

# Guernsey Young People's Survey 2010



**Emotional Health and Well-Being**

## Introduction

The Guernsey Young People's Survey was undertaken in spring / summer 2010. The key points to note are;

- 1500 pupils in Years 6, 8, 10 and 12 answered 100 questions on behaviour views and attitudes to life in Guernsey.
- Yr 6 aged 10 -11 years. Yr8 aged 12 -13, Yr10 aged 14-15 years, and Yr 12 aged 16 – 17.
- The survey was undertaken on-line in islands schools in spring 2010.
- Comparisons are made with a similar survey undertaken in Guernsey in 2007 and in England in 2009.

The survey is administered by the School's Health Education Unit based in Exeter. The Unit are leaders in gathering evidence about the behaviour, views and attitudes of young people. They have been asked to comment on the survey.

"We are pleased to have the opportunity to revisit the views, attitudes and behaviours of the Bailiwick young people. We have been invited to comment on the findings of the 2010 survey. In Summary our view is:

- The findings of the 2010 survey broadly concur with those of the 2007 survey where we described Guernsey youngsters as **top-class teenagers** .
- Our observation is that Guernsey can be described as '**moving in the right direction**' when considering the lives of young people.
- There have been some notable developments. The drop in alcohol consumption is reassuring and the work in developing smoke free attitudes is exemplary, as is the work of the agencies in developing positive, responsible attitudes to sex and relationships. However Guernsey is clearly not immune from the unprecedented speed with which children's lives are changing, the pressures they face and the increased emotional stress that they feel.
- Much has been done to address concerns about self – esteem and emotional well – being that were highlighted in the 2007 survey but this remains an issue for Guernsey as much as for any other community." *Schools Health Education Unit 2010*

## Emotional Health and Well-Being

The Young People's Survey 2010 asked a series of questions to gauge the emotional health and well-being of Guernsey's young people.

### Self-Esteem

A number of questions focussed on self-esteem . For example, young people were asked to rate their agreement with the statements:

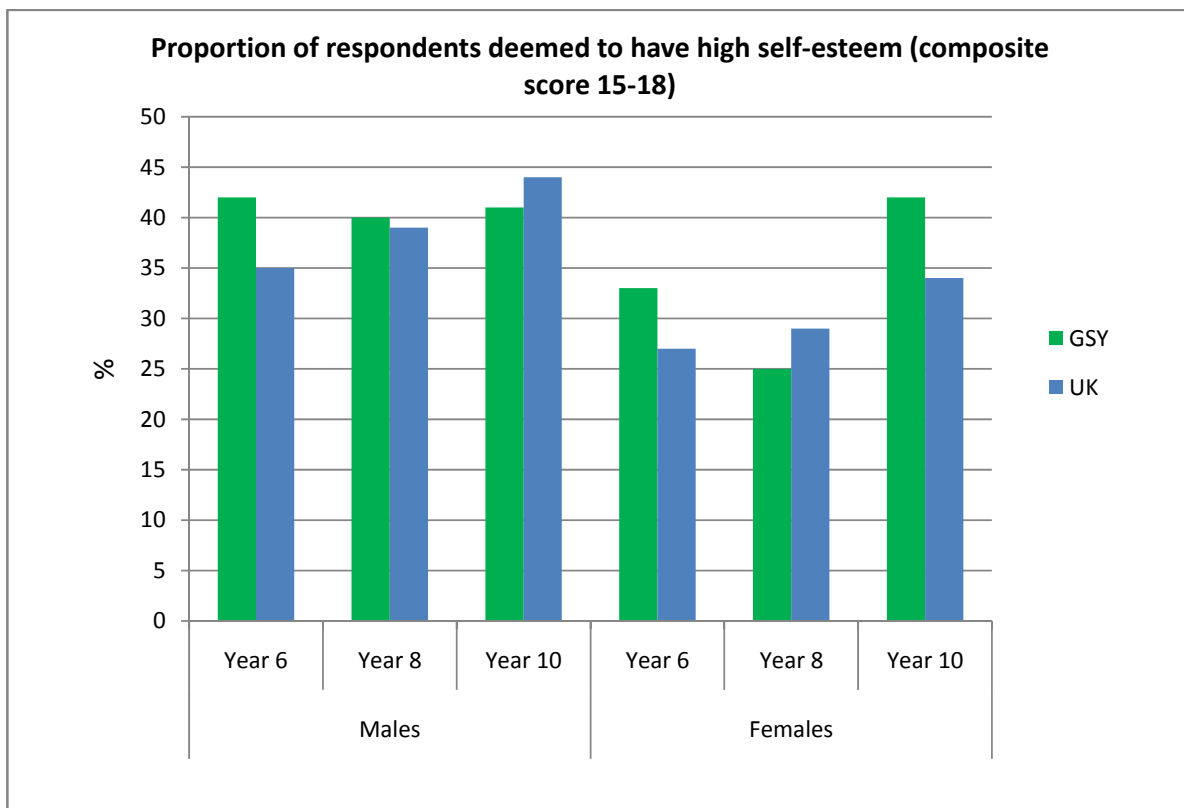
I'm glad I am who I am  
and  
I generally feel happy

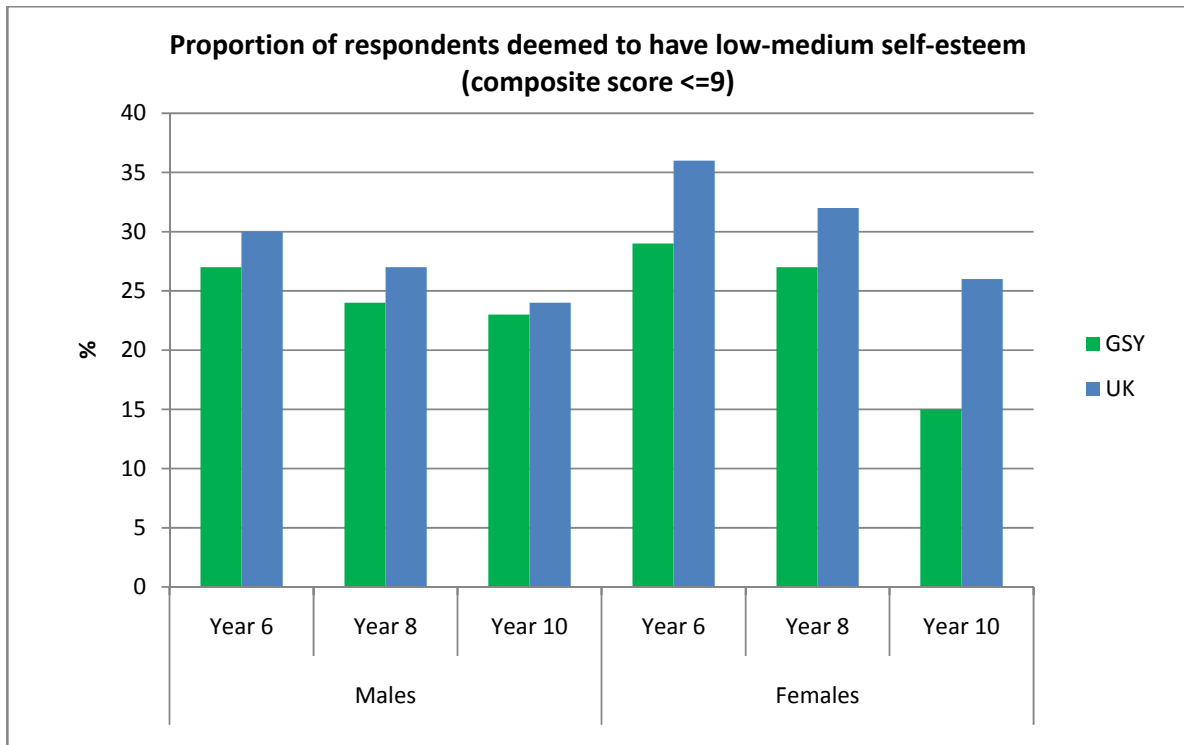
A composite score for self-esteem was calculated for each young person based upon their responses to these and other related questions. Social confidence and relationships with friends were also taken into account in producing the scores.

Self-esteem scores are between 0 and 18. Those scoring 0-9 are said to have low to medium self-esteem. Those scoring 15-18 are considered to have high self-esteem.

The findings demonstrate that:

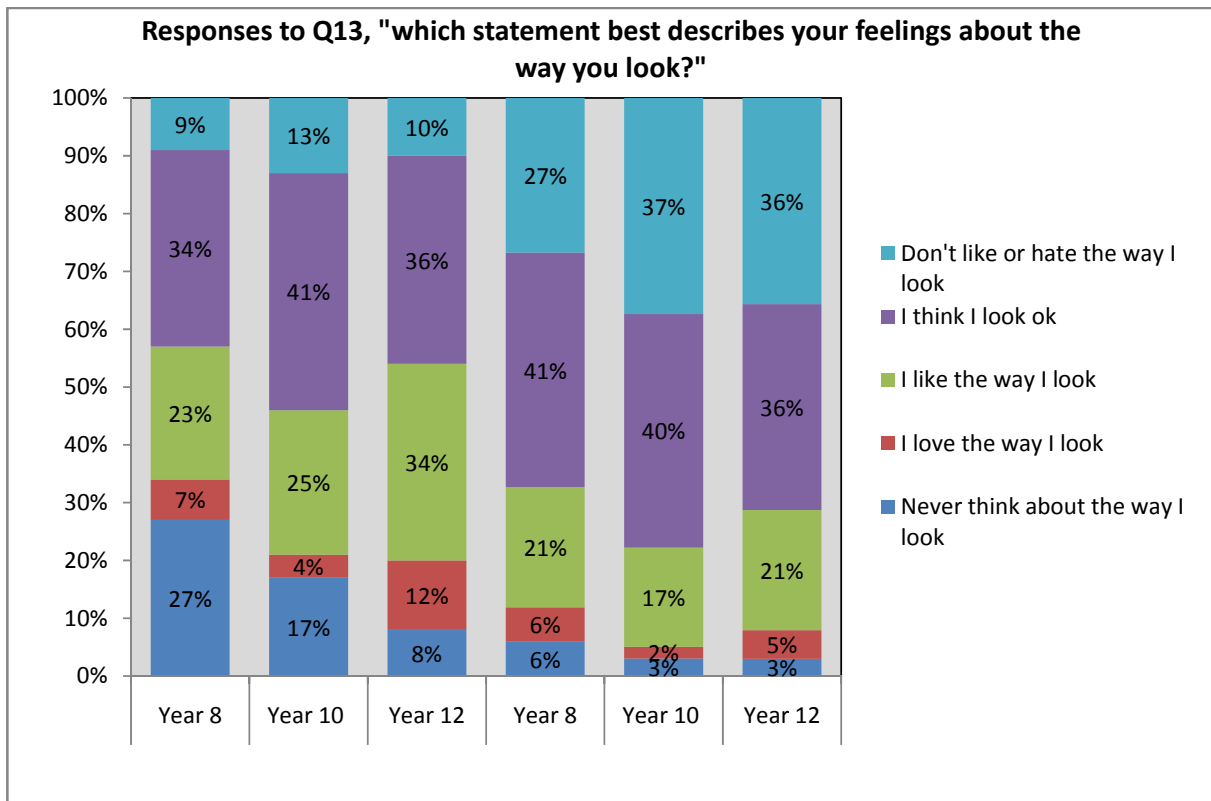
- Fewer Guernsey students have low-medium self-esteem scores across all ages than students in England.
- More Guernsey primary age pupils demonstrate high levels of self-esteem than students in England.
- The picture varies across schools.
- Boys generally record more high self-esteem levels than girls.





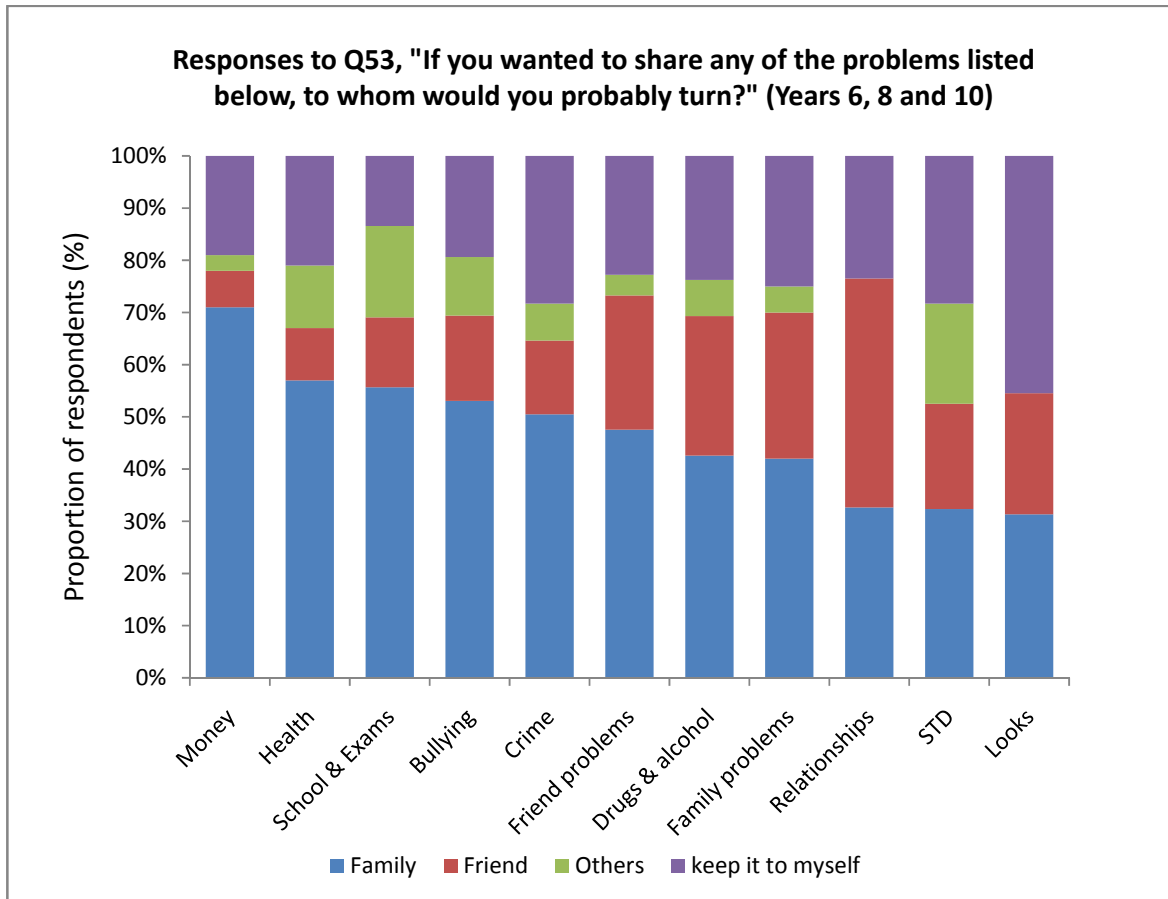
### Feelings about appearance

More than one quarter of girls in all of the secondary school years surveyed don't like or hate the way they look (range 27-37%).



### To whom would young people turn to share problems?

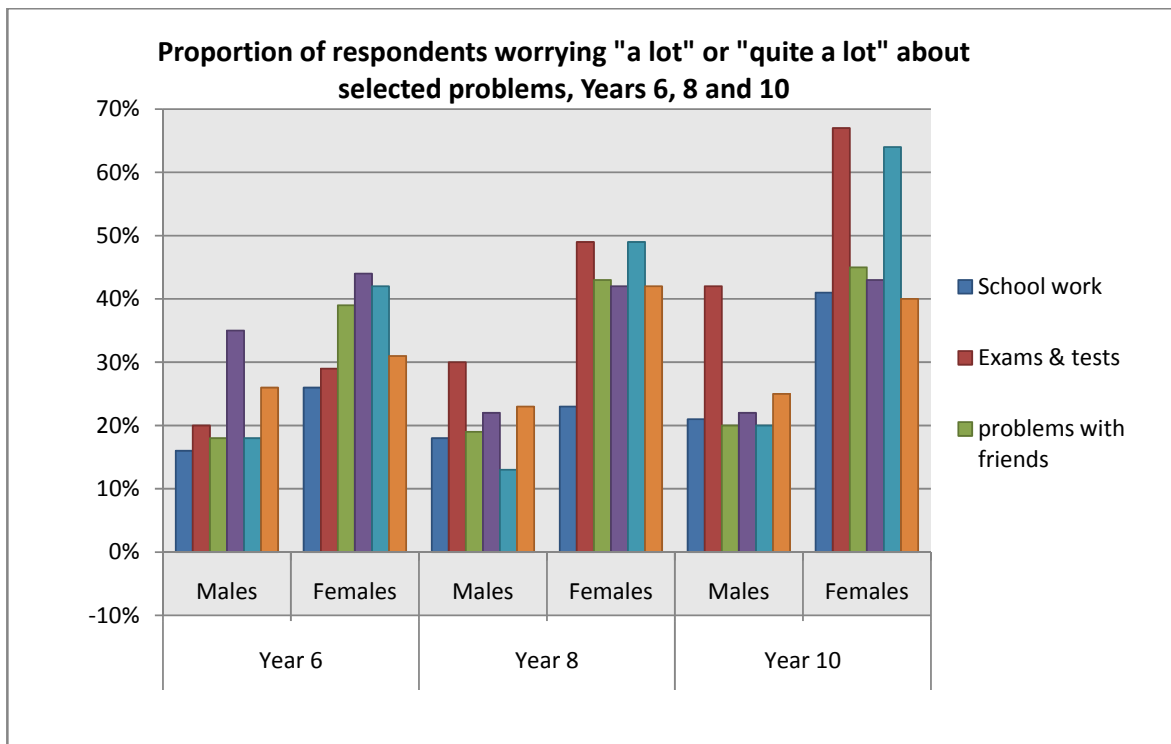
The findings indicate that families are the preferred point of contact for young people when faced with most problems. When it comes to relationships, however, pupils said they would be more likely to turn to their friends. The greatest proportion of respondents would keep problems to do with appearance to themselves.



### Worries

Pupils were asked to gauge how much they worry about selected problems.

- School work, exams and tests were the biggest worries.
- Girls worry more than boys

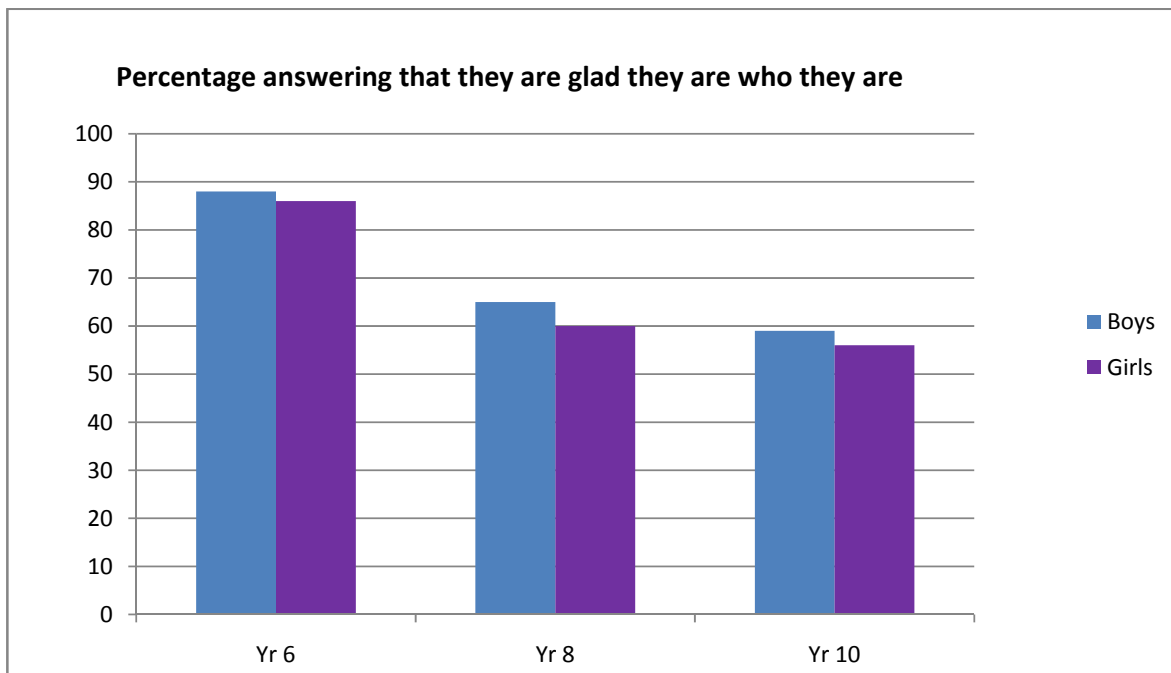


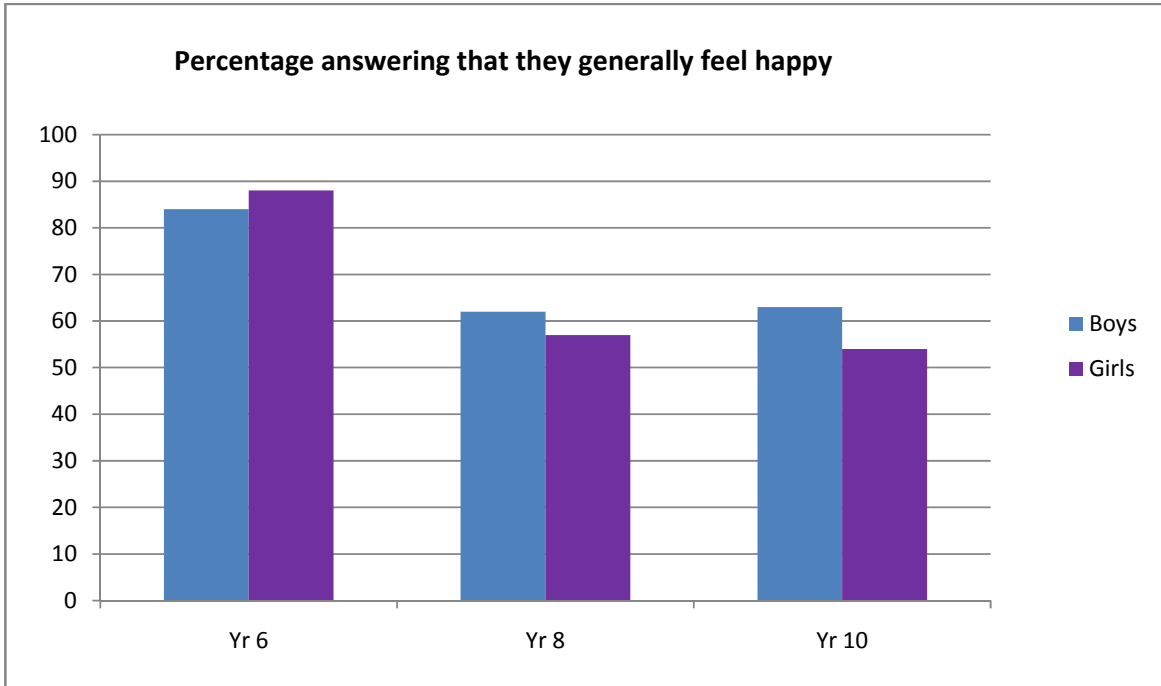
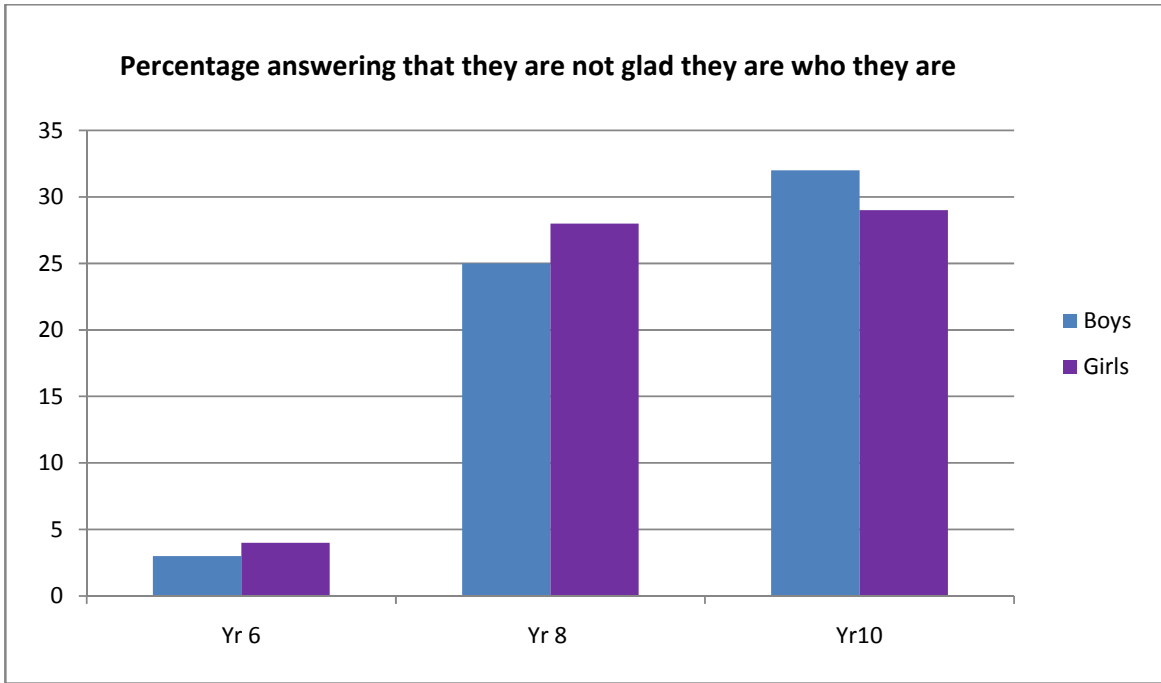
**Responses to the statements "I'm glad I am who I am" and "I generally feel happy".**

There is a significant change in responses between primary and secondary school phases.

Nearly 1 in 3 secondary school pupils report that they are not glad that they are who they are and that they do not generally feel happy.

Slightly more girls than boys respond that they are not glad that they are who they are and that they do not generally feel happy.





**Percentage answering that they do not generally feel happy**

