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# SHEU NEWS

## OVERWEIGHT AND BULLIED

Do you ever feel afraid to go to school  
because of bullying?

February 2006

### EVERY CHILD MATTERS ON THE WEB

Following our successful development and large-scale adoption of our Every Child Matters surveys for primary and secondary pupils and their parents, we have extended the service so that schools can use the surveys online.

This can raise some questions about administration and access, but enables schools to see and explore their results more quickly than if they did everything on paper -- in fact, from the moment the last person completes the survey.

If you are interested in exploring the web-based survey facilities, there is a demonstration of a questionnaire and some results to examine at...

[www.schoolsurveys.co.uk/demo.htm](http://www.schoolsurveys.co.uk/demo.htm)  
and [www.sheu.org.uk/results.htm](http://www.sheu.org.uk/results.htm)

### DID YOU KNOW...

In our 2004 annual report on the health - related behaviour of over 40,000 10-15 year olds we discovered that...

83% of 10-11 year olds don't think they will smoke when they are older. However, 65% of 14-15 year old females and 53% of males say they have smoked.

To discover if these figures have changed and explore the other information about youngsters attitudes in the 2005 report, email... [david.mcgeorge@sheu.org.uk](mailto:david.mcgeorge@sheu.org.uk)

### SIZE MATTERS

We have been seeing in our primary school surveys a proportion of young people who think they are being picked on or bullied because of their size or weight. We don't usually ask this same question in the secondary surveys, but we do ask what are the pupil's height and weight, and from this we can identify overweight, obese and underweight young people.

We also ask these secondary school pupils if they are ever afraid to go to school because of bullying. Here are some results from Year 8 males (aged 12-13y):

*Do you ever feel afraid to go to school because of bullying? (At least sometimes)*

Underweight	28%
Normal weight	24%
Overweight	28%
Obese	34%

Sure enough, heavier pupils are more likely to be bullied. When we looked at older pupils and among results for girls, overweight and especially obese pupils were again more likely to fear bullying.

We have known for a long while that the fear of bullying at school is associated with low self-esteem; it may be that the low self-esteem developed through living with extra weight in a culture obsessed with physical appearance can be a trigger for subsequent bullying.

### Reports matter

At a recent meeting of people from an authority who were planning a survey with us, one person waved a copy of a report that we wrote for them on the occasion of their last survey - and with a

Supporting the health of  
**YOUNG PEOPLE IN YOUR AREA**  
An example of a Health Related Behaviour Survey summary report

mixture of pleasure and dismay, a colleague exclaimed: "I didn't know we did that! If I'd known, I would have been able to make a lot better case for the work that I was doing last year!"

With the high turnover of staff and the pace at which so many of us work these days, perhaps it is inevitable that information about local results and reports can get lost. As well as the substantial books of tables and commentary, we are increasingly being asked to produce summary reports. So next time around, a new member of staff is more likely to find a copy of what has been done before - or to be sitting next to someone who has!

### SURVEYS - local views from your young people

SHEU surveys are usually carried out in schools and FE colleges. They are always local and always provide you with comparative data from across the country. Your information is used by your health and education authorities to inform health needs assessment and health care planning. Your schools and colleges use the information to promote health education programmes and support class work across the curriculum. How do we know all this? Because since the late 1970s we have worked hard and listened to your needs. The local nature of our services often means that we work with small and large numbers of students. Two extremes would include our work in Ealing: 6986 pupils in 57 schools using our paper based survey. Walsall: 2 individual schools funding their own surveys.

### Never before have we seen so much interest from schools

In Wiltshire, when all schools were invited to take part, the response was overwhelming. When the selection of schools was made to give a good profile of the whole authority, some disappointed primary schools agreed to fund the survey themselves because they said that the information will be so valuable to the work they have been doing.



## Schools Health Education Unit

### OFSTED SELF-EVALUATION

As part of the new inspection process, your schools are required to complete annual self-evaluations forms. The Every Child Matters agenda forms a large part of what OFSTED are now asked to report upon. If you have completed or are in the process of completing one of our HRBQ surveys there will be plenty of information from the results that can be used as supporting evidence for these forms. For example:-

#### Personal development and well-being

##### Being Healthy

(Questions throughout the survey)

4a To what extent do learners adopt healthy lifestyles?

##### Staying Safe

(survey questions about accidents, safety, medicines, cycle helmet)

4b To what extent do learners feel safe and adopt safe practices?

##### Enjoying and Achieving

(survey questions about enjoying lessons, expectations, post-compulsory education)

4c How much do learners enjoy their education?

##### Making a positive contribution

(survey questions about attendance, bullying, role as carer, voluntary work)

4d How well do learners make a positive contribution to the community?

##### Economic well-being

(survey questions about employment, income, spending habits)

To see if we have surveyed in your area please visit...

[www.sheu.org.uk/surveys/surveys.htm](http://www.sheu.org.uk/surveys/surveys.htm) and find more details of our services.

To find out how your OFSTED self-evaluation can be supported email

[angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

or Tel.01392 667272

to discuss our cost effective services.



## SURVEY

/ verb / sə'ver / [with obj.]

investigate the opinions or experience of (a group of people) by asking them questions

/ noun / 'sə:ver /

- Origin late Middle English from Anglo-Norman French *surveier*, from medieval Latin *supervidere*, from *super-* 'over' + *videre* 'to see'. The early sense of the noun (late 15<sup>th</sup> cent.) was 'supervision'.

(extracted, with thanks, from the New Oxford Dictionary of English)

## Investigation

Since 1977 SHEU surveys have been investigating young people's opinions and experience of health related behaviours.

## leads to

Complemented by our historical and comparative data, your survey results provide a unique opportunity.

## knowledge

Programmes are planned, baselines are created. A repeat survey strategy enriches your knowledge and reinforces your vision.

Contact Angela Balding for details of our cost-effective services.

Tel: 01392 667272

Email: [angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)

## CONFERENCE

## SEMINAR

When planning a conference or seminar that relates to the health related behaviour of young people then consider providing your delegates with a free report.

We publish easy-to-read data with relevant information to support your conference themes.

Your costs are kept down as we charge discounted prices that make it viable to give a free report to each delegate.

Young People reports include:

FOOD CHOICES AND HEALTHY EATING

EMOTIONAL HEALTH AND WELL-BEING including Bullying

PHYSICAL ACTIVITY

ILLEGAL DRUGS

ALCOHOL

SMOKING

MONEY

For details email: [sheu@sheu.org.uk](mailto:sheu@sheu.org.uk)



## Healthy 6<sup>th</sup> Form and FE College News

Every so often we send a simple email newsletter to many 6<sup>th</sup> Form and FE Colleges who share an interest in the healthy development of young people.

The email contains a number of Internet links that describe recent findings about young people's health related behaviour.

The following are some of the items that we shared in the last email...

A study in 2004 showed that teenagers have less brain activity in areas responsible for motivation and risk assessment, perhaps explaining why they are more likely to take part in risky activities such as abusing drugs and alcohol, develop a hard-to-kick smoking habit or indulge in under-age sex. [www.newscientist.com/channel/being-human/teenagers/dn4718](http://www.newscientist.com/channel/being-human/teenagers/dn4718)

Teenagers in the US frequently used the Internet for sexual health information, but only a few health topics of importance were considered to be well covered by the Web sites. (from:- STDs.com: Sexuality Education Online) [www.sheu.org.uk/publications/ehfreearticles.htm](http://www.sheu.org.uk/publications/ehfreearticles.htm)

One-third of US Adolescents 'Out of Shape' new study shows [www.nlm.nih.gov/medlineplus/news/fullstory\\_28734.html](http://www.nlm.nih.gov/medlineplus/news/fullstory_28734.html)

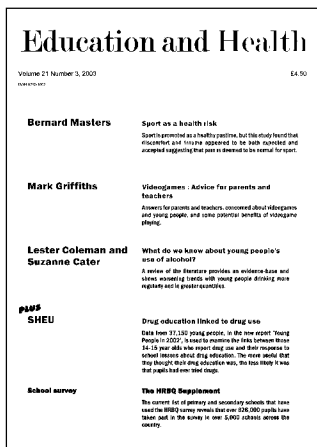
A survey of pregnancies of 13 to 19 year olds in Trent between 1994 and 1997 found that general practices with female doctors, young doctors or more nurse time had lower teenage pregnancy rates. Extract from British Medical Association 'Adolescent Health' 2003 p.40. [www.bma.org.uk/ap.nsf/Content/AdolescentHealth](http://www.bma.org.uk/ap.nsf/Content/AdolescentHealth)

Parents not peer pressure responsible for UK teenage binge drinking [http://www.ias.org.uk/publications/alert/05issue2/alert0502\\_p23.html](http://www.ias.org.uk/publications/alert/05issue2/alert0502_p23.html)

To receive the Healthy College News from SHEU please email:

[david.mcgeorge@sheu.org.uk](mailto:david.mcgeorge@sheu.org.uk)

# Education and Health



Each quarter, SHEU publishes the journal 'Education and Health'. Since 1983 it has attracted contributors from around the world and you can discover more details from the webpage... [www.sheu.org.uk/publications/educationandhealth.htm](http://www.sheu.org.uk/publications/educationandhealth.htm)

## From the archives

**You2: a sex education action plan for schools** 1990, 8 (Nov/Dec), 74-77.

Dr Nazih Fakher-Eldin described the contraceptive and counselling project that was set up in Milton Keynes in 1990. It was established following a parliamentary concern about the growing number of teenage abortions at a time when sex education was available and family planning advice could be obtained from GPs and clinics. The project, one of three, aimed to find out what was going wrong and suggest possible alternatives. The project aimed

to establish a peripatetic team to work across formal and informal settings and provide an optional contraceptive service for young people. Sex education provision in the local schools was investigated and the project worked on a series of action plans including a 'healthy school' approach and greater cooperation between health and education staff. Parental involvement was undertaken in relation to the healthy school work and a broad 'Lifeskills' approach informed seminars and teaching sessions. Pupil evaluation of the You2 project showed a positive response. The methods of delivery, of some programmes involving discussions, games and hands-on material, proved to be popular. Changes to the National Curriculum reinforced the projects findings that successful school sex education programmes could develop through the involvement of people from a range of backgrounds and experience.

## Buy E & H for as little as 40p

The individual annual subscription to the journal for 2006 remains at £20 for four issues (£5 per issue including p&p). Those wishing to purchase more for bulk distribution will find that the cost of each issue could be as little as 40p (incl. p&p), details from 01392 667272.

Email [david.mcgeorge@sheu.org.uk](mailto:david.mcgeorge@sheu.org.uk) if you are interested in contributing to the journal.

## Up-to-date

Please help us to keep you up-to-date with our news and special offers.

Email, fax or phone us.

Email: [david.mcgeorge@sheu.org.uk](mailto:david.mcgeorge@sheu.org.uk)

Fax: 01392 667269 Phone: 01392 667272

## your details

Please let us know if you wish to change your details held on our database.

We promise to send only information relating to our joint concerns about the healthy development of young people.

Rest assured that we will not pass your details to another organisation nor use your details for any purpose other than stated above.

Do tell us your preferred format (paper or email) for this newsletter.

Thank you



# SHEU

SURVEYS

## GLIMPSES THROUGH WINDOWS

The standard questionnaires that we operate for many of our surveys are often modified by local organisers, who adjust or add questions to fit local concerns or features of their communities.

We usually start a conversation about such amendments with "Oh, no we couldn't possibly..." -- because new questions are untested, possibly unreliable, and involve a lot of extra time and effort in design, printing, processing and programming -- but often end up with "Oh, all right then" -- because of course these extra or altered questions mean that the local survey gives a better picture for the commissioners. Whether it's feedback about a local service, some detail about a community issue, or a glimpse into an area of enquiry that we hadn't considered before, these 'glimpses through windows' provide local knowledge.

## CUSTOMISED

The list of customised questions ranges across every topic in the questionnaires. For example, one authority wanted to ask: "If you wanted to obtain drugs, do you think it would be easy or difficult?" [A related question was tried elsewhere: "If you wanted to obtain drugs, would you know where to go or who to ask?"].

It perhaps comes as no surprise to find that if young people report that they know a drug user, they are more likely to consider it easy to obtain drugs themselves.

So, don't be put off when it comes to finding answers. We have been meeting the needs of many authorities and organisations since our surveys started in the late 1970s. We're sure we can support your work and ask the right questions.

# 700,000 YOUNG PEOPLE COMPLETE THE HRBQ

## Guestimates

Sometime in 2006 we guesstimate that over 700,000 young people will have completed the Health Related Behaviour Questionnaire (HRBQ). This covers surveys carried out in primary and secondary schools from the across the UK. We began collating the numbers from around the early 1980s. We now also include those surveys that are completed via paper and on line. However you look at the numbers they represent a unique database resource.

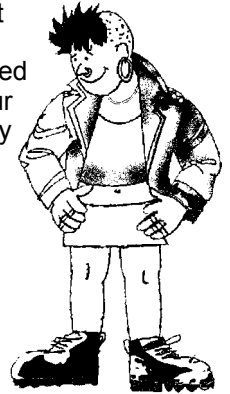
## Even bigger guesstimates

If all surveys are taken into account we think we have surveyed over one million young people since the late 1970s. This would include asking questions of young people aged eight upwards. It would also include the range of surveys that we have completed that are not specifically health related. But we still haven't included our survey work with adults e.g. GPs Improving Practice survey, NHS IT Skills survey and School Governors and Sex Education Survey.

## Who you gonna call

Is it any wonder that when you want a reliable and respected Unit to carry out your young people survey with data analysis and easy-to-read reports... you think of us.

For details -  
Tel: 01392 667272  
or email  
[sheu@sheu.org.uk](mailto:sheu@sheu.org.uk)



## EVERY CHILD MATTERS survey

SHEU are working with local authorities on our 'Every Child Matters' survey. This is a survey of parents, children and young people from schools in the county. The survey has six key areas:

- ✓ Being Healthy
- ✓ Staying Safe
- ✓ Enjoying and Achieving
- ✓ Economic Well-Being
- ✓ Making a Positive Contribution
- ✓ Inclusion

The questionnaire is four pages with a simple tick-box design that can be readily completed by everyone. Each school receives a set of tables and a comparative report which shows their profile of results in the context of other schools in the area.

### TRENDS SPECIAL OFFERS

**Young People's Food Choices:** Attitudes to healthy eating and weight control: 1983-2001 (£10 incl.p&p)  
The report, 40 printed A4 pages - comb bound, covers 13 topics

**Young People and Smoking:** Attitudes to cigarettes: 1983-2001 (£10 incl.p&p)  
The report, 40 printed A4 pages - comb bound, contains 13 topics

**Young People and Alcohol:** Attitudes to drinking: 1983-2001 (£10 incl.p&p)  
The report, 40 printed A4 pages - comb bound, contains 13 topics

**Young People and Emotional Health and Well-Being** (including Bullying) 1983-2003 (£15 incl.p&p)  
The report, over 50 printed A4 pages - comb bound, covers 17 topics

**Young People and Physical Activity:** Attitudes to and participation in exercise and sport 1987-2003 (£10 incl.p&p)  
The report, 40 printed A4 pages - comb bound, covers 19 sports and activities (outside of school) on a weekly basis

**Young People and Illegal Drugs:** Attitudes to and experience of illegal drugs 1987-2004 (£10 incl.p&p)  
The report, 40 printed A4 pages - comb bound, includes figures about illegal drugs

**Young People and Money:** Attitudes to earning, spending and saving money 1983-2004 (£10 incl.p&p)  
The report, 40 printed A4 pages - comb bound, includes figures about earning, spending and saving money



No	Publication	RRP	OFFER PRICE incl. p&p	Total
	TRENDS Young People's Food Choices	£10	£5	
	TRENDS Young People and Smoking	£10	£5	
	TRENDS Young People and Alcohol	£10	£5	
	TRENDS Young People and Emotional Health	£15	£5	
	TRENDS Young People and Physical Activity	£10	£5	
	TRENDS Young People and Illegal Drugs	£10	£5	
	TRENDS Young People and Money	£10	£5	

7 TRENDS for £35  
instead of £75

Total amount \_\_\_\_\_

To: Schools Health Education Unit, FREEPOST NATW1714, Exeter EX4 3BF Tel: 01392 667272 Fax: 01392 667269 Email: [sheu@sheu.org.uk](mailto:sheu@sheu.org.uk)

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