

Supporting the Health of Young People in Cornwall Primary Schools

A summary report of the Health Related Behaviour Survey 2019

These results are the compilation of data collected from a sample of primary pupils, aged 8 to 11, in Cornwall during the summer term 2019.

This work was commissioned and coordinated by Cornwall Council Public Health through the Cornwall Healthy Schools Team as a way of collecting robust information via the Health Related Behaviour Survey.

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire.

2876 pupils in Years 4 and 6 took part in 63 Primary schools. The data will be used to inform planning and support by the schools, the Healthy Schools Programme, Public Health and other services.

A separate secondary school survey was conducted at the same time for which a report is also available.

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 5.

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

2876 young people aged 8 to 11 were involved in the survey

School Year	Year 4	Year 6	Total
Boys	636	752	1388
Girls	650	807	1457
Total	1296*	1580*	2876*

* 31 pupils didn't select boy or girl.

Reference sample

Cornwall data have been compared with the SHEU wider survey sample consisting of over 34,000 Year 4 and 6 pupils.

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

For more details please contact The Schools Health Education Unit
Tel. 01392 667272.



TOPICS INCLUDE:

Citizenship

School

Healthy Eating

Drugs, Alcohol and Tobacco

Safety including bullying

Emotional Health and Wellbeing

Growing up

Leisure

Physical Activity



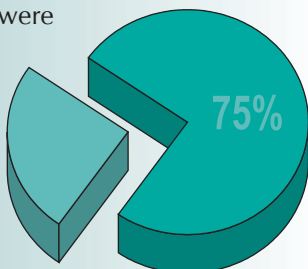
Healthy
Schools



Cornwall Primary school pupils in Years 4, 5 and Year 6 (ages 8-11)

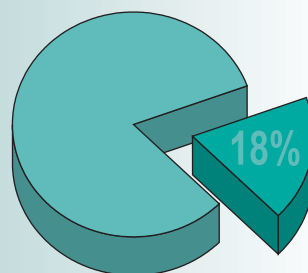
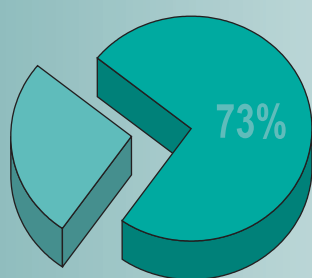
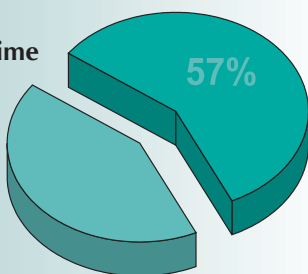
CITIZENSHIP

- 91% (94%) of pupils described themselves as White, 51% (50%) said White British, 36% (40%) said White Cornish, 4% (4%) were other White.
- 75% (76%) of Year 6 said that school encourages them to take part in decisions, e.g. class discussion or school council.
- 55% (55%) of Year 6 pupils said that school encourages them to contribute to community events.
- 67% (65%) of Year 6 pupils said that people from different backgrounds are valued in their school.



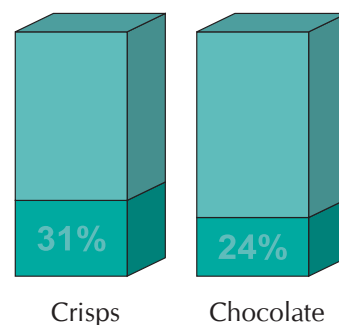
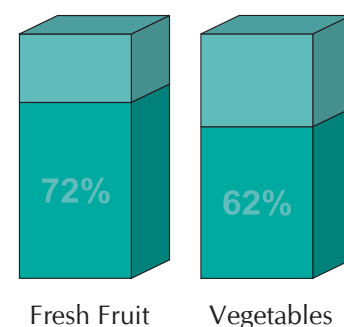
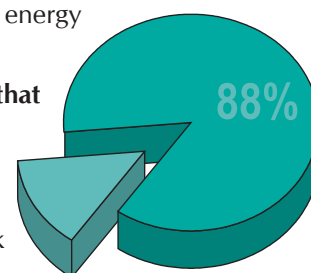
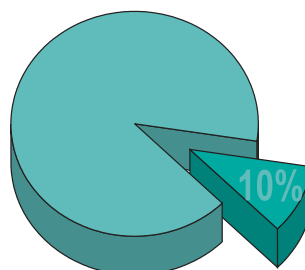
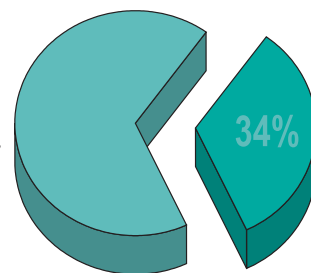
SCHOOL

- 57% (70%) of pupils spent time doing homework after school on the day before the survey.
- 88% (90%) of Year 6 pupils said that their work was marked so they could see how to improve it.
- 65% (66%) of Year 6 pupils said that their school cared whether they were happy or not.
- 73% (79%) of Year 6 pupils said their school helped them work as part of a team.
- 59% (64%) of Year 6 said that their achievements in and out of school are recognised.
- 84% (80%) of Year 6 pupils said that school prepared them for leaving their school.
- 28% (29%) of Year 4 and 39% (44%) of Year 6 pupils think their views and opinions are asked for in school.
- 18% (22%) think their views make a difference there to how school is run.
- 45% (47%) said that school/class councils were ways that their views and opinions were listened to; 11% (13%) said this happened through a suggestion box.



HEALTHY EATING

- 34% (34%) of pupils said they had at least 5 portions of fruit and vegetables the day before, 6% (7%) said they had none.
- 28% (25%) of pupils had cereal for breakfast on the day of the survey, 10% (9%) had sugar-coated cereals, 6% (9%) had porridge/Readybrek.
- 29% (28%) of pupils had toast or bread, 17% (15%) said they had fruit for breakfast and 6% (5%) of pupils had yoghurt.
- 10% (11%) said they had nothing to eat or drink before lessons on the day of the survey.
- 40% (39%) said that they had something to drink for breakfast, 2% (3%) had an energy drink.
- 88% (79%) of pupils said that they can get water throughout the day at school easily.
- 29% (35%) of pupils drank less than 3 cups of water the day before, 41% (35%) had a litre or more. 6% (7%) of pupils had none.
- 72% (67%) of pupils said they have fresh fruit 'on most days'.
- 62% (59%) of pupils said that they have vegetables 'on most days'.
- 31% (27%) of pupils said they have crisps 'on most days'.
- 24% (24%) of pupils said they have sweets or chocolate 'on most days'.



- ❑ Pupils were asked how often they have certain food and drink. The most common responses for food and drink consumed 'on most days' were:

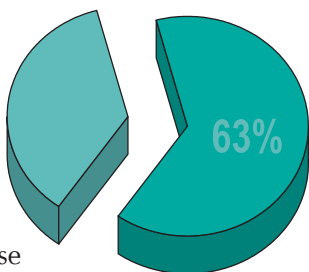
	Boys	Girls
Water	79%	85%
Fresh fruit	68%	77%
Vegetables	58%	65%
Milk	54%	47%
Crisps	33%	29%

- ❑ Responses to 'rarely or never' included:

	Boys	Girls
Energy drinks	77%	85%
Fizzy drinks (low cal.)	41%	49%
Salads	40%	48%
Fizzy drinks	40%	40%
Fish	39%	30%

Weight

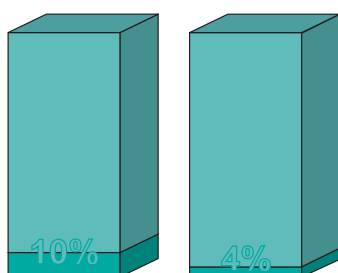
- ❑ 63% (67%) of Year 6 pupils said that they were happy with their weight.
- ❑ 35% (34%) of Year 6 girls would like to lose weight.
- ❑ 31% (27%) of Year 6 boys said that they would like to lose weight.
- ❑ 49% (55%) of pupils washed their hands before lunch the day before. 82% (78%) of pupils said they wash their hands 'whenever possible' after visiting the toilet.



DRUGS, ALCOHOL AND TOBACCO

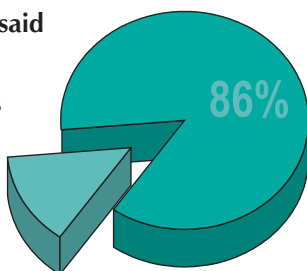
Alcohol

- ❑ 10% (7%) of boys and 4% (5%) of girls in Year 6 said that they drank alcohol (more than just a sip) in the last week.



- ❑ 86% (85%) of Year 6 pupils said they do not drink alcohol.

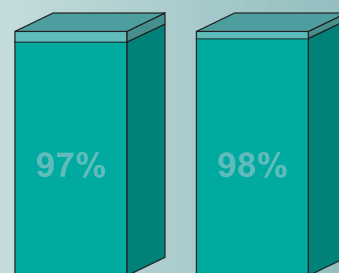
- ❑ 12% (13%) said their parents 'always' know, 1% (0%) said their parents 'usually' know and 1% (1%) said their parents only 'sometimes know' if they drink alcohol.



- ❑ So, of those who drink alcohol, 86% (87%) said that their parents 'always' know and 7% (3%) said they 'usually' and 7% (7%) said 'sometimes' know.

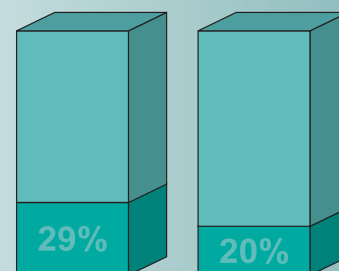
Tobacco

- ❑ 97% of Year 6 boys and 98% of Year 6 girls said that they have never smoked or vaped.



- ❑ 29% (31%) of Year 6 pupils said their parents/carers smoke cigarettes.

- ❑ 20% (15%) said a parent/carer uses e-cigarettes.



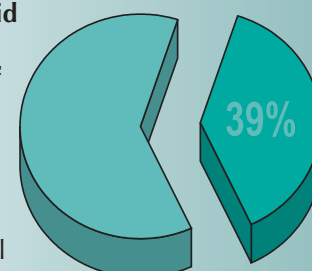
- ❑ 2% of Year 6 pupils said that they had tried smoking/vaping once or twice; 97% had never smoked or vaped.
- ❑ 22% of Year 6 pupils said that they are regularly exposed to other people's smoke/vape.

Drugs

- ❑ 12% (12%) of boys and 9% (10%) of girls in Year 6 were 'fairly sure' or 'certain' they know someone who uses drugs.
- ❑ 3% (2%) of boys and 1% (0%) of girls in Year 6 pupils have been offered drugs.
- ❑ 53% (49%) of Year 6 pupils said that parents have talked with them about illegal drugs. 50% (40%) said teachers/staff in school and 9% (7%) said visitors/speakers in school lessons had talked with them about drugs.

SAFETY including bullying

- ❑ 39% (45%) of pupils said that they feel afraid to go to school because of bullying at least sometimes.



- ❑ 26% (30%) of pupils said that they had been bullied at or near school in the last 12 months.

- ❑ 55% (57%) of boys and 54% (53%) of girls said that they were teased/made fun of at least 'a few' in the last month.

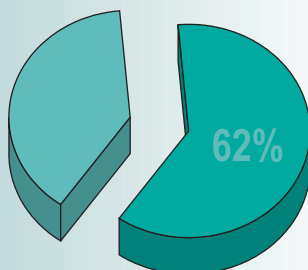
- ❑ 52% (56%) of boys and 49% (46%) of girls said that they were called nasty names at least 'a few times' in the last month. 52% (57%) of boys and 42% (44%) of girls said they were pushed/hit for no reason at least 'sometimes' in the last month.

Top reasons pupils said they were bullied for:

	Boys		Girls
The way you look	17%	The way you look	24%
Size or weight	17%	Size or weight	17%
The clothes you wear	5%	The clothes you wear	10%
Doing well in tests	5%	Because you are a boy or a girl	5%

- 3% (3%) said they thought other people were afraid of going to school because of them. 21% (22%) said they didn't know.

- 62% (64%) of pupils said that they think their school takes bullying seriously; 11% (12%) said no.

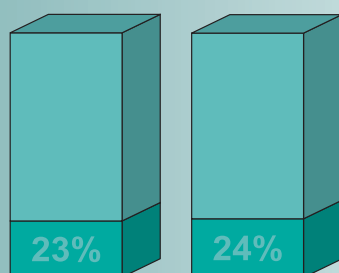
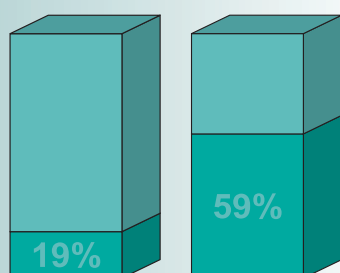


Internet safety

- 87% (83%) of pupils have used the Internet at home in the last month. 55% (46%) said they had used it on a mobile device (phone iPad etc).
- 34% (27%) of boys and 27% (25%) of girls in Year 6 have seen adult-only pictures online. 40% (32%) of pupils in Year 6 have seen images that upset them.

- 19% (20%) of pupils in Year 6 use the Internet for posting messages (Facebook etc).

- 59% (48%) of Year 6 use it for chatting.

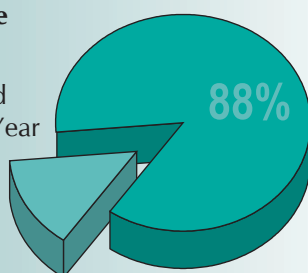


- 23% (21%) of pupils in Year 6 have received a chat message that scared them or made them upset.

- 24% (16%) of Year 6 posted something they later wished they hadn't.

- 88% (88%) say they have been told how to stay safe while chatting over the Internet.

- 83% (81%) of boys and 87% (89%) of girls in Year 6 said this e-safety information came from school, 64% (64%) of Year 6 pupils said from their parents/carers/family, 12% (15%) said from friends and 8% (8%) said online advice.



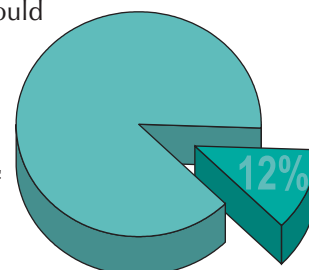
EMOTIONAL HEALTH & WELL-BEING

- The most commonly reported problems that pupils worry about 'quite a lot' or 'a lot' were:

Year 6	Boys		Girls
The environment	39%	The environment	46%
Crime	24%	Problems with friends	35%
Family problems	21%	The way you look	26%
Problems with friends	18%	Family problems	25%
Health problems	13%	Crime	22%

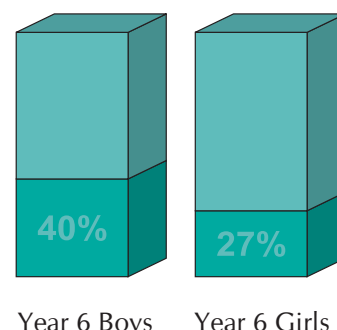
- When asked where they would go to for support with different problems, most said 'Mum and dad' for most of the items listed.

- 12% (10%) of pupils said if they had a bullying problem, they would 'keep it to myself'.



- 34% (30%) of Year 4 boys and 40% (36%) of Year 6 boys had high self-esteem scores.

- 22% (26%) of Year 4 girls and 27% (29%) of Year 6 girls had high self-esteem scores.



- 47% (44%) of pupils said 'When a friend wants me to do something I don't want to do... I can 'usually or always' say no. 20% (22%) said they can 'rarely' or 'never' say no.

- 39% (42%) of pupils said 'When I want a friend to do something... I 'usually or always' know what to say.

Resilience

- 71% (72%) of pupils said that if at first they don't succeed, they keep trying until they do, 8% (7%) said they 'usually' or 'always' give up.

- 32% (39%) of pupils had an overall 'high' resilience score.

GROWING UP

- 61% (54%) of Year 4 and 78% (75%) of Year 6 pupils said that parents have talked with them about body changes as you grow up.

- Other people who have talked with them about body changes:

Year 6	Boys		Girls
Teachers	73%	Teachers	74%
Friends	19%	Friends	24%
Brothers and sisters	15%	Brothers and sisters	17%
Other close relatives	12%	Other close relatives	16%
Speakers in lessons	7%	Speakers in lessons	8%

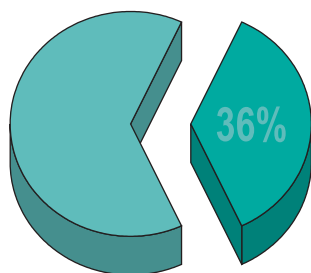
- 47% (39%) of Year 4 boys and 46% (33%) of Year 4 girls said that they know enough about how their body changes as they get older. 11% (12%) said 'no' and 43% (52%) weren't sure.

LEISURE

- 81% (78%) of pupils reported watching television after school on the day before the survey. The other commonly reported sedentary activities included:

Year 6	Boys	Girls
Computer games	81%	76%
Reading a book	70%	70%
Internet/social media	69%	54%
Doing homework	49%	54%
Computer for schoolwork	38%	35%

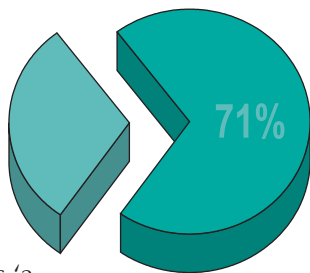
- 36% (29%) of pupils said they use social networking sites like WhatsApp, Snapchat or Instagram 'often/very often'.



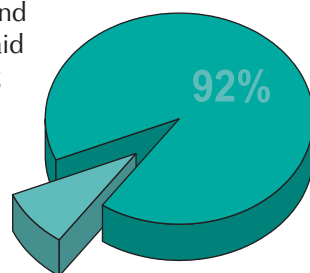
- 32% (39%) of pupils spend time reading quietly or being in the library at playtime at least 'sometimes' at playtimes.

PHYSICAL ACTIVITY

- 71% (72%) of pupils said that they consider themselves 'fit' or 'very fit'.



- 56% (53%) of boys and 46% (48%) of girls said that they enjoy physical activities 'a lot'.
- 95% (91%) of pupils have a bicycle. 7% (5%) of pupils said they cycled/scooted to school that day.
- 65% (66%) of pupils said that they at least sometimes cycle as a family together.
- 83% (85%) of Year 6 boys and 69% (67%) of Year 6 girls said that they spend time playing ball games like football or netball at least 'sometimes' during playtimes.
- 92% (94%) of pupils spend time playing running/skipping games or tag at playtime at least 'sometimes'.

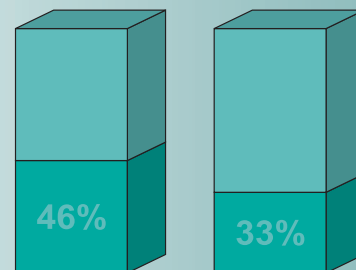


- The most commonly reported activities taken part in at least weekly were:

Year 6	Boys	Girls
Running races/tag	68%	68%
Going for walks	63%	61%
Football	61%	55%
Keep-fit	56%	51%
Bike riding	40%	47%

- 49% of boys and 39% of girls in Year 4 reported exercising enough to make them breathe harder five days or more in the previous week.

- 46% of boys and 33% of girls in Year 6 reported exercising enough to make them breathe harder five days or more in the previous week for at least an hour.



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

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

- 87% of pupils in Cornwall described themselves as White British/White Cornish, this is higher than the 75% of pupils who said they were White British in the wider sample.
- 34% of pupils in Cornwall said that they had at least 5 portions of fruit and vegetables the day before, this is higher than the 27% of pupils who said this in the wider sample.
- 72% of pupils in Cornwall said that they have fresh fruit 'on most days' and 62% said this of vegetables. These figures are higher than the 63% and 55% seen respectively in the wider sample.
- 33% of Year 6 pupils said that they would like to lose weight. This is higher than the 27% of pupils in the wider sample.
- 10% of pupils in Cornwall had nothing for breakfast compared with 4% of pupils in the wider sample.
- 55% of Year 6 pupils in Cornwall said they can 'usually' or 'always' say no to a friend who is asking them to do something they don't want to do. This is lower than the 60% seen in the wider sample.
- 31% of pupils in Cornwall recorded levels of high self-esteem. This is lower than the 37% seen in the wider sample.
- 39% of pupils in Cornwall said that they were afraid of going to school at least sometimes because of bullying. This is higher than the 34% seen in the wider sample.
- 62% of pupils in Cornwall said that their school takes bullying seriously compared with 77% of the wider sample.
- 65% of pupils in Cornwall said that their school cares whether they are happy or not compared with 73% of the wider sample.
- 73% of pupils in Cornwall said that their school helps them to work as part of a team compared with 79% of the wider sample.
- 57% of pupils travelled to school by car compared with 52% of pupils in the wider sample.

Locality differences

Cornwall data have been broken down into 6 localities. In most cases, locality data are very similar to the wider Cornwall data but the following are a selection of statistically significant differences (Cornwall in brackets) :

LOCALITY 1

- 30% (40%) can get water at school from a water fountain.
- 40% (33%) had school food for lunch on the day before the survey.
- 33% (27%) were active for at least 60 minutes every day in the week before the survey.
- 68% (62%) think their school takes bullying seriously.
- 76% (71%) said parents/carers have talked with them about how their body changes as they grow up.
- 71% (66%) said that their parents like to hear their ideas.
- 13% (20%) of Year 3-5 pupils responded that they worry 'quite a lot' or 'a lot' about SATs/tests, school-work/homework.

LOCALITY 2

- 50% (36%) describe themselves as White Cornish.
- 52% (40%) can get water at school from a water fountain.
- 15% (10%) currently have free school meals or vouchers for free meals.
- 63% (57%) spent some time doing homework after school on the day before the survey.
- 67% (61%) know enough about how their body changes as they grow up.
- 92% (88%) have been told how to stay safe while chatting over the Internet.
- 38% (32%) of pupils had a high measure of resilience.
- 85% (89%) can swim 'at least' a length without any floats or arm bands.
- 43% (50%) of Year 6 pupils responded that teachers/staff in school have talked with them about drugs

LOCALITY 3

- 54% (40%) can get water at school from a water fountain.
- 64% (50%) of Year 6 pupils said teachers/staff in school have talked with them about drugs.
- 24% (17%) had fruit before lessons on the day of the survey.
- 41% (34%) ate at least 5 portions of fruit and vegetables on the day before the survey.
- 37% (31%) of pupils had a high self-esteem score (15 or more).
- 93% (89%) can swim 'at least' a length without any floats or arm bands.
- 76% (71%) of pupils responded that they think they are 'fit' or 'very fit'.
- 12% (18%) feel their views and opinions make a difference to how their school is run.
- 57% (63%) play computer games at least 'sometimes' when they have a problem that worries them.

LOCALITY 4

- 24% (40%) can get water at school from a water fountain.
- 54% (61%) go for walks at least 'once a week'.
- 18% (13%) are never active, or active for less than 30 minutes each day, enough to make them breathe harder and faster.
- 40% (50%) of Year 6 pupils said that teachers/staff in school have talked with them about drugs.
- 12% (17%) had fruit before lessons on the day of the survey.
- 51% (57%) said teachers/staff in school have talked with them about how their body changes as they grow up.
- 10% (7%) 'rarely or never' eat vegetables.
- 80% (84%) enjoy physical activities 'quite a lot' or 'a lot'.
- 66% (71%) if at first they don't succeed, they 'usually' or 'always' keep on trying until they do.
- 29% (34%) would describe playtimes and lunchtimes as 'crowded'.

LOCALITY 5

- 21% (40%) can get water at school from a water fountain.
- 52% (62%) think their school takes bullying seriously.
- 82% (88%) have been told how to stay safe while chatting over the Internet.
- 16% (10%) feel their views and opinions are not listened to in their school..
- 79% (84%) enjoy physical activities 'quite a lot' or 'a lot'..
- 12% (8%) if at first they don't succeed, they 'usually' or 'always' give up.
- 38% (31%) of pupils had a med-low self-esteem score.
- 10% (6%) didn't eat any portions of fruit or vegetables on the day before the survey.
- 60% (67%) of pupils said that their teachers listen to them at school.
- 39% (46%) go swimming at least 'once a week'
- 14% (10%) didn't have anything to eat or drink before lessons on the day of the survey.

LOCALITY 6

- 72% (40%) can get water at school from a water fountain.
- 69% (51%) of pupils described themselves as White British.
- 89% (75%) of Year 6 pupils said that their school encourages everyone to take part in decisions.
- 73% (62%) think their school takes bullying seriously.
- 44% (34%) feel their views and opinions are asked for in their school.
- 25% (18%) feel their views and opinions make a difference to how their school is run.
- 63% (73%) play ball games like football or netball at least 'sometimes' during school playtimes.
- 10% (5%) have a parent/carer who is in the British Army, Royal Navy, Royal Air Force or the Reserves.
- 41% (33%) had school food for lunch on the day before the survey.
- 78% (71%) parents/carers have talked with them about how their body changes as they grow up.

Schools by Locality Area

LOCALITY 1

Alverton Primary School
 Bodriggy Academy
 Gulval School
 Penpol School
 St Ives Junior School
 St Just Primary School
 St Levan Primary School
 St Mary's Catholic School,
 Penzance
 St Mary's CE Primary School,
 Penzance
 St Uny CE School
 The Five Islands School

LOCALITY 4

Bugle School
 Cubert School
 Foxhole Learning Academy
 Mevagissey Community Primary
 School
 Nanpean Community Primary
 School
 St Breock Primary School
 St Columb Major Academy
 St Columb Minor Academy
 St Dennis Primary Academy
 St Issey CE Primary School
 St Kew ACE Academy
 St Minver School
 St Newlyn East Learning Academy

LOCALITY 2

Pencoy's Primary School
 Pennoweth Primary School
 Penponds School
 Portreath Community Primary
 School
 Stithians Community Primary
 School
 Treleigh Community Primary
 School
 Treloweth Community Primary
 School
 Trevithick Learning Academy
 Troon Community Primary School

LOCALITY 5

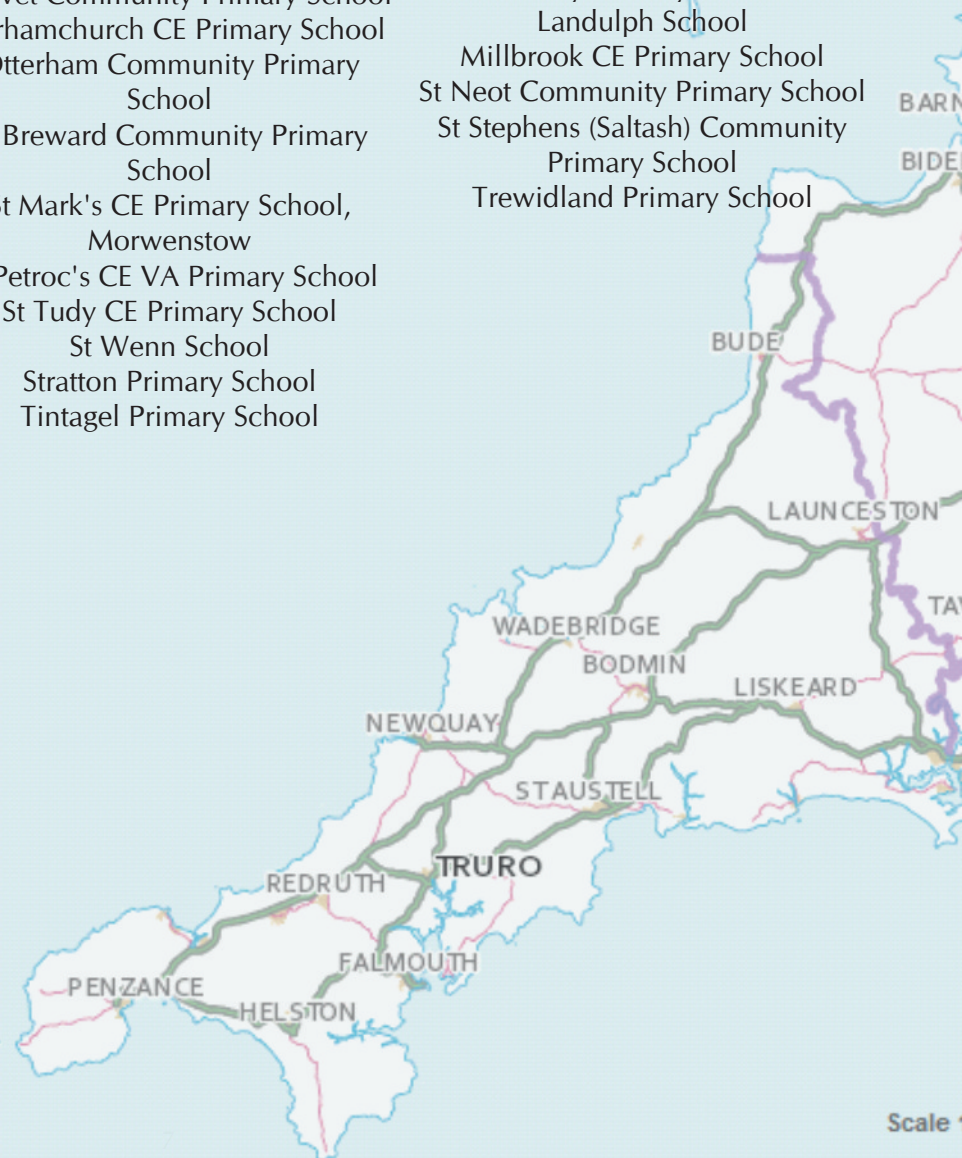
Beacon ACE Academy
 Blisland Community Primary
 School
 Delabole Community Primary
 School
 Lanivet Community Primary School
 Marhamchurch CE Primary School
 Otterham Community Primary
 School
 St Breward Community Primary
 School
 St Mark's CE Primary School,
 Morwenstow
 St Petroc's CE VA Primary School
 St Tudy CE Primary School
 St Wenn School
 Stratton Primary School
 Tintagel Primary School

LOCALITY 3

Bosvigo School
 Chacewater Community Primary
 School
 Devoran School
 Kea Community Primary School
 King Charles Primary School
 Mawnan CE VA Primary School
 St Erme with Trispen Community
 Primary School
 St Francis CE Primary School
 St Mary's Catholic Primary School,
 Falmouth

LOCALITY 6

Burraton Community Primary
 School
 Fourlanesend Community Primary
 School
 Fowey Primary School
 Fowey Primary School
 Landulph School
 Millbrook CE Primary School
 St Neot Community Primary School
 St Stephens (Saltash) Community
 Primary School
 Trewidland Primary School



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 Primary Schools who took part in the survey:

Alverton Primary School, Beacon ACE Academy, Blisland Community Primary School, Bodriggy Academy, Bosvigo School, Bugle School, Burraton Community Primary School, Chacewater Community Primary School, Cubert School, Delabole Community Primary School, Devoran School, Fournalenesend Community Primary School, Fowey Primary School, Foxhole Learning Academy, Gulval School, Kea Community Primary School, King Charles Primary School, Landulph School, Lanivet Community Primary School, Marhamchurch CE Primary School, Mawnan CE VA Primary School, Mevagissey Community Primary School, Millbrook CE Primary School, Nanpean Community Primary School, Otterham Community Primary School, Pencoys Primary School, Pennoweth Primary School, Penpol School, Penponds School, Portreath Community Primary School, St Breock Primary School, St Breward Community Primary School, St Columb Major Academy, St Columb Minor Academy, St Dennis Primary Academy, St Erme with Trispen Community Primary School, St Francis CE Primary School, St Issey CE Primary School, St Ives Junior School, St Just Primary School, St Kew ACE Academy, St Levan Primary School, St Mark's CE Primary School, Morwenstow, St Mary's Catholic Primary School, Falmouth,

St Mary's Catholic School, Penzance, St Mary's CE Primary School, Penzance, St Minver School, St Neot Community Primary School, St Newlyn East Learning Academy, St Petroc's CE VA Primary School, St Stephens (Saltash) Community Primary School, St Tudy CE Primary School, St Uny CE School, St Wenn School, Stithians Community Primary School, Stratton Primary School, The Five Islands School, Tintagel Primary School, Treleigh Community Primary School, Treloweth Community Primary School, Trevithick Learning Academy, Trewidland Primary School, and Troon Community Primary School.

For more information about the survey please contact:

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