

Key Findings 2017-18

Primary & Secondary:

	Uptake of ' 5 or more portions of fruit and vegetables ' remains consistent with the previous 10 years data with just over 1 in 5 pupils (22%) reporting this response on an average day.
 	Frequency of ' brushing teeth twice a day or more ' has shown an upward trend since 2010/11 (69%). In 2017/18 results show a very slight overall decrease on the previous year, now at 77% from 78%. Year 11 data recorded a slight reduction to 81% (3% down on previous year).
	Physical activity of ' 7 or more times of 30 minutes or more ' increased significantly in 2013/14 to 68% after remaining consistent at around 40% since 2009/10. After increasing to 70% last year (the highest physical activity levels recorded across the 11 years of the survey) this years' data decreased very slightly to 69%, with reductions across Primary, Secondary and year 11.
 	Overall numbers of pupils reporting they have ' never smoked, have tried or used to smoke ' has consistently marginally increased over the last 11 years, stabilising at 98% since 2015/16. The best outcomes since the survey began were seen in 2017/18 for Year 11 at 88%. The rate of pupils ' smoking 10 or more cigarettes a day ' has reduced significantly since 2007/8 from 3%, and has remained consistent over the last 5 years at 0.5%.
 	A sharp increase in ' abstinence from drinking alcohol ' over the last 11 years from 40% in 2007/8 to 65% in 2017/18 is consistent with last years' data which has remained stable since 2015/16. Since 2007/8 year 11 results have increased from 7% to 25%. There was a decline in last years' data for both Secondary (down 1%) and year 11 pupils (down 3%) reporting that they have never had a drink of alcohol.
 	' More at risk alcohol consumption ' has reduced from 4.4% overall in 2007/8 and continues to be consistent at around 1% overall since 2011/12. Primary pupil data has continued a downward improvement trend when considering ' drinking alcohol everyday ' from 0.9% in 2007/8 to 0.1% in 2017/18. Secondary year groups saw a decrease in those reporting that they chose to ' drink to get drunk ' from 13% to 5% in 2017/18, which is down 1% on 2016/17. Year 11 recorded a second consecutive yearly increase to 16% (4% rise).
 	Feeling happy ' everyday, most days ' saw a slight decrease of 1% overall this year from last year, with this year recording the lowest rate since the question was introduced in 2009/10. Year 11 also saw the lowest rate at 66%, which reflects a steady decline from 82% in 2009/10. At primary level the figure has been consistent since 2009/10 at around 84%, with a 1% reduction from last year to 83%.
	Those reporting feeling ' stressed or anxious every day or most days ' overall has increased from 19% in 2009/10, with a consistent increase for 5 years to 24% in 2017/18. Primary pupils have reported increases for 5 consecutive years from 15% to 18%, and secondary pupils saw the biggest increase over the last 4 years from 23% to 31%. More specifically, year 11 increased from 28%, in 2012/13, to 45% in 2017/18, reflecting a 4% increase on last year.
 	Overall bullying incidents have seen steady decreases since 2011, with 62% reporting ' not at all ' to being bullied in the last 12 months in 2012/13, increasing to 70% in 2016/17. Year 11 reflected a 2% increase from 77% last year to 79% this year. 2017/18 data shows a 1% decrease for both primary and secondary as a whole.

Secondary:

 	Illegal drug use has dropped dramatically 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 this year at 7%. Year 11 pupils' reporting ' ever using an illegal drug, glue, gas or solvent as a drug ', has been more erratic over the years, peaking at 28% in 2007/8 and a low of 5% in 2015/16, increasing to 21% this year (1% increase from last year).
 	Overall secondary pupils reporting ' ever having had sexual intercourse ' saw its' lowest ever level this year at 13% after recording a significant decrease over time from 38% in 2007/8. Year 11 has seen a sharp decrease over time in those reporting ' ever having sexual intercourse ' from 47% in 2007/8 to 26% last year. 2017/18 data reflects a slight 2% increase to 28%.
 	Of pupils reporting ' ever having had sexual intercourse ', all year groups recorded a fall, secondary (49%, - 8% down) and year 11 (49%, 3% down), in reporting ' either using a condom or a condom and another form of contraception ' the last time they had sexual intercourse. This rate has seen a steady decrease since 2008/9 at 73% to 46% in 2015/16, and although it did increase last year to 57%, this year has seen another decrease of 8%. The number of pupils reporting ' never using any form of protection ' the last time they had sexual intercourse reached its highest at 35% this year, after consistently seeing an increase since 2007/8 when the rate was 19%. Year 11 has also seen an increase in this response from 20% in 2007/8 to 31% last year.