

Supporting the Health of Young People in South Tyneside

A summary report of the Health Related Behaviour Survey 2012-13

These results were collected from a sample of primary pupils aged 8 to 11 and secondary pupils aged 12 to 15 in South Tyneside during 2012 - 2013. This work was commissioned by the Public Health Team in order to inform the development of the Health and Wellbeing Strategy and the Children's & Families Strategy for South Tyneside.

Teachers were supported with effective methods to enable collection of the most reliable data and then pupils completed an age-appropriate questionnaire.

Year 4 - 6 pupils completed the primary version of the questionnaire and pupils in Years 8 - 10 completed the secondary version of the questionnaire. All were undertaken anonymously.

Schools were given the choice of using online or paper-based questionnaires.

Comparisons have been made between the South Tyneside results and the wider SHEU sample. A total of 1292 pupils took part in 11 primary schools and 5 secondary schools in South Tyneside.

Cross-phase links

Many of the questions in each version of the questionnaire are identical or very similar. Some of the results of these questions are presented on pages 6 and 7 of this document, so that behaviour can be seen across the age range.

1292 young people were involved in the survey:

School Year	Year 4	Year 5	Year 6	Year 8	Year 9/10	Total
Age	8-9	9-10	10-11	12-13	13-15	
Boys	52	98	87	188	225	650
Girls	62	93	110	178	199	642
Total	114	191	197	366	424	1292

South Tyneside data have been compared with the wider SHEU survey sample.

A selection of some of the differences, where the level seen in the South Tyneside data is either 5% above or below that in the wider SHEU data, is indicated on pages 3 and 5 by the symbol ☞

For more details please contact The Schools Health Education Unit Tel. (01392 667272).

Topics include

Citizenship

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Homework

Leisure

Physical Activity

Puberty and Growing Up

Safety

School

Sex and Relationships



South Tyneside Council



South Tyneside primary school pupils in Year 4, 5 and Year 6 (ages 8 - 11)

CITIZENSHIP

Background

- 84% of pupils described themselves as White. 11% described themselves as Asian, 1% as Mixed.
- 65% of pupils report getting pocket money at least monthly. 20% said they didn't usually get any pocket money. 13% said they got money as they needed it and 1% said 'other system'.

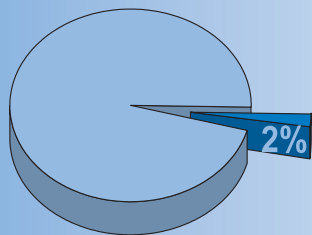
Spending Money

- The main items Year 6 pupils spent money on were:

	Boys		Girls	
Sweets, chocolate etc.	57%	Sweets, chocolate etc.	52%	
Fizzy drinks	46%	Fizzy drinks	37%	
Snacks	40%	Snacks	31%	
Arcade games	31%	Books	25%	
Computer (games etc.)	28%	Mobile phones	21%	

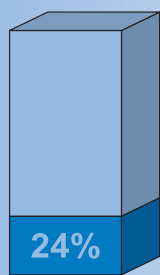
(The table shows the percentages of pupils who said they had spent money on these items in the seven days before the survey)

HEALTHY EATING

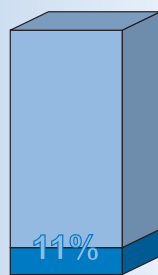


- 2% of pupils had nothing to eat or drink for breakfast on the day of the survey. 40% of pupils had cereal.
- 38% of pupils said that they had a drink at breakfast time.

- 27% of pupils have chips/roast potatoes, 28% crisps and 33% sweets and chocolates 'on most days'.
- 45% eat fresh fruit, 45% dairy produce and 32% vegetables 'on most days'.
- 25% of pupils said they drank about a litre or more of water on the day before the survey. 9% of pupils said they had none.
- 24% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey. 11% had eaten none.



5 + portions

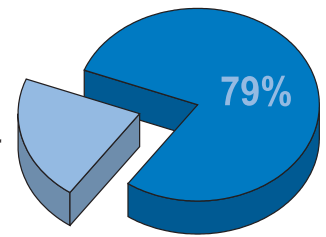


None

- 38% of Year 6 boys and 47% of Year 6 girls would like to lose weight.

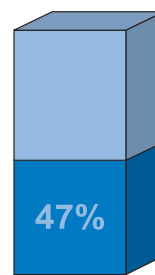
Dental Care

- 79% of pupils reported brushing their teeth the recommended twice a day or more on the day before the survey.
- 27% of pupils reported having a filling last time they went to the dentist.

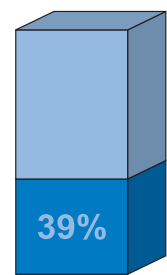


LEISURE AND PHYSICAL ACTIVITY

- 44% of pupils said they spent time watching television after school on the day before the survey, 19% listened to music and 33% played with friends.
- 47% of Year 6 boys and 19% of Year 6 girls played computer games the night before.
- 47% of Year 6 boys and 39% of Year 6 girls reported that they took part in hard exercise on at least 5 occasions in the previous week.



Year 6 Boys



Year 6 Girls

- 64% of pupils considered themselves 'fit' or 'very fit', 8% said they were 'unfit' or 'very unfit'.
- The top five physical activities for Year 6 were:

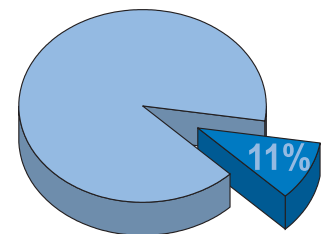
	Boys		Girls	
Football	78%	Running (races or tag)	58%	
Running (races or tag)	63%	Going for walks	55%	
Keep-fit	62%	Keep-fit	50%	
Going for walks	44%	Dancing/gymnastics	46%	
Swimming	43%	Swimming	34%	

(The table shows the proportion of pupils taking part in the activity at least weekly)

DRUGS, ALCOHOL AND TOBACCO

Drugs

- 36% of pupils reported that their parents had talked with them about illegal drugs. 26% said their teachers had.
- 11% of pupils said that they know someone personally who uses drugs, not as medicines.
- 3% of pupils said that they had been offered drugs (not as medicines).

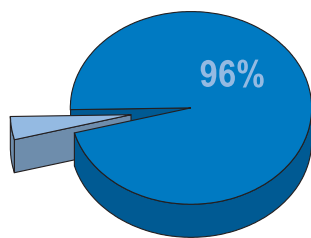


Alcohol

- 9% of pupils said they had an alcoholic drink (more than just a sip) in the week before the survey.
- When asked what they had, 2% said they had alcopops, 2% beer or lager, 1% said wine, and 1% said spirits.
- 4% reported that they drank alcohol at least sometimes without their parents knowing.

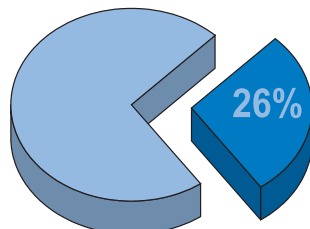
Tobacco

- 96% of pupils said they have never smoked at all.
- 1 of pupils had smoked during the last seven days.
- 80% of pupils think they won't smoke when they are older, 16% said maybe and 4% yes they will.



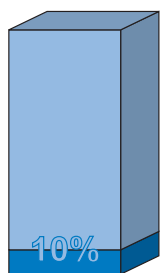
EMOTIONAL HEALTH & WELLBEING

- 26% of pupils had high self-esteem scores.
- 72% of pupils said they worried about at least one of the items listed in the questionnaire. 41% worried about SATs/tests, 28% about family problems and 30% about crime.
- 16% of pupils worried about how their body changes as they grow up.
- 20% of pupils worried about health problems.

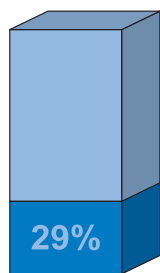


SAFETY

- 10% of pupils reported that they felt afraid to go to school because of bullying, 'often' or 'very often'. 29% said 'sometimes'.

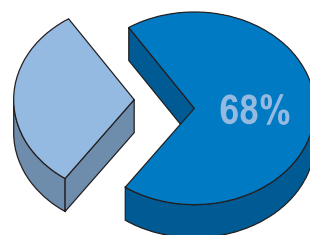


Often/very often



Sometimes

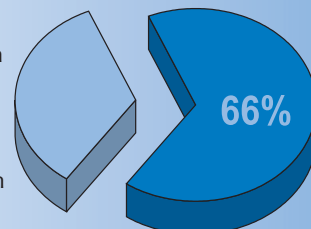
- 26% said they had been bullied at or near school in the last 12 months.
- 68% of pupils said that they thought their school took bullying seriously; 16% said they didn't.
- Behaviour widely reported as causing distress included being called nasty names, being teased or made fun of and being pushed or hit for no reason.
- Of those pupils who said that they had been bullied in the month prior to the survey, 22% said it happened at or near home, 22% said outside at playtime/lunchtime and 14% said in a classroom at playtime/lunchtime. 5% reported being bullied during a lesson.
- 5% of pupils reported that they thought others might fear going to school because of them.
- 37% of pupils reported that they had had an accident in the last twelve months that was treated by a doctor or at a hospital.



- 9% of pupils said that they had broken a bone. Other main injuries sustained were bruises or sprains and cuts.
- 13% of pupils said they never did anything to avoid sunburn, 26% said 'whenever possible'.
- 87% of pupils reported owning a bike, however, 49% of pupils said they 'never or almost never' wear a safety helmet when cycling.

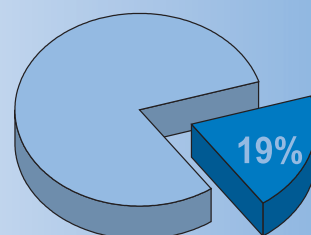
PUBERTY AND GROWING UP

- 66% of pupils said their parents had talked with them about how their body changes as they grow up.
- 40% of pupils said their teachers had talked with them about how their body changes as they grow up.
- 61% said that they felt they knew enough about how their body changes as they grow up.



SCHOOL

- 19% of pupils spent time doing homework on the evening before the survey.
- 20% of pupils read a book for pleasure the night before.
- 53% of pupils said they spent time chatting/talking during school playtimes. 45% said they played running/skipping games/tag and 29% played ball games. 7% said they read quietly.



SIGNIFICANT DIFFERENCES BETWEEN SOUTH TYNESIDE YEAR 6 PUPILS AND THE SHEU REFERENCE SAMPLE

- 25% of Year 6 pupils in South Tyneside said that they eat chips or roast potatoes 'on most days'. This is higher than the 19% of pupil who said the same in the wider SHEU sample.
- 32% of Year 6 pupil in South Tyneside said they eat vegetables 'on most days'. This is lower than the 49% of pupils who said the same in the wider sample.
- 43% of Year 6 pupils in South Tyneside said that they would like to lose weight. This is higher than the 33% of pupils who said the same in the wider sample.
- 88% of Year 6 boys in South Tyneside said they have never smoked a cigarette. This is lower than the 96% of boys who said the same in the wider sample.
- 26% of Year 6 boys in South Tyneside said they may or will smoke when they are older compared with 11% of boys in the wider sample.
- 2% of South Tyneside Year 6 girls said that they had an alcoholic drink in the previous week compared with 10% of girls in the wider sample.
- 65% of Year 6 pupil in South Tyneside said their school takes bullying seriously. This is lower than the 78% of pupils who said the same in the wider sample.
- 33% of South Tyneside Year 6 pupils recorded levels of high self-esteem. This is lower than the 42% of pupils recording the same in the wider sample.
- 15% of Year 6 pupil in South Tyneside said they wear a safety helmet when cycling 'whenever possible'. This is lower than the 30% of pupils seen in the wider sample.

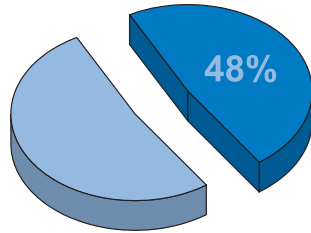
South Tyneside secondary school pupils in Year 8, 9 and Year 10 (ages 12 - 15)

CITIZENSHIP

- 94% of pupils described themselves as White. 3% described themselves as Asian, 1% as Mixed.
- 51% live with mother and father together, 20% said 'mainly, or only with mother.'

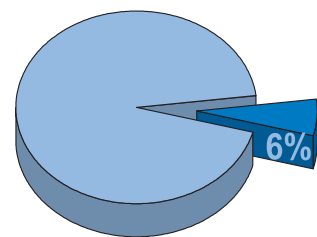
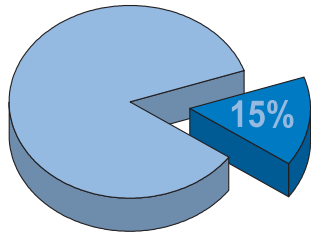
SCHOOL AND CAREER

- 48% of pupils reported that they enjoyed at least half of their lessons.
- 56% of pupils did homework on the evening before the survey, 20% did over an hour.
- 37% of boys and 50% of girls in Year 10 want to continue in full-time education after leaving school. 45% of boys and 49% of girls in Year 10 want to get training for a skilled job.



HEALTHY EATING

- 15% of Year 10 pupils had nothing to eat or drink for breakfast on the day of the survey. It is interesting that 65% of Year 10 girls say that they would like to lose weight. 24% of the Year 10 girls also reported having no lunch on the day before the survey.
- 21% of pupils said they 'never' considered their health when choosing what to eat, 14% said they did 'very often' or 'always'.
- 28% of pupils said they have sweets and chocolates 'on most days'. 29% said they have crisps 'on most days'.
- 10% eat salads, 27% fresh fruit and 23% vegetables 'on most days'.



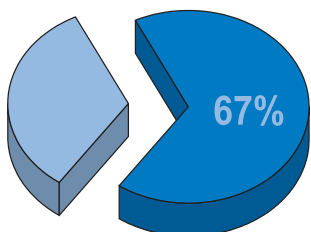
- 11% said they had 5 or more portions of fruit and vegetables the day before, 16% said 'none'.
- 5% of pupils went home for lunch the day before, 6% bought their lunch from a takeaway or shop.

Dental Care

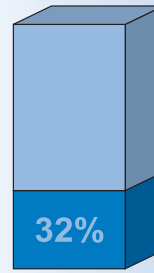
- 83% of pupils reported brushing their teeth twice a day or more on the day before the survey. 85% of pupils said they had visited the dentist in the last 6 months

PHYSICAL ACTIVITY

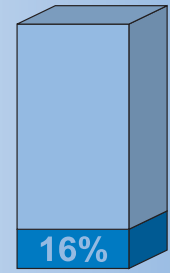
- 67% of pupils said they enjoyed physical activities 'quite a lot' or 'a lot'.



- 32% of the Year 10 boys exercised enough to breathe harder and faster on at least 5 occasions in the previous week compared with 16% of the Year 10 girls.



Year 10 Boys



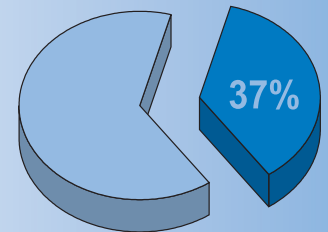
Year 10 Girls

- 46% of boys and 47% of girls walked to school on the day of the survey. 26% of boys and 30% of girls travelled to school by car.

DRUGS, ALCOHOL & TOBACCO

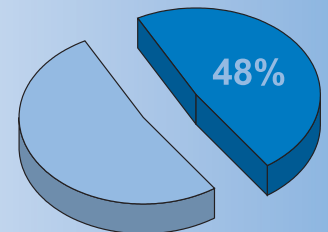
Drugs

- 37% of South Tyneside secondary pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.
- 39% of Year 10 boys and 24% of Year 10 girls have been offered cannabis.
- 4% reported taking an illegal drug in the last month, 6% said they had taken an illegal drug in the last year. 13% of Year 10 pupils had taken cannabis at some point.
- 11% of Year 10 boys and 7% of Year 10 girls have taken an illegal drug and alcohol on the same occasion.



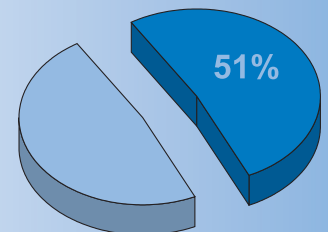
Alcohol

- 48% of pupils said they never drink alcohol.
- Boys: 10% of Year 8 boys, 10% of Year 9 boys and 22% of Year 10 boys drank one or more unit of alcohol in the seven days before the survey.
- Girls: 10% of Year 8 girls, 23% of Year 9 girls and 27% of Year 10 girls drank one or more unit of alcohol in the seven days before the survey.
- 3% of Year 10 pupils said that they had drunk more than 14 units of alcohol in the last seven days.
- 10% of pupils got drunk on at least one day last week.



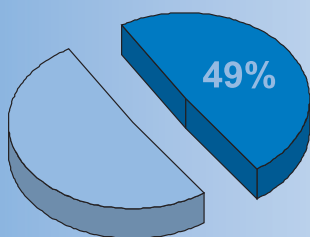
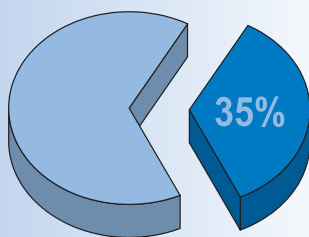
Tobacco

- 51% of pupils reported that there is someone who smokes indoors in their home (including themselves) on most days.
- 67% of secondary boys and 59% of secondary girls reported they had never tried smoking.
- Boys: 4% of Year 8 boys, 6% of Year 9 boys and 15% of Year 10 boys reported that they smoke occasionally or regularly.
- Girls: 9% of Year 8 girls, 11% of Year 9 girls and 19% of Year 10 girls reported that they smoke occasionally or regularly.



EMOTIONAL HEALTH AND WELLBEING

- 35% of pupils had high self-esteem scores.
- When a friend wants them to do something they don't want to do, 65% of pupils said they could 'usually or always' say 'no'. 11% said they were 'rarely' or 'never' able to say 'no'.



- 49% of pupils said that they trusted more than 5 adults. 5% of pupils reported that there were no adults that they trusted.
- 58% of pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life.

The main worries for Year 8 pupils included:

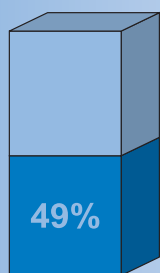
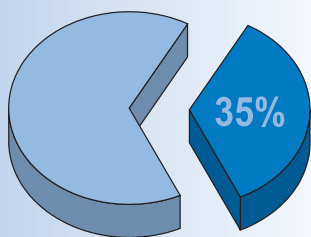
	Boys	Girls
Exams & tests	20%	The way you look 43%
Family problems	15%	Exams & tests 33%
Health problems	14%	Family problems 29%
Career problems	14%	Career problems 21%
The way you look	12%	Problems with friends 19%

These changed to the following for Year 10 pupils:

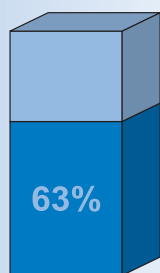
	Boys	Girls
Exams & tests	42%	Exams & tests 65%
Career problems	20%	The way you look 52%
Money problems	20%	Career problems 33%
Family problems	18%	Family problems 30%
The way you look	18%	School-work problems 30%

RELATIONSHIPS AND SEXUAL HEALTH

- 35% of pupils said that they found school lessons about sex and relationship 'quite' or 'very' useful. 19% of pupils said they 'can't remember any'.
- 27% of pupils said that they knew that there was a special contraception & advice centre available locally for young people.
- 49% of boys and 63% of girls in Year 10 knew where to get condoms free of charge.



Year 10 Boys

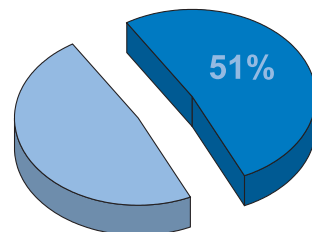
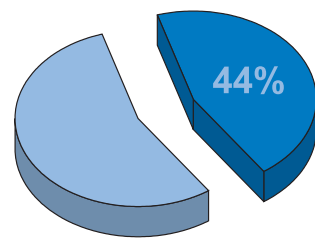


Year 10 Girls

- 72% of boys and 68% of girls in Year 10 knew condoms were reliable in stopping infections like HIV.

SAFETY

- 44% said they were treated for an accident by a doctor or at a hospital within the last year. 19% were due to sporting injuries.
- 20% of pupils reported a fear of going to school at least sometimes because of bullying.
- 17% said they had been bullied at or near school in the past 12 months.
- 51% said they think their school takes bullying seriously.
- 24% of pupils rated the safety of their area, when going out after dark, as 'poor' or 'very poor'. 6% said this about going out during the day.
- 71% of pupils rated their safety at school as 'good' or 'very good', 65% said this about their journey to and from school.
- 12% said they had been the victim of violence or aggression in the area where they lived in the past 12 months.
- 44% of pupils said they 'usually' or 'whenever possible' try to do something to avoid sunburn.



SIGNIFICANT DIFFERENCES BETWEEN SOUTH TYNESIDE AND THE SHEU REFERENCE SAMPLE

- 38% of Year 10 boys in South Tyneside said they would like to lose weight. This is higher than the 29% of boys who said the same in the wider sample.
- 30% of boys in South Tyneside said that they 'never' consider their health when choosing what to eat. This is higher than the 16% of boys in the wider sample.
- 21% of Year 10 pupils said that they eat fresh fruit 'on most days' compared with 35% of the wider sample.
- 15% of Year 10 pupils said that they eat vegetables 'on most days' compared with 43% of the wider sample.
- 68% of Year 10 boys in South Tyneside said they enjoy physical activities 'quite a lot' or 'a lot'. This is lower than the 76% of boys who said the same in the wider sample.
- 74% of Year 8 and 52% of Year 10 pupils said they had never smoked at all, compared with 84% and 63% respectively who said the same in the wider sample.
- 16% of Year 8 pupils in South Tyneside said they had an alcoholic drink in the previous week compared with 10% of Year 8 pupils in the wider sample.
- 68% of Year 10 girls in South Tyneside said they could usually or always say 'no' to a friend who was asking them to do something they didn't want to do compared with 59% of Year 10 girls who said the same in the wider sample.
- 16% of girls in South Tyneside cleaned their teeth 3 times or more the previous day compared with 11% of girls in the wider sample.
- 19% of pupils in South Tyneside use measures to avoid sunburn 'whenever possible' compared with 30% of pupils in the wider sample.
- 84% of Year 10 girls said they are 'never' afraid to go to school because of bullying compared with 78% of girls in the wider sample.

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

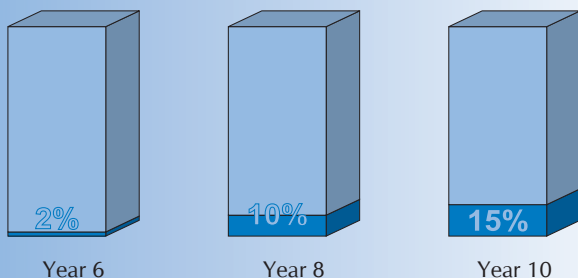
Cross-phase data

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.

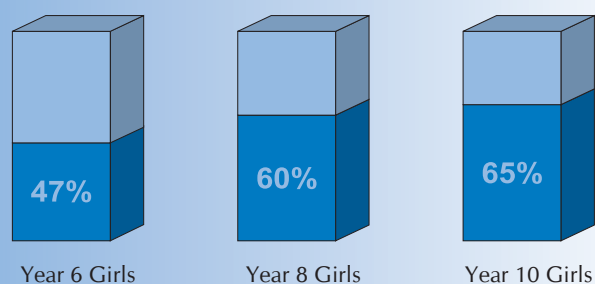
HEALTHY EATING

What did you eat or drink before coming to school today?

- There is an upward trend in the number of pupils who report having 'nothing at all' for breakfast, 2% of Year 6, 10% of Year 8 and 15% of Year 10.



- The proportion of primary and secondary pupils eating crisps and sweets and chocolates 'on most days' is similar across both age groups: 28% of primary pupils eating crisps compares with 29% in the secondary phase.
- Secondary school pupils are less likely to say that they had 5 or more portions of fruit and vegetables the day before, compared with primary aged pupils who said the same; 11% vs. 24%.
- There is an upward trend in girls wanting to lose weight: 47% of Year 6 girls rises to 60% of Year 8 and 65% of Year 10 girls.

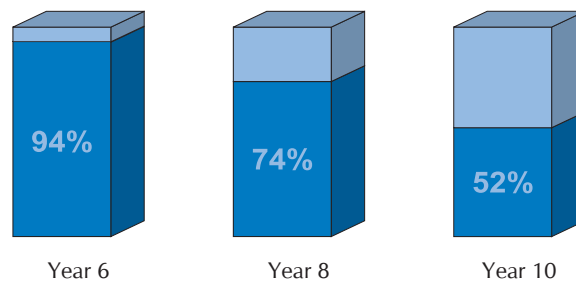


TOBACCO

Did you smoke last week?

- 1% of the primary pupils smoked a cigarette in the week before the survey. 7% of Year 8 pupils and 14% of Year 10 pupils said they had smoked at least one cigarette in the week before the survey.

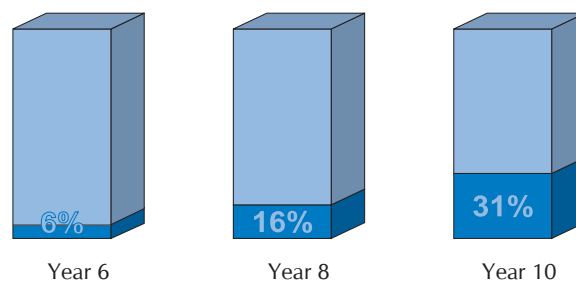
- 94% of Year 6 pupils said that they had 'never smoked at all'. 74% of Year 8 and 52% of Year 10 pupils said the same.



ALCOHOL

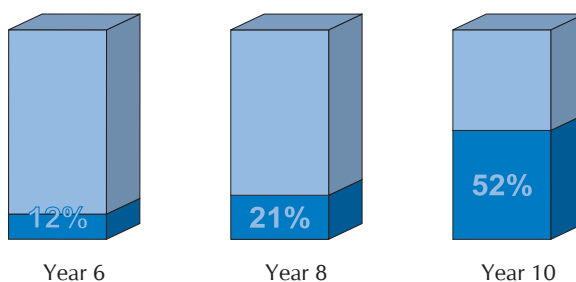
Have you had an alcoholic drink in the week before the survey?

- 6% of the Year 6 pupils had an alcoholic drink in the week before the survey. 16% of Year 8 pupils and 31% of Year 10 pupils said they had drunk alcohol in the week before the survey.



ILLEGAL DRUGS

- 12% of Year 6 pupils said they were 'fairly sure' or 'certain' they knew someone personally who used drugs (not as medicines). 21% said this in Year 8 and in Year 10 it had risen sharply to 52%.

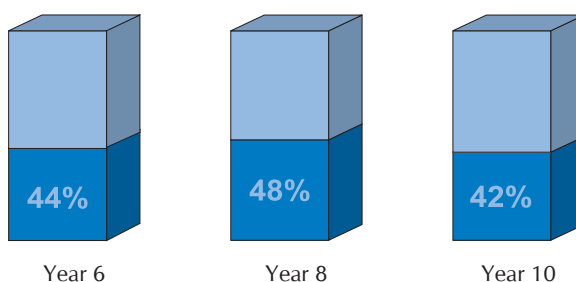


- 3% of primary pupils had been offered drugs. 21% of secondary pupils said that they had been offered cannabis.

SAFETY

Do you do anything to avoid sunburn?

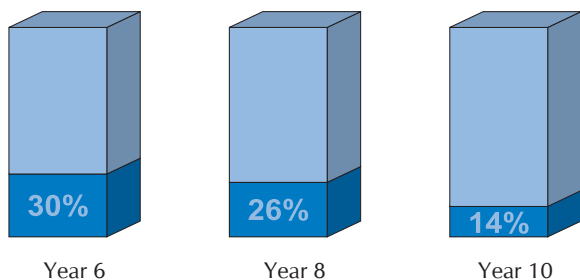
- 44% of Year 6 pupils said that they 'usually' or 'whenever possible' do something to avoid sunburn. 48% of Year 8 and 42% of Year 10 said the same.



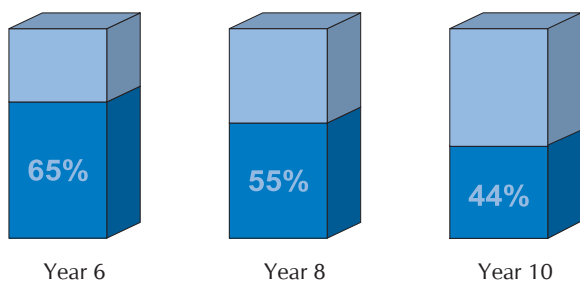
EMOTIONAL HEALTH & WELLBEING

Are you ever afraid of going to school because of bullying?

- 33% of Year 6 pupils said they felt afraid of going to school at least sometimes. 26% of Year 8 pupils and 14% of Year 10 pupils said that they feel afraid of going to school because of bullying at least sometimes.

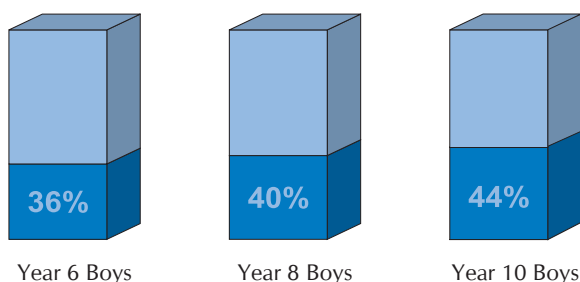


- Our surveys show that the figures for girls are usually higher than for boys.
- 23% of Year 6 said they had been bullied in the last 12 months. This drops to 20% in Year 8 and 13% in Year 10.
- 65% of Year 6 said their school take bullying seriously. This drops to 55% in Year 8 and 44% in Year 10.



Self-esteem

- Self-esteem appears to increase with age. 36% of Year 6 boys recorded levels of high self-esteem. In Year 8 this increased to 40% for boys and in Year 10, 44% of boys also record levels in the highest bracket.



- A clear gender difference is apparent with fewer girls recording levels of high self-esteem compared with boys, for example, 44% of Year 10 boys compared with 26% of Year 10 girls.

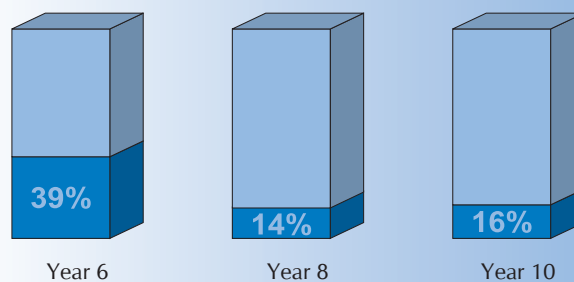
How much do you worry about problems?

- The proportions of pupils who said they worried 'quite a lot' or 'a lot' about at least one of the problems listed in the questionnaires were: 72% of primary aged pupils, 54% of Year 8 pupils and 68% of Year 10 pupils.
- Top worry for both primary aged pupils and secondary aged pupils are SATs/tests and exams/tests. 41% vs. 39%.

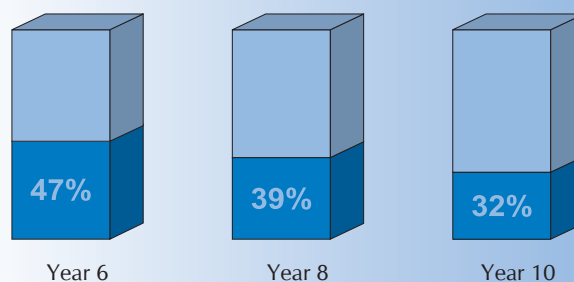
PHYSICAL ACTIVITIES

- 46% of primary pupils said that they exercised hard at least 5 times in the previous week, only 27% of secondary pupils said the same, again there were gender differences with the boys being more active than the girls.

- Girls figures are:



- Boys figures are:



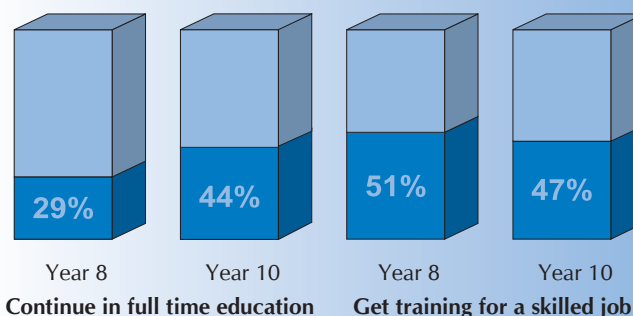
- 80% of primary pupils said that they enjoy physical activity 'quite a lot' or 'a lot'. This compared with 67% of secondary pupils who said the same.

SECONDARY ONLY

FUTURE PLANS

What do you hope to do when you leave school?

- 29% of Year 8 pupils said they would like to continue in full-time education. 44% of Year 10 pupils said the same. 51% of Year 8 pupils said they would like to get training for a skilled job. 47% of Year 10 pupils said the same.



Sexual Health

Do you know where you can get condoms free of charge?

- The proportion of secondary pupils who reported that they knew where to get condoms free of charge increases with age. 35% of Year 8, 42% of Year 9 and 56% of Year 10.
- 57% of Year 8 correctly identified that condoms are reliable to stop infections such as HIV. The number increases to 70% of Year 10 pupils who said the same.

The Way Forward – over to you

We are grateful to the teachers, schools, and young people for their time and contributions to this survey. As a result of their work we have excellent data to be used by all key agencies that support the health needs of young people in South Tyneside.

The information gathered from this survey will be used by schools, public health, South Tyneside Council and local health services for young people to compare local adolescent health behaviour to national statistics. The information will be used to prioritise areas of action to develop evidence based programmes, interventions and services.

The findings will be shared with the Children, Adult and Families Board, the Health and Wellbeing Board, Head teachers, Healthy Schools, School Nurses and other providers supporting young people. The data will be used by these groups to assess effectiveness of current provision, highlighting any unmet need or gaps in provision, with a view to inform service review and delivery.

The results of the lifestyle survey will also be used to further enhance our Healthy Schools Programme, so that we can address inequalities, promote inclusion and encourage participation. This will be achieved by providing accessible services and equipping young people with the skills to make informed decisions.

Our thanks go to the staff and pupils who took part in the survey:

PRIMARIES

Fellgate Primary School
Forest View Primary School
Hadrian Primary School
Holy Trinity CE VA Primary School
Marine Park Primary School
SS Peter and Paul RC Voluntary Aided Primary School
St Oswald's CofE Aided Primary School
Stanhope Primary School
The Beacon Centre
Valley View Primary School
West Boldon Primary School

SECONDARIES

Boldon School
Harton Technology College
Jarrow School
South Shields Community School
The Beacon Centre

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South Tyneside Council

