

SHEU NEWS

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INDEPENDENT and LOCAL DATA from SHEU SURVEYS

SURVEYS WITH YOUNG PEOPLE since 1977



SHEU has been carrying out young people surveys for over thirty years and has been an independent company for the past eleven years.

The meaning and value of being independent is acknowledged by our customers. They choose the unbiased and objective data we provide that informs their programme planning.

PRIMARY schools



'Independent' also describes our relationship with those who commission our services. They are usually health and education organisations who are very careful about how they spend their public funds.

SECONDARY schools

Commissioners choose us because we provide a unique, local picture of their young people. Local data can be compared to our larger sample taken from young people across the country.

SPORTS colleges



SIXTH FORM colleges



FE colleges

FEEDBACK

"We use the questionnaire every two years and analyse the outcomes at school leadership level and report to Governors, families and the children." (Headteacher)

Experience has shown that successful community health promotion programmes with young people reflect neighbourhood concerns. Issues relevant to specific communities are contained in our surveys and the resulting data often used by a range of local education and health agencies.

For details of SHEU surveys for your education and health communities

contact: Angela Balding

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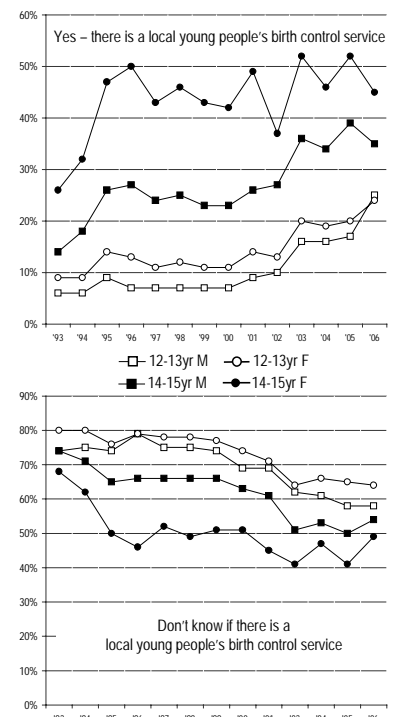
LOCAL KNOWLEDGE

Since 1993 we have asked thousands of 12-15 year olds... "Is there a special birth control (family planning) service for young people available locally?" Those replying 'Yes' show an upward trend (see top chart right). Those responding 'Don't know' show a downward trend (see bottom chart right). When taking into account all three responses ('No', 'Don't know', and 'Yes') it would appear that since 1993 there has been a growing awareness of these services.

The reasons for this greater awareness are complex and possibly include more effective health promotion/education, more service provision and youngster's increasing need to find out.

However, despite the downward 'Don't Know' trend, recent figures show that up to 64% of 12-13 year olds and 54% of 14-15 year olds still don't know if there are local services.

These charts are from the forthcoming report, 'Trends: Young People and Sex and Relationships Education'.





Schools Health Education Unit

ESTABLISHED 1977

CONSULTING YOUNG PEOPLE

PAPER BASED SURVEYS

The local nature of our lifestyle survey services can often mean that we work with small numbers of schools involving 300 young people or larger surveys involving 10,000 young people. Here is a selection of some of our recent surveys across the country:

Mulberry School, Tower Hamlets - 1 secondary school
Bromley - 5 secondary schools

East Sussex - 27 secondary and special schools
Solihull - 10 secondary schools and 44 primary and special schools.

Stockport - 4 FE institutions, 15 Secondary schools and 30 primary and special schools

For local authorities the data are being used to inform Joint Area Reviews.

For Healthy School Programmes the data are being used to support 1.9 of the new standards, which relates to 'local data'.

For schools, in addition to the above, the data are being used to support the new Ofsted Every Child Matters self-evaluation forms.

ONLINE SCHOOL SURVEYS

We are still finding that, for most schools, handing out paper questionnaires is still the easiest way to conduct the Health Related Behaviour Questionnaire. Many schools however are keen to use our online versions and we can offer both options to schools to choose from. The match between the results collected on or offline has been scrutinised by our team and we are pleased with the way that our online facility is evolving.

Authorities using our online facility include:

Dudley
Essex
Guernsey
Wirral
Wolverhampton

For details of paper-based and online surveys please contact
Angela Balding:
Tel. 01392 667272
[Email: angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

Healthy Student News Archive

Possible closure?

Since January 2006 we have sent a monthly email with Internet links to information about young people aged 16+ and their health and behaviour chosen from our databanks and the Internet.

<http://www.sheu.org.uk/howeworkwithhealthystudentnews.htm>

Naturally, each month we have kept the weblinks and called them an archive. This now requires more maintenance.

We decided to ask if this was a valuable resource and, if there were only a few responses, we would close the webpage.

Here are a selection of replies...

"Please let me know if it is true that the resource is going to close, as I've found it an invaluable resource for collating specific info re. FE, with an international perspective, as well as more local research and practice. I hope it is not going to happen." - Sexual Health Development Officer

"Personally I think it would be a pity as it would be great to have a site that young people could interrogate independently of others as well as having an 'independent' place for discovering health related behaviour data." - PSHE Advisor

"What a great pity if this invaluable resource was no longer available. I use the information on this website to inform not just my planning for schemes of work and for lessons as part of my role as PSHE Co-ordinator but also for the planning of whole school issues. Hope it still remains available in some format. I am sure many people in both health and education are just not aware of it's existence."

"I would just like to say that on behalf of students with learning disabilities, this is an excellent site and it would be a sad day when it closes." - Team Leader Post 19 Supported Learning

"Please don't close this resource. I may not be able to access articles at the time they come through, but I often either refer specific items to team members, or revisit links to follow up particular research/actions. Thank you for your work on this." - Student Services Manager

"Yes please keep the link open as it enables me to see at a glance what is taking place in the UK and internationally." - Healthy Schools Improvement Co-ordinator

We are now redesigning the archive and thank everyone for their support.

<http://www.sheu.org.uk/howeworkwith/hsnarchive.htm>

SHORT & SWEET?

We have been approached by survey commissioners who wanted to carry out some single-topic survey work with us. The appeal of this approach is clear:
Single-topic survey

- + Low cost
- Modest impact on schools/colleges for one survey
- Project can be managed within a smaller group
- Smoking-specific survey

However, there are some clear disadvantages:

- Limited scope
- Further survey work may be needed to supply similar information for other topics

We have a great deal of experience with longer 'lifestyle' questionnaires which have advantages and disadvantages:

General Lifestyle Survey

- + More comprehensive reporting at all levels
- Greater impact for one survey
- Greater opportunity to make links between aspects of lifestyle
- Can be slower to organise as negotiations needed within a wider group
- Higher cost

We would be pleased to discuss the options that might best suit your own requirements. Please contact:-
David Regis, Tel. 01392 667272.

[Email: david.regis@sheu.org.uk](mailto:david.regis@sheu.org.uk)

HEALTHY COLLEGES

SHEU continues to develop its free resources for sixth form and FE colleges.

A collection of articles, reports and weblinks is available that provide information about healthy colleges.

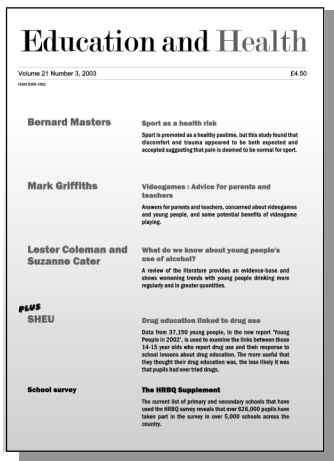
Please visit...

[www.sheu.org.uk/
howeworkwith/
healthycolleges.htm](http://www.sheu.org.uk/howeworkwith/healthycolleges.htm)

FEEDBACK

"As a result of the survey we reviewed and amended PSHE schemes of work, we are currently working on a "Green Travel Plan", a morning breakfast club was established and we further developed 6th Form mentoring." Health Education Coordinator

Education and Health



Issue no.4 for 2007 contained the usual eclectic mix of articles for those interested in the healthy development of young people.

Pelagia Soultatou, from Kings College London, wrote about school health education in Greek secondary schools. The article described the problems of trying to fit this subject into the national curriculum.

Pat Ahern, Healthy College Co-ordinator based at Stockport College, wrote about the development of the Stockport Healthy College Standard.

Paul Alexio is a senior lecturer at DeMontfort University and Claire Norris is an academic and freelance writer. Their article described how comics can make good reading materials for children.

Mark Griffiths is Professor of Gambling studies at Nottingham Trent University and Sara de Freitas is based at the Serious Games Institute, University of Coventry. Their article looked at how the use of online gaming and synthetic virtual worlds may be of help to the classroom teacher.

Karen Storey is a lecturer in Health and Social Care at New College Swindon. Her article described the development of the Confide sexual health clinic in the college.

SPECIAL FE EDITION

In October 2007 we published a special edition of Education and Health. It reflected the healthy college developments that were taking place in FE and 6th Form Colleges. This journal is available as a free download from...

<http://www.sheu.org.uk/publications/ehfreearticles.htm>

Following this edition we have been contacted by a number of people working in this sector who expressed an interest in providing further articles. Some were published in issue 4 and more are planned to be published throughout 2008.

We hope you will continue to enjoy, read and support Education and Health. We do hope you can persuade others to stop reading your copy and take out their own subscription for £20 including postage and packing.

EATING LESS FRESH FRUIT?

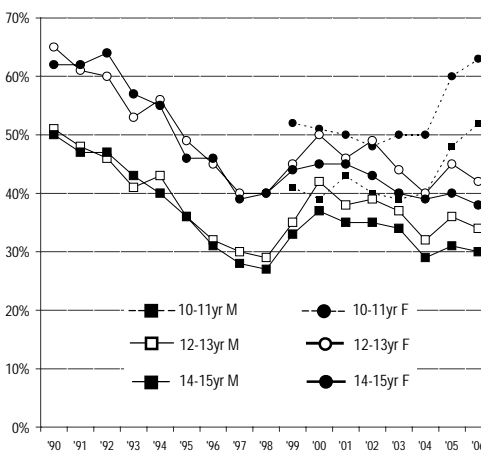
Over the years, we have asked thousands of young people how often they eat fresh fruit. The responses from 1990 are shown below.

The question, 'How often do you eat the following...', provides youngsters with a range of food items and four answer options.

The responses to eating fruit 'on most days' are shown in the chart. From 1999, responses from 10-11 year olds are also shown.

There have been changes, over the years, to the number of food items included in the question. However, the figures suggest that, for 12-15 year olds, there has been a decline in the numbers saying they eat fresh fruit 'on most days'.

EATING FRESH FRUIT 'ON MOST DAYS'



YOUNG SMOKERS

DO THEY WANT TO GIVE UP?

Since 1983 we have collected data from young people about smoking.

The figures shown below explore any trends when looking at the proportion of young people who want to give up, among those that smoke.

- Chart 1 shows responses from 12-13 year old smokers
- From the early 1990s there is little difference between males and females with around 70-75% of smokers wanting to give up

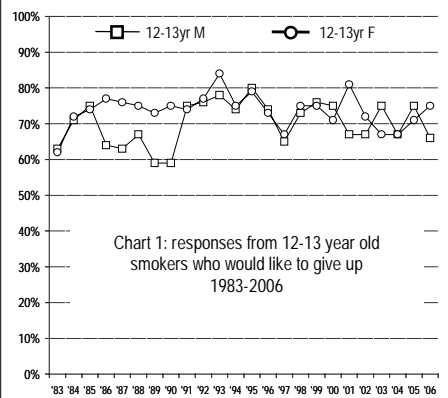


Chart 1: responses from 12-13 year old smokers who would like to give up 1983-2006

- Chart 2 shows responses from 14-15 year old smokers
- From 1983 there is little difference between males and females with around 70-75% of smokers wanting to give up

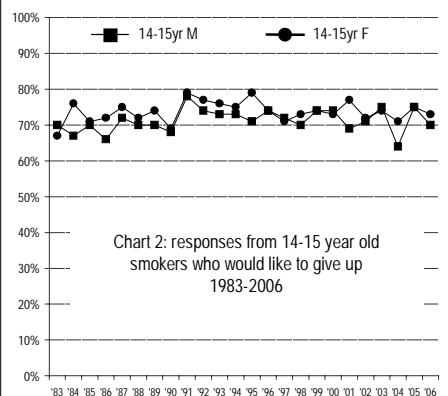


Chart 2: responses from 14-15 year old smokers who would like to give up 1983-2006

While the consistent high percentage may be encouraging it does suggest that there is a 'hardcore' group (around 25% of young smokers) who seem resistant to change despite the best efforts of health education and health promotion.

The curious incident of young people's reaction to the re-classification of cannabis

"Is there any point to which you would wish to draw my attention?"
 "To the curious incident of the dog in the night-time."
 "The dog did nothing in the night-time."
 "That was the curious incident," remarked Sherlock Holmes.

From the story 'Silver Blaze', in
 The Memoirs of Sherlock Holmes
 by Arthur Conan Doyle

After much debate, the ACMD recommended a re-classification of Cannabis from a Class B to a Class C drug, which was put into law in 2003. There was some speculation that this would lead to a relaxation in attitudes to cannabis, and a consequent rise in prevalence of use. The phrase 'sending the wrong signals' was used; ironically, in our view, because the re-classification was intended, at least in part, to correct the anomaly of classifying cannabis with more dangerous drugs.

We have been collecting information from young people in school about their drug and other behaviour for the last 30 years, and have seen the prevalence of experimentation of cannabis wax and wane and wax once more.

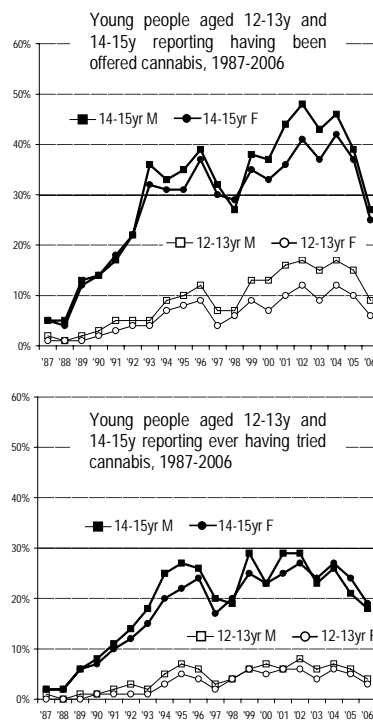
We were obviously very interested to see what was going to happen to figures after the re-classification. We have been contacted by several journalists looking for the predicted rise in young people's use. We have told them that we have seen no rise, but this 'good news' story has never found its way into a headline, which we regret. There are a couple of other good news stories, in fact, about young people and cannabis in the same data sets:

- Experimentation has not grown in proportion with availability; therefore, young people are able to refuse unwelcome offers of cannabis
- Young people's perceptions of the dangers of cannabis have firmed up over recent years; until recently, older pupils were inclined to be more sanguine about any risks, but now there is a greater awareness of the dangers

We are inclined to conclude a number of things:

- That the precise status of cannabis in the classification is not very important when young people are making decisions about drugs
- That good quality information about cannabis can deter experimentation
- That good news about young people is hard to get into the press
- That the re-opening of this debate serves no useful purpose

If there is a drug about which the law sends the wrong signals to young people, it is undoubtedly alcohol, of which the mental health dangers have been plain since antiquity.



21 YEARS of 14-15 YEAR OLDS DRINKING

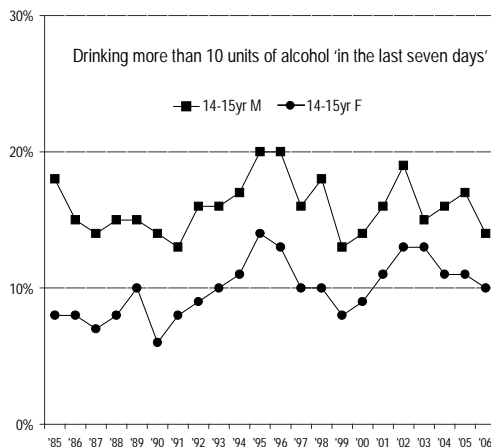
Figures from 1985 show that more 14-15 year old males than 14-15 year old females consistently report drinking more than 10 units of alcohol 'in the last seven days'.

Over the years, there has been around a 5% ± difference between the two groups with no overall trend. The male and female percentages have followed a similar pattern since the early 1990s.

Figures for the males range from 13% (1991/99) to 20% (1995/96).

Figures for the females range from 6% (1990) to 14% (1995).

Over the past ten years around 15% of 14-15 year old males and around 10% of 14-15 year old females have drunk more than 10 units of alcohol e.g. 5 pints of beer during 'the last 7 days'.



FE & 6th FORM COLLEGES

We are aware that the Government are looking at extending the Healthy Schools principles into Further Education and look forward to the Healthy College developments in this sector in 2008.

SHEU has been surveying with FE and 6th Form Colleges and continues to develop its unique database of young people's attitudes to healthy lifestyles.

Online surveys remain popular and paper-based surveys are often used where there are high demands on college's IT resources.

Dan Hawkins is your SHEU contact ([email: dan.hawkins@sheu.org.uk](mailto:dan.hawkins@sheu.org.uk)) for surveys in FE and 6th Form Colleges.

