

healthy lifestyle  
YOUNG PEOPLE SURVEYS

## HEALTH and WELLBEING THE JOINT STRATEGIC NEEDS ASSESSMENT

### FEEDBACK

"As I am sure you have picked up from other authorities the HRBQ is a fantastic data source for the JSNA which now has such a more significant profile than it has in the past."

Lead Adviser Health and Wellbeing

## The Future of Local Health Improvement

### FEEDBACK

"The survey reports have been used to inform commissioning at specific commissioning groups. They are also being used within our Extended Schools Clusters and to inform The Annual Public Health and the Joint Strategic Needs Assessment."

Programme Manager - Young People

### GET THE PERCEPTION AND PERFORMANCE FIGURES YOU NEED FROM SHEU

Since the establishment of the Joint Strategic Needs Assessment (JSNA) in 2008, SHEU have been providing local authorities with vital data about their young people to inform their planning.

The Coalition Government has placed the Joint Strategic Needs Assessment at the heart of its proposals with regard to the future of local health improvement.

Our Health Related Behaviour Questionnaire is used across the UK in primary and secondary schools and recent comments highlight its value (see *Feedback* above).

In recent years many authorities have used the Tellus survey and SHEU survey data in their JSNA. Since the demise of Tellus, SHEU are the only specialist school survey provider who have, since 1977, demonstrated the value of their local data to authorities as seen through repeat business.

We have established questionnaires with



items covering a wide range of topics which can be customised to suit your local population.

We can also write up your figures in reports suitable for professional colleagues and/or for public dissemination.

Versions can be customised for special schools and PRUs, for paper or online completion.

To discover how SHEU data can inform your JSNA please contact David Regis Tel:01392 667272 [david.regis@sheu.org.uk](mailto:david.regis@sheu.org.uk)





# Schools Health Education Unit

ESTABLISHED 1977

## NEW STYLE REPORTS for schools and authorities

We are continually improving our reporting capability following a survey. Schools can now see where they differ statistically from the rest of the schools in their area. This has proved very useful particularly for advisors working with the schools after the survey as they can quickly identify potential areas of need (see page 4).



The reports contain valuable charts for authorities that show significant differences. For example, in a sample of 14-15 year olds, a number of variables are considered (see page 3 Smokers vs. Non-smokers).

Authorities find that this type of presentation is very powerful when using the survey results to identify areas of need and when sharing with an audience.

For more details please contact Angela Balding – email: [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)  
Tel. 01392 667272

# PSHE AND SCHOOLS

## It's up to you now?

The Department for Education (DfE) has launched an internal review of personal, social, health and economic (PSHE) education to find ways of giving schools more control over how they teach the subject to children.

Schools minister Nick Gibb said: "It should be for teachers, not the government, to design the lessons and the experiences that will engage pupils. Different schools may want to cover different life skills, reflecting their pupils' interests and local circumstances."

It has been SHEU's view for 30 years that the best way for teachers to explore pupils' circumstances with a view to planning PSHE provision is with a local, anonymous, general survey of health and lifestyles.

We can help you with a survey of pupils, parents/carers and/or staff, conducted online or on paper, organised at the level of school, or cluster, or local authority.

If you think we can help, get in touch!

Contact Angela via email: [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

## Home-made online surveys can make a monkey of us all.

Dr David Regis says ...

I expect you are familiar with the admonishment from TV programmes, "Don't try this at home!". What you are watching is for professionals, who know what they are doing, but if you try it, you might make a mess of it, and that is dangerous. If you're watching *Mythbusters* or *Brainiac*, making a mess of it might involve some nasty burns at the very least. But what about survey work, surely that's harmless enough?

I was prompted recently to take part in an online survey hosted by *SurveyMonkey*. The whole experience was depressing because of the elementary design errors. I am concerned not just for the person who wrote the survey, whose subjects may not be answering as he would expect, but also the rest of us. Every poorly designed questionnaire and every suspect report has the potential to reflect badly on the field as a whole.

And, sometimes the most powerful weapon you have to create or resist change are the results of research. I have in mind, for example, the work we did with *Stonewall* about people's experiences of homophobic bullying in schools. If confidence in social research is undermined, powerful groups or influential people will be more able to act as they want, ignoring the available evidence. We have too much of that going on already, and so I would argue that faulty research can genuinely be harmful if it makes it harder for good research to have its say.

If you would like help with your own online survey, we can support with any or every part of the survey process. We have been doing online surveys at [schools-surveys.co.uk](http://schools-surveys.co.uk) and [health-surveys.co.uk](http://health-surveys.co.uk) and have a bank of established questions and decades of experience in designing questions for young people. For details email Dr David Regis: [david.regis@sheu.org.uk](mailto:david.regis@sheu.org.uk)

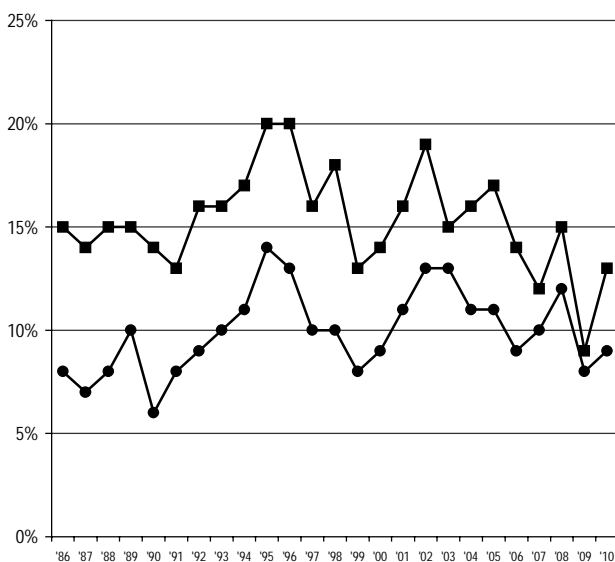
# YOUNG PEOPLE into 2011

*25<sup>th</sup> year*

This report, 'Young People into 2011', is a unique contemporary archive of young people from the Schools Health Education Unit. There are over 100 health-related behaviour questions and answers from 83,724 youngsters between the ages of 10 and 15. They tell us about what they do at home, at school, and with their friends. The data have been collected from primary and secondary schools across the United Kingdom.

The wire-bound report has 152 printed pages and has data divided into 9 sections. There are also some charts showing trends from reports over the past 25 years.

Chart 1 (right) shows figures from 1986 – 2010 with the number of 14-15 year olds who reported drinking more than 10 units of alcohol *in the last 7 days*. Males consistently report higher percentages than females.



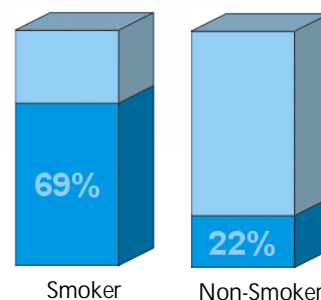
'Young People into 2011' costs £25 (incl p&p).  
Please email: [sheu@sheu.org.uk](mailto:sheu@sheu.org.uk)

## SMOKER vs. NON-SMOKER

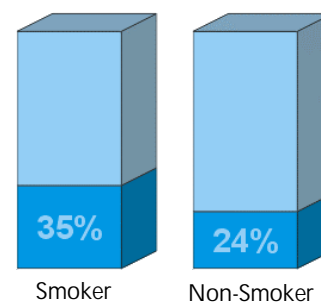
### Reports for Authorities

When we survey with young people in schools and colleges, we can provide authorities with reports containing valuable charts that show significant differences. Shown below are two charts with figures from 14-15 year olds, where a number of variables are considered for example Smokers vs. Non-smokers. Authorities find that this type of presentation is very powerful when using the survey results to identify areas of need and when sharing with an audience.

#### Offered cannabis



#### Unfit/very unfit



For further details of the above, please contact Angela Balding, email: [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)  
Tel: 01392 667272

## SURVEY FEEDBACK

"As a result of the survey we reviewed and amended PSHE schemes of work, we are currently working on a "Green Travel Plan", a morning breakfast club was established and we further developed 6th Form mentoring."  
Health Education Coordinator

"Our primary school has completed SHEU questionnaires and used the data for the past four years."  
Primary School Learning Mentor

"This survey is fab!."  
Secondary School Teacher



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JSNA

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Parents and Carers

#yp



## Schools and Students Health Education Unit

SHEU surveys support schools and colleges promoting health and wellbeing through behaviour change  
For more information about our work go to <http://sheu.org.uk/>

### NEW STYLE REPORTS FOR SCHOOLS

#### List of Significant Differences

Following a school survey, our new style reports enable schools to see where they differ statistically from the rest of the schools in their area. Health Advisors, working with the schools, also find this formation particularly useful to identify potential areas of need.

#### Example

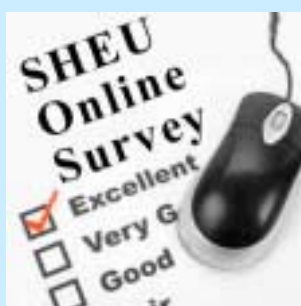
This survey involved pupils from the following years. The numbers in each group are shown below.

	Example School		Wider Data	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	57	34	1096	831
Girls	51	41	857	654

% = Your school / (%) = Wider data

Diff	Your	Wider	Question
***	50%	72%	of pupils said they spent some time doing homework after school on the day before the survey.
***	75%	55%	of young people in this survey said they know where they can get condoms free of charge.
***	28%	15%	of pupils described themselves as 'unfit' or 'very unfit'.
***	49%	33%	of pupils responded that at least one person regularly smokes indoors in their home.
***	20%	35%	of pupils walked to school on the day of the survey.
***	26%	42%	said they are 'fit' or 'very fit'.
***	23%	38%	wear a helmet at least 'sometimes' when they cycle.
***	35%	47%	of pupils live in a house with four or more bedrooms.
***	52%	40%	agreed with at least one statement saying that they weren't in control of their health.
***	50%	63%	of pupils said they think their school takes bullying seriously.
**	46%	37%	travelled to school by car on the day of the survey.
**	57%	46%	of pupils said 'When I want a friend to do something ... I can usually or always know what to say'.
**	66%	75%	of pupils exercised enough to breathe harder on at least three days in the week before the survey.
*	24%	16%	of pupils reported they had been bullied at or near school in the last 12 months.
*	14%	21%	said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.
*	37%	30%	had an alcoholic drink in the last week.

Tests: Chi-squared ( $\chi^2$ ). KEY: \* =  $p < 0.05$  (5%) \*\* =  $p < 0.01$  (1%) \*\*\* =  $p < 0.001$  (0.1%)



### ONLINE SURVEYS

SHEU's website runs 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](http://www.sheu.org.uk/surveys/onlinesurvey.htm)