

Richmond Young People's Survey

A summary report of primary and secondary pupils 2022

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. 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 in the 'Cross phase' section of this summary document, so that behaviour can be seen across the age range.

Links

It is possible to look for connections between the answers pupils gave to different questions in the survey and look at behaviour profiles, are there differences between the experience of

pupils from different **ethnic backgrounds** or example or whether a pupil who has low self esteem is likely to be bullied, etc.

These findings are listed within the themed documents, but do not link every question asked in the survey; they do however provide an insight to possible future experiences of pupils.

Reports

There are additional reports available, such as summary reports by theme

- Healthy lifestyles
- Drug education and substances
- Emotional health and wellbeing
- Relationships and sexual health
- Safety

Each themed document contains an analysis of behaviour by inequality.

Also, each school has a summary of the findings compared against their equivalent schools across the borough.

4883 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. Comparisons are shown in brackets throughout the topic reports that have been produced to accompany this summary report.

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

TOPICS INCLUDE

Background

COVID-19

Drugs, alcohol and tobacco

Emotional health and wellbeing

Healthy eating

Leisure

Physical activity

Relationships and sexual health

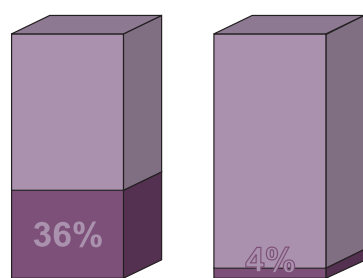
Safety

Richmond pupils in Year 4, 5 and Year 6 (ages 8 - 11)

BACKGROUND

- 58% of pupils describe themselves as White. 38% describe themselves as White British. 10% describe themselves as Asian, 9% describe themselves as Mixed and 3% describe themselves as Black.
- 79% of pupils live with their mother and father together; 12% live with 1 parent.
- 11% said that they had a special need or disability.
- 9% of Year 5/6 pupils said that they care for someone at home on a regular basis who is unable to care for themselves. The question was not asked of Year 4 pupils.

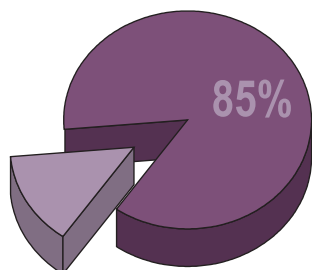
HEALTHY EATING



- 36% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 4% had eaten none.

- 6% had nothing to eat or drink for breakfast on the day of the survey. 86% had their breakfast at home, 5% said on the way to school and 10% at school.
- 51% of pupils had cereal for breakfast, 34% toast or bread and 1% said they had chocolate bar/sweets for breakfast on the morning of the survey.
- 23% of Year 6 pupils said that they would like to lose weight. 71% of pupils said they were happy with their weight as it is. The question was not asked of younger pupils.
- 48% of pupils had a school meal the day before, 50% had a packed lunch but 1% had no lunch.
- 6% of pupils said they get free school meals or vouchers for free school meals. 9% said they have had them in the past and 1% said 'No, but I could have them if I choose to'.
- 52% of pupils have been to the dentist in the past 6 months. 2% said never and 7% said more than a year ago; 27% can't remember.
- Last time they visited the dentist, 18% had fillings.
- 92% of pupils said that their school teaches them 'quite' or 'very well' about healthy eating.

PHYSICAL ACTIVITY



- 85% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.
- 23% of pupils said they walked for at least an hour on the last day they reported walking.
- 65% reported that during active play in the last week, they

had to breathe faster/deeper or get hot and sweaty. 72% said this happened in a PE lesson.

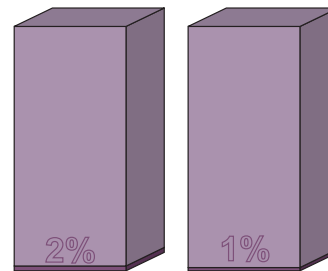
DRUGS, ALCOHOL AND TOBACCO

Drugs

- 8% of Year 6 pupils say they are 'fairly sure' or 'certain' they know someone who uses drugs (not alcohol, tobacco or as medicines), in the area where they live.
- 1% of Year 6 pupils have been offered drugs.

Alcohol

- 2% of Year 6 pupils drank alcohol (more than just a sip) in the last 7 days.

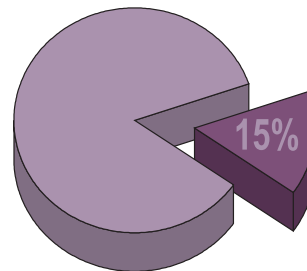


- 2% of boys and 1% of girls in Year 6 said that they drank an alcoholic drink (more than just a sip) during the week before the survey.

- Sunday, Tuesday and Saturday were the days pupils said they drank alcohol.

Tobacco

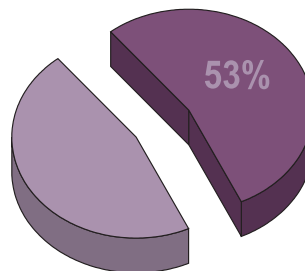
- 99% of Year 6 pupils have never smoked a cigarette.
- 1% of pupils said they had tried smoking once or twice.



- 15% of pupils said their parents/carers smoke.
- 18% said that smoking happens at home. 15% of pupils said that, in their home, smoking only happens outside, 3% said it only happened on the doorstep or in certain rooms. 2% say that smokers can smoke anywhere.

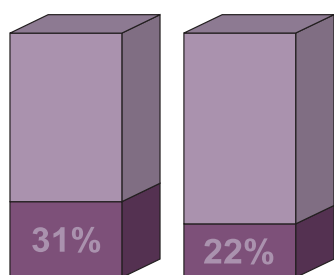
- 72% of Year 6 pupils said that their school teaches them 'quite' or 'very well' about drugs, alcohol and smoking.
- 3% of Year 6 pupils said that their parents smoke Shisha.
- 1% of Year 6 pupils have used e-cigarettes.

GROWING UP



- 53% of pupils (73% of Year 6) said teachers in lessons have talked with them about puberty and growing up.
- 59% of pupils said their parents have talked with them about this.
- 48% (61% of Year 6) said they feel that they know enough about puberty and growing up.
- 73% of pupils said their school teaches them 'quite' or 'very well' about healthy relationships; 67% said this about puberty and growing up.

EMOTIONAL HEALTH AND WELLBEING



- 31% of boys and 22% of girls had high resilience scores.
- 18% of pupils had low resilience scores.
- These scores are derived from a set of questions including - 'What do you do when something goes wrong...'

- 75% of pupils said they worried about at least 1 of the items listed in the questionnaire at least 'quite a lot'.

The top 5 worries for Year 6 pupils were as follows:

	Boys	Girls
The environment	39%	36%
Schoolwork/tests etc.	17%	30%
COVID-19	18%	26%
Terrorism	14%	22%
Crime	13%	21%

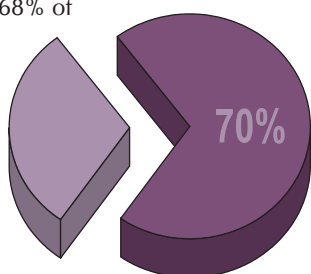
- 78% of pupils said if they were worried about something, they know a trusted adult they could talk to.
- 82% of pupils said if they had a problem that worried them, they would deal with it by spending time on the computer/gaming etc.
- 14% said that they feel lonely 'often' or 'every day'; 69% said 'at least sometimes'.
- 19% said that they feel sad 'often' or 'every day'; 85% said 'at least sometimes'.
- 29% said that they can't concentrate 'often' or 'every day'; 79% said 'at least sometimes'.
- 26% said that they feel angry 'often' or 'every day'; 87% said 'at least sometimes'.

SLEEPING

- 57% of primary pupils said they slept for more than 8 hours on the night before the survey; 12% of pupils said they slept for 6 hours or less (6% of young carers slept for 4 hrs or less compared with 2% of non-young carers).

SAFETY including BULLYING

- 70% of pupils (74% of boys and 68% of girls) reported that in the last month they have 'never' felt afraid to be in school because of bullying. 5% of pupils said 'often' or 'very often', 25% said 'sometimes'.

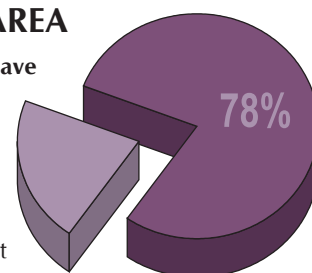


- 23% said they had been bullied at or near school in the last 12 months.
- Asked why bullying happened, 5% of Year 6 pupils said that they had been bullied for their size or weight. 4% said they had been bullied because of the way they look and 4% said it was for being different.
- 13% said that bullying wasn't a problem in their school. 62% think their school deals with bullying at least 'quite well', while 13% said their school dealt with bullying 'badly' or 'not very well'. (15% of those who were 'often' or 'very often' afraid of going to school because of bullying said their school deals with it badly compared with 2% who weren't as afraid of going to school because of bullying).

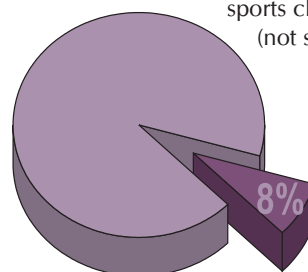
- 3% of pupils said someone else might feel afraid of coming to school because of them.
- 17% of Year 6 pupils said they use livestreaming (e.g. Instagram live).
- 23% of Year 6 pupils said that they chat to people online that they don't know in real life.
- 84% of Year 6 pupils said they have been told how to stay safe while chatting online.
- 81% of pupils said that they feel 'safe' or 'very safe' going to and from school and 88% feel this about being at school.
- 89% of pupils said that they feel 'safe' or 'very safe' going out during the day. This falls to 33% saying this about going out after dark.
- 2% of Year 6 pupils said that there has been shouting or arguing between adults at home that frightened them 'every day/almost every day' in the last month.

LEISURE AND LOCAL AREA

- 78% of pupils said that they have been to parks or open spaces in the last 4 weeks. 71% have been to playgrounds.



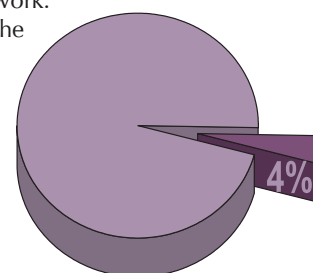
- 63% of pupils said that they had been to a sports club or class (not school lessons or just watching) in the last 4 weeks.
- 34% of pupils said they had been to the cinema/theatre in the last 4 weeks. 20% of pupils said that they had been to a religious, faith or community group in the last 4 weeks.
- 49% of pupils said they have been to a music group or have had lessons in the last 4 weeks.
- 67% of boys and 60% of girls said they have been to a sports club or class in the last 4 weeks (not school lessons or just watching).



- When asked if anything stopped them from doing activities that they like, 6% of pupils said that it was too expensive. 10% said that they were too busy and 8% of pupils said that none of their friends go.

COVID-19 coronavirus

- 4% of pupils said they never had a computer, laptop or gaming device where they could do school work at home during lockdown. 25% said they did, 'some of the time' and 70% said they did 'all of the time'.
- 2% of pupils said they never have the internet at home where they could do school work. 19% said they did, 'some of the time' and 79% said they did 'all of the time'.
- 4% of pupils said that in the last 12 months their family has had to use a food bank at least 'a few times'.
- Pupils were asked if they had been taking care to look after themselves and others during COVID-19. 58% said they 'most of the time' used hand sanitiser when they didn't have access to soap and water.
- 4% said they 'never' use a tissue/sleeve when they cough or sneeze; 78% said that they do this most of the time.

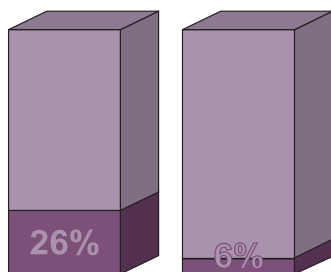


Richmond secondary school pupils in Year 8 and Year 10 (ages 12 - 15)

BACKGROUND

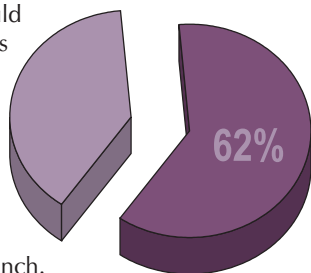
- 67% of pupils described themselves as White. 50% said they were White British. 12% described themselves as Asian, 11% as Mixed and 3% Black.
- 76% of pupils live with their mother and father together, 13% live with 1 parent while 6% live with mum and dad 'shared'.
- 9% said that they had a special need or disability.
- 6% of pupils said that they care for someone at home on a regular basis who is unable to care for themselves.

HEALTHY EATING



- 26% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey, 6% had eaten none.

- 20% had nothing to eat or drink for breakfast on the day of the survey. 71% had their breakfast at home. 6% of pupils said they had breakfast on the way to school and 8% said 'at school'.
- 25% of pupils had 'healthy cereal' for breakfast, 28% had toast, bread bagels etc. and 1% said they had chocolate bar/sweets for breakfast on the morning of the survey.
- 42% of pupils said that they would like to lose weight. 47% of pupils said they were happy with their weight as it is.
- 62% of Year 10 girls said they would like to lose weight.
- 42% of pupils had a school lunch yesterday, 38% had a packed lunch but 13% had no lunch.
- 7% of pupils said they get free school meals or vouchers for free school meals. 1% said 'No, but I could get them if I wanted'.
- 73% of pupils said they had visited the dentist in the past 6 months; 1% said 'never' and 6% said more than a year ago; 9% can't remember.



PHYSICAL ACTIVITY

- 71% of pupils reported that they enjoyed physical activities 'quite a lot' or 'a lot'.
- 48% of pupils said they walked for at least an hour on the last day they reported walking last week.
- 37% reported that during active play in the last week, they had to breathe faster/deeper or get hot and sweaty. 62% said this happened in a PE lesson.
- 53% of pupils walked to school that morning, 3% came by train/tube and 15% came by car.

RELATIONSHIPS AND SEXUAL HEALTH

- 9% believe there is a special contraception and advice service for young people available locally.
- 27% of pupils say they know where they can get condoms free of charge. 19% of Asian pupils said this.
- 44% of Year 10 pupils (33% of boys and 53% of girls) agreed that there is pressure on young people to have sex. 55% of LGBTQ+ Year 10 students said the same.
- 35% of Year 10 pupils agreed that someone who was LGBT would feel comfortable in their school.
- 61% of pupils said that their school covers sexuality 'fairly' or 'very well'. 77% said this about healthy relationships and consent. 46% said that their school covers grooming and sexual exploitation 'fairly' or 'very well'.

DRUGS, ALCOHOL AND TOBACCO

Drugs

- 20% of pupils have been offered illegal drugs. 23% of black pupils reported this.
- By far the most commonly taken drug is cannabis, with 14% of Year 10 saying that they have taken cannabis.
- 12% of pupils have ever taken an illegal drug.
- 4% of pupils reported taking an illegal drug and alcohol on the same occasion.
- Of the most common drugs, the percentage of pupils saying they had taken them were:

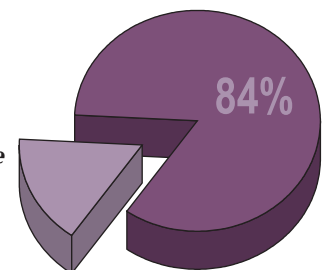
	Year 8	Year 10
Cannabis	1%	14%
Nitrous oxide	3%	4%
Solvents used as drugs	2%	2%

Alcohol

- 44% of pupils have never drunk alcohol (56% Year 8, 34% Year 10). 73% of Asian pupils said this.
- 15% of Year 10 pupils usually buy alcohol from a shop and 1% from a pub, bar or nightclub who should only sell to over-18s. 15% said they are given alcohol by their parents.
- 27% of pupils usually drink alcohol with family and 10% drink with friends at home. 10% of pupils drank alcohol with friends in a public place.
- The main reasons for drinking alcohol include: to celebrate special occasions (16%) and to socialise and have fun (13%).

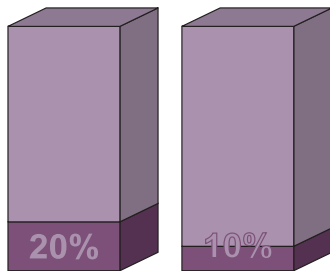
Tobacco

- 84% of pupils said they have never smoked at all. Pupils from mixed backgrounds were least likely to say this.
- 3% said they had smoked a cigarette in the 7 days before the survey.
- Boys: 1% of Year 8 boys and 6% of Year 10 boys say they smoke 'regularly' or 'occasionally'.
- Girls: 0% of Year 8 girls and 10% of Year 10 girls say they smoke 'regularly' or 'occasionally'.
- 77% of pupils said no one ever smokes at home. 19% said smoking only happens outside or on the doorstep. 3% said smoking happens only in certain rooms but 1% said smokers can smoke anywhere in their home.
- 10% of pupils use e-cigarettes 'occasionally' or 'regularly'.



EMOTIONAL HEALTH AND WELL-BEING

- 71% of pupils said that their school covers mental health and wellbeing 'fairly' or 'very well'.
- 56% of pupils said that they feel 'quite' or 'very' happy with their life; 12% 'often/always' feel lonely.
- 74% of boys and 66% of girls have a trusted adult they can talk to if they were worried about something.



- 20% of boys and 10% of girls had high resilience scores.
- 35% of pupils (22% of boys and 44% of girls) had low resilience scores.
- These scores are derived from a set of questions including - 'What do you do when something goes wrong...'

- The top 3 worries for pupils were as follows:

Year 8	Boys	Girls
The future	40%	55%
Schoolwork/tests etc.	32%	55%
Getting a job	29%	46%

Year 10	Boys	Girls
The future	49%	77%
Schoolwork/tests etc.	44%	69%
Getting a job	33%	60%

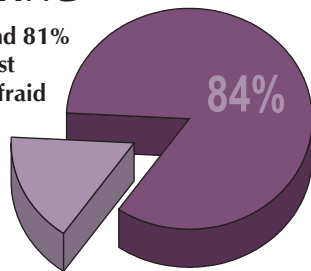
- 83% of pupils said if they had a problem that worried them, they know a trusted adult to talk to.
- 74% of pupils (88% of boys and 63% of girls) said if they had a problem that worried them, they would deal with it by spending time on the computer/gaming etc.
- 23% of pupils (15% of boys and 29% of girls) said that they worried about the mental health of someone in their family. 27% of pupils who were Chinese or Asian reported this.

SLEEPING

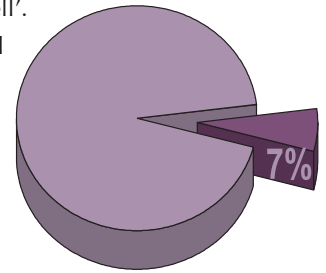
- 34% of Year 8 pupils and 17% of Year 10 pupils said they slept for more than 8 hours on the night before the survey; 20% of Year 8 pupils and 30% of Year 10 pupils said they slept for 6 hours or less. (16% of young carers slept for 4 hours or less compared with 5% of non-young carers).

SAFETY including BULLYING

- 84% of pupils (89% of boys and 81% of girls) reported that in the last month they have 'never' felt afraid to be in school because of bullying. 3% of pupils said 'often' or 'very often', 13% said 'sometimes'.
- The main bullying behaviours reported in the last month included: called names 24%, rumours spread 19% and being excluded 14%.
- If they had been bullied recently, 4% said they had told a member of school staff about it; 17% said they had told a friend. 14% told no-one.
- 83% of pupils said that they feel 'safe' or 'very safe' going to and from school; 84% said this about being at school. 75% of girls who had a mixed background and 87% of Chinese or Asian pupils said this about school.

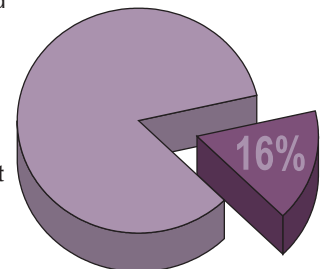
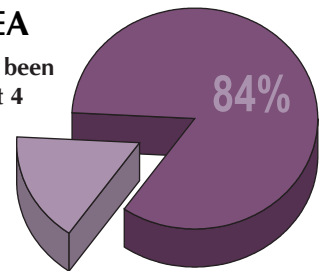


- 83% of pupils said that they feel 'safe' or 'very safe' going out during the day. This falls to 30% (25% of Asian pupils) saying this about going out after dark.
- 8% of pupils said they had been the victim of violence or aggression in the area where they live in the last 12 months.
- 81% of pupils said that school teaches them about staying safe online 'fairly' or 'very well'.
- 7% of pupils (9% of boys and 4% of girls) said that they have been involved in a violent incident where they were threatened with a weapon. 16% of boys who identified as 'Other White' reported this.
- 3% of pupils said that they have been asked to carry or look after a weapon for someone else. 10% of Black girls reported this.



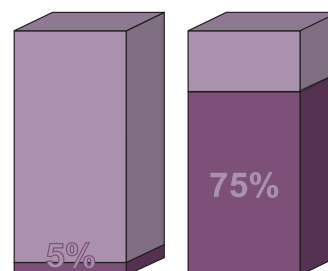
LEISURE AND LOCAL AREA

- 84% of pupils said that they have been to parks or open spaces in the last 4 weeks.
- 50% of pupils said they had been to the cinema/theatre in the last 4 weeks. 13% of pupils said that they had been to a religious, faith or community group in the last 4 weeks.
- 26% of pupils said they have been to a music group or have had lessons in the last 4 weeks.
- 63% of boys and 50% of girls said they have been to a sports club or class in the last 4 weeks (not school lessons or just watching).
- When asked if anything stopped them from doing activities that they like, 11% of pupils said that it is too expensive. 21% said that none of their friends go and 16% of pupils (6% of boys and 23% of girls) said that they were too embarrassed.



COVID-19 coronavirus

- 4% of pupils said they never had a computer, laptop or gaming device where they could do school work at home during lockdown. 18% said they did, 'some of the time' and 79% said they did 'all of the time'.
- 2% of pupils said they never have the internet at home where they could do school work. 14% said they did, 'some of the time' and 84% said they did 'all of the time'.
- 1% of pupils said that in the last 12 months their family has had to use a food bank at least 'a few times'.
- Pupils were asked if they had been taking care to look after themselves and others during COVID-19. 54% said they 'most of the time' used hand sanitiser when they didn't have access to soap and water.



- 5% said they 'never' use a tissue/sleeve when they cough or sneeze; 75% said that they do this most of the time.

Questions included in both the primary and secondary versions of the 2022 questionnaire

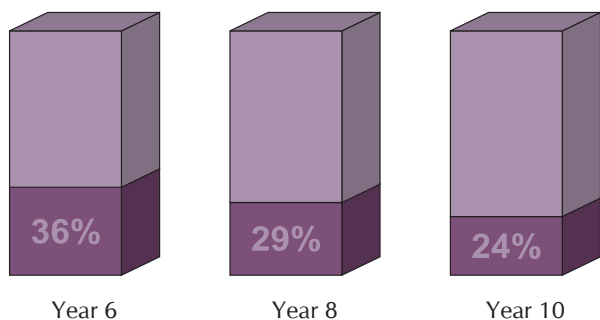
Cross-phase data

The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

HEALTHY EATING

5 a day?

- Secondary school pupils are less likely to say that they had at least 5 portions of fruit and vegetables on the day before the survey, compared with primary aged pupils who said the same. 36% of Year 6 pupils compared with 29% of Year 8 and 24% of Year 10 pupils.

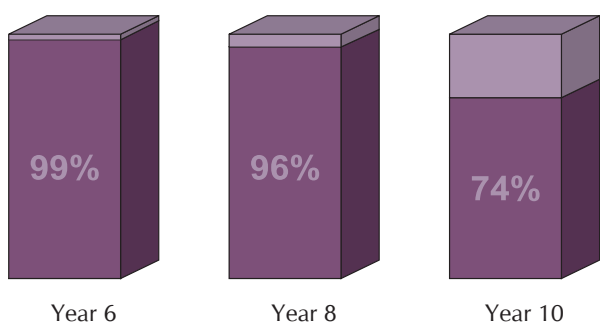


- Primary aged pupils were less likely to report having nothing to eat or drink for breakfast: Year 6 girls 6%; Year 8 girls 18% and Year 10 girls 29%. Boys figures are: 6%, 12% and 19% respectively.
- There is a fall in the proportions of girls having healthy cereal for breakfast between the primary and secondary phase. 25% of Year 6 girls, 22% of Year 8 and 17% of Year 10 girls had cereals for breakfast.
- There is an upward trend in the proportions of girls who say they would like to lose weight. 25% of Year 6 girls, 45% of Year 8 girls and 62% of Year 10 girls said this. This is not the same for the boys, Year 8 boys are the most likely to say they want to lose weight (29%).

TOBACCO

Smoking last week?

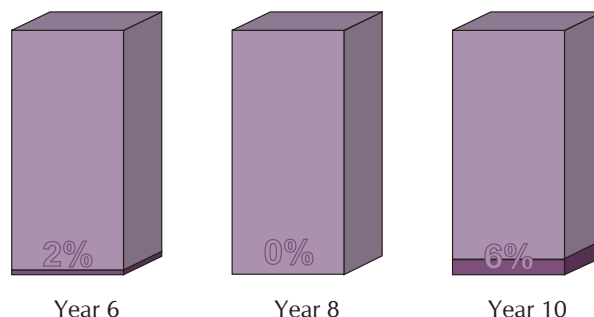
- 0% of the Year 6 pupils smoked a cigarette in the week before the survey. 0% of Year 8 pupils and 5% of Year 10 pupils said the same.
- 99% of Year 6 pupils said that they had 'never smoked at all'. 96% of Year 8 and 74% of Year 10 said the same.



ALCOHOL

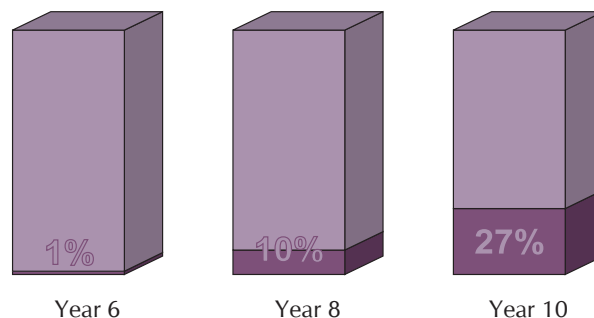
Have you had an alcoholic drink in the last 7 days?

- 2% of the Year 6 pupils had an alcoholic drink on at least 1 day in the week before the survey. The closest question for comparison in the secondary surveys reveals 0% of Year 8 and 6% of Year 10 pupils said they drink alcohol at least once or twice a week.



ILLEGAL DRUGS

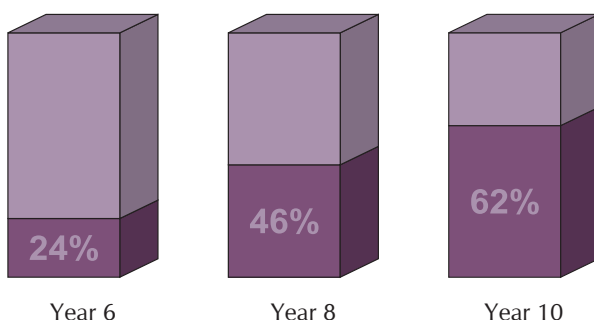
- 1% of Year 6 pupils said that they have been offered drugs (not alcohol, tobacco or medicines). 10% of Year 8 and 27% of Year 10 school pupils said the same.



EMOTIONAL HEALTH AND WELLBEING

How much do you worry about problems?

- 24% of Year 6 pupils said they worried about school work exams and tests 'quite a lot' or 'a lot', this rises to 46% of Year 8 pupils and rises again to 62% of Year 10 pupils.

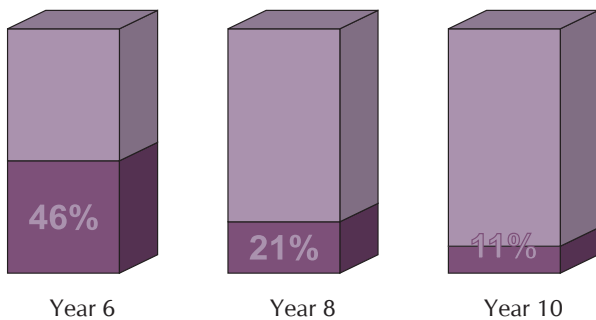


- 38% of secondary pupils (18% of boys and 54% of girls) worried about the way they looked, only 16% said the same in the Year 6 survey (7% of boys and 22% of girls).
- 17% of Year 6 pupils (12% of boys and 20% of girls) said they worried about their mental health, this rises to 35% of secondary pupils (19% of boys and 47% of girls).
- 21% of secondary pupils (16% of boys and 24% of girls) worried about the environment e.g. Climate change, 38% (39% of boys and 36% of girls) said the same in the Year 6 survey.

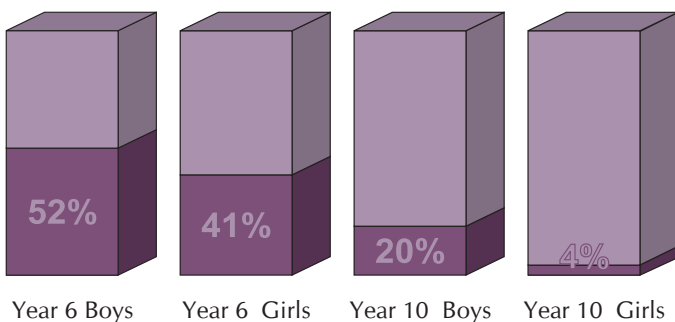
PHYSICAL ACTIVITIES

Active play last week

- 46% of Year 6 pupils said they engaged in active play on at least 5 days last week. This compares with 21% of Year 8 and 11% of Year 10 pupils:



- There are interesting gender differences though:

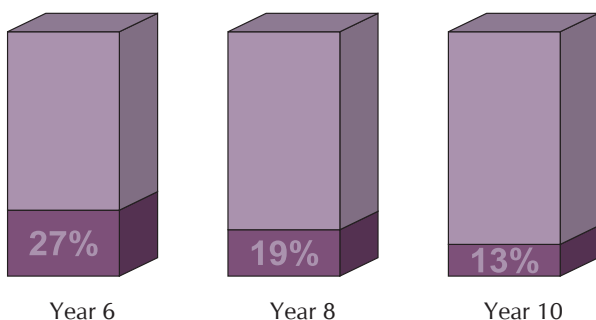


- 87% of Year 6 pupils said that they enjoy physical activities 'quite a lot' or 'a lot'. 75% of Year 8 and 68% of Year 10 pupils said the same.

SAFETY

In the last month have you ever been afraid of being in school because of bullying?

- 27% of Year 6 pupils said that they felt afraid of being in school at least sometimes in the last month. This falls to 19% in Year 8, and again to 13% in Year 10.

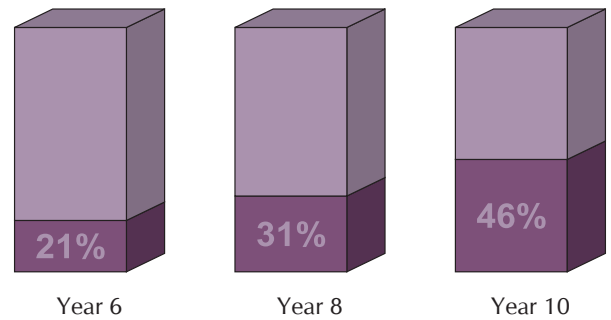


- For Year 10 LGBT+ pupils, 20% said felt afraid at least sometimes. The highest ethnic group reporting being afraid of being in school, because of bullying were Year 8 White British pupils.

- 3% of Year 6 pupils said that they thought others have been afraid to be in school because of them in the last month. 5% of Year 8 and 6% of Year 10 pupils said the same.

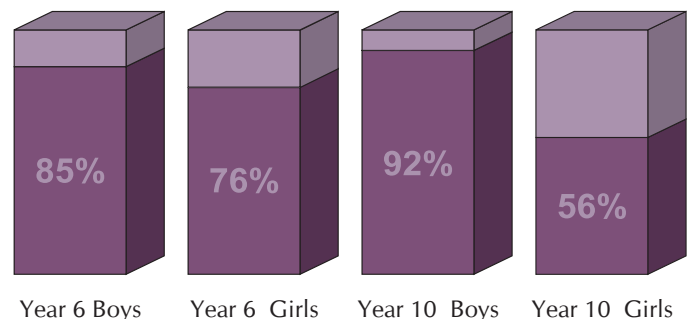
- 84% of Year 6 pupils said that they have been told how to stay safe while chatting online. 84% of Year 8 and 80% of Year 10 pupils said school covers staying safe online 'fairly' or 'very well'.

- 21% of Year 6 pupils said that they have received a hurtful, unwanted or nasty message or picture when online. 31% of Year 8 and 46% of Year 10 pupils said the same.

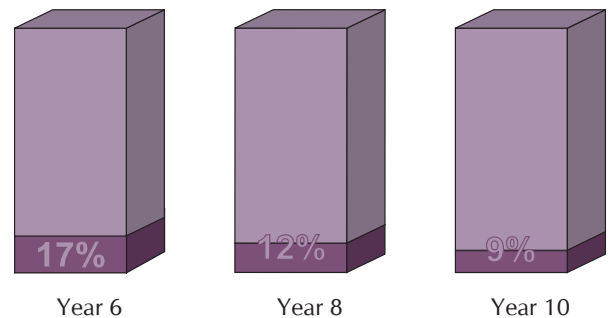


LEISURE AND SAFETY IN LOCAL AREA

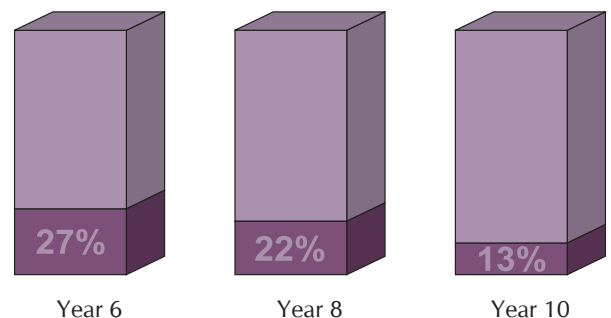
- 80% of Year 6 pupils and 72% of Year 10 pupils said that they feel safe walking, cycling and running:



- 17% of Year 6 pupils said that they worry 'quite a lot' or 'a lot' about crime. 12% of Year 8 and 9% of Year 10 pupils said they worry about crime 'quite a lot' or 'a lot'.



- 27% of Year 6 pupils said that they have been to their library in their free time in the last 4 weeks. 22% of Year 8 and 13% of Year 10 pupils said the same.



Comparison with 2014

- Richmond schools also surveyed in 2014. Where the questions have remained the same we can identify changes in behaviour or experience of pupils. A selection of headlines for the primary Year 6 sample and the secondary Years 8 and 10 are given below:

PRIMARY YEAR 6

Comparison between answers given by pupils in 2022 with the previous (2014) survey:

- 71% (78%) of pupils responded that they are happy with their weight as it is.
- 36% (29%) of pupils said they ate at least 5 portions of fruit and vegetables on the day before the survey.
- 1% (1%) of Year 6 pupils responded that they have at least tried smoking.
- 16% (17%) of pupils said their parents/carers smoke cigarettes.
- 8% (7%) of Year 6 pupils said they are 'fairly sure' or 'certain' they know somebody who uses drugs (not alcohol, tobacco or medicines).
- 22% (20%) of boys and 30% (21%) of girls responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- 30% (29%) of pupils responded that they travelled to school by car/van/motorbike on the day of the survey.
- 89% (91%) of boys and 86% (86%) of girls responded that they enjoy physical activities 'quite a lot' or 'a lot'.

SECONDARY YEARS 8 AND 10

Comparison between answers given by pupils in 2022 with the previous (2014) survey:

- 47% (52%) of pupils responded that they are happy with their weight as it is.
- 26% (23%) of pupils said they ate at least 5 portions of fruit and vegetables on the day before the survey.
- 16% (16%) of pupils responded that they have at least tried smoking.
- 56% (55%) of pupils said they have at least tried alcohol.
- 20% (17%) of pupils said they have been offered drugs.
- 12% (8%) of pupils said they have used at least one of the drugs listed.
- 11% (12%) of boys and 19% (17%) of girls responded that they were afraid to be in school at least 'sometimes' in the month before the survey because of bullying.
- 21% (17%) of pupils have experienced at least one of the negative behaviours listed in a relationship with a past or current boyfriend/girlfriend.
- 8% (5%) of pupils responded that they have been the victim of violence or aggression in the area where they live in the last 12 months.
- 25% (16%) of Year 8 pupils and 59% (48%) of Year 10 pupils correctly identified that HIV/AIDS can be treated but not cured.
- 27% (29%) of pupils responded that they know where they can get condoms free of charge.
- 9% (20%) of pupils responded that there is a special sexual health or contraception and advice service for young people available locally, while 76% (72%) said they 'don't know'.
- 73% (78%) of Year 10+ pupils responded that they are straight/heterosexual. 4% (1%) of Year 10+ pupils responded that they are gay/lesbian and 10% (4%) said they are bisexual.

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:

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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.