

# Children & Young People Health & Wellbeing Survey 2015 (SHEU)



# SHEU Health & Well-being Survey

- Schools Health Education Unit
- Public Health funded
- Information /evidence about pupil health and well-being outcomes
- Compares schools with local B&NES and national data
- Free School Meal comparative data
- Trend data

# SHEU in B&NES (2015)

- 29 Primary Schools
- 1653 pupils from years 4 (77% participation rate) and 6 (87%)
  
- 12 Secondary Schools
- 3048 pupils from years 8 (88% participation rate )and 10 (81%)

# Asked questions about

- » Healthy Eating
- » Physical Activity
- » Relationships
- » Mental Health
- » Smoking, Alcohol, Drugs
- » Staying safe
- » Enjoying and achieving
- » Views and opinions



## B&NES Primary sample sizes

School Year	2015	2013	2011
Boys	875	633	687
Girls	767	589	672
Total	1653	1222	1359

# Trend data

- Repeat Primary schools only - i.e. Schools which have done the survey in 2011, 2013 and 2015
  
- 15 schools - 2,711 pupils

## Smoking – Year 6 only:



# Have you ever smoked a cigarette?

	2015	2013	2011
Never	98%	97%	98%



## Smoking – Year 6 only:

**Do you think you will smoke  
when you are older?**

	2015	2013	2011
No	92%	89%	88%
Yes	1%	1%	1%
Maybe	7%	10%	11%





## Illegal drugs – Year 6 only:

### Have you ever been offered cannabis?

	2015	2013	2011
No	97%	96%	97%
Yes	1%	2%	1%
Don't know	2%	2%	2%

## Sun safety:



### How often do you do something to avoid sunburn when it is sunny?

	2015	2013	2011
Never	8%	5%	6%
Sometimes	33%	35%	42%
Most of the time	41%	38%	34%
Every time	18%	21%	18%



## E-safety – Year 6 only:

**Have you ever seen images online or videos that were for adults only?**

	2015	2013	2011
No	76%	73%	65%
Yes	24%	27%	35%

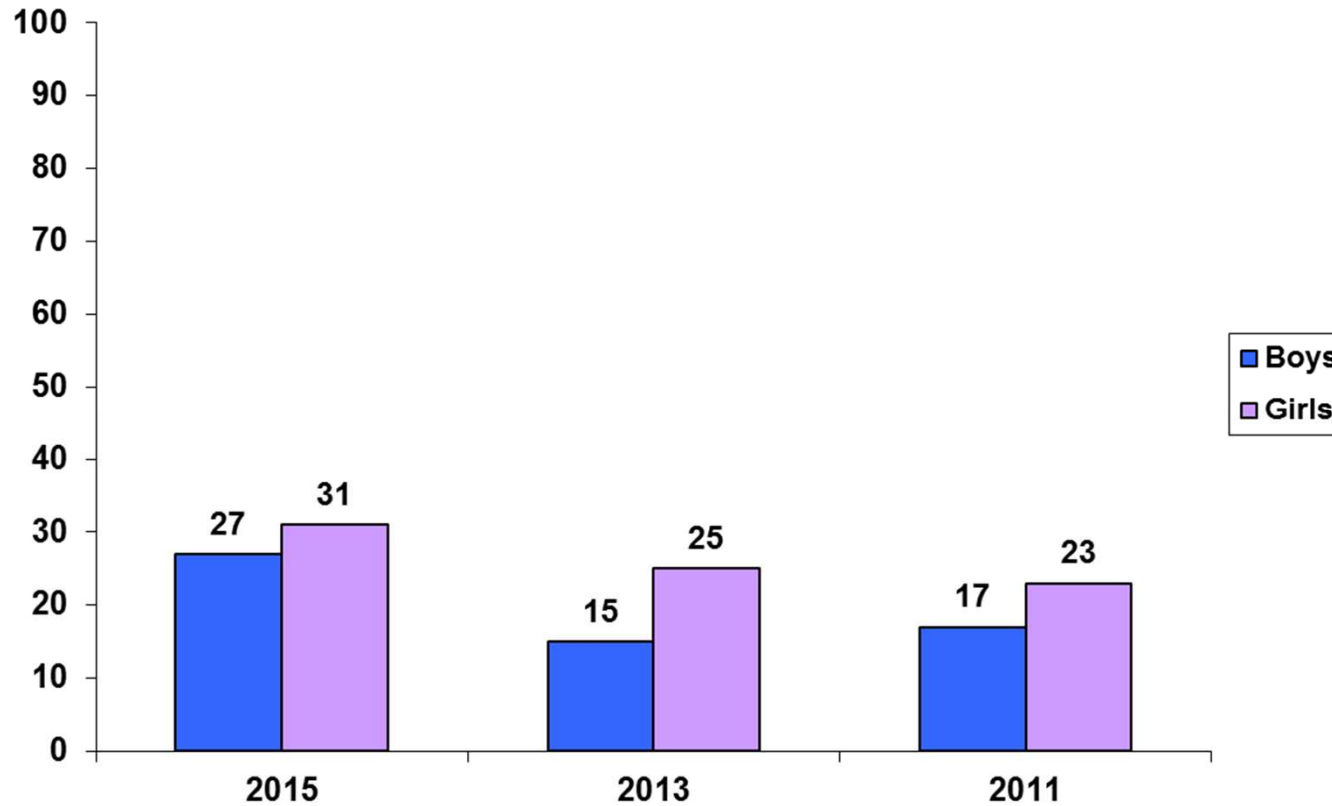


## E-safety – Year 6 only:

**Have you ever seen images or videos online that upset you?**

	2015	2013	2011
No	71%	79%	80%
Yes	29%	21%	20%

# Seen upsetting images online All schools (%)





## Bullying :

Have you ever felt afraid to go to school because of bullying?

	2015	2013	2011
No	70%	64%	65%
Yes	30%	36%	35%

# 2015 data - Primary

- Survey results just from 2015.
- Girls v Boys
- 1,642 pupils

# Alcohol 2015

## Year 6 only:



## Have you had a proper alcoholic drink, not just a sip?

	Boys	Girls
No	90%	92%
Yes	10%	8%





# Cycling safety 2015:

## When you cycle do you wear a cycle helmet?

	Boys	Girls
Never	16%	11%
Most of the time/every time	65%	68%



## Feeling safe 2015:

### How many feel quite or very safe:

	Boys	Girls
At school	92%	93%
Going to and from school	91%	90%
Going out during the day	94%	91%
Going out at night after dark	40%	31%
Using the internet online	82%	77%

# Feeling not safe at all or not very safe:



	Boys	Girls
At school	4%	4%
Going to and from school	5%	6%
Going out during the day	3%	5%
Going out at night after dark	57%	65%
Using the internet online	14%	20%



# Bullying 2015: Reasons they feel picked on or bullied:

	Year 4 boys	Year 4 girls	Year 6 boys	Year 6 girls
The way they look	12%	19%	16%	23%
Their size or weight	11%	9%	16%	17%
Because they do well in tests	6%	8%	10%	7%

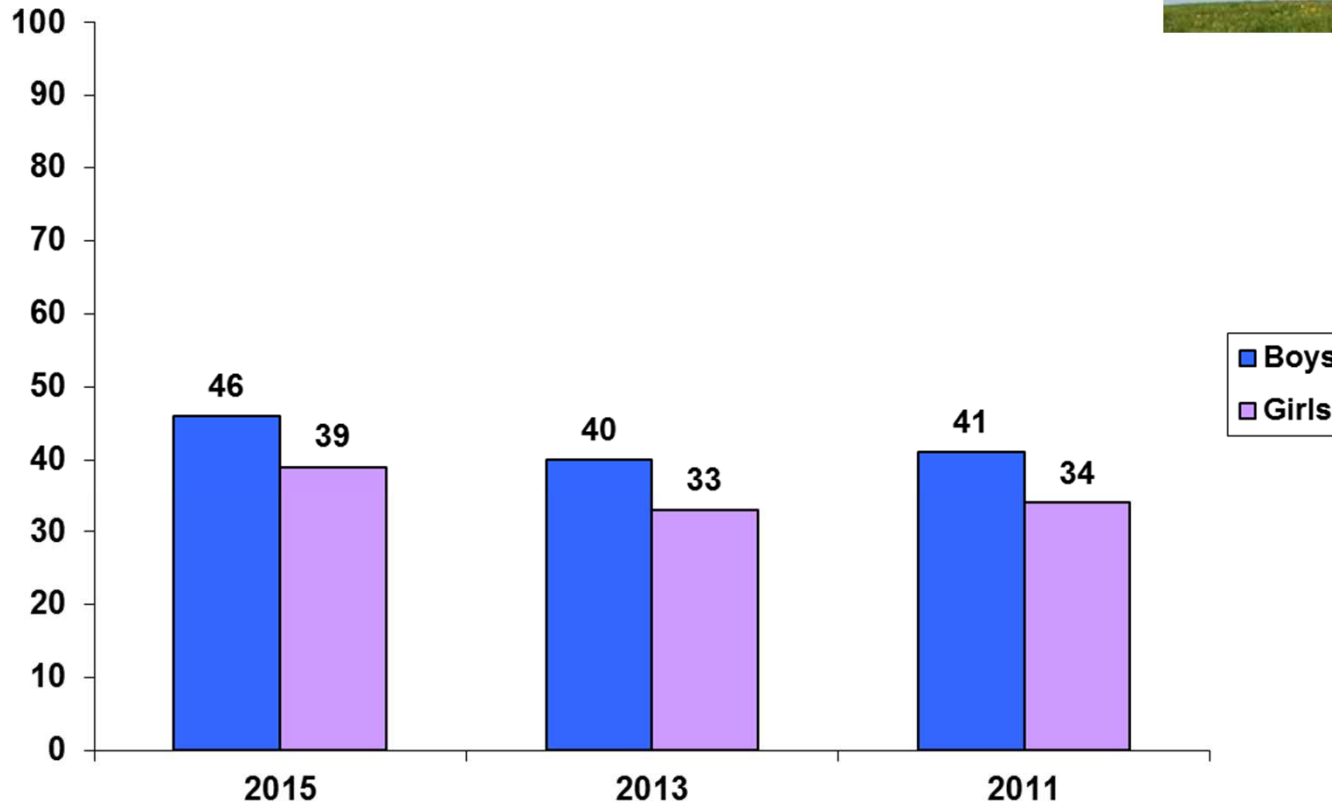


## Self esteem 2015:

## High Self esteem scores:

	Year 4	Year 6
Boys	40%	52%
Girls	32%	45%

# High self-esteem All schools (%)





## Self esteem 2015:

## Medium - Low Self esteem scores:

	Year 4	Year 6
Boys	16%	13%
Girls	27%	17%

## B&NES Secondary sample sizes

School Year	2015	2013	2011
Boys	1472	1351	1264
Girls	1576	1266	905
Total	3048	2617	2169



# Trend data

- Repeat Secondary schools only
- Schools which have done the survey in 2011, 2013 and 2015
- 9 schools – 6,195 pupils

# Smoking:

## Which statement describes you best?



	2015	2013	2011
I have never smoked	79%	76%	75%
I have only ever tried smoking once	10%	15%	14%
I usually smoke between 1 and 6 cigarettes a week	2%	2%	2%

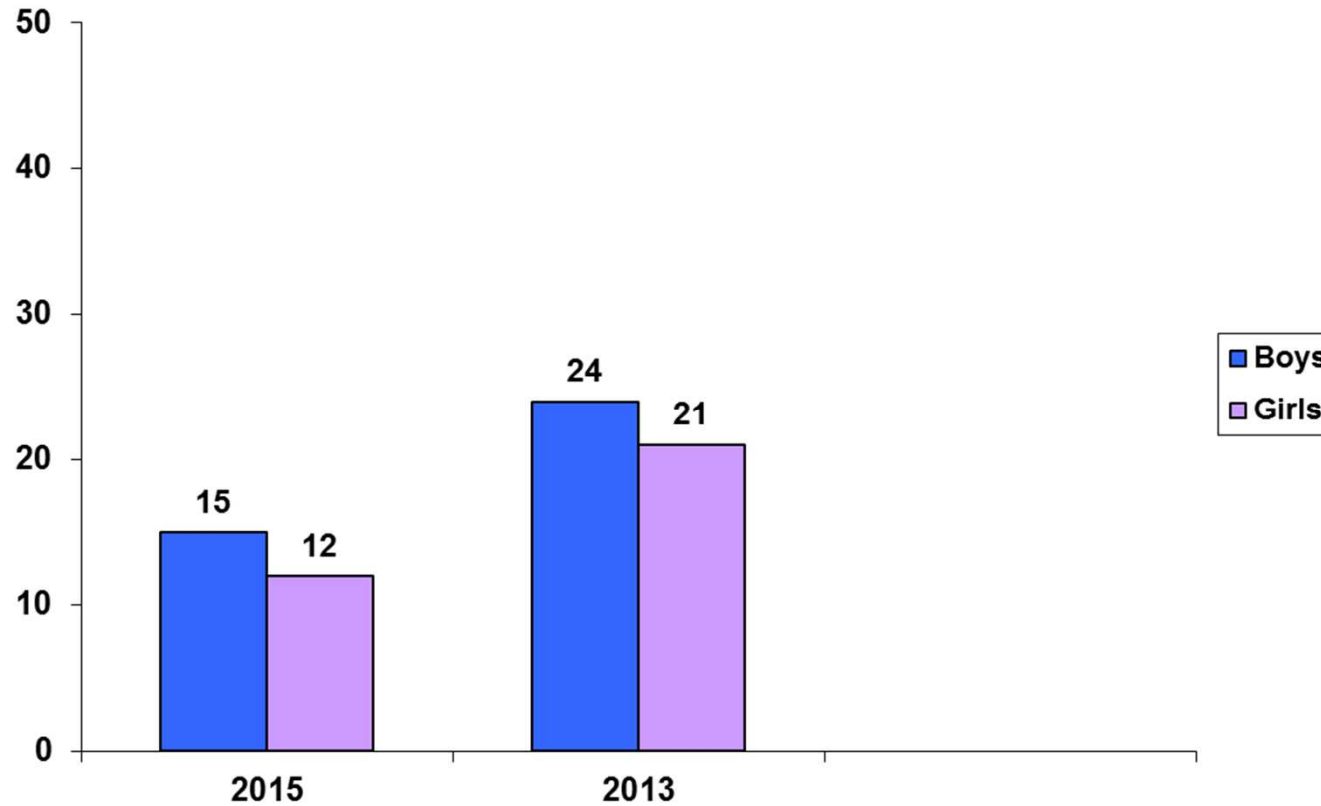


## Drinking:

# Have you had an alcoholic drink in the last 7 days?

	2015	2013
No	85%	75%
Yes	15%	25%

# Drank alcohol last week (%) (All schools)



## E-safety:



# Have you ever seen images online that upset you?

	2015	2013	2011
No	64%	69%	75%
Yes	36%	31%	25%

# 2015 data

- All schools taking part in 2015 - 12 Secondary schools
- 3,048 pupils



# Feeling safe 2015: How many feel not safe at all or not very safe:

	Boys	Girls
At school	6%	8%
Going to and from school	4%	7%
Going out during the day	4%	6%
Going out at night after dark	33%	55%



## Cycling safety 2015 :

### When you cycle do you wear a cycle helmet?

	Boys	Girls
Never	33%	31%
Most of the time/every time	45%	44%





## Staying safe online 2015:

# Do you know how to stay safe online?

	Boys	Girls
Yes	95%	97%



# Staying safe online 2015:

## Where do you get e-safety information?

	Boys	Girls
School	73%	77%
Parent/carer	42%	54%
Friends	16%	20%



## Drugs 2015:

have you ever taken illegal  
drugs/legal highs?

	Boys	Girls
Never	91%	91%
Yes	8%	9%

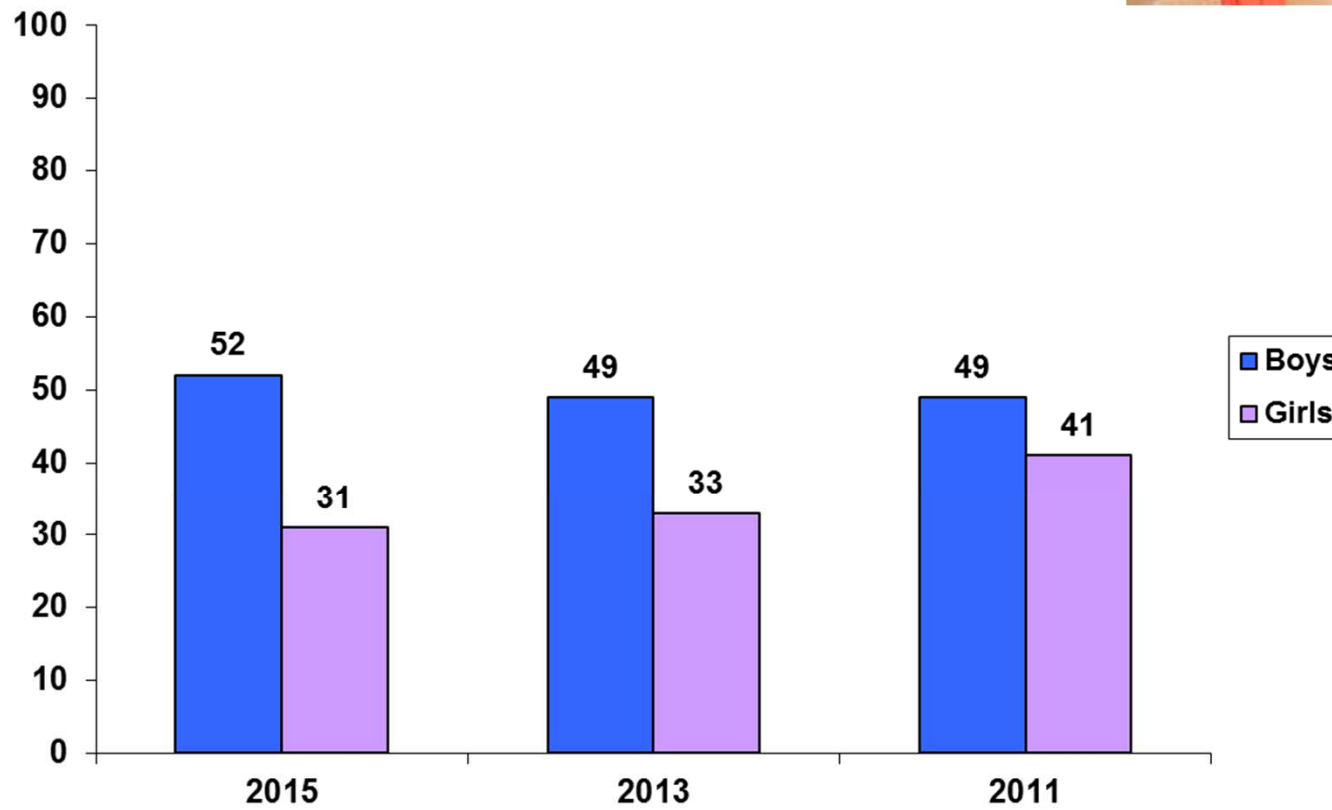


## Self esteem 2015:

## High Self esteem scores:

	Year 8	Year 10
Boys	50%	55%
Girls	32%	29%

# High self-esteem all schools (%)





## Self esteem 2015:

## Medium - low Self esteem scores:

	Year 8	Year 10
Boys	16%	13%
Girls	29%	26%

# What Year 8s and 10s worry about (GIRLS)

- Exams and tests (70%)
- The Way they look (57%)
- Family (49%)

What they do :-

- Talk to friends (64%)
- Talk to adults (58%)
- Relax (e.g music (48%)
- Eat (20%)
- Self harm (10%)



# What Year 8s and 10s worry about (BOYS)

- Exams and tests (52%)
- Career (45%)
- Family (43%)

What they do :-

- Talk to adults (66%)
- Talk to friends (48%)
- Relax (e.g music (43%))
- Eat (12%)
- Self harm (3%)





# Positive trends : Primary



- Walking to school
- Cycle Safety
- School taking bullying seriously
- Alcohol
- Smoking

# Areas for development Primary (2015)

- Body image
- Sun safety
- Peer pressure
- Information about body changes as they grow up \*
- E-safety



\*  
dependent on when survey conducted

# Ever 6 FSM : Primary (2015)

- More living in single parent households
- Fewer happy with their weight
- Lower self esteem
- Less attention to sun safety
- Fewer taking part in physical activity
- Less cycle safety

# Positive trends: Secondary



- More eating fruit and vegetables
- More pupils reporting they are LGB or questioning
- Fewer drinking alcohol & smoking
- More doing physical activity after school
- Better dental care
- Higher aspiration (to go to University)
- Views and opinions making a difference

# Secondary : Areas for development

- Having lunch
- Sun safety
- Viewing upsetting images on-line
- Enjoyment of lessons
- Body Image
- Thinking school doesn't take bullying seriously (22%)
- Self harm (girls)



## Ever 6 FSM : Secondary (2015)

- More likely to live with single parent
- More likely to be a young carer
- Fewer expect to do well in GCSEs
- More likely to smoke (including E cigs)
- Fewer eat fruit and veg
- More likely to have bullied and been bullied

# Ever 6 FSM : Secondary

- Lower self esteem
- Fewer enjoy school lessons
- Fewer want to continue in full time education
- More have looked on-line for violent images , films or games

# What we're doing

- Meetings with key staff in schools to identify strengths and areas for development
- Schools to share key points with and involve pupils, governors, parents
- DPHA / PSHE work
- Narrowing the Gap work around FSM continues
- E safety – whole school approach



# What we're doing with wider partners



- Sharing this data widely with key strategic groups (e.g. EHWPB Strategy Group etc.)
- Using the data to inform priorities / strategies / resources (e.g. mental health)