

SHEU NEWS

An occasional newsletter – September 2014

HEALTH-RELATED BEHAVIOUR SURVEYS

nationally-recognised, since 1977,
as the specialist provider of reliable local survey data about young people's health and wellbeing

CHILDREN & YOUNG PEOPLE



POLICY & STRATEGY

"... it is important to collect specific local information on various aspects of young people's behaviour... SHEU carries out similar surveys across England each year using standard questions. Thus responses from local pupils can be compared to the average response across England in any given year"... "Aggregate results are sent to participating schools and to NHS (*name*). In this way, findings can influence health policy and strategy at both school and district level."

Sunderland Joint Strategic Needs Assessment

Please contact Angela Balding for more details.
Telephone 01392 667272 or email: angela.balding@sheu.org.uk

*"Our school took part in this year's 'Growing Up In North Yorkshire' survey.
We have always found the survey results hugely helpful in informing our PSHCE & SMSC programme."* Headteacher



PAPER-BASED SURVEYS

The local nature of SHEU's lifestyle survey services can often mean that we work with small numbers of schools involving 300 young people or larger surveys involving 10,000 young people. For some schools, handing out paper questionnaires may be the easiest way to conduct the lifestyle survey.

ONLINE SURVEYS

An increasing number are keen to survey online. SHEU's website runs online surveys for schools and colleges. We have found that our surveys give robust data via online or paper-based questionnaires. Often the final decision about which survey method to use can depend on the availability and ease of access of computers in schools and colleges.

For more information please visit:

<http://sheu.org.uk/content/page/online-surveys>

YOUR NEEDS

We can adapt the content of the questionnaire to suit any local requirements you may have. We usually suggest that authorities aim to survey Years 4 and 6 in the primary schools and Years 8 and 10 in the secondary schools so that we can give you good comparative data against our wider data banks but you may have something else in mind.

COSTS

Online survey costs are £150 per primary school and £500 per secondary school for as many pupils/year groups as you like. If schools opt for the paper-based version, costs are £4 per primary questionnaire and £5 per secondary questionnaire (approx. £240 per primary school and £1000 per secondary).

“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, PSHE curriculum, Ofsted outcomes and governor understanding. 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 Sec. School”

AUTHORITIES

Authorities we are working with include: BaNES, Bedfordshire, Bradford, Bristol, Cambridgeshire, Cornwall, Croydon, Devon, Dudley, Ealing, Essex, Gateshead, Greenwich, Guernsey, Haringey, Hertfordshire, Isle of Wight, Islington, Kingston, Kirklees, Knowsley, Lambeth, Lewisham, Newcastle, North Yorkshire, Oldham, Plymouth, Richmond, Rochdale, Solihull, Somerset, Southwark, Stoke, Suffolk, Sunderland, Surrey, Swindon, Wakefield, Warrington and Wolverhampton.

FREE RESOURCES



... JOIN the EMAIL LIST

#SHEUres Research Links

Free updates to research about young people's health and wellbeing



SHEU Bytes

Nuggets of information about C&YP H&WB supplemented with Internet links



... ARCHIVE

#SHEUres Archive

3 age groups and 8 topics including Food, Drugs, Exercise, SRE, Health etc.

PSHE and SHEU

PSHE and SHEU

Support with planning PSHE in your school

“The (SHEU survey) helped us to prioritise where we needed to be in terms of PSHE education. We delivered assemblies based on the evidence as well as curriculum development, and dealt with whole school issues – particularly in regard to pastoral care. The answers received to the question on the survey Who are you most likely to approach if you needed help worried staff as teacher was not a popular answer. Subsequently the staff asked themselves why this had happened and what needed to be done to address the issue. There was more emphasis on wider aspects of PSHE education delivery, which needed more attention. To summarise, the (SHEU survey) allows the PSHE department to assess the impact of teaching and learning and modify future lessons accordingly. It allows our school to look at whole school issues such as the extent to which the pastoral care system is meeting the needs of our pupils. It helps us to do need analysis of our pupils. It helps to provide important evidence for SEF / the extent to which we are meeting wellbeing indicators / National Healthy School standards.”
Secondary School Head

Autumn Spring-clean

We've revised the SchoolSurveys website to improve the design and add some more functions for schools and other clients.

Let us know what you think: www.schoolsurveys.co.uk/

We've updated the SHEU website to facilitate easier access and highlight our many services.

Let us know what you think: <http://sheu.org.uk>

We've added new photo's to the SHEU Twitter page.

Let us know what you think: <http://twitter.com/sheuexeter>

Intellectual property

Please note that we have worked hard on our questions over the years and regard our questions and questionnaires as our intellectual property. We are usually accommodating regarding reasonable requests for permission to use our questionnaires in whole or in part, but we will pursue unauthorised use.

Welcome local trends

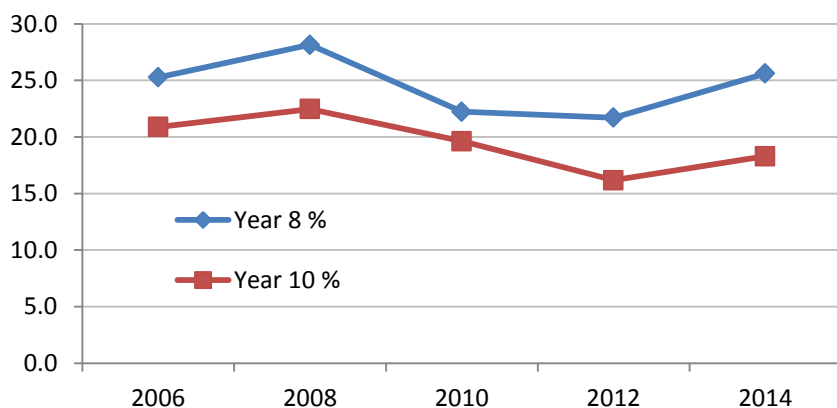
Evidence strongly suggests a recent increase in the marriage rate at SHEU. Congratulations to Jim and Fran, Angie and Suzy, and Jane and Chris.

Trending on SHEU

With the commitment of local authorities to biennial surveys, substantial series of trends can be built up. We can do a lot more with these sets of figures than with single 'snapshot' surveys. Here are a set of results for 5-a-day from one local authority over the last decade: are they turning the tide?

50: How many portions of fruit and vegetables did you eat yesterday? 5+

		2006	2008	2010	2012	2014
Year 8	Count	2300	2942	3972	3893	3096
Year 10	Count	2322	3259	4226	3976	3084



E & H

EDUCATION and HEALTH

Published since 1983, E & H is now available as an **open access online journal**.

<http://sheu.org.uk/eh>

Recent articles:

"Spark Awareness, Brighten Futures": Raising aspirations to tertiary education in disadvantaged communities through sport

Adolescent trolling in online environments

Parents' Perspectives on the Good Childhood Report 2013: A Qualitative Study

Preventing smoking among nine to ten-year-old children using a novel school-based physical activity intervention: Overview of SmokeFree Sports

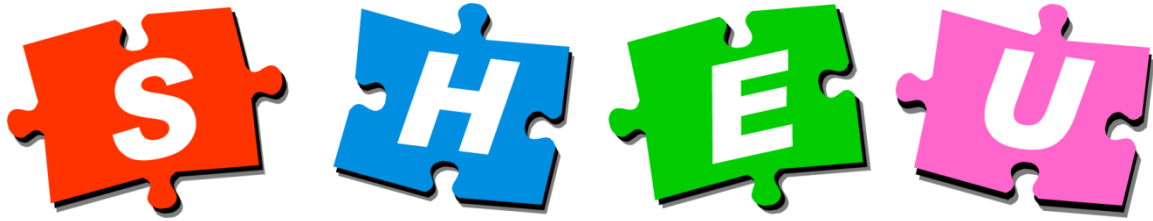
Self-reported health and health behaviours of women students in an English and an American University

One, Two, Three Strikes and You're Out? Examining Youth Physical Activity in the Context of the Health Promoting Secondary Schools Model and Teacher Job Action

E&H regularly attracts articles from around the world and we welcome new contributors. To submit an article, up to 3000 words, please email the Editor:

david.mcgeorge@sheu.org.uk

Look forward to your company in the next issue.

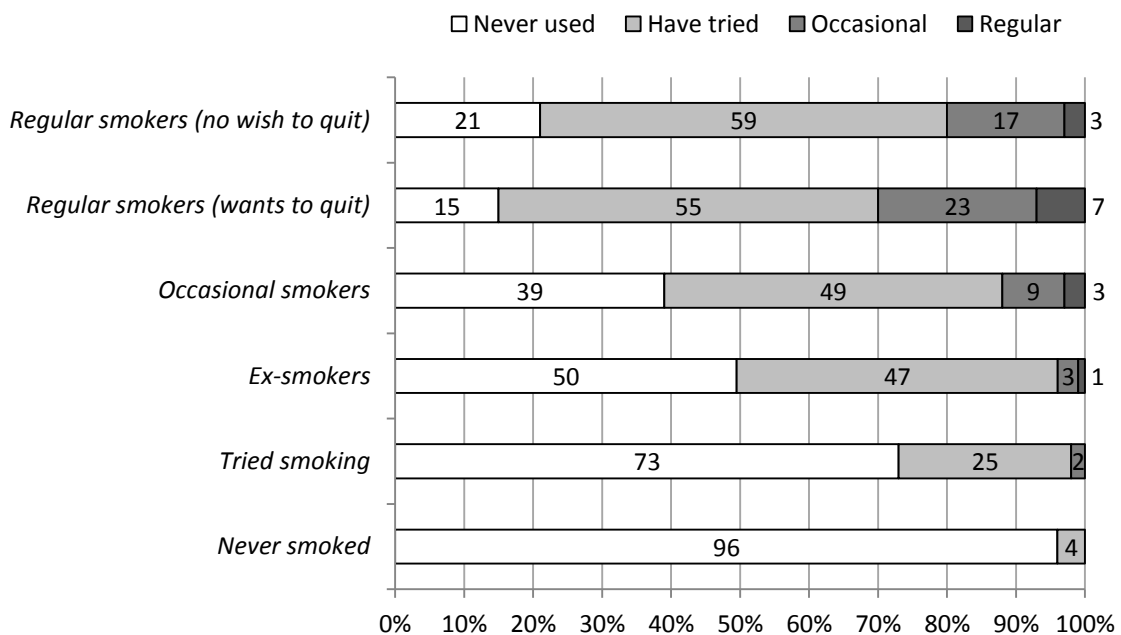


SHEU surveys support schools and colleges promoting health and wellbeing through behaviour change
 For more information about our work go to <http://sheu.org.uk/>

E-cigarettes

- There is some anxiety about the appearance of nicotine dispensers which use inhaled vapour, or 'e-cigarettes'. Adult smokers, particularly those who want to stop smoking, are known to be users of these products, as are young people. Can we find any evidence of a connection between smoking cigarettes and the use of e-cigarettes? Are they a gateway to tobacco use?
- In a recent local study, 11% of secondary pupils in Years 8 and 10 responded that they have at least tried an electronic cigarette, while 2% said they use one 'occasionally' or 'regularly'.
- We then looked at any links between e-cigarette use and smoking cigarettes.

% of Year 10 pupils reporting use of e-cigarettes by smoking status (N=2283)



- Current smokers are much more likely to use e-cigarettes, whether occasionally or regularly, than non-smokers. Among regular smokers who don't want to give up, we find 20% are at least occasional users of e-cigarettes. The group most likely to use e-cigarettes regularly are those who want to give up smoking cigarettes, with 30% using occasionally or regularly.
- No never-smokers are current users of e-cigarettes (occasionally or regularly), and only a few have been tempted to try, so it doesn't look like these products are much of a gateway.
- But could this be falsely reassuring? If the never-smokers who are tempted to try e-cigarettes quickly go on to try tobacco itself, they would then transfer from the end of the "Never smoked" bar to the end of bars higher up, consistent with the results we actually see. The conversion rate would have to be high and the timescale short, however, for us to find none at all in the bottom row.

THE SHEU WEBSITE

<http://sheu.org.uk>

Free resources for those involved with the health and wellbeing of young people

"I know of no other similar way of quickly accessing research about young people across disciplines and sectors."