

Supporting the Health of Young People in South Tyneside

A summary report of the Health Related Behaviour Survey 2025

These results were collected from a sample of primary pupils aged 8 to 11 and secondary pupils aged 12 to 17 in South Tyneside during 2025. This work was commissioned by the Public Health Team in order to inform the development of the Health and Wellbeing Strategy and the Children's & Families Strategy for South Tyneside.

Teachers were supported with effective methods to enable collection of the most reliable data and then pupils completed an age-appropriate questionnaire.

Year 4 - 6 pupils completed the primary version of the

questionnaire and pupils in Years 8 - 12 completed the secondary version of the questionnaire. All were undertaken anonymously.

Schools were given the choice of using online or paper-based questionnaires.

A total of 4,968 pupils took part in 29 primary schools, 5 secondary schools and 3 specialist schools in South Tyneside.

Cross-phase links

Many of the questions in each version of the questionnaire are identical or very similar. Some of the results of these questions are presented on pages 14 and 15 of

this document, so that behaviour can be seen across the age range.

Inequalities

Pupils who belong to certain social groupings are recognised as having more negative outcomes against a wide range of indicators. We have done some analysis to see if the behaviours we see among young people in South Tyneside are different if they are to be found under one of these social identity headings. A selection of statistically significant findings are presented on pages 18 and 19 but a wider selection of topics and data are available.

4968 young people were involved in the survey:

School Year	Year 4	Year 5	Year 6	Year 8	Year 10	Year 12	Total
Age	8-9	9-10	10-11	12-13	14-15	16-17	
Boys	590	529	577	337	224	82	2524
Girls	571	474	542	375	216	95	2369
Total	1168*	1007*	1126*	733*	468*	182*	4968*

*72 pupils didn't select male or female.

A further 57 pupils in Year 9 completed the secondary survey. 227 pupils completed the SEND survey

2025/2022 Comparisons

The timing of the surveys across these two years give an insight into the period of time 'after the COVID-19 pandemic (2025)' and 'towards the end of COVID-19 restrictions' (2022).

Throughout pages 2 to 10 of this report, percentages for 2025 are compared with those from 2022, which follow in parentheses. On pages 5 and 10, a selection of items have been presented where there were significant differences observed for the overall South Tyneside responses between 2025 and 2022.

For more details please contact The Schools Health Education Unit Tel. (01392 667272).

Topics include

Background

Drugs, Alcohol, Smoking and Vaping

Emotional Health and Wellbeing

Healthy Eating

Physical Activity

Puberty and Growing Up

Safety

School

Relationships and sexual health



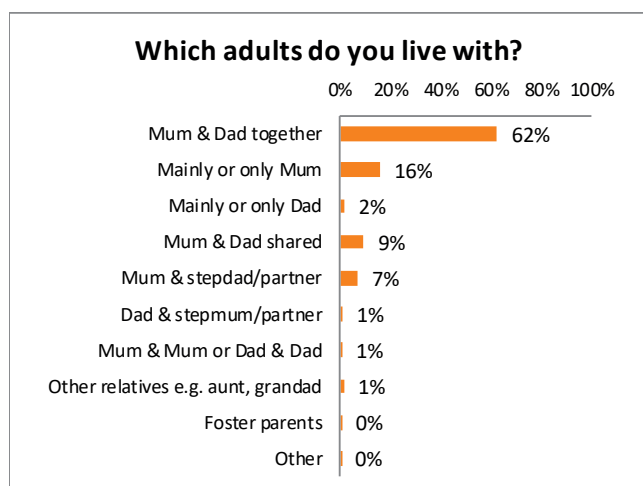
South Tyneside Council



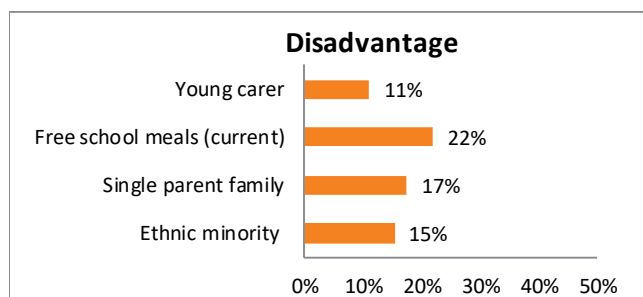
South Tyneside primary school pupils in Year 4, 5 and Year 6 (ages 8 - 11)

BACKGROUND

- 80% (84%) of pupils responded that they are White British. 6% (5%) described themselves as Asian, 3% (3%) as Mixed.
- 62% (59%) of pupils responded that they live with their Mum and Dad together.

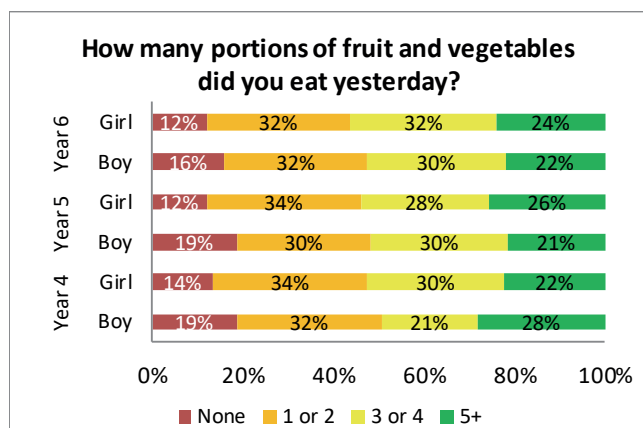


- The survey data reveals the following percentages of pupils who belong to social groupings recognised as having more negative outcomes against a wide range of indicators:

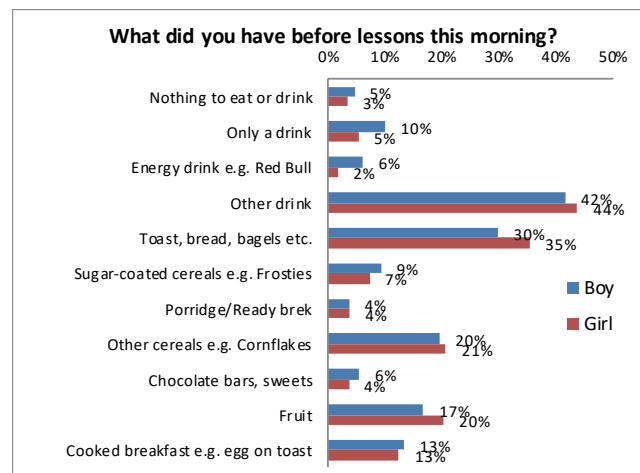


HEALTHY EATING

- 18% of boys and 13% of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey, while 24% of pupils responded that they ate at least 5 portions.



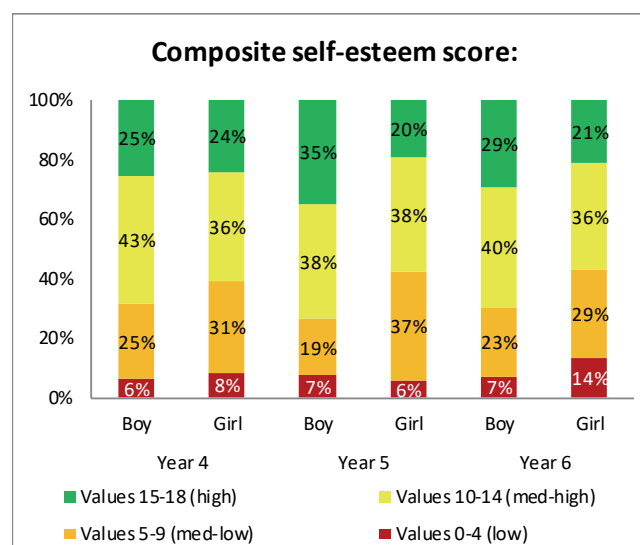
- 55% (53%) eat fresh fruit and 40% (46%) vegetables 'on most days'. 76% (77%) of pupils said that they have water 'on most days'.
- 34% (33%) of pupils said that they have crisps 'on most days' and 36% said this about sweets, chocolates and choc bars.
- 4% (7%) of pupils responded that they didn't have anything for breakfast on the day of the survey, while 18% (16%) had fruit.



- 77% (82%) of pupils said they can make toast and 32% (31%) said they can cook a meal.

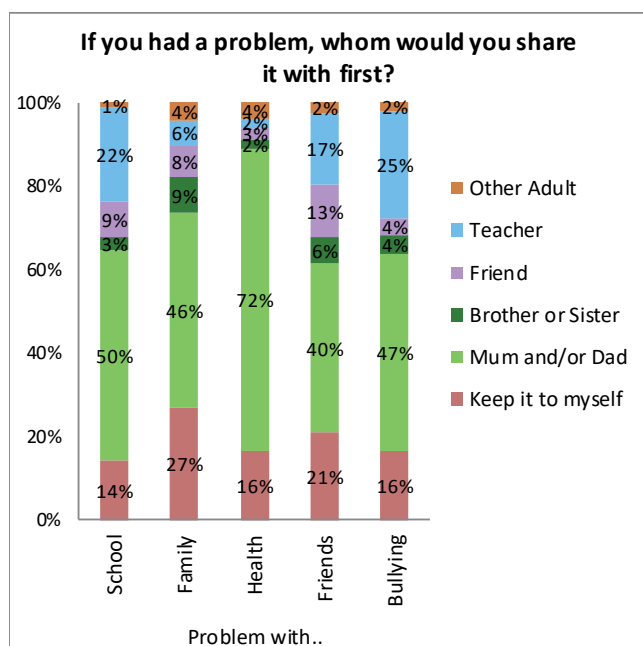
EMOTIONAL HEALTH & WELLBEING

- 26% (26%) of pupils had a high self-esteem score (15 or more).



- 40% (37%) of pupils responded that they worry about SATs/tests 'quite a lot' or 'a lot', while 35% (32%) said they worry about family problems and 31% (30%) worry about crime.
- 30% (30%) [23% of boys and 36% of girls] of pupils said that they worried about the way they look 'quite a lot' or 'a lot'.
- 69% (73%) of Year 6 pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 51% (56%) ask for help and 13% (11%) give up.
- 82% (82%) of pupils responded that they listen to music at least 'sometimes' when they have a problem that worries them, while 90% (92%) said they talk to an adult about it.

- In Q38 the young people were asked to whom they would turn to share a range of problems including 'Keep it to myself'. 'Keep it to myself' is not necessarily negative. For some pupils it may mean that they feel they can cope without help.

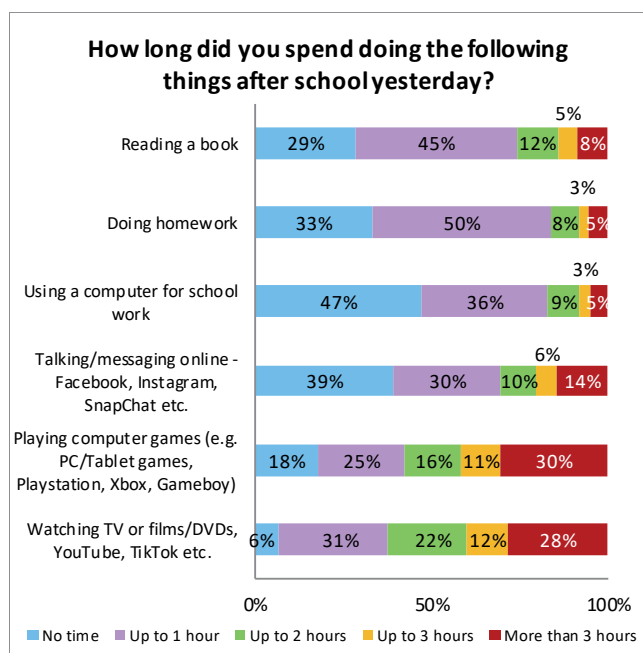


PUBERTY AND GROWING UP

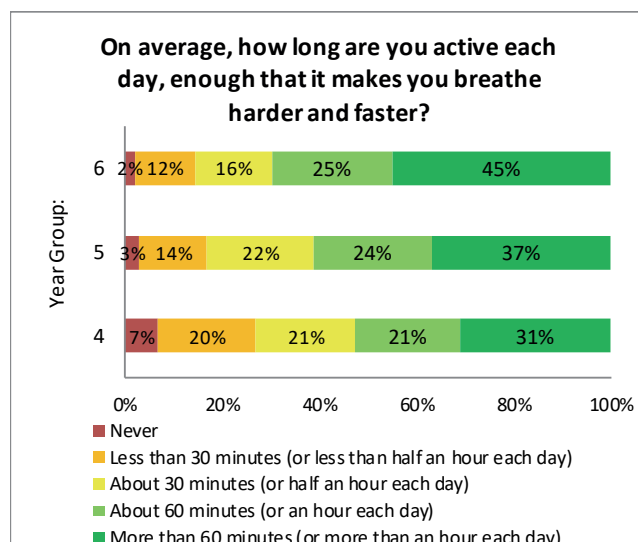
- 45% (41%) of pupils responded that teachers have talked with them in school lessons about how their body changes as they grow up, while 69% (70%) said their parents/carers have talked with them and 10% (17%) have been talked to by the school nurse.
- 57% (56%) of pupils responded that they feel they know enough about how their body changes as they get older, while 8% (9%) feel they don't know enough.

LEISURE AND PHYSICAL ACTIVITY

- 93% (94%) of pupils responded that they spent some time watching TV or films/DVDs, YouTube, TikTok etc. after school on the day before the survey, while 82% (79%) said they played computer games and 66% (64%) did homework.



- 67% (65%) of pupils responded that they are 'fit' or 'very fit'. 6% (8%) of pupils responded that they are 'unfit' or 'very unfit'.



- 94% (95%) of pupils responded that they do one or more of the sports or activities listed at least 'once a week'.
- 67% (64%) of pupils responded that they run (races or tag games) at least 'once a week', while 28% (29%) said they ride their bike and 54% (60%) go for walks.
- 86% (82%) of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot' (examples of physical activities added in 2025).

SCHOOL

Active Travel

- 46% (41%) of pupils responded that they travelled to school by car/van on the day of the survey.
- **43% (47%) of pupils responded that they walked to school on the day of the survey.**



Views and Opinions

- 36% (45%) of Year 6 pupils said they feel that their views and opinions are asked for in their school, while 15% (10%) feel they are not asked for.
- 58% (61%) of Year 6 pupils said they feel that their views and opinions are listened to in their school, while 12% (9%) feel they are not listened to.
- 18% (20%) of Year 6 pupils said they feel that their views and opinions make a difference to how their school is run, while 27% (26%) feel that they don't make a difference.
- 74% (79%) of Year 6 pupils responded that their school encourages everyone to take part in decisions.
- 70% (73%) of Year 6 pupils responded that their school helps them work as part of a team.

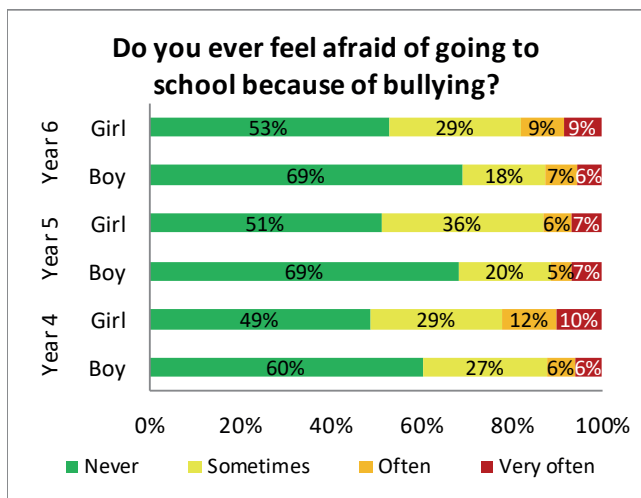
Breaktimes

- 79% (78%) of pupils responded that they would describe playtimes and lunchtimes as 'happy', while 44% (41%) said that they were 'crowded'.
- 91% (90%) of pupils responded that they play running/skipping games/tag at least 'sometimes' during school outdoor breaktimes, while 71% (73%) said they play ball games like football or netball.

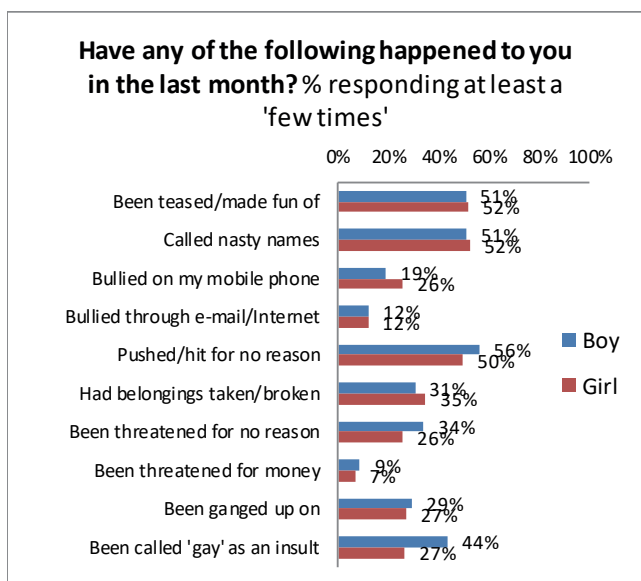
SAFETY

Bullying

- 34% (28%) of boys and 49% (44%) of girls responded that they at least 'sometimes' feel afraid to be in school because of bullying.



- 28% (25%) of pupils responded that they have been bullied at or near school in the last 12 months. 22% (21%) said they are 'not sure' if they have been.
- 78% (77%) of pupils responded that they have experienced at least one of the negative behaviours listed at least a 'few times' in the last month, while 16% (13%) experienced such behaviour 'every day'.



- 32% (31%) of pupils responded that they have been 'picked on' or bullied because of the way they look; 6% (5%) said it was because of their race, colour or religion.
- 62% (72%) of pupils responded that they think their school takes bullying seriously, while 14% (9%) think it doesn't take it seriously.



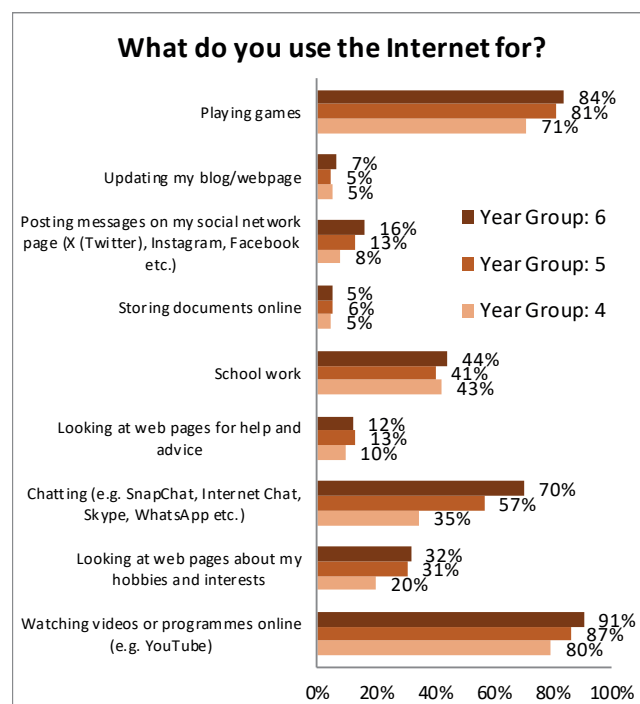
- 4% (3%) said that they think others may fear going to school because of them, while 24% (25%) said they are 'not sure' if others do.

Peer Pressure

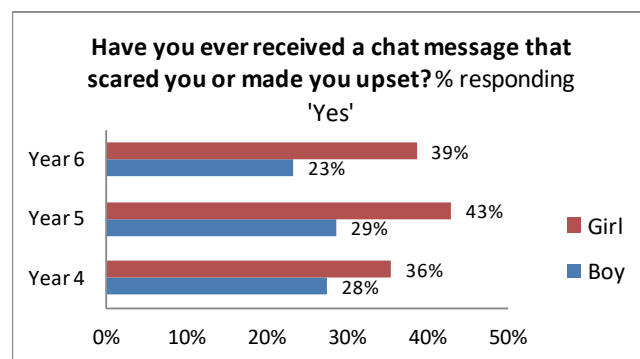
- 47% (46%) of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.
- 21% (19%) of pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.

Internet Safety

- 60% (68%) of pupils responded that they used the internet (been online – this clarification added in 2025) on a mobile device in the month before the survey, while 87% (89%) used it at home and 3% (2%) said they haven't been on the Internet.
- 54% (57%) of pupils responded that they use the internet for chatting (e.g. Snapchat, Internet Chat, Skype, WhatsApp etc.), while 79% (80%) said that they use it for playing games.



- 89% (91%) of pupils responded that they have been told how to stay safe while chatting over the internet.
- 32% (35%) of Year 6 pupils responded that they have seen images or videos online that were for adults-only.
- 37% (44%) of Year 6 pupils responded that they have seen images or videos online that upset them.
- 33% (33%) of pupils responded that they have received a chat message that scared them or made them upset.



DRUGS, ALCOHOL, SMOKING and Vaping

Drugs

- 40% (47%) of Year 6 pupils reported that their parents had talked with them about illegal drugs. 56% (63%) said their teachers had.
- 11% (13%) of Year 6 pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses illegal drugs ('illegal' added in 2025).
- 2% (2%) of Year 6 pupils responded that they have been offered illegal drugs (not alcohol, tobacco or as medicines) ('illegal' added in 2025).

Alcohol

- 14% (9%) of Year 6 pupils responded that they have had an alcoholic drink (a whole drink, not just a sip).

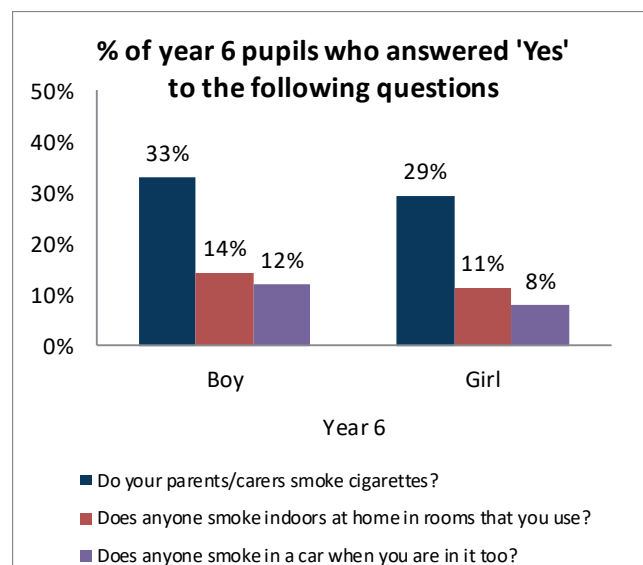


- 1% (1%) of Year 6 pupils responded that they had an alcoholic drink (more than a sip) in the 7 days before the survey, while 1% (0%) were 'not sure' if they had.

Smoking

- 3% (1%) of Year 6 pupils responded that they have at least tried smoking, while 1% (0%) said they tried more than once or twice.

- 31% (31%) of Year 6 pupils responded that their parents/carers smoke cigarettes.



- 13% (11%) of Year 6 pupils responded that someone smokes indoors at home in rooms that they use.
- 10% (7%) of Year 6 pupils responded that someone smokes in a car when they are in it too.

Vaping

- 7% (4%) of Year 6 pupils responded that they have vaped ('used e-cigarettes' in 2022) at least once or twice.
- 38% (30%) of Year 6 pupils responded that their parents/carers use e-cigarettes (vape).

Significant Differences between 2025 and 2022

PRIMARY PUPILS (Years 4 - 6)

A selection of headlines are listed below that show significant differences between the data collected in the 2025 survey and that collected in (2022).

Positive Findings

- ↑ 24% (20%) of pupils ate at least 5 portions of fruit and vegetables on the day before the survey.
- ↑ 60% (52%) of pupils have been to the dentist in the past 6 months.
- ↓ 4% (7%) of pupils didn't have anything for breakfast on the day of the survey.
- ↓ 37% (44%) of year 6 pupils have seen images or videos online that upset them.

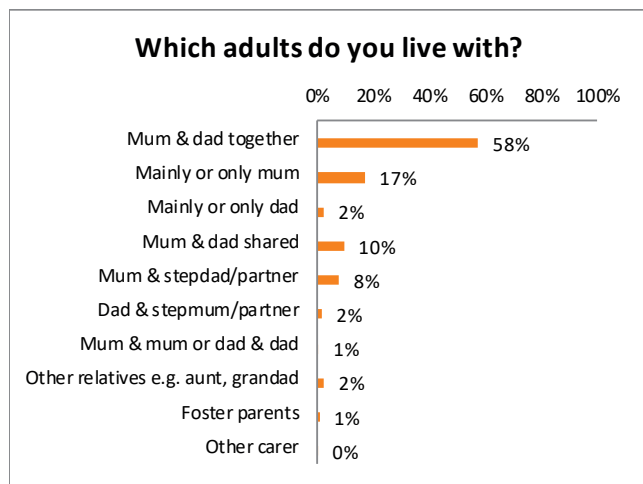
Emerging Issues

- ↑ 38% (30%) of year 6 pupils said their parents/carers use e-cigarettes (vape).
- ↑ 14% (9%) of year 6 pupils have had an alcoholic drink (a whole drink, not just a sip).
- ↑ 28% (25%) of pupils have been bullied at or near school in the last 12 months.
- ↑ 44% (41%) of pupils would describe playtimes and lunchtimes as 'crowded'.
- ↓ 84% (89%) of pupils can get water at school throughout the whole day.
- ↓ 62% (72%) of pupils think their school takes bullying seriously.
- ↓ 40% (46%) of pupils eat vegetables 'on most days'.
- ↓ 60% (65%) of year 6 pupils said that when something goes wrong they 'usually' or 'always' learn from it for next time.
- ↓ 78% (84%) of pupils wash their hands 'whenever possible' after visiting the toilet.
- ↓ 58% (67%) of pupils washed their hands before lunch on the day before the survey.

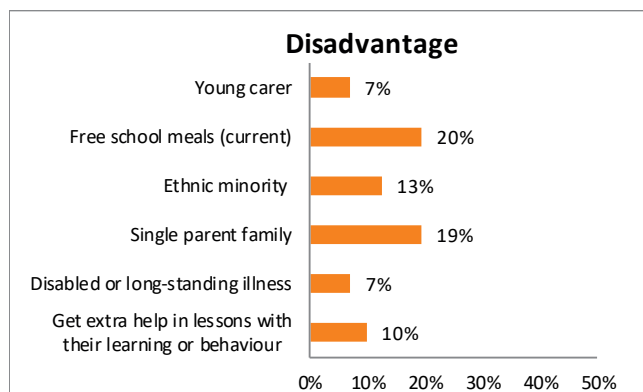
South Tyneside secondary school pupils in Year 8 and Year 10 (ages 12 - 15)

BACKGROUND

- 86% (90%) of pupils described themselves as White British, 3% (3%) said other White. 4% (1%) described themselves as Asian, 3% (2%) as Mixed.
- 58% (57%) live with mother and father together, 17% (17%) said 'mainly or only' with their mum.



- The survey data reveals the following percentages of pupils who belong to social groupings recognised as having more negative outcomes against a wide range of indicators:



- 6% (3%) of pupils responded that they have a parent/carers who is in the British Army, Royal Navy, Royal Air Force, the Reserves, or is a veteran,

HEALTHY EATING

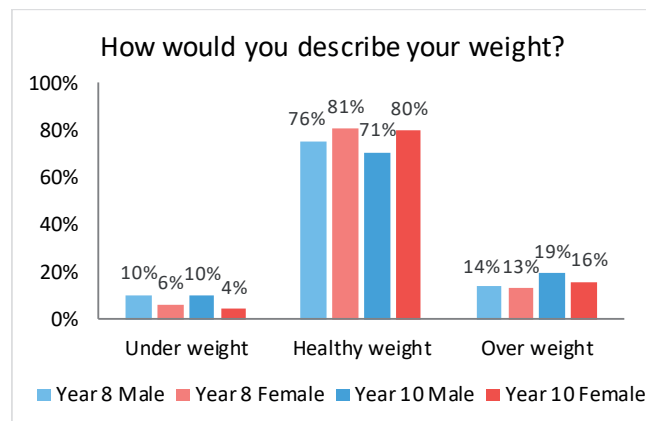
- 20% (19%) of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey, while 12% (16%) only had a drink.
- 52% of pupils responded that they had school food for lunch on the day before the survey, while 3% bought lunch from a hot food takeaway or shop.
- 12% of pupils responded that they didn't have any lunch on the day before the survey.

5-a-day

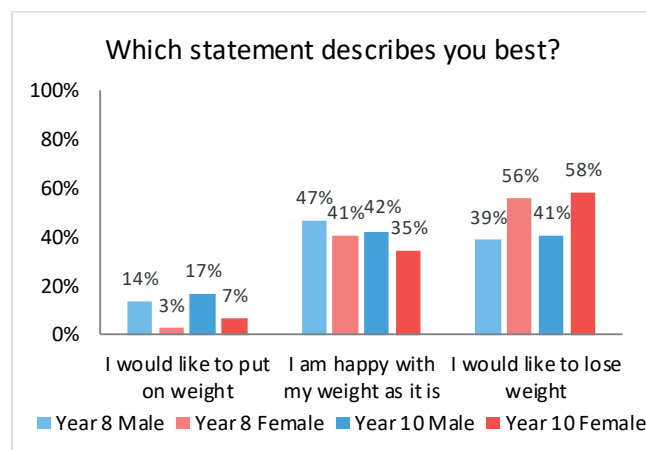
- 14% (17%) of pupils responded that they didn't have any portions of fruit or vegetables to eat on the day before the survey.
- 12% (12%) of pupils responded that they had at least 5 portions of fruit and vegetables to eat on the day before the survey.
- 46% (38%) of pupils responded that they eat fresh fruit 'on most days'; 41% (39%) said the same of vegetables.

Weight

- 76% (65%) of pupils responded that they are a 'healthy weight'.

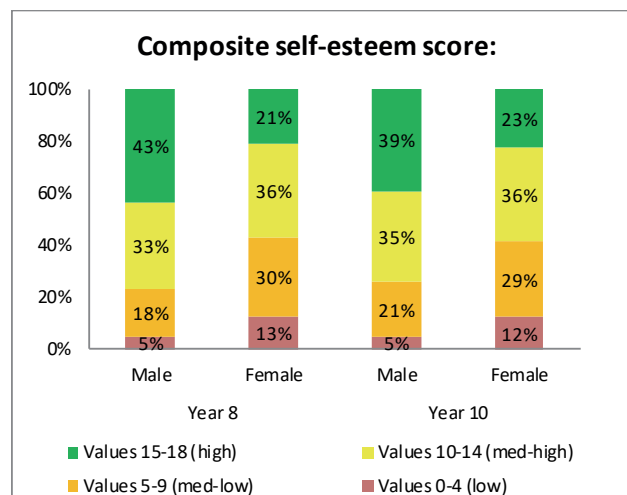


- 42% (34%) of pupils responded that they are happy with their weight as it is.



EMOTIONAL HEALTH AND WELLBEING

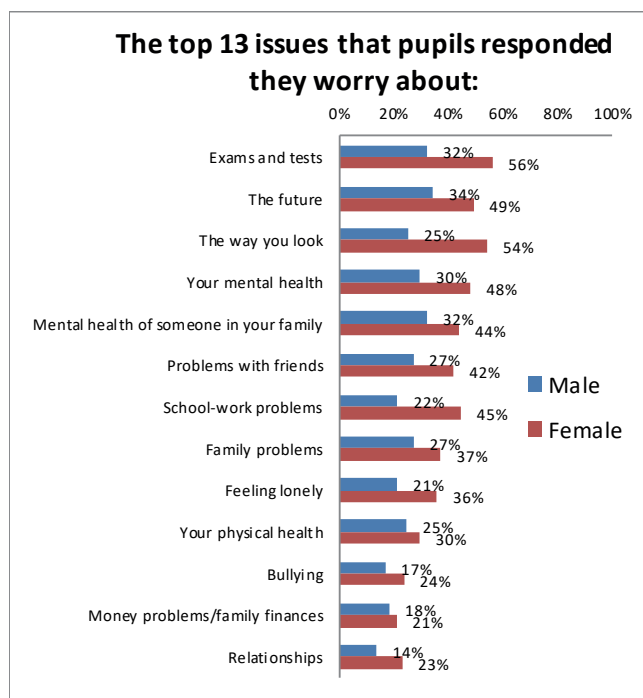
- 31% (25%) of pupils had a high self-esteem score (15 or more).



- 56% (50%) of pupils responded that they are 'quite a lot' or 'a lot' happy with their life at the moment, while 4% (5%) of pupils responded that they are 'not at all' happy with their life at the moment.

Worrying

- 85% (86%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'; 33% (31%) of boys and 52% (62%) of girls said they worry about more than 5 of the issues listed.
- 45% (53%) of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot', while 33% (34%) said they worry about family problems and 16% (16%) worry about crime.



- 72% (66%) of pupils responded that they know an adult they trust who they can talk to if they are worried about something, while 17% (21%) said they 'maybe' do.

Problem Solving

- 84% (82%) of pupils responded that they listen to music at least 'sometimes' when they have a problem that worries them or they are feeling stressed, while 60% (58%) said they talk to an adult about it.
- 10% (9%) of boys and 21% (16%) of girls said they at least 'sometimes' self-harm/hurt themselves when they have a problem that worries them or they are feeling stressed; 8% (8%) of boys and 12% (9%) of girls said they do so 'rarely'.

Self-harm

- 12% (13%) of boys and 23% (19%) of girls said they have self-harmed, while 8% (8%) of boys and 18% (16%) of girls didn't want to say.
- 8% (10%) of pupils responded that they have self-harmed and told a friend about it, 4% (4%) said that they told parents/carers about it and 3% (1%) told no-one.

RELATIONSHIPS AND SEXUAL HEALTH

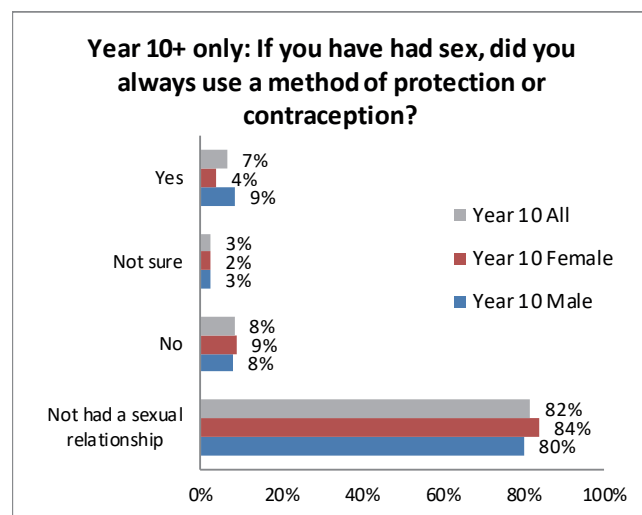
- 34% (39%) of pupils said that their parents/carers are their main source of information about relationships and sexual health. 47% (35%) said that their school lessons are their main source.
- 33% (33%) of pupils responded that they would like to talk to their parents/carers about relationships and sexual

health, while 11% (7%) said they would like to talk to teachers in school lessons and 46% (45%) said no-one.

- 16% (11%) of Year 8 pupils and 37% (62%) of Year 10 pupils responded that they know where they can get condoms free of charge.
- 50% (51%) of pupils responded that they think young people would like to get condoms or emergency contraception from chemists, while 28% (30%) said from young people's sexual health clinics.

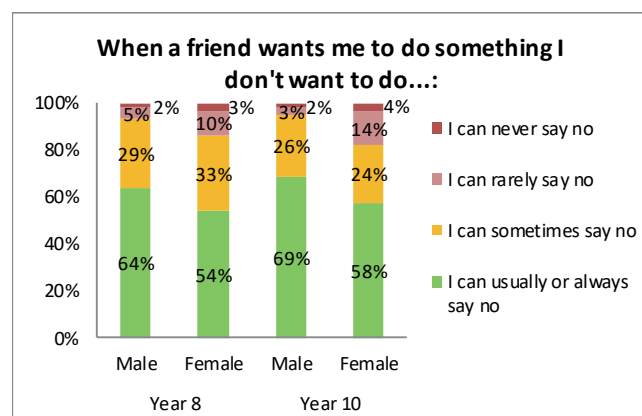
Sexual Relationships

- 18% (24%) of Year 10+ pupils said they are either in a sexual relationship or have had one in the past.
- 8% (12%) of all Year 10+ pupils responded that they have had sex and did not use a method of protection or contraception.



Peer Pressure

- 61% (65%) of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

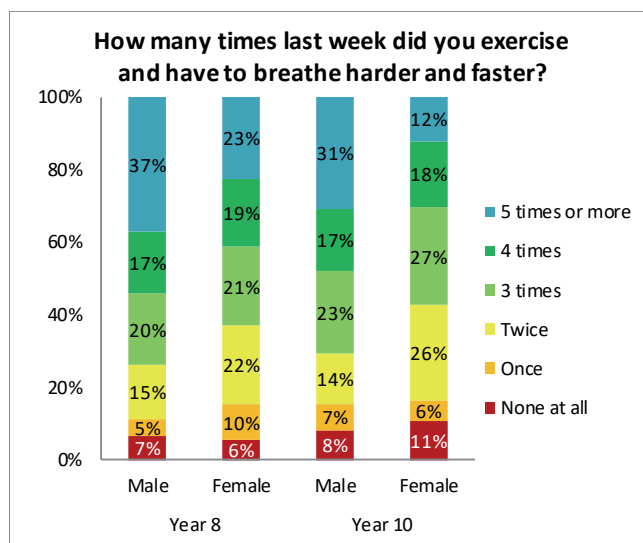


- 17% (21%) of boys and 28% (39%) of girls agreed with the statement 'there is pressure on young people to have sex'.

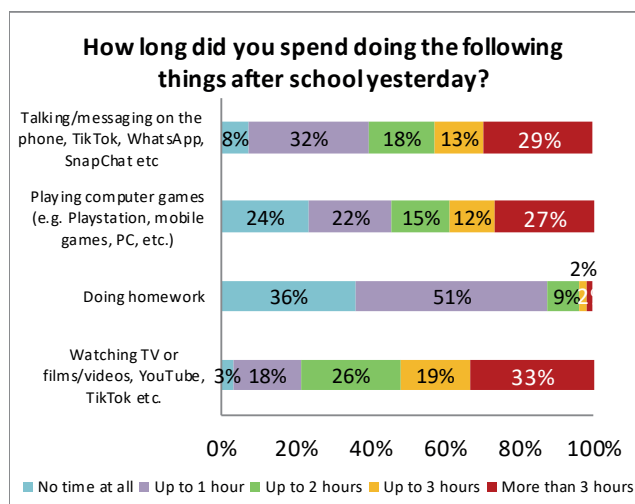
LEISURE AND PHYSICAL ACTIVITY

- 76% (70%) of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot' (example physical activities included in 2025).
- 18% (21%) of pupils said they are shy in front of other people and this stops them from doing clubs/activities that they would like to do, while 49% (50%) said nothing stops them.

- 17% (21%) of boys and 23% (30%) of girls said that they are never active or active for less than 30 minutes each day, enough to make them breathe harder and faster.
- 66% (62%) of pupils responded that they exercised enough to breathe harder at least three times in the week before the survey.



- 97% (95%) of pupils responded that they watched TV or films/videos ('DVDs' in 2022), YouTube etc. after school on the day before the survey; 52% (56%) said they did so for over 2 hours.



SCHOOL AND CAREER

- 16% (14%) of pupils responded that they have been absent from school in the last 12 months due to worries about school, while 5% (3%) said they have been absent due to caring for family members.

Every Child Matters

- 27% (25%) of pupils responded that they feel their views and opinions are listened to in their school, while 27% (30%) feel they are not listened to.
- 35% (35%) of pupils agreed that the school cares whether they are happy or not.
- 24% (28%) of pupils disagreed that the school teaches them to deal with their feelings positively.

Future

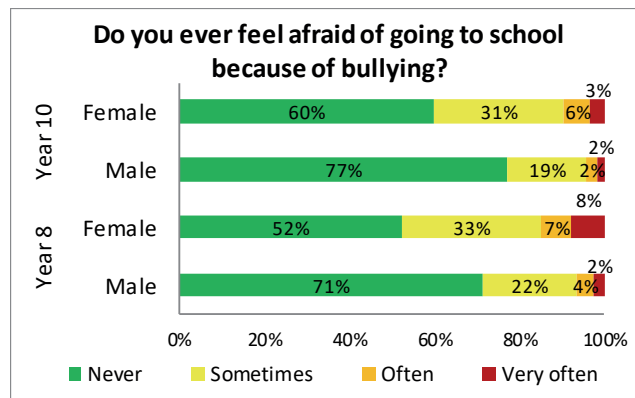
- 46% (52%) of pupils responded that they want to continue in full-time education when they leave school.

- 52% (48%) of pupils responded that they want to get training for a skilled job (e.g. apprenticeship) when they leave school.
- 28% (23%) of pupils responded that they want to start a family when they leave school.

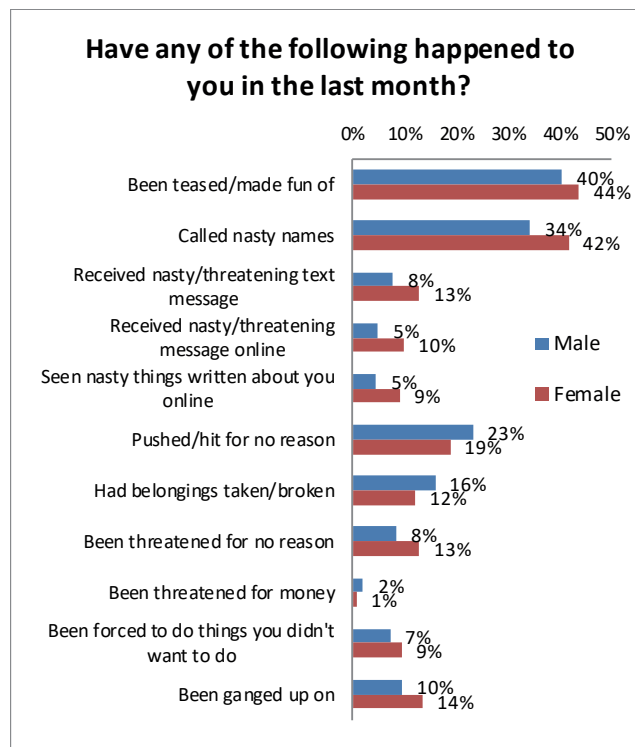
BULLYING AND SAFETY

Bullying

- 37% (36%) of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.



- 27% (25%) of pupils responded that they have been bullied at or near school in the last 12 months.
- 7% (5%) of pupils responded that they have bullied someone else at school in the last 12 months, while 14% (12%) said they 'don't know' if they have.
- 22% (23%) of pupils responded that they have been pushed/hit for no reason in the last month and 40% (46%) said that they haven't experienced any of the negative behaviours listed.



Safety of Local Area

- 68% (69%) of pupils rated their safety at school as 'good' or 'very good'.
- 24% (30%) of pupils rated their safety when going out after dark in their area as 'poor' or 'very poor'.

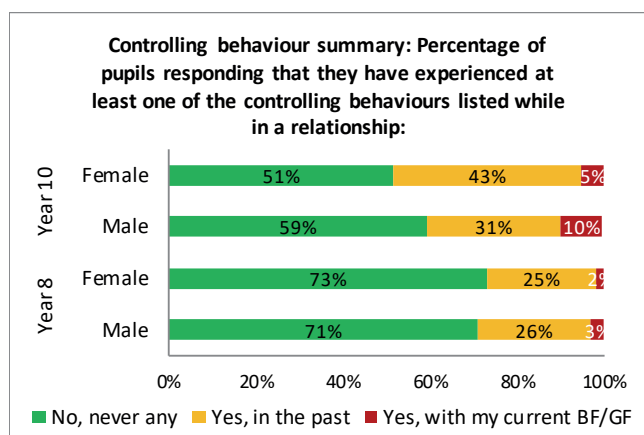
- 12% (14%) of pupils responded that they have been the victim of violence or aggressive behaviour in the last 12 months, while 20% (16%) said they are 'not sure' if they have.
- 4% (5%) of pupils responded that they have been the victim of violence or aggressive behaviour in school grounds in the last 12 months.

Domestic Violence

- 26% (21%) of pupils responded that there has been shouting and arguing between adults at home at least 'once or twice' in the last month that has frightened them; 4% (2%) said this has happened 'every day/almost every day'.

Relationships

- 14% (10%) of boys and 18% (13%) of girls responded that a boyfriend/girlfriend has used hurtful or threatening language towards them, while 13% (12%) said that a boyfriend/girlfriend threatened to tell people things about them.
- 34% (29%) of boys and 35% (32%) of girls responded that they have experienced at least one of the negative behaviours listed in a relationship with a current or previous boyfriend/girlfriend.



Internet Safety

- 97% (96%) of pupils responded that they have been told how to stay safe while online.
- 21% (22%) of pupils responded that they have received a message or picture that scared them or made them upset.
- 20% (20%) of pupils responded that someone they don't know in person has asked to meet with them.
- 13% (15%) of pupils responded that they have sent personal information or images to someone which they then wished they hadn't or had thought more about it.

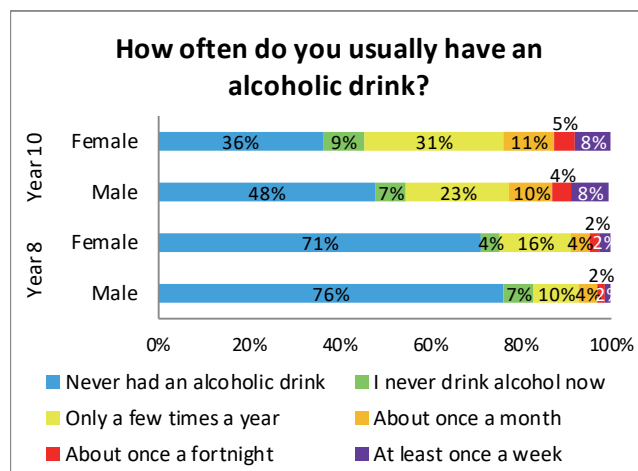
DRUGS, ALCOHOL, SMOKING AND VAPING

Drugs

- 28% (33%) of pupils responded that they are 'fairly sure' or 'certain' they know someone who they think takes illegal drugs ('takes drugs to get high' in 2022).
- 14% (16%) of pupils responded that they have been offered illegal drugs ('offered drugs to get high' in 2022) to get high, while 6% (5%) said they don't know.
- 5% (7%) of pupils responded that they have taken illegal drugs ('taken drugs to get high' in 2022).
- Of the 48 (30) pupils who said they take drugs, 15% (7%) said their parents/carers 'always' know.
- 60% (56%) of pupils said they know where to get support and advice about drug use.

Alcohol

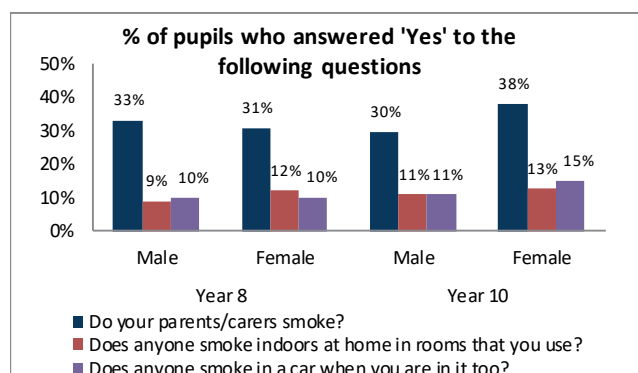
- 39% (42%) of pupils said they have had an alcoholic drink (a whole drink, not just a sip).
- 9% (14%) of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- 14% (19%) of pupils said they usually have an alcoholic drink at least 'about once a month'; 2% (2%) said they do so more than once a week.



- 17% (21%) said their parents/carers 'always' know if they drink alcohol. This works out as 54% (54%) of those who drink alcohol responding that their parents/carers 'always' know.
- 17% (21%) of pupils said they have been drunk.
- Of the 463 (217) pupils who have had a proper alcoholic drink, 52% (50%) said they have been drunk.
- 54% (50%) of pupils said they know where to get support and advice about alcohol use, while 17% (21%) said they don't.
- 71% (60%) of pupils said they have received useful information about alcohol or drugs, while 11% (17%) said they haven't.
- Of the 844 (311) pupils who have received useful information about alcohol or drugs, 57% (65%) said it helped them make choices about their own behaviour and 16% (16%) said it didn't.

Smoking and Vaping

- 15% (18%) of pupils responded that they have at least tried smoking.
- 3% (3%) of pupils responded that they smoke 'regularly'.
- 30% (32%) of pupils said they have at least tried vaping ('used e-cigarettes' in 2022); 9% (10%) said they vape at least once a week.
- 35% (33%) of pupils responded that their parents/carers use e-cigarettes (vape), while 6% (6%) said they 'don't know' if they do.



Significant Differences between 2025 and 2022

SECONDARY PUPILS (Years 8 and 10)

A selection of headlines are listed below that show significant differences between the data collected in the 2025 survey and that collected in (2022).

Positive Findings

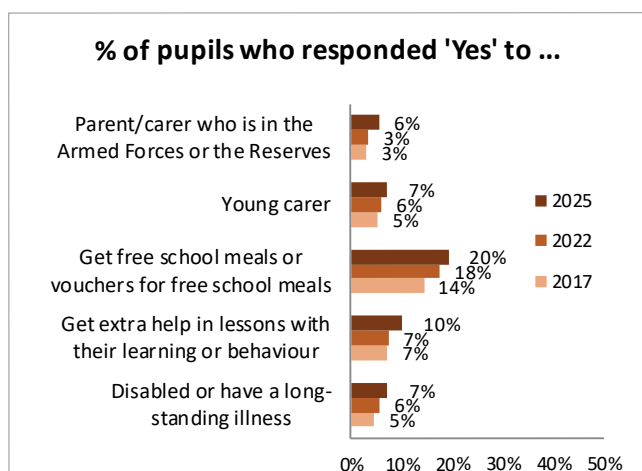
- ↑ 76% (65%) of pupils said they are a 'healthy weight'.
- ↑ 46% (38%) of pupils eat fresh fruit 'on most days'.
- ↑ 42% (34%) of pupils are happy with their weight as it is.
- ↑ 72% (66%) of pupils know an adult they trust who they can talk to if they are worried about something.
- ↑ 31% (25%) of pupils had a high self-esteem score (15 or more).
- ↑ 56% (50%) of pupils are 'quite a lot' or 'a lot' happy with their life at the moment.
- ↑ 76% (70%) of pupils enjoy physical activities 'quite a lot' or 'a lot' (examples of physical activities added in 2025).
- ↓ 9% (14%) of pupils had an alcoholic drink in the 7 days before the survey.
- ↓ 28% (33%) of pupils are 'fairly sure' or 'certain' they know someone who they think takes illegal drugs ('takes drugs to get high' in 2022).
- ↓ 33% (38%) said their parents/carers smoke.
- ↓ 17% (21%) of pupils have been drunk.
- ↓ 41% (49%) of pupils worry about the way they look 'quite a lot' or 'a lot'.
- ↓ 24% (30%) of pupils rated their safety when going out after dark in their area as 'poor' or 'very poor'.

Emerging Issues

- ↑ 6% (3%) of pupils think they have been picked on or bullied because of their colour or race.
- ↓ 1% (3%) of pupils never drink alcohol.
- ↓ 24% (32%) of pupils know where they can get condoms free of charge.

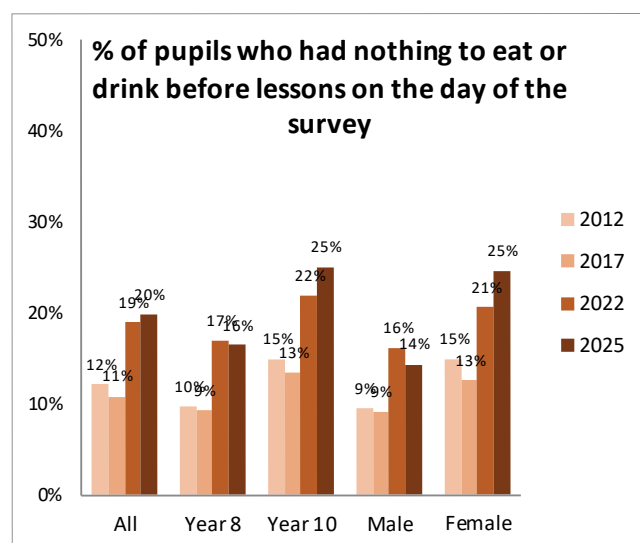
Trends in Year 8 and Year 10 pupils over the most recent surveys

- There is an increase in pupils responding 'Yes' to the information below over the past 3 surveys:



- 56% of pupils responded that they are 'quite a lot' or 'a lot' happy with their life at the moment in 2025. 50% in 2022 and 65% in 2017 said the same.
- 15% of pupils have tried smoking at least once or twice when asked in 2025. 18% in 2022, 22% in 2017 and 37% in 2012.

- 30% of pupils have tried vaping at least once or twice when asked in 2025. 32% in 2022 and 30% in 2017.
- When asked if pupils know anyone personally who they think takes any illegal drugs, 28% of pupils in 2025 responded 'fairly sure' or 'certain'. 33% in 2022, 41% in 2017 and 36% in 2012 said the same.
- There is a rising trend in pupils not having anything to eat or drink before lessons on the morning of the survey in females and Year 10 pupils in the last 4 surveys.

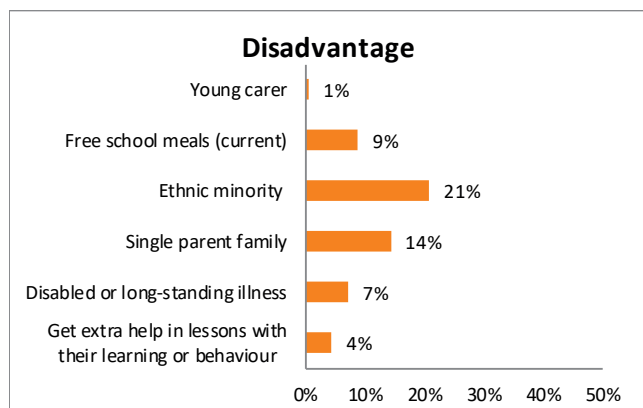


- 18% of pupils in 2025 said 'yes' to have they ever self-harmed. 17% in 2022 and 12% in 2017 of pupils said the same.

South Tyneside secondary school pupils in Year 12 (ages 16 - 18+)

BACKGROUND

- 78% of pupils described themselves as White British.
- 73% of pupils responded that they live with their mum and dad together, 14% of pupils responded that they live 'mainly or only' with their mum.
- The survey data reveals the following percentages of pupils who belong to social groupings recognised as having more negative outcomes against a wide range of indicators:

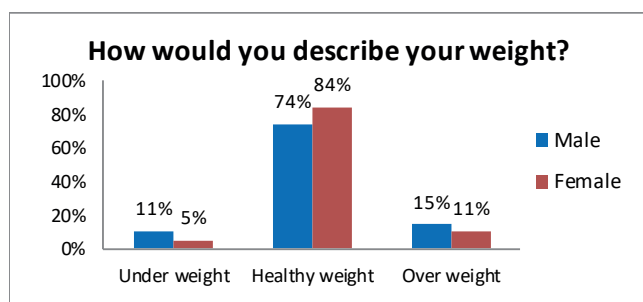


- 2% of pupils responded that they have a parent/carer who is in the British Army, Royal Navy, Royal Air Force, the Reserves, or is a veteran,

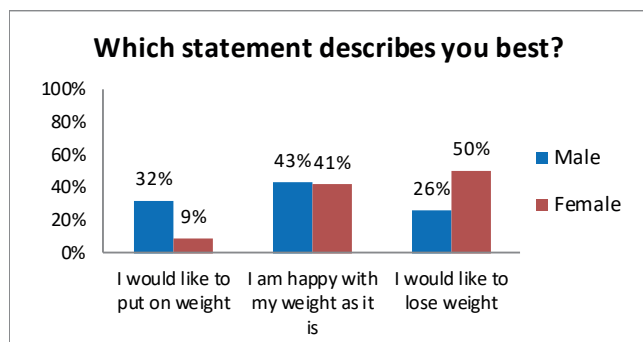
Healthy Eating

Weight

- 80% of pupils responded that they are a 'healthy weight'.



- 42% of pupils responded that they are happy with their weight as it is.



Breakfast and Lunch

- 18% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey, while 12% only had a drink
- 27% of pupils responded that they had school food for lunch on the day before the survey, while 24% bought lunch from a hot food takeaway or shop.
- 9% of pupils responded that they didn't have any lunch on the day before the survey.

5-a-day

- 12% of pupils responded that they didn't have any portions of fruit or vegetables to eat on the day before the survey.
- 18% of pupils responded that they had at least 5 portions of fruit and vegetables to eat on the day before the survey.
- 49% of pupils responded that they eat fresh fruit 'on most days'; 50% said the same of vegetables.

EMOTIONAL HEALTH AND WELLBEING

- 44% of pupils had a high self-esteem score (15 or more).
- 58% of pupils responded that they are 'quite a lot' or 'a lot' happy with their life at the moment.

Worrying

- 87% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'; 30% of boys and 50% of girls said they worry about more than 5 of the issues listed.
- 64% of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot', while 20% said they worry about family problems and 16% worry about crime.
- 77% of pupils responded that they know an adult they trust who they can talk to if they are worried about something, while 17% said they 'maybe' do.

Problem Solving

- 83% of pupils responded that they listen to music at least 'sometimes' when they have a problem that worries them or they are feeling stressed, while 57% said they talk to an adult about it.
- 5% of boys and 10% of girls said they at least 'sometimes' self-harm/hurt themselves when they have a problem that worries them or they are feeling stressed; 7% of boys and 3% of girls said they do so 'rarely'.

Self-harm

- 6% of boys and 15% of girls said they have self-harmed, while 5% of boys and 9% of girls didn't want to say.
- 8% of pupils responded that they have self-harmed and told a friend about it, 7% said that they told parents/carers about it and 1% told no-one.

RELATIONSHIPS AND SEXUAL HEALTH

- 33% of pupils responded that their parents/carers are their main source of information about relationships and sexual health, while 31% said school lessons are.
- 27% of pupils responded that they would like to talk to their parents/carers about relationships and sexual health, while 4% said they would like to talk to teachers in school lessons and 47% said no-one.

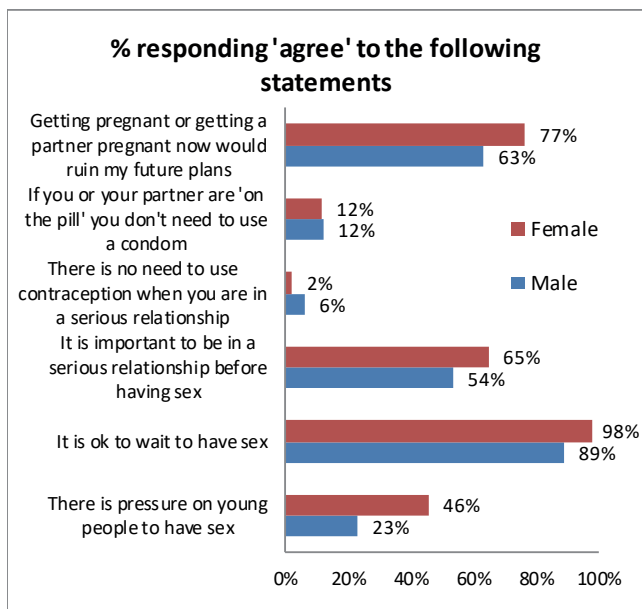
Sexual Relationships

- 30% of pupils said they are either in a sexual relationship or have had one in the past.

- 17% of pupils responded that they have had sex and always used a method of protection or contraception.

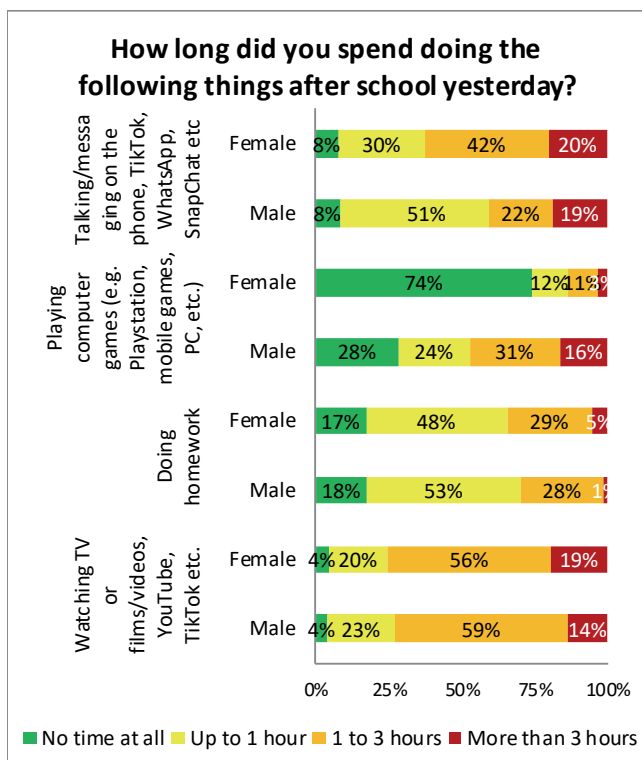
Peer pressure

- 65% of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.
- 23% of boys and 46% of girls agreed with the statement 'there is pressure on young people to have sex'.



LEISURE AND PHYSICAL ACTIVITY

- 92% of boys and 92% of girls said they spent time talking/messaging on the phone, TikTok, etc. after school on the day before the survey, while 27% of boys and 34% of girls said they did so for over 2 hours.



- 71% of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.
- 17% of pupils said they are shy in front of other people and this stops them from doing clubs/activities that they would like to do, while 49% said nothing stops them.

- 16% of boys and 27% of girls said that they are never active or active for less than 30 minutes each day, enough to make them breathe harder and faster.
- 59% of pupils responded that they exercised enough to breathe harder at least three times in the week before the survey.

SCHOOL AND CAREER

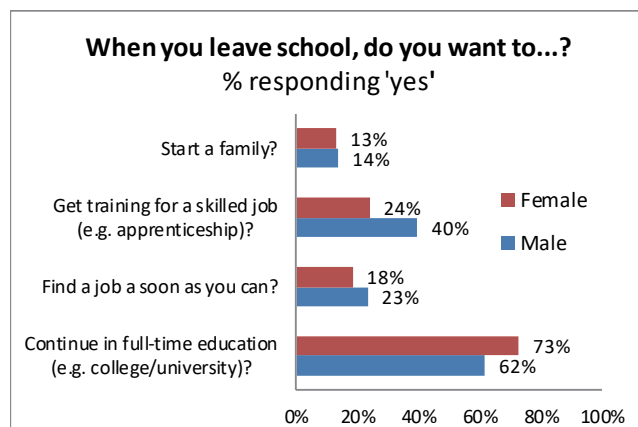
- 10% of pupils responded that they have been absent from school in the last 12 months due to worries about school, while 3% said they have been absent due to caring for family members.

Every Child Matters

- 41% of pupils responded that they feel their views and opinions are listened to in their school, while 16% feel they are not listened to.
- 47% of pupils agreed that the school cares whether they are happy or not.
- 15% of pupils disagreed that the school teaches them to deal with their feelings positively.

Future

- 68% of pupils responded that they want to continue in full-time education when they leave school.
- 14% of pupils responded that they want to start a family when they leave school.



BULLYING AND SAFETY

Bullying

- 12% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- 9% of pupils responded that they have been bullied at or near school in the last 12 months.
- 4% of pupils responded that they have bullied someone else at school in the last 12 months, while 7% said they 'don't know' if they have.

Safety of Local Area

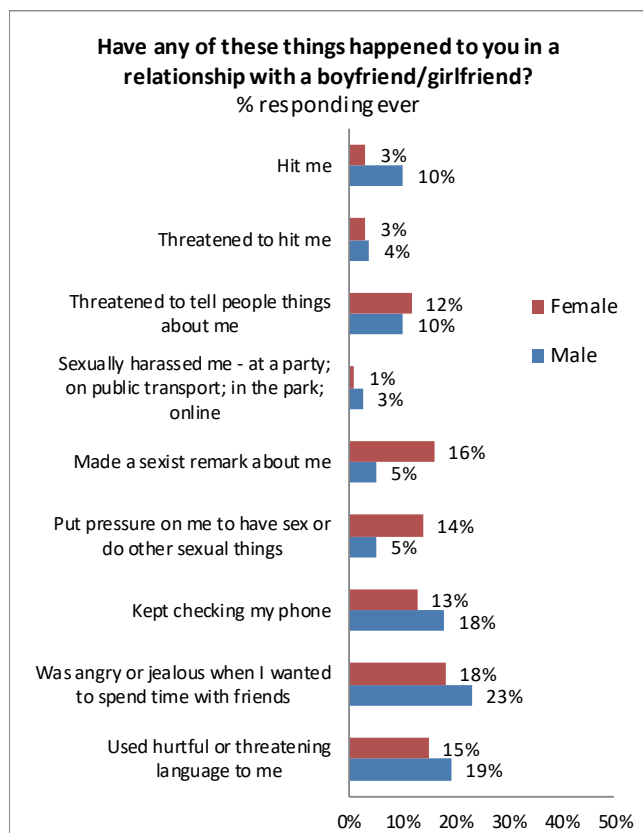
- 81% of pupils rated their safety at school as 'good' or 'very good'.
- 25% of pupils rated their safety when going out after dark in their area as 'poor' or 'very poor'.
- 9% of pupils responded that they have been the victim of violence or aggressive behaviour in the last 12 months,

Domestic Violence

- 16% of pupils responded that there has been shouting and arguing between adults at home at least 'once or twice' in the last month that has frightened them; 3% said this has happened 'every day/almost every day'.

Relationships

- 19% of boys and 15% of girls responded that a boyfriend/girlfriend has used hurtful or threatening language towards them, while 12% said that a boyfriend/girlfriend threatened to tell people things about them.



- 81% of pupils responded that if any of the things in Q72 happened to them, they could get some help; 6% said they couldn't.

Internet Safety

- 20% of pupils responded that they have received a message or picture that scared them or made them upset.
- 22% of pupils responded that someone they don't know in person has asked to meet with them.
- 18% of pupils responded that they have sent personal information or images to someone which they then wished they hadn't or had thought more about it.

DRUGS, ALCOHOL, SMOKING AND VAPING

Drugs

- 42% of pupils responded that they are 'fairly sure' or 'certain' they know someone who they think takes illegal drugs.
- 8% of pupils responded that they have taken illegal drugs.

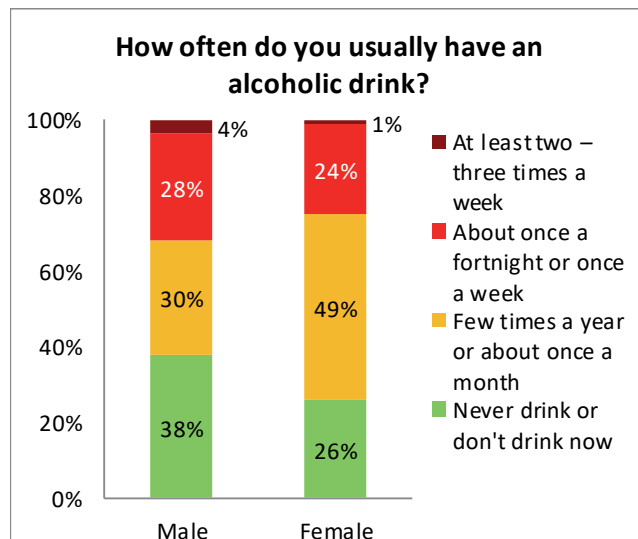


- 7% of pupils said they have at least tried cannabis; 2% said they use it at least weekly.
- Of the 9 pupils who said they take drugs, 0% said their parents/carers 'always' know.

- 68% of pupils said they know where to get support and advice about drug use.

Alcohol

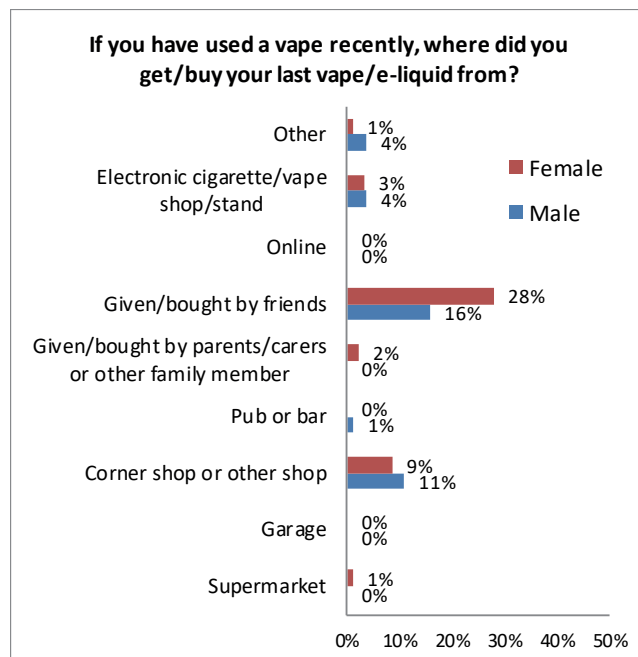
- 72% of pupils said they have had an alcoholic drink (a whole drink, not just a sip).
- 23% of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- 49% of pupils said they usually have an alcoholic drink at least 'about once a month'; 2% said they do so more than once a week.



- Of the 128 pupils who have had a proper alcoholic drink, 77% said they have been drunk.
- 65% of pupils said they know where to get support and advice about alcohol use, while 15% said they don't.

Smoking and Vaping

- 20% of pupils responded that they have at least tried smoking.
- 2% of pupils responded that they smoke 'regularly'.
- 46% of pupils said they have at least tried vaping; 6% said they vape at least once a week.
- 23% of pupils said they have used a vape recently and got/bought their last vape/e-liquid from friends.



Questions included in both the primary and secondary versions of the questionnaire

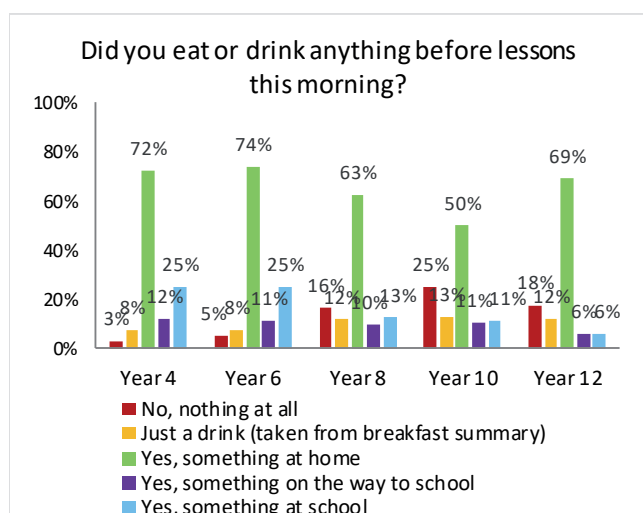
Cross-phase data

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

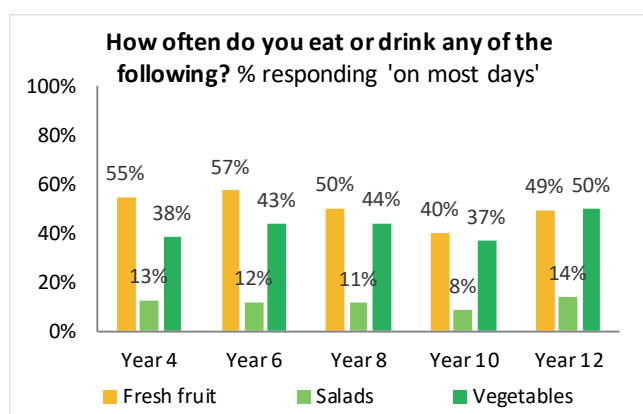
HEALTHY EATING

Did you eat or drink anything before lessons this morning?

- There is an upward trend in the percentage of pupils who report having 'nothing at all' before lessons from years 4 to 10, 3% of Year 4, 5% of Year 6, 16% of Year 8, 25% of Year 10 and 18% of Year 12 pupils.



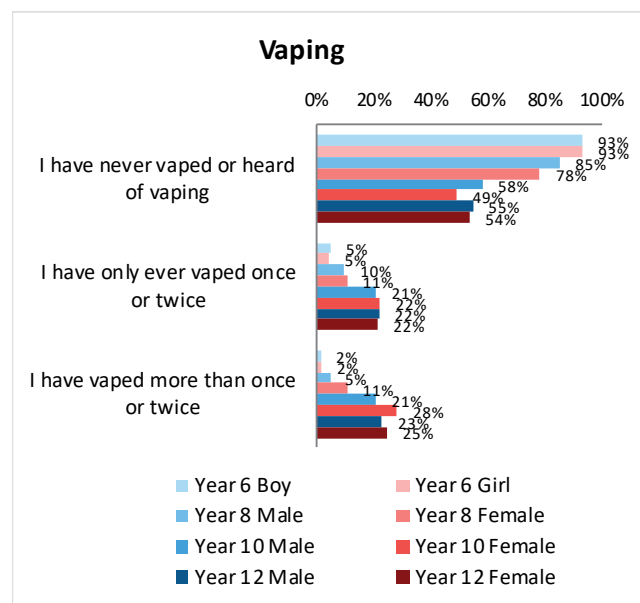
- Secondary school pupils are less likely to say that they eat fresh fruit on 'most days', compared with primary aged pupils who said the same; (46% vs. 55%)



SMOKING AND VAPING

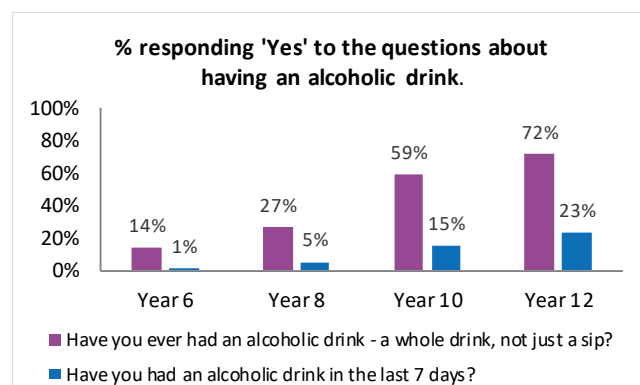
- 31% of Year 6 pupils said that their parents/carers smoke cigarettes. 32% of Year 8, 34% of Year 10 and 13% of Year 12 pupils said the same.
- 97% of Year 6 pupils said that they had 'never smoked a cigarette (from a packet or a roll-up)'. 92% of Year 8, 75% of Year 10 and 80% of year 12 pupils said that they 'have never smoked at all, not even a puff'.

- 2% of Year 6 pupils said they had 'vaped more than once or twice'. 8% of Year 8, 25% of Year 10 and 23% of Year 12 said that they at least 'vape rarely- a few times a year'.



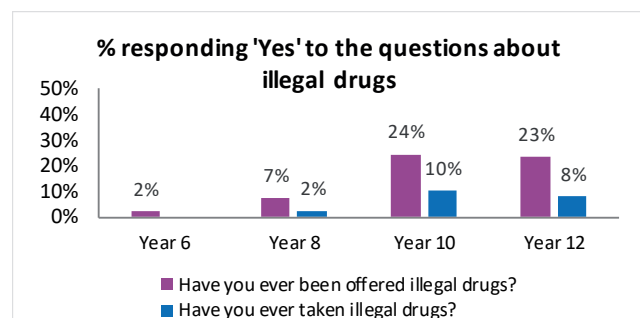
ALCOHOL

- 1% of the Year 6 pupils had an alcoholic drink (more than just a sip) in the last 7 days before the survey. 5% of Year 8 pupils, 15% of Year 10 pupils and 23% of Year 12 pupils said they had an alcoholic drink in the last 7 days before the survey.



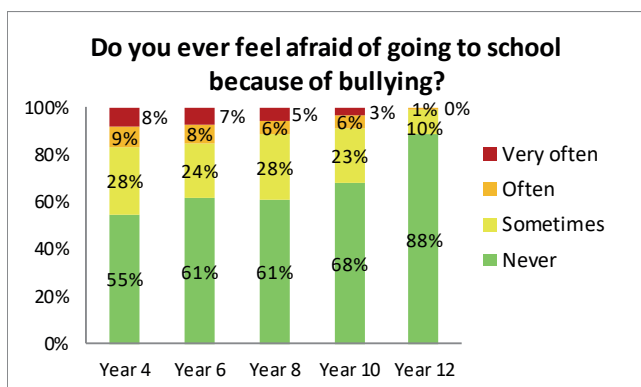
ILLEGAL DRUGS

- 11% of Year 6 pupils said they were 'fairly sure' or 'certain' they knew someone personally who uses illegal drugs (not alcohol, tobacco or as medicines). 21% said this in Year 8, 38% in Year 10 and 42% in Year 12.
- 2% of Year 8 pupils said they had taken illegal drugs. 10% of Year 10 pupils and 8% of Year 12 pupils said that they had taken illegal drugs. Primary students were not asked this question but they were asked if they had been offered.

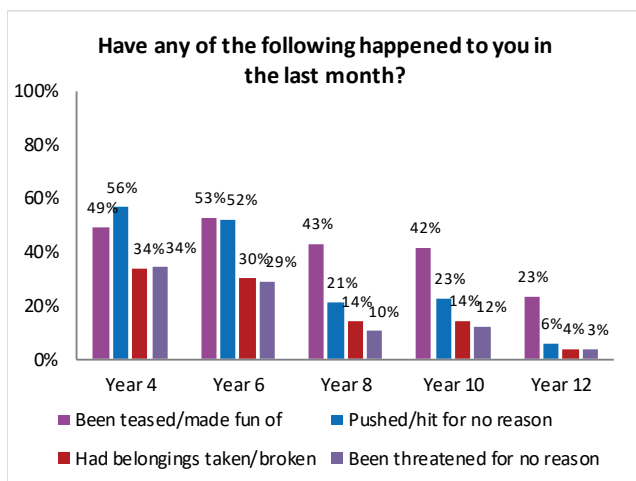


SAFETY

- 41% of primary pupil said that they were at least sometimes feel afraid to go to school because of bullying. 37% of secondary pupils said the same.

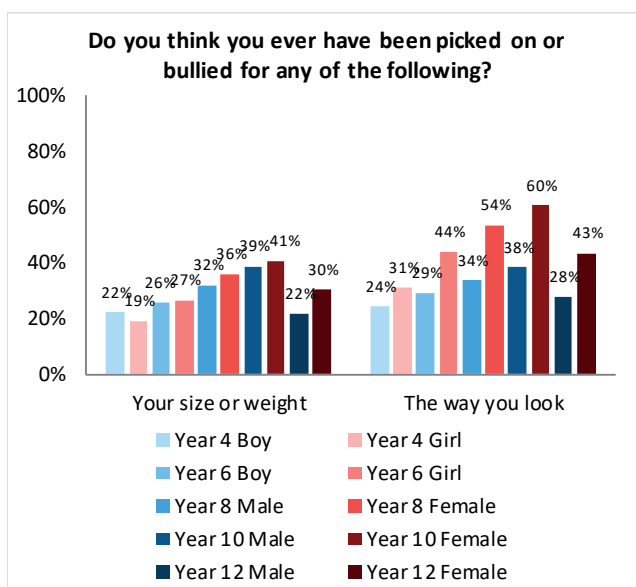


- 19% of Year 4 pupils and 24% of Year 6 pupils reported being bullied on their mobile phone at least a 'few times' in the last month. 9% of Year 8 pupils, 15% of Year 10 and 3% of Year 12 said that they had received nasty/threatening text message in the last month..



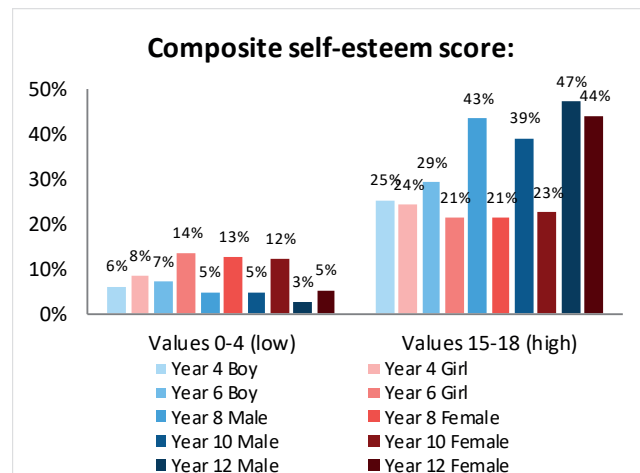
EMOTIONAL HEALTH & WELLBEING

- There is an upward trend in girls being bullied due to their size or weight: 19% of Year 4 girls and 27% of Year 6 girls rises to 36% of Year 8 girls and 41% of Year 10 girls.



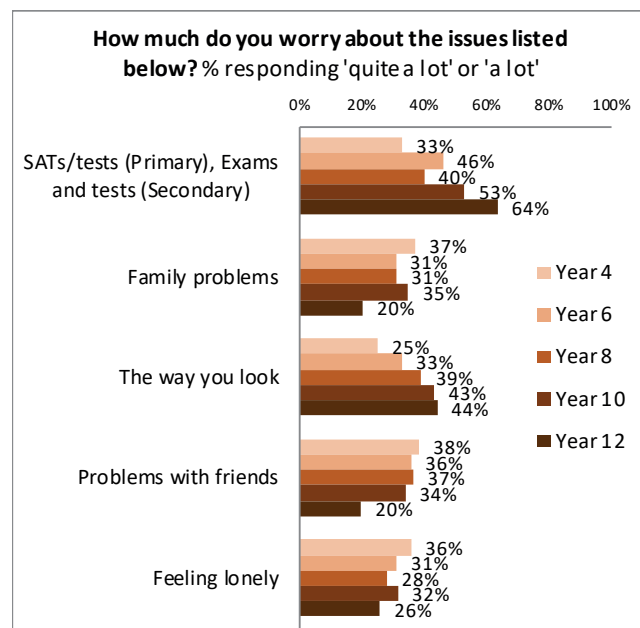
Self-esteem

- Self-esteem appears to increase with age for boys between the primary and secondary phase. 25% of Year 4 and 29% of Year 6 boys recorded levels of high self-esteem, compared with 43% in Year 8 and 39% in Year 10 boys.
- A clear gender difference is apparent with fewer girls recording levels of high self-esteem compared with boys.



Worry

- Top worry for both primary aged pupils and secondary aged pupils are SATs/tests and exams/tests. 40% vs. 45%.



- Another top worry amongst the girls is the way they look. It increases with age starting at 31% of Year 4 girls, 40% of Year 6 girls, 52% of Year 8 girls, 58% of Year 10 girls and 51% of Year 12 girls.

PHYSICAL ACTIVITIES

- 38% of primary pupils responded that they exercised enough to make them breathe harder and faster on five days or more in the week before the survey. 26% of secondary and FE pupils responded that they exercised enough to breathe harder at least five times in the week before the survey.
- 86% of primary pupils said that they enjoy physical activities 'quite a lot' or 'a lot'. This compared with 76% of secondary pupils who said the same. There were gender differences though, with less boys enjoying being active than girls in primary, but the opposite in secondary.

Questions included in the SEND versions of the questionnaire

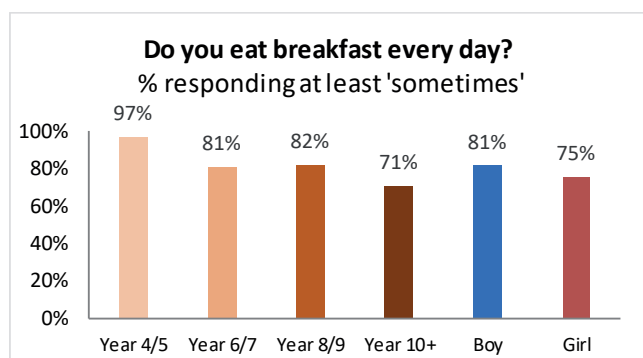
The following is a selection of data relating to the questions found in the SEND versions of the questionnaire.

BACKGROUND

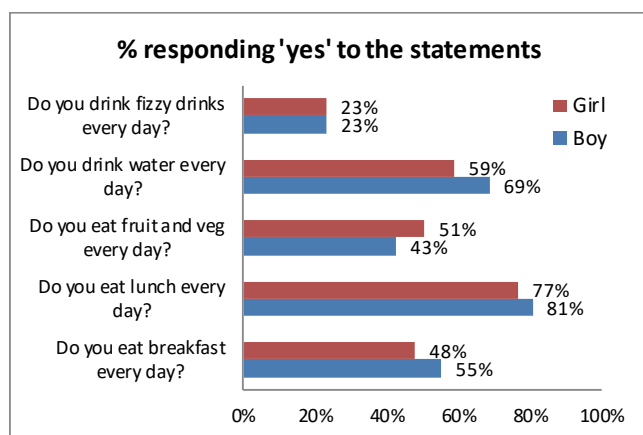
- 90% of pupils responded that they are White. 1% described themselves as Asian or British Asian, 1% as Black or Black British.

HEALTHY EATING

- 53% of pupils responded 'yes' to eating breakfast every day. 79% of pupils responded 'yes' to eating lunch every day.

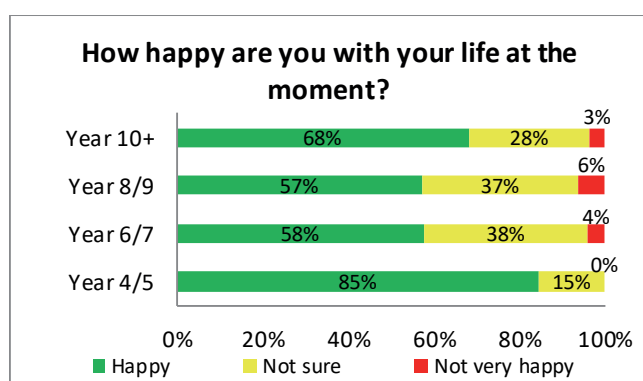


- 45% of pupils responded 'yes' to eating fruit and veg every day.



EMOTIONAL HEALTH & WELLBEING

- 64% of pupils responded that they are 'happy' with their life at the moment.

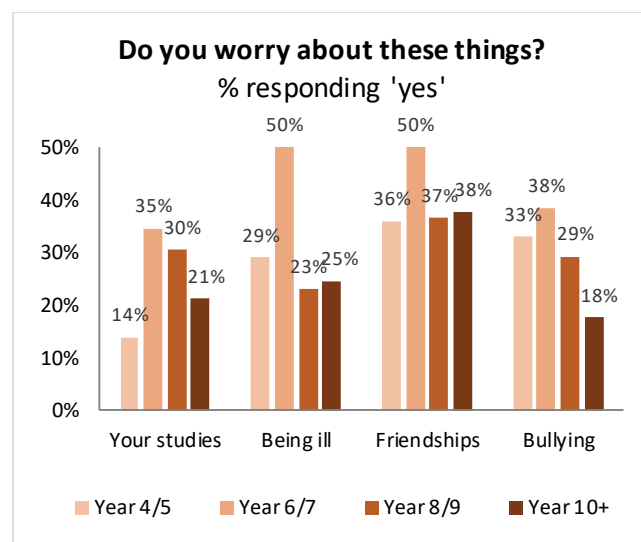


Sleep

- 34% of pupils said they do not fall asleep quickly each night. 22% of pupils said they do fall asleep quickly each night, while 44% said they 'sometimes' do.
- 25% of pupils said they get sleepy when studying. 27% of pupils said they 'sometimes' get sleepy when studying.

Worry

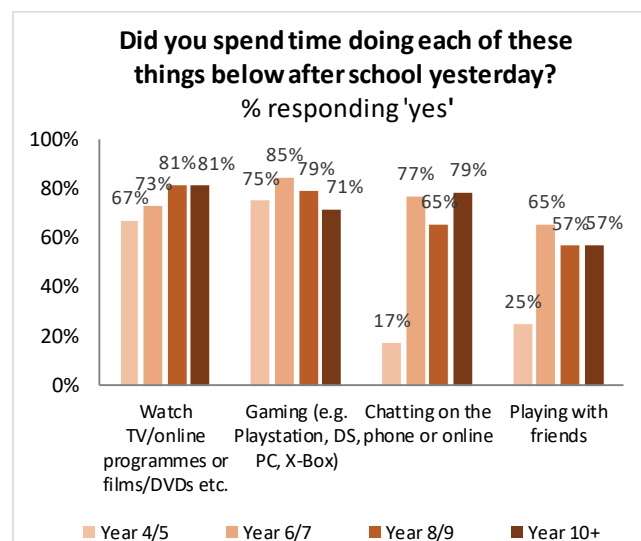
- 45% of pupils said that they worried about their family. 38% of pupils said the same about friendships.
- 27% of pupils [23% of boys and 36% of girls] said that they worried about the way they look.



- 79% of pupils responded that there is an adult they can talk to when they are worried.

LEISURE AND PHYSICAL ACTIVITY

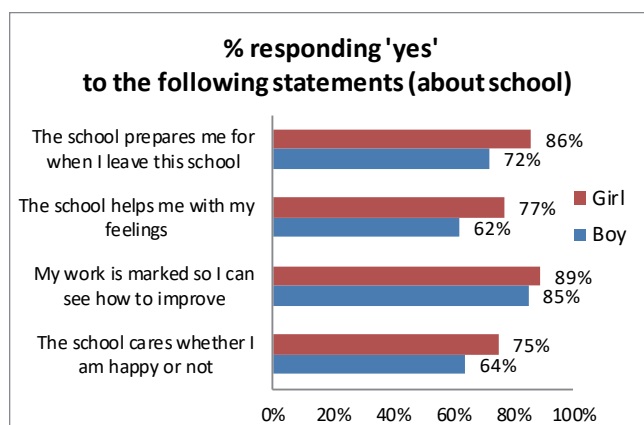
- When asked do you like PE lessons at school, 44% of pupils responded 'all of them', 8% of pupils responded 'few of them'.
- 57% of pupils said they would like to do more sport and exercise.
- 79% of pupils responded that they spent some time watching TV/online programmes or films/DVDs etc. after school on the day before the survey, while 76% said they spent time gaming (e.g. Playstation, DS, PC, X-Box) and 69% chatted on the phone or online.



SCHOOL

Views and Opinions

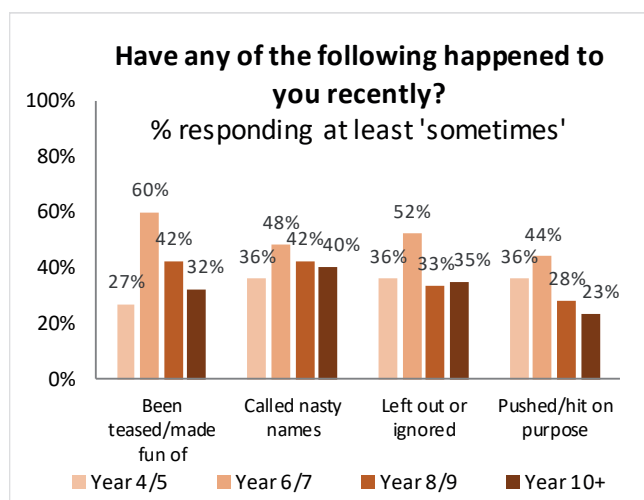
- 53% of pupils think their school listens to their ideas.



SAFETY

Bullying

- 22% of boys and 42% of girls responded that they at least 'sometimes' feel scared to be in school because of other children.
- 13% of pupils said they had been bullied this year. 16% of pupils said they are 'not sure' if they have been.
- 75% of pupils said their school has people they can talk to about bullying.
- 29% of pupils responded that they have been pushed/hit on purpose at least a 'sometimes' recently.



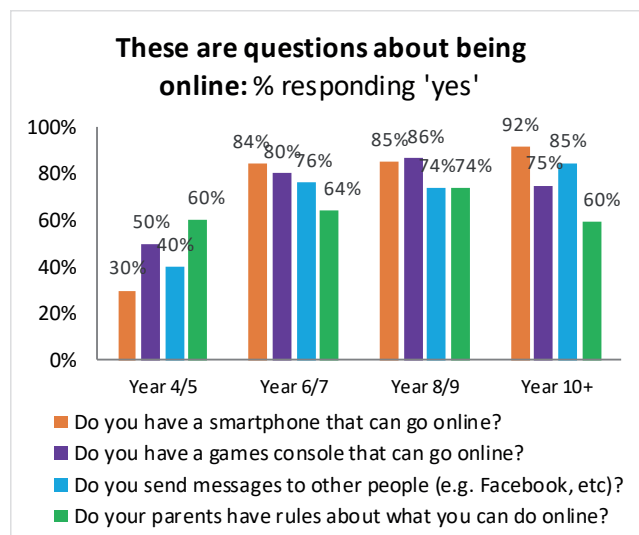
Peer Pressure

- 52% of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

Internet Safety

- 92% of pupils responded that they have been taught about how to keep safe online.
- 67% of pupils responded that they have been taught about how to use social media (Facebook etc.).

- 85% of pupils responded that they have a smartphone that can go online.



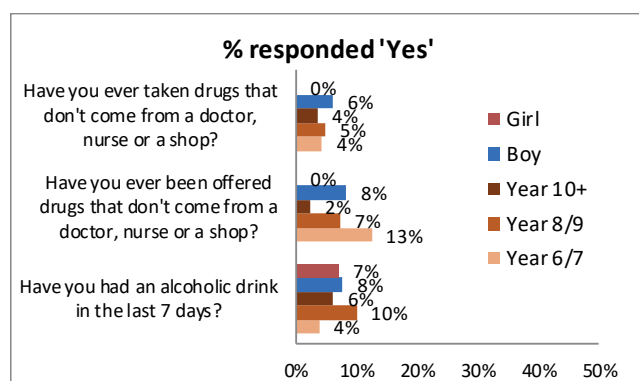
DRUGS, ALCOHOL, SMOKING and Vaping

Drugs

- 54% of Year 6+ pupils reported that their parents/carers had talked with them about illegal drugs. 73% said their teachers had.

Alcohol

- 7% of Year 6+ pupils responded that they have had an alcoholic drink in the last 7 days.

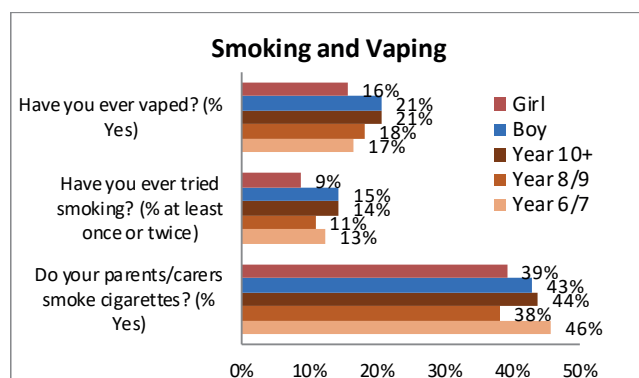


Smoking

- 13% of Year 6+ pupils responded that they have at least tried smoking, while 4% said they smoke at least 'sometimes'.

Vaping

- 19% of Year 6+ pupils responded that they have vaped.



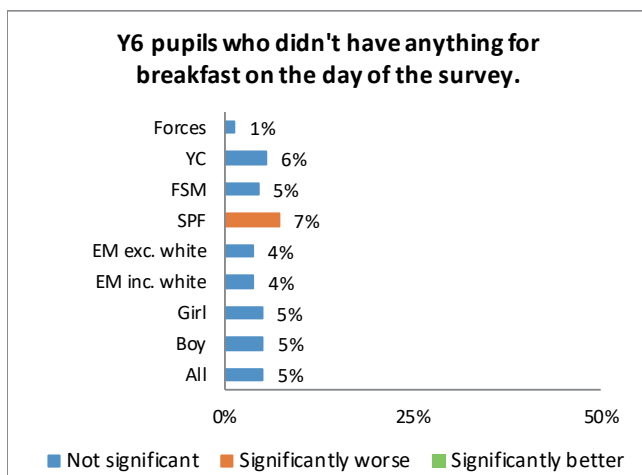
Equality Monitoring in South Tyneside 2025

The survey data reveal the following percentages of pupils who belong to social groupings, many of which are recognised as having more negative outcomes against a wide range of indicators. We have done some analysis to see if the behaviours we see among young people in South Tyneside are different if they are to

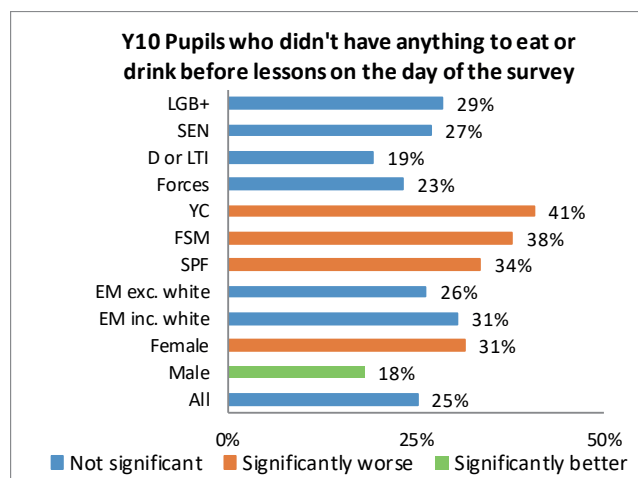
Year 6 and Year 10 pupils identifying as belonging to the following social identity groups	Year 6		Year 10	
	Count	%	Count	%
All pupils	1,126	100	468	100
Boy/Male	577	51	224	48
Girl/Female	542	48	216	46
Ethnic minority including white minorities (EM inc. white)	179	16	74	16
Ethnic minority excluding white minorities (EM exc. white)	156	14	54	12
Single-parent family SPF	207	18	113	24
Free school meals (current) FSM	245	22	103	22
Young carer YC	107	10	27	6
Armed forces family (Forces)	71	6	31	7
Disabled or have a long-standing illness (D or LTI)			31	7
Extra help in lessons with learning or behaviour SEN			38	8
Lesbian, Gay, Bisexual, Pansexual, or described orientation in another way (i.e. not inc questioning/don't know) LGB+			63	15

Healthy Eating

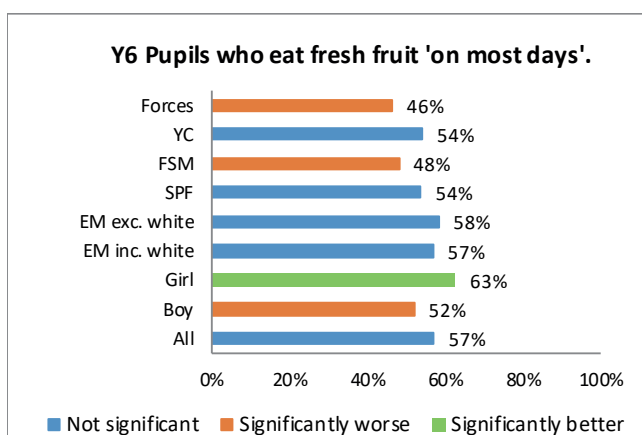
- Year 6 pupils from single parent families are more likely to have nothing for breakfast on the day of the survey.



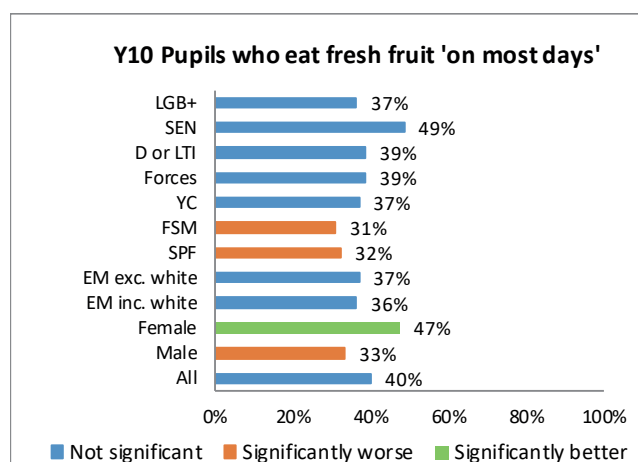
- Year 10 pupils who are young carers, have free school meals, from a single parent family or female are less likely to eat or drink before lessons on the day of the survey. Males are more likely.



- Year 6 pupils who have free school meals, from armed force families or boys are less likely to eat fresh fruit 'on most days'. Girls are more likely.

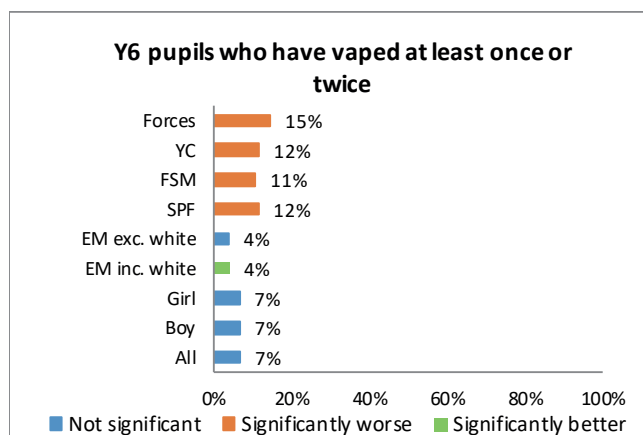


- Year 10 pupils who have free school meals, from a single parent family or male are less likely to eat fresh fruit 'on most days'. Females are more likely.

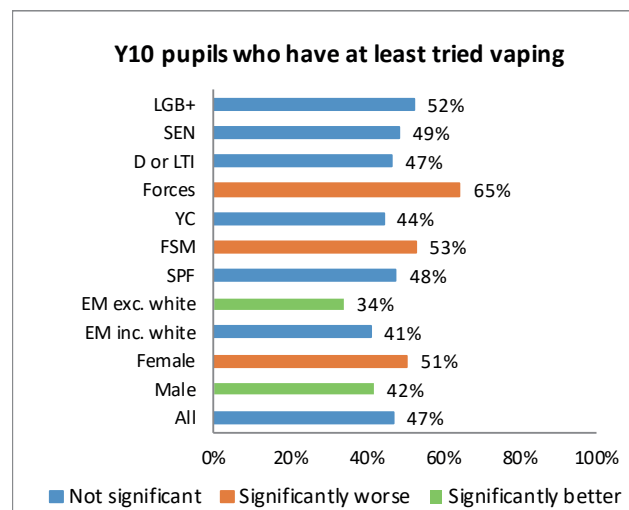


Tried vaping

- Year 6 pupils who are from armed forces families, single parent families, young carers or receive free school meals are more likely to have vaped at least once or twice. Year 6 pupils from ethnic minorities (including white) are less likely.

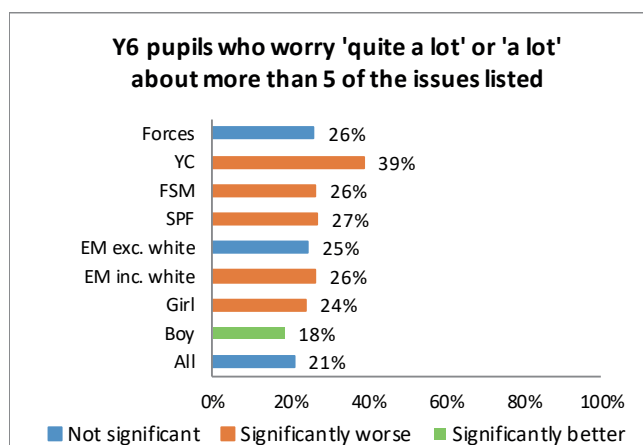


- Year 10 pupils from armed forces families, receive free school meals or female are more likely to have tried vaping. Males and pupils from ethnic minorities (excluding white) are less likely to have tried vaping.

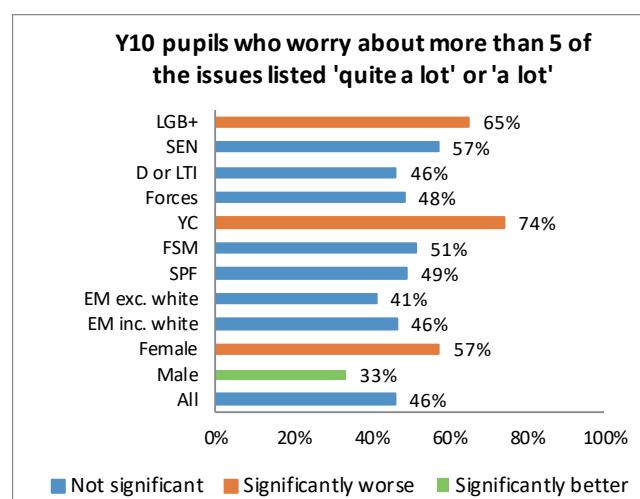


Worry

- Year 6 pupils who are young carers, from single parent families, receive free school meals, from ethnic minorities (including white) or girls are more likely to worry 'quite a lot' or 'a lot' about more than 5 of the issues listed. Boys are less likely.

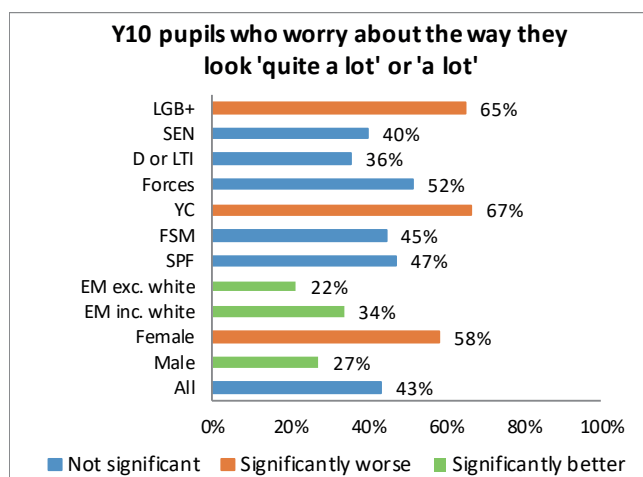


- Year 10 pupils who are young carers, from the LGB+ community or female are more likely to worry about more than 5 of the issues listed in the secondary questionnaire 'quite a lot' or 'a lot'. Males are less likely.

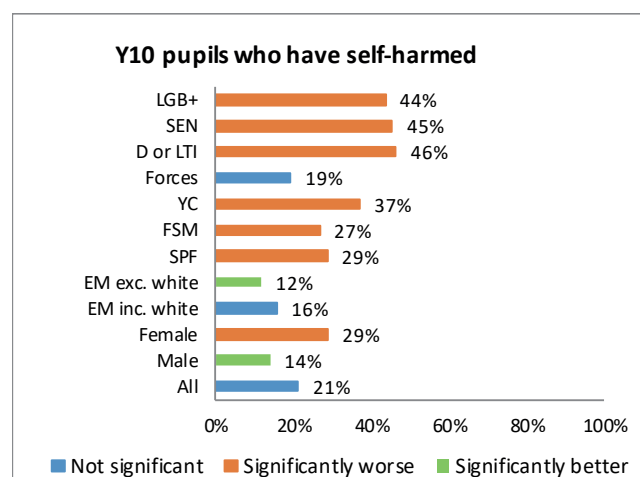


Year 10

- Year 10 pupils who are young carers, from the LGB+ community or female are more likely to worry about the way they look 'quite a lot' or 'a lot'. Males and ethnic minorities are less likely to worry.



- Many of the social groups within Year 10 pupils are more likely to self-harm. This includes pupils who are disabled or have a long-standing illness, receive extra help in lessons or from the LGB+ community. Males and ethnic minorities (excluding white) are less likely to have self-harmed.



The Way Forward – over to you

We are grateful to the teachers, schools, and young people for their time and contributions to this survey. As a result of their work we have excellent data to be used by all key agencies that support the health needs of young people in South Tyneside.

The information gathered from this survey will be used by schools, public health, South Tyneside Council and local health services for young people to compare local adolescent health behaviour to national statistics. The information will be used to prioritise areas of action to develop evidence based programmes, interventions and services.

The findings will be shared with the Children, Adult and Families Board, the Health and Wellbeing Board, Head teachers, Healthy Schools, School Nurses and other providers supporting young people. The data will be used by these groups to assess effectiveness of current provision, highlighting any unmet need or gaps in provision, with a view to inform service review and delivery.

The results of the lifestyle survey will also be used to further enhance our Healthy Schools Programme, so that we can address inequalities, promote inclusion and encourage participation. This will be achieved by providing accessible services and equipping young people with the skills to make informed decisions.

Our thanks go to the staff and pupils who took part in the survey:

PRIMARIES

Ashley Academy
Bede Burn Primary School
Biddick Hall Junior School
Dunn Street Primary School
Fellgate Primary School
Forest View Primary
Hadrian Primary School
Harton Primary School
Hebburn Lakes Primary School
Hedworth Lane Primary School
Holy Trinity CE Academy
Jarrow Cross CE Primary School
Laygate Community School
Lord Blyton Primary School
Marine Park Primary School
Monkton Academy
Mortimer Primary School
Ridgeway Primary Academy
Simonside Primary School
SS Peter and Paul Catholic Primary School
St Aloysius Catholic Junior School Academy
St Gregory's Catholic Primary School
St James' Catholic Primary School
St Mary's Catholic Primary School
St Oswald's CE Aided Primary School

Stanhope Primary School
Toner Avenue Primary School
Westoe Crown Primary School
Whitburn Village Primary School

SECONDARIES

Boldon School
Harton Academy
Hebburn Comprehensive School
Jarrow School
Whitburn CE Academy

SPECIALIST

Bamburgh School
Epinay Business and Enterprise School
Park View School

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