

Richmond Young People's Survey

Findings from the 2022 survey

A themed report for relationships and sexual health

The questionnaire

The Richmond Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Richmond Upon Thames Public Health Team. The purpose of the survey was to obtain pupils' views on aspects of health and wellbeing including: healthy eating; safety; emotional wellbeing and leisure time.

Methodology

All primary and secondary schools were invited to participate in the survey during the spring and summer terms 2022, with the focus on Years 4, 5, 6, 8 and 10 pupils. All surveys were undertaken anonymously online or via a paper based version. Completed paper questionnaires were returned securely to SHEU for processing which were then combined with the online results.

Participation

A total of 4883 pupils took part from 18 primary and junior schools and 7 secondary schools. There was a reasonable mixture of boys (49%) and girls (46%) across the specified year groups. 5% didn't select male or female. 44% of the pupils surveyed described themselves as White British. 10% of pupils said that they had an additional need or disability. 15% said they were eligible for free school meals (7% currently receive them). 7% said they look after someone at home who couldn't look after themselves. 73% of Year 10 pupils said they were straight/heterosexual.

Cross-phase data

Many of the questions in each survey (primary and secondary) are identical or very similar. Some of the results of these questions are presented on page 6 of this summary document, so that behaviour can be seen across the age range.

Links

It is possible to look for connections (see page 7) between the answers pupils gave to different questions in the survey and to look at behaviour profiles, are there differences between the experience of pupils from different **ethnic backgrounds** for example or whether a pupil who has low self esteem is likely to be bullied, etc.

Inequalities

A selection of questions has been selected to look for different responses across potential vulnerable groups (page 4).

Reports

Further detailed reports, containing a summary of all responses received by the pupils are available. There are also 4 other themed reports to accompany this one - see list below.

4,883 young people were involved in the survey

School	Year 4	Year 5	Year 6	Year 8	Year 10	Total
Age	8-9	9-10	10-11	12-13	14-15	
Boys	397	252	438	372	480	1,939
Girls	394	238	408	442	551	2,033
Total	820*	522*	883*	871*	1081*	4177*

*205 pupils didn't tell us their gender, another 706 secondary pupils were surveyed in other year groups but are not included in this report.

Reference sample

The Richmond sample has been compared with the SHEU wider data sample for other London Boroughs that have surveyed recently. These areas include Camden, Ealing, Greenwich, Haringey, Islington, Kingston and Wandsworth. Where possible, these figures are shown throughout the report in brackets ().

For more details please contact SHEU Phone 01392 667272
www.sheu.org.uk

Themed reports. This is number 4 of 4 reports

1) Healthy lifestyles

2) Drug education and substances

3) Emotional health and wellbeing

4) Relationships and sexual health

5) Safety

Richmond school pupils in Years 4 - Year 6 (ages 8 - 11)

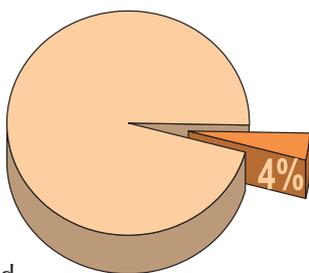
Wider London data shown in brackets (%).

GENDER IDENTITY

- 4% of Year 6 pupils said their gender is different to the gender they were assigned at birth (Transgender); 4% preferred not to say.

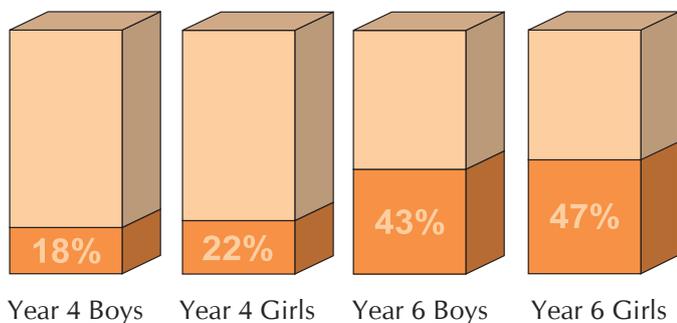
BULLYING

- 4% of Year 6 pupils said they have been bullied at or near school in the last 12 months because of being different; 1% said they have been bullied because of their sexuality and 1% said because of being a boy or being a girl.



INTERNET SAFETY

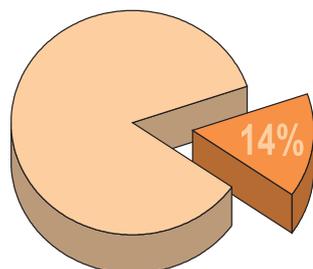
- 82% (85%) of Year 6 pupils said they spend time chatting to their friends and family that they know in real life; 42% (49%) said they chat to friends of friends and 23% (21%) said they chat to people who they don't know in real life.
- 31% of primary pupils said they spent time on social media (e.g. Whatsapp, Snapchat, Instagram etc.) after school on the day before the survey:



- 15% (18%) of Year 6 pupils said they have got a message or picture that scared them or made them upset. **22% of young carers said this.**
- 7% (10%) of Year 6 pupils said that someone they don't know in real life has asked to see pictures of them; 4% said they have met up with someone they first met online.

FEELINGS

- 14% of pupils (20% of FSM pupils) said they feel lonely 'often' or 'every day'.



WORRYING

- 17% (22%) of boys and 29% (30%) of girls said that they worry 'quite a lot' or 'a lot' about problems with friends; 8% (18%) of boys and 21% (26%) of girls said they worry 'quite a lot' or 'a lot' about puberty and growing up.

- 15% (24%) of primary pupils said they worry 'quite a lot' or 'a lot' about the way they look:



PROBLEM SOLVING

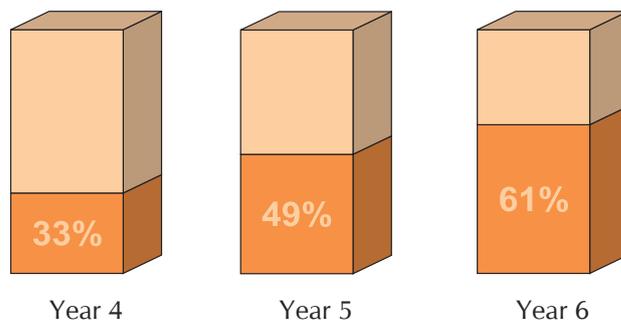
- 94% of pupils responded that they at least 'sometimes' get help from trusted adults when they are struggling/feel bad or stressed/have a problem that worries them; 88% said they get help from friends.

GROWING UP

- Year 6 pupils said that the following have talked with them about puberty and growing up:

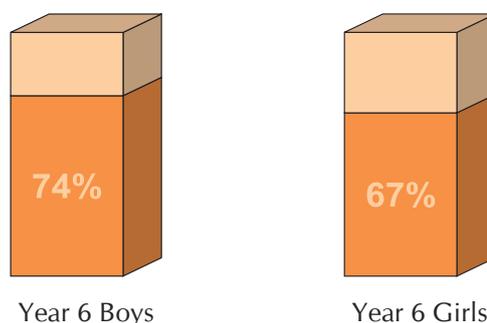
Year 6	Boys	Girls
Parents/carers (56% of Young carers)	55%	81%
Teachers, in lessons	67%	79%
Friends	16%	37%
Brothers, sisters, other close relations	12%	18%
School nurse	3%	5%
No-one	13%	2%

- 48% (42%) of pupils feel they know enough about puberty and growing up:



SCHOOL LESSONS

- 82% of Year 6 pupils said their school covers the topic of puberty and growing up 'fairly' or 'very' well.
- 70% of Year 6 pupils said their school covers the topic of healthy relationships 'fairly' or 'very' well:



Richmond secondary school pupils in Year 8 and Year 10 (ages 12 - 15)

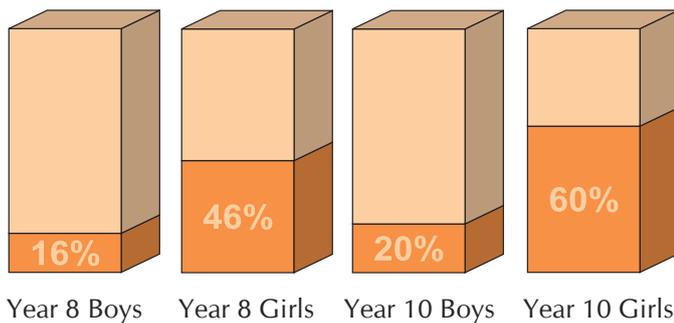
Wider London data shown in brackets (%).

GENDER IDENTITY

- 6% of pupils said their gender is different to the gender they were assigned at birth (Transgender); 3% preferred not to say.
- 54% of pupils said their school covers gender identity 'fairly' or 'very' well, while 13% said 'not well at all', and 10% said they haven't been taught this yet.

WORRIES

- 27% (22%) of pupils said that they worry 'quite a lot' or 'a lot' about problems with friends; 19% (18%) said they worry about relationships and 11% (9%) worry about having sex/first having sex.
- 33% (33%) of pupils worry 'quite a lot' or 'a lot' about the way they look. The figures are higher for girls than for boys and the biggest worriers are the Year 10 girls:**

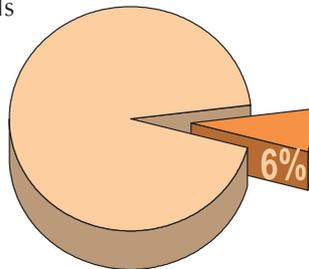


PROBLEM SOLVING

- 83% of pupils responded that they at least 'sometimes' get help from trusted adults when they are struggling/feel bad or stressed/have a problem that worries them and 86% said they get help from friends.

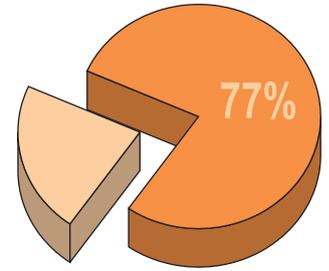
BULLYING

- 10% of boys and 7% of girls said they have been physically harmed (not accidentally) and 1% of boys and **6% of girls said they have been sexually harmed or harassed.**
- 4% of pupils said they had been pressured to share images of themselves and 2% said that naked or semi-naked images of themselves had been shared without their consent.
- 3% of pupils said their sexuality was the focus of the negative behaviour experienced, while 4% said their gender was.



RELATIONSHIPS

- 77% of pupils said their school covers healthy relationships/consent 'fairly' or 'very' well,** while 5% said 'not well at all', and 6% said they haven't been taught this yet.
- 34% of Year 8 pupils and 44% of Year 10 pupils said they have had a boyfriend/girlfriend.
- Year 10 pupils who said 'yes' these things have happened to them in a relationship with a past or current boyfriend/girlfriend:**

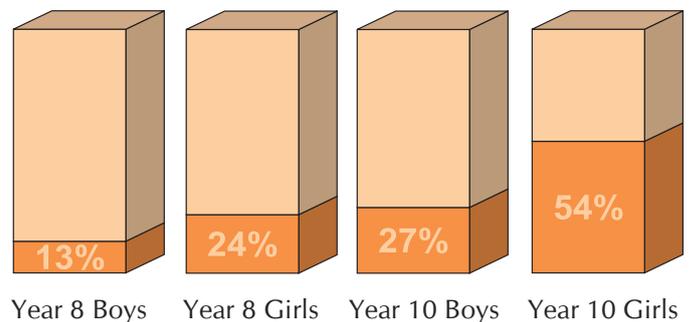


Year 10	Boys	Girls
Was angry or jealous when I wanted to spend time with friends (12%)	12%	13%
Kept checking my phone (8%)	7%	7%
Used hurtful or threatening language to me (6%)	5%	9%
Made me do something I didn't want to do (5%)	5%	6%
Asked me to send them photos or videos of a sexual nature (6%)	4%	9%
Threatened to tell people things about me (5%)	4%	7%
Put pressure on me to have sex or do other sexual things (4%)	2%	6%

- 13% (13%) of Year 8 pupils and 22% (21%) of Year 10 pupils responded that they have experienced at least one of the negative behaviours listed in a relationship with a past or current boyfriend/girlfriend.
- 54% (56%) of boys and 63% (64%) of girls said that if they were worried about anything happening in a romantic relationship, they could get some help, while 14% of pupils said they could not get help.

INTERNET SAFETY

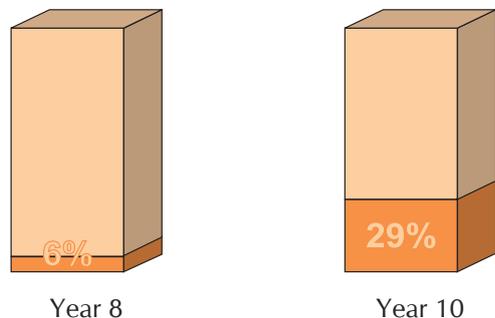
- 32% (26%) of pupils said that someone they didn't know has asked to see pictures of them:**



- 4% (2%) of pupils said they have sent sexual pictures of themselves to someone who they don't know; 6% of pupils have sent them to someone who they do know.
- 14% (13%) of boys and 25% (19%) of girls said someone they don't know in person has asked to meet with them.
- 65% (58%) of Year 10 boys and 45% (38%) of Year 10 girls said they have viewed pornographic images (videos, pictures online/social media or in a magazine/photographs).

SEXUALLY TRANSMITTED INFECTIONS

- 25% (20%) of Year 8 pupils and 59% (46%) of Year 10 pupils correctly identified that HIV/AIDS can be treated but not cured.
- Chlamydia is one of the most commonly diagnosed bacterial STIs in the UK (FPA.org.uk) - 19% (12%) of pupils correctly identified that it can be treated and cured:



- HPV is one of the most commonly diagnosed viral STIs in the UK (FPA.org.uk) - 3% (4%) of Year 8 pupils and 17% (14%) of Year 10 pupils correctly identified that it can be treated but not cured.

SOURCES OF INFORMATION

- Year 10 pupils said that these are their main sources of information about sex and relationships (top 5):

Year 10	Boys	Girls
School lessons	35%	40%
Friends	26%	23%
Internet/mobile phone	16%	15%
My parents/carers	8%	9%
Porn	6%	6%

CONTRACEPTION & LOCAL SERVICES

- 31% (29%) of boys and 23% (23%) of girls said that they know where they can get condoms free of charge.
- 13% of Year 10 pupils said that there is a special sexual health or contraception and advice service for young people available locally.

RSE LESSONS

- Year 10 pupils said that their RSE (Relationships and Sex Education) lessons have helped them understand the following 'quite a lot' or 'a lot':

Year 10	Boys	Girls
Consent	70%	78%
Healthy relationships	60%	68%
Sex and the law	63%	59%
Contraception	54%	62%
Sexually transmitted infections (risks and how to avoid them)	52%	54%
Puberty and growing up	51%	53%
Resisting pressure	51%	53%

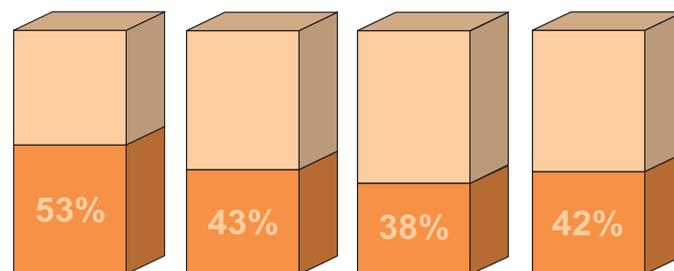
- 30% (37%) of pupils said that their RSE lessons have helped them 'quite a lot' or 'a lot' to understand grooming and sexual exploitation; 20% (19%) said they have helped them understand FGM (female genital mutilation).

PRESSURE

- Year 10 pupils 'agree' with the following:

There is pressure on young people to have sex.

It is important to be in a serious relationship before having sex.



Year 10 Boys Year 10 Girls Year 10 Boys Year 10 Girls

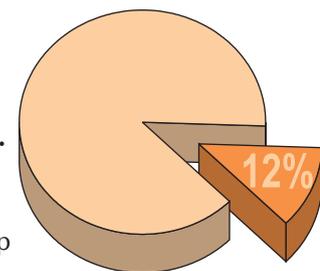
- 48% of Year 10 pupils 'agree' that getting pregnant or getting a partner pregnant now would ruin their future plans.

SEXUAL ORIENTATION

- 87% (83%) of Year 10 boys and 67% (69%) of Year 10 girls said that they are straight/heterosexual; 3% (2%) of Year 10 boys and 14% (10%) of Year 10 girls said they are bisexual.
- 4% (3%) of Year 10 pupils said that they are gay/lesbian.
- 61% of pupils said their school covers sexuality 'fairly' or 'very' well. **46% of LGBTQ+ pupils said this.**

EXPERIENCES

- 28% of Year 10 boys and 43% of Year 10 girls said that they think most young people start having sex before the age of 16.
- 7% of Year 10 pupils think young people start having sex at age 14 or younger, 10% of 'other white' pupils said this.**
- 12% (7%) of Year 10 boys and 12% (5%) of Year 10 girls said that they have had, or are currently in, a sexual relationship. 17% of black pupils said this.**
- 6% of Year 10 pupils said that they have had a sexual relationship and 'usually' or 'always' used condoms.



INEQUALITIES ≠

Significant differences between potentially vulnerable groups and 'All Year 8 or 10 Pupils' are as follows:

YEAR 8

- Year 8 pupils in single parent families are more likely to have seen pornography (37% vs. 26%).

YEAR 10

- Year 10 Young carers are more likely to have had sex (23% vs. 12%).
- Year 10 LGBTQ+ pupils are more likely to have had sex (17% vs. 12%).
- Year 10 Transgender pupils are more likely to have experienced controlling partner behaviour (40% vs. 22%).
- Year 10 LGBTQ+ pupils are more likely to have experienced controlling partner behaviour (30% vs. 22%).

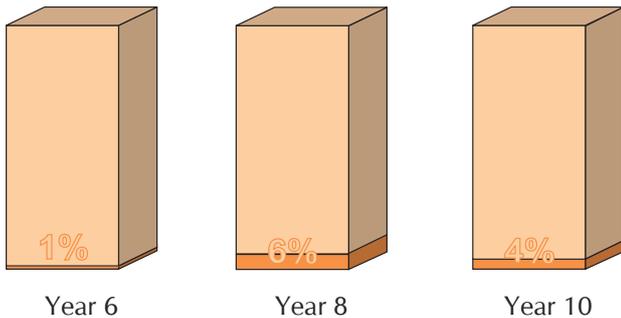
CROSS PHASE DATA

Questions included in both the primary and secondary versions of the questionnaire

- The following is a selection of data relating to the set of questions found in both the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up but this analysis is also useful because it can raise some important questions for local discussion.

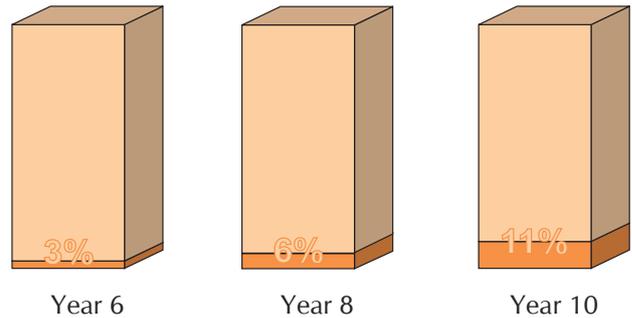
BULLYING

- Small proportions of pupils said they have been bullied at or near school in the last 12 months because of their sexuality:



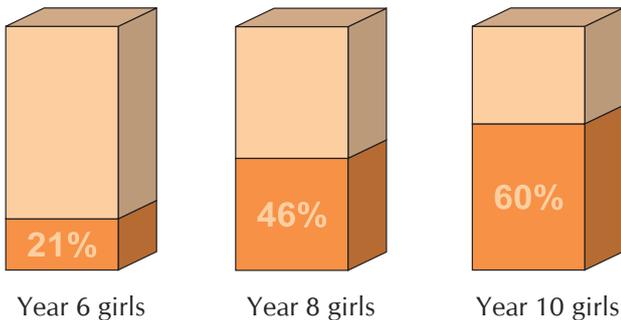
INTERNET SAFETY

- Older pupils are more likely to say that someone (online or in person) has threatened or pressured them to send a picture or video of themselves or show themselves on webcam:

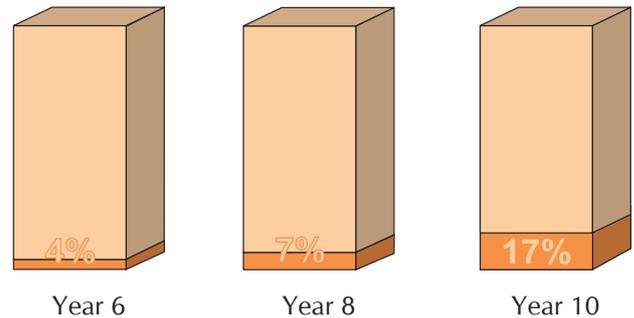


WORRYING

- Older girls are more likely to say they worry 'quite a lot' or 'a lot' about the way they look:



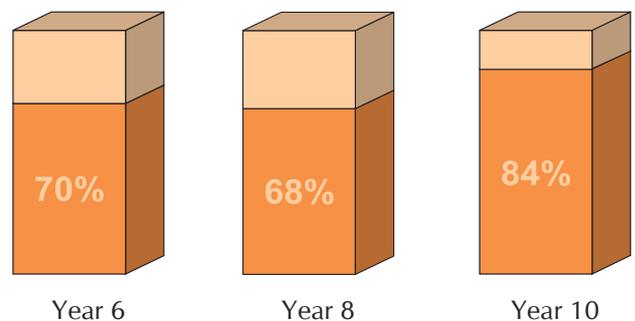
- Older pupils are more likely to say that they have met up with someone they first met online:



Clearly, girls are under significant pressure to look a certain way and this may well affect their self-esteem negatively. How can all stakeholders support girls with this issue?

SCHOOL LESSONS

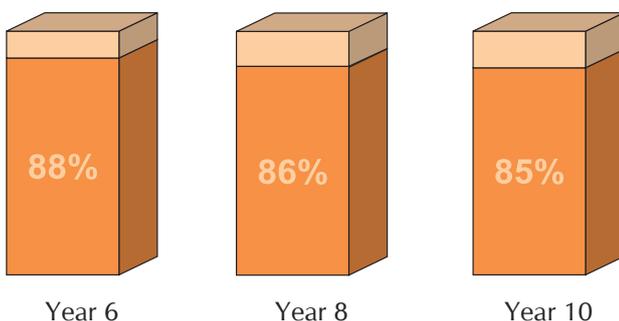
- Year 10 pupils are most likely to say that their school covers healthy relationships (and consent in the secondary questionnaire) 'quite' or 'very well':



Pupils are learning about and understanding the importance of healthy relationships; can these valuable lessons be developed even further?

PROBLEM SOLVING

- High proportions of pupils of all ages say they get help from their friends when they are struggling/feel bad or stressed/have a problem that worries them:



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 Year 8 and 10 pupils who said they have (ever) had a boyfriend/girlfriend compared with those pupils who said they haven't.

- ❑ 52% of pupils who have had a boyfriend/girlfriend also said they have at least tried e-cigarettes/vaping. This compared with only 25% of pupils who said they haven't had a boyfriend/girlfriend. Therefore, we can say if you have had a boyfriend/girlfriend, you are more likely to have at least tried e-cigarettes/vaping.
- ❑ 56% of pupils who have had a boyfriend/girlfriend also said someone they don't know has asked to see pictures of them. This compared with only 28% of pupils who said they haven't had a boyfriend or girlfriend.
- ❑ This group are also more likely to say they have been offered or taken any of the drugs listed.
- ❑ They are more likely to have at least tried smoking.
- ❑ They are more likely to have received a hurtful, unwanted or nasty message or picture online.
- ❑ They are more likely to have at least tried alcohol.
- ❑ They are more likely to say have been the victim of violence or aggression in the area where they live in the last 12 months.
- ❑ They are also more likely to say their parents/carers smoke cigarettes.

The second analysis is for Year 8 and 10 pupils who said they have been socially excluded by others in the last month compared with those pupils who said they haven't.

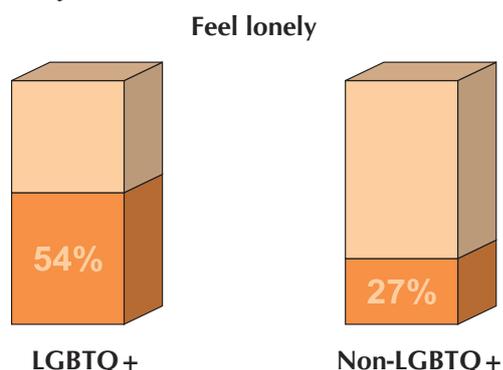
- ❑ 45% of pupils who said they have been socially excluded by others also said they felt afraid to be in school at least 'sometimes' in the month before the survey because of bullying. This compared with only 11% of pupils who haven't been socially excluded. Therefore, we can say that if you have been socially excluded by others, you are more likely to feel afraid to be in school because of bullying.
- ❑ 67% of pupils who said they have been socially excluded by others also said they worry about more than 5 issues listed 'quite a lot' or 'a lot'. This compared with only 31% of pupils who haven't been socially excluded.
- ❑ This group are also less likely to say they are happy with their life at the moment.
- ❑ They are more likely to say there's been shouting and arguing between adults at home in the last month.
- ❑ They are less likely to be happy with their weight and are more likely to be female young carers.
- ❑ They are more likely to have a special educational need or disability.
- ❑ They are more likely to say there's a special sexual health or contraception & advice service for young people available locally.
- ❑ They are also more likely to have experienced at least one of the negative behaviours listed in a relationship with a boyfriend/girlfriend.

 **Pupils who have had a boyfriend/girlfriend are also engaging in certain health-risky behaviours.**

 **Is there someone in school, who pupils can talk to?**

The third analysis is for Year 10 pupils, who identified as being LGBTQ+ compared with Year 10 pupils who were non-LGBTQ+.

- ❑ **54% of pupils who identified as LGBTQ+ also said they feel lonely at least some of the time. This compared with only 27% of pupils who were non-LGBTQ+.**



- ❑ 63% of pupils who identified as LGBTQ+ also said they worry about more than 5 issues listed 'quite a lot' or 'a lot'. This is higher than the 30% pupils who were non-LGBTQ+.
- ❑ They are also less likely to say they enjoy physical activities at school.
- ❑ They are less likely to be happy with their life.
- ❑ They are less likely to have rated their safety as 'safe' or 'very safe' when going out after dark.
- ❑ They are less likely to say their school covers mental health and wellbeing well.
- ❑ They are less likely to be happy with their weight.
- ❑ They are more likely to have at least tried smoking.
- ❑ They are less likely to have a trusted adult confidant.
- ❑ They are also more likely to have correctly identified that HIV/AIDS can be treated but not cured.

The way forward – over to you.

The Richmond Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Richmond upon Thames Public Health Team.

We are grateful to the teachers, schools and the young people for their time and contributions to this survey. The findings will be used to plan services and inform commissioning decisions and further support joint working. In addition the data will be used to inform plans and strategies with schools, the council and partners.

Richmond schools who took part in the survey:

Primary Schools

Bishop Perrin CE Primary School
Buckingham Primary School
Chase Bridge Primary School
Collis Primary School
Darell Primary and Nursery School
East Sheen Primary School
Hampton Hill Junior School
Holy Trinity CE Primary School
Nelson Primary School
Orleans Primary School
St James's RC Primary School
St Mary Magdalen's Catholic Primary School
St Mary's and St Peter's CE Primary School
St Richard Reynolds Catholic Primary School
St Richard's CE Primary School
The Russell Primary School
The Vineyard School
Thomson House School

Secondary Schools

Grey Court School
Hampton High
Orleans Park School
St Richard Reynolds Catholic High School
Teddington School
Turing House School
Waldegrave School

For more information about the survey please contact:

Zdenka Buchan
Public Health Officer - Healthy Schools Lead

Civic Centre
York Street
Twickenham
TW1 3BZ

Phone: 0777 304 4395
E: Zdenka.Buchan@richmondandwandsworth.gov.uk

Glossary:

FSM - Pupils eligible for free school meals

LGBTQ - Lesbian, Gay, Bisexual, Transgender, Questioning +

SEND - Special Educational Need or Disability

Transgender - gender is different to that which they were assigned at birth

Young carers - pupils who care for someone at home on a regular basis who are unable to care for themselves.