

Richmond Young People's Survey

Findings from the 2022 survey

A themed report for drug education and substances

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 (pages 3 and 5).

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	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 2 of 5 reports

1) Healthy lifestyles

2) Drug education and substances

3) Emotional health and wellbeing

4) Relationships and sexual health

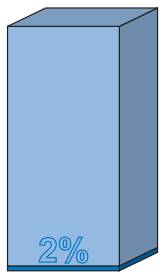
5) Safety

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

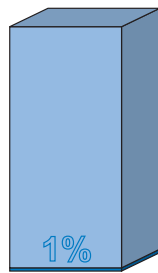
Wider London data shown in brackets (%).

ALCOHOL

- 2% (1%) of Year 6 pupils said that they have had an alcoholic drink (more than just a sip) in the past 7 days.
- Saturday, Sunday and Tuesday were the days pupils said they drank alcohol.
- Year 6 pupils who reported having alcohol in the last 7 days:



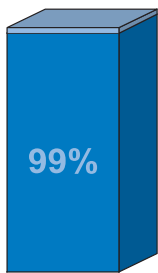
Year 6 Boys



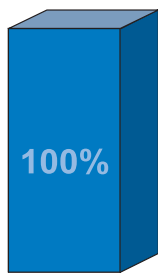
Year 6 Girls

SMOKING

- Year 6 pupils who said they have never smoked a cigarette, not even a puff:

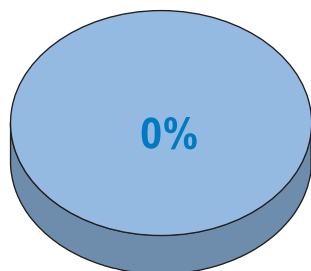


Year 6 Boys



Year 6 Girls

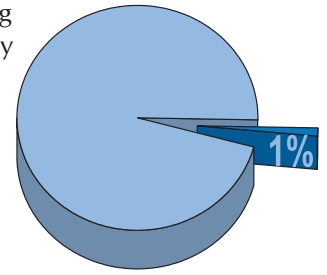
- 1% (2%) of Year 6 pupils said they have tried smoking once or twice.
- 0% of Year 6 pupils in the survey smoked at least one cigarette during the last 7 days.



VAPING

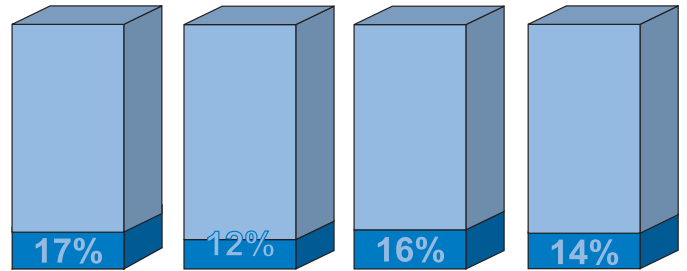
- 1% (2%) of Year 6 pupils said they had tried e-cigarettes once or twice.

- 23% of Year 6 pupils have never heard of e-cigarettes/vaping and a further 76% said they have never used an e-cigarette/vape.



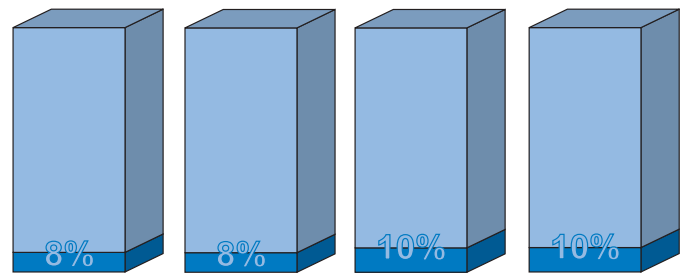
- 1% of Year 6 pupils said they have smoked shisha, while 3% said they 'don't know' if they have.

- 15% (17%) of pupils said their parents/carers smoke cigarettes:



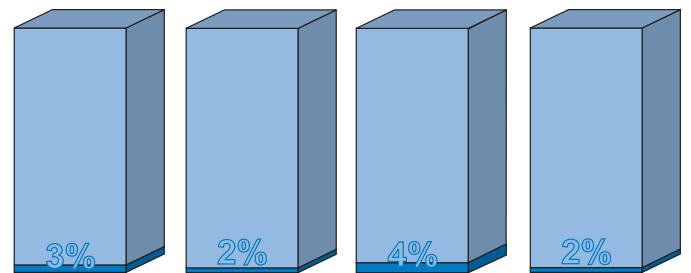
Year 4 Boys Year 4 Girls Year 6 Boys Year 6 Girls

- 9% (9%) of pupils said their parents/carers smoke e-cigarettes (vaping):



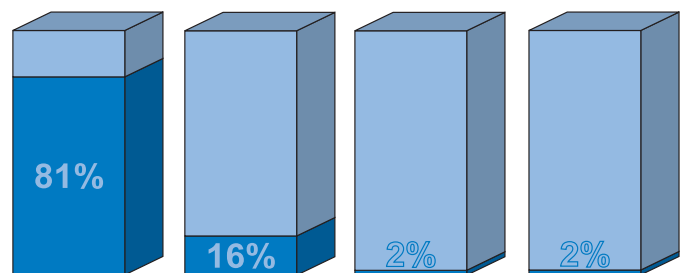
Year 4 Boys Year 4 Girls Year 6 Boys Year 6 Girls

- 3% (4%) of pupils said their parents/carers smoke shisha:



Year 4 Boys Year 4 Girls Year 6 Boys Year 6 Girls

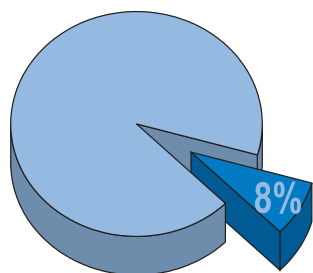
- What best describes smoking cigarettes in your home?



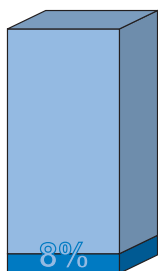
No one ever smokes cigarettes at home (77%) Smoking happens outside or on the doorstep only (18%) Smoking happens in certain rooms only (3%) Smokers can smoke anywhere (2%)

SUBSTANCES

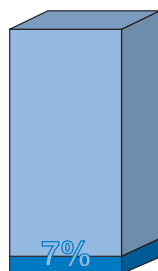
- 8% (8%) of Year 6 pupils reported they were 'fairly sure' or 'certain' that they know somebody who uses drugs (not alcohol, tobacco or medicines).



- Year 6 pupils who said they are 'fairly sure' or 'certain' they know somebody who uses drugs:

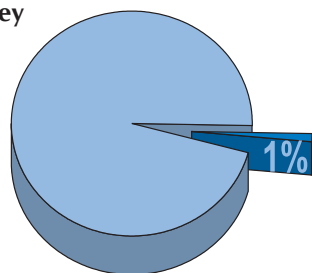


Year 6 Boys

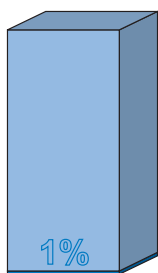


Year 6 Girls

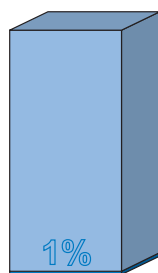
- 1% of Year 6 pupils said they have been offered drugs (not alcohol, tobacco or medicine).



- Year 6 pupils who said they have been offered drugs (not alcohol, tobacco or medicine):



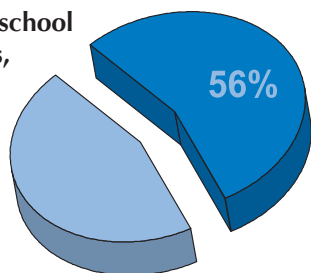
Year 6 Boys



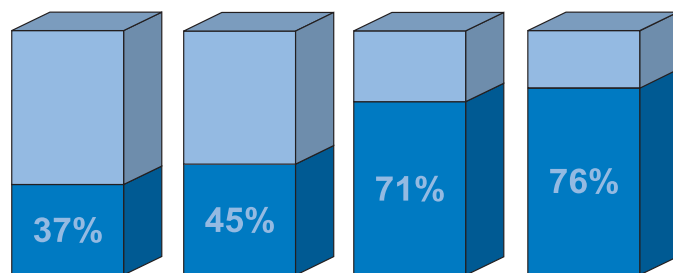
Year 6 Girls

SCHOOL LESSONS

- 56% of pupils said their school covers the topic of drugs, alcohol and smoking 'quite' or 'very' well.
- 8% of pupils said their school had covered the topic of drugs, alcohol and smoking 'not very well' or 'badly'.

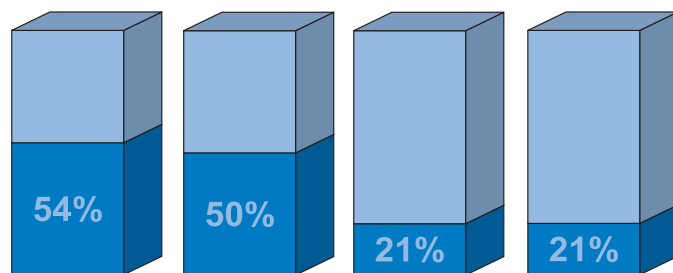


- 55% of pupils said their school covers the topic of drugs, alcohol and smoking 'quite' or 'very' well:



Year 4 Boys Year 4 Girls Year 6 Boys Year 6 Girls

- 36% of pupils said their school hasn't taught them about drugs, alcohol and smoking yet:



Year 4 Boys Year 4 Girls Year 6 Boys Year 6 Girls

INEQUALITIES (Year 6 pupils) ≠

Significant differences between potentially vulnerable groups and 'All Year 6 Pupils' are as follows:

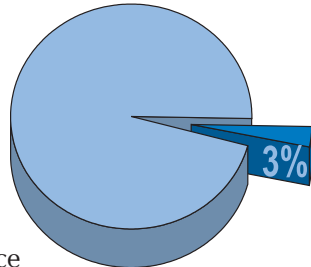
- ↑ Pupils entitled to Free School Meals (FSM) are more likely to have tried smoking (3% vs 1%).
- ↑ Pupils entitled to FSM are more likely to have tried vaping (8% vs 1%).
- ↑ Pupils with Special Educational Need or Disability (SEND) are more likely to have been offered drugs (3% vs 1%).
- ↑ Pupils from single parent families more likely to have been offered drugs (3% vs 1%).
- ↑ Pupils from single parent families are more likely to say their parents use tobacco products (30% vs 22%).
- ↑ Pupils with SEND are more likely to say their parents use tobacco products (29% vs 22%).
- ↓ Asian pupils are less likely to say their parents use e-cigarettes (5% vs 9%).
- ↑ Young carers are more likely to say their parents/carers smoke (26% vs. 13%).
- ↑ Young carers are more likely to say their parents/carers vape (19% vs. 9%).

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

Wider London data shown in brackets (%).

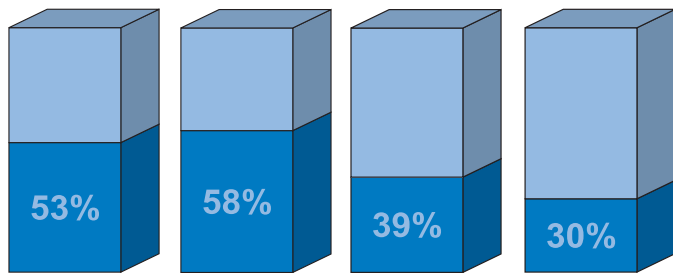
ALCOHOL

- 56% (48%) of pupils said they have at least tried alcohol; 3% (3%) said they drink alcohol 'regularly' (at least once or twice a week).



- 40% (35%) of pupils said they have tried alcohol once or twice and 12% (10%) said they drink alcohol occasionally (less than once a week).

- 44% of pupils said they have never drunk alcohol: (73% of Asian pupils said this.)



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

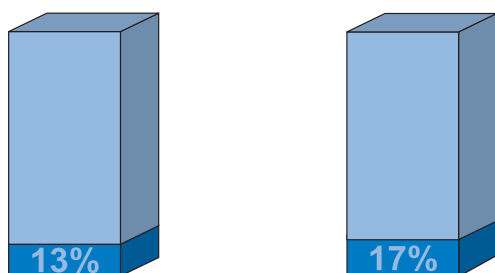
- 11% (9%) of Year 8 and 19% (16%) of Year 10 pupils said, when they drink alcohol, their parents/carers usually buy it/give it to them.

- For Year 10, the places where they drink alcohol are (top 3):

Year 10 only	Boys	Girls
With their family	27%	37%
With their friends in a public place	13%	23%
With their friends at home	10%	21%

- 6% (5%) of pupils said they are given alcohol from another young person (15% (13%) of Year 10 girls said this).

- 15% (11%) of Year 10 pupils said they had bought alcohol from a shop:



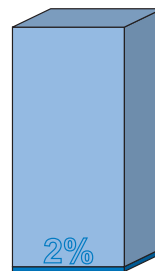
Year 10 Boys

Year 10 Girls

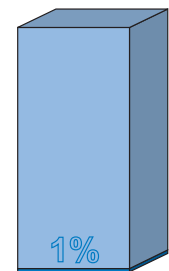
- Year 10 pupils said they drink alcohol for the following reasons (top 5):

Year 10 only	Boys	Girls
To try it/curious to find out what it tastes/feels like	21%	To socialise and have fun 29%
To socialise and have fun	15%	To celebrate special occasions 28%
To celebrate special occasions	14%	To try it/curious to find out what it tastes/feels like 20%
To get drunk	9%	To get drunk 14%
To feel good	5%	To feel good 11%

- A smaller percentage of Year 10 pupils said they drink alcohol to fit in with friends or because they are under pressure from others:



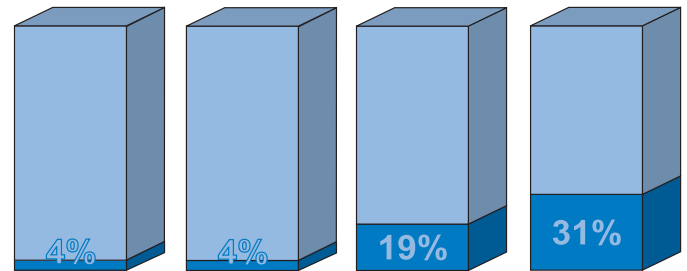
To fit in with friends



Because they are under pressure from others

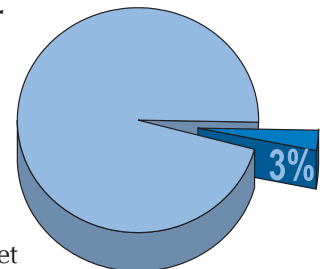
SMOKING

- 16% (8%) of pupils have at least tried smoking: (20% of 'other white' pupils said this.)



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 3% of pupils (6% of 'other white' pupils) smoked at least 1 cigarette during the last 7 days.



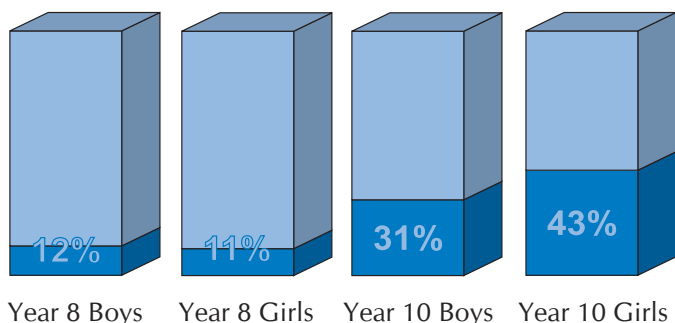
- Of the 90 pupils who said they 'occasionally' or 'regularly' smoke, 38% said they know where to get help to give up smoking.

- When asked where they obtained their cigarettes, the top answer was 'bought them from a shop': 4% of Year 10 girls said this.

- 2% of Year 10 pupils said they got/bought their last cigarettes from friends.

VAPING

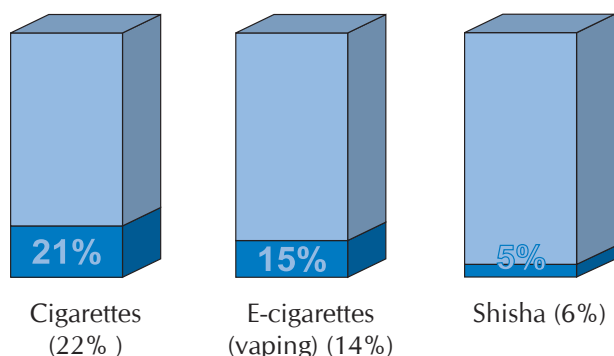
- 26% (17%) of pupils have at least tried e-cigarettes/vaping:



- 4% (4%) of pupils said they have smoked shisha while 3% said they don't know if they have.

PASSIVE SMOKING

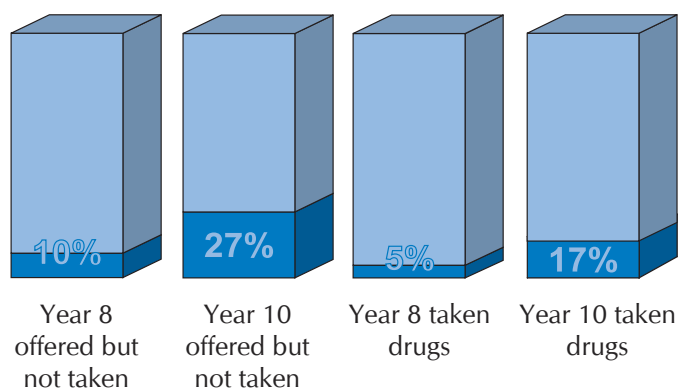
- Percentages of pupils who said their parents/carers smoke the following:



- 77% (76%) of pupils said no one ever smokes cigarettes at home; 19% (19%) said smoking happens outside or on the doorstep only at their home.
- 3% (4%) of pupils said smoking happens in certain rooms only whilst 1% (2%) said that smokers can smoke anywhere in their home.

SUBSTANCES

- Percentages of pupils who reported being offered or having taken drugs:



- 2% (2%) of pupils said they have taken more than one type of drug on the same occasion; 4% (3%) of pupils said they have taken drugs and alcohol on the same occasion.

- 4% (4%) of pupils said they have taken drugs to help them study when they have not been given to them by a doctor (i.e. Ritalin, concerta, pills with caffeine e.g. pro plus), while 4% (4%) said they 'don't know' if they have.

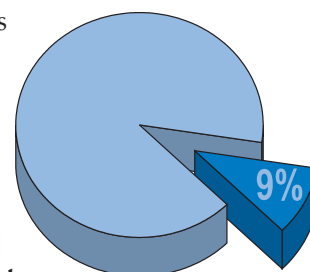
- Detail of the most common drugs offered and taken:

Year 10 only	Offered but not taken	Taken
Cannabis in any form	18%	14%
Ecstasy	5%	2%
Nitrous oxide	5%	4%
Any of the drugs listed	27%	17%

- Year 10 pupils said they have taken drugs/other substances for the following reasons (top 3):

Year 10 only	Boys	Girls
To get high	9%	10%
To see what it was like	8%	8%
To feel good	7%	6%

- 32% (23%) of Year 10 girls said they were more sociable or confident when they had drunk alcohol/taken drugs or other substances; 9% (6%) couldn't remember what they did and **9% (6%) said they did something they later regretted.**



- When pupils are struggling/feel bad or stressed/have a problem that worries them, 9% said they deal with it by smoking, 12% said by drinking alcohol and 6% said they take drugs.
- 19% (21%) of pupils said they would be able to get help in school if they were worried about their use of alcohol, drugs or substances; 53% (24%) said they would seek help from their family and 28% (31%) said they didn't know where they could get any help.

INEQUALITIES ≠

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

- Year 8 pupils with Special Educational Need or Disability (SEND) are more likely to say their parents use tobacco products (40% vs 28%).
- Year 8 pupils entitled to Free School Meals (FSM) are more likely to have vaped (23% vs 12%).
- Year 8 pupils entitled to FSM are more likely to say their parents use tobacco products (50% vs 28%).
- Year 10 LGBTQ+ pupils are more likely to drink alcohol weekly (12% vs 6%).
- Year 10 LGBTQ+ pupils are more likely to have used drugs (24% vs 17%).
- Year 10 pupils in single parent families are more likely to have used drugs (25% vs 17%).
- Year 10 Transgender pupils are more likely to have at least tried smoking (44% vs 26%).
- Year 10 LGBTQ+ pupils are more likely to have at least tried smoking (39% vs 26%).
- Young carers are more likely to have tried smoking.

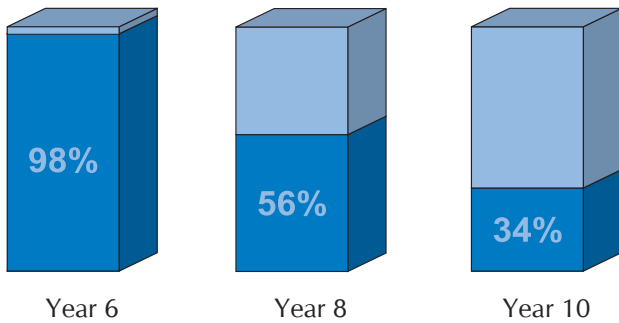
CROSS PHASE DATA

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.

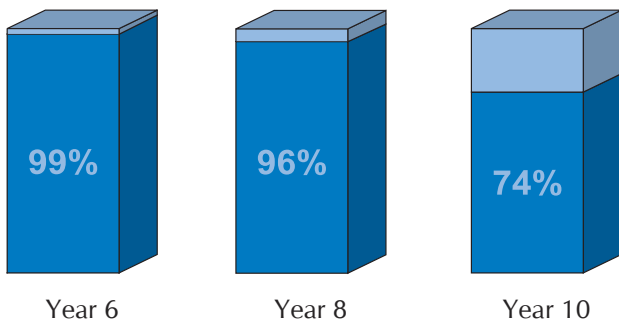
ALCOHOL

- Younger pupils are more likely to have not drunk any alcohol in the last 7 days (Year 6) or to have never drunk alcohol (Year 8 and Year 10):



SMOKING

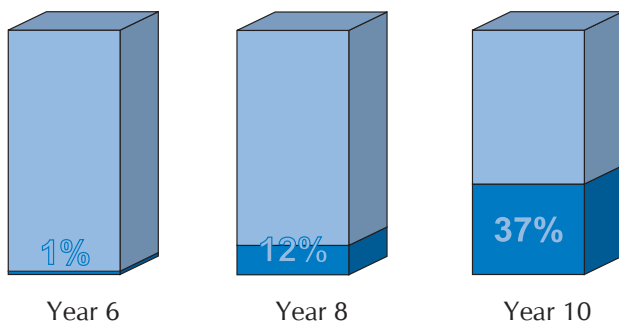
- Younger pupils are more likely to have never smoked at all:



- Older pupils are more likely to have smoked at least 1 cigarette in the last 7 days: 0% of Year 6 pupils, 0% of Year 8 pupils and 5% of Year 10 pupils said this.

E-CIGARETTES/VAPING

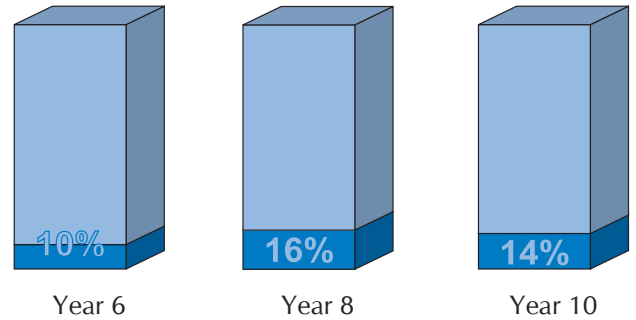
- Older pupils are more likely to have at least tried e-cigarettes/vaping:



PASSIVE SMOKING

- 15% of primary pupils said their parents/carers smoke cigarettes; 21% of secondary pupils said the same.

- Percentages of pupils who said their parents/carers smoke e-cigarettes/vapes are fairly similar across the age range:

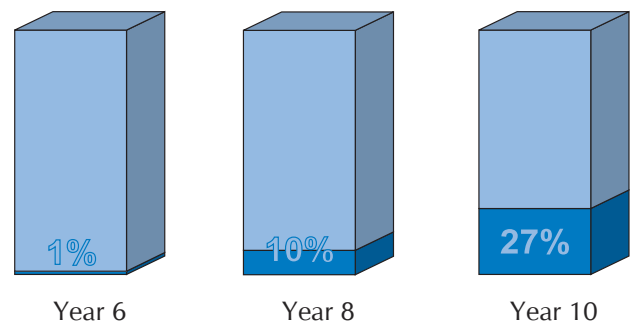


- 3% of primary pupils said their parents/carers smoke shisha; 4% of secondary pupils said the same.
- 96% of primary pupils said no-one ever smokes in their home or that smoking only happens outside; 94% of secondary pupils said the same.

Clearly, children are exposed to passive smoking. What can be done to encourage parents to give up smoking?

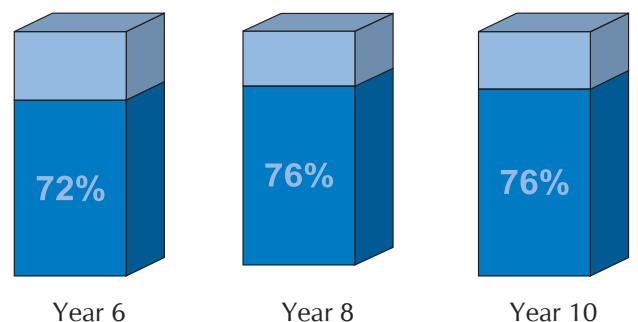
SUBSTANCES

- Older pupils are more likely to have been offered drugs (not alcohol, tobacco or medicine):



SCHOOL LESSONS

- Percentages of pupils who feel their school covers the topics of drugs, alcohol and smoking 'quite/fairly' or 'very' well are fairly similar across the age range:




How can all stakeholders support schools to continue to deliver effective drug and alcohol curriculum?

- 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 10 pupils who said they drink alcohol 'occasionally' or 'regularly' compared with those pupils who don't.

- ❑ 75% of pupils who said they drink alcohol said they had at least tried e-cigarettes/vaping. This compared with only 11% of pupils who said they don't drink alcohol. Therefore, we can say that if you drink alcohol you are more likely to have at least tried e-cigarettes/vaping.
- ❑ 47% of pupils who said they drink alcohol, said they had taken drugs listed. This compared with only 5% of pupils who said they don't drink alcohol.
- ❑ This group is also more likely to say that someone they don't know has asked to see pictures of them.
- ❑ They are more likely to have correctly identified that HIV/AIDS can be treated but not cured.
- ❑ They are more likely to say that they have received a hurtful, unwanted or nasty message or picture online.
- ❑ They are more likely to have experienced at least one of the negative behaviours listed in a relationship with a boyfriend/girlfriend.
- ❑ They are more likely to have been the victim of violence or aggression in the area where they live in the last 12 months.
- ❑ Pupils who drink alcohol are also more likely to have at least tried smoking or to have smoked Shisha.

 **It is clear that pupils who drink alcohol are also engaging in other risky behaviours.**

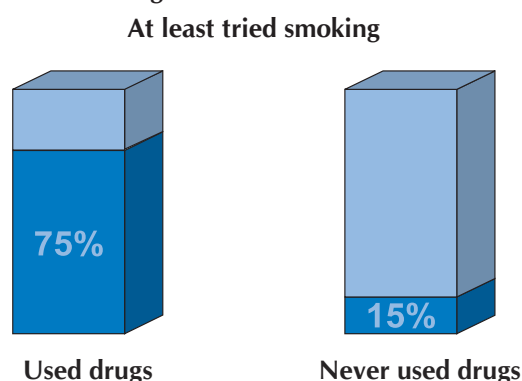
The second analysis is for Year 10 pupils who said they have at least tried smoking compared with Year 10 pupils who haven't.

- ❑ 92% of Year 10 pupils who said they have at least tried smoking, also said they had tried e-cigarettes/vaping. This compared with only 18% of Year 10 pupils who had never tried smoking. Therefore, we can say that if you have at least tried smoking, you are more likely to have tried e-cigarettes/vaping.
- ❑ 49% of Year 10 pupils who said they have at least tried smoking, also said they had taken drugs listed. This compared with only 6% of Year 10 pupils who had never tried smoking.
- ❑ This group is also more likely to say that there's a special sexual health or contraception & advice service for young people available locally.
- ❑ They are also more likely to say that someone they don't know has asked to see pictures of them.
- ❑ They are more likely to have at least tried alcohol.
- ❑ They are more likely to have experienced at least one of the negative behaviours listed in a relationship with a boyfriend/girlfriend.
- ❑ Pupils who have at least tried smoking were also more likely to have been the victim of violence or aggression in the area where they live.

 **Can any of this information be used to persuade more parents/carers to give up smoking?**

The third analysis is for Year 10 pupils who said they had taken drugs at some point compared with Year 10 pupils who hadn't.

- ❑ **75% of Year 10 pupils who said they had taken drugs, also said they had at least tried smoking. This compared with only 15% of pupils who had never used drugs:**



- ❑ 49% of pupils who have used drugs said that they have experienced at least one of the negative behaviours listed in a relationship with a boyfriend/girlfriend compared with 16% of pupils who haven't taken drugs.
- ❑ This group is more likely to say they have been the victim of crime or violence in the last 12 months.
- ❑ They are more likely to say that someone they don't know has asked to see pictures of them.
- ❑ They are less likely to say that they know an adult they trust that they can talk to if they were worried about something.
- ❑ Pupils who have used drugs are also more likely to have at least tried alcohol.
- ❑ They are also more likely to say that they have taken drugs to help them study when they have not been given to them by a doctor.

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.