

Supporting the Health of Young People in Cornwall Secondary Schools

A summary report of the Health Related Behaviour Survey 2019

These results were collected from a sample of secondary pupils aged 12 to 15 in Cornwall in the summer term 2019. This work was commissioned and coordinated by Cornwall Council Public Health through the Cornwall Healthy Schools Team. The data will be used to inform planning and support by the schools, the Healthy Schools Programme, Public Health and other services.

To enable the data to be collected as accurately as possible, teachers were informed how to collect the most reliable data, the pupils then completed a version of the

questionnaire appropriate for their age group.

Pupils in Years 8 and 10 completed the secondary version of the questionnaire. All were undertaken anonymously.

Completed questionnaires were then returned to SHEU in Exeter for processing. Over 1800 pupils took part in 15 secondary schools in Cornwall.

COMPARISONS

Cornwall data have been compared with the SHEU wider database. A selection of some of the statistically significant

differences, where the level seen in the Cornwall data is either 5% above or below that in the wider SHEU database, are included on page 7.

The survey was also carried out in 2017, comparative figures are shown throughout this report in brackets().

LINKS

A selection of behaviours have been selected for further investigation. These have been outlined on page 7 of this document.

Over 1800 young people were involved in the survey:

School Year	Year 8	Year 10	Total
Age	12-13	14-15	
Boys	515	384	899
Girls	529	400	929
Total	1078*	805*	1883*

*55 pupils in the sample did not tell us their gender.

Reference sample

Cornwall data have been compared with the SHEU wider survey sample.

A selection of some of the differences, where the level seen in the Cornwall data is either 5% above or below that in the wider SHEU data, is indicated on page 6.

For more details please contact SHEU Tel. (01392 667272)
www.sheu.org.uk

TOPICS INCLUDE:

Background

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Leisure and money

Physical Activity

Relationships and sexual health

Safety

School and career



Healthy
Schools

SHEU

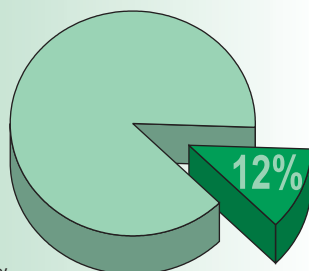
Cornwall Secondary school pupils in Year 8 and Year 10 (ages 12 - 15)

Background

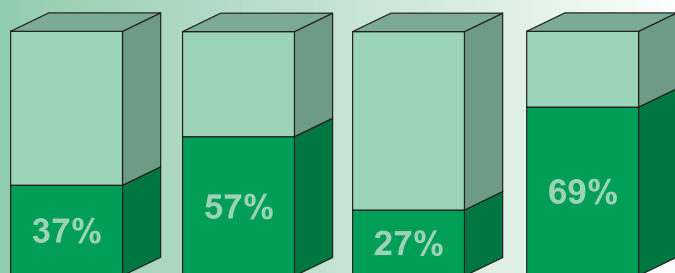
- 91% (92%) of pupils described themselves as white. 54% (54%) said they were White British. 32% (35%) described themselves as White Cornish.
- 57% (60%) of pupils live with their mother and father together, 18% (16%) live with one parent while 2% (2%) don't live with either parent.

HEALTHY EATING

- 12% (12%) of pupils reported having nothing to eat or drink for breakfast on the day of the survey.
- 22% (22%) of pupils reported having toast or bread for breakfast, 5% (6%) said porridge or Readybrek and 31% (32%) had cereals. 13% (12%) said they had fruit for breakfast that day.
- 9% (8%) of the pupils would like to put on weight while 48% (45%) would like to lose weight. 43% (47%) of pupils are happy with their weight as it is. There are differences between boys and girls however.

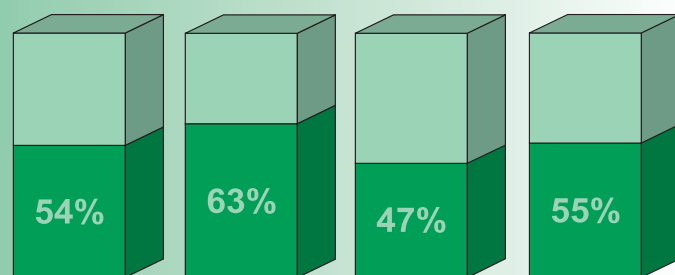


Secondary pupils who would like to lose weight:



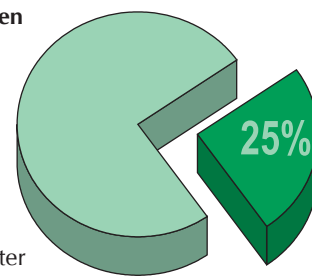
- 8% (8%) of pupils said they thought that they were underweight. 76% (76%) said that they were a healthy weight and 16% (16%) said they were overweight.
- 18% (15%) of pupils said they had no lunch on the day before the survey. 47% (54%) of pupils ate a packed lunch from home or went home for lunch, 33% (28%) had school food and 2% (3%) bought lunch from a takeaway or shop.

Secondary pupils who have fresh fruit 'on most days':



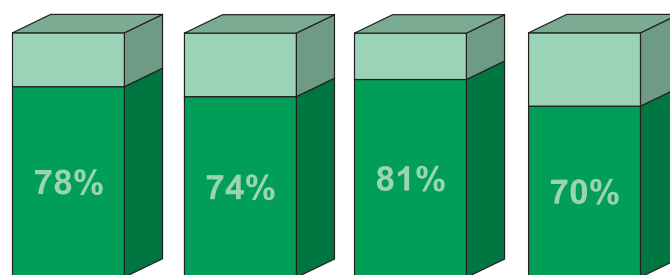
- 28% (29%) of pupils said they crisps 'on most days' and 24% (27%) said sweets, chocolate etc. 'on most days'.

- 12% (13%) of pupils said that they drink fizzy drinks (not low-calorie) 'on most days'. 5% (7%) said that they drink 'energy' drinks 'on most days'.
- 25% (29%) of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 9% (8%) had eaten none.
- 72% (65%) of pupils said water is freely available to drink at school. 24% (28%) said that they could drink water at school but 'not easily'.
- 12% (14%) of pupils reported 'never' considering their health when choosing what to eat. 19% (18%) of pupils consider their health 'very often' or 'always'.



In charge of your health

- 72% (69%) of pupils said that they were in charge of their health.
- 75% (73%) said 'If I take care of myself I'll stay healthy':

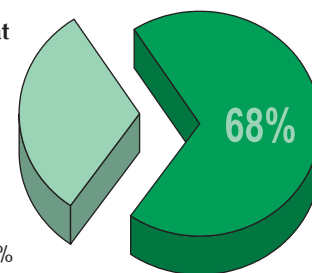


Year 8 boys Year 8 girls Year 10 boys Year 10 girls

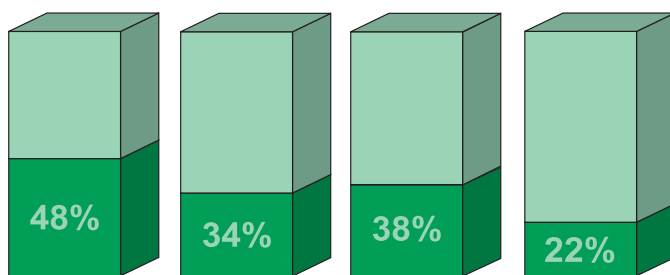
- However, 45% (45%) said that even if they look after themselves they can easily fall ill.

PHYSICAL ACTIVITY

- 68% (72%) of pupils said that they enjoy physical activity 'quite a lot' or 'a lot'.
- 5% of pupils said that they weren't active at all the previous week.
- 15% of pupils said they were active on 1 or 2 days and 20% said 3 or 4 days.
- 36% of pupils said they were active for 60 minutes on at least 5 days. There were obvious gender differences with this question though:



Secondary pupils active on 5+ days last week:

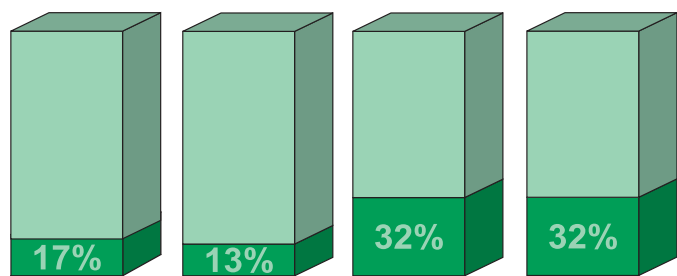


Year 8 boys Year 8 girls Year 10 boys Year 10 girls

ALCOHOL, CIGARETTES & DRUGS

Alcohol

22% (18%) of pupils drank alcohol during the last 7 days:

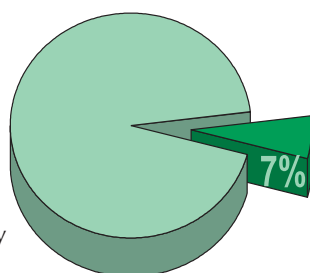


Year 8 boys Year 8 girls Year 10 boys Year 10 girls

The weekend was the most popular time to drink alcohol. 14% (8%) of Year 10 pupils said they drank alcohol on the Friday. 24% (16%) of Year 10 pupils said they drank alcohol on Saturday, and 10% (7%) of Year 10 said they drank on the Sunday.

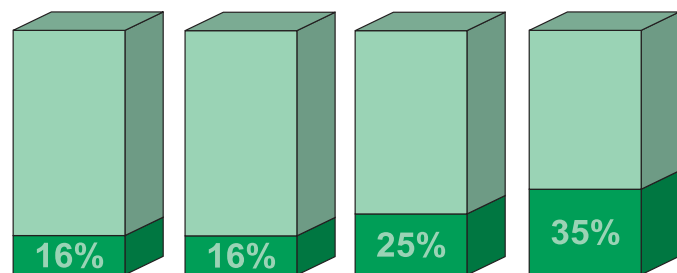
7% (5%) of pupils said that they got drunk the previous week.

The most popular drinks for boys were cider and beer/lager. For girls, cider was most popular followed by spirits.



The most common source of alcohol is from parents and family. In the last 7 days, 10% (9%) of pupils said that their parents/carers bought it/gave it to them. 6% (5%) said that friends/family over 18 bought it/gave it to them.

22% (31%) of pupils said they usually get alcohol from their parents:



Year 8 boys Year 8 girls Year 10 boys Year 10 girls

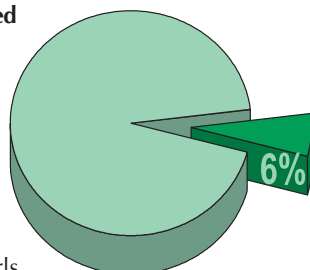
13% (15%) said they usually get alcohol from a friend or relative, 2% (4%) said they usually get/buy it from a shop or supermarket and 2% (2%) said they usually get/buy it in a pub or bar.

Cigarettes

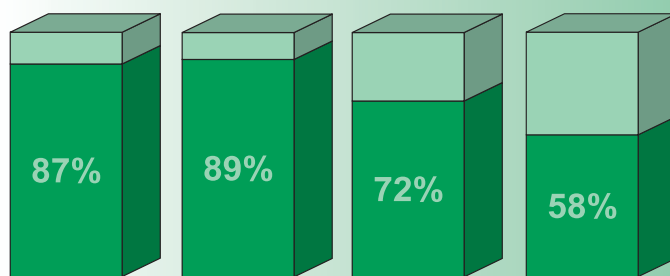
6% (5%) said they had smoked a cigarette in the seven days before the survey.

Boys: 2% (1%) of Year 8 boys and 11% (10%) of Year 10 boys say they smoke 'regularly' or 'occasionally'.

Girls: 2% (0%) of Year 8 girls and 19% (11%) of Year 10 girls say they smoke 'regularly' or 'occasionally'.



78% (80%) of pupils have never smoked at all:

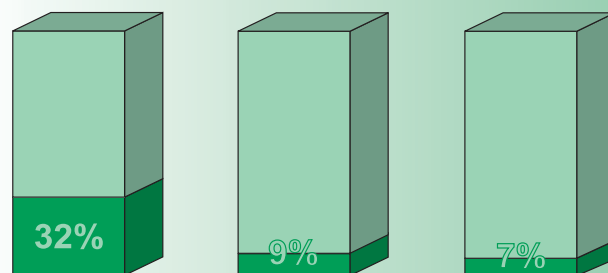


Year 8 boys Year 8 girls Year 10 boys Year 10 girls

32% (32%) of pupils said their parents/carers smoke.

6% (10%) said people smoke in a car when they are in it.

32% (29%) said smoking at home only happens outside, 9% (7%) said smoking happens only in certain rooms but 7% (2%) said smokers can smoke anywhere:



Outside Certain rooms Anywhere

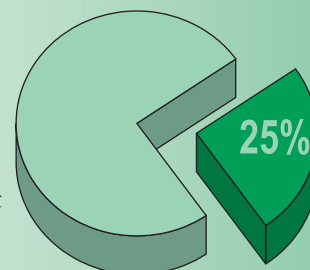
66% (62%) of pupils said that no-one ever smokes at home.

E-cigarettes

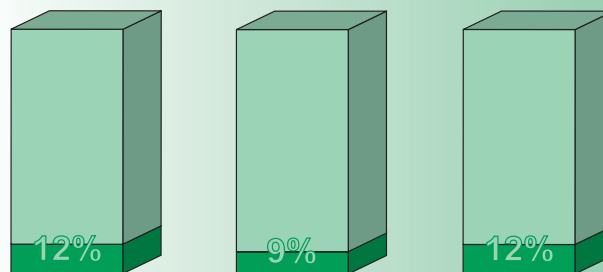
25% (22%) of Cornwall secondary pupils have used an e-cigarette/vaped.

3% (2%) said they use them regularly.

19% (18%) of pupils said that their parents use e-cigarettes (vape).



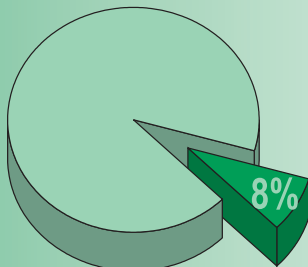
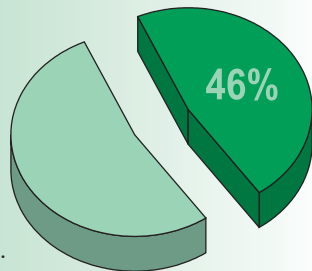
12% said vaping at home only happens outside, 9% said vaping happens only in certain rooms but 12% said people can vape anywhere:



Outside Certain rooms Anywhere

Drugs

- 46% (42%) of Cornwall secondary pupils are 'fairly sure' or 'certain' that they know someone who takes drugs.
- 13% (8%) of Year 8 and 33% (30%) of Year 10 pupils have been offered drugs to get high.



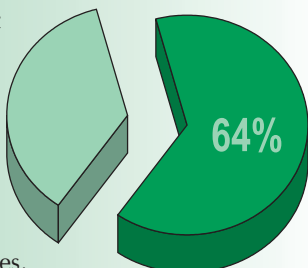
- 8% (7%) of pupils said that they have taken drugs.
- 72% (75%) of pupils said they had received useful information about alcohol or drugs.

- Of those who said 'yes' 54% (59%) said that it had helped them make choices about their own behaviour.
- 5% (7%) of pupils said that they worry about drugs 'quite a lot' or 'a lot'.

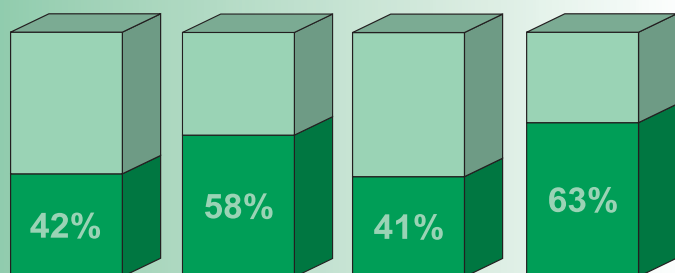
EMOTIONAL HEALTH AND WELL-BEING

- 41% (39%) of boys and 20% (26%) of girls had high self-esteem scores.
- 8% (8%) of pupils had very low self-esteem scores.

- 64% (65%) of pupils said that if they were worried about something, they know an adult they can trust to talk to about it. 13% (13%) said they didn't know an adult they trust to talk to about this.

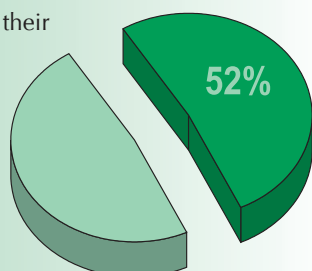


- When asked about their worries, 47% (51%) of pupils said they worried about school-work/exams and tests 'quite a lot' or 'a lot'. 45% (41%) said they worried about the way they look.
- 51% (49%) of pupils worry 'quite a lot' or 'a lot' about the future:



Year 8 boys Year 8 girls Year 10 boys Year 10 girls

- 32% (35%) of pupils said that their school cares whether they are happy or not.
- 52% (57%) of pupils said they at least quite happy with their lives at the moment. 24% (20%) were either 'not at all happy' or said 'not much'.



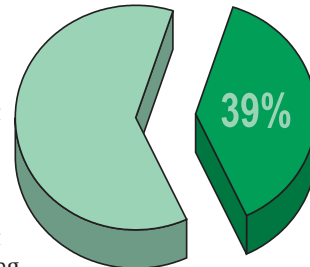
SAFETY

Bullying

- 9% (7%) of pupils reported that they felt afraid of going to school because of bullying 'often' or 'very often'. 27% (26%) said 'sometimes' while 63% (67%) said 'never'.

- When asked if they had been bullied at or near school in the past 12 months, 26% (27%) of secondary pupils said 'yes'; 14% (14%) didn't know if they had.

- 39% (53%) said that their school takes bullying seriously.



- 23% (36%) of pupils said that their school deals with bullying 'quite well' or 'very well'.

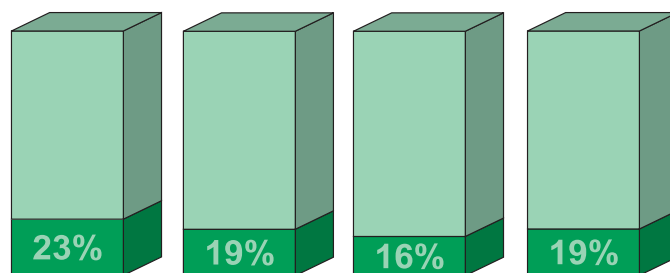
- 52% (39%) of pupils said that their school deals with bullying 'badly' or 'not very well'.

- 38% (34%) of pupils reported that they thought they were bullied because of the way they looked and 30% (23%) because of their size or weight.

- 14% (12%) thought they were bullied because of the clothes they wear and 9% (9%) said they were bullied because of their ability.

- Asked where bullying happened, 23% (17%) said outside during playtime/lunchtime, 19% (22%) said in a classroom at playtime/ lunchtime, 16% (19%) said in the corridors and 19% (20%) said during lesson time.

- Where reported bullying happens:



Outside break/lunch Inside break/lunch Corridors Lesson time

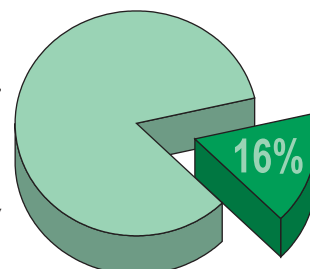
- 12% of pupils who said they had been bullied recently said they told no one about it. 14% said they had told mum/dad and 11% had told a friend.

- 7% (11%) of pupils said they had told their teacher about it.

- When asked if the problem then stopped, 10% (13%) said that it hadn't.

- 14% (13%) of pupils said that they had been the victim of violence or aggression in the area where they live in the last 12 months.

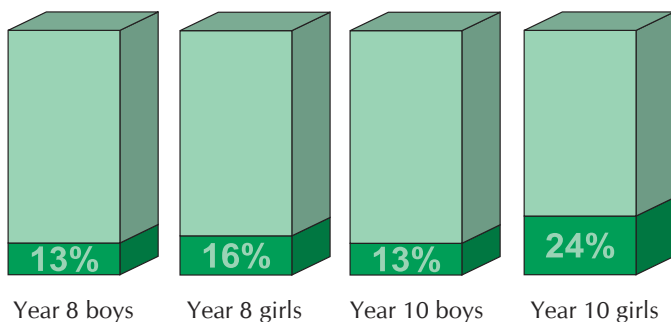
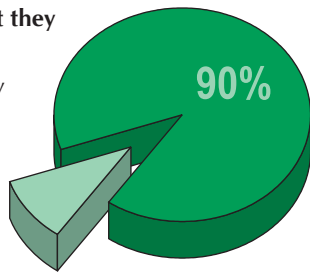
- 16% (15%) of pupils rate the safety of their area when going out after dark as 'poor' or 'very poor'. 6% (6%) say their safety when going to and from school is 'poor' or 'very poor' and 10% (8%) say the same about their safety at school.



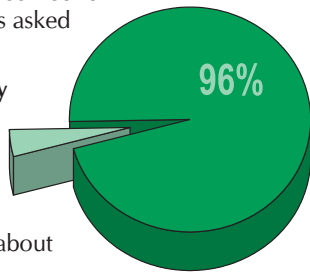
- 9% (7%) of pupils said that there had been shouting and arguing at home between adults in the last month that had frightened them at least once a week.

Internet safety

- 90% (90%) of pupils said that they have chatted on the Internet.
- 52% (50%) of pupils said they have used a webcam to chat online e.g. Skype.
- 68% (68%) said that they chat just to their friends or family, 52% (49%) said that they chat to friends of friends.
- 25% (22%) of pupils said that they chat to people who they don't know.
- 21% (20%) of pupils said they had received a message or picture that scared them or made them upset.
- 36% (35%) of pupils said that they had received a hurtful, unwanted or nasty message online.
- 16% (18%) of pupils had hurtful comments posted about them on a social networking site:**

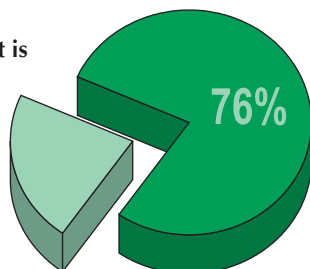


- 7% (7%) of pupils said that someone had used their identity/password to post false or hurtful things online.
- 13% (14%) said someone had used/changed a picture to humiliate them online.
- 23% (19%) of pupils said that someone they don't know in person has asked to meet with them.
- 96% (95%) of pupils said they have been told how to stay safe online.**
- 71% (73%) of pupils said that they always follow the advice they have been given about staying safe online.
- 16% (16%) of pupils said that they had sent personal information or images to someone that they then wished they hadn't, or had thought more about.



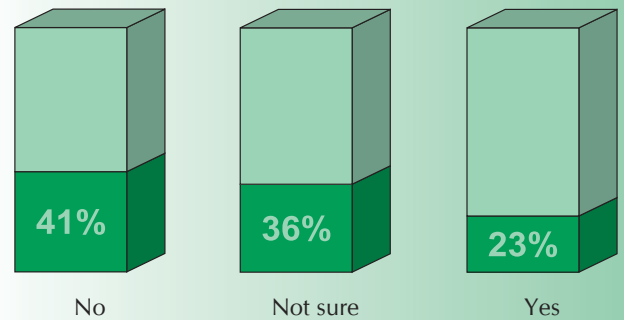
SCHOOL & CAREER

- 52% (60%) of pupils report enjoying at least half of their school lessons. 23% (18%) of pupils enjoy hardly any of them.
- 76% (80%) of pupils think it is important to go to school regularly.**
- 5% (5%) of pupils said that caring for family members had stopped them from going to school in the last 12 months.
- 12% (9%) of pupils said worries about school had stopped them going to school in the last 12 months.

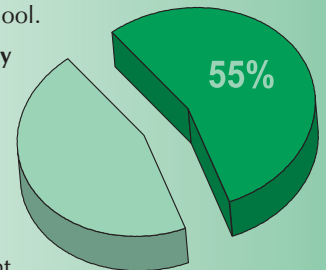


Pupil Voice

- Are your views and opinions listened to in your school?

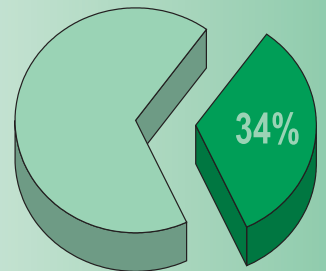


- 50% (52%) of pupils said that in their school people with different backgrounds were valued.
- 45% (51%) said that their school encouraged everyone to take part in decisions.
- 34% (37%) said that their school encouraged them contribute to community events.
- 46% (47%) of pupils said that their school prepares them for leaving school.
- 55% (55%) of pupils said they want to continue in full-time education after leaving school.**
- 45% (46%) of pupils said they wanted to find a job as soon as possible and 40% (46%) of pupils said they want to get training for a skilled job.



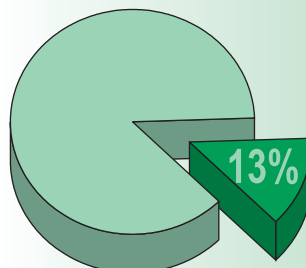
LEISURE

- 46% (40%) of pupils said that they watched more than an hour of TV the night before the survey.
- 20% (29%) of pupils spent more than an hour doing homework the night before.
- 39% (37%) of pupils spent more than an hour playing computer games the night before.
- 28% (30%) of Year 10 girls spent more than 3 hours talking/texting on the phone the night before.
- 34% (33%) of Year 10 girls spent more than 3 hours talking/messaging online e.g. Facebook, Twitter etc. the night before.**
- 32% (30%) of Year 10 boys spent more than 3 hours playing computer games the night before.



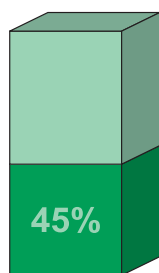
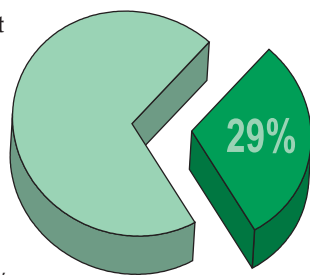
SUN SAFETY

- 57% (65%) of pupils said that they try to avoid sunburn 'usually' or 'whenever possible'.
- 30% (24%) said sometimes but **13% (11%) said they never try to avoid sunburn.**

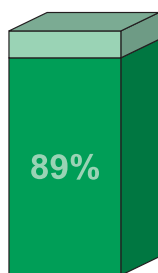


RELATIONSHIPS AND SEXUAL HEALTH

- 29% (25%) of pupils said that their parents are their main source of information about relationships and sexual health.
- 32% (39%) of pupils said that school lessons were their main source.
- 27% (29%) of pupils said they would like to talk to their parents about relationships and sexual health.
- 33% (33%) of Year 10 pupils said that there was a special sexual health service for young people available in their area.
- 45% (38%) of Year 8 and 89% (79%) of Year 10 said that they knew how to prevent getting an STI.

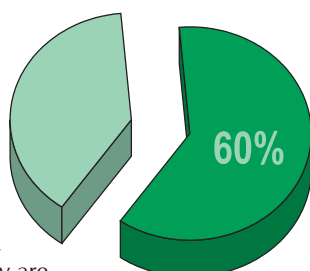
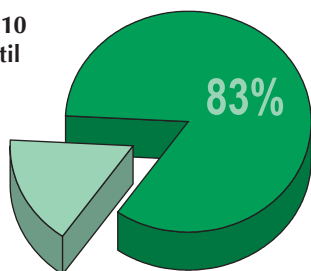


Year 8



Year 10

- 83% of pupils (91% of Year 10 girls) said 'it is ok to wait until I'm ready to have sex'.
- 6% of pupils said 'I have felt pressure to have sex'.
- 30% of pupils said that 'an unplanned pregnancy/ my partner being pregnant now would ruin my future plans'.
- 34% (28%) of Year 10 girls and 20% (25%) of Year 10 boys said that they had been in a relationship with someone (currently or in the past) who was angry or jealous when they wanted to spend time with friends.
- 18% (14%) of Year 10 girls and 5% (7%) of Year 10 boys said that their partner had put pressure on them to have sex or do sexual things.
- 15% (13%) of Year 10 girls and 8% (10%) of Year 10 boys said their partner had threatened to tell people things about them.
- 7% (4%) of pupils said they had been hit by their partner.
- 58% (63%) of pupils said that if any of these things happened to them they would know what to do for themselves.
- 60% (64%) of pupils said if any of these things happened to them they could get some help.
- 31% (31%) of pupils said that Relationships and Sexual Health (RSE) lessons had helped them 'quite a lot' or 'a lot' about deciding when they are ready to have sex. 38% (38%) said that lessons helped them make decisions about resisting pressure.



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

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

- 91% of secondary pupils in Cornwall described themselves as white, this is higher than the 75% of pupils who said the same in the wider sample.
- 33% of pupils in Cornwall said they had school food for lunch the day before. This is lower than the 38% who said this in the wider sample.
- 48% of pupils in Cornwall said they would like to lose weight. This is higher than the 42% in the wider sample.
- 25% of pupils in Cornwall had five or more portions of fruit and vegetables the day before compared with 19% of the wider sample.
- 55% of pupils in Cornwall said that they have fresh fruit 'on most days' and 63% said this of vegetables. These figures are higher than the 49% and 55% seen respectively in the wider sample.
- 22% of pupils in Cornwall said they drank alcohol last week compared with 12% of the wider sample.
- 22% of pupils in Cornwall said they have at least tried smoking. This is higher than the 17% seen in the wider sample.
- 25% of pupils in Cornwall said that they have at least tried vaping compared with 20% seen in the wider sample.
- 46% of pupils in Cornwall said they know someone personally who uses drugs. This is higher than the 32% saying this in the wider sample.
- 63% of pupils in Cornwall said that they are never afraid of going to school because of bullying. This is lower than the 73% saying this in the wider sample.
- 39% of pupils in Cornwall said that school takes bullying seriously. This is lower than the 49% of pupils saying this in the wider sample.
- 20% of girls in Cornwall recorded levels of high self-esteem. This is lower than the 26% of girls achieving this in the wider sample.
- 32% of pupils in Cornwall said that their school cares whether they are happy or not compared with 38% of the wider sample.
- 40% of pupils in Cornwall said that they would like to train for a skilled job/apprenticeship after leaving school. This is lower than the 53% of pupils saying this in the wider sample.
- 37% of pupils in Cornwall said they worry about family problems and 45% said they worry about the way you look. These are higher than the 29% and 33% seen respectively in the wider sample.
- 57% of pupils in Cornwall said that they 'usually' or 'always' try to avoid sunburn. This is higher than the 38% of pupils saying the same in the wider sample.
- 12% of pupils in Cornwall said they had never been to a dentist or hadn't been in the last 12 months. This is higher than the 6% seen in the wider data.

LINKS

- It is possible to look for connections between the answers pupils gave to different questions in the survey to look for behaviour profiles. The following are just 3 selected questions but any question can be analysed in this way. All differences illustrated below are statistically significant:

The first analysis is for girls who said they had received a nasty message online compared with those who said they hadn't.

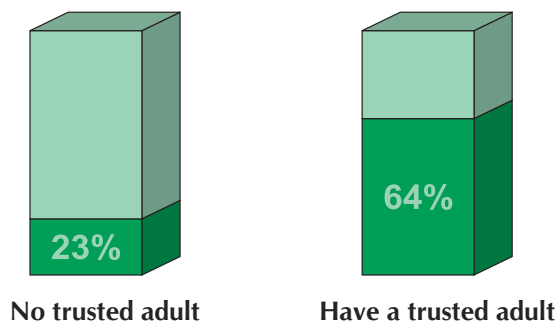
- 55% of girls who had received a nasty message online also recorded levels of lower self-esteem compared with 34% of girls who hadn't. Therefore we can say that those girls who had received a nasty message online are more likely to have lower self-esteem than those who hadn't received a nasty message online.
- 36% of girls who had received a nasty message online also said they have smoked compared with 14% of girls who haven't received a nasty message online. Therefore we can say that those girls who had received a nasty message online are more likely to have smoked in the past or smoke now.
- 45% of girls who had received a nasty message online also said they had been bullied at school in the last 12 months compared with 18% of girls who hadn't received a nasty message. Therefore we can say that those pupils who had received a nasty message online are also more likely to have been bullied at school.
- This group were also more likely to say they worry about the way they look.
- The Year 10+ girls in this group were more likely to say they have had a sexual relationship.
- They are more likely to say that there has been shouting and arguing at home between adults in the last month that frightened them.
- They are less likely to say that they are satisfied with their lives at the moment.
- This group is more likely to say they have taken illegal drugs.
- They are also more likely to say they have been the victim of violence or aggressive behaviour in the last 12 months.
- 28% of girls had received a nasty message online also said that they had no lunch the day before compared with 16% of girls who hadn't received a nasty message online.

The second analysis is for Year 10 pupils who said they drank alcohol the week before compared with those who hadn't drunk any alcohol.

- 57% of pupils who said they drank alcohol last week also said that they have been offered illegal drugs. This compared with 22% of pupils who had no alcohol. Therefore we can say that those pupils who drank alcohol last week are more likely to have been offered drugs.
- 57% of pupils who said they drank alcohol last week also said that they have tried smoking in the past or smoke now. This compared with 25% of pupils who had no alcohol. Therefore we can say that those pupils who had alcohol last week are more likely to smoke.
- 37% of pupils who said they drank alcohol last week also said that they have had a sexual relationship. This compared with 16% of pupils who had no alcohol last week. Therefore we can say that those pupils who had alcohol the previous week are more likely to have had sex.
- 18% who said they drank alcohol last week also said that they have been a victim of violence or aggression in the last 12 months. This compared with 9% of pupils who had no alcohol. Therefore we can say that those pupils who drank alcohol are more likely to have been a victim of violence.
- They are less likely to say they enjoy 'most' or 'all' of their lessons.
- They are also more likely to have missed lunch the day before.
- They are more likely to have heard of the C-Card scheme, and to feel comfortable using it.
- They are more likely to say that there is a special sexual health service for young people in their area.
- 59% of pupils who drank last week worry about they way they look 'quite a lot' or 'a lot' compared with 45% of those who had no alcohol.

The third analysis is for pupils who said they didn't have a trusted adult they could talk to if they had a problem compared with those pupils who did.

- 23% of pupils who said they had no trusted adult they could talk to if they had a problem also said they were happy with their lives. This compared with 64% of pupils who did have an adult they could trust:**



- 23% of pupils who said they didn't have a trusted adult they could talk to, also said that their school takes bullying seriously compared with 47% of pupils who did have a trusted adult.
- 41% of pupils who said they didn't have a trusted adult they could talk to, also said they could usually/always say 'no' to a friend who was asking them to do something they didn't want to do compared with 74% of pupils who did have a trusted adult.
- This group was more likely to have lower self-esteem.
- They were also more likely to have been offered drugs and say they had used drugs.
- They were also more likely to say they were afraid of going to school because of bullying.
- 43% of pupils who said they didn't have a trusted adult they could talk to also said they have self-harmed compared with 14% of pupils who did have a trusted adult.

The Way Forward – over to you

This work was commissioned and co-ordinated by Cornwall Council Public Health and partners. 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 Cornwall. This work will inform action plans for joint working between and within organisations involved in improving the health and wellbeing of pupils in schools. The data will be included in the Joint Strategic Needs Assessment (JSNA) and will also support the County Health and Wellbeing strategy, the Cornwall Healthy School programme, the Young People's Substance Misuse plan and the Teenage Pregnancy strategy.

It will also act as a resource to help schools establish appropriate curriculum development opportunities particularly in PSHE and provide data to support aspects of school self-evaluation in preparation for an Ofsted Inspection.

It is hoped that this report will provide valuable information for these agencies and services who work to improve outcomes for children and young people in Cornwall.

Cornwall Secondary Schools who took part in the survey:

Callington Community College
Carrick Alternative Provision Academy
Falmouth School
Hayle Academy
Humphry Davy School
Liskeard School and Community College
Looe Community Academy
North Cornwall Alternative Provision Academy
Penwith Alternative Provision Academy
Poltair School
Pool Academy
St Ives School
The Five Islands School
Torpoint Community College
Truro High School

For more information about the survey please contact:

Chris Wood
Cornwall Healthy Schools Programme Co-ordinator
Cornwall Healthy Schools Team
Basset Centre, Basset Rd,
Camborne,
Cornwall, TR14 8SL
01872 326032

Christopher.Wood@cornwall.gov.uk

www.healthycornwall.org.uk