

# 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.

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# Schoolday breakfast

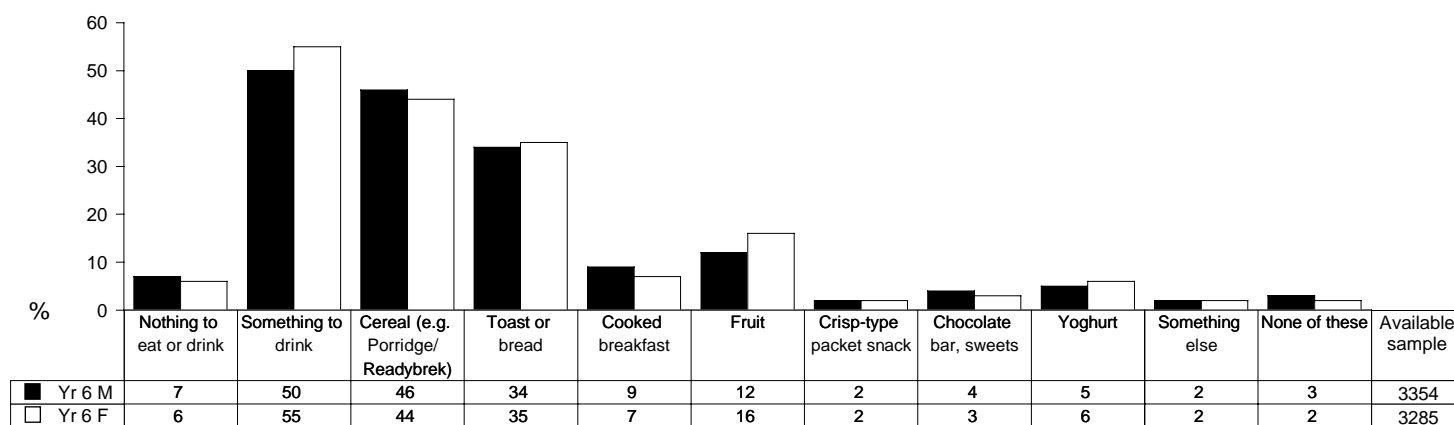
6% had nothing to eat or drink before 'coming to school today'.

## What did you eat or drink for breakfast this morning?

### Comments

1. *Cereal* is by far the most popular breakfast choice.
2. Up to 55% of primary school pupils have *something to drink* and up to 46% have *cereal* before school.

1. Primary school pupils generally are more likely than secondary school pupils to have a substantial breakfast before school. This is probably due to parental influence. (See page 2 'Schoolday breakfast' to see the secondary school comparison for some of the items listed.)
2. The category *something to drink* replaced categories in previous surveys which were: *drink of milk, tea or coffee, fruit juice*. Around 52% report having *something to drink* suggesting that around 48% of the sample did not have a drink before 'coming to school today'. This is not to suggest they had no liquid, as some ate *cereal* which would include milk.



# Being bullied (1)

Around 25% experience some form of bullying

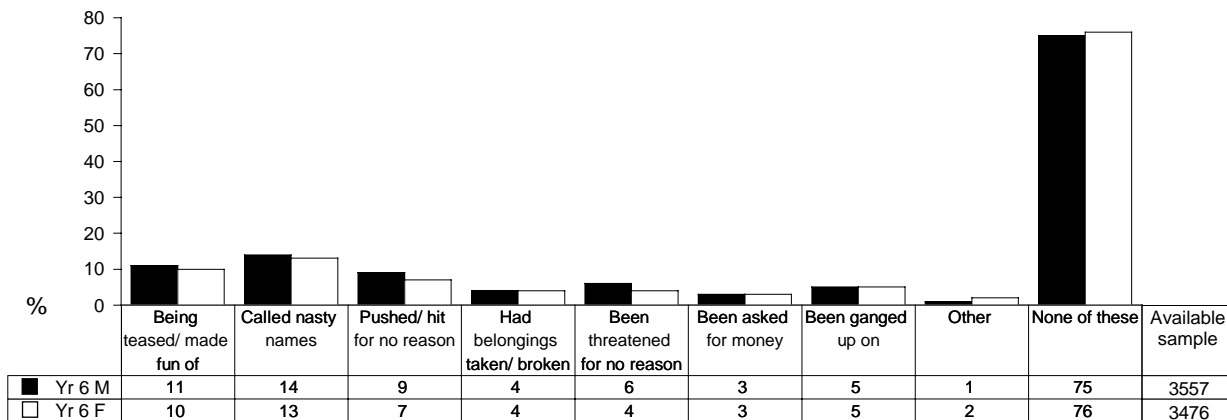
## Have any of the following happened to you in the last month?

Responses to 'often' or 'every day'.

1. Around 25% 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.

### Comments

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 28).
2. The *none of these* data reveal that around 25% 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 16%

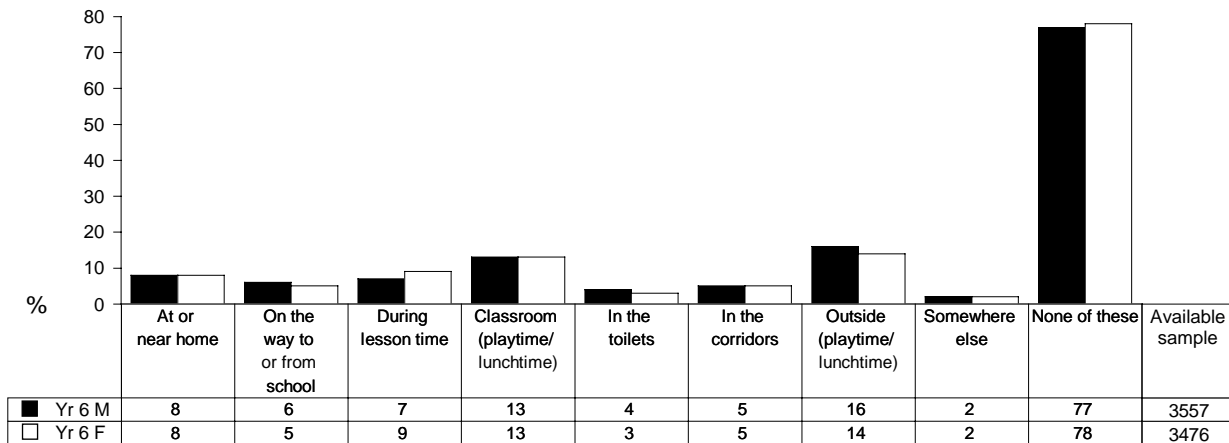
## Where did these unpleasant experiences happen?

Responses to 'often' or 'every day'.

1. Outside and inside during *playtime* and *lunchtime* causes problems for up to 16% of primary children
2. 8% of pupils report being bullied *at or near home*.
3. Up to 9% 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 9% 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)

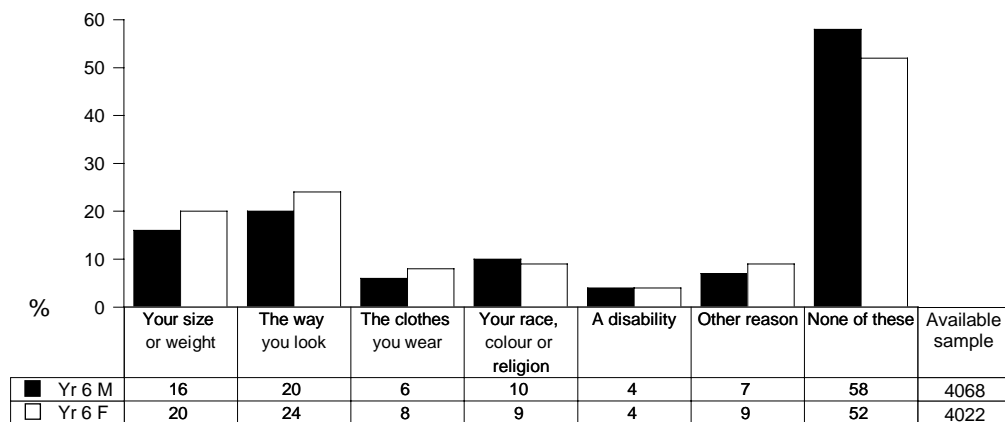
24% of the females picked on for 'the way they look'

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

### Comments

1. Around 55% 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)

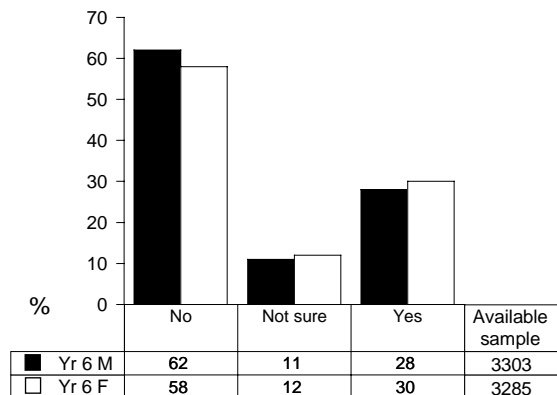
Up to 30% have had some sort of upsetting experience

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

1. Up to 30% report that they have been 'scared or upset' by an adult stranger.
2. Another 11% 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%-32% 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)

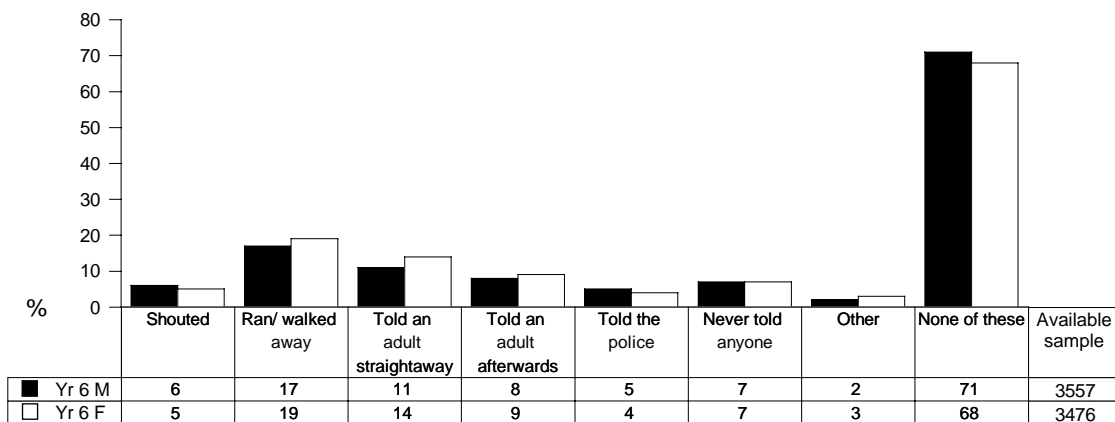
*Ran or walked away*  
was the most frequent course of action

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

### Comments

1. Up to 19% 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 7% 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%.



# Bicycle ownership

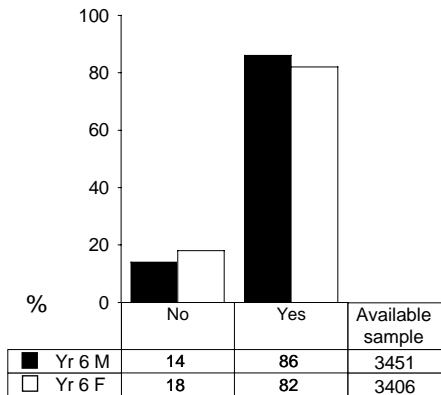
Up to 86% have a bike

## Have you got a bicycle?

1. Up to 86% children report owning their own bicycle.

### Comments

1. Refer also to page 10, 'safety helmets,' to see the age-related differences in answers to 'When you cycle, do you wear a safety helmet?' These data suggest that although young people have access to bicycles they don't necessarily cycle, and this is particularly true for females.
2. These figures show that the majority of primary school pupils could cycle as a means of travel to school, although very few currently do so. The reasons for this, no doubt, include the lack of safe (off-road) cycle routes and the lack of facilities for parking bicycles securely at schools. It seems, however, that these current difficulties are gradually being reduced with the development of the country's cycle network infrastructure.





# Alcoholic drinks

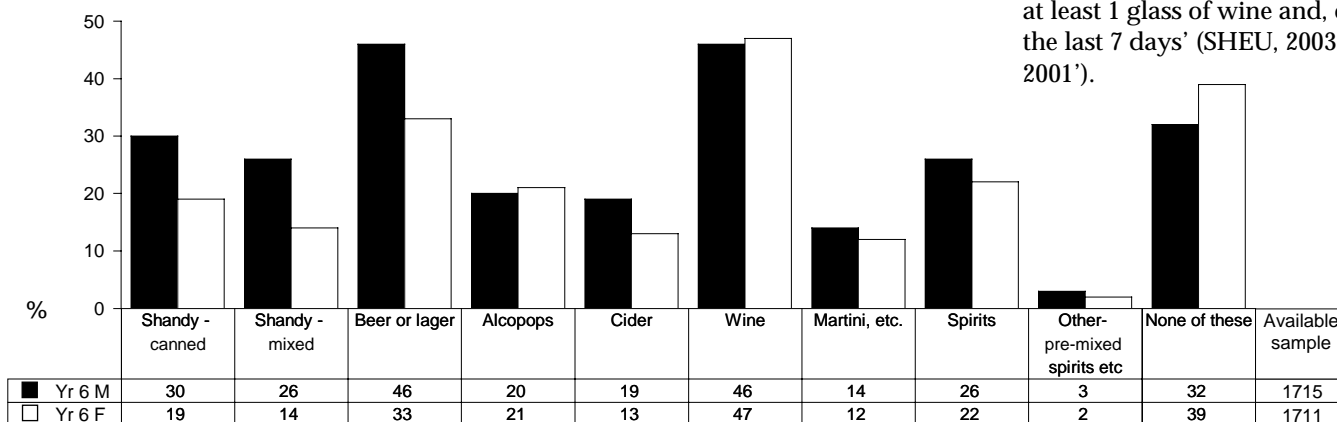
47% of 10–11 year old females have tasted wine

## Which of these alcoholic drinks have you tasted?

1. Wine has been tasted by up to 47% of 10-11 year olds.
2. Males top the list in all categories of alcoholic drink except Alcopops and wine.

### Comments

1. The relative frequencies of the drinks are not surprising, and may reflect their availability in the home.
2. There may be some kudos in being able to say that you have tasted a variety of drinks, even if these are just sips of parents' drinks.
3. Figures from 1999 show that more 10-11 year old females have consistently reported tasting wine compared with males. Over this period, percentages for the females range from 59%-69% (Figures for 2005 appear lower than previous years).
4. It is also worth considering the *wine* figures from 10-11 year old females with trends data for older females. From 1983–2001, wine has been the preferred drink for females aged 14-15 years old. In relation to the amount of wine drunk by older females in 2001, 20% reported drinking at least 1 glass of wine and, of this 20%, 15% drank 5 or more glasses 'in the last 7 days' (SHEU, 2003, 'Trends-Young People and Alcohol 1983-2001').



# Alcohol in last week

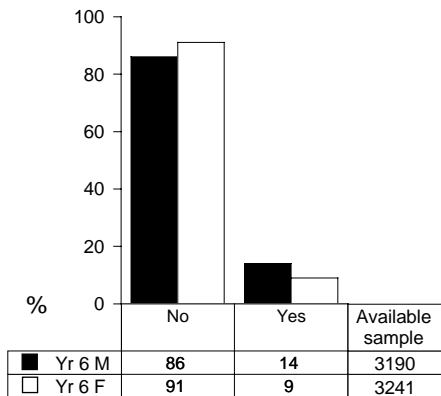
14% of males and 9% of females drank alcohol last week

## 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?
- The difference in response rates from males and females has been consistent over the years. Since 1999 between 20-25% of males and 14%-15% of females report having more than a sip of alcohol 'in the last 7 days' (Figures for 2005 appear to be low).



# Smoking

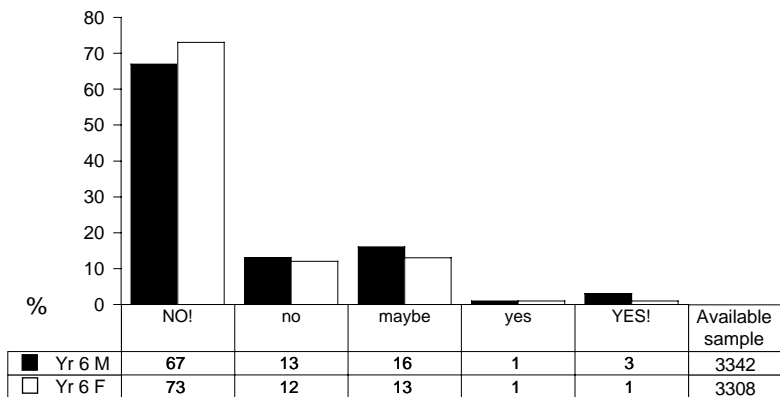
Up to 20% said *maybe* or *yes*

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

1. Up to 85% of these youngsters said that they don't think they will smoke when they are older.
2. 3% of the males are sure that they will smoke when they are older.
3. At least 13% say that they might well smoke.

### Comments

1. As at least 13% 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 69 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, 37% of the females report having never smoked at all and, around 26% smoke occasionally/regularly. 15% 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.

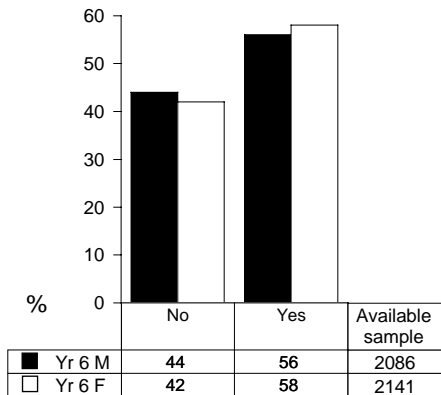


# Awareness of AIDS or HIV

Has the declining trend in knowledge finally ended?

## Do you know about an illness called AIDS (or HIV)?

- 56% of males and 58% of females in the top year of the primary school age range say that they do know about an illness called AIDS.



### Comments

- This years figures are similar to previous years and suggest a levelling off comared with an initial declining trend in primary pupils' knowledge of HIV/AIDS:

Responding 'Yes'	1999	2000	2001	2002	2003	2004	2005
Year 6 Males	66%	60%	61%	58%	57%	57%	56%
Year 6 Females	69%	63%	66%	62%	56%	56%	58%

- Earlier results seem to underline the findings that concern about AIDS/HIV had reduced significantly since the mid 1990s (see for example Balding, Regis & Wise, 1998, p21). Are we now seeing a levelling in the downward trend?
- The follow-up question 'Have any of the following talked to you about AIDS (or HIV)?' gives more detail about their sources of information.

# Talking about AIDS or HIV

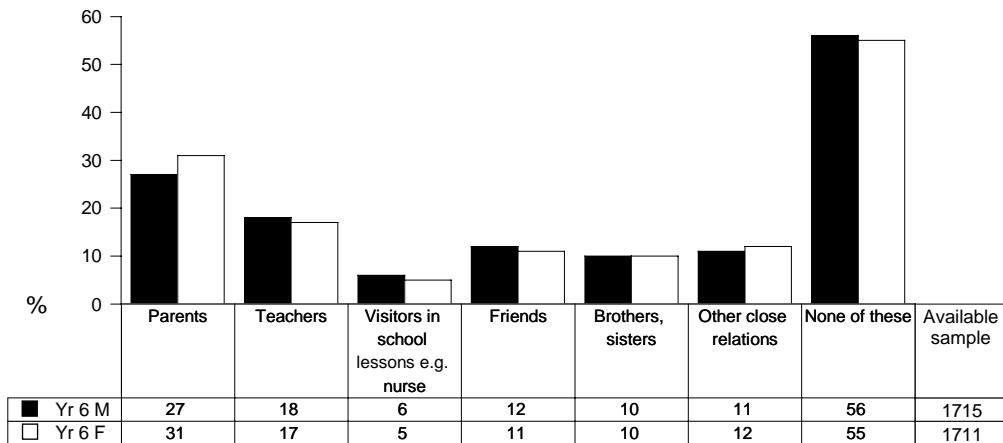
Parents are the most likely source of information

## Have any of the following talked with you about AIDS (or HIV)?

1. Pupils report that only about 17% of Year 6 teachers have talked to them about AIDS (or HIV).
2. The highest group recorded is 'parents'. 27% of males and 31% of females have talked about this condition to their parents.

### Comments

1. The proportions of youngsters who have talked with their parents about AIDS (or HIV) may well result from coverage given to the issue via media sources.
2. It is interesting to note the proportions of pupils discussing these issues with siblings, other close relations and friends.
3. Over 55% (*none of these*) of the sample have not talked to anyone about AIDS (or HIV). This high proportion indicates that discussions about AIDS are not common within this age group. Since 1999, figures for *none of these* have ranged from 47%-55% for females and 52%-58% for males



# Talking about drugs

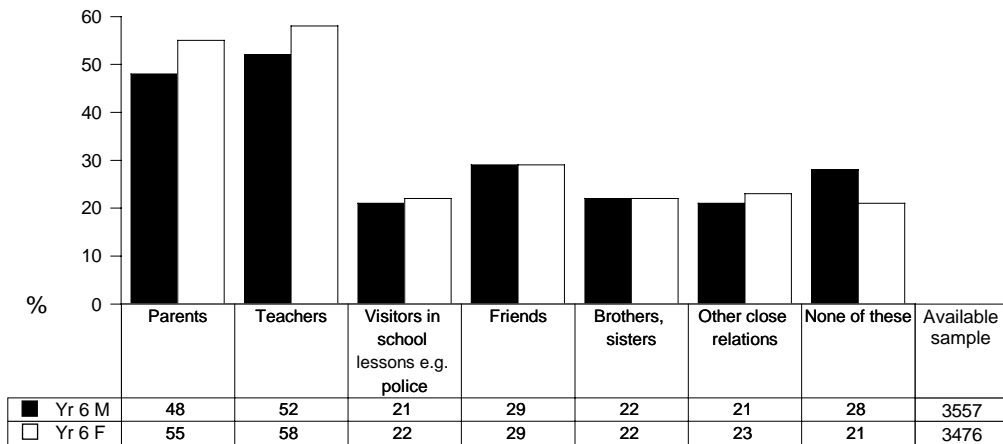
Up to 58% say *teachers* talked with them about drugs

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

1. Up to 55% of primary school youngsters said that their parents talked to them about drugs.
2. Up to 58% said that their teachers talked to them about drugs.

### Comments

1. Teachers have become the most popular choice.
2. 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. 18% of males and 24% 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.
2. The 2005 figures for *reading quietly* are 18% of males and 24% of females.

