

The process of producing a youth friendly resource using data from HBSC Ireland 2006



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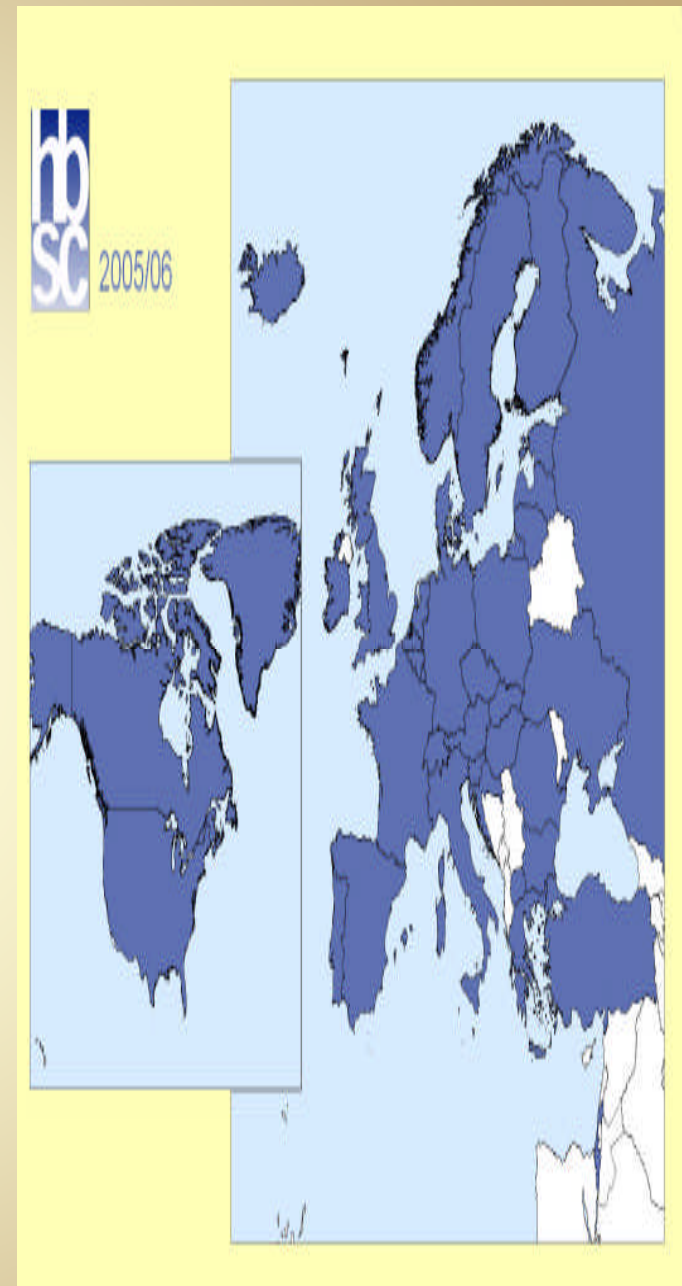
The Health Behaviour in School-aged Children (HBSC) study is an international survey (www.nuigalway.ie/hbsc).

Funded by the Department of Health and Children.

The study aims to gain new insight into, and increase our understanding of young people's health and well-being, health behaviours and their social context.

3rd time study was conducted in Ireland

School based study



Rationale

During the HBSC survey, children voluntarily give their time and information about themselves.

Beyond the data collection phase children are not involved in the study.

Other stakeholders are provided with various dissemination options.

Aim of the Study

To explore young people's ideas in relation to how the HBSC Ireland data can be disseminated as a youth friendly resource.

Sampling

- Mixed gender schools
- Primary and post primary schools
- Rural & urban schools
- Deis & Non Deis schools *

* Schools that are part of the Department of Education and Science's Support Programme, under the Delivering Equality of Opportunity in Schools (DEIS) and schools that are not part of this programme (Non-Deis).

Workshops

Galway County (Rural)					Dublin City (Urban)			
	Primary School (DEIS)	Primary School (Non-DEIS)	Post Primary School (DEIS)	Post Primary School (Non-DEIS)	Primary School (DEIS)	Primary School (Non-DEIS)	Post Primary School (DEIS)	Post Primary School (Non-DEIS)
Number of Schools	1	1	1	1	1	2*	1	1
Number of Workshops	1	1	1	2	1	2	1	1
Number of Groups	1	2	2	4	2	4	2	2

1. HBSC
Introduction

2. Group
Contract

Workshop
protocol

3. Ice –
breaker Game

4. Snap Game

5. Pizza Chart
Game

6. Brainstorm
Session &
Closing

Snap Game

1.

- Each group was given a pack containing 51 HBSC cards.

2.

- Youngest person in the group was asked to deal the cards evenly among group.

3.

- Person next to dealer was asked to lay down a card and say where they felt it was interesting or not.

4.

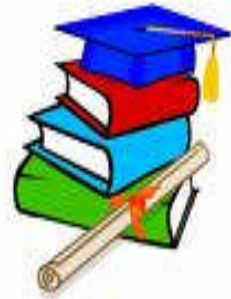
- Entire group joined in discussion. Card then placed in interesting or non interesting pile.

5.

- Each group asked to look through interesting pile and rank the topics they found most interesting.

Examples of HBSC Topic Cards

Liking
School



Tooth
brushing



Injuri



Pizza Chart Game

1.

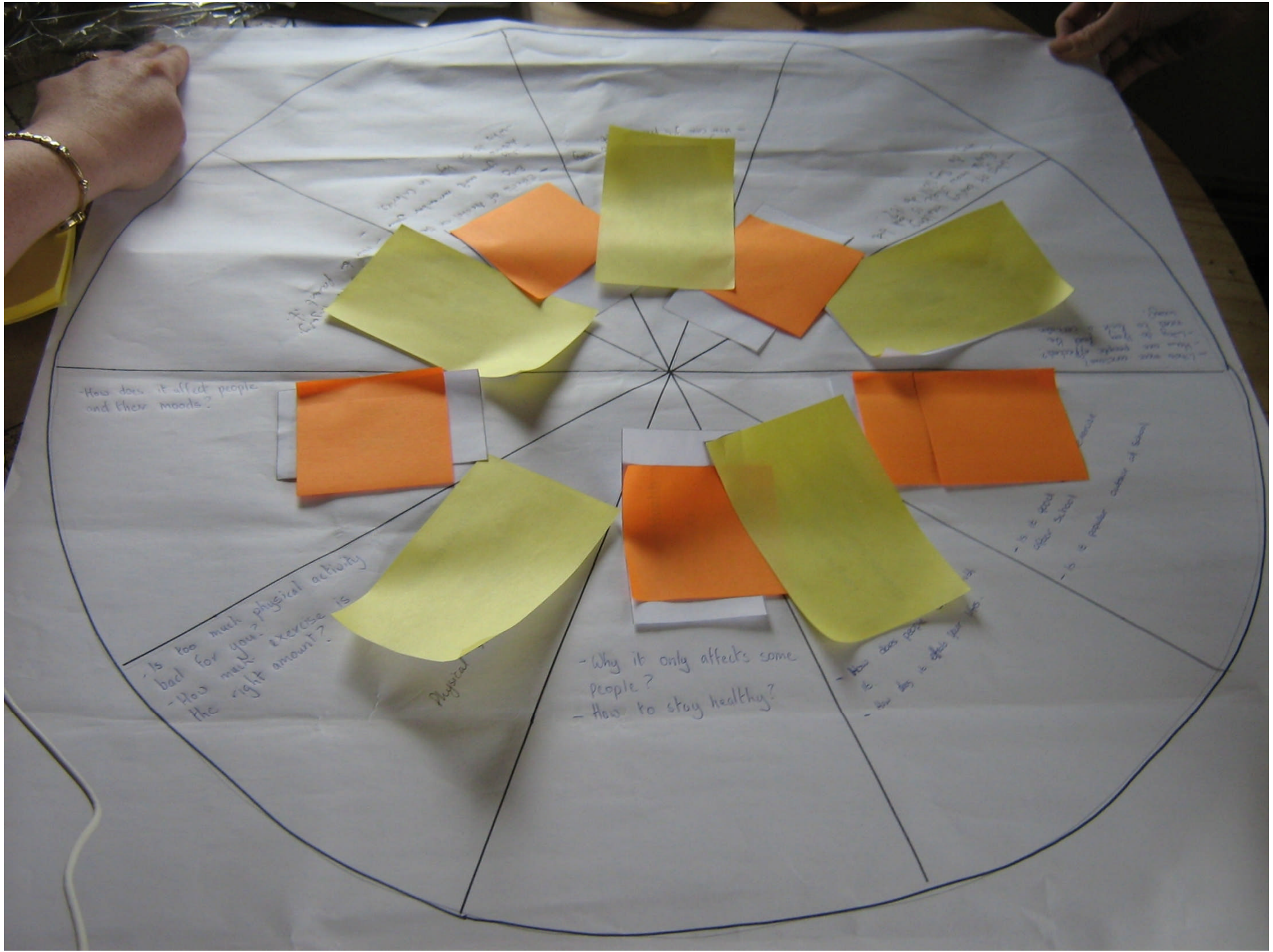
A pre prepared blank pizza chart was given out to each group. This chart was a large circle with 10 segments (resembling a pizza).

2.

Students were asked to glue one of their highest ranked topic cards in each pizza segment.

3.

Students were asked to write down in each segment what they would like to know about that specific topic.



Brainstorm Session

Using a large flipchart each group were asked to brainstorm the following question “How can we give you this information – what type of resource/format would you like?”.

Highest Rank Interesting Topics - **Snap Game**

Ranking	Topic
1	Alcohol
2	Puberty
3	Drugs
4	Being really drunk
5	Smoking

Alcohol

Age & How Many

- What is the legal age?
- What age can you drink alcohol?
- At what age is it safe to drink?
- When do children start drinking?
- What age do most teenagers start drinking at?
- How many people drink under 18?
- Why is there an age limit?
- How many people get drunk?

Types & Made

- How many different types of alcohol are there?
- What is the best alcohol?
- What is the worst alcohol?
- What is in alcohol?
- How do you make alcohol?
- Why did people start making it in the first place?

Why & Cost

- Why does it exist?
- Why do people drink?
- Why people do it - it can kill you?
- Why like it?
- What makes some teenagers drink so much?
- Why kids care if they have alcohol?
- Why young people think drinking alcohol is cool?
- Why do some people drink so much?
- Is it expensive?
- How much do people spend on drink a year?

Effects

- What are the dangers?
- What are the effects? Effects later in life?
- What do you get out of it?
- How do you behave with it (angry, happy)?
- How different people are with it?
- Why does it make people fight?
- How it affects families?
- Can drinking alcohol make you stress less?
- Can you get addicted to alcohol? Why it's so addictive?
- Could you die from drinking alcohol?
- How it affects your body and brain?
- Why is it so high in calories?
- Is alcohol bad for you? How is alcohol bad for your health?

Drinking Amounts

- How do you know when you have had enough to drink?
- How much is safe?
- Don't want to know about units.
- How much do people drink on a night out?
- After how much alcohol can you die?
- Is wine supposed to be good to you in small doses?
- How many litres of alcohol would you need to kill an average man?

Young People

- Should have real stories with young people
- What do teenagers really think about alcohol?
- Should you feel uncomfortable if you want to go out with friends but you don't want to drink?

1.

Alcohol

Highest ranked HBSC topic among all the schools,

16 out of the 19 groups.

3 exceptions to this were all groups from non-deis schools; two were post primary (1 urban and rural) and a rural primary.

Puberty

What Happens & Why

- How does puberty happen?
- How do you know?
- Why do we get puberty?
- Why does puberty happen?
- Why isn't it happening to me?

What is it

- What is puberty?
- What does it do?
- What's puberty for?
- What does it mean?
- Is puberty important?

Age & Gender

- Do boys and girls start at the same time?
- What age do you have to be?
- When is it going to happen?
- When will it end?
- What age does puberty start?
- Why do some people start earlier than others?
- Is the age for girls different than the age for boys to start?

Pregnancy & Sex

- How to have sex?
- Why have sex?
- How to have a baby?

Hurt

- Does puberty hurt?
- Does it hurt a lot?
- Is it sore?

How many

- Does everyone experience puberty?
- How many kids have it?

Body Changes & Effects

- What are the changes?
- What's the first thing to happen?
- Do you piss a lot of people off?
- About boys changes? Girl's changes?
- Where does most hair grow apart from your head?
- How long should your period last?
- What do you do when you have acne?
- How it affects different people?
- How to avoid mood swings?
- Does it affect you a lot? Why does it affect you?
- How could puberty affect you?
- Does it effect everyone in the same way?
- How does your body change while you get puberty?

The diagram illustrates preferred dissemination methods and resources that were specifically identified by the young people in order to disseminate HBSC information to them.



DVD

DVD was the most discussed resource with all schools mentioning it.

Four general themes emerged from these DVD discussions and included: what they “*want*” if a DVD is developed, what they “*don’t want*” from a DVD resource, “*advantages and disadvantages*” of developing a DVD resource.

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