

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

**A report for  
Unity Collaborative  
Year 2**

**The Schools Health Education Unit**

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

**SHEU**



# **School Survey Report 2018**

Unity 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  
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## 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	<b>10</b>	<b>20</b>	30	40
Girls	<b>80</b>	<b>70</b>	60	50

Favourite fruits			
1	Apples	<b>70</b>	(60)
2	Oranges	<b>60</b>	(50)
3	Bananas	<b>50</b>	(40)

**Your survey** (Reference sample)

## The sample

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	366	1232
Girls	342	1177

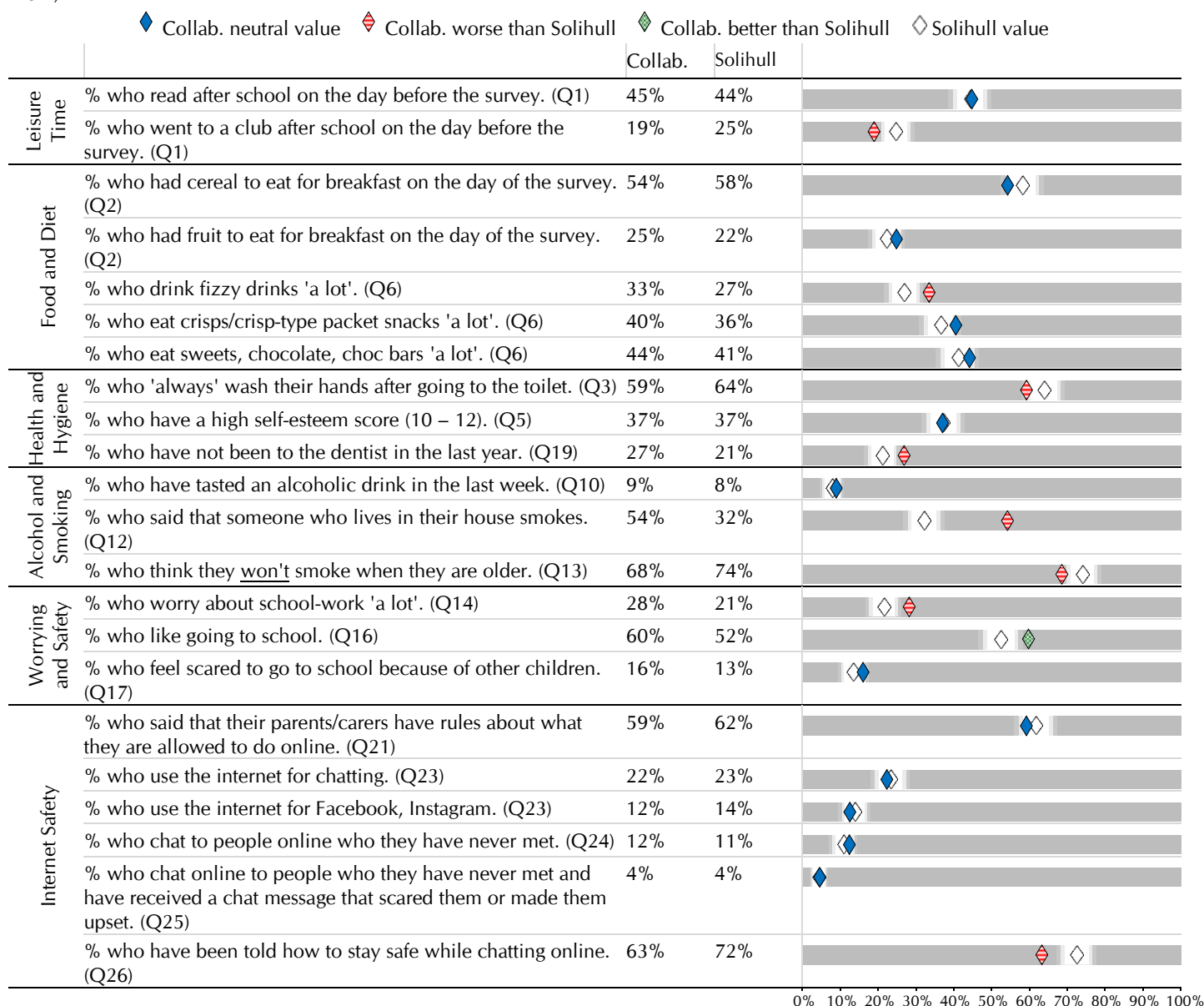
If the sample you sent to Exeter for analysis was small, then it may have been aggregated by sex or year, or merged with a sample from another school or schools. This is done so that the figures are not too influenced by the behaviour of any one individual, and to ensure that the anonymity of the respondents 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 Unity 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

	Unity	Solihull
	Yr 2	Yr 2
Boys	366	1232
Girls	342	1177

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

### Home and School

#### HOME LIFE

- ❑ 68% (61%) of pupils responded that they have at least one brother, while 27% (20%) said they have more than one.
- ❑ 64% (61%) of pupils responded that they have at least one sister, while 22% (17%) said they have more than one.
- ❑ 66% (62%) of pupils responded that they have at least one older brother or sister, while 35% (28%) said they have more than one.

#### ETHNICITY

- ❑ 83% (78%) of pupils responded that they are White (UK or European).

#### LEISURE TIME

- ❑ 66% (63%) of pupils responded that they watched TV after school on the day before the survey, while 51% (49%) said they played at home.

### Food and Diet

#### BREAKFAST

- ❑ 3% (1%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 17% (17%) said they had a cooked breakfast.
- ❑ 4% (2%) of pupils responded that they had at most a drink for breakfast on the day of the survey.
- ❑ 54% (58%) of pupils responded that they had cereal to eat for breakfast on the day of the survey, while 36% (36%) said they had toast or bread.

#### FOOD

- ❑ 39% (44%) of pupils responded that they eat vegetables 'a lot'; 59% (58%) said the same of fresh fruit.
- ❑ 26% (18%) of pupils responded that they 'never' eat any fish/fish fingers.

### Health and Hygiene

#### HYGIENE

- ❑ 7% (5%) of pupils responded that they 'never' wash their hands after going to the toilet, while 33% (31%) said they do so only 'sometimes'.
- ❑ 59% (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 9% (14%) said they 'don't know' if they do.

### MENTAL AND EMOTIONAL HEALTH

- ❑ 64% (64%) of pupils responded that they mostly feel happy and 66% (69%) said they usually feel safe.
- ❑ 37% (37%) of pupils have a high self-esteem score (10 – 12), while 3% (2%) have a low self-esteem score (0 – 3).

### DENTAL HEALTH

- ❑ 9% (5%) of pupils responded that they didn't clean their teeth at all on the day before the survey.
- ❑ 65% (72%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 58% (60%) of pupils responded that they have been to a dentist in the last year, while 15% (19%) said they 'don't know' if they have.

### Money

- ❑ 56% (61%) of pupils responded that they have saved money in the last week, while 39% (37%) spent it on toys.

### Physical Activity

- ❑ 67% (73%) of pupils responded that they ride their bike at least 'sometimes', while 76% (81%) said they go swimming at least 'sometimes'.

### Alcohol and Smoking

#### ALCOHOL

- ❑ 30% (31%) of pupils responded that they have tasted an alcoholic drink, while 11% (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 7% (6%) said they 'don't know' if they did.

#### SMOKING

- ❑ 54% (32%) of pupils responded that someone who lives in their house smokes.
- ❑ 8% (6%) of pupils responded that they think they will smoke when they are older, while 23% (20%) think they may smoke and 68% (74%) think they won't.

### Worrying and Safety

#### WORRYING

- ❑ 57% (48%) of pupils responded that they worry about their family 'a lot'.

#### SCHOOL

- ❑ 60% (52%) of pupils responded that they like going to school, while 24% (31%) said they 'sometimes' do.
- ❑ 16% (17%) of pupils responded that they don't like going to school.

- ❑ 16% (13%) of pupils responded that they feel scared to go to school because of other children, while 19% (25%) said they 'sometimes' do.

### **Internet Safety**

- ❑ 42% (40%) of pupils responded that they go on the internet when parents/carers aren't in the room.
- ❑ 59% (62%) of pupils responded that their parents/carers have rules about what they are allowed to do online.
- ❑ 68% (66%) of pupils responded that they have used the internet at home in the last week, while 48% (46%) said they have used it at school.
- ❑ 12% (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.
- ❑ 63% (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 In sample	20	6.7	8.9	10.2	11.0	11.2
	30	5.5	7.3	8.4	8.9	9.1
	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 Unity Collaborative and Solihull Primary.

Sig	Collab.	Solihull	Question
***	54%	32%	of pupils responded that someone who lives in their house smokes.
***	63%	72%	of pupils responded that they have been told how to stay safe while chatting online.
***	26%	18%	of pupils responded that they 'never' eat any fish/fish fingers.
***	57%	48%	of pupils responded that they worry about their family 'a lot'.
***	65%	72%	of pupils responded that they cleaned their teeth at least twice on the day before the survey.
***	9%	5%	of pupils responded that they didn't clean their teeth at all on the day before the survey.
***	68%	61%	of pupils responded that they have at least one brother.
***	60%	52%	of pupils responded that they like going to school.
***	76%	81%	of pupils responded that they go swimming at least 'sometimes'.
***	83%	78%	of pupils responded that they are White (UK or European).
***	4%	2%	of pupils responded that they had at most a drink for breakfast on the day of the survey.
***	7%	5%	of pupils responded that they 'never' wash their hands after going to the toilet.
***	67%	73%	of pupils responded that they ride their bike at least 'sometimes'.
**	3%	1%	of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey.
**	39%	44%	of pupils responded that they eat vegetables 'a lot'.
**	56%	61%	of pupils responded that they have saved money in the last week.
*	8%	6%	of pupils responded that they think they will smoke when they are older.
*	59%	64%	of pupils responded that they 'always' wash their hands after going to the toilet.

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	366	274
Girls	342	252

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

### Home and School

#### HOME LIFE

- ❑ 68% (67%) of pupils responded that they have at least one brother, while 27% (28%) said they have more than one.
- ❑ 64% (67%) of pupils responded that they have at least one sister, while 22% (26%) said they have more than one.
- ❑ 66% (64%) of pupils responded that they have at least one older brother or sister, while 35% (33%) said they have more than one.

#### ETHNICITY

- ❑ 83% (81%) of pupils responded that they are White (UK or European).

#### LEISURE TIME

- ❑ 66% (56%) of pupils responded that they watched TV after school on the day before the survey, while 51% (47%) said they played at home.

### Food and Diet

#### BREAKFAST

- ❑ 3% (2%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 17% (15%) said they had a cooked breakfast.
- ❑ 4% (3%) of pupils responded that they had at most a drink for breakfast on the day of the survey.
- ❑ 54% (53%) of pupils responded that they had cereal to eat for breakfast on the day of the survey, while 36% (31%) said they had toast or bread.

#### FOOD

- ❑ 39% (45%) of pupils responded that they eat vegetables 'a lot'; 59% (62%) said the same of fresh fruit.
- ❑ 26% (23%) of pupils responded that they 'never' eat any fish/fish fingers.

### Health and Hygiene

#### HYGIENE

- ❑ 7% (8%) of pupils responded that they 'never' wash their hands after going to the toilet, while 33% (30%) said they do so only 'sometimes'.
- ❑ 59% (63%) of pupils responded that they 'always' wash their hands after going to the toilet.

#### ASTHMA

- ❑ 10% (14%) of pupils responded that they have asthma, while 9% (12%) said they 'don't know' if they do.

#### MENTAL AND EMOTIONAL HEALTH

- ❑ 64% (67%) of pupils responded that they mostly feel happy and 66% (65%) said they usually feel safe.
- ❑ 37% (33%) of pupils have a high self-esteem score (10 – 12), while 3% (2%) have a low self-esteem score (0 – 3).

#### DENTAL HEALTH

- ❑ 9% (7%) of pupils responded that they didn't clean their teeth at all on the day before the survey.
- ❑ 65% (70%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 58% (55%) of pupils responded that they have been to a dentist in the last year, while 15% (20%) said they 'don't know' if they have.

### Money

- ❑ 56% (53%) of pupils responded that they have saved money in the last week, while 39% (36%) spent it on toys.

### Physical Activity

- ❑ 67% (68%) of pupils responded that they ride their bike at least 'sometimes', while 76% (75%) said they go swimming at least 'sometimes'.

### Alcohol and Smoking

#### ALCOHOL

- ❑ 30% (27%) of pupils responded that they have tasted an alcoholic drink, while 11% (15%) said they 'don't know' if they have.
- ❑ 9% (11%) of pupils responded that they tasted an alcoholic drink in the week before the survey, while 7% (9%) said they 'don't know' if they did.

#### SMOKING

- ❑ 54% (54%) of pupils responded that someone who lives in their house smokes.
- ❑ 8% (7%) of pupils responded that they think they will smoke when they are older, while 23% (22%) think they may smoke and 68% (71%) think they won't.

### Worrying and Safety

#### WORRYING

- ❑ 57% (55%) of pupils responded that they worry about their family 'a lot'.

#### SCHOOL

- ❑ 60% (59%) of pupils responded that they like going to school, while 24% (26%) said they 'sometimes' do.
- ❑ 16% (15%) of pupils responded that they don't like going to school.

- ❑ 16% (14%) of pupils responded that they feel scared to go to school because of other children, while 19% (25%) said they 'sometimes' do.

### **Internet Safety**

- ❑ 42% (31%) of pupils responded that they go on the internet when parents/carers aren't in the room.
- ❑ 59% (60%) of pupils responded that their parents/carers have rules about what they are allowed to do online.
- ❑ 68% (58%) of pupils responded that they have used the internet at home in the last week, while 48% (46%) said they have used it at school.
- ❑ 12% (12%) 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.
- ❑ 63% (68%) 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	366	274
Girls	342	252

Sig	2018	2016	Question
***	42%	31%	of pupils responded that they go on the internet when parents/carers aren't in the room.
***	66%	56%	of pupils responded that they watched TV after school on the day before the survey.
***	68%	58%	of pupils responded that they have used the internet at home in the last week.
*	10%	14%	of pupils responded that they have asthma.
*	39%	45%	of pupils responded that they eat vegetables 'a lot'.

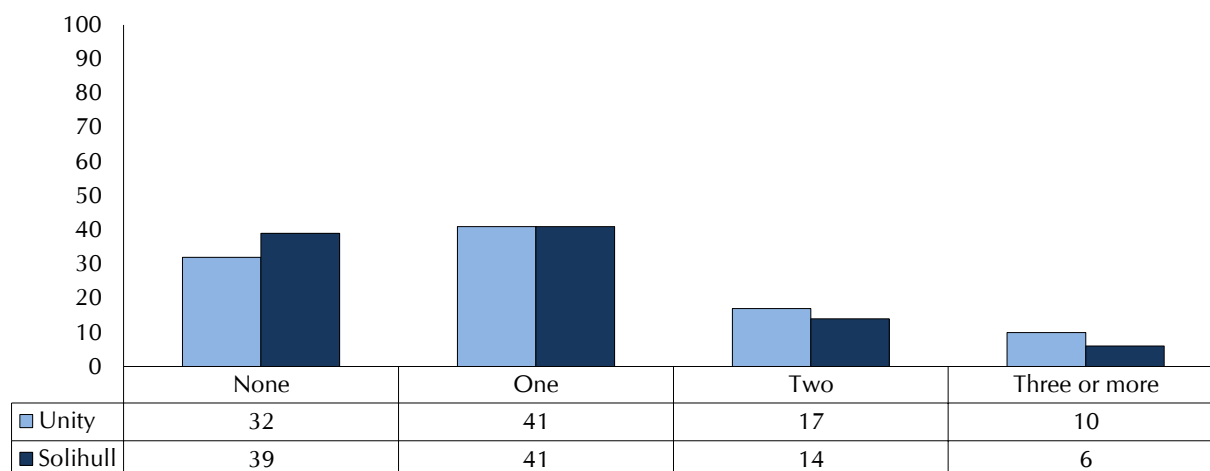
Tests: Chi-squared ( $\chi^2$ ). KEY: \* =  $p < 0.05$  (5%) \*\* =  $p < 0.01$  (1%) \*\*\* =  $p < 0.001$  (0.1%).



## Home and School

### Home life

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

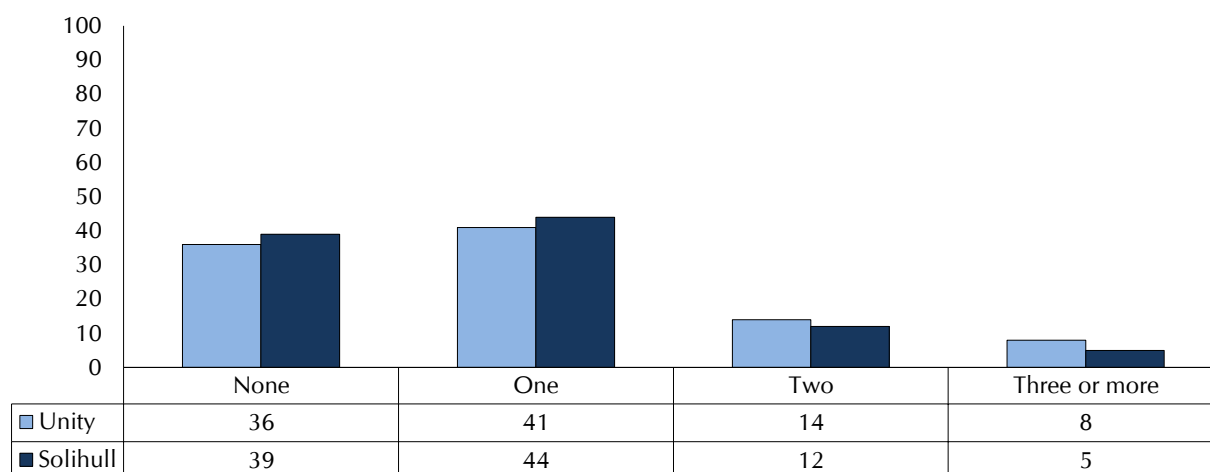


68% (61%) of pupils responded that they have at least one brother, while 27% (20%) said they have more than one.

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	68	61
Girls	69	61

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

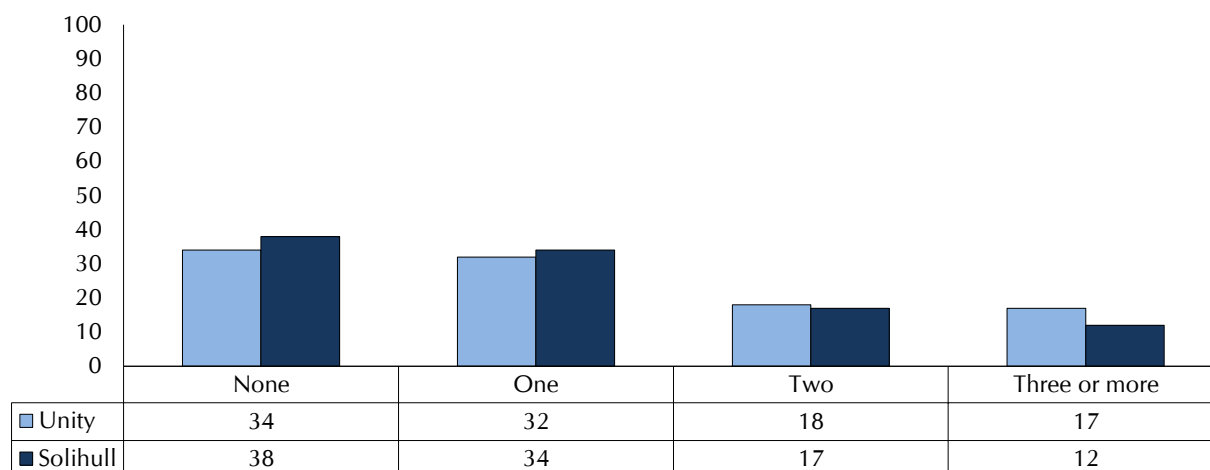


64% (61%) of pupils responded that they have at least one sister, while 22% (17%) said they have more than one.

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	65	61
Girls	63	61

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



66% (62%) of pupils responded that they have at least one older brother or sister, while 35% (28%) said they have more than one.

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	65	62
Girls	68	63

## Ethnicity

83% (78%) of pupils responded that they are White (UK or European).

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	85	77
Girls	81	79

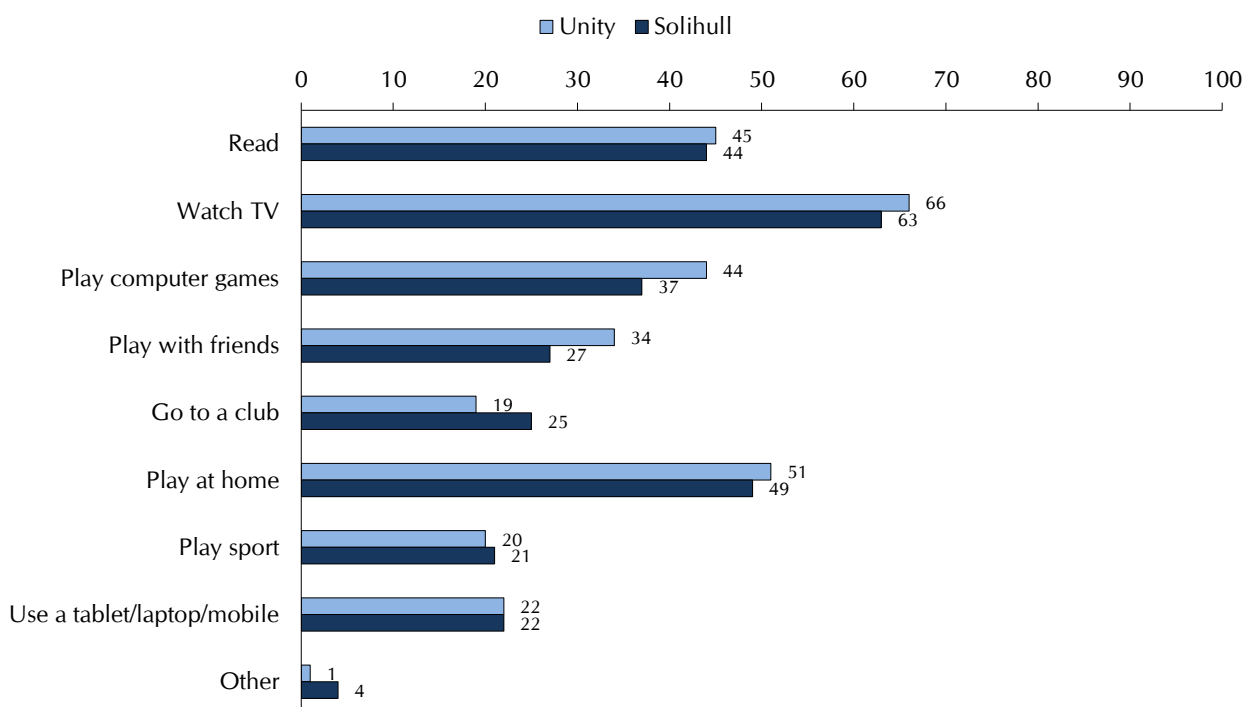
## Leisure time

66% (63%) of pupils responded that they watched TV after school on the day before the survey, while 51% (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	67 (65)	1	Watch TV	66 (62)
2	Play computer games	57 (51)	2	Play at home	53 (50)
3	Play at home	50 (48)	3	Read	51 (47)
4	Read	39 (41)	4	Play with friends	32 (25)
5	Play with friends	35 (28)	5	Play computer games	29 (22)
6	Play sport	26 (27)	6	Use a tablet/laptop/mobile	22 (21)
7	Use a tablet/laptop/mobile	21 (22)	7	Go to a club	19 (26)
8	Go to a club	19 (24)	8	Play sport	13 (15)
9	Other	0 (3)	9	Other	2 (6)

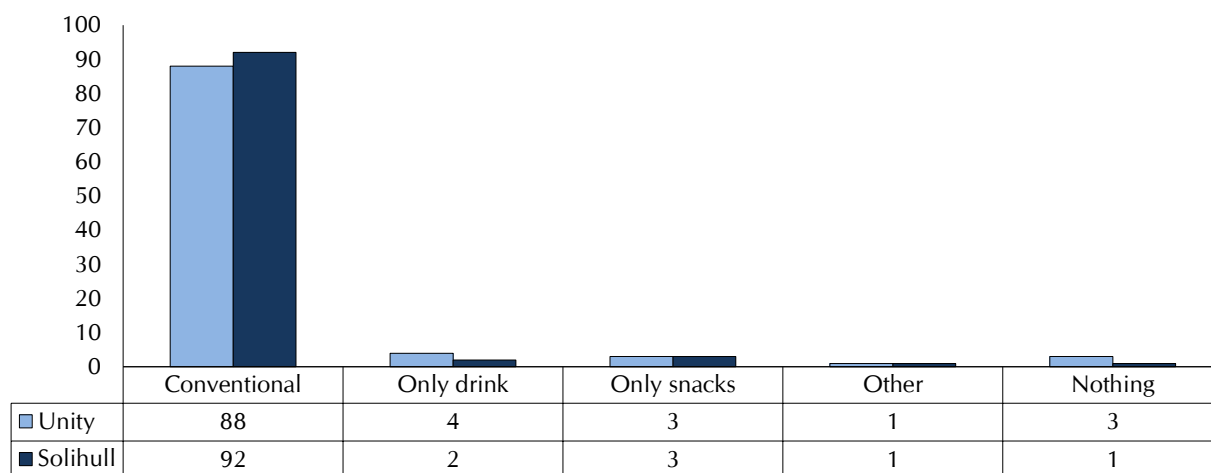
**Q1.** Percentage of pupils responding that they did the following after school on the day before the survey:



## 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.

3% (1%) of pupils responded that they didn't have anything to eat or drink for breakfast on the day of the survey, while 17% (17%) said they had a cooked breakfast.

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

	Unity	Solihull
Yr 2	Yr 2	
Boys	3	2
Girls	3	1

4% (2%) of pupils responded that they had at most a drink for breakfast on the day of the survey.

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

	Unity	Solihull
Yr 2	Yr 2	
Boys	5	2
Girls	4	2

54% (58%) of pupils responded that they had cereal to eat for breakfast on the day of the survey, while 36% (36%) said they had toast or bread.

**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	65 (69)	1	Something to drink	62 (70)
2	Cereal	55 (59)	2	Cereal	53 (57)
3	Toast or bread	35 (36)	3	Toast or bread	37 (35)
4	Fruit	24 (21)	4	Fruit	26 (24)
5	Cooked breakfast	20 (20)	5	Yoghurt	16 (14)

## Food

39% (44%) of pupils responded that they eat vegetables 'a lot'; 59% (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	39 (35)	29 (25)	34 (30)
Any fish or fish fingers	32 (31)	26 (26)	29 (28)
Any cheese, milk	29 (35)	31 (37)	30 (36)
Brown bread or brown bread rolls	24 (24)	23 (21)	24 (22)
Chips or roast potatoes	46 (41)	41 (38)	43 (39)
Rice or pasta	33 (36)	40 (39)	37 (38)
Sugary cereals	41 (37)	39 (32)	40 (35)
Weetabix, Shredded Wheat, Branflakes	32 (32)	29 (30)	30 (31)
Fresh fruit	59 (55)	60 (62)	59 (58)
Vegetables	39 (42)	38 (46)	39 (44)
Fizzy drinks	37 (32)	30 (22)	33 (27)
Crisps/crisp-type packet snack	44 (40)	37 (33)	40 (36)
Sweets, chocolate, choc bars	47 (46)	41 (36)	44 (41)

26% (18%) of pupils responded that they 'never' eat any fish/fish fingers.

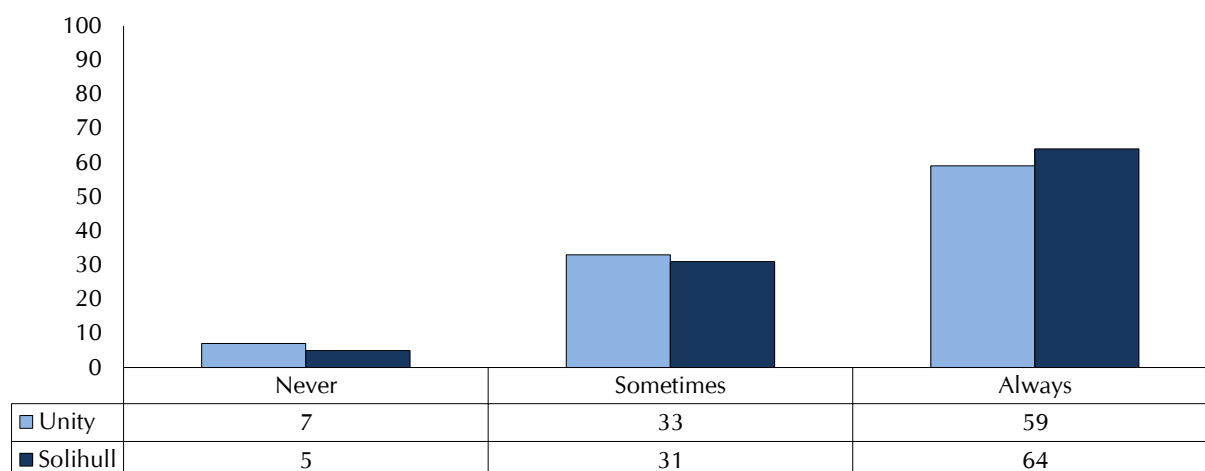
**Q6.** Percentage of pupils responding that they 'never' eat or drink the following (Solihull Primary data in brackets):

	Boys	Girls	Total
Any meat	14 (13)	11 (11)	13 (12)
Any fish or fish fingers	25 (18)	27 (18)	26 (18)
Any cheese, milk	34 (25)	26 (19)	30 (22)
Brown bread or brown bread rolls	44 (36)	43 (38)	43 (37)
Chips or roast potatoes	15 (13)	10 (9)	13 (11)
Rice or pasta	21 (17)	19 (13)	20 (15)
Sugary cereals	25 (20)	18 (19)	22 (20)
Weetabix, Shredded Wheat, Branflakes	34 (30)	28 (28)	31 (29)
Fresh fruit	8 (7)	6 (4)	7 (5)
Vegetables	21 (16)	18 (11)	19 (14)
Fizzy drinks	18 (19)	23 (25)	20 (22)
Crisps/crisp-type packet snack	10 (9)	10 (6)	10 (8)
Sweets, chocolate, choc bars	8 (5)	8 (5)	8 (5)

## Health and Hygiene

### Hygiene

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



7% (5%) of pupils responded that they 'never' wash their hands after going to the toilet, while 33% (31%) said they do so only 'sometimes'.

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	8	6
Girls	7	4

59% (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.

	Unity	Solihull
	Yr 2	Yr 2
Boys	54	58
Girls	64	69

### Asthma

10% (10%) of pupils responded that they have asthma, while 9% (14%) said they 'don't know' if they do.

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	11	11
Girls	9	10

## Mental and emotional health

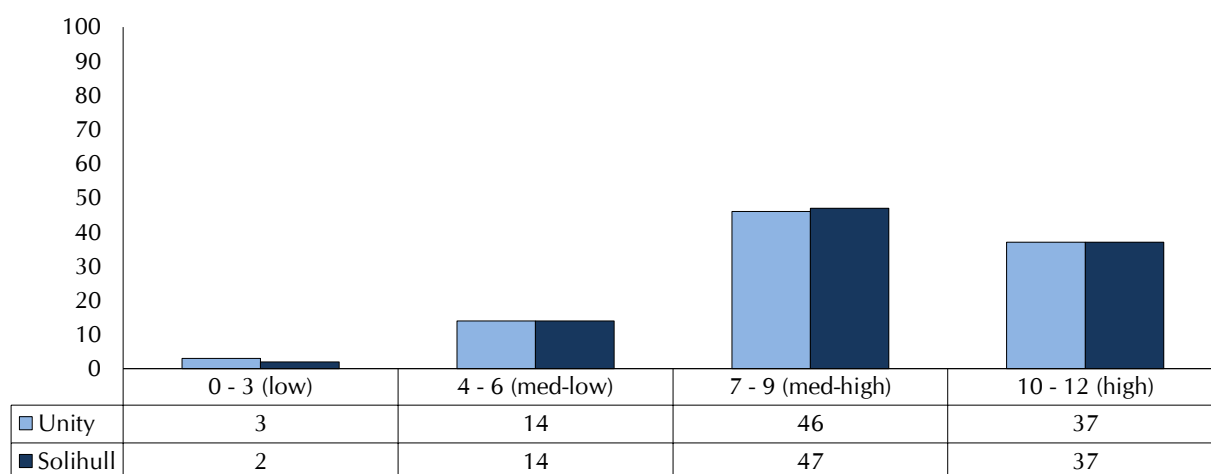
64% (64%) of pupils responded that they mostly feel happy and 66% (69%) said they usually feel safe.

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

Boys	No	Sometimes	Yes
Do you have lots of friends to play with?	6 ( 5)	24 (24)	70 (71)
Do your parents like to listen to you?	19 (12)	34 (42)	46 (45)
When a teacher asks you something, do you feel shy?	62 (63)	22 (26)	15 (11)
Do you worry a lot?	51 (49)	31 (36)	17 (14)
Do you fall out with your friends a lot?	51 (45)	33 (41)	16 (13)
Do you mostly feel happy?	5 ( 6)	30 (30)	64 (63)
Do you usually feel safe?	9 ( 8)	23 (23)	66 (68)

Girls	No	Sometimes	Yes
Do you have lots of friends to play with?	4 ( 4)	26 (31)	69 (65)
Do your parents like to listen to you?	11 ( 8)	34 (41)	54 (51)
When a teacher asks you something, do you feel shy?	55 (55)	29 (32)	15 (12)
Do you worry a lot?	30 (34)	47 (47)	22 (18)
Do you fall out with your friends a lot?	37 (34)	43 (50)	19 (16)
Do you mostly feel happy?	5 ( 6)	30 (29)	64 (65)
Do you usually feel safe?	10 ( 7)	21 (21)	66 (70)

### Q5. Composite self-esteem score:



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

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

	Unity	Solihull
Yr 2		
Boys	42	42
Girls	32	33

## Dental health

9% (5%) of pupils responded that they didn't clean their teeth at all on the day before the survey.

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	12	6
Girls	6	4

65% (72%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	63	70
Girls	67	74

58% (60%) of pupils responded that they have been to a dentist in the last year, while 15% (19%) said they 'don't know' if they have.

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	57	60
Girls	59	60



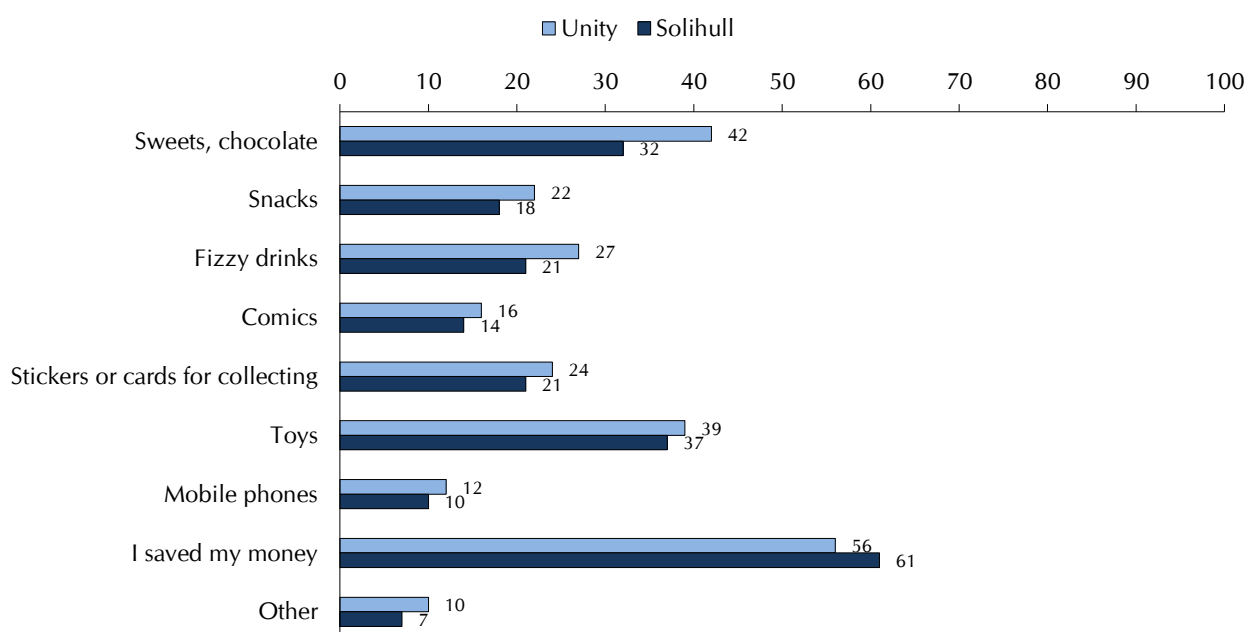
## Money

56% (61%) of pupils responded that they have saved money in the last week, while 39% (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	54 (59)	1	I saved my money	57 (63)
2	Sweets, chocolate	41 (33)	2	Sweets, chocolate	43 (30)
3	Toys	38 (37)	3	Toys	41 (37)
4	Fizzy drinks	29 (24)	4	Stickers or cards for collecting	24 (18)
5	Stickers or cards for collecting	25 (24)	5	Fizzy drinks	24 (18)
6	Snacks	22 (19)	6	Snacks	22 (16)
7	Comics	17 (17)	7	Comics	15 (11)
8	Mobile phones	12 (11)	8	Mobile phones	12 (8)
9	Other	9 (7)	9	Other	10 (7)

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



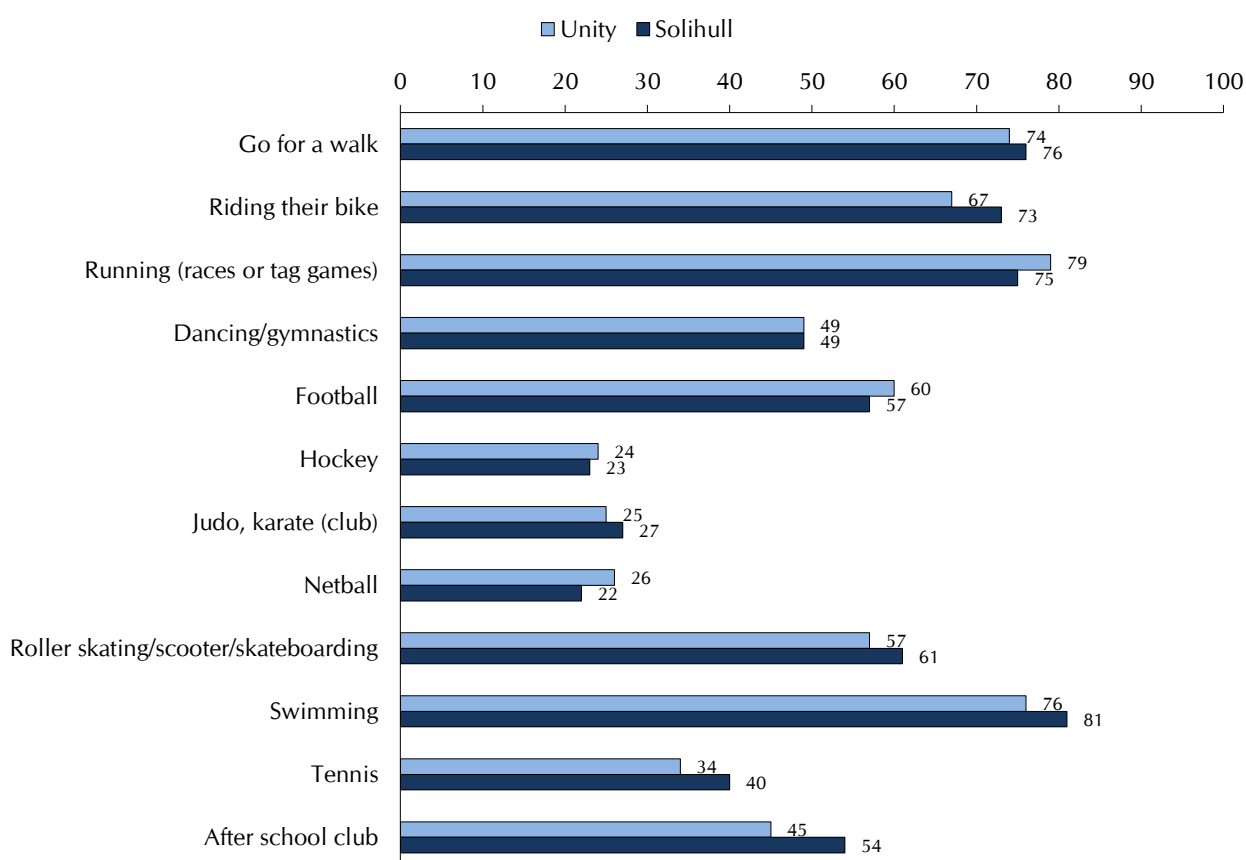
## Physical Activity

67% (73%) of pupils responded that they ride their bike at least 'sometimes', while 76% (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	Running (races or tag games)	83 (77)	1	Swimming	78 (82)
2	Football	79 (76)	2	Go for a walk	78 (80)
3	Swimming	73 (80)	3	Running (races or tag games)	74 (72)
4	Go for a walk	70 (72)	4	Riding their bike	69 (74)
5	Riding their bike	66 (71)	5	Dancing/gymnastics	67 (75)
6	Roller skating/scooter/skateboarding	55 (57)	6	Roller skating/scooter/skateboarding	60 (66)
7	After school club	43 (53)	7	After school club	47 (55)
8	Tennis	40 (46)	8	Football	41 (38)
9	Judo, karate (club)	32 (35)	9	Tennis	27 (34)
10	Dancing/gymnastics	31 (25)	10	Netball	22 (21)

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



## Alcohol and Smoking

### Alcohol

30% (31%) of pupils responded that they have tasted an alcoholic drink, while 11% (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 7% (6%) said they 'don't know' if they did.

### Smoking

54% (32%) of pupils responded that someone who lives in their house smokes.

8% (6%) of pupils responded that they think they will smoke when they are older, while 23% (20%) think they may smoke and 68% (74%) think they won't.

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	32	33
Girls	28	28

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	10	9
Girls	8	6

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	54	31
Girls	54	33

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	11	8
Girls	6	3

## Worrying and Safety

### Worrying

57% (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	32 (38)	36 (38)	30 (23)
Keeping well	28 (33)	31 (33)	41 (33)
Friendships	33 (39)	24 (28)	42 (32)
Family	21 (29)	21 (23)	57 (48)
The way they look	46 (49)	27 (27)	27 (24)

Girls	Never	Sometimes	A lot
School-work	29 (32)	44 (48)	26 (20)
Keeping well	23 (28)	35 (37)	41 (34)
Friendships	29 (32)	30 (34)	39 (33)
Family	20 (25)	24 (28)	56 (47)
The way they look	40 (41)	31 (33)	28 (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/carers	Brother or sister	Friend	Adult in school	Other adult	Keep it to themselves
School	45 (45)	6 ( 7)	12 (12)	21 (23)	1 ( 1)	15 (12)
Their family	48 (50)	12 (15)	14 (12)	6 ( 6)	4 ( 3)	15 (14)
Their friendships	34 (32)	10 (10)	19 (21)	15 (17)	2 ( 2)	18 (16)
How they feel	48 (53)	7 ( 9)	10 (10)	11 (10)	2 ( 2)	20 (16)

Girls	Mum/Dad/carers	Brother or sister	Friend	Adult in school	Other adult	Keep it to themselves
School	44 (46)	7 ( 6)	12 (13)	24 (24)	2 ( 1)	11 ( 9)
Their family	55 (51)	13 (15)	12 (14)	7 ( 7)	4 ( 3)	9 (10)
Their friendships	33 (37)	11 (10)	21 (23)	24 (19)	2 ( 2)	11 ( 9)
How they feel	50 (51)	11 ( 8)	10 (13)	11 (12)	2 ( 3)	14 (12)

### School

60% (52%) of pupils responded that they like going to school, while 24% (31%) said they 'sometimes' do.

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	53	48
Girls	66	58

16% (17%) of pupils responded that they don't like going to school.

16% (13%) of pupils responded that they feel scared to go to school because of other children, while 19% (25%) said they 'sometimes' do.

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	21	23
Girls	11	11

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	16	13
Girls	16	14

## Internet Safety

42% (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.

	Unity		Solihull	
	Yr 2		Yr 2	
Boys	46		43	
Girls	39		38	

59% (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.

	Unity		Solihull	
	Yr 2		Yr 2	
Boys	57		57	
Girls	61		66	

68% (66%) of pupils responded that they have used the internet at home in the last week, while 48% (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	73 (68)	63 (64)	68 (66)
At school	48 (45)	49 (48)	48 (46)
Elsewhere	34 (34)	34 (29)	34 (32)

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

Boys				Girls			
1	Playing games	83	(81)	1	Watching YouTube, Netflix, Prime	80	(80)
2	Watching YouTube, Netflix, Prime	77	(77)	2	Playing games	73	(77)
3	School work	54	(54)	3	School work	62	(62)
4	Looking at web pages about their hobbies and interests	26	(28)	4	Looking at web pages about their hobbies and interests	23	(24)
5	Chatting	24	(23)	5	Chatting	20	(24)
6	Using Facebook, Instagram, WhatsApp	11	(14)	6	Using Facebook, Instagram, WhatsApp	13	(14)
7	Other	11	(11)	7	Other	8	(9)

12% (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.

	Unity		Solihull	
	Yr 2		Yr 2	
Boys	16		14	
Girls	8		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.

63% (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.

	Unity	Solihull
	Yr 2	Yr 2
Boys	6	5
Girls	3	3

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

	Unity	Solihull
	Yr 2	Yr 2
Boys	62	70
Girls	65	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***