Supporting the Health of Young People in Devon

A summary report of the Children and Young People Survey 2024

These results were collected from a sample of primary pupils aged 8 to 11, secondary and FE pupils aged 11 to 17 in the Autumn term in 2024 and a small amount of schools in the first half of the Spring term 2025.

The survey was comissioned by the Devon County Council's Public Health Team as a way of collecting robust information about young people's lifestyles.

Teachers were informed on how to collect the most reliable data and then pupils completed a version of the questionnaire appropriate for their age group. Year 4 - Year 6 pupils completed the primary version of the questionnaire. Pupils in Years 7 to 12 completed the secondary version of the questionnaire. All were undertaken anonymously.

A total of 5,510 pupils took part in 37 primary, 11 secondary and FE settings in Devon and 29 home educated students completed questionnaires; pupils from 1 school also completed a 'special schools' version of the questionnaire.

Cross-phase links

Many of the questions in primary and secondary version of the questionnaires are identical or very similar. Some of the results of these questions are presented on pages 12 and 13 of this document, so that behaviour can be seen across the age range.

Comparative data for the Devon 2021 sample is shown in ( ) in this report. Both surveys were completed during the Autumn and early Spring Term, making the ages of the pupils very comparable. However, the 2021 survey data must be viewed with the impacts of COVID-19 in mind.

5510 young people aged 8 to 17 were involved in the survey

School Year	Year 4	Year 5	Year 6	Year 8	Year 9	Year 10	Year 11/12	Total
Boys	358	244	379	716	277	574	145	2693
Girls	356	278	367	621	259	555	112	2548
Total	731*	537*	764*	1378*	556	1186*	119*	5510*

*173 pupils didn't select boy/girl.
A further 67 pupils in Year 7 took part., 29 Electively Home Educated pupils who were only asked their age and not their year group, also completed the survey.

COVID-19

The Devon 2021 survey was undertaken during the COVID-19 pandemic whilst the survey in 2024 took place much later. Undoubtedly, these different circumstances may have influenced some or many of the responses given by our young people.

A selection of some of the differences, where the level seen in the Devon 2024 data is statistically different to that seen in the Devon 2021 data, are listed on page 11 of this report.

For more details please contact The Schools Health Education Unit
Tel. 01392 667272. www.sheu.org.uk

TOPICS INCLUDE:

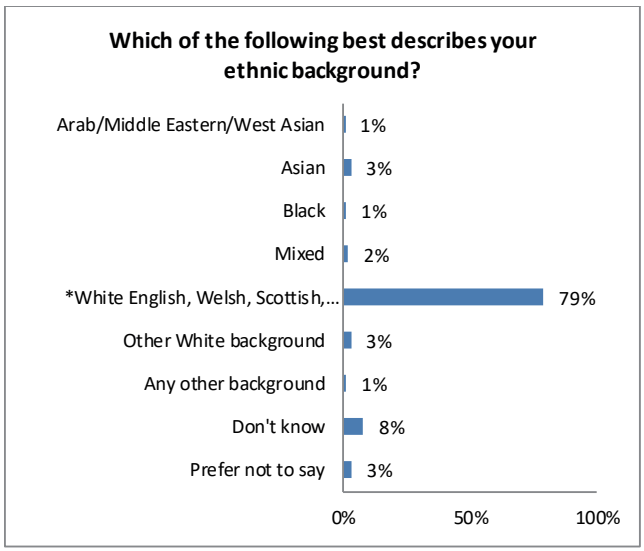
- Background
- Drugs, Alcohol, Smoking and Vaping
- Emotional Health and Wellbeing
- Healthy Eating
- Physical Activity
- Safety
- School and Career
- Relationships and Sexual Health

SHEU

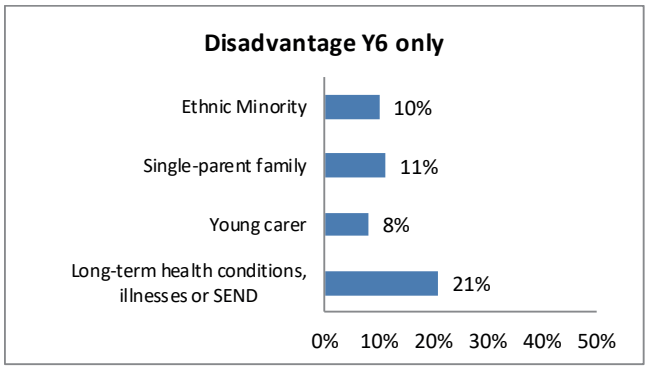
Devon Primary school pupils in Years 4 - 6 (ages 8-12)

BACKGROUND

- 79% of pupils described themselves as *White English, Welsh, Scottish, Northern Irish, or British.



- 72% (69%) 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

- 9% (7%) of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey. 32% (31%) of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.
- 57% (56%) of pupils responded that they eat fresh fruit, salad or vegetables 'on most days'; 42% (43%) said the same of crisps.
- 81% (80%) of pupils said they eat breakfast 'every day/most days' on school days (4 or 5 days a week). 6% (6%) of pupils said they 'never' eat breakfast on school days.

Hygiene

- 82% of pupils said they clean their teeth morning and night on 'most days' or 'every day' (4+ times a week).
- 1% of pupils said they 'never' clean their teeth morning and night, while 11% said they clean them once a day.

DRUGS, ALCOHOL, SMOKING and VAPING

Drugs

- 43% (50%) of Year 6 pupils responded that their parents/carers have talked with them about illegal drugs; 56% (38%) said they have found out from their teachers.
- 0% (0%) of Year 6 pupils responded that they have been offered cannabis.
- 2% (1%) of Year 6 pupils responded that they have been offered other drugs (not cannabis).

Alcohol

- 18% (16%) of Year 6 pupils said they have drunk alcoholic drink at least 'once or twice'; 0% (1%) said they drink alcoholic drinks 'regularly' (more than once a month).

Smoking and Vaping

- 1% (1%) of Year 6 pupils said they have at least tried smoking.
- 4% of Year 6 pupils have at least tried vaping; 0% said they 'sometimes' vape.
- 22% of Year 6 pupils said their parents/carers smoke cigarettes.
- 38% of Year 6 pupils said their parents/carers smoke OR vape; 9% said they do both.

EMOTIONAL HEALTH & WELLBEING

Growing up

- 45% (39%) of Year 4 pupils, 55% (51%) of Year 5 pupils and 68% (67%) of Year 6 pupils responded that they feel they know enough about how their body changes as they get older, while 7% (9%) of pupils feel they do not know enough.

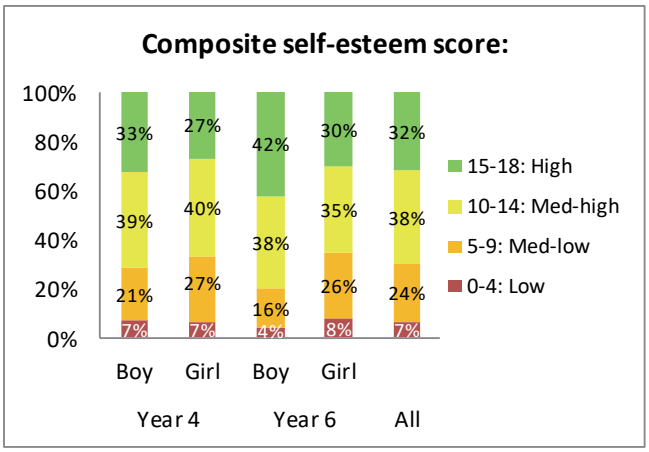
Worrying & problem-solving

- 12% of boys and 18% of girls responded that they feel 'quite' or 'very' unhappy with the way they look.
- 36% (35%) of pupils responded that they worry 'quite a lot' or 'a lot' about SATs/tests, while 32% (30%) said the same about family problems.
- 86% (88%) of pupils said they worried 'quite a lot' or 'a lot' about at least one of the items listed in the questionnaire. **When asked, if you had a problem with school, whom would you share it with first, pupils' responses were as follows:**

	Boys 2024	Boys 2021		Girls 2024	Girls 2021
Parents	43%	45%	Parents	43%	46%
Teachers	24%	24%	Teachers	23%	27%
Keep it to myself	16%	14%	Keep it to myself	13%	10%
Friend	8%	11%	Friend	13%	9%
Brothers or sisters	5%	4%	Brothers or sisters	5%	4%

Self-esteem

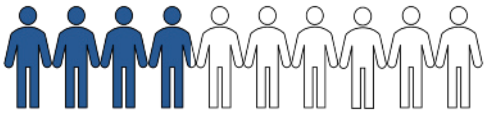
- 51% (51%) of boys and 36% (38%) of girls said they do not usually feel shy when they want to tell a teacher something.
- 30% (30%) of pupils had a med-low or low self-esteem score (9 or less).



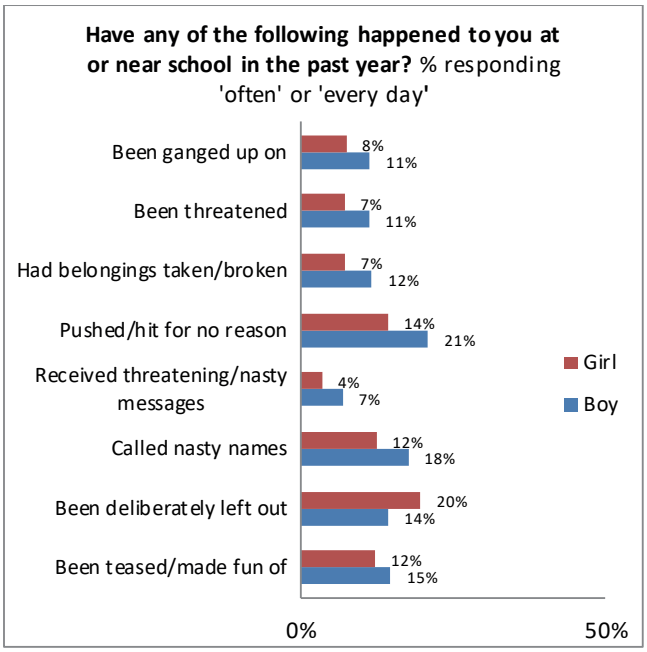
SAFETY

Bullying

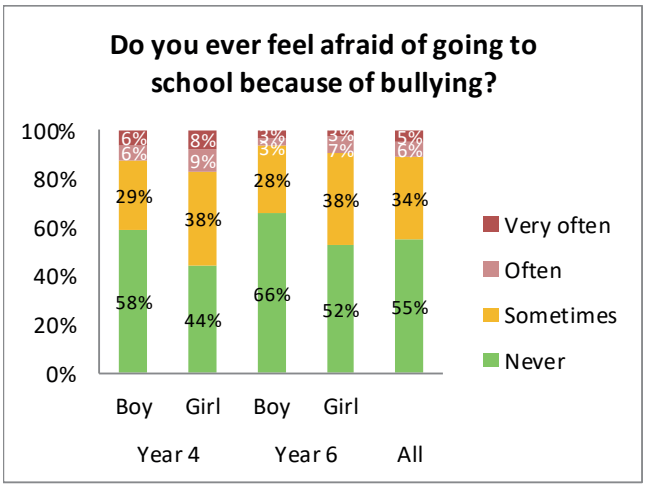
- 88% of pupils responded that they experienced at least one of the negative behaviours listed at least a 'few times' in the last year, while 39% said it happened 'often' or 'every day'.



- 27% (19%) of pupils responded that they have been 'picked on' because of the way they look; 13% (7%) said it was because of their ability (better or worse than others). 39% (44%) said they have never been picked on.



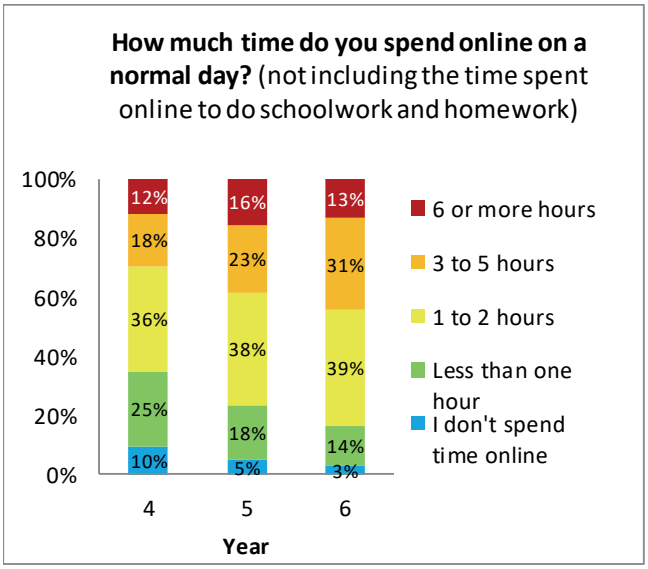
- 44% (51%) of pupils responded that their school deals with bullying well, while 37% (36%) said they are 'not sure' if it does.
- 19% (13%) of pupils responded that their school does not deal with bullying well.
- 45% (38%) of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.



- 11% of pupils said worries about school have stopped them from going to school in the last 12 months.

Internet

- 18% (12%) of Year 6 pupils said that they have seen something upsetting while online.
- 35% (23%) of Year 6 pupils said they have chatted to someone they don't know in real life while online and 20% said they have been bullied or trolled.
- 4% (2%) of Year 6 pupils said that they have been asked to send their picture to someone they don't know. 3% (2%) said that they have been asked to meet someone they don't know in real life.
- 85% (93%) of pupils said they have been told how to stay safe while online.
- 38% of pupils said they spend at least '3 to 5 hours' online on a normal day (excl. for schoolwork and homework), while 14% said they spend '6 or more hours'.

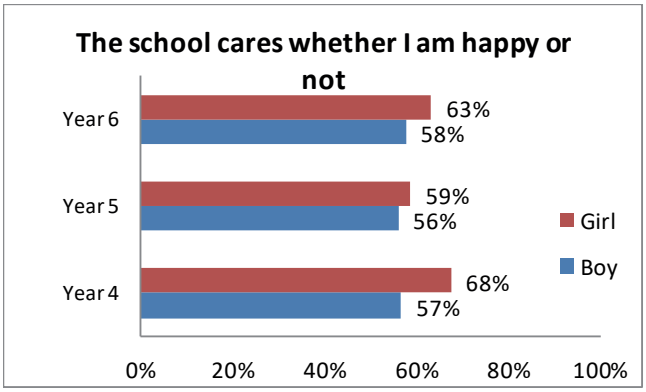


- 18% of pupils said that, in their time online (excl. schoolwork/homework), they usually go online for social media, while 72% said they usually go online for gaming/playing games.

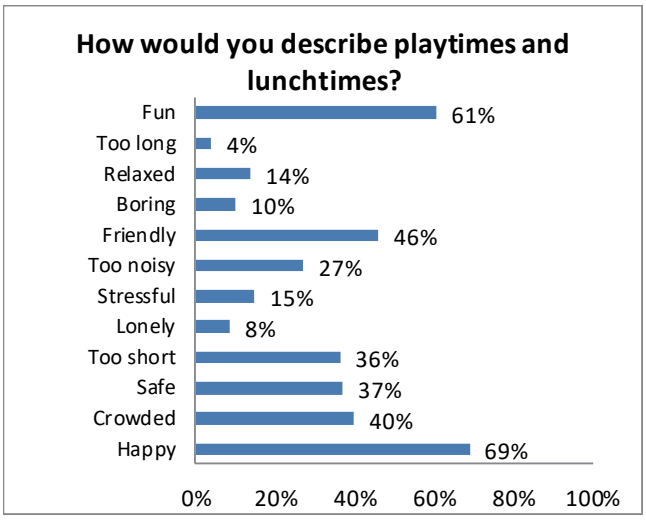
SCHOOL

Views and opinions

- 57% (66%) of boys and 63% (68%) of girls said that their school cared whether they were happy or not.



- 84% (86%) of pupils said the teacher tells them how to improve their work.
- 68% (71%) said their school helps them to work as part of a team.
- 67% (71%) of pupils said that their school encourages everyone to give their opinions.
- 34% of pupils feel that their views and opinions are listened to in their school and make a difference to how their school is run, while 17% said they don't feel that way.
- 10% (11%) of pupils responded that their school doesn't teach them how to deal with their feelings positively.
- 37% of pupils would describe playtimes and lunchtimes as safe.



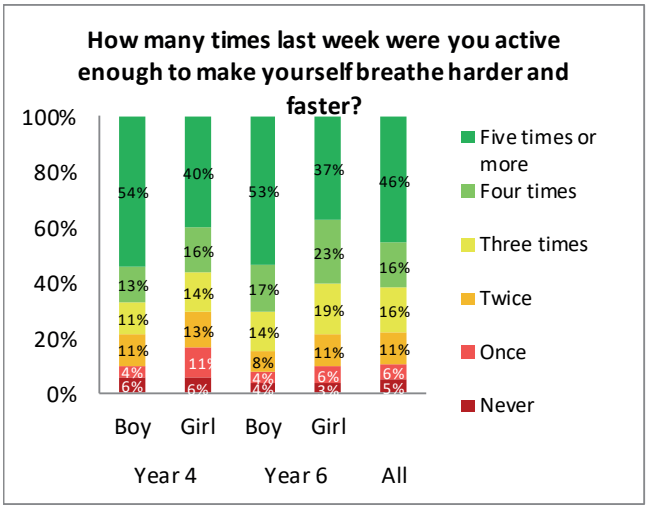
- 41% (32%) of pupils said they know how to get to see their school nurse if they wanted to.

School Travel

- 59% of pupils said they usually travel to school by car or van.
- 13% of pupils said they usually travel to school by bicycle or scooter.
- 20% of pupils said they are stopped from walking/cycling to or from school because they live too far away and 10% said the roads aren't safe.

PHYSICAL ACTIVITY

- 46% (44%) of pupils reported being active enough to make them breathe harder and faster, five times or more in the week before the survey. (There is a clear split between boys and girls with 52% (48%) of boys and 39% (40%) of girls reporting this)
- 5% of boys and 4% of girls responded that they weren't active enough to breathe harder and faster in the week before the survey.



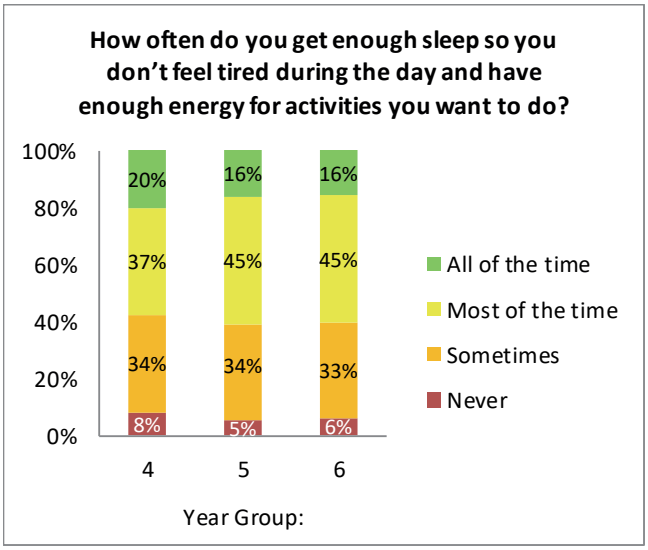
- 85% of pupils said they enjoy being active 'quite a lot' or 'a lot'.
- 61% of pupils responded that nothing stops them taking part in part in physical activity, while 11% said they are too shy/embarrassed.

Swimming

- 63% of pupils said they can swim 25 metres (or a length) without stopping and without floats or armbands, while 22% said they are 'not sure' if they can.

Sleep

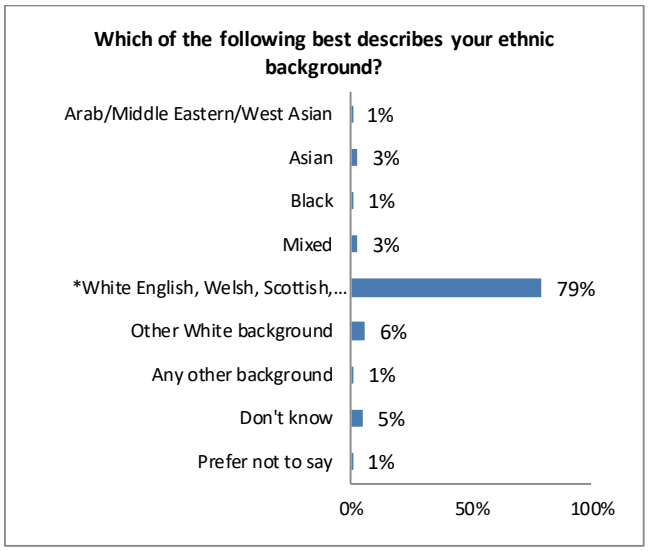
- 8% of boys and 5% of girls said they 'never' get enough sleep, so they don't feel tired during the day and have enough energy for activities they want to do, while 34% of pupils said they 'sometimes' do.
- 60% of boys and 60% of girls said they get enough sleep, so they don't feel tired during the day and have enough energy for activities they want to do 'most of the time' or 'all of the time'.



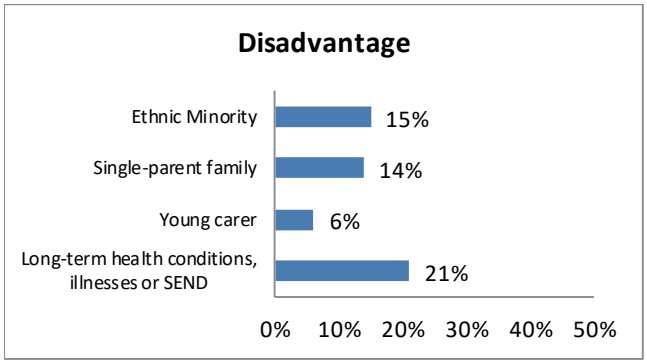
Devon Secondary school pupils in Years 8-10 (ages 12-15)

BACKGROUND

- 79% of pupils described themselves as White English, Welsh, Scottish, Northern Irish, or British.



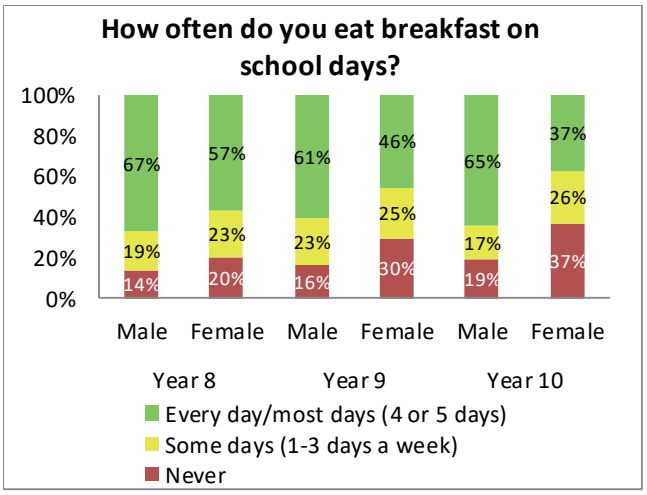
- 68% (64%) of pupils responded that they live with their Mum and Dad together. 12% (14%) of pupils responded that they live 'mainly or only' with their Mum, while 2% (2%) said they live 'mainly or only' with their Dad.
- The survey data reveal the following percentages of pupils who belong to social groupings recognised as having more negative outcomes against a wide range of indicators:



HEALTHY EATING

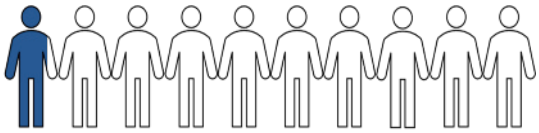
- 24% (22%) of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

- 9% (10%) of pupils responded that they did not eat any portions of fruit or vegetables on the day before the survey.
- 61% (60%) of pupils responded that they eat fresh fruit, salad or vegetables 'on most days'; 29% (29%) said the same of sweets, chocolate, choc bars.
- 73% (69%) of pupils responded that they 'rarely or never' drink energy drinks.
- 22% (22%) of pupils said they 'never' eat breakfast on school days.

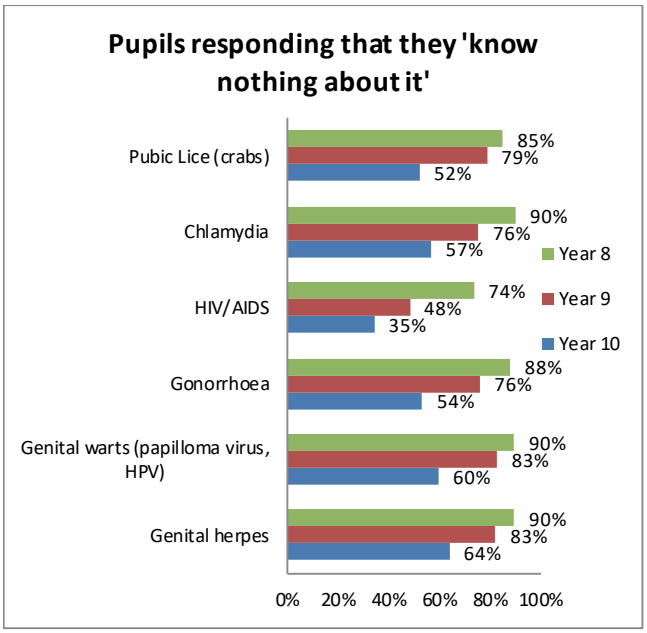


RELATIONSHIPS AND SEXUAL HEALTH

- 38% (36%) of pupils responded that their parents/carers are their main source of information about relationships and sexual health, while 35% (25%) said school lessons are.
- 12% (11%) of Year 8 pupils, 24% (11%) of Year 9 pupils and 42% (30%) of Year 10 pupils responded that they know where they can get condoms free of charge.
- 18% (22%) of males and 26% (40%) of females agreed that there is pressure on young people to have sex.



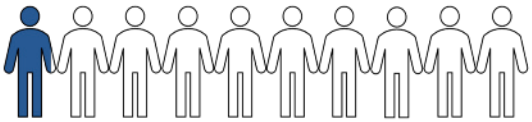
- 8% (12%) of Year 10+ pupils responded that they have had, or are currently in, a sexual relationship.
- 35% of pupils correctly identified that HIV/AIDS can be treated but not cured.



DRUGS, ALCOHOL, SMOKING and VAPING

Drugs

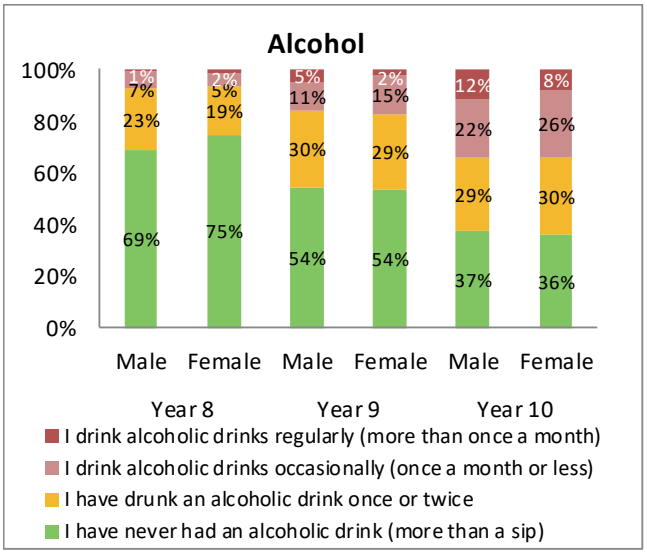
- 9% (10%) of pupils responded that they have been offered cannabis.



- 1% (2%) of Year 8 pupils, 4% (3%) of Year 9 pupils and 10% (10%) of Year 10 pupils responded that they have taken drugs to get high.

Alcohol

- 29% (31%) of Year 8 pupils, 46% (45%) of Year 9 pupils and 63% (51%) of Year 10 pupils said they have had an alcoholic drink (more than just a sip) at some point (scale changed – two of the options in 2021 were combined into one option in 2024).



- 4% of Year 8 pupils, 16% of Year 9 pupils and 30% of Year 10 pupils said they at least 'occasionally' get drunk when they drink alcohol.
- 65% (47%) of pupils responded that they would know where to go if they wanted information or support about alcohol or drugs.

Smoking

- 8% (10%) of boys and 10% (16%) of girls responded that they have tried smoking tobacco in the past or smoke now.
- 0% of Year 8 pupils, 3% of Year 9 pupils and 3% of Year 10 pupils said they at least sometimes smoke (cigarettes or roll-ups).
- Of these pupils, 49% said they would like to give up; 11% would like help to give up.

Vaping

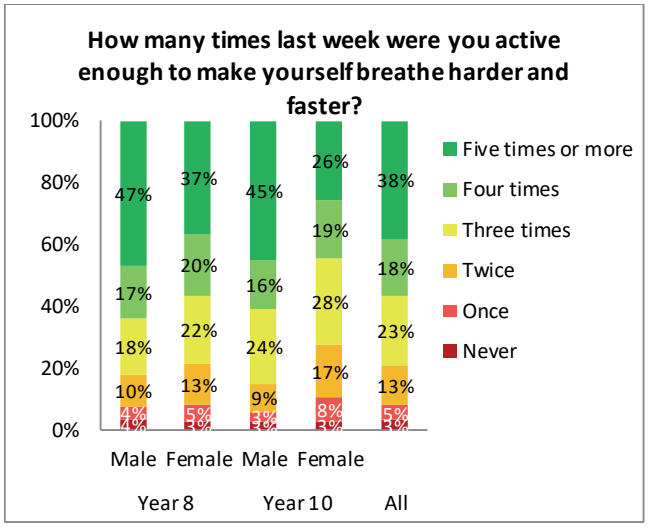
- 19% of boys and 23% of girls said they have at least tried vaping.
- 2% of Year 8 pupils, 9% of Year 9 pupils and 12% of Year 10 pupils said they at least 'sometimes' vape.
- Of the 332 pupils who have at least tried vaping 'more than once or twice', 68% said they would like to give it up and 11% said they would like help to give up.

Parental Smoking/Vaping

- 29% of pupils said their parents/carers smoke cigarettes and/or vapes; 7% said they use both.

PHYSICAL ACTIVITY

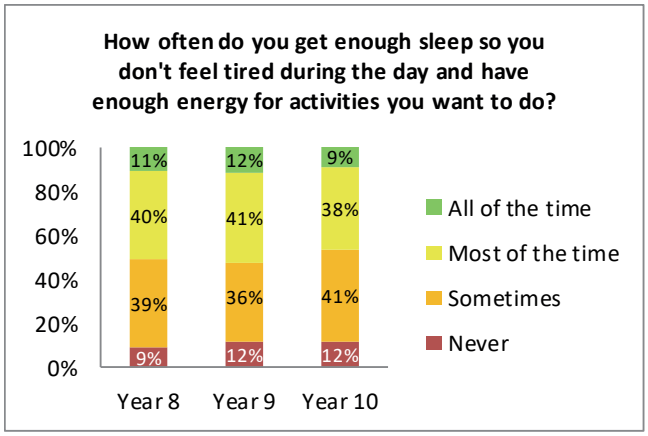
- 3% (5%) of pupils responded that they weren't active enough ('didn't exercise enough' in 2021) to breathe harder and faster at all in the week before the survey.
- 79% (70%) of pupils responded that they were active enough ('exercised enough' in 2021) to breathe harder at least three times in the week before the survey.



- 48% (40%) of pupils responded that nothing stops them taking part in part in physical activity, while 23% (27%) said they are not bothered/just don't want to go.
- 73% of pupils said they can swim 25 metres (or a length) without stopping, while 19% said they are 'not sure' if they can.

Sleep

- 9% of males and 12% of females said they 'never' get a good night's sleep (enough so they don't feel tired during the day and have enough energy for activities they want to do), while 39% of pupils said they 'sometimes' do.



EMOTIONAL HEALTH & WELLBEING

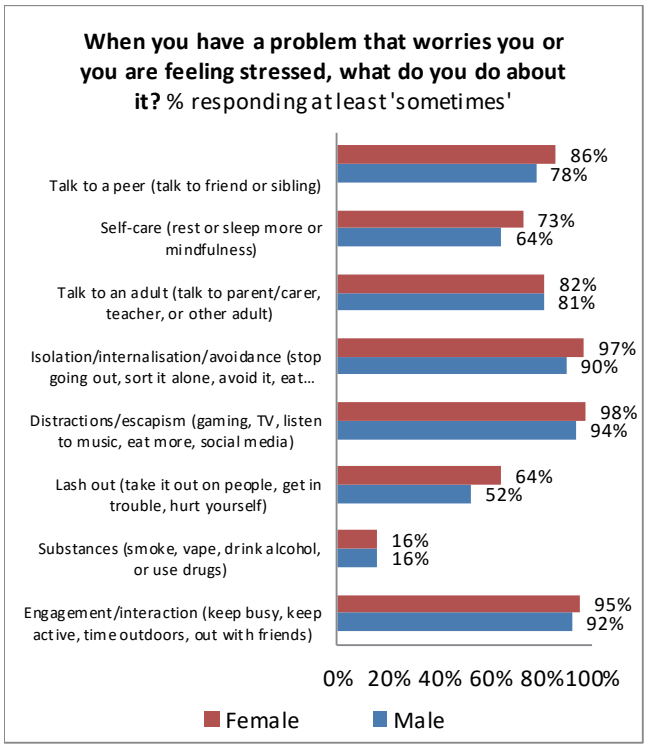
- 52% (54%) of pupils responded that they are 'quite' or 'very' happy with their life at the moment; 6% (7%) of pupils responded that they are 'not at all' happy with their life at the moment..
- 82% (83%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- 28% (24%) of males and 49% (53%) of females responded that they worry about more than 5 issues listed 'quite a lot' or 'a lot'.

The top four worries for boys and girls were as follows:

Boys		Girls	
Exams and tests	40%	Exams and tests	60%
School-work / homework problems	34%	The way they look	54%
The health of someone in your family	33%	School-work / homework problems	47%
The future	28%	The future	45%

(The table shows the proportion of pupils worrying about listed problems 'quite a lot' or 'a lot'.)

- 78% of pupils responded that they at least 'sometimes' talk to a parent/carer when they have a problem that worries them or they are feeling stressed, whereas 85% listen to music.



- 26% of pupils at least 'sometimes' hurt themselves in some way when they have a problem that worries them or they are feeling stressed.
- 44% (46%) of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 29% (33%) ask for help and 19% (20%) give up.

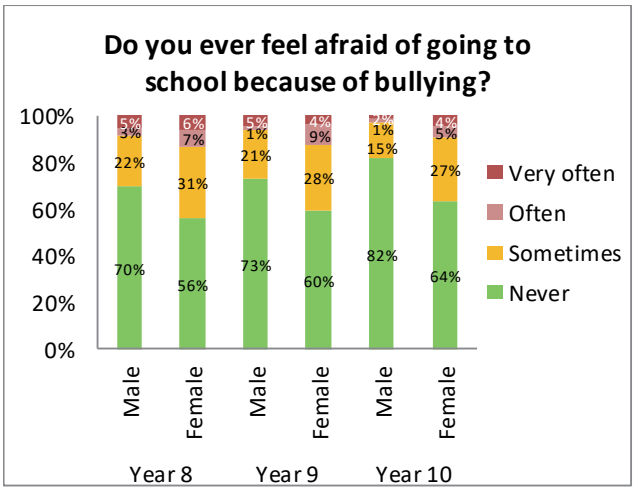
Body Image

- 20% of males and 44% of females said how they feel about their body and/or appearance 'often' or 'always' negatively impacts their mood.

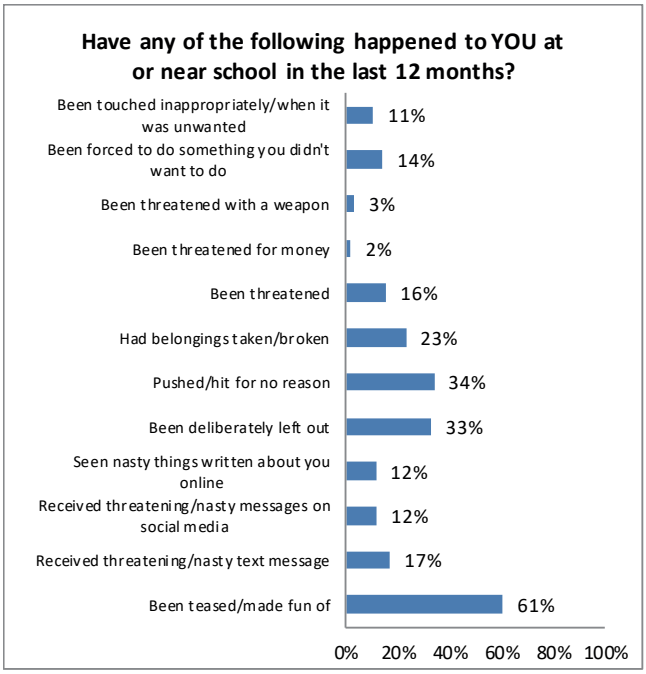
SAFETY

Bullying In School

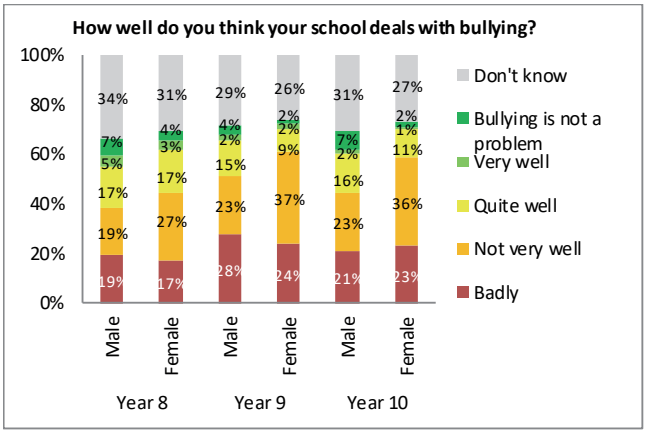
- 33% (38%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.



- 34% (30%) of pupils responded that they have been pushed/hit for no reason at or near school in the last 12 months; 16% (15%) said they have been threatened for no reason.



- 17% (29%) of pupils responded that their school deals with bullying 'quite' or 'very' well.



- 11% of pupils responded that they think they have been picked on because of their family background, while 18% think they have been because of the way they speak.
- 48% of pupils responded that they think they have been picked on because of the way they look, while 7% think they have been because of their race or skin colour.
- 30% of pupils think the school is a safe and welcoming environment for young people who identify as LGBTQ+, while 22% think it isn't.

Violence and Aggression

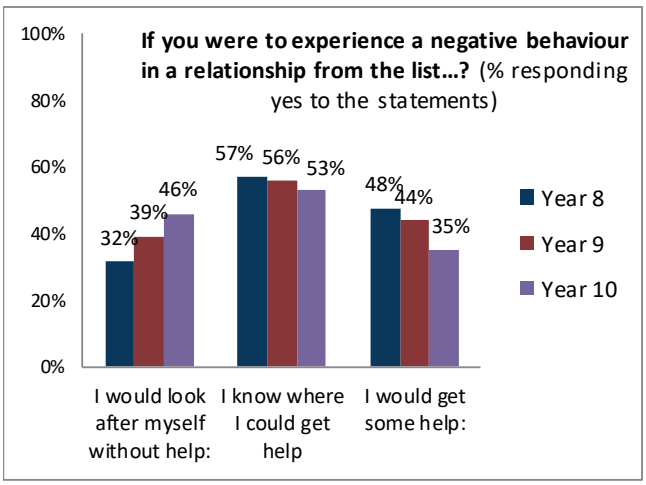
- 12% (11%) of pupils responded that they were the victim of violence or aggressive behaviour in the 12 months before the survey, while 24% (18%) said they are 'not sure' if they were.
- 7% (7%) of pupils responded that they were the victim of violence or aggressive behaviour in the school grounds in the 12 months before the survey; 2% (2%) said it happened in the street or in a park.
- 13% of pupils said they are 'fairly sure' or 'certain' that they or someone they know carries weapons or other items for protection when going out.

Domestic Incidents

- 25% (26%) 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 ('prefer not to say' option added in 2024); 3% (4%) said this has happened 'every day/almost every day'.
- 5% (4%) of pupils responded that there has been violence between adults at home at least 'once or twice' in the last month ('prefer not to say' option added in 2024); 1% (0%) said this has happened 'every day/almost every day'.

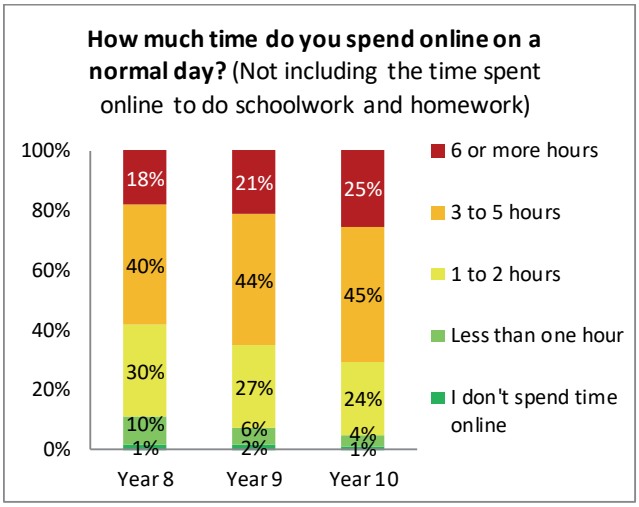
Relationships

- 10% (9%) of pupils responded that a past or current boyfriend/girlfriend has used hurtful or threatening language to them.
- 55% (59%) of pupils responded that if any of the things in Q67 happened to them, they know where they could get help.



INTERNET SAFETY

- 7% of males and 17% of females said they have been asked to send their picture to someone they don't know when online and 7% of males and 12% of females said they have been asked to meet someone they don't know.
- 83% of pupils said they have been given information or advice about staying safe online.
- Of the 2059 pupils who said they have been given information or advice about staying safe online, 75% said it has been helpful.
- 4% of Year 8 pupils, 10% of Year 9 pupils and 11% of Year 10 pupils said they have been given gifts such as alcohol, cigarettes, vapes, or clothing from someone who wants to be their friend; 11% of pupils said they are 'not sure' if they have.
- 22% of pupils said they spend 6 or more hours online (outside of schoolwork/homework) on a normal day.



- 70% of pupils responded that they go online for social media, while 67% said that they go online for gaming/playing games.

SCHOOL

- 25% (28%) of pupils agreed that the school cares whether they are happy or not and 58% (62%) agreed that their work is marked so they can see how to improve it.
- 76% of pupils responded that illness or injury has stopped them from going to school in the last year, while 11% have not missed any school.
- 18% of males and 38% of females said that any of the EHWB items listed have stopped them from going to school in the last year. These include mental health, can't cope in the school environment, and any of the 'worries about...' options.

School Toilets

- 46% of pupils said they 'often' or 'always' feel safe using the toilets at school, while 23% of males and 23% of females said they 'never' do.
- 25% of pupils said they 'often' or 'always' eat/drink less to avoid using the toilet in school, while 59% of males and 44% of females said they 'never' do.

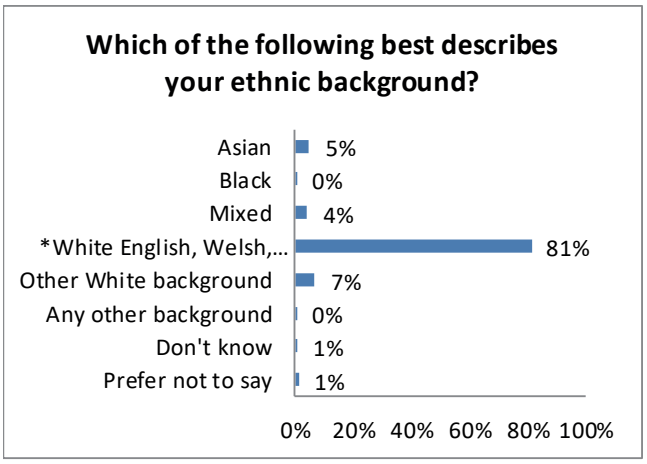
School Travel

- 37% of pupils said they usually travel to school by car or van.
- 4% of pupils said they usually travel to school by bicycle or scooter.
- 35% of pupils said they are stopped from walking/cycling to or from school because they live too far away and 12% said the roads aren't safe.

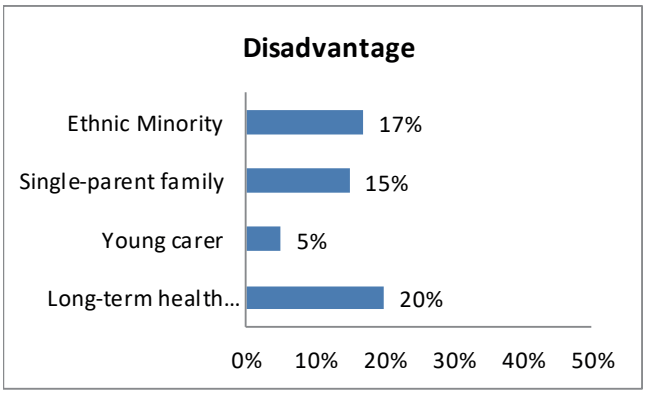
Devon Secondary school pupils in Years 11-12 (ages 15-17)

BACKGROUND

- 81% of pupils described themselves as White English, Welsh, Scottish, Northern Irish, or British.



- 69% of pupils responded that they live with their Mum and Dad together. 11% of pupils responded that they live 'mainly or only' with their Mum, while 3% said they live 'mainly or only' with their Dad.
- The survey data reveal the following percentages of pupils who belong to social groupings recognised as having more negative outcomes against a wide range of indicators:



HEALTHY EATING

- 23% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.
- 8% of pupils responded that they did not eat any portions of fruit or vegetables on the day before the survey.
- 70% of pupils responded that they eat fresh fruit, salad or vegetables 'on most days'; 30% said the same of sweets, chocolate, choc bars.
- 26% of pupils said they 'never' eat breakfast on school days.

RELATIONSHIPS AND SEXUAL HEALTH

- 28% of pupils responded that their parents/carers are their main source of information about relationships and sexual health, while 26% said school lessons are.
- 54% of pupils responded that they know where they can get condoms free of charge.
- 13% of males and 38% of females agreed that there is pressure on young people to have sex,
- 14% of pupils responded that they have had, or are currently in, a sexual relationship.
- 68% of pupils correctly identified that HIV/AIDS can be treated but not cured.

DRUGS, ALCOHOL, SMOKING and VAPING

Drugs

- 32% of pupils responded that they have been offered cannabis.
- 17% of pupils responded that they have taken drugs to get high.

Alcohol

- 83% of pupils said they have had an alcoholic drink (more than just a sip) at some point.
- 20% of pupils said they drink alcoholic drinks 'regularly' (more than once a month).
- 53% of pupils said they at least 'occasionally' get drunk when they drink alcohol.

Smoking

- 5% of pupils said they at least sometimes smoke (cigarettes or roll-ups).
- Of these pupils, 50% said they would like to give up; 0% would like help to give up.

Vaping

- 48% of pupils said they have at least tried vaping.
- 17% of pupils said they at least 'sometimes' vape.
- Of the 64 pupils who have at least tried vaping 'more than once or twice', 63% said they would like to give it up and 3% said they would like help to give up.

Alcohol & Drug Information

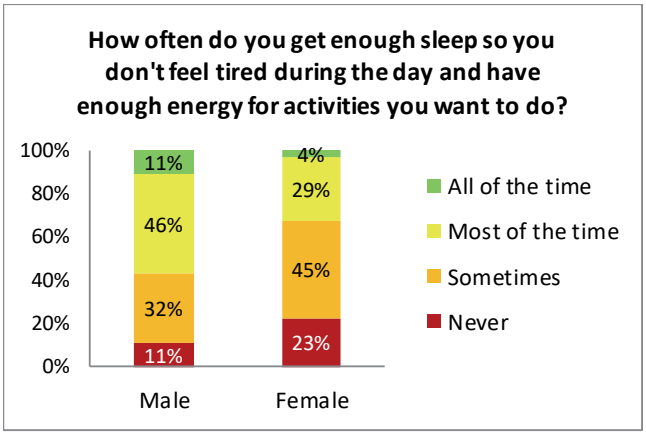
- 75% of pupils responded that they would know where to go if they wanted information or support about alcohol or drugs.

PHYSICAL ACTIVITY

- 2% of pupils responded that they weren't active enough to breathe harder and faster at all in the week before the survey.
- 74% of pupils responded that they were active enough to breathe harder at least three times in the week before the survey.
- 36% of pupils responded that nothing stops them taking part in part in physical activity, while 30% said they are not bothered/just don't want to go.

Sleep

- 11% of males and 23% of females said they 'never' get a good night's sleep (enough so they don't feel tired during the day and have enough energy for activities they want to do), while 37% of pupils said they 'sometimes' do.



EMOTIONAL HEALTH & WELLBEING

- 47% of pupils responded that they are 'quite' or 'very' happy with their life at the moment.
- 85% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- 22% of males and 57% of females responded that they worry about more than 5 issues listed 'quite a lot' or 'a lot'.
- 40% of pupils responded that they worry about the way they look 'quite a lot' or 'a lot' and 17% said they worry about family problems.
- 8% of pupils responded that they worry about bullying 'quite a lot' or 'a lot' and 49% said they worry about the future.
- 76% of pupils responded that they at least 'sometimes' talk to a parent/carer when they have a problem that worries them or they are feeling stressed, whereas 89% listen to music.
- 22% of pupils at least 'sometimes' hurt themselves in some way when they have a problem that worries them or they are feeling stressed.
- 43% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 25% ask for help and 17% give up.

Body Image

- 15% of males and 58% of females said how they feel about their body and/or appearance 'often' or 'always' negatively impacts their mood.

SAFETY

Bullying In School

- 14% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- 20% of pupils responded that they have been pushed/hit for no reason at or near school in the last 12 months; 9% said they have been threatened for no reason and 38% said they have never been picked on.
- 17% of pupils responded that their school deals with bullying 'badly', while 18% said it is dealt with 'not very well'.
- 14% of pupils responded that their school deals with bullying 'quite' or 'very' well.
- 11% of pupils responded that they think they have been picked on because of their family background, while 28% think they have been because of the way they speak.
- 41% of pupils responded that they think they have been picked on because of the way they look, while 7% think they have been because of their race or skin colour.
- 47% of pupils think the school is a safe and welcoming environment for young people who identify as LGBTQ+, while 12% think it isn't.

Violence and Aggression

- 12% of pupils responded that they were the victim of violence or aggressive behaviour in the 12 months before the survey, while 16% said they are 'not sure' if they were.
- 13% of pupils said they are 'fairly sure' or 'certain' that they or someone they know carries weapons or other items for protection when going out.

Relationships

- 34% of pupils responded that they have experienced at least one of the negative behaviours listed in a relationship with a past or current boyfriend/girlfriend.
- 58% of pupils responded that if any of the things in Q67 happened to them, they know where they could get help.
- 37% of pupils responded that if any of the things in Q67 happened to them, they would get some help.

INTERNET SAFETY

- 11% of males and 29% of females said they have been asked to send their picture to someone they don't know when online and 8% of males and 18% of females said they have been asked to meet someone they don't know.
- 86% of pupils said they have been given information or advice about staying safe online.
- Of the 194 pupils who said they have been given information or advice about staying safe online, 69% said it has been helpful.
- 11% of pupils said they have been given gifts such as alcohol, cigarettes, vapes, or clothing from someone who wants to be their friend; 10% of pupils said they are 'not sure' if they have.
- 75% of pupils said they spend at least 3 to 5 hours online (outside of schoolwork/homework) on a normal day.
- 23% of pupils said they spend 6 or more hours online (outside of schoolwork/homework) on a normal day.

SCHOOL

- 81% of pupils responded that illness or injury has stopped them from going to school in the last year, while 8% have not missed any school.
- 16% of males and 49% of females said that any of the EHWB items listed have stopped them from going to school in the last year. These include mental health, can't cope in the school environment, and any of the 'worries about...' options.
- 29% of pupils said they 'often' or 'always' eat/drink less to avoid using the toilet in school,
- 28% of pupils agreed that the school cares whether they are happy or not and 52% agreed that people are valued regardless of background in their school.

Comparison between 2024 and 2021

PRIMARY PUPILS (Years 4 - 6)

A selection of headlines are listed below that show significant differences between the data collected in the 2024 survey and that collected in (2021). *Note: 2021 data is during the COVID-19 pandemic.*

Positive findings

- ↑ 57% (39%) of Year 6 pupils said that teachers, the school nurse or school visitors/speakers have spoken with them about illegal drugs.
- ↑41% (32%) of pupils know how to get to see their school nurse if they wanted to.
- ↓ 30% (34%) of pupils worry 'quite a lot' or 'a lot' about the future.

Emerging Issues

- ↑ 27% (19%) of pupils have been 'picked on' because of the way they look.
- ↑ 45% (38%) of pupils at least 'sometimes' feel afraid of going to school because of bullying.
- ↓ 44% (51%) of pupils said their school deals with bullying well.
- ↓ 68% (71%) of pupils said their school helps them work as part of a team.
- ↓ 85% (87%) of pupils enjoy being active ('physical activities' in 2021) 'quite a lot' or 'a lot'.

SECONDARY PUPILS (Years 8 - 10)

A selection of headlines are listed below that show significant differences between the data collected in the 2024 survey and that collected in (2021). *Note: 2021 data is during the COVID-19 pandemic.*

Positive findings

- ↑ 24% (22%) of pupils ate at least 5 portions of fruit and vegetables on the day before the survey.
- ↑ 38% (28%) of pupils were active enough ('exercised enough' in 2021) to breathe harder at least five times in the week before the survey.
- ↑ 76% (72%) of pupils enjoy being active ('physical activities' in 2021) 'quite a lot' or 'a lot'.
- ↑ 65% (46%) of pupils said their RSE/PSHE lessons (just 'school lessons' in 2021) have helped them understand puberty and growing up 'quite a lot' or 'a lot'.
- ↑ 66% (50%) of pupils said their RSE/PSHE lessons (just 'school lessons' in 2021) have helped them understand healthy relationships 'quite a lot' or 'a lot'.
- ↑ 26% (21%) of pupils know where they can get condoms free of charge.
- ↑ 19% (14%) of pupils have found school lessons on citizenship to be 'quite' or 'very' useful.
- ↑ 51% (46%) of pupils have found school lessons about personal safety 'quite' or 'very' useful.
- ↓ 9% (13%) of pupils have tried smoking (cigarettes or roll-ups) in the past or smoke now.
- ↓ 11% (15%) of pupils have been offered cannabis or other illegal drugs.
- ↓ 45% (49%) of pupils have had an alcoholic drink (more than just a sip) at some point (scale changed – two of the options in 2021 were combined into one option in 2024).
- ↓ 3% (5%) of pupils have been asked to look after or carry illegal drugs ('illegal' added in 2024) for someone else.
- ↓ 22% (31%) of pupils agreed that there is pressure on young people to have sex.
- ↓ 33% (38%) of pupils at least 'sometimes' feel afraid of going to school because of bullying.

Emerging Issues

- ↑ 22% (16%) of pupils said their school deals with bullying 'badly'.
- ↑ 34% (30%) of pupils said they have been pushed/hit for no reason at or near school in the last 12 months.
- ↑ 32% (29%) of pupils disagreed that their school teaches them how to deal with their feelings positively.
- ↑ 21% (18%) of pupils worry about bullying ('being bullied' in 2021) 'quite a lot' or 'a lot'.
- ↓ 37% (42%) of pupils said that when something goes wrong they 'usually' or 'always' learn from it for next time.
- ↓ 68% (71%) of pupils are 'quite' or 'very' happy with their life at the moment.
- ↓ 25% (28%) of pupils agreed that the school cares whether they are happy or not.

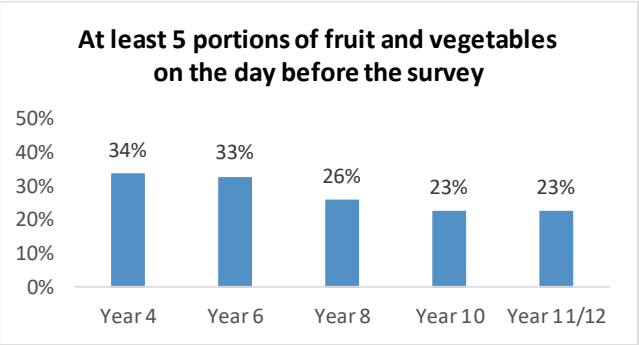
Questions included in both the primary and secondary versions of the questionnaire

Cross-phase data

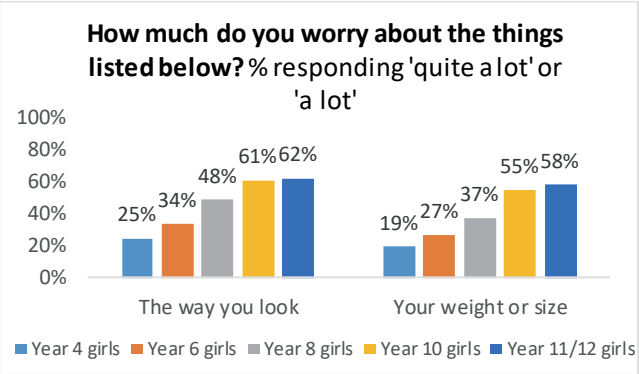
The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

HEALTHY EATING

- Secondary school pupils are less likely to say that they had at least 5 portions of fruit and vegetables on the day before the survey, compared with primary aged pupils:

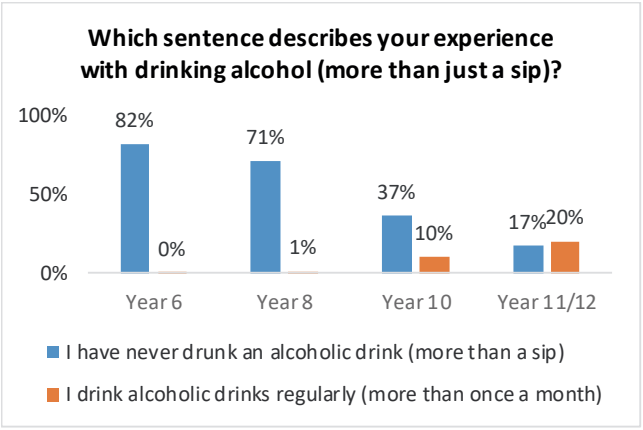


- Secondary aged pupils were more likely to say they 'never' eat breakfast on school days: 7% of Year 4 and 7% of Year 6 pupils said this, 17% of Year 8, 27% of Year 10 and 26% of Year 11 and 12 pupils.
- Older pupils are less likely to say they eat crisps 'on most days': 45% of Year 4, 40% of Year 6, 34% of Year 8, 29% of Year 10 and 30% of Year 11 and 12 pupils said this.
- Primary school pupils are more likely to say they drink fizzy drinks 'on most days'. In response to 'sugar free fizzy drinks'; 16% of Year 4, 11% of Year 6, 9% of Year 8, 11% of Year 10 and 16% of Year 11 and 12 pupils said this. In response to 'other fizzy drinks';18% of Year 4, 10% of Year 6, 9% of Year 8, 8% of Year 10 and 10% of Year 11 and 12 pupils said this.
- There is no trend with pupils saying they drink energy drinks 'on most days'; 6% of Year 4, 3% of Year 6, 4% of Year 8, 6% of Year 10 and 7% of Year 11 and 12 pupils said this.
- Older pupils (particularly girls) are more likely to say they worry about things related to their appearance:

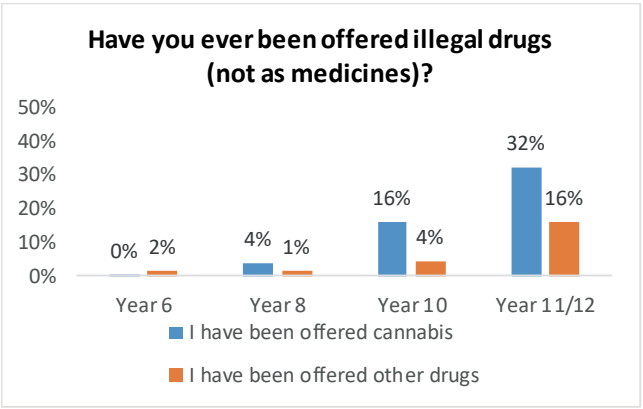


ALCOHOL, DRUGS and VAPING

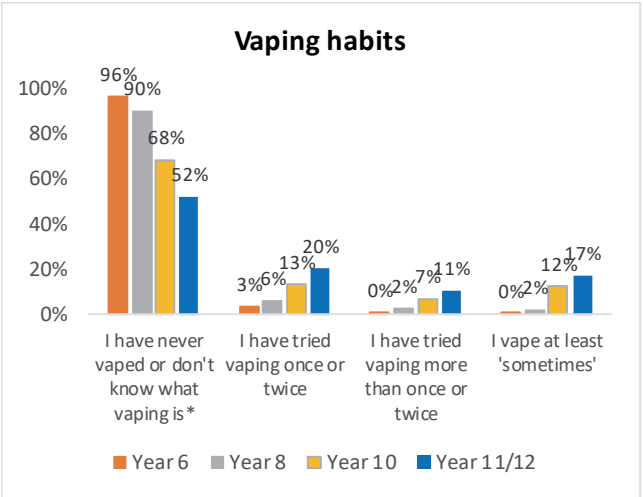
- Older pupils are more likely to say they drink alcoholic drinks regularly (more than once a month).



- Older pupils are more likely to say they have been offered cannabis.



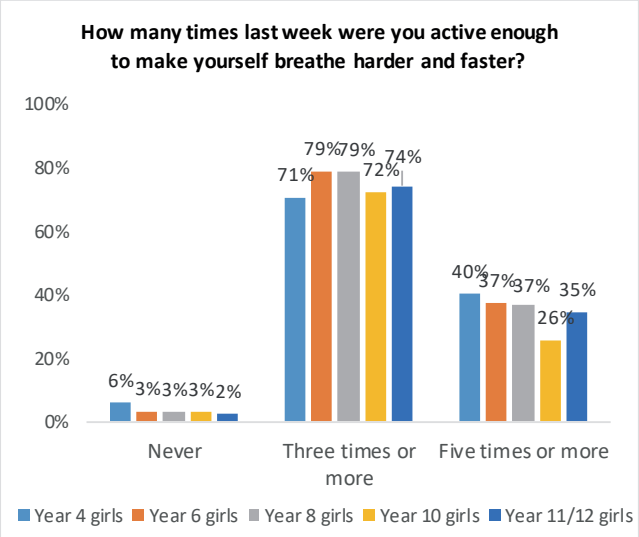
- 1% of Year 8, 10% of Year 10 and 17% of Year 11 and 12 pupils said they had taken an illegal drug at some point.
- Younger pupils are less likely to have at least tried vaping: 4% of Year 6 pupils, 10% of Year 8 pupils, 32% of year 10 and 48% of Year 11 and 12 pupils said this. (7% of year 6 pupils responded 'I don't know what vaping is' which was not an option for older pupils.)



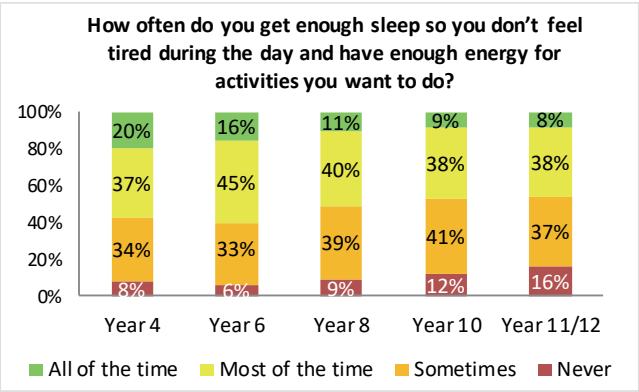
- 49% of Year 8, 51% of Year 10 and 39% of Year 11 and 12 pupils said they found school lessons on drugs, alcohol, smoking and vaping 'quite' or 'very' useful.

PHYSICAL ACTIVITY

- Older pupils (particularly girls) are less likely to report being active enough to make them breathe harder and faster 'five times or more' during the week before the survey:

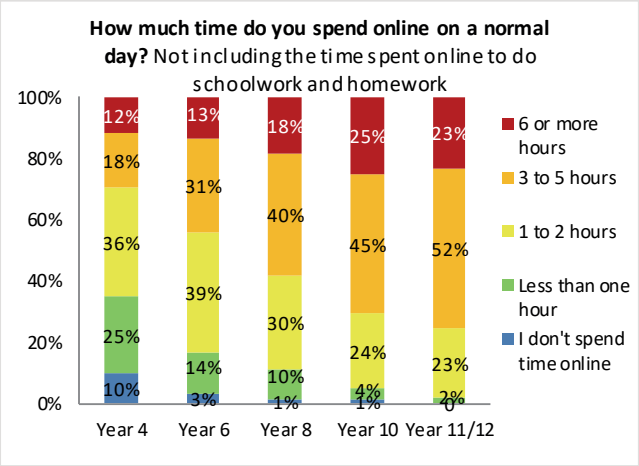


- Younger pupils are more likely to respond they get enough sleep so you don't feel tired during the day and have enough energy for activities 'All of the time'; 20% of Year 4, 16% of Year 6, 11% of Year 8, 9% of Year 10 and 8% of Year 11 and 12 pupils said this.

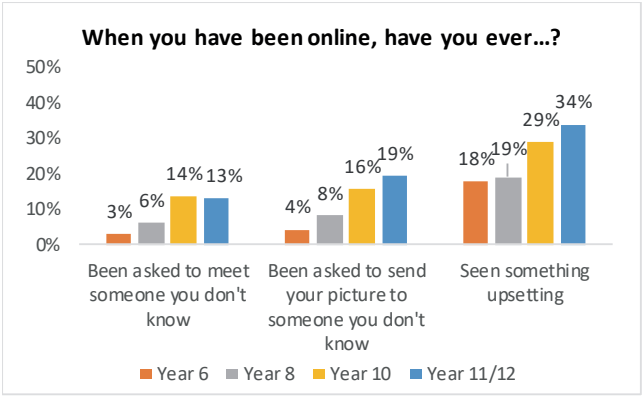


INTERNET SAFETY

- Older pupils are more likely to spend at least 3 to 5 hours online (outside of schoolwork/homework) on a normal day: 29% of Year 4, 44% of Year 6, 58% of Year 8, 71% of Year 10 and 75% of Year 11 and 12 pupils said this.



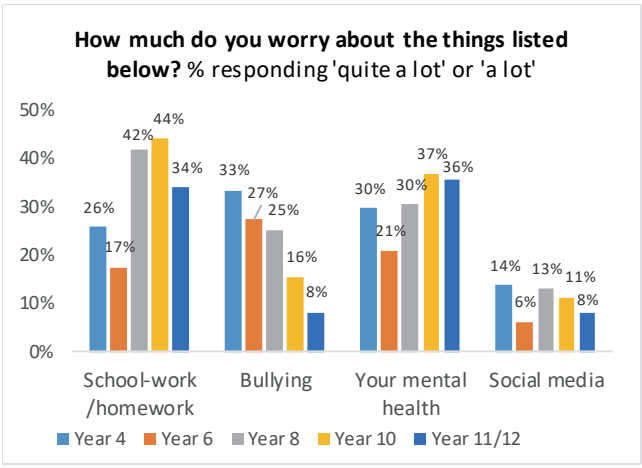
- 3% of Year 6 pupils said they have been asked to meet someone they don't know; 6% of Year 8, 14% of Year 10 and 13% of Year 11 and 12 pupils said the same.



- 9% of pupils in Year 6 said they have trolled someone else or made hurtful comments online. 6% of pupils in Year 8 said they have posted or sent hurtful comments on social media; 12% of Year 10 and 12% Year 11 and 12 pupils said the same.

EMOTIONAL HEALTH & WELLBEING

- 43% of Year 4 pupils pupils responded that they worry about more than 5 issues listed 'quite a lot' or 'a lot'; 33% of Year 6, 38% of Year 8, 41% of Year 10 and 36% of Year 11 and 12 pupils said the same.



Coping strategies

- Older pupils are less likely to say that they would talk to an adult when they have a problem that worries them or they are feeling stressed at least 'sometimes'; 97% of Year 4, 96% of Year 6, 84% of Year 8, 76% of Year 10 and 79% of Year 11 and 12 pupils said this.
- Older pupils are less likely to say that they would spend time outdoors or practice mindfulness 'often' when they have a problem that worries them or they are feeling stressed.

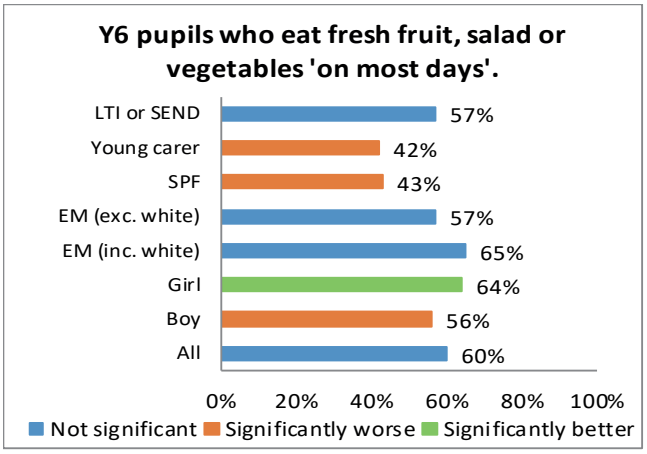
Equality Monitoring in Devon 2024

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 Devon are different if they are to be found under one of the social identity headings shown in the table below. A selection of statistically significant findings are presented here but a wider selection of topics are available.

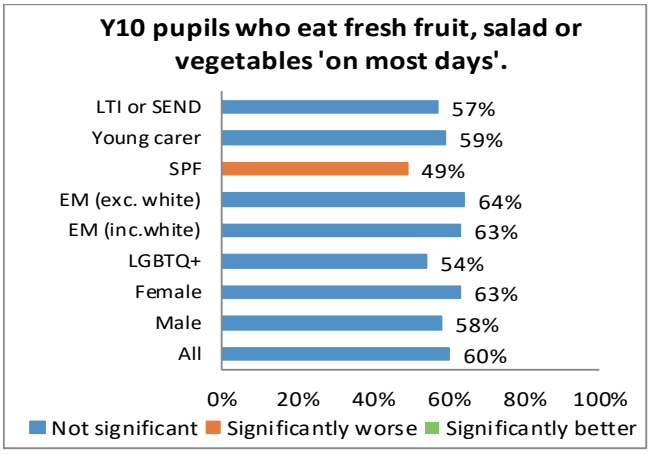
Year 6 and Year 10 pupils identifying as belonging to the following social identity groups	Year 6		Year 10	
	Count	%	Count	%
All pupils	764	100%	1,186	100%
Boy/Male	379	50%	574	48%
Girl/Female	367	48%	555	47%
Lesbian, Gay, Bisexual, Pansexual, another sexuality or identify as Transgender LGBTQ+			129	11%
Ethnic minority including white minorities (EM inc. white)	79	10%	187	16%
Ethnic minority excluding white minorities (EM exc. White)	56	7%	112	9%
Single parent family SPF	85	11%	174	15%
Young carer	57	8%	55	5%
Long-term health conditions, illnesses, disabilities, or special needs (LTI or SEND)	157	21%	264	22%

Healthy Eating

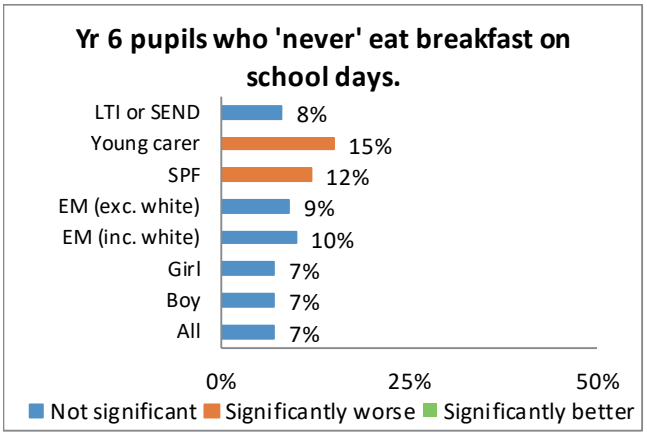
- Year 6 pupils who are young carers or from single parent families are less likely to eat fresh fruit, salad or vegetables 'on most days'.



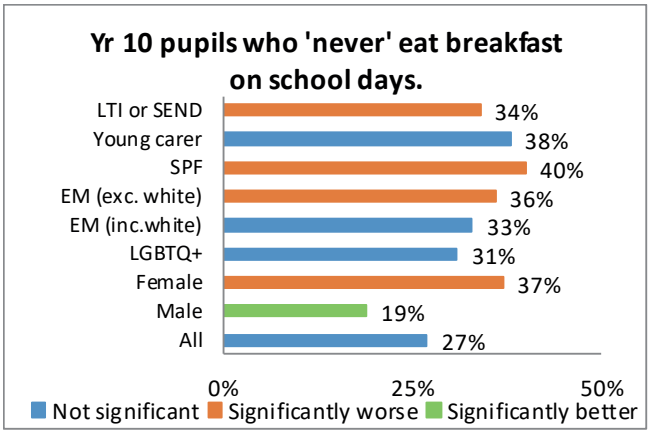
- Year 10 pupils from a single parent family are less likely to eat fresh fruit, salad or vegetables 'on most days'.



- Year 6 pupils who are young carers or from single parent families are more likely to 'never' eat breakfast on school days.

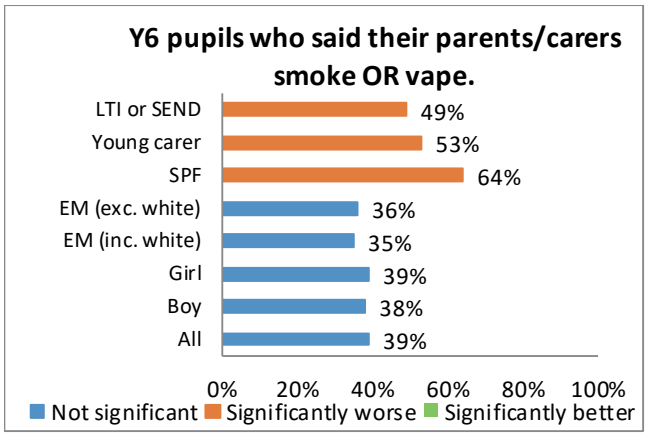


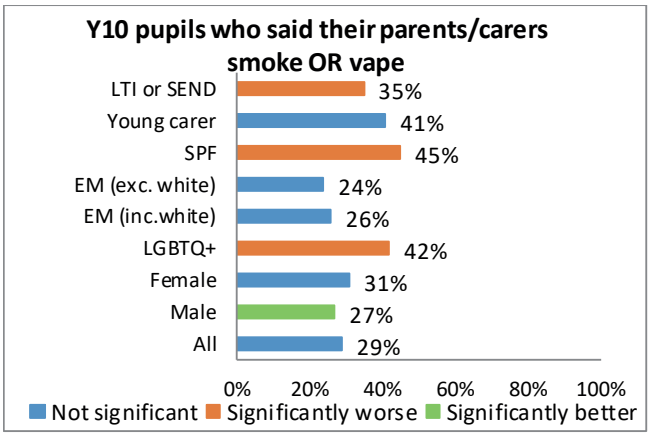
- Year 10 pupils from a single parent families or female are more likely to 'never' eat breakfast on school days.



Vaping Influences

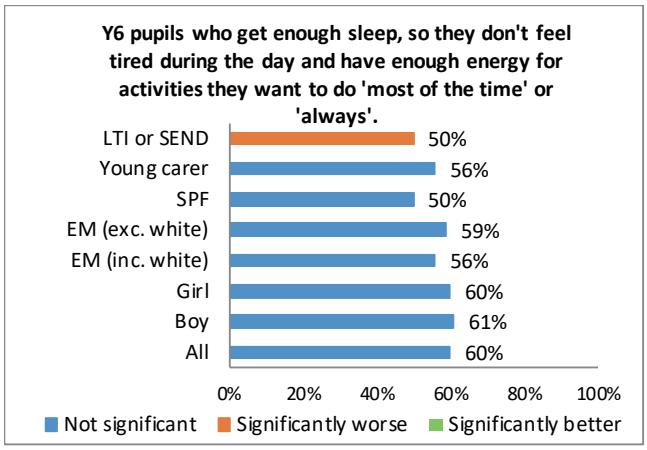
- Year 6 pupils who are young carers or from single parent families are more likely to say their parent/carer smoke or vape.
- Year 10 pupils from a single parent family or from the LGBTQ+ community are more likely to say their parent/carer smoke or vape. Males are less likely to say so.

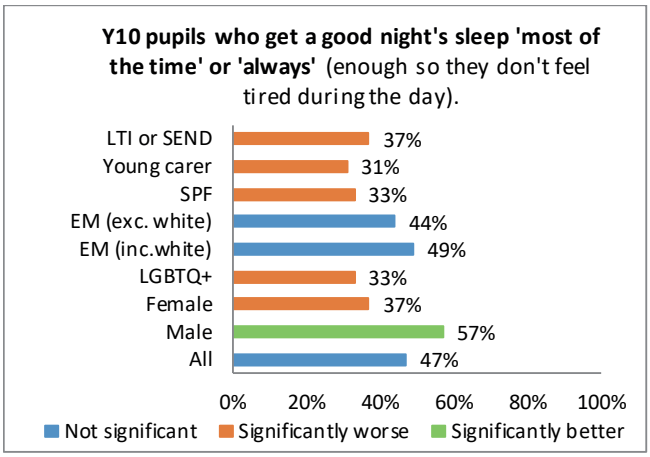




Sleep

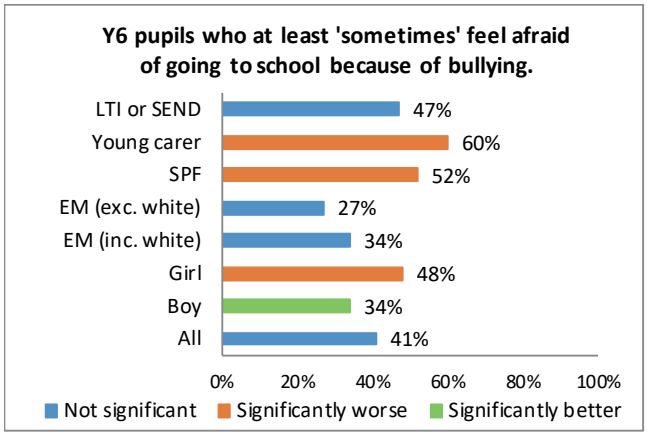
- Year 6 pupils who responded they have a LTI or SEND are less likely to have enough sleep 'most of the time' or 'always' so they don't feel tired.
- Year 10 pupils are less likely to have enough sleep 'most of the time' or 'always' so they don't feel tired.

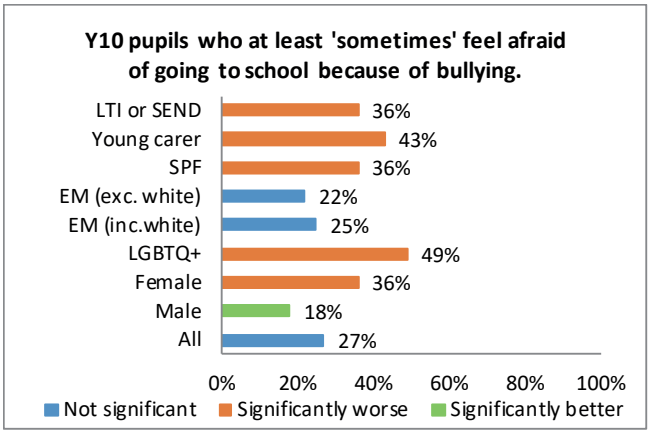




Safety

- Year 6 pupils from a single parent family, a young carer or and girls are more likely to feel afraid of going to school because of bullying at least 'sometimes'.
- Year 10 pupils from the LGBTQ+ community or a young carer are more likely to feel afraid of going to school because of bullying at least 'sometimes'.





The Way Forward - over to you

The survey was comissioned by Devon County Council and coordinated by the Devon Public Health Team as a way of collecting robust information about young people's lifestyles.

Thank you to all the Headteachers, staff and young people for their time and contributions to this survey. The Health Related Behaviour Survey has been an integral piece of work in providing information that will assist schools and the local authority in managing the outcomes and impact of Devon's Children and Young People's Plan. It will also act as a resource to help schools establish appropriate curriculum development particularly in PSHE and provide data to support the Devon Health and Wellbeing Programme.

Devon Schools who took part in the survey:

All Saints CE Primary School, Beer CE Primary School, Berrynarbor CE Primary School, Bow Community Primary School, Buckland Brewer Primary School, Chulmleigh Primary School, Clyst St Mary Primary School, Combe Martin Primary School, Exeter Road Community Primary School, Feniton CE Primary School, Great Torrington Bluecoat CE Primary School, Hartland Primary School, Hatherleigh Community Primary School, Hayward's Primary School, Heathcoat Primary School, Highweek Community Primary and Nursery School, Ilfracombe CE Junior School, Kingsteignton School, Littletown Primary Academy, Newton Poppleford Primary School, Offwell CE Primary School, Our Lady and St Patrick's RC Primary School, Parkham Primary School, Southmead School, St Giles-on-the-Heath Community School, St Sidwell's CE Primary School & Nursery, St Thomas Primary School, Stoke Canon CE Primary School and Pre-School, Tavistock Primary & Nursery School, The Beacon CE (VA) Primary School, Totnes St John's CE Primary School, West Down School, Whimple Primary School, Witheridge CE Primary Academy, Withycombe Raleigh CE Primary School, Woodbury CE Primary School, Woolsery Primary School.
Braunton Academy, Clyst Vale Community College, Colyton Grammar School, Honiton Community College, Queen Elizabeth's, River Dart Academy, Sidmouth College, South Devon UTC, South Molton Community College, Teign School, Teignmouth Community School (Exeter Road) and The Greater Horseshoe School.

For further information about the survey contact:

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