Kingston Young People's Health and Wellbeing Survey
Findings from the 2015 survey
A themed report for emotional health and wellbeing

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>Age</td>
<td>10-11</td>
<td>11-12</td>
<td>12-13</td>
<td>14-15</td>
<td></td>
</tr>
<tr>
<td>Boys</td>
<td>472</td>
<td>401</td>
<td>667</td>
<td>478</td>
<td>2018</td>
</tr>
<tr>
<td>Girls</td>
<td>557</td>
<td>657</td>
<td>698</td>
<td>651</td>
<td>2563</td>
</tr>
<tr>
<td>Total</td>
<td>1029</td>
<td>1058</td>
<td>1365</td>
<td>1129</td>
<td>4581</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
Kingston Secondary school pupils in Year 7 - Year 10 (ages 11 - 15)

SELF-ESTEEM

- 29% of pupils said there were lots of things about themselves that they would like to change.
- 7% of pupils said they often feel lonely at school.
- 79% of pupils said that they feel happy talking to other pupils at school.
- The above questions are part of a set used to derive an overall self-esteem score for pupils.

Pupils who recorded levels of ‘high self-esteem’:

- 52% Year 8 Boys
- 39% Year 8 Girls
- 52% Year 10 Boys
- 34% Year 10 Girls

- 19% of Year 8 and 16% of Year 10 recorded levels of ‘low’ or ‘med-low’ self-esteem.

WORRIES

- 76% of pupils worried at least ‘quite often’ about one of the issues listed in the questionnaire.
- 12% of boys and 19% of girls said that they worried ‘quite often’ or ‘very often’ about family problems.
- 83% said if they were worried about something they would think carefully about the problem by themselves. 77% said they would share it with an adult.

The main worries for Year 8 pupils:

<table>
<thead>
<tr>
<th>Issue</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tests/exams</td>
<td>41%</td>
<td>56%</td>
</tr>
<tr>
<td>World events</td>
<td>23%</td>
<td>42%</td>
</tr>
<tr>
<td>What other people think of you</td>
<td>23%</td>
<td>37%</td>
</tr>
<tr>
<td>The way you look</td>
<td>23%</td>
<td>37%</td>
</tr>
<tr>
<td>Violent crime</td>
<td>22%</td>
<td>37%</td>
</tr>
<tr>
<td>Your weight</td>
<td>22%</td>
<td>37%</td>
</tr>
<tr>
<td>School work</td>
<td>21%</td>
<td>36%</td>
</tr>
</tbody>
</table>

The main worries for Year 10 pupils:

<table>
<thead>
<tr>
<th>Issue</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tests/exams</td>
<td>52%</td>
<td>74%</td>
</tr>
<tr>
<td>School work</td>
<td>34%</td>
<td>54%</td>
</tr>
<tr>
<td>World events</td>
<td>24%</td>
<td>51%</td>
</tr>
<tr>
<td>Your weight</td>
<td>23%</td>
<td>51%</td>
</tr>
<tr>
<td>The way you look</td>
<td>23%</td>
<td>51%</td>
</tr>
<tr>
<td>What other people think of you</td>
<td>22%</td>
<td>46%</td>
</tr>
</tbody>
</table>

- 78% of pupils said they were ‘quite’ or ‘very’ happy with their lives at the moment.
- 7% said they were ‘quite’ or ‘very’ unhappy with their life.
- There is an interesting split in the sexes. 84% of boys and 73% of girls report they are ‘quite’ or ‘very’ happy with their lives at the moment.

Pupils who recorded levels of ‘high self-esteem’:

- 84% Boys
- 73% Girls

- 19% of pupils said that they usually feel shy when they want to tell a teacher something.
- 11% of pupils said they usually feel uncomfortable when they talk to their parents.
- 2% of pupils said that they had moved home more than 3 times in the last year.
- 5% of pupils said that they have to share a bedroom with 2 or more other people.
- 4% of pupils said that someone in their family has difficulty getting around at home.
- 13% of pupils said that they care for someone at home who is unable to care for themselves.

Pupils who care for someone at home on a regular basis:

- 16% Year 8 Boys
- 13% Year 8 Girls
- 16% Year 10 Boys
- 16% Year 10 Girls

- When asked if being a ‘young carer’ stopped them from doing things they enjoy, 5% said no it didn’t, 3% of pupils said ‘yes sometimes’.
- 1% of pupils said that being a ‘young carer’ often stopped them doing things that they like.
BULLYING

- 83% of pupils said they have ‘never’ been afraid to be in school because of bullying in the last month.
- 4% said they were ‘often’ or ‘very often’ afraid to be in school because of bullying.
- 5% of pupils said they think others may have felt afraid to be in school because of them in the last month; 16% of pupils didn’t know.
- 9% of pupils said bullying wasn’t a problem in their school.
- 31% of pupils said that their school deals with bullying ‘quite’ or ‘very well’.
- 26% of pupils said that their school deals with bullying ‘not very well’; 34% don’t know.
- 8% of pupils said they worry about bullying ‘quite often’ or ‘very often’.
- 22% of pupils said that they had experienced bullying type behaviour ‘often’ or ‘every day’.
- Pupils were asked to identify from a list of bullying behaviours any that had happened to them in the month before the survey.

The most frequently reported were:

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Teased/made fun of</td>
<td>Teased/made fun of</td>
</tr>
<tr>
<td>Called nasty names</td>
<td>Left out of groups</td>
</tr>
<tr>
<td>Pushed/hit for no reason</td>
<td>Called nasty names</td>
</tr>
<tr>
<td>Nasty things said about family</td>
<td>Rumours spread</td>
</tr>
<tr>
<td>Rumours spread</td>
<td>Pushed/hit for no reason</td>
</tr>
</tbody>
</table>

Pupils were asked who they reported this to:

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mum/carer</td>
<td>Mum/carer</td>
</tr>
<tr>
<td>Friend</td>
<td>Friend</td>
</tr>
<tr>
<td>Dad/carer</td>
<td>Dad/carer</td>
</tr>
<tr>
<td>Teacher</td>
<td>Sister/brother</td>
</tr>
<tr>
<td>Sister/brother</td>
<td>Teacher</td>
</tr>
</tbody>
</table>

COMMUNITY SAFETY

- 88% of pupils said that they ‘usually’ or ‘always’ feel safe on their journey to or from school and 89% said this about at school.
- 88% of pupils said that they ‘usually’ or ‘always’ feel safe going out during the day.
- 46% of pupils said that they ‘usually’ or ‘always’ feel safe going out after dark.

INTERNET SAFETY

- 98% of pupils said they have access to the Internet at home or on a mobile device.
- 62% of pupils said that they use the Internet for Facebook, Twitter etc.
- 95% of pupils said that they have been told how to stay safe while chatting online.
- 33% of pupils said that they chat to people online that they have never met.

COMPARISONS BETWEEN THE KINGSTON 2015 SURVEY AND THE SHEU REFERENCE SAMPLE

- 43% of Kingston Year 8 and 10 pupils recorded levels of high self-esteem. This is higher than the 37% seen in the SHEU wider sample.
- 95% of pupils in Kingston said they have been told how to stay safe while chatting online. This is slightly higher than the 82% seen in the wider sample.
- 18% of Kingston pupils said that they worry ‘quite often’ or ‘very often’ about family problems. This is higher than the 30% seen in the wider sample.
- 33% of Kingston pupils said that they worry ‘quite often’ or ‘very often’ about the way they look. This is slightly lower than the 38% seen in the wider sample.
- 75% of Kingston pupils said they were ‘quite’ or ‘very happy’ with their life as a whole. 62% of the wider SHEU sample said they were ‘quite’ or ‘very happy’ with their lives at the moment.
- 19% of Kingston pupils said that they worry ‘quite often’ or ‘very often’ about health problems. This is lower than the 30% 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.

SELF-ESTEEM

- With both boys and girls in Kingston high self-esteem levels fall between Year 9 and Year 10, for girls this falls from Year 8:

BOYS

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>51%</td>
<td>52%</td>
<td>54%</td>
<td>52%</td>
</tr>
</tbody>
</table>

GIRLS

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>37%</td>
<td>39%</td>
<td>37%</td>
<td>34%</td>
</tr>
</tbody>
</table>

Kingston secondary pupils recorded higher levels of ‘high self-esteem’ than seen in our SHEU wider database. Normally, we see self-esteem increasing with age and boys are usually ahead of the girls.

WORRIES

- Pupils who worry about exams and tests:

BOYS

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>44%</td>
<td>50%</td>
<td>51%</td>
<td>64%</td>
</tr>
</tbody>
</table>

GIRLS

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>23%</td>
<td>22%</td>
<td>23%</td>
</tr>
</tbody>
</table>

- Pupils who worry about what other people think of you:

BOYS

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>34%</td>
<td>42%</td>
<td>42%</td>
<td>46%</td>
</tr>
</tbody>
</table>

GIRLS

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>34%</td>
<td>42%</td>
<td>42%</td>
<td>46%</td>
</tr>
</tbody>
</table>

There is a clear difference between boys and girls worrying about what people think of them. Can anything be done to help them worry less about issues like this?

BULLYING

- The percentage of pupils who said they were afraid to be in school because of bullying at least ‘sometimes’ in the last month:

BOYS

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>25%</td>
<td>21%</td>
<td>13%</td>
<td>11%</td>
</tr>
</tbody>
</table>

GIRLS

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Year 8</th>
<th>Year 9</th>
<th>Year 10</th>
</tr>
</thead>
<tbody>
<tr>
<td>34%</td>
<td>42%</td>
<td>42%</td>
<td>46%</td>
</tr>
</tbody>
</table>
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 girls who had high self-esteem scores compared with those pupils who had lower self-esteem scores.**

- 95% of girls who had high self-esteem also said they were ‘quite’ or ‘very’ happy at school. This compared with 79% of pupils who had lower self-esteem. Therefore, we can say if you have high self-esteem you are more likely to say you are happy at school.
- 52% of girls who had high self-esteem also said they felt happy with their weight. This compared with 32% of girls who had lower self-esteem. Therefore, if you have high self-esteem you are more likely to report being happy with your weight.
- This group are also less likely to say they worry about being fashionable.
- They are more likely to say that school deals well with bullying.
- They are more likely to say they want to stay on in full-time education when they finish school.
- They are more likely to say their lessons on health and nutrition were useful.
- They are less likely to say they have been offered any of the drugs listed.
- They are also more likely to have had 5+ portions of fruit and vegetables the day before the survey.

**The second analysis is for pupils who said they unhappy at school compared with those who said they were happy at school.**

- 68% of pupils who said they were unhappy at school also said that they usually or always felt safe at school. This compared with 94% of pupils who were happy at school. Therefore, we can say that if you are unhappy at school you are less likely to say you feel safe at school.
- 37% of pupils who said they were unhappy at school also said that they felt afraid to be in school because of bullying in the last month. This compared with 14% of pupils who were happy at school. Therefore, we can say that if you are unhappy at school you are also more likely to say that you are afraid to be in school because of bullying.
- This group are also more likely to say they have played truant for at least the odd lesson or day.
- They are more likely to say they need a lot more or better information to help them plan their future.
- They are more likely to say they have experienced crime at school in the last 12 months.
- They are also more likely to say they chat to people they don’t know online.
- Pupils who are unhappy at school are also less likely to have had anything for breakfast on the morning of the survey.

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

- 16% of pupils who said they are often afraid of going to school because of bullying recorded levels of high self-esteem. This compared with 58% of pupils who were ‘never’ afraid.

There are obvious links between low self-esteem and lower confidence. Can more be done to support pupils with low self-esteem?

Do pupils know who to go to for help if they are unhappy at school?

86% of pupils who said they ‘often’ or ‘very often’ were afraid of going to school because of bullying also said they had been pushed/hit in the last month. This is higher than the 31% pupils who were ‘never’ afraid of going to school because of bullying.

This group are also more likely to say they have no one they can talk to about their problems.

They are more likely to say there isn’t enough for them to do near where they live and are less likely to have been to parks or open spaces in the past 4 weeks.

They are more likely to say that they want to lose weight.

They are more likely to say school doesn’t deal with bullying well.

They are more likely to say they have no-one they can talk to about their problems.

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

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