



Young People in 2000

*The Health Related Behaviour Questionnaire
results for 42,073 young people between the ages of 10 and 15*

9 **The Primary Questionnaire Responses**

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9 The Primary Questionnaire Responses

The primary Health Related Behaviour Questionnaire contains 50 questions, compared with more than a hundred in the secondary version. Overall, therefore, many more secondary questions lack a primary equivalent than the other way round. However, some questions in the primary version do not match up with any of the 'secondary' questions. There are also questions that cover similar aspects whose data are difficult to merge, so that some information is lost. We present the major omissions here, as they cover important aspects of the lives of these very young people.

Question

Food choices and weight control

7 What did you eat or drink before coming to school today? 126

8 Are you a vegetarian? 127

Health and Safety

14 Have any of the following happened to you in the last month? 128

15 Where did these unpleasant experiences happen? 129

16 Have you ever been approached by an adult stranger who scared you or made you upset?..... 130

17 What did you do when an adult stranger scared or upset you? 131

23 Have you got a bicycle? 132

Legal and Illegal Drugs

35 Which of these alcoholic drinks have you tasted?..... 133

36 Have you had an alcoholic drink (more than just a sip) in the last 7 days?..... 134

42 Do you think you will smoke when you are older?..... 135

43 Do you know about an illness called AIDS (or HIV)? 136

44 Have any of the following talked about AIDS (or HIV)?..... 137

45 Who would you like to talk to you about drugs? 138

47 Have any of the following talked with you about puberty and growing up?..... 139

Money

10 Do you usually get pocket money?..... 140

Exercise & Sport

35 During school playtimes (including dinner times), do you spend time...?..... 141



Schoolday breakfast

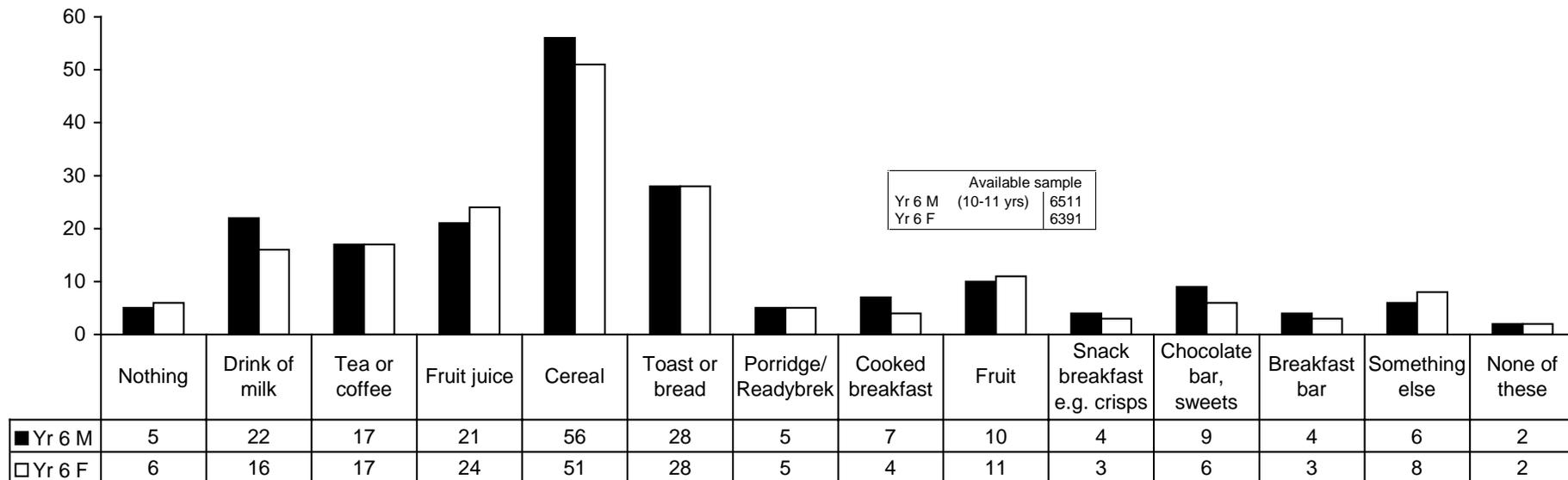
Cereal is a firm favourite

What did you eat or drink before coming to school today? (Pri.7)

Comments

1. *Cereal* is by far the most popular breakfast choice.
2. 23% of primary school pupils have *fruit juice* before school.
3. The numbers drinking *milk* and hot drinks are also substantial with the males showing a slightly higher preference for *milk* than the females.

1. Primary school pupils generally are more likely than secondary school pupils to have a substantial breakfast before school. This is probably due to parental influence. See page 2 'Schoolday breakfast' to see the secondary school comparison for some of the items listed.



Vegetarian diet

5% of 10 - 11 year old pupils are vegetarian

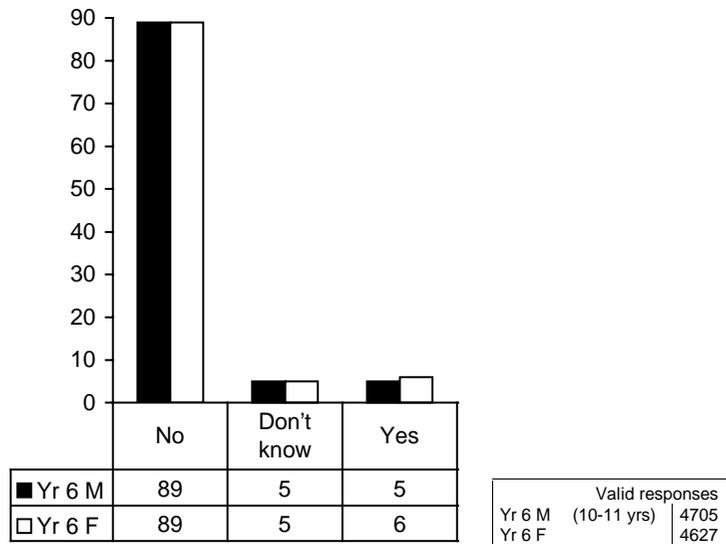
Are you a vegetarian? (Pri.8)

Comments

1. 5% of Year 6 primary school pupils are vegetarian.
2. There is little difference between male and female pupils.

1. We do not define 'vegetarian', neither do we ask what these young people mean by the term.

From work in the 1990s we know that young people have a variety of dietary styles with respect to meat and fish which are too complex to be shoehorned into the one term. Nonetheless, it does indicate a proportion of children who are consciously not eating meat.



Being bullied (1)

Around 30% experience some form of bullying

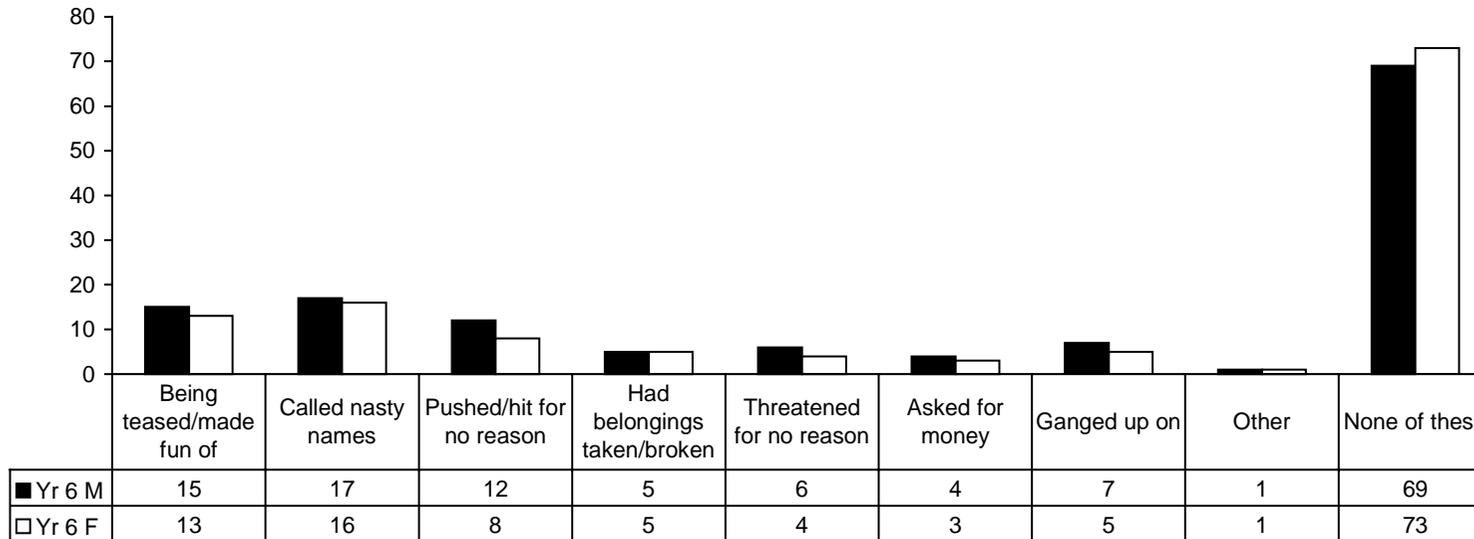
Have any of the following happened to you in the last month? (Pri.14)

Responses to 'often' or 'every day'.

1. Around 30% of primary pupils report that they have been bullied *often* or *every day* in one or more of the listed ways. 70% of pupils report that none of these things have happened to them *often* or *every day*.
2. *Being teased/made fun of* or *called nasty names* are a cause of unhappiness for many primary school pupils.

Comments

1. More males than females report incidences of physical rather than verbal forms of bullying. It is the females, however, who report more fear of going to school because of bullying (See page 31).
2. The *none of these* data reveal that about 30% of pupils report at least one of these things happening to them *often* or *every day*. It is evident that some of these pupils are experiencing more than just one of these forms of bullying.



Available sample	
Yr 6 M (10-11 yrs)	6511
Yr 6 F	6391

Being bullied (2)

Playtime and lunchtime can cause anxiety for up to 19%

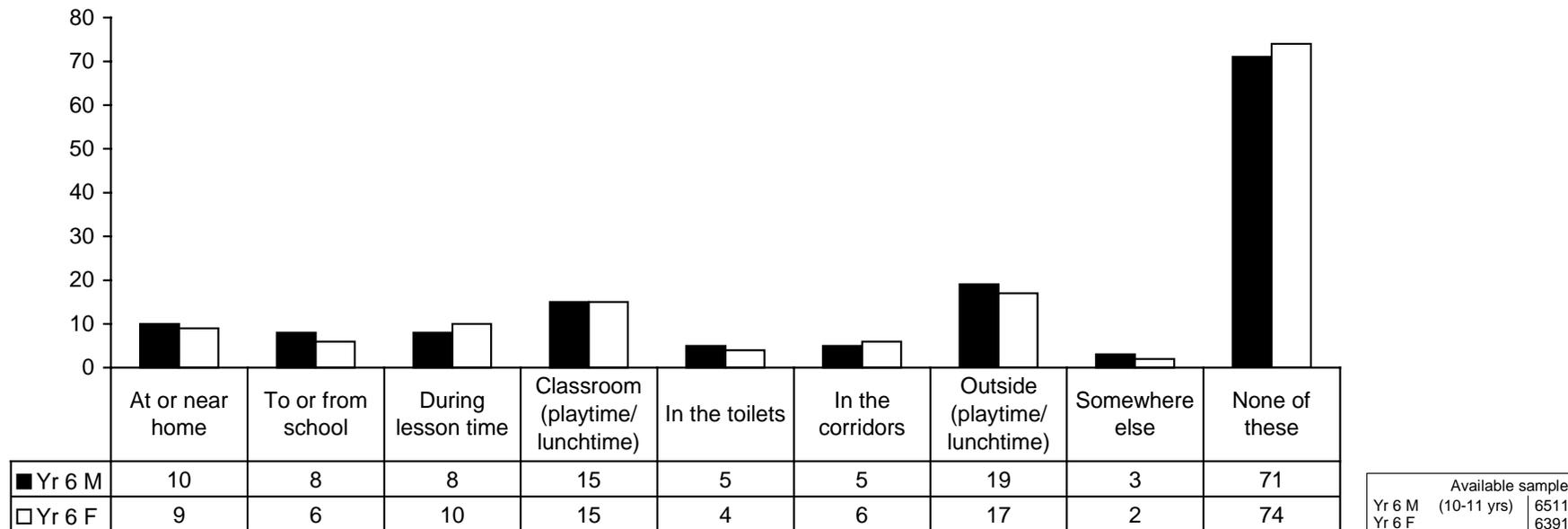
Where did these unpleasant experiences happen? (Pri. 15)

Responses to 'often' or 'every day'.

- 1. 9% of pupils report being bullied *at or near home*.
- 2. 8% of males and 10% of females report being bullied during lesson time.

Comments

- 1. The top two categories unsurprisingly relate to free time during school hours – outside and inside during *playtime* and *lunchtime*. It can often be difficult for staff to monitor how much bullying behaviour occurs in this free time because of the nature of the playground.
- 2.. Teachers may well be concerned to learn that nearly 10% of pupils report being bullied during lesson time.

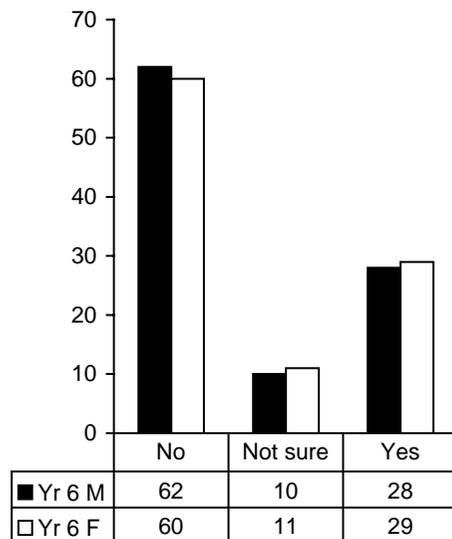


‘Stranger danger’ (1)

Nearly 30% have had some sort of upsetting experience

Have you ever been approached by an adult stranger who scared you or made you upset? (Pri. 16)

- Nearly 30% report that they have been ‘scared or upset’ by an adult stranger.
- Another 11% of pupils also report some element of disquiet about an incident or incidents that may have happened to them.
- In 1997, 26% of the sample reported that they had been frightened. In 2000 this figure has now risen to almost 30%.



Valid responses	
Yr 6 M (10-11 yrs)	6331
Yr 6 F	6279

Comments

- Females report slightly higher levels of unsettling experiences with strangers, but the figures for both genders are worryingly high. It is important to note here, that these figures denote the percentage who felt anxious at the approach of a stranger, not necessarily an incident.
- These data indicate that ‘Stranger Danger’ education in primary schools is important for both males and females.
- The question doesn’t ask for any details about the behaviour they were worried about, but it does ask a follow-up question ‘what did you do?’
- We recognise that adults known to a child are more likely to threaten or abuse that child than strangers. However, we do not wish to be responsible for introducing this idea to children in the context of a questionnaire.

'Stranger danger' (2)

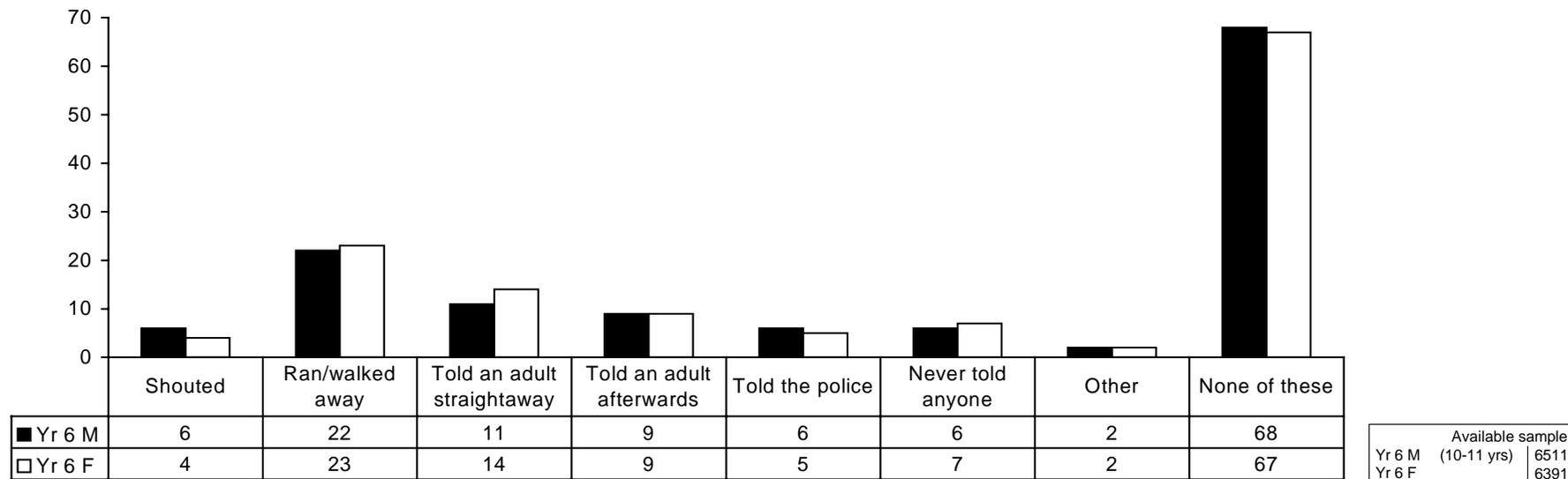
Ran or walked away was the most frequent course of action

What did you do when an adult stranger scared or upset you? (Pri. 17)

Comments

1. 22% of primary school pupils ran or walked away when approached by a stranger who upset them.
2. 12% told an adult straightaway.
3. 5% reported the incident to the police but 6% never told anyone.
4. The 'none of these' column also includes the children who have never been so approached.

1. The percentage of children recording that they ran or walked away is higher than that for 1999, 22% reported this in 2000, compared with 16% in 1999.
2. The percentages of children telling adults are slightly higher than in 1999 for all the categories, for example, 12% told an adult 'straightaway' in 2000 compared with 8% in 1999.



Bicycle ownership

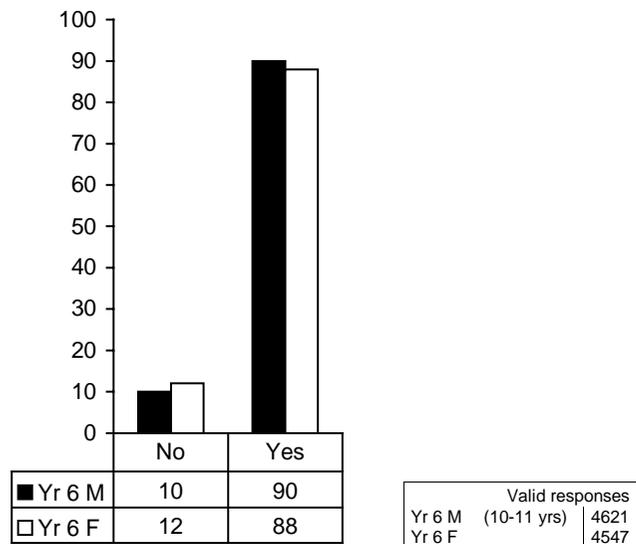
Almost 90% have a bike

Have you got a bicycle? (Pri. 23)

Comments

1. The vast majority of children report owning their own bicycle.

1. Refer also to page 10, 'safety helmets' to see the age-related differences in answers to 'When you cycle, do you wear a safety helmet?' These data suggest that although young people have access to bicycles they don't necessarily cycle, and this is particularly true for females.
2. These figures show that the majority of primary school pupils could cycle as a means of travel to school, although very few currently do so. The reasons for this, no doubt, include the lack of safe (off-road) cycle routes and the lack of facilities for parking bicycles securely at schools. It seems, however, that these current difficulties are gradually being reduced with the development of the country's cycle network infrastructure.



Alcoholic drinks

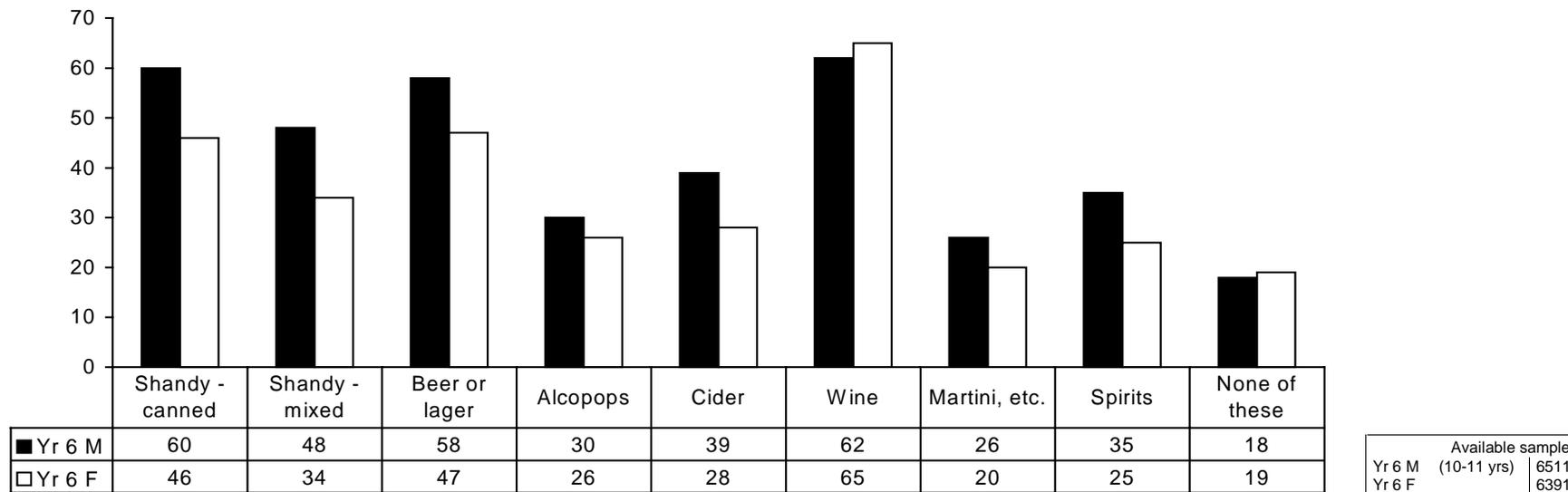
Over 62% have tasted wine

Which of these alcoholic drinks have you tasted? (Pri. 35)

Comments

1. Wine has been tasted by over 60% of Year 6 pupils.
2. Males top the list in all categories of alcoholic drink except wine.

1. The relative frequencies of the drinks are not surprising, and may reflect their availability in the home.
2. There may be some kudos in being able to say that you have tasted a variety of drinks, even if these are just sips of parents' drinks.



Alcohol in last week

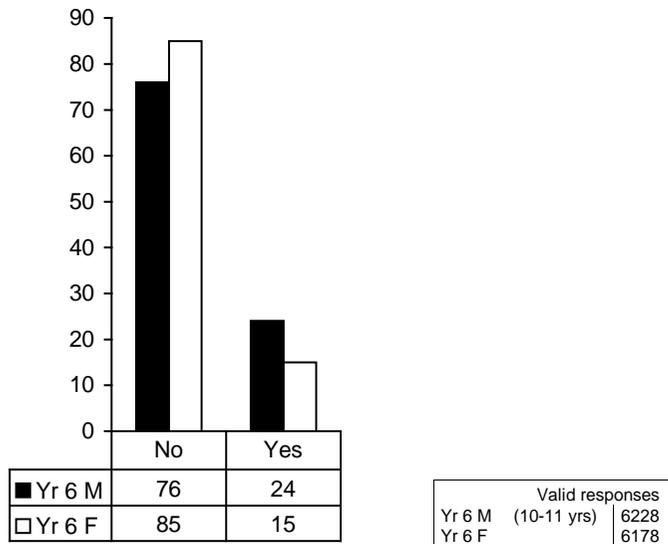
24% of males and 15% of females drank alcohol last week

Have you had an alcoholic drink (more than just a sip) in the last 7 days? (Pri. 36)

Comments

1. Almost a quarter of the males and almost a sixth of the females in Year 6 report having had an alcoholic drink in the last 7 days.

1. Does this reflect an increase in the availability of alcohol to youngsters in the home or do they have access to alcohol when they are out with parents in social settings?
2. Another question asks if parents are aware that they are drinking alcohol. The majority say that their parents always know when they drink alcohol.



Smoking

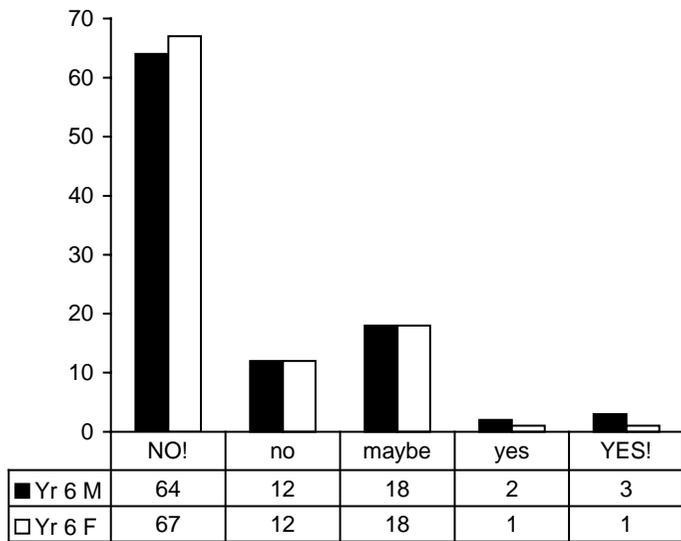
At least 20% said *maybe* or *yes*

Do you think you will smoke when you are older? (Pri. 42)

- Over 75% of these youngsters said that they don't think they will smoke when they are older.
- 5% of the males are sure that they will smoke when they are older.
- 18% of both genders are not sure if they will or not.

Comments

- By the time they have reached Year 10 only 30% of the females have never smoked at all and another 30% are regular smokers. Half of the regular smokers group say that they would like to give it up so why do they want to start in the first place?
- If the messages about the dangers of smoking could be reinforced earlier, would fewer young people take up smoking?
- As more than 20% of primary school pupils say that they might well smoke, then their perception of the dangers may be outweighed by their perceptions of smoking through role models.



Available sample	
Yr 6 M (10-11 yrs)	6511
Yr 6 F	6391

Awareness of AIDS or HIV

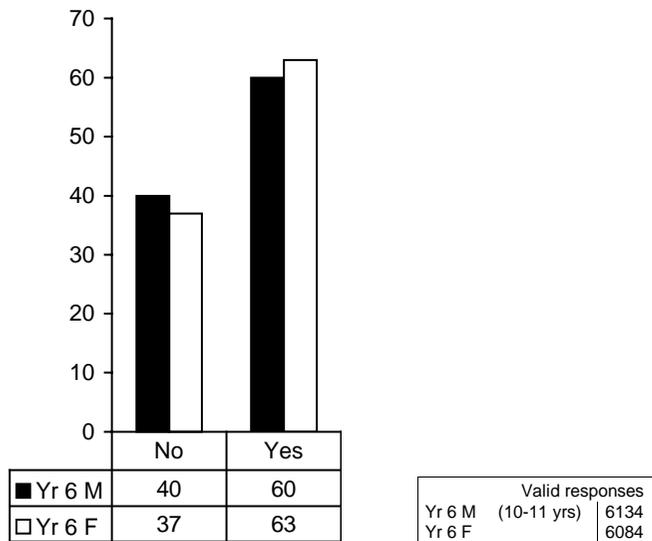
40% of males do not know an illness called AIDS

Do you know about an illness called AIDS (or HIV)? (Pri. 43)

Comments

1. 60% of males and 63% of females in the top year of the primary school age range say that they do know about an illness called AIDS.
2. This percentage is lower than the figures for 1999 (66% and 69% respectively in 1999).

1. These results seem to underline the findings from other research (see for example Balding, Regis & Wise, 1998, p21), that concern about AIDS/HIV has reduced significantly since the 1990s.
2. The follow-up question 'Have any of the following talked to you about AIDS (HIV)?' gives more detail about their sources of information.



Talking about AIDS or HIV

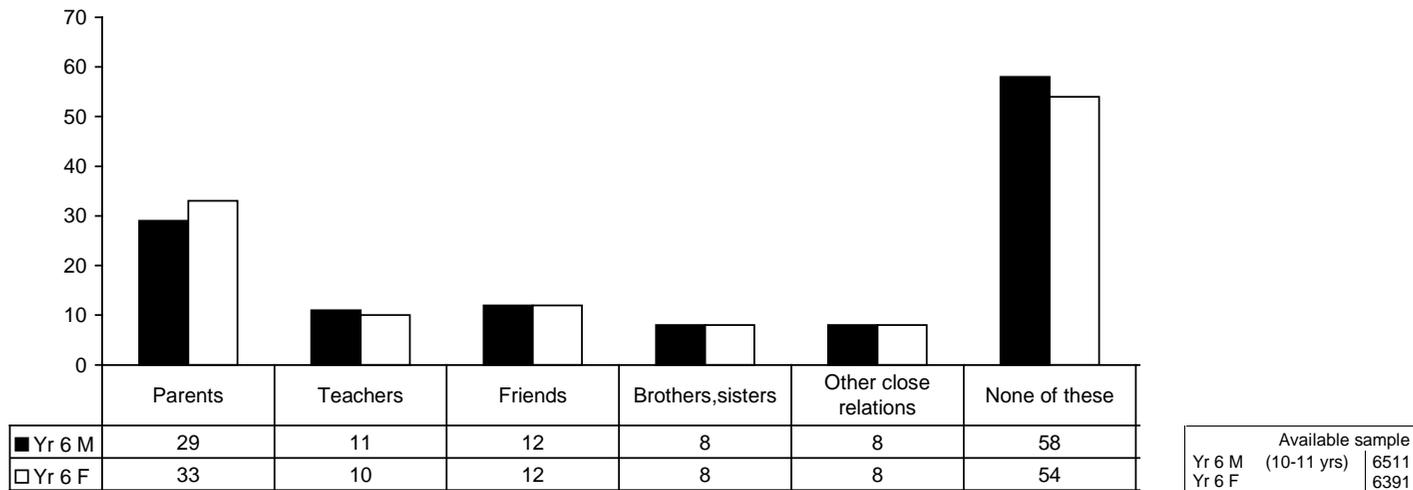
Parents are the most likely source of information

Have any of the following talked with you about AIDS (or HIV)? (Pri. 44)

1. Only about 10% of Year 6 teachers have talked to their pupils about AIDS (or HIV).
2. The highest group recorded is 'parents'. 29% of males and 33% of females have talked to their parents about this condition.

Comments

1. The proportions of youngsters who have talked with their parents about AIDS (or HIV) may well result from coverage given to the condition via media sources.
2. It is interesting to note the proportions of pupils discussing these issues with siblings, other close relations and friends.
3. Over 50% of the sample have not talked to anyone about AIDS (or HIV). This high proportion indicates that discussions about AIDS are not common within this age group.



Talking about drugs

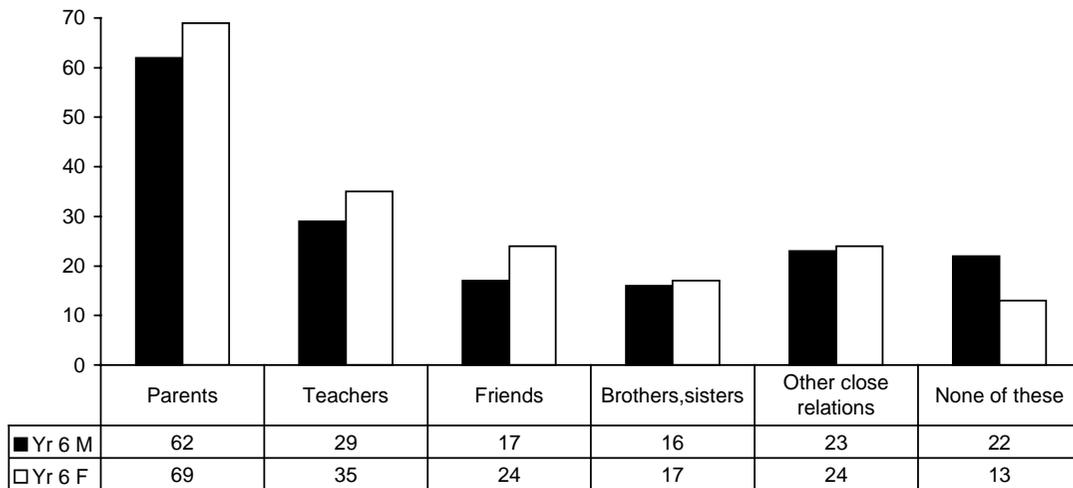
Parents are the most popular choice

Who would you like to talk to you about drugs? (Pri. 45)

1. 65% of primary school youngsters said that they would like their parents to talk to them about drugs.
2. 32% said that they would like their teachers to talk to them.

Comments

1. Parents remain by far the most popular choice. Is this a signal for literature to be made more widely available for parents in order to help them in discussion with their children?
2. Teachers can also take positive messages from this data. Pupils are keen to have accurate information and they are aware that friends or siblings are perhaps less likely to provide them with this.
3. 22% of males and 13% of females say that they do not want any of these people to talk to them about drugs. We do not know if these pupils do not want to talk to anyone at all about these issues or whether they have someone else in mind, for example their police liaison officer.



Available sample	
Yr 6 M (10-11 yrs)	6511
Yr 6 F	6391

Talking about puberty and growing up

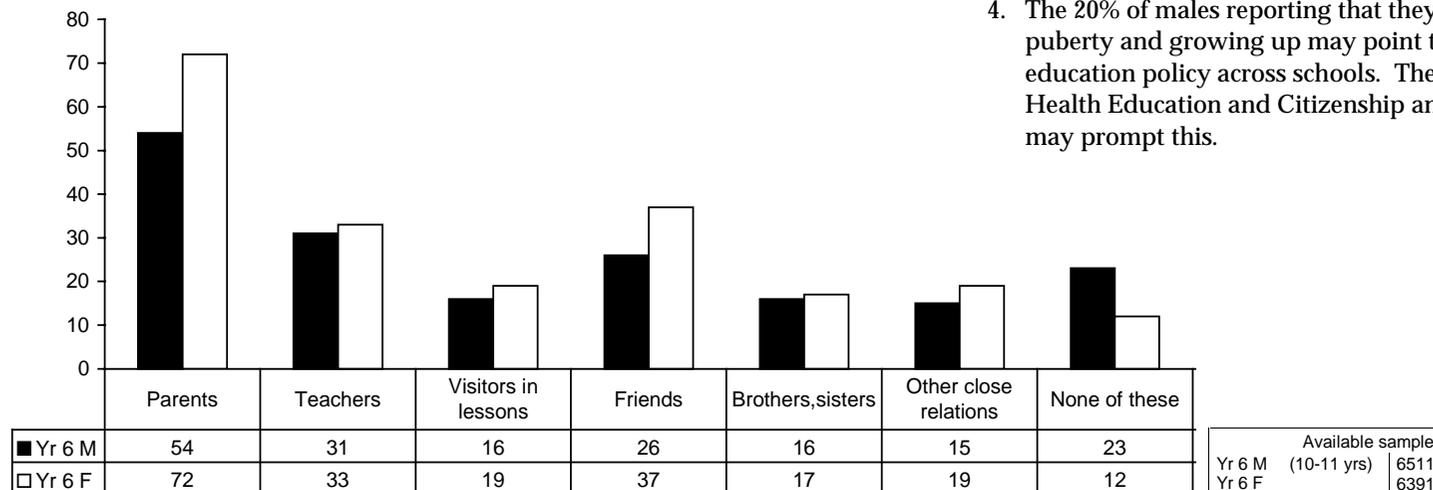
Parents are the most likely group to talk with Year 6 pupils

Have any of the following talked with you about puberty and growing up? (Pri. 47)

1. Parents are the group that are most likely to talk with Year 6 pupils about puberty and growing up.
2. Over 20% of males do not have discussions about puberty with any of the groups.
3. After parents, Year 6 pupils are more likely to talk with teachers or friends.

Comments

1. Parents remain by far the most common option.
2. There is clearly a large proportion of parents who have broached this topic with their children. For teachers this means that many children will bring some knowledge to their school lessons on puberty .
3. There is a significant gender difference demonstrated by these figures, with 18% more females reporting that parents had talked to them about puberty than males. This is most likely to be explained by the onset of menarche (first period) in girls and parental need to discuss puberty with girls before this happens.
4. The 20% of males reporting that they have not had discussions about puberty and growing up may point to the need for more systematic sex education policy across schools. The new guidelines for Personal, Social, Health Education and Citizenship and for Sex and Relationships Education may prompt this.



Pocket money

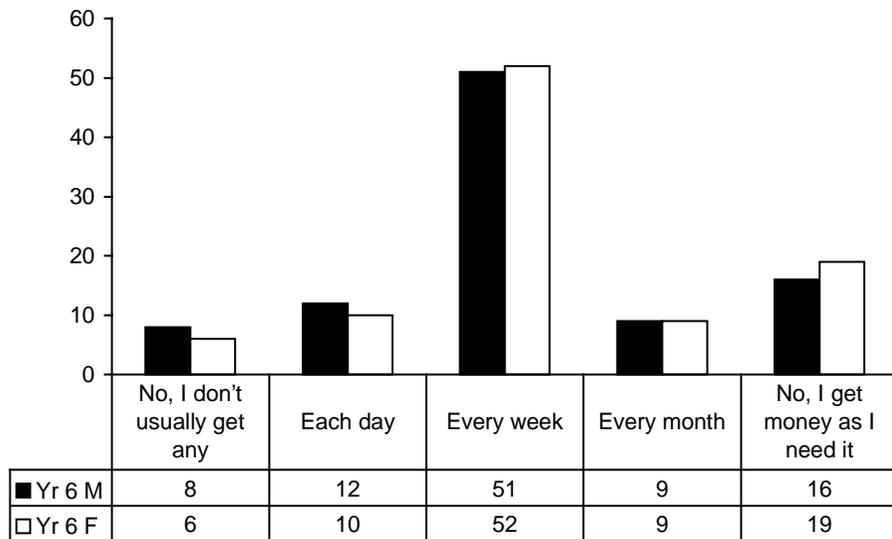
72% receive pocket money on a weekly or monthly basis

Do you usually get pocket money? (Pri. 10)

1. More than half the sample receive regular weekly pocket money.
2. 7% of respondents don't usually get any pocket money.
3. Nearly a tenth of these youngsters appear to receive a monthly allowance.

Comments

1. A significant number of pupils get money as they need it rather than as a regular stated amount.
2. Some parents appear to be trying to educate their children with the idea of budgeting by giving them a monthly allowance. However, the majority still receive their money weekly.



Valid responses	
Yr 6 M (10-11 yrs)	6412
Yr 6 F	6332

Playtime and dinner time

20% of males favour *reading quietly* compared with 29% in 1997

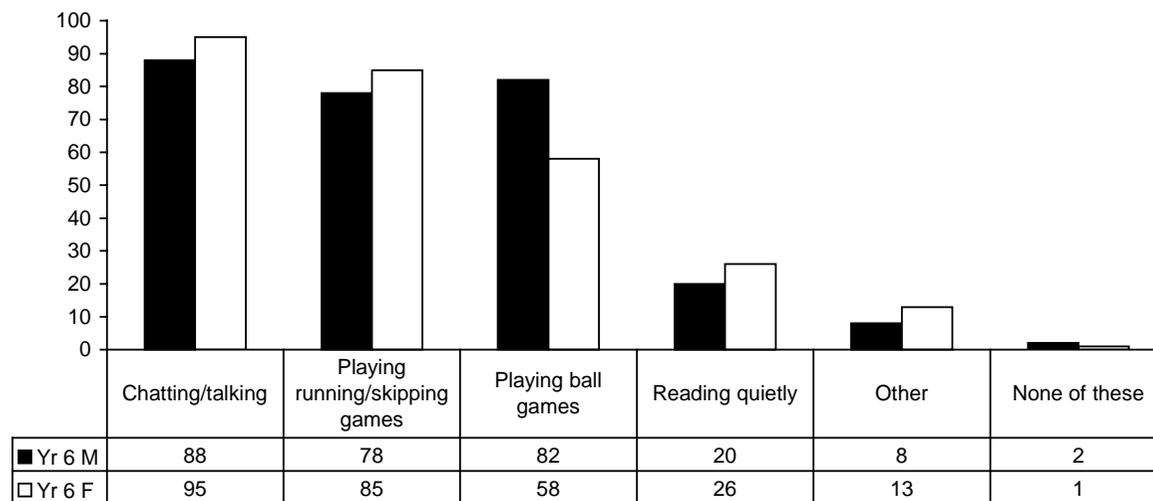
During playtimes (including dinner times), do you spend time...?(Pri. 18)

Responses to 'sometimes' or 'often'.

1. More females than males spend time chatting at playtime.
2. More males than females report playing ball games.
3. About a quarter of the females and a fifth of males report reading during playtime.

Comments

1. From the large percentage values, it is clear that most pupils do a variety of activities during their playtime.
2. Significantly more males than females take part in ball games during playtime, while more females than males report playing running or skipping games. We know that games such as football can occupy a large proportion of the available space in the playground.
3. More females than males report other activities; these often include library duties, helping with younger pupils and being monitors.



Available sample	
Yr 6 M (10-11 yrs)	6511
Yr 6 F	6391

