

# Supporting the health of YOUNG PEOPLE IN ROTHER DISTRICT

## A summary report of the Health Related Behaviour Survey 2007

East Sussex Healthy Schools Programme commissioned the Health Related Behaviour survey to take place during Autumn term 2007. The survey has taken place on three previous occasions with 2004 being the most recent.

The management of the survey was co-ordinated by the PSHE (Personal, Social & Health Education) and Healthy Schools Team with input from the PCTs, schools and other partner agencies.

A total of 3906 Year 10 students from Pupil Referral Units, secondary schools and special schools took part in the survey. For the first time, every mainstream secondary school participated.

Students anonymously completed the questionnaires which were returned to the Schools Health Education Unit in Exeter for analysis. This report is one of a set of five locality reports for the East Sussex area. Comparison is made to the overall East Sussex data. In a separate report East Sussex data have been compared with wider SHEU data for 2007.

Beverley Hughes, Minister of State for Children, Young People and Families spoke at the **Engaging young people** conference on 18 June 2007.

*"Many young people I've spoken to say they feel let down by the constant negative portrayals of young people both in the press and among older generations. Every time we fail to listen to young people, or to take what they tell us seriously, we reaffirm these misconceptions when it is our duty to challenge them."*

*Young people have unfortunately become one of those categories of people, of whom for many people, somehow, it's acceptable to make gross generalisations about. I'd like to make it very clear today, that this neither acceptable, nor helpful, nor right".*

The HRBS reflects the current picture of local young people and their behaviour, lifestyles and aspirations. The normative data can be used to support the breaking down of unrealistic stereotypes and the development of an understanding of students in East Sussex.

### 3906 young people were involved in the East Sussex survey

Sample	Rother	East Sussex
Year 10 (Age 14-15)	2007	2007
Boys	325	1925
Girls	347	1981
	<b>672</b>	<b>3906</b>

#### Reference Sample

Rother data have been compared with the wider East Sussex 2007 survey sample and for some questions the SHEU 2007 wider dataset.

### Themes

**PSHE and Citizenship**  
*(Including tobacco, alcohol, drugs and sex & relationships)*

**Emotional Health and Well-being**

**Healthy Eating**

**Physical Activity**

For more information  
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[www.sheu.org.uk](http://www.sheu.org.uk)

Hastings and Rother Primary Care Trust

CfBT  
Education Trust

East Sussex  
County Council  
[eastsussex.gov.uk](http://eastsussex.gov.uk)

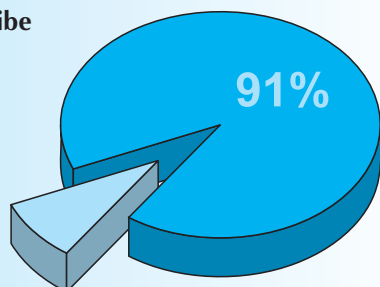
Healthy Schools  
EAST SUSSEX

# ROTHER

## Secondary school students in Year 10 (ages 14-15 years) said:

### PSHE and CITIZENSHIP

91% of students describe themselves as White UK.



- 59% of students report that they live with both parents. This compares with 57% in the wider ES (East Sussex) data.
- When asked what they wanted to do after Year 11, 54% of boys and 61% of girls wanted to continue full-time education. These figures are higher than the wider ES data at 47% and 55% respectively.
- 55% of the boys and 56% of the girls say that they want to get training for a skilled job. 37% overall want to find a job as soon as they can.
- 59% used the Internet for chat or email after school the day before the survey.
- 74% of students did homework on the evening before the survey, 32% did over an hour. In the Wider data 67% did homework the night before.

### TOBACCO

12% students in the Rother survey smoked at least one cigarette during the last 7 days.

	Rother	East Sussex	Wider data
Boys	9%	12%	13%
Girls	15%	18%	21%

- 70% of regular smokers say they would like to give up smoking.

### ALCOHOL

64% of students did not drink alcohol in the past 7 days.

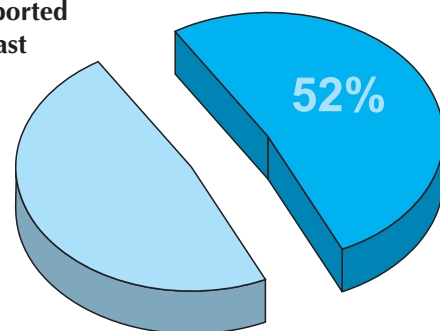
Units of alcohol drunk over past 7 days:

	Rother		East Sussex		Wider data	
	Boys	Girls	Boys	Girls	Boys	Girls
0 units	69%	63%	65%	62%	58%	53%
> 14 units	6%	5%	8%	6%	12%	8%

- 14 units is the recommended upper limit for women, 21 units for men.
- 20% of students reported never drinking alcohol at all.

86% boys and 78% of girls said they did not get drunk in the previous week. This compares with 84% and 79% respectively in the wider ES data.

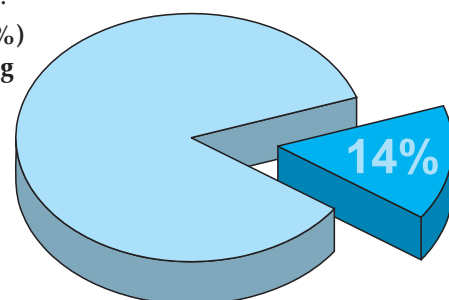
Of those who reported drinking in the past 7 days, 52% (18% of the whole sample) reported getting drunk on at least one occasion.



42% of students say if drinking was ever done at home it always took place with their parents knowledge.

During the past 7 days before the survey 12 students (2%) had bought alcohol from an off-licence. 61 students (9%) said that they got someone else to buy alcohol for them.

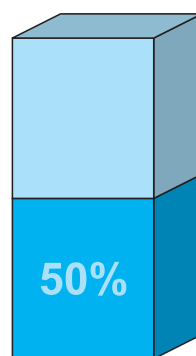
94 students (14%) reported drinking outside in a public place.



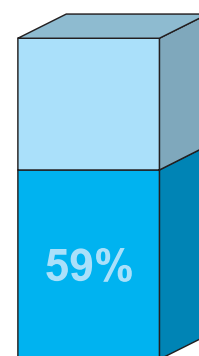
### DRUGS

Have ever used	Rother		East Sussex		Wider data	
	Boys	Girls	Boys	Girls	Boys	Girls
Cannabis leaf or resin	13%	14%	16%	16%	16%	15%
Amphetamines	1%	1%	1%	2%	3%	3%
Ecstasy	1%	1%	2%	1%	3%	3%
Cocaine	1%	3%	2%	2%	3%	3%
Poppers	2%	3%	4%	5%	6%	8%

For those taking illegal drugs, 50% said they first tried a drug when they were thirteen or younger (59% in the wider ES data) the average age that they first tried an illegal drug was 13.



Rother



East Sussex

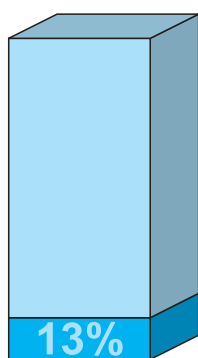
3% of students said that they had taken more than one type of drug on the same occasion, 8% of the boys and 10% of the girls said that they had taken an illegal drug and alcohol on the same occasion.

## SEX & RELATIONSHIPS

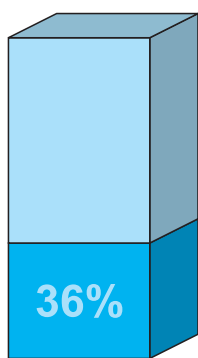
- 74% of students said that they had not had a sexual relationship. 5% said that they were currently in a sexual relationship. 11% had had a sexual relationship in the past.
- 39% of students say they know where they can get condoms free of charge.

	Rother	East Sussex	Wider data
Boys	35%	47%	55%
Girls	42%	52%	68%

- 25% of students (13% of boys and 36% of girls) know where they can get emergency contraception free of charge.

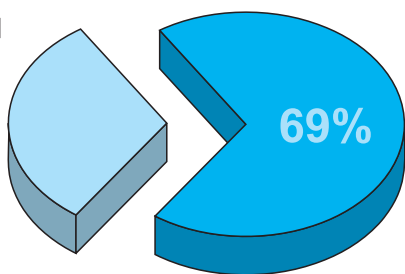


Boys



Girls

- 69% of students did not know if there was a special contraception and advice centre locally



- Overall, 25% of boys and 17% of girls said school lessons were their main source of information about sex.

Boys	Rother	East Sussex	Girls	Rother	East Sussex
Parents	20%	17%	Parents	23%	21%
Lessons	25%	32%	Lessons	17%	27%
Friends	26%	26%	Friends	38%	33%
Internet	11%	9%	Internet	3%	2%

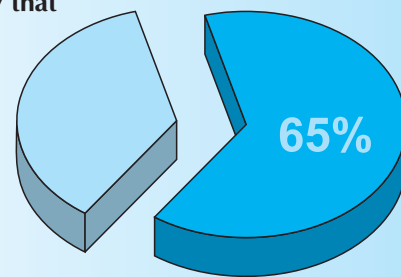
- Overall 30% of students thought their school should be the main source.

Boys	Rother	East Sussex	Girls	Rother	East Sussex
Parents	24%	28%	Parents	34%	35%
Lessons	31%	38%	Lessons	28%	32%
Friends	14%	11%	Friends	16%	12%
Internet	9%	5%	Internet	1%	1%

- 84% of boys and 92% of girls said that they knew about Chlamydia with 18% of boys and 24% of girls also saying that they know where to go to get a test for it.

## EMOTIONAL HEALTH & WELL-BEING

- 48% of boys and 40% of girls recorded levels of high self-esteem. In the wider East Sussex data rates were 53% of boys and 40% of girls.
- 65% of students say that in general they are satisfied with their life 'quite a lot' or 'a lot'.



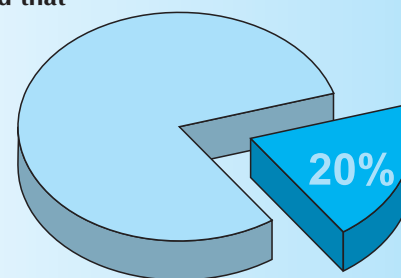
- 66% of students agreed with the statement "I am in charge of my health".
- 20% of boys and 21% of girls said that they had been bullied at school in the past 12 months.
- 7% of boys and 5% of girls said that they had bullied someone else in the last 12 months.
- 72% worry 'quite a lot' or 'a lot' about at least one of the problems listed.

- The top four worries for students were:

Boys	Rother	East Sussex	Girls	Rother	East Sussex
Exams & tests	34%	39%	Their looks	54%	57%
Career	25%	26%	Exams & tests	51%	54%
Family problems	21%	26%	Family problems	38%	42%
Their looks	19%	23%	Friendships	34%	36%

- For most problems students said that they would look to their family for support.

- 20% of students said that they looked after someone in their family on at least one day in the previous week who had an illness or disability.



- 75% of boys and 74% of girls rate the safety of their area when going out after dark as ok, good or very good.

	Rother	East Sussex
Boys	75%	79%
Girls	74%	77%

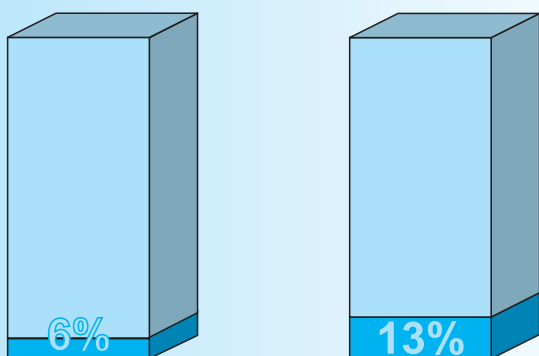
- 45 (15%) of the boys and 42 (13%) of the girls say that they have been the victim of violence or aggression in the area where they live in the last 12 months.
- 95% of students said they had one or more adults they could really trust with 74% trusting three or more.

## HEALTHY EATING

### Trend data on "food eaten on most days"

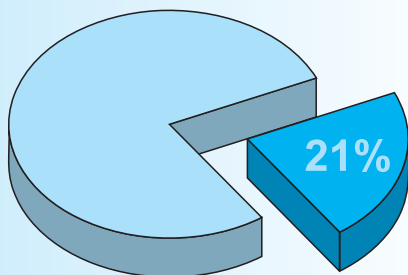
	Rother		East Sussex	
	Boys	Girls	Boys	Girls
Fresh fruit	37%	55%	39%	52%
Salads	18%	28%	19%	28%
Vegetables	54%	62%	52%	62%
Wholemeal bread	24%	28%	30%	31%
Fizzy drinks	15%	6%	18%	11%
Sweets/choc	31%	21%	31%	31%

### 6% of boys and 13% of the girls in the survey had nothing for breakfast.



- 15% of students said that they had breakfast at school.
- 58% of the girls and 30% of the boys say they would like to lose weight. This compares with 58% and 29% respectively in the wider data.

### 21% of students reported eating five or more portions of fruit and vegetables the previous day



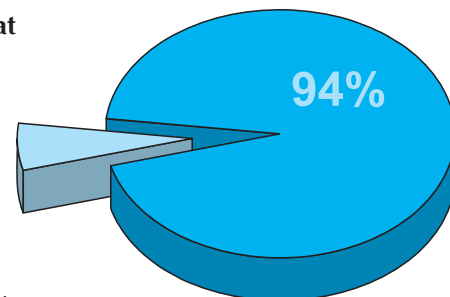
- 17% of boys and 25% of girls in the survey had no lunch yesterday. 19% had a school meal and 3% bought lunch from a takeaway or shop.
- 91% say that they drank water during the day before the survey. This compares with 89% in the wider East Sussex data.

## PHYSICAL ACTIVITY

- 36% of students walked at least part of the way to school.
- Car travel to school in Rother is 30% compared with 29% in the wider East Sussex data.
- 41% of students consider themselves 'fit' or 'very fit'

	Rother	East Sussex
Boys	48%	55%
Girls	36%	35%

- 94% exercised at least once last week hard enough to increase breathing rate.



- 37% of boys and 19% of girls exercised five times or more last week.

### The top five physical activities were:

	Boys	Girls
Soccer	39%	Going for walks 42%
Riding a bicycle	38%	Dancing 29%
Jogging	22%	Swimming 24%
Going for walks	20%	Jogging 19%
Basketball	18%	Riding a bicycle 18%

### Our thanks go to the staff and students of the schools that took part:

Beacon Community College, **Bexhill High School**, Chailey School, **Claverham Community College**, Eastbourne Pupil Referral Unit, Eastbourne Technology College, Filsham Valley School, Hailsham Community College, Heathfield Community College, Helenswood School, Hillcrest School, Lewes Pupil Referral Unit, New Horizons School, Peacehaven Community School, Priory School, Ratton School, Ringmer Community College, **Robertsbridge Community College**, Seaford Head Community College, St. Mary's School, **St. Richard's Catholic College**, The Bishop Bell CE School, The Causeway School, The Cavendish School, The Grove College, The Lindfield School, **Thomas Peacocke Community College**, Tideway School, Uckfield Community Technology College, Uplands Community College, William Parker Sports College and Willingdon School.

### For further information about the survey contact:

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