

# Teenage Lifestyle Survey – October 2006

## Key findings for Year 10 Females

### Background

No surveys had been carried out in Herefordshire to collect data about young people's health and lifestyles since 2000. Data is required to provide a better understanding of teenage lifestyles and for a range of performance indicators.

A working group was established with representatives from a wide range of services within the Council & Primary Care Trust (PCT): Smoking Cessation, Public Health, Healthy Schools, Environmental Health & Trading Standards, Community Safety & Drugs Action, Sports Development, HP Support, Research Team.

The Schools Health Education Unit (SHEU) from Exeter was commissioned to carry out the survey; benefits were: expertise, educational materials for schools and comparisons with other areas.

Nearly 4000 pupils from year groups 7, 8, 9 & 10 (i.e. 11-15 year olds) from almost all maintained schools in Herefordshire took part, only Aylestone & John Masefield declined.

Topics covered included: drugs, alcohol & tobacco, citizenship, school & career, leisure & work, emotional health & wellbeing, healthy eating, relationships & sexual health, health & safety and physical activity.

SHEU produced individual reports for schools (including comparative results for the county) and a summary report for Herefordshire. Reports on specific topics, incorporating some additional analysis, have been produced by Herefordshire Council Research Team.

This report examines some of the above mentioned topics of the survey where there appears to be a marked difference between the results recorded for year 10 females and those recorded for year 9 females and year 10 males.

Some of the data in this report considers the levels of pupils' self-esteem together with some of the results of questions relating to topics such as appearance, mental health, physical activity and alcohol. The following section of this report explains how the self-esteem of pupils was measured, using a scoring system.

### **Methods used to calculate self-esteem scores**

The methodology for determining a self-esteem score for each pupil was devised and used elsewhere by SHEU.

In question 12 of the Teenage Lifestyle Survey pupils were asked to say whether they agreed, disagreed or weren't sure about the following statements:

- a) "I feel happy talking to other pupils at school".
- b) "There are lots of things about myself that I would like to change".
- c) "When I have something to say in front of teachers in class, I usually feel uneasy".
- d) "I often fall out with other pupils at school".
- e) "I often feel lonely at school".
- f) "I think other pupils usually say nasty things about me".
- g) "When I want to tell a teacher something I usually feel shy".
- h) "I often have to find new friends because my old ones are with somebody else".
- i) "I usually feel foolish when I have to talk to my parents".
- j) "Do you think your parents like to hear your ideas?"
- k) "Do you think teachers listen to you at school?"

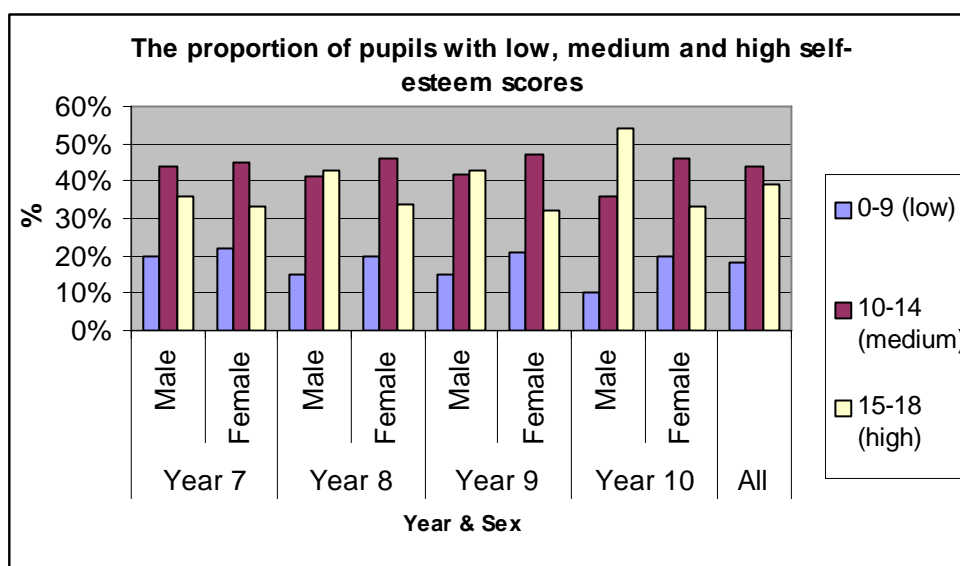
Parts (a) – (i) were then used to obtain a self-esteem score. Pupils were given a score of +2 for 'agreeing' to a positive statement, with (a) being the only positive statement. Pupils were also given a score of +2 for every 'disagree' answer to a negative statement i.e. (b) – (i). Conversely, pupils were given a 0 score for 'disagreeing' with a positive statement or 'agreeing' with a negative statement. A score of +1 was given for answers of 'not sure' for all of the statements. The self-esteem score is therefore a sum of these scores, with a minimum score of 0 and a maximum of 18. Self-esteem scores were then placed into 4 categories: low (0-4), medium-low (5-9), medium-high (10-14) and high (15-18), as shown in Table (A) below.

**Table (A): The proportion of pupils with low, medium-low, medium-high and high self-esteem scores**

	Year 7		Year 8		Year 9		Year 10		All
	Male	Female	Male	Female	Male	Female	Male	Female	
<b>Values 0-4 (low)</b>	2%	3%	1%	3%	2%	3%	1%	4%	2%
<b>Values 5-9 (med-low)</b>	17%	20%	14%	17%	13%	18%	9%	16%	15%
<b>Values 10-14 (med-high)</b>	44%	45%	42%	46%	42%	47%	36%	46%	44%
<b>Values 15-18 (high)</b>	36%	33%	43%	34%	43%	32%	54%	33%	39%

For the purposes of this report and for ease of analysis, levels of self-esteem were split into three categories: low 0 -9, medium 10 -14 and high 15 – 18, as shown in chart (A) below).

**Chart (A): The proportion of pupils with low, medium and high self-esteem scores**



## Results

Seven specific areas are covered in this report: Appearance; Food and Diet; Smoking, Drinking and Drugs; Physical Health; Relationships and Mental Health; Exercise and Accidents. Tables show detailed figures for males and females separately for both year groups.

## Summary of Results

The full results of the report are outlined below.

### Appearance

- A higher proportion of year 10 females, with both low and high self-esteem scores, than any other group wanted to lose weight
- Half of year 10 females with a high self-esteem score wanted to lose weight

### Food and Diet

- 20% of year 10 females did not have any lunch on the previous day, compared to 16% for year 9 females and 9% for year 10 males
- 17% of year 10 females did not eat or drink anything before lessons on the day of the survey, compared to 10% of year 9 females and 9% of year 10 males
- 20% of year 10 females did not drink any water on the previous day, compared to 15% for year 9 females and 13% for year 10 males

### Smoking, Drinking and Drugs

- 1 in 4 (25%) year 10 females smoked in the last 7 days, compared to 10% of year 10 males
- A higher proportion of year 10 females, across all the self-esteem scores, than both year 9 females and year 10 males got drunk on at least one day in the last 7 days
- 13% of females in year 10 spent their own money on cigarettes and 13% on alcoholic drinks in the last 7 days, compared to 7% of males in year 10 for both cigarettes and alcohol
- A higher proportion of year 10 females, with both low and high self-esteem scores, than both year 9 females and year 10 males took an illegal drug during the last year

### Physical Health

- A higher proportion of year 10 females, across all the self-esteem scores, than both year 9 females and year 10 males took painkillers on at least one day in the last 7 days
- 59% of year 10 females with a low self-esteem score took painkillers on at least one day in the last 7 days, compared to 52% for year 9 females and 30% for year 10 males
- 47% of year 10 females with a high self-esteem score took painkillers on at least one day in the last 7 days, compared to 33% for year 9 females and 25% for year 10 males

### Relationships and Mental Health

- 72% of year 10 females with a low self-esteem score and 39% with a high self-esteem score worry quite a lot or a lot about the way they look, compared to 38% and 20% respectively for year 10 males

- 69% of year 10 females with a low self-esteem score and 35% of year 10 females with a high self-esteem score worry quite a lot or a lot about problems with friends. Results for year 9 females (low – 75%, high – 34%) were similar to year 10 females, but there was a marked difference between year 10 females and year 10 males (low – 44%, high 25%)

### **Exercise**

- Only 39% of females in year 10 enjoyed physical activity a lot, compared to 46% for year 9 females and 64% for year 10 males
- 59% of year 10 females with a low self-esteem score enjoyed physical activities quite a lot or a lot, compared to 77% of year 9 females and 81% of year 10 males with low self-esteem scores

### **Accidents**

- 33% of year 10 females had at least one accident in the past 12 months which was treated by a doctor or at a hospital, compared to 32% for year 9 females and 44% for year 10 males
- 33% of year 10 females had their most recent accident at home, compared to 30% for year 9 females and 20% for year 10 males

The full results are given from the following page onwards.

## 1) Appearance

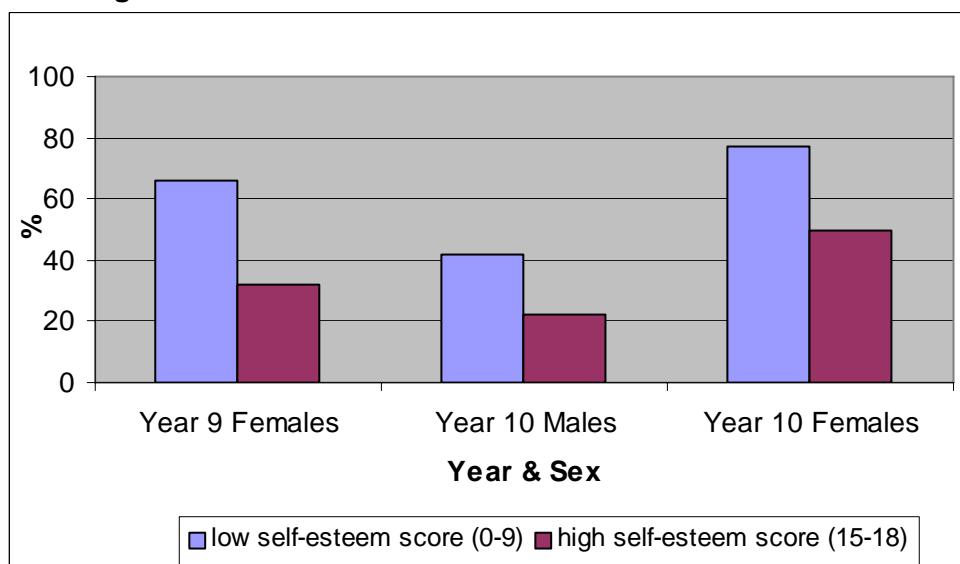
The following data relates to the results given for **Q18: 'Which statement describes you best?'**:

- 'I would like to put on weight'
- 'I would like to lose weight'
- 'I am happy with my weight as it is'

**Table 1.1: Proportion of pupils who would like to lose weight by levels of self-esteem**

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
Year 9 Females	66%	60%	32%
Year 10 Males	42%	35%	22%
<b>Year 10 Females</b>	<b>77%</b>	<b>52%</b>	<b>50%</b>

**Chart 1.1: The proportions of pupils with low and high self-esteem scores who would like to lose weight**

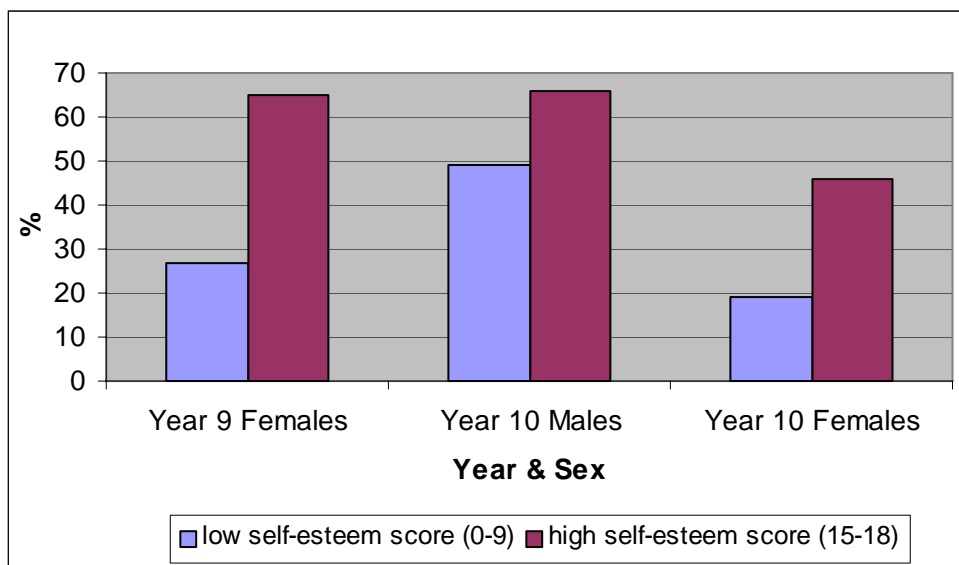


- A higher proportion of year 10 females, across all the self-esteem scores, than both year 9 females and year 10 males would like to lose weight
- 77% of year 10 females with a low self-esteem score would like to lose weight, compared to 66% of year 9 females and 42% of year 10 males
- 50% of year 10 females with a high self-esteem score would like to lose weight, compared to 32% of year 9 females and 22% of year 10 males

**Table 1.2: Proportion of pupils who are happy with their weight as it is by levels of self-esteem**

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
Year 9 Females	27%	36%	65%
Year 10 Males	49%	48%	66%
<b>Year 10 Females</b>	<b>19%</b>	<b>45%</b>	<b>46%</b>

**Chart 1.2: The proportions of pupils with low and high self-esteem scores who are happy with their weight as it is**



- A lower proportion of year 10 females, with both low and high self-esteem scores, than both year 9 female and year 10 males are happy with their weight as it is
- 19% of year 10 females with a low self-esteem score are happy with their weight as it is, compared to 27% of year 9 females and 49% of year 10 males
- 46% of year 10 females with a high self-esteem score are happy with their weight as it is, compared to 65% of year 9 females and 66% of year 10 males

## 2) Food and Diet

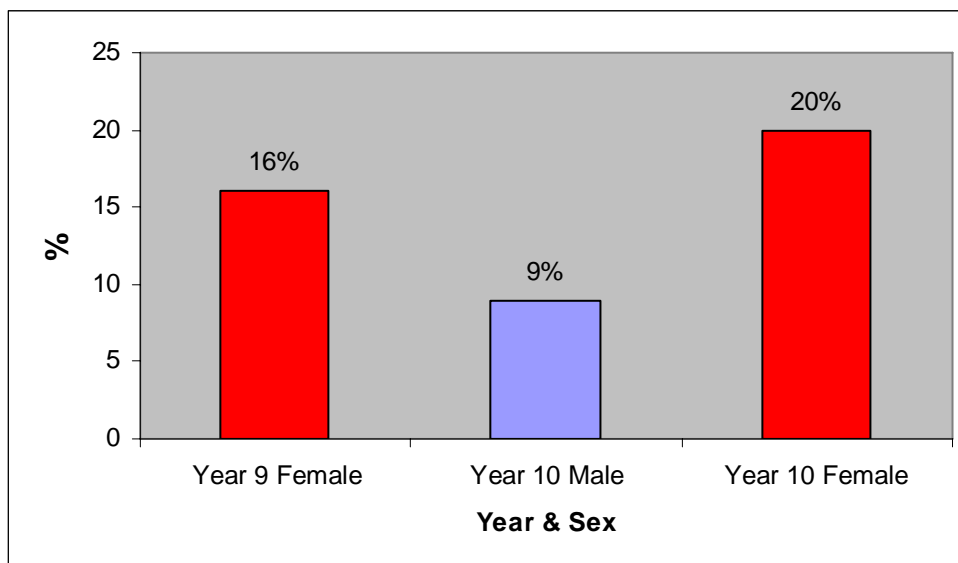
The following data relates to questions 19 – 25

### Q19. What did you do for lunch yesterday?

**Table 2.1: What pupils did for lunch on the previous day**

	Year 9 Females	Year 10 Males	Year 10 Females
Had cafeteria lunch in school	25%	29%	<b>25%</b>
Had a set lunch in school	5%	5%	<b>4%</b>
Ate a packed lunch	52%	48%	<b>43%</b>
Bought lunch from takeaway/shop	1%	4%	<b>5%</b>
Went home for lunch	2%	5%	<b>3%</b>
Did not have any lunch	16%	9%	<b>20%</b>

**Chart 2.1: The percentage of pupils who did not have any lunch the previous day**



- 1 in 5 (20%) of year 10 females did not have any lunch on the previous day, compared to 16% for year 9 females and 9% for year 10 males
- 43% of year 10 females ate a packed lunch on the previous day, compared to 52% for year 9 females and 48% for year 10 males

**Q20. Did you eat or drink anything before lessons this morning?**

**Table 2.2: Whether or not pupils ate or drank anything before lessons on the day of the survey**

	Year 9 Females	Year 10 Males	Year 10 Females
<b>No, nothing at all</b>	10%	9%	<b>17%</b>
<b>Yes, something at school</b>	14%	14%	<b>12%</b>
<b>Yes, something at home</b>	69%	77%	<b>67%</b>
<b>Yes, something on the way to school</b>	10%	14%	<b>8%</b>

- 17% of year 10 females did not eat or drink anything before lessons on the day of the survey, compared to 10% of year 9 females and 9% of year 10 males

**Q23. How much water did you drink yesterday?**

**Table 2.3: The amount of water pupils drank on the previous day**

	Year 9 Females	Year 10 Males	Year 10 Females
<b>Nothing</b>	15%	13%	<b>20%</b>
<b>1 or 2 cups</b>	37%	27%	<b>33%</b>
<b>3-5 cups</b>	29%	29%	<b>29%</b>
<b>About a litre</b>	14%	18%	<b>13%</b>
<b>About 2 litres</b>	3%	8%	<b>4%</b>
<b>More than 2 litres</b>	1%	5%	<b>1%</b>

- 20% of year 10 females did not drink any water on the previous day, compared to 15% for year 9 females and 13% for year 10 males
- 18% of year 10 females and 18% of year 9 females drank about a litre or more of water on the previous day, compared to 31% for year 10 males

### 3) Smoking, Drinking and Drugs

**Table 3.1: The number of cigarettes smoked by different year groups during the last 7 days**

	Year 9 Females	Year 10 Males	Year 10 Females
<b>None</b>	89%	90%	<b>75%</b>
<b>1-5 cigarettes</b>	5%	3%	9%
<b>6-10 cigarettes</b>	1%	0%	2%
<b>11-15 cigarettes</b>	1%	0%	3%
<b>16-25 cigarettes</b>	2%	3%	3%
<b>26-35 cigarettes</b>	1%	1%	2%
<b>36-45 cigarettes</b>	0%	0%	3%
<b>46-55 cigarettes</b>	0%	1%	1%
<b>56-65 cigarettes</b>	0%	0%	1%
<b>66+ cigarettes</b>	1%	2%	1%

- 1 in 4 (25%) year 10 females smoked in the last 7 days, compared to 11% for year 9 females and 10% for year 10 males
- 16% of year 10 females smoked 6 cigarettes or more during the last 7 days, compared to 6% for year 9 females and 7% for year 10 males

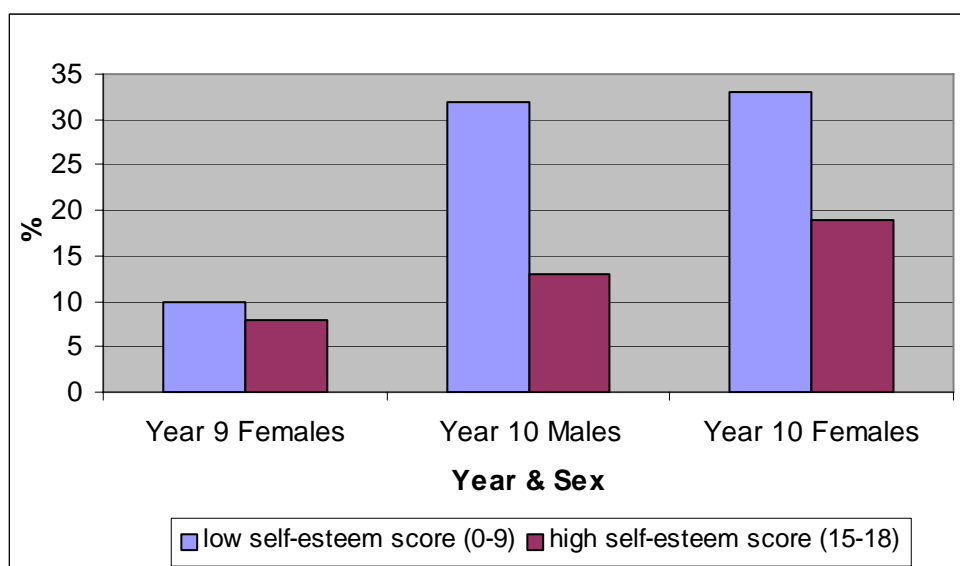
The following data relates to the results given for **Q32: ‘On which days did you get drunk in the last 7 days?’**.

Table 3.2 highlights the proportion of pupils with low, medium and high self-esteem scores who got drunk on at least one day in the last 7 days.

**Table 3.2: Proportion of pupils who got drunk on at least one day in the last 7 days by levels of self-esteem**

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
Year 9 Females	10%	12%	8%
Year 10 Males	32%	14%	13%
<b>Year 10 Females</b>	<b>33%</b>	<b>25%</b>	<b>19%</b>

**Chart 3.1: The proportion of pupils with low and high self-esteem scores who got drunk on at least one day in the last 7 days**



- A higher proportion of year 10 females, across all the self-esteem scores, than both year 9 females and year 10 males got drunk on at least one day in the last 7 days
- 33% of year 10 females with a low self-esteem score got drunk on at least one day in the last 7 days, compared to 10% for year 9 females and 32% for year 10 males
- 19% of year 10 females with a high self-esteem score got drunk on at least one day in the last 7 days, compared to 8% for year 9 females and 13% for year 10 males

**Table 3.3: The proportion of pupils who have spent their own money on cigarettes, the National Lottery and alcoholic drinks during the last 7 days**

	Year 9 Females	Year 10 Males	Year 10 Females
<b>Cigarettes</b>	5%	7%	<b>13%</b>
<b>National lottery</b>	1%	4%	<b>2%</b>
<b>Alcoholic drinks</b>	5%	7%	<b>13%</b>

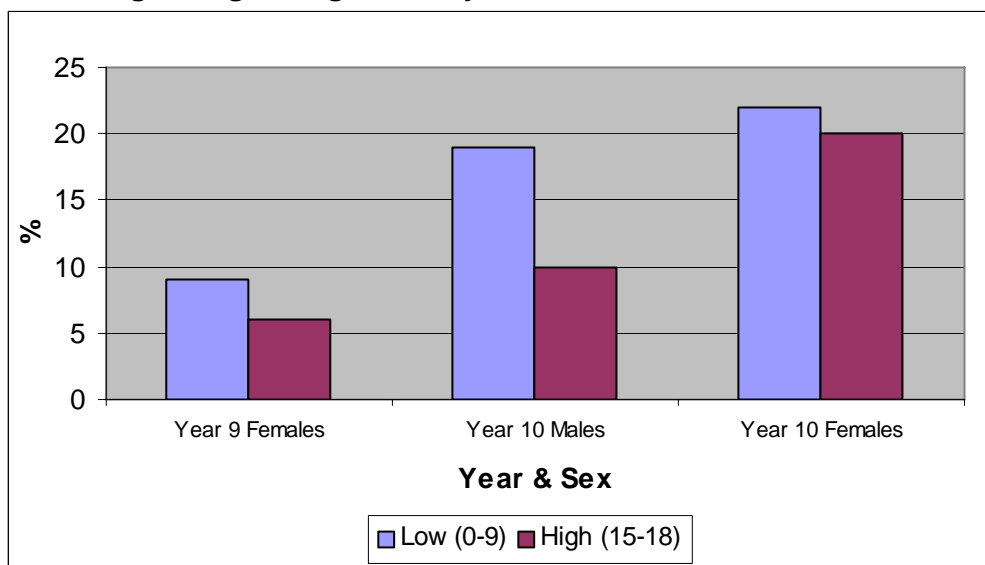
- 13% of year 10 females spent their own money on cigarettes during the last 7 days, compared to 5% for year 9 females and 7% for year 10 males
- 13% of year 10 females spent their own money on alcoholic drinks during the last 7 days, compared to 5% for year 9 females and 7% for year 10 males

The following data relates to the results given for **Question 41, regarding illegal drug use.**

**Table 3.4: The proportion of pupils who have taken an illegal drug during the last year**

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
Year 9 Females	9%	4%	6%
Year 10 Males	19%	12%	10%
Year 10 Females	<b>22%</b>	<b>15%</b>	<b>20%</b>

**Chart 3.2: The proportion of pupils with low and high self-esteem scores who have taken an illegal drug during the last year**



- A higher proportion of year 10 females, across all the self-esteem scores, than both year 9 females and year 10 males have taken an illegal drug during the last year
- 22% of year 10 females, with a low self-esteem score, took an illegal drug during the last year, compared to 9% for year 9 females and 19% for year 10 males
- 20% of year 10 females, with a high self-esteem score, took an illegal drug during the last year, compared to 6% for year 9 females and 10% for year 10 males

#### 4) Physical Health

The following data relates to Q51: 'During the last 7 days, on how many days have you used any of the following remedies or medications?'

**Table 4.1: Proportion of pupils who have taken painkillers on at least one day during the last 7 days by levels of self-esteem**

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
Year 9 Females	52%	48%	33%
Year 10 Males	30%	29%	25%
<b>Year 10 Females</b>	<b>59%</b>	<b>56%</b>	<b>47%</b>

- A higher proportion of year 10 females, across all the self-esteem scores, than both year 9 females and year 10 males took painkillers on at least one day in the last 7 days
- 59% of year 10 females with a low self-esteem score took painkillers on at least one day in the last 7 days, compared to 52% for year 9 females and 30% for year 10 males
- 47% of year 10 females with a high self-esteem score took painkillers on at least one day in the last 7 days, compared to 33% for year 9 females and 25% for year 10 males

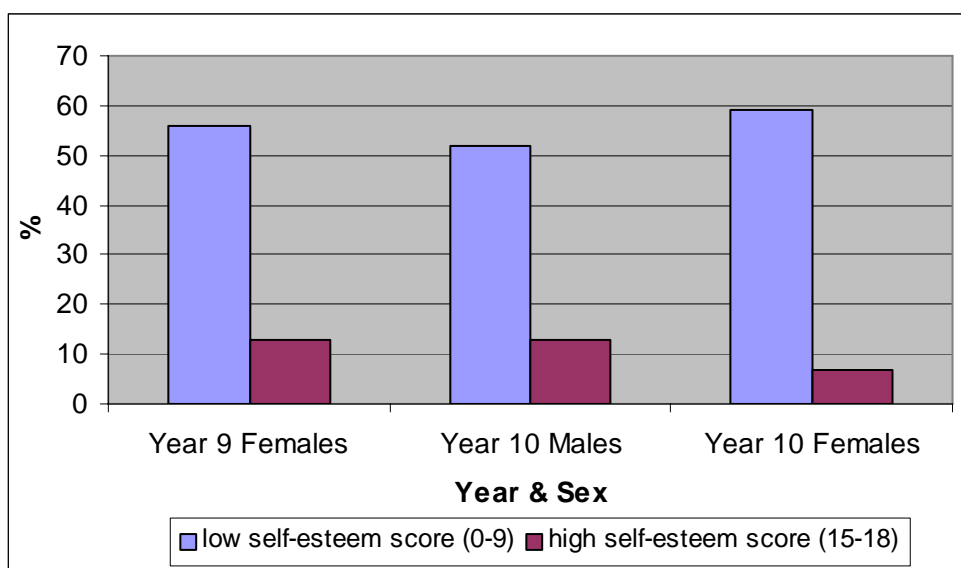
## 5) Relationships and Mental Health

The following data relates to **Q61: 'Have you been bullied at or near school in the last 12 months?'**

**Table 5.1: Proportion of pupils who have been bullied at or near school in the last 12 months by levels of self-esteem**

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
Year 9 Females	56%	24%	13%
Year 10 Males	52%	21%	13%
<b>Year 10 Females</b>	<b>59%</b>	<b>29%</b>	<b>7%</b>

**Chart 5.1: The proportions of pupils with low and high self-esteem scores who have been bullied at or near school in the last 12 months**



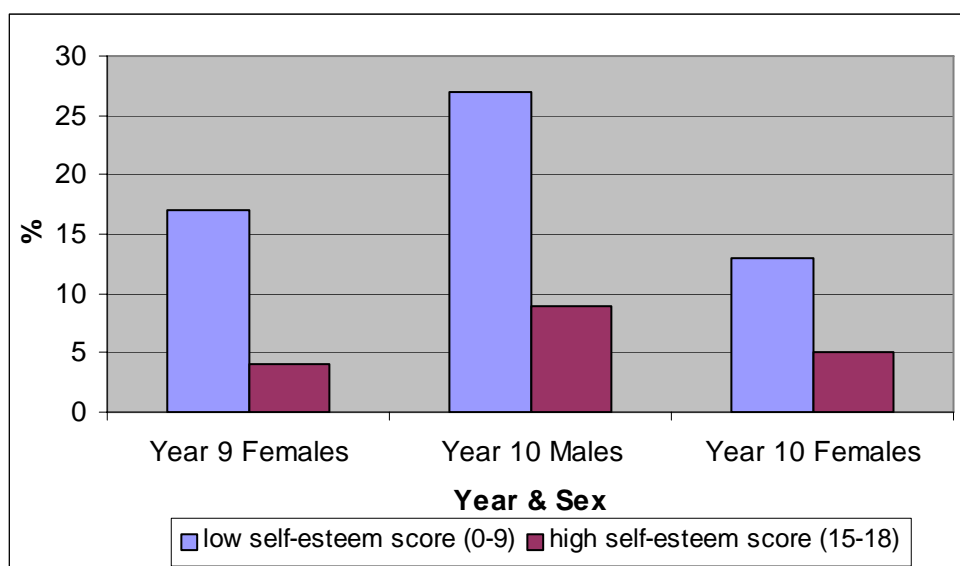
- 59% of year 10 females with a low self-esteem score have been bullied at or near school in the last 12 months, compared to 56% for year 9 females and 52% for year 10 males
- 7% of year 10 females with a high self-esteem score have been bullied at or near school in the last 12 months, compared to 13% for year 9 females and 13% for year 10 males

The following data relates to **Q62: 'Have you bullied someone else at school in the last 12 months?'**

**Table 5.2: Proportion of pupils who have bullied someone else at school in the last 12 months by levels of self-esteem**

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
Year 9 Females	17%	6%	4%
Year 10 Males	27%	14%	8%
<b>Year 10 Females</b>	<b>13%</b>	<b>9%</b>	<b>5%</b>

**Chart 5.2: The proportions of pupils with low and high self-esteem scores who have bullied someone else at school in the last 12 months**



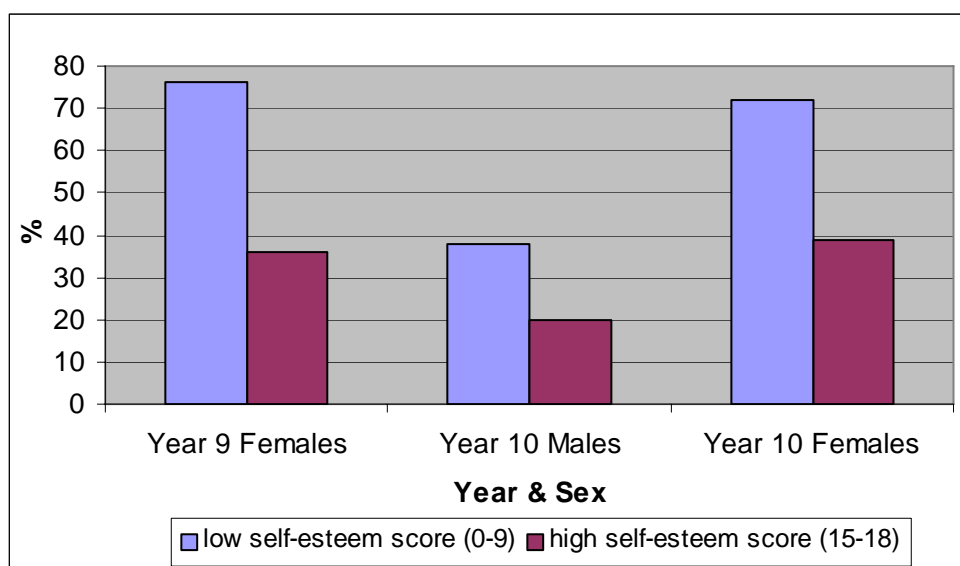
- A lower proportion of year 10 females, across all self-esteem scores, than year 10 males have bullied someone else at school in the last 12 months
- 13% of year 10 females with a low self-esteem score have bullied someone else at school in the last 12 months, compared to 17% for year 9 females and 27% for year 10 males
- 5% of year 10 females with a high self-esteem score have bullied someone else at school in the last 12 months, compared to 4% for year 9 females and 8% for year 10 males

The following data relates to **Q64: 'How much do you worry about... the way you look?'**

**Table 5.3: Proportion of pupils who worry quite a lot or a lot about the way they look by levels of self-esteem**

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
Year 9 Females	76%	55%	36%
Year 10 Males	38%	28%	20%
<b>Year 10 Females</b>	<b>72%</b>	<b>55%</b>	<b>39%</b>

**Chart 5.3: The proportions of pupils with low and high self-esteem scores who worry quite a lot or a lot about the way they look**



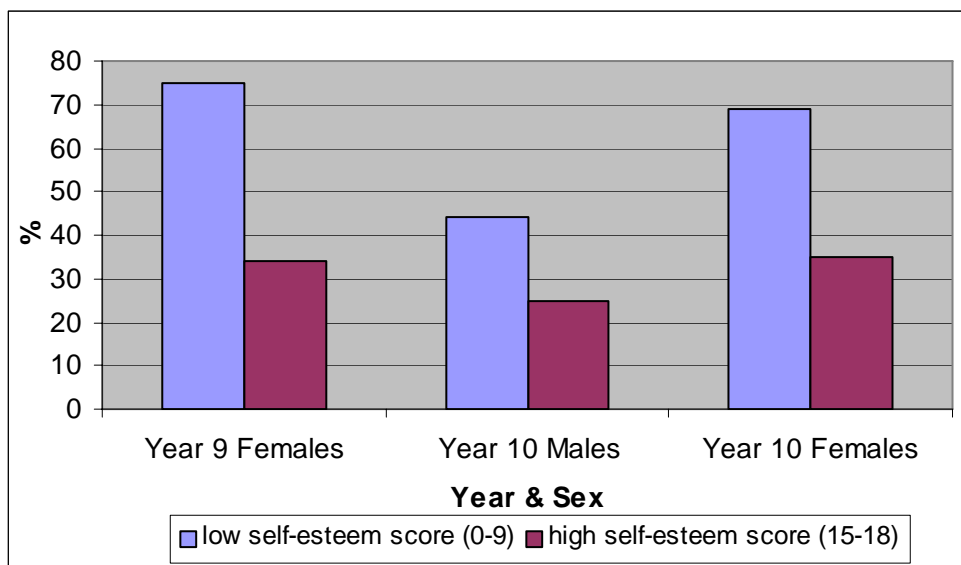
- 72% of year 10 females with a low self-esteem score worry quite a lot or a lot about the way they look, compared to 76% for year 9 females and 38% for year 10 males
- 39% of year 10 females with a high self-esteem score worry quite a lot or a lot about the way they look, compared to 36% for year 9 females and 20% for year 10 males

The following data relates to **Q64: 'How much do you worry about...problems with friends?'**

**Table 5.4: Proportion of pupils who worry quite a lot or a lot about problems with friends by levels of self-esteem**

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
Year 9 Females	75%	43%	34%
Year 10 Males	44%	36%	25%
<b>Year 10 Females</b>	<b>69%</b>	<b>48%</b>	<b>35%</b>

**Chart 5.4: The proportions of pupils with low and high self-esteem who worry quite a lot or a lot about problems with friends**



- 69% of year 10 females with a low self-esteem score worry quite a lot or a lot about problems with friends, compared to 75% for year 9 females and 44% for year 10 males
- 35% of year 10 females with a high self-esteem score worry quite a lot or a lot about problems with friends, compared to 34% for year 9 females and 25% for year 10 males

The following data relates to **Q64: 'How much do you worry about...exams and tests?'**

**Table 5.5: Proportion of pupils who worry quite a lot and a lot about exams and tests by levels of self-esteem**

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
Year 9 Females	68%	59%	44%
Year 10 Males	49%	47%	39%
<b>Year 10 Females</b>	<b>63%</b>	<b>53%</b>	<b>47%</b>

- 63% of year 10 females with a low self-esteem score worry quite a lot or a lot about exams and tests, compared to 68% for year 9 females and 49% for year 10 males
- 47% of year 10 females with a high self-esteem score worry quite a lot or a lot about exams and tests, compared to 44% for year 9 females and 39% for year 10 males

## 6) Exercise

The following data relates to **Q86: 'How much do you enjoy physical activities?'**

**Table 6.1: Enjoyment of physical activities**

	Year 9 Female	Year 10 Male	Year 10 Female
<b>Not at all</b>	4%	3%	<b>5%</b>
<b>A little</b>	17%	10%	<b>24%</b>
<b>Quite a lot</b>	33%	24%	<b>31%</b>
<b>A Lot</b>	46%	64%	<b>39%</b>

- 39% of females in year 10 enjoy physical activity a lot, compared to 46% for year 9 females and 64% for year 10 males
- 29% of year 10 females enjoy physical activity 'a little' or 'not at all', compared to 21% for year 9 females and 13% for year 10 males

Table 6.2 highlights the proportion of pupils with low, medium and high self-esteem scores who enjoy physical activities quite a lot or a lot.

**Table 6.2: Proportion of pupils who enjoy physical activities quite a lot or a lot by levels of self-esteem**

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
Year 9 Females	77%	75%	86%
Year 10 Males	81%	85%	92%
Year 10 Females	<b>59%</b>	<b>74%</b>	<b>74%</b>

- 59% of year 10 females with a low self-esteem score enjoyed physical activities quite a lot or a lot, compared to 77% for year 9 females and 81% for year 10 males
- 74% of year 10 females with a high self-esteem score enjoyed physical activities quite a lot or a lot, compared to 86% for year 9 females and 92% for year 10 males

## 7) Accidents

The following data relates to Q89: 'In the past 12 months, how many accidents have you had that were treated by a doctor or at a hospital?'

**Table 7.1: The proportions of pupils who had an accident in the past 12 months that was treated by a doctor or at a hospital**

	Year 9 Female	Year 10 Male	Year 10 Female
<b>None</b>	68%	56%	<b>67%</b>
<b>One</b>	14%	16%	<b>19%</b>
<b>Two</b>	8%	11%	<b>6%</b>
<b>Three</b>	5%	9%	<b>4%</b>
<b>Four</b>	1%	2%	<b>2%</b>
<b>Five</b>	1%	4%	<b>1%</b>
<b>Six</b>	1%	1%	<b>0%</b>
<b>Seven</b>	0%	0%	<b>0%</b>
<b>Eight or more</b>	2%	1%	<b>1%</b>

- 33% of year 10 females had at least on accident in the past 12 months which was treated by a doctor or at a hospital, compared to 32% for year 9 females and 44% for year 10 males
- 8% of year 10 females had three or more accidents in the past 12 months which were treated by a doctor or at a hospital, compared to 10% for year 9 females and 17% for year 10 males

The following data relates to the answers given to question 92: 'Where were you when you had your most recent accident in the last 12 months?'

**Table 7.2: Location of pupils when they had their most recent accident in the last 12 months**

	Year 9 Females	Year 10 Males	Year 10 Females
<b>In a car</b>	1%	2%	<b>1%</b>
<b>On a bike</b>	5%	8%	<b>3%</b>
<b>At home</b>	30%	20%	<b>33%</b>
<b>At school</b>	25%	28%	<b>23%</b>
<b>Other</b>	39%	42%	<b>40%</b>

- 33% of year 10 females had their most recent accident at home, compared to 30% for year 9 females and 20% for year 10 males

The following data relates to the answers given to question 93: **‘When you cycle, do you wear a safety helmet?’**

**Table 7.3: The proportions of pupils who don’t cycle**

	Year 9 Females	Year 10 Males	Year 10 Females
<b>Don't cycle</b>	16%	15%	<b>32%</b>

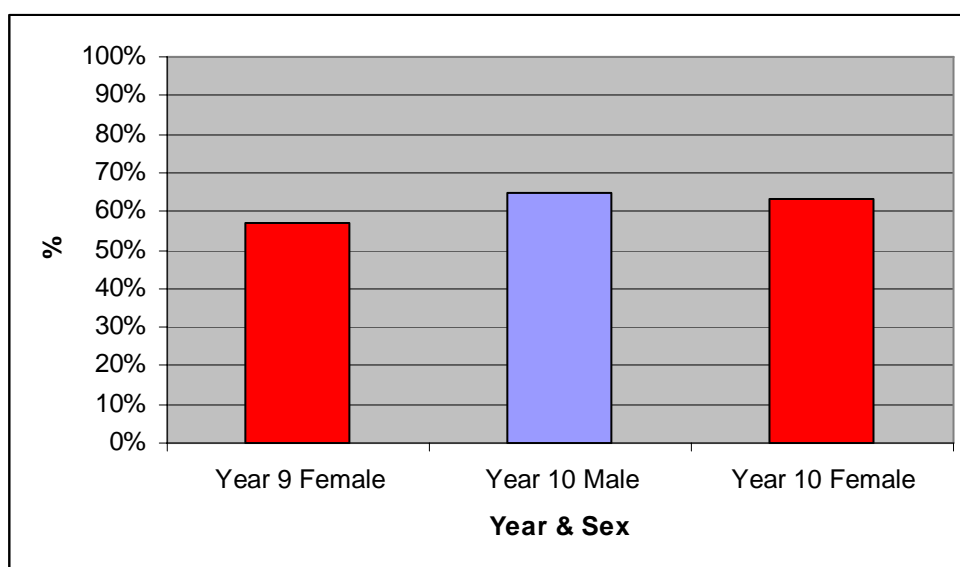
- 32% of year 10 females don’t cycle, compared to 16% of year 9 females and 15% of year 10 males

**Table 7.4: Percentage of pupils who wear a safety helmet when cycling**

	Year 9 Females	Year 10 Males	Year 10 Females
<b>Don't have a safety helmet</b>	25%	34%	<b>31%</b>
<b>Hardly ever or never</b>	32%	31%	<b>32%</b>
<b>Sometimes</b>	22%	18%	<b>21%</b>
<b>Most times</b>	10%	8%	<b>11%</b>
<b>Always</b>	11%	9%	<b>5%</b>

- Of the females in year 10 who cycle, 31% don’t have a safety helmet, compared to 25% for year 9 females and 34% for year 10 males

**Chart 7.1: The proportions of pupils who cycle and don’t have, or hardly ever or never wear, a safety helmet**



- 63% of year 10 females either don’t have, or hardly ever or never wear, a safety helmet when cycling, compared to 57% of year 9 females and 65% for year 10 males

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