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**Schools Survey - Health and Well-being of S1-S4 Pupils in  
New Learning Community Schools in Glasgow City**

*East Community Health Care Partnership*

*Final Report*

*Prepared for*



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## **Appendix A: Annotated Questionnaire**

# 1 Introduction

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## 1.1 Introduction

In 2007, some 9,246 secondary school pupils (S1-S4) across 27 Glasgow City schools completed a health and wellbeing survey questionnaire. This represents nearly 50% of the S1-S4 roll in Glasgow City. The study was commissioned by NHS Greater Glasgow and Clyde and carried out by the SCRE centre at University of Glasgow.

The aims of the study were to provide information which could be used to inform developments within each individual school/New Learning Community and also to provide a baseline of pupil health and wellbeing data against which future progress can be measured.

The survey covered the following topics:

Demographics – including age, gender, deprivation category, ethnicity, feeder primary, carer/guardian with whom pupils have main residence;

Mental health, self esteem, locus of control, worries;

Bullying, racism, accidents, illness and disability;

Oral health, diet, exercise and travel;

Smoking, alcohol, drugs;

Awareness and use of – health services, youth clubs, Childline;

Antisocial behaviour, carer status and future hopes.

The survey questionnaire can be found in Appendix A.

The SCRE centre prepared the main findings report from the study which presents the findings for all pupils together, analysed by the key variables (sex, stage, self esteem, ethnicity, chronic illness and disability and deprivation). Traci Leven Research has prepared a Headline Report which gives summary indicator data for each of the 27 secondary schools and each of five Community Health Care Partnership (CHCP) areas as well as Glasgow City as a whole. Separate reports on each of the CHCPs and each of the secondary schools will also be available.

## 1.2 Survey Methodology<sup>1</sup>

The project specification required the research team to organise the administration of a pre-existing questionnaire in all Glasgow City's secondary schools with a 50% sample of pupils in S1–S4. Such a sample would provide substantial questionnaire numbers which would allow for robust statistical analysis as well as provide sufficient data at the school level to conduct, for example, gender and year group cross-tabulations. Key to the successful completion of this exercise was the cooperation of schools and the ability to complete fieldwork in a relatively short period of time.

### Questionnaire administration

All secondary schools in the city were contacted and provided with an information pack which gave details about the project and its aims, the support available from the research team, and what would be expected from the schools. To encourage participation in the survey SCRE also produced a short information sheet for pupils to inform them of the

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<sup>1</sup> This section is largely replicated from the main findings report produced by SCRE.

survey aims, stress their individual anonymity and let them know what the results will be used for.

Most schools opted to administer questionnaires to pupils in classes such as PSE (which were not organised by ability). In a few cases schools organised large numbers of pupils to complete the questionnaire in gymnasium or dining hall settings. In a number of instances the health development officer provided additional support for the questionnaire administration. Whatever method schools adopted for the administration of the questionnaire, research team members were available to help. Approximately half of the schools took up the offer of support for administering the questionnaire while the others organised their own procedures. At all stages of the fieldwork the survey manager liaised with schools to check on their procedures, timetable, and sample selection (to ensure it was representative of the pupil population). Key to the success of the survey was ensuring that the research team were able to meet the support requests from schools and to work with schools to ensure the minimum disruption to the schools work and timetable.

In the project specification the funder NHS Greater Glasgow and Clyde (NHSGGC) had indicated a particular interest in the experiences of minority ethnic students, asylum seekers, and pupils who had recently come to Glasgow from the A8 countries<sup>2</sup> – the eight Eastern European nations who had joined the European Union since 2004. In schools where such pupils were present, the survey manager team asked schools to include such pupils in the survey. However, schools were not always keen to do this, suggesting that this could make such pupils feel ‘singled out’.

The SCRE Centre also employed a small number of students from within the Faculty of Education to provide additional support for the fieldwork. These students were trained in the administration of the questionnaire and were required to submit reports on their experiences in each of the schools that they were involved with.

Returned questionnaires from each school were sorted by year group and were checked against the school roll and year group totals. After reviewing the initial returns and following discussion with NHSGGC it was decided to ask a number of schools to ‘top up’ their samples for particular year groups. Completed questionnaires were despatched to a professional data processing agency for ‘punching and verifying’.

A datafile for the first few hundred processed questionnaires was returned to SCRE for checking before larger batches of questionnaires were processed.

In general, the majority of pupils coped with the questionnaire. However, while administering the questionnaire it was noted by the research team that in many of the schools, small numbers of students failed to complete the questionnaires in the time available. In a few instances, there were pupils who lacked a sufficient grasp of English to undertake the questionnaire without substantial support.

As part of the research project’s quality assurance and monitoring procedures, those administering the survey across the schools provided feedback on any issues to arise concerning pupils’ ability to complete the survey. While the numbers of pupils who reported difficulty with certain questions was limited, it is important to take their comments into account, both for the interpretation of the findings emerging from the particular questions and to inform the design of subsequent survey instruments. The main issues to emerge from survey administrators’ observations were:

- Completing the survey in ‘exam conditions’ in classrooms as opposed to large-scale administration in gymnasium or dining hall situations, often meant pupils

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<sup>2</sup> The A8 Countries are Czech Republic, Estonia, Hungary, Latvia, Lithuania, Poland, Slovakia and Slovenia

were more aware of being supervised and, therefore, paid more attention to the task.

- Survey administrators reported that S1 pupils were more likely than other year groups to experience difficulty understanding questions.
- Pupils did not always follow the routing directions throughout the questionnaire.
- Some pupils with English as a second language had difficulty completing the questionnaire.

## Survey responses

In total 28 out of 29 Glasgow secondary schools took part in the survey giving a school response rate of 97%. In terms of the *questionnaire* response rate, the number of questionnaires returned was 9,246, out of a potential 10,382, representing 89% of the expected sample (50% of S1 to S4 pupils). Given the tight timetable for conducting the fieldwork this represents a robust response rate. Indeed the figures compare favourably with the most recent SALSUS study in Scottish secondary schools, which achieved a school response rate of 69%, and a pupil response rate of 82% (SALSUS, 2006).

### 1.3 This Report

This report has been prepared by Traci Leven Research. It presents findings for the East Community Health Care Partnership (CHCP) area from 2,309 pupils in seven secondary schools.

#### Approach to Analysis

Analysis was conducted in three stages:

- 1 Compute basic frequencies for East CHCP area for each main question in the questionnaire.
- 2 Establish whether there were significant differences between East CHCP area and Glasgow City as a whole (using the 95% confidence level) for each main question;
- 3 Establish, for East CHCP area, whether there were significant differences between groups for four key independent variables (using the 99% confidence level)<sup>3</sup>.

The four key independent variables used for analysis are shown below together with the number and percentage of pupils in East CHCP in each group.

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<sup>3</sup> The 99% confidence level was used for testing for the significance of differences between independent variable groups because the 95% level resulted in a vast amount of significant results; the 99% level allows us to highlight those which are the *most* significant. The 95% level was used for testing the significance of differences between the East CHCP area and Glasgow City as a whole as this is a priority for this report, and it is considered important that key differences are not overlooked.

**Table 1.1: Key Independent Variables Used For Analysis<sup>4</sup>**

<b>Key Variables</b>	<b>Description</b>	<b>Numbers and (%): East CHCP</b>	
Sex	Males compared to females	Males: 1,084 (49%) Females: 1,133 (51%) <b>Total: 2,217 (100%)</b>	
Stage	Lower school (S1-S2) compared to Upper School (S3-S4)	Lower school: 1,172 (51%) Upper School: 1,134 (49%) <b>Total: 2,306 (100%)</b>	
Self Esteem	Derived from standard instrument in questionnaire. Treated as two distinct distributions (male and female). Each re-coded into 3 groups approximating to thirds of the distributions, high, middle and low self-esteem (see below)	(see below)	
Deprivation	Comparison of two school groupings, 'higher deprivation scores' and 'lower deprivation scores' (see below)	Higher dep: 297 (41%) Lower dep: 421 (59%) <b>Total: 718 (100%)</b>	

**Note on Self Esteem<sup>5</sup>**

In the survey as a whole (all Glasgow City), males were significantly more likely to record higher self-esteem than females. Forty-four percent (44%, 1,637 pupils) of males compared to 26% (1,052 pupils) of females were scored as high, while 21% (774 pupils) of males and 40% (1,578 pupils) of females were scored as low. Given this situation and based on previous SCRE experience of using the self-esteem instrument (which time and again has scored greater proportions of females as having lower self-esteem and males as having higher self-esteem), it was decided to consider self-esteem for males and females separately. Subsequently males and females were allocated to categories (low, medium, high) based on the distribution of self-esteem scores within their sex grouping. The tables below give details of these groupings and show the distribution of males and females for **East CHCP areas**.

<sup>4</sup> Other CHCP reports use a fifth key independent variable 'ethnicity'. However, this was not possible for the East CHCP due to small numbers of pupils in non-White ethnic groups.

<sup>5</sup> This note is largely replicated from the Main Findings Report produced by SCRE.

*Self-esteem groupings by sex:*

<b>Self-esteem</b>	<b>Males (%)</b>	<b>Self-esteem</b>	<b>Females (%)</b>
Low (10-29)	27%	Low (10-27)	33%
Medium (30-33)	38%	Medium (28-31)	37%
High (34-40)	35%	High (32-40)	30%
<i>N=938</i>		<i>N=969</i>	

Analysis has been conducted using the key variable 'Self Esteem', for three categories 'low, medium and high' self esteem, which includes respondents of both sexes. Respondents have been assigned a category depending on their gender and their self-esteem score. Thus, for the key variable self esteem, a male respondent scoring 29 would be in the low category, and a female respondent scoring 29 would be in the medium category.

**Note on Deprivation<sup>6</sup>**

Pupils were asked to record their home postcode on the questionnaire to allow each to be ascribed a deprivation category (DepCat). However, across Glasgow City only 6,544 pupils (71%) gave a full postcode; the remainder either left the question blank or gave a partial code. Indeed, experience of administering the questionnaire suggested that many pupils were concerned that by giving their full postal code they could be identified and were thus unwilling to divulge the information. Consequently it would be reasonable to assume that pupils indulging in health risk and or antisocial behaviours would be more likely to omit their postcode. Therefore it was felt that the database was compromised in this respect. An alternative approach was adopted which involved exploring the significance of deprivation. Traditionally in educational research Free Meal Entitlement (FME) has been used as a proxy measure for deprivation, and the relationship between academic achievement and social class has been long established. Indeed, an inspection of the statistical relationship between Free Meal Entitlement and exam performance (based on pupils gaining one Higher or more) across the Secondary schools in this study produced a highly significant correlation ( $r=0.7115$ ;  $df=24$ ,  $P<=0.01$ ). Thus it seemed appropriate to rank participating schools in this study based on a combination of their FME and their exam results in order to establish a proxy measure of deprivation. Having ranked schools in this fashion, the data were aggregated for the five 'low deprivation' schools (low free meal entitlement and better exam results), and the five 'high deprivation' schools (high free meal entitlement and poorer exam results). Thus the deprivation data is based on a comparison of these two groups. Reflecting the size of schools in each group, there were twice as many survey respondents in the low deprivation school group (2,181) as in the high deprivation group (1,041).

<sup>6</sup> This section is largely replicated from the Main Findings Report produced by SCRE

Using this proxy measure of deprivation, of the five secondary schools in the East CHCP area, one school was among the five 'high deprivation' schools in Glasgow and one was among the five 'low deprivation' schools.

### **Reporting convention**

The findings presented in the subsequent chapters of this report follow these conventions:

Firstly, a description of basic frequencies.

Secondly, reporting of any significant difference compared to the findings for Glasgow City as a whole.

Thirdly, reporting *only* those key variables (identified in above) which exhibit statistical significance.

### **Significance Testing**

As indicated above, where comparisons are made with the findings for Glasgow City as a whole, these are significant differences at the 95% confidence level; where differences between groups for any of the four key independent variables are reported, this is significant at the 99% confidence level.

### **Tables and Figures**

All non-responses have been removed from analysis. Not all pupils answered each question; therefore the base number varies. Base numbers for each question can be found in the annotated questionnaire in the Appendix.

The sum of responses in tables and text may not equal 100% due to rounding.

Where percentages are less than 0.5 but more than 0, the conventional '<1%' has been used. A '0%' means exactly zero.

Both percentages and frequencies are given for each finding. Where frequencies are less than five pupils, these are presented as '<5' rather than the exact count.

## 2 Pupil Profile

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### 2.1 Sex and Age

Fifty-one percent (51%, 1,133 pupils) of respondents were female and 49% (1,084 pupils) were male. They ranged in age from 11 to 17 years old, with the vast majority (97%, 2,250 pupils) aged between 12 and 15 years. (See Table 2.1).

**Table 2.1: Age and Sex of Pupils in Survey (East CHCP)**

Age	Male	Female	All
11	1.6%	1.0%	1.2%
12	21.6%	22.9%	22.7%
13	26.1%	25.3%	25.7%
14	28.5%	28.0%	27.9%
15	20.2%	22.2%	21.1%
16	1.9%	0.7%	1.3%
17	0.1%	0.0%	0.0%
All	48.9%	51.1%	

### 2.2 Ethnicity

Ninety nine percent (2,096 pupils) of pupils from the East CHCP area identified themselves as 'White Scottish', 'White Other British', 'Irish' or 'Other White'. The next largest group of respondents (1%, 12 pupils) indicated that they were 'Asian, Asian Scottish or Asian British'. Less than five pupils (<1%) identified themselves as Black (Black African or Black other), and a further 5 pupils (<1%) from other or mixed backgrounds. (See Appendix 1, Q96 for a detailed breakdown of ethnicity.)

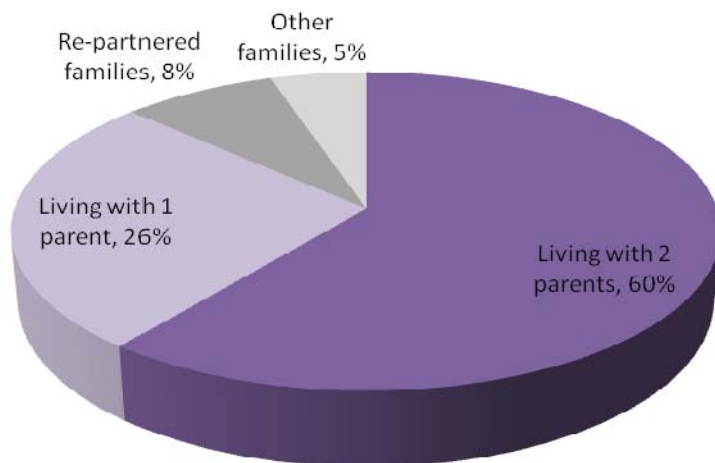
### 2.3 Asylum Seekers and A8 Nationals

A total of 46 pupils (2%) indicated that they were asylum seekers, while 61 (3%) had come to Scotland in the last three years from one of the eight new (A8) countries to join the European Union. The majority of these respondents came from Poland (36%, 22 pupils), the Czech Republic (18%, 11 pupils), or Slovakia (15%, 9 pupils). (See Appendix 1, Q97a–b for additional detail).

## 2.4 Home and Family Circumstances

Six in ten pupils (60%, 1,259 pupils) in the East CHCP area lived with both their parents. A quarter of pupils (26%, 549 pupils) lived with one parent (including those spending some time with one parent and some time with the other). A further 8% (178 pupils) lived with one parent and their parent's partner, and 5% (109 pupils) lived in some other type of family or in care.

**Figure 2.1: Family Circumstances of Pupils (East CHCP)**



### Notes:

'Living with 1 parent' includes those living part-time with one parent and part time with the other as well as those living full time with either their mother or their father.

'Re-partnered families' includes those living with their father and their father's partner or their mother and their mother's partner.

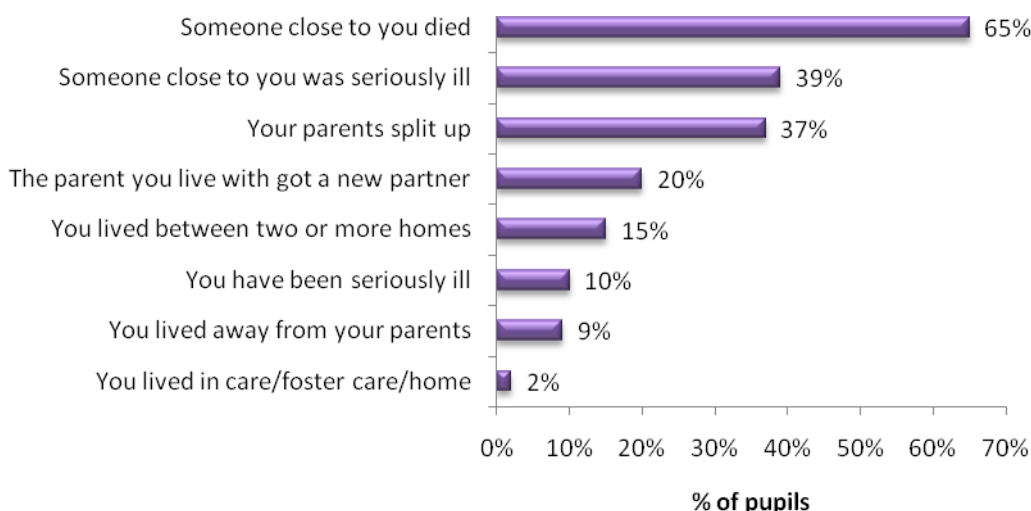
'Other families' include those living with grandparents, those living with foster parents and those in care.

**Deprivation:** Pupils attending schools with lower levels of deprivation were more likely than those attending schools with higher levels of deprivation to be living with two parents (72%, 269 lower deprivation; 57%, 147 higher deprivation). Those in schools with higher deprivation were more likely to be living with one parent (27%, 70 higher deprivation; 20%, 76 lower deprivation) or re-partnered families (13%, 33 higher deprivation; 6%, 24 lower deprivation).

## 2.5 Life Events

The figure below shows the proportion of pupils in the East CHCP area who had experienced each of eight 'life events'. Two thirds (65%, 1,419 pupils) of pupils had experienced the death of someone close to them. Also, 39% (854 pupils) had experience of someone close to them being seriously ill and 37% (799 pupils) had experienced their parents' separation.

**Figure 2.2: Experience of Live Events (East CHCP)**



Of the 1,787 pupils who had experienced at least one of these eight life events and who answered the supplementary question, 27% (484 pupils) said that these events were bothering/having an effect on them at the moment.

**Sex:** Females were more likely than males to have experienced someone close to them dying (69%, 760 females; 61%, 629 males) or being seriously ill (44%, 487 females; 34%, 354 males). Males were more likely than females to have been seriously ill (13%, 130 males; 8%, 93 females). Females were more likely than males to say that experience of these life events were affecting them at the moment (30%, 282 females; 23% 186 males).

**Stage:** Pupils in the upper school were more likely than those in the lower school to have lived away from their parents (11%, 122 upper school; 8%, 83 lower school).

**Self Esteem:** Those with low self esteem were more likely than those with high self esteem to have experienced:

- Someone close being seriously ill (44%, 247 low; 35%, 211 high);
- Parent got a new partner (25%, 138 low; 18%, 106 high).

Among **females**, those with low self esteem were more likely than those with high self esteem to have lived between two or more homes (20%, 63 low; 13%, 37 high).

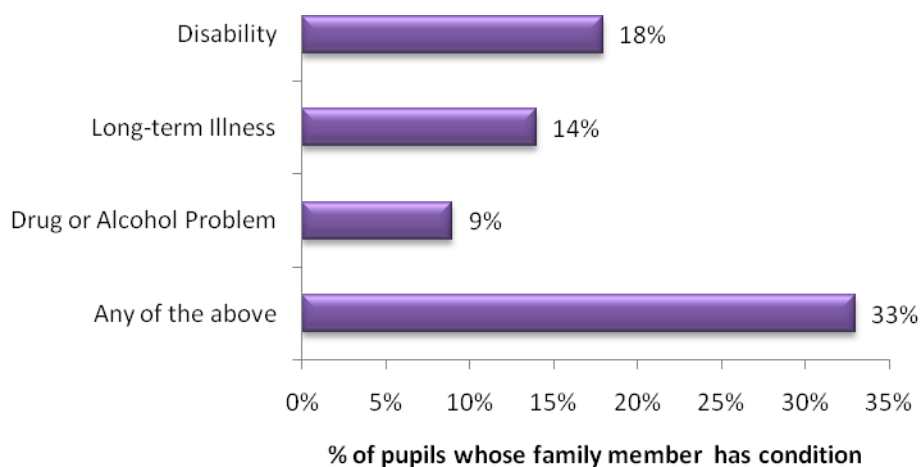
Of those who had experienced any of the listed life events, those with low self esteem were more likely than those with high self esteem to say that these events were affecting them at the moment (37%, 172 low; 19%, 94 high).

**Deprivation:** Those attending schools in areas of higher deprivation were more likely than those in areas of lower deprivation to have experienced their parents splitting up (41%, 103 higher deprivation; 28%, 111 lower deprivation).

## 2.6 Families with Disabilities, Drugs and Alcohol Problems

Pupils were asked whether anyone in their family had a disability, a long-term illness or a drug or alcohol problem. Figure 2.3 below shows the results of this question for the pupils in the East CHCP area.

**Figure 2.3: Whether Have Family Member with Disability, Long-term Illness or Drug/Alcohol Problem (East CHCP)**



### Comparison with Glasgow City

Pupils in the East CHCP area were more likely to have a family member with a disability than pupils across Glasgow City as a whole (18%, 387 East CHCP; 16%, 1,356 Glasgow City).

**Sex:** Females were more likely than males to report having a family member with a disability (20%, 217 females; 15%, 159 males) or a long-term illness (17%, 185 females; 12%, 120 males).

**Self Esteem:** Those with low self esteem were more likely than those with high self esteem to say that they had a family member with a disability (22%, 124 low; 15%, 92 high), a long-term illness (19%, 105 low; 12%, 73 high) or drug or alcohol problem (12%, 67 low; 7%, 44 high).

**Deprivation:** Pupils in schools in areas with higher deprivation were more likely than those in areas of lower deprivation to have a family member with a disability (22%, 58 higher deprivation; 13%, 51 lower deprivation).

Just over half (53%, 397 pupils) of those who had a family member with at least one of these conditions said that they spend time caring for them. Of those who spent time caring, 47% (168 pupils) said that their caring responsibilities affected them in some way. The most common effects of caring responsibilities were feeling tired (25% of those with caring responsibilities, 91 pupils), being unable to do homework (21%, 76 pupils), and feeling stressed (18%, 66 pupils).

**Sex:** Among those who had a family member with one of the listed conditions, females were more likely than males to say they spend time caring for them (58%, 245 females; 47%, 142 males). Also, among those with caring responsibilities, females were more likely than males to say that their caring had some effect on them (51%, 116 females; 37%, 46 males).

**Stage:** Upper school pupils with caring responsibilities were more likely than lower school carers to say that their caring made them stressed (24%, 40 upper school; 13%, 26 lower school).

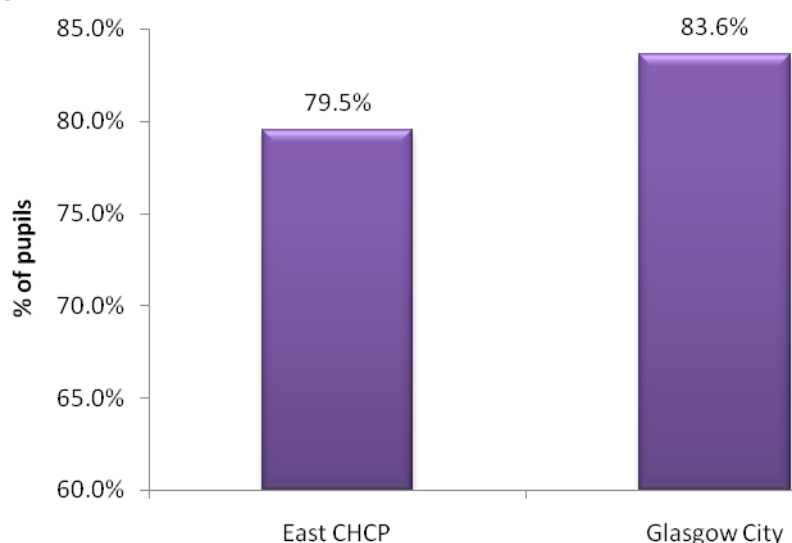
## 2.7 Computers at Home

Most (91%, 2,040 pupils) pupils said that they had a computer at home and nearly all (99%, 2,018 pupils) said that they were allowed to use the computer at home. Eighty percent of pupils (1,754 pupils) had access to the internet at home. Over a third (36%, 822 pupils) of pupils spent an hour or less on a computer per day. Almost a quarter of pupils (24%, 549 pupils) spent two hours on a computer on an average day, 15% (354 pupils) spent three hours per day and 25% (581 pupils) spent four or more hours per day on the computer.

### Comparison with Glasgow City

Compared to pupils in Glasgow City as a whole, pupils in the East CHCP area were less likely to have internet access at home (80%, 1,754 East CHCP; 84%, 7,394 Glasgow City).

**Figure 2.4: Internet Access at Home: East CHCP and Glasgow City**



**Stage:** Pupils in the upper school were more likely to spend four hours or more on a computer per day (30%, 336 upper school; 21%, 245 lower school).

**Self Esteem:** Those with high self esteem were more likely than those with low self esteem to have a computer at home with internet access (84%, 511 high; 76%, 431 low). However, those with low self esteem were more likely than those with high self esteem to spend four hours or more on a computer per day (32%, 186 low; 23%, 141 high).

**Deprivation:** Pupils in schools in areas with lower deprivation were more likely than those in areas of higher deprivation to have a computer at home (97%, 399 lower deprivation; 86%, 231 higher deprivation). Pupils at school in areas with lower deprivation were also more likely to have access to the internet at home (94%, 386 lower deprivation; 71%, 188 higher deprivation) and more likely to spend four or more hours per day on a computer (25%, 105 lower deprivation; 21%, 61 higher deprivation).

## 2.8 Part-Time Employment

One in six (16%, 348 pupils) pupils in the East CHCP area said that they had a part-time job. The most common type of employment was paper/milk round in which 42% (153 pupils) of all pupils with a part-time job were employed.

**Table 2.2: Types of employment – pupils in East CHCP (N=368)**

Employment Type	% of employed pupils	N
Paper/milk round	42%	153
Babysitting	17%	64
Shop work	13%	49
Food outlet	9%	33
General delivery	6%	23
Gardening/car washing	5%	20
Other employment	28%	104

**Sex:** Males with part-time jobs were more likely than females with part-time jobs to have a paper/milk round (60%, 109 males; 23%, 41 females), but females were more likely than males to work in a food outlet (15%, 26 females; 3%, 5 males), a shop (18%, 32 females; 8%, 15 males) or as a babysitter (29%, 51 females; 6%, 10 males).

**Stage:** Upper school pupils with a part-time job were more likely than lower school pupils with a part-time job to be employed in a food outlet (14%, 28 upper school; 3%, 5 lower school) or a shop (18%, 36 upper school; 8%, 13 lower school).

**Deprivation:** Pupils in areas of higher deprivation with a part-time job were more likely than pupils in areas of lower deprivation with a part-time job to work in a food outlet (17%, 8 higher deprivation; 2%, <5 lower deprivation).

## 2.9 Personal Illness and Disability

Twenty one percent (452 pupils) of pupils reported having a chronic illness or disability (CID). Of those with a CID, more than half (57%, 279 pupils) had asthma and nearly a quarter (23%, 112 pupils) had eczema. Of those with a CID, 63% (299 pupils) said that it limited what they could do.

Of responding pupils with a CID, 12% (49 pupils) had been called names because of their illness or disability, 6% (25 pupils) had been picked on and 5% (20 pupils) felt that they had been treated differently due to their illness or disability.

**Comparison with Glasgow City:** Of those with a CID, pupils in the East CHCP were more likely than pupils in Glasgow City as a whole to say that their illness or disability limited what they could do (63%, 299 East CHCP; 58%, 1,144 Glasgow City).

**Sex:** Females with a CID were more likely than males with a CID to report having eczema (28%, 70 female; 16%, 36 male).

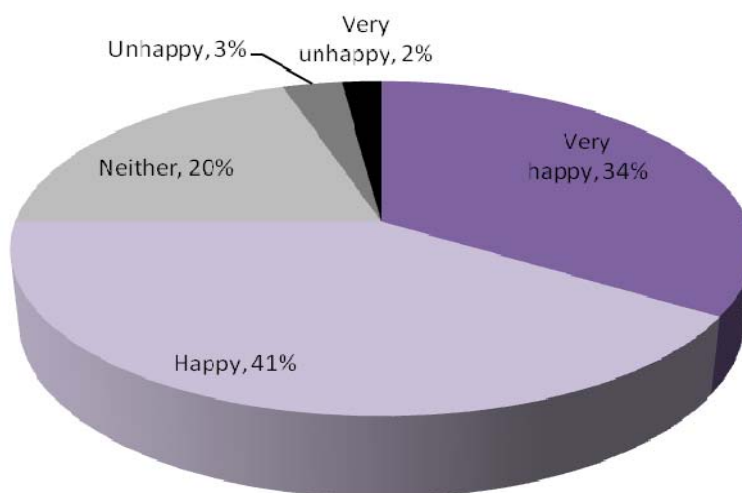
**Self Esteem:** Those with a CID who had low self esteem were more likely than those with high self esteem to report having been called names because of their disability (20%, 23 low; 8%, 9 high) or picked on because of their disability (12%, 14 low; 2%, <5 high).

## 2.10 Focus of Control and Personal Happiness

### Feelings about themselves

Three quarters of pupils (76%, 1,726 pupils) stated that they had felt 'very happy' or 'happy' about themselves over the previous year. Five percent (111 pupils) had felt 'unhappy' or 'very unhappy' about themselves. Figure 2.5 below shows the distribution of responses.

**Figure 2.5: Feelings about Self Over Past Year (East CHCP)**



**Sex:** Males were more likely than females to report that they were 'very happy' about themselves (38%, 406 males; 31%, 349 females).

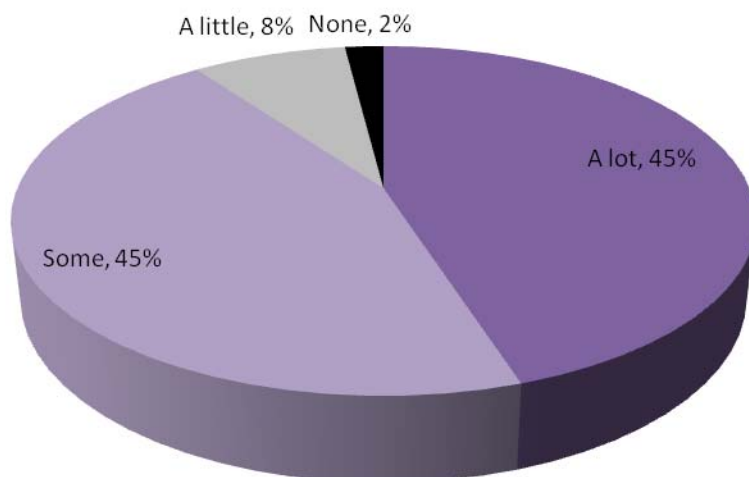
**Stage:** Lower school pupils were more likely than upper school pupils to report feeling 'very happy' about themselves (38%, 440 lower school; 31%, 343 upper school).

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to say they had felt 'very happy' about themselves in the last year (58%, 358 high; 15%, 86 low). Also, those with low self esteem were much more likely to report feeling unhappy or very unhappy about themselves (12%, 71 low; 1%, 5 high).

### Control over their lives

Most pupils (90%, 2,022 pupils) felt that they had some or a lot of control over the way their lives were going in general. Just 2% (44 pupils) felt that they had no control over their lives. The distribution of responses is shown in Figure 2.6 below.

**Figure 2.6: Extent to Which Have Control Over Their Life (East CHCP)**



**Comparison with Glasgow City:** Compared to pupils in Glasgow City as a whole, pupils in the East CHCP area were more likely to feel that they had a lot of control over their lives (45%, 1,016 East CHCP; 42%, 3,838 Glasgow City).

**Sex:** Males were more likely to feel in control of their lives 'a lot' than females (49%, 522 males; 41%, 452 females).

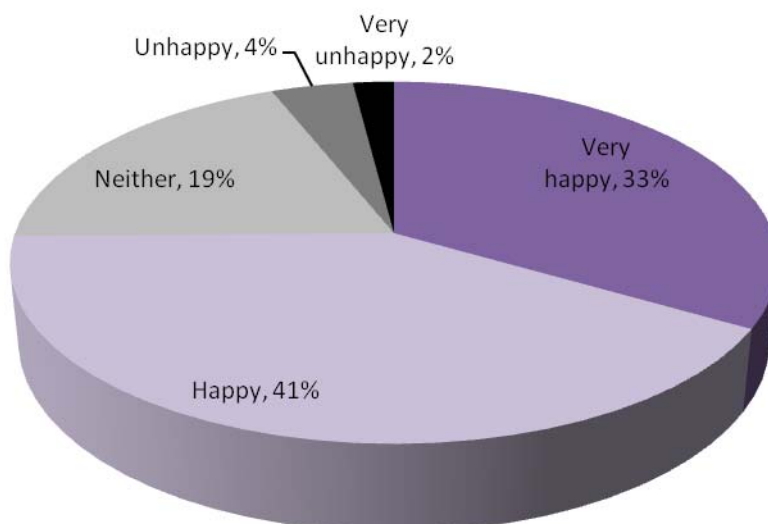
**Stage:** Upper school pupils were more likely than lower school pupils to feel they a lot of control over their lives (49%, 537 upper school; 42%, 478 lower school).

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to feel that they had a lot of control over their lives (62%, 382 high; 29%, 164 low). Those with low self esteem were the most likely to feel that they had only a little or no control over their lives (19%, 109 low; 4%, 27 high).

### **Feelings about their health**

Three quarters of pupils in the East CHCP area (74%, 1,671 pupils) indicated that they had felt happy or very happy about their health over the last year. Six per cent (141 pupils) said that they had felt unhappy or very unhappy about their health.

**Figure 2.7: Feelings about Health over the Last Year (East CHCP)**



**Sex:** Males were more likely than females to report that they were very happy about their health over the last year (38%, 397 males, 29%, 318 females).

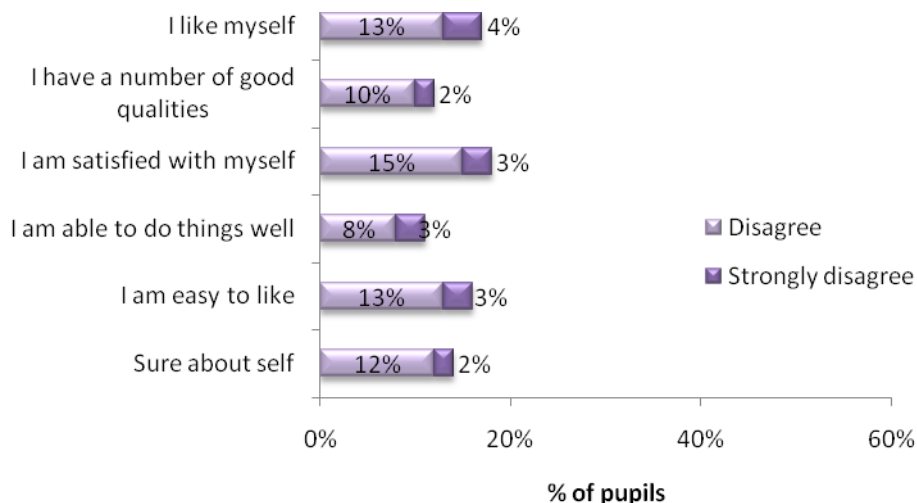
**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to say that they had felt 'very happy' about their health over the last year (48%, 298 high; 22%, 129 low). Those with low self esteem were the most likely to say that they had felt 'unhappy' or 'very unhappy' about their health (13%, 73 low; 2%, 11 high).

### 2.11 Self Esteem

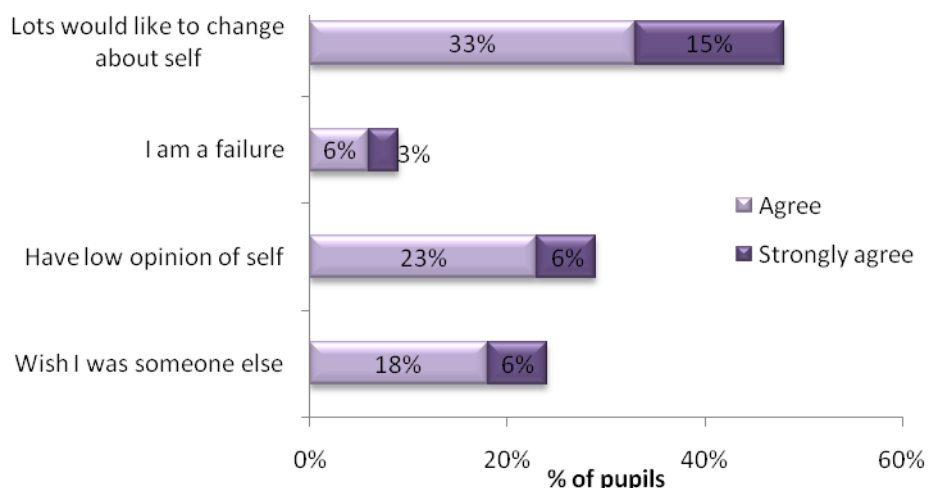
On most individual measures of self esteem, most pupils showed a positive self-image. However, the measure showing the highest number of negative responses was 'there are lots of things about myself that I would like to change', with which 48% (1,063 pupils) agreed or strongly agreed. Also, 29% (642 pupils) agreed with the statement 'I have a low opinion of myself' and 25% (547 pupils) agreed with the statement 'I wish I was someone else'.

Figures 2.8 and 2.9 below show the proportion of pupils who gave a response indicating a negative self-image to each of the individual indicators of self esteem – i.e. the proportion who disagreed with positive statements and the proportion who agreed with negative statements.

**Figure 2.8: Proportion of Pupils Who Disagreed with Positive Statements About Self (East CHCP)**



**Figure 2.9: Proportion of Pupils who Agreed with Negative Statements About Self (East CHCP)**



**Sex:** Females consistently showed a higher proportion of negative statements about themselves than males. Females were more likely than males to disagree or strongly disagree with the statements:

- 'I am pretty sure about myself' (19%, 212 females; 8%, 80 males);
- 'I am able to do things well' (13%, 145 females; 8%, 81 males);
- 'Most of the time I am satisfied with myself' (22%, 237 females; 14%, 144 males);
- 'I have a number of good qualities' (15%, 167 females; 8%, 83 males);
- 'I like myself' (24%, 258 females; 10%, 103 males).

Females were more likely to agree or strongly agree that:

- They wished they were someone else (34%, 368 females; 15%, 161 males);
- They had a low opinion of themselves (36%, 395 females; 21%, 220 males);
- They were a failure (10%, 107 females; 8%, 79 males);
- There was lots they would like to change about themselves (58%, 629 females; 39%, 397 males).

**Stage:** Pupils at upper school were more likely than pupils at lower school to disagree or strongly disagree with the statements:

- 'I am pretty sure about myself' (16%, 179 upper school; 11%, 128 lower school);
- 'I have a number of good qualities' (13%, 145 upper school; 11%, 119 lower school).

Pupils at upper school were more likely to agree or strongly agree that:

- They had a low opinion of themselves (32%, 354 upper school; 26%, 287 lower school);
- There was lots they would like to change about themselves (50%, 542 upper school; 47%, 520 lower school).

**Deprivation:** Pupils attending schools in areas of higher deprivation were more likely than those in areas of lower deprivation to disagree/strongly disagree with the statement 'I am pretty sure about myself' (20%, 56 higher deprivation; 12%, 51 lower deprivation). They were also more likely to agree/strongly agree with the statement 'I am a failure' (15%, 41 higher deprivation; 8%, 32 lower deprivation).

## 2.12 Depression

Pupils were asked seven questions designed to measure their levels of depression. Aggregate scores were calculated from these, and pupils were grouped into 'high' 'medium' and 'low' depression categories. The distribution of pupils in these three categories for East CHCP is shown in Table 2.3 below.

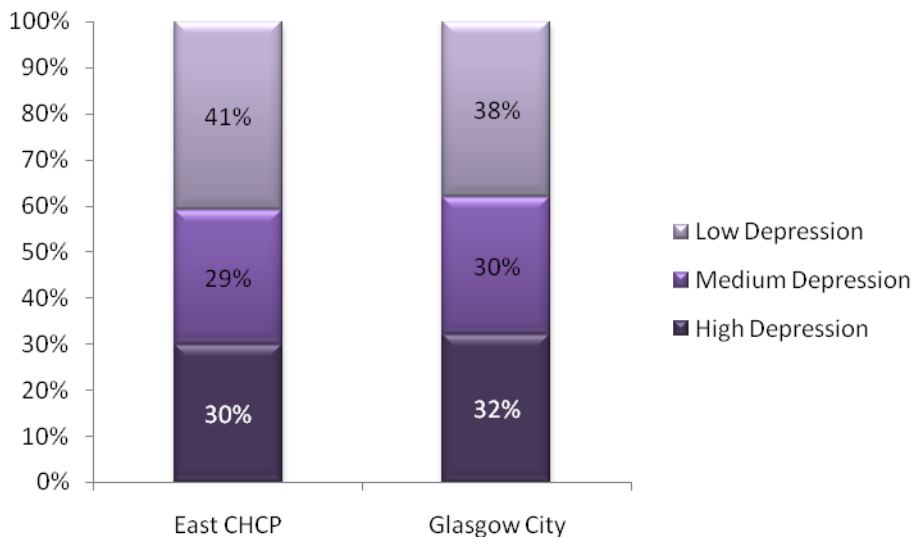
**Table 2.3: Depression Categories (East CHCP)**

<b>Depression Category</b>	<b>% of pupils</b>	<b>N</b>
High Depression (Score 7 – 15)	30%	644
Medium Depression (Score 16-17)	29%	632
Low Depression (Score 18-21)	41%	884
<b>Total</b>	<b>100%</b>	<b>2,160</b>

### **Comparison with Glasgow City**

Pupils in the East CHCP were less likely to have high depression scores than those in Glasgow City as a whole (30%, 644 East CHCP; 32%, 2,796 Glasgow City). This is shown in Figure 2.10 below.

**Figure 2.10: Depression Categories: East CHCP and Glasgow City**



**Sex:** Females showed higher levels of depression than males. Thirty six percent (379 pupils) female pupils had high depression scores compared with just under a quarter (23%, 232 pupils) of male pupils. Males were more likely than females to have a low depression score (50%, 504 males; 33%, 353 females).

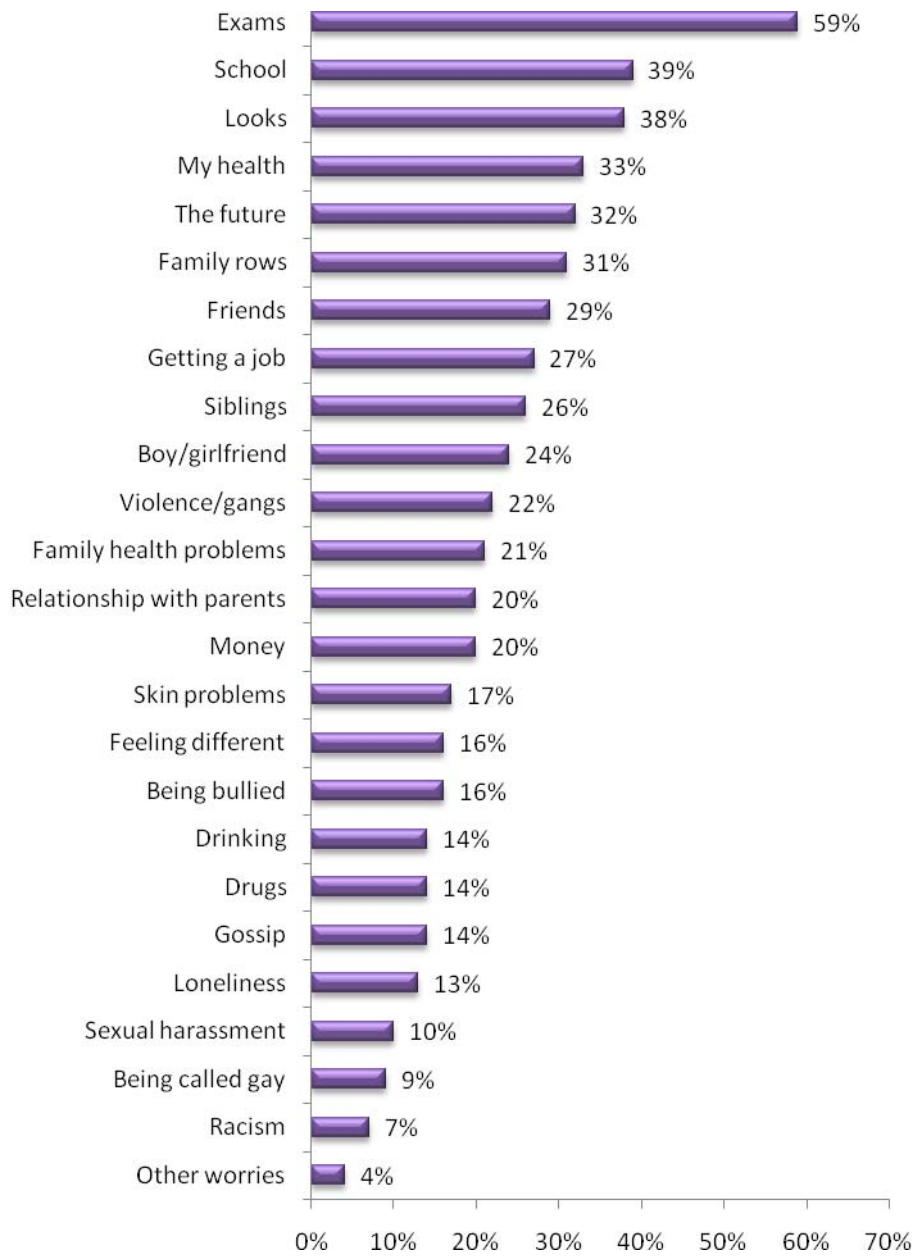
**Stage:** Pupils in the upper school were more likely to have a high depression score than those in the lower school (35%, 382 upper school; 24%, 262 lower school), while those in the lower school were more likely to have a low depression score (47%, 506 lower school; 35%, 377 upper school).

**Self Esteem:** Pupils who had low self esteem were considerably more likely to have high depression scores than pupils with medium or high self esteem (55%, 303 low self esteem; 23%, 157 medium self esteem; 13%, 80 high self esteem).

### 2.13 Pupil Worries

Pupils were given a list of 24 issues and asked whether they worried about each of them, and also to indicate whether there was anything else they worried about. Figure 2.11 below shows the proportion of pupils who worried about each issue. Exams were the most common source of worry, with 59% (1,239 pupils) of pupils saying that they worried about exams. The next most common issues which pupils worried about were school (39%, 815 pupils) and their looks (38%, 793 pupils).

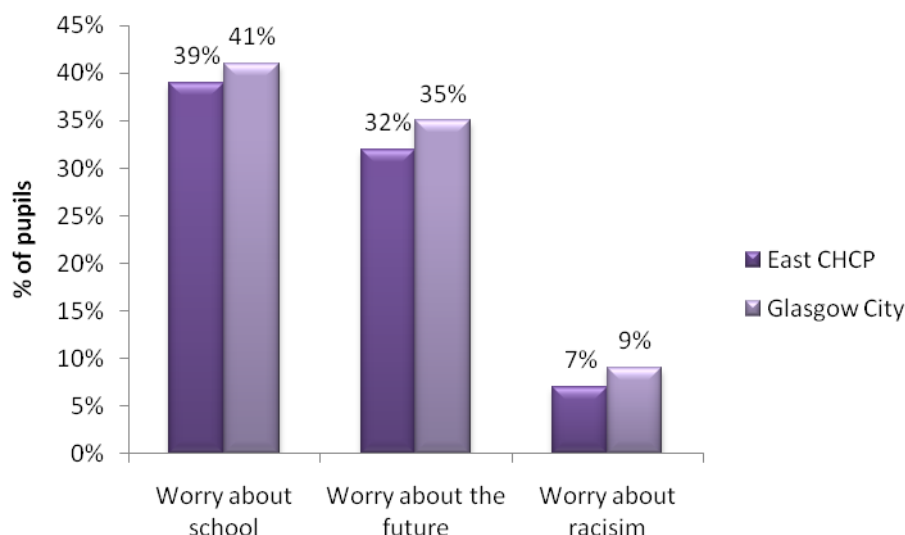
**Figure 2.11: Proportion of Pupils worried about Each Issue: East CHCP**



### **Comparison with Glasgow City**

Compared to pupils in Glasgow City as a whole, pupils in the East CHCP area were less likely to worry about school, the future or racism. This is shown in Figure 2.12 below.

**Figure 2.12: Pupils Worries: East CHCP and Glasgow City (all issues showing a significant difference)**



**Sex:** Females were more likely than males to worry about:

- Being bullied (18%, 193 females; 14%, 130 males);
- Money (22%, 238 females; 17%, 159 males);
- Looks (52%, 555 females; 22% 214 males);
- Boyfriend/girlfriend (30%, 320 females; 17%, 165 males);
- Exams (66%, 708 females; 51%, 490 males);
- Loneliness (15%, 160 females; 11%, 104 males);
- Family rows (39%, 413 females; 23%, 222 males);
- Feeling different (20%, 217 females; 11%, 108 males);
- Relationship with parents (27%, 287 females; 13%, 125 males);
- Drinking (16%, 167 females; 11%, 106 males);
- Gossip (20%, 212 females; 8%, 73 males);
- Own health (37%, 399 females; 27%, 262 males);
- Friends (39%, 414 females; 19%, 181 males);
- Skin problems (23%, 246 females; 10%, 95 males);
- Siblings (30%, 320 females; 21%, 198 males);
- Family's health problems (26%, 277 females; 17%, 161 males);
- The future (37%, 392 females; 27%, 264 males);
- Sexual harassment (12%, 127 females; 7%, 63 males).

The only issue which males worried about more than females was being called gay (13%, 122 males; 5%, 54 females).

**Stage:** Lower school pupils were more likely than upper school pupils to worry about:

- Being bullied (20%, 214 lower school; 12%, 124 upper school);
- Being called gay (11%, 117 lower school; 7%, 76 upper school);
- Violence/gangs (25%, 265 lower school; 18%, 194 upper school).

However, upper school pupils were more likely than lower school pupils to worry about:

- Money (24%, 253 upper school; 15%, 159 lower school);
- Boyfriend/girlfriend (29%, 304 upper school; 19%, 198 lower school);
- Exams (69%, 732 upper school; 48%, 505 lower school);
- Relationship with parents (23%, 239 upper school; 18%, 186 lower school);

- Getting a job (33%, 346 upper school; 22%, 230 lower school);
- Skin problems (19%, 204 upper school; 14%, 149 lower school);
- The future (36%, 382 upper school; 28%, 297 lower school).

**Self Esteem:** Pupils with low self esteem were more likely than those with high self esteem to worry about the following issues:

- Being bullied (24%, 134 low; 10%, 58 high);
- Money (29%, 160 low; 13%, 71 high);
- Looks (62%, 342 low; 21%, 119 high);
- Boyfriend/girlfriend (37%, 203 low; 17%, 92 high);
- Loneliness (23%, 127 low; 6%, 36 high);
- Family rows (44%, 244 low; 24%, 134 high);
- Feeling different (30%, 167 low; 6%, 35 high);
- Relationship with parents (33%, 181 low; 13%, 72 high);
- Getting a job (34%, 191 low; 21%, 114 high);
- Drinking (19%, 104 low; 11%, 59 high);
- Gossip (23%, 127 low; 8%, 42 high);
- Being called gay (13%, 70 low; 8%, 42 high);
- Health (42%, 236 low; 25%, 140 high);
- Friends (41%, 228 low; 19%, 106 high);
- Skin problems (23%, 128 low; 13%, 70 high);
- Siblings (35%, 194 low; 20%, 111 high);
- Family's health problems (29%, 162 low; 17%, 93 high);
- The future (44%, 245 low; 22%, 124 high);
- Sexual harassment (14%, 79 low; 7%, 39 high).

**Deprivation:** Pupils attending schools in areas of higher deprivation were more likely than those in areas of lower deprivation to be worried about:

- Drugs (22%, 57 higher deprivation; 12%, 45 lower deprivation);
- Drinking (20%, 53 higher deprivation; 11%, 41 lower deprivation);
- Their health (39%, 102 higher deprivation; 27%, 103 lower deprivation);
- Sexual harassment (18%, 46 higher deprivation; 9%, 36 lower deprivation).

### What do pupils worry about most?

Pupils were asked which **one** issue they worried about most. Exams was by far the most common issue chosen (25%, 403 pupils), followed by looks (8%, 127 pupils), the future (7%, 114 pupils), family health problems (7%, 113 pupils) and school (7%, 112 pupils).

**Sex:** Females were more likely than males to say that they worried most about their looks (12%, 101 females; 3%, 20 males). However, males were more likely than females to say that they worried most about getting a job (6%, 42 males; 2%, 14 females).

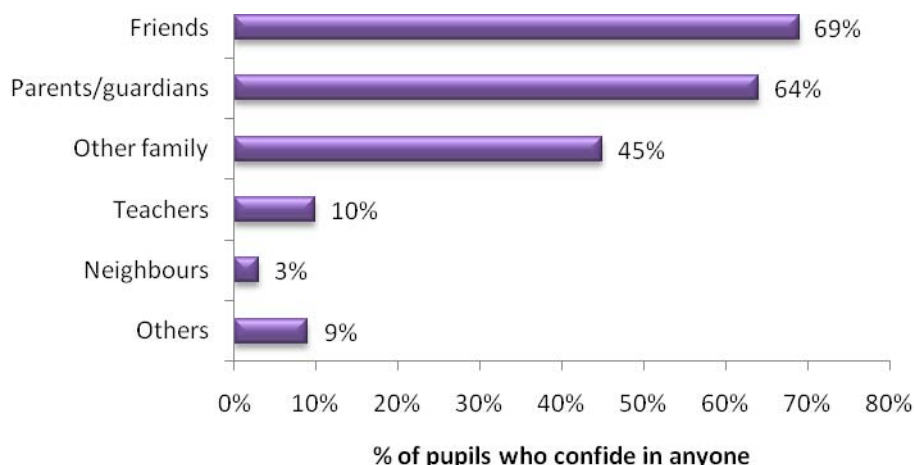
**Stage:** Upper school pupils were much more likely than lower school pupils to say that they worried most about exams (33%, 277 upper school; 17%, 125 lower school). Lower school pupils were more likely to worry most about being bullied (5%, 39 lower school; 2%, 13 upper school) or violence/gangs (6%, 43 lower school; 3%, 24 upper school) than upper school pupils.

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to say that they worried most about exams (30%, 125 high; 14%, 59 low). Those with low self esteem were more likely than those with high self esteem to say that they worried most about the way they look (13%, 57 low; 5%, 20 high).

## Someone to Confide In

Pupils were asked whether there was anyone they could talk to and trust about personal things or worries. Most pupils (86%, 1,843 pupils) said that there was. Of all pupils who indicated who they confided in, 69% (1,359 pupils) confided in friends; 64% (1,254 pupils) confided in parents/guardians and 45% (879 pupils) confided in other family members. These are shown in Figure 2.13 below.

**Figure 2.13: Who Pupils Confide in: East CHCP (all pupils who confide in someone; N=1,956)**



**Sex:** Females were more likely than males to have someone to confide in (90%, 978 females; 83%, 815 males) and they were more likely than males to say that they confided in friends (81%, 817 females; 57%, 505 males) and other family members (48%, 490 females; 41%, 360 males) However, males were more likely than females to confide in parents/guardians (70%, 620 males; 59% 600 females).

**Stage:** Upper school pupils were more likely than those in the lower school to confide in friends (75%, 714 upper school; 64%, 642 lower school). However, lower school pupils were more likely to confide in parents/guardians (70%, 698 lower school; 58%, 553 upper school), other family members (48%, 481 lower school; 42%, 397 upper school) and teachers (13%, 131 lower school; 6%, 60 upper school).

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to say that there was someone they could confide in (94%, 556 high; 78%, 421 low). Among those with someone to confide in, pupils with high self-esteem were more likely than those with low self esteem to confide in their parents/guardians (74%, 425 high; 53%, 236 low).

## 2.14 Bullying

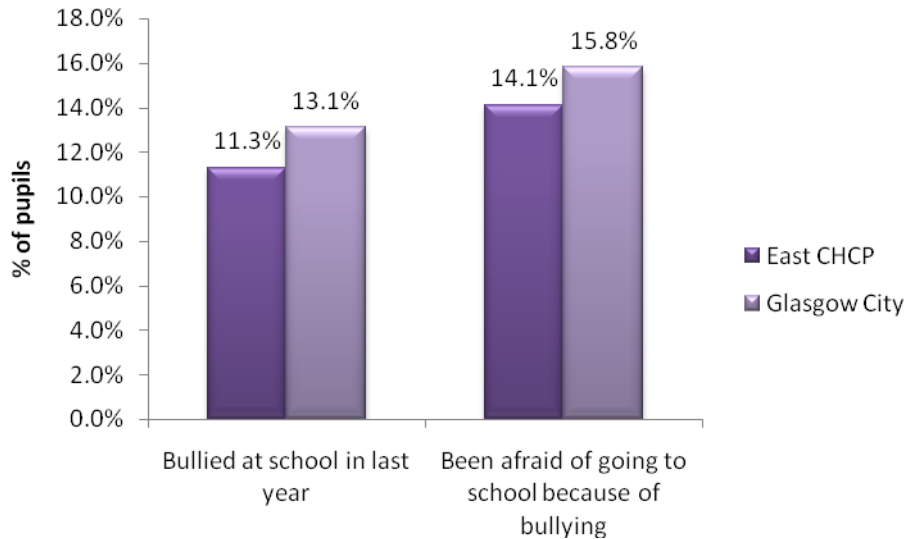
Eleven percent (254 pupils) pupils in the East CHCP area said that they had been bullied at their school in the past year. Also 14% (319 pupils) said that they felt afraid of going to school because of bullying at least sometimes.

Pupils were also asked whether they had bullied or frightened someone at their school in the past year, and 20% (449 pupils) admitted to doing this at least sometimes. Those who had been bullied were more likely to admit to bullying others. Amongst those who had been bullied, 38% (96 pupils) admitted bullying others, compared to 17% (343 pupils) of those who had not been bullied.

## Comparison with Glasgow City

Compared to pupils in Glasgow City as a whole, pupils in the East CHCP area were less likely to have been bullied at their school in the last year (11%, 254 East CHCP; 13%, 1,184 Glasgow City) or to have been afraid of going to school because of bullying (14%, East CHCP; 16%, 1,435 Glasgow City).

**Figure 2.14: Experience of Bullying and Fear of Bullying at School in Past Year: East CHCP and Glasgow City**



**Sex:** Females were more likely than males to say that they ever felt afraid to go to school because of bullying (17%, 187 females; 10%, 112 males). However, males were more likely than females to say that they had bullied someone at school in the past year (24%, 253 males; 16%, 177 females).

**Stage:** Those in the lower school were more likely to have been bullied in the past year than those in the upper school (15%, 166 lower school; 8%, 88 upper school). Those in the lower school were also more likely to have been afraid to go to school because of bullying (16%, 186 lower school; 12%, 133 upper school).

**Self Esteem:** Pupils with low self esteem were more likely than those with high self esteem to have been bullied in the last year (21%, 118 low; 5%, 31 high) or to have been afraid to go to school because of bullying (26%, 150 low; 6%, 40 high). Pupils with low self esteem were also more likely than those with high self esteem to have bullied others in the past year (26%, 152 low; 17%, 102 high).

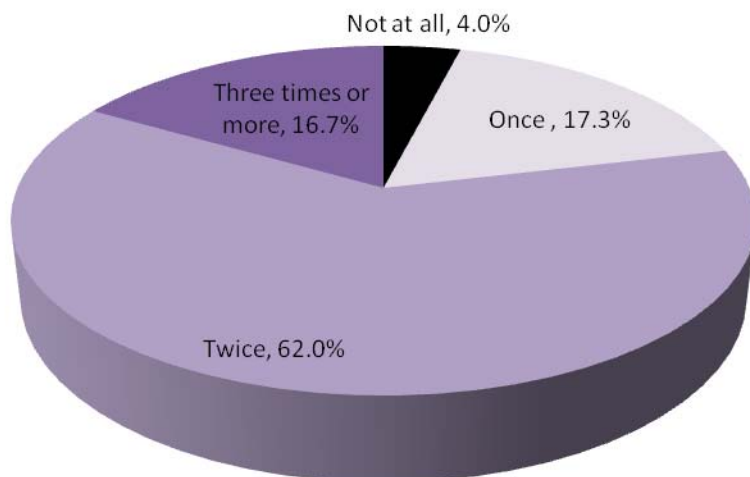
## 3 Health Behaviours

### 3.1 Dental Hygiene

#### Tooth brushing

Most (96%, 2,182 pupils) pupils in the East CHCP area had brushed their teeth in the previous day, and over three quarters (79%, 1,789 pupils) had done so twice or more.

**Figure 3.1: Number of Times Pupils Brushed Teeth in Previous Day (East CHCP)**



**Comparison with Glasgow City:** Compared to pupils in Glasgow City as a whole, pupils in the East CHCP area were more likely to have brushed their teeth twice or more in the previous day (79%, 1,789 East CHCP; 77%, 7,041 Glasgow City), and particularly more likely to have brushed their teeth three times or more (17%, 380 East CHCP; 15%, 1,329 Glasgow City).

**Sex:** Females were more likely than males to have brushed their teeth twice or more in the previous day (86%, 970 females; 72%, 767 males).

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to have brushed their teeth in the previous day (98%, 607 high; 95%, 546 low), and particularly to have brushed their teeth twice or more (84%, 520 high; 76%, 435 low).

**Deprivation:** Pupils in schools in lower deprivation areas were more likely than those in areas of higher deprivation to have brushed their teeth in the previous day (99%, 415 lower deprivation; 91%, 256 higher deprivation). Those in areas of lower deprivation were also more likely to have brushed their teeth twice or more (85%, 357 lower deprivation; 76%, 214 higher deprivation).

#### Last Dental Visit

Two thirds of pupils (65%, 1,470 pupils) said that they had last visited the dentist within the last six months. However, 19% (436 pupils) could not remember when their last visit was. A further 12% (277 pupils) had visited the dentist 6-12 months ago; 3% (57 pupils) had visited over a year ago, and <1% (10 pupils) had never been to the dentist.

**Sex:** Females were more likely than males to say they had visited the dentist within the last six months (68%, 755 females; 63%, 675 males), however males were more likely

than females to say they could not remember when they last visited the dentist (22%, 234 males; 16%, 176 females).

**Stage:** Although there were differences between lower and upper school pupils in the profile of responses to this question, this was largely due to the difference in the proportion of pupils who answered that they could not remember when they last visited the dentist (24%, 277 lower school; 14%, 159 upper school).

**Self Esteem:** Pupils with high self esteem were more likely to say they had visited the dentist in the last six months than those with low self esteem (72%, 441 high; 61%, 348 low). However, this is again confounded by differences in the proportion who could not remember when they last visited the dentist (21%, 119 low; 14%, 83 high).

**Deprivation:** Pupils at school in areas of lower deprivation were more likely than those in areas of higher deprivation to say that they had visited the dentist in the last six months (72%, 299 lower deprivation; 61%, 172 higher deprivation). However, those in areas of higher deprivation were more likely to say that they could not remember (24%, 68 higher deprivation; 15%, 62 lower deprivation).

### 3.2 Travel to and From School

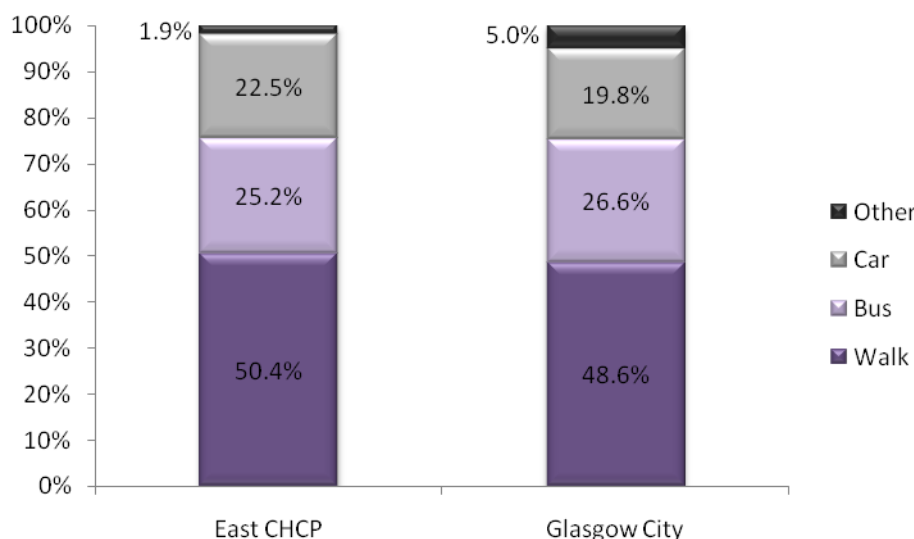
Pupils were asked which one method of travel they usually used to get to school. Half (50%, 1,062 pupils) of the pupils in the East CHCP area walked to school. The next most popular methods were bus (25%, 530 pupils) and car (22%, 473).

Two thirds (66%, 1,475 pupils) of pupils had walked, cycled or skated to or from school at least once in the previous week.

#### Comparison with Glasgow City

School travel patterns differed significantly between the East CHCP area and Glasgow City as a whole. Pupils in the East CHCP were more likely to travel by car (22%, 473 East CHCP; 20%, 1,651 Glasgow City), and less likely to travel by bus (25%, 530 East CHCP; 27%, 2,215 Glasgow City). Travel patterns for East CHCP and Glasgow City are shown in Figure 3.2 below.

**Figure 3.2: Usual Method of Travel to School: East CHCP and Glasgow City**



**Deprivation:** Pupils at schools in areas of higher deprivation were more likely to travel to school by bus than those in areas of lower deprivation (23%, 58 higher deprivation; 12%, 50 lower deprivation). Pupils at schools in area of lower deprivation were more likely to travel by car (26%, 103 lower deprivation; 16%, 41 higher deprivation).

### Car Travel

Pupils who travelled to school by car were asked how many other children from their school were usually in the car with them. Forty percent (273 pupils) said that they were the only child from their school in the car; 19% (127 pupils) said that there was usually one other child from their school in the car and 41% (276 pupils) said that there were two or more other pupils from their school in the car.

### Bicycle Ownership

Seventy percent (1,589 pupils) of pupils in the East CHCP area owned a bicycle. Despite this, less than five pupils (<1%) said that they usually cycled to school.

**Sex:** Males were more likely to own a bicycle than females (78%, 832 males; 63%, 702 females).

**Stage:** Those in the lower school were more likely to own a bicycle than those in the upper school (80%, 918 lower school; 60%, 669 upper school).

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to own a bicycle (78%, 475 high; 66%, 377 low).

**Deprivation:** Pupils from areas of lower deprivation were more likely than those from areas of higher deprivation to own a bicycle (81%, 336 lower deprivation; 66%, 191 higher deprivation).

### Preferred Mode of Travel to School

Pupils were asked how they would prefer to travel to school if they had the choice. Table 3.1 below shows the responses together with the actual usual mode of travel. If pupils were given their choice of travel, more would travel by car and fewer would travel by bus. However, four in ten pupils would still opt to walk and 9% (193 pupils) would cycle.

**Table 3.1: Current Usual Mode of Travel to School and Preferred Mode of Travel to School (East CHCP)**

Mode of Travel	% of pupils usual current mode	% of pupils preferred more
Walk	50%	42%
Bus	25%	9%
Car	22%	33%
Train	1%	2%
Cycle	<1%	9%
Other	1%	5%
<i>N</i>	2,106	2,175

### Comparison with Glasgow City

Pupils in the East CHCP were more likely than those in Glasgow City as a whole to say they would prefer to travel by car (33.5%, 728 East CHCP; 31.5%, 2,724 Glasgow City).

**Figure 3.3: Preferred Mode of Travel to School: East CHCP and Glasgow City**



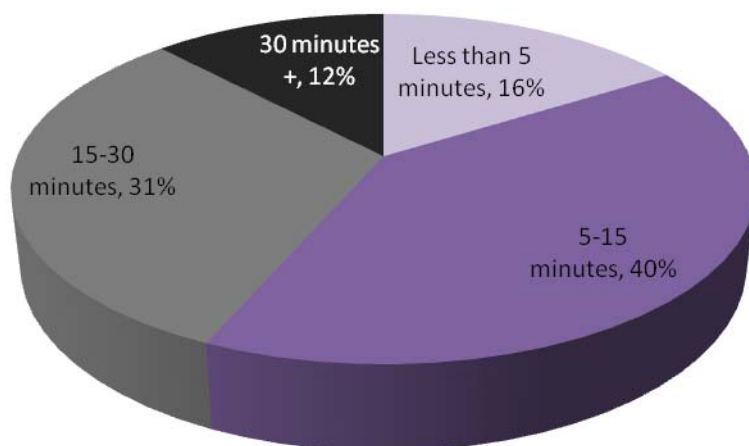
**Sex:** Males were much more likely than females to prefer to travel to school by bicycle (14%, 145 males; 4%, 40 females). Females were more likely than males to prefer travelling by car (38%, 408 females; 28%, 290 males). Females were also more likely than males to prefer to walk (44%, 478 females; 40%, 412 males).

**Stage:** Upper school pupils were more likely than lower school pupils to say that car was their preferred mode of travel (37%, 400 upper school, 30%, 327 lower school). However, lower school pupils were more likely than upper school pupils to say that cycling was their preferred mode of travel (12%, 130 lower school, 6%, 63 upper school).

**Travelling Times to School**

Most pupils indicated that their travel time to school was between 5 and 30 minutes (72%, 1,627 pupils). Sixteen per cent (360 pupils) took less than five minutes to travel to school and a further 12% (281 pupils) took half an hour or more. This is shown in Figure 3.4 below.

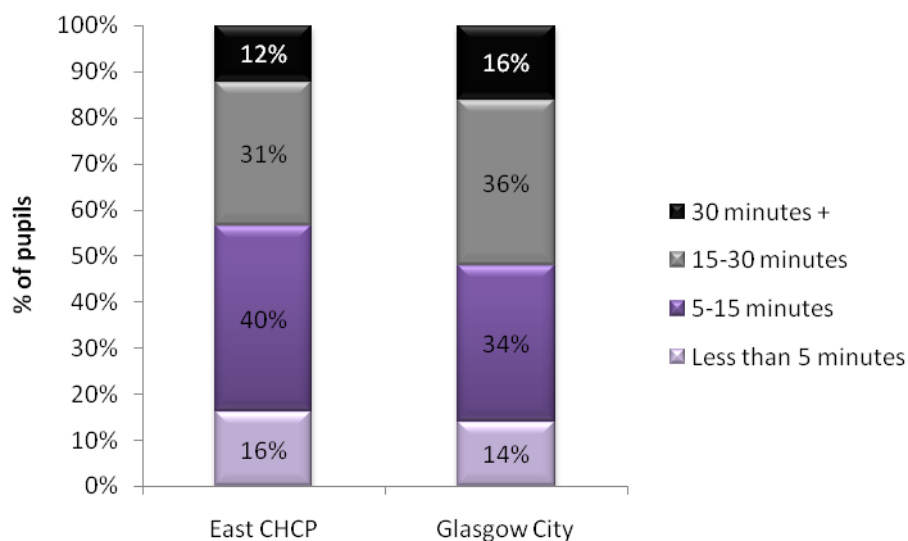
**Figure 3.4: Travel Times to School (East CHCP)**



## Comparison with Glasgow City

Pupils in the East CHCP area were more likely than those in Glasgow City as a whole to report travel-to-school times of 15 minutes or less (56%, 1,274 East CHCP; 48%, 4,338 Glasgow City).

**Figure 3.5: Travel Times to School: East CHCP and Glasgow City**



### 3.3 Physical Activities

Pupils were asked how many times a week they took part in sport, exercise or physical activity that makes them breathe harder or sweat (including activities at school). They were also asked how long, on average, these periods of activity lasted. In total, 37% (831 pupils) of pupils in the East CHCP area said that they exercised four times or more per week with an average duration of more than 30 minutes per activity session.

**Sex:** Males were more likely than females to meet this measure of physical activity (48%, 517 males; 25%, 282 females).

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to exercise four or more times per week for more than 30 minutes (48%, 295 high; 30%, 168 low).

#### Exercise out of School

Those who indicated that they exercised at least once a week were asked whether they took part in any sport, exercise or physical activity in their spare time (out of school PE lessons). In total 74% (1,580 pupils) said that they did. Of these, 10% (159 pupils) said they exercised out of school once a week; 27% (422 pupils) did so twice a week; 24% (367 pupils) did so three times a week and 39% (606 pupils) did so four times or more per week.

**Sex:** Among those who took any exercise, males were more likely than females to say that they took part in sport or exercise outside of school (83%, 845 males; 65%, 676 females). Also, among those who took part in sport or exercise out of school, males were more likely than females to say that they did so four or more times per week (49%, 404 males; 25%, 170 females).

**Stage:** Lower school pupils were more likely than upper school pupils to say that they took part in sport or exercise out of school (77%, 847 lower school; 70%, 730 upper school).

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to say that they took part in sport or exercise out of school (82%, 490 high; 69%, 366 low). Pupils with high self esteem were more likely than those with low self esteem to exercise four times or more a week (46%, 224 high; 32%, 116 low).

### 3.4 Diet

#### Breakfast

Seventy percent (1,593 pupils) pupils in the East CHCP area said they had eaten breakfast that morning. Of those who had eaten breakfast, nearly all (92%, 1,446 pupils) had breakfast at home. However, 5% (80 pupils) had breakfast in the street, 1% (14 pupils) had breakfast in the school canteen and a further 2% (30 pupils) had breakfast somewhere else.

**Comparison with Glasgow City:** Pupils in the East CHCP were more likely than those in Glasgow City as a whole to eat breakfast in the street (5.1%, 80 East CHCP; 3.6%, 227 Glasgow City).

**Sex:** Males were more likely than females to have eaten breakfast that morning (77%, 821 males; 64%, 710 females).

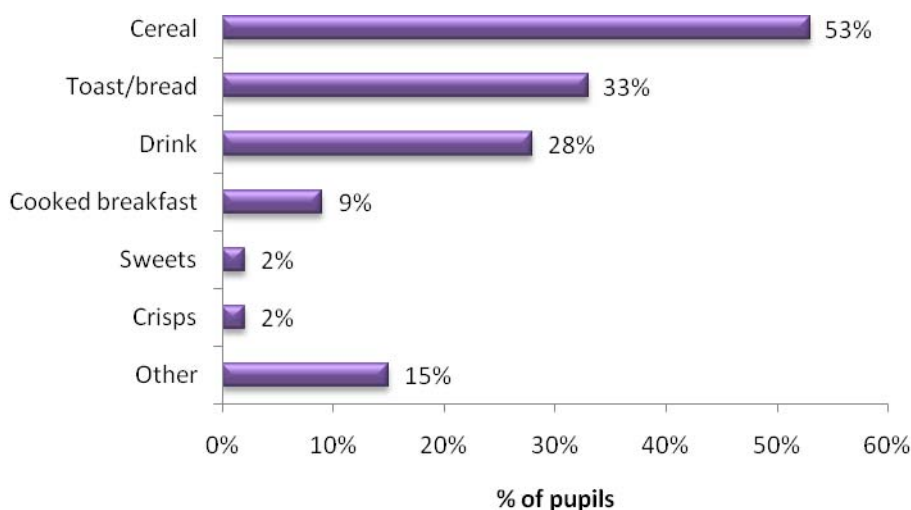
**Stage:** Lower school pupils were more likely than upper school pupils to have eaten breakfast that morning (75%, 863 lower school; 65%, 727 upper school).

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to have eaten breakfast that morning (77%, 475 high; 65%, 371 low).

**Deprivation:** Pupils in areas of lower deprivation were more likely than those in areas of higher deprivation to have eaten breakfast that morning (76%, 320 lower deprivation; 61%, 169 higher deprivation).

Figure 3.6 below shows what pupils in the East CHCP area had for breakfast that morning. The most common item was cereal which was consumed by over half of all pupils who had eaten breakfast (53%, 856 pupils).

**Figure 3.6: Items consumed for Breakfast – % of All East CHCP Pupils who had Eaten Breakfast (N=1,601)**



**Comparison with Glasgow City:** Compared to pupils in Glasgow City as a whole, pupils in the East CHCP area were less likely to have had a drink at breakfast time (28% 442 East; 32% 2,036 Glasgow City).

**Sex:** Males were more likely than females to have had a cooked breakfast (11%, 92 males; 6%, 44 females) or cereal for breakfast (57%, 468 males; 50%, 359 females)

**Stage:** Pupils in the upper school were more likely to have had a drink with/for breakfast than those in the lower school (31%, 223 upper school; 25%, 217 lower school). Upper school pupils were also more likely to have had sweets for breakfast (4%, 26 upper school; 1%, 9 lower school) or crisps (4%, 26 upper school; 1%, 9 lower school).

**Deprivation:** Pupils in areas of higher deprivation were more likely than those in areas of lower deprivation to have eaten sweets for their breakfast (4%, 7 higher deprivation; 1%, <5 lower deprivation) or crisps (5%, 8 higher deprivation; 1%, <5 lower deprivation).

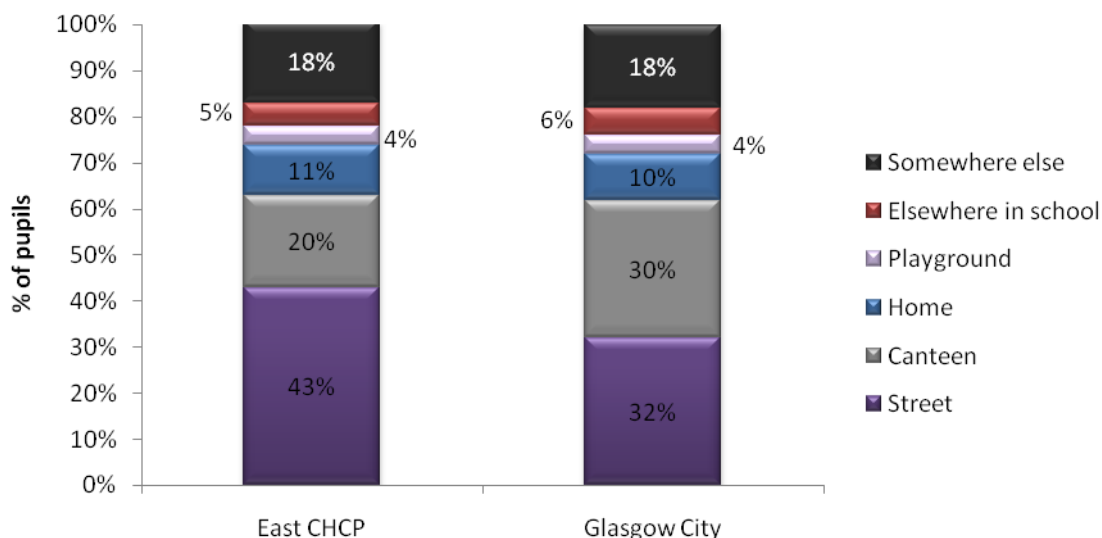
**Lunch**

Most pupils (92%, 2,071) had eaten something for lunch the previous day. Of these, 43% (874 pupils) had eaten lunch in the street, 20% (410 pupils) had lunch in the school canteen and 11% (222 pupils) had lunch at home. A further 4% (76 pupils) had lunch in the playground; 5% (107 pupils) said that they had lunch somewhere else in the school and 18% (359 pupils) had lunch somewhere else.

**Comparison with Glasgow City**

Pupils in East CHCP were more likely than those in Glasgow City as a whole to eat lunch in the street (43%, 874 East CHCP; 32%, 2,635 Glasgow City) and less likely to eat lunch in the school canteen (20%, 410 East CHCP; 30%, 2,445 Glasgow City). Figure 3.7 below shows the findings for where pupils ate their lunch for both East CHCP and Glasgow City.

**Figure 3.7: Where Pupils Ate Lunch: East CHCP and Glasgow City**



**Sex:** Males were more likely than females to eat their lunch at home (13%, 292 males; 8%, 83 females). Females were more likely than males to have lunch at the school canteen (22%, 219 females; 18%, 176 males).

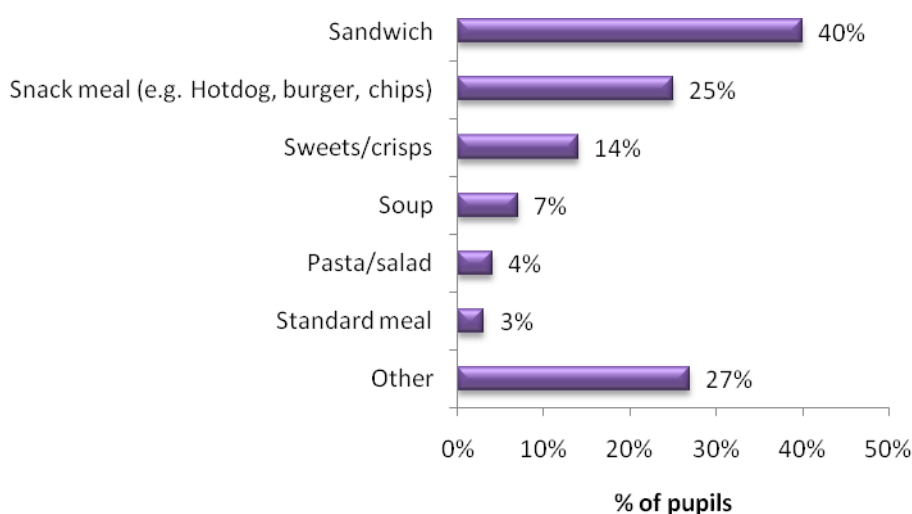
**Stage:** Upper school pupils were more likely than lower school pupils to eat lunch in the street (48%, 471 upper school; 38%, 402 lower school). Lower school pupils were more likely to eat in the school canteen (24%, 251 lower school; 16%, 157 upper school).

**Self Esteem:** Pupils with high self esteem were more likely than pupils with low self esteem to have eaten lunch the previous day (96%, 590 high; 89%, 503 low).

**Deprivation:** Pupils at schools in areas of lower deprivation were more likely than pupils at schools in areas of higher deprivation to eat lunch in the street (50%, 196 lower deprivation; 12%, 29 higher deprivation). Those at schools in areas of higher deprivation were more likely than those in areas of lower deprivation to eat lunch at home (30%, 74 higher deprivation; 13%, 49 lower deprivation) or in the school canteen (21%, 53 higher deprivation; 15%, 60 lower deprivation).

Figure 3.8 below shows the contents of lunches consumed in the previous day amongst East CHCP pupils. The most common items consumed were sandwiches (40%, 837 pupils), snack meals such as burgers, hot dogs, chips etc (25%, 529 pupils) and crisps/sweets (14%, 283 pupils).

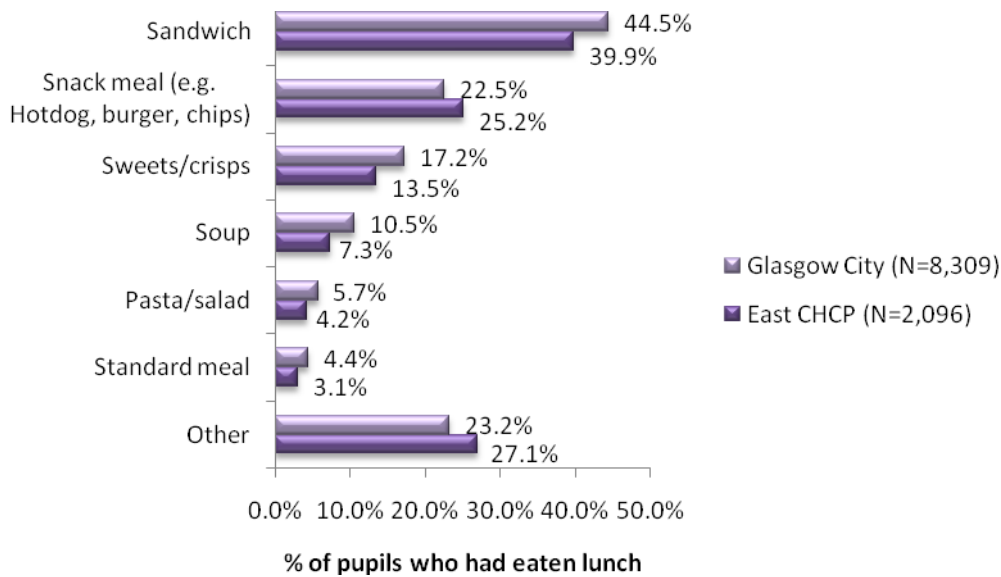
**Figure 3.8: Contents of Lunch (East CHCP) - % of all Pupils who had Eaten Lunch (N=2,096)**



### Comparison with Glasgow City

Among pupils who had eaten lunch the previous day, pupils in the East CHCP area were less likely than pupils in Glasgow City as whole to have eaten a sandwich, sweets/crisps, soup, pasta/salad or a standard meal. However, they were more likely to have eaten a snack meal (e.g. hotdog, burger, chips) or 'something else'. This is shown in Figure 3.9 below.

**Figure 3.9: Contents of Lunch: East CHCP and Glasgow City**



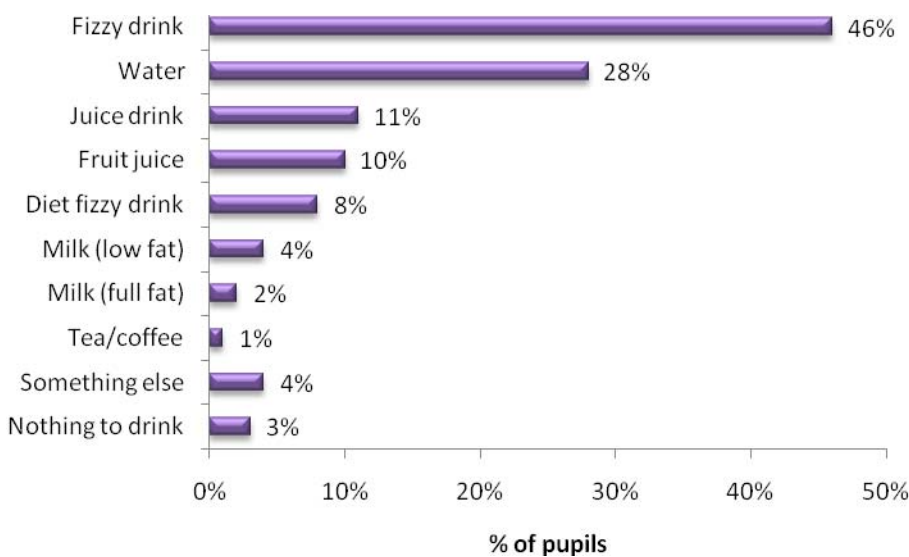
**Sex:** Males were more likely than females to have had a snack meal (e.g. hotdog, burger, chips) (28%, 282 males; 22%, 227 females) and females were more likely than males to have eaten a sandwich (43%, 444 females; 37%, 364 males)

**Stage:** Pupils in the upper school were more likely than those in the lower school to have eaten sweets/crisps at lunch time (16%, 159 upper school; 12%, 124 lower school).

**Deprivation:** Pupils in areas of lower deprivation were more likely than pupils in areas of higher deprivation to have had a sandwich for lunch (55%, 218 lower deprivation; 34%, 88 higher deprivation).

Those who had lunch the previous day were asked what they had to drink. The most common responses were a non-diet fizzy drink (46%, 966 pupils) and water (28%, 581 pupils). All responses are shown in Figure 3.10 below.

**Figure 3.10: Drinks Consumed at Lunch (East CHCP) - % of all Pupils who had Eaten Lunch (N=2,102)**



**Comparison with Glasgow City:** Compared to Glasgow City as a whole, pupils in the East CHCP area were more likely to have had a non-diet fizzy drink (46%, 966 East CHCP; 39%, 3,249 Glasgow City) and less likely to have had water (28%, 581 East CHCP; 33%, 2,707 Glasgow City) or fruit juice (10%, 218 Glasgow City; 14%, 1,151 East CHCP).

**Sex:** Males were more likely than females to have had nothing to drink (4%, 37 males; 2%, 16 females). Of those that had a drink, males were more likely than females to have had a non-diet fizzy drink (52%, 515 males; 40%, 417 females) or full fat milk (2%, 23 males; 1%, 7 females). Females, on the other hand, were more likely than males to have drunk water (31%, 316 females; 25%, 245 males).

**Deprivation:** Pupils in schools in areas of higher deprivation were more likely than those in areas of lower deprivation to have had a non-diet fizzy drink at lunch time (45%, 116 higher deprivation; 32%, 126 lower deprivation). However, pupils at schools in areas of lower deprivation were more likely than those in areas of higher deprivation to have drunk a diet fizzy drink (14%, 55 lower deprivation; 4%, 9 higher deprivation).

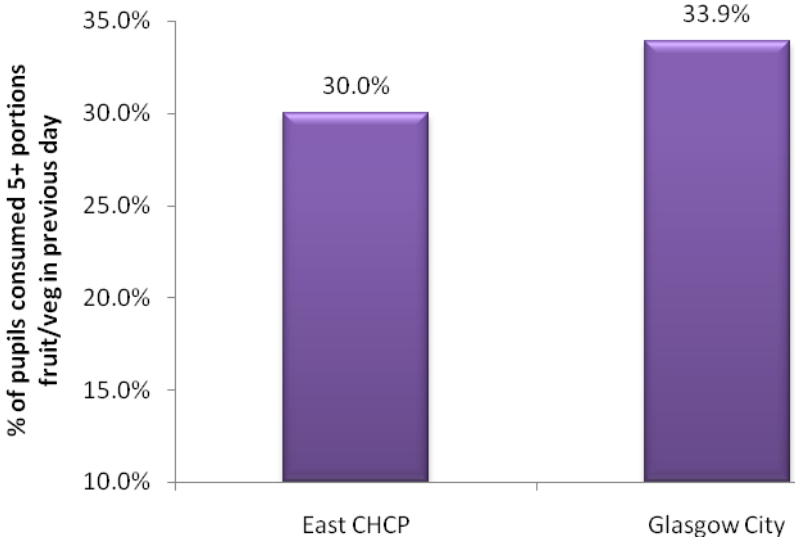
**Fruit and Vegetables**

Pupils were asked how many portions of fruit and how many portions of vegetables they had eaten on the previous day. One in five (20%, 423 pupils) had not eaten any portions of fruit or vegetables in the previous day. Thirty percent of pupils (647 pupils) met the target of five or more portions.

**Comparison with Glasgow City**

Pupils in the East CHCP area were less likely than pupils in Glasgow City as a whole to have met the target of consuming five or more portions of fruit/vegetables in the previous day (30%, 647 East CHCP; 34%, 2,916 Glasgow City).

**Figure 3.11: Proportion of Pupils who Consumed Five or More Portions of Fruit/Vegetables in the Previous Day**



**Stage:** Lower school pupils were more likely than upper school pupils to have met the target of five or more portions (35%, 385 lower school; 25%, 262 upper school).

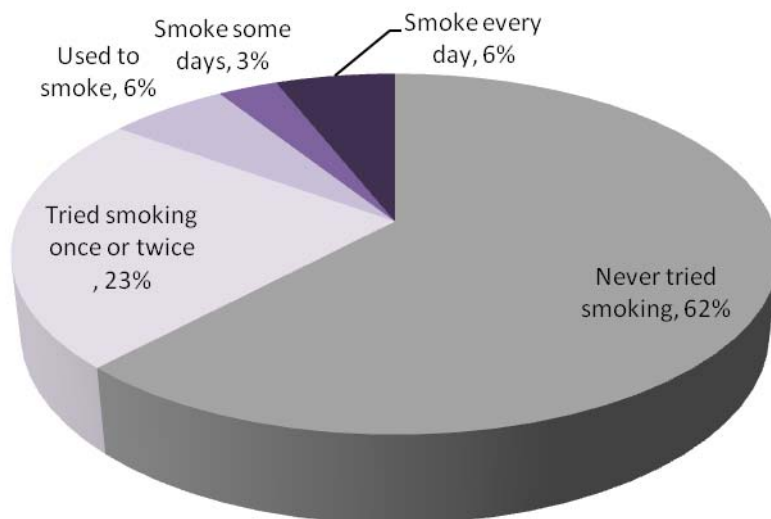
**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to have consumed five or more portions of fruit or vegetables in the previous day (36%, 216 high; 28%, 154 low).

**Deprivation:** Pupils in areas of lower deprivation were much more likely than those in areas of higher deprivation to have consumed five or more portions of fruit or vegetables in the previous day (42%, 170 lower deprivation; 28%, 75 higher deprivation).

### 3.5 Smoking

Sixty two percent (1,385 pupils) of pupils in the East CHCP area said they had never tried smoking. A quarter (23%, 514 pupils) had tried smoking once or twice. Nine percent (201 pupils) were current smokers, smoking on at least some days.

**Figure 3.12: Smoking Behaviour (East CHCP)**



**Sex:** Males were more likely than females to say they had never tried smoking (68%, 712 males; 58%, 638 females). Females were more likely than males to be current smokers (11%, 117 females; 7%, 69 males).

**Stage:** Lower school pupils were more likely to say that they had never tried smoking than upper school pupils (73%, 824 lower school; 51%, 559 upper school). Upper school pupils were more likely than lower school pupils to be current smokers (12%, 133 upper school; 6%, 68 lower school).

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to say that they had never tried smoking (72%, 438 high; 51%, 294 low). Pupils with low self esteem were much more likely to be current smokers than those with high self esteem (13%, 75 low; 5%, 29 high).

#### Number of Cigarettes Smoked

Pupils were asked to indicate how many cigarettes they smoked in an average day (if they smoked every day). Of the 127 pupils who answered this, 65% (83 pupils) said that they smoked 10 or fewer cigarettes per day; 28% (36 pupils) smoked between 11 and 20 per day and 6% (8 pupils) smoked more than 20 cigarettes per day.

Pupils were asked to indicate how many cigarettes they smoked per week if they smoked on some days only. Of the 59 pupils who answered this question, most (68%, 40 pupils) smoked 10 or fewer cigarettes per week, while 15% (9 pupils) smoked between 11 and 20 per week and 17% (10 pupils) smoked more than 20 cigarettes per week.

## Age at First Puff

Pupils who smoked were asked how old they were when they had their first puff of a cigarette. While a few (4%, 19 pupils) had their first puff at pre-school age, the remainder were split between primary school age (52%, 231 pupils) and secondary school age (43%, 191 pupils).

## Sources of Cigarettes

Pupils who smoked were asked where they usually got their cigarettes from (with the opportunity to cite more than one source). Of the 390 pupils who responded, the most common ways to obtain cigarettes were buying from a shop (42%, 165 pupils) followed by older friends buying them (15%, 59 pupils) and friends giving them (15%, 58 pupils). Eleven percent (43 pupils) said that friends their age bought them. Nine per cent (35 pupils) said that they asked a stranger to buy them, and 6% (24 pupils) stole them from family members. A quarter (24%, 94 pupils) said they obtained their cigarettes from some other source.

## Comparison with Glasgow City

Compared to smokers in Glasgow City as a whole, pupils who smoked in the East CHCP area were less likely to obtain cigarettes from friends (15%, 58 East CHCP; 20%, 333 Glasgow City).

**Sex:** Female smokers were more likely than male smokers to buy their cigarettes from a shop (49%, 96 females; 35%, 58 males).

**Stage:** Smokers in the upper school were much more likely than lower school smokers to buy their cigarettes in a shop (54%, 121 upper school; 26%, 44 lower school).

**Deprivation:** Smokers in areas of lower deprivation were much more likely than those in areas of higher deprivation to ask a stranger to buy cigarettes for them (22%, 13 lower deprivation; 2%, <5 higher deprivation).

## Cost of Smoking

Of the 195 smoking pupils who responded, 11% (21 pupils) said that they did not spend anything on cigarettes. However, 25% (49 pupils) spent less than £5 per week on cigarettes, 26% (50 pupils) spent £5-£10 pounds per week, 19% (37 pupils) spent £11-£15 per week and 19% (38 pupils) spent £16 or more per week on cigarettes.

Of the 183 pupils who said where they got the money from for cigarettes, the most common sources were pocket money (56%, 102 pupils), from parents/guardians (46%, 84 pupils) and dinner money (17%, 32 pupils).

**Stage:** Smokers in the upper school were more likely than those in the lower school to buy cigarettes with money from their part-time job wages (16%, 20 upper school; 3%, <5 lower school).

## Desire to Stop Smoking

Of the 192 smoking pupils who answered, 38% (73 pupils) said that they would like to stop smoking and 38% (73 pupils) said that they possibly would like to stop. This left 24% (46 pupils) of smoking pupils who said that they would not like to stop smoking.

## Others Who Smoke

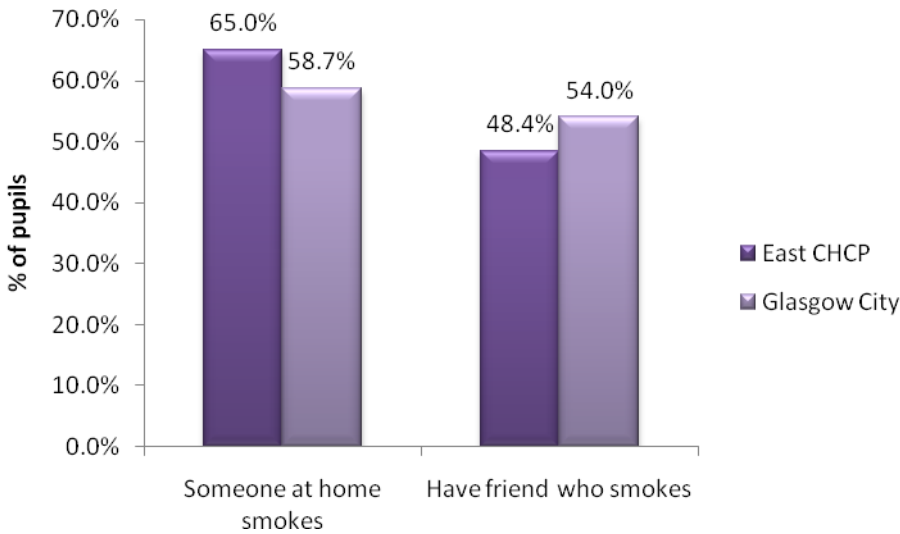
Two thirds of pupils (65%, 1,411 pupils) pupils said that someone in their home smoked. Just under half (48%, 1,045 pupils) said that they had a friend who smoked.

Those who lived with someone who smoked were more likely to be a current smoker. Amongst those living with a smoker, 12% (162 pupils) were current smokers compared with 5% (38 pupils) of those who did not live with a smoker. There was also a strong relationship between being a smoker and having a friend who smoked. Amongst those with a friend who smoked, 19% (197 pupils) were smokers themselves, compared with less than one percent (<5 pupils) who did not have any friends who smoked.

**Comparison with Glasgow City**

Pupils in the East CHCP area were more likely than those in Glasgow City as a whole to say that someone in the home smokes (65%, 1,411 East CHCP; 59%, 5,115 Glasgow City). However, pupils in the East CHCP area were **less** likely to say that they had a friend who smokes (48%, 1,045 East CHCP; 54%, 4,683 Glasgow City).

**Figure 3.13: Proportion of Pupils who Live with a Smoker and Proportion with a Friend Who Smokes: East CHCP and Glasgow City**



**Stage:** Upper school pupils were more likely than lower school pupils to have a friend who smoked (56%, 609 upper school; 40%, 435 lower school).

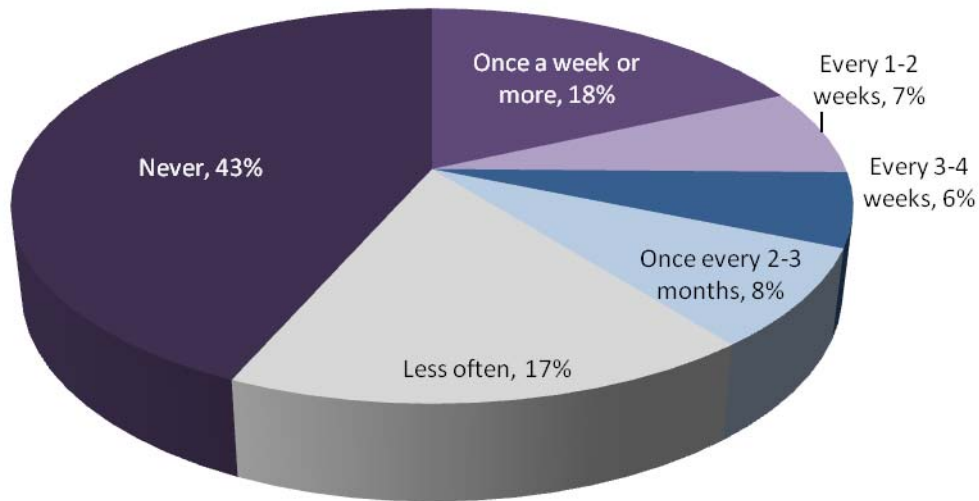
**Self Esteem:** Pupils with low self esteem were more likely than those with high self esteem to say that someone in their home smoked (70%, 389 low; 58%, 340 high) or that they had at least one friend who smoked (60%, 332 low; 39%, 225 high).

**Deprivation:** Pupils at schools in areas of higher deprivation were more likely than those in schools in areas of lower deprivation to say that someone in their home smoked (74%, 202 higher deprivation; 44%, 172 lower deprivation).

### 3.6 Drinking Alcohol

When pupils were asked how often they drank alcohol, forty three percent (958 pupils) said that they never did and a further 17% (386 pupils) did so less often than every 2-3 months. However, 18% (405 pupils) indicated that they drank alcohol every week. The distribution of responses is shown in Figure 3.14 below.

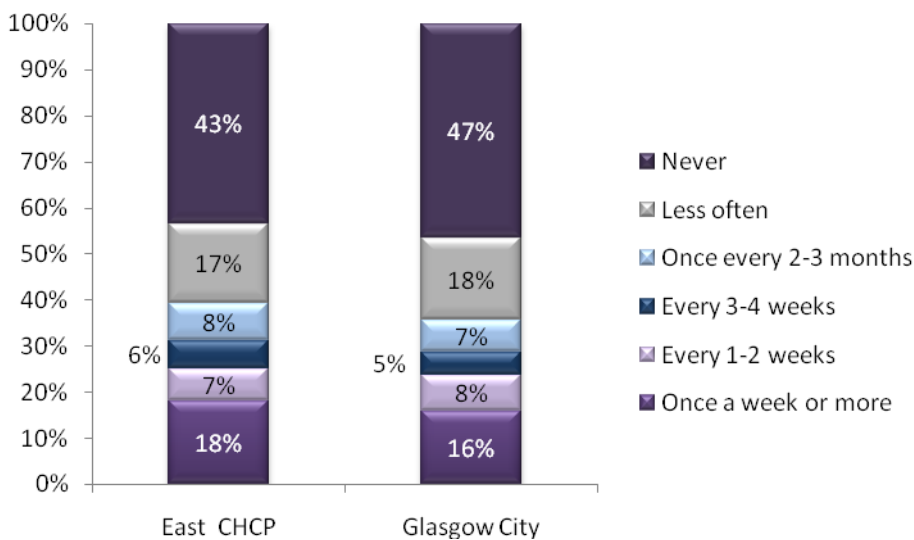
**Figure 3.14: How often Pupils Drank Alcohol (East CHCP)**



#### Comparison with Glasgow City

Compared to pupils in Glasgow City as a whole, pupils in the East CHCP area were less likely to say that they never drank alcohol (43%, 958 East CHCP; 47%, 4,130 Glasgow City) and more likely to say that they drank alcohol once a week or more (18%, 405 East CHCP; 16%, 1,411 Glasgow City).

**Figure 3.15: How often Pupils Drank Alcohol: East CHCP and Glasgow City**



**Sex:** Males were more likely than females to say they never drank alcohol (47%, 489 males; 40%, 440 females). Females were more likely than males to drink alcohol once a week or more (20%, 215 females; 16%, 166 males).

**Stage:** Lower school pupils were more likely than upper school pupils to say that they never drank alcohol (56%, 630 lower school; 30%, 327 upper school). Twenty six percent (283 pupils) upper school pupils drank alcohol at least once a week, compared to eleven percent (121 pupils) of lower school pupils.

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to say that they never drank alcohol (48%, 294 high; 36%, 201 low). Pupils with low self esteem were more likely than those with high self esteem to report drinking alcohol at least once a week (23%, 132 low; 13%, 82 high).

### Types of Alcoholic Drink Consumed

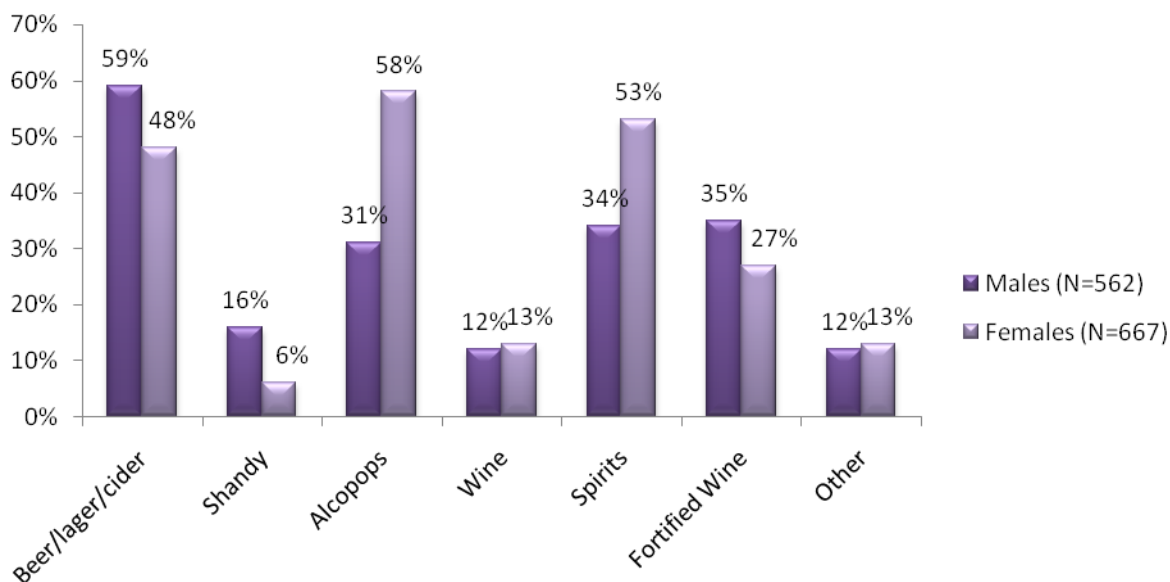
Pupils who said that they ever drank alcohol were asked which types of alcoholic drink they consumed. Of the 1,279 pupils who responded, 53% (679 pupils) said that they drank beer/lager/cider. The next most popular drinks were alcopops (45%, 578 pupils), spirits (44%, 568 pupils) and fortified wine (32%, 408 pupils).

### Comparison with Glasgow City

Among pupils who ever drank alcohol, pupils in the East CHCP area were less likely than those in Glasgow City as a whole to drink wine (13%, 168 East CHCP; 17%, 819 Glasgow City).

**Sex:** Males and females tended to favour different types of alcohol drink. Males were more likely than females to drink beer/cider/lager, shandy and fortified wine. However, females were more likely than males to drink alcopops and spirits.

**Figure 3.16: Alcoholic Drinks Consumed by Males and Female: East CHCP (all those who ever drank alcohol)**



**Stage:** Amongst those who ever drank alcohol, upper school pupils were more likely than lower school pupils to drink:

- Beer/lager/cider (60%, 464 upper school; 43%, 215 lower school);
- Spirits (54%, 420 upper school; 30%, 148 lower school); and
- Fortified wine (36%, 279 upper school; 26%, 129 lower school).

However, lower school pupils were more likely than upper school pupils to drink shandy (15%, 76 lower school; 9%, 67 upper school).

**Self Esteem:** Pupils with low self esteem were more likely than those with high self esteem to drink fortified wine (37%, 136 low; 26%, 81 high).

**Deprivation:** Among those who ever drank, those at schools in areas of higher deprivation were more likely than those at schools in areas of lower deprivation to drink beer/lager/cider (65%, 100 higher deprivation; 51%, 125 lower deprivation).

### Frequency of Drunkenness

Those who ever drank alcohol were asked how often they would say they got drunk. Of the 1,267 pupils who answered, 10% (122 pupils) said they did not know. Of the 1,145 pupils who were able to say how often they got drunk, 51% (581 pupils) said they never/rarely got drunk, 17% (189 pupils) said that they got drunk once or twice a month, 14% (162 pupils) said once a week, 15% (174 pupils) said twice a week, and 3% (39 pupils) said they got drunk most days.

**Comparison with Glasgow City:** Among those who ever drank alcohol, pupils in the East CHCP were less likely than pupils in Glasgow City as a whole to say they never or rarely get drunk (51%, 581 East CHCP, 54%, 2,320 Glasgow City).

**Stage:** Among those who ever drank and were able to say how often they got drunk, lower school pupils were more likely than upper school pupils to say that they never/rarely got drunk (65%, 282 lower school; 42%, 299 upper school).

**Self Esteem:** Among pupils who ever drank alcohol, those with high self esteem were more likely than those with low self esteem to say that they never/rarely got drunk (62%, 177 high; 44%, 142 low).

**Deprivation:** Pupils from lower deprivation schools were more likely than pupils from higher deprivation schools to say they never or rarely got drunk (60%, 133 lower deprivation; 47%, 65 higher deprivation).

### Spend on Alcohol

Amongst those who ever drank alcohol, nearly half (45%, 557 pupils) said that they spent nothing on alcohol per week, 19% (233 pupils) spent up to £5 per week, 20% (252 pupils) spent between £6 and £10, and 16% (202 pupils) spent more than £10 per week on alcohol.

**Stage:** Among those who drank alcohol, lower school pupils were more likely than upper school pupils to say that they spent nothing on alcohol (57%, 277 lower school; 37%, 280 upper school).

**Deprivation:** Pupils from lower deprivation schools were more likely than pupils from higher deprivation schools to say they spend nothing on alcohol (58%, 135 lower deprivation; 42%, 64 higher deprivation).

### 3.7 Drugs

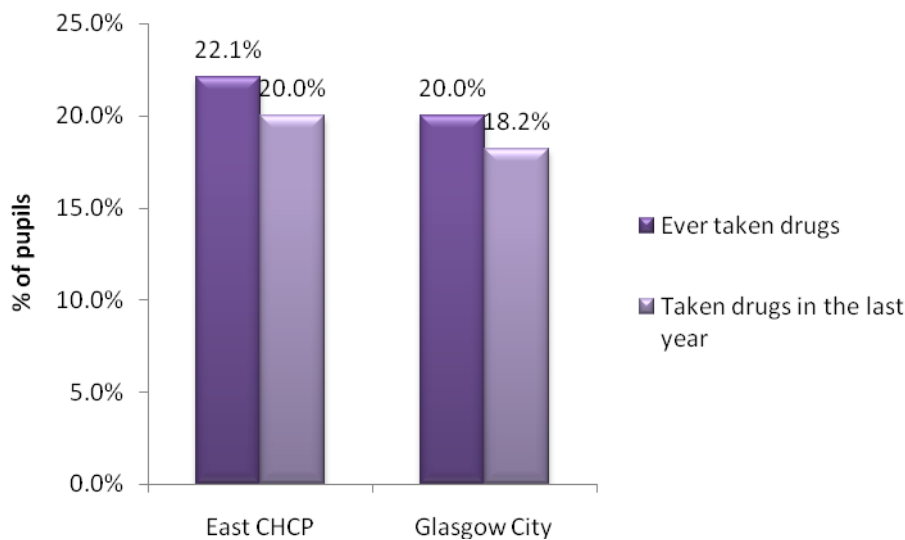
All pupils were asked whether they had ever taken non-prescription drugs, and 18% (405 pupils) said that they had. However, a further 88 pupils who did not indicate that they had ever taken non-prescription drugs went on to list at least one drug that they had taken in the last year. Therefore, the revised total of pupils in the East CHCP area who had ever taken a non-prescription drug was 22% (493 pupils).

In total, 20% (440 pupils) said that they had taken any of the listed non-prescription drugs in the last year (pupils who said that they had taken the bogus drug 'Cyroban': n=22 are excluded).

#### Comparison with Glasgow City

Pupils in the East CHCP were more likely than pupils in Glasgow City as a whole to have ever taken non-prescription drugs (22%, 493 East CHCP, 20%, 1,782 Glasgow City) or to have taken drugs in the last year (20%, 440 East CHCP, 18%, 1,582 Glasgow City).

**Figure 3.17: Proportion of pupils Taken Non-Prescription Drugs Ever and in Last Year: East CHCP and Glasgow City**



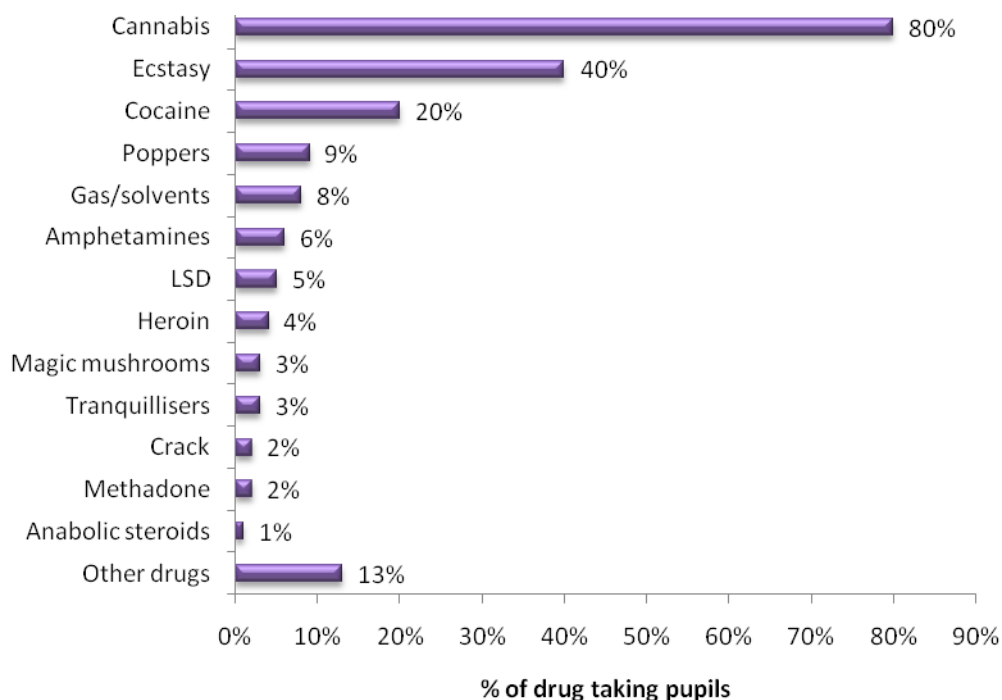
**Stage:** Upper school pupils were more likely than lower school pupils to have taken drugs ever (31%, 340 upper school; 14%, 152 lower school) or in the last year (29%, 305 upper school; 12%, 135 lower school).

**Self Esteem:** Pupils with low self esteem were more likely than pupils with high self esteem to have taken drugs ever (29%, 165 low; 16%, 97 high) or in the last year (28%, 152 low; 14%, 83 high).

#### Types of Drug Taken

Among the 440 pupils who indicated taking at least one type of drug in the last year, 80% (351 pupils) had taken cannabis. The next most commonly taken were ecstasy (40%, 176 pupils) and cocaine (20%, 86 pupils).

**Figure 3.18: Proportion Who Had Taken Each Type of Drug in the Last Year: East CHCP (all pupils who had taken at least one drug in last year, n=440)**



**Comparison with Glasgow City:** Among those who had taken any non-prescription drugs in the last year, pupils in the East CHCP area were more likely than those in Glasgow City as a whole to have taken ecstasy (40%, 176 East CHCP; 27%, 433 Glasgow City).

**Sex:** Among those who had taken any drugs in the last year, females were more likely than males to have taken ecstasy (51%, 99 females; 29%, 64 males).

**Stage:** Among those who had taken any drugs in the last year, those in the upper school were more likely than those in the lower school to have taken:

- Cannabis (85%, 258 upper school; 69%, 93 lower school);
- Cocaine (23%, 70 upper school; 12%, 16 lower school); and
- Ecstasy (47%, 143 upper school; 24%, 33 lower school).

Lower school pupils were more likely than upper school pupils to say they had taken 'other drugs' (25%, 34 lower school; 8%, 23 upper school), indicating that they might have been less likely to recognise the name of the drug they had taken from the list.

**Deprivation:** Among those who had taken drugs in the last year, pupils at schools in areas of higher deprivation were more likely than those in areas of lower deprivation to have taken ecstasy (62%, 40 higher deprivation; 35%, 27 lower deprivation).

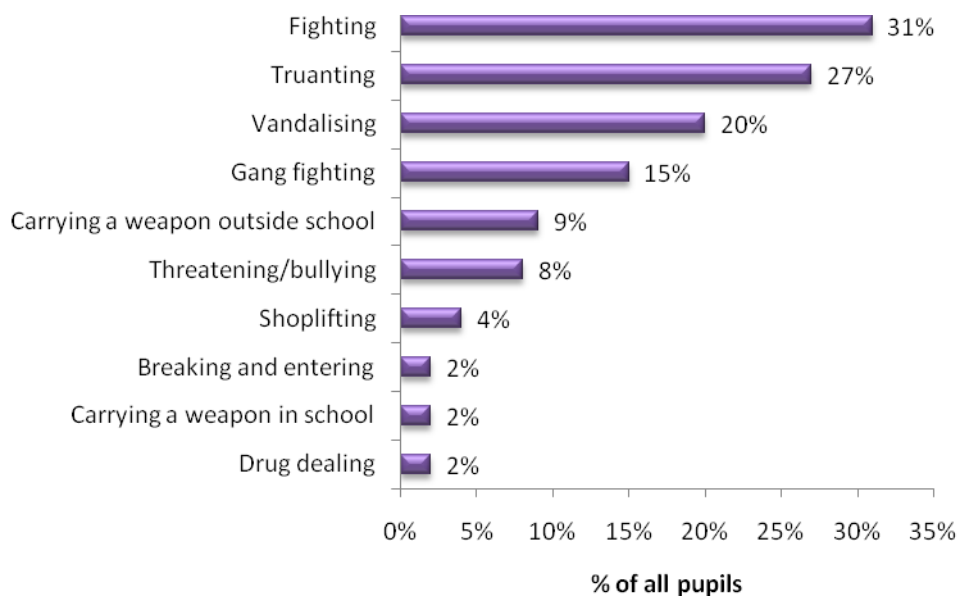
## 4 Pupil Behaviour

### 4.1 Anti Social Behaviour

Pupils were presented with a list of anti social behaviours and asked to indicate whether they had done any of these things in the last year. Half (50%, 1,078 pupils) of all pupils in the East CHCP area admitted to having done at least one of these.

Figure 4.1 below shows the proportion of pupils who had engaged in each type of anti social behaviour in the last year. The most common were fighting (31%, 653 pupils), truanting (27%, 571 pupils) and vandalising (20%, 424 pupils).

**Figure 4.1: Proportion of Pupils Engaging in Types of Anti Social Behaviour in Last Year (East CHCP)**



### Comparison with Glasgow City

Pupils in the East CHCP area were less likely than pupils in Glasgow City as a whole to admit to having engaged in shoplifting in the last year (4%, 92 East CHCP; 6%, 552 Glasgow City). However, pupils in the East CHCP area were more likely than pupils in Glasgow City as a whole to admit to having engaged in fighting (31%, 653 East CHCP; 28%, 2,423 Glasgow City), and vandalism (20%, 424 East CHCP; 17%, 1,467 Glasgow City).

**Sex:** Males were more likely than females to admit to having done at least one of the anti social behaviours in the last year (57%, 576 males; 43%, 461 females). Also, males were more likely than females to admit to:

- Shoplifting (5%, 54 males; 3%, 32 females);
- Fighting (38%, 383 males; 23%, 245 females);
- Gang fighting (21%, 218 males; 7%, 78 females);
- Carrying a weapon outside school (14%, 139 males; 4%, 43 females);
- Carrying a weapon in school (3%, 26 males; 1%, 9 females); and
- Vandalism (24%, 244 males; 15%, 159 females).

**Stage:** Pupils in the upper school were more likely than those in the lower school to admit that they had done at least one of the anti social behaviours listed (58%, 619 upper school; 43%, 458 lower school). Also those in the upper school were more likely than those in the lower school to admit to:

- Truancing (36%, 380 upper school; 18%, 191 lower school);
- Shoplifting (6%, 59 upper school; 3%, 33 lower school);
- Gang fighting (17%, 185 upper school; 13% 135 lower school);
- Drug dealing (3%, 37 upper school; 1%, 14 lower school); and
- Vandalism (24%, 251 upper school; 16%, 172 lower school).

**Self Esteem:** Pupils with low self esteem were more likely than those with high self esteem to admit to engaging in at least one of the anti social behaviours in the last year (60%, 332 low; 43%, 249 high). Pupils with low self esteem were more likely to admit to:

- Truancing (33%, 182 low; 19%, 111 high);
- Fighting (36%, 200 low; 28%, 165 high);
- Threatening/Bullying (11%, 63 low; 7%, 41 high).

## 5 Views on School and Future Aspirations

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### 5.1 Post-School Aspirations

When pupils were asked what they hoped to do at the end of S4, 19% (437 pupils) did not answer the question, and of those who did answer the question, 8% (141 pupils) said that they did not know.

Of those who answered and who knew what they hoped to do, 72% (1,250 pupils) said that they hoped to go to further education or stay at school and 19% (326 pupils) hoped to get a job. The remaining responses were obtain training/join a training scheme (3%, 47 pupils), take a gap year (2%, 34 pupils), have a baby/look after children (1%, 18 pupils), or something else (3%, 56 pupils).

**Sex:** Among those expressing an aspiration for after S4, females were more likely than males to say they hoped to go to further education or stay at school (83%, 729 females; 61%, 506 males). Males were more likely than females to say that they hoped to get a job (26%, 216 males; 12%, 105 females).

**Stage:** Pupils in the lower school were more likely than those in the upper school to say they hoped to go to further education or stay at school (74%, 622 lower school; 71%, 628 upper school), or to get a job (20%, 171 lower school; 18%, 155 upper school). Pupils in the upper school were more likely than those in the lower school to say they hoped to go to a training scheme (4%, 34 upper school; 2%, 13 lower school) or take a gap year (3%, 25 upper school; 1%, 9 lower school).

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to say that they hoped to go to further education or stay at school (77%, 380 high; 72%, 312 low). Those with low self esteem were more likely than those with high self esteem to say they hoped to get a job (19%, 84 low; 14%, 67 high).

### 5.2 Parental Encouragement

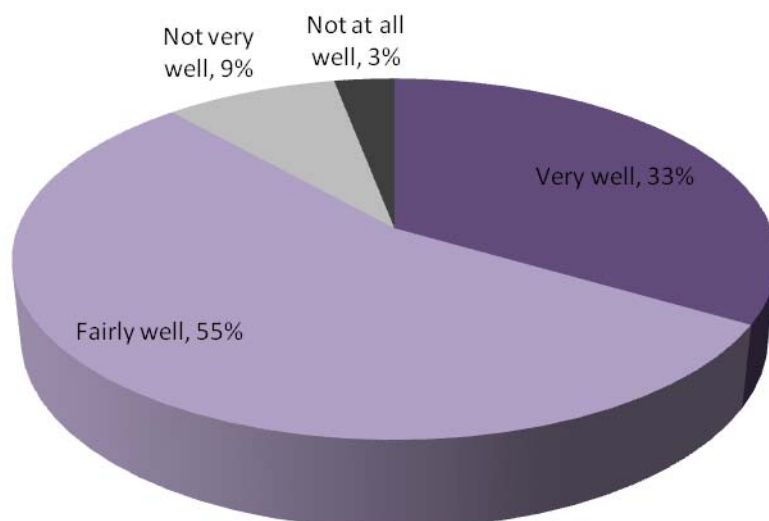
Most pupils (96%, 2,119 pupils) said that their parents/carers encouraged them to do their best at school. Also, most pupils (92%, 2,044 pupils) said that their parents/carers encouraged them to think about their future (e.g. getting a job, going to college or university).

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to say that their parents/carers encouraged them to do their best at school (98%, 599 high; 91%, 517 low) or that their parents/carers encouraged them to think about their future (95%, 582 high; 89%, 508 low).

### 5.3 School Encouragement

In total, 91% of pupils (2,009 pupils) felt that their school encouraged them to do as well as they could. Pupils were also asked how well they thought their school had prepared them for the future. Of the 2,187 pupils who answered, 5% (120 pupils) said they did not know. Of the remaining 2,067 pupils, most (88%, 1,828 pupils) felt that their school had prepared them for the future very or fairly well.

**Figure 5.1: Perceptions of How Well School Has Prepared Pupils for the Future (East CHCP – All pupils who gave a response other than ‘don’t know’, N=2,067)**



**Stage:** Lower school pupils were more likely than upper school pupils to say that their school encouraged them to do as well as they can (93%, 1,033 lower school; 89%, 973 upper school). Lower school pupils were also more likely to have a positive view about how well their school has prepared them for the future than upper school pupils. Among those who gave a view, 41% (417 pupils) of those in the lower school said that their school had prepared them very well for the future, compared to 26% (274 pupils) in the upper school.

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to say that their school encouraged them to do as well as they can (92%, 567 high; 88%, 500 low). Pupils with high self esteem were also more likely than those with low self esteem to say that their school had prepared them ‘very well’ for the future (40%, 235 high; 26%, 137 low).

**Deprivation:** Pupils from higher deprivation schools were more likely than pupils from lower deprivation schools to say that their school had prepared them ‘very well’ for the future (33%, 79 high; 19%, 71 low).

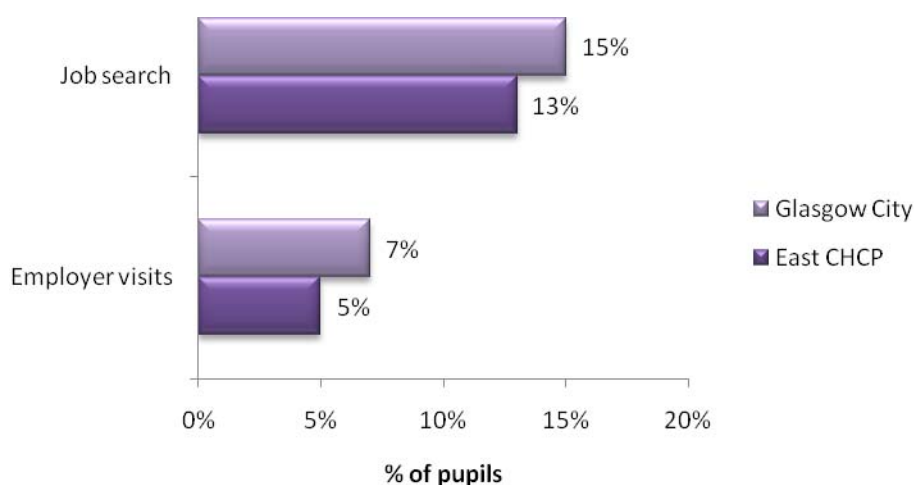
## 5.4 School Support for Future Careers

Pupils were asked whether they had taken part in certain activities through school which would assist them in preparing for a future career. Almost a quarter (23%, 521 pupils) had had career guidance, and 14% (318 pupils) said that they have had a work placement. The next most common activities were job search (13%, 291 pupils) and CV preparation (8%, 183 pupils). Just one in twenty (5%, 113 pupils) reported employer visits. Twelve percent (276 pupils) said that they had done something else related to getting a job or working.

### Comparison with Glasgow City

Pupils in the East CHCP area were less likely than those in Glasgow City as a whole to report having support with employer visits and job searches, as shown in Figure 5.2 below.

**Figure 5.2: School Organised Career Support Activities: East CHCP and Glasgow City (Those Activities Showing Significant Differences)**



**Stage:** As would be expected, those in the upper school were more likely than those in the lower school to report experience of all types of career support, namely:

- Work placement (26%, 291 upper school; 2%, 26 lower school);
- Career guidance (28%, 320 upper school; 17%, 201 lower school);
- Employer visits (7%, 77 upper school; 3%, 35 lower school);
- CV preparation (15%, 169 upper school; 1%, 13 lower school); and
- Job search (15%, 174 upper school; 10%, 117 lower school).

**Deprivation:** Pupils in schools in areas of lower deprivation were more likely than those in schools in areas of higher deprivation to report having had school support by means of job work placements (19%, 82 lower deprivation; 11%, 32 higher deprivation), and career guidance (28%, 118 lower deprivation; 16%, 48 higher deprivation).

## 5.5 Improving Pupils' Health and Happiness

Pupils were asked what, if anything, their school could do better or differently to improve their health and happiness and responded from a given list. Responses are shown in Table 5.1 below. The most common suggestions were provide more choices in PE or longer PE sessions (45%, 903 pupils), and improve the school corridors, classrooms or toilets (35%, 710 pupils).

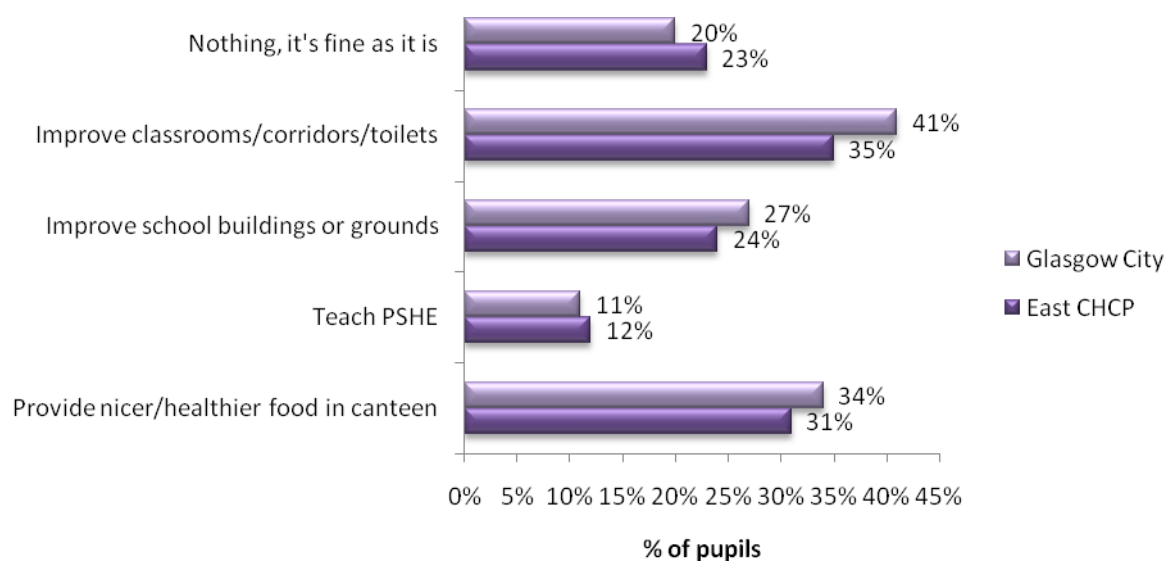
**Table 5.1: Pupils' Suggestions for Improving their Health and Happiness (East CHCP)**

Suggestion	% of pupils	N
Provide more choices in PE/longer PE sessions	45%	903
Improve school corridors, classrooms or toilets	35%	710
Provide nicer/healthier food in canteen	31%	630
Improve school buildings or grounds	24%	489
Encourage respect between teachers/staff and pupils	22%	444
Provide and encourage activities and clubs outside school hours	17%	334
Tell us more about health issues, eg using posters or an assembly	13%	269
Teach personal, social and health education (PSHE)	12%	248
Provide a drop-in centre where we can ask about health issues	11%	231
Provide support eg buddy or mentoring schemes	8%	162
Have outside agencies/people teaching PSHE	6%	127
Something else	7%	132
Nothing – it is fine as it is	23%	462
<b>Base</b>		<b>2,021</b>

### Comparison with Glasgow City

Figure 5.3 below shows those suggestions for which East CHCP area showed a significant difference to Glasgow City as a whole. Compared to Glasgow City as a whole, pupils in the East CHCP area were more likely to say that nothing was needed (it is fine as it is), and more likely to suggest teaching PSHE. However, they were less likely to suggest providing nicer/healthier food or improving the interior or exterior of the school.

**Figure 5.3: Pupils' Suggestions for Improving Their Health and Happiness: East CHCP and Glasgow City (Those Suggestions Showing Significant Differences)**



**Sex:** Females were more likely than males to suggest:

- Nicer/healthier food in the canteen (37%, 383 females; 24%, 233 males);
- Provide a drop-in centre for health issues (14%, 146 females; 8%, 79 males);
- Providing support e.g. buddy or mentoring schemes (10%, 101 females; 6%, 56 males);
- Encourage respect between staff and pupils (24%, 252, female; 19%, 183 males); and
- Improve school corridors, classrooms or toilets (38%, 389 females; 32%, 311 males).

Males were more likely than females to suggest more choices in PE/longer PE sessions (53%, 513 males; 37%, 382 females).

**Stage:** Upper school pupils were more likely than lower school pupils to suggest:

- Teach PSHE (15%, 155 upper school; 9%, 92 lower school);
- Outside agencies teaching PSHE (8%, 83 upper school; 4%, 43 lower school);
- More on health issues (15%, 156 upper school; 11%, 113 lower school);
- Encourage respect between staff and pupils (26%, 266 upper school; 18%, 178 lower school);
- Improve school buildings or grounds (29%, 298 upper school; 19%, 190 lower school); and
- Improve school corridors, classrooms or toilets (41%, 416 upper school; 29%, 294 lower school).

On the other hand, lower school pupils were more likely than upper school pupils to say that there was no change needed (it's fine as it is) (27%, 274 lower school; 19%, 188 upper school).

**Self Esteem:** Pupils with low self esteem were more likely than those with high self esteem to suggest:

- Outside agencies teaching PSHE (10%, 53 low; 5%, 31 high);
- More on health issues (18%, 94 low; 12%, 68 high);
- A drop-in centre for health issues (19%, 100 low; 9%, 51 high);

- Providing support e.g. buddy or mentoring schemes (12%, 63 low; 6%, 34 high);
- Encourage respect between staff and pupils (28%, 145 low; 20%, 114 high); and
- Improve something else (10%, 53 low; 5%, 32 high).

**Deprivation:** Pupils at schools in areas of lower deprivation were more likely than those in areas of higher deprivation to suggest:

- Nicer/healthier food in the canteen (35%, 133 lower deprivation; 23%, 52 higher deprivation);
- More PE choice/longer sessions (52%, 196 lower deprivation; 33%, 76 higher deprivation);
- Activities and clubs outside school hours (21%, 81 lower deprivation; 12%, 28 higher deprivation);
- Improve school buildings or grounds (53%, 199 lower deprivation; 11%, 25 higher deprivation); and
- Improve school corridors, classrooms or toilets (63%, 240 lower deprivation; 22%, 50 higher deprivation).

Pupils in areas of higher deprivation were more likely than pupils in areas of lower deprivation to say that there was no change needed (it's fine as it is) (31%, 72 higher deprivation; 14%, 54 lower deprivation).

## 5.6 Involvement with the Criminal Justice System

Pupils were asked how likely they thought it was that they would be charged, fined or have a criminal record by the time they were 20. Of those who answered, 19% (423 pupils) said that they did not know, 67% (1,462 pupils) said that it was unlikely, 7% (157 pupils) said that it was likely and 7% (153 pupils) said that this had already happened. Thus, of those who gave a response other than don't know, 83% said that it was unlikely, 9% that it was likely, and 9% that it had happened already.

**Sex:** Of those who gave a response other than 'don't know', males were more likely than females to say that they thought it was likely that they would be charged, fined or have a criminal record (12%, 101 males; 6%, 52 females) or that this had happened to them already (12%, 98 males; 5%, 50 females).

**Stage:** Among those offering a response other than 'don't know', upper school pupils were more likely than lower school pupils to report that they thought it was likely that they would be charged, fined or have a criminal record (11%, 101 upper school pupils; 6%, 56 lower school pupils) or that this had already happened to them (11%, 97 upper school pupils; 6%, 56 lower school pupils).

**Self Esteem:** Of those offering a response other than 'don't know', pupils with low self esteem were more likely than those with high self esteem to think it likely that they would be involved with the criminal justice system this way (12%, 52 low; 8%, 44 high) or that this had already happened (12%, 53 low; 7%, 36 high).

## 6 Views on Services for Young People

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### 6.1 Youth Clubs or Centre

Just under a third of pupils (32%, 718 pupils) said that they went to a local youth club or centre, while 34% (746 pupils) said that they did not know of one they could go to and 34% (746 pupils) said that they knew of one they could go to but did not use it.

**Sex:** Males were more likely than females to use a local youth club/centre (37%, 383 males; 28%, 301 females). Females were more likely than males to be unaware of a club or centre they could use (37%, 400 females; 32%, 331 males).

**Stage:** Lower school pupils were more likely than upper school pupils to use a local youth club/centre (40%, 444 lower school; 25%, 273 upper school), while upper school pupils were more likely than lower school pupils to say that they were unaware of a club or centre they could use (38%, 417 upper school; 30%, 328 lower school).

### 6.2 Young People's Health Services

Overall, 12% (239 pupils) said that they were aware of a health service in or near to their school that is for young people only.

### 6.3 Childline

When asked if they had heard of Childline, only 5% (109 pupils) said that they had not heard of it; 57% (1,255 pupils) said that they would use the service if they needed to and 38%, (842 pupils) said that they would not use the service even if they needed to, despite being aware of it.

**Sex:** Males were more likely than females to say that they had not heard of Childline (7%, 69 males; 3%, 29 females). Females were more likely than males to say they would use Childline if they needed to (60%, 663 females; 54%, 559 males).

**Stage:** Lower school pupils were more likely than upper school pupils to say that they would use Childline if they needed to (63%, 699 lower school; 51%, 553 upper school).

**Self Esteem:** Those with high self esteem were more likely than those with low self esteem to say that they would use Childline if they had the need (62%, 378 high; 51%, 290 low).

**Deprivation:** Pupils at schools in areas of higher deprivation were more likely than those at schools in areas of lower deprivation to say that they were unaware of Childline (11%, 29 higher deprivation; 2%, 10 lower deprivation).

### 6.4 Sandyford Initiative

One in ten (10%, 233 pupils) pupils said that they had heard of the Sandyford Initiative and 6% (124 pupils) had heard of The Place at Sandyford.

#### Comparison with Glasgow City

Pupils in the East CHCP area were more likely than those in Glasgow City as a whole to have heard of the Sandyford Initiative (10%, 233 East CHCP; 8%, 671 Glasgow City) or The Place at Sandyford (6%, 124 East CHCP; 4%, 370 Glasgow City).

**Figure 6.1: Awareness of the Sandyford Initiative and The Place at Sandyford: East CHCP and Glasgow City**



**Sex:** Females were more likely than males to be aware of the Sandyford Initiative (13%, 146 females; 7%, 79 males).

**Stage:** Upper school pupils were more likely than lower school pupils to have heard of the Sandyford Initiative (19%, 211 upper school; 2%, 22 lower school) or The Place at Sandyford (10%, 113 upper school; 1%, 11 lower school).

**Deprivation:** Pupils at schools in areas of lower deprivation were more likely than those in schools in areas of higher deprivation to have heard of the Sandyford Initiative (22%, 90 lower deprivation; 8%, 21 higher deprivation).

### 6.5 Glasgow Young Scot Card

Four in five (79%, 1,786) pupils in the East CHCP area said they held a Glasgow Young Scot Card. The most common uses of the Young Scot card were free swimming (81% of card holders, 1,419 pupils) and fuelzone/healthy eating points (40%, 693 pupils).

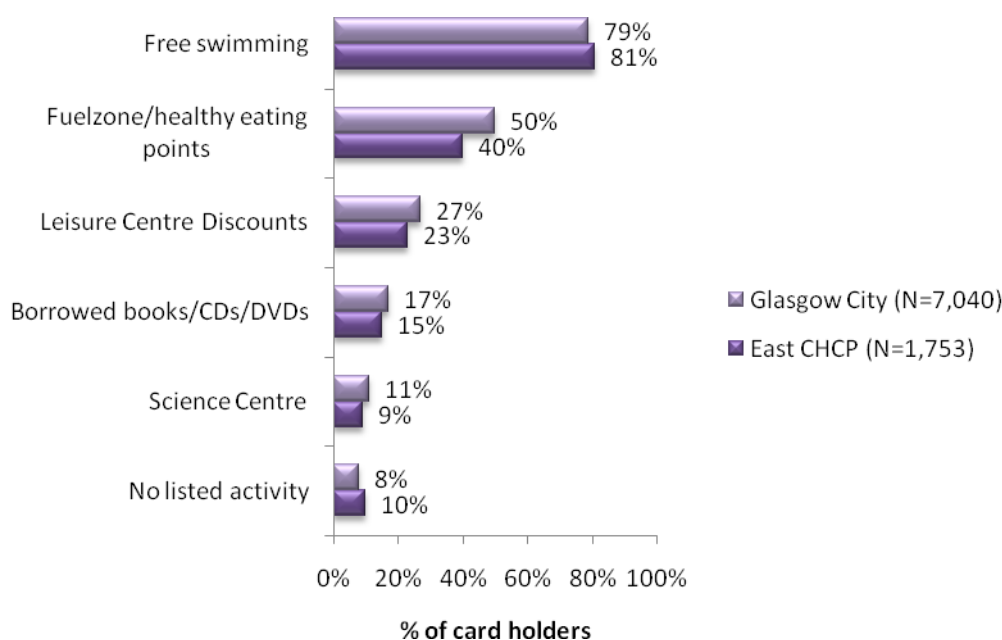
**Table 6.1: Uses of Young Scot Card (East CHCP)**

Use of Young Scot Card	% of card holders	N
Free swimming	81%	1,419
Fuelzone/healthy eating points	40%	693
Glasgow Film Theatre/Cinema	27%	482
Discounts in shops	25%	433
Discounts in leisure centres	23%	396
First Bus 'Get Around for £1'	18%	320
Borrowed books/CDs/DVDs	15%	259
Holiday programme activities	11%	195
Science Centre	9%	159
Other Use	5%	92
None of these	10%	167
<b>Base</b>		<b>1,753</b>

## Comparison with Glasgow City

Compared to Glasgow City as a whole, Young Scot Card holders in the East CHCP area were less likely to have used their card for fuelzone/healthy eating points, borrowed books/CDs/DVDs, the Science Centre and leisure centre discounts. Card holders in the East CHCP were more likely than those in Glasgow City as a whole to have used their card for free swimming or to say they had not used their card for any of the listed activities.

**Figure 6.2: Proportion of Young Scot Card Holders Who had Used their Card for Certain Activities: East CHCP and Glasgow City (all activities showing significant differences)**



**Sex:** Males were more likely than females to use their Young Scots card for the Science Centre (11%, 91 males; 7%, 63 females).

**Stage:** Lower school pupils were more likely than upper school pupils to use their Young Scots card for:

- free swimming (85%, 766 lower school; 77%, 653 upper school);
- holiday programme activities (14%, 124 lower school; 8%, 71 upper school);
- fuelzone/healthy eating points (43%, 390 lower school; 36%, 302 upper school);
- borrowed books/CDs/DVDs (17%, 153 lower school; 12%, 106 upper school);
- the Science Centre (11%, 101 lower school; 7%, 58 upper school);
- GFT/Cinema (32%, 287 lower school; 23%, 195 upper school);
- shop discounts (27%, 247 lower school; 22%, 186 upper school).

Upper school pupils were more likely than lower school pupils to state they did not use their Young Scots card for any activity listed (12%, 100 upper school; 7%, 64 lower school).

**Self Esteem:** Pupils with high self esteem were more likely to hold a Young Scot card than pupils with low self esteem (85%, 525 high; 74%, 422 low). Among **females**, card holders with high self esteem were more likely than those with low self esteem to have used their card for shop discounts (34%, 84 high; 22%, 52 low).

**Deprivation:** Pupils at schools in areas of lower deprivation were more likely than those in schools in areas of higher deprivation to hold a Young Scot Card (87%, 357 lower

deprivation; 66%, 192 higher deprivation). Card holders in areas of lower deprivation were more likely to have used their card for GFT/cinema (29%, 102 lower deprivation; 15%, 27 higher deprivation), shop discounts (32%, 110 lower deprivation; 17%, 32 higher deprivation) and leisure centre discounts (29%, 100 lower deprivation; 12%, 22 higher deprivation).

## 6.6 Other Activities

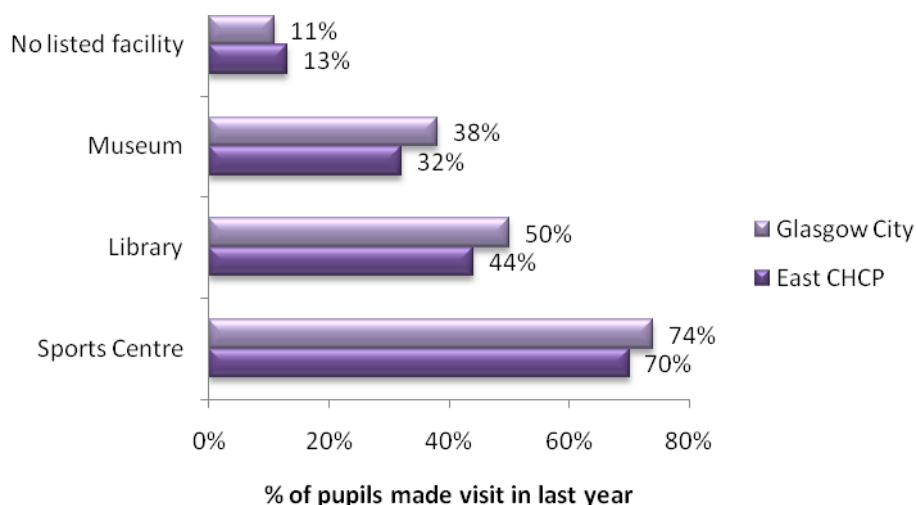
Pupils were asked whether they had been to a museum, library, sports centre or community centre in the last year. Most (87%, 1,914) had been to at least one of these in the last year. From most to least common, these were sports centre (70%, 1,538 pupils), library (44%, 977 pupils), museum (32%, 706 pupils) and community centre (29%, 649 pupils).

Those who had visited any of these in the last year were asked which they visited most often. Sports centre was by far the most common response (66%, 1,172 pupils) followed by library (19%, 333 pupils).

### Comparison with Glasgow City

Pupils in the East CHCP area were less likely than pupils in Glasgow City as a whole to have visited a museum (32%, 706 East CHCP; 38%, 3,418 Glasgow City), a library (44%, 977 East CHCP; 50%, 4,418 Glasgow City), or a sports centre (70%, 1,538 East CHCP; 74%, 6,579 Glasgow City) in the last year. Further, pupils in the East CHCP were more likely than pupils in Glasgow City as a whole to report that they had visited none of the venues in the last year (13%, 287 East CHCP; 11%, 937 Glasgow City).

**Figure 6.3: Proportion of Pupils Visiting Facilities in the Last Year: East CHCP and Glasgow City (all facilities showing significant difference)**



Of all those who had visited at least one type of facility in the last year, pupils in the East CHCP area were more likely than those in Glasgow City as a whole to say they visited a community centre most often (11%, 187 East CHCP; 9%, 628 Glasgow City).

**Sex:** Males were more likely than females to have visited a museum in the last year (36%, 375 males; 28%, 309 females) and to have visited a sports centre (76%, 798 males; 64%, 700 females). Females were more likely than males to report that they had not visited any facility in the last year (16%, 172 females; 10%, 107 males). Among those who had visited any facility in the last year, males were more likely than females to say the facility they visited most often was a sports centre (73%, 648 males; 59%, 498 females) whereas

females were more likely than males to say that they most often visited a library (24%, 208 females; 13%, 119 males).

**Stage:** Pupils in the lower school were more likely than those in the upper school to have visited a museum (38%, 421 lower school; 26%, 284 upper school), library (55%, 618 lower school; 33%, 358 upper school) or a community centre (34%, 382 lower school; 25%, 265 upper school). Pupils in the upper school were more likely than pupils in the lower school to report that they had not visited any facility in the last year (15%, 167 upper school; 11%, 120 lower school). Among those who had visited any facility, those in the upper school were more likely than those in the lower school to say they had most often visited a sports centre (72%, 613 upper school; 60%, 557 lower school). Those in the lower school were more likely than those in the upper school to say they had most often visited a library (24%, 220 lower school; 13%, 113 upper school).

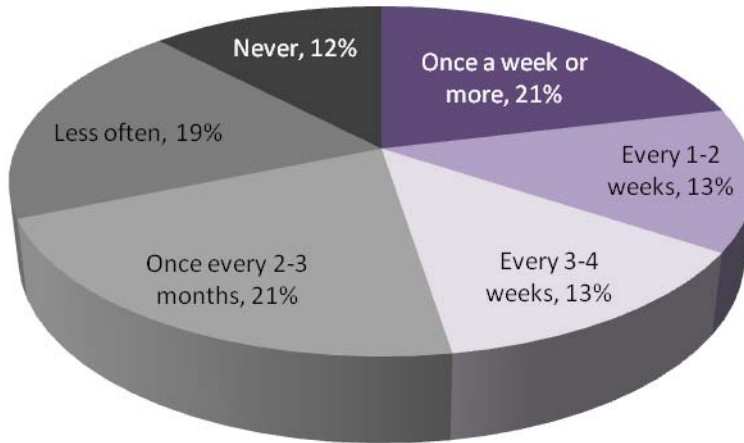
**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to have visited a museum (40%, 238 high; 31%, 173 low) or a sports centre (79%, 476 high; 64%, 359 low). Pupils with low self esteem were more likely than pupils with high self esteem to report that they had not visited any venues in the last year (15%, 85 low; 9%, 55 high). Among those who had visited any facility, those with high self esteem were more likely than those with low self esteem to say they had most often visited a sports centre (72%, 382 high; 60%, 261 low), while those with low self esteem were more likely than those with high self esteem to say they had most often visited a library (23%, 102 low; 15%, 81 high).

**Deprivation:** Pupils at schools in areas of lower deprivation were more likely than those in areas of higher deprivation to have visited a museum (40%, 161 lower deprivation; 19%, 51 higher deprivation), been to a sports centre in the last year (75%, 301 lower deprivation; 64%, 168 higher deprivation), and visited a community centre (32%, 127 lower deprivation; 21%, 56 higher deprivation). Among those who had visited any facility, those in areas of lower deprivation were more likely than those in areas of higher deprivation to say they had most often visited a sports centre (70%, 238 lower deprivation; 59%, 111 higher deprivation), while those in areas of higher deprivation were more likely than those in areas of lower deprivation to say they had most often visited a library (30%, 57 higher deprivation; 14%, 48 lower deprivation).

## 6.7 Swimming

Pupils were asked how often they go to the swimming pool. Most (88%, 1,937 pupils) went to the swimming pool at least sometimes. Nearly half (47%, 1,047 pupils) went to the swimming pool at least once every month. Responses are shown in Figure 6.6 below.

**Figure 6.4: Frequency of Visits to the Swimming Pool: East CHCP**

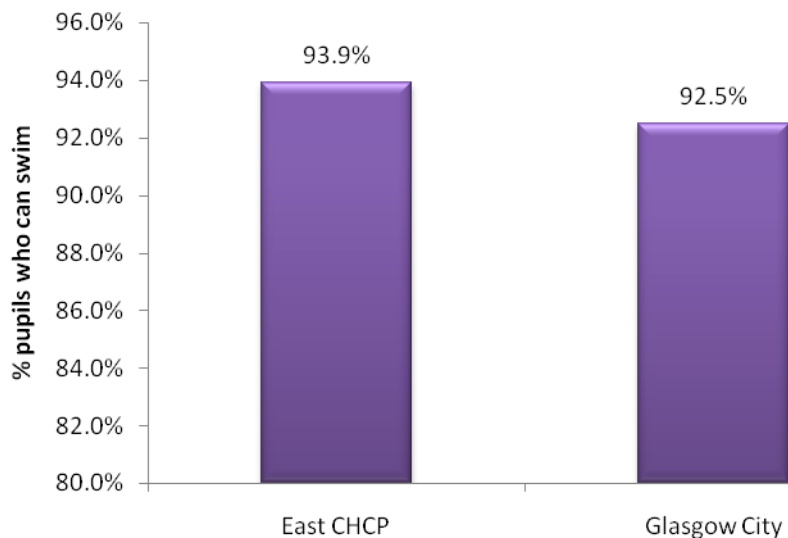


Most pupils (94%, 1,950) said that they were able to swim.

### Comparison with Glasgow City

Pupils in the East CHCP area were more likely than pupils in Glasgow City as a whole to be able to swim (94%, 1,950 East CHCP; 93%, 7,634 Glasgow City).

**Figure 6.5: Proportion of Pupils Who Can Swim: East CHCP and Glasgow City**



**Stage:** Lower school pupils were more likely than upper school pupils to visit the swimming pool at least once every four weeks (60%, 676 lower school; 34%, 369 upper school). Upper school pupils were more likely than lower school pupils to say that they never go to the swimming pool (18%, 200 upper school; 7%, 76 lower school).

**Self Esteem:** Pupils with high self esteem were more likely than those with low self esteem to go to the swimming pool at least once every four weeks (52%, 317 high; 43%, 245 low). Pupils with low self esteem were more likely than those with high self esteem to say that they never went to the swimming pool (18%, 101 low; 8%, 50 high).

## 7 Key Characteristics of East CHCP Area

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### 7.1 Introduction

This chapter brings together and summarises the survey findings for the pupils in the East CHCP area which differ significantly from the findings for Glasgow City as a whole.

### 7.2 Indicators Showing Less Favourable Findings

Compared to Glasgow City as a whole, pupils in the East CHCP area were:

- More likely to have a family member with a disability;
- Less likely to have internet access at home;
- (Of those who had a chronic illness or disability) more likely to say that their illness or disability limited what they could do;
- More likely to travel to school by car and less likely to travel by bus;
- More likely to prefer to travel to school by car;
- More likely to eat breakfast in the street;
- Less likely to have had a drink at breakfast time;
- More likely to eat lunch in the street;
- Less likely to have eaten a sandwich, soup, pasta/salad or a standard meal for lunch and more likely to have eaten a snack meal (e.g. hotdog, burger, chips) or 'something else';
- More likely to have had a non-diet fizzy drink at lunch time and less likely to have had water or fruit juice;
- Less likely to have met the target of consuming five or more portions of fruit/vegetables in the previous day;
- More likely to live with a smoker;
- Less likely to say that they never drank alcohol and more likely to say that they drank alcohol once a week or more;
- (Among those who ever drank alcohol) less likely to say that they never/rarely get drunk;
- More likely to have taken non-prescription drugs ever or in the last year;
- More likely to have taken ecstasy in the last year;
- More likely to have been engaged in fighting or vandalism in the last year;
- Less likely to have had school support by means of job searches or employer visits;
- Less likely to have used their Young Scot card for fuelzone/healthy eating points, borrowing books/CDs/DVDs, the Science Centre or leisure centre discounts;
- Less likely to have visited a sports centre, museum or library.

### 7.3 Indicators Showing More Favourable Findings

Compared to Glasgow City as a whole, pupils in the East CHCP area were:

- More likely to feel that they had a lot of control over their lives;
- Less likely to have high depression scores;
- Less likely to worry about school, the future or racism;
- Less likely to have been bullied in their school in the last year and less likely to have been afraid of going to school because of bullying;
- More likely to have brushed their teeth three times or more in the previous day;
- More likely to report travel-to-school times of 15 minutes or less;
- Less likely to have eaten sweets/crisps for lunch;
- Less likely to have a friend who smokes;
- Less likely to have shoplifted in the last year;

- More likely to have heard of the Sandyford Initiative or The Place at Sandyford;
- More likely to have used their Young Scot card for free swimming;
- More likely to be able to swim.

#### 7.4 Other Differences between East CHCP and Glasgow City

Compared to pupils in Glasgow City as a whole, pupils in the East CHCP area were:

- (Among those who smoked) less likely to obtain cigarettes from friends;
- (Among those who ever drank alcohol) less likely to drink wine;

When asked for suggestions for improvements which the school could make for pupil health and happiness, compared to Glasgow City as a whole, pupils in the East CHCP area were:

- More likely to say that nothing was needed (it is fine as it is);
- More likely to suggest teaching PSHE;
- Less likely to suggest providing nicer/healthier food;
- Less likely to suggest improving the interior or exterior of the school.

## GLASGOW HEALTH AND WELLBEING QUESTIONNAIRE

2,309 pupil questionnaires from the East CHCP area have been used to provide the results below. Where appropriate N (the number of valid responses) has been provided. Where the question asked pupils to provide more than one response N is given for each of the question elements. Percentages are given for each question.

### YOUR SCHOOL

#### 1 What secondary school do you go to? N=2,309

School	Percent
Bannerman	18.2
Eastbank	17.9
Lochend	12.9
Smithycroft	10.4
St Andrew's	23.0
St Mungo's	10.9
Whitehill	6.6

#### 2 Which primary school did you go to? 2,278 responses

#### 3 How old are you? N=2,309

Age	Percent
11	1.2
12	22.7
13	25.7
14	27.9
15	21.1
16	1.3
17	0.0

#### 4 What year group are you in? N=2,309






PLEASE TICK ONE BOX ONLY

S1	S2	S3	S4
24.2	26.6	27.8	21.5

### HOW DO YOU FEEL?

#### 5 How have you felt about yourself in general, over the last year? N=2,282

PLEASE TICK ONE BOX ONLY

				
34.4	41.3	19.5	3.3	1.5

**6 How much control do you have over the way your life is going in general?**

**N=2,246**






PLEASE TICK ONE BOX ONLY

None	A little	Some	A lot
2.0	8.0	44.8	45.2

**7 How have you felt, about your health in general, over the last year?**

**N=2,244**

PLEASE TICK ONE BOX ONLY

				
33.2	41.3	19.3	4.5	1.8

**8 Here are some descriptions of feelings. Thinking about the last month, please say whether you have felt this way most of the time, sometimes or never.**

PLEASE TICK ONE BOX FOR EACH STATEMENT

	Most of the time	Sometimes	Never	N
a) I've felt too tired to do things	10.3	72.2	17.6	2,253
b) I've had trouble getting to sleep	10.3	39.5	50.2	2,247
c) I've had trouble staying asleep	6.0	23.7	70.2	2,224
d) I've felt unhappy, sad or depressed	6.2	46.7	47.0	2,229
e) I've felt hopeless about the future	4.7	28.3	67.0	2,217
f) I've felt tense or nervous	6.5	60.0	33.6	2,228
g) I've worried too much about things	17.1	49.0	33.9	2,246

**9 How much do you agree with the following?**

PLEASE TICK ONE BOX FOR EACH STATEMENT

	Strongly disagree	Disagree	Agree	Strongly agree	N
a) I am pretty sure about myself	2.1	11.7	66.5	19.7	2,231
b) I often wish I was someone else	41.2	34.3	18.3	6.2	2,230
c) I am easy to like	2.9	12.7	68.2	16.2	2,214
d) I have a low opinion of myself	25.5	45.4	23.2	5.9	2,205
e) I am a failure	53.4	37.6	5.9	3.1	2,212
f) There are lots of things about myself that I would like to change	16.6	35.1	33.3	15.1	2,198
g) I am able to do things well	2.7	8.2	66.0	23.1	2,225
h) Most of the time I am, satisfied with myself	2.8	15.3	62.8	19.1	2,212
i) I have a number of good qualities	2.0	9.9	62.9	25.1	2,203
j) I like myself	4.4	12.5	54.0	29.0	2,207

**10a Which, if any, of these things do you worry about? N = 2,110**

PLEASE TICK ALL THAT APPLY

School	38.6	Family rows	30.9	Your health	32.6
Being bullied	16.1	Feeling different	15.8	Friends	29.2
Money problems	19.6	Relationship with parents	20.1	Skin problems	16.7
Racism	7.2	Drugs	14.3	Brothers / sisters	25.6
The way I look	37.6	Getting a job	27.3	Fear of violence / gangs	21.8
Boyfriend/Girlfriend	23.8	Drinking	13.7	Family health problems	21.5
Exams	58.7	Gossip	14.3	The future	32.2
Loneliness	13.2	Being called gay	9.1	Sexual harassment	10.1
Other	4.4	I have no worries at the moment	7.6		

**10b Which one do you worry about the most? N=1,593 PLEASE TICK ONE ONLY**

School	7.0	Family rows	6.9	Your health	4.7
Being bullied	3.3	Feeling different	0.7	Friends	1.9
Money problems	1.6	Relationship with parents	2.2	Skin problems	1.4
Racism	0.6	Drugs	1.6	Brothers / sisters	3.3
The way I look	8.0	Getting a job	3.8	Fear of violence / gangs	4.2
Boyfriend/Girlfriend	3.1	Drinking	0.5	Family health problems	7.1
Exams	25.3	Gossip	0.6	The future	7.2
Loneliness	1.4	Being called gay	0.9	Sexual harassment	1.1
Other	1.6				

**11a Is there anyone you can talk to and trust about personal things or worries? N=2,136 PLEASE TICK ONE BOX ONLY**

Yes	86.3	No	13.7
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**11b Who, if any, of the following do you talk to and trust about personal things or worries? N=1,956 PLEASE TICK ALL THAT APPLY**

Friends	69.5	Teachers	9.8
Parents / guardians	64.1	Neighbours	3.2
Other family members	44.9	Others	9.2

**12 Have you been bullied in this school in the past year? N=2,252 PLEASE TICK ONE BOX ONLY**

Yes	11.3	No	88.7
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**13 Do you ever feel afraid of going to school because of bullying? N=2,270 PLEASE TICK ONE BOX ONLY**

<b>Never</b>	<b>Sometimes</b>	<b>Often</b>	<b>Very Often</b>
85.9	11.5	0.7	1.8

**14 Have you bullied or frightened someone in this school in the past year?**

**N=2,270**

PLEASE TICK ONE BOX ONLY

Never	Sometimes	Often	Very Often
80.2	15.6	2.5	1.7

**15 Have any of these things happened to you because of your skin colour in the past year? N=1,910**

PLEASE TICK ALL THAT APPLY

I have been hit or beaten up	1.9
I have been called names	8.7
I have been picked on	2.9
I have been treated differently to others (eg not chosen for something)	2.3
Other (PLEASE WRITE IN WHAT HAPPENED)	2.0
None of the above	89.1

**16 Have any of these things happened to you because of your religion in the past year? N=1,883**

PLEASE TICK ALL THAT APPLY

I have been hit or beaten up	1.1
I have been called names	4.7
I have been picked on	1.8
I have been treated differently to others (eg not chosen for something)	1.3
Other (PLEASE WRITE IN WHAT HAPPENED)	1.1
None of the above	93.8

## ILLNESS & DISABILITY

**17 Do you have any illness or disability that is likely to go on for a long time?**

**N=2,185**

PLEASE TICK ONE BOX ONLY

Yes	20.7	No	79.3
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**18 What is your illness or disability? N=489**

PLEASE TICK ALL THAT APPLY

Asthma	57.1	Epilepsy	3.1
Diabetes	4.1	Injury (eg broken bones)	7.6
Dyslexia	8.8	Painful joints	9.6
Eczema	22.9	Physical disability	4.9
Other	17.4		

**19 Does this illness or disability limit what you can do? N=475**

PLEASE TICK ONE BOX ONLY

No	37.1	Yes – in what way(s)?	62.9
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**20 Have any of these things happened to you because you have a disability in the past year? N=426**

PLEASE TICK ALL THAT APPLY

I have been hit or beaten up	3.3
I have been called names	11.5
I have been picked on	5.9
I have been treated differently to others (eg not chosen for something)	4.7
Other (PLEASE WRITE IN WHAT HAPPENED)	0.9
None of the above	86.6

## ABOUT YOUR TEETH

**21 How many times did you clean your teeth yesterday? N=2,272**

PLEASE TICK ONE BOX ONLY

<b>Not at all</b>	<b>Once</b>	<b>Twice</b>	<b>3 times or more</b>
4.0	17.3	62.0	16.7

**22 When did you last go to the dentist? N=2,250**

PLEASE TICK ONE BOX ONLY

<b>Within the last 6 months</b>	<b>6–12 months ago</b>	<b>More than 12 months ago</b>	<b>Never</b>	<b>Can't remember</b>
65.3	12.3	2.5	0.4	19.4

## PHYSICAL ACTIVITY

- 23 How do you usually travel to school? (most days) N=2,106**  
PLEASE TICK ONE BOX ONLY

Walk	50.4	Train	0.6
Cycle	0.1	Car	22.5
Bus	25.2	Other	1.2

- 24 If you go to school by car, how many other children at your school are usually in the car as well? N=676**  
IF YOU DO NOT GO TO SCHOOL BY CAR, PLEASE GO TO Q25

PLEASE WRITE THE NUMBER OF CHILDREN TRAVELLING IN THE CAR

Number of children	Percent
0	40.4
1	18.5
2	20.0
3	12.3
4	4.0
5	0.7
6	0.4
7	0.1
8 or more	3.3

- 25 How many days in the past week (if any) did you walk, cycle or skate to or from school? N=2,237** PLEASE TICK ONE BOX ONLY

None	1	2	3	4	Every day
34.1	5.1	5.1	4.6	2.7	48.5

- 26 Do you own a bicycle? N=2,266**  
PLEASE TICK ONE BOX ONLY

Yes	70.1	No	29.9
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- 27 How long does it take you to travel to school (one way)? N=2,267** PLEASE TICK ONE BOX ONLY

Less than 5 minutes	15.9
At least 5 minutes but less than 15 minutes	40.3
At least 15 minutes but less than half an hour	31.4
Half an hour or longer	12.4

- 28 If you had the choice how would you prefer to travel to school? N=2,175**  
PLEASE TICK ONE BOX ONLY

Walk	42.0	Train	1.7
Cycle	8.9	Car	33.5
Bus	9.2	Other	4.8

- 29 Including activities done at school and outside school, how many times a week do you take part in sport, exercise or physical activity that makes you breathe harder or sweat a bit? N=2,246**  
PLEASE TICK ONE BOX ONLY

Never	8.9	Once	11.2	Twice	18.7	3 times	20.8	4 times or more	40.4
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- 30 On average how long do each of these periods of activity last? N=2,093**  
PLEASE TICK ONE BOX ONLY

<b>Less than 10 mins</b>	<b>11–20 mins</b>	<b>21–30 mins</b>	<b>More than 30 mins</b>
2.3	4.6	9.9	83.1

- 31 Do you take part in any sport, exercise or physical activity in your spare time (that is, outside of school PE lessons)? N=2,140**  
PLEASE TICK ONE BOX ONLY

Yes	73.8	No	26.2
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- 32 Generally speaking, how often do you do sport / exercise in your spare time? N=1,554**

PLEASE TICK ONE BOX ONLY

<b>Once a week or less</b>	<b>Twice a week</b>	<b>Three times a week</b>	<b>Four times a week or more</b>
10.2	27.2	23.6	39.0

## YOUR DIET

- 33 Did you eat breakfast this morning? N=2,261**  
PLEASE TICK ONE BOX ONLY

Yes	70.5	No	29.5
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**34 Where did you eat your breakfast? N=1,570 PLEASE TICK ONE BOX ONLY**

At home	92.1	In the street	5.1
In the school canteen	0.9	Somewhere else	1.9

**35 What did you have for your breakfast this morning? N=1,601  
PLEASE TICK ALL THAT APPLY**

A drink	27.6	Sweets	2.2
Cereal (including porridge)	53.5	Crisps	2.2
Toast or bread	32.9	Other	14.7
Cooked breakfast	9.2		

**36 Did you eat anything at lunchtime yesterday? (If you were not at school yesterday, please think about the last day you were at school.) N=2,247  
PLEASE TICK ONE BOX ONLY**

Yes	92.2	No	7.8
-----	------	----	-----

**37 Where did you eat lunch yesterday? (or the last day you were at school)  
N=2,048  
PLEASE TICK ONE BOX ONLY**

In the school canteen	20.0	At home	10.8
In the school playground	3.7	In the street	42.7
Somewhere else in the school	5.2	Somewhere else	17.5

**38 What did you have for lunch yesterday? (or the last day you were at school)  
N=2,096  
PLEASE TICK ALL THAT APPLY**

Standard meal (eg meat, vegetable, potatoes)	3.1	Pasta / Salad	4.2
Sandwich / filled roll	39.9	Soup	7.3
Snack meal (eg burger, hot-dog, chips)	25.2	Sweets / crisps	13.5
Something else	27.1		

**39 What drink or drinks did you have during lunch time yesterday? (or the last day you were at school) N=2,102**

PLEASE TICK ALL THAT APPLY

Nothing to drink	2.8	Juice drink (eg Ribena, Oasis, Sunny Delight)	11.5
Fizzy Drink (eg regular Irn Bru)	46.0	Milk (full fat)	1.6
Diet Fizzy Drink	8.4	Milk (low fat, eg semi-skimmed / skimmed)	4.2
Water	27.6	Tea / Coffee	1.2
Fruit juice	10.4	Something else	4.1

**40 How many portions of fruit did you eat yesterday? N=2,197**

(A portion of fruit would be something like 1 banana or 1 apple or 1 slice of melon or 2 satsumas. A glass of fruit juice also counts as one portion)

Portions	Percent
0	29.8
1 to 4	64.2
5 or more	6.0

**41 How many portions of vegetable or salad (not potatoes) did you eat yesterday? N=2,175**

(A portion of vegetables would be something like a large spoonful of carrots or baked beans and includes fresh, frozen or tinned vegetables)

Portions	Percent
0	36.4
1 to 4	58.9
5 or more	4.6

## SMOKING

- 42 Which of the following best describes you? N=2,225**  
PLEASE TICK ONE BOX ONLY

I have never tried smoking	62.2	} <b>GO TO Q49</b>
I have only tried smoking once or twice	23.1	
I used to smoke but I have given up	5.6	
I smoke some days	3.1	} <b>GO TO Q43</b>
I smoke every day	6.0	

- 43 If you smoke every day, please write in the number of cigarettes you smoke in an average day. N=127**  
PLEASE WRITE IN THE BOX

Number per day	Percent
Up to 5	13.4
6 to 10	52.0
11 to 15	13.4
16 to 20	15.0
21+	6.3

- If you smoke some days, please write in the number of cigarettes you smoke in an average week. N=59**  
PLEASE WRITE IN THE BOX

Number per day	Percent
Up to 5	45.8
6 to 10	22.0
11 to 15	6.8
16 to 20	8.5
21+	16.9

- 44 How old were you when you had your first puff of a cigarette? N=441**  
PLEASE WRITE IN THE BOX

Age (years)	Percent
Pre-primary (1–4)	4.3
Primary (5–11)	52.4
Secondary (12–16)	43.3

**45 Where do you usually get your cigarettes from? N=390**

PLEASE TICK ALL THAT APPLY

I buy them from shop	42.3	I ask someone I don't know to buy them	9.0
I buy them from people I know	4.1	I take them from a family member without their knowledge	6.2
I buy them from a machine	1.5	A friend gives them to me	14.9
A friend, who is my age, buys them	11.0	Other	24.1
A friend, who is older than me, buys them	15.1		

**46 How much do you usually spend on cigarettes in an average week? N=195**

PLEASE TICK ONE BOX ONLY

Less than £5	25.1
Between £5–£10	25.6
Between £11 and £15	19.0
Between £16 and £20	9.7
£21 or more	9.7
Nothing	10.8

**47 Where do you get the money to buy cigarettes? N=183**

PLEASE TICK ALL THAT APPLY

Pocket money	55.7	I use my dinner money	17.5
Wages from a part-time job	12.0	I steal it	4.4
From my parents / guardian	45.9	Other	4.4
From my brothers/ sisters	6.6		
From another family member	7.7		

**48 Would you like to stop smoking? N=192**

PLEASE TICK ONE BOX ONLY

Yes	38.0	Possibly	38.0	No	24.0
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**49 Does anyone in your home smoke? N=2,172**

PLEASE TICK ONE BOX ONLY

Yes	65.0	No	35.0
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**50 Do any of your friends smoke? N=2,158**

PLEASE TICK ONE BOX ONLY

Yes	48.4	No	51.6
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## DRINKING ALCOHOL

### 51 How often do you drink alcohol? N=2,221

PLEASE TICK ONE BOX ONLY

Never	43.1	<b>GO TO Q55 AND READ PARAGRAPH</b>
Once a week or more	18.2	}
Every 1 – 2 weeks	7.3	
Every 3 – 4 weeks	5.5	
Once every 2 – 3 months	8.4	
Less often (once or twice a year)	17.4	

**GO TO Q52**

### 52 Which of the following do you drink? N=1,279

PLEASE TICK ALL THAT APPLY

Beer / Lager / Cider	53.1
Shandy (lemonade and beer)	11.2
Alcohol fizzy drinks or Alcopops (WKD, Bacardi Breezers)	45.2
Wine (Red, White, Rose)	13.1
Spirits (Vodka, Whisky)	44.4
Fortified wine / sherry (Buckfast, Martini)	31.9
Other	13.2

### 53 How often would you say you get drunk? N=1,267

PLEASE TICK ONE BOX ONLY

Never or rarely	45.9	Twice a week	13.7
Once or twice a month	14.9	Most days	3.1
Once a week	12.8	Don't know	9.6

### 54 How much do usually spend on alcohol per week? N=1,244

PLEASE TICK ONE BOX ONLY

Nothing	44.8	£11 – £15	9.1
Under £2	3.9	£16 – £20	3.5
£2 – £5	14.9	More than £20	3.6
£6 – £10	20.3		

## DRUGS

### PLEASE READ THIS FIRST

We would now like to ask you some questions about drugs. By drugs we mean those that are not available in the shops or prescribed from a doctor (ie non prescription drugs). We are also interested in things that can be misused such as solvents and glue.

All information you provide will be kept anonymously and treated confidentially. The police will not be informed of any responses to this survey. It is used to plan NHS services.

**55 Have you ever taken non-prescription drugs? N=2,209**

PLEASE TICK ONE BOX ONLY

Yes	18.3	No	81.7
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**56 Which, if any, of these drugs have you taken in the last year? N=440 (percentages given are of those who reported any drug use in the last year).**

PLEASE TICK ALL THAT APPLY

Cannabis (Marijuana, dope, hash, blow, joints, wacky baccy)	79.8
Gas, glue or other solvents (Tipp-Ex, lighter fuel, aerosols to inhale or sniff)	8.4
Amphetamines (Speed, Whizz, Sulph)	5.9
LSD (acid, tabs, trips)	4.5
Ecstasy (E, Eccies, XTC)	40.0
Poppers (Amyl Nitrates, Liquid Gold, Rush)	8.6
Tranquillisers (Downers, Jellies, Valium, Temazapan, Eggs)	2.7
Heroin (Smack, Skag, Gear, H)	3.6
Magic Mushrooms (Shrooms)	3.2
Methadone (Linctus, Physeptone, Meth)	1.6
Crack (Rock, Stone)	2.3
Cocaine (Coke, Charlie, C)	19.5
Anabolic Steroids (Roids)	0.9
Other drugs that would not be given to you by a doctor or chemist	13.0

## SERVICES FOR YOUNG PEOPLE

**57 Do you go to a local youth club or centre? N=2,210**

PLEASE TICK ONE BOX ONLY

Yes	32.5	} <b>GO TO Q59</b>
No – I don't know of one that I could go to	33.8	
No – but I know of one that I could go to	33.8	<b>GO TO Q58</b>

**58 Is there anything stopping you, or putting you off going to a youth club or centre?**

PLEASE WRITE IN THE BOX

920 responses

**59 Are you aware of a health service in or near to your school that is for young people only? N=2,009**

PLEASE TICK ONE BOX ONLY

No	88.1	Yes –PLEASE WRITE IN ITS NAME	11.9
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**60 Have you heard of ChildLine? N=2,206**

PLEASE TICK ONE BOX ONLY

No	4.9
Yes, and I would phone ChildLine if I needed to	56.9
Yes, but I would not phone ChildLine even if I needed to	38.2

**61 Have you heard of the Sandyford Initiative? N=2,225**

PLEASE TICK ONE BOX ONLY

Yes	10.5	No	89.5
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**62 Please say in one sentence what you think Sandyford provides?**

PLEASE WRITE IN THE BOX

344 responses

**63 Have you heard of The Place at Sandyford? N=2,226**

PLEASE TICK ONE BOX ONLY

Yes	5.6	No	94.4
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**64 Please say in one sentence what you think The Place at Sandyford provides?**

PLEASE WRITE IN THE BOX

199 responses

**65 Do you currently hold a Glasgow Young Scot Card? N=2,261**

PLEASE TICK ONE BOX ONLY

Yes	79.0	No	21.0
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**66 Have you used it for any of the following activities? N=1,753**  
PLEASE TICK ALL THAT APPLY

Free Swimming	80.9	Glasgow Film Theatre / Cinema	27.5
Holiday Programme Activities	11.1	Discounts in shops	24.7
First Bus 'Get Around for a £1' (Summer Promotion)	18.3	Discounts in Leisure Centres	22.6
Fuelzone / healthy eating points	39.5	Other	5.2
Borrowed books / CDs or DVDs	14.8	None of these	9.5
Science Centre	9.1		

**67 Have you been to any of the following in the last year? N=2,201**  
PLEASE TICK ALL THAT APPLY

Museum	32.1	Sports Centre	69.9
Library	44.4	Community Centre	29.5
None of these	13.0		

**68 Which one facility do you visit most often? N=1,781**  
PLEASE TICK ONE BOX ONLY

Museum	5.0	Sports Centre	65.8
Library	18.7	Community Centre	10.5

**69 How often do you go to the swimming pool? N=2,213**  
PLEASE TICK ONE BOX ONLY

Once a week or more	21.0	Once every 2 – 3 months	20.9
Every 1 – 2 weeks	13.0	Less often (one or twice a year)	19.3
Every 3 – 4 weeks	13.3	Never	12.5

**70 Can you swim? N=2,076**  
PLEASE TICK ONE BOX ONLY

Yes	93.9	No	6.1
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## BEHAVIOUR

- 71 Which, if any, of these things have you done in the last year? N=2,136**  
PLEASE TICK ALL THAT APPLY

Dogging / missing / skipping school	26.7	Carrying a weapon in school	1.9
Shoplifting	4.3	Drug dealing	2.4
Fighting someone	30.6	Vandalising others' property/graffiti	19.9
Gang fighting	15.0	Breaking into a school, shop, or another person's home	1.9
Threatening / bullying / harassing a person	8.3	None of these	49.5
Carrying a weapon outside school	9.1		

## HOME

- 72 Do you have a computer at home? N=2,230**  
PLEASE TICK ONE BOX ONLY

Yes	91.5	No	8.5
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- 73 Are you allowed to use your computer at home? N=2,036**  
PLEASE TICK ONE BOX ONLY

Yes	99.1	No	0.9
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- 74 Do you have access to the internet at home? N=2,205**  
PLEASE TICK ONE BOX ONLY

Yes	79.5	No	20.5
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- 75 How long do you spend on a computer on an average day? N=2,306**  
PLEASE WRITE THE AVERAGE NUMBER OF HOURS IN THE BOX

Hours	Percent
0	16.9
1	19.0
2	23.8
3	15.4
4	8.4
5	6.2
6	10.7

**76 Does anyone in your family have any of the following? N=2,174**  
PLEASE TICK ALL THAT APPLY

A disability	17.8
A long-term illness	14.4
A drug or alcohol problem	9.0
None of these	67.1

**77 Do you ever look after or care for them? N=743**  
PLEASE TICK ONE BOX ONLY

Yes	53.4	No	46.6
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**79 How, if at all, do your caring responsibilities affect you? N=361**  
PLEASE TICK ALL THAT APPLY

No effect at all	53.5	Helps me organise my time	6.6
Sometimes unable to do homework	21.1	Makes me tired	25.2
Sometimes miss school	11.4	It can be lonely	7.8
Sometimes get bullied at school	5.0	It makes me feel stressed	18.3
Makes it difficult to make friends	4.2	It makes me feel anxious	7.5
I can't join clubs	2.8	Other	3.6
Sometimes makes me late for school	8.9		

**80 Do you have a part-time job? N=2,197**  
PLEASE TICK ONE BOX ONLY

Yes	15.8	No	84.2
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**81 What job do you do? N=368**  
PLEASE TICK ALL THAT APPLY

Paper / Milk round	41.6	Gardening / car washing	5.4
Food outlet (eg serving food)	9.0	General delivery	6.3
Shop work / hairdressing junior	13.3	Other	28.3
Babysitting	17.4		

## YOUR LIFE IN THE PAST

**83 Have any of the following ever happened to you? N=2,182**  
PLEASE TICK ALL THAT APPLY

Your parents split up	36.6	} <b>GO TO Q84</b>
Someone close to you died	65.0	
You lived away from your parents	9.4	
You lived in care / foster care / home	1.6	
You lived between two or more homes	14.5	
You have been seriously ill	10.4	
Someone close to you was seriously ill	39.1	
The parent you live with got a new partner	20.3	
None of the above	17.0	<b>GO TO Q86</b>

**84 Would you say that any of these events are bothering / having an effect on you at the moment? N=1,787**  
PLEASE TICK ONE BOX ONLY

Yes	27.1	No	72.9
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**85. What effect is it / are they having on you?**  
PLEASE WRITE IN THE BOX

414 open responses

## YOUR FUTURE

**86 What do you hope to do as soon as you finish school (at the end of S4)?**

**N=1,872**

PLEASE TICK ONE ONLY

Go to further education / college / stay at school	66.8
Take a gap year	1.8
Obtain training or join a training scheme	2.5
Get a job	17.4
Have a baby / look after my child(ren)	1.0
Don't know	7.5
Other	3.0

**87 How likely do you think it is that you will be charged, fined or have a criminal record by the time you are 20? N=2,195**

PLEASE TICK ONE BOX ONLY

Not likely	66.6	I have one already	7.0
Likely	7.2	Don't know	19.3

**88 Do your parents / carers encourage you to do your best at school? N=2,218**

PLEASE TICK ONE BOX ONLY

Yes	95.5	No	4.5
-----	------	----	-----

**89 Do your parents / carers encourage you to think about your future (eg getting a job, going to college or university)? N=2,215**

PLEASE TICK ONE BOX ONLY

Yes	92.3	No	7.7
-----	------	----	-----

**90 Does your school encourage you to do as well as you can? N=2,211**

PLEASE TICK ONE BOX ONLY

Yes	90.9	No	9.1
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**91 How well do you think your school has prepared you for the future? N=2,187**  
PLEASE TICK ONE BOX ONLY

Very well	Fairly well	Not very well	Not at all well	Don't know
31.6	52.0	8.1	2.8	5.5

**92 Have you done any of the following through school? N=2,309**  
PLEASE TICK ALL THAT APPLY

Work placement	13.8	CV (Curriculum Vitae) preparation	7.9
Careers guidance	22.6	Job search	12.6
Employer visits	4.9	Something else related to getting a job / working	12.0

**93 What, if anything, could your school do better or differently to improve your health and happiness? N=2,021**  
PLEASE TICK ALL THAT APPLY

Provide nicer / healthier food in canteen	31.2	Provide support e.g. buddy or mentoring schemes	8.0
Teach personal, social, and health education (PSHE)	12.3	Encourage respect between teachers / staff and pupils	22.0
Have outside agencies / people teaching PSHE	6.3	Improve school buildings or grounds	24.2
Provide more choice in PE / longer PE sessions	44.7	Improve school corridors, classrooms or toilets	35.1
Tell us more about health issues, eg using posters or an assembly	13.3	Something else	6.5
Provide and encourage activities and clubs outside school hours	16.5	Nothing – it is fine as it is	22.9
Provide a drop-in centre where we can ask about health issues	11.4		

## ABOUT YOU

**94 Are you...? N=2,217**  
PLEASE TICK ONE BOX ONLY

Male	48.9	Female	51.1
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**95 Which of these best describes you? N=2,095**

PLEASE TICK ONE BOX ONLY

I live with my mum and dad	60.1	I live with my dad and his wife / partner	0.8
I spend some time living with my mum and some time living with my dad	8.6	I live with my grandparent(s)	2.4
I live with just my mum	14.7	I live with foster parents	0.1
I live with just my dad	2.9	I am in care	0.3
I live with my mum and her husband / partner	7.7	Other	2.4

**96 To which of these groups do you consider you belong? N=2,115**

PLEASE TICK ONE BOX IN ONE SECTION ONLY

**a) White**

Scottish	96.8
Other British	1.2
Irish	0.4
Other White background	0.7

**b) Black, Black Scottish or Black British**

Caribbean	0.0
African	0.1
Other Black background	0.0

**c) Asian, Asian Scottish or Asian British**

Indian	0.1
Pakistan	0.2
Bangladesh	<0.1
Other Asian background	0.2
<b>d) Other mixed background</b>	0.2

**e) Other ethnic background**

Chinese	0.0
Other Ethnic background	<0.1

**97a Would you describe yourself as an Asylum Seeker? N=1,926**

PLEASE TICK ONE BOX ONLY

Yes	2.4	No	97.6
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**97b If you have you come to Scotland from one of the following countries in the last three years, please tick which country? N=61**

PLEASE TICK ONE BOX ONLY

Czech Republic	18.0	Lithuania	4.9
Estonia	4.9	Poland	36.1
Hungary	9.8	Slovakia	14.8
Latvia	4.9	Slovenia	6.6

**98 What is your full postcode? 1,545 pupils provided a full postcode.**

For example, if your postcode was G27 2LD you would enter:

G	2	7		2	L	D	
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PLEASE WRITE IN THE BOXES

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## THANK YOU FOR TAKING PART IN THIS SURVEY

Please place the completed questionnaire in the envelope provided ready for collection.

Please hand it in to your supervisor when you have completed it.