

## SHEU NEWS

An occasional newsletter – September 2013

healthy lifestyle

# SHEU SURVEYS

## ABOUT YOUR YOUNG PEOPLE

reducing risky behaviour - tackling bullying - staying safe online

Local Authorities, who have been commissioning SHEU surveys since 1977, are faced with difficult decisions to achieve effective public health spending for their young people.

Obesity levels; physical in-activity; reducing alcohol consumption; promoting wellbeing ... are just a few of the competing concerns.

SHEU, with 36 years experience, are nationally-recognised as the specialist provider of reliable local survey data about young people's health and wellbeing.

## REDUCING RISKY BEHAVIOUR

The survey, which is wide ranging and takes in the views of thousands of children and young people, covers topics such as attitudes towards learning, bullying, sexual health and sex education and online safety.

It gives the local authority, schools and other partners, the public and voluntary sector organisations (working together to meet the needs of children and families), a wealth of invaluable information to improve services for young people, particularly vulnerable groups.

Comments about SHEU services:

“The survey is used to target resources to encourage young people to adopt healthier lifestyles. It has become a crucial tool since 2006 in the local authority's planning for the development of high-quality children's services across the county.” *North Yorkshire*

“The well-being survey is now in its seventh year and is building a good knowledge of trends on the well-being of children and young people in Essex. The survey is delivered by the Schools Health Education Unit (SHEU) which has significant experience in this area of research.” *Essex*

“The (survey) was impressive. Useful information, quick results, easy to understand graphs, the breakdown of information was presented well. It's very rare to be able to compare data with that of other local schools. There are clear benchmarks we can compare our kids to. The school used the data and took a number of actions to address it, including peer mentoring, Extended Schools, running an anti-bullying group, and work around developing aspirations, role-models and self-esteem. It also confirmed positive aims of the school, e.g. that pupils feel bullying is taken seriously and is acted upon.” *Hertfordshire*

Please contact Angela Balding for more details.  
Telephone 01392 667272 or [email: angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

## THE SHEU WEBSITE

<http://sheu.org.uk>

Free resources for those involved with the health and wellbeing of young people

*"I know of no other similar way of quickly accessing research about young people across disciplines and sectors."*



**A**uthorities we are working with include: BaNES, Bristol, Cambridgeshire, Cornwall, Dudley, Ealing, Essex, Gateshead, Greenwich, Guernsey, Haringey, Hertfordshire, Isle of Wight, Kingston, Knowsley, Lambeth, Lewisham, Newcastle, North Yorkshire, Oldham, Plymouth, Richmond, Rochdale, Sunderland, Suffolk, Warrington and Wiltshire.

“The Health Related Behaviour Questionnaire is a tool for schools to use which provides data that can inform curriculum content, methods of lesson delivery and empower schools to better meet the needs of their pupils. Survey questions focus on (national indicators), particularly healthy eating, drugs (including alcohol and tobacco), emotional health & well-being, sex & relationships, bullying, pupils’ worries, and physical activity. The responses provided by pupils help to meet their learning needs – both in educational and pastoral care terms – and ultimately improve their health & well-being.”  
*Hertfordshire*



### **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. For most schools, handing out paper questionnaires may be the easiest way to conduct the lifestyle survey.



### **ONLINE SCHOOL SURVEYS**

An increasing number are keen to survey online. 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:

<http://sheu.org.uk/content/page/online-surveys>

We can adapt the content of the questionnaire to suit any local requirements you may have. We usually suggest that authorities aim to survey Years 4 and 6 in the primary schools and Years 8 and 10 in the secondary schools so that we can give you good comparative data against our wider data banks but you may have something else in mind.

Online survey costs are £150 per primary school and £500 per secondary school for as many pupils/year groups as you like. If schools opt for the paper-based version, costs are £4 per primary questionnaire and £5 per secondary questionnaire (approx. £240 per primary school and £1000 per secondary).

“Findings from the 2012 survey show that schools, the local authority and its partners have made great strides over the last three years in:

- reducing risky behaviour among teenagers
- advising children and young people on how to stay safe online
- tackling bullying
- increasing the number of pupils living in care who intend to stay on in full time education
- reducing alcohol consumption and
- increasing the number of children and young people who report they enjoy most or all of their lessons at school” *North Yorkshire*

**Please contact Angela Balding for more details - email: [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)**

# Supporting Evidence

## PUPIL PREMIUM ALLOCATION

We have responded to requests from teachers to provide evidence, from the Health Related Behaviour Questionnaire, to support spending their 'Pupil Premium' allocations. We are sure many schools share our belief that the wellbeing of pupils is strongly linked to their academic progress. You can examine the wellbeing and lifestyle of Pupil Premium students through a special analysis using our standard questionnaire:

The following example is from a survey that involved pupils from Yrs. 8 & 10. The numbers in each group are shown below:

	Free school meals		Non-free school meals	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	72	59	616	585
Girls	66	50	611	526

### Pupil premium analysis (selected questions 10%+ difference)

Sig	FSM	Non-FSM	Question
***	54%	29%	of pupils responded that at least one person regularly smokes indoors in their home.
***	31%	18%	of pupils responded that they had been bullied at or near school in the last 12 months.
***	34%	23%	of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
***	45%	60%	of pupils responded that they think their school takes bullying seriously.
***	21%	11%	of pupils responded that they 'never' consider their health when choosing what to eat.
***	62%	32%	of pupils responded that they had a school lunch on the day before the survey.
***	39%	54%	of pupils responded that they expect to take several GCSEs and get mostly good grades (A-C).
***	26%	16%	of pupils responded that they enjoy 'hardly any' of their lessons at school.
***	61%	72%	of pupils responded that they spent some time doing homework after school on the day before the survey.
***	36%	47%	of pupils responded that they want to continue in full-time education at the end of Year 11.
***	20%	3%	of pupils responded that their family does not own a car or van.
***	42%	13%	of pupils responded that they live 'mainly or only' with their mum.
***	55%	66%	of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.
***	28%	19%	of pupils had a med-low self-esteem score (9 or less).

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

The OFSTED publication, "The Pupil Premium: How schools are spending the funding successfully to maximise achievement", provides a number of examples from primary and secondary schools.

# E&H

EDUCATION&HEALTH

Published since **1983**, Education and Health (E&H) is now available as an **open access online journal**.

<http://sheu.org.uk/eh>

Recent articles:

*Swimming Against the Tide – Establishing a Wellbeing Curriculum*

*Building healthy campus communities: The adaptation of a workplace tool to better understand student wellbeing within higher education settings*

*The benefits of physical activity for cognitive functioning in a student population*

*Should we be giving children choices about their health: Engaging University students in complex health questions?*

*Adolescent mobile phone addiction: A cause for concern?*

E&H regularly attracts contributions from around the world and we welcome new contributors.

To submit an article, up to 3000 words, please email the Editor:  
[david.mcgeorge@sheu.org.uk](mailto:david.mcgeorge@sheu.org.uk)

Published quarterly, we look forward to your company in the next issue.



## 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/>

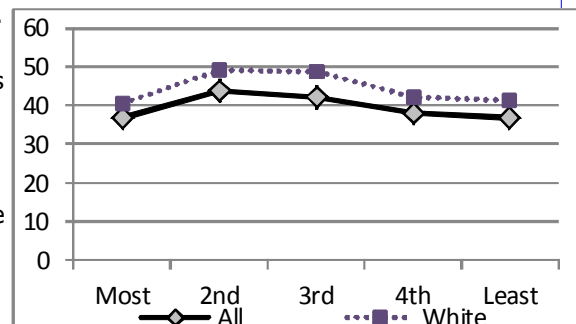
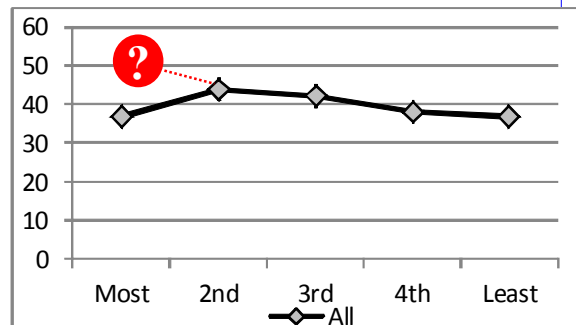
### A story about deprivation

Some time ago we did an analysis of deprivation in a local authority, using postcodes to link to scores based on census figures. Every area of the country is given a deprivation score, and all parts of the country are ranked by scores and then divided into fifths. So, for each pupil, we can put them in a group, whether they are in the most deprived fifth of all areas, the least deprived, somewhere in the middle, or among the relatively well-off or deprived. Having done this analysis, we can find differences between pupils based on their deprivation, which should come as no surprise. But sometimes we did get a surprise [see top chart right].

Here we see smoking experience rises with increasing deprivation... most of the way. But the most deprived group of pupils have less experience of smoking than we might expect from the rest of the chart.

Oho, we said, perhaps there is something else special about those areas which are most deprived - perhaps they have the most young people with non-white ethnic background. We know that such youngsters have different habits with regard to smoking: 45% of White UK pupils had ever tried smoking, while the figure for pupils who had a South Asian background was just 30%. And we do find big differences in ethnicity with deprivation: 79% of pupils from the most deprived areas had a South Asian background, compared with <1% in the least deprived areas. But when we did the analysis again, this time looking only at young people from the White, UK ethnic group, we found... very much the same relationship [see bottom chart right].

So, although ethnicity is indeed a strong influence on lifestyle, so is poverty.



#### Dr Dave writes about the curious incident of paper questionnaires in the time of the rise of IT ...

Ten years ago, I thought we would be doing everything online by now! But I fairly often get told something like:

"There's 2 year groups to get through, 6 classes each, so we need to book the IT suite for 12 slots, and it's already booked up, and the classes are 30 but the IT suite has just 25 computers, 24 of which work... Just send us a parcel of questionnaire booklets, and we can do it all in one morning!"

Also, the best-laid plans of a school can oft gang agley because of power failure, sulky networks, flooding, winter vomiting, or ...

SHEU will continue to offer both paper questionnaires and our online survey service, and in case of events will be able to switch to the other approach for a school at short notice.

#### Website redecoration

Visitors to the website [www.sheu.org.uk](http://www.sheu.org.uk) since our last newsletter will notice that we have had the decorators in. We hope you like the new design, which is as simple and fast-loading as we could make it.

You should be able to find everything that was there just where you last found it, including:

- all *Education and Health* articles from 1983-2013
- all research news links from 2005-2013, filed under three age groups and eight topics: ([5-11 yr. olds](#), [11-16 yr. olds](#), [16+ yr. olds](#) ; [Food](#), [Drugs](#), [RSE](#), [Exercise](#), [Education](#), [Health](#), [Lifestyle](#), [Other](#))
- whole reports up to 2009 from our [Young People into... series](#), showing what hundreds of thousands of young people told us about their lifestyle
- [SHEUBytes - short reviews](#) of topic areas from research of SHEU and others
- [back issues of SHEUNews](#) - surely essential reading! information about [our surveys](#)