

# 2025 Detailed Report - Gateshead Primary School



Gateshead Council’s Public Health Team is proud to present this report, developed in collaboration with The Schools Health Education Unit (SHEU). This document contains the findings from the Health Related Behaviour Questionnaire, which offers valuable insights into the health beliefs, attitudes, and behaviours of children and young people across Gateshead.

Individual schools have already received their tailored results in tabular format, along with a comparative report that places their students’ responses within the broader context of the Gateshead-wide sample. This dual-level feedback enables schools to reflect on their own data while also understanding how their pupils’ experiences align with those of their peers across the borough.

The data and analysis presented in this report will be of significant value to a range of stakeholders, including individual schools, Gateshead’s Public Health Team, Children’s Services, and partners across the wider system. It provides an evidence base to help identify and understand some of the most pressing issues currently affecting the lives of young people in Gateshead. Furthermore, it will support strategic planning and targeted interventions aimed at improving health and wellbeing outcomes both now and in the future.

We would like to take this opportunity to sincerely thank all participating schools, staff, and students for their support and cooperation in contributing to this important research initiative. Your involvement has been instrumental in helping us build a clearer picture of the challenges and opportunities facing our young people today.

Pupils surveyed	
Boys	632
Girls	679
Other	19
<b>Total</b>	<b>1330</b>

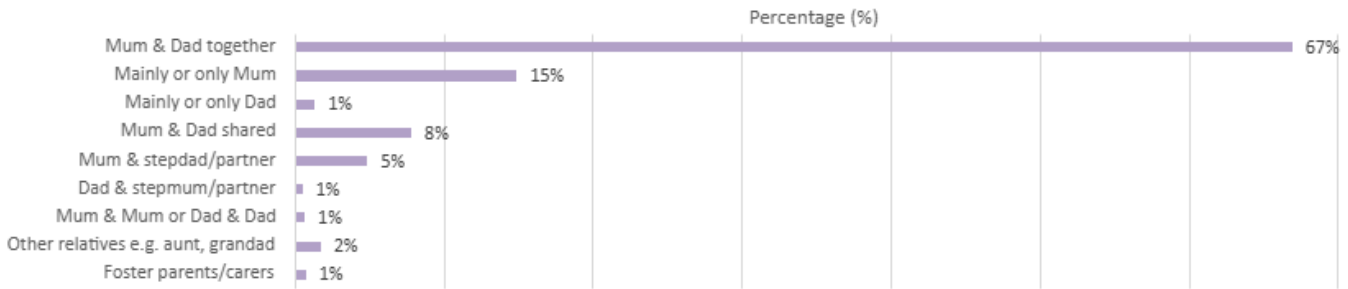
School year	
Year 4	676
Year 6	654
<b>Total</b>	<b>1330</b>

Ethnicity					
White	White	Black	Asian	Mixed	Other
77%	6%	3%	5%	4%	5%

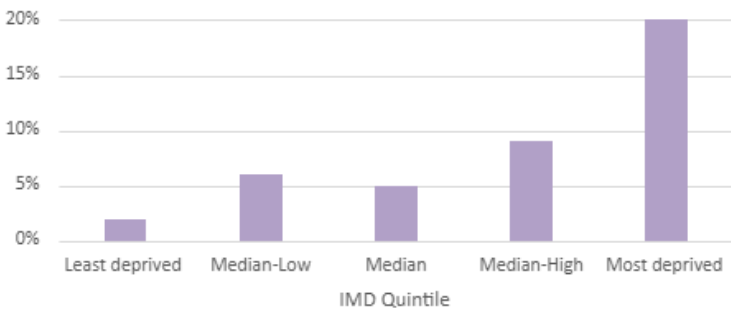
## Home Life

The home a child grows up in provides the foundations for their life. A stable and supportive home can help enable a child to thrive emotionally and socially. If a child grows up in an unstable environment, or an environment that has additional pressures, it could impact their general and mental well-being.

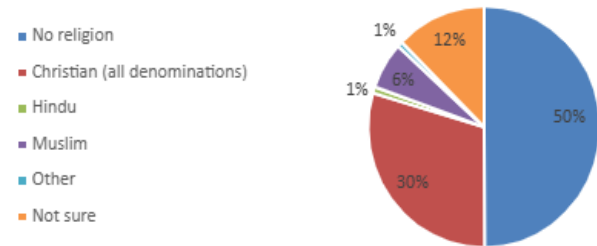
### Which adults do you live with?



### English is not their main language



### What is your religion?

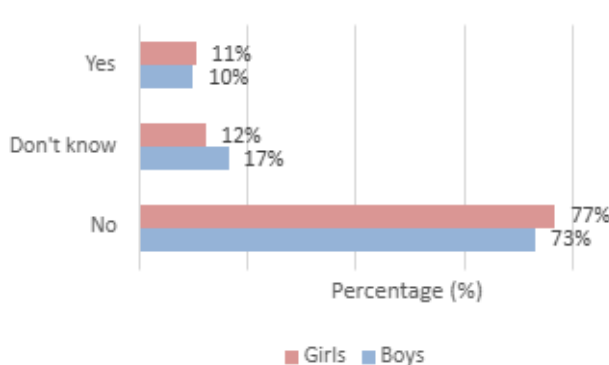


90% of primary school respondents stated that English is their main language. Of the 10% who said English is not their main language, 20% live in the most deprived areas of Gateshead. Children who have English as a second language potentially need to try harder to have the same level of educational attainment as their classmates, and it can impact their ability to participate fully in activities. These children can face various challenges, such as adverse socioeconomic factors.

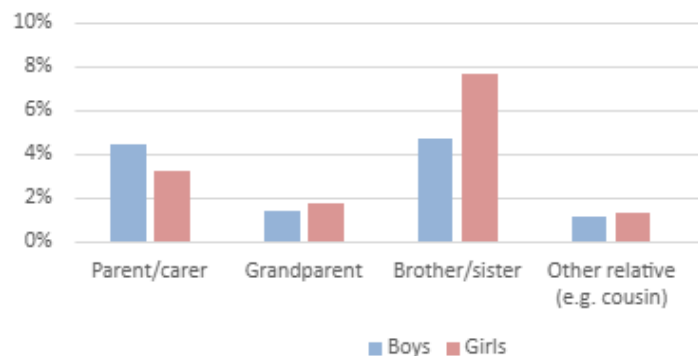
## Young Carers

A 'young carer' is a person under the age of 18 who provides care to someone, usually a family member, who has a physical or mental health condition or disability. This care role could involve physically caring for a person (e.g. bathing them or helping them eat), or more practical tasks (e.g. doing the food shop). This responsibility can often impact the person's childhood and opportunities.

### Are you a 'young carer'?

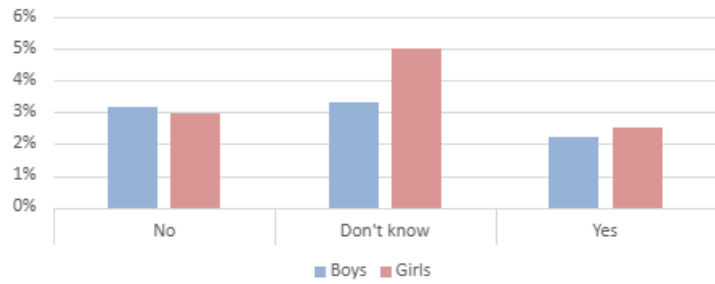


### If yes, who do you look after?



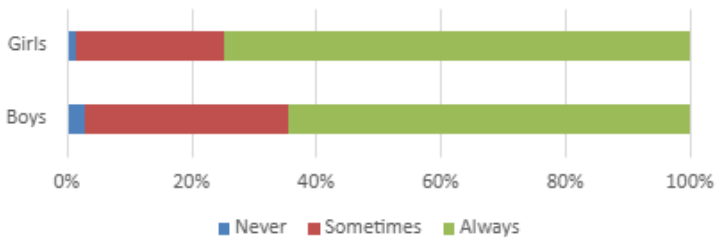
The majority of students responding 'yes' to being a young carer, said this takes up less than one hour of their day and they don't do this every day.

### Does your school know you are a 'young carer'?



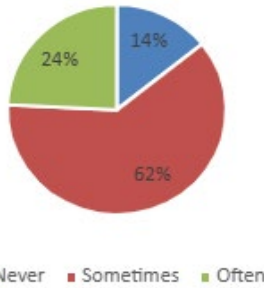
### General Health

#### Do you wash your hands after visiting the toilet?



Pupils who are from a single parent family, or a family where parents are separated, were 11% less likely to 'always' wash their hands after visiting the toilet.

#### Do you often feel tired at school?

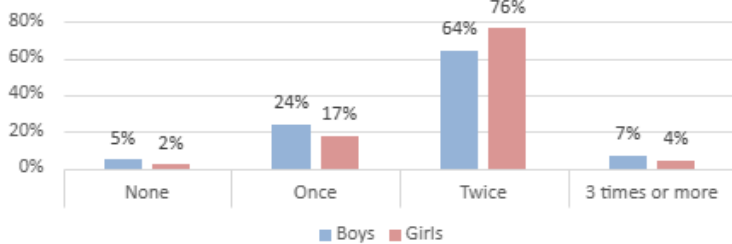


43% of pupils have a normal bedtime of between 9-10pm. 23% of pupils go to bed after 10pm. Tiredness can lead to difficulty concentrating.

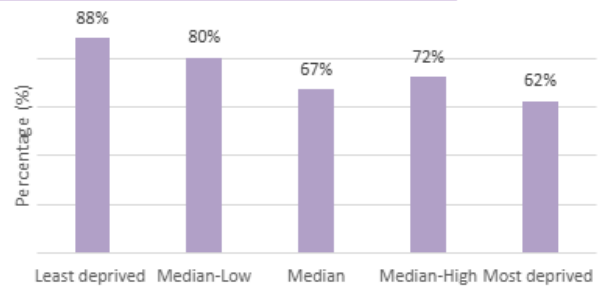
### Oral Health

98% of pupils use a toothbrush at home to clean their teeth.

#### How many times did you clean your teeth yesterday?



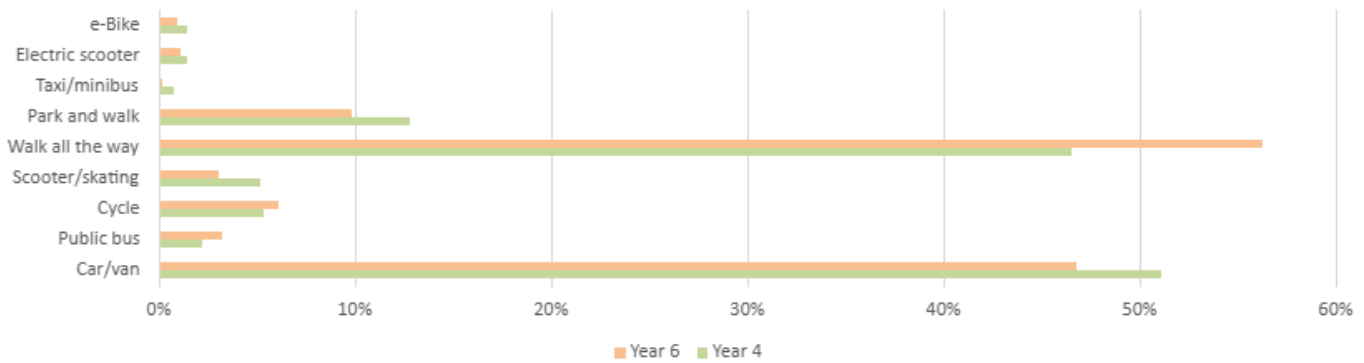
#### Pupils who have been to the dentist in the last year.



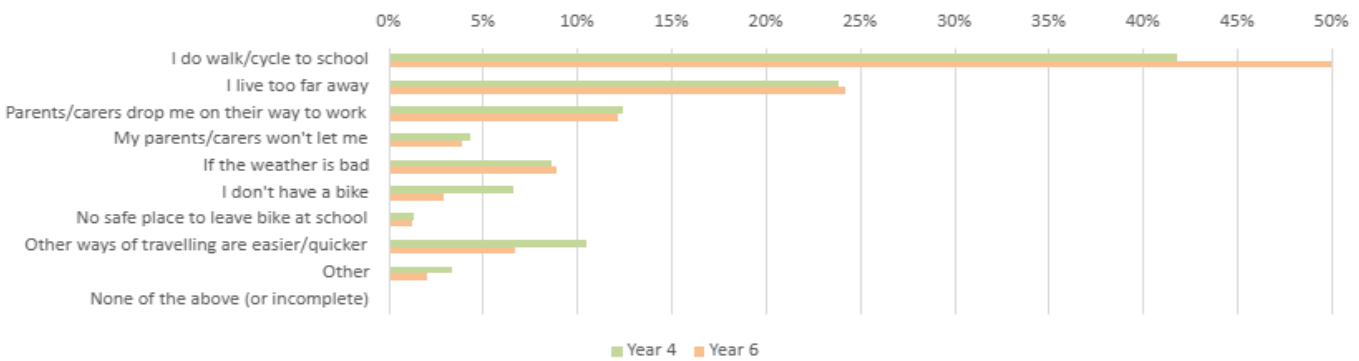
Those children living in the most deprived areas have visited the dentist the least. The majority of visits were for check-ups only. 23% of boys and 15% of girls attended for fillings. 12% of boys and 8% of girls attended for tooth extraction.

## Lifestyle

### How do you usually travel to school?



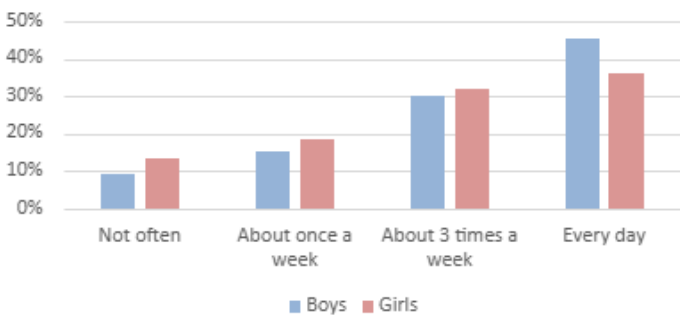
### If you don't walk or cycle to school, why is this?



## Physical Activity

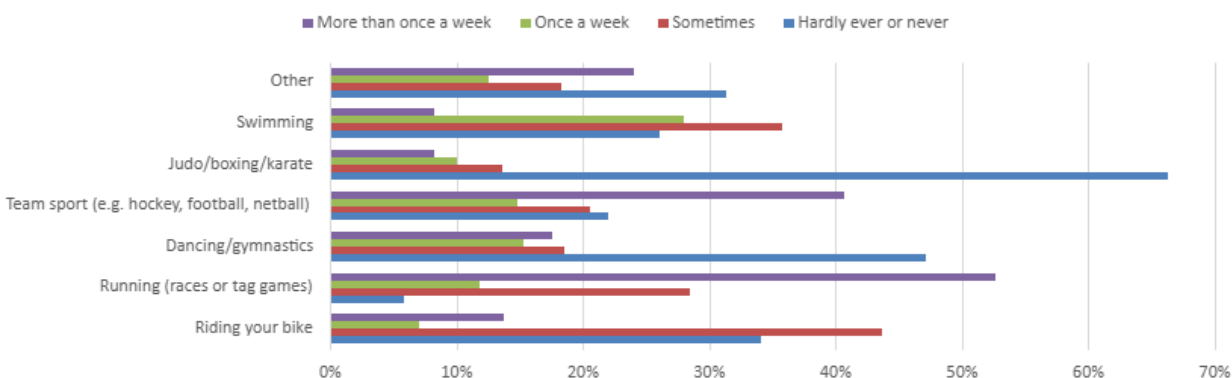
Physical activity is important for children to help them maintain a health weight, increase self-esteem and mental health, improve concentration, and build stronger bones and muscles.

### How often in a week do you exercise enough to make you breathe harder or faster?



16% of pupils cannot, or have never tried, to ride a bike.

### How often do you play or do any of these things in your own time or in school?

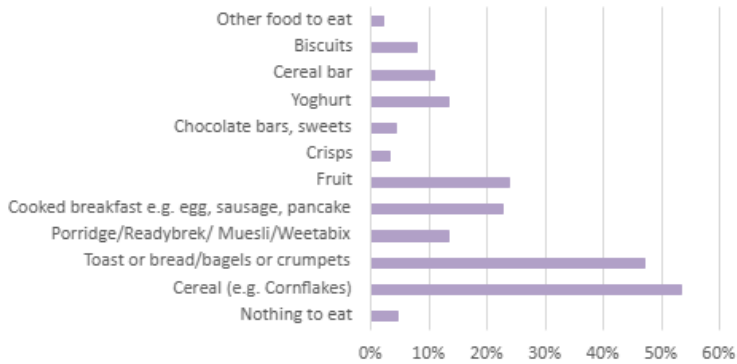


75% of pupils said they would like to do more sport/exercise. Boys responded they'd like to do more basketball, football, running and martial arts. The girls said they'd like to try more football, dancing, gymnastics, running and swimming.

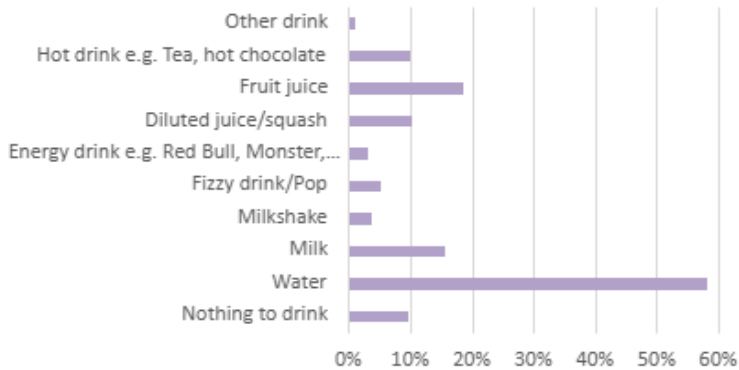
## Healthy Eating

In Gateshead, about one in four children in Reception are overweight or obese, rising to two in five in Year 6. This is significantly higher than the regional and national average. Healthy eating is important for children to get the necessary nutrients for growth and development, better energy levels and improved concentration.

### What do you usually eat for breakfast?

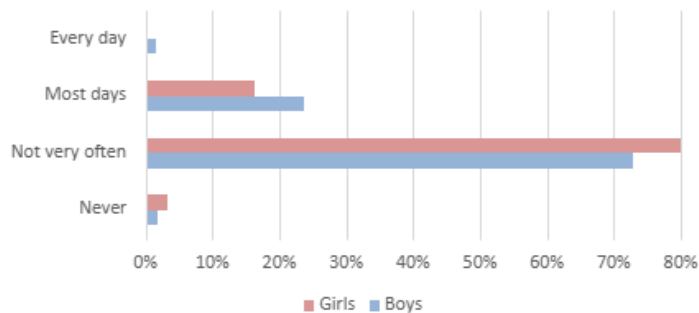


### What have you had to drink before lessons this morning?



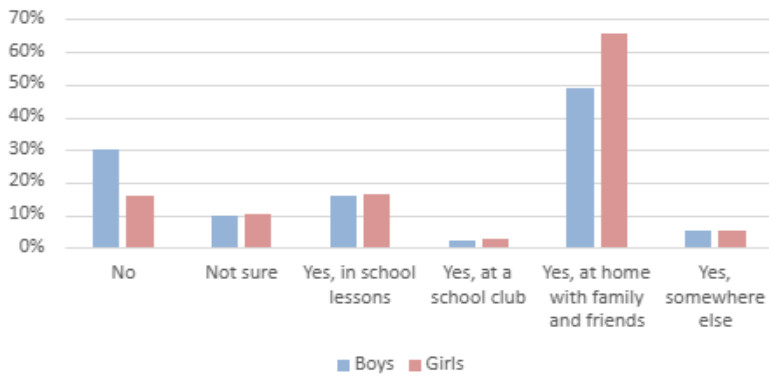
Only 56% of girls meet the daily water intake target for children of this age, and 68% of boys do. The target for children this age is between 1.2 to 1.6 litres of water per day.

### How often do you eat a takeaway or fast food?



18% of pupils said they never or rarely eat fruit and vegetables. 81% said they eat fruit and vegetables most days or every day. There was a fairly even split between pupils having packed lunch, school dinner, or a mix of both. 26% of boys said they eat a takeaway or fast food most days or everyday. 16% of girls said the same.

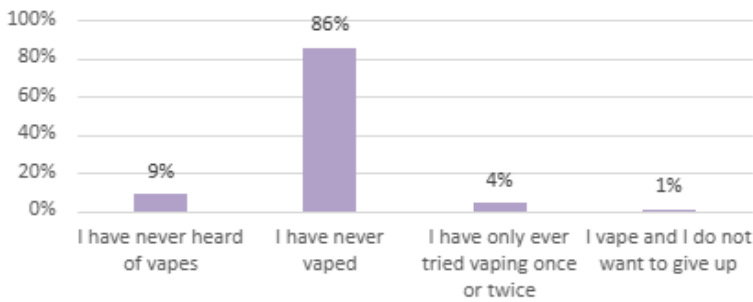
## Do you learn how to cook?



Cooking is an important life skill for children to learn. It can encourage healthier eating habits and contributes to the ability to be independent in young adult life.

## Smoking and Vaping

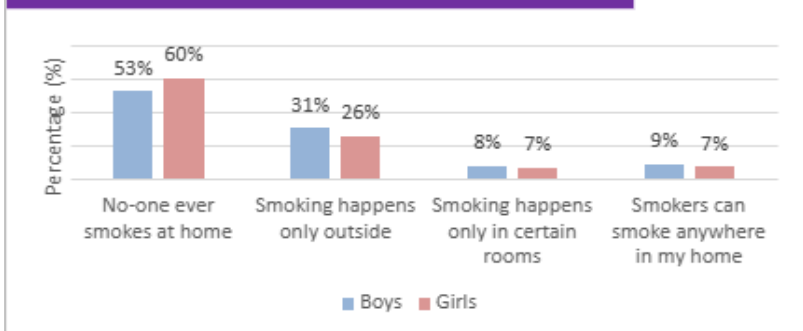
### Vaping: which sentence describes you best?



99% of pupils have never smoked a cigarette, the remaining 1% have only tried it once or twice. Of the 5% of pupils who have said they have tried vaping, 1% do not want to give it up.

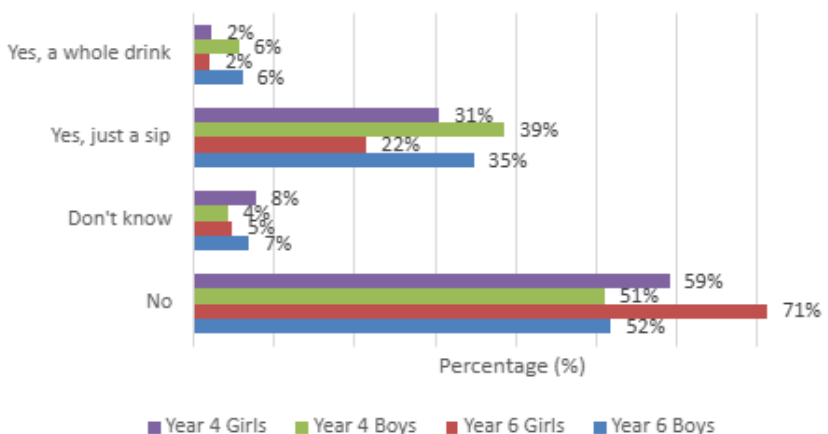
42% of pupils said they live with people who smoke or vape. Of those pupils who said smoking happens indoors at home, rates were higher in pupils from single parent families, families where parents are separated, and those who are young carers. 14% of pupils said smoking happens inside a car when they are in it.

### What best describes what happens in your home?

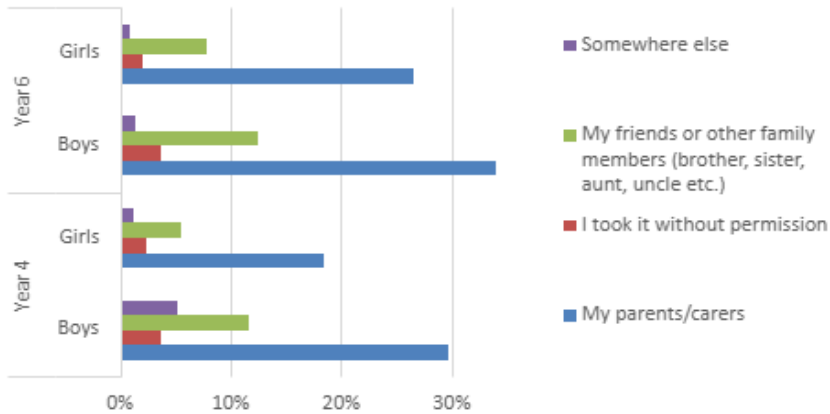


## Alcohol and Drugs

### Have you ever tried an alcoholic drink?

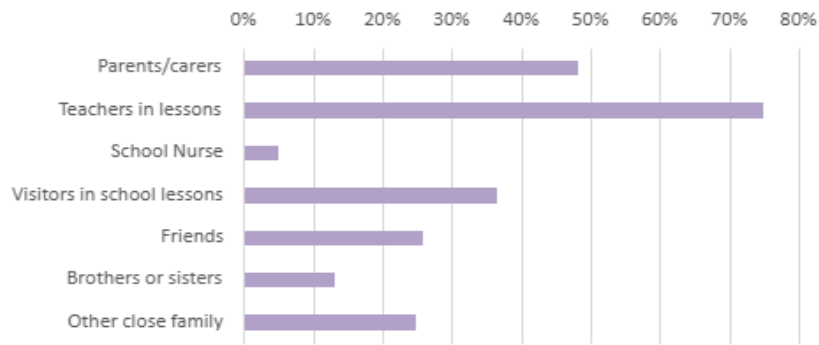


## If you have drunk alcohol, where did you get it from?



Of those who said they had had an alcoholic drink, beer or lager and wine were the most common alcoholic drinks they had had. Spirits, cider and alcopops were not as common.

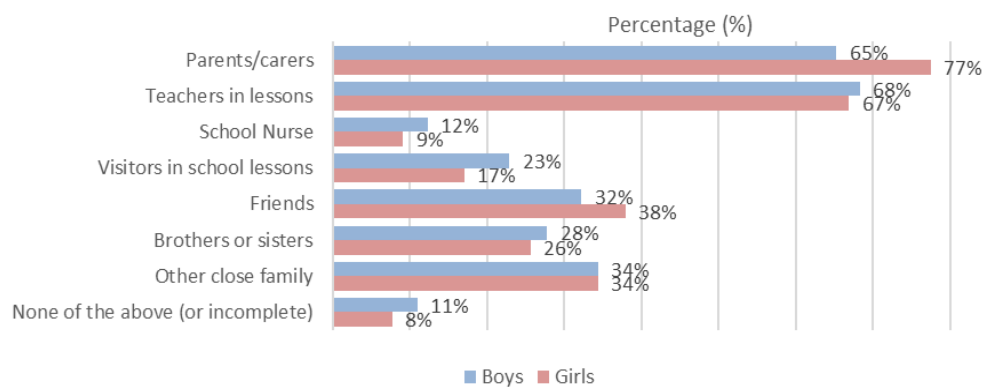
## YEAR 6 ONLY - Have any of the following talked with you about illegal drugs?



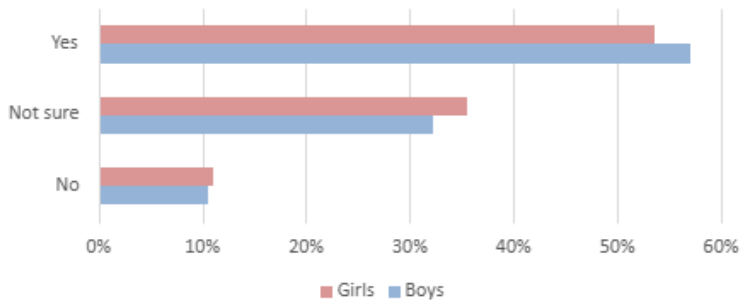
7% of Year 6 pupils said they know someone who uses illegal drugs. 9% said they aren't sure, and the rest said no, they don't know anyone who takes illegal drugs.

## Growing Up

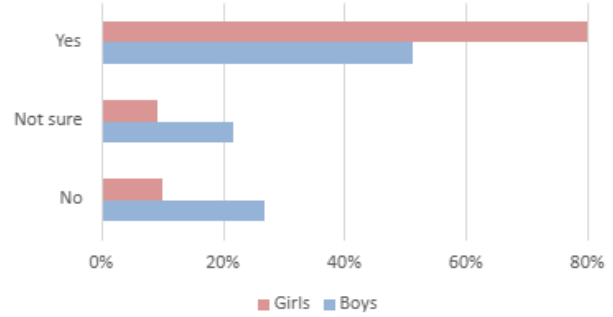
### Have any of the people below talked with you about puberty or how your body changes as you grow up? (% responding 'yes')



### Do you feel that you know enough about how your body changes as you get older?



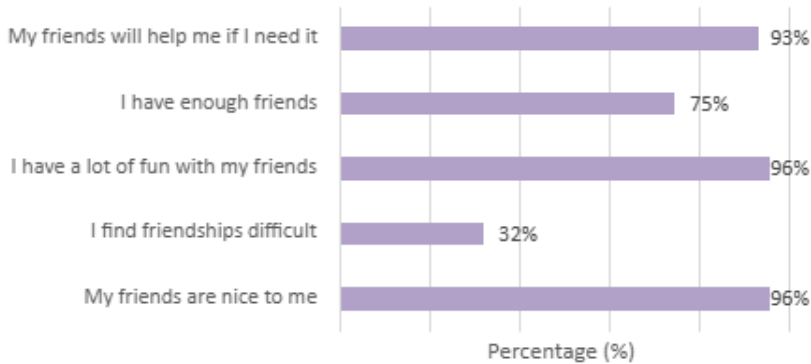
### Do you know what a period is?



It is crucial that children and young people understand their bodies and how they change overtime. Puberty for girls and boys should be taught in mixed groups to help reduce stigma, increase confidence to talk about the body changes, and empower students to ask questions. It is important for all young people to have an understanding of what individuals may have to face in puberty, for example painful periods and the impact of this on daily life.

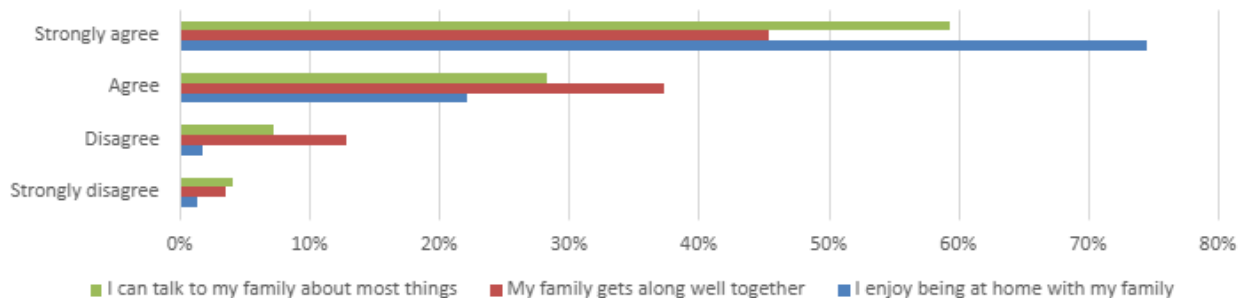
## Friendships and Relationships

### Those responding 'agree' to these statements about friendship:



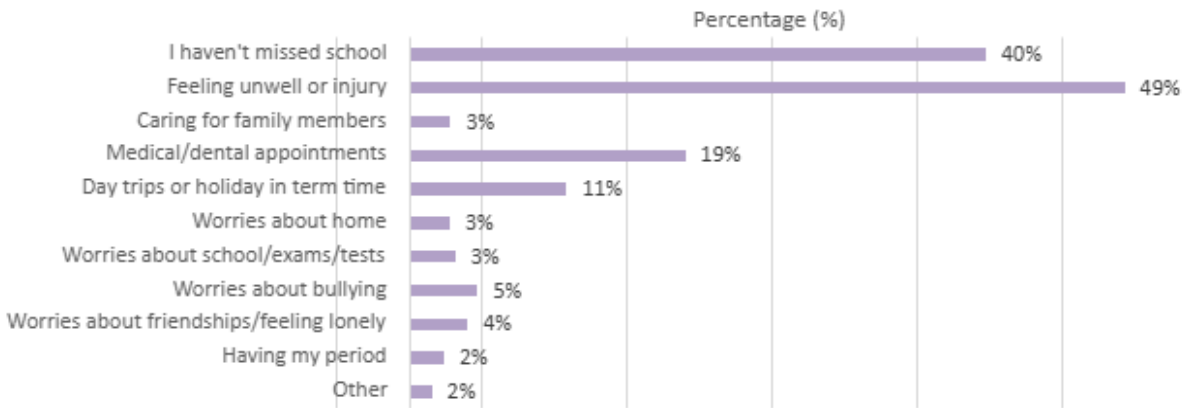
Friendships and family relationships impact a child significantly. The introduction of relationships education in primary school is crucial for building an understanding of positive and safe relationships with others. It will educate children to help them recognise unhealthy traits and relationships, and help them understand the importance of boundaries and respect.

### These questions are about family, please tick the answer which best applies:



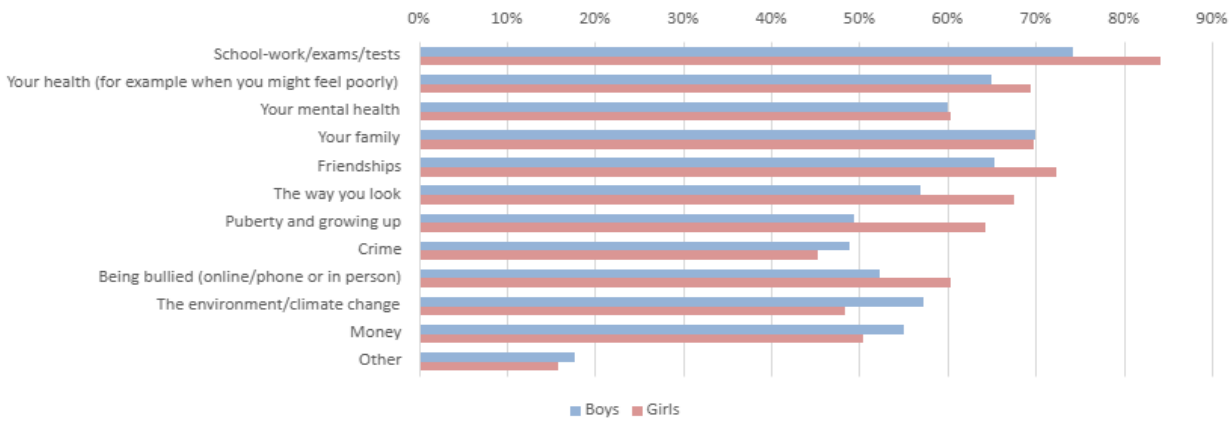
## Going to school

### Have any of the following stopped you going to school?



## Worries

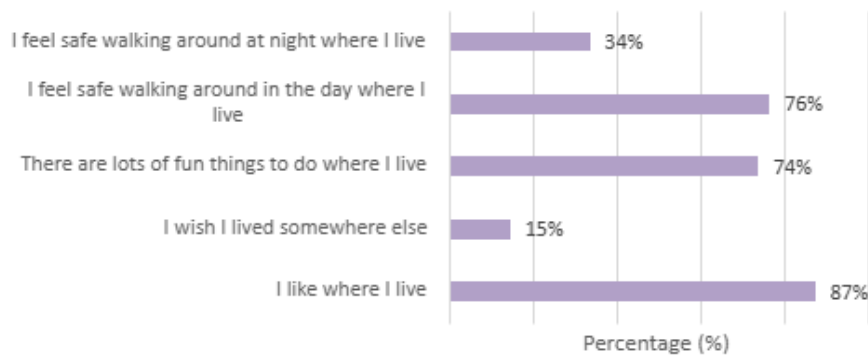
### How much do you worry about any of the following? Those responding 'a little' or 'a lot':



18% of girls and 12% of boys said worry affects their life 'a lot.' 39% of girls and 35% of boys said worry affects their life sometimes, and the rest said not often or never.

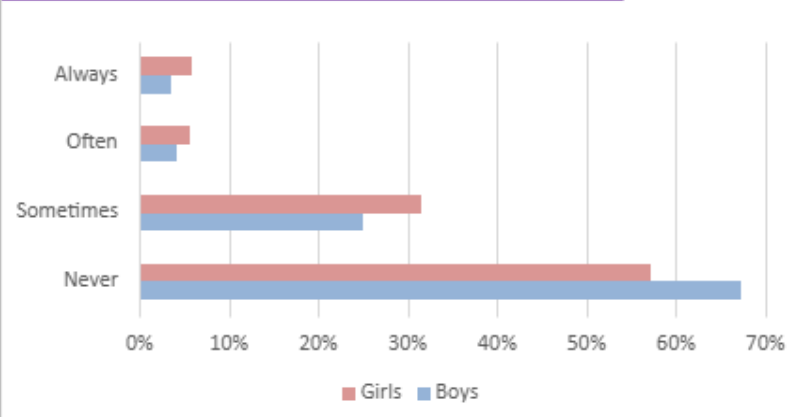
## Feeling Safe

### Those responding 'agree' to the following statements about where they live:

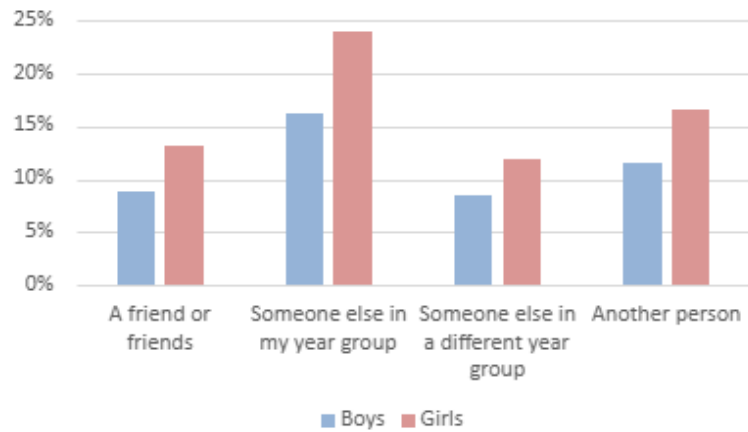


If a child feels unsafe in the environment in which they live, it can lead to heightened anxiety levels and potentially impact their social development.

### Do you ever feel afraid of going to school because of bullying?



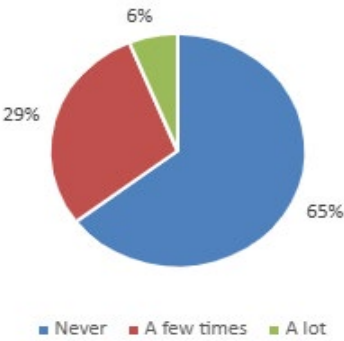
### If you do feel afraid, who is doing the bullying?



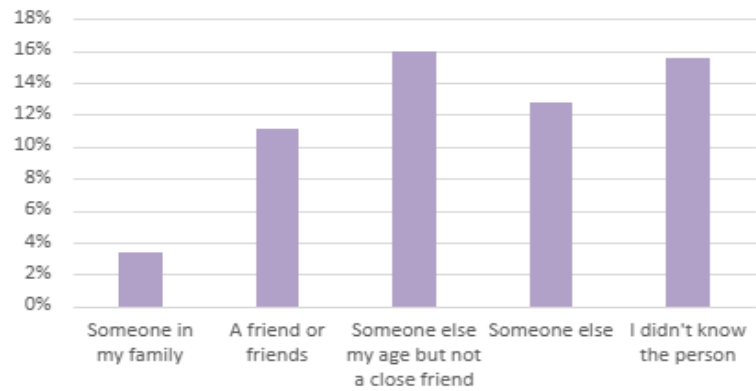
40% of pupils said a friend or another person has tried to make them do something they didn't want to do. 23% of pupils weren't sure whether this had happened to them. 4% of pupils said they think others may fear going to school because of them.

64% of pupils said they think their school takes bullying seriously, 12% said they feel their school does not take bullying seriously, the rest weren't sure. 25% of pupils weren't sure who to go to in school if they were being bullied.

### Have you ever been bullied online, on your phone/tablet etc?



### If yes, who was doing the bullying?

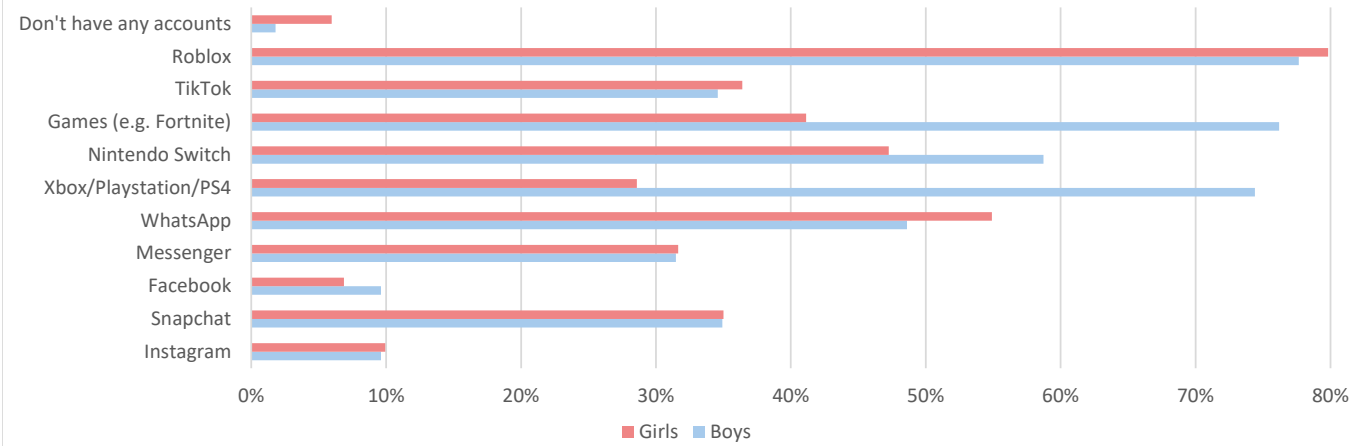


88% of pupils said that they have an adult they feel they could trust. From those who described who this adult was, the majority said their parent/carer, followed by teacher, then other family/ relatives.

### Online and Mobile Safety

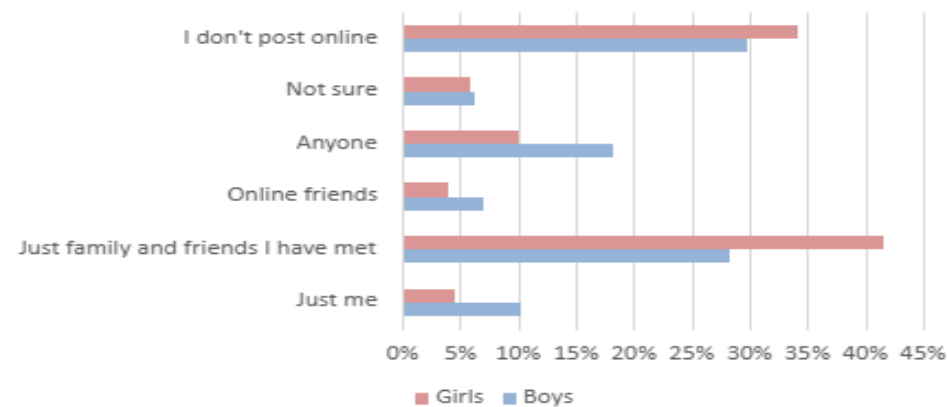
Online safety is an evergrowing concern in the current technological climate. The Online Safety Act 2023 aims to protect children and young people from the potential harms and risks of social media and search engines by placing a duty on the sites to remove harmful content. Most pupils said they have accounts for Roblox, Whatsapp, Tiktok and Snapchat.

### Do you have an account for the following?



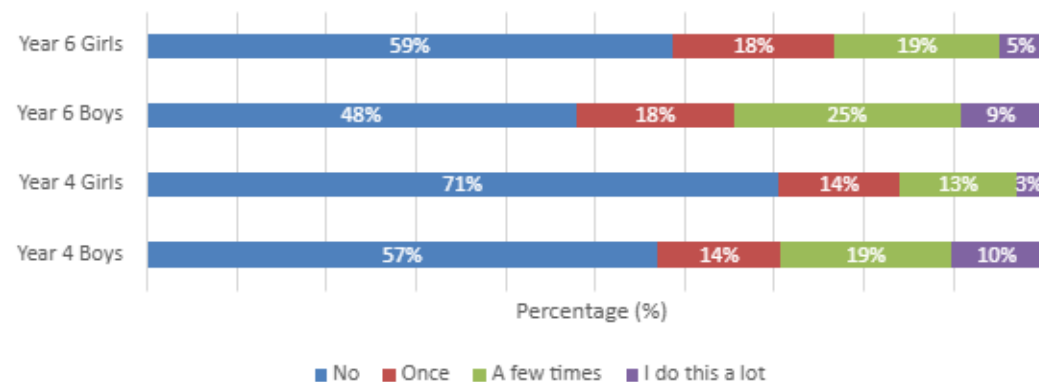
Zooming in on Snapchat as an example, those in the least deprived parts of Gateshead were less likely to have a Snapchat account by nearly 25%. Those in the most and second most deprived areas were more likely to have an account.

### Who can see what you post online?



Of those pupils who said they have been worried or upset by something they have saw online, 38% of girls and 29% of boys had reported it to an adult or online. 10% of pupils didn't tell anyone.

### Have you ever spoken to or messaged anyone online that you don't know?



Thank you to those who supported this work. It has provided a wealth of information that can be used to inform work system wide. Gateshead look forward to repeating this questionnaire in two years, and beginning to get trend data from this exercise.