.

Washington and Coalfield have 4 out of 5 questions where their percentages of satisfaction are below the Sunderland averages.

Views and opinions (practical) - Primary

Practical - school based questions

(Primary HRB Survey 2023 and Sunderland Public Health local analysis)



*Unidentified locality allocated by Public Health Intelligence Analyst using agreed confidence intervals where no pupil postcode was provided.

Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)

Feeling listened to in school - Primary and Secondary

Primary pupils

Overall, three quarters 76% - of primary pupils said their teachers listened to them at school, but this decreased slightly from 80% in 2021.

There was also a small reduction in each of the Sunderland localities.

Coalfield pupils also stated they were listened to by trained pupils and school/class council slightly less than the Sunderland average, and less than their locality counterparts.

Secondary pupils

Just short of one quarter 23% - of secondary pupils said that they felt their views and opinions were listened to in school.

There were no significant differences by locality.

After school activities - Primary

The main changes in after school activity preferences are an increase of 5% in those listening to music, and an 8% increase in playing sports.

The other areas show little movement between 2021 and 2023.

At locality level, only the East (at 57%) does not have computer use feature in its top five prevalent after school activities.

The East was also the lowest for computer use between all localities in the 2021 survey at 61%.

With computer and internet use high, it is prudent to note that, overall, 20% (19%) of primary pupils said they were bullied through their phone. This is more prevalent in girls (22%) than boys (17%).

Comparatively, overall, 9% (11%) said they were bullied through email/internet at 11% boys vs. 8% girls.

After school activities - Primary

(Primary HRB Survey 2023)

Six most prevalent after school activities	2023	2021
Internet use	67%	68%
Computer use	64%	64%
Watching TV	65%	63%
Playing with friends	62%	61%
Listening to music	60%	55%
Playing Sports	57%	49%



Physical activity

Leisure time - Primary

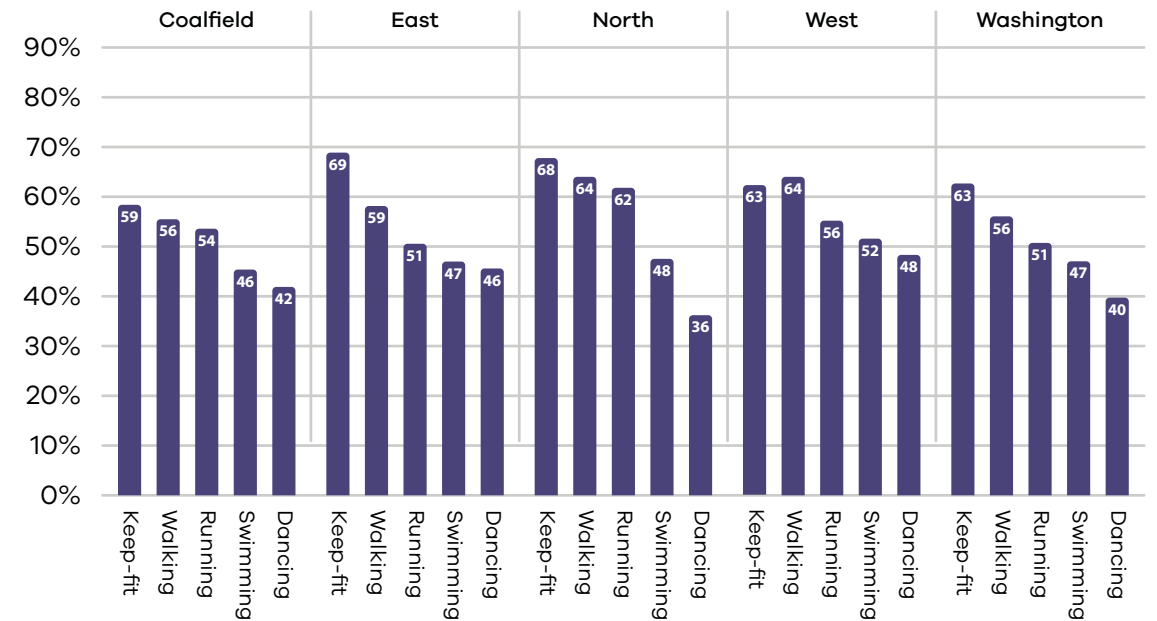
By gender (five highest per Locality)

Girls:

- All localities show the same five leisure activities as their most prevalent activities.
- It is interesting that football does not feature anywhere in the top 5 five girls (considering the recent world cup and other TV coverage of the women's game).

Physical activity - leisure activities (Girls)

(Primary HRB Survey 2023 and Sunderland Public Health local analysis)



Leisure time - Primary

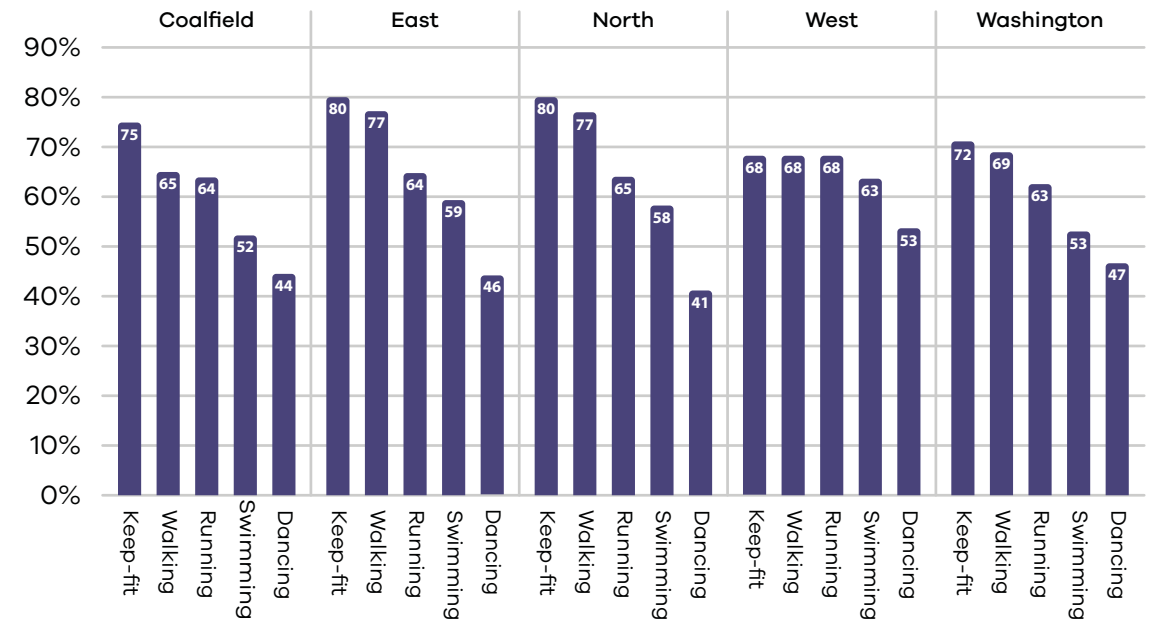
By gender (five highest per Locality)

Boys:

- Football, Running and Keepfit feature as the three highest leisure activities in each locality.
- Dancing features in all localities for girls but in none for boys.

Physical activity - leisure activities (Boys)

(Primary HRB Survey 2023 and Sunderland Public Health local analysis)



Physical activity - Primary

Since the last survey (2021)...

There is a significant increase in the number of primary pupils;

- who think they are 'fit' or 'very fit' 65% (59%)
- going swimming at least 'once a week' 43% (24%)
- who at least 'sometimes' spend time playing ball games like football or netball during school playtimes/dinner times 72% (64%)
- who spent time playing sport or other physical activity after school on the day before the survey 57% (49%)

Overall, pupils enjoying physical activities (quite a lot/a lot) remained around the same at 82% (81%).

Physical activity and gender - Primary and Secondary

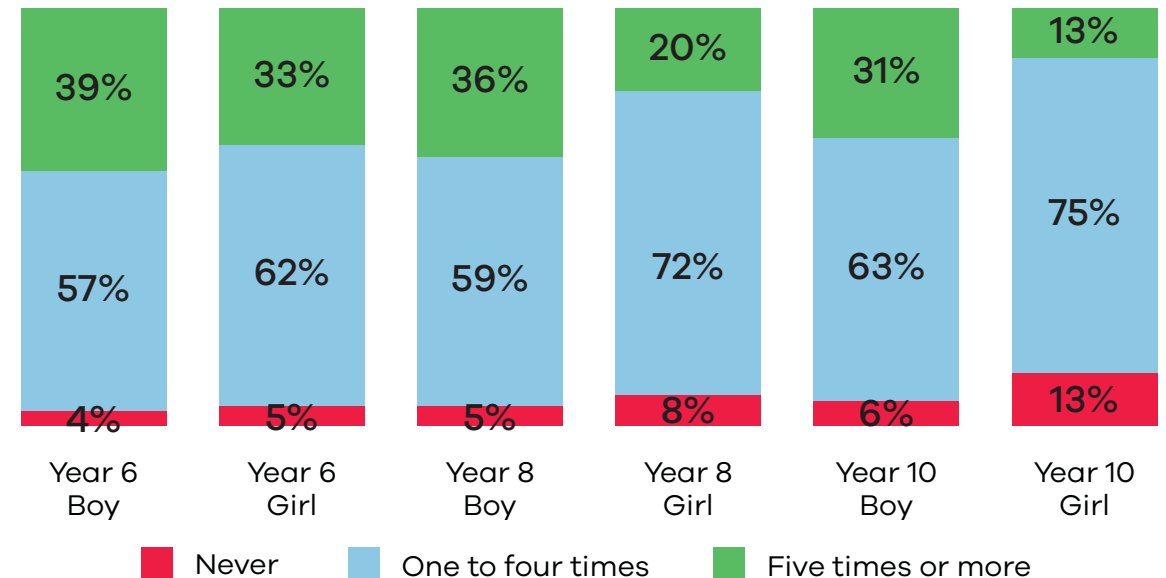
A clear gender difference becomes apparent across the age ranges, as pupils get older.

- 37% (38%) of primary pupils said that they exercised hard at least 5 times in the week before the survey.
- Whereas only 25% (22%) of secondary pupils said the same.

Within these figures, the boys were more active than the girls across year groups - see graph.

How many times last week did you exercise enough to make you breath harder and faster?

(Primary and Secondary HRB Survey 2023)



Physical activity and gender - Primary and Secondary

Fewer girls also said that they 'enjoy' physical activities.

- Primary - boys 86% vs. girls 78%
- Secondary - boys 81% vs. girls 53%

A comparative view of girl's figures in 2023 (2021):

Year 6 - 33% (30%)

Year 8 - 20% (18%)

Year 10 - 13% (14%)

Physical activity - Secondary

More secondary pupils 61% (58%) exercised enough to breathe harder and faster in the week before the survey.

The top two reasons given by secondary pupils for doing physical activity was 'to be fit' 51% (51%) and 'because it is fun' 51% (48%).

Levels of physical activity were similar across all Sunderland locality.

Gender differences

However, in all Sunderland localities physical activity levels were higher in secondary males (33.7%) than secondary females (16.2%)

The top reasons for staying physically active also differed by gender:

- Top reason for males: 'because its fun' 61.7% (females 41.0%)
- Top reason for females: 'to stay physically fit' 43.3% (males 59.1%)

Interestingly, 'to improve physical appearance' was higher for females (40.4%) than males (38.2%).

Travel to school - Primary

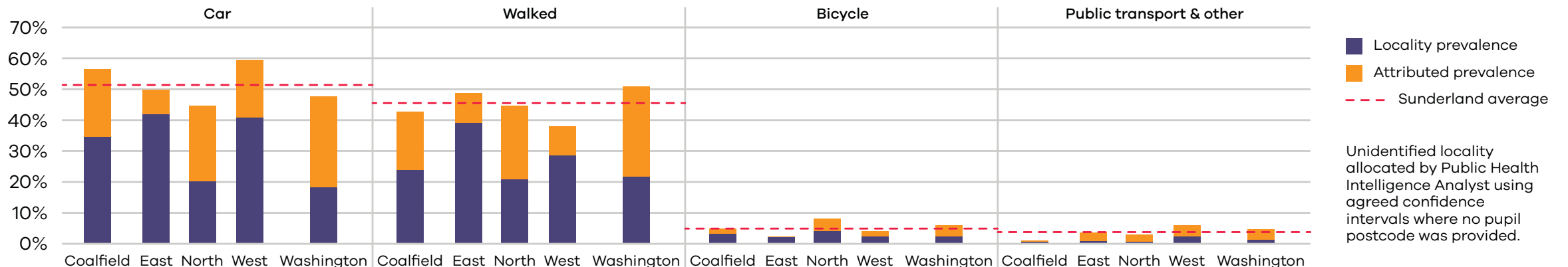
A combination of 'walking or scootering' and by 'bicycle' averaged 49% for Sunderland.

This is 10% lower than the latest England average (Active Lives Survey 2021–22) at 59%.

Interestingly, 79% (84%) of primary pupils reported owning a bike.

In Sunderland, car/van travel to school was 54%, whereas the latest England average (Active Lives Survey 2021–22) for car travel was 41%.

When travelling to school Sunderland's primary pupils rely more heavily on car/van transport, with fewer pupils than the England average walking to school.



Travel to school - Secondary

Variations in travel to school existed between localities.

Car/van Travel

- As with primary, travelling to school by car was popular, with 41.3% (38%) of secondary pupils travelling by car.
- This ranged from 37.5% in Washington to 45.4% in West.
- 39% (37%) of secondary boys and 45% (40%) of secondary girls travelled to school by car.

Travel by bus

- Overall, 2.5% of secondary pupils got the school bus.

- This varied by locality from 1.0% in East to 6.3% in Coalfield.
- Travel by 'Other bus' was 10.5% in Sunderland, highest in the West (12.8%) and Coalfield (12.7%).

Walking or scootering to school

- 50% (49%) of secondary boys and 42% (47%) of secondary girls walked/scooted to school on the day of the survey.
- At a locality level, walking/scootering was lowest in Coalfield (40.7%) and highest in North (52.1%)



Staying safe and bullying

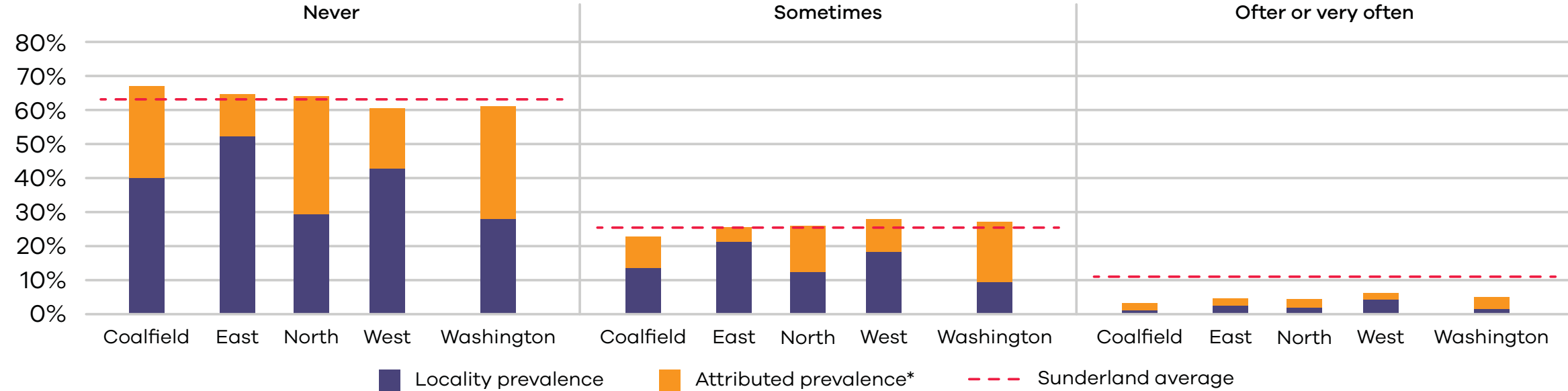
Bullying - Primary

- 27% (26%) of primary pupils said they had been bullied at or near school in the last 12 months.
- 26% (27%) said they were 'sometimes' afraid to go to school because of bullying.
- 11% (12%) said they were 'often' or 'very often' afraid to go to school because of bullying.
- Combined, this is 37%, or more than 1 in 3 afraid to go to school at least sometimes due to bullying.
- Bullying is highest in the West, with around 6.3% 'often' or 'very often' afraid, although this has reduced well from 15% in 2021.
- Overall, 84% (81%) of pupils said they would talk to their teacher if they were being bullied in school - a slight increase over 2021.

Bullying - Primary

Afraid to go to school because of bullying

(Primary HRB Survey 2023 and Sunderland Public Health local analysis)



*Unidentified locality allocated by Public Health Intelligence Analyst using agreed confidence intervals where no pupil postcode was provided.

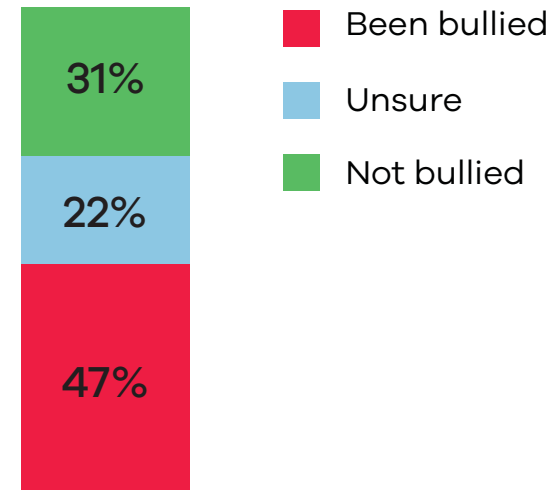
Correlations with self-esteem - Primary

Bullying has a correlation with low or mid low self-esteem

- 47% of the low/mid low self-esteem cohort stated that they had been bullied at or near school in the last 12 months
- with 22% of the low/mid low self-esteem cohort 'unsure'
- and 31% not having been bullied in the past 12 months

'Low/mid low' self-esteem cohort

(Primary HRB Survey 2023)



Correlations with self-esteem - Primary

63% of the low/mid low self-esteem cohort stated they were sometimes (40%), often (12%) or very often (11%) afraid to go to school because of bullying.

Compared to all pupils (regardless of self-esteem rating) this is around 26 percentage points higher. Or almost 2 in 3 compared to 1 in 3 (all pupils).

*Compare with the previous slide

Bullying - Secondary

53.5% of secondary pupils said they have NEVER been bullied.

- This ranged between 49.2% in Coalfield to 58.9% in North.

However, 37% (32%) of secondary pupils said they had been bullied at school in the last 12 months.

Overall, 8.1% said they were bullied 'most days' (Sunderland level).

- By locality, this figure was highest in Washington (9.6%) and lowest in Coalfield (6.7%).

There was a small but significant increase in secondary pupils who:

- have 'been teased/made fun of' in the month before the survey – 46% (43%)
- think they have been 'picked on or bullied' because of 'the way they look' – 39% (37%)

Relationship with attitudes to weight - Primary

Primary

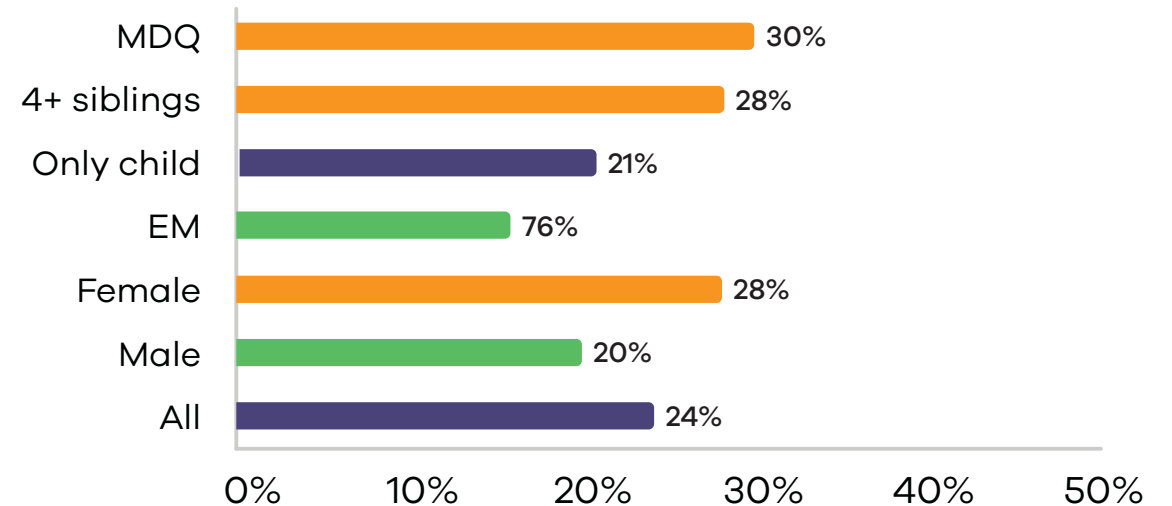
33% (30%) of primary pupils reported that they thought they were 'picked on or bullied' because of the way they looked.

22% (22%) of primary pupils said because of their 'size or weight'.

Year 6 pupils: girls and pupils from the most deprived quintiles were most likely to respond because of their 'size or weight'.

Have been bullied because of their size or weight

(Primary HRB Survey 2023)



See School Health Education Unit (SHEU) summary report for full view of social identity groups.

Relationship with attitudes to weight - Secondary

The belief that being 'picked on or bullied' was because of 'size or weight' increased with age.

28.5% of secondary pupils reporting they were bullied for these reasons.

The percentage that believed they were 'picked on or bullied' was lowest in Washington (25.5%) and highest in the West (31.1%).

Staying safe - Primary and Secondary

Primary

An increased number of primary school pupils - 30% (26%) - said that they had been approached by an adult that made them scared or upset.

Secondary

There was a positive decrease in the number of secondary pupils - 25% (31%) - who rated the safety of their area, when going out after dark, as 'poor' or 'very poor'.

Staying safe - Secondary

When comparing pupil's responses rating safety after dark as 'good' or 'very good';

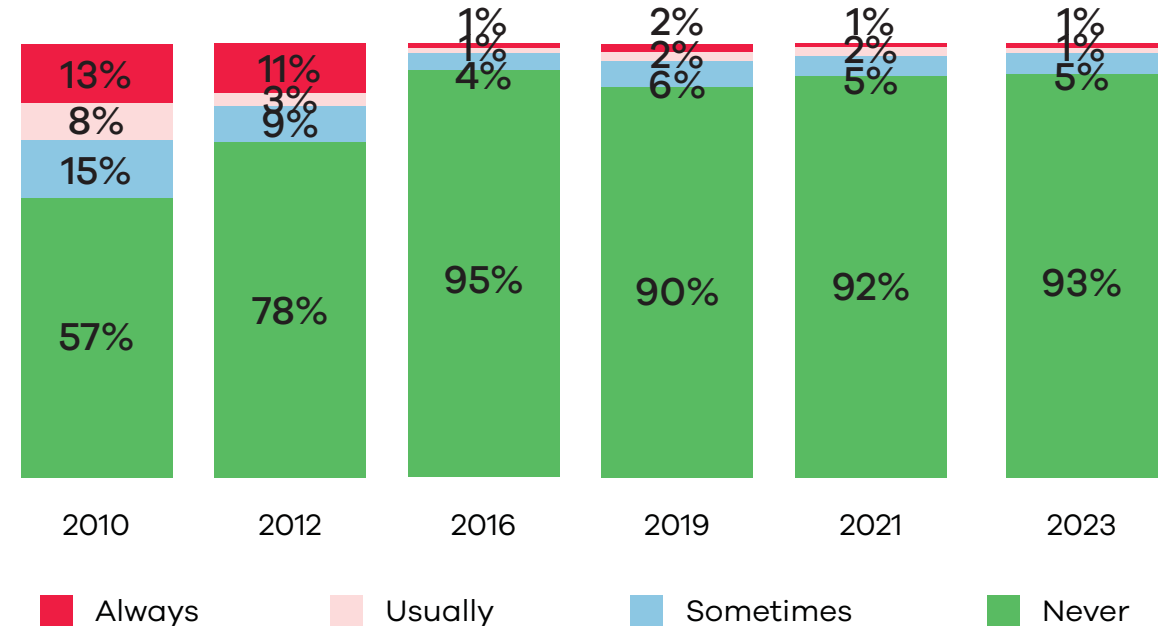
- Gender: Significantly lower for females (32.7%) than males (47.8%)
- Locality: Highest in North 40.6% and lowest in West (31.6%).
- Ethnicity: White (39.4%); higher for mixed (48.3%) and black (65.2%); lower for Asian (33.5%)

93.6% of secondary pupils NEVER carry a weapon for protection.

- This is higher for males (94.6%) than females (92.6%).

Do you carry weapons or anything else for protection when going out?

(Secondary HRB Survey 2023)



Pornography - Secondary

Viewing pornographic images (videos, pictures on-line/social media or in a magazine/photograph)

Overall, 11.7% reported they had viewed pornography.

This varied between 9.7% in North and 13.7% in East.

More males (13.2%) than females (10.2%) had viewed.

The percentage of those viewing increased with age;

- Year 8: 8.8% males, 8.4% females
- Year 10: 17.9% males, 12.0% females

Those who answered ' I saw it but it didn't upset me' were more likely to be male.

Online safety - Secondary

A small decrease in pupils who said that they have been told how to stay safe online 76% (81%).

Interestingly, only 52% of pupils said they always follow the advice they have been given.

19% (21%) of secondary pupils were asked to meet someone who they don't know in person. 6% (5%) of these pupils said they went on to meet up.

Year 10 girls: 34% (36%) were asked to meet someone and 11% (8%) went on to meet up.

Less secondary pupils:

- received a hurtful, nasty, or scary message or picture online 26% (28%)
- chat to other people who they don't know in real life 35% (39%)



Relationships and sex education - Secondary pupils only

Gender identity - Secondary

We asked secondary pupils how they would describe their gender.

Over 95% of all localities still identified as their birth gender (male or female), with a 96.2% Sunderland average*.

At Sunderland level

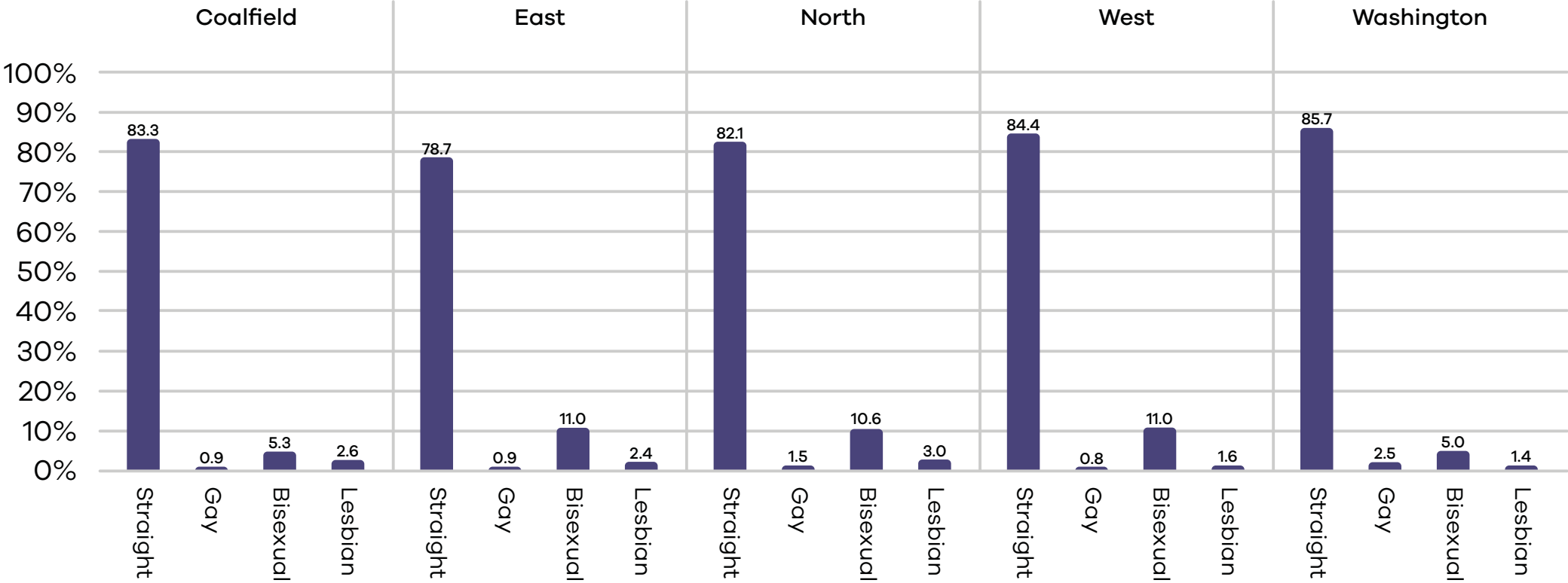
- 'Non-binary' was the highest other identity with 13 pupils (0.7%)
- 'Transgender' was the second highest other identity with 10 pupils (0.6%)

* 40 secondary pupils didn't select male or female when asked for their birth gender.

Sexual orientation - Secondary (Year 10)

Which of the following describes how you think about yourself?

(Secondary HRB Survey 2023 and Sunderland Public Health local analysis)



Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)

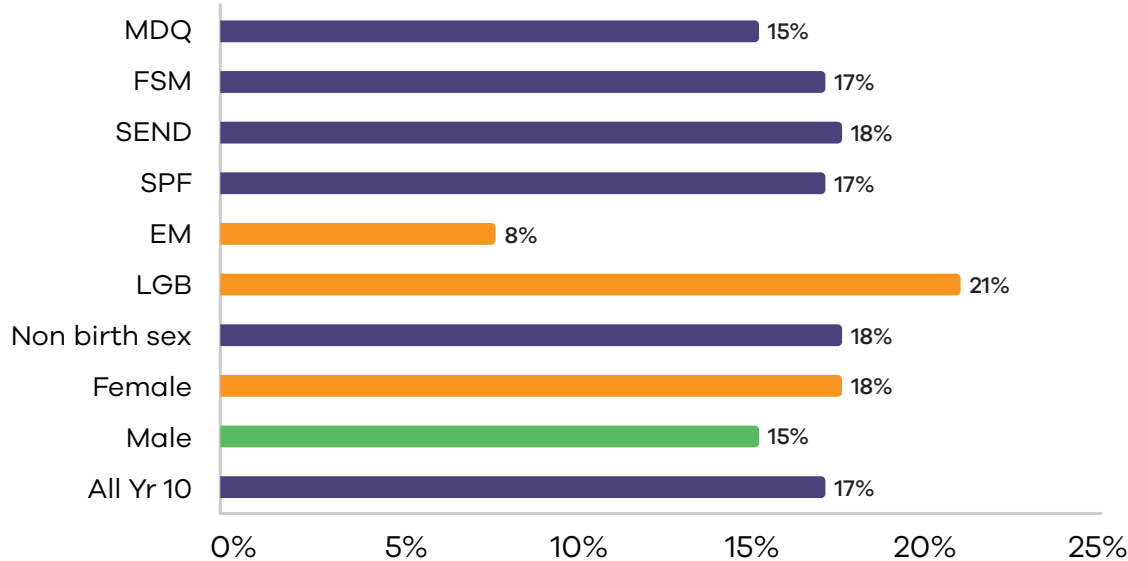
Sexual orientation - Secondary (Year 10)

Year 10 pupils who have had sex are more likely to be Lesbian, Gay or Bisexual (LGB), or female.

They are less likely to be male or from an ethnic minority.

Have had sex

(Secondary HRB Survey 2023)



See School Health Education Unit (SHEU) summary report for full view of social identity groups.

Sources of information - Secondary

More pupils 37% (31%) said they found lessons about sex and relationships education 'quite' or 'very' useful.

When asking pupils their main source of information about relationships and sexual health.

There is then a wide gulf between the top four sources and other sources of information.

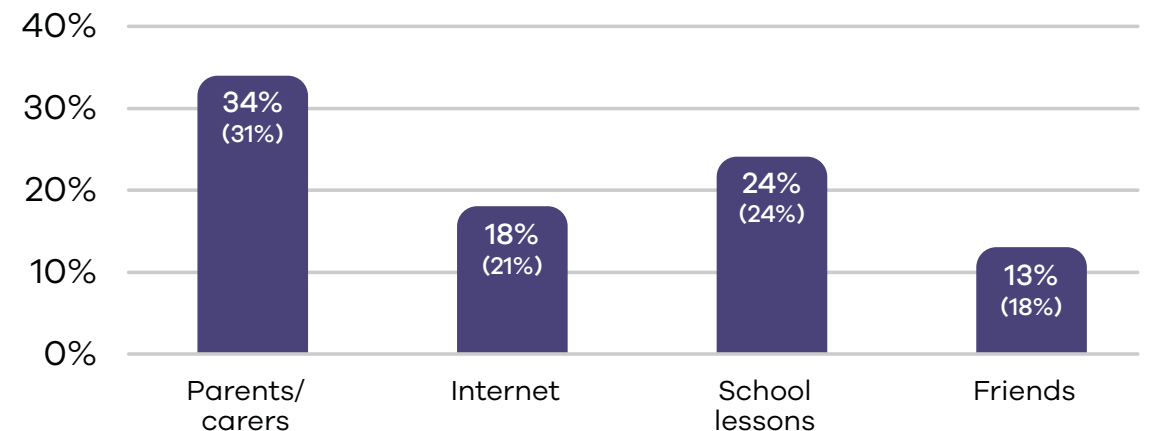
In Year 8, there is much less reliance on 'the Internet', and more reliance on 'parents/carers'.

Interestingly, 24% (28%) of Year 10 boys said the Internet was their main source.

Gender identity did not appear to influence pupil's key sources for sexual information.

Sources of information

(Secondary HRB Survey 2023)



Sources of information - Secondary

By locality

All localities in Year 8 stated their 'parent/carers' were the main source of information.

All localities in Year 10 also stated their 'parent/carers' were the main source of information (except Sunderland West, where 'the Internet' was the main source, followed by 'parents/carers').

A correlation between sources of information and pupil's relationships - Secondary

Overall, 31% (28%) told us they have experienced at least one negative behaviour in a relationship (past or current).

We looked at the four highest sources of information (previous slide) alongside pupils who experienced behaviours.

Most disruptive source

Those who associate with people who get their information from 'friends' is the most disruptive, with 21.7% of all localities experiencing at least one negative behaviour and stating the 'friends' source.

Within 'friends', the North had the highest percentage 28% of pupils experiencing at least one negative behaviour.

Within 'friends', the North also held the highest percentages by behaviour type for:

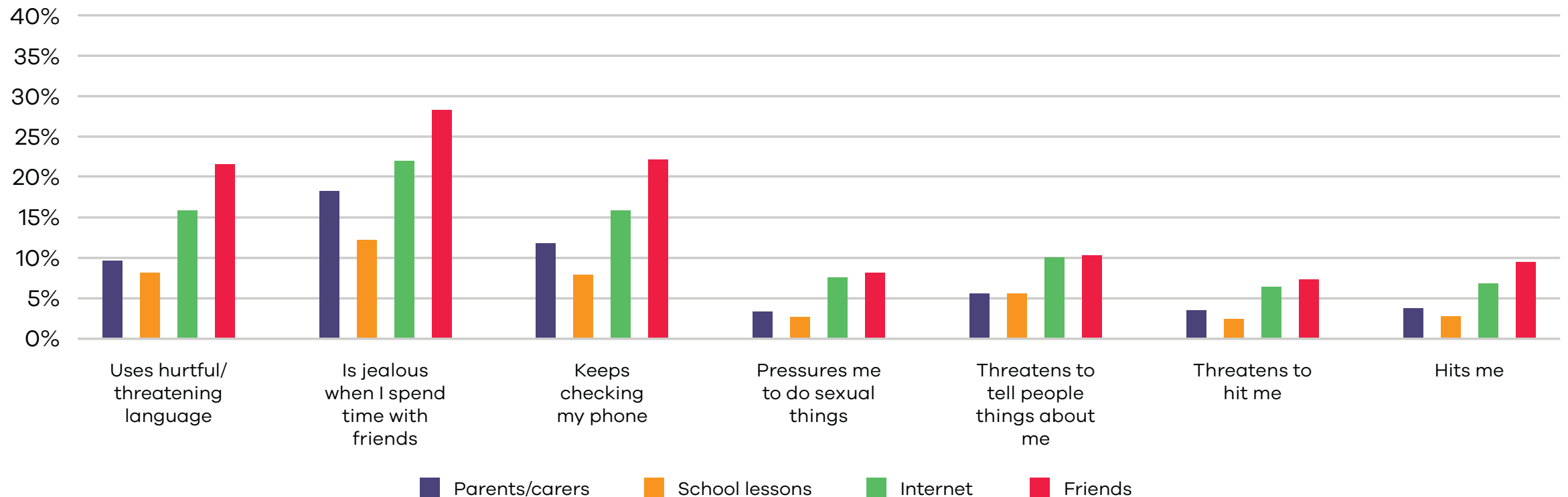
- 'was angry or jealous when I wanted to spend time with friends' 39%
- 'kept checking my phone' 28%

At Sunderland level, 'school lessons' were the least disruptive source. The North is also the best for this. Therefore, there seems to be a wide divide within the North for getting reliable information.

A correlation between sources of information and pupil's relationships - Secondary

Sources of Information, and partners behaviours within relationships

(Secondary HRB Survey 2023 and Sunderland Public Health local analysis)



Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)

Attitudes to sexual behaviour - Secondary (Year 10)

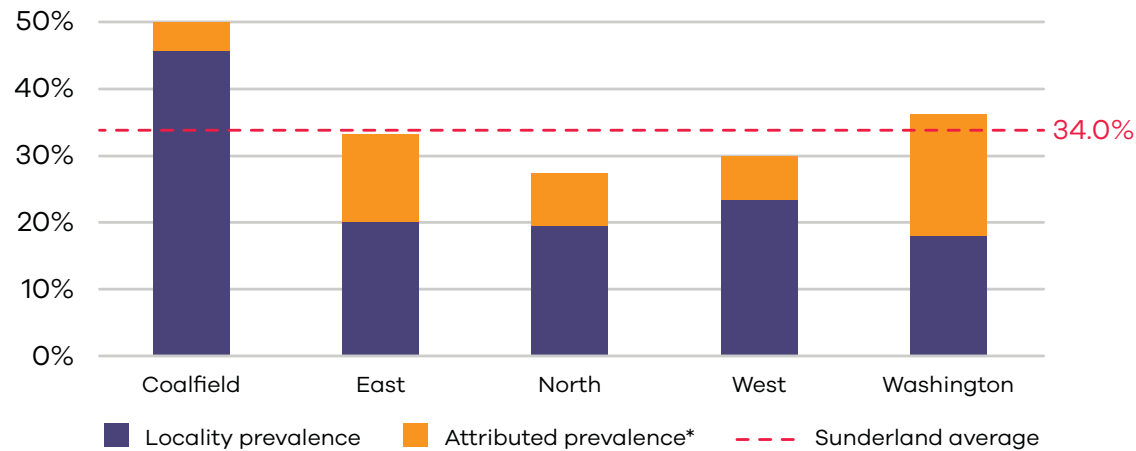
“Young people should wait until they are 16 before having sex”

- Overall, 33% (31%) of year 10 pupils agreed while 23% (25%) disagreed with this.
- Of those who have had sexual intercourse, agreement that someone should wait until they were 16 years old before having sex was much lower than the Sunderland average. Of this group, only 4.7% 'agreed'/'strongly agreed' and this was particularly low in Coalfields.

Attitudes to sexual behaviour - Secondary (Year 10)

Pupils who said they think they should wait until over 16 before having sexual intercourse

(Secondary HRB Survey 2023 and Sunderland Public Health local analysis)



*Unidentified locality allocated by Public Health Intelligence Analyst using agreed confidence intervals where no pupil postcode was provided.

Approximately around a third of Year 10 pupils think they should wait until they are over 16 before they have sexual intercourse.

The figure is the highest in Coalfields at 50.2% and the lowest in the North at 27.3%.

Attitudes to sexual behaviour - Secondary (Year 10)

“Someone should wait until they were in a steady relationship before having sex”

- Of those who have had sexual intercourse, 46.5% 'agreed'/'strongly agreed'. Surprisingly this was highest in Coalfields, and lowest in the North.
- Overall, this is lower than the overall Sunderland average of 63.2% (see below).

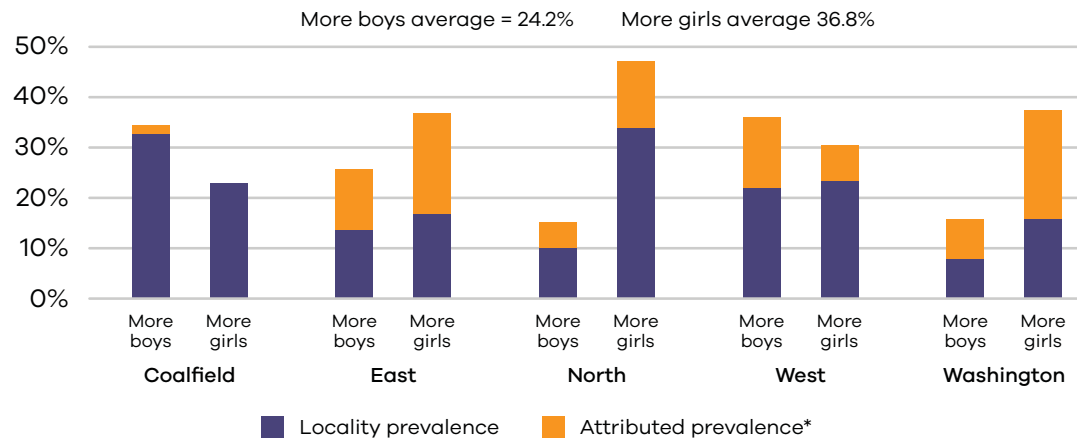
Analysis of these two questions seems to indicate that;

- The majority of pupils in Coalfields think it's okay to have sex if you are in a steady relationship even if under 16.
- Whereas, in the North pupils think it's okay to have sex providing you are over 16, although not necessarily in a steady relationship.

Assumptions of sexual behaviour - Secondary (Year 10)

Pupils who thought boys/girls have had sexual intercourse

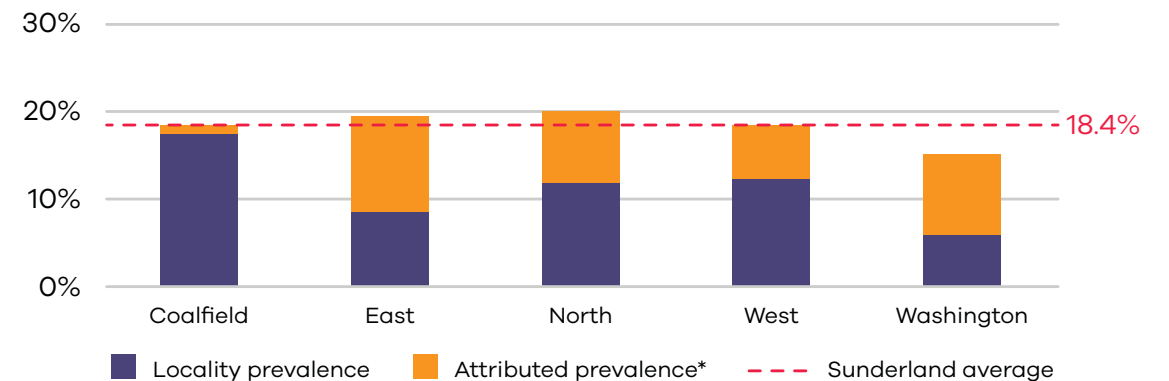
(Secondary HRB Survey 2023)



*Unidentified locality allocated by Public Health Intelligence Analyst using agreed confidence intervals where no pupil postcode was provided.

Have had sexual intercourse

(Secondary HRB Survey 2023)



*Unidentified locality allocated by Public Health Intelligence Analyst using agreed confidence intervals where no pupil postcode was provided.

Attitudes towards sex - Secondary (Year 10)

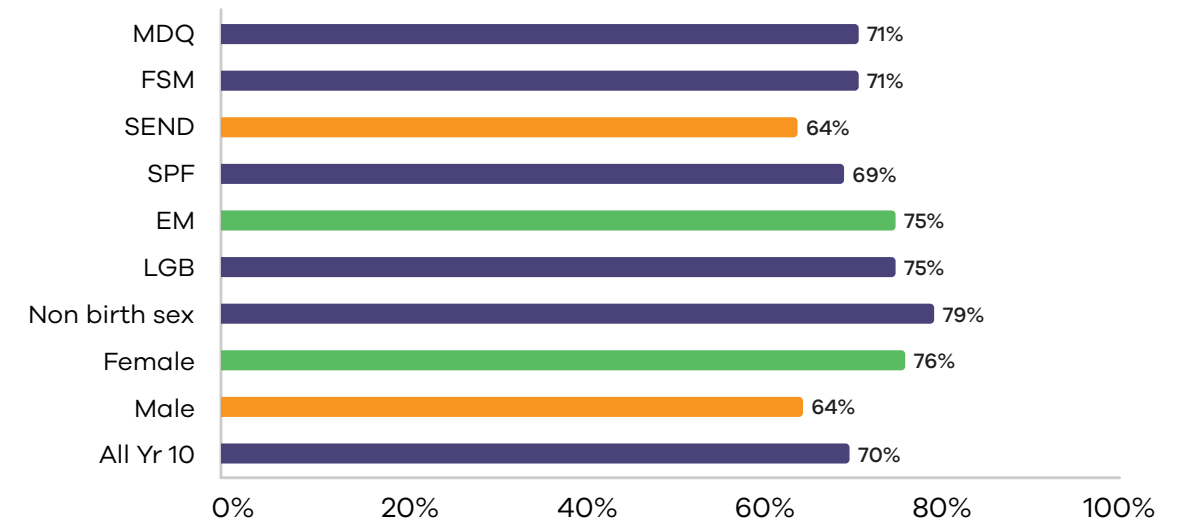
61% (67%) agreed that if a girl is on the pill, a condom should still be used for sexual intercourse.

64% (67%) of Year 10 boys and 76% (80%) of Year 10 girls agreed that a condom should always be used for sexual intercourse to protect against sexually transmitted infections.

Year 10 pupils were least likely to say a condom should always be used for sex if they were male or had special educational needs or disabilities (SEND).

Agree that a condom should always be used for sexual intercourse to protect against STI's

(Secondary HRB Survey 2023)



See School Health Education Unit (SHEU) summary report for full view of social identity groups.

Condom use and sexual behaviour - Secondary (Year 10)

Differences in localities

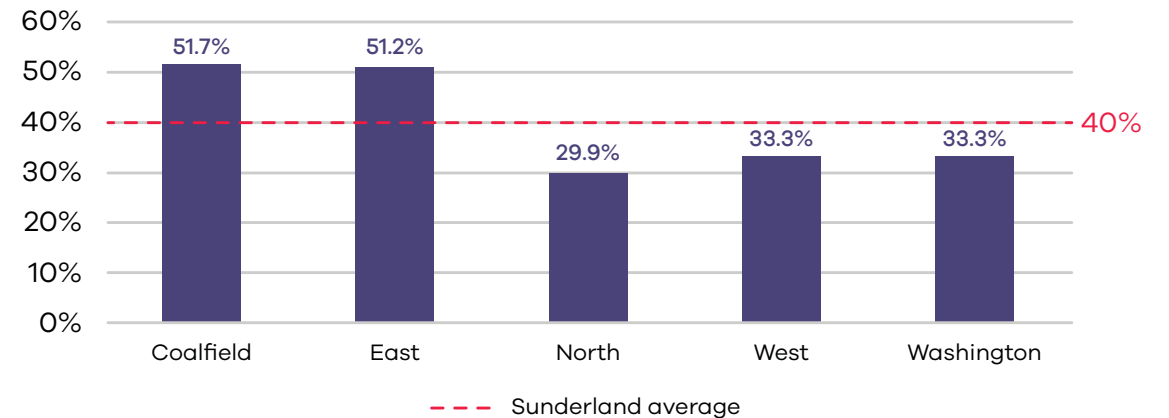
The North has the highest locality percent of Year 10 pupils having had intercourse (20.2%, or one in five).

But, the North also has the lowest percent of pupils (who have had intercourse) using a condom (only 29.9% compared to the Sunderland average of 40%).

Comparatively, in Washington, 15.3% had intercourse, and 33% had used a condom (every time or sometimes).

Pupils that used a condom (every time or sometimes)

(Secondary HRB Survey 2023 and Sunderland Public Health local analysis)



*Unidentified locality allocated by Public Health Intelligence Analyst using agreed confidence intervals where no pupil postcode was provided.

Knowledge of the C-Card scheme - Secondary (non-Catholic schools)

Overall, 51% (44%) of secondary pupils have heard of the C-Card Scheme.

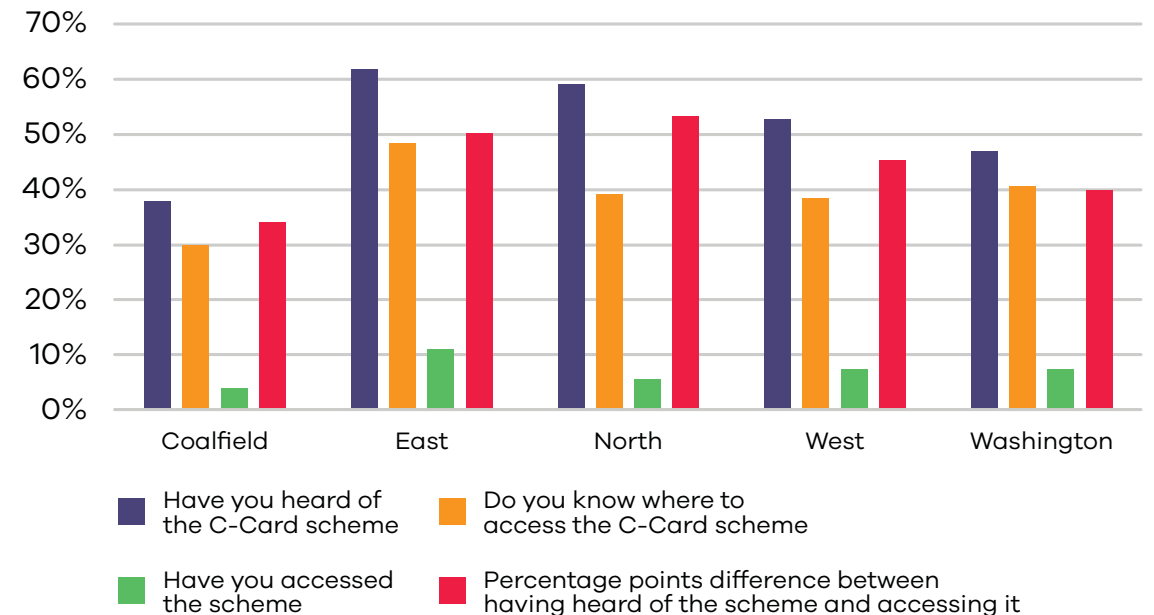
- This increased to 79% (67%) of Year 10 pupils having heard of the scheme.
- The least awareness of the scheme is in Coalfields, this could account for the least take-up across localities.

When asking secondary pupils if they knew where to get condoms free of charge.

- Overall, 40% (30%) said yes - they knew.
- This increased to 60% (41%) for Year 10 pupils.

Knowledge of the C-Card Scheme (Y8 & Y10 Pupils)

(Secondary HRB Survey 2023 and Sunderland Public Health local analysis)



Access to the C-Card scheme - Secondary (non-Catholic schools)

The most common sources to access free condoms given by secondary pupils;

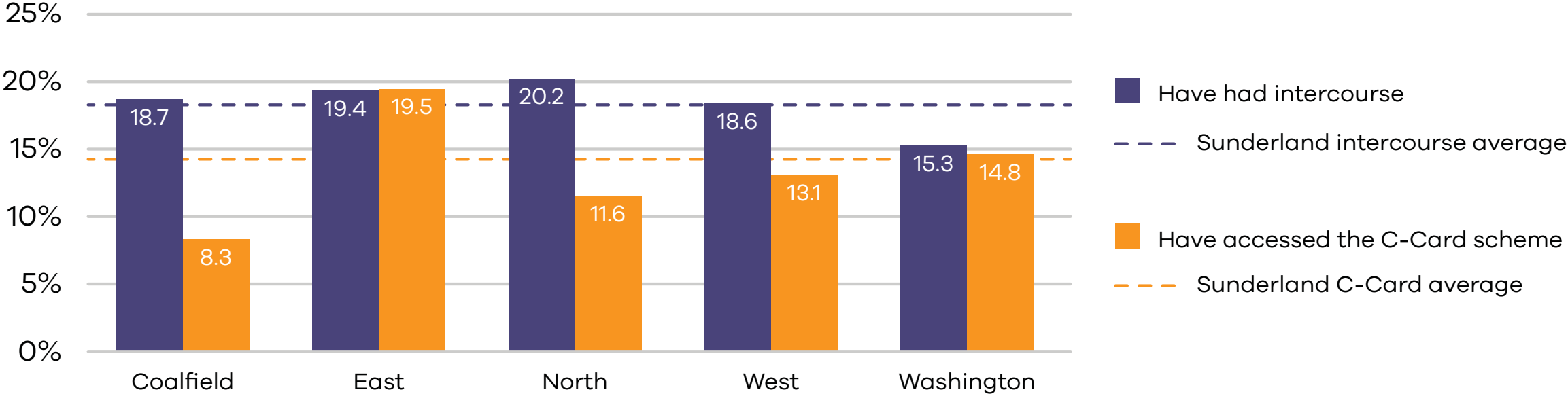
- Chemist/pharmacy: 39% of all sources mentioned
- School/College: 24%
- Doctors/Health Centre: 12%

Overall, 7% (5%) of secondary pupils said they accessed the C-Card scheme.

Use of the C-Card scheme and sexual behaviour - Secondary (Year 10)

Prevalence of Year 10 Secondary school pupils who have had sexual intercourse and those who have accessed the C-Card scheme

(Secondary HRB Survey 2023 and Sunderland Public Health local analysis)



Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)

Use of the C-Card scheme and sexual behaviour - Secondary (Year 10)

Overall, 17% (15%) of Year 10 said they have had sexual intercourse, while 8% (8%) preferred not to answer.

Compared to 2021, all localities are now having more sexual intercourse and all localities are also accessing the C-Card scheme more.

More than twice the percentage told us they accessed the scheme in East (22.1%) compared to Coalfields (9.2%).

Compared to 2021, North and Washington C-Card use is more in line with those having had intercourse in their locality.

However, Coalfields is still not accessing the C-Card scheme in line with those who have had intercourse in that locality, with less than half accessing the scheme.

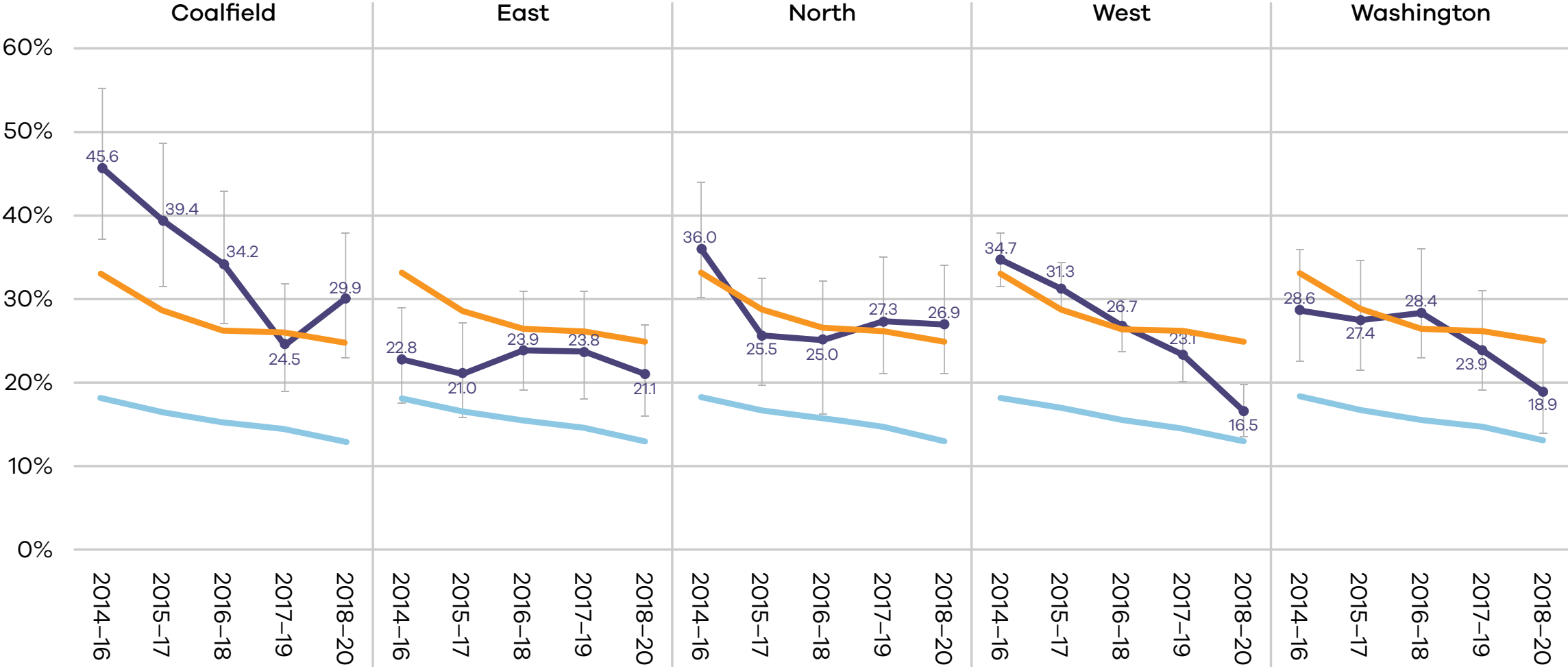
Use of the C-Card scheme and teenage conception - Secondary (Year 10)

Coalfields and the North have the lowest uptake of use of the C-Card scheme.

They also have the highest <18 conception rates for the 3-year pooled data period: 2018–2020.

<18 conception rates for the 3-year pooled data period: 2018-2020

(Primary HRB Survey 2023)



Note: (Conception data for 2019-2021 is due out in late autumn 2023)

Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)



**Sunderland
City Council**

**Sunderland Health Related
Behaviour Survey**