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September 2006

SHEU NEWS

CHILDREN AND YOUNG PEOPLE'S PLANS

CHINESE translation of article

The National School Health Association, Republic of China, has made a request to translate an article from 'Education and Health'. As part of the Taiwan health-promoting schools initiative, relevant articles are being translated into Chinese for teachers in 318 primary and junior high schools in Taiwan. The article is, 'Tipu Ka Rea/to grow, expand and multiply: An Operational Model for Developing Sustainable Health-Promoting Schools in Aotearoa New Zealand', Sue Grant, Education and Health, 2005, Vol. 23. No.3.

To request a copy of this article (in English) please email:

david.mcgeorge@sheu.org.uk

HEALTHY STUDENT...

The monthly email to FE and 6th Form Colleges is popular. Requests from those not directly involved with the above institutions has meant a name change. The email will now be called 'Healthy Student News' and feature items about aspects of the health of 14+ year olds, from the Internet and SHEU's unique databanks.

Visit www.sheu.org.uk/whoweworkwith/healthycollegearchive.htm

In the past 12 months many local authorities have used our nationally recognised survey services to provide robust local data. They include:

Bedford, Bolton, Cambridgeshire, Cheshire, Cornwall, Cumbria, Dudley, Ealing, Haringey, Hertfordshire, Knowsley, Lambeth, Lewisham, Manchester, Merton, Milton Keynes, North Yorkshire, Peterborough, Rochdale, Rutland, Sefton, Solihull, Sowerth, South Tyneside, Sunderland, Waltham Forest, Wiltshire and Wolverhampton.

Our surveys provide an invaluable source of local data that can inform your Children and Young People's Plan (CYPP) as they progress. For example: Sunderland's CYPP states it will,

"Carry out the (SHEU) Health Related Behaviour Survey with secondary schools and their feeder primary schools to gain baseline data," (to be repeated every 2 years) and, "Develop programmes/interventions to support City of Sunderland College based on needs identified by the (SHEU) Health Related Behaviour Survey" (p.10 & p.14 Sunderland's CYPP 2006 – 2009).

Wolverhampton's CYPP states it will commission,

"...nationally recognised SHEU Health Related Behaviour (on-line) Survey in all... schools in Wolverhampton." "This will provide both individual schools and the

Local Authority with a baseline of rich data about a variety of health related behaviours and lifestyle issues which it would be extremely difficult to acquire reliably from any other source" (p.10 Wolverhampton's CYPP 2006 – 2009).

You can see an example of the type of summary report we currently produce for the authorities commissioning our services - www.sheu.org.uk/whoweworkwith/cypp.htm

Schools and colleges involved receive a comprehensive set of data and a comparative report about their own students which is a valuable resource for curriculum planning for school's OFSTED self evaluation forms and college's healthy college development.

The database that arises from our survey work provides information, valuable for Joint Area Reviews, that is also shared among joint commissioning bodies including LAs, PCTs, DATs, Teenage Pregnancy Teams, as well as Healthy School and College programmes. A repeat survey strategy is being used to reflect the changing nature of the needs of the local young population and support CYPP as they develop.

If you would like one of my team to attend a meeting to explain our surveys and to answer any specific questions, please let us know directly:

Angela Balding
T: 01392 667272
E: angela.balding@sheu.org.uk



Watch out for our new, stunningly interactive postcards which could be landing on a desk near you.

The recent changes by the Post Office have encouraged us to add postcards to our extensive range of communication media.



Schools Health Education Unit

The questionnaire that answers to you!

ONLINE SURVEYS


Our questionnaires can be demanding for pupils who may have difficulty in reading fluently. Teachers are very used to providing support for pupils to grapple with all sorts of written material, and each will have an approach that works with the pupils they know best – either responding to hands in the air, or providing additional adult help in the room, or withdrawing of a group of students to another room where classroom assistants can support students more closely.

Some schools have asked us to provide our questionnaires by e-mail or even on tape or CD, and we are happy to oblige all of them. The goal is always to get the greatest number of pupils to complete the greatest number of questions in the greatest comfort.

Offering our surveys online has opened up a new possibility: the talking questionnaire. This will enable young people to manage some of the support they need themselves, by getting the questions read out to them over headphones.

If you would like to hear this working, we have implemented it on all the school survey pages at www.schoolsurveys.co.uk

Press the  button (top right) to have the whole page read out to you.

If you just want one word phrase or sentence read out: first **select part of the text** using "click and drag" and then press the  button.

The beauty of this system (ReadSpeaker) is that it doesn't require you to download any special software. Most computers have a sound card and the only other requirement is that the web browser is set to respond to JavaScript – which comes as standard in all or most of the common browser clients (you probably use it all the time without knowing).

For details contact
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Tel. 01392 667272
Email:

angela.balding@sheu.org.uk

CONFERENCE SEMINAR

When planning a conference or seminar that relates to the health related behaviour of young people then consider providing your delegates with a free report.

We publish easy-to-read data with relevant information to support your conference themes.

Your costs are kept down as we charge discounted prices that make it viable to give a free report to each delegate.

Young People reports include:

FOOD CHOICES AND HEALTHY EATING

EMOTIONAL HEALTH AND WELL-BEING
including Bullying

PHYSICAL ACTIVITY

ILLEGAL DRUGS

ALCOHOL

SMOKING

MONEY

(IN PRESS)

LEISURE

SEX AND RELATIONSHIPS

HEALTH & SAFETY

For details email: sheu@sheu.org.uk

OH, I DIDN'T KNOW YOU DID THAT SORT OF THING!

SHEU is best known for survey work but we also undertake other types of commissioned research work. Recently we have completed for clients:

A sex education literature review, with special reference to males

An interview-based evaluation of a local drugs campaign

Analysis of a data set to produce recommendations for a media campaign

Chatting at a conference, I mentioned a project like this and was told, "Oh, I didn't know you did that sort of thing" – hence this little note. I'm happy to say that we do, and if you think we can do research for you that isn't based on number-crunching or survey work, please talk to us about it. We would also be happy to put you in touch with any of our recent clients to hear their opinions about the quality of our work.

Visit www.sheu.org.uk/otherservices/evaluationandmonitoring.htm and contact David Regis Tel. 01392 667272

Bullying
survey:
please
help



Homophobic bullying is a common aspect of student life, and affects many young people, gay and straight. Research has been done about homophobic bullying, yet a lot of this research has been done with lesbian and gay adults talking about their school days. There has been no national survey of lesbian and gay young people at school and college and their experiences.

Research has been conducted in America, and the findings of their survey have been used to show the need to tackle the problem. The survey has provided a way to find out about the needs and experiences of young lesbian and gay people.

There has been no research like this in Great Britain. We therefore want to find out what the picture is like in the UK. Stonewall, the gay and lesbian lobbying organisation, is conducting a survey of young people's experiences using the SHEU survey website.

This survey is about bullying, especially bullying of gay and lesbian young people, and young people who are bullied in the same ways.

We would like young people to complete this survey whether they have been bullied or not. If everyone who has not been bullied skips the survey, then our answers will not be so accurate.

Please let as many people know about this survey as you can. It has been advertised in a variety of media used by young people, but we are sure not everyone knows about it who might be interested in completing it. And of course, the more people's views and experiences are represented, the better.

There is more information about the survey, and comments for young people about confidentiality, on the website - www.speakoutonline.org.uk



Education and Health

Each quarter, SHEU publishes the journal 'Education and Health'. Since 1983 it has attracted contributors from around the world and you can discover more details from the webpage...

www.sheu.org.uk/publications/educationandhealth.htm

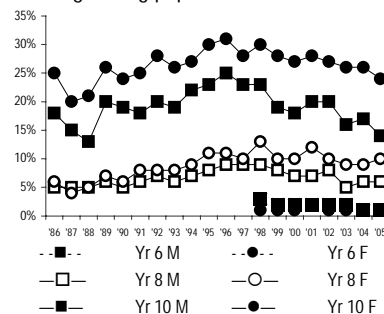
THE MAJOR YEARS

We've just put together a thorough sort-through of all our Trends reports, bringing them all up to date and presenting the information to OFSTED.

One thing that is obvious only after the event, is that several 'naughty' behaviours peaked in the middle 1990s.

This pattern can be seen for smoking, alcohol use, and most sorts of drug experimentation. It's also seen in the work of other researchers, so it's not obviously due to anything that we were doing differently, then or since.

Smoking among pupils 1986-2005



We reported our confidence that we had observed a drop in the drug figures in 1998, which was very interesting to us because it was coincident with the appointment of Keith Hellawell as the 'Drugs Czar'. What we didn't realise at the time is that it was accompanied by a modest fall in smoking and drinking levels too... And it is most interesting is that the decline in smoking levels has persisted through to 2005, long after, in fact, the departure of the Czar from his post. [Rather discouragingly, the figures for alcohol and drug use have recovered from the fall.]

We're not altogether sure about the reasons for this – the last Major years were a curious time in politics, if nowhere else – but would be interested to hear your views. If you would like to see the whole report please e-mail us at research@sheu.org.uk – the report is strong on charts but light on commentary.

EVERY CHILD MATTERS

The contents of the main SHEU questionnaire, the HRBQ, overlap nicely with the outcome areas of ECM, and can be used to support schools' evidence when filling in their OFSTED self-evaluation forms SEF4.

Being Healthy

(throughout)

Staying Safe

accidents, safety at school, medicines, cycle helmets

Enjoying and Achieving

enjoying lessons, useful lessons, talking with teachers, expectations,

Making a positive contribution

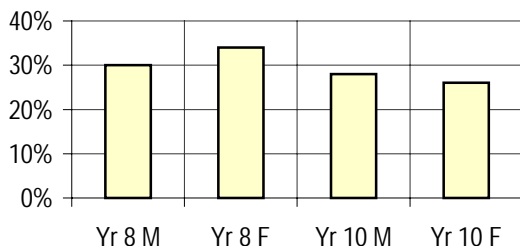
attendance, bullying, role as carer, voluntary work, being listened to at school

Economic well-being

Aspirations, employment, income, spending habits

We have added a short section to both the primary and secondary questionnaires which investigates how pupils think the school is looking after them in relation to some ECM outcomes: for example,

The school cares whether I am happy or not



These questions were drawn from our separate ECM questionnaire, which investigates how the school is perceived by pupils and parents across the ECM outcome areas.

Do let david.regis@sheu.org.uk know your interest in these services
Tel. 01392 667272

healthy student news



More FE Colleges are becoming interested in the idea of a 'health promoting college'. The popularity of our monthly email sent to FE and 6th Form Colleges is increasing. Interest is also growing, from those not directly involved with the above institutions, which has meant a name change. From September, the monthly email will now be called ['Healthy Student News'](#). The idea will remain - that is to send a monthly email with items from the Internet and SHEU's unique databanks. The main focus will be on the 14+ age group and their healthy development.

Uploading information to the Internet has become an appealing option. Finding relevant material that can be read freely from its original source, and downloaded can still be problematic. As a publisher we are aware of copyright issues and the need to protect revenue sources. Wherever possible we put information on our web site and try to provide free downloadable files that contain information about young people's healthy development. To access other websites and find original source material often ends in an abstract of the article or a second-hand review. However, we will always try to provide a web link that is as close to the source as we can get in the time available, hoping that if you get closer you will tell us.

REASONABLY MATCHED

SHEU have been publishing from the unique accumulated databanks in our 'Young People in...' series since 1986, and more recently in our 'Trends' series. We have been offering a little 'health warning' with these reports, as follows:

"Each year we produce a report in the Young People series, and however careful we are to describe the populations involved in the surveys, the total picture is often referred to by the news media as 'national data'.

The surveys that give rise to the data are large, numerous, and from many parts of the United Kingdom, but they do not form a deliberately-selected sample. The origin and structure of these surveys is described very carefully and fully on subsequent pages.

Despite this difference, the picture

produced by our annual data set typically matches survey outcomes from other data-collection agencies using orthodox strategies such as stratified random sampling. On pages xx-xxvii we draw attention to evidence supporting this claim."

We have recently had an opportunity to assess if there is in fact a bias in the SHEU databanks, and if so, how large or important is it.

OFSTED hold a variety of pieces of contextual information about schools. In order to test how representative the SHEU samples of schools might be of the country as a whole, OFSTED were asked to compare the SHEU schools with the national sample on some convenient measures. The results for 2005 are shown below:

Overall the analysis seems to show a reasonable match between the SHEU sample averages and the national.

For Free School Meals the SHEU sample seems to be slightly more disadvantaged

SHEU samples have a slightly lower proportion of ethnically White pupils; there are in particular more Black pupils, although these are spread across the two main sub-groups (Caribbean and African).

So, our conclusion is two-fold: yes, there is a bias, but it is not a very large or important one. SHEU would like to thank David Howarth of OFSTED for his time and diligence in producing this analysis.

