TRENDS: Young people’s worries (1991-2003)*

Their health, the way they look and school problems

The charts presented below are drawn from data from surveys across the UK carried out by the Schools Health Education Unit between 1991-2003 and report on the findings from over 250,000 young people.

The way you look

Health problems

Data from 1991 - 2003 reveal that, since the early 1990s if anything, slightly fewer young people report worrying ‘quite a lot’/‘a lot’ about health problems. Females consistently worry more than males about this problem.


School problems

Data from 1991 - 2003 reveal that, since the early 1990s more young people report worrying about school problems. From the mid-1990s an upward trend can be seen from the 14-15 year olds which has been as high as 29% (2001) for males and 39% (2003) for females. Data from 1996 onward show that at least 30% of 14-15 year old females(*) reported worrying ‘quite a lot’/‘a lot’. Figures from the younger males(3) suggest there has been an increasing trend to worry more but the 12-13 year old females(0) appear no more concerned now about school problems than they were in the 1990s.

TRENDS REPORT*

A new report 'Trends: Young People and Emotional Health and Well Being Incorporating Bullying 1985-2003' show trends over a twenty year period and provide factual information for those interested in the healthy development of young people.

The report covers 10 topics including: keeping problems to yourself; sharing problems with others; worrying ‘a lot’/‘quite a lot’ about the feared problems; worrying about the ‘way you look’; self-esteem; locus of control; life satisfaction; bullying; safety.

The accumulated data from 1985-2003 are from the hundreds of school surveys the Schools Health Education Unit support each year, involving tens of thousands of young people. This databank is a valuable resource of information and provides many opportunities for research.

However, each annual sample of survey schools represents a different combination of regions within the UK, and is not a random sample selected for the purposes of providing a nationally representative picture.

Our confidence in the representative nature of the data is based on:

- its year-on-year consistency
- comparison, where possible, with data derived from surveys using carefully selected national samples

The 'Trends' reports are based on data from 329,408 young people between the ages of 12-13 and 14-16. This is the total number, from 1985-2003. Please note that numbers of pupils answering individual questions may be different to the sample size.

Further details about other 'Trends' reports, including Alcohol, Smoking and Food Choices, can be found at www.sheu.org.uk/pubs or Tel. 01922 686727.

Each report, 40 printed A4 pages - comb bound, costs £10 including p&p.

Daniel Wight and Hilary Dixon

SHARE - Sexual Health And RElationships: Safe, Happy And RESPONSible

The rationale, principles and content of a research-based teacher-led sex education programme that originated in the early 1990s and is increasingly being implemented in schools across Scotland largely due to its positive reception by pupils and teachers and the rigorous evaluation of processes.

Yvonne Maunder

My day as a school nurse

Unpredictable, busy and satisfying - a typical day in the life of a nurse working with primary and secondary school children.

Suzan Taylor, Allan Hackett, Gareth Stratton and Liz Lamb

SportsLinx: Improving the Health and Fitness of Liverpool's Youth

One of the largest ongoing health and fitness programmes for 9-14 year olds in Europe is designed to offer a diverse range of sports and activities for young children to increase levels of physical activity and promote a healthier lifestyle.

SHEU


The Schools Health Education Unit's data from over 250,000 young people show trends worrying about health problems, bullying, school problems and the way you look.