

SHEU NEWS

An occasional newsletter - February 2012

PSHE
&
SHEU

Promoting health and wellbeing through behaviour change

We await the outcome of the Department for Education's review of personal, social, health and economic (PSHE) education. It is anticipated that schools may be given more control over how they teach the subject. Schools Minister Nick Gibb has said: *"It should be for teachers, not the government, to design the lessons and the experiences that will engage pupils. Different schools may want to cover different life skills, reflecting their pupils' interests and local circumstances."*

It has been SHEU's view that the best way for teachers to explore pupils' circumstances with a view to planning PSHE provision is with a local, anonymous, general survey of health and lifestyles. This view is shared by others and local surveys of pupils, parents/carers and staff, provide reliable data for health promotion programmes.

"We were talking about (the SHEU survey) data at our conference, for PSHE Advisers and Consultants. Colleagues shared their very positive experiences of (the survey). It provides excellent evidence of behaviour change for children and young people and of the impact of PSHE and wider interventions."

Personal & Social Development Consultant

Schools Health Education Unit
ESTABLISHED 1977

35 YEARS YOUNG

Authorities involved in a SHEU survey include:

BaNES, Blackpool, Bristol, British Overseas Territories, Bromley, Cambridgeshire, Cornwall, Cumbria, Devon, Dudley, Ealing, East Sussex, Essex, Guernsey, Haringey, Hertfordshire, Knowsley, Lambeth, Lewisham, Newcastle, North Yorkshire, Solihull, South Tyneside, Stoke, Swindon, Wakefield, Wiltshire and Wolverhampton.

We can adapt the content of the questionnaire to suit any local requirements you may have and schools can choose to use our paper based questionnaire or an online version. We usually suggest that authorities aim to survey Years 4 and 6 in the primary schools and Years 8 and 10 in the secondary schools so that we can give you good comparative data against our wider data banks but you may have something else in mind.

Online survey costs are £120 per primary school and £500 per secondary school for as many pupils/year groups as you like.

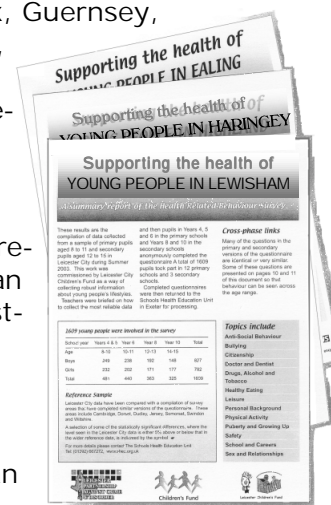
If schools opt for the paper-based version, costs are £4 per primary questionnaire and £5 per secondary questionnaire (approx. £240 per primary school and £1000 per secondary).

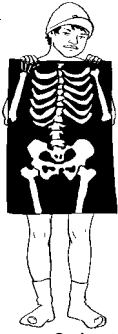
Each school receives a set of results tables for all the questions in the questionnaire broken down by year group and gender. They will also receive a report that compares their school to the rest of the schools involved in the authority highlighting any statistically significant differences.

We run a training session with a teacher from each of the schools involved to explain the survey, answer and questions they may have and explain the methods for collecting good data from children and young people. The schools then complete the questionnaires for us and we keep you up to date as to their progress.

For more information
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contact Angela Balding
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SHEU SURVEYS
providing a detailed picture
of your young people

OFSTED

We are working on new school survey reports that will provide data as useful to schools as was the SEF-style reports we included as part of our standard survey package. The new reports will report school data back under the OFSTED 4 key judgements effective from January 2012.

Spots, bra size and whether I'd ever get to snog Dan Webb

We have been pleased to see the culmination of a big project about the attitudes of parents and carers towards the challenges of being a young person today – or a parent.

The States of Guernsey have produced a substantial report about this study, and DrDave was pleased to be able to attend the launch.

Parents and carers were asked what they thought were the three most important concerns for young people now, and what were the three most important concerns when they were young. There were some notable differences: university fees and unemployment were seen as the major concerns now, but didn't feature much in the minds of parents and carers when they were young.

We were struck by the forthright response quoted in the headline above, which we thought had a high face validity, but were unable to contact Dan for a comment.

The full report can be found through the SHEU survey website:

<http://www.schoolsurveys.co.uk/guernsey/>

JSNA & SHEU - GET THE PERCEPTION AND PERFORMANCE FIGURES YOU NEED FROM SHEU

Since the establishment of the Joint Strategic Needs Assessment (JSNA) in 2008, SHEU have been providing local authorities with vital data about their young people to inform their planning.

The Coalition Government has placed the Joint Strategic Needs Assessment at the heart of its proposals with regard to the future of local health improvement.

Our Health Related Behaviour Questionnaire is used across the UK in primary and secondary schools and recent comments highlight its value.

"As I am sure you have picked up from other authorities the HRBQ is a fantastic data source for the JSNA which now has such a more significant profile than it has in the past."

Lead Adviser Health and Wellbeing

In recent years many authorities have used the Tellus survey and SHEU survey data in their JSNA. Since the demise of Tellus, SHEU are the only specialist school survey provider who have, since 1977, demonstrated the value of their local data to authorities as seen through repeat business.

We have established questionnaires with items covering a wide range of topics which can be customised to suit your local population.

We can also write up your figures in reports suitable for professional colleagues and/or for public dissemination.

Versions can be customised for special schools and PRUs, for paper or online completion.

To discover how SHEU data can inform your JSNA please contact Dr David Regis, Research Manager, Tel:01392 667272 email: david.regis@sheu.org.uk



Self-esteem, young people and research

SHEU carry out research and provide Internet links to studies about young people's health and wellbeing.

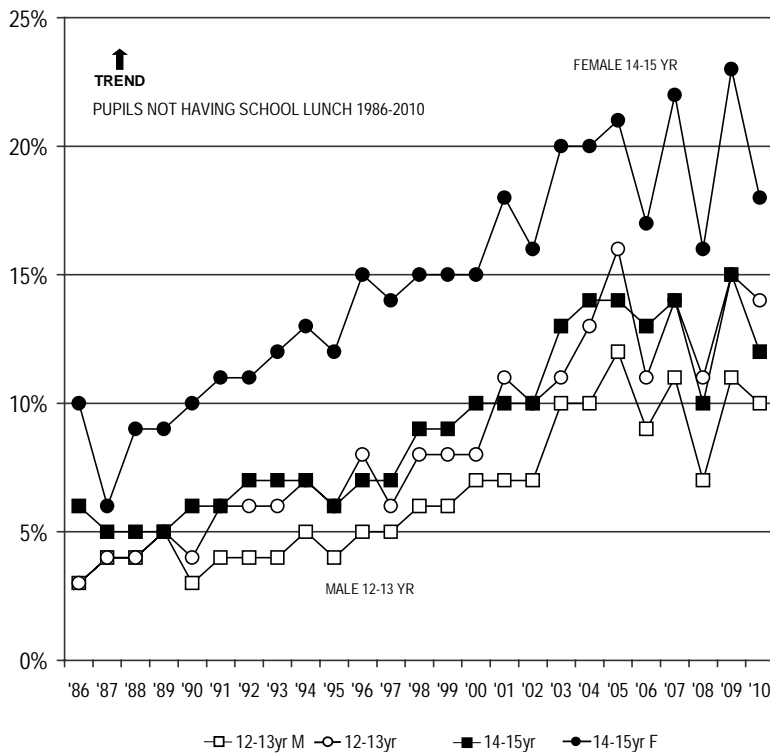
Measurements of self-esteem are often included in the study papers and perhaps no other topic has produced so many, often conflicting, theories.

To help you on your voyage of discovery, SHEU's latest list of Internet links should set you off in the right direction. Type in the following in your search engine -

<http://sheu.org.uk/content/page/self-esteem-research-young-people>

or find <http://sheu.org.uk> and search for "self-esteem"

Food NOW AND THEN



A new e-report, 'Food: Now and Then - Young People's Food Choices' has data from the Health-Related Behaviour Questionnaire with some trends back to 1983. Young people, between the ages of 10 and 15 tell us about healthy eating and weight control. Topics cover breakfast, lunch, attitudes to weight, attitudes to food types, drinking water, snacking and considering healthy food options.

The example chart (above) shows those youngsters who report not having school lunch 'yesterday'. Data from 1986 show an upward trend with a consistently high percentage from females. The e-report costs £5 – email david.mcgeorge@sheu.org.uk for more details

PSHE review

SHEU's submission to the Government's PSHE review can be found at

<http://sheu.org.uk/content/page/sheu-response-review-personal-social-health-and-economics-pshe-education>

The PSHE Association has been trying to keep track of all the submissions that have been made public, which you can follow at

http://www.pshe-association.org.uk/news_detail.aspx?ID=1236

PSHE themes in the new OFSTED framework

There has been a lot of publicity about the new Government's emphasis on academic achievement, but there is still a great deal of importance given to PSHE in the new OFSTED framework, for example.

Several of our colleagues across the country have been doing their own maps, and if you would like to share yours, do please get in touch!

Survey literacy

DrDave is a big fan of Ben Goldacre, who is perhaps the best-known of a busy community of commentators who are trying to raise the standards of the conduct and reporting of research. If you follow our blogs or Tweets you will often see us refer to critiques of stories with headlines like 'Britons are more dishonest' or 'Young People are feral'.

We think this matters, because faulty research and poor reporting can make it harder for good research to have its say. So, if you see a news story featuring some research that you think is, shall we say, over-claiming, and want to know more about it, do check in at: www.sheu.org.uk/blogs or twitter.com/sheuexeter

SURVEY FEEDBACK

"The (SHEU survey) is an incredibly useful resource for (us) as it provides schools with invaluable data which can inform curriculum content, methods of lesson delivery and empower schools to better meet the needs of their pupils." Health Education Advisor

"We use the data to inform whole school practise: Pastoral programmes for target groups of pupils; Items for discussion with School Council; To develop and discuss with pupils our Anti-Bullying Policy; Targeted whole class sessions with the Police Community Support Officers; To share pupil perceptions of all aspects of their school life with parents, staff and governors." Learning Mentor

Physical Activity and Academic Attainment

SHEU are often asked questions about links between young people's activities and lifestyle. For example, is there a link between physical activity and academic achievement?

SHEU's latest list of Internet links should set you off in the right direction and, hopefully, you will find the answers that you seek.

Copy this into your search engine -

<http://sheu.org.uk/content/page/physical-activity-academic-attainment-achievement>

or visit <http://sheu.org.uk> and search for "physical activity".



Schools and Students Health Education Unit

SHEU surveys support schools and colleges promoting health and wellbeing through behaviour change
For more information about our work go to <http://sheu.org.uk/>

The Experience of Disadvantaged Groups

A piece of analysis that we are often asked to do is to see what a survey data set can tell us about the experience of disadvantaged groups of young people. Depending on which questions were selected for the survey, we can look at differences among groups of young people depending on their ethnicity, disability, sex, age, religion, sexual orientation, special needs, and so on. One important piece of work we did for one authority, which was new for us, looked at the young people who had a family member in the armed forces.

Here is an example for a sample of Year 10 students. You can see below that you can see which groups seem to be coping best with their challenges, and perhaps also where some expectations are confounded.

Figures are percentages

	All Y10	Ethnic minority	Children in care	Single-parent family	Special educational needs	Disability or long-term illness	Free school meals	Armed forces family	Lesbian/Gay /Bisexual	Not in own home
Eat 5-a-day	20	+*25	27	-*16	23	23	17	22	+*25	16
Eat chips on most days	9	+*13	19	11	+*17	+*16	+*14	+*16	+*19	12
Ever tried smoking	45	49	+*72	+*57	48	51	+*56	+*65	+*61	+*72
Drank last week	49	48	+*76	53	49	57	50	+*63	+*64	58
Ever offered drugs	34	+*42	+*54	+*41	40	+*45	+*45	+*51	+*62	+*46
Ever taken drugs	18	+*24	+*39	+*25	22	+*27	+*26	+*33	+*47	+*26
7+ hours exercise/week	31	33	38	28	30	23	+*23	34	+*25	39
High self-esteem	32	30	17	30	-*21	-*22	-*24	-*23	-*13	29
Bullied at school last year	16	+*21	+*41	19	+*33	+*37	+*28	+*25	+*35	+*32
Worry about money	26	30	16	+*33	30	30	+*37	+*37	+*39	36
Worry about being different	3	+*18	+*16	4	+*8	+*12	4	+*7	+*17	+*7
Sexually active	25	+*32	+*74	+*31	29	+*42	+*38	+*41	+*50	+*44
Can find free condoms	65	59	91	69	59	70	+*75	72	68	69
Had accident last year	45	51	67	47	+*54	+*59	52	+*61	+*52	46
Enjoy most school lessons	40	37	26	35	41	40	-*30	-*27	37	38
Listened to at school	69	67	62	65	68	67	70	64	-*55	65
Intend FTE after Y11	65	67	-*27	-*59	-*52	61	-*55	-*52	62	56
Term-time job	38	-*31	30	36	40	44	33	+*47	40	30
Numbers of pupils	4281	365	30	678	222	128	272	323	217	83

* Difference from All Year 10 is statistically significant.

If you would like to be able to see a similar piece of analysis for your own survey, please get in touch with David Regis, Research Manager, Tel: 01392 667272 email: david.regis@sheu.org.uk

EDUCATION and HEALTH – ONLINE <http://sheu.org.uk/eh>

Since 1983 SHEU have published the quarterly journal Education and Health (E&H). From 2012 E&H is now available as an open access online journal. Not only can you view the journal for free, you can also read all the past issues. There are also plans to incorporate E&H articles with recent research from the Internet and grouped under themes e.g. Food. We still welcome your contributions (up to 3000 words) and have found that articles are attracting a world-wide readership.

To submit an article please email: david.mcgeorge@sheu.org.uk for details.