






















**Key Findings 2018-19**

**Primary & Secondary:**

	After 7 consistent years, this year saw a 2% increase to just under 24% of pupils reporting that, on an average day, they eat <b>'5 or more portions of fruit and vegetables'</b> . Year 11 also recorded its highest level at 14%.
	After a peak of 80% (2013-14) in the frequency of <b>'brushing teeth twice a day or more'</b> for the fourth year in a row there has been a slight decline to 76%. For the second year running Year 11 data recorded a reduction on the previous year, down 3% to 78%.
	Physical activity of <b>'7 or more times of 30 minutes or more'</b> increased significantly in 2013/14 to 68% after remaining consistent at around 40% since 2009/10. This year has continued the upward trend with the highest ever physical activity levels recorded over the 12 years of the survey with this years' data peaking at 71% overall and Primary schools recording their highest levels too at 78%.
 	Overall numbers of pupils reporting they have <b>'never smoked, have tried or used to smoke'</b> has consistently increased over the last 12 years, stabilising at 98% since 2015/16. After 7 years of gradual improvement, peaking last year at 89%, Year 11 saw a 3% decline to 86%.
 	The rate of pupils <b>'smoking 10 or more cigarettes a day'</b> has reduced since 2007/8 from 3%, and has remained consistent over the last 5 years at around 0.5%. Year 11 data has risen to a ten year high at 4%, a 2% increase on the previous year.
  	After a significant increase in <b>'abstinence from drinking alcohol'</b> from 40% in 2007/8 to 64% in 2015/16, the data has stabilised over the last 4 years at a rate of 64%. Year 11 results showed its biggest improvement in one year (7%) now recording its best outcome at 32%. After a record high for Primary schools last year (77%), this year saw a 4% drop (73%) in pupils reporting that they have never had a drink of alcohol.
	All year groups reflected a rise in pupils reporting <b>'drinking alcohol everyday'</b> . Year 11 students recorded the worst results since the survey began with a 3% increase on last year to a high of 5%.
	Feeling happy <b>'everyday, most days'</b> saw an overall 5% decrease this year on last year (79% to 74%); the lowest rate since the question was introduced in 2009/10. Both Secondary and Year 11 also saw the lowest rate at 68% and 62% respectively, reflecting a steady decline from 82% in 2009/10 for both. At primary level the figure has remained consistent since 2009/10 at around 84%, although this year saw a 4% reduction from last year to 79%, the lowest rate recorded.
	All year groups reported the worst levels for pupils feeling <b>'stressed or anxious every day or most days'</b> with overall increasing from 19% in 2009/10 to 24% this year, a consistent increase over 6 years. Primary pupils have reported increases for 6 consecutive years from 13% to 18%, and secondary pupils reflected an increase over the last 5 years from 23% to 34%. Year 11 has seen the biggest increase from 28% in 2012/13 to 48% this year, reflecting a 3% increase on last year.
	For overall <b>bullying</b> incidents pupils reporting <b>'not at all'</b> to being bullied in the last 12 months peaked at 70% in 2016/17 following 5 years of gradual improvement. The last two years however have shown a decline to 65% (4% on last year). Both primary and secondary schools saw a 4% decline to 64% and 66% respectively, with year 11 seeing a 7% drop to 72%.

**Secondary:**

 	Secondary year groups saw a decrease in those reporting that they chose to <b>'drink to get drunk'</b> from 13% to 5% in 2015/16, which has now stabilised over the last three years at 6%. Year 11 recorded a third consecutive yearly increase to 19% (3% rise).
 	<b>Illegal drug use</b> has dropped significantly since 2007/8 in secondary pupils overall, reducing consistently from a peak of 17% to a low of 5% in 2015/16. An increase in 2016/17 has remained consistent the last two years at 7%. Year 11 pupils' reporting <b>'ever using an illegal drug, glue, gas or solvent as a drug'</b> , has fluctuated over the years, peaking at 28% in 2007/8 and a low of 15% in 2015/16. Over the last 3 years we have seen this gradually increase to 22% (1% increase this year).
	Overall secondary pupils reporting <b>'ever having had sexual intercourse'</b> saw its' lowest ever level this year at 12% after recording a significant decrease over time from 38% in 2007/8. Year 11 data also reflects this downward trend over time from 47% in 2007/8 to 24% this year, a 4% decrease on last year and now at its lowest level.
 	Of students reporting <b>'ever having had sexual intercourse'</b> , the proportion reporting <b>'either using a condom or a condom and another form of contraception'</b> has stabilised over the last two years at 49% for secondary and about 50% for year 11. The secondary rate has steadily decreased since 2008/9 at 73% to 46% in 2015/16, though it did increase in 2016/17 to 57%. The number of pupils reporting <b>'never using any form of protection'</b> the last time they had sexual intercourse reached its highest level this year at 42%, after consistently seeing an increase since 2007/8 when the rate was 19%. Year 11 has also seen an increase from 20% in 2007/8 to 36% this year, its highest to date.