

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

**A report for
Southwark Primary**

The Schools Health Education Unit

www.sheu.org.uk

SHEU

School Survey Report 2016

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.

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.

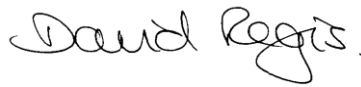
SHEU hope that your pupils found the experience of completing the questionnaire interesting and thought provoking.

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.

	Southwark	
	Yr 4	Yr 6
Boys	446	479
Girls	498	429

Please note that 2 pupil(s) didn't specify whether they are a boy or a girl and 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.

Southwark Primary Headlines

	Southwark	
	Yr 4	Yr 6
Boys	446	479
Girls	498	429

Background

ETHNICITY

- 19% of pupils described themselves as White British.

RELIGION

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

YOUNG CARERS

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

FREE SCHOOL MEALS

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

School

ATTENDANCE

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

SCHOOL LESSONS

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

Emotional Health and Wellbeing

- 66% of Year 6 pupils responded that their school helps them work as part of a team.
- 65% of Year 6 pupils responded that their school encourages everyone to take part in decisions.

HAPPINESS

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

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

SELF-ESTEEM

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

PERSEVERANCE

- 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; 65% said they ask for help.

WORRYING

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

THOUGHTS AND FEELINGS

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

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

Bullying

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

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

FEELING SAFE

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

Health & Hygiene

SLEEP

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

DENTAL HEALTH

- ❑ 2% of pupils responded that they didn't clean their teeth at all on the day before the survey.
- ❑ 83% of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 40% of pupils responded that they have been to the dentist within the last 6 months; 7% said they have been more than a year ago.
- ❑ 6% of pupils responded that they have never been to the dentist, while 36% said they can't remember.
- ❑ 57% of pupils responded that they last went to the dentist for a check-up.
- ❑ 25% of pupils responded that they last went to the dentist for fillings, while 3% went to have a brace fitted, checked or removed.

Growing Up

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

Physical Activity

FREE TIME

- ❑ 61% of Year 6 pupils think that there is enough to do near where they live, while 17% said there is not enough to do.
- ❑ 86% of pupils responded that they did something active at the weekend before the survey on at least 'one day'; 53% said they did on both days.
- ❑ 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.
- ❑ 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.
- ❑ 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.
- ❑ 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

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

Healthy Eating

LUNCH

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

BREAKFAST

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

FIVE A DAY

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

HEALTHY CHOICES

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

WEIGHT

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

FOOD

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

WATER

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

Smoking, Alcohol, Drugs

SMOKING

- ❑ 2% of Year 6 pupils responded that they smoked cigarettes in the 7 days before the survey.
- ❑ 4% of Year 6 pupils responded that they have tried smoking in the past or smoke now.
- ❑ 4% of Year 6 pupils responded that they have smoked shisha.
- ❑ 2% of Year 6 pupils responded that they have smoked an e-cigarette.
- ❑ 73% of pupils responded that no-one ever smokes at home.
- ❑ 20% of pupils responded that smoking happens only outside.
- ❑ 4% of pupils responded that smoking happens in certain rooms only.
- ❑ 3% of pupils responded that smokers can smoke anywhere in their home.
- ❑ 26% of pupils responded that someone smokes inside their house or flat at least 'every month'.
- ❑ 14% of pupils responded that someone smokes inside their house or flat 'every day'.

DRINKING

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

DRUGS

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

Internet Safety

- ❑ 10% of Year 6 pupils responded that they communicate with people they have met online and don't know in real life.
- ❑ 13% of Year 6 pupils responded that they communicate with people online by posting things that lots of people can see while 21% said they communicate with people using picture/video sharing sites/apps and 22% said they don't communicate with people online.
- ❑ 5% of Year 6 pupils responded that they have seen pictures, videos or games they found upsetting online; while 79% said they have not experienced any of these things.
- ❑ 26% of Year 6 pupils responded that they are 'never' supervised when using the internet at home.
- ❑ 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% said this has happened several times.
- ❑ 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; 2% said this has happened several times.
- ❑ 88% of pupils responded that in the last year they have been told how to stay safe while online.
- ❑ 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% said they 'rarely' do.
- ❑ 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.

2016/2014 Comparisons

	2016		2014	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	446	479	324	312
Girls	498	429	306	331

2014 data in brackets; see notes on interpreting differences.

Background

RELIGION

- ❑ 64% (69%) of pupils responded that they are a practising member of a religion, while 11% (12%) are 'not sure' if they are.
- ❑ 53% (61%) of pupils responded that they are Christian.

Emotional Health and Wellbeing

- ❑ 66% (85%) of Year 6 pupils responded that their school helps them work as part of a team.
- ❑ 65% (80%) of Year 6 pupils responded that their school encourages everyone to take part in decisions.

SELF-ESTEEM

- ❑ 31% (30%) of pupils had a med-low self-esteem score (9 or less).
- ❑ 24% (30%) of pupils had a high self-esteem score (15 or more).

Bullying

- ❑ 41% (37%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 15% (9%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 13% (17%) of pupils responded that the negative behaviour occurred at or near home.
- ❑ 25% (28%) of pupils responded that they are being bullied because of the way they look.

Health & Hygiene

DENTAL HEALTH

- ❑ 57% (75%) of pupils responded that they last went to the dentist for a check-up.
- ❑ 25% (31%) of pupils responded that they last went to the dentist for fillings, while 3% (7%) went to have a brace fitted, checked or removed.

Growing Up

- ❑ 60% (75%) of Year 6 pupils responded that their parents/carers have talked with them about how their body changes as they grow up; 70% (50%) said their teacher has talked with them in school lessons.

Healthy Eating

BREAKFAST

- ❑ 5% (4%) of pupils responded that they didn't have anything for breakfast on the day of the survey.
- ❑ 4% (3%) of pupils responded that they had only snacks for breakfast on the day of the survey.

FIVE A DAY

- ❑ 12% (9%) of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- ❑ 34% (29%) of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

FOOD

- ❑ 55% (40%) of pupils responded that they ate vegetables on 'most days' or 'every day' in the last week; while 63% (60%) said the same of fresh fruit.
- ❑ 19% (18%) of pupils responded that they 'never' ate salad in the last week; while 13% (12%) said the same of vegetables.

WATER

- ❑ 3% (3%) of pupils responded that they didn't drink any water on the day before the survey.
- ❑ 47% (44%) of boys and 41% (37%) of girls responded that they drank at least a litre of water on the day before the survey.

Smoking, Alcohol, Drugs

SMOKING

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

DRINKING

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

DRUGS

- ❑ 19% (16%) of Year 6 pupils responded that they are at least 'fairly sure' they know someone personally who uses drugs (not medicines).

Significant differences between 2016 and 2014 data

Below we have listed some statistically significant differences between the data collected in the 2016 survey and that collected in 2014.

	2016		2014	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	446	479	324	312
Girls	498	429	306	331

Sig	2016	2014	Question
***	57%	75%	of pupils responded that they last went to the dentist for a check-up.
***	66%	85%	of Year 6 pupils responded that their school helps them work as part of a team.
***	70%	50%	of Year 6 pupils responded that their teacher has talked with them in school lessons about how their body changes as they grow up.
***	55%	40%	of pupils responded that they ate vegetables on 'most days' or 'every day' in the last week.
***	65%	80%	of Year 6 pupils responded that their school encourages everyone to take part in decisions.
***	60%	75%	of Year 6 pupils responded that their parents/carers have talked with them about how their body changes as they grow up.
***	15%	9%	of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
***	3%	7%	of pupils responded that they last went to the dentist to have a brace fitted, checked or removed.
***	53%	61%	of pupils responded that they are Christian.
***	24%	30%	of pupils had a high self-esteem score (15 or more).
***	25%	31%	of pupils responded that they last went to the dentist for fillings.
***	34%	29%	of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.
**	64%	69%	of pupils responded that they are a practising member of a religion.
**	12%	9%	of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
**	41%	37%	of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.

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):

Boys			Girls		
1	Black British	22	1	Black British	24
2	White British	19	2	White British	19
3	Black African	16	3	Black African	17
4	Don't want to say	7	4	Black Caribbean	6
5	Black Caribbean	6	5	Don't know	5

19% of pupils described themselves as White British.

QE. Percentage describing themselves as White British.

Southwark		
	Yr 4	Yr 6
Boys	23	16
Girls	20	17

Religion

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

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

Southwark		
	Yr 4	Yr 6
Boys	59	63
Girls	64	71

53% of pupils responded that they are Christian.

Q1b. Percentage of pupils responding that they belong to the following religion (top 3):

Boys			Girls		
1	Christian	49	1	Christian	57
2	Muslim	19	2	Muslim	18
3	Hindu	1	3	Buddhist	1

Young carers

25% of Year 6 pupils responded that they care for or look after someone at home on a regular basis, while 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.

Southwark

Yr 6

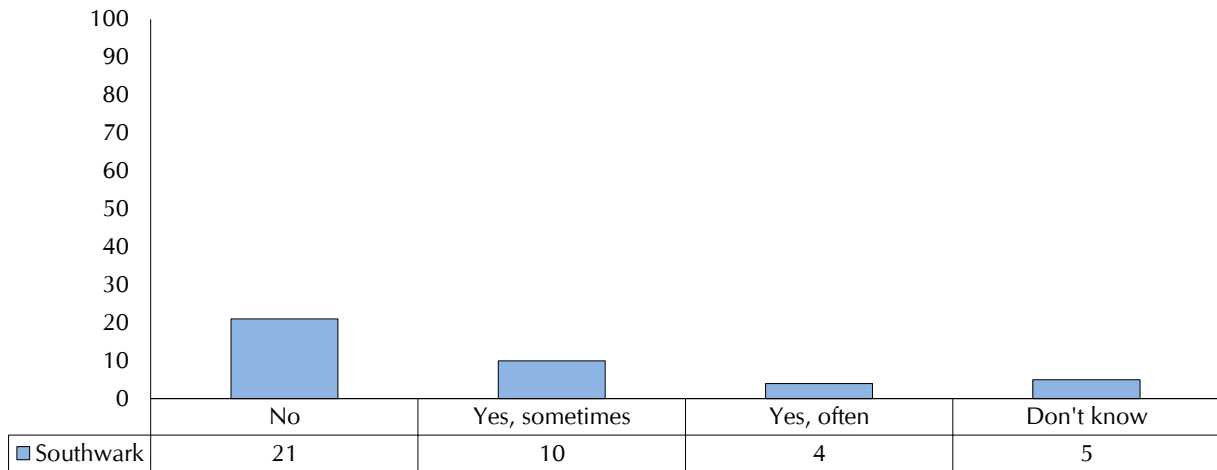
Boys 29

Girls 20

Q36b. Percentage of Year 6 pupils responding that they look after the following (top 3):

	Boys		Girls		
1	Mum or Dad	18	1	Brother/sister	12
2	Brother/sister	16	2	Mum or Dad	9
3	Grandparent	4	3	Other relative	7

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



10% of Year 6 pupils responded that being a young carer stops them doing things they want to enjoy at least sometimes, while 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.

Southwark

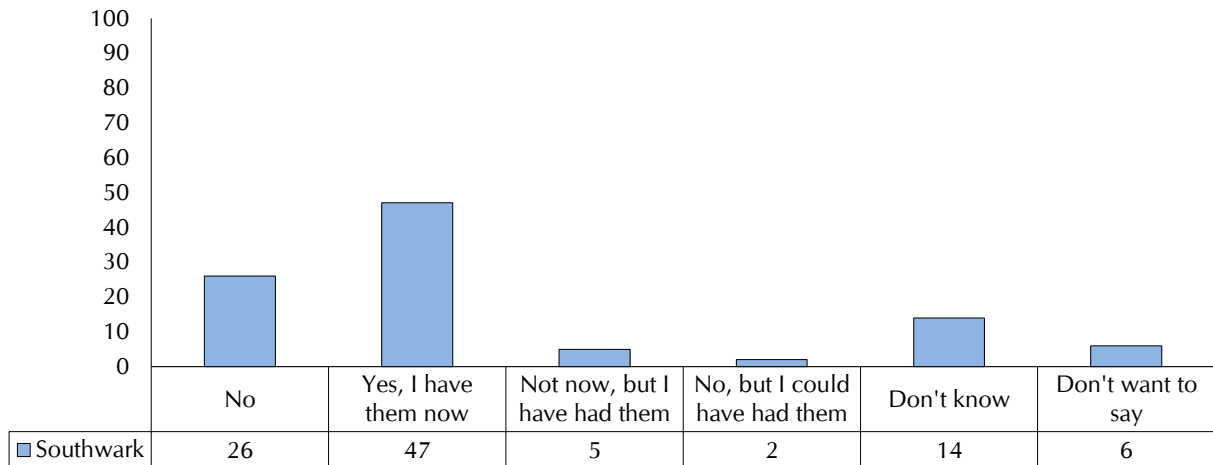
Yr 6

Boys 11

Girls 10

Free school meals

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



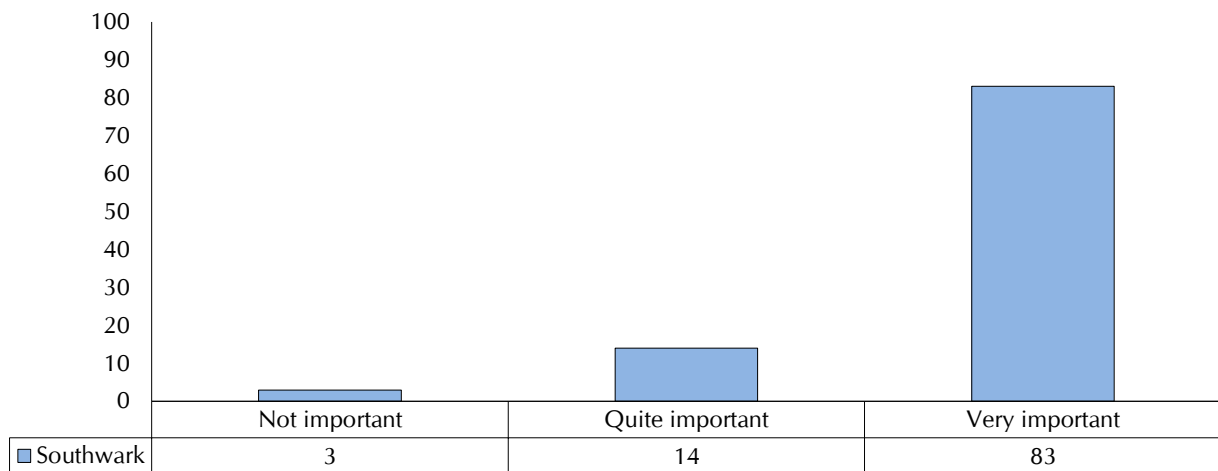
47% of pupils responded that they currently have free school meals, while 5% said they have had them and 2% could have had them.

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

	Southwark	
	Yr 4	Yr 6
Boys	42	48
Girls	42	57

Attendance

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

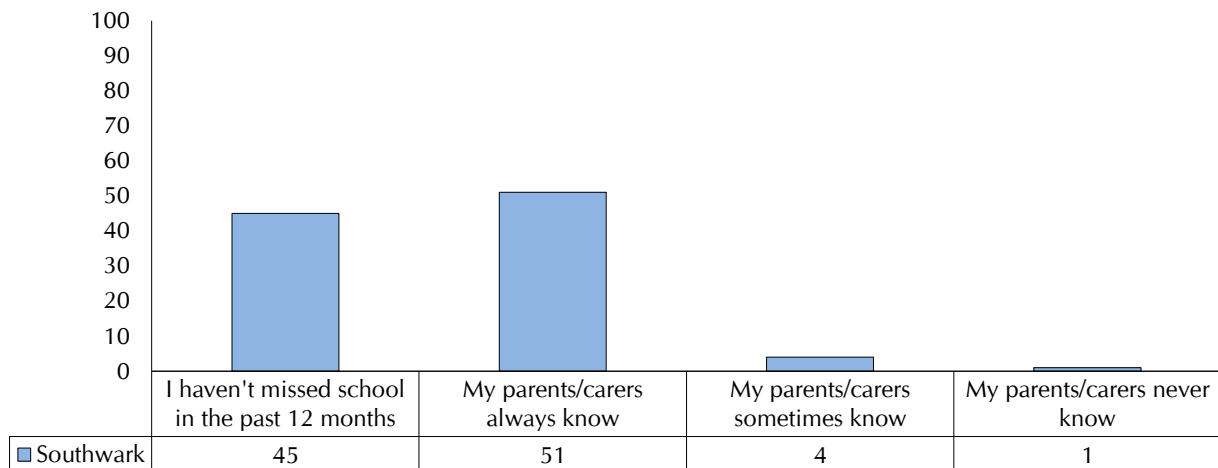


3% of pupils responded that it is 'not important' to go to school regularly, while 83% said it is 'very important'.

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

	Southwark	
	Yr 4	Yr 6
Boys	77	80
Girls	85	90

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



45% of pupils responded that they haven't missed school in the last 12 months, while 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.

Southwark		
	Yr 4	Yr 6
Boys	91	97
Girls	94	98

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.

Southwark		
	Yr 4	Yr 6
Boys	9	3
Girls	6	2

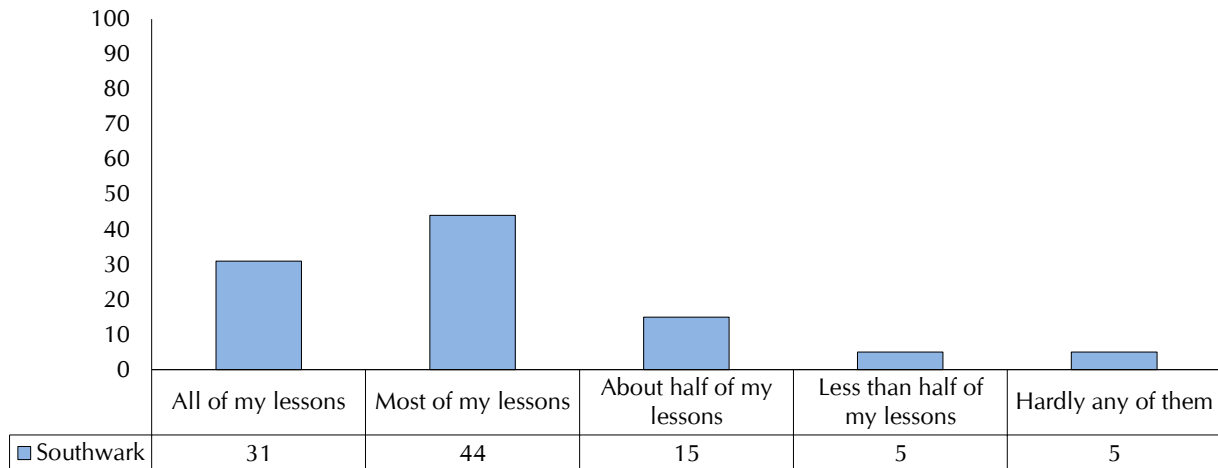
48% of pupils responded that they have been away from school in the last 12 months due to illness or injury.

Q4. Percentage of pupils responding that they have been away from school due to the following reasons in the last 12 months:

	Year 4		Year 6		Total
	Boys	Girls	Boys	Girls	
Illness or injury	48	44	53	49	48
Caring for family members	9	9	8	5	8
Medical/dental appointments	24	21	24	26	24
Day trips or holiday in term time	13	11	13	10	12
Other	4	6	4	5	5

School lessons

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



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.

Southwark

	Yr 4	Yr 6
Boys	71	69
Girls	82	78

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.

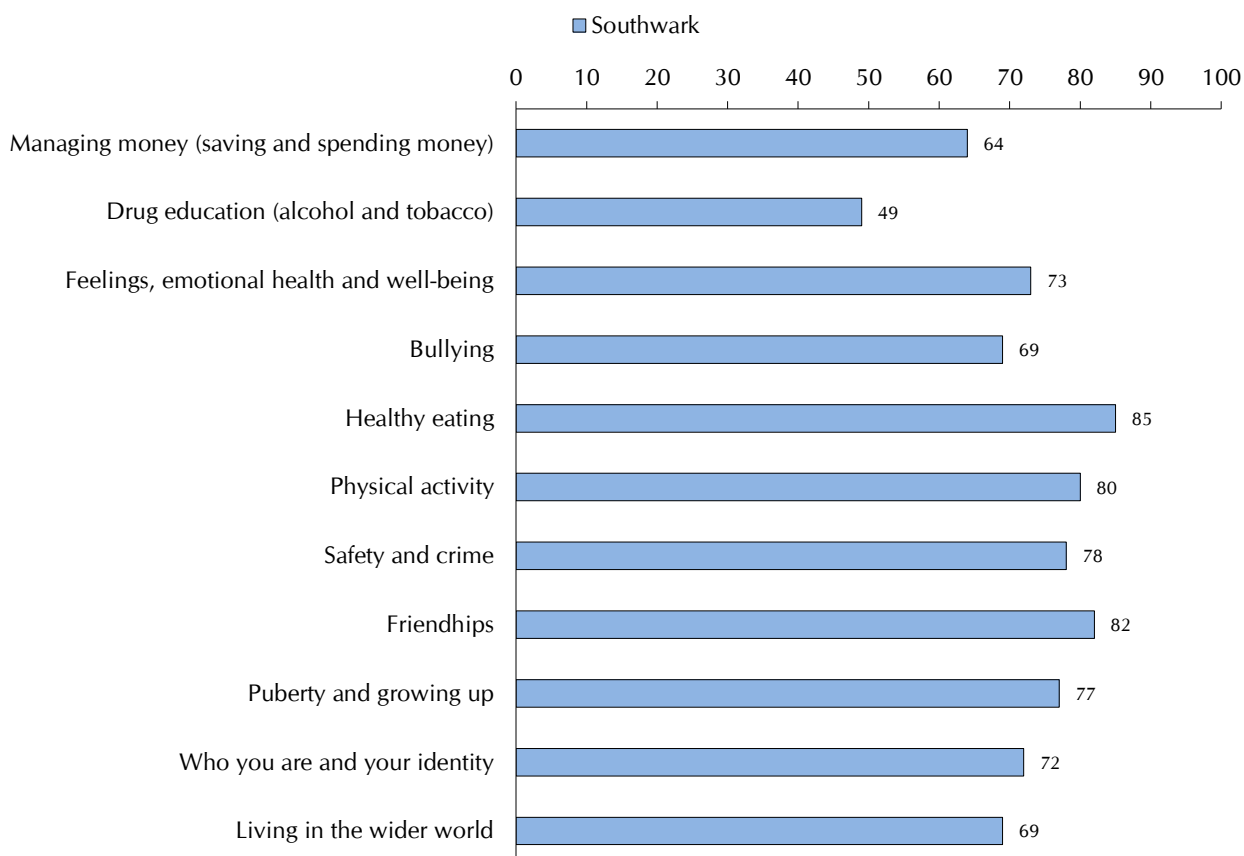
Southwark

	Yr 4	Yr 6
Boys	7	5
Girls	4	3

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

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

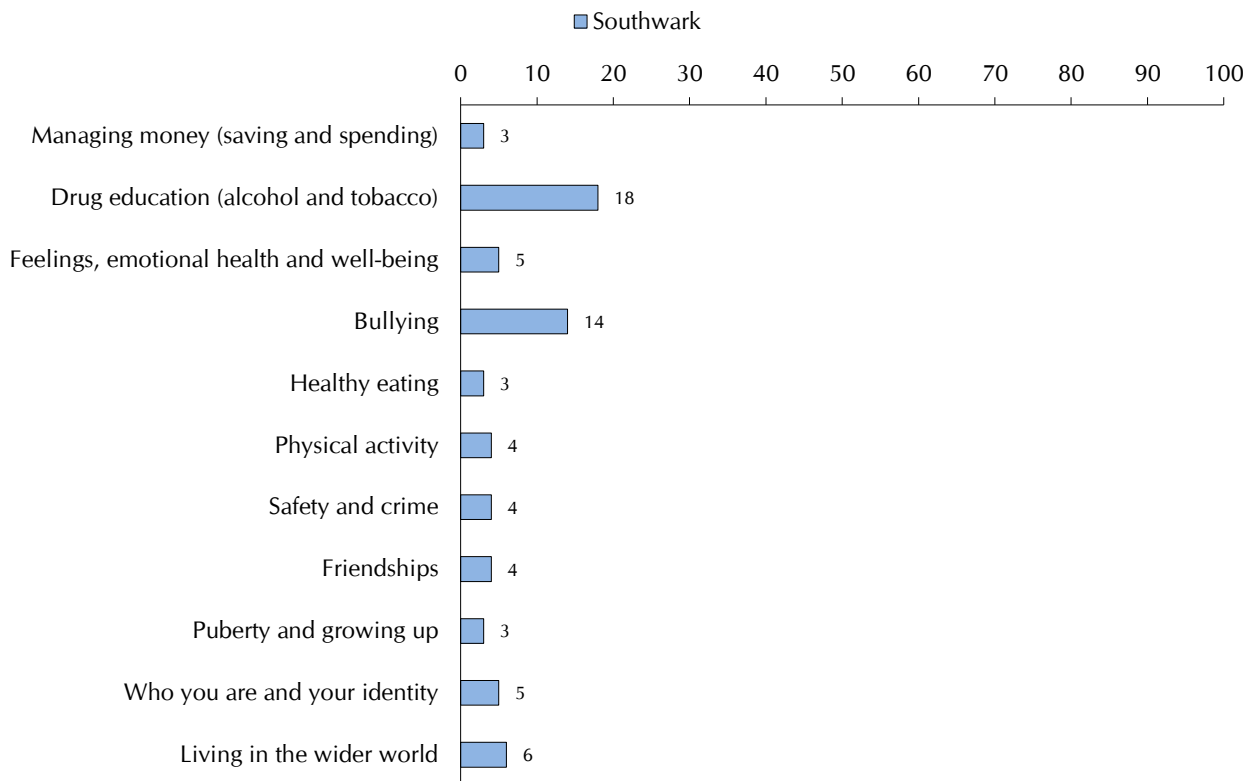
Q6. Percentage of Year 6 pupils responding that they have found school lessons about the following 'quite' or 'very' useful:



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

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

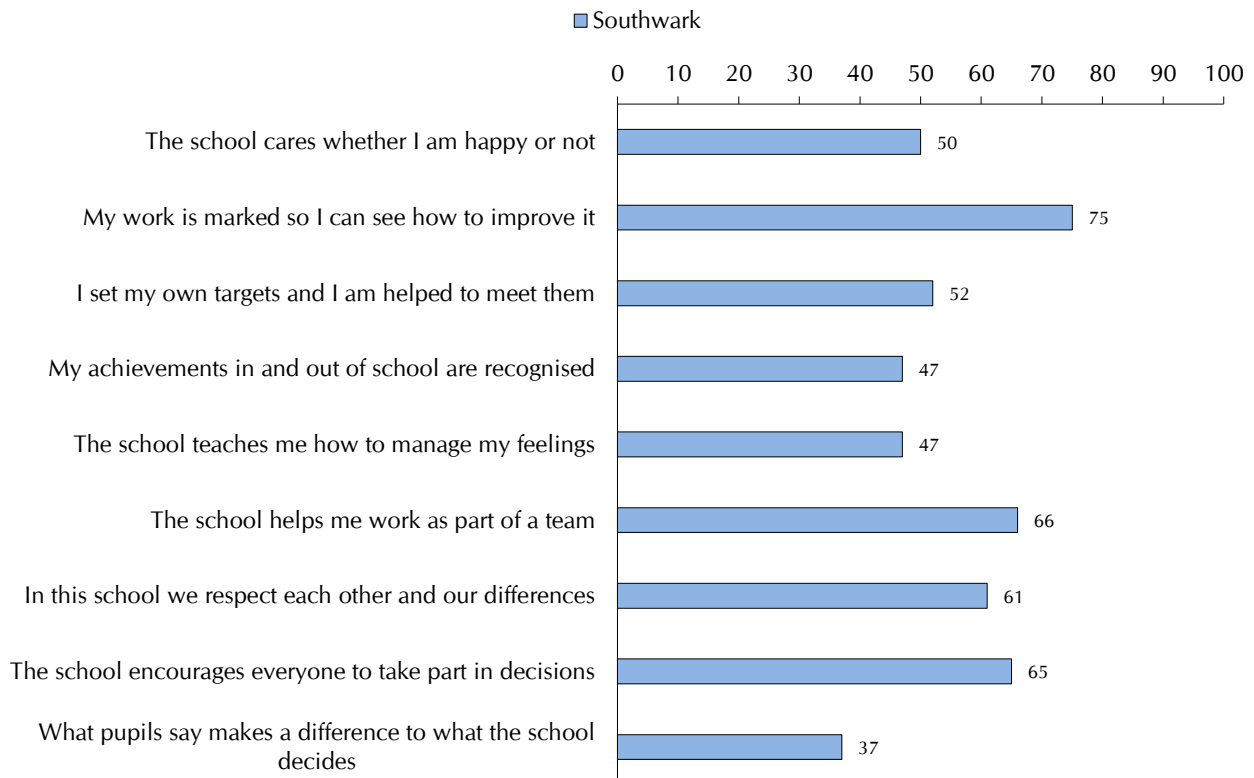
66% of Year 6 pupils responded that their school helps them work as part of a team.

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

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

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% 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.

	Southwark	
	Yr 4	Yr 6
Boys	8	7
Girls	9	5

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

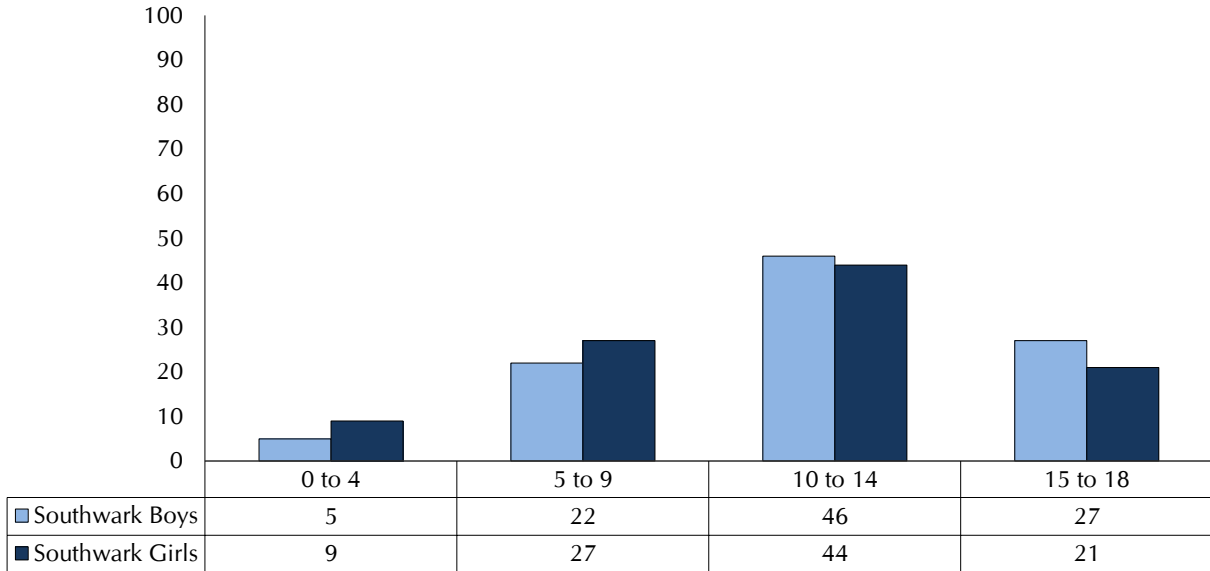
Q8. Percentage answering that they are 'quite happy' or 'very happy' with their life at the moment.

	Southwark	
	Yr 4	Yr 6
Boys	75	72
Girls	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 No Data 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% of pupils had a med-low self-esteem score (9 or less).

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

	Southwark	
	Yr 4	Yr 6
Boys	31	24
Girls	36	34

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

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

	Southwark	
	Yr 4	Yr 6
Boys	23	31
Girls	21	21

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

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

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

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.

Southwark		
	Yr 4	Yr 6
Boys	72	78
Girls	74	75

Perseverance

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; 65% said they ask for help.

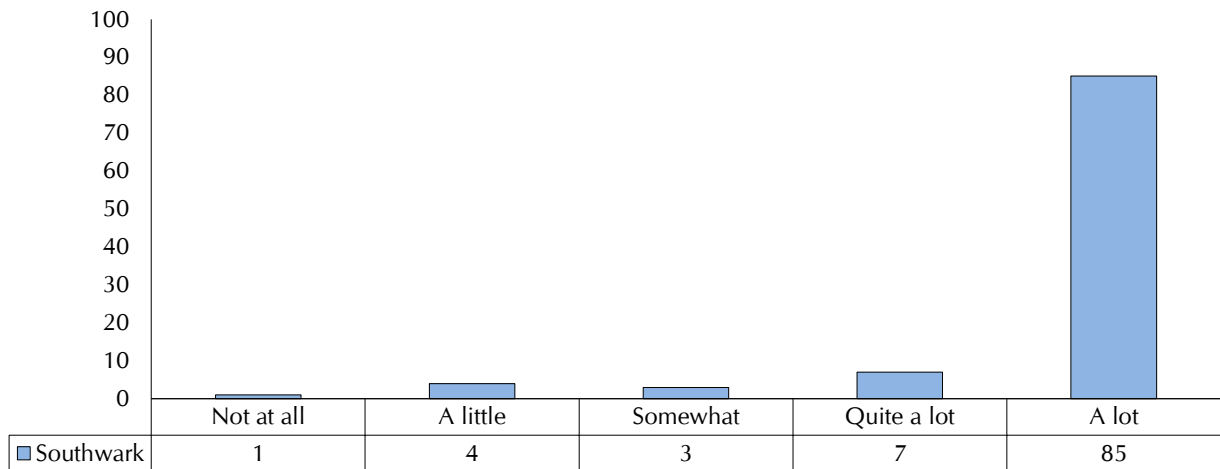
Q10. Percentage of Year 6 pupils responding that they do the following 'usually' or 'whenever possible' if at first they don't succeed:

Year 6 Boys	Never	Sometimes	Usually	Whenever possible
Blame someone else	55	33	6	6
Keep on trying until you do	3	15	37	45
Have another go	4	14	33	48
Give up	59	31	4	5
Try a different way of doing it	5	27	34	34
Ask for help	5	37	25	33
Go and do something else	37	34	14	14
Just accept you can't do it	52	26	8	14

Year 6 Girls	Never	Sometimes	Usually	Whenever possible
Blame someone else	62	31	3	3
Keep on trying until you do	1	17	34	48
Have another go	3	17	32	49
Give up	52	38	6	4
Try a different way of doing it	4	28	35	33
Ask for help	3	25	31	40
Go and do something else	37	37	13	13
Just accept you can't do it	45	33	11	11

Worrying

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



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.

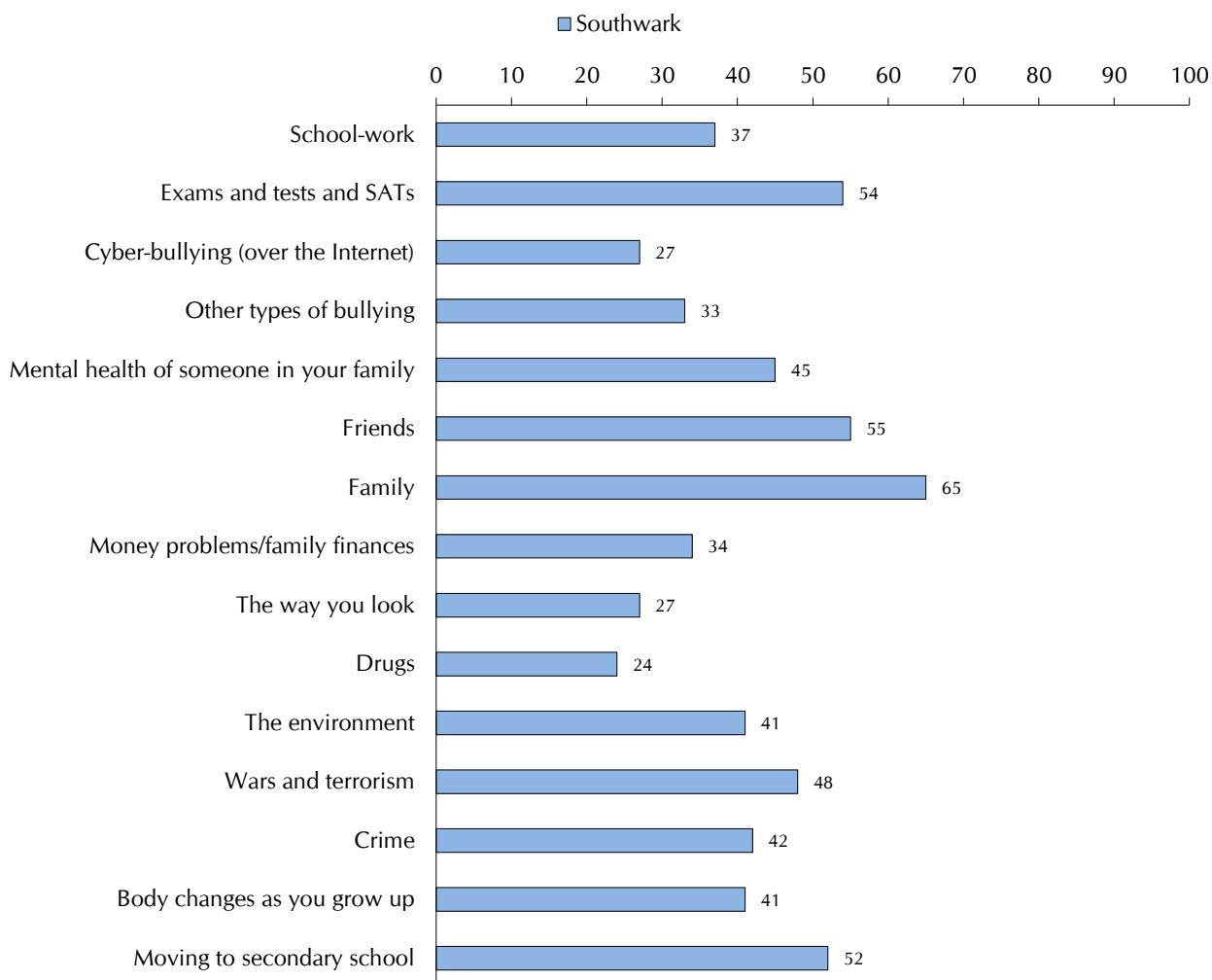
	Southwark	
	Yr 4	Yr 6
Boys	96	93
Girls	91	90

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

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

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

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



76% of pupils responded that they would go to their parents/carers for support, advice or reassurance if they were worried about something, while 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:

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

Thoughts and Feelings

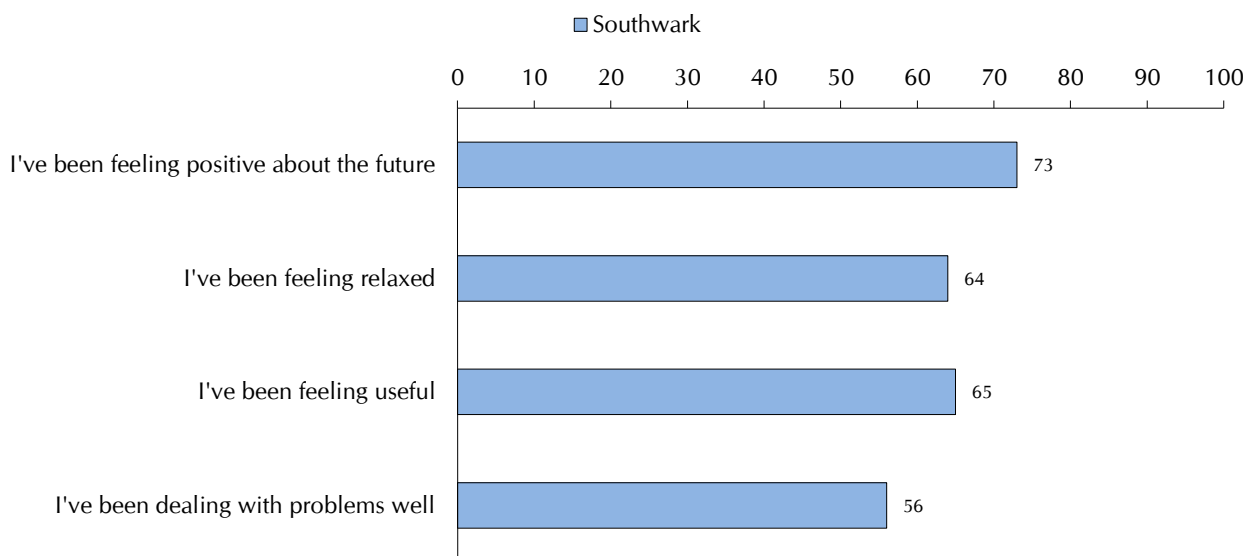
73% of Year 6 pupils responded that they have been feeling positive about the future 'often' or 'very often', while 65% said they have been feeling useful.

Q13. The Short Warwick-Edinburgh Mental Wellbeing Scale :

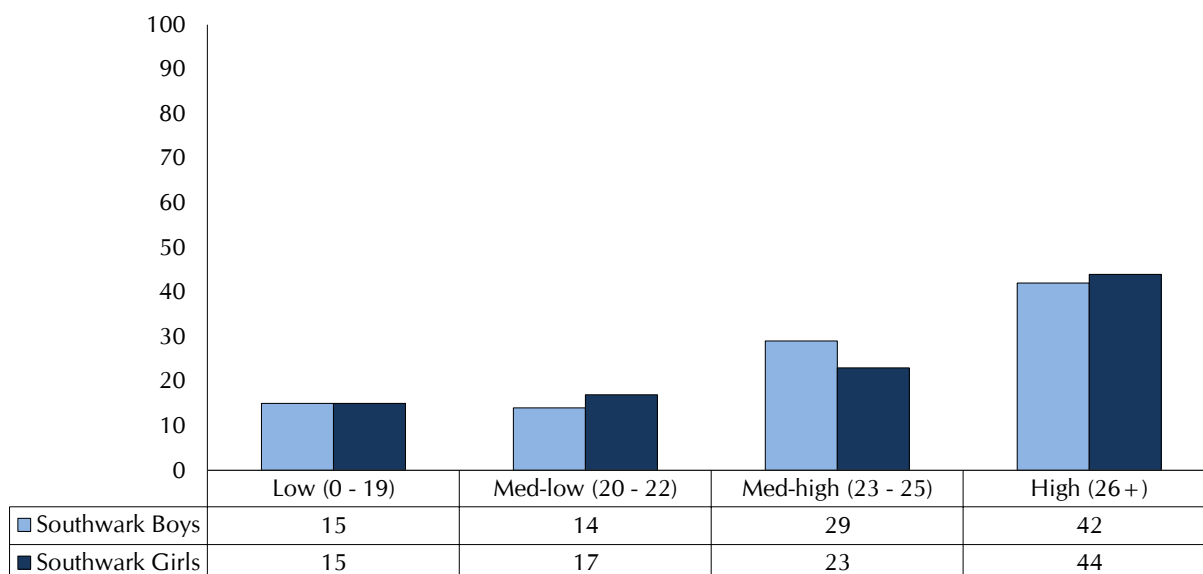
Year 6 Boys	Never	Sometimes	Often	Very often
I've been feeling positive about the future	4	20	27	48
I've been feeling relaxed	7	26	28	40
I've been feeling useful	9	23	24	43
I've been dealing with problems well	14	29	25	31

Year 6 Girls	Never	Sometimes	Often	Very often
I've been feeling positive about the future	4	26	33	37
I've been feeling relaxed	6	34	30	30
I've been feeling useful	8	28	28	35
I've been dealing with problems well	10	34	28	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.

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).

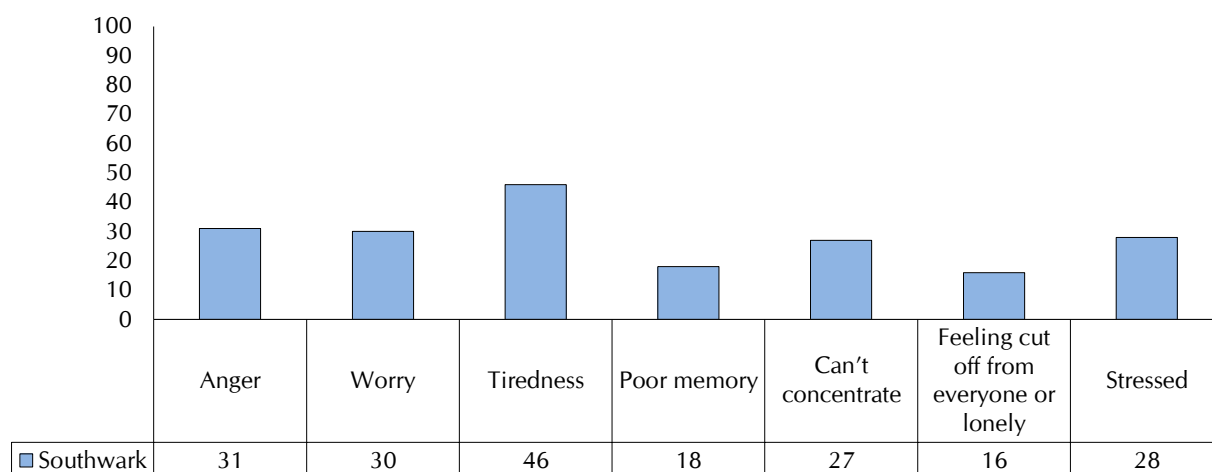
Southwark
Yr 6
Boys 15
Girls 15

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+).

Southwark
Yr 6
Boys 42
Girls 44

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



31% of Year 6 pupils responded that they felt angry ‘often’ or ‘very often’ in the two weeks before the survey, while 46% experienced tiredness and 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

	Year 6		Total
	Boys	Girls	
Anger	33	29	31
Worry	26	35	30
Tiredness	43	50	46
Poor memory	17	19	18
Can't concentrate	28	26	27
Feeling cut off from everyone or lonely	13	19	16
Stressed	25	31	28

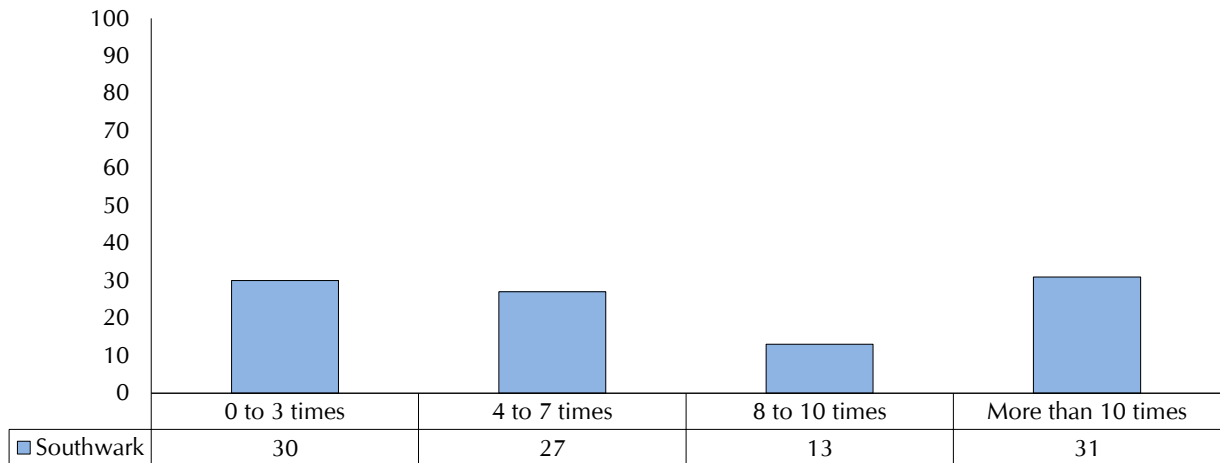
64% of Year 6 pupils responded that when things went wrong in the 6 months before the survey they ‘often’ or ‘very often’ learnt from the experience for next time.

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:

	Year 6		Total
	Boys	Girls	
Got upset and felt bad for ages	19	29	24
Felt a bit bad but soon forgot about it	33	37	35
Were calm and carried on	56	50	53
Learnt from it for next time	64	63	64
Felt something else	12	9	10

Helping

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



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.

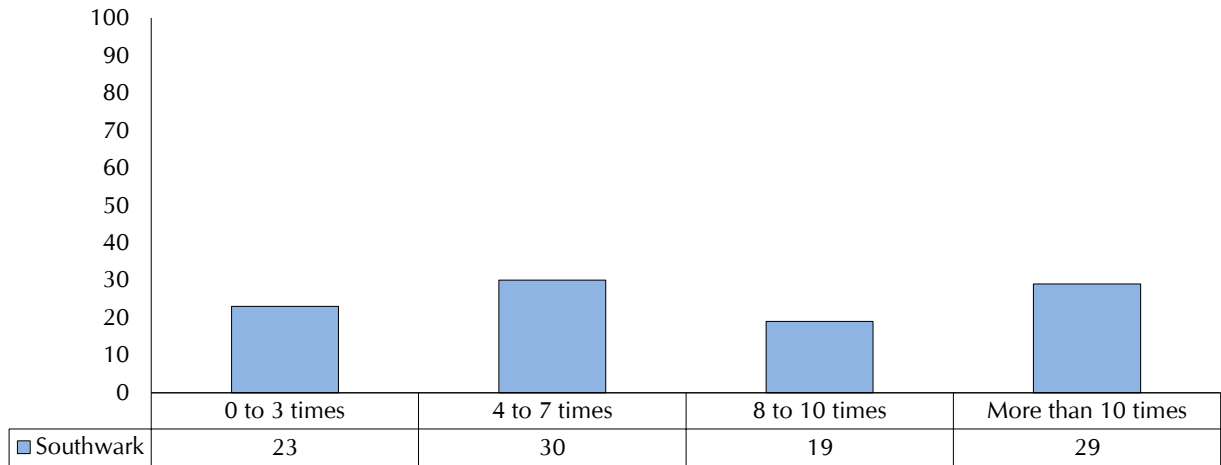
	Southwark	
	Yr 4	Yr 6
Boys	36	28
Girls	32	22

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.

	Southwark	
	Yr 4	Yr 6
Boys	29	32
Girls	33	30

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



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.

	Southwark	
	Yr 4	Yr 6
Boys	31	25
Girls	19	15

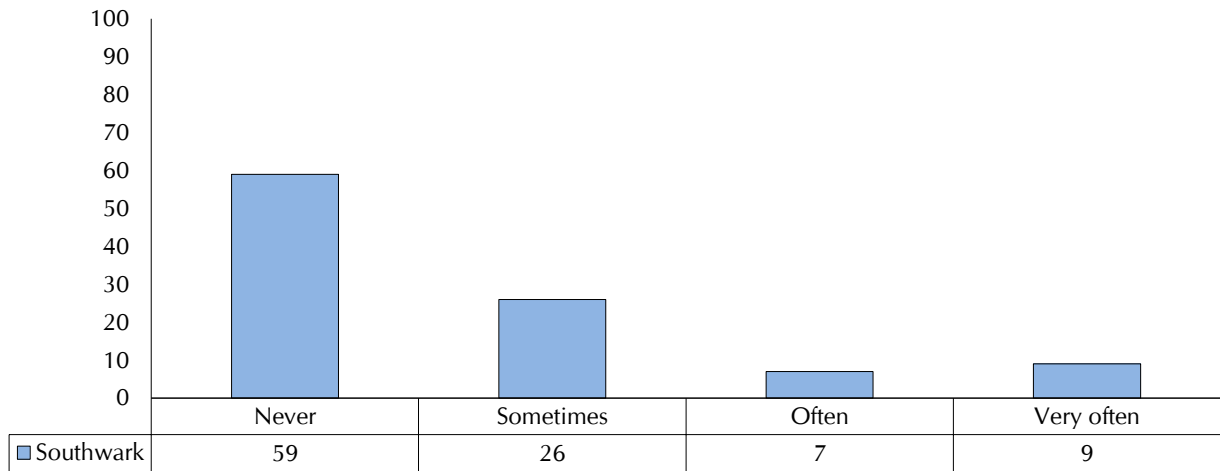
29% of pupils responded that they helped other people more than 10 times in the last week.

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

	Southwark	
	Yr 4	Yr 6
Boys	27	24
Girls	36	29

Bullying

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



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'.

Southwark

	Yr 4	Yr 6
Boys	42	23
Girls	61	38

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.

Southwark

	Yr 4	Yr 6
Boys	15	8
Girls	22	15

30% of pupils responded that they have been bullied at or near school in the last 12 months, while 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.

Southwark

	Yr 4	Yr 6
Boys	32	22
Girls	40	26

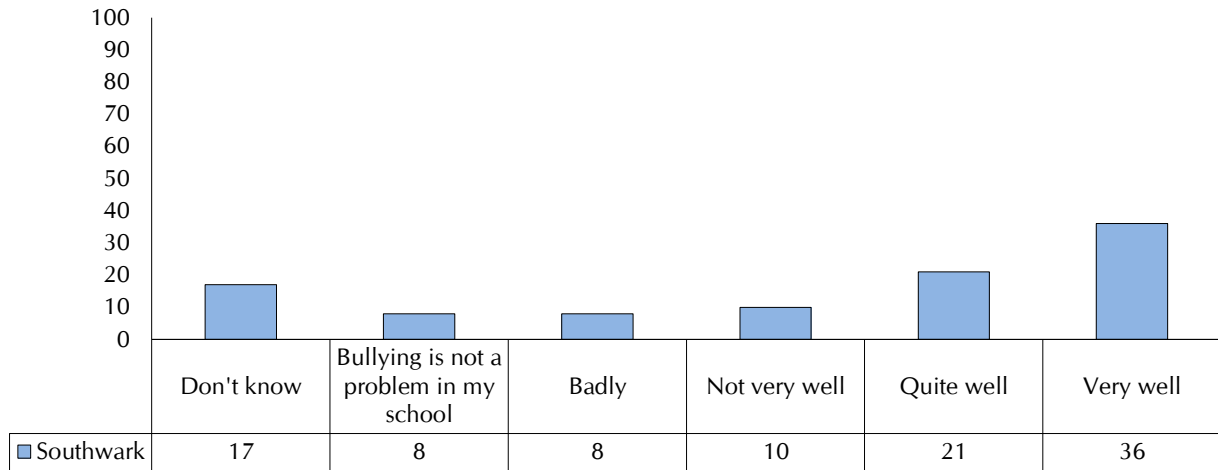
9% of pupils responded that they have bullied someone else at school in the last 12 months, while 15% said they 'don't know' if they have.

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

Southwark

	Yr 4	Yr 6
Boys	14	7
Girls	6	8

Q20. How well does your school deal with bullying?



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

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

	Southwark	
	Yr 4	Yr 6
Boys	7	8
Girls	6	8

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

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

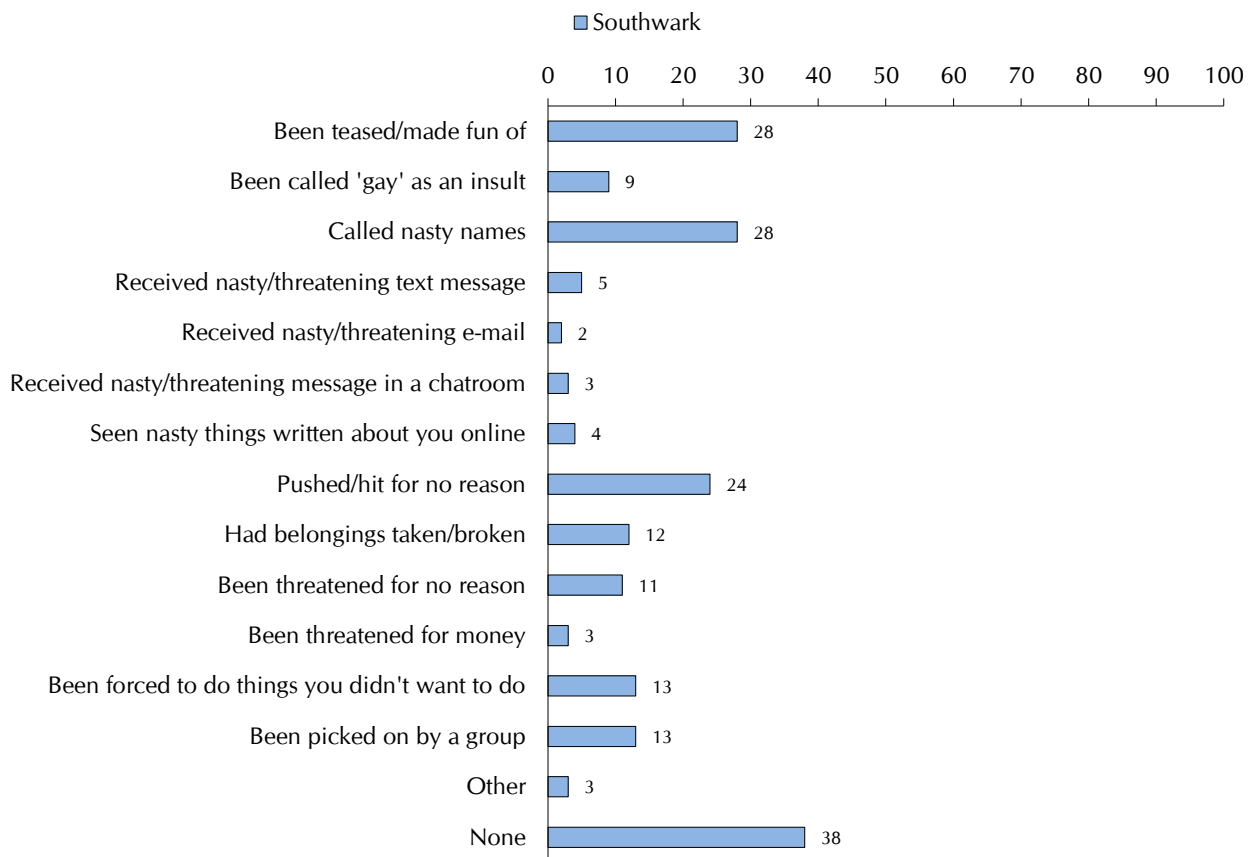
	Southwark	
	Yr 4	Yr 6
Boys	50	56
Girls	60	61

24% of pupils responded that they have been pushed or hit for no reason in the last month, while 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):

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

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



45% of pupils responded that the negative behaviour occurred at school; while 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:

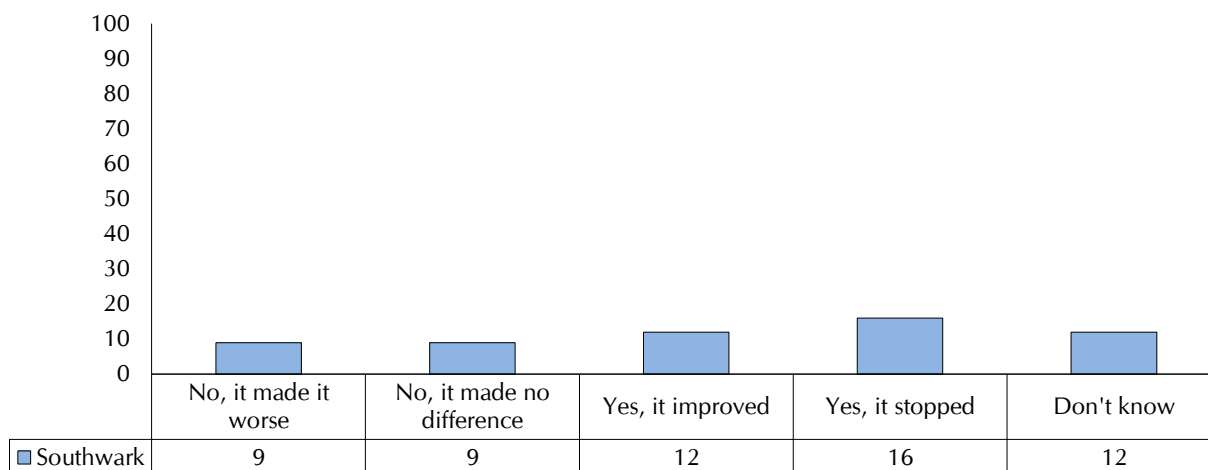
Boys		Girls			
1	At school	44	1	At school	46
2	At or near home	14	2	At or near home	13
3	Somewhere else	7	3	Somewhere else	5
4	On the way to or from school	6	4	On the way to or from school	4

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:

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

Q24. Did the problem stop after telling someone?



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

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.

Southwark		
	Yr 4	Yr 6
Boys	19	14
Girls	19	13

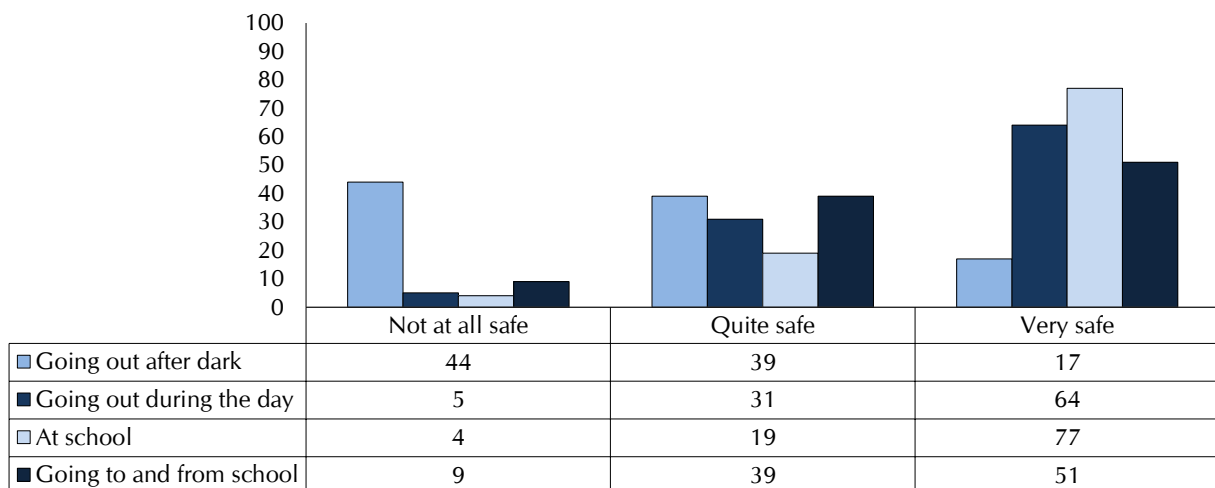
25% of pupils responded that they have been bullied because of the way they look; 11% said it was because of their skin, colour or race.

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

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

Feeling Safe

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



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:

	Year 4		Year 6		Total
	Boys	Girls	Boys	Girls	
When going out after dark	45	52	35	43	44
When going out during the day	7	7	4	3	5
At school	4	5	4	2	4
When going to and from school	10	12	7	6	9

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

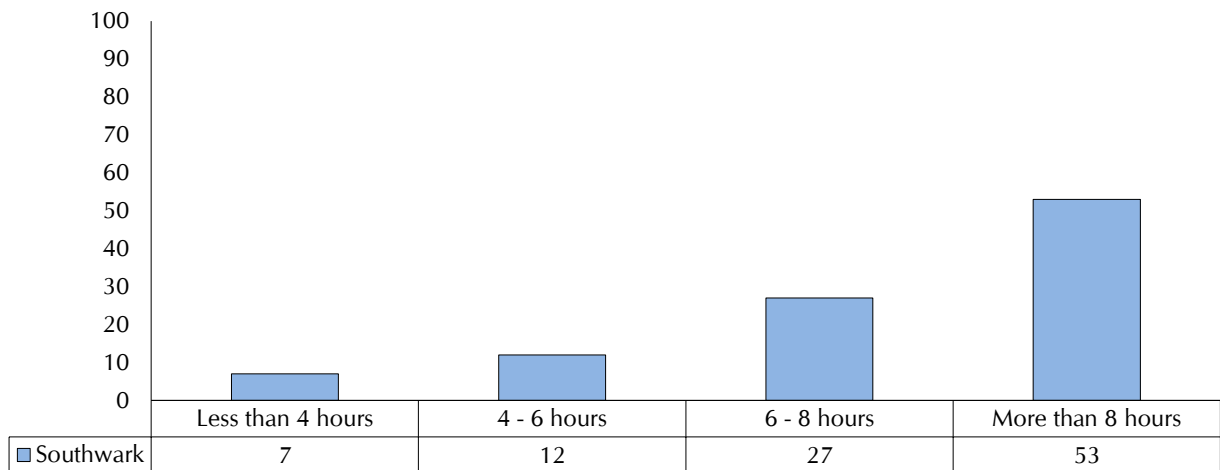
Q27. Percentage of pupils rating their safety at ‘quite safe’ or ‘very safe’ in the following situations:

	Year 4		Year 6		Total
	Boys	Girls	Boys	Girls	
When going out after dark	54	48	65	57	56
When going out during the day	93	93	96	97	95
At school	94	95	96	97	96
When going to and from school	89	87	92	94	90

Health & Hygiene

Sleep

Q28. How much sleep did you get last night?



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.

	Southwark	
	Yr 4	Yr 6
Boys	11	9
Girls	7	2

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

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

	Southwark	
	Yr 4	Yr 6
Boys	77	80
Girls	80	85

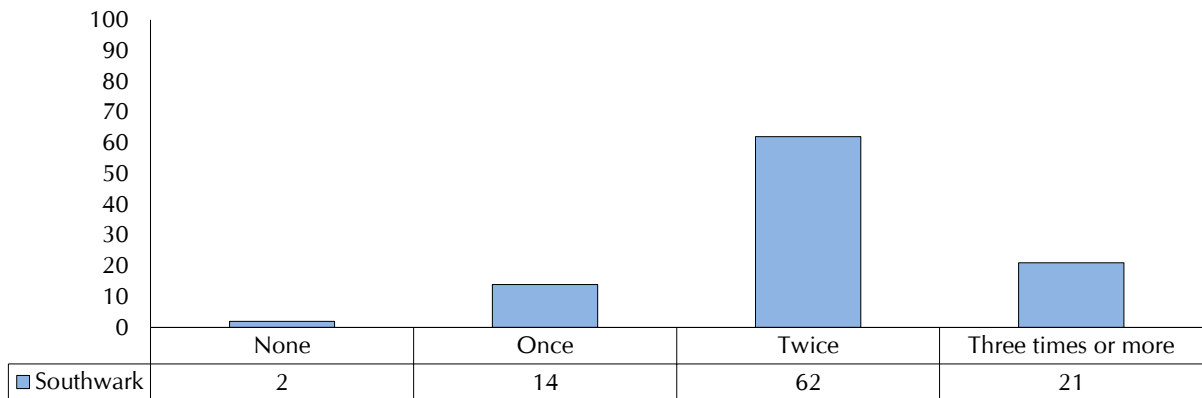
71% of pupils responded that the amount of sleep they got last night is usual for a school night, while 17% said it's less than they usually get.

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

	Southwark	
	Yr 4	Yr 6
Boys	64	72
Girls	71	76

Dental health

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



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.

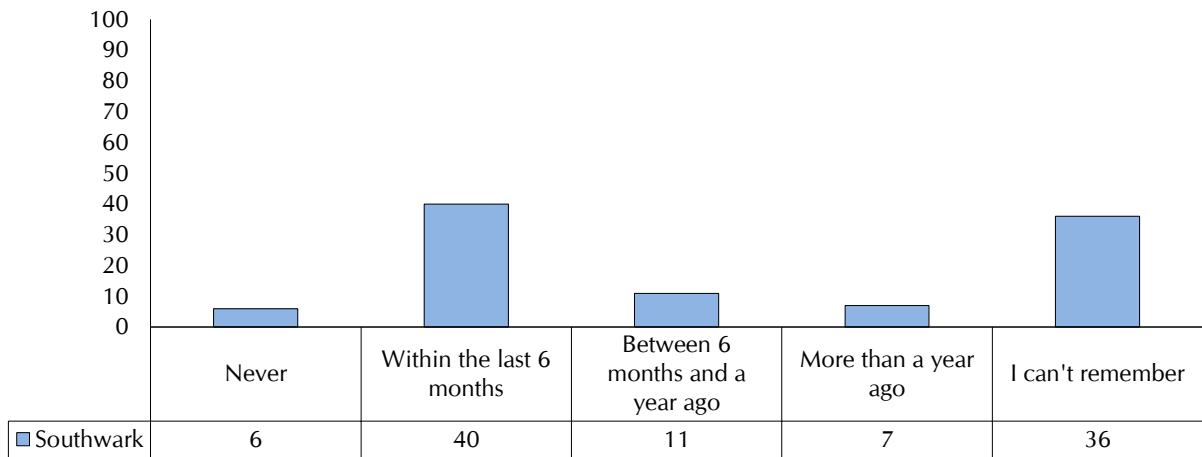
	Southwark	
	Yr 4	Yr 6
Boys	4	3
Girls	2	1

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.

	Southwark	
	Yr 4	Yr 6
Boys	81	85
Girls	84	83

Q31. When did you last visit the dentist?



40% of pupils responded that they have been to the dentist within the last 6 months; 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.

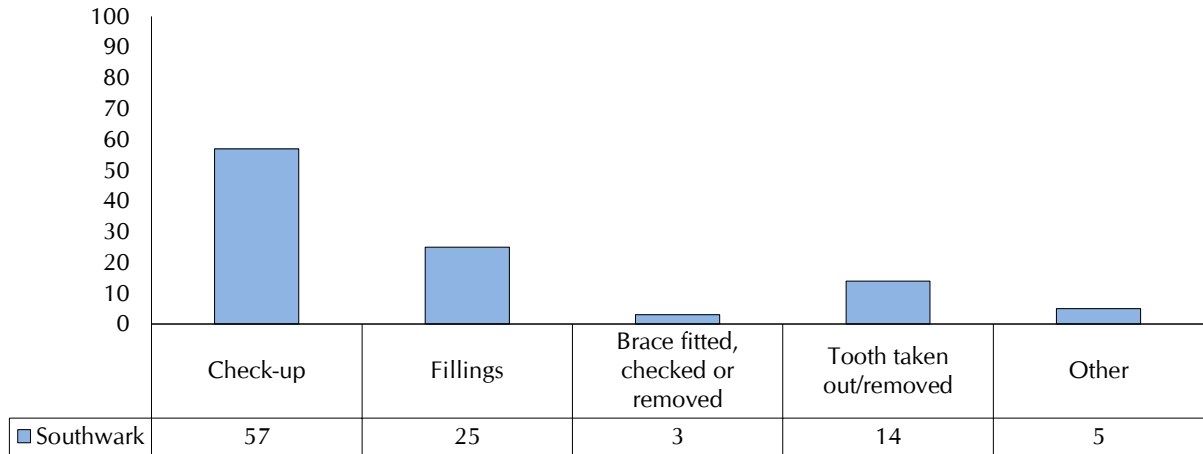
	Southwark	
	Yr 4	Yr 6
Boys	33	50
Girls	30	48

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

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

	Southwark	
	Yr 4	Yr 6
Boys	12	6
Girls	6	2

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



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.

	Southwark	
	Yr 4	Yr 6
Boys	52	55
Girls	57	63

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

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

	Southwark	
	Yr 4	Yr 6
Boys	24	26
Girls	24	24

Growing Up

62% of Year 6 pupils responded that they feel they know enough about how their body changes as they grow up, while 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.

Southwark

Yr 6

Boys 61

Girls 64

60% of Year 6 pupils responded that their parents/carers have talked with them about how their body changes as they grow up; 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:

Yr 6 Boys		Yr 6 Girls		
1	Teachers, in school lessons	66	1 Teachers, in school lessons	76
2	Parents/carers	53	2 Parents/carers	67
3	Brothers or sisters	20	3 Brothers or sisters	21
4	Other close relatives	14	4 Friends	15
5	Friends	13	5 Other close relatives	14
6	None of these	10	6 School Nurse	9
7	School Nurse	8	7 Visitors in school lessons	8

Physical Activity

Free Time

61% of Year 6 pupils think that there is enough to do near where they live, while 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.

	Southwark	
	Yr 6	
Boys	61	
Girls	61	

Q37a. Percentage of pupils responding that they took part in organised physical activity at the following times in the week before the survey:

Boys	Never	Some days	Most days	Every day
Before school	23	31	19	27
During school time (incl. PE lessons)	10	37	30	23
During lunchtime/breaktimes	8	14	20	58
After school	11	27	23	37

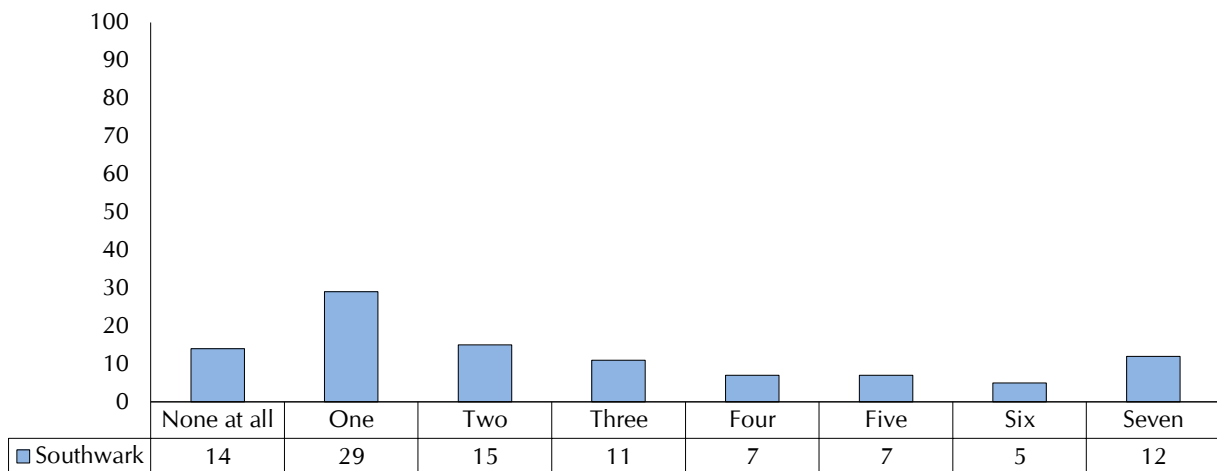
Girls	Never	Some days	Most days	Every day
Before school	27	35	19	19
During school time (incl. PE lessons)	9	44	29	17
During lunchtime/breaktimes	11	19	24	46
After school	14	28	26	31

86% of pupils responded that they did something active at the weekend before the survey on at least 'one day'; 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'.

	Southwark	
	Yr 4	Yr 6
Boys	88	88
Girls	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?



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.

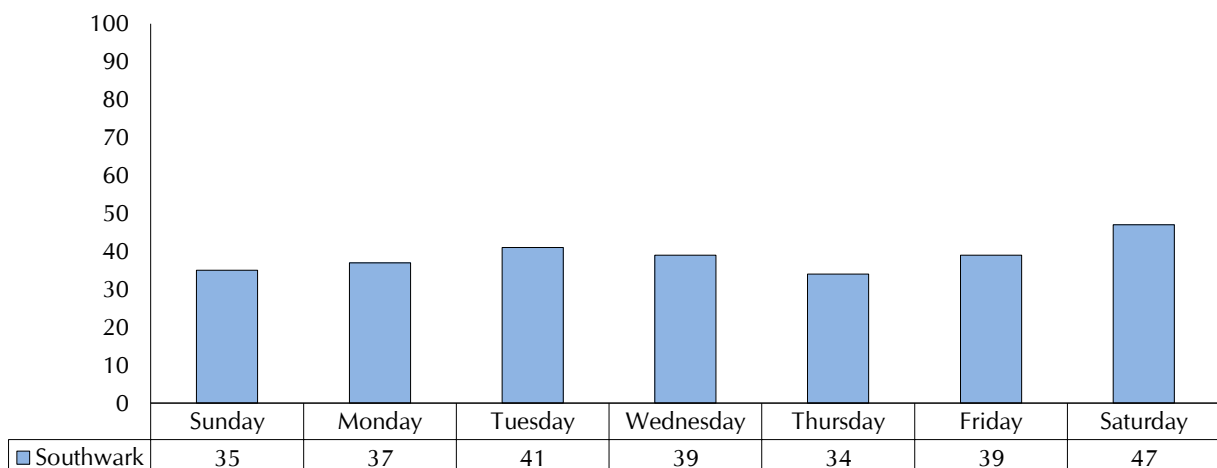
	Southwark	
	Yr 4	Yr 6
Boys	20	10
Girls	13	11

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.

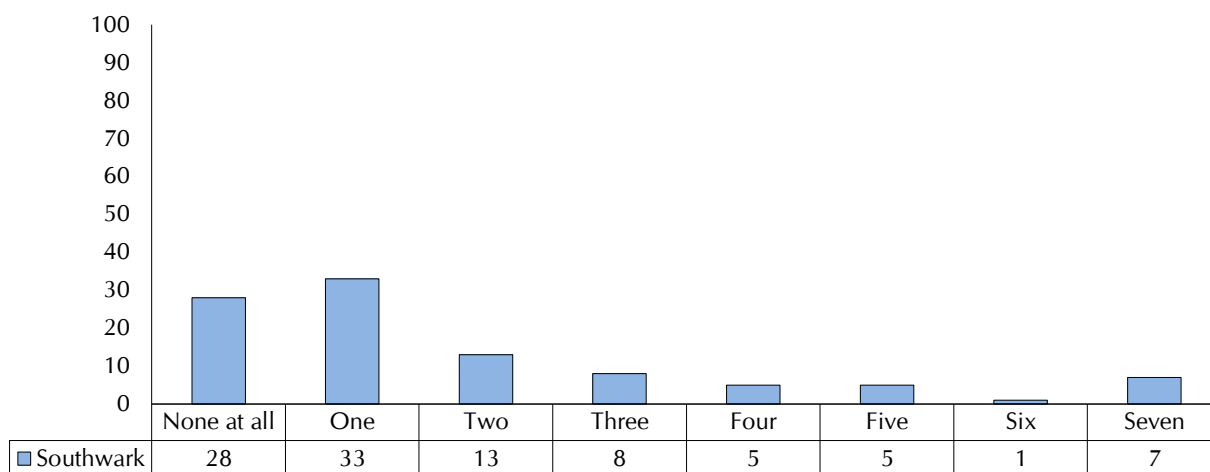
Q38. Percentage answering that they did at least 60 minutes of physical activity on 3 or more days in the 7 days before the survey.

	Southwark	
	Yr 4	Yr 6
Boys	38	47
Girls	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?



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.

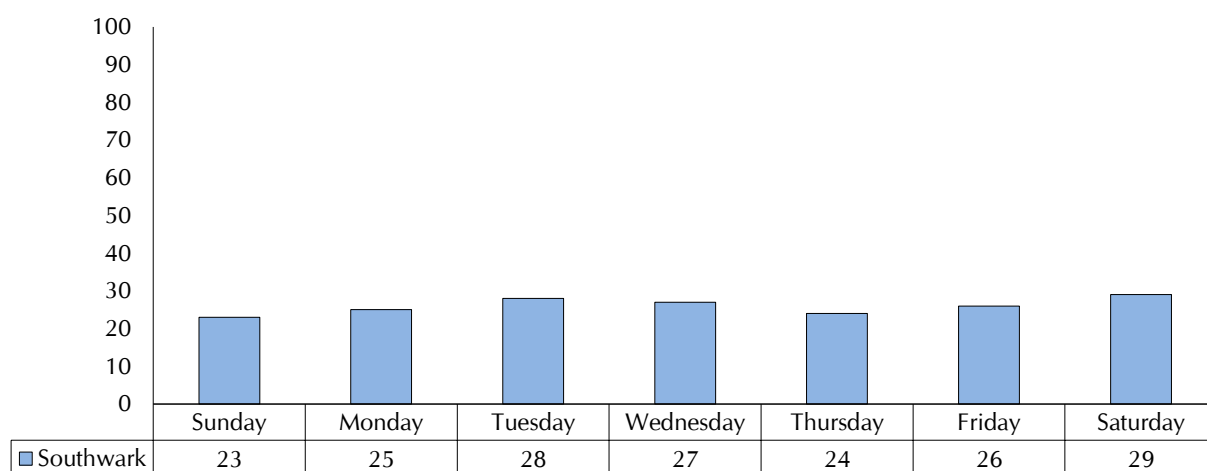
	Southwark	
	Yr 4	Yr 6
Boys	31	27
Girls	28	27

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.

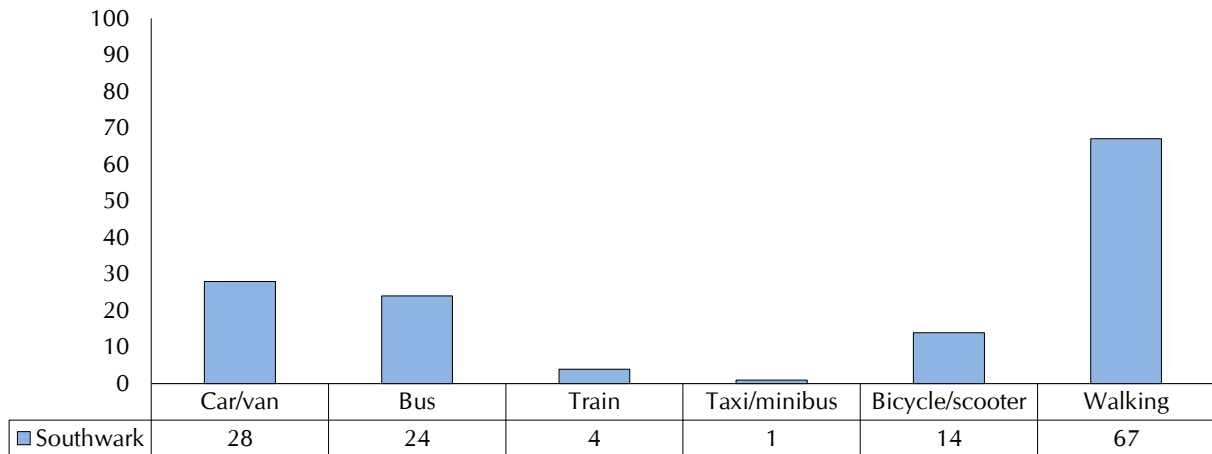
	Southwark	
	Yr 4	Yr 6
Boys	23	32
Girls	20	26

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?



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.

	Southwark	
	Yr 4	Yr 6
Boys	26	24
Girls	33	28

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

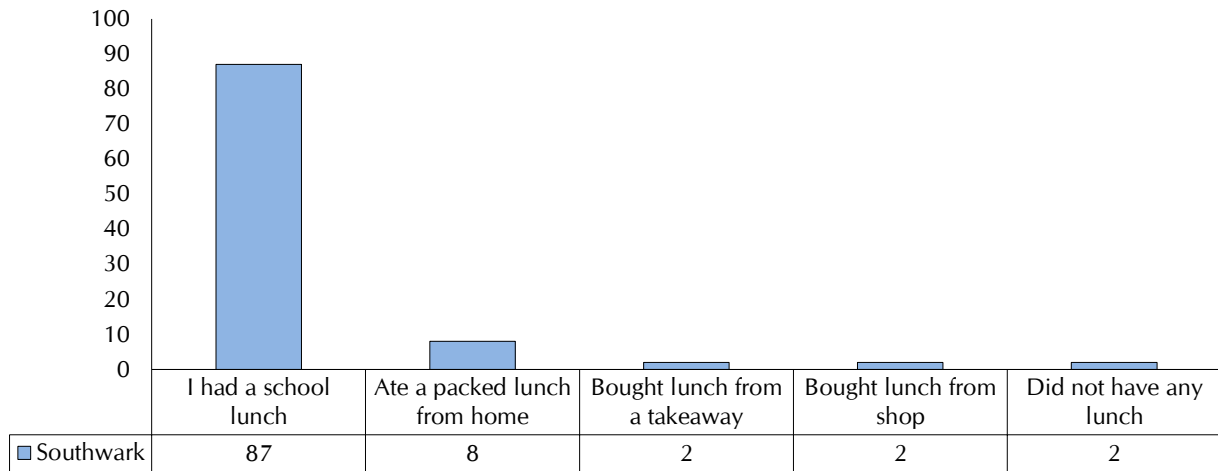
Q41. Percentage answering that they usually walk to school.

	Southwark	
	Yr 4	Yr 6
Boys	62	69
Girls	67	69

Healthy Eating

Lunch

Q42. What did you do for lunch yesterday?



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.

	Southwark	
	Yr 4	Yr 6
Boys	87	84
Girls	89	86

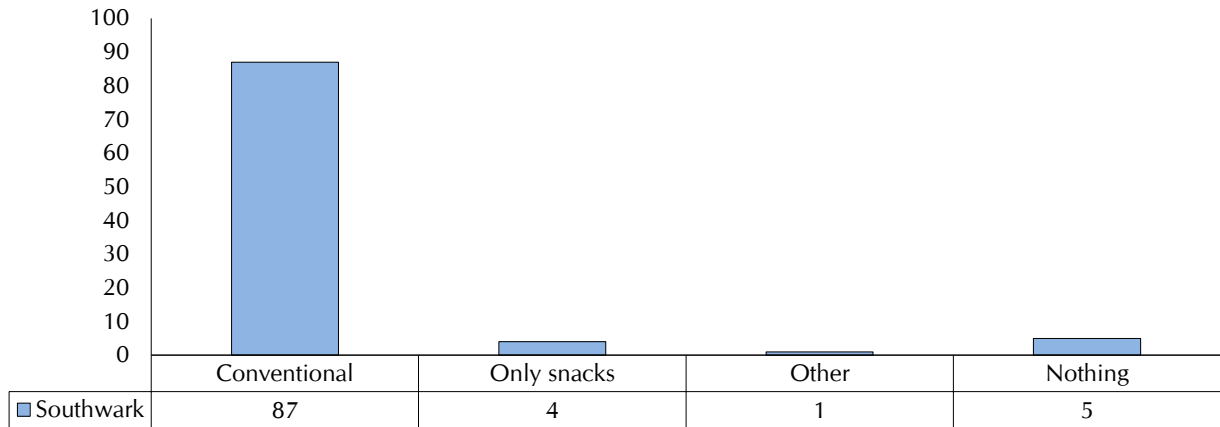
2% of boys and 2% of girls responded that they didn't have any lunch on the day before the survey.

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

	Southwark	
	Yr 4	Yr 6
Boys	3	2
Girls	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% of pupils responded that they didn't have anything for breakfast on the day of the survey, while 11% had hot food.

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

	Southwark	
	Yr 4	Yr 6
Boys	5	6
Girls	2	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.

	Southwark	
	Yr 4	Yr 6
Boys	4	4
Girls	3	4

Q44. Percentage of pupils responding that they had the following to eat before lessons on the day of the survey (top 5):

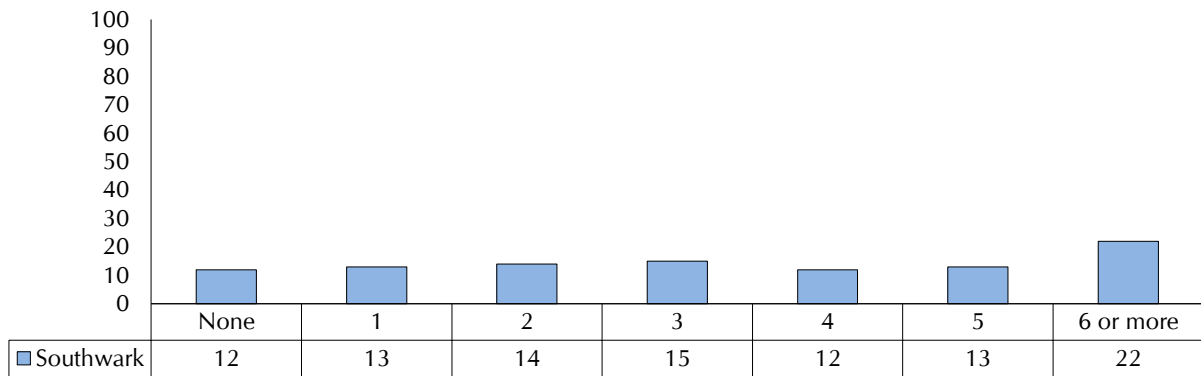
Boys		Girls	
1	Toast or bread	35	38
2	Cereal e.g. cornflakes	35	34
3	Hot food e.g. egg on toast	11	15
4	Fruit	9	10
5	Porridge/Ready brek	9	9

Q43. Percentage of pupils responding that they had something to eat or drink for breakfast at the following on the morning of the survey:

Boys		Girls	
1	Something at home	62	71
2	Something at school	18	18
3	Something on the way to school	13	14

Five-a-day

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



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.

	Southwark	
	Yr 4	Yr 6
Boys	14	10
Girls	9	13

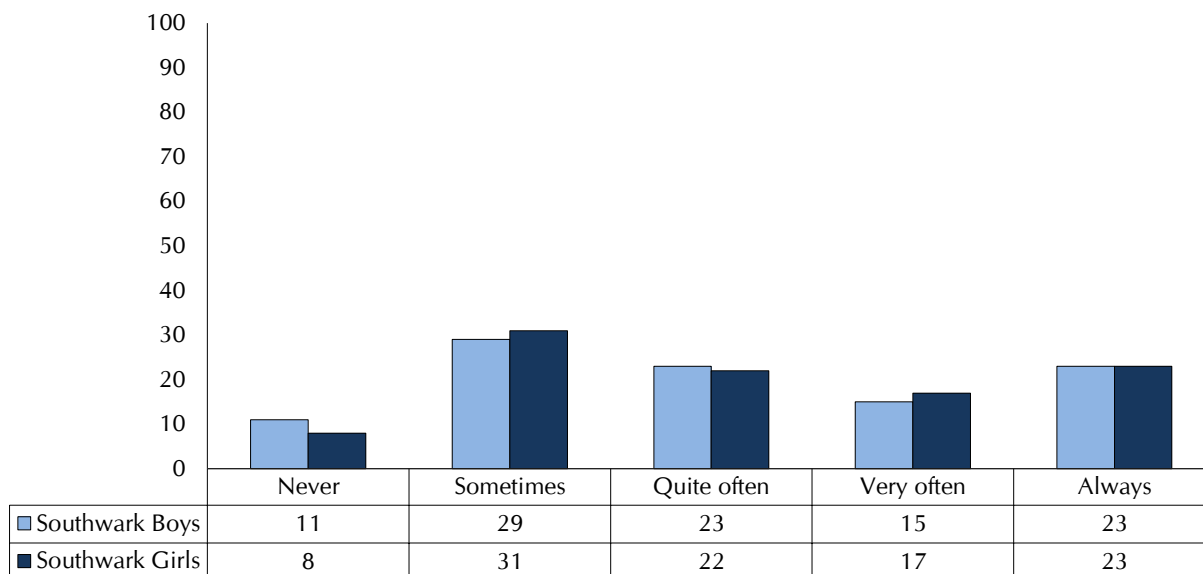
34% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

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

	Southwark	
	Yr 4	Yr 6
Boys	37	36
Girls	38	26

Healthy choices

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



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.

	Southwark	
	Yr 4	Yr 6
Boys	42	37
Girls	37	40

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

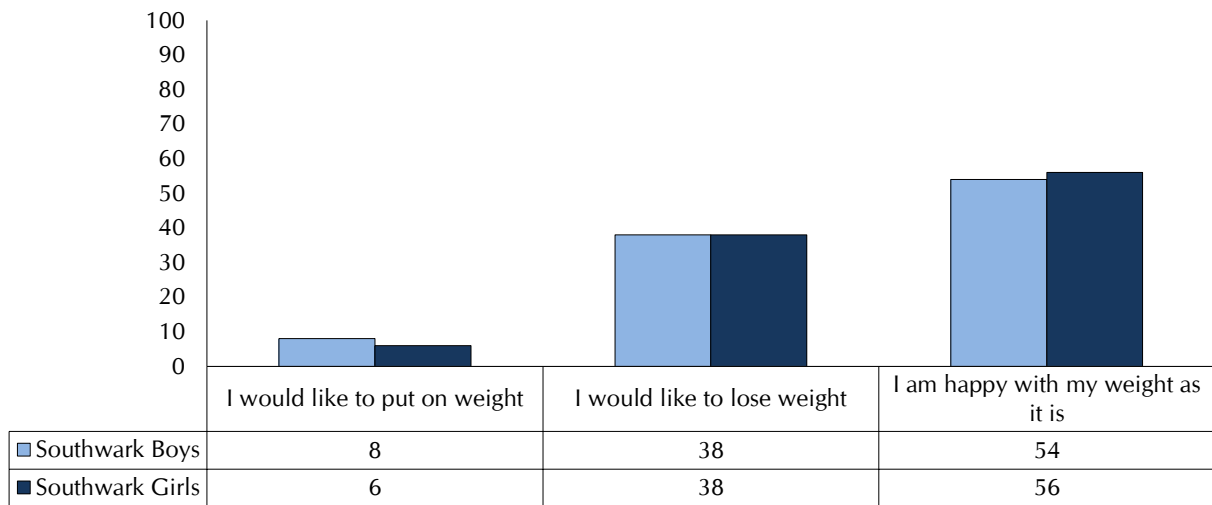
Q46. Percentage answering that they 'very often' or 'always' consider their health when choosing what to eat.

	Southwark	
	Yr 4	Yr 6
Boys	36	39
Girls	43	35

Weight

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

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



58% of Year 6 pupils responded that they wouldn't use a health service to help them to lose weight, while 35% said they would and 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.

Southwark	
Yr 6	
Boys	35
Girls	36

Foods

55% of pupils responded that they ate vegetables on 'most days' or 'every day' in the last week; while 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):

Boys		Girls			
1	Fresh fruit	63	1	Fresh fruit	64
2	Vegetables	55	2	Vegetables	55
3	Salads	42	3	Salads	46
4	Crisps	36	4	Diet (low calorie) drinks	34
5	Diet (low calorie) drinks	34	5	Sweets, chocolate, choc bars	31
6	Sweets, chocolate, choc bars	34	6	Crisps	30
7	Chips	32	7	Chips	28
8	Other fizzy drinks	28	8	Other fizzy drinks	23
9	Take-away food	28	9	Take-away food	23
10	Energy drinks	23	10	Isotonic sports drinks	15

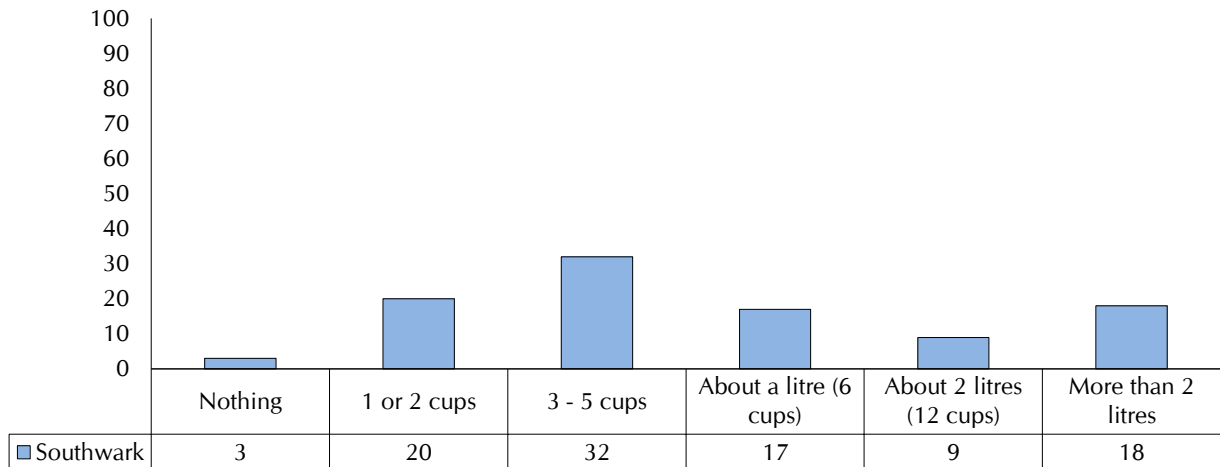
19% of pupils responded that they 'never' ate salad in the last week; while 13% said the same of vegetables.

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

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

Water

Q50. How much water did you drink yesterday?



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.

	Southwark	
	Yr 4	Yr 6
Boys	5	2
Girls	4	2

47% of boys and 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.

	Southwark	
	Yr 4	Yr 6
Boys	42	52
Girls	43	38

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

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

	Southwark	
	Yr 4	Yr 6
Boys	36	32
Girls	32	38

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

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

	Southwark	
	Yr 4	Yr 6
Boys	84	87
Girls	86	88

Smoking, Alcohol, Drugs

Smoking

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.

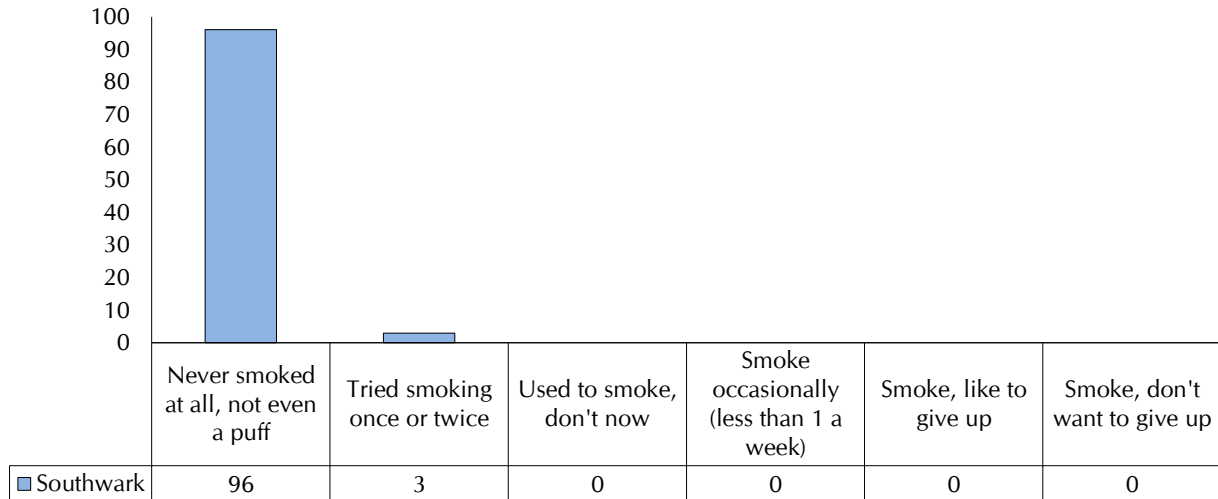
Southwark

Yr 6

Boys 3

Girls 1

Q53. Smoking: Which sentence describes you best?



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.

Southwark

Yr 6

Boys 5

Girls 3

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

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

Southwark

Yr 6

Boys 5

Girls 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.

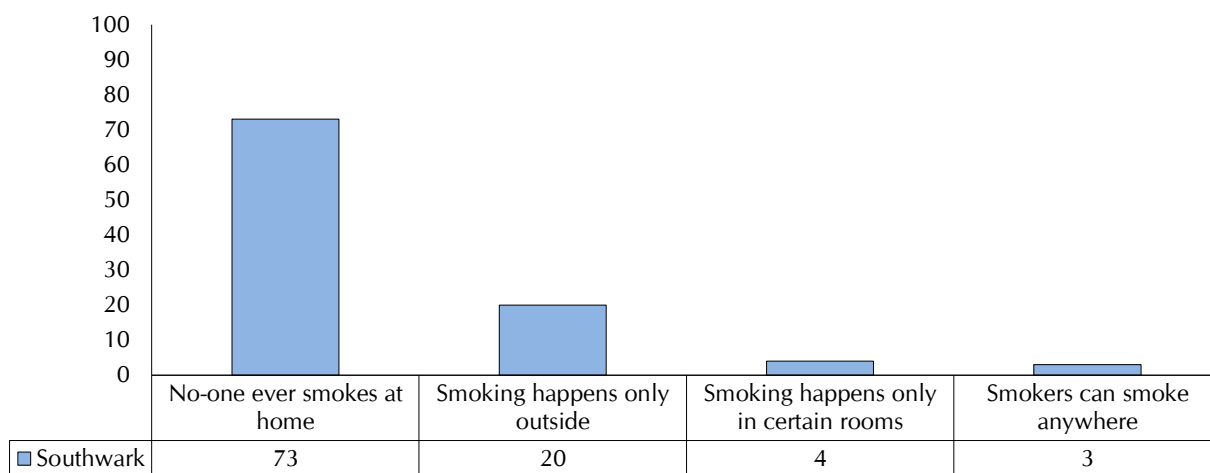
Southwark

Yr 6

Boys 3

Girls 2

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



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

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

	Southwark	
	Yr 4	Yr 6
Boys	70	74
Girls	75	74

20% of pupils responded that smoking happens only outside.

Q56. Percentage answering that smoking happens only outside.

	Southwark	
	Yr 4	Yr 6
Boys	20	19
Girls	21	20

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

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

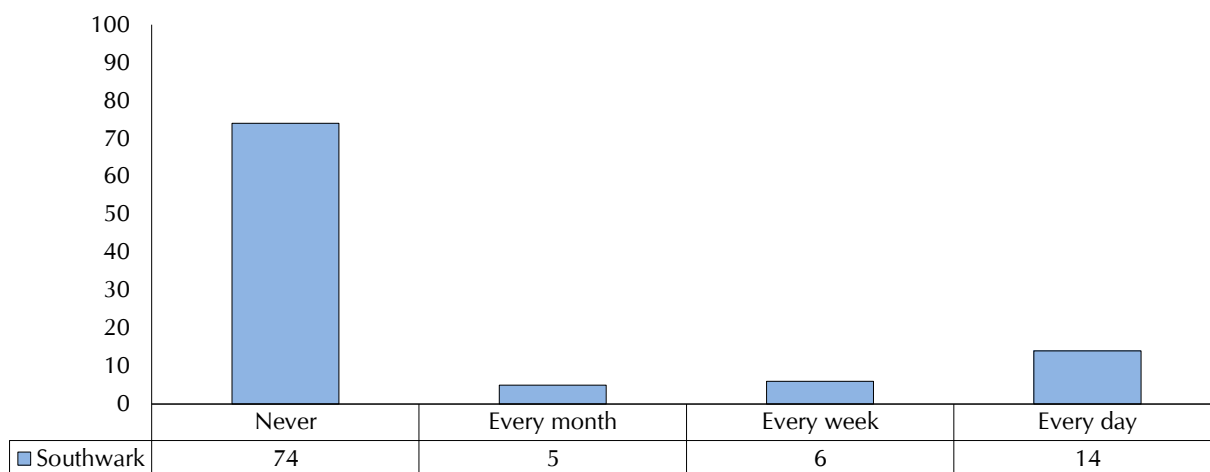
	Southwark	
	Yr 4	Yr 6
Boys	5	4
Girls	3	4

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

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

	Southwark	
	Yr 4	Yr 6
Boys	6	3
Girls	1	2

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



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'.

Southwark		
	Yr 4	Yr 6
Boys	27	27
Girls	24	24

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'.

Southwark		
	Yr 4	Yr 6
Boys	14	13
Girls	14	15

Drinking

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.

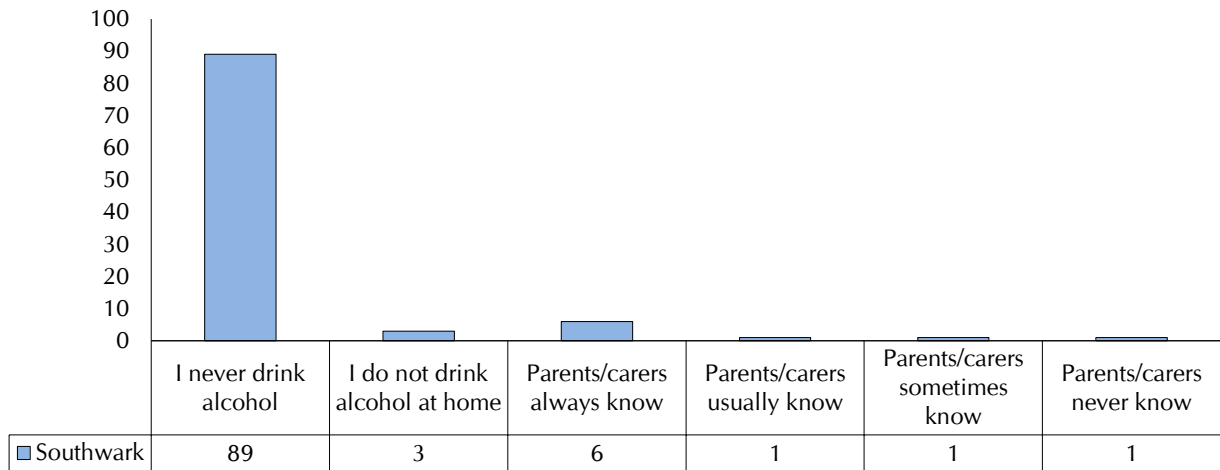
Southwark

Yr 6

Boys 5

Girls 4

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



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.

Southwark

Yr 6

Boys 5

Girls 8

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.

Southwark

Yr 6

Boys 1

Girls 2

Drugs

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

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

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

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.

Southwark

Yr 6

Boys 3

Girls 0

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

Southwark

Yr 6

Boys 1

Girls 2

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

Southwark

Yr 6

Boys 1

Girls 0

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

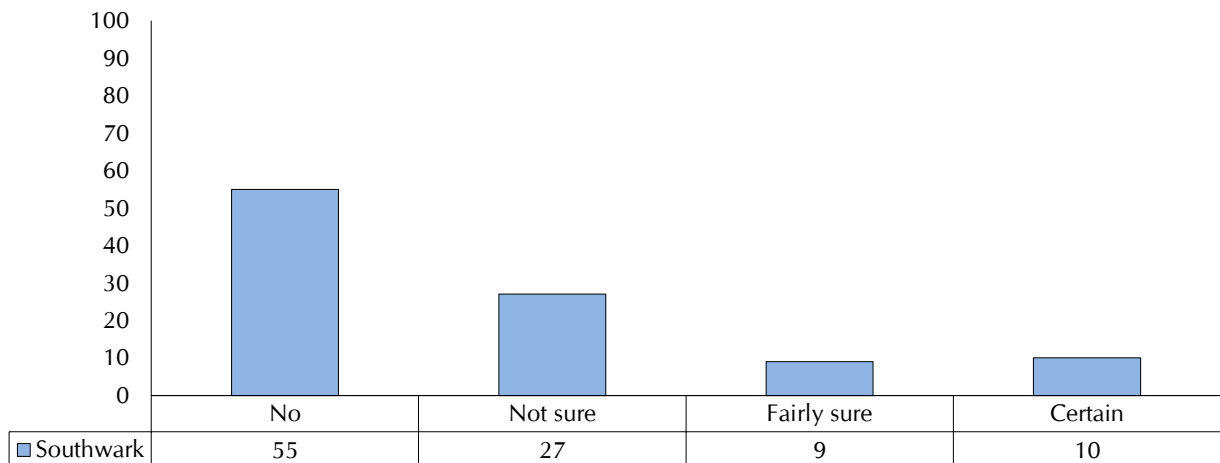
Southwark

Yr 6

Boys 1

Girls 0

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



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).

Southwark

Yr 6

Boys 18

Girls 19

Internet Safety

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:

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

13% of Year 6 pupils responded that they communicate with people online by posting things that lots of people can see while 21% said they communicate with people using picture/video sharing sites/apps and 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:

	Year 6		Total
	Boys	Girls	
Posting things that lots of people can see	9	16	13
Sending messages to one or a few people	39	48	43
Picture/video sharing sites/apps	22	20	21
Video chat	23	30	26
Through online games	47	14	31
Other	4	4	4

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

Q67. Percentage of Year 6 pupils responding that they have experienced the following online:

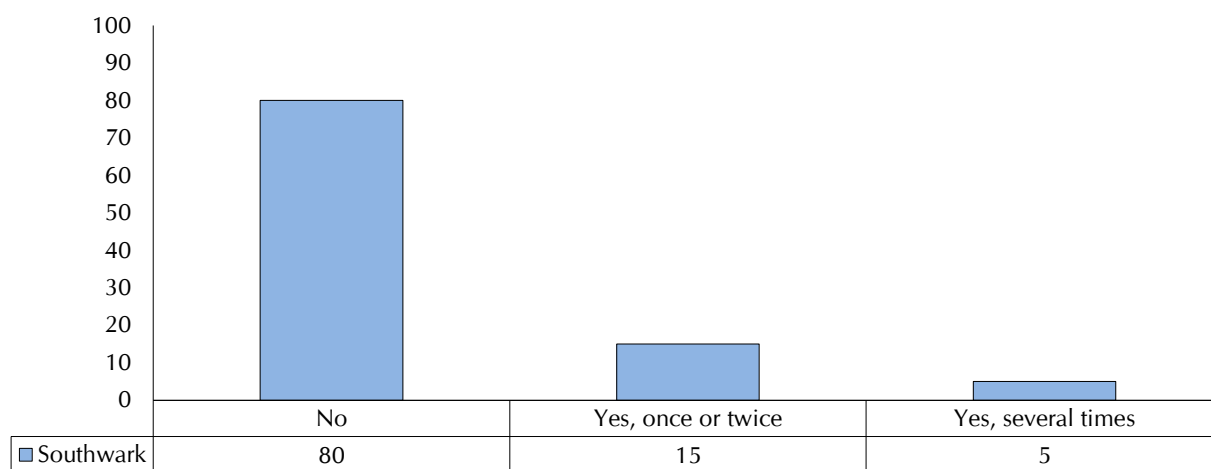
	Year 6		Total
	Boys	Girls	
Placed a bet	5	2	3
Someone writing or showing things to hurt or upset you (with text, pictures or video)	5	10	7
Someone published private information about you	2	2	2
Someone used your identity/password to upset or hurt you	2	2	2
You sent personal information to someone which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

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?

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

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



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% said this has happened several times.

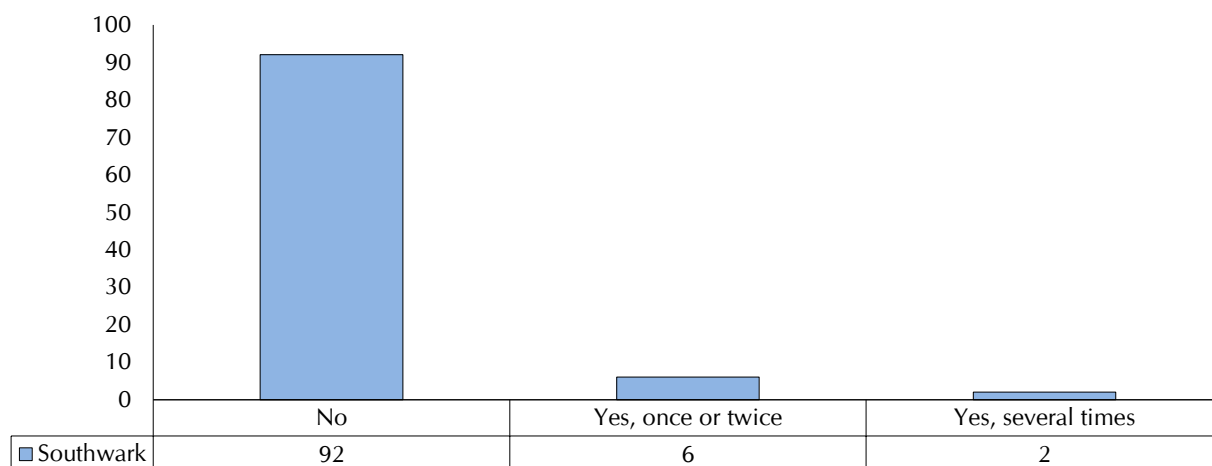
Q69. Percentage of Year 6 pupils answering that they got a message or picture 'once or twice' in the last 12 months that scared or upset them.

Southwark	
Yr 6	
Boys	14
Girls	16

Q70. Percentage of Year 6 pupils responding that they did the following after getting a message or picture which scared or upset them:

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

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



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; 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.

Southwark

Yr 6

Boys 10

Girls 5

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.

Southwark

Yr 4 Yr 6

Boys 81 89

Girls 89 94

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% 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.

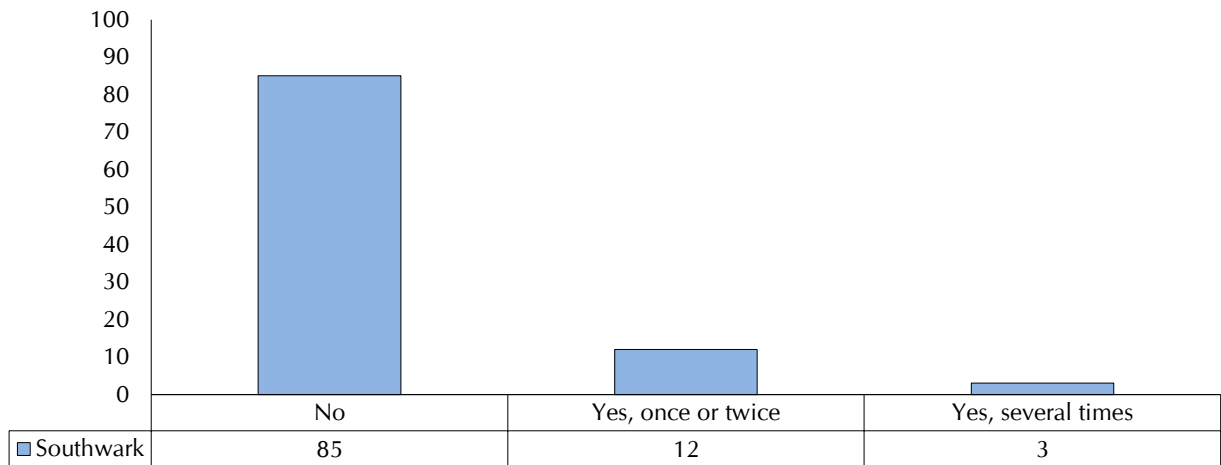
Southwark

Yr 4 Yr 6

Boys 41 50

Girls 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?



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.

	Southwark	
	Yr 4	Yr 6
Boys	26	8
Girls	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***