



1

Summary

- SHEU provides customised health and lifestyle surveys for (mostly) local authorities to use with schools, and which include topics related to RSE
- Schools and local authorities get a report of their results comparing them with LA aggregate and previous waves, which they use to shape their programmes
- SHEU have accumulated large, broad but rather scruffy data sets over the decades, which can shed light on trends and connections.
- Some, but not all, recent developments have been encouraging

2

Topics

- ▶ Experiences of RSE
- ▶ Sexual health knowledge (STIs, contraception)
- ▶ Consent, attitudes
- ▶ Knowledge of local sexual health services
- ▶ Dating relationships (inc. abuse)
- ▶ Sexual experience
- ▶ Use of contraception
- ▶ Influence of alcohol/drugs

3

3

The questionnaires

Text size A A
🔊 ?

← Talking questions

Secondary Health and Lifestyle Survey 2022

49. If you have had sex did you use a method of protection or contraception?

Never
 Sometimes
 Usually
 Always

▶ 0:00 / 0:11 🔊 ⋮

<-- Click the arrow to hear this question.

50. Have you ever taken risks with sex (e.g. not used a condom) or gone further than you would like after drinking alcohol or drug use?

No
 Not sure
 Yes

▶ 0:00 / 0:14 🔊 ⋮

<-- Click the arrow to hear this question.

If you are sure you have completed all the questions above then please press the **Next** button below.

<< Previous
Next >>

4

4

School Report (1) top 10 comparisons

Top Differences Between Example School and Anyshire Results

Key:	Interpretation
● - Better than Example average	In the chart below a coloured circle represents Example School's result, while the black line represents the mean for Anyshire. The distance between the circle and the black line indicates the size of the difference between the percentages – the greater the gap, the larger the difference.
○ - Not significantly different	
● - Worse than Example average	The colour of the circle reflects whether a difference is statistically significant and if the difference is positive (green), negative (red) or if it is not statistically significant (yellow).
↑ - Positive increase	
↓ - Positive decrease	The white space is an indication of how spread out the scores are for Anyshire pupils (± one Standard Deviation, the paler grey is the next SD).
↑ - Negative increase	
↓ - Negative decrease	

Top 10 most positive differences between Example Primary School and Example Area:

	School 2018	Anyshire 2018	
↑ Pupils who walked all the way to school on the day of the survey.	53%	42%	
↑ Pupils who feel their views and opinions make a difference to how their school is run.	35%	27%	
↑ Pupils who feel their views and opinions are listened to in school through a school/class council.	75%	68%	
↑ Pupils who travelled to school by car/van on the day of the survey.	33%	39%	
↑ Pupils who agreed that the school cares whether they are happy or not.	76%	70%	
↑ Pupils who didn't eat any portions of fruit or vegetables on the day before the survey.	5%	8%	
↑ Pupils who feel their views and opinions are listened to in their school.	55%	51%	
↑ Pupils who have been told how to stay safe while using the internet.	86%	83%	
↑ Pupils who don't enjoy physical activities 'at all'.	1%	2%	
↑ Pupils whose school encourages everyone to take part in decisions.	76%	74%	

Top 10 least positive differences between Example Primary School and Example Area:

	School 2018	Anyshire 2018	
↑ Pupils who worry about SATs/tests 'quite a lot' or 'a lot'.	52%	39%	
↑ Pupils whose parents/carers smoke.	43%	33%	
↑ Pupils who 'rarely or never' eat takeaway foods/fast foods.	26%	36%	
↑ Pupils who don't cycle.	32%	23%	

5

5

School report (2) detailed list

List of significant differences

Below we have listed some statistically significant differences between Example Academy and the whole Anyshire Secondary sample. The arrow to the left of the percentages indicates whether the figure for Example Academy is higher or lower than for Anyshire Secondary. An arrow shows if the figure for Example Academy is higher (↑) or lower (↓) than the figure in Anyshire Secondary.

Sig	School	LA	Question
↑	66%	49%	of pupils responded that a parent/carer/other adult at home, friend or sibling smokes on most days.
↑	54%	38%	of pupils responded that they were physically active for 30 minutes or more on at least three days in school in the week before the survey.
↑	34%	21%	of pupils responded that they have at least tried vaping.
↑	31%	19%	of pupils responded that they have had an alcoholic drink in the 7 days before the survey.
↑	41%	27%	of pupils responded that they have experienced at least one of the negative behaviours listed in a relationship with a current or previous boyfriend/girlfriend.
↑	39%	26%	of pupils responded that they can get condoms from a doctor/Health Centre/Health Clinic in their local area.
↑	22%	12%	of pupils responded that a boyfriend/girlfriend has used hurtful or threatening language towards them.
↑	9%	4%	of pupils responded that they think others may fear going to school because of them.
↓	47%	58%	of pupils responded that they have been feeling loved 'often' or 'all of the time' over the last two weeks.
↑	12%	6%	of pupils responded that they have bullied someone else at school in the last 12 months.
↑	56%	47%	of pupils responded that they would like to lose weight.
↑	13%	7%	of pupils responded that they are either in a sexual relationship or have had sex in the past.

6

6

Responses by schools



7

7

“ As a Deputy Head in a large secondary school I was involved in taking part in a city wide health and wellbeing survey over a period of six years. Completing the survey every two years grew in importance year on year, with the final cycle having a major impact on our SDP, PHSE curriculum, Ofsted outcomes and governor understanding. Over the six year period we moved from a small sample in two tutor groups filling in a paper survey to two year groups completing an online survey. The reports produced give graphical analysis of a wide range of issues. As a result of the survey we increased the number of PSHE workshop days for students to address issues such as smoking, drug and alcohol awareness, anti-bullying workshops. **The surveys helped Governors make a positive informed decision to allow Brook Advisory Clinic nurses on site to support students.** As a result of taking part and using the evidence provided we were able to offer more support for students which had a direct impact on improved attendance and outcomes. ”

•Deputy Head Secondary School

8

8

Responses by authorities

“ We are working on further developing and promoting our young people’s **sexual health services** in terms of web design and branding. We had a done a lot on this prior to COVID. In our 2022 survey, we asked yrs 8,10 & 12 if they had heard of the branding and service and were disappointed to learn that very few had. In part this will likely be due to the very disrupted school provision the students had experienced in the previous 2 years. Online learning and catch up education had a detrimental impact on PSHE lessons plus lockdowns impeded young people’s social experiences and . The data have alerted us to this problem and we [are] focussing on steps to improve on awareness looking to measure our success in this in the 2024 survey. ”

9

9

“ The RSE data section we had in our questionnaire gathered some useful information on **consent**, and growing up, which is useful to schools in particular and to us in LA to understand what CPD we could commission for schools or which area of RSE or PSHE we could support in schools.

My manager took the data to various strategic groups, including Sexual Health Strategies Group, headteacher forums, Health and Wellbeing Board where the data were welcomed.

Another useful set of figures is the internet safety section, where there are some sections on **online harassment** which is also invaluable to schools in planning their RSE lessons and for us training opportunities for school staff. ”

10

10

“

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

In 2013 70 % of Y10 students knew where they can get free condoms.
In 2022 85 % of Y10 students knew where they can get free condoms.

During these years we have improved our sign posting within our SHARE sessions by using more visual resources. These include photos shown on the smart boards/smart TV's; video clips of the clinics showing that they are friendly welcoming places that provide help and advice to young people.

Ideally we would of course like 100% of all students to know where they can get free condoms from, however we are aware that our Y10 sessions are mostly carried out during the autumn term and this survey is carried out during the summer term....several months after they would have been reminded of this information.

Most of our young people are not sexually active in Y10 so for them to retain information about a topic that may not be pertinent or relevant to them at this stage may be a challenge..

”

11

11

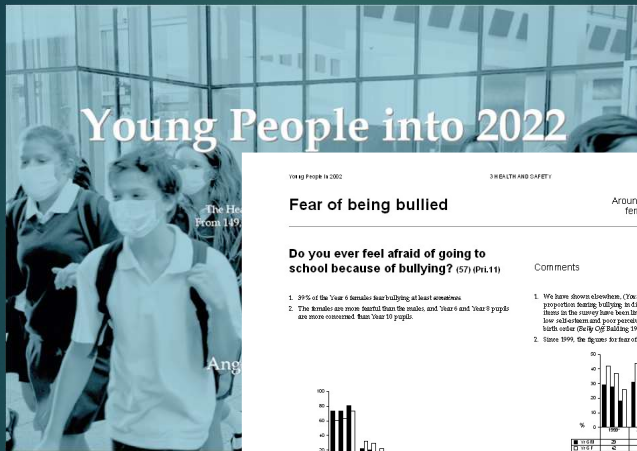
“This work includes: Involving pupils in the identification of key priorities and actions • Development and further guidance for provision mapping in schools, to meet the needs of vulnerable pupils • Use of the Inclusion Passport to improve information sharing and strategies to improve pupil outcomes for individual vulnerable pupils, particularly on transition • More in-depth monitoring of variance within social identity groups, for example Gypsy/Roma travellers and new arrivals within the ethnic minority social identity group • Targeted pupil voice to follow up emerging key issues, for example: • **Suite of guidance materials for schools and settings including new guidance on tackling homophobia in schools and supporting Lesbian, Gay, Bisexual (LGB) young people,** young people will be based on guidance on homophobia in schools free school based on Ministry of Defence and young peoples multi-agency conference looking at the education and welfare of Armed Forces children, attended by school leaders, Integrated Services, Adult Learning Services, Educational Psychology Service, Army Welfare Service, Army Families Federation and the Soldiers, Sailors & Airmen Families Association (SAFA) • Publishing a CYPS guidance leaflet aimed at Armed Forces parents outlining how they can help schools support their children at times of exercise, deployment or posting: Helping us to help you and your family • Continued support from the Quality & Improvement Service for an LA funded project aimed at supporting pupils from Armed Forces families.

”

12

12

Young People in...



Young People into 2022 HEALTH AND SAFETY

Fear of being bullied Around 38% of the 10-13 year old females have a fear of bullying

Do you ever feel afraid of going to school because of bullying? (57) (p11-11)

Comments

- 39% of the Year 6 females fear bullying at least sometimes.
- The females are more fearful than the males and Year 6 and Year 8 pupils are more concerned than Year 10 pupils.

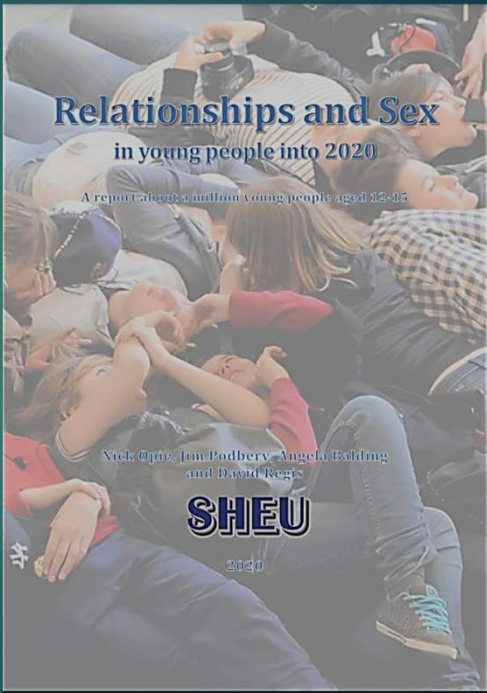
1. We have shown elsewhere (Young People's RSE Bulletin, 1999), that the proportion of young people reporting being bullied in different schools varies widely. Many think in the context of their own school with fear of bullying, about as likely as low self-esteem and poor parental control. It also affects, serious and health care (Sixty-Of-Bullying, 1996).

2. Since 1999, the figures for fear of being bullied, at least sometimes, are:

Year	Male	Female	Total
1999	15	39	27
2000	14	38	26
2001	13	37	25
2002	12	36	24
2003	11	35	23
2004	10	34	22
2005	9	33	21
2006	8	32	20
2007	7	31	19
2008	6	30	18
2009	5	29	17
2010	4	28	16
2011	3	27	15
2012	2	26	14
2013	1	25	13
2014	1	24	12
2015	1	23	11
2016	1	22	10
2017	1	21	9
2018	1	20	8
2019	1	19	7
2020	1	18	6
2021	1	17	5
2022	1	16	4

Percentages from the females remain high for this reason. This is particularly notable for the Year 6 females (13 years old) - as this group, up to 13% more females than males report being afraid of going to school because of bullying. (see also pages 25, 28 & 30.)

RSE report



Findings from the report

Headlines from 67,166 pupils aged 14-15y 2017-2019; trends from 1,004,685 pupils aged 12-15y 1985-2019

30% say their main source of sex information is their parents



43% say they have had useful sex education lessons at school



25% say it should be school



84% have heard of gonorrhoea

If they had a view, 87% say that HIV/AIDS can be treated but not cured



67% say that condoms are reliable to stop pregnancy

63% say the same of the Pill

70% say that condoms are reliable to prevent infections like HIV

15

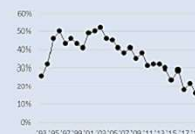
15

23% know of a local sexual health/advice service for young people



58% know where to get condoms free of charge

Awareness of local services (chart) and sexual health knowledge seem to have declined in the last decade or so.



14% say they have had sex

More likely if they smoke, have taken drugs, are gay/lesbian or are in residential care



31% report they have experienced aggressive and/or controlling behaviour from a BF/GF

More sexual activity in a group is usually associated with better sexual health knowledge but this isn't true for the low self-esteem group



26% worry at least quite a lot about their friends



67% say that, if a friend asked them to do something they didn't want to do, they could usually or always say no



5% have experienced physical aggression between adults at home

16

16

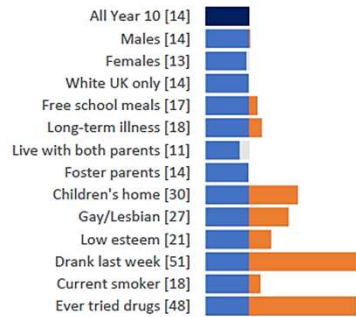
Group differences

Headline

Just under 14% of 23,746 14-15 year-old students in 2017-2019 reported that they have had sex.

Variation in Year 10

Figure 10. Percentage of pupils reporting that they had ever had sex, by different groups from a range of areas across England over the period 2017-2019 (N=23,746).



17

17

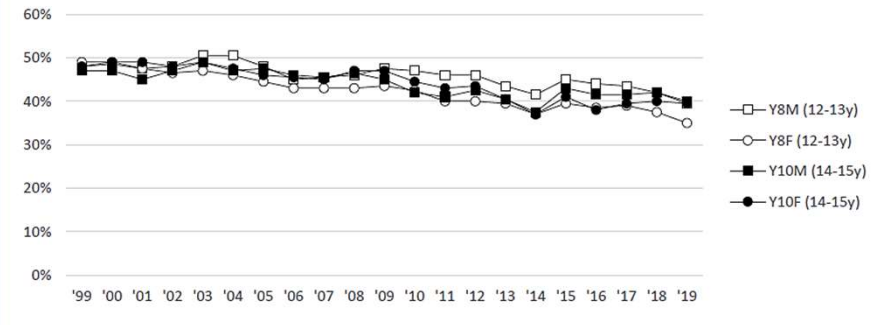
Table 2. Percentage of pupils responding to a range of relationships and sexual health questions, by different groups from a range of areas across England over the period 2017-2019 (N=67,166).

Year 10 only	All Year 10	Males	Females	White UK only	Free school meals	Long-term illness	Live with both parents	Foster parents	Children's home	Gay/Lesbian	Low esteem	Drank last week	Current smoker	Ever tried drugs
	Main source of sex information is parents	22	20	24	21	30	26	20			25	19	22	22
Main source of sex information should be school	25	27	24	27	12	18	28	13	20		19	14	18	
Never heard of gonorrhoea	15	15	15	10	17	21	16	26	19	9	15	15	10	8
HIV/AIDS can be treated but not cured	87	86	88	86	83	84	88	77	81	90	86	83	89	74
Condoms reliable to stop pregnancy	67	70	66	58	59	73	67	75	68	76	51	66	77	81
Pill reliable to stop pregnancy	63	60	67	56	57	65	58	67	49	79	48	67	79	81
Condoms reliable to prevent infections	70	72	71	77	75	69	71	56	73	78	74	72	79	80
Had sex	14	14	13	14	17	18	11	14	30	27	21	51	18	48
Local young people's sexual health/advice service	19	19	19	23	24	17	20	31	14	34	28	45	15	50
Know where to get free condoms	52	54	53	51	54	50	50	61	56	56	52	77	62	81
Useful school sex education	38	38	39	36	30	35	39	37	31	37	35	28	24	44
Worry about friends	26	19	33	28	29	26	25	27	40	44	65	32	30	28
Experienced aggression from BF/GF in the past	26	24	28	28	30	28	23	34	37	35	41	53	38	50
Experienced aggression from current BF/GF	5	5	5	5	6	6	4	9	6	11	10	16	10	15
Physical violence at home Ever	5	4	5	7	9	7	3	9		16	17	16	8	10
Physical violence at home Weekly	1	1	1	2	3	2	1	1		6	6	6	1	4
"I can usually or always say no"	67	70	65	65	61	63	68	63	47	59	43	61	68	60

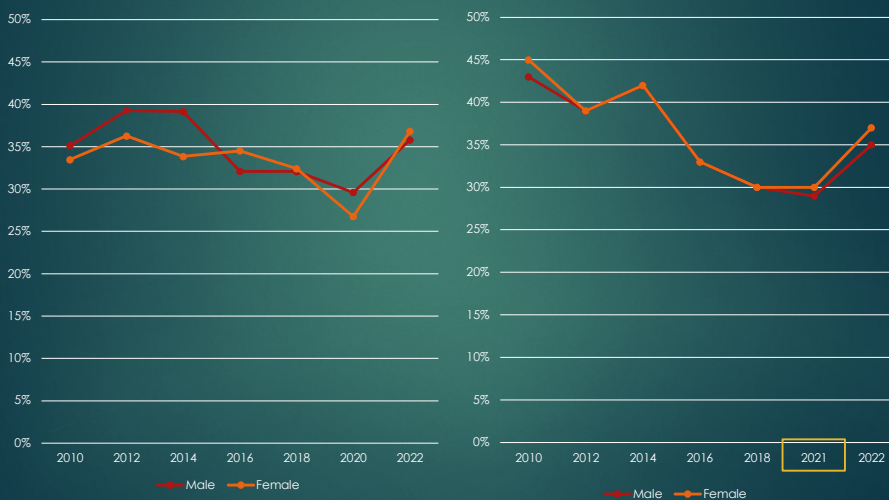
18

Trends (RSE report 2020)

Figure 32. Percentage of young people who responded that they have had useful sex education lessons, by age and sex, 1999-2019 (N=451,654). (two-year smoothing applied)

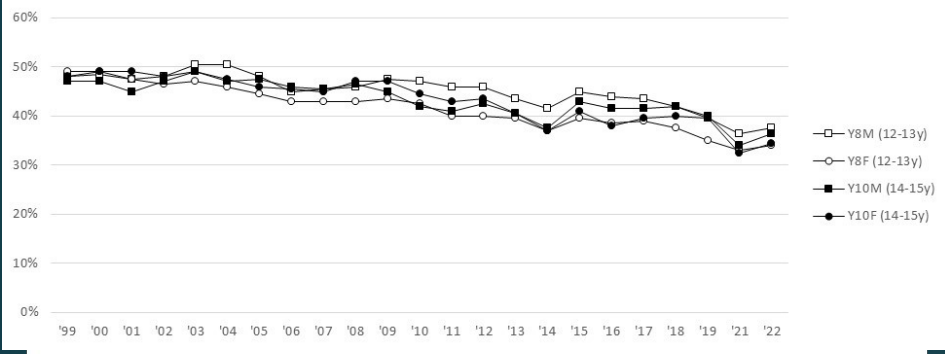


% useful school lessons about relationships and sex: two LAs



Trends (updated Spring 2023)

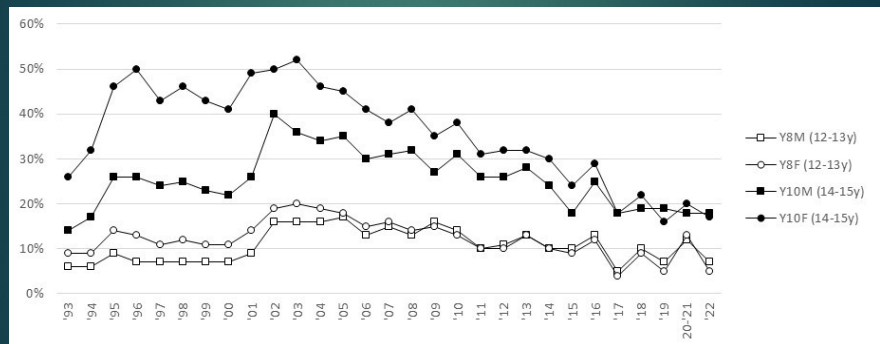
Figure 32. Percentage of young people who responded that they have had useful sex education lessons, by



21

21

Trends 2: awareness of local sexual health services for young people

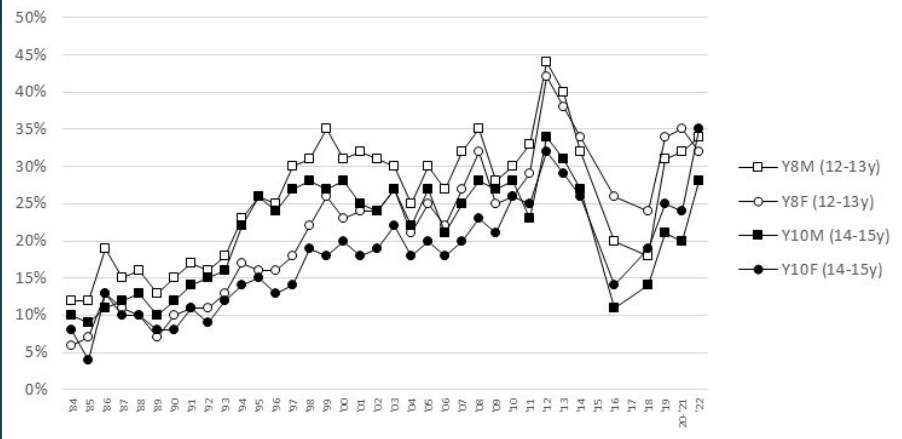


22

22

Trends 3

Figure 17. Percentage of young people who responded that their main source of sex information is

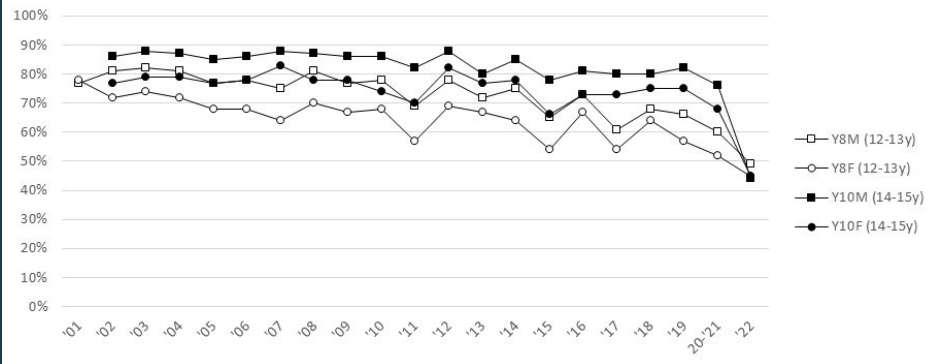


23

23

Trends 4

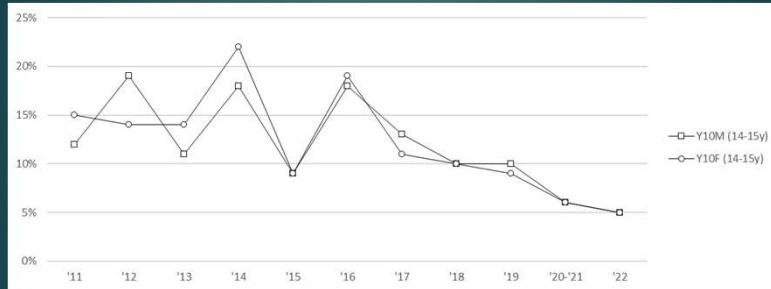
Figure 22. Percentage of young people who responded that condoms are reliable to stop pregnancy, by



24

24

Trends 5: had sex



25

25