

Young People in Surrey Schools

The Health-Related Behaviour Survey 2015



A report for Surrey Secondary

The Schools Health Education Unit

www.sheu.org.uk

Survey Report 2015

Produced by the
Schools Health Education Unit

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

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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.


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
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Dr. David Regis
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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 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 Secondary	
	Yr 8	Yr 10
Boys	673	482
Girls	563	437

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.

Surrey Secondary		
	Yr 8	Yr 10
Boys	673	482
Girls	563	437

Background

ETHNICITY

- 77% of pupils responded that they are White British.

HOME LIFE

- 68% of pupils responded that they live with their Mum and Dad together.
- 15% of pupils responded that they live 'mainly or only' with their Mum, while 2% said they live 'mainly or only' with their Dad.

SPECIAL NEEDS

- 1% of pupils responded that someone helped them to fill in the questionnaire, while 2% said they are 'not sure' if someone helped them and 1% didn't want to say.
- 1% of pupils responded that they are disabled, while 3% said they are 'not sure' if they are and 1% didn't want to say.
- 13% of pupils responded that they have a long-standing illness, while 6% said they are 'not sure' if they have and 1% didn't want to say.
- 9% of pupils responded that they have a special educational need or learning difficulty, while 8% said they are 'not sure' if they have and 1% didn't want to say.
- 7% of pupils responded that their additional needs are properly looked after in school, while 3% said they are 'not sure' if they are and 7% don't have any needs like that.
- This works out as 55% of the 272 pupils with additional needs responding that their needs are properly looked after.

YOUNG CARERS

- 6% of pupils responded that they are a 'young carer', while 4% said they are 'not sure' if they are and 1% didn't want to say.
- 2% of pupils responded that being a young carer takes up at least an hour of their time each day, while 1% said it takes up less than an hour.

ARMED FORCES

- 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 3% said they are 'not sure' if they do and 0% didn't want to say.
- 0% of pupils responded that their Mum or Dad is in the British Army, Royal Navy, Royal Air Force or the

Reserves, while 0% said their Mum or Dad's partner is.

FREE SCHOOL MEALS

- 8% of pupils responded that they currently have free school meals, while 11% said they have had them in the last 6 years and 2% said they could have them if they wanted.

Healthy Eating

CONTROL OVER HEALTH

- 92% of pupils agreed with at least one statement about being in control of their health (Q12a&c).
- 51% of pupils agreed with at least one statement saying that they weren't in control of their health (Q12b&d).
- 78% of pupils responded that they are in charge of their health, while 46% said that even if they look after themselves, they can still easily fall ill.

WEIGHT & APPEARANCE

- 7% of pupils responded that they would like to put on weight.
- 41% of pupils responded that they would like to lose weight.
- 52% of pupils responded that they are happy with their weight as it is.
- 22% of pupils responded that they are the main thing that affects the way they feel about their appearance, while 36% said comments/attitudes of other people at school affect them.

HEALTHY CHOICES

- 55% of boys and 49% of girls responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
- 19% of boys and 24% of girls responded that they 'very often' or 'always' consider their health when choosing what to eat.

5-A-DAY

- 7% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- 22% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

LUNCH

- 38% of pupils responded that they had school food for lunch on the day before the survey.

- ❑ 13% of pupils responded that they didn't have any lunch on the day before the survey.
- ❑ 74% of pupils responded that the place where they can get a school lunch is crowded and 58% said it is busy.

BREAKFAST

- ❑ 12% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.
- ❑ 8% of pupils responded that they only had a drink before lessons on the day of the survey.
- ❑ 25% of pupils responded that they had toast or bread before lessons on the day of the survey, while 13% had fruit.

FOOD & DRINK

- ❑ 51% of pupils responded that they eat fresh fruit 'on most days'; 58% said the same for vegetables.
- ❑ 29% of pupils responded that they 'rarely or never' eat fish/fish fingers.

Alcohol, Smoking & Drugs

PEER PERCEPTION

- ❑ 6% of pupils responded that they believe at least 'most' people their age drank alcohol in the week before the survey. 46% said 'none or just a few' did.
- ❑ 3% of pupils responded that they believe at least 'most' people their age were drunk at least once in the 7 days before the survey. 61% said 'none or just a few' were.
- ❑ 8% of pupils responded that they believe at least 'most' people their age smoked a cigarette in the 7 days before the survey. 42% said 'none or just a few' did.
- ❑ 2% of pupils responded that they believe at least 'most' people their age took cannabis in the 7 days before the survey. 70% said 'none or just a few' did.

ALCOHOL

- ❑ 12% of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 3% of pupils responded that they were drunk in the 7 days before the survey.
- ❑ 0% of boys and 0% of girls drank over the advised weekly limit of alcohol for adult females of 14 units.
- ❑ 3% of pupils responded that they drank beer or lager in the 7 days before the survey and 2% said they drank spirits.
- ❑ 54% of pupils responded that they 'never' drink alcohol.
- ❑ 26% of pupils responded that if they ever drink alcohol, their parents/carers 'always' know, while 9% said their parents/carers 'usually' know.
- ❑ This works out as 57% of those who do drink alcohol responding that their parents 'always know'.

- ❑ 10% of pupils responded that if they ever drink alcohol, their parents/carers 'never' or only 'sometimes' know.

ALCOHOL & DRUG INFORMATION

- ❑ 49% of pupils responded that they would know where to go if they wanted information or support about alcohol or drugs, while 19% said they wouldn't know where to go.

SMOKING

- ❑ 17% of pupils responded that they have smoked in the past or smoke now.
- ❑ 2% of pupils responded that they smoke 'regularly'.
- ❑ Of the 37 pupils who smoke regularly, 43% said they would like to give up.
- ❑ 3% of pupils responded that they have smoked in the 7 days before the survey.
- ❑ 1% of pupils responded that they have bought cigarettes with health warnings in a different language.
- ❑ 10% of pupils responded that they have 'never heard of' electronic cigarettes, while 74% said they have never used them.
- ❑ 3% of pupils responded that they use an electronic cigarette 'occasionally' or 'regularly'.
- ❑ 31% of pupils responded that their parents/carers smoke.
- ❑ 9% of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 13% of pupils responded that someone smokes in a car when they are in it too.
- ❑ 63% of pupils responded that no-one ever smokes at home.
- ❑ 24% of pupils responded that smoking happens only outside.
- ❑ 5% of pupils responded that smoking happens on the doorstep only.
- ❑ 6% of pupils responded that smoking happens in certain rooms only.
- ❑ 2% of pupils responded that smokers can smoke anywhere in their home.

DRUGS

- ❑ 32% of pupils responded that they are 'fairly sure' or 'certain' they know someone who takes drugs to get high.
- ❑ 15% of pupils responded that they have been offered cannabis.
- ❑ 10% of pupils responded that they have been offered other illegal drugs or legal highs (not cannabis).
- ❑ 6% of pupils reported that they have taken drugs to get high (not medicines, tobacco or alcohol).
- ❑ 3% of pupils responded that they have taken at least one of the drugs listed during the last month.

- ❑ 4% of pupils responded that they have taken at least one of the drugs listed during the last year.

Emotional Health & Well-being

SATISFACTION

- ❑ 4% of pupils responded that they are 'not at all' happy with their life at the moment.
- ❑ 65% of pupils responded that they are at least 'quite' happy with their life at the moment.

SELF-ESTEEM

- ❑ 23% of pupils had a med-low self-esteem score (9 or less).
- ❑ 42% of pupils had a high self-esteem score (15 or more).
- ❑ 77% of pupils responded that they feel happy talking to other pupils at school.

WORRYING

- ❑ 73% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 46% of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'.
- ❑ 73% of pupils responded that they know an adult they trust who they can talk to if they are worried about something, while 8% said they don't know anyone.

PROBLEM SOLVING

- ❑ 53% of pupils responded that they 'usually' or 'always' listen to music when they have a problem that worries them or they are feeling stressed, while 46% said they talk to someone about it.

RESILIENCE

- ❑ 33% of pupils had a low measure of resilience (0 – 19).
- ❑ 20% of pupils had a high measure of resilience (26+).
- ❑ 53% of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time, while 21% said they get upset and feel bad for ages.
- ❑ 55% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 42% ask for help and 10% give up.

Sexual Health

SEX & RELATIONSHIPS EDUCATION

- ❑ 62% of pupils responded that they have learned about contraception from school lessons, while 26% said they never learned about it anywhere.
- ❑ 68% of pupils responded that they have learned about sexually transmitted infections from school lessons, while 15% said they never learned about it anywhere.

CONTRACEPTION

- ❑ 31% of pupils responded that they know where they can get condoms free of charge.

HEALTH & ADVICE SERVICES

- ❑ 86% of pupils responded that they have never heard of Catch 22, while 1% said that they know what it is, but not where or how to access it.
- ❑ 0% of pupils responded that they have used Catch 22.
- ❑ 85% of pupils responded that they have never heard of GUM clinics, while 2% said that they know what they are, but not where or how to access them.
- ❑ 0% of pupils responded that they have used GUM clinics.
- ❑ 73% of pupils responded that they have never heard of CASH clinics, while 4% said that they know what they are, but not where or how to access them.
- ❑ 0% of pupils responded that they have used CASH clinics.
- ❑ 51% of pupils responded that they have never heard of sexual health clinics just for young people, while 10% said that they know what they are, but not where or how to access them.
- ❑ 1% of pupils responded that they have used sexual health clinics just for young people.

YEAR 10+: SEXUAL RELATIONSHIPS

- ❑ 11% of Year 10+ pupils responded that they think most young people start having sex aged 14 or younger.
- ❑ 49% of Year 10+ pupils responded that they think most young people start having sex aged 16 or 17.
- ❑ 5% of Year 10+ pupils responded that they think most young people start having sex aged 19 or older.
- ❑ 3% of Year 10+ pupils responded that they are currently in a relationship and thinking about having sex.
- ❑ 11% of Year 10+ pupils responded that they are either in a sexual relationship or have had one in the past.

Physical Activity

ENJOY EXERCISE

- ❑ 4% of pupils responded that they don't enjoy physical activities at all.
- ❑ 74% of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

PE LESSONS

- ❑ 74% of pupils responded that they enjoy their PE lessons, while 17% are 'not sure' if they do.
- ❑ 67% of pupils responded that they feel they are getting better at PE, while 21% are 'not sure' if they are.

SCHOOL SPORTS

- ❑ 47% of pupils responded that their school has helped them to be more healthy, while 33% are 'not sure' if it has.
- ❑ 43% of pupils responded that they don't go to any sports clubs at lunch time or after school each week.
- ❑ 28% of pupils responded that they go to at least 3 sports clubs at lunch time or after school each week.
- ❑ 65% of pupils responded that they haven't played any sports games or matches at their school this year.
- ❑ 20% of pupils responded that they have played at least 4 matches at their school this year.
- ❑ 48% of pupils responded that they haven't played any games or matches against other schools this year.
- ❑ 32% of pupils responded that they have played at least 4 matches against other schools this year.
- ❑ 18% of pupils responded that they currently take part in sports volunteering or sports leadership.

EXERCISE

- ❑ 7% of boys and 8% of girls responded that they didn't do any physical activity in the week before the survey.
- ❑ 34% of boys and 23% of girls responded that they did physical activity on five days or more in the week before the survey.
- ❑ 26% of pupils responded that they didn't do any physical activity that caused them to get out of breath and/or sweaty in the week before the survey.
- ❑ 12% of pupils responded that they did physical activity that caused them to get out of breath and/or sweaty on at least 5 days in the week before the survey.
- ❑ 39% of pupils responded that they didn't do any physical activity that caused them to get out of breath and/or sweaty for an hour or more in the week before the survey.
- ❑ 8% of pupils responded that they did physical activity that caused them to get out of breath and/or sweaty for an hour or more on at least 5 days in the week before the survey.
- ❑ 80% of pupils responded that their week's pattern of activity was usual, while 11% said it was more active than usual and 10% said it was less active than usual.

Health Services

DOCTOR

- ❑ 71% of pupils responded that they last visited the doctor in the last 6 months.
- ❑ 13% of pupils responded that they last visited the doctor more than a year ago.
- ❑ 22% of pupils responded that the reception and waiting room environment made them feel 'quite' or 'very' uneasy on their last visit to the doctor.

- ❑ 20% of pupils responded that the reception and waiting room environment made them feel 'at ease' on their last visit to the doctor.

AT SCHOOL

- ❑ 31% of pupils responded that there is a health clinic in their school, while 55% said they are 'not sure' if there is.
- ❑ 47% of pupils responded that they know who their School Nurse is, while 2% said they don't have one.
- ❑ 56% of pupils responded that they know how to get to see their School Nurse, while 20% said that they do not know.

DENTAL HEALTH

- ❑ 84% of pupils responded that they visited the dentist in the last 6 months.
- ❑ 6% of pupils responded that they last visited the dentist more than a year ago and 1% said they have never been.

Staying Safe

PEER PRESSURE

- ❑ 64% 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.
- ❑ 9% 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.

BULLYING

- ❑ 25% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- ❑ 6% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 21% of pupils responded that they have been bullied at or near school in the last 12 months, while 13% said they 'don't know' if they have been.
- ❑ 13% of pupils responded that they have deliberately upset or hurt someone else at school in the last 12 months, while 20% said they 'don't know' if they have.
- ❑ 9% of pupils responded that their school deals with bullying 'badly', while 6% said that bullying is not a problem in their school.
- ❑ 46% of pupils responded that their school deals with bullying 'quite' or 'very' well.
- ❑ 66% of pupils responded that they think their school takes bullying seriously, while 24% said they 'don't know' if it does.
- ❑ 17% of pupils responded that they were pushed/hit for no reason in the month before the survey and 8% said they have had belongings taken/broken.
- ❑ 21% of pupils responded that they experienced negative behaviour outside at school during breaktimes, while 17% said they experienced it in a classroom during breaktimes.

- ❑ 15% of pupils responded that they were bullied recently and told their Mum or Dad/carer, while 10% said they told a teacher or other staff at school.
- ❑ 14% of pupils responded that the bullying problem stopped after telling someone, while 8% said it didn't stop.
- ❑ 19% of boys and 27% of girls think they are being picked on or bullied because of their size or weight.
- ❑ 21% of boys and 41% of girls think they are being picked on or bullied because of the way they look.

LOCAL AREA

- ❑ 77% of pupils rated their safety at school as 'good' or 'very good'; 51% said the same of going out after dark.
- ❑ 15% of pupils rated their safety when going out after dark as 'poor' or 'very poor'; 3% said the same of being at school.

RELATIONSHIPS

- ❑ 24% of pupils responded that they have experienced at least one of the negative behaviours listed in a relationship with a past or current boyfriend/girlfriend.

E-SAFETY

- ❑ 84% of pupils responded that they have chatted on the internet.
- ❑ 35% of pupils responded that they chat to friends of friends on the internet, while 21% said they chat to other people who they don't know in real life.
- ❑ 18% of pupils responded that they have received a hurtful, nasty or scary message online, while 8% said someone has changed their password.
- ❑ 10% of pupils responded that they have given personal information to someone online who they didn't know in real life.
- ❑ 20% of pupils responded that someone online who they didn't know has asked to see pictures of them.
- ❑ 5% of pupils responded that someone (online or in person) has threatened or pressured them to send a picture or video of themselves or show themselves on webcam.
- ❑ 2% of pupils responded that they have sent sexual pictures of themselves to someone they don't know.
- ❑ 6% of pupils responded that they have sent sexual pictures of themselves to someone they do know.
- ❑ 16% of pupils responded that someone they don't know in person has asked to meet with them; 6% said this person was, as far as they know, quite a bit older than them and 3% said they did actually meet up with them.
- ❑ 93% of pupils responded that they have been told how to stay safe while online.
- ❑ 73% of pupils responded that they always follow the advice they have been given about how to stay safe online.

- ❑ 63% of pupils responded that they have blocked someone because of something upsetting that happened online and 2% said they have reported something to CEOP.

Enjoying & Achieving

FUTURE PLANS

- ❑ 47% of boys and 57% of girls responded that they want to continue in full-time education at the end of Year 11.
- ❑ 33% of boys and 39% of girls responded that they want to find a job as soon as they can at the end of Year 11.
- ❑ 47% of boys and 47% of girls responded that they want to get training for a skilled job at the end of Year 11.
- ❑ 11% of boys and 8% of girls responded that they want to start a family at the end of Year 11.

SCHOOL LESSONS

- ❑ 47% of pupils responded that they enjoy 'most' or 'all' of their lessons at school.
- ❑ 9% of pupils responded that they enjoy 'hardly any' of their lessons at school.
- ❑ 24% of pupils responded that they have found school lessons about citizenship 'quite' or 'very' useful.
- ❑ 15% of pupils responded that they have found school lessons about citizenship 'not at all' useful.

ATTENDANCE

- ❑ 89% of pupils responded that they think it is important to go to school regularly, while 3% think it isn't important.
- ❑ 68% of pupils responded that they were away from school due to illness or injury in the 12 months before the survey, while 41% said they have been away due to doctor/dentist appointments.

EVERY CHILD MATTERS

- ❑ 40% of pupils responded that they think the school cares whether they are happy or not and 68% said their work is marked so they can see how to improve it.

Leisure

- ❑ 74% of pupils responded that they spent time watching TV after school on the day before the survey, while 68% did homework and 47% played video games.
- ❑ 61% of pupils responded that they listened to music after school on the day before the survey, while 28% said they met with friends.

Making a Positive Contribution

- ❑ 58% of pupils responded that they are asked for their opinions about what they learn in school; 40% said their opinions make a difference and 52% would like to be consulted more often.
- ❑ 52% of pupils responded that they are asked for their opinions about how they learn in school; 44% said

their opinions make a difference and 51% would like to be consulted more often.

- ❑ 49% of pupils responded that they are asked for their opinions about the school environment; 47% said their opinions make a difference and 47% would like to be consulted more often.

- ❑ 33% of pupils responded that they are asked for their opinions about their community; 32% said their opinions make a difference and 42% would like to be consulted more often.

Pupil Comparisons

We have identified a few questions to consider in more detail to see how answers vary for different groups of students. We know that we get different answers depending on the age and experience of pupils and we also know that boys and girls often give different answers, for example to the physical activity questions, with boys in general being more active than the girls.

For each example, the question we are looking at is listed at the top of the table and beneath that, the question responses we are identifying are shown with the sample sizes involved.

The sample size for each table is shown in bold at the top of each column.

Question	Q3. Which adults do you live with?		
Answer options	'Mum & Dad together'	Other (not Mum & Dad)	Overall
Sample sizes	247 (2753)	155 (1747)	403 (4523)
Pupils who responded that they currently have free school meals.	7% (5%)	12% (17%)	9% (10%)
Pupils who responded that they are a 'young carer'.	4% (4%)	5% (8%)	5% (6%)

In the example above, 247 pupils in this school live with both parents together and 155 pupils don't.

When we look at the question which asks if they have free school meals, 9% of the whole school sample said they were compared with (10%) in the wider county sample. Breaking this down further by who they live with, 7% of pupils in this school who live with both parents had free school meals compared with 12% of pupils who don't live with both parents together.

Considerations

When interpreting the differences between the groups we have listed it is important to consider what else might have had an impact on the results. For example, girls generally record lower levels of high self-esteem so the observed differences may have more to do with gender differences than low/high self-esteem differences.

We hope that the following pages are useful, particularly as evidence for inequalities. If you need any help in interpreting the data, please don't hesitate to contact us at the unit.

Pupil Comparisons

The first comparison is between those who said they live with both parents together compared with those who didn't. The sample size for each table is shown in bold at the top of each column.

Q3. Which adults do you live with?

	'Mum & dad together'	Other (not mum & dad)	Overall
	1457	690	2168
Pupils who described themselves as White British.	76%	79%	77%
Pupils who responded that they are a 'young carer'.	4%	9%	6%
Pupils who responded that they are currently/were previously eligible for free school meals or vouchers for free school meals.	14%	34%	21%
Pupils who responded that they are in charge of their health.	79%	78%	78%
Pupils who responded that they are happy with their weight as it is.	54%	47%	52%
Pupils who responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.	23%	20%	22%
Pupils who responded that they didn't have any lunch on the day before the survey.	11%	17%	13%
Pupils who responded that they didn't have anything to eat or drink before lessons on the day of the survey.	10%	18%	12%
Pupils who responded that they had an alcoholic drink in the 7 days before the survey.	11%	16%	12%
Pupils who responded that they have tried smoking in the past or smoke now.	12%	25%	17%
Pupils who responded that they smoked at least one cigarette in the 7 days before the survey.	1%	5%	3%
Pupils who responded that their parents/carers smoke.	24%	45%	31%
Pupils who responded that they are 'fairly sure' or 'certain' they know someone personally who uses drugs.	29%	39%	32%
Pupils who responded that they have taken drugs to get high (not medicines, tobacco or alcohol).	5%	8%	6%
Pupils who responded that they are 'not at all' happy with their life at the moment.	3%	7%	4%
Pupils who had a med-high self-esteem score (10 or more).	81%	70%	77%
Pupils who responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.	70%	80%	73%
Pupils who had a high measure of resilience (26+).	22%	14%	20%
Pupils who responded that they know where they can get condoms free of charge.	29%	36%	31%
Year 10+ pupils who responded that they are either in a sexual relationship or have had one in the past.	8%	17%	11%
Pupils who responded that they did physical activity on five days or more in the week before the survey.	31%	25%	29%
Pupils who responded that they feel afraid of going to school because of bullying at least 'sometimes'.	24%	28%	25%
Pupils who responded that they would like to continue in full-time education after the end of Year 11.	54%	46%	51%
Pupils who responded that they enjoy 'most' or 'all' lessons at school.	50%	40%	47%
Pupils who agreed that the school cares whether they are happy or not.	43%	34%	40%

Q11. In the last 6 years, have you ever had free school meals, or vouchers for free meals?

	Currently or previously eligible 442	'No' 1516	Overall 2168
Pupils who described themselves as White British.	72%	78%	77%
Pupils who responded that they live with their mum and dad together.	46%	75%	68%
Pupils who responded that they are a 'young carer'.	12%	4%	6%
Pupils who responded that they are in charge of their health.	78%	79%	78%
Pupils who responded that they are happy with their weight as it is.	50%	53%	52%
Pupils who responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.	21%	23%	22%
Pupils who responded that they didn't have any lunch on the day before the survey.	14%	12%	13%
Pupils who responded that they didn't have anything to eat or drink before lessons on the day of the survey.	15%	12%	12%
Pupils who responded that they had an alcoholic drink in the 7 days before the survey.	11%	13%	12%
Pupils who responded that they have tried smoking in the past or smoke now.	21%	15%	17%
Pupils who responded that they smoked at least one cigarette in the 7 days before the survey.	4%	2%	3%
Pupils who responded that their parents/carers smoke.	47%	26%	31%
Pupils who responded that they are 'fairly sure' or 'certain' they know someone personally who uses drugs.	36%	32%	32%
Pupils who responded that they have taken drugs to get high (not medicines, tobacco or alcohol).	6%	6%	6%
Pupils who responded that they are 'not at all' happy with their life at the moment.	7%	4%	4%
Pupils who had a med-high self-esteem score (10 or more).	74%	78%	77%
Pupils who responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.	77%	73%	73%
Pupils who had a high measure of resilience (26+).	19%	21%	20%
Pupils who responded that they know where they can get condoms free of charge.	32%	32%	31%
Year 10+ pupils who responded that they are either in a sexual relationship or have had one in the past.	17%	10%	11%
Pupils who responded that they did physical activity on five days or more in the week before the survey.	29%	30%	29%
Pupils who responded that they feel afraid of going to school because of bullying at least 'sometimes'.	28%	24%	25%
Pupils who responded that they would like to continue in full-time education after the end of Year 11.	42%	56%	51%
Pupils who responded that they enjoy 'most' or 'all' lessons at school.	44%	48%	47%
Pupils who agreed that the school cares whether they are happy or not.	39%	41%	40%

Q17. How many portions of fruit and vegetables did you eat yesterday?

	0 – 4 portions	5+ portions	Overall
	1596	451	2168
Pupils who described themselves as White British.	77%	75%	77%
Pupils who responded that they live with their mum and dad together.	68%	71%	68%
Pupils who responded that they are a 'young carer'.	6%	5%	6%
Pupils who responded that they are currently/were previously eligible for free school meals or vouchers for free school meals.	21%	19%	21%
Pupils who responded that they are in charge of their health.	78%	81%	78%
Pupils who responded that they are happy with their weight as it is.	50%	59%	52%
Pupils who responded that they didn't have any lunch on the day before the survey.	13%	10%	13%
Pupils who responded that they didn't have anything to eat or drink before lessons on the day of the survey.	13%	8%	12%
Pupils who responded that they had an alcoholic drink in the 7 days before the survey.	12%	13%	12%
Pupils who responded that they have tried smoking in the past or smoke now.	17%	12%	17%
Pupils who responded that they smoked at least one cigarette in the 7 days before the survey.	2%	2%	3%
Pupils who responded that their parents/carers smoke.	33%	22%	31%
Pupils who responded that they are 'fairly sure' or 'certain' they know someone personally who uses drugs.	32%	31%	32%
Pupils who responded that they have taken drugs to get high (not medicines, tobacco or alcohol).	6%	4%	6%
Pupils who responded that they are 'not at all' happy with their life at the moment.	4%	3%	4%
Pupils who had a med-high self-esteem score (10 or more).	76%	80%	77%
Pupils who responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.	75%	73%	73%
Pupils who had a high measure of resilience (26+).	18%	25%	20%
Pupils who responded that they know where they can get condoms free of charge.	31%	30%	31%
Year 10+ pupils who responded that they are either in a sexual relationship or have had one in the past.	11%	12%	11%
Pupils who responded that they did physical activity on five days or more in the week before the survey.	26%	44%	29%
Pupils who responded that they feel afraid of going to school because of bullying at least 'sometimes'.	26%	24%	25%
Pupils who responded that they would like to continue in full-time education after the end of Year 11.	51%	59%	51%
Pupils who responded that they enjoy 'most' or 'all' lessons at school.	45%	51%	47%
Pupils who agreed that the school cares whether they are happy or not.	40%	44%	40%

Q40. Composite self-esteem score:

	Med-low score	Med-high score	Overall
	481	1643	2168
Pupils who described themselves as White British.	77%	77%	77%
Pupils who responded that they live with their mum and dad together.	58%	71%	68%
Pupils who responded that they are a 'young carer'.	11%	5%	6%
Pupils who responded that they are currently/were previously eligible for free school meals or vouchers for free school meals.	23%	20%	21%
Pupils who responded that they are in charge of their health.	69%	81%	78%
Pupils who responded that they are happy with their weight as it is.	29%	59%	52%
Pupils who responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.	20%	23%	22%
Pupils who responded that they didn't have any lunch on the day before the survey.	26%	9%	13%
Pupils who responded that they didn't have anything to eat or drink before lessons on the day of the survey.	21%	10%	12%
Pupils who responded that they had an alcoholic drink in the 7 days before the survey.	12%	12%	12%
Pupils who responded that they have tried smoking in the past or smoke now.	22%	15%	17%
Pupils who responded that they smoked at least one cigarette in the 7 days before the survey.	5%	2%	3%
Pupils who responded that their parents/carers smoke.	42%	28%	31%
Pupils who responded that they are 'fairly sure' or 'certain' they know someone personally who uses drugs.	39%	30%	32%
Pupils who responded that they have taken drugs to get high (not medicines, tobacco or alcohol).	6%	5%	6%
Pupils who responded that they are 'not at all' happy with their life at the moment.	15%	1%	4%
Pupils who responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.	96%	68%	73%
Pupils who had a high measure of resilience (26+).	8%	23%	20%
Pupils who responded that they know where they can get condoms free of charge.	28%	31%	31%
Year 10+ pupils who responded that they are either in a sexual relationship or have had one in the past.	17%	10%	11%
Pupils who responded that they did physical activity on five days or more in the week before the survey.	25%	30%	29%
Pupils who responded that they feel afraid of going to school because of bullying at least 'sometimes'.	60%	14%	25%
Pupils who responded that they would like to continue in full-time education after the end of Year 11.	48%	54%	51%
Pupils who responded that they enjoy 'most' or 'all' lessons at school.	30%	52%	47%
Pupils who agreed that the school cares whether they are happy or not.	24%	46%	40%

Background

Ethnicity

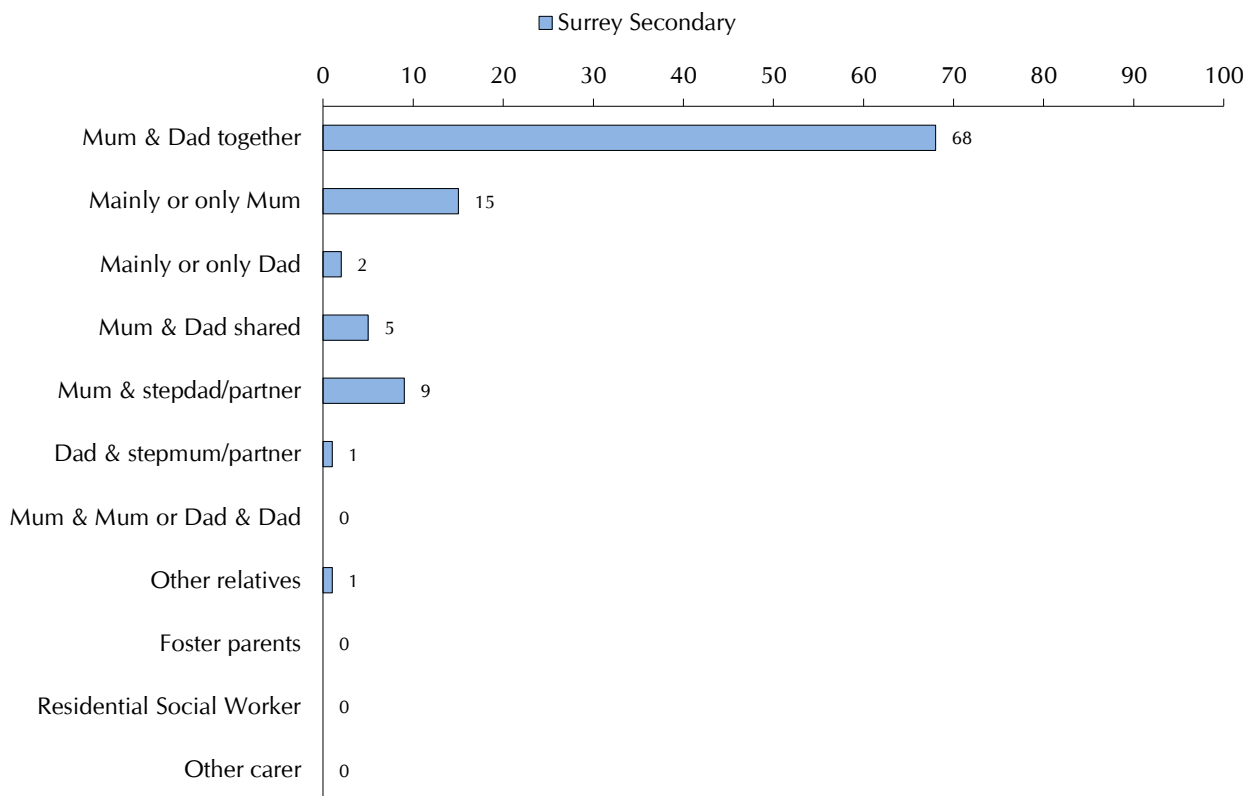
77% of pupils responded that they are White British.

Q1. Percentage answering that they are White British.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	73	80
Girls	75	81

Home life

Q3. Which adults do you live with?



68% of pupils responded that they live with their Mum and Dad together.

Q3. Percentage answering that they live with their Mum and Dad together.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	71	68
Girls	67	65

15% of pupils responded that they live 'mainly or only' with their Mum, while 2% said they live 'mainly or only' with their Dad.

Q3. Percentage answering that they live 'mainly or only' with their Mum.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	13	14
Girls	15	16

Special needs

1% of pupils responded that someone helped them to fill in the questionnaire, while 2% said they are 'not sure' if someone helped them and 1% didn't want to say.

1% of pupils responded that they are disabled, while 3% said they are 'not sure' if they are and 1% didn't want to say.

13% of pupils responded that they have a long-standing illness, while 6% said they are 'not sure' if they have and 1% didn't want to say.

9% of pupils responded that they have a special educational need or learning difficulty, while 8% said they are 'not sure' if they have and 1% didn't want to say.

7% of pupils responded that their additional needs are properly looked after in school, while 3% said they are 'not sure' if they are and 7% don't have any needs like that.

This works out as 55% of the 272 pupils with additional needs responding that their needs are properly looked after.

Q4. Percentage answering that someone helped them to fill in the questionnaire.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	2	1
Girls	1	1

Q5. Percentage answering that they are disabled.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	2	2
Girls	0	0

Q6. Percentage answering that they have a long-standing illness.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	15	10
Girls	13	14

Q7. Percentage answering that they have a special educational need or learning difficulty.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	11	10
Girls	6	6

Q8. Percentage answering that they have additional needs which are looked after properly in school.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	10	8
Girls	3	5

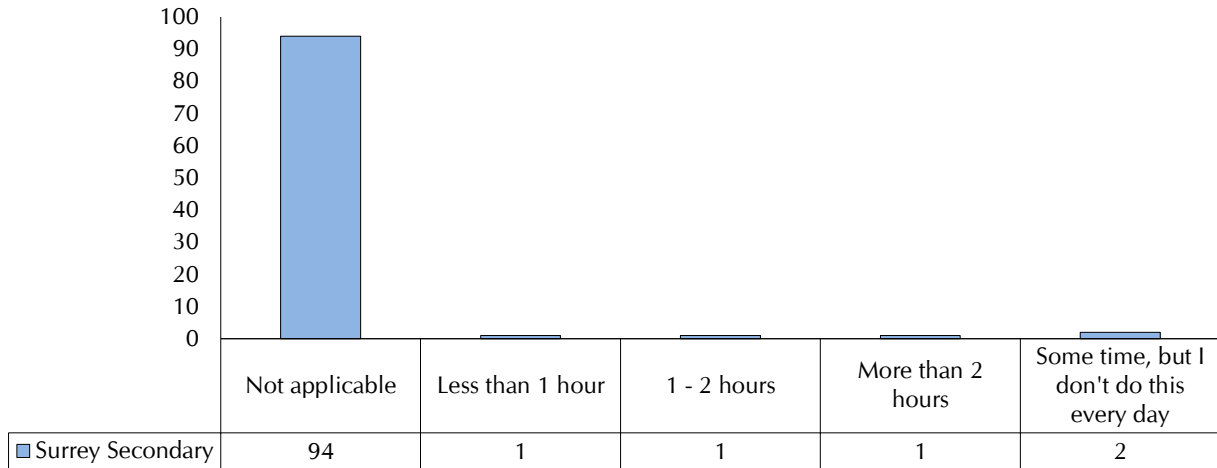
Young carers

6% of pupils responded that they are a 'young carer', while 4% said they are 'not sure' if they are and 1% didn't want to say.

Q9a. Percentage answering that they are a 'young carer'.

Surrey Secondary		
	Yr 8	Yr 10
Boys	7	4
Girls	7	7

Q9c. If you are a 'young carer', how much of your time does it take up each day?



2% of pupils responded that being a young carer takes up at least an hour of their time each day, while 1% said it takes up less than an hour.

Q9c. Percentage answering that being a young carer takes up at least an hour of their time each day.

Surrey Secondary		
	Yr 8	Yr 10
Boys	2	2
Girls	2	3

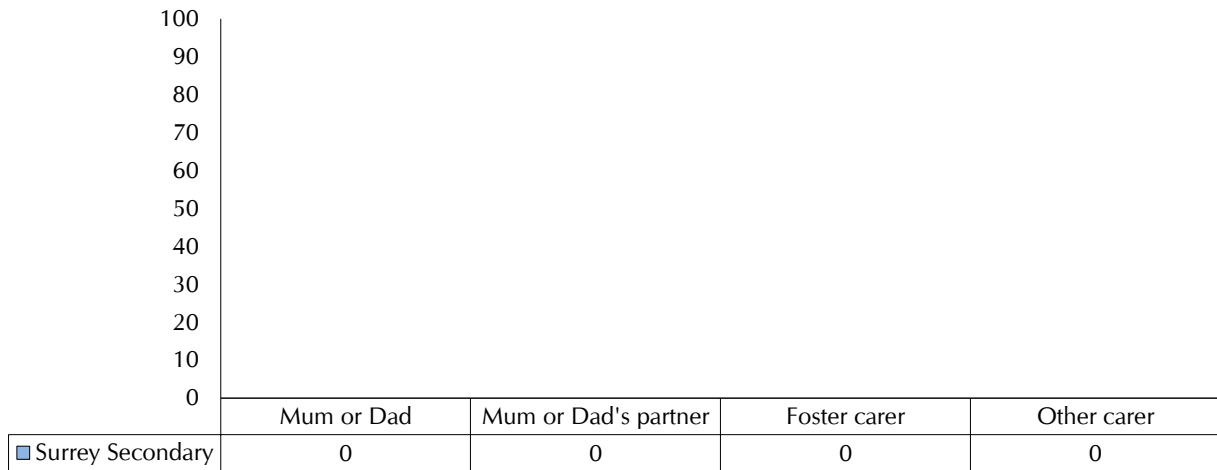
Armed forces

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 3% said they are 'not sure' if they do and 0% didn't want to say.

Q10a. Percentage answering that they have a parent/carer who is in the armed forces.

Surrey Secondary		
	Yr 8	Yr 10
Boys	5	2
Girls	3	2

Q10b. If yes, who is it?



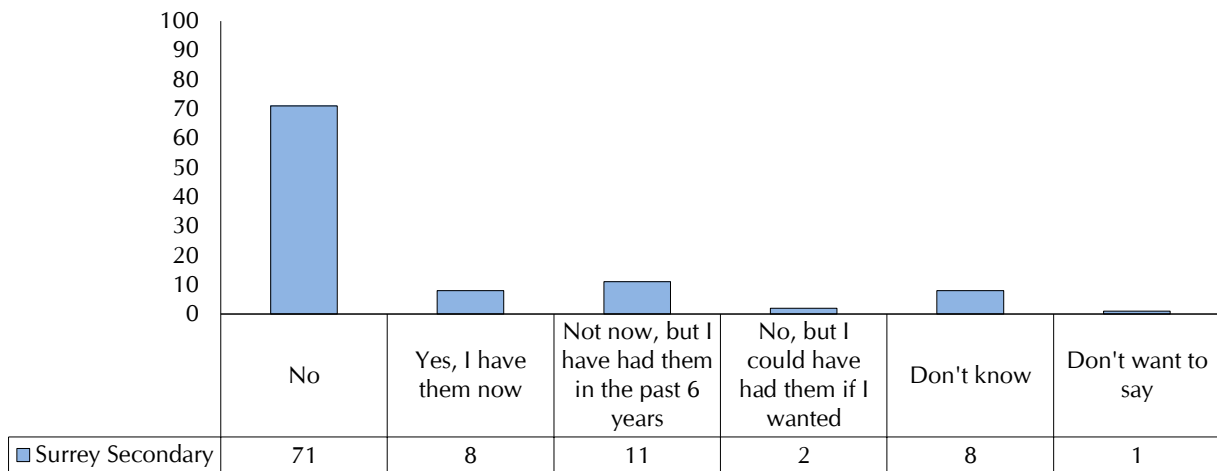
0% of pupils responded that their Mum or Dad is in the British Army, Royal Navy, Royal Air Force or the Reserves, while 0% said their Mum or Dad's partner is.

Q10b. Percentage answering that their Mum or Dad is in the British Army, Royal Navy, Royal Air Force or the Reserves.

Surrey Secondary		
	Yr 8	Yr 10
Boys	0	0
Girls	1	1

Free school meals

Q11. In the last 6 years have you ever had free school meals, or vouchers for free meals?



8% of pupils responded that they currently have free school meals, while 11% said they have had them in the last 6 years and 2% said they could have them if they wanted.

Q11. Percentage answering that they currently have free school meals.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	8	6
Girls	8	9

Healthy Eating

Control over health

92% of pupils agreed with at least one statement about being in control of their health (Q12a&c).

Q12. Percentage agreeing with statements Q12a and/or Q12c.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	89	96
Girls	89	94

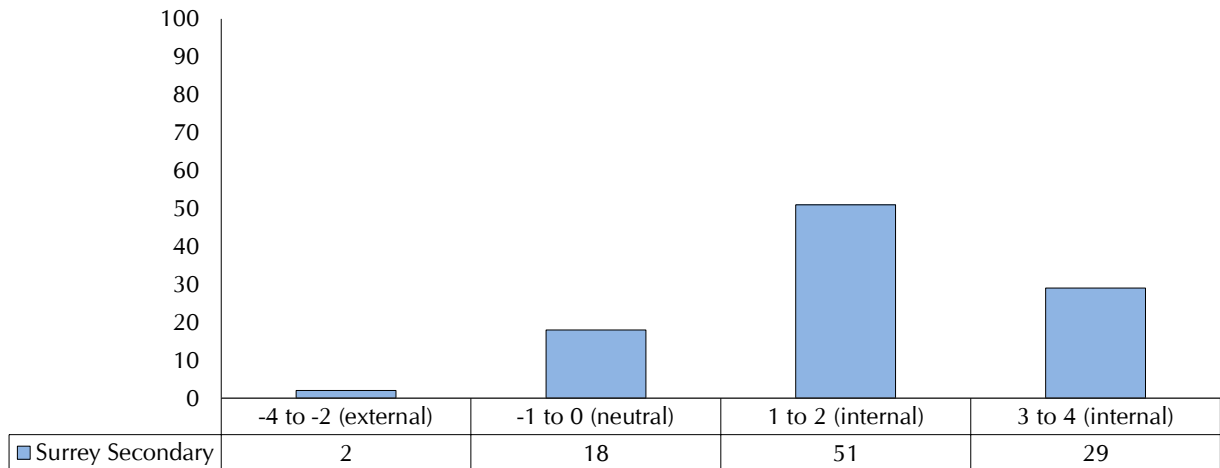
51% of pupils agreed with at least one statement saying that they weren't in control of their health (Q12b&d).

Q12. Percentage agreeing with statements Q12b and/or Q12d.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	52	52
Girls	48	50

For an overall 'control' score SHEU add together the scores for the two 'controlling' items (a+c) and take away the score for the two 'chance' items (b+d). This gives a score, in the jargon, of 'health locus of control', whether a person sees themselves as being generally in control of their health or not. If not then this fatalism may make health warnings irrelevant.

Q12. Aggregate health locus of control score:



78% of pupils responded that they are in charge of their health, while 46% said that even if they look after themselves, they can still easily fall ill.

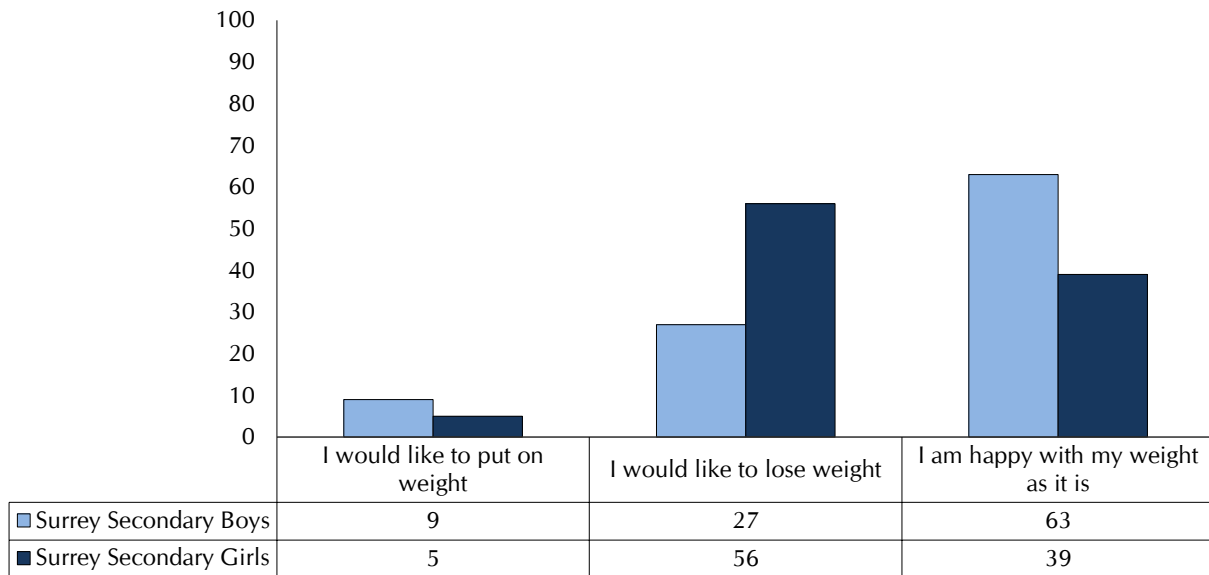
Q12. Percentage of pupils responding that they 'agree' with the following statements:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
a. "I am in charge of my health."	74	71	88	84	78
b. "If I keep healthy, I've just been lucky."	11	11	8	10	10
c. "If I take care of myself I'll stay healthy."	78	76	85	81	79
d. "Even if I look after myself I can still easily fall ill."	47	43	48	46	46
e. "I think I'm healthy but I don't make much effort."*	25	25	40	36	30

*This item does not contribute to the calculation of the health locus of control.

Weight & appearance

Q14. Weight: Which statement describes you best?



7% of pupils responded that they would like to put on weight.

Q14. Percentage answering that they would like to put on weight.

Surrey Secondary		
	Yr 8	Yr 10
Boys	7	13
Girls	5	4

41% of pupils responded that they would like to lose weight.

Q14. Percentage answering that they would like to lose weight.

Surrey Secondary		
	Yr 8	Yr 10
Boys	31	22
Girls	52	61

52% of pupils responded that they are happy with their weight as it is.

Q14. Percentage answering that they are happy with their weight as it is.

Surrey Secondary		
	Yr 8	Yr 10
Boys	62	65
Girls	43	35

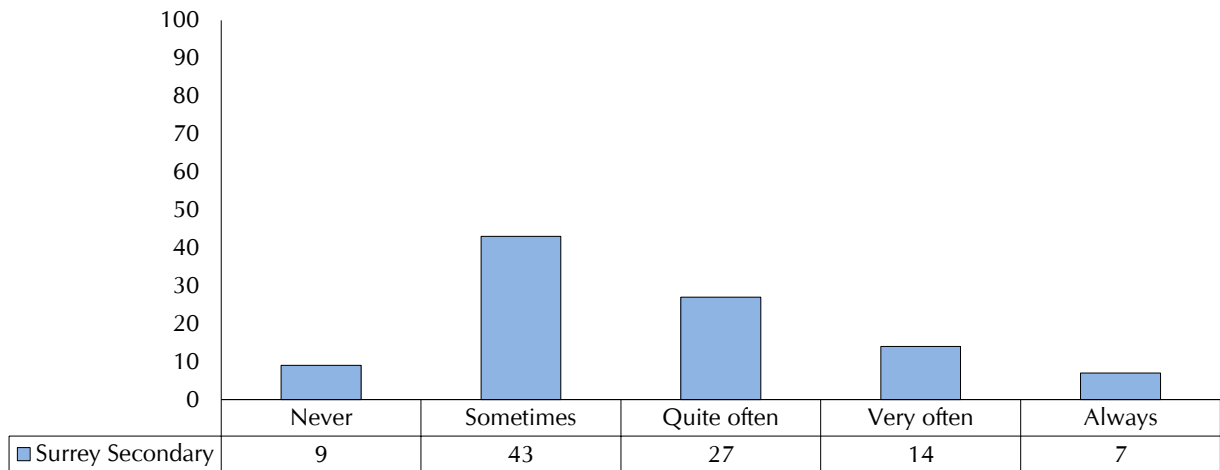
22% of pupils responded that they are the main thing that affects the way they feel about their appearance, while 36% said that the comments/attitudes of other people at school affect them.

Q15. Percentage of pupils responding that the following are the main things that affect the way they feel about their appearance (top 5):

Boys			Girls		
1	Comments/attitudes of friends	35	1	Comments/attitudes of other people at school	45
2	Comments/attitudes of other people at school	28	2	Comments/attitudes of friends	32
3	Just me	28	3	Seeing images of people on TV and in films	30
4	Seeing images of people involved in sport/music/dance	19	4	Seeing images of people involved in sport/music/dance	22
5	Seeing images of people on TV and in films	15	5	Seeing images of people in features about fashion	20

Healthy choices

Q16. When choosing what to eat, do you consider your health?



55% of boys and 49% of girls responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.

Q16. Percentage answering that they 'never' or only 'sometimes' consider their health when choosing what to eat.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	52	60
Girls	48	49

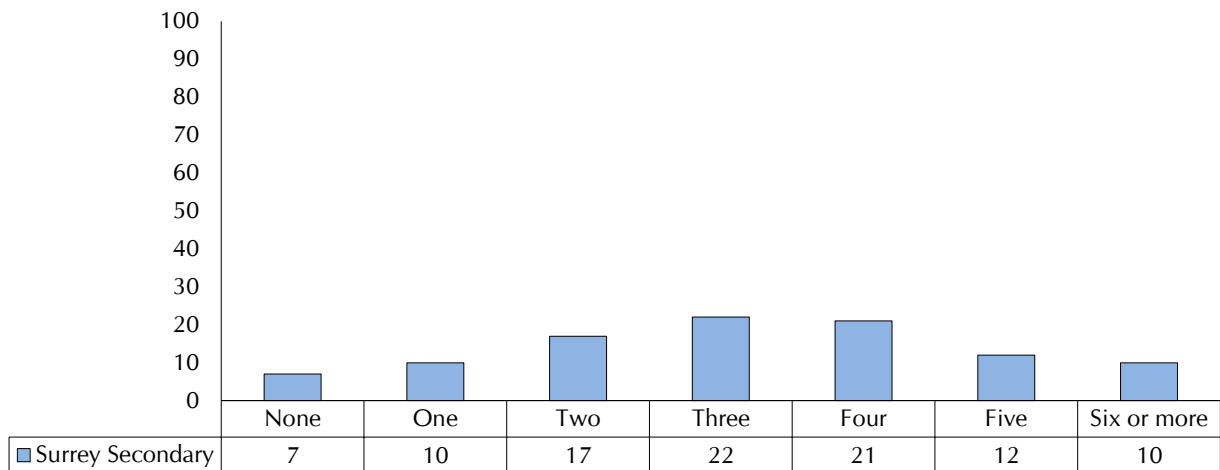
19% of boys and 24% of girls responded that they 'very often' or 'always' consider their health when choosing what to eat.

Q16. Percentage answering that they 'very often' or 'always' consider their health when choosing what to eat.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	21	16
Girls	25	23

5-a-day

Q17. How many portions of fruit and vegetables did you eat yesterday?



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

Q17. Percentage answering that they didn't eat any portions of fruit or vegetables on the day before the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	8	7
Girls	7	5

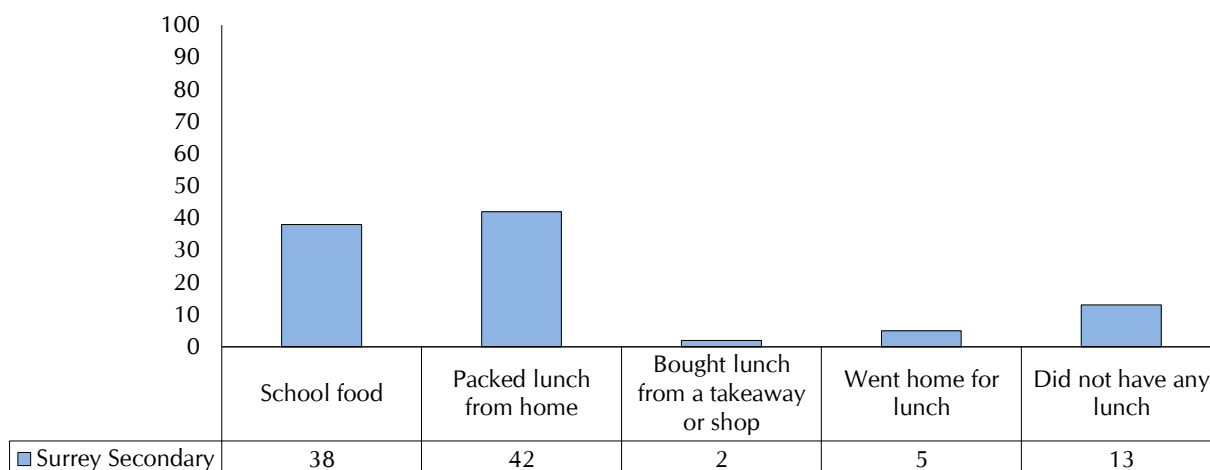
22% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

Q17. Percentage answering that they ate at least 5 portions of fruit and vegetables on the day before the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	22	20
Girls	25	22

Lunch

Q18. What did you do for lunch yesterday?



38% of pupils responded that they had school food for lunch on the day before the survey.

Q18. Percentage answering that they had school food for lunch on the day before the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	48	33
Girls	40	24

13% of pupils responded that they didn't have any lunch on the day before the survey.

Q18. Percentage answering that they didn't have any lunch on the day before the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	7	13
Girls	16	16

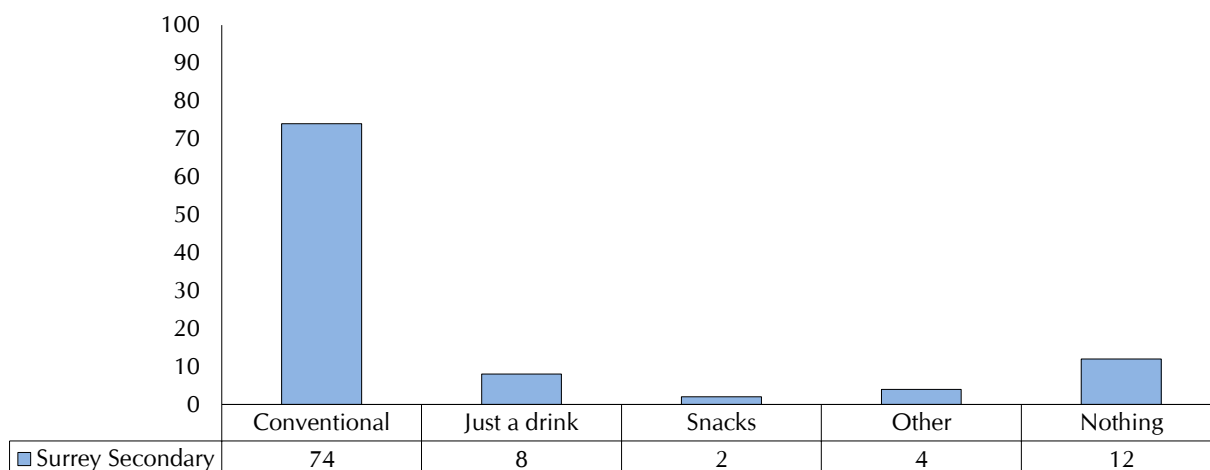
74% of pupils responded that the place where they can get a school lunch is crowded and 58% said it is busy.

Q19. Percentage of pupils responding that they would describe the place where they can get a school lunch as the following:

Boys			Girls		
1	Crowded	71	1	Crowded	78
2	Busy	56	2	Busy	61
3	Rushed	44	3	Rushed	47
4	Happy	18	4	Friendly	21
5	Friendly	17	5	Happy	17
6	Safe	15	6	Safe	13
7	Smelly	7	7	Smelly	7
8	Relaxed	5	8	Relaxed	5

Breakfast

Q20. 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; toast or bread; cooked breakfast; fruit; yoghurt or a breakfast bar. Only snacks means: chocolate bar or sweets; biscuits, cakes or croissants or crisp-type snack but not conventional breakfast.

12% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.

Q20. Percentage answering that they didn't have anything to eat or drink before lessons on the day of the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	9	10
Girls	14	17

8% of pupils responded that they only had a drink before lessons on the day of the survey.

Q20. Percentage answering that they only had a drink before lessons on the day of the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	7	7
Girls	7	9

25% of pupils responded that they had toast or bread before lessons on the day of the survey, while 13% had fruit.

Q20. Percentage of pupils responding that they had the following to eat for breakfast on the day of the survey (top 5):

Boys			Girls		
1	Other cereals	32	1	Toast or bread	24
2	Toast or bread	25	2	Other cereals	22
3	Fruit	13	3	Fruit	13
4	Sugar-coated cereals	9	4	Biscuits/cakes/croissants	8
5	Porridge/Ready brek	7	5	Yoghurt	8

Q20. Percentage of pupils responding that they had the following to drink for breakfast on the day of the survey (top 3):

Boys			Girls		
1	Other drink	30	1	Other drink	32
2	Tea/ice tea	10	2	Tea/ice tea	14
3	Energy drink (e.g. Red Bull, Relentless)	6	3	Coffee/cappuccino	4

Food & drink

51% of pupils responded that they eat fresh fruit 'on most days'; 58% said the same for vegetables.

Q21. Percentage of pupils responding that they eat or drink the following 'on most days' (top 10):

Boys			Girls		
1	Water	83	1	Water	84
2	Milk	57	2	Vegetables	63
3	Vegetables	54	3	Fresh fruit	57
4	Fresh fruit	47	4	Milk	41
5	Crisps	26	5	Sweets, chocolate, choc bars	26
6	Sweets, chocolate, choc bars	25	6	Salads	23
7	Cheese	20	7	Crisps	23
8	Tea/ice tea	18	8	Tea/ice tea	22
9	Salads	17	9	Cheese	15
10	Other sugary drinks (e.g. Tango, Sprite, squash, fruit juice)	16	10	Other sugary drinks (e.g. Tango, Sprite, squash, fruit juice)	13

29% of pupils responded that they 'rarely or never' eat fish/fish fingers.

Q21. Percentage of pupils responding that they 'rarely or never' eat or drink the following (top 10):

Boys			Girls		
1	Coffee/cappuccino	70	1	Energy drinks (e.g. Red Bull, Relentless)	73
2	Energy drinks (e.g. Red Bull, Relentless)	56	2	Coffee/cappuccino	72
3	Tea/ice tea	46	3	'Diet' fizzy drinks (low calorie)	53
4	'Diet' fizzy drinks (low calorie)	45	4	Takeaways (e.g. burgers, Chinese, Indian, pizza)	46
5	Hot chocolate	44	5	Other caffeinated drinks (e.g. Coke, Pepsi, Mountain Dew, Lucozade Energy)	40
6	Takeaways (e.g. burgers, Chinese, Indian, pizza)	35	6	Tea/ice tea	40
7	Any fish/fish fingers	27	7	Hot chocolate	37
8	Salads	26	8	Any fish/fish fingers	31
9	Pulses (peas, beans lentils)	24	9	Eggs	29
10	Other caffeinated drinks (e.g. Coke, Pepsi, Mountain Dew, Lucozade Energy)	23	10	Other sugary drinks (e.g. Tango, Sprite, squash, fruit juice)	25

Alcohol, Smoking & Drugs

Peer perception

	Q22. How many people of your age, do you believe...?				
	None or just a few	Some	Many	Most of them	All or nearly all
...drank alcohol in the last 7 days?	46	31	15	5	1
...have been drunk at least once in the last 7 days?	61	25	8	2	1
...have smoked a cigarette in the last 7 days?	42	31	16	7	2
...have taken cannabis in the last 7 days?	70	20	6	1	1

6% of pupils responded that they believe at least 'most' people their age drank alcohol in the week before the survey. 46% said 'none or just a few' did.

Q22a. Percentage answering that they believe at least 'most' people their age drank alcohol in the week before the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	1	9
Girls	4	14

3% of pupils responded that they believe at least 'most' people their age were drunk at least once in the 7 days before the survey. 61% said 'none or just a few' were.

Q22b. Percentage answering that they believe at least 'most' people their age were drunk at least once in the 7 days before the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	1	3
Girls	2	8

8% of pupils responded that they believe at least 'most' people their age smoked a cigarette in the 7 days before the survey. 42% said 'none or just a few' did.

Q22c. Percentage answering that they believe at least 'most' people their age smoked a cigarette in the 7 days before the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	3	9
Girls	8	17

2% of pupils responded that they believe at least 'most' people their age took cannabis in the 7 days before the survey. 70% said 'none or just a few' did.

Q22d. Percentage answering that they believe at least 'most' people their age took cannabis in the 7 days before the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	1	3
Girls	1	4

Alcohol

12% of pupils responded that they had an alcoholic drink in the 7 days before the survey.

Q23. Percentage answering that they had an alcoholic drink in the 7 days before the survey.

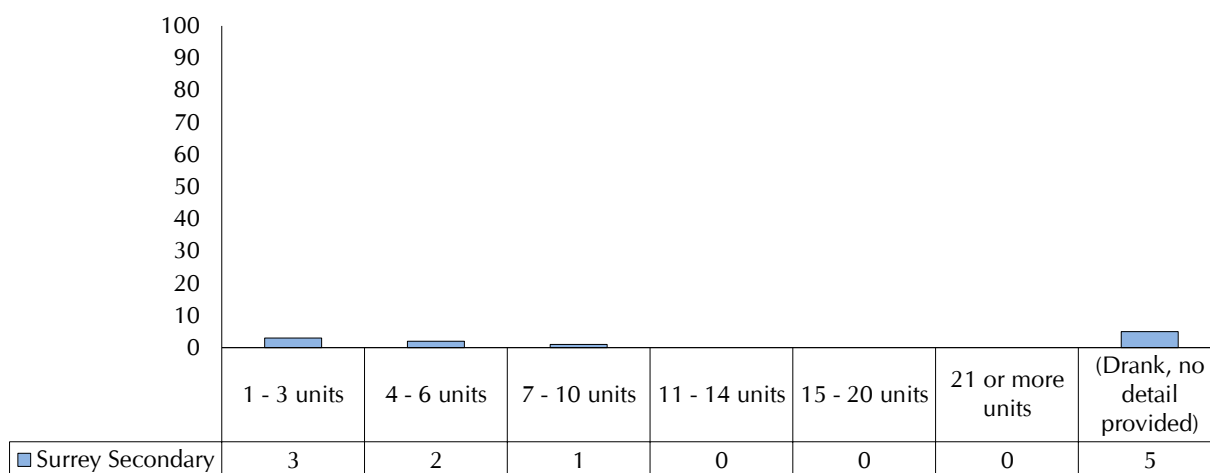
Surrey Secondary		
	Yr 8	Yr 10
Boys	7	20
Girls	6	21

3% of pupils responded that they were drunk in the 7 days before the survey.

Q24. Percentage answering that they were drunk in the 7 days before the survey.

Surrey Secondary		
	Yr 8	Yr 10
Boys	0	3
Girls	1	8

Q25. Total units of alcohol pupils reported drinking in the 7 days before the survey:



0% of boys and 0% of girls drank over the advised weekly limit of alcohol for adult females of 14 units.

Q25. Percentage answering that they drank over 14 units of alcohol in the 7 days before the survey.

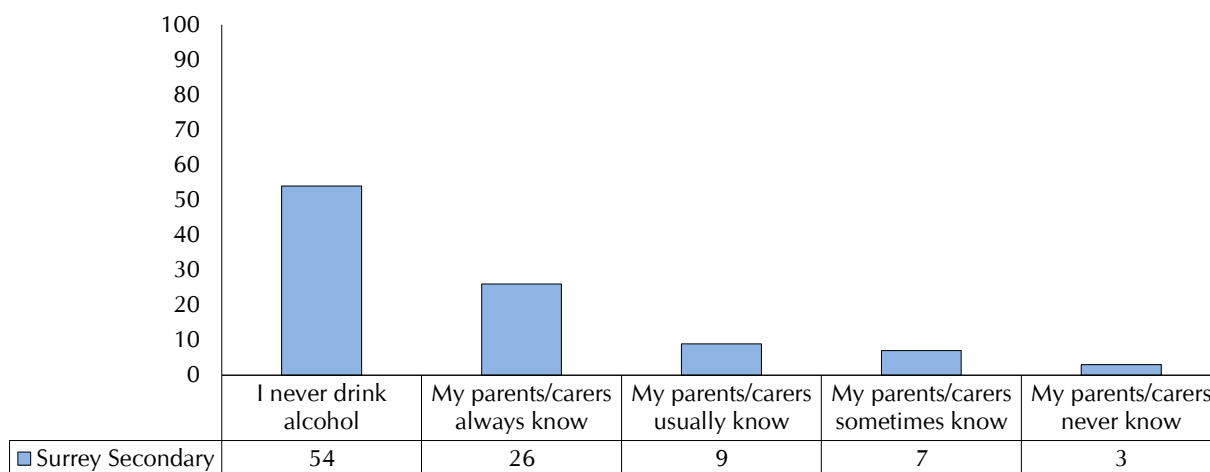
Surrey Secondary		
	Yr 8	Yr 10
Boys	0	0
Girls	0	0

3% of pupils responded that they drank beer or lager in the 7 days before the survey and 2% said they drank spirits.

Q25. Most popular alcoholic drinks in the 7 days before the survey (top 5):

Boys			Girls		
1	Cider	3	1	Wine	3
2	Beer or lager	3	2	Pre-mixed drinks	3
3	Wine	2	3	Spirits	3
4	Spirits	2	4	Shooters/shots/jelly	2
5	Pre-mixed drinks	2	5	Beer or lager	2

Q26. If you ever drink alcohol, do your parents/carers know?



54% of pupils responded that they 'never' drink alcohol.

26% of pupils responded that if they ever drink alcohol, their parents/carers 'always' know, while 9% said their parents/carers 'usually' know.

This works out as 57% of those who do drink alcohol responding that their parents 'always know'.

10% of pupils responded that if they ever drink alcohol, their parents/carers 'never' or only 'sometimes' know.

Q26. Percentage answering that they never drink alcohol.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	67	39
Girls	69	34

Q26. Percentage answering that if they ever drink alcohol, their parents/carers 'always' know.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	26	28
Girls	21	31

Q26. Percentage answering that if they ever drink alcohol, their parents/carers 'never' or only 'sometimes' know.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	5	15
Girls	6	20

Alcohol & drug information

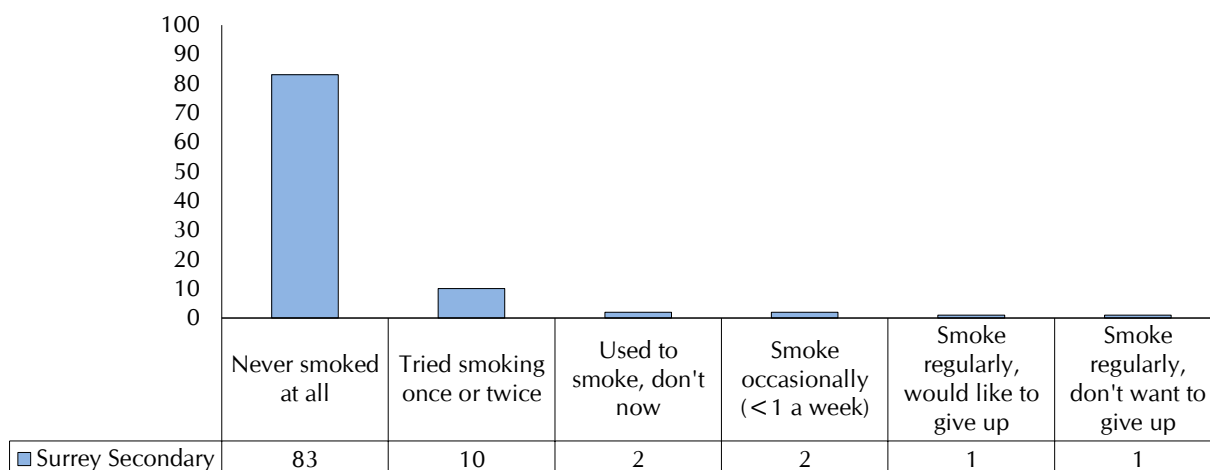
49% of pupils responded that they would know where to go if they wanted information or support about alcohol or drugs, while 19% said they wouldn't know where to go.

Q27a. Percentage answering that they would know where to go if they wanted information or support about alcohol or drugs.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	49	54
Girls	46	46

Smoking

Q28. Smoking: Which statement describes you best?



17% of pupils responded that they have smoked in the past or smoke now.

Q28. Percentage answering that they have smoked in the past or smoke now.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	8	26
Girls	11	26

2% of pupils responded that they smoke 'regularly'.

Of the 37 pupils who smoke regularly, 43% said they would like to give up.

Q28. Percentage answering that they smoke 'regularly'

	Surrey Secondary	
	Yr 8	Yr 10
Boys	0	3
Girls	0	4

3% of pupils responded that they have smoked in the 7 days before the survey.

Q29. Percentage answering that they have smoked in the 7 days before the survey.

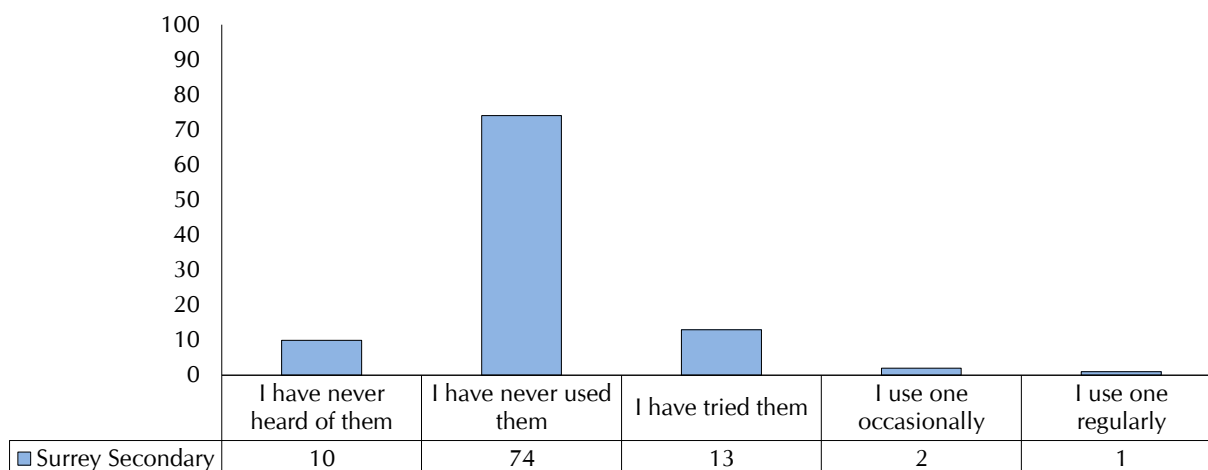
	Surrey Secondary	
	Yr 8	Yr 10
Boys	1	4
Girls	1	5

1% of pupils responded that they have bought cigarettes with health warnings in a different language.

Q30. Percentage of pupils responding that they have bought the following:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Cigarettes with health warnings in a different language	0	0	2	2	1
Fake cigarettes (counterfeit)	0	1	0	0	0
Single cigarettes (not in packets)	0	0	2	1	1
Cigarettes from other sellers (e.g. neighbours, market stalls etc.)	0	0	1	1	1

Q31. What do you know about electronic cigarettes or 'e-cigarettes'?



10% of pupils responded that they have 'never heard of' electronic cigarettes, while 74% said they have never used them.

Q31. Percentage answering that they have either 'never heard of' or 'never used' electronic cigarettes.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	89	76
Girls	89	80

3% of pupils responded that they use an electronic cigarette 'occasionally' or 'regularly'.

Q31. Percentage answering that they use an electronic cigarette 'occasionally' or 'regularly'.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	2	4
Girls	2	5

31% of pupils responded that their parents/carers smoke.

Q32a. Percentage answering that their parents/carers smoke.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	30	31
Girls	31	31

9% of pupils responded that someone smokes indoors at home in rooms that they use.

Q32b. Percentage answering that someone smokes indoors at home in rooms that they use.

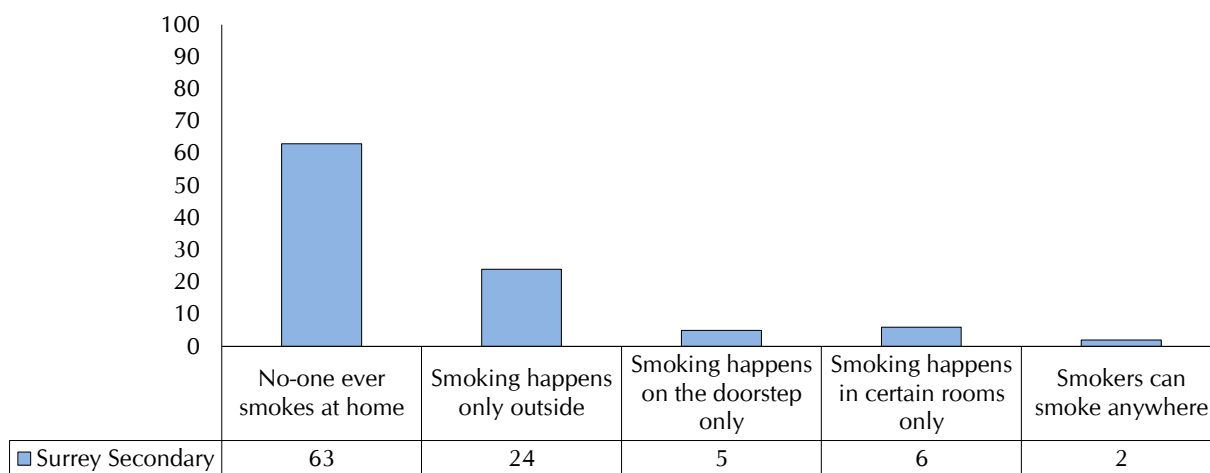
	Surrey Secondary	
	Yr 8	Yr 10
Boys	7	7
Girls	10	10

13% of pupils responded that someone smokes in a car when they are in it too.

Q32c. Percentage answering that someone smokes in a car when they are in it too.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	12	13
Girls	12	16

Q33. Thinking about smoking at home, what best describes what happens in your home?



63% of pupils responded that no-one ever smokes at home.

Q33. Percentage answering that no-one ever smokes at home.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	65	64
Girls	64	61

24% of pupils responded that smoking happens only outside.

Q33. Percentage answering that smoking happens only outside.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	23	25
Girls	22	24

5% of pupils responded that smoking happens on the doorstep only.

Q33. Percentage answering that smoking happens on the doorstep only.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	4	5
Girls	4	7

6% of pupils responded that smoking happens in certain rooms only.

Q33. Percentage answering that smoking happens in certain rooms only.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	5	5
Girls	8	7

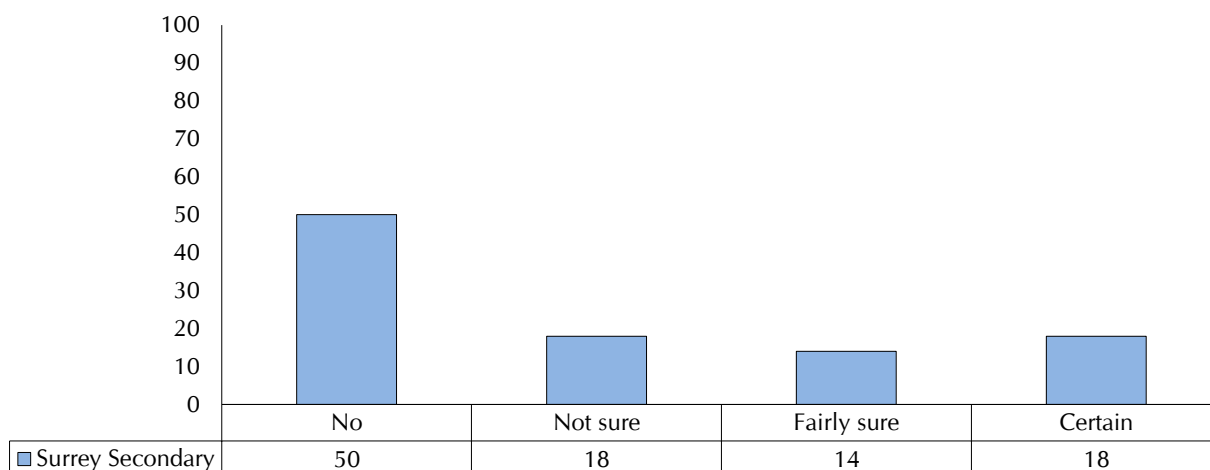
2% of pupils responded that smokers can smoke anywhere in their home.

Q33. Percentage answering that smokers can smoke anywhere in their home.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	2	2
Girls	3	1

Drugs

Q34. Do you know anyone personally who you think takes any drugs to get high (not medicines, tobacco or alcohol)?



32% of pupils responded that they are 'fairly sure' or 'certain' they know someone who takes drugs to get high.

Q34. Percentage answering that they are 'fairly sure' or 'certain' they know someone who takes drugs to get high.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	18	53
Girls	20	45

15% of pupils responded that they have been offered cannabis.

Q35. Percentage answering that they have been offered cannabis.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	8	30
Girls	5	21

10% of pupils responded that they have been offered other illegal drugs or legal highs (not cannabis).

Q36. Percentage answering that they have been offered other illegal drugs or legal highs (not cannabis).

	Surrey Secondary	
	Yr 8	Yr 10
Boys	6	18
Girls	6	13

6% of pupils reported that they have taken drugs to get high (not medicines, tobacco or alcohol).

Q37. Percentage answering that they have taken drugs to get high (not medicines, tobacco or alcohol).

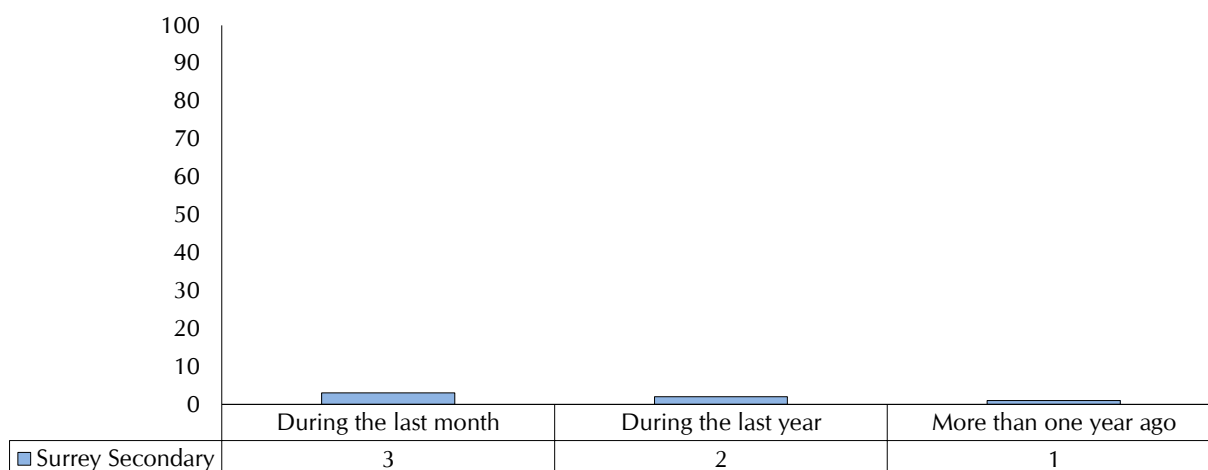
	Surrey Secondary	
	Yr 8	Yr 10
Boys	3	13
Girls	2	8

Q38. Summary of some common recreational drugs:

Year 8	Taken during the last month	Taken during the last year	Ever taken
Amphetamines	0	0	0
Cannabis	0	1	1
Cocaine	0	0	0
Synthetic hallucinogens	0	0	0
Poppers	0	0	0
Legal highs	0	0	0

Year 10	Taken during the last month	Taken during the last year	Ever taken
Amphetamines	0	0	0
Cannabis	5	8	10
Cocaine	0	0	1
Synthetic hallucinogens	0	0	0
Poppers	0	0	0
Legal highs	1	1	2

Q38. Drugs summary: Percentage of pupils responding that they have tried at least one of the recreational drugs listed:



3% of pupils responded that they have taken at least one of the drugs listed during the last month.

Q38. Percentage answering that they have taken one of the drugs listed during the last month.

Surrey Secondary		
	Yr 8	Yr 10
Boys	0	6
Girls	1	5

4% of pupils responded that they have taken at least one of the drugs listed during the last year.

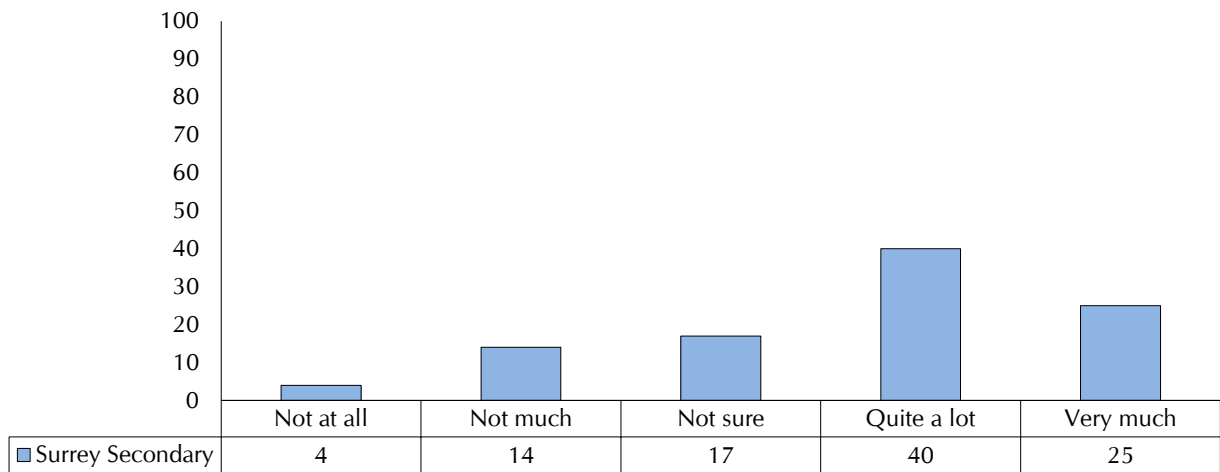
Q38. Percentage answering that they have taken one of the drugs listed during the last year.

Surrey Secondary		
	Yr 8	Yr 10
Boys	1	10
Girls	1	7

Emotional Health & Well-being

Satisfaction

Q39. In general, how happy do you feel with your life at the moment?



4% of pupils responded that they are 'not at all' happy with their life at the moment.

Q39. Percentage answering that they are 'not at all' happy with their life at the moment.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	3	3
Girls	5	7

65% of pupils responded that they are at least 'quite' happy with their life at the moment.

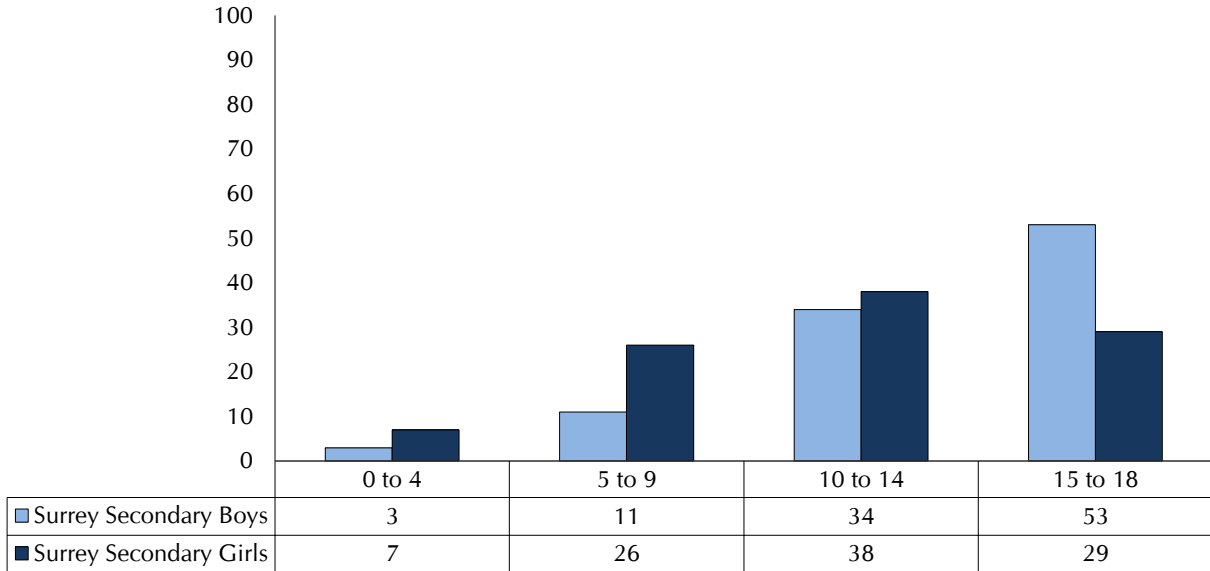
Q39. Percentage answering that they are at least 'quite' happy with their life at the moment.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	77	72
Girls	56	54

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 compared with wider data are:

Q40. Composite self-esteem score:



23% of pupils had a med-low self-esteem score (9 or less).

Q40. Percentage with a med-low self-esteem score (9 or less).

	Surrey Secondary	
	Yr 8	Yr 10
Boys	16	11
Girls	35	31

42% of pupils had a high self-esteem score (15 or more).

Q40. Percentage with a high self-esteem score (15 or more).

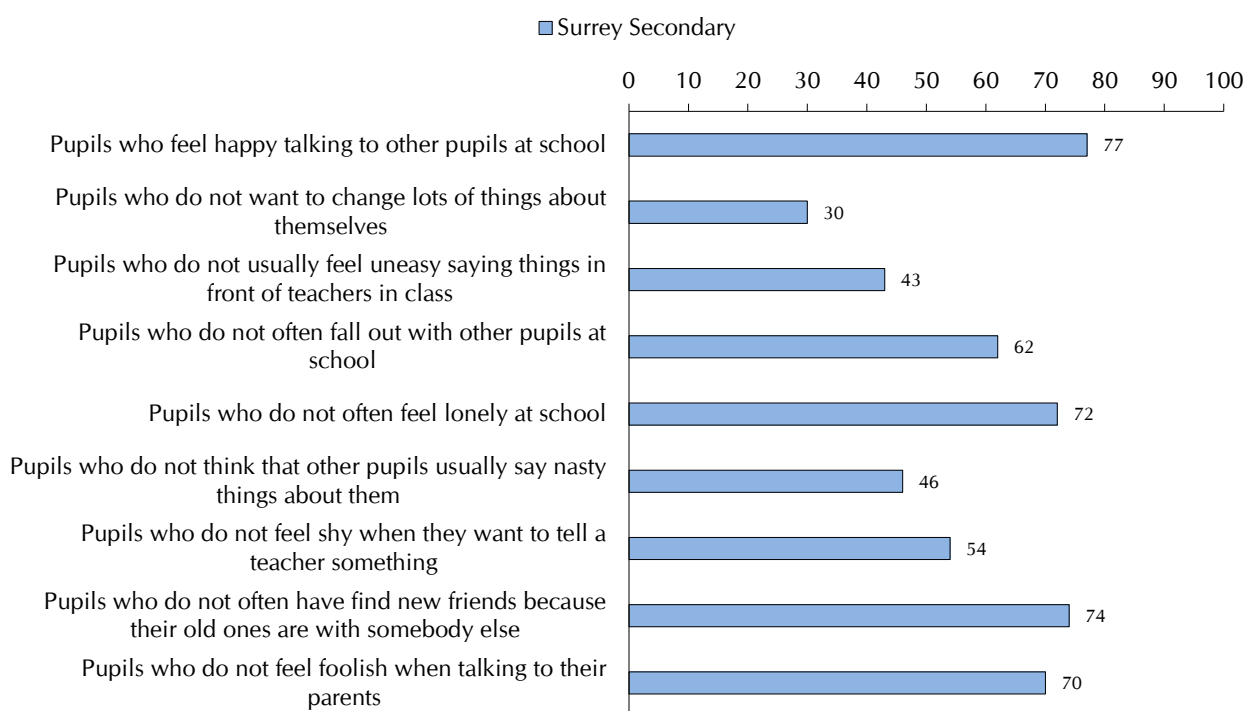
	Surrey Secondary	
	Yr 8	Yr 10
Boys	49	58
Girls	27	32

77% of pupils responded that they feel happy talking to other pupils at school.

Q40. (Individual self-esteem items) Percentage in each group giving a high esteem response:

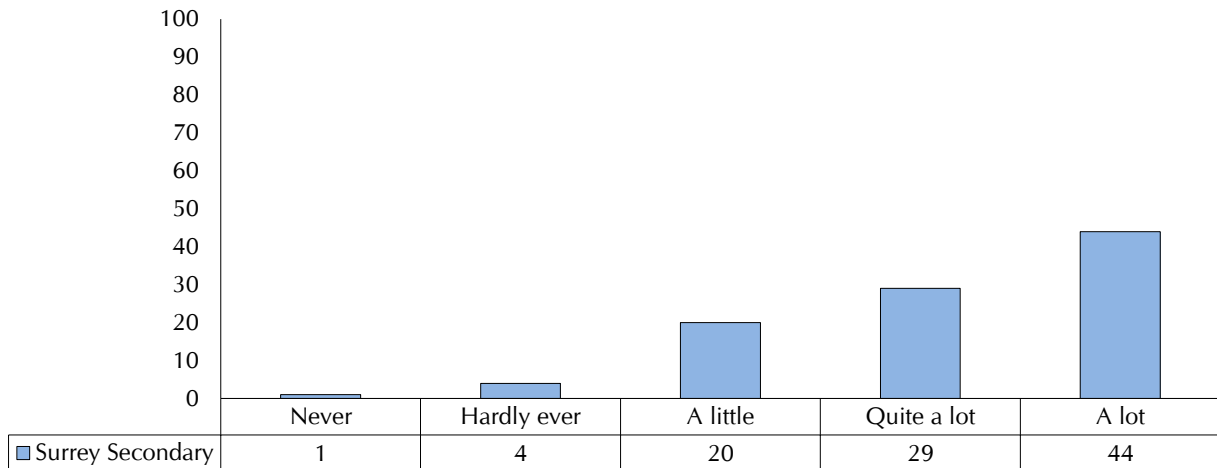
	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who feel happy talking to other pupils at school	82	72	86	68	77
Pupils who do not want to change lots of things about themselves	38	23	39	19	30
Pupils who do not usually feel uneasy saying things in front of teachers in class	46	33	56	35	43
Pupils who do not often fall out with other pupils at school	58	50	73	69	62
Pupils who do not often feel lonely at school	78	61	83	65	72
Pupils who do not think that other pupils usually say nasty things about them	49	34	60	40	46
Pupils who do not feel shy when they want to tell a teacher something	62	40	71	43	54
Pupils who do not often have find new friends because their old ones are with somebody else	76	61	82	78	74
Pupils who do not feel foolish when talking to their parents	72	61	81	65	70

Q40. (Individual self-esteem items) Percentage in each group giving a high esteem response:



Worrying

Q41. Worrying summary: Percentage of pupils responding that they worry about at least one of the issues listed...



73% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

Q41. Percentage answering they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	60	69
Girls	81	87

46% of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'.

Q41. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot' (top 10):

Boys			Girls		
1	Exams and tests	36	1	Exams and tests	57
2	Family problems	21	2	The way they look	51
3	Their physical health	20	3	School-work problems	38
4	Mental health of someone in their family	19	4	Their physical health	33
5	School-work problems	19	5	Family problems	33
6	Their mental health	17	6	Problems with friends	31
7	The way they look	16	7	Their mental health	27
8	Relationships	15	8	Mental health of someone in their family	26
9	War and terrorism	14	9	Relationships	26
10	Problems with friends	14	10	Money problems/family finances	22

73% of pupils responded that they know an adult they trust who they can talk to if they are worried about something, while 8% said they don't know anyone.

Q42. Percentage answering they know an adult they trust who they can talk to if they are worried about something.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	77	80
Girls	69	67

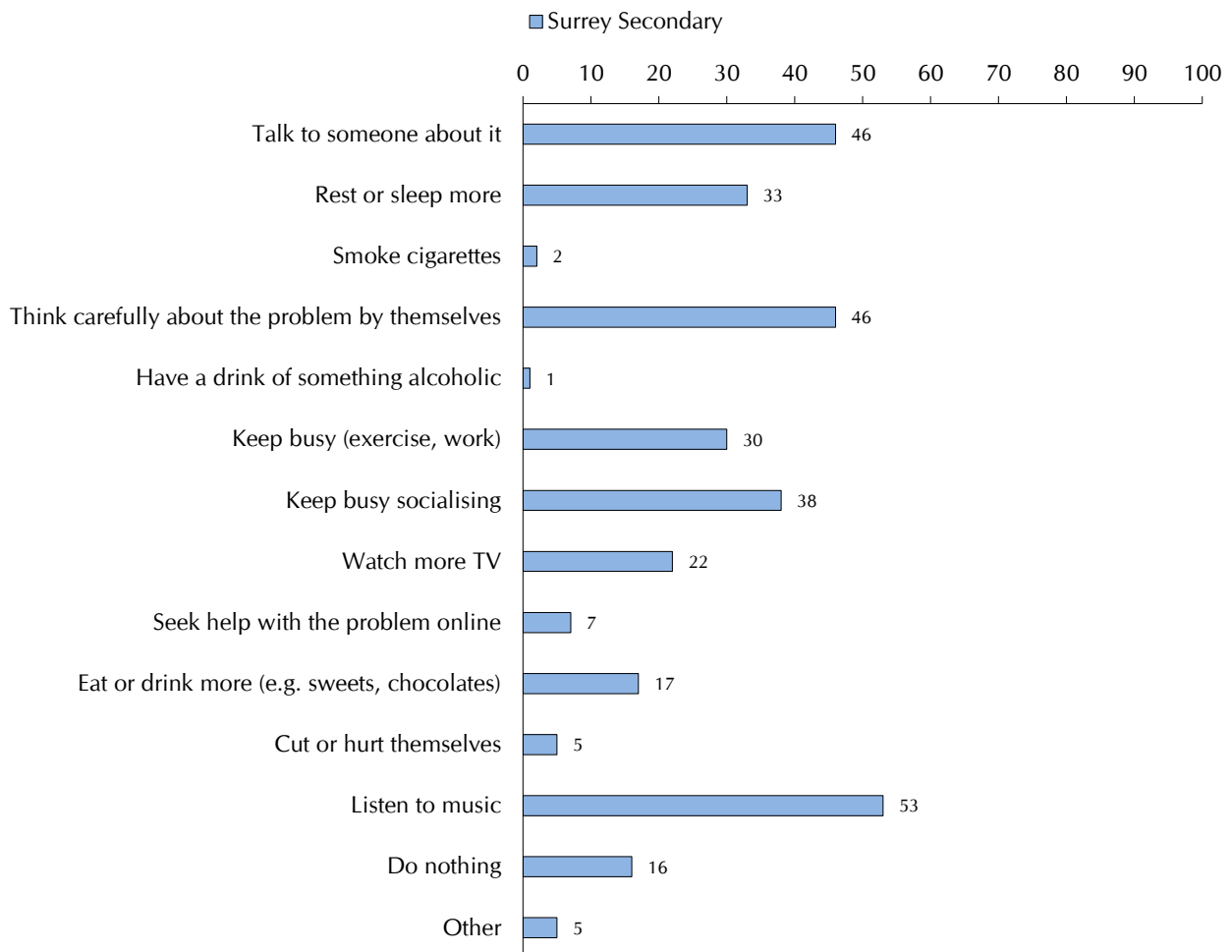
Problem solving

53% of pupils responded that they 'usually' or 'always' listen to music when they have a problem that worries them or they are feeling stressed, while 46% said they talk to someone about it.

Q43. Percentage of pupils responding that they 'usually' or 'always' do the following when they have a problem that worries them or they are feeling stressed (top 10):

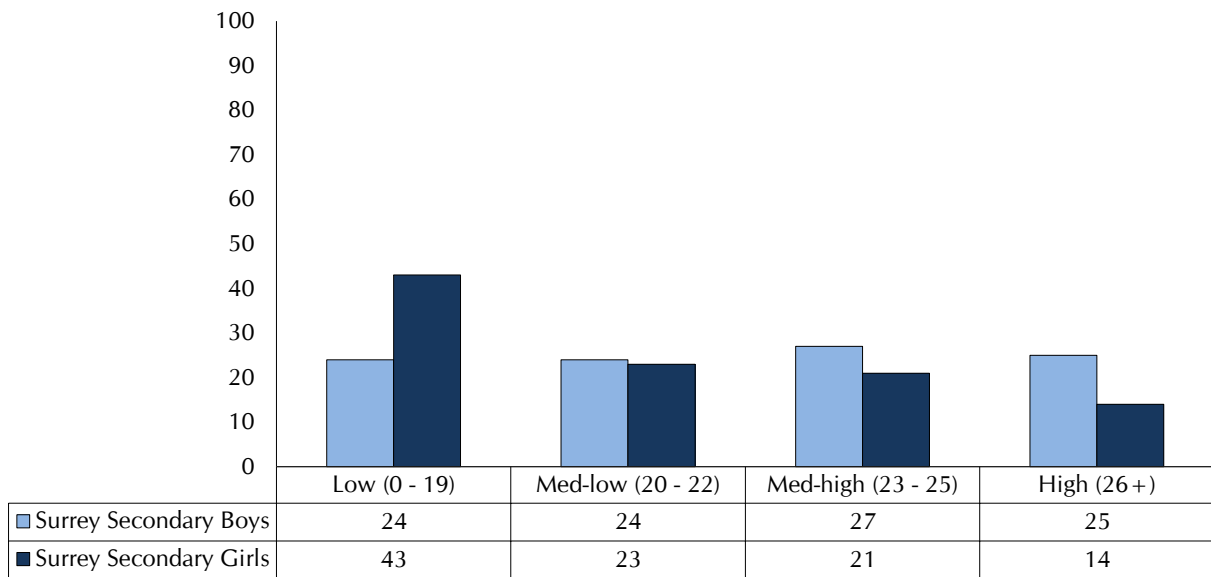
Boys			Girls		
1	Talk to someone about it	47	1	Listen to music	65
2	Think carefully about the problem by themselves	46	2	Think carefully about the problem by themselves	47
3	Listen to music	43	3	Talk to someone about it	45
4	Keep busy socialising	38	4	Keep busy socialising	38
5	Rest or sleep more	33	5	Rest or sleep more	33
6	Keep busy (exercise, work)	30	6	Keep busy (exercise, work)	30
7	Watch more TV	21	7	Watch more TV	24
8	Do nothing	15	8	Eat or drink more (e.g. sweets, chocolates)	22
9	Eat or drink more (e.g. sweets, chocolates)	12	9	Do nothing	16
10	Seek help with the problem online	5	10	Cut or hurt themselves	9

Q43. Percentage of pupils responding that they 'usually' or 'always' do the following when they have a problem that worries them or they are feeling stressed:



Resilience

Q44/45. Composite resilience score:



We have used these two questions (44 & 45) to form an overall measure of “resilience”. All the items are scored 0 – 3 if phrased positively, or 3 – 0 if they are phrased negatively.

33% of pupils had a low measure of resilience (0 – 19).

Q44/45. Percentage with a low measure of resilience (0 – 19).

	Surrey Secondary	
	Yr 8	Yr 10
Boys	24	25
Girls	40	47

20% of pupils had a high measure of resilience (26+).

Q44/45. Percentage with a high measure of resilience (26+).

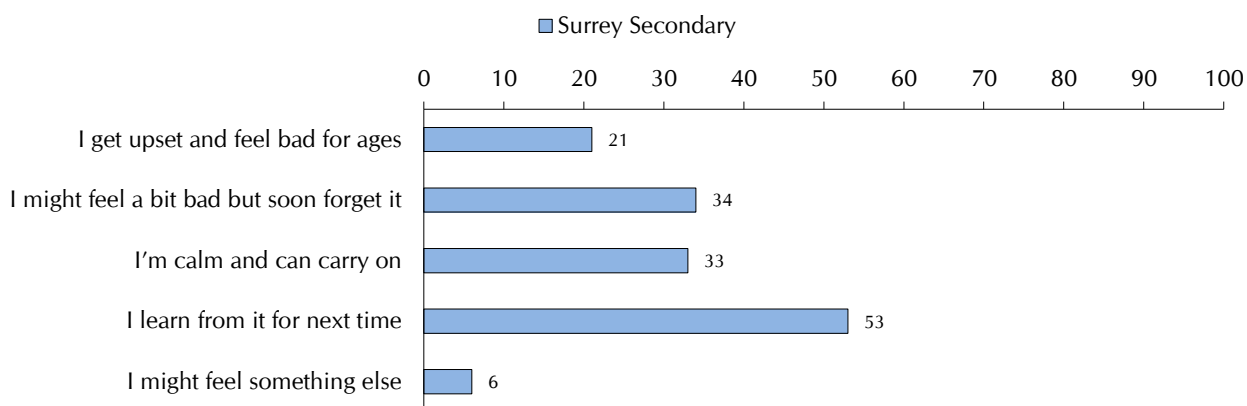
	Surrey Secondary	
	Yr 8	Yr 10
Boys	26	22
Girls	16	11

53% of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time, while 21% said they get upset and feel bad for ages.

Q44. Percentage of pupils responding that they 'usually' or 'always' do the following when something goes wrong:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
I get upset and feel bad for ages	11	28	13	34	21
I might feel a bit bad but soon forget it	34	33	40	31	34
I'm calm and can carry on	39	25	45	24	33
I learn from it for next time	52	48	63	49	53
I might feel something else	5	9	3	8	6

Q44. Percentage of pupils responding that they 'usually' or 'always' feel the following when something goes wrong:

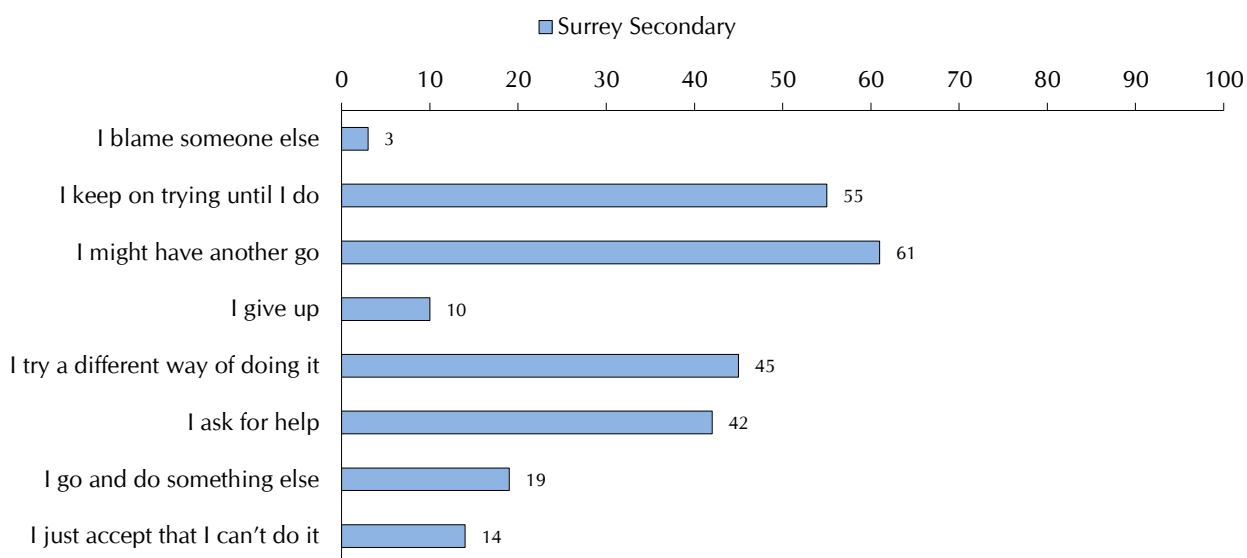


55% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 42% ask for help and 10% give up.

Q45. Percentage of pupils responding that they 'usually' or 'always' do the following if at first they don't succeed:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
I blame someone else	3	3	5	4	3
I keep on trying until I do	59	53	56	50	55
I might have another go	63	59	66	57	61
I give up	6	13	7	17	10
I try a different way of doing it	48	43	46	41	45
I ask for help	40	42	38	47	42
I go and do something else	16	20	19	26	19
I just accept that I can't do it	11	18	11	19	14

Q45. Percentage of pupils responding that they 'usually' or 'always' do the following if at first they don't succeed:



Sexual Health

Sex & relationships education

62% of pupils responded that they have learned about contraception from school lessons, while 26% said they never learned about it anywhere.

Q46a. Percentage of pupils responding that they have learned about contraception from the following people or places:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Never learned about it anywhere	44	42	5	2	26
Learned about it from school lessons	40	46	88	88	62
Learned about it from parents/carers	11	18	24	32	20
Learned about it from friends	14	14	24	27	19
Learned about it at a youth club or other group	2	1	4	6	3
Learned about it from the internet or magazines	5	5	16	18	10

68% of pupils responded that they have learned about sexually transmitted infections from school lessons, while 15% said they never learned about it anywhere.

Q46b. Percentage of pupils responding that they have learned about sexually transmitted infections from the following people or places:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Never learned about it anywhere	25	24	3	2	15
Learned about it from school lessons	51	54	90	89	68
Learned about it from parents/carers	15	18	20	23	18
Learned about it from friends	18	16	23	20	19
Learned about it at a youth club or other group	2	2	3	5	3
Learned about it from the internet or magazines	8	9	15	16	12

Contraception

31% of pupils responded that they know where they can get condoms free of charge.

Q47. Percentage answering that they know where they can get condoms free of charge.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	21	50
Girls	16	48

Help & advice services

Q48. What do you know about the following services?

	Never heard of it	Heard of, know nothing/little about	Know what it is, don't know where/how to access	Know what it is/how to access, haven't used it	Have used it
Catch 22	86	8	1	1	0
GUM clinics	85	9	2	1	0
CASH clinics	73	15	4	3	0
Sexual health clinics just for young people	51	28	10	7	1

86% of pupils responded that they have never heard of Catch 22, while 1% said that they know what it is, but not where or how to access it.

0% of pupils responded that they have used Catch 22.

85% of pupils responded that they have never heard of GUM clinics, while 2% said that they know what they are, but not where or how to access them.

0% of pupils responded that they have used GUM clinics.

73% of pupils responded that they have never heard of CASH clinics, while 4% said that they know what they are, but not where or how to access them.

0% of pupils responded that they have used CASH clinics.

51% of pupils responded that they have never heard of sexual health clinics just for young people, while 10% said that they know what they are, but not where or how to access them.

1% of pupils responded that they have used sexual health clinics just for young people.

Q48a. Percentage answering that they have never heard of Catch 22.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	86	86
Girls	88	84

Q48b. Percentage answering that they have never heard of GUM clinics.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	81	85
Girls	88	84

Q48b. Percentage answering that they have never heard of CASH clinics.

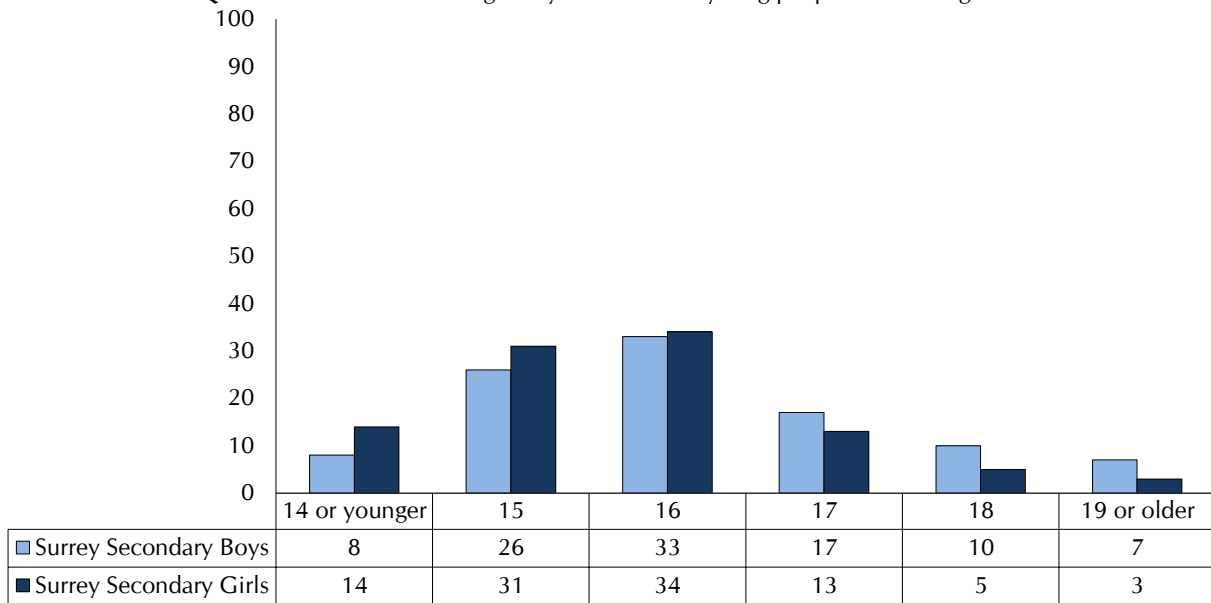
	Surrey Secondary	
	Yr 8	Yr 10
Boys	77	67
Girls	80	65

Q48b. Percentage answering that they have never heard of sexual health clinics just for young people.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	62	44
Girls	59	31

Year 10+: Sexual relationships

Q89. Year 10+: At what age do you think most young people start having sex?



11% of Year 10+ pupils responded that they think most young people start having sex aged 14 or younger.

Q89. Percentage of Year 10+ pupils answering that they think most young people start having sex aged 14 or younger.

Surrey Secondary

Yr 10

Boys 8

Girls 14

49% of Year 10+ pupils responded that they think most young people start having sex aged 16 or 17.

Q89. Percentage of Year 10+ pupils answering that they think most young people start having sex aged 16 or 17.

Surrey Secondary

Yr 10

Boys 50

Girls 47

5% of Year 10+ pupils responded that they think most young people start having sex aged 19 or older.

Q89. Percentage of Year 10+ pupils answering that they think most young people start having sex aged 19 or older.

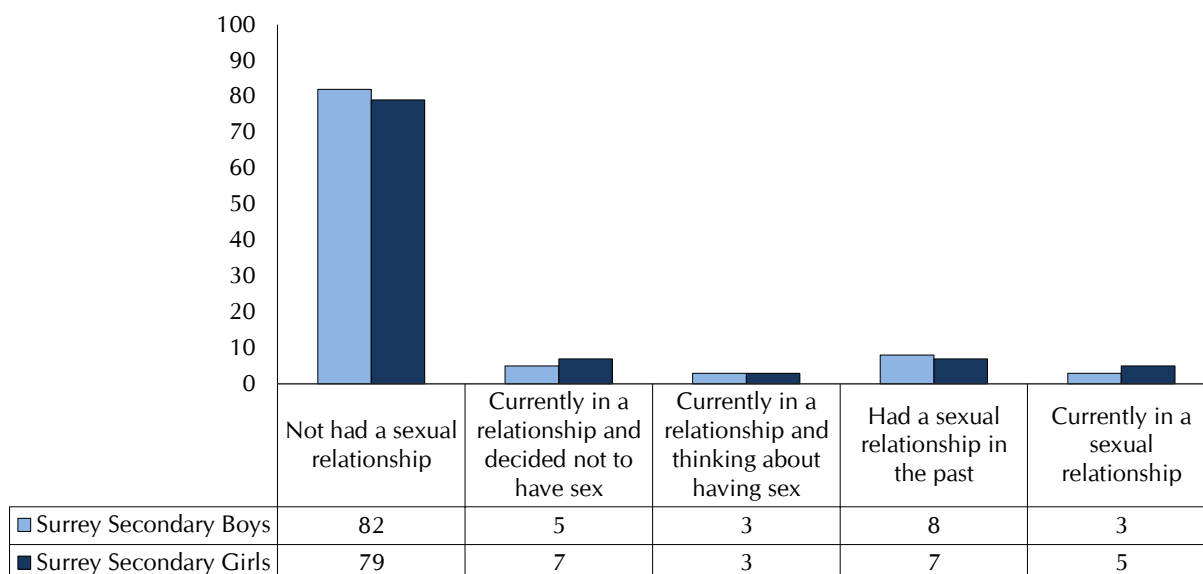
Surrey Secondary

Yr 10

Boys 7

Girls 3

Q90. Year 10+: Sexual relationships: Which of the following best describes you?



3% of Year 10+ pupils responded that they are currently in a relationship and thinking about having sex.

Q90. Percentage of Year 10+ pupils answering that they are currently in a relationship and thinking about having sex.

Surrey Secondary
Yr 10
Boys 3
Girls 3

11% of Year 10+ pupils responded that they are either in a sexual relationship or have had one in the past.

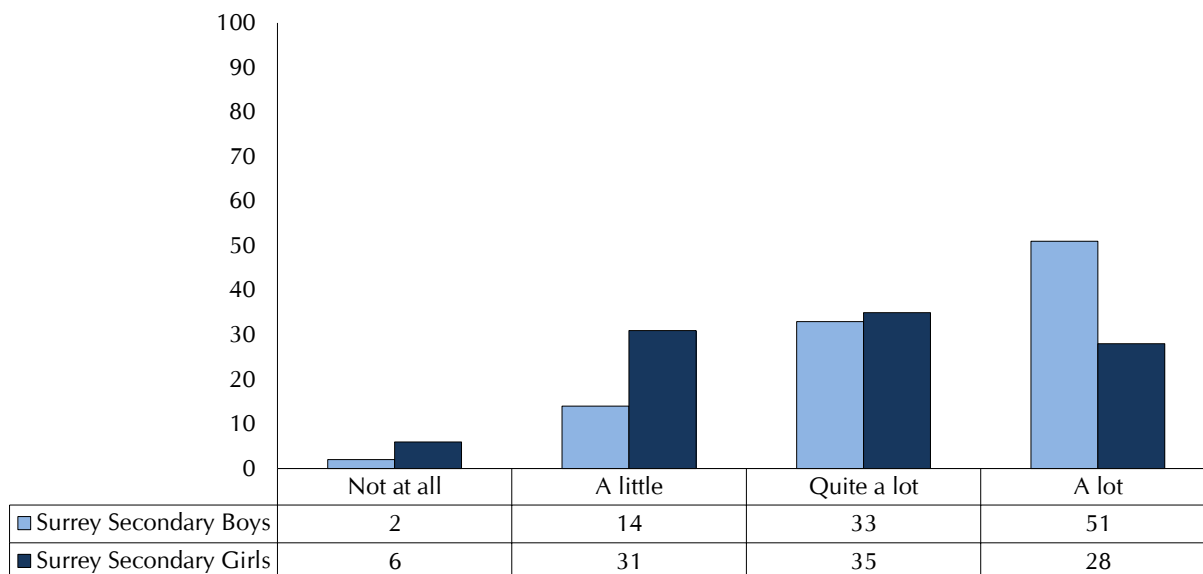
Q90. Percentage of Year 10+ pupils answering that they are either in a sexual relationship or have had one in the past.

Surrey Secondary
Yr 10
Boys 11
Girls 11

Physical Activity

Enjoy exercise

Q49. How much do you enjoy physical activities?



4% of pupils responded that they don't enjoy physical activities at all.

Q49. Percentage answering that they don't enjoy physical activities at all.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	2	2
Girls	5	7

74% of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

Q49. Percentage answering that they enjoy physical activities 'quite a lot' or 'a lot'.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	85	83
Girls	69	57

PE lessons

74% of pupils responded that they enjoy their PE lessons, while 17% are 'not sure' if they do.

Q50a. Percentage answering that they enjoy their PE lessons.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	83	84
Girls	68	55

67% of pupils responded that they feel they are getting better at PE, while 21% are 'not sure' if they are.

Q50b. Percentage answering that they feel they are getting better at PE.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	80	72
Girls	63	47

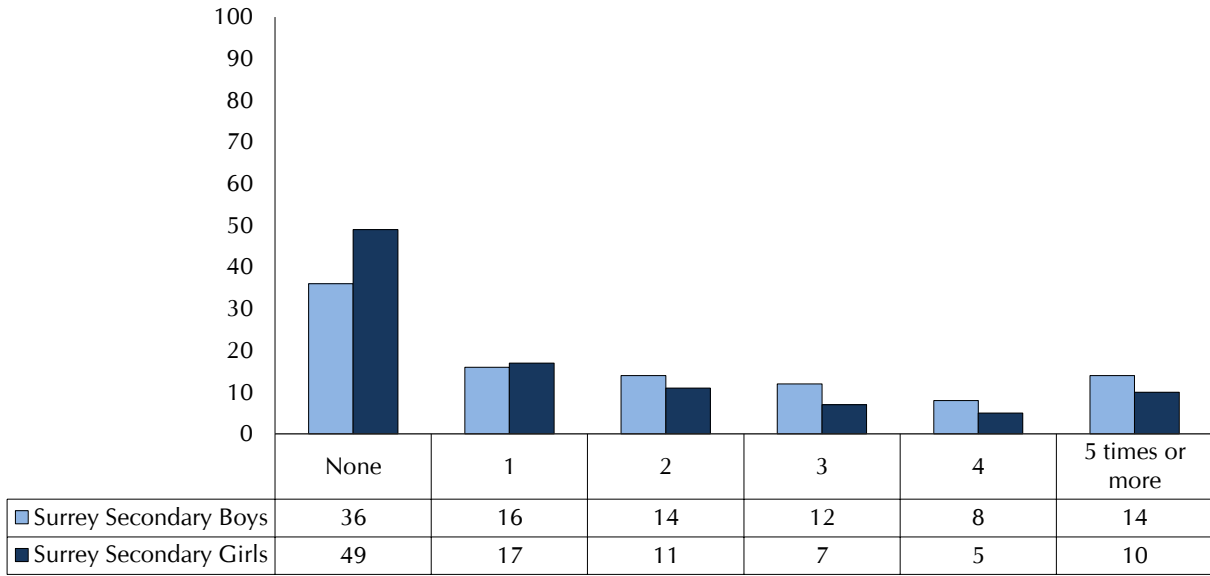
School sports

47% of pupils responded that their school has helped them to be more healthy, while 33% are 'not sure' if it has.

Q50c. Percentage answering that their school has helped them to be more healthy.

Surrey Secondary		
	Yr 8	Yr 10
Boys	58	49
Girls	44	31

Q51. How many times each week do you go to sports clubs at lunchtime or after school?



43% of pupils responded that they don't go to any sports clubs at lunch time or after school each week.

Q51. Percentage answering that they don't go to any sports clubs at lunch time or after school each week.

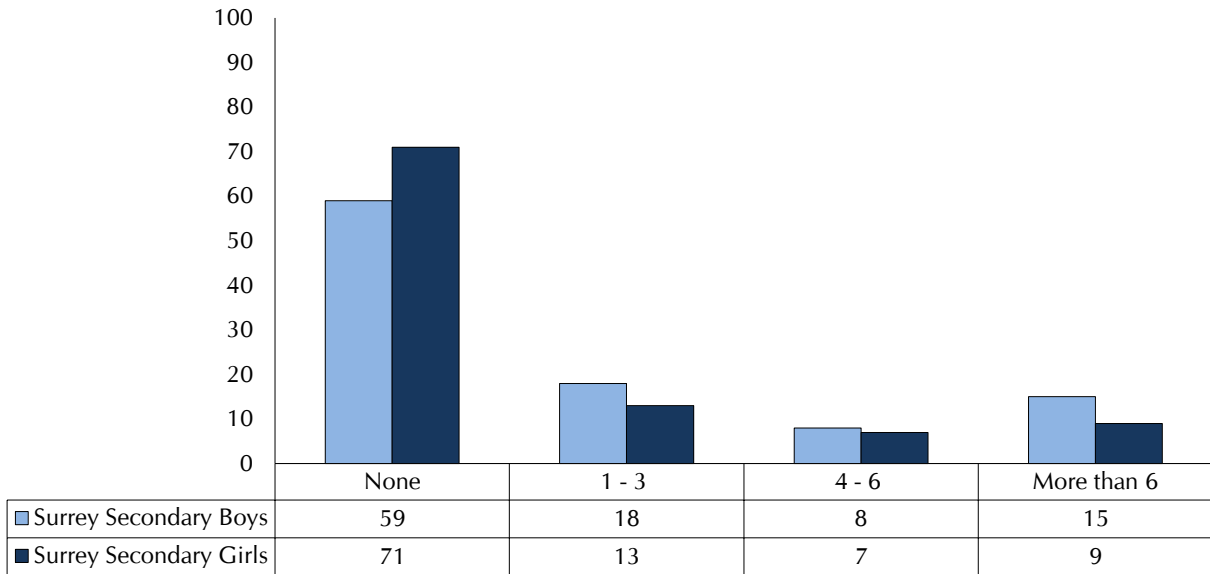
Surrey Secondary		
	Yr 8	Yr 10
Boys	34	39
Girls	46	54

28% of pupils responded that they go to at least 3 sports clubs at lunch time or after school each week.

Q51. Percentage answering that they go to at least 3 sports clubs at lunch time or after school each week.

Surrey Secondary		
	Yr 8	Yr 10
Boys	36	32
Girls	26	17

Q52. How many sports games or matches have you played in school this year?



65% of pupils responded that they haven't played any sports games or matches at their school this year.

Q52. Percentage answering that they haven't played any sports games or matches at their school this year.

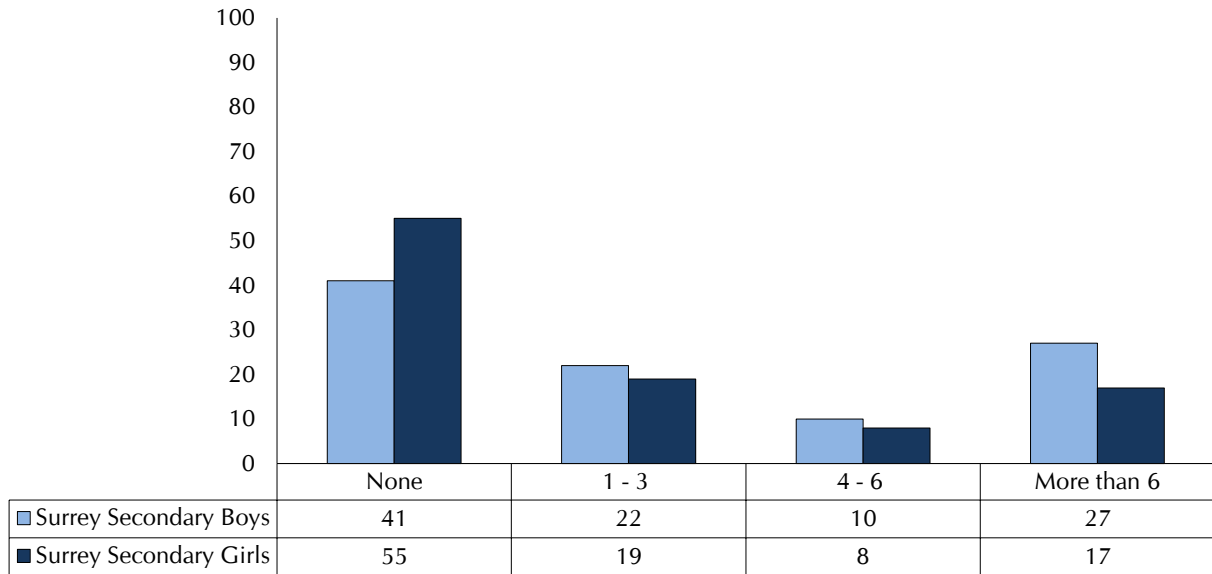
	Surrey Secondary	
	Yr 8	Yr 10
Boys	60	56
Girls	66	78

20% of pupils responded that they have played at least 4 matches at their school this year.

Q52. Percentage answering that they have played at least 4 matches at their school this year.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	23	23
Girls	18	12

Q53. How many games or matches have you played against other schools this year?



48% of pupils responded that they haven't played any games or matches against other schools this year.

Q53. Percentage answering that they haven't played any games or matches against other schools this year.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	41	41
Girls	48	65

32% of pupils responded that they have played at least 4 matches against other schools this year.

Q53. Percentage answering that they have played at least 4 matches against other schools this year.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	38	37
Girls	29	20

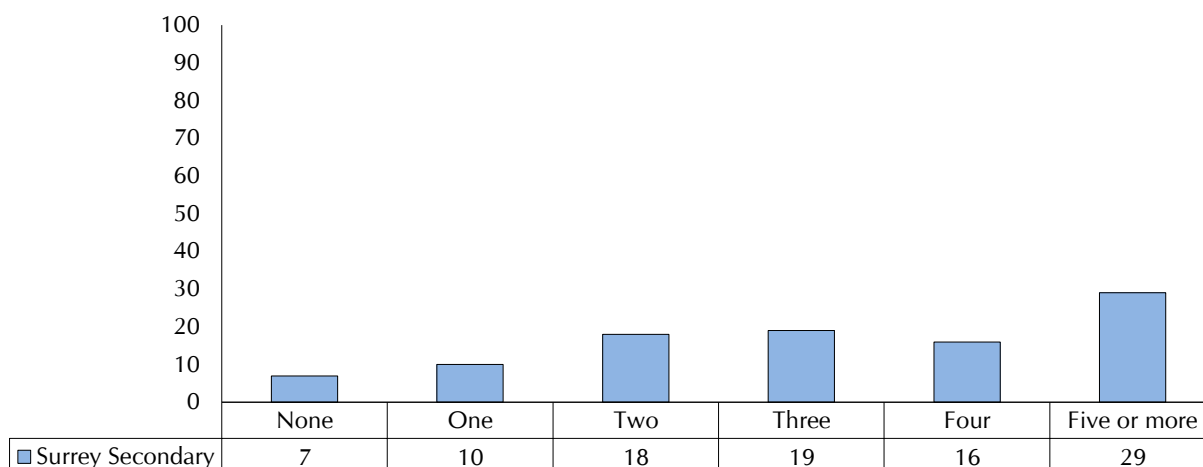
18% of pupils responded that they currently take part in sports volunteering or sports leadership.

Q54. Percentage answering that they currently take part in sports volunteering or sports leadership.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	20	24
Girls	10	19

Exercise

Q55. On how many days did you do any physical activity in the last 7 days?



7% of boys and 8% of girls responded that they didn't do any physical activity in the week before the survey.

Q55. Percentage answering that they didn't do any physical activity in the week before the survey.

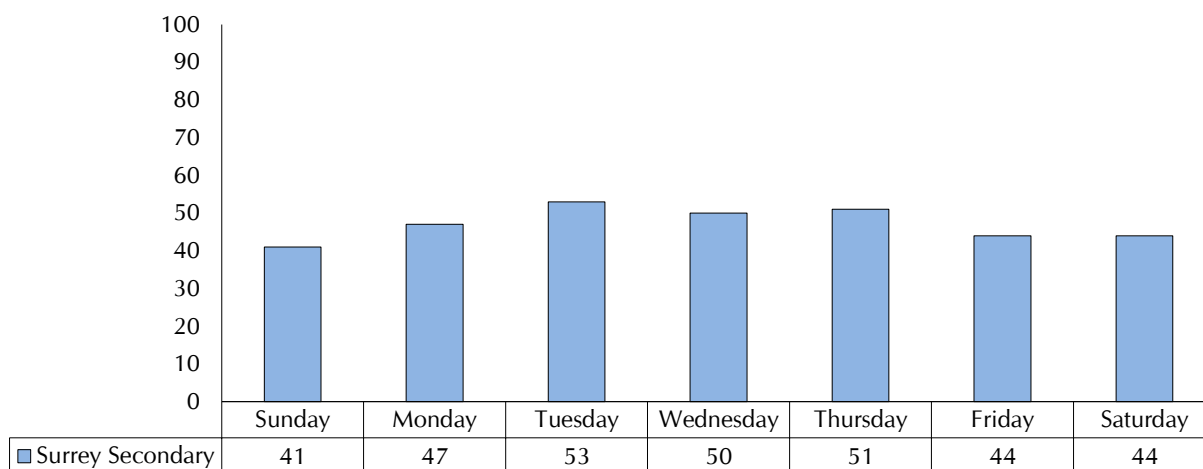
	Surrey Secondary	
	Yr 8	Yr 10
Boys	8	6
Girls	7	9

34% of boys and 23% of girls responded that they did physical activity on five days or more in the week before the survey.

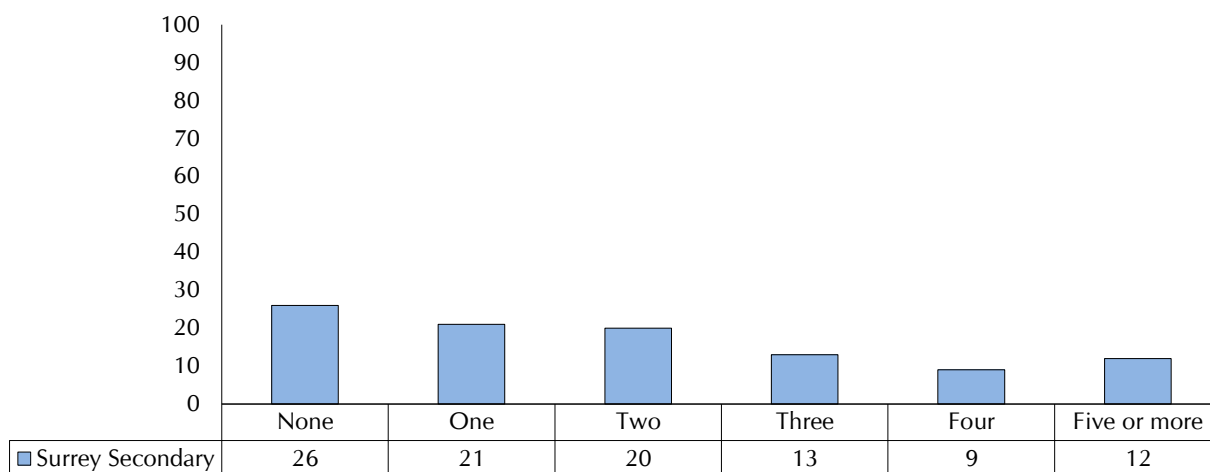
Q55. Percentage answering that they did physical activity on five days or more in the week before the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	34	34
Girls	24	23

Q55. On which days did you do any physical activity in the last 7 days?



Q56. On how many days did you get out of breath and/or sweaty while doing physical activity, in the last 7 days?



26% of pupils responded that they didn't do any physical activity that caused them to get out of breath and/or sweaty in the week before the survey.

Q56. Percentage answering that they didn't do any physical activity that caused them to get out of breath and/or sweaty in the week before the survey.

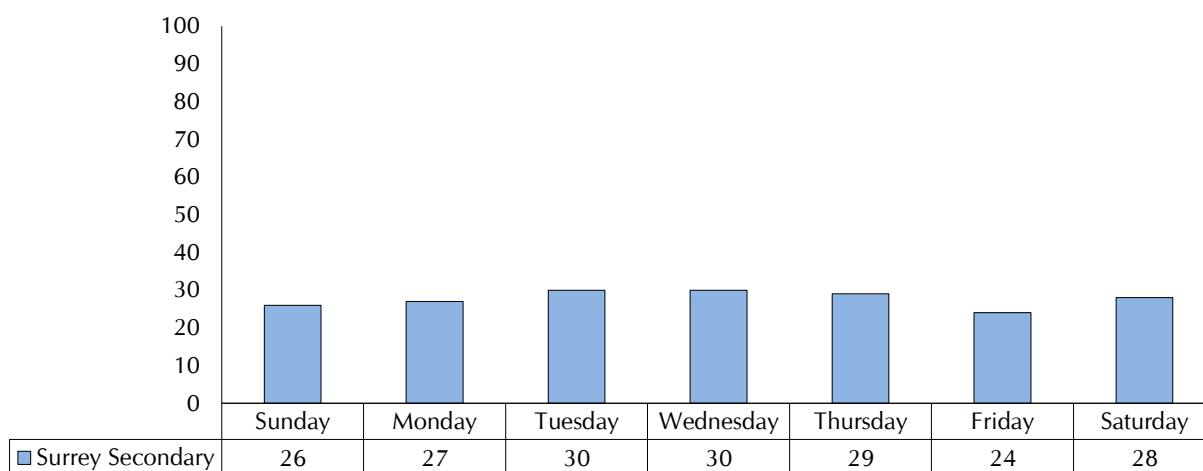
	Surrey Secondary	
	Yr 8	Yr 10
Boys	25	20
Girls	29	29

12% of pupils responded that they did physical activity that caused them to get out of breath and/or sweaty on at least 5 days in the week before the survey.

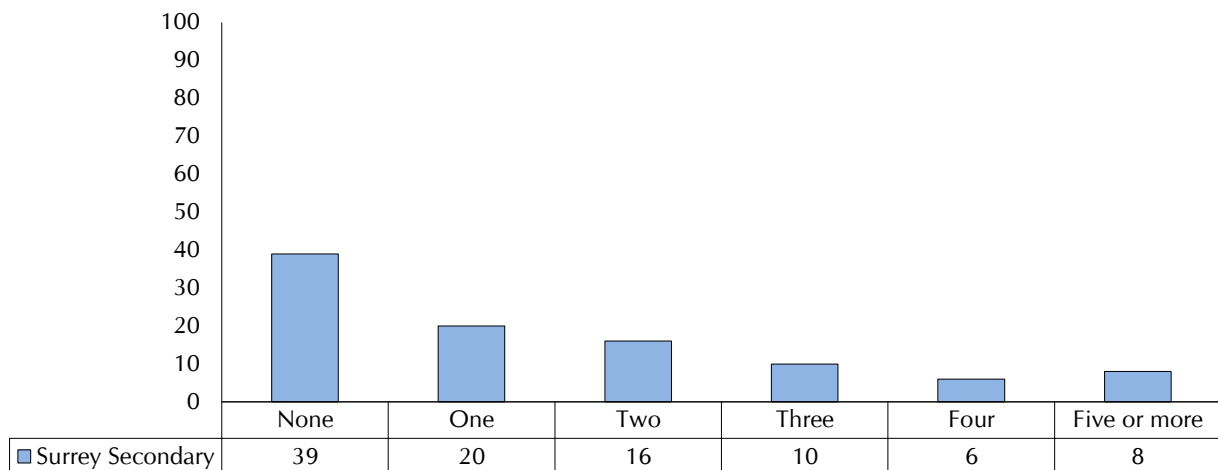
Q56. Percentage answering that they did physical activity that caused them to get out of breath and/or sweaty on at least 5 days in the week before the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	14	14
Girls	9	8

Q56. On which days did you get out of breath and/or sweaty while doing physical activity, in the last 7 days?



Q57. On how many days did you get out of breath and/or sweaty while doing physical activity for an hour or more, in the last 7 days?



39% of pupils responded that they didn't do any physical activity that caused them to get out of breath and/or sweaty for an hour or more in the week before the survey.

Q57. Percentage answering that they didn't do any physical activity that caused them to get out of breath and/or sweaty for an hour or more in the week before the survey.

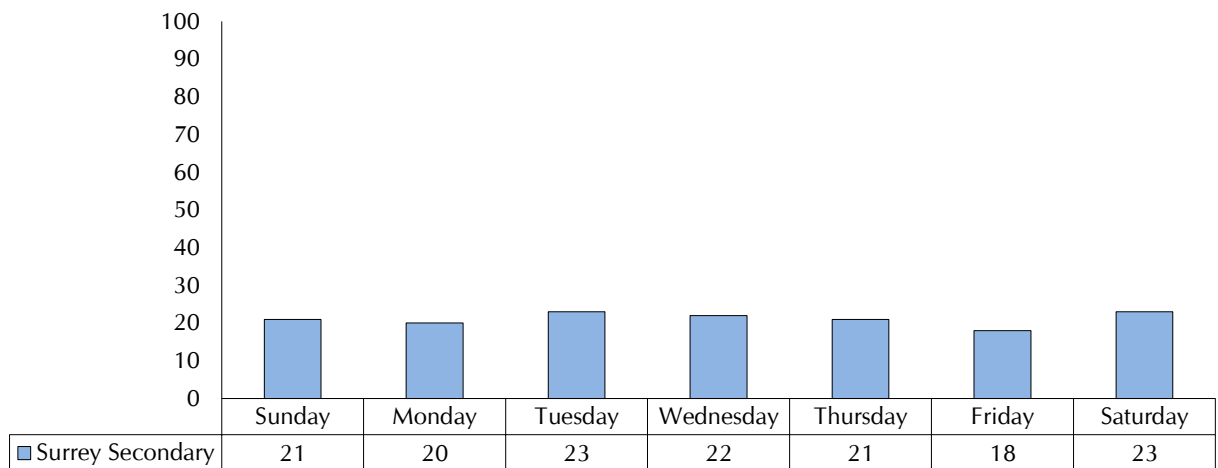
	Surrey Secondary	
	Yr 8	Yr 10
Boys	40	32
Girls	43	41

8% of pupils responded that they did physical activity that caused them to get out of breath and/or sweaty for an hour or more on at least 5 days in the week before the survey.

Q57. Percentage answering that they did physical activity that caused them to get out of breath and/or sweaty for an hour or more on at least 5 days in the week before the survey.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	10	10
Girls	6	6

Q57. On which days did you get out of breath and/or sweaty while doing physical activity for an hour or more, in the last 7 days?



80% of pupils responded that their week's pattern of activity was usual, while 11% said it was more active than usual and 10% said it was less active than usual.

Q58. Percentage answering that their week's pattern of activity was usual.

Surrey Secondary		
	Yr 8	Yr 10
Boys	82	79
Girls	79	77

36% of pupils responded that they don't have enough time to do activities as much as they would like, while 12% said transport to get there is a problem.

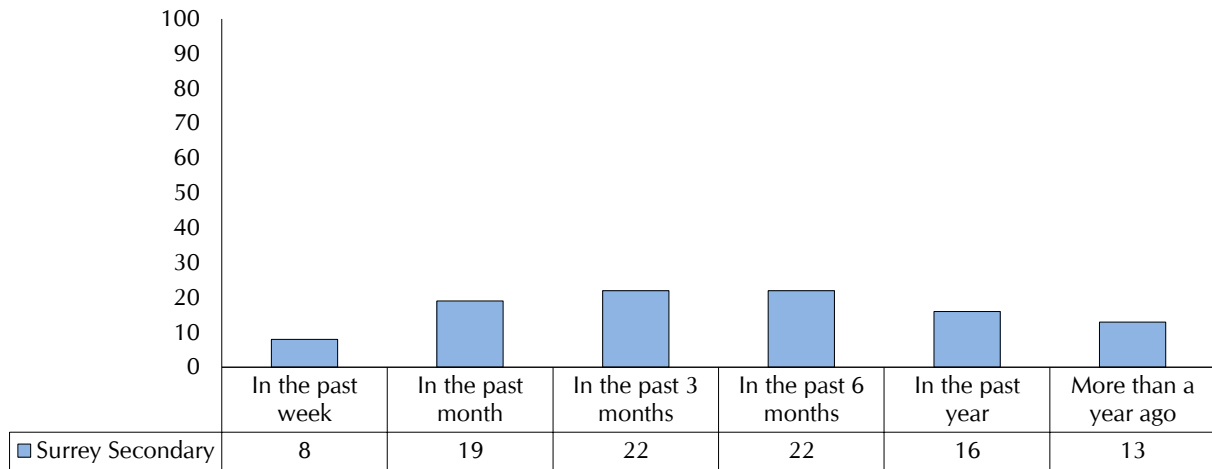
Q59. Percentage of pupils responding that the following stops them doing activities as much as they would like (top 10):

Boys			Girls		
1	Nothing stops them	41	1	Don't have enough time	44
2	Don't have enough time	29	2	They are shy in front of other people	29
3	Other	12	3	Not comfortable about how they look	27
4	Transport to get there is a problem	11	4	Nothing stops them	23
5	Don't know what to do	9	5	It costs a lot to get there or to take part	18
6	They are shy in front of other people	9	6	Don't know what to do	16
7	It costs a lot to get there or to take part	9	7	They know what they want to do, but don't know where to go	13
8	Not comfortable about how they look	7	8	Transport to get there is a problem	12
9	They know what they want to do, but don't know where to go	7	9	Other	10
10	Don't like the people who go there	5	10	Don't like the places they'd have to go	8

Health Services

Doctor

Q60. How long ago did you last visit the doctor?



71% of pupils responded that they last visited the doctor in the last 6 months.

Q60. Percentage answering that they last visited the doctor in the last 6 months.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	70	69
Girls	72	72

13% of pupils responded that they last visited the doctor more than a year ago.

Q60. Percentage answering that they last visited the doctor more than a year ago.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	12	14
Girls	10	15

22% of pupils responded that the reception and waiting room environment made them feel 'quite' or 'very' uneasy on their last visit to the doctor.

Q61. Percentage answering that the reception and waiting room environment made them feel 'quite' or 'very' uneasy on their last visit to the doctor.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	21	15
Girls	29	23

20% of pupils responded that the reception and waiting room environment made them feel 'at ease' on their last visit to the doctor.

Q61. Percentage answering that the reception and waiting room environment made them feel 'at ease' on their last visit to the doctor.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	21	31
Girls	12	18

At school

31% of pupils responded that there is a health clinic in their school, while 55% said they are 'not sure' if there is.

47% of pupils responded that they know who their School Nurse is, while 2% said they don't have one.

56% of pupils responded that they know how to get to see their School Nurse, while 20% said that they do not know.

Q62. Percentage answering that there is a health clinic in their school.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	40	31
Girls	27	22

Q63. Percentage answering that they know who their School Nurse is.

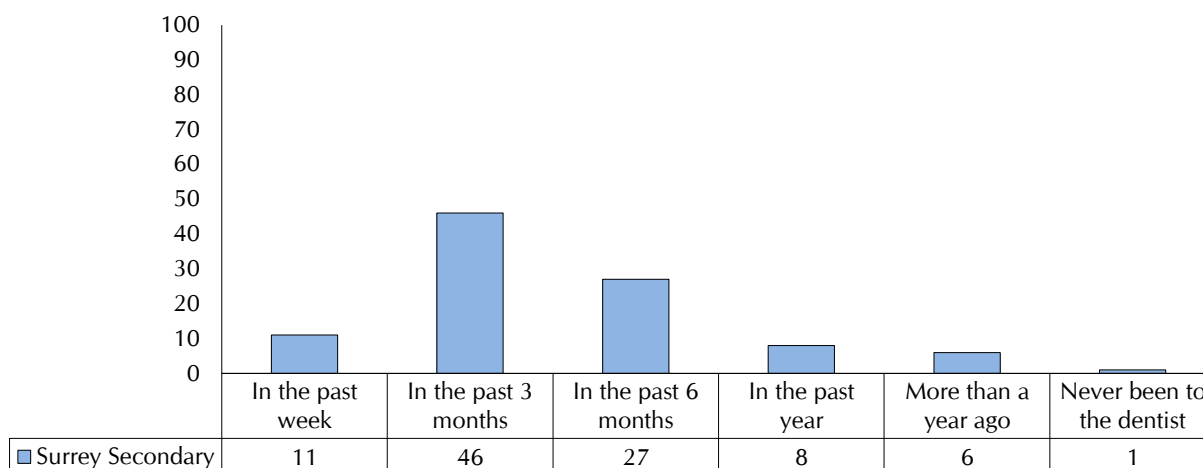
	Surrey Secondary	
	Yr 8	Yr 10
Boys	38	50
Girls	46	56

Q64. Percentage answering that they know how to get to see their School Nurse.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	56	56
Girls	54	60

Dental health

Q65. How long ago did you last visit the dentist?



84% of pupils responded that they visited the dentist in the last 6 months.

Q65. Percentage answering that they visited the dentist in the last 6 months.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	85	84
Girls	84	84

6% of pupils responded that they last visited the dentist more than a year ago and 1% said they have never been.

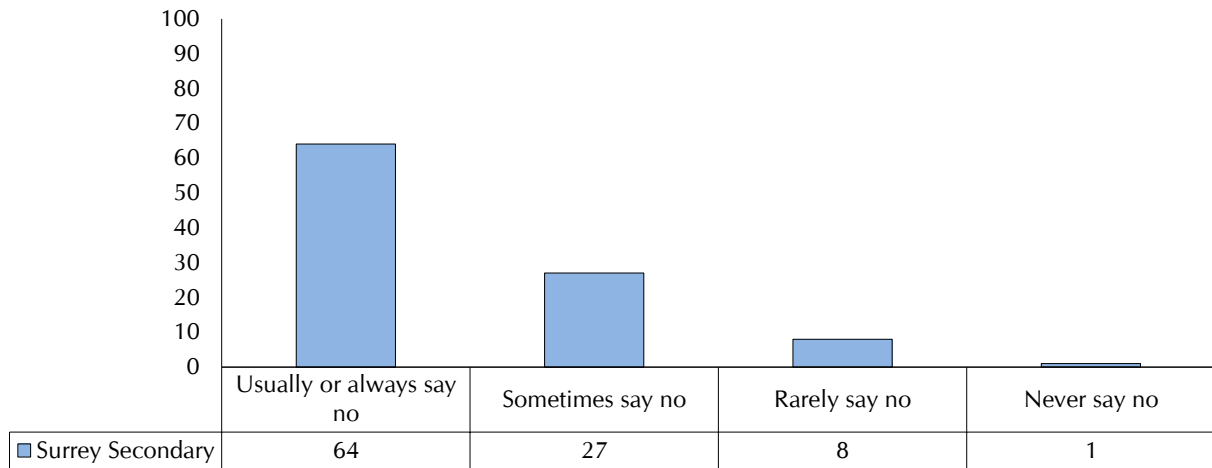
Q65. Percentage answering that they last visited the dentist more than a year ago.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	5	8
Girls	6	7

Staying Safe

Peer pressure

Q66. When a friend wants me to do something I don't want to do, I can...:



64% 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.

Q66. 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 Secondary	
	Yr 8	Yr 10
Boys	64	69
Girls	60	63

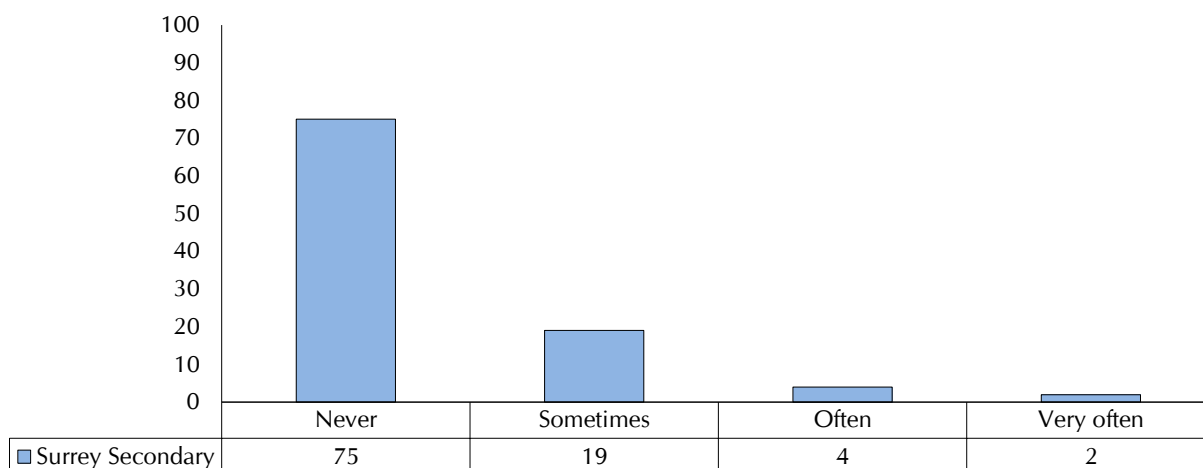
9% of pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.

Q66. 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 Secondary	
	Yr 8	Yr 10
Boys	10	8
Girls	9	8

Bullying

Q67. Do you ever feel afraid of going to school because of bullying?



25% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.

Q67. Percentage answering that they at least 'sometimes' feel afraid of going to school because of bullying.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	21	13
Girls	39	26

6% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

Q67. Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	6	2
Girls	9	7

21% of pupils responded that they have been bullied at or near school in the last 12 months, while 13% said they 'don't know' if they have been.

Q68. Percentage answering that they have been bullied at or near school in the last 12 months.

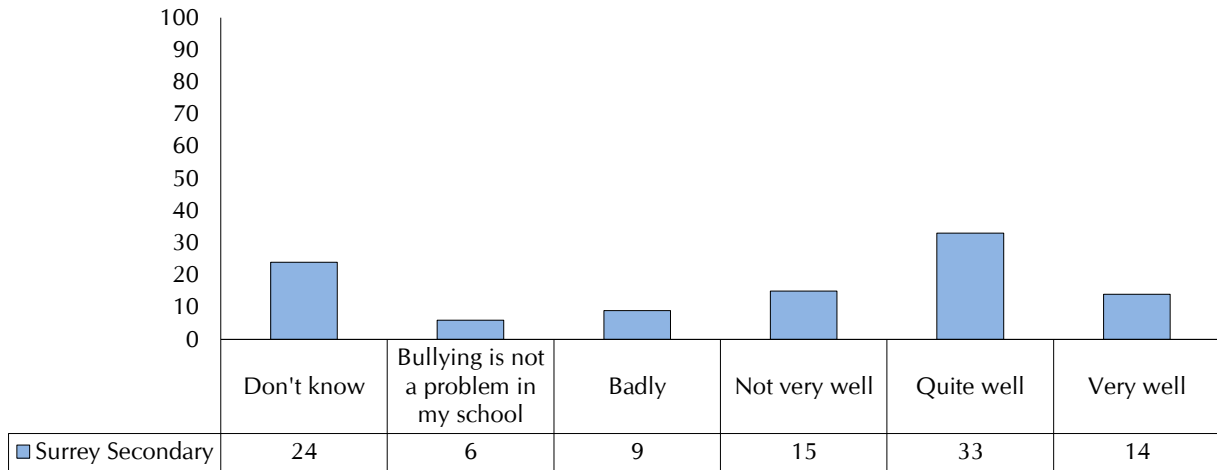
	Surrey Secondary	
	Yr 8	Yr 10
Boys	22	13
Girls	28	21

13% of pupils responded that they have deliberately upset or hurt someone else at school in the last 12 months, while 20% said they 'don't know' if they have.

Q69. Percentage answering that they have deliberately upset or hurt someone else at school in the last 12 months.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	17	14
Girls	11	9

Q70. How well does your school deal with bullying?



9% of pupils responded that their school deals with bullying 'badly', while 6% said that bullying is not a problem in their school.

Q70. Percentage answering that their school deals with bullying 'badly'.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	9	11
Girls	6	11

46% of pupils responded that their school deals with bullying 'quite' or 'very' well.

Q70. Percentage answering that their school deals with bullying 'quite' or 'very' well.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	48	41
Girls	49	47

66% of pupils responded that they think their school takes bullying seriously, while 24% said they 'don't know' if it does.

Q71. Percentage answering that they think their school takes bullying seriously.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	73	65
Girls	64	62

17% of pupils responded that they were pushed/hit for no reason in the month before the survey and 8% said they have had belongings taken/broken.

Q72. Percentage of pupils responding that they experienced the following in the month before the survey (top 10):

Boys			Girls		
1	Been teased/made fun of	34	1	Been teased/made fun of	41
2	Called nasty names	25	2	Called nasty names	33
3	Pushed/hit for no reason	21	3	Pushed/hit for no reason	13
4	Had belongings taken/broken	9	4	Seen nasty things written about them online	10
5	Been ganged up on	8	5	Received nasty/threatening text message	9
6	Been threatened for no reason	8	6	Received nasty/threatening online messages	8
7	Been forced to do things they didn't want to do	4	7	Been ganged up on	8
8	Received nasty/threatening online messages	3	8	Had belongings taken/broken	7
9	Seen nasty things written about them online	3	9	Been threatened for no reason	7
10	Received nasty/threatening text message	3	10	Been forced to do things they didn't want to do	6

21% of pupils responded that they experienced negative behaviour outside at school during breaktimes, while 17% said they experienced it in a classroom during breaktimes.

Q73. Percentage of pupils responding that they have experienced negative behaviour at the following places in the month before the survey (top 5):

Boys			Girls		
1	Outside at school (breaktimes)	22	1	Outside at school (breaktimes)	21
2	In a classroom (breaktimes)	16	2	In a classroom (breaktimes)	19
3	During lesson time	12	3	During lesson time	17
4	In the corridors	10	4	At or near home	12
5	On the way to or from school	6	5	In the corridors	12

15% of pupils responded that they were bullied recently and told their Mum or Dad/carer, while 10% said they told a teacher or other staff at school.

Q74. Percentage of pupils responding that they were bullied recently and told the following people about it (top 5):

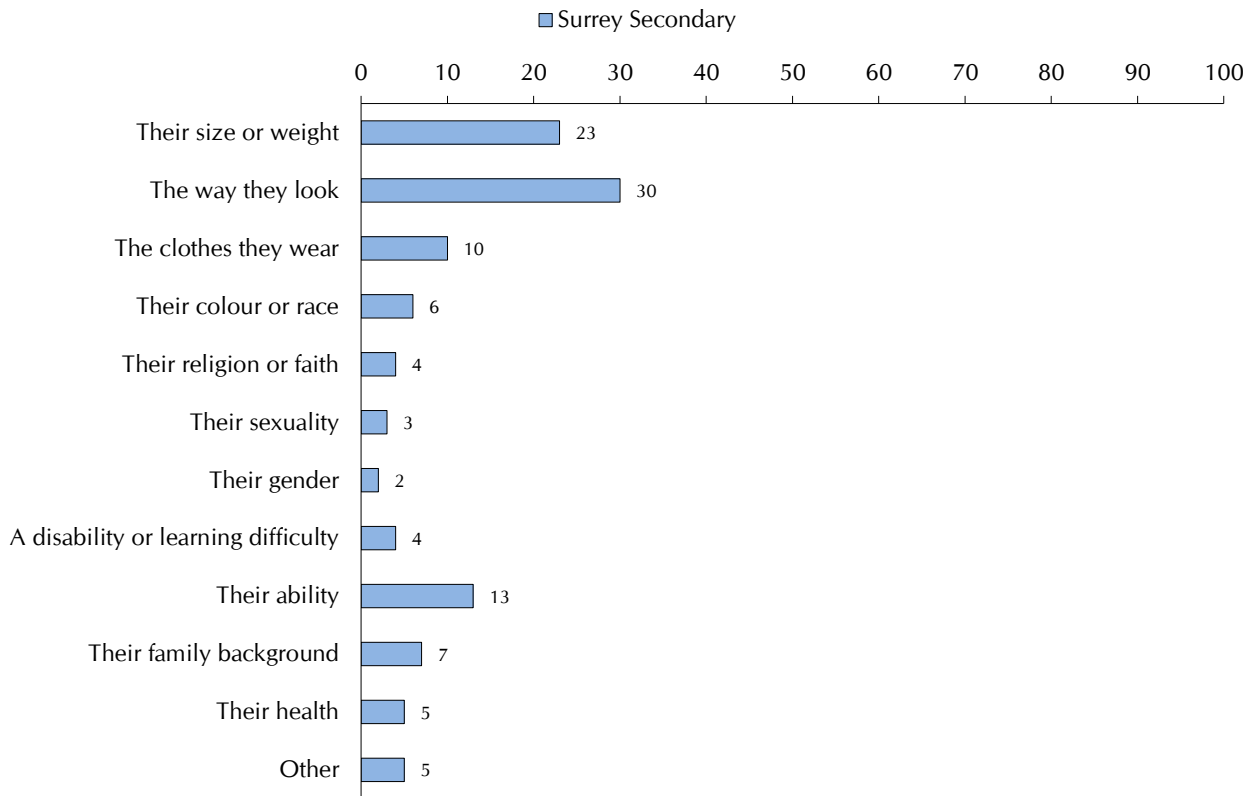
Boys			Girls		
1	No one	16	1	Friend	20
2	Mum or Dad/carer	14	2	Mum or Dad/carer	18
3	Teacher or other staff at school	9	3	No one	15
4	Friend	9	4	Teacher or other staff at school	10
5	Brother or sister	4	5	Brother or sister	6

14% of pupils responded that the bullying problem stopped after telling someone, while 8% said it didn't stop.

Q75. Percentage answering that the bullying problem stopped after telling someone.

Surrey Secondary		
	Yr 8	Yr 10
Boys	17	9
Girls	17	11

Q76. Do you think you are being picked on or bullied for any of the following?



19% of boys and 27% of girls think they are being picked on or bullied because of their size or weight.

Q76. Percentage answering that they think they are being picked on or bullied because of their size or weight.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	19	19
Girls	28	27

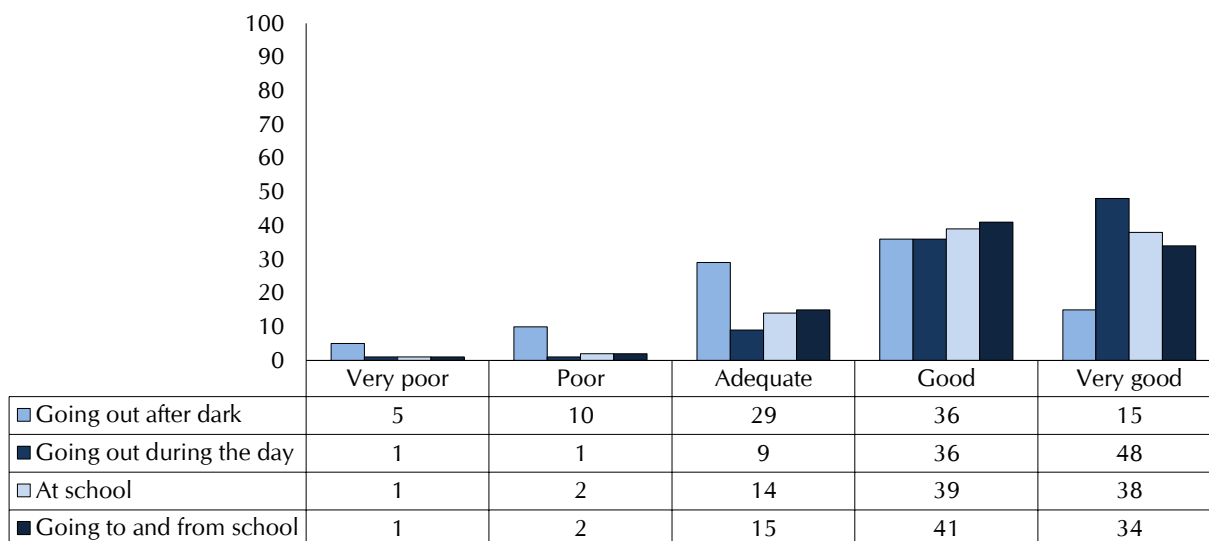
21% of boys and 41% of girls think they are being picked on or bullied because of the way they look.

Q76. Percentage answering that they think they are being picked on or bullied because of the way they look.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	21	21
Girls	40	41

Local area

Q77. How do you rate your safety at the following times in the area where you live?



N.B. Chart shows data for Surrey Secondary only.

77% of pupils rated their safety at school as 'good' or 'very good'; 51% said the same of going out after dark.

Q77. Percentage of pupils rating their safety as 'good' or 'very good' in the following circumstances:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Going out after dark	53	47	58	47	51
Going out during the day	78	84	90	86	84
At school	69	76	84	83	77
Going to and from school	71	72	83	78	75

15% of pupils rated their safety when going out after dark as 'poor' or 'very poor'; 3% said the same of being at school.

Q77. Percentage of pupils rating their safety as 'poor' or 'very poor' in the following circumstances:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Going out after dark	13	16	11	18	15
Going out during the day	2	1	1	3	2
At school	4	4	2	2	3
Going to and from school	4	4	2	3	3

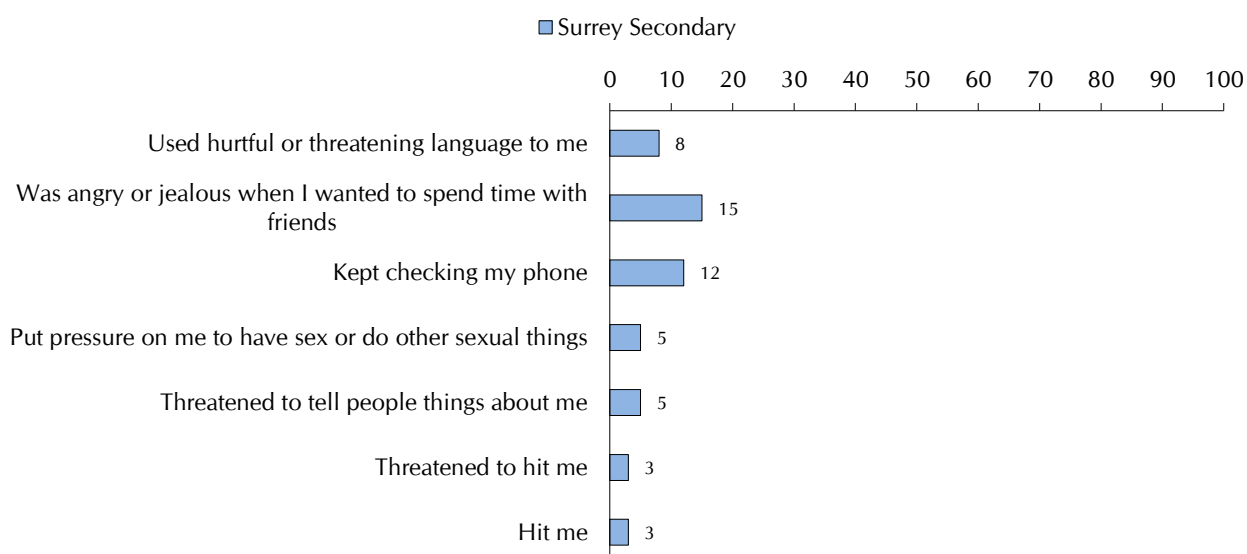
Relationships

24% of pupils responded that they have experienced at least one of the negative behaviours listed in a relationship with a past or current boyfriend/girlfriend.

Q78. Have any of these things happened to you in a relationship with a boyfriend/girlfriend?

Boys	No, never	Yes, in the past	Yes, with my current boyfriend/girlfriend
Used hurtful or threatening language to me	75	7	1
Was angry or jealous when I wanted to spend time with friends	69	12	2
Kept checking my phone	69	12	2
Put pressure on me to have sex or do other sexual things	79	3	1
Threatened to tell people things about me	78	4	1
Threatened to hit me	80	2	1
Hit me	80	3	1
Girls	No, never	Yes, in the past	Yes, with my current boyfriend/girlfriend
Used hurtful or threatening language to me	79	8	1
Was angry or jealous when I wanted to spend time with friends	73	14	2
Kept checking my phone	78	8	2
Put pressure on me to have sex or do other sexual things	81	6	1
Threatened to tell people things about me	81	6	1
Threatened to hit me	85	2	0
Hit me	85	2	0

Q78. Percentage of pupils responding that they experienced the following in a relationship with a past or current partner:



E-safety

84% of pupils responded that they have chatted on the internet.

Q79a(i). Percentage answering that they have chatted on the internet

	Surrey Secondary	
	Yr 8	Yr 10
Boys	77	90
Girls	78	93

35% of pupils responded that they chat to friends of friends on the internet, while 21% said they chat to other people who they don't know in real life.

Q79a(ii)-(v). Percentage of pupils responding 'yes' to the following questions about chatting on the internet:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Do you video chat (e.g. Skype, Facetime)?	47	61	68	71	60
Do you chat to just your friends or family that you know in real life?	51	61	64	67	59
Do you chat to friends of friends?	29	34	42	39	35
Do you chat to other people who you don't know in real life?	17	15	26	27	21

18% of pupils responded that they have received a hurtful, nasty or scary message online, while 8% said someone has changed their password.

Q79b. Percentage of pupils responding that the following things have happened to them online:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Received a hurtful, nasty or scary message	14	24	12	25	18
Hurtful comments were posted about them on a social networking site	7	18	6	16	11
An insulting poll or webpage was set up about them	1	1	1	2	1
Someone used/changed a picture or video to humiliate them	5	8	5	9	7
Someone posted private information about them (including pictures)	3	4	4	5	4
Someone used their identity/password to post false or hurtful things	2	4	2	2	3
Someone changed their password	5	11	9	10	8
Other	1	3	2	2	2

10% of pupils responded that they have given personal information to someone online who they didn't know in real life.

Q79c. Percentage answering that they have given personal information to someone online who they didn't know in real life.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	8	8
Girls	8	16

20% of pupils responded that someone online who they didn't know has asked to see pictures of them.

Q79d. Percentage answering that someone online who they didn't know has asked to see pictures of them.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	11	15
Girls	23	34

5% of pupils responded that someone (online or in person) has threatened or pressured them to send a picture or video of themselves or show themselves on webcam.

Q79e. Percentage answering that someone has threatened or pressured them to send a picture or video of themselves or show themselves on webcam.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	2	1
Girls	7	12

2% of pupils responded that they have sent sexual pictures of themselves to someone they don't know.

Q79f. Percentage answering that they have sent sexual pictures of themselves to someone they don't know.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	1	2
Girls	1	6

6% of pupils responded that they have sent sexual pictures of themselves to someone they do know.

Q79g. Percentage answering that they have sent sexual pictures of themselves to someone they do know.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	2	8
Girls	2	16

16% of pupils responded that someone they don't know in person has asked to meet with them; 6% said this person was, as far as they know, quite a bit older than them and 3% said they did actually meet up with them.

Q79h(i). Percentage answering that someone they don't know in person has asked to meet with them.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	8	14
Girls	15	32

93% of pupils responded that they have been told how to stay safe while online.

Q79i(i). Percentage answering that they have been told how to stay safe online.

Surrey Secondary		
	Yr 8	Yr 10
Boys	89	91
Girls	94	96

73% of pupils responded that they always follow the advice they have been given about how to stay safe online.

Q79i(ii). Percentage answering that they always follow the advice they have been given about how to stay safe online.

Surrey Secondary		
	Yr 8	Yr 10
Boys	74	65
Girls	80	72

63% of pupils responded that they have blocked someone because of something upsetting that happened online and 2% said they have reported something to CEOP.

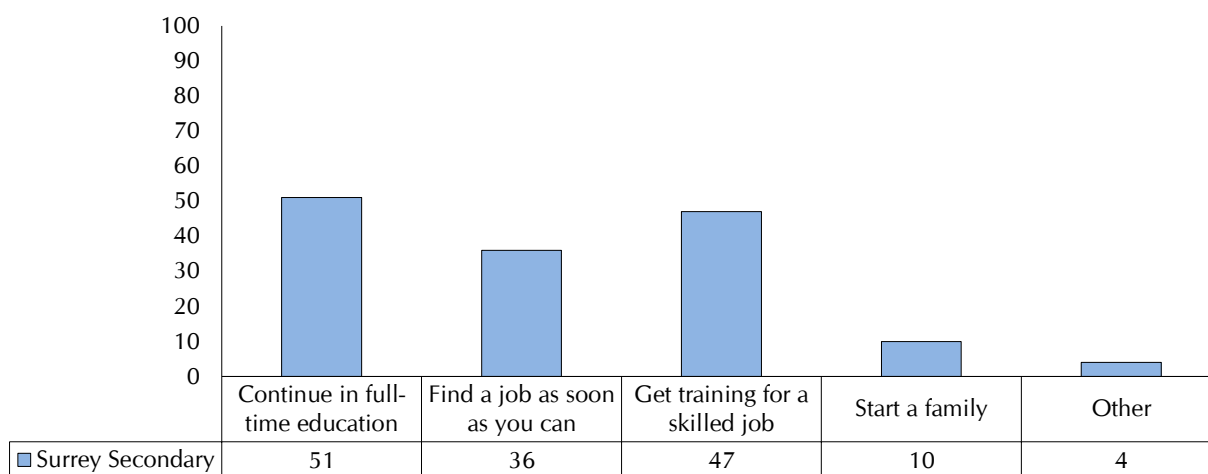
Q79j. Percentage of pupils responding that they have done the following because of something upsetting that happened online:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Blocked someone	53	71	58	74	63
Insulted someone back	19	21	33	24	24
Asked a friend to reply for them	10	21	11	22	15
Talked to their parents/carers	16	31	11	21	20
Reported to CEOP	3	2	1	2	2
Talked to the police	2	2	1	3	2
Talked to an adult at school	5	10	3	10	7
Talked to an adult outside school	7	9	2	5	6

Enjoying & Achieving

Future plans

Q80. At the end of Year 11, do you want to...?



47% of boys and 57% of girls responded that they want to continue in full-time education at the end of Year 11.

Q80. Percentage answering that they want to continue in full-time education at the end of Year 11.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	38	59
Girls	47	70

33% of boys and 39% of girls responded that they want to find a job as soon as they can at the end of Year 11.

Q80. Percentage answering that they want to enter into employment at the end of Year 11.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	32	36
Girls	38	41

47% of boys and 47% of girls responded that they want to get training for a skilled job at the end of Year 11.

Q80. Percentage answering that they want to get training for a skilled job at the end of Year 11.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	50	43
Girls	52	40

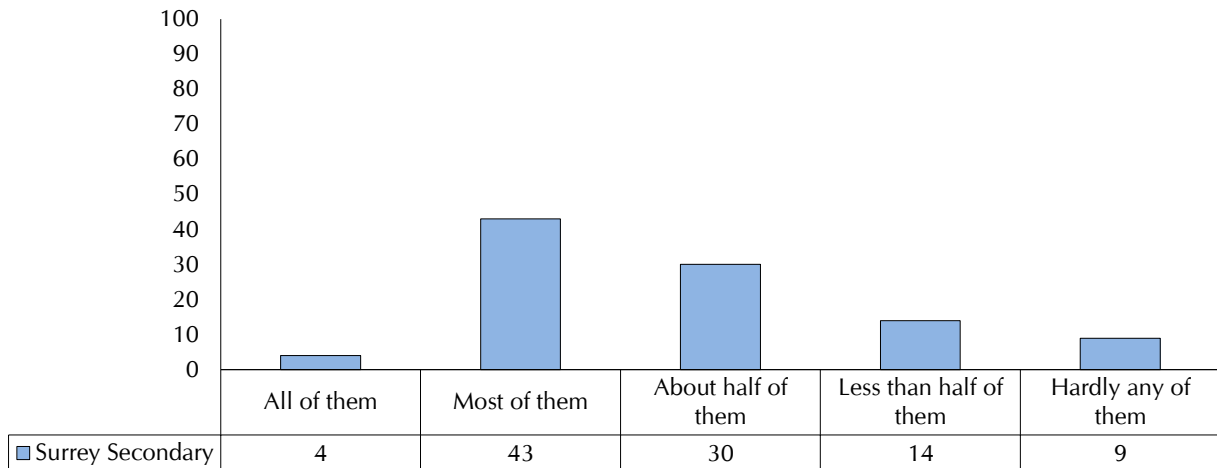
11% of boys and 8% of girls responded that they want to start a family at the end of Year 11.

Q80. Percentage answering that they want to start a family at the end of Year 11.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	15	6
Girls	9	6

School lessons

Q81. How many lessons do you enjoy at school?



47% of pupils responded that they enjoy 'most' or 'all' of their lessons at school.

Q81. Percentage answering that they enjoy 'most' or 'all' of their lessons at school.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	44	54
Girls	43	48

9% of pupils responded that they enjoy 'hardly any' of their lessons at school.

Q81. Percentage answering that they enjoy 'hardly any' of their lessons at school.

	Surrey Secondary	
	Yr 8	Yr 10
Boys	8	7
Girls	12	8

24% of pupils responded that they have found school lessons about citizenship 'quite' or 'very' useful.

Q82. Percentage of pupils responding that they have found school lessons about the following 'quite' or 'very' useful:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Managing money	18	13	18	10	15
Citizenship	29	24	22	17	24
Drug education (including alcohol and tobacco)	43	40	45	47	43
Emotional health and wellbeing	36	36	34	32	35
Bullying	44	46	35	39	41
Healthy eating	44	45	41	44	44
Physical activity	51	49	49	43	48
Safety	52	56	48	50	52
Sex and Relationships education	37	37	43	46	40

15% of pupils responded that they have found school lessons about citizenship 'not at all' useful.

Q82. Percentage of pupils responding that they have found school lessons about the following 'not at all' useful:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Managing money	11	14	20	18	15
Citizenship	10	15	17	22	15
Drug education (including alcohol and tobacco)	8	12	10	9	10
Emotional health and wellbeing	9	12	16	19	13
Bullying	9	12	17	17	13
Healthy eating	7	10	14	13	11
Physical activity	6	10	10	13	9
Safety	4	7	12	8	7
Sex and Relationships education	11	13	12	11	12

Attendance

89% of pupils responded that they think it is important to go to school regularly, while 3% think it isn't important.

Q83. Percentage answering that they think it is important to go to school regularly.

Surrey Secondary		
	Yr 8	Yr 10
Boys	87	92
Girls	89	91

68% of pupils responded that they were away from school due to illness or injury in the 12 months before the survey, while 41% said they have been away due to doctor/dentist appointments.

Q84. Percentage of pupils responding that they have been away from school due to the following reasons in the last 12 months (top 5):

Boys			Girls		
1	Illness or injury	67	1	Illness or injury	69
2	Medical/dental appointments	36	2	Medical/dental appointments	47
3	Day trips or holiday in term-time	12	3	Worries about school	15
4	Worries about school	5	4	Day trips or holiday in term-time	15
5	Worries about bullying	4	5	Worries about bullying	9

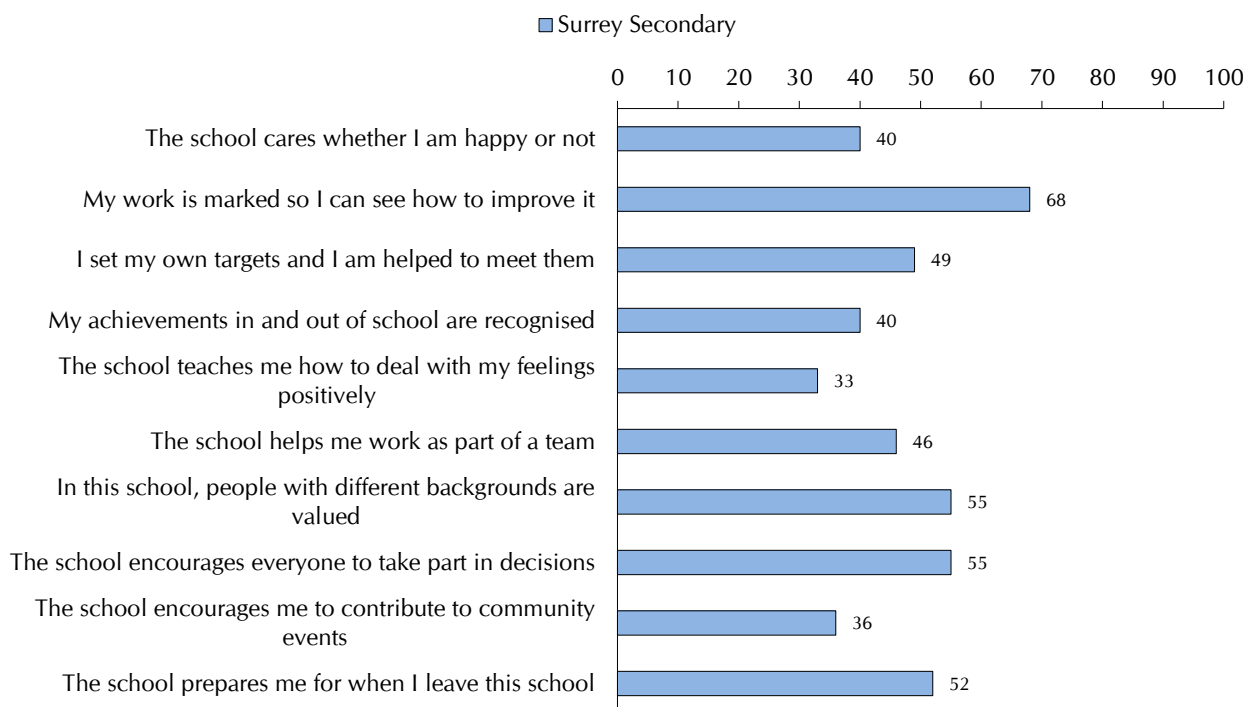
Every Child Matters

40% of pupils responded that they think the school cares whether they are happy or not and 68% said their work is marked so they can see how to improve it.

Q85. Percentage of pupils responding that they 'agree' with the following statements:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
The school cares whether I am happy or not	41	38	41	41	40
My work is marked so I can see how to improve it	60	63	79	76	68
I set my own targets and I am helped to meet them	50	46	54	47	49
My achievements in and out of school are recognised	41	36	44	42	40
The school teaches me how to deal with my feelings positively	37	31	34	28	33
The school helps me work as part of a team	47	42	47	47	46
In this school, people with different backgrounds are valued	50	51	59	65	55
The school encourages everyone to take part in decisions	49	53	62	57	55
The school encourages me to contribute to community events	37	33	40	35	36
The school prepares me for when I leave this school	50	51	57	51	52

Q85. Percentage of pupils responding that they 'agree' with the following statements:



Leisure

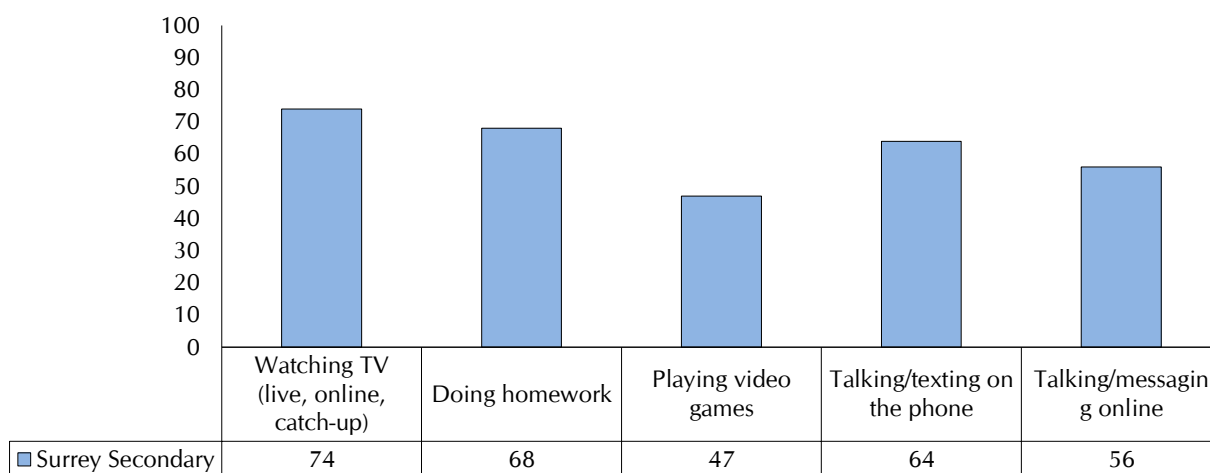
74% of pupils responded that they spent time watching TV after school on the day before the survey, while 68% did homework and 47% played video games.

Q86. Percentage of pupils responding that they spent time doing the following after school on the day before the survey:

Boys	No time at all	Up to 1 hour	Up to 2 hours	Up to 3 hours	More than 3 hours
Watching TV (live, online, catch-up)	17	30	21	8	8
Doing homework	22	38	17	4	3
Playing video games	17	19	18	14	17
Talking/texting on the phone	30	29	10	6	10
Talking/messaging online	37	27	8	5	7

Girls	No time at all	Up to 1 hour	Up to 2 hours	Up to 3 hours	More than 3 hours
Watching TV (live, online, catch-up)	13	35	23	11	12
Doing homework	18	38	23	10	5
Playing video games	70	13	4	3	4
Talking/texting on the phone	20	26	15	12	20
Talking/messaging online	28	25	14	10	17

Q86. Percentage of pupils responding that they spent time doing the following after school on the day before the survey:



61% of pupils responded that they listened to music after school on the day before the survey, while 28% said they met with friends.

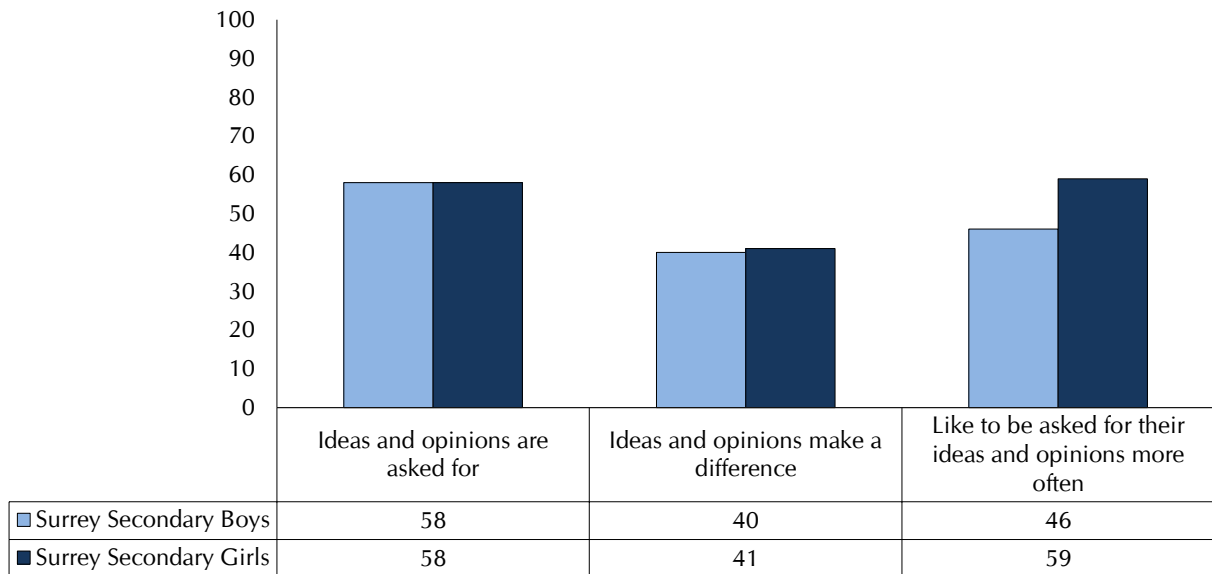
Q87. Percentage of pupils responding that they did the following after school on the day before the survey (top 10):

Boys			Girls		
1	Listened to music	52	1	Listened to music	72
2	Sport	43	2	Cared for pets	43
3	Used a computer for school work	39	3	Used a computer for school work	43
4	Cared for pets	35	4	Sport	29
5	Met with friends	30	5	Read a book for pleasure	28
6	Read a book for pleasure	19	6	Met with friends	26
7	Played a musical instrument	11	7	Played a musical instrument	22
8	Other	6	8	Cared for family members	13
9	Cared for family members	6	9	Other	8
10	Extra lessons/tutoring	4	10	Helping and volunteering outside the home	6

Making a Positive Contribution

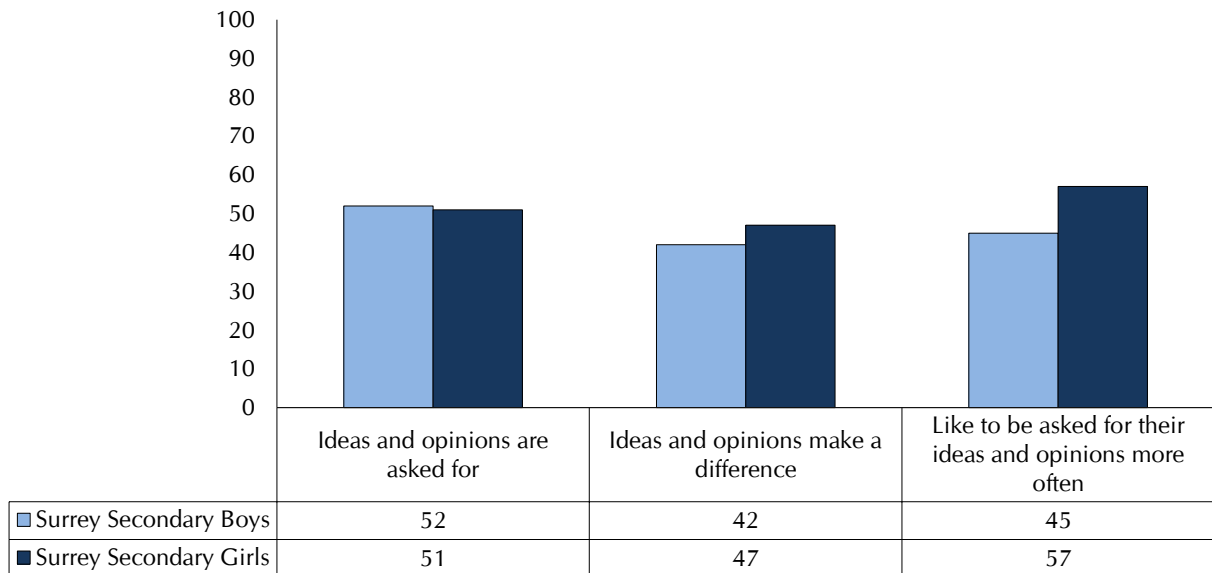
58% of pupils responded that they are asked for their opinions about what they learn in school; 40% said their opinions make a difference and 52% would like to be consulted more often.

Q88. Percentage of pupils responding to questions about what they learn in school:



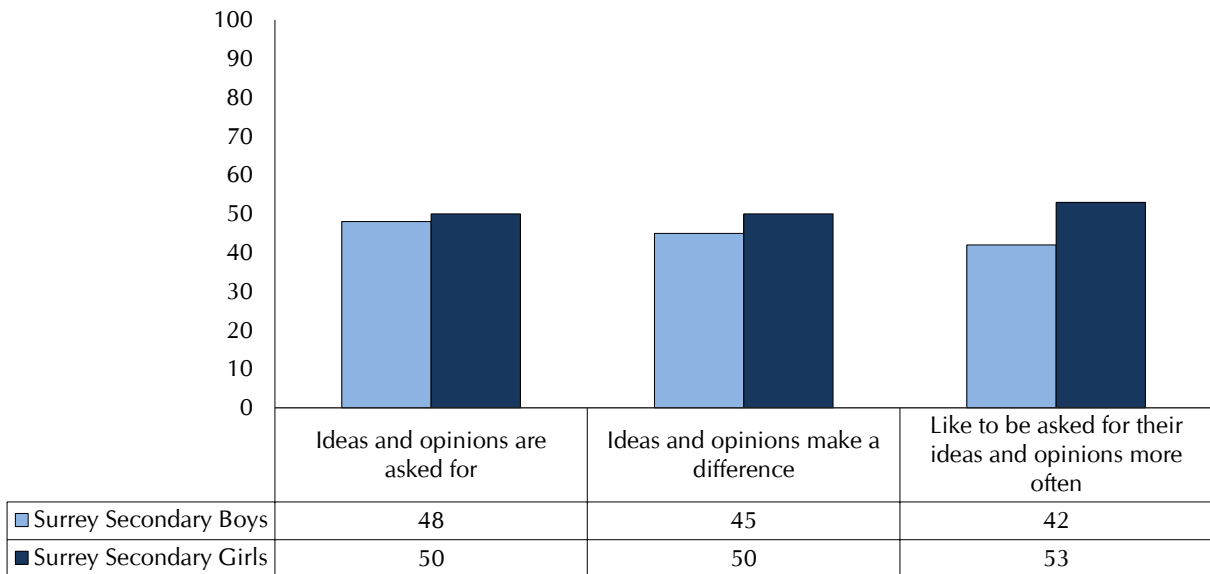
52% of pupils responded that they are asked for their opinions about how they learn in school; 44% said their opinions make a difference and 51% would like to be consulted more often.

Q88. Percentage of pupils responding to questions about how they learn in school:



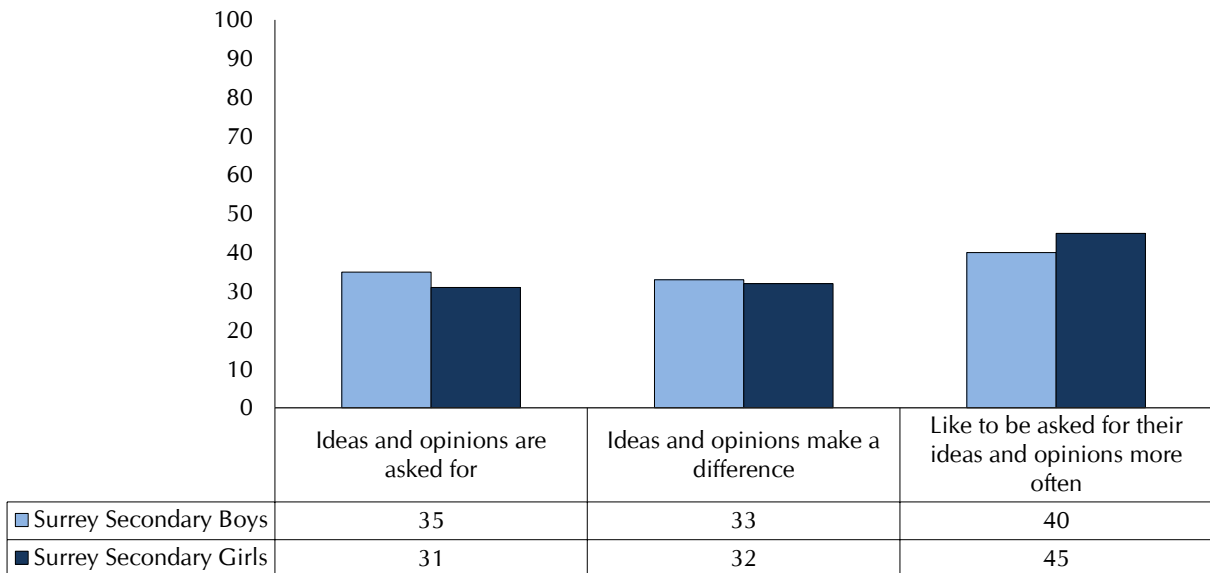
49% of pupils responded that they are asked for their opinions about the school environment; 47% said their opinions make a difference and 47% would like to be consulted more often.

Q88. Percentage of pupils responding to questions about the school environment:



33% of pupils responded that they are asked for their opinions about their community; 32% said their opinions make a difference and 42% would like to be consulted more often.

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Q40. (Individual self-esteem items) Percentage in each group giving a high esteem response:	42
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Q88. Percentage of pupils responding to questions about their community:	80



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

Ask us about...

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

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