

HEALTH AND LIFESTYLES OF YOUNG PEOPLE IN DUDLEY

(5) Relationships and Sexual Health

This is one of a series of six reports, giving the summary of results from a survey carried out in Dudley schools. Dudley Healthy Schools Service commissioned this survey in a sample of primary pupils aged 9 to 11 and secondary pupils aged 12 to 15 in Dudley during Spring 2004. A total of 10414 pupils took part in 19 secondary schools, 76 primary schools and 3 special schools.

Paper survey 2004

Teachers were briefed on how to collect the most reliable data and then pupils in Years 5 and 6 in the primary schools and Years 8 and 10 in the secondary schools anonymously completed the questionnaire.

Completed questionnaires were then returned to the Schools Health Education Unit (SHEU) in Exeter (see below) for processing.

Online survey 2004

The facility was offered to all schools to complete the survey online, using a customised website. These results were at first analysed separately from the paper survey. Some discrepancies were found in the results that seemed to be caused by the collection method; nonetheless the results were more similar than they were different to the results collected on paper, and they have been combined for this report.

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 3 of this document so that behaviour can be seen across the age range.

Townships

For selected questions, an analysis has been made of results for each

township. Full results for each township are available.

Trends

This survey has been undertaken repeatedly since 1997. An analysis of some of the schools' data over the period is shown in this document, to see if there is a general rise or fall over time.

Comparisons

Each year the SHEU carries out surveys in hundreds of schools across the country, and publishes reports based on the aggregate figures. Where possible, comparisons have been made between the Dudley results and these reference samples, to see if they are higher or lower.

N.B. Not all questions could easily be compared, because of different wording being used in different parts of the country.

10414 young people took part in the survey in 2004

School Year Age	Year 5 9-10y	Year 6 10-11y	Year 8 12-13y	Year 10 14-15y	Total
Boys	1657	1703	966	955	5281
Girls	1619	1621	962	931	5133
Total	3276	3324	1928	1886	10414

This is report number 5 of 6

- (1) Healthy Eating and Physical Activity
- (2) Drugs, Alcohol and Tobacco
- (3) Emotional Health and Well-being
- (4) Health and Safety
- (5) Relationships and Sexual Health
- (6) Citizenship



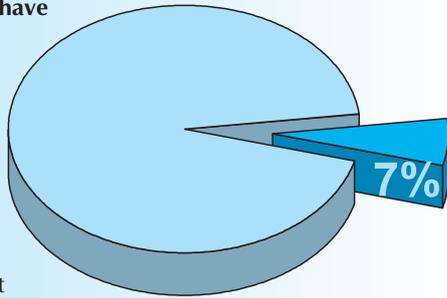
Schools Health Education Unit
SHEU
The Schools Health Education Unit
Tel: 01392 66 72 72
www.sheu.org.uk

The Unit specialises in questionnaire surveys of children and young people for Local Authorities, PCTs, voluntary agencies, charities, schools and colleges and other partnerships. SHEU is also able to undertake consultation, monitoring and evaluation exercises, and bespoke research.

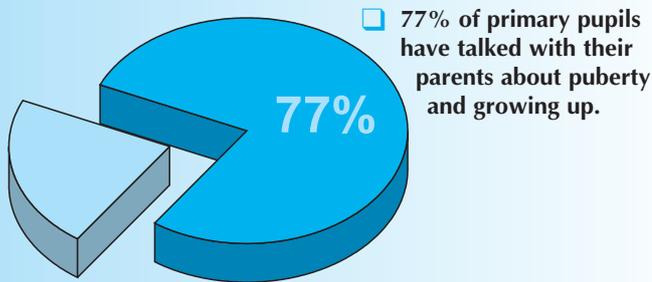
Dudley Primary school pupils in Year 5 and Year 6 (ages 9 to 11 years)

PUBERTY AND GROWING UP

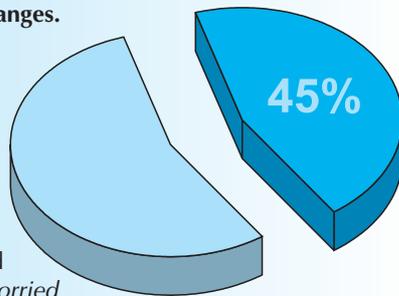
- 7% of girls say they have started their periods.



- 27% of girls in primary schools say that they worry about puberty and growing up 'quite a lot' or 'a lot'; it hardly features as a worry for boys of the same age.

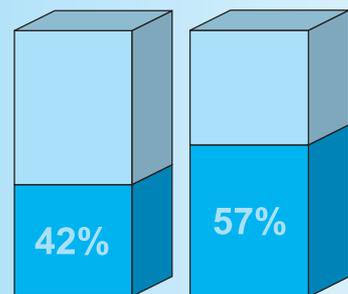


- Figures for others, e.g. teachers, friends, are relatively low, none scoring more than 25%.
- 45% reported they felt *happy* about growing up and body changes.



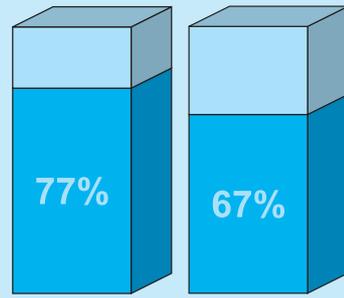
- 8% reported they felt *unhappy*, 18% reported they felt *embarrassed* and 21% reported they felt *worried* about growing up and body changes.

HIV/AIDS



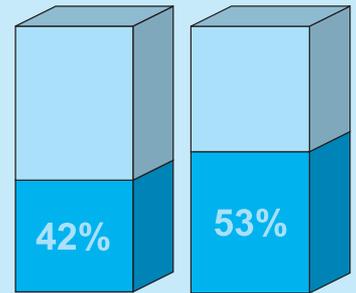
- 42% of the pupils reported that they knew about an illness called AIDS (or HIV).
- 57% of the sample had heard about HIV/AIDS from at least one source, with TV/video coming top of the list.

Significant differences between Dudley primary pupils and the reference sample



- 77% of primary pupils have talked with their parents about puberty and growing up compared with 67% of the reference sample.

- 42% of primary pupils have heard of HIV/AIDS compared with 53% of the reference sample.



Dudley Secondary school pupils in Year 8 & Year 10 (ages 12-13 and 14-15)

SEX INFORMATION

- The five most common main sources of information about sex for pupils in your school were:

Year 10	Boys	Girls
1 School lessons	24	Friends 31
2 Friends	22	My parents 25
3 My parents	20	School lessons 20
4 TV, films	9	Magazines 7
5 Internet	8	Siblings/relations 5

- When asked who they thought should be their main source of information, the following were the pupils' five most common answers:

Year 10	Boys	Girls
1 My parents	31	My parents 40
2 School lessons	31	School lessons 28
3 Friends	8	Advice Centre 8
4 Advice Centre	7	Friends 7
5 TV, films	5	School nurse 4

- Within this survey the young people were asked to report, from a list, who they would like to talk to them about puberty and growing up. Results from this survey are, in order:

	Boys		Girls	
1	Parents	46	Parents	65
2	Friends	34	Friends	58
3	Brothers or sisters	17	Other close relatives	23
4	Doctor	17	Brothers or sisters	21
5	Other close relatives	12	School Nurse	15
6	Teachers/school lessons	10	Doctor	15

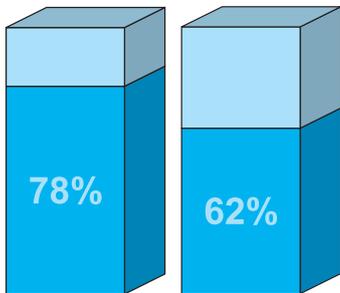
SEXUALLY TRANSMITTED INFECTIONS

- The percentages in the table are for those correctly answering whether the condition could be cured or not:

Year 10	Boys		Girls	
1	HIV/AIDS	57	HIV/AIDS	73
2	Pubic lice (crabs)	48	Pubic lice (crabs)	62
3	Gonorrhoea	20	Gonorrhoea	26
4	Non-specific urethritis	14	Non-specific urethritis	25
5	Genital herpes	7	Genital herpes	8
6	Genital warts	7	Genital warts	7

SEX AND RELATIONSHIPS

- 78% of girls say they have started their periods.
- Overall, 45% of young people in the survey say they know where they can get condoms free of charge.



- There is a big difference between boys and girls, with 78% of girls so claiming compared with 62% of boys.

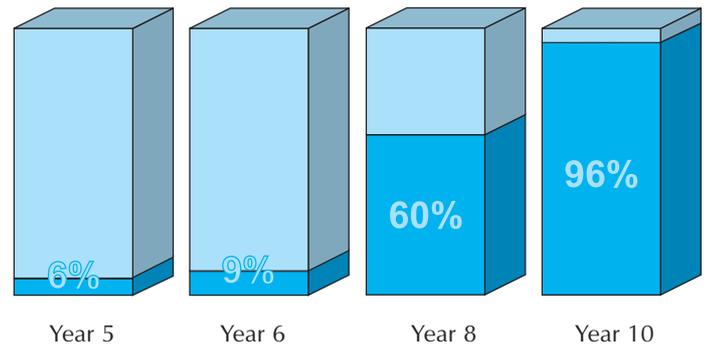
- 27% believe there is a specialist service for young people available locally. Again, there is a big difference between boys and girls, with 57% of girls so claiming, compared with 31% of boys.
- 79% say they will take care not to get infected with a sexually transmitted infection (90% of Year 10 females).

Significant differences between Dudley secondary pupils and the reference sample

- 📌 Parents seem more likely in Dudley to be recognised as the main source of sex education for secondary pupils than they are in the reference sample.

GROWING UP IN DUDLEY

MENSTRUATION



- There is a small but significant proportion of girls who start having periods while they are primary pupils.

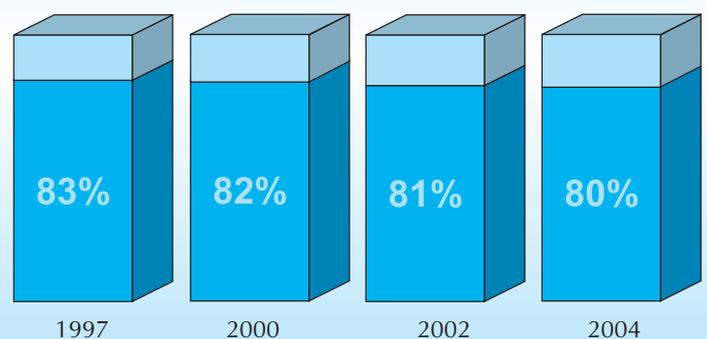
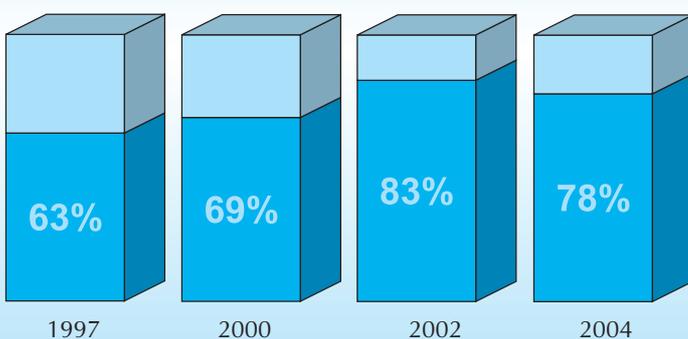
Dudley schools from 1997 to 2004



The HRBQ survey has been undertaken in schools in Dudley on four occasions: 1997, 2000, 2002 and 2004. It has been possible to look at certain questions and analyse the data over the whole period to see if any trends are discernible.

- Dudley secondary pupils' awareness of sources of free condoms has been better in recent surveys: here are figures for Year 10 females.

- Slightly fewer pupils in secondary schools in 2004 would turn to their parents for support about growing up (figures for Year 10 females).

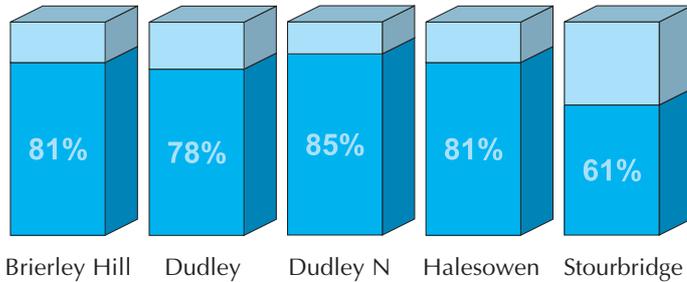


Townships in Dudley

We have compared the results for selected questions for each township in Dudley.

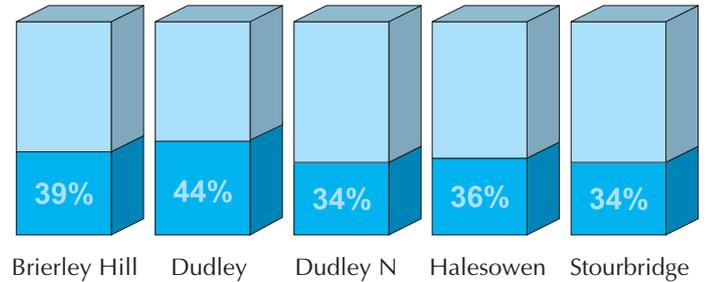
CONTRACEPTION

- There is an anomalous low figure in Stourbridge for the awareness of Year 10 females about a source of free condoms.



SEX EDUCATION

- Year 10 females in Dudley township are most likely to say that parents should be their main source of sex education.



The Way Forward – over to you

These reports have been produced to disseminate the findings of the survey and promote further action and discussion in schools and other organisations.

The results will be shared with and discussed by relevant forums and partnerships who promote the health and well-being of children and young people in Dudley.

We hope you will be able to use these results in your own thinking and discussions with young people.

Acknowledgements

The work was supported by Dudley Directorate for Education and Lifelong Learning, Dudley Beacon and and Dudley South Primary Care Trusts.

We are grateful to the teachers, schools, and young people for their time and contributions to this survey. As a result of their work we have excellent data to be used by all organisations that support the health of young people in Dudley.

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