

# SHEU NEWS

An occasional newsletter – March 2015

## CHILDREN & YOUNG PEOPLE'S HEALTH AND WELLBEING SURVEYS

nationally-recognised, since 1977,  
as the specialist provider of reliable local survey data about young people's health and wellbeing



"...the wellbeing survey is commissioned by the Involvement of Children, Young People and Parents Team within Essex County Council and delivered by the Schools Health Education Unit in order to collect robust information about children and young people's lifestyles. The survey is now in its eighth year and the findings are used to inform Essex's annual needs assessment for children's services and the Joint Strategic Needs Assessment by identifying baseline data and informing targets, service evaluation and improvement ... It also acts as a resource to help schools establish appropriate curriculum development, particularly in PSHEE, and provide data to support Ofsted requirements."

Essex County Council reports

### FREE RESOURCES

Young People  
into ...

#### [Young People into ... reports](#)

Annual reports about Young People's health-related behaviour

PSHE and SHEU

#### [PSHE and SHEU](#)

Support with planning PSHE in your school



# Schools Health Education Unit

ESTABLISHED 1977



## AUTHORITIES

We provide survey services for those working with children and young people in a number of areas including: BaNES, Bedfordshire, Bolton, Bradford, Bristol, Cambridgeshire, Cornwall, Croydon, Devon, Dudley, Ealing, Essex, Gateshead, Greenwich, Guernsey, Haringey, Hertfordshire, Hounslow, Isle of Wight, Islington, Kingston, Kirklees, Knowsley, Lambeth, Lewisham, Newcastle, Norfolk, North Yorkshire, Oldham, Plymouth, Richmond, Rochdale, Solihull, Somerset, Southwark, Stoke, Suffolk, Sunderland, Surrey, Swindon, Wakefield, Warrington and Wolverhampton.

## PAPER/ONLINE SURVEYS

The local nature of SHEU's lifestyle survey services can often mean that we work with small numbers of schools involving 300 young people or larger surveys involving 10,000 young people. For some schools, handing out paper questionnaires may be the easiest way to conduct the lifestyle survey.

An increasing number are keen to survey online. SHEU's website runs online surveys for schools and colleges. We have found that our surveys give robust data via online or paper-based questionnaires. Often the final decision about which survey method to use can depend on the availability and ease of access of computers in schools and colleges.

For more information please visit:

<http://sheu.org.uk/content/page/online-surveys>

## LOCAL REQUIREMENTS

We can adapt the content of the questionnaire to suit any local requirements you may have. We usually suggest that authorities aim to survey Years 4 and 6 in the primary schools and Years 8 and 10 in the secondary schools so that we can give you good comparative data against our wider data banks but you may have something else in mind.

## COSTS

Online survey costs are £150 per primary school and £500 per secondary school for as many pupils/year groups as you like. If schools opt for the paper-based version, costs are £4 per primary questionnaire and £5 per secondary questionnaire (approx. £240 per primary school and £1000 per secondary).

“ I would like to take this opportunity to thank you for your work regarding writing and compiling the sex education survey. The survey was well executed and the schools have found their individual reports very helpful. The results of the survey have enabled the Local Campaign Group to justify the need for young men's campaigns and given us invaluable insight as to the thoughts and experiences of this target group. ”  
Teenage Pregnancy Strategy Manager

## THEMED REPORTS

Along with the summary report for a local authority, we are sometimes asked to focus on specific topic areas. For example: Relationships and Sexual Health or Emotional Health and Wellbeing. Please contact us for [more details](#).

**Supporting the health of YOUNG PEOPLE IN Example LA**  
Findings from the Health Related Behaviour Survey 2012  
Relationships and Sexual Health

Example LA schools have been using the Health Related Behaviour Survey every 2 years since 2006 as a way of collecting robust information about young people's lifestyles. This latest survey was coordinated by the Example LA Health Schools Team and funded by Example LA City Council, Royal Example LA Hospitals NHS Trust and Example LA Partnership.

The content of the survey has been widely consulted upon and tailored for Example LA's local needs. Three separate versions of the survey have been used with appropriate questions as standard. This report focuses on the primary and secondary versions of the survey. Teachers were invited to use to reflect the most suitable data by School Health Education Unit staff. Pupils in Years 2, 4, 5 and 6 in the intermediate phase and Years 8, 9 and 10 in the secondary phase completed the questionnaire.

A total of 8141 pupils took part in 73 primary, primary, secondary, special schools and pupil referral units. Each of the schools has its own report comparing their results to the national sample for schools in their age phase.

The facility was offered to all schools to complete the survey online, using a computer website. The internet survey was also offered as a paper-based exercise.

**Cross-phase data and links**  
Many of the questions in the primary and secondary versions of the questionnaire are identical or very similar. Some of these questions are presented on page 4.

Over 8000 young people were involved in the survey:

Year	Year 2	Year 4	Year 5	Year 6	Year 8	Year 9	Year 10	Total
Age	6-7y	8-9y	9-10y	10-11y	12-13y	13-14y	14-15y	
Boys	451	721	388	799	830	307	618	4024
Girls	428	723	363	754	865	181	782	4107
Total	880	1444	751	1553	1715	388	1400	8141

**Reference sample**  
Example LA data have been compared with a compilation of survey areas that have completed similar versions of the questionnaire. These areas include BA NES, Bristol, Cambridgeshire, Essex, Haringey, Newcastle, Rochdale, Salford and Wakefield.

**Comments**  
Each year the SHEU carries out a review of all of the data across the country, and publishes reports based on the aggregate figures. Where possible, comparisons have been made between the Example LA results and these reference samples. The questionnaire has been tailored for Example LA to use all questions have under comparison.

**Reports**  
A full summary report and 1457 area reports have also been produced to accompany these themed reports.

**Themed reports. This is number 1 of 4 reports:**

- 1) Relationships and Sexual Health
- 2) Drug Education and Substances
- 3) Emotional Health and Wellbeing
- 4) Healthy Lifestyles

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Emotional Health and Wellbeing

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**Themed reports. This is number 2 of 4 reports:**

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- 2) Drug Education and Substances
- 3) Emotional Health and Wellbeing
- 4) Healthy Lifestyles

**Supporting the health of YOUNG PEOPLE IN Example LA**  
Findings from the Health Related Behaviour Survey 2012  
Drug Education and Substances

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- 2) Drug Education and Substances
- 3) Emotional Health and Wellbeing
- 4) Healthy Lifestyles

## IMPACT ON SELF-ESTEEM

We have been concerned for a while that levels of self-esteem for Year 10 girls in many of our surveys appear to be falling. Is this to do with the increasing pressure they face interacting with social media?

For one recent survey, we looked at the responses for Year 8 and Year 10 girls who said they had seen something nasty written about them online in the last month, compared with those girls who hadn't. This produced a list of statistically significant differences between the two groups that makes for worrying reading:

- 63% vs. 25% of pupils responded that they have been bullied at or near school in the last 12 months.
- 42% vs. 13% of pupils responded that they have visited websites which show or promote suicide or self-harm.
- 71% vs. 36% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- 27% vs. 7% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- 53% vs. 22% of pupils responded that someone online who they didn't know has asked to see pictures of them.
- 39% vs. 14% of pupils responded that they have been pushed/hit for no reason in the last month.
- 47% vs. 19% of pupils responded that someone they don't know in person has asked to meet with them.
- 27% vs. 8% of pupils responded that a previous or current boyfriend/girlfriend put pressure on them to have sex or do other sexual things.
- 21% vs. 5% of pupils responded that they are 'not at all' happy with their life at the moment.
- 64% vs. 34% of pupils had a med-low self-esteem score (9 or less).
- 65% vs. 35% of pupils responded that when something goes wrong they 'usually' or 'always' get upset and feel bad for ages.
- 72% vs. 43% of pupils think they are being picked on or bullied because of the way they look.

## Dr Dave's Adventures in ... Information Governance

Public Health ...*"Please send me the survey data. You can send it by email, if it's encrypted and passworded."*

Dr Dave ...*"I've encrypted it, can you decipher it at your end?"*

Public Health ...*"No, I don't have the right software."*

Dr Dave ...*"Can you install the right software?"*

Public Health ...*"No, I'm not allowed to."*

Dr Dave ...*"Can I send you an executable file with the decrypt programme built-in?"*

Public Health ...*"No, all executable files are blocked."*

Dr Dave ...*"Can I send you an unencrypted file on CD?"*

Public Health ...*"No, I don't have a CD drive on this computer."*

Will Public Health get their data in time? Will Dr Dave have any hair left by then? Make sure you tune in to our next exciting episode in ... Adventures in Information Governance!

# E & H

EDUCATION and HEALTH

**Published since 1983**, E & H is now available as an **open access online journal**.

<http://sheu.org.uk/eh>

Recent articles:

*Why adolescents don't seek help for problematic technology use*

*Gaming addiction in adolescence revisited*

*The Alcohol Education Trust alcohol programme for 11- 18 year olds, parents and teachers*

*What can be changed by nutrition education? Evaluation of the educational influence on children's behaviour and nutritional knowledge*

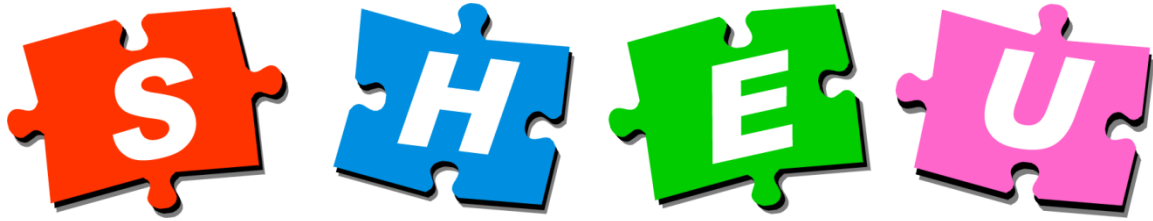
*Improving pupil's health in Central Bedfordshire*

The journal regularly attracts articles from around the world and we welcome new contributors. E&H is aimed at those involved with education and health who are concerned with the health and wellbeing of children and young people ie. around 5-18 years of age.

To submit an article, up to 3000 words, please email the Editor:

[David McGeorge](mailto:David.McGeorge@sheu.org.uk)

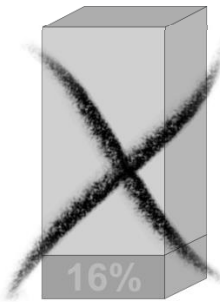
All issues, since 1983, are available to read on the website. We look forward to your company in the next issue.



SHEU surveys support schools and colleges promoting health and wellbeing through behaviour change  
For more information about our work go to <http://sheu.org.uk/>

## LOCAL SURVEYS

Figures from Public Health England and the National Institute for Health and Care Excellence showed that one of the worst places for young people's smoking rates in the country was Plymouth. A report in the [Plymouth Herald](#) stated that the city is the



third worst area, with 15.93 per cent of 15-year-olds regularly smoking compared to a national average of 12.7 per cent. Plymouth City Council reported that the statistics, which are an estimate, do not reflect the results of a recent study with teenagers. Research carried out by SHEU, commissioned by the city's Public Health department, suggests the actual percentage of 15 year olds smoking regularly is much lower – around 8 per cent. The report – “Young People in Plymouth Schools – Health Related Behaviour Survey 2014” with around 2,000 pupils in 15 secondary schools in Plymouth, showed that 92 per cent of 15 year olds in the city are not smoking one or more cigarettes per week.

The newspaper quoted a spokesperson for Plymouth City Council: “The Public Health England figures are synthesized estimates – based on known factors that predict youth smoking. Public Health England themselves have said that these estimates ‘cannot be considered entirely accurate but are designed to give a snapshot for local areas to recognise where young people have a higher chance of becoming smokers. Whilst we are well aware of the dangers of smoking and any young person taking up smoking is one too many, this kind of data can have an adverse effect on the city's reputation and it is important that we get the statistics right.” The spokesperson added: “Importantly, we are aware of the issue of young people smoking and we are working hard to tackle the issue.” [Reprinted with permission from the Plymouth Herald]

For more details of SHEU local surveys please contact Angela Balding.  
Telephone 01392 667272 or email: [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

### John Balding

1935-2015

John Balding, the Founder of the Schools Health Education Unit, died in January 2015. John's work at the University of Exeter in the 1970s had attracted national attention: the Health Education Council sponsored the use of *Just One Minute* topic questionnaires in schools. John took a Master's degree at Nottingham University, and developed a survey method for canvassing teachers for their views about topics in health and social curriculum. This was the foundational principle of the *Health-Related Behaviour Questionnaire* [HRBQ] an anonymous survey approach to helping teachers listen to pupils. Over the next 30 years John developed the HRBQ and it became a widely-used method of consulting young people of great utility to schools, health authorities and county education departments, resulting in a unique archive of young people's behaviour across the years. John retired from the Unit in 2005. Following news of his death, we have been receiving messages from all over the country and abroad, saying how much they appreciated his warmth, his capacity to get things done, and his generous support at the start of their careers. We all owe him more than we can say. [Link to article from E&H journal](#)

## THE SHEU WEBSITE

<http://sheu.org.uk>

Free resources for those involved with the health and wellbeing of young people

*"I know of no other similar way of quickly accessing research about young people across disciplines and sectors."*

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