



**Sunderland  
City Council**

**Sunderland Health Related  
Behaviour Survey**

# Supporting the health of children and young people in Sunderland

- A way of collecting information from children and young people about their own health and behaviours.
- Carried out within the academic year with children in primary school aged 8 to 11 years and children in secondary school aged 12 to 15 years.
- **Summer 2023:** Increase in participation year on year with 5,970 participants (33 primary/15 secondary schools).

**5,970 young people were involved in the survey:**

School Year Age	Year 4 8–9	Year 6 10–11	Year 8 12–13	Year 10 14–15	Total
Boys (male)	566	578	995	868	3,007
Girls (female)	518	636	890	870	2,914
<b>Total</b>	<b>1,092</b>	<b>1,215*</b>	<b>1,902*</b>	<b>1,761*</b>	<b>5,970*</b>

\*9 primary pupils didn't select boy or girl and 40 secondary pupils didn't select male or female when asked for their birth gender.

# VIDEO

Comparisons made between the Sunderland 2023 SHEU results  
and the previous (2021 sample)

# Primary Theme Topics

**Background**

**Healthy  
Eating**

**Physical  
Activity**

**Drug's  
Alcohol and  
smoking**

**Worries**

**Staying safe**

**School**

**Emotional  
Health and  
Wellbeing**

**Growing up**

**Covid 19**

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# Secondary Theme Topics

**Background**

**Healthy  
Eating**

**Physical  
Activity**

**Drug's  
Alcohol and  
smoking**

**Worries**

**Staying safe**

**School**

**Emotional  
Health and  
Wellbeing**

**Relationships  
and Sexual  
Health**

**Covid 19**

Comparisons made between the Sunderland 2023 SHEU results  
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# Comparisons between 2021 and 2023 Primary

Comparisons made between the Sunderland 2023 SHEU results  
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# Comparisons between 2021 and 2023

## Primary

### Statistically significant differences for Primary pupils comparing 2023 results with those in 2021

	2023	2021	% point difference
Year 6 pupils who feel that they know enough about how their body changes as they grow up.	78%	69%	+9% ↑
Pupils who washed their hands before lunch on the day before the survey.	52%	81%	-29% ↓
Year 6 pupils who said teachers in school lessons, a School Nurse, or visitors in school lessons have talked with them about how their body changes as they grow up.	95%	72%	+23% ↑
Year 6 pupils who said either, teachers in school lessons, a School Nurse, or visitors in school lessons have talked with them about illegal drugs.	84%	67%	+17% ↑
Pupils who go swimming at least 'once a week'.	43%	24%	+19% ↑
Pupils who are able to get water in school.	96%	90%	+6% ↑
Pupils who did homework after school on the day before the survey.	29%	40%	-11% ↓
Pupils who wash their hands after visiting the toilet 'whenever possible'.	79%	87%	-8% ↓
Pupils who do something to avoid sunburn 'usually' or 'whenever possible'.	59%	49%	+10% ↑
Pupils who have had an accident in the 12 months before the survey that was treated by a doctor or at a hospital.	35%	27%	+8% ↑
Pupils who played sport after school on the day before the survey.	57%	49%	+8% ↑

Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)

# Comparisons between 2021 and 2023

## Primary

### Statistically significant differences for Primary pupils comparing 2023 results with those in 2021

	2023	2021	% point difference	
Pupils who were pushed/hit for no reason in the last month.	50%	42%	+8%	↑
Pupils who think they are 'fit' or 'very fit'.	65%	59%	+6%	↑
Pupils who have a bicycle.	79%	84%	-5%	↓
Pupils who drank at least a litre of water on the day before the survey.	31%	27%	+4%	↑
Year 6 pupils said they are 'fairly sure' or 'certain' that they know someone who uses drugs (not as medicines).	16%	12%	+4%	↑
Pupils who spent time going to a club after school on the day before the survey.	28%	20%	+8%	↑
Pupils who at least 'sometimes' spend time playing ball games like football or netball during school playtimes/dinner times.	72%	64%	+8%	↑
Pupils who spent time playing sport or other physical activity after school on the day before the survey.	57%	49%	+8%	↑
Pupils who said people with different backgrounds are valued in their school.	67%	64%	+3%	↑
Pupils who eat vegetables 'on most days'.	30%	33%	-3%	↓
Year 6 pupils who are 'fairly sure' or 'certain' that they know someone who uses drugs (not as medicines)	6%	12%	+4%	↑

Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)



# Comparisons between 2021 and 2023 Primary

## Statistically significant differences for Primary pupils comparing 2023 results with those in 2021

	2023	2021	% point difference
Pupils who worry 'quite a lot' or 'a lot' about family problems.	33%	29%	+4% ↑
Pupils who have had their belongings taken or broken in the last month.	28%	20%	+8% ↑
Pupils said that if they were being bullied in school they would tell parents/carers about it.	86%	82%	+4% ↑
Pupils who said their work is marked so they can see how to improve it.	88%	91%	-3% ↓
Pupils who said their school cares whether they are happy or not.	71%	75%	-4% ↓
Pupils who said their teachers listen to them at school.	76%	80%	-4% ↓















# Comparisons between 2021 and 2023 Secondary

Comparisons made between the Sunderland 2023 SHEU results  
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# Comparisons between 2021 and 2023

## Secondary

### Statistically significant differences for Secondary pupils comparing 2023 results with those in 2021

	2023	2021	% point difference
Pupils have visited the doctor in the last 6 months.	64%	47%	+17% 
Have been away from school in the last 12 months due to illness or injury.	72%	56%	+16% 
Have at least tried vapes.	35%	21%	+14% 
Know where they can get condoms free of charge.	40%	30%	+10% 
Don't want anyone to talk with them about puberty and growing up.	21%	39%	-18% 
Worry 'quite a lot' or 'a lot' about exams and tests/school-work.	42%	51%	-9% 
Are 'quite' or 'very' happy with their life at the moment.	56%	50%	+6% 
Have found lessons about sex and relationships education 'quite' or 'very' useful.	37%	31%	+6% 
Had school food for lunch on the day before the survey.	59%	50%	+9% 
Rated their safety when going out after dark as 'poor' or 'very poor'.	25%	31%	-6% 
Have heard of the C-card scheme.	51%	44%	+6% 
Would like to lose weight.	49%	54%	-5% 

Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)

# Comparisons between 2021 and 2023 Secondary

## Statistically significant differences for Secondary pupils comparing 2023 results with those in 2021

	2023	2021	% point difference	
Drink alcohol at least 'occasionally'.	19%	23%	-4%	↓
Have found school lessons about drugs (including alcohol and tobacco) 'quite' or 'very' useful.	40%	36%	+4%	↑
Have found school lessons about puberty 'quite' or 'very' useful	38%	32%	+6%	↑
Chat to other people who they don't know in real life.	35%	39%	-4%	↓
Want to find a job as soon as possible when they leave school.	42%	39%	+3%	↑
Exercised enough to breathe harder and faster at least three times last week.	61%	58%	+3%	↑
Have been told how to stay safe while online.	76%	81%	-5%	↓
Rated their safety at school as 'good' or 'very good'	71%	75%	-4%	↓
Have a bicycle and they use it.	38%	42%	-4%	↓
'Never' or only 'sometimes' consider their health when choosing what to eat.	61%	64%	-3%	↓
Said school lessons are their main source of information about relationships and sexual health	24%	20%	+4%	↑
Have experienced at least one of the negative behaviours listed in a relationship with a past or current boyfriend/girlfriend.	31%	28%	+3%	↑

Comparisons made between the Sunderland 2023 SHEU results and the previous (2021 sample)

# Comparisons between 2021 and 2023 Secondary

## Statistically significant differences for Secondary pupils comparing 2023 results with those in 2021

	2023	2021	% point difference
Travelled to school by car/van on the day of the survey.	41%	38%	+3% ↑
Worry 'quite a lot' or 'a lot' about the way they look.	43%	47%	-4% ↓
Have been offered at least one of the drugs listed.	20%	18%	+2% ↑
Have been teased/made fun of in the last month.	46%	43%	+3% ↑
Had a high self-esteem score (15 or more).	31%	28%	+3% ↑
Have received a hurtful, nasty or scary message or picture online.	26%	28%	-2% ↓
Think they have been picked on or bullied because of the way they look.	39%	37%	+2% ↑

# Dissemination...

A roadshow of updates, including;



TBC: Living Well and Starting Well weekly team meetings (Nov), CAMHS partnership, Primary Head's and Secondary Head's meetings (TfC), TfC newsletter item, Early Help Team, Sexual Health Group, Teenage Pregnancy Partnership, 0-19 Growing Healthy Sunderland staff best practise forum, elected members briefing...

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# Ongoing...

Following engagement with participating schools, the development of a set of communication resources is underway to complement the summary report produced by the School's Health Education Unit.

- A video/animated resource - professional audience
- A video/animated resource - children and young people audience
- Easy Read (consolidated version of summary) - general audience (i.e. Parents/carers, PSHE/RSE lessons)
- Editable letter for schools to share the results onwards

# Priorities from 2021...

- **Develop a communication toolkit that will support the delivery of social norms messages e.g., 85% of year 10 have not had sex, 55% of young people don't drink alcohol.**  
This was not developed but is part of the communication toolkit plans outlined for 2023.
- **Review C Card provision to ensure equitable spread in areas of highest need.**  
Completed - key recommendations have been shared with partners.
- **Ensure the school health profiles are updated and the full health offer is available.**  
Completed - the 0–19 public health service take a leadership role to develop the profiles.



# Priorities from 2021...

- **Share the intelligence as it is crucial to refine our offer to young people, particularly those who are not accessing services currently.**

Information and intelligence was shared with key partners to inform our offer to young people.

- **Consider NCMP output data for 2021.**

This data is now included to show trends over time in Sunderland.

- **Update relevant JSNA's to inform strategic approaches.**

HRBS data has been shared to support the updating of relevant JSNAs. Children and Young People JSNA has progressed but needs to be finalised.

# Priorities from 2023

1. Develop a communication toolkit that will support the professional audience, children and young people and parents/carers. Gather feedback to understand the effectiveness to inform future toolkits.
2. Communicate the results and intelligence gathered with relevant groups.
3. Through discussion of the results identify and agree key actions to improve outcomes for children and young people, including how the actions will be taken forward.
4. Gather learning and insights to improve future HRB surveys.
5. Revisit Special Educational Needs Survey for 2025.

# Priority 1

**Develop a communication toolkit that will support communicating the results to a professional audience, children and young people and parents/carers.**

Input gathered from various stakeholders and feedback sought from schools and young people to shape the content of the toolkit.

- A video/animated resource - professional audience
- A video/animated resource - children and young people audience
- Easy Read (consolidated version of summary) - general audience (i.e. Parents/carers, PSHE/RSE lessons)
- Editable letter for schools to share the results onwards

Following dissemination of the toolkit feedback will be sought to understand usefulness and inform plans for the next survey.

# Priority 2

Communicate the results and intelligence gathered with relevant groups and through discussion identify and agree key actions to improve outcomes for children and young people. Roadshow dates have been confirmed.



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# Priority 3

Gather learning and insights to improve future HRB surveys.

- Consolidate and synthesise the feedback acquired from various channels, including previous sources and the input collected during the roadshow to inform the development of the 2025 survey.
- Secure agreement for funding of future surveys and dissemination approaches.

# Priority 4

## Revisit Special Educational Needs Survey.

- Previously we have not had any Special Educational Needs schools participate in the HRBS.
- In 2023 one setting expressed interest and collaborated with us to adapt the survey design, but was then not able to undertake the survey during the time period allocated.
- Will seek to engage further to understand how participation could be supported in the future.

# Next steps

- Questions and discussion
- Identify any additional actions
- Agree actions and recommendations



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