

# Young People in Surrey Schools

The Health-Related Behaviour Survey 2015



A report for Surrey Heath

The Schools Health Education Unit

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



# **School Survey Report 2015**

Surrey Heath compared with Surrey Primary

Produced by the  
Schools Health Education Unit

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

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

## Foreword

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

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


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

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

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



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Schools Health Education Unit



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>.

### Comparison figures

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

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

**15% (20%)** of the sample...

**Your survey** (Reference sample)

	<b>Your survey</b>		Reference Sample	
	<b>Year 8</b>	<b>Year 10</b>	Year 8	Year 10
Boys	<b>10</b>	<b>20</b>	30	40
Girls	<b>80</b>	<b>70</b>	60	50

Favourite fruits			
1	Apples	<b>70</b>	(60)
2	Oranges	<b>60</b>	(50)
3	Bananas	<b>50</b>	(40)

**Your survey** (Reference sample)

## 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 Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	52	57	490	579
Girls	57	55	471	558

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 Heath Headlines

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	52	57	490	579
Girls	57	55	471	558

Surrey Primary data in brackets; see notes on interpreting differences.

### Background

#### ETHNICITY

- 69% (71%) of pupils described themselves as White British.

#### FAMILY

- 78% (76%) of pupils responded that they live with their Mum and Dad together.
- 13% (12%) of pupils responded that they live 'mainly or only' with their Mum, while 0% (1%) said they live 'mainly or only' with their Dad.

#### ARMED FORCES

- 4% (2%) of pupils responded that they have a parent/carer who is in the British Army, Royal Navy, Royal Air Force or the Reserves, while 3% (5%) said they are 'not sure' if they do and 0% (2%) didn't want to say.

#### YOUNG CARERS

- 5% (6%) of pupils responded that they are a 'young carer', while 4% (5%) said they are 'not sure' if they are.
- 1% (2%) of pupils responded that their school knows they are a 'young carer'.

#### FREE SCHOOL MEALS

- 4% (5%) of pupils responded that they currently have free school meals, while 6% (7%) said they have had them and 1% (1%) could have them if they wanted.

### Healthy Eating

#### 5-A-DAY

- 5% (7%) of pupils responded that they didn't have any portions of fruit or vegetables to eat on the day before the survey.
- 32% (34%) of pupils responded that they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

#### LUNCH

- 0% (0%) of pupils responded that they did not have any lunch on the day before the survey. 42% (46%) said that they had school food for lunch while 0% (1%) bought lunch from a takeaway or shop.
- 29% (34%) of pupils responded that the place where they can get school lunch is friendly, while 54% (49%) said that it is crowded, and 31% (28%) said that it is rushed.

#### COOKING

- 87% (84%) of pupils responded that they cook or help with cooking at home, while 20% (41%) said that they cook or help with cooking in school lessons.

#### WEIGHT PERCEPTION

- 3% (4%) of pupils responded that they would like to put on weight.
- 27% (25%) of pupils responded that they would like to lose weight.
- 70% (71%) of pupils responded that they are happy with their weight as it is.

#### BREAKFAST

- 5% (7%) of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey, while 5% (5%) only had a drink and 11% (8%) had a cooked breakfast.
- 34% (32%) of pupils responded that they had toast before lessons on the day of the survey, while 16% (18%) had fruit.
- 82% (85%) of pupils responded that they had something to eat or drink before lessons at home on the day of the survey.

#### FOOD & DRINK

- 58% (63%) of pupils responded that they eat fresh fruit 'on most days', while 19% (22%) said the same of sweets, chocolate, choc bars.
- 3% (6%) of pupils responded that they 'rarely or never' eat vegetables, while 24% (24%) said the same of fish/fish fingers.

### Physical Activity

#### ENJOY EXERCISE

- 1% (2%) of pupils responded that they don't enjoy physical activities 'at all'.
- 86% (84%) of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

#### HARD EXERCISE

- 18% (16%) of pupils responded that they didn't get out of breath and/or sweaty while doing physical activity at all in the week before the survey.
- 19% (23%) of pupils responded that they got out of breath and/or sweaty while doing physical activity on five days or more in the week before the survey.

## PE LESSONS

- ❑ 83% (84%) of pupils responded that they enjoy their PE lessons, while 14% (12%) are 'not sure' if they do.
- ❑ 67% (71%) of pupils responded that they feel they are getting better at PE, while 26% (24%) are 'not sure' if they are.

## SCHOOL SPORTS

- ❑ 57% (58%) of pupils responded that their school has helped them to be more healthy, while 34% (32%) are 'not sure' if it has.
- ❑ 25% (24%) of pupils responded that they don't go to any sports clubs at lunch time or after school each week.
- ❑ 37% (39%) of pupils responded that they go to at least 3 sports clubs at lunch time or after school each week.
- ❑ 28% (36%) of pupils responded that they haven't played any games or matches against other schools this year.
- ❑ 49% (39%) of pupils responded that they have played at least 4 matches against other schools this year.
- ❑ 59% (56%) of pupils responded that they haven't played any sports games or matches at their school this year.
- ❑ 19% (23%) of pupils responded that they have played at least 4 matches at their school this year.

## ACTIVE TRAVEL

- ❑ 69% (59%) of pupils responded that they travelled to school by car/van on the day of the survey.
- ❑ 19% (35%) of pupils responded that they walked to school on the day of the survey.

## Alcohol, Smoking & Drugs

### ALCOHOL

- ❑ 4% (4%) of Year 6+ pupils responded that they had an alcoholic drink (not just a sip) in the 7 days before the survey.
- ❑ 0% (2%) of Year 6+ pupils responded that they drank alcohol on more than one day in the 7 days before the survey.
- ❑ 0% (1%) of Year 6+ pupils responded that they drank beer or lager in the 7 days before the survey and 1% (1%) said they drank spirits.
- ❑ 85% (88%) of Year 6+ pupils responded that they do not drink alcohol.
- ❑ 14% (10%) of Year 6+ pupils responded that they drink alcohol and their parents 'always' know, while 2% (1%) said they 'usually' know.
- ❑ 0% (1%) of Year 6+ pupils responded that they drink alcohol and their parents 'never' or only 'sometimes' know.

### SMOKING AT HOME

- ❑ 19% (22%) of pupils responded that their parents/carers smoke.

- ❑ 3% (6%) of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 8% (10%) of pupils responded that someone smokes in a car when they are in it too.

### SMOKING

- ❑ 2% (2%) of Year 6+ pupils responded that they have tried smoking in the past or smoke now.
- ❑ 0% (0%) of Year 6+ pupils responded that they smoked in the 7 days before the survey.

### DRUGS

- ❑ 60% (51%) of Year 6+ pupils responded that their teachers have talked with them in school lessons about illegal drugs, while 54% (54%) said that their parents/carers have talked with them.
- ❑ 7% (8%) of Year 6+ pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.
- ❑ 1% (1%) of Year 6+ pupils responded that they have been offered cannabis.
- ❑ 1% (1%) of Year 6+ pupils responded that they have been offered other drugs.

## Emotional Health & Well-being

### GROWING UP

- ❑ 53% (57%) of pupils responded that their teachers have talked with them in school lessons about how their body changes as they grow up, while 71% (73%) said that their parents/carers have talked with them.
- ❑ 53% (57%) of pupils responded that they feel they know enough about how their body changes as they get older, while 9% (9%) feel they don't know enough.

### WORRYING

- ❑ 80% (72%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 36% (30%) of pupils responded that they worry about crime 'quite a lot' or 'a lot', while 39% (35%) said the same of SATs/tests, and 28% (25%) worry 'quite a lot' or 'a lot' about family problems.

### PROBLEM SOLVING

- ❑ 71% (69%) of pupils responded that they at least 'sometimes' listen to music when a problem worries them. 94% (93%) said that they will talk to an adult about the problem at least 'sometimes', while 54% (56%) said that they will keep busy.

### SELF-ESTEEM

- ❑ 30% (28%) of pupils had a med-low self-esteem score (9 or less).
- ❑ 34% (34%) of pupils had a high self-esteem score (15 or more).
- ❑ 90% (83%) of pupils responded that they feel happy talking to other pupils at school.

## Health & Hygiene

### HAND WASHING

- ❑ 49% (58%) of pupils responded that they washed their hands before lunch on the day before the survey, while 30% (19%) said they are 'not sure' if they did.
- ❑ 76% (75%) of pupils responded that they wash their hands 'whenever possible' after visiting the toilet, while 2% (2%) said they 'never or hardly ever' do and 22% (23%) do so only 'sometimes'.

### DENTAL HEALTH

- ❑ 1% (2%) of pupils responded that they did not clean their teeth at all on the day before the survey.
- ❑ 86% (85%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 73% (74%) of pupils responded that they had a check-up the last time they visited the dentist.
- ❑ 19% (17%) of pupils responded that they had fillings the last time they visited the dentist.
- ❑ 3% (3%) of pupils responded that they had a brace fitted or checked the last time they visited the dentist.

## Staying Safe

### PEER PRESSURE

- ❑ 44% (47%) 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.
- ❑ 22% (21%) 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.
- ❑ 41% (42%) of pupils responded that they 'usually or always' know what to say when they want a friend to do something.
- ❑ 13% (15%) of pupils responded that they 'hardly ever' or 'never' know what to say when they want a friend to do something.

### ACCIDENTS

- ❑ 32% (33%) of pupils responded that they have been treated for an accident by a doctor or at a hospital in the 12 months before the survey.
- ❑ 5% (7%) of pupils responded that their most recent accident resulted in a broken bone, while 6% (6%) said that their most recent accident was a cut.

### BULLYING

- ❑ 43% (38%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 6% (8%) of pupils responded that they feel afraid of going to school because of bullying 'often' or 'very often'.
- ❑ 24% (23%) of pupils responded that they have been bullied at or near school in the last 12 months, while 21% (20%) said they 'don't know' if they have been.

- ❑ 74% (67%) of pupils responded that they experienced at least one of the negative behaviours listed at least a 'few times' in the month before the survey, while 29% (25%) said they have done so 'often' or 'every day'.
- ❑ 43% (42%) of pupils responded that they were called nasty names at least a 'few times' in the month before the survey, while 47% (40%) were pushed/hit for no reason.
- ❑ 29% (23%) of pupils responded that they experienced negative behaviour in a classroom (at breaktimes) in the month before the survey, while 4% (5%) experienced it on the way to or from school.
- ❑ 4% (6%) of pupils responded that they think they are being 'picked on' or bullied because of their race, colour or religion, while 22% (19%) said that it was because of the way they look.
- ❑ 56% (66%) of pupils responded that they think their school takes bullying seriously, while 16% (10%) don't think their school takes bullying seriously.
- ❑ 3% (2%) of pupils responded that they think others may fear going to school because of them, while 19% (19%) said they are 'not sure' if others do.

### INTERNET SAFETY

- ❑ 86% (85%) of pupils responded that they have used the internet at home in the last month, while 54% (59%) said they have used it at school and 62% (60%) have used it on a mobile device.
- ❑ 64% (68%) of pupils responded that they use the internet for schoolwork, while 73% (75%) said that they use it for playing games.
- ❑ 30% (29%) of Year 6+ pupils responded that they have seen images or videos online that were for adults-only.
- ❑ 24% (28%) of Year 6+ pupils responded that they have seen images or videos online that upset them.
- ❑ 27% (28%) of pupils responded that they use internet chat rooms or social networking sites 'often' or 'very often'.
- ❑ 93% (93%) of pupils responded that they have been told how to stay safe while using the internet, while 7% (7%) said they haven't been told how to stay safe.
- ❑ 69% (65%) of pupils responded that they get e-safety information from their parents/carers/family, while 78% (83%) said that they get information from school.
- ❑ 19% (19%) of pupils responded that they have received a chat message that scared them or made them upset.
- ❑ 18% (15%) of pupils responded that they have sent a chat message or posted a comment which they later wished they had not written.

## School & Leisure

### EVERY CHILD MATTERS

- ❑ 54% (68%) of Year 6+ pupils responded that in their school, people with different backgrounds are valued.

### AFTER-SCHOOL ACTIVITIES

- ❑ 62% (61%) of pupils responded that they spent time watching TV (live, online, catch-up) after school on the day before the survey, while 42% (41%) spent time playing sport.

### BREAKTIMES

- ❑ 26% (31%) of pupils responded that they at least 'sometimes' spend time reading quietly or being in the library during school playtimes, while 95% (90%) spend time chatting/talking.
- ❑ 62% (64%) of pupils responded that their playtimes and lunchtimes are friendly, while 29% (38%) said

that they are crowded, and 6% (9%) said that they are boring.

### VIEWS & OPINIONS

- ❑ 34% (42%) of pupils responded that their views and opinions are asked for in school, while 14% (14%) said they aren't asked for.
- ❑ 51% (56%) of pupils responded that their views and opinions are listened to in school, while 14% (10%) said they aren't listened to.
- ❑ 47% (49%) of pupils responded that they feel their views and opinions are listened to by talking to teachers in school, while 44% (45%) feel they are listened to through a school or class council.
- ❑ 14% (20%) of pupils responded that their views and opinions make a difference to how their school is run, while 33% (25%) said they don't make a difference.

## Significant Differences

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

Two points in particular should be made:

1. when the sample size is small, it may be that just one individual voting a different way would make a large percentage difference to the results (so, one in twenty is 5%)
2. even if your sample is small, you may have a very high proportion of your available population – if, say, you sample every single pupil of your Year 6 class. In this case, the notion of 'margin of error' doesn't really apply to the sampling, only to the process of collecting the responses.

TABLE OF STANDARD ERRORS OF PROPORTION

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

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

## List of significant differences

Below we have listed some statistically significant differences between Surrey Heath and Surrey Primary.

Sig	Your	Wider	Question
***	20%	41%	of pupils responded that they cook or help with cooking in school lessons.
***	19%	35%	of pupils responded that they walked to school on the day of the survey.
***	56%	66%	of pupils responded that they think their school takes bullying seriously.
***	54%	68%	of Year 6+ pupils responded that in their school, people with different backgrounds are valued.
***	69%	59%	of pupils responded that they travelled to school by car/van on the day of the survey.
***	49%	39%	of pupils responded that they have played at least 4 matches against other schools this year.
***	29%	38%	of pupils responded that their playtimes and lunchtimes are crowded.
**	16%	10%	of pupils responded that they think their school does not take bullying seriously.
**	49%	58%	of pupils responded that they washed their hands before lunch on the day before the survey.
**	28%	36%	of pupils responded that they haven't played any games or matches against other schools this year.
**	95%	90%	of pupils responded that they at least 'sometimes' spend time chatting/talking during school playtimes.
**	80%	72%	of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
**	90%	83%	of pupils responded that they feel happy talking to other pupils at school.
*	74%	67%	of pupils responded that they experienced at least one of the negative behaviours listed at least a 'few times' in the month before the survey.
*	34%	42%	of pupils responded that their views and opinions are asked for in school.
*	14%	20%	of pupils responded that their views and opinions make a difference to how their school is run.
*	3%	6%	of pupils responded that someone smokes indoors at home in rooms that they use.

Tests: Chi-squared ( $\chi^2$ ). KEY: \* =  $p < 0.05$  (5%)      \*\* =  $p < 0.01$  (1%)      \*\*\* =  $p < 0.001$  (0.1%).

## Background

### Ethnicity

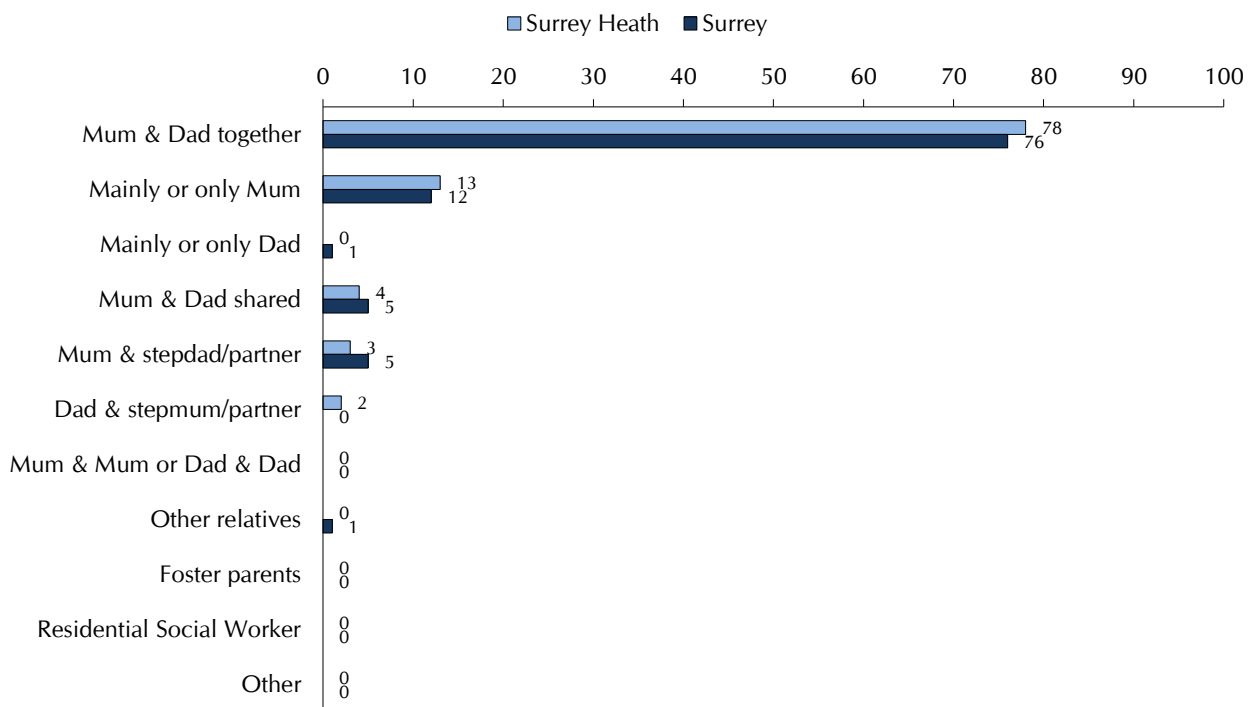
69% (71%) of pupils described themselves as White British.

**Q1.** Percentage describing themselves as White British.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	67	79	69	71
Girls	63	65	70	72

### Family

**Q3.** Which adults do you live with?



78% (76%) 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 Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	83	79	77	74
Girls	72	80	78	74

13% (12%) of pupils responded that they live 'mainly or only' with their Mum, while 0% (1%) said they live 'mainly or only' with their Dad.

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

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	15	7	13	11
Girls	16	15	10	13

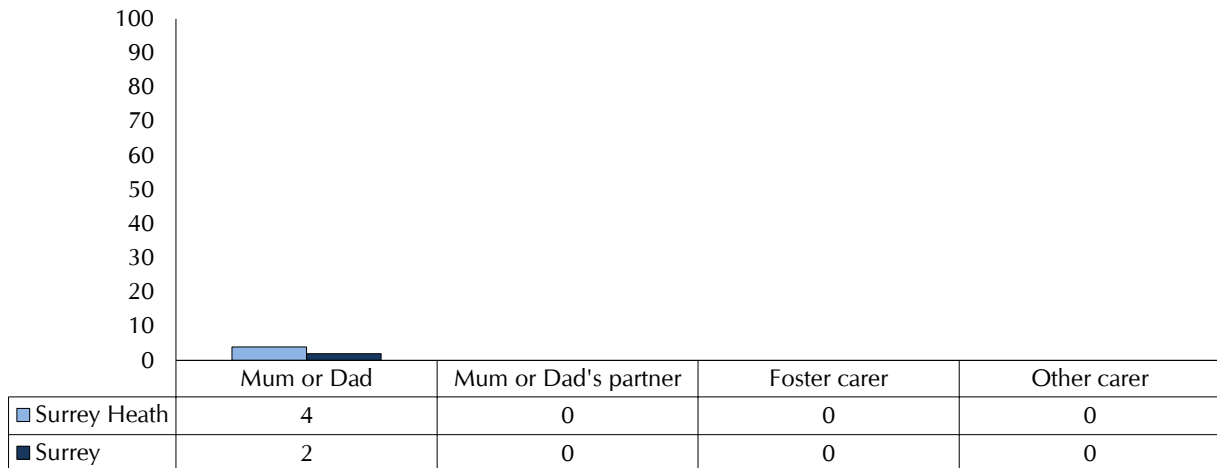
## Armed forces

4% (2%) of pupils responded that they have a parent/carer who is in the British Army, Royal Navy, Royal Air Force or the Reserves, while 3% (5%) said they are 'not sure' if they do and 0% (2%) didn't want to say.

**Q4a.** Percentage answering that they have a parent/carer who is in the armed forces.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	6	4	2	1
Girls	4	2	2	2

**Q4b.** If yes, who is it?



## Young carers

5% (6%) of pupils responded that they are a 'young carer', while 4% (5%) said they are 'not sure' if they are.

**Q5a.** Percentage answering that they are a 'young carer'.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	8	4	7	6
Girls	5	5	6	6

1% (2%) of pupils responded that their school knows they are a 'young carer'.

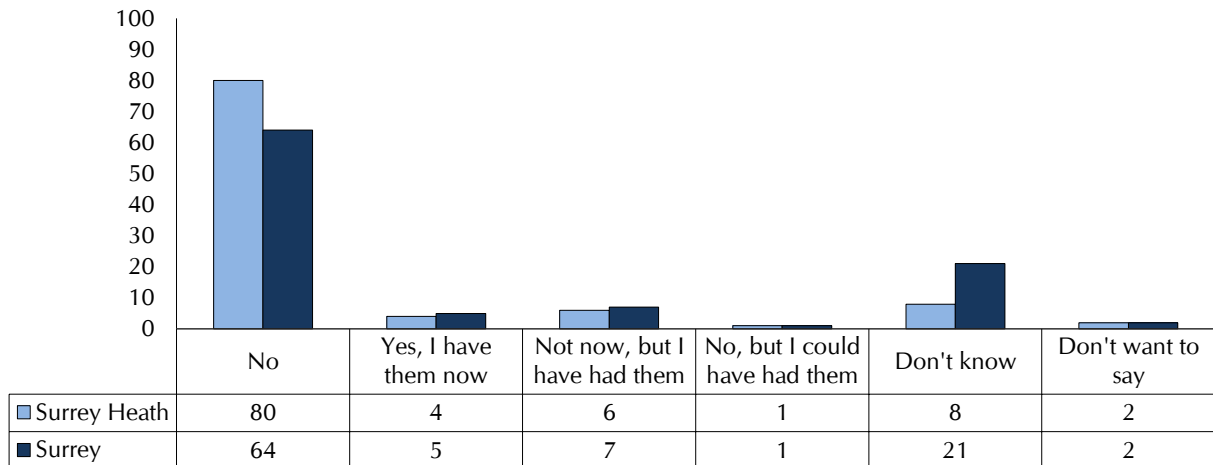
**Q5c.** Percentage answering that their school knows they are a 'young carer'.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	0	0	2	1
Girls	2	2	1	2



## Free school meals

Q9. Have you ever had free school meals, or vouchers for free meals?



4% (5%) of pupils responded that they currently have free school meals, while 6% (7%) said they have had them and 1% (1%) could have them if they wanted.

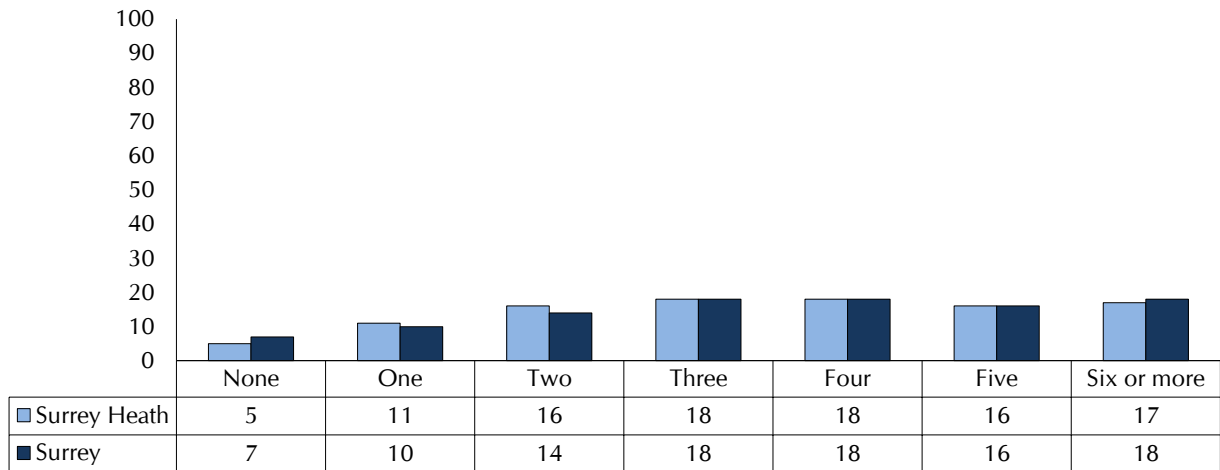
Q9. Percentage answering that they currently have free school meals.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	8	2	5	4
Girls	4	4	5	4

# Healthy Eating

## 5-a-day

**Q6.** How many portions of fruit and vegetables did you eat yesterday?



5% (7%) of pupils responded that they didn't have any portions of fruit or vegetables to eat on the day before the survey.

**Q6.** Percentage answering that they didn't have any portions of fruit or vegetables on the day before the survey.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	8	4	9	7
Girls	4	4	6	4

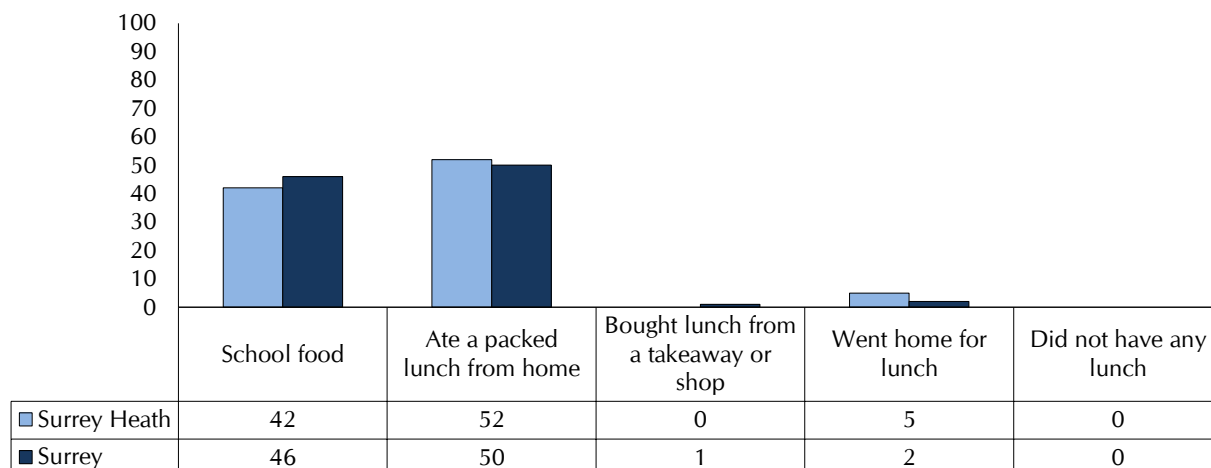
32% (34%) of pupils responded that they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

**Q6.** Percentage answering that they had at least 5 portions of fruit and vegetables on the day before the survey.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	27	44	30	36
Girls	31	26	32	36

## Lunch

**Q7.** What did you do for lunch yesterday?



42% (46%) of pupils responded that they had school food for lunch on the day before the survey.

**Q7.** Percentage answering that they had school food for lunch on the day before the survey.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	46	30	53	39
Girls	48	45	53	42

0% (0%) of pupils responded that they did not have any lunch on the day before the survey, while 0% (1%) said they bought lunch from a takeaway or shop.

**Q7.** Percentage answering that they did not have any lunch on the day before the survey.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	0	0	0	1
Girls	0	2	0	1

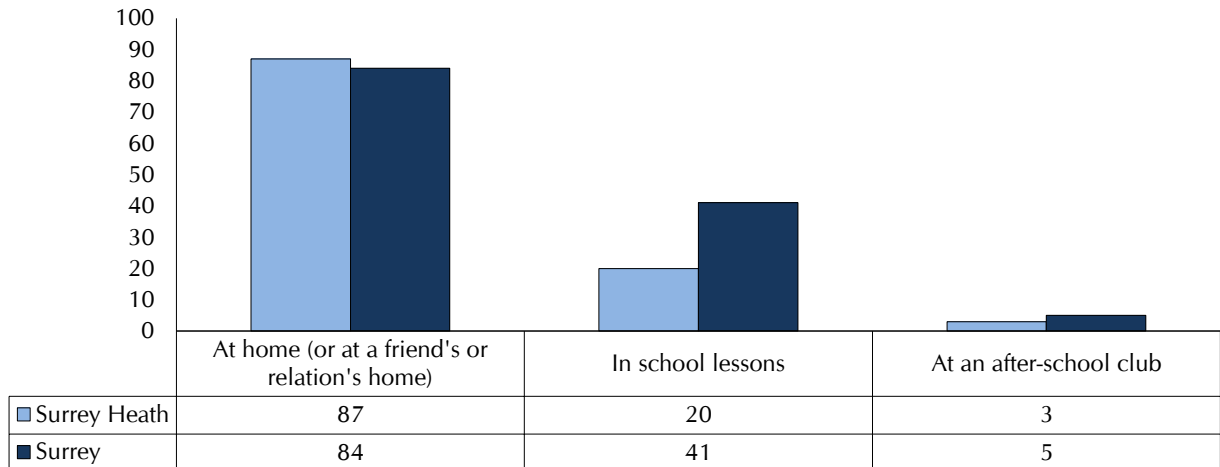
29% (34%) of pupils responded that the place where they can get school lunch is friendly, while 54% (49%) said it is crowded, and 31% (28%) said it is rushed.

**Q8.** Percentage of pupils responding that they would describe the place where they can get school lunch as the following (top 5 – Surrey Primary data in brackets):

Boys				Girls			
1	Crowded	50	(49)	1	Crowded	58	(50)
2	Happy	43	(37)	2	Busy	53	(47)
3	Busy	36	(42)	3	Rushed	34	(28)
4	Friendly	28	(31)	4	Friendly	29	(37)
5	Rushed	28	(28)	5	Safe	29	(31)

## Cooking

**Q10.** Percentage of pupils responding that they cook or help with cooking at the following places:



87% (84%) of pupils responded that they cook or help with cooking at home (or at a friend's or relation's home), while 20% (41%) said that they cook or help with cooking in school lessons.

**Q10.** Percentage answering that they cook or help with cooking at home.

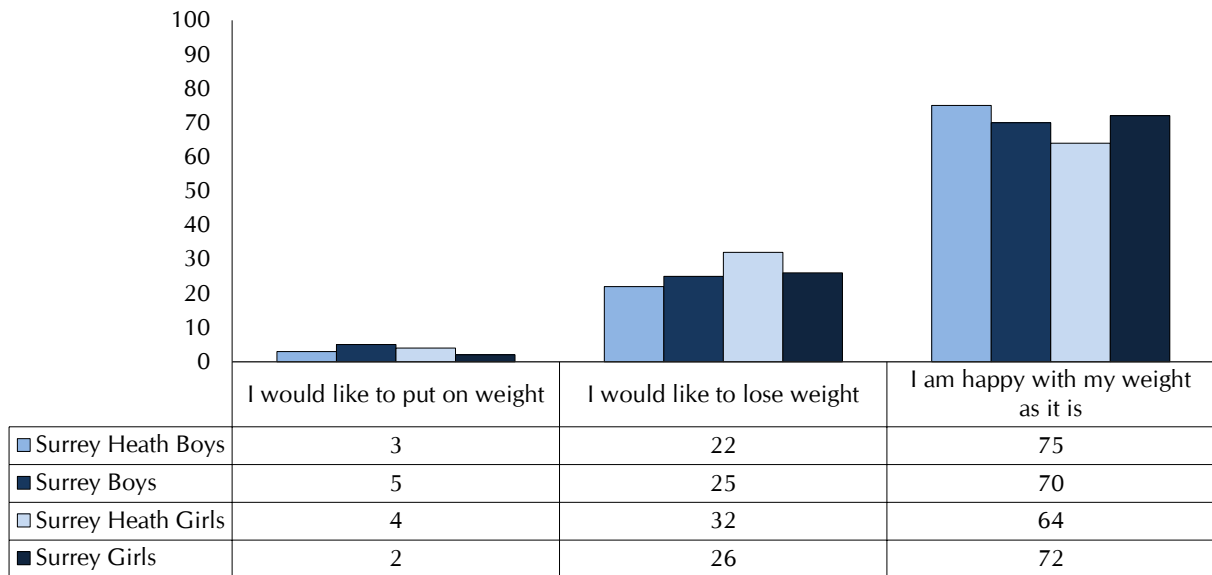
	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	79	82	80	78
Girls	93	93	90	89

**Q10.** Percentage of pupils responding that they cook or help with cooking at the following places (Surrey Primary data in brackets):

Boys				Girls			
1	At home	81	(78)	1	At home	93	(90)
2	In school lessons	22	(40)	2	In school lessons	18	(42)
3	At an after-school club	6	(4)	3	At an after-school club	0	(5)

## Weight perception

**Q11.** Weight: Which statement describes you best?



3% (4%) of pupils responded that they would like to put on weight.

**Q11.** Percentage answering that they would like to put on weight.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	6	0	6	4
Girls	4	4	2	3

27% (25%) of pupils responded that they would like to lose weight.

**Q11.** Percentage answering that they would like to lose weight.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	25	19	25	26
Girls	23	42	22	29

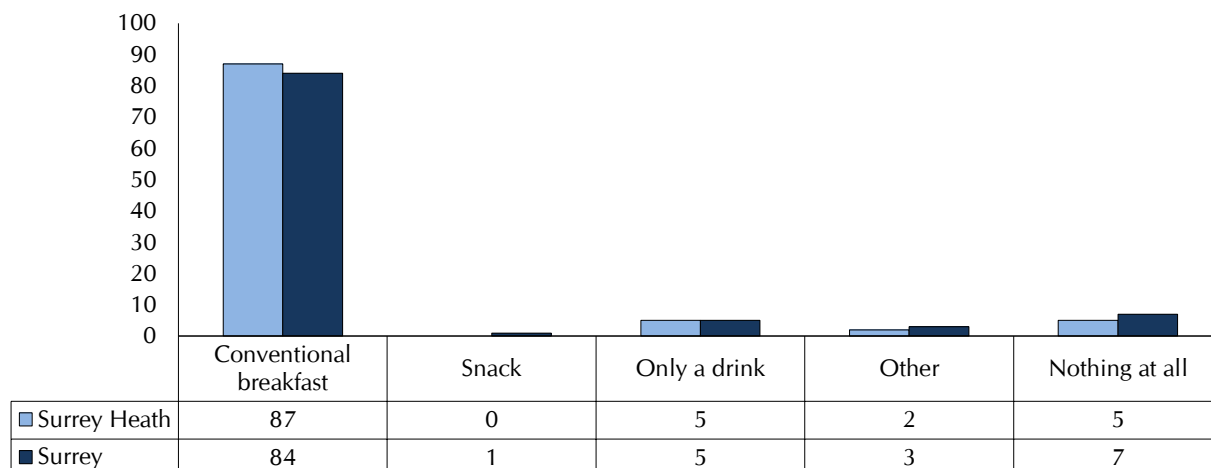
70% (71%) of pupils responded that they are happy with their weight as it is.

**Q11.** Percentage answering that they are happy with their weight as it is.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	69	81	69	70
Girls	73	55	77	68

## Breakfast

**Q13.** Percentage of pupils responding that they had the following types of breakfast on the day of the survey:



5% (7%) of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey, while 5% (5%) only had a drink and 11% (8%) had a cooked breakfast.

**Q13.** Percentage answering that they had nothing to eat or drink before lessons on the day of the survey.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	8	4	11	8
Girls	0	7	4	7

34% (32%) of pupils responded that they had toast before lessons on the day of the survey, while 16% (18%) had fruit.

**Q13.** Percentage of pupils responding that they had the following to eat or drink before lessons on the day of the survey (top 10 – Surrey Primary data in brackets):

Boys				Girls			
1	Other drink	43	(42)	1	Other drink	43	(50)
2	Other cereals	34	(33)	2	Toast or bread	37	(35)
3	Toast or bread	31	(30)	3	Other cereals	24	(34)
4	Sugar-coated cereals	16	(12)	4	Fruit	18	(20)
5	Fruit	15	(17)	5	Cooked breakfast	16	(7)
6	Hot chocolate	10	(9)	6	Hot chocolate	11	(8)
7	Yoghurt	10	(7)	7	Porridge/Ready brek	9	(7)
8	Cooked breakfast	6	(9)	8	Tea/ice tea	7	(8)
9	Biscuits/cakes/croissants	6	(8)	9	Sugar-coated cereals	7	(8)
10	Tea/ice tea	6	(7)	10	Yoghurt	4	(7)

82% (85%) of pupils responded that they had something to eat or drink before lessons at home on the day of the survey.

**Q12.** Percentage of pupils responding that they had something to eat or drink at the following before lessons on the day of the survey (Surrey Primary data in brackets):

Boys				Girls			
1	At home	85	(83)	1	At home	79	(86)
2	At school	19	(14)	2	At school	21	(15)
3	On the way to school	11	(7)	3	On the way to school	5	(7)

## Food & drink

58% (63%) of pupils responded that they eat fresh fruit 'on most days', while 19% (22%) said the same of sweets, chocolate, choc bars.

**Q14.** Percentage of pupils responding that they eat the following 'on most days' (top 10 – Surrey Primary data in brackets):

Boys				Girls			
1	Water	88	(82)	1	Water	84	(84)
2	Milk	55	(55)	2	Fresh fruit	62	(68)
3	Vegetables	55	(54)	3	Vegetables	55	(63)
4	Fresh fruit	54	(58)	4	Milk	46	(45)
5	Cheese	28	(21)	5	Cheese	27	(24)
6	Crisps	27	(26)	6	Crisps	24	(22)
7	Pulses (peas, beans lentils)	21	(20)	7	Pulses (peas, beans lentils)	22	(21)
8	Sweets, chocolate, choc bars	19	(23)	8	Other sugary drinks (e.g. Tango, Sprite, squash, fruit juice)	22	(17)
9	Other sugary drinks (e.g. Tango, Sprite, squash, fruit juice)	18	(18)	9	Sweets, chocolate, choc bars	19	(22)
10	Salads	17	(17)	10	Salads	19	(21)

3% (6%) of pupils responded that they 'rarely or never' eat vegetables, while 24% (24%) said the same of fish/fish fingers.

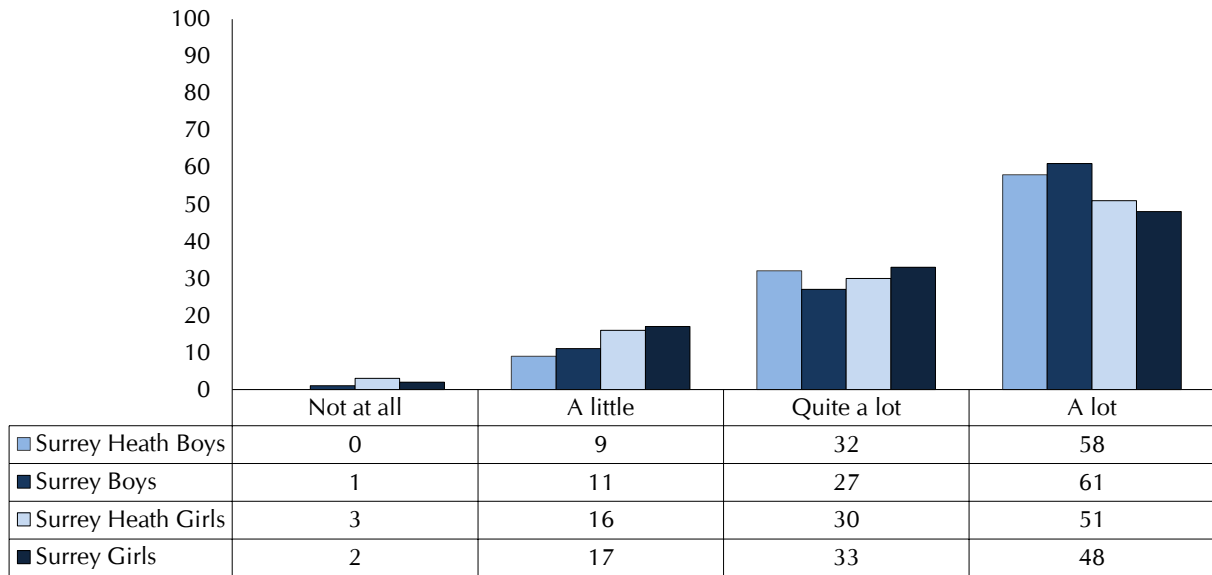
**Q14.** Percentage of pupils responding that they 'rarely or never' eat the following (top 10 – Surrey Primary data in brackets):

Boys				Girls			
1	Coffee/cappuccino	86	(77)	1	Coffee/cappuccino	82	(81)
2	Energy drinks (e.g. Red Bull, Relentless)	79	(72)	2	Energy drinks (e.g. Red Bull, Relentless)	79	(80)
3	Tea/ice tea	50	(54)	3	Tea/ice tea	59	(54)
4	'Diet' fizzy drinks (low calorie)	48	(43)	4	'Diet' fizzy drinks (low calorie)	52	(52)
5	Takeaways (e.g. burgers, Chinese, Indian, pizza)	44	(39)	5	Other caffeinated drinks (e.g. Coke, Pepsi, Mountain Dew, Lucozade Energy)	47	(51)
6	Other caffeinated drinks (e.g. Coke, Pepsi, Mountain Dew, Lucozade Energy)	43	(40)	6	Hot chocolate	38	(35)
7	Salads	41	(35)	7	Takeaways (e.g. burgers, Chinese, Indian, pizza)	37	(47)
8	Hot chocolate	40	(36)	8	Eggs	33	(31)
9	Eggs	31	(32)	9	Salads	29	(28)
10	Other sugary drinks (e.g. Tango, Sprite, squash, fruit juice)	28	(24)	10	Any fish/fish fingers	29	(25)

# Physical Activity

## Enjoy exercise

**Q15.** How much do you enjoy physical activities?



1% (2%) of pupils responded that they don't enjoy physical activities 'at all'.

**Q15.** Percentage answering that they don't enjoy physical activities 'at all'.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	0	0	3	1
Girls	2	4	3	2

86% (84%) of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

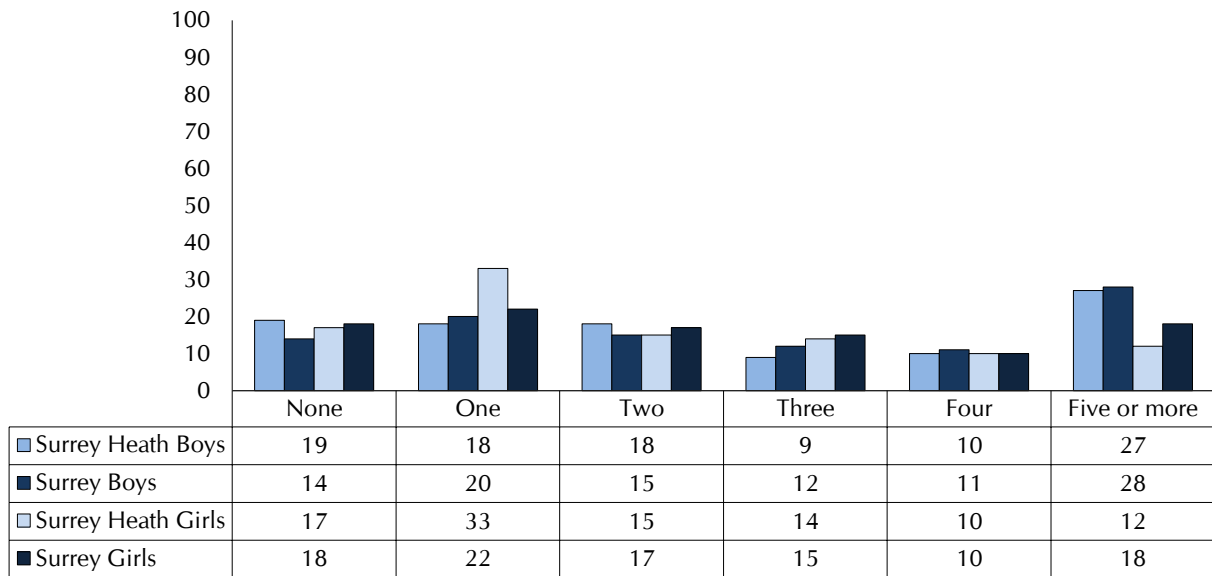
**Q15.** Percentage answering that they enjoy physical activities 'quite a lot' or 'a lot'.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	88	93	84	91
Girls	82	81	80	82



## Hard exercise

**Q16.** On how many days did you get out of breath and/or sweaty while doing physical activity, in the last 7 days?



18% (16%) of pupils responded that they didn't get out of breath and/or sweaty while doing physical activity at all in the week before the survey.

**Q16.** Percentage answering that they didn't get out of breath and/or sweaty while doing physical activity at all in the week before the survey.

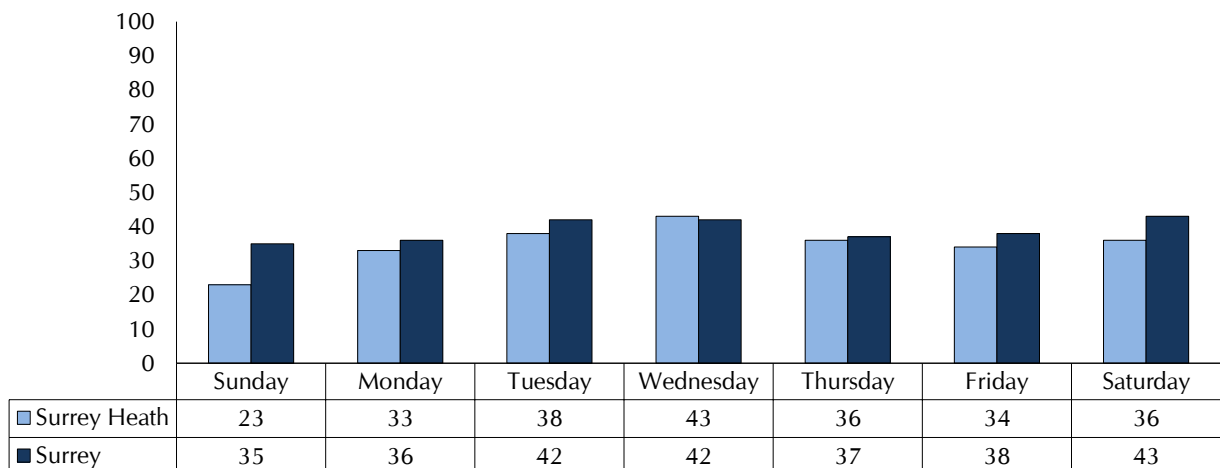
	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	24	14	17	12
Girls	16	17	20	16

19% (23%) of pupils responded that they got out of breath and/or sweaty while doing physical activity on five days or more in the week before the survey.

**Q16.** Percentage answering that they got out of breath and/or sweaty while doing physical activity on five days or more in the week before the survey.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	24	30	20	35
Girls	18	6	14	22

**Q16.** On which days did you get out of breath and/or sweaty while doing physical activity, in the last 7 days?



## PE lessons

83% (84%) of pupils responded that they enjoy their PE lessons, while 14% (12%) are 'not sure' if they do.

67% (71%) of pupils responded that they feel they are getting better at PE, while 26% (24%) are 'not sure' if they are.

**Q17a.** Percentage answering that they enjoy their PE lessons.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	92	79	88	85
Girls	79	83	82	81

**Q17b.** Percentage answering that they feel they are getting better at PE.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	75	58	74	71
Girls	66	72	69	68

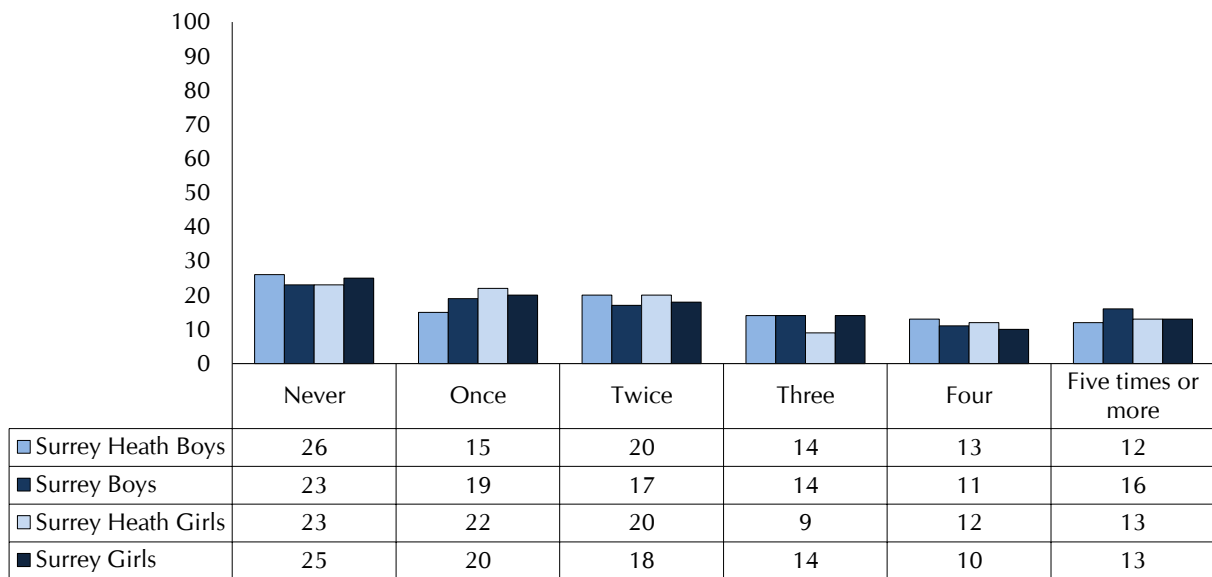
## School sports

57% (58%) of pupils responded that their school has helped them to be more healthy, while 34% (32%) are 'not sure' if it has.

**Q17c.** Percentage answering that their school has helped them to be more healthy.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	82	37	64	51
Girls	71	40	71	51

**Q18.** How many times each week do you go to sports clubs at lunchtime or after school?



25% (24%) of pupils responded that they don't go to any sports clubs at lunch time or after school each week.

**Q18.** Percentage answering that they don't go to any sports clubs at lunch time or after school each week.

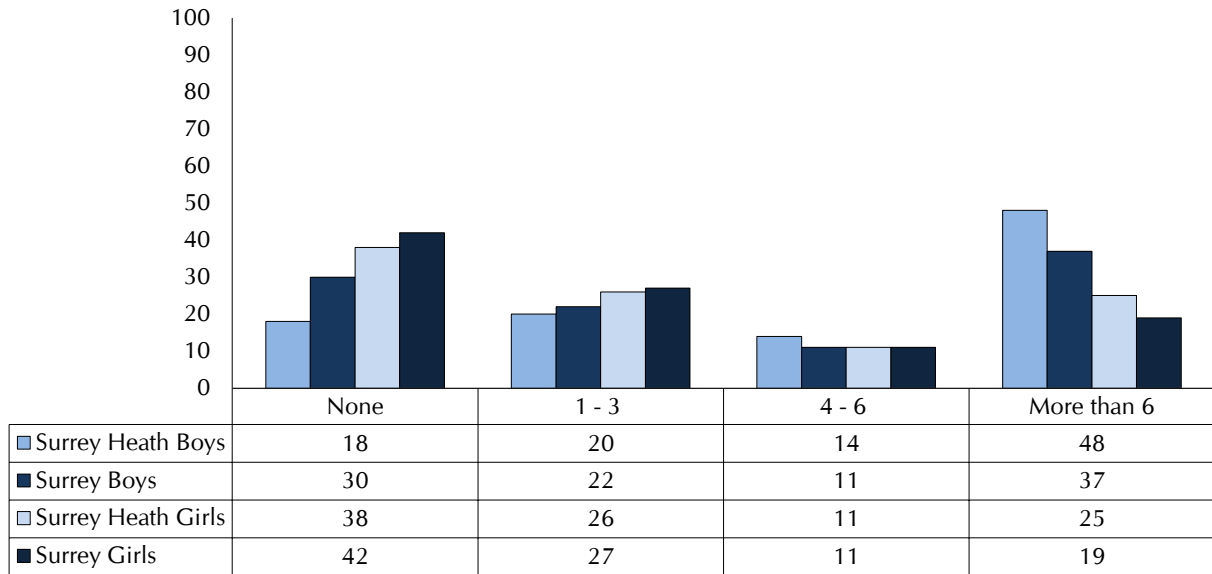
	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	45	9	24	23
Girls	25	22	27	23

37% (39%) of pupils responded that they go to at least 3 sports clubs at lunch time or after school each week.

**Q17b.** Percentage answering that they go to at least 3 sports clubs at lunch time or after school each week.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	22	55	35	45
Girls	30	39	30	42

**Q19.** How many games or matches have you played against other schools this year?



28% (36%) of pupils responded that they haven't played any games or matches against other schools this year.

**Q19.** Percentage answering that they haven't played any games or matches against other schools this year.

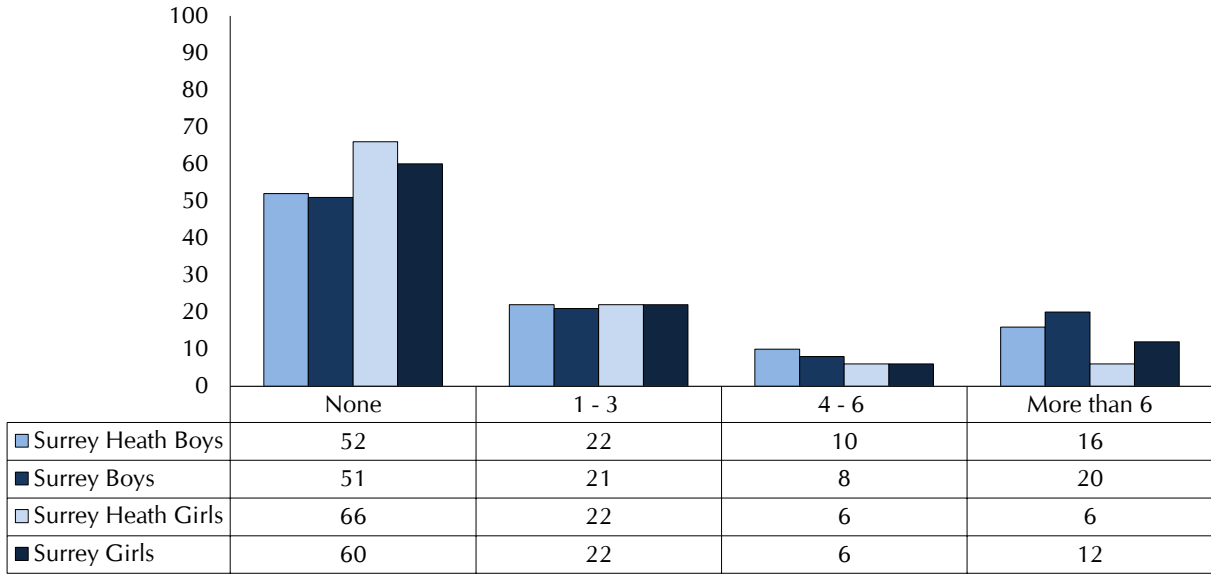
	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	27	9	33	28
Girls	50	25	53	34

49% (39%) of pupils responded that they have played at least 4 matches against other schools this year.

**Q19.** Percentage answering that they have played at least 4 matches against other schools this year.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	55	68	42	52
Girls	27	46	20	39

**Q20.** How many sports games or matches have you played at your school this year?



59% (56%) of pupils responded that they haven't played any sports games or matches at their school this year.

**Q20.** Percentage answering that they haven't played any sports games or matches at their school this year.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	69	37	66	39
Girls	82	49	78	46

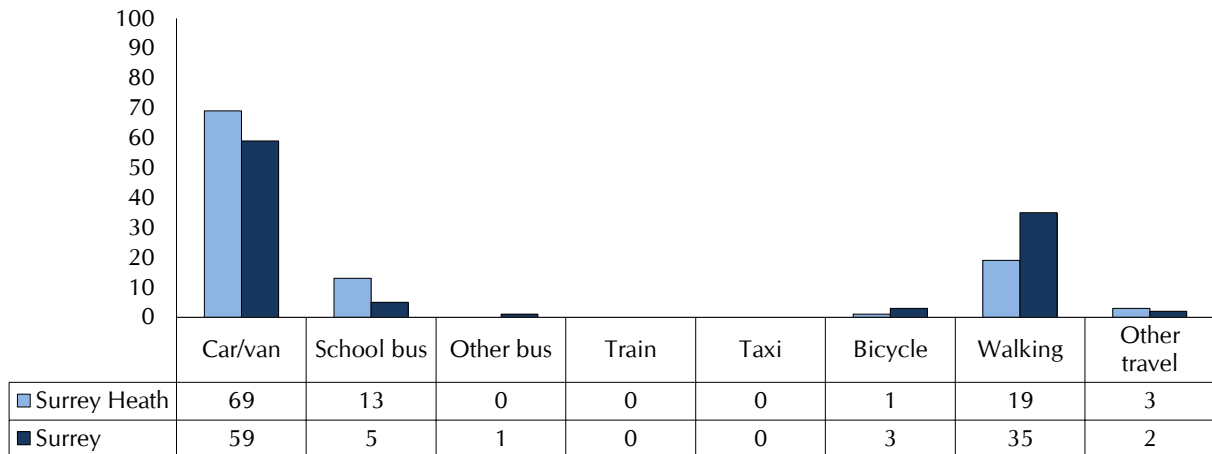
19% (23%) of pupils responded that they have played at least 4 matches at their school this year.

**Q20.** Percentage answering that they have played at least 4 matches at their school this year.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	10	40	13	41
Girls	5	19	5	28

## Active travel

**Q65.** How did you travel to school today?



69% (59%) of pupils responded that they travelled to school by car/van on the day of the survey.

**Q65.** Percentage answering that they travelled to school by car/van on the day of the survey.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	75	67	60	58
Girls	74	60	60	56

19% (35%) of pupils responded that they walked to school on the day of the survey.

**Q65.** Percentage answering that they walked to school on the day of the survey.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	13	25	30	38
Girls	14	24	32	39

# Alcohol, Smoking & Drugs

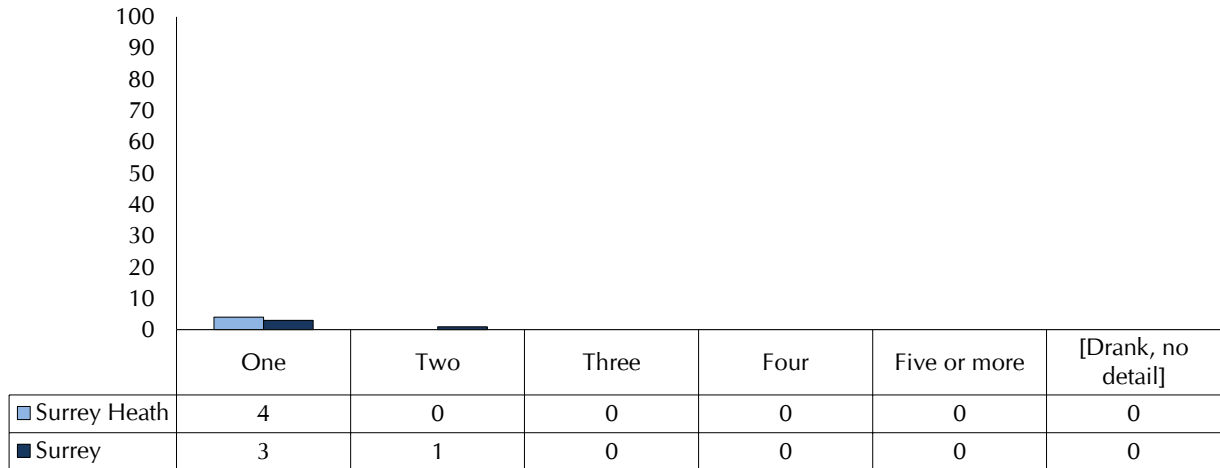
## Alcohol

4% (4%) of Year 6+ pupils responded that they had an alcoholic drink (not just a sip) in the 7 days before the survey.

**Q21.** Percentage of Year 6+ pupils answering that they had an alcoholic drink in the 7 days before the survey.

	Surrey Heath		Surrey	
	Yr 6		Yr 6	
Boys	5		6	
Girls	2		2	

**Q22.** Year 6+ only: If yes, on how many days did you drink alcohol, in the last 7 days?



0% (2%) of Year 6+ pupils responded that they drank alcohol on more than one day in the 7 days before the survey.

**Q22.** Percentage of Year 6+ pupils answering that they drank alcohol on more than one day in the 7 days before the survey.

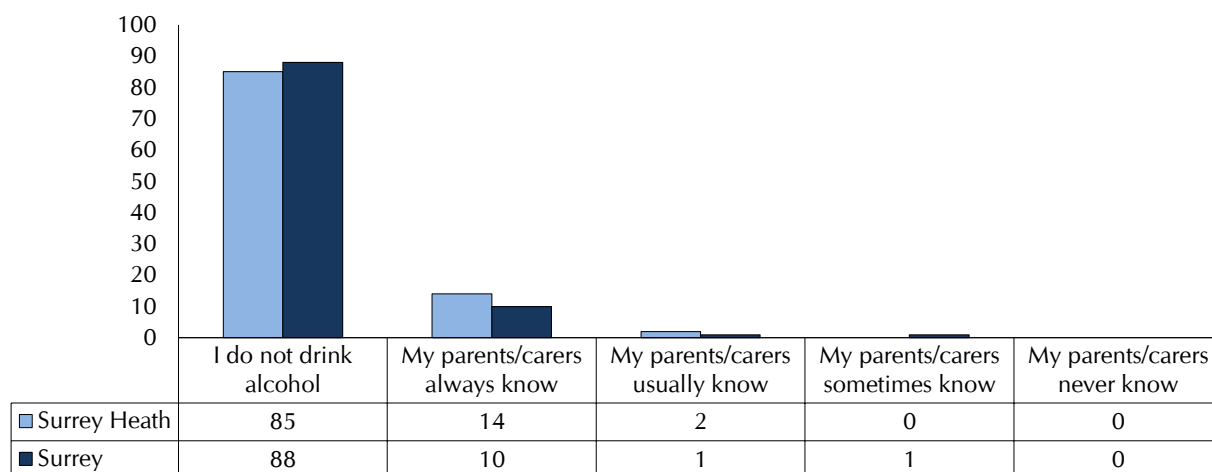
	Surrey Heath		Surrey	
	Yr 6		Yr 6	
Boys	0		2	
Girls	0		1	

0% (1%) of Year 6+ pupils responded that they drank beer or lager in the 7 days before the survey and 1% (1%) said they drank spirits.

**Q23.** Year 6+ only: Most popular alcoholic drinks from the last 7 days (top 5 – Surrey Primary data in brackets):

Yr 6 Boys				Yr 6 Girls			
1	Spirits	2	( 1)	1	Alcopops and pre-mixed drinks	2	( 0)
2	Shandy (beer mixed with lemonade)	2	( 1)	2	Beer or lager	0	( 1)
3	Alcopops and pre-mixed drinks	2	( 0)	3	Wine	0	( 1)
4	Wine	0	( 3)	4	Spirits	0	( 1)
5	Beer or lager	0	( 2)	5			

**Q24. Year 6+ only: Do your parents know if you drink alcohol?**



85% (88%) of Year 6+ pupils responded that they do not drink alcohol.

**Q24.** Percentage of Year 6+ pupils answering that they do not drink alcohol.

	Surrey Heath	Surrey
	Yr 6	Yr 6
Boys	84	85
Girls	85	91

14% (10%) of Year 6+ pupils responded that they drink alcohol and their parents 'always' know, while 2% (1%) said they 'usually' know.

**Q24.** Percentage of Year 6+ pupils answering that they drink alcohol and their parents 'always' know.

	Surrey Heath	Surrey
	Yr 6	Yr 6
Boys	14	14
Girls	13	7

0% (1%) of Year 6+ pupils responded that they drink alcohol and their parents 'never' or only 'sometimes' know.

**Q24.** Percentage of Year 6+ pupils answering that they drink alcohol and their parents 'never' or only 'sometimes' know.

	Surrey Heath	Surrey
	Yr 6	Yr 6
Boys	0	1
Girls	0	1

## Smoking at home

19% (22%) of pupils responded that their parents/carers smoke.

**Q25a.** Percentage answering that their parents/carers smoke.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	18	19	22	22
Girls	18	21	20	23

3% (6%) of pupils responded that someone smokes indoors at home in rooms that they use.

**Q25b.** Percentage answering that someone smokes indoors at home in rooms that they use.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	4	5	6	7
Girls	0	2	5	7

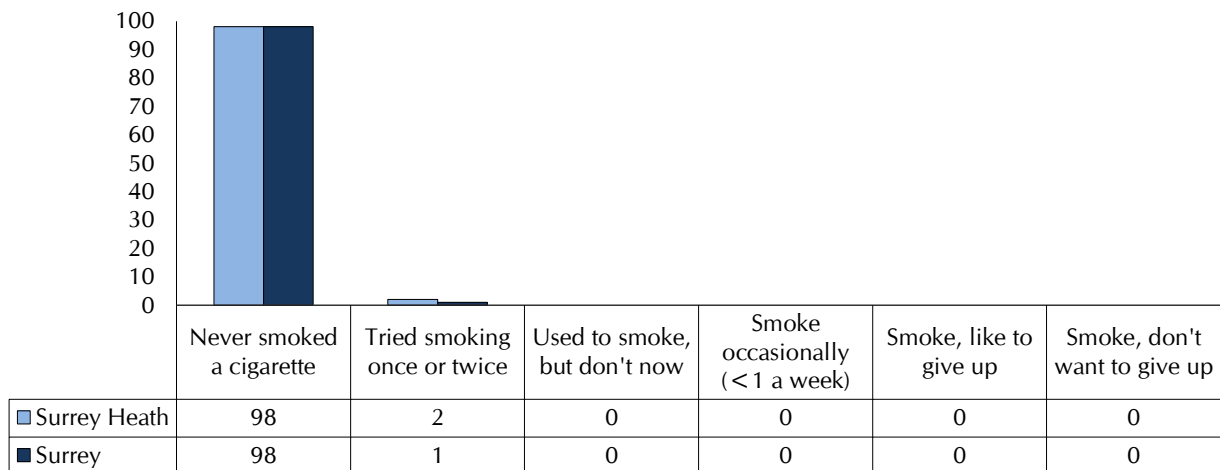
8% (10%) of pupils responded that someone smokes in a car when they are in it too.

**Q25c.** Percentage answering that someone smokes in a car when they are in it too.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	10	7	12	10
Girls	7	10	8	10

## Smoking

**Q26.** Year 6+ only: Smoking: Which statement describes you best?



2% (2%) of Year 6+ pupils responded that they have tried smoking in the past or smoke now.

**Q26.** Percentage of Year 6+ pupils answering that they have smoked in the past or smoke now.

	Surrey Heath	Surrey
	Yr 6	Yr 6
Boys	2	2
Girls	2	1

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

**Q27.** Percentage of Year 6+ pupils answering that they smoked in the 7 days before the survey.

	Surrey Heath	Surrey
	Yr 6	Yr 6
Boys	0	0
Girls	0	0



## Drugs

60% (51%) of Year 6+ pupils responded that their teachers have talked with them in school lessons about illegal drugs, while 54% (54%) said that their parents/carers have talked with them.

**Q28.** Percentage of Year 6+ pupils responding that the following people have talked with them about illegal drugs (Surrey Primary data in brackets):

Yr 6 Boys				Yr 6 Girls			
1	Teachers, in school lessons	65	(50)	1	Parents/carers	55	(53)
2	Parents/carers	54	(56)	2	Teachers, in school lessons	55	(53)
3	Visitors or speakers in school lessons	39	(26)	3	Visitors or speakers in school lessons	31	(24)
4	Friends	25	(23)	4	Out-of-school activity leaders e.g. Brownies etc.	18	(12)
5	Out-of-school activity leaders e.g. Brownies etc.	16	(12)	5	Other close relatives	13	(12)

7% (8%) of Year 6+ pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs that are not medicines.

**Q29.** Percentage of Year 6+ pupils answering that they are 'fairly sure' or 'certain' they know someone who uses drugs.

	Surrey Heath	Surrey
	Yr 6	Yr 6
Boys	9	9
Girls	6	7

1% (1%) of Year 6+ pupils responded that they have been offered cannabis.

**Q30.** Percentage of Year 6+ pupils answering that they have been offered cannabis.

	Surrey Heath	Surrey
	Yr 6	Yr 6
Boys	2	2
Girls	0	0

1% (1%) of Year 6+ pupils responded that they have been offered other drugs.

**Q31.** Percentage of Year 6+ pupils answering that they have been offered other drugs.

	Surrey Heath	Surrey
	Yr 6	Yr 6
Boys	2	1
Girls	0	0

## Emotional Health & Well-being

### Growing up

53% (57%) of pupils responded that their teachers have talked with them in school lessons about how their body changes as they grow up, while 71% (73%) said that their parents/carers have talked with them.

**Q32a.** Percentage of pupils responding that the following people have talked with them about how their body changes as they grow up (top 5 – Surrey Primary data in brackets):

Boys				Girls			
1	Parents/carers	69	(71)	1	Parents/carers	73	(75)
2	Teachers, in school lessons	57	(58)	2	Teachers, in school lessons	50	(56)
3	Friends	22	(19)	3	Brothers or sisters	19	(17)
4	Visitors or speakers in school lessons	16	(9)	4	Friends	16	(19)
5	Brothers or sisters	13	(18)	5	Other close relatives	11	(14)

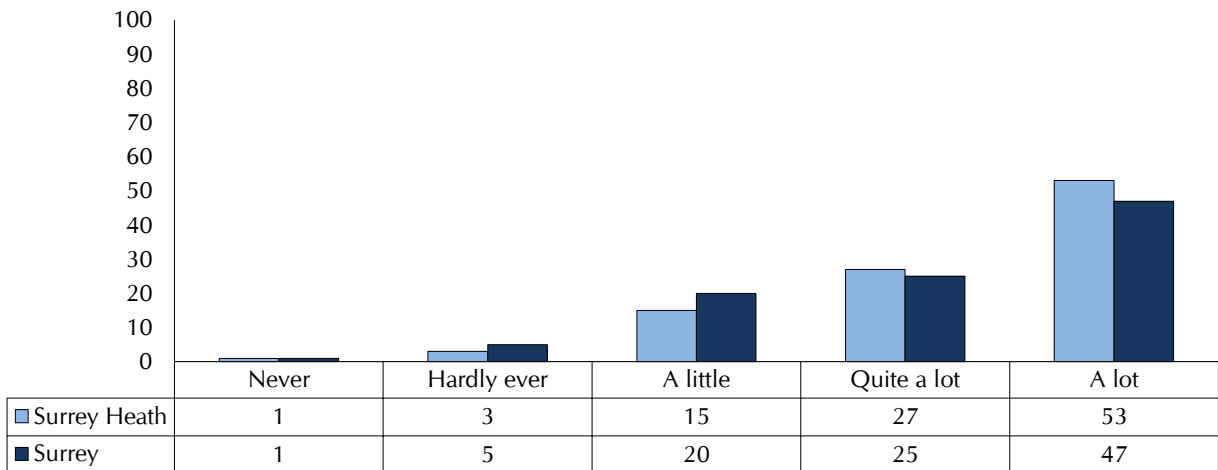
53% (57%) of pupils responded that they feel they know enough about how their body changes as they get older, while 9% (9%) feel they don't know enough.

**Q32b.** Percentage answering that they feel they know enough about how their body changes as they get older.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	54	67	46	67
Girls	33	60	41	67

### Worrying

**Q33.** Worrying summary: Percentage of pupils responding that they worry about at least one of the issues listed...:



80% (72%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

**Q33.** Percentage answering that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

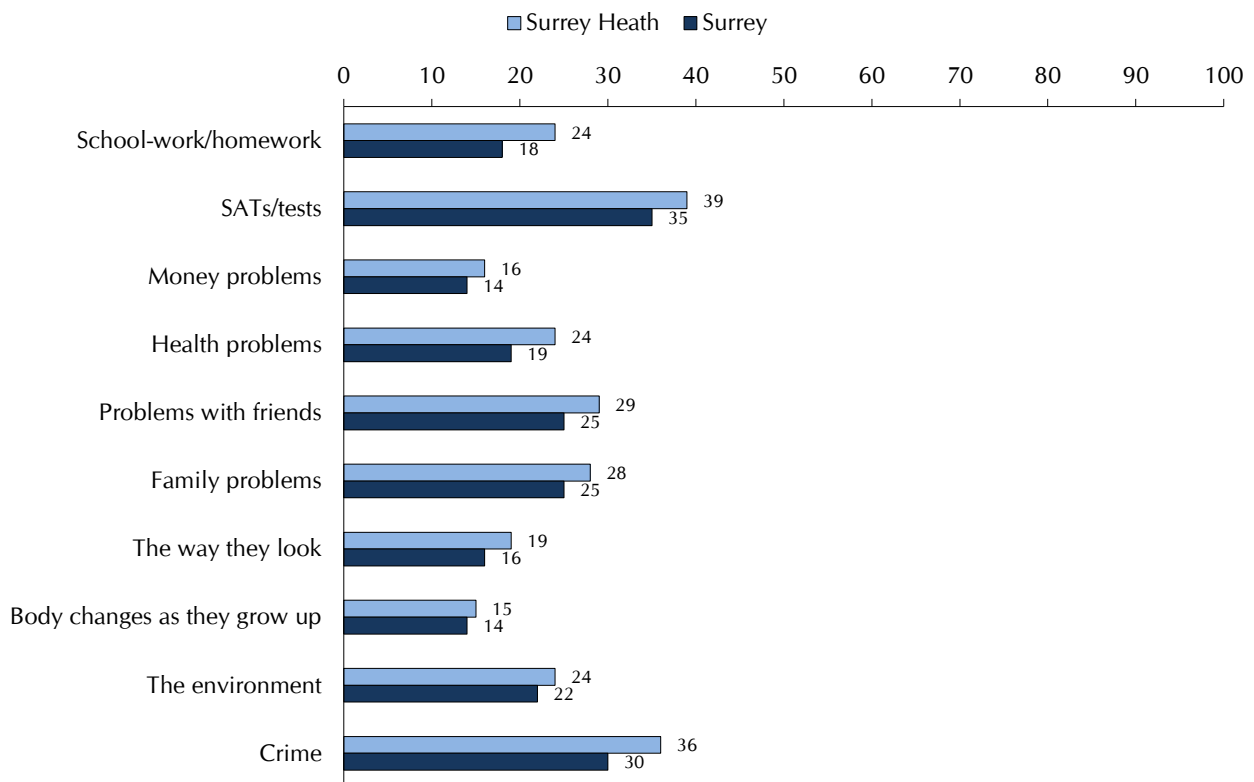
	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	73	81	72	69
Girls	86	78	77	71

36% (30%) of pupils responded that they worry about crime 'quite a lot' or 'a lot', while 39% (35%) said the same of SATs/tests, and 28% (25%) worry 'quite a lot' or 'a lot' about family problems.

**Q33.** Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot' (Surrey Primary data in brackets):

Boys				Girls			
1	Crime	34	(32)	1	SATs/tests	48	(40)
2	SATs/tests	30	(31)	2	Crime	38	(28)
3	The environment	29	(23)	3	Problems with friends	36	(30)
4	School-work/homework	29	(18)	4	Family problems	27	(24)
5	Family problems	28	(26)	5	Health problems	27	(18)
6	Problems with friends	21	(21)	6	The way they look	23	(18)
7	Health problems	21	(21)	7	The environment	19	(22)
8	Money problems	16	(13)	8	School-work/homework	18	(18)
9	The way they look	14	(13)	9	Money problems	17	(16)
10	Body changes as they grow up	14	(13)	10	Body changes as they grow up	16	(15)

**Q33.** Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':



## Problem solving

In Question 34 the young people were asked to whom they would turn to share a range of problems. The top five sources of support for each of the issues are as follows (Surrey Primary data in brackets):

### Problem with school

Boys				Girls			
1	Mum and/or Dad	64	(55)	1	Mum and/or Dad	54	(57)
2	Teacher	20	(23)	2	Teacher	15	(20)
3	Keep it to myself	6	(8)	3	Friend	13	(8)
4	Friend	6	(6)	4	Keep it to myself	10	(7)
5	Brother or sister	2	(3)	5	Brother or sister	4	(4)

### Family problem

Boys				Girls			
1	Mum and/or Dad	54	(54)	1	Mum and/or Dad	42	(46)
2	Keep it to myself	21	(16)	2	Keep it to myself	21	(16)
3	Brother or sister	7	(10)	3	Brother or sister	15	(9)
4	Friend	7	(9)	4	Friend	13	(16)
5	Teacher	6	(5)	5	Teacher	4	(6)

### Health problem

Boys				Girls			
1	Mum and/or Dad	87	(77)	1	Mum and/or Dad	83	(76)
2	Keep it to myself	9	(10)	2	Keep it to myself	11	(10)
3	Friend	1	(3)	3	Brother or sister	1	(2)
4	Brother or sister	1	(2)	4	Other adult	1	(1)
5	Other adult	0	(2)	5	Teacher	1	(1)

### Problem with friends

Boys				Girls			
1	Mum and/or Dad	48	(43)	1	Mum and/or Dad	41	(46)
2	Teacher	23	(21)	2	Teacher	24	(21)
3	Friend	12	(11)	3	Keep it to myself	13	(10)
4	Keep it to myself	11	(14)	4	Friend	12	(12)
5	Brother or sister	3	(5)	5	Brother or sister	6	(6)

### Bullying problem

Boys				Girls			
1	Mum and/or Dad	65	(53)	1	Mum and/or Dad	63	(53)
2	Teacher	21	(26)	2	Teacher	19	(25)
3	Keep it to myself	7	(7)	3	Keep it to myself	9	(9)
4	Brother or sister	3	(3)	4	Brother or sister	4	(3)
5	Other adult	1	(2)	5	Friend	3	(5)

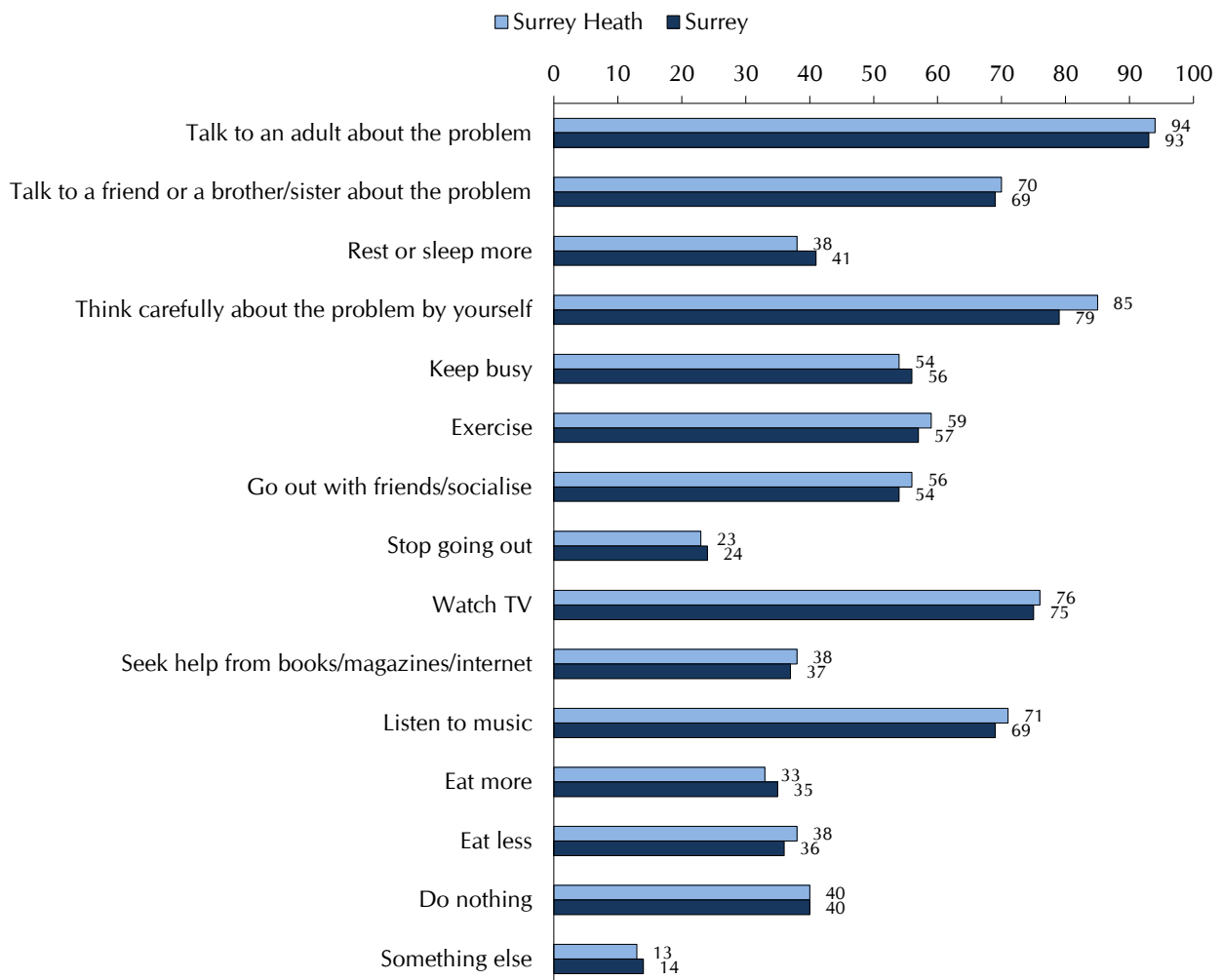
'Keep it to myself' is not necessarily negative. For some pupils it may mean that they feel they can cope without help.

71% (69%) of pupils responded that they at least 'sometimes' listen to music when a problem worries them. 94% (93%) said that they will talk to an adult about the problem at least 'sometimes', while 54% (56%) said that they will keep busy.

**Q35.** Percentage of pupils responding that they at least 'sometimes' do the following when a problem worries them (top 10 – Surrey Primary data in brackets):

Boys				Girls			
1	Talk to an adult about the problem	96	(92)	1	Talk to an adult about the problem	92	(93)
2	Think carefully about the problem by yourself	84	(76)	2	Think carefully about the problem by yourself	86	(82)
3	Watch TV	81	(73)	3	Listen to music	75	(73)
4	Listen to music	66	(66)	4	Talk to a friend or a brother/sister about the problem	74	(73)
5	Talk to a friend or a brother/sister about the problem	65	(66)	5	Watch TV	72	(76)
6	Exercise	61	(59)	6	Exercise	56	(55)
7	Go out with friends/socialise	58	(54)	7	Go out with friends/socialise	54	(54)
8	Keep busy	55	(54)	8	Keep busy	53	(57)
9	Do nothing	39	(42)	9	Seek help from books/magazines/internet	41	(38)
10	Rest or sleep more	38	(41)	10	Eat less	41	(37)

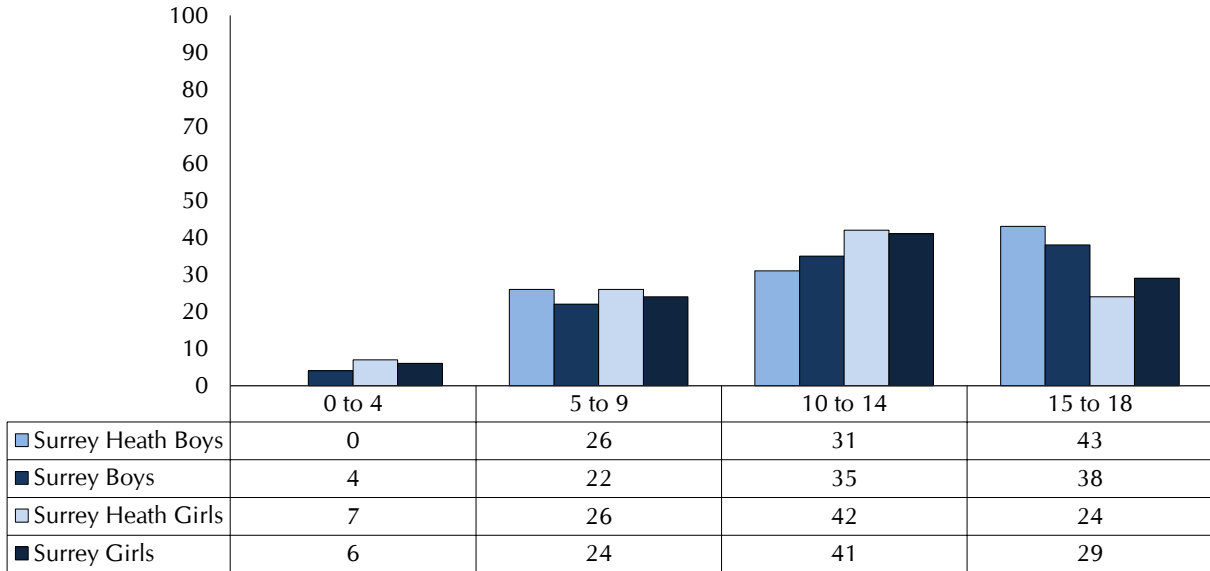
**Q35.** Percentage of pupils responding that they at least 'sometimes' do the following when a problem worries them:



## Self-esteem

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

**Q58.** Composite self-esteem score:



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

30% (28%) of pupils had a med-low self-esteem score (9 or less).

**Q58.** Percentage of pupils with a med-low self-esteem score (9 or less).

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	30	23	28	26
Girls	37	30	35	27

34% (34%) of pupils had a high self-esteem score (15 or more).

**Q58.** Percentage of pupils with a high self-esteem score (15 or more).

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	40	46	36	40
Girls	22	26	25	32

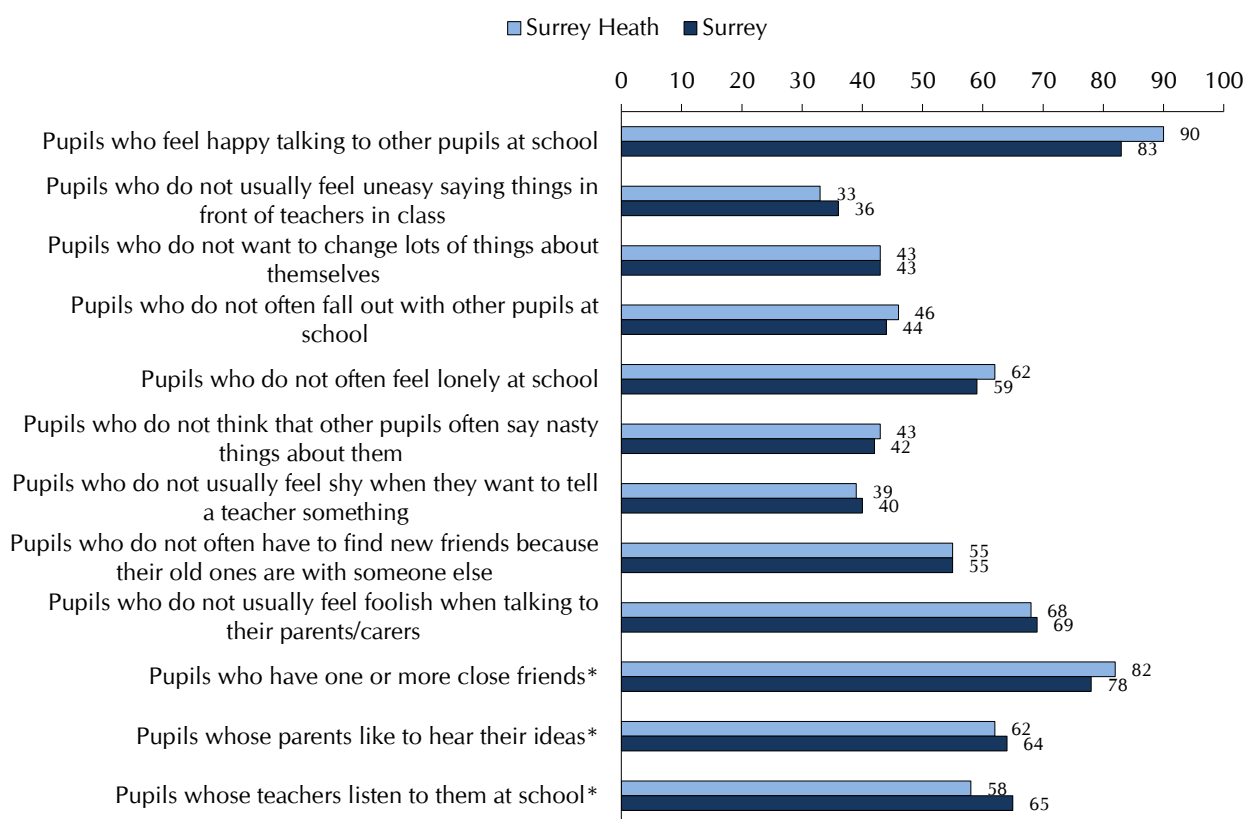
90% (83%) of pupils responded that they feel happy talking to other pupils at school.

**Q58.** (Individual self-esteem items) Percentage in each group giving a high esteem response (Surrey Primary data in brackets):

	Year 4		Year 6		Total
	Boys	Girls	Boys	Girls	
Pupils who feel happy talking to other pupils at school	92 (83)	84 (78)	95 (85)	87 (85)	90 (83)
Pupils who do not usually feel uneasy saying things in front of teachers in class	42 (37)	25 (29)	40 (40)	27 (36)	33 (36)
Pupils who do not want to change lots of things about themselves	40 (47)	39 (43)	53 (43)	42 (40)	43 (43)
Pupils who do not often fall out with other pupils at school	42 (43)	35 (37)	60 (49)	45 (46)	46 (44)
Pupils who do not often feel lonely at school	63 (53)	51 (48)	70 (67)	65 (64)	62 (59)
Pupils who do not think that other pupils often say nasty things about them	63 (46)	42 (41)	42 (45)	25 (38)	43 (42)
Pupils who do not usually feel shy when they want to tell a teacher something	48 (46)	37 (32)	54 (49)	16 (34)	39 (40)
Pupils who do not often have to find new friends because their old ones are with someone else	58 (52)	47 (45)	67 (65)	47 (55)	55 (55)
Pupils who do not usually feel foolish when talking to their parents/carers	69 (69)	65 (67)	75 (73)	64 (68)	68 (69)
Pupils who have one or more close friends*	79 (73)	79 (72)	95 (84)	76 (83)	82 (78)
Pupils whose parents like to hear their ideas*	50 (59)	53 (61)	72 (67)	71 (68)	62 (64)
Pupils whose teachers listen to them at school*	50 (64)	68 (69)	54 (63)	60 (65)	58 (65)

\*N.B: These items do not contribute to the calculation of the composite self-esteem score.

**Q58.** (Individual self-esteem items) Percentage in each group giving a high esteem response:



\*N.B: These items do not contribute to the calculation of the composite self-esteem score.

# Health & Hygiene

## Hand washing

49% (58%) of pupils responded that they washed their hands before lunch on the day before the survey, while 30% (19%) said they are 'not sure' if they did.

76% (75%) of pupils responded that they wash their hands 'whenever possible' after visiting the toilet, while 2% (2%) said they 'never or hardly ever' do and 22% (23%) do so only 'sometimes'.

**Q36.** Percentage answering that they washed their hands before lunch on the day before the survey.

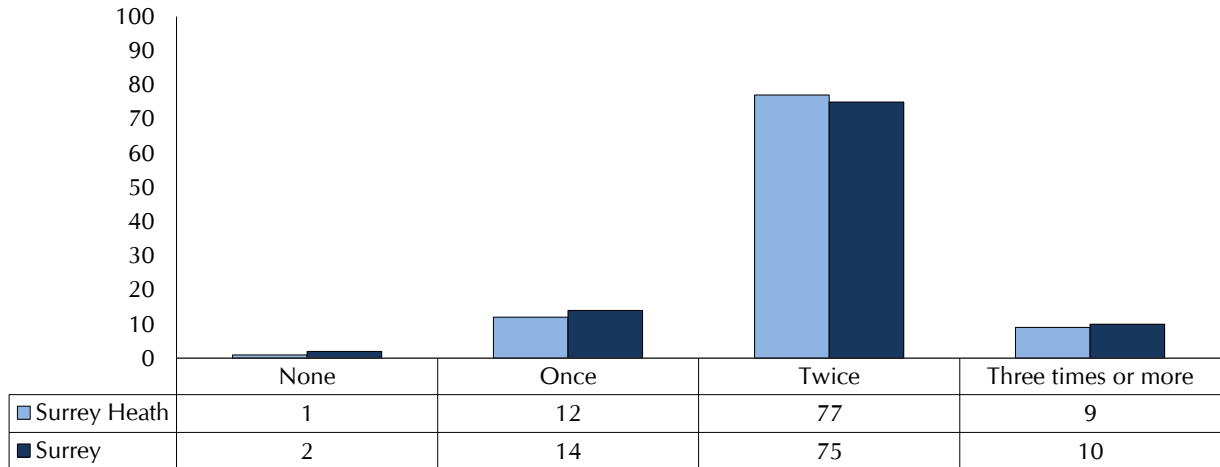
	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	51	47	59	60
Girls	54	45	60	54

**Q37.** Percentage answering that they wash their hands 'whenever possible' after visiting the toilet.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	73	71	70	72
Girls	79	83	77	80

## Dental health

**Q38.** How many times did you clean your teeth yesterday?



1% (2%) of pupils responded that they did not clean their teeth at all on the day before the survey.

86% (85%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.

**Q38.** Percentage answering that they did not clean their teeth at all on the day before the survey.

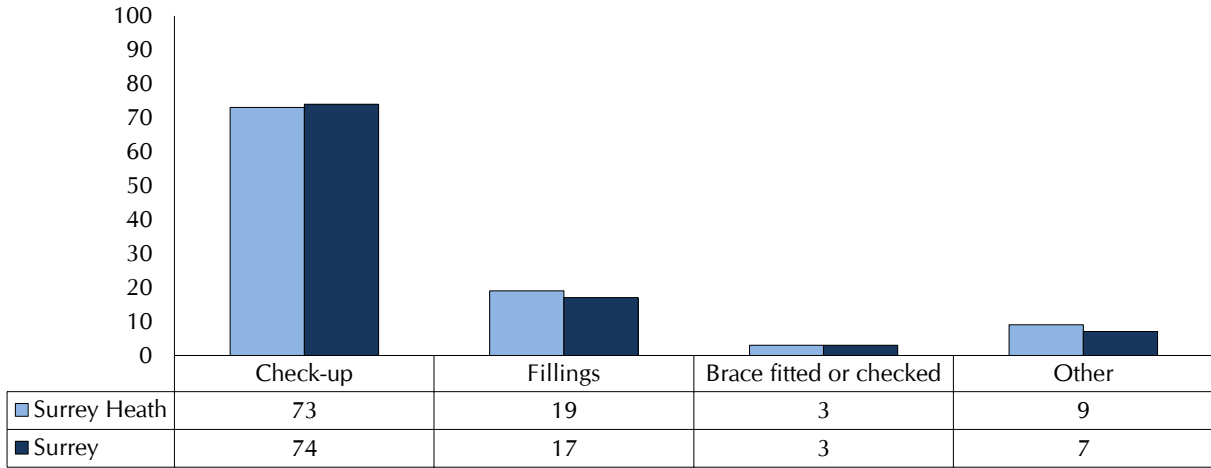
	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	2	0	3	1
Girls	2	2	1	1

**Q38.** Percentage answering that they cleaned their teeth at least twice yesterday.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	82	89	80	83
Girls	86	87	86	89



**Q39. What treatment did the dentist give you on your last visit?**



73% (74%) of pupils responded that they had a check-up the last time they visited the dentist.

**Q39.** Percentage answering that they had a check-up the last time they visited the dentist.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	65	75	69	76
Girls	63	87	72	78

19% (17%) of pupils responded that they had fillings the last time they visited the dentist.

**Q39.** Percentage answering that they had fillings the last time they visited the dentist.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	19	18	21	16
Girls	30	7	18	13

3% (3%) of pupils responded that they had a brace fitted or checked the last time they visited the dentist.

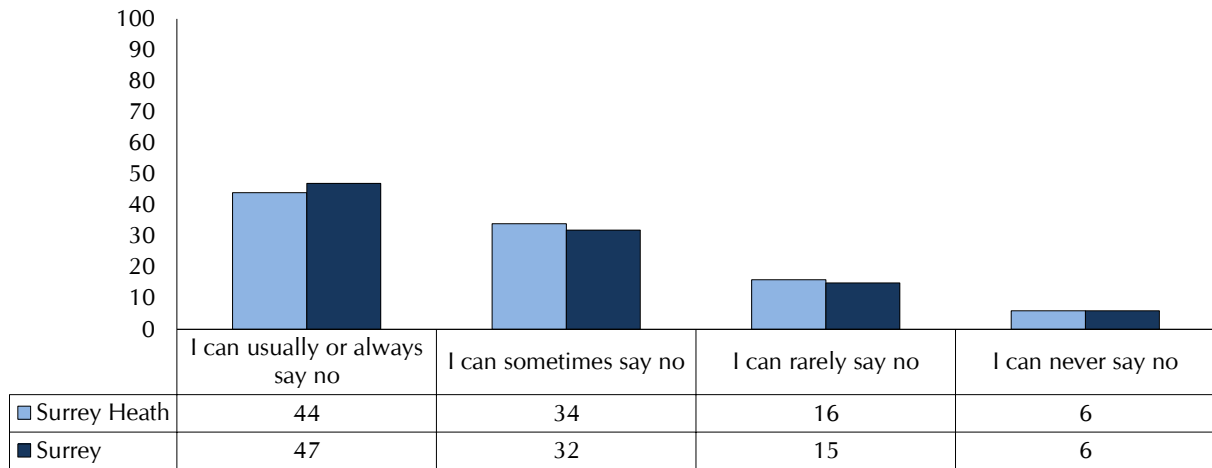
**Q39.** Percentage answering that they had a brace fitted or checked the last time they visited the dentist.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	6	4	3	3
Girls	0	2	1	5

# Staying Safe

## Peer pressure

**Q40.** When a friend wants me to do something I don't want to do...



44% (47%) 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.

**Q40.** Percentage answering that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

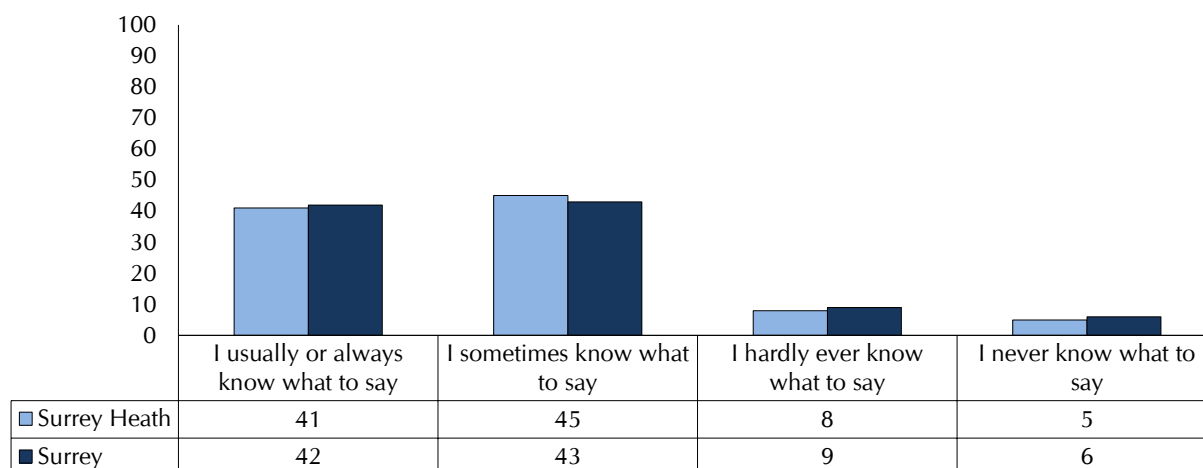
	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	38	60	37	58
Girls	25	53	36	53

22% (21%) 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.

**Q40.** 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 Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	30	18	28	13
Girls	29	11	29	17

**Q41.** When I want a friend to do something...



41% (42%) of pupils responded that they 'usually or always' know what to say when they want a friend to do something.

**Q41.** Percentage answering that they 'usually or always' know what to say when they want a friend to do something.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	45	51	45	47
Girls	36	34	36	39

13% (15%) of pupils responded that they 'hardly ever' or 'never' know what to say when they want a friend to do something.

**Q41.** Percentage answering that they 'hardly ever' or 'never' know what to say when they want a friend to do something.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	16	9	15	12
Girls	11	19	19	16

## Accidents

32% (33%) of pupils responded that they have been treated for an accident by a doctor or at a hospital in the 12 months before the survey.

**Q42.** Percentage answering that they have been treated for an accident by a doctor or at a hospital in the 12 months before the survey.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	31	39	33	38
Girls	33	27	29	32

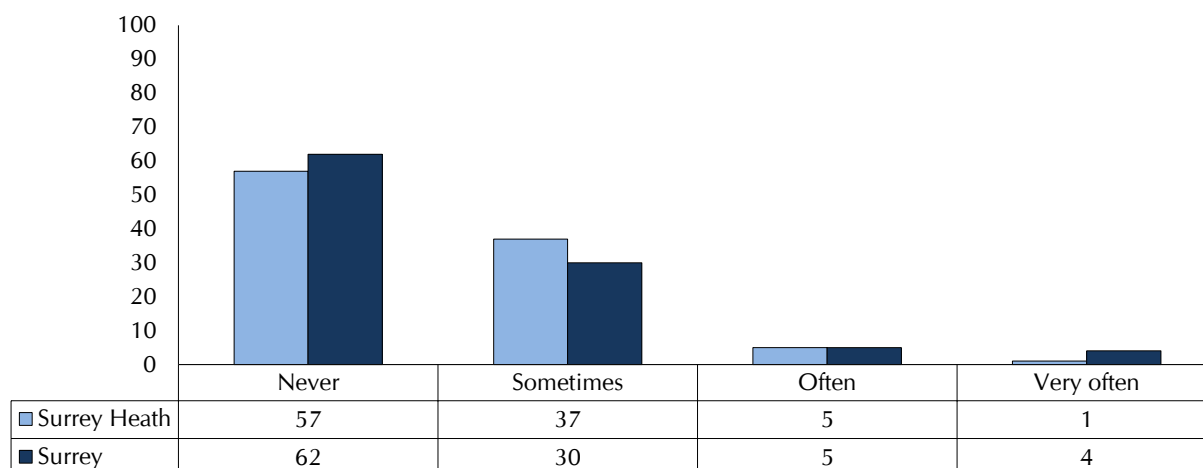
5% (7%) of pupils responded that their most recent accident resulted in a broken bone, while 6% (6%) said that their most recent accident was a cut.

**Q43.** Most recent accident: What sort of accident was it? (Top 5 – Surrey Primary data in brackets):

Boys			Girls		
1	Other	8 (4)	1	I had a bruise, graze or sprain	13 (9)
2	I had a cut	7 (7)	2	I had a broken bone	6 (6)
3	I hurt my head	6 (6)	3	I had a cut	5 (5)
4	I had a bruise, graze or sprain	5 (8)	4	I hurt my head	4 (3)
5	I had a broken bone	4 (7)	5	Other	2 (3)

## Bullying

**Q44.** Do you ever feel afraid of going to school because of bullying?



43% (38%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.

**Q44.** Percentage answering that they feel afraid of going to school because of bullying at least 'sometimes'.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	27	28	37	27
Girls	57	58	52	38

6% (8%) of pupils responded that they feel afraid of going to school because of bullying 'often' or 'very often'.

**Q44.** Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

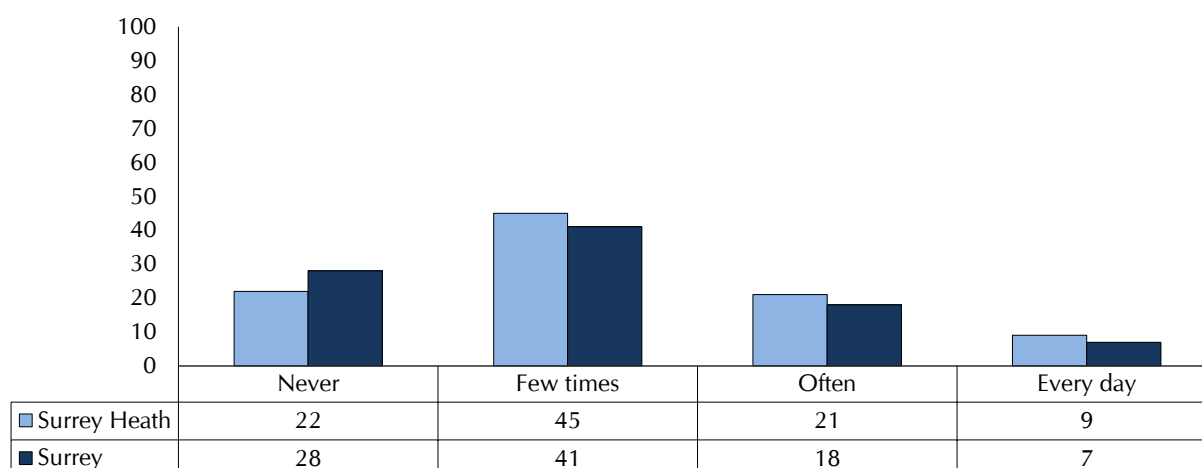
	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	10	2	9	5
Girls	5	8	12	7

24% (23%) of pupils responded that they have been bullied at or near school in the last 12 months, while 21% (20%) said they are 'not sure' if they have been.

**Q45.** Percentage answering that they have been bullied at or near school in the last 12 months.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	18	25	28	19
Girls	27	25	24	21

**Q46.** Negative behaviour summary: Percentage of pupils responding that they experienced at least one of the negative behaviours listed in the month before the survey:



74% (67%) of pupils responded that they experienced at least one of the negative behaviours listed at least a ‘few times’ in the month before the survey, while 29% (25%) said they have done so ‘often’ or ‘every day’.

**Q46.** Percentage answering that they experienced at least one of the negative behaviours listed at least a ‘few times’ in the month before the survey.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	62	84	70	68
Girls	82	67	68	61

43% (42%) of pupils responded that they were called nasty names at least a ‘few times’ in the month before the survey, while 47% (40%) were pushed/hit for no reason.

**Q46.** Percentage of pupils responding that they experienced the following negative behaviours at least a ‘few times’ in the month before the survey (Surrey Primary data in brackets):

Boys				Girls			
1	Pushed/hit for no reason	50	(46)	1	Been teased/made fun of	43	(41)
2	Been called ‘gay’	48	(35)	2	Pushed/hit for no reason	43	(34)
3	Been teased/made fun of	46	(46)	3	Called nasty names	42	(40)
4	Called nasty names	44	(43)	4	Had belongings taken/broken	27	(23)
5	Been threatened for no reason	29	(23)	5	Been ganged up on	21	(19)
6	Been ganged up on	27	(22)	6	Been threatened for no reason	16	(16)
7	Had belongings taken/broken	24	(23)	7	Been threatened for money	15	(7)
8	Been threatened for money	14	(9)	8	Been called ‘gay’	13	(11)
9	Bullied on my mobile phone	5	(6)	9	Bullied on my mobile phone	7	(5)
10	Other	5	(4)	10	Bullied through e-mail/internet	4	(4)

29% (23%) of pupils responded that they experienced negative behaviour in a classroom (at breaktimes) in the month before the survey, while 4% (5%) experienced it on the way to or from school.

**Q47.** Percentage of pupils responding that they experienced negative behaviours at the following places in the month before the survey (top 5 – Surrey Primary data in brackets):

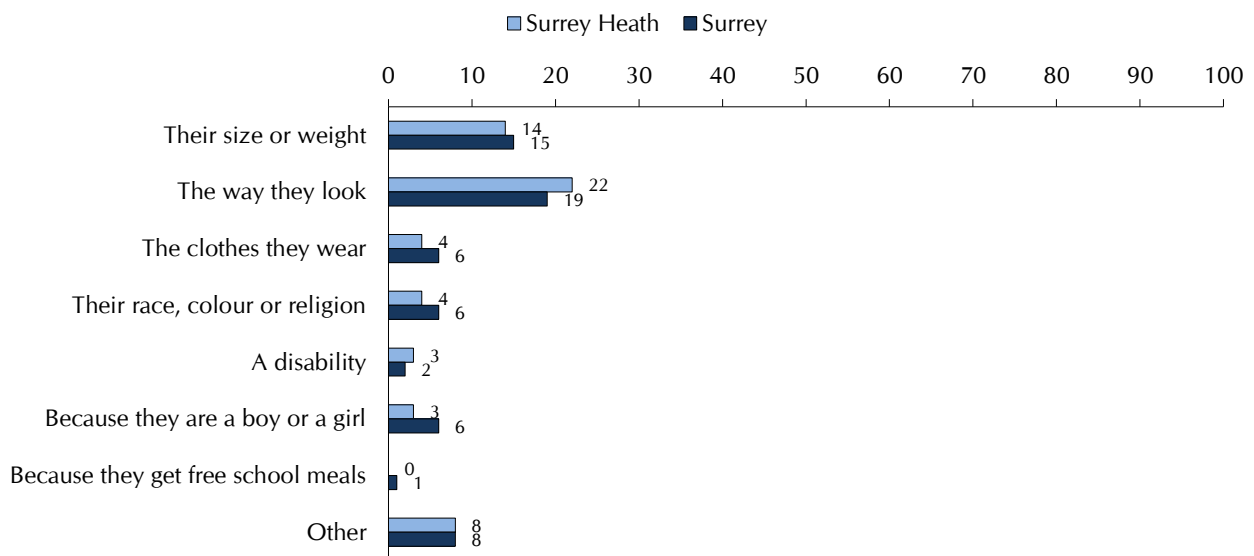
Boys				Girls			
1	Outside at school (breaktimes)	41	(34)	1	Outside at school (breaktimes)	40	(28)
2	In a classroom (breaktimes)	32	(24)	2	In a classroom (breaktimes)	25	(22)
3	At or near home	14	(17)	3	At or near home	18	(17)
4	Going out during the day	10	(7)	4	During lesson times	9	(10)
5	During lesson times	9	(10)	5	In the corridors	4	(7)

4% (6%) of pupils responded that they think they are being 'picked on' or bullied because of their race, colour or religion, while 22% (19%) said that it was because of the way they look.

**Q48.** Percentage of pupils responding that they think they are being 'picked on' or bullied because of the following (Surrey Primary data in brackets):

Boys				Girls			
1	The way they look	21	(18)	1	The way they look	23	(21)
2	Their size or weight	12	(15)	2	Their size or weight	17	(14)
3	Other	6	(8)	3	Other	10	(9)
4	A disability	6	(3)	4	The clothes they wear	6	(6)
5	Their race, colour or religion	3	(6)	5	Because they are a boy or a girl	5	(7)
6	The clothes they wear	2	(6)	6	Their race, colour or religion	5	(6)
7	Because they are a boy or a girl	1	(5)	7	A disability	1	(2)
8	Because they get free school meals	1	(2)	8	Because they get free school meals	0	(1)

**Q48.** Percentage of pupils responding that they think they are being 'picked on' or bullied because of the following:



56% (66%) of pupils responded that they think their school takes bullying seriously, while 16% (10%) don't think their school takes bullying seriously.

**Q49.** Percentage answering that they think their school takes bullying seriously.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	80	42	64	70
Girls	61	43	67	65

3% (2%) of pupils responded that they think others may fear going to school because of them, while 19% (19%) said they are 'not sure' if others do.

**Q50.** Percentage answering that they think others may fear going to school because of them.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	6	2	4	3
Girls	2	2	3	1

## Internet safety

86% (85%) of pupils responded that they have used the internet at home in the last month, while 54% (59%) said they have used it at school and 62% (60%) have used it on a mobile device.

**Q51.** Percentage of pupils responding that they have used the internet at the following places in the last month (Surrey Primary data in brackets):

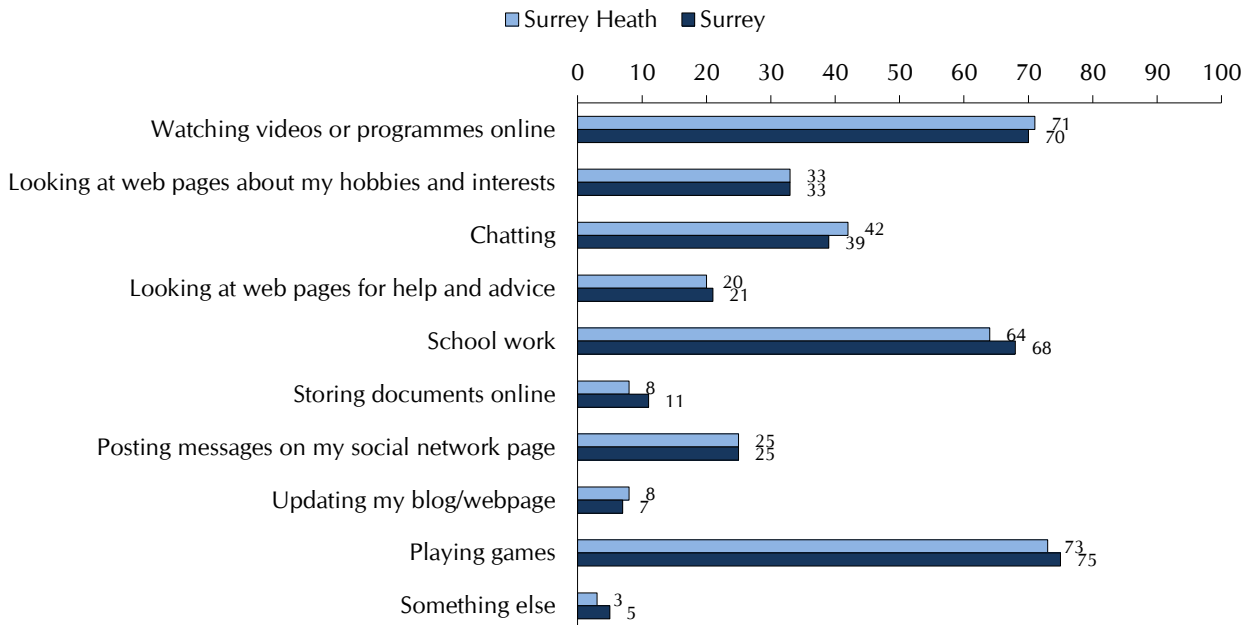
	Year 4		Year 6		Total
	Boys	Girls	Boys	Girls	
At home	85 (82)	86 (80)	86 (91)	87 (87)	86 (85)
At school	46 (55)	67 (58)	56 (63)	47 (60)	54 (59)
On a mobile device (phone, iPad etc.)	58 (52)	40 (40)	72 (71)	80 (72)	62 (60)
Elsewhere	25 (20)	14 (17)	35 (31)	15 (27)	22 (24)

64% (68%) of pupils responded that they use the internet for schoolwork, while 73% (75%) said that they use it for playing games.

**Q52.** Percentage of pupils answering that they use the internet for the following (top 5 – Surrey Primary data in brackets):

Boys				Girls			
1	Playing games	80	(80)	1	Watching videos or programmes online	70	(67)
2	Watching videos or programmes online	73	(73)	2	Playing games	66	(70)
3	School work	63	(64)	3	School work	64	(71)
4	Chatting (e.g. Skype)	39	(38)	4	Chatting (e.g. Skype)	46	(41)
5	Looking at web pages about my hobbies and interests	38	(36)	5	Looking at web pages about my hobbies and interests	29	(30)

**Q52.** Percentage of pupils answering that they use the internet for the following:



30% (29%) of Year 6 + pupils responded that they have seen images or videos online that were for adults-only.

24% (28%) of Year 6 + pupils responded that they have seen images or videos online that upset them.

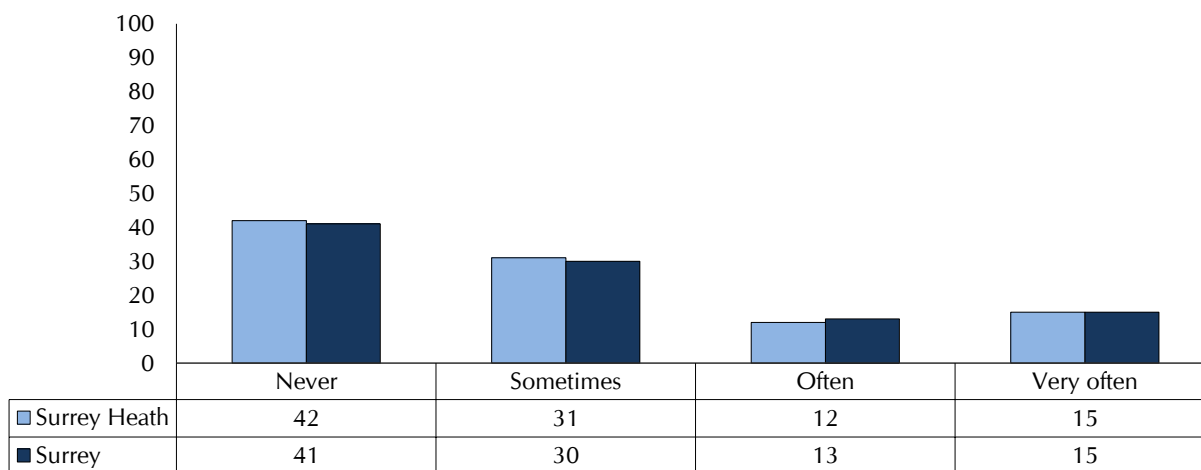
**Q53a.** Percentage of Year 6 + pupils answering that they have seen images or videos online that were for adults-only.

	Surrey Heath		Surrey	
	Yr 6	Yr 6	Yr 6	Yr 6
Boys	37		34	
Girls	23		24	

**Q53b.** Percentage of Year 6 + pupils answering that they have seen images or videos online that upset them.

	Surrey Heath		Surrey	
	Yr 6	Yr 6	Yr 6	Yr 6
Boys	19		25	
Girls	28		31	

**Q54a.** How often do you use internet chat rooms or social networking sites?



27% (28%) of pupils responded that they use internet chat rooms or social networking sites 'often' or 'very often'.

93% (93%) of pupils responded that they have been told how to stay safe while using the internet, while 7% (7%) said they haven't been told how to stay safe.

**Q54a.** Percentage answering that they use internet chat rooms or social networking sites 'often' or 'very often'.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	29	30	22	35
Girls	13	38	16	37

**Q54b.** Percentage answering that they have been told how to stay safe while using the internet.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	90	91	87	96
Girls	95	96	92	97

69% (65%) of pupils responded that they get e-safety information from their parents/carers/family, while 78% (83%) said that they get information from school.

**Q54c.** Percentage of pupils responding that they get e-safety information from the following places (Surrey Primary data in brackets):

Boys				Girls			
1	School	73	(81)	1	School	82	(84)
2	Parents/carers/family	65	(61)	2	Parents/carers/family	72	(69)
3	On-line advice	17	(13)	3	Friends	19	(17)
4	Friends	13	(13)	4	On-line advice	13	(11)



19% (19%) of pupils responded that they have received a chat message that scared them or made them upset.

18% (15%) of pupils responded that they have sent a chat message or posted a comment which they later wished they had not written.

**Q55.** Percentage answering that they have received a chat message that scared them or made them upset.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	25	18	17	17
Girls	13	21	16	25

**Q56.** Percentage answering that they have sent a chat message or posted a comment which they later wished they had not written.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	18	23	12	19
Girls	15	17	8	19

## School & Leisure

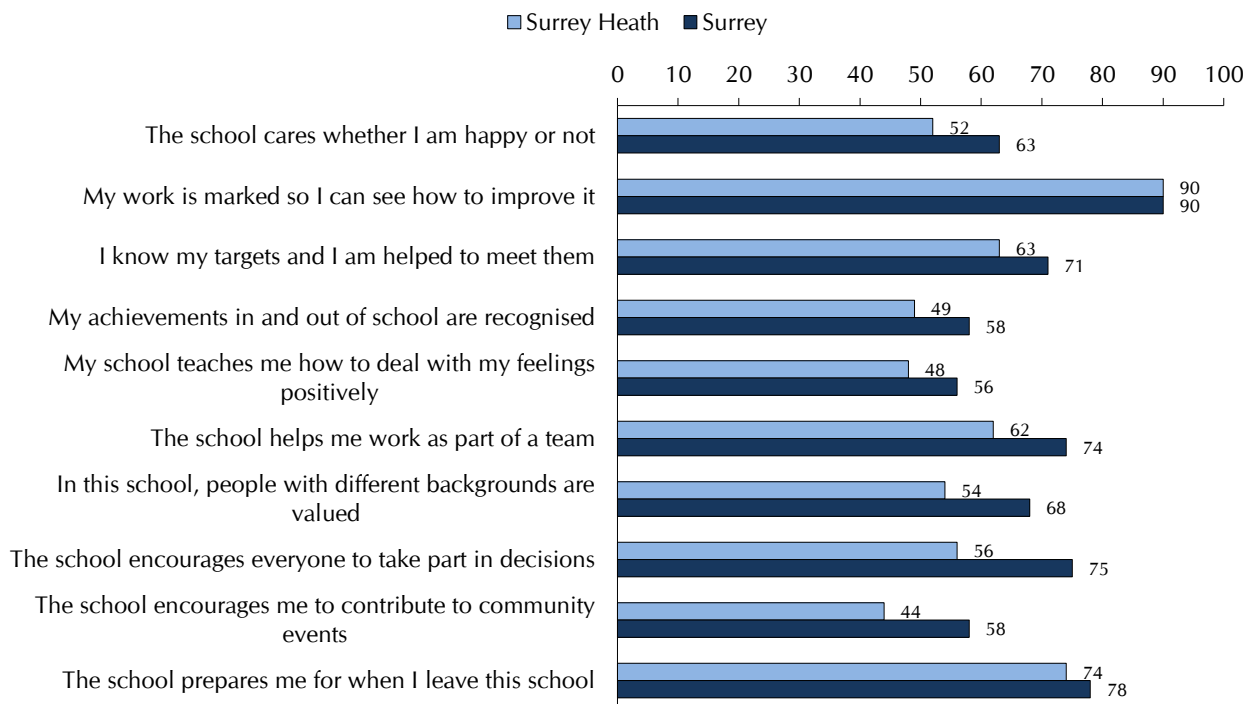
### Every Child Matters

54% (68%) of Year 6+ pupils responded that in their school, people with different backgrounds are valued.

**Q57.** Percentage of Year 6+ pupils responding 'yes' to the following statements (Surrey Primary data in brackets):

	Year 6		Total
	Boys	Girls	
The school cares whether I am happy or not	49 (63)	55 (63)	52 (63)
My work is marked so I can see how to improve it	95 (91)	85 (90)	90 (90)
I know my targets and I am helped to meet them	63 (71)	62 (70)	63 (71)
My achievements in and out of school are recognised	51 (60)	47 (57)	49 (58)
My school teaches me how to deal with my feelings positively	51 (58)	45 (54)	48 (56)
The school helps me work as part of a team	61 (73)	62 (74)	62 (74)
In this school, people with different backgrounds are valued	51 (68)	58 (68)	54 (68)
The school encourages everyone to take part in decisions	56 (74)	56 (76)	56 (75)
The school encourages me to contribute to community events	46 (58)	42 (59)	44 (58)
The school prepares me for when I leave this school	79 (78)	69 (77)	74 (78)

**Q57.** Percentage of Year 6+ pupils responding 'yes' to the following statements:



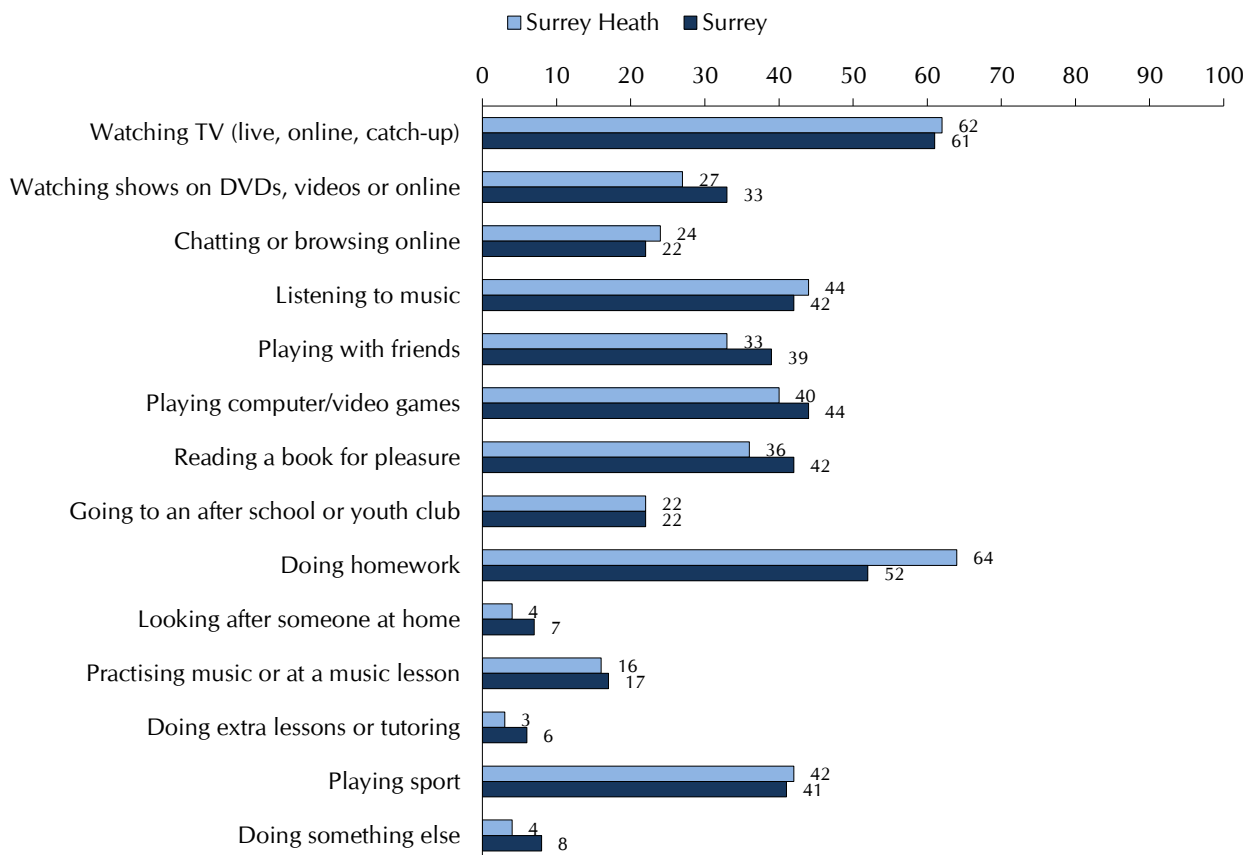
## After-school activities

62% (61%) of pupils responded that they spent time watching TV (live, online, catch-up) after school on the day before the survey, while 42% (41%) spent time playing sport.

**Q59.** Percentage of pupils responding that they spent time doing the following after school on the day before the survey (top 10 – Surrey Primary data in brackets):

Boys				Girls			
1	Watching TV (live, online, catch-up)	67	(64)	1	Doing homework	63	(52)
2	Doing homework	66	(51)	2	Watching TV (live, online, catch-up)	57	(58)
3	Playing computer/video games	59	(62)	3	Listening to music	50	(44)
4	Playing sport	48	(50)	4	Playing sport	36	(33)
5	Listening to music	39	(41)	5	Reading a book for pleasure	35	(44)
6	Reading a book for pleasure	37	(39)	6	Playing with friends	33	(36)
7	Playing with friends	32	(42)	7	Watching shows on DVDs, videos or online	26	(30)
8	Watching shows on DVDs, videos or online	28	(36)	8	Chatting or browsing online	23	(21)
9	Chatting or browsing online	26	(23)	9	Playing computer/video games	22	(26)
10	Going to an after school or youth club	22	(23)	10	Going to an after school or youth club	21	(22)

**Q59.** Percentage of pupils responding that they spent time doing the following after school on the day before the survey:



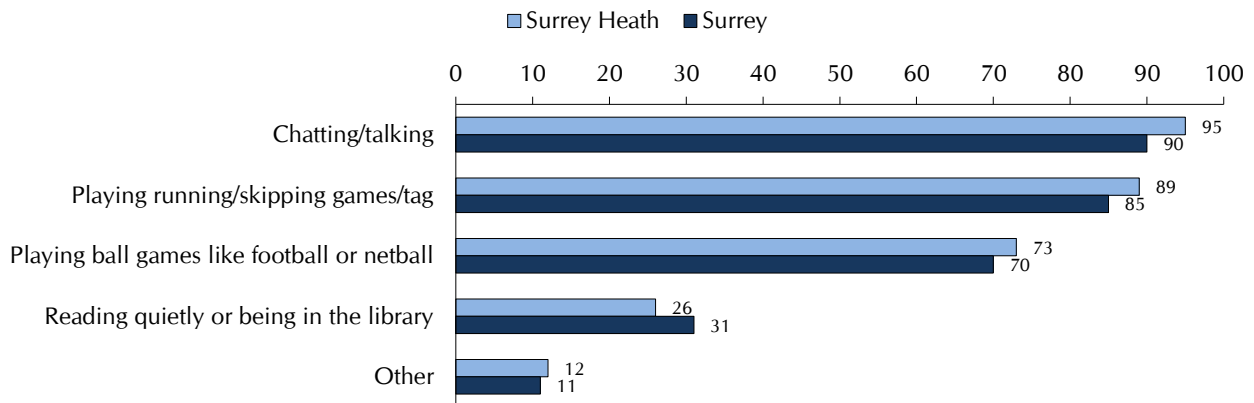
## Breaktimes

26% (31%) of pupils responded that they at least 'sometimes' spend time reading quietly or being in the library during school playtimes, while 95% (90%) spend time chatting/talking.

**Q60.** Percentage of pupils responding that they at least 'sometimes' spend time doing the following during school playtimes (Surrey Primary data in brackets):

Boys				Girls			
1	Chatting/talking	96	(90)	1	Chatting/talking	94	(90)
2	Playing running/skipping games/tag	90	(85)	2	Playing running/skipping games/tag	88	(86)
3	Playing ball games like football or netball	85	(80)	3	Playing ball games like football or netball	62	(59)
4	Reading quietly or being in the library	24	(25)	4	Reading quietly or being in the library	29	(37)
5	Other	10	(9)	5	Other	13	(14)

**Q60.** Percentage of pupils responding that they at least 'sometimes' spend time doing the following during school breaktimes:



62% (64%) of pupils responded that their playtimes and lunchtimes are friendly, while 29% (38%) said that they are crowded, and 6% (9%) said that they are boring.

**Q61.** Percentage of pupils responding that they would describe their playtimes and lunchtimes as the following (top 5 – Surrey Primary data in brackets):

Boys				Girls			
1	Happy	89	(78)	1	Happy	81	(78)
2	Friendly	60	(59)	2	Friendly	65	(68)
3	Safe	40	(41)	3	Safe	43	(46)
4	Busy	39	(39)	4	Busy	36	(40)
5	Relaxed	31	(26)	5	Crowded	27	(35)

## Views & opinions

34% (42%) of pupils responded that their views and opinions are asked for in school, while 14% (14%) said they aren't asked for.

**Q62.** Percentage answering that their views and opinions are asked for in school.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	34	35	29	48
Girls	33	34	37	51

51% (56%) of pupils responded that their views and opinions are listened to in school, while 14% (10%) said they aren't listened to.

**Q63a.** Percentage answering that their views and opinions are listened to in school.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	50	49	49	58
Girls	55	51	56	61

47% (49%) of pupils responded that they feel their views and opinions are listened to by talking to teachers in school, while 44% (45%) feel they are listened to through a school or class council.

**Q63b.** Percentage of pupils responding that their views and opinions are listened to in the following ways (Surrey Primary data in brackets):

Boys				Girls			
1	School/class council	49	(44)	1	Talking to teachers	48	(52)
2	Talking to teachers	45	(46)	2	School/class council	40	(47)
3	Talking to other adults in school	23	(28)	3	Talking to other adults in school	24	(32)
4	Talking to trained pupils (e.g. playground pals/buddies)	18	(16)	4	Talking to trained pupils (e.g. playground pals/buddies)	19	(16)
5	Suggestion box	9	(13)	5	Suggestion box	6	(14)
6	Tick time	5	(4)	6	Tick time	5	(4)

14% (20%) of pupils responded that their views and opinions make a difference to how their school is run, while 33% (25%) said they don't make a difference.

**Q64.** Percentage answering that their views and opinions make a difference to how their school is run.

	Surrey Heath		Surrey	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	8	16	17	23
Girls	23	8	18	22

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Health Related Behaviour Survey!**

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- ... Turning your data into graphs and pie charts**
- ... Free resources about young people's health-related  
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***We may also be able to introduce you to health and  
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