

# **The Solihull Children and Young People's Health and Wellbeing Survey 2018**

**A report for  
Rural Collaborative  
Year 2**

**The Schools Health Education Unit**

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

**SHEU**



# **School Survey Report 2018**

Rural Collaborative compared with Solihull Primary

Produced by the  
Schools Health Education Unit

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The support service we offer benefits from the continuous use and development of our materials, and feedback from users. Therefore, if you wish to make any contribution based on your own use of the survey service, we would be delighted to hear from you.

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## Foreword

The Schools Health Education Unit (SHEU) is pleased to be able to produce your Report, which contains detailed information about the health beliefs and behaviour of your pupils.

The report compares the data collected from your pupils with those from a larger, wider sample.

SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

SHEU hope that your pupils found the experience of completing the questionnaire interesting and thought provoking.

Finally, SHEU would like to take this opportunity to thank you for your support and co-operation in agreeing to participate in this valuable research initiative.



**Angela Balding**

Survey Manager  
Schools Health Education Unit



**Dr. David Regis**

Research Manager  
Schools Health Education Unit

## Introduction

The Health-Related Behaviour Survey, developed by the Schools Health Education Unit, is designed for young people of primary and secondary school age. The surveys have been developed over 30 years by health and education professionals, and over a million school children have taken part. In the last ten years, over four thousand schools and colleges have participated. Data arising from the survey can be used to inform planning decisions as well as being used in the classroom as the stimulus for discussion with young people.

This report should ideally be studied with reference to the original questionnaire and the survey results tables. The first is recommended because we may have paraphrased a question below for reasons of space, and the precise wording and position may be important for interpretation.

Preceding this report you should have received **The Survey Results Tables** (or online results), which contain more information than can be summarised here. You may want to refer to this if you want to look in more detail at the results of a particular question. The Survey Results Tables show the number of responses received for each question, which may be less than the total sample. Also in the Results Tables we show the results of each response for multiple-choice questions, whereas in this report answers may be selective or grouped.

A school's results are confidential and will not be shared with other organisations without the express permission of the school.

Additional services (graphs and discs) are available; please contact SHEU. In particular, we have designed a set of INSET workshops around different examples of using the questionnaire data. If you would like further details of these or have any comments on this report please contact us at the address on the front of the report.

If you would like further details about Government policy background, we have created an overview which can be downloaded from our website at: <http://sheu.org.uk/content/page/appendix>.

### Comparison figures

In this report the data gathered from this survey have been compared with a larger sample from your area. For example, if your school is in Exeter then the wider data might be Devon. This enables you to compare your results with others in the area and also go to the SHEU annual reports (summaries available at [www.sheu.org.uk/publications](http://www.sheu.org.uk/publications)) to find out about the UK statistics and trends.

If the figures in your survey have been compared with results from a reference sample, the reference figures are normally given second, and often in parentheses.

15% (20%) of the sample...
----------------------------

**Your survey** (Reference sample)

	Your survey		Reference Sample	
	Year 8	Year 10	Year 8	Year 10
Boys	10	20	30	40
Girls	80	70	60	50

Favourite fruits

1	Apples	70	(60)
2	Oranges	60	(50)
3	Bananas	50	(40)

**Your survey** (Reference sample)

## The sample

This survey involved pupils from the following years. The numbers in each group are shown below.

	Rural	Solihull
	Yr 2	Yr 2
Boys	183	1232
Girls	150	1177

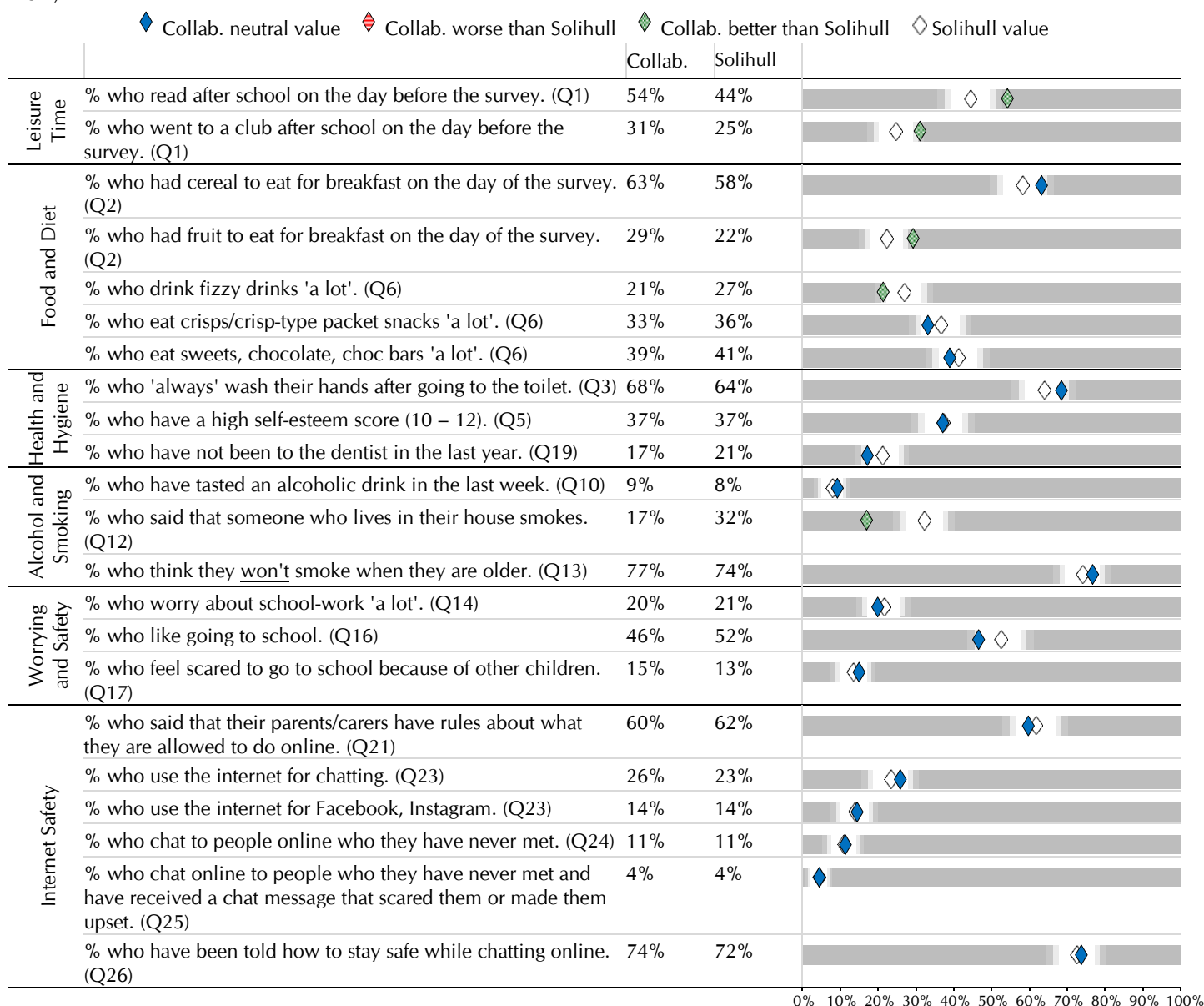
If the sample you sent to Exeter for analysis was small, then it may have been aggregated by sex or year, or merged with a sample from another school or schools. This is done so that the figures are not too influenced by the behaviour of any one individual, and to ensure that the anonymity of the respondents is not compromised. If you would like to discuss this in more detail, please contact the Unit directly.



## Spine Charts

### Key Findings

In the chart below a coloured diamond represents Rural Collaborative's result, while the hollow diamond represents the figure for Solihull Primary. The distance between the diamonds indicates the size of the difference between the percentages – the greater the gap, the larger the difference. The colour of the diamond reflects whether a difference is statistically significant and if the difference is positive (green/white spots), negative (red/white stripes) or if it is not statistically significant (blue). The white space is an indication of how spread out the scores are for Solihull Primary pupils ( $\pm$  one Standard Deviation, the paler grey is the next SD).



## Your School compared with Solihull Headlines

	Rural	Solihull
	Yr 2	Yr 2
Boys	183	1232
Girls	150	1177

Solihull Primary data in brackets; see notes on interpreting differences.

### Home and School

#### HOME LIFE

- ❑ 57% (61%) of pupils responded that they have at least one brother, while 15% (20%) said they have more than one.
- ❑ 60% (61%) of pupils responded that they have at least one sister, while 13% (17%) said they have more than one.
- ❑ 58% (62%) of pupils responded that they have at least one older brother or sister, while 22% (28%) said they have more than one.

#### ETHNICITY

- ❑ 84% (78%) of pupils responded that they are White (UK or European).

#### LEISURE TIME

- ❑ 71% (63%) of pupils responded that they watched TV after school on the day before the survey, while 56% (49%) said they played at home.

### Food and Diet

#### BREAKFAST

- ❑ 1% (1%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 19% (17%) said they had a cooked breakfast.
- ❑ 1% (2%) of pupils responded that they had at most a drink for breakfast on the day of the survey.
- ❑ 63% (58%) of pupils responded that they had cereal to eat for breakfast on the day of the survey, while 39% (36%) said they had toast or bread.

#### FOOD

- ❑ 50% (44%) of pupils responded that they eat vegetables 'a lot'; 56% (58%) said the same of fresh fruit.
- ❑ 15% (18%) of pupils responded that they 'never' eat any fish/fish fingers.

### Health and Hygiene

#### HYGIENE

- ❑ 3% (5%) of pupils responded that they 'never' wash their hands after going to the toilet, while 28% (31%) said they do so only 'sometimes'.
- ❑ 68% (64%) of pupils responded that they 'always' wash their hands after going to the toilet.

#### ASTHMA

- ❑ 10% (10%) of pupils responded that they have asthma, while 20% (14%) said they 'don't know' if they do.

### MENTAL AND EMOTIONAL HEALTH

- ❑ 68% (64%) of pupils responded that they mostly feel happy and 76% (69%) said they usually feel safe.
- ❑ 37% (37%) of pupils have a high self-esteem score (10 – 12), while 2% (2%) have a low self-esteem score (0 – 3).

### DENTAL HEALTH

- ❑ 2% (5%) of pupils responded that they didn't clean their teeth at all on the day before the survey.
- ❑ 80% (72%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 56% (60%) of pupils responded that they have been to a dentist in the last year, while 27% (19%) said they 'don't know' if they have.

### Money

- ❑ 69% (61%) of pupils responded that they have saved money in the last week, while 38% (37%) spent it on toys.

### Physical Activity

- ❑ 81% (73%) of pupils responded that they ride their bike at least 'sometimes', while 87% (81%) said they go swimming at least 'sometimes'.

### Alcohol and Smoking

#### ALCOHOL

- ❑ 34% (31%) of pupils responded that they have tasted an alcoholic drink, while 12% (11%) said they 'don't know' if they have.
- ❑ 9% (8%) of pupils responded that they tasted an alcoholic drink in the week before the survey, while 9% (6%) said they 'don't know' if they did.

#### SMOKING

- ❑ 17% (32%) of pupils responded that someone who lives in their house smokes.
- ❑ 4% (6%) of pupils responded that they think they will smoke when they are older, while 20% (20%) think they may smoke and 77% (74%) think they won't.

### Worrying and Safety

#### WORRYING

- ❑ 46% (48%) of pupils responded that they worry about their family 'a lot'.

#### SCHOOL

- ❑ 46% (52%) of pupils responded that they like going to school, while 35% (31%) said they 'sometimes' do.
- ❑ 19% (17%) of pupils responded that they don't like going to school.

- ❑ 15% (13%) of pupils responded that they feel scared to go to school because of other children, while 25% (25%) said they 'sometimes' do.

### **Internet Safety**

- ❑ 44% (40%) of pupils responded that they go on the internet when parents/carers aren't in the room.
- ❑ 60% (62%) of pupils responded that their parents/carers have rules about what they are allowed to do online.
- ❑ 60% (66%) of pupils responded that they have used the internet at home in the last week, while 50% (46%) said they have used it at school.
- ❑ 11% (11%) of pupils responded that they chat to people online who they have never met.
- ❑ 4% (4%) of pupils responded that they chat online to people who they have never met and have received a chat message that scared them or made them upset.
- ❑ 74% (72%) of pupils responded that they have been told how to stay safe while chatting online.

## Significant Differences

Where differences can be seen between your school and the reference sample, you may find the enclosed table of some use in deciding if the differences seen are significant. The 'standard error' of a proportion is an assessment of how reliable our figures are, that is, the margin of error.

Two points in particular should be made:

1. when the sample size is small, it may be that just one individual voting a different way would make a large percentage difference to the results (so, one in twenty is 5%)
2. even if your sample is small, you may have a very high proportion of your available population – if, say, you sample every single pupil of your year 8 class. In this case, the notion of 'margin of error' doesn't really apply to the sampling, only to the process of collecting the responses.

TABLE OF STANDARD ERRORS OF PROPORTION

		Percentage seen in sample				
		10%	20%	30%	40%	50%
Number	20	6.7	8.9	10.2	11.0	11.2
In	30	5.5	7.3	8.4	8.9	9.1
sample	40	4.7	6.3	7.2	7.7	7.9
	50	4.2	5.7	6.5	6.9	7.1
	60	3.9	5.2	5.9	6.3	6.5
	80	3.4	4.5	5.1	5.5	5.6
	100	3.0	4.0	4.6	4.9	5.0
	150	2.4	3.3	3.7	4.0	4.1
	200	2.1	2.8	3.2	3.5	3.5
	300	1.7	2.3	2.6	2.8	2.9
	500	1.3	1.8	2.0	2.2	2.2

So, if you have a sample of 50 students and 30% of them think that the school needs a new swimming pool, we can see from the table that standard error of the percentage is about  $\pm 6.5\%$ .

## List of Significant Differences

Below we have listed some statistically significant differences between Rural Collaborative and Solihull Primary.

Sig	Collab.	Solihull	Question
***	17%	32%	of pupils responded that someone who lives in their house smokes.
***	81%	73%	of pupils responded that they ride their bike at least 'sometimes'.
***	80%	72%	of pupils responded that they cleaned their teeth at least twice on the day before the survey.
***	69%	61%	of pupils responded that they have saved money in the last week.
***	2%	5%	of pupils responded that they didn't clean their teeth at all on the day before the survey.
***	71%	63%	of pupils responded that they watched TV after school on the day before the survey.
***	87%	81%	of pupils responded that they go swimming at least 'sometimes'.
**	56%	49%	of pupils responded that they played at home after school on the day before the survey.
**	84%	78%	of pupils responded that they are White (UK or European).
**	76%	69%	of pupils responded that they usually feel safe.

Tests: Chi-squared ( $\chi^2$ ). KEY: \* =  $p < 0.05$  (5%)      \*\* =  $p < 0.01$  (1%)      \*\*\* =  $p < 0.001$  (0.1%).

## 2018/2016 Comparisons

	2018	2016
	Yr 2	Yr 2
Boys	183	155
Girls	150	163

Your School's data for 2018 compared with your 2016 data in brackets; see notes on interpreting differences.

### Home and School

#### HOME LIFE

- ❑ 57% (58%) of pupils responded that they have at least one brother, while 15% (14%) said they have more than one.
- ❑ 60% (53%) of pupils responded that they have at least one sister, while 13% (15%) said they have more than one.
- ❑ 58% (59%) of pupils responded that they have at least one older brother or sister, while 22% (19%) said they have more than one.

#### ETHNICITY

- ❑ 84% (87%) of pupils responded that they are White (UK or European).

#### LEISURE TIME

- ❑ 71% (63%) of pupils responded that they watched TV after school on the day before the survey, while 56% (48%) said they played at home.

### Food and Diet

#### BREAKFAST

- ❑ 1% (2%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 19% (16%) said they had a cooked breakfast.
- ❑ 1% (2%) of pupils responded that they had at most a drink for breakfast on the day of the survey.
- ❑ 63% (65%) of pupils responded that they had cereal to eat for breakfast on the day of the survey, while 39% (34%) said they had toast or bread.

#### FOOD

- ❑ 50% (57%) of pupils responded that they eat vegetables 'a lot'; 56% (62%) said the same of fresh fruit.
- ❑ 15% (13%) of pupils responded that they 'never' eat any fish/fish fingers.

### Health and Hygiene

#### HYGIENE

- ❑ 3% (3%) of pupils responded that they 'never' wash their hands after going to the toilet, while 28% (25%) said they do so only 'sometimes'.
- ❑ 68% (72%) of pupils responded that they 'always' wash their hands after going to the toilet.

#### ASTHMA

- ❑ 10% (8%) of pupils responded that they have asthma, while 20% (17%) said they 'don't know' if they do.

#### MENTAL AND EMOTIONAL HEALTH

- ❑ 68% (68%) of pupils responded that they mostly feel happy and 76% (66%) said they usually feel safe.
- ❑ 37% (36%) of pupils have a high self-esteem score (10 – 12), while 2% (1%) have a low self-esteem score (0 – 3).

#### DENTAL HEALTH

- ❑ 2% (3%) of pupils responded that they didn't clean their teeth at all on the day before the survey.
- ❑ 80% (83%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 56% (59%) of pupils responded that they have been to a dentist in the last year, while 27% (23%) said they 'don't know' if they have.

### Money

- ❑ 69% (66%) of pupils responded that they have saved money in the last week, while 38% (30%) spent it on toys.

### Physical Activity

- ❑ 81% (80%) of pupils responded that they ride their bike at least 'sometimes', while 87% (93%) said they go swimming at least 'sometimes'.

### Alcohol and Smoking

#### ALCOHOL

- ❑ 34% (38%) of pupils responded that they have tasted an alcoholic drink, while 12% (13%) said they 'don't know' if they have.
- ❑ 9% (14%) of pupils responded that they tasted an alcoholic drink in the week before the survey, while 9% (8%) said they 'don't know' if they did.

#### SMOKING

- ❑ 17% (20%) of pupils responded that someone who lives in their house smokes.
- ❑ 4% (3%) of pupils responded that they think they will smoke when they are older, while 20% (13%) think they may smoke and 77% (84%) think they won't.

### Worrying and Safety

#### WORRYING

- ❑ 46% (46%) of pupils responded that they worry about their family 'a lot'.

#### SCHOOL

- ❑ 46% (49%) of pupils responded that they like going to school, while 35% (36%) said they 'sometimes' do.
- ❑ 19% (16%) of pupils responded that they don't like going to school.

- ❑ 15% (15%) of pupils responded that they feel scared to go to school because of other children, while 25% (29%) said they 'sometimes' do.

### **Internet Safety**

- ❑ 44% (45%) of pupils responded that they go on the internet when parents/carers aren't in the room.
- ❑ 60% (66%) of pupils responded that their parents/carers have rules about what they are allowed to do online.
- ❑ 60% (61%) of pupils responded that they have used the internet at home in the last week, while 50% (62%) said they have used it at school.
- ❑ 11% (9%) of pupils responded that they chat to people online who they have never met.
- ❑ 4% (4%) of pupils responded that they chat online to people who they have never met and have received a chat message that scared them or made them upset.
- ❑ 74% (73%) of pupils responded that they have been told how to stay safe while chatting online.

## Significant differences between 2018 and 2016 data

Below we have listed some statistically significant differences between the data collected in the 2018 survey and that collected in 2016.

	2018	2016
	Yr 2	Yr 2
Boys	183	155
Girls	150	163

Sig	2018	2016	Question
***	50%	62%	of pupils responded that they have used the internet at school in the last week.
***	76%	66%	of pupils responded that they usually feel safe.
**	87%	93%	of pupils responded that they go swimming at least 'sometimes'.
*	56%	48%	of pupils responded that they played at home after school on the day before the survey.
*	38%	30%	of pupils responded that they spent money on toys in the last week.
*	71%	63%	of pupils responded that they watched TV after school on the day before the survey.

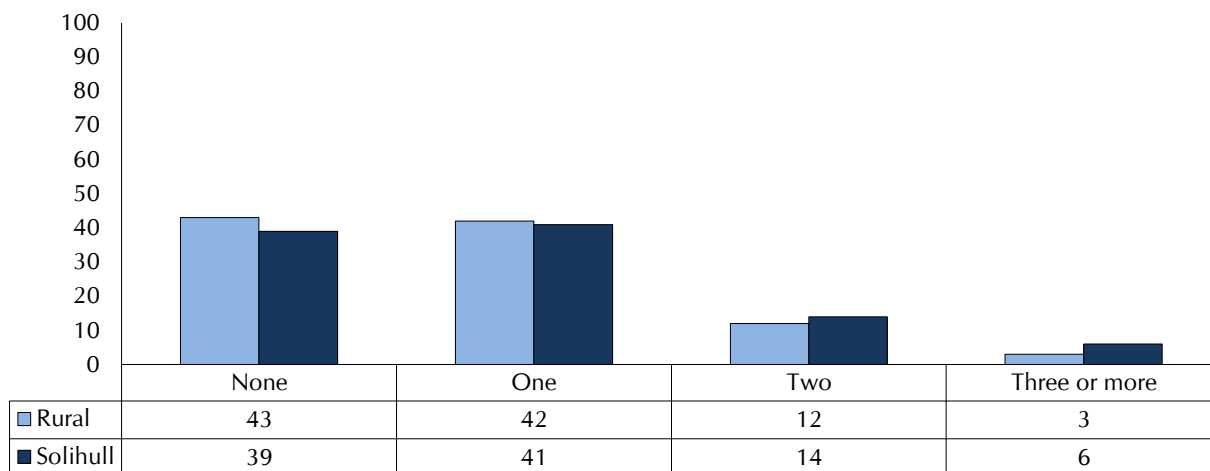
Tests: Chi-squared ( $\chi^2$ ). KEY: \* =  $p < 0.05$  (5%)      \*\* =  $p < 0.01$  (1%)      \*\*\* =  $p < 0.001$  (0.1%).



# Home and School

## Home life

**QD.** How many brothers do you have?

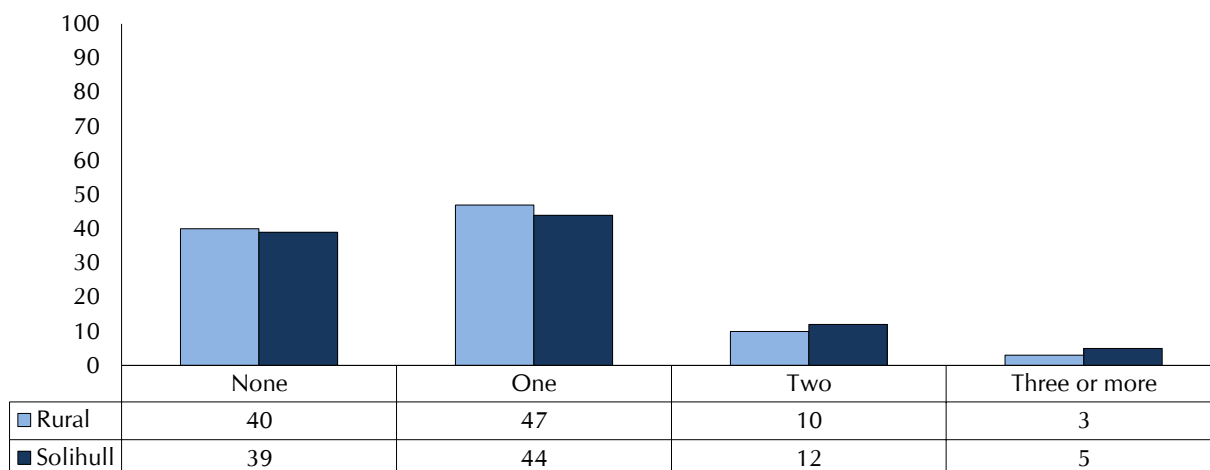


57% (61%) of pupils responded that they have at least one brother, while 15% (20%) said they have more than one.

**QD.** Percentage answering that they have at least one brother.

	Rural	Solihull
Yr 2		
Boys	54	61
Girls	60	61

**QE.** How many sisters do you have?

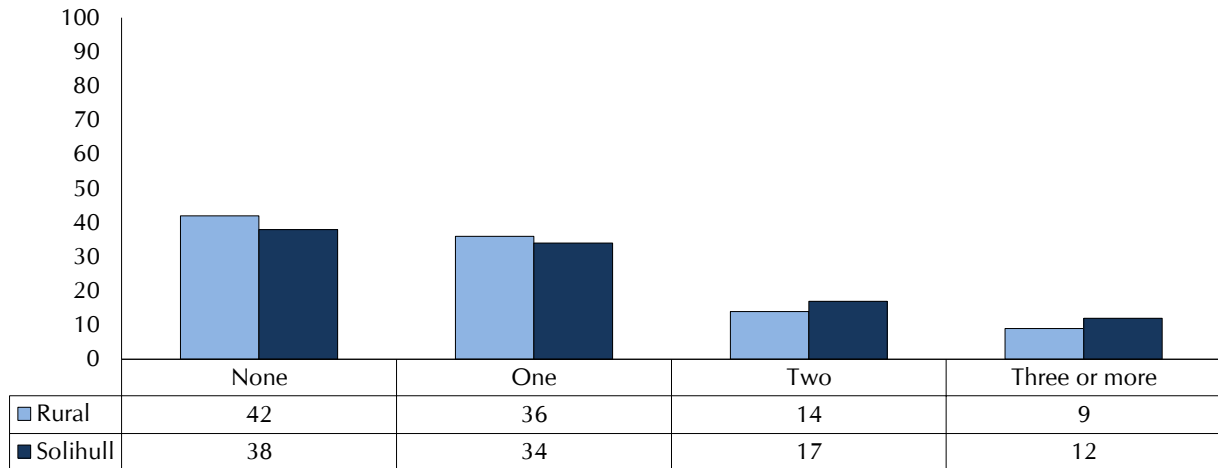


60% (61%) of pupils responded that they have at least one sister, while 13% (17%) said they have more than one.

**QE.** Percentage answering that they have at least one sister.

	Rural	Solihull
Yr 2		
Boys	58	61
Girls	63	61

**QF. How many brothers and sisters are older than you?**



58% (62%) of pupils responded that they have at least one older brother or sister, while 22% (28%) said they have more than one.

**QF. Percentage answering that they have at least one older brother or sister.**

	Rural	Solihull
Yr 2		
Boys	58	62
Girls	58	63

**Ethnicity**

84% (78%) of pupils responded that they are White (UK or European).

**QG. Percentage responding that they are White (UK or European).**

	Rural	Solihull
Yr 2		
Boys	83	77
Girls	84	79

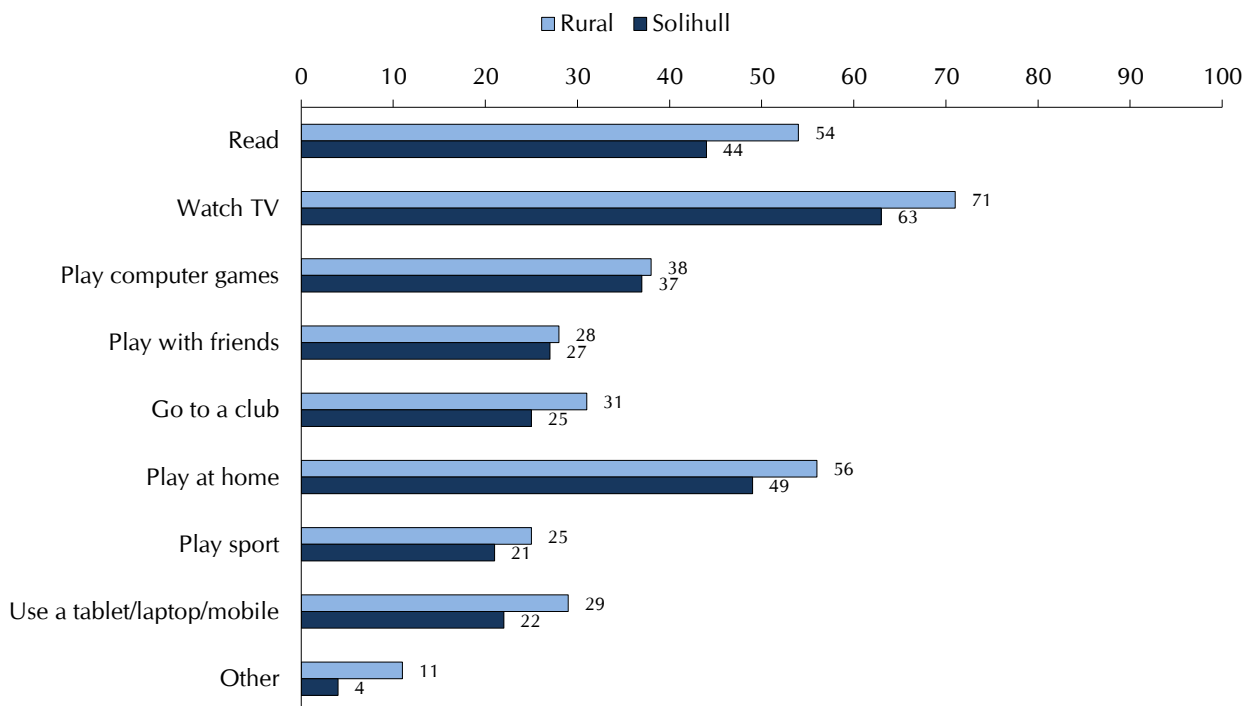
## Leisure time

71% (63%) of pupils responded that they watched TV after school on the day before the survey, while 56% (49%) said they played at home.

**Q1.** Percentage of pupils responding that they did the following after school on the day before the survey (Solihull Primary data in brackets):

Boys			Girls		
1	Watch TV	73 (65)	1	Watch TV	69 (62)
2	Read	54 (41)	2	Play at home	61 (50)
3	Play computer games	53 (51)	3	Read	55 (47)
4	Play at home	53 (48)	4	Go to a club	29 (26)
5	Play sport	33 (27)	5	Use a tablet/laptop/mobile	29 (21)
6	Go to a club	32 (24)	6	Play with friends	25 (25)
7	Play with friends	30 (28)	7	Play computer games	20 (22)
8	Use a tablet/laptop/mobile	30 (22)	8	Play sport	15 (15)
9	Other	10 (3)	9	Other	11 (6)

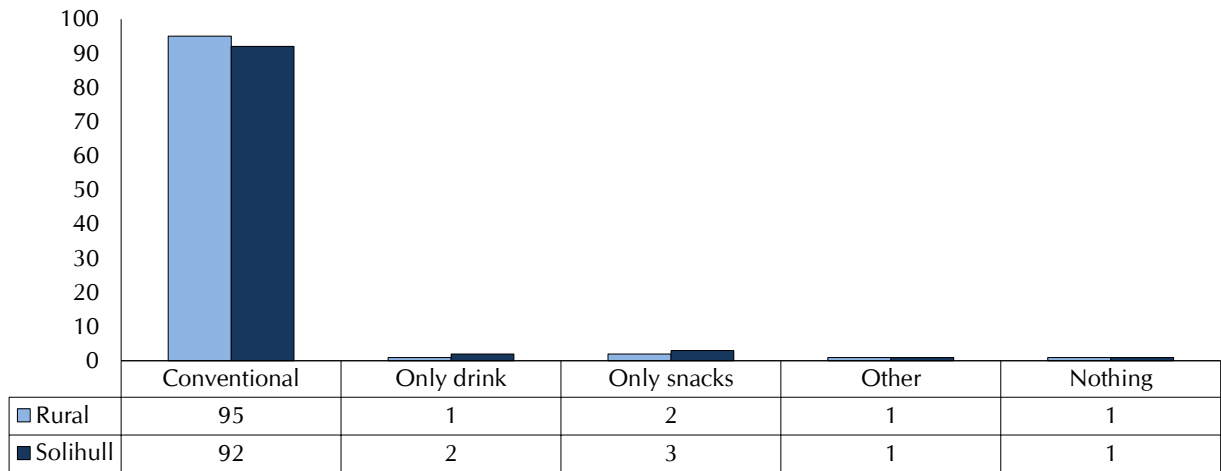
**Q1.** Percentage of pupils responding that they did the following after school on the day before the survey:



# Food and Diet

## Breakfast

**Q2.** Percentage of pupils responding that they had the following types of breakfast on the day of the survey:



The chart shows the percentages having different types of breakfast. The category 'Conventional' means at least one of cereal; toast or bread; cooked breakfast; fruit or yoghurt. Only snacks means: chocolate bar; sweets or crisp-type snack but not conventional breakfast.

1% (1%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 19% (17%) said they had a cooked breakfast.

1% (2%) of pupils responded that they had at most a drink for breakfast on the day of the survey.

63% (58%) of pupils responded that they had cereal to eat for breakfast on the day of the survey, while 39% (36%) said they had toast or bread.

**Q2.** Percentage answering that they didn't have anything to eat or drink before lessons on the day of the survey.

	Rural	Solihull
Yr 2		
Boys	1	2
Girls	1	1

**Q2.** Percentage answering that they had only a drink for breakfast before lessons on the day of the survey.

	Rural	Solihull
Yr 2		
Boys	2	2
Girls	0	2

**Q2.** Percentage of pupils responding that they had the following to eat or drink for breakfast or before school on the day of the survey (Solihull Primary data in brackets):

Boys			Girls		
1	Something to drink	81 (69)	1	Something to drink	81 (70)
2	Cereal	61 (59)	2	Cereal	65 (57)
3	Toast or bread	41 (36)	3	Toast or bread	37 (35)
4	Fruit	23 (21)	4	Fruit	36 (24)
5	Cooked breakfast	22 (20)	5	Cooked breakfast	14 (15)

## Food

50% (44%) of pupils responded that they eat vegetables 'a lot'; 56% (58%) said the same of fresh fruit.

**Q6.** Percentage of pupils responding that they eat or drink the following 'a lot' (Solihull Primary data in brackets):

	Boys	Girls	Total
Any meat	38 (35)	20 (25)	30 (30)
Any fish or fish fingers	27 (31)	31 (26)	29 (28)
Any cheese, milk	46 (35)	43 (37)	44 (36)
Brown bread or brown bread rolls	26 (24)	23 (21)	25 (22)
Chips or roast potatoes	44 (41)	40 (38)	42 (39)
Rice or pasta	38 (36)	37 (39)	37 (38)
Sugary cereals	33 (37)	29 (32)	31 (35)
Weetabix, Shredded Wheat, Branflakes	32 (32)	38 (30)	35 (31)
Fresh fruit	50 (55)	64 (62)	56 (58)
Vegetables	49 (42)	50 (46)	50 (44)
Fizzy drinks	28 (32)	13 (22)	21 (27)
Crisps/crisp-type packet snack	33 (40)	33 (33)	33 (36)
Sweets, chocolate, choc bars	46 (46)	30 (36)	39 (41)

15% (18%) of pupils responded that they 'never' eat any fish/fish fingers.

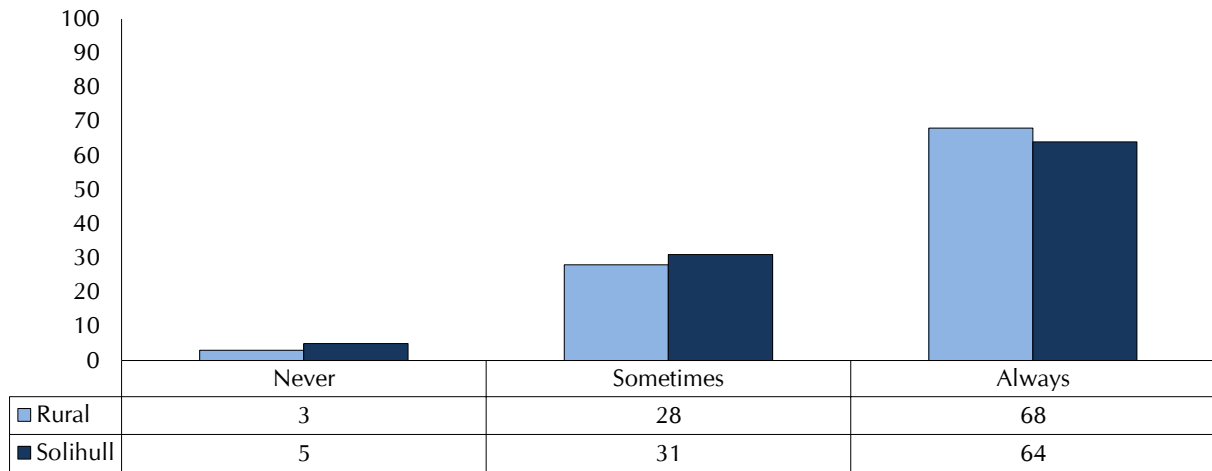
**Q6.** Percentage of pupils responding that they 'never' eat or drink the following (Solihull Primary data in brackets):

	Boys	Girls	Total
Any meat	4 (13)	9 (11)	6 (12)
Any fish or fish fingers	13 (18)	17 (18)	15 (18)
Any cheese, milk	13 (25)	13 (19)	13 (22)
Brown bread or brown bread rolls	34 (36)	36 (38)	35 (37)
Chips or roast potatoes	9 (13)	12 (9)	10 (11)
Rice or pasta	14 (17)	9 (13)	12 (15)
Sugary cereals	18 (20)	23 (19)	20 (20)
Weetabix, Shredded Wheat, Branflakes	27 (30)	31 (28)	29 (29)
Fresh fruit	8 (7)	3 (4)	6 (5)
Vegetables	12 (16)	5 (11)	9 (14)
Fizzy drinks	20 (19)	33 (25)	26 (22)
Crisps/crisp-type packet snack	6 (9)	6 (6)	6 (8)
Sweets, chocolate, choc bars	2 (5)	3 (5)	2 (5)

# Health and Hygiene

## Hygiene

**Q3.** Do you wash your hands after going to the toilet?



3% (5%) of pupils responded that they 'never' wash their hands after going to the toilet, while 28% (31%) said they do so only 'sometimes'.

**Q3.** Percentage answering that they 'never' wash their hands after going to the toilet.

	Rural	Solihull
Yr 2		
Boys	6	6
Girls	1	4

68% (64%) of pupils responded that they 'always' wash their hands after going to the toilet.

**Q3.** Percentage answering that they 'always' wash their hands after going to the toilet.

	Rural	Solihull
Yr 2		
Boys	62	58
Girls	76	69

## Asthma

10% (10%) of pupils responded that they have asthma, while 20% (14%) said they 'don't know' if they do.

**Q4.** Percentage answering that they have asthma.

	Rural	Solihull
Yr 2		
Boys	11	11
Girls	8	10

## Mental and emotional health

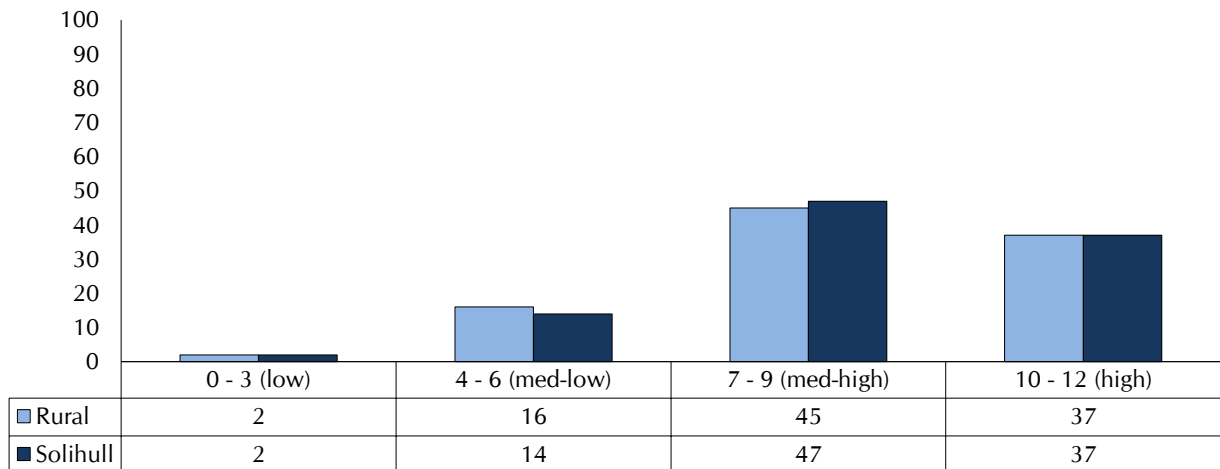
68% (64%) of pupils responded that they mostly feel happy and 76% (69%) said they usually feel safe.

### Q5. Percentage of pupils responding to the following questions:

Boys	No	Sometimes	Yes
Do you have lots of friends to play with?	5 (5)	20 (24)	74 (71)
Do your parents like to listen to you?	8 (12)	43 (42)	48 (45)
When a teacher asks you something, do you feel shy?	64 (63)	25 (26)	11 (11)
Do you worry a lot?	49 (49)	40 (36)	12 (14)
Do you fall out with your friends a lot?	38 (45)	46 (41)	16 (13)
Do you mostly feel happy?	3 (6)	26 (30)	71 (63)
Do you usually feel safe?	4 (8)	21 (23)	75 (68)

Girls	No	Sometimes	Yes
Do you have lots of friends to play with?	5 (4)	34 (31)	61 (65)
Do your parents like to listen to you?	7 (8)	47 (41)	46 (51)
When a teacher asks you something, do you feel shy?	51 (55)	36 (32)	13 (12)
Do you worry a lot?	33 (34)	42 (47)	25 (18)
Do you fall out with your friends a lot?	31 (34)	49 (50)	20 (16)
Do you mostly feel happy?	6 (6)	31 (29)	63 (65)
Do you usually feel safe?	3 (7)	19 (21)	77 (70)

### Q5. Composite self-esteem score:



37% (37%) of pupils have a high self-esteem score (10 – 12), while 2% (2%) have a low self-esteem score (0 – 3).

### Q5. Percentage with a high self-esteem score (10 – 12).

	Rural	Solihull
Yr 2		
Boys	43	42
Girls	29	33

## Dental health

2% (5%) of pupils responded that they didn't clean their teeth at all on the day before the survey.

80% (72%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.

56% (60%) of pupils responded that they have been to a dentist in the last year, while 27% (19%) said they 'don't know' if they have.

**Q18.** Percentage answering that they didn't clean their teeth at all on the day before the survey.

	Rural	Solihull
	Yr 2	Yr 2
Boys	2	6
Girls	1	4

**Q18.** Percentage answering that they cleaned their teeth at least twice on the day before the survey.

	Rural	Solihull
	Yr 2	Yr 2
Boys	81	70
Girls	80	74

**Q19.** Percentage answering that they have been to a dentist in the last year.

	Rural	Solihull
	Yr 2	Yr 2
Boys	57	60
Girls	55	60



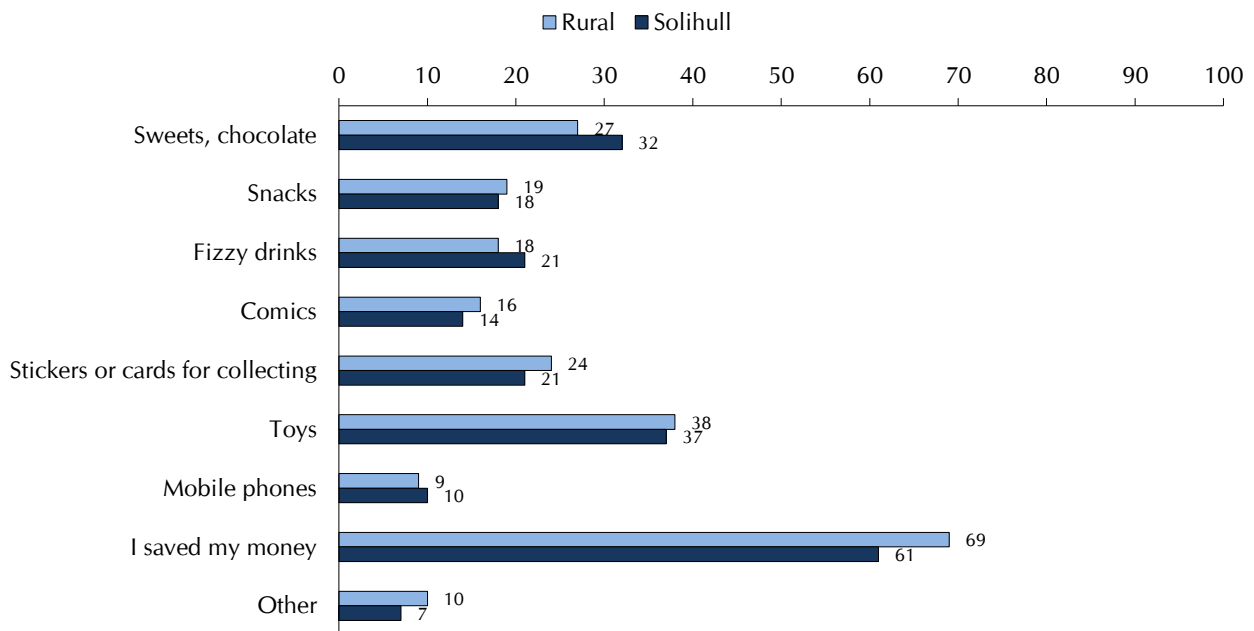
## Money

69% (61%) of pupils responded that they have saved money in the last week, while 38% (37%) spent it on toys.

**Q7.** Percentage of pupils responding that they have spent money on the following in the last week (Solihull Primary data in brackets):

Boys			Girls		
1	I saved my money	66 (59)	1	I saved my money	74 (63)
2	Toys	37 (37)	2	Toys	39 (37)
3	Stickers or cards for collecting	28 (24)	3	Sweets, chocolate	27 (30)
4	Sweets, chocolate	27 (33)	4	Snacks	19 (16)
5	Fizzy drinks	22 (24)	5	Stickers or cards for collecting	18 (18)
6	Snacks	19 (19)	6	Comics	14 (11)
7	Comics	18 (17)	7	Fizzy drinks	13 (18)
8	Mobile phones	10 (11)	8	Other	12 (7)
9	Other	8 (7)	9	Mobile phones	8 (8)

**Q7.** Percentage of pupils responding that they have spent money on the following in the last week:



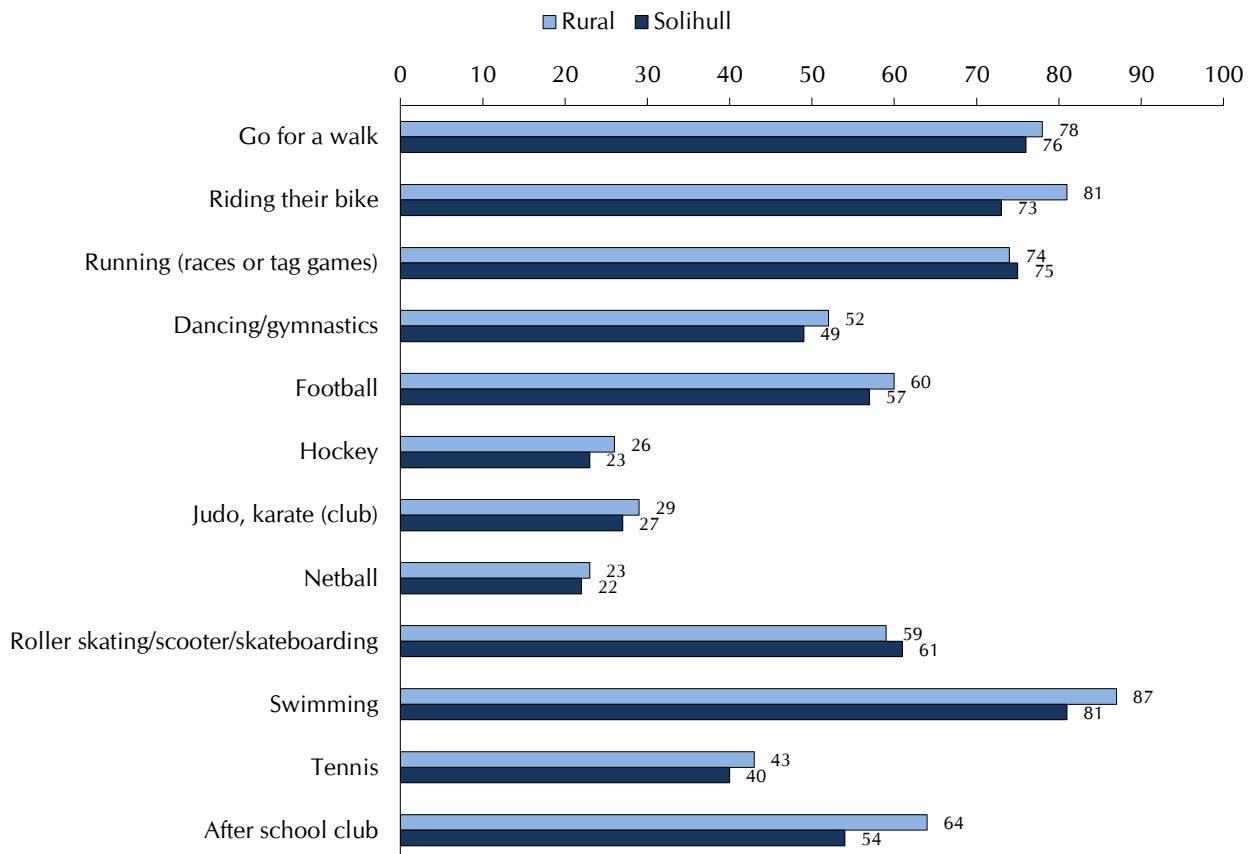
## Physical Activity

81% (73%) of pupils responded that they ride their bike at least 'sometimes', while 87% (81%) said they go swimming at least 'sometimes'.

**Q8.** Percentage of pupils responding that they do the following at least 'sometimes' (Solihull Primary data in brackets):

Boys			Girls		
1	Swimming	85 (80)	1	Swimming	89 (82)
2	Riding their bike	80 (71)	2	Go for a walk	83 (80)
3	Football	77 (76)	3	Dancing/gymnastics	83 (75)
4	Go for a walk	74 (72)	4	Riding their bike	82 (74)
5	Running (races or tag games)	73 (77)	5	Running (races or tag games)	75 (72)
6	After school club	61 (53)	6	Roller skating/scooter/ skateboarding	69 (66)
7	Roller skating/scooter/ skateboarding	51 (57)	7	After school club	68 (55)
8	Tennis	49 (46)	8	Football	38 (38)
9	Judo, karate (club)	38 (35)	9	Tennis	36 (34)
10	Hockey	30 (29)	10	Netball	22 (21)

**Q8.** Percentage of pupils responding that they do the following at least 'sometimes':



## Alcohol and Smoking

### Alcohol

34% (31%) of pupils responded that they have tasted an alcoholic drink, while 12% (11%) said they 'don't know' if they have.

9% (8%) of pupils responded that they tasted an alcoholic drink in the week before the survey, while 9% (6%) said they 'don't know' if they did.

### Smoking

17% (32%) of pupils responded that someone who lives in their house smokes.

4% (6%) of pupils responded that they think they will smoke when they are older, while 20% (20%) think they may smoke and 77% (74%) think they won't.

**Q9.** Percentage answering that they have tasted an alcoholic drink.

	Rural	Solihull
	Yr 2	Yr 2
Boys	41	33
Girls	26	28

**Q10.** Percentage answering that they tasted an alcoholic drink in the week before the survey.

	Rural	Solihull
	Yr 2	Yr 2
Boys	13	9
Girls	5	6

**Q12.** Percentage answering that someone who lives in their house smokes.

	Rural	Solihull
	Yr 2	Yr 2
Boys	16	31
Girls	18	33

**Q13.** Percentage answering that they think they will smoke when they are older.

	Rural	Solihull
	Yr 2	Yr 2
Boys	6	8
Girls	1	3

## Worrying and Safety

### Worrying

46% (48%) of pupils responded that they worry about their family 'a lot'.

**Q14.** Percentage of pupils responding that they worry about the following... (Solihull Primary data in brackets):

Boys	Never	Sometimes	A lot
School-work	39 (38)	44 (38)	16 (23)
Keeping well	39 (33)	31 (33)	29 (33)
Friendships	44 (39)	26 (28)	29 (32)
Family	25 (29)	27 (23)	48 (48)
The way they look	40 (49)	33 (27)	27 (24)

Girls	Never	Sometimes	A lot
School-work	28 (32)	48 (48)	24 (20)
Keeping well	32 (28)	29 (37)	38 (34)
Friendships	38 (32)	30 (34)	32 (33)
Family	26 (25)	32 (28)	43 (47)
The way they look	30 (41)	39 (33)	31 (25)

### Problem solving

**Q15.** Percentage of pupils responding that they would go to the following people if they were worried or upset about the issues listed... (Solihull Primary data in brackets):

Boys	Mum/Dad/carer	Brother or sister	Friend	Adult in school	Other adult	Keep it to themselves
School	40 (45)	7 (7)	16 (12)	24 (23)	1 (1)	11 (12)
Their family	59 (50)	13 (15)	7 (12)	6 (6)	3 (3)	11 (14)
Their friendships	32 (32)	12 (10)	24 (21)	13 (17)	2 (2)	15 (16)
How they feel	55 (53)	10 (9)	7 (10)	11 (10)	3 (2)	13 (16)

Girls	Mum/Dad/carer	Brother or sister	Friend	Adult in school	Other adult	Keep it to themselves
School	44 (46)	8 (6)	11 (13)	26 (24)	0 (1)	10 (9)
Their family	49 (51)	15 (15)	11 (14)	7 (7)	1 (3)	17 (10)
Their friendships	40 (37)	10 (10)	26 (23)	19 (19)	1 (2)	5 (9)
How they feel	53 (51)	7 (8)	10 (13)	13 (12)	1 (3)	15 (12)

### School

46% (52%) of pupils responded that they like going to school, while 35% (31%) said they 'sometimes' do.

**Q16.** Percentage answering that they like going to school.

	Rural	Solihull
	Yr 2	Yr 2
Boys	43	48
Girls	50	58

19% (17%) of pupils responded that they don't like going to school.

15% (13%) of pupils responded that they feel scared to go to school because of other children, while 25% (25%) said they 'sometimes' do.

**Q16.** Percentage answering that they don't like going to school.

	Rural	Solihull
	Yr 2	Yr 2
Boys	20	23
Girls	16	11

**Q17.** Percentage answering that they feel scared to go to school because of other children.

	Rural	Solihull
	Yr 2	Yr 2
Boys	11	13
Girls	20	14

## Internet Safety

44% (40%) of pupils responded that they go on the internet when parents/carers aren't in the room.

**Q20.** Percentage answering that they go on the internet when parents/carers aren't in the room.

	Rural		Solihull	
	Yr 2		Yr 2	
Boys	47		43	
Girls	40		38	

60% (62%) of pupils responded that their parents/carers have rules about what they are allowed to do online.

**Q21.** Percentage answering that their parents/carers have rules about what they are allowed to do online.

	Rural		Solihull	
	Yr 2		Yr 2	
Boys	51		57	
Girls	70		66	

60% (66%) of pupils responded that they have used the internet at home in the last week, while 50% (46%) said they have used it at school.

**Q22.** Percentage of pupils responding that they have used the internet at the following places in the last week (Solihull Primary data in brackets):

	Year 2		Total
	Boys	Girls	
At home	61 (68)	58 (64)	60 (66)
At school	48 (45)	52 (48)	50 (46)
Elsewhere	28 (34)	19 (29)	24 (32)

**Q23.** Percentage of pupils responding that they use the internet for the following (Solihull Primary data in brackets):

Boys				Girls			
1	Playing games	80	(81)	1	Watching YouTube, Netflix, Prime	75	(80)
2	Watching YouTube, Netflix, Prime	78	(77)	2	Playing games	74	(77)
3	School work	54	(54)	3	School work	55	(62)
4	Looking at web pages about their hobbies and interests	37	(28)	4	Chatting	28	(24)
5	Chatting	24	(23)	5	Looking at web pages about their hobbies and interests	25	(24)
6	Using Facebook, Instagram, WhatsApp	17	(14)	6	Other	13	(9)
7	Other	16	(11)	7	Using Facebook, Instagram, WhatsApp	11	(14)

11% (11%) of pupils responded that they chat to people online who they have never met.

**Q24.** Percentage answering that they chat to people online who they have never met.

	Rural		Solihull	
	Yr 2		Yr 2	
Boys	16		14	
Girls	6		7	

4% (4%) of pupils responded that they chat online to people who they have never met and have received a chat message that scared them or made them upset.

74% (72%) of pupils responded that they have been told how to stay safe while chatting online.

**Q25.** Percentage answering that they chat to people online who they have never met and have received a message which scared or upset them.

	Rural	Solihull
	Yr 2	Yr 2
Boys	5	5
Girls	3	3

**Q26.** Percentage answering that they have been told how to stay safe while chatting online.

	Rural	Solihull
	Yr 2	Yr 2
Boys	76	70
Girls	71	75

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**This is not the end of your  
Health Related Behaviour Survey!**

**Ask us about...**

- ... Getting your data into your computers**
- ... Turning your data into graphs and pie charts**
- ... Your data and Healthy Schools**
- ... Free resources about young people's health-related  
behaviour: [www.sheu.org.uk/node/366](http://www.sheu.org.uk/node/366)**

***We may also be able to introduce you to health and  
education contacts, with money and resources, within your  
local community***