

<p>▶ Uptake of '5 or more portions of fruit and vegetables' remained consistent for secondary students overall at around 14% from 2011/12 to 2015/16. This saw a slight increase for the last 2 years at 16% for both.</p> <p>▶ After a sharp decline from 12% in 2007/8 to 7% in 2009/10, year 11 started to increase this rate reaching a peak in 2013/14 of 14%. After decreasing again, this figure has now stabilised at 11% for the last 4 years.</p>
<p>▲ Frequency of 'brushing teeth twice a day or more' has shown an upward trend since 2010/11 (69%). However, 2017/18 results show a 2% decrease on the previous year, at 78% from 80%.</p> <p>▼ Year 11 figures increased sharply from 71% in 2007/8, reaching a peak in 2013/14 of 88%, however this has since showed a decline and this year's figure is now 3% less than last years at 81%.</p>
<p>▲ Physical activity of '7 or more times of 30 minutes or more' increased significantly for secondary students from 33% in 2009/10 to 60% this year. The highest rate we have seen was 61% in 2014/15.</p> <p>▼ Year 11 rates saw a sharp decline from 39% in 2007/8 to 24% in 2012/13, however the rate has since increased to 45% this year, a 2% decrease from last years' figure. The peak was in 2014/15 at 51%.</p>
<p>▲ Overall numbers of pupils reporting they have 'never smoked, have tried or used to smoke' has consistently increased over the last 11 years, from 84% in 2007/8 to 95.7% this year, peaking at 95.9% in 2015/16. Year 11 has also seen a large increase for this response, from a low of 74% in 2008/9 to 89% this year, which is the most favourable figure we have seen since the survey began.</p> <p>▼ The rate of secondary students 'smoking 10 or more cigarettes a day' has reduced significantly since 2007/8 from 6% to its lowest rate in 2015/16 of 0.7%. Since then, the rate has increased by 0.1% each year to its current rate this year of 0.9%. This reduction has also been seen for Year 11 students as the rate reduced from 9.7% in 2007/8 to 2% this year, a 0.5% increase on last years' result.</p>
<p>▲ We have seen a very sharp increase in 'abstinence from drinking alcohol' over the last 11 years in secondary pupils from 15% in 2007/8 to its peak in 2015/16 of 53%.</p> <p>▼ This rate has reduced slightly since by 1% each year, to its rate this year of 51%.</p> <p>▲ Year 11 students have also improved their rates of alcohol abstinence from 7% in 2007/8 to 25% this year.</p>
<p>▼ 'More at risk alcohol consumption' has reduced significantly over the years, from 9% in 2007/8 to 1.2% this year, with the best rate in 2014/15 of 0.9%.</p> <p>▲ Year 11 recorded a second consecutive yearly increase to 16% (4% rise).</p>
<p>▼ Feeling happy 'everyday, most days' has almost remained consistent this year at 74.5% compared to last years' result of 74.4%. After a significant decline from 82% at its inception, this response saw the worst figure ever recorded on the survey last year since the question was introduced in 2009/10.</p> <p>▼ Year 11 saw the lowest rate this year at 65%, which reflects a steady decline from 82% in 2009/10.</p>
<p>▲ Those reporting feeling 'stressed or anxious every day or most days' has increased from 23% in 2009/10, with a consistent increase for 4 years to 31% in 2017/18.</p> <p>▲ More specifically, year 11 increased from 29%, in 2012/13, to 45% in 2017/18, and showed a 4% increase from last year.</p>
<p>▼ Overall bullying incidents have seen steady decreases since 2009/10, with 63% reporting 'not at all' to being bullied in the last 12 months, increasing to 71% in 2016/17, and decreasing 1% this year to 70%.</p> <p>▲ Year 11 reflected a 2% increase from 77% last year to 79% this year.</p>
<p>▼ Illegal drug use in secondary pupils has dropped dramatically and consistently, from a peak of 17% in 2007/8 to a low of 5% in 2015/16.</p> <p>▶ A 2% increase in 2016/17 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 dropping to a low of 5% in 2015/16. This increased to 21% this year (a 1% increase from last year).</p>
<p>▼ 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 also seen a sharp decrease over time in those reporting 'ever having sexual intercourse' from 47% in 2007/8 to 26% in 2016/17.</p> <p>▲ 2017/18 data reflects a slight 2% increase to 28%.</p>
<p>▼ Of those reporting 'ever having had sexual intercourse', those reporting 'either using a condom or a condom and another form of contraception' the last time they had sexual intercourse has steadily dropped since 2008/9 from 73% to 49% this year, falling 8% since last year. Year 11 has also dropped from 69% in 2008/9 to 49% this year, representing a 3% drop from the previous year.</p> <p>▲ The number of secondary students reporting 'never using any form of protection' the last time they had sexual intercourse reached the highest the survey has seen this year at 35%, 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.</p>