

Richmond Young People's Survey

Findings from the 2014 Survey

A themed report for emotional health and wellbeing

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 summer 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 to 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 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.

2,801 young people were involved in the survey

| School | 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 questions that have been compared with the wider SHEU data, is indicated on pages 3 and 5.

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

Themed reports. This is number 3 of 4 reports

1) Healthy lifestyles

2) Drug education and substances

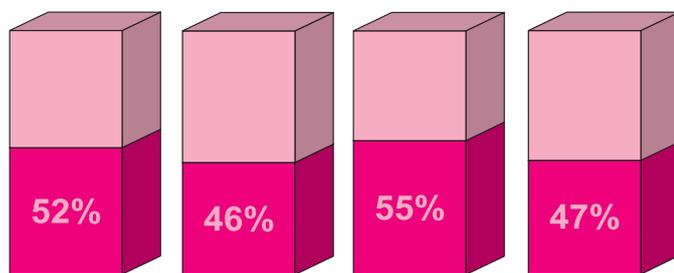
3) Emotional health and wellbeing

4) Relationships and sexual health

Richmond school pupils in Years 5 - 7 (ages 9 - 12)

SELF-ESTEEM

- 22% of pupils said there were lots of things about themselves that they would like to change.
- 10% of pupils said they often feel lonely at school.
- 88% 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'**



Year 6 Boys Year 6 Girls Year 7 Boys Year 7 Girls

- 10% of Year 6 boys and 11% of Year 7 boys had med-low self-esteem.
- 17% of Year 6 girls and 13% of Year 7 girls had med-low self-esteem.

WORRIES

- 62% of pupils worried at least 'quite often' about one of the issues listed in the questionnaire.
- 11% of pupils said that they worried 'quite often' or 'very often' about family problems. Other worries included:

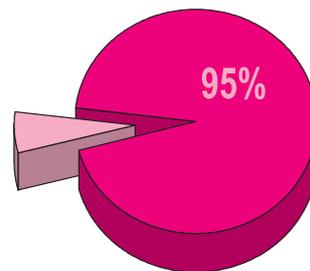
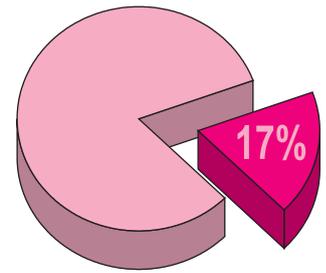
These were the main worries for Year 6 pupils:

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

These were the main worries for Year 7 pupils:

| | Boys | Girls |
|---------------------|------|-------|
| World events | 27% | 26% |
| School work | 19% | 25% |
| SATs /tests | 19% | 24% |
| The Environment | 19% | 23% |
| Crime in local area | 17% | 22% |

- If they were worried or upset about their problems, most pupils said they would speak to their parents/ carers first for help.
- 17% of pupils said that if they were worried about family problems they would keep their worries to themselves.
- 10% of pupils said if they were worried about a health problem, they would keep it to themselves.

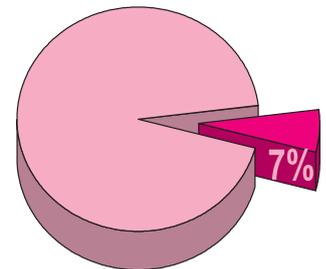


- 95% of pupils said they were 'quite' or 'very happy' at school.
- 5% of pupils said they were 'quite' or 'very unhappy' at school.

- 34% of pupils said that they usually feel shy when they want to tell a teacher something.
- 9% of pupils said they usually feel uncomfortable when they talk to their parents.
- 3% of pupils said that they had moved home more than 3 times in the last year.

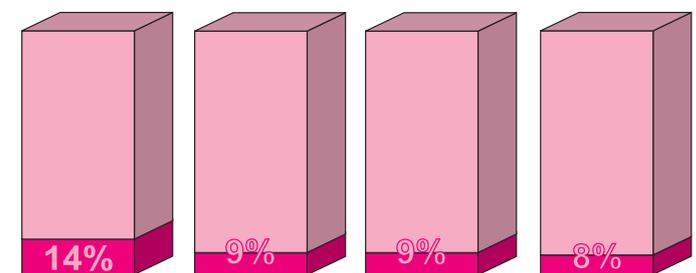
7% of pupils said that they have to share a bedroom with 2 or more other people.

- 3% of pupils said that someone in their family has difficulty getting around at home.



- 11% 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:

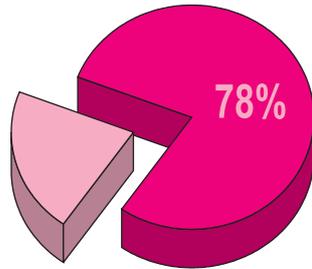


Year 6 Boys Year 6 Girls Year 7 Boys Year 7 Girls

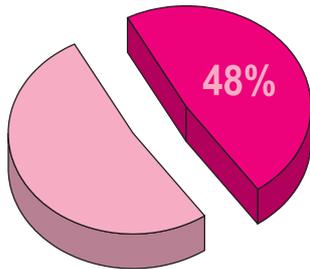
- When asked if being a 'young carer' stopped them from doing things they enjoy, 8% said no it didn't, 3% of pupils said 'yes, sometimes'.
- 1% of pupils said that being a 'young carer' often stopped them doing things that they like.

BULLYING

- 78% 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.
- 2% 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.
- 17% of pupils said bullying wasn't a problem in their school.



- 48% of pupils said that their school deals with bullying 'quite' or 'very well'.
- 8% of pupils said that their school deals with bullying 'badly' or 'not very well'; 27% don't know.
- 8% of pupils said they worry about being bullied 'quite often' or 'very often'.
- 18% 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 behaviours were:

| | Boys | Girls |
|--------------------------|------|--------------------------|
| Teased/made fun of | 38% | 36% |
| Pushed/hit for no reason | 38% | 30% |
| Called nasty names | 33% | 22% |
| Left out of groups | 32% | 21% |
| Rumours spread | 27% | 21% |
| | | Rumours spread |
| | | Pushed/hit for no reason |

Pupils were asked where this happened:

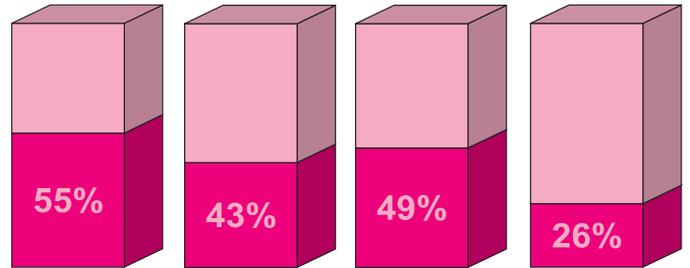
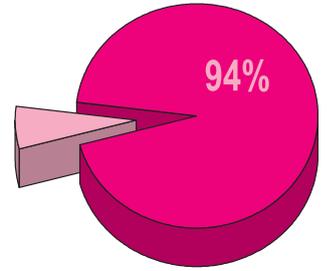
| | Boys | Girls |
|------------------------------|------|------------------------------|
| Outside at school | 22% | 18% |
| At or near home | 6% | 5% |
| During lesson time | 5% | 4% |
| On the way to or from school | 4% | 2% |
| | | Outside at school |
| | | During lesson time |
| | | At or near home |
| | | On the way to or from school |

Pupils were asked who they reported this to:

| | Boys | Girls |
|-----------|------|-----------|
| Mum/carer | 21% | 20% |
| Dad/carer | 14% | 12% |
| Friend | 10% | 11% |
| Teacher | 7% | 7% |
| Sister | 4% | 5% |
| | | Mum/carer |
| | | Friend |
| | | Dad/carer |
| | | Teacher |
| | | Sister |

SAFETY

- 94% of pupils said they 'usually' or 'always' feel safe at home.
- 89% of pupils said that they 'usually' or 'always' feel safe going out during the day.
- Pupils who said that they usually/always feel safe going out after dark:



Year 6 Boys Year 6 Girls Year 7 Boys Year 7 Girls

INTERNET SAFETY

- 97% of pupils said they have access to the Internet at home or on a mobile device.
- 92% of pupils said that they have been told how to stay safe while chatting online.
- 11% of pupils said that they chat to people online that they have never met.
- 9% of pupils said that they have met someone in real life who they first met online.

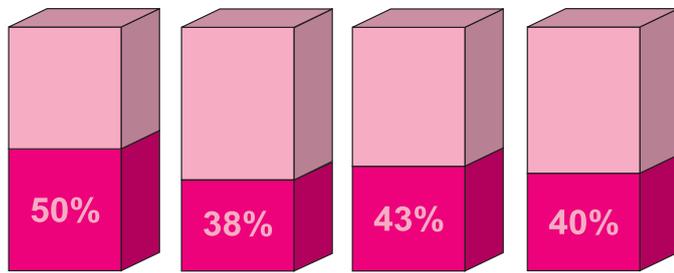
COMPARISONS BETWEEN RICHMOND YEAR 6 PUPILS AND THE SHEU YEAR 6 REFERENCE SAMPLE

- 10% of Richmond Year 6 pupils said they worried about family problems at least 'often'. This compared with 21% saying the same in the wider sample.
- 49% of Year 6 pupils in Richmond recorded levels of 'high' self-esteem. This compared with 42% of pupils in the wider sample.
- 92% of Year 6 pupils in Richmond had been told how to stay safe while chatting online compared with 87% of pupils in the wider sample.
- 8% of Richmond Year 6 pupils said that they worry about bullying at least 'quite often'. This is slightly higher than the 7% seen in the wider sample.
- 6% of Richmond Year 6 pupils said that they worry about money problems at least 'often'. This compared with 7% of pupils in the wider sample.
- 9% of Richmond Year 6 pupils said that they worry about the way they look at least 'often'. This is lower to the 14% seen in the wider sample.

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

SELF-ESTEEM

- 25% of pupils said there were lots of things about themselves that they would like to change.
- 9% of pupils said they often feel lonely at school.
- 77% 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'**



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 12% of pupils recorded levels of 'med-low' self-esteem.

WORRIES

- 78% of pupils worried at least 'quite often' about one of the issues listed in the questionnaire.
- 12% of boys and 22% of girls said that they worried 'quite a lot' or 'a lot' about family problems.
- 15% said if they were worried about family problems they would keep their worries to themselves. 27% said they would share it with a friend.

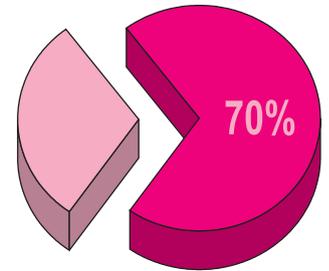
The main worries for Year 8 pupils:

| | Boys | Girls |
|------------------|------|------------------------------------|
| SATs/tests/exams | 34% | 51% |
| The Environment | 27% | School work 45% |
| School work | 26% | What other people think of you 37% |
| World events | 25% | The way you look 33% |
| Crime | 25% | Crime 30% |

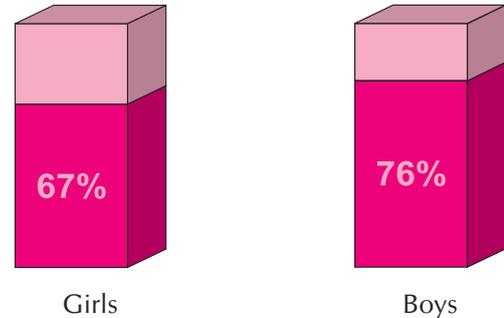
The main worries for Year 10 pupils:

| | Boys | Girls |
|--------------------------------|------|------------------------------------|
| SATs/tests/exams | 46% | SATs/tests/exams 73% |
| School work | 34% | School work 68% |
| World events | 24% | The way you look 55% |
| What other people think of you | 20% | What other people think of you 53% |
| The environment | 17% | Your weight 46% |

- 70% of pupils said they were 'quite' or 'very' happy with their lives at the moment.
- 12% said they were 'quite' or 'very' unhappy with their life.

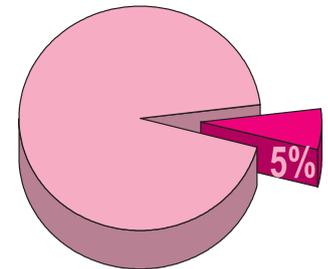


- There is an interesting split in the sexes. 67% of girls and 76% of boys reporting they are 'quite' or 'very' happy with their lives at the moment:**



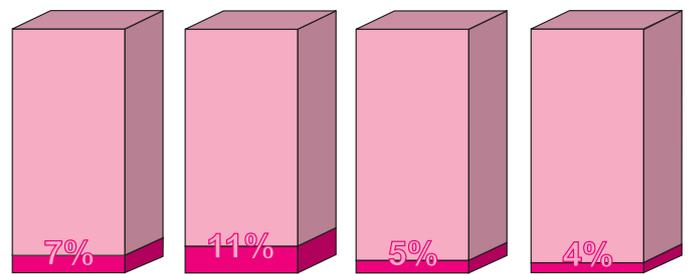
- 20% of pupils said that they usually feel shy when they want to tell a teacher something.
- 9% of pupils said they usually feel uncomfortable when they talk to their parents.
- 1% of pupils said that they had moved home more than 3 times in the last year.

- 5% of pupils said that they have to share a bedroom with 2 or more other people.**



- 3% of pupils said that someone in their family has difficulty getting around at home.
- 7% 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:**

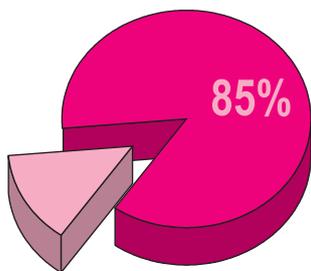


Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 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

85% of pupils said they have 'never' been afraid to be in school because of bullying in the last month.

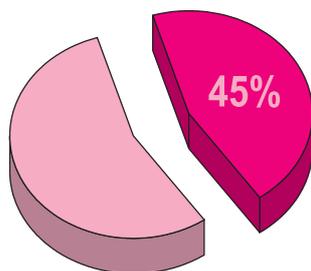


5% said they were 'often' or 'very often' afraid to be in school because of bullying.

3% of pupils said they think others may have felt afraid to be in school because of them in the last month; 13% of pupils didn't know.

7% of pupils said bullying wasn't a problem in their school.

45% of pupils said that their school deals with bullying 'quite' or 'very well'.



14% of pupils said that their school deals with bullying 'badly' or 'not very well'; 33% don't know.

9% of pupils said they worry about bullying 'quite often' or 'very often'.

20% 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:

| | Boys | | Girls |
|--------------------------------|------|--------------------------|-------|
| Teased/made fun of | 44% | Teased/made fun of | 43% |
| Called nasty names | 34% | Left out of groups | 32% |
| Pushed/hit for no reason | 31% | Called nasty names | 31% |
| Nasty things said about family | 24% | Rumours spread | 30% |
| Rumours spread | 23% | Pushed/hit for no reason | 19% |

Pupils were asked who they reported this to:

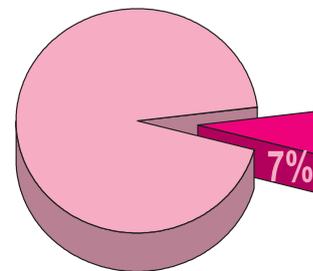
| | Boys | | Girls |
|---------------------|------|-----------|-------|
| Friend | 11% | Friend | 17% |
| Mum/carer | 8% | Mum/carer | 16% |
| Dad/carer | 6% | Dad/carer | 8% |
| Teacher | 4% | Sister | 7% |
| Other trusted adult | 2% | Teacher | 6% |

COMMUNITY SAFETY

91% of pupils said that they 'usually' or 'always' feel safe going to school and 89% said this about on the way home from school.

92% of pupils said that they 'usually' or 'always' feel safe going out during the day.

49% of pupils said that they 'usually' or 'always' feel safe going out after dark.



7% of pupils said that they had been the victim of crime in the last 12 months.

2% of pupils said that this happened at school.

1% said that they had been a victim of crime while travelling to or from school, 1% said it had happened near home.

INTERNET SAFETY

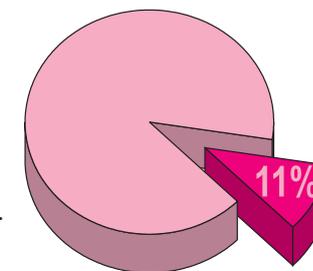
95% of pupils said they have access to the Internet at home or on a mobile device.

65% of pupils said that they use the Internet for Facebook, Twitter etc.

90% of pupils said that they have been told how to stay safe while chatting online.

28% of pupils said that they chat to people online that they have never met.

11% of pupils said that they had met someone in real life whom they first met online. 7% of Year 8 girls said this compared with 14% of Year 10 girls.



COMPARISONS BETWEEN THE RICHMOND 2014 SURVEY AND THE SHEU REFERENCE SAMPLE

→ 42% of Richmond Year 8 and 10 pupils recorded levels of high self-esteem. This is very similar to the 39% seen in the SHEU wider sample.

↑ 90% of pupils in Richmond said they have been told how to stay safe while chatting online. This is slightly higher than the 88% seen in the wider sample.

↑ 47% of Richmond pupils said that they worry 'quite often' or 'very often' about school-work. This is higher than the 23% seen in the wider sample.

↑ 33% of Richmond pupils said that they worry 'quite often' or 'very often' about the way they look. This is lower than the 28% seen in the wider sample.

→ 70% of Richmond pupils said they were 'quite' or 'very happy' with their life as a whole. 68% of the wider SHEU sample said they were 'quite' or 'very happy' with their lives at the moment.

↓ 18% of Richmond pupils said that they worry 'quite often' or 'very often' about family problems. This is lower than the 20% seen in the wider sample.

CROSS PHASE DATA

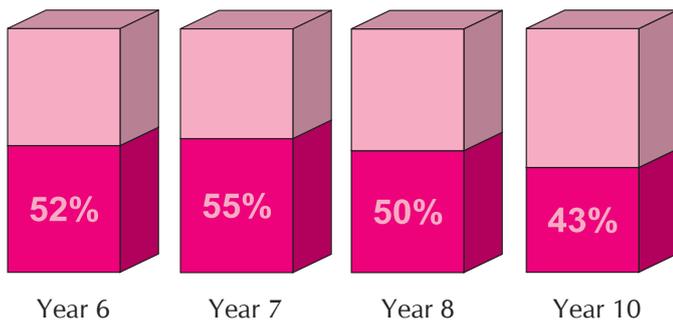
Questions included in both the primary and secondary versions of the questionnaire

- The following is a selection of data relating to the set of questions found in both the primary and secondary versions of 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.

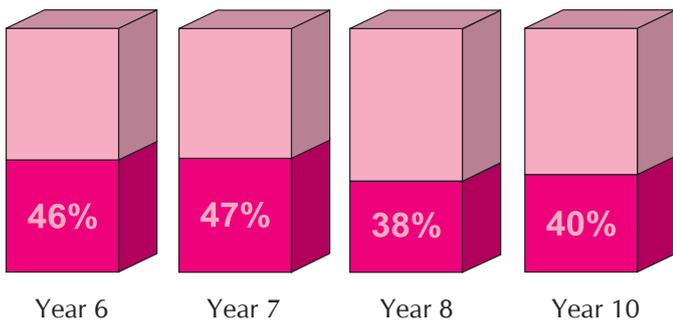
SELF-ESTEEM

- With both boys and girls in Richmond high self-esteem levels fall between Year 6 and Year 8 before increasing again at Year 10:

BOYS



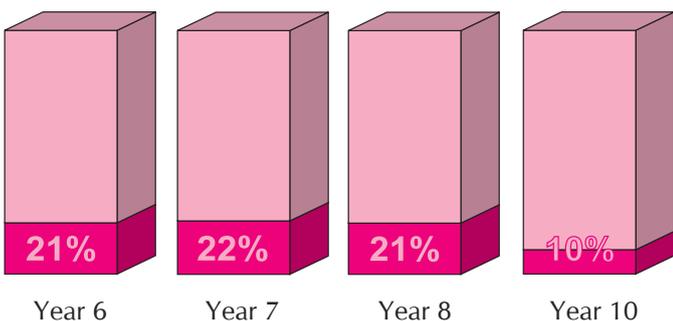
GIRLS



 Richmond Year 6 pupils recorded higher proportions 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.

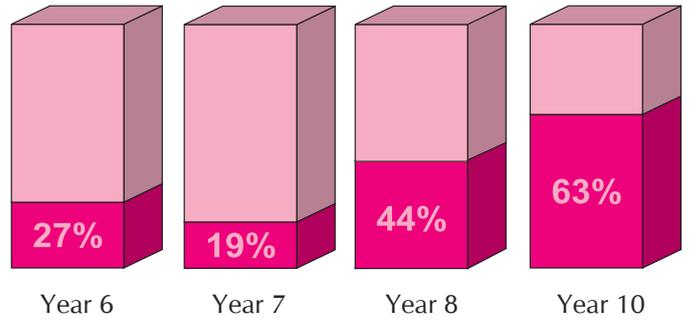
BULLYING

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



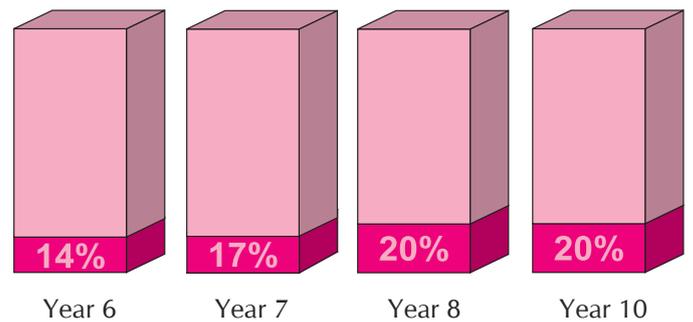
WORRIES

- Pupils who worry about exams and tests:

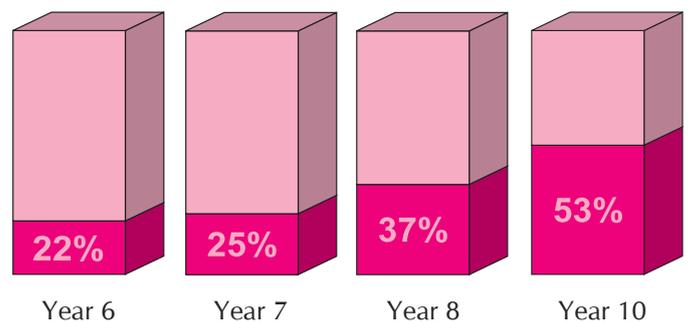


- Pupils who worry about what other people think of you:

BOYS



GIRLS



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

LINKS

- 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 Year 6 and 7 pupils who had low/medium self-esteem scores compared with those pupils who had medium/high self-esteem scores.

- ❑ 52% of pupils who had low/medium self-esteem also said they were afraid to be in school because of bullying at least sometimes. This compared with only 17% of pupils who had medium/high self-esteem. Therefore, we can say if you have low self-esteem you are more likely to say you are afraid to be in school because of bullying.
- ❑ 15% of pupils who had low/medium self-esteem also said they were 'quite' or 'very' unhappy at school. This compared with 3% of pupils who had medium/high self-esteem. Therefore, if you have low/medium self-esteem you are more likely to report unhappiness at school.
- ❑ This group are also less likely to comfortable saying things in front of teachers.
- ❑ They are more likely to be less happy with their weight.
- ❑ They are more likely to worry about crime in their local area.
- ❑ They are more likely to say their parents smoke.
- ❑ They are also more likely to say they have to care for someone at home.

The second analysis is for Year 8 and 10 pupils who said they 'often' or 'very often' felt afraid to be in school because of bullying in the last month compared with pupils who didn't say this.

- ❑ 70% of pupils who said they felt afraid to be in school because of bullying in the last month recorded levels of med-low self-esteem. This compared with 8% of pupils who weren't afraid to be in school because of bullying. Therefore, we can say that if you are afraid to be in school because of bullying you are more likely to have low self-esteem.
- ❑ 26% of pupils who said they felt afraid to be in school because of bullying in the last month also said that their school deals with bullying badly. This compared with 5% of pupils who weren't afraid to be in school because of bullying. Therefore, we can say that if you are afraid to be in school because of bullying you are more likely to say that school deals with bullying well.
- ❑ This group are also more likely to say they never feel safe when going out after dark.
- ❑ They are more likely to say they have been a victim of crime.
- ❑ They are less likely to say they are happy with their weight and more likely to say they are overweight.
- ❑ They are also less likely to say they enjoy physical activities.



There are obvious links between low self-esteem and bullying, or fear of bullying. Can more be done to support pupils with low self-esteem?

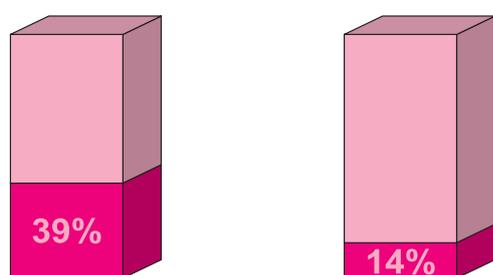


Do pupils know who to go to for help with bullying?

The third analysis is for Year 8 and 10 pupils who said they had been the victim of crime in the last 12 months e.g. had something stolen from you or been physically attacked compared with pupils who didn't say this.

- ❑ **39% of pupils who said they had been the victim of crime in the last 12 months also said they had been offered drugs. This compared with only 14% of pupils who hadn't been the victim of crime.**

Been offered drugs



Victim of crime

Non victim

- ❑ 35% of pupils who said they had been the victim of crime in the last 12 months also said they have smoked a cigarette in the past or smoke now. This is higher than the 14% pupils who hadn't been the victim of crime.
- ❑ They are more likely to say that they have played truant in the last 12 months.
- ❑ This group are also more likely to say they have experienced some form of partner violence/controlling behaviour.
- ❑ They are less likely to be happy with their life as a whole.
- ❑ They are more likely to say they had nothing for breakfast that morning.
- ❑ They are also more likely to know someone who uses drugs and consequently also more likely to have been offered drugs.

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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