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Add £3.50 p/l or order value is less than £20

Young People and Alcohol: Its use and abuse
A study of the 'alcohol environment' of 6,315 Year 8 and 16 pupils. In addition to baseline information about amounts, frequency, and types of drink consumed, the report examines alcohol-related domestic aggression and its relation to family structure. £30.00

Young People in 2000
The lifestyles and behaviours of 42,473 young people between the ages of 10 and 15 years. £40.00

Young People in 1999
The lifestyles and behaviours of 36,386 young people between the ages of 10 and 15 years. £30.00

Young People in 1998 — and looking back as far as 1983
The lifestyles and behaviours of 18,233 young people aged 12-13 and 14-15 in 1983, and a 'look-back' at about 206,000 in the same age range that have been surveyed over the past 16 years. £25.00

Young People in 1997
The lifestyles and behaviours of 37,538 young people between the ages of 9 and 16 years. £50.00

Young People in 1996
The in-depth and behaviour of 27,397 young people between the ages of 12 and 15 years. £12.00

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Young people's reports on the carrying of offensive weapons and also sound alarms and other passive protection by themselves and friends. The title refers to an unwanted link between personal income and fear of being attacked. £2.00

Young People into the Wireless (II: Doctor and Dentist, CS Health)
The survey of the breakdown. A study of 125,933 young people between the ages of 11 and 16 over the period 1988-1990. Neonatal Health Young People in 1999 reveals further behaviour changes in the 1990s. £35.00 for both books.

Toothbrushing in Adolescence
A detailed study of the associations between and among dental health topics such as toothbrushing, dentist visits and motivation for brushing teeth, and many other dimensions such as gender, region, family size, sports activity and self-esteem. £8.00

No Worries? Young people and mental health
A study of the worries and concerns that affect young teenagers in our society, based on data collected by the Unit between 1991 and 1997. £10.00

The Assessment of Health Needs at the Community Level
How health authorities can help schools to review the needs of their pupils. £25.00

Very Young People in 1983-5
A study of 18,920 pupils aged 9-12. Responses to the questions in the Primary Health Related Behaviour Questionnaire are presented in table form, together with commentary and histograms. Note that Young People in 1997 presents further primary data for that year. £7.00

Very Young People in 1981-2
A study of 7,931 pupils aged 6-8. Responses to the questions in the Primary Health Related Behaviour Questionnaire are presented in tabular form, together with commentary. £7.00

Young People and Illegal Drugs into 2000
This report surveys all our drugs data back to 1987 and suggests that young people's contact with drugs may have peaked in 1995-96. £68.00

Young People and Illegal Drugs in 1998
This report contains the first information derived by the Unit on habitual use, and likely frequency of use, by young people in the 11-13 age range. £7.00

Health School Series
This set of five books, are selections taken from the successful Preparing for Life after Primary School series. They have been re-organised to make it easier for you to focus on specific health themes. The principal authors are experienced primary school teachers who have used SHEL data in their schools. They bring fresh insights into how health-related behaviour can be used in primary school, not only within the classroom and the playground, but to encourage closer links between the school, the parents, and the local community.

Each resource book studies a topic from these various viewpoints, and includes an overview, suggestions for policy review and action, lesson themes, photocopiable worksheets and exercises, and, in some cases model letters. The complete series is as follows:

Safety
Drug Education
Emotional Health & Well Being
Physical Activity
Healthy Eating

Each book is 48 pages and has A3 style spreads where teaching points sit alongside the relevant worksheets. Each book can be purchased separately at £25.95 each. Complete set is £64.50.

Education and Health
Our journal is aimed at primary and secondary teachers, health-care professionals, and anyone else interested in the healthy development of young people. It contains articles on recent health education initiatives, relevant research finds, materials and strategies for schools, health-related behaviour data, reviews, and letters. It is now in its 20th year, during which time articles on a great range of health topics have been included.

Education and Health is published four times per annum. The individual annual subscription for 1998 is £6, but those wishing to purchase more than one copy are offered special terms.

The ‘Young People’ series has reported on data from more than 3,800 separate surveys.

A unique contemporary archive of young people, 'Young People in 2000' provides the answers to over 100 health-related behaviour questions.

John Balding
Director of the Schools Health Education Unit

John Balding is Director of the Schools Health Education Unit

Young People in 2000
42,073 young people tell us about what they do at home, at school and with their friends.

Annually since 1986, the Schools Health Education Unit (SHEU) has published the collected Health Related Behaviour Questionnaire results.

The ‘Young People’ series has reported on data from more than 3,800 separate surveys. The important dimension of ‘Young People in 2000’ is to be able to see at the same time the behaviours from both primary and secondary school. Many surveys have involved individual secondary schools at the same time as their feeder primary schools. These results inform action in communities.

Stirring changes
In ‘Young People in 1998’ we saw some startling changes looking back over the last 17 years of data. We didn’t see a lot of additional change between 1998 and 1999, but some important findings have been repeated — like the changes in worrying about school, and the reports of illegal drug use.

This latest report provides the answers to over 100 health-related behaviour questions, 4,073 young people, between the ages of 10 and 15, tell us about what they do at home, at school, and with their friends.

Good news
The data tables show clearly the changes of behaviour as children move to secondary school and begin to mature. The tables should dispel the illusion that all is innocence in the primary school, but also give some heart to those that work with older children — there is a lot of good news here.

Young People In 1986 (YP1986) began the series and was based on a sample of 16,000 pupils between the ages of 11 and 16 in 66 schools in England, Scotland, Wales and Northern Ireland. They had completed version 10 of the Health Related Beliefs Questionnaire (HRBQ). Reported in ‘Education and Health’ (vol 5 no 4), the YP1986 article was based on a selection from almost 200 tables contained in the report.

We believed then that YP66 was the most up-to-date and comprehensive of its kind ever published — a claim which would still be upheld today with YP2000.

Reading from the 1986 article a number of interesting comparisons can be made with current data as presented in this article. For example in 1986:

• 20% of 14-15 year old females had nothing at all for breakfast
• Approximately half the sample had visited their doctor within the last three months
• Approximately 6% of the 14-15 year olds worked for more than 10 hours a week

Young People in 1998 also provided a unique portrait of the health-related behaviour of young people. HRBQ results from 300,000 pupils since 1986 were analysed. ‘Education and Health’ (vol.17 no.1) summarised the report.

Among the ‘headlines’ were:

• ‘more girls than ever want to lose weight’
• ‘sedentary with physical activity decreases with age’
• ‘the trend for smokers has been upwards’
As usual we offer some key findings from the report together with examples from the data tables.

Key findings

The older they get, more young people think that drugs are 'always unsafe'. Cannabis is the only drug which is considered to be safer by the older groups, and is by far the most common drug used with almost 23% of 14-15 year-old males and females reporting having tried it.

The way you look is the principal worry for young people, but school, money and career worries are also high on the list of the older teenagers.

Females are more likely to worry about all the topics than males, with 53% of 14-15 year-old females worrying 'quite a lot' or 'a bit' about 'the way you look', and 36% about 'school work problems'.

21% of the 14-15 year old females had 'nothing at all' for breakfast this morning.

40% of 10-11 year old males do not know an illness called AIDS. One in five 14-15 year olds are unaware that 'having sex without a condom' is high risk.

42% of the 10-11 year old girls have had fears about going to school because of bullying.

'Young People in 2000' is divided into nine sections and the following pages present some examples to provide more detail to the key findings.

1 Food choices and weight control

The figures that have always attracted the most interest have been those related to the very high proportion of young women who want to lose weight – 60% this year. We have been able to relate this desire to low self-esteem and general anxiety about their appearance. In their behaviour, we find these female pupils who want to lose weight are more likely to skip breakfast or lunch, and to eat a calorie-conscious diet – but it's certain that most of these young women do not need to lose weight. We would like to add our voice to those who wish to see a much greater variety of body shapes presented positively in print and on other media.

Breakfast (Table 1) 21% of the 14-15 year old females had 'nothing at all' for breakfast this morning.

Lunch 15% of the 14-15 year old females ate no lunch on their previous day at school.

Breakfast & Lunch 20% of the 14-15 year old females who had nothing to eat at breakfast this morning had nothing to eat at lunch the previous day at school.

Healthy eating

Females are more likely than males to take health into account when choosing what to eat. 26% of the 14-15 year old males never do.

Weight

60% of the 14-15 year old females and 26% of the 14-15 year old males would like to lose weight, but 15% of males and females are 'clinically' overweight.

Food choices

Up to 69% of older pupils have diary products. For females, there is an age-related drop in frequency of consumption of crisps and sugary cereals. Females, from 10 - 15 years, show a greater preference for fresh fruit and vegetables.

2 Doctor and Dentist

We know amongst adults that there are wide variations how much we get out of the health service – and some of that has to do with our own attitudes. We can see differences emerging in young people in how confident they are with a doctor. Some of our earlier work showed that females are more confident if they see a female GP, while boys are more confident if their GP is female. Is this still true?

Table 2 On this last visit, did you feel at ease with the doctor?

<table>
<thead>
<tr>
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<td>10</td>
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<td>7</td>
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<td>10</td>
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<tr>
<td>At ease</td>
<td>3</td>
<td>5</td>
<td>9</td>
<td>13</td>
<td>14</td>
</tr>
</tbody>
</table>

Valid responses: 144 134 64 48 42 42 24 12 8

Going to the doctor

About 20% of the males and 30% of the females reported visiting their GP within the previous month, and about 50% of all the young people had done so within the previous three months.

Confidence with the doctor (Table 2) 58% of the males, compared with 42% of the females, reported being 'at ease' on their last visit.

Toothbrushing

More than 70% of the older males and at least 80% of the older females brush their teeth at least twice a day. 25% of older males brush only once.

Going to the dentist

About 65% reported visiting the dentist in the previous six months, and 65% reported having a checkup.

Young People in 2000 - £40

The Health Related Behaviour Questionnaire results for 42,673 young people between the ages of 10 and 15

(John Balding Director Schools Health Education Unit 3031)

cheques, or official order forms, payable to Schools Health Education Unit

price includes postage and packing
3 Health and Safety

We continue to see high attention to personal hygiene among most young people. The willingness of some of them to self-medicate must be a reassurance to the pharmaceutical industry. 42% of the 10-11 year old girls have had fears about going to school because of bullying. Any fear must have a disabling effect and undermine performance.

- **Cycling**
  - 54% of the Year 8 males ‘hardly ever’ or ‘never’ wear a safety helmet when cycling.

- **Toilet hygiene**
  - Few pupils ‘rash’ or ‘almost never’ wash their hands after using the lavatory.

- **Baths & showers**
  - 20% of the Year 10 females had eight or more baths or showers during the week before the survey.

- **Asthma**
  - Up to 14% of all males report having asthma. Fewer of the primary children do, but more of them are uncertain if they have asthma or not.

- **‘Wheeze’**
  - Over 50% report ‘wheeze’ing and have trouble breathing (not just out of breath) when they run.

- **Eczema**
  - Almost twice as many females as males report having eczema with up to 16% of females saying ‘yes’.

Table 3. Do you ever feel afraid of going to school because of bullying?

<table>
<thead>
<tr>
<th></th>
<th>Very much</th>
<th>Often</th>
<th>Sometimes</th>
<th>Never</th>
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<td>1</td>
<td>25</td>
</tr>
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<td>2</td>
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<td>3</td>
<td>2</td>
<td>74</td>
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</table>

<table>
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<td>Year 8 M</td>
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<td>Year 9 M</td>
<td>34</td>
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<td>Year 9 F</td>
<td>22</td>
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<td>Year 10 M</td>
<td>26</td>
</tr>
<tr>
<td>Year 10 F</td>
<td>26</td>
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</table>

4 Family and Home

The home is such an important feature of young people’s health careers. We have seen this year some interesting if not surprising differences between the health behaviours of young people from different ethnic groups. TV and computers are no less popular in this compartment. TV tends to get a bad press when compared with reading, but there’s no doubt that the best TV is better than the worst books.

- **Family structure**
  - Up to 67% of the young people live with both parents, and up to 17% live in single-parent families. Around 60% live in a household with four people, and the majority live in a home with two children. About 60% have at least one younger sibling and 14% of the older pupils are the only child at home.

- **School journey (Table 4)**
  - At least 26% walk to school, around 16% go by school bus, and about a quarter (the majority females) go at least part of the way to school by car. Over 40% of the sample have two or more cars in their family.

- **Television**
  - At least 15% watched more than 3 hours of TV the evening prior to the survey. More males watched more than 3 hours, and, up to 17% of the sample did not watch TV at all.

- **Homework**
  - More females than males did homework on the evening before the survey, and they tended to spend longer at it. 32% of the 14-15 year olds did no homework.

- **Computer games**
  - Up to 74% of the males, compared with up to 35% of the females, spent some time playing computer games on the previous evening.

- **Internet**
  - Up to 71% of 14-15 year olds accessed the Internet in the last month. However, 44% of the Year 8 females did not access the Internet. At least one third had access at home. 54% of 14-15 year olds browse without adult supervision.

- **Evening activities**
  - The most common of all is television watching (about 65%). Also popular: (with males) playing computer games, meeting with friends and playing sport. (with females) caring for pets and doing homework.

Table 4. How did you spend your evening?

<table>
<thead>
<tr>
<th></th>
<th>Valid responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>Year 8 M</td>
<td>54</td>
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<tr>
<td>Year 8 F</td>
<td>26</td>
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<tr>
<td>Year 9 M</td>
<td>34</td>
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<tr>
<td>Year 9 F</td>
<td>22</td>
</tr>
<tr>
<td>Year 10 M</td>
<td>26</td>
</tr>
<tr>
<td>Year 10 F</td>
<td>26</td>
</tr>
</tbody>
</table>
5 Legal and Illegal Drugs

Most young people don't smoke, or use drugs, and those that drink usually do so in moderation. It's very easy to focus only on the behaviour of those few young people who use illegal drugs or who drink to excess.

Drug experimentation reported this year is slightly higher than last year but remains lower than the peaks recorded in 1995/1996.

When we first saw a drop we were hesitant about its interpretation, but some other surveys seem to be telling the same story now (see Education and Health, 18(6) p.41-42, Steve Flood 'Drug misuse among the young may have peaked').

- Drug safety (Table 5)
  
  The older they get pupils think that drugs are 'always unsafe' except cannabis which is considered to be 'always unsafe' by a smaller percentage of the older groups.

- Smoking levels
  
  22% of the 14-15 year old females and 18% of the 14-15 year old males smoked at least one cigarette during the previous week.

- Sources of cigarettes
  
  16% of the 14-15 year old females were able to buy cigarettes from a shop and 8% of the same group were supplied by friends.

- Attitude to smoking
  
  Between Year 6 (12-13 years) and Year 10 (14-15 years) the number of regular smokers more than triples. About 85% will have smoked by Year 10. The majority of current smokers say they would like to stop. 57% of the Year 10 females have a close friend who smokes. The contrast in smoking between females with or without friends who smoke is dramatic, but the highest proportion of all is among females with a 'smoking' sister.

- Experience of alcohol
  
  Over 13% of the 14-15 year olds, more than 24% of the 12-13 year olds, and at least 43% of the 14-15 year olds had consumed at least one of the listed alcoholic drinks during the previous week.

- Beer or lager
  
  30% of the males and 15% of the females, aged 14-15, drank at least one pint of beer or lager during the previous week.

- Wines and Spirits
  
  18% of the 14-15 year old females had drunk at least one glass of wine during the previous week. Since 1998, the data shows that older females 'overtook' the males as spilt drinkers with at least 16% 14-15 year old females, drinking one or more spirit measures in the past week.
**6 Money**

Work and money open up all sorts of opportunities, including the opportunity to explore health-risky behavior.

Paid work during term
The percentage of young people with a regular job rises from about 23% (12-13 years) to 35% (14-15 years).

Hr worked
0% of the 14-15 year old workers worked for more than 10 hours a week before the survey. The average hours worked per week was between 4.4 and 6.2.

<table>
<thead>
<tr>
<th>Year</th>
<th>8 M</th>
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<th>8 F</th>
<th>Yes</th>
<th>10 M</th>
<th>Yes</th>
<th>10 F</th>
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<td>45</td>
<td>66</td>
<td>50</td>
<td>55</td>
<td>50</td>
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</table>

**Alcohol units**
Almost twice as many males (9%) than females (5%) in Year 10 (14-15 year olds) drink 15 or more units of alcohol in the previous week.

**Drugs**
Up to 55% of the 14-15 year olds are 'fairly sure' or 'certain' that they know a drug user.

**Drug experience**
About 1 in 5 pupils in Year 10 - 4 times as many as in Year 9 - have tried one drug. Cannabis is by far the most likely drug to have been tried, with almost 23% of 14-15 year olds reporting having taken it.

**Drinking at home**
At least half the 'drinkers' drank at home and substantial numbers of 14-15 year olds used other venues including friends, disco, club, party, pubs and a public place. Of those who do drink at home, about half do so with their parents always knowing about it.

**Table 6**
Have you ever sold garments or other items to raise money for your group?
7 Exercise and Sport

The poor levels of physical activity among young people is of concern — particularly the older girls. We must put more effort into making sport and other physical activities attractive and accessible to them.

Enjoyment of sport (Table 7)

<table>
<thead>
<tr>
<th></th>
<th>Not at all</th>
<th>A little</th>
<th>Quite a lot</th>
<th>A lot</th>
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<td>9 M</td>
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<td>38</td>
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<td>9 F</td>
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<tr>
<td>14 F</td>
<td>7</td>
<td>28</td>
<td>38</td>
<td>30</td>
</tr>
</tbody>
</table>

Table 7: How much do you enjoy physical activity?

Active sports

Nearly all of the 36 activities listed show a decline in involvement with increasing age except for basketball, six-a-side football, soccer, badminton and weight training for males. Volleyball remains generally constant for the older age groups and between genders.

Fitness

Up to 45% of pupils in Year 6 think they are fit. Over 20% of the Year 10 females describe themselves as 'terrible' or 'very unfitted'. Perceived fitness decreases with age in males and females.

Aerobic exercise

Over 60% of all groups (10-15 year olds) had exercised at the level of 'strenuous' for at least once in the previous week. The gap is seen to widen between males and females among the frequent exercisers as they get older. More than 10% of all groups never exercise.

8 Social and Personal

Since 1996 we have noticed a marked increase in the proportion of young people who worry about school, and, as previously reported, the 2000 figures continue at the new higher level. Schools still remain an important source of information about sex and infections like HIV, but there is always room for improvement.

Boyfriends and girlfriends

About 25% of all the young people had a 'steady' friend.

Meeting the opposite sex

Almost half of the young people feel at ease. 14-20% are 'quite' or 'very uneasy'.

Information about sex

Between Years 6 and 10 there is a trend away from parents and school lessons and a trend towards friends. Parents should be the main source of information particularly for females according to these young people.

Worries (Tables 8)

14-15 year olds top the list of most problem areas. 'The way you look' is the principal worry for these young people, including 20% of the Year 10 females, but school, money and career worries are also high on the list of the older teenagers.

School problems

There has been a marked rise in worry about school work since 1996. Mother and father are the most common source of support. Since we started collecting these figures in the early 1990's there has been a decline in the knowledge and concern about AIDS/HIV in Year 10 pupils. Schools may be delaying their coverage of HIV to Year 11, or balancing their programme with more detail about other diseases like AIDs. Nonetheless, the trend is not reassuring.

Money problems

Almost half the males would turn to mother and father, but mother is the most frequent choice of the females.

Career problems

Mother and father are the most likely source of support and up to 18% of older pupils would turn to the teacher. 22% of females would turn to their mother.

Friend problems

Gender differences are pronounced. More males say mother and father, or 'would keep it to myself'. More females say mother. A similar proportion, however, would share the problem with another friend.

Family problems

Females are twice as likely to turn to a friend. Males are more likely to go to mother and father or 'to keep it to myself'.

Promoting health: skills, perspectives and practice

Who do you think the main course for? This is a course for all people working in health and social care who have an interest or a role in promoting health in its broadest sense. It will also be valuable to those who are involved in health improvement or health development in statutory or voluntary agencies.

What does the course cover?

Promoting health: skills, perspectives and practice offers a thorough grounding in the knowledge, understanding and key skills needed to develop, implement and evaluate novel forms of policy. It provides an exceptionally rich and varied curriculum that will equip you with the knowledge and skills to contribute effectively to all aspects of health and social care issues. The course has recently been updated to reflect recent developments in national and international health policy and practice across the UK, and explore the extent to which the policies and strategies of the current Government.

How does the course work?

Promoting health: skills, perspectives and practice is based around a series of modules, presented in two books. It is designed to be an interactive learning experience that demands active participation and reflection, with a mixture of formal and informal assessment methods. You will also attend two 2-day workshops where you will engage in more practical aspects of the course.

CATS is a joint awarding body for Certificates in Health Promotion.

In addition to the CATS awards at Level 3, students who successfully complete the course will also be eligible to claim the Certificate in Health Promotion.

The course is considered suitable for those in a range of occupations to extend their knowledge and skills, or to enhance their career prospects. Opportunities are available for credit transfer, for example. If you have a Project 2000 Diploma in Health Education, you will usually be eligible for 240 points towards this award — already 20 of your skills will be towards this success.

For more information about this course, or any other courses available from the School of Health and Social Welfare, please contact our Information Assistant on 01908 635743 and ask for a prospectus, or visit our website at www.open.ac.uk/shsw
The primary and secondary school HRBQ have evolved since 1976. Data from over 560,000 pupils between the ages of 8 and 18 are stored in the databanks.

John Balding

The Health Related Behaviour Questionnaire

What are young people in your area up to?

First developed in 1976 in Nottingham.

Today the HRBQ is used widely across the UK and provides baseline data to identify priorities for health education planning, assessment and intervention programmes. The funders of the surveys are usually Health or Local Education Authorities. Survey results are returned to the funding authority as well as individual schools receiving their own report.

Secondary schools

The HRBQ has been used in nearly three thousand surveys in secondary schools in the UK. It has also been used overseas. Across a period of more than 20 years the method surrounding its use, together with its content, have evolved against the demands of the users. In the early years there were mainly teachers, but within the last decade the medical profession has

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Gambling problems
Around 25% would keep it to themselves.

Self-esteem
The level of self-esteem tends to increase with age. The 'high group included more males than females.

Control over health
The majority feel they are in control of their health. At least a quarter do not think they can influence their health by their own efforts.

Getting on with adults
Up to 50% 'get on best with both parents. Older pupils show a move away from parents towards other individual family members and friends. More than 60% trust at least two adults. 61% of older pupils trust no one.

Life satisfaction
Males are more satisfied than females. This difference is in line with evidence that females worry about more things than males.

Awareness of AIDS or HIV
40% of the year 6 males do not know an illness called AIDS.

Transmitting HIV
Sharing needles and unsafe sex are correctly seen as the top risks. Within each year group, the females' knowledge is more accurate than the males.

Information about HIV
TV programmes and school lessons are the most widely-mentioned useful sources.

Precautions against HIV
More males than females say they will not take care of getting infected with the HIV virus. Nearly 20% of the 12-13-year-old males say 'no' or 'not sure'.

Birth control services
42% of the 14-15 year old females knew about the services for young people, and knowledge grew with age. 57% of the older males did not know of a source of free condoms whereas two-thirds of the females said they did know.