

Supporting the Health & Wellbeing of Children and Young People in HARINGEY

A summary of the Health Related Behaviour Survey 2021

These results are the compilation of data collected from children and young people in schools in Haringey during 2021. This survey was commissioned by the **Haringey Public Health Team** to collect reliable information about young people's health and wellbeing.

Collecting the figures

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire. The sample sizes are shown in the table below.

Completed questionnaires were then returned to SHEU in Exeter for processing. Some of the schools conducted the survey online.

Where figures are also given in a chart, they are shown in bold.

COVID-19

Due to the COVID-19 pandemic, some questions were included this year to look for specific issues pupils may have encountered as a result. A selection of these are shown on pages 3 and 5.

➤ Trends ▼

This study follows a similar study in 2009, 2013, 2015, 2017 and 2019. Where changes can be seen in the figures from the borough in 2019, these are noted on pages 3 and 5. The timings of the 2019 survey, before the pandemic, and the 2021 survey, during the pandemic are likely to have an impact on some of the observations.

4157 young people were involved in the 2021 survey:

School Year	Year 4	Year 5	Year 6	Year 8	Year 10	Total
Age	8-9	9-10	10-11	12-13	14-15	
Boys	529	187	637	323	406	2082
Girls	531	168	618	276	336	1929
Total	1089	358	1298	626	786	4157

*146 pupils didn't select male or female

Topics in this report:

Being healthy:

Healthy eating; physical activity; health services; smoking, drinking and drugs; sexual health

Staying safe

Emotional health and wellbeing

Economic wellbeing & family background

Making a positive contribution

SHEU Schools Health Education Unit

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The Unit specialises in questionnaire surveys of children and young people for Local Authorities, voluntary agencies, charities, schools and colleges and other partnerships. SHEU is also able to undertake consultation, monitoring and evaluation exercises, and bespoke research.

In partnership with the Schools Health Education Unit



Haringey Primary school pupils in Years 4-6 (aged 8 - 11)

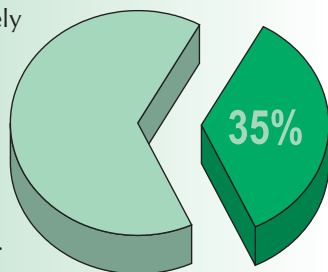
BACKGROUND

- 27% of pupils described themselves as White British.
- 26% described themselves as Black/Black British, 18% as White other and 7% as Asian or Asian British.
- 95% live with mum, 76% live with dad, 8% live with other family members like grandparents and 1% live with other adults.

BEING HEALTHY

HEALTHY EATING

- 7% of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey.
- When asked why they didn't have breakfast, 6% said they didn't have time, 1% said there was no food at home that morning and 4% said they weren't hungry.
- Pupils were asked to identify, from a list, the foods which they ate 'on most days'. 64% of pupils said they have fresh fruit and 47% said vegetables/salad. 19% said crisps and 18% said sweets 'on most days'.
- 6% of pupils said that they 'rarely or never' ate fresh fruit. 13% said they 'rarely or never' had vegetables/salads.
- 35% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey**, 9% had eaten none.
- 81% of pupils said they can get water at school, 15% said 'not easily'.
- 16% said they never have school dinners.
- Of those who have school dinners, 33% of pupils said that they enjoy school meals 'quite a lot' or 'a lot', 22% said 'not at all' and 45% said 'a little'.

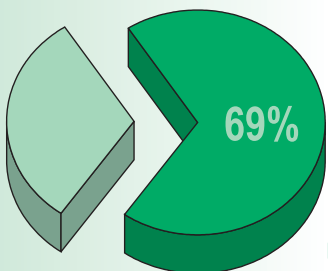


Dental care

- 82% of pupils responded that they cleaned their teeth at least twice on the day before the survey. 2% said they didn't clean their teeth at all the day before.

PHYSICAL ACTIVITIES

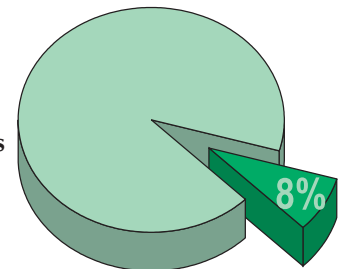
- 89% of pupils agreed that they enjoyed taking part in exercise and sport.
- 83% agreed that they feel confident when they exercise or take part in sport.
- 69% agreed that they find exercise and sport easy.**
- 93% said they understand why exercise and sport are good for them.



DRUGS, ALCOHOL AND TOBACCO

Drugs

- 33% of Year 6 pupils said they have learned about drugs at home while 59% of pupils have learned about drugs at school; 25% haven't learned about drugs in either place.
- 8% of Year 6 pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs (not as medicines).**

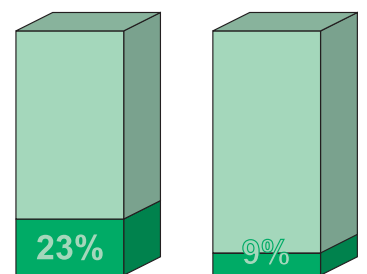


Alcohol

- 38% of Year 6 pupils said they have learned about alcohol at home while 57% of pupils have learned about alcohol at school; 22% haven't learned about alcohol in either place.

Smoking

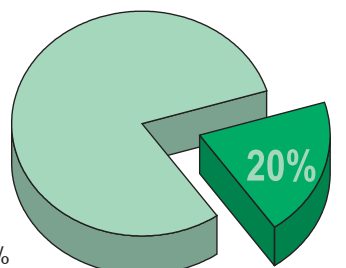
- 23% of pupils said that they live with someone who smokes cigarettes.**
- 9% said that someone smokes inside their home.**



- 38% of Year 6 pupils said they have learned about smoking at home while 57% of pupils have learned about smoking at school; 21% haven't learned about smoking in either place.
- 5% of Year 6 pupils said that someone at home smokes shisha; 14% said they weren't sure.

PUBERTY AND GROWING UP

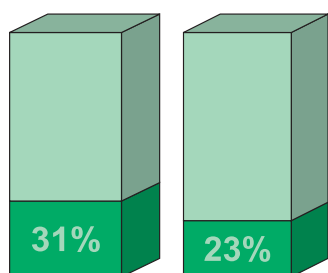
- 47% of Year 6 pupils said they have learned about puberty and growing up at home while 67% of pupils have learned about it at school; 11% haven't learned about it in either place.
- 49% of Year 6 pupils said they have learned about respectful relationships at home while 64% of pupils have learned about them at school; 12% haven't learned about them in either place.
- 21% of Year 6 boys and 63% of Year 6 girls said they have learned about periods at home while 52% of Year 6 pupils have learned about them at school; 32% of boys and 12% of girls haven't learned about them in either place.
- 20% of Year 6 pupils said there were other things about growing up that they wanted to know.**
- 34% of Year 6 pupils said they have learned about human reproduction at home while 59% of pupils have learned about it at school; 21% haven't learned about it in either place.



- 21% of boys and 25% of girls said they worried 'quite often' or 'very often' about body changes as they grow up.
- 47% of boys and 39% of girls said they 'never' worried about body changes as you grow up.

EMOTIONAL HEALTH & WELLBEING

- 88% of pupils are 'quite' or 'very happy' with their lives at the moment; 3% are 'very unhappy'.



- 31% of boys and 23% of girls in Year 6 had high self-esteem scores.**
- 8% of pupils had low self-esteem scores.
- 57% of pupils said they worried 'very often' about at least one of the items listed in the questionnaire.

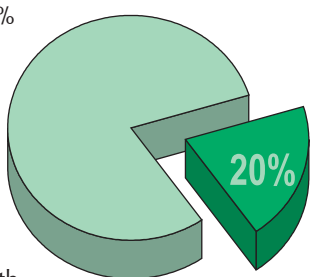
- The top 5 worries were as follows:**

	Boys		Girls
SATs/ tests	38%	SATs/ tests	47%
Environment	33%	Environment	31%
Knives/guns	25%	Knives/guns	27%
Gangs	22%	Crime	25%
Crime	21%	The way you look	24%

- 59% of pupils said they 'always' have a trusted adult to talk to if they are worried about anything, 32% said sometimes; 8% said they didn't have anyone to talk to if they were worried.

STAYING SAFE

- 5% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying. 29% of pupils said 'sometimes' and 66% said 'never'.
- 20% of pupils responded that they have been bullied at or near school in the last 12 months.** 12% said they told an adult about this.
- 46% of pupils responded that they think their school deals with bullying well, while 34% said they 'don't know' and 20% said it didn't.
- 53% of pupils responded that they have been pushed or hit at least 'a few times' in the last month; 52% said they had been ignored or excluded.
- 75% of pupils said that they feel safe on their way to school. 73% of pupils said that they feel safe at school.
- 62% of Year 6 pupils have their own smart phone.
- 79% of pupils agreed that there were safe places for them to play outside near where they live; 20% disagreed with this.



COVID-19 coronavirus

- 76% of pupils said that during the pandemic, their household had been able to get enough food for everyone every day/almost every day. 4% said 'not at all' and 5% said 'sometimes'.
- 32% of pupils thought their learning had been affected 'quite a lot' or 'a lot' by lockdowns; 20% said 'not at all'.
- Year 6 pupils worried at least 'quite a lot' about:**

	Boys	Girls
Family/friends catching COVID-19	31%	33%
Having enough food	35%	28%
Having enough money in their family	32%	27%
COVID-19 spreading at school	26%	30%
Impact on economy, jobs etc.	27%	19%

MAKING A POSITIVE CONTRIBUTION

- 63% of Year 6 pupils said that they think they can 'often' or 'always' achieve anything if they work at it.
- 81% said that they feel worried about doing well in tests.
- 45% of pupils said that they can 'often' or 'always' cope with whatever happens to them.
- 87% of pupils said 'often' or 'always' think it is important to help others when they can.

SIGNIFICANT DIFFERENCES BETWEEN THE HARINGEY 2021 SURVEY AND THE PREVIOUS 2019 SURVEY

The following is a list of significant differences between the two surveys 2019 figures in brackets:

- 30% (67%) of pupils said that they are able to get water from a water fountain at school.
- 52% (38%) of pupils 'never' worry about crime.
- 23% (35%) of pupils 'quite' or 'very' often worry about gangs.
- 63% (74%) of Year 6 pupils feel they can 'often' or 'always' achieve anything if they work at it.
- 69% (77%) 'agree' or 'strongly agree' that they find exercise and sport easy.
- 23% (27%) of pupils said that someone they live with smokes.
- 36% (31%) of pupils ate fruit as a snack after school the previous day.
- 49% (42%) of Year 6 pupils have learned about respectful and healthy relationships at home.
- 9% (13%) think their school dinners are 'not very healthy'.
- 26% (30%) of pupils had a high self-esteem score.
- 88% (91%) said that they are 'quite' or 'very' happy with their life at the moment.
- 83% (88%) 'agree' or 'strongly agree' that they feel confident when they take part in exercise and sports.
- 89% (92%) 'agree' or 'strongly agree' that they enjoy taking part in exercise and sport.

Secondary school pupils in Years 8 & 10 (ages 12 - 15)

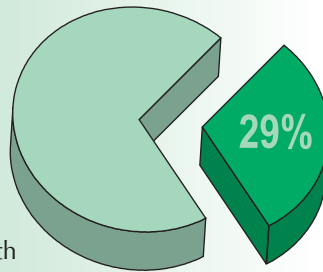
BACKGROUND

- 12% of pupils described themselves as White British.
- 25% described themselves as Black/Black British, 24% as White other and 14% as Asian or Asian British.
- 95% live with mum, 68% live with dad, 7% live with other family members like grandparents and 1% live with another adult.

BEING HEALTHY

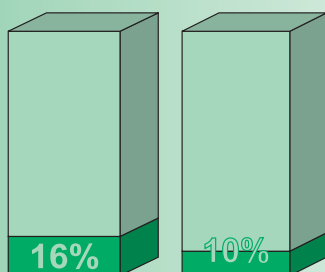
HEALTHY EATING

- 29% of pupils reported having nothing to eat or drink for breakfast on the day of the survey.
- 19% of pupils reported 'never' considering their health when choosing what to eat. 33% of pupils consider their health 'often' or 'always'.
- 15% of pupils said they had no lunch on the day before the survey. 27% of pupils ate a packed lunch or went home for lunch, 49% had a school meal and 10% bought lunch from a takeaway or shop.
- 22% of pupils said they eat sweets and chocolates 'on most days'. 14% said they ate crisps 'on most days'.
- 42% said they eat fresh fruit and 35% vegetables and salads 'on most days'.
- 12% said they have sports drinks and 11% have fizzy drinks 'on most days'.
- 15% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 16% had eaten none.
- 61% of pupils said that they sit down for meals with their family 'most days'.



PHYSICAL ACTIVITY

- 81% of pupils agreed that they enjoyed taking part in exercise and sport.
- 72% agreed that they feel confident when they exercise or take part in sport.
- 68% agreed that they find exercise and sport easy.
- 92% said they understand why exercise and sport are good for them.



- 16% of pupils said they couldn't swim.
- 10% can swim with floats or arm bands.

SEX AND RELATIONSHIPS

- 30% of pupils said that their sex education lessons had been useful. 33% of pupils said that their lessons on being safe in a relationship had been useful.
- 29% of Year 10 and 14% of Year 8 know where to get condoms free of charge.
- 29% of Year 10 and 23% of Year 8 know where to get sexual health advice if they needed it.
- 19% of Year 10 and 7% of Year 8 know where to get emergency hormonal contraception.
- 18% of Year 10 and 10% of Year 8 know where to get tested for chlamydia.
- Year 10 have learned 'quite a lot' or 'a lot' about:

Boys	Girls
Unhealthy relationships 41%	Unhealthy relationships 45%
Sexuality 41%	Sexuality 44%
Giving/obtaining consent 41%	STIs and how to avoid 40%

DRUGS, ALCOHOL & TOBACCO

Drugs

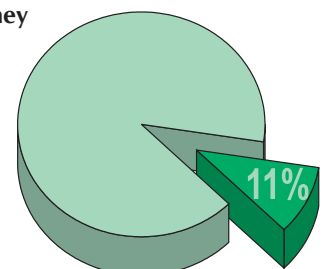
- 20% of Haringey secondary pupils are 'fairly sure' or 'certain' that they know someone who takes drugs to get high.
- 8% of pupils have been offered cannabis. 2% had been offered ecstasy and 1% other drugs.
- 7% of pupils said that someone in their family smokes cannabis.
- 4% of pupils have taken an illegal drug at some point.
- 24% of pupils said that their lessons on drug education were 'quite' or 'very useful'.

Alcohol

- 4% of pupils (1% of Year 8 and 7% of Year 10) said that they drink alcohol occasionally or regularly.
- 6% said if they drink alcohol, that they are bought/given it by parents/family.
- 3% said that they worry about someone drinking alcohol at home.

Tobacco

- 93% of pupils said they had never smoked at all.
- 1% of pupils said they smoke cigarettes occasionally or regularly.
- 33% of pupils said someone they live with smokes (15% smoking inside their home).
- 17% of pupils said that someone in their family vaped using e-cigarettes.
- 11% of pupils said that they had tried vaping once or twice; 5% said they vape 'occasionally' or 'regularly'.



EMOTIONAL HEALTH & WELL-BEING

- 60% of pupils reported they are, in general, 'quite' or 'very' satisfied with their life at the moment.
- 35% of pupils had high self-esteem scores.
- 6% of pupils had very low self-esteem scores.
- 80% of pupils said they worried about at least one of the items listed in the questionnaire.

Responses to individual items were as follows:

	Year 8		Year 10	
Exams and tests	51%	Exams and tests	58%	
Gangs	31%	The way you look	28%	
The way you look	30%	Knives/guns	26%	

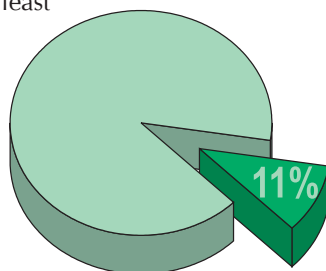
- 59% of pupils said that they 'always' have a trusted adult they can talk to if they were worried. 12% said they had no one they could talk to.
- 52% of pupils said that they can 'often' or 'always' cope with anything that happens to them.

STAYING SAFE

- 65% of pupils said that they 'often' or 'always' feel safe at school.
- 65% of pupils said that their friends 'often' or 'always' keep them safe.
- 33% of pupils said that they 'often' or 'always' need to look out for themselves as no one else will.
- 15% of pupils reported that they felt afraid of going to school because of bullying at least 'sometimes' while 85% said 'never'.

11% said that they had been bullied at school at least once in the last 12 months.

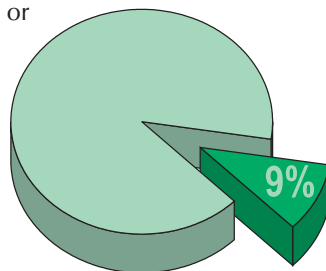
- 36% said their school deals with bullying 'badly' or 'not very well'.
- 26% of pupils think that their school dealt with bullying well.
- 25% said that their lessons on bullying were 'quite' or 'very useful'.
- 35% of pupils rate the safety of their area when going out after dark as 'poor' or 'very poor'. 10% say their safety when going to and from school is 'poor' or 'very poor' and 9% say the same about their safety at school.



- 6% of pupils reported that they or their friends carry weapons when going out.

9% reported that they had been a victim of violence or aggression in the area where they live, in the last twelve months.

- 31% of secondary aged boys said that they 'often' or 'always' like to do things that feel really scary, 25% of girls said the same. 25% of boys and 34% of girls said 'never'.



COVID-19 coronavirus

- 77% of pupils said that during the pandemic, their household had been able to get enough food for everyone every day/almost every day. 4% said 'not at all' and 5% said 'sometimes'.
- 54% of pupils thought their learning had been affected 'quite a lot' or 'a lot' by lockdowns; 11% said 'not at all'.

Secondary pupils worried at least 'quite a lot' about:

	Boys	Girls
Family/friends catching COVID-19	25%	34%
COVID-19 spreading at school	23%	31%
Having enough money in their family	19%	20%
Family/friends spreading the virus	18%	22%
Impact on economy, jobs etc.	17%	16%

MAKING A POSITIVE CONTRIBUTION

- 73% of pupils want to stay on in full-time education at the end of Year 11. 51% want to get a job as soon as they can; 49% want training for a skilled job/apprenticeship.
- 17% of pupils said that they worry about the environment.
- 58% of pupils said that they think they can achieve anything if they work at it.
- 65% of pupils said 'often' or 'always' think it is important to help others when they can.

SIGNIFICANT DIFFERENCES BETWEEN THE HARINGEY 2021 SURVEY AND THE PREVIOUS 2019 SURVEY

The following is a list of significant differences between the two surveys 2019 figures in brackets:

- 50% (71%) can get drinking water from a water fountain at school.
- 67% (78%) of pupils rated their safety at school as 'good' or 'very good'.
- 33% (45%) have found school lessons on healthy eating to be 'quite' or 'very' useful.
- 65% (77%) 'usually' or 'always' follow the advice they have been given in the past year about how to stay safe while online.
- 33% (45%) said their school deals with bullying 'quite' or 'very' well, or said that bullying is not a problem in their school.
- 25% (36%) of pupils responded that they have at least tried alcohol.
- 26% (36%) of pupils responded that, if they needed sexual health advice, they would know where to go.
- 60% (68%) are 'quite' or 'very' satisfied with their life at the moment.
- 42% (50%) of pupils responded that they eat fresh fruit 'on most days'.
- 72% (79%) of pupils responded that they 'usually' or 'always' feel safe on their journey to school.

Questions included in both the primary and secondary versions of the Haringey 2019 questionnaire

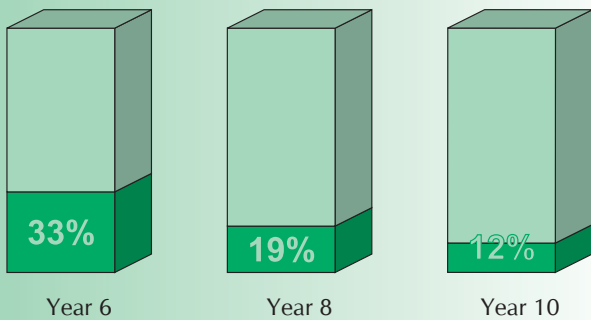
Comparison of primary and secondary results

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.

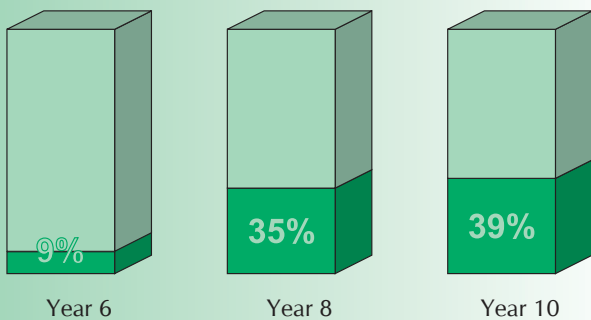
HEALTHY EATING

Five 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: 33% of Year 6 pupils compared with 19% of Year 8 and 12% of Year 10 pupils.



- There is a clear step up with age for those girls who report nothing to eat or drink for breakfast: Year 6 girls 9%; Year 8 girls 35% and Year 10 girls 39%.

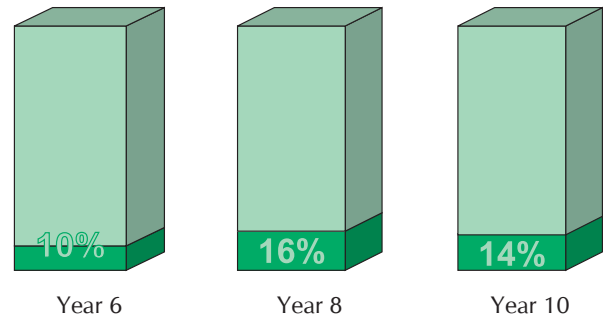


- There appears to be a similar proportion of primary and secondary pupils having crisps 'on most days'. 17% of Year 6 pupils, 16% of Year 8 and 12% of Year 10 pupils said this.
- 6% of Year 6 pupils report having takeaway/fast food 'on most days', 8% of Year 8 and 7% of Year 10 said the same.
- 9% of Year 6 pupils report having chips 'on most days', 12% of Year 8 and 9% of Year 10 said the same.

TOBACCO

Smoking at home

- 10% of the Year 6 pupils said that someone in their family smokes inside their home. 16% of Year 8 pupils and 14% of Year 10 pupils said the same.

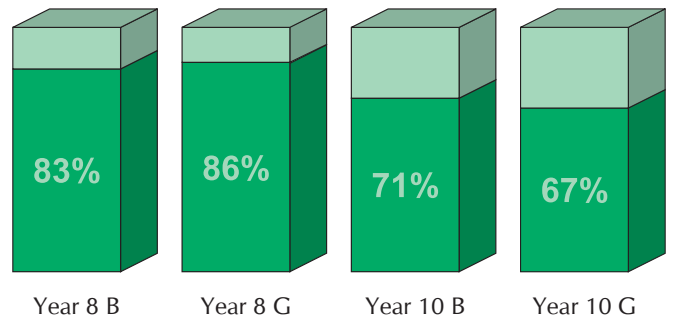


- 24% of Year 6 pupils said that someone they live with smokes cigarettes. 34% of Year 8 and 32% of Year 10 pupils said the same.
- 5% of Year 6 pupils said that someone in their family smokes shisha. 8% of Year 8 and 9% of Year 10 pupils said the same.

ALCOHOL

Have you ever drunk alcohol?

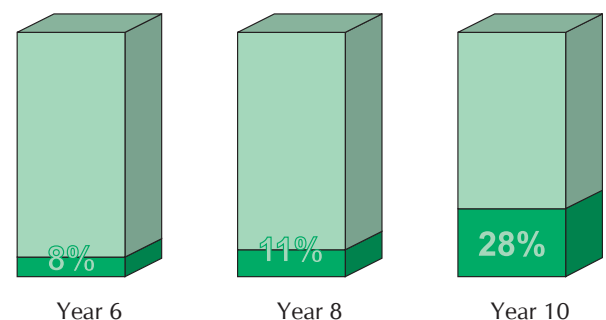
- 83% of boys and 86% of girls in Year 8 have never drunk alcohol at all. 71% of boys and 67% of girls in Year 10 said the same.



- 1% of Year 8 and 7% of Year 10 pupils said that they drink alcohol 'occasionally' or 'regularly'.

ILLEGAL DRUGS

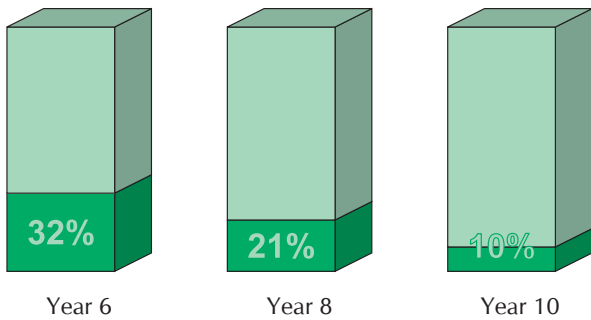
- 8% of Year 6 pupils said that they were 'fairly sure' or 'certain' that they knew someone personally who used drugs (not as medicines). 11% of Year 8 and 28% of Year 10 school pupils said they were 'fairly sure' or 'certain' they know someone who uses drugs to get high.



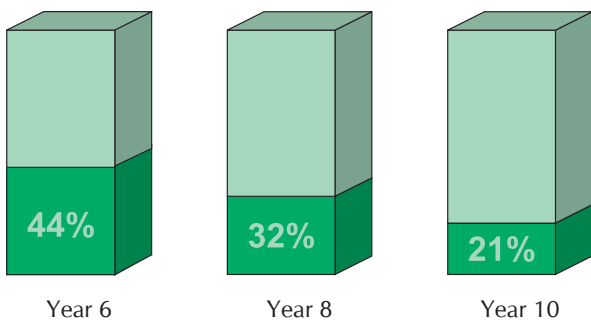
SAFETY

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

- 32% of Year 6 pupils said they felt afraid of going to school at least sometimes. This falls to 21% in Year 8 and falls again to 10% in Year 10.



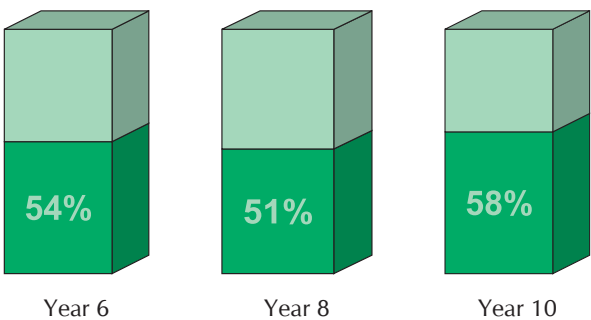
- 44% of Year 6 pupils said that their school deals with bullying well. 32% of Year 8 pupils and 21% in Year 10 said the same.



EMOTIONAL HEALTH & WELLBEING

How much do you worry about problems?

- 54% of Year 6 pupils said they worried about school tests 'quite often' or 'very often', this figure falls to 51% for pupils in Year 8 and rises again to 58% of Year 10 pupils.

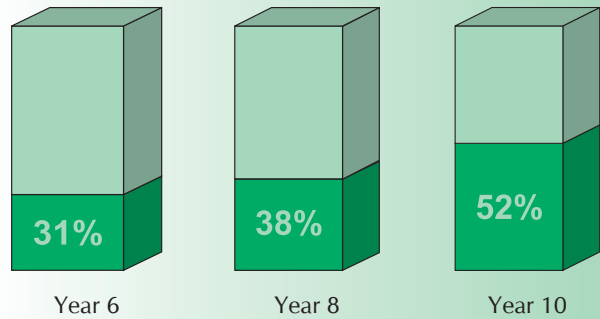


- 29% of secondary pupils worried about the way they looked, only 23% of Year 6 said the same in the primary survey.
- 25% of Year 6 pupils said that they worried about gangs and 28% of secondary pupils said the same.
- 27% of Year 6 pupils said that they worried about knives and guns and 27% of secondary pupils said the same.

Self-esteem

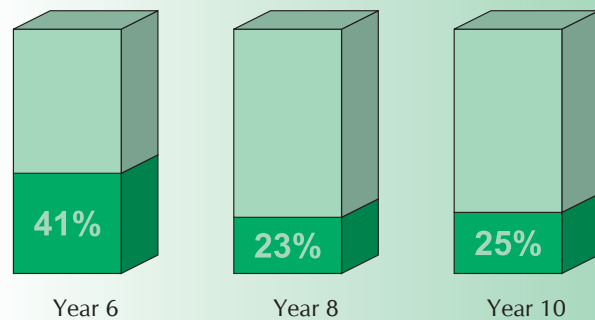
- 27% of Year 6 pupils recorded levels of high self-esteem. 35% of secondary pupils had the same. Esteem for boys appears to increase with age.

- Boys who recorded levels of high self-esteem:

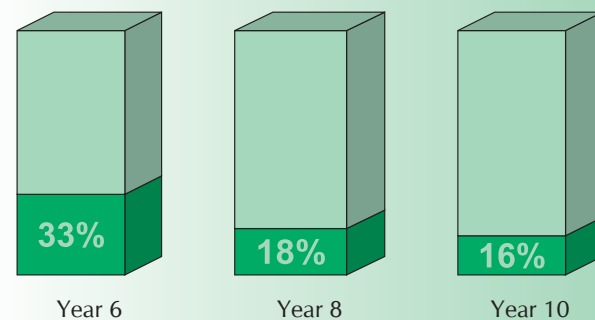


PHYSICAL ACTIVITIES

- 60% of Year 6 primary pupils strongly agree that they understand why exercise and sport are good for them. 53% of secondary pupils said the same.
- There is a drop in girls saying that they strongly agree that they enjoy taking part in exercise and sport however:



- 33% of Year 6 pupils say that they strongly agree that they feel confident when they exercise and play sport 30% of secondary pupils said the same. **Again there is a big drop in the girls results:**



TRAVEL TO SCHOOL

- 65% of primary and 64% of secondary pupils reported walking to school on the day of the survey. 24% of primary pupils came by car and 11% by bus, train or tube. The secondary figures are 14% by car and 31% by bus, train or tube. Pupils could tick more than one mode of transport.
- 75% of pupils said that they 'usually or always' feel safe on their journey to school, 72% of secondary pupils said the same.

The Way Forward - over to you

This work was funded by the Haringey Public Health Team. 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 schools, as well as both statutory and voluntary agencies that support the health of young people in Haringey. This work will inform action plans for joint working between and within organisations involved in improving the health and well being of pupils in schools. The data will also be used to help support the Healthy Schools Programme.

Haringey schools who took part in the 2021 survey:

Haringey primary schools

Bounds Green Junior School
Brook House Primary School
Bruce Grove Primary School
Campsbourne Primary School
Earlsmead Primary School
Ferry Lane Primary School
Harris Primary Academy Coleraine Park
Lancasterian Primary School
Lea Valley Primary School
Lordship Lane Primary School
North Harringay Primary School
Our Lady of Muswell Catholic Primary School
Rhodes Avenue Primary School
Risley Avenue Primary School
Rokesly Junior School
Seven Sisters Primary School
St Aidan's VC Primary School
St Ann's CE Primary School
St Francis de Sales RC Junior School
St Gildas' Catholic Junior School
St James CE Primary School
St Mary's CE Primary School

Tetherdown Primary School
The Devonshire Hill Nursery & Primary School
The Mulberry Primary School
The Willow Primary School
Tiverton Primary School
Welbourne Primary School

Haringey secondary schools

Duke's Aldridge
Gladesmore Community School
Heartlands High School
Highgate Wood Secondary School
Woodside High School

Haringey special schools

The Grove
Vale School

Key Contact:

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