

# **The Surrey Children and Young People's Health and Wellbeing Survey 2022**

**A report for  
Surrey SEND**

**The Schools Health Education Unit**

**[www.sheu.org.uk](http://www.sheu.org.uk)**

**SHEU**



# **School Survey Report 2022**

Produced by the  
Schools Health Education Unit

The contents of this book are © SHEU 2022. Users of the Health Related Behaviour Questionnaire survey service are permitted to reproduce or adapt these materials for use within the classroom only.

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.

Contact:

Angela Balding, Survey Manager  
Schools Health Education Unit  
9 Yeo Business Park  
Axehayes Farm  
Clyst St. Mary  
Exeter EX5 1DP

Tel: 01392 667272 Fax: 01392 667269

e-mail [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

## CONTENTS

	Page No.
<b>FOREWORD</b> .....	<b>2</b>
<b>INTRODUCTION</b> .....	<b>3</b>
<b>SURREY SEND HEADLINES</b> .....	<b>5</b>
<b>RESULTS</b> .....	<b>6</b>

N.B. The items in the questionnaire are reported below in a slightly different order, compared with the original survey booklet. This has been done to keep items on similar topics closer together.

## 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>.

## Administration

Staff in school will have been responsible for the classes selected for inclusion.

Anything special about the day of administration, or the pupils present and absent on that day, may affect the detail of the results.

## The sample

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

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Year 13+	All
Male	26	23	28	18	29	13	14	151
Female	15	16	14	15	18	6	19	103

Please note that a further 19 pupil(s) didn't specify whether they are a boy or a girl or were unsure/ preferred not to say/described themselves in some other way. These pupils will not be included in any tables or charts which are split by sex, however they will be included in any total figures.

Please note that if the proportions of younger and older pupils, or boys or girls, are very different in your school sample compared with the wider sample, then you may need to consider this as a cause when looking at any differences between your school and the wider data. Many of the headlines figures are broken by age and gender in the main body of the report, which will give more context for interpretation. Please contact SHEU if you would like to discuss.

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.

In the report, you may see '-' in the tables or text (e.g. '-%').

This means we have suppressed the result because the number of valid responses for an item has dropped below 7 pupils. This may happen part-way through the report, if children start but don't complete the questionnaire for some reason.

## Surrey SEND Headlines

	Years 7-9	Years 10&11	Year 12+	All
Male	77	47	27	151
Female	45	33	25	103
Total Sample (Count)	138	82	53	273

- 78% of pupils described themselves as White British.
- 81% of males and 73% of females agreed that *The school cares whether I am happy or not.*
- 73% of males and 59% of females eat breakfast every day.
- 55% of males and 51% of females do physical activity every day.
- 76% of pupils say they have an adult they can talk to when they are worried
- 49% of males and 54% of females worry about their family.
- 57% of males and 66% of females say that if they don't succeed at something, they ask for help.
- 86% of males and 80% of females think you could get support in school for *Problems and worries.*
- 42% of Y8+ pupils say they have ever tasted an alcoholic drink.
- 32% of Y8+ pupils say they have tasted an alcoholic drink in the last week.
- 44% of Y8+ pupils say someone in their family smokes.
- 6% of Y8+ pupils say they have ever smoked a cigarette.
- 10% of Y8+ pupils say they have ever tried vaping (e-cigarettes).
- 13% of Y8+ pupils think they will smoke or vape when they are older.
- 78% of males and 67% of females in Y8+ would like to find a full-time job when they can leave school.
- 12% of males and 13% of females in Y8+ report receiving 'sexting' images.
- 80% of males and 81% of females in Y10+ report that they would get help if they had a boyfriend or girlfriend who was nasty to them.
- 8% of males and 11% of females in Y10+ report that they have ever had sex.
- 6% of males and 7% of females in Y10+ report that they always used contraception or protection if they had sex.

# Results

## Ethnicity

78% of pupils described themselves as White British.

### Q4. Percentage describing themselves as White British.

	Surrey		
	Years 7-9	Years 10&11	Year 12+
Boys	81%	74%	73%
Girls	80%	82%	82%

## Pupil Perceptions

Pupils responded to a series of questions about their perceptions of school.

81% of males and 73% of females agreed that *The school cares whether I am happy or not.*

### Q5. Percentages of males and females agreeing with statements about school

	<u>Males</u>	<u>Females</u>
The school cares whether I am happy or not	81%	73%
I set my own targets and I am helped to meet them	53%	58%
The school prepares me for when I leave this school	77%	76%

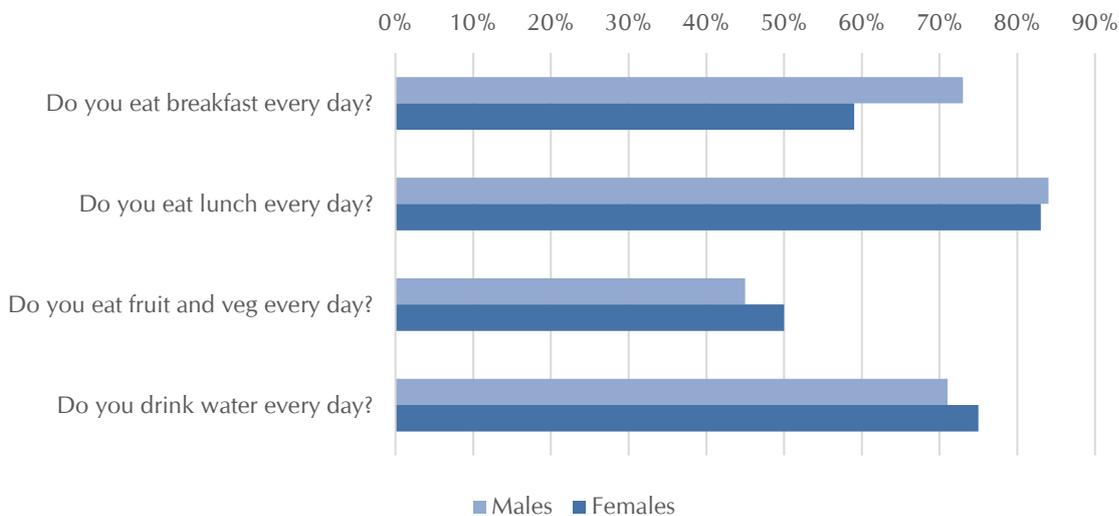
## Food and drink

Pupils responded to a series of questions about their diet.

73% of males and 59% of females eat breakfast every day.

### Q6. Percentages of males and females agreeing with statements about diet

	<u>Males</u>	<u>Females</u>
Do you eat breakfast every day?	73%	59%
Do you eat lunch every day?	84%	83%
Do you eat fruit and veg every day?	45%	50%
Do you drink water every day?	71%	75%
Do you drink fizzy drinks every day?	29%	16%



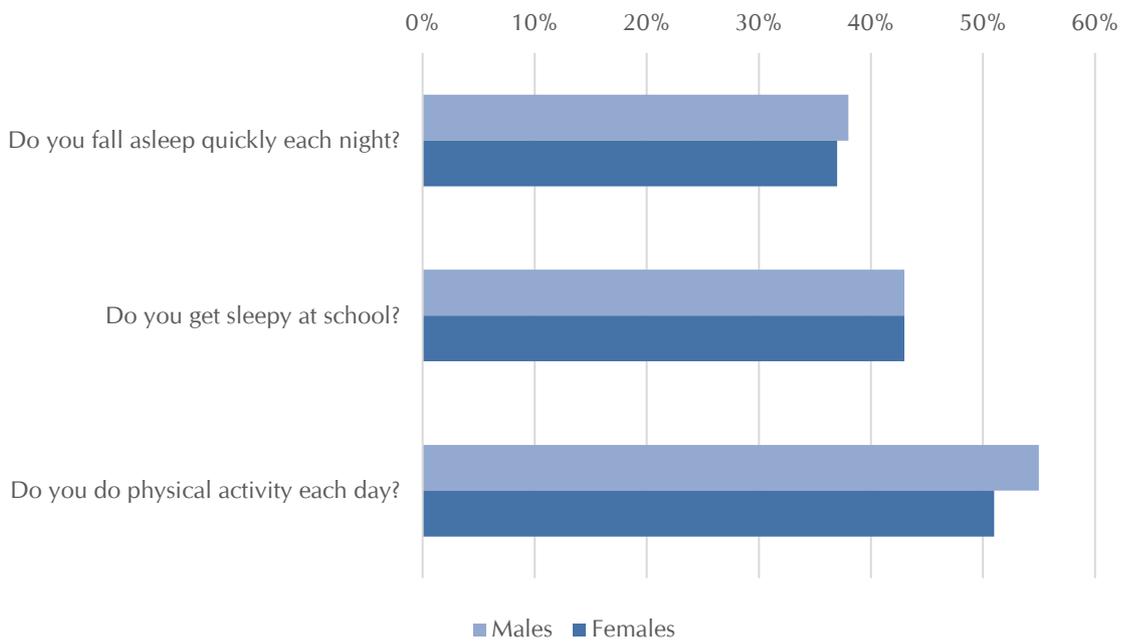
## Being Healthy

Pupils responded to a series of questions about their lifestyle habits.

55% of males and 51% of females do physical activity every day.

### Q7. Percentages of males and females agreeing with statements about lifestyle

	<u>Males</u>	<u>Females</u>
Do you fall asleep quickly each night?	38%	37%
Do you get sleepy at school?	43%	43%
Do you do physical activity each day?	55%	51%



## Confidants

76% of pupils say they have an adult they can talk to when they are worried

### Q8. Percentage reporting they have an adult they can talk to when they are worried.

	Surrey		
	Years 7-9	Years 10&11	Year 12 +
Boys	76%	81%	77%
Girls	77%	70%	72%

## Worries

Pupils indicated whether they worry about any of a list of issues.

49% of males and 54% of females worry about their family.

### Q9. Percentages of males and females reporting that they worry about these issues

	<u>Males</u>	<u>Females</u>
School-work	24%	29%
Being ill	31%	30%
Family	49%	54%
Friendships	43%	45%
The way you look	26%	38%
Having enough to eat	32%	23%

## Resilience

Pupils responded to a series of questions about their resilience.

57% of males and 66% of females say that if they don't succeed at something, they ask for help.

### Q7. Percentages of males and females agreeing with statements about resilience "If they don't succeed at something"

	<u>Males</u>	<u>Females</u>
I blame someone else	9%	5%
I keep on trying until I do	56%	56%
I might have another go	61%	48%
I give up	21%	23%
I try a different way of doing it	53%	44%
I ask for help	57%	66%
I go and do something else	34%	26%

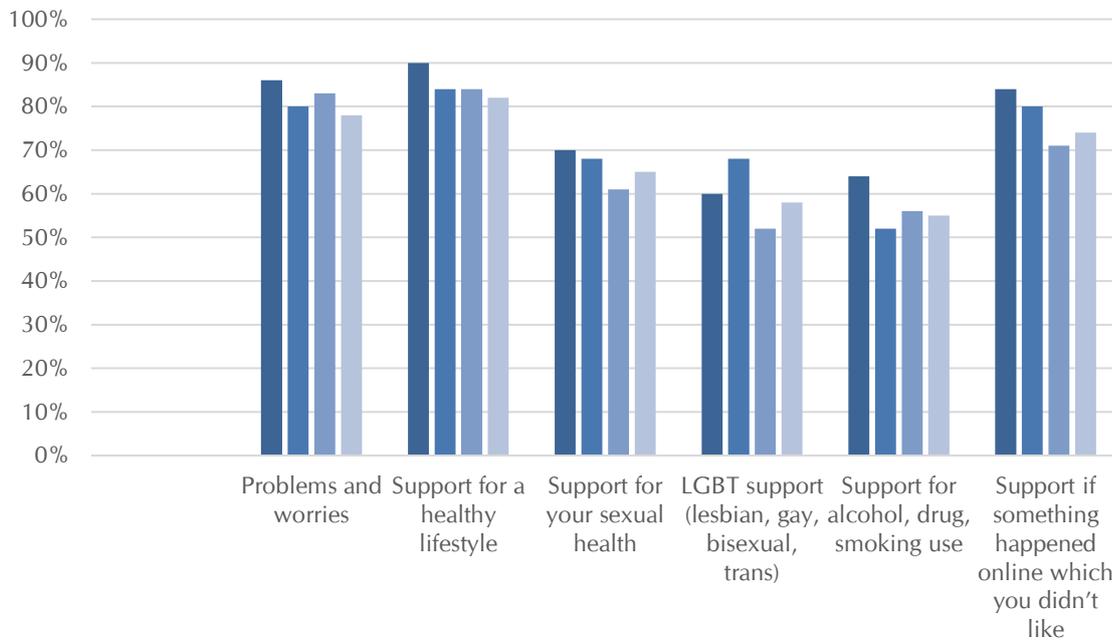
## Support

Pupils in Y8 and above responded to a series of questions about support in and out of school.

86% of males and 80% of females think you could get support in school for *Problems and worries*.

Q11. Percentages of Y8+ pupils reporting that if they needed to, they think you could get support in or out of school for...? % responding at least 'sometimes'

	In school		Out of school	
	Males	Females	Males	Females
Problems and worries	86%	80%	83%	78%
Support for a healthy lifestyle	90%	84%	84%	82%
Support for your sexual health	70%	68%	61%	65%
LGBT support (lesbian, gay, bisexual, trans)	60%	68%	52%	58%
Support for alcohol, drug, smoking use	64%	52%	56%	55%
Support if something happened online which you didn't like	84%	80%	71%	74%



■ Males – in school

■ Females – In school

■ Males – out of school

■ Females – out of school

## Alcohol

42% of Y8+ pupils say they have ever tasted an alcoholic drink.

32% of Y8+ pupils say they have tasted an alcoholic drink in the last week.

## Tobacco products

44% of Y8+ pupils say someone in their family smokes.

6% of Y8+ pupils say they have ever smoked a cigarette.

10% of Y8+ pupils say they have ever tried vaping (e-cigarettes).

13% of Y8+ pupils think they will smoke or vape when they are older.

Q13. Percentage of Y8+ pupils reporting they have ever tasted an alcoholic drink.

	Surrey		
	Years 8-9	Years 10&11	Year 12+
Boys	28%	57%	38%
Girls	31%	59%	40%

Q14. Percentage of Y8+ pupils reporting they have tasted an alcoholic drink in the last week.

	Surrey		
	Years 8-9	Years 10&11	Year 12+
Boys	18%	40%	31%
Girls	31%	52%	28%

Q16. Percentage of Y8+ pupils reporting that someone in their family smokes.

	Surrey		
	Years 8-9	Years 10&11	Year 12+
Boys	34%	47%	48%
Girls	47%	52%	48%

Q17. Percentage of Y8+ pupils reporting that they have ever smoked a cigarette.

	Surrey		
	Years 8-9	Years 10&11	Year 12+
Boys	6%	6%	8%
Girls	3%	3%	4%

Q18. Percentage of Y8+ pupils reporting that they have ever tried vaping (e-cigarettes).

	Surrey		
	Years 8-9	Years 10&11	Year 12+
Boys	8%	13%	12%
Girls	7%	15%	4%

Q19. Percentage of Y8+ pupils reporting that they think they will smoke or vape when they are older.

	Surrey		
	Years 8-9	Years 10&11	Year 12+
Boys	17%	17%	8%
Girls	3%	15%	12%

## Aspirations

Pupils in Y8 and above responded to a series of questions about what they would like to do when they can leave school.

78% of males and 67% of females in Y8+ would like to find a full-time job when they can leave school.

### Q20. Percentages of Y8+ males and females responding to a series of questions about what they would like to do when they can leave school

	<u>Males</u>	<u>Females</u>
Continue in full-time education?	61%	73%
Find a full-time job?	78%	67%
Get training for a skilled job, or get an apprenticeship?	72%	60%
Something else	42%	40%

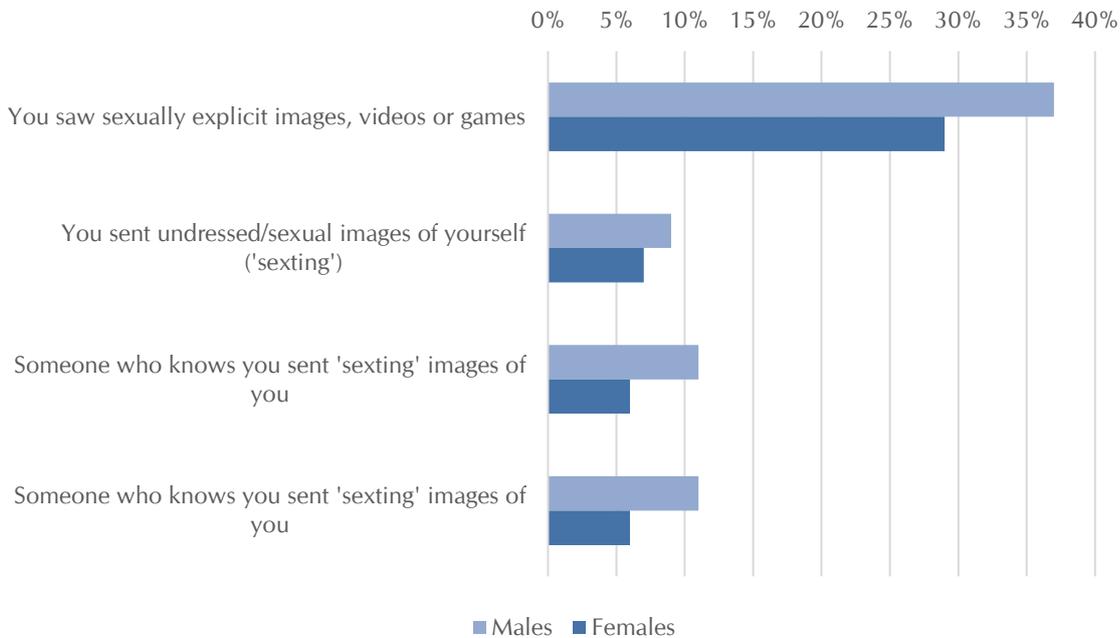
## Online safety

Pupils in Y8 and above responded to a series of questions about their experiences online.

12% of males and 13% of females in Y8+ report receiving 'sexting' images.

### Q23. Percentages of Y8+ males and females responding to a series of questions about their experiences online

	<u>Males</u>	<u>Females</u>
You saw sexually explicit images, videos or games	37%	29%
You sent undressed/sexual images of yourself ('sexting')	9%	7%
Someone who knows you sent 'sexting' images of you	11%	6%
Received 'sexting' images	12%	13%



## Relationships and sex education

88% of Y8+ pupils have had lessons about relationships and sex.

23% of males and 28% of females in Y8+ did not enjoy these lessons.

Q21. Percentage of Y8+ pupils reporting that they have had lessons about relationships and sex.

Surrey			
	Years 8-9	Years 10&11	Year 12+
Boys	83%	89%	92%
Girls	93%	94%	75%

Q22. Percentage of Y8+ pupils reporting that they did not enjoy these lessons.

Surrey			
	Years 8-9	Years 10&11	Year 12+
Boys	20%	30%	15%
Girls	31%	36%	12%

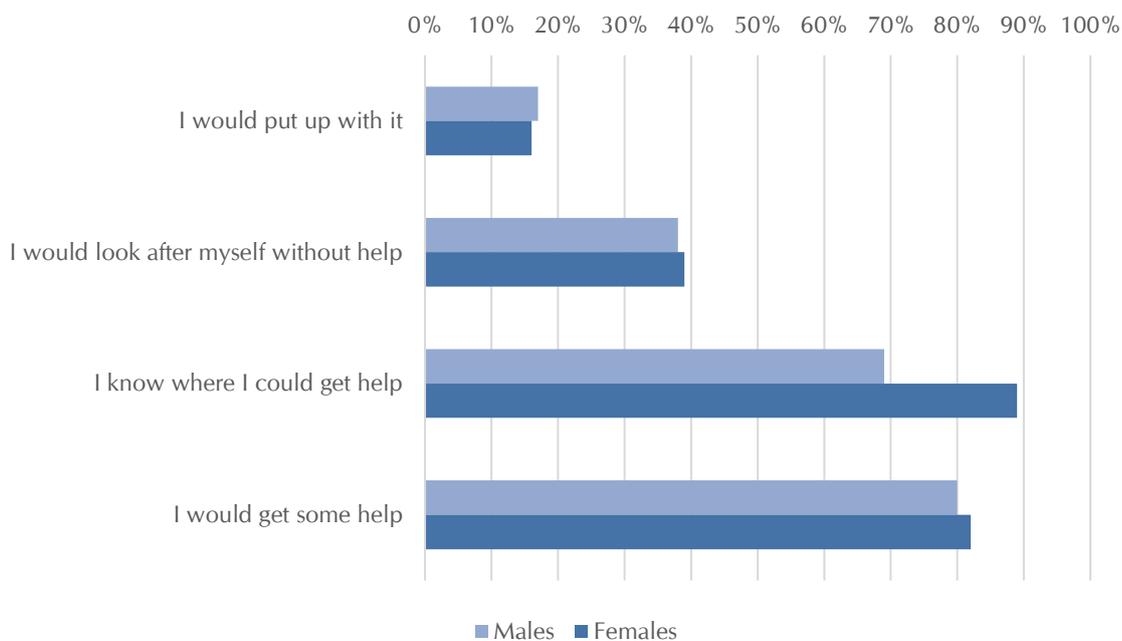
## Safety in relationships

Pupils in Y10+ were asked what they would do if they had a boyfriend or girlfriend who was nasty to them.

80% of males and 81% of females in Y10+ report that they would get help if they had a boyfriend or girlfriend who was nasty to them.

Q25. Percentages of Y10+ males and females responding what they would do if they had a boyfriend or girlfriend who was nasty to them

	Males	Females
I would put up with it	17%	16%
I would look after myself without help	38%	39%
I know where I could get help	69%	89%
I would get some help	80%	82%

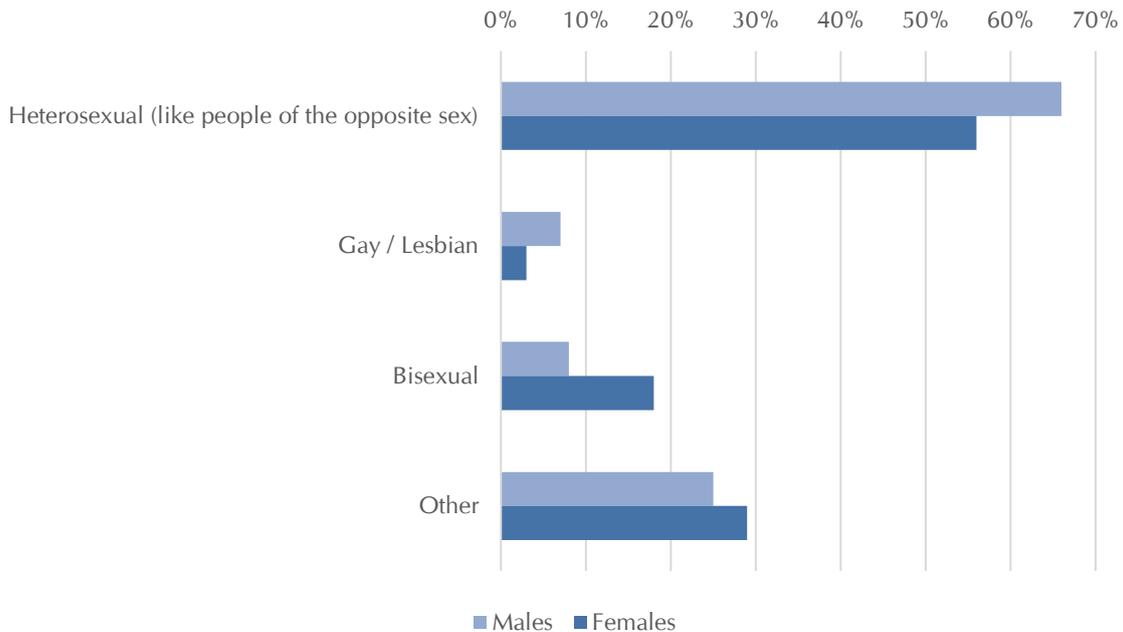


## Sexual orientation

66% of males and 56% of females in Y8+ report that they are *Heterosexual* (like people of the opposite sex).

### Q24. Percentages of Y8+ males and females responding to a series of questions about their experiences online

	Males	Females
Heterosexual (like people of the opposite sex)	66%	56%
Gay / Lesbian	7%	3%
Bisexual	8%	18%
Other	25%	29%



## Sexual activity

8% of males and 11% of females in Y10+ report that they have ever had sex.

### Q26. Percentage of Y10+ pupils reporting that they have ever had sex.

	Surrey	
	Years 10&11	Year 12+
Boys	2%	20%
Girls	10%	13%

6% of males and 7% of females in Y10+ report that they always used contraception or protection if they had sex.

### Q27. Percentage of Y8+ pupils reporting that they always used contraception or protection if they had sex.

	Surrey	
	Years 10&11	Year 12+
Boys	2%	12%
Girls	7%	8%

## List of Tables

Q4. Percentage describing themselves as White British.....	6
Q5. Percentages of males and females agreeing with statements about school .....	6
Q6. Percentages of males and females agreeing with statements about diet .....	6
Q7. Percentages of males and females agreeing with statements about lifestyle .....	7
Q9. Percentages of males and females reporting that they worry about these issues .....	8
Q7. Percentages of males and females agreeing with statements about resilience “If they don’t succeed at something” .....	8
Q11. Percentages of Y8+ pupils reporting that if they needed to, they think you could get support in or out of school for...? % responding at least 'sometimes' .....	9
Q14. Percentage of Y8+ pupils reporting they have tasted an alcoholic drink in the last week. ....	10
Q16. Percentage of Y8+ pupils reporting that someone in their family smokes. ....	10
Q17. Percentage of Y8+ pupils reporting that they have ever smoked a cigarette. ....	10
Q18. Percentage of Y8+ pupils reporting that they have ever tried vaping (e-cigarettes). ....	10
Q19. Percentage of Y8+ pupils reporting that they think they will smoke or vape when they are older. .	10
Q20. Percentages of Y8+ males and females responding to a series of questions about what they would like to do when they can leave school .....	11
Q23. Percentages of Y8+ males and females responding to a series of questions about their experiences online .....	11
Q21. Percentage of Y8+ pupils reporting that they have had lessons about relationships and sex.....	12
Q22. Percentage of Y8+ pupils reporting that they did not enjoy these lessons. ....	12
Q25. Percentages of Y10+ males and females responding what they would do if they had a boyfriend or girlfriend who was nasty to them .....	12
Q24. Percentages of Y8+ males and females responding to a series of questions about their experiences online .....	13
Q26. Percentage of Y10+ pupils reporting that they have ever had sex. ....	13
Q27. Percentage of Y8+ pupils reporting that they always used contraception or protection if they had sex. ....	13





**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**
- ... Free resources about young people's health-related  
behaviour: [www.sheu.org.uk/node/366](http://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***