

# Keeping Our Children & Young People Healthy and Well in North Yorkshire

Information for Parents  
and Carers

2025

Secondary



# Secondary School Children

Every two years since 2006 North Yorkshire Council has done the Growing Up in North Yorkshire survey with children and young people in schools across North Yorkshire to find out what they think about various aspects of health, wellbeing and learning/education.

This flyer aims to share the main findings from our last survey and to direct families to information, support and services that may be helpful.

The below facts are about young people aged 12-15-years-old.

## Physical Activity

1 in 4 said they **don't have any barriers** to doing more sport, 1 in 4 **don't have enough time** and 1 in 4 were **nervous/worried** about activities.

Of those who were **too nervous** to do more sport and exercise 3 in 10 were **girls** and 1 in 10 were **boys**.



**Staying active** has been shown to **improve physical and mental health**. **Help your child to find ways to stay active** that they enjoy!

## Healthy Eating

2 in 3 pupils said they had **something to eat at home before school/college** on the morning of the survey.



Help your child to **find time** in their **daily routine** to **eat something in the morning**, and to **get all the energy and nutrients** they need to **feel good, stay healthy, concentrate at school** and **be active**.

## Substance Use

Around 2 in 10 Year 8 pupils and 3 in 10 Year 10 pupils said that they had an **alcoholic drink** in the 7 days before the survey.



1 in 3 pupils (1 in 4 of Year 8 and 2 in 5 of Year 10) said that they have at least tried **vapes**.



**Young people** are very **curious** and **without a safe space** to ask questions they **will search elsewhere** or **try things on their own!**

## Support

2 in 3 said they **know an adult that they trust** who they **can talk to** if they are **worried** about something.



Having open conversations that are **timely and relevant** to their experiences, **gives them the power to recognise harmful behaviour** and to **be heard**.



## Mental Health

More boys (3 in 10) had higher wellbeing scores than girls (1 in 10).

Double the number of year 8 boys have a high resilience score than girls.

Although worrying has reduced in all pupils since previous years it is still higher in girls than boys.



Be flexible and creative about how you communicate with your child as they grow older – any conversation is better than no conversation.

Continue to let them know you are someone they can trust.

## Online Safety

1 in 4 said they communicate with people they don't know in real life, which has reduced since 2022.



1 in 5 said they had seen explicit images, videos or games. This was higher in boys than girls but has reduced since 2022.



Social media and screen time is a big part of almost every teen's life.

Having conversations about the positives while acknowledging the negatives can be useful.

Have regular check-ins and offer a listening ear if there is something they want to talk about.

## Bullying

1 in 10 said they had been bullied online.



Talking about healthy relationships and checking in gently around topics such as bullying can encourage them to talk about issues.

## Sleep and Screen Time

Only around 4 in 10 pupils said they got the recommended amount of sleep (8-10 hours) the night before the survey.



Young people's leisure time is dominated by technology including computer games, social media and streaming.



Encouraging calming bedtime routines, like reducing screen time and having good daytime routines, like wake-up times and physical activity can improve the quality of sleep.

More information can be found on the Growing Up in North Yorkshire Survey Report found: [Here](#)



# Services for Parents and Carers

## Mental Health Support

The Go-To website contains resources, links and information to support parents, carers, and young people in North Yorkshire to find the right help and support to stay well.

**The Go-To**  
For healthy minds in North Yorkshire

<https://thegoto.org.uk/>



North Yorkshire &  
York Healthy Schools  
North Yorkshire Healthy Early Years

<https://healthyschoolsnorthyorks.org/parents/>

**North Yorkshire Healthy Schools**  
More resources and information for families can be found at the Healthy Schools website.



## Drink Drug Hub

The Drink Drug Hub website contains resources, links and information on alcohol and drugs, including tobacco and cannabis, to support parents, carers and young people.

**DRINK  
DRUG  
HUB.**

<https://drinkdrughub.co.uk/>

**Better  
Health** healthier  
families

<https://www.nhs.uk/healthier-families/>

**Healthy Eating and Physical Activity**  
The Better Health website contains resources and information to help families eat better and move more.



## The NSPCC Website

The NSPCC website has resources and information on several topics including bullying, safety online, and healthy relationships.

**NSPCC**

<https://www.nspcc.org.uk/>



# Services for Parents and Carers

## The UK Safer Internet Centre (UKSIC)

UKSIC is a resource that offers advice and support on how to stay safe online and what to do when something happens.



<https://saferinternet.org.uk/>



## Solihull Approach

The Solihull Approach offer free resources and information on supporting emotional health and well-being for children and families, who live or go to school in North Yorkshire .

<https://solihullapproachparenting.com/>



## North Yorkshire Youth

North Yorkshire Youth is a charity dedicated to providing opportunities and activities for children and young people to discover their potential.



<https://nyy.org.uk/>



## North Yorkshire Sport

North Yorkshire Sport offers a variety of resources and activities to help families stay active and healthy.

<https://northyorkshiresport.co.uk/get-active/families/>



## North Yorkshire Safeguarding Children Partnership (NYSCP)

NYSCP is a service that offers resources and information to ensure that children and young people are kept safe.



<https://safeguardingchildren.co.uk>



## Teen Sleep Hub

Teen Sleep Hub offer advice, tips and resources to understand and support everything sleep.

<https://teensleephub.org.uk/>



### Youngminds

The Youngminds website is a resource for both young people and adults. It aims to help young people understand how they're feeling, find ways to feel better, and ways to support someone who is struggling.



<https://www.youngminds.org.uk/>



### Brook

The Brook website offers fact-based, non-judgemental information on all things related to relationships and sex for both young people and parents.

<https://www.brook.org.uk/help-advice/>



### Growing Healthy

Growing Healthy is a local NHS service designed to support the health and wellbeing of children and their families from birth to 19 years old. The site has information and support on a wide range of areas.



<https://hdftchildrenshealthservice.co.uk/our-service/growing-healthy-0-19-north-yorkshire/>



### Living Well Smoke Free

The Living Well Smoke Free service offers support to young people over the age of 12 and adults who would like to quit smoking.

<https://www.northyorks.gov.uk/healthy-living/stopping-smoking>



### YorSexual Health

Offers information about sexual health and contraception in York and North Yorkshire. It provides confidential, free and friendly services that are available to everyone.



<https://www.yorsexualhealth.org.uk/>

