

Findings from the Health Related Behaviour Survey 2022 Relationships & Sexual Health

Supporting the health of
young people in Wolverhampton



Findings from the Health Related Behaviour Survey 2022 – Relationships and Sexual Health

Wolverhampton schools have been using the Health Related Behaviour Survey every two years since 2006, as a way of collecting robust information about young people's lifestyles.

This latest survey was organised and funded by the City of Wolverhampton Council Public Health Team.

Three separate versions of the survey have been used - Key Stage one, Key Stage two and secondary with age appropriate questions as standard, tailored specifically for the city's needs. Pupils in Years 1, 2, 4, 5 and 6 in the primary phase and Years 8, 9, and 10 in the secondary phase anonymously completed the questionnaire. Some secondary schools and the FE college also took part in a shorter Year 12+ version of the secondary survey.

Navigating the report

This report is one of five that reflect local priorities. Each report is divided in to the following sections:

Headline comparisons

Each report contains headline bullet points, comparing the 2022 data and the same questions for 2018. Due to the COVID-19 pandemic we don't have comparable 2020 data available.

Key: ■ **Positive finding**

■ **Negative finding**

■ **Neutral finding** (where it is subjective as to whether the finding is positive or negative or is little different)

Trends

The survey questions have changed somewhat compared with previous years but where possible, trend charts have been included where they provide useful insight for key priority areas.

Phase differences

A selection of questions used across the surveys to look for age-related differences in responses.

Mapping

The primary school data available has been divided into ward areas by postcode of the pupil.

The maps are colour coded:

Green = **positive findings**

Blue = **neutral findings** (where it is subjective as to whether the finding is positive or negative)

Red = **negative findings**

The darker the colour, the higher the percentage proportions (see key on each map). Sadly there isn't enough secondary school data available for mapping purposes.

Inequalities

A selection of questions for each of the primary and secondary questionnaires has been selected to look for different responses across potential vulnerable groups

Links between behaviours

Cross tabulations have been investigated for some of the key questions in the survey to look for links between behaviours. Each statement is a statistically significant finding, to save space, one from primary and one from secondary have been selected but full lists are available.



Headlines

There appears to be mixed news in the findings for questions in the primary survey for 2022. More Key Stage 2 primary pupils in 2022 report receiving useful information about growing up from school lessons. This is an increasing trend. They are also more likely however to worry about friendships and to worry about growing up and body changes compared with the 2018 survey. Key Stage 3-4 secondary pupils are less likely to know where to get condoms free of charge in 2022 compared with previous years but they are more likely to know when their school nurse is available. In 2022 we included a question on sexual harassment. Groups most likely to report being sexually harassed were female, white, mixed heritage, lesbian, gay, bisexual or transgender pupils.

Key Stage 1 Pupils

- 71% of Key Stage 1 pupils said that they have lots of friends to play with. This is similar to the 72% seen in 2018.
- 38% of Key Stage 1 pupils said they worry 'a lot' about friendships compared with 35% in 2018. 31% of Key Stage 1 pupils said they have been left out by friends in the week before the survey compared with 33% in 2018.
- 17% of Key Stage 1 pupils said that they fall out with their friends a lot. This compared with the 16% seen in 2018.
- 58% of Key Stage 1 pupils said that they spend time at playtimes as a playground buddy. This is higher than the 55% seen in 2018

Key Stage 2 Pupils

- 28% of Year 5 and Year 6 pupils in 2022 said that know how to contact the school nurse. This is higher than the 25% reported in 2018.
- 58% of pupils in 2022 said they have found the information and advice they have been given in school about relationships, growing up and body changes 'useful' or 'very useful'. This is higher than the 53% reported in 2018 and continues an upward trend.
- 44% of Key Stage 2 said that they feel 'worried' about growing up and body changes. This is higher than the 38% seen in 2018.
- 75% of Year 5 and Year 6 pupils said that they have got helpful information about growing up and body changes from their parents. This is lower than the 79% seen in

2018. 39% of Year 6 pupils in 2022 said this of their School Nurse compared with 57% in 2018. 29% of Year 6 pupils in 2022 said this of the Internet compared with 24% in 2018.

- 30% of Key Stage 2 said that they 'struggle to say no' or 'can never say no' when a friend wants them to do something they don't want to do. This is higher than the 26% of pupils in 2018.
- 34% of Key Stage 2 said that they worry at least 'quite a lot' about falling out with friends. This is higher than the 27% of pupils saying this in 2018.
- 28% of girls in Year 5 and 6 said that they have started their periods. This compared with the 10% reported by girls in 2018. 78% of Year 5 and 6 pupils said they know what a period is compared with 71% saying this in 2018.
- 75% of pupils in Year 5 and 6 said that they use social networking sites such as Snapchat, Facebook, Twitter or WhatsApp. This compared with the 64% reported by pupils in 2018.

Secondary pupils

- 22% of Key Stage 3-4 secondary pupils in 2022 were aware that there is a local contraception and sexual health service for young people in Wolverhampton. This is lower than the 35% seen in 2018.
- Key Stage 3-4 secondary pupils in 2022 were less likely to say that they know about chlamydia compared with 2018. 45% said this in 2022 compared with 51% in 2018.
- 29% of Key Stage 3-4 secondary pupils in 2022 said that they would like to be able to

get contraception from the School Nurse. This is lower than the 37% who said this in 2018 and 42% who said this in 2016. The top places Key Stage 3-4 secondary pupils said they would like to be able to get contraception included the GP/doctor (64%) pharmacy (50%) and 'Sexual Health Services e.g. Embrace' (34%).

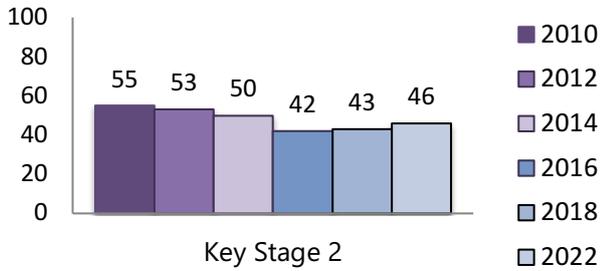
- 35% of Key Stage 3-4 secondary pupils in 2022 said that they know when their School Nurse is available. This is higher than the 27% who said this in 2018.
- 12% of Key Stage 3-4 secondary pupils in 2022 said that they know they can order a free postal chlamydia test online. This is higher than the 10% who said this in 2018.
- 28% of Key Stage 3-4 secondary pupils in 2022 said they know where they can get condoms free of charge. This is lower than the 39% seen in 2018 and the 42% of pupils who said this in 2016. 44% of FE students know where they can get condoms free of charge in 2022.
- 42% of Key Stage 3-4 secondary pupils in 2022 said they know about the contraceptive injection. This is lower than the 47% seen in 2018 and the 53% of pupils who said this in 2016.
- 27% of Key Stage 3-4 secondary pupils in 2022 said they have experienced at least one of the controlling behaviours listed by a current or previous boyfriend/girlfriend. This is the same as was reported in 2018. The most commonly reported behaviour reported by Key Stage 3-4 pupils were being 'angry or jealous when I wanted to spend time with friends' (18%), 'used hurtful or threatening language to me' (13%) and 'kept checking my phone' (13%).

- 44% of Key Stage 3-4 pupils said they have received helpful information from parents/carers about sexual health and relationships. The next top answers were Relationships and Sex Education (RSE) lessons 41% and from friends (34%).
- 5% of Year 8 and 12% of Year 10 pupils in 2022 said that they know they can get Emergency Hormonal Contraception (EHC) for free. 28% of Year 12+ students said the same.
- 9% of Year 10 pupils in 2022 said that they have had sex. 39% of Year 12+ students said the same.
- 11% of Year 10 pupils in 2022 said that in school they have experienced sexualised comments/banter offline, (18% said this happened outside school).
- 6% of Year 10 pupils in 2022 said that in school they have experienced someone showing them sexual images they didn't want to see, (16% said this happened outside school).

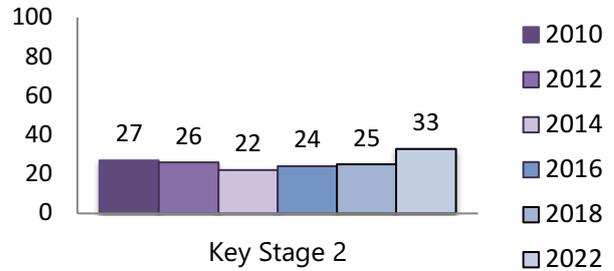
Trends

- There is a clear downward trend for Key Stage 3-4 secondary aged pupils who know where to get condoms free of charge. 71% of Year 10 pupils said this in 2010 and 45% said the same in 2022.

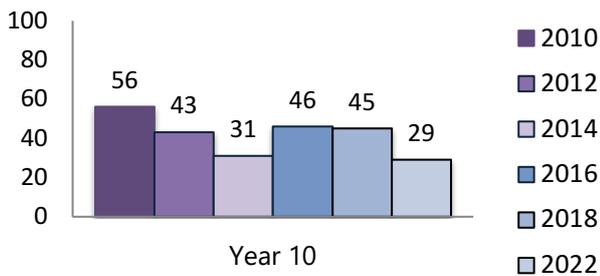
Primary Trends – know enough about body changes and growing up



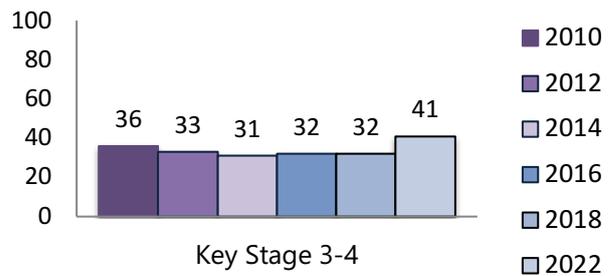
Primary Trends – worrying about the way you look



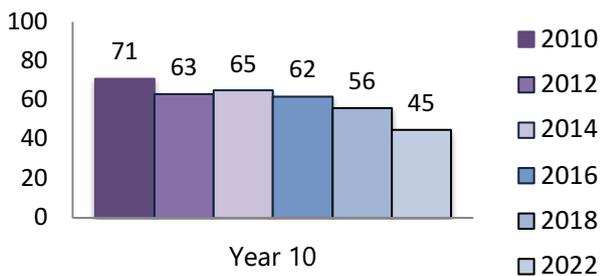
Secondary Trends – know about local services for contraception and sexual health



Secondary Trends – worrying about the way you look (or body image added in 2022)

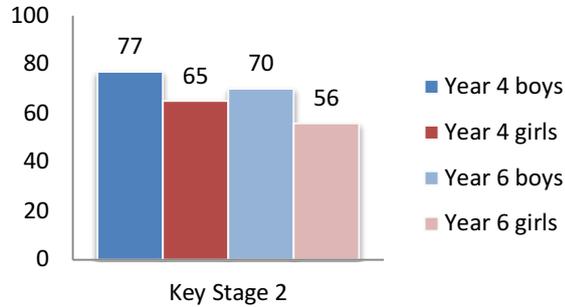


Secondary Trends – know where to get free condoms

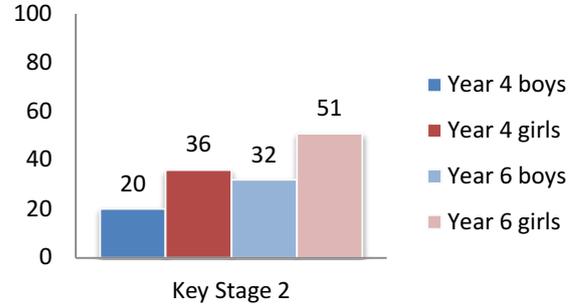


Phase differences

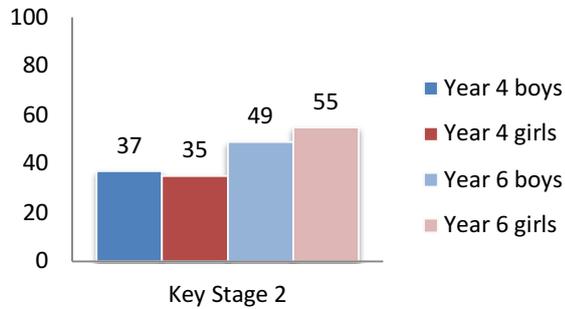
Primary – feel happy about growing up and body changes



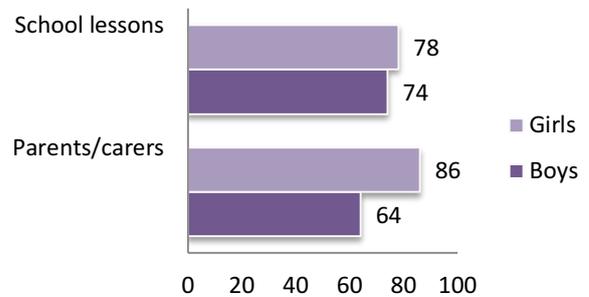
Primary – feel embarrassed about growing up and body changes



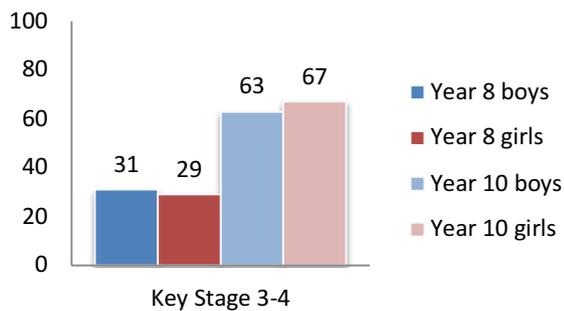
Primary – know enough about body changes



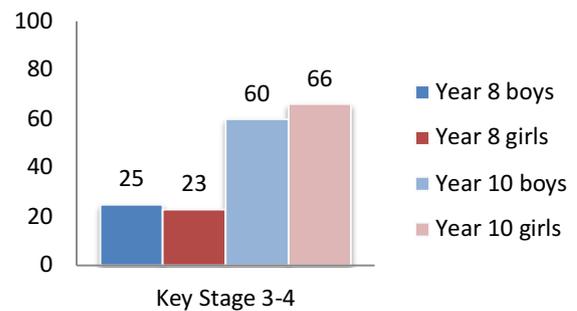
Primary Year 6 – had helpful information about puberty from



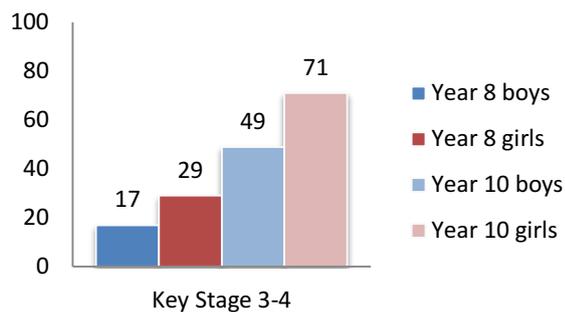
Secondary – say they know about Chlamydia



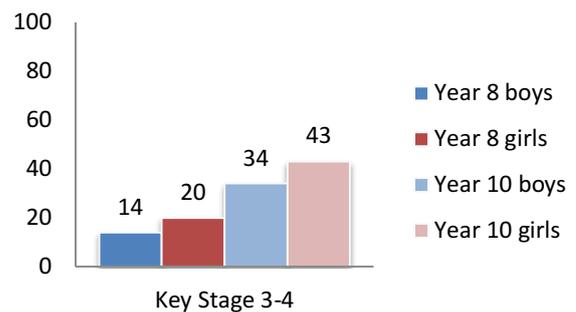
Secondary – say they know about Gonorrhoea



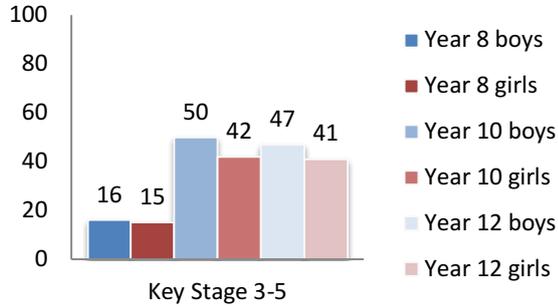
Secondary – say they know about the contraceptive implant



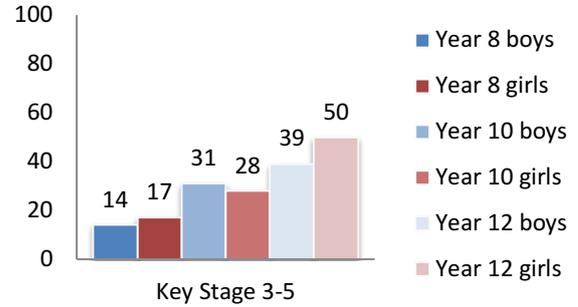
Secondary – say they know about Emergency Hormonal Contraception



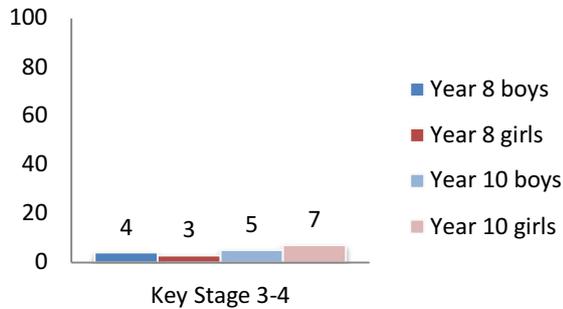
Secondary – say they know where to get condoms free of charge



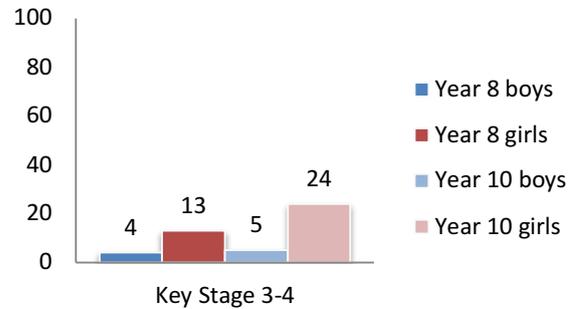
Secondary and FE – aware of local sexual health services



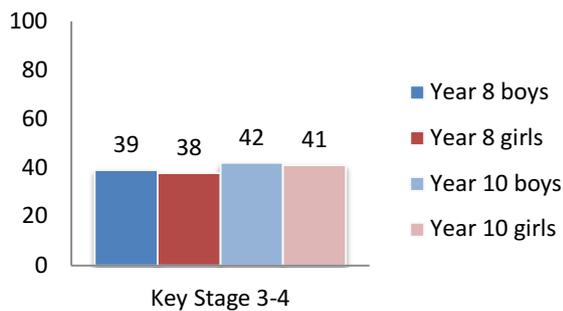
Secondary – seeing unwanted sexual images (in school)



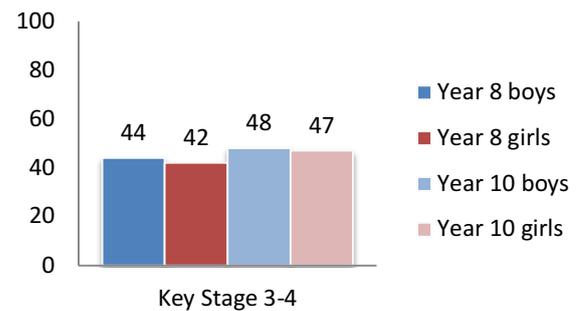
Secondary – seeing unwanted sexual images (outside school)



Secondary – say RSE Lessons were 'quite' or 'very useful'

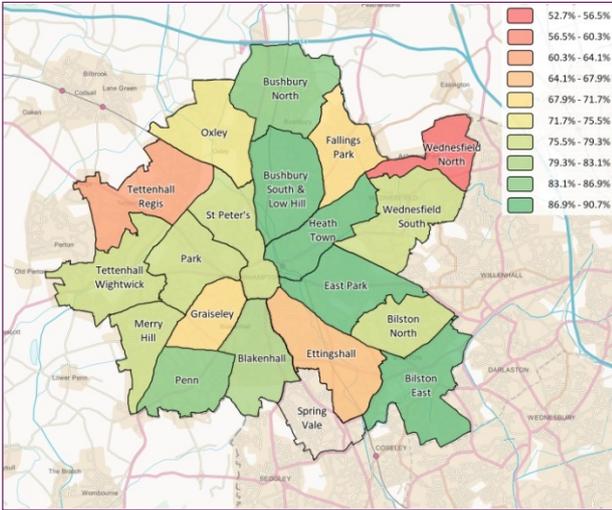


Secondary – say lessons on consent were 'quite' or 'very useful'

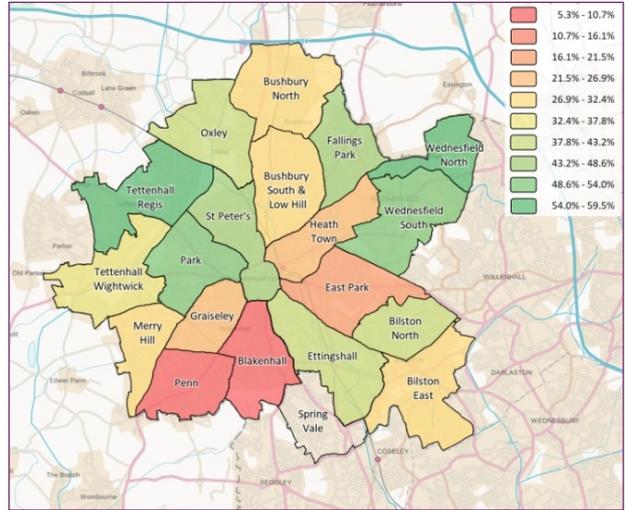


Mapping - ward level mapping is only available for Key Stage 2

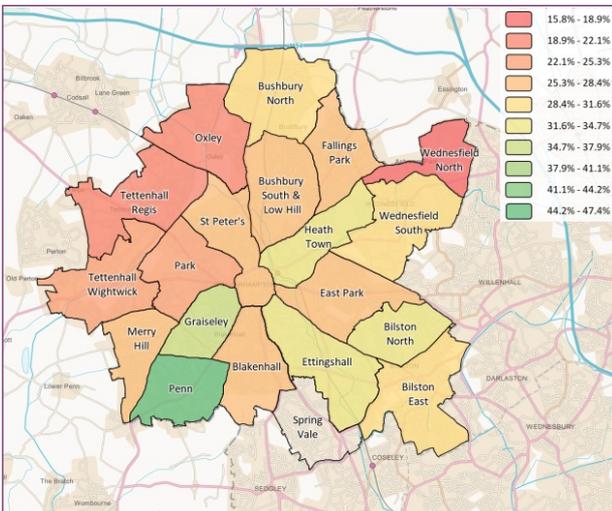
Year 6 pupils - have had helpful information about puberty from teachers



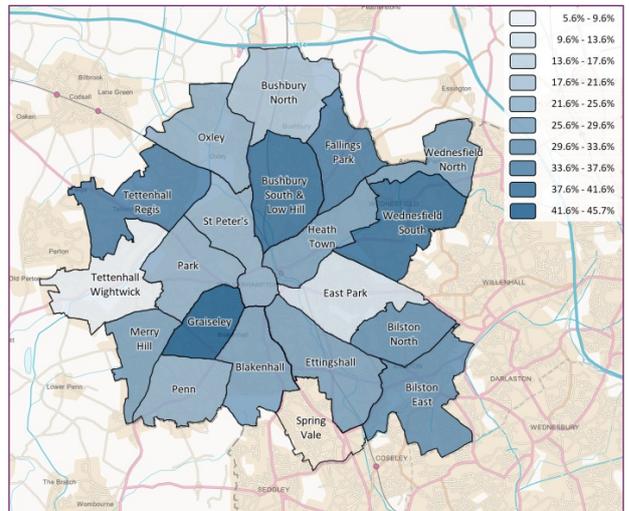
Year 6 pupils - have had helpful information about puberty from visitors in lessons



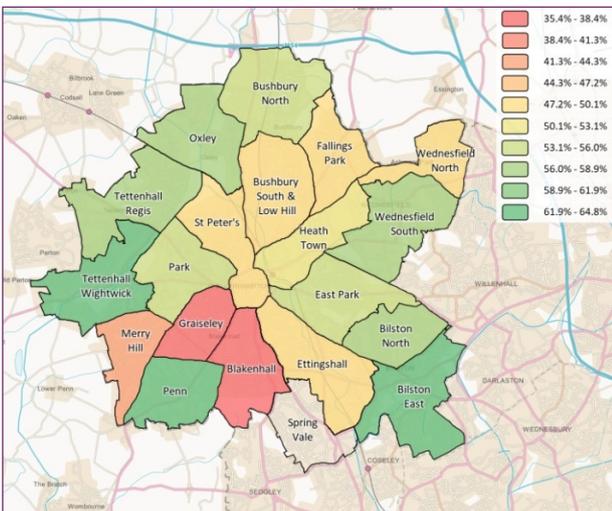
Year 6 pupils - know how to contact the school nurse



Year 6 girls - have started their periods.

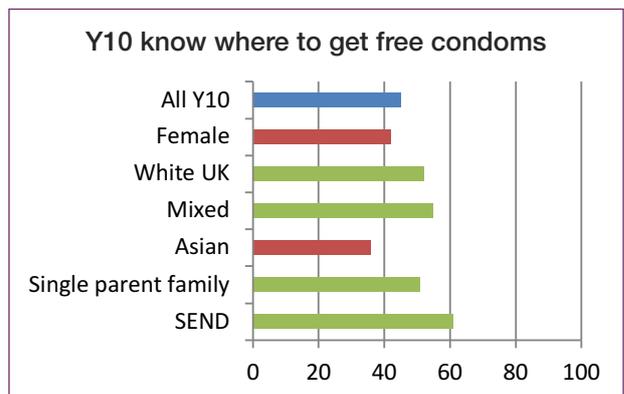
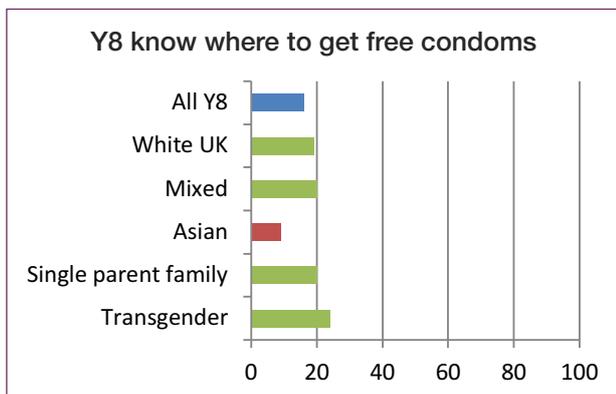
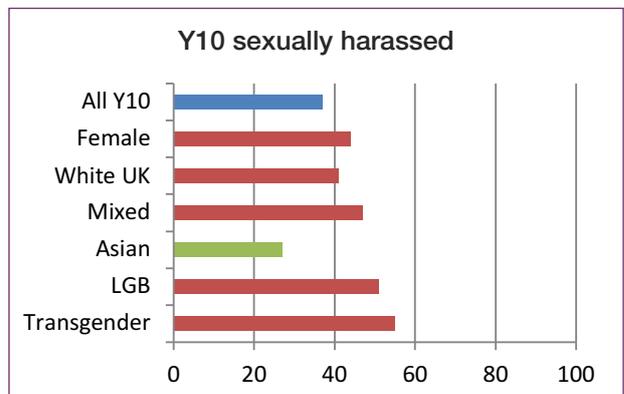
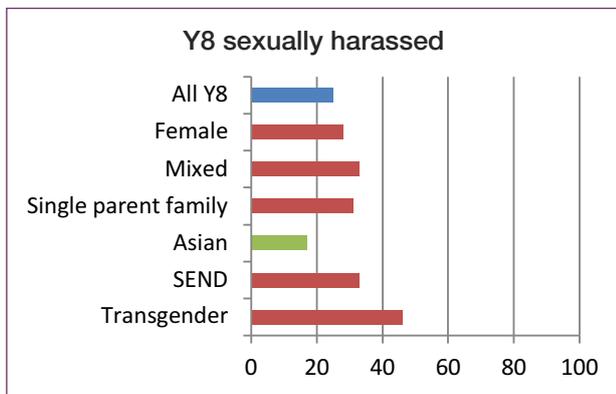
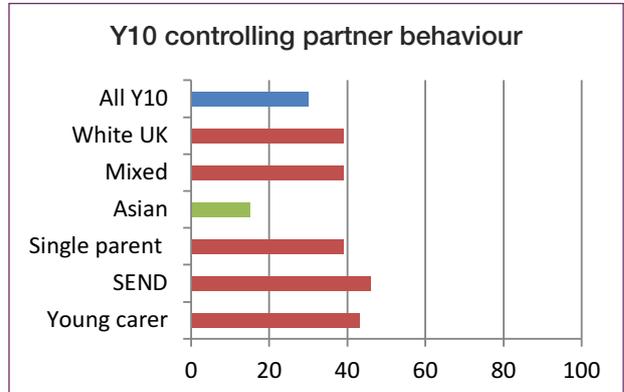
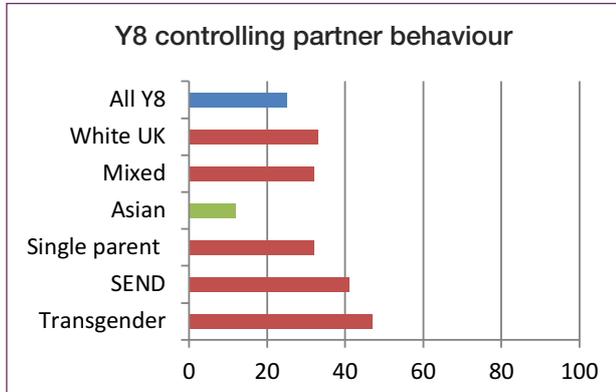


Year 6 pupils - know enough about how their body changes as they get older



Inequalities

A selection of questions for each of the primary and secondary questionnaires has been selected to look for statistically significant differences across potentially vulnerable groups:



Links between behaviours

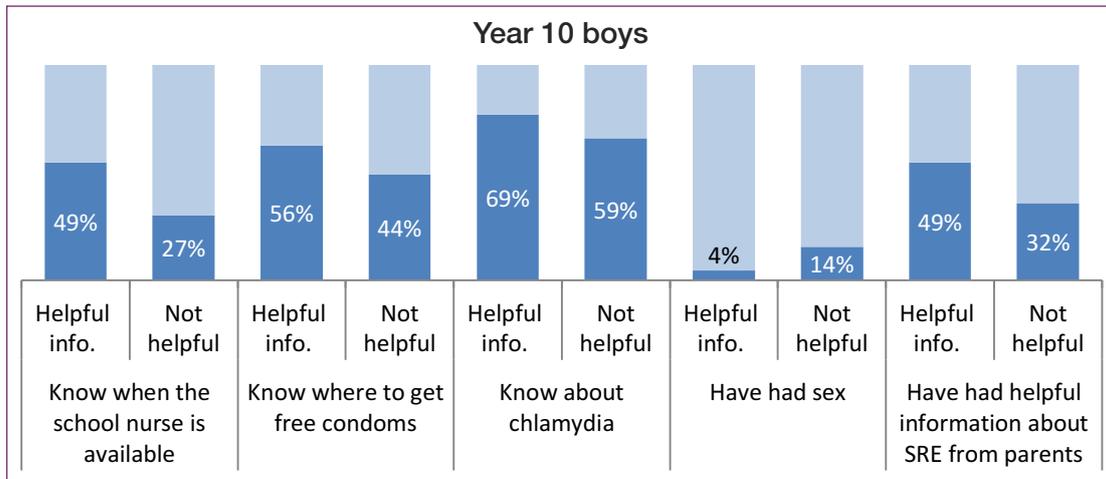
§ When compared with Year 10 boys who said they haven't received helpful information from RSE lessons, Year 10 boys who said that **they have received helpful information from RSE lessons** are:

Significantly more likely to:

- Know when the school nurse is available
- Know about Chlamydia
- Know where to get condoms free of charge
- Have had helpful information about SRE from parents/carers

Significantly less likely to:

- Have had sex



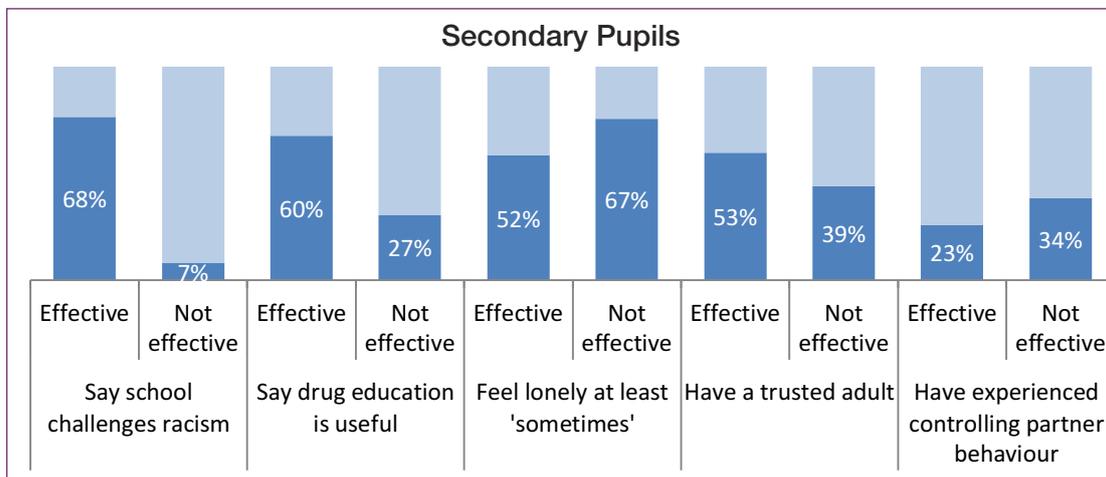
§ When compared with secondary pupils who say their school deals effectively with homophobic bullying, secondary pupils who say **school doesn't deal with homophobic bullying effectively** are:

Significantly more likely to:

- Feel lonely at least sometimes
- Have experienced controlling partner behaviour

Significantly less likely to:

- Say school challenges racism and racist behaviour
- Have a trusted adult
- Say drug education is useful



Inequalities

The table below shows percentages for selected criteria for the whole year group sample and selected sub-samples of young people who may be vulnerable.

The table shows significance testing; the tests were performed using actual numbers of respondents for each criterion, not the overall sample size shown.

No correction has been attempted for multiple comparisons, so we could expect 1 in 20 cells to show an apparently significant difference by chance alone. However, in the full table there are 96 cells, 34 of which show a significant result, 18 at $p < 0.01$; this greatly exceeds expectations.

Significant differences are shown in green if desirable, orange if undesirable

99	99	$p < 0.05$	Green = Higher on a positive criterion or lower on a negative one
99	99	$p < 0.01$	Orange = Lower on a positive criterion or higher on a negative one

YEAR 8	All	Female	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	Single-parent family	Special Ed Needs	Young carer	Transgender
Clinically significant [emotional] difficulties	19	27	22	12	17	19	14	18	24	38	30	44
Clinically significant [behavioural] difficulties	15	17	18	16	19	19	8	16	21	30	22	40
Know where to get free condoms	16	15	19	16	20	14	9	13	20	20	16	24
Any aggressive/coercive behaviour in a relationship	25	21	33	29	32	22	12	9	32	41	34	47
Happy with life	41	32	41	40	38	34	45	53	30	22	31	26
Any sexual harassment last 6 months	25	28	25	27	33	28	17	33	31	33	30	46

YEAR 10	All	Female	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	Single-parent family	Special Ed Needs	Young carer	LGB	Transgender	LGBT (including non-binary)*
Clinically significant [emotional] difficulties	21	29	25	18	18	16	19	15	20	38	28	43	43	43
Clinically significant [behavioural] difficulties	12	13	14	11	18	11	8	10	15	26	20	22	19	17
Know where to get free condoms	45	42	52	38	55	48	36	27	51	61	49	50	51	48
Any aggressive/coercive behaviour in a relationship	30	26	39	43	39	28	15	32	39	46	43	46	34	42
Happy with life	31	22	31	36	24	23	36	27	27	27	30	10	13	11
Any sexual harassment last 6 months	37	44	41	38	47	43	27	16	42	39	39	51	55	51

The 2022 Sample

Teachers were briefed on how to collect the most reliable data by Schools Health Education Unit staff.

The facility was offered to all schools to complete the survey online, using a customised website. Where technical issues made this impossible, a paper-based alternative was provided.

The HRBS 2022 was completed by a total of 7959 pupils in 23 primary (KS1) settings, 39 primary (KS2) settings, 14 secondary settings, the FE college and 2 special schools.

Each of the schools has its own report comparing their results to the combined sample for schools and pupils in their age phase.

7959 young people were involved in the survey:

School Year	Year 2	Year 4	Year 5	Year 6	Year 8	Year 10	Year 12+	Total
Boys	479	702	169	801	769	579	132	3631
Girls	505	714	168	827	774	616	286	3890
Total	989	1465	341	1694	1622	1270	452	7959*

* 312 young people didn't select male or female, 49 Year 9 and 11 students also took part. 77 students took part in a bespoke special school survey so their results are reported elsewhere.

For more information contact **SHEU** on **01392 66 72 72** or visit **www.sheu.org.uk**

The Way Forward - over to you

It has been four years since the survey was last conducted, in 2018. The 2020 survey was cancelled as a result of school closures due to the Covid-19 pandemic. You will see in the reports that during this time some behaviours and attitudes reported by children and young people have changed. However, it is impossible to state which are directly related to the impact of Covid-19 and which are because of factors that would have occurred in any event.

What we do know is that during the pandemic, young people had their attendance at school severely disrupted and many have had far less opportunity to access PSHE education and support services such as School Nursing and school pastoral teams. School closures and lockdown restrictions would also have impacted

upon children and young people's ability to socialise, access nutritious meals, enjoy leisure time, and participate in physical activities.

To understand and interpret the results of the survey that are presented within this report, we would encourage professionals and interested parties to view the information in the context of Covid-19 and the additional knowledge you hold in relation to the disruption to local provision.

Please use the reports as a basis for discussion and to develop local strategies, plans and support services, to ensure that as we recover the impact on the health and wellbeing of children and young people in Wolverhampton is maximised.

For further information about the survey please contact:

City of Wolverhampton Council Public Health and Wellbeing team

Email: **Howard.Jobber@wolverhampton.gov.uk** | *Tel:* **01902 555 928**

You can get this information in large print, braille, audio
or in another language by calling 01902 551155

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