

Young People's



Haringey Council

Views on

Sex and Relationships

Education



A survey of Haringey School Councils

Sex and Relationships Education

Survey of Haringey Secondary School Councils

Summer 2008

Introduction and acknowledgements

I would like to thank the participating schools, students, teachers and mentors who arranged for me to conduct the survey. Faruz Yousufzai, a student at Woodside High School on work placement, did an enormous amount of data collection and collation and assisted in the production of charts. Funmi Abari (Hornsey School for Girls) designed the cover. Avi Becker and Steve Ellis also assisted with the data analysis. The text and commentary is mine.

Mike Davis
PSHE, Citizenship and Participation Manager
January 2009

Haringey Children and Young People's Service
School Improvement and Inclusion

Haringey PDC,
Downhills Park Road
London N17 6AR
Tel: 020 8489 2228

Sex and Relationships Education

Survey of School Councils

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Sex and Relationships Education

Survey of School Councils

Haringey Summer 2008

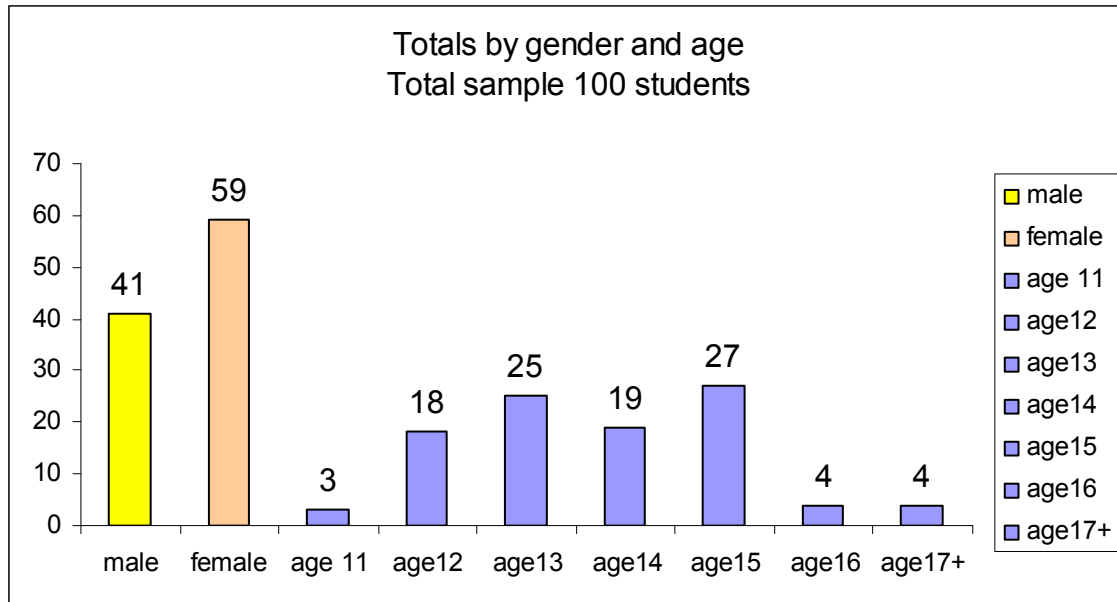
Introduction and summary of findings

Survey Sample

100 young people participated in the survey. All were elected members of their school council and were spread across the 11 to 18 age range. The survey was undertaken over a period of the Summer term 2008. Eight schools participated in the survey:

Alexandra Park School (10)
Gladesmore Community School (9)
Highgate Wood School (10)
Hornsey School for Girls (6)
Northumberland Park Community School (8)
Park View Academy (11)
St Thomas More Catholic School (24)
Woodside High School (22)

Numbers participating are shown in brackets. 41 males and 59 females participated in the survey. A gender and age breakdown is shown below.



Survey aims

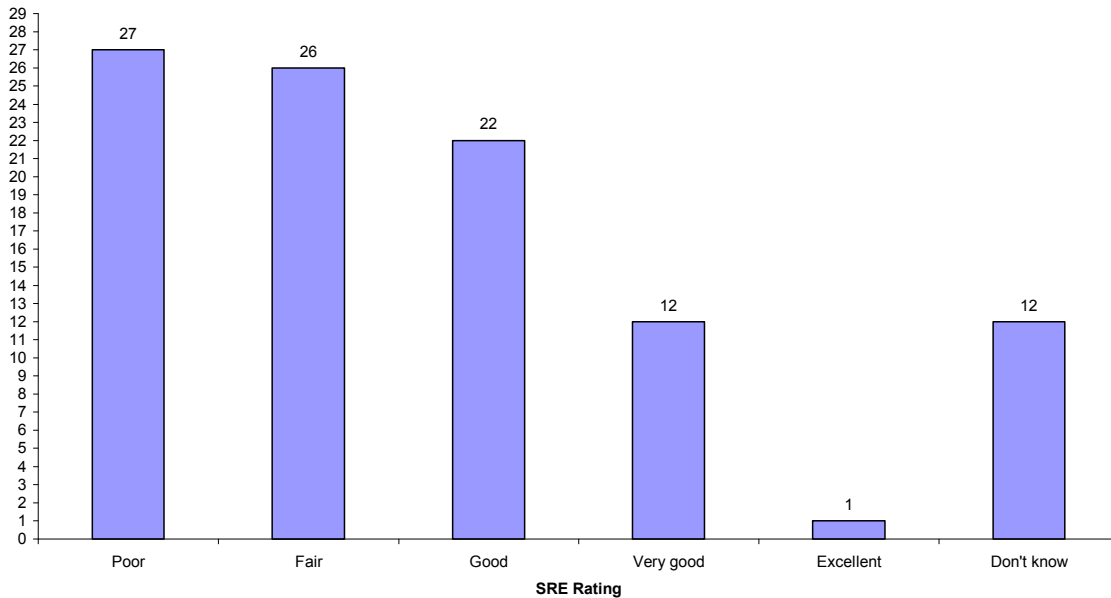
The broad aims of the survey were to gather information from a representative sample of secondary school students to find out about the key issues and skills they had learned in Sex and Relationships Education lessons, what they would like to learn, how they would like to learn and to gather views about the quality and usefulness of lessons. We also wanted to find out about their knowledge of and use of sexual health services.

The outcomes of the survey will help shape professional development training and pupil support. It is also intended that the survey findings will contribute to fine tuning our teenage pregnancy and sexual health strategies. A copy of the questionnaire which was partly informed by the Sex Education Forum's *Are you getting it right?* (A toolkit for consulting young people on sex and relationships education), is at the end of the report.

Survey findings

The headline results show that 46% found their SRE useful while 47% did not. In terms of the quality of SRE on a range from poor to excellent the spread was:

Quality of SRE Haringey



We asked participants about the subjects they had learnt about. The most common five topics were human reproduction, puberty, sexually transmitted infections, peer pressure and contraception. When asked what they would like to learn about the most important five topics were Being a parent, self awareness and emotional resilience, strategies for making choices, managing risk and assertiveness skills and same sex relationships. The emphasis on aspects of relationships issues and emotions reinforces the findings of the UK Youth Parliament 'Are You Getting It? Report (based on a survey of over 21,000 young people nationally).

We also asked students how they would like to learn. Interactive and participatory approaches came out top underlining the importance of making lessons active and varied in the style of delivery. The top preferred learning approaches were DVD/Film, visiting speakers/experts, debate, discussion, theatre groups and TV programmes. Least popular were textbooks and worksheets.

So far as knowledge of sexual health services is concerned 57% knew where to go for help and 67% had heard about 4YP services, while 28% had not. This indicates that information is getting across to a significant majority but a sizeable minority is not aware of the existence or location of support services.

We also asked students if they had someone in school who they could ask for advice on a sexual health problem. Only 45% said that they did know of someone they could ask for help.

Another question asked them if they had been asked for their views on sex and relationships education. Just over a quarter or 26% agreed that they had while 66% said they had not been asked. Some schools showed more positive assessment of learning or assessment for learning outcomes with a more even split, but a significant majority indicated that no consultation had been undertaken with students.

When asked for ideas about what information they would put on a school notice board a wide variety of ideas were recorded. Many included telephone numbers of Childline, local sexual health services, 4YP, hospitals and clinics. Most participants gave some points for the board. A selection of the suggestions made follows below.

Suggestions for School Sex and Relationships Education Notice- board

*"I would include the 4YP address and telephone number and website. Also advice on contraception and things about STDs."
Male 15*

*"The 4YP contact numbers/address and who to go to within school for help."
Male 15*

*"School counsellor-room, contact number and websites.
Locations of 4YP van."*

Female 18

*"Opportunities to volunteer to counsel students on sex and
relationship."*

Female 18

*"On teenage pregnancy, advising on contraception
(condoms, pill) advice telephone numbers (confidential
advice), laws on pregnancy to do with talking to various
people (e.g. confidentiality when talking to doctor)."*

Female 15

"Local medical centres."

Female 13

"Use a condom."

Male 13

"Childline and other numbers for confidential help and talk."

Female 13

"If you have sex be safe and use a condom."

Male 12

*"A Childline phone number. Not to keep things in - express how
you feel and that there are people who will want to help you."*

Male 14

*"A helpline to assist girls who don't know what to do if they're
pregnant. When to start having sex and how to have safe sex."*

Female 15

"Don't rush into things, make sure you're sure and if you're not talk to someone about it."

Male 14

"Places where you can go for help, add the laws of sex and also add why people should want to have sex."

Female 15

"To go to people who have experience and know how to get over it."

Male 12

"Give young people more details about sex and relationships education and also show help lines in case any youth has a problem."

Male 16

"Website, email address, for discussing your problems anonymously etc. telephone number of important places/ organisations"

Male 12

"Where to get help for pregnancy and where to find contact receptions in a hospital."

Female 14

"Important numbers, important facts about sex, important information about types of relationships peer pressure etc."

Male 11

"Don't rush into things, make sure and if your not talk to someone about it."

Female 14

“Child line numbers, information on diseases, e-mail address, examples of people who have had kids young.”

Female 13

“How STIs are caught and the symptoms.”

Male 16

“Don’t do it until you feel ready and are of the legal age.”

Male 15

“Don’t be pressured into anything you don’t want to do because at the end of the day you are you and you no one can take away your dignity.”

Female 13

“What is sex? I would use places you can visit, parent, religion which children would you turn to.”

Female 14

“Natural predicaments young girls and boys face, so they can relate to it.”

Female 15

“The age of having legal sex what problems may occur during pregnancy”

Female 12

“The ins and outs about sexual relationship”.

Female 15

“People that can help with young relationships. Parenting classes.”

Female 12

“Consequences, cases, problem page, 4yp number and locations, sexual health services near by”

Female 14.

Shout Out – Haringey Youth Council November 2008

We have also included in the report the outcomes of the two workshops held at the Shout Out event on 26th November 2008 organised by Haringey Youth Council. These were attended by almost 80 students from fifteen Haringey schools and indicate what young people believe to be some key action points around Sex and Relationships Education.

These action points from the Shout Out event reinforce the findings of this survey and those of the national UK Youth Parliament survey. The TellUS 3 survey also indicated young people said they had no one to talk to about personal issues. The key points that these surveys emphasise are that young people want::

- good quality SRE in schools
- they want more emphasis on the personal relationships and emotional aspects of sex
- they want more interactive and engaging methods of pedagogy

Another key message these young people are sending to education and health planners is that they want local sexual health agencies to support their teachers and that they need more information about where they can get help and advice.

APPENDIX 1

Chart 1

Have you found your SRE useful

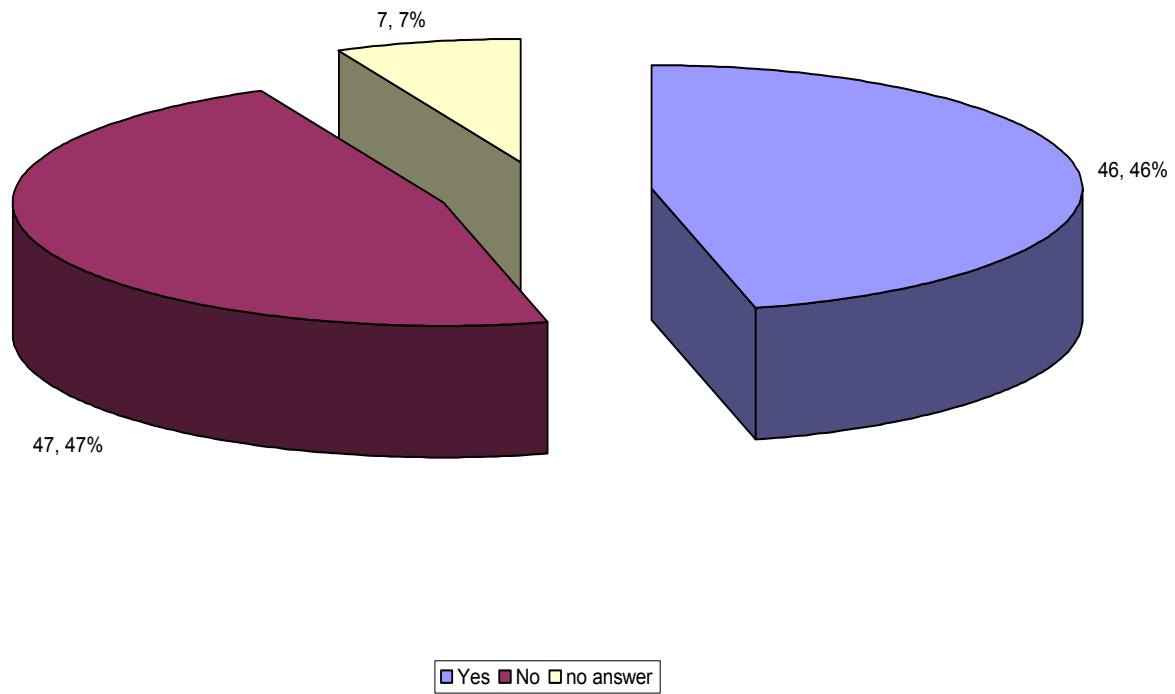


Chart 2

Haringey total SRE Learned

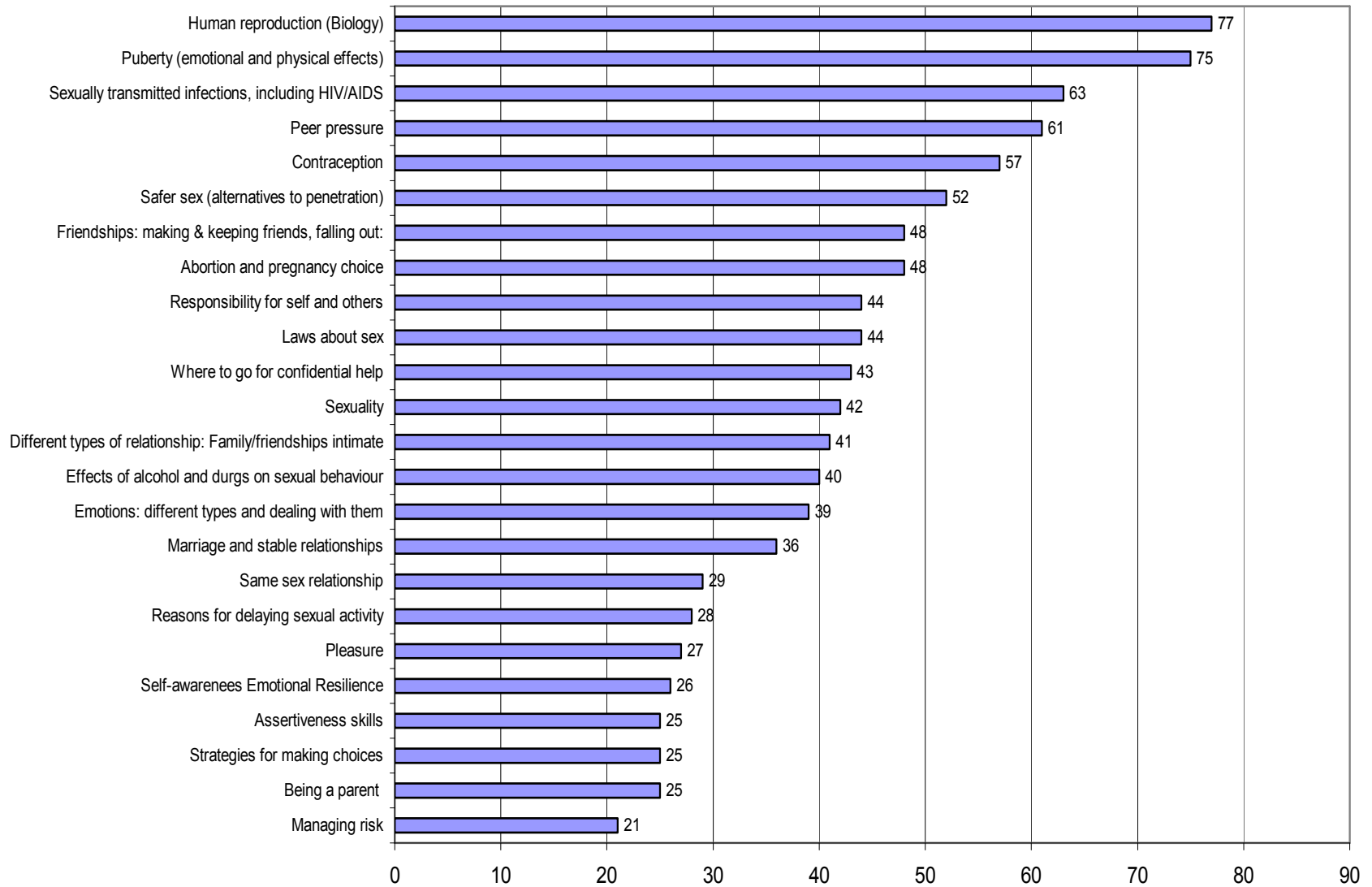


Chart 3

Haringey total SRE would like to learn

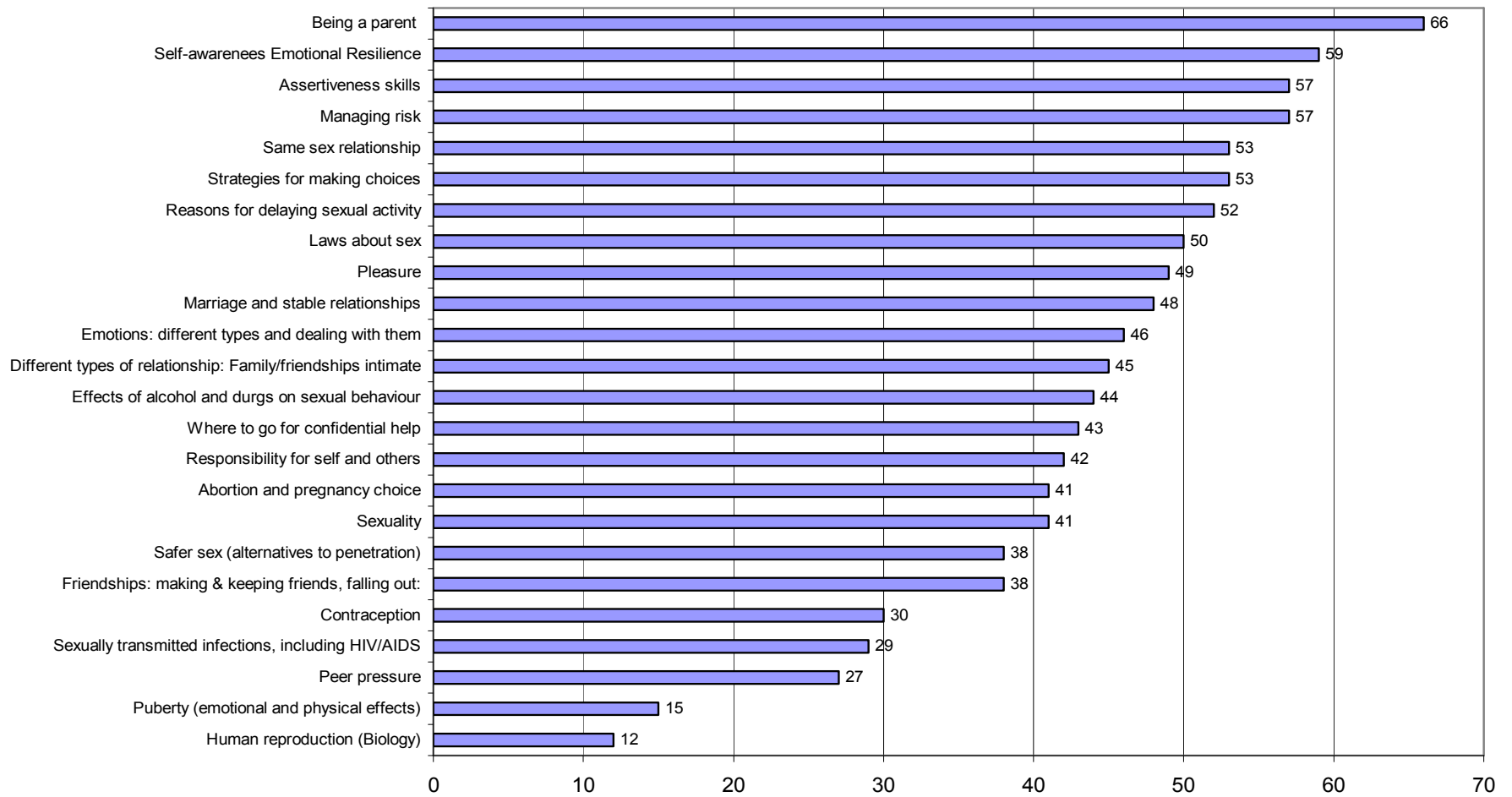


Chart 4

Preferred learning activities in SRE
Sample 100 students - no limit of choice

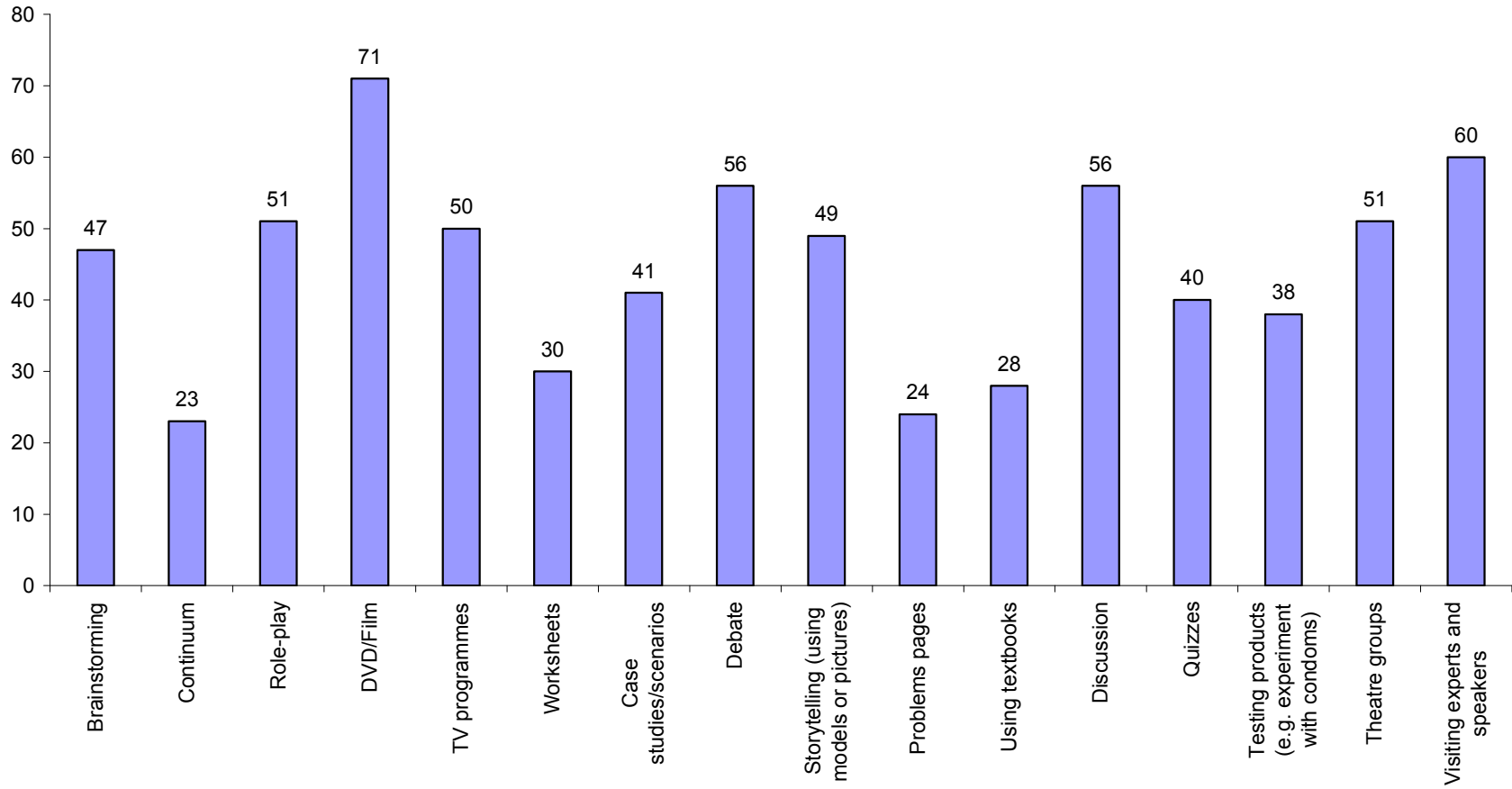


Chart 5

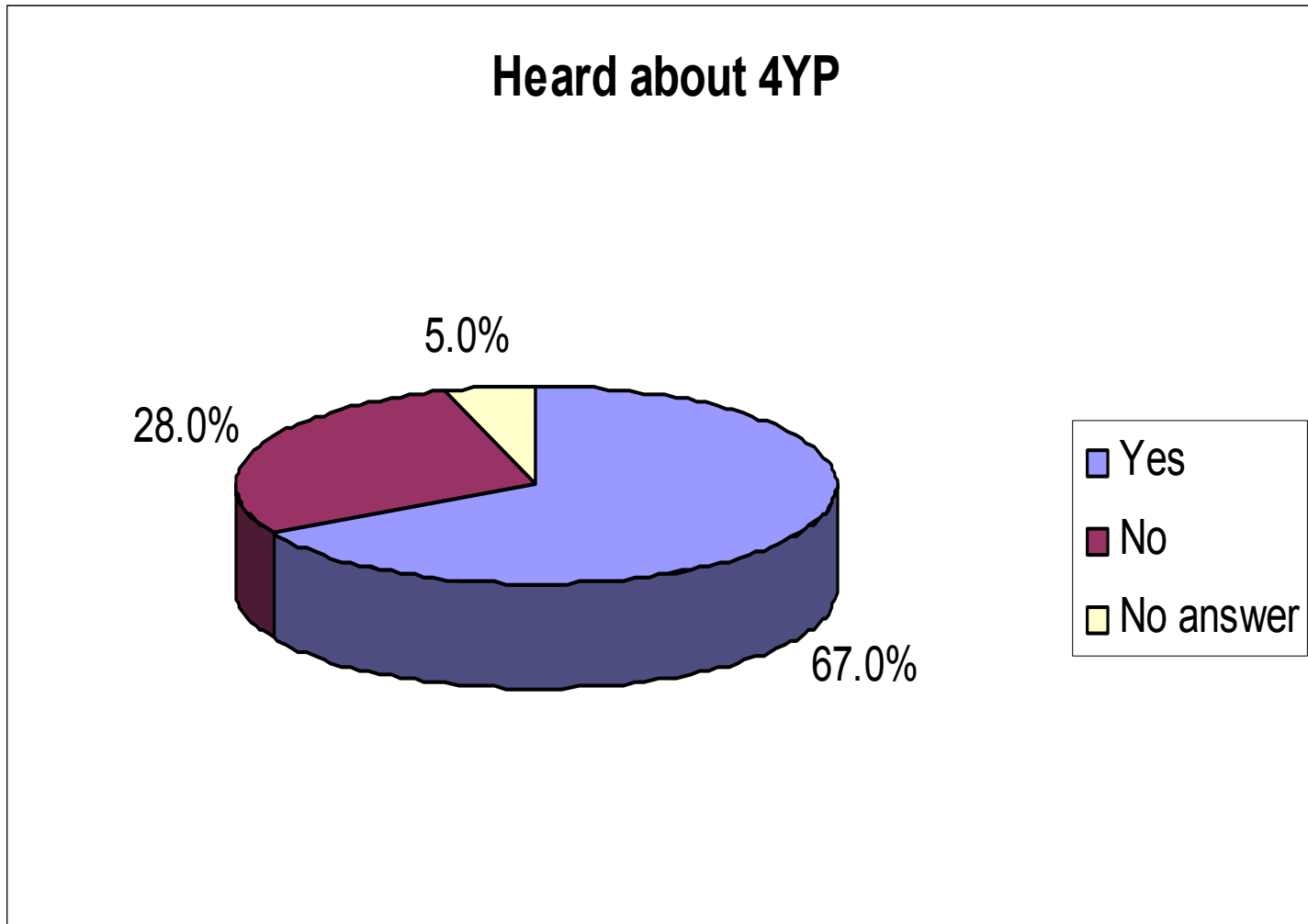
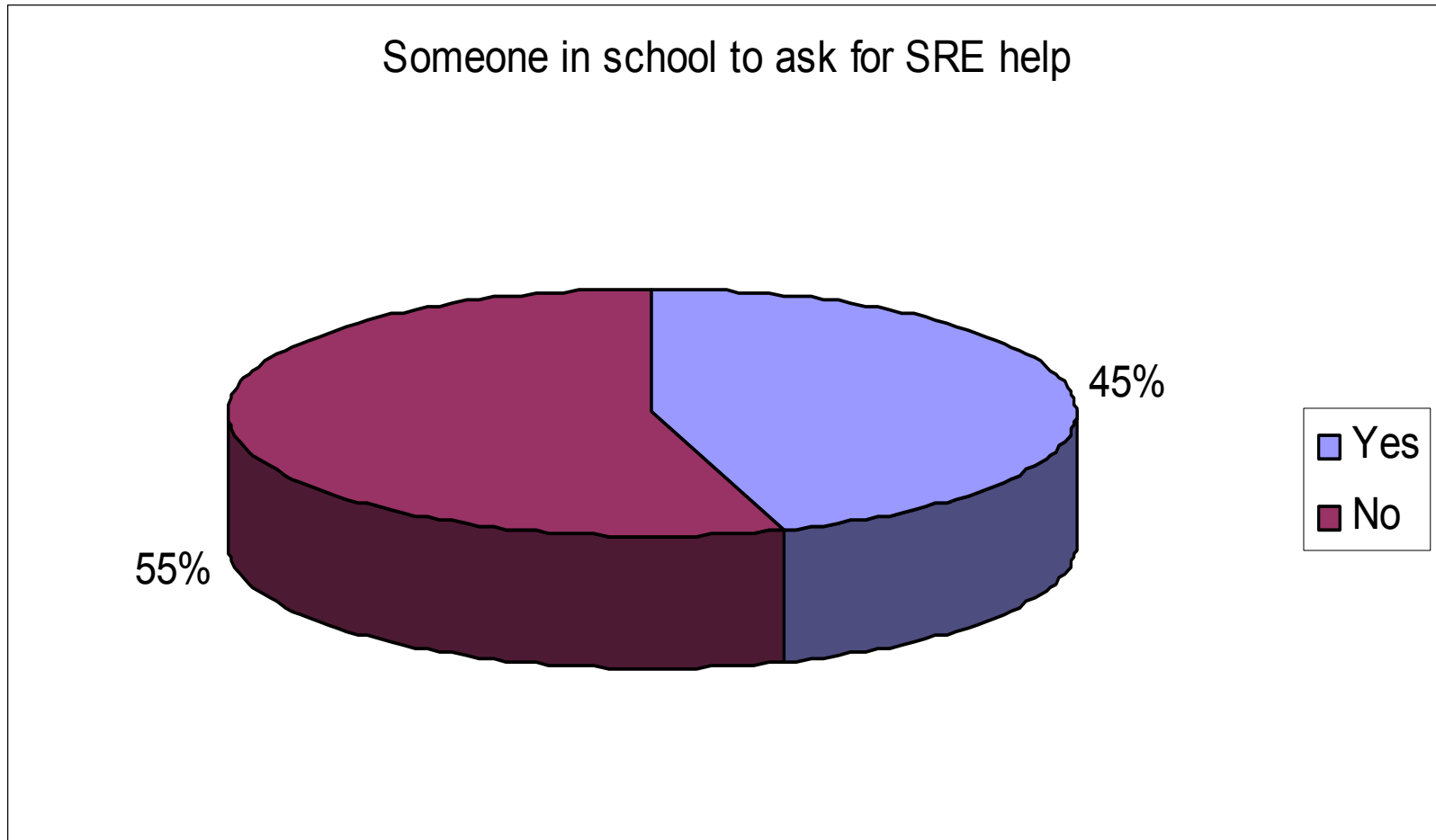


Chart 6



Do you know where to go for help on sex and relationships

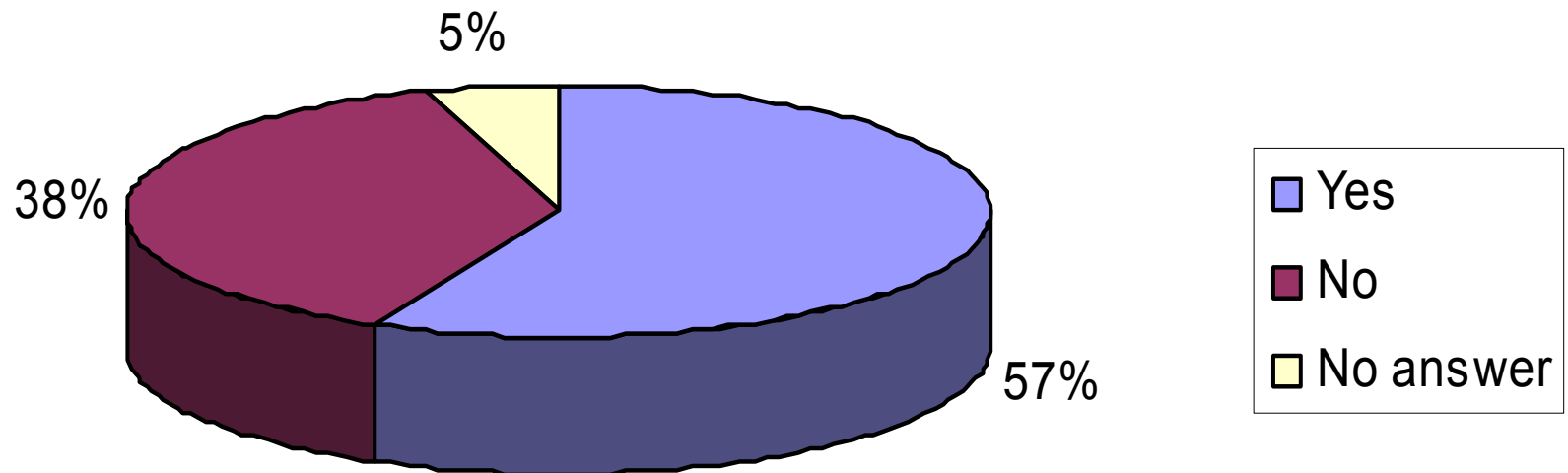


Chart 7

APPENDIX 2

Haringey Youth Council Shout Out (November 2009)

Sex and Relationships Education Workshops

Action points

Individual

- Find out about screening for STIs
- Talk to head of Year about an assembly on an SRE issue, or make a film

Haringey

- Funding for 4YP and SRE training
- Free contraception
- Better information about where young people can obtain contraception
- SRE for younger children
- Tell Council and Government we want better SRE
- Have a march or conference on AIDS and STIs

Government

- Fund more Sexual Health visitors in schools
- Train young people to be peer advocates for young people with disabilities
- More SRE training for teachers

Appendix 3

Haringey Sex & Relationships Education Questionnaire for Secondary School Councils Summer 2008

School.....

Age.....

Year group.....

Male

Female

1. What have you **learned** about in Sex and Relationships Education lessons?
2. What **would** you **like to** learn about in Sex and Relationships Education lessons at your age?

Please tick the appropriate boxes

	Learned	Would like		Learned	Would like		Learned	Would like
Abortion and pregnancy choice			Effects of alcohol and other drugs on sexual behaviour			Assertiveness skills		
Being a parent			Contraception			Different types of relationship: Family/friendships /intimate.		
Self-awareness Emotional Resilience			Emotions: different types and dealing with them			Friendships: making & keeping friends, falling out:		

Human reproduction (Biology)			Laws about sex			Managing risk		
Marriage/stable relationships			Pleasure			Puberty (emotional and physical effects)		
Reasons for delaying sexual activity			Safer sex (alternatives to penetration)			Same sex relationship		
Sexuality			Strategies for making choices			Sexually transmitted infections, including HIV/AIDS		
Where to go for confidential help			Peer pressure			Responsibility for self and others		

Please add anything else you would like to see included in the spare boxes

3. Please rate the quality of the sex and relationships education in your school? (circle the word)
poor fair good very good excellent

4. Have you been asked for your views on sex and relationships education? **Yes/No**

5. Have you found your sex and relationships education useful? **Yes/No**
 If **yes** can you give examples.....

6. What kind of learning activities should be used in sex and relationships education? Please tick the boxes. If you have any great ideas, please add them to the blank boxes

Brainstorming		Case Studies/scenarios		Discussion	
Continuum		Debate		Quizzes	

Role-play		Storytelling (using models or pictures)		Testing products (e.g. experiment with condoms)	
DVD/Film		Problem pages		Theatre groups	
TV programmes		Using textbooks		Visiting experts/speakers	
Worksheet					

7. If you could make a sex and relationships notice board, what advice and help information would you include (e.g. Childline telephone number)?

.....
.....
.....
.....

8. If you wanted some advice on a sexual health problem would you know where to go for help? **Yes/No**

9. If yes, where would you go for help?

10. Have you heard about the **4Y?** services? **Yes/No**

11. Is there someone in your school you could ask for advice on a sexual health problem? **Yes/No**

Thank you for completing this questionnaire

Return to: Mike Davis, PSHE, Citizenship & Participation Manager, Haringey PDC, Downhills Park Road, London N17 6AR

