

# Supporting the Health of Young People in Bath & NE Somerset (B&NES) Secondary Schools

## A summary report of the Health Related Behaviour Survey 2015

These results are the compilation of data collected from a sample of secondary pupils, aged 12 to 15, in B&NES during the summer term 2015. This work was funded by NHS B&NES Public Health Directorate and co-ordinated by a partnership between Public Health and staff in the Local Authority School Improvement Team as a way of collecting robust information via the Health Related Behaviour Survey.

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire.

3130 pupils in Years 8 – 10 took part in 12 Secondary schools.

A separate primary school survey was completed in the summer term 2015 for which a report is also available.

### Comparative data

B&NES data have been compared with the SHEU wider database. A selection of some of the statistically significant differences, where the level seen in the B&NES data is either 5% above or below that in the wider SHEU database, are included on page 7. District comparisons have also been noted on page 7.

### 3130 young people aged 12 to 15 were involved in the survey

School Year	Year 8	Year 10	Total
Boys	774	698	1472
Girls	838	738	1576
Total	*1648	*1482	*3130

\*82 pupils responded unsure/prefer not to say when asked about their gender.

### Reference sample

B&NES data have been compared with the SHEU wider survey sample - consisting of 53,300 Year 8 and Year 10 pupils.

A selection of some of the differences, where the level seen in the B&NES data is either 5% above or below that seen in the wider SHEU data, are shown on page 7.

For more details please contact the Schools Health Education Unit  
Tel. 01392 667272.



### TOPICS INCLUDE:

Personal Background

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Leisure

Physical Activity

Safety

School and Career

Relationships and Sexual Health

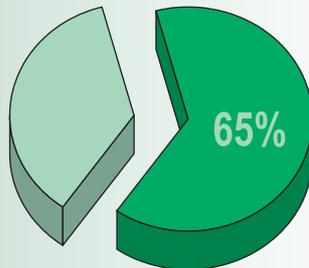


# B&NES Secondary school pupils in Years 8 and 10 (ages 12-15)

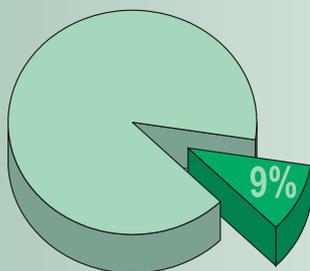
## PERSONAL BACKGROUND

89% of pupils described themselves as White British, 2% as other White and 4% mixed.

65% of pupils report that they live with their mum and dad together.



16% said that they live with 'mainly or only mum'.

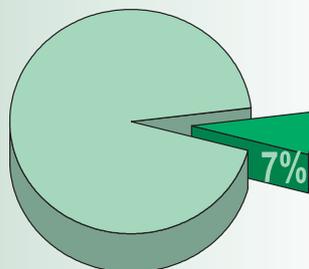


9% have a long-term illness or disability.

3% of pupils say their needs are always met at school, 2% mostly met, and 2% say their needs are not met.

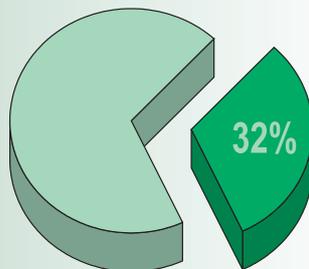
6% of pupils said that they are a 'young carer', while 9% said they are 'not sure' if they are and 2% said they prefer not to say.

7% of pupils said that they currently have free school meals, or vouchers for free meals, while 1% said they could have them if they wanted to and 10% don't have them now, but have done in the past 6 years.

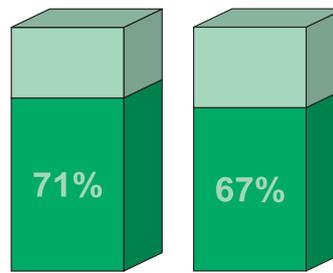


## SCHOOL AND CAREER

When asked how many of their school lessons they enjoy, 32% of pupils said that they enjoy at least 'most of them'.

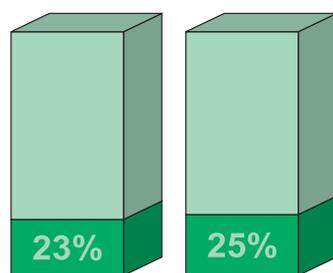
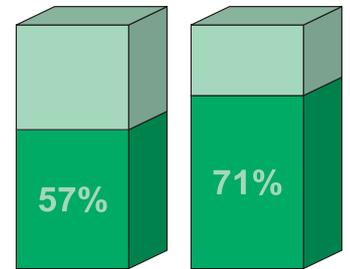


28% said that they enjoy 'about half of them', 19% 'less than half of them' and 17% 'hardly any of them'.



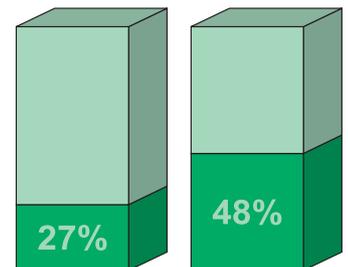
71% said that they expect to take at least one GCSE. 67% of pupils said that they expect to get mostly good grades (A-C).

57% of boys and 71% of girls in Year 10 want to continue in full-time education at the end of Year 11.



23% of all pupils said they want to find a job as soon as possible and 25% said they want to get training for a skilled job.

27% think their views make a difference in school.



48% think their views and opinions make a difference outside school.

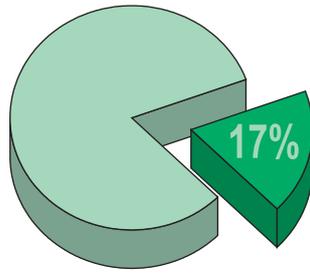
This table shows the top 5 topics pupils thought were covered 'fairly' or 'very' well in school lessons:

Year 8	Boys	Girls
Internet safety	86%	85%
Physical activity	84%	84%
Personal safety	80%	78%
Healthy eating	75%	72%
Bullying	73%	70%

Year 10	Boys	Girls
Physical activity	79%	77%
Internet safety	73%	77%
Personal safety	71%	70%
Drugs, alcohol and smoking	69%	67%
Bullying	69%	66%

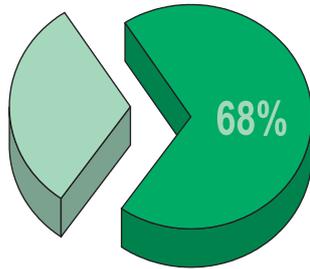
## HEALTHY EATING

17% of pupils had nothing to eat or drink before lessons on the day of the survey.



- 33% of pupils responded that they ate a school lunch on the day before the survey, while 2% said they ate lunch from a takeaway or shop.
- 12% said that they no lunch the day before.
- 22% of Year 10 girls had nothing to eat or drink for breakfast on the day of the survey and 17% had no lunch the day before.

68% of Year 10 girls would like to lose weight.



- 56% of Year 8 girls said they would like to lose weight. 31% of Year 8 boys and 30% of Year 10 boys said the same.
- 70% of pupils said their weight was about right (64% of females). 6% of pupils responded that they feel they are 'underweight'.
- Pupils were asked how often they eat certain foods. The most common responses for food eaten 'on most days' were:

Year 8 and 10	Boys	Girls
Vegetables	62%	68%
Dairy produce	61%	59%
Fresh fruit	48%	54%
Meat	46%	37%
White bread	37%	32%

Responses to 'rarely or never' included:

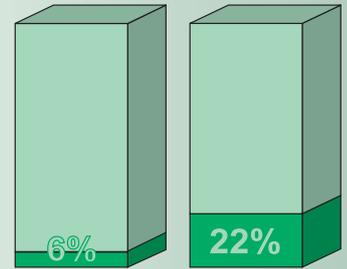
Year 8 and 10	Boys	Girls
High energy drinks	63%	77%
Sugary cereals	36%	48%
Low-sugar cereals	30%	41%
Wholemeal bread	27%	35%
Salads	25%	32%

- 9% of pupils responded that they didn't drink any water on the day before the survey.
- 28% of pupils responded that they drank at least 'about 1 litre' of water on the day before the survey.
- 26% of pupils ate 5 or more portions of fruit and vegetables on the day before the survey, 7% ate none.

## DRUGS, ALCOHOL AND TOBACCO

### Alcohol

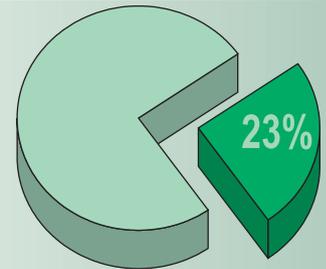
- 45% of pupils responded that they have had a proper alcoholic drink (not just a sip and not low-alcohol).
- 6% of Year 8 and 22% of Year 10 pupils said that they drank alcohol in the last week.



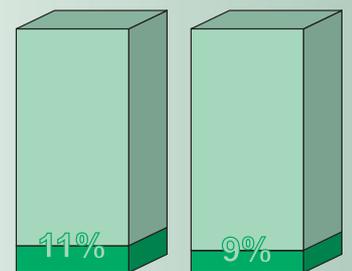
The most popular drinks consumed the previous week for Year 10 pupils:

Year 10	Boys	Girls
Beer, lager or cider	19%	11%
Spirit or liqueur	8%	8%
Shandy	4%	6%
Wine	4%	4%

23% of pupils reported ever getting drunk, 9% said they were drunk in the 4 weeks before the survey.



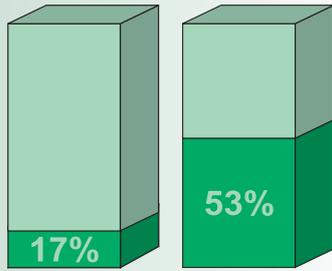
- 3% of Year 10 pupils said that they bought alcohol from a shop.
- 11% of Year 10 boys and 9% of Year 10 girls said that they drank alcohol at home in the week before the survey.



- 9% of Year 10 boys and 7% of Year 10 girls drank at a friend or relation's place. 3% of Year 10 pupils drank outside in a public place.
- When asked 'if you ever drink at home, do your parents know?' 81% of pupils said they do not drink alcohol at all and 2% said 'I do not drink alcohol at home'.
- 13% said their parents 'usually' or 'always' know, 2% said their parents 'sometimes' know and 1% said their parents 'never know'.
- So, of those who drink at home, 60% said that their parents 'always know' and 8% said they 'never know'.

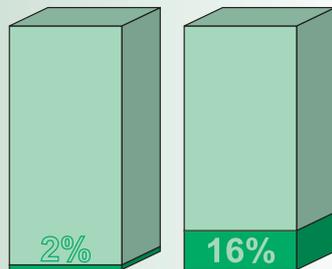
## Drugs

- 17% of Year 8 pupils and 53% of Year 10 pupils said they know someone who uses illegal drugs or legal highs.



- 6% of Year 8 pupils have been offered cannabis; 8% of Year 8 boys and 6% of Year 8 girls have been offered other drugs.
- 29% of Year 10 pupils have been offered cannabis and 25% have been offered other drugs.

- 2% of Year 8 pupils and 16% of Year 10 pupils said they have taken an illegal drug.



- 4% of Year 10 pupils said they have taken an illegal drug in the last month.
- 2% of Year 8 and 12% of Year 10 pupils said that they have used cannabis.
- 3% said that they have taken more than one type of illegal drug or legal highs on the same occasion (5% in Year 10).
- 11% of Year 10 pupils said that they have taken an illegal drug or legal highs and alcohol on the same occasion.

### Pupil's drug experience:

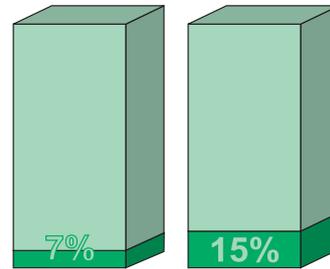
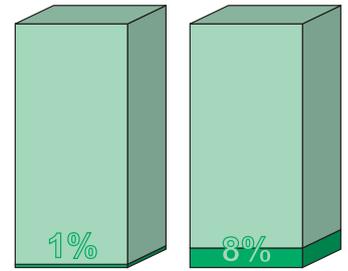
Year 8 & 10	Used last month	Ever used
Cannabis	3%	7%
Ecstasy	1%	2%
Cocaine	0%	1%
NOs/laughing gas	3%	6%

- 63% of pupils responded that they would talk to a parent/carer if they needed support about problems with alcohol or drugs; 44% said they would talk to their friends.

## Tobacco

- 74% of Year 10 boys and 67% of Year 10 girls said that they have never smoked. 90% of Year 8 boys and 91% of Year 8 girls said the same.

- 1% of Year 8 pupils and 8% of Year 10 pupils said that they usually smoke at least one cigarette a week.

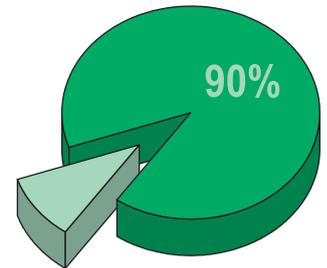


- 7% of Year 10 boys and 15% of Year 10 girls said that they at least sometimes smoke cigarettes currently.

- 20% of pupils said that at least one person smokes regularly around them (e.g. at home or in a car).
- When asked about electronic cigarettes 80% said they have never used one, 11% said they had once and 9% said more than once.

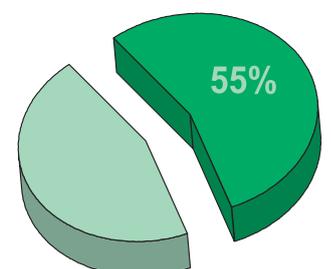
## SAFETY

- 90% of pupils said that they feel 'safe' or 'very safe' when going out during the day.

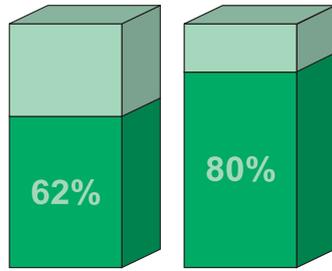


- 50% of pupils said that they feel 'safe' or 'very safe' when going out at night.
- 29% of pupils responded that they have had a serious injury in the last 12 months.
- 25% of pupils reported that they have felt afraid of going to school because of bullying.
- 21% of pupils said that they have been bullied at school in the last 12 months.
- 6% of pupils reported that they have bullied someone else at school in the last 12 months.
- 3% of pupils reported that they have bullied someone else near school in the last 12 months. 2% of pupils said on school transport.

- 55% said that they think their school takes bullying seriously; 22% said no.

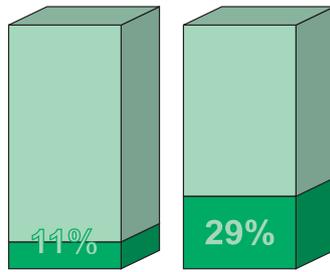


- 62% of boys and 80% of girls use the Internet for going on social media (e.g. Twitter, Facebook, Instagram).



- 96% say they know how to stay safe online.
- 74% of pupils said that they got e-safety information from school, while 48 said from parents.
- 63% of boys and 38% of girls have seen adult-only pictures online. 38% of pupils have seen images that upset them.
- 46% of boys and 6% of girls said they had looked online for pornographic images, films or games.

- 11% of boys and 29% of girls have received a chat message that scared them or made them upset.

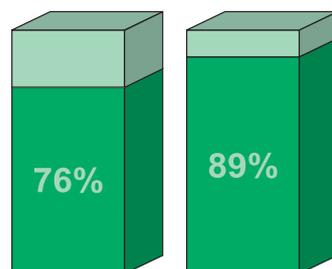


- 14% of pupils said that they have texted or sent images of themselves that they have later regretted.
- 17% said they have received images of someone that they felt were inappropriate.

## EMOTIONAL HEALTH & WELL-BEING

- 14% of pupils responded in the lower portion of the scale for feeling satisfied with life at the moment (0 – 4), with 2% giving the lowest response (0 – ‘not at all satisfied’).
- 78% of pupils responded in the higher portion of the scale for feeling satisfied with life (6 – 10), with 13% giving the highest response (10 – ‘completely satisfied’).

- 76% of boys and 89% of girls reported that they worry about at least one problem 'quite a lot' or 'a lot'.

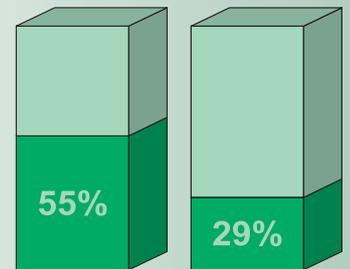


- The most commonly reported worries ('quite a lot'/'a lot') include:

Years 8 & 10	Boys		Girls	
Exams and tests	52%	Exams and tests	70%	
Career	45%	The way you look	57%	
Family	43%	Family	49%	
Friends	35%	Career	48%	
Money	33%	Friends	46%	

- 91% of pupils said that they have at least one adult they can trust.
- 66% of pupils said 'When a friend wants me to do something I don't want to do... I can 'usually or always' say no. 9% said they can 'rarely' or 'never' say no.
- 20% of pupils worry 'quite a lot' or 'a lot' about being bullied.

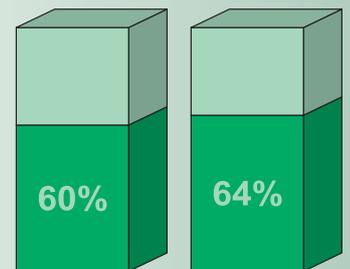
- 50% of Year 8 boys and 55% of Year 10 boys had high self-esteem scores.
- 32% of Year 8 girls and 29% of Year 10 girls had high self-esteem scores.



## RELATIONSHIPS AND SEXUAL HEALTH

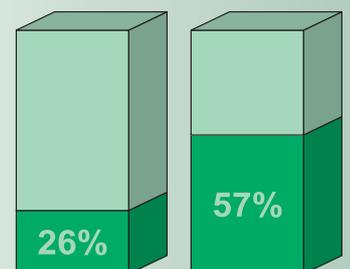
- 28% of Year 8 boys and 26% of Year 8 girls said that they know where to get free condoms.

- 60% of Year 10 boys and 64% of Year 10 girls know where to get free condoms.

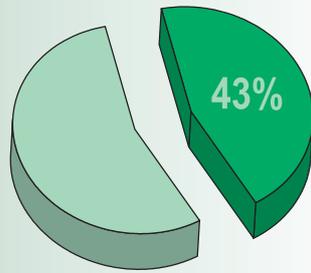


- 50% of pupils said that they know how to prevent HIV/AIDS; 36% said the same about chlamydia.

- 26% of Year 8 and 57% of Year 10 pupils said that condoms were reliable in preventing sexually transmitted infections.



- 43% of pupils said that they go to their parents or carers for information about sexual health and contraception, while 37% said they go to the school nurse.



- 55% of pupils responded that they know how to contact the school nurse, while 23% said they are 'not sure' if they do.

## LEISURE

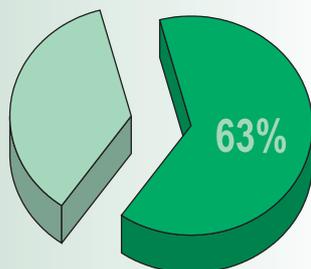
- 73% of pupils reported watching television after school on the day before the survey. 17% watched it for more than two hours.
- 65% of pupils did homework on the evening before the survey, 25% did more than an hour.
- The most commonly reported leisure time activities for the previous evening were:

Year 8	Boys	Girls
Playing computer games	77%	80%
Going on the Internet/social media	73%	74%
Watching TV programmes or films	73%	70%
Sport or other physical activity	72%	64%
Doing homework	65%	59%

Year 10	Boys	Girls
Going on the Internet/social media	79%	88%
Watching TV programmes or films	72%	74%
Playing computer games	68%	67%
Sport or other physical activity	62%	57%
Doing homework	61%	47%

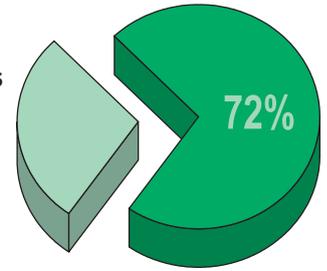
- 80% of pupils reported going on the Internet/social media on the evening before the survey, 48% did this for more than an hour.

- 63% of pupils said that they use Internet chat rooms or social networking sites every day or regularly throughout the day.



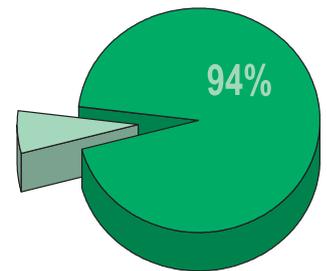
## PHYSICAL ACTIVITY

- 72% said that they enjoy physical activities 'quite a lot' or 'a lot'. Again, Year 10 girls were least likely to answer positively (56%).



- 3% of pupils responded that they weren't active for at least 60 minutes on any day in the week before the survey.
- 79% of pupils responded that they were active for at least 60 minutes on three or more days in the week before the survey.

- 94% of pupils reported exercising enough to breathe harder at least once in the previous week. 30% said at least five times.



## Active travel

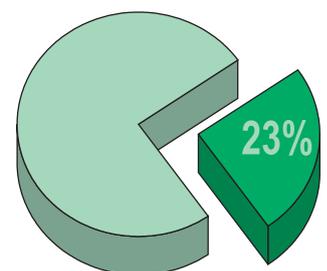
- 35% of pupils walked at least part of the way to school on the day of the survey. 33% came by car/van. 2% of pupils travelled to school by bike.

## School lessons

- Pupils were asked how well their school covered a list of topics in school lessons. The following are percentage responses for 'fairly well' or 'very well' for each:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Managing money	48	40	37	23	37
Citizenship	62	57	43	35	49
Drugs, alcohol and smoking	70	70	69	70	69
Emotional health and wellbeing	71	64	62	48	61
Healthy eating	75	72	67	64	69
Physical activity	84	84	79	77	81
Puberty and growing up	66	61	57	59	60
Bullying	73	69	69	56	66
Personal safety	80	78	71	66	73
Internet safety	86	85	73	77	80
Gender identity	65	51	52	38	51
Sexuality	66	53	58	44	55
Sex education	71	63	68	67	66
Healthy relationships	67	55	60	57	59
Cultural awareness/understanding	70	66	63	50	62

- 23% of pupils said that their school covers Managing money 'not very well'.



## Locality differences

B&NES data have been broken down into localities: Bath, Keynsham & Chew Valley, and Norton Radstock to look for differences. In most cases, locality data are very similar to the wider B&NES data but the following are a selection of statistically significant differences (B&NES in brackets) :

BATH LOCALITY	KEYNSHAM & CHEW VALLEY	NORTON RADSTOCK
↗ 42% (35%) of pupils responded that they walked to school on the day of the survey.	↘ 45% (55%) of pupils responded that they know how to contact the school nurse.	↘ 25% (33%) of pupils responded that they ate a school lunch on the day before the survey.
↗ 69% (62%) of pupils responded that they access the internet on a computer or laptop at home.	↗ 41% (33%) of pupils responded that they ate a school lunch on the day before the survey.	↘ 54% (62%) of pupils responded that they access the internet on a computer or laptop at home.
↗ 40% (34%) of pupils responded that they read a book after school on the day before the survey.	↗ 14% (9%) of pupils responded that they have been drunk in the last 4 weeks.	↘ 43% (50%) of pupils responded that they know how to prevent HIV/AIDS.
↗ 74% (70%) of pupils responded that they 'rarely or never' drink high energy drinks (e.g. Red Bull or Monster).	↗ 94% (89%) of pupils responded that they have visited the dentist in the past 6 months.	↘ 29% (35%) of pupils responded that they walked to school on the day of the survey.
↗ 49% (44%) of pupils responded that they wear a helmet 'most of the time' or 'always' when they cycle.	↘ 32% (37%) of pupils responded that they got to the school nurse for information about sexual health and contraception.	↗ 43% (37%) of pupils responded that they got to the school nurse for information about sexual health and contraception.
↗ 30% (26%) of pupils responded that they think they would go to the school nurse if they wanted support, information or advice.	↗ 21% (17%) of pupils responded that they have been offered cannabis.	↗ 60% (55%) of pupils responded that they know how to contact the school nurse.
↘ 41% (45%) of pupils responded that they have had a proper alcoholic drink (not just a sip and not low-alcohol).	↗ 21% (15%) of pupils responded that they have been offered other illegal drugs or legal highs.	↘ 39% (44%) of pupils responded that they wear a safety helmet 'most of the time' or 'every time' they cycle.
↗ 55% (51%) of pupils responded that they eat fresh fruit 'on most days'.	↗ 56% (50%) of pupils responded that they know how to prevent HIV/AIDS.	↘ 43% (48%) of pupils responded that they feel their views and opinions make a difference to decisions outside school.
	↗ 25% (20%) of pupils responded that they have used an electronic cigarette at least once.	

## Differences between the B&NES 2015 survey and the SHEU reference sample

**In most cases B&NES data are very similar to the wider SHEU data (in brackets) but there are some interesting differences to note:**

- 33% (26%) of pupils said they travelled to school by car on the day of the survey.
- 17% (11%) of pupils said that they nothing for breakfast on the day of the survey.
- 33% (48%) of pupils had a school lunch the day before.
- 26% (20%) of pupils had at least 5 portions of fruit and vegetables the day before.
- 65% (43%) of pupils eat vegetables 'on most days'.
- 51% (40%) of pupils eat fruit 'on most days'.
- 13% (19%) of pupils said they had an alcoholic drink in the last 7 days.
- 6% (14%) said they drank alcohol at home in the last 7 days.
- 85% (80%) said they cleaned their teeth at least twice the day before.
- 21% (14%) said they 'never' do anything to avoid sunburn.
- 22% (17%) said their school doesn't take bullying seriously.
- 80% (59%) of pupils went on the internet/social media after school the day before the survey.
- 32% (40%) of pupils said that they enjoy most or all of their lessons.
- 55% (50%) of pupils said that they want to stay on in full-time education after Year 11.

# The Way Forward - over to you

Thank you to all the Headteachers, staff and young people for their time and contributions to this survey. The Health Related Behaviour Survey has been an integral piece of work in providing information that will assist schools and the local authority in managing the outcomes and impact of B&NES's Children and Young People's Plan. It will also act as a resource to help schools establish appropriate curriculum development particularly in PSHE and provide data to support the Director of Public Health Award.

## ***B&NES Schools who took part in the survey:***

Bath Community Academy  
Beechen Cliff School  
Broadlands Academy  
Chew Valley School  
Hayesfield Girls School  
Norton Hill Academy  
Oldfield School  
Ralph Allen School  
Somervale School Specialist Media Arts College  
St. Mark's CE School  
Wellsway School  
Writhlington School

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**SHEU**

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