

Supporting the Health of Young People in Ealing

A summary report of the Health Related Behaviour Survey 2023

Methodology

These results are the compilation of data collected from a sample of primary pupils aged 8 to 11 and secondary pupils aged 12 to 15 in Ealing during the Autumn term 2023. This work was commissioned by Ealing Council, as a way of collecting robust information via a Young People's Lifestyle Survey.

Teachers were briefed on how to collect the best data and then pupils in Years 4 and 6 in the primary schools and Years 8 and 10 in the secondary schools anonymously completed the questionnaire online. A total of 10840 pupils took part in 12 secondary and 63 primary schools.

Staff at the Schools Health Education Unit in Exeter audited the online questionnaires and processed the results.

Cross-phase links

Many of the questions in the primary and secondary versions of the questionnaire are identical or very similar. Some of these questions are presented on page 13 of this document so that behaviour can be seen across the age ranges.

Comparison with 2021

The survey was last completed in 2021 and comparative figures are shown throughout this report in brackets().

Inequalities

Pupils who belong to certain social groupings are recognised as having more negative outcomes against a wide range of indicators. We have done some analysis to see if the behaviours we see among young people in Ealing are different if they are to be found under one of these social identity headings. A selection of statistically significant findings are presented on pages 15 and 16 but a wider selection of topics and data are available.

In 2023, 10840 young people were involved in the survey:

School Year	Year 4	Year 6	Year 8	Year 10	Total
Age	8-9	10-11	13-14	14-15	
Boys	1719	1819	971	791	5300
Girls	1702	1744	1057	917	5420
Total	3444*	3579*	2063*	1754*	10840*

*120 pupils didn't select male or female.

Comparison with 2021

In addition to the 2021 figures quoted throughout the report, Ealing 2023 data have been compared with the previous survey in 2021 for statistical difference. A selection of some of the statistically significant differences can be found on page 14.

For more details please contact The Schools Health Education Unit
Tel. 01392 667272.

Survey topics include:

Citizenship

Emotional Health and Well-being

Healthy Eating

Physical Activity

Relationships and Sexual Health

Safety

Ealing Primary school pupils in Years 4 and 6 (ages 8-9 and 10-11)

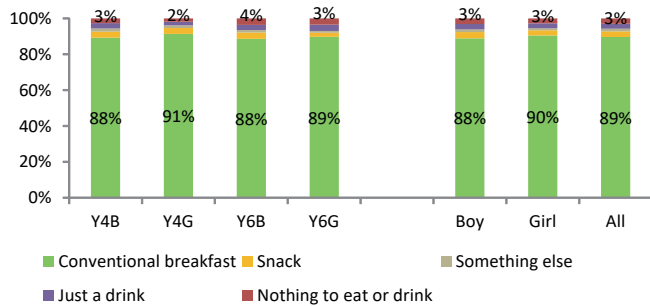
HEALTHY EATING

Breakfast

- 3% (4%) of pupils said they had nothing to eat for breakfast on the day of the survey while **89% (88%) had a 'conventional' breakfast.**

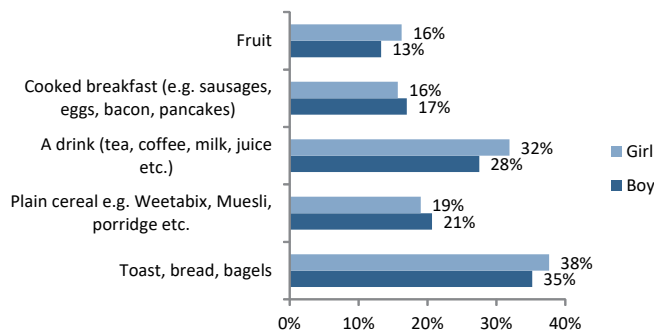


Breakfast summary: Type of breakfast pupils reported having on the day of the survey



- 20% (20%) of pupils said they had plain cereal to eat for breakfast on the day of the survey, while 36% (34%) had toast, bread or bagels.

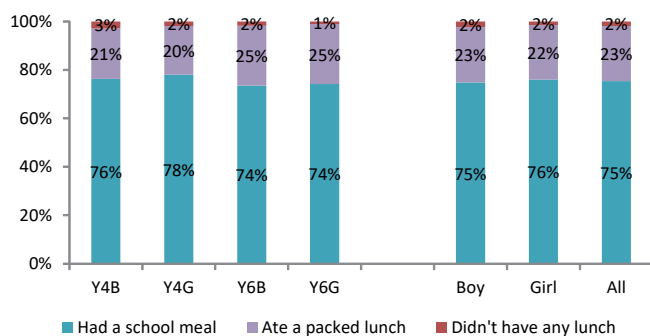
Top 5 breakfast items on the day of the survey



Lunch & water in school

- 76% (78%) of pupils said they are able to get water at school during class time, while 20% (17%) said 'not easily'.
- 75% of pupils said they had a school meal for lunch on the day before the survey.

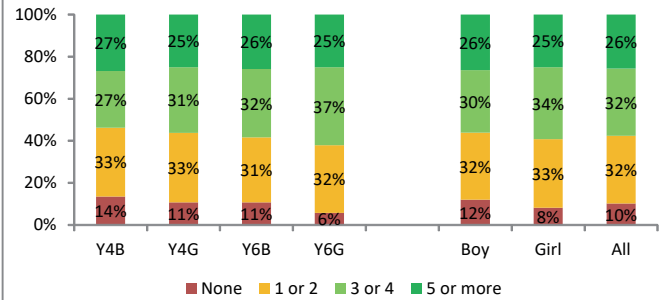
What did you do for lunch yesterday?



Five-a-day

- 10% (9%) of pupils said they didn't eat any portions of fruit or vegetables on the day before the survey while 26% (24%) of pupils said they ate at least five.

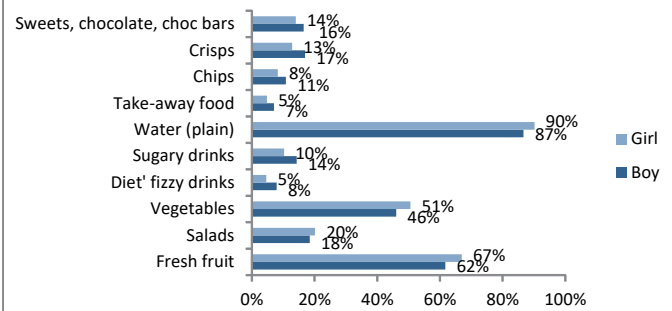
How many portions of fruit and vegetables did you eat yesterday?



Food & drink, take-away meals and cooking

- 64% (64%) of pupils said they eat fresh fruit 'on most days'; 48% (48%) said the same of vegetables.

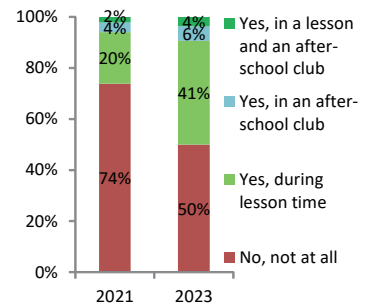
How often do you eat or drink any of the following? % responding 'on most days'



- 66% (69%) of pupils said they get a take-away meal at least 'once or twice' a week.

- 41% (22%) of pupils said they cooked or prepared food at school during lesson time in the last 12 months.

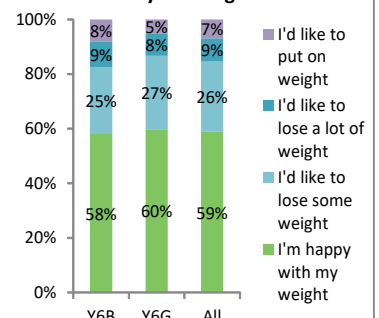
Have you cooked or prepared food at school in the last 12 months?



Year 6 only: Dieting

- 59% (58%) of Year 6 pupils said they are happy with their weight.
- 34% (36%) of Year 6 pupils said they would like to lose 'some' or 'a lot' of weight.
- 46% (45%) of Year 6 pupils said they go on a diet to lose weight at least 'sometimes'.

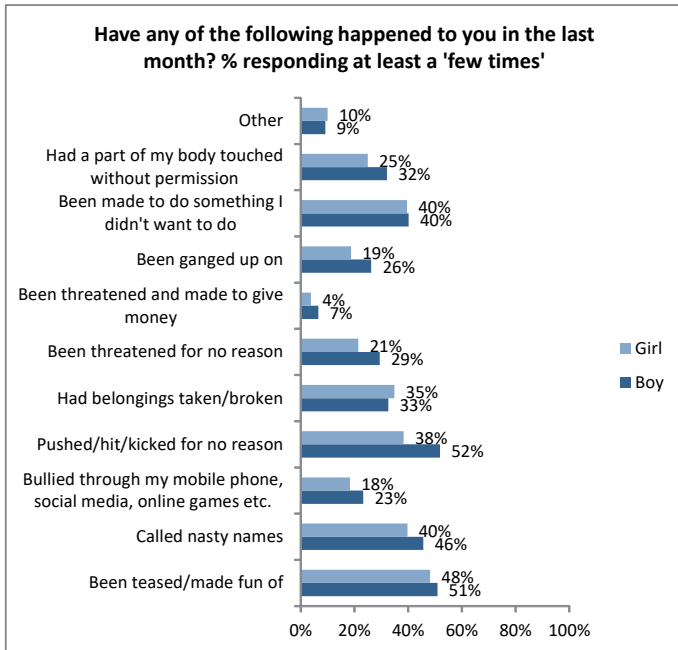
Year 6 only: What do you feel about your weight?



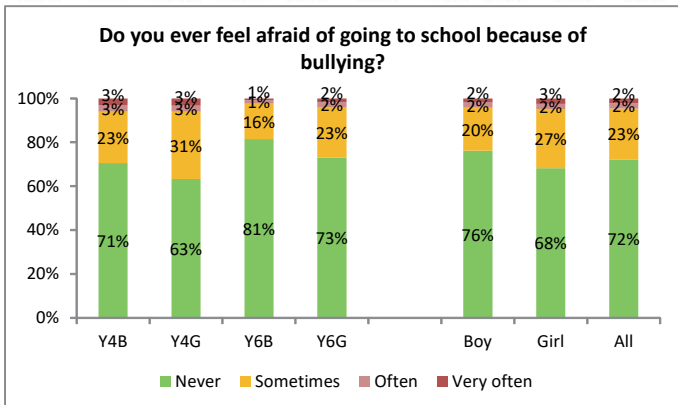
STAYING SAFE

Bullying

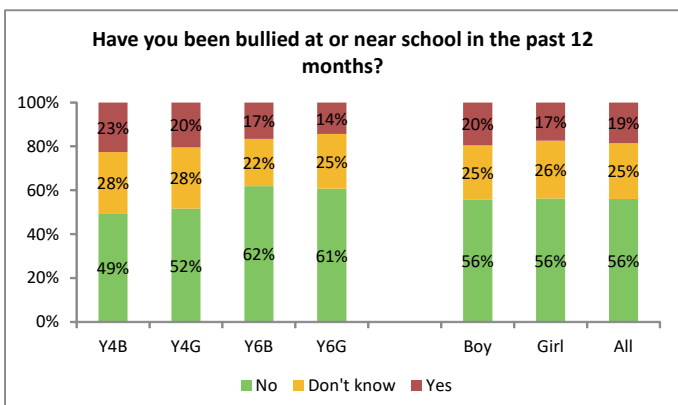
50% (47%) of pupils said they have been teased or made fun of at least a 'few times' in the last month.



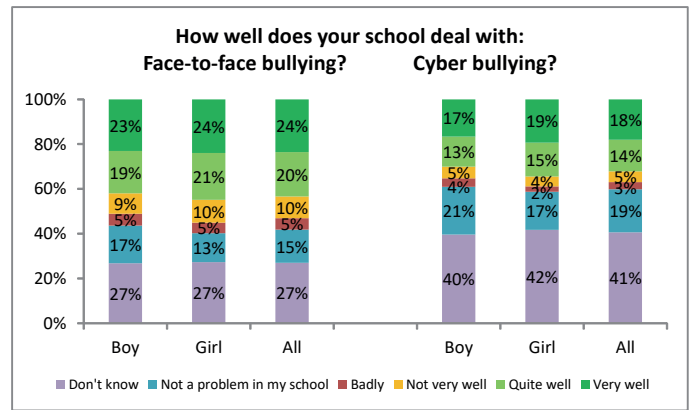
28% (27%) of pupils said they feel afraid of going to school because of bullying at least 'sometimes'; 5% (5%) of pupils said they 'often' or 'very often' feel afraid of going to school because of bullying.



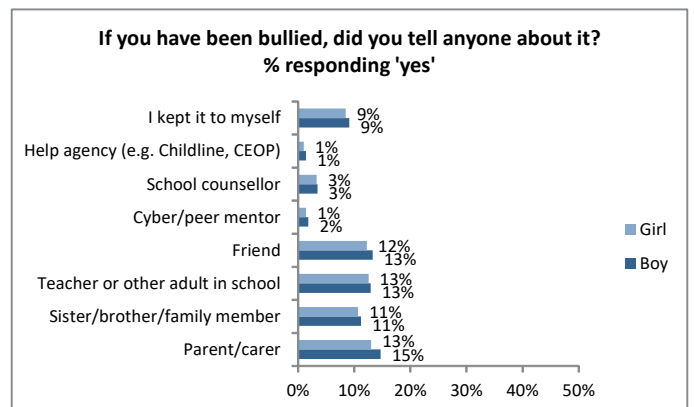
19% (17%) of pupils said they have been bullied at or near school in the last 12 months; 4% (3%) of pupils said they think others may fear going to school because of them.



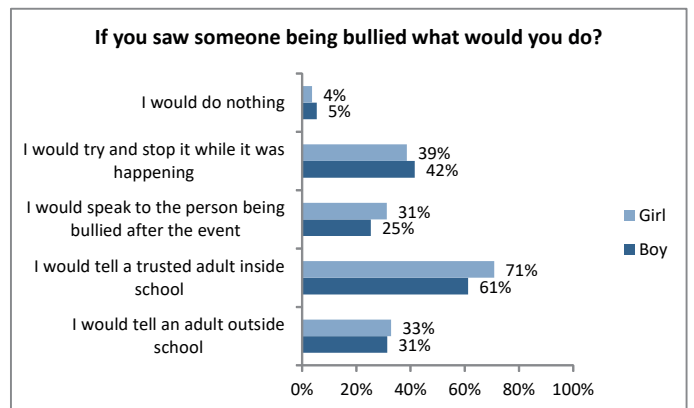
43% (41%) of pupils said their school deals with face-to-face bullying 'quite' or 'very' well, while 32% (33%) of pupils said the same of cyberbullying.



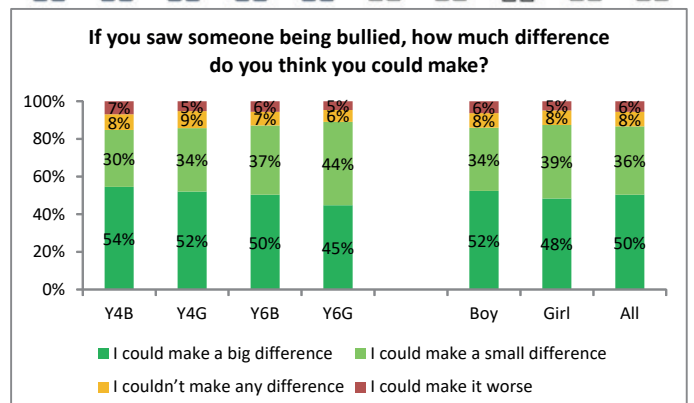
14% (13%) of pupils said they have been bullied and told their parent/carer about it.



66% of pupils said they would tell a trusted adult inside school if they saw someone being bullied.

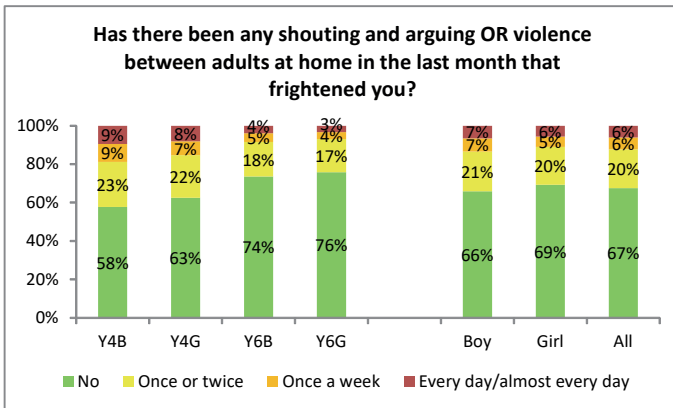


50% of pupils said they think they could make a big difference if they saw someone being bullied.



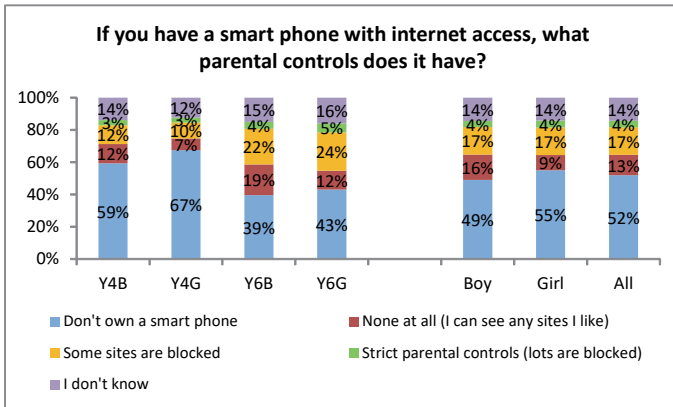
Domestic safety

- 33% (34%) of pupils said there has been either shouting/arguing that frightened them or violence between adults at home at least once or twice in the last month.

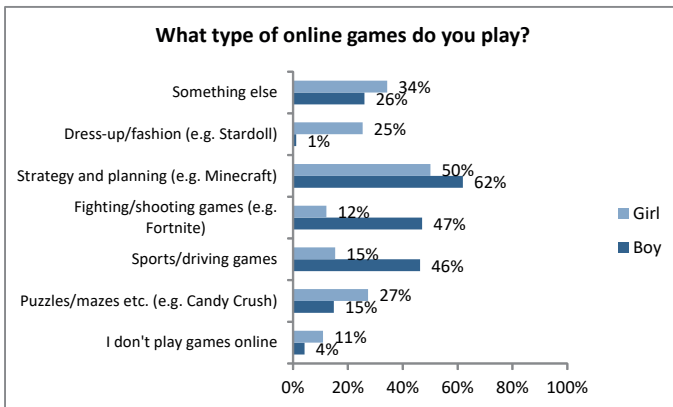


Smartphones and online games

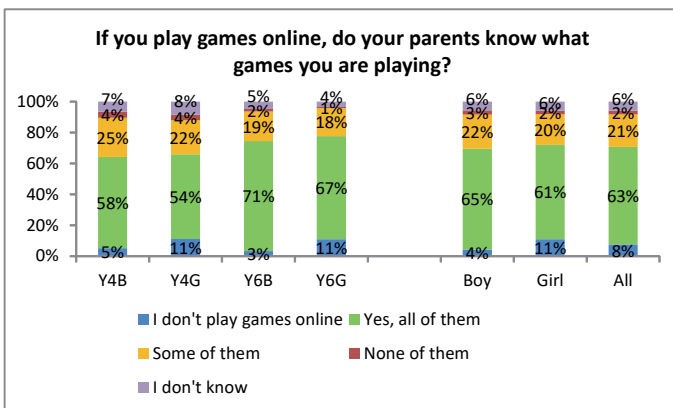
- 48% (46%) of pupils have their own smartphone with internet access.



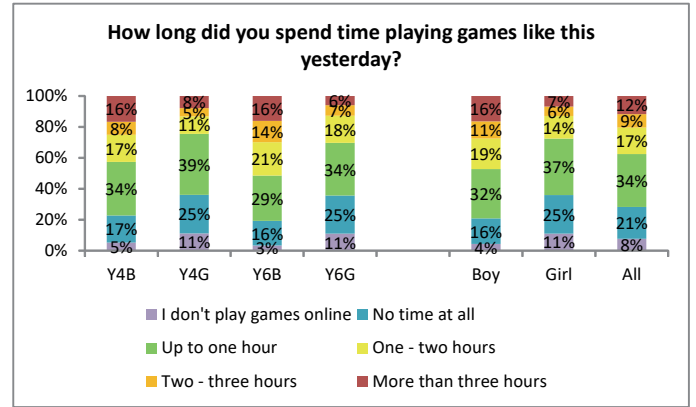
- 30% of pupils said they play fighting/shooting games online and 56% said they play strategy and planning games.



- 63% of pupils play games online and their parents know all of the games they are playing.

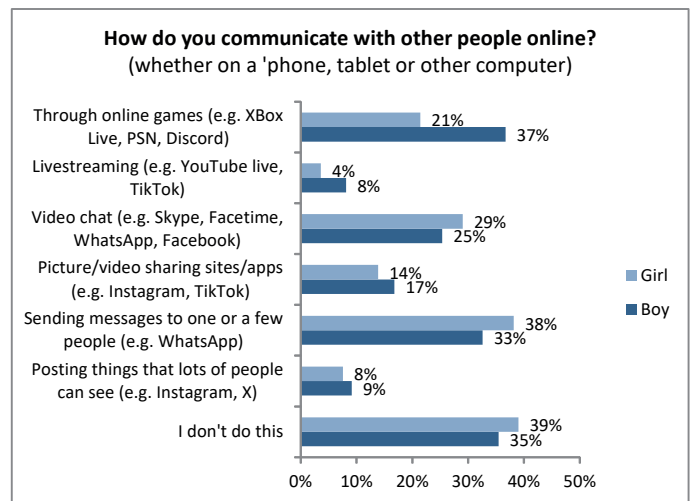


- 71% of pupils spent at least some time playing online games on the day before the survey.



Internet safety

- 35% (29%) of pupils said they communicate with other people online by sending messages to one or a few people (e.g. Facebook, WhatsApp, email).

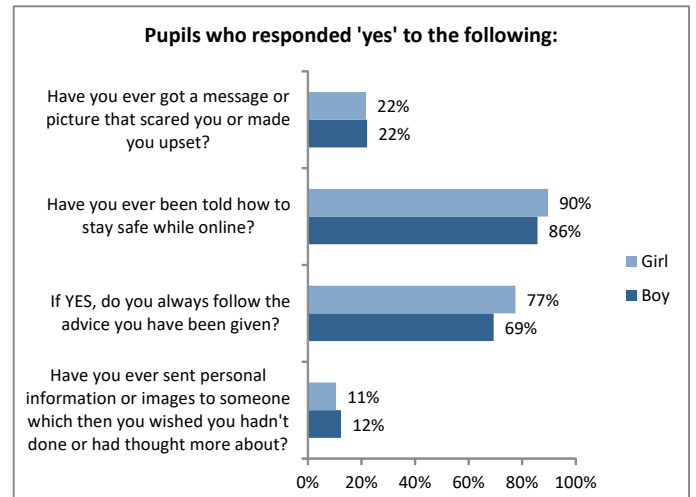


- 82% (83%) of pupils said they chat online to their friends or family that they know in real life.

- 51% (48%) of pupils said they chat online to friends of friends and 20% (18%) of pupils said they chat online to people who they don't know in real life.

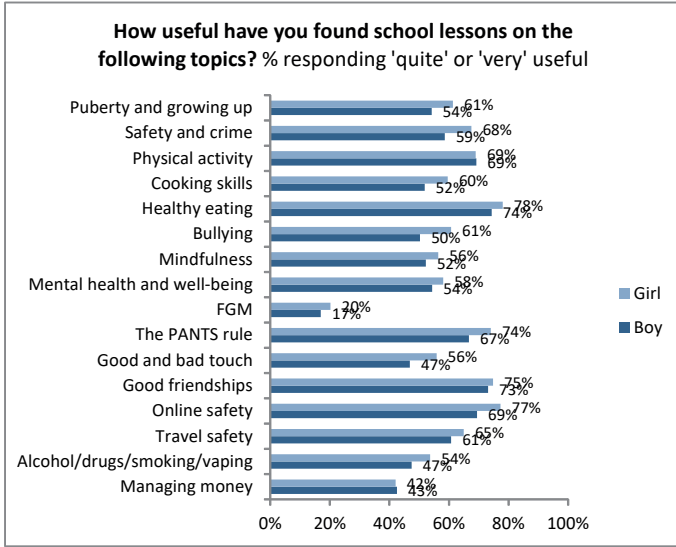


- 32% (43%) of pupils said they have blocked someone because of something upsetting that happened online and 3% (3%) said they have reported something to CEOP.
- 22% (20%) of pupils said they have received a message or picture that scared them or made them upset.

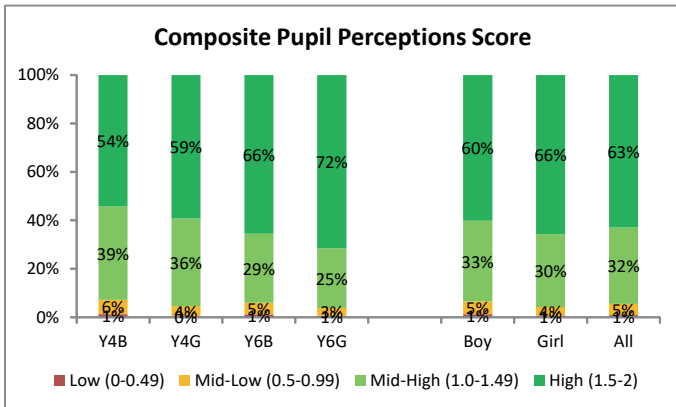


ENJOYING AND ACHIEVING

- 76% (78%) of pupils said they have found school lessons about healthy eating 'quite' or 'very' useful.



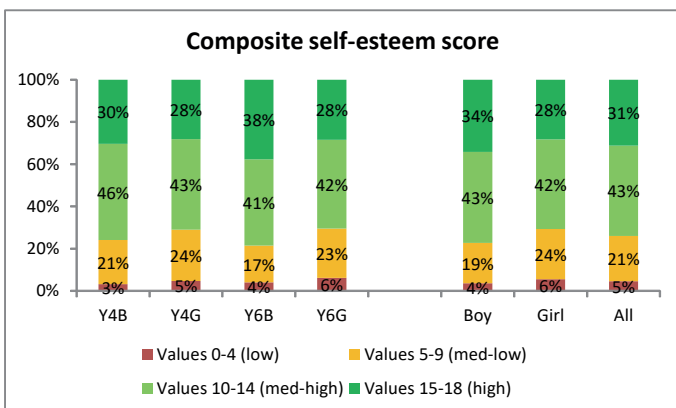
- 64% (64%) of pupils agreed that the school cares whether they are happy or not; 63% (65%) of pupils had a high pupil perception score.



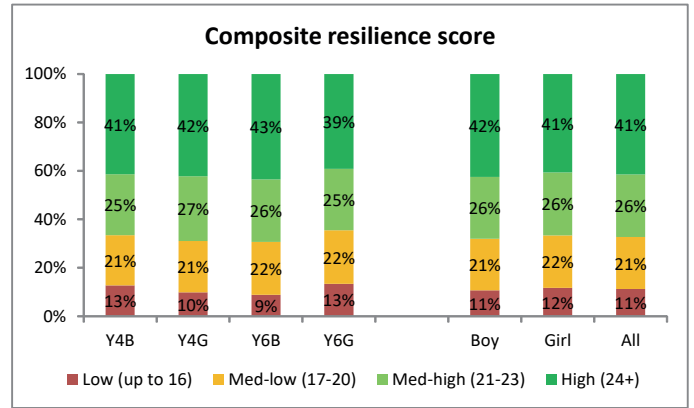
- 74% (68%) of pupils said they would like to have their views heard through their teacher, while 50% (44%) said they would like to voice theirs through surveys.
- 84% (79%) of pupils said they feel 'fairly' or 'very' strongly that they belong to their school; 71% (58%) said the same of their neighbourhood; 60% (52%) said this about the London Borough of Ealing; and 68% (60%) said the same about Britain.

EMOTIONAL HEALTH & WELLBEING

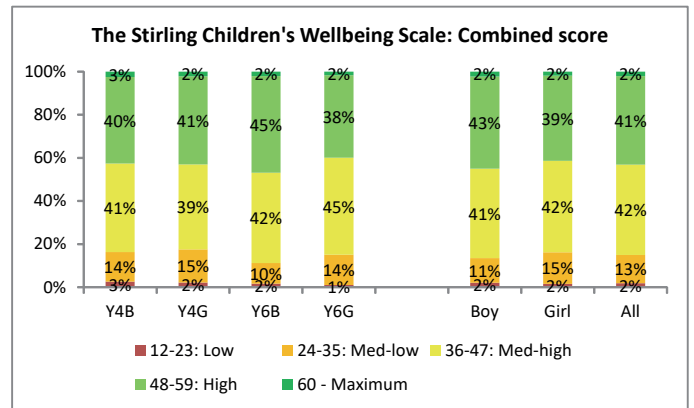
- 53% (51%) of pupils said they can 'usually or always' say no when a friend wants them to do something they don't want to do.
- 31% (33%) of pupils had a high self-esteem score.



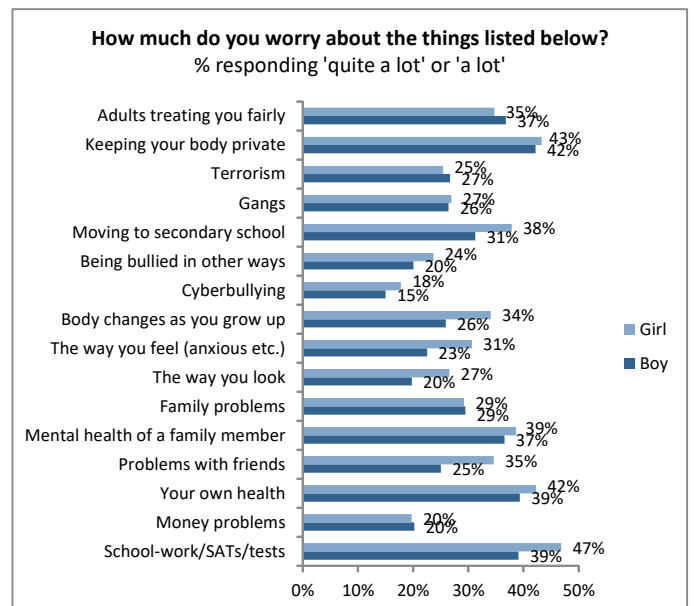
- 41% (42%) of pupils had a high measure of resilience.



- 71% (70%) of pupils said if at first they don't succeed, they 'usually' or 'always' keep on trying until they do; 67% (68%) of pupils said when something goes wrong they 'usually' or 'always' learn from it for next time.
- 43% of pupils had a high or maximum score (48 – 60) on the Stirling Children's Wellbeing Scale.



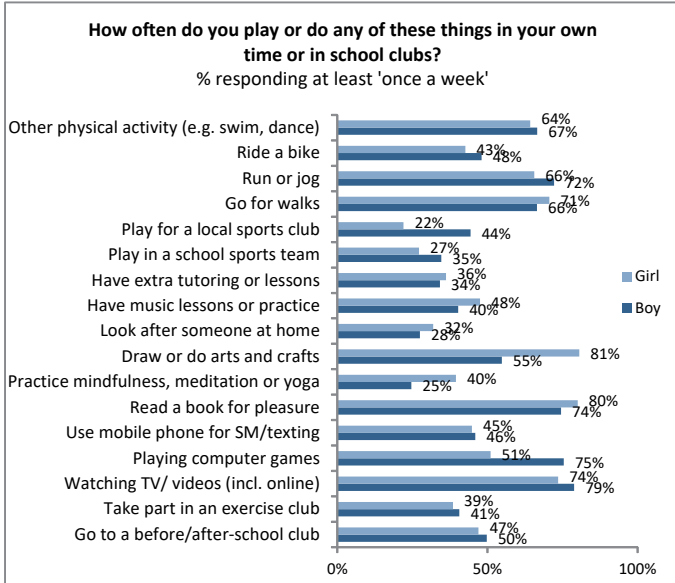
- 7% of pupils had a score of 12 – 30; Liddle & Carter (2010) suggest that scores in this range may indicate poor mental health.
- 83% (78%) of pupils said they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- 43% (42%) said they worry 'quite a lot' or 'a lot' about School-work/homework or SATs/tests.



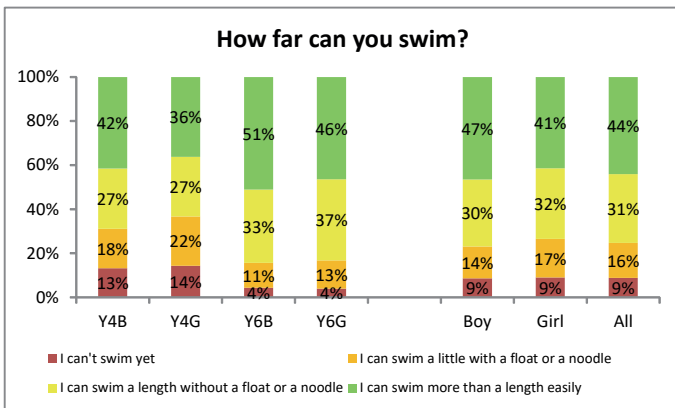
- 33% (36%) of Year 6 pupils said they worry about knife crime 'quite a lot' or 'a lot', while 40% (38%) said they 'never' do.

PHYSICAL ACTIVITY

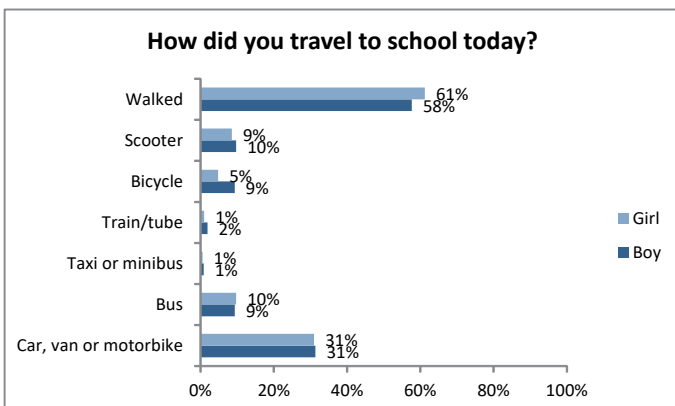
- 77% (78%) of pupils said they read a book for pleasure in their own time at least 'once a week'.



- 78% (73%) of boys said they would like to do more football, while 72% (69%) of girls said that they would like to do more swimming.
- 9% (11%) of pupils said they can't swim yet, while 16% (15%) said they can swim a little with a float or a noodle.



- 49% (52%) of pupils said they do not have swimming lessons outside of school lessons.
- 80% (78%) of pupils said they can ride a bicycle; 74% (79%) of pupils said they own their own bike and 18% (19%) of pupils said they cycle to school.
- 57% of pupils said it takes them up to 10 minutes to walk to school; 9% of pupils said it takes them more than 20 minutes to walk to school.



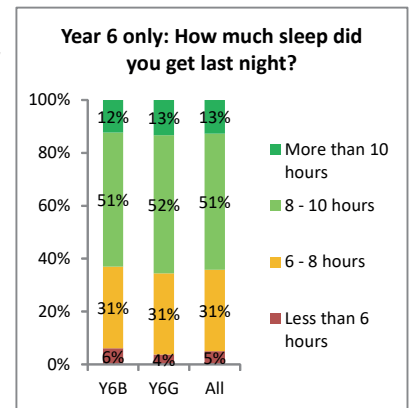
HEALTH & HYGIENE

- 81% (80%) of pupils said they cleaned their teeth at least twice on the day before the survey; 2% (2%) of pupils said they didn't clean their teeth at all on the day before the survey and 16% (17%) said once.

- 23% of pupils said they use mouthwash after they brush their teeth, while **56% said they rinse their mouth with water** and 20% just spit out toothpaste but don't rinse their mouth.



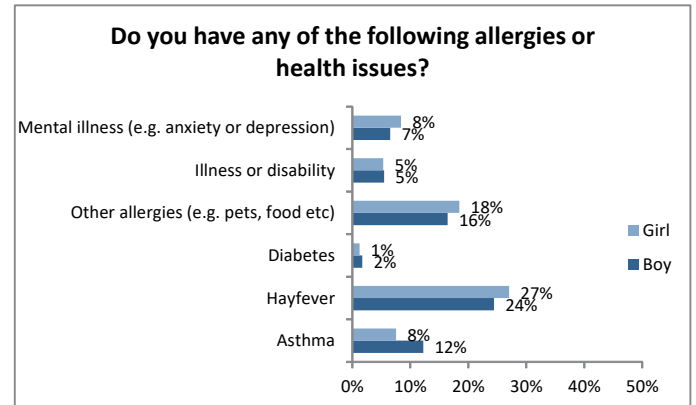
- 8% (9%) of pupils said they have never visited a dentist; 82% (72%) said that they visited the dentist in the last year and 10% (19%) said they last went more than a year ago.



- 33% (30%) of pupils said they had fillings on their last visit to the dentist.

- 64% (66%) of Year 6 pupils said they got at least 8 hours' sleep the night before the survey.

- 10% (10%) of pupils reported that they have asthma while 7% (7%) of pupils reported that they have mental illness.



PUBERTY & GROWING UP

- 73% (71%) of pupils said their parents/carers have talked with them about how their body changes as they grow up; 65% (63%) said their teachers have in school lessons.

Year 6 only: Moving to high school

- 36% (34%) of Year 6 pupils said they are 'quite' or 'very' worried about moving to High School.



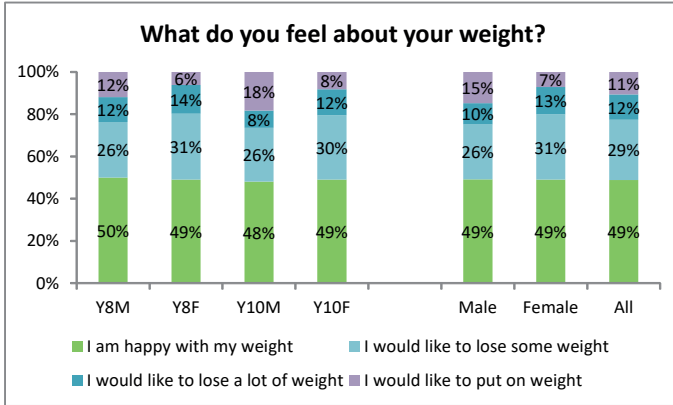
- 11% (12%) of Year 6 pupils said they are most worried about bullying when they move to High School, while 17% (18%) said they are most worried about making friends and 17% (16%) said the same about homework.

Eating Secondary school pupils in Years 8 and 10 (ages 12-13 and 14-15)

HEALTHY EATING

Weight perceptions

- 49% (48%) of pupils said they are happy with their weight.

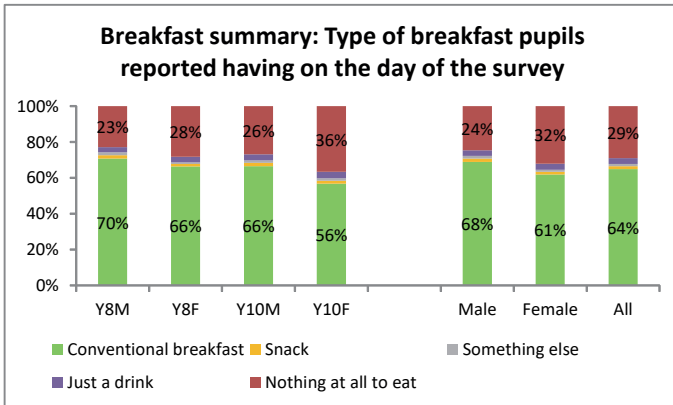


- 40% (40%) of pupils said they at least 'sometimes' go on a diet to lose weight.



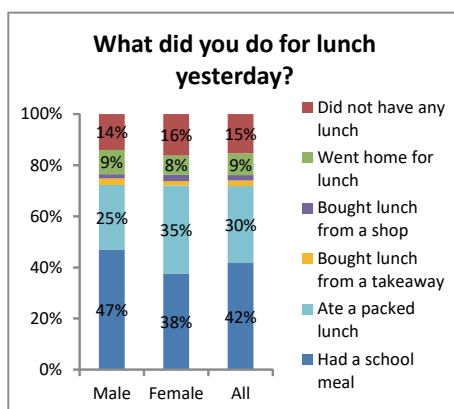
Breakfast, lunch and healthy choices

- 29% (17%) of pupils said they didn't have anything to eat before lessons on the day of the survey.



- 42% (42%) of pupils said they had a school meal for lunch on the day before the survey.

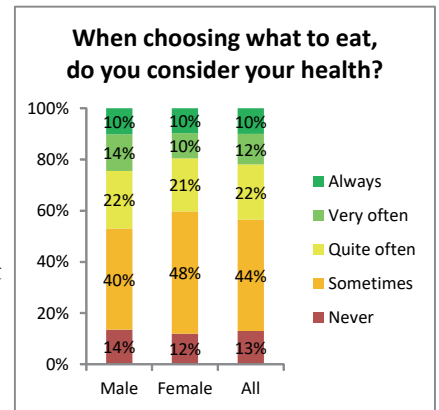
- 12% (10%) of pupils said they had a packed lunch with fruit in it on the day before the survey.



- 22% (20%) of pupils said they 'very often' or 'always' consider their health when choosing what to eat.

- 54% (53%) of pupils said they eat fresh fruit 'on most days'; 42% (41%) said the same of vegetables/salads.

- 17% (16%) of pupils said they ate at least 5 portions of fruit and vegetables on the day before the survey; 10% (10%) said they had none.



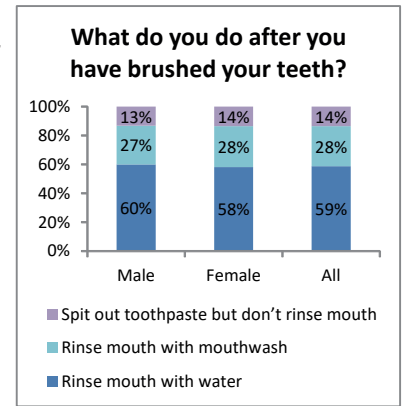
HEALTH & HYGIENE

- 84% (83%) of pupils said they cleaned their teeth at least twice on the day before the survey.

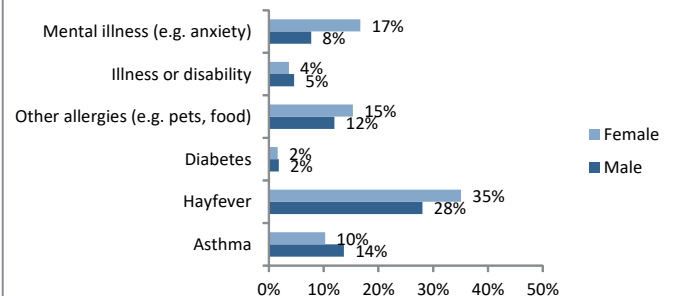
- 28% of pupils said they use mouthwash after they brush their teeth.

- 86% (80%) of pupils said they have been to the dentist in the past year.

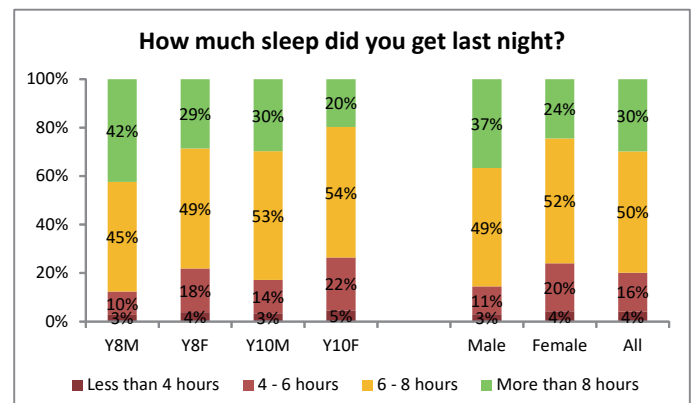
- 12% (13%) of pupils said they have asthma.



Do you have any of the following allergies or health issues? % responding 'yes'



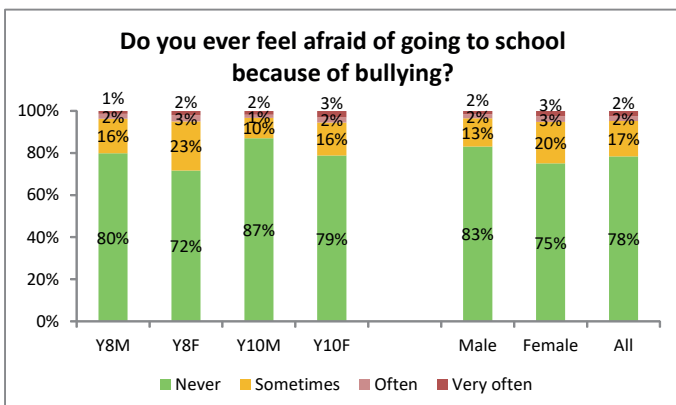
- 30% (25%) of pupils said they got 'more than 8 hours' sleep the night before the survey.



STAYING SAFE

Bullying

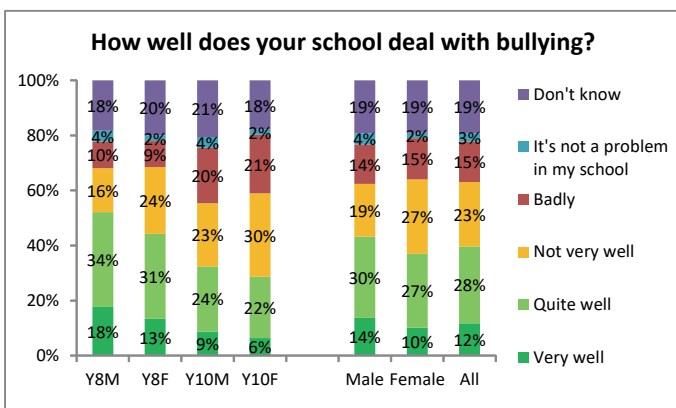
- 22% (21%) of pupils said they at least 'sometimes' feel afraid of going to school because of bullying; 5% (5%) of pupils said they think others may fear going to school because of them.



- 14% (12%) of pupils said they have been bullied at or near school in the last 12 months.

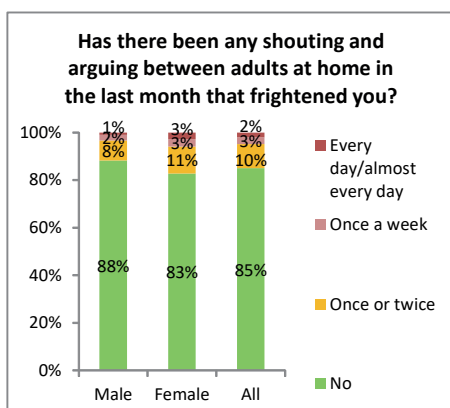


- 7% (5%) of pupils said they have been bullied at or near school in the last 12 months because of the way they look, while 4% (4%) said they have been because of their size or weight.
- 40% (43%) of pupils said their school deals with bullying 'quite' or 'very' well.



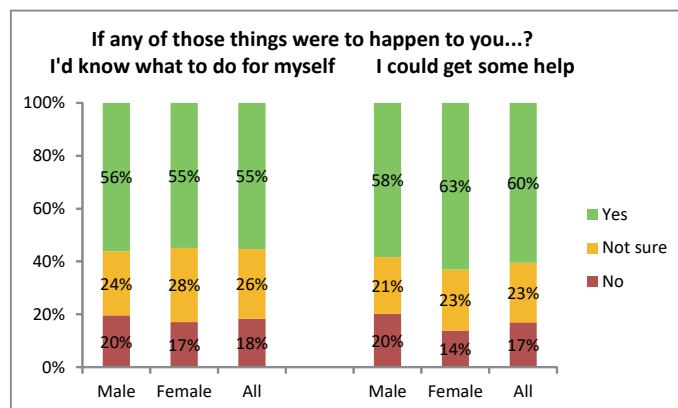
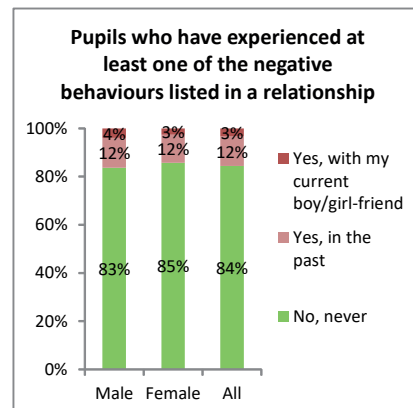
Domestic safety

- 15% (15%) of pupils said there has been shouting and arguing between adults at home that frightened them in the last month.
- 5% (4%) of pupils said there has been violence or controlling between adults at home in the last month.



Relationships

- 15% (13%) of pupils said they have experienced at least one of the negative behaviours listed in a relationship.
- 55% (59%) of pupils said if any of the negative behaviours happened to them, they would know what to do; 60% (61%) of pupils said they could get some help.

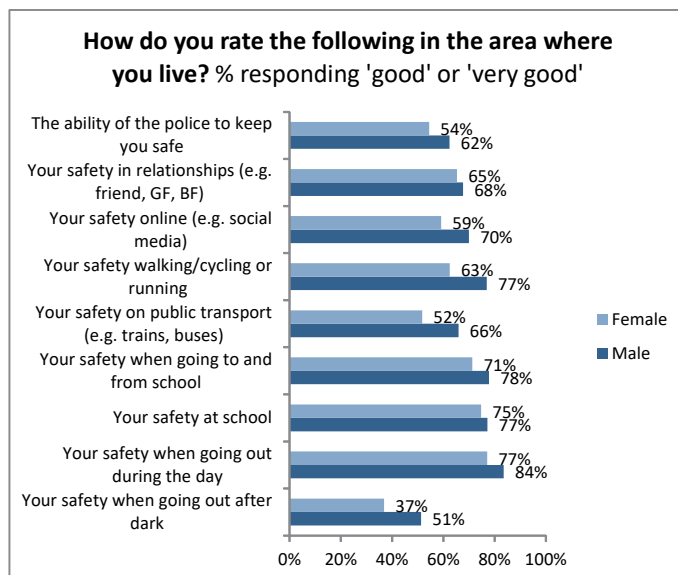


Sexual harassment and local safety

- 9% of pupils said they have been the victim of sexual harassment on the way to or from school, at school or online from another student in the last 12 months.
- 11% of pupils said they have been the victim of violence or aggression in the area where they live in the last 12 months.

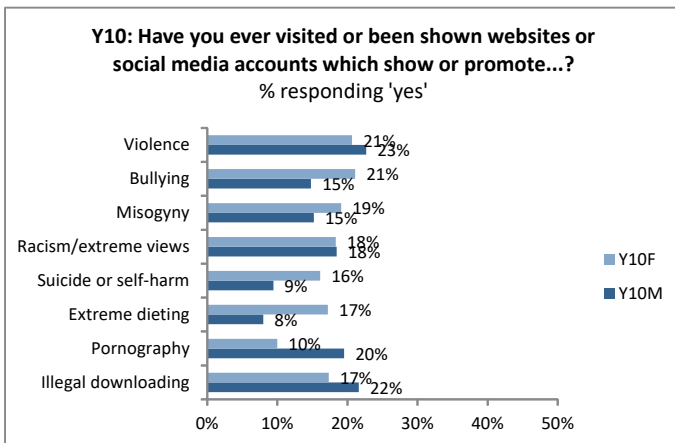


- 3% (4%) of pupils said they have been involved in a violent incident where a weapon was used/threatened, while 4% (5%) didn't want to say.
- 80% (81%) of pupils rate their safety when going out during the day in the area where they live as 'good' or 'very good'.

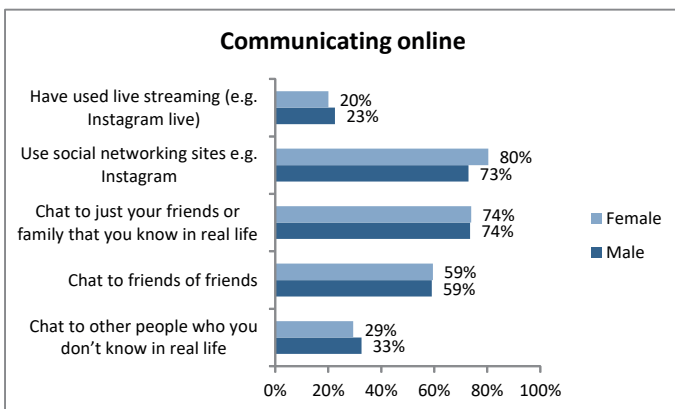


ONLINE SAFETY

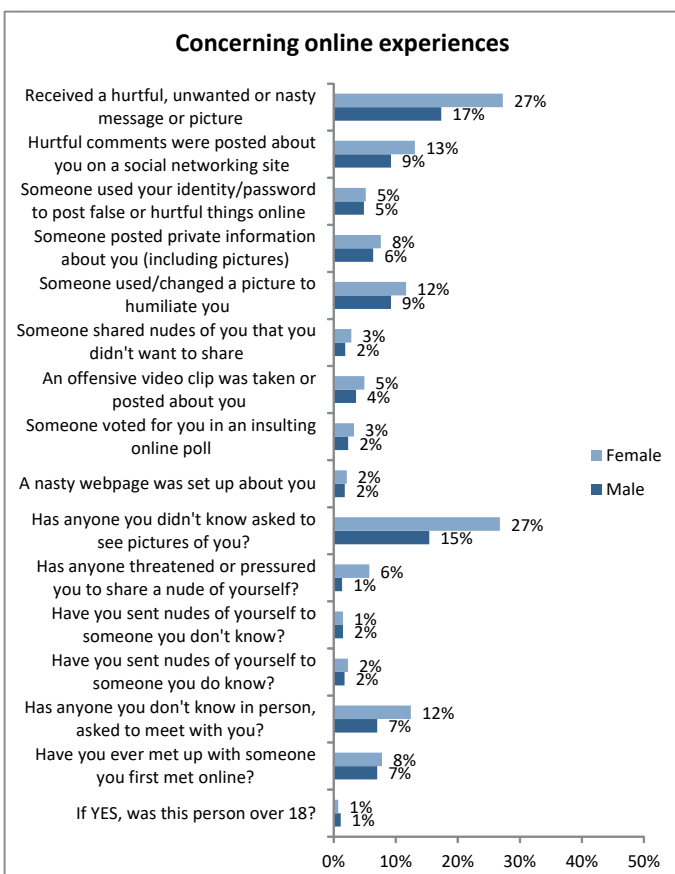
- 11% (10%) of pupils said they have visited or been shown websites or social media accounts which show or promote suicide or self-harm.



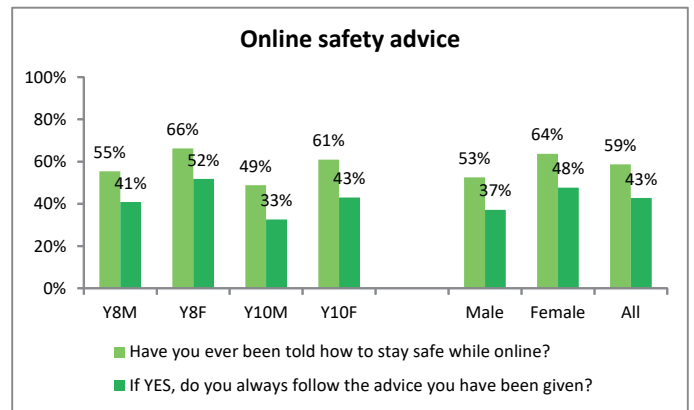
- 4% (4%) of pupils said they have been approached to support extremist activity.
- 21% (31%) of pupils said they have used live streaming (e.g. Instagram live).



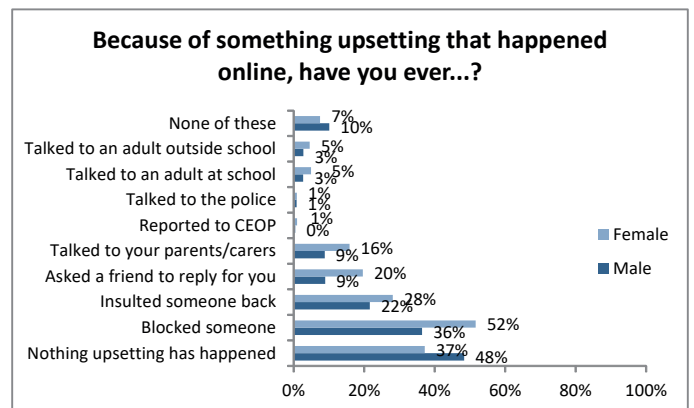
- 23% (25%) of pupils said they have received a hurtful, unwanted or nasty message or picture online.



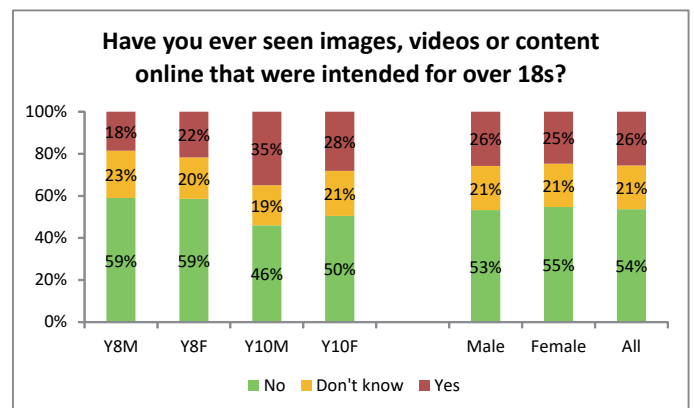
- 59% (64%) of pupils said they have been told how to stay safe while online; 43% (46%) said they always follow the advice they have been given.



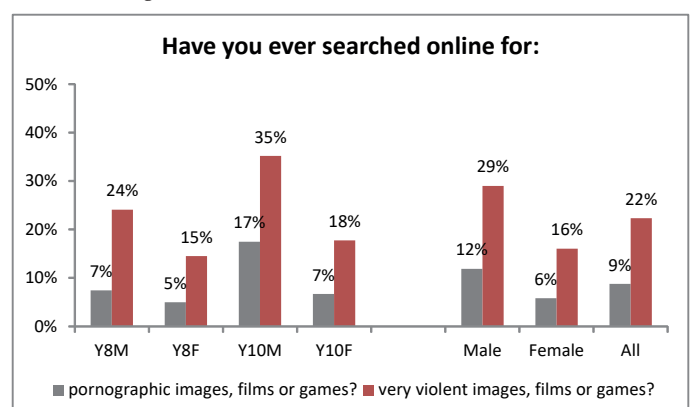
- 45% of pupils said they have blocked someone because of something upsetting that happened online.



- 26% (29%) of pupils said they have seen images, videos or content online that were intended for over-18s.

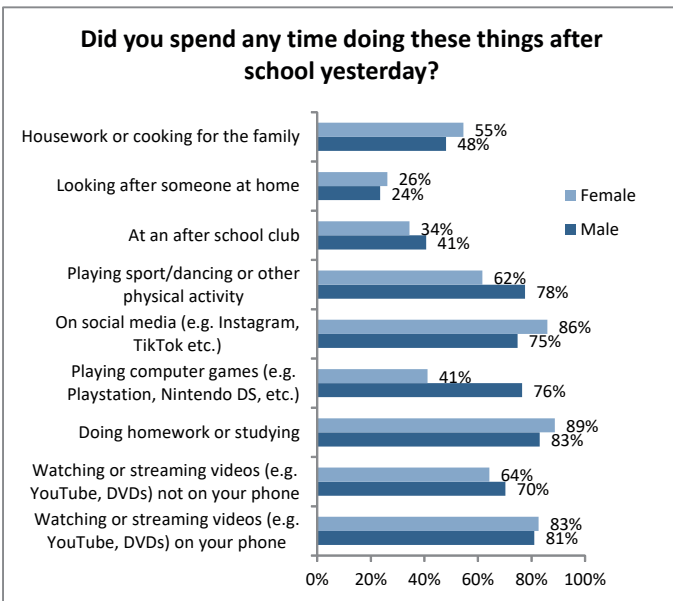


- 9% (10%) of pupils said they have searched online for pornographic images, films or games; 22% (25%) of pupils said they have searched online for very violent images, films or games.

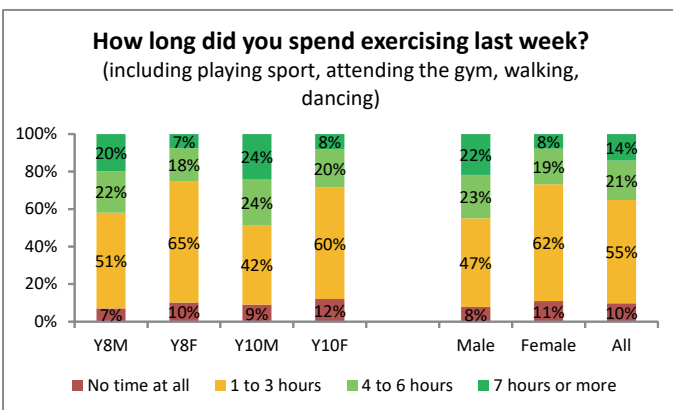


PHYSICAL ACTIVITY AND LEISURE

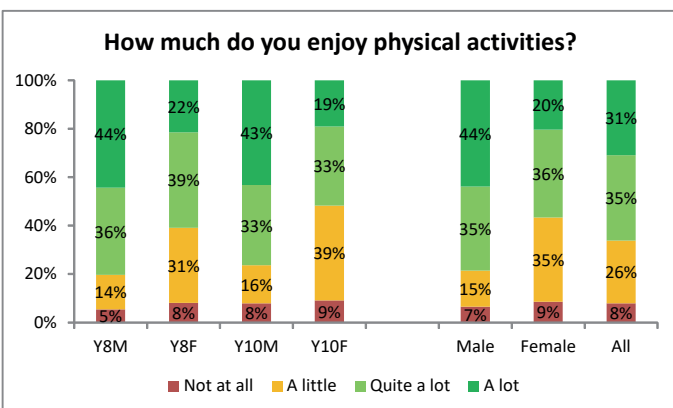
- 69% (67%) of pupils said they played sport/danced or did other physical activity after school on the day before the survey.



- 14% of pupils said they spent 7 hours or more exercising last week.

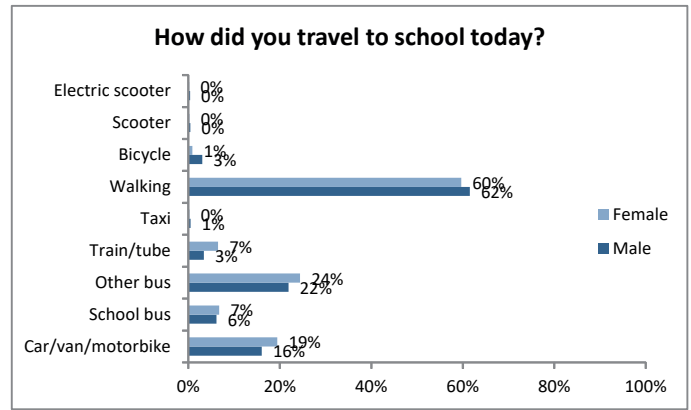


- 49% of pupils said their primary school participated in the Daily Mile or another form of daily exercise programme.
- 66% (68%) of pupils said they enjoy physical activities 'quite a lot' or 'a lot'.



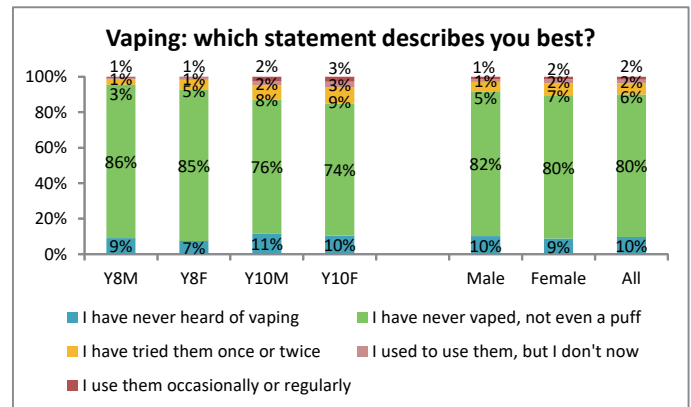
Active travel

- 62% of pupils said they walked, cycled or scootered to school on the day of the survey.

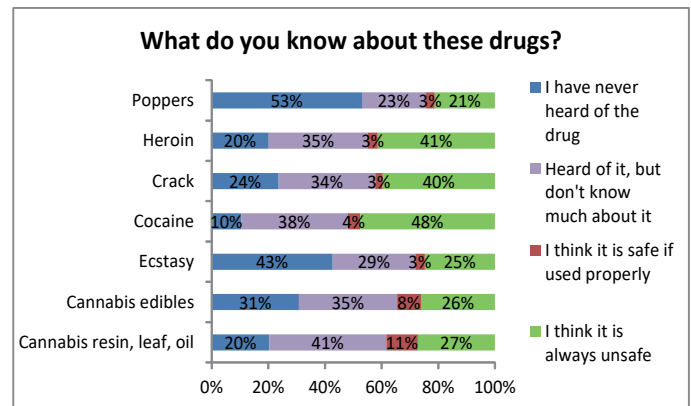


SMOKING, VAPING, ALCOHOL & DRUGS

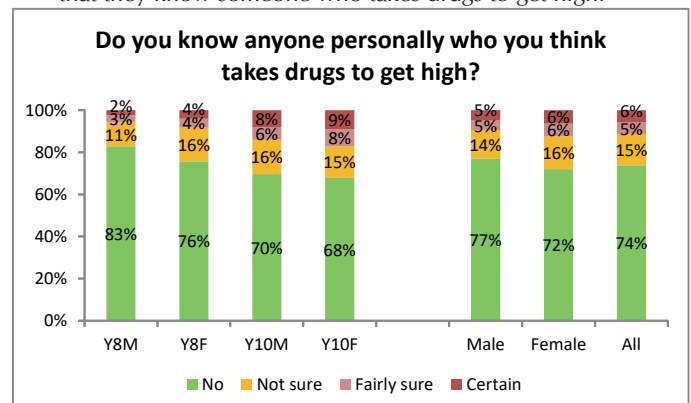
- 5% (5%) of pupils said they have smoked in the past or smoke now; 10% (7%) of pupils said they have vaped in the past or vape now.



- 3% (3%) of pupils said they had an alcoholic drink in the 7 days before the survey.
- 6% (7%) of pupils said they have been offered at least one of the drugs listed; 2% (1%) of pupils said they have taken at least one of the drugs listed to get high.
- 7% (9%) of Year 8 pupils and 16% (17%) of Year 10 pupils said they think cannabis is safe if used properly.

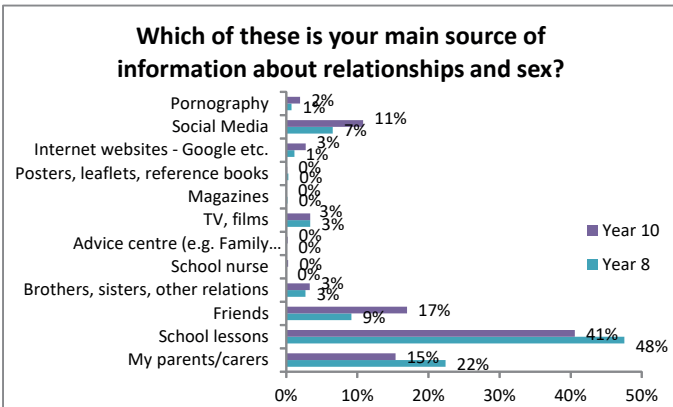


- 11% (13%) of pupils said they are 'fairly sure' or 'certain' that they know someone who takes drugs to get high.

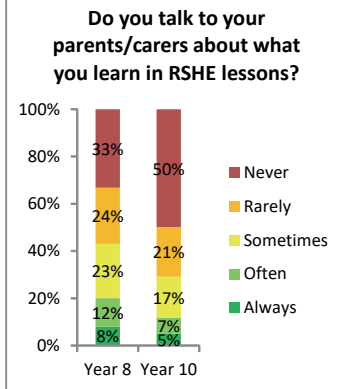


RELATIONSHIPS, SEX & HEALTH EDUCATION

- 44% (45%) of pupils said school lessons are their main source of information about sex and relationships.

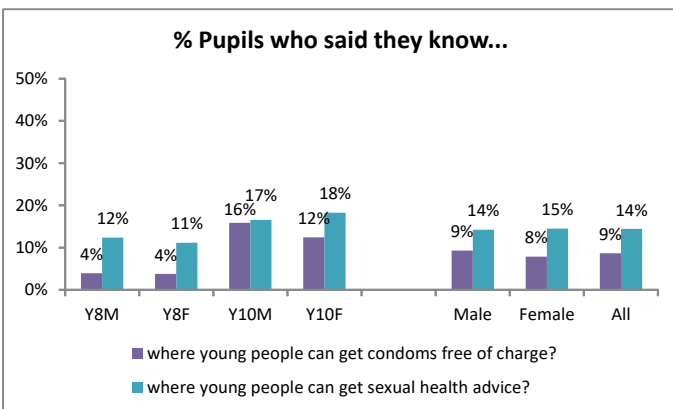


- 63% (66%) of pupils said they 'rarely' or 'never' talk to their parents/carers about what they learn in RSHE lessons.
- 4% (4%) of pupils said they would like their parents/carers to talk to them or ask them more about their RSHE lessons, while 61% (64%) said they wouldn't.

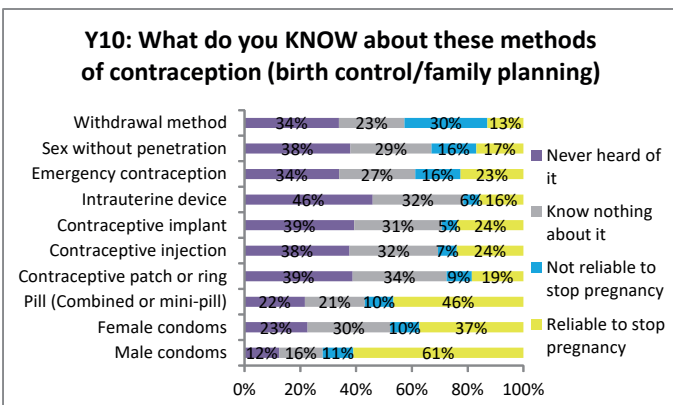


Contraception and local services

- 9% (9%) of pupils said they know where they can get condoms free of charge; 14% of pupils said they know where young people can get sexual health advice.

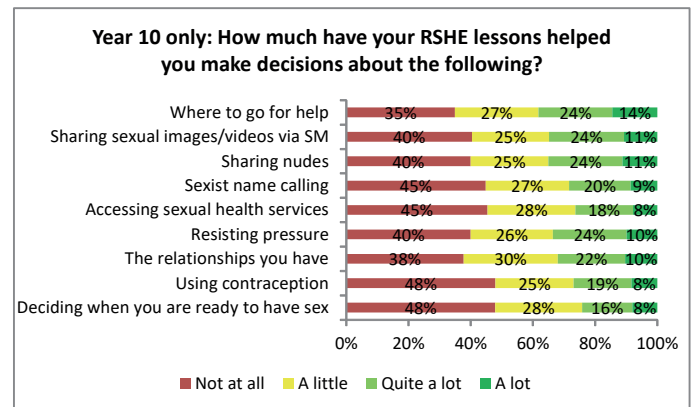


- 50% (53%) of pupils said male condoms are reliable to prevent pregnancy.

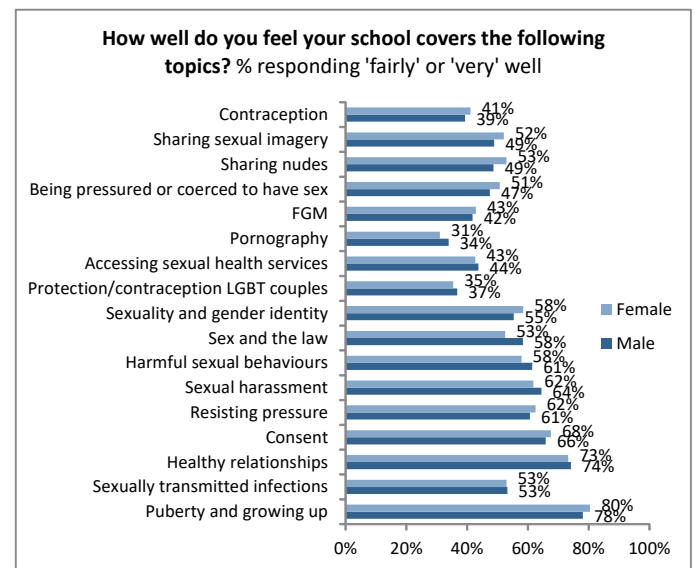


RSHE Lessons

- 34% (33%) of Year 10 pupils said their RSHE lessons have helped them 'quite a lot' or 'a lot' make decisions about resisting pressure.



- 86% (88%) of Year 10 pupils said it is important to get their partner's consent before engaging in sexual activity; 85% (89%) of Year 10 pupils said after consent has been given, someone can change their mind and withdraw consent at the time of sexual activity.
- 30% (37%) of Year 10 pupils said they 'agree' there is pressure on young people to have sex.
- 56% (48%) of Year 8 pupils and 79% (77%) of Year 10 pupils said their school covers consent 'fairly' or 'very' well.



- 68% (70%) of pupils who have had lessons about resisting pressure felt it was covered 'at the right time' for them.

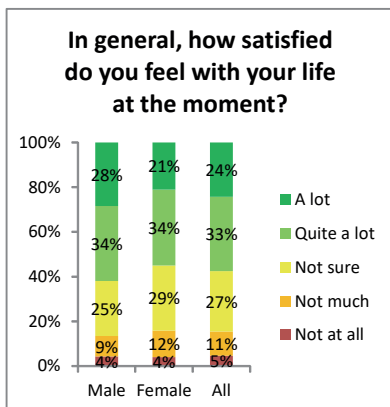
Sexual orientation & relationships

- 86% (77%) of Year 10 pupils said they are straight/heterosexual; 2% (2%) of Year 10 pupils said they are gay/lesbian and 3% (5%) said they are bisexual.
- 17% (18%) of Year 10 pupils said they think most young people start having sex before the age of 16.
- 5% of Year 10 pupils said they have had, or are currently in, a sexual relationship; 2% of Year 10+ pupils said they have had a sexual relationship and 'usually' or 'always' used condoms.
- This works out as 29% of those who have had a sexual relationship said they 'usually' or 'always' used condoms.

EMOTIONAL HEALTH & WELLBEING

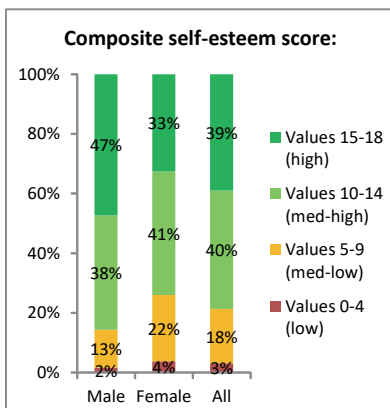
Satisfaction

- 5% (5%) of pupils said they are 'not at all' satisfied with their life at the moment.
- 58% (53%) of pupils said they are 'quite a lot' or 'a lot' satisfied with their life at the moment.



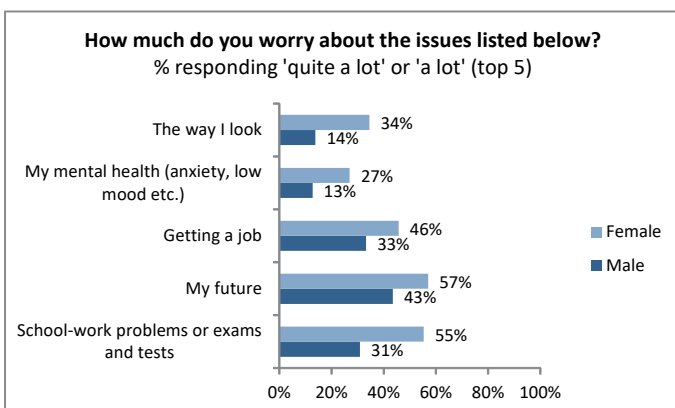
Self-esteem

- 21% (22%) of pupils appeared in the lower half of the self-esteem scale.
- 42% (46%) of pupils said they enjoy learning; 47% of pupils said they generally feel happy at school and 11% of pupils said they sometimes skip school because they don't like being there.



Worrying

- 75% (77%) of pupils said they worry about at least one of the issues listed 'quite a lot' or 'a lot'; 19% (21%) of boys and 34% (36%) of girls said they worry about more than 5 of the issues listed.
- 51% (53%) of pupils said they worry about their future 'quite a lot' or 'a lot'.

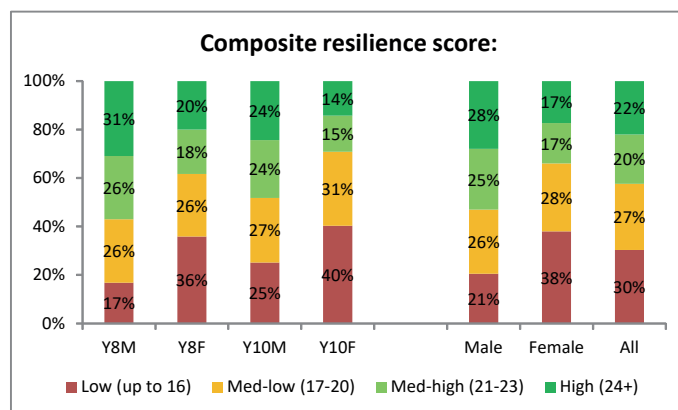


- 26% (23%) of pupils agreed that staff in school are out of date; 30% said staff in school deal with incidents of racism effectively.
- 81% (80%) of pupils said when they are struggling/feel bad or stressed/have a problem that worries them, they at least 'sometimes' get help from trusted adults; 71% (70%) of pupils said they deal with it by playing sport or being active; and 36% (37%) said they get into trouble (at home or school).



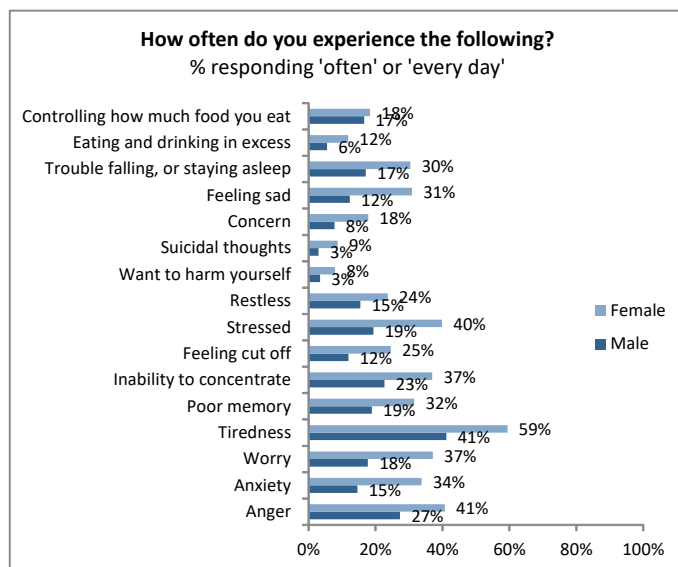
Resilience

- 22% (22%) of pupils had a high measure of resilience.



Thoughts & feelings

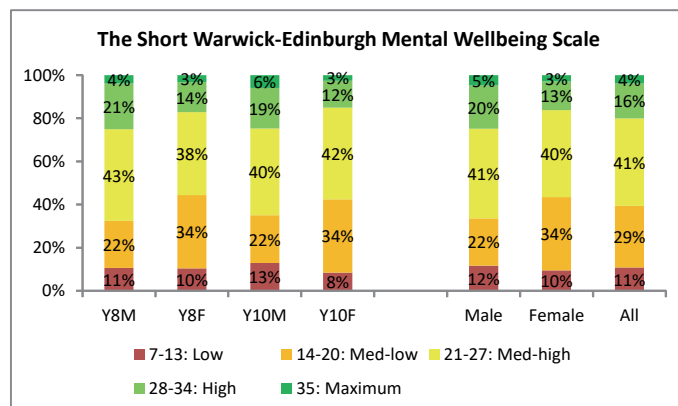
- 6% (9%) of pupils said they feel suicidal thoughts 'often' or 'every day', while 6% experience a want to harm themselves.



- 72% (72%) of pupils have at least one of these negative feelings/experiences 'often' or 'every day'; 35% (34%) of males and 57% (60%) of females experience at least 3 of them 'often' or 'every day'.

Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)

- 20% (18%) of pupils had a high or maximum score (28 - 35) on the SWEMWBS Scale.

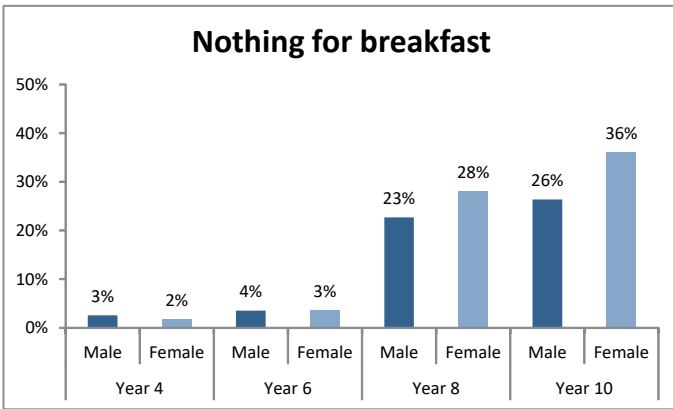


- 39% (38%) of pupils said if they need help at school they are able to ask someone 'often' or 'all of the time'.

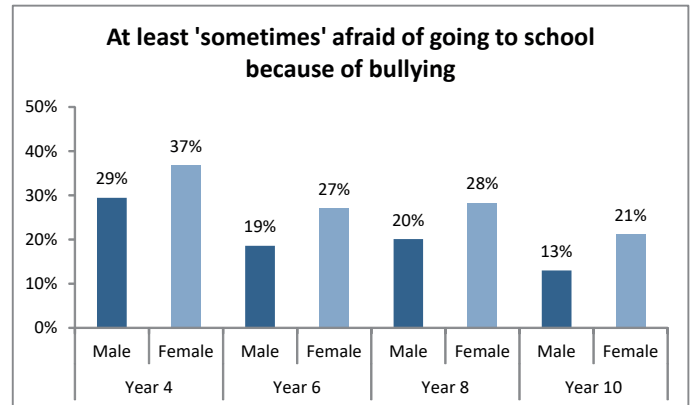
Cross-phase data

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

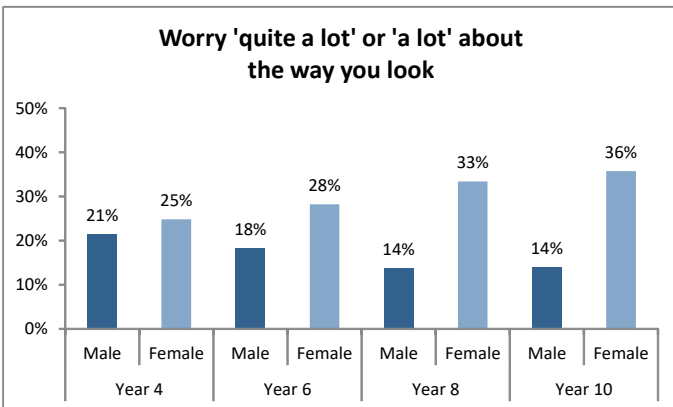
- Older females are most likely to skip breakfast.



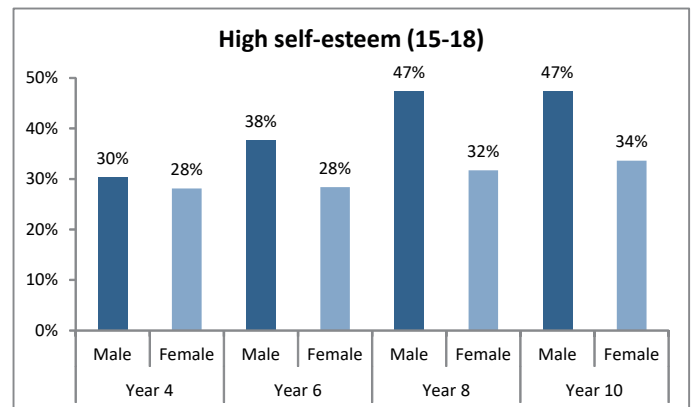
- Younger females are most likely to feel afraid of going to school because of bullying.



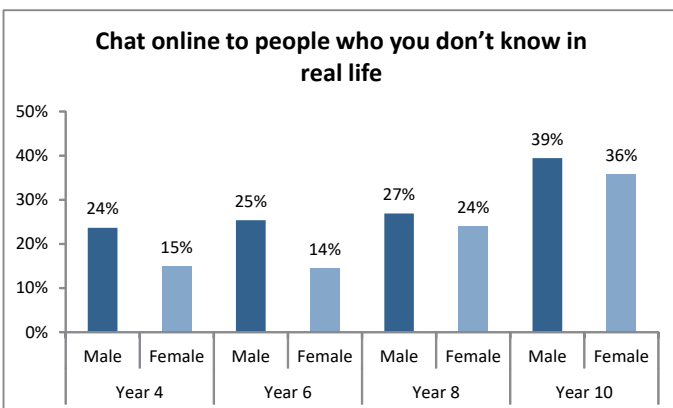
- Older females are most likely to worry 'quite a lot' or 'a lot' about the way they look.



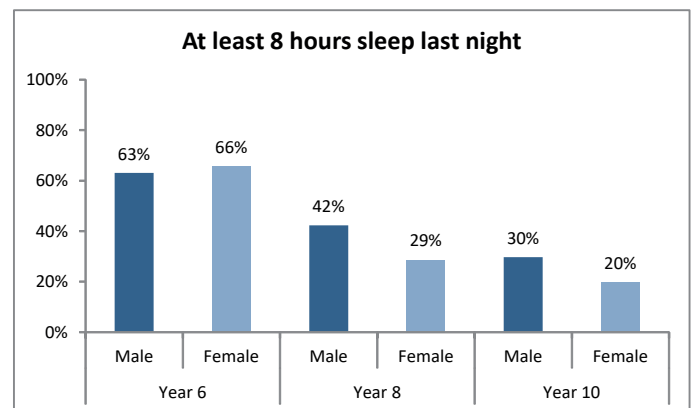
- Older males are most likely to have a high self-esteem score (15-18).



- Older males are most likely to chat online to people who they don't know in real life.



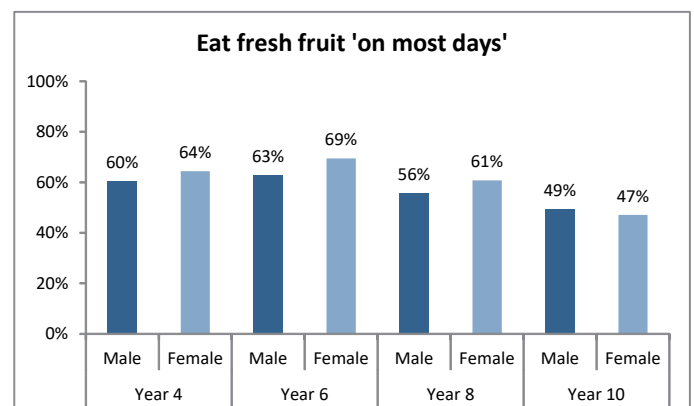
- Older females are least likely to have had at least 8 hours sleep the night before the survey.



- Older males are least likely to follow online safety advice.



- Older females are least likely to eat fresh fruit 'on most days'.



Significant change since 2021

Many of the questions in the 2023 survey were identical or very similar to questions in the 2021 survey and this provides us with the opportunity to compare the data and to look for significant differences ($p < 0.1\%$).

Positive change is indicated by **green** figures, unwelcome change is indicated by **red** figures and neutral change (not necessarily positive or negative) is indicated by **blue** figures.

Primary pupils

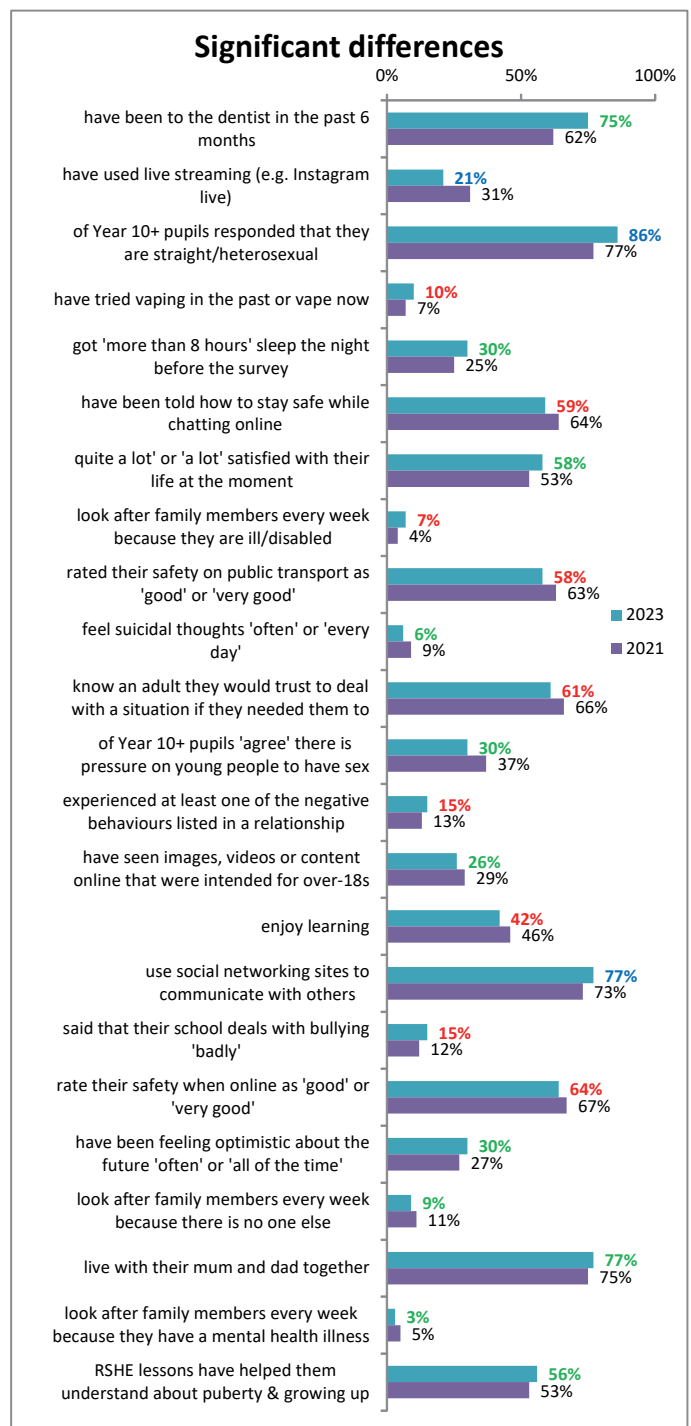
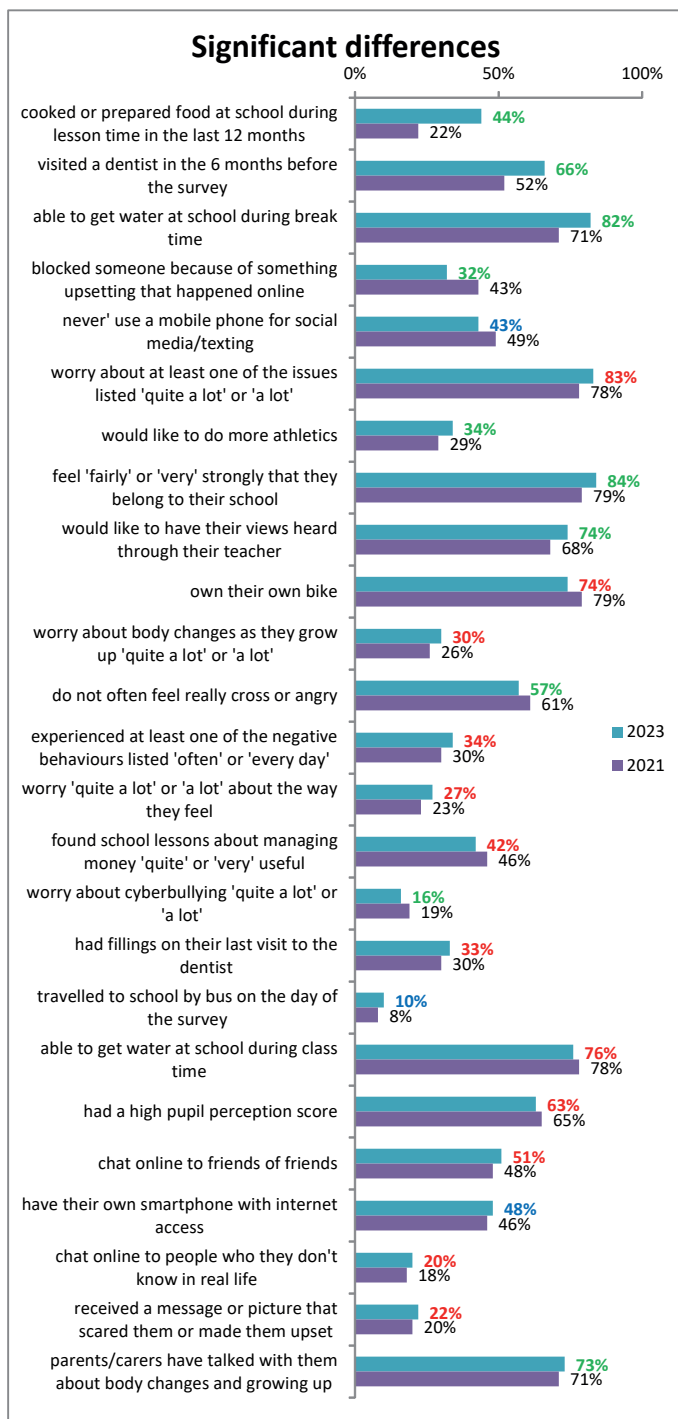
	2023		2021	
	Yr 4	Yr 6	Yr 4	Yr 6
Boys	1719	1819	1828	1838
Girls	1702	1744	1779	1759

Ealing primary pupils in 2023 differ from pupils in 2021 in the following areas:

Secondary pupils

	2023		2021	
	Yr 8	Yr 10	Yr 8	Yr 10
Males	971	791	1021	939
Females	1057	917	981	930

Ealing secondary pupils in 2023 differ from pupils in 2021 in the following areas:



Equality monitoring in Ealing 2023

The survey data reveals the following pupils who belong to social groupings recognised as having more negative outcomes against a wide range of indicators. We have done some analysis to see if the behaviours we see among young people in Ealing are different if they are to be found under one of the social identity headings shown in the table below. A selection of statistically significant findings are presented here but a wider selection of topics and data are also available.

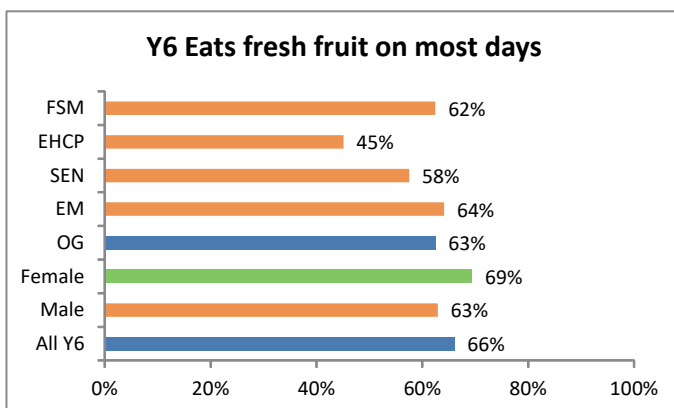
Pupil numbers in each year from social identity groups	Year 6	Year 10
All	3579	1754
Male	1819	791
Female	1744	917
Non-binary (secondary only) or other gender (Non-B or OG)	16	22
Transgender (Trans)		95
Ethnic minorities (EM)	2355	1268
SEN support (SEN)	398	223
Education, Health and Care Plan (EHCP)	107	56
Free school meals (FSM)	1173	495
Single parent family (SPF)		292
Look after someone in their family at home at least weekly (YC)		315
Lesbian, gay or bisexual (LGB)		95

Key

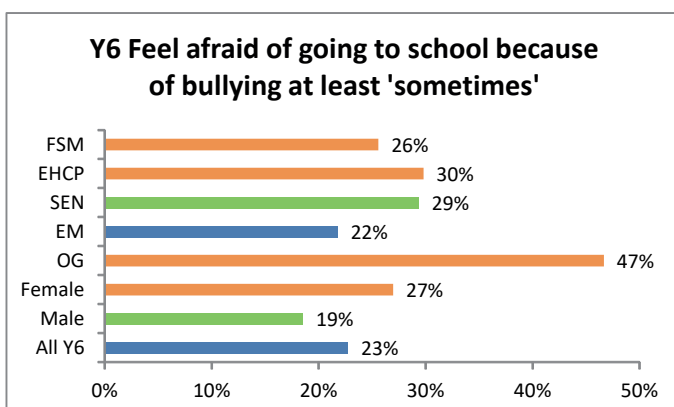
- Not significantly different to the 'All' figure (sample sizes affect significance)
- Significantly 'better' than the 'All' figure (can be higher or lower)
- Significantly 'worse' than the 'All' figure (can be higher or lower)
- All Y6 or All Y10 Pupils

YEAR 6

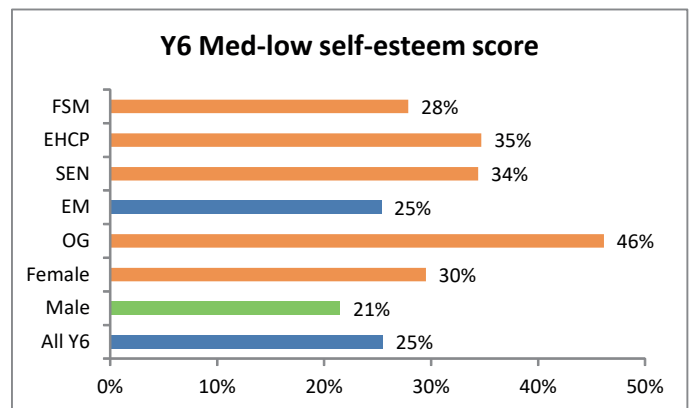
- Year 6 pupils who have an EHCP were the least likely to say they eat fresh fruit on most days.



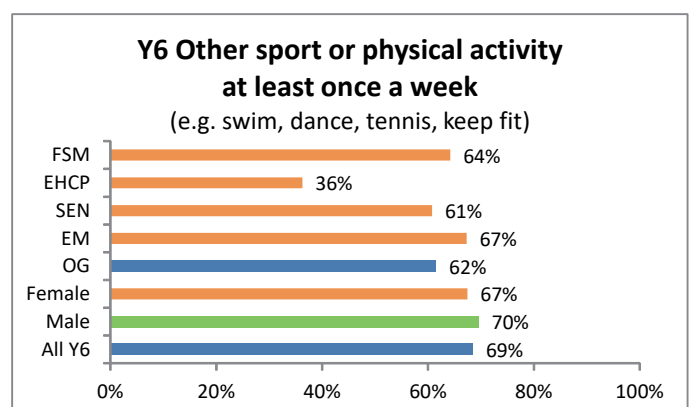
- Year 6 pupils who identified as 'other gender' were most likely to say they feel afraid of going to school because of bullying at least 'sometimes'.



- Year 6 pupils who identified as 'other gender' were most likely to have a medium-low self-esteem score.

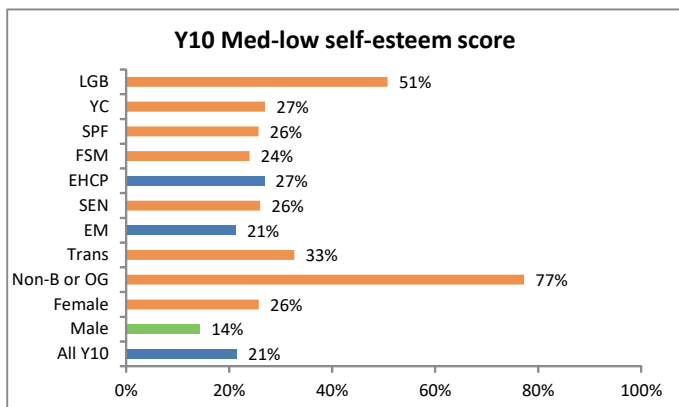


- Year 6 pupils who have an EHCP were least likely to say they take part in other sports or physical activity (e.g. swim, dance, tennis, keep fit) at least once a week in their own time or in sports clubs but not in school lessons.

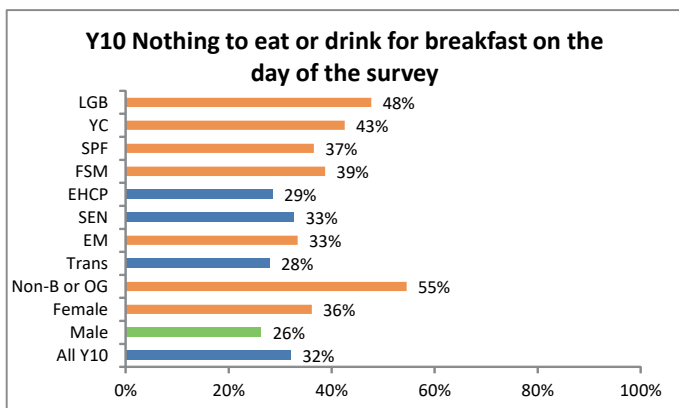


Year 10

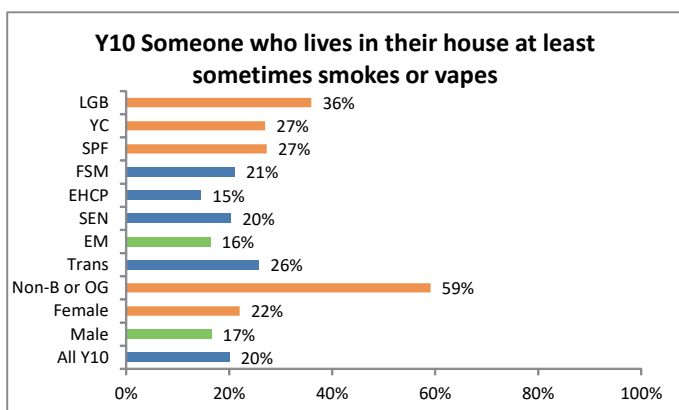
- Year 10 pupils who identified as non-binary or 'other gender' were most likely to have a medium-low self-esteem score.



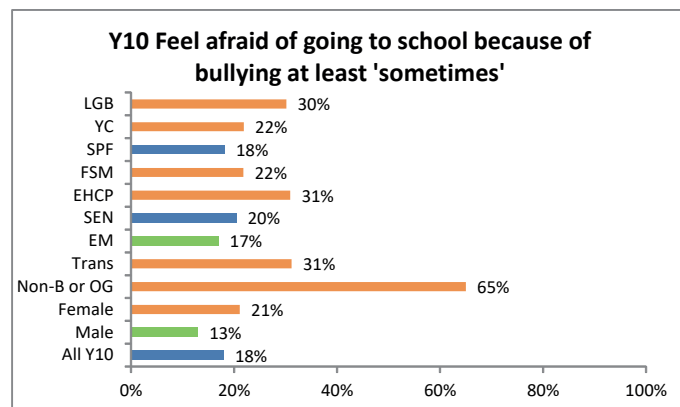
- Year 10 pupils who identify as non-binary or 'other gender' were most likely to say they had nothing to eat or drink for breakfast on the day of the survey.



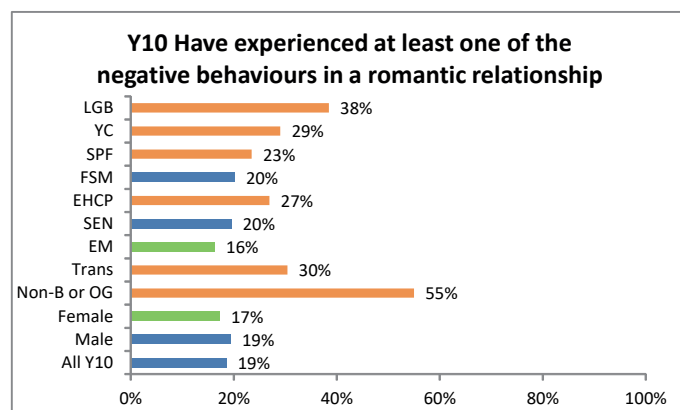
- Year 10 pupils who identified as non-binary or 'other gender' were most likely to say that someone who lives in their house at least sometimes smokes or vapes.



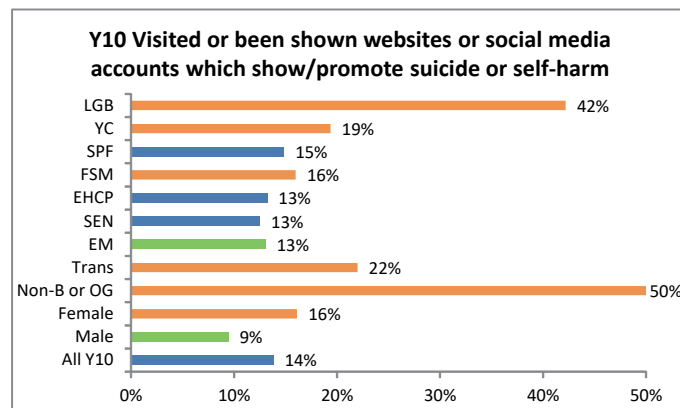
- Year 10 males were least likely to say they feel afraid of going to school because of bullying at least 'sometimes'.



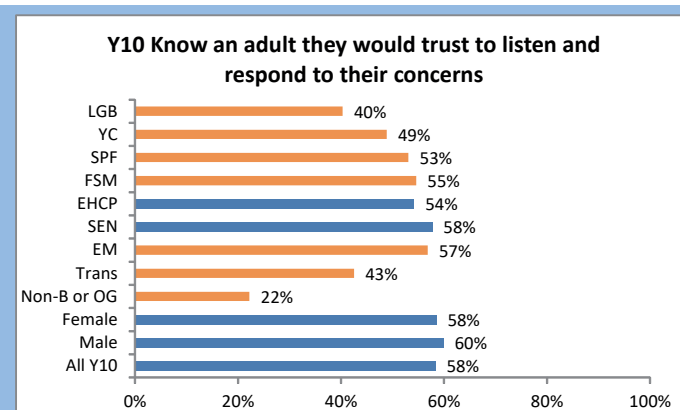
- Year 10 pupils from Ethnic Minority backgrounds were least likely to say they have experienced at least one of the negative behaviours in a romantic relationship.



- Year 10 pupils who identified as non-binary or 'other gender' were most likely to say they have visited or been shown websites or social media accounts which show or promote suicide or self-harm.



- Year 10 pupils who identified as non-binary or 'other gender' were least likely to say they know an adult they would trust to listen and respond to their concerns.
- Feeling able to turn to a trusted adult for support is something we would want for all our young people and there is cause for concern here for all groups of pupils: at best, around 60% of Year 10 pupils report this leaving many feeling unable to seek this support.
- It is likely that many young people by this age turn to their friends for support. However, appropriate signposting in schools providing options for seeking support would seem highly appropriate and beneficial for these vulnerable young people.



The Way Forward - over to you

Thank you to all the Headteachers, staff and young people for their time and contributions to this survey. The Health Related Behaviour Survey has been an integral piece of work in Ealing since 2005 and the data helps provide important information on children & young people's health & well-being needs. This year the data will be analysed & used to inform each Extended Services Locality Health Improvement Plan. Each plan outlines the key health & well-being priorities for each locality and sets out how schools, the local authority & the Public Health Teams can address these through key actions.

It will also act as a resource to help schools establish appropriate curriculum development opportunities particularly in PSHE and provide data to support aspects of school self-evaluation in preparation for an Ofsted Inspection. Finally, the findings will also be shared with other departments within the local authority, and will inform the annual Joint Strategic Needs Assessment.

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

Acton Gardens Primary School, Alec Reed Academy, Allenby Primary School, Ark Byron Primary Academy, Ark Priory Primary Academy, Beaconsfield Primary School, Blair Peach Primary School, Brentside High School, Brentside Primary Academy, Christ the Saviour CE Primary School, Clifton Primary School, Coston Primary School, Dairy Meadow Primary School, Derwentwater Primary School, Dormers Wells High School, Dormers Wells Primary School, Downe Manor Primary School, Drayton Manor High School, Durdan's Park Primary School, Ealing Alternative Provision, East Acton Primary School, Elthorne Park High School, Featherstone High School, Featherstone Primary and Nursery School, Fielding Primary School, Gifford Primary School, Grange Primary School, Greenford High School, Greenwood Primary School, Hambrough Primary School, Havelock Primary School, Nursery & ARP, Hobbayne Primary School, Holy Family Catholic Primary School, Horsenden Primary School, John Perryn Primary School, Khalsa Primary School, Lady Margaret Primary School, Little Ealing Primary School,

Mayfield Primary School, Montpelier Primary School, Mount Carmel Catholic Primary School, North Ealing Primary School, Northolt High School, Oaklands Primary School, Oldfield Primary School, Our Lady of the Visitation Catholic Primary School, Perivale Primary School, Petts Hill Primary School, Ravenor Primary School, Selborne Primary School, St Anselm's Catholic Primary School, St Gregory's Catholic Primary School, St John Fisher Catholic Primary School, St John's Primary School, St Joseph's Catholic Primary School, St Mark's Primary School, St Mary's CE Primary School, St Raphael's Catholic Primary School, St Vincent's Catholic Primary School, Stanhope Primary School, The Edward Betham CE Primary School, The Ellen Wilkinson School for Girls, Three Bridges Primary School, Tudor Primary School, Twyford CE High School, Vicar's Green Primary School, Viking Primary School, Villiers High School, West Acton Primary School, West Twyford Primary School, Willow Tree Primary School, Wolf Fields Primary School, Wood End Primary School, Woodlands Academy

For further information about the survey contact:

Karen Gibson
Health Improvement Manager
Children's Commissioning
2nd Floor NE
Perceval House
14-16 Uxbridge Road
Ealing
London W5 2HL

Tel: 0208 825 7707
Email: kgibson@ealing.gov.uk

Nicole McGregor
Senior Health Improvement
Advisor – Nutrition and Exercise
Perceval House
14-16 Uxbridge Road
Ealing W5 2HL

Tel: 020 8825 5484
Email: mcgregorn@ealing.gov.uk