

The Southwark Children and Young People's Health and Wellbeing Survey 2016

**A report for
Camberwell and Dulwich**

The Schools Health Education Unit

www.sheu.org.uk

SHEU

School Survey Report 2016

Camberwell and Dulwich compared with Southwark Primary

Produced by the
Schools Health Education Unit

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The support service we offer benefits from the continuous use and development of our materials, and feedback from users. Therefore, if you wish to make any contribution based on your own use of the survey service, we would be delighted to hear from you.

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Foreword

The Schools Health Education Unit (SHEU) is pleased to be able to produce your Report, which contains detailed information about the health beliefs and behaviour of your pupils.

The report compares the data collected from your pupils with those from a larger, wider sample.

SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

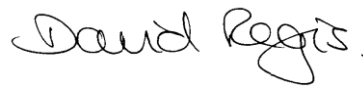
SHEU hope that your pupils found the experience of completing the questionnaire interesting and thought provoking.

Finally, SHEU would like to take this opportunity to thank you for your support and co-operation in agreeing to participate in this valuable research initiative.



Angela Balding

Survey Manager
Schools Health Education Unit



Dr. David Regis

Research Manager
Schools Health Education Unit

Introduction

The Health-Related Behaviour Survey, developed by the Schools Health Education Unit, is designed for young people of primary and secondary school age. The surveys have been developed over 30 years by health and education professionals, and over a million school children have taken part. In the last ten years, over four thousand schools and colleges have participated. Data arising from the survey can be used to inform planning decisions as well as being used in the classroom as the stimulus for discussion with young people.

This report should ideally be studied with reference to the original questionnaire and the survey results tables. The first is recommended because we may have paraphrased a question below for reasons of space, and the precise wording and position may be important for interpretation.

Preceding this report you should have received **The Survey Results Tables** (or online results), which contain more information than can be summarised here. You may want to refer to this if you want to look in more detail at the results of a particular question. The Survey Results Tables show the number of responses received for each question, which may be less than the total sample. Also in the Results Tables we show the results of each response for multiple-choice questions, whereas in this report answers may be selective or grouped.

A school's results are confidential and will not be shared with other organisations without the express permission of the school.

Additional services (graphs and discs) are available; please contact SHEU. In particular, we have designed a set of INSET workshops around different examples of using the questionnaire data. If you would like further details of these or have any comments on this report please contact us at the address on the front of the report.

If you would like further details about Government policy background, we have created an overview which can be downloaded from our website at: <http://sheu.org.uk/content/page/appendix>.

Comparison figures

In this report the data gathered from this survey have been compared with a larger sample from your area. For example, if your school is in Exeter then the wider data might be Devon. This enables you to compare your results with others in the area and also go to the SHEU annual reports (summaries available at www.sheu.org.uk/publications) to find out about the UK statistics and trends.

If the figures in your survey have been compared with results from a reference sample, the reference figures are normally given second, and often in parentheses.

| |
|----------------------------|
| 15% (20%) of the sample... |
|----------------------------|

Your survey (Reference sample)

| | Your survey | | Reference Sample | |
|-------|-------------|---------|------------------|---------|
| | Year 8 | Year 10 | Year 8 | Year 10 |
| Boys | 10 | 20 | 30 | 40 |
| Girls | 80 | 70 | 60 | 50 |

| | | | |
|------------------|---------|----|------|
| Favourite fruits | | | |
| 1 | Apples | 70 | (60) |
| 2 | Oranges | 60 | (50) |
| 3 | Bananas | 50 | (40) |

Your survey (Reference sample)

The sample

This survey involved pupils from the following years. The numbers in each group are shown below.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 74 | 115 | 446 | 479 |
| Girls | 67 | 91 | 498 | 429 |

Please note that 0 (2) pupil(s) didn't specify whether they are a boy or a girl and 0 (0) didn't specify what year group they are in. These pupils will not be included in any tables or charts which are split by sex or year respectively, however they will be included in any total figures.

If the sample you sent to Exeter for analysis was small, then it may have been aggregated by sex or year, or merged with a sample from another school or schools. This is done so that the figures are not too influenced by the behaviour of any one individual, and to ensure that the anonymity of the respondents is not compromised. If you would like to discuss this in more detail, please contact the Unit directly.

Camberwell and Dulwich Headlines

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 74 | 115 | 446 | 479 |
| Girls | 67 | 91 | 498 | 429 |

Southwark Primary data in brackets; see notes on interpreting differences

Background

ETHNICITY

- 14% (19%) of pupils described themselves as White British.

RELIGION

- 70% (64%) of pupils responded that they are a practising member of a religion, while 9% (11%) are 'not sure' if they are.
- 58% (53%) of pupils responded that they are Christian.

YOUNG CARERS

- 27% (25%) of Year 6 pupils responded that they care for or look after someone at home on a regular basis, while 15% (18%) said they 'don't know' if they do.
- 12% (10%) of Year 6 pupils responded that being a young carer stops them doing things they want to enjoy at least sometimes, while 4% (5%) said they don't know.

FREE SCHOOL MEALS

- 44% (47%) of pupils responded that they currently have free school meals, while 4% (5%) said they have had them and 1% (2%) could have had them.

School

ATTENDANCE

- 3% (3%) of pupils responded that it is 'not important' to go to school regularly, while 79% (83%) said it is 'very important'.
- 48% (45%) of pupils responded that they haven't missed school in the last 12 months, while 46% (51%) of pupils responded that they have missed school and their parents/carers always know.
- 6% (5%) of pupils responded that they have missed school in the last 12 months and their parents/carers 'never' or only 'sometimes' knew.
- 52% (48%) of pupils responded that they have been away from school in the last 12 months due to illness or injury.

SCHOOL LESSONS

- 71% (75%) of pupils responded that they enjoy 'most' or 'all' of their lessons at school.
- 6% (5%) of pupils responded that they enjoy 'hardly any' of their lessons at school.

Emotional Health and Wellbeing

- 61% (66%) of Year 6 pupils responded that their school helps them work as part of a team.

- 57% (65%) of Year 6 pupils responded that their school encourages everyone to take part in decisions.

HAPPINESS

- 7% (7%) of pupils responded that they are 'very unhappy' with their life at the moment.
- 74% (75%) of pupils responded that they are 'quite happy' or 'very happy' with their life at the moment.

SELF-ESTEEM

- 31% (31%) of pupils had a med-low self-esteem score (9 or less).
- 25% (24%) of pupils had a high self-esteem score (15 or more).
- 76% (75%) of pupils responded that their parents/carers like to hear their ideas.

PERSEVERANCE

- 81% (82%) of Year 6 pupils responded that if at first they don't succeed, they 'usually' or 'whenever possible' keep on trying until they do; 57% (65%) said they ask for help.

WORRYING

- 93% (93%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- 54% (54%) of pupils responded that they worry 'quite a lot' or 'a lot' about exams, tests and SATs, while 65% (65%) said they worry about their family.
- 74% (76%) of pupils responded that they would go to their parents/carers for support, advice or reassurance if they were worried about something, while 52% (46%) would go to their friend.

THOUGHTS AND FEELINGS

- 75% (73%) of Year 6 pupils responded that they have been feeling positive about the future 'often' or 'very often', while 66% (65%) said they have been feeling useful.
- 30% (31%) of Year 6 pupils responded that they felt angry 'often' or 'very often' in the two weeks before the survey, while 53% (46%) experienced tiredness and 26% (28%) felt stressed.
- 63% (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.

HELPING

- 26% (30%) of pupils responded that people helped them less than 4 times in the last week.

- ❑ 30% (31%) of pupils responded that people helped them more than 10 times in the last week.
- ❑ 24% (23%) of pupils responded that they helped other people less than 4 times in the last week.
- ❑ 32% (29%) of pupils responded that they helped other people more than 10 times in the last week.

Bullying

- ❑ 32% (41%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 12% (15%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 33% (30%) of pupils responded that they have been bullied at or near school in the last 12 months, while 17% (19%) said they 'don't know' if they have.
- ❑ 10% (9%) of pupils responded that they have bullied someone else at school in the last 12 months, while 17% (15%) said they 'don't know' if they have.
- ❑ 10% (8%) of pupils responded that their school deals with bullying 'badly'.
- ❑ 51% (57%) of pupils responded that their school deals with bullying 'quite' or 'very' well, while 9% (8%) said that bullying is not a problem in their school.
- ❑ 23% (24%) of pupils responded that they have been pushed or hit for no reason in the last month and 13% (12%) said they've had their belongings taken or broken.
- ❑ 45% (45%) of pupils responded that the negative behaviour occurred at school; while 10% (13%) said at or near home.
- ❑ 14% (12%) of pupils did not tell anyone if they have been bullied recently.
- ❑ 15% (16%) of pupils responded that the problem stopped after telling someone, while 14% (12%) said they don't know.
- ❑ 25% (25%) of pupils responded that they are being bullied because of the way they look; 13% (11%) said it was because of their skin, colour or race.

FEELING SAFE

- ❑ 40% (44%) of pupils rated their safety when going out after dark in their area as 'not at all safe'.
- ❑ 96% (96%) of pupils rated their safety at school as 'quite safe' or 'very safe'.

Health & Hygiene

SLEEP

- ❑ 9% (7%) of pupils responded that they got less than 4 hours sleep last night.
- ❑ 74% (80%) of pupils responded that they got at least 6 hours sleep last night, with 49% (53%) saying that they got more than 8 hours.
- ❑ 73% (71%) of pupils responded that the amount of sleep they got last night is usual for a school night, while 15% (17%) said it's less than they usually get.

DENTAL HEALTH

- ❑ 2% (2%) of pupils responded that they didn't clean their teeth at all on the day before the survey.

- ❑ 85% (83%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 42% (40%) of pupils responded that they have been to the dentist within the last 6 months; 6% (7%) said they have been more than a year ago.
- ❑ 5% (6%) of pupils responded that they have never been to the dentist, while 36% (36%) said they can't remember.
- ❑ 61% (57%) of pupils responded that they last went to the dentist for a check-up.
- ❑ 20% (25%) of pupils responded that they last went to the dentist for fillings, while 4% (3%) went to have a brace fitted, checked or removed.

Growing Up

- ❑ 66% (61%) of boys and 57% (64%) of girls in Year 6 responded that they feel they know enough about how their body changes as they grow up, while 7% (5%) of pupils feel they do not know enough.
- ❑ 57% (60%) of Year 6 pupils responded that their parents/carers have talked with them about how their body changes as they grow up; 77% (70%) said their teacher has talked with them in school lessons.

Physical Activity

FREE TIME

- ❑ 59% (61%) of Year 6 pupils think that there is enough to do near where they live, while 16% (17%) said there is not enough to do.
- ❑ 88% (86%) of pupils responded that they did something active at the weekend before the survey on at least 'one day'; 57% (53%) said they did on both days.
- ❑ 15% (14%) of pupils responded that they didn't do 60 minutes of physical activity on any one day in the 7 days before the survey.
- ❑ 39% (42%) of pupils responded that they did at least 60 minutes of physical activity on 3 or more days in the 7 days before the survey.
- ❑ 25% (28%) of pupils responded that they didn't do any physical activity that caused them to get out of breath and/or sweaty in the week before the survey.
- ❑ 27% (25%) of pupils responded that they did physical activity that caused them to get out of breath and/or sweaty on at least 3 days in the week before the survey.

TRAVEL TO SCHOOL

- ❑ 32% (28%) of pupils responded that they usually travel to school by car/van.
- ❑ 68% (67%) of pupils responded that they usually walk to school, while 9% (14%) said they usually travel by bicycle/scooter.

Healthy Eating

LUNCH

- ❑ 87% (87%) of pupils responded that they had a school lunch on the day before the survey.
- ❑ 4% (2%) of boys and 2% (2%) of girls responded that they didn't have any lunch on the day before the survey.

BREAKFAST

- ❑ 5% (5%) of pupils responded that they didn't have anything for breakfast on the day of the survey, while 9% (11%) had hot food.
- ❑ 5% (4%) of pupils responded that they had only snacks for breakfast on the day of the survey.

FIVE A DAY

- ❑ 8% (12%) of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- ❑ 36% (34%) of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

HEALTHY CHOICES

- ❑ 41% (39%) of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
- ❑ 40% (39%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

WEIGHT

- ❑ 6% (7%) of Year 6 pupils responded that they would like to put on weight, while 37% (38%) said they would like to lose weight and 56% (55%) said they are happy with their weight as it is.
- ❑ 61% (58%) of Year 6 pupils responded that they wouldn't use a health service to help them to lose weight, while 33% (35%) said they would and 6% (7%) have already used a health service to lose weight.

FOOD

- ❑ 60% (55%) of pupils responded that they ate vegetables on 'most days' or 'every day' in the last week; while 69% (63%) said the same of fresh fruit.
- ❑ 14% (19%) of pupils responded that they 'never' ate salad in the last week; while 12% (13%) said the same of vegetables.

WATER

- ❑ 3% (3%) of pupils responded that they didn't drink any water on the day before the survey.
- ❑ 48% (47%) of boys and 41% (41%) of girls responded that they drank at least a litre of water on the day before the survey.
- ❑ 36% (34%) of pupils responded that they are able to get water at school during class time; while 37% (43%) said 'not easily'.
- ❑ 85% (86%) of pupils responded that they are able to get water at school during break time; while 10% (8%) said 'not easily'.

Smoking, Alcohol, Drugs

SMOKING

- ❑ 3% (2%) of Year 6 pupils responded that they smoked cigarettes in the 7 days before the survey.
- ❑ 5% (4%) of Year 6 pupils responded that they have tried smoking in the past or smoke now.
- ❑ 8% (4%) of Year 6 pupils responded that they have smoked shisha.

- ❑ 4% (2%) of Year 6 pupils responded that they have smoked an e-cigarette.
- ❑ 80% (73%) of pupils responded that no-one ever smokes at home.
- ❑ 16% (20%) of pupils responded that smoking happens only outside.
- ❑ 2% (4%) of pupils responded that smoking happens in certain rooms only.
- ❑ 2% (3%) of pupils responded that smokers can smoke anywhere in their home.
- ❑ 24% (26%) of pupils responded that someone smokes inside their house or flat at least 'every month'.
- ❑ 14% (14%) of pupils responded that someone smokes inside their house or flat 'every day'.

DRINKING

- ❑ 2% (4%) of Year 6 pupils responded that they had an alcoholic drink in the last 7 days.
- ❑ 4% (6%) of Year 6 pupils responded that they drink alcohol and their parents/carers 'always' know if they do so.
- ❑ 1% (2%) of Year 6 pupils responded that their parents/carers 'never' or only 'sometimes' know if they drink alcohol.

DRUGS

- ❑ 3% (2%) of Year 6 pupils responded that they have been offered cannabis, while 9% (7%) said they are 'not sure' if they have.
- ❑ 2% (1%) of Year 6 pupils responded that they have been offered other drugs, while 3% (3%) said they are 'not sure' if they have.
- ❑ 0% (0%) of Year 6 pupils responded that they have taken cannabis.
- ❑ 2% (1%) of Year 6 pupils reported that they have taken other drugs (not medicines).
- ❑ 19% (19%) of Year 6 pupils responded that they are at least 'fairly sure' they know someone personally who uses drugs (not medicines).

Internet Safety

- ❑ 16% (10%) of Year 6 pupils responded that they communicate with people they have met online and don't know in real life.
- ❑ 22% (13%) of Year 6 pupils responded that they communicate with people online by posting things that lots of people can see while 25% (21%) said they communicate with people using picture/video sharing sites/apps and 26% (22%) said they don't communicate with people online.
- ❑ 5% (5%) of Year 6 pupils responded that they have seen pictures, videos or games they found upsetting online; while 81% (79%) said they have not experienced any of these things.
- ❑ 32% (26%) of Year 6 pupils responded that they are 'never' supervised when using the internet at home.
- ❑ 13% (15%) of Year 6 pupils responded that they got a message or picture 'once or twice' in the last 12 months that scared or upset them; 5% (5%) said this has happened several times.

- ❑ 9% (8%) of Year 6 pupils responded that someone they don't know in person has asked to meet with them at least 'once or twice' in the last year; 3% (2%) said this has happened several times.
- ❑ 88% (88%) of pupils responded that in the last year they have been told how to stay safe while online.
- ❑ 55% (52%) of pupils responded that they have been told how to stay safe online and 'always' follow the advice they have been given, while 10% (10%) said they 'rarely' do.
- ❑ 13% (15%) of pupils responded that, they have sent personal information to someone which they then wished they hadn't done at least 'once or twice' in the last year.

Significant Differences

Where differences can be seen between your school and the reference sample, you may find the enclosed table of some use in deciding if the differences seen are significant. The 'standard error' of a proportion is an assessment of how reliable our figures are, that is, the margin of error.

Two points in particular should be made:

1. when the sample size is small, it may be that just one individual voting a different way would make a large percentage difference to the results (so, one in twenty is 5%)
2. even if your sample is small, you may have a very high proportion of your available population – if, say, you sample every single pupil of your year 8 class. In this case, the notion of 'margin of error' doesn't really apply to the sampling, only to the process of collecting the responses.

TABLE OF STANDARD ERRORS OF PROPORTION

| | | Percentage seen in sample | | | | |
|------------------------|-----|---------------------------|-----|------|------|------|
| | | 10% | 20% | 30% | 40% | 50% |
| Number In sample | 20 | 6.7 | 8.9 | 10.2 | 11.0 | 11.2 |
| | 30 | 5.5 | 7.3 | 8.4 | 8.9 | 9.1 |
| | 40 | 4.7 | 6.3 | 7.2 | 7.7 | 7.9 |
| | 50 | 4.2 | 5.7 | 6.5 | 6.9 | 7.1 |
| | 60 | 3.9 | 5.2 | 5.9 | 6.3 | 6.5 |
| | 80 | 3.4 | 4.5 | 5.1 | 5.5 | 5.6 |
| | 100 | 3.0 | 4.0 | 4.6 | 4.9 | 5.0 |
| | 150 | 2.4 | 3.3 | 3.7 | 4.0 | 4.1 |
| | 200 | 2.1 | 2.8 | 3.2 | 3.5 | 3.5 |
| | 300 | 1.7 | 2.3 | 2.6 | 2.8 | 2.9 |
| | 500 | 1.3 | 1.8 | 2.0 | 2.2 | 2.2 |

So, if you have a sample of 50 students and 30% of them think that the school needs a new swimming pool, we can see from the table that standard error of the percentage is about $\pm 6.5\%$.

List of Significant Differences

Below we have listed some statistically significant differences between Camberwell and Dulwich and Southwark Primary.

| Sig | Locality | Southwark | Question |
|-----|----------|-----------|---|
| *** | 32% | 41% | of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'. |
| ** | 22% | 13% | of Year 6 pupils responded that they communicate with people online by posting things that lots of people can see. |
| * | 74% | 80% | of pupils responded that they got at least 6 hours sleep last night. |
| * | 80% | 73% | of pupils responded that no-one ever smokes at home. |
| * | 57% | 65% | of Year 6 pupils responded that their school encourages everyone to take part in decisions. |
| * | 14% | 19% | of pupils described themselves as White British. |
| * | 57% | 65% | of Year 6 pupils responded that if at first they don't succeed, they 'usually' or 'whenever possible' ask for help. |

Tests: Chi-squared (χ^2).

KEY:

* = $p < 0.05$ (5%)

** = $p < 0.01$ (1%)

*** = $p < 0.001$ (0.1%).

Background

Ethnicity

QE. Percentage of pupils responding that the following best describes their ethnic background (top 5 – Southwark Primary data in brackets):

| Boys | | | Girls | | |
|------|-------------------------------|---------|-------|-----------------|---------|
| 1 | Black British | 24 (22) | 1 | Black British | 25 (24) |
| 2 | White British | 17 (19) | 2 | Black African | 24 (17) |
| 3 | Black African | 17 (16) | 3 | White British | 11 (19) |
| 4 | Don't want to say | 7 (7) | 4 | Asian British | 7 (3) |
| 5 | Mixed White and Black African | 6 (4) | 5 | Black Caribbean | 6 (6) |

14% (19%) of pupils described themselves as White British.

QE. Percentage describing themselves as White British.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 21 | 14 | 23 | 16 |
| Girls | 11 | 11 | 20 | 17 |

Religion

70% (64%) of pupils responded that they are a practising member of a religion, while 9% (11%) are 'not sure' if they are.

Q1a. Percentage answering that they are a practising member of a religion.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 63 | 65 | 59 | 63 |
| Girls | 71 | 80 | 64 | 71 |

58% (53%) of pupils responded that they are Christian.

Q1b. Percentage of pupils responding that they belong to the following religion (top 3 – Southwark Primary data in brackets):

| Boys | | | Girls | | |
|------|-----------|---------|-------|-----------|---------|
| 1 | Christian | 53 (49) | 1 | Christian | 64 (57) |
| 2 | Muslim | 17 (19) | 2 | Muslim | 16 (18) |
| 3 | Other | 2 (1) | 3 | Other | 2 (1) |

Young carers

27% (25%) of Year 6 pupils responded that they care for or look after someone at home on a regular basis, while 15% (18%) said they 'don't know' if they do.

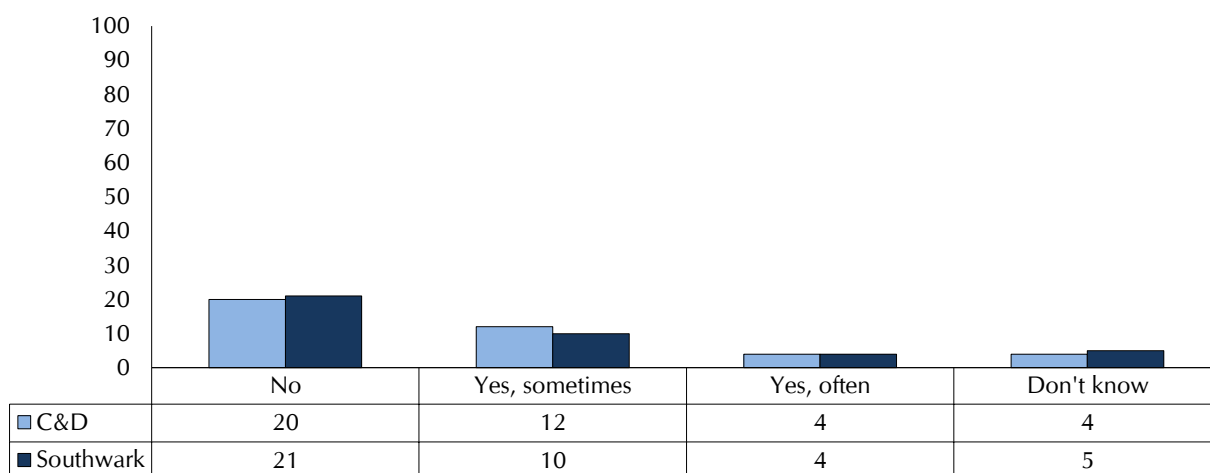
Q36a. Percentage of Year 6 pupils answering that they care for or look after someone at home on a regular basis.

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 34 | 29 |
| Girls | 18 | 20 |

Q36b. Percentage of Year 6 pupils responding that they look after the following (top 3 – Southwark Primary data in brackets):

| | Boys | | Girls | |
|---|----------------|---------|-------|------------------------|
| 1 | Mum or Dad | 22 (18) | 1 | Brother/sister 14 (12) |
| 2 | Brother/sister | 16 (16) | 2 | Mum or Dad 7 (9) |
| 3 | Grandparent | 4 (4) | 3 | Other relative 7 (7) |

Q36c. If you are a 'young carer', does this stop you doing things you want to enjoy?



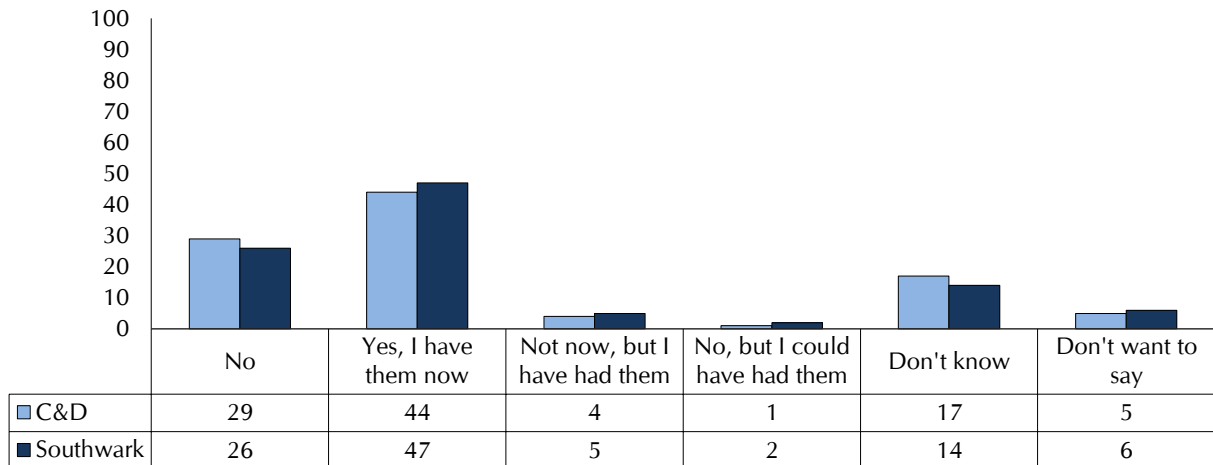
12% (10%) of Year 6 pupils responded that being a young carer stops them doing things they want to enjoy at least sometimes, while 4% (5%) said they don't know.

Q36c. Percentage of Year 6 pupils answering that being a young carer stops them doing things they want to enjoy at least sometimes.

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 14 | 11 |
| Girls | 10 | 10 |

Free school meals

Q74. Have you ever had free school meals, or vouchers for free meals?



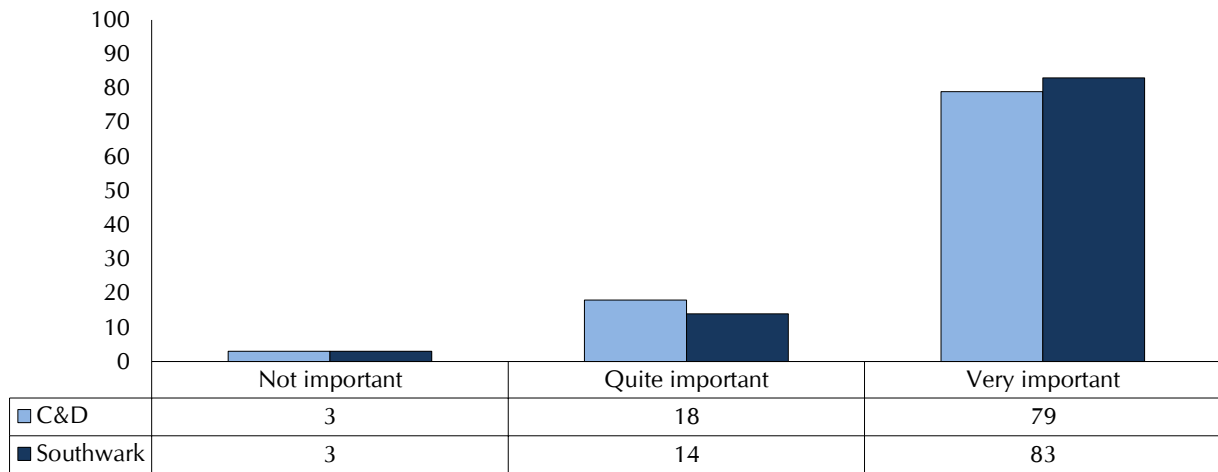
44% (47%) of pupils responded that they currently have free school meals, while 4% (5%) said they have had them and 1% (2%) could have had them.

Q74. Percentage answering that they currently have free school meals.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 52 | 42 | 42 | 48 |
| Girls | 31 | 52 | 42 | 57 |

Attendance

Q2. How important do you think it is to go to school regularly?

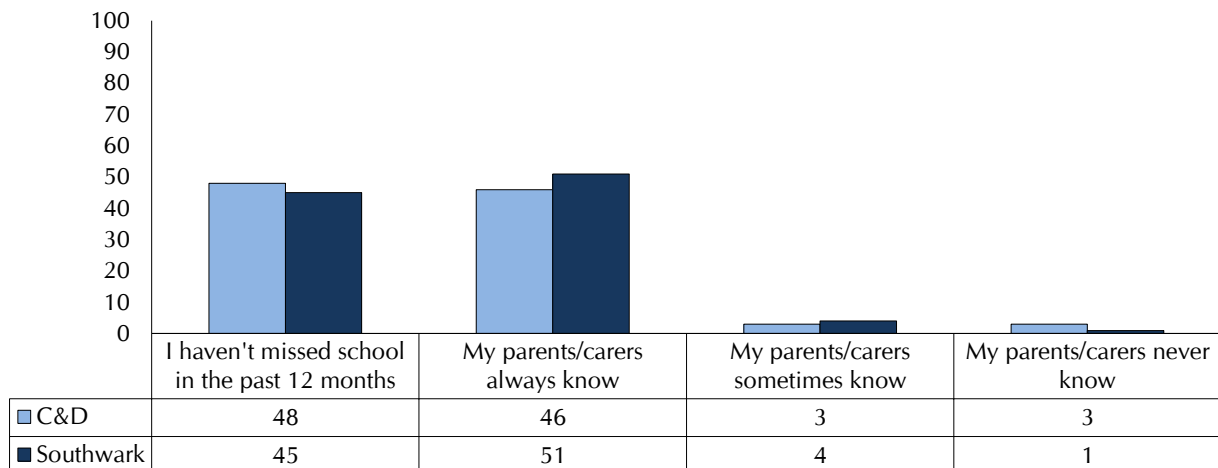


3% (3%) of pupils responded that it is 'not important' to go to school regularly, while 79% (83%) said it is 'very important'.

Q2. Percentage answering that it is 'very important' to go to school regularly.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 69 | 75 | 77 | 80 |
| Girls | 85 | 88 | 85 | 90 |

Q3. If you have missed school in the past 12 months, did your parent/carers know?



48% (45%) of pupils responded that they haven't missed school in the last 12 months, while 46% (51%) said they have missed school and their parents/carers always know.

Q3. Percentage answering that they either haven't missed school in the last 12 months, or their parents always knew if they did.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 84 | 98 | 91 | 97 |
| Girls | 92 | 99 | 94 | 98 |

6% (5%) of pupils responded that they have missed school in the last 12 months and their parents/carers 'never' or only 'sometimes' knew.

Q3. Percentage answering that they have missed school in the last 12 months and their parents/carers 'never' or only 'sometimes' knew.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 16 | 2 | 9 | 3 |
| Girls | 8 | 1 | 6 | 2 |

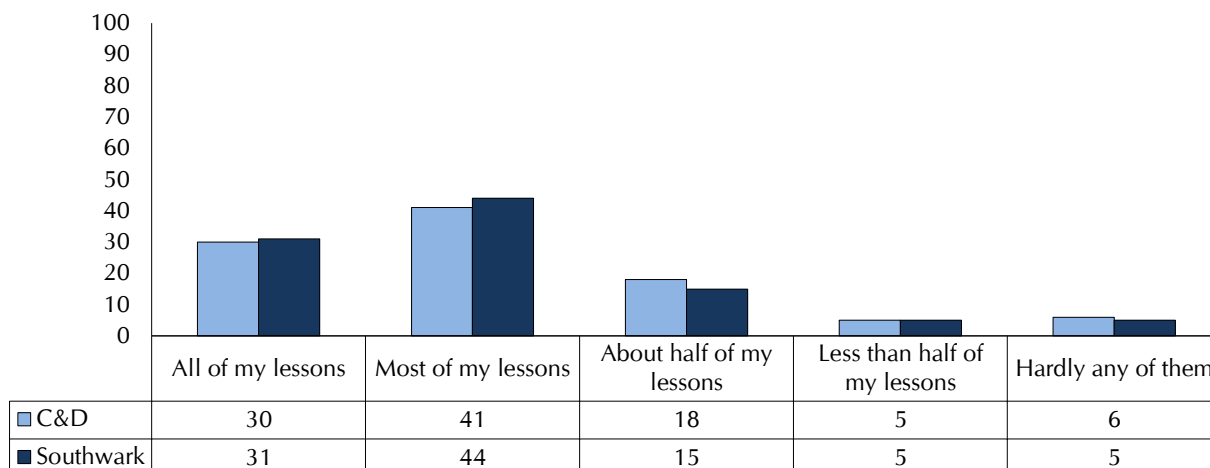
52% (48%) of pupils responded that they have been away from school in the last 12 months due to illness or injury.

Q4. Percentage of pupils responding that they have been away from school due to the following reasons in the last 12 months (Southwark Primary data in brackets):

| | Year 4 | | Year 6 | | Total |
|-----------------------------------|---------|---------|---------|---------|---------|
| | Boys | Girls | Boys | Girls | |
| Illness or injury | 49 (48) | 46 (44) | 52 (53) | 58 (49) | 52 (48) |
| Caring for family members | 5 (9) | 9 (9) | 10 (8) | 8 (5) | 8 (8) |
| Medical/dental appointments | 22 (24) | 21 (21) | 19 (24) | 27 (26) | 22 (24) |
| Day trips or holiday in term time | 11 (13) | 6 (11) | 12 (13) | 14 (10) | 11 (12) |
| Other | 1 (4) | 0 (6) | 3 (4) | 3 (5) | 2 (5) |

School lessons

Q5. How many lessons have you enjoyed at school over the last 12 months?



71% (75%) of pupils responded that they enjoy 'most' or 'all' of their lessons at school.

Q5. Percentage answering that they enjoy 'most' or 'all' of their lessons at school.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 73 | 67 | 71 | 69 |
| Girls | 88 | 63 | 82 | 78 |

6% (5%) of pupils responded that they enjoy 'hardly any' of their lessons at school.

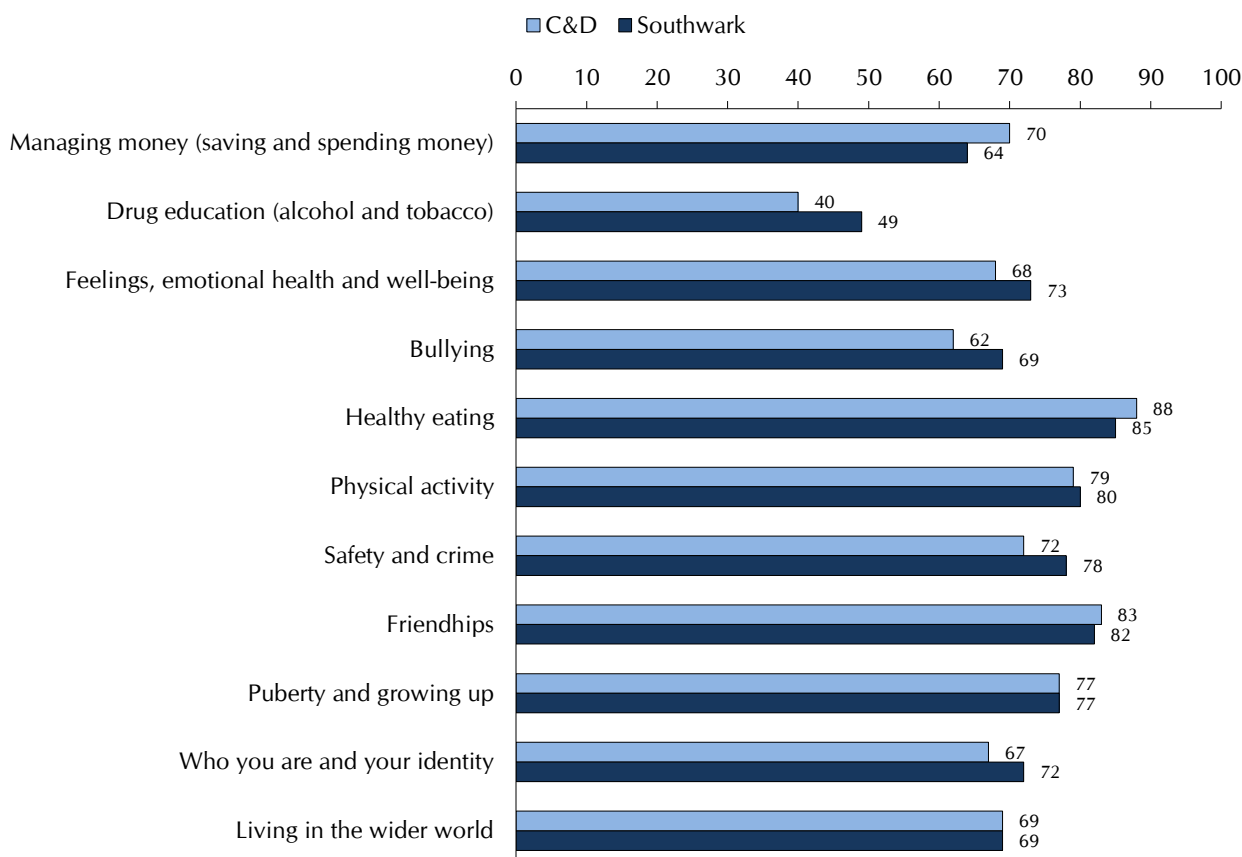
Q5. Percentage answering that they enjoy 'hardly any' of their lessons at school.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 11 | 7 | 7 | 5 |
| Girls | 2 | 3 | 4 | 3 |

Q6. Percentage of Year 6 pupils responding that they have found school lessons about the following 'quite' or 'very' useful (Southwark Primary data in brackets):

| | Year 6 | | Total |
|--|---------|---------|---------|
| | Boys | Girls | |
| Managing money (saving and spending money) | 72 (67) | 68 (62) | 70 (64) |
| Drug education (alcohol and tobacco) | 37 (45) | 44 (54) | 40 (49) |
| Feelings, emotional health and well-being | 63 (69) | 74 (77) | 68 (73) |
| Bullying | 53 (61) | 74 (78) | 62 (69) |
| Healthy eating | 87 (83) | 90 (87) | 88 (85) |
| Physical activity | 77 (82) | 82 (78) | 79 (80) |
| Safety and crime | 70 (77) | 75 (79) | 72 (78) |
| Friendships | 79 (82) | 89 (83) | 83 (82) |
| Puberty and growing up | 72 (72) | 83 (82) | 77 (77) |
| Who you are and your identity | 64 (68) | 70 (76) | 67 (72) |
| Living in the wider world | 71 (69) | 66 (70) | 69 (69) |

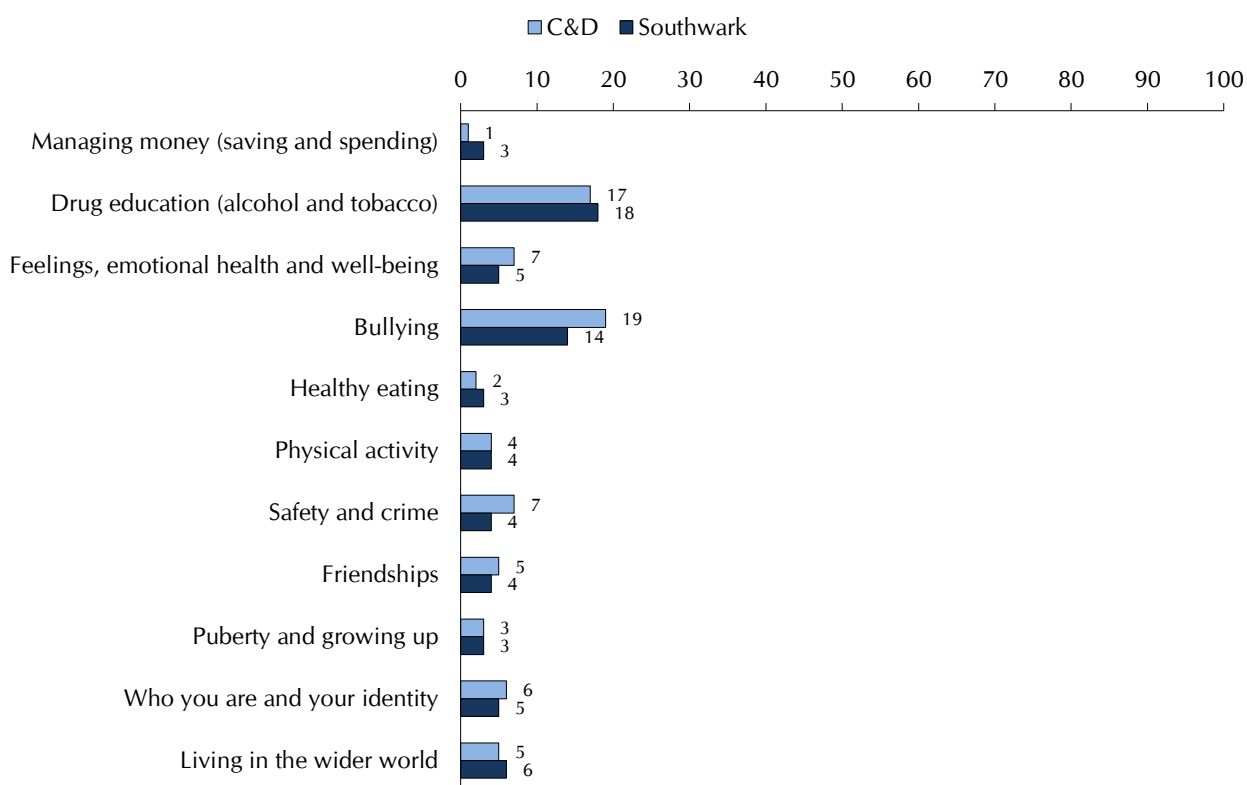
Q6. Percentage of Year 6 pupils responding that they have found school lessons about the following 'quite' or 'very' useful:



Q6. Percentage of Year 6 pupils responding that they have found school lessons about the following ‘not at all’ useful (Southwark Primary data in brackets):

| | Year 6 | | Total |
|--|---------|---------|---------|
| | Boys | Girls | |
| Managing money (saving and spending money) | 2 (2) | 0 (4) | 1 (3) |
| Drug education (alcohol and tobacco) | 23 (19) | 10 (16) | 17 (18) |
| Feelings, emotional health and well-being | 6 (5) | 8 (5) | 7 (5) |
| Bullying | 29 (20) | 7 (8) | 19 (14) |
| Healthy eating | 2 (3) | 1 (2) | 2 (3) |
| Physical activity | 4 (3) | 5 (5) | 4 (4) |
| Safety and crime | 9 (5) | 3 (3) | 7 (4) |
| Friendships | 5 (5) | 5 (4) | 5 (4) |
| Puberty and growing up | 3 (4) | 2 (3) | 3 (3) |
| Who you are and your identity | 10 (7) | 0 (3) | 6 (5) |
| Living in the wider world | 3 (5) | 7 (7) | 5 (6) |

Q6. Percentage of Year 6 pupils responding that they have found school lessons about the following ‘not at all’ useful:



Emotional Health and Wellbeing

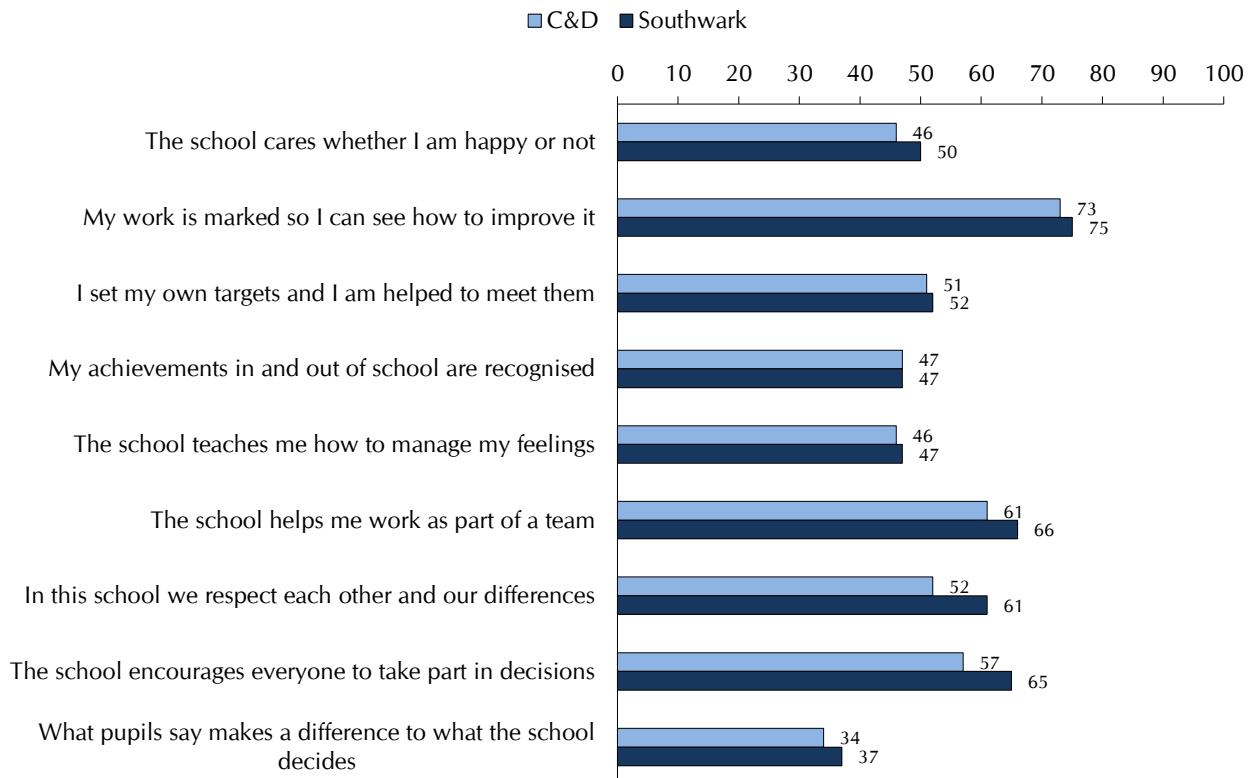
61% (66%) of Year 6 pupils responded that their school helps them work as part of a team.

Q7. Percentage of Year 6 pupils responding 'certainly true' to the following statements (Southwark Primary data in brackets):

| Yr 6 Boys | | | Yr 6 Girls | | |
|-----------|---|---------|------------|---|---------|
| 1 | My work is marked so I can see how to improve it | 70 (75) | 1 | My work is marked so I can see how to improve it | 76 (76) |
| 2 | The school helps me work as part of a team | 62 (65) | 2 | The school encourages everyone to take part in decisions | 62 (69) |
| 3 | I set my own targets and I am helped to meet them | 55 (50) | 3 | The school helps me work as part of a team | 60 (68) |
| 4 | The school encourages everyone to take part in decisions | 53 (62) | 4 | The school teaches me how to manage my feelings | 52 (49) |
| 5 | In this school we respect each other and our differences | 53 (60) | 5 | In this school we respect each other and our differences | 51 (62) |
| 6 | My achievements in and out of school are recognised | 50 (45) | 6 | The school cares whether I am happy or not | 47 (52) |
| 7 | The school cares whether I am happy or not | 46 (48) | 7 | I set my own targets and I am helped to meet them | 45 (53) |
| 8 | The school teaches me how to manage my feelings | 42 (46) | 8 | My achievements in and out of school are recognised | 44 (51) |
| 9 | What pupils say makes a difference to what the school decides | 39 (38) | 9 | What pupils say makes a difference to what the school decides | 27 (37) |

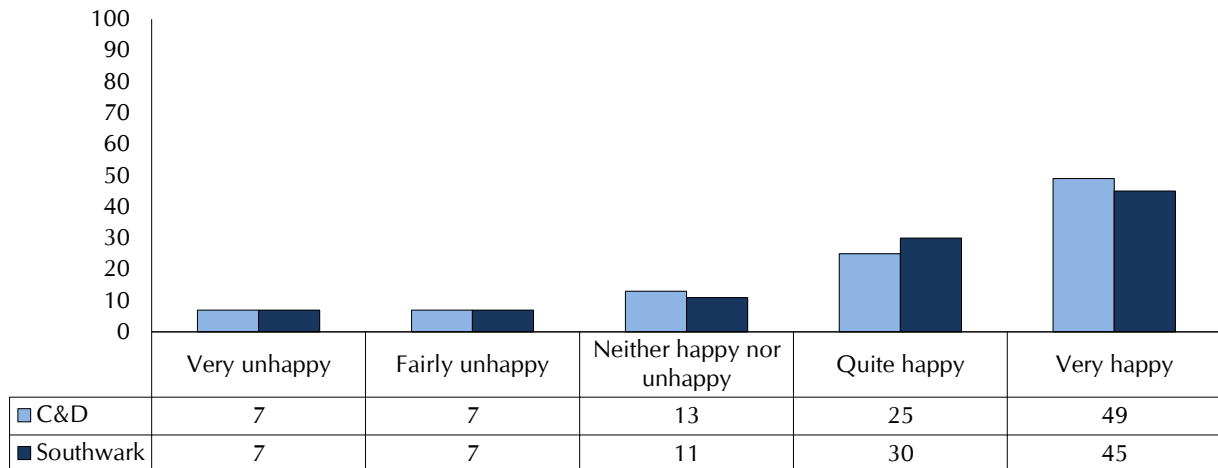
57% (65%) of Year 6 pupils responded that their school encourages everyone to take part in decisions.

Q7. Percentage of Year 6 pupils responding 'certainly true' to the following statements:



Happiness

Q8. In general, how happy or unhappy are you with your life at the moment?



7% (7%) of pupils responded that they are 'very unhappy' with their life at the moment.

Q8. Percentage answering that they are 'very unhappy' with their life at the moment.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 6 | 6 | 8 | 7 |
| Girls | 7 | 8 | 9 | 5 |

74% (75%) of pupils responded that they are 'quite happy' or 'very happy' with their life at the moment.

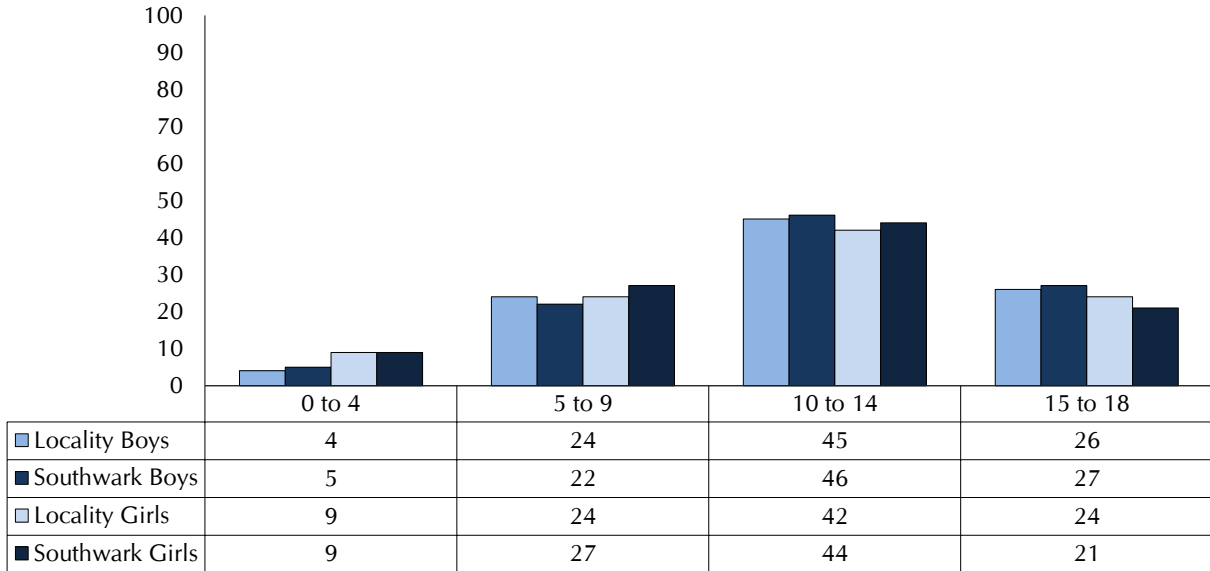
Q8. Percentage answering that they are 'quite happy' or 'very happy' with their life at the moment.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 78 | 71 | 75 | 72 |
| Girls | 73 | 73 | 76 | 75 |

Self esteem

This measurement is derived from the responses to a set of ten statements taken from a standard self-esteem enquiry method developed by Denis Lawrence (Lawrence, 1981). The scale is based on social confidence and relationships with friends. Overall the levels of esteem compared with Southwark Primary are:

Q9. Composite self-esteem score:



Data from the 'Young People in...' series reveal more girls than boys found at the lower end of the scale and more boys than girls at the higher end.

31% (31%) of pupils had a med-low self-esteem score (9 or less).

Q9. Percentage with a med-low self-esteem score (9 or less).

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 44 | 18 | 31 | 24 |
| Girls | 36 | 32 | 36 | 34 |

25% (24%) of pupils had a high self-esteem score (15 or more).

Q9. Percentage with a high self-esteem score (15 or more).

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 13 | 35 | 23 | 31 |
| Girls | 27 | 22 | 21 | 21 |

Q9. (Individual self-esteem items) Percentage in each group giving a high esteem response (Southwark Primary data in brackets):

| | Year 4 | | Year 6 | | Total |
|---|---------|---------|---------|---------|---------|
| | Boys | Girls | Boys | Girls | |
| Pupils who feel happy talking to other pupils at school | 71 (78) | 83 (75) | 79 (78) | 74 (76) | 77 (77) |
| Pupils who do not want to change lots of things about themselves | 26 (25) | 38 (35) | 36 (27) | 29 (26) | 32 (28) |
| Pupils who do not usually feel uneasy saying things in front of teachers in class | 27 (40) | 38 (36) | 44 (39) | 36 (31) | 37 (37) |
| Pupils who do not often fall out with other pupils at school | 39 (46) | 34 (44) | 48 (42) | 36 (39) | 40 (43) |
| Pupils who do not often feel lonely at school | 57 (66) | 55 (57) | 82 (76) | 67 (66) | 67 (66) |
| Pupils who do not think that other pupils usually say nasty things about them | 36 (39) | 37 (36) | 55 (49) | 33 (34) | 41 (39) |
| Pupils who do not usually feel shy when they want to tell a teacher something | 53 (54) | 54 (47) | 58 (55) | 42 (40) | 52 (49) |
| Pupils who do not often have find new friends | 49 (57) | 60 (52) | 74 (69) | 58 (55) | 61 (58) |
| Pupils who do not usually feel uncomfortable when talking to their parents/carers | 60 (65) | 68 (67) | 75 (75) | 65 (67) | 68 (69) |

N.B. The item below does not contribute to the composite self-esteem score, and as such is reported separately.

76% (75%) of pupils responded that their parents/carers like to hear their ideas.

Q9. Percentage answering that their parents/carers like to hear their ideas.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 69 | 75 | 72 | 78 |
| Girls | 83 | 79 | 74 | 75 |

Perseverance

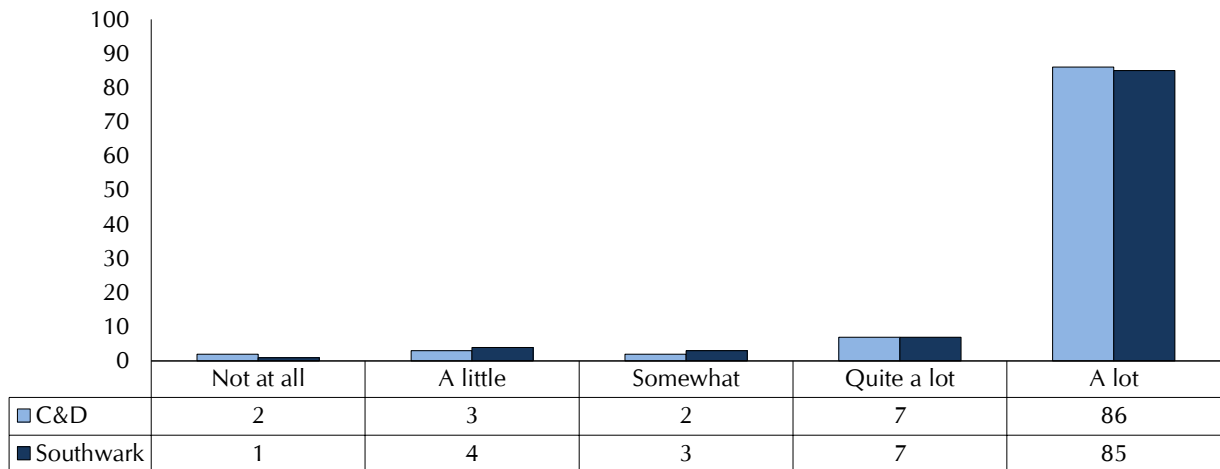
81% (82%) of Year 6 pupils responded that if at first they don't succeed, they 'usually' or 'whenever possible' keep on trying until they do; 57% (65%) said they ask for help.

Q10. Percentage of Year 6 pupils responding that they do the following 'usually' or 'whenever possible' if at first they don't succeed (Southwark Primary data in brackets):

| Year 6 Boys | Never | Sometimes | Usually | Whenever possible |
|---------------------------------|---------|-----------|---------|-------------------|
| Blame someone else | 64 (55) | 24 (33) | 6 (6) | 6 (6) |
| Keep on trying until you do | 3 (3) | 16 (15) | 35 (37) | 46 (45) |
| Have another go | 5 (4) | 18 (14) | 33 (33) | 44 (48) |
| Give up | 60 (59) | 30 (31) | 3 (4) | 6 (5) |
| Try a different way of doing it | 6 (5) | 28 (27) | 30 (34) | 36 (34) |
| Ask for help | 9 (5) | 43 (37) | 21 (25) | 28 (33) |
| Go and do something else | 42 (37) | 33 (34) | 13 (14) | 10 (14) |
| Just accept you can't do it | 51 (52) | 30 (26) | 5 (8) | 13 (14) |
| | | | | |
| Year 6 Girls | Never | Sometimes | Usually | Whenever possible |
| Blame someone else | 60 (62) | 31 (31) | 0 (3) | 8 (3) |
| Keep on trying until you do | 1 (1) | 19 (17) | 31 (34) | 49 (48) |
| Have another go | 3 (3) | 20 (17) | 29 (32) | 48 (49) |
| Give up | 50 (52) | 43 (38) | 3 (6) | 3 (4) |
| Try a different way of doing it | 6 (4) | 30 (28) | 29 (35) | 35 (33) |
| Ask for help | 6 (3) | 28 (25) | 27 (31) | 40 (40) |
| Go and do something else | 33 (37) | 38 (37) | 12 (13) | 17 (13) |
| Just accept you can't do it | 50 (45) | 27 (33) | 8 (11) | 14 (11) |

Worrying

Q11. Worrying summary: Percentage of pupils responding that they worry about at least one of the issues listed...:



93% (93%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

Q11. Percentage answering that they worry 'quite a lot' or 'a lot' to at least one of the issues listed.

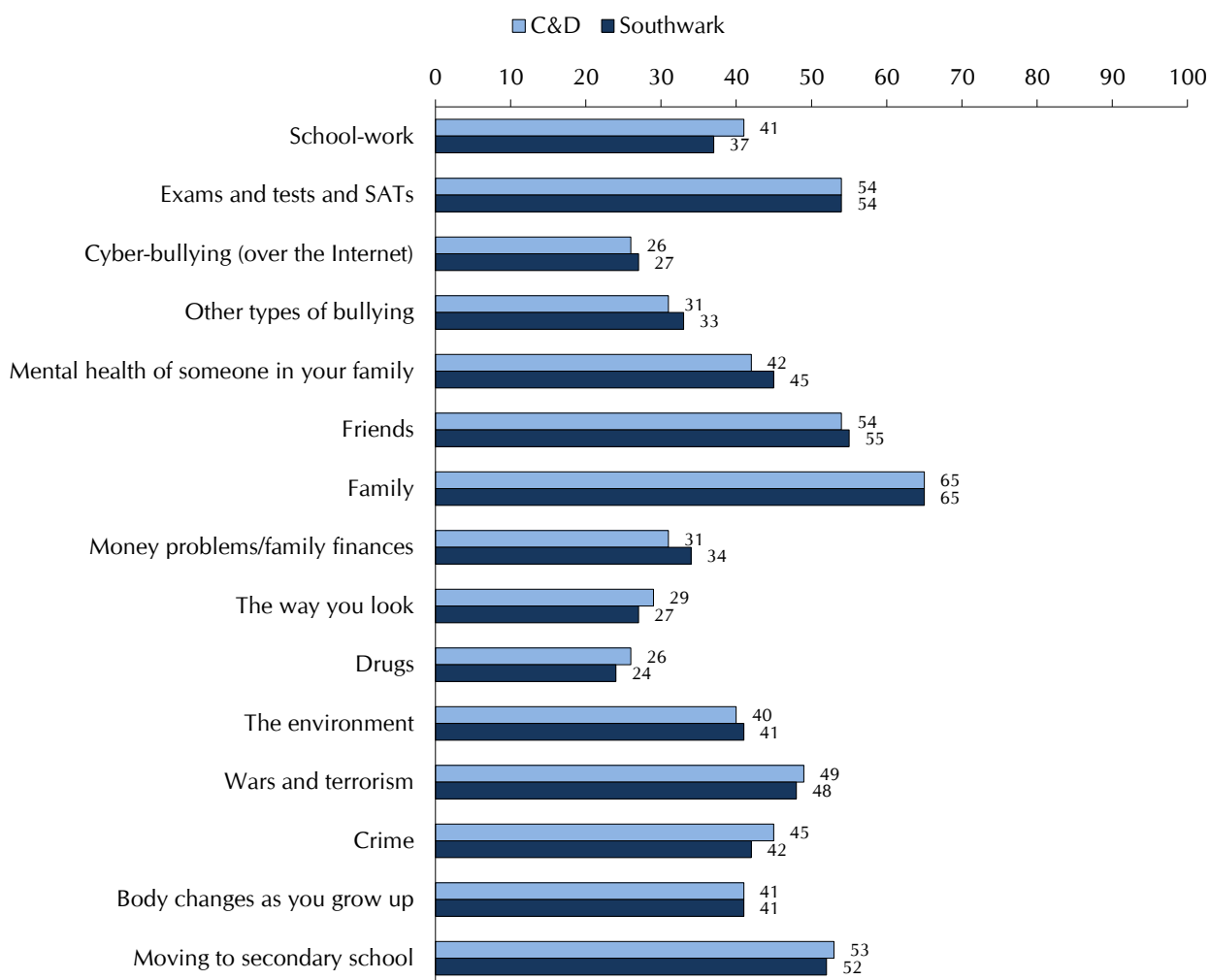
| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 97 | 93 | 96 | 93 |
| Girls | 89 | 91 | 91 | 90 |

54% (54%) of pupils responded that they worry 'quite a lot' or 'a lot' about exams, tests and SATs, while 65% (65%) said they worry about their family.

Q11. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot' (Southwark Primary data in brackets):

| Boys | | | | Girls | | | |
|------|---|----|------|-------|---|----|------|
| 1 | Family | 71 | (69) | 1 | Family | 58 | (62) |
| 2 | Friends | 54 | (56) | 2 | Exams, tests and SATs | 56 | (54) |
| 3 | Moving to secondary school | 54 | (50) | 3 | Friends | 54 | (53) |
| 4 | Exams, tests and SATs | 52 | (54) | 4 | Moving to secondary school | 52 | (55) |
| 5 | Wars and terrorism | 51 | (48) | 5 | Wars and terrorism | 46 | (48) |
| 6 | Mental health of someone in your family | 47 | (47) | 6 | Crime | 46 | (42) |
| 7 | Crime | 44 | (41) | 7 | The environment | 43 | (40) |
| 8 | School work | 43 | (39) | 8 | Body changes as they grow up | 40 | (44) |
| 9 | Body changes as they grow up | 42 | (38) | 9 | School work | 39 | (35) |
| 10 | The environment | 38 | (42) | 10 | Mental health of someone in your family | 36 | (42) |
| 11 | Money problems/family finances | 34 | (36) | 11 | Other types of bullying | 34 | (36) |

Q11. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':



74% (76%) of pupils responded that they would go to their parents/carers for support, advice or reassurance if they were worried about something, while 52% (46%) would go to their friend.

Q12. Percentage of pupils responding that if they were worried they know where they would go to get advice, support or reassurance (Southwark Primary data in brackets):

| Boys | | | | Girls | | | |
|------|---|----|------|-------|---|----|------|
| 1 | Parent/carer | 71 | (75) | 1 | Parent/carer | 78 | (78) |
| 2 | Friend | 45 | (43) | 2 | Friend | 61 | (50) |
| 3 | Member of school staff (other than nurse) | 32 | (34) | 3 | Member of school staff (other than nurse) | 32 | (37) |
| 4 | I would keep it to myself | 25 | (24) | 4 | I would keep it to myself | 25 | (23) |
| 5 | My own GP | 12 | (14) | 5 | My own GP | 17 | (14) |
| 6 | I would find the information on my own | 11 | (10) | 6 | Online help agency | 12 | (11) |
| 7 | Online help agency | 10 | (13) | 7 | School nurse | 8 | (9) |
| 8 | School nurse | 6 | (9) | 8 | I would find the information on my own | 7 | (6) |
| 9 | Youth worker | 6 | (6) | 9 | Youth worker | 4 | (5) |

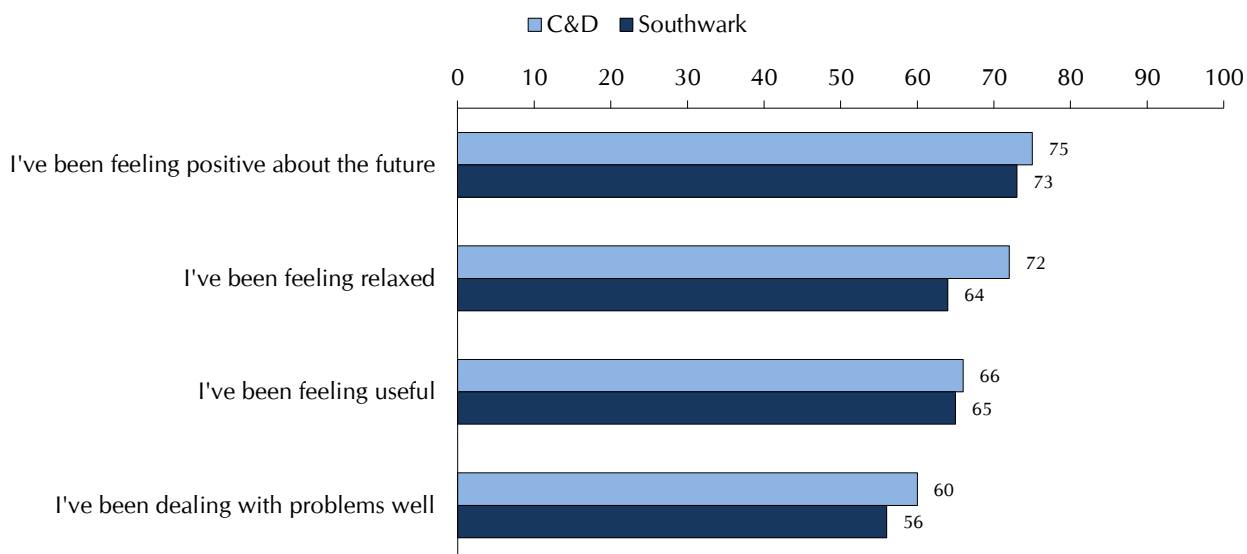
Thoughts and Feelings

75% (73%) of Year 6 pupils responded that they have been feeling positive about the future 'often' or 'very often', while 66% (65%) said they have been feeling useful.

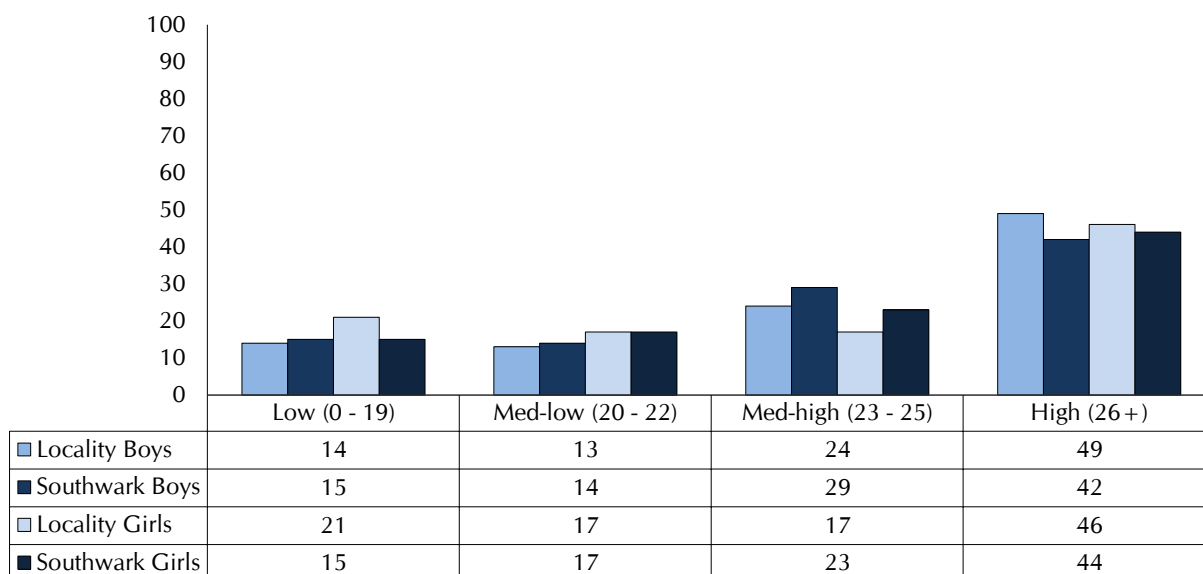
Q13. The Short Warwick-Edinburgh Mental Wellbeing Scale (Southwark Primary data in brackets):

| Year 6 Boys | Never | Sometimes | Often | Very often |
|---|---------|-----------|---------|------------|
| I've been feeling positive about the future | 4 (4) | 17 (20) | 24 (27) | 55 (48) |
| I've been feeling relaxed | 3 (7) | 22 (26) | 29 (28) | 45 (40) |
| I've been feeling useful | 9 (9) | 20 (23) | 20 (24) | 48 (43) |
| I've been dealing with problems well | 11 (14) | 28 (29) | 26 (25) | 32 (31) |
| Year 6 Girls | Never | Sometimes | Often | Very often |
| I've been feeling positive about the future | 5 (4) | 26 (26) | 27 (33) | 42 (37) |
| I've been feeling relaxed | 8 (6) | 24 (34) | 32 (30) | 35 (30) |
| I've been feeling useful | 7 (8) | 30 (28) | 35 (28) | 28 (35) |
| I've been dealing with problems well | 8 (10) | 30 (34) | 26 (28) | 36 (28) |

Q13. Percentage of pupils responding that they experienced the following thoughts and feelings 'often' or 'very often' in the two weeks before the survey:



Q14/15. Year 6 only: Composite resilience score:



We have used these two questions (14 & 15) to form an overall measure of “resilience”. All the items are scored 0 – 3 if phrased positively, or 3 – 0 if they are phrased negatively.

17% (15%) of Year 6 pupils had a low measure of resilience (0 – 19).

Q14/15. Percentage of Year 6 pupils with a low measure of resilience (0 – 19).

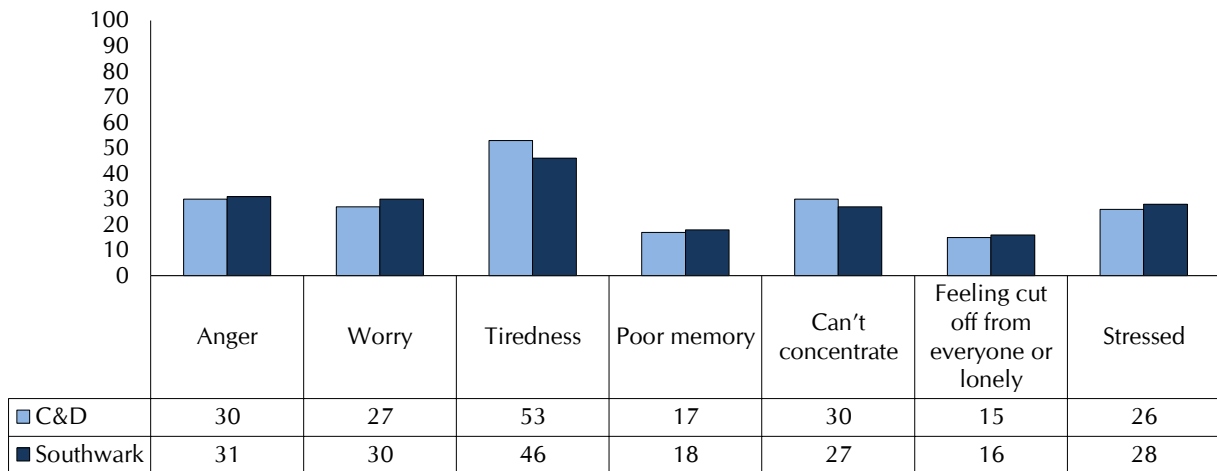
| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 14 | 15 |
| Girls | 21 | 15 |

48% (43%) of Year 6 pupils had a high measure of resilience (26 +).

Q14/15. Percentage of Year 6 pupils with a high measure of resilience (26 +).

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 49 | 42 |
| Girls | 46 | 44 |

Q14. Percentage of Year 6 pupils responding that they have experienced the following feelings ‘often’ or ‘very often’ over the past two weeks:



30% (31%) of Year 6 pupils responded that they felt angry ‘often’ or ‘very often’ in the two weeks before the survey, while 53% (46%) experienced tiredness and 26% (28%) felt stressed.

Q14. Percentage of Year 6 pupils responding that they have experienced the following feelings ‘often’ or ‘very often’ over the past two weeks (Southwark Primary data in brackets)

| | Year 6 | | Total |
|---|---------|---------|---------|
| | Boys | Girls | |
| Anger | 28 (33) | 33 (29) | 30 (31) |
| Worry | 23 (26) | 33 (35) | 27 (30) |
| Tiredness | 50 (43) | 58 (50) | 53 (46) |
| Poor memory | 15 (17) | 19 (19) | 17 (18) |
| Can't concentrate | 27 (28) | 34 (26) | 30 (27) |
| Feeling cut off from everyone or lonely | 13 (13) | 18 (19) | 15 (16) |
| Stressed | 22 (25) | 32 (31) | 26 (28) |

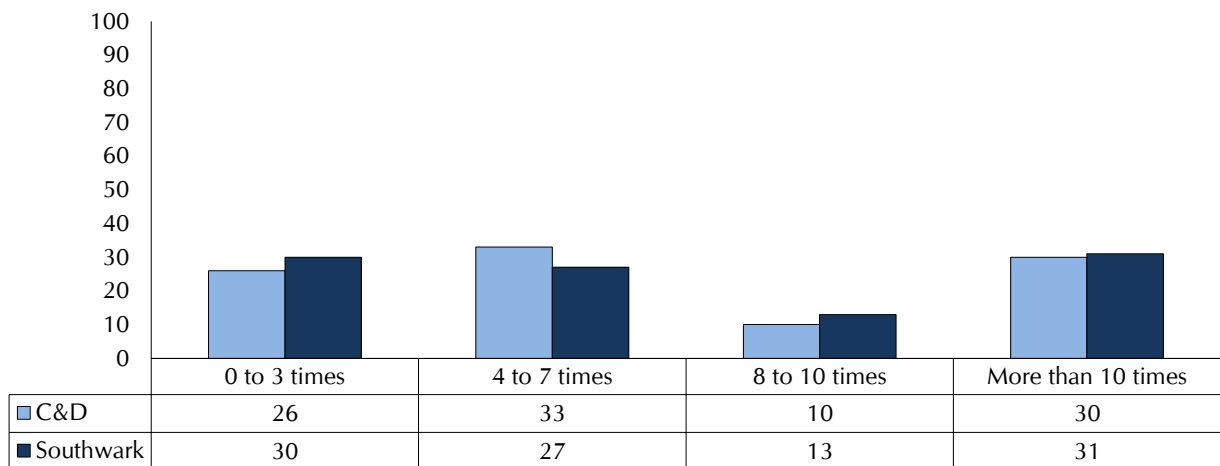
63% (64%) of Year 6 pupils responded that when things went wrong in the 6 months before the survey they ‘often’ or ‘very often’ learnt from the experience for next time.

Q15. Percentage of Year 6 pupils responding that they ‘often’ or ‘very often’ did the following when things went wrong in the 6 months before the survey (Southwark Primary data in brackets):

| | Year 6 | | Total |
|---|---------|---------|---------|
| | Boys | Girls | |
| Got upset and felt bad for ages | 14 (19) | 29 (29) | 20 (24) |
| Felt a bit bad but soon forgot about it | 42 (33) | 35 (37) | 39 (35) |
| Were calm and carried on | 60 (56) | 54 (50) | 57 (53) |
| Learnt from it for next time | 60 (64) | 67 (63) | 63 (64) |
| Felt something else | 14 (12) | 11 (9) | 13 (10) |

Helping

Q16a. In the last week, how many times did people help you?



26% (30%) of pupils responded that people helped them less than 4 times in the last week.

Q16a. Percentage answering that people helped them less than 4 times in the last week.

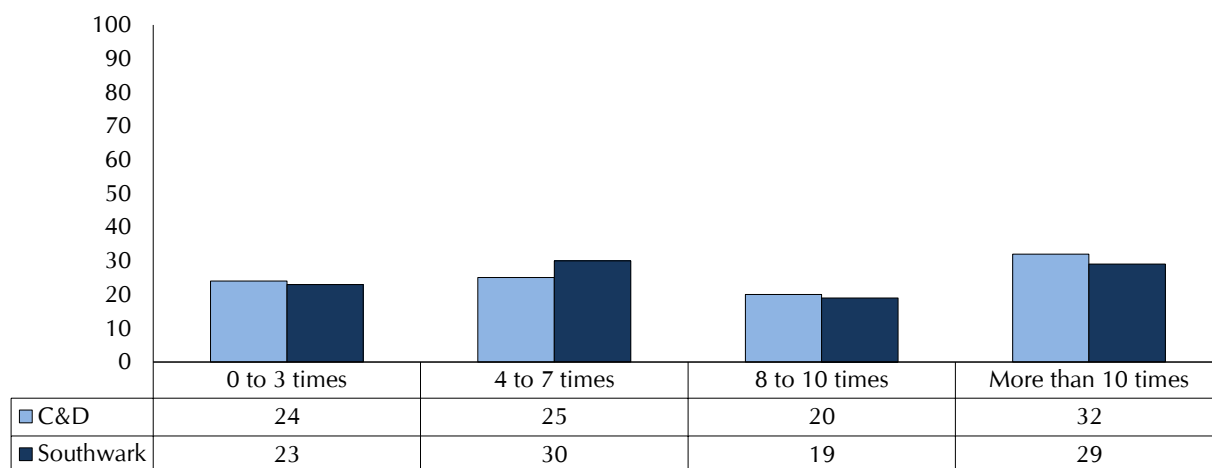
| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 29 | 26 | 36 | 28 |
| Girls | 33 | 19 | 32 | 22 |

30% (31%) of pupils responded that people helped them more than 10 times in the last week.

Q16a. Percentage answering that people helped them more than 10 times in the last week.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 28 | 33 | 29 | 32 |
| Girls | 27 | 32 | 33 | 30 |

Q16b. In the last week, how many times did you help people?



24% (23%) of pupils responded that they helped other people less than 4 times in the last week.

Q16b. Percentage answering that they helped other people less than 4 times in the last week.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 26 | 29 | 31 | 25 |
| Girls | 16 | 22 | 19 | 15 |

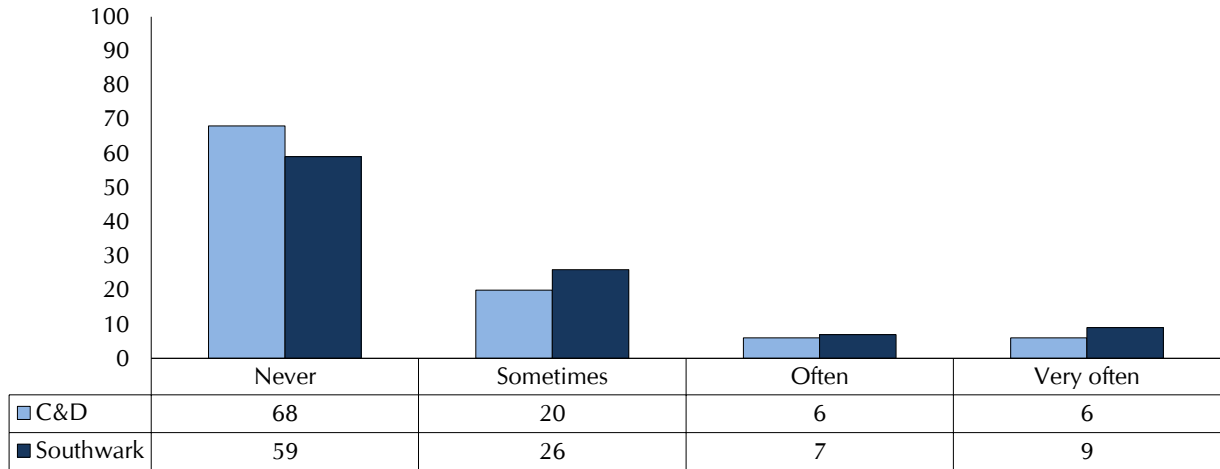
32% (29%) of pupils responded that they helped other people more than 10 times in the last week.

Q16b. Percentage answering that they helped other people more than 10 times in the last week.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 31 | 31 | 27 | 24 |
| Girls | 37 | 30 | 36 | 29 |

Bullying

Q17. Do you ever feel afraid of going to school because of bullying?



32% (41%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.

Q17. Percentage answering that they feel afraid of going to school because of bullying at least 'sometimes'.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 34 | 18 | 42 | 23 |
| Girls | 48 | 37 | 61 | 38 |

12% (15%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

Q17. Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 18 | 5 | 15 | 8 |
| Girls | 14 | 15 | 22 | 15 |

33% (30%) of pupils responded that they have been bullied at or near school in the last 12 months, while 17% (19%) said they 'don't know' if they have.

Q18. Percentage answering they have been bullied at or near school in the last 12 months.

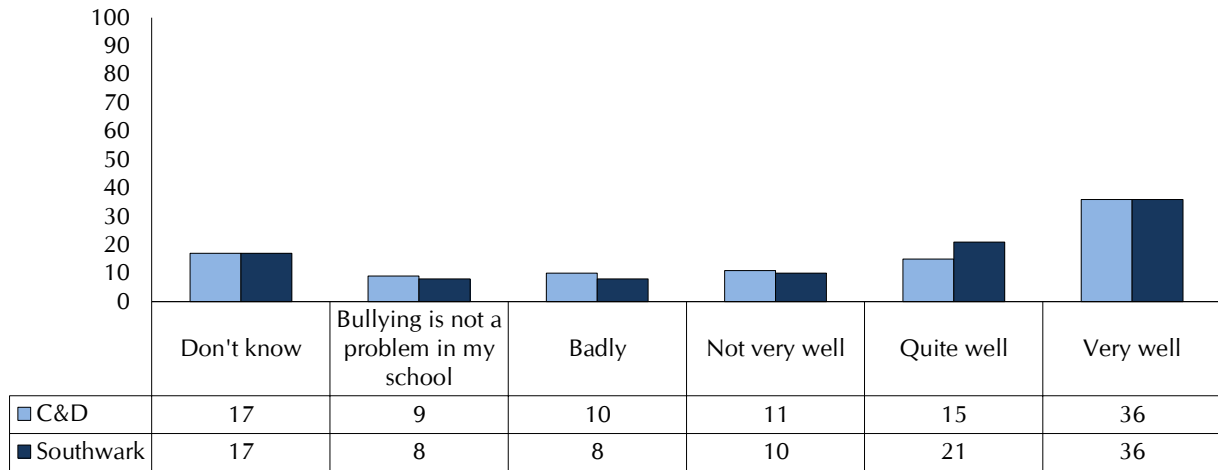
| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 41 | 25 | 32 | 22 |
| Girls | 38 | 33 | 40 | 26 |

10% (9%) of pupils responded that they have bullied someone else at school in the last 12 months, while 17% (15%) said they 'don't know' if they have.

Q19. Percentage answering that they have bullied someone else at school in the last 12 months.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 18 | 7 | 14 | 7 |
| Girls | 6 | 12 | 6 | 8 |

Q20. How well does your school deal with bullying?



10% (8%) of pupils responded that their school deals with bullying 'badly'.

Q20. Percentage answering that their school deals with bullying 'badly'.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 7 | 12 | 7 | 8 |
| Girls | 8 | 14 | 6 | 8 |

51% (57%) of pupils responded that their school deals with bullying 'quite' or 'very' well, while 9% (8%) said that bullying is not a problem in their school

Q20. Percentage answering that their school deals with bullying 'quite' or 'very' well.

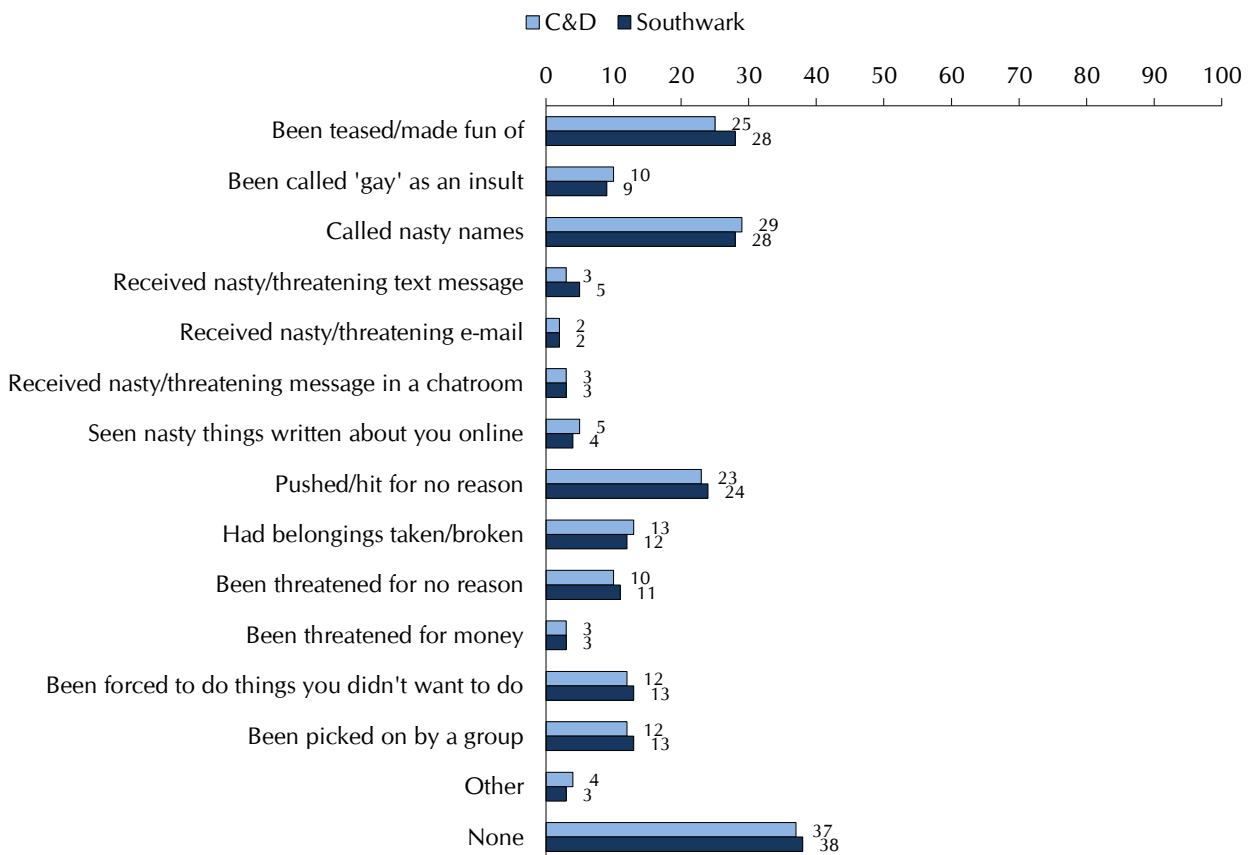
| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 42 | 52 | 50 | 56 |
| Girls | 63 | 48 | 60 | 61 |

23% (24%) of pupils responded that they have been pushed or hit for no reason in the last month, while 13% (12%) said they've had their belongings taken or broken.

Q21. Percentage of pupils responding that they have experienced the following negative behaviours in the last month (top 10 – Southwark Primary data in brackets):

| Boys | | | Girls | | |
|------|---|---------|-------|---|---------|
| 1 | Called nasty names | 28 (27) | 1 | Called nasty names | 31 (30) |
| 2 | Been teased/made fun of | 25 (27) | 2 | Been teased/made fun of | 24 (28) |
| 3 | Pushed/hit for no reason | 23 (24) | 3 | Pushed/hit for no reason | 24 (23) |
| 4 | Been called 'gay' as an insult | 14 (13) | 4 | Been picked on by a group | 15 (14) |
| 5 | Been forced to do things they didn't want to do | 12 (12) | 5 | Had belongings taken/broken | 15 (13) |
| 6 | Had belongings taken/broken | 11 (12) | 6 | Been forced to do things they didn't want to do | 12 (13) |
| 7 | Been picked on by a group | 10 (12) | 7 | Been threatened for no reason | 11 (11) |
| 8 | Been threatened for no reason | 9 (11) | 8 | Other | 6 (4) |
| 9 | Seen nasty things written about them online | 6 (5) | 9 | Been called 'gay' as an insult | 4 (5) |
| 10 | Been threatened for money | 4 (4) | 10 | Seen nasty things written about them online | 4 (4) |

Q21. Percentage of pupils responding that they have experienced the following negative behaviours in the last month:



45% (45%) of pupils responded that the negative behaviour occurred at school; while 10% (13%) said at or near home.

Q22. Percentage of pupils responding that they have experienced negative behaviour at the following places in the last month (Southwark Primary data in brackets):

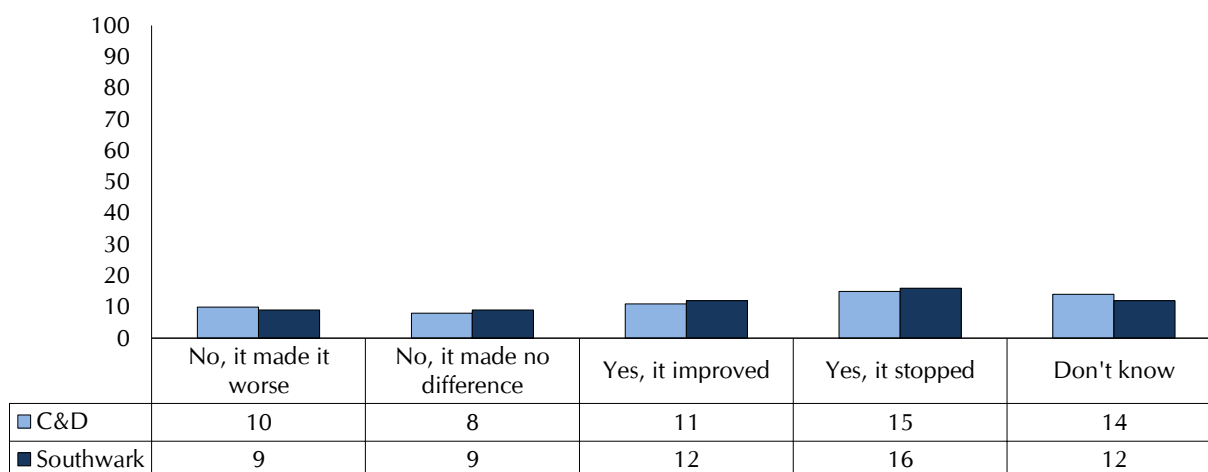
| Boys | | | Girls | | |
|------|------------------------------|---------|-------|------------------------------|---------|
| 1 | At school | 44 (44) | 1 | At school | 47 (46) |
| 2 | At or near home | 10 (14) | 2 | At or near home | 10 (13) |
| 3 | Somewhere else | 6 (7) | 3 | On the way to or from school | 3 (4) |
| 4 | On the way to or from school | 4 (6) | 4 | Somewhere else | 2 (5) |

14% (12%) of pupils did not tell anyone if they have been bullied recently.

Q23. Percentage of pupils responding that if they have been bullied recently, they told the following people about it (Southwark Primary data in brackets):

| Boys | | | Girls | | |
|------|---------------------|---------|-------|---------------------|---------|
| 1 | Teacher | 28 (24) | 1 | Parent/carer | 29 (32) |
| 2 | Parent/carer | 20 (27) | 2 | Teacher | 24 (28) |
| 3 | No-one | 16 (16) | 3 | Friend | 22 (20) |
| 4 | Friend | 12 (14) | 4 | Brother or sister | 15 (14) |
| 5 | Brother or sister | 9 (11) | 5 | Other trusted adult | 12 (10) |
| 6 | Other trusted adult | 7 (8) | 6 | No-one | 11 (9) |

Q24. Did the problem stop after telling someone?



15% (16%) of pupils responded that the problem stopped after telling someone, while 14% (12%) said they don't know.

44% (49%) of pupils who told someone responded that the problem improved or stopped after doing so.

Q24. Percentage answering that the problem stopped after telling someone.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 19 | 10 | 19 | 14 |
| Girls | 26 | 9 | 19 | 13 |

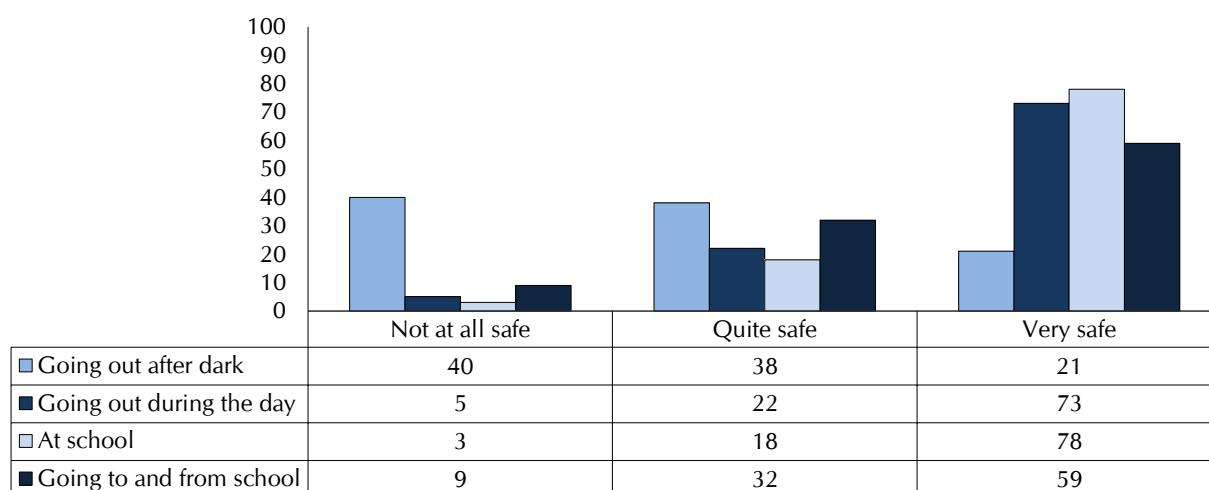
25% (25%) of pupils responded that they have been bullied because of the way they look; 13% (11%) said it was because of their skin, colour or race.

Q25. Percentage of pupils responding that they feel they have been ‘picked on’ or bullied for the following reasons (top 10 – Southwark Primary data in brackets):

| Boys | | | Girls | | |
|------|-------------------------------------|---------|-------|-------------------------------------|---------|
| 1 | The way they look | 20 (22) | 1 | The way they look | 32 (28) |
| 2 | Their size or weight | 19 (19) | 2 | Their size or weight | 19 (21) |
| 3 | Their skin, colour or race | 13 (11) | 3 | Their skin, colour or race | 13 (10) |
| 4 | The clothes they wear | 8 (8) | 4 | Their ability | 12 (8) |
| 5 | Their family background | 8 (8) | 5 | The clothes they wear | 11 (11) |
| 6 | Their sexuality | 8 (5) | 6 | Their gender | 11 (9) |
| 7 | Their ability | 5 (7) | 7 | Their family background | 8 (8) |
| 8 | Their health | 5 (4) | 8 | Other | 8 (6) |
| 9 | A disability or learning difficulty | 4 (5) | 9 | Their religion or faith | 7 (5) |
| 10 | Other | 4 (4) | 10 | A disability or learning difficulty | 5 (4) |

Feeling Safe

Q27. Feeling safe summary: How do you rate your safety at the following times in the area where you live?



40% (44%) of pupils rated their safety when going out after dark in their area as ‘not at all safe’.

Q27. Percentage of pupils rating their safety at ‘not at all safe’ in the following situations (Southwark Primary data in brackets):

| | Year 4 | | Year 6 | | Total |
|-------------------------------|---------|---------|---------|---------|---------|
| | Boys | Girls | Boys | Girls | |
| When going out after dark | 50 (45) | 56 (52) | 26 (35) | 38 (43) | 40 (44) |
| When going out during the day | 6 (7) | 8 (7) | 5 (4) | 0 (3) | 5 (5) |
| At school | 2 (4) | 5 (5) | 3 (4) | 3 (2) | 3 (4) |
| When going to and from school | 5 (10) | 13 (12) | 9 (7) | 8 (6) | 9 (9) |

96% (96%) of pupils rated their safety at school as ‘quite safe’ or ‘very safe’.

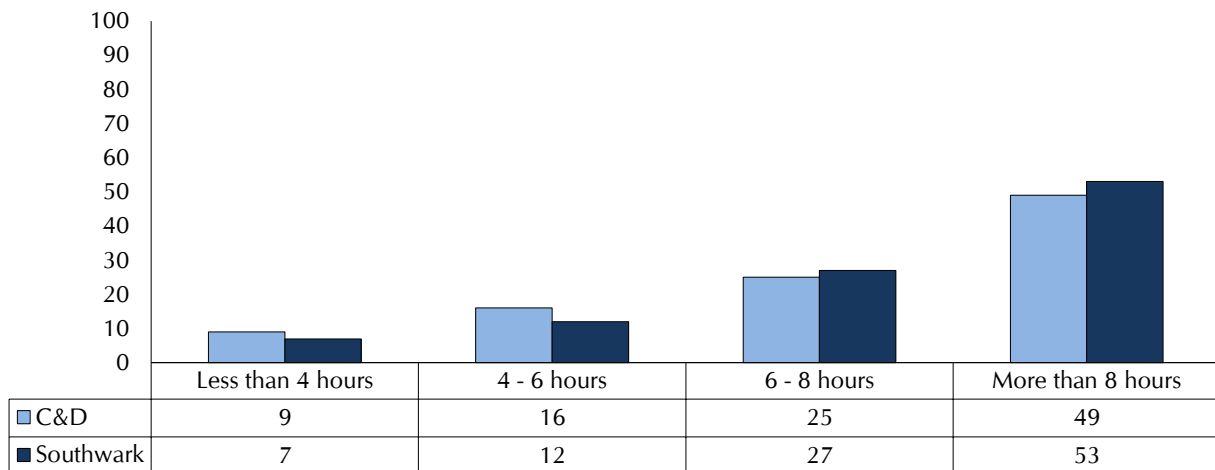
Q27. Percentage of pupils rating their safety at ‘quite safe’ or ‘very safe’ in the following situations (Southwark Primary data in brackets):

| | Year 4 | | Year 6 | | Total |
|-------------------------------|---------|---------|---------|----------|---------|
| | Boys | Girls | Boys | Girls | |
| When going out after dark | 50 (54) | 44 (48) | 74 (65) | 63 (57) | 60 (56) |
| When going out during the day | 92 (93) | 92 (93) | 95 (96) | 100 (97) | 95 (95) |
| At school | 94 (94) | 95 (95) | 97 (96) | 97 (97) | 96 (96) |
| When going to and from school | 95 (89) | 85 (87) | 91 (92) | 92 (94) | 91 (90) |

Health & Hygiene

Sleep

Q28. How much sleep did you get last night?



9% (7%) of pupils responded that they got less than 4 hours sleep last night.

Q28. Percentage answering that they got less than 4 hours sleep last night.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 14 | 12 | 11 | 9 |
| Girls | 8 | 3 | 7 | 2 |

74% (80%) of pupils responded that they got at least 6 hours sleep last night, with 49% (53%) saying that they got more than 8 hours.

Q28. Percentage answering that they got at least 6 hours sleep last night.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 68 | 73 | 77 | 80 |
| Girls | 76 | 81 | 80 | 85 |

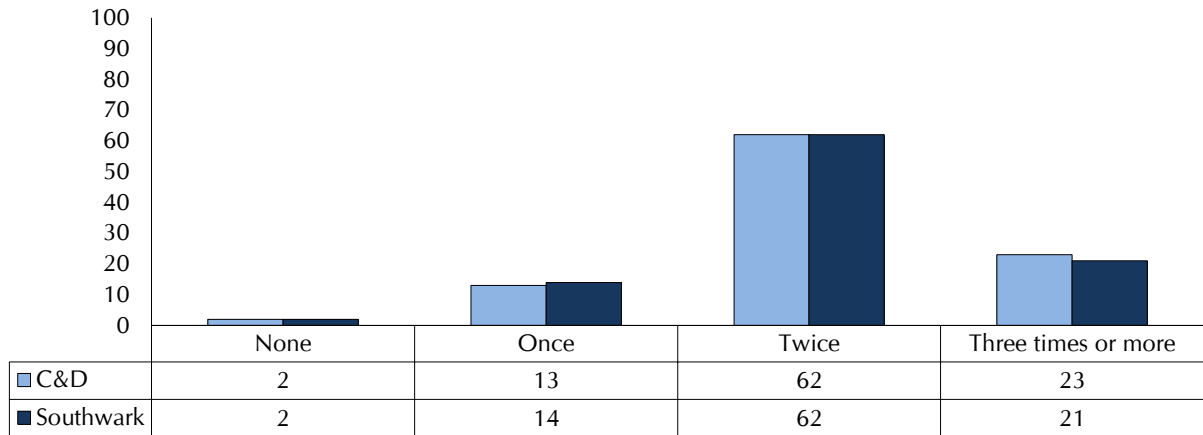
73% (71%) of pupils responded that the amount of sleep they got last night is usual for a school night, while 15% (17%) said it's less than they usually get.

Q29. Percentage answering that the amount of sleep they got last night is usual for a school night.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 68 | 74 | 64 | 72 |
| Girls | 77 | 73 | 71 | 76 |

Dental health

Q30. How many times did you clean your teeth on the day before the survey?



2% (2%) of pupils responded that they didn't clean their teeth at all on the day before the survey.

Q30. Percentage answering that they didn't clean their teeth at all on the day before the survey.

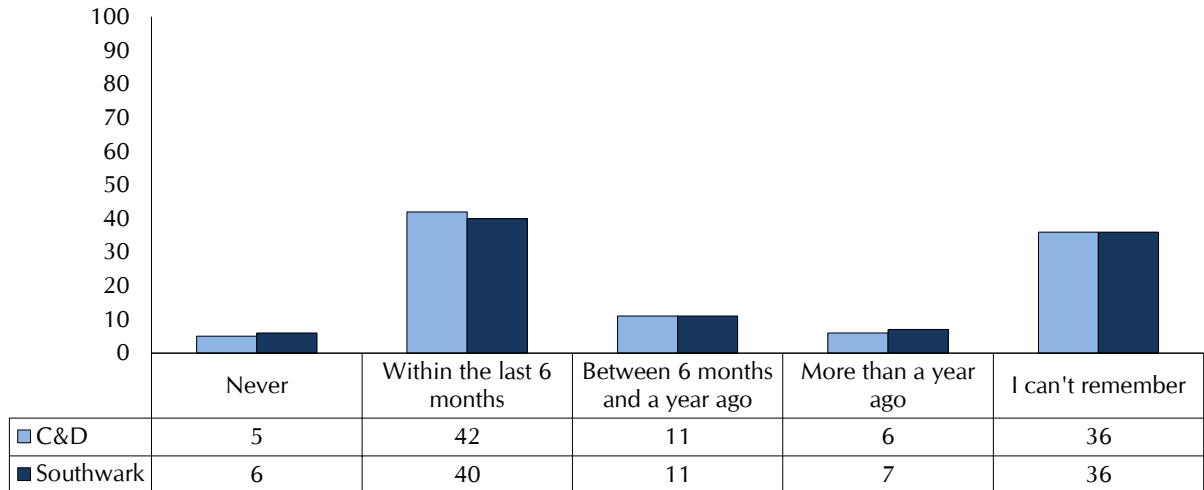
| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 3 | 3 | 4 | 3 |
| Girls | 0 | 1 | 2 | 1 |

85% (83%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.

Q30. Percentage answering that they cleaned their teeth at least twice on the day before the survey.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 88 | 82 | 81 | 85 |
| Girls | 92 | 79 | 84 | 83 |

Q31. When did you last visit the dentist?



42% (40%) of pupils responded that they have been to the dentist within the last 6 months; 6% (7%) said they have been more than a year ago.

Q31. Percentage answering that they have been to the dentist within the last 6 months.

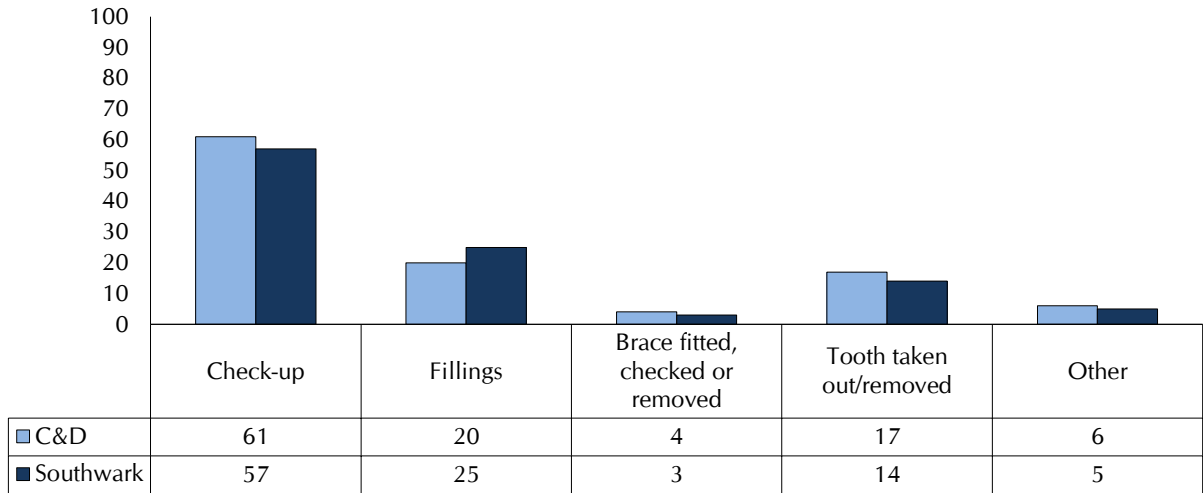
| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 38 | 46 | 33 | 50 |
| Girls | 39 | 43 | 30 | 48 |

5% (6%) of pupils responded that they have never been to the dentist, while 36% (36%) said they can't remember.

Q31. Percentage answering that they have never been to the dentist

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 9 | 5 | 12 | 6 |
| Girls | 5 | 3 | 6 | 2 |

Q32. What treatment did the dentist give you on your last visit?



61% (57%) of pupils responded that they last went to the dentist for a check-up.

Q32. Percentage answering that they last went to the dentist for a check-up.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 51 | 64 | 52 | 55 |
| Girls | 58 | 67 | 57 | 63 |

20% (25%) of pupils responded that they last went to the dentist for fillings, while 4% (3%) went to have a brace fitted, checked or removed.

Q32. Percentage answering that they last went to the dentist for fillings

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 23 | 19 | 24 | 26 |
| Girls | 23 | 17 | 24 | 24 |

Growing Up

62% (62%) of Year 6 pupils responded that they feel they know enough about how their body changes as they grow up, while 7% (5%) of pupils feel they do not know enough.

Q33. Percentage of Year 6 pupils answering that they feel they know enough about how their body changes as they grow up.

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 66 | 61 |
| Girls | 57 | 64 |

57% (60%) of Year 6 pupils responded that their parents/carers have talked with them about how their body changes as they grow up; 77% (70%) said their teacher has talked with them in school lessons.

Q34. Percentage of Year 6 pupils responding that the following people have talked with them about how their body changes as they grow up (Southwark Primary data in brackets):

| Yr 6 Boys | | | Yr 6 Girls | | |
|-----------|-----------------------------|---------|------------|-----------------------------|---------|
| 1 | Teachers, in school lessons | 73 (66) | 1 | Teachers, in school lessons | 82 (76) |
| 2 | Parents/carers | 54 (53) | 2 | Parents/carers | 63 (67) |
| 3 | Brothers or sisters | 16 (20) | 3 | Brothers or sisters | 26 (21) |
| 4 | Friends | 16 (13) | 4 | Friends | 17 (15) |
| 5 | Other close relatives | 14 (14) | 5 | Other close relatives | 17 (14) |
| 6 | None of these | 7 (10) | 6 | Visitors in school lessons | 7 (8) |
| 7 | School Nurse | 5 (8) | 7 | None of these | 6 (3) |

Physical Activity

Free Time

59% (61%) of Year 6 pupils think that there is enough to do near where they live, while 16% (17%) said there is not enough to do.

Q35. Percentage of Year 6 pupils answering that there is enough to do near where they live.

| | C&D | | Southwark | |
|-------|------|--|-----------|--|
| | Yr 6 | | Yr 6 | |
| Boys | 58 | | 61 | |
| Girls | 61 | | 61 | |

Q37a. Percentage of pupils responding that they took part in organised physical activity at the following times in the week before the survey (Southwark Primary data in brackets):

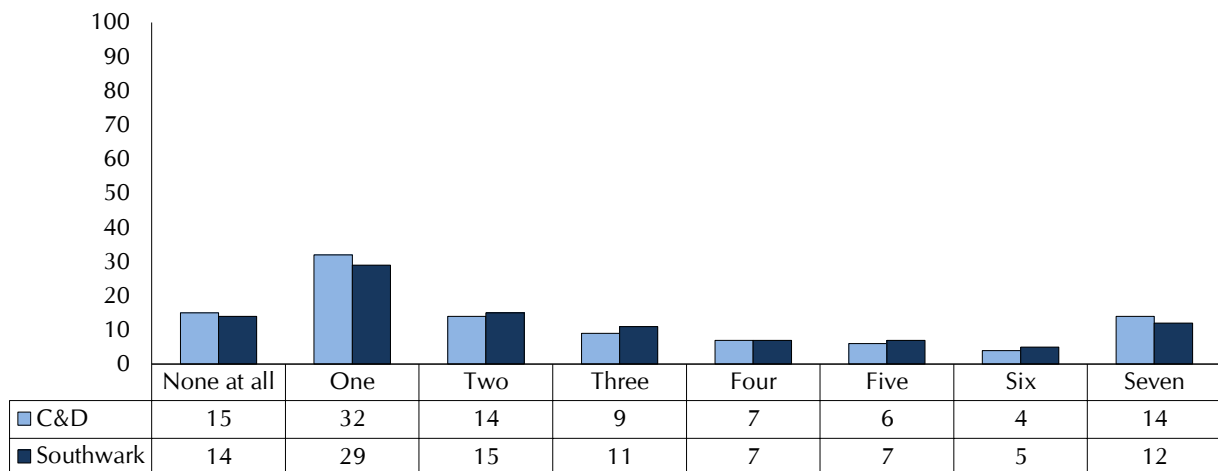
| Boys | Never | Some days | Most days | Every day |
|---------------------------------------|---------|-----------|-----------|-----------|
| Before school | 16 (23) | 37 (31) | 20 (19) | 26 (27) |
| During school time (incl. PE lessons) | 8 (10) | 29 (37) | 37 (30) | 26 (23) |
| During lunchtime/breaktimes | 7 (8) | 14 (14) | 20 (20) | 59 (58) |
| After school | 10 (11) | 31 (27) | 18 (23) | 40 (37) |
| | | | | |
| Girls | Never | Some days | Most days | Every day |
| Before school | 27 (27) | 28 (35) | 22 (19) | 23 (19) |
| During school time (incl. PE lessons) | 2 (9) | 56 (44) | 26 (29) | 17 (17) |
| During lunchtime/breaktimes | 7 (11) | 17 (19) | 26 (24) | 49 (46) |
| After school | 11 (14) | 21 (28) | 32 (26) | 35 (31) |

88% (86%) of pupils responded that they did something active at the weekend before the survey on at least 'one day'; 57% (53%) said they did on both days.

Q37b Percentage answering that they did something active at the weekend before the survey on at least 'one day'.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 90 | 92 | 88 | 88 |
| Girls | 90 | 79 | 85 | 83 |

Q38. On [how many] days did you do any physical activity for at least 60 minutes over the course of the day in the last 7 days?



15% (14%) of pupils responded that they didn't do 60 minutes of physical activity in any one day in the 7 days before the survey.

Q38. Percentage answering that they didn't do 60 minutes of physical activity on any one day in the 7 days before the survey.

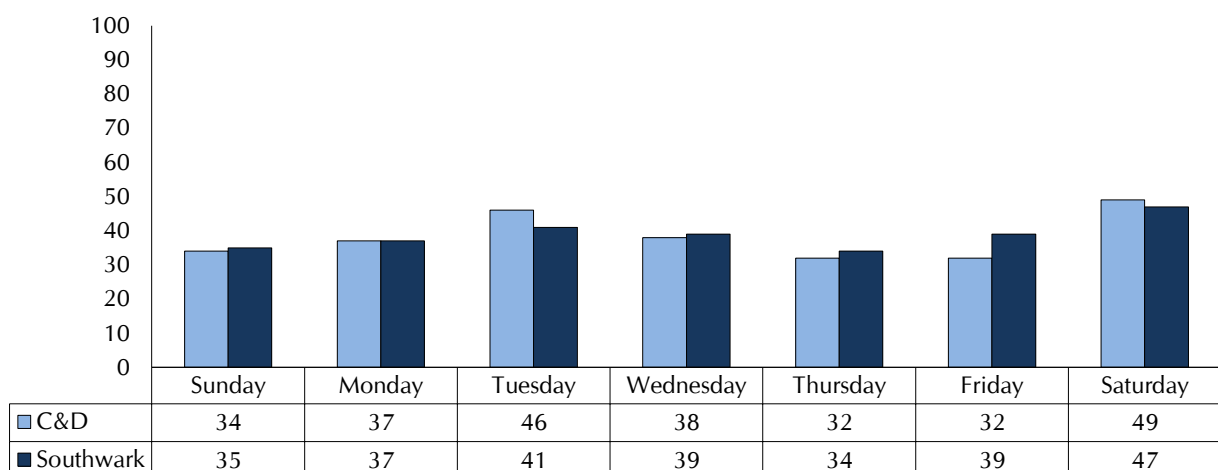
| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 27 | 13 | 20 | 10 |
| Girls | 11 | 10 | 13 | 11 |

39% (42%) of pupils responded that they did at least 60 minutes of physical activity on 3 or more days in the 7 days before the survey.

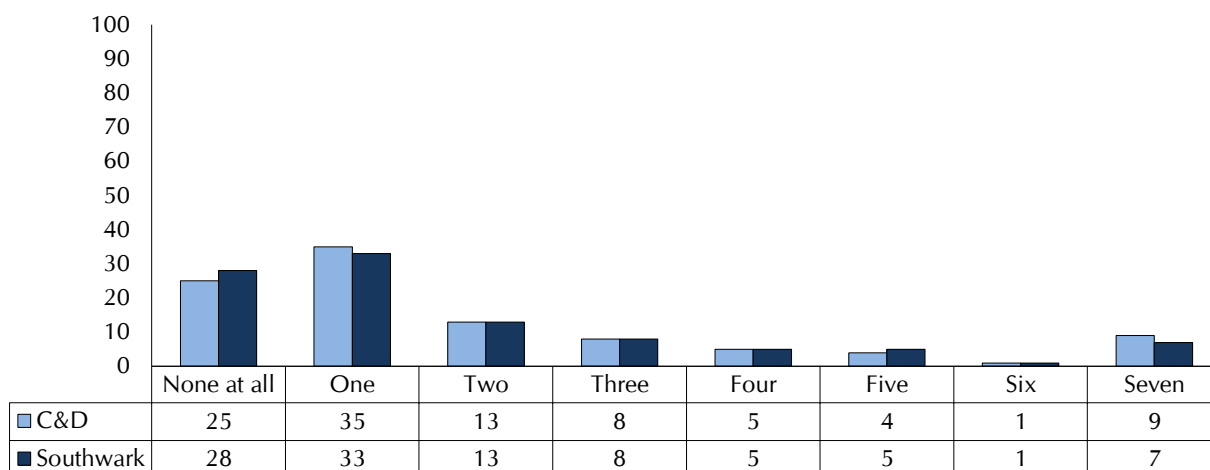
Q38. Percentage answering that they did at least 60 minutes of physical activity on 3 or more days in the 7 days before the survey.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 32 | 45 | 38 | 47 |
| Girls | 44 | 35 | 40 | 43 |

Q38. On which days did you do any physical activity for at least 60 minutes over the course of the day in the last 7 days?



Q39. On how many days did you get out of breath and/or sweaty while doing physical activity, in the last 7 days?



25% (28%) of pupils responded that they didn't do any physical activity that caused them to get out of breath and/or sweaty in the week before the survey.

Q39. Percentage answering that they didn't do any physical activity that caused them to get out of breath and/or sweaty in the week before the survey.

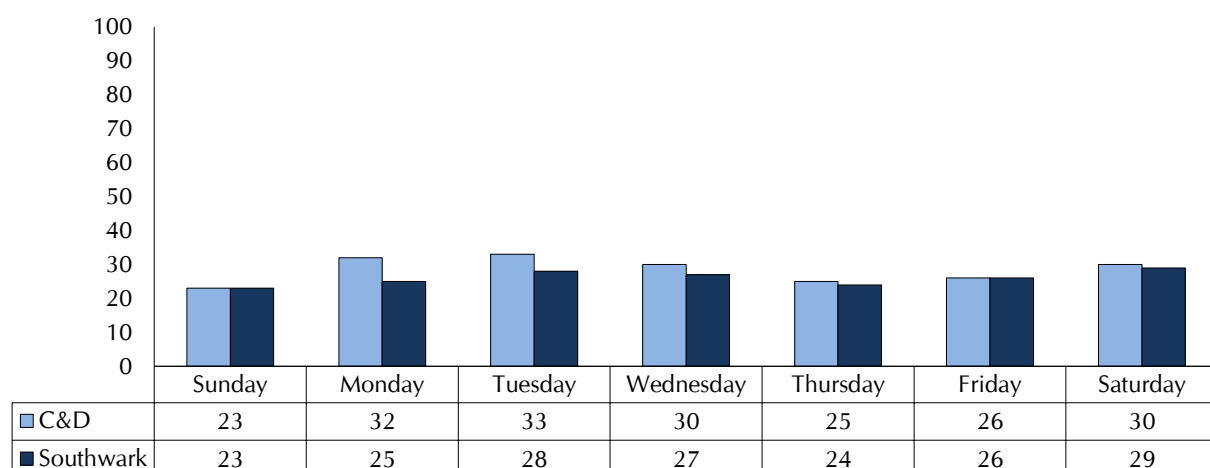
| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 17 | 27 | 31 | 27 |
| Girls | 21 | 32 | 28 | 27 |

27% (25%) of pupils responded that they did physical activity that caused them to get out of breath and/or sweaty on at least 3 days in the week before the survey.

Q39. Percentage answering that they did physical activity that caused them to get out of breath and/or sweaty on at least 3 days in the week before the survey.

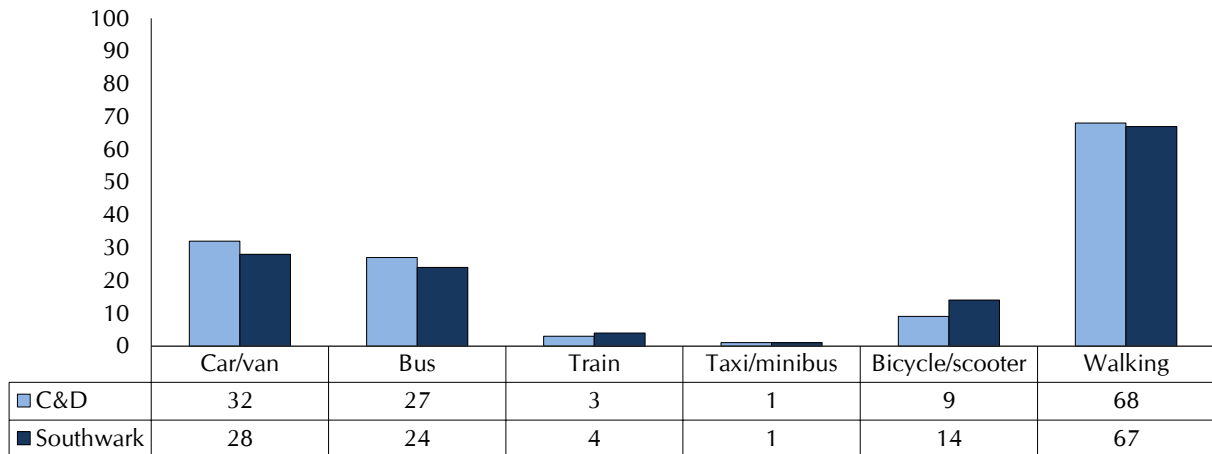
| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 25 | 30 | 23 | 32 |
| Girls | 23 | 30 | 20 | 26 |

Q39. On which days did you get out of breath and/or sweaty while doing physical activity, in the last 7 days?



Travel to school

Q41. How do you usually travel to school?



32% (28%) of pupils responded that they usually travel to school by car/van.

Q41. Percentage answering that they usually travel to school by car/van.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 22 | 29 | 26 | 24 |
| Girls | 39 | 37 | 33 | 28 |

68% (67%) of pupils responded that they usually walk to school, while 9% (14%) said they usually travel by bicycle/scooter.

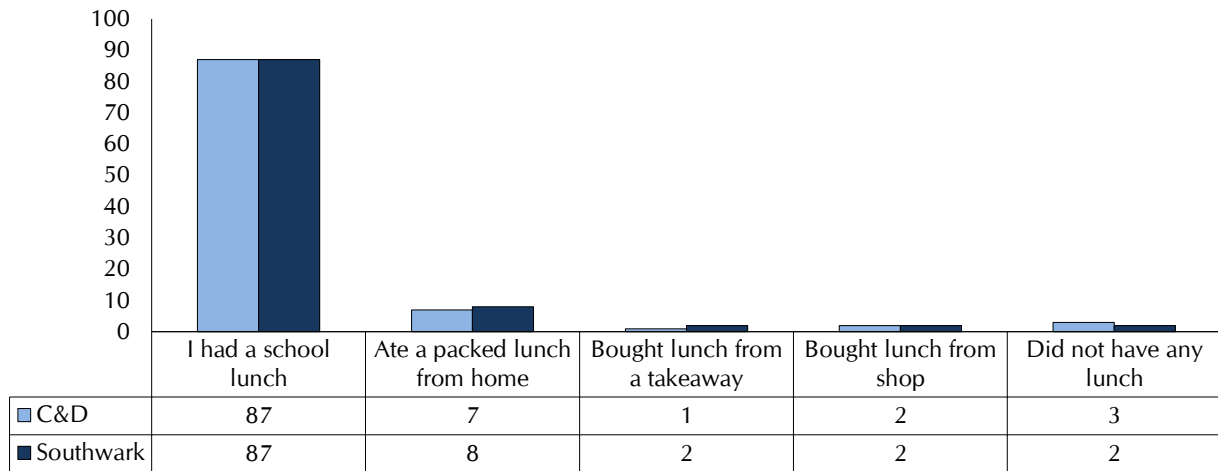
Q41. Percentage answering that they usually walk to school.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 62 | 73 | 62 | 69 |
| Girls | 69 | 66 | 67 | 69 |

Healthy Eating

Lunch

Q42. What did you do for lunch yesterday?



87% (87%) of pupils responded that they had a school lunch on the day before the survey.

Q42. Percentage answering that they had a school lunch on the day before the survey.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 84 | 83 | 87 | 84 |
| Girls | 93 | 87 | 89 | 86 |

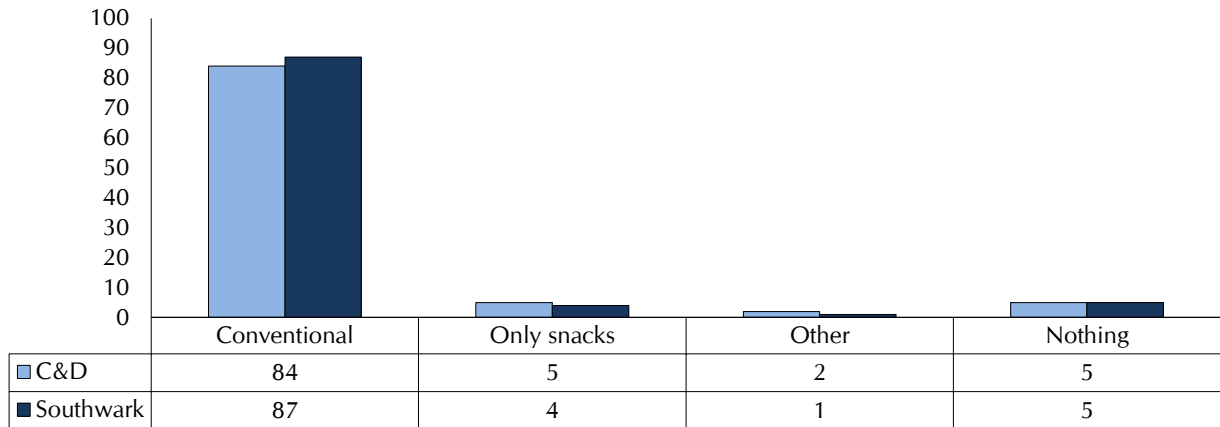
4% (2%) of boys and 2% (2%) of girls responded that they didn't have any lunch on the day before the survey.

Q42. Percentage answering that they didn't have any lunch on the day before the survey.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 5 | 2 | 3 | 2 |
| Girls | 0 | 3 | 2 | 2 |

Breakfast

Q44. Percentage of pupils responding that they had the following types of breakfast on the day of the survey:



The chart shows the percentages having different types of breakfast. The category 'Conventional' means at least one of cereal; toast or bread; hot food; fruit; yoghurt; croissants or pastries or breakfast bar. Only snacks means: chocolate bar, sweets; crisp-type snack; biscuits or pop-tarts/cakes but not conventional breakfast.

5% (5%) of pupils responded that they didn't have anything for breakfast on the day of the survey, while 9% (11%) had hot food.

Q44. Percentage answering that they didn't have anything for breakfast on the day of the survey.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 9 | 4 | 5 | 6 |
| Girls | 0 | 7 | 2 | 5 |

5% (4%) of pupils responded that they had only snacks for breakfast on the day of the survey.

Q44. Percentage answering that they had only snacks for breakfast on the day of the survey.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 5 | 7 | 4 | 4 |
| Girls | 5 | 1 | 3 | 4 |

Q44. Percentage of pupils responding that they had the following to eat before lessons on the day of the survey (top 5 – Southwark Primary data in brackets):

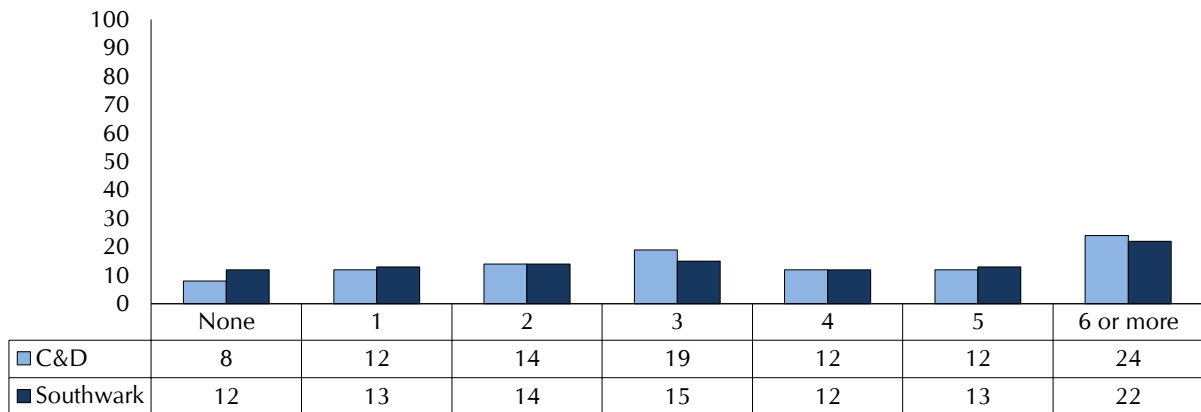
| Boys | | | | Girls | | | |
|------|------------------------|----|------|-------|----------------------------|----|------|
| 1 | Toast or bread | 35 | (35) | 1 | Cereal e.g. cornflakes | 33 | (34) |
| 2 | Cereal e.g. cornflakes | 34 | (35) | 2 | Toast or bread | 32 | (38) |
| 3 | Fruit | 13 | (9) | 3 | Fruit | 17 | (15) |
| 4 | Croissants or pastries | 11 | (7) | 4 | Hot food e.g. egg on toast | 14 | (10) |
| 5 | Porridge/Ready brek | 9 | (9) | 5 | Porridge/Ready brek | 13 | (8) |

Q43. Percentage of pupils responding that they had something to eat or drink for breakfast at the following on the morning of the survey (Southwark Primary data in brackets):

| Boys | | | | Girls | | | |
|------|--------------------------------|----|------|-------|--------------------------------|----|------|
| 1 | Something at home | 63 | (62) | 1 | Something at home | 71 | (71) |
| 2 | Something at school | 14 | (18) | 2 | Something on the way to school | 17 | (14) |
| 3 | Something on the way to school | 13 | (13) | 3 | Something at school | 10 | (18) |

Five-a-day

Q45. How many portions of fruit and vegetables did you eat yesterday?



8% (12%) of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

Q45. Percentage answering that they didn't eat any portions of fruit or vegetables on the day before the survey.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 9 | 12 | 14 | 10 |
| Girls | 5 | 6 | 9 | 13 |

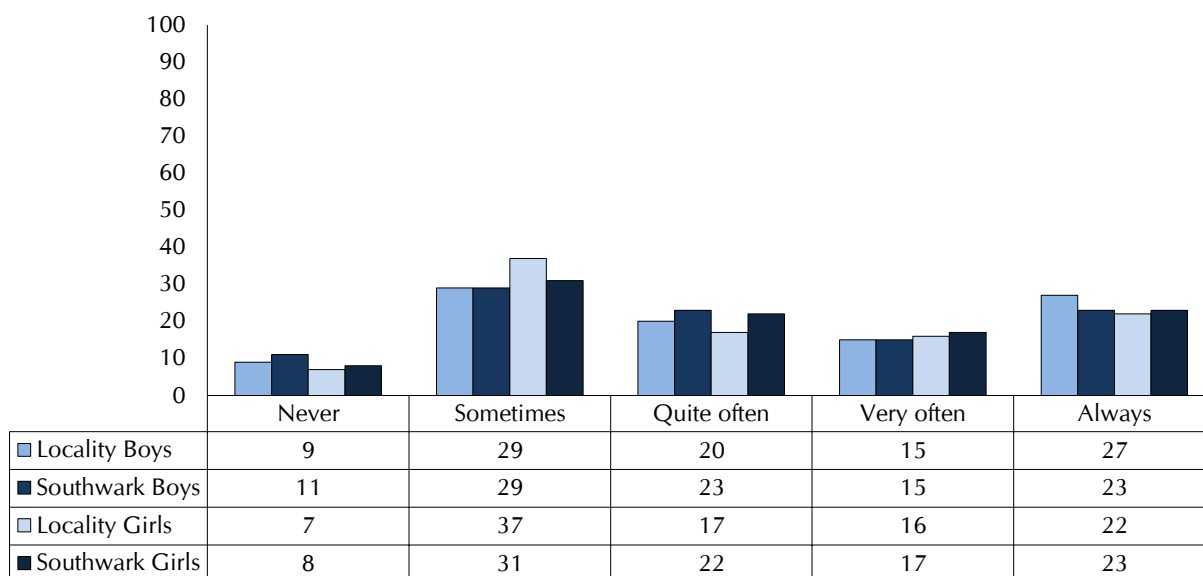
36% (34%) of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

Q45. Percentage answering that they ate at least 5 portions of fruit and vegetables on the day before the survey.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 44 | 37 | 37 | 36 |
| Girls | 41 | 24 | 38 | 26 |

Healthy choices

Q46. When choosing what to eat, do you consider your health?



41% (39%) of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.

Q46. Percentage answering that they 'never' or only 'sometimes' consider their health when choosing what to eat.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 46 | 32 | 42 | 37 |
| Girls | 41 | 47 | 37 | 40 |

40% (39%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

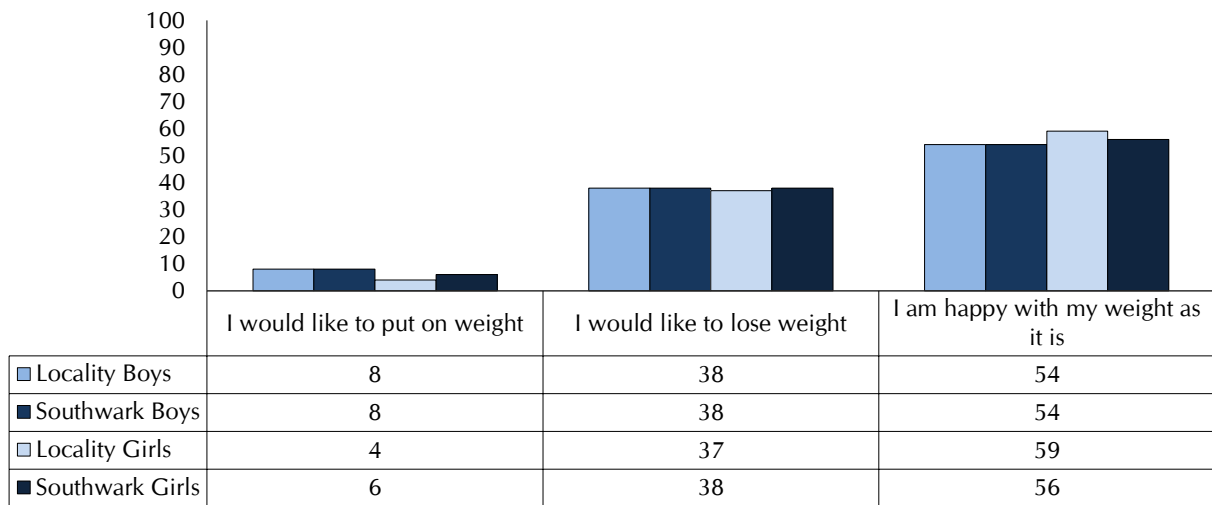
Q46. Percentage answering that they 'very often' or 'always' consider their health when choosing what to eat.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 32 | 49 | 36 | 39 |
| Girls | 47 | 31 | 43 | 35 |

Weight

6% (7%) of Year 6 pupils responded that they would like to put on weight, while 37% (38%) said they would like to lose weight and 56% (55%) said they are happy with their weight as it is.

Q47. Year 6 only: Weight: Which statement describes you best?



61% (58%) of Year 6 pupils responded that they wouldn't use a health service to help them to lose weight, while 33% (35%) said they would and 6% (7%) have already used a health service to lose weight.

Q48. Percentage of Year 6 pupils answering that they would use a health service to help them to lose weight.

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 36 | 35 |
| Girls | 29 | 36 |

Foods

60% (55%) of pupils responded that they ate vegetables on 'most days' or 'every day' in the last week; while 69% (63%) said the same of fresh fruit.

Q49. Percentage of pupils responding that they ate or drank the following on 'most days' or 'every day' in the last week (top 10 – Southwark Primary data in brackets):

| Boys | | | Girls | | |
|------|------------------------------|---------|-------|------------------------------|---------|
| 1 | Fresh fruit | 70 (63) | 1 | Fresh fruit | 67 (64) |
| 2 | Vegetables | 59 (55) | 2 | Vegetables | 61 (55) |
| 3 | Salads | 43 (42) | 3 | Salads | 50 (46) |
| 4 | Crisps | 34 (36) | 4 | Diet (low calorie) drinks | 31 (34) |
| 5 | Diet (low calorie) drinks | 34 (34) | 5 | Sweets, chocolate, choc bars | 27 (31) |
| 6 | Sweets, chocolate, choc bars | 33 (34) | 6 | Crisps | 25 (30) |
| 7 | Chips | 31 (32) | 7 | Chips | 24 (28) |
| 8 | Take-away food | 28 (28) | 8 | Take-away food | 20 (23) |
| 9 | Energy drinks | 26 (23) | 9 | Other fizzy drinks | 20 (23) |
| 10 | Isotonic sports drinks | 24 (23) | 10 | Isotonic sports drinks | 15 (15) |

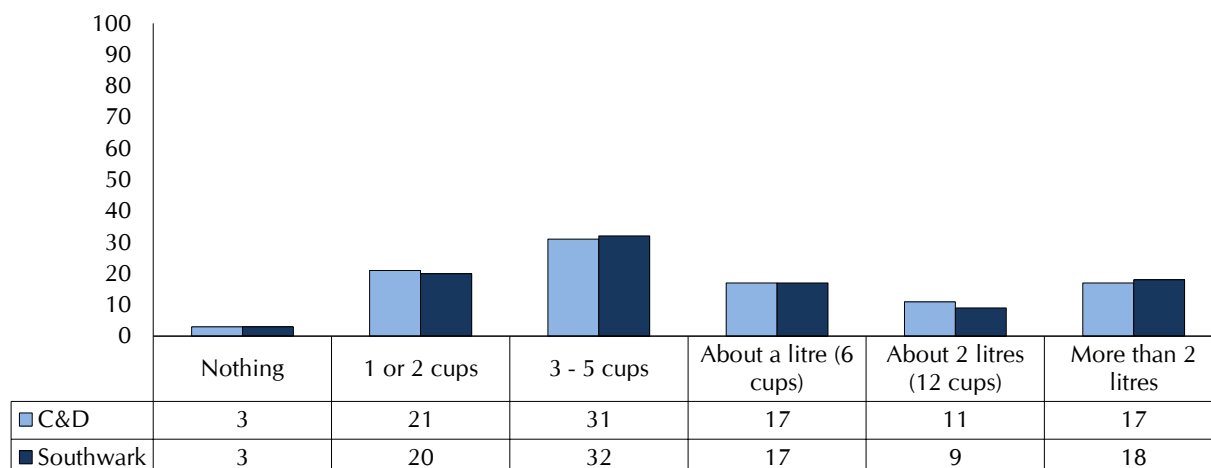
14% (19%) of pupils responded that they 'never' ate salad in the last week; while 12% (13%) said the same of vegetables.

Q49. Percentage of pupils responding that they didn't eat or drink the following at all in the week before the survey (top 10 – Southwark Primary data in brackets):

| Boys | | | Girls | | |
|------|------------------------------|---------|-------|------------------------------|---------|
| 1 | Energy drinks | 42 (47) | 1 | Energy drinks | 60 (60) |
| 2 | Isotonic sports drinks | 37 (41) | 2 | Isotonic sports drinks | 53 (55) |
| 3 | Other fizzy drinks | 27 (24) | 3 | Other fizzy drinks | 35 (32) |
| 4 | "Diet" (low calorie) drinks | 23 (27) | 4 | "Diet" (low calorie) drinks | 32 (31) |
| 5 | Take-away food | 20 (20) | 5 | Take-away food | 24 (23) |
| 6 | Crisps | 17 (15) | 6 | Salads | 15 (18) |
| 7 | Salads | 14 (21) | 7 | Crisps | 15 (14) |
| 8 | Sweets, chocolate, choc bars | 14 (14) | 8 | Vegetables | 12 (13) |
| 9 | Chips | 13 (13) | 9 | Sweets, chocolate, choc bars | 11 (13) |
| 10 | Vegetables | 11 (13) | 10 | Chips | 10 (14) |

Water

Q50. How much water did you drink yesterday?



3% (3%) of pupils responded that they didn't drink any water on the day before the survey.

Q50. Percentage answering that they didn't drink any water on the day before the survey.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 5 | 3 | 5 | 2 |
| Girls | 4 | 0 | 4 | 2 |

48% (47%) of boys and 41% (41%) of girls responded that they drank at least a litre of water on the day before the survey.

Q50. Percentage answering that they drank at least a litre of water on the day before the survey.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 36 | 57 | 42 | 52 |
| Girls | 44 | 39 | 43 | 38 |

36% (34%) of pupils responded that they are able to get water at school during class time; while 37% (43%) said 'not easily'.

Q51a. Percentage answering that they are able to get water at school during class time.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 53 | 24 | 36 | 32 |
| Girls | 35 | 37 | 32 | 38 |

85% (86%) of pupils responded that they are able to get water at school during break time; while 10% (8%) said 'not easily'.

Q51b. Percentage answering that they are able to get water at school during break time.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 78 | 86 | 84 | 87 |
| Girls | 91 | 85 | 86 | 88 |

Smoking, Alcohol, Drugs

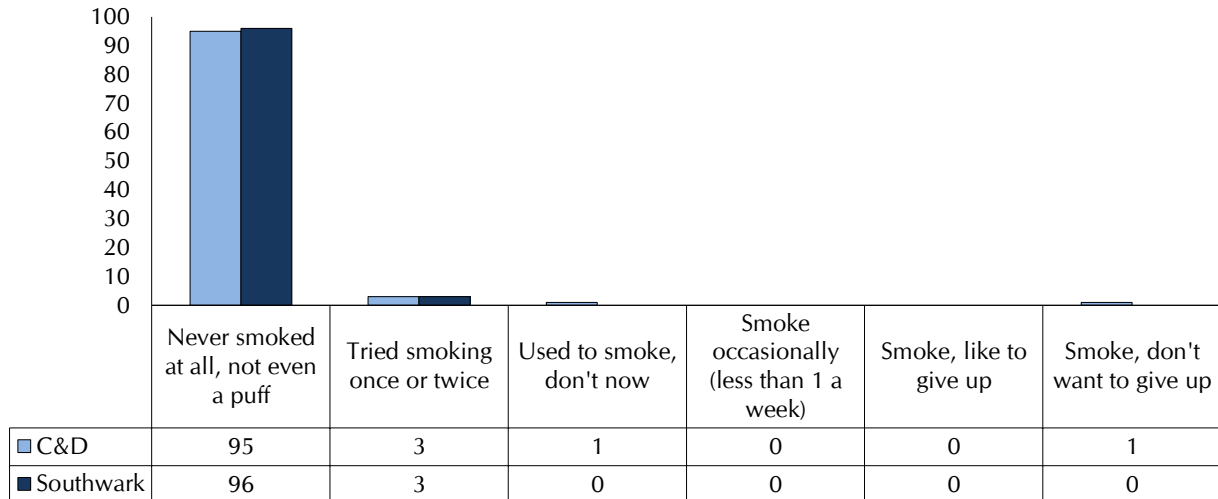
Smoking

3% (2%) of Year 6 pupils responded that they smoked cigarettes in the 7 days before the survey.

Q52a. Percentage of Year 6 pupils answering that they smoked cigarettes in the 7 days before the survey.

| | C&D | | Southwark | |
|-------|------|--|-----------|--|
| | Yr 6 | | Yr 6 | |
| Boys | 4 | | 3 | |
| Girls | 1 | | 1 | |

Q53. Smoking: Which sentence describes you best?



5% (4%) of Year 6 pupils responded that they have tried smoking in the past or smoke now.

Q53. Percentage of Year 6 pupils answering that they have smoked in the past or smoke now.

| | C&D | | Southwark | |
|-------|------|--|-----------|--|
| | Yr 6 | | Yr 6 | |
| Boys | 7 | | 5 | |
| Girls | 3 | | 3 | |

8% (4%) of Year 6 pupils responded that they have smoked shisha.

Q54. Percentage of Year 6 pupils answering that they have smoked shisha.

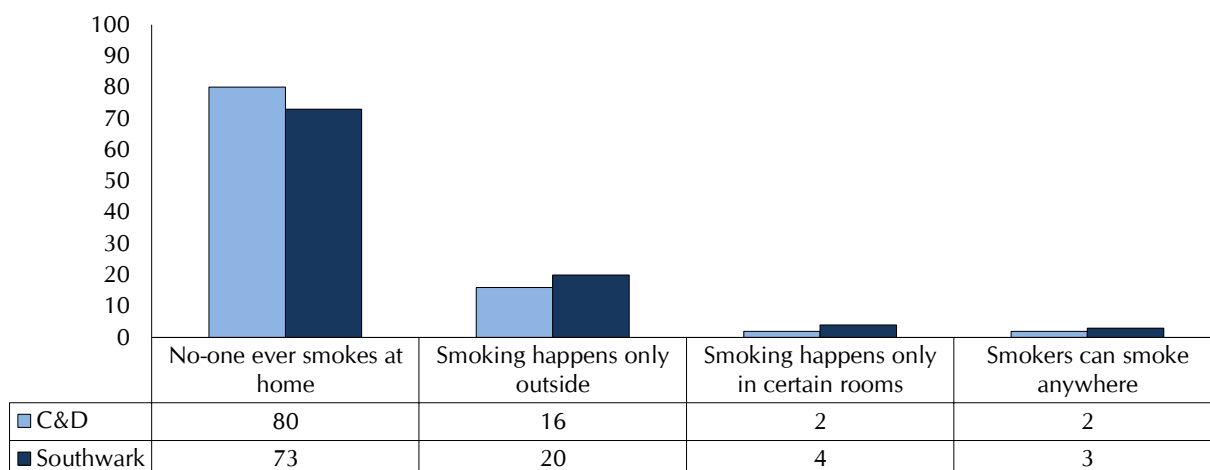
| | C&D | | Southwark | |
|-------|------|--|-----------|--|
| | Yr 6 | | Yr 6 | |
| Boys | 8 | | 5 | |
| Girls | 7 | | 4 | |

4% (2%) of Year 6 pupils responded that they have smoked an e-cigarette.

Q55. Percentage of Year 6 pupils answering that they have smoked an e-cigarette.

| | C&D | | Southwark | |
|-------|------|--|-----------|--|
| | Yr 6 | | Yr 6 | |
| Boys | 4 | | 3 | |
| Girls | 4 | | 2 | |

Q56. Thinking about smoking at home, what best describes what happens in your home?



80% (73%) of pupils responded that no-one ever smokes at home.

Q56. Percentage answering that no-one ever smokes at home.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 81 | 77 | 70 | 74 |
| Girls | 86 | 79 | 75 | 74 |

16% (20%) of pupils responded that smoking happens only outside.

Q56. Percentage answering that smoking happens only outside.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 19 | 16 | 20 | 19 |
| Girls | 12 | 17 | 21 | 20 |

2% (4%) of pupils responded that smoking happens in certain rooms only.

Q56. Percentage answering that smoking happens in certain rooms only.

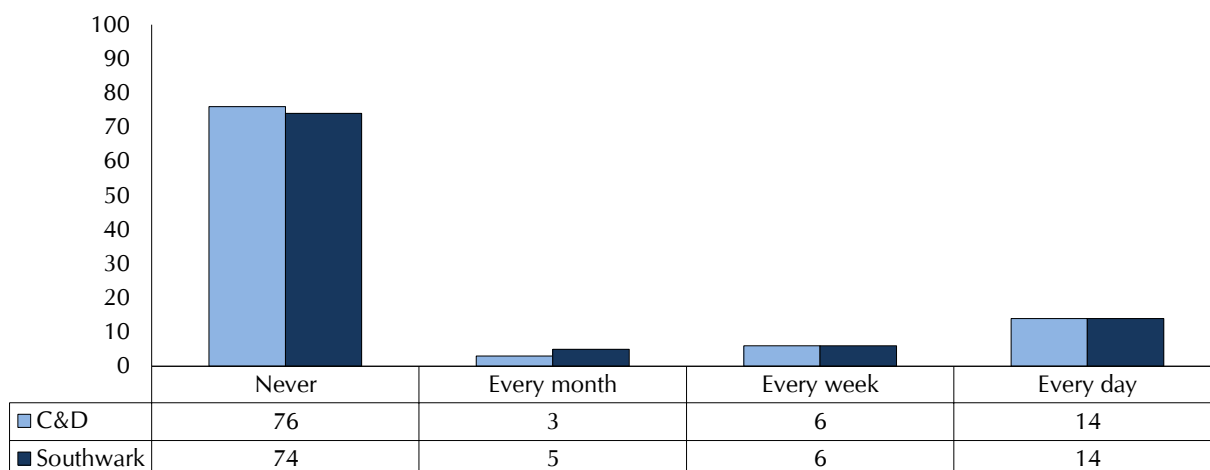
| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 0 | 3 | 5 | 4 |
| Girls | 2 | 3 | 3 | 4 |

2% (3%) of pupils responded that smokers can smoke anywhere in their home.

Q56. Percentage answering that smokers can smoke anywhere in their home.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 0 | 4 | 6 | 3 |
| Girls | 0 | 2 | 1 | 2 |

Q57. How often does someone smoke inside your house or flat?



24% (26%) of pupils responded that someone smokes inside their house or flat at least 'every month'.

Q57. Percentage answering that someone smokes inside their house or flat at least 'every month'.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 23 | 29 | 27 | 27 |
| Girls | 22 | 20 | 24 | 24 |

14% (14%) of pupils responded that someone smokes inside their house or flat 'every day'.

Q57. Percentage answering that someone smokes inside their house or flat 'every day'.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 11 | 17 | 14 | 13 |
| Girls | 16 | 12 | 14 | 15 |

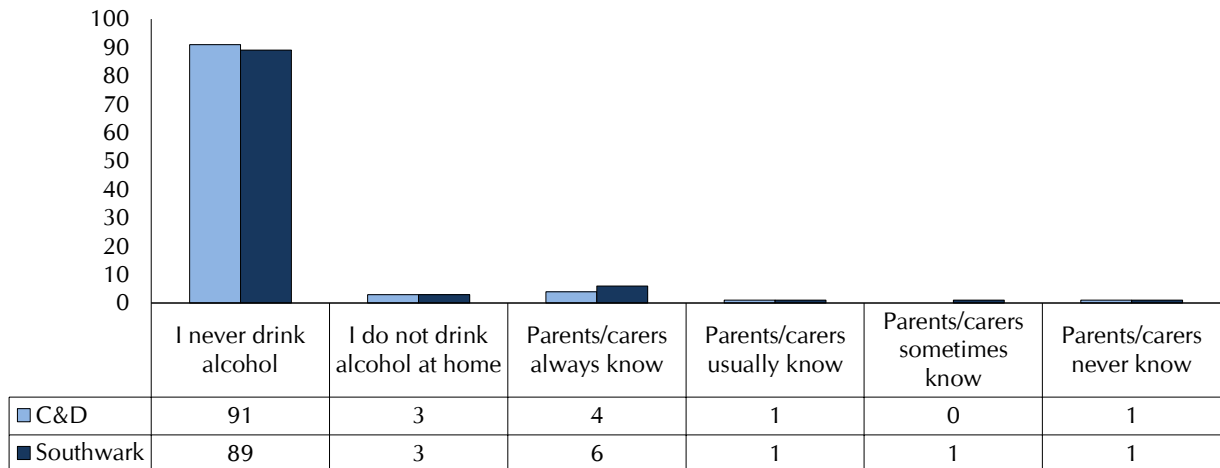
Drinking

2% (4%) of Year 6 pupils responded that they had an alcoholic drink in the last 7 days.

Q58. Percentage of Year 6 pupils answering that they had an alcoholic drink in the last 7 days.

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 0 | 5 |
| Girls | 5 | 4 |

Q59. If you ever drink alcohol at home, do your parents/carers know?



4% (6%) of Year 6 pupils responded that they drink alcohol and their parents/carers 'always' know if they do so.

Q59. Percentage of Year 6 pupils answering that their parents/carers 'always' know if they drink alcohol.

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 0 | 5 |
| Girls | 9 | 8 |

1% (2%) of Year 6 pupils responded that their parents/carers 'never' or only 'sometimes' know if they drink alcohol.

Q59. Percentage of Year 6 pupils answering that their parents/carers 'never' or only 'sometimes' know if they drink alcohol.

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 0 | 1 |
| Girls | 2 | 2 |

Drugs

3% (2%) of Year 6 pupils responded that they have been offered cannabis, while 9% (7%) said they are 'not sure' if they have.

2% (1%) of Year 6 pupils responded that they have been offered other drugs, while 3% (3%) said they are 'not sure' if they have.

0% (0%) of Year 6 pupils responded that they have taken cannabis.

2% (1%) of Year 6 pupils reported that they have taken other drugs (not medicines).

Q60. Percentage of Year 6 pupils answering that they have been offered cannabis.

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 6 | 3 |
| Girls | 0 | 0 |

Q61. Percentage of Year 6 pupils answering that they have been offered other drugs.

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 3 | 1 |
| Girls | 0 | 2 |

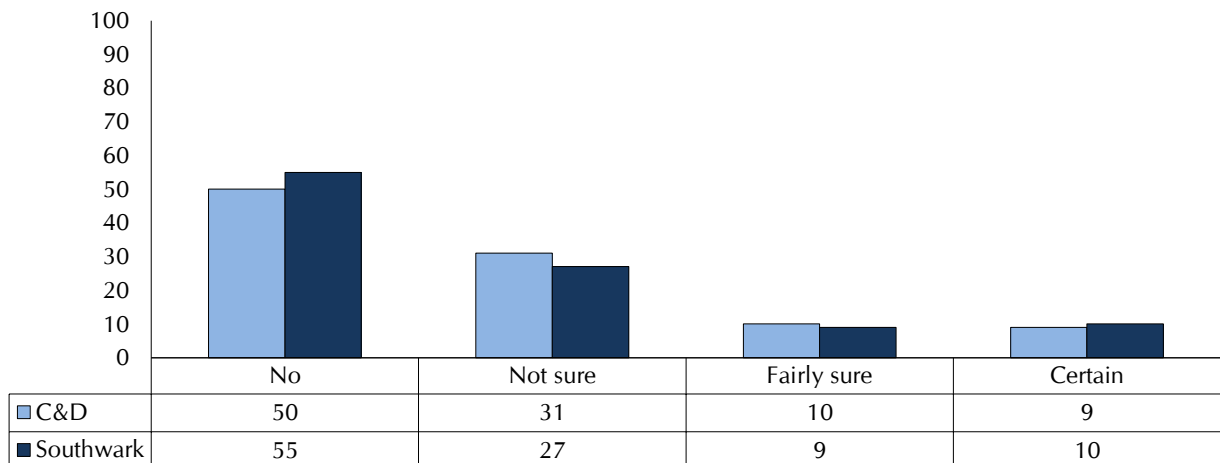
Q62. Percentage of Year 6 pupils answering that they have taken cannabis.

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 0 | 1 |
| Girls | 0 | 0 |

Q63. Percentage of Year 6 pupils answering they have taken other drugs.

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 3 | 1 |
| Girls | 0 | 0 |

Q64. In the area where you live, do you yourself know anybody who uses drugs (not medicines)?



19% (19%) of Year 6 pupils responded that they are at least 'fairly sure' they know someone personally who uses drugs (not medicines).

Q64. Percentage of Year 6 pupils answering that they are at least 'fairly sure' they know someone who uses drugs (not medicines).

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 18 | 18 |
| Girls | 21 | 19 |

Internet Safety

16% (10%) of Year 6 pupils responded that they communicate with people they have met online and don't know in real life.

Q65. Percentage of Year 6 pupils responding that they communicate with the following people online (Southwark Primary data in brackets):

| | Year 6 | | Total |
|--|---------|---------|---------|
| | Boys | Girls | |
| No-one | 18 (20) | 13 (17) | 16 (18) |
| Friends and family I know in real life | 65 (74) | 84 (79) | 74 (77) |
| People I have met online and I don't know in real life | 19 (11) | 11 (8) | 16 (10) |

22% (13%) of Year 6 pupils responded that they communicate with people online by posting things that lots of people can see while 25% (21%) said they communicate with people using picture/video sharing sites/apps and 26% (22%) said they don't communicate with people online.

Q66. Percentage of Year 6 pupils responding that they communicate with people online by the following means (Southwark Primary data in brackets):

| | Year 6 | | Total |
|--|---------|---------|---------|
| | Boys | Girls | |
| Posting things that lots of people can see | 17 (9) | 27 (16) | 22 (13) |
| Sending messages to one or a few people | 30 (39) | 49 (48) | 40 (43) |
| Picture/video sharing sites/apps | 23 (22) | 27 (20) | 25 (21) |
| Video chat | 25 (23) | 35 (30) | 30 (26) |
| Through online games | 42 (47) | 18 (14) | 30 (31) |
| Other | 2 (4) | 2 (4) | 2 (4) |

5% (5%) of Year 6 pupils responded that they have seen pictures, videos or games they found upsetting online; while 81% (79%) said they have not experienced any of these things.

Q67. Percentage of Year 6 pupils responding that they have experienced the following online (Southwark Primary data in brackets):

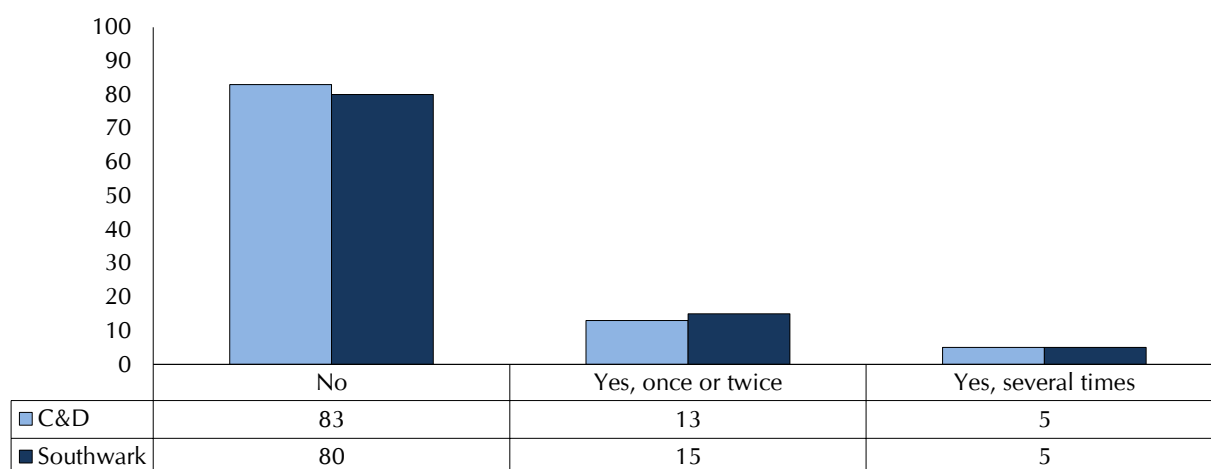
| | Year 6 | | Total |
|---|--------|---------|-------|
| | Boys | Girls | |
| Placed a bet | 3 (5) | 0 (2) | 2 (3) |
| Someone writing or showing things to hurt or upset you (with text, pictures or video) | 1 (5) | 15 (10) | 8 (7) |
| Someone published private information about you | 1 (2) | 3 (2) | 2 (2) |
| Someone used your identity/password to upset or hurt you | 1 (2) | 5 (2) | 3 (2) |
| You sent personal information to someone which then you wished you hadn't or had thought more about | 0 (1) | 3 (3) | 2 (2) |
| You saw pictures, videos or games you found upsetting | 4 (6) | 6 (5) | 5 (5) |

32% (26%) of Year 6 pupils responded that they are 'never' supervised when using the internet at home.

Q68. Percentage of Year 6 pupils responding to: Are you able to use the internet at home without adult supervision? (Southwark Primary data in brackets)

| | Year 6 | | Total |
|--|---------|---------|---------|
| | Boys | Girls | |
| I never use the internet at home | 7 (5) | 3 (7) | 5 (6) |
| Never supervised | 36 (28) | 27 (24) | 32 (26) |
| Never supervised, but device has a filter system (parental controls) | 10 (10) | 16 (10) | 13 (10) |
| Sometimes supervised | 9 (23) | 23 (26) | 16 (24) |
| Often supervised | 10 (13) | 10 (11) | 10 (12) |
| Always supervised | 27 (21) | 21 (22) | 24 (22) |

Q69. In the last 12 months, have you ever got a message or picture that scared you or made you upset?



13% (15%) of Year 6 pupils responded that they got a message or picture 'once or twice' in the last 12 months that scared or upset them; 5% (5%) said this has happened several times.

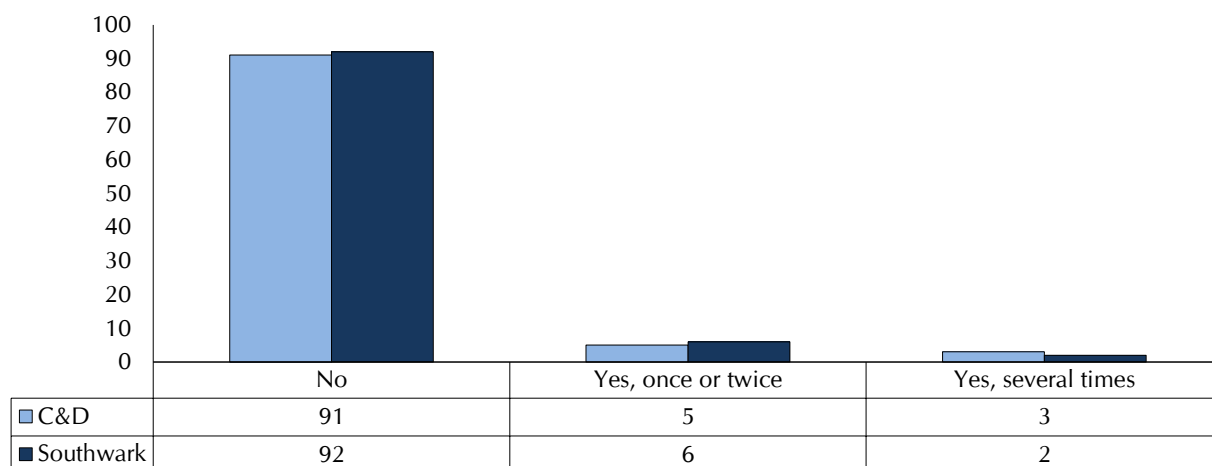
Q69. Percentage of Year 6 pupils answering that they got a message or picture 'once or twice' in the last 12 months that scared or upset them.

| | C&D | Southwark |
|-------|------|-----------|
| | Yr 6 | Yr 6 |
| Boys | 12 | 14 |
| Girls | 13 | 16 |

Q70. Percentage of Year 6 pupils responding that they did the following after getting a message or picture which scared or upset them (Southwark Primary data in brackets):

| | Year 6 | | Total |
|--|--------|---------|--------|
| | Boys | Girls | |
| Deleted it without showing anyone | 4 (8) | 8 (8) | 6 (8) |
| Told/showed their friends | 4 (4) | 8 (7) | 6 (5) |
| Told/showed their parents | 6 (5) | 10 (8) | 8 (7) |
| Told/showed a responsible adult (e.g. teacher) | 0 (2) | 2 (2) | 1 (2) |
| Reported to the Police/CEOP/Childline etc. | 0 (1) | 2 (0) | 1 (1) |

Q71. In the last 12 months, has anyone you don't know in person asked to meet with you?



9% (8%) of Year 6 pupils responded that someone they don't know in person has asked to meet with them at least 'once or twice' in the last year; 3% (2%) said this has happened several times.

Q71. Percentage of Year 6 pupils answering that someone they don't know in person has asked to meet with them at least 'once or twice' in the last year.

| | C&D | | Southwark | |
|-------|------|--|-----------|--|
| | Yr 6 | | Yr 6 | |
| Boys | 12 | | 10 | |
| Girls | 5 | | 5 | |

88% (88%) of pupils responded that in the last year they have been told how to stay safe while online.

Q72. Percentage answering that they have been told how to stay safe while online.

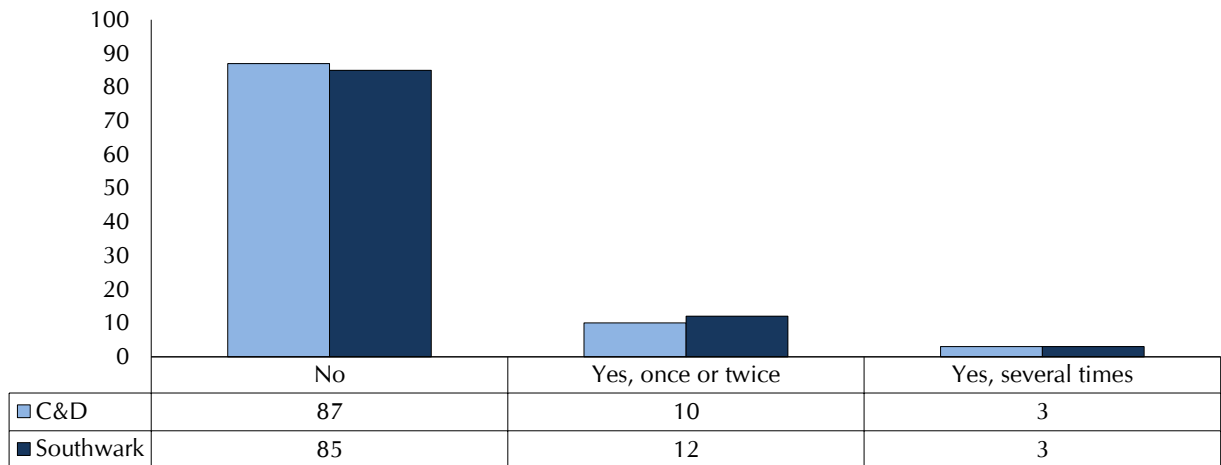
| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 84 | 86 | 81 | 89 |
| Girls | 83 | 98 | 89 | 94 |

55% (52%) of pupils responded that they have been told how to stay safe online and 'always' follow the advice they have been given, while 10% (10%) said they 'rarely' do.

Q72. Percentage answering that they have been told how to stay safe online and 'always' follow the advice they have been given.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 45 | 55 | 41 | 50 |
| Girls | 63 | 57 | 55 | 62 |

Q73. In the past year, have you ever sent personal information or images to someone which then you wished you hadn't done?



13% (15%) of pupils responded that, they have sent personal information to someone which they then wished they hadn't done at least 'once or twice' in the last year.

Q73. Percentage answering that they have sent personal information to someone which they then wished they hadn't done at least 'once or twice' in the last year.

| | C&D | | Southwark | |
|-------|------|------|-----------|------|
| | Yr 4 | Yr 6 | Yr 4 | Yr 6 |
| Boys | 23 | 11 | 26 | 8 |
| Girls | 13 | 8 | 16 | 9 |

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**This is not the end of your
Health Related Behaviour Survey!**

Ask us about...

- ... Getting your data into your computers**
- ... Turning your data into graphs and pie charts**
- ... Your data and Healthy Schools**
- ... Free resources about young people's health-related
behaviour: www.sheu.org.uk/node/366**

***We may also be able to introduce you to health and
education contacts, with money and resources, within your
local community***