

EVERY CHILD MATTERS

In Haringey

A summary report of the Health Related Behaviour Survey 2009

These results were collected from a sample of primary pupils aged 9 to 11 and secondary pupils aged 12 to 15 in Haringey during Autumn 2008 and Spring 2009. This work was funded by the Haringey Children and Young People's Service and NHS Haringey. The survey was co-ordinated by the Healthy Schools Team as a way of collecting robust information about young people's lifestyles. Teachers were informed on how to collect the most reliable data and then pupils

completed a version of the questionnaire appropriate for their age group.

Year 6 pupils completed the Primary version of the questionnaire. Pupils in Years 8 and 10 completed the Secondary version of the questionnaire. All were undertaken anonymously. A total of over 1800 pupils took part in 17 primary schools and 8 secondary schools in Haringey. The pupils at the PRU also undertook the exercise.

Completed questionnaires were then returned to SHEU in Exeter for processing

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 page 6 of this document, so that behaviour can be seen across the age range.

Over 1800 young people aged 9 to 15 were involved in the survey:

School year	Year 6	Year 8	Year 10	Total
Age	10-11	12-13	14-15	
Boys	335	301	256	892
Girls	321	358	298	977
Total	656	659	554	1869

Reference sample

Haringey data have been compared with the SHEU wider survey sample.

A selection of some of the differences, where the level seen in the All Haringey data is either 5*% above or below that in the wider Haringey data, is indicated by the symbol 

For more details, please contact SHEU Tel: 01392 667272
www.sheu.org.uk

Topics include

Being Healthy

Diet, exercise, drugs, sexual health, mental health

Staying Safe

Bullying, experience of crime

Enjoying and Achieving

Satisfaction, GCSE expectations, enjoyment of lessons, useful lessons

Making a Positive Contribution

Leisure activities, volunteering, children's voice in school

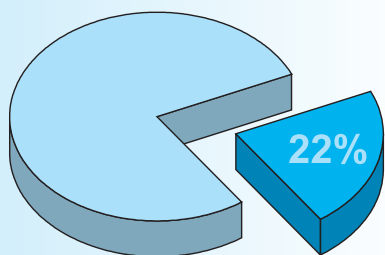
Economic Well-being

Money, work, spending, plans after 16

Haringey Primary school pupils in Year 6 (ages 10-11)

BACKGROUND

- 22% of pupils said they were not born in the UK.
- 56% of pupils speak languages other than English at home. The most commonly listed include Turkish, Somali, Polish and French.
- 20% of pupils described themselves as White British.



BEING HEALTHY

HEALTHY EATING

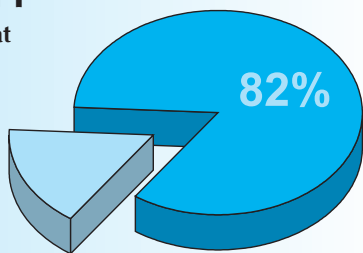
- 4% had nothing to eat or drink for breakfast on the day of the survey.
- 43% of pupils had cereal for breakfast and 40% toast or bread on the morning of the survey. 6% had Turkish breakfast, 4% had a chocolate bar or sweets.
- Pupils were asked to identify, from a list, the foods which they ate 'on most days'. 61% of pupils said they have fresh fruit and 43% said vegetables. 19% said crisps and 22% said sweets 'on most days'.
- 28% of pupils said that they 'rarely' or 'never' ate fish or fish fingers. 14% said they 'rarely' or 'never' had salads.
- 33% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 7% had eaten none.
- 67% drank between 1 and 5 cups of water on the day before the survey, 28% said they had drunk a litre or more while 5% said they had drunk none. 90% of pupils said they can get water at school easily.
- 31% of pupils who had school meals said that they enjoy them 'most times' or 'always' 15% said 'hardly ever'.

Dental care

- 87% of pupils reported that they cleaned their teeth at least twice on the day before the survey (the recommended frequency). 1% said they did not clean their teeth at all the day before the survey.
- 31% of pupils said that they had a little pain from their mouth and teeth in the last 2 weeks 10% said 'quite a lot' or 'a lot'.

PHYSICAL ACTIVITY

- 82% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.
- 71% of pupils thought that they were 'fit' or 'very fit'.
- 23% of boys and 8% of girls reported that they had exercised for five hours or more, in the last week, which made them breathe harder and faster. 29% said less than one hour.



- The top four physical activities were:

Boys		Girls	
Football	68	Swimming	46
Swimming	51	Running (races or tag)	41
Keep-fit	47	Keep-fit	38
Running (races or tag)	45	Going for walks	34

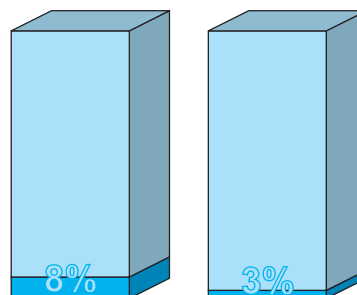
(The table shows the percentage of pupils taking part in the sport at least weekly)

DRUGS, ALCOHOL AND TOBACCO

Drugs

- 39% of pupils reported that their parents had talked with them about drugs while 45% said their teachers.
- 17% said they were 'fairly sure' or 'certain' they know someone who uses drugs (not as medicines), in the area where they live.
- 2% of pupils said that they had been offered cannabis, 2% said they had been offered other drugs.

Alcohol



- 8% of boys and 3% of girls said that they they drank an alcoholic drink on at least one day in the week before the survey.

- 91% of pupils say that they don't drink alcohol. 2% of pupils reported that their parents 'never' or only 'sometimes' know if they drink alcohol.
- 1% of pupils drank beer or lager, 2% said wine, 1% said spirits in the week before the survey.

Tobacco

- 3% of pupils said they had tried smoking once or twice.
- 0% (1% of boys) said they had smoked at least one cigarette in the seven days before the survey.
- 79% of pupils said 'NO!' they won't smoke when they are older, 9% said 'maybe' 1% said 'yes'.

PUBERTY AND GROWING UP

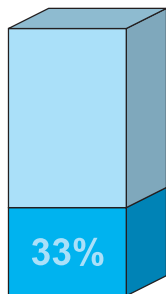
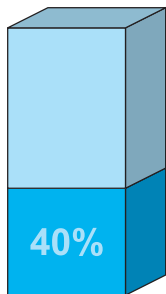
- When asked who the pupils had talked with about how your body and emotions change as you grow up, the top responses from a list were:

Boys		Girls	
Parents/carers	47	Parents/carers	61
Teachers, in school lessons	32	Teachers, in school lessons	37
Friends	28	Friends	32
Brothers or sisters	23	Brothers or sisters	21
Other close relatives	20	Other close relatives	21

- 17% of boys and 24% of girls reported that they worried 'quite a lot' or 'a lot' about the way they looked.

- 13% of boys and 29% of girls said they worried 'quite a lot or 'a lot' about body changes as you grow up.
- 6% of pupils said that they wanted to know more about how boys/girls develop. 2% wanted to know more about physical aspects like spots etc.
- 60% of pupils said that they learned about puberty in Year 5, 11% said Year 4 and 29% said in Year 6.

EMOTIONAL HEALTH & WELL-BEING



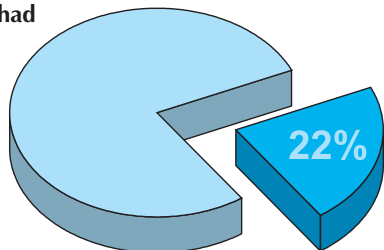
- 40% of boys and 33% of girls had high self-esteem scores.
- 4% of pupils had low self-esteem scores.
- 73% of pupils said they worried about at least one of the items listed in the questionnaire.

The top 5 worries were as follows:

	Boys		Girls
SATs/ tests	45	SATs/ tests	56
Knives/guns	39	Crime	42
Crime	29	Knives/guns	38
The Environment	29	Body changes	29
Health problems	27	Family problems	27

STAYING SAFE

- 3% of pupils reported that they felt afraid of going to school because of bullying 'often' or 'very often'. 20% said 'sometimes' while 77% said 'never'.
- 22% of pupils said they had been bullied once or more in the last year.
- 51% of pupils said that their school dealt with bullying well; 28% said 'don't know' and 21% said 'no it didn't'.
- The main behaviours pupils had experienced included being teased, called nasty names and being pushed/hit for no reason.
- 27% of pupils said these things happened outside at playtime/lunchtime. 26% said in a classroom at playtime/lunchtime. 14% said during lesson time.
- 27% of pupils said they had at some time been approached by adult, who scared or made them upset.
- 48% of those who had been scared by the approach of an adult, said they knew this person.
- 9% of pupils said they told an adult straight away while 9% said they kept it to themselves. 2% told the police.
- 72% of pupils have a bike, of those, 26% wear a safety helmet 'whenever possible'. 51% of cyclists said that they felt safe cycling on the roads 'most times' or 'always'.
- 85% of pupils wash their hands with soap 'whenever possible' after visiting the toilet.



ENJOYING AND ACHIEVING

- 91% of pupils said that their work was marked so that they could see how to improve it. 75% said they knew their targets and were helped to meet them.
- 60% said that their achievements inside and outside school were recognised.
- 46% of boys and 60% of girls spent time doing homework on the evening before the survey.

MAKING A POSITIVE CONTRIBUTION

- 72% of pupils said that in their school people with different backgrounds were valued.
- 80% said that their school encouraged everyone to take part in decisions e.g. school council.
- 77% said that their school helped them to work as part of a team.
- After school yesterday, 79% of pupils spent time watching television. 36% played with friends, 51% played computer games and 33% listened to music.
- 46% played sport on the evening before the survey. 49% of pupils read a book for pleasure and 20% went to a club.
- 20% of pupils looked after someone at home the evening before the survey.

ECONOMIC WELL-BEING

- 57% report getting pocket money at least monthly. 13% said they didn't usually get any pocket money. 22% said they got money as they needed it.
- 30% received more than five pounds last time they had pocket money.

SIGNIFICANT DIFFERENCES BETWEEN THE HARINGEY SURVEY AND THE SHEU REFERENCE SAMPLE

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

- Haringey pupils are less likely to describe themselves as White British compared with the wider sample.
- 19% of Haringey Year 6 pupils said that they had fruit for breakfast. This is higher than that seen in the wider sample. They are also more likely to have toast or bread for breakfast.
- Haringey Year 6 boys in particular are more likely to select healthy food choices compared with boys in the wider sample. More in Haringey eat fresh fruit and salad regularly and less have chips or roast potatoes 'on most days'.
- Haringey pupils are less likely to fear going to school because of bullying. 23% said they were worried at least 'sometimes'. This is lower than that seen in the wider sample.
- After school the day before the survey Haringey pupils were more likely to read a book for pleasure and do homework than pupils were in the wider sample.
- 39% of pupils said they had talked with their parents about drugs, 45% said teachers. These figures are lower than those seen in the wider sample. They are also less likely to have talked with their teachers about puberty.

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

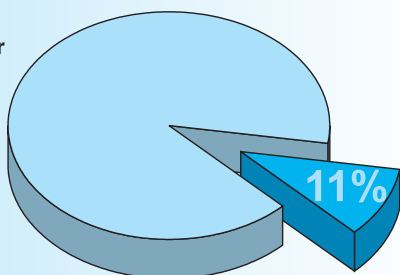
BACKGROUND

- 27% of pupils said they were not born in the UK.
- 52% of pupils speak languages other than English at home. The most commonly listed include Turkish, Somalian, Bengali and French.
- 24% of pupils described themselves as White British.

BEING HEALTHY

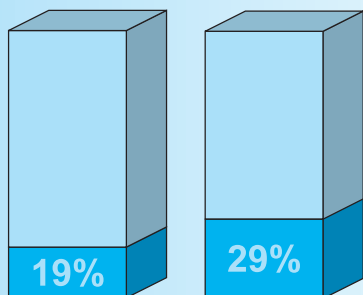
HEALTHY EATING

- 11% of pupils reported having nothing to eat or drink for breakfast on the day of the survey.
- 10% of pupils reported 'never' considering their health when choosing what to eat. 21% of pupils consider their health 'very often' or 'always'.
- 11% of the pupils would like to put on weight while 29% would like to lose weight. 61% of pupils are happy with their weight as it is.
- 19% of pupils said they had no lunch on the day before the survey. 28% of pupils ate a packed lunch from home or went home for lunch, 41% had school food and 12% bought lunch from a takeaway or shop.
- 32% of pupils said they eat sweets and chocolates 'on most days'. 25% said they ate crisps 'on most days'.
- 46% said they eat fresh fruit and 40% vegetables 'on most days'.
- 30% said they rarely or never ate fish.
- 18% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 12% had eaten none.
- 61% of pupils said that they sit down for meals with their family 'most days'.
- 14% said that they had take-away meals 2 or more days a week.



PHYSICAL ACTIVITY

- 75% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.
- 44% describe themselves as 'fit' or 'very fit'.
- Not including school lessons, 17% of pupils said that they 'never' or 'hardly ever' spent time doing physical activity.



- When asked what activities they would like to start doing or do more of 19% of boys said they would like to do more football. 29% of girls said they would like to do more swimming.

SEX AND RELATIONSHIPS

- 72% of boys and 61% of girls had heard of 4YP. 25% of Year 10 boys had used it and found it useful.
- 62% of pupils said that their lessons on sex and relationships had been useful.
- 62% of pupils said they thought that condoms were reliable to stop pregnancy. 34% (53% Year 10 girls) said that the 'Morning after pill' was reliable to stop pregnancy.
- 34% thought condoms would be reliable to stop infections like HIV.
- 16% of pupils said that they thought chlamydia can be treated and cured. 43% said either they have never heard of it or know nothing about it.

DRUGS, ALCOHOL & TOBACCO

Drugs

- 34% of Haringey secondary pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.
- 18% of pupils have been offered cannabis. 16% said other drugs.
- By far the most commonly taken drug is cannabis, with 7% saying that they have taken cannabis.
- 10% of pupils have ever taken an illegal drug. 6% of pupils say they have taken an illegal drug within the last month.
- 6% of pupils reported taking an illegal drug and alcohol on the same occasion.
- Of the 3 most common drugs, the percentage of pupils saying they had taken them were:

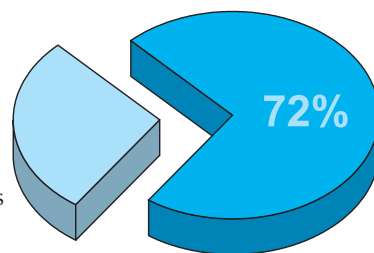
	Year 8	Year 10
Have ever used		
Cannabis	3	12
Poppers	1	6
Solvents used as drugs	1	3

Alcohol

- 15% of pupils drank alcohol on at least one day in the week before the survey. 7% of pupils said that they got drunk on at least one day in the last week.
- 7% of Year 10 boys and 2% of Year 10 girls drank over the advised weekly limit for adult females of 14 units.
- 1% of pupils bought alcohol from a supermarket and 4% from an off licence who should only sell to over-eighteens.
- 1% of pupils drank alcoholic drinks in a pub or bar who should not be serving alcohol to under eighteens.
- 6% of pupils drank alcohol at home and 7% drank at a friend's or relation's home. 5% of pupils drank alcohol outside in a public place.

Tobacco

- 72% of pupils said they had never smoked at all.
- 6% said they had smoked at least one cigarette in the seven days before the survey.
- Boys: 4% of Year 8 boys and 11% of Year 10 boys smoke occasionally or regularly.
- Girls: 5% of Year 8 girls and 13% of Year 10 girls smoke occasionally or regularly.
- 44% of pupils said that someone smokes in their home 'on most days'.



EMOTIONAL HEALTH & WELL-BEING

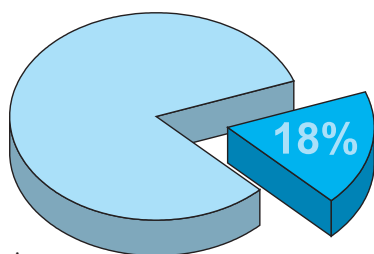
- 69% of pupils reported they are, in general, 'quite a lot' or 'very much' satisfied with their life at the moment.
- 61% of pupils had high self-esteem scores.
- 4% of pupils had very low self-esteem scores.
- 77% of pupils said they worried about at least one of the items listed in the questionnaire.
- Responses to individual items were as follows:**

	Boys		Girls
Exams and tests	46	Exams and tests	62
Career	29	Family problems	39
School work problems	25	The way you look	36

(The table shows the proportion of pupils worrying about listed problems 'quite a lot' or 'a lot')

STAYING SAFE

- 21% of pupils reported that they felt afraid of going to school because of bullying at least said 'sometimes' while 79% said 'never'.
- 18% said they had been bullied at school at least in the last 12 months.**
- If they had been bullied, 53% said they reported it. Of those who reported it, 32% said to their parents, 20% to their teacher, 16% to head of Year and 11% said to their form tutor (pupils could list more than one person).
- 21% of pupils think that their school dealt with bullying effectively 34% said 'no' it didn't. 55% however did say that their lessons on bullying were useful.
- 13% hadn't been to the dentist within the past year. 25% said that they had experienced moderate or severe pain from their mouth or teeth in the last 2 weeks.
- 32% of pupils rate the safety of their area when going out after dark as 'poor' or 'very poor'. 8% say their safety when going to and from school is 'poor' or 'very poor' and 8% say the same about their safety at school.
- 9% of pupils reported that they or their friends carry weapons when going out.
- 12% reported that they had been a victim of violence or aggression in the area where they live, in the last twelve months.

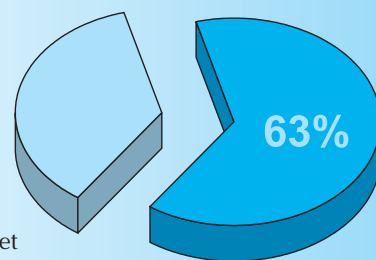


MAKING A POSITIVE CONTRIBUTION

- 91% watched some TV/DVDs on the evening before the survey and 10% watched for over 2 hours. 73% played computer games and 34% did this for more than 2 hours.
- 26% of pupils said that they would like to see more health services offered at their school. When asked to be specific, 10% said they would like the dentist.
- 66% of pupils said that they had found their lessons on citizenship useful.

ECONOMIC WELL-BEING

- 55% of pupils live with their mother and father together, 32% live with one parent while 3% don't live with either parent.
- 63% of pupils said they want to continue in full time education after leaving school.** 29% of pupils said they wanted to find a job as soon as possible. 45% of pupils said they want to get training for a skilled job.
- 35% of pupils have saved money in the past week.



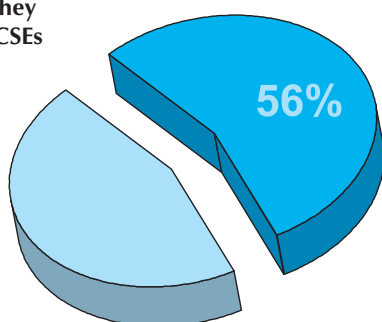
SIGNIFICANT DIFFERENCES BETWEEN THE HARINGEY SURVEY AND THE SHEU REFERENCE SAMPLE

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

- Haringey secondary pupils are more likely to say that they eat fruit 'on most days' compared with pupils in the wider sample. 46% of Haringey pupils said this compared to less than 40% of the wider sample.
- Haringey pupils are less likely to say that they are afraid to go to school because of bullying compared with the wider sample. 79% said 'never afraid' compared with 74% in the wider sample.
- Haringey pupils are more likely to say that they want to stay on in full time education after Year 11. They are less likely to say that they want to get training for skilled job. 61% of Year 10 boys said that they want to stay on in education compared with 52% saying the same in the wider sample.
- Haringey pupils were less likely to have a packed lunch compared with pupils in the wider sample. They were more likely to say that they didn't have any lunch on the day of the survey, 19% vs. 13%.
- Year 8 girls in Haringey are more likely to say they have never smoked at all. 83% said this compared with 75% of the wider sample.
- Haringey pupils are less likely to have drunk alcohol in the previous week 15% vs. 25%.
- Haringey pupils were less likely to say that they had been drunk in the previous week. 10% of Year 10 girls said that they had been drunk compared with 36% of the wider sample. Year 10 boys 11% compared with 29% in the wider sample.

ENJOYING AND ACHIEVING

- 64% of pupils report enjoying at least half of their school lessons. 8% of pupils enjoy hardly any of them.
- 56% of pupils said that they expect to take several GCSEs and get good grades.**
- 77% of pupils did homework on the previous evening. 51% reported they did more than an hour.



Pyramid data: Questions included in both the primary and secondary versions of the Haringey 2009 questionnaire

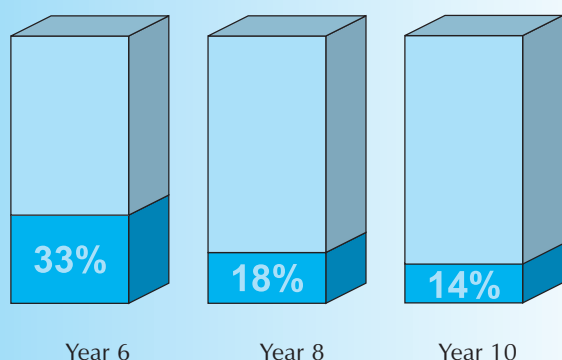
Cross-phase data

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.

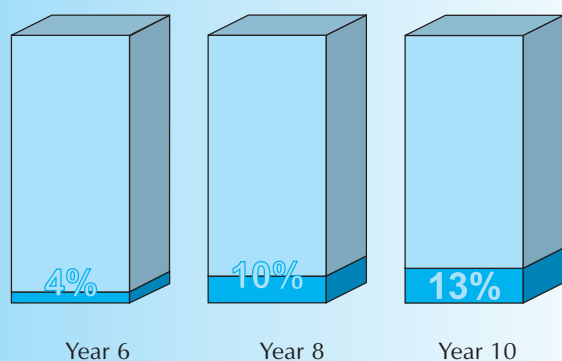
HEALTHY EATING

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 18% of Year 8 and 14% of Year 10 pupils.



- Primary aged girls were less likely to report having nothing to eat or drink for breakfast: Year 6 girls 4%, Year 8 girls 10% and Year 10 girls 13%.

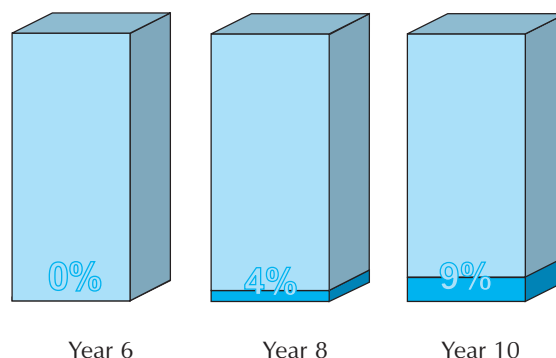


- There is an increase in pupils having crisps 'on most days' with age. 19% of Year 6 pupils, 25% of Year 8 and 25% of Year 10 pupils.

TOBACCO

Did you smoke last week?

- 0% of the Year 6 pupils smoked a cigarette in the week before the survey. 4% of Year 8 pupils and 9% of Year 10 pupils said the same.

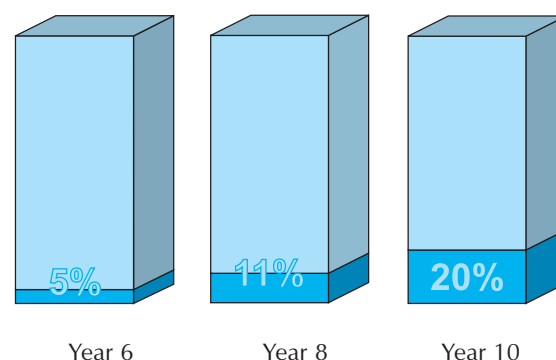


- 96% of primary pupils said that they had 'never smoked at all'. 81% of Year 8 pupils and 62% of Year 10 pupils said the same.

ALCOHOL

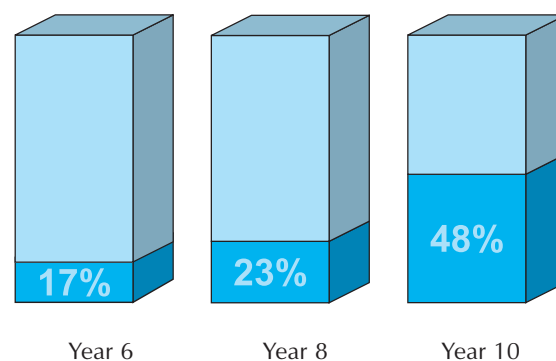
Have you had an alcoholic drink in the week before the survey?

- 5% of the Year 6 pupils had an alcoholic drink on at least one day in the week before the survey. 11% of Year 8 and 20% of Year 10 pupils said the same.



ILLEGAL DRUGS

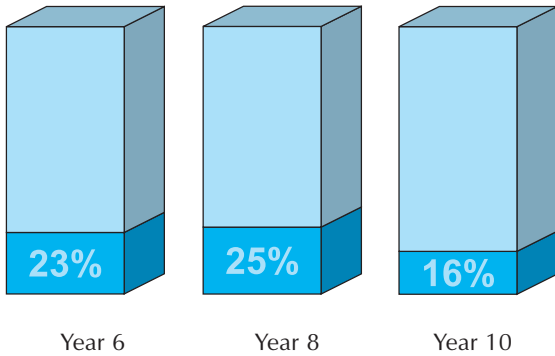
- 17% of Year 6 pupils said that they were 'fairly sure' or 'certain' that they knew someone personally who used drugs (not as medicines). 23% of Year 8 and 48% of Year 10 school pupils said the same.



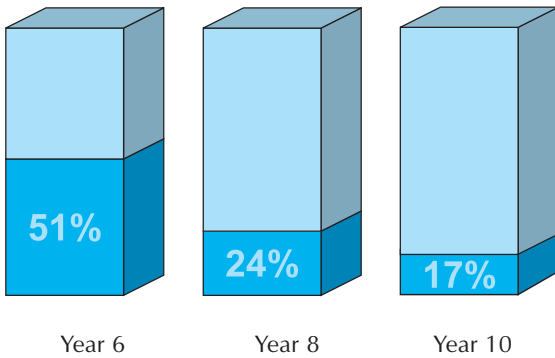
SAFETY

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

- 23% of Year 6 pupils said they felt afraid of going to school at least sometimes. This rises slightly to 25% in Year 8 and drops again to 16% in Year 10.



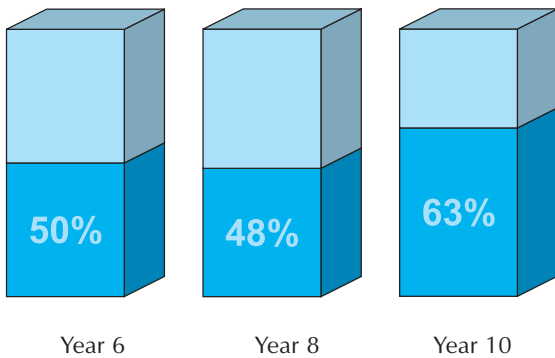
- 51% of Year 6 pupils said that their school deals with bullying well. 24% of Year 8 pupils said that their school dealt with bullying effectively, 17% in Year 10 said the same.



EMOTIONAL HEALTH & WELL-BEING

How much do you worry about problems?

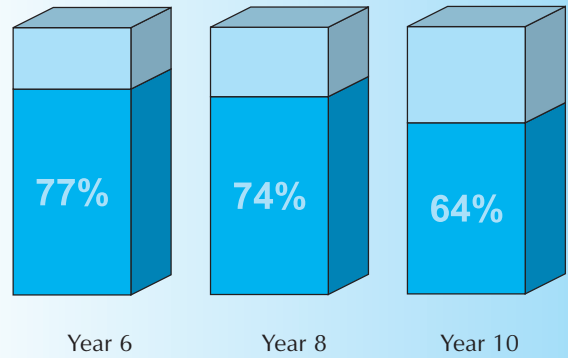
- 50% of primary aged pupils said they worried about school tests 'quite a lot' or 'a lot', this drops slightly to 48% of pupils in Year 8 but rises again to 63% of Year 10 pupils.



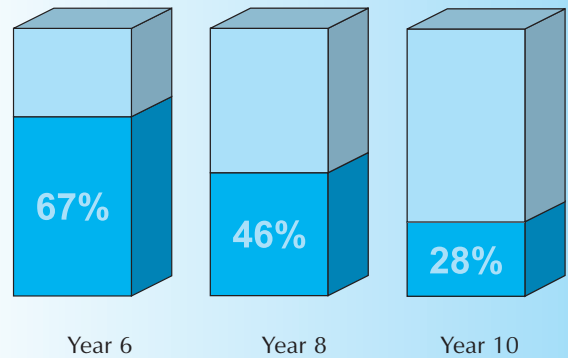
- 29% of secondary pupils worried about the way they looked, only 20% said the same in the primary survey.

PHYSICAL ACTIVITIES

- 81% of primary pupils said that they enjoy physical activities 'quite a lot' or 'a lot'. 75% of secondary pupils said the same.
- There is a drop in girls enjoyment of physical activity however:



- 81% of primary pupils describe themselves as 'fit' or 'very fit', 44% of secondary pupils said the same. **Again there is a big drop in the girls results:**



DENTIST

- 87% of primary pupils cleaned their teeth at least twice the day before the survey. 82% of secondary pupils said the same.
- 42% of primary pupils said that they had experience pain from their teeth or mouth in the past 2 weeks. 71% of secondary pupils said the same.

The Way Forward – Over to you

This work was funded by the Haringey Children and Young People's Service and NHS Haringey. 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 and young people's substance misuse planning.

Haringey schools who took part in the survey:

Haringey primary schools:

Alexandra Primary School, Broadwater Farm Primary School, Campsbourne Junior School, Crowland Primary School, Devonshire Hill Primary School, Downhills Primary School, Ferry Lane Primary School, Muswell Hill Primary School, Noel Park Primary School, Rhodes Avenue Primary School, Rokesly Junior School, St. Ann's CE Primary School, St. Francis De Sale Junior School, Stamford Hill Primary School, Stroud Green Primary School, Tiverton Primary School and Welbourne Primary School

Haringey secondary schools:

Alexandra Park High School, Fortismere School, Highgate Wood School, Hornsey School for Girls, Northumberland Park Community School, Park View Academy, St. Thomas More Catholic School and Woodside High School. Haringey Pupil Support Centre was also involved in the survey.

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