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September 2007

# SHEU NEWS

## USING DATA FEEDBACK from SHEU SURVEYS

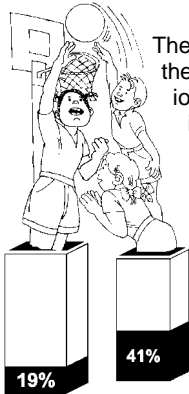
"The data from last time were spot-on and we have done lots of work with it. We are very keen to repeat the survey." (Headteacher)

### SPORTS COLLEGES...

#### A positive contribution?

SHEU is currently working on a combined venture with the Youth Sports Trust (YST) which involves a project designed to collect data over a period of three years from approximately 20 Sports Colleges, focussing on Key Stage 3 pupils and how they engage with the curriculum.

The YST were extremely impressed with the success of the 'Fit to Succeed' (FTS) programme embraced by the Exeter School Sport Partnership (ESSP).



The success of the collaboration was seen in St Luke's Sports and Science College most recent Ofsted inspection report:

*"The personal development and well-being of students is good with outstanding features. The college makes excellent use of data such as that from the "Fit to Succeed" survey. The outcomes of the survey have been carefully analysed and have had a positive impact on teaching, the PSHE curriculum and ways in which the students are supported and guided". (Ofsted 2006)*

For details please contact  
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SHEU carry out surveys with young people across the country and often ask how the resulting data were used. We were quite overwhelmed by the response from Essex:

Establish baseline and set targets in the Children and Young People's Plan and the children and young people's block of the Local Area Agreement for the following priorities:

- Smoking
- Alcohol
- Substance misuse
- Mental health and emotional well-being
- Bullying
- Voluntary and community activities

Support the Council's Annual Performance Assessment

Assist local performance monitoring, including the preparation of local Children and Young People's Strategic Partnership Performance Report Cards

Circulation of reports to partners and stakeholders to assist with planning and performance activities

Support research, planning and performance activities for the particular needs of:

- Children's Fund Essex
- District and borough councils
- Extended schools
- Essex Drug and Alcohol Action Team
- EST Connexions
- Crime and Disorder Reduction Partnerships
- Teams Around Schools, Children and Communities (our local results)
- Disciplinary prevention and early intervention teams

Data provided to all schools in Essex to enable them to prepare action plans and contribute to their self evaluation forms

**For details of SHEU surveys contact:**

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## QUALITY CONTROL



Every teacher and tutor supervising a class who complete one of our questionnaires is asked to complete a feedback form. From this we can find how long (on average) it takes students of different ages to complete one of our surveys, and if there are general problems with the questionnaire or with particular questions.

Usually, 2/3 of returned forms give no comments about the conduct of the surveys and some of the remaining 1/3 give only positive comments.

Naturally we give special attention to the pile of forms where a teacher has indicated that some question(s) may have caused

students a problem in understanding or answering. We would just like to share a comment from a recent perusal of these forms; we asked:

"Were there any questions which required explanation or clarification?", and the teacher replied:  
"The only question which caused any problems was - Has everybody got a pen?"



## Schools Health Education Unit

ESTABLISHED 1977

### CONSULTING YOUNG PEOPLE

Increasingly, in our surveys, we are being asked to add in questions that give children an opportunity to share their views. Our recent work in Essex has provided some wonderful quotes from young people for the question:

**'What one thing would help make lives better for children and young people?'**

"You should let us try to have a say in everything".

"Every child should have a friend, a family and someone to look after them".

"We need to slow the cars down because too many children are killed or badly injured"

"We should recycle and try to get people to stop global warming"

"We should help other people more often by volunteering"

"We need to stop parents smoking around children"

"There should be more confidential help for troubled young people"

"People should stop stereotyping us as 'yobs' or 'thugs' and give us a chance instead of assuming the worst".

"We need places to go where young people can stay out of crime and drugs"

"We need to live life to the full and be friendly and kind".

#### PAPER BASED SURVEYS

The local nature of SHEU's 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.

#### ONLINE SCHOOL SURVEYS

For most schools handing out paper questionnaires is still the easiest way to conduct the lifestyle survey. An increasing number are keen to use the SHEU online survey.

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)

### CWASP

Children Without a School Place



We have been working with Dudley Metropolitan Borough Council for the last few years in researching not just school pupils but also children without a school place. We have just completed the analysis of the third wave of surveys since 2002, looking for changes in their health and social lifestyles. These children were surveyed at PRUs, in other educational centres and where they accessed the Home and Hospital Tuition service.

To read the Dudley CWASP report for 2002 and 2004 please type this link:-  
<http://www.dudley.gov.uk/index.asp?pgid=17509&mtype=print>

Or visit this webpage:-  
<http://www.sheu.org.uk/publications/sheuupdates.htm>  
and click on the above link

We have been doing a number of these out-of-school surveys around the country. It's more usual for us to include PRUs and other organisations as part of a larger survey of mainstream schools; on these occasions we will normally make no additional charge for including this important group of pupils, as part of our commitment to inclusion.

For details please contact our Research Manager, Dr. David Regis, by emailing:- [research@sheu.org.uk](mailto:research@sheu.org.uk)

### FE, 6<sup>th</sup> Form and Sports Colleges

Dan Hawkins is now the SHEU contact with FE, 6<sup>th</sup> Form and Sports Colleges. Tamsin Pascoe has moved on to work in the FE sector. We wish Tam success as she prepares for this new challenge and has recently cycled from John O'Groats to Lands End to raise money for charity.

Dan brings a wealth of experience to his new role having worked at SHEU for a number of years. His recent knowledge of online and paper-based questionnaires compliments a history of customer service work.

Please contact Dan at:-  
[dan.hawkins@sheu.org.uk](mailto:dan.hawkins@sheu.org.uk)  
and please visit  
<http://www.sheu.org.uk/surveys/fe16p>

### SOCIAL NORMS

There has been a flurry of interest in the 'social norms' approach as a result of the work of Alan Berkowitz. We can recall publishing some important research in this country over two decades ago (Peers, I (1984), The development of the family smoking education materials, *Education and Health*, 2(5), 97-103) and recall Dick Eiser's thoughtful studies (Eiser, JR & van der Pligt, J (1984). Attitudinal and social factors in adolescent smoking: in search of peer group influence. *Journal of Applied Social Psychology*, 14, pp.348-363.).

In a way, the School Health Education Unit's questionnaire has always been about clarifying social norms, both for teachers and young people, each of whom may have misperceptions about the prevalence of smoking or the incidence of drug experimentation.

Very often it is revealed that, yes, there may be some young people with patterns of behaviour which are cause for concern, but the majority of young people are found to be more moderate in their habits, and, if there is concern, it may be about more mundane practices like getting enough sleep.

Discovering that prevalence of a naughty behaviour is actually lower than perceived is very helpful for the non-players, and also for those participating who may have mixed feelings about their habits.

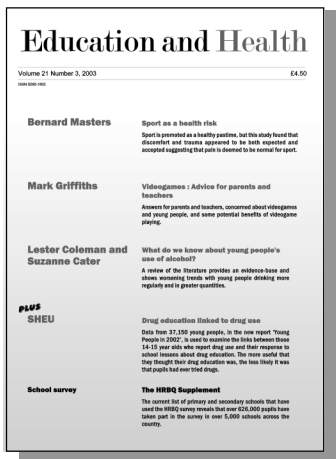
This latest wave of excitement about social norms has led to interest in developing questions which investigate perceived norms directly: what proportion of 14/15-year-olds do you think got drunk last week?



### FEEDBACK

"I would like to say how much we appreciated the work you and your team have put in to this project, a big thank you for the excellent reports that you have completed on our behalf".  
(Assistant Director of Public Health)

# Education and Health



Issue no.3 for 2007 is being printed and contains the usual eclectic mix of articles for those interested in the healthy development of young people.

Jackie Hepples, from the Research Institute of Sport and Exercise at Liverpool John Moores University, writes about the PASS programme. This is a lifestyle intervention designed to increase children's physical activity levels

Rachel Wiles, Welfare Services Principle Officer at City of Sunderland College, writes about the positive practices that support student's health.

Jane Roberts, Leicestershire Healthy Schools Manager, writes about their programmes including healthy eating.

Neil Morris, Senior Lecturer in Psychology at the University of Wolverhampton, writes about blood glucose levels and consolidation of learning.

Jerry O'Keefe, Health and Well Being Development Officer for Wrexham Council, writes about schools being an important setting for health promotion.

## SPECIAL FE EDITION

In October 2007 there will be a special edition of Education and Health. It will reflect the healthy college developments that are taking place in FE and 6<sup>th</sup> Form Colleges. Articles will be written by those closely involved in health promotion/healthy college activities.

This special edition will be sent to all FE and 6th Form Colleges and other subscribers to the journal.

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.

## HOMOPHOBIC BULLYING

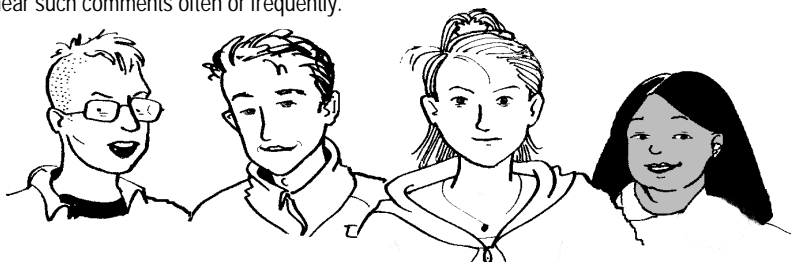
We have concluded the piece of work with Stonewall, the gay and lesbian rights lobbying organisation, who have long been concerned about homophobic bullying in schools.

Their School Report is at <http://www.stonewall.org.uk/schoolreport/>

Some headlines from the report:

- Homophobic bullying is almost endemic in Britain's schools. Almost two thirds (65 per cent) of young lesbian, gay and bisexual pupils who responded to the survey said they had experienced direct bullying. Three quarters (75 per cent) of young gay people attending faith schools have experienced homophobic bullying.

- Even if gay pupils are not directly experiencing bullying, they are learning in an environment where homophobic language and comments are commonplace. Ninety eight per cent of young gay people hear the phrases "that's so gay" or "you're so gay" in school, and over four fifths hear such comments often or frequently.



## YOUNG PEOPLE

### INTO 2007



Headlines from SHEUs latest publication:-

- Up to 66% live with both parents - a drop of around 10% since 1990
- 'The way you look' remain the principal worry (49%-54%) for females aged 12-15 years
- Up to 32% of 10-11 year olds worry about 'family problems'
- The greatest concern for 14-15 year old males are 'school work problems' and 'the way you look'
- 61% of 10-11 year old females think they are 'fit' or 'very fit'. This falls to 30% by the time they reach 14-15 years of age
- From 1991 there is an upward trend (10%-22%) of 14-15 year old females that report being unfit
- 23% of 14-15 year old females, compared with 20% of the same age males, got drunk 'during the last 7 days'
- 90% of 10-11 year olds say they have never smoked. This figure drops to 53% (males) and 44% (females) by the time they are 14-15 years old. Since 1996 there is a general decline in 14-15 year olds who smoke regularly
- Up to 23% report eating 3 portions of fruit and vegetables 'yesterday'
- Up to 64% drank less than 1 litre of water 'yesterday'

See the enclosed postcard for a special offer price

[www.sheu.org.uk/publications/yp07.htm](http://www.sheu.org.uk/publications/yp07.htm)  
or contact [david.mcgeorge@sheu.org.uk](mailto:david.mcgeorge@sheu.org.uk)

# MAKING A POSITIVE CONTRIBUTION

Every year the publication of our 'Young People into...' volume results in a spate of news media stories covering the findings. Some of these invariably focus on only the negative or worrying findings; it sometimes seems very hard to get good news stories about young people into the news media.

We have been using a question, first developed in collaboration with Cambridgeshire County Council, which seeks to investigate the positive contribution that young people make to their families and communities. This question has not been used everywhere, and this variation in local survey content gives us the occasional technical headache, but it also means that we have a body of practice building up with these experimental questions.

As you can see from the table below, the most frequently recorded item was:- "caring for a younger family member".

Young people in one local authority reported being involved 'regularly or frequently' in the following activities:

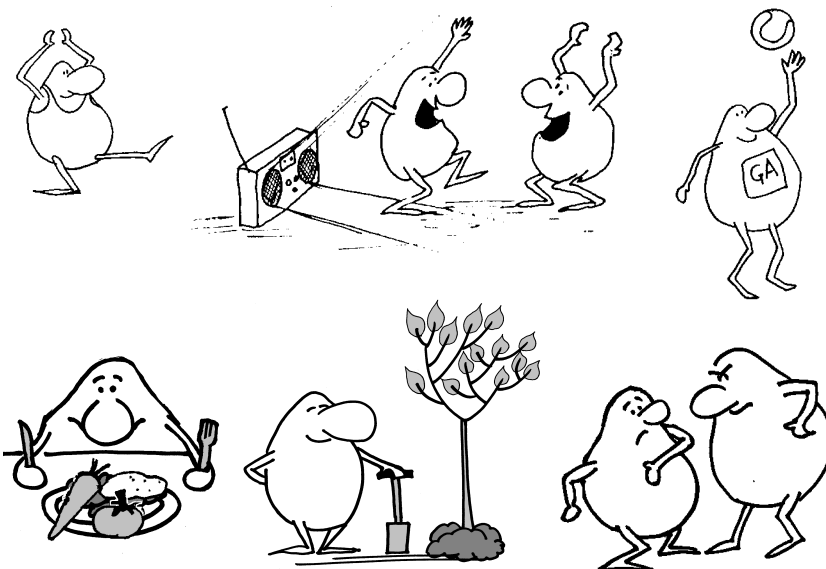
	12-13 year old Male	12-13 year old Female	14-15 year old Male	14-15 year old Female	All
Helping others (organised)	5%	5%	11%	13%	8%
Helping others (informal)	15%	17%	11%	15%	15%
Care for a younger family member	25%	40%	31%	47%	36%
Care for an older family member	19%	21%	14%	17%	18%
Work to improve the local area	6%	4%	5%	2%	4%
Organising events for own age group	9%	9%	10%	9%	9%
Organising events for younger age group	6%	7%	6%	7%	7%
Fundraising for national charity	12%	15%	9%	12%	12%
Fundraising for local causes	8%	10%	6%	8%	8%
Take part in local youth forum/council	8%	8%	7%	7%	7%
Serve on a committee	8%	5%	7%	5%	6%
Campaign for a cause	5%	4%	4%	4%	4%
Take part in local youth forum/council	8%	8%	7%	7%	7%
Total sample	2382	2421	2355	2319	9477

There are some very interesting age and sex differences in these figures. So, younger pupils report more involvement in fundraising, and in caring for an older family member. Girls score higher than boys in all categories, but the differences are marked only for the 'babysitting' item.

It's clear that very many young people make regular contributions to their family and community.

## CARTOONS

Our survey work in Essex has seen the creation of some new SHEU cartoons they thought were 'non age, gender or race specific and are quite humorous for all ages'.



## 'TRENDS'

SHEU has been publishing the 'Trends' series of reports since 2003 and new to the series will be answers to questions about health and safety and sex and relationships. For example:-

In 2006 we found that up to 25% of young people are 'quite' or 'very uneasy' about meeting people of their own age for the first time.

We also found that 45% of the 14-15 year old females knew about a local birth control service for young people, and knowledge grew with age. However, 54% of the 14-15 year old males did not know about a local service.

To read summaries of the current Trends reports please visit [www.sheu.org.uk](http://www.sheu.org.uk) and click on 'Publications – Trends'.