



# Key findings from the survey for young people living and learning in Harrow 2021

Webinar: 8<sup>th</sup> July 2021

Led by: HAY Harrow Project Team and Dr Tabettha Newman

# Agenda

- Agenda, introducing the team (DB)
- A bit of background (JH-B/KC)
- Who answered the survey? (TN)
- Overview of key findings (TN)
- What caught our eye? (JH-B/A-MI/DB/CM)
- Next steps (JH-B)

# The 'How Are You Harrow' project team



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# Background

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- The 'How Are You Harrow' survey is a collaboration between Harrow Council, the School Nursing Service, Young Harrow Foundation and schools/colleges in the area
- It is an online survey for young people aged 9-18 living/studying in Harrow
- There are four versions: KS2 (Y5&6), KS3, KS4/5, and college
- It is anonymous, takes no more than 15 minutes, is mobile-friendly, and is ideally run in schools/colleges during class or tutor time
- Each school received a bespoke survey link for each key stage; supporting materials were also available (letter to parents, video, intro' webinar)
- It ran from 19th April for five weeks, school/college-level results were then given to each school/college in May

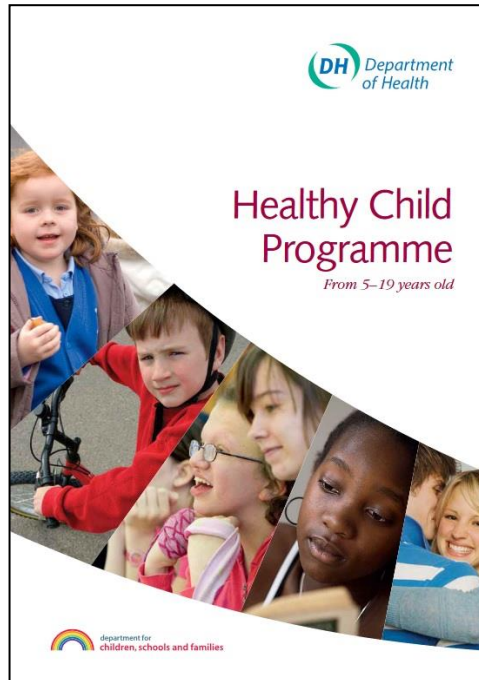
# Questions covered ten themes

<b>Food and travel</b>	<b>Exercise and sport</b>	<b>Home</b>	<b>Physical health</b>	<b>Mental health</b>
<b>Friends and family</b>	<b>Electronic devices and the internet</b>	<b>Feeling safe</b>	<b>School / college</b>	<b>The future</b>

- Questions fall within ten themes, plus some demographic questions
- All themes covered in all versions except KS2 version, which doesn't include any Qs relating to 'the future'

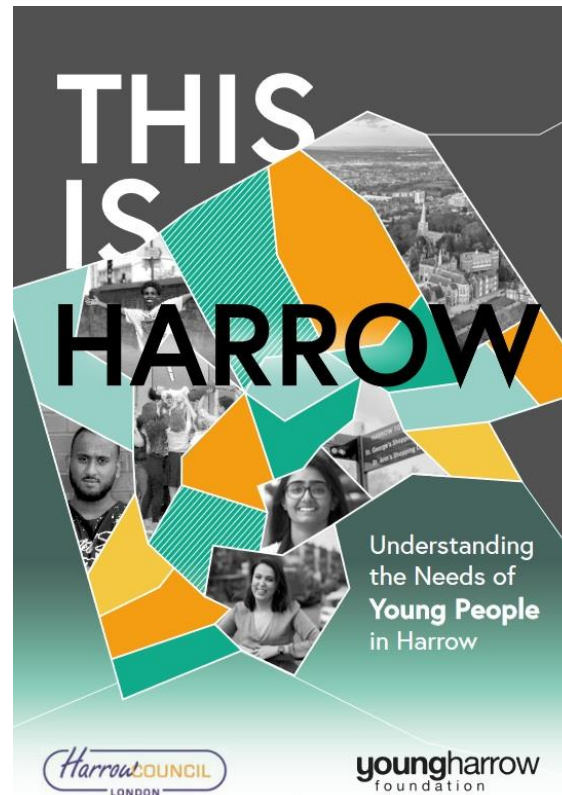
# Why did we need this survey? (1)

- Requirement on the local authority under the Healthy Child Programme (HCP) 5-19 to carry out health and development reviews at reception, transition to secondary + mid-teen



# Why did we need this survey? (2)

- LB Harrow / Young Harrow Foundation's *This Is Harrow* survey (2018) is now 3 years old





## These organisations can use data to help them ...

	How HAY Harrow data can help
Schools/colleges	School-level data to guide PHSE focus, data to Ofsted re. student wellbeing, identify issues, test impact of initiatives, highlight areas of need to external partners
School nursing service	School-level information to help support schools and target health promotion activities
Young Harrow Foundation	Clear headline statistics that CYP voluntary sector can use when bidding for grants
Harrow Council	To identify areas of need: public health, mental health, oral health, neighbourhood safety, active travel and many more.

# Schools and colleges made this possible

- 25 schools and 2 FE Colleges have taken part in the survey.
- Special thanks to Harrow College, Canons High School, Park High School and Norbury Primary School who helped us think about practicalities, run focus groups and test the surveys with their students prior to go live



# Data shared with schools/ colleges

- DSA put in place with each school/college
- Sent summary dashboard and raw data file of responses
- Dashboards and raw data files were redacted to remove free text and demographic data
- Schools/colleges will receive bespoke reports comparing their data to the borough picture

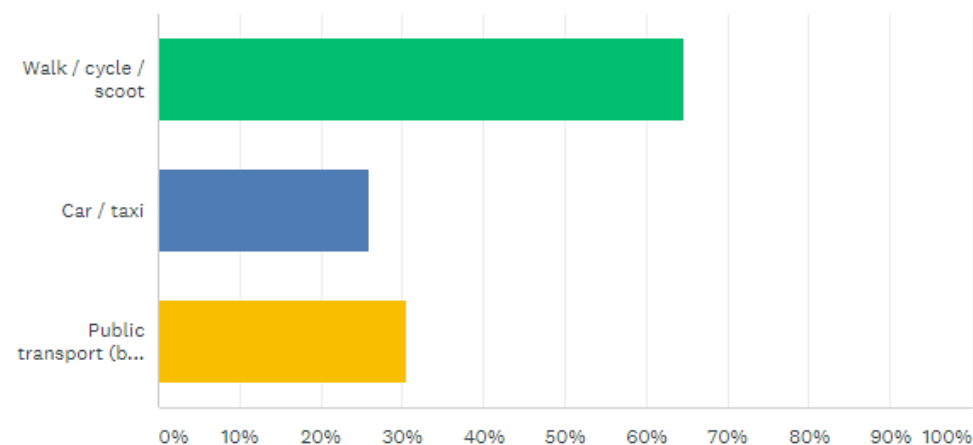
## How are you Harrow? (2021 KS4&5 survey data)

Q9



How do you travel to school?

Answered: 507 Skipped: 17



ANSWER CHOICES	RESPONSES	
Walk / cycle / scoot	64.69%	328
Car / taxi	25.84%	131
Public transport (bus, train, tube)	30.57%	155
Total Respondents: 507		

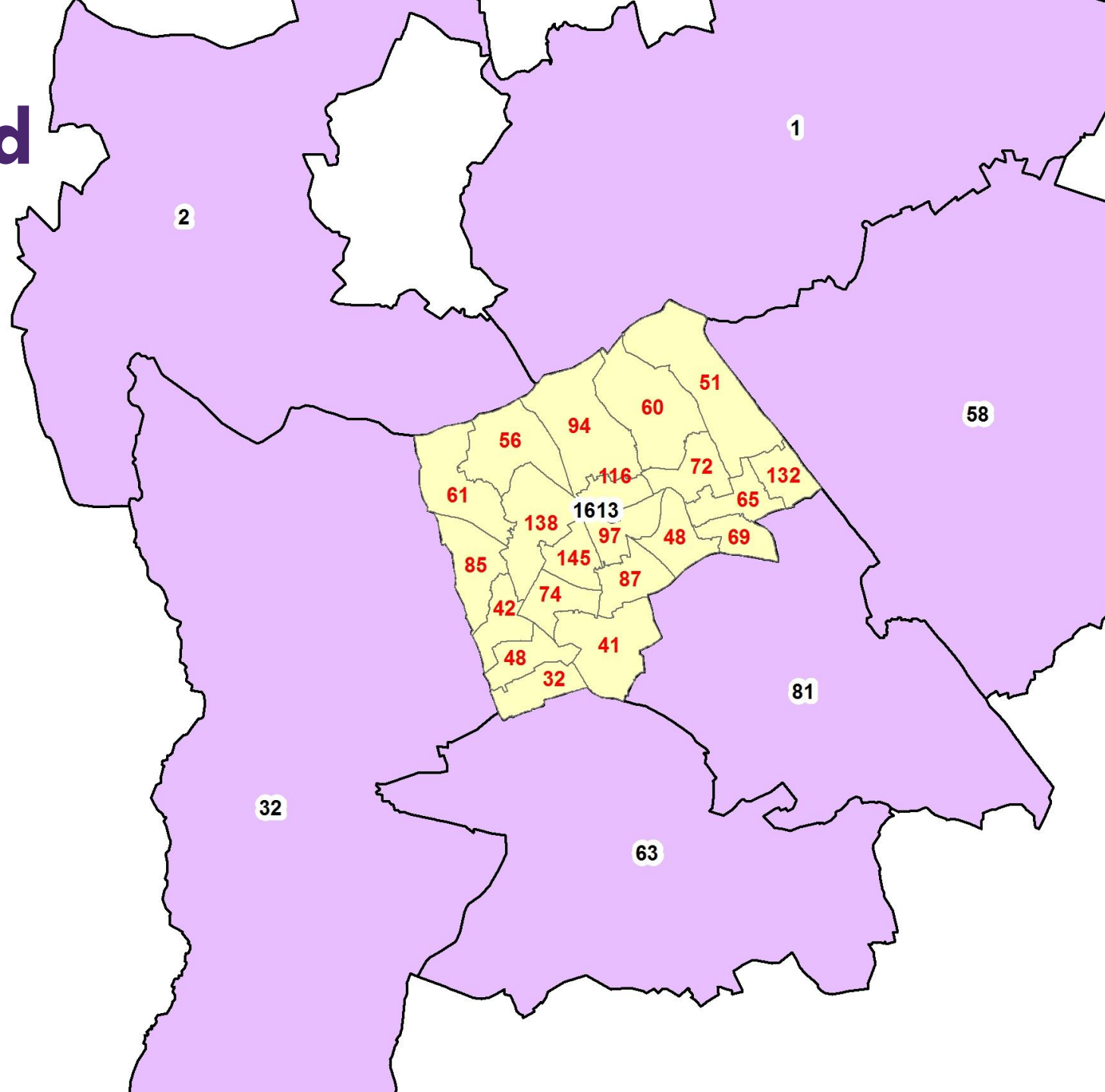
# Who answered our survey?

# Survey sample

- 6,052 young people responded, from 25 schools and 2 FE Colleges
- Represents 25% of all youth aged 9 to 18 studying in Harrow
  - 42% of the 6,175 primary school population in Years 5 and 6
  - 17% of the 13,982 Harrow secondary population in Years 7 – 12
  - 30% of the estimated 4,000 college students studying at the two FE Colleges in the borough

# Responses by ward

- Postcode was optional question
- One third provided usable information
- Postcode data from 1,850 of 6,052 responses



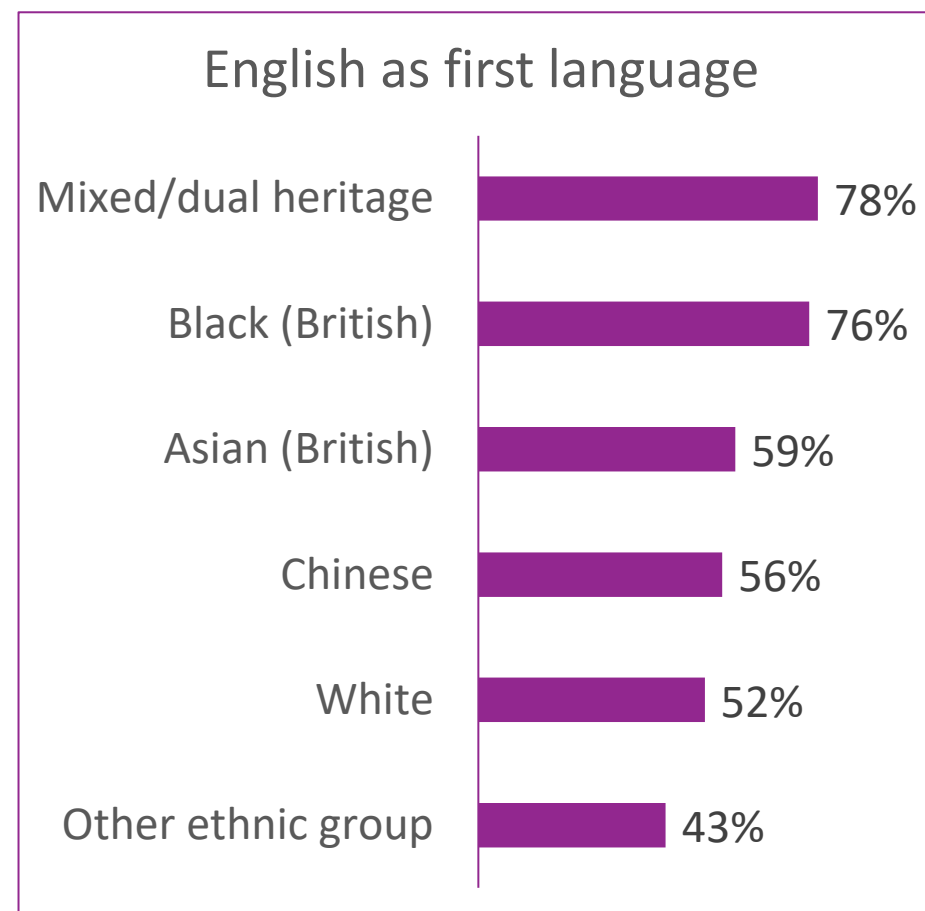
# Personal characteristics

- **Gender identity:** 52% female, 47% male, 1% non-binary
- **Sexual orientation** (KS4&5 only): 87% heterosexual, 9% bisexual, 4% gay/lesbian
- **SEND:** 8% identified as having additional or special needs, 23% were unsure

Ethnicity	% respondents
Asian/British Asian	41%
White	28%
Black/Black British	11%
Other ethnic group (often 'Arab')	11%
Mixed/dual heritage	9%
Chinese	1%

# Harrow is an ethnically diverse community

- **Language:** 59% say English first language
- **Other common languages:** Romanian, Arabic, Gujarati, Tamil, Hindi, Urdu, Polish, Pashto, Farsi, and Somali
- **Status in UK:** 83% British, 4% refugee, 4% asylum seeker. Remainder chose 'other' (EU citizen, pre-settlement...)





# Overview of key findings

# We mostly eat well and exercise regularly

- 71% eat breakfast daily, 80% eat vegetables several times a week or more, 80% brush teeth twice a day every day, with toothpaste
- On average, young people drink fizzy drinks and eat fast foods once a week or less. Fewer than 7% of us say we currently smoke or drink, and fewer than 3% of us currently vape or take drugs
- On average young people do an hour+ of exercise 4x per week
- Eight in ten rate our physical health as good or excellent: when compared to national data collected pre-pandemic, this physical health data was similar for Year 7's but young people in Year 9 and 11 (particularly girls) in Harrow rated their health as lower

# The pandemic has affected us

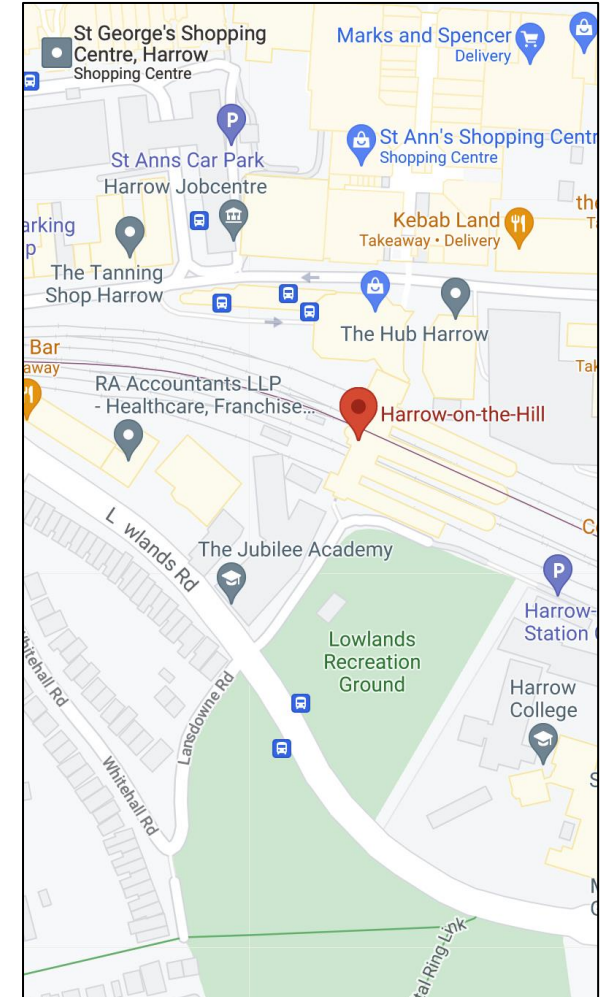
- A fifth used to attend clubs or gyms that are now closed because of the pandemic (as of April 2021)
- Fewer young people have visited the doctor in the last 12 months than previous national data trends
- The % who feel able to approach a trusted adult at school or college, and who feel that teachers care about them as a person, is lower than national pre-pandemic data
- This suggests that the whole community (schools, colleges, health services etc.) need to reconnect with us to regain these important trusted connections

# Many of us live in close families

- 90% live in a home with Mum and 75% with Dad. Up to 10% also live with another family or non-family member (most commonly a grandmother)
- 86% eat meals with our family several times a week or more
- Over 80% of us agree that our family helps and supports us, and that our parents or carers are interested in what happens to us at school or college
- Only about six in ten of us have our own bedroom; 2% say we don't have a bedroom (consistent across age groups)
- A fifth of us live with someone with a health or mental health condition

# We sometimes feel unsafe

- Four in ten say there are areas of Harrow where they feel unsafe
- Often mentioned Harrow-on-the-Hill train station, Wealdstone or Harrow Weald, as well as places that are not busy like alleyways and parks
- About 7% do not feel safe in the area where they live
- **Sexual harassment:** 28% of us who identify as non-binary, 19% of us who are female and 7% of us who are male agree that we have experienced sexual harassment



# One in ten worry about family food insecurity

- Overall, 12% of young people said they worry that they, or their family, might run out of food because of lack of money or other resources
- Age groups: consistent across KS2, KS3, KS4 and KS5 secondary (~10%), higher in college students (18%)
- Those identifying as Black (British), Chinese, mixed/dual heritage and 'other' were significantly more likely to worry about food insecurity
- Worrying about food insecurity was associated with lower rate of toothbrushing, not getting enough sleep, not eating breakfast, a lower rating for feeling physically healthy, and higher electronic device use at weekends

# We worry about the future

- Older youth in Key Stage 4 or 5 (including college) students worry about the future – only half feel optimistic about their future
- Many fear failure (often relating to exams and schoolwork) – this was also identified as a key finding in the recent [Good Childhood Report 2020](#)
- Learning to cope is important, how can we support this?

“Maybe that I might chose the wrong career path which makes me depressed, and I have to go to school for many years and then work a full depressing job to only get paid very little”

“Not becoming successful, disappointing my family, underachieving when I know I’m capable of more”

“I feel undermined and not heard but I also just feel really lost and stuck.”

# We use electronic devices a lot

- On weekdays 34% are on devices at least 4+ hours a day
- At weekends 53% are on devices for 4+ hours a day
- Nearly 40% agree that they use devices and access the internet to escape the real world
- A fifth say that electronic devices sometimes wake them up when they are asleep
- Those who use electronic devices and the internet for very long periods (4-6 hours + per day) are more likely to say they feel physically unhealthy



# Most of us like school / college

- Eight in ten like school/college 'a bit' or 'a lot' (35% KS4&5 don't like it v 12% in college, 26% in KS3 and 11% in KS2)
- About 68% agree that school/college teach them how to stay physically and mentally healthy
- Only half agree that 'most teachers care about us as a person': lower than national data pre-pandemic
  - **Year 7 Harrow v national:** 54% v 76% of boys and 44% v 79% of girls

# When bullying happens, we need to feel heard

- Most often when young people are of an age when they are in primary and the start of secondary school
- 11% said they had been bullied, and only 3% said they had taken part in bullying someone in the last few months
- Bullying focuses on something about a person that is noticeably 'different': ethnicity and body shape are common themes, as they get older it might be about gender/sexual orientation
- Often happens at school. These incidents usually outside of lesson time, and comments suggested that there was sometimes a lack of awareness and/or understanding by adults entrusted with supervision during lunch and break times

"It was because I am female, I had many days where me and my friends were chased until we were out of breath and the boys chasing us would pick the one who was most tired and touch them where they shouldn't be touching however the teachers didn't believe us and told us they were just trying to play tag with us."

# We have ambitions

- When we asked what they wanted to do when they were older, some KS4+ young people several gave answers that included wanting to support others
- Owning a business was a common theme, as was engineering, health professions, and IT-related jobs
- But only 33% agreed they'd been able to carry out work experience in an area that interested them; only 39% said they'd found someone to offer them careers advice relevant to their interests

"I want to be footballer when I'm older but at the same time I want to do my own clothing line as well because I can have a backup and make money. Also supports the people that actually needs help."

"I want to make a plumbing company in Romania and open up a college which is specifically for plumbing where I can help the students who pass the plumbing course to have the chance to join my company if they want"

"I want to go to America and work and experience how it is over there then come back and do university here in England and get a degree in either forensic psychology or European history"

# Some groups of young people are struggling

- Caveat – sample sizes small (approx. 50)
- **Those who identify as non-binary (1%, mainly in KS4&5 secondary):** far lower life satisfaction, being bullied and bullying others, often negative opinions of body image, more likely to be involved in some risky behaviours
- **Those who are Chinese:** (one of HC's ethnicity classes) lower life satisfaction, more worried for their safety outside the home, less likely to have a quiet place to study at home, less likely to visit dentist or GP in last 12 months, doing less exercise than other ethnic groups, more likely to be bullied and bully others

# What questions predict feeling physically healthy?

- Some of the questions we were asked could be used to statistically predict whether or not young people felt physically healthy
- **Feeling physically healthy:** physically active during the week, eat regular family meals, get enough sleep to feel rested, eat breakfast daily, not worry about family food insecurity, daily teeth brushing, not using electronic devices for 6+ hours per weekend day
- Cannot and should not assume causation here – and we should actively avoid the assumption that ‘feeling physically healthy’ is the same as being considered medically healthy – nonetheless it is useful to see which factors are associated with feeling physically well

# What questions predict higher life satisfaction?

- Clear correlation between feeling physically well and feeling mentally well
- Some of the questions we were asked could be used to statistically predict whether or not young people felt physically healthy
- **High life satisfaction:** feeling happy yesterday, feeling loved, liking the way you look, feeling down/depressed less often, feeling physically healthy, feeling able to talk to family about problems, liking school, not worrying about food insecurity, feeling safe in the area you live, not being non-binary
- **Resilience:** Being able to cope when life gets tricky was also a significant predictor

# What caught our eye? (Young Harrow Foundation)

# Mental health

- 65% said they sometimes or often feel depressed or anxious
- Overall, **19%** of young people often felt nervous or anxious; this was lowest in KS2 and highest in KS4&5...
  - Nearly 30% of KS4&5 “often” feel nervous or anxious and 24% of them “often” feel depressed
- Many said they fear failure (often relating to their school work) and the judgement of others – a fear of failure was a key aspect also identified in the recent [Good Childhood Report 2020](#).
- Half of young people **agreed** that they could cope when life gets tricky, **38%** were neutral and 12% disagreed. This was relatively consistent across age groups
- **Friendships** – 82% say they agree they have a really good friend or friends. 14% neutral 4% disagreed – most likely to disagree in KS4/5



# Safety

## (violence, risky behaviour & exploitation)

- **Four in ten** say there are areas of Harrow where they feel unsafe – often mentioning Harrow-on-the-Hill train station, Wealdstone or Harrow Weald
- **2%** don't feel safe at home; a further **10%** say they only feel safe at home **some** of the time
- Nearly **a fifth** said they had been in some form of physical fight in the last 12 months;
- **A third** have watched someone get physically hurt by someone else
- **11%** say they have experienced being bullied, and it is most likely to happen in **KS2** (12.9% answered yes).
- **13%** have experienced sexual harassment and are more likely to experience it if they identify as female or non-binary
- If they are in Key Stages 3, 4 or 5, about **3%** say we have been involved in gang activities
- Just over **one-in-ten** have been sent images or messages that have made them uncomfortable, or have been asked to send nude pictures of ourselves or join in with sexual conversations
- **11%** have daily online contact with people they have never met in real life. This could involve playing with someone online or commenting / liking social media posts

# Experiencing inequality

- **One in ten** worry their family might run out of food because of lack of money or other resource – a key predictor of life satisfaction
  - *Average life satisfaction score is 7.6 but reduces to an average of 6.1 for those who worry about family food insecurities*
- **2%** say they don't have a bedroom
- **14%** don't have access to their own laptop or tablet at home for school or college work; they either have to share or don't have one to use
- **A fifth** live with someone with a health or mental health condition

*What impact do these have on young people's lives?*

# The future / employment

- Only half feel optimistic about their future
- Only **40%** have found someone who can offer careers advice that feels relevant to them / **one third** have carried out work experience in an area of work that interests them
- **39%** agreed they had found someone who could offer them careers advice that's relevant to their interests; **27% disagree**
- Young people at college (typically aged 16 to 18, although a small minority might be older) often mentioned they worry about themes such as:
  - Stepping into adulthood in terms of leaving home and finding a job
  - Identifying a life goal in terms of a career
  - Earning enough money to live
  - Losing important people in their lives

# Physical activity

- On average CYP are getting at least 1 hour of exercise 5 days a week (this dips slightly to 4 days p/w for KS4-college)
  - Young people in KS3 and above were asked if, in their free time, they went to a gym, exercise or sports club at least once a week - over 50% said no.
- When asked about barriers to participating in sports outside of school / college, about 18% said there were **no suitable spaces or pitches** near to their home and 9% said it cost too much to do the exercise that interested them
- About 6% of young people say they are stopped from being able to get out and exercise because they needed to look after others in the family
- Overall, **football/rugby/cricket** were the most commonly chosen sports to play
- Males were active across significantly more days than females

# What caught our eye? (School Nursing)

# Physical health + relationships

- Over 60% of us in Key Stages 4 and 5 (including college) do not know how to access local sexual health services
- Over 40% of KS4/5 + college students have a fizzy drink at least several times a week.
- 46% of KS2 and 40% of KS3 get to school by car or taxi
- Young people were asked whether they agreed with this statement: 'if someone asked me to do something that I didn't want to do, I would say no'. Overall, about 9% of young people disagreed with this, 22% were neutral and 68% agreed.

# What caught our eye? (Public Health)

# College students

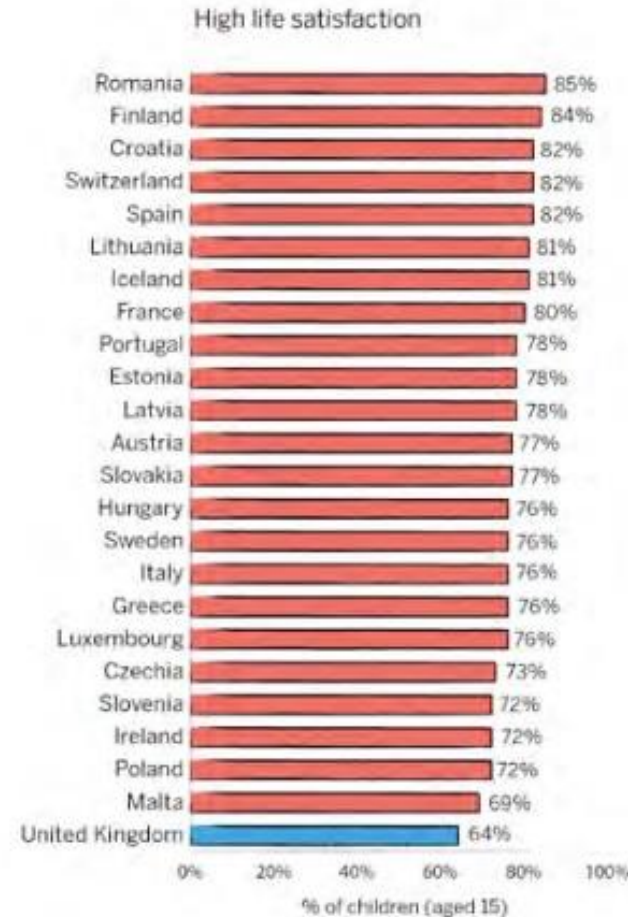
- We need to think more about college students. College students are happier but lead unhealthier lives.
- 88% say they like college a bit or a lot vs. 65% who say the same of school in KS4/5.
- 38% of college students have fast-food or a takeaway at least several times a week (a higher proportion also live on their own).
- 10.1% say they smoke (1.9% of KS3 and 2.1% of KS4/5)
- 18% of college students worry about them or their family not have enough resources for food.



# Further thoughts around life satisfaction – UK Good Childhood report 2020

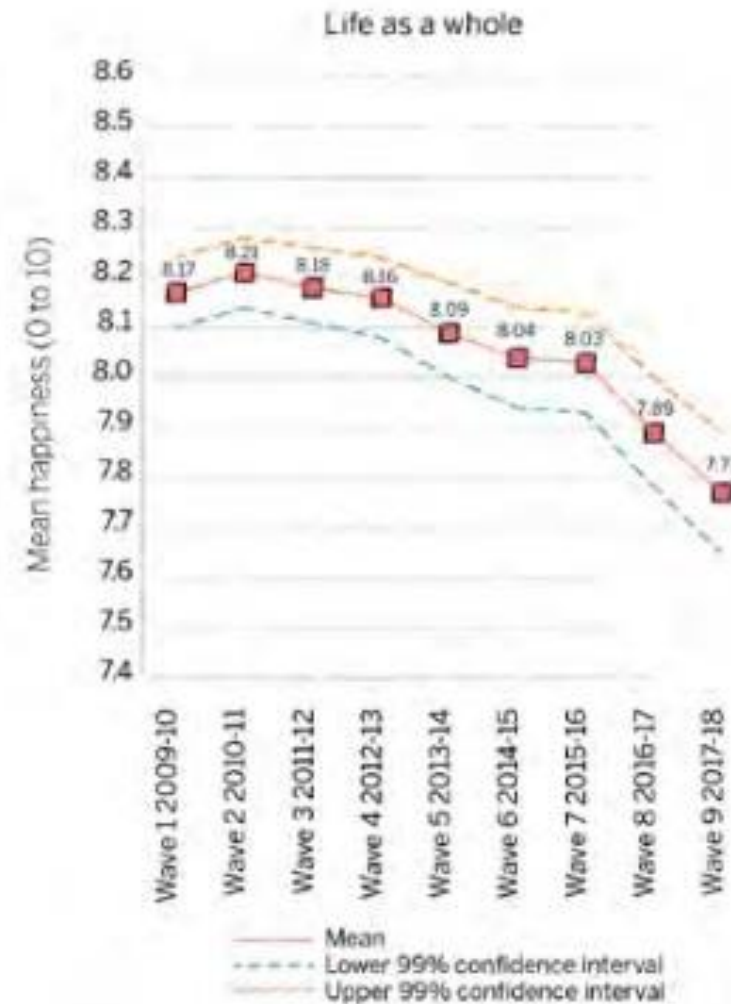
- The UK has the unhappiest young people in Europe on almost every measure (2018)

Figure 9



Source: PISA, 2018. Weighted data. 'High life satisfaction' is defined as a score greater than five out of 10 on a 0 to 10 scale.

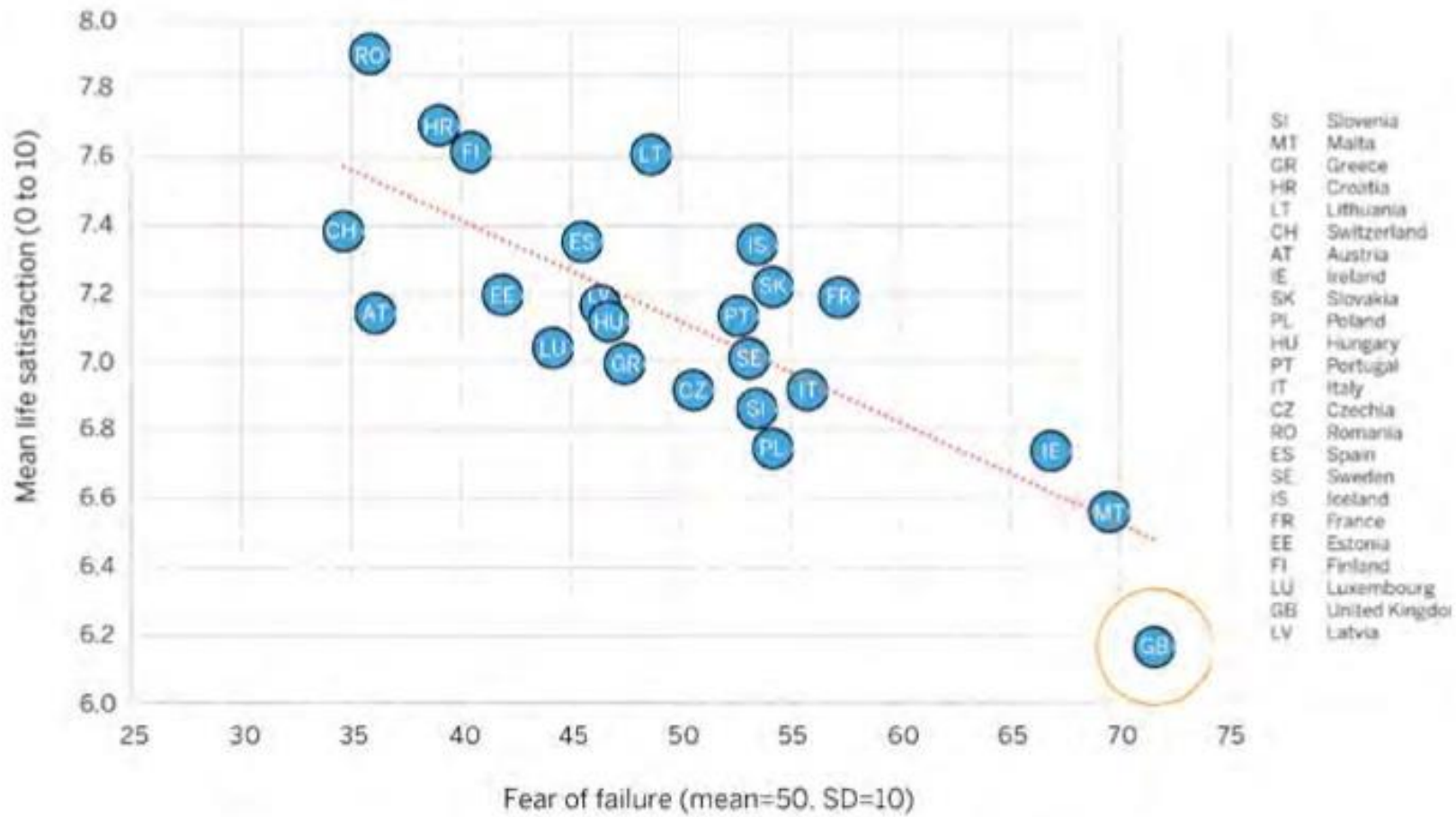
- The life satisfaction of young people in the UK has been worsening since at least 2009 when the Understanding Society survey started collecting their comparable data



# What is driving poor life satisfaction?

1. There is no firm evidence of a connection across countries between levels of use of digital technology and children's life satisfaction
2. There is some evidence of a link over time between changes in child poverty within countries and changes in life satisfaction – although more work is needed to verify this and understand the mechanisms through which this might happen
3. There is strong evidence of a connection across countries between fear of failure and life satisfaction

Figure 16: Life satisfaction and fear of failure



<sup>13</sup> The PISA team created a 'fear of failure' score with a mean of zero and a standard deviation of 1. We have transformed this so that it has a mean of 50 and a standard deviation of 10 for ease of interpretation.

<sup>14</sup> Pearson  $r = -0.79$

# What, if anything, really worries you in life, that you find difficult to cope with? – Key Stage 3

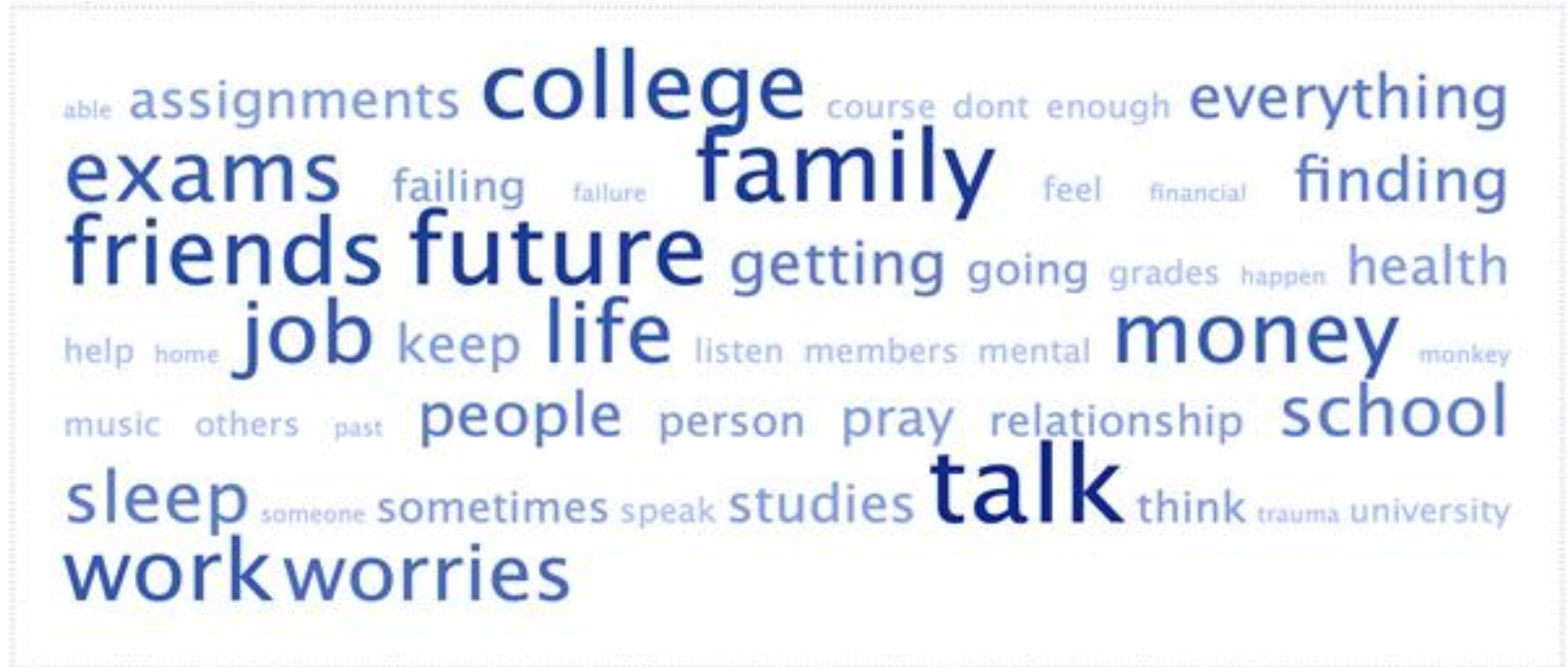
anxiety death dont eating enough everything exams failing family feel  
friends future getting going grades happens hard help  
homework id im keep life loosing losing member mum music nothing ones  
parents people pressure really school sleep  
someone something sometimes speak stress talk teacher  
tests things think thought trust work worry

# What, if anything, really worries you in life, that you find difficult to cope with? – Key Stage 4/5

anxiety bad career cope covid death depression disappoint doctors  
dont dr etc everything example exams extremely  
failure fake family fear feel future getting grades  
harmful health job life masks mental money parents people  
pressure really revision school something stop stress studies  
talk teeth tests things useless vaccine work worry years



# What, if anything, really worries you in life, that you find difficult to cope with? – College



# Next steps



# Next steps

- Data – making it available in a variety of ways
- Comms – promoting the findings including feedback to young people
- Individual / school / college / organisation / team response
- Borough-wide actions / Borough-wide thinking
- Harrow CYP Integrated Partnership Board will ‘hold’ the borough-wide + cross-partnership response
- 6 months of reflection, further research, more conversations
- Borough-wide practitioner event in winter 2021/22
- Repeat HAY Harrow survey in 18-24 months
- Please get in touch with us and share your thoughts!

# Discussion

# Time to hear your thoughts ...

- Did anything really surprise you?
- What do you want to know more about?