Support for Healthy Primary Schools
Using the Health Related Behaviour Questionnaire
results can be e-mailed

The following pages are examples taken from the documents that schools receive when taking part in the Health Related Behaviour Questionnaire survey. Over a million pupils in primary and secondary schools have taken part in the survey over the past thirty years. The data provide schools and local authorities with reliable data to support programme planning to develop healthy communities.

Pupils describe what they do at home, at school, and at play

The primary-school version of the Health Related Behaviour Questionnaire (HRBQ) was introduced in 1988 after many requests by primary school teachers for an enquiry instrument similar to that available in secondary schools, but appropriate to the primary school age range.

It is well known that several important health-related issues (such as diet, physical activity, self-esteem, drinking and smoking) have their roots in the early years. Primary-school children are often highly receptive to ideas presented by their teachers. However, the staff may have little idea where intervention is needed and at what age it is most appropriate. Introducing the questionnaire also raises interest in the topics and can begin to generate a health education agenda even before the results are returned.

What does my school get and how much commitment does my school need to give?

<table>
<thead>
<tr>
<th>Schools' commitment:</th>
<th>Schools receive:</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Support from head and senior management</td>
<td>- Support from local co-ordinators and SHEU</td>
</tr>
<tr>
<td>- Identify co-ordinator for the survey</td>
<td>- Set of results tables for each question in the questionnaire</td>
</tr>
<tr>
<td>- Attend briefing session 'Collecting Good Data'</td>
<td>- Comparative report to identify priorities</td>
</tr>
<tr>
<td>- Notify parents/carers (example letters provided)</td>
<td>- Book of suggestions on how to use the data</td>
</tr>
<tr>
<td>- Give up an hour of curriculum time</td>
<td></td>
</tr>
<tr>
<td>- Share the results with colleagues</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Optional:</td>
</tr>
<tr>
<td></td>
<td>- Downloaded data for ICT work</td>
</tr>
<tr>
<td></td>
<td>- Primary Classroom materials</td>
</tr>
</tbody>
</table>

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Tel: 01392 667272 Email: sheu@sheu.org.uk or visit www.sheu.org.uk
**Why should my school take part?**

A headteacher we worked with recently said:

“….it gives us useful data to show us the impact of strategies we use and informs us about the physical and emotional health and well-being of the children. It also helps us to plan for the future and to allocate resources and the budget appropriately”.

**Who is involved?**

Year 4 - Year 6 pupils

- Should take easily less than an hour for most Year 6 primary pupils, teachers may want to read out the questionnaire to the younger or less able pupils
- It is enjoyable for pupils and an opportunity for them to think about their own health
- It is an opportunity for schools to work more closely with PCT and other agencies

**What does it look like?**

(Paper-based versions are also available)

### Content: The standard primary questionnaire contains questions that can be divided into themes:

<table>
<thead>
<tr>
<th><strong>Drug education</strong></th>
<th><strong>Healthy eating</strong></th>
<th><strong>Citizenship</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking</td>
<td>Dental care</td>
<td>Ethnicity</td>
</tr>
<tr>
<td>Alcohol consumption</td>
<td>Diet</td>
<td>Family background</td>
</tr>
<tr>
<td>Knowledge of illegal drugs</td>
<td></td>
<td>Locality</td>
</tr>
<tr>
<td>Safety</td>
<td>Physical activity</td>
<td>Money</td>
</tr>
<tr>
<td>Accidents</td>
<td>Bicycle use</td>
<td>Sex and relationships</td>
</tr>
<tr>
<td>Internet</td>
<td>Fitness &amp; sports</td>
<td>Puberty</td>
</tr>
<tr>
<td>Emotional health/well-being</td>
<td>Physical activity</td>
<td>Other relevant topics</td>
</tr>
<tr>
<td>Bullying</td>
<td></td>
<td>Homework</td>
</tr>
<tr>
<td>Leisure pursuits</td>
<td></td>
<td>Hygiene</td>
</tr>
<tr>
<td>Problem sharing</td>
<td></td>
<td>Internet access</td>
</tr>
<tr>
<td>Self-esteem</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social activities</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Worries</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**55. During school playtimes (including dinner times), do you spend time...**

<table>
<thead>
<tr>
<th>Please answer on each line</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chatting/talking</td>
</tr>
<tr>
<td>Playing running/skipping</td>
</tr>
<tr>
<td>Playing ball games like</td>
</tr>
<tr>
<td>Reading quietly or being</td>
</tr>
<tr>
<td>Other (Please write in the</td>
</tr>
<tr>
<td>box below)</td>
</tr>
</tbody>
</table>

**Content:** Drug education, Smoking, Alcohol consumption, Knowledge of illegal drugs, Safety, Accidents, Internet, Emotional health/well-being, Bullying, Leisure pursuits, Problem sharing, Self-esteem, Social activities, Worries, Healthy eating, Dental care, Diet, Physical activity, Bicycle use, Fitness & sports, Physical activity, Citizenship, Ethnicity, Family background, Locality, Money, Sex and relationships, Puberty, Other relevant topics, Homework, Hygiene, Internet access.
What do the results look like?

For each of the questions within the questionnaire your school receives results broken down by year group and sex. The following is an example for an area surveyed recently; your results will look like this with the total being the total for your school. For a locally organised survey in a group of schools, the local authority will receive overall tables of data for the combined primary sample so that they can plan strategically for all schools, but don’t see individual schools’ results without their express permission.

Online survey suite

The survey results section also has the facility for you to create your own charts and graphs with your own data so that you can use them for documents, meetings, presentations etc. You can compare your school’s results for yourself with the wider authority results online, or you can wait for us to compare your school’s results with the wider sample when all schools in your area have completed the exercise.

Comparative reports

When we have processed all the results for all the schools in your area, we will send you a confidential comparative report that will show your data alongside the total results for all schools; for example, this is an extract from the Headline results page:
Example page from the full report:

**Internet safety**

**Q50.** Percentage of pupils responding that they have used the internet in the last month at the following places (wider data in brackets):

<table>
<thead>
<tr>
<th></th>
<th>Boys</th>
<th></th>
<th>Girls</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>1. At school</td>
<td>72 (75)</td>
<td>1. At home</td>
<td>84 (84)</td>
<td></td>
</tr>
<tr>
<td>2. At home</td>
<td>70 (83)</td>
<td>2. At school</td>
<td>79 (73)</td>
<td></td>
</tr>
<tr>
<td>3. Elsewhere</td>
<td>47 (42)</td>
<td>3. Elsewhere</td>
<td>34 (38)</td>
<td></td>
</tr>
</tbody>
</table>

**Q51.** Do you ever use internet chat rooms or social networking sites (e.g., Facebook)?

<table>
<thead>
<tr>
<th></th>
<th>Never</th>
<th>Sometimes</th>
<th>Often</th>
<th>Very often / every day</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Your School</strong></td>
<td>36</td>
<td>30</td>
<td>14</td>
<td>20</td>
</tr>
<tr>
<td><strong>All Area</strong></td>
<td>42</td>
<td>27</td>
<td>13</td>
<td>17</td>
</tr>
</tbody>
</table>

36% (42%) of pupils responded that they ‘never’ use internet chat rooms or social networking sites.

20% (17%) of pupils responded that they use internet chat rooms or social networking sites ‘very often / every day’.

84% (83%) of pupils responded that they have been told how to stay safe while using the internet.

**Q51.** Percentage answering that they ‘never’ use internet chat rooms or social networking sites.

<table>
<thead>
<tr>
<th></th>
<th>Example CP School</th>
<th>All Area</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yr 4</td>
<td>Yr 6</td>
</tr>
<tr>
<td>Boys</td>
<td>60</td>
<td>11</td>
</tr>
<tr>
<td>Girls</td>
<td>61</td>
<td>14</td>
</tr>
</tbody>
</table>

**Q51.** Percentage answering that they use internet chat rooms or social networking sites ‘very often / every day’.

<table>
<thead>
<tr>
<th></th>
<th>Example CP School</th>
<th>All Area</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yr 4</td>
<td>Yr 6</td>
</tr>
<tr>
<td>Boys</td>
<td>7</td>
<td>26</td>
</tr>
<tr>
<td>Girls</td>
<td>12</td>
<td>32</td>
</tr>
</tbody>
</table>

**Q52.** Percentage answering that they have been told how to stay safe while using the internet.

<table>
<thead>
<tr>
<th></th>
<th>Example CP School</th>
<th>All Area</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yr 4</td>
<td>Yr 6</td>
</tr>
<tr>
<td>Boys</td>
<td>79</td>
<td>85</td>
</tr>
<tr>
<td>Girls</td>
<td>81</td>
<td>91</td>
</tr>
</tbody>
</table>

We hope that these examples describe the range and depth of the data that the Unit could help you to collect, and the benefit from being involved in the survey. If you would like more information please contact our survey manager Angela Balding Tel: 01392 667272.

Email: angela.balding@sheu.org.uk. or visit the website www.sheu.org.uk