

SHEU [Schools Health Education Unit] provide a free resource that links to research on the Internet about children and young people's health and wellbeing.

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SHEU

Recent additions to the free research resource that supports those concerned with the health and wellbeing of children and young people

In January 2006, The Schools Health Education Unit [SHEU] began sending out a monthly email with links to research. The links were to information, chosen from the SHEU's databanks and the Internet, about the health and behaviour of young people aged 16+. The links were mainly to research papers and, where possible, to the complete paper or at least an abstract.

The development of the resource grew out of the SHEU's research work with schools and colleges across the country. It was clear that those working with children and young people did not have much time to search for relevant research that could support their work.

The resource is regularly updated and recent additions include:

[Is age of menarche among school girls related to academic performance?](#)

"There is strong evidence that the mean age of menarche has declined over the last few decades in developed and developing countries. This is of a major concern because of its enormous public health implications. This study aimed to estimate the age of menarche in Kuwait and investigate the association between menarcheal age and academic performance among high school girls in Kuwait. There was no evidence for significant association between age of menarche and students' academic performance."

[Energy drinks and alcohol related risk among young adults.](#)

"Energy drink consumption, with or without concurrent alcohol use, is common among young adults. This study sought to clarify risk for negative alcohol outcomes related to the timing of energy drink use. We interviewed a community

sample of 481 young adults, aged 18–25, who drank alcohol in the last month. 31.2% reported concurrent use of energy drinks and alcohol."

[Prevalence of substance use among middle school-aged e-cigarette users compared with cigarette smokers, non-users and dual users.](#)

"School surveys conducted in 15 middle schools in the US (N = 6,547, girls = 49.6%. Approximately 4.3% of participants had used e-cigarettes only, 4.5% had used combustible cigarettes only, and around 5.5% were dual users. Dual users had the highest prevalence of 8 of the 9 forms of substance use assessed in the study (i.e., chewing tobacco, any alcohol, drunkenness, marijuana, sniffing, prescription drugs, hallucinogens, synthetic marijuana, and bath salts."

[Long Live Love+: evaluation of the implementation of an online school-based sexuality education program in the Netherlands.](#)

"Results showed that teachers' completeness ranged between 22–100% (M = 75%). Fidelity was high, but many teachers added elements. Teachers and students enjoyed LLL+, particularly the diversity in the exercises and its interactive character. The most important factors that influenced implementation were time and organizational constraints, lack of awareness on the impact of completeness and fidelity, and student response."

If you would like to join the thousands of colleagues, who work with children and young people and who receive this free resource, please contact [David McGeorge](#). To find more links to research about children, young people and topics including; health; food; drugs; health and wellbeing; please follow this [link](#).