

## **APPENDIX 1.**

### **LAC Young People's Views Survey 2014**

In total the survey had 110 respondents, although all respondents did not complete all questions, therefore numbers of responses to each question varies.

Generally percentages are used throughout the survey unless particular issues are being highlighted, or numbers of respondents are low and then actual numbers are set out in brackets.

#### **Section 1 – Be Healthy**

##### **Q1 a) I am in charge of my health?**

91% agreed with this statement and 9% did not.

##### **b) – If I keep healthy I've just been lucky**

52% disagreed with this statement and 17% agreed with 27% not sure

##### **c) – If I take care of myself I'll stay healthy**

85% agreed with this statement with 7% disagreeing and 8% not sure.

##### **d) – Even if I look after myself I can still easily fall ill**

5% agreed with this, with 24% not sure and 31% disagreeing.

##### **Q2 – When choosing what to eat, do you consider your health?**

17% said they never consider their health in meal choices but 44% said they sometimes do, 19% said they quite often do 20% said they very often or always do.

##### **Q3 – What do you think about your weight?**

70% feel it's about right with 16% feeling they are too heavy and 13% feeling they are too light

##### **Q4 – Do you ever go on a diet and do you exercise to lose weight?**

64% said they do, with 12% saying they never do. 12% said they focus on diet and exercise quite often and 12% said they are always on a diet.

##### **Q5 – would you like information about putting on weight safely?**

62% said they would with 38% saying they would not.

##### **Q6 – Would you like more information about losing weight?**

12% said they would and 88% did not feel they need this

##### **Q7 – Re smoking**

- a) 43% said they had never smoked.
- b) 13% said they have tried once or twice
- c) 7% said they used to smoke but don't now
- d) 14% said they smoke regularly but would like to give up
- e) 4% said they smoke regularly and don't want to give it up.

**Q9 Re drinking alcohol**

40% said they do drink alcohol (39 respondents) and 60% (59 respondents) said they did not.

Of those who did say they drink (39 respondents) 0 said they drink every day, 0 said they drink at least 3 days per week, 92% said they drink occasionally and 8% said they drink at least once a week

**Q10 Re Places where you drink**

- 34% of the 39 respondents said they drank at home
- 57% said they drank at a friend or relatives home
- 23% said they drank at a nightclub
- 30% in a pub or bar and 11% in an outside place eg street, park

**Q11 would you like help to stop drinking?**

1 respondent said they would, the remainder would not.

**Q 12 re Drugs – Have you had any experience of using drugs? – 96 responses**

Yes – 29% (28 respondents)

No – 71% (69 respondents)

**Q13 – The 29 respondents who had experienced drug use were asked which drugs they had used.**

- Cannabis – 27 young people
- MDMA – 3 young people
- Ecstasy – 3
- Ketamine – 2
- Methadone – 1
- Cocaine – 4
- Heroin – 0
- Other – (unknown) – 1

**Q14 – The 27 respondents were asked when did they last take drugs**

10 respondents said within the last month - 5 within the last year and 12 more than a year ago.

**Q15 – Would you like help to stop using drugs?**

Of the 27 respondents 1 replied that they would and 26 said they would not.

## Part 2 – Staying Safe

### Q16 – Do you ever feel afraid of going to school because of bullying?

- Never – 92%
- Sometimes – 8%
- Often - 0
- Very Often – 0

### Q17 Have you been bullied in your neighbourhood, at or near school or your placement in last 12 months? (96 responses)

Yes – 14% (13 responses)

Not sure – 5% (5 responses)

No – 81%

### Q18 – Do you think you are being picked on or bullied for any of the following reasons? (17 positive responses from previous Q)

- Your weight or size – 2 responses
- The way you look – 4 responses
- The clothes you wear – 1 response
- Your colour, race, religion – 3 responses
- Your sexuality – 1 response
- A disability – 0 responses
- Because you are in care – 4 responses

**Other - Pls specify** – 6 responses (Family, because I wear make up and stuff, because of my parents drinking problems, because of my name, because I'm pregnant)

### Q19 – Do you use social media websites eg Facebook, Twitter

Yes – 77%

No – 23%

### Q20 – Which sites do you use?

- Facebook – 95%
- Twitter – 31%
- Instagram – 36%
- Ask.fm – 8%
- Other (Pls specify) – 7% (Tumblr, Snapchat, BBM, Keek, Tagged and my yearbook)

**Q21 – Have you ever experienced cyber bullying?**

Yes – 15% (11 responses)

No – 86% (63 responses)

**Q22 – Are you confident in knowing how to deal with it in case it should occur?**

Yes – 68%

No – 32%

**Q23 – Would you like more information on how to deal with online bullying?**

Yes – 14%

No – 87%

**Q24 – If you would like to, pls tell us what happened**

- Bullied from age of 4 – 14 as I had ginger hair
- Subject to racist comments by another resident at my care home but staff sorted it and it was OK
- Someone is really rude and annoying
- People often swear at me over social networks and also judge me and tell me to go die

**Q25 – Do you feel safe when going out, both after dark and during the day? (94 responses)**

**During the Day**

- I feel very safe – 62 respondents
- I feel safe – 33
- I feel OK – 20
- I feel unsafe – 1
- I feel v unsafe - 1

**After dark:**

- I feel very safe – 28 respondents
- I feel safe – 27
- I feel OK – 30
- I feel unsafe – 17
- I feel v unsafe - 9

**Q26 – Has anyone used force or threat of violence to steal from you?**

No – 80%

Yes once – 18%

Yes more than once – 2%

**Q27 – When did this happen? (13 responses)**

- This week – 0%
- This month – 8%
- Last 6 months – 31%
- Last 12 months – 62%

**Q28 – Do a) you or b) anyone you know, carry weapons when going out? E.g knife**

- a) You – Never – 98% - Sometimes – 1% - Often – 1% - Always – 0%
- b) Someone you know – Never – 75% - Sometimes – 8% - Often – 5% - Always – 1% - Don't Know – 12%

**Q29 – Are you afraid of gangs where you live?**

Yes – 11%

No – 89%

**Q30 – Have you ever felt pressured into committing crime?**

Yes at school – 5%

Yes where I live – 2%

No – 93%

**Q31 – Have you ever felt pressured into joining a gang?**

Yes – 1%

No – 99%

**Q32 – Are you currently in a gang or criminal network? (2 responses)**

Yes – 1 response - 50%

No – 1 response -50%

**Q33 – Would you like help to leave the gang? (1 response)**

No – 1 response - 100%

**Q34 If you are worried about something, do you know an adult you trust that you can talk to about this? (eg, teachers, parents, carers)**

Yes – 73%

Maybe – 16%

No – 11%

**Q35 – Which of these is your main source of information about sex and relationships at the moment?**

- Parents – 19%
- School lessons – 27%
- Friends – 43%
- Brother/Sister/Other close relative – 13%
- Doctor/Nurse – 36%
- Family Planning Clinic – 31%
- Advice Centre – 18%
- TV – 16%
- Internet – 21%
- Magazines – 7%
- Posters/Leaflets – 16%
- Other – 11%

**Q36 – Is there a specialist contraception service and advice service for people available locally where you live?**

Yes – 66%

No – 3%

Don't know – 31%

**Q37 – Do you know where you can get condoms free of charge?**

Yes – 82%

No – 18%

**Q38 – Do you know where you can get advice on sexually transmitted diseases? Eg, Chlamydia, Herpes.**

Yes – 89%

No – 11%

**Q39 – Would you like more information on any of the topics covered above?**

Yes – 10%

No – 90%

**Q40 – Have you ever been made to do anything sexual that has made you feel uncomfortable or unsafe? This could be from anyone.**

Yes – Often – 0%

Yes – Occasionally – 2.2% (2 respondents)

No – Never – 86%

Rather not say – 12% (11 respondents)

**Q41 – Were you offered anything in exchange for your actions? For example: food, money, drugs or alcohol? (3 responses)**

Yes – 67% (2)

No – 33% (1)

**Q42 – Did the person involved ever threaten to hurt you to make you do what they wanted? (3 responses)**

Yes - often – 0%

Yes – occasionally – 67% (2)

No – never – 33% (1)

**Q43 – Who would you feel most comfortable speaking to about this? (2 responses)**

- A teacher – 0%
- A mentor or advocate – 0%
- A family member – 50%
- A specialist support worker eg: Horizons or SOT team – 0%
- A helpline – 0%
- A social worker – 50%

**Q44 – Has anyone you know ever been made to do anything sexual that has made them feel uncomfortable or unsafe?**

Yes - 17% (15 responses)

No – 83% (75 resp[onses])

**Q45 – Where do you know them from?**

Range of areas including School, College, Care, Estate, Hounslow, A person from my family, Southall, High School, I aint saying.

### **Section 3 – Enjoy and Achieve**

**Q46 – Do you feel you are making good progress at school, college or university?**

- Yes – very good progress – 36%
- Yes – some progress – 41%
- No – I am not doing very well – 1%
- No – I have problems with school/college/university – 1%

- Not applicable – 21%

**Q47 – How do you think you could be helped to make more progress?**

- More advice from my teachers – 63%
- More support outside of school – 33%
- More holiday educational sessions at Horizons – 22%
- Join the mentoring scheme – 11%
- Other – 19%

**Q48 – Do you have a quiet place to study/work in your placement?**

Yes – most of the time – 63%

Yes – sometimes – 30%

No – never – 7%

**Q49 – Who is the best person to give you support to do better at school/college/university?**

Your teacher – 52%

Your foster carer – 22%

Your social worker – 11%

The Education Team at Horizons – 12%

The Mentors at Horizons - 3%

**Q50 – Are you enjoying school/college/university?**

Yes – definitely – 57%

Yes – sometimes – 38%

No – not at this stage – 4%

No – never – 1%

**Q51 – On average how many times a week do you take part in physical activity? This can include sessions at school, college, by yourself or part of a team. The session must last for about 20 minutes.**



Everyday – 14%

At least 3 times or more per week – 18%

At least once a week – 36%

Never – 32%

**Q52 – Does anything stop you from being as physically active as you would like?**

The place doesn't offer what I need – 11%

I don't like physical activity – 22%

It is too expensive to take part in the things I like – 39%

I don't like the people who go there – 0%

I feel shy in front of others – 9%

I feel shy trying new things – 6%

I don't have enough time – 22%

Other – 17%

**Q53 – What activities would you like to do more of?**

A range including Jogging, Football, Tennis, Horse riding, Boxing, gym, swimming, netball, dancing, singing, Yoga, Basketball, running, karate, rugby, museums, hospital work, cycling, cheerleading, Zumba, Trampolining, Badminton, Rock climbing, Sleep!

**Section 4 – Achieving Economic Well Being**

**Q54 – When you leave school what would you like to do?**

Go to college – 27%

Go to university – 25%

Become an apprentice – 7%

Do a diploma – 2%

Get a job – 39%

**Q55 – When you leave your placement at 18, what do you want to do?**

Live away at University – 10% (8)

Live in semi-independent accommodation – 17% (14)

Live in a quota flat – 51% (42)

Stay in current placement – 23% (19)

**Q56 – Do you feel you are prepared to live independently when you leave care?**

Yes – definitely – 38%

Yes- sort of – 42%

No – I am worried about living independently – 20%

**Q57 – What type of extra help would you like to see provided?**

- Help with budgeting money – 58%
- Learning to eat well and cook on a budget – 32%
- Finding out what I can do and where I can go should I get into trouble – 35%
- Help with sorting out housing – 70%
- Emotional support – 23%
- Other – 7%

**Q58 – Who do you think would be best suited to provide this support?**

- Your social worker – 61%
- Your foster care – 19%
- The Horizons team – 25%
- The SOT team – 19%
- Youth and Connexions Officer – 10%
- Other – 27%

**Section 5 – Make a Positive Contribution**

**Q59 – Do you regularly attend your review meetings?**

Yes – 84%

No – 16%

**Q60 – Do you find them helpful?**

Yes – 57%

No – 43%

**Q61 – What is the best thing about them, and what do you like least about them?**

**Very detailed responses including:**

**Best Things:** I can have my say, I get things done, they listen to my views, they are helpful, I get the answers I need, they help me with housing and education, you can express your feelings, I like it when I miss College, They're nice and supportive, it shows they care (SS), track progress and make a plan, I like it when the my SW and staff say how well I'm doing – I came all the way from being a kid with a family that don't care to where he is loved and safe, that's what I like about where I live they listen to me and if they can help me they would, they are always looking forward to help me and they are very kind, able to get your words across personally, we speak about the good and bad things about my placement, I can get instant answers to my questions, I share what mistakes I have made and can learn from them, made me think about the future, they are helpful but boring, You know the next step in your life and subliminally work towards it like a mini dream/goal/target.

**Least good things:** Emotional, ask the same questions, don't always follow up my issues, make decisions without my opinions, waste of my time, I don't understand the information, need more regular contact with my SW<, I'm not listened to, they're too long, sometimes feel rushed, can focus on less important things like dental and optician appts, less support for those aged over 18

**Q62 – Do you feel that your views are reflected in the care plan and/or pathway plan that is written for you after the review meeting?**

Yes – 64%

No – 36%

**Q63 – How could the review meetings be improved?**

**Detailed responses including:** Try to shorten them, listen more to the young person, more talking and dinner with everyone (pizza), listen more, don't make assumptions about me and write down incorrect things, more about rights and entitlements, , ask me what I want and how I feel, stop having reviews, act on what was said before, sort things out for me, don't be behind a keyboard and listen to me, less cases for SWs, make it after school 4pm, give more help, let YP have more of a say, documents are too detailed and more privacy needed, less boring and shorter, I think they are fine.

**Q64 – Are you aware of the Children's Service Complaints and Representation Service?**

Yes – 50%

No – 50%

**Q65 – Would you be interested in receiving more information about the Complaints and Representation process?**

Yes – 55%

No – 45%

**Q66 – Have you used the Complaints and Representation Service before?**

Yes – 10%

No – 90%

**Q67 – Did you get the outcome you wanted?**

Yes - 33% (3)

No – 67% (6)

**Q68 – Are you aware of the advocacy services for young people offered by Voice?**

Yes – 34%

No – 66%

**Q69 – Would you be interested in receiving more information about the advocacy service?**

Yes – 41%

No – 59%

**Q70 – Have you used Voice’s service before?**

Yes – 12%

No – 88%

**Q71 – Did you get the outcome you wanted?**

Yes – 22%

No – 78%

**Reasons given for response:** Passports still not sorted after 9 years, contact with Dad still not dealt with, Voice sorted out my complaint for me, Yes I got the outcome I needed.

**Q72 – From your experience, what do you think could be done to better ensure that children in care and care leavers know about their rights and entitlements?**

- Access to leaflets – 61%

- Information on website – 39%
- Social worker/key worker – 76%
- Social media outlets, eg: Facebook, Twitter – 25%
- Provision of information at LC reviews, Pathway Plan reviews etc – 30%
- Text updates – 39%
- Other – 7%

**Q73 – How do you think young people’s voices can be better heard?**

- Consultations like this – 60%
- Going to the corporate parent committee – 23%
- The SpeakOut Forum at Horizons – 52%
- Ealing Youth Action (Youth Service) – 27%
- Other – 14%

**Q74 – Would you be interested in joining a discussion group that will put across your views?**

Yes – 22%

No – 41%

Maybe – 37%

**Q75 – How old are you?**

- 11 – 2%
- 12 – 1%
- 13 – 6%
- 14 – 4%
- 15 – 8%
- 16 – 11%
- 17 – 8%
- 18 – 12%
- 19+ - 48%

**Q76 – What gender are you?**

- Male – 44%
- Female – 56%
- Prefer not to say – 0%

**Q77 – Ethnicity: White (38 responses)**

English/Welsh/Scottish/Northern Irish/British – 74%

Irish – 2%

Gypsy Irish Traveller – 0%

Any other White ethnic group – 24%

**Q78 – Ethnicity: Mixed Multiple (20 responses)**

White and Black Caribbean – 45%

White and Black African – 5%

White and Asian – 40%

Any other mixed/multiple ethnic group – 10%

**Q79 – Ethnicity: Asian/Asian British (25 responses)**

Indian – 36%

Pakistani – 20%

Bangladeshi – 4%

Chinese – 4%

Any other Asian/Asian British ethnic group – 36%

**Q80 – Ethnicity: Black/Black British (23 responses)**

African – 30%

Caribbean – 57%

Any other Black/Black British ethnic group – 13%

**Q81 – Ethnicity: Other (7 responses)**

Arab – 71%

Any other ethnic group – 29%

**Q82 – What type of placement are you living in at the moment?**

With parents – 3%

With other family members – 1%

With foster family – 33%

Residential placements – 6%

Residential school – 0%

Semi Independent Unit – 27%

College/University accommodation – 1%

Other – 29%

**Q83 – removed from circulation copy**

**Q84 - removed from circulation copy**

**Q85 – I would like to be entered into the prize draw competition?**

Yes – 37%

No – 13%

**Q86 – I would like some more information on the topics covered? (4 responses)**

Yes – 0%

No – 4 responses – 100%

**Q87 – removed from circulation copy**

