

Richmond Young People's Survey

A summary report of primary, junior and secondary pupils 2014

The questionnaire

The Richmond Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with Achieving for Children and the London Borough of Richmond Upon Thames Public Health Team. The purpose of the survey was to obtain pupils' views on aspects of health and wellbeing including: healthy eating; safety; emotional wellbeing and leisure time.

Methodology

All primary, secondary and academy schools were invited to participate in the survey during the autumn term 2014, with the focus on Years 5, 6, 7, 8 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 2801 pupils took part from 18 primary and junior schools and 4 secondary schools. There was a reasonable mixture of boys and girls across the specified year groups. 67% of the pupils surveyed described themselves as White British. 10% of pupils said that they had an additional need or disability. 11% said they were eligible for free school meals.

Cross-phase data

Many of the questions in each survey (primary and secondary) are identical or very similar. Some of the results of these questions are presented in the 'Pyramid data' section of this summary document, so that behaviour can be seen across the age range.

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.

These findings are listed within the themed documents, but 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

Also, each school has a summary of the findings compared against their equivalent schools across the borough, along with locality summary information.

2801 young people were involved in the survey

| School Year | Year 5 | Year 6 | Year 7 | Year 8 | Year 10 | Total |
|-------------|--------|--------|--------|--------|---------|-------|
| Age | 9-10 | 10-11 | 11-12 | 12-13 | 14-15 | |
| Boys | 76 | 451 | 308 | 204 | 184 | 1,223 |
| Girls | 77 | 458 | 413 | 302 | 325 | 1,575 |
| Total | 153 | 909 | 721 | 509* | 509 | 2801* |

*3 pupils didn't tell us their gender

Reference sample

Richmond data have been compared with the SHEU wider survey sample of local authorities that have undertaken the survey and use the same questions.

A selection of some of the differences, where the level seen in the Richmond data is either 5% above or below that in the wider SHEU data, is indicated on pages 3 and 5.

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

TOPICS INCLUDE

Background

Drugs, alcohol and tobacco

Emotional health and wellbeing

Healthy eating

Leisure and money

Physical activity

Relationships and sexual health

Safety

School and career

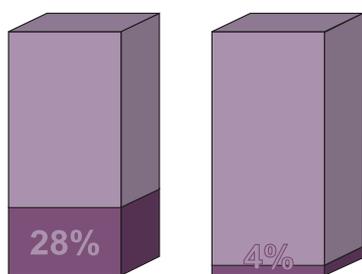


Richmond pupils in Year 5, 6 and Year 7 (ages 9 - 12)

BACKGROUND

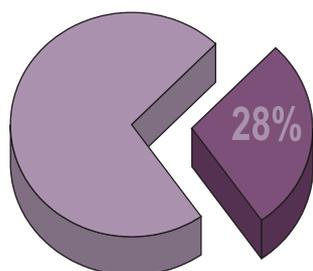
- 77% of pupils describe themselves as White. 65% describe themselves as White British. 6% describe themselves as Asian, 4% describe themselves as Mixed race and 4% describe themselves as Black.
- 78% of pupils live with their mother and father together; 13% live with 1 parent.
- 9% said that they had a special need or disability.
- 4% of pupils said that their home isn't warm enough in winter. 7% said they have to share a bedroom with 2 or more other people.
- 11% of pupils said that they care for someone at home on a regular basis who is unable to care for themselves.

HEALTHY EATING

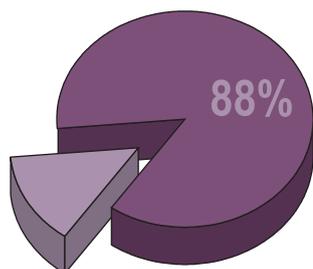


- 28% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 4% had eaten none.

- 1% had nothing to eat or drink for breakfast on the day of the survey. 94% had their breakfast at home, 3% said on the way to school and 2% at school.
- 60% of pupils had cereal for breakfast, 35% toast or bread and 1% said they had chocolate bar/sweets for breakfast on the morning of the survey.
- 22% of pupils said that they would like to lose weight. 75% of pupils said they were happy with their weight as it is.
- 28% of Year 7 girls said they would like to lose weight.
- 5% of pupils said they get free school meals or vouchers for free school meals. 6% said 'No, but I could get them if I wanted'.



PHYSICAL ACTIVITY



- 88% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.
- 24% of pupils said they usually travel to school by car. 66% of pupils said they usually walk to school.
- 79% reported that they had exercised 3 times or more, in the last week, which made them breathe harder and faster. 39% said 5 times or more.

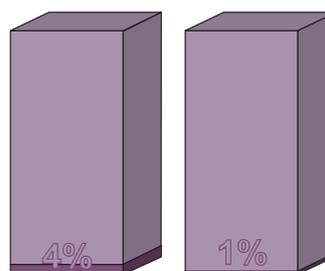
DRUGS, ALCOHOL AND TOBACCO

Drugs

- 7% say they are 'fairly sure' or 'certain' they know someone who uses drugs (not as medicines), in the area where they live.

Alcohol

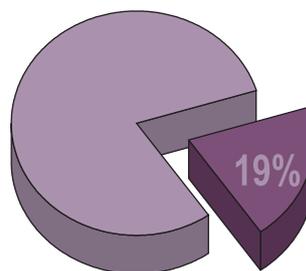
- 93% of pupils say that they don't drink alcohol. 1% of pupils reported that their parents 'never' or only 'sometimes' know if they drink alcohol.
- 6% of pupils reported that their parents always knew if they drank alcohol.



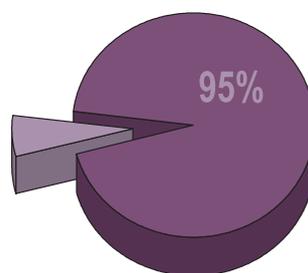
- 4% of boys and 1% of girls said that they drank an alcoholic drink (more than just a sip) during the week before the survey.

Tobacco

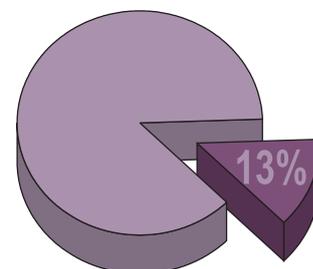
- 99% of pupils have never smoked a cigarette.
- 1% of pupils said they had tried smoking once or twice.
- 19% of pupils said their parents/carers smoke. 3% of pupils report that people smoke indoors at home in rooms that they use and 5% said people smoke in a car when they are in it.
- 20% of pupils said that, in their home, smoking only happens outside, on the doorstep or in certain rooms. 1% say that smokers can smoke anywhere.



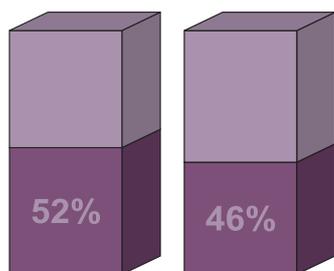
SCHOOL



- 95% of pupils said they are happy at school.
- 49% of pupils said they have voted in a class council in the last year.
- 36% said they have voted in a school council or parliament in the last year.
- 8% of pupils said that have been to a breakfast club so that their parents/carers can go to work.
- 13% of pupils said that they have been to holiday play schemes so that their parents/carers can go to work.



EMOTIONAL HEALTH AND WELLBEING



- 52% of boys and 46% of girls had high self-esteem scores.
- 2% of pupils had low self-esteem scores.

- 62% of pupils said they worried about at least 1 of the items listed in the questionnaire at least 'quite often'.

The top 5 worries for Year 6 pupils were as follows:

| | Boys | Girls |
|--------------------------|------|-------|
| SATs/tests | 23% | 31% |
| The environment | 20% | 22% |
| World events | 19% | 22% |
| Crime | 16% | 18% |
| What people think of you | 14% | 16% |

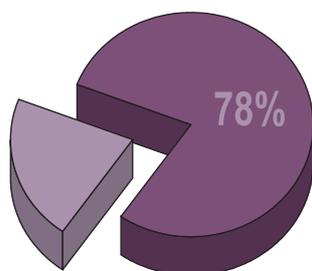
The top 5 worries for Year 7 pupils were as follows:

| | Boys | Girls |
|--------------------------|------|-------|
| World events | 27% | 26% |
| School-work | 19% | 25% |
| SATs/tests | 19% | 24% |
| The environment | 19% | 23% |
| What people think of you | 17% | 22% |

- 17% of pupils said if they had a family problem, they would keep it to themselves.
- 48% of pupils said if they had a problem with friends, they would talk to their parents first.

SAFETY including BULLYING

- 78% of pupils reported that in the last month they have 'never' felt afraid to be in school because of bullying. 4% of pupils said 'often' or 'very often', 18% said 'sometimes'.

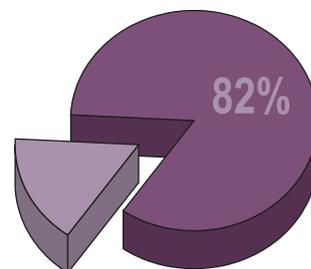


- 17% said that bullying wasn't a problem in their school. 48% think their school deals with bullying at least 'quite well', while 8% said their school dealt with bullying 'badly' or 'not very well'.
- Asked where bullying happened, 3% of pupils said that they had been bullied on their way to or from school. 20% said they had been bullied outside at school (breaktimes) and 5% said it had happened during lesson time.
- The main bullying behaviours reported included: being teased, made fun of 34%, called nasty names 27% and being left out of groups 34%.
- If they had been bullied recently, 7% said they had told a teacher about it; 20% said they had told their mum.
- 97% of pupils said they have access to the Internet at home or on a mobile device.
- 11% of pupils said that they chat to people online that they have never met.
- 92% of pupils said they have been told how to stay safe while chatting online.

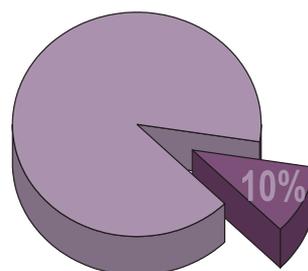
- 9% of pupils said that they have met someone in real life that they first met online.
- 91% of pupils said that they 'usually' or 'always' feel safe going to school and 89% coming home from school.
- 89% of pupils said that they 'usually' or 'always' feel safe going out during the day. This falls to 44% saying this about going out after dark.

LEISURE AND LOCAL AREA

- 82% of pupils said that generally, there was enough to do near where they live.



- 75% of pupils said that they had taken part in a group activity e.g. Sports, art or a youth group led by an adult (not including school) in the last 4 weeks.
- 39% of pupils said they had been to the cinema/theatre in the last 4 weeks. 15% of pupils said that they had been to a religious, faith or community group in the last 4 weeks.
- 46% of pupils said they have been to a music group or have had lessons in the last 4 weeks.
- 75% of boys and 71% 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, 13% of pupils said that it costs too much. 7% said that they didn't know what was available and 10% of pupils said that none of their friends go.

SIGNIFICANT DIFFERENCES BETWEEN RICHMOND YEAR 6 PUPILS AND THE SHEU YEAR 6 REFERENCE SAMPLE

For most of the questions in the questionnaire, Richmond Year 6 pupils give similar responses to the wider SHEU data. Some differences (more than 5%) include:

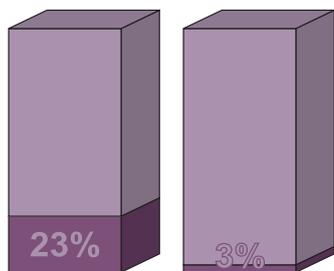
- ↑ 69% of Richmond Year 6 pupils walked to school on the day of the survey. This compared with 51% of pupils in the wider sample.
- ↓ 19% of Richmond Year 6 pupils said they would like to lose weight. This compared with 30% saying the same in the wider sample.
- ↑ 60% of Year 6 pupils in Richmond had cereals for breakfast. This compared with 44% of pupils in the wider sample.
- ↑ 49% of Year 6 boys in Richmond said they exercised hard at least 5 times last week. This compared with 44% of boys in the wider sample.
- ↑ 46% of Year 6 girls in Richmond recorded levels of 'high' self-esteem. This compared with 37% of girls in the wider sample.
- ↑ 52% of Year 6 boys in Richmond recorded levels of 'high' self-esteem. This compared with 47% of boys in the wider sample.
- ↓ 11% of Year 6 pupils in Richmond said that they worried about family problems compared with 20% of the wider sample.

Richmond secondary school pupils in Year 8 and Year 10 (ages 12 - 15)

BACKGROUND

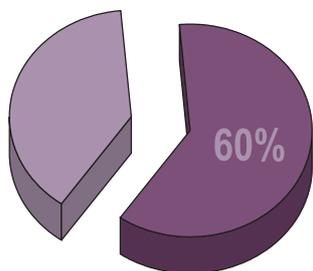
- 78% of pupils described themselves as White. 69% said they were White British. 8% described themselves as Asian, 11% as Mixed race and 3% Black.
- 67% of pupils live with their mother and father together, 19% live with 1 parent while 5% live with mum and dad 'shared'.
- 1% said that they had a special need or disability.
- 4% of pupils said that their home isn't warm enough in winter. 5% said they have to share a bedroom with 2 or more other people.
- 7% of pupils said that they care for someone at home on a regular basis who is unable to care for themselves.

HEALTHY EATING



- 23% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 3% had eaten none.

- 9% had nothing to eat or drink for breakfast on the day of the survey. 83% had their breakfast at home. 7% of pupils said they had breakfast on the way to school and 2% said 'at school'.
- 48% of pupils had cereal for breakfast, 27% toast or bread and 1% said they had chocolate bar/sweets for breakfast on the morning of the survey.
- 42% of pupils said that they would like to lose weight. 52% of pupils said they were happy with their weight as it is.
- 60% of Year 10 girls said they would like to lose weight.
- 22% of pupils said that they consider their health when making food choices 'very often' or 'always'.
- 7% of pupils said they get free school meals or vouchers for free school meals. 3% said 'No, but I could get them if I wanted'.



PHYSICAL ACTIVITY

- 76% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.
- 11% of pupils said they usually travel to school by car. 61% of pupils said they usually walk to school.
- 67% reported that they had exercised 3 times or more, in the last week, which made them breathe harder and faster. 29% said 5 times or more.

RELATIONSHIPS AND SEXUAL HEALTH

- 20% believe there is a special contraception and advice service for young people available locally.
- 29% of pupils say they know where they can get condoms free of charge.
- 62% of pupils said that condoms are reliable to stop pregnancy. 35% thought that they were reliable to stop infections like HIV.
- 18% of pupils said that Chlamydia can be treated and cured.

DRUGS, ALCOHOL AND TOBACCO

Drugs

- 28% of pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.
- 17% of pupils have been offered illegal drugs.
- By far the most commonly taken drug is cannabis, with 10% of Year 10 saying that they have taken cannabis.
- 7% of pupils have ever taken an illegal drug. 2% of pupils say they have taken an illegal drug within the last month.
- 3% of pupils reported taking an illegal drug and alcohol on the same occasion.
- Of the most common drugs, the percentage of pupils saying they had taken them were:

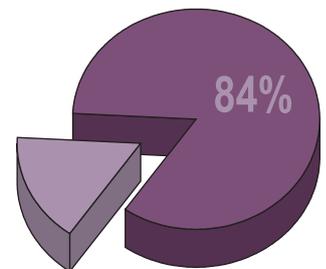
| | Year 8 | Year 10 |
|-------------|--------|---------|
| Cannabis | 1% | 10% |
| Legal highs | 0% | 2% |
| Poppers | 0% | 1% |

Alcohol

- 9% of pupils drank alcohol on at least 1 day in the week before the survey. 2% of pupils said that they got drunk on at least 1 day in the last week.
- 1% of boys and 2% of girls in Year 10 drank over 14 units.
- 1% of Year 10 pupils bought alcohol from a supermarket and 1% from an off-licence who should only sell to over-18s.
- 2% of Year 10 pupils drank alcoholic drinks in a pub or bar who should not be serving alcohol to under-18s.
- 4% of pupils drank alcohol at home and 3% drank at a friend's or relation's home. 2% of pupils drank alcohol outside in a public place.

Tobacco

- 84% of pupils said they have never smoked at all.
- 4% said they had smoked a cigarette in the 7 days before the survey.
- Boys: 0% of Year 8 boys and 5% of Year 10 boys say they smoke 'regularly' or 'occasionally'.
- Girls: 1% of Year 8 girls and 8% of Year 10 girls say they smoke 'regularly' or 'occasionally'.
- 74% of pupils said no one ever smokes at home. 21% said smoking only happens outside or on the doorstep. 3% said smoking happens only in certain rooms but 2% said smokers can smoke anywhere in their home.



EMOTIONAL HEALTH AND WELL-BEING

- 70% of pupils reported they are happy with their life as a whole.
- 78% of pupils said that they were happy with their relationships with their friends. 80% said they were happy with their relationships with their family.
- 47% of boys and 39% of girls had high self-esteem scores.
- 1% of pupils had low self-esteem scores.
- 78% of pupils said they worried about at least 1 of the items listed in the questionnaire 'quite' or 'very often'.
- The top 3 worries for Year 8 pupils were as follows:**

| | Boys | | Girls |
|-----------------|------|--------------------------|-------|
| Exams and tests | 34% | Exams and tests | 51% |
| The Environment | 27% | School-work | 45% |
| School-work | 26% | What people think of you | 37% |

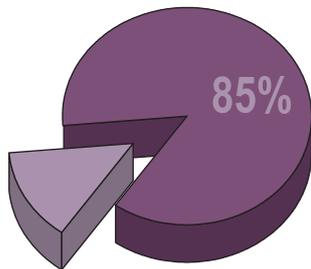
- These changed for Year 10 pupils:**

| | Boys | | Girls |
|-----------------|------|------------------|-------|
| Exams and tests | 46% | Exams and tests | 73% |
| School-work | 34% | School-work | 68% |
| World events | 24% | The way you look | 55% |

- 15% of pupils said if they had a family problem, they would keep it to themselves.
- 41% of pupils said if they had a problem with friends, they would talk to their parents first.

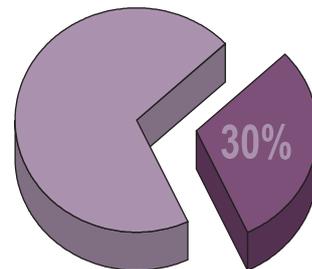
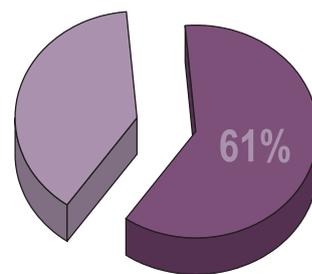
SAFETY including BULLYING

- 85% of pupils reported that in the last month they have 'never' felt afraid to be in school because of bullying.** 5% of pupils said 'often' or 'very often', 11% said 'sometimes'.
- 7% said that bullying wasn't a problem in their school. 45% think their school deals with bullying at least 'quite well', while 14% said their school dealt with bullying 'badly' or 'not very well'.
- The main bullying behaviours reported included: being teased, made fun of 43%, called nasty names 32% and rumours spread 27%.
- If they had been bullied recently, 5% said they had told a teacher about it; 15% said they had told a friend.
- 91% of pupils said that they 'usually' or 'always' feel safe going to school and 89% coming home from school.
- 92% of pupils said that they 'usually' or 'always' feel safe going out during the day. This falls to 49% saying this about going out after dark.
- 7% of pupils said they had been the victim of crime in the last 12 months.
- Asked where this had happened, 1% of pupils said that they had been on their way to or from school. 1% said it had happened near home and 2% said at school.
- 95% of pupils said they have access to the Internet at home or on a mobile device.
- 28% of pupils said that they chat to people online that they have never met.
- 90% of pupils said they have been told how to stay safe while chatting online. 11% of pupils said that they have met someone in real life that they first met online.



LEISURE AND LOCAL AREA

- 61% of pupils said that generally, there was enough to do near where they live.**
- 27% of pupils said that they go out on a Friday or Saturday night to take part in activities e.g. sports, arts youth club etc. 20% said they do 'sometimes'.
- 59% of pupils said they had been to the cinema/theatre in the last 4 weeks. 12% of pupils said that they had been to a religious, faith or community group in the last 4 weeks.
- 34% of pupils said they have been to a music group or have had lessons in the last 4 weeks.
- 62% of boys and 60% 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, 29% of pupils said that it costs too much. 12% said that their parents/carers worry about them and **30% of pupils said that they were not available in their area.**



SCHOOL AND CAREER

- 88% of pupils said they are happy at school.
- 55% of pupils said they have voted in a class council in the last year. 8% said they have been on a school council or parliament in the last year.
- 62% of pupils said they want to continue in full-time education after Year 11.
- 11% of pupils said they want to start an apprenticeship after Year 11.
- 16% of pupils said that they need a lot more or better information to help them plan their future; 10% said they hadn't had any.

SIGNIFICANT DIFFERENCES BETWEEN THE RICHMOND 2014 SURVEY AND THE SHEU REFERENCE SAMPLE

For most of the questions in the questionnaire, Richmond secondary pupils give similar responses to the wider SHEU data. Some differences (more than 5%) include:

- ↑ 62% of pupils in Richmond said they want to continue in full time education after Year 11 compared with 54% of pupils in the wider sample.
- ↑ 61% of pupils in Richmond walked to school compared with 43% of pupils in the wider sample.
- ↓ 28% of Year 10 pupils in Richmond said that they exercised hard at least 5 times in the previous week. This compared with 35% of pupils in the wider sample.
- ↓ 7% of Year 8 girls in Richmond said they had nothing for breakfast on the day of the survey compared with 12% of girls in the wider sample. 41% of Year 8 girls said they would like to lose weight compared with 53% of girls in the wider sample.
- ↓ 84% of Richmond pupils said that they have never smoked at all compared with 75% of the wider sample.

Pyramid data: Questions included in both the primary and secondary versions of the 2014 questionnaire

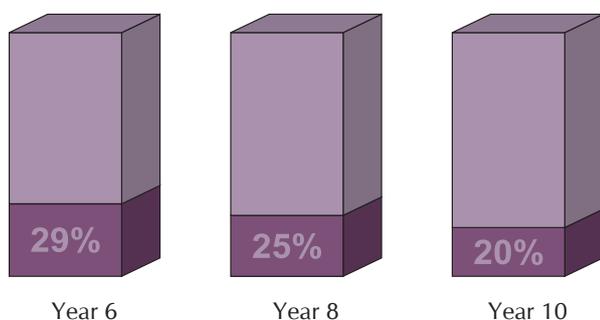
Cross-phase data

The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

HEALTHY EATING

5 a day?

- Secondary school pupils are less likely to say that they had at least 5 portions of fruit and vegetables on the day before the survey, compared with primary aged pupils who said the same. 29% of Year 6 pupils compared with 25% of Year 8 and 20% of Year 10 pupils.

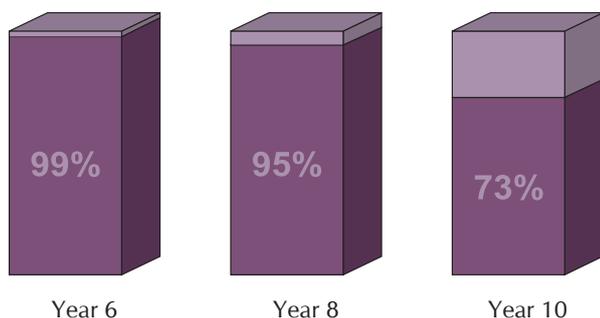


- Primary aged girls were less likely to report having nothing to eat or drink for breakfast: Year 6 girls 0%; Year 8 girls 7% and Year 10 girls 12%.
- There is a fall in the proportions of boys having cereal for breakfast between the primary and secondary phase. 63% of Year 6 boys, 58% of Year 8 and 54% of Year 10 boys had cereals for breakfast.
- There is an upward trend in the proportions of girls who say they would like to lose weight. 19% of Year 6 girls, 41% of Year 8 girls and 60% of Year 10 girls said this.

TOBACCO

Smoking last week?

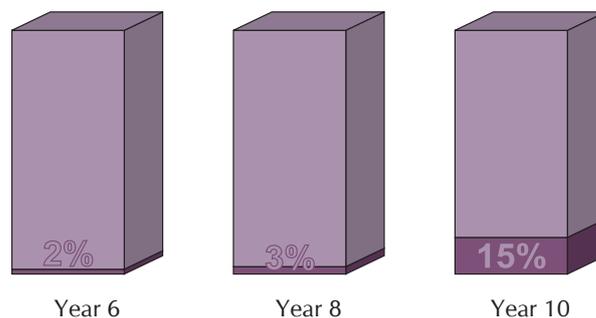
- 0% of the Year 6 pupils smoked a cigarette in the week before the survey. 1% of Year 8 pupils and 6% of Year 10 pupils said the same.
- 99% of Year 6 pupils said that they had 'never smoked at all'. 95% of Year 8 and 73% of Year 10 said the same.



ALCOHOL

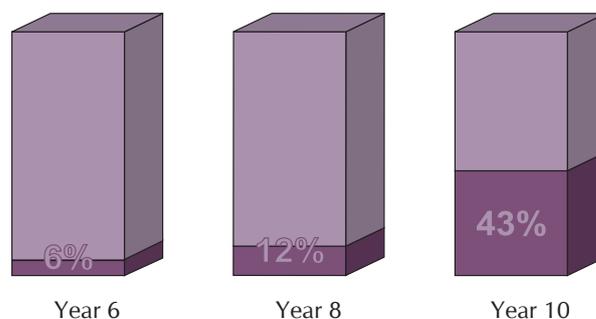
Have you had an alcoholic drink in the last 7 days?

- 2% of the Year 6 pupils had an alcoholic drink on at least 1 day in the week before the survey. 3% of Year 8 and 15% of Year 10 pupils said the same.



ILLEGAL DRUGS

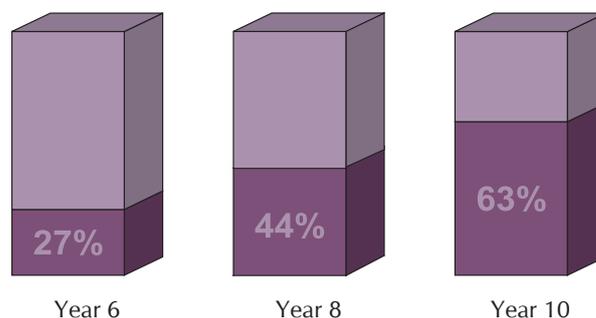
- 6% of Year 6 pupils said that they were 'fairly sure' or 'certain' that they knew someone personally who used drugs (not as medicines). 12% of Year 8 and 43% of Year 10 school pupils said the same.



EMOTIONAL HEALTH AND WELLBEING

How much do you worry about problems?

- 27% of Year 6 pupils said they worried about school tests 'quite often' or 'very often', this rises to 44% of Year 8 pupils and rises again to 63% of Year 10 pupils.

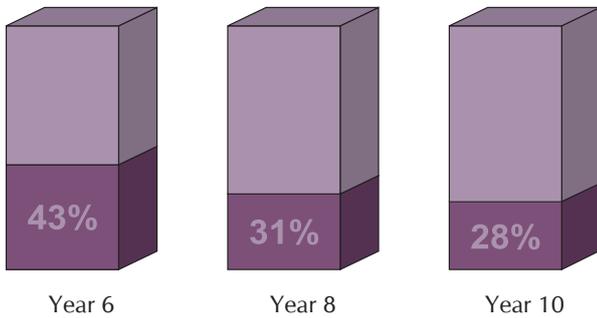


- 33% of secondary pupils worried about the way they looked, only 10% said the same in the Year 6 survey.
- 6% of Year 6 pupils said they worried about being fashionable, this rises to 25% of secondary pupils.
- 28% of secondary pupils worried about world events, 17% said the same in the Year 6 survey.

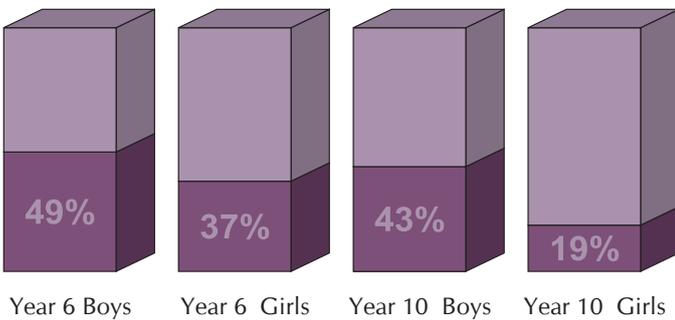
PHYSICAL ACTIVITIES

Hard exercise last week

- 43% of Year 6 pupils said they exercised hard enough to breathe harder and faster at least 5 times last week. This compares with 31% of Year 8 and 28% of Year 10 pupils:



- There are interesting gender differences though:

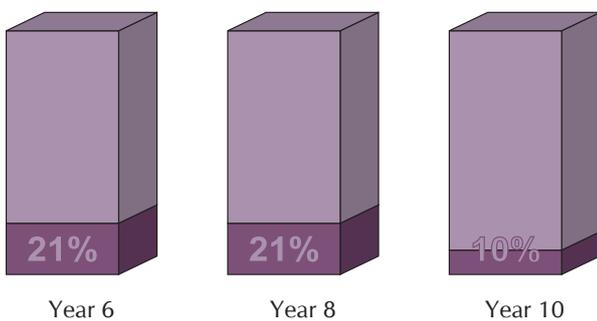


- 89% of Year 6 pupils said that they enjoy physical activities 'quite a lot' or 'a lot'. 83% of Year 8 and 69% of Year 10 pupils said the same.

SAFETY

In the last month have you ever afraid of being in school because of bullying?

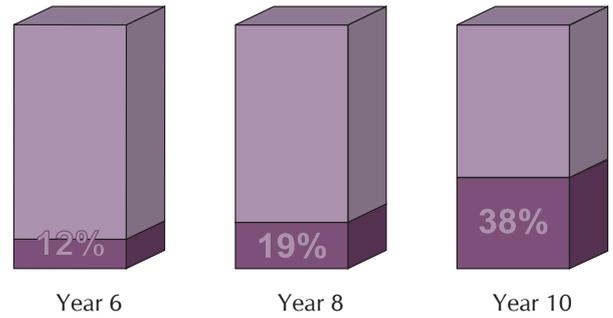
- 21% of Year 6 pupils said they felt afraid of being in school at least sometimes in the last month. This is also at 21% in Year 8, but falls to and 10% in Year 10.



- 1% of Year 6 pupils said that they thought others have been afraid to be in school because of them in the last month. 2% of Year 8 and 3% of Year 10 pupils said the same.

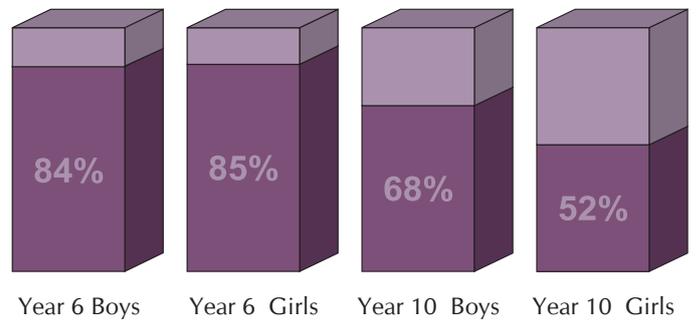
- 92% of Year 6 pupils said that they have been told how to stay safe while chatting online. 87% of Year 8 and 93% of Year 10 pupils said the same.

- 12% of Year 6 pupils said that they chat to people online who they have never met. 19% of Year 8 and 38% of Year 10 pupils said the same.

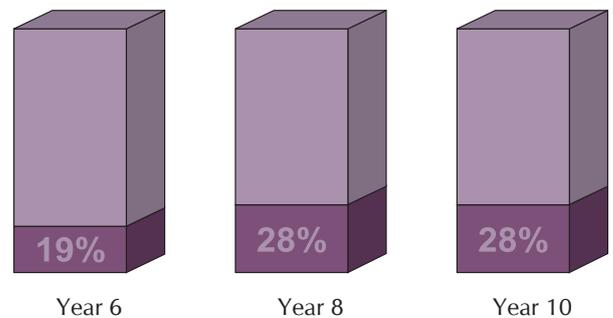


LEISURE AND LOCAL AREA

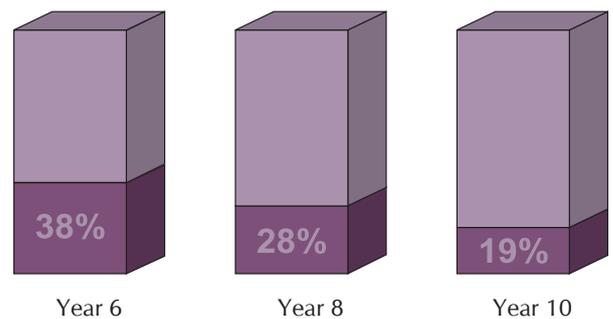
- 84% of Year 6 pupils and 57% of Year 10 pupils said that generally, there was enough to do near where they live:



- 19% of Year 6 pupils said that they have worry 'quite often' or 'very often' about crime in their local area. 28% of Year 8 and 28% of Year 10 pupils said they worry about violent crime in their area.



- 38% of Year 6 pupils said that they have been to their library in their free time in the last 4 weeks. 28% of Year 8 and 19% of Year 10 pupils said the same.



The way forward – over to you

The Richmond Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Richmond upon Thames Education and Children's Services and the Public Health Team. Since April 2014 Richmond's Children's services have been provided by Achieving for Children.

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 with schools, Achieving for Children, the council and partners.

The survey will be conducted on an annual basis to enable The London Borough of Richmond upon Thames to analyse the findings year-on-year.

Richmond schools who took part in the survey:

Archdeacon Cambridge's CE Primary School,
Barnes Primary School,
Buckingham Primary School,
Chase Bridge Primary School,
Collis Primary School,
East Sheen Primary School,
Grey Court School,
Hampton Hill Junior School,
Hampton Junior School,
Heathfield Junior School,
Marshgate Primary School,
Orleans Park School,
Orleans Primary School,
Sacred Heart RC Primary School,
Sheen Mount Primary School,
St. Elizabeth's Catholic Primary School,
St. Mary's CE Primary School,
St. Richard Reynolds Catholic High School,
St. Richard's CE Primary School,
St. Stephen's CE Primary School,
The Vineyard School and
Waldegrave School for Girls.

For more information about the survey please contact:

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