The questionnaire
The Kingston Young People’s Health and Wellbeing 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 2015, 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 4581 pupils took part from 10 secondary schools and 1 pupil referral unit. There was a reasonable mixture of boys and girls across the specified year groups. 50% of the pupils surveyed described themselves as White British. 8% of pupils said that they had an additional need or disability. 8% 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

4581 young people were involved in the survey

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<th>School Age</th>
<th>Year 7 10-11</th>
<th>Year 8 11-12</th>
<th>Year 9 12-13</th>
<th>Year 10 14-15</th>
<th>Total</th>
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<tr>
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<td>667</td>
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<td>Girls</td>
<td>557</td>
<td>657</td>
<td>698</td>
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<td>1,058</td>
<td>1,365</td>
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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
Kingston Secondary school pupils in Years 7 to Year 10 (ages 11 - 15)

Background

- 60% of pupils described themselves as white. 21% described themselves as Asian. 5% said they were black and 7% described themselves as mixed background.
- 73% of pupils live with their mother and father together, 14% live with one parent while 1% don’t live with either parent.
- 8% of pupils said they had a special need, long term illness of disability; 11% didn’t know if they did.
- 8% of pupils said that they get free school meals, another 4% didn’t know if they did.

HEALTHY EATING

- 11% of pupils reported having nothing to eat or drink for breakfast on the day of the survey.
- 27% of pupils reported having toast or bread for breakfast, 7% had something cooked and 45% had cereals. 13% said they had fruit for breakfast that day.
- 8% of the pupils would like to put on weight while 45% would like to lose weight. 47% of pupils are happy with their weight as it is. There are differences between boys and girls however.

Secondary pupils who would like to lose weight:

- 32% Year 7/8 boys
- 48% Year 7/8 girls
- 29% Year 9/10 boys
- 63% Year 9/10 girls

Secondary pupils who had 5 or more portions:

- 20% Year 7/8 boys
- 24% Year 7/8 girls
- 17% Year 9/10 boys
- 19% Year 9/10 girls

Making food choices

- 6% of pupils said they had eaten no portions of fruit and vegetables the day before the survey.

- 11% of pupils reported ‘never’ considering their health when choosing what to eat. 17% of pupils consider their health ‘very often’ or ‘always’.

- 42% consider their health at least ‘quite often’ when choosing food:

PHYSICAL ACTIVITY

- 46% of pupils said that they usually walk to school. 27% said they usually travel by car and 51% said by bus.
- 13% of boys and 2% of girls said they usually cycle to school.
- 63% of pupils said that they enjoy exercise ‘quite a lot’ or ‘a lot’.

- When asked how many times they exercised in the previous week, 5% of pupils said that they didn’t exercise at all the previous week and 8% said only once.

- 26% of pupils said they exercised at least 5 times or more. There were obvious gender differences with this question with 33% of boys and 20% of girls saying they exercised hard 5 times in the previous week.

- 27% of pupils said that they did something active before school ‘most’ or ‘every day’.

- 56% of pupils said that they did something active after school ‘most’ or ‘every day’.

Secondary pupils who had an active break/lunchtime:

- 67% Year 7/8 boys
- 30% Year 7/8 girls
- 56% Year 9/10 boys
- 92% Year 9/10 girls
ALCOHOL, CIGARETTES & DRUGS

**Alcohol**

- When asked about drinking alcohol at home, 58% of pupils said that they never drink alcohol.
- 25% said if they do drink alcohol, their parents/carers always know about it. 4% said their parents usually know but 5% said if they drink alcohol their parents/carers sometimes or never know about it. 8% said they don’t drink alcohol at home.

- 11% of pupils drank alcohol during the last 7 days:
  - Year 7/8 boys: 6%
  - Year 7/8 girls: 4%
  - Year 9/10 boys: 16%
  - Year 9/10 girls: 16%

- When asked about their drinking experience, 48% said they have never drunk alcohol, 21% said they have had alcohol a few times, 22% said they only drink on special occasions e.g. birthdays, Christmas etc. 6% said that they drink occasionally and 1% said that they drink alcohol at least once a week.

- The most popular drinks for boys were beer/lager and spirits. For girls, spirits were most popular followed by wine.

- The most common source of alcohol is from parents and family. In the last 7 days, 6% of pupils said that they were given alcohol by a family member. 3% said that a friend gave it to them.

- 6% of pupils said they drank alcohol at home last week:
  - Year 7/8 boys: 4%
  - Year 7/8 girls: 2%
  - Year 9/10 boys: 3%
  - Year 9/10 girls: 6%

- In the last 7 days, 6% of Year 10 pupils drank alcohol at a friend or relations home. 5% of Year 10 pupils drank alcohol at a party.

- 3% of Year 10 pupils said that they had drunk alcohol outside in a public place during the last 7 days.

**Cigarettes**

- 87% of pupils said that they have never smoked at all.
- 5% of Year 10 boys and 13% of Year 10 girls say they smoke ‘regularly’ or ‘occasionally’.
- When asked where they got their last cigarette, 11% of Year 10 girls said from another young person. 2% of Year 10 pupils said they bought their cigarettes from a shop.

- 22% of pupils have at least tried e-cigarettes:
  - Year 7/8 boys: 13%
  - Year 7/8 girls: 16%
  - Year 9/10 boys: 29%
  - Year 9/10 girls: 32%

- 22% of pupils said the have smoked shisha.
- 73% of pupils said that no-one ever smokes at home.

- 21% said smoking at home only happens outside, 4% said smoking happens only in certain rooms but 2% said smokers can smoke anywhere:
  - Outside: 21%
  - Certain rooms: 4%
  - Anywhere: 2%

**Drugs**

- 30% of Kingston secondary pupils are ‘fairly sure’ or ‘certain’ that they know someone who takes drugs.
- 9% of boys and 5% of girls in Year 7/8, and 25% of Year 9/10 pupils have been offered drugs.
- 9% of boys and 10% of girls in Year 9/10 said they have taken drugs.
- 8% of Year 9/10 pupils said that they had taken cannabis, 4% of Year 9/10 had used nitrous oxide (laughing gas).
- 3% of pupils said that they have taken cannabis during the last month.
4% of Year 7/8 and 6% of Year 9/10 pupils have taken substances to help them study (e.g. pro plus).

4% of Year 9/10 pupils reported taking an illegal drug and alcohol on the same occasion.

16% of pupils said that there was substance misuse support for young people available in their area. 57% said they weren’t aware of any and 27% said they didn’t know if there was.

40% of pupils said that they found their lessons about drugs ‘quite’ or ‘very useful’, 23% said they couldn’t remember any.

**EMOTIONAL HEALTH AND WELL-BEING**

52% of boys and 37% of girls had high self-esteem scores.

3% of pupils had very low self-esteem scores.

77% of pupils said that if they were worried about something, they would talk to an adult about it. 83% 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’. 30% worried about the way they look and 33% said they worried about what other people thought of them.

78% of pupils said they at least quite happy with their lives at the moment. 7% were either ‘quite’ or ‘very unhappy’.

**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’. 13% said ‘sometimes’ while 83% said ‘never’.

89% of pupils said that they ‘usually’ or ‘always’ feel safe at school.

31% of pupils said that their school deals with bullying ‘quite well’ or ‘very well’. 9% said bullying wasn’t a problem in their school.

26% of pupils said that their school doesn’t deal with bullying very well and 34% said they didn’t know.

46% of pupils said they had been teased or made fun of at least ‘a few times’ in the previous month. 36% said they had been called nasty names and 26% said they had been pushed or hit for no reason during the last month.

27% of pupils said that rumours had been spread about them and 29% said they had been left out of groups during the last month.

Other bullying behaviour reported during the last month:

- 14% of pupils said that they had been bullied on their mobile phone
- 6% said they had been bullied via the Internet during the last month.
- 9% of pupils said they had been bullied recently and told a teacher about it. 17% said they had told mum and 15% had told a friend.

88% of pupils ‘usually’ or ‘always’ feel safe on their journey to school. 93% say they ‘usually’ or ‘always’ feel safe at home.

88% say they ‘usually’ or ‘always’ feel safe going out during the day; 46% said this of after dark.

15% of pupils said that they worried about their safety ‘quite often’ or ‘very often’.

8% of pupils said that they had been the victim of crime in the last 12 months (e.g. Had something stolen or been physically attacked).

When asked where this had happened, 6% said it happened at school, 3% said in a public place and 2% said travelling to or from school.

19% of pupils worry ‘quite often’ or ‘very often’ about violent crime in their local area:

- 22% Year 7/8 boys
- 23% Year 7/8 girls
- 13% Year 9/10 boys
- 19% Year 9/10 girls

78% of pupils who go to them said they ‘usually’ or ‘always’ feel safe at youth clubs. 10% said they never feel safe.
Internet safety

- 98% of pupils said that they have access to the Internet at home on a computer or mobile device.
- 50% of pupils said that they use the Internet for chatting.
- 33% of pupils said that they chat to people online who they have never met. 19% said they had met someone in real life who they first met online.

Pupils said they use the Internet for the following:

- School work: 83%
- Facebook/Twitter etc.: 62%
- Playing games: 65%
- Hobbies/interests: 68%

- 12% of pupils said that they use the Internet to update their blog/webpage.
- 38% said they use the Internet to look at webpages for help and advice.
- 49% of pupils use the Internet for emailing.
- 95% of pupils said they have been told how to stay safe while chatting online.

SCHOOL & CAREER

- 68% of pupils said that they were ‘quite’ or ‘very happy’ with their school. 13% said they were ‘quite’ or ‘very unhappy’ with their school.
- 85% of pupils report being happy at school. 4% of pupils report being very unhappy at school.
- 34% 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. 12% said yes they had for the odd lesson or day. 2% said they did for particular days or lessons.
- 7% of pupils said that they often feel lonely at school.
- 79% of pupils said that they feel happy talking to other pupils at school.

- 69% of pupils said they want to continue in full-time education after leaving school:
  - Year 7/8 boys: 57%
  - Year 7/8 girls: 69%
  - Year 9/10 boys: 70%
  - Year 9/10 girls: 74%

- 35% of pupils said they wanted to enter into employment as soon as possible and 36% of pupils said they want to get training for a skilled job e.g. an apprenticeship.
- 11% of pupils said that they haven’t had any help or information to help them plan their future. 21% said they needed a lot more or better information.
- 27% of Year 9/10 boys and 17% of Year 9/10 girls said that the information they had been given to help them plan their future was good enough.

LEISURE & LOCAL AREA

- 56% of pupils said that generally, there was enough to do near where they live.
- 62% of pupils said they had been to the cinema/theatre in the last 4 weeks.
- 25% of pupils said that they had been to a religious, faith or community group in the last 4 weeks.
- 30% of pupils said they have been to a music group or have had lessons in the last 4 weeks.
- 22% had been to a youth club in the last 4 weeks.
- 59% of boys and 51% 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, 31% of pupils said that it costs too much. 15% said that their parents/carers worry about them and 30% of pupils said that they were not available in their area.

- 78% of pupils had been to parks or open spaces during the last 4 weeks.
- 13% of pupils said that they care for someone at home on a regular basis who is unable to care for themselves.
  - When asked who this was, 2% said brother or sister and 1% said mum.
  - 4% said that this caring role stopped them doing the things that they enjoy at least ‘sometimes’.
  - 1% said it often stopped them doing the things they wanted to do.

20% of pupils said that they had given up their time to help a charity, a local voluntary group or done some organised volunteering in the last 4 weeks:

- Year 7/8 boys: 20%
- Year 7/8 girls: 19%
- Year 9/10 boys: 20%
- Year 9/10 girls: 22%
RELATIONSHIPS AND SEXUAL HEALTH

- 32% of pupils said that their lessons on relationships and sexual health were ‘quite’ or ‘very useful’.
- 29% of pupils said they couldn’t remember any lessons.
- 40% of pupils said their lessons on puberty and growing up had been ‘quite’ or ‘very useful’.
- 10% said they hadn’t been useful at all.
- 28% of Year 9/10 pupils (35% of Year 10 girls) said that there was a special contraception and advice service for young people available in their area.
- 56% of pupils say they know where they can get condoms free of charge:
  - Year 9 boys: 50%
  - Year 9 girls: 53%
  - Year 10 boys: 58%
  - Year 10 girls: 65%
- 12% of boys and 25% of girls said that they worry about a lot of problems with friends.
- 9% of boys and 15% of girls said that they worry about at least quite often about relationships.
- 14% of Year 9/10 girls and 10% of Year 9/10 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.
- 8% of Year 9/10 girls and 4% of Year 9/10 boys said that their partner had put pressure on them to do things they didn’t want to do.
- 12% of Year 9/10 girls and 7% of Year 9/10 boys said their partner had asked them to send sexually explicit text messages/pictures.
- 4% of pupils said they had been hit by their partner.
- 59% of Year 9/10 pupils said that if any of these things happened to them they would know what to do for themselves.
- 60% of pupils said if any of these things happened to them they could get some help.
- 61% of Year 9/10 pupils said that condoms were reliable methods of protection against infections and pregnancy. Another 17% said that condoms were reliable methods for stopping pregnancy.
- 41% of Year 9/10 pupils said that emergency contraception (morning-after pill) was a reliable method of stopping pregnancy. 27% of pupils said they didn’t know anything about it.
- 14% of Year 9/10 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 2015 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:

- 73% 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. 52% of Year 8 boys in Kingston compared with 45% in the wider sample.
- 51% of Year 8 and 10 girls in Kingston said they walk to school compared with 45% of girls in the wider sample.
- 20% of Year 8 girls in Kingston said that they often or always consider their health when making food choices. This is lower than the 26% of girls in the wider sample.
- 19% of Year 10 boys in Kingston said that they have at least tried smoking compared with 29% of the wider sample.
- 73% of Kingston pupils said that no-one ever smokes at home. This is higher than the 64% of pupils saying this in the wider sample.
- 70% of Kingston Year 8 girls said they exercised hard at least 3 times in the previous week compared with 55% of the wider sample.
- 95% of pupils in Kingston said that they have been told how to stay safe online. This compared with 82% of pupils in the wider sample.
- 7% of Year 8 and 18% of Year 10 pupils in Kingston said that they drank alcohol in the last 7 days compared with 9% and 26% reported in the wider sample.
- 66% of Year 8 pupils in Kingston said that they never drink alcohol compared with 61% of the wider sample.
- 65% of Year 10 girls in Kingston said they know where to get condoms free of charge. This is higher than the 58% of Year 10 girls saying this in the wider sample.
- 40% of Year 8 boys said that they think ecstasy is ‘always unsafe’. This is higher than the 33% of boys saying this in the wider sample.
- 67% of Year 10 boys said that they think cocaine is ‘always unsafe’. This is higher than the 62% of boys saying this in the wider sample.
- 32% of Year 8 girls in Kingston said that their school deals with bullying ‘quite’ or ‘very well’ compared with 46% of girls in the wider sample.
- Pupils in Kingston are less likely to worry about their health, family problems or the way they look or about bullying when compared with pupils in the wider sample.
- When a friend wants them to do something they don’t want to do, 75% of Year 10 boys and 71% of Year 10 girls said they could usually or always say ‘no’. This is higher than the 70% of boys and 64% of girls saying this in the wider sample.
- 76% of Year 10 pupils in Kingston said that they want to continue in full-time education when they leave school. This is higher than the 57% of pupils saying this in the wider sample.
It is possible to look for connections between the answers pupils gave to different questions in the survey to look for behaviour profiles. The following are just 3 selected questions but any question can be analysed in this way. All 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.

- 32% 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 14% of pupils who had less than 5 portions. Therefore we can say that those pupils who have 5-a-day are more likely to think about their health when making food choices than those who don’t.

- 82% 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 64% of pupils who had less than 5 portions.

- 53% of pupils who had 5 or more portions the day before also said that they were happy with their weight compared with 45% 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 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 have given their time to help a charity/voluntary group in the last 4 weeks.

They are less likely to say they smoke regularly or have tried e-cigarettes.

- 82% of pupils who had 5 or more portions the day before also said that they were happy with their lives as a whole compared with 77% of pupils who had less than 5 portions.

- 71% of pupils who had 5 or more portions the day before also did something active ‘most days’ or ‘every day’ after school last week compared with 52% of pupils who had less than 5 portions.

The second analysis is for boys 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.

- 61% 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 11% of boys who were ‘never’ afraid. Therefore we can say that those boys who are afraid of going to school because of bullying, unsurprisingly, are more likely to have levels of lower self-esteem.

- 46% of boys who said they were afraid of going to school because of bullying said they had been the victim of crime in the last 12 months. This compared with 8% of boys who were never afraid of going to school because of bullying.

- 22% 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 6% of pupils who were never afraid of going to school because of bullying.

This group were also more likely to say they have a special need, long term illness or disability.

They are more likely to say they had no breakfast that morning.

They are also less likely to say they feel safe at youth clubs.

They are more likely to say there isn’t enough for them to do near where they live.

- 55% 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 18% of pupils who were never afraid.

- 47% of pupils who said they are afraid of going to school because of bullying also said that they would like to lose weight. This compared with 28% of pupils who were never afraid.

The third analysis is for girls who who had high self-esteem compared with girls who recorded lower levels of self-esteem.

- 4% of girls who had high self-esteem also said they felt afraid to be in school because of bullying in the last month. This compared with 29% of girls who had lower levels of self-esteem:

- 92% of girls who had high self-esteem said they were ‘quite’ or ‘very’ happy with their lives as a whole compared with 62% of girls who had lower self-esteem.

- 12% of girls who had high self-esteem said they have tried smoking in the past or smoke now compared with 17% of girls who had lower self-esteem.

- 54% of who had high self-esteem said they have never drunk alcohol compared with 47% of girls who had lower self-esteem.

- 26% of girls who had high self-esteem said they had at least 5 portions of fruit and vegetables the day before compared with 19% of girls who had lower self-esteem.

- 75% of girls who had high self-esteem said that no-one ever smokes at home compared with 68% of girls who had lower self-esteem.

- 63% of girls who had high self-esteem said they enjoy exercise compared with 54% of girls who had lower self-esteem.
The Kingston Young People’s Health and Wellbeing 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 every two years to enable the London Borough of Kingston upon Thames to analyse the findings and look for trends.

Kingston Schools who took part in the survey:

Chessington Community College
Coombe Boys’ School
Coombe Girls’ School
Malden Oaks PRU
Richard Challoner School
Southborough School
The Hollyfield School and Sixth Form Centre
The Holy Cross School
The Tiffin Girls’ School
Tiffin School
Tolworth Girls’ School & Sixth Form

For more information about the survey please contact:

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