

Jersey Children and Young People's Survey Report 2021

A summary for young people



Introduction



In 2021 children and young people in school Years 4, 6, 8, 10 and 12 took part in a survey.

They answered questions and told us about their lives in Jersey.

Some facts:



There were slightly different versions of the survey for different ages.

The survey didn't collect names or dates of birth. It was anonymous.



Children and young people didn't have to take part if they didn't want to. Parents could also stop their children from taking part.

It was available in English, Portuguese and Polish.



There were resources to help children with special needs take part.

4,361

children and young people took part.



The aim of the survey is to understand what children and young people need, and to help services plan for the future.

Basic information

Chapter 1

Information about **home and family life**

Chapter 2

Information about **money and family finances**

Physical wellbeing

Chapter 3

Information about **health and healthy ways of living**

Chapter 4

Information about **exercise and other activities**

Mental wellbeing and goals

Chapter 5

Information about **wellbeing and self-esteem**

Chapter 6

Information about **belonging, rights and being heard**

Chapter 7

Information about **bullying**

Healthy behaviour

Chapter 8

Information about **internet and e-safety**

Chapter 9

Information about **smoking**

Chapter 10

Information about **drinking alcohol**

Chapter 11

Information about **drugs**

Chapter 12

Information about **sex and growing up**

1 Home and family life



Gender



50%
female



45%
male



5%
said they were
other or rather
not say.



Where they lived



28% Urban

St Helier



37% Suburban

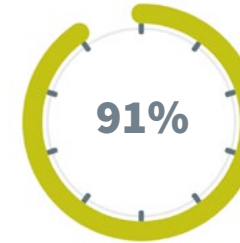
St Brelade, St Clement and St Saviour



35% Rural

all other parishes

Ethnic background



Over 91%

of children identified
as **Jersey, British,
Portuguese or
Madeiran.**

1 in 2

children identifying as
Polish, Portuguese or
Madeiran

1 in 4

children identifying
as Jersey or British

live in St Helier.

Family Life



7 in 10 children and young
people live with their mum
and dad together.

1 in 10 children and young people
share time between
their mum and dad.



5% never or hardly ever
speak English at home.



2 Money and finances



Issues

1 in 10 
said their family was not at all, or not very well off.

6%
said black mould
was growing on their
walls or ceilings.



Homework

In Year 6, 8, 10 and 12













of young people had
a space to themselves
where they could do
homework.



of young people had
a personal computer
or other device to do
homework.

Other things

Children were asked how many of these 10 things they had:

-  a smart phone
-  a garden or nearby park to play in
-  the right kind of clothes to fit in with peers
-  trips out with family at least once a month
-  pocket money to spend on yourself each week
-  the right kind of shoes / trainers to fit in with peers
-  smart TV / iPad or equivalent device
-  a car available to the family when needed
-  at least one holiday away from home with family each year
-  money that you can save each month.

Out of 100 children in Jersey

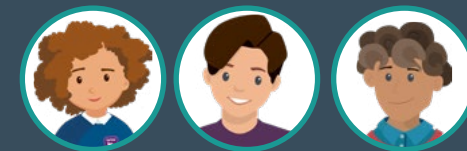
19 lacked 2 or more items.



1 lacked 5 or more items.



3 Health and healthy ways of living



Health

Over all age groups, **77%** said their health was good or very good:



Sleep

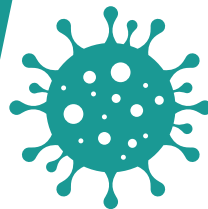
In Year 10 and 12 — **1 in 4** said they'd had less than 5 hours sleep the night before the survey.



Disability

15% said they had some kind of mental or physical disability or long-term illness.

Half (50%) of those said it didn't affect their day-to-day life.



Covid-19

77% have had to self-isolate because of the virus.
17% of young people had tested positive for coronavirus by the end of October 2021.

Teeth

84% brushed their teeth at least twice the previous day.



80% have visited the dentist in the last year.

5-a-day

The amount of young people who ate 5 portions of fruit and vegetables went down as children got older from:



38% in Year 4
18% in Year 12.



4 Exercise and other activities



In the previous week
82%
of children didn't do the
recommended 1 hour of
exercise a day.



wished they did
more physical
activities.



73%

of young people go
to a park, beach or
other open space at
least once a week.



96%
of young people said
they knew why it was
important to exercise.

Getting to school



Over half

(53%) of young people
travelled to school by car.



32%

walked.

What would help young people do more?

53% said someone to do sport with

53% said more free time

42% said more confidence to try new sports

39% said better facilities to do sport

31% said more money.



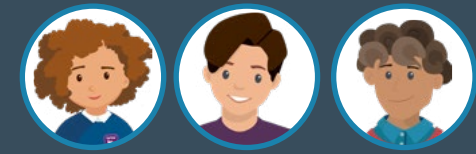
In Year 10 and 12:

76% had **at least 3 hours** of
screen time per day

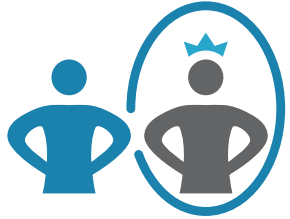
41% had **at least 5 hours** of
screen time per day.



5 Wellbeing and self-esteem



Self-esteem



75% had medium-high or high self-esteem.

25% had low to medium-low self-esteem.

Worries

In Year 8, 10 and 12 the top 3 worries were:



Schoolwork/study



Tests/exams



Looks/appearance.



Girls worried more than boys.

1 in 3

young people in Year 10 and 12 have thought about **self-harm.**



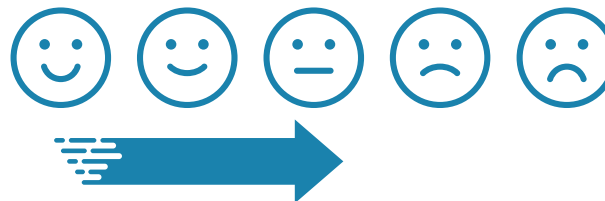
Trust and Support

65% of young people in Year 8, 10 and 12 trust the adults in their life to support them and help them deal with issues.



Wellbeing

Measures of young people's physical and mental health got lower as they got older.



6 Belonging, rights and being heard



Rights

60% said they knew about the **UNCRC** (United Nations Convention on the Rights of the Child).



53% knew what their rights were.

Having a voice

How many young people agree or strongly agree there are clear ways to give opinions?

On how my school is run:

Year 8 — **62 %**

Year 10 — **56%**

Year 12 — **60%.**



On how my community is run:

Year 8 — **47 %**

Year 10 — **40%**

Year 12 — **42%.**



Belonging

In Year 8, 10 and 12

58% felt they belonged to Jersey quite a lot or a great deal.

Fairness

51% felt they had been treated unfairly in Jersey in the last year.

The top 3 reasons were because of:

Age



Gender



Race

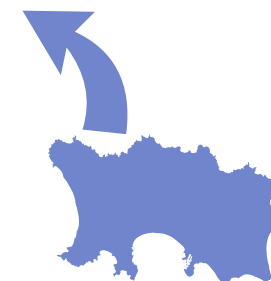


Future goals

In Year 12:

51% of girls

39% of boys want to go off the Island to University.



7 Bullying



In the past year **21%** of young people said they had been bullied.



64% of Year 8 children believe their school takes bullying seriously. But this goes down to **42%** in Year 10.



Unwanted attention

In Year 8, 10 and 12:

35% of girls said they had experienced inappropriate comments or unwanted attention.

71% young people reported that they would 'definitely' or 'probably' tell someone if someone tried to take advantage of them sexually.



The people they would be most comfortable telling would be a:



Parent



Friend



Police



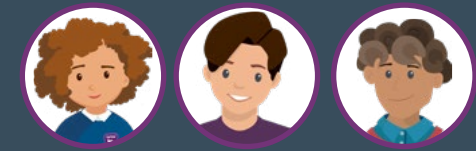
Brother/sister



Teacher



8 Internet and e-safety



9 in 10 young people in Year 12 have a social media account in their name.



In Year 10 and 12:

57% of girls felt pressure to look a certain way on social media

20% of Year 12 students had sent someone a sexual video or photo of themselves.



77% of boys in Year 8, 10 and 12 had taken part in some sort of gambling in-game.



In Year 8, 10 and 12, the percentage of young people who have:

sent a message to a stranger on an online chatroom

lied to a parent or carer about who they were talking to online

felt scared or threatened by a message they'd received



Girls
44%



Boys
43%

26%

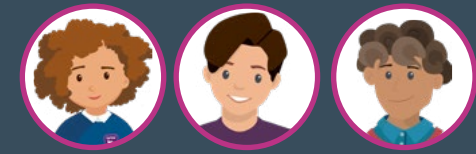
21%

36%

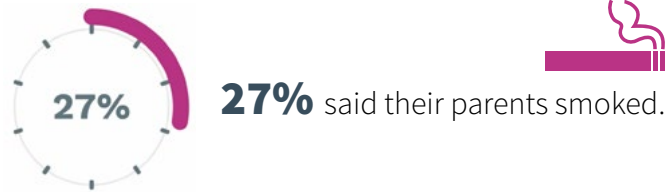
16%



9 Smoking



Home life



Passive smoking

6% 
of children reported
someone smoking in the
car when they were in it.

10% 
of children reported
smoking in their home.

Non smokers

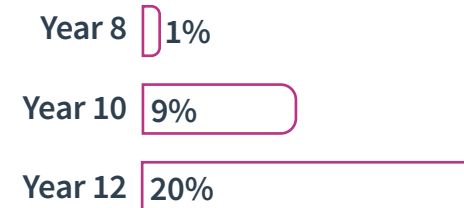
Most children and young people said they had **never smoked**:



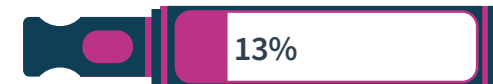
Smokers



A few young people said they occasionally or regularly smoked



E-Cigarettes



13% of young people in
Year 8, 10 and 12 currently
use **e-cigarettes**.



10 Drinking alcohol



Drinking

In the previous 7 days

1 in 6 
pupils in Year 10 said they had drunk alcohol

1 in 3 
pupils in Year 12 said they had drunk alcohol

Never drank alcohol

In Year 8:

66% of boys
65% of girls

In Year 12:

24% of boys
8% of girls.

Being really drunk

Being really drunk at least once....



Year 8 **12%**

Year 10 **42%**

Year 12 **67%**



More than 14 units

3% of young people in Year 12 said they had drunk more than **14 units** in the last 7 days.



Parents

78% said their parents usually know or always know when they drank.



11 Drugs



Information on drugs came from:



Drug information lessons



Parents/ carers



Friends



Girls were more likely to be offered drugs than boys.

Know someone who takes drugs?

Year 8 12%

Year 10 45%

Year 12 58%

Taking drugs



Cannabis was the most used drug.

Over 1 in 4



pupils in Year 12 had taken drugs in the past.

1 in 5

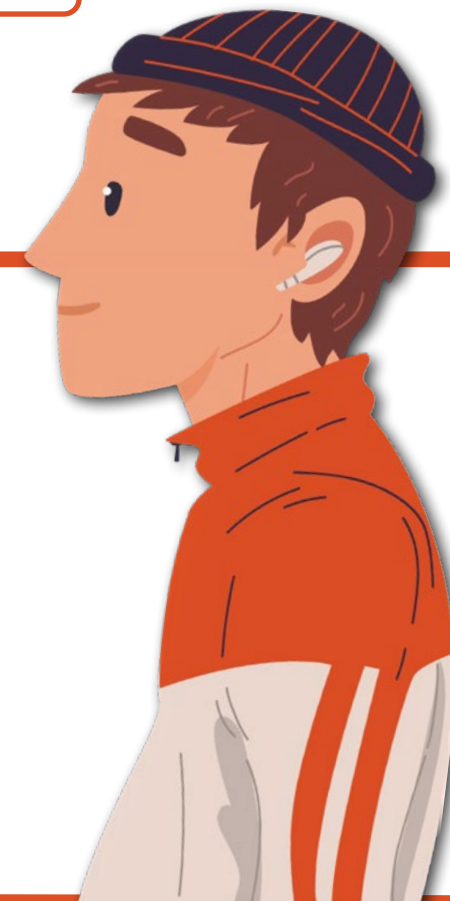


young people have been offered cannabis.

1 in 10



have been offered a different drug.








12 Sex and growing up



Information

The main information on sex came from:

-  sex education lessons
-  friends
-  parents/ carers
-  TV/films/magazines
-  internet fact sites
-  brothers/sisters, relatives
-  online pornography.



Having sex

In Year 8, 10 and 12, **8%** of young people said they would probably give in to sex they didn't want.

Were or had been sexually active

14% of Year 10 pupils

14%

46% of Year 12 pupils

46%

Contraception

In Year 10 and 12



70% knew where to get free condoms.

70%

The last time they had sex:

45% of young people in Year 10 used a condom

45%

48% of young people in Year 12 used a condom.

48%

