Supporting the Health and Well-being of Young People in Kingston 2013
A summary report of the Health Related Behaviour Survey

The questionnaire
The Kingston Young People’s Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Kingston upon Thames Education, Children’s and Cultural Services and the Public Health Team. The purpose of the survey was to obtain pupils’ views regarding healthy eating, safety, emotional wellbeing and leisure time.

Methodology
All secondary and academy schools were invited to participate in the survey during the summer and autumn term 2013, with the focus on Years 7, 8, 9 and 10 pupils. All surveys were undertaken anonymously online or via a paper based version. Completed paper questionnaires were returned securely to SHEU for processing which were then combined with the online results.

Participation
A total of 3982 pupils took part from 8 secondary schools and 1 pupil referral unit. There was a reasonable mixture of boys and girls across the specified year groups. 62% of the pupils surveyed described themselves as White British. 9% of pupils said that they had an additional need or disability. 14% said they were eligible for free school meals.

Links
It is possible to look for connections between the answers pupils gave to different questions in the survey and look at behaviour profiles, such as whether a pupil who has low self esteem is likely to be bullied, etc. Three examples are given on page 7 of this document with more illustrated within the themed documents. They do not link every question asked in the survey; they do however provide an insight to possible future experiences of pupils.

Reports
There are additional reports available, such as summary reports by theme
- Healthy lifestyles
- Drug education and substances
- Emotional health and wellbeing
- Relationships and sexual health

3982 young people were involved in the survey

<table>
<thead>
<tr>
<th>School Year</th>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
<th>Total</th>
</tr>
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<tbody>
<tr>
<td>Age</td>
<td>10-11</td>
<td>11-12</td>
<td>12-13</td>
<td>14-15</td>
<td></td>
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<tr>
<td>Boys</td>
<td>397</td>
<td>410</td>
<td>390</td>
<td>336</td>
<td>1,533</td>
</tr>
<tr>
<td>Girls</td>
<td>629</td>
<td>648</td>
<td>585</td>
<td>587</td>
<td>2,449</td>
</tr>
<tr>
<td>Total</td>
<td>1,026</td>
<td>1,058</td>
<td>975</td>
<td>923</td>
<td>3,982</td>
</tr>
</tbody>
</table>

Reference sample
Kingston data have been compared with the SHEU wider survey sample.

A selection of some of the differences, where the level seen in the Kingston data is either 5% above or below that in the wider SHEU data, is indicated on page 6.

For more details please contact SHEU Phone 01392 667272
www.sheu.org.uk

TOPICS INCLUDE
- Background
- Drugs, alcohol and tobacco
- Emotional health and wellbeing
- Healthy eating
- Leisure and money
- Physical activity
- Relationships and sexual health
- Safety
- School and career
Kingston Secondary school pupils in Years 7 to Year 10 (ages 11 - 15)

Background
- 71% of pupils described themselves as white. 17% described themselves as Asian. 5% said they were black and 5% described themselves as mixed background.
- 70% of pupils live with their mother and father together, 15% live with one parent while 2% don’t live with either parent.
- 9% of pupils said they had a special need, long term illness of disability; 8% didn’t know if they did.
- 10% of pupils said that they get free school meals, another 4% said they could have them if they wanted.

HEALTHY EATING
- 12% of pupils reported having nothing to eat or drink for breakfast on the day of the survey.
- 26% of pupils reported having toast or bread for breakfast, 7% had something cooked and 42% had cereals. 15% said they had fruit for breakfast that day.
- 7% of the pupils would like to put on weight while 47% would like to lose weight. 46% of pupils are happy with their weight as it is. There are differences between boys and girls however.

Making food choices
- 7% of pupils reported ‘never’ considering their health when choosing what to eat. 19% of pupils consider their health ‘very often’ or ‘always’.
- 42% consider their health at least ‘quite often’ when choosing food:

PHYSICAL ACTIVITY
- 48% of pupils said that they usually walk to school. 21% said they usually travel by car and 43% said by bus.
- 13% of boys and 1% of girls said they usually cycle to school.
- 69% of pupils said that they enjoy exercise ‘quite a lot’ or ‘a lot’.
- When asked how many times they exercised in the previous week, 3% of pupils said that they didn’t exercise at all the previous week and 5% said only once.
- 38% of pupils said they exercised at least 5 times or more. There were obvious gender differences with this question with 46% of boys and 33% of girls saying they exercised hard 5 times in the previous week.
- 33% of pupils said that they did something active before school.
- 65% of pupils said that they did something active after school.

Secondary pupils who would like to lose weight:

Secondary pupils who said they were overweight:

Secondary pupils who had an active break/lunchtime:
ALCOHOL, CIGARETTES & DRUGS

Alcohol

- When asked about drinking alcohol at home, 84% of pupils said that they never drink alcohol.
- 8% said if they do drink alcohol, their parents/carers always know about it. 2% said their parents usually know but 3% said if they drink alcohol their parents/carers sometimes or never know about it. 2% said they don’t drink alcohol at home.

- 16% of pupils drank alcohol during the last 7 days:
  - 14% Year 8 boys
  - 6% Year 8 girls
  - 31% Year 10 boys
  - 33% Year 10 girls

- The weekend was the most popular time to drink alcohol. 11% of Year 10 pupils said they drank alcohol on the Friday. 17% of Year 10 pupils said they drank alcohol on Saturday, and 9% of Year 10 said they drank on the Sunday.
- 3% of pupils said that they got drunk the previous Saturday, 2% said this about Friday.
- The most popular drinks for boys were beer/lager and spirits. For girls, spirits were most popular followed by wine.

- 8% of pupils said they drank alcohol at home last week:
  - 8% Year 8 boys
  - 5% Year 8 girls
  - 12% Year 10 boys
  - 16% Year 10 girls

- The most common source of alcohol is from parents and family. In the last 7 days, 8% of pupils said that they were given alcohol by a family member. 4% said that a friend gave it to them.
- In the last 7 days, 13% of Year 10 pupils drank alcohol at a friend or relations home. 14% of Year 10 pupils drank alcohol at a party.
- 7% of Year 10 pupils said that they had drunk alcohol outside in a public place during the last 7 days.

Cigarettes

- 5% said they had smoked a cigarette in the seven days before the survey.
- Boys: 0% of Year 8 boys and 14% of Year 10 boys say they smoke ‘regularly’ or ‘occasionally’.
- Girls: 1% of Year 8 girls and 19% of Year 10 girls say they smoke ‘regularly’ or ‘occasionally’.

- 81% of pupils have never smoked at all:
  - Year 7 boys 94%
  - Year 7 girls 95%
  - Year 9 boys 82%
  - Year 9 girls 73%

- When asked where they got their last cigarette, 13% of Year 10 girls said from another young person. 6% of Year 10 pupils said they bought their cigarettes from a shop.
- 68% of pupils said that no-one ever smokes at home.

- 24% said smoking at home only happens outside, 6% said smoking happens only in certain rooms but 3% said smokers can smoke anywhere:
  - Outside 24%
  - Certain rooms 0%
  - Anywhere 2%

Drugs

- 31% of Kingston secondary pupils are ‘fairly sure’ or ‘certain’ that they know someone who takes drugs.
- 4% of Year 7, 8% of Year 8, and 21% of Year 9 pupils have been drugs.
- 42% of boys and 33% of girls in Year 10 have been offered drugs.
- 7% of pupils said that they had taken at least one of the drugs listed. 20% of boys and 15% of girls in Year 10 said this.
- 3% of pupils said that they have taken cannabis during the last month.
3% of Year 10 pupils have taken more than one type of drug on the same occasion.
11% of Year 10 pupils reported taking an illegal drug and alcohol on the same occasion.
Of the most common drugs, the percentage of pupils saying they had taken them were:

<table>
<thead>
<tr>
<th>Drug</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannabis</td>
<td>2%</td>
<td>6%</td>
<td>15%</td>
</tr>
<tr>
<td>Ecstasy</td>
<td>0%</td>
<td>1%</td>
<td>2%</td>
</tr>
<tr>
<td>Amphetamines</td>
<td>0%</td>
<td>1%</td>
<td>2%</td>
</tr>
</tbody>
</table>
11% of pupils said that there was a special drug and alcohol service for young people available in their area. 21% said there wasn’t one and 68% said they didn’t know if there was.
2% of Year 9/10 pupils said they had accessed this service. 10% of pupils said they would if they needed it.
37% of pupils said that they found their lessons about drugs ‘quite’ or ‘very useful’. About drugs ‘quite a lot’ or ‘a lot’. 20% said they couldn’t remember any.

**EMOTIONAL HEALTH AND WELL-BEING**
52% of boys and 38% of girls had high self-esteem scores.
2% of pupils had very low self-esteem scores.
67% of pupils said that if they were worried about something, they would talk to an adult about it. 75% said they would think carefully about it themselves.
When asked about how often they worry, 52% of pupils said they worried about exams and tests ‘quite often’ or ‘very often’. 34% worried about the way they look and 34% said they worried about what other people thought of them.
23% of pupils worry ‘quite often’ or ‘very often’ about violent crime in their local area:
6% of pupils who said they had been bullied recently said they told a teacher about it. 12% said they had told mum and 12% had told a friend.
88% of pupils ‘usually’ or ‘always’ feel safe on their journey to school. 92% say they ‘usually’ or ‘always’ feel safe at home.
92% say they ‘usually’ or ‘always’ feel safe going out after dark.
15% of pupils said that they worried about their safety ‘quite a lot’ or ‘a lot’.
8% of pupils said that they had been the victim of violence or aggression in the area where they live in the last 12 months.
When asked where this had happened, 5% said it happened at school, 3% said in a public place and 2% said at or near home.

**SAFETY**

**Bullying**
In the last month, 4% of pupils reported that they felt afraid of going to school because of bullying ‘often’ or ‘very often’. 11% said ‘sometimes’ while 85% said ‘never’.
90% of pupils said that they ‘usually’ or ‘always feel safe at school.
35% of pupils said that their school deals with bullying ‘quite well’ or ‘very well’. 8% said bullying wasn’t a problem in their school.
21% of pupils said that their school doesn’t deal with bullying very well and 36% said they didn’t know.
37% of pupils said they had been teased or made fun of at least ‘sometimes’ in the previous month. 29% said they had been called nasty names and 21% said they had been pushed or hit for no reason during the last month.
22% of pupils said that rumours had been spread about them and 22% said they had been left out of groups during the last month.
5% of pupils said they had been bullied on their mobile phone and 4% said they had been bullied via the Internet during the last month.

**Other bullying behaviour reported during the last month:**

- 6% of pupils said they had been bullied recently said they told a teacher about it. 12% said they had told mum and 12% had told a friend.
- 88% of pupils ‘usually’ or ‘always’ feel safe on their journey to school. 92% say they ‘usually’ or ‘always’ feel safe at home.
- 92% say they ‘usually’ or ‘always’ feel safe going out after dark.
- 15% of pupils said that they worried about their safety ‘quite a lot’ or ‘a lot’.
- 8% of pupils said that they had been the victim of violence or aggression in the area where they live in the last 12 months.
- When asked where this had happened, 5% said it happened at school, 3% said in a public place and 2% said at or near home.
Internet safety

- 99% of pupils said that they have access to the Internet at home on a computer or mobile device.
- 64% of pupils said that they use the Internet for chatting e.g. MSN or Skype.
- 27% of pupils said that they chat to people online who they have never met. 17% said they had met someone in real life who they first met online.

Pupils said they use the Internet for the following:

- School work: 80%
- Facebook/Twitter etc.: 69%
- Playing games: 65%
- Hobbies/interests: 64%

- 17% of pupils said that they use the Internet to update their blog/webpage.
- 31% said they use the Internet to look at webpages for help and advice.
- 54% of pupils use the Internet for emailing.
- 93% of pupils said they have been told how to stay safe while chatting online.

SCHOOL & CAREER

- 63% of pupils said that they were ‘quite’ or ‘very happy’ with their school. 14% said they were ‘quite’ or ‘very unhappy’ with their school.
- 83% of pupils report being happy at school. 5% of pupils report being very unhappy at school.
- 33% of pupils said they worried at least quite often about school-work/homework.
- 84% of pupils said that they have never bunked off or played truant during the last 12 months. 10% said yes they had for the odd lesson or day. 3% said they did for particular days or lessons.
- 6% of pupils said that they often feel lonely at school.
- 76% of pupils said that they feel happy talking to other pupils at school.
- 56% of pupils said they want to continue in full-time education after leaving school.

LEISURE & LOCAL AREA

- 49% of pupils said that generally, there was enough to do near where they live.
- 26% of pupils said that they go out on a Friday or Saturday night to take part in activities e.g. sports, arts youth club etc. 22% said they do ‘sometimes’.
- 55% of pupils said they had been to the cinema/theatre in the last 4 weeks.
- 20% of pupils said that they had been to a religious, faith or community group in the last 4 weeks.
- 21% of pupils said they have been to a music group or have had lessons in the last 4 weeks.
- 52% of boys and 39% of girls said they have been to a sports club or class in the last 4 weeks (not school lessons or just watching).
- When asked if anything stopped them from doing activities that they like, 29% of pupils said that it costs too much. 13% said that their parents/carers worry about them and 27% of pupils said that they were not available in their area.
- 66% of pupils had been to parks or open spaces during the last 4 weeks.
- 10% of pupils said that they care for someone at home on a regular basis who is unable to care for themselves.

Pupils said they care for someone at home on a regular basis who is unable to care for themselves.

- 23% of pupils said they wanted to enter into employment as soon as possible and 25% of pupils said they want to get training for a skilled job.
- 11% of pupils said that they haven’t had any help or information to help them plan their future. 18% said they needed a lot more or better information.
- 30% of Year 10 pupils said that the information they had been given to help them plan their future was good enough.

- 29% of pupils said they had given up their time to help a charity, a local voluntary group or done some organised volunteering in the last 4 weeks.
relationshIps and sexual health

- 31% of pupils said that their parents are their lessons on relationships and sexual health were ‘quite’ or ‘very useful’.
- 22% of pupils said they couldn’t remember any lessons.
- 36% of pupils said their lessons on puberty and growing up had been ‘quite’ or ‘very useful’ 8% said they hadn’t been useful at all.
- 59% of pupils say they know where they can get condoms free of charge:
  - Year 8 boys: 38%
  - Year 8 girls: 52%
  - Year 10 boys: 68%
  - Year 10 girls: 65%
- 33% of pupils (46% of Year 10 girls) said that there was a special contraception and advice service for young people available in their area.
- 9% of boys and 24% of girls said that they worry at least quite often about problems with friends.
- 10% of boys and 17% of girls said that they worry at least quite often about abusive relationships.
- 15% of Year 10 girls and 17% of Year 10 boys said that they had been in a relationship with someone (currently or in the past) who was angry or jealous when they wanted to spend time with friends.
- 7% of Year 10 girls and 6% of Year 10 boys said that their partner had put pressure on them to do things they didn’t want to do.
- 4% of Year 10 girls and 4% of Year 10 boys said their partner had threatened to tell people things about them.
- 3% of pupils said they had been hit by their partner.
- 57% of pupils said that if any of these things happened to them they would know what to do for themselves.
- 58% of pupils said if any of these things happened to them they could get some help.
- 47% of pupils said that condoms were reliable methods of protection against STIs and pregnancy. Another 18% said that condoms were reliable methods for stopping pregnancy.
- 34% of pupils said that emergency contraception (morning-after pill) was a reliable method of stopping pregnancy. 25% of pupils said they didn’t know anything about it.
- 12% of Year 10 pupils said good advice and support services existed in Kingston for Lesbian, Gay, Bisexual or Transgender (LGBT) young people which were easy to access.

significant differences between the kingston 2013 survey and the sheu reference sample

For most of the questions in the questionnaire, Kingston secondary pupils give similar responses to the wider SHEU data (for Years 8 and 10). Some differences (more than 5%) include:

- 70% of secondary pupils in Kingston said that they lived with both parents together, this is higher than the 62% of pupils who said the same in the wider sample.
- Kingston pupils were more likely to have high self-esteem compared with pupils in the wider sample. 40% of Year 10 girls in Kingston compared with 32% in the wider sample.
- Boys in Kingston were less likely to have 5 or more portions of fruit and vegetables compared with boys in the wider sample. 14% of Year 8 boys compared with 20% and 10% of Year 10 boys compared with 16% of the wider sample.
- 91% of Year 8 pupils in Kingston said they have never smoked at all. This is higher than the 85% saying this in the wider sample.
- 48% of Kingston pupils walked to school on the day of the survey compared with 39% of the wider sample.
- 70% of Kingston Year 10 girls said they would like to lose weight compared with 63% of the wider sample.
- 46% of Year 10 girls in Kingston said that they know of a special contraception and advice centre available locally for young people. This compared with 35% of girls in the wider sample.
- Pupils in Kingston are less likely to worry about schoolwork, the way they look or about problems with friends compared with pupils in the wider sample.
- 33% of Year 10 girls said they drank alcohol in the last 7 days. This compared with 28% of the wider sample.
- 47% of Year 8 pupils in Kingston said they know where to get condoms free of charge. This is higher than the 35% of Year 8 pupils saying this in the wider sample.
- 43% of Year 8 pupils said that they think cannabis is ‘always unsafe’. This is higher than the 31% of pupils saying this in the wider sample.
- 83% of Year 8 pupils in Kingston said they are never afraid to go to school because of bullying. This is higher than the 73% of pupils saying this in the wider sample.
- 35% of Year 8 girls in Kingston said that they exercised at least 5 times last week. This is higher than the 22% saying this in the wider sample.
- 14% of Year 8 boys in Kingston said that they ‘very often’ or ‘always’ consider their health when making food choices. This is lower than the 21% saying this in the wider sample.
- 18% of Year 8 boys in Kingston said that they know someone personally who uses drugs. This is lower than the 25% of boys saying this in the wider sample.
- When a friend wants them to do something they don’t want to do, 74% of Year 8 boys said they could usually or always say ‘no’. This is higher than the 65% of boys saying this in the wider sample. The Year 10 boys figures were also higher in Kingston; 75% vs. 68%
It is possible to look for connections between the answers pupils gave to different questions in the survey to look for differences illustrated below are statistically significant:

The first analysis is for secondary pupils who said they had 5 or more portions of fruit and vegetables to eat the day before the survey compared with those who had less than 5 portions.

- 37% of pupils who had 5 or more portions the day before also said that they ‘very often’ or ‘always’ consider their health when making food choices compared with 16% of pupils who had less than 5 portions. Therefore we can say that those pupils who have 5-a-day are more likely to have think about their health when making food choices than those who don’t.
- 91% of pupils who had 5 or more portions the day before also said that they exercised hard at least 3 times in the previous week compared with 77% of pupils who had less than 5 portions.
- 80% of pupils who had 5 or more portions the day before also said that they enjoy exercise ‘quite a lot’ or ‘a lot’ compared with 67% of pupils who had less than 5 portions.
- This group were also more likely to say they want to stay on in full-time education after Year 11.
- They were more likely to say they have never drunk alcohol.
- They are more likely to say than no-one smokes at home.
- They are more likely to say they enjoy physical activities.
- They are more likely to say they are ‘quite’ or ‘very’ happy with their lives.
- They are more likely to say they have given their time to help a charity/voluntary group in the last 4 weeks.
- They are less likely to say they smoke regularly.
- 56% of pupils who had 5 or more portions the day before also said that there was enough to do where they live compared with 48% of pupils who had less than 5 portions.
- 80% of pupils who had 5 or more portions the day before also said something active ‘most days’ or ‘every day’ after school last week compared with 62% of pupils who had less than 5 portions.

The second analysis is for secondary pupils who said they were ‘often’ or ‘very often’ afraid of going to school because of bullying compared with those who said they were ‘never’ afraid.

- 73% of pupils who said they were afraid of going to school because of bullying ‘often’ or ‘very often’ also recorded levels of lower self-esteem. This compared with 10% of pupils who were ‘never’ afraid. Therefore we can say that those pupils who are afraid of going to school because of bullying, unsurprisingly, are more likely to have levels of lower self-esteem.
- Only 40% of pupils who said they were afraid of going to school because of bullying said they feel happy talking to other pupils at school. This compared with 80% of pupils who were ‘never afraid of going to school because of bullying.
- 24% of pupils who said they were afraid of going to school because of bullying said there was no-one they could talk to about their problems. This compared with 5% of pupils who were ‘never afraid of going to school because of bullying.
- This group were also more likely to say they were overweight.
- They are more likely to say they have extra help at school.
- They are also more likely to say they ‘never’ feel safe when going out after dark.
- They are more likely to say there isn’t enough for them to do near where they live.
- 58% of pupils who said they are afraid of going to school because of bullying also said that they often worry about what other people think of them. This compared with 32% of pupils who were never afraid.
- 15% of pupils who said they are afraid of going to school because of bullying also said that they had no portions of fruit and vegetables the day before. This compared with 6% of pupils who were never afraid.

The third analysis is for girls who had nothing for breakfast that morning compared with girls who did have something for breakfast that morning.

- 14% of girls who said they had no breakfast that morning also said they were occasional or regular smokers. This compared with only 6% of girls who did have something to eat for breakfast that morning:

<table>
<thead>
<tr>
<th>Had no breakfast</th>
<th>Had breakfast</th>
</tr>
</thead>
<tbody>
<tr>
<td>14%</td>
<td>6%</td>
</tr>
</tbody>
</table>

- 27% of girls who missed breakfast said they had drunk alcohol in the last 7 days compared with 14% of girls who didn’t miss breakfast.
- 48% of girls who missed breakfast said they know someone personally who uses drugs compared with 29% of girls who didn’t miss breakfast.
- 40% of who missed breakfast said there isn’t enough to do near where they live compared with 19% of girls who didn’t miss breakfast.
- 75% of girls who missed breakfast said they would like to lose weight compared with 57% of girls who didn’t miss breakfast.
- 19% of girls who missed breakfast said they were ‘quite’ or ‘very unhappy’ with their lives at the moment compared with 11% of girls who didn’t miss breakfast.
- 40% of girls who missed breakfast said they were overweight compared with 24% of girls who didn’t miss breakfast.

The following are just 3 selected questions but any question can be analysed in this way.
The Kingston Young People’s Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Kingston upon Thames Education, Children’s and Cultural Services and the Public Health Team.

We are grateful to the teachers, schools and the young people for their time and contributions to this survey. The findings will be used to plan services and inform commissioning decisions and further support joint working. In addition, the data will be used to inform plans and strategies within schools, the council and partners.

The survey will be conducted on an annual basis to enable The London Borough of Kingston upon Thames to analyse the findings year-on-year.