

Growing up in Hillingdon

A summary of the Health Related Behaviour Survey 2024

This report presents a summary of the results of the health-related behaviour survey carried out during the academic year 2023-2024. 23 primary schools and 5 secondary schools in the Borough took part in the survey and a total of 3722 pupils completed questionnaires anonymously.

Completed questionnaires were analysed by the Schools Health Education Unit (SHEU) based in Exeter. SHEU had been commissioned by Hillingdon Council to co-ordinate this work as a way of collecting robust information about young people in Hillingdon and their lifestyles.

The results contained in this report therefore provide a snapshot of what life is like for young people in Hillingdon.

In addition to this Borough-wide summary report, a longer and more detailed report has been produced. This report provides more analysis of the survey responses, including a breakdown by gender and year group, and can be used to investigate specific issues in more detail.

Finally, each of the providers of education has received a bespoke report that contains detailed results for their specific institution.

Over 2500* young people aged 8-15 were involved in the survey:

School Year	Year 4	Year 6	Year 8	Year 10	All
Age	8-9y	10-11y	12-13y	14-15y	
Male	369	316	117	132	934
Female	371	342	98	121	932
Total**	758	674	219	260	1911

* This total includes pupils from other year groups which were too small to report from

** Pupils who didn't give a gender as male or female are not shown on this table but are included in the results.

*



SHEU is an independent research unit specialising in health related questionnaire surveys of children and young people for Local Authorities, Public Health Teams, voluntary agencies, charities, schools and colleges and other partnerships. The Unit is also able to undertake consultation, monitoring and evaluation and bespoke research projects.

For more details please contact the Schools Health Education Unit
Tel. 01392 667272. www.sheu.org.uk

TOPICS INCLUDE:

Background

Healthy Eating

Drugs, Alcohol and Tobacco

Physical Activity

Sex and Relationships

Safety

Enjoying and Achieving

Leisure and Money

Emotional Health and Wellbeing – see separate report



HILLINGDON
LONDON

Results from primary pupils in Years 4 & 6 (aged 8-11 years)

Food and Diet

- 72% of pupils said they have found school lessons about healthy eating 'quite' or 'very' useful, while 5% have found them 'not at all' useful and 7% couldn't remember any.

BREAKFAST

- 5% of pupils responded that they didn't eat or drink anything before lessons on the morning of the survey, while 80% said they had something at home.
- 30% of pupils responded that they had toast, bread, bagels etc. for breakfast on the day of the survey, while 11% had fruit.

LUNCH

- 69% of pupils said they had a school meal for lunch on the day before the survey.
- 22% of pupils said they ate a packed lunch on the day before the survey.
- 4% of pupils said they didn't have any lunch on the day before the survey.

FOOD BANKS

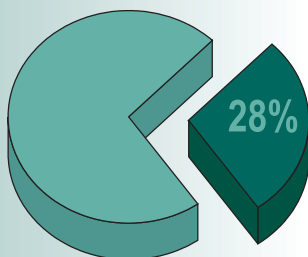
- 7% of pupils said their family had to use a food bank at least 'a few times' in the last 12 months because there wasn't enough money to pay for food; 2% said they had to at least 'once a week'.

TAKE-AWAY

- 63% of pupils said they and their family get a take-away/delivered meal at least 'once or twice a week'; 3% said they do at least 'five or six times a week'.

FOOD

- 9% of pupils said they didn't eat any portions of fruit or vegetables on the day before the survey.
- 28% of pupils said they ate at least 5 portions of fruit and vegetables on the day before the survey.**



AT SCHOOL

- 28% of boys and 31% of girls said they have cooked or prepared food at school during lesson time in the last 12 months.
- 6% of boys and 6% of girls said they have cooked or prepared food at school in an after-school club in the last 12 months.
- 51% of pupils said they have found school lessons about cooking skills 'quite' or 'very' useful, while 10% have found them 'not at all' useful and 19% couldn't remember any.
- 83% of pupils said they are able to get water at school during class time; 14% said 'not easily'.
- 73% of pupils said they are able to get water at school during break time; 16% said 'not easily'.
- 95% of pupils said they are able to get water at school during lesson time or during breaktime.

Smoking, Alcohol & Drugs

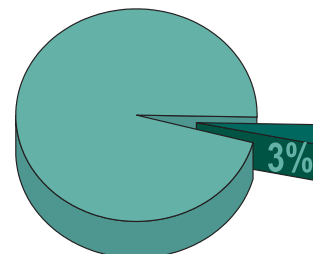
- 49% of pupils said they have found school lessons about alcohol/drugs/smoking/vaping education 'quite' or 'very' useful, while 24% have found them 'not at all' useful and 17% couldn't remember any.

SMOKING

- 1% of Year 6 pupils responded that they have at least tried smoking.

VAPING

- 3% of Year 6 pupils said they have at least tried e-cigarettes/vaping.**



PASSIVE SMOKING

- 18% of pupils said their parents/carers smoke cigarettes.
- 17% of pupils said their parents/carers smoke e-cigarettes (vaping).
- 4% of pupils said their parents/carers smoke shisha.
- 73% of pupils said no-one ever smokes cigarettes at home.
- 22% of pupils said smoking happens outside or on the doorstep only at their home.
- 2% of pupils said smoking happens only in certain rooms in their home.
- 2% of pupils said smokers can smoke anywhere in their home.
- 88% of pupils think 'both smoking and vaping are seriously risky'.
- 6% of pupils think 'only smoking is seriously risky'.
- 1% of pupils think 'only vaping is seriously risky'.
- 5% of pupils think 'neither [smoking or vaping] are seriously risky'.

ALCOHOL

- 2% of Year 6 pupils said they had an alcoholic drink in the 7 days before the survey (not just a sip).

DRUGS

- 9% of Year 6 pupils said they are 'fairly sure' or 'certain' they know somebody who uses drugs (not alcohol, tobacco or medicines).
- 1% of Year 6 pupils said they have been offered drugs (not alcohol, tobacco or medicine).

Background

ETHNICITY

- 20% of pupils responded that they are White British.

SPECIAL NEEDS

- 17% of pupils responded that they have a long-standing illness, disability or special needs, while 17% said they 'don't know' if they have.

YOUNG CARERS

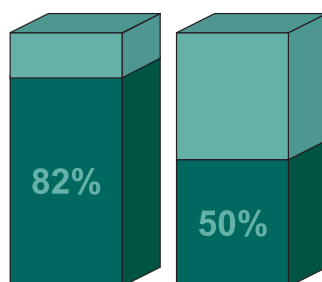
- 20% of pupils said they care for someone at home on a regular basis who is unable to care for themselves, while 16% said they 'don't know' if they do.

Physical Activity and Leisure

- 74% of pupils said they have found school lessons about physical activity 'quite' or 'very' useful, while 4% have found them 'not at all' useful and 8% couldn't remember any.

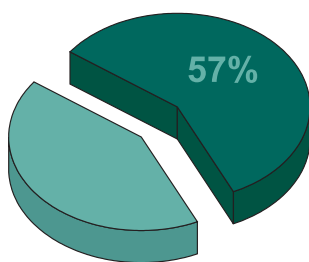
LEISURE TIME

- 82% of boys and 50% of girls said they spent time playing computer games after school on the day before the survey.
- 35% said they spent more than an hour playing sport/dancing or doing other physical activity after school on the day before the survey.



EXERCISE

- 4% of pupils responded that they weren't physically active in school for at least 30 minutes on any day in the last week.
- 51% of pupils responded that they were physically active in school for at least 30 minutes on 3 or more days in the 7 days before the survey.
- 15% of pupils responded that they weren't physically active out of school for at least 30 minutes on any day in the last week.
- 57% of pupils responded that they were physically active out of school for at least 30 minutes on 3 or more days in the 7 days before the survey.



ENJOYING PHYSICAL ACTIVITIES

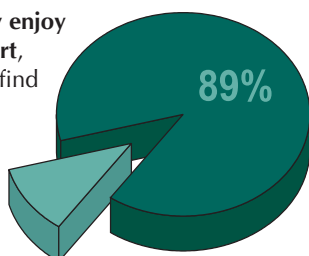
- 3% of boys and 3% of girls responded that they don't enjoy physical activities 'at all'.
- 84% of boys and 79% of girls responded that they enjoy physical activities 'quite a lot' or 'a lot'.

FREE TIME

- 67% of pupils said they have been to parks or open spaces in their free time outside of school in the last 4 weeks.
- 13% of pupils responded that they are too busy doing other things to take part in sports or activities.
- 67% of pupils responded that nothing stops them taking part in sports or activities, while 3% of boys and 5% of girls said they don't like group activities.

ATTITUDES TO EXERCISE AND SPORT

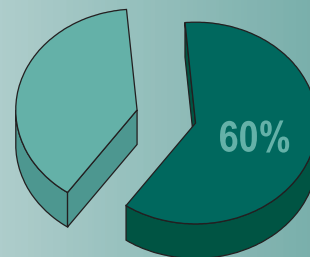
- 89% of pupils agreed that they enjoy taking part in exercise and sport, while 17% disagreed that they find exercise and sport easy.



Growing Up

PUBERTY AND BODY CHANGES

- 56% of pupils said they have found school lessons about puberty and growing up 'quite' or 'very' useful, while 7% have found them 'not at all' useful and 19% couldn't remember any.
- 60% of pupils responded that their parents/carers have talked with them about puberty and growing up, while 28% of Year 4 pupils and 74% of Year 6 pupils said their teachers have talked with them in lessons and 17% said their friends have.
- 29% of Year 4 pupils and 49% of Year 6 pupils of pupils responded that they feel they know enough about puberty and growing up, while 20% of Year 4 pupils and 8% of Year 6 pupils feel they don't know enough.

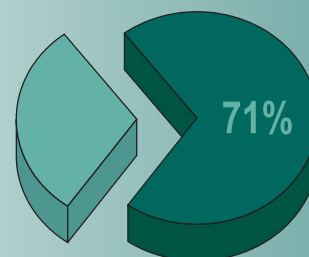


MOVING TO HIGH SCHOOL

- 22% of pupils said they are 'not at all worried' about moving to High School, while 35% said they are 'a little worried'.
- 39% of pupils said they are 'quite' or 'very' worried about moving to High School.

Being Online

- 71% of pupils said they have found school lessons about online safety 'quite' or 'very' useful, while 7% have found them 'not at all' useful and 7% couldn't remember any.
- 60% of pupils said they have their own smart phone with internet access.
- 16% of pupils said they have their own smartphone with internet access and there are no parental controls. This works out as 16%.X-1 of the 772 pupils with internet access on their own smartphone.
- 27% of pupils said they have their own smartphone with internet access and at least some sites are blocked. This works out as 27%.X-1 of the 772 pupils with internet access on their own smartphone.
- 87% of pupils said they play videos games online (on a computer/console/tablet/phone etc.).
- 61% of boys and 17% of girls said they play fighting/shooting games online.
- 59% of pupils said they play video games online and their parents know all of the games they play. This works out as 67% of the 1122 pupils who play video games online.
- 2% of pupils said they play video games online and their parents don't know any of the games they play. This works out as 2%.X-1 of the 1122 pupils who play video games online.
- 30% of boys and 15% of girls said they spent at least two hours playing video games on the day before the survey.



Health and Safety

DENTAL HEALTH

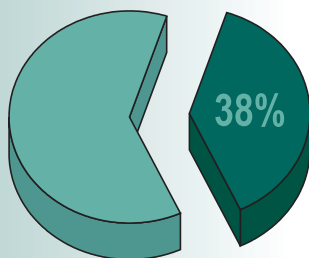
- ❑ 2% of pupils responded that they didn't clean their teeth at all on the day before the survey.
- ❑ 78% of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 36% of pupils responded that they have either 'never' been to the dentist or 'can't remember' when they last went.
- ❑ 50% of pupils responded that they have been to the dentist in the last 6 months; 59% said they have been in the last year.

SLEEPING

- ❑ 4% of pupils said they got less than 4 hours' sleep the night before the survey.
- ❑ 62% of pupils said they got more than 8 hours' sleep the night before the survey.
- ❑ 77% of pupils said the amount of sleep they got last night was normal for a school night, while 10% said it's more than they usually get.

FEELING SAFE

- ❑ 65% of pupils said they have found school lessons about safety and crime 'quite' or 'very' useful, while 9% have found them 'not at all' useful and 13% couldn't remember any.
- ❑ **38% of pupils said they feel 'quite' or 'very' unsafe going out after dark and 21% said they feel unsafe on public transport.**
- ❑ 24% of pupils said they feel 'quite' or 'very' safe at school.

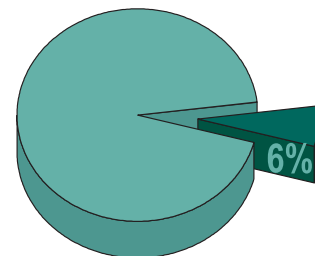


PEER PRESSURE

- ❑ 72% of pupils said they have found school lessons about good friendships 'quite' or 'very' useful, while 6% have found them 'not at all' useful and 7% couldn't remember any.
- ❑ 53% of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.
- ❑ 17% of pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.
- ❑ 46% of pupils responded that they 'usually or always' know what to say when they want a friend to do something.
- ❑ 17% of pupils responded that they 'hardly ever' or 'never' know what to say when they want a friend to do something.

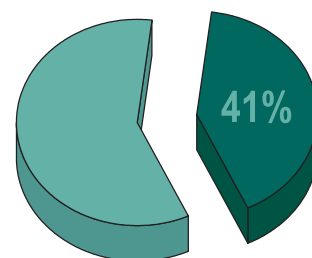
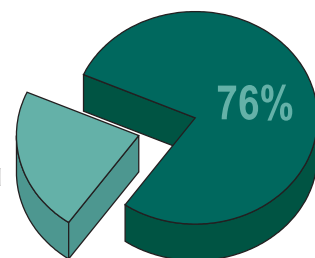
BULLYING

- ❑ 53% of pupils said they have found school lessons about bullying 'quite' or 'very' useful, while 21% have found them 'not at all' useful and 13% couldn't remember any.
- ❑ 24% of boys and 37% of girls responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- ❑ **6% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.**
- ❑ 24% of pupils said they have been bullied at or near school in the last 12 months, while 15% said they 'don't know' if they have been.



Bullying Experiences

- ❑ **76% of pupils responded that they experienced one or more of the negative behaviours listed at least a 'few times' in the month before the survey,** while 32% said they experienced them 'often' or 'every day'.
- ❑ 49% of pupils responded that they were teased/made fun of in the month before the survey; 43% said they have been called nasty names.
- ❑ 51% of pupils said they haven't been bullied.
- ❑ 59% of pupils who have been bullied responded that they have been bullied and told their parent/carer about it; 49% said they told a teacher or other adult in school. 18% said they kept it to themselves.
- ❑ 22% of pupils responded that the bullying problem got better after telling someone, while 2% said it got worse.
- ❑ This works out as 60% of those pupils who have told someone responding that the bullying problem got better after doing so; 6% of these pupils said it got worse.
- ❑ 15% of pupils responded that face-to-face bullying is not a problem in their school.
- ❑ 5% of pupils responded that their school deals with face-to-face bullying 'badly', while 12% said it deals with it 'not very well' and 28% don't know how well face-to-face bullying is dealt with.
- ❑ **41% of pupils responded that their school deals with face-to-face bullying 'quite' or 'very' well.**
- ❑ 19% of pupils responded that cyber bullying is not a problem in their school.
- ❑ 3% of pupils responded that their school deals with cyber bullying 'badly', while 6% said it deals with it 'not very well' and 39% don't know how well face-to-face bullying is dealt with.
- ❑ 33% of pupils responded that their school deals with cyber bullying 'quite' or 'very' well.



Results from secondary pupils in Years 8 & 10 (aged 12-15 years)

Healthy Eating

SCHOOL MEALS

- 17% of pupils responded that they get free school meals or vouchers for free meals, while 6% said they are 'not sure' if they do.

LUNCH

- 42% of pupils responded that they had a school meal for lunch on the day before the survey.
- 9% of pupils responded that they didn't have any lunch on the day before the survey.

COOKING AT HOME

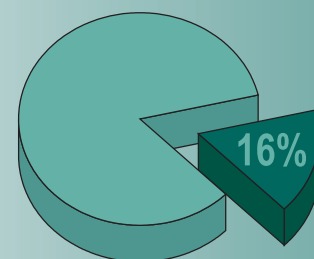
- 42% of pupils said they have cooked on their own at home at least once in the last month; 22% said they have cooked on their own at least once every week.

FOOD AVAILABILITY

- 4% of pupils said their household has, at most, only 'sometimes' been able to get enough food for everyone in the last 12 months.
- 86% of pupils said their household has been able to get enough food for everyone 'every day/almost every day' in the last 12 months.
- 10% of pupils said their household has used 'food banks' or similar sources of free or subsidised food in the last 12 months; 1% said their household has done so 'more than once a week'.
- 6% of pupils said it is harder to feed everyone in their household properly during the holidays, while 17% said they are 'not sure' if it is.

FIVE-A-DAY

- 16% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.
- 13% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- 39% of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 13% have found them 'not at all' useful and 14% couldn't remember any.



BREAKFAST

- 18% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey, while 5% said they had a cooked breakfast.
- 22% of pupils responded that they had toast or bread before lessons on the day of the survey, while 10% had fruit.

FREE EVENING MEAL

- 75% of pupils responded that they had a home-made meal on the evening before the survey.

DRINKS AND SNACKS

- 18% of pupils said they had at least one energy drink on the day before the survey; 2% said they had 3 or more.
- 52% of pupils said they had at least one (non-energy) fizzy drink on the day before the survey; 6% said they had 3 or more.
- 86% of pupils said they had at least one snack on the day before the survey; 30% said they had 3 or more.

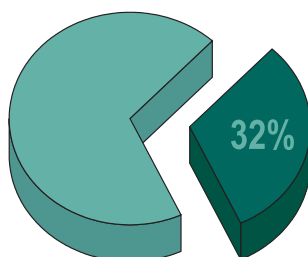
Physical Activity

LEISURE TIME

- 55% of boys and 25% of girls said they spent more than an hour playing computer games after school the previous day and 39% of boys and 68% of girls spent more than an hour on social media.

PHYSICAL ACTIVITY

- 11% of pupils said they are not physically active most weeks and are 'inactive'.
- 32% of pupils said they do loads of physical activity most weeks and are 'definitely active'.



EXERCISE

- 8% of pupils responded that they weren't physically active in school for at least 30 minutes on any day in the last week.
- 41% of pupils responded that they were physically active for 30 minutes or more on at least three days in school in the week before the survey; 28% said they were active on five days.
- 15% of pupils responded that they weren't physically active out of school for 30 minutes or more on any day in the week before the survey.
- 64% of pupils responded that they were physically active for 30 minutes or more on at least three days out of school in the week before the survey; 44% said they were active on at least five days.
- 24% of pupils responded that they don't have enough time to do as much sport or exercise as they would like, while 14% said they are shy in front of other people/worried about being seen. 40% said nothing stops them.
- 34% of pupils said they are likely to take part in sport/exercise/physical activity as part of a journey, while 28% said they are likely to at a club and 5% said they are not likely to exercise anywhere.

Smoking, alcohol and drugs

SMOKING, VAPING, & SHISHA

- ❑ 28% of pupils responded that a parent/carer/other adult at home uses cigarettes, e-cigarettes/vapes, or shisha on most days and 16% said a friend does.
- ❑ 38% of pupils responded that a parent/carer/other adult at home, friend or sibling uses cigarettes, e-cigarettes/vapes, or shisha on most days.
- ❑ 20% of pupils said a parent/carer or other adult at home uses cigarettes on most days; 3% said a friend does.
- ❑ 13% of pupils said a parent/carer or other adult at home uses e-cigarettes/vaping on most days; 14% said a friend does.
- ❑ 2% of pupils said a parent/carer or other adult at home uses shisha on most days; 2% said a friend does.
- ❑ 75% of pupils said no one ever smokes cigarettes at home, while 21% said smoking happens either outside or on the doorstep only.
- ❑ 4% of pupils said someone smokes cigarettes inside at home; 2% said smokers can smoke anywhere.
- ❑ 3% of pupils responded that they have tried vaping and smoking, while 12% said they have tried at least one.
- ❑ 3% of pupils said they have smoked in the past or smoke now.
- ❑ 1% of pupils responded that they smoke 'regularly'.
- ❑ 11% of pupils responded that they have at least tried vaping, while 1% said they vape 'regularly'.
- ❑ Of the 14 pupils who have tried vaping and smoking, 48% said they started vaping first (either nicotine product or cannabis), while 17% said they started smoking tobacco or cannabis first.
- ❑ 0% of pupils responded that they started vaping to help them give up smoking.
- ❑ Of the 49 pupils who have vaped, 14% said they started vaping to help them give up smoking.
- ❑ 81% of pupils said vaping and smoking are both too risky to bother trying.

ALCOHOL

- ❑ 13% of pupils responded that they have had an alcoholic drink in the 7 days before the survey.
- ❑ 1% of pupils responded that someone else bought alcoholic drink for them with their money in the 7 days before the survey, while 9% said they were given it.
- ❑ 6% of pupils drank alcohol in the past 4 weeks and said their parents/carers 'always' know when they drink it.
- ❑ Of the 42 pupils who drank alcohol in the past 4 weeks, 61% said their parents/carers 'always' know when they do.
- ❑ 1% of pupils drank alcohol in the past 4 weeks and said their parents/carers 'never' or only 'sometimes' know when they drink it.
- ❑ Of the pupils who drank alcohol in the past 4 weeks, 14% said their parents/carers 'never' or only 'sometimes' know when they do.

DRUGS

- ❑ 7% of pupils said they have been offered cannabis resin, leaf or oil and 3% said they have been offered other drugs to get high.
- ❑ 3% of pupils responded that they have taken drugs to get high or chill.
- ❑ 1% of pupils responded that they have taken at least one of the drugs listed during the last month.
- ❑ 8% of pupils said there is a special drug and alcohol service for young people available locally; 56% said they are 'not sure' if there is.
- ❑ 39% of pupils responded that they have found school lessons on drug education (including alcohol and tobacco) 'quite' or 'very' useful, while 13% found them 'not at all' useful and 14% couldn't remember any.

Enjoying and Achieving

SCHOOL

- ❑ 55% of pupils responded that they worry about school-work/exams/tests 'quite a lot' or 'a lot'.
- ❑ 20% of pupils said they have found school lessons about managing bereavement and change 'quite' or 'very' useful.
- ❑ 23% of pupils responded that they have found school lessons about managing money 'not at all' useful.
- ❑ 53% of pupils said they enjoy at least 'about half' of their lessons at school; 7% said they enjoy 'all of them'.
- ❑ 22% of pupils said they enjoy 'hardly any' of their lessons at school.

EVERY CHILD MATTERS

- ❑ 39% of pupils said the school prepares them for when they leave their school.
- ❑ 60% of pupils responded that their work is marked so they can see how to improve it and 47% of pupils said there is someone in school who can help them if they are finding work hard.
- ❑ 38% of pupils disagreed that the school cares whether they are happy or not and 33% disagreed that the school teaches them how to deal with their feelings positively.

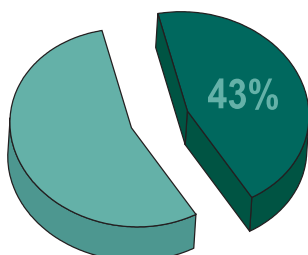
VIEWS AND OPINIONS

- ❑ 74% of pupils think they have the chance to give their views and change their health care.
- ❑ 53% of pupils responded that they have the chance to give their views and change their life in school.
- ❑ 66% of pupils think getting involved and giving their views makes a difference to their health care.
- ❑ 42% of pupils responded that they think getting involved or giving their views makes a difference to their life in school.

Safety in person and online

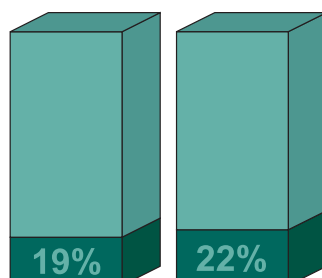
BULLYING

- ❑ 16% of boys and 43% of girls responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- ❑ 6% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 9% of boys and 27% of girls responded that they worry about being bullied 'quite a lot' or 'a lot'.
- ❑ 19% of pupils responded that they have been bullied at or near school in the last 12 months, while 18% said they 'don't know' if they have been.
- ❑ 5% of pupils responded that they have been bullied at or near home in the last 12 months, while 8% said they have been bullied on the way to or from school.
- ❑ 69% of pupils responded that in the last year they have experienced at least one of the negative behaviours listed at least 'once a month or so', while 39% have experienced at least one on 'most weeks' or 'most days'.
- ❑ 20% of boys and 17% of girls said they have been under pressure to do something they don't want to do or don't agree with at least 'once a month or so' in the past year.
- ❑ 51% of pupils responded that they have been teased/made fun of at least 'once a month or so' in the past year and 36% said they have been pushed/hit for no reason.
- ❑ **43% of pupils responded that their school has clear rules about bullying that are 'quite' or 'very' helpful.**



SEXUAL HARASSMENT

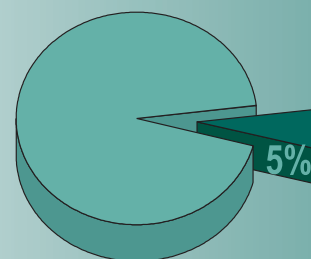
- ❑ 11% of pupils said they have experienced sexual harassment at school, while 12% of boys and 11% of girls said they are 'not sure' if they have.
- ❑ 16% of pupils said they have witnessed sexual harassment at school, while 19% of boys and 22% of girls said they are 'not sure' if they have.
- ❑ **19% of boys and 22% of girls said they have experienced or witnessed sexual harassment in school and did NOT report it to an adult at school, while 5% of boys and 8% of girls did report it..**



- ❑ Of the 155 pupils who have experienced or witnessed sexual harassment at school, 50% said they didn't report it to an adult at school, while 15% said they did.
- ❑ 7% of pupils said they have experienced or witnessed sexual harassment at school and didn't report it to an adult at school because no-one does anything about it; 5% said 'it would make it worse'.

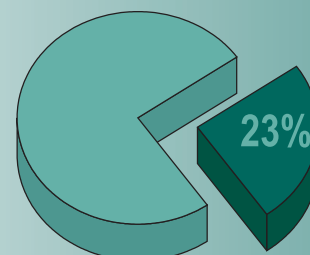
WEAPONS

- ❑ 5% of pupils said they at least 'sometimes' carry weapons or something else for protection when going out; 1% said they 'usually' or 'always' do so.



INTERNET SAFETY

- ❑ 77% of pupils responded that they have access to the internet outside school lessons.
- ❑ 45% of pupils responded that they spent at least 3 hours using the internet outside school lessons on the day before the survey.
- ❑ 46% of boys and 32% of girls said they spent 'a lot' or 'most or nearly all' of their time online the previous day playing games (outside school lessons).
- ❑ 26% of pupils responded that they spent 'a lot' or 'most or nearly all' of their time online the previous day social networking (outside school lessons), while 26% spent their time social networking.
- ❑ 92% of pupils responded that they have been told how to stay safe while online; 43% said they hide some of the things they do or say on the internet from parents/carers.
- ❑ 25% of pupils said they have met someone face-to-face whom they first met online and 26% said they have got a message that scared or upset them.
- ❑ **23% of pupils said they have received undressed/sexual images ('sexting'/'nudes') and 8% said someone who knows them has sent 'sexting' images (nudes) of them to another person.**



- ❑ 23% of pupils said they have talked to/contacted their parents/carers about something upsetting online; 20% said they didn't talk to/contact anyone.
- ❑ 39% of pupils responded that they have found school lessons about personal safety 'quite' or 'very' useful, while 18% have found them 'not at all' useful and 11% couldn't remember any.

INEQUALITIES in Year 10

Year 10 students – selected lifestyle indicators

- ❑ The tables below shows the results for 10 students only. Figures in the main body of the table are all percentages.
- ❑ The criteria down the left-hand side were selected by SHEU staff, to reflect aspects of their responses which relate to healthy lifestyles.
- ❑ The table indicates by colour where the figures are statistically significant – which means, not easily explained by chance alone. No attempt has been made to correct for multiple comparisons, but with $7 \times 14 = 98$ cells we would expect only a single cell to show significance at $p < 0.01$ by chance alone.

	All	Male	Female	Not White-British	Young Carer	SEND	Free school meals	Non-male, non-female
N	260	132	121	188	17	39	30	7
Eat 5-a-day	14	15	11	14	29	26	20	29
Ever tried smoking	5	5	6	4	13	5	0	0
Drank last week	16	15	17	12	44	19	11	0
Ever offered drugs	10	13	7	7	18	13	10	0
Ever taken drugs	4	5	4	3	20	8	0	0
5+ days 30m+ exercise at school last week	24	41	6	26	19	32	18	29
5+ days 30m+ exercise outside school last week	44	50	39	44	38	61	54	14
High wellbeing score (56+)	11	20	3	11	13	18	11	0
Bullied at school last year	14	10	19	14	20	12	30	20
Worry about job prospects	38	39	37	40	63	37	52	43
Worry about school	61	49	73	66	69	54	56	57
I know my own targets and I am helped to meet them	59	65	53	59	47	47	41	75
Low resilience score (16 or below)	33	15	48	31	53	39	37	80
No trusted adults	10	5	14	10	13	21	26	20

KEY

Text: positive criterion

Text: negative criterion

Significantly better

Significantly worse

$p < 0.01$ $p < 0.05$

99 99

99 99

COMPARISONS

The Hillingdon results have been compared below with a reference sample, and the largest differences are shown in **highlight**. This is the working draft of a data set that will be used to produce the next volume in a series of SHEU reports, *Young People into 2024* (Balding and Regis, in prep.) The data set is compiled all those local authority surveys which took place in 2023. The final data set and the results derived from it may differ in the final report to those shown below, but this is the best and most recent comparison set that we have available.

	Hillingdon					Reference			
	Year 4	Year 6	Year 8	Year 10		Year 4	Year 6	Year 8	Year 10
	N	758	674	219	260	13242	20262	15176	13253
Nothing for breakfast		3	7	20	17	3	6	20	26
Did not have any lunch		2	6	20	17	2	1	13	19
Eat 5-a-day		31	24	19	14	30	26	20	16
Ever tried smoking		.	1	1	5	.	2	7	16
Drank last week		.	.	8	16	.	24	38	59
Ever taken drugs		.	.	2	4	.	.	6	14.
Advised how to stay safe online				93	92			75	68
Bullied at school last year		28	19	25	14	26	23	18	15
Never afraid to go to school because of bullying		63	76	64	75	59	67	69	77
Ever carries a weapon				9	3			9	10
I know my own targets and I am helped to meet them		0	0	54	59	23	30	0	0
White British		79	80	79	72	56	57	54	56
Tried smoking					<1			7	14
Tried vaping				5	10			24	40
Ever used drugs				2	4			6	14
Enjoy all/most lessons				28	27			54	52
School drug education 'quite useful'				39	39			39	29
School emotional education 'quite useful'				24	22			33	24
Any aggressive/controlling behaviour from partner				20	26			19	30
Items related to Emotional Health and wellbeing are given in the EHWPB report									

Comments

These comparisons need to be approached with caution, as the aggregate sample is made up of a mixture of areas using a mixture of similar but different questionnaires. We have tried to be careful about spotting differences due to questionnaire design, and believe figures above can be taken at face value. It is important to note that the Hillingdon sample had a higher proportion of White British than the reference sample.

The results show some rather encouraging signals, including low participation in alcohol, smoking and drugs, and awareness of online safety advice.

It is less welcome to see the lower proportion of Hillingdon students who enjoy all or most of their lessons.

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