

# Supporting the Well-Being of Essex Children and Young People in South East Essex PCT 2007

A summary report of the Essex Children and Young People's Questionnaire

These results are the compilation of data collected from a sample of primary pupils aged 7 to 11 and secondary pupils aged 12 to 18 in Essex during the Spring term 2007. This work was commissioned by Essex County Council and its partners as a way of collecting robust information about children and young people's lifestyles. This information is being used to set baselines and targets and help with action planning for the Children and Young People's Plan ([www.essexcc.gov.uk/cypplan](http://www.essexcc.gov.uk/cypplan)).

Teachers were briefed on how to collect the most reliable data. Then pupils in Years 3-6 in the primary schools and Years 7-13 in the secondary schools anonymously completed the questionnaire. A total of 6869 pupils took part in 55 primary and special schools and 22 secondary schools.

Schools were invited to complete the questionnaire as an online exercise. Schools were also provided with a paper version of the questionnaire if this was easier

for them to administer. Completed paper questionnaires were then returned to the Schools Health Education Unit in Exeter for processing.

## Age-related data

On pages 6 and 7 of this booklet some questions are presented by age range so that the differences in behaviour can be seen as children grow up.

### 6869 young people aged 7 to 18 were involved in the survey:

School phase	South East Essex PCT		All Essex	
	Primary	Secondary	Primary	Secondary
Age	7-11	12-18	7-11	12-18
Boys	239	187	1902	1652
Girls	219	192	1798	1517
Total	458	379	3700	3169

### Area data

This is one of a set of five PCT area reports for Essex. A separate overall Essex-wide report is available to accompany this set.

For more details please contact The Schools Health Education Unit  
Tel. 01392 667272, [www.sheu.org.uk](http://www.sheu.org.uk).

## Topics include

Background

Healthy Eating

Physical Activity

Drugs, Alcohol and  
Tobacco

Safety

Emotional Health and  
Well-being

Recreation

Volunteering

**"You should let us try to have a say in everything"**

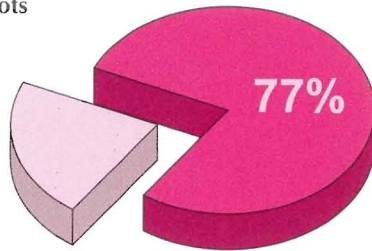


Essex County Council

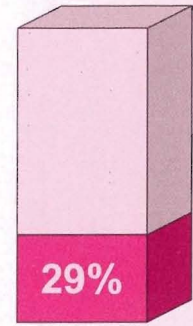
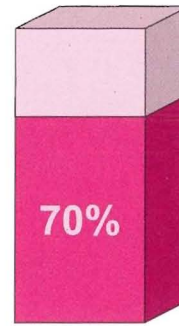
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## EMOTIONAL HEALTH & WELL-BEING

- 66% of pupils said that they get on well with their teacher. 71% said this about classroom assistants.
- 45% of pupils said that they get on well with mealtime assistants.
- 77% said that they have lots of friends at school.**
- 30% of boys and 43% of girls worry about what other people think of them.
- 34% of primary pupils worry about the environment, 26% about family problems and 30% worry about their safety.
- 74% of pupils said there is someone they miss really badly. 42% said this was because they had gone away and 31% said it was because they have died, 8% said because they were ill.
- When asked if it would help to talk to anyone about this, 66% said family and 41% said a friend. 11% said their teacher and 6% said a doctor or nurse.



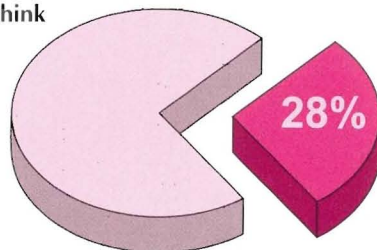
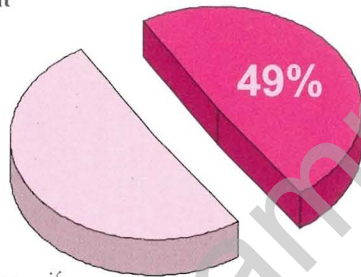
- 70% said that they felt safe going out during the day, this fell to 29% going out after dark.



- 69% of pupils said that seeing the police around made them feel safe. 72% said having a mobile phone made them feel safe.

## BULLYING

- 49% of pupils reported that they felt afraid to go to school because of bullying, at least sometimes.**
- 4% said that they think others felt afraid of going to school because of them, 36% said that they didn't know if this was the case.
- 38% reported that at least one of the bullying behaviours listed in the survey had happened to them 'often' or 'every day' in the month before the survey.
- When asked where bullying happened, 62% of pupils reported outside at breaktime, 19% said during lesson time, 23% said at or near home and 9% reported on the way to or from school.
- When asked if they had told anyone about it, 63% had told mum, 53% had told dad. 50% had told a friend and 35% had told their teacher about it.
- 64% of pupils said the problem had got better; 14% said it had not and another 23% said that they were not sure.
- 28% of pupils said they think the school council could help prevent bullying at school.**
- 33% of pupils said they think older children looking after younger children could help prevent bullying at school.



## RECREATION

- 57% of boys and 18% of girls belong to a football club.
- 31% of pupils belong to a swimming club. 13% of girls belong to a gymnastics club and 39% of girls go to a dance class.
- 53% of pupils said that generally there was enough to do in their area. 31% said that there wasn't enough to do.
- 47% of pupils said that they used their local playpark 'quite a lot' or 'every week'. Only 29% said this about their local library.
- 50% said their local leisure centre is 'good' or 'excellent'. 68% said the same about their local cinema.

## VOLUNTEERING

- 48% of pupils said that they look after family members 'every day'.
- 9% said they help other people near their home and 29% help other pupils at school 'every day'. 18% said they help to improve the environment 'every day'.

### Significant differences between Essex Primary pupils in South East Essex PCT and pupils in the wider Essex sample:

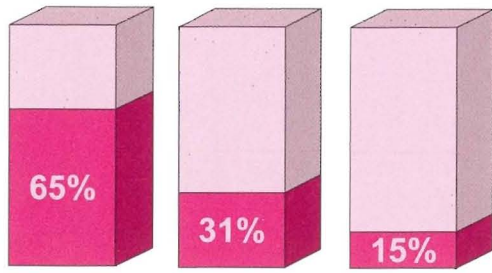
- 46% of primary pupils in South East Essex PCT say they eat vegetables 'on most days'. In the reference sample, the figure was 53%. Fewer primary pupils said that they eat fresh fruit on most days (53% vs. 58%).
- Fewer primary pupils in South East Essex PCT said that they worry 'quite often' or 'very often' about family problems (26% vs. 31%).
- More primary pupils in South East Essex PCT said that they belong to a football club (38% vs 30%).
- 42% of primary pupils in South East Essex PCT use the leisure centre 'quite a lot' or 'every week'. In the reference sample, the figure was 37%.

## SAFETY

- 88% of pupils said that they 'usually' or 'always' felt safe at home. 77% said the same about being at school; 78% felt safe on the way to school and 76% on the way home from school.

**When asked for the one thing that pupils thought would make children's lives better, the top three answers were more/better play areas, more facilities and an end to bullying.**

- 65% of Year 6 girls, 31% of Years 9/10 girls and 15% of Years 11-13 girls said that they exercised hard at least 4 times last week.

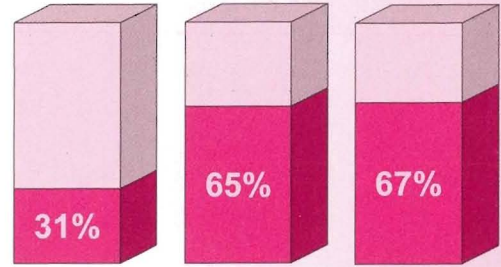


What local facilities are available for youngsters to be active? Are boys encouraged to do sport more than girls?

## LOCAL AREA

*Is there enough for you to do in your local area?*

- 31% of Year 6 boys, 65% of Years 9/10 and 67% of Years 11-13 boys say there is not enough for them to do in their local area.



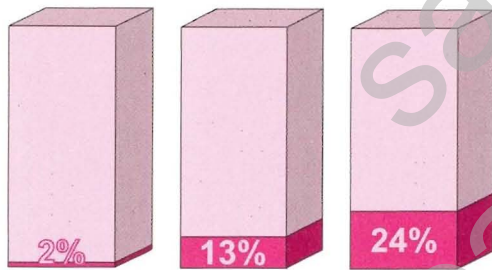
- For most Year groups, girls were significantly more likely to say there is not enough to do in their area.

## SECONDARY ONLY QUESTIONS

### TOBACCO, ALCOHOL AND DRUGS

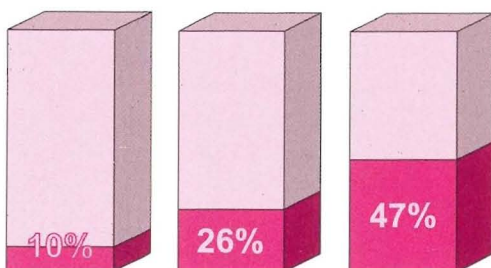
*Have you smoked in the past?*

- 88% of Years 7/8 girls, 52% of Years 9/10 girls and 47% of Years 11-13 girls said that they have never smoked.
- 85% of Years 7/8 boys, 62% of Years 9/10 boys and 63% of Years 11-13 boys said that they had never smoked.
- 2% of Years 7/8 girls, 13% of Years 9/10 girls and 24% of Years 11-13 girls smoked in the week before the survey.

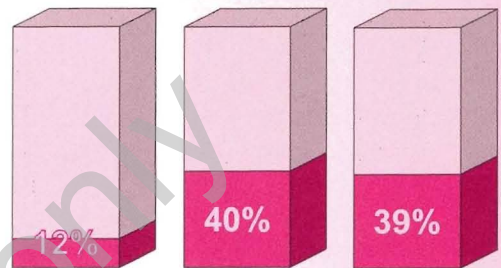


*Do you drink alcohol?*

- 10% of Years 7/8 boys drink alcohol 'occasionally' or 'regularly'. This rises to 34% of Years 9/10 boys and 45% of Years 11-13 boys.
- 10% of Years 7/8 boys drank beer the week before the survey; this rose to 26% of Years 9/10 boys and 47% of Years 11-13 boys.



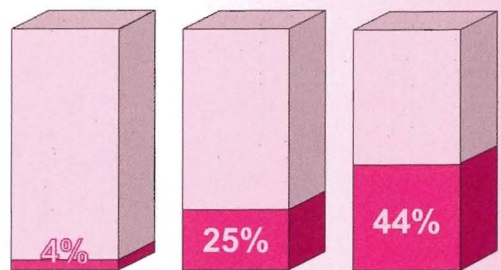
- For the girls, pre-mixed spirits are most popular. 12% of Years 7/8 girls, 40% of Years 9/10 girls and 39% of Years 11-13 girls said that they drank these in the previous week.



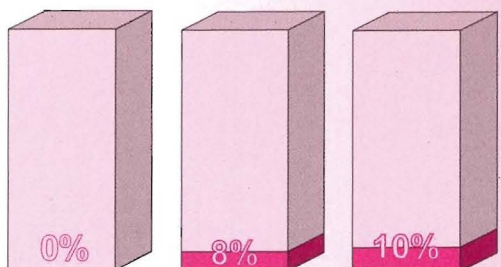
- The older the pupil, the more likely they are to report being very drunk in the past month.

*Have you been offered illegal drugs?*

- 4% of Years 7/8 pupils, 25% of Years 9/10 and 44% of Years 11-13 pupils reported that they have been offered illegal drugs.



- Within the last year no pupils in Years 7/8 had taken cannabis; 8% of Years 9/10 pupils said they had. 10% of Years 11-13 pupils said the same.



At what age is it appropriate to drink alcohol? Can anything further be done to reduce smoking and drug use?