



*FE Colleges Survey  
2006/7*

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Survey Manager**

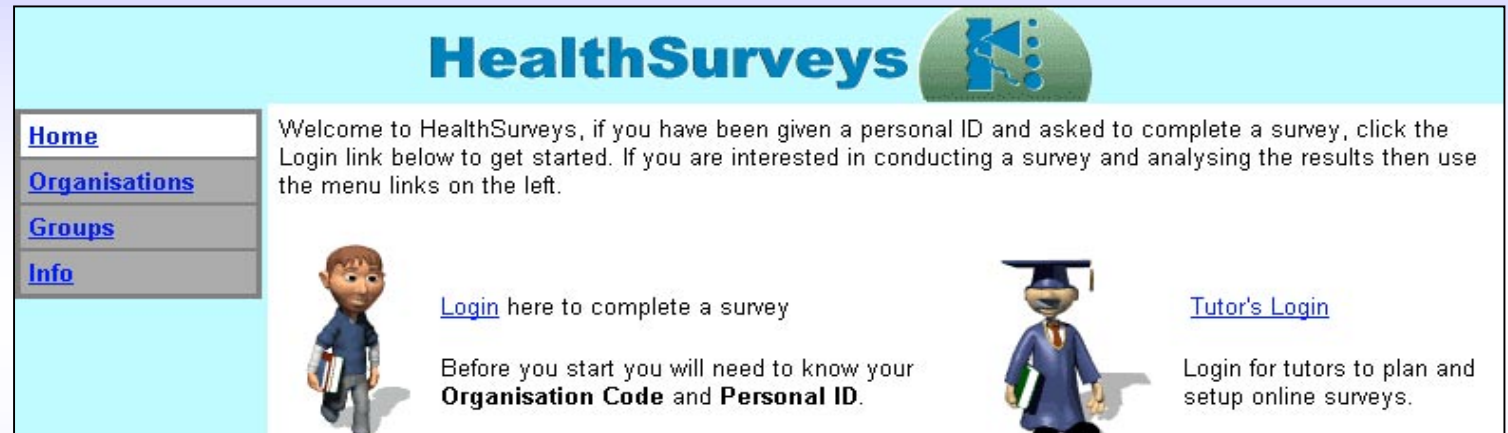
**[www.sheu.org.uk](http://www.sheu.org.uk)**


**[www.healthsurveys.co.uk](http://www.healthsurveys.co.uk)**

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# Online Surveys




**HealthSurveys** 

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Welcome to HealthSurveys, if you have been given a personal ID and asked to complete a survey, click the Login link below to get started. If you are interested in conducting a survey and analysing the results then use the menu links on the left.


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Before you start you will need to know your **Organisation Code** and **Personal ID**.

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Login for tutors to plan and setup online surveys.



 **Stonewall** education for all 

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

**What's the survey about?**  
If you're at school or a college of Further Education, and you are gay, lesbian, bisexual, or not sure about your sexuality, Stonewall would like you to tell us about your experiences by filling out this survey.

**Why are we conducting this survey?**  
We don't know a lot about young gay people's experiences in school and that makes it difficult to improve things. This survey will give us important information and help us, and other organisations, to know what is going wrong and how to put it right.

**Who are we?**  
The survey is being done by Stonewall, supported by Schools Health Education Unit.

Stonewall is an organisation campaigning for gay and lesbian people's rights in the UK. You can find out more about Stonewall on our website: [www.stonewall.org.uk](http://www.stonewall.org.uk) and, if you like, get involved in our work.

The Schools Health Education Unit (SHEU) is a research and publishing organisation that does a lot of survey work with young people. You can find out more about it on the website: [www.sheu.org.uk](http://www.sheu.org.uk).



[CLICK HERE to start the survey](#)

[uk](#) with any problems, questions or feedback on this web site.

## *2006/7 sample including...*

- Birkenhead
- Chesterfield
- Colchester
- Exeter
- Hull
- Lancashire
- Northampton
- Sefton
- Somerset
- Southport
- South Thames
- Stafford
- Stourbridge
- Sunderland
- Tyneside
- Wakefield
- Wiltshire

# *Why take part?*

- **Useful to examine how our self-assessment compares to an external one**
- **Help to move our Healthy College project forward**
- **The data would help to formulate our action plan and help develop and implement our Every Child Matters (ECM) strategy**
- **Use the findings of the survey for further evidence for the ECM section of the SAR and to further support our contribution to the Joint Area Review**
- **Use the data to take into account the students as key stakeholders in the college's ECM framework and action plan**
- **Cross reference results to our plans and make refinements as required**
- **Beneficial to be able to benchmark with other organisations and the potential to share good practice**

# Sample

50% A level, 22% BTEC, 10% HND

## Combined FE Sample 2006/07

	. Which year of your course you are in?			Total Sample (Count)
	1st	2nd	3rd or more	
Male	1641	583	78	2302
Female	2223	790	89	3102
t)	3864	1373	167	5404

34 Institutions 85% 16-17 year olds

# *ECM*

- *Being Healthy*
- *Staying Safe*
- *Enjoying and Achieving*
- *Making a Positive Contribution*
- *Economic Well-being*

# Things that keep me healthy

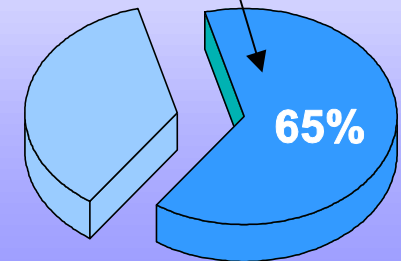
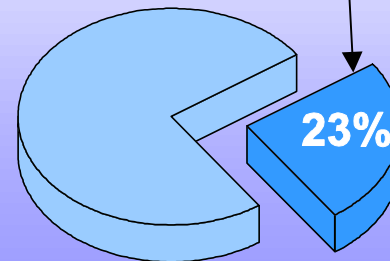
	<b>Male</b>	<b>Female</b>	<b>All</b>
Fitness/Exercise	69%	55%	61%
Diet	31%	45%	39%
Not Smoking	35%	24%	29%
Friends/Relationships	22%	33%	28%
Social life	21%	24%	23%
Sex	23%	18%	20%

# Things that make me unhealthy

	<b>Male</b>	<b>Female</b>	<b>All</b>
Stress/Worry	36%	54%	47%
Lack of sleep	36%	40%	38%
Poor Diet	27%	32%	30%
Smoking	23%	22%	22%
Alcohol	26%	19%	22%
Lack of exercise	17%	22%	20%
Too Much Work	12%	17%	15%
Laziness	17%	12%	14%

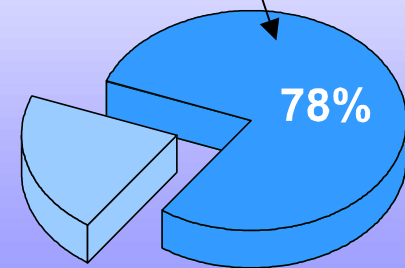
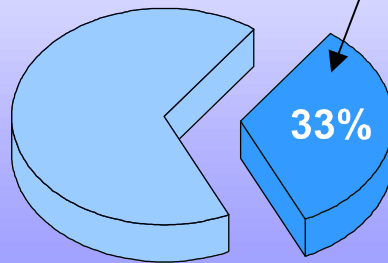
# Attitude to weight

	Male	Female	All
I would like to put on weight	23%	4%	12%
I would like to lose weight	29%	65%	50%
I am happy with my weight as it is	48%	31%	38%
Valid Responses	100%	100%	100%
	Count	Count	Count
Total Sample (Count)	2248	3039	5287



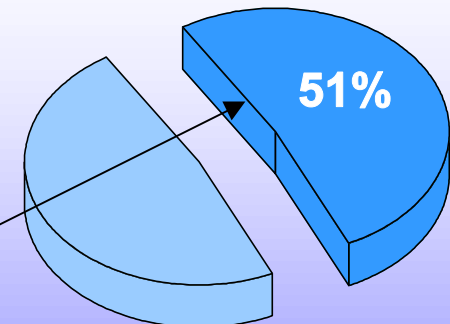
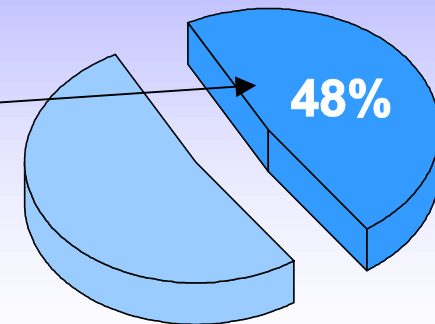
# Would you like to eat more healthily

		Male	Female	All
No		33%	14%	22%
Don't know		10%	7%	8%
Yes		57%	78%	69%
Valid Responses	%	100%	100%	100%
	Count	2115	2930	5045
Total Sample (Count)		2302	3102	5404

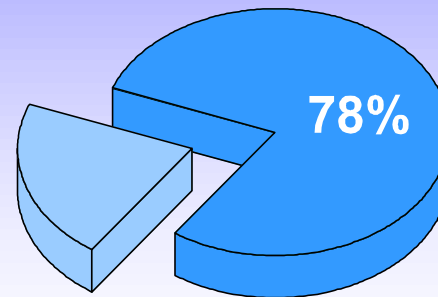
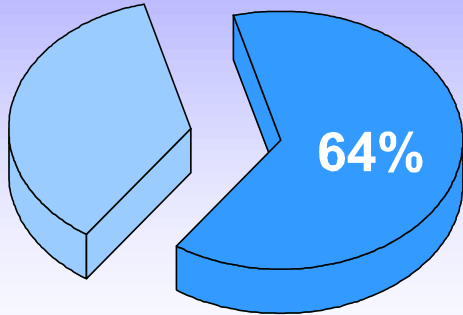


# Physical Activity - past 7 days

	Male	Female
Swimming	11%	11%
Exercises (weight training, press ups, sit ups etc.)	48%	30%
Aerobics/keep fit	8%	14%
Cycling	21%	7%
Jogging/running	41%	23%
Team sport (e.g. football, rugby, hockey, netball)	38%	7%
Tennis, squash or badminton	8%	3%
Martial arts (e.g. judo, karate)	6%	2%
Tai Chi / Yoga etc.	1%	2%
Athletics	5%	1%
Walks of 2 miles or more	49%	51%
Manual work	25%	13%
Heavy housework, DIY or gardening	17%	16%



# Would you like to take more exercise?



## Does anything stop you from exercising?

**Not enough time 56%**

**Too expensive 27%**

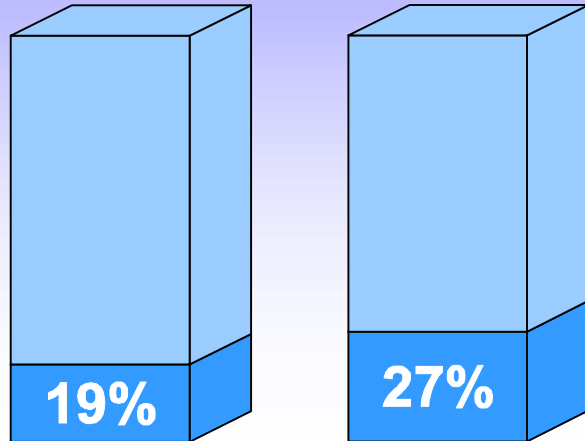
**Too far away 23%**

**Not enough time 73%**

**Feel self conscious 27%**

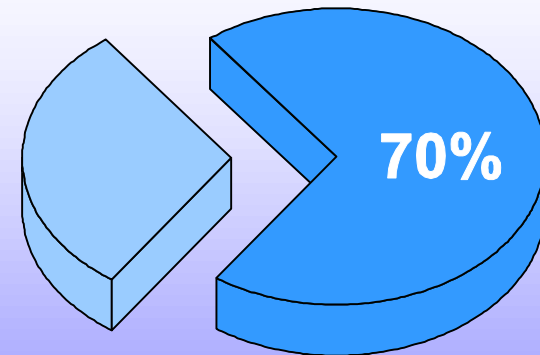
**Too expensive 38%**

# Tobacco



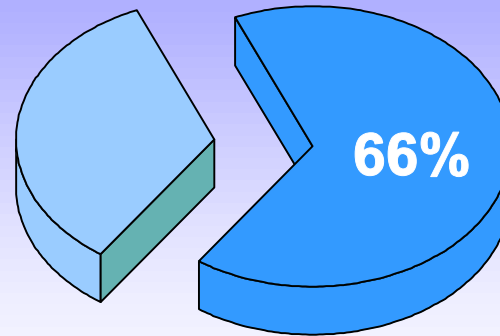
- 24% of students currently smoke
- Of these 15% have started smoking since starting college

- 70% of smokers would like to give up smoking
- 76% said they had tried to give up
- 38% said they would like help to give up



# Alcohol

→ 66% of students drank alcohol on at least 1 day the previous week

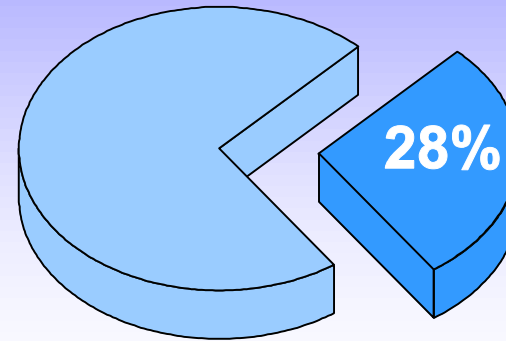


## 47: People of my age drink alcohol: % AGREE/STRONGLY AGREE

	Male	Female	All
To feel good	67%	67%	67%
To feel confident	60%	72%	67%
To relieve stress	60%	66%	64%
To feel relaxed	69%	72%	71%
To look cool	49%	50%	50%
To get drunk	80%	82%	81%
Because parents do	16%	15%	15%
Because friends do	63%	68%	66%

# Illegal Drugs

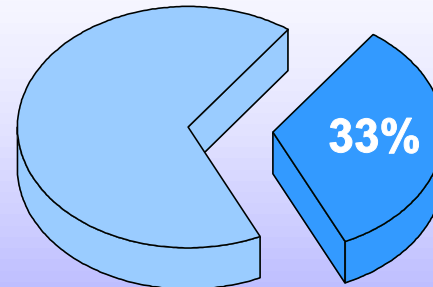
→ 28% have tried cannabis at some point



→ Current use:

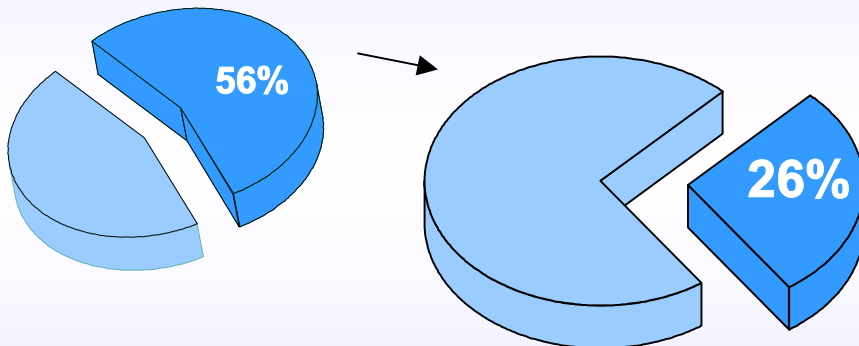
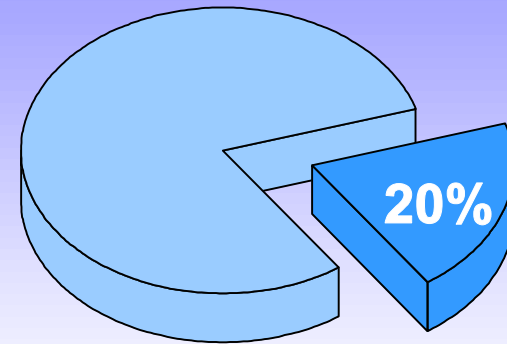
- ⇒ Cannabis 9%
- ⇒ Cocaine 3%
- ⇒ Ecstasy 2%
- ⇒ Poppers 2%

→ Of those who had tried cannabis...  
33% had tried it since starting college



# Stress

- 20% of students said that they had experienced emotional or psychological problems this term
- 36% said Yes, in the past
- 56



**26% of students said that they had received counselling**

## 25: If so was this help effective?

		Male	Female	All
No		23%	23%	23%
Not sure		35%	36%	36%
Yes, effective		42%	41%	41%
Valid Responses	%	100%	100%	100%
	Count	214	530	744
Total Sample (Count)		2302	3102	5404

# Support networks

Do you have someone you can talk to about your concerns?

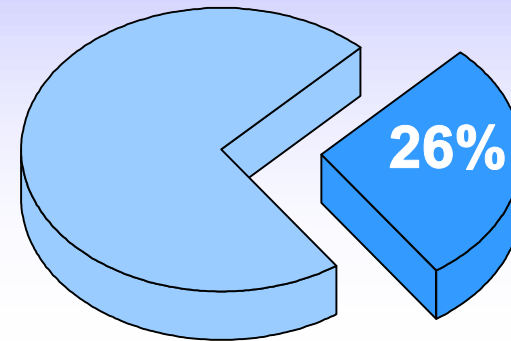
	Male	Female	All
Yes, with somebody at College	31%	37%	35%
Yes, with someone at home	43%	53%	49%
Yes, with someone elsewhere	50%	47%	48%
No, not with anybody	15%	6%	10%
Total Sample (Count)	2302	3102	5404

Is this a concern?



# Sexual health

- 30% of students said they had not had sex
- On the last occasion of intercourse 74% used contraception or other protection.
- 81% of students said that they knew where to obtain free condoms (25% from college).
- 33% thought that emergency contraception was effective only up to 24hrs, 18% said it was effective after 72 hours.



87% thought they would use a condom with a new or future partner

# *Positives*

- **69% felt like a real part of their college**
- **78% of lecturers were good or better**
- **84% said 'I am glad I am who I am'**