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

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 Year</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>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
Kingston secondary pupils in Year 7 - Year 10 (ages 11 - 15)

FRIENDSHIPS
- 79% of pupils said that they feel happy talking to other pupils at school.
- 63% of pupils said that other pupils at school do not usually fall out with them.
- 9% of pupils said that they often have to find new friends because their friends are with someone else.
- 25% of girls said that they worry at least ‘quite often’ about problems with friends.
- If they had a problem that worried them, 77% said they would speak to an adult about the problem.
- 71% of pupils said they would talk to their friends, brothers or sisters. 80% said they would listen to music.
- 49% of pupils said they would do nothing, 76% of boys said they would play computer games.
- 83% of pupils said they would think about the problem carefully by themselves.

SCHOOL LESSONS
- 67% of pupils said that in the last 12 months they have had lessons, videos or discussions in class on puberty and growing up.
- 59% said that in the last 12 months they have had lessons, videos or discussions in class on relationships and sexual health.
- 32% of pupils found their lessons sexual health at least ‘quite useful’.

WORRIES
- 33% of pupils worried ‘quite often’ or ‘very often’ about what other people think of them.
- Girls reported worrying about this more than boys did. Worrying about this increased with age and the differences between gender responses widen. In Year 7, 14% of boys and 27% of girls said they worried about the way they look.
- 27% of pupils said they worried about being fashionable.
- There were differences between the answers for boys and girls for this question. For example 20% of boys compared with 33% of girls in Year 9 said this.
- 12% of pupils said that they worried at least ‘quite a lot’ about abusive relationships. Again, there are gender differences with the answers: 8% of boys and 15% of girls said this in Year 9.
RELATIONSHIPS

- 6% of Year 10 pupils said that they have experienced a boy/girlfriend putting pressure on them to do things they didn’t want to do.
- 13% of boys and 15% of girls in Year 10 said that their boy/girlfriend had been jealous when they wanted to spend time with their friends.
- 13% of boys and 9% of girls in Year 10 said their boy/girlfriend had kept checking their phone. 10% had used hurtful or threatening language and 3% had hit them.
- 60% of Year 10 pupils said if any of these things happened to them they would know what to do; 60% said if any of these things happened to them they could get help.

CONTRACEPTION

- 58% Year 10 boys and 65% of Year 10 girls said that they know where to get condoms free of charge.
- 33% of Year 10 pupils (31% of boys and 35% of girls) said that there was a contraception and advice service for young people available locally.
- 78% of Year 9/10 pupils said that condoms were reliable methods of preventing pregnancy. 8% said they were not reliable.
- 69% of Year 9/10 pupils said that the contraceptive pill was reliable at preventing pregnancy. 18% said they knew nothing about it.
- 34% of Year 9/10 pupils said that the contraceptive implant was reliable at preventing pregnancy. 53% said they knew nothing about it.
- 52% of Year 9/10 pupils said that emergency contraception (morning-after pill) was reliable at preventing pregnancy. 27% said they knew nothing about it.

SEXUALLY TRANSMITTED INFECTIONS

- 61% of Year 9/10 pupils said that they thought condoms were reliable methods of stopping infections.
- The percentages in the table are for those answering correctly whether the condition could be cured or not:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Year 10 Boys</th>
<th>Year 10 Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>HIV</td>
<td>49%</td>
<td>52%</td>
</tr>
<tr>
<td>Pubic lice</td>
<td>34%</td>
<td>45%</td>
</tr>
<tr>
<td>Chlamydia</td>
<td>24%</td>
<td>30%</td>
</tr>
<tr>
<td>Gonorrhoea</td>
<td>20%</td>
<td>18%</td>
</tr>
<tr>
<td>Syphilis</td>
<td>19%</td>
<td>12%</td>
</tr>
</tbody>
</table>

LINKS

The following analysis is for pupils who said they worry about abusive relationships compared with those who don’t.

- 34% of pupils who worry about abusive relationships appeared in the lower half of the self-esteem scale compared with 19% who didn’t report worrying about this.
- 39% vs. 49% said that they were White British.
- 31% vs. 18% said they have been pushed/hit for no reason in the last month.
- 29% vs. 18% said that they think cannabis is safe if used properly.
- 21% vs. 15% have been offered drugs listed in the questionnaire.
- 68% vs. 41% worry ‘quite a lot’ or ‘a lot’ about what other people think of them.
- 55% vs. 73% said they were happy with their life.
- 29% vs. 19% said they never feel safe when going out after dark.
- 71% vs 56% said they would like to lose weight.

COMPARISON BETWEEN KINGSTON PUPILS AND THE SHEU REFERENCE SAMPLE

YEAR 8 and 10

- 62% Year 10 pupils in Kingston said that they know where to get condoms free of charge compared with 59% of the wider SHEU sample.
- 33% of Year 8 and Year 10 pupils in Kingston said that they worry ‘quite a lot’ or ‘a lot’ about the way they look compared with 38% of the wider SHEU sample.
- 69% of Year 8 and Year 10 pupils in Kingston said that they don’t want to do compared with 65% of the wider SHEU sample.
- 33% of Year 10 pupils in Kingston said that they know of a special contraception and advice service available locally for young people compared with 34% of the wider SHEU sample.
The Kingston Young People’s Health and well-being 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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