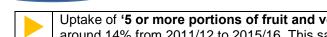
8052 responses from Secondary students in 27 schools!

The My Health, My School Survey Headline Report **Secondary Key Findings 2017-18**





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.

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.

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%. 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%.

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.

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%.

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.

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.

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%.

This rate has reduced slightly since by 1% each year, to its rate this year of 51%. Year 11 students have also improved their rates of alcohol abstinence from 7% in 2007/8 to 25% this year.

'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%.

Year 11 recorded a second consecutive yearly increase to 16% (4% rise).

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.

Year 11 saw the lowest rate this year at 65%, which reflects a steady decline from 82% in 2009/10.

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.

More specifically, year 11 increased from 29%, in 2012/13, to 45% in 2017/18, and showed a 4% increase from last

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%.

Year 11 reflected a 2% increase from 77% last year to 79% this year.

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.

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).

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. 2017/18 data reflects a slight 2% increase to 28%.

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.

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