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 to look at behaviour profiles, such as whether a pupil who has low self esteem is likely to be bullied, etc.

These finding are listed within the document, but do not link every question asked in the survey; they do however provide an insight to possible future experiences of pupils.

Reports
Further detailed reports, containing a summary of all responses received by the pupils are available. There are also 3 other themed reports to accompany this one - see list below.

<table>
<thead>
<tr>
<th>School</th>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys</td>
<td>472</td>
<td>401</td>
<td>667</td>
<td>478</td>
<td>2,018</td>
</tr>
<tr>
<td>Girls</td>
<td>557</td>
<td>657</td>
<td>698</td>
<td>651</td>
<td>2,563</td>
</tr>
<tr>
<td>Total</td>
<td>1,029</td>
<td>1,058</td>
<td>1,365</td>
<td>1,129</td>
<td>4,581</td>
</tr>
</tbody>
</table>

Reference sample
Kingston data have been compared with the SHEU wider survey sample. A selection of some of the comparisons between the Kingston results and the wider SHEU data, are shown on page 3.

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

Themed reports. This is number 2 of 4 reports

1) Healthy lifestyles

2) Drug education and substances

3) Emotional health and wellbeing

4) Relationships and sexual health
Kingston secondary school pupils in Years 7 - Year 10 (ages 11 - 15)

ALCOHOL

- 11% of pupils said that they have had an alcoholic drink in the last 7 days.
- This figure increases with age: 7% of Year 8 pupils said that they had drunk alcohol compared with 18% of Year 10 pupils.
- 48% of pupils said that they have never drunk alcohol. 21% said that they have only had alcohol a few times.
- 22% of pupils said that they only drink on special occasions, birthdays, Christmas etc.
- 7% of boys and 9% of girls said that they drink alcohol occasionally or regularly.
- For Year 10, more girls than boys report drinking ‘occasionally’ or ‘regularly’.

- When asked if their parents/carers know if they drink alcohol at home, 58% of pupils say they never drink alcohol, 8% said they don’t drink alcohol at home. 25% of the pupils say their parents/carers ‘always’ know if they drink alcohol. 4% said they ‘usually’ know, but 5% of pupils their parents ‘never’ or only ‘sometimes’ know.
- 60% of pupils agreed with the statement ‘Young people my age drink alcohol to look cool’.
- 58% said because friends do and 44% said to get drunk.

For Year 10 pupils, the 5 most common drinks consumed in the last week were (% of whole sample):

<table>
<thead>
<tr>
<th></th>
<th>Year 10 only</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beer or lager</td>
<td>6%</td>
<td>Spirits 7%</td>
<td></td>
</tr>
<tr>
<td>Spirits</td>
<td>6%</td>
<td>Wine 7%</td>
<td></td>
</tr>
<tr>
<td>Cider</td>
<td>6%</td>
<td>Cider 6%</td>
<td></td>
</tr>
<tr>
<td>Shots</td>
<td>3%</td>
<td>Beer or lager 4%</td>
<td></td>
</tr>
<tr>
<td>Wine</td>
<td>3%</td>
<td>Alcopops 3%</td>
<td></td>
</tr>
</tbody>
</table>

For Year 10, the places where alcohol was consumed in the last week were (% of whole sample):

<table>
<thead>
<tr>
<th></th>
<th>Year 10 only</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>At home</td>
<td>8%</td>
<td>At home 10%</td>
<td></td>
</tr>
<tr>
<td>At a friend’s or relation’s home</td>
<td>6%</td>
<td>At a friend’s or relation’s home 7%</td>
<td></td>
</tr>
<tr>
<td>At a party</td>
<td>4%</td>
<td>At a party 6%</td>
<td></td>
</tr>
<tr>
<td>Outside in a public place</td>
<td>3%</td>
<td>Outside in a public place 3%</td>
<td></td>
</tr>
<tr>
<td>At a pub or bar</td>
<td>1%</td>
<td>At a pub or bar 1%</td>
<td></td>
</tr>
</tbody>
</table>

- 2% of Year 10 pupils bought alcohol from an off-licence in the last week. 0% of pupils said they bought it in a supermarket. 2% took it from home.
- The most common answer for where they usually get/buy alcohol was that they were given it by a family member. 6% of Year 8 boys said this compared with 9% of Year 10 girls.

Pupils who were given alcohol by a family member in the last 7 days:

<table>
<thead>
<tr>
<th></th>
<th>Year 8 Boys</th>
<th>Year 8 Girls</th>
<th>Year 10 Boys</th>
<th>Year 10 Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>At home</td>
<td>8%</td>
<td>At home 10%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>At a friend’s or relation’s home</td>
<td>6%</td>
<td>At a friend’s or relation’s home 7%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>At a party</td>
<td>4%</td>
<td>At a party 6%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Outside in a public place</td>
<td>3%</td>
<td>Outside in a public place 3%</td>
<td></td>
<td></td>
</tr>
<tr>
<td>At a pub or bar</td>
<td>1%</td>
<td>At a pub or bar 1%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

SHEU data from across the country shows that the home is the largest single source of alcohol up to the age of 16.

- 3% of Year 10 pupil said they got someone else to buy them alcohol in the last 7 days.
- 63% of the pupils said that they have had lessons, videos or discussions in class about alcohol in the last 12 months.
- 18% of Year 10 girls said that when they have a problem that worries them, they drink alcohol, at least sometimes.
SMOKING
- 13% say they have tried smoking in the past or smoke now.
- There is little difference between the percentage of Year 8 boys and girls having smoked, but this changes for Year 10:
  - Year 8 Boys: 6%
  - Year 8 Girls: 8%
  - Year 10 Boys: 30%
  - Year 10 Girls: 19%
- 4% in the survey smoked at least 1 cigarette during the last 7 days.
- Pupils were most likely to say that they first tried smoking aged 13 or 14.
- When asked where they obtained their cigarettes, the top answer was ‘given them by another young person’; 4% said this.

SMOKING AT HOME
- 73% of pupils said no-one ever smokes at home.
- 21% said that smoking happens only outside. 4% said smoking happens only in certain rooms or on the doorstep and 2% said smokers can smoke anywhere.
- 15% of pupils said that they have smoked shisha once or twice. 3% said they have smoked it in the past but don’t now. 3% said they smoke shisha occasionally; 1% said regularly.

SUBSTANCES
- 30% reported they were ‘fairly sure’ or ‘certain’ that they knew someone who used drugs.
- In Year 10, 53% of the boys and 50% of the girls are ‘fairly sure’ or ‘certain’ that they know someone who takes at least one of the drugs listed in the question.
- 17% of pupils have been offered illegal drugs.
- 6% of pupils say they have taken some form of illegal drug.
- 3% say they have taken some form of illegal drug within the last month.
- The substances reported as being used most often by Year 10 pupils are as follows:

An overview of 5 common substances:

<table>
<thead>
<tr>
<th>Substance</th>
<th>Year 10 only</th>
<th>Have used in the last month</th>
<th>Have used in the last 12 months</th>
<th>Have ever used</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cannabis</td>
<td>6%</td>
<td>9%</td>
<td>10%</td>
<td></td>
</tr>
<tr>
<td>Cocaine</td>
<td>0%</td>
<td>1%</td>
<td>1%</td>
<td></td>
</tr>
<tr>
<td>Ecstasy</td>
<td>1%</td>
<td>1%</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Legal Highs</td>
<td>1%</td>
<td>2%</td>
<td>2%</td>
<td></td>
</tr>
<tr>
<td>Nitrous oxide</td>
<td>2%</td>
<td>4%</td>
<td>4%</td>
<td></td>
</tr>
</tbody>
</table>

- 33% of Year 10 pupils have been offered drugs, but only 12% report taking drugs.
- 3% of pupils said that they had used drugs and alcohol on the same occasion.
- 5% of pupils said that they have used substances to help them study, e.g. pro-plus or prescription medication.

COMPARISONS BETWEEN THE KINGSTON YEAR 8 AND 10 SURVEY AND THE SHEU REFERENCE SAMPLE FOR YEAR 8 AND 10
- 83% of Kingston Year 8 and 10 pupils said that they have never smoked at all compared with 79% of the wider sample.
- 5% of Kingston Year 8 and 10 pupils said that they smoked at least 1 cigarette in the last week. This is lower than the 10% of pupils who said this in the wider sample.
- 12% of Kingston pupils said that they had an alcoholic drink in the last week. This is lower than the 18% seen in the wider sample.
- When asked if their parents know if they drink alcohol at home, 58% said they never drink alcohol. 53% said this in the wider sample. % said that their parents ‘never’ or only ‘sometimes’ know. This compared with 11% of the wider sample.
- 51% of Year 10 pupils in Kingston know someone who uses illegal drugs compared with 49% of pupils in the wider sample.
- 3% of Kingston pupils said that they have used drugs and alcohol on the same occasion. This is the same as the 4% seen in the wider sample.
CROSS PHASE DATA

Questions answered by all Year 7 to Year 10 students

The following is a selection of data relating to the questions answered by all year groups completing the questionnaire. It is always interesting to see how young people change as they grow up but this analysis is also useful because it can raise some important questions for local discussion.

ALCOHOL

When asked if their parents know if they drink alcohol, 79% of Year 7 pupils said they do not drink alcohol. This drops to 41% of Year 10 pupils.

1% of Year 7 pupils drink with their parent/carer ‘never’ or only ‘sometimes’ knowing. This rises to 10% of Year 10 pupils.

SMOKING

97% of Year 7 pupils said they had never smoked. This dropped to 75% for Year 10 pupils.

Pupils who have never smoked at all:

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>97%</td>
<td>93%</td>
<td>84%</td>
<td>75%</td>
</tr>
</tbody>
</table>

Pupils who describe themselves as occasional or regular smokers:

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>0%</td>
<td>0%</td>
<td>4%</td>
<td>9%</td>
</tr>
</tbody>
</table>

SUBLUSTANCES

10% of Year 7 pupils and 51% of Year 10 pupils said they are ‘fairly sure’ or ‘certain’ that they know someone who uses the drugs listed in the survey.

Pupils who said they are ‘fairly sure’ or ‘certain’ that they know someone who uses drugs:

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>10%</td>
<td>20%</td>
<td>32%</td>
<td>51%</td>
</tr>
</tbody>
</table>
The first analysis is for pupils who said ‘no one ever smokes at home’ compared with those pupils who didn’t say this.

- 78% of pupils who said ‘no one ever smokes at home’ also said that they live with both parents together. This compared with 59% of pupils who didn’t say this. Therefore, we can say if you live in a smoke-free home you are more likely to live with both parents together.

- 52% of pupils who said ‘no one ever smokes at home’ also said that they have never drunk alcohol. This compared with 38% of pupils who didn’t say this. Therefore, we can say if you live in a smoke-free home you are less likely to have drunk alcohol.

- This group is also less likely to know someone who uses drugs, or have been offered drugs.

- They are more likely to say that they want to stay on in full-time education after Year 11.

- They are less likely to say that they missed breakfast that morning.

- They are less likely to say they want to lose weight and more likely to say they are a healthy weight.

- They are more likely to record levels of high self-esteem.

- Pupils who live in a smoke-free home are also less likely to say they have been a victim of crime in the last 12 months.

The second analysis is for Year 9/10 secondary pupils who said they had drunk alcohol the previous week compared with Year 9/10 pupils who didn’t.

- 49% of pupils who said they had drunk alcohol last week also said they had tried smoking in the past or smoke now. This compared with only 14% of pupils who didn’t drink alcohol the previous week. Therefore, we can say that if you drank alcohol last week, you are more likely to have tried smoking in the past or be a current smoker.

- 30% of pupils who drank alcohol the previous week said they had used drugs. This compared with 6% of pupils who hadn’t drunk alcohol the previous week. Therefore, pupils who said they drank alcohol last week were more likely to have used drugs at some point.

- This group is also more likely to say that they have played truant for at least a lesson or day.

- They are more likely to say that they worry about being fashionable.

- They are more likely to say that cannabis is safe if used properly.

- They are more likely to say they chat to people online who they have never met.

- Pupils who drank alcohol the previous week were also more likely to say that their parents ‘never’ or only ‘sometimes’ know if they drink alcohol at home.

The third analysis is for Year 9/10 pupils who said they had taken drugs at some point compared with Year 9/10 pupils who hadn’t.

- 46% of Year 9/10 pupils who said they had taken drugs, also said they smoke occasionally or regularly. This compared with only 2% of pupils who had never used drugs.

- 50% of pupils who have used drugs said that they drank alcohol in the last 7 days compared with 12% of pupils who haven’t taken drugs.

- This group is more likely to say they think cannabis is safe if used properly.

- They are less likely to say they will talk to an adult if they have a problem that worries them.

- They are more likely to say they know where to get condoms free of charge.

- They are more likely to agree that young people their age drink alcohol to get drunk.

- They are more likely to say they have been threatened in the last 12 months.

- They are also less likely to say school deals well with bullying.
The way forward – over to you.

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.

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**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

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**For more information about the survey please contact:**

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M: 07748 884821 or 07825356253
E: phps@rbk.kingston.gov.uk