

Schools - their role in supporting children's health and wellbeing

Context

- Schools are well placed to work with a range of services to enable them to adopt a whole school approach to health and wellbeing. These approaches should be sustainable and positively impact the whole school community and take into account many aspects of school life in key areas such as:
 - developing healthy behaviours
 - reduce health inequalities
 - promote social inclusion
 - raise achievement of children and young people

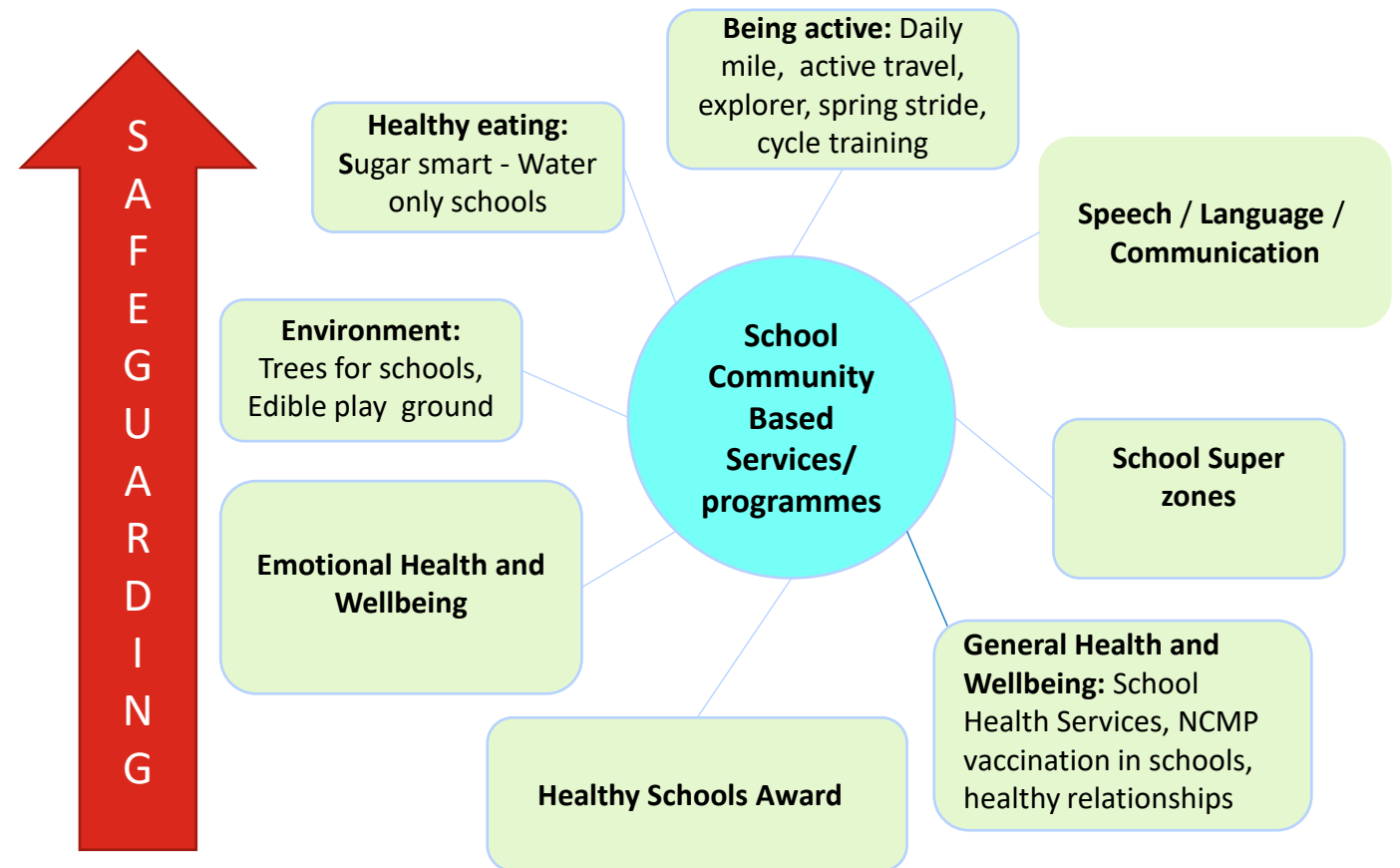
Impact - research evidence shows that education and health are closely linked. Therefore, promoting the health and wellbeing of children and young people within schools has the potential to improve their educational outcomes *and* their health and wellbeing outcomes. *(The link between pupil health and wellbeing and attainment, Public Health England 2014)*

Working with schools?

Comments

Healthy Schools London Award – involves partnership working between governors, senior leaders, teachers and all school staff as well as external services, parents, carers and the wider community.

Emotional health and wellbeing – involves partnership working with child and adolescent mental health services, mental health first aiders, The Anchor Approach and social workers in schools



Health Related Behaviour Questionnaire

The voice of children and young people
2021/22

The survey



The Health Related Behaviour Questionnaire (HRBQ) is a school based survey which collects data directly from children and young people in Haringey. The national Schools Health Education Unit is commissioned by the Public Health Team to deliver the survey every two years.

November 2021 - January 2022, 35 schools surveyed:

- **Primary:** Year 4 and Year 6
- **Secondary:** Year 8 and Year 10

2,387 primary pupils, and 1,412 secondary pupils. **A total of 3,835 pupils.** This is an increase of 37% since the survey was last carried out in 2019/20.

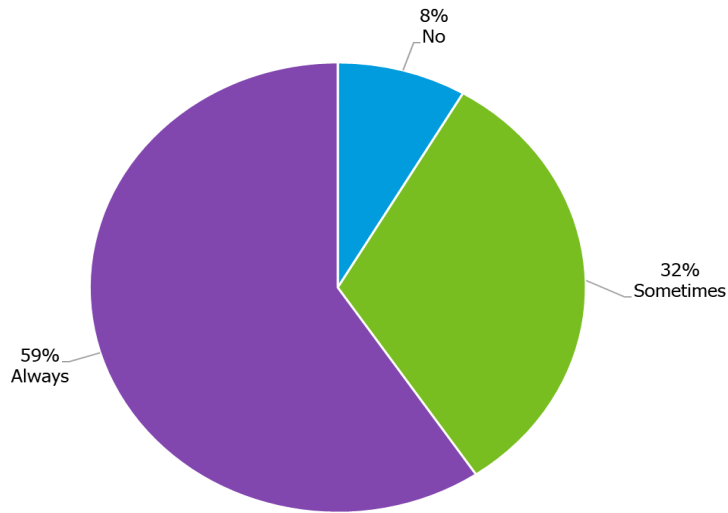
In **special schools**, a total of **36 pupils from 2 schools** were surveyed. **Due to the small sample size, for the majority of questions statistical significance cannot be described.**

Teachers are briefed on the survey. Pupils anonymously complete the paper or online questionnaire. Trend data from previous years surveys is available.

Topics include: Healthy eating, dental care, physical activity, drugs, alcohol and tobacco, puberty and growing up, emotional health and wellbeing, staying safe, COVID-19, making a positive contribution

PRIMARY

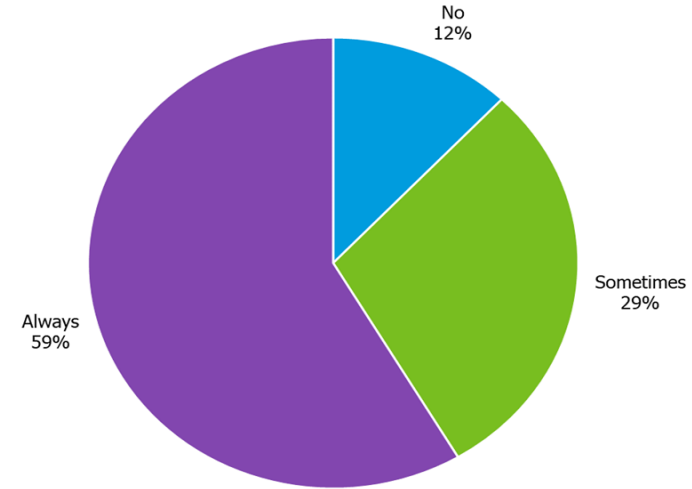
PRIMARY: Do you have a trusted adult you can talk to if something worries you?



Source: Health Related Behaviour Questionnaire (HRBQ) 2022

SECONDARY

SECONDARY: Do you have a trusted adult you can talk to if something worries you?

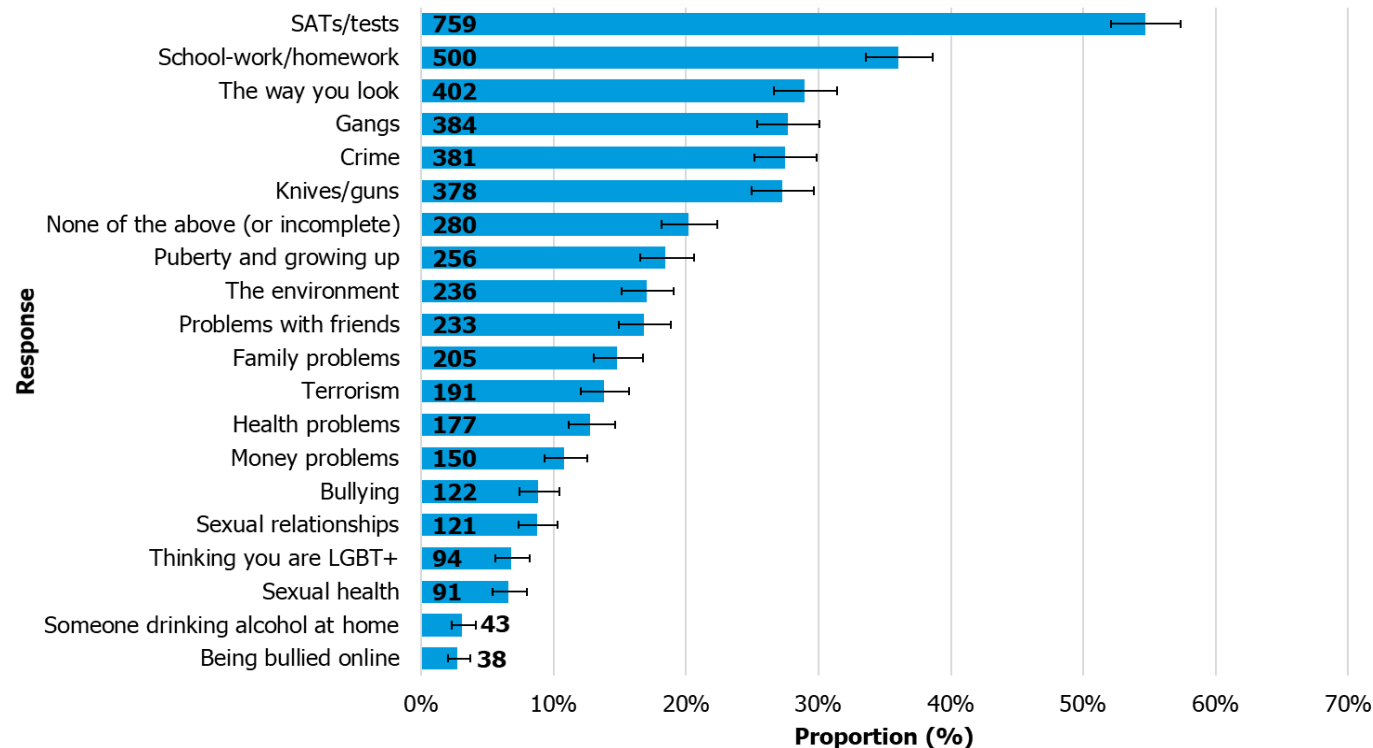


Source: Health Related Behaviour Questionnaire (HRBQ) 2022

- **59% of primary and secondary pupils** reported that they ‘always’ have a trusted adult they can speak to. Of these pupils, **77% of primary students and 60% of secondary students** have a trusted adult in their school they can speak to.
- Significantly more primary school pupils said that they did not have a trusted adult than in 2019/20 (**8% vs 5%**) . There was no significant difference in secondary school responses.

50% of students reported worrying about at least one of these issues 'very often' and 29% said they worried about them 'quite often'. This has not changed from 2019/20

Do you worry about the following things? Number and % Responding 'quite' or 'very often'



Source: Health Related Behaviour Questionnaire (HRBQ) 2022

- The top 5 problems students worried quite or very often about were:



SATs/Tests
(55%)



**School-work/
homework** (36%)



**The way you
look** (29%)



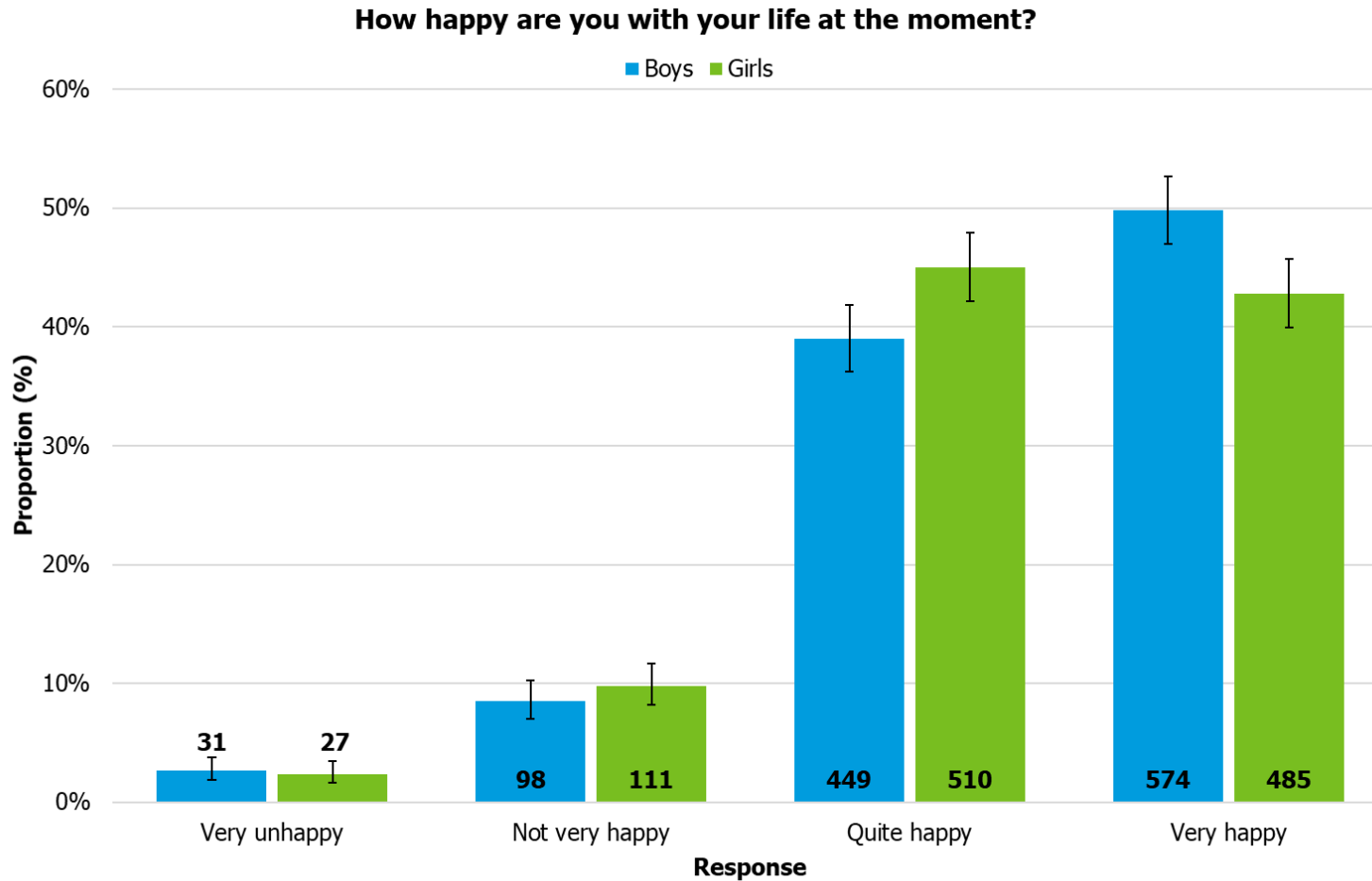
Gangs (28%)



Crime (27%)

Compared to 2019/20, in 2021/22 pupils were significantly less likely to worry quite often about gangs (28% vs 36%), crime (27% vs 39%), knives and guns (27% vs 38%), the environment (17% vs 28%), and terrorism (14% vs 23%). They were significantly more likely to worry quite often about SATs/tests (55% vs 46%).

PRIMARY

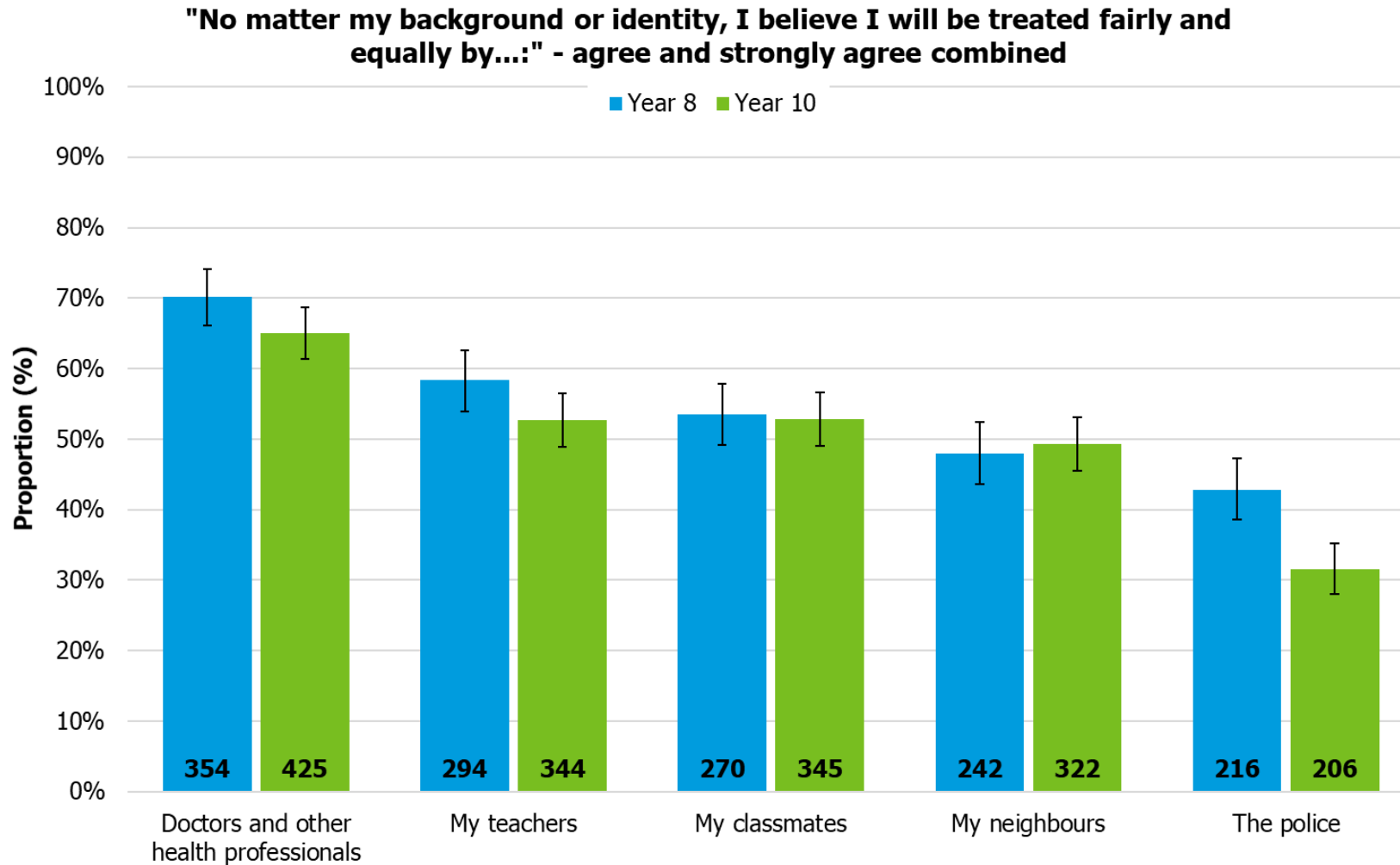


Source: Health Related Behaviour Questionnaire (HRBQ) 2022

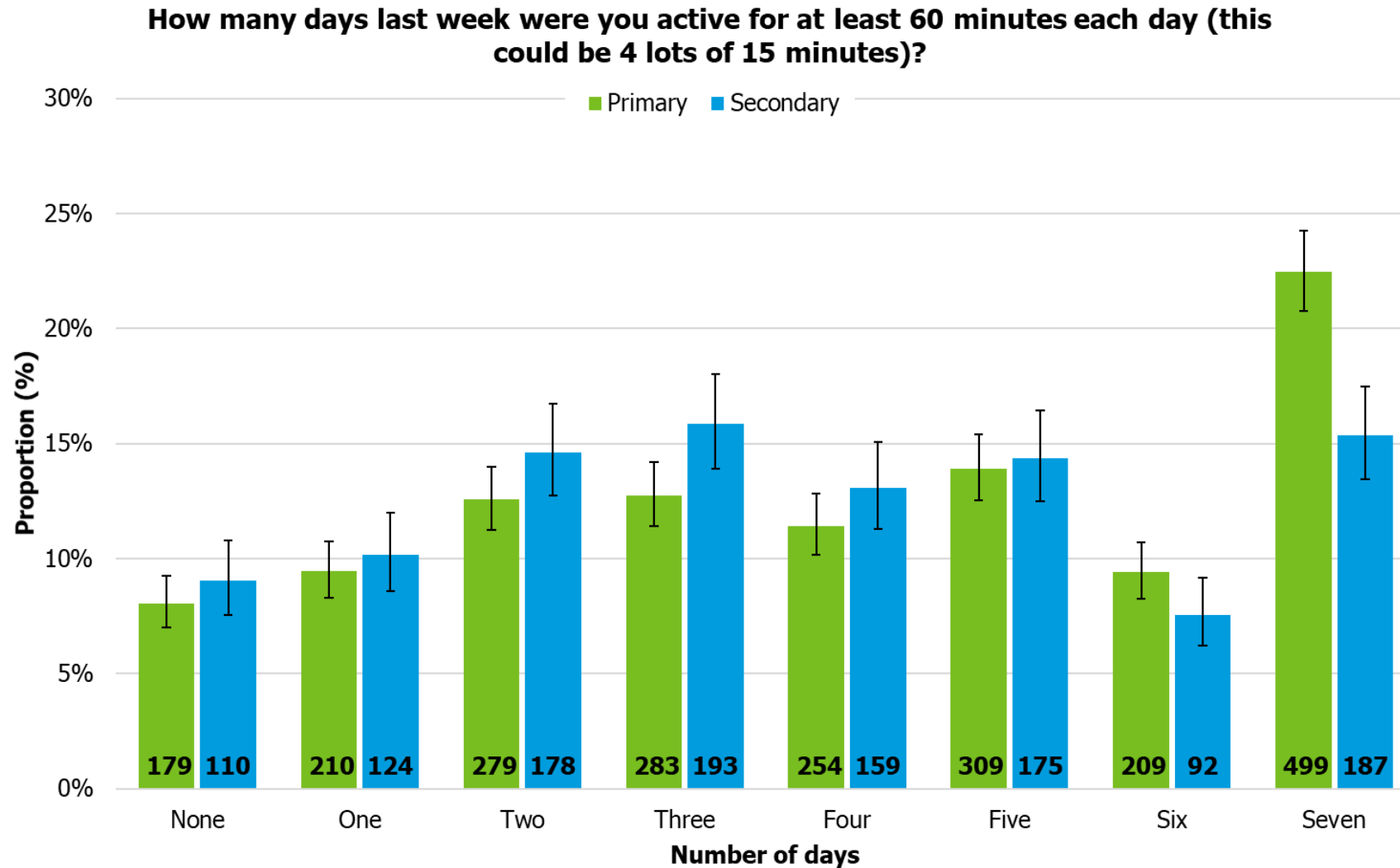
- Boys were significantly more likely to report that they are 'very happy' with their lives at the moment, than girls (47% vs 40%).
- There was no significant difference between boys and girls who reported to be 'very unhappy' or 'not very happy'.
- 3% of girls and 2% of boys reported to be 'very unhappy' with their lives at the moment.

In 2022, pupils were less happy than in 2019/20 and 2017/18, with a significantly smaller proportion reporting that they were very happy (46% vs 52% and 51%).

SECONDARY



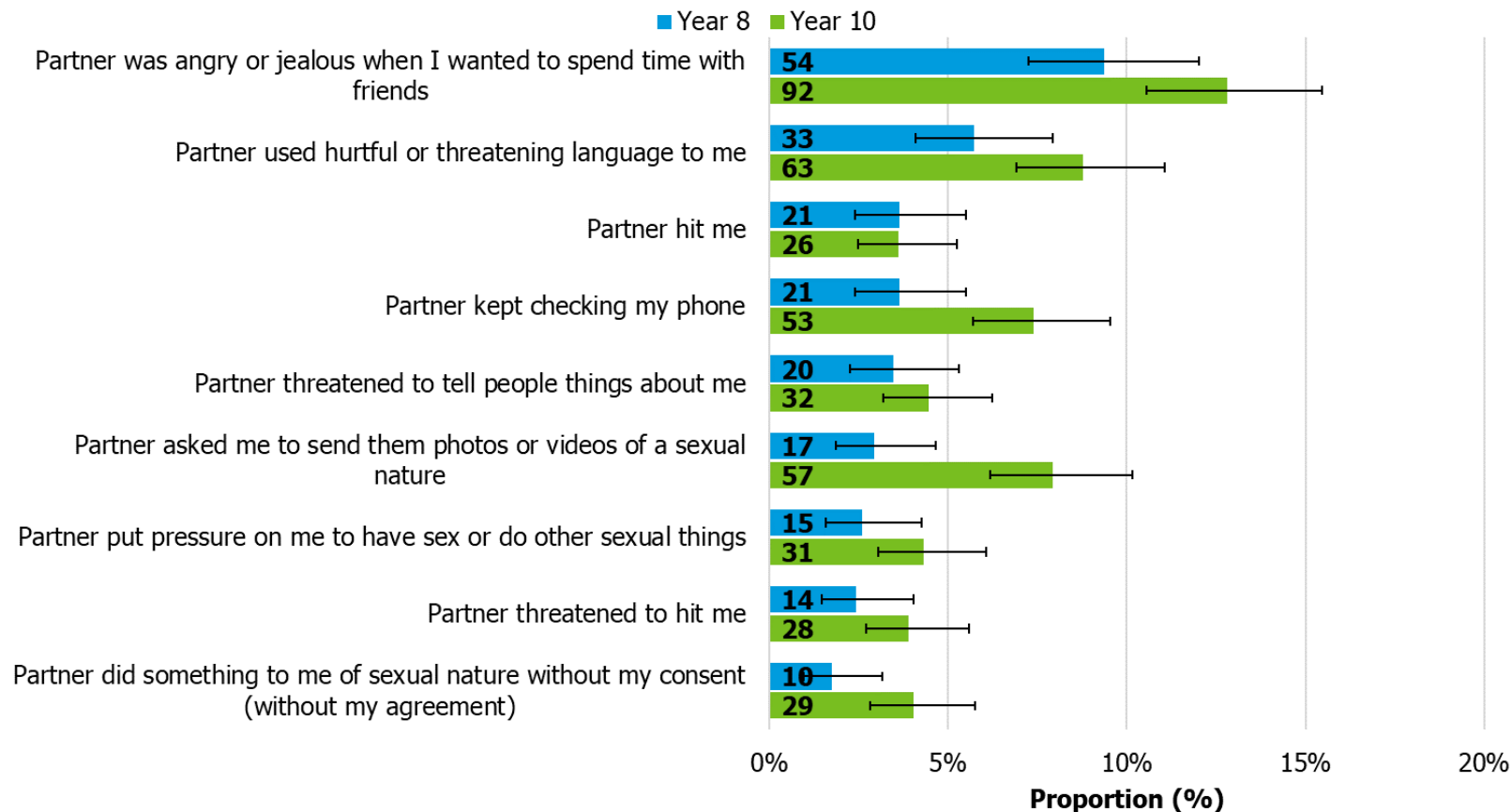
- The smallest proportion of pupils agreed that the police would treat them fairly (36%).
–Significantly fewer Year 10s than Year 8s agreed (32% vs 43%)
- Just over half of students thought their teachers and classmates would treat them fairly no matter their background or identity.



- Primary school students were **significantly more likely** than secondary students to have been active every day the previous week (**22% vs 15%**).
- The majority of primary school pupils were active for at least 60 minutes **every day** the previous week (**22%**).
- The majority of secondary school pupils were active for at least 60 minutes for **three days** the previous week (**16%**).

Healthy relationships - secondary

Have any of these things happened to you in a romantic relationship with a partner (boy/girlfriend)? Yes in a past relationship, and yes with current boyfriend/girlfriend combined

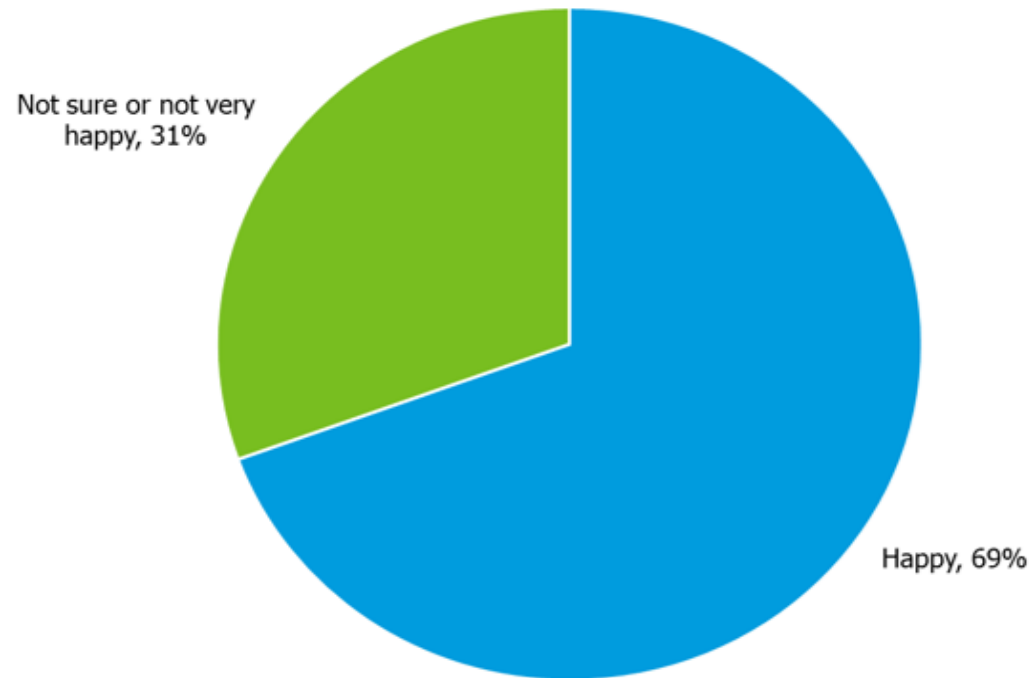


- The largest proportion of students said their partner has been angry or jealous when they wanted to spend time with friends (Year 8= 9%, Year 10=13%).
- 47 students said that their current or past partner had hit them.
- 39 students said their partner had done something of a sexual nature without their consent.
- A significantly larger proportion of year 10 than year 8 students had had a partner ask them to send sexual photos (8% vs 3%).

Source: Health Related Behaviour Questionnaire (HRBQ) 2022

When asked if they would know what to do if one of the above happened to them, 52% of Year 8 and 63% of Year 10 students responded that they would. Only 23% of Year 8 and 18% of Year 10 students would tell a staff member at school.

How happy are you with your life at the moment?

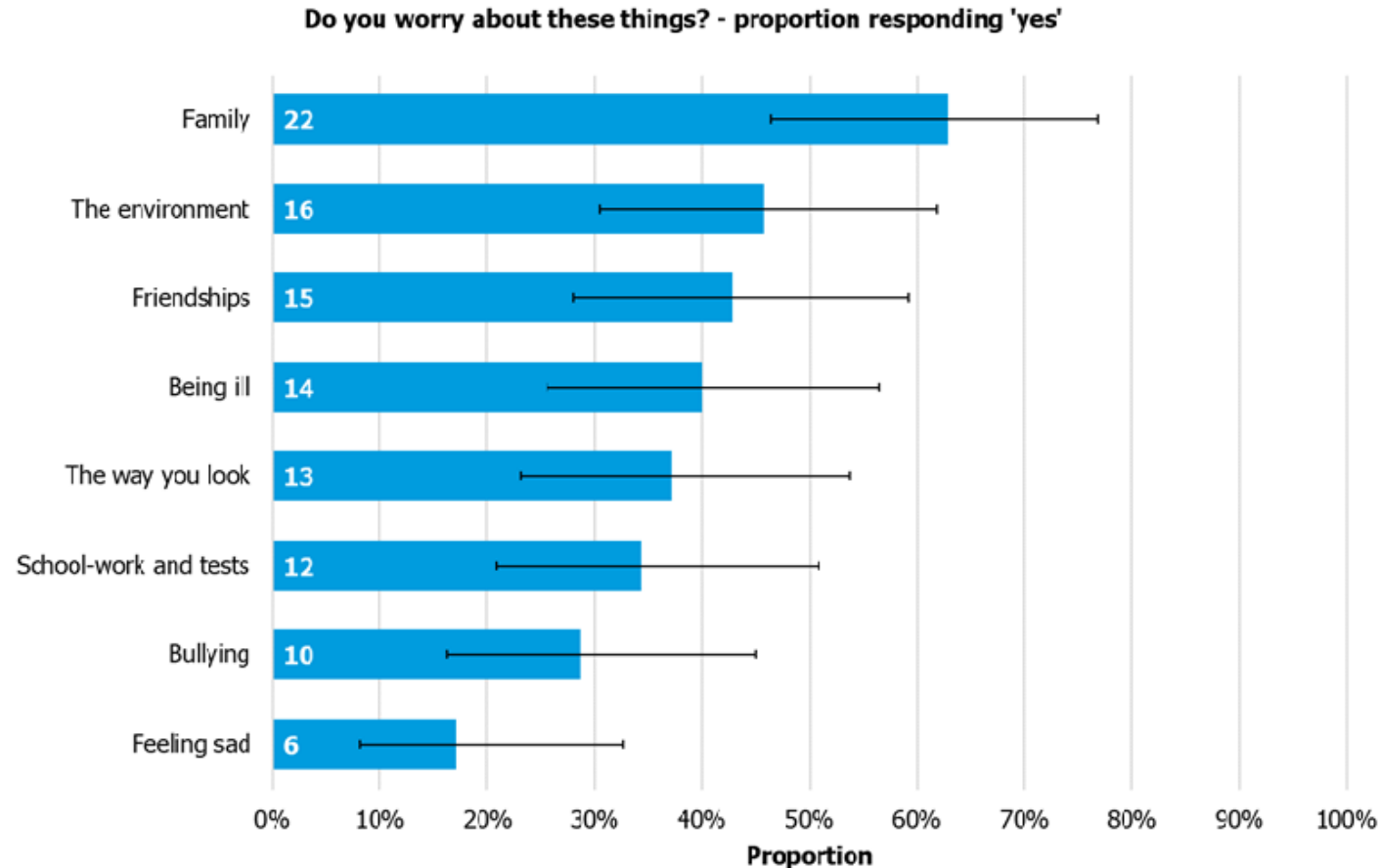


· Over **two thirds** of pupils said that they are happy with their life at the moment.

Note: Data relates to pupils attending special schools only (n=36)

Source: Health Related Behaviour Questionnaire 21/22

Pupils were asked if they worried about the following things:



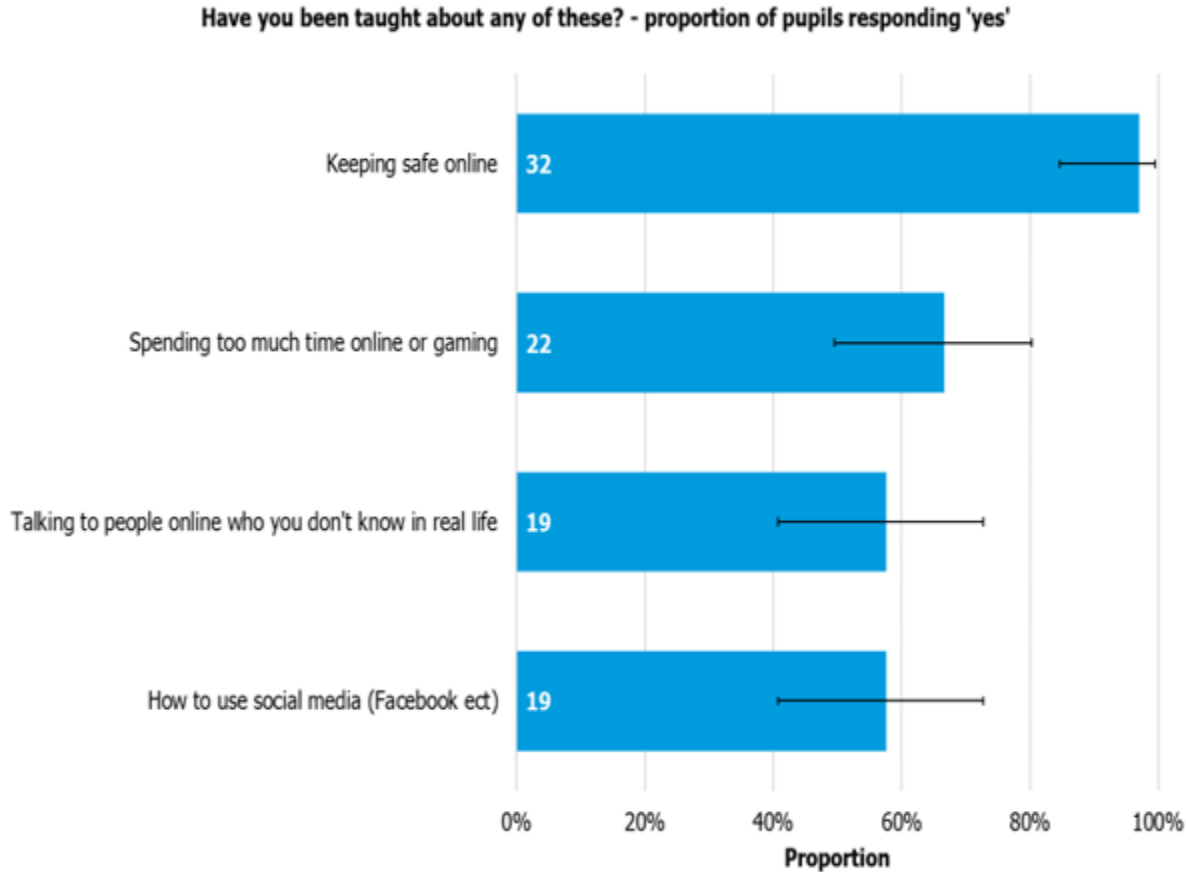
Note: Data relates to pupils attending special schools only (n=35)

- Pupils were asked whether they worry a lot. 13 (38%) replied 'yes' and 13 (38%) replied 'no'.

- The primary reason pupils worried was **family (63%)**.
- This was followed by the **environment (46%)** and **friendships (43%)**.

Pupils were then asked who they could talk to if something was worrying them. The largest proportion of pupils said their **family (89%)**, followed by **teachers (74%)**.

Safety – special schools



- The majority of pupils said they had been taught about keeping safe online (**97%**). This was followed by:

- Spending too much time online or gaming (**67%**)
- Talking to people online who don't know you in real life (**58%**)
- How to use social media (Facebook etc) (**58%**)

- **12 pupils** had not been taught about **talking to people online who don't know you in real life**.

Note: Data relates to pupils attending special schools only (n=33)

Source: Health Related Behaviour Questionnaire 21/22

Primary school

- The majority of children received lessons/information about smoking, alcohol and drugs in the classroom. However (21% - 25%) reported that they hadn't.
- 8% of Year 6 pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs (not as medicines)
- 23% of pupils said that they live with someone who smokes cigarettes

Secondary school

- 24% said that their lessons on drug education were 'quite' or 'very useful'
- 20% are 'fairly sure' or 'certain' that they know someone who takes drugs to get high.
- 8% have been offered cannabis. 2% had been offered ecstasy and 1% other drugs.
- 4% have taken an illegal drug at some point.
- 4% (1% of Year 8 and 7% of Year 10) said that they drink alcohol occasionally or regularly.
- 33% said someone they live with smokes (15% smoking inside their home).
- 11% said that they had tried vaping once or twice; 5% said they vape 'occasionally' or 'regularly'.

On going support

- Sharing the survey with relevant partners and services (internal and external) across the children and young people pathway to inform service planning and development
- Working with schools on an individual basis to address specific areas in their survey results and supporting them to improve their whole school approach to health and wellbeing
- Linking schools with the wide range of programmes available
- The Public Health team will continue to work with schools and partners to improve health outcomes relating to emotional wellbeing, healthy relationships, physical activity, substance misuse and healthy weight through our core work e.g. the VAWG strategy, the combating drugs partnership, the healthy weight strategy etc.

Next steps

- Develop the next survey for 2023/24 and continue to increase school participation