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

A summary report of the Health & Wellbeing Related Behaviour Survey 2016

These results are the compilation of data collected from a sample of primary and secondary pupils aged 8 to 15 in Southwark during the autumn term 2016. This work was commissioned by Southwark Council’s Education and Public Health Teams on behalf of the Southwark’s Healthy Schools Partnership as a way of collecting robust information about children & young people’s lifestyles.

Teachers were briefed on how to collect the most reliable data and then pupils in Years 4 and 6 in the primary schools and Years 8 and 10 in the secondary schools anonymously completed the questionnaire. A total of 2925 pupils took part in 34 schools. Completed questionnaires were then returned to SHEU in Exeter for processing.

**Comparison to Wider Data**

Southwark data have been compared with the Unit’s wider database. This includes the results of surveys from areas such as Bristol, Camden, Cornwall, Ealing, Essex, Kingston, Newcastle, Surrey and Wakefield.

A selection of some of the differences, where the level seen in the Southwark data is either 5% above or below that in the wider reference data, is indicated by the symbol \(\circ\) on pages 4 and 7.

The results contained in this report are a snapshot of what life is like for young people in the schools that took part in the borough.

<table>
<thead>
<tr>
<th>2925 young people aged 9 to 15 were involved in the survey:</th>
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<tbody>
<tr>
<td><strong>School Year</strong></td>
</tr>
<tr>
<td><strong>Age</strong></td>
</tr>
<tr>
<td><strong>Boys</strong></td>
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<tr>
<td><strong>Girls</strong></td>
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<tr>
<td><strong>Total</strong></td>
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*S5 pupils didn’t give us their gender.

SHEU is an independent research unit specialising in health related questionnaire surveys of children and young people for Local Authorities, Public Health Teams, voluntary agencies, charities, schools and colleges and other partnerships. The Unit is also able to undertake consultation, monitoring and evaluation and bespoke research projects.

For more details please contact the Schools Health Education Unit
Tel. 01392 667272. www.sheu.org.uk

TOPICS INCLUDE:

- Citizenship
- Drugs, Alcohol and Tobacco
- Emotional Health and Wellbeing
- Healthy Eating
- Lifestyle
- Physical Activity
- Safety
- Relationships and Sexual Health

Healthy Schools Partnership
London Borough of Southwark
Southwark Primary school pupils in Years 4 and 6 (ages 8 - 11)

BACKGROUND
- 19% of pupils describe themselves as White British. 23% describe themselves as Black British, 6% said Black Caribbean. 16% describe themselves as Black African. 11% said they were mixed.
- 64% of pupils said that they were a practising member of a religion; 53% said they were Christian and 18% Muslim.
- 25% of Year 6 pupils said that they care for someone at home on a regular basis who is unable to care for themselves because they are disabled or have a long term illness.
- 10% said that being a young carer stopped them doing things they want to enjoy ‘sometimes’ or ‘often’.

GENERAL HEALTH
- 53% of pupils said they had more than 8 hours sleep the night before. 20% said they had less than 6 hours sleep.
- 40% said they had been to the dentist in the last 6 months. 13% of pupils said that they had never been to the dentist or had been more than a year ago.
- On their last visit, 57% had a check up, 25% had fillings and 3% said they had a brace fitted or checked.
- 83% of pupils said that they cleaned their teeth at least twice the day before the survey.
- 38% of Year 6 pupils said that they would like to lose weight, 55% said they were happy with their weight as it is.
- 35% said if they wanted to lose weight they would use a health service to help them; 7% said they had already used a health service to help them lose weight.

HEALTHY EATING
- 5% had nothing to eat or drink for breakfast on the day of the survey; another 4% only had snacks for breakfast that morning.
- 35% of pupils had cereal for breakfast and 36% toast on the morning of the survey. 12% said that they had fruit for breakfast. 7% said they had a chocolate bar or sweets.

Pupils were asked to identify, from a list, the foods/drinks they had ‘on most days’ or ‘every day’:
- 63% said fresh fruit and 55% said vegetables.
- 34% said 5 or more portions of fruit or vegetables the day before the survey; 12% said that they had no portions.
- 86% said that they could get water at school breaktime easily, 8% said that they could get water, but ‘not easily’.
- 63% said that they could get water, not easily.
- 26% of pupils said that they have take-away food ‘on most days’ or ‘every day’ 22% said they ‘never’ had take-away food.
- 3% of pupils said that they had no water to drink the day before the survey. 47% of boys and 41% of girls said they had at least a litre the day before.

DRUGS, ALCOHOL AND TOBACCO

Drugs
- 2% of Year 6 pupils said that they have been offered cannabis, 7% aren’t sure if they have.
- 0% said they have taken cannabis. 1% said they had taken other drugs.
- 19% say they are ‘fairly sure’ or ‘certain’ they know someone who uses drugs (not medicines).
Alcohol
- 89% of Year 6 pupils said that they never drink alcohol; 6% of pupils said that they drank alcohol but their parents ‘always’ knew when they drank alcohol. 2% of pupils said that when they drink alcohol their parents ‘never’ or only ‘sometimes’ know about it.
- 4% of Year 6 pupils said they have had an alcoholic drink in the last 7 days.

Tobacco
- 96% of pupils said they had never tried smoking. 3% said that they had only tried smoking once or twice.
- 2% of said they had smoked at least one cigarette during the last seven days.
- 4% of Year 6 pupils said they have smoked shisha.
- 73% of pupils said that no-one ever smokes at home.
- 20% said someone smokes inside their house or flat at least weekly.
- 2% of Year 6 pupils said that they have smoked an e-cigarette.

ACTIVE TRAVEL
- 28% of pupils said they usually travel to school by car/van.
- 67% of pupils usually walk to school. 14% of pupils said they usually travel to school by bicycle or scooter.

PHYSICAL ACTIVITY
- 42% of pupils said that they did something active before school ‘most’ or ‘every day’ in the last week.
- 50% of pupils said that they did something active during PE/lesson time ‘most’ or ‘every day’ in the last week.
- 74% of pupils said that they did something active during break/lunch time ‘most’ or ‘every day’ in the last week.
- 59% of pupils said that they did something active after school ‘most’ or ‘every day’ in the last week.
- 57% of Year 6 boys and 44% of Year 6 girls did something active on both days at the weekend.

INTERNET SAFETY
- 26% of Year 6 pupils said they were never supervised while using the Internet at home.
- 10% said they were never supervised but they had a filter system (parental controls) on their device.
- 10% of Year 6 pupils said that they communicate with people they have met online but don’t know in real life.
- 13% of year 6 pupils said that they post things that lots of people can see e.g. Facebook, Twitter etc.
- 43% of Year 6 pupils said that they send messages to one or a few people e.g. Kik, WhatsApp etc.
- 31% of Year 6 pupils (47% of boys and 14% of girls) said that they communicate with other people through online games e.g. Xbox live.
- 7% of Year 6 pupils said that they had experienced someone writing or showing things online to upset or hurt them.
- 2% of Year 6 pupils said that they had sent personal information to someone who they wished they hadn’t.
- 20% of Year 6 pupils said they had received a message or picture in the last 12 months that had scared or upset them.
- In the past year 85% of Year 4 and 92% of Year 6 pupils said that they have been told how to stay safe online.
- 52% of pupils said that they always follow the the advice they have been given.
- In the last year, 8% of Year 6 pupils said that someone they don’t know in person has asked to meet them.
EMOTIONAL HEALTH & WELLBEING

- 23% of boys and 21% of girls in the Year 4 sample had high self-esteem scores. In the Year 6 sample, 31% of boys and 21% of girls recorded levels of high self-esteem.
- 7% of pupils overall had very low self-esteem scores.
- 61% of boys and 63% of girls in Year 6 pupils said that they worried ‘quite a lot’ or ‘a lot’ about SATs/tests.
- Other worries for the Year 6 pupils included:

<table>
<thead>
<tr>
<th>Year 6</th>
<th>Boys</th>
<th>Girls</th>
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</thead>
<tbody>
<tr>
<td>Family</td>
<td>67%</td>
<td>62%</td>
</tr>
<tr>
<td>Moving to secondary school</td>
<td>55%</td>
<td>60%</td>
</tr>
<tr>
<td>Friends</td>
<td>51%</td>
<td>49%</td>
</tr>
<tr>
<td>Wars and terrorism</td>
<td>49%</td>
<td>48%</td>
</tr>
</tbody>
</table>

- 41% of pupils overall reported that they felt afraid to go to school because of bullying, at least sometimes.
- 30% of pupils said they had been bullied at or near school in the last 12 months.
- 25% of pupils reported that they thought they were bullied because of the way they looked and 20% thought because of their size or weight.
- 9% of pupils reported that they had bullied someone else in the last 12 months.
- 75% said they were ‘quite’ or ‘very happy’ with their life at the moment; 14% said they were unhappy with their life.
- 89% of pupils in Year 6 said that it was ‘certainly’ or ‘mostly true’ that their school cares whether they are happy or not.
- 73% of Year 6 pupils said that their lessons on feelings, emotional health and well-being were ‘quite’ or ‘very useful’; 5% couldn’t remember any.
- 92% of Year 6 pupils agreed that in their school, they respect each other and their differences.
- 90% of Year 6 pupils said that their achievements in and out of school are celebrated.
- 73% of Year 6 pupils said they have been feeling positive about the future.
- 64% of Year 6 pupils responded that when things went wrong in the 6 months before the survey they ‘often’ or ‘very often’ learnt from the experience for next time.
- 43% of Year 6 pupils had a high resilience score. 15% had a low score.

PUBERTY AND BODY CHANGES

- 72% of Year 6 boys and 82% of Year 6 girls said their lessons on puberty and growing up had been ‘quite’ or ‘very useful’.

- 62% of Year 6 pupils said that they felt that they knew enough about how their bodies change as they grow up. 5% of Year 6 said that they didn’t know enough. 32% said that they weren’t sure that they knew enough.
- 22% of Year 6 boys and 29% of Year 6 girls reported that they worried ‘quite a lot’ or ‘a lot’ about the way they looked.
- 38% of Year 6 boys and 45% of girls said they worried ‘quite a lot’ or ‘a lot’ about how their body changes as they grow up.

DIFFERENCES BETWEEN THE SOUTHWARK 2016 SURVEY AND THE SHEU WIDER REFERENCE SAMPLE

For most of the questions in the questionnaire, Southwark Year 4 and Year 6 pupils give similar responses to the wider SHEU data. Some differences (more than 5%) include:

- 75% of Southwark pupils said that they enjoy most or all of their lessons. This is higher than the 69% of pupils saying this in the wider SHEU sample.
- 24% of Southwark pupils recorded levels of high self-esteem compared with 37% of the wider sample.
- 30% of Southwark pupils said that they had been bullied at or near school in the past 12 months compared with 24% of the wider sample.
- 19% of Southwark Year 6 pupils said that they know someone personally who uses drugs (not as medicines). This is higher than the 9% of pupils in the wider sample.
- 87% of Southwark pupils had a school lunch the day before, 8% had a packed lunch from home. This compared with 48% and 48% respectively in the wider sample.
- 55% of Southwark Year 6 pupils said they were happy with their weight compared with 48% of the wider sample.
- 39% of pupils said they consider their health ‘very often’ or ‘always’ when making food choices compared with 32% of the wider sample.
- 29% of pupils said they had at least 5 portions of fruit and vegetables the day before. This is lower than the 35% of pupils in the wider sample.
- 63% of pupils said their had fresh fruit and 55% said vegetables ‘on most days’ compared with 69% and 61% of pupils respectively in the wider sample.
Southwark Secondary school pupils in Years 8 & 10 (ages 12-15)

BACKGROUND
- 32% of pupils describe themselves as White British, 14% as Black British, 8% said Black Caribbean and 10% as Black African.
- 39% said that they are a practising member of a religion. 30% of pupils said they were Christian and 15% were Muslim.

SCHOOL
- 79% of pupils reported that they enjoyed at least half of their lessons in the last 12 months before the survey.
- 74% of pupils said that it was ‘very important’ to go to school regularly.
- 41% of pupils said that they had missed school in the past 12 months for medical or dental appointments.
- 7% said they had missed school due to caring for family members.
- 30% of pupils responded that they haven’t missed school in the last 12 months.
- 68% of pupils responded that they have missed school and their parents/carers always knew. 2% said that if they missed school, their parents ‘sometimes’ or ‘never’ know.

Future plans
- 69% of pupils responded that they want to continue in full-time education when they finish school.
- 44% of pupils responded that they want to find a job as soon as they can when they finish school.

EMOTIONAL HEALTH & WELL-BEING
- 60% of pupils reported that, in general, they were ‘quite’ or ‘very’ happy with their life.
- 43% of boys and 32% of girls had high self-esteem scores.
- 21% of pupils had medium-low self-esteem scores.
- 9% of pupils reported that didn’t have an adult they could trust to talk to if they had something that worried them.
- The top three worries were:
  (The table shows the proportion of pupils who said they worried about the problems ‘quite a lot’ or ‘a lot’.)

<table>
<thead>
<tr>
<th>Year 8</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family</td>
<td>52%</td>
<td>66%</td>
</tr>
<tr>
<td>Exams and tests</td>
<td>47%</td>
<td>55%</td>
</tr>
<tr>
<td>The future</td>
<td>35%</td>
<td>41%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Year 10</th>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exams and tests</td>
<td>57%</td>
<td>77%</td>
</tr>
<tr>
<td>Family</td>
<td>37%</td>
<td>61%</td>
</tr>
<tr>
<td>The future</td>
<td>35%</td>
<td>49%</td>
</tr>
</tbody>
</table>

HEALTHY EATING
- 16% of Year 10 girls reported having nothing to eat or drink for breakfast on the day of the survey.
- 11% of Year 8 girls had nothing to eat or drink for breakfast on the morning of the survey. It is interesting that 41% of Year 8 girls say that they would like to lose weight.
- 57% of pupils said that they had a school lunch and 19% said they ate a packed lunch. 6% said they bought their lunch from a takeaway or shop.
- 18% of pupils reported having no lunch the day before the survey.
- Pupils were asked to identify from a list the foods they ate ‘on most days’. 48% said fresh fruit and 51% said vegetables. 14% of pupils have chips, 19% crisps, 27% sweets and chocolates and 22% ‘non diet’ fizzy drinks ‘on most days’.
- 12% said that they had no portions of fruit or vegetables the day before the survey. 21% said 5 or more portions.
- 8% of pupils said they never considered their health when choosing what to eat.
- 5% of pupils said that they had no water to drink the day before the survey. 14% said that they drank 2 or more litres.
DRUGS, ALCOHOL & TOBACCO

Drugs

- 5% of pupils said that they had taken drugs to get high.
- 12% of Year 10 pupils said they have ever used Cannabis (9% of boys and 14% of girls).
- 3% of pupils reported that they had taken an illegal drug in the last month; another 1% had taken one in the last year.
- 1% of pupils said they take drugs and their parents always know about it. 3% said their parents never know about it.
- 7% of Year 10 pupils have taken an illegal drug and alcohol on the same occasion.

Alcohol

- 8% of pupils had at least one alcoholic drink in the week before the survey.
- 4% of pupils responded that they got drunk on at least one day in the 7 days before the survey, while 1% said they did so on more than one day.
- 75% of pupils responded that they ‘never’ drink alcohol, while 6% have found them ‘not at all’ useful and 20% couldn’t remember any.
- 3% of pupils said that they drank alcohol at home during the last seven days, 3% at a friends or relations house, 2% at a party or nightclub, 1% at a pub or bar and 2% outside in a public place.

Tobacco

- 87% of pupils say that they have never smoked at all.
- 1% of Year 8 girls and 12% of Year 10 girls reported that they smoke ‘occasionally’ or ‘regularly’.
- 43% of regular smokers said that would like to give up smoking.
- 4% of pupils said that they smoked in the last 7 days.

SEX AND RELATIONSHIPS

- When asked what was their main source of information about sex and relationships, 58% of Year 8 boys and 51% of Year 8 girls said school lessons. 55% of boys and 67% of girls in Year 8 said parents.
- 41% of boys and 44% of girls in Year 10 said their friends.
- 20% of pupils said that they know where to get condoms free of charge.
- 63% of pupils responded that they had SRE lessons in the last 6 months.
- 32% of pupils responded that their SRE lessons have helped them ‘quite a lot’ or ‘a lot’ to understand consent, while 32% said that their lessons have helped them understand resisting pressure and 22% said the same about contraception.
- 51% of Year 8 pupils reported finding lessons on Sex and Relationship Education (SRE) ‘quite’ or ‘very useful’. 33% of Year 10 said this.

- 7% said they believed there was a special contraception and advice service for young people available locally.
- 66% said they didn’t know.
- 23% of pupils responded that they have experienced at least one of the negative behaviours listed in a relationship with a past or current boyfriend/girlfriend.
- 8% of pupils said that a past or current boyfriend/girlfriend had used hurtful or threatening language to them, 15% (17% of boys and 14% of girls) said that they get angry or jealous when I wanted to spend time with friends, and 11% (14% of boys and 7% of girls) said that they kept checking their phone.
SAFETY (including E-SAFETY)

- 31% of pupils rated the safety of their area, when going out after dark, as ‘not at all safe’. 1% said this about going out during the day.
- 14% of pupils said that someone had physically attacked them or tried to physically attack them, in the last 12 months.
- 8% of pupils reported that someone attacked or tried to attack them in the school grounds, while 8% said that it happened in the street/park.
- 6% of pupils responded that they reported the attack to a parent/carer, while 7% told no-one.
- 3% of pupils responded that a weapon was used/threatened when someone attacked them or tried to attack them, while 3% said they are ‘not sure’.
- 3% of pupils responded that they got a message or picture in the last 12 months that scared or upset them, while 2% said this has happened ‘several times’.
- 13% of pupils responded that, in the last year, they have sent personal information or images to someone which they then wished they hadn’t, while 1% said this has happened ‘several times’.
- 13% of pupils said that someone they don’t know in person has asked to meet with them.

When asked about how often they chatted with people online last week, 42% of pupils said ‘every day’ or ‘several times a day’. 19% of pupils said ‘not at all’.

75% of pupils said at least some of the time they chat to friends or family. 11% of pupils said at least some of the time they chat to other people they don’t know.

15% of pupils responded that they got a message or picture in the last 12 months that scared or upset them, while 2% said this has happened ‘several times’.

90% said they have been told how to stay safe while chatting online in the last year. 80% said that they usually or always follow the advice they have been given.

PHYSICAL ACTIVITY

- 74% (83% of boys and 66% of girls) of pupils said that they enjoy physical activity ‘quite a lot’ or ‘a lot’.

When asked about how often they did something active before school ‘most’ or ‘every day’ in the last week.

19% of pupils said that they did something active before school ‘most’ or ‘every day’ in the last week.

44% of pupils said that they did something active during PE/lesson time ‘most’ or ‘every day’ in the last week.

37% of pupils said that they did something active during break/lunch time ‘most’ or ‘every day’ in the last week.

52% of pupils said that they did something active after school ‘most’ or ‘every day’ in the last week.

DIFFERENCES BETWEEN THE SOUTHWARK 2016 SURVEY AND THE SHEU WIDER REFERENCE SAMPLE

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

- 46% of Southwark pupils said that they enjoy ‘most’ or ‘all of their lessons. This compared with 38% of the wider sample.
- 69% of Southwark pupils walk to school. This compared with 46% of the wider sample.
- 57% of Southwark pupils had a school lunch the day before compared with 44% of the wider sample.
- 12% of Southwark pupils said they had no portions of fruit or vegetables the day before. This is lower than the 21% seen in the wider sample.
- 37% of Southwark pupils said that they wanted to lose weight. This is lower than the 44% seen in the wider sample.
- 20% of Southwark pupils said that they know where to get condoms free of charge. This compared with 50% of the wider sample.
- 75% of Southwark pupils said that they never drink alcohol. This compared with 64% of the wider sample.
- 60% of pupils said they ‘quite or ‘very happy’ with their lives at the moment. This is lower than the 65% seen in the wider sample.
- 37% of Southwark pupils recorded levels of high self-esteem. This compared with 42% of the wider sample.
- 4% of Southwark pupils said that they smoked a cigarette in the last 7 days. This is lower than the 12% of pupils saying this in the wider sample.
- 87% of Southwark pupils said that they have never smoked at all compared with 82% of the wider sample.
This work was commissioned by Southwark Council’s Education and Public Health Teams on behalf of Southwark’s Healthy Schools Partnership in the London Borough of Southwark. We are grateful to the teachers, schools, children 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, the Local Authority, its partners as well as other statutory and voluntary agencies that support the health and wellbeing of children and young people in Southwark. This work will inform action plans for joint working between and within organisations as part of Southwark’s Healthy Schools Partnership, those involved in improving the health, wellbeing and educational outcomes as well as life chances of all pupils in schools in Southwark.

Each school has a report comparing their results to the wider borough results. These can act as a baseline for Healthy Schools and wider school work, working in partnership with the LA and its partners, providers and outside agencies.

Repeat surveys will inform schools and partners about progress.

**Southwark Schools who took part in the survey:**

**Primaries**
- Angel Oak Academy
- Bellenden Primary School
- Beormund Primary School
- Boutcher CE Primary School
- Brunswick Park Primary School
- Charles Dickens Primary School
- Cobourg Primary School
- Comber Grove School
- English Martyrs RC Primary School
- Goose Green Primary School
- Grange Primary School
- Hollydale Primary School
- John Donne Primary School
- John Ruskin Primary School and Language Classes
- Peter Hills with St Mary’s and St Paul’s CE Primary School
- Pilgrims’ Way Primary School
- Rotherhithe Primary School
- Snowfields Primary School
- St James the Great RC Primary School
- St Johns’ and St Clements CE Primary School
- St John’s RC Primary School
- St Joseph’s Catholic Junior School
- St Mary Magdalene CE Primary School
- St Paul’s CE Primary School, Walworth
- St Peter’s CE Primary School
- Surrey Square Primary School
- Tower Bridge Primary School

**Secondaries**
- Ark Globe Academy
- City of London Academy (Southwark)
- Compass School Southwark
- Harris Girls’ Academy East Dulwich
- Southwark Inclusive Learning Service (Sils)
- The Charter School
- University Academy of Engineering South Bank

**For further information about the survey contact:**

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[www.schools.southwark.gov.uk](http://www.schools.southwark.gov.uk)