

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

**A report for  
Surrey Primary**

**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

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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.

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)

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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.

	Surrey	
	Yr 4	Yr 6
Boys	870	886
Girls	881	874

Please note that 178 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 Primary Headlines

	Surrey	
	Yr 4	Yr 6
Boys	870	886
Girls	881	874

## Background

### ETHNICITY AND LANGUAGE

- ❑ 65% of pupils described themselves as White British.
- ❑ 80% of pupils said they speak English most of the time at home, while 3% said they speak another language or languages most of the time and 17% speak both English and another language.

### FAMILY

- ❑ 77% of pupils responded that they live with their Mum and Dad together.
- ❑ 10% of pupils responded that they live 'mainly or only' with their Mum, while 1% said they live 'mainly or only' with their Dad.

### ARMED FORCES

- ❑ 2% of pupils responded that they have a parent/carer who is in the British Army, Royal Navy, Royal Air Force or the Reserves, while 11% said they are 'not sure' if they do and 2% didn't want to say.

### FREE SCHOOL MEALS

- ❑ 7% of pupils responded that they currently have free school meals, while 15% said they have had them and 1% could have had them.

### YOUNG CARERS

- ❑ 8% of pupils responded that they are a 'young carer', while 9% said they are 'not sure' if they are.
- ❑ 2% of pupils responded that their school knows they are a 'young carer'.
- ❑ Of the 296 pupils who said they are a 'young carer', 26% said their school knows they are.

## COVID-19

- ❑ 90% of pupils said they did school work at home (home learning) during COVID-19 and lockdown if they were not at school.
- ❑ 17% of pupils said they did school work at home during COVID-19 and lockdown and found it 'hard'; this is 19% of pupils who did school work at home saying it was 'hard'.
- ❑ 14% of pupils said they did school work at home during COVID-19 and lockdown and found it 'easy'; this is 16% of pupils who did school work at home saying it was 'easy'.
- ❑ 12% of pupils said they did school work at home during COVID-19 and lockdown and couldn't find and use the files their school provided for them to work

at home; this is 14% of pupils who did school work at home.

- ❑ 27% of pupils said they did school work at home during COVID-19 and lockdown and could always find and use the files their school provided for them to work at home; this is 30% of pupils who did school work at home.
- ❑ 79% of pupils said they did school work at home during COVID-19 and lockdown and could get help easily enough from an adult at home if they got stuck; this is 87% of pupils who did school work at home.
- ❑ 17% of pupils said they did school work at home during COVID-19 and lockdown and could get help easily enough from an adult at school if they got stuck; this is 19% of pupils who did school work at home.
- ❑ 7% of pupils said they did school work at home during COVID-19 and lockdown and couldn't get help easily enough if they got stuck; this is 7% of pupils who did school work at home.

## Healthy Eating

### 5-A-DAY

- ❑ 7% of pupils responded that they didn't have any portions of fruit or vegetables to eat on the day before the survey.
- ❑ 34% of pupils responded that they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

### LUNCH

- ❑ 42% of pupils responded that they had school food for lunch on the day before the survey.
- ❑ 1% of pupils responded that they did not have any lunch on the day before the survey, while 2% said they bought lunch from a takeaway or shop.
- ❑ 27% of pupils responded that the place where they can get school lunch is friendly, while 49% said it is crowded, and 20% said it is rushed.

### COOKING

- ❑ 72% of pupils responded that they cook or help with cooking at home (or at a friend's or relation's home), while 12% said that they cook or help with cooking in school lessons.

### WEIGHT PERCEPTION

- ❑ 4% of pupils responded that they would like to put on weight.

- ❑ 28% of pupils responded that they would like to lose weight.
- ❑ 67% of pupils responded that they are happy with their weight as it is.

#### **BREAKFAST**

- ❑ 4% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey, while 9% only had a drink and 9% had a cooked breakfast.
- ❑ 40% of pupils responded that they had a drink other than tea, hot chocolate, coffee or energy drinks (e.g. water, juice) before lessons on the day of the survey.
- ❑ 26% of pupils responded that they had toast, bread or bagels before lessons on the day of the survey, while 16% had fruit.
- ❑ 82% of pupils responded that they had something to eat or drink before lessons at home on the day of the survey.

#### **FOOD & DRINK**

- ❑ 69% of pupils responded that they eat fresh fruit 'on most days', while 31% said the same of sweets, chocolate, choc bars.
- ❑ 7% of pupils responded that they 'rarely or never' eat vegetables, while 29% said the same of fish/fish fingers.
- ❑ 90% of pupils responded that they drink water 'on most days', while 41% said the same of milk.
- ❑ 82% of pupils responded that they 'rarely or never' drink energy drinks (e.g. Red Bull, Relentless, Monster), while 83% said the same of coffee/cappuccino.

### **Physical Activity**

#### **ACTIVE TRAVEL**

- ❑ 58% of pupils responded that they travelled to school by car/van on the day of the survey; while 3% said that they travelled by bicycle.
- ❑ 4% of pupils responded that travelled to school by scooter on the day of the survey; while 42% said that they walked.

#### **ENJOY EXERCISE**

- ❑ 2% of pupils responded that they don't enjoy physical activities 'at all'.
- ❑ 81% of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

#### **HARD EXERCISE**

- ❑ 10% of pupils responded that they didn't get out of breath and/or sweaty while doing physical activity at all in the week before the survey.
- ❑ 25% of pupils responded that they got out of breath and/or sweaty while doing physical activity on five days or more in the week before the survey.

#### **PE LESSONS**

- ❑ 81% of pupils responded that they enjoy their PE lessons, while 14% are 'not sure' if they do.

- ❑ 65% of pupils responded that they feel they are getting better at PE, while 26% are 'not sure' if they are.

#### **SCHOOL SPORTS**

- ❑ 56% of pupils responded that their school has helped them to be more healthy, while 33% are 'not sure' if it has.
- ❑ 28% of pupils responded that they don't go to any sports clubs at lunch time or after school each week.
- ❑ 34% of pupils responded that they go to sports clubs at lunch time or after school at least 3 times each week.
- ❑ 44% of pupils responded that they don't go to any sports clubs at weekends.
- ❑ 8% of pupils responded that they go to sports clubs at least 3 times at weekends.
- ❑ 20% of pupils responded that they don't go to any sports clubs at lunch time, after school or at weekends each week.
- ❑ 49% of pupils responded that they go to sports clubs at lunch time, after school or at weekends at least 3 times each week.
- ❑ 48% of pupils said they go to a team sports club.
- ❑ 61% of pupils responded that they haven't played any games or matches against other schools this year.
- ❑ 18% of pupils responded that they have played at least 4 matches against other schools this year.
- ❑ 39% of pupils responded that they haven't played any sports games or matches at their school this year.
- ❑ 38% of pupils responded that they have played at least 4 matches at their school this year.
- ❑ 85% of pupils think doing PE, sport and other physical activities helps them with their health and 59% said it helps with their mood.
- ❑ 78% of pupils agreed that they enjoy taking part in exercise and sports and 67% said they feel confident when they exercise and play sports.
- ❑ 82% of pupils said being healthy makes them want to be physically active and 90% said having fun makes them want to.
- ❑ 53% of pupils said nothing stops them from being physically active.

### **Alcohol, Smoking & Drugs**

#### **ALCOHOL**

- ❑ 2% of Year 6 pupils responded that they had an alcoholic drink (not just a sip) in the 7 days before the survey.
- ❑ 0% of Year 6 pupils responded that they drank alcohol on more than one day in the 7 days before the survey.
- ❑ 91% of Year 6 pupils responded that they do not drink alcohol.

- ❑ 7% of Year 6 pupils responded that they drink alcohol and their parents 'always' know, while 1% said they 'usually' know.
- ❑ 1% of Year 6 pupils responded that they drink alcohol and their parents 'never' or only 'sometimes' know.

#### **SMOKING AT HOME**

- ❑ 22% of Year 6 pupils responded that their parents/carers smoke cigarettes.
- ❑ 4% of Year 6 pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 5% of Year 6 pupils responded that someone smokes in a car when they are in it too.

#### **SMOKING**

- ❑ 1% of Year 6 pupils responded that they have tried smoking in the past or smoke now.
- ❑ 0% of Year 6 pupils responded that they smoked in the 7 days before the survey.

#### **DRUGS**

- ❑ 70% of Year 6 pupils responded that their teachers have talked with them in school lessons about illegal drugs, while 42% said that their parents/carers have talked with them and 17% said no-one has talked with them about drugs.
- ❑ 74% of Year 6 pupils responded that teachers, the school nurse or visitors or speakers in school lessons have talked with them about illegal drugs.
- ❑ 11% of Year 6 pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs.
- ❑ 0% of Year 6 pupils responded that they have been offered cannabis; while 2% were 'not sure'.
- ❑ 1% of Year 6 pupils responded that they have been offered other drugs; while 2% were 'not sure'.

### **Emotional Health & Wellbeing**

#### **GROWING UP**

- ❑ 56% of pupils responded that their teachers have talked with them in school lessons about how their body changes as they grow up, while 66% said that their parents/carers have talked with them and 15% said no-one has talked with them.
- ❑ 58% of pupils responded that teachers, the school nurse or visitors, speakers in school lessons have talked with them about how their body changes as they grow up.
- ❑ 56% of pupils responded that they feel they know enough about how their body changes as they get older, while 10% feel they don't know enough.

#### **WORRYING**

- ❑ 84% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 18% of boys and 25% of girls responded that they worry about more than 5 issues listed 'quite a lot' or 'a lot'.

- ❑ 39% of pupils responded that they worry about crime 'quite a lot' or 'a lot', while 42% said the same of SATs/tests, and 32% worry 'quite a lot' or 'a lot' about family problems.

#### **PROBLEM SOLVING**

- ❑ 80% of pupils responded that they at least 'sometimes' listen to music when they have a problem that worries them. 93% said that they talk to an adult about the problem at least 'sometimes', while 67% said that they keep busy.
- ❑ 69% of pupils responded that they talk to a friend or a brother/sister about the problem at least 'sometimes', while 82% said that they watch TV.

#### **SELF-ESTEEM**

- ❑ 34% of pupils had a med-low self-esteem score (9 or less).
- ❑ 27% of pupils had a high self-esteem score (15 or more).
- ❑ 81% of pupils responded that they feel happy talking to other pupils at school.
- ❑ 82% of pupils responded that they have one or more close friends.
- ❑ 63% of pupils responded that their parents/carers like to hear their ideas.
- ❑ 67% of pupils responded that their teachers listen to them at school.

### **Health & Hygiene**

#### **HAND WASHING**

- ❑ 80% of pupils responded that they 'properly' wash their hands 'whenever possible' after visiting the toilet, while 3% said they 'never or hardly ever' do and 18% do so only 'sometimes'.
- ❑ 59% of pupils responded that they washed their hands before lunch on the day before the survey, while 20% said they are 'not sure' if they did.

#### **DENTAL HEALTH**

- ❑ 2% of pupils responded that they did not clean their teeth at all on the day before the survey.
- ❑ 84% of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 43% of pupils responded that they had a check-up the last time they visited the dentist.
- ❑ 17% of pupils responded that they had fillings the last time they visited the dentist.
- ❑ 2% of pupils responded that they had a brace fitted, checked or removed the last time they visited the dentist; while 8% said that they had a tooth out.

### **Staying Safe**

#### **PEER PRESSURE**

- ❑ 45% of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

- ❑ 20% of pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.
- ❑ 37% of pupils responded that they 'usually or always' know what to say when they want a friend to do something.
- ❑ 18% of pupils responded that they 'hardly ever' or 'never' know what to say when they want a friend to do something.

#### **ACCIDENTS**

- ❑ 25% of pupils responded that they have been treated for an accident by a doctor or at a hospital in the 12 months before the survey.
- ❑ 7% of pupils responded that their most recent accident resulted in a broken bone or fracture, while 6% said that their most recent accident was a cut.

#### **BULLYING**

- ❑ 38% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 10% of pupils responded that they feel afraid of going to school because of bullying 'often' or 'very often'.
- ❑ 23% of pupils responded that they have been bullied at or near school in the last 12 months, while 21% said they are 'not sure' if they have been.
- ❑ 75% of pupils responded that they experienced at least one of the negative behaviours listed at least a 'few times' in the month before the survey, while 34% said they have done so 'often' or 'every day'.
- ❑ 45% of pupils responded that they were called nasty names at least a 'few times' in the month before the survey, while 50% were pushed/hit for no reason.
- ❑ 23% of pupils responded that they experienced negative behaviour in a classroom (at breaktimes) in the month before the survey, while 6% experienced it on the way to or from school.
- ❑ 4% of pupils responded that they think they have been 'picked on' or bullied about their race, colour or religion, while 14% said that it was about the way they look. 47% said they haven't been bullied and 25% said they don't know why they've been picked on.
- ❑ 64% of pupils responded that they think their school takes bullying seriously, while 11% don't think their school takes bullying seriously.
- ❑ 3% of pupils responded that they think others may fear going to school because of them, while 23% said they are 'not sure' if others do.

#### **INTERNET SAFETY**

- ❑ 90% of pupils responded that they have used the internet at home in the last month, while 51% said they have used it at school and 59% have used it on a mobile device, 1% said they've not used the internet in the last month.
- ❑ 57% of pupils responded that they use the internet for schoolwork, while 76% said that they use it for playing games.

- ❑ 28% of Year 6 pupils responded that they have seen images or videos online that were for adults only.
- ❑ 35% of Year 6 pupils responded that they have seen images or videos online that upset them.
- ❑ 42% of Year 6 pupils responded that they use internet social networking sites 'often' or 'very often'.
- ❑ 91% of Year 6 pupils responded that they have been told how to stay safe while using the internet.
- ❑ 62% of Year 6 pupils responded that they get e-safety information from their parents/carers/family, while 83% said that they get information from school.
- ❑ 24% of pupils responded that they have received a chat message that scared them or made them upset.
- ❑ 23% of pupils responded that they have sent a chat message or posted a comment which they later wished they had not written.

### **School & Leisure**

#### **EVERY CHILD MATTERS**

- ❑ 75% of Year 6 pupils responded that in their school, people with different backgrounds are valued.
- ❑ 1% of Year 6 pupils had a low pupil perception score.
- ❑ 74% of Year 6 pupils had a high pupil perception score.

#### **AFTER-SCHOOL ACTIVITIES**

- ❑ 74% of pupils responded that they spent time watching TV or videos (live TV or online) after school on the day before the survey, while 34% spent time playing sport or doing physical activities.
- ❑ 41% of pupils responded that they spent time listening to music after school on the day before the survey, while 33% did homework.

#### **BREAKTIMES**

- ❑ 54% of pupils responded that they 'often' spend time playing running/skipping games/tag during school playtimes, while 76% spend time chatting/talking.
- ❑ 54% of pupils responded that their playtimes and lunchtimes are friendly, while 42% said that they are crowded, and 10% said that they are boring.

#### **VIEWS AND OPINIONS**

- ❑ 35% of pupils responded that their views and opinions are asked for in school, while 17% said they aren't asked for.
- ❑ 52% of pupils responded that their views and opinions are listened to in school, while 12% said they aren't listened to.
- ❑ 38% of pupils responded that they feel their views and opinions are listened to by talking to teachers in school, while 26% feel they are listened to through a school or class council.
- ❑ 18% of pupils responded that their views and opinions make a difference to how their school is run, while 29% said they don't make a difference.

## 2022/2019 Comparisons

	2022		2019	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	870	886	1034	1100
Girls	881	874	1091	1097

2019 data in brackets; see notes on interpreting differences.

### Background

#### ETHNICITY AND LANGUAGE

- ❑ 65% (74%) of pupils described themselves as White British.

#### FAMILY

- ❑ 77% (76%) of pupils responded that they live with their Mum and Dad together.
- ❑ 10% (11%) of pupils responded that they live 'mainly or only' with their Mum, while 1% (1%) said they live 'mainly or only' with their Dad.

#### ARMED FORCES

- ❑ 2% (3%) of pupils responded that they have a parent/carer who is in the British Army, Royal Navy, Royal Air Force or the Reserves, while 11% (10%) said they are 'not sure' if they do and 2% (2%) didn't want to say.

#### FREE SCHOOL MEALS

- ❑ 7% (4%) of pupils responded that they currently have free school meals, while 15% (16%) said they have had them and 1% (1%) could have had them.

#### YOUNG CARERS

- ❑ 8% (7%) of pupils responded that they are a 'young carer', while 9% (8%) said they are 'not sure' if they are.
- ❑ 2% (2%) of pupils responded that their school knows they are a 'young carer'.
- ❑ Of the 296 (336) pupils who said they are a 'young carer', 26% (24%) said their school knows they are.

### Healthy Eating

#### 5-A-DAY

- ❑ 7% (6%) of pupils responded that they didn't have any portions of fruit or vegetables to eat on the day before the survey.
- ❑ 34% (35%) of pupils responded that they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

#### LUNCH

- ❑ 42% (39%) of pupils responded that they had school food for lunch on the day before the survey.
- ❑ 1% (1%) of pupils responded that they did not have any lunch on the day before the survey, while 2% (1%) said they bought lunch from a takeaway or shop.

- ❑ 27% (26%) of pupils responded that the place where they can get school lunch is friendly, while 49% (51%) said it is crowded, and 20% (20%) said it is rushed.

#### COOKING

- ❑ 72% (72%) of pupils responded that they cook or help with cooking at home (or at a friend's or relation's home), while 12% (18%) said that they cook or help with cooking in school lessons.

#### WEIGHT PERCEPTION

- ❑ 4% (4%) of pupils responded that they would like to put on weight.
- ❑ 28% (27%) of pupils responded that they would like to lose weight.
- ❑ 67% (69%) of pupils responded that they are happy with their weight as it is.

#### BREAKFAST

- ❑ 4% (3%) of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey, while 9% (8%) only had a drink and 9% (8%) had a cooked breakfast.
- ❑ 40% (44%) of pupils responded that they had a drink other than tea, hot chocolate, coffee or energy drinks (e.g. water, juice) before lessons on the day of the survey.
- ❑ 26% (27%) of pupils responded that they had toast, bread or bagels before lessons on the day of the survey, while 16% (18%) had fruit.
- ❑ 82% (84%) of pupils responded that they had something to eat or drink before lessons at home on the day of the survey.

#### FOOD & DRINK

- ❑ 69% (68%) of pupils responded that they eat fresh fruit 'on most days', while 31% (25%) said the same of sweets, chocolate, choc bars.
- ❑ 7% (7%) of pupils responded that they 'rarely or never' eat vegetables, while 29% (30%) said the same of fish/fish fingers.
- ❑ 90% (88%) of pupils responded that they drink water 'on most days', while 41% (49%) said the same of milk.
- ❑ 82% (82%) of pupils responded that they 'rarely or never' drink energy drinks (e.g. Red Bull, Relentless, Monster), while 83% (83%) said the same of coffee/cappuccino.

## Physical Activity

### ACTIVE TRAVEL

- ❑ 58% (59%) of pupils responded that they travelled to school by car/van on the day of the survey; while 3% (4%) said that they travelled by bicycle.
- ❑ 4% (4%) of pupils responded that travelled to school by scooter on the day of the survey; while 42% (40%) said that they walked.

### ENJOY EXERCISE

- ❑ 2% (2%) of pupils responded that they don't enjoy physical activities 'at all'.
- ❑ 81% (81%) of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

### HARD EXERCISE

- ❑ 10% (13%) of pupils responded that they didn't get out of breath and/or sweaty while doing physical activity at all in the week before the survey.
- ❑ 25% (24%) of pupils responded that they got out of breath and/or sweaty while doing physical activity on five days or more in the week before the survey.

### PE LESSONS

- ❑ 81% (79%) of pupils responded that they enjoy their PE lessons, while 14% (14%) are 'not sure' if they do.
- ❑ 65% (70%) of pupils responded that they feel they are getting better at PE, while 26% (22%) are 'not sure' if they are.

### SCHOOL SPORTS

- ❑ 56% (56%) of pupils responded that their school has helped them to be more healthy, while 33% (31%) are 'not sure' if it has.
- ❑ 28% (25%) of pupils responded that they don't go to any sports clubs at lunch time or after school each week.
- ❑ 34% (35%) of pupils responded that they go to sports clubs at lunch time or after school at least 3 times each week.
- ❑ 44% (44%) of pupils responded that they don't go to any sports clubs at weekends.
- ❑ 8% (7%) of pupils responded that they go to sports clubs at least 3 times at weekends.
- ❑ 20% (19%) of pupils responded that they don't go to any sports clubs at lunch time, after school or at weekends each week.
- ❑ 49% (50%) of pupils responded that they go to sports clubs at lunch time, after school or at weekends at least 3 times each week.
- ❑ 61% (53%) of pupils responded that they haven't played any games or matches against other schools this year.
- ❑ 18% (20%) of pupils responded that they have played at least 4 matches against other schools this year.
- ❑ 39% (37%) of pupils responded that they haven't played any sports games or matches at their school this year.

- ❑ 38% (34%) of pupils responded that they have played at least 4 matches at their school this year.

## Alcohol, Smoking & Drugs

### ALCOHOL

- ❑ 2% (3%) of Year 6 pupils responded that they had an alcoholic drink (not just a sip) in the 7 days before the survey.
- ❑ 0% (1%) of Year 6 pupils responded that they drank alcohol on more than one day in the 7 days before the survey.
- ❑ 91% (89%) of Year 6 pupils responded that they do not drink alcohol.
- ❑ 7% (9%) of Year 6 pupils responded that they drink alcohol and their parents 'always' know, while 1% (1%) said they 'usually' know.
- ❑ 1% (2%) of Year 6 pupils responded that they drink alcohol and their parents 'never' or only 'sometimes' know.

### SMOKING AT HOME

- ❑ 22% (21%) of Year 6 pupils responded that their parents/carers smoke cigarettes.
- ❑ 4% (5%) of Year 6 pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 5% (6%) of Year 6 pupils responded that someone smokes in a car when they are in it too.

### SMOKING

- ❑ 1% (1%) of Year 6 pupils responded that they have tried smoking in the past or smoke now.
- ❑ 0% (0%) of Year 6 pupils responded that they smoked in the 7 days before the survey.

### DRUGS

- ❑ 70% (56%) of Year 6 pupils responded that their teachers have talked with them in school lessons about illegal drugs, while 42% (42%) said that their parents/carers have talked with them and 17% (21%) said no-one has talked with them about drugs.
- ❑ 74% (61%) of Year 6 pupils responded that teachers, the school nurse or visitors or speakers in school lessons have talked with them about illegal drugs.
- ❑ 11% (11%) of Year 6 pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs.
- ❑ 0% (1%) of Year 6 pupils responded that they have been offered cannabis; while 2% (3%) were 'not sure'.
- ❑ 1% (1%) of Year 6 pupils responded that they have been offered other drugs; while 2% (2%) were 'not sure'.

## Emotional Health & Wellbeing

### GROWING UP

- ❑ 56% (51%) of pupils responded that their teachers have talked with them in school lessons about how their body changes as they grow up, while 66% (62%) said that their parents/carers have talked with them and 15% (16%) said no-one has talked with them.

- ❑ 58% (53%) of pupils responded that teachers, the school nurse or visitors, speakers in school lessons have talked with them about how their body changes as they grow up.
- ❑ 56% (53%) of pupils responded that they feel they know enough about how their body changes as they get older, while 10% (10%) feel they don't know enough.

#### WORRYING

- ❑ 84% (81%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 18% (12%) of boys and 25% (18%) of girls responded that they worry about more than 5 issues listed 'quite a lot' or 'a lot'.
- ❑ 39% (39%) of pupils responded that they worry about crime 'quite a lot' or 'a lot', while 42% (37%) said the same of SATs/tests, and 32% (29%) worry 'quite a lot' or 'a lot' about family problems.

#### PROBLEM SOLVING

- ❑ 80% (79%) of pupils responded that they at least 'sometimes' listen to music when they have a problem that worries them. 93% (92%) said that they talk to an adult about the problem at least 'sometimes', while 67% (60%) said that they keep busy.
- ❑ 69% (68%) of pupils responded that they talk to a friend or a brother/sister about the problem at least 'sometimes', while 82% (79%) said that they watch TV.

#### SELF-ESTEEM

- ❑ 34% (29%) of pupils had a med-low self-esteem score (9 or less).
- ❑ 27% (30%) of pupils had a high self-esteem score (15 or more).
- ❑ 81% (83%) of pupils responded that they feel happy talking to other pupils at school.
- ❑ 82% (81%) of pupils responded that they have one or more close friends.
- ❑ 63% (65%) of pupils responded that their parents/carers like to hear their ideas.
- ❑ 67% (68%) of pupils responded that their teachers listen to them at school.

### Health & Hygiene

#### HAND WASHING

- ❑ 80% (75%) of pupils responded that they 'properly' wash their hands 'whenever possible' after visiting the toilet, while 3% (4%) said they 'never or hardly ever' do and 18% (22%) do so only 'sometimes'.
- ❑ 59% (39%) of pupils responded that they washed their hands before lunch on the day before the survey, while 20% (22%) said they are 'not sure' if they did.

#### DENTAL HEALTH

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

- ❑ 84% (84%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 17% (16%) of pupils responded that they had fillings the last time they visited the dentist.
- ❑ 2% (2%) of pupils responded that they had a brace fitted, checked or removed the last time they visited the dentist; while 8% (8%) said that they had a tooth out.

### Staying Safe

#### PEER PRESSURE

- ❑ 45% (46%) of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.
- ❑ 20% (20%) of pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.
- ❑ 37% (40%) of pupils responded that they 'usually or always' know what to say when they want a friend to do something.
- ❑ 18% (17%) of pupils responded that they 'hardly ever' or 'never' know what to say when they want a friend to do something.

#### ACCIDENTS

- ❑ 25% (33%) of pupils responded that they have been treated for an accident by a doctor or at a hospital in the 12 months before the survey.
- ❑ 7% (7%) of pupils responded that their most recent accident resulted in a broken bone or fracture (just 'broken bone' in 2019), while 6% (6%) said that their most recent accident was a cut.

#### BULLYING

- ❑ 38% (38%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 10% (9%) of pupils responded that they feel afraid of going to school because of bullying 'often' or 'very often'.
- ❑ 23% (24%) of pupils responded that they have been bullied at or near school in the last 12 months, while 21% (20%) said they are 'not sure' if they have been.
- ❑ 75% (75%) of pupils responded that they experienced at least one of the negative behaviours listed at least a 'few times' in the month before the survey, while 34% (30%) said they have done so 'often' or 'every day'.
- ❑ 45% (45%) of pupils responded that they were called nasty names at least a 'few times' in the month before the survey, while 50% (48%) were pushed/hit for no reason.
- ❑ 23% (24%) of pupils responded that they experienced negative behaviour in a classroom (at breaktimes) in the month before the survey, while 6% (6%) experienced it on the way to or from school.
- ❑ 4% (4%) of pupils responded that they think they have been 'picked on' or bullied about their race, colour or religion, while 14% (13%) said that it was about the way

they look. 47% (45%) said they haven't been bullied and 25% (30%) said they don't know why they've been picked on.

- ❑ 64% (66%) of pupils responded that they think their school takes bullying seriously, while 11% (11%) don't think their school takes bullying seriously.
- ❑ 3% (3%) of pupils responded that they think others may fear going to school because of them, while 23% (20%) said they are 'not sure' if others do.

#### **INTERNET SAFETY**

- ❑ 90% (88%) of pupils responded that they have used the internet at home in the last month, while 51% (52%) said they have used it at school and 59% (57%) have used it on a mobile device, 1% (2%) said they've not used the internet in the last month.
- ❑ 57% (59%) of pupils responded that they use the internet for schoolwork, while 76% (72%) said that they use it for playing games.
- ❑ 28% (30%) of Year 6 pupils responded that they have seen images or videos online that were for adults only.
- ❑ 35% (32%) of Year 6 pupils responded that they have seen images or videos online that upset them.
- ❑ 42% (29%) of Year 6 pupils responded that they use internet social networking sites 'often' or 'very often'.
- ❑ 91% (94%) of Year 6 pupils responded that they have been told how to stay safe while using the internet.
- ❑ 62% (69%) of Year 6 pupils responded that they get e-safety information from their parents/carers/family, while 83% (89%) said that they get information from school.
- ❑ 24% (20%) of pupils responded that they have received a chat message that scared them or made them upset.
- ❑ 23% (18%) of pupils responded that they have sent a chat message or posted a comment which they later wished they had not written.

## **School & Leisure**

#### **EVERY CHILD MATTERS**

- ❑ 75% (73%) of Year 6 pupils responded that in their school, people with different backgrounds are valued.
- ❑ 1% (1%) of Year 6 pupils had a low pupil perception score.
- ❑ 74% (74%) of Year 6 pupils had a high pupil perception score.

#### **AFTER-SCHOOL ACTIVITIES**

- ❑ 74% (56%) of pupils responded that they spent time watching TV or videos (live TV or online) after school on the day before the survey, while 34% (37%) spent time playing sport or doing physical activities.
- ❑ 41% (39%) of pupils responded that they spent time listening to music after school on the day before the survey, while 33% (39%) did homework.

#### **BREAKTIMES**

- ❑ 54% (56%) of pupils responded that they 'often' spend time playing running/skipping games/tag during school playtimes, while 76% (75%) spend time chatting/talking.
- ❑ 54% (56%) of pupils responded that their playtimes and lunchtimes are friendly, while 42% (40%) said that they are crowded, and 10% (10%) said that they are boring.

#### **VIEWS AND OPINIONS**

- ❑ 35% (34%) of pupils responded that their views and opinions are asked for in school, while 17% (18%) said they aren't asked for.
- ❑ 52% (53%) of pupils responded that their views and opinions are listened to in school, while 12% (12%) said they aren't listened to.
- ❑ 38% (37%) of pupils responded that they feel their views and opinions are listened to by talking to teachers in school, while 26% (28%) feel they are listened to through a school or class council.
- ❑ 18% (19%) of pupils responded that their views and opinions make a difference to how their school is run, while 29% (29%) said they don't make a difference.

## Top differences between 2022 and 2019 data

<p><b>Key:</b></p> <ul style="list-style-type: none"> <li> - 2022 significantly better than 2019</li> <li> - Not significantly different</li> <li> - 2022 significantly worse than 2019</li> </ul>	<p><b>Interpretation</b></p> <p>In the chart below a coloured circle represents Surrey Primary's result for 2022, while the black line represents the result for 2019. The distance between the circle and the black line indicates the size of the difference between the percentages – the greater the gap, the larger the difference.</p> <p>The colour of the circle reflects whether a difference is statistically significant and if the difference is positive (green), negative (red) or if it is not statistically significant (blue).</p>
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### Most positive differences between 2022 and 2019:

	2022	2019	
Year 6 pupils who said teachers, the school nurse or visitors or speakers in school lessons have talked with them about illegal drugs.	74%	61%	
Pupils who have been treated for an accident by a doctor or at a hospital in the 12 months before the survey.	25%	33%	
Pupils who said they 'properly' wash their hands 'whenever possible' after visiting the toilet.	80%	75%	
Pupils who said teachers, the school nurse or visitors, speakers in school lessons have talked with them about how their body changes as they grow up.	58%	53%	
Pupils who feel they know enough about how their body changes as they get older.	56%	53%	
Pupils who drink water 'on most days'.	90%	88%	
Year 6 pupils who had an alcoholic drink (not just a sip) in the 7 days before the survey.	2%	3%	
Pupils who enjoy their PE lessons.	81%	79%	
Year 6 pupils who said someone smokes indoors at home in rooms that they use.	4%	5%	
Year 6 pupils who have tried smoking in the past or smoke now.	1%	1%	

### Least positive differences between 2022 and 2019:

	2022	2019	
Pupils who worry about more than 5 issues listed 'quite a lot' or 'a lot'.	22%	15%	
Pupils who have received a chat message that scared them or made them upset.	24%	20%	
Year 6 pupils who have been told how to stay safe while using the internet.	91%	94%	
Pupils who worry about at least one of the issues listed 'quite a lot' or 'a lot'.	84%	81%	
Pupils who had a high self-esteem score (15 or more).	27%	30%	
Pupils who think their school takes bullying seriously.	64%	66%	
Pupils who didn't have anything to eat or drink before lessons on the day of the survey.	4%	3%	
Year 6 pupils who have seen images or videos online that upset them.	35%	32%	
Pupils who go to sports clubs at lunch time, after school or at weekends at least 3 times each week.	49%	50%	
Pupils who had at least 5 portions of fruit and vegetables to eat on the day before the survey.	34%	35%	

## Background

### Ethnicity and language

65% of pupils described themselves as White British.

80% of pupils said they speak English most of the time at home, while 3% said they speak another language or languages most of the time and 17% speak both English and another language.

**Q2.** Percentage describing themselves as White British.

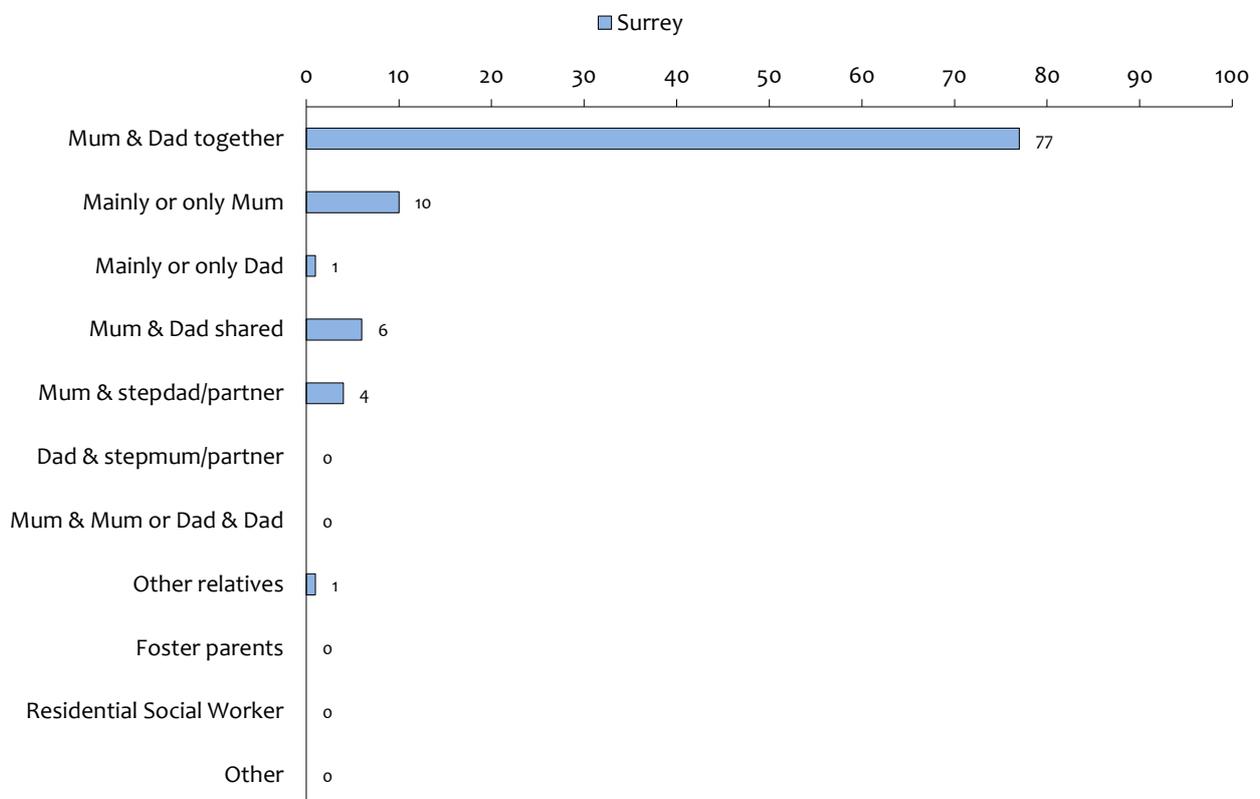
	Surrey	
	Yr 4	Yr 6
Boys	65	69
Girls	63	65

**Q3.** Percentage answering that they speak English most of the time at home.

	Surrey	
	Yr 4	Yr 6
Boys	78	83
Girls	76	81

### Family

**Q4.** Which adults do you live with?



77% of pupils responded that they live with their Mum and Dad together.

10% of pupils responded that they live 'mainly or only' with their Mum, while 1% said they live 'mainly or only' with their Dad.

**Q4.** Percentage answering that they live with their Mum and Dad together.

	Surrey	
	Yr 4	Yr 6
Boys	82	74
Girls	80	74

**Q4.** Percentage answering that they live 'mainly or only' with their Mum.

	Surrey	
	Yr 4	Yr 6
Boys	9	12
Girls	8	11

## Armed forces

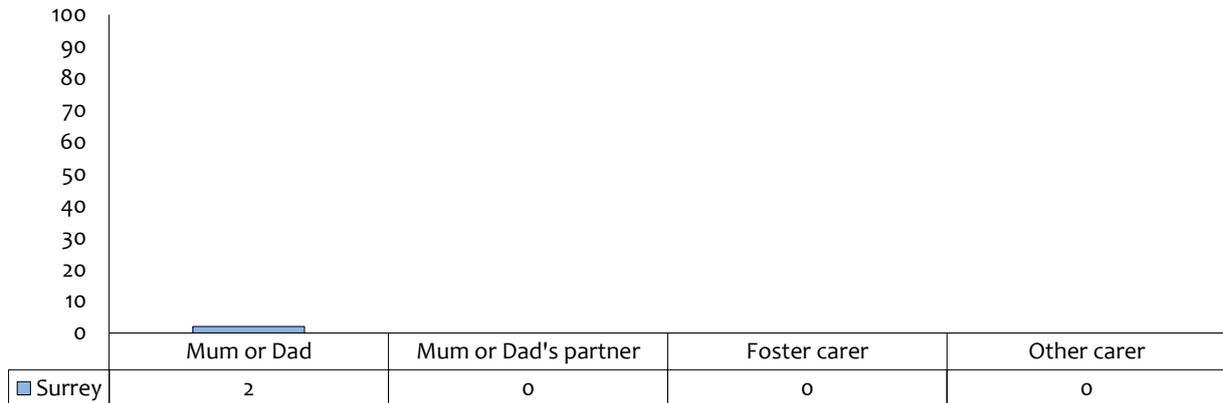
2% of pupils responded that they have a parent/carer who is in the British Army, Royal Navy, Royal Air Force or the Reserves, while 11% said they are 'not sure' if they do and 2% didn't want to say.

**Q5a.** Percentage answering that they have a parent/carer who is in the armed forces.

	Surrey	
	Yr 4	Yr 6
Boys	4	2
Girls	1	2

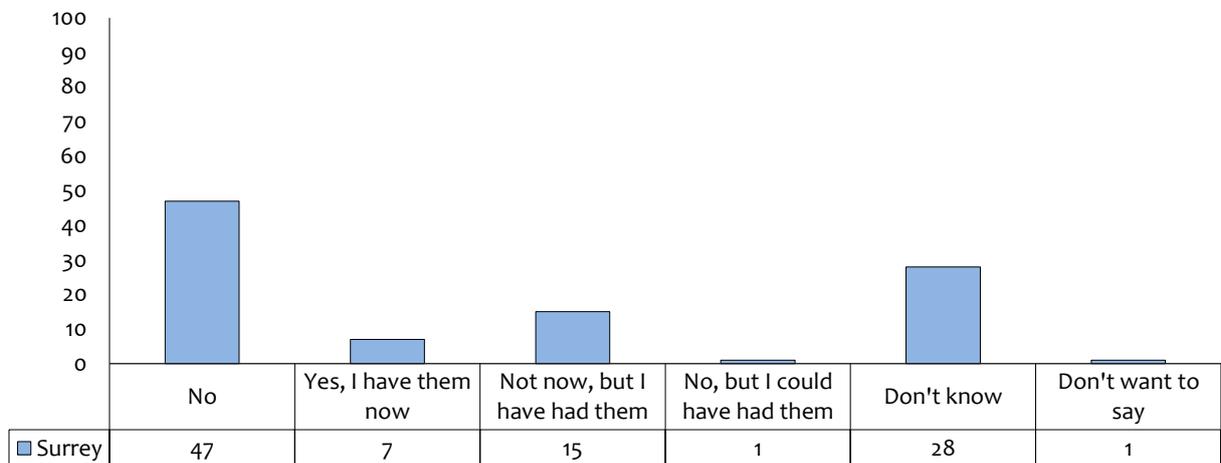
**Q5b.** Who is it?

### Surrey



## Free school meals

**Q6.** Have you ever had free school meals, or vouchers for free meals?



7% of pupils responded that they currently have free school meals, while 15% said they have had them and 1% could have had them.

**Q6.** Percentage answering that they currently have free school meals.

	Surrey	
	Yr 4	Yr 6
Boys	7	6
Girls	7	8

## Young carers

8% of pupils responded that they are a 'young carer', while 9% said they are 'not sure' if they are.

2% of pupils responded that their school knows they are a 'young carer'.

Of the 296 pupils who said they are a 'young carer', 26% said their school knows they are.

**Q7a.** Percentage answering that they are a 'young carer'.

	Surrey	
	Yr 4	Yr 6
Boys	8	7
Girls	8	8

**Q7c.** Percentage answering that their school knows they are a 'young carer'.

	Surrey	
	Yr 4	Yr 6
Boys	2	2
Girls	2	3

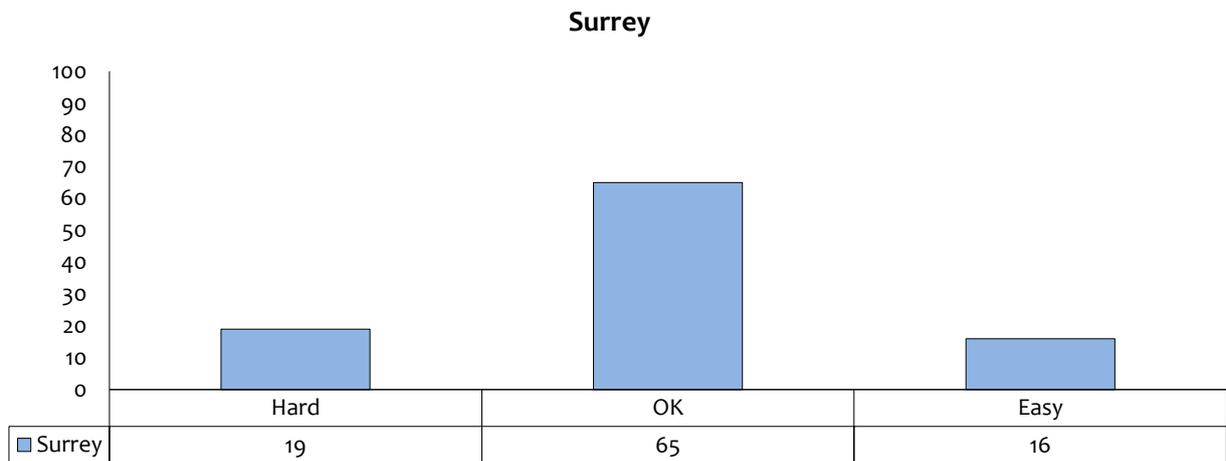
## COVID-19

90% of pupils said they did school work at home (home learning) during COVID-19 and lockdown if they were not at school.

**Q9.** Percentage answering that they did school work at home during COVID-19 and lockdown if they were not at school.

Surrey		
	Yr 4	Yr 6
Boys	87	92
Girls	90	94

**Q10.** If YES [to Q9], how easy did you find doing school work at home?  
% of pupils who did school work at home



17% of pupils said they did school work at home during COVID-19 and lockdown and found it 'hard'; this is 19% of pupils who did school work at home saying it was 'hard'.

**Q10.** Percentage answering that they did school work at home during COVID-19 and lockdown and found it 'hard'.

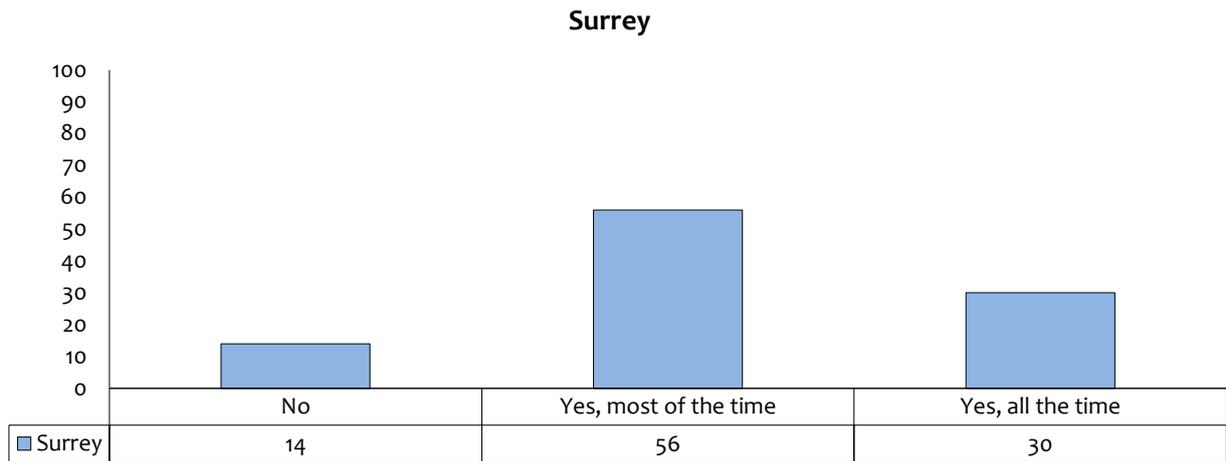
Surrey		
	Yr 4	Yr 6
Boys	15	18
Girls	17	18

14% of pupils said they did school work at home during COVID-19 and lockdown and found it 'easy'; this is 16% of pupils who did school work at home saying it was 'easy'.

**Q10.** Percentage answering that they did school work at home during COVID-19 and lockdown and found it 'easy'.

Surrey		
	Yr 4	Yr 6
Boys	17	19
Girls	9	13

**Q11.** Could you find and use the files your school provided for you to work at home?  
% of pupils who did school work at home



12% of pupils said they did school work at home during COVID-19 and lockdown and couldn't find and use the files their school provided for them to work at home; this is 14% of pupils who did school work at home.

**Q11.** Percentage answering that they did school work at home during COVID-19 and lockdown and couldn't find and use the files their school provided for them to work at home.

	Surrey	
	Yr 4	Yr 6
Boys	17	12
Girls	11	8

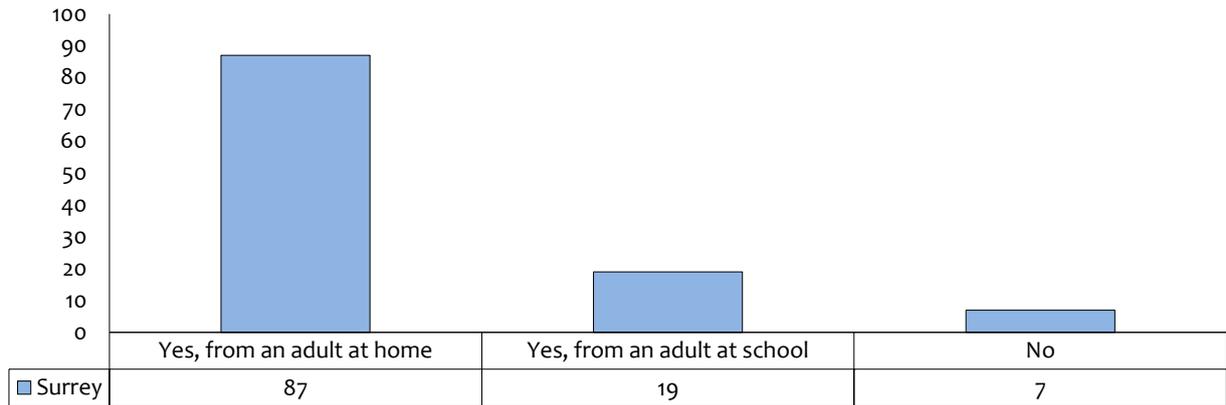
27% of pupils said they did school work at home during COVID-19 and lockdown and could always find and use the files their school provided for them to work at home; this is 30% of pupils who did school work at home.

**Q11.** Percentage answering that they did school work at home during COVID-19 and lockdown and could always find and use the files their school provided for them to work at home.

	Surrey	
	Yr 4	Yr 6
Boys	28	28
Girls	28	27

**Q12. Could you get help easily enough for learning at home if you got stuck?**  
 % of pupils who did school work at home

**Surrey**



79% of pupils said they did school work at home during COVID-19 and lockdown and could get help easily enough from an adult at home if they got stuck; this is 87% of pupils who did school work at home.

**Q12.** Percentage answering that they did school work at home during COVID-19 and lockdown and could get help easily enough from an adult at home if they got stuck.

Surrey		
	Yr 4	Yr 6
Boys	76	81
Girls	80	80

17% of pupils said they did school work at home during COVID-19 and lockdown and could get help easily enough from an adult at school if they got stuck; this is 19% of pupils who did school work at home.

**Q12.** Percentage answering that they did school work at home during COVID-19 and lockdown and could get help easily enough from an adult at school if they got stuck.

Surrey		
	Yr 4	Yr 6
Boys	14	15
Girls	16	23

7% of pupils said they did school work at home during COVID-19 and lockdown and couldn't get help easily enough if they got stuck; this is 7% of pupils who did school work at home.

**Q12.** Percentage answering that they did school work at home during COVID-19 and lockdown and couldn't get help easily enough if they got stuck.

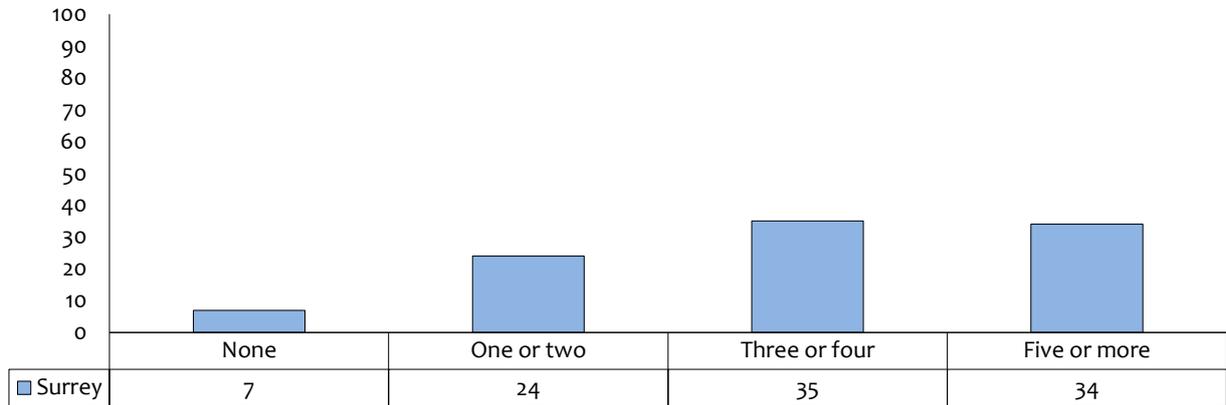
Surrey		
	Yr 4	Yr 6
Boys	6	7
Girls	5	8

# Healthy Eating

## 5-a-day

**Q13.** How many portions of fruit and vegetables did you eat yesterday?

### Surrey



7% of pupils responded that they didn't have any portions of fruit or vegetables to eat on the day before the survey.

**Q13.** Percentage answering that they didn't have any portions of fruit or vegetables on the day before the survey.

	Surrey	
	Yr 4	Yr 6
Boys	10	7
Girls	4	6

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

**Q13.** Percentage answering that they had at least 5 portions of fruit and vegetables on the day before the survey.

	Surrey	
	Yr 4	Yr 6
Boys	39	34
Girls	35	30

## Lunch

**Q14.** What did you do for lunch yesterday?

### Surrey



42% of pupils responded that they had school food for lunch on the day before the survey.

**Q14.** Percentage answering that they had school food for lunch on the day before the survey.

#### Surrey

	Yr 4	Yr 6
Boys	46	36
Girls	44	39

1% of pupils responded that they did not have any lunch on the day before the survey, while 2% said they bought lunch from a takeaway or shop.

**Q14.** Percentage answering that they did not have any lunch on the day before the survey.

#### Surrey

	Yr 4	Yr 6
Boys	0	1
Girls	1	1

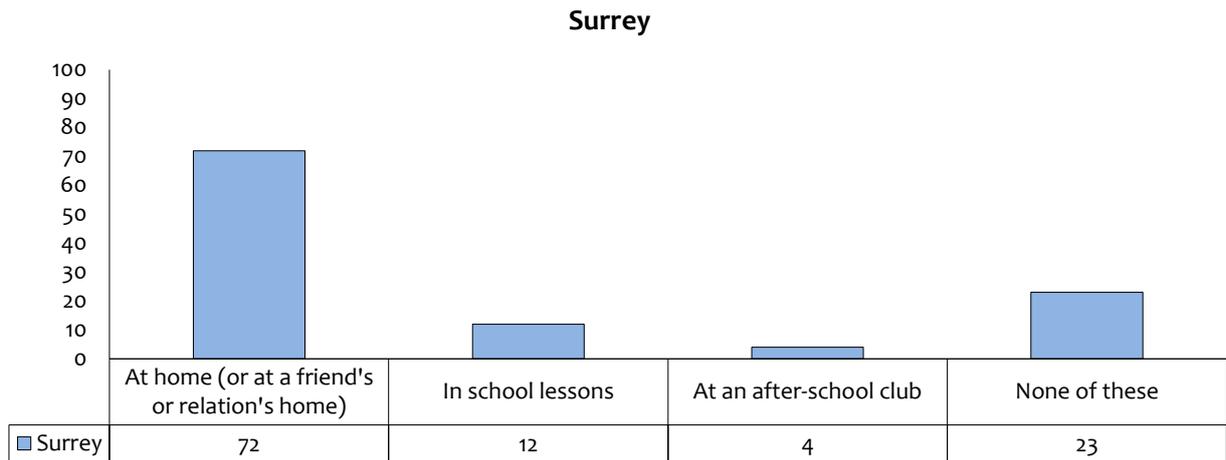
27% of pupils responded that the place where they can get school lunch is friendly, while 49% said it is crowded, and 20% said it is rushed.

**Q15.** Percentage of pupils responding that they would describe the place where they can get school lunch as the following (top 5):

Boys			Girls		
1	Crowded	47	1	Crowded	51
2	Busy	38	2	Busy	45
3	Happy	33	3	Happy	31
4	Friendly	25	4	Friendly	30
5	Safe	24	5	Safe	24

## Cooking

**Q16.** Percentage of pupils responding that they cook or help with cooking at the following places:



72% of pupils responded that they cook or help with cooking at home (or at a friend's or relation's home), while 12% said that they cook or help with cooking in school lessons.

**Q16.** Percentage answering that they cook or help with cooking at home.

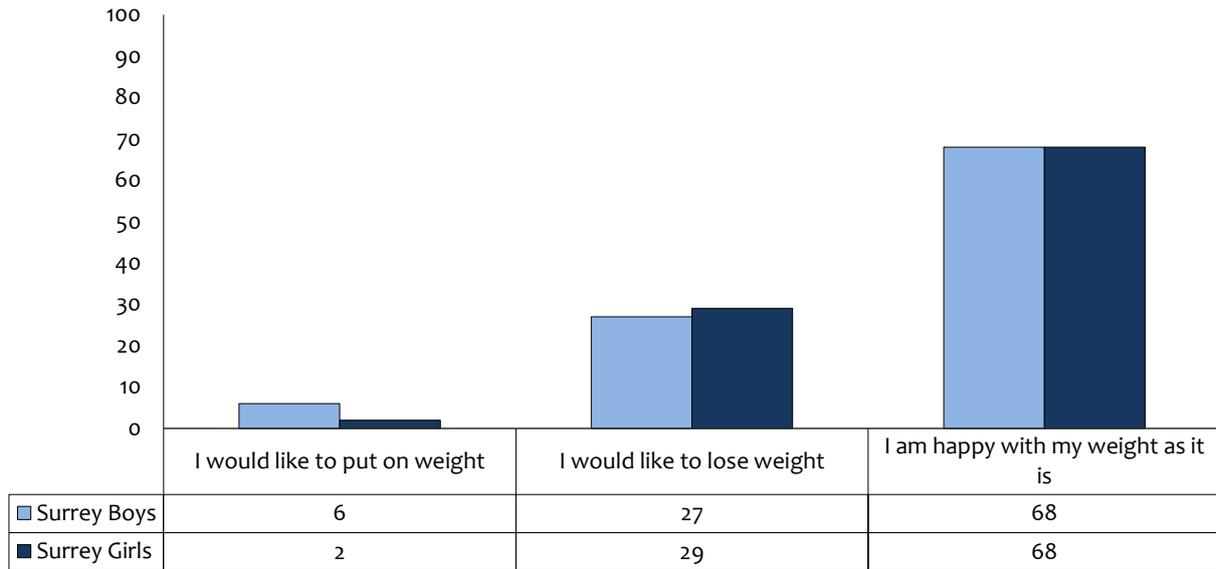
	Surrey	
	Yr 4	Yr 6
Boys	62	66
Girls	80	82

**Q16.** Percentage of pupils responding that they cook or help with cooking at the following places :

Boys			Girls		
1	At home	64	1	At home	81
2	In school lessons	11	2	In school lessons	12
3	At an after-school club	3	3	At an after-school club	5

## Weight perception

Q17. Weight: Which statement describes you best?



4% of pupils responded that they would like to put on weight.

Q17. Percentage answering that they would like to put on weight.

	Surrey	
	Yr 4	Yr 6
Boys	8	4
Girls	1	4

28% of pupils responded that they would like to lose weight.

Q17. Percentage answering that they would like to lose weight.

	Surrey	
	Yr 4	Yr 6
Boys	24	29
Girls	23	35

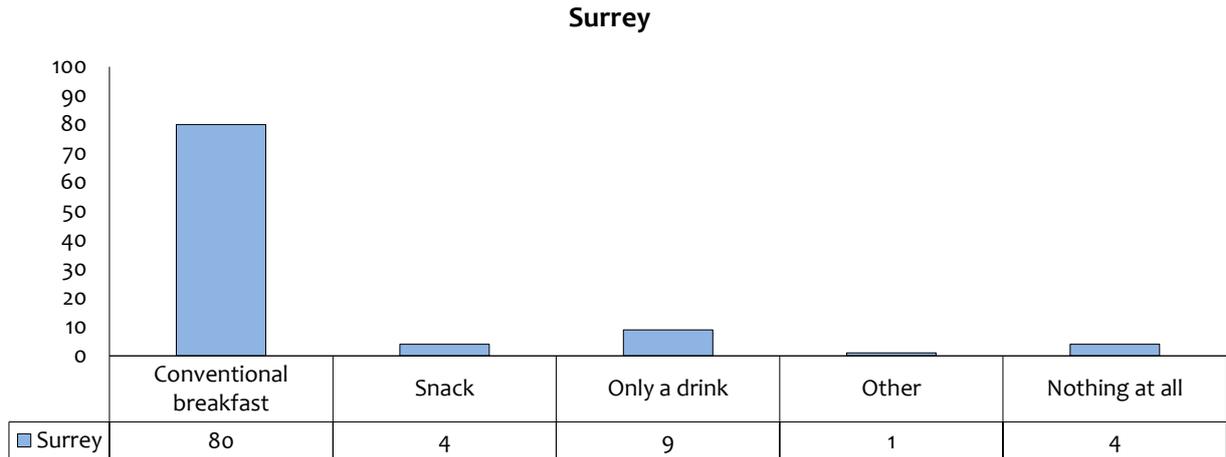
67% of pupils responded that they are happy with their weight as it is.

Q17. Percentage answering that they are happy with their weight as it is.

	Surrey	
	Yr 4	Yr 6
Boys	68	67
Girls	76	61

## Breakfast

**Q19.** 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; porridge/Ready brek; toast, bread or bagels; cooked breakfast; fruit; yoghurt or a breakfast bars. Only snacks means: chocolate bar or sweets; biscuits, cakes or croissants or crisp-type snack but not conventional breakfast.

4% of pupils responded that they didn’t have anything to eat or drink before lessons on the day of the survey, while 9% only had a drink and 9% had a cooked breakfast.

**Q19.** Percentage answering that they had nothing to eat or drink before lessons on the day of the survey.

	Surrey	
	Yr 4	Yr 6
Boys	3	4
Girls	2	4

40% of pupils responded that they had a drink other than tea, hot chocolate, coffee or energy drinks (e.g. water, juice) before lessons on the day of the survey.

**Q19.** Percentage of pupils responding that they had the following to drink before lessons on the day of the survey :

Boys			Girls		
1	Other drink	37	1	Other drink	43
2	Tea/ice tea	6	2	Tea/ice tea	6
3	Hot chocolate	5	3	Hot chocolate	4
4	Energy drink (e.g. Red Bull)	2	4	Coffee/cappuccino	2
5	Coffee/cappuccino	2	5	Energy drink (e.g. Red Bull)	1

26% of pupils responded that they had toast, bread or bagels before lessons on the day of the survey, while 16% had fruit.

**Q19.** Percentage of pupils responding that they had the following to eat before lessons on the day of the survey :

Boys			Girls		
1	Other cereals	34	1	Other cereals	33
2	Toast, bread or bagels	26	2	Toast, bread or bagels	26
3	Fruit	15	3	Fruit	17
4	Cooked breakfast	9	4	Cooked breakfast	10
5	Sugar-coated cereals	7	5	Biscuits/cakes/croissants	7
6	Porridge/Ready Brek	6	6	Yoghurt	6
7	Biscuits/cakes/croissants	5	7	Porridge/Ready Brek	5
8	Breakfast bars	5	8	Sugar-coated cereals	5
9	Yoghurt	4	9	Breakfast bars	5
10	Chocolate bar, sweets	2	10	Something else	2
11	Something else	2	11	Chocolate bar, sweets	1
12	Crisp-type snack	1	12	Crisp-type snack	0

82% of pupils responded that they had something to eat or drink before lessons at home on the day of the survey.

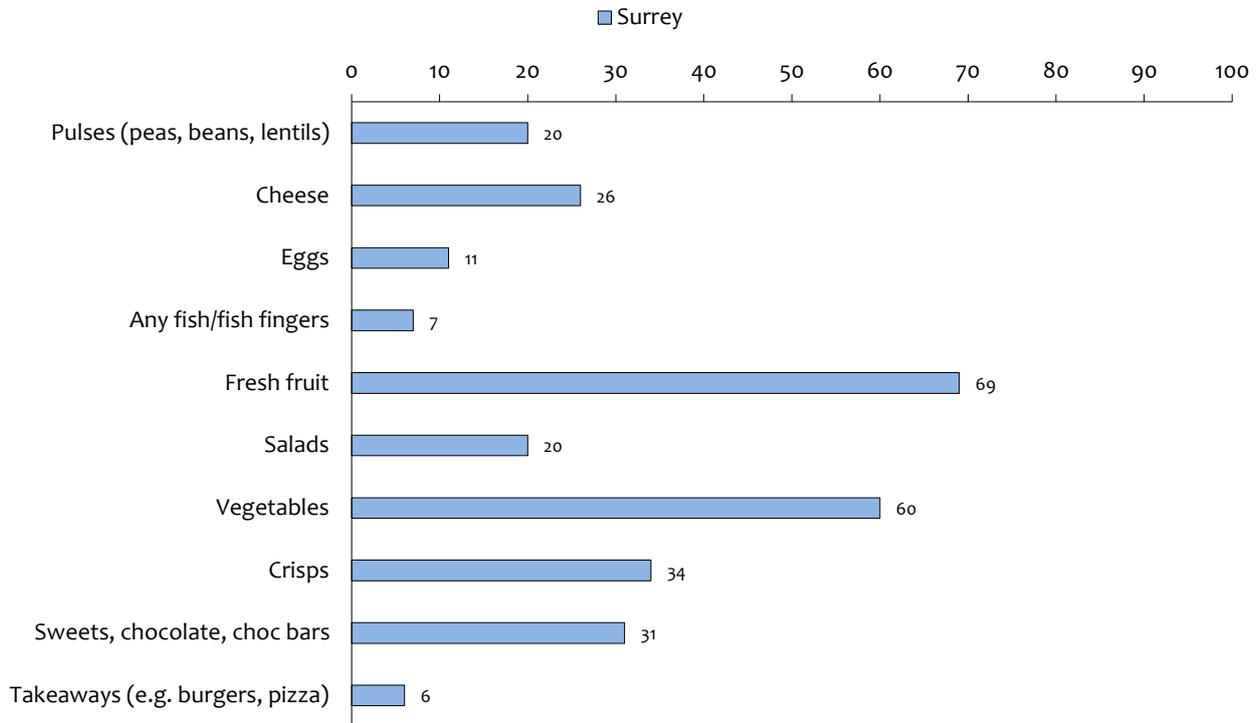
**Q18.** Percentage of pupils responding that they had something to eat or drink at the following before lessons on the day of the survey:

Boys			Girls		
1	At home	83	1	At home	82
2	At school	13	2	At school	17
3	On the way to school	7	3	On the way to school	8

## Food & drink

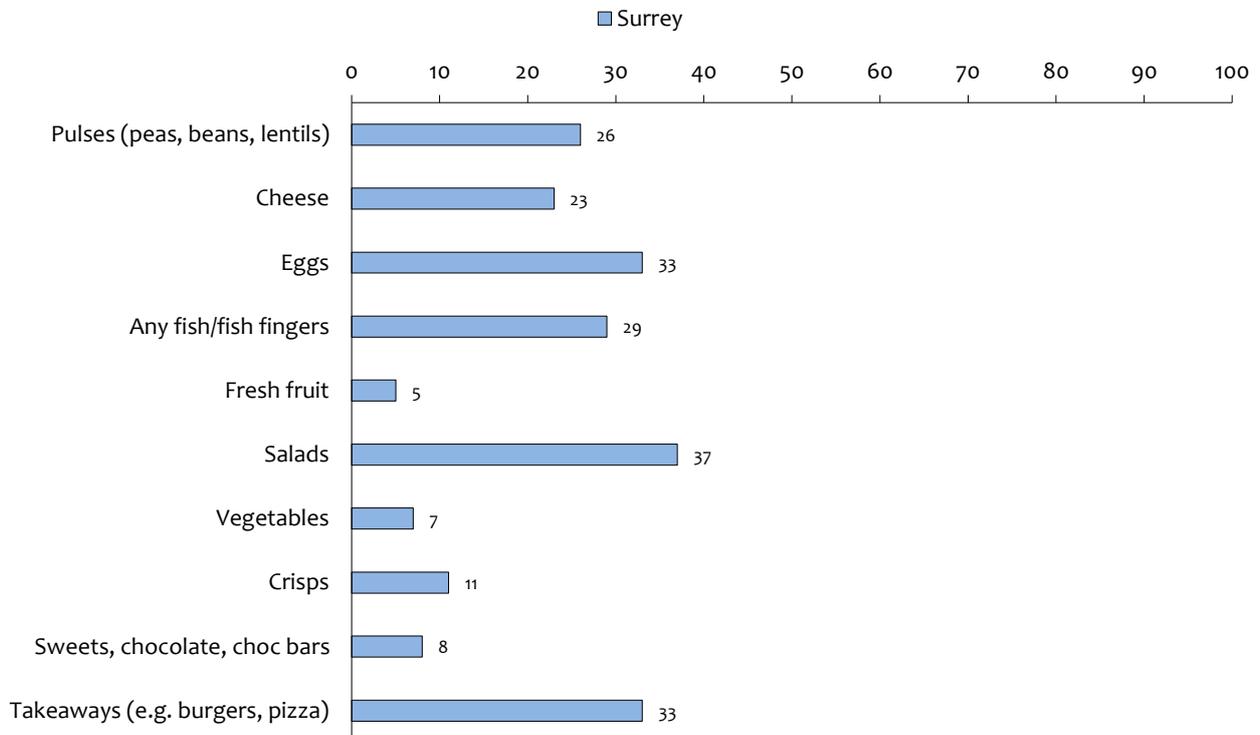
69% of pupils responded that they eat fresh fruit 'on most days', while 31% said the same of sweets, chocolate, choc bars.

Q20. Percentage of pupils responding that they eat the following 'on most days':



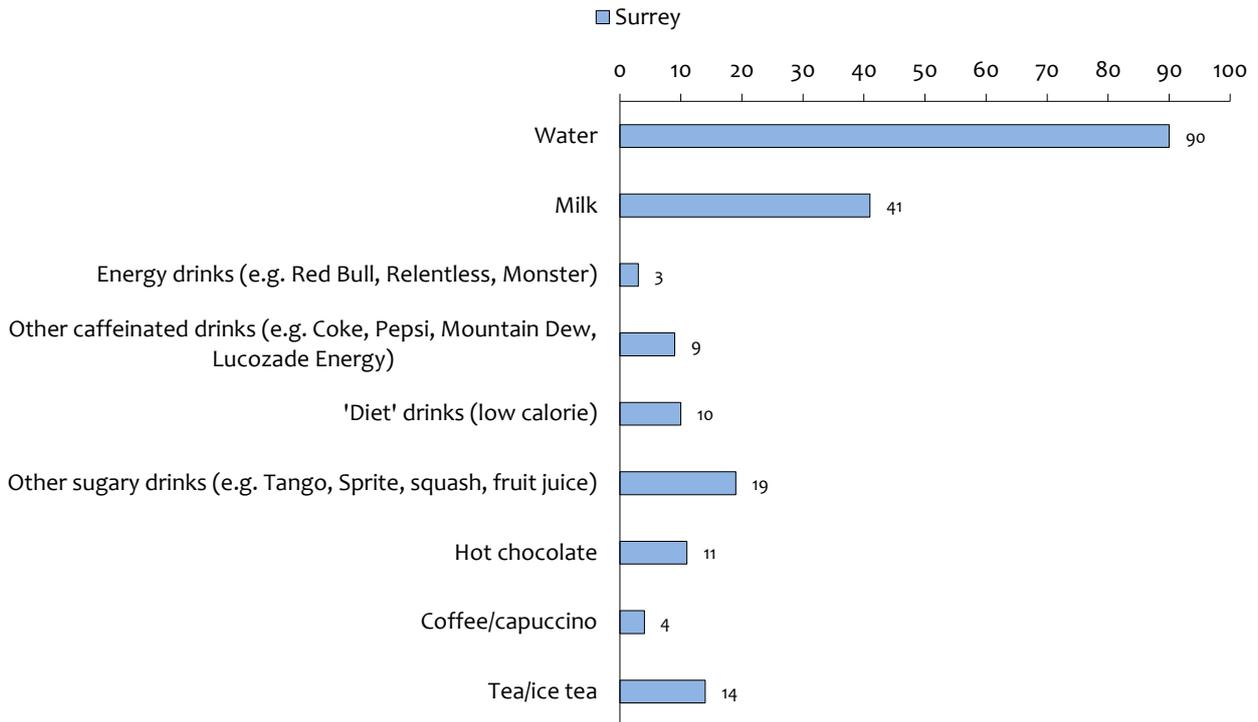
7% of pupils responded that they 'rarely or never' eat vegetables, while 29% said the same of fish/fish fingers.

Q20. Percentage of pupils responding that they 'rarely or never' eat the following:



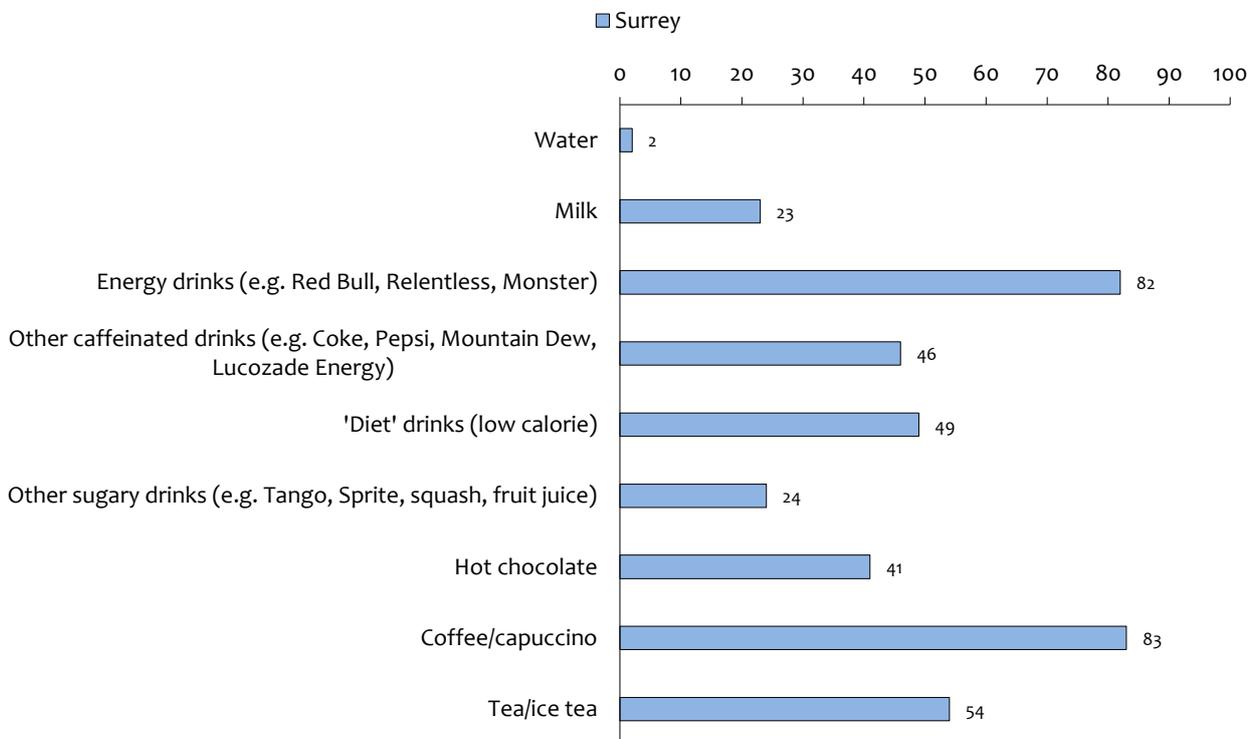
90% of pupils responded that they drink water 'on most days', while 41% said the same of milk.

**Q21.** Percentage of pupils responding that they drink the following 'on most days':



82% of pupils responded that they 'rarely or never' drink energy drinks (e.g. Red Bull, Relentless, Monster), while 83% said the same of coffee/cappuccino.

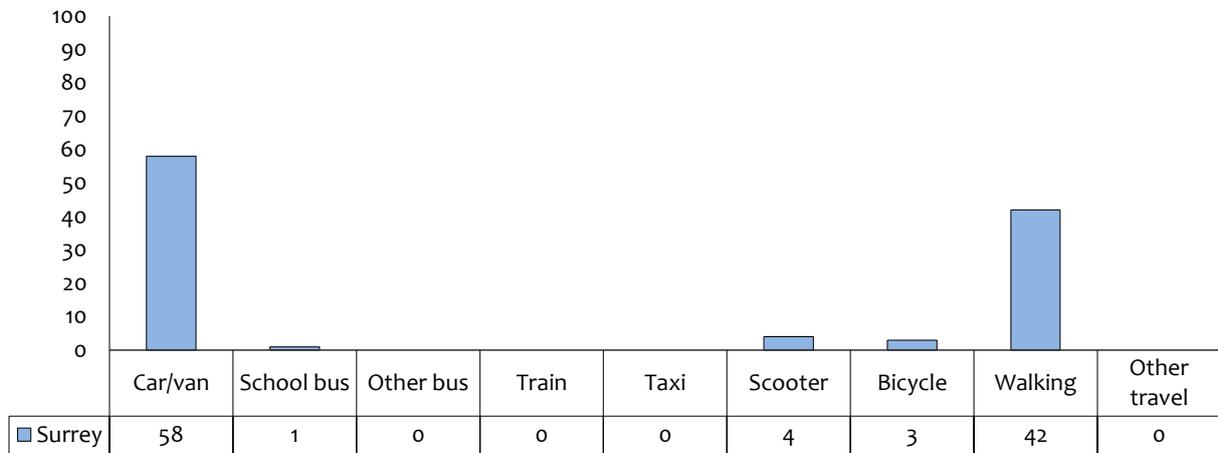
**Q21.** Percentage of pupils responding that they 'rarely or never' drink the following:



# Physical Activity

## Active travel

Q8. How did you travel to school today?



58% of pupils responded that they travelled to school by car/van on the day of the survey; while 3% said that they travelled by bicycle.

Q8. Percentage answering that they travelled to school by car/van on the day of the survey.

	Surrey	
	Yr 4	Yr 6
Boys	60	54
Girls	60	57

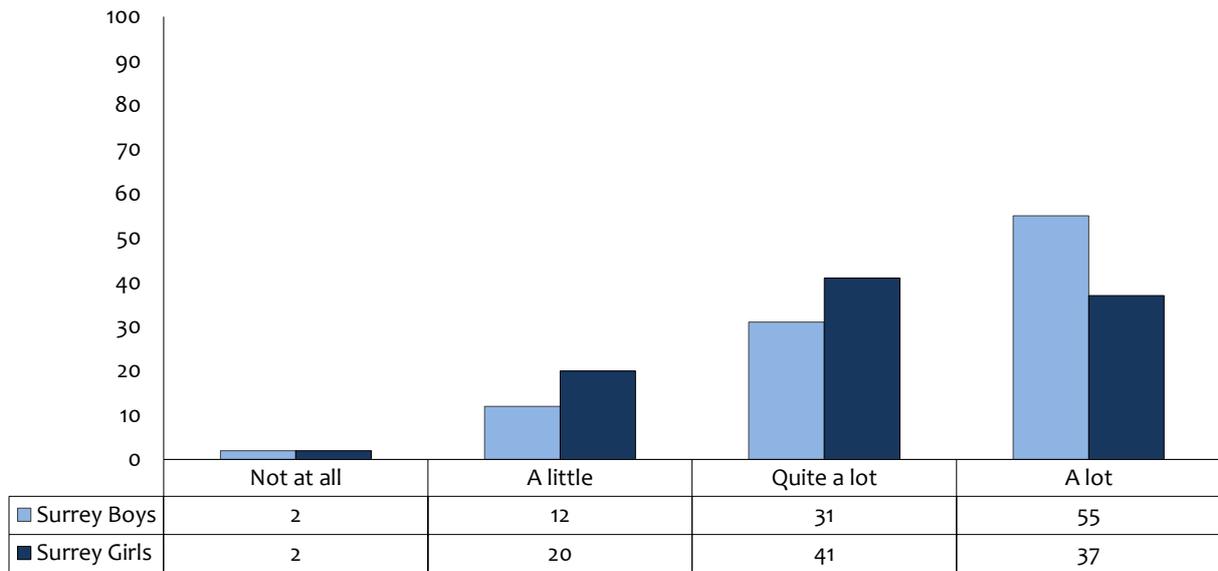
4% of pupils responded that travelled to school by scooter on the day of the survey; while 42% said that they walked.

Q8. Percentage answering that they walked to school on the day of the survey.

	Surrey	
	Yr 4	Yr 6
Boys	39	44
Girls	41	44

## Enjoy exercise

Q22. How much do you enjoy physical activities?



2% of pupils responded that they don't enjoy physical activities 'at all'.

Q22. Percentage answering that they don't enjoy physical activities 'at all'.

	Surrey	
	Yr 4	Yr 6
Boys	2	1
Girls	2	2

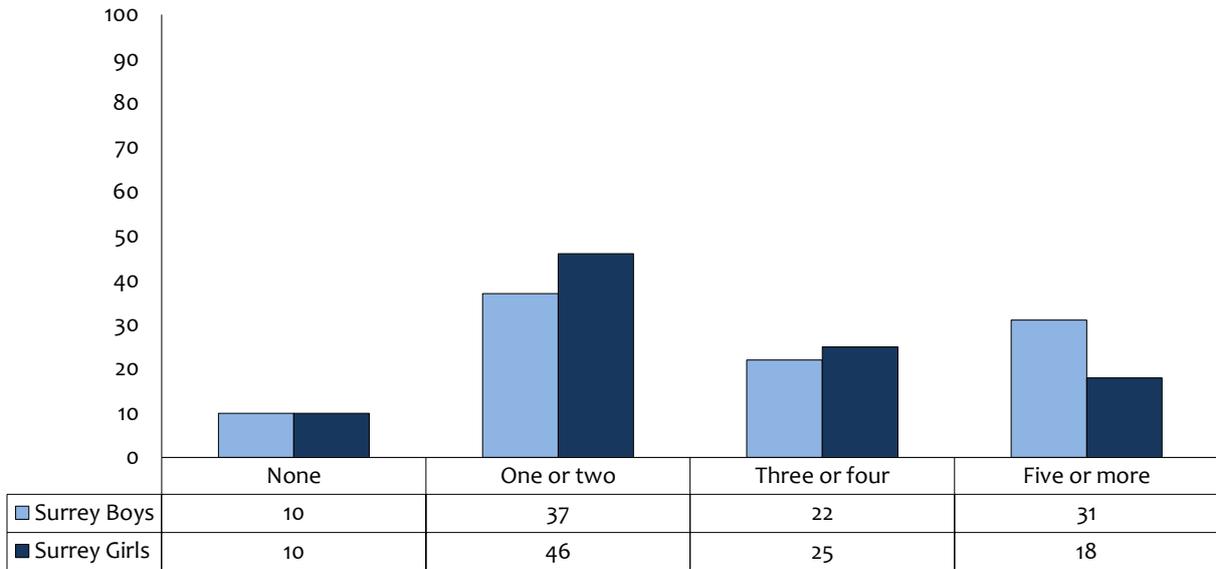
81% of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

Q22. Percentage answering that they enjoy physical activities 'quite a lot' or 'a lot'.

	Surrey	
	Yr 4	Yr 6
Boys	86	86
Girls	79	77

## Hard exercise

**Q23.** On how many days did you get out of breath and/or sweaty while doing physical activity, in the last 7 days?



10% of pupils responded that they didn't get out of breath and/or sweaty while doing physical activity at all in the week before the survey.

**Q23.** Percentage answering that they didn't get out of breath and/or sweaty while doing physical activity at all in the week before the survey.

	Surrey	
	Yr 4	Yr 6
Boys	11	10
Girls	10	10

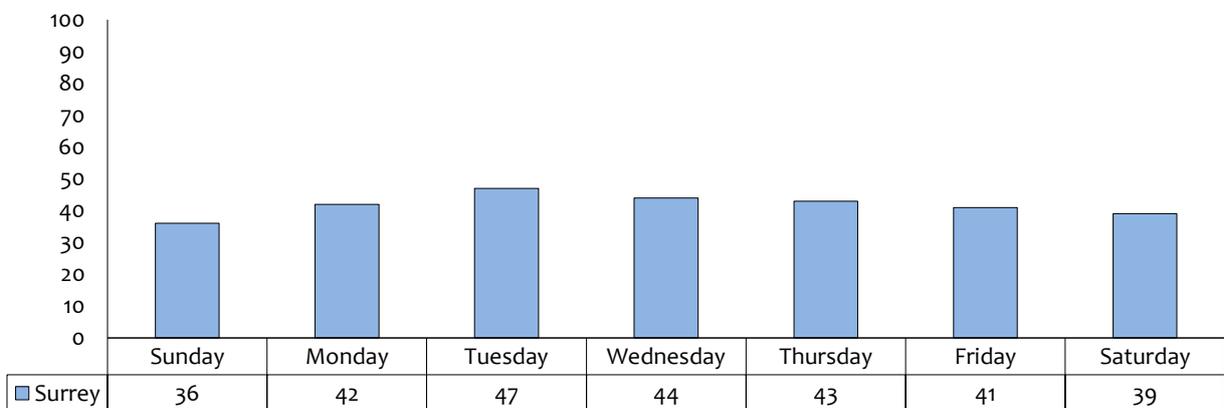
25% of pupils responded that they got out of breath and/or sweaty while doing physical activity on five days or more in the week before the survey.

**Q23.** Percentage answering that they got out of breath and/or sweaty while doing physical activity on five days or more in the week before the survey.

	Surrey	
	Yr 4	Yr 6
Boys	31	31
Girls	17	20

**Q23.** On which days did you get out of breath and/or sweaty while doing physical activity, in the last 7 days?

### Surrey



## PE lessons

81% of pupils responded that they enjoy their PE lessons, while 14% are 'not sure' if they do.

**Q24a.** Percentage answering that they enjoy their PE lessons.

Surrey		
	Yr 4	Yr 6
Boys	87	86
Girls	80	74

65% of pupils responded that they feel they are getting better at PE, while 26% are 'not sure' if they are.

**Q24b.** Percentage answering that they feel they are getting better at PE.

Surrey		
	Yr 4	Yr 6
Boys	73	72
Girls	64	56

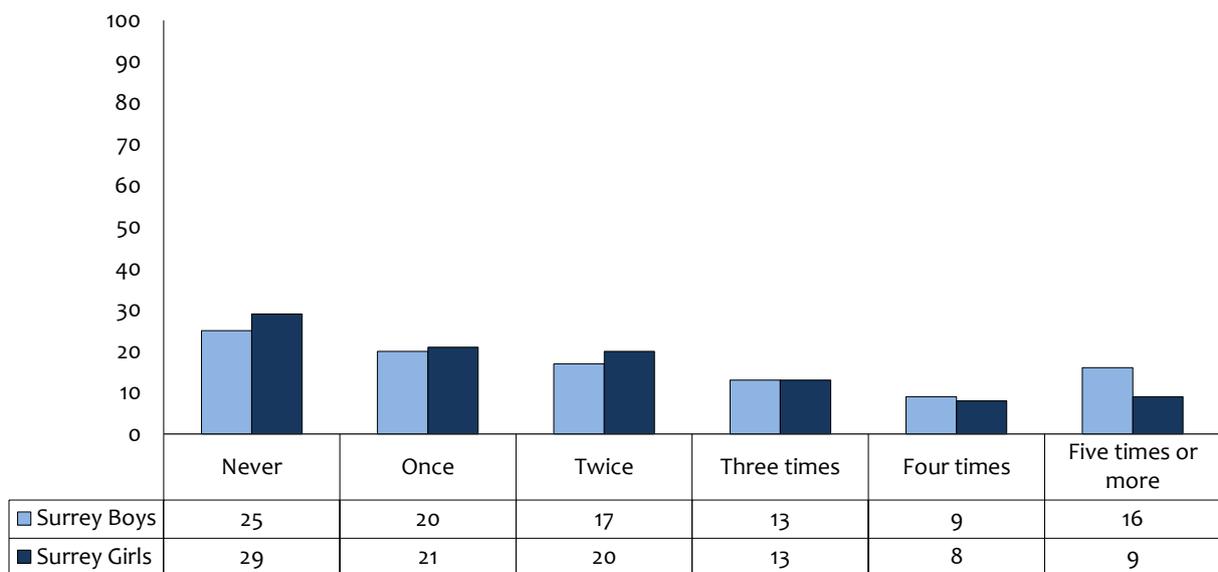
## School sports

56% of pupils responded that their school has helped them to be more healthy, while 33% are 'not sure' if it has.

**Q24c.** Percentage answering that their school has helped them to be more healthy.

Surrey		
	Yr 4	Yr 6
Boys	62	51
Girls	66	47

**Q25a.** How many times on weekdays each week do you go to sports clubs at lunchtime or after school?



28% of pupils responded that they don't go to any sports clubs at lunch time or after school each week.

**Q25a.** Percentage answering that they don't go to any sports clubs at lunch time or after school each week.

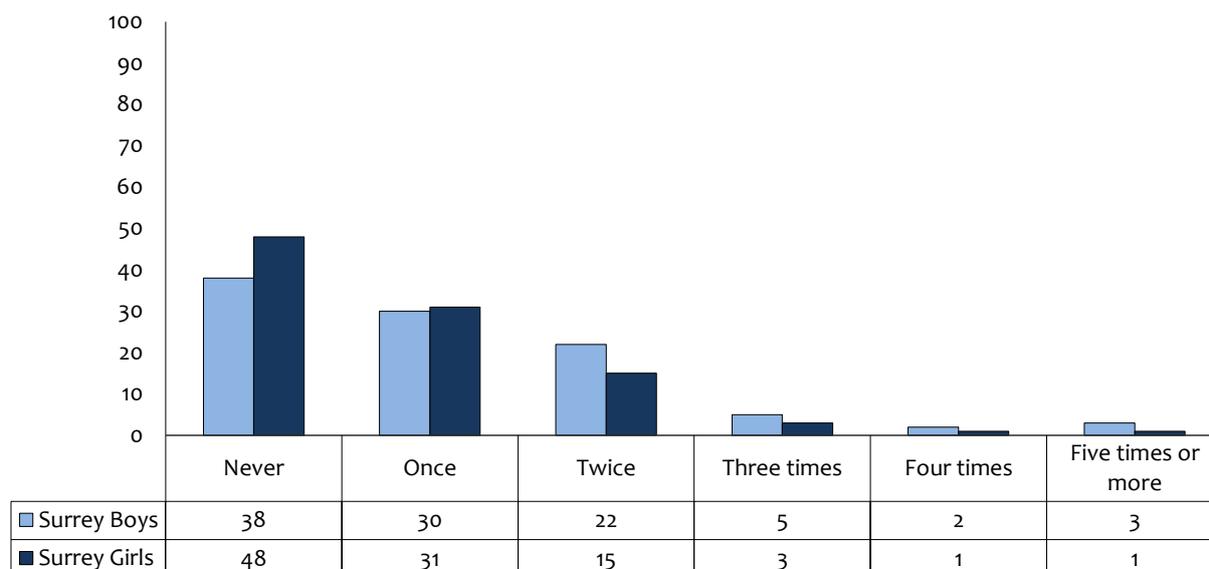
Surrey		
	Yr 4	Yr 6
Boys	25	25
Girls	29	30

34% of pupils responded that they go to sports clubs at lunch time or after school at least 3 times each week.

**Q25a.** Percentage answering that they go to sports clubs at lunch time or after school at least 3 times each week.

Surrey		
	Yr 4	Yr 6
Boys	38	38
Girls	30	30

**Q25b.** How many times each week do you go to sports clubs at weekends?



44% of pupils responded that they don't go to any sports clubs at weekends.

**Q25b.** Percentage answering that they don't go to any sports clubs at weekends.

Surrey

	Yr 4	Yr 6
Boys	38	39
Girls	49	48

8% of pupils responded that they go to sports clubs at least 3 times at weekends.

**Q25b.** Percentage answering that they go to sports clubs at least 3 times at weekends.

Surrey

	Yr 4	Yr 6
Boys	11	10
Girls	6	6

20% of pupils responded that they don't go to any sports clubs at lunch time, after school or at weekends each week.

**Q25a&b.** Percentage answering that they don't go to any sports clubs at lunch time, after school or at weekends each week.

Surrey

	Yr 4	Yr 6
Boys	17	18
Girls	21	23

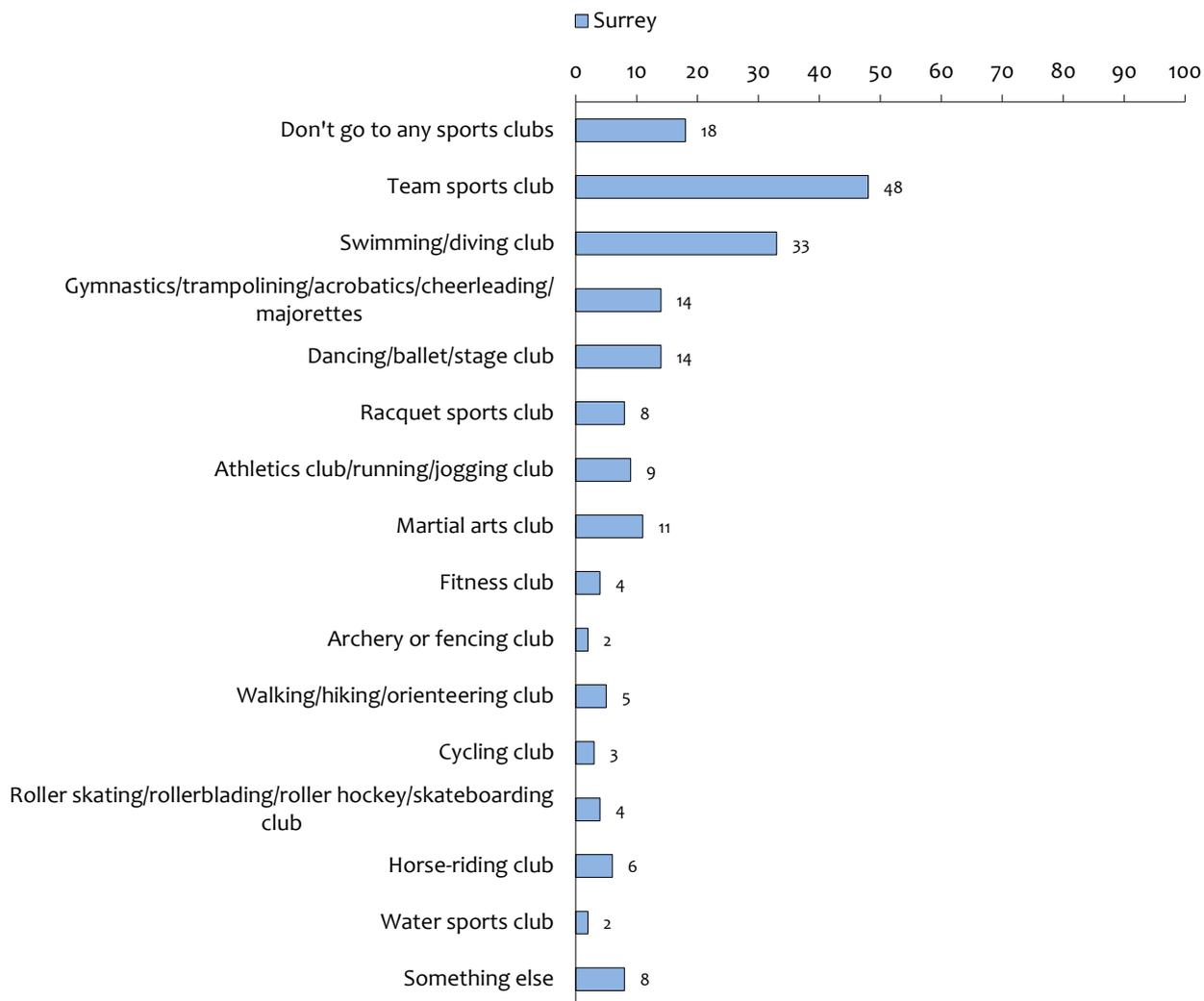
49% of pupils responded that they go to sports clubs at lunch time, after school or at weekends at least 3 times each week.

**Q25a&b.** Percentage answering that they go to sports clubs at lunch time, after school or at weekends at least 3 times each week.

Surrey

	Yr 4	Yr 6
Boys	54	54
Girls	45	44

**Q25c. Percentage of pupils responding that they do the following clubs:**

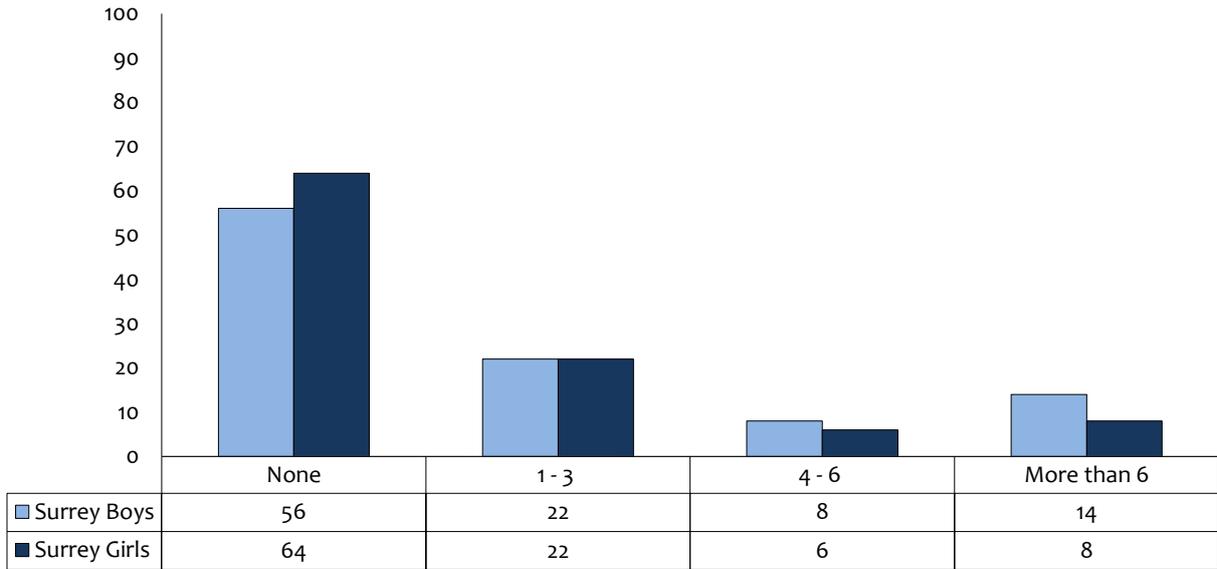


48% of pupils said they go to a team sports club.

**Q25c. Percentage of pupils responding that they do the following clubs (top 5):**

Boys			Girls		
1	Team sports club	64	1	Swimming/diving club	36
2	Swimming/diving club	31	2	Team sports club	34
3	Martial arts club	15	3	Dancing/ballet/stage club	26
4	Athletics club/running/jogging club	10	4	Gymnastics/trampolining/acrobatics/cheerleading/majorettes	25
5	Racquet sports club	10	5	Horse-riding club	11

**Q26.** How many games or matches have you played against other schools this year?



61% of pupils responded that they haven't played any games or matches against other schools this year.

**Q26.** Percentage answering that they haven't played any games or matches against other schools this year.

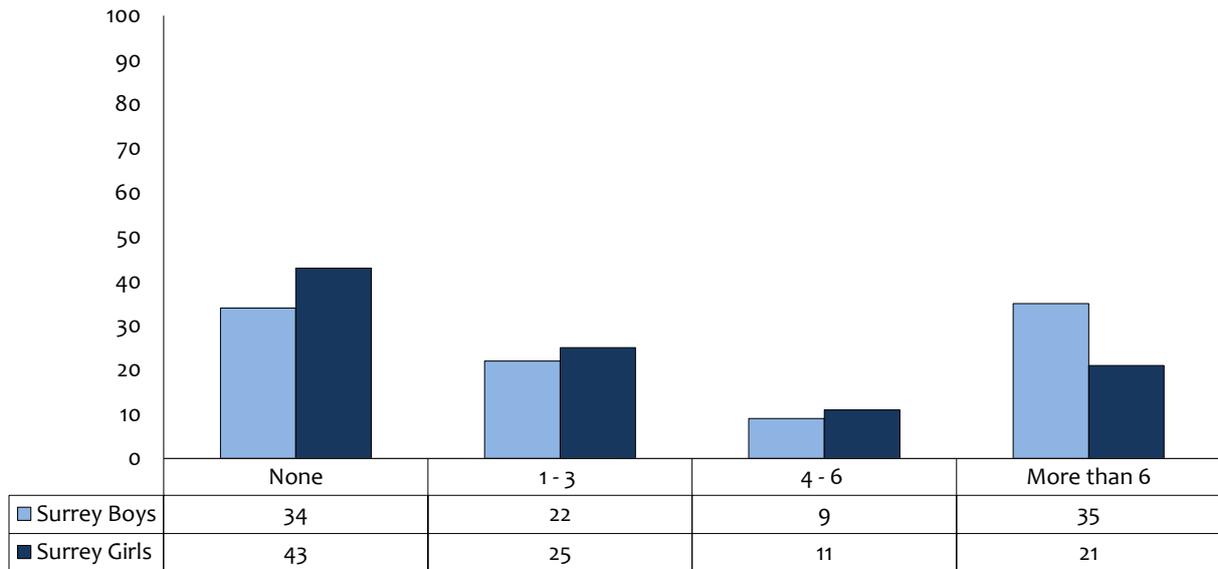
	Surrey	
	Yr 4	Yr 6
Boys	59	53
Girls	69	59

18% of pupils responded that they have played at least 4 matches against other schools this year.

**Q26.** Percentage answering that they have played at least 4 matches against other schools this year.

	Surrey	
	Yr 4	Yr 6
Boys	19	25
Girls	11	16

**Q27. How many sports games or matches have you played at your school this year?**



39% of pupils responded that they haven't played any sports games or matches at their school this year.

**Q27.** Percentage answering that they haven't played any sports games or matches at their school this year.

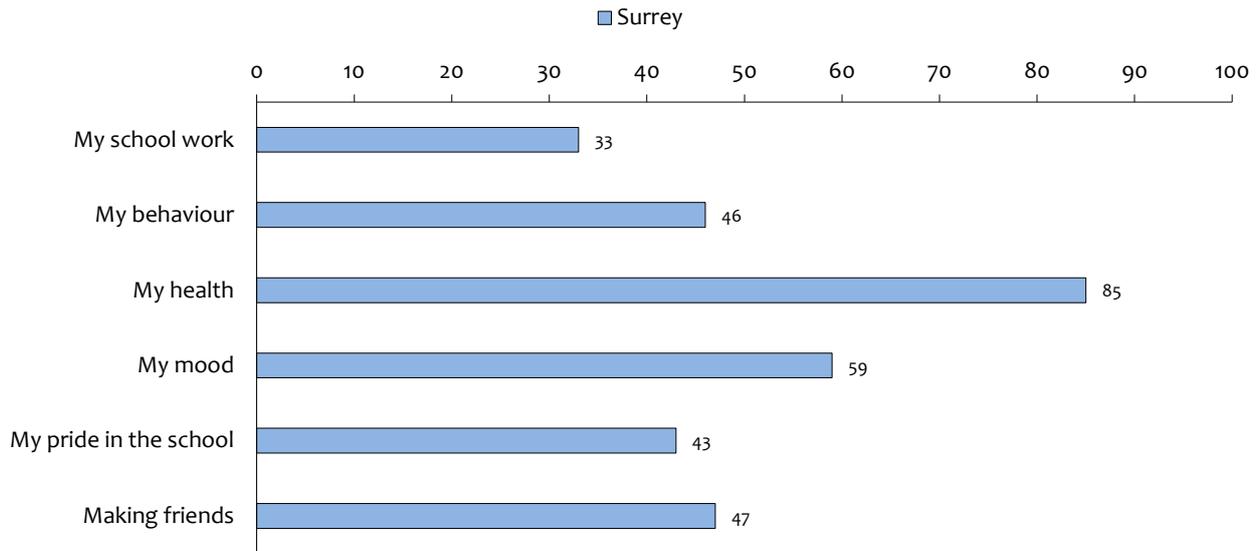
	Surrey	
	Yr 4	Yr 6
Boys	34	33
Girls	45	41

38% of pupils responded that they have played at least 4 matches at their school this year.

**Q27.** Percentage answering that they have played at least 4 matches at their school this year.

	Surrey	
	Yr 4	Yr 6
Boys	46	44
Girls	29	33

**Q28. Do you think doing PE, sport and other physical activities help you with these things?**  
 % responding 'yes'



85% of pupils think doing PE, sport and other physical activities helps them with their health and 59% said it helps with their mood.

**Q28. Do you think doing PE, sport and other physical activities help you with these things?**  
 % responding 'yes':

Boys			Girls		
1	My health	86	1	My health	85
2	My mood	61	2	My mood	58
3	Making friends	50	3	Making friends	44
4	My behaviour	49	4	My behaviour	44
5	My pride in the school	46	5	My pride in the school	40
6	My school work	34	6	My school work	32

**Q28. Do you think doing PE, sport and other physical activities help you with these things?**  
 % responding 'no':

Boys			Girls		
1	My school work	30	1	My school work	27
2	Making friends	22	2	Making friends	23
3	My behaviour	18	3	My behaviour	20
4	My pride in the school	17	4	My pride in the school	16
5	My mood	13	5	My mood	15
6	My health	3	6	My health	3

**Q29.** Please tell us how much do you agree or disagree with the following statements:  
% responding 'agree'



78% of pupils agreed that they enjoy taking part in exercise and sports and 67% said they feel confident when they exercise and play sports.

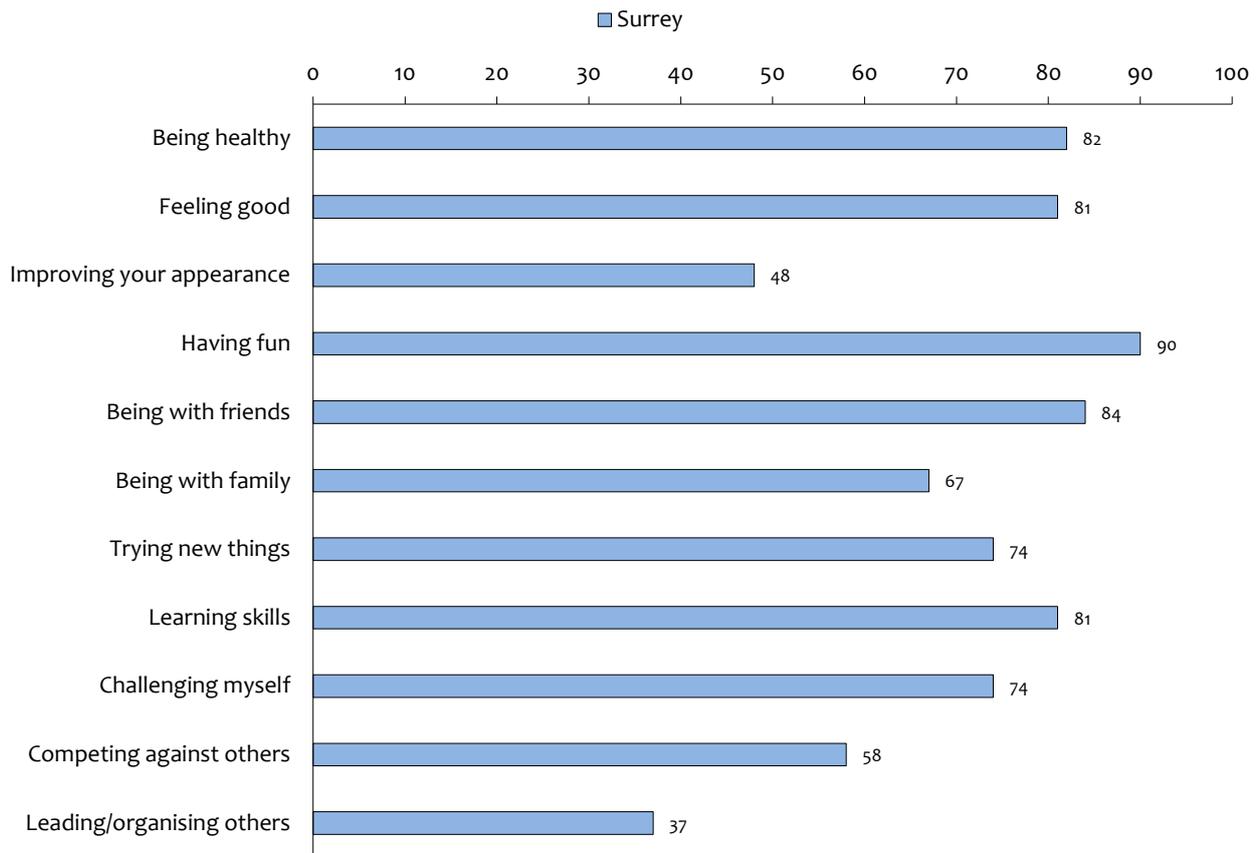
**Q29.** Please tell us how much do you agree or disagree with the following statements:  
% responding 'agree':

Boys			Girls		
1	I understand why exercise and sports are good for me	92	1	I understand why exercise and sports are good for me	90
2	I enjoy taking part in exercise and sports	85	2	I enjoy taking part in exercise and sports	74
3	I feel confident when I exercise and play sports	78	3	I know how to get involved and improve my skills in lots of different types of exercise and sports	64
4	I know how to get involved and improve my skills in lots of different types of exercise and sports	77	4	I feel confident when I exercise and play sports	58
5	I find exercise and sports easy	54	5	I find exercise and sports easy	35

**Q29.** Please tell us how much do you agree or disagree with the following statements:  
% responding 'disagree':

Boys			Girls		
1	I find exercise and sports easy	14	1	I find exercise and sports easy	20
2	I feel confident when I exercise and play sports	6	2	I feel confident when I exercise and play sports	13
3	I enjoy taking part in exercise and sports	4	3	I know how to get involved and improve my skills in lots of different types of exercise and sports	7
4	I know how to get involved and improve my skills in lots of different types of exercise and sports	4	4	I enjoy taking part in exercise and sports	7
5	I understand why exercise and sports are good for me	3	5	I understand why exercise and sports are good for me	3

**Q30. What makes you want to be physically active?**  
% responding 'yes'



82% of pupils said being healthy makes them want to be physically active and 90% said having fun makes them want to.

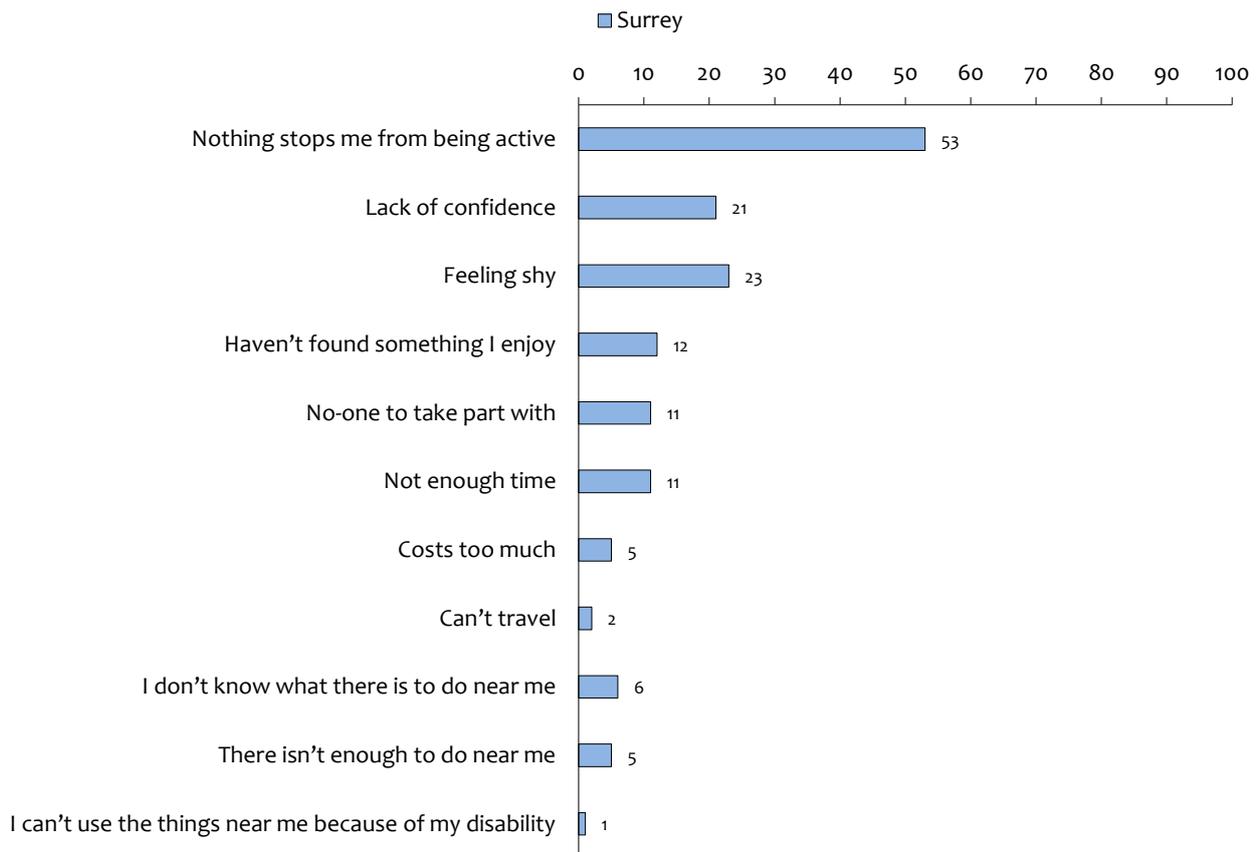
**Q30. What makes you want to be physically active?**  
% responding 'yes' (top 5):

Boys			Girls		
1	Having fun	92	1	Having fun	89
2	Being with friends	85	2	Being with friends	83
3	Learning skills	85	3	Being healthy	82
4	Being healthy	83	4	Feeling good	82
5	Feeling good	83	5	Learning skills	79

**Q30. What makes you want to be physically active?**  
% responding 'no' (top 5):

Boys			Girls		
1	Leading/organising others	25	1	Leading/organising others	27
2	Improving your appearance	24	2	Competing against others	24
3	Competing against others	14	3	Improving your appearance	23
4	Being with family	12	4	Challenging myself	10
5	Trying new things	7	5	Being with family	10

**Q31.** Percentage of pupils responding that they following things stop them from being physically active:



53% of pupils said nothing stops them from being physically active.

**Q31.** Percentage of pupils responding that they following things stop them from being physically active:

Boys			Girls		
1	Nothing stops me from being active	62	1	Nothing stops me from being active	46
2	Lack of confidence	16	2	Feeling shy	30
3	Feeling shy	15	3	Lack of confidence	25
4	Not enough time	10	4	Haven't found something I enjoy	13
5	Haven't found something I enjoy	10	5	No-one to take part with	13
6	No-one to take part with	10	6	Not enough time	12
7	I don't know what there is to do near me	5	7	I don't know what there is to do near me	7
8	There isn't enough to do near me	5	8	Costs too much	6
9	Costs too much	4	9	There isn't enough to do near me	5
10	Can't travel	3	10	Can't travel	2
11	I can't use the things near me because of my disability	1	11	I can't use the things near me because of my disability	1

## Year 6: Alcohol, Smoking & Drugs

### Alcohol

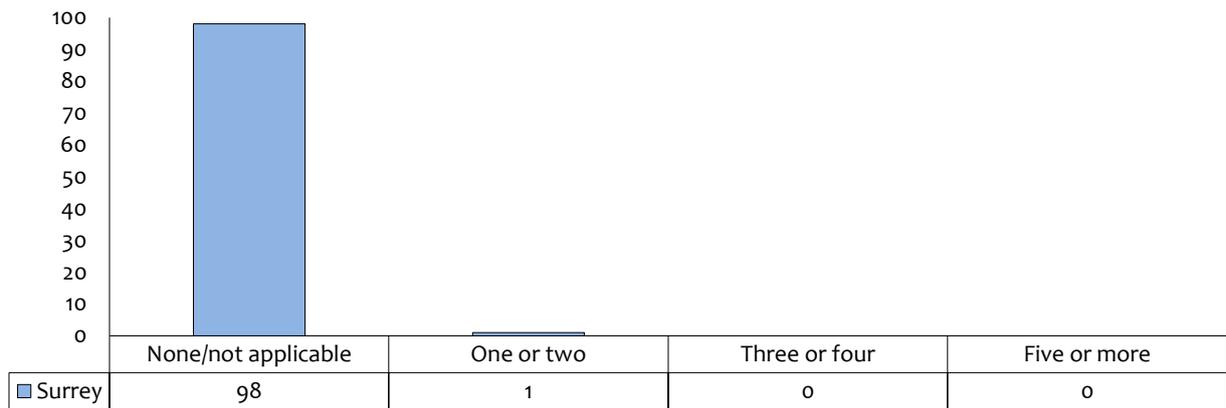
2% of Year 6 pupils responded that they had an alcoholic drink (not just a sip) in the 7 days before the survey.

**Q32.** Percentage of Year 6 pupils answering that they had an alcoholic drink in the 7 days before the survey.

Surrey	
Yr 6	
Boys	3
Girls	1

**Q33.** Year 6 only: If yes, on how many days did you drink alcohol, in the last 7 days?

### Surrey



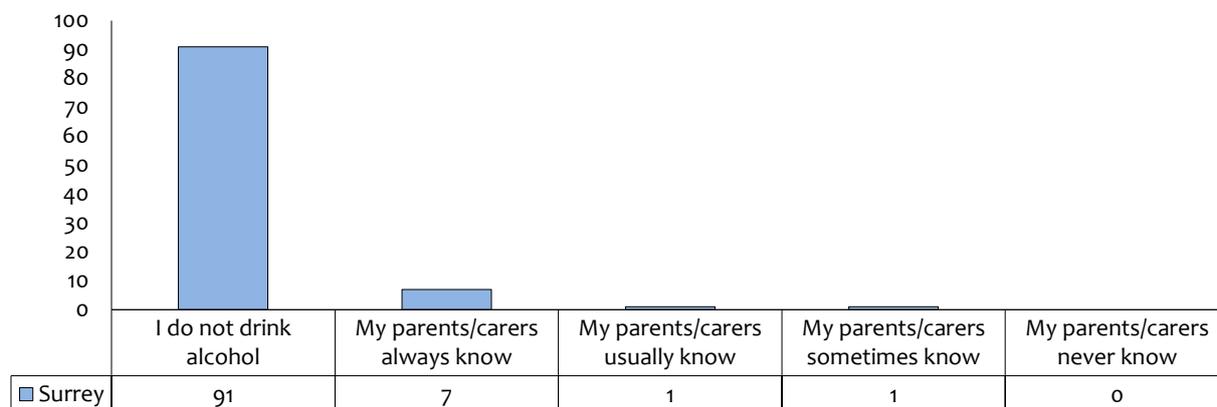
0% of Year 6 pupils responded that they drank alcohol on more than one day in the 7 days before the survey.

**Q33.** Percentage of Year 6 pupils answering that they drank alcohol on more than one day in the 7 days before the survey.

Surrey	
Yr 6	
Boys	0
Girls	0

**Q35. Year 6 only: Do your parents/carers know if you drink alcohol?**

**Surrey**



91% of Year 6 pupils responded that they do not drink alcohol.

**Q35.** Percentage of Year 6 pupils answering that they do not drink alcohol.

Surrey

Yr 6

Boys 90

Girls 93

7% of Year 6 pupils responded that they drink alcohol and their parents 'always' know, while 1% said they 'usually' know.

**Q35.** Percentage of Year 6 pupils answering that they drink alcohol and their parents 'always' know.

Surrey

Yr 6

Boys 8

Girls 6

1% of Year 6 pupils responded that they drink alcohol and their parents 'never' or only 'sometimes' know.

**Q35.** Percentage of Year 6 pupils answering that they drink alcohol and their parents 'never' or only 'sometimes' know.

Surrey

Yr 6

Boys 1

Girls 0

## Smoking at home

22% of Year 6 pupils responded that their parents/carers smoke cigarettes.

**Q36a.** Percentage of Year 6 pupils answering that their parents/carers smoke cigarettes.

Surrey

Yr 6

Boys 22

Girls 21

4% of Year 6 pupils responded that someone smokes indoors at home in rooms that they use.

**Q36b.** Percentage of Year 6 pupils answering that someone smokes indoors at home in rooms that they use.

Surrey

Yr 6

Boys 4

Girls 4

5% of Year 6 pupils responded that someone smokes in a car when they are in it too.

**Q36c.** Percentage of Year 6 pupils answering that someone smokes in a car when they are in it too.

Surrey

Yr 6

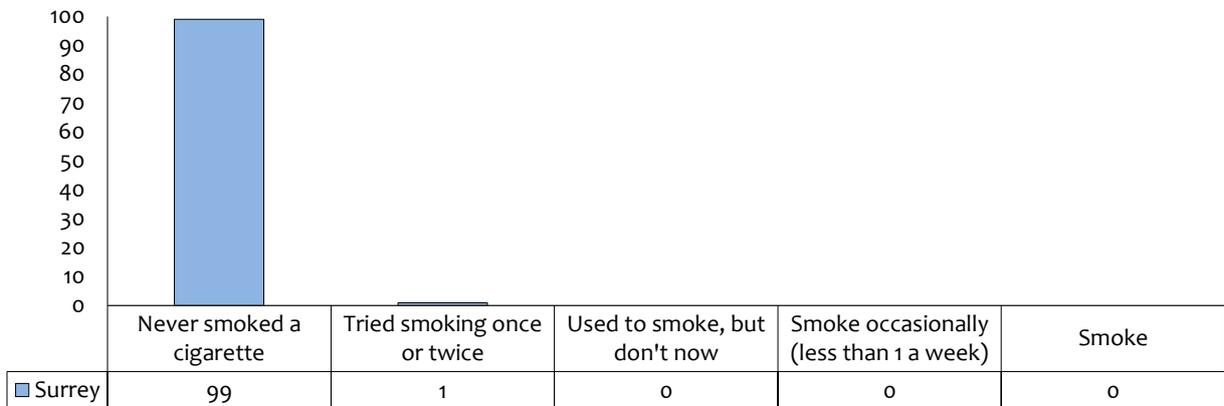
Boys 6

Girls 5

## Smoking

**Q37.** Year 6 only: Smoking: Which sentence describes you best?

Surrey



1% of Year 6 pupils responded that they have tried smoking in the past or smoke now.

**Q37.** Percentage of Year 6 pupils answering that they have smoked in the past or smoke now.

Surrey

Yr 6

Boys 1

Girls 0

0% of Year 6 pupils responded that they smoked in the 7 days before the survey.

**Q38.** Percentage of Year 6 pupils answering that they smoked in the 7 days before the survey.

Surrey

Yr 6

Boys 0

Girls 0

## Drugs

70% of Year 6 pupils responded that their teachers have talked with them in school lessons about illegal drugs, while 42% said that their parents/carers have talked with them and 17% said no-one has talked with them about drugs.

**Q39.** Percentage of Year 6 pupils responding that the following people have talked with them about illegal drugs (top 5):

Boys			Girls		
1	Teachers, in school lessons	66	1	Teachers, in school lessons	73
2	Parents/carers	41	2	Parents/carers	41
3	Friends	14	3	Visitors or speakers in school lessons	16
4	Visitors or speakers in school lessons	12	4	Friends	12
5	Brothers or sisters	8	5	Out-of-school activity leaders e.g. Brownies etc.	10

74% of Year 6 pupils responded that teachers, the school nurse or visitors or speakers in school lessons have talked with them about illegal drugs.

**Q39.** Percentage of Year 6 pupils answering that teachers, the school nurse or visitors or speakers in school lessons have talked with them about illegal drugs.

Surrey

Yr 6

Boys 70

Girls 78

11% of Year 6 pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs.

**Q40.** Percentage of Year 6 pupils answering that they are 'fairly sure' or 'certain' they know someone who uses drugs.

Surrey

Yr 6

Boys 11

Girls 10

0% of Year 6 pupils responded that they have been offered cannabis; while 2% were 'not sure'.

**Q41.** Percentage of Year 6 pupils answering that they have been offered cannabis.

Surrey

Yr 6

Boys 1

Girls 0

1% of Year 6 pupils responded that they have been offered other drugs; while 2% were 'not sure'.

**Q42.** Percentage of Year 6 pupils answering that they have been offered other drugs.

Surrey

Yr 6

Boys 1

Girls 0

## Emotional Health & Wellbeing

### Growing up

56% of pupils responded that their teachers have talked with them in school lessons about how their body changes as they grow up, while 66% said that their parents/carers have talked with them and 15% said no-one has talked with them.

**Q43a.** Percentage of pupils responding that the following people have talked with them about how their body changes as they grow up (top 5):

Boys			Girls		
1	Parents/carers	59	1	Parents/carers	72
2	Teachers, in school lessons	55	2	Teachers, in school lessons	58
3	Friends	13	3	Friends	16
4	Brothers or sisters	13	4	Brothers or sisters	14
5	Other close relatives	8	5	Other close relatives	11

58% of pupils responded that teachers, the school nurse or visitors, speakers in school lessons have talked with them about how their body changes as they grow up.

**Q43a.** Percentage answering that teachers, the school nurse or visitors, speakers in school lessons have talked with them about how their body changes as they grow up.

Surrey		
	Yr 4	Yr 6
Boys	32	79
Girls	36	84

56% of pupils responded that they feel they know enough about how their body changes as they get older, while 10% feel they don't know enough.

**Q43b.** Percentage answering that they feel they know enough about how their body changes as they get older.

Surrey		
	Yr 4	Yr 6
Boys	48	70
Girls	37	70

## Worrying

**Q44.** Worrying summary: Percentage of pupils responding that they worry about at least one of the issues listed...:

### Surrey



84% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

**Q44.** Percentage answering that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

#### Surrey

	Yr 4	Yr 6
Boys	85	79
Girls	86	86

18% of boys and 25% of girls responded that they worry about more than 5 issues listed 'quite a lot' or 'a lot'.

**Q44.** Percentage answering that they worry about more than 5 issues listed 'quite a lot' or 'a lot'.

#### Surrey

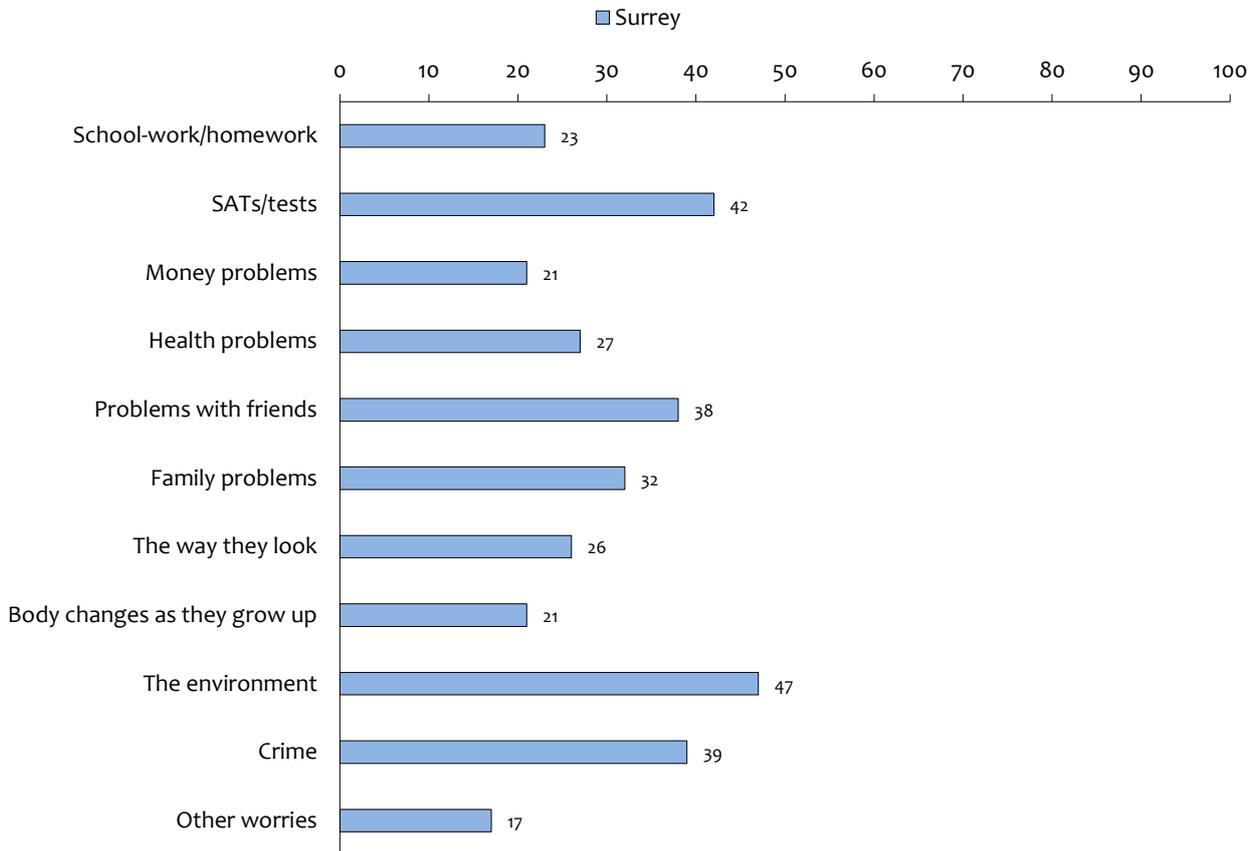
	Yr 4	Yr 6
Boys	22	14
Girls	26	24

39% of pupils responded that they worry about crime ‘quite a lot’ or ‘a lot’, while 42% said the same of SATs/tests, and 32% worry ‘quite a lot’ or ‘a lot’ about family problems.

**Q44.** Percentage of pupils responding that they worry about the following ‘quite a lot’ or ‘a lot’:

Boys			Girls		
1	The environment	47	1	SATs/tests	47
2	Crime	39	2	The environment	46
3	SATs/tests	35	3	Problems with friends	46
4	Family problems	31	4	Crime	40
5	Problems with friends	29	5	Family problems	33
6	Health problems	26	6	The way they look	31
7	Money problems	22	7	Health problems	27
8	School-work/homework	21	8	Body changes as they grow up	24
9	The way they look	20	9	School-work/homework	24
10	Body changes as they grow up	16	10	Other worries	19
11	Other worries	14	11	Money problems	19

**Q44.** Percentage of pupils responding that they worry about the following ‘quite a lot’ or ‘a lot’:



## Problem solving

In Question 45 the young people were asked to whom they would turn to share a range of problems. The top five sources of support for each of the issues are as follows:

### Problem with school

Boys			Girls		
1	Mum and/or Dad	51	1	Mum and/or Dad	51
2	Teacher	22	2	Teacher	22
3	Keep it to myself	14	3	Keep it to myself	12
4	Friend	8	4	Friend	10
5	Brother or sister	3	5	Brother or sister	4

### Family problem

Boys			Girls		
1	Mum and/or Dad	51	1	Mum and/or Dad	45
2	Keep it to myself	23	2	Keep it to myself	22
3	Friend	9	3	Friend	14
4	Brother or sister	8	4	Brother or sister	9
5	Teacher	5	5	Teacher	6

### Health problem

Boys			Girls		
1	Mum and/or Dad	74	1	Mum and/or Dad	74
2	Keep it to myself	18	2	Keep it to myself	17
3	Friend	3	3	Friend	3
4	Brother or sister	2	4	Brother or sister	2
5	Other adult	2	5	Teacher	2

### Problem with friends

Boys			Girls		
1	Mum and/or Dad	41	1	Mum and/or Dad	42
2	Keep it to myself	22	2	Teacher	19
3	Teacher	17	3	Keep it to myself	17
4	Friend	12	4	Friend	13
5	Brother or sister	5	5	Brother or sister	7

### Bullying problem

Boys			Girls		
1	Mum and/or Dad	44	1	Mum and/or Dad	47
2	Teacher	30	2	Teacher	30
3	Keep it to myself	15	3	Keep it to myself	12
4	Friend	5	4	Friend	5
5	Brother or sister	3	5	Brother or sister	4

'Keep it to myself' is not necessarily negative. For some pupils it may mean that they feel they can cope without help.

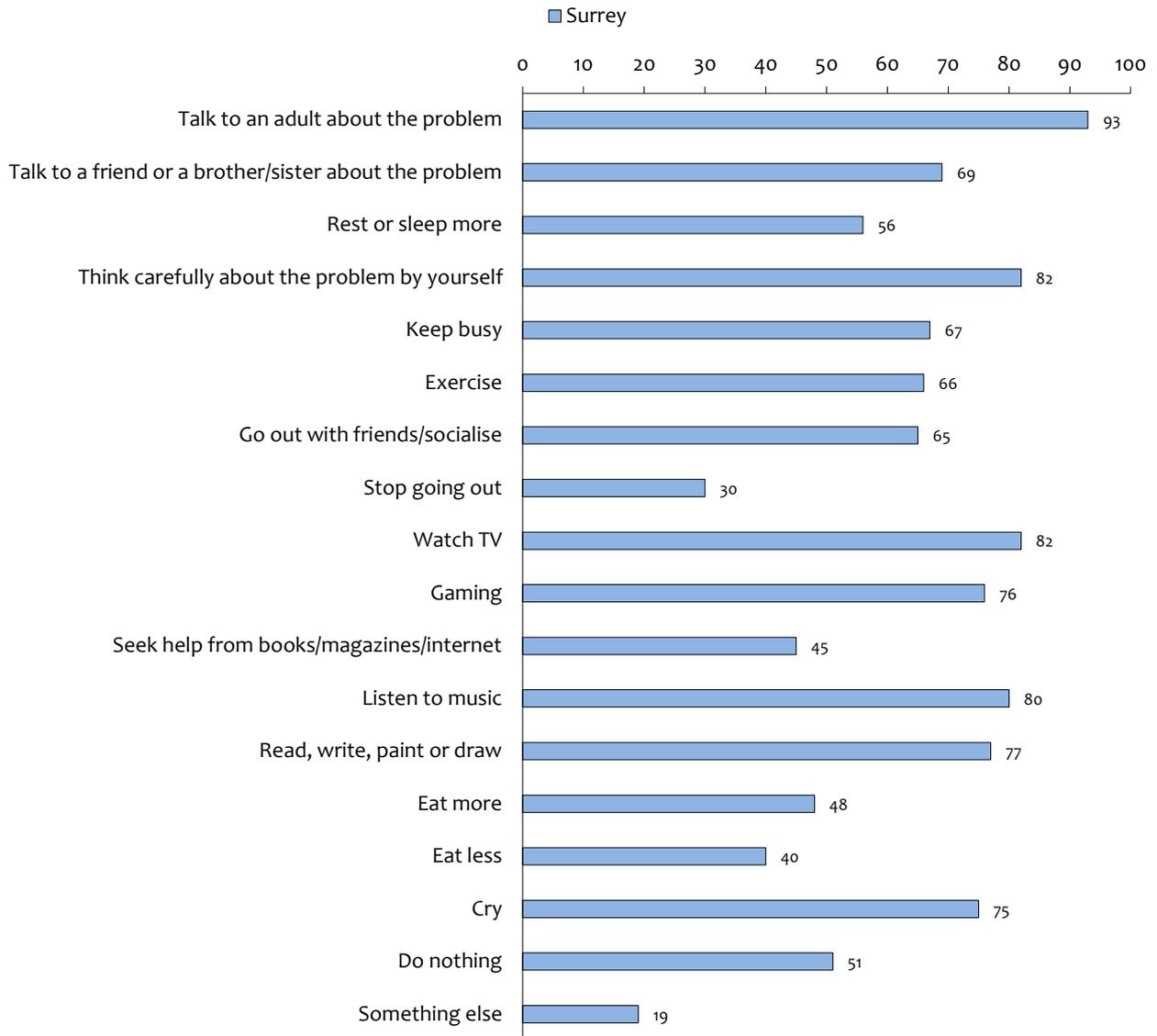
80% of pupils responded that they at least ‘sometimes’ listen to music when they have a problem that worries them. 93% said that they talk to an adult about the problem at least ‘sometimes’, while 67% said that they keep busy.

**Q46.** Percentage of pupils responding that they at least ‘sometimes’ do the following when a problem worries them (top 10):

Boys			Girls		
1	Talk to an adult about the problem	93	1	Talk to an adult about the problem	94
2	Gaming	87	2	Read, write, paint or draw	87
3	Watch TV	83	3	Cry	84
4	Think carefully about the problem by yourself	81	4	Think carefully about the problem by yourself	84
5	Listen to music	76	5	Listen to music	84
6	Exercise	71	6	Watch TV	80
7	Keep busy	68	7	Talk to a friend or a brother/sister about the problem	72
8	Talk to a friend or a brother/sister about the problem	67	8	Keep busy	67
9	Read, write, paint or draw	67	9	Go out with friends/socialise	65
10	Go out with friends/socialise	66	10	Gaming	65

69% of pupils responded that they talk to a friend or a brother/sister about the problem at least 'sometimes', while 82% said that they watch TV.

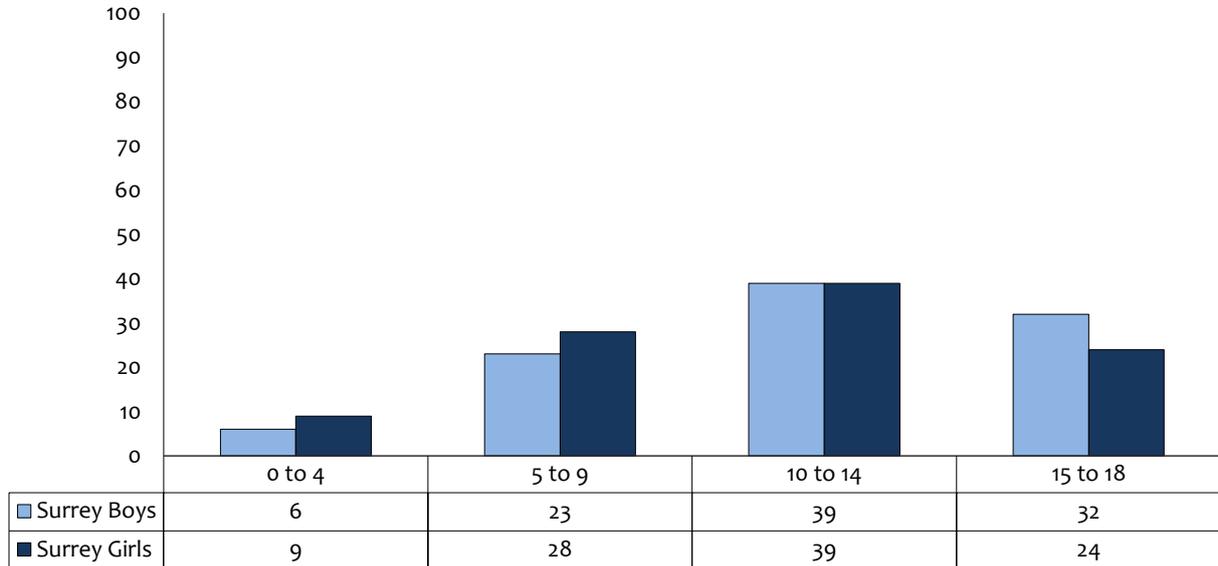
**Q46.** Percentage of pupils responding that they at least 'sometimes' do the following when a problem worries them:



## Self-esteem

This measurement is derived from the responses to a set of nine 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 are:

**Q69.** Composite self-esteem score:



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

34% of pupils had a med-low self-esteem score (9 or less).

**Q69.** Percentage of pupils with a med-low self-esteem score (9 or less).

	Surrey	
	Yr 4	Yr 6
Boys	27	29
Girls	36	38

27% of pupils had a high self-esteem score (15 or more).

**Q69.** Percentage of pupils with a high self-esteem score (15 or more).

	Surrey	
	Yr 4	Yr 6
Boys	29	36
Girls	26	22

81% of pupils responded that they feel happy talking to other pupils at school.

**Q69.** (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 children at school	83	80	86	78	81
Pupils who do not usually feel uneasy saying things in front of teachers	30	27	38	27	30
Pupils who do not want to change lots of things about themselves	39	40	40	31	37
Pupils who do not often fall out with other pupils at school	44	39	49	39	42
Pupils who do not often feel lonely at school	55	48	63	51	54
Pupils who do not think that other pupils often say nasty things about them	49	46	44	32	42
Pupils who do not usually feel shy when they want to tell a teacher something	44	32	49	28	37
Pupils who do not often have to find new friends because their old ones are with someone else	56	48	63	47	53
Pupils who do not usually feel foolish when talking to their parents/carers	68	66	66	63	65

*\*N.B: The following items do not contribute to the calculation of the composite self-esteem score and as such are reported separately.*

82% of pupils responded that they have one or more close friends.

**Q69.** Percentage answering that they have one or more close friends.

	Surrey	
	Yr 4	Yr 6
Boys	79	86
Girls	80	85

63% of pupils responded that their parents/carers like to hear their ideas.

**Q69.** Percentage answering that their parents/carers like to hear their ideas.

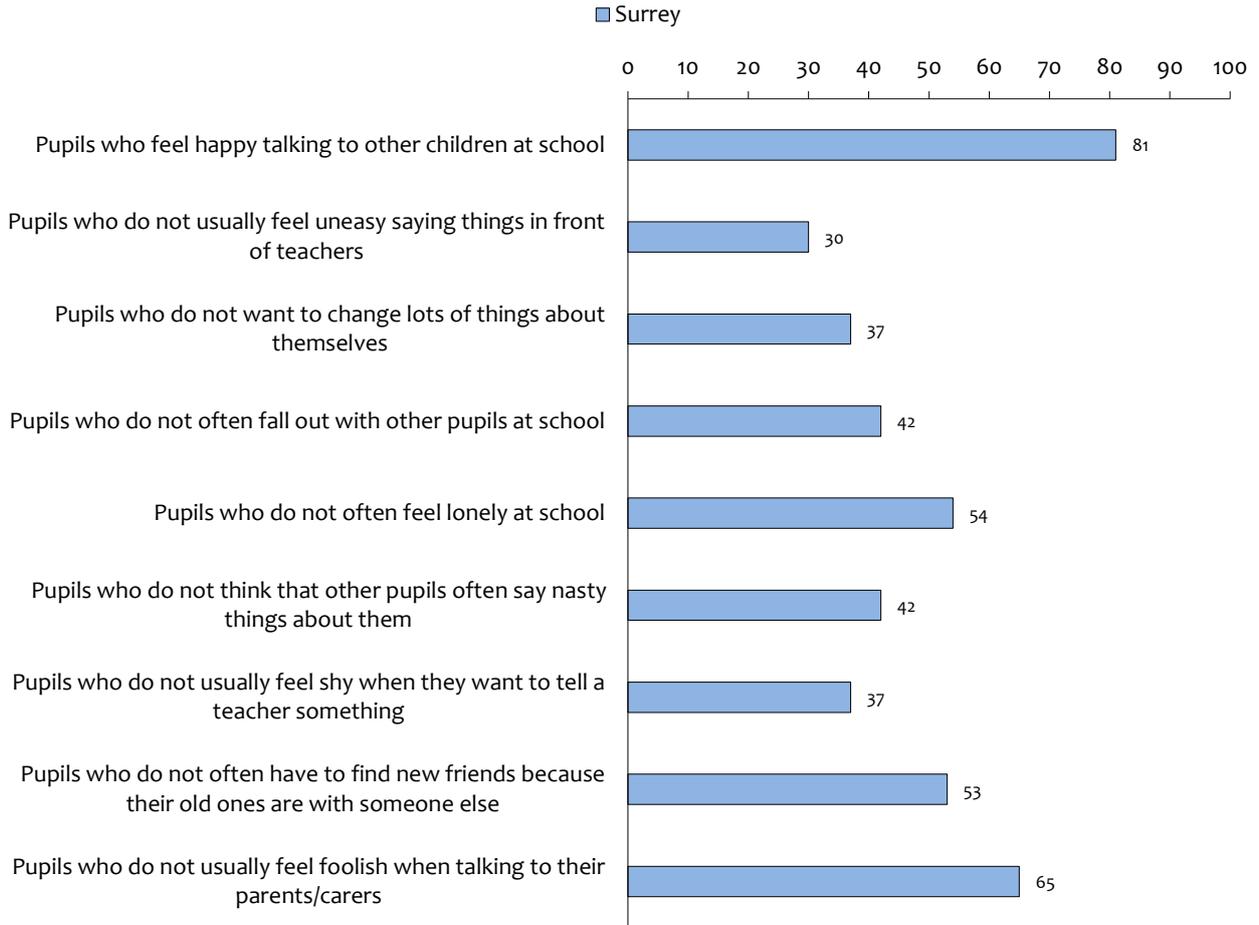
	Surrey	
	Yr 4	Yr 6
Boys	60	68
Girls	62	65

67% of pupils responded that their teachers listen to them at school.

**Q69.** Percentage answering that their teachers listen to them at school.

	Surrey	
	Yr 4	Yr 6
Boys	69	67
Girls	70	64

Q69. (Individual self-esteem items) Percentage in each group giving a high esteem response:



## Health & Hygiene

### Hand washing

80% of pupils responded that they 'properly' wash their hands 'whenever possible' after visiting the toilet, while 3% said they 'never or hardly ever' do and 18% do so only 'sometimes'.

59% of pupils responded that they washed their hands before lunch on the day before the survey, while 20% said they are 'not sure' if they did.

**Q47.** Percentage answering that they 'properly' wash their hands 'whenever possible' after visiting the toilet.

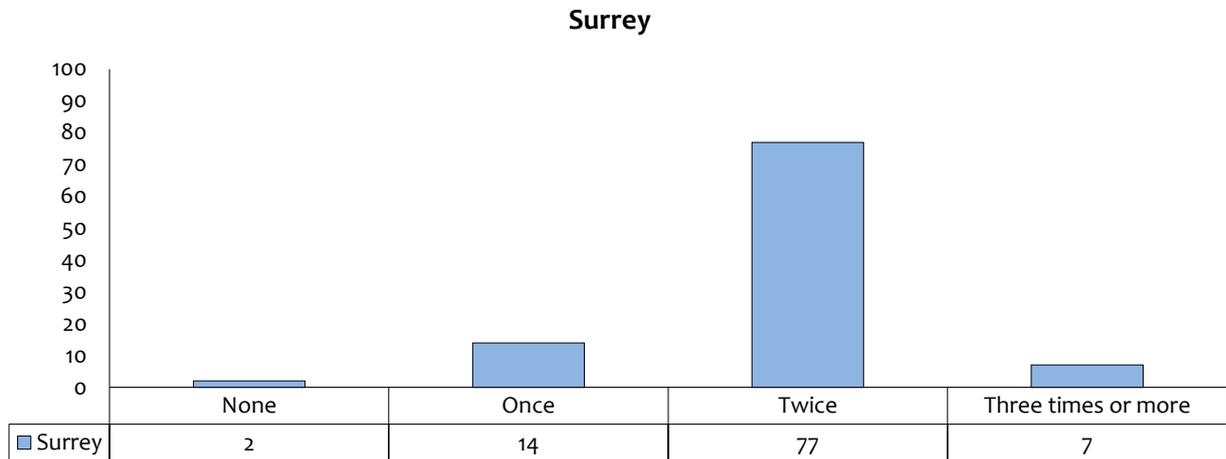
Surrey		
	Yr 4	Yr 6
Boys	72	80
Girls	82	85

**Q48.** Percentage answering that they washed their hands before lunch on the day before the survey.

Surrey		
	Yr 4	Yr 6
Boys	62	57
Girls	64	58

### Dental health

**Q49.** How many times did you clean your teeth yesterday?



2% of pupils responded that they did not clean their teeth at all on the day before the survey.

84% of pupils responded that they cleaned their teeth at least twice on the day before the survey.

**Q49.** Percentage answering that they did not clean their teeth at all on the day before the survey.

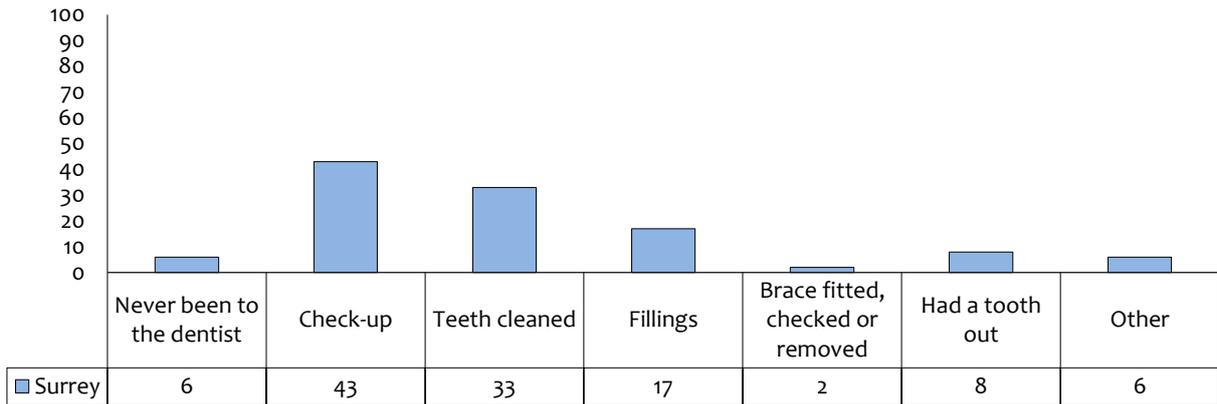
Surrey		
	Yr 4	Yr 6
Boys	2	2
Girls	1	0

**Q49.** Percentage answering that they cleaned their teeth at least twice yesterday.

Surrey		
	Yr 4	Yr 6
Boys	82	83
Girls	84	88

**Q50. What treatment did the dentist give you on your last visit?**

**Surrey**



43% of pupils responded that they had a check-up the last time they visited the dentist.

**Q50.** Percentage answering that they had a check-up the last time they visited the dentist.

Surrey		
	Yr 4	Yr 6
Boys	34	46
Girls	43	50

17% of pupils responded that they had fillings the last time they visited the dentist.

**Q50.** Percentage answering that they had fillings the last time they visited the dentist.

Surrey		
	Yr 4	Yr 6
Boys	20	13
Girls	19	14

2% of pupils responded that they had a brace fitted, checked or removed the last time they visited the dentist; while 8% said that they had a tooth out.

**Q50.** Percentage answering that they had a brace fitted, checked or removed the last time they visited the dentist.

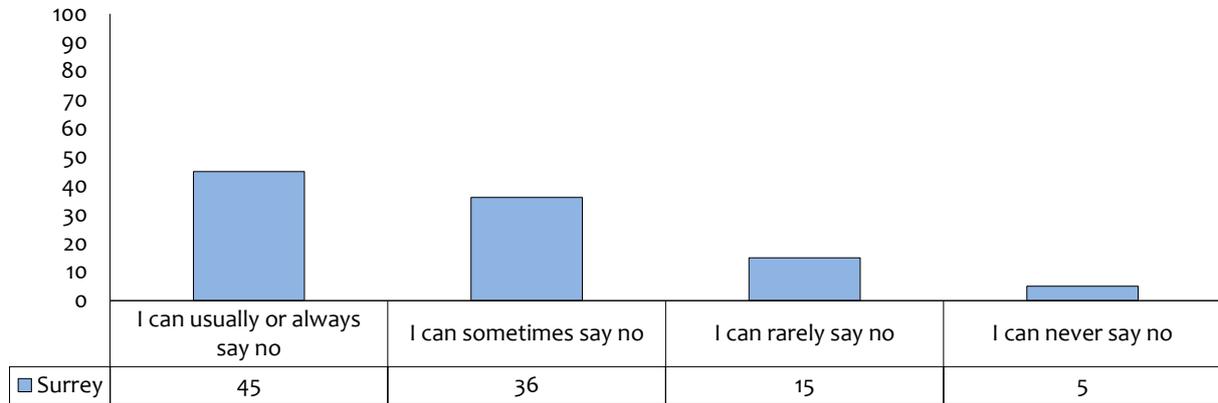
Surrey		
	Yr 4	Yr 6
Boys	2	3
Girls	1	4

# Staying Safe

## Peer pressure

Q51. When a friend wants me to do something I don't want to do...:

### Surrey



45% of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

Q51. Percentage answering that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

#### Surrey

	Yr 4	Yr 6
Boys	39	58
Girls	35	50

20% of pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.

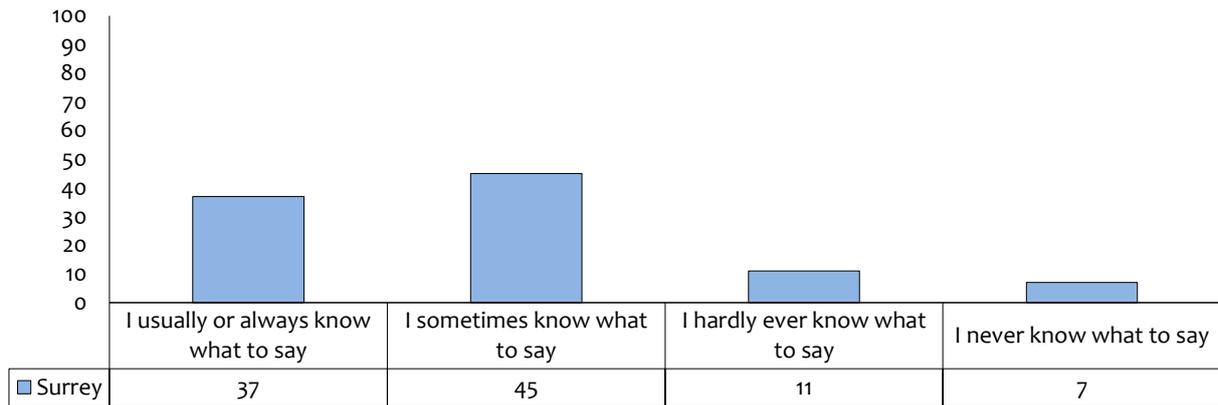
Q51. Percentage answering that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.

#### Surrey

	Yr 4	Yr 6
Boys	24	14
Girls	25	15

**Q52. When I want a friend to do something...:**

**Surrey**



37% of pupils responded that they ‘usually or always’ know what to say when they want a friend to do something.

**Q52.** Percentage answering that they ‘usually or always’ know what to say when they want a friend to do something.

	Surrey	
	Yr 4	Yr 6
Boys	44	43
Girls	29	31

18% of pupils responded that they ‘hardly ever’ or ‘never’ know what to say when they want a friend to do something.

**Q52.** Percentage answering that they ‘hardly ever’ or ‘never’ know what to say when they want a friend to do something.

	Surrey	
	Yr 4	Yr 6
Boys	18	14
Girls	21	18

**Accidents**

25% of pupils responded that they have been treated for an accident by a doctor or at a hospital in the 12 months before the survey.

**Q53.** Percentage answering that they have been treated for an accident by a doctor or at a hospital in the 12 months before the survey.

	Surrey	
	Yr 4	Yr 6
Boys	30	25
Girls	23	20

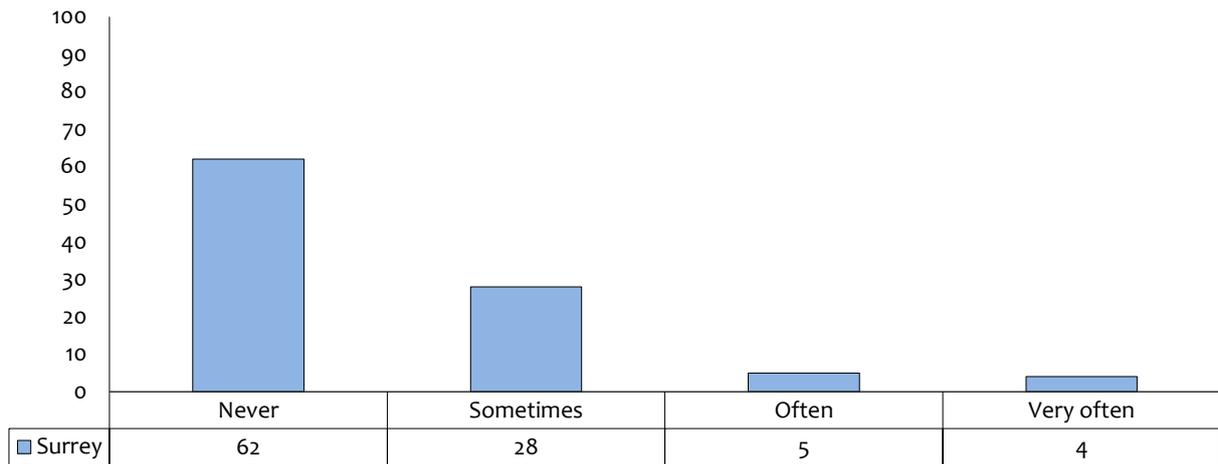
7% of pupils responded that their most recent accident resulted in a broken bone or fracture, while 6% said that their most recent accident was a cut.

**Q53.** Most recent accident: What sort of accident was it? (Top 5):

Boys			Girls		
1	I had a bruise, graze or sprain	8	1	I had a broken bone or fracture	6
2	I had a broken bone or fracture	7	2	I had a bruise, graze or sprain	6
3	I had a cut	7	3	I had a cut	4
4	I hurt my head	5	4	Other	3
5	Other	3	5	I hurt my head	2

## Bullying

**Q55.** Do you ever feel afraid of going to school because of bullying?



38% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.

**Q55.** Percentage answering that they feel afraid of going to school because of bullying at least 'sometimes'.

	Surrey	
	Yr 4	Yr 6
Boys	35	28
Girls	46	41

10% of pupils responded that they feel afraid of going to school because of bullying 'often' or 'very often'.

**Q55.** Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

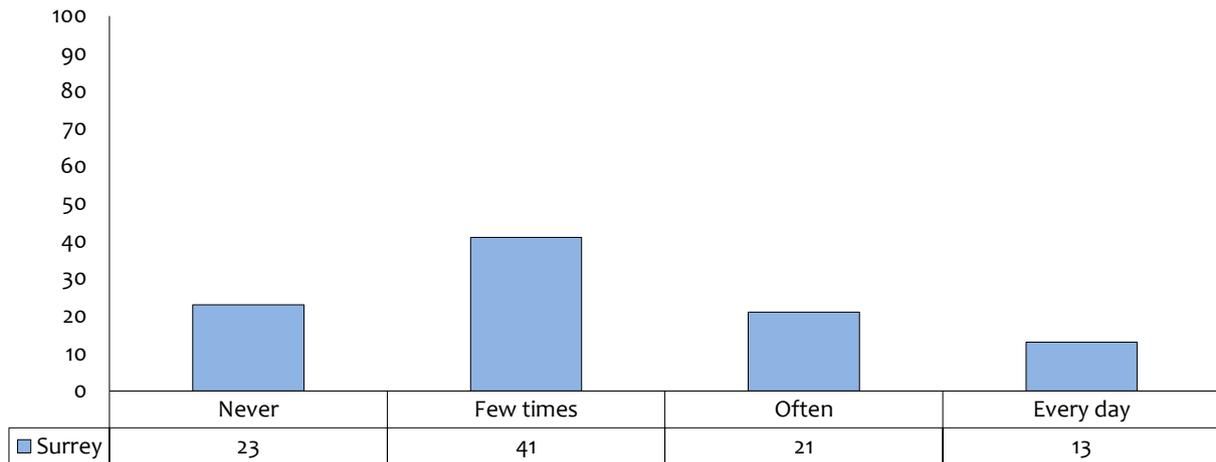
	Surrey	
	Yr 4	Yr 6
Boys	8	7
Girls	12	10

23% of pupils responded that they have been bullied at or near school in the last 12 months, while 21% said they are 'not sure' if they have been.

**Q56.** Percentage answering that they have been bullied at or near school in the last 12 months.

	Surrey	
	Yr 4	Yr 6
Boys	26	21
Girls	23	20

**Q57.** Negative behaviour summary: Percentage of pupils responding that they experienced at least one of the negative behaviours listed in the month before the survey:



75% of pupils responded that they experienced at least one of the negative behaviours listed at least a ‘few times’ in the month before the survey, while 34% said they have done so ‘often’ or ‘every day’.

**Q57.** Percentage answering that they experienced at least one of the negative behaviours listed at least a ‘few times’ in the month before the survey.

	Surrey	
	Yr 4	Yr 6
Boys	79	74
Girls	73	74

45% of pupils responded that they were called nasty names at least a ‘few times’ in the month before the survey, while 50% were pushed/hit for no reason.

**Q57.** Percentage of pupils responding that they experienced the following negative behaviours at least a ‘few times’ in the month before the survey:

Boys			Girls		
1	Been teased/made fun of	54	1	Been teased/made fun of	48
2	Pushed/hit for no reason	54	2	Pushed/hit for no reason	44
3	Called nasty names	47	3	Called nasty names	43
4	Been called ‘gay’	37	4	Had belongings taken/broken	32
5	Had belongings taken/broken	30	5	Been threatened for no reason	22
6	Been threatened for no reason	29	6	Been called ‘gay’	21
7	Been ganged up on	26	7	Been ganged up on	20
8	Bullied on my mobile phone	13	8	Bullied on my mobile phone	15
9	Bullied through e-mail/internet	9	9	Bullied through e-mail/internet	7
10	Other	8	10	Other	5

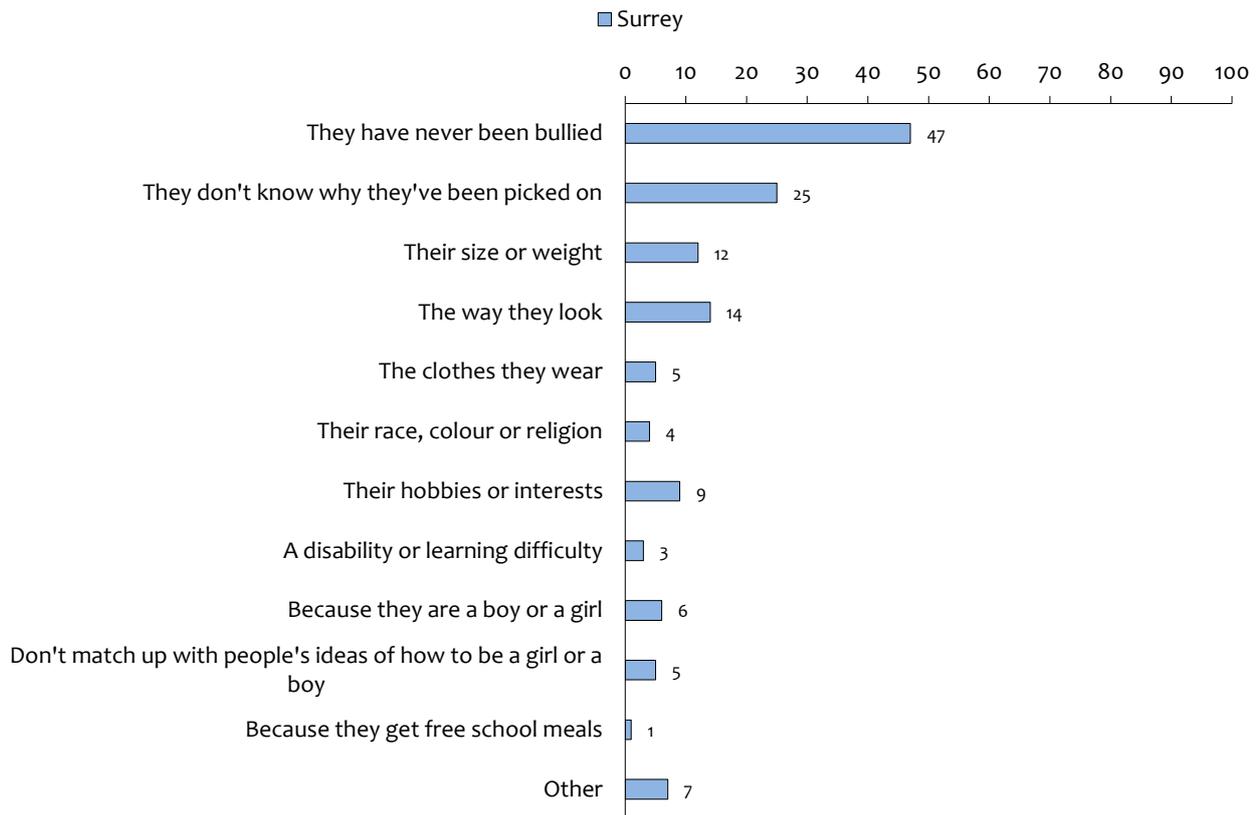
23% of pupils responded that they experienced negative behaviour in a classroom (at breaktimes) in the month before the survey, while 6% experienced it on the way to or from school.

**Q58.** Percentage of pupils responding that they experienced negative behaviours at the following places in the month before the survey (top 5):

Boys			Girls		
1	Outside at school (breaktimes)	31	1	Outside at school (breaktimes)	30
2	At or near home	24	2	In a classroom (breaktimes)	22
3	In a classroom (breaktimes)	23	3	At or near home	21
4	Online	8	4	During lesson time	10
5	On the way to or from school	7	5	Online	7

4% of pupils responded that they think they have been ‘picked on’ or bullied about their race, colour or religion, while 14% said that it was about the way they look. 47% said they haven’t been bullied and 25% said they don’t know why they’ve been picked on.

**Q59.** Percentage of pupils responding that they think they have been ‘picked on’ or bullied about the following:



**Q59.** Percentage of pupils responding that they think they have been ‘picked on’ or bullied about the following (top 5):

Boys			Girls		
1	Their size or weight	12	1	The way they look	16
2	The way they look	12	2	Their size or weight	12
3	Their hobbies or interests	9	3	Their hobbies or interests	9
4	Other	5	4	Because they are a boy or a girl	8
5	Their race, colour or religion	4	5	Other	7

64% of pupils responded that they think their school takes bullying seriously, while 11% don’t think their school takes bullying seriously.

**Q60.** Percentage answering that they think their school takes bullying seriously.

Surrey		
	Yr 4	Yr 6
Boys	64	59
Girls	73	60

3% of pupils responded that they think others may fear going to school because of them, while 23% said they are ‘not sure’ if others do.

**Q61.** Percentage answering that they think others may fear going to school because of them.

Surrey		
	Yr 4	Yr 6
Boys	4	2
Girls	3	1

## Internet safety

90% of pupils responded that they have used the internet at home in the last month, while 51% said they have used it at school and 59% have used it on a mobile device, 1% said they've not used the internet in the last month.

**Q62.** Percentage of pupils responding that they have used the internet at the following places in the last month:

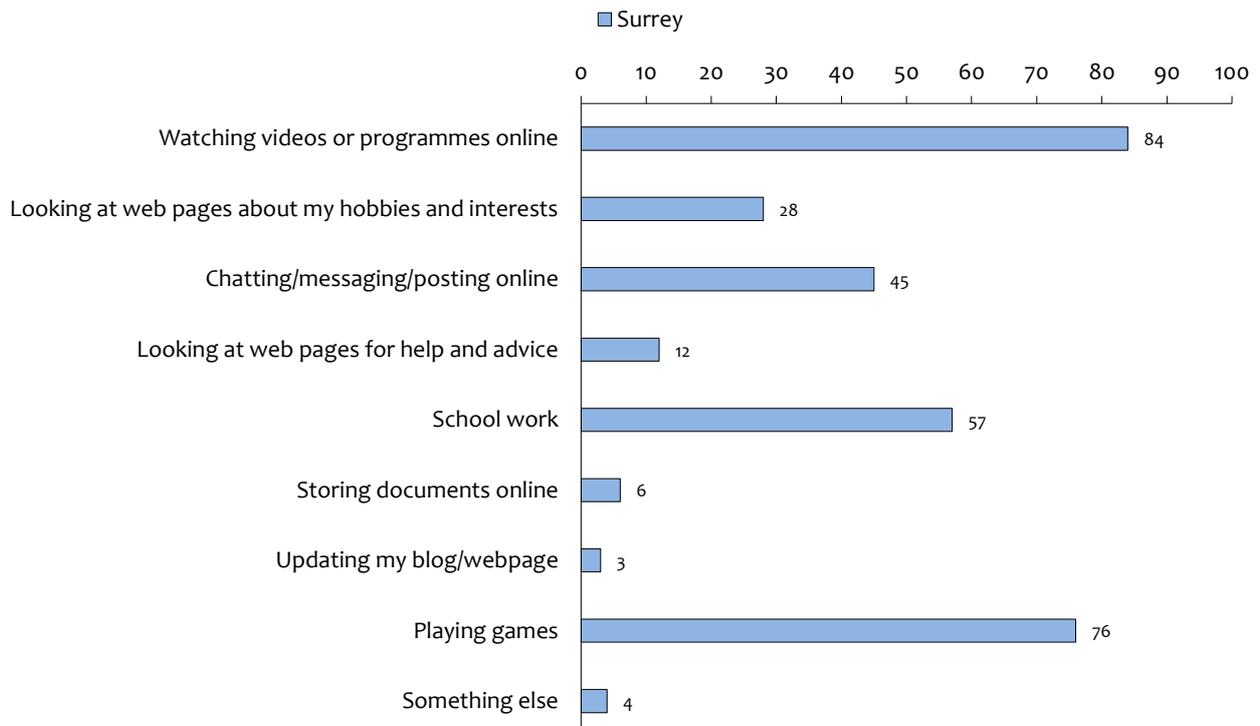
	Year 4		Year 6		Total
	Boys	Girls	Boys	Girls	
At home	90	89	91	89	90
At school	52	53	50	52	51
On a mobile device (phone, iPad etc.)	49	45	70	73	59
Elsewhere	15	14	25	24	20
Nowhere/not used the internet	2	2	0	0	1

57% of pupils responded that they use the internet for schoolwork, while 76% said that they use it for playing games.

**Q63.** Percentage of pupils answering that they use the internet for the following (top 5):

Boys			Girls		
1	Watching videos or programmes online	85	1	Watching videos or programmes online	82
2	Playing games	79	2	Playing games	73
3	School work	52	3	School work	63
4	Chatting/messaging/posting online	39	4	Chatting/messaging/posting online	51
5	Looking at web pages about my hobbies and interests	27	5	Looking at web pages about my hobbies and interests	28

**Q63.** Percentage of pupils answering that they use the internet for the following:



28% of Year 6 pupils responded that they have seen images or videos online that were for adults only.

**Q64a.** Percentage of Year 6 pupils answering that they have seen images or videos online that were for adults only.

Surrey  
Yr 6  
Boys 30  
Girls 25

35% of Year 6 pupils responded that they have seen images or videos online that upset them.

**Q64b.** Percentage of Year 6 pupils answering that they have seen images or videos online that upset them.

Surrey  
Yr 6  
Boys 30  
Girls 39

**Q65a.** Year 6 only How often do you use internet social networking sites?



42% of Year 6 pupils responded that they use internet social networking sites 'often' or 'very often'.

**Q65a.** Percentage of Year 6 pupils answering that they use internet social networking sites 'often' or 'very often'.

Surrey  
Yr 6  
Boys 41  
Girls 42

91% of Year 6 pupils responded that they have been told how to stay safe while using the internet.

**Q65b.** Percentage of Year 6 pupils answering that they have been told how to stay safe while using the internet.

Surrey  
Yr 6  
Boys 89  
Girls 94

62% of Year 6 pupils responded that they get e-safety information from their parents/carers/family, while 83% said that they get information from school.

**Q65c.** Year 6 only Percentage of pupils responding that they get e-safety information from the following places:

Boys			Girls		
1	School	79	1	School	88
2	Parents/carers/family	55	2	Parents/carers/family	69
3	Friends	9	3	Friends	15
4	On-line advice	8	4	On-line advice	10

24% of pupils responded that they have received a chat message that scared them or made them upset.

**Q66.** Percentage answering that they have received a chat message that scared them or made them upset.

	Surrey	
	Yr 4	Yr 6
Boys	19	20
Girls	25	30

23% of pupils responded that they have sent a chat message or posted a comment which they later wished they had not written.

**Q67.** Percentage answering that they have sent a chat message or posted a comment which they later wished they had not written.

	Surrey	
	Yr 4	Yr 6
Boys	18	27
Girls	17	29

## School & Leisure

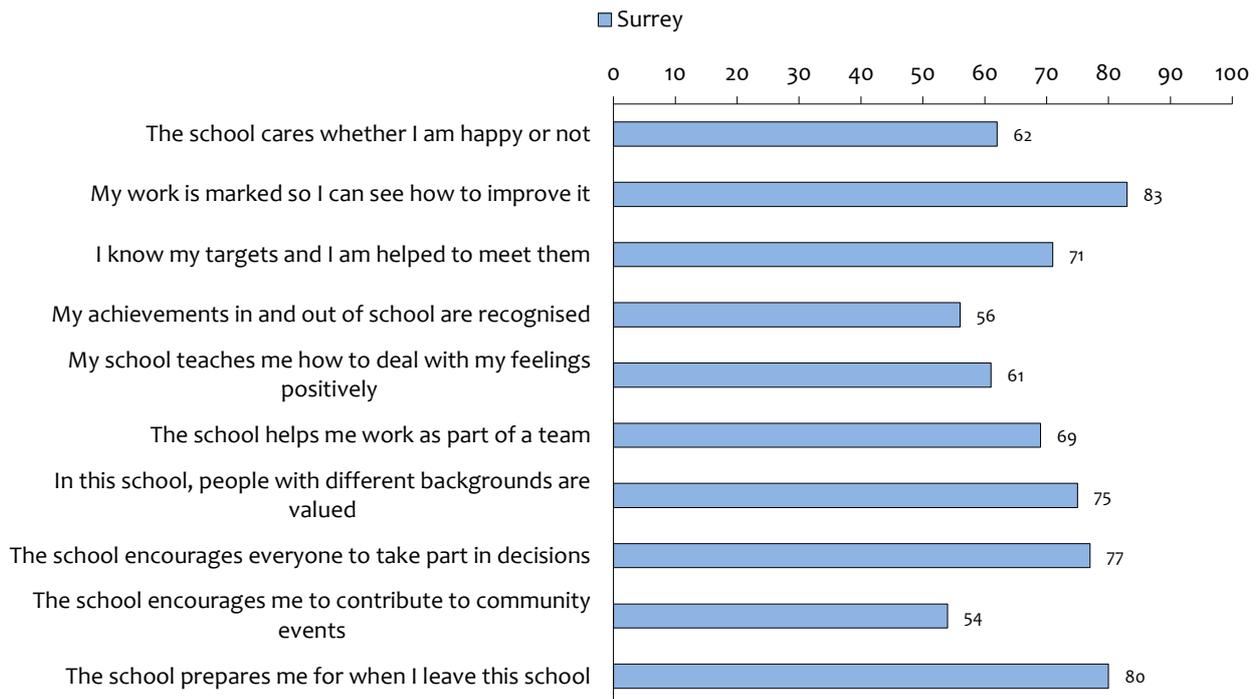
### Every Child Matters

75% of Year 6 pupils responded that in their school, people with different backgrounds are valued.

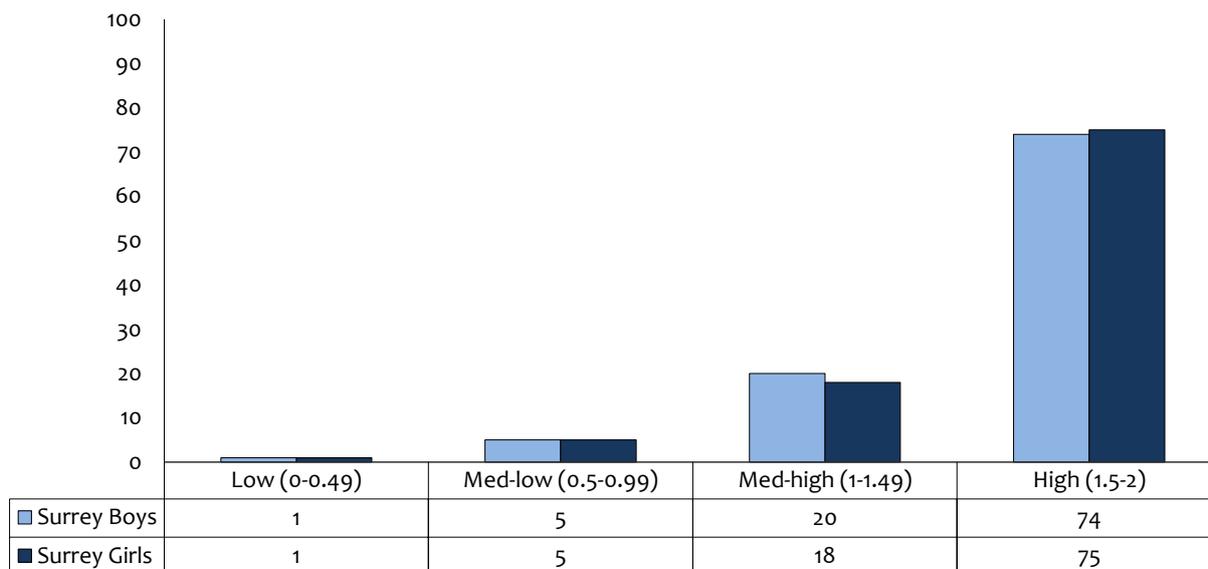
**Q68.** Percentage of Year 6 pupils responding 'yes' to the following statements:

	Year 6		Total
	Boys	Girls	
The school cares whether I am happy or not	63	63	62
My work is marked so I can see how to improve it	84	84	83
I know my targets and I am helped to meet them	74	69	71
My achievements in and out of school are recognised	60	55	56
The school teaches me how to deal with my feelings positively	62	60	61
The school helps me work as part of a team	72	67	69
In this school, people with different backgrounds are valued	73	78	75
The school encourages everyone to take part in decisions	77	78	77
The school encourages me to contribute to community events	57	52	54
The school prepares me for when I leave this school	79	81	80

**Q68.** Percentage of Year 6 pupils responding 'yes' to the following statements:



**Q68. Year 6: Composite pupil perception score:**



N.B. This score is derived from the levels of agreement to each of the positive statements about their experience in school (Q68).

1% of Year 6 pupils had a low pupil perception score.

**Q68.** Percentage of Year 6 pupils who had a low pupil perception score.

Surrey	
Yr 6	
Boys	1
Girls	1

74% of Year 6 pupils had a high pupil perception score.

**Q68.** Percentage of Year 6 pupils who had a high pupil perception score.

Surrey	
Yr 6	
Boys	74
Girls	75

We typically see a big drop in pupil perception scores when pupils reach secondary school. In Surrey, 41% of Year 8, and 27% of Year 10 had a high pupil perception score.

## After-school activities

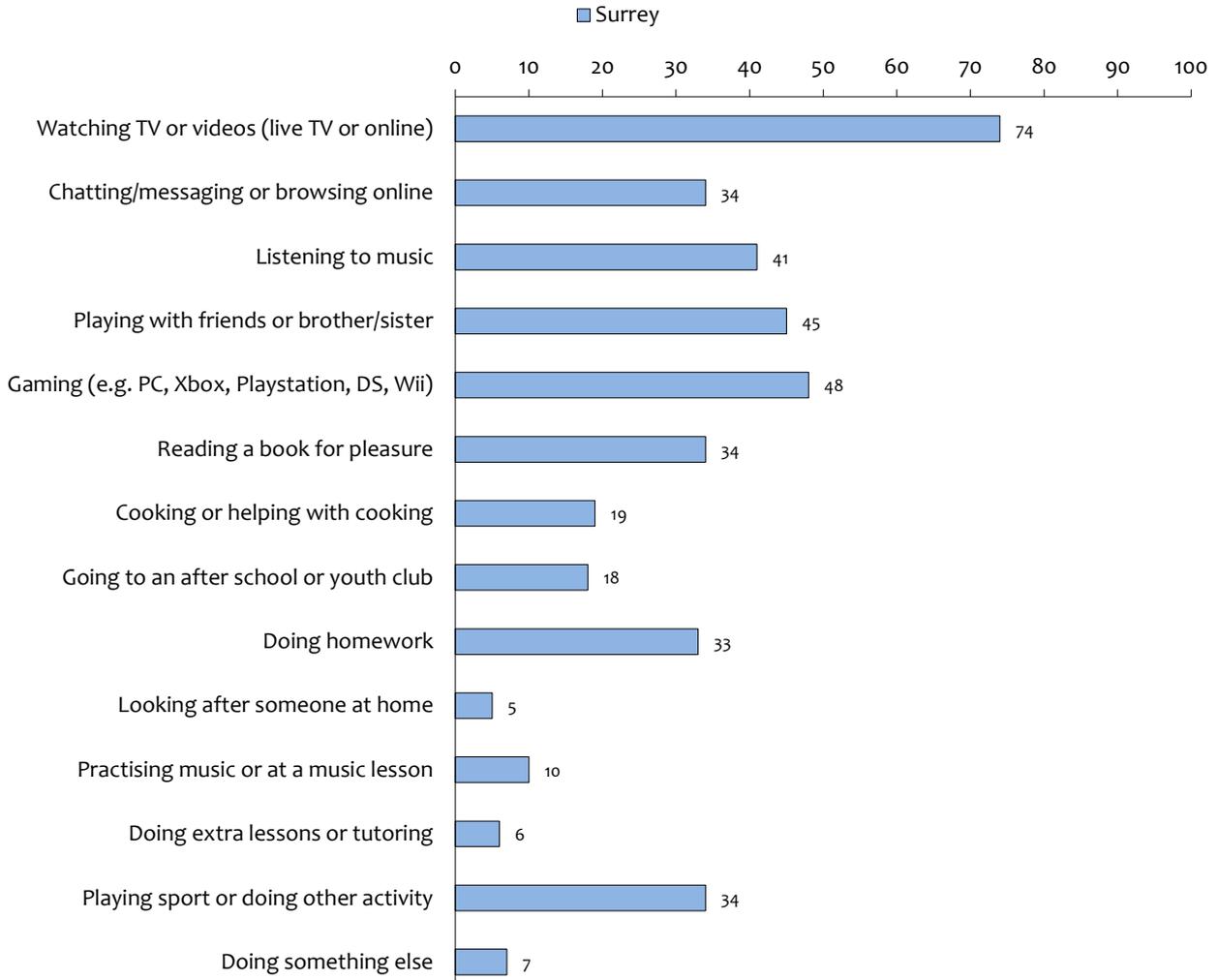
74% of pupils responded that they spent time watching TV or videos (live TV or online) after school on the day before the survey, while 34% spent time playing sport or doing physical activities.

**Q70.** Percentage of pupils responding that they spent time doing the following after school on the day before the survey (top 10):

Boys			Girls		
1	Watching TV or videos (live TV or online)	74	1	Watching TV or videos (live TV or online)	74
2	Gaming (e.g. PC, Xbox, PlayStation, DS, Wii)	64	2	Playing with friends or brother/sister	47
3	Playing with friends or brother/sister	44	3	Listening to music	44
4	Playing sport or doing other physical activity	37	4	Chatting/messaging or browsing online	38
5	Listening to music	37	5	Reading a book for pleasure	37
6	Doing homework	32	6	Doing homework	34
7	Reading a book for pleasure	31	7	Gaming (e.g. PC, Xbox, PlayStation, DS, Wii)	33
8	Chatting/messaging or browsing online	30	8	Playing sport or doing other physical activity	32
9	Going to an after school or youth club	19	9	Cooking or helping with cooking	24
10	Cooking or helping with cooking	14	10	Going to an after school or youth club	18

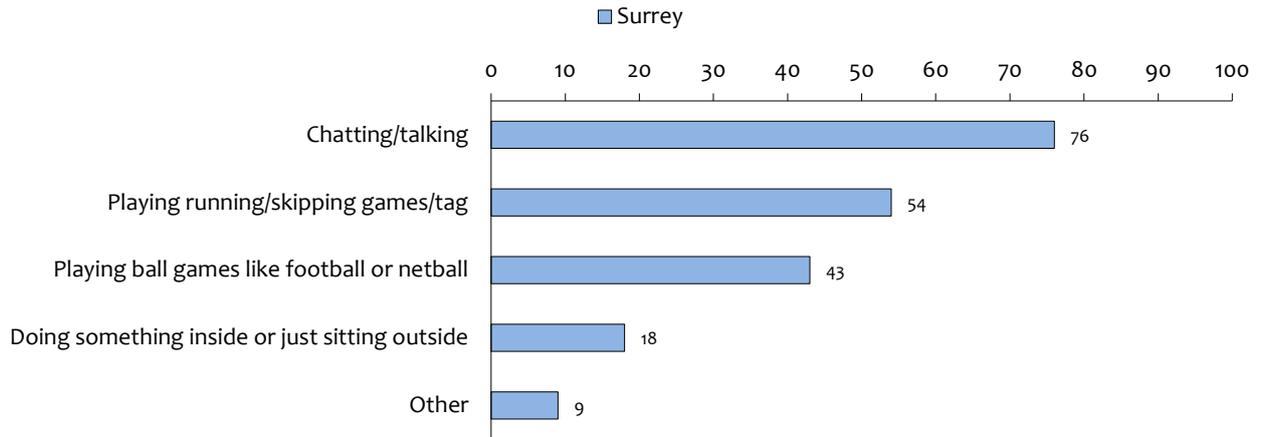
41% of pupils responded that they spent time listening to music after school on the day before the survey, while 33% did homework.

**Q70.** Percentage of pupils responding that they spent time doing the following after school on the day before the survey:



## Breaktimes

Q71. Percentage of pupils responding that they 'often' spend time doing the following during school playtimes:

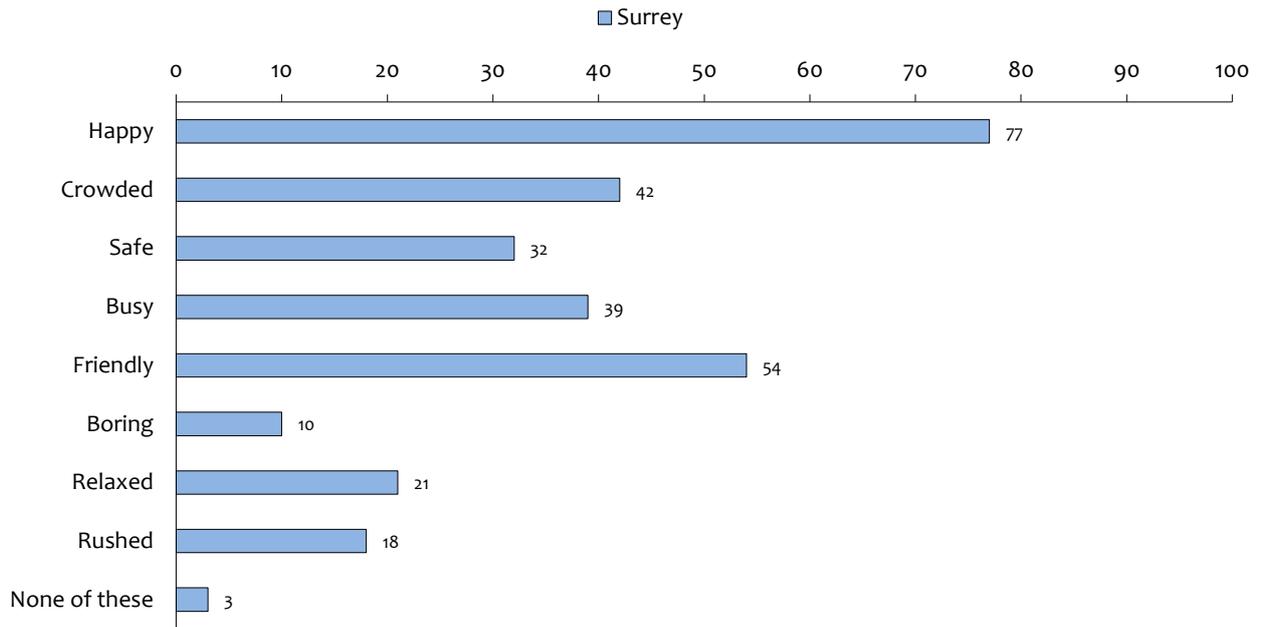


54% of pupils responded that they 'often' spend time playing running/skipping games/tag during school playtimes, while 76% spend time chatting/talking.

Q71. Percentage of pupils responding that they 'often' spend time doing the following during school playtimes:

Boys			Girls		
1	Chatting/talking	75	1	Chatting/talking	77
2	Playing ball games like football or netball	63	2	Playing running/skipping games/tag	48
3	Playing running/skipping games/tag	59	3	Playing ball games like football or netball	24
4	Doing something inside or just sitting outside	19	4	Doing something inside or just sitting outside	18
5	Other	9	5	Other	10

**Q72.** Percentage of pupils responding that they would describe their playtimes and lunchtimes as the following:



54% of pupils responded that their playtimes and lunchtimes are friendly, while 42% said that they are crowded, and 10% said that they are boring.

**Q72.** Percentage of pupils responding that they would describe their playtimes and lunchtimes as the following (top 5):

Boys			Girls		
1	Happy	78	1	Happy	76
2	Friendly	50	2	Friendly	59
3	Crowded	40	3	Busy	43
4	Busy	37	4	Crowded	43
5	Safe	30	5	Safe	34

## Views & opinions

35% of pupils responded that their views and opinions are asked for in school, while 17% said they aren't asked for.

**Q73.** Percentage answering that their views and opinions are asked for in school.

	Surrey	
	Yr 4	Yr 6
Boys	29	37
Girls	32	43

52% of pupils responded that their views and opinions are listened to in school, while 12% said they aren't listened to.

**Q74a.** Percentage answering that their views and opinions are listened to in school.

	Surrey	
	Yr 4	Yr 6
Boys	48	57
Girls	50	58

38% of pupils responded that they feel their views and opinions are listened to by talking to teachers in school, while 26% feel they are listened to through a school or class council.

**Q74b.** Percentage of pupils responding that their views and opinions are listened to in the following ways:

Boys			Girls		
1	Talking to teachers	37	1	Talking to teachers	40
2	School/class council	25	2	School/class council	27
3	Talking to other adults in school	18	3	Talking to other adults in school	23
4	Taking to trained pupils (e.g. playground pals/buddies)	7	4	Taking to trained pupils (e.g. playground pals/buddies)	8
5	Circle time	6	5	Circle time	6
6	Suggestion box	4	6	Suggestion box	4

18% of pupils responded that their views and opinions make a difference to how their school is run, while 29% said they don't make a difference.

**Q75.** Percentage answering that their views and opinions make a difference to how their school is run.

	Surrey	
	Yr 4	Yr 6
Boys	19	20
Girls	17	15

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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**
- ... 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***