

Teenage Lifestyle Survey – October 2006

Self Esteem

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 the Herefordshire Council Research Team.

This report considers the levels of self-esteem among the pupils surveyed together with some of the other data obtained on issues such as physical health, alcohol use and exercise in order to see if there appear to be any links.

Methodology

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?"

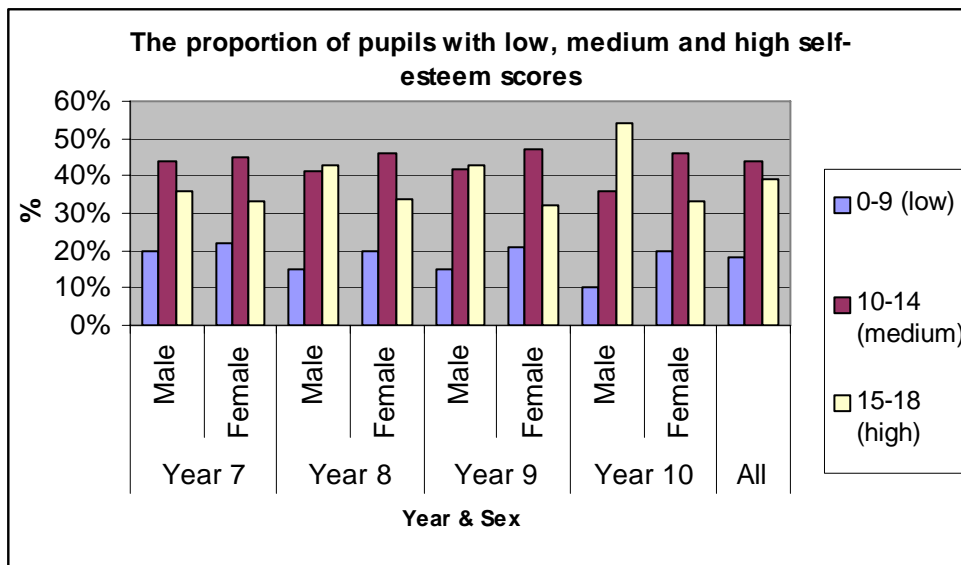
Parts (a) – (i) were then used to obtain a self-esteem score. Pupils were given a score of +2 for 'agreeing' to a positive statement, with (a) being the only positive statement. Pupils were also given a score of +2 for every 'disagree' answer to a negative statement i.e. (b) – (i). Conversely, pupils 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	
Values 0-4 (low)	2%	3%	1%	3%	2%	3%	1%	4%	2%
Values 5-9 (med-low)	17%	20%	14%	17%	13%	18%	9%	16%	15%
Values 10-14 (med-high)	44%	45%	42%	46%	42%	47%	36%	46%	44%
Values 15-18 (high)	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

Five specific areas are covered in this report: Appearance, Alcohol/Smoking/Drugs, Physical Health, Relationships and Mental Health and Exercise. Overall figures stated below are for young people aged 11-15 (i.e. all 4 year groups). Tables show detailed figures for males and females separately in each year group.

Summary of Results

There were marked differences in levels of self-esteem in the following areas:

Appearance

Of those pupils who had a low self-esteem score, 60% wanted to lose weight, compared to 30% of pupils who had a high self-esteem score.

Alcohol, Smoking and Drugs

- 12% of pupils with a low self-esteem score got drunk on at least one day in the last 7 days, compared to 7% of pupils with a high self-esteem score
- 11% of pupils with a low self-esteem score smoked at least one cigarette during the last 7 days, compared to 5% of pupils with a high self-esteem score
- A higher proportion of year 10 females than any other group, with both low and high self-esteem scores, took an illegal drug during the last year

Physical Health

Of those pupils with a low self-esteem score, 12% normally don't get enough sleep in order for them to stay alert and concentrate on their school work, compared to 4% of pupils with a high self-esteem score

Relationships and Mental Health

- 51% of pupils with a low self-esteem score had been bullied at or near school in the last 12 months, compared to just 11% of pupils with a high self-esteem score
- 14% of pupils with a low self-esteem score have bullied someone else at school in the last 12 months, compared to 4% of pupils with a high self-esteem score
- 47% of pupils with a low self-esteem score worry quite a lot or a lot about being bullied, compared to 10% of pupils with a high self-esteem score
- Other areas with a marked difference between the proportion of pupils with low and high self-esteem scores included pupils who were worried quite a lot or a lot about: puberty and the way they look; problems with family and friends, money problems and pupils who felt uneasy meeting people of their own age for the first time.

Exercise

- Of those pupils with a low self-esteem score, 59% spent at least one hour the previous day doing physical activity, compared to 75% of pupils with a high self-esteem score.
- 71% of pupils with a low self-esteem score enjoy physical activities quite a lot or a lot, compared to 88% of pupils with a high self-esteem score.
- 26% of pupils with a low self-esteem score thought they were very unfit or unfit, compared to 7% of pupils with a high self-esteem score.

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 put on weight by levels of self-esteem

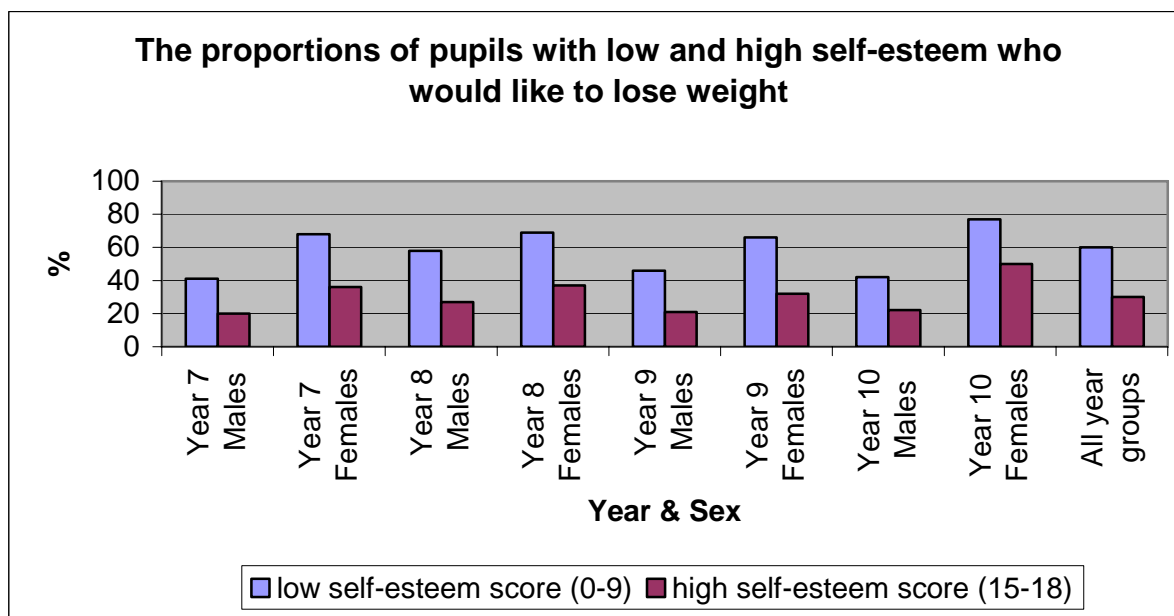
	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	7%	6%	6%
Year 7 Males	13%	8%	3%
Year 7 Females	4%	3%	2%
Year 8 Males	6%	7%	7%
Year 8 Females	4%	3%	4%
Year 9 Males	15%	6%	5%
Year 9 Females	7%	5%	2%
Year 10 Males	9%	17%	13%
Year 10 Females	4%	4%	4%

- 7% of pupils with a low self-esteem score would like to put on weight, ranging from 4% for year 7, year 8 and year 9 females to 15% for year 9 males
- 6% of pupils with a high self-esteem score would like to put on weight, ranging from 2% for year 7 and year 9 females to 13% for year 10 males

Table 1.2 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)
All year groups	60%	47%	30%
Year 7 Males	41%	45%	20%
Year 7 Females	68%	54%	36%
Year 8 Males	58%	37%	27%
Year 8 Females	69%	56%	37%
Year 9 Males	46%	35%	21%
Year 9 Females	66%	60%	32%
Year 10 Males	42%	35%	22%
Year 10 Females	77%	52%	50%

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

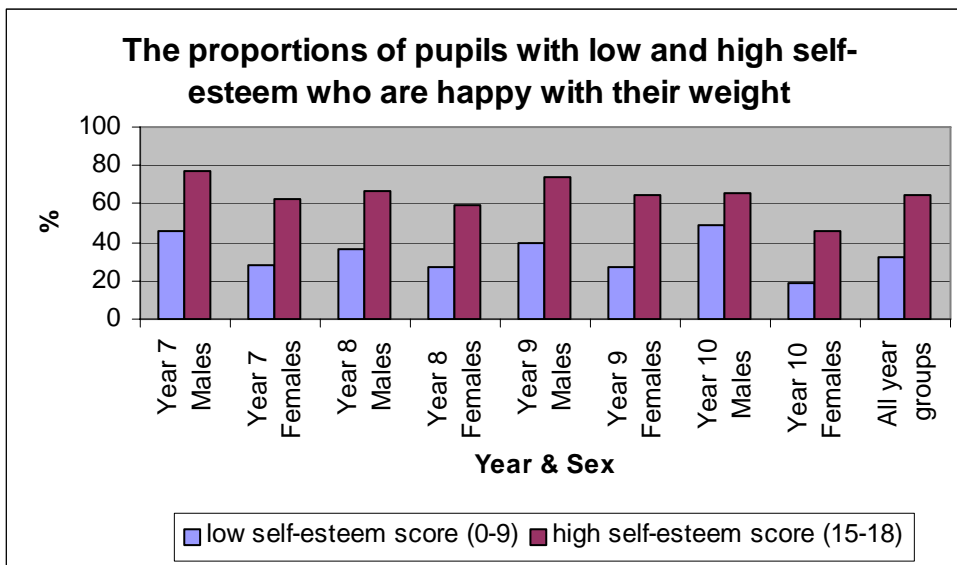


- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores would like to lose weight
- 60% of pupils with a low self-esteem score would like to lose weight, ranging from 41% for year 7 males to 77% for year 10 females
- 30% of pupils with a high self-esteem score would like to lose weight, ranging from 20% for year 7 males to 50% for year 10 females

Table 1.3: 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)
All year groups	32%	47%	65%
Year 7 Males	46%	47%	77%
Year 7 Females	28%	43%	62%
Year 8 Males	36%	56%	67%
Year 8 Females	27%	41%	59%
Year 9 Males	40%	59%	74%
Year 9 Females	27%	36%	65%
Year 10 Males	49%	48%	66%
Year 10 Females	19%	45%	46%

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



- For all year groups and both sexes, those with a high self-esteem score are more likely to be happy with their weight
- 32% of pupils with a low self-esteem score were happy with their weight as it is, ranging from 19% for year 10 females to 49% for year 10 males
- 65% of pupils with a high self-esteem score were happy with their weight as it is, ranging from 46% for year 10 females to 77% for year 7 males

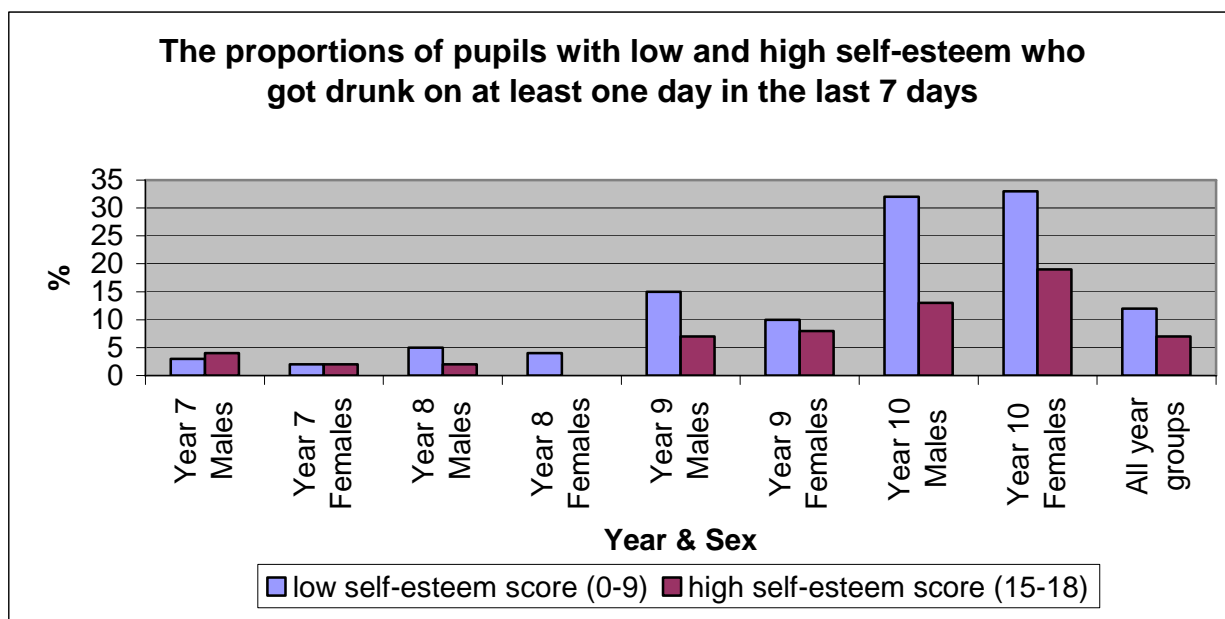
2) Alcohol, Smoking and Drugs

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

Table 2.1: 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)
All year groups	12%	9%	7%
Year 7 Males	3%	2%	4%
Year 7 Females	2%	1%	2%
Year 8 Males	5%	6%	2%
Year 8 Females	4%	4%	0%
Year 9 Males	15%	7%	7%
Year 9 Females	10%	12%	8%
Year 10 Males	32%	14%	13%
Year 10 Females	33%	25%	19%

Chart 2.1: The proportion of pupils with low and high self-esteem scores who got drunk on at least one day in the last 7 days



- For all year groups and both sexes (apart from year 7 males), a higher proportion of pupils with low self-esteem scores than high self-esteem scores got drunk on at least one day in the last 7 days
- 12% of pupils with a low self-esteem score got drunk on at least one day in the last 7 days, ranging from 2% for year 7 females to 33% for year 10 females
- 7% of pupils with a high self-esteem score got drunk on at least one day in the last 7 days, ranging from 0% for year 8 females to 19% for year 10 females
- A higher proportion of year 10 females, with both low and high self-esteem scores, than any other group got drunk on at least one day in the last 7 days

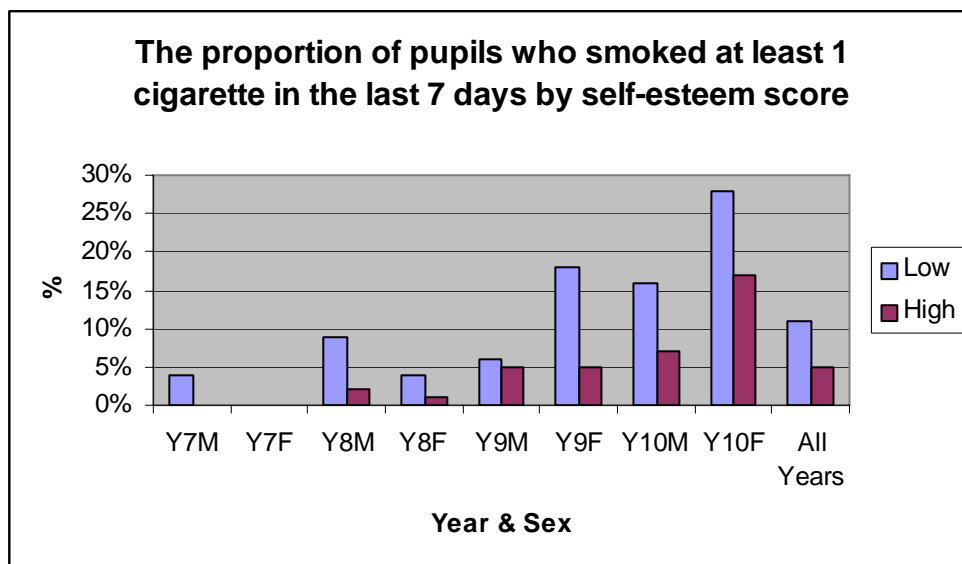
- A higher proportion of year 10 males (32%) and year 10 females (33%), with a low-self esteem score, than any other group got drunk on at least one day in the last 7 days
- The biggest difference in the proportions of pupils with low and high self-esteem scores occurs with year 10 males (a difference of 19 percentage points)

The following data relates to the results given for **Q26: ‘How many cigarettes have you smoked during the last 7 days?’**.

Table 2.2: Proportion of pupils who smoked at least one cigarette in the last 7 days by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	11%	7%	5%
Year 7 Males	4%	1%	0%
Year 7 Females	0%	0%	0%
Year 8 Males	9%	3%	2%
Year 8 Females	4%	4%	1%
Year 9 Males	6%	4%	5%
Year 9 Females	18%	12%	5%
Year 10 Males	16%	9%	7%
Year 10 Females	28%	23%	17%

Chart 2.2: The proportion of pupils with low and high self-esteem scores who smoked at least 1 cigarette in the last 7 days



- For all year groups and both sexes (apart from year 7 females who didn't smoke at all within the last 7 days), a higher proportion of pupils with low self-esteem scores than high self-esteem scores smoked at least one cigarette in the last 7 days
- 11% of pupils with a low self-esteem score smoked at least one cigarette in the last 7 days, ranging from 0% for year 7 females to 28% for year 10 females

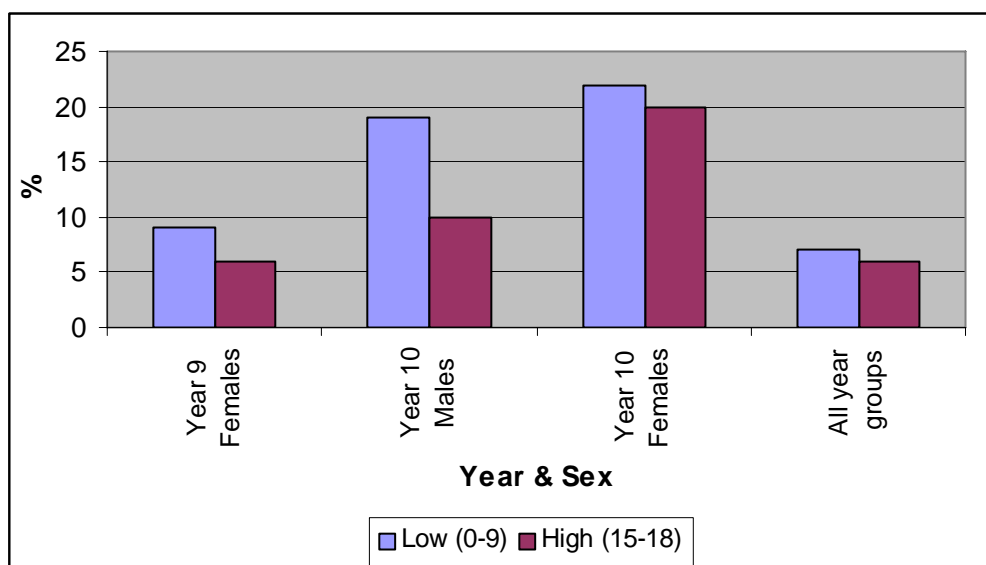
- 5% of pupils with a high self-esteem score smoked at least one cigarette in the last 7 days, ranging from 0% for year 7 males and females to 17% for year 10 females
- A higher proportion of year 10 females, with both low and high self-esteem scores, than any other group smoked at least one cigarette during the last 7 days
- A higher proportion of year 9 females (18%) than year 10 males (16%), with low self-esteem, smoked at least one cigarette during the last 7 days

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

Table 2.3: 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)
All year groups	7%	5%	6%
Year 7 Males	4%	2%	1%
Year 7 Females	0%	0%	1%
Year 8 Males	3%	3%	2%
Year 8 Females	3%	1%	1%
Year 9 Males	3%	5%	4%
Year 9 Females	9%	4%	6%
Year 10 Males	19%	12%	10%
Year 10 Females	22%	15%	20%

Chart 2.3: The proportion of pupils with low and high self-esteem scores who have taken an illegal drug during the last year



- 7% of pupils with a low self-esteem score took an illegal drug during the last year, ranging from 0% for year 7 females to 22% for year 10 females
- 6% of pupils with a high self-esteem score took an illegal drug during the last year, ranging from 1% for year 7 males, year 7 females and year 8 females to 20% for year 10 females
- A higher proportion of year 10 females, with both low and high self-esteem scores, than any other group took an illegal drug during the last year

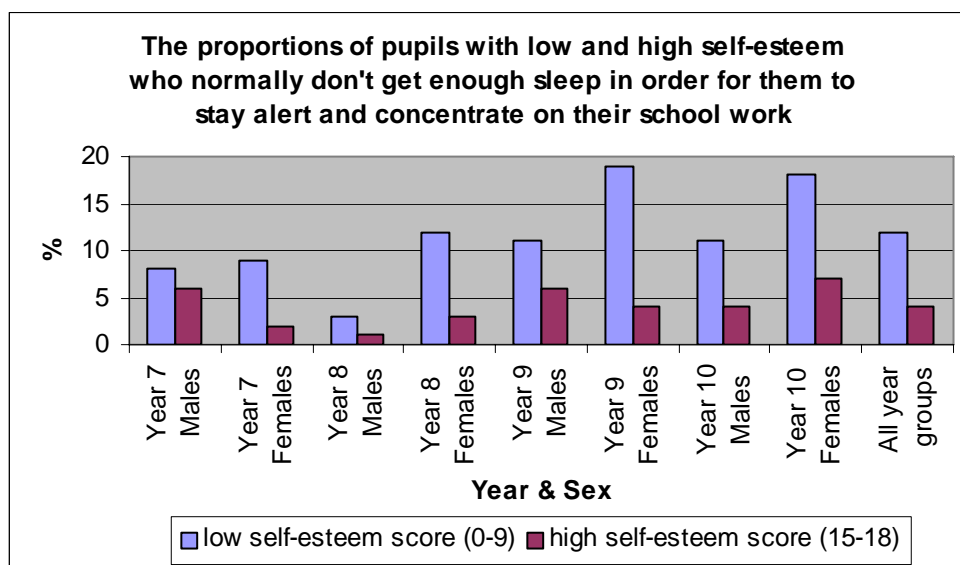
3) Physical Health

Table 3.1 highlights the results of pupils responding to **question 50** and answering ‘No’ to ‘**Is the amount of sleep you normally get enough for you to stay alert and concentrate on your school work?**’

Table 3.1: Proportion of pupils who normally don’t get enough sleep in order for them to stay alert and concentrate on their school work by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	12%	8%	4%
Year 7 Males	8%	8%	6%
Year 7 Females	9%	5%	2%
Year 8 Males	3%	3%	1%
Year 8 Females	12%	5%	3%
Year 9 Males	11%	6%	6%
Year 9 Females	19%	7%	4%
Year 10 Males	11%	11%	4%
Year 10 Females	18%	14%	7%

Chart 3.1: The proportions of pupils with low and high self-esteem scores who normally don’t get enough sleep in order for them to stay alert and concentrate on their school work



- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores normally don’t get enough sleep in order for them to stay alert and concentrate on their school work
- 12% of pupils with a low self-esteem score normally don’t get enough sleep in order for them to stay alert and concentrate on their school work, ranging from 3% for year 8 males to 19% for year 9 females
- 4% of pupils with a high self-esteem score normally don’t get enough sleep in order for them to stay alert and concentrate on their school work, ranging from 1% for year 8 males to 7% for year 10 females

- For each year group a higher proportion of females than males with a low self esteem score normally don't get enough sleep in order for them to stay alert and concentrate on their school work

Table 3.2 highlights the results of pupils responding to Q51: 'During the last 7 days, on how many days have you used any of the following remedies or medications?'

Table 3.2: 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)
All year groups	35%	33%	27%
Year 7 Males	21%	18%	20%
Year 7 Females	26%	22%	19%
Year 8 Males	31%	22%	17%
Year 8 Females	29%	29%	36%
Year 9 Males	22%	29%	27%
Year 9 Females	52%	48%	33%
Year 10 Males	30%	29%	25%
Year 10 Females	59%	56%	47%

- 35% of pupils with a low self-esteem score have taken painkillers on at least one day during the last 7 days, ranging from 21% for year 7 males to 59% for year 10 females
- 27% of pupils with a high self-esteem score have taken painkillers on at least one day during the last 7 days, ranging from 17% for year 8 males to 47% for year 10 females

Table 3.3 highlights the proportions of pupils with low, medium and high self-esteem scores who have taken vitamin tablets on at least one day during the last 7 days

Table 3.3: Proportion of pupils who have taken vitamin tablets 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)
All year groups	22%	23%	23%
Year 7 Males	17%	21%	20%
Year 7 Females	16%	26%	17%
Year 8 Males	24%	27%	24%
Year 8 Females	29%	26%	27%
Year 9 Males	20%	23%	31%
Year 9 Females	16%	24%	25%
Year 10 Males	27%	19%	18%
Year 10 Females	33%	20%	23%

- 22% of pupils with a low self-esteem score have taken vitamin tablets on at least one day during the last 7 days, ranging from 16% for year 7 and year 9 females to 33% for year 10 females
- 23% of pupils with a high self-esteem score have taken vitamin tablets on at least one day during the last 7 days, ranging from 17% for year 7 females to 31% for year 9 males

4) Relationships and Mental Health

The following data relates to **Q59: 'How do you feel when meeting people of your own age for the first time?'**

Table 4.1: Proportion of pupils who usually feel very uneasy or quite uneasy meeting people of their own age group for the first time by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	44%	26%	12%
Year 7 Males	37%	20%	9%
Year 7 Females	35%	29%	15%
Year 8 Males	38%	23%	13%
Year 8 Females	44%	23%	13%
Year 9 Males	46%	27%	9%
Year 9 Females	53%	33%	15%
Year 10 Males	49%	23%	12%
Year 10 Females	46%	26%	11%

- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores usually feel very uneasy or quite uneasy meeting people of their own age group for the first time
- 44% of pupils with a low self-esteem score usually feel very uneasy or quite uneasy meeting people of their own age group for the first time, ranging from 35% for year 7 females to 53% for year 9 females
- 12% of pupils with a high self-esteem score usually feel very uneasy or quite uneasy meeting people of their own age group for the first time, ranging from 9% for year 7 and year 9 males to 15% for year 7 and year 9 females

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

Table 4.2: 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)
All year groups	51%	25%	11%
Year 7 Males	44%	28%	13%
Year 7 Females	35%	22%	7%
Year 8 Males	63%	28%	10%
Year 8 Females	41%	25%	14%
Year 9 Males	60%	25%	13%
Year 9 Females	56%	24%	13%
Year 10 Males	52%	20%	13%
Year 10 Females	59%	29%	7%

- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores have been bullied at or near school in the last 12 months

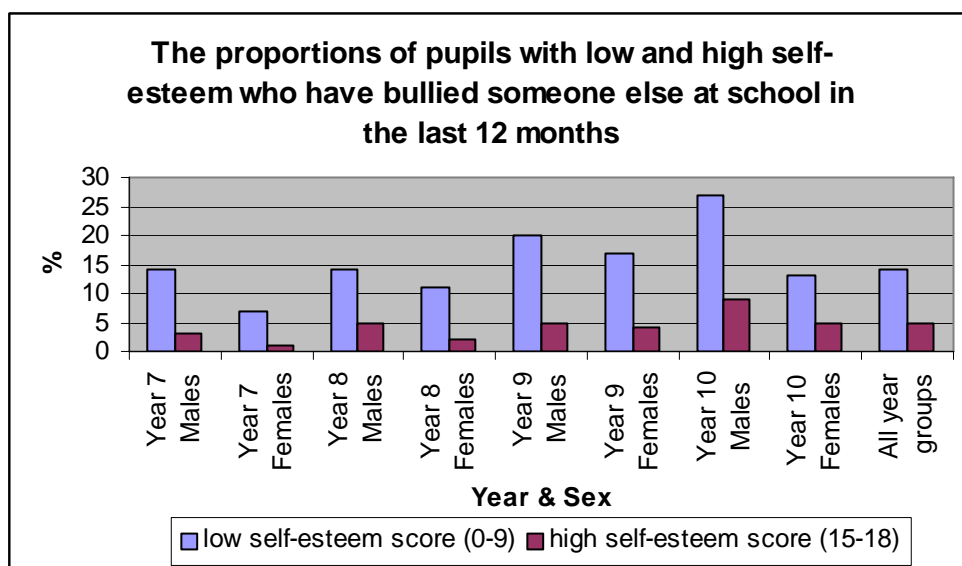
- 51% of pupils with a low self-esteem score have been bullied at or near school in the last 12 months, ranging from 35% for year 7 females to 63% for year 8 males
- 11% of pupils with a high self-esteem score have been bullied at or near school in the last 12 months, ranging from 7% for year 7 and year 10 females to 14% for year 8 females

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

Table 4.3: 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)
All year groups	14%	8%	4%
Year 7 Males	14%	7%	3%
Year 7 Females	7%	3%	1%
Year 8 Males	14%	9%	5%
Year 8 Females	11%	7%	2%
Year 9 Males	20%	12%	5%
Year 9 Females	17%	6%	4%
Year 10 Males	27%	14%	8%
Year 10 Females	13%	9%	5%

Chart 4.1: The proportions of pupils with low and high self-esteem scores who have bullied someone else at school in the last 12 months



- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores have bullied someone else at school in the last 12 months
- 14% of pupils with a low self-esteem score have bullied someone else at school in the last 12 months, ranging from 7% for year 7 females to 27% for year 10 males
- 4% of pupils with a high self-esteem score have bullied someone else at school in the last 12 months, ranging from 1% for year 7 females to 8% for year 10 males

- For each year group a higher proportion of males than females with a low self-esteem score have bullied someone else at school in the last 12 months

The following data relates to **Q64: 'How much do you worry about the problems listed below?'**

Table 4.4 highlights the proportion of pupils with low, medium and high self-esteem scores who worry quite a lot or a lot about being bullied.

Table 4.4: Proportion of pupils who worry quite a lot or a lot about being bullied by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	47%	21%	10%
Year 7 Males	52%	25%	10%
Year 7 Females	49%	32%	10%
Year 8 Males	36%	20%	13%
Year 8 Females	48%	24%	13%
Year 9 Males	44%	15%	11%
Year 9 Females	57%	20%	10%
Year 10 Males	40%	15%	7%
Year 10 Females	47%	16%	7%

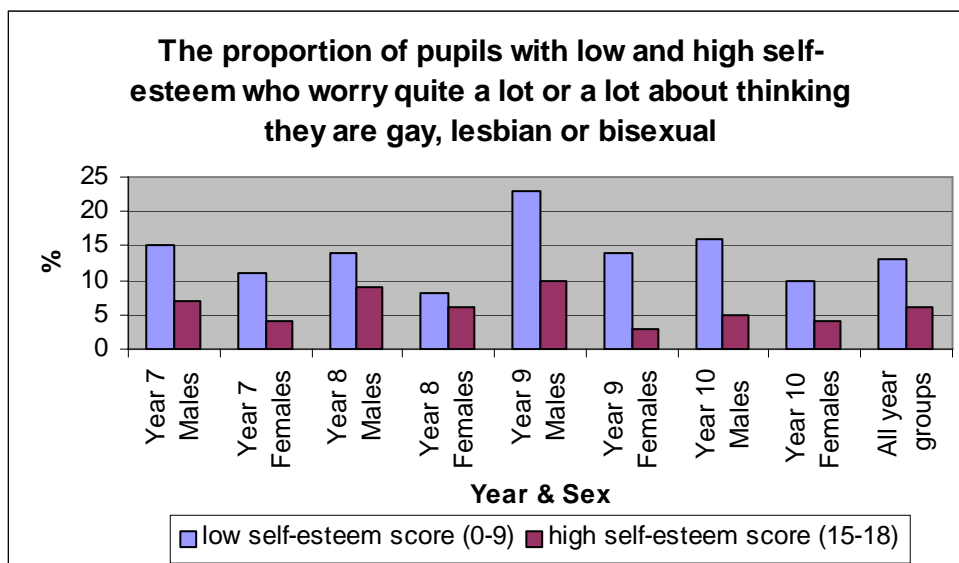
- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores worry quite a lot or a lot about being bullied
- 47% of pupils with a low self-esteem score worry quite a lot or a lot about being bullied, ranging from 36% for year 8 males to 57% for year 9 females
- 10% of pupils with a high self-esteem score worry quite a lot or a lot about being bullied, ranging from 7% for year 10 males and females to 13% for both year 8 males and females

Table 4.5 highlights the proportion of pupils with low, medium and high self-esteem scores who worry quite a lot or a lot about thinking they are gay, lesbian or bisexual.

Table 4.5: Proportion of pupils who worry quite a lot or a lot about thinking they are gay, lesbian or bisexual by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	13%	6%	6%
Year 7 Males	15%	10%	7%
Year 7 Females	11%	13%	4%
Year 8 Males	14%	7%	9%
Year 8 Females	8%	3%	6%
Year 9 Males	23%	4%	10%
Year 9 Females	14%	5%	3%
Year 10 Males	16%	5%	5%
Year 10 Females	10%	6%	4%

Chart 4.2: The proportion of pupils with low and high self-esteem scores who worry quite a lot or a lot about thinking they are gay, lesbian or bisexual



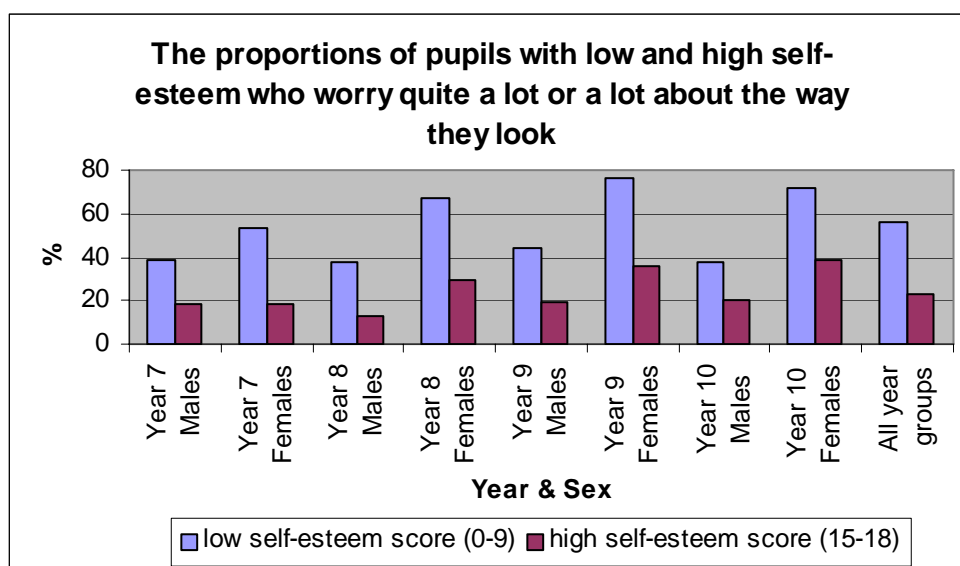
- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores worry quite a lot or a lot about thinking they are gay, lesbian or bisexual
- 13% of pupils with a low self-esteem score worry quite a lot or a lot about thinking they are gay, lesbian or bisexual, ranging from 8% for year 8 females to 23% for year 9 males
- 6% of pupils with a high self-esteem score worry quite a lot or a lot about thinking they are gay, lesbian or bisexual, ranging from 3% for year 9 females to 10% for year 9 males
- For each year group a higher proportion of males than females with a low self-esteem score worry quite a lot or a lot about thinking they are gay, lesbian or bisexual
- A higher percentage of year 9 males, with both low and high self-esteem scores, than any other group worry quite a lot or a lot about thinking they are gay, lesbian or bisexual

Table 4.6 highlights the proportion of pupils with low, medium and high self-esteem scores who worry quite a lot or a lot about the way they look.

Table 4.6: 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)
All year groups	56%	39%	23%
Year 7 Males	39%	26%	18%
Year 7 Females	53%	41%	18%
Year 8 Males	38%	29%	13%
Year 8 Females	67%	49%	29%
Year 9 Males	44%	24%	19%
Year 9 Females	76%	55%	36%
Year 10 Males	38%	28%	20%
Year 10 Females	72%	55%	39%

Chart 4.3: The proportions of pupils with low and high self-esteem scores who worry quite a lot or a lot about the way they look



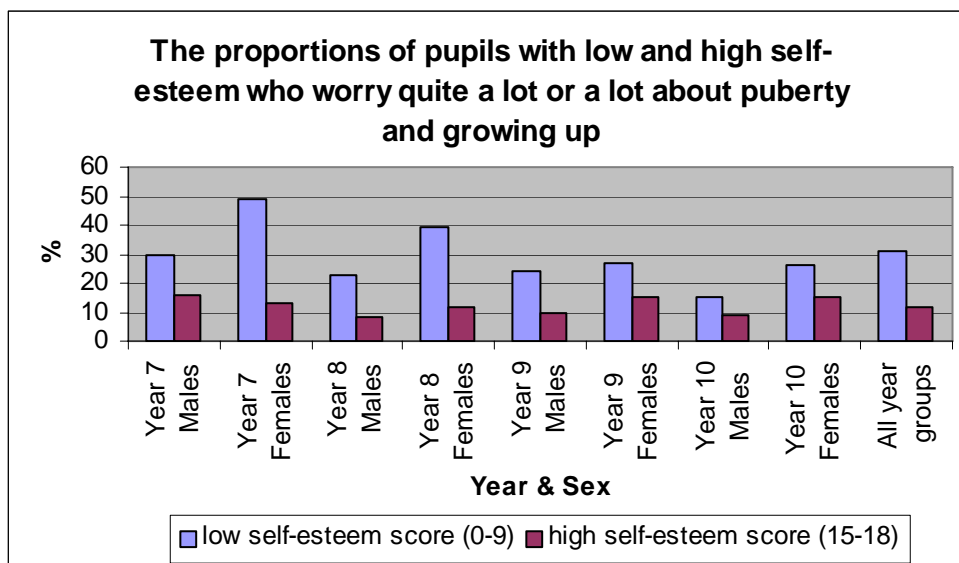
- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores worry quite a lot or a lot about the way they look
- 56% of pupils with a low self-esteem score worry quite a lot or a lot about the way they look, ranging from 38% for year 8 and year 10 males to 76% for year 9 females
- 23% of pupils with a high self-esteem score worry quite a lot or a lot about the way they look, ranging from 13% for year 8 males to 39% for year 10 females
- For each year group a higher proportion of females than males with both a low and a high self-esteem score worry quite a lot or a lot about the way they look
- Of the females in year 10 who have a high self-esteem score, 39% worry quite a lot or a lot about the way they look

Table 4.7 highlights the proportion of pupils with low, medium and high self-esteem scores who worry quite a lot or a lot about puberty and growing up.

Table 4.7: Proportion of pupils who worry quite a lot or a lot about puberty and growing up by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	31%	19%	12%
Year 7 Males	30%	20%	16%
Year 7 Females	49%	30%	13%
Year 8 Males	23%	20%	8%
Year 8 Females	39%	17%	12%
Year 9 Males	24%	15%	10%
Year 9 Females	27%	19%	15%
Year 10 Males	15%	15%	9%
Year 10 Females	26%	16%	15%

Chart 4.4: The proportions of pupils with low and high self-esteem scores who worry quite a lot or a lot about puberty and growing up



- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores worry quite a lot or a lot about puberty and growing up
- 31% of pupils with a low self-esteem score worry quite a lot and a lot about puberty and growing up, ranging from 15% for year 10 males to 49% for year 7 females
- 12% of pupils with a high self-esteem score worry quite a lot and a lot about puberty and growing up, ranging from 8% for year 8 males to 16% for year 7 males
- For each year group a higher proportion of females than males with a low self-esteem score worry quite a lot or a lot about puberty and growing up

Table 4.8 highlights the proportion of pupils with low, medium and high self-esteem scores who worry quite a lot and a lot about money problems.

Table 4.8: Proportion of pupils who worry quite a lot and a lot about money problems by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	38%	31%	19%
Year 7 Males	35%	31%	20%
Year 7 Females	36%	27%	10%
Year 8 Males	34%	29%	18%
Year 8 Females	35%	31%	17%
Year 9 Males	35%	33%	25%
Year 9 Females	42%	29%	20%
Year 10 Males	40%	30%	20%
Year 10 Females	42%	34%	22%

- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores worry quite a lot or a lot about money problems

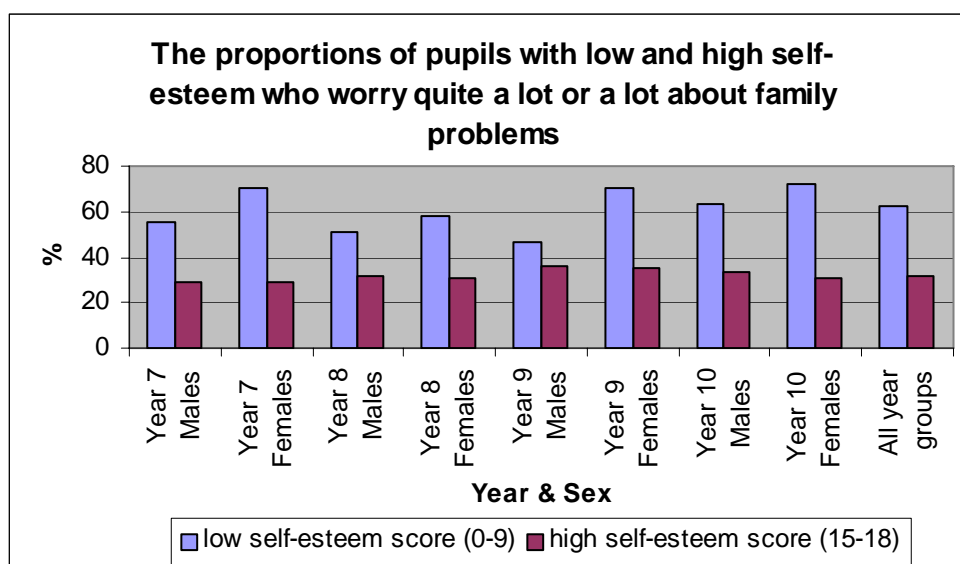
- 38% of pupils with a low self-esteem score worry quite a lot and a lot about money problems, ranging from 34% for year 8 males to 42% for year 9 females
- 19% of pupils with a high self-esteem score worry quite a lot and a lot about money problems, ranging from 10% for year 7 females to 25% for year 9 males

Table 4.9 highlights the proportion of pupils with low, medium and high self-esteem scores who worry quite a lot and a lot about family problems.

Table 4.9: Proportion of pupils who worry quite a lot and a lot about family problems by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	62%	47%	32%
Year 7 Males	55%	44%	29%
Year 7 Females	70%	47%	29%
Year 8 Males	51%	45%	32%
Year 8 Females	58%	46%	31%
Year 9 Males	47%	44%	36%
Year 9 Females	70%	50%	35%
Year 10 Males	63%	44%	33%
Year 10 Females	72%	54%	31%

Chart 4.5: The proportions of pupils with low and high self-esteem scores who worry quite a lot or a lot about family problems



- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores worry quite a lot or a lot about family problems
- 62% of pupils with a low self-esteem score worry quite a lot and a lot about family problems, ranging from 47% for year 9 males to 72% for year 10 females
- 32% of pupils with a high self-esteem score worry quite a lot and a lot about family problems, ranging from 29% for year 7 males and females to 36% for year 9 males

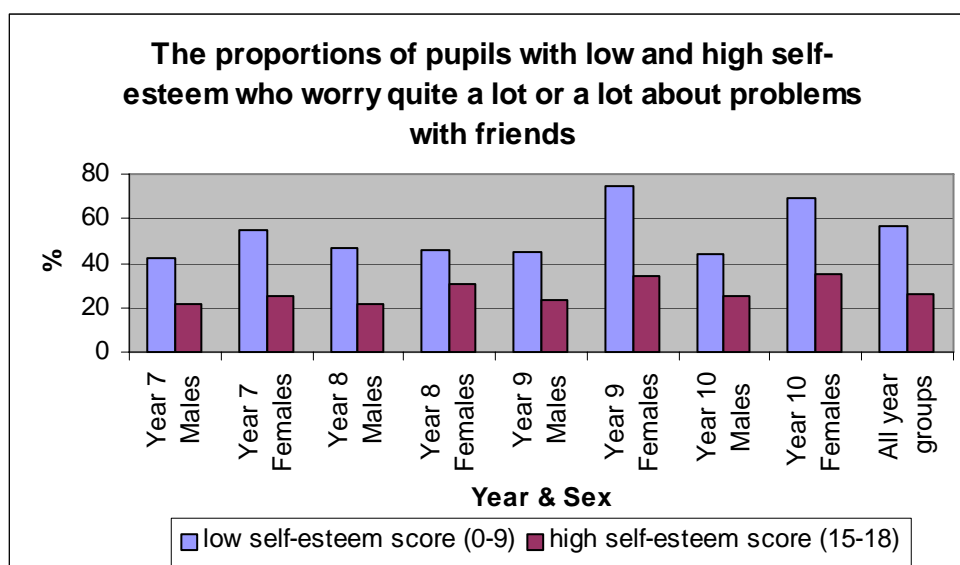
- For each year group a higher proportion of females than males with a low self-esteem score worry quite a lot or a lot about family problems

Table 4.10 highlights the proportion of pupils with low, medium and high self-esteem scores who worry quite a lot and a lot about problems with friends.

Table 4.10: Proportion of pupils who worry quite a lot and a lot about problems with friends by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	57%	39%	26%
Year 7 Males	42%	33%	22%
Year 7 Females	55%	38%	25%
Year 8 Males	47%	35%	22%
Year 8 Females	46%	47%	31%
Year 9 Males	45%	30%	23%
Year 9 Females	75%	43%	34%
Year 10 Males	44%	36%	25%
Year 10 Females	69%	48%	35%

Chart 4.6: The proportions of pupils with low and high self-esteem scores who worry quite a lot or a lot about problems with friends



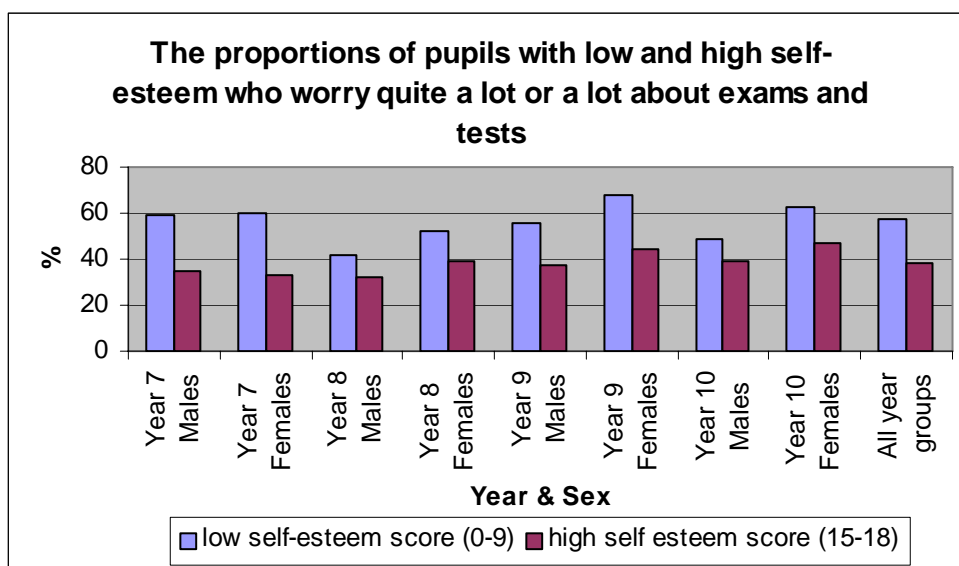
- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores worry quite a lot or a lot about problems with friends
- 57% of pupils with a low self-esteem score worry quite a lot and a lot about problems with friends, ranging from 42% for year 7 males to 75% for year 9 females
- 26% of pupils with a high self-esteem score worry quite a lot and a lot about problems with friends, ranging from 22% for year 7 and year 8 males to 35% for year 10 females
- For each year group a higher proportion of females than males with both a low and a high self-esteem score worry quite a lot or a lot about problems with friends

Table 4.11 highlights the proportion of pupils with low, medium and high self-esteem scores who worry quite a lot and a lot about exams and tests.

Table 4.11: 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)
All year groups	57%	49%	38%
Year 7 Males	59%	44%	35%
Year 7 Females	60%	49%	33%
Year 8 Males	42%	40%	32%
Year 8 Females	52%	52%	39%
Year 9 Males	56%	46%	37%
Year 9 Females	68%	59%	44%
Year 10 Males	49%	47%	39%
Year 10 Females	63%	53%	47%

Chart 4.7: The proportions of pupils with low and high self-esteem scores who worry quite a lot or a lot about exams and tests



- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores worry quite a lot or a lot about exams and tests
- 57% of pupils with a low self-esteem score worry quite a lot and a lot about exams and tests, ranging from 42% for year 8 males to 68% for year 9 females
- 38% of pupils with a high self-esteem score worry quite a lot and a lot about exams and tests, ranging from 32% for year 8 males to 47% for year 10 females
- For each year group a higher proportion of females than males with a low self-esteem score worry quite a lot or a lot about exams and tests

The following data relates to pupils who answered ‘I can rarely, or never, say no’ to Q65: ‘When a friend wants me to do something I don’t want to do ...?’

Table 4.12: Proportion of pupils who can rarely or never say no to a friend by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	23%	16%	11%
Year 7 Males	25%	14%	10%
Year 7 Females	24%	18%	8%
Year 8 Males	18%	15%	16%
Year 8 Females	26%	21%	11%
Year 9 Males	18%	14%	9%
Year 9 Females	26%	16%	8%
Year 10 Males	28%	15%	11%
Year 10 Females	22%	12%	11%

- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores can rarely or never say no to a friend
- 23% of pupils with a low self-esteem score can rarely or never say no to a friend, ranging from 18% for year 8 and year 9 males to 28% for year 10 males
- 11% of pupils with a high self-esteem score can rarely or never say no to a friend, ranging from 8% for year 7 and year 9 females to 16% for year 8 males

5) Exercise

The following data relates to **Q84: 'How many hours in total did you spend yesterday doing these physical activities (both inside and outside school)?'**

Table 5.1: Proportion of pupils who spent at least an hour on the previous day doing physical activities by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	59%	66%	75%
Year 7 Males	48%	72%	82%
Year 7 Females	60%	66%	68%
Year 8 Males	70%	70%	76%
Year 8 Females	57%	60%	74%
Year 9 Males	61%	70%	75%
Year 9 Females	55%	62%	71%
Year 10 Males	65%	71%	82%
Year 10 Females	61%	59%	66%

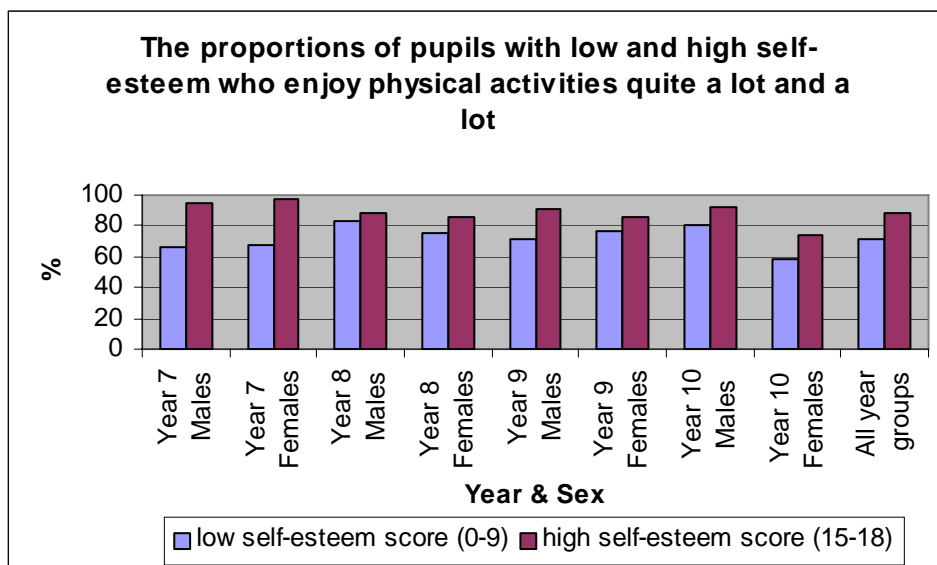
- For both males and females in all years, a higher proportion of pupils with high self-esteem scores than low self-esteem scores can rarely or never say no to a friend
- 59% of pupils with a low self-esteem score spent at least an hour on the previous day doing physical activities, ranging from 48% for year 7 males to 70% for year 8 males
- 75% of pupils with a high self-esteem score spent at least an hour on the previous day doing physical activities, ranging from 68% for year 7 females to 82% for year 7 and year 10 males
- For each year group a higher proportion of males than females with a high self-esteem score spent at least 1 hour doing physical activity on the previous day

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

Table 5.2: Proportion of pupils who enjoy physical activities quite a lot and a lot by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	71%	82%	88%
Year 7 Males	66%	88%	95%
Year 7 Females	67%	85%	97%
Year 8 Males	83%	87%	88%
Year 8 Females	75%	82%	86%
Year 9 Males	71%	85%	91%
Year 9 Females	77%	75%	86%
Year 10 Males	81%	85%	92%
Year 10 Females	59%	74%	74%

Chart 5.1: The proportions of pupils with low and high self-esteem scores who enjoy physical activities quite a lot and a lot



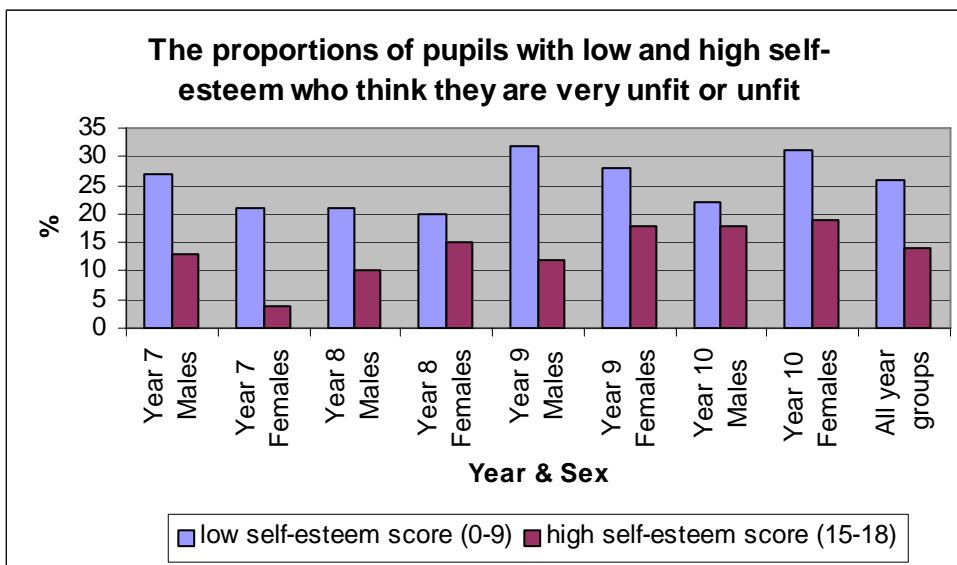
- 71% of pupils with a low self-esteem score enjoy physical activities quite a lot or a lot, ranging from 59% for year 10 females to 83% for year 8 males
- 88% of pupils with a high self-esteem score enjoy physical activities quite a lot or a lot, ranging from 74% for year 10 females to 97% for year 7 females
- For both males and females in all years, a higher proportion of pupils with high self-esteem scores than low self-esteem scores enjoy physical activities quite a lot and a lot

The following data relates to **Q87: 'How fit do you think you are?'**

Table 5.3: Proportion of pupils who think they are very unfit or unfit by levels of self-esteem

	Self-esteem score		
	Low (0-9)	Medium (10-14)	High (15-18)
All year groups	26%	14%	7%
Year 7 Males	27%	13%	3%
Year 7 Females	21%	4%	6%
Year 8 Males	21%	10%	5%
Year 8 Females	20%	15%	4%
Year 9 Males	32%	12%	6%
Year 9 Females	28%	18%	7%
Year 10 Males	22%	18%	9%
Year 10 Females	31%	19%	16%

Chart 5.2: The proportions of pupils with low and high self-esteem scores who think they are very unfit or unfit



- 26% of pupils with a low self-esteem score think they are very unfit or unfit, ranging from 20% for year 8 females to 32% for year 9 males
- 7% of pupils with a high self-esteem score think they are very unfit or unfit, ranging from 3% for year 7 males to 16% for year 10 females
- For both males and females in all years, a higher proportion of pupils with low self-esteem scores than high self-esteem scores think they are very unfit or unfit

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