

Supporting the Health & Wellbeing of Children and Young People in HARINGEY

A summary of the Health Related Behaviour Survey 2019

These results are the compilation of data collected from children and young people in schools in Haringey during 2019. This survey was commissioned by the **Haringey Public Health Team** to collect reliable information about young people's learning and wellbeing.

Collecting the figures

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire. The sample sizes are shown in the table below.

Completed questionnaires were then returned to SHEU in Exeter for processing. Some of the schools conducted the survey online.

Where figures are also given in a chart, they are shown in bold.

Comparisons

Comparisons have been made between the figures from Haringey and the SHEU wider figures, and a table summarising the most important significant findings are shown on pages 3 and 5.

Trends

This study follows a similar study in 2009, 2013, 2015 and 2017. Where changes can be seen in the figures from the borough in 2017, these are noted on page 8.

2782 young people were involved in the 2019 survey:

School Year	Year 4	Year 5	Year 6	Year 8	Year 10	Total
Age	8-9	9-10	10-11	12-13	14-15	
Boys	284	55	410	389	290	1428
Girls	282	58	402	323	222	1287
Total	576	114	819	722	551	2782

*68 pupils didn't select male or female

Topics in this report:

Being healthy:

Healthy eating; physical activity; health services; smoking, drinking and drugs; sexual health

Staying safe

Emotional health and wellbeing

Economic wellbeing & family background

Making a positive contribution

SHEU Schools Health Education Unit

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The Unit specialises in questionnaire surveys of children and young people for Local Authorities, voluntary agencies, charities, schools and colleges and other partnerships. SHEU is also able to undertake consultation, monitoring and evaluation exercises, and bespoke research.

In partnership with the Schools Health Education Unit

Haringey
LONDON

SHEU

Haringey Primary school pupils in Years 4-6 (aged 8 - 11)

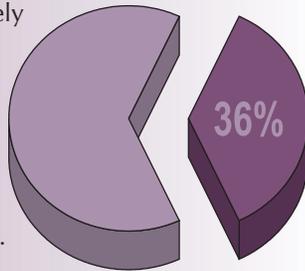
BACKGROUND

- 27% of pupils described themselves as White British.
- 23% described themselves as Black/Black British, 20% as White other and 10% as Asian or Asian British.
- 97% live with mum, 80% live with dad, 10% live with other family members like grandparents and 1% live with other adults.

BEING HEALTHY

HEALTHY EATING

- 5% of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey.
- 26% of pupils had plain cereal for breakfast and 33% had toast, bread or bagels on the morning of the survey. 15% had fruit for breakfast, 3% had a chocolate bar or sweets.
- Pupils were asked to identify, from a list, the foods which they ate 'on most days'. 68% of pupils said they have fresh fruit and 44% said vegetables/salad. 16% said crisps and 18% said sweets 'on most days'.
- 6% of pupils said that they 'rarely or never' ate fresh fruit. 14% said they 'rarely or never' had vegetables/salads.
- 36% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey**, 8% had eaten none.
- 81% of pupils said they can get water at school, 17% said 'not easily'.
- 18% said they never have school dinners.
- Of those who have school dinners, 31% of pupils said that they enjoy school meals 'quite a lot' or 'a lot', 21% said 'not at all' and 48% said 'a little'.



Dental care

- 85% of pupils responded that they cleaned their teeth at least twice on the day before the survey. 2% said they didn't clean their teeth at all the day before.

PHYSICAL ACTIVITIES

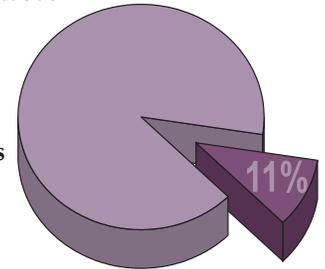
- 92% of pupils agreed that they enjoyed taking part in exercise and sport.
- 88% agreed that they feel confident when they exercise or take part in sport.
- 78% agreed that they find exercise and sport easy.
- 97% said they understand why exercise and sport are good for them.
- The top four physical activities last week were:**

	Boys		Girls
Football	69%	Going for a walk	53%
Running races/tag	54%	Running races/tag	52%
Going for a walk	50%	Dancing	44%
Basketball	30%	Football	38%

DRUGS, ALCOHOL AND TOBACCO

Drugs

- 34% of Year 6 pupils said they have learned about drugs at home while 60% of pupils have learned about drugs at school; 21% haven't learned about drugs in either place.
- 11% of Year 6 pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs (not as medicines).**

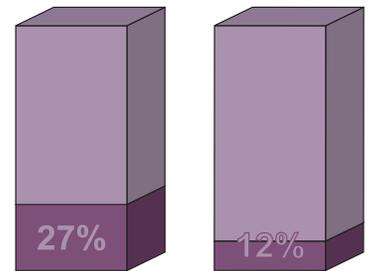


Alcohol

- 36% of Year 6 pupils said they have learned about alcohol at home while 56% of pupils have learned about alcohol at school; 23% haven't learned about alcohol in either place.

Smoking

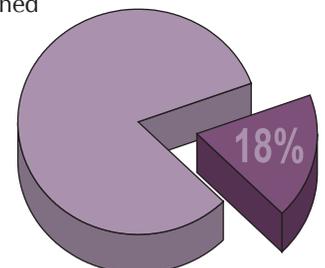
- 27% of pupils said that they live with someone who smokes.**
- 12% said that someone smokes inside their home.**



- 37% of Year 6 pupils said they have learned about cigarette smoking at home while 56% of pupils have learned about smoking at school; 22% haven't learned about smoking in either place.
- 5% of Year 6 pupils said that someone at home smokes shisha; 15% said they weren't sure.

PUBERTY AND GROWING UP

- 41% of Year 6 pupils said they have learned about puberty and growing up at home while 76% of pupils have learned about it at school; 11% haven't learned about it in either place.
- 42% of Year 6 pupils said they have learned about respectful relationships at home while 64% of pupils have learned about them at school; 15% haven't learned about them in either place.
- 24% of Year 6 boys and 56% of Year 6 girls said they have learned about periods at home while 59% of Year 6 pupils have learned about them at school; 28% of boys and 15% of girls haven't learned about them in either place.
- 18% of Year 6 pupils said there were other things about growing up that they wanted to know.**

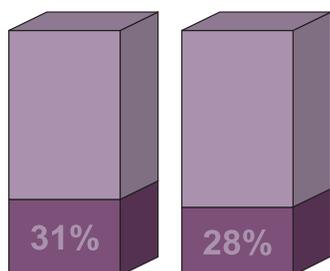


- 28% of Year 6 pupils said they have learned about human reproduction at home while 63% of pupils have learned about them at school; 23% haven't learned about them in either place.

- 23% of boys and 22% of girls said they worried 'quite a lot' or 'a lot' about body changes as you grow up.
- 48% of boys and 45% of girls said they 'never' worried about body changes as you grow up.

EMOTIONAL HEALTH & WELLBEING

- 91% of pupils are 'quite' or 'very happy' with their lives at the moment; 2% are 'very unhappy'.



- 31% of boys and 28% of girls in Year 6 had high self-esteem scores.**
- 6% of pupils had low self-esteem scores.
- 83% of pupils said they worried about at least one of the items listed in the questionnaire.

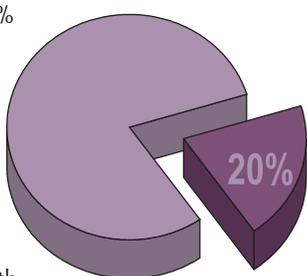
- The top 5 worries were as follows:**

	Boys	Girls
SATs/ tests	39%	48%
Environment	35%	Knives/guns 40%
Gangs	34%	Crime 37%
Knives/guns	33%	Environment 36%
Crime	31%	Gangs 36%

- 62% of pupils said they 'always' have someone to talk to if they are worried about anything, 33% said sometimes; 5% said they didn't have anyone to talk to if they were worried.

STAYING SAFE

- 4% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying. 28% of pupils said 'sometimes' and 69% said 'never'.
- 20% of pupils responded that they have been bullied at or near school in the last 12 months.** 14% said they told an adult about this.
- 49% of pupils responded that they think their school deals with bullying well, while 31% said they 'don't know' and 20% said it didn't.
- 15% of pupils responded that they have been pushed or hit in the last month; 12% said they had been ignored or excluded.
- 71% of pupils have access to a bike, of those who said that they cycle, 45% said they wear a safety helmet 'usually or always'.
- Of those who travel by car, 79% said they 'usually or always' wear a seatbelt.



LEISURE TIME

- In their own time the previous week, 60% of pupils have watched TV and 32% have watched films.
- Other top leisure activities last week were as follows:**

	Boys	Girls
Online gaming	60%	Reading a book 68%
Homework	53%	Homework 65%
Reading a book	53%	Chatting online 39%
Playing sport	41%	After school club 36%
After school club	34%	Going for a walk 34%

MAKING A POSITIVE CONTRIBUTION

- 4% of pupils spent time volunteering in the previous week.
- 74% of Year 6 pupils said that they think they can achieve anything if they work at it.
- 65% said that they like to try things they haven't done before.
- 48% of pupils said that they can cope with whatever happens to them.
- 87% of pupils said 'often' or 'always' think it is important to help others when they can.

SIGNIFICANT DIFFERENCES BETWEEN THE HARINGEY 2019 PUPILS AND THE SHEU REFERENCE SAMPLE

For most of the questions in the questionnaire, Haringey pupils give similar responses to the wider SHEU data. Some differences (more than 5%) include:

- 27% of pupils in Haringey described themselves as White British. This is lower than the 75% of pupils in the wider sample.
- 30% of pupils in Haringey recorded levels of high self-esteem compared with 37% of pupils in the wider sample.
- 36% of pupils in Haringey said they had 5 or more portions of fruit and vegetables the day before compared with 27% of pupils in the wider sample.
- 68% of Haringey pupils have fresh fruit 'on most days' compared with 63% of the wider sample.
- 16% of pupils in Haringey said they had crisps 'on most days' compared with 30% of pupils in the wider sample.
- 18% of pupils in Haringey said they had sweets and chocolate 'on most days' compared with 28% of pupils in the wider sample.
- 64% of pupils in Haringey walked to school on the day of the survey compared with 51% of pupils in the wider sample. 23% came by car, compared with 52% of the wider sample.
- 51% of Year 6 pupils in Haringey said they worry 'quite a lot' or 'a lot' about SATs/tests compared with 45% of pupils in the wider sample.
- 13% of pupils in Haringey worry about family problems compared with 23% of pupils in the wider sample.

Secondary school pupils in Years 8 & 10 (ages 12 - 15)

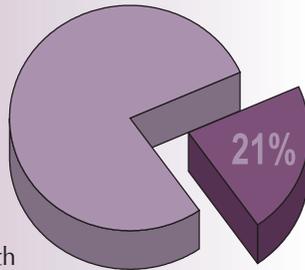
BACKGROUND

- 26% of pupils described themselves as White British.
- 22% described themselves as Black/Black British, 21% as White other and 12% as Asian or Asian British.
- 94% live with mum, 71% live with dad, 4% live with other family members like grandparents and 1% live with foster carers.

BEING HEALTHY

HEALTHY EATING

- 21% of pupils reported having nothing to eat or drink for breakfast on the day of the survey.**
- 13% of pupils reported 'never' considering their health when choosing what to eat. 44% of pupils consider their health 'often' or 'always'.
- 11% of pupils said they had no lunch on the day before the survey. 26% of pupils ate a packed lunch or went home for lunch, 49% had a school meal and 14% bought lunch from a takeaway or shop.
- 19% of pupils said they eat sweets and chocolates 'on most days'. 13% said they ate crisps 'on most days'.
- 50% said they eat fresh fruit and 43% vegetables and salads 'on most days'.
- 10% said they have energy drinks and 12% have fizzy drinks 'on most days'.
- 22% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 9% had eaten none.
- 63% of pupils said that they sit down for meals with their family 'most days'.



PHYSICAL ACTIVITY

- 86% of pupils agreed that they enjoyed taking part in exercise and sport.
- 77% agreed that they feel confident when they exercise or take part in sport.
- 72% agreed that they find exercise and sport easy.
- 94% said they understand why exercise and sport are good for them.
- 72% of pupils said they would like to swim more often.



- 8% of Year 8 and 16% of Year 10 pupils said they couldn't swim.**

SEX AND RELATIONSHIPS

- 45% of pupils said that their lessons on relationships and sex education had been useful. 45% of pupils said that their lessons on being safe in a relationship had been useful.
- 53% of Year 10 and 16% of Year 8 know where to get condoms free of charge.
- 46% of Year 10 and 29% of Year 8 know where to get sexual health advice if they needed it.
- 25% of Year 10 and 10% of Year 8 know where to get emergency hormonal contraception.
- 35% of Year 10 and 14% of Year 8 know where to get tested for chlamydia.
- Year 10 have learned 'quite a lot' or 'a lot' about:**

Boys	Girls
STIs and how to avoid	71%
Healthy relationships	61%
Giving/obtaining consent	59%
STIs and how to avoid	78%
Healthy relationships	61%
Contraception	61%

DRUGS, ALCOHOL & TOBACCO

Drugs

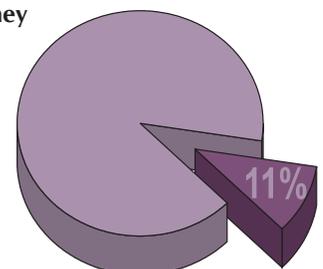
- 23% of Haringey secondary pupils are 'fairly sure' or 'certain' that they know someone who takes drugs to get high.
- 16% of pupils have been offered cannabis. 6% had been offered nitrous oxide (NOS) and 3% other drugs.
- 6% of pupils said that someone in their family smokes cannabis.
- 8% of pupils have taken an illegal drug at some point.
- 28% of pupils said that their lessons on drug education were 'quite' or 'very useful'.

Alcohol

- 8% of pupils (3% of Year 8 and 15% of Year 10) said that they drink alcohol occasionally or regularly.
- 14% said if they drink alcohol, that they are bought/given it by parents/family.
- 3% said that they worry about someone drinking alcohol at home.

Tobacco

- 92% of pupils said they had never smoked at all.
- 2% of pupils said they occasionally or regularly.
- 28% of pupils said someone they live with smokes (13% smoking inside their home).
- 12% of pupils said that someone in their family vaped using e-cigarettes.
- 11% of pupils said that they had tried vaping once or twice; 3% said they vape 'occasionally' or 'regularly.'**



EMOTIONAL HEALTH & WELL-BEING

- 68% of pupils reported they are, in general, 'quite a lot' or 'a lot' satisfied with their life at the moment.
- 40% of pupils had high self-esteem scores.
- 4% of pupils had very low self-esteem scores.
- 82% of pupils said they worried about at least one of the items listed in the questionnaire.

Responses to individual items were as follows:

	Year 8		Year 10	
Exams and tests	40%	Exams and tests	53%	
Knives/guns	40%	Crime	40%	
Crime	39%	School-work	38%	

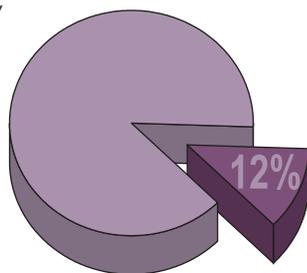
- 63% of pupils said that they 'always' have someone they can talk to if they were worried. 9% said they had no one they could talk to.
- 51% of pupils said that they can 'often' or 'always' cope with anything that happens to them.

STAYING SAFE

- 78% of pupils said that they 'often' or 'always' feel safe at school.
- 70% of pupils said that their friends 'often' or 'always' keep them safe.
- 29% of pupils said that they 'often' or 'always' need to look out for themselves as no one else will.

- 16% of pupils reported that they felt afraid of going to school because of bullying at least 'sometimes' while 84% said 'never'.

- 12% said that they had been bullied at school at least once in the last 12 months.**

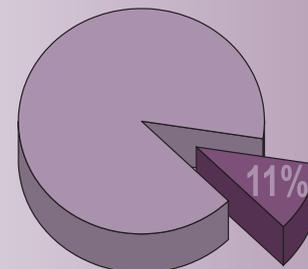


- Of the 152 pupils who have been bullied at or near school in the last 12 months, 43% said their school deals with bullying 'badly' or 'not very well'.
- 37% of pupils think that their school dealt with bullying well. 34% however said that their lessons on bullying were 'quite' or 'very useful'.
- 35% of pupils rate the safety of their area when going out after dark as 'poor' or 'very poor'. 8% say their safety when going to and from school is 'poor' or 'very poor' and 5% say the same about their safety at school.
- 7% of pupils reported that they or their friends carry weapons when going out.
- 12% reported that they had been a victim of violence or aggression in the area where they live, in the last twelve months.
- 19% said that they 'never' or only 'sometimes' wear a seatbelt when travelling in a car. 10% don't travel that way but 71% said they 'usually or always' wear one.
- 39% said that they 'never or hardly ever' wear a safety helmet when cycling. 18% said 'sometimes' but 21% said they 'usually or always' wear one.

ENJOYING AND ACHIEVING

- 73% of pupils want to stay on in full-time education at the end of Year 11. 46% want to get a job as soon as they can; 52% want training for a skilled job/apprenticeship.

- 11% of pupils said that they would like to have help with homework/study clubs available.**



- 81% of pupils did homework in their own time the previous week. 50% reported reading a book in their own time. 15% reported having extra lessons/tutoring in the last week.

MAKING A POSITIVE CONTRIBUTION

- 5% of pupils spent time volunteering in the previous week.
- 28% of pupils said that they worry about the environment.
- 59% of pupils said that they think they can achieve anything if they work at it.
- 48% of pupils said that they like to try new things they haven't done before.
- 72% of pupils said 'often' or 'always' think it is important to help others when they can.

SIGNIFICANT DIFFERENCES BETWEEN THE HARINGEY 2019 SURVEY AND THE SHEU REFERENCE SAMPLE

For most of the questions in the questionnaire, Haringey secondary pupils give similar responses to the wider SHEU data. Some differences (more than 5%) include:

- 40% of pupils in Haringey appeared in the highest bracket of the self-esteem scale. This is higher than the 34% seen in the wider sample.
- 57% of Year 10 girls in Haringey said that they are at least 'quite a lot' satisfied with their lives at the moment compared with 62% of girls in the wider sample.
- 12% of pupils in Haringey said that they have been bullied at or near school in the last 12 months compared with 22% seen in the wider sample.
- 84% of pupils in Haringey are 'never' afraid of going to school because of bullying compared with 73% of the wider sample.
- 53% of Year 10 pupils said that they know where to get condoms free of charge compared with 59% of the wider sample.
- 73% of pupils in Haringey want to stay on in full-time education at the end of Year 11 compared with 53% saying this in the wider sample.
- 8% of pupils in Haringey said that they have tried smoking compared with 17% who said the same in the wider sample.
- 23% of pupils know someone who uses drugs compared with 32% of the wider sample.

Questions included in both the primary and secondary versions of the Haringey 2019 questionnaire

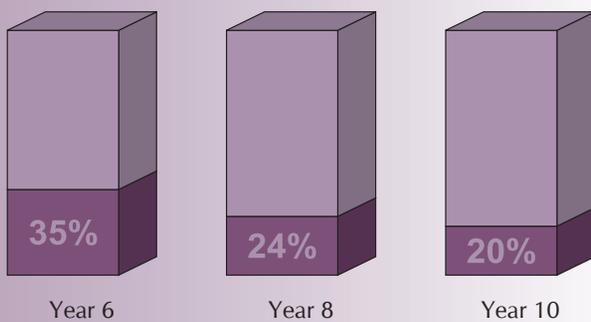
Comparison of primary and secondary results

The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

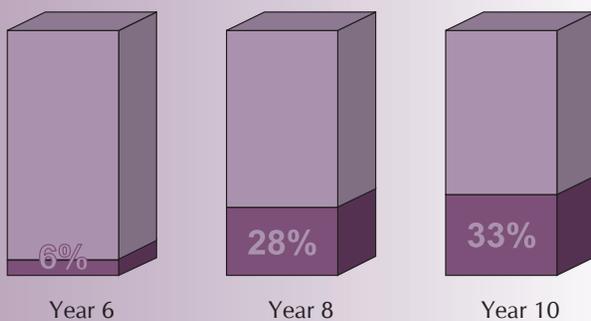
HEALTHY EATING

Five a day?

- Secondary school pupils are less likely to say that they had at least 5 portions of fruit and vegetables on the day before the survey, compared with primary aged pupils who said the same. 35% of Year 6 pupils compared with 24% of Year 8 and 20% of Year 10 pupils.



- There is a clear step up with age for those girls who report nothing to eat or drink for breakfast: Year 6 girls 6%; Year 8 girls 28% and Year 10 girls 33%.

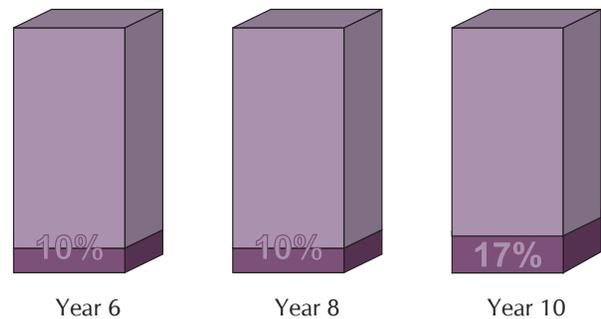


- There appears to be a similar proportion of primary and secondary pupils having crisps 'on most days'. 15% of Year 6 pupils, 11% of Year 8 and 17% of Year 10 pupils said this.
- 8% of Year 6 pupils report having fried chicken 'on most days', 5% of Year 8 and 9% of Year 10 said the same.
- 9% of Year 6 pupils report having chips 'on most days', 4% of Year 8 and 12% of Year 10 said the same.

TOBACCO

Smoking at home

- 10% of the Year 6 pupils said that someone in their family smokes inside their home. 10% of Year 8 pupils and 17% of Year 10 pupils said the same.

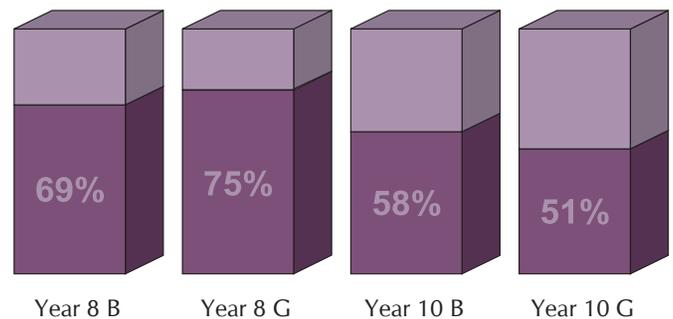


- 28% of Year 6 pupils said that someone they live with smokes cigarettes. 26% of Year 8 and 30% of Year 10 pupils said the same.
- 5% of Year 6 pupils said that someone in their family smokes shisha. 5% of Year 8 and 14% of Year 10 pupils said the same.

ALCOHOL

Have you ever drunk alcohol?

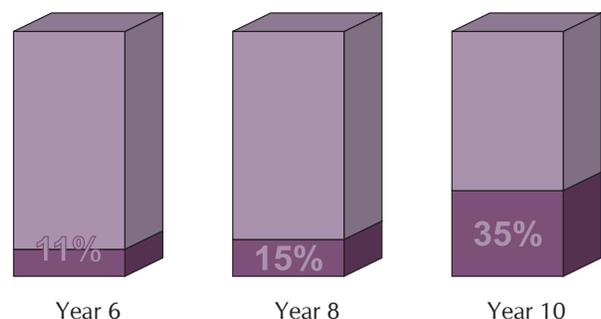
- 69% of boys and 75% of girls in Year 8 have never drunk alcohol at all. 58% of boys and 51% of girls in Year 10 said the same.



- 3% of Year 8 and 15% of Year 10 pupils said that they drink alcohol 'occasionally' or 'regularly'.

ILLEGAL DRUGS

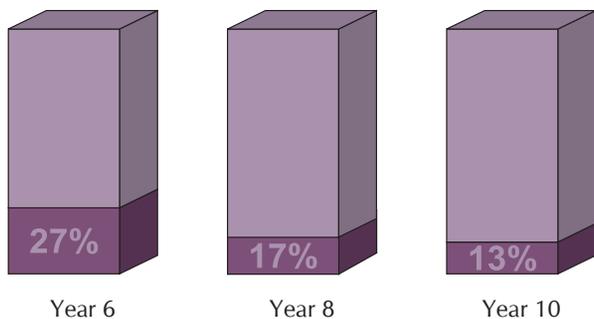
- 11% of Year 6 pupils said that they were 'fairly sure' or 'certain' that they knew someone personally who used drugs (not as medicines). 15% of Year 8 and 35% of Year 10 school pupils said they were 'fairly sure' or 'certain' they know someone who uses drugs to get high.



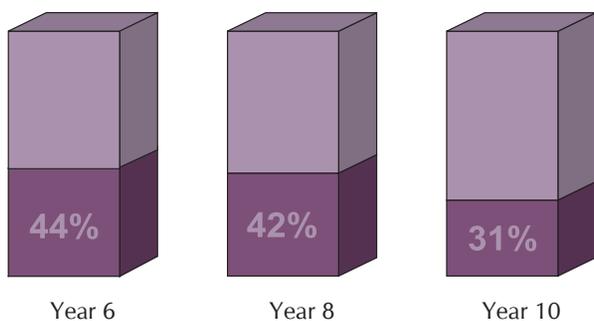
SAFETY

Are you ever afraid of going to school because of bullying?

- 27% of Year 6 pupils said they felt afraid of going to school at least sometimes. This falls to 17% in Year 8 and falls again to 13% in Year 10.



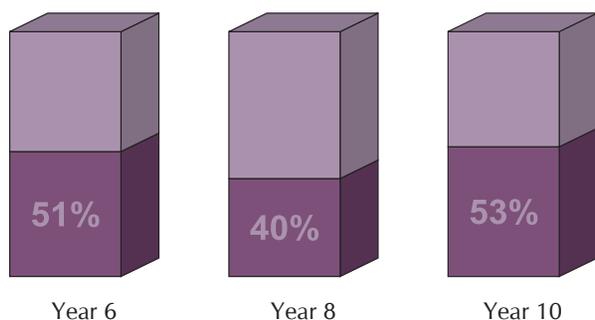
- 44% of Year 6 pupils said that their school deals with bullying well. 42% of Year 8 pupils and 31% in Year 10 said the same.



EMOTIONAL HEALTH & WELLBEING

How much do you worry about problems?

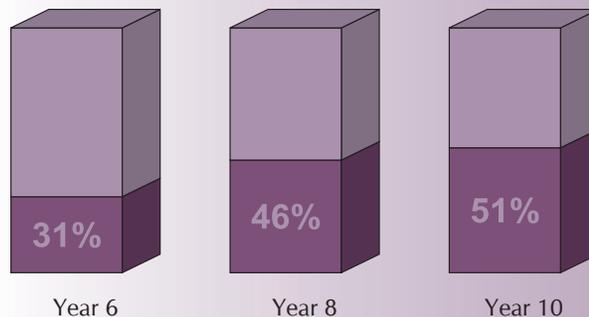
- 51% of Year 6 pupils said they worried about school tests 'quite a lot' or 'a lot', this figure falls to 40% for pupils in Year 8 and rises again to 53% of Year 10 pupils.



- 28% of secondary pupils worried about the way they looked, only 16% of Year 6 said the same in the primary survey.
- 41% of Year 6 pupils said that they worried about gangs and 36% of secondary pupils said the same.
- 42% of Year 6 pupils said that they worried about knives and guns and 38% of secondary pupils said the same.

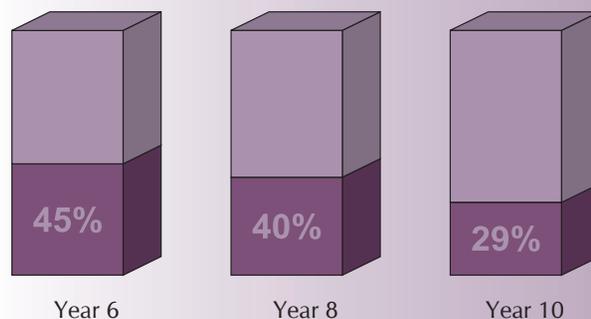
Self-esteem

- 29% of Year 6 pupils recorded levels of high self-esteem. 40% of secondary pupils had the same. Esteem for boys appears to increase with age.
- Boys who recorded levels of high self-esteem:

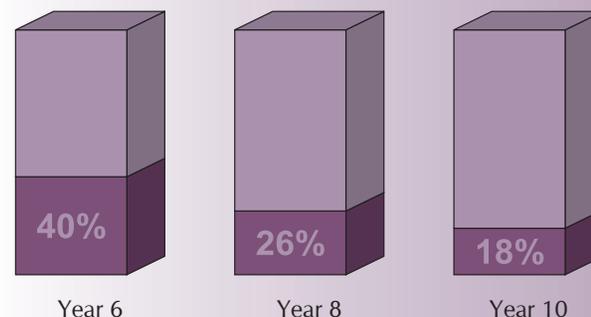


PHYSICAL ACTIVITIES

- 77% of Year 6 primary pupils strongly agree that they understand why exercise and sport are good for them. 63% of secondary pupils said the same.
- There is a drop in girls saying that they strongly agree that they enjoy physical activity however:



- 48% of Year 6 pupils say that they strongly agree that they feel confident when the exercise and play sport 33% of secondary pupils said the same. **Again there is a big drop in the girls results:**



TRAVEL TO SCHOOL

- 64% of primary and 71% of secondary pupils reported walking to school on the day of the survey. 23% of primary pupils came by car and 16% by bus, train or tube. The secondary figures are 9% by car and 32% by bus, train or tube. Pupils could tick more than one mode of transport.
- 77% of pupils said that they 'usually or always' feel safe on their journey to school, 79% of secondary pupils said the same.

Differences between young people in Haringey in 2019 and 2017

This table lists the most significant differences between the pupils' responses in Haringey as a whole in 2019 and a similar studies in 2017. There were more differences found than are listed here.

In 2019	In 2017	Years 4 and 6
68%	60%	of Year 4 and 6 pupils eat fresh fruit 'on most days'.
11%	7%	of Year 6 pupils know someone who uses drugs not as medicines.
6%	8%	of Year 4 and 6 pupils said that they have bullied someone at school in the last 12 months.
In 2019	In 2017	Year 8
31%	49%	of Year 8 pupils said their drug education lessons were 'quite' or 'very useful'.
5%	15%	of Year 8 pupils said that someone in their family smoked shisha.
19%	10%	of Year 8 pupils had nothing to eat or drink before school that morning.
5%	12%	of Year 8 pupils are at least 'fairly sure' that they or their friends carry weapons
51%	39%	of Year 8 pupils chatted online with friends of friends last week.
54%	43%	of Year 8 pupils eat fresh fruit 'on most days'.
35%	26%	of Year 8 pupils rated their safety going out after dark as 'poor' or 'very poor'.
In 2019	In 2017	Year 10
25%	50%	of Year 10 pupils said their drug education lessons were 'quite' or 'very useful'.
58%	41%	of Year 10 pupils chatted online with friends of friends last week.
53%	38%	of Year 10 pupils know where to get condoms free of charge.
86%	77%	of Year 10 pupils have been told how to stay safe online.
20%	11%	of Year 10 pupils had 5+ portions of fruit and vegetables the day before.
45%	36%	of Year 10 pupils have at least tried alcohol.
25%	35%	of Year 10 pupils said their lessons on bullying were 'quite' or 'very useful'.
76%	66%	of Year 10 pupils said their safety at school was 'good' or 'very good'.

This work was funded by the Haringey Public Health Team. We are grateful to the teachers, schools, and young people for their time and contributions to this survey. As a result of their work we have excellent data to be used by schools, as well as both statutory and voluntary agencies that support the health of young people in Haringey. This work will inform action plans for joint working between and within organisations involved in improving the health and well being of pupils in schools. The data will also be used to help support the Healthy Schools Programme.

Haringey schools who took part in the 2019 survey:

Haringey primary schools

Bruce Grove Primary School, Coleridge Primary School, Earlsmead Primary School, Eden Primary, Holy Trinity CE Primary School, Lancasterian Primary School, Muswell Hill Primary School, Noel Park Primary School, Rokesly Junior School, Seven Sisters Primary School, St Aidan's VC Primary School, St Ann's CE Primary School, St Paul's RC Primary School, The Mulberry Primary School, The Willow Primary School and Tiverton Primary School.

Haringey secondary schools

Alexandra Park School, Gladesmore Community School, Haringey Tuition Centre, Highgate Wood Secondary School and Park View School.

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