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SHEU NEWS

SHEU SURVEYS

OVER 30 YEARS EXPERIENCE
SURVEYS SUCCESSFULLY COMPLETED BY OVER 1 MILLION YOUNG PEOPLE

September 2008

ARE WE surveying NEAR YOU?

SHEU has recently surveyed in...
Wolverhampton,
Bristol, Lambeth,
East Lancashire,
Hertfordshire, Cumbria,
North Yorkshire,
Peterborough, Wiltshire,
Bedford, Knowsley,
Sunderland, Heybridge,
North Lancashire,
Southampton, Swindon,
Cambridgeshire,
Lewisham and Haringey
For more information
please email:-
angela.balding@sheu.org.uk

SHEU has been carrying out young people surveys for over thirty years.

Why people use our survey services

"SHEU data proved the best source of the kind of information we were looking for... to provide research support to the National Healthy Schools Programme." *Department of Health*

Following a survey, we produce reports that are used for a wide range of purposes.

One survey co-ordinator tells us that, "In the PSHE area that I work in I have used the information with teachers at training sessions and co-ordinator meetings. I have also used it for some of the PSHE CPD training with teachers and nurses, especially the drugs training session. I also used the findings when undertaking some specific mapping linked to a school improvement project. The information is often referred to during strategic meetings with the substance misuse team. More strategically I summarise the findings with a school improvement focus for SIPs and advisers.

We organise partnership meetings to disseminate the information via the Healthy School network...copies of the reports have also gone out to Primary Care Trusts".



HEALTHY COLLEGES

"...the starting point for every aspect (National Healthy College Standard) will be to have a baseline by which to measure outcomes...I can't think of a better way of getting a baseline than through your survey."
Specialist Health Promotion Advisor.

A new National Healthy College Standard is being developed.

To discover how your college can be supported to collect baseline data please contact Angela Balding via email: angela.balding@sheu.org.uk or Tel. 01392 667272.

What can you expect from our survey services

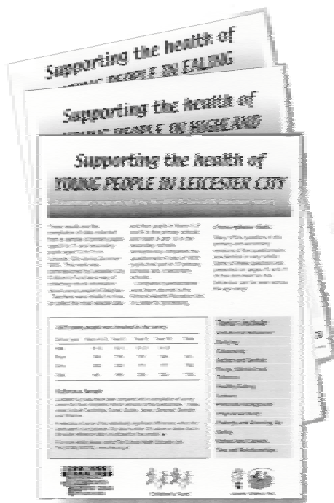
- 31 years of unrivalled expertise in questionnaire design, data management, analysis and presentation for education and health colleagues
- Questionnaire design skills learnt over many years of development work with schools, colleges and health professionals
- Survey support from SHEU staff who are experienced teachers
- Repeat surveys by many Local Authorities - allowing local trends to be detected and programmes evaluated
- Telephone support from dedicated survey designers to support online surveys
- Instant results from online survey or within weeks from paper survey
- Your school/college results compared with SHEU's unique databank
- Data used to support Healthy School and Healthy College programmes
- Successful school/college sport programmes based on SHEU local data
- Detailed analysis of your data presented in many formats e.g. PPT/XLS
- Data used as evidence for ECM programmes

For details please contact Angela Balding Tel: 01392 667272 Email: angela.balding@sheu.org.uk



Schools Health Education Unit

ESTABLISHED 1977



NEW QUESTIONS

We have enjoyed working with local authorities to include new local questions to our standard questionnaire. Our expertise in questionnaire design has led to our unique 30+ year old question bank. This contains questions we have asked before for different projects across the UK and is used when phrasing a local question in a way that pupils can understand. This also means that we have great confidence in the resulting data.

A couple of new questions include: "If you smoke, do you feel that you could give up?" – of a total sample of over 4000 pupils, 17% of Year 10 males said "No".

"Where do you get most of your information on careers and further education opportunities?" – of a total sample of over 3500 pupils, 34% of Year 10 males chose 'Parents' from a list of 7 options.

"Are you a practising member of a religion? (i.e. do you attend a place of worship or worship at home?)" – of a total sample of over 3000 primary pupils 63% said 'Yes'.

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

NOT ONLY... BUT ALSO...

As well as our usual run of lifestyle questionnaires, we have been working on a variety of other evaluation projects:

Evaluation of the effectiveness of a teenage sexual health centre

Evaluation of a bibliotherapy intervention

Piloting an emotional literacy questionnaire

Snapshot of smoking levels

Sexual health knowledge and attitudes

Have you got a questionnaire in mind, but aren't sure how to word it or you haven't got time to enter all the figures? Let us help...

Email: david.regis@sheu.org.uk

Trends

NEW DATA

In 2001 we began publishing a series of reports that looked at young people's attitudes to a range of lifestyle issues. We used data from 1983 from the Health Related Behaviour Survey and to-date we have published 8 reports.

Using new data from over 516,000 young people we are updating three of the reports: food choices, smoking and drinking.

For example, over the past ten years around 15% of 14-15 year old males and around 10% of 14-15 year old females report drinking more than 10 units of alcohol e.g. 5 pints of beer during 'the last 7 days'.

Among the many other topics are: 22 years of 14-15 year olds drinking – since 1985, 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'. But there has only been around a 5% ± difference between the two groups with no overall trend.

Email: david.mcgeorge@sheu.org.uk for details of the Trends reports

HEALTHY SCHOOL STUDENT NEWS

A monthly email with Internet links to information about 11-16 year olds health related behaviour chosen from our databanks and the Internet.

Recent links have included: "...boys are motivated more by love and a desire to form real relationships with the girls they date" and "Stopping teenagers getting pregnant - Teens and Toddlers programme".

SPORTS NEWS

A monthly email with Internet links to information about sport for School Sport Partnerships.

Recent links have included: "First female footballers celebrate an advanced apprenticeship in sporting excellence qualification" and "Orienteering - British Schools Champions".

HEALTHY STUDENT NEWS

A monthly email with Internet links to information about the health related behaviour of young people aged 16+

Recent links have included: "One thousand reasons why suspect food additives are hard to avoid" and "HIV prevention and condom acceptability in Maasai culture".

EDUCATION AND HEALTH

A free copy of one of the issues of this quarterly journal for those concerned with the healthy development of young people

Would you and your colleagues like to receive these free publications?

Please email

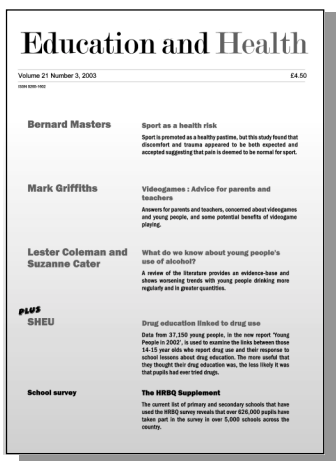
david.mcgeorge@sheu.org.uk

and tell us which free monthly emails and/or free copy of one of the issues of Education and Health you wish to receive.

FREE FREE FREE FREE FREE FREE FREE FREE FREE FREE

Education and Health

Volume 26 Number 3. 2008



Issue no.3 for 2008 contained an eclectic mix of articles.

Health Promotion Officer for Sexual Health, Pamela Vannan, wrote about 'Feel Think Do' – a sexual abuse prevention programme for primary pupils.

Dr Maura O'Neill is the Head of Health Promotion, Western Health and Social Services Trust in Northern Ireland. She and colleagues wrote about the 'Healthy Munchbox Challenge' – aimed to promote healthy eating habits in children.

Mary Brett is the UK spokesperson for Europe Against Drugs and she wrote about ten key facts that teachers need to know about cannabis.

Graham Russell is a lecturer in Health Psychology at the University of Plymouth. He wrote about social anxiety and how it can affect student well-being and learning.

Peter Barnard is the Registrar at the Grimsby Institute of Further and Higher Education. He wrote about how the Grimsby Institute is addressing mental health issues.

Marc Tomlinson and Diane Hepworth are Counsellors at Greenhead College. They wrote about the college counselling service at their college.

The Teacher Support Network wrote about their work supporting school staff and mental health problems amongst teachers and other school staff.

Kerry Jones and Alice Wriglesworth work for the North Wales NHS Trust. They wrote about the 'Inspire' Youth Work in Hospital project that offers support to young people admitted to Wrexham Maelor Hospital with self-harming behaviours.

Annie Sanders worked as the Northumberland FACT Participation Co-ordinator. She wrote about the participation work with young people to improve access to health services.

SPECIAL FE EDITION

In October 2008 there will be another special edition of Education and Health. It will reflect the healthy college developments that are taking place in FE and 6th 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.

AU REVOIR TO DI AND DAN



Dan and Di with company Founder John Balding

Two long-serving members of staff have recently left us. John Balding writes:

"Di Bish came to work with us in 1985 and has been a damned nuisance ever since...but we're very sorry to see her go. Di first worked for us as a 'coder'. Nearly all SHEU's projects are based around the work of the 'engine room', the data processing team who take in scripts, assign numbers to pupils answers ('coding') and type the numbers into computer files ('punching'). Her attention to detail and insistence that our guidelines be sharpened up were both a challenge and a treat.

We invited her to join us in the office in 1986, and took over Beryl's role as Data Processing Manager in 2000. We soon learned to use her in every project we took on -- even if she did acquire a wholly deserved reputation for getting all our early thoughts thrown out ('Start-Again Di', we muttered...).

All that makes Di sound like a tyrant, but she is also one of the warmest and good-humoured of colleagues, and she has been an absolute pleasure to know and work with.

Dan Hawkins has worked with us on and off for much of the last ten years, as a code puncher. We recognised his talents and, when our able administrator left us a few years ago, he took over bringing his organisational skills and genial manner to the position. He lifted our game with meticulous logging and record-keeping; his booming chuckle also became known to anyone who rang the Unit.

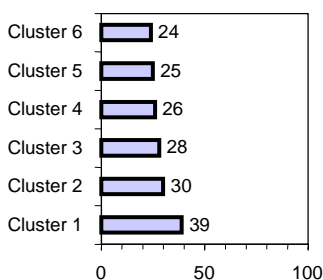
Last year he took up the reins of Project Co-ordinator and ably coached our new Administrator, Charleigh. He too has left a large pair of shoes to fill and we will miss his cheery company."

AREA PROFILES

We tend to write reports for schools and colleges and for areas, but we can also produce results and reports at intermediate level – which might be called area, cluster or locality. For example in Table 1, in which authority we are working with you can see that the area with the fewest secondary pupils wanting to continue with full-time education is also the area that has the highest proportion of pupils who have ever tried drugs. Food for thought!

Table 1	North	South	East/ Central
% want to continue in full-time education	80%	47%	65%
% ever tried drugs	29%	37%	26%

Also providing food for thought is this analysis from another authority showing that worry about school work is much higher in one cluster than any of the others..



Percentage worrying quite a lot or a lot about school work, by cluster. Results for Yr.10 only.

New Romantics?

There is a well-known study from some years ago by Roger Ingham and colleagues which compared young men, from the UK and the Netherlands, and the reasons they gave for first having sex.

Reasons given for first sex by young men*

	In UK	In Netherlands
Physical attraction	45%	15%
Opportunity	45%	30%
Peer pressure	40%	10%
Love & Commitment	10%	55%

*From Ingham, R. and Van Zessen, G. (1998). From cultural contexts to interactional competencies, paper at *AIDS in Europe: Social and Behavioural Dimensions Conference*, Paris, 12-16th January.

This doesn't paint a very romantic picture of British young men; the biggest difference is in the love and commitment figures, where just 10% of the UK sample gave it as a reason compared with 55% of their peers in the Netherlands.

One authority recently wanted to investigate this issue with their own population, and they came up with the following results:

Percentage answering "What was the main reason you had sex for the first time?"; all reasons sorted for young people in each age group, by sex.

	All		Y10		16-18		19-25	
	♂	♀	♂	♀	♂	♀	♂	♀
Love and commitment	37%		22%	42%	27%	46%	23%	41%
Physical attraction	31%		37%	24%	40%	26%	35%	25%
Curiosity/bit of fun	13%		13%	10%	14%	12%	18%	15%
Opportunity	6%		14%	4%	10%	3%	13%	4%
I was/my partner was drunk	6%		6%	12%	4%	6%	5%	6%
Peer pressure	3%		3%	3%	1%	4%	4%	4%
To make me feel loved/wanted	1%		2%	2%	1%	1%	1%	2%

It's immediately plain that love and commitment is the top reason overall; although if we look at just the males, then physical attraction becomes the top reason. Even among the males, the proportion voting for love and commitment is much higher than in the 1998 study, and this is true for each age group.

Is this next generation of young men more romantic than the last?

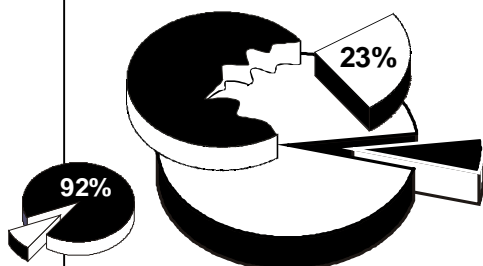
YOUNG PEOPLE INTO 2008

We completed a total of 45,391 questionnaires in 2007:

Year 6	8,900
Year 8	10,706
Year 10	15,432

The results from these studies will form the forthcoming Young People into 2008 report, the latest in a series that started in 1986.

For details please email: david.mcgeorge@sheu.org.uk



ONLINE SURVEYS

SHEU has websites that run online surveys for schools and colleges.

We have found that our surveys give robust data via online or paper-based questionnaires. Often the final decision about which survey method to use can depend on the availability and ease of access of computers in schools and colleges.

For more information please visit:- www.sheu.org.uk/surveys/onlineSurvey.htm