

Young People into 2007

*The Health Related Behaviour Questionnaire
results for 20,249 young people between the ages of 10 and 11*

Edited to show responses from 10-11 year olds

Page numbers and questions may not match due to the editing

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1 Food choices and weight control

Edited to show responses from 10-11 year olds



This section of the Health Related Behaviour Questionnaire has passed through more revisions than any other. In earlier versions, attempts were made to derive quality and quantity measurements from the respondents' account of 'yesterday's intake', but the vagueness about amounts and quality made it impossible to do more than note the apparent presence or absence of certain important nutrients. The current versions of the questionnaire contain a checklist of common food items against which the pupils indicate typical levels of consumption. It is hoped that classroom discussion of these results will raise levels of awareness regarding 'healthy' and 'unhealthy' foods. The health-related aspect of diet, as well as attitude to personal weight, is also included in this section.

Question

Page numbers and questions may not match due to the editing

What did you have for breakfast this morning?.....	2
What did you do for lunch yesterday?.....	3
Your weight — which statement describes you best?.....	4
Do you know your weight?.....	5
Do you know your height?.....	6
Weight analysis.....	7
Protein items in their diet.....	8
Starchy items in their diet.....	9
Fruit and vegetables in their diet.....	10
Portions of fruit and vegetables.....	11
The drinks and snacks they enjoy.....	12
Water drunk 'yesterday'.....	13
When choosing what to eat, do you consider your health?.....	14

Schoolday breakfast

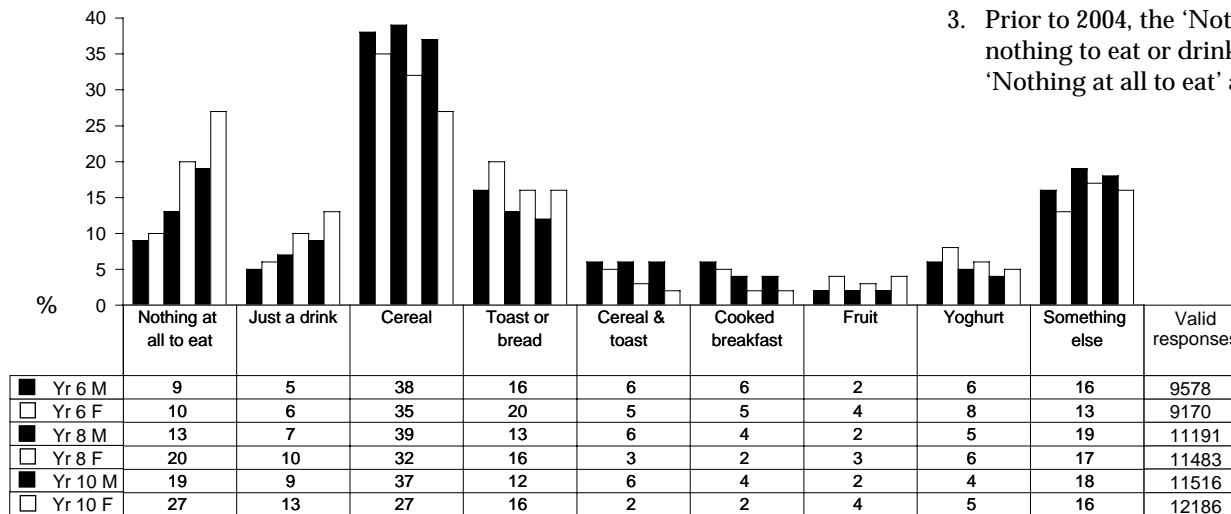
27% of the Year 10 females have *nothing at all* to eat for breakfast

What did you have for breakfast this morning?

1. Seeking the breakfast 'missers', we find more Year 10s than Year 8s, and more Year 10 females than Year 8 females.
2. *Cereal* is the most commonly reported breakfast item for around 36% of Year 6 and Year 8 pupils and 37% of Year 10 males.
3. *Just a drink* is taken by 10% of Year 8 females and 13% of Year 10 females.
4. *A cooked breakfast* is taken by few, mainly the males.

Comments

1. We do not know if missing breakfast is an undesired omission or a deliberate decision to reduce food intake. In the 1990s, we found a substantial number of 9-11 year olds were eating shop-bought snack-type food before school although it was not related to lack of breakfast. Many programmes now show that pupils can be encouraged to eat more healthily by the development of school policies on healthy snacks.
2. We also ask young people where they take sustenance before lessons: as might be expected, the most common answer from Year 10 females is 'at home' (59%), followed by 20% 'at school', 11% 'on the way to school' and 18% 'nothing at all'.
3. Prior to 2004, the 'Nothing at all' column referred to those that reported nothing to eat or drink for breakfast. Since 2004, this has changed to 'Nothing at all to eat' and resulted in overall lower percentages.

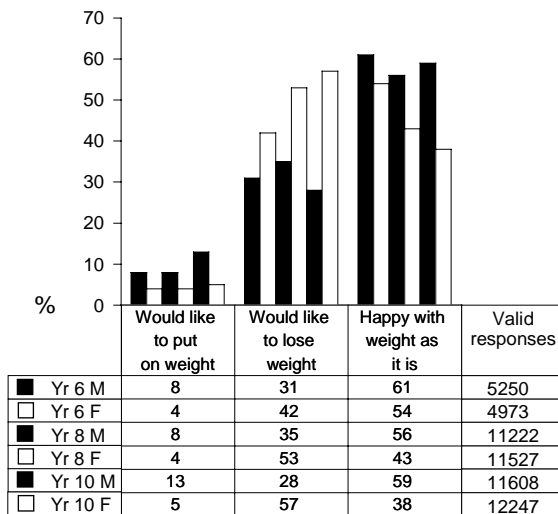


Attitude to personal weight

57% of Year 10 females and 53% of Year 8 females would like to lose weight

Your weight — which statement describes you best?

1. Many more females than males want to lose weight.
2. 57% of the Year 10 females and 53% of the Year 8 females would like to lose weight.
3. Between 13% of Year 10 males would like to put weight on.
4. Between 38% - 43% of the older females said they were happy with their weight as it is.



Comments

1. It is easy to understand why more females than males want to lose weight, but the age differences are interesting: The slight preponderance of younger males could mean that they feel more self-conscious, or that weight seems more of a disadvantage — it could also be because more are overweight.
2. An analysis of the characteristics of the Year 10 females shows that most of those wanting to lose weight are within the limits of 'healthy' weight, and some are already underweight (see page 6).
3. Data since 1991 reveal an increasing trend of desire for weight loss for most age/sex groups.
4. We have a problem of sending appropriate messages to a population of young people, many of whom are overweight, and yet more seem overanxious about their weight.



Year 10 females were more likely to miss breakfast and lunch if they desired to lose weight:
Proportion who had nothing to eat or drink for breakfast today: 14%
Proportion who missed lunch yesterday: 17%
Proportion who want to lose weight who had nothing for breakfast: 18%
Proportion who want to lose weight who missed lunch: 20%
 In earlier books in this series we also showed that a desire to lose weight could be linked to food choices.

Protein

64% of 14-15 year old males have dairy produce *on most days*

Protein items in their diet

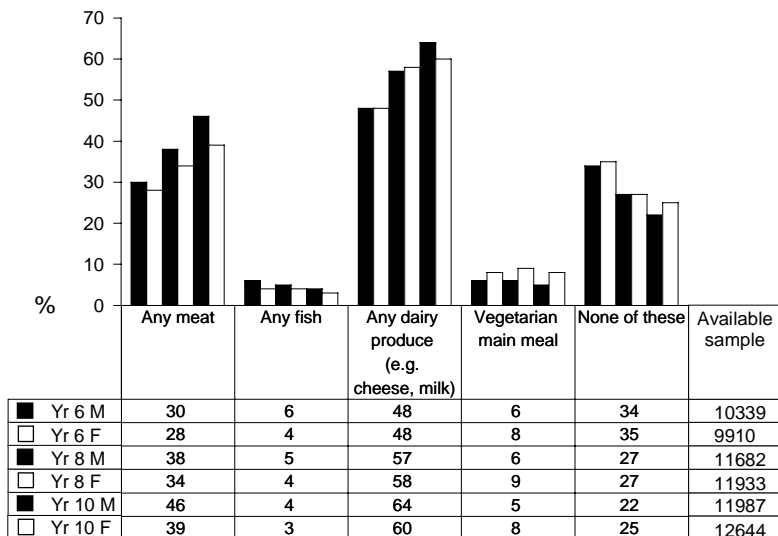
Comments

Responses to eaten 'on most days'.

Please note that all the 'diet' items are offered as a single list, and are not subdivided by content as we have done here.

1. *Meat* is more popular with males than females.
2. *Dairy products* are more frequently eaten than *meat* and *fish*.
3. More females than males have a vegetarian main meal.
4. There is a marked age gradient for *meat* and *dairy products*, with older pupils reporting eating them with higher frequencies. In Year 8, 38% of males and 34% of females report eating *meat* on most days but by Year 10, 46% of the males and 39% of the females report the same.

1. The age differences are interesting: is it that the older age groups are better at recognising when a food item is present? For example, do primary school pupils recognise that 'cottage pie' is a meat dish? Of course, the differences may well be genuine. Is this a deliberate plan by older pupils to increase intake of protein, either by the young people or their parents, or is it a reflection of personal preference and enhanced spending power that comes with age and opportunities e.g. to eat burgers?
2. The small sex differences also demand an explanation. It may be that more girls than boys avoid meat products, either because they are uncomfortable with the way animals are raised, or because these high-protein foods may also be rich in fats.
3. Foods that are not normally thought of as being high in protein, like cereals and pulses, also contribute significantly to the amount of protein eaten.



Starchy foods

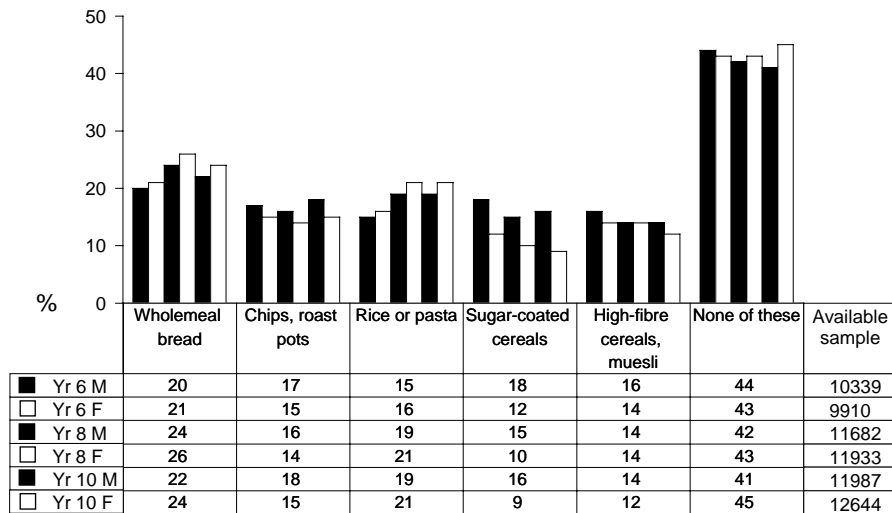
As they get older,
fewer females eat sugar-coated cereals

Starchy items in their diet

Responses to eaten 'on most days'.

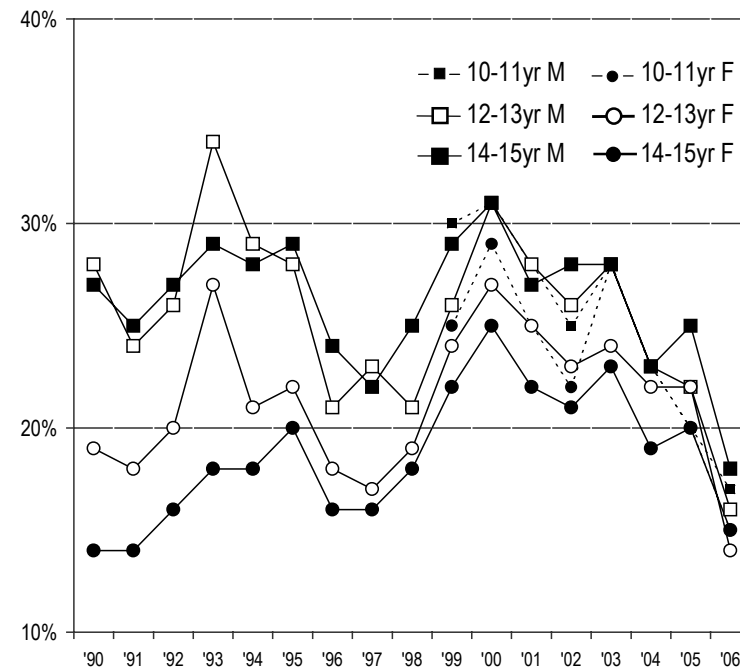
Please note that all the 'diet' items are offered as a single list, and are not subdivided by content as we have done here.

1. Pupils show no age-related rise in the consumption of chips/roast potatoes and more females than males prefer rice or pasta.
2. Where sex differences are found, the males are usually ahead of the females, especially chips and sugar-coated cereals.
3. As they get older, fewer females eat sugary cereals but more eat rice or pasta.



Comments

1. Data since 1990 reveal a general decline, from around 2000, in those choosing chips/roast potatoes 'on most days'.



Fruit and vegetables

Less fresh fruit but more vegetables eaten as pupils get older

Fruit and vegetables in their diet

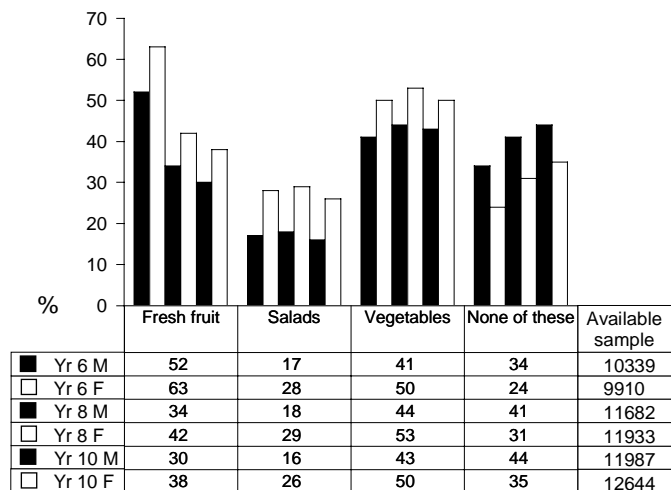
Comments

Responses to eaten 'on most days'.

Please note that all the 'diet' items are offered as a single list, and are not subdivided by content as we have done here.

1. Less fresh fruit but more vegetables eaten as pupils get older. More females than males prefer salads
2. 63% of 10-11 year olds females report eating fresh fruit 'on most days' but this has dropped to 38% by the time they are 14 years old.
3. By contrast, 50% of 10-11 year olds females report eating vegetables 'on most days' which has remained at 50% by the time they are 14 years old.

1. Gender differences are most marked in this section: we may speculate about differences in health and diet consciousness.
2. Up to 26% of the females in secondary school eat salad and up to 50% of them eat vegetables on most days. Is this because they are keen to have a balanced diet or are they choosing food items that have lower calorific content?
3. There is an increase with age in the consumption of vegetables for both genders. Perhaps this is a sign of youngsters approaching adult tastes rather than the juvenile abhorrence of certain vegetables.
4. Data from 1990-1998 reveal a downward trend of pupils eating fresh fruit 'on most days' From 1999-2005, there was a reversal of this decline which may be associated with changes to the questionnaire
5. We find that the young people who report eating fresh fruit are more likely to eat other healthy items like fish, wholemeal bread and vegetables.



Portions of fruit

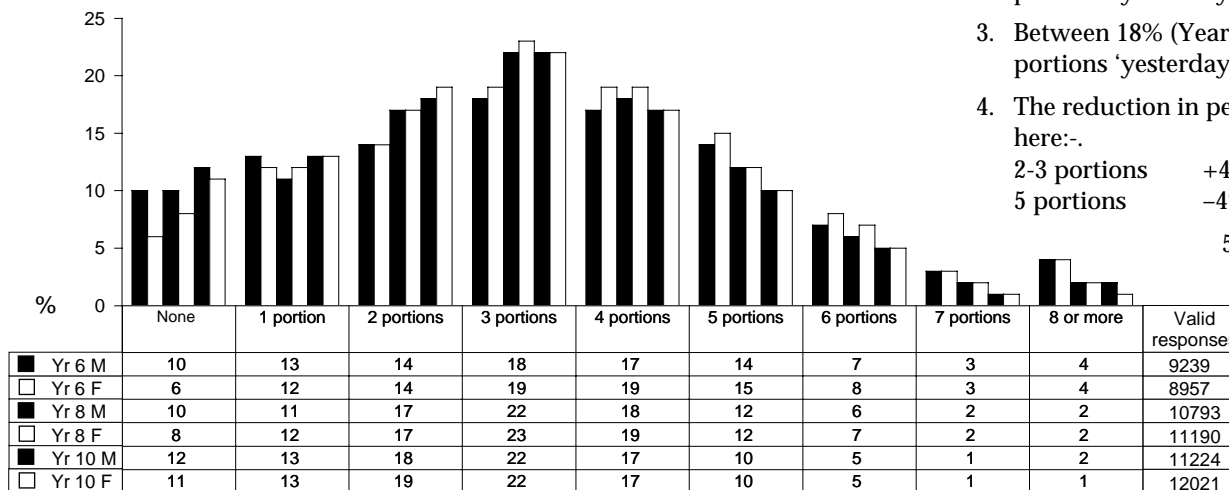
Up to 23% report eating 3 portions of fruit and vegetables 'yesterday'

Portions of fruit and vegetables in their diet

Comments

1. Most 10-15 year olds (up to 23%) report eating 3 portions of fruit and vegetables.
2. Females, more than males, report higher percentages across the 3 - 6 portions eaten 'yesterday'.
3. As they get older, fewer pupils report eating between 4 – 6 portions.

1. This is a new question. Pupils are asked, "How many portions of fruit and vegetables did you eat yesterday?" They are given eight options and asked to circle one option. We offer a brief guidance as to what a 'portion' is following these guidelines:
www.dh.gov.uk/en/Policyandguidance/Healthandsocialcaretopics/FiveADay/FiveADaygeneralinformation/DH_4001494
2. Between 17% (Year 10 Females) and 30% (Year 6 Females) ate 5 or more portions 'yesterday'.
3. Between 18% (Year 10 Males) and 28% (Year 6 Males) ate 5 or more portions 'yesterday'.
4. The reduction in percentage, as they get older, of portions eaten is shown here:-
 2-3 portions +4% from 10 to 15 years old
 5 portions -4% from 10 to 15 years old
5. This is a useful chart to show people who say, "young people will just tell you what you need to know". Given the 'right' answer is clearly '5 or more portions', we would expect some discontinuity between 4 & 5, but the distribution is remarkably smooth.



Drinks and snacks

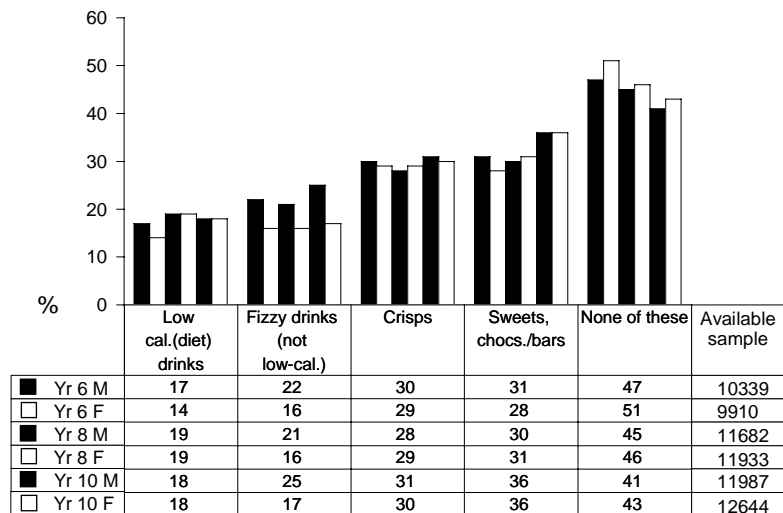
30% of the Year 6 males eat crisps and sweets 'on most days'

Drinks and snacks they enjoy

Responses to eaten 'on most days'.

Please note that all the 'diet' items are offered as a single list, and are not subdivided by content as we have done here.

1. Males have a taste for fizzy drinks.
2. There is little gender and age difference in the appeal of sweets and crisps. Between 28%- 36% eat crisps and sweets 'on most days.'
3. Many of these high-calorie foods show high values in Year 6.



Comments

1. The greater health-consciousness of the females is reflected in their choice of drinks, but not in other highly calorific or dentally-doubtful snacks.
2. Are the high figures here related to items that youngsters find in their packed lunches? Do more primary school pupils than secondary school pupils have a packed lunch? Figures from secondary pupils eating packed lunches generally show an upward trend since 1995 (see page 3).
3. Figures from 1987 suggest a slightly downward trend in the popularity of crisps with secondary pupils and recent figures show up to 31% of this age group report eating crisps 'on most days'.
4. 10-11 year old females used to report higher percentages than males for eating crisps but this trend appears to be changing and the overall trend is downward:

Eating crisps on most days	Males (10-11 yrs.) %	Females (10-11 yrs.) %
1999	54	57
2000	51	54
2001	47	50
2002	48	51
2003	45	47
2004	39	40
2005	33	32
2006	30	29

Water

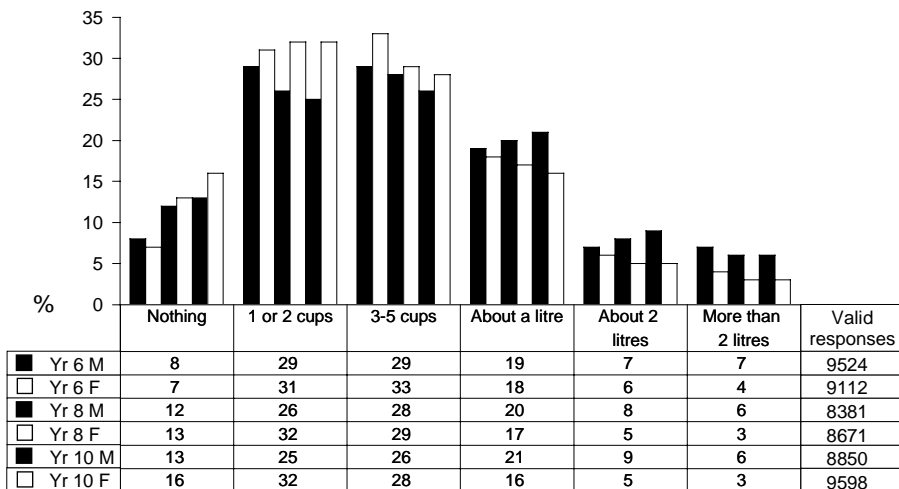
Up to 64% report drinking 1-5 cups of water – less than 1 litre – ‘yesterday’

How much water did you drink yesterday?

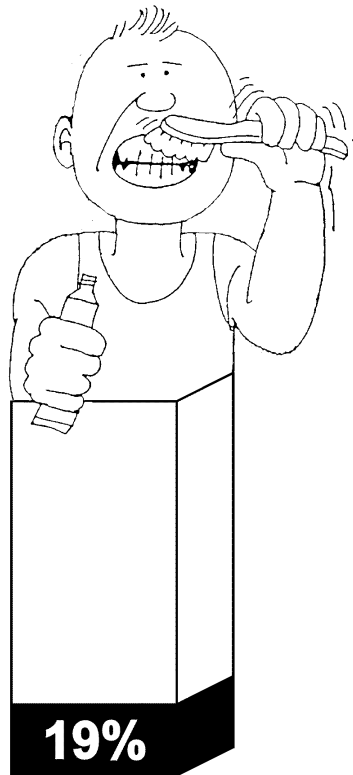
Comments

1. Most 10-15 year olds (up to 64%) report drinking between 1-5 cups of water ‘yesterday’.
2. Around 20% say they drink ‘about a litre’.
3. As they get older, more males than females report drinking more than 1 litre of water in one day.

1. This is a new question. Pupils are asked, “How much water did you drink yesterday? They are asked only to count plain water, not juice, tea etc. They are given 5 options.
2. Up to 16% claim to have had no plain water to drink.
3. Guidelines suggest that water intake can come from many sources including food, tea, fruit squashes etc., but organisations we work with are particularly interested in water.
4. Assuming ‘yesterday’ was a normal day, should we be concerned that between 72%- 82% report drinking at most one litre of water in a day? Generally it is advised that water, obtained from drinks per day, should be around 1.6 – 2.8 litres for the 9-18 year olds. (For details visit: www.water.org.uk/home/water-for-health/medical-facts/children.)
5. As female pupils get older they drink less water:
 3-5 cups 33% (10 years old) 28% (15 years old)
 About 1 litre 18% (10 years old) 16% (15 years old)



2 Doctor and Dentist



Edited to show responses from 10-11 year olds

The 'doctor' questions are about the respondents' last visit to their GP. With respect to dental hygiene, the questions are about toothbrushing frequency and their last visit to the dentist.

Page numbers and questions may not match due to the editing

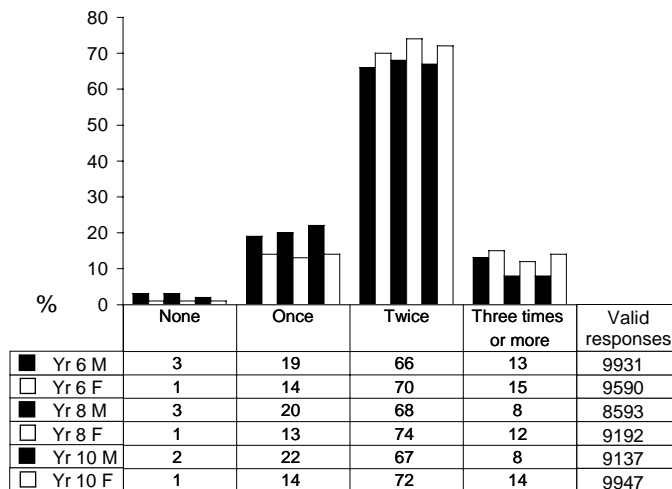
Question	
How long ago did you last visit the doctor?	16
On this last visit, did you feel at ease with the doctor?	17
How many times did you clean your teeth yesterday?	18
How long ago did you last visit the dentist?	19

Cleaning teeth

Up to 22% of the males brush *only once*

How many times did you clean your teeth yesterday?

1. More than 76% of males and at least 85% of females brushed their teeth at least twice.
2. Up to 22% of the males brush only once.
3. Across the three age groups represented, more girls consistently report brushing their teeth at least twice on the previous day.



Comments

1. Twice-daily brushing is recommended, and the majority of young people are achieving this.
2. The females are recording higher average brushing levels than the males, but these may be linked to having their teeth looking nice, and general concern about their appearance, rather than to 'health' issues.
3. Despite the improvement in children's dental health, decay remains a significant problem. This is most often caused by the frequent consumption of foods and drinks containing sugar (DOH, 1989).
4. As well as toothbrushing, the use of floss or other inter-dental cleaning aids can be discussed with young people.



Toothbrushing frequency, as we have demonstrated over the years, is related to several other aspects of lifestyle, including birth order, ease with the opposite sex, region of the country, self-esteem and smoking.

Visiting the dentist

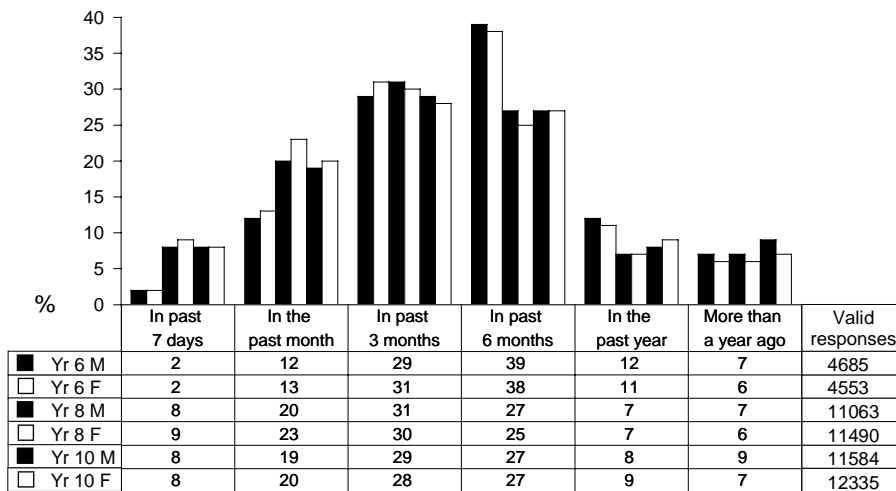
Most had been within the past three months

How long ago did you last visit the dentist?

- Over 80% of all the groups state that they have been within the past 6 months, which was the recommended interval.
- The females' average frequency of visits is slightly higher than the males', and the Year 8 pupils tend to have been a little more recently than those in Year 10.

Comments

- The '6-month rule' is only a recommendation, and we are advised has no strictly scientific basis.
- Are the Year 8 respondents better at going to the dentist because they are more biddable, more conscientious, or suffer from more dental problems? Are they more likely to share a 'joint booking' with a parent, at least for the initial check-up?

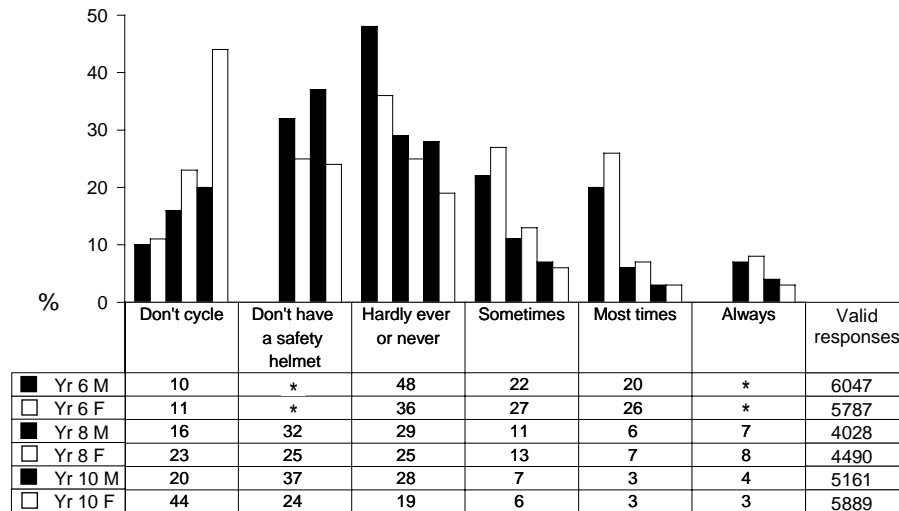


Safety helmets

As they get older fewer cycle,
18% of cyclists wear a helmet *at least sometimes*

When you cycle do you wear a safety helmet?

1. Most of the respondents cycle, although by Year 10 this figure is down to 56% for the females.
2. With age the percentage of cyclists who at *most times* wear a safety helmet is seen to fall, e.g. from 26% of females in Year 6 to 3% of females in Year 10.



* Year 6 not given this option

Comments

1. Head injuries are the commonest cause of accidental death among young people.
2. 46% of Year 10 male cyclists *do not have a safety helmet*. 18% of all cyclists in this sample do wear a helmet *at least sometimes*.
3. Cycling seems to be currently fashionable, but does this extend to wearing a helmet? Over the years we have seen changes between years large enough to suggest that helmet-wearing may be a 'volatile' behaviour, sensitive to publicity campaigns and the opinions of others.
4. Cycling is environmentally friendly and promotes fitness, but it presents dangers to young people and is a cause of anxiety to their parents. Efforts to promote the wearing of cycle helmets have shown mixed results. The Royal Society for the Prevention of Accident's website refer to research papers about cycle safety helmets:
http://www.rospa.com/roadsafety/info/cycle_helmets.pdf



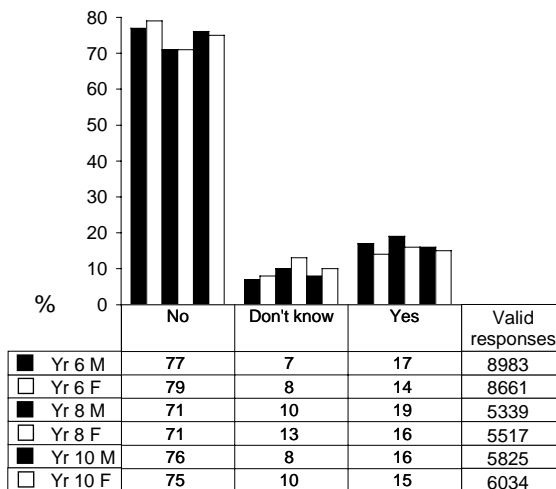
In an earlier book in this series we showed that young people who reported having been on a cycle training course were more likely to report wearing a cycle helmet at least most of the time.

Asthma

Up to 19% of pupils say yes

Do you have asthma?

- Up to 19% of the year-gender groups report *yes*, with a similarity of responses between the two genders.
- With age there is a slight increase in the percentage of females who report not knowing if they have asthma.



Comments

- The young people may 'have asthma' but be free from symptoms.
- There are several stages from the presence of symptoms to confirmation of asthma (e.g. *have symptoms* → *notice symptoms* → *report to parents* → *see GP for diagnosis* → *child reports this in survey*). It is not clear if the observed differences relate mainly or only to having asthma symptoms, as the young people's own reports are all we have to go on.
- The frequency records of asthma medication taken in the previous week are shown on page 27.
- An early report on young people and mental health (*No Worries?* Balding et al., 1998), describes a connection between general levels of worry and asthma and its symptoms. Figures for 2006 are shown below.

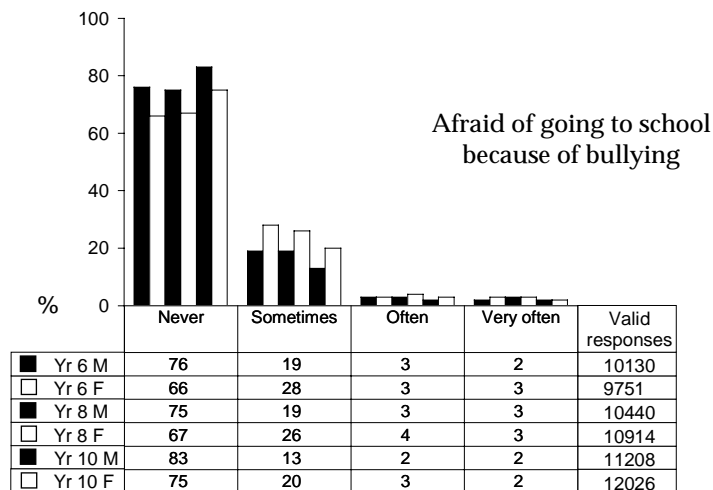
Asthma medication	Count	Percentage who worry about 5 or more topics
Males: No	17842	17%
Yes	2270	19%
Females: No	18854	26%
Yes	2411	28%

Fear of being bullied

34% of the 10-11 year old females fear bullying at least *sometimes*

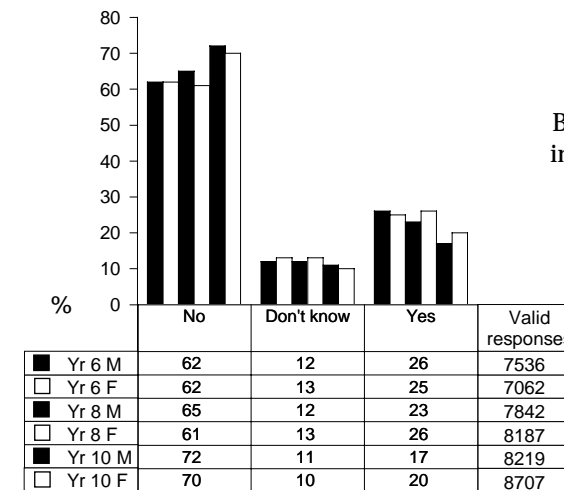
Do you ever feel afraid of going to school because of bullying?

1. 34% of the Year 6 females and 33% of the Year 8 females fear bullying at least *sometimes*.
2. The females are more fearful than the males, and the older they get the less afraid they become.
3. Up to 26% report being bullied in the last 12 months.



Comments

1. The proportion of pupils fearing bullying in different schools varies widely. Items in the survey have been linked with fear of bullying: low self-esteem and poor perceived control, and also asthma, eczema and birth order (*Bully Off*, Balding 1996).
2. Since 1999, the figures for fear of being bullied, at least *sometimes*, show females remaining higher than males. For the Year 6 females (10-11 year olds), 10% more females than males have reported feeling afraid of going to school because of bullying. (see also pages 32, 120-122.)
3. The prevalence of experiences of bullying seems similar to the prevalence of the fear of bullying (see chart below).

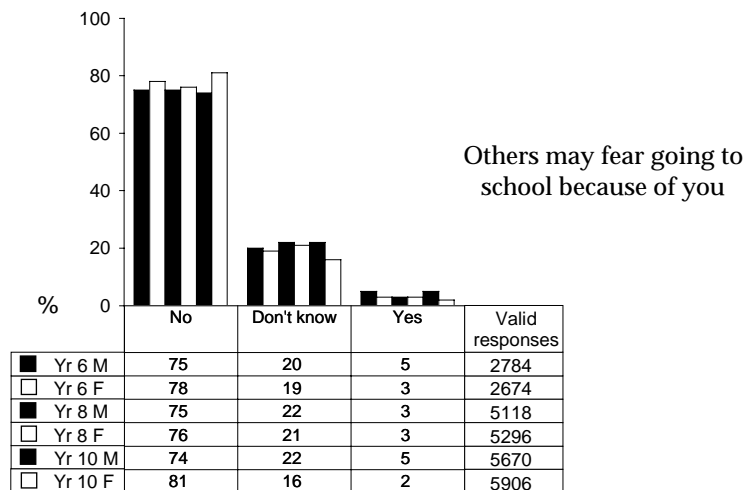


Bullying

Slightly more males bully and 10% of older males say they bullied someone *last year*

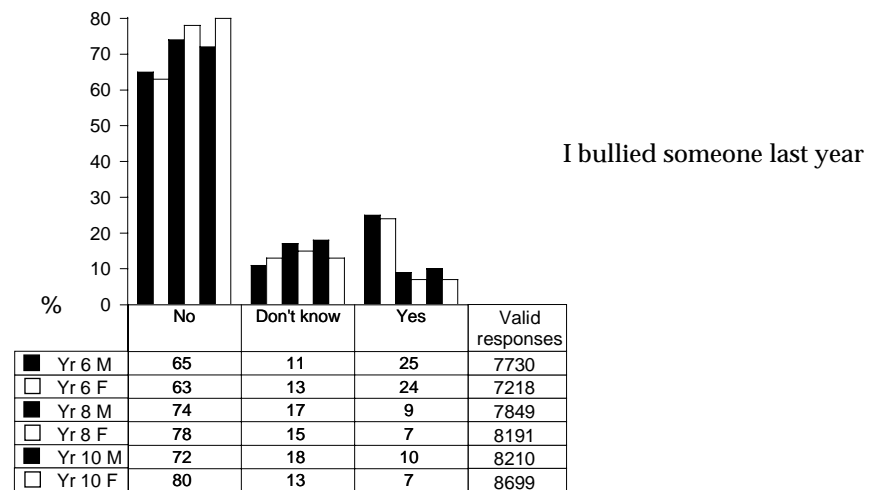
Do you think others may fear going to school because of you?

1. Up to 5% report they are the cause of why others may fear going to school and up to 22% 'don't know'.
2. There are clear gender and age differences seen from those reporting 'No'.
3. Slightly more males than females report being bullies.
4. Up to 25% of younger pupils and up to 10% of older pupils report that they bullied someone 'last year'.



Comments

1. Figures for older pupils from previous years show older males reporting higher percentages in the 'Yes' option but the differences between the genders is not great.
2. The 'don't know' responses could suggest honest lack of certainty or perhaps reluctance to admit a definite Yes. We now have an opportunity to compare this with reports of bullying by the young people (see chart below)

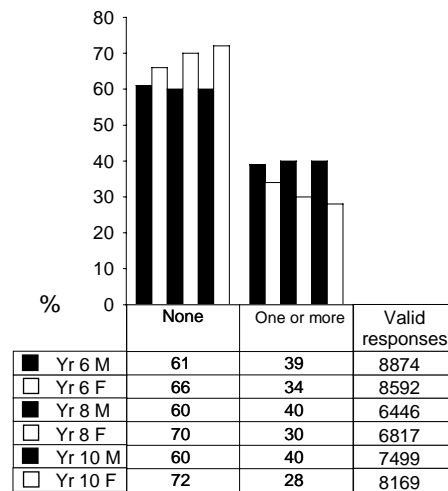


Accidents

Up to 40% of the males had accidents

In the past 12 months, how many accidents have you had which were treated by a doctor or at a hospital?

- Up to 40% of the respondents reported having an accident that needed some sort of treatment by a doctor or at a hospital.
- Consistently more males than females report involvement in such an accident.



Comments

- Over half the fatal accidents in very young people occur at home, but once children reach school age there is an increase in deaths through road accidents, particularly head injuries. Road traffic crashes are the leading cause of death in young Europeans - in the 15-24-year age group, road deaths occur primarily among car occupants (59%) or motorcycle riders (19%) - www.euro.who.int/mediacentre/PR/2007/20070420_1
- Males may well pursue activities with a higher risk of injury. Are older girls generally more risk-averse? Perhaps, but the picture is complex. Some health-risky behaviours, like smoking, are actually most frequent among older girls.
- We can support other research (Thom et al, 1999) and show links between reported accidents and health-risky behaviours relating to substance use: for example, pupils reporting a recent accident are more likely to report smoking and drinking in the last week, or ever having used illegal drugs, and these difference apply in all age groups. The figures in the table below are for the year 10 males:

Accident in last year?	Smoked last week	Drank last week	Ever used drugs
No	10%	32%	13%
Yes	15%	46%	21%

Sunburn

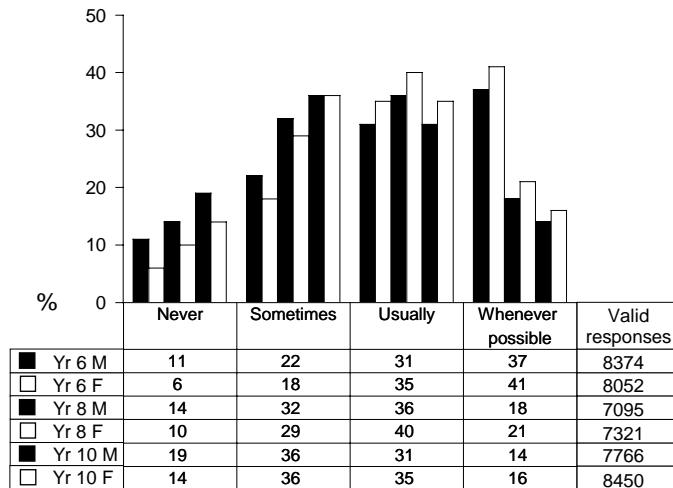
Up to 19% *never* try to avoid sunburn

Do you try any of the following ways to avoid sunburn?

Comments

1. Up to 19% *never* try to avoid sunburn and more males than females
2. More younger than older males and females try to avoid sunburn 'whenever possible'.
3. As they get older fewer pupils try to avoid sunburn.

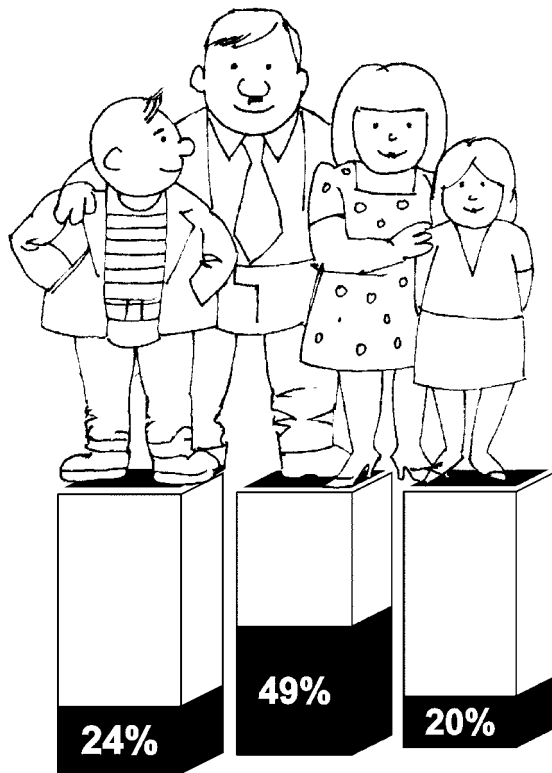
1. This is an old question that has been rephrased.
2. In previous years pupils favoured *putting on sun screen* and males more than females preferred to *wear a hat* and *wear long sleeves*.
3. Despite the warnings, it seems older pupils are choosing to risk exposure to the sun that may result in sunburn.



4 Family and Home

Edited to show responses from 10-11 year olds

Young people spend the majority of their time in and around the home. Relevant questions are scattered through the Health Related Behaviour Questionnaire, but the ones included here relate particularly to the kind of home they live in and the things they do when at home.



Question

Page numbers and questions may not match due to the editing

Which adults do you live with?	36
How many people live in your home (including yourself)?	37
How many bedrooms are there in your home?	38
Ethnic group — which of the following most nearly describes you?	39
How did you travel to school today?	40
How many cars does your family own?.....	41
How long did you spend watching television after school yesterday?	42
How long did you spend doing homework after school yesterday?	43
How long did you spend playing computer games after school yesterday?	44
Are you able to 'surf' (browse) the Internet without adult supervision?.....	45
Activities after school on the previous evening	46
Which of the following national daily newspapers are taken at home on most days	47

Ethnic Group

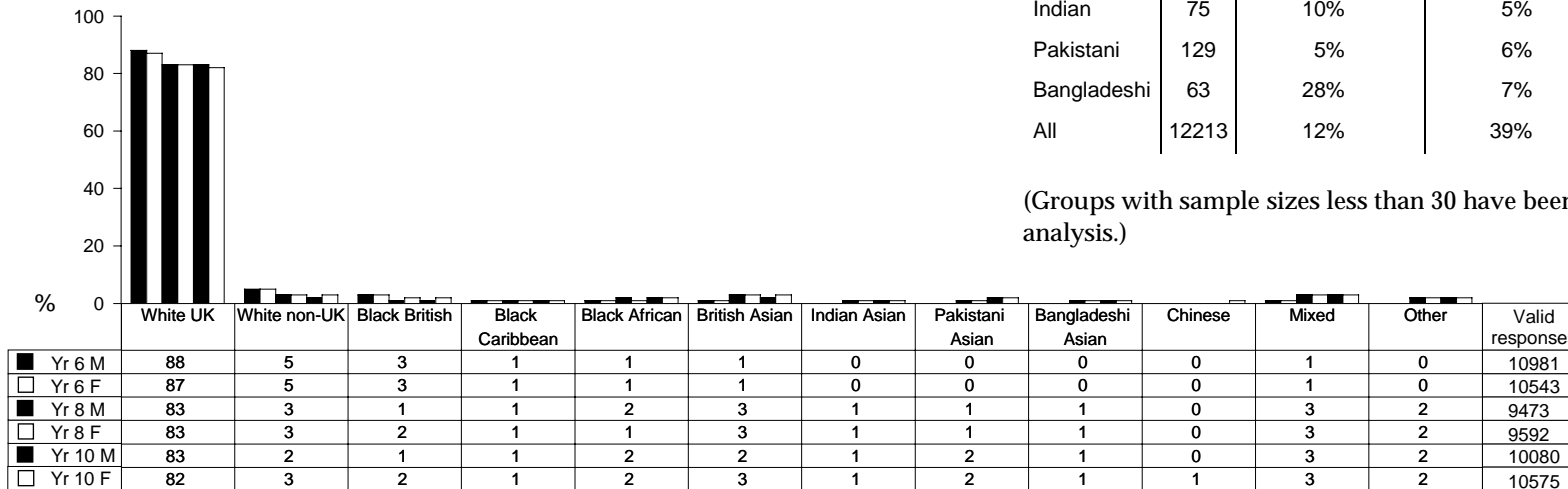
A predominately white population is represented here

Ethnic group — which of the following most nearly describes you?

Comments

1. Around 83% of this sample reported being White, that is, *UK or European*.

1. Some aspects of young people’s lifestyles, such as diet and the use of legal and illegal drugs, are strongly influenced by cultural factors. For example, among Year 10 males, we see the following differences:



Ethnicity	N	Smoked in last week	Drank alcohol in the last week	Ever taken any illegal drugs
Black (any)	511	8%	11%	12%
White UK	6231	12%	45%	21%
Indian	75	10%	5%	8%
Pakistani	129	5%	6%	9%
Bangladeshi	63	28%	7%	14%
All	12213	12%	39%	17%

(Groups with sample sizes less than 30 have been excluded from this analysis.)

After-school activities

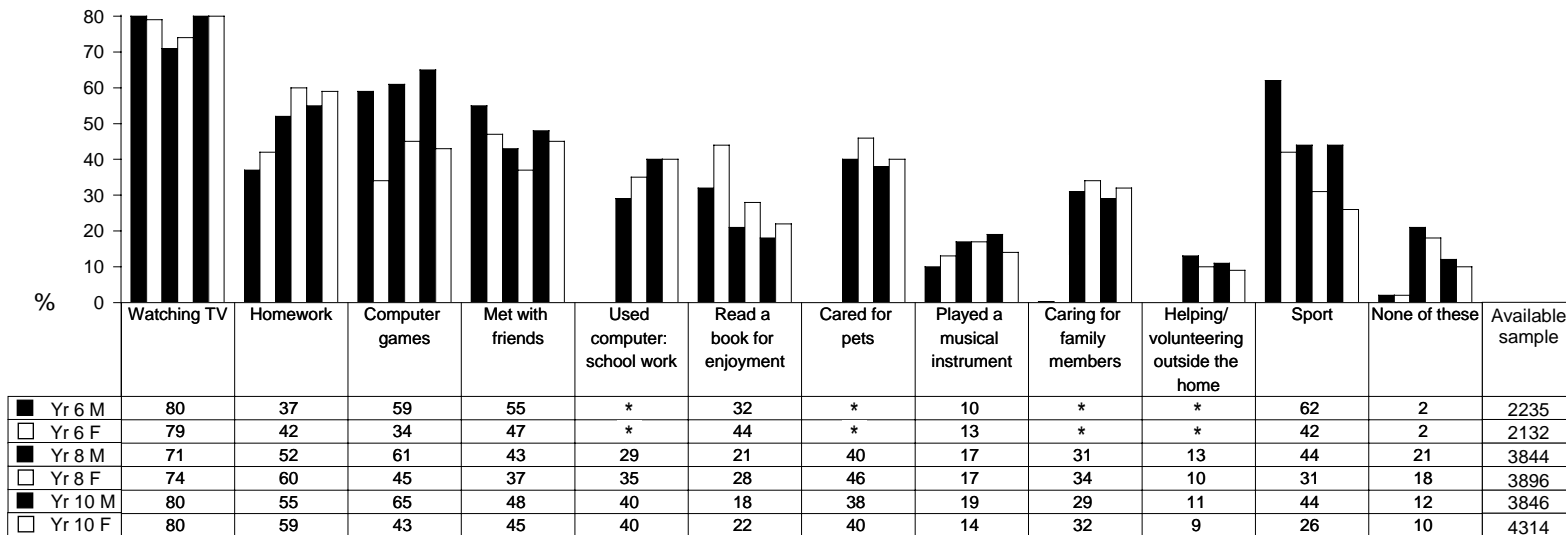
Watching television is the most popular activity

Activities after school on the previous evening

1. Other than *watching TV*: more popular with males (5+% difference). All years: *Playing computer games, playing sport*.
2. More popular with females (5+% difference). All years: *Homework* and *Reading a book*. Year 8: *Caring for pets*.
3. Age differences (5+% difference). Both genders: *reading books, computer games, sport*. Females only: *caring for pets*.

Comments

1. The fall in the percentage of 'readers' between Years 6, 8 and 10 implies a decline in the importance of books in the lives of children as they grow older.
2. The declining participation of females in sport seen for this question is mirrored in the later section on sport (page 86-92).
3. The use of computers, for a purpose other than playing games, is not markedly different between males and females but, clear differences are seen in relation to use of a computer for games.



* Year 6 pupils were not asked about these activities

National newspapers

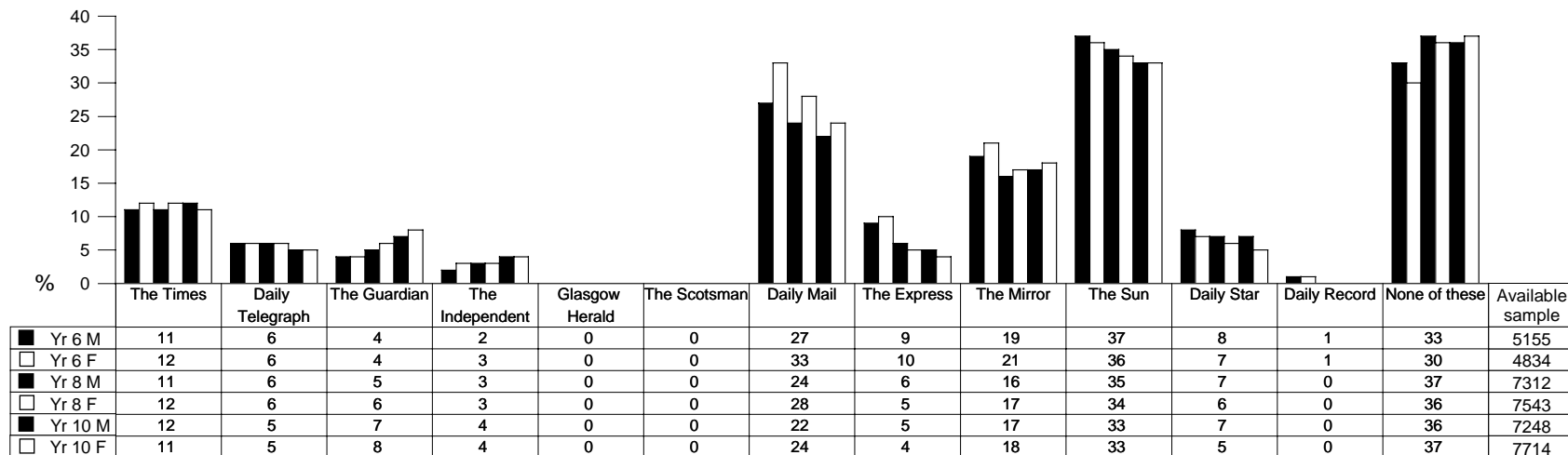
Up to 37% take *The Sun*

Which of the following newspapers are taken in your home on most days?

Comments

1. The order of popularity, based on this table, is: *The Sun*, *Daily Mail*, *The Mirror*, and *The Times*.

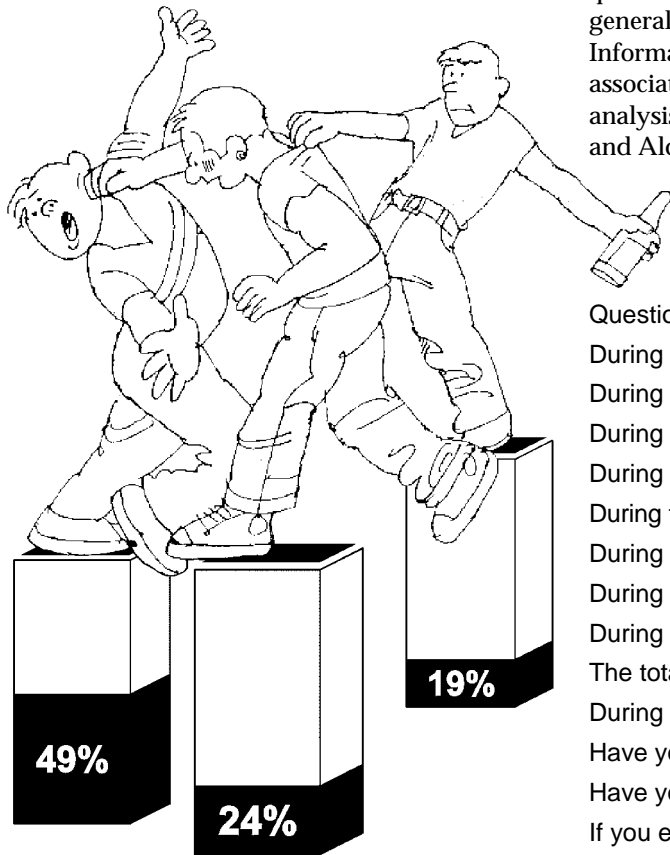
1. For many years now we have classified these newspapers into *broadsheet*, *tabloid*, and *popular tabloid* groups, and used them as a broad socio-economic discriminator with which to match other behaviours. This has become more difficult as the broadsheet format is less widely used.
2. The respondents often confuse local and national daily newspapers. Ambiguities can still occur despite the care we take to guide them through the questionnaire and also to obtain the names of the local newspapers found in a particular survey area.



5 Legal and Illegal Drugs

Edited to show responses from 10-11 year olds

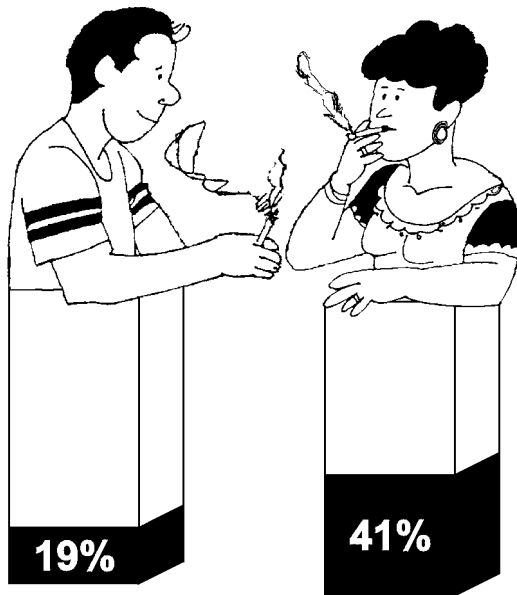
Information about the use of drugs, whether legal or illegal, is often sensationalised. It is an area where the teacher may feel handicapped by a lack of knowledge about people's degree of use, and a confidential questionnaire offers the best chance of deriving reliable information. Although tobacco and alcohol are in a general sense 'legalised', some of the questions reveal the extent of under-age purchase of alcoholic beverages. Information about personal and use of 'illegal' drugs is presented, together with the perceived danger associated with their use. 'Young People and Illegal Drugs in 2000' (Balding, 2000) provides a more detailed analysis of the findings. See also 'Trends: Young People and Smoking 1983-2005' and 'Trends-Young People and Alcohol 1983-2005', 'Trends: Young People and Illegal Drugs 1987-2004'.



Question	Page numbers and questions may not match due to the editing
During the last 7 days, have you had any of these alcoholic drinks?	51
During the last 7 days, how many pints of mixed shandy have you drunk?.....	52
During the last 7 days, how many pints of beer or lager have you drunk?	53
During the last 7 days, how many pints of cider have you drunk?	54
During the last 7 days, how many cans or bottles of 'alcopops' have you drunk?	55
During the last 7 days, how many glasses of wine have you drunk?	56
During the last 7 days, how many glasses of fortified wine have you drunk?	57
During the last 7 days, how many measures of spirits have you drunk?	58
The total number of units of alcohol consumed in the last 7 days	59
During the last 7 days, how many drinking alcohol? and days you got drunk?	60
Have you bought alcoholic drink at any of these places during the last 7 days?	61
Have you had an alcoholic drink at any of these places during the last 7 days?	62
If you ever drink alcohol at home, do your parents know?	63

5 Legal and Illegal Drugs

Edited to show responses from 10-11 year olds



Page numbers and questions may not match due to the editing

Question	
How many cigarettes have you smoked during the last 7 days?	64
If you have smoked recently, where did you get your last cigarettes from?	65
What kind of smoker are you?	66
How many people smoke on most days in your home?	67
What do you know about these drugs?	68
Do you know anyone personally who you think takes any of these drugs?	69
Have you ever taken any of these drugs?	70
Have you ever taken more than one type of drug on the same occasion?	71
Have you ever taken drugs and alcohol on the same occasion?	72

Alcoholic drinks

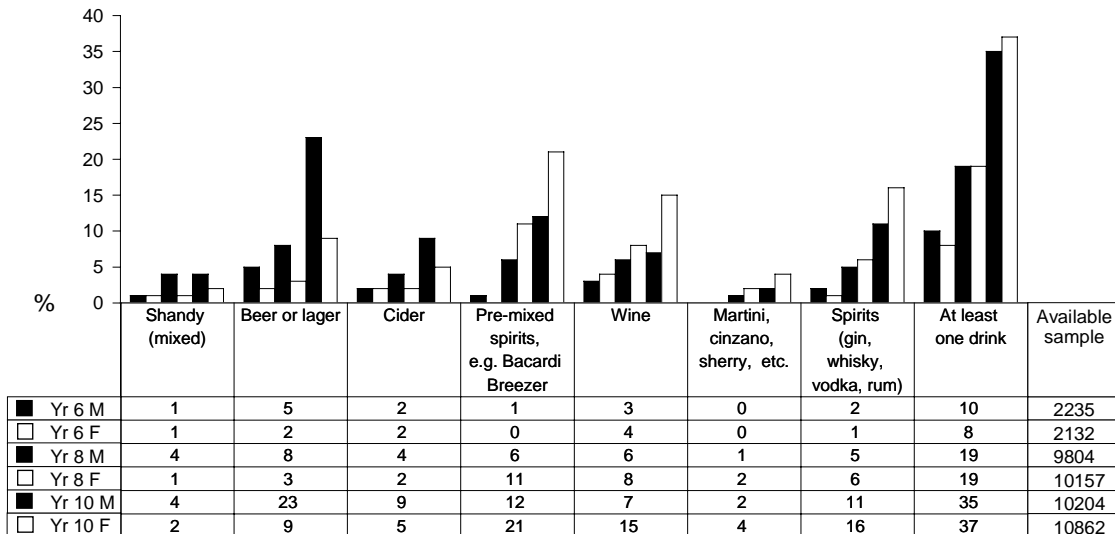
Up to 37% of the Year 10's had consumed *at least one drink*

During the last 7 days, have you had any of these alcoholic drinks?

Comments

1. *Pre-mixed spirits* is the most popular drinks group for the females, and beer or lager for the males. The table shows that 19% of the Year 8 pupils, and up to 37% of the Year 10 pupils, had consumed at least one of these drinks.
2. The inclusion of figures from Year 6 suggests that alcohol careers are established at an early age.
3. *Pre-mixed spirits* account for 21% and *spirits* account for 16% of the choice from Year 10 females.

1. We note that more Year 10 females than males drank *pre-mixed spirits, wine* and *spirits*.
2. As noted in the introduction, the figures seen in our studies for the proportion of young people using alcohol in the previous week have been higher than those found in other research.



Alcohol: drinking/drunk days

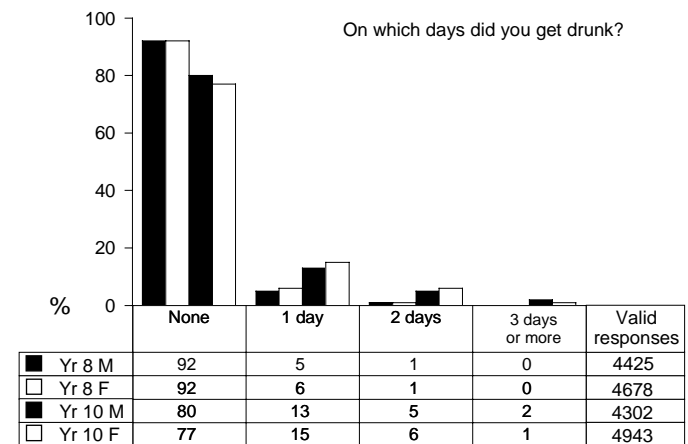
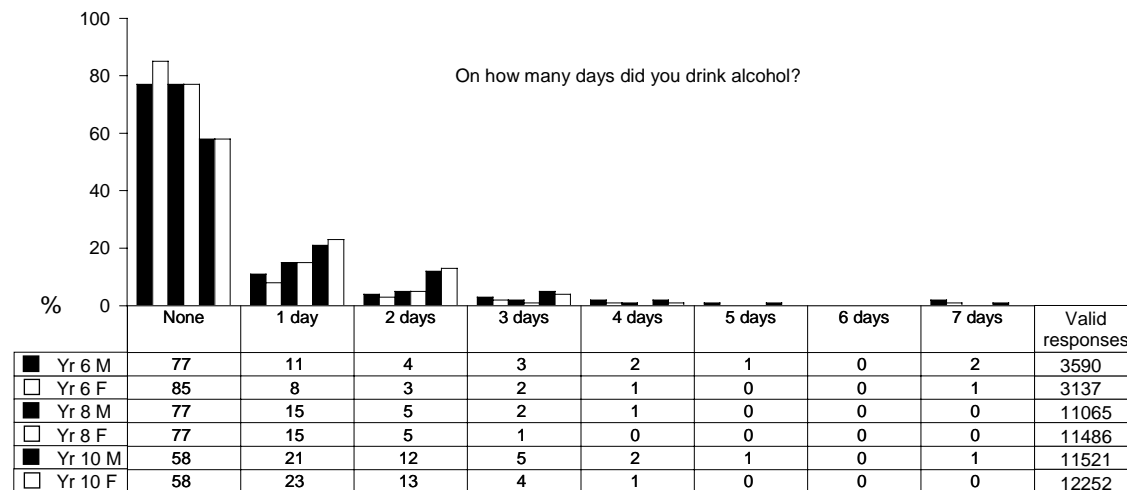
9% of the Year 10 males drank on 3 days and 23% of the Year 10 females got drunk

**During the last 7 days, on how many days did you drink alcohol?
During the last 7 days, on which days did you get drunk?**

Comments

1. In all year groups, the male drinkers outnumbered the females, and also tended to drink on more days. However, on average more than half the 'drinkers' drank on only one day during the past week.
2. 9% of the Year 10 males and 5% of the Year 10 females drank on three days or more.
3. Up to 23% got drunk 'during the last seven days' with older females reporting higher percentages than older males

1. We see that by Year 8 at least half the potential Year 10 'drinkers' have already acquired some taste for alcohol.
2. Drinking habits of adults in general are quite regular, while that of younger adults in the 18-25 age range is more likely to feature 'binge' drinking. For young drinkers there is evidence to suggest that for some 13 – 16 year olds the figure of at least five alcoholic drinks in one session is not uncommon ('Education and Health', 2002, 20:3:46).
3. Most of those who got drunk did so on Friday and Saturday evening.



Drinking at home

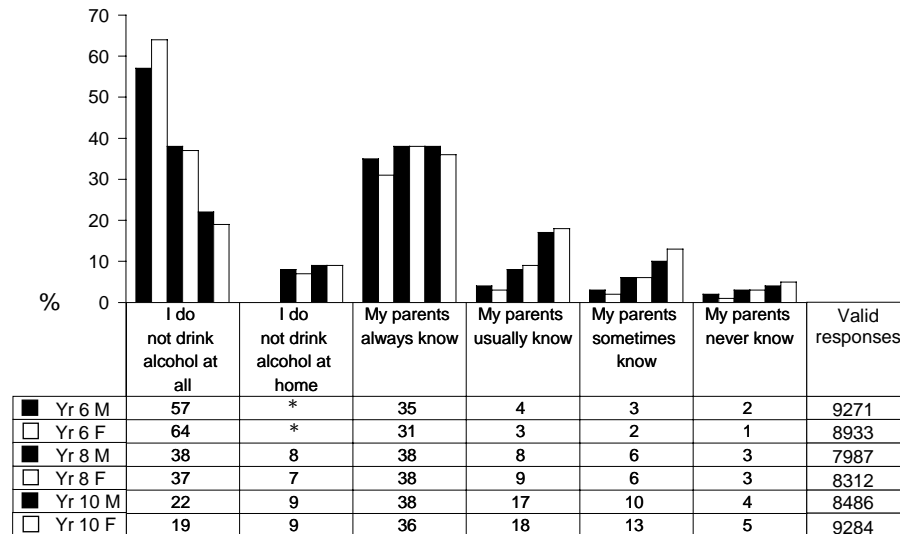
Parents of 14-15 year olds are less likely to know

If you ever drink alcohol at home, do your parents know?

1. Up to 38% say that parents always know.
2. Of those older pupils who do drink at home, about half do so with their parents always knowing about it.

Comments

1. The question was added because of interest in the amount of alcohol being drunk during the previous week at home — always the most popular venue. The answer is that there is quite a lot of clandestine drinking going on among the older pupils.
2. The young people who say they do not drink at home may contain a substantial proportion who do not drink currently at all. These figures place an upper limit on the proportion of 'never drinkers', as we have no routinely collected information on drinking attitudes and experience to match that with respect to illegal drugs.



* Option not available for Year 6

Cigarettes smoked

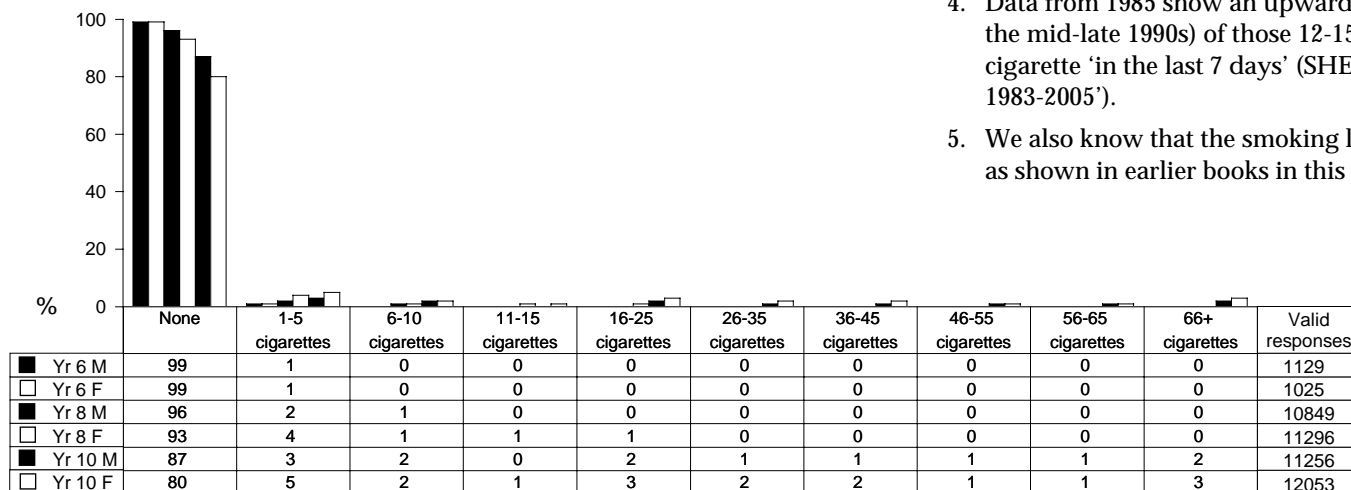
20% of the Year 10 females smoke

How many cigarettes have you smoked during the last 7 days?

Comments

1. More Year 8 & 10 females than males had smoked and there were more smokers in Year 10.
2. There is no significant gender difference in those Year 10 pupils reporting smoking more than 25 cigarettes. 20% Year 10 females smoke, 11% smoke up to 25 cigarettes a week.

1. Assuming that many females may be going out with males older than themselves, it is possible that the Year 10s partners have smoking levels similar to the ones seen here.
2. Smoking levels of up to 25 a week are hardly addictive in adults; what is known about young people's addiction levels?
3. Smoking levels have increased rather than decreased since the publication of the 'Health of the Nation' targets in 1992 and 'Our Healthier Nation' in 1999.
4. Data from 1985 show an upward trend (which may have peaked around the mid-late 1990s) of those 12-15 years olds that report smoking at least 1 cigarette 'in the last 7 days' (SHEU, 'Trends-Young People and Smoking, 1983-2005').
5. We also know that the smoking levels vary widely from school to school, as shown in earlier books in this series.

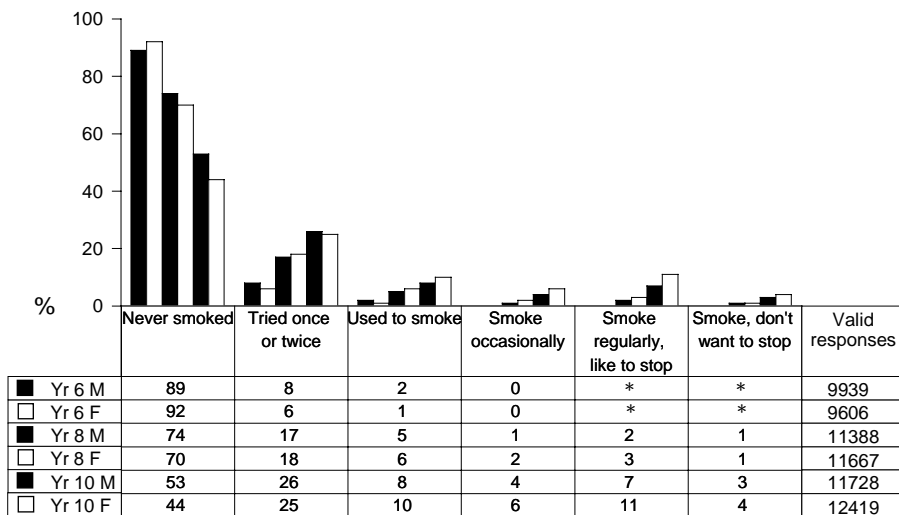


Type of smoker

Up to 56% will have smoked by Year 10

What kind of smoker are you?

1. In Year 6 around 90% report *never smoked*. By Year 10, this number declines to 53% for males and 44% for females.
2. 56% of Year 10 females have smoked.
3. The majority of the current smokers say that they would *like to stop*.



* Year 6 pupils were not asked about these activities

Comments

1. Two-thirds of smokers want to give up. If addiction is not their problem, can we help them? Raw et al's (1998) publication recommends interventions shown to be effective with adults should be considered for use with young people with the content modified as necessary - this includes stop-smoking groups and the possible use of nicotine replacement therapy.
2. We used to ask *Do we believe the ones who say that they want to give up?* It's an easy claim to make, but it might be offered that if they really wanted to quit they would. We believe them more since we related their level of anxiety about smoking to their desire to give up: those that want to give up are much more worried about smoking than other smokers ('No Worries?' Balding, 1998).
3. By the time young people reach Year 10, the majority will have tried cigarettes. Is it realistic to try to discourage experimentation? The table shows that fewer than half the number of those who have experimented are currently smoking.
4. The table below shows data from 1996 of older pupils who report smoking regularly. There is a general decline in the percentages:

	% of 14-15 year olds who smoke regularly										
	1996	1997	1998	1999	2000	2001	2002	2003	2004	2005	2006
Yr 10 Males	20%	18%	17%	15%	14%	14%	17%	11%	14%	12%	10%
Yr 10 Females	24%	21%	23%	22%	22%	22%	20%	19%	21%	20%	15%

Contact with drug users

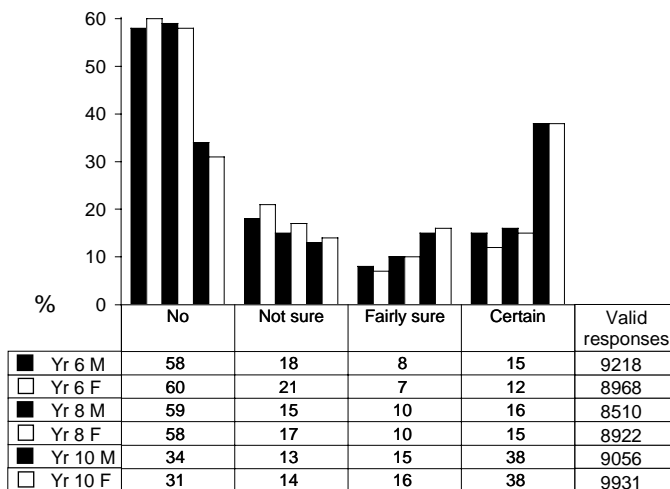
Up to 54% of the 14-15 year olds are *fairly sure* or *certain* that they know a drug user

Do you know anyone personally who you think takes any of these drugs?

1. Similar numbers of older males and females thought they knew someone.
2. Up to 23% of the Year 6s, up to 26% of the Year 8s, and up to 54% of the Year 10s, claimed to be *fairly sure* or *certain*.

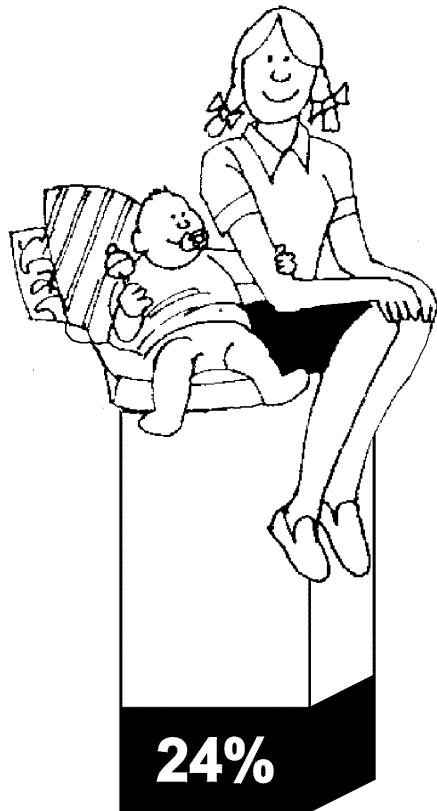
Comments

1. Since knowledge of other drug users is a key to obtaining drugs, the proportion of Year 6s reporting that they think they know some one who uses at least one of the listed drugs presents concern for the potential future behaviour of these young people.
2. This does not mean that up to 23% of Year 6 pupils take drugs, since 99 pupils in a school could all be thinking of the same one person, who may not even be a school pupil. We emphasise personal knowledge to exclude depictions of drug use in the media, and give a prompt to exclude users of drugs as medicines.



6 Money

Edited to show responses from 10-11 year olds



The amount of money that young people have to spend is an important factor in determining their access to a host of behaviours. This section examines working for money, levels of income, and the sorts of things that they spend their money on.

Page numbers and questions may not match due to the editing

Question	
Have you a regular paid job during term time?	74
What type of regular paid job do you do?	75
How many hours did you work for money last week?	76
How much money did you receive last week from your regular paid work?	77
Do you usually get pocket money?	78
How much pocket money did you get last time?	79
Last week's combined income from paid work and pocket money	80
Have you put any of your own money into a savings scheme in the last 7 days?	81
How much of your own money have you spent during the last 7 days?	82
During the last 7 days, have you spent any of your own money on the following items?	83
During the last 7 days, have you spent any of your own money on the following items?	84

Pocket money

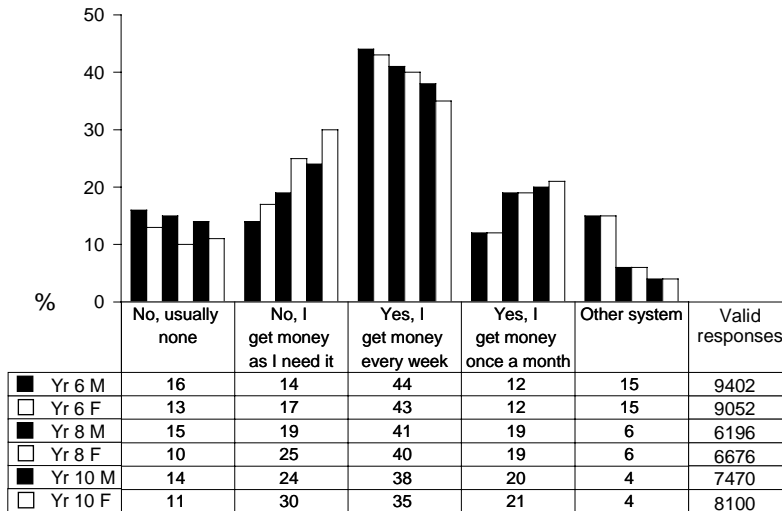
The older they get fewer receive weekly pocket money

Do you usually get pocket money?

1. Clearly, the majority receive pocket money each week although the regularity of this income declines as all get older.
2. More females than males receive money as they need it.
3. More males than females receive no pocket money.

Comments

1. Up to 44% of Year 6 pupils (10-11 year olds) receive weekly pocket money. This falls to around 36% of Year 10 pupils (14-15 year olds) and is possibly replaced by money received from paid employment.
2. As pupils get older, the pattern of receiving pocket money shifts from weekly to 'once a month' and 'as I need it'. Again this may be influenced by the youngsters' ability to undertake paid work.
3. Between 84% - 90% of 10-15 year olds receive pocket money.



Pocket money total

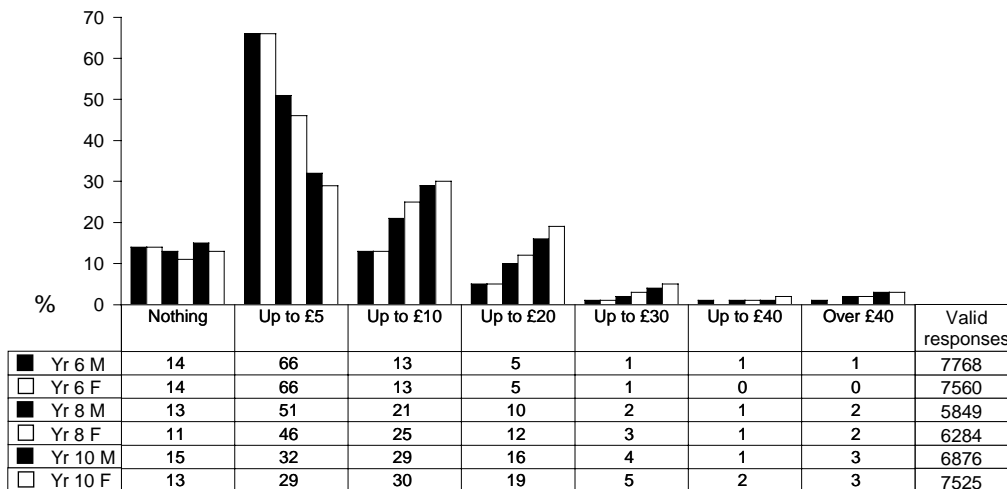
Up to 29% of 14-15 year olds receive more than £10

How much pocket money did you get last time?

Comments

1. The older pupils' percentages are similar at the higher pocket money levels, and the Year 10 (14-15 year olds) amounts are greater than the Year 8.
2. Most of the younger pupils received *up to £5* and at least 24% of Year 10s received *more than £10*.

1. We have occasionally had problems in deriving weekly amounts for those young people whose pocket money or allowance is paid monthly.



Items bought last week (1)

Book purchasing remains low after pupils pass 11 years of age

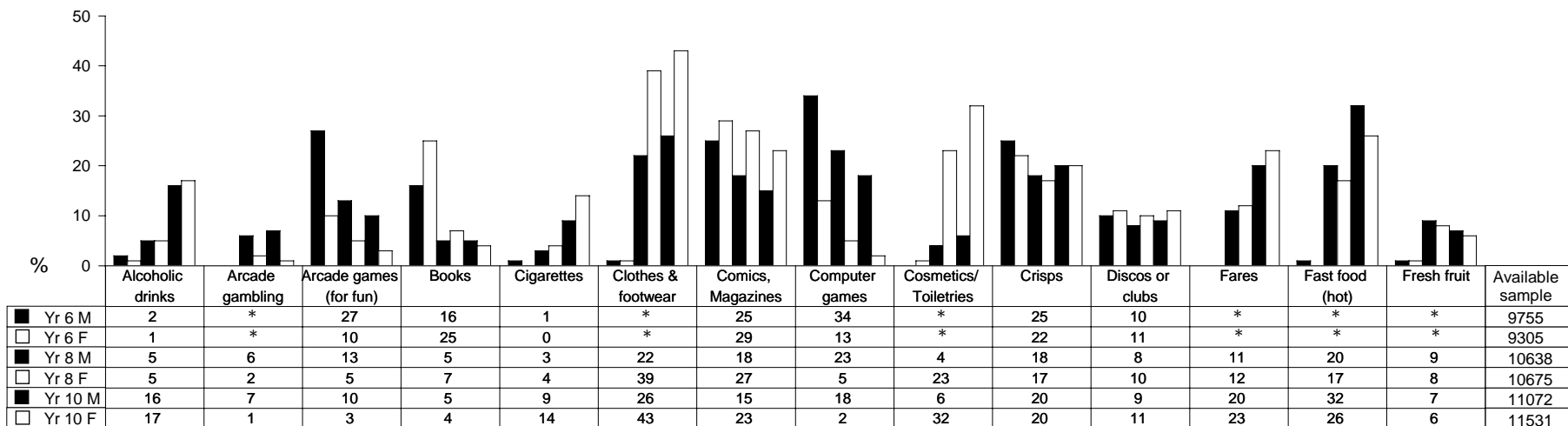
During the last 7 days, have you spent any of your own money on the following items?

For convenience, this list has been divided into two parts and rearranged into alphabetical order within each part.

1. Within this section *crisps* are the most popular and bought by at least 20% of the older groups. *Comics/magazines* are also popular items.
2. In Year 10, spending on *alcohol, cigarettes, fares* and *fast food* becomes important. 32% of older females spend on *cosmetics*. In Year 6, 27% of males spend on *arcade games* and 25% of females spend on *books*.
3. Overall, more females than males spend money on *books, clothes, comics/magazines, cosmetics, discos/clubs* and *fares*.

Comments

1. This list does not indicate the relative amounts spent on these different items, so it is not possible to reflect upon the amount of money spent on some of the less desirable activities.
2. Gender and age differences provide interesting comparisons particularly spending on *alcohol, books, and cigarettes*. The differences between groups is not restricted to this year's data. For example, over the years, we have seen a sharp reduction in book purchasing after the age of 11.



* Options not available for Year 6

Items bought last week (2)

Sweets remain the favourite item

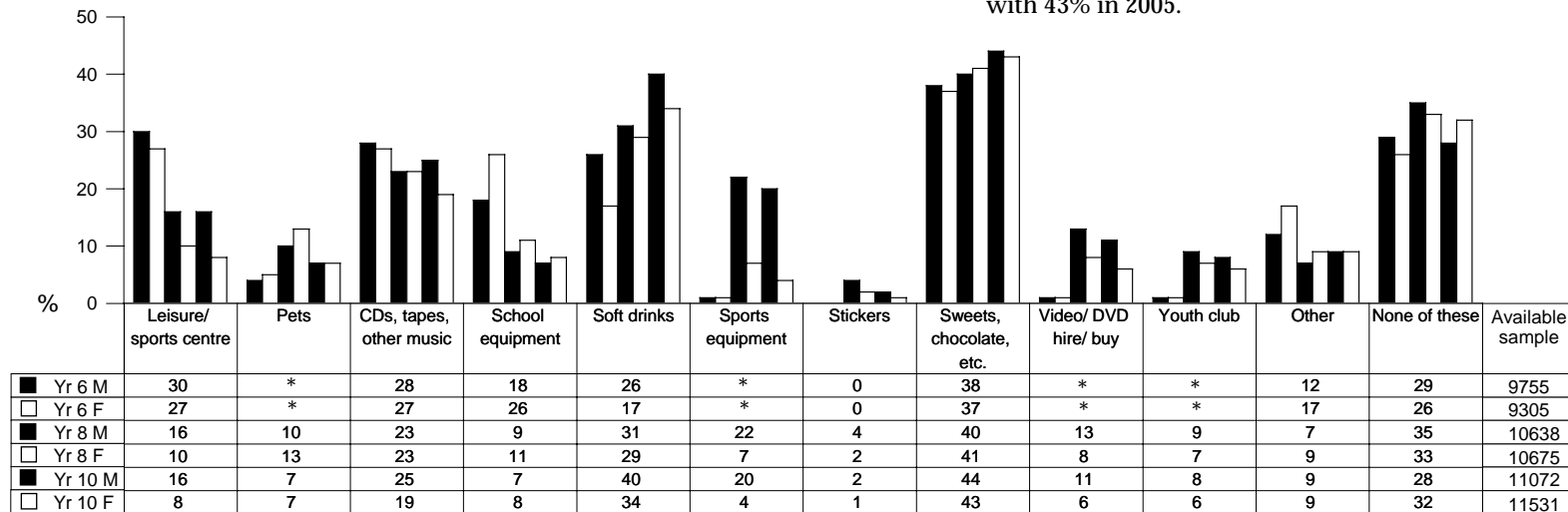
During the last 7 days, have you spent any of your own money on the following items?

Comments

For convenience, this list has been divided into two parts and rearranged into alphabetical order within each part.

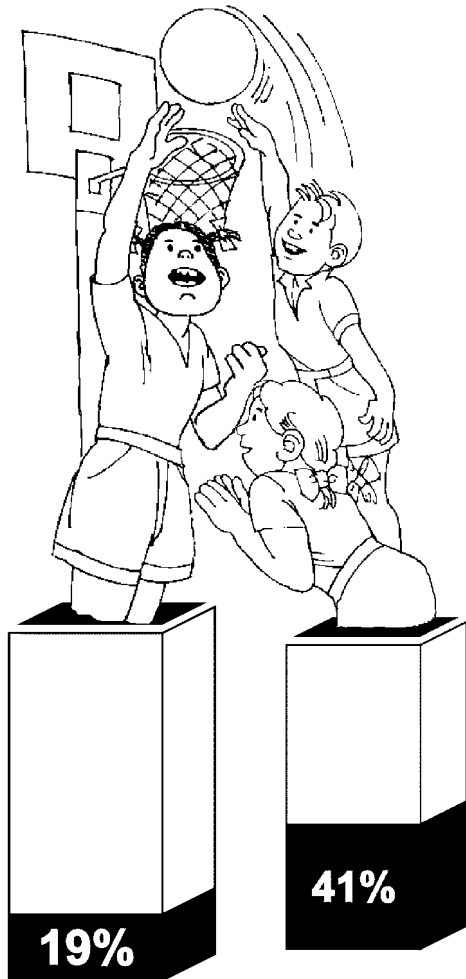
1. Within this section *records/CD/tapes*, *soft drinks* and *sweets* are clearly the items on which money was most frequently spent.
2. Gender differences in which higher percentages of males report are apparent for items such as *leisure/sports centres* and *soft drinks*, *sweets* and *sports equipment*. Female biased responses are observed for items such as *pets* and *school equipment*.

1. This list does not indicate the relative amounts spent on these different items, so it is not possible to reflect upon the amount of money spent on some of the less desirable activities.
2. Spending on *sweets* has remained the favourite item for many years and older females consistently report spending most of their money on this item – 58% of 14-15 year old females selected *sweets* in 1999 compared with 43% in 2005.



* Options not available for Year 6

7 Exercise and Sport



Edited to show responses from 10-11 year olds

There is widespread concern at what appear to be generally low levels of physical activity in the daily life of young people. If, as has been suggested, the four-year-olds starting in our primary schools will have a life expectancy in excess of a hundred years, then we need to ensure that they have a healthy respect for the role that physical fitness plays in their quality and enjoyment of life. Trends in physical activities can be found in 'Trends: Young People and Physical Activities 1987-2003'. The questions in this section cover physical activity, perceived fitness, and which sporting activities (if any) young people took part in out of school time.

Page numbers and questions may not match due to the editing

Question	
How much do you enjoy physical activities?.....	86
Sports and activities participated in during the past 12 months outside school.....	87
Sports and activities participated in during the past 12 months outside school.....	88
Sports and activities participated in during the past 12 months outside school.....	89
Sports and activities participated in during the past 12 months outside school.....	90
How fit do you think you are?.....	91
How many times last week did you exercise and have to breathe harder and faster?	92

Enjoying sport

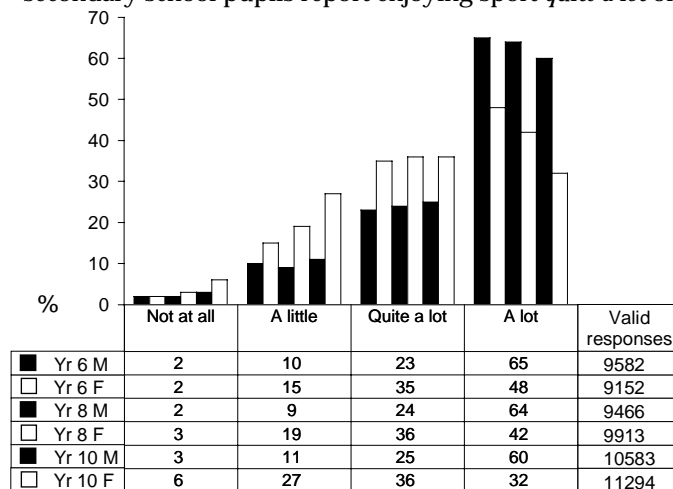
48% of the 10-11 year old females enjoy physical activities *a lot*

How much do you enjoy physical activities?

Comments

1. There is a large gender difference: far fewer females in each year group report liking sport *a lot*. The gender difference is already distinct in Year 6 (10-11 year olds) but the gap becomes wider as the age of the pupils increase.
2. The difference is especially marked in Year 10, nearly half as many females as males say they enjoy physical activities *a lot*.
3. It is noticeable, that as males get older fewer respond that they enjoy physical activities *a lot*.
4. Nevertheless, over 83% of primary school pupils and over 68% of the secondary school pupils report enjoying sport *quite a lot* or *a lot*.

1. Is it uncool for females in secondary schools to show an interest in sport?
2. Does the changing room experience for females play a role in the rapid decline in an interest in physical activity? Many schools have found that by installing shower curtains in their changing rooms they have seen a positive effect on the interest their female students show for PE.
3. In 2006 60% of 14-15 year old males report enjoying physical activities *a lot*. Since 1995, this percentage has ranged from 61% to 54% (2003).



Participation in active sports (1)

Riding a bicycle still remains the most popular activity for all pupils

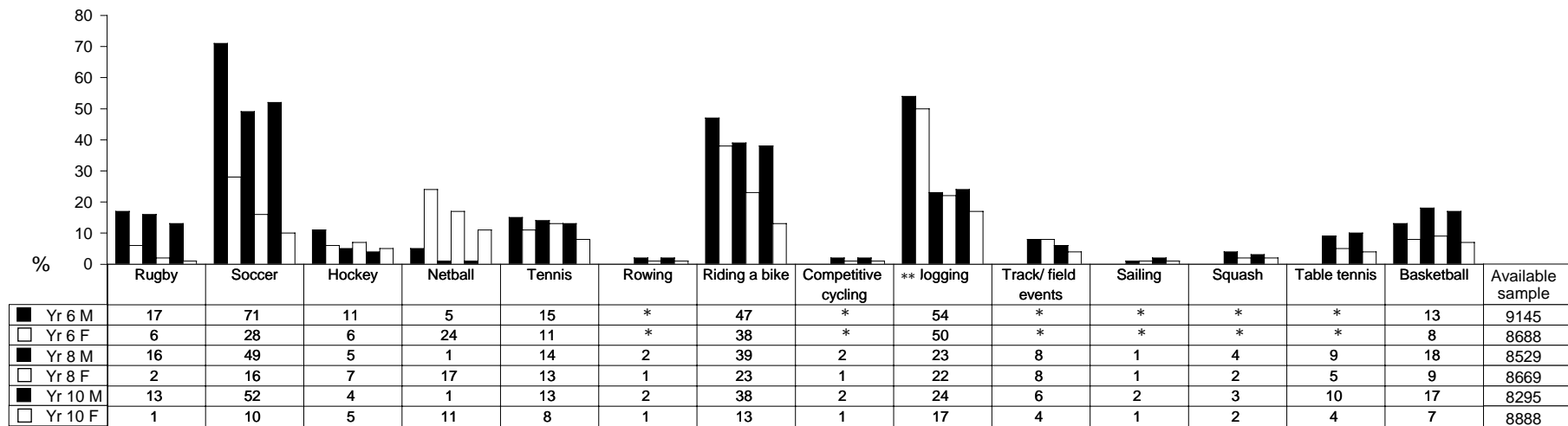
Sports and activities participated in, at least weekly, during the past 12 months outside school

The responses to this question have been divided into three pages.

Comments

1. These figures should be seen in the context of the figures on the following pages.
2. *Riding a bicycle* still remains a popular activity for all groups.
3. *Jogging/Running for exercise* involves all groups but the levels are not maintained.

1. These sports and activities are carried out in the pupils' own time or in school clubs and not in school lessons.
2. There is a decline in many of the activities from primary to secondary school – basketball and tennis are the only sports that hold an interest for both males and females as they move between schools.



** *Jogging* appears as *Running for exercise* for Year 6

Participation in active sports (2)

Swimming remains a popular activity particularly with younger people

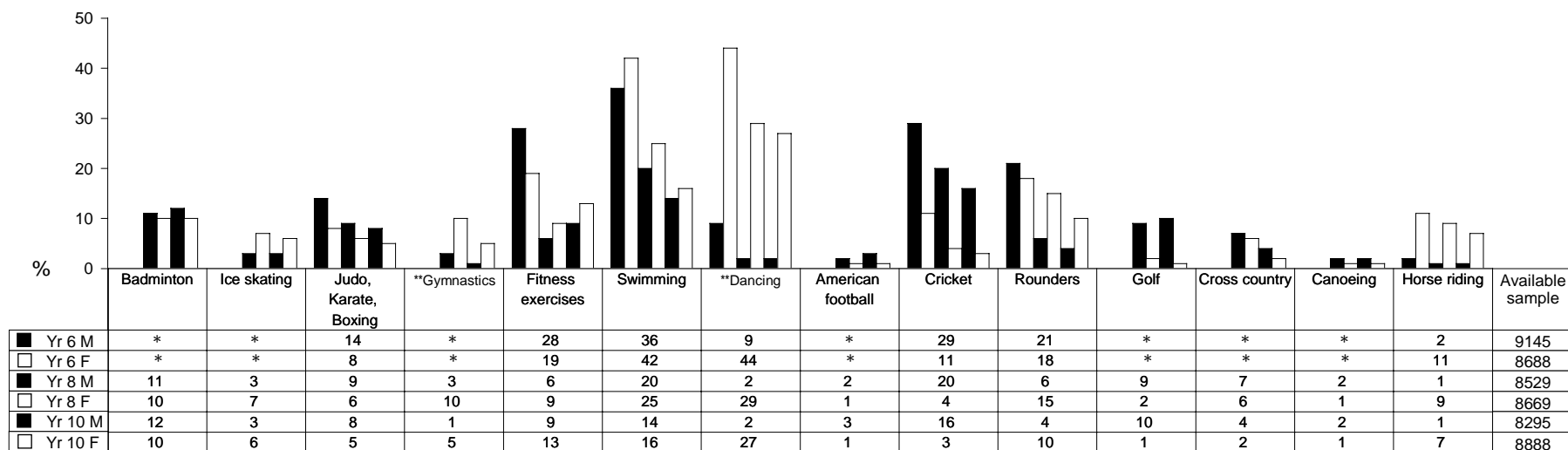
Sports and activities participated in, at least weekly, during the past 12 months outside school

The responses to this question have been divided into three pages.

1. *Swimming* is the most popular activity with most age groups and genders in this section followed by *fitness exercises*.
2. *Dancing/gymnastics* are undertaken, outside school, each week by 44% of Year 6 females.
3. *Fitness exercises* is the only activity to show an upward trend for all pupils in the secondary age group in this section.

Comments

1. Once again the figures refer to activities outside of school lessons and there is also a decline in many of the activities from primary to secondary school.
2. Data since 1987 show a slight decline in interest in badminton but it is one of the few sports that remain constant as pupils get older.
3. Dancing remains popular with females across the age range. Although it declines as pupils get older, perhaps this is an activity that could be further encouraged in secondary schools.



* Options not available for Year 6

** *Gymnastics/Dancing* appears as one item for Year 6

Participation in active sports (3)

Up to 38% of older females choose going for a walk

Sports and activities participated in, at least weekly, during the past 12 months outside school

The responses to this question have been divided into three pages.

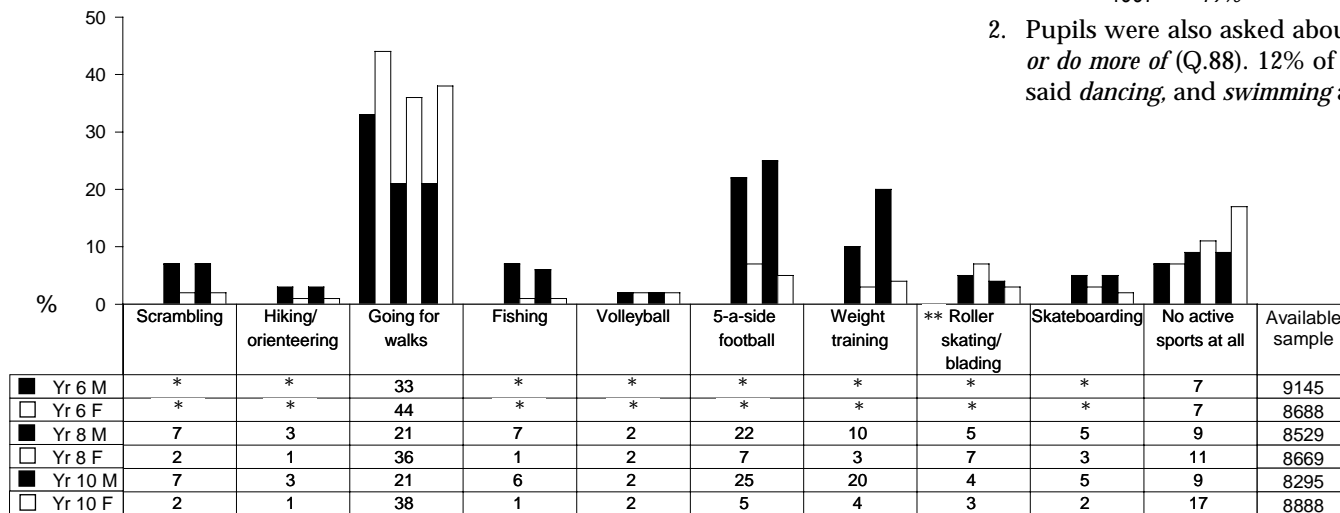
- 17% of the Year 10 females and 11% of the Year 8 females do not participate in any active sport on a weekly basis.
- The increase in popularity of 5-a-side football and weight training for the older males is against the general trend of decreasing involvement.
- Going for walks* was a new category in 2002 and is a popular activity with up to 38% of older females.

Comments

- Comparing the Year 10 female *no active sports at all* data since 1992 shows a range from 13%-23%. For further information see 'Trends: Young People and Physical Activities 1987-2003'.

1992	19%	1998	14%	2004	13%
1993	18%	1999	20%	2005	16%
1994	18%	2000	21%	2006	17%
1995	23%	2001	22%		
1996	20%	2002	14%		
1997	19%	2003	16%		

- Pupils were also asked about which activities they *would like to start doing or do more of* (Q.88). 12% of females said *roller/ice skating*, 11% of females said *dancing*, and *swimming* and 10% of Year 8 females said *netball*.



* Options not available for Year 6

** Rollerblading appears as Roller skating for Year 6

Personal fitness

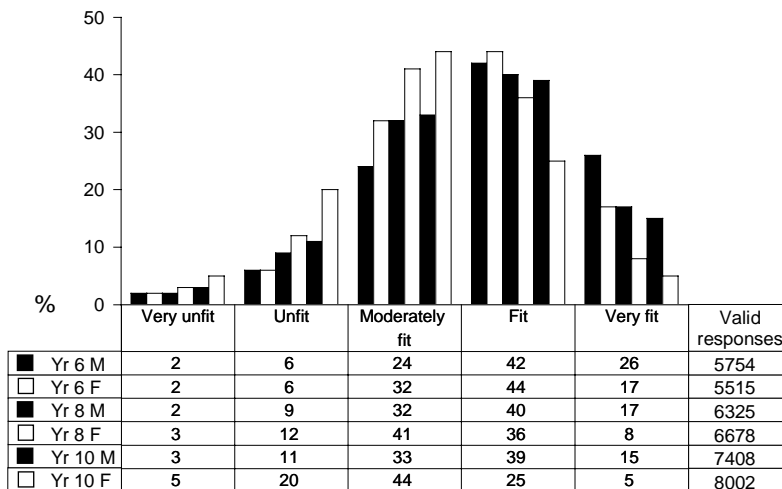
25% of 14-15 year old females think they are *unfit* or *very unfit*

How fit do you think you are?

1. More Year 6 males continue to assess themselves as *very fit* than any of the other groups.
2. 25% of the Year 10 (14-15 year old) females describe themselves as *unfit* or *very unfit*.
3. Perceived fitness declines with age in males and females.

Comments

1. The higher self-assessment of the males is consistent with their higher participation in sporting activities.
2. Do the females see themselves as less fit than the males because they participate in less physical activity or indeed are they less fit than the males?
3. This subjective method of assessing fitness may not seem very rigorous, but individual physiological measurements, in conjunction with similar questions, have shown good agreement.
4. Data from the Trends report, 'Young People and Physical Activity 1987-2003', showed an overall upward trend in reports of fitness levels. From 1991 onwards 14-15 year old females show an upward trend of those considering themselves to be 'unfit' (10% in 1991 to 20% in 2006).

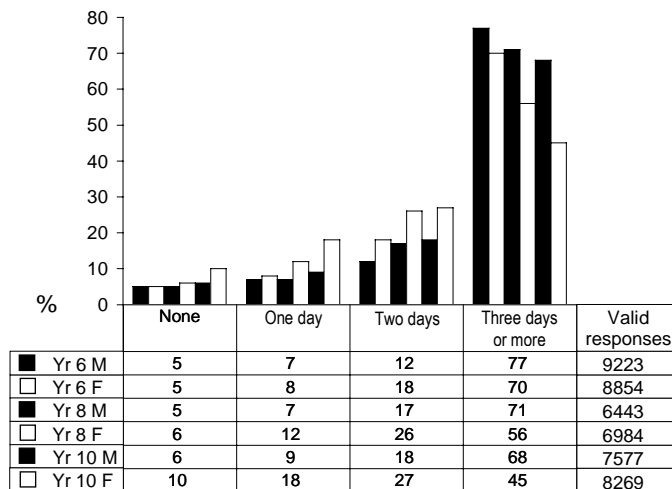


Aerobic exercise

Over 90% of 10-15 year olds report exercising at least on one day *last week*

How many days last week did you exercise and have to breathe harder and faster?

- Over 90% of all groups report exercising at least on one day last week, but again the gap is seen to widen between males and females among the frequent exercisers as they increase in age.
- Between 5%-10% of over 47,000 10-15 year olds, report taking no exercise *last week*.
- Up to 15% of all males and between 13%-28% of all females report doing no exercise or exercising only on one day *last week*.



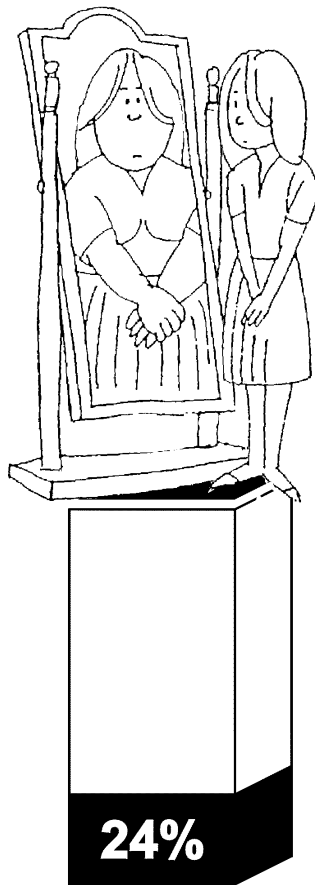
Comments

- There has been a question change from , 'How many times last week...', to 'How many days last week...'.
- The data suggest that at least 68% of males, and at least 45% of females, report exercising vigorously on three or more days.
- We have increasing opportunities for youngsters to adopt sedentary lifestyles: many youngsters today have seemingly endless choices for the time they spend watching television with the increased viewing options available on satellite TV, they even have televisions in their rooms; or they spend time playing computer games; and indeed the popularity of surfing the Internet is increasing on a daily basis. But how much do young people depend on parents/carers for permission and support to be active?
- The question has in mind the old recommendation of exercising vigorously for at least 20 minutes a time, three times a week. Current recommendations are more likely to suggest *daily* exercise.

8 Social and Personal

The questions included in this group refer to social relationships, sources of information about sex, school lessons and problem-sharing. Questions to discover the pupils' awareness about contraceptive methods and services are also included.

Edited to show responses from 10-11 year olds

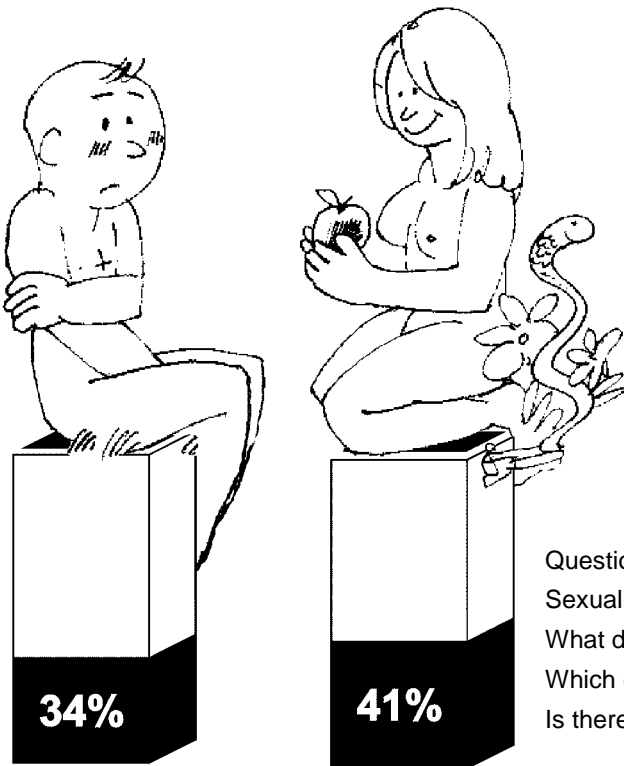


Page numbers and questions may not match due to the editing

Question	
How do you usually feel when meeting people of your own age for the first time?	95
How useful have you found school lessons about the following?	96
How many school lessons do you enjoy at school?.....	97
Which of these statements about GCSEs best describes you?.....	98
After the end of Year 11 what would you like to do?.....	99
How much do you worry about these problems?	100
If you wanted to share school-work problems, to whom would you probably turn?.....	101
If you wanted to share health problems, to whom would you probably turn?	102
If you wanted to share problems about friends, to whom would you probably turn?	103
If you wanted to share bullying problems, to whom would you probably turn?.....	104
Where would you go first for help or information about the following?	105
When somebody wants me to do something I don't want to... ..	107
Self-esteem measurement (0-18)	108
"I am in charge of my health" & "If I keep healthy, I've just been lucky"	109
"If I take care of myself I'll stay healthy" & "Even if I look after myself I can still easily fall ill".....	110
Health locus of control score (-4 to +4)	111
How many adults can you really trust?	112
In general, how satisfied do you feel with your life at the moment?	113

8 Social and Personal

Edited to show responses from 10-11 year olds



Question

Page numbers and questions may not match due to the editing

Sexually transmitted diseases and infections – what do you know about them?	114
What do you know about the following methods of contraception?	115
Which contraceptive methods are reliable to stop infections like HIV/AIDS?.....	116
Is there a special birth control (family planning) service for young people available locally?.....	117

Worries

Around 30% of 10-11 year olds worry about *family problems*

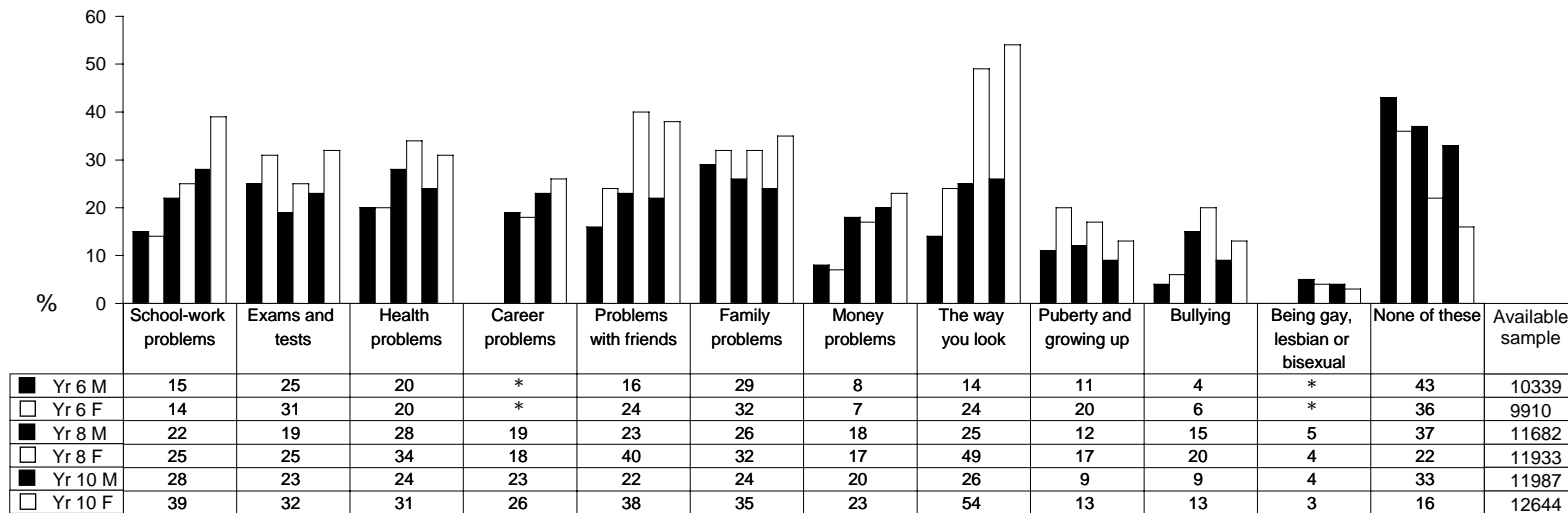
How much do you worry about these problems?

Responses to 'quite a lot / a lot'

1. *Family problems* cause concern for around 30% of pupils.
2. *Exams and tests* cause the main worries for the 10-11 year olds.
3. *The way you look* worries the 12-15 year old females more than anything else on the list.
4. Among the highest worries for 14-15 year old males are problems with *school-work, health, family and the way you look*.
5. The *none of these* category shows that more females than males worry about things in the list.

Comments

1. These problems do not necessarily concern the respondents themselves, they could indicate worry about family or friends or even 'society'.
2. *Exams* was a new category in 2004 and percentages are lower this year.
3. As girls grow older, higher percentages worry about all the categories listed here apart from *exams, puberty and growing up, bullying and being gay*.



* Options not available

School-work problems

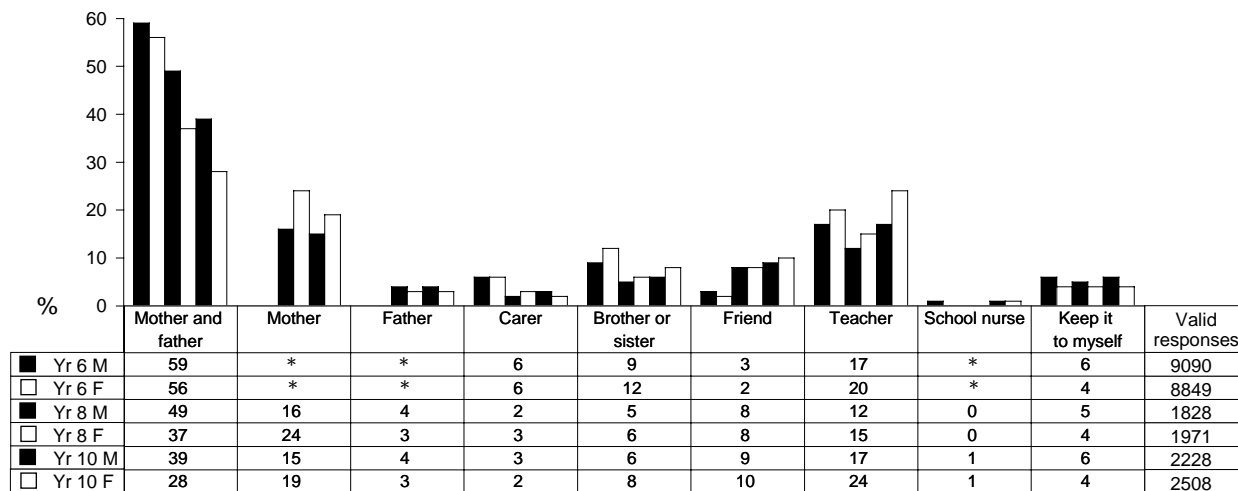
Up to 24% of pupils look to *Teachers* for support

If you wanted to share school-work problems, to whom would you probably turn?

1. *Mother and father* are the most common source of support which declines as pupils get older.
2. Up to 24% would turn to *Teacher*.
3. The proportion, of older pupils, who would keep such a problem to themselves is small, smaller at least than for most other problems.
4. The various sources of support rise (*Teacher, Friend*) or fall (*Mother and Father*) with age, and there are some marked gender differences.

Comments

1. Since 1999, between 35%-39%, of 14-15 year old females, have reported worrying 'quite a lot' or 'a lot' about school-work problems. The figure for 14-15 year old males is around 25%
2. Around 5% of 10-11 year olds report that they would not share a school-work problem but *keep it to myself*.
3. Since 1990, there has been an overall increase in the numbers of pupils reporting sharing school problems with a *Teacher* (SHEU, 2004, 'Trends-Young People and Emotional Health and Well-Being 1983-2003'). This years figures from older females shows an increase to 24%.



* Options not available

Health problems

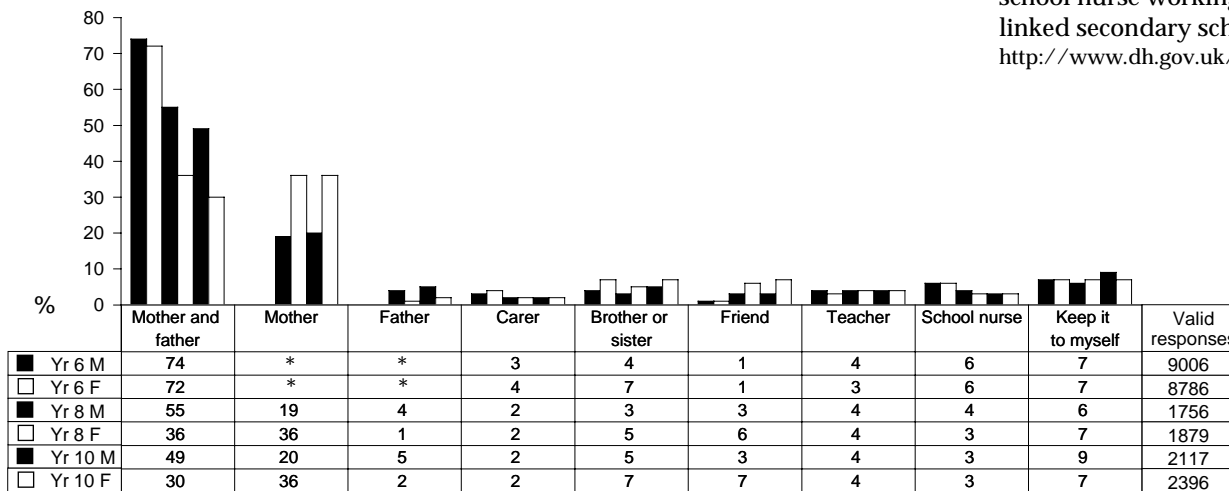
Mother features strongly for the females

If you wanted to share health problems, to whom would you probably turn?

1. Again, *Mother and Father*, are the popular choice but are less popular as pupils get older.
2. Up to 9% would *keep it to myself*.
3. The *School nurse*, the only health professional on the list, secures up to 6% of votes for this topic.

Comments

1. The expression 'health problems' is open to wide interpretation.
2. Although Mum and Dad might be the first port of call, it may be only through them that a young person will seek access to Health Care Professionals. We wonder if the small proportion responding *School nurse* reflects a lack of opportunity rather than a reluctance to see them. In 2005, the RCN described the crisis resulting from the low numbers of school nurses - <http://www.rcn.org.uk/news/display.php?ID=1602> By 2010, the Government aims to have at least one, full-time, year round, qualified school nurse working with every cluster of primary schools and their linked secondary school – for details visit: http://www.dh.gov.uk/en/Publicationsandstatistics/Pressreleases/DH_4132074



* Options not available

Friend problems

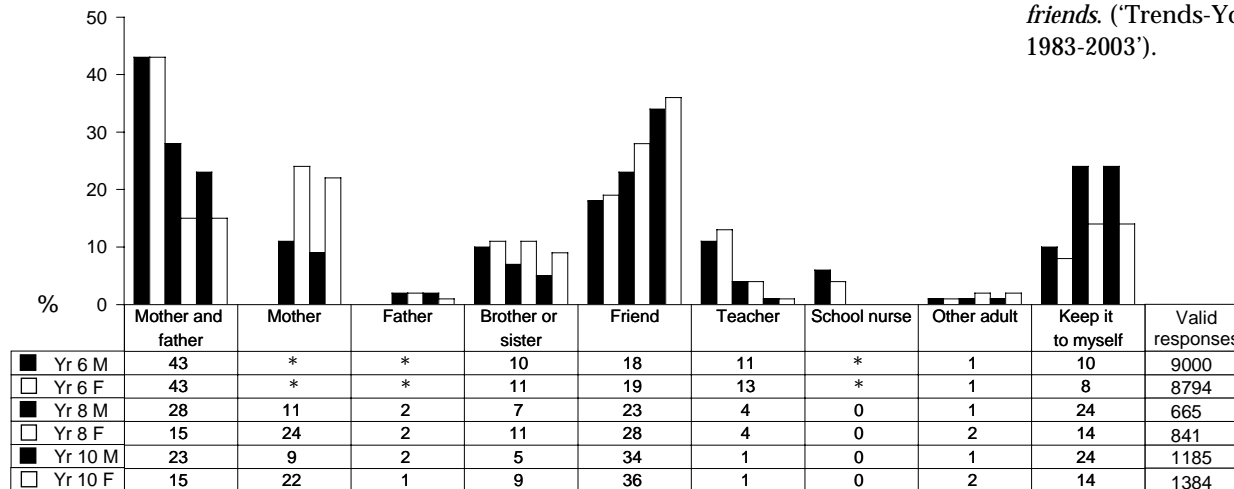
Gender differences are pronounced

If you wanted to share problems about friends, to whom would you probably turn?

Comments

1. Gender differences are pronounced. More males say *mother and father*, or would *keep it to myself*; more females say *mother* and also most females would share the problem with another *friend*.
2. Older pupils tend to seek less support from their parents and teachers but rely more on *friends* or simply keep things to themselves.
3. 24% of 14-15 year old males would keep the problem with friends to themselves.

1. Year 6 pupils were more likely to turn to their teacher than the older pupils within secondary schools. Perhaps this is due to the closer bonds they have with their primary school teachers, developed through the higher level of contact.
2. The importance of seeking support from other friends is clearly seen as pupils get older.
3. Since 1985, there has been an underlying increasing trend to share problems with friends with *mother and father* and other *friends*. Older males and females have, since the late 1990s, consistently chosen other *friends*. ('Trends-Young People and Emotional Health and Well-Being 1983-2003').



* Options not available

Bullying problems

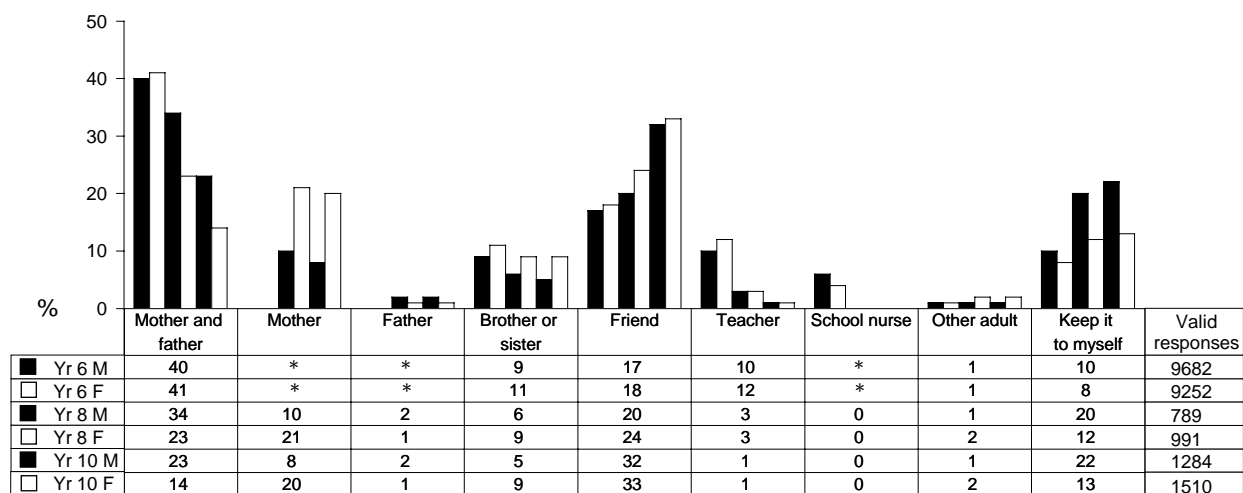
Up to 22% would *keep it to themselves*

If you wanted to share bullying problems, to whom would you probably turn?

Comments

1. *Mother and father* would be the most common resource, but another large group say that they would *keep it to myself*.
2. The percentage seeking support from their friends is higher for the older females.

1. Bullying (page 31-32 and pages 120-122) is an issue for females more than males and pupils in Year 6 and Year 8 are more concerned than pupils in Year 10. Since 1999 we have seen that in the Year 6 group, up to 13% more females than males report feeling afraid of going to school because of bullying. This is the second year we have included this option for Year 6 pupils.
2. The high percentage, saying that they would not talk to anyone about this problem, is cause for concern. For example, 22% of 14-15 year old males would not share their bullying problem with anyone.



* Options not available

Edited to show responses from 10-11 year olds

9 The Primary Questionnaire Responses

The primary Health Related Behaviour Questionnaire contains around 50 questions, compared with more than a hundred in the secondary version. Overall, therefore, many more secondary questions lack a primary equivalent than the other way round. However, some questions in the primary version do not match up with any of the 'secondary' questions. There are also questions that cover similar aspects whose data are difficult to merge, so that some information is lost. We present the major omissions here, as they cover important aspects of the lives of these very young people.

Page numbers and questions may not match due to the editing



Question

Health and Safety

Bullying - Have any of the following happened to you in the last month?120

Bullying - Where did these unpleasant experiences happen? 121

Bullying - Do you think you are being 'picked on' or bullied for any of the following reasons?122

Have you ever been approached by a stranger who scared you or made you upset? 123

What did you do when a stranger scared or upset you?..... 124

Legal and Illegal Drugs

Have you had an alcoholic drink (more than just a sip) in the last 7 days?125

Do you think you will smoke when you are older? 126

Have any of the following talked with you about drugs? 127

Exercise & Sport

During school playtimes (including dinner times), do you spend time? 128

Being bullied (1)

Around 21% experience some form of bullying

Have any of the following happened to you in the last month?

Responses to 'often' or 'every day'.

Comments

1. Around 21% of primary pupils report that they have been bullied *often* or *every day* in one or more of the listed ways.
2. *Being teased/made fun of* or *called nasty names* are the main causes of unhappiness for many primary school pupils.

1. Slightly more males than females report incidences of physical rather than verbal forms of bullying. It is the females, however, who report more fear of going to school because of bullying (See page 31).
2. The *none of these* data reveal that around 21% of pupils report at least one of these things happening to them *often* or *every day*. It is evident that some of these pupils are experiencing more than just one of these forms of bullying.



Being bullied (2)

Playtime and lunchtime
can cause anxiety for up to 14%

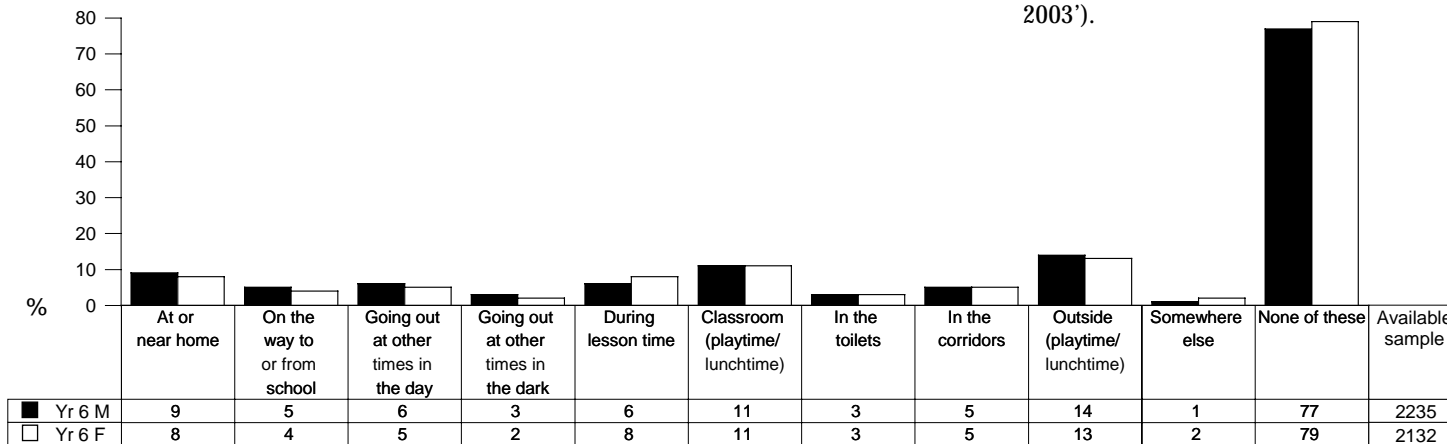
Where did these unpleasant experiences happen?

Responses to 'often' or 'every day'.

1. Outside and inside during *playtime* and *lunchtime* causes problems for up to 14% of primary children and 11% report bullying problems in the classroom at break time
2. 8% of pupils report being bullied *at or near home*.
3. Up to 8% report being bullied *during lesson time*.

Comments

1. The top two categories unsurprisingly relate to free time during school hours – outside and inside during *playtime* and *lunchtime*. It can often be difficult for staff to monitor how much bullying behaviour occurs in this free time because of the nature of the playground.
2. Teachers may well be concerned to learn that up to 8% of pupils report being bullied *during lesson time*.
3. Since 1997, more primary pupils have consistently reported being bullied during free times, ie. outside and inside during *playtime* and *lunchtime*. ('Trends-Young People and Emotional Health and Well-Being 1983-2003').



Being bullied (3)

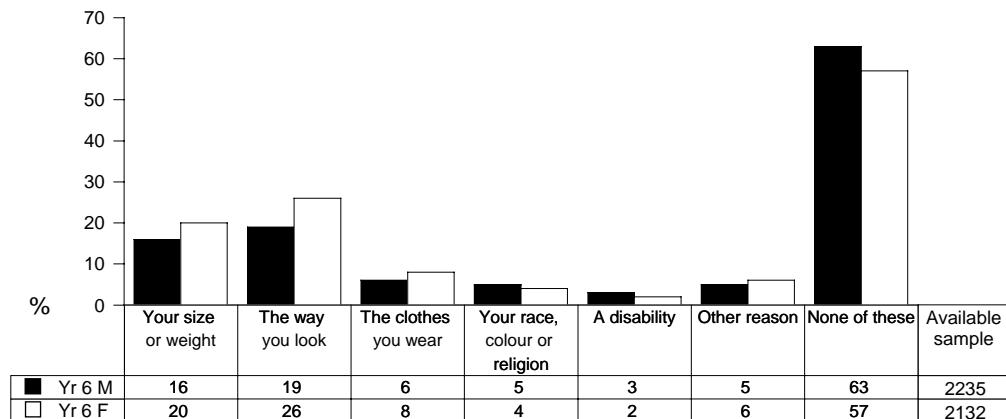
26% of the females picked on for 'the way they look'

Do you think you are being 'picked on' or bullied for any of the following reasons?

Comments

1. Around 40% responded to being 'picked on' or bullied, most felt it was due to their 'size or weight' or to the 'way they looked'.
2. Generally there are little differences between genders, but more of the 10-11 year old females, compared with the males, thought they were being 'picked on' because of their size and weight or the 'way they looked'.

1. This was a new question in 2002 and size and weight or the 'way they looked' are the main reasons for being bullied.
2. We note that among secondary pupils 'the way you look' is a significant worry and clearly 'size and weight' are related to this.

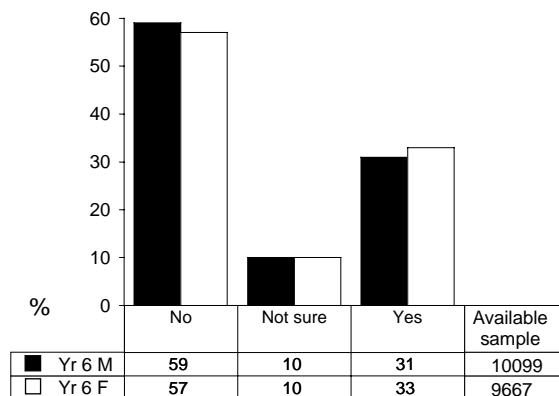


‘Stranger danger’ (1)

Up to 33% have had some sort of upsetting experience

Have you ever been approached by an adult stranger who scared you or made you upset?

1. Up to 33% report that they have been ‘scared or upset’ by an adult stranger.
2. Another 10% of pupils also report some element of disquiet about an incident or incidents that may have happened to them.



Comments

1. The figures for both genders remain high as in previous years. It is important to note here, that these figures denote the percentage who felt anxious at the approach of a stranger, not necessarily an incident.
2. Since 1999 between 28%-33% of primary pupils have reported being ‘scared or upset’.
3. These data indicate that ‘Stranger Danger’ education in primary schools is important for both males and females.
4. The question doesn’t ask for any details about the behaviour they were worried about, but it does ask a follow-up question ‘what did you do?’
5. We recognise that adults known to a child are more likely to threaten or abuse that child than strangers. However, we do not wish to be responsible for introducing this idea to children in the context of a questionnaire when there might not be an opportunity to discuss all issues arising.

'Stranger danger' (2)

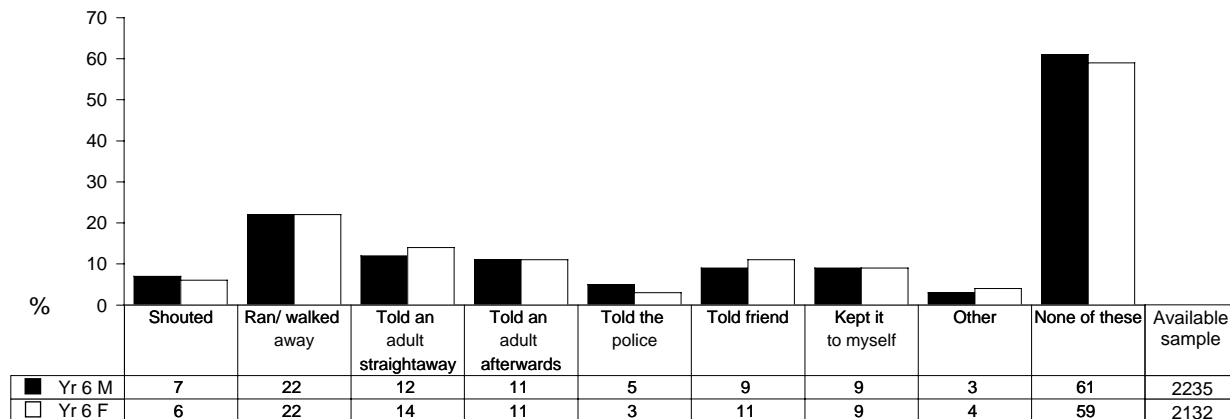
Ran or walked away
was the most frequent course of action

What did you do when an adult stranger scared or upset you?

Comments

1. 22% of primary school pupils *ran or walked away* when approached by a stranger who upset them.
2. Up to 14% told an adult straightaway.
3. Up to 5% reported the incident to the police but 9% never told anyone.
4. The 'none of these' column also includes the children who have never been so approached.

1. The percentage of children recording that they *ran or walked away* is consistent with figures from 1999 onwards and range between 14%-23%.



Alcohol in last week

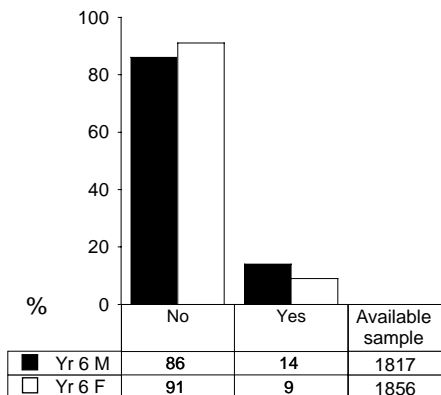
14% of males and 9% of females drank alcohol last week

Have you had an alcoholic drink (more than just a sip) in the last 7 days?

Comments

- Up to 14% of the 10-11 year olds report having had an alcoholic drink, which was more than just a sip, in the last 7 days.

- Does this reflect an increase in the availability of alcohol to youngsters in the home, or do they have access to alcohol when they are out with parents in social settings?



Smoking

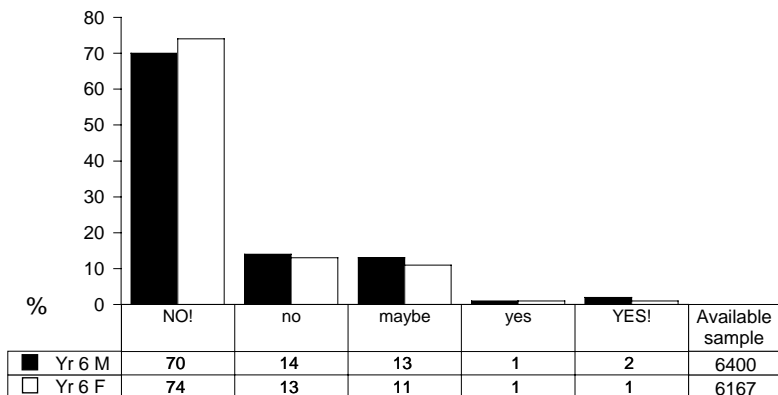
Up to 16% said *maybe* or *yes*

Do you think you will smoke when you are older?

1. Up to 87% of these youngsters said that they don't think they will smoke when they are older.
2. 2% of the males are sure that they will smoke when they are older.
3. At least 11% say that they might well smoke.

Comments

1. As at least 11% of primary school pupils say that they might well smoke, then their perception of the dangers may be outweighed by their perceptions of smoking by role models.
2. On page 62 we see that at age 10-11 years old, 92% of the females report having never smoked at all. By the time they are 14-15 years old, 44% of the females report having never smoked at all and, around 21% smoke occasionally/regularly. 11% of the regular smokers group say that they would like to give it up, so why do they want to start in the first place?
3. If the messages about the dangers of smoking could be reinforced earlier, would fewer young people take up smoking? Most primary pupils are adamantly anti-smoking.



Talking about drugs

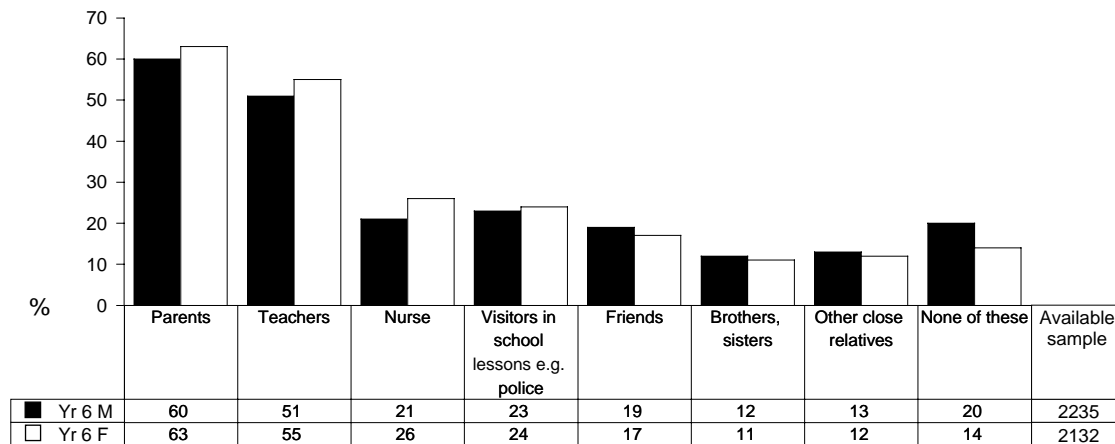
Up to 55% say *teachers* talked with them about drugs

Have any of the following talked with you about drugs?

- Up to 63% of primary school youngsters said that their parents talked to them about drugs.
- Up to 55% said that their teachers talked to them about drugs.

Comments

- Teachers remain a popular choice.
- This question was new in 2002; previously we asked 'who would you like to talk with about drugs', when parents got the top vote.



Playtime and dinner time

More females than males report playing running or skipping games

During playtimes (including dinner times), do you spend time...?

Responses to 'sometimes' or 'often'.

1. More females than males spend time chatting at playtime.
2. More males than females report playing ball games.
3. 17% of males and 20% of females favour *reading quietly*.

Comments

1. Significantly more males than females take part in ball games during playtime, while more females than males report playing running or skipping games. We know that games such as football can occupy a large proportion of the available space in the playground.

