

Supporting the health of YOUNG PEOPLE IN LEICESTER CITY

A summary report of the Health Related Behaviour Survey

These results are the compilation of data collected from a sample of primary pupils aged 8 to 11 and secondary pupils aged 12 to 15 in Leicester City during Summer 2003. This work was commissioned by Leicester City Children's Fund as a way of collecting robust information about young people's lifestyles.

Teachers were briefed on how to collect the most reliable data

and then pupils in Years 4, 5 and 6 in the primary schools and Years 8 and 10 in the secondary schools anonymously completed the questionnaire. A total of 1609 pupils took part in 12 primary schools and 3 secondary schools.

Completed questionnaires were then returned to the Schools Health Education Unit in Exeter for processing.

Cross-phase links


Many of the questions in the primary and secondary versions of the questionnaire are identical or very similar. Some of these questions are presented on pages 10 and 11 of this document so that behaviour can be seen across the age range.

1609 young people were involved in the survey

School year	Years 4 & 5	Year 6	Year 8	Year 10	Total
Age	8-10	10-11	12-13	14-15	
Boys	249	238	192	148	827
Girls	232	202	171	177	782
Total	481	440	363	325	1609

Reference Sample

Leicester City data have been compared with a compilation of survey areas that have completed similar versions of the questionnaire. These areas include Cambridge, Dorset, Dudley, Jersey, Somerset, Swindon and Wiltshire.

A selection of some of the statistically significant differences, where the level seen in the Leicester City data is either 5% above or below that in the wider reference data, is indicated by the symbol 

For more details please contact The Schools Health Education Unit
Tel: (01392) 667272, www.sheu.org.uk

Topics include

Anti-Social Behaviour

Bullying

Citizenship

Doctor and Dentist

Drugs, Alcohol and Tobacco

Healthy Eating

Leisure

Personal Background

Physical Activity

Puberty and Growing Up

Safety

School and Careers

Sex and Relationships



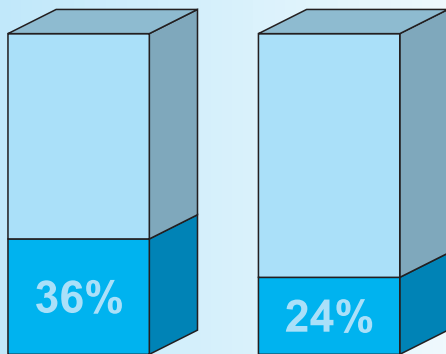
Leicester City Primary school pupils in Years 4, 5 and 6 (ages 8 to 11 years)

BACKGROUND

- 43% of pupils describe themselves as white British.
- 34% described themselves as Indian.
- 96% have at least one brother or sister.
- 10% of pupils have broadsheet newspapers in their home, 56% popular tabloids.

SELF-ESTEEM

- 36% of boys and 24% of girls have high self-esteem scores.



- 6% of pupils have low self-esteem scores, 3% of boys and 8% of girls.

HEALTHY EATING

- 3% of Years 4 and 5 pupils, 5% of Year 6 boys and 7% of Year 6 girls had nothing to eat or drink for breakfast on the morning of the survey.
- 6% of Years 4 and 5 pupils and 11% of Year 6 pupils only had a drink for breakfast on the morning of the survey.
- Of those pupils who said they had a drink, 25% had milk, 21% tea or coffee and 17% fruit juice. 5% had a fizzy drink
- Of those pupils who ate something, 50% had cereal, 26% had bread or toast, and 3% had biscuits.
- 45% of pupils have crisps, 44% sweets and chocolates and 31% 'non diet' fizzy drinks on most days.
- 49% eat fresh fruit and 43% dairy produce on most days. 36% of pupils eat vegetables on most days.
- 40% said they rarely or never ate any fish/fish fingers.
- 88% said they liked to drink water.
- 63% drank between 1 and 5 cups on the day before the survey.

Dental care

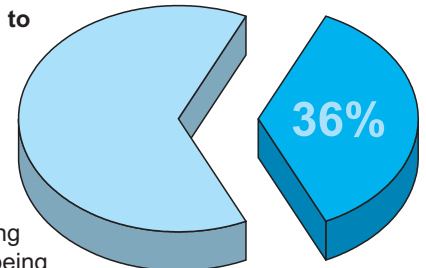
- 83% of pupils reported that they cleaned their teeth at least twice a day (the recommended frequency).
- 22% of pupils had a filling the last time they visited the dentist.

SCHOOL

- 65% of pupils said they usually walked to school.
- 42% reported that they worried about SATs.
- 36% of spent time doing homework on the evening before the survey.
- 33% said they thought teachers took their opinions seriously, 40% said they didn't know and 27% said no, they didn't think they did.

BULLYING

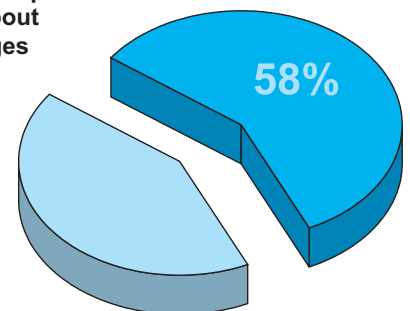
- 36% of pupils reported that they felt afraid to go to school because of bullying, at least sometimes.



- Behaviour widely reported as causing distress included: being called nasty names, being left out or ignored, being teased or made fun of and being pushed or hit for no reason.
- When asked where it happened, 24% of pupils reported outside at breaktime, 21% said in the classroom at breaktime and 12% reported during a lesson.
- 22% of pupils reported that they thought they were bullied because of the way they looked, 20% because of their size or weight.
- 17% thought they were bullied because of their race, colour or religion.
- Pupils were asked to think about the last time they felt bullied and what they did about it, 49% said they told an adult, 40% said they told the bully to stop and 38% said they told a friend about it.
- 5% of pupils reported that they thought others might fear going to school because of them.

PUBERTY AND GROWING UP

- 58% of pupils said their parents had talked to them about how their body changes as they grow up.



- 36% of pupils said their teachers had talked to them about how their body changes as they grow up.
- 18% of pupils said they felt that they didn't know enough about how their body changes as they get older and 34% said they weren't sure.
- 13% of boys and 24% of girls reported that they worried about the way they looked.
- 11% of boys and 22% of girls worried about how their body changes as they grow up.
- 26% of Years 4 and 5 pupils and 56% of Year 6 pupils said they knew about an illness called AIDS (or HIV).
- 23% of pupils said their parents had talked to them about AIDS (or HIV), 9% said their teachers had.

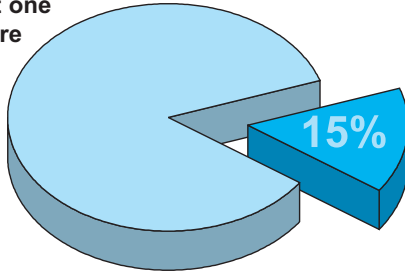
DRUGS, ALCOHOL AND TOBACCO

Drugs

- 50% of pupils reported that their parents had talked to them about drugs. 46% said their teachers had talked to them about drugs.
- 20% say they are 'fairly sure' or 'certain' they know a user of drugs (not medicines).
- 95% of pupils said they didn't think they would ever use drugs, 4% said maybe and 1% said they would.

Alcohol

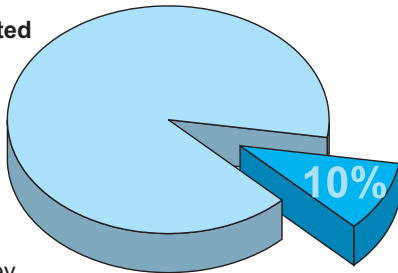
- 15% of the primary school sample had at least one alcoholic drink (more than just a sip) in the last week.



- A greater proportion of the drinkers in both Year groups was boys.
- 75% of those who said they had ever drunk alcohol said their parents always knew.
- The most popular drinks were beer and wine.

Tobacco

- 10% of pupils reported that they had tried smoking once or twice.



- 2% smoked at least one cigarette during the seven days before the survey.
- 82% said they wouldn't smoke when older, 12% said maybe and 6% think they will smoke when they are older.

SAFETY

Scared by an adult

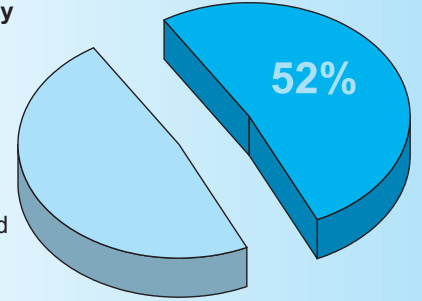
- 28% of pupils reported that an adult, who scared or made them upset, had approached them.
- 50% said they did know the person.
- 18% of those who said they had been approached said they ran/walked away. 12% said they told an adult straight away and 11% said they kept it to themselves.

Accidents

- 38% of pupils reported that they had an accident in the last twelve months that was treated by a doctor or at a hospital.
- The main injuries sustained were cuts, 'hurt' heads, bruises and grazes or sprains. 7% had broken bones.
- The most common situations in which accidents happened were in the home, at school and particularly for the boys, playing sport.
- 63% of pupils never or almost never wear a safety helmet when cycling.

LEISURE AND PHYSICAL ACTIVITIES

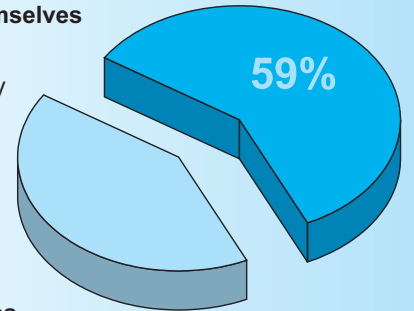
- 74% of pupils said they spent some time watching television, videos or DVDs after school on the day of the survey.
- 53% said they spent time playing with friends and 53% played sport. 49% listened to music, 36% read a book for pleasure and 46% played computer games.
- 52% said they spent some time caring for family members.**



- 58% of pupils said they hang around the streets because they want to be with their friends, 32% said it was because it was what they liked to do.
- 14% said they hang around on the streets because there is no transport to get anywhere.

- 83% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.

- 59% considered themselves 'fit' or 'very fit'.**



- 70% reported that they had exercised twice or more, in the last week, which made them breathe harder.

- 84% of pupils have a bicycle.

- The physical activities most recorded as being taken part in regularly were:**

Years 4 & 5	Boys	Girls
Football	63%	Swimming 39%
Riding a bike	41%	Riding a bike 37%
Running	40%	Running 37%
Keep fit	40%	Dancing/gymnastics 35%
Swimming	31%	Going for a walk 34%

Year 6	Boys	Girls
Football	79%	Running 51%
Riding a bike	53%	Swimming 47%
Running	53%	Going for a walk 40%
Keep fit	47%	Football 38%
Cricket/kwick cricket	40%	Dancing/gymnastics 36%

(The table shows the proportion of pupils who said they took part in the sport at least weekly.)

ASTHMA

- 14% of pupils said they had asthma.
- 12% said they had taken medication for asthma in the seven days before the survey

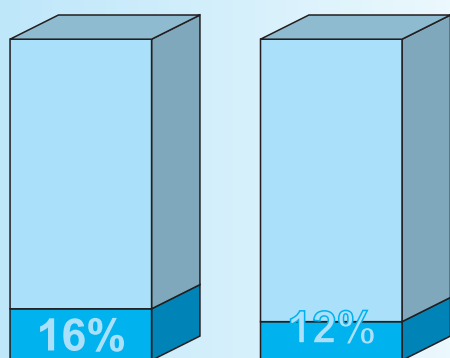
ANTI-SOCIAL BEHAVIOUR

- ☐ Pupils were asked to indicate if they had ever done any of the things from a list of anti-social behaviours given in the questionnaire. The most common activities they said they had been involved in were:

Years 4 & 5	Boys	Girls
Hit, kicked or thrown stones at someone	22%	11%
Played on or near a building site	13%	11%
Rang 999 for a joke	12%	8%
Damaged a car	12%	6%
Threatened or ganged up on someone	11%	4%
Vandalism	10%	4%

Year 6	Boys	Girls
Hit, kicked or thrown stones at someone	25%	17%
Played on or near a building site	21%	9%
Threatened or ganged up on someone	19%	9%
Damaged a car	18%	9%
Rang 999 for a joke	16%	8%
Shoplifted	16%	6%

- ☐ **16% of Year 6 boys said they had vandalised and 12% said they had started a fire they shouldn't have.**



- ☐ The data shows a clear gender difference in level and type of activity and an increase in activity with age.
- ☐ 22% of pupils said they felt sorry about what they had done and 12% felt scared someone might have been hurt.
- ☐ 19% of Year 6 boys said they thought what they had done was funny.
- ☐ When asked what they would do if they saw someone else doing these things, 66% of pupils said they would tell their parents, 56% said they would tell their friends and 46% said they would tell the police.

SIGNIFICANT DIFFERENCES BETWEEN LEICESTER CITY AND THE REFERENCE SAMPLE

- ☛ 15% of pupils said they had an alcoholic drink in the seven days before the survey compared with 21% of the reference sample.
- ☛ Fewer pupils had spoken with their parents about drugs compared with the reference sample (50% compared with 67%), however a greater proportion had spoken to their teachers, 46% compared with 40% of the reference sample.
- ☛ The activities the pupils said they did after school on the day of the survey differed compared with the reference sample. Fewer pupils watched television, videos and DVDs, listened to music and did homework. A greater proportion played with friends and played sport. (The timing of the survey in the Summer term may account for some of these differences).
- ☛ Whilst overall the proportion of pupils who said they felt afraid of going to school at least sometimes because of bullying was similar to the reference sample, greater proportions said they were bullied at school. 21% said they were bullied in the classroom at breaktime compared with 13% of the reference sample. 24% said bullying happened outside at breaktime compared with 16% of the reference sample and 12% said during lesson time compared with 7% of the reference sample.
- ☛ A greater proportion of pupils said they ate dairy produce, vegetarian main meals, fresh fruit and salads on most days compared with the reference sample. Fewer drank fizzy drinks on most days.
- ☛ 83% of pupils cleaned their teeth twice or more on the day before the survey compared with 74% of the reference sample.
- ☛ A greater proportion of pupils went for walks and played football, rugby and basketball at least weekly compared with the reference sample.
- ☛ 38% of Year 6 girls said they played football at least weekly compared with 20% of Year 6 girls in the reference sample.
- ☛ Fewer pupils said they had a bicycle, 84% compared with 93% of the reference sample.
- ☛ Of those pupils who said they had a bicycle, fewer said they wore a cycle helmet 'whenever possible', 14% compared with 24% of the reference sample.
- ☛ 40% of pupils said they knew about an illness called AIDS (or HIV) compared with 54% of the reference sample.
- ☛ Fewer pupils said their parents had talked to them about AIDS (or HIV) compared with the reference sample, 23% compared with 30%
- ☛ Fewer pupils had spoken with their parents about body changes as they grew up, 58% compared with 73% of the reference sample. A greater proportion had talked with their teacher however, 36% compared with 29% of the reference sample.

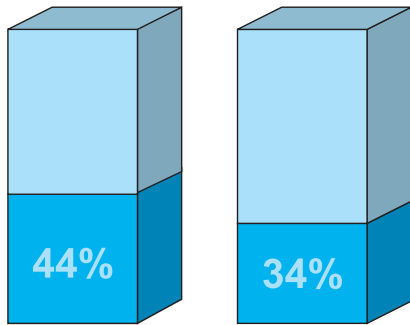
Leicester City Secondary school pupils in Year 8 and Year 10 (ages 12-13 and 14-15)

BACKGROUND

- 58% of pupils described themselves as white British.
- 24% described themselves as Indian.
- 92% have at least one brother or sister.
- 59% live with their mother and father together, 21% with mainly or only their mother.
- 7% of pupils have broadsheet newspapers in their homes, 36% popular tabloids.

SELF-ESTEEM

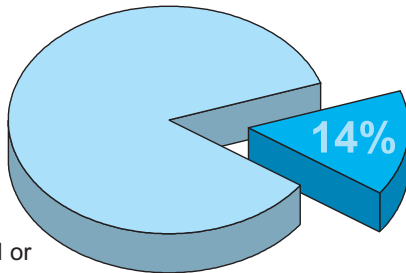
- 44% of boys and 34% of girls had high self-esteem scores.



- 2% of pupils had low self-esteem scores.

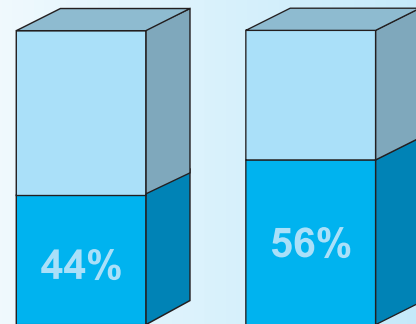
HEALTHY EATING

- 14% of pupils reported having nothing to eat or drink for breakfast on the day of the survey.
- 34% reported having cereal and 17% bread or toast. 2% had biscuits.
- 43% of Year 10 girls had nothing more than a drink for breakfast on the morning of the survey. It is interesting that 53% of Year 10 girls say that they would like to lose weight.
- 13% of the Year 10 girls also reported having no lunch on the day before the survey.
- 32% of pupils had a cafeteria lunch at school on the day before the survey.
- 17% said they never considered their health when choosing what to eat.
- 52% of pupils said they ate dairy products 'on most days'. 35% said they ate fruit 'on most days' and 30% said vegetables.
- 37% of pupils said they drank fizzy drinks 'on most days'. 36% ate crisps and 43% ate sweets 'on most days'.
- 42% of pupils said they rarely or never ate any fish/fishfingers.



SCHOOL AND CAREER

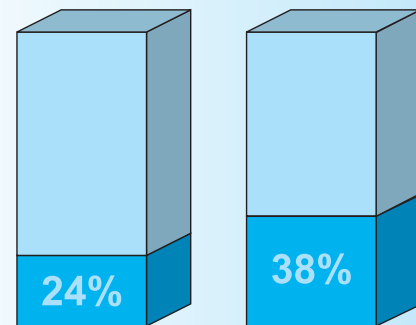
- 65% of pupils walked at least part of the way to school on the day of the survey. 20% went by car/van and 12% by bus (not a school bus).
- 64% of pupils reported that they enjoyed around half or more of their lessons.
- 19% said they enjoyed hardly any of their lessons.
- Only 23% of pupils thought that their teachers took their opinions seriously.
- 6% reported that they didn't know if they would take any GCSEs, 1% said they didn't expect to take any.
- 47% reported that they expected to take several GCSEs and achieve good grades.
- 44% of boys and 56% of girls want to continue in full time education after leaving school.**



- 40% of boys and 43% of girls want to get training for a skilled job.
- 56% of pupils did homework on the evening before the survey, 21% did over an hour.

BULLYING

- 24% of boys and 38% of girls reported a fear of going to school at least sometimes because of bullying.



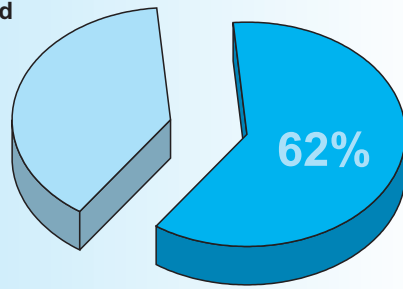
- 6% said they thought others may fear going to school because of them.
- 13% said they worried 'quite a lot' or 'a lot' about bullying.

SPENDING

- 33% of pupils said they had put some of their own money into a savings scheme in the week before the survey.
- 8% said they had spent some of their own money on National Lottery tickets in the week before the survey. A quarter of these pupils had purchased the tickets themselves.
- 7% said they had bought National Lottery Instants tickets in the week before the survey. Just over a quarter of these pupils had bought them themselves.

EMOTIONAL HEALTH & WELL-BEING

- 62% of pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life.



- Parents are the most popular sources of support for boys and girls.
- From a list given in the questionnaire, 44% of pupils said they got on best with both their parents, 23% said with their mother or step mother and 13% said with an adult brother or sister.
- 65% of pupils reported that there were between two and ten adults they could trust. 6% said there weren't any.
- 34% of boys, 28% of Year 8 girls and 17% of Year 10 girls said they felt at ease when meeting people of their own age for the first time. 9% of pupils said they felt very uneasy.
- 63% of pupils reported that they worried about at least one problem 'quite a lot' or 'a lot'.
- The top four worries were:

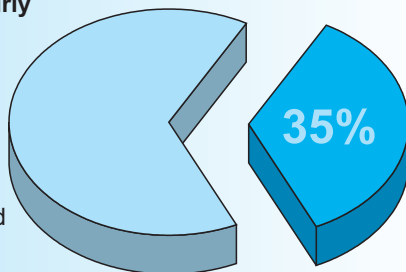
Year 8		Boys		Girls	
Family problems	26%	Family problems	37%		
Career problems	21%	Their looks	33%		
Health problems	18%	Family problems	33%		
School work problems	17%	Health problems	21%		

Year 10		Boys		Girls	
Career problems	29%	Their looks	37%		
School work problems	24%	Career problems	36%		
Family problems	23%	Family problems	35%		
Their looks	21%	School work problems	33%		

DRUGS, ALCOHOL & TOBACCO

Drugs

- 35% of pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.



- 33% of Year 10 boys and 22% of Year 10 girls have been offered cannabis.
- 24% of all Year 10 pupils said they had been offered other drugs from the list in the questionnaire.
- 2% of Year 8 pupils and 8% of Year 10 pupils reported that they had taken an illegal drug in the last month.
- 18% of Year 10 pupils said they had taken at least one of the drugs listed in the questionnaire at some point.
- 3% of Year 10 boys and 1% of Year 10 girls said they had taken more than one type of drug on the same occasion.

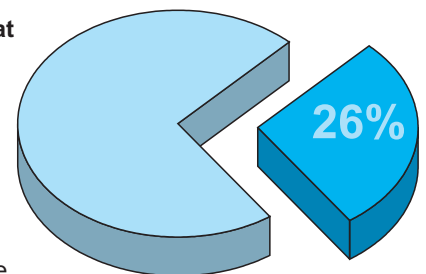
- 6% of Year 10 boys and 8% of Year 10 girls have taken an illegal drug and alcohol on the same occasion.
- A high proportion of pupils said they didn't know much about the drugs listed in the questionnaire.

Year 8	Heard of it but don't know much about it		Believe safe if used properly	
	Boys	Girls	Boys	Girls
Amphetamines	36%	42%	8%	3%
Cannabis leaf or resin	34%	34%	14%	11%
Ecstasy	31%	27%	6%	4%
Cocaine	38%	41%	5%	6%
Synthetic hallucinogens	24%	24%	5%	4%
Heroin	35%	35%	6%	5%
Solvents	24%	25%	7%	13%

Year 10	Heard of it but don't know much about it		Believe safe if used properly	
	Boys	Girls	Boys	Girls
Amphetamines	34%	50%	5%	6%
Cannabis leaf or resin	26%	43%	28%	25%
Ecstasy	22%	36%	10%	3%
Cocaine	29%	41%	7%	5%
Synthetic hallucinogens	24%	32%	6%	4%
Heroin	24%	41%	7%	4%
Solvents	24%	38%	10%	8%

Alcohol

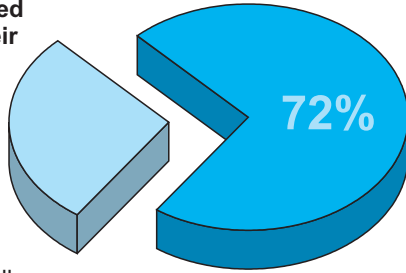
- 26% of pupils had at least one alcoholic drink in the week before the survey.



- Boys: 15% of Year 8 boys and 16% of Year 10 boys drank between 7 and 10 units of alcohol in the seven days before the survey.
- Girls: 13% of Year 8 girls and 16% of Year 10 girls drank between 7 and 10 units of alcohol in the seven days before the survey.
- 6% of secondary pupils were able to buy alcohol from an off-licence that should sell only to over-eighteen's.
- 10% of Year 10 girls said they bought alcohol in a pub or bar and 5% said in a disco or club.
- 16% of pupils said they had drunk alcohol at home in the seven days before the survey. 12% had drunk it at a friends or relations and 8% outside in a public place.
- 28% of pupils said their parents always knew if they drank alcohol at home. 4% said their parents never knew.
- Pre-mixed spirits, alcoholic soft drinks and beer/lager were the most popular drinks.

Tobacco

- 72% of pupils reported that a member of their family or a close friend smokes most days.



- Boys: 8% of Year 8 boys and 15% of Year 10 boys reported that they smoke occasionally or regularly.
- Girls: 10% of Year 8 girls and 22% of Year 10 girls reported that they smoke occasionally or regularly.
- 3% of pupils said they had smoked between 1 and 5 cigarettes in the seven days before the survey and 4% said between 6 and 25.
- 7% of pupils said they had smoked over 25 cigarettes in the seven days before the survey.
- 6% of pupils bought cigarettes from a shop in the week before the survey and 4% got them from friends.

SEX AND RELATIONSHIPS

- Pupils were asked to identify from a list in the questionnaire what their main source of information about sex was. The top four sources were:

Year 8	Boys	Girls
School lessons	28%	My parents 30%
My parents	22%	School lessons 29%
Friends	19%	Friends 12%
Siblings or other relations	7%	Siblings or other relations 9%

Year 10	Boys	Girls
School lessons	20%	Friends 27%
Friends	20%	My parents 19%
Internet	16%	School lessons 17%
My parents	15%	Advice centre 12%

- Pupils were also asked to say who should be their main source of information about sex. The top four answers were:

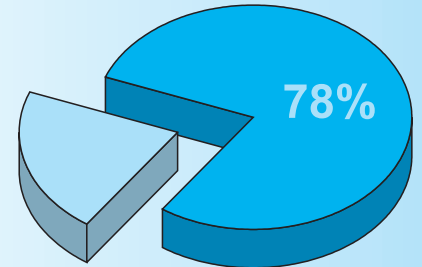
Year 8	Boys	Girls
School lessons	36%	My parents 42%
My parents	24%	School lessons 32%
Friends	9%	Advice centre 7%
Siblings or other relations	7%	Friends 5%

Year 10	Boys	Girls
School lessons	36%	My parents 41%
My parents	24%	School lessons 27%
Advice centre	11%	Advice centre 12%
Internet	9%	Friends 6%

- 39% of Year 10 boys and 74% of Year 10 girls said they knew where to get condoms free of charge.
- 26% of Year 10 boys and 47% of Year 10 girls believe there is a special contraception and advice service for young people available locally.
- 46% of Year 10 boys and 57% of Year 10 girls believed condoms were reliable methods of contraception to stop infections like HIV. 24% of Year 10 boys and 38% of Year 10 girls thought the female condom was reliable in stopping infections like HIV.

DOCTORS AND DENTISTS

- 78% of pupils said they had visited their doctor within the six months prior to the survey.

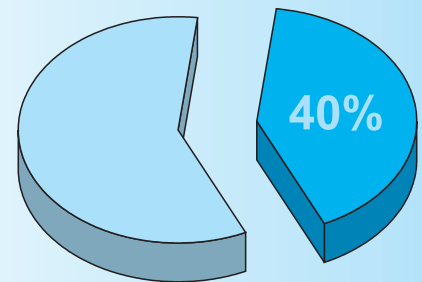


- 48% said they felt at ease on this visit, 10% said they felt very uneasy.
- 17% of pupils said they had asthma.
- 13% said they had taken medication for asthma in the seven days before the survey.
- 27% of boys, 35% of Year 8 girls and 47% of Year 10 girls said they had taken painkillers at least once in the seven days before the survey.
- 41% of girls had used medication for skin problems at least once in the seven days before the survey.
- 78% of pupils said they cleaned their teeth at least twice on the day before the survey.
- 80% of pupils had visited the dentist within the six months prior to the survey.

SAFETY

Accidents

- 40% said they were treated for an accident by a doctor or at a hospital within the year before the survey.



- The most common injuries were bruises, grazes and sprains. 7% of pupils had broken a bone.
- The most common situations in which these accidents occurred were playing sport amongst the boys and walking and running or in the home for girls.

Sun Protection

- 39% of pupils said they put on sunscreen 'usually' or 'whenever possible' to avoid sunburn. 33% said they stayed in the shade 'usually' or 'whenever possible'.

Activities

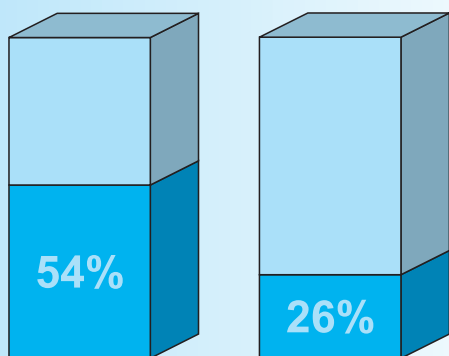
- 75% of pupils said they had a bike but only 6% of pupils said they wore a helmet 'most times' or 'always'.
- 45% of pupils said they played sports or activities that may damage their teeth but only 7% of pupils said they wore gumshields 'most times' or 'always'.

Local Area

- 24% of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'. 6% said this about going out during the day.
- 20% of pupils reported that they were fairly sure or certain that they had friends who carried weapons for protection when going out.

PHYSICAL ACTIVITY

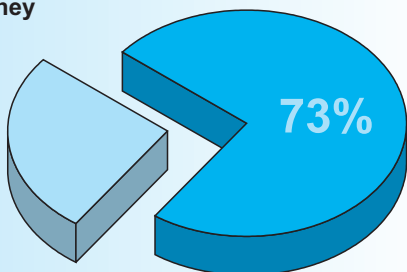
- 54% of the boys consider themselves 'fit' or 'very fit' compared with only 26% of the girls.



- 66% of pupils reported that they had exercised twice or more, in the last week, which made them breathe harder.
- Outside school hours soccer was the most popular form of physical activity for the boys.
- Going for walks was the most popular activity for the girls.
- 30% of the boys and 48% of the girls said that there were activities listed in the questionnaire that they would like to start doing or do more of.
- 18% of the girls said they would like to start doing or do more swimming.

LEISURE

- 73% of pupils said they watched television after school on the day of the survey.



- 17% of pupils said they watched over 3 hours of television after school on the day of the survey.
- 68% of Year 8 boys, 39% of Year 8 girls, 70% of Year 10 boys and 17% of Year 10 girls said they played computer games often.
- Among the boys shooting games and sport/driving simulations were the most popular types of games.

- On the day of the survey 25% of Year 8 boys and 23% of Year 10 boys spent more than 3 hours playing computer games. Only 5% of the girls did this.
- Other popular after school activities included meeting with friends (47%), playing sport (32%) and caring for pets (30%).
- 70% of pupils said they found out about things that interested them by talking to friends, 67% said they used a computer or the Internet for this reason.
- 52% of pupils said they had used the Internet at home in the month before the survey. 69% had used it at school and 22% said they had used it elsewhere.
- 63% of pupils said they were never supervised when they used the Internet.

ANTI-SOCIAL BEHAVIOUR

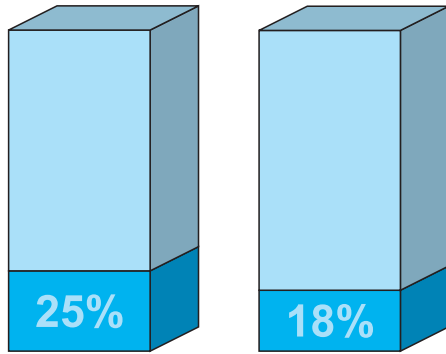
- Pupils in Year 8 and 10 were also asked to indicate if they had ever done any of the things from a list of anti-social behaviours given in the questionnaire. The most common activities they said they had been involved in were:

Year 8	Boys	Girls
Hit, kicked or thrown stones at someone	46%	37%
Played on or near a building site	38%	26%
Damaged a car	27%	24%
Vandalism	26%	23%
Threatened or ganged up on someone	25%	19%
Stolen something from someone	24%	18%

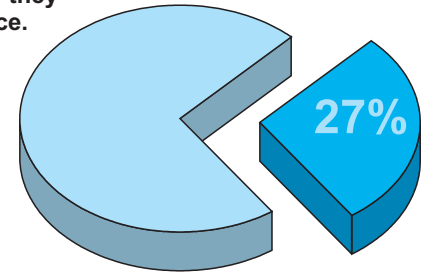
Year 10	Boys	Girls
Hit, kicked or thrown stones at someone	47%	32%
Played on or near a building site	42%	29%
Threatened or ganged up on someone	35%	24%
Damaged a car	32%	23%
Vandalism	31%	21%
Played on or near railway lines	30%	17%

- 22% of boys and 15% of girls said they had started a fire they shouldn't have.
- 10% of Year 8 boys, 6% of Year 10 boys and 5% of girls said they had broken into a car.
- The secondary data, like the primary data, shows a clear gender difference in level and type of activity and an increase in activity with age.

- 29% of pupils said they felt sorry about what they had done and 23% felt scared someone might have been hurt.
- **25% of boys and 18% of girls said they thought what they had done was funny.**



- When asked what they would do if they saw someone else doing these things; 43% of pupils said they would tell their parents, 67% said they would tell their friends and 40% said they would tell an older brother or sister. In all of these instances a greater proportion of girls compared with boys said they would tell someone.
- **27% of pupils said they would tell the police.**



SIGNIFICANT DIFFERENCES BETWEEN LEICESTER CITY AND THE REFERENCE SAMPLE

- A greater proportion of pupils had popular tabloid newspapers in their homes, 36% compared with 24% of the reference sample. Only 7% had broadsheet newspapers compared with 21% of the reference sample.
- Fewer pupils lived with their mother and father together, 59% compared with 66% of the reference sample. 21% of pupils lived mainly or only with their mother compared with 13% of the reference sample.
- 54% of pupils live in a home with five or more people compared with 38% of the reference sample. However, only 27% of pupils live in a house with four or more bedrooms compared with 44% of the reference sample.
- A greater proportion of pupils said they walked at least part of the way to school on the day of the survey, 65% compared with 53% of the reference sample. 18% came by bus/school bus compared with 25% of the reference sample.
- Lunch arrangements differed between Leicester pupils and the reference sample. 18% ate a packed lunch compared with 44% of the reference sample. 14% bought lunch from a takeaway/shop compared with 7% of the reference sample and 18% went home for lunch compared with 4% of the reference sample.
- 24% of pupils only had a drink for breakfast the morning of the survey compared with 16% of the reference sample.
- Pupils ate wholemeal bread and drank fizzy drinks more frequently than the reference sample. They ate less meat, dairy produce, vegetables and fresh fruit.
- 36% of pupils said they ate crisps on most days compared with 43% of the reference sample.
- 55% of pupils said they had never smoked at all compared with 48% of the reference sample.
- 26% of pupils had an alcoholic drink in the seven days before the survey compared with 40% of the reference sample.
- No pupils drank in excess of 11 units of alcohol in the seven days before the survey compared with 10% of the reference sample. However, a greater proportion drank between 7 and 10 units compared with the reference sample, 15% compared with 6%.
- Fewer pupils said they had drunk alcohol in all the places listed in the questionnaire compared with the reference sample.
- A greater proportion of pupils said they didn't know anyone personally who takes drugs, 52% compared with 39% of the reference sample.
- Fewer pupils had been offered cannabis, 16% compared with 31% of the reference sample.
- 16% of pupils said they had been offered other drugs from the list in the questionnaire compared with 23% of the reference sample.
- 5% of pupils said they had taken at least one of the drugs listed in the questionnaire in the last month compared with 10% of the reference sample.
- Fewer pupils had taken drugs and alcohol on the same occasion, 5% compared with 11% of the reference sample.
- Fewer pupils took vitamin tablets compared with the reference sample, 21% compared with 26%.
- 37% of pupils rated the safety, after dark, of the area where they lived as 'good' or 'very good' compared with 44% of the reference sample.
- 72% of pupils rated the safety, during the day, of the area where they lived as 'good' or 'very good' compared with 81% of the reference sample.
- 41% of pupils felt a little uneasy when meeting people of their own age for the first time compared with 51% of the reference sample.
- A greater proportion of pupils said they worried about the following problems compared with the reference sample: career problems, HIV/AIDS and bullying.
- 73% of pupils watched television in the evening, after school, on the day of the survey, compared with 83% of the reference sample.
- 56% of pupils did homework in the evening, after school on the day of the survey, compared with 64% of the reference sample.
- 24% of boys played computer games for more than 3 hours in the evening, after school on the day of the survey, compared with 15% of the reference sample.
- Fewer pupils read a book for enjoyment, cared for pets or played sport after school on the day of the survey.
- 52% of pupils used the Internet at home in the month before the survey compared with 61% of the reference sample.

Pyramid data: Questions included in both the primary and secondary versions of the questionnaire

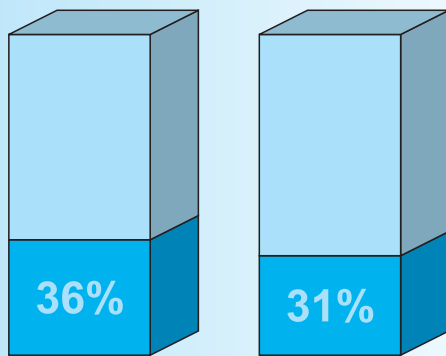
Cross-phase data

The following is a selection of data relating to the set of questions found in both the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up but this analysis is also useful because it can raise some important questions for local discussion.

BULLYING

Are you ever afraid of going to school because of bullying?

- 36% of primary pupils and 31% of secondary pupils say that they feel afraid of going to school because of bullying at least sometimes.



- Our surveys show that the figure for girls is consistently higher than for boys.
- A greater proportion of boys reported that they thought others might fear going to school because of them compared with the girls.

? The question does not say what bullying is, it asks for fear of going to school because of bullying. What effect is this fear likely to have on the school performance of the pupil?

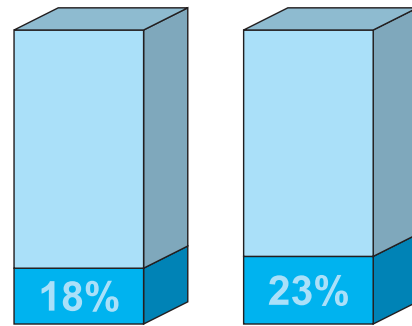
SELF-ESTEEM

- Boys generally appear in the higher self-esteem brackets more often than girls do.
- The proportion of primary pupils with high self-esteem scores is slightly lower than the reference sample, (31% compared with 33%).
- In secondary schools the proportion of pupils with high self-esteem scores is greater than the reference sample (39% compared with 36%).

? What factors affect self-esteem? Can pupils be helped to increase their levels of self-esteem?

Problems

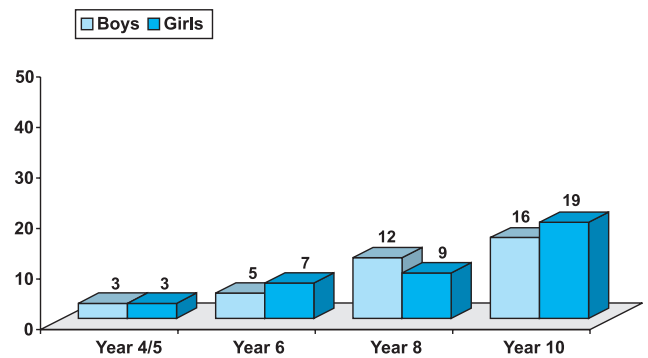
- 18% of primary pupils and 23% of secondary pupils said they worried about schoolwork problems 'quite a lot' or 'a lot'. (42% of primary pupils also said they worried about SATs/tests 'quite a lot' or 'a lot'.)



HEALTHY EATING

What did you eat or drink before coming to school today?

- There is an upward trend in the number of pupils who report having 'nothing at all' for breakfast; this is particularly noticeable among girls.



- The proportion of pupils eating crisps and sweets and chocolates on most days remained fairly consistent across the year groups.

? Do the eating habits of girls give cause for concern?

SAFETY

Accidents

- The proportion of pupils who reported having an accident that was treated by a doctor or nurse in the twelve months before the survey was similar, 38% of primary pupils and 40% of secondary pupils.
- The most common types of accidents amongst primary and secondary pupils were bruises, grazes, sprains, and cuts.
- The proportion of these accidents occurring at school reduced as pupils got older.

? Can anything be done to reduce accidents?

ASTHMA

Do you have asthma?

- 14% of primary pupils and 17% of secondary pupils reported suffering from asthma.

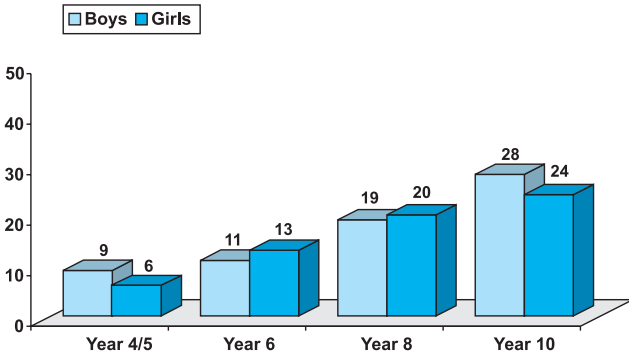
DRUGS, ALCOHOL AND TOBACCO

Did you drink alcohol in the last week?

- 15% of primary pupils had at least one alcoholic drink in the last week, this rose to 26% for secondary pupils.
- 5% of primary pupils and 7% of secondary pupils had drunk beer in the last seven days. The proportions drinking 'alco pops' was 2% of primary pupils and 10% of secondary pupils.

Have you smoked in the past?

- 10% of primary pupils said they had tried smoking once or twice, this rose to 23% for secondary pupils.



- 6% of primary pupils said they would definitely smoke when older.
- 6% of secondary pupils said they smoked regularly and want to give up, 4% however smoke regularly and don't want to give up.

Do you know anybody who uses drugs that are not medicines? Have you used drugs?

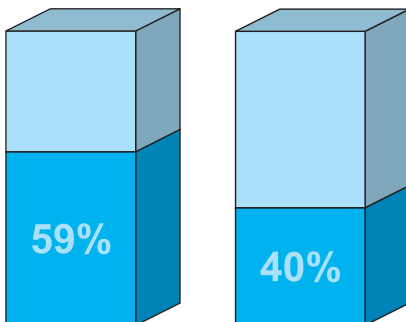
- 20% of primary pupils and 35% of secondary pupils are 'fairly' sure or 'certain' that they know someone who uses drugs that are not medicines.
- 11% of all secondary pupils have taken at least one of the drugs listed in the questionnaire at some point.

? At what age is it appropriate to drink? Can anything be done to reduce smoking and drug use?

PHYSICAL ACTIVITIES

How much do you enjoy physical activities?

- 59% of primary school pupils described themselves as 'fit' or 'very fit'. The secondary school data reveal that this figure has dropped to 40%.



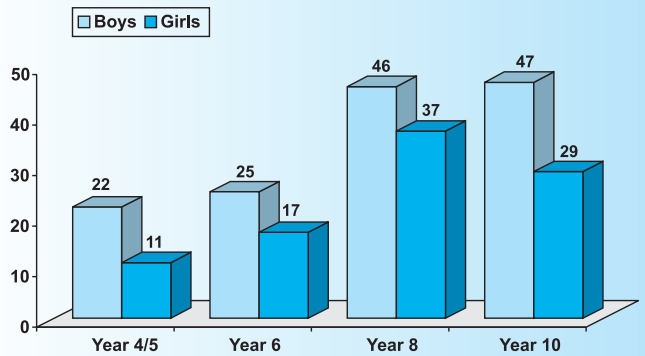
- A clear gender difference occurs, especially in the Year 10 data, with fewer girls saying they were 'fit' or 'very fit' compared with the boys.
- The proportion of pupils who reported that they exercised at least twice in the last week, enough to have to breathe harder, was similar among primary and secondary pupils (70% compared with 66% respectively).

- Amongst primary pupils the proportion of boys and girls who reported that they enjoyed physical activities 'quite a lot' or 'a lot' was Year 4/5 boys, 79%, Year 6 boys, 90% and girls, 80%.
- This changed as pupils got older; only 59% of Year 8 girls and 52% of Year 10 girls compared with 83% of Year 8 boys and 87% of Year 10 boys reported enjoying physical activities 'quite a lot' or 'a lot'.
- Football is the favourite sport among all the boys. Swimming, running and going for walks are popular among the girls.

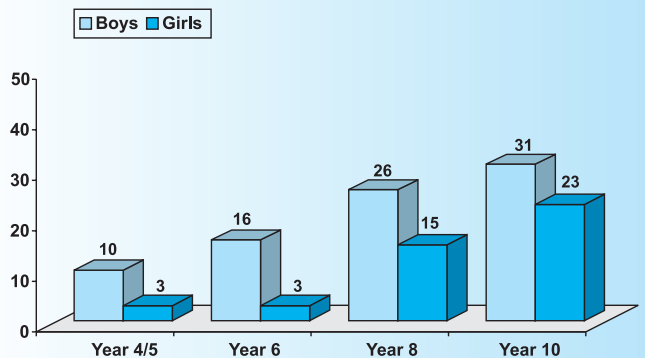
? What local facilities are available for youngsters to be active? Are boys encouraged to do sport more than girls are?

ANTI-SOCIAL BEHAVIOUR

- The proportion of pupils who said they had hit, kicked or thrown stones at someone increased among primary pupils and Year 8 pupils and then reduced by Year 10.



- The proportion of pupils who said they had vandalised increased across the age ranges.



- A far greater proportion of secondary pupils said they found their actions funny, 21% compared with 9% of primary pupils. 23% said they were scared someone might have been hurt compared with 12% of primary pupils.
- Interestingly a similar proportion of primary and secondary pupils said they wanted to boast to their friends, 6% of primary pupils compared with 7% of secondary pupils.
- 20% of secondary pupils were scared someone might find out compared with 15% of primary pupils.
- 22% of primary pupils and 29% of secondary pupils felt sorry for what they had done.

? Can any more be done to persuade young people away from these behaviours?

THE WAY FORWARD - over to you

The work was funded by the Leicester City Children's Fund.

We are grateful to the teachers, schools, and young people for their time and contributions to this survey. As a result of their work we have excellent data to be used by the Children's Fund, schools and other statutory and voluntary agencies that support the health and well-being of young people in Leicester City.

Our thanks go to the staff and pupils of the schools that took part:

Primaries

Abbey Primary School, Barley Croft Primary School, Beaumont Lodge Primary School, Caldecote Primary School, Herrick Primary School, Holy Cross Primary School, Mayflower Primary School, Scraftoft Valley Primary School, Sparkenhoe Primary School, St. Joseph's Primary School, Willowbrook Primary School, Wyvern Primary School.

Secondaries

Crown Hills Community College, Fullhurst College, Riverside Community College

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