

Health and Wellbeing

12-15 year-old
Girls

survey
results
from the
schools
health
education
unit
involving
tens of
thousands
of girls
with some
results
going back
30 years



The health and wellbeing of 12-15 year-old girls

A report from the Schools Health Education Unit (SHEU)
based on results from the Health Related Behaviour Questionnaire (HRBQ)



SHEU is an independent research unit that has been working with young people and with education and health professionals since 1977. We have developed expertise in providing reliable baseline data for local needs assessment to inform plans in health, education and care. We work with Public Health and Children's Services across the UK. Millions of questions have been answered by youngsters. The resulting databanks provide a unique historical and contemporary archive of young people.

SHEU produce an annual *Young People* report, currently no. 27 in the series, from the accumulated data from the hundreds of school surveys we support each year, involving tens of thousands of young people. We caution against simple reporting and interpretation of our databanks as being from 'a national survey'.

The results selected for this presentation were published in the *Young People into 2013* report and came from over 34,000 girls in 507 schools across England (87% reported being White British). Other data goes back to 1983.

Year group	Girls
8 (12-13)	10754
10 (14-15)	12540
Total	34,117

The following selection helps to focus on some of the health and wellbeing issues raised by 12-15 year-old girls.

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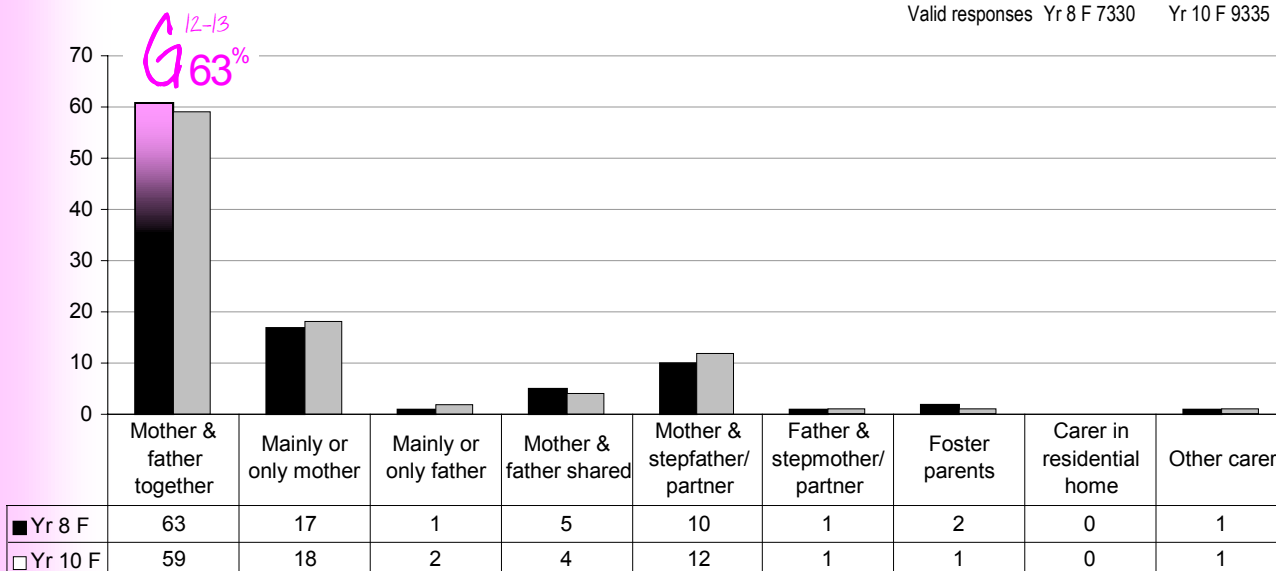
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Which adults do girls live with?

Responses, from 2012, to the question, "Which adults do you live with?"

Valid responses Yr 8 F 7330 Yr 10 F 9335



- Recent data (chart above) show that 63% of 12-13 year-old girls (Year 8) and 59% of 14-15 year-old girls report living with *mother & father together*.
- It is often observed that the children of single or divorced parents fare worse, for example being more prone to depression, perhaps because of the trauma of the previous relationship, the likely poorer economic circumstances and other related factors. On the other hand, they may be in a better situation emotionally than if their parents had stayed together.
- If they live with just one parent their *mother* is more likely than their *father* to be present.

Since 1990, responses from 63,000 girls show fewer living with both parents

- The table below, with data from 1990, shows the percentage of those 12-15 year-old girls who reported living with *mother and father together*. The data, from over 20 years, involved responses from 62,993 girls (30,825 12-13 yr olds; 32,168 14-15 yr olds). They clearly show a decline and Year 8 girls consistently reporting slightly higher responses than the Year 10 girls.

Living with mother & father together	1990	1995	2000	2005	2010	2012	
	%	%	%	%	%	%	
Yr 8 (12-13 yr. old girls)	75 3222	70 4702	64 7487	60 2621	64 5463	63 7330	Valid responses
Yr 10 (14-15 yr. old girls)	74 3813	69 3481	64 7375	58 2616	63 5548	59 9335	Valid responses

Similar percentages have been reported by 12-15 year-old boys.

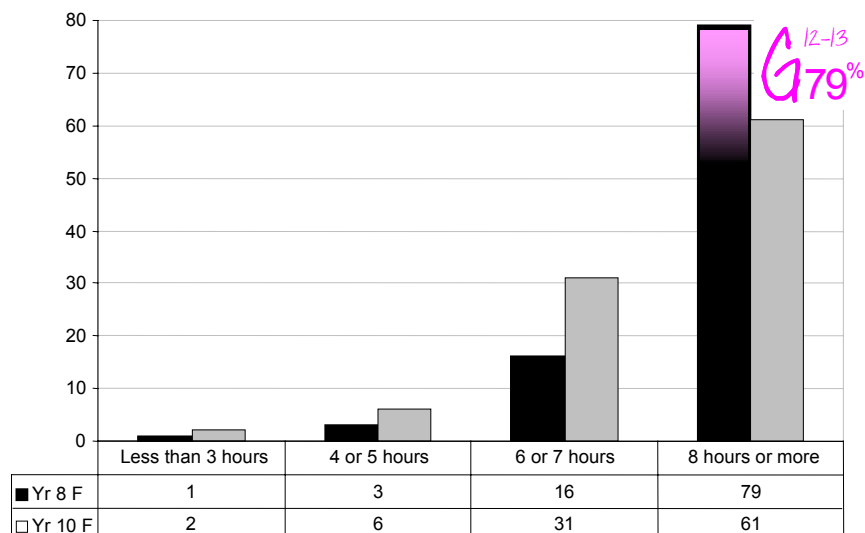




How many hours sleep did girls get last night?

Responses, from 2012, to the question, "How many hours sleep did you get last night?"

Valid responses Yr 8 F 1874 Yr 10 F 1770



1. The percentages of those having '8 hours or more' declines with age. 79% of 12-13 year-old girls reported having '8 hours or more' compared with 61% of 14-15 year-old girls.
2. 16% of Year 8 girls compared with 31% of Year 10 girls reported having '6 or 7 hours' sleep.
3. Since 2006, around 80% 12-13 yr old girls reported having '8 hours or more' sleep.
4. Other 2012 data show that 60% of 14-15 year-old girls, compared with 55% of 12-13 year-old girls, say they get enough sleep for their health and up to 71% say they get enough sleep for their studies. (2012 Valid responses Yr 8 F 2041 Yr 10 F 4146)

More sleep, less likely to want to lose weight, worry and fear bullying

Hours of sleep	Would like to lose weight	Worry 'A lot'	Never afraid of going to school because of bullying
	%	%	%
Up to 3 hrs	77	82	61
4-5 hrs	75	77	68
6-7 hrs	72	67	73
8-10 hrs	59	59	77

It is clear that, for 14-15 year-old girls in this sample, the more sleep they get, the less likely they are to:

- ~ want to lose weight
- ~ worry 'a lot' and
- ~ feel afraid of going to school due to bullying

Boys say they have similar numbers of hours of sleep and enough sleep to concentrate. More boys than girls report having enough sleep for their health.

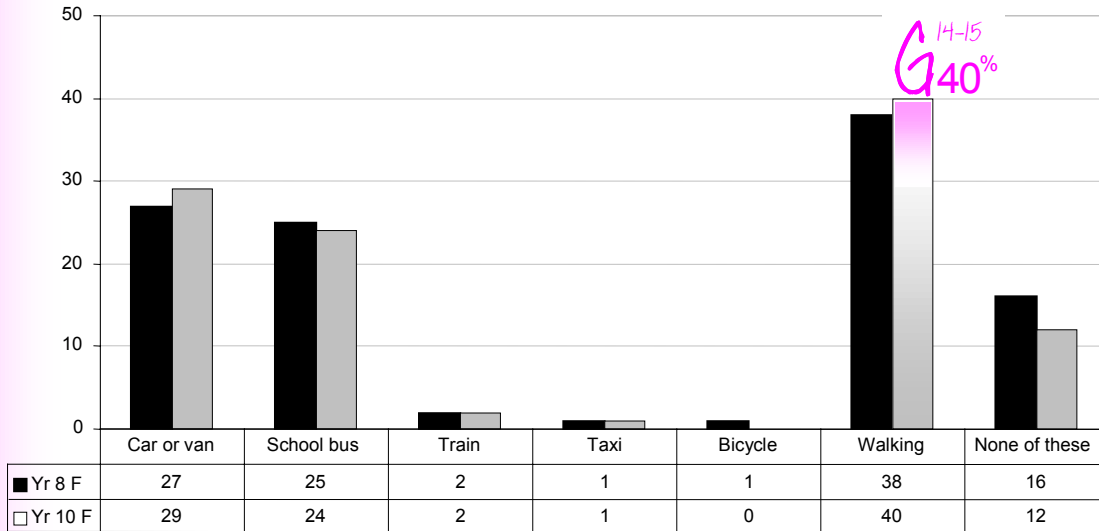
Boys



How did girls travel to school today?

Responses, from 2012, to the question, "How did you travel to school today?"

Valid responses Yr 8 F 5040 Yr 10 F 7330



Since 1999 similar proportions report taking car journeys to school

1. Around 28%, of the 2012 sample, travel at least part of the way to school by car.
2. Around 25% travel by school bus.
3. Up to 40% of girls walk, at least some of the way, to school.
4. Respondents were able to select more than one of these options, for instance if they travel part of the way to school by car and then walk the remaining part of their journey they were able to circle both these answers, hence row totals may add up to more than 100%.
5. The percentages of young people travelling to school by car represent a significant number of car journeys contributing to the congestion on our roads, the danger posed by traffic to pedestrians and cyclists and adding to pollution levels. Since 1999, we have seen steady percentages of pupils reporting car journeys to school despite the attention paid to transport issues when travelling to school.

Fewer boys travel to school by car than girls do.

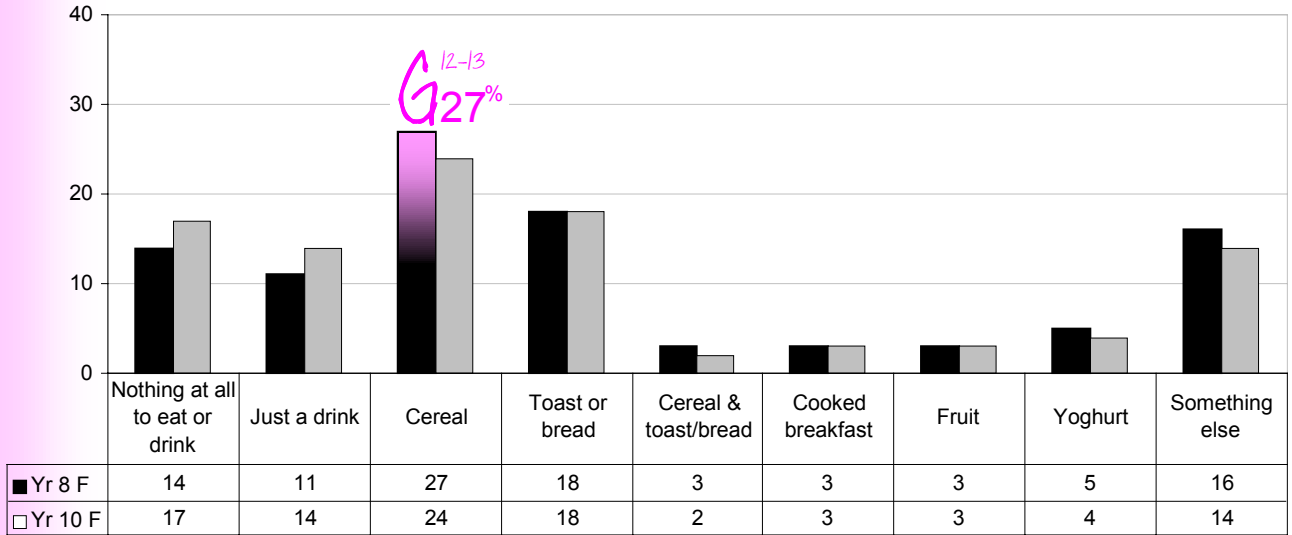
Boys



What did girls have for breakfast this morning?

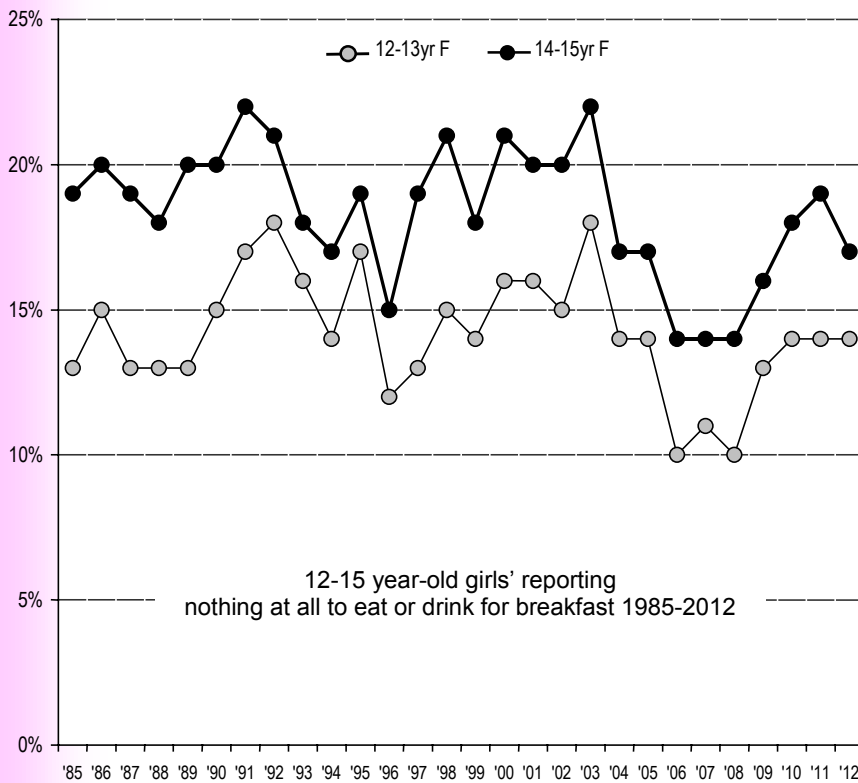
Responses, from 2012, to the question, "What did you have for breakfast this morning?"

Valid responses Yr 8 F 10338 Yr 10 F 12042



1. Seeking the breakfast 'missers', we find 17% of Year 10 girls and 14% of Year 8 girls.
2. *Cereal* is the most commonly reported breakfast item for up to 27% of this sample.
3. *Just a drink* is reported by 14% Year 10 females.

Figures from 1985 show around 16% report nothing at all for breakfast



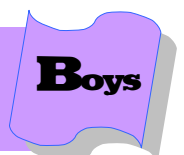
Despite the variations between years, due to a number of factors including regional differences, both sets of results follow a similar pattern and have an overall, declining trend.

Consistently more 14-15 year-old girls, than 12-13 year-old girls, report having nothing to eat or drink for breakfast.

From 2004 onwards, around 16% of 14-15 year-olds and around 12% of 12-13 year-old girls report 'nothing at all to eat or drink for breakfast'.

However, in an attempt to offer some good news, we can say that since 1985 around 84% of 12-15 year-old girls report having something for breakfast. **G 12-15 84%**

Greater proportion of boys than girls have something for breakfast and more boys have cereal.

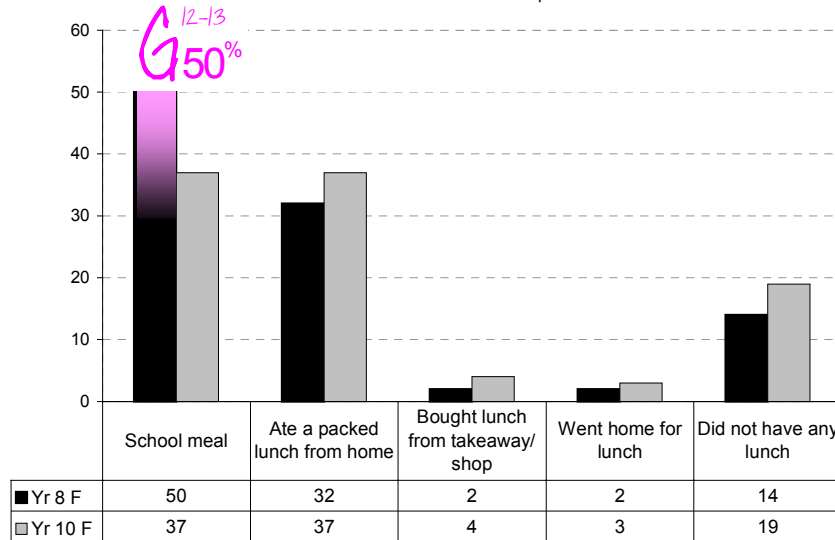




What did girls do for their last schoolday lunch?

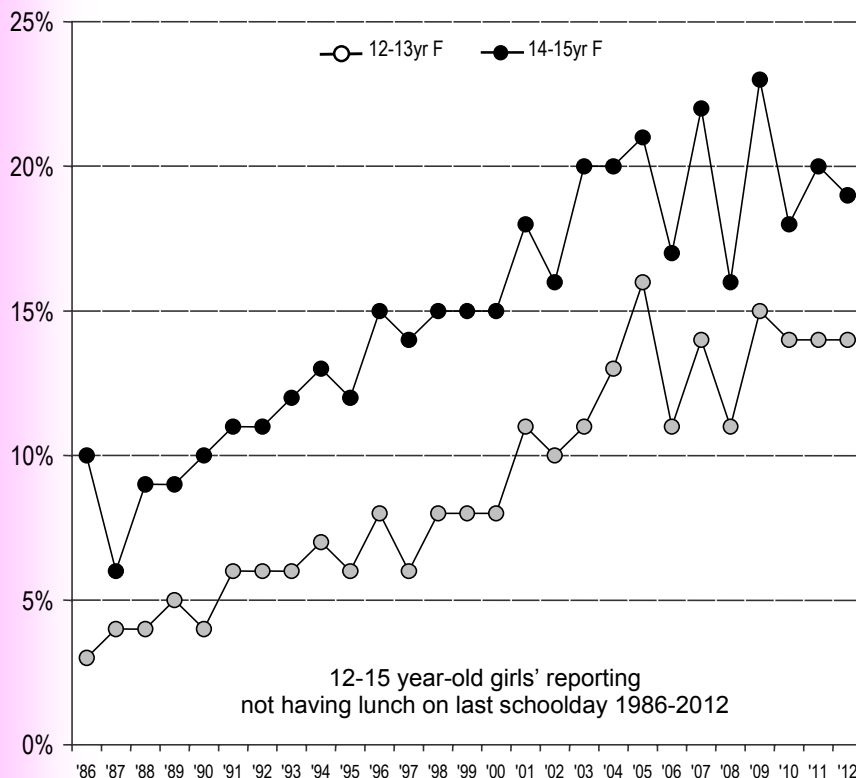
Responses, from 2012, to the question, "What did you do for lunch yesterday?"

Valid responses Yr 8 F 9714 Yr 10 F 11646



1. 19% of the Year 10 girls and 14% of the Year 8 girls reported not having lunch.
2. School lunch: More 12-13 year girls (50%) than 14-15 year-old girls (37%).
3. 37% of 14-15 year-old girls compared with 32% of 12-13 year girls had a packed lunch.
4. Results, from 1986, vary. In 2012, 50% of younger girls report having a school meal at lunchtime.

Results from 1986 show a steady rise in those reporting not having lunch



Results, from those girls reporting having no lunch, show variations between years due to a number of factors including regional differences and biannual, local surveys. Both sets of results follow a similar pattern and have an upward trend.

BREAKFAST and LUNCH

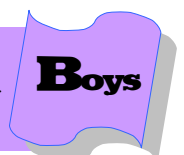
The breakfast question is about 'this morning', and the lunch question is about 'yesterday'. We therefore cannot demonstrate that any girl missed both breakfast and lunch on the same day, however :

Proportion of the 14-15 year-old girls missing lunch 'yesterday': 19%.

Proportion missing breakfast 'this morning': 17%.

Proportion of those 14-15 year-old girls having nothing to eat or drink for breakfast 'this morning' who had nothing for lunch 'yesterday': 23%.

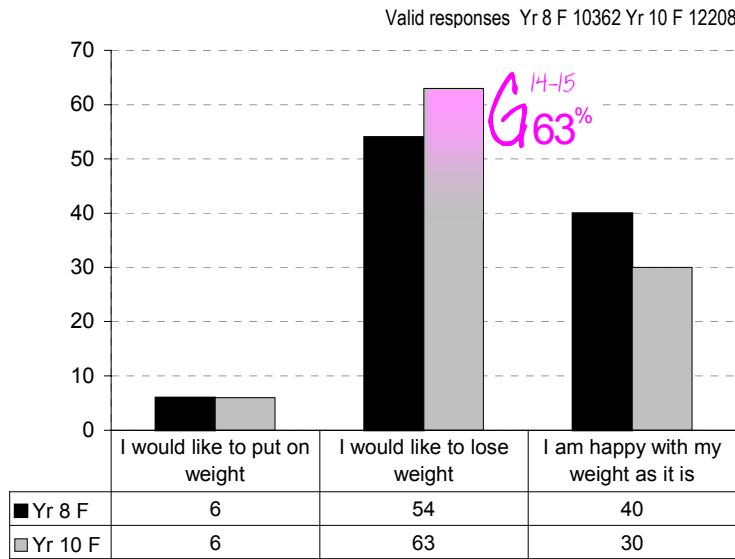
More boys than girls have schoolday lunch and more boys have a school meal or a takeaway lunch.





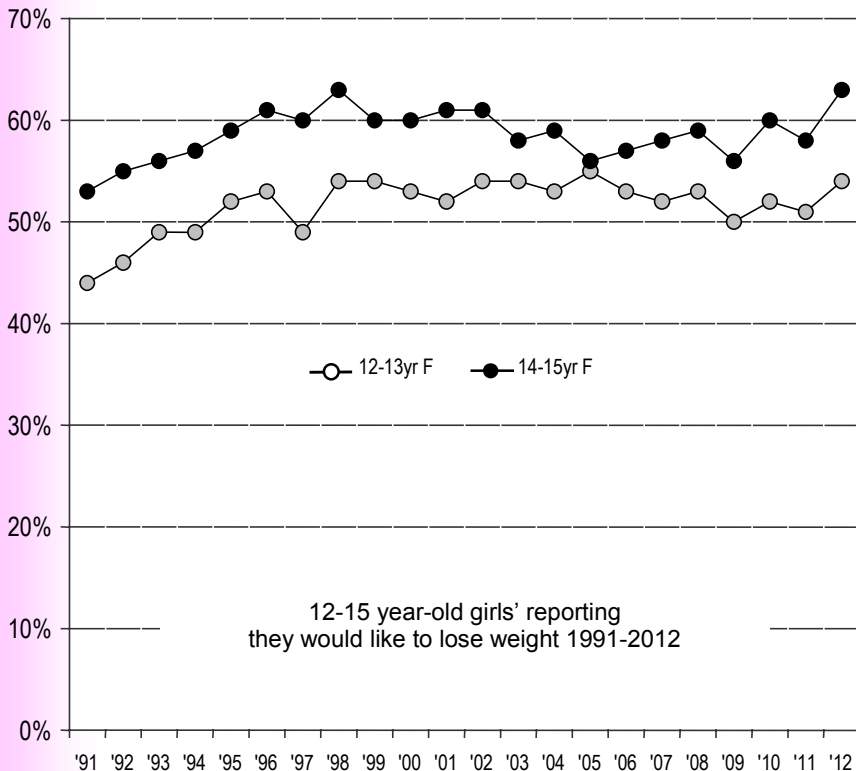
Girls' attitude to their personal weight

Responses, from 2012, to the question, "Which statement best describes your attitude to your personal weight?"



- 63% of the 14-15 year-old girls and 54% of the 12-13 year-old girls report that they would like to lose weight.
- 40% of the 12-13 year-old girls and 30% of the 14-15 year-old girls report that they were happy with their weight as it is.

Since 1991 around 55% have reported wanting to lose weight



Consistently more older than younger girls report wanting to lose weight. Since around 1995 the figures have remained similar for both age groups and around 55% of 12-15 year-old girls say they want to lose weight. **G¹²⁻¹⁵ 55%**

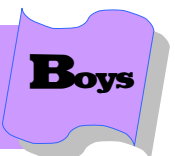
In 2012, the proportion of 14-15 year-old girls who want to lose weight;
 ~ who had nothing for breakfast: 15%
 ~ who missed lunch: 17%

We continue to have a problem of sending appropriate messages to a population of young people who seem overanxious about their weight.

It is hoped that initiatives* to stop "digitally retouching" images of models will help.

*<http://www.telegraph.co.uk/women/womens-life/10115980/Debenhams-breaks-ranks-and-vows-to-ditch-airbrushed-models.html>

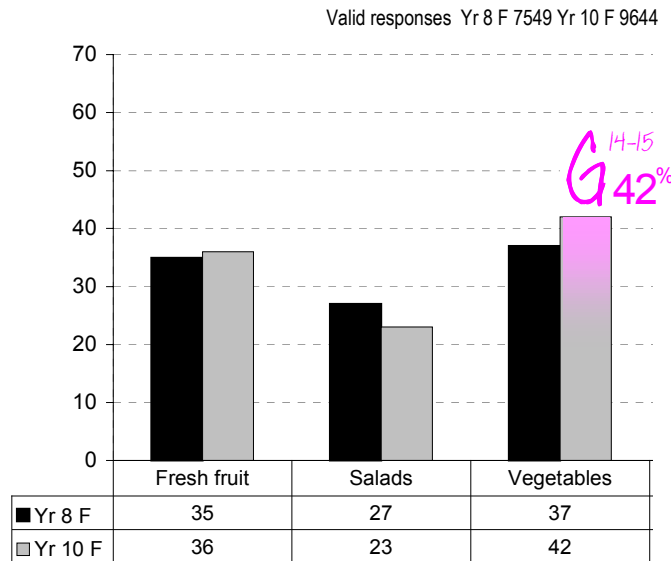
Unlike the girls, not as many boys want to lose weight and more boys want to put weight on.





Fruit and vegetables *on most days*

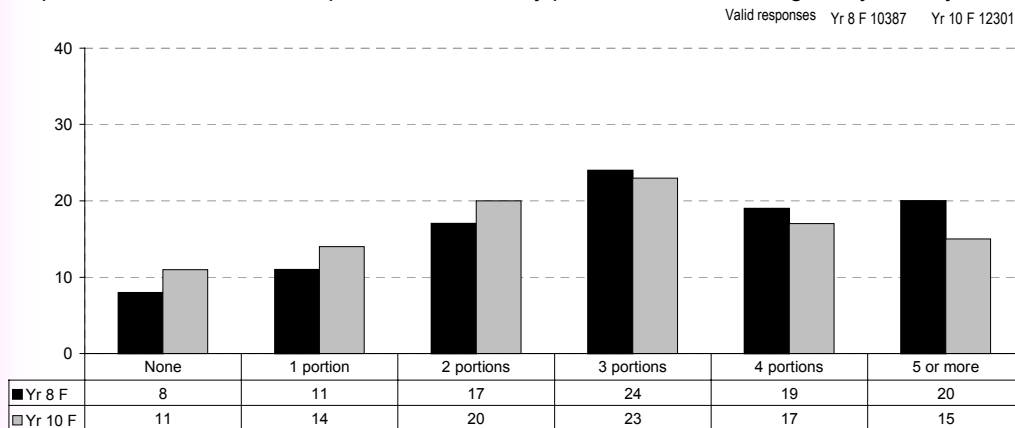
Responses, from 2012, to the question, "Which of these items do you eat *on most days*?"



Around 45% used to eat fresh fruit *on most days* but numbers may be in decline

1. In 2012, around 36% of 12-15 year-old girls report eating fresh fruit *on most days*.
2. 42% of the 14-15 year-old girls and 37% of the 12-13 year-old girls say they regularly eat vegetables.
3. Since 1999, results show a pattern of fresh fruit consumption of around 45%. Figures for recent years suggest a declining trend.

Responses, from 2012, to the question, "How many portions of fruit and veg. Did you eat yesterday?"



Since 2006 the most popular option remains 3 portions of fruit and veg

1. In 2012, most girls (24%) respond to having 3 portions of fruit and veg. Fewer older girls have 3 or more portions. Around 17% of 12-15 year-old girls say they have 5 or more.
2. Data since 2006, from over 132,000, show that around 60% 12-15 year-old girls report eating 3 or more portions of fruit and veg. Around 23% say they have 3 portions. Around 22% of 12-13 year-old girls report having 5 or more portions and this drops to around 17% for 14-15 year-old girls.

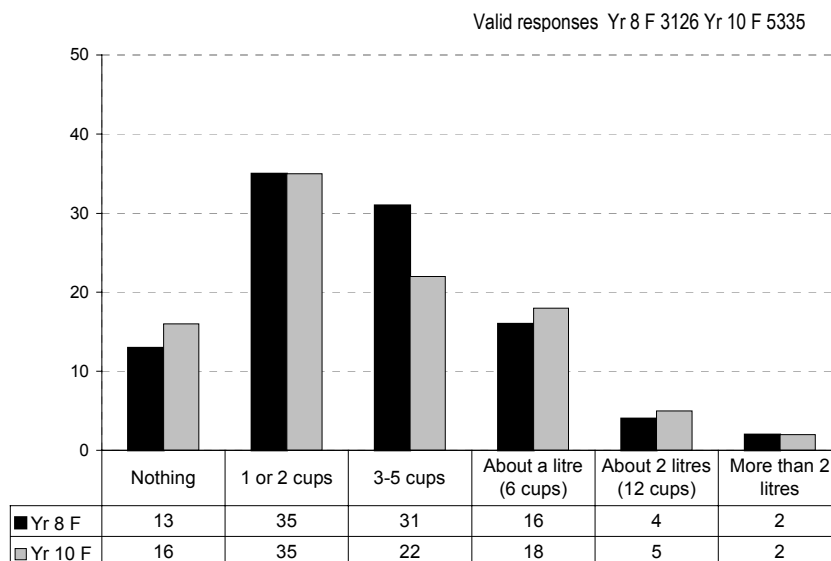
Girls report eating fresh fruit, salads and vegetables more than boys do.
Boys record lower percentages than girls across the portions of fruit and vegetables.

Boys



How much water did girls drink yesterday?

Responses, from 2012, to the question, “How much water did you drink yesterday?”



Is it of concern that over 75% are drinking less than 1 litre of water?

¹²⁻¹⁵
75%

1. In 2012, most (around 77%) 12-15 year-old girls report drinking between 0-5 cups of water (less than 1 litre) *yesterday*.
2. The majority (35%) only drank 1 or 2 cups.

Since 2006 the most popular option is drinking only 1 or 2 cups of water

1. Since 2006, results follow a similar pattern and most responses from 12-15 year-old girls are for the 1 or 2 cups category.
2. Alternatives, from soft-drinks manufacturers, have always been abundant, and it is easy to see why drinking plain water could just be too boring for young people. Despite the wide dissemination of information about the dangers for teeth and weight increase from soft drinks, young people's desire to drink water remains modest.
3. Results from some of our other questions show that, *on most days*, around 18% of 12-15 year-old girls consume low-calorie drinks and around 18% have fizzy drinks. Other results show that, *in the last 7 days*, 34% of girls spent their own money on soft drinks.

1. *The amount of fluid a child needs depends on many factors including age, gender, weather and physical activity levels. The Department of Health's recommendations state that they should aim to drink approximately 6-8 glasses of fluid per day (on top of the water provided by food in their diet). Older children need larger drinks (e.g. 250–300 ml serving).
2. It is advised that the best fluid is water and generally, for 9-18 year-olds, should be around 1.3 – 2 litres a day if obtained from drinks alone. (*<http://www.naturalhydrationcouncil.org.uk/hydration-facts/faqs-on-hydration/>).

Boys drink more water than girls.

33% - 40% of boys and 22% - 25% of girls report drinking 1+ litre of water 'yesterday'.

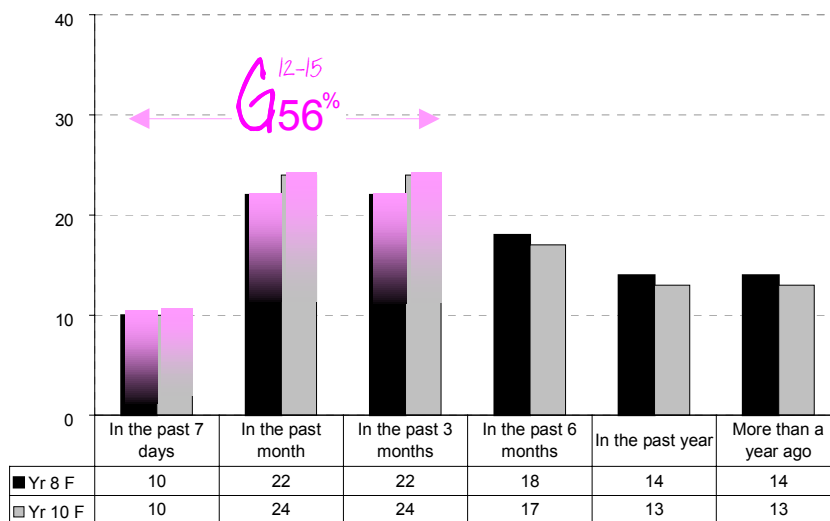
Boys



Visiting the doctor

Responses, from 2012, to the question, "How long ago did you last visit the doctor?"

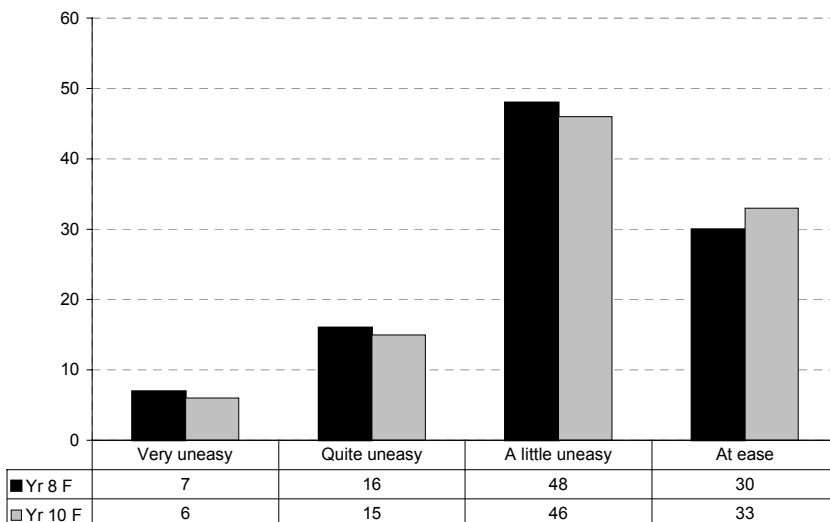
Valid responses Yr 8 F 4675 Yr 10 F 6748



1. Around 56% report having visited their GP within the past 3 months.
2. In 2012, around 23% of 12-15 year-old girls report visiting the doctor *in the past month*.
3. Since 1999, there is only a small change in the percentage, of those reporting visiting the doctor recently.

Responses, from 2012, to the question, "On your last visit, did you feel at ease with the doctor?"

Valid responses Yr 8 F 4106 Yr 10 F 4041



1. 12-13 year-old girls report feeling slightly more uneasy than 14-15 year-old girls on their last visit to the doctor.

Girls now report feeling less at ease when visiting to the doctor

Since 1991, there is a bigger difference in the percentage of those reporting feeling at ease visiting the doctor. For example, 12-13 year-old girls: 48% (1991); 40% (2001); 30% (2012) and 14-15 year-old girls: 47% (1991); 43% (2001); 33% (2012).

Similar proportion of boys compared to girls say they visit the doctor.

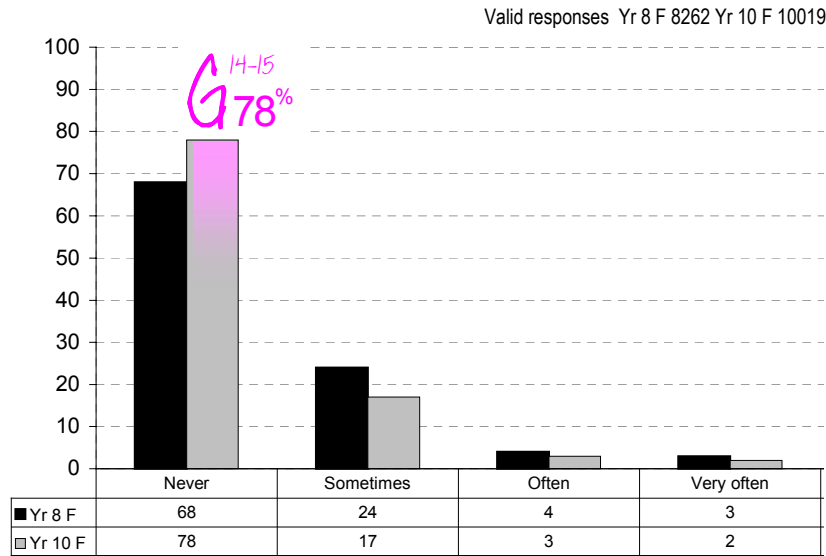
More boys than girls say they feel at ease with the doctor although there is a 20% drop in those 12-13 year-old boys who felt at ease visiting the GP (1991 - 64% / 2012 - 44%).





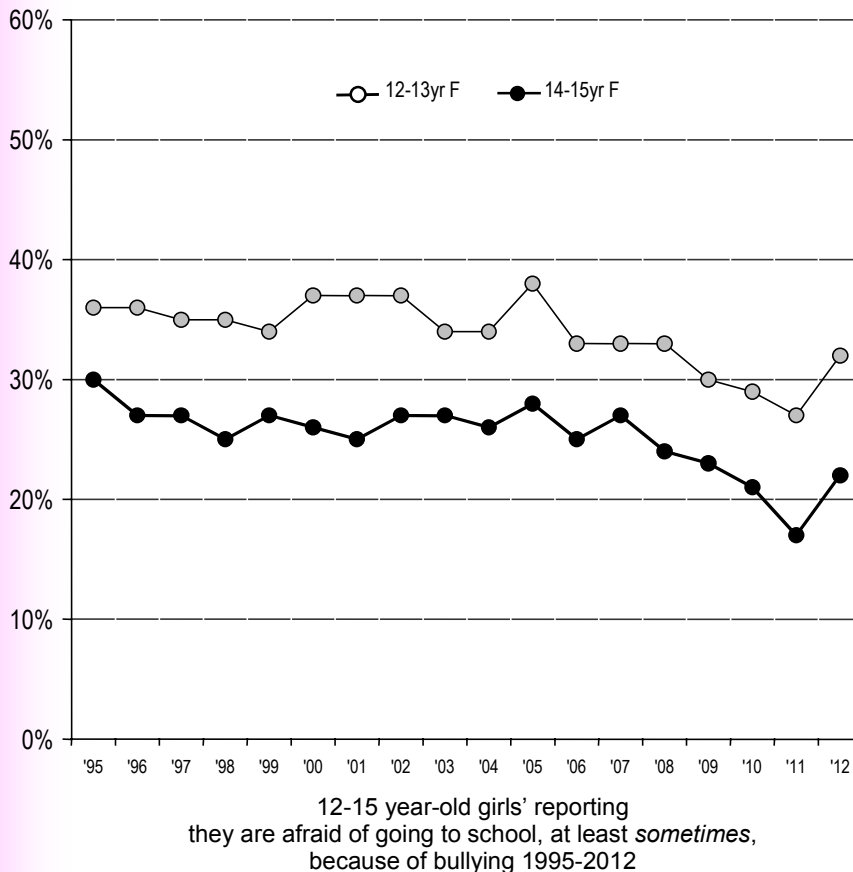
Bullying fears and going to school

Responses, from 2012, to the question, "Are you afraid of going to school because of bullying?"



1. 78% 14-15 year-old girls are never afraid of going to school because of bullying.
2. 32% of 12-13 year-old girls and 22% of 14-15 year-old girls say they are afraid of going to school at least *sometimes*.

Since 1995 around 30% say they are afraid of going to school at least *sometimes*



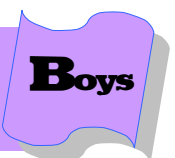
The chart shows that since 1995 around 35% of 12-13 year-old girls and around 25% of 14-15 year-old girls say they are afraid of going to school, at least *sometimes*, because of bullying.

Other results:
37% (12-13 yr) and 28% (14-15 yr) girls say they experienced some kind of bullying at school in the last 12 months.

57% (12-13 yr) and 48% (14-15 yr) girls say they think their school takes bullying seriously.

19% (12-13 yr) and 13% (14-15 yr) girls say they worry *quite a lot/a lot* about being bullied.

Smaller proportion of boys than girls say they are afraid because of bullying.
More boys than girls think their school does not take bullying seriously.





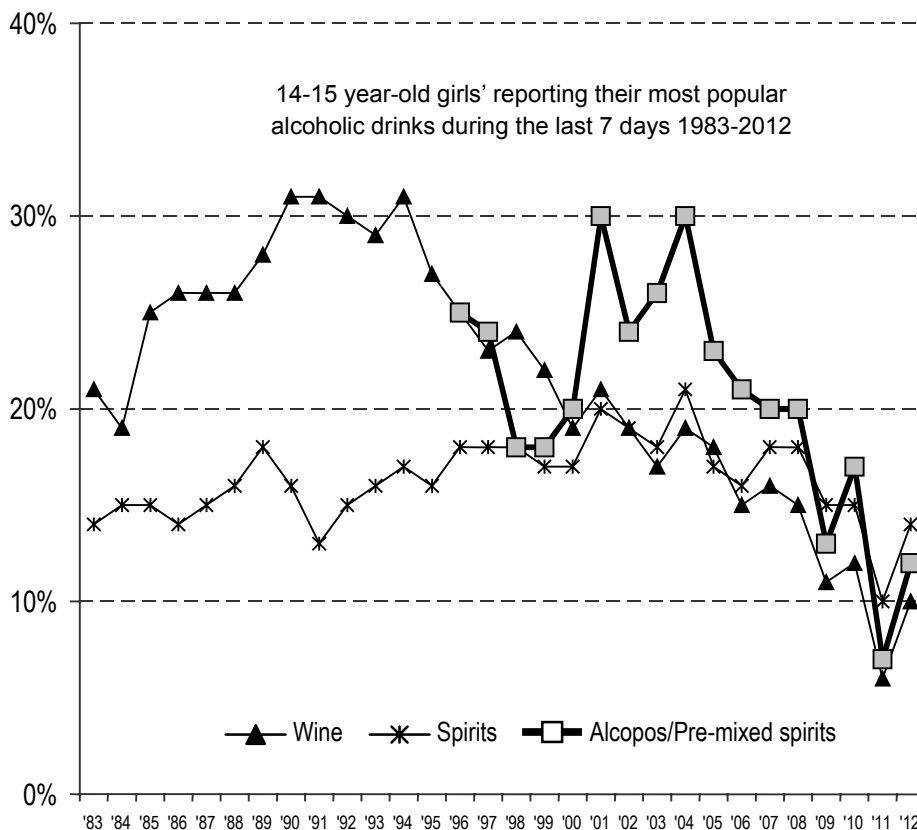
Alcohol

There are several questions about alcohol. The following provide a snapshot of results from 2012 and other dates

2012 Available sample Yr 8 F 10287 Yr 10 F 12191

¹²⁻¹³
G 91%

In the last 7 days ... 91% (12-13 yr) and 72% (14-15 yr) girls did not have an alcoholic drink. The favourite alcoholic drinks for the 14-15 yr girls were: spirits, wine and pre-mixed drinks. Most drinkers drank one measure/glass/small can.



¹⁴⁻¹⁵
G 87%

In the last 7 days ... In 1991, 87% (14-15 yr) girls did not drink spirits. Of the drinkers, 5% drank 1 measure and 3% drank 5+ measures. 1991 Valid responses Yr 10 F 3311

In the last 7 days ... In 2012, 85% (14-15 yr) girls did not drink spirits. Of the drinkers, 6% drank 1 measure and 2% drank 5+ measures. 2012 Valid responses Yr 10 F 11007

In the last 7 days ... In 1986, of the 14-15 yr girl drinkers, 8% reported drinking more than 10 units of alcohol. 1986 Valid responses Yr 10 F 2234

In the last 7 days ... In 2012, of the 14-15 yr girl drinkers, 9% reported drinking more than 10 units of alcohol. 2012 Valid responses Yr 10 F 3572

¹⁴⁻¹⁵
G 21%

In the last 7 days ... In 2012, 10% (12-13 yr) and 21% (14-15 yr) girls reported drinking on only one of the last seven days.

In the last 7 days ... In 2012, 4% (12-13 yr) and 13% (14-15 yr) girls reported drinking on more than one of the last seven days. 2012 Valid responses Yr 8 F 9374 Yr 10 F 11565

In the last 7 days ... In 2012, 3% (12-13 yr) and 12% (14-15 yr) girls reported getting drunk on one of the last seven days.

In the last 7 days ... In 2012, 1% (12-13 yr) and 5% (14-15 yr) girls reported getting drunk on more than one of the last seven days. 2012 Valid responses Yr 8 F 4542 Yr 10 F 6647

Boys report drinking more beer/lager than girls. Boys now drinking similar numbers of : units of alcohol; days drinking and drunk days; 'in the last seven days'.

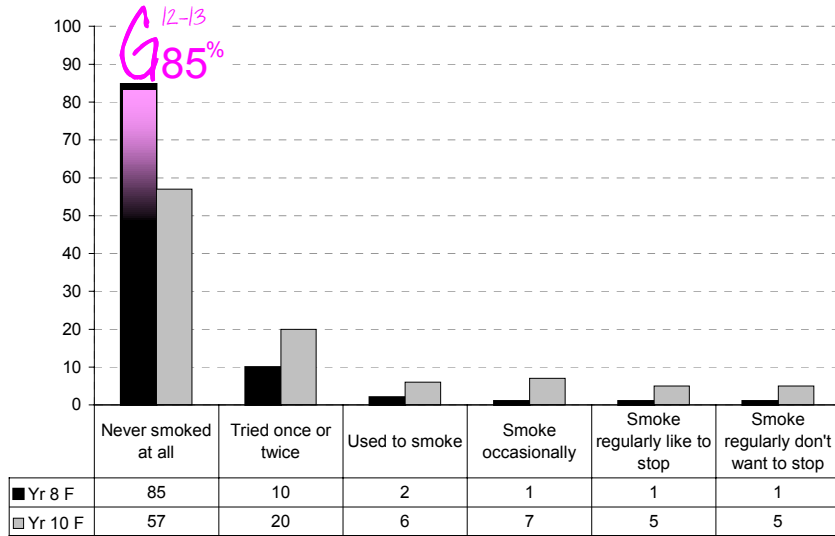




Smoking

Responses, from 2012, to the question, "Have you ever smoked?"

Valid responses Yr 8 F 10202 Yr 10 F 12140



1. 85% 12-13 year-old and 57% 14-15 year-old girls say they have *never smoked at all*.

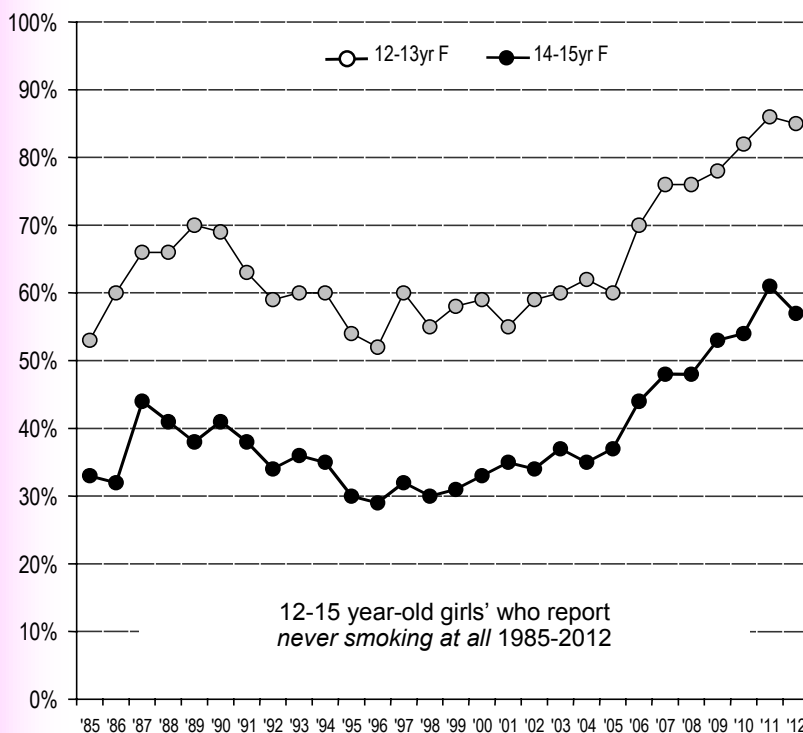
90% 14-15 year-old girls report either never smoking or not smoking regularly

14-15 G 90%

2012 Valid responses Yr 10 F 12140

- 95% 12-13 year-old girls report either never smoking or not smoking regularly.
- Of the regular smokers, eg. 1214 14-15 year-old girls, half would like to stop.

Since the late 1990s a rising trend of those saying they have never smoked at all



Other results:

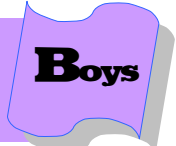
62% 12-13 year-old girls and 58% 14-15 year-old girls say they live in a home where no one smokes.

Smokers and others –

14-15 year-old girls' own smoking habit is strongly correlated with the other people smoking at home as seen below:

Smoking by others?	Smoker	Non-Smoker
Mother	37%	14%
Father	31%	15%
Brother	38%	17%
Sister	46%	17%
Friend	38%	4%

Boys report *never smoking* less often than the girls although the percentages are not dissimilar. 63% of boys say they live in a home where no one smokes.

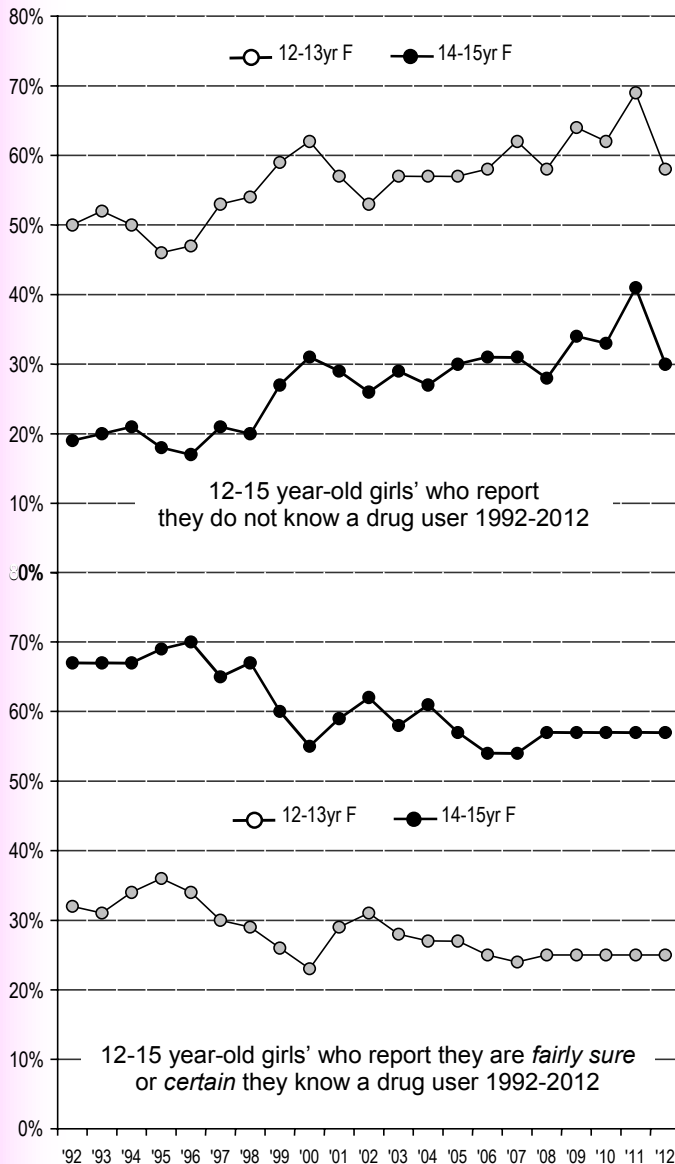
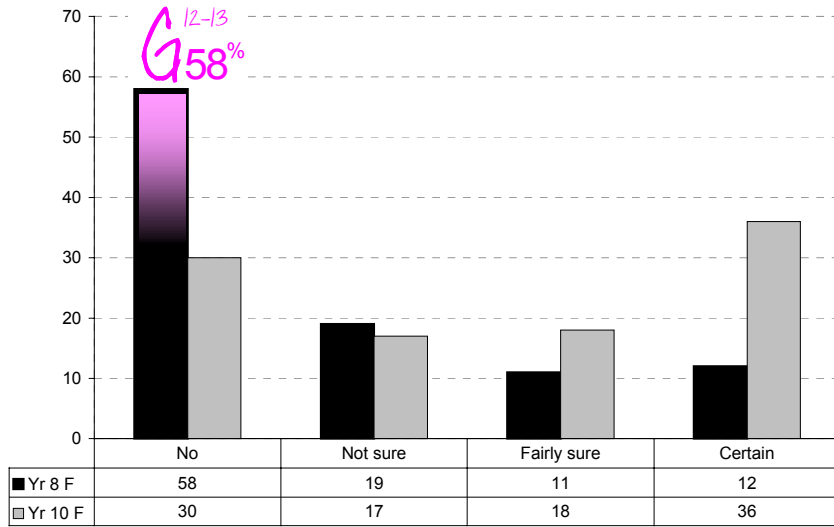




Illegal drugs and users

Responses, from 2012, to the question, "Do you know someone who uses drugs?"

Valid responses Yr 8 F 7111 Yr 10 F 9409



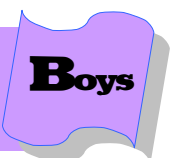
In 2012, 58% of 12-13 year-old and 30% of 14-15 year-old girls said they do not know a drug user. Results since 1992 (see top chart left), from over 238,000 12-15 year-old girls, suggest an upward trend of those not knowing a drug user.

In 2012, 23% 12-13 year-old and 54% 14-15 year-old girls say they are *fairly sure* or *certain* they know a drug user. Results since 1992, (see bottom chart left) suggest similar proportions (from 2003) of those who know a drug user.

Other results:

In 2012, from a sample of 11,163 14-15 year-old girls, 14% say they have taken cannabis. Results from 1986 suggest that, since around 2000, there is a downward trend of those reporting taking cannabis. In 2012, of the 9334 14-15 year-old girls who answered the question, 11% reported taking drugs and alcohol on the same occasion. In the same year, of the 6611 14-15 year-old girls who answered a question that referred to a list of drugs, 3% said 'Yes' to taking more than one type of drug on the same occasion.

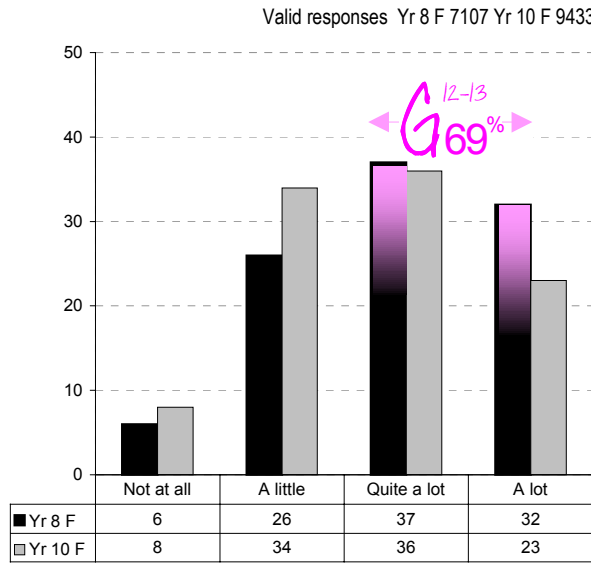
Similar percentages have been reported by 12-15 year-old boys.



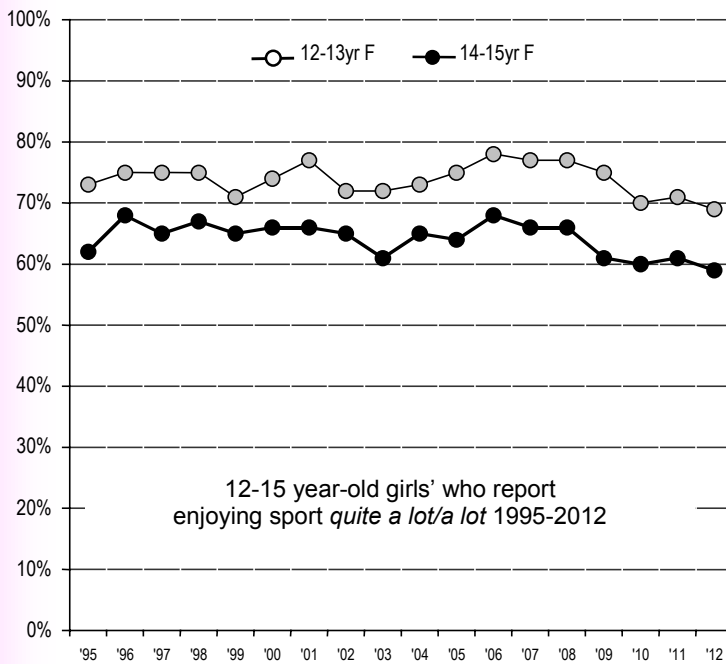


Sport and physical activities

Responses, from 2012, to the question, "How much do you enjoy physical activities?"



- 69% 12-13 year-old and 59% 14-15 year-old girls say they enjoy physical activity *quite a lot/a lot*.
- Since 1995 (see chart below) there is little change in those reporting they enjoy physical activity *quite a lot/a lot*.



In 2012, the most popular sports and activities for 12-13 year-old and 14-15 year-old girls were (in order of popularity) :
 Going for Walks; Dancing/keep-fit;
 Jogging; Swimming; Rounders.

30% 12-13 year-old and 41% 14-15 year-old girls said *Going for walks* (available sample 10,378). When asked about what activities they would like to start doing or do more of, the most popular choices were Roller/Ice skating

Also:

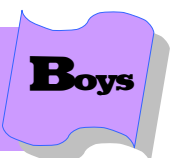
Those 14-15 year-old girls who reported *no active sports at all*:

1992: 19% (1995:23%) 2002: 14% 2012: 16%

84% 12-13 year-old girls said they exercised on at least two days *last week*

- 84% of 12-13 year-old girls and 75% of 14-15 year-old girls said they exercised and had to breathe harder and faster on at least two days *last week*. 2012 Valid responses Yr 8 F 5932 Yr 10 F 7849
- 5% of 12-13 year-old girls and 8% of 14-15 year-old girls said they did no exercise *last week*.

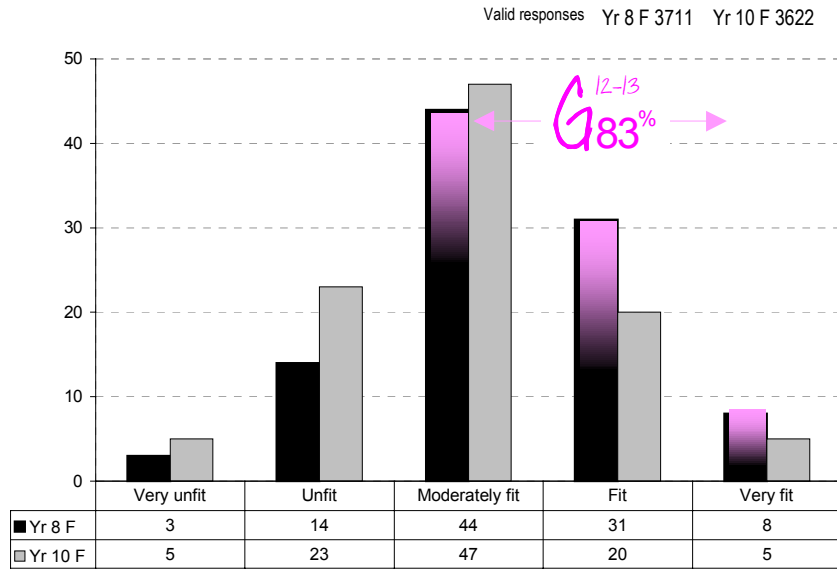
More boys than girls say they enjoy physical activity *a lot*.





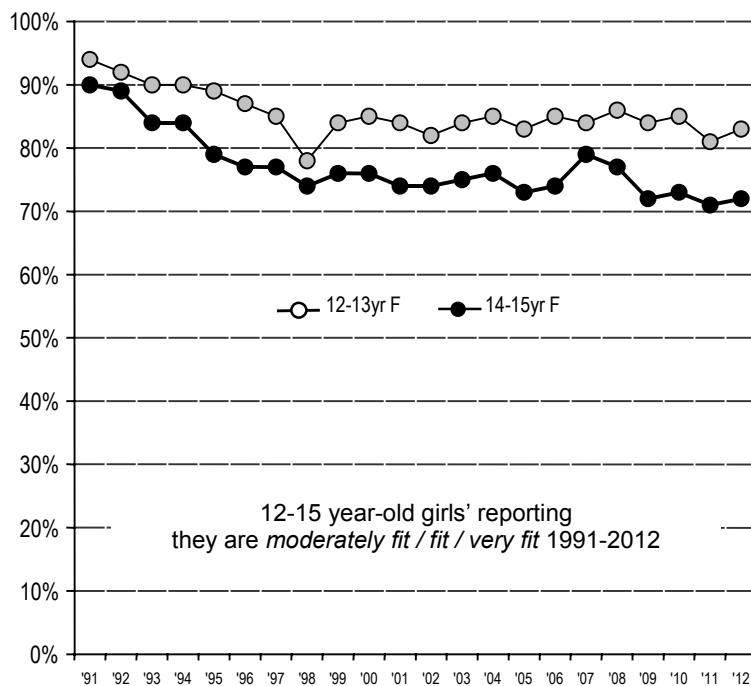
Fitness

Responses, from 2012, to the question, "How fit do you think you are?"



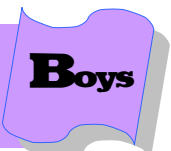
1. 83% 12-13 year-old and 72% 14-15 year-old girls think they are *moderately fit* or more.
2. 39% of 12-13 year-old girls and 25% of 14-15 year-old girls report being *fit/very fit*.
3. As they get older, girls think they are less fit.
4. 17% of 12-13 year-old girls and 28% of 14-15 year-old girls see themselves as being *unfit/very unfit*.

Over the years, around 80% say they are *moderately fit* or more



Other results from 1991: There is an upward trend of those who report being *unfit* (6%-16% 12-13 year-old girls; 10%-25% 14-15 year-old girls). There is little change of those who think they are *very unfit*. Fewer girls think they are *fit* but there is little change of those who think they are *very fit*.

More boys than girls say they are *very fit*.





Responses to the *Every Child Matters* statements about school

Responses, from 2012, to the *Every Child Matters* statements about school.

% Responses to 'Agree'	Yr 6 B	Yr 6 G	Yr 8 B	Yr 8 G	Yr 10 B	Yr 10 G
The school cares whether I am happy or not	71	75	43	44	35	35
My work is marked so I can see how to improve it	84	86	65	63	61	59
I know my targets and I am helped to meet them	70	69	51	49	46	42
My achievements in and out of school are recognised	67	66	45	41	39	33
The school teaches me how to manage my feelings	64	63	33	29	22	19
The school helps me work as part of a team	80	82	50	54	41	43
In this school people with different backgrounds are valued	52	52	51	54	48	54
The school encourages everyone to take part in decisions	60	63	52	56	46	50
The school encourages me to contribute to community events	64	63	38	35	32	28
Total sample	11091	10823	7154	7006	8978	9171

¹⁴⁻¹⁵
G19%

1. The results above are taken from some of the *Every Child Matters* statements included in questionnaires used in 2012.
2. Responses from both boys and girls and from Years 6, 8 and 10 are shown to provide direct comparisons across age groups and genders.
3. 54% 12-13 year-old and 14-15 year-old girls think that at their school *people with different backgrounds are valued*.
4. More 12-13 year-olds girls than 14-15 year-old girls agree with the statements.
5. Should it be of concern that only 19% 14-15 year-old girls and 29% 12-13 year-olds girls agreed with the statement, *The school teaches me how to manage my feelings*?
6. In 2012, there was a 11% gap between those 12-13 year-old girls (54%) and 14-15 year-old girls (43%) who agreed with the statement about how their school *helps me work as part of a team*.

49% Year 8 and 26% Year 10 girls think pupils' opinions make a difference

Do you think pupils' opinions make a difference at school?	Yr 6 B	Yr 6 G	Yr 8 B	Yr 8 G	Yr 10 B	Yr 10 G
% responses to – 'Yes'	65	66	48	49	29	26
Total sample	1949	1864	3392	3305	5472	5467

Do you feel that you are listened to at school?	Yr 6 B	Yr 6 G	Yr 8 B	Yr 8 G	Yr 10 B	Yr 10 G
% responses to – 'Yes, listened to sometimes'	66	70	33	30	27	23
Total sample	6598	6443	2736	2865	2719	2876

1. Only 23% 14-15 year-old girls and 30% 12-13 year-olds girls, in 2012, agreed with the statement that, at school, they were *listened to sometimes*.

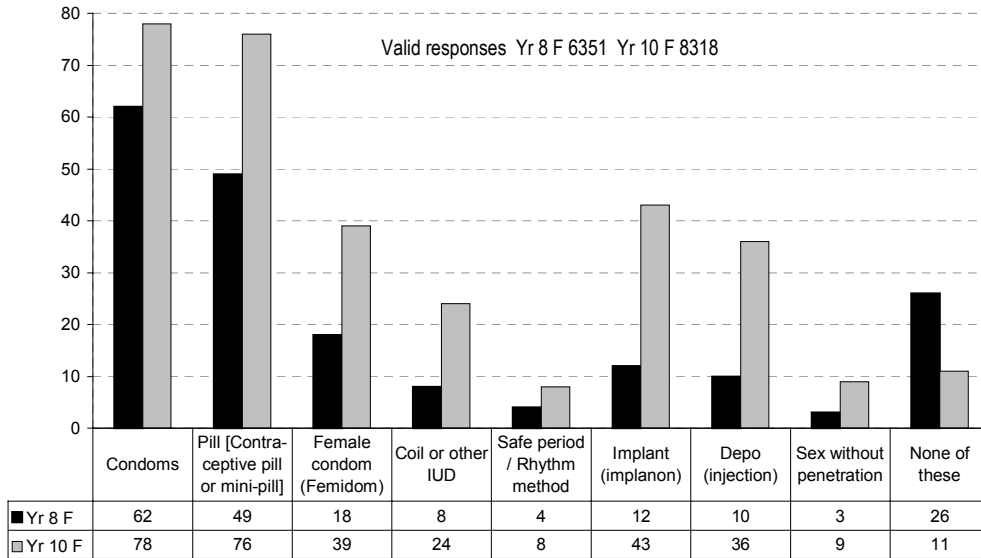
In general, boys reported similar responses to the girls.

Boys



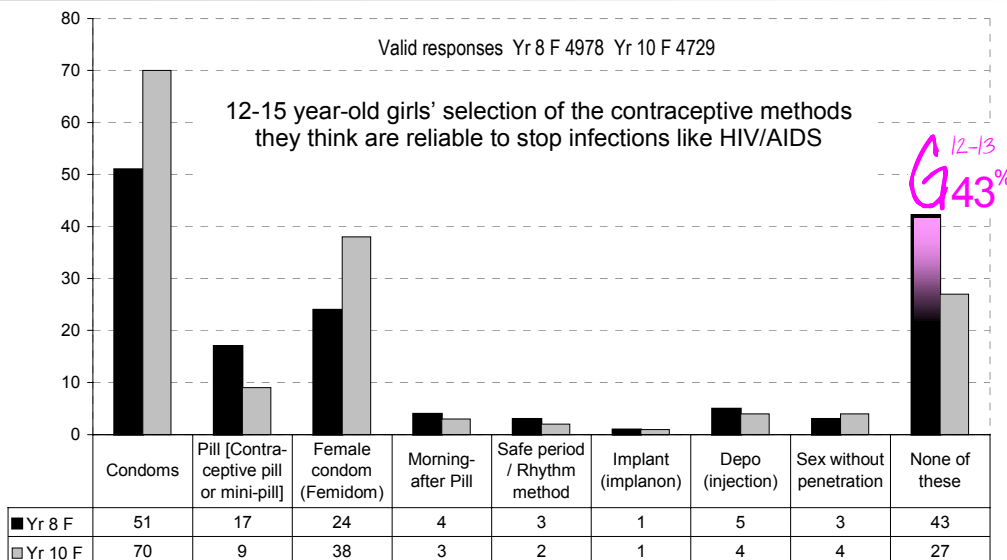
Knowledge of contraception

Responses, from 2012, to the question, "Which methods of contraception are reliable to stop pregnancy?"



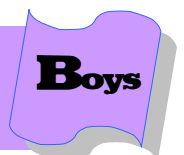
1. Pupils have a choice of four answers to describe best what they know about the list of contraceptive methods. The answers are *Never heard of it*, *Know nothing about it*, *Not reliable to stop pregnancy*, and *Reliable to stop pregnancy*.
2. As they get older, more girls indicated all methods of contraception on the list.
3. 62% 12-13 year-old and 78% 14-15 year-old girls said *condoms*.
4. This chart presents combined responses to several sub-questions. There is no single value for valid responses, the percentages of missing data are included in the *None of these* column. With this in mind, 26% 12-13 year-old and 11% 14-15 year-old girls felt unable to respond positively to a question asking if they knew about reliable methods of contraception to stop pregnancy.

In 2012, 43% 12-13 year-old girls could not decide which contraceptive methods are reliable to stop infections like HIV/AIDS



The *None of these* data refer to those who did not select any of the methods on the list. 43% 12-13 year-old girls could not decide which contraceptive methods are reliable to stop infections like HIV/AIDS.

Fewer older boys (29%) than girls (43%) chose *Implant* as a reliable anti-pregnancy method.

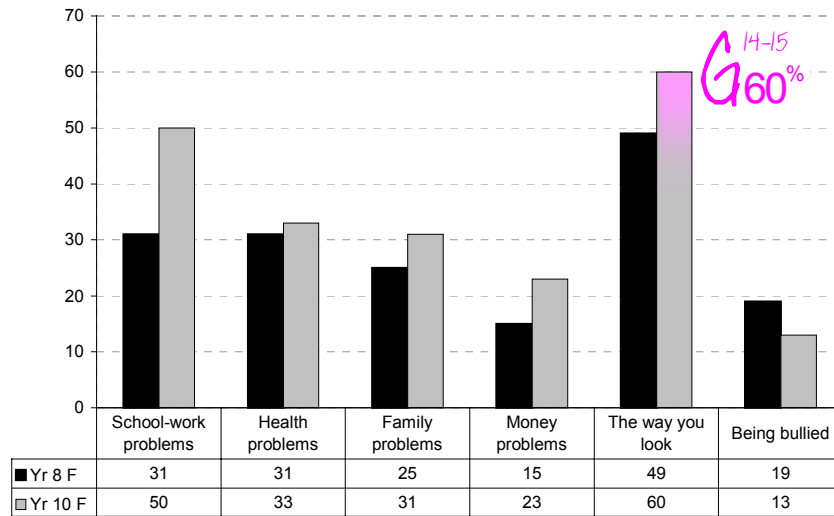




Worries

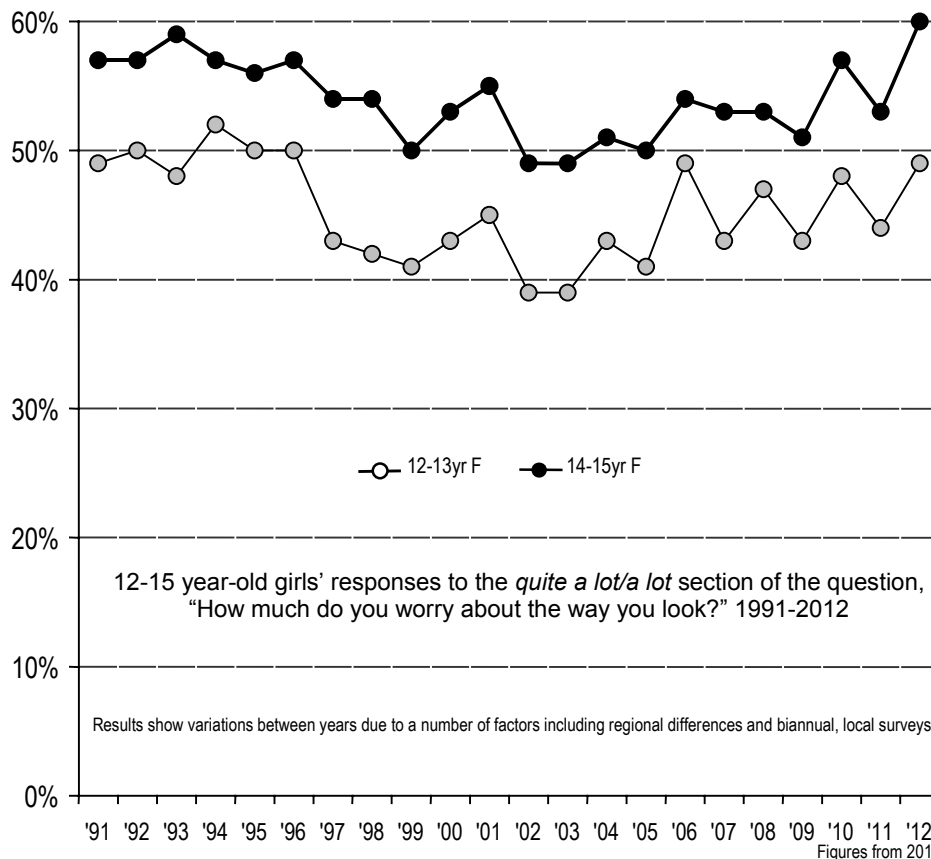
Responses to *quite a lot/a lot*, from 2012, to the question, "How much do you worry about these problems?"

Valid responses Yr 8 F 10754 Yr 10 F 12540

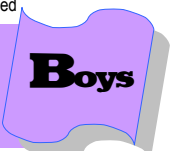


- 14 year-old girls appear to worry more, about the above problems, than 12-13 year-old girls.
- Among the highest worries for girls are *problems with school work* and the consistent worry - *The way you look*.

Since 1991 around 50% 12-15 year-old girls report that their main worry is *the way they look*



Boys usually score less than girls on most 'worry' topics.
For boys, *school-work* and *the way you look* cause the most worries.

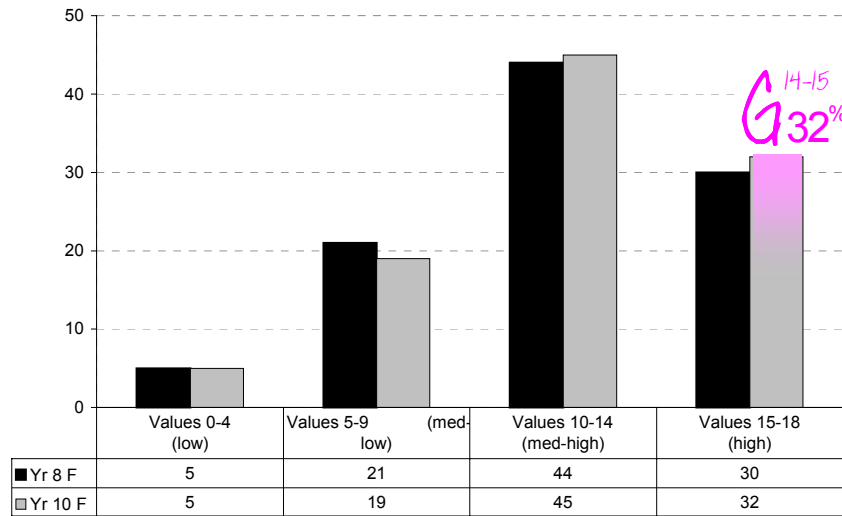




Self-esteem

Responses, from 2012, to a set of statements taken from a standard self-esteem enquiry method*

Valid responses Yr 8 F 9711 Yr 10 F 11831

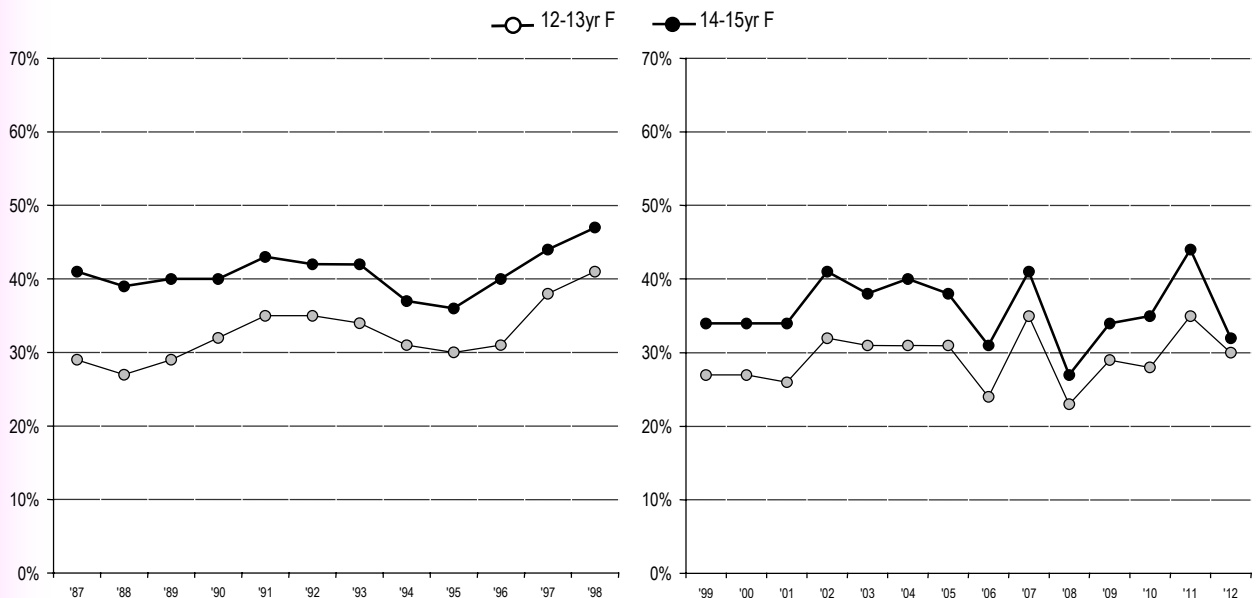


* The self-esteem scores come from measurements that have been derived from the responses to a set of nine statements taken from a self-esteem enquiry method first developed by Denis Lawrence (1981), Development of a self-esteem questionnaire. Brit.Jnl.Ed.Psych. 51:245-251

1. The majority scored more than 10/14 (med-high) and over 30% of the sample were in the high group.
2. 12-13 year-old, more than 14-15 year-old girls, scored slightly higher on both the 10-4 and 15-18 values.
3. Many health educators believe high self-esteem may motivate positive behaviour, as well as being a general contributor to emotional wellbeing.

Since 1987, 14-15 year-old girls score more than 12-13 year-old girls on the high self-esteem values

12-15 year-old girls' responses to a set of statements from a standard self-esteem enquiry method



The consistently higher place on the scale of the 14-15 year-old girls can be seen, despite the revision to the measurement scale from 1999 onwards.

Boys always score more highly than girls on the self-esteem values.
14-15 year-old boys always score more highly than 12-13 year-old boys.

