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**Health and Wellbeing Survey of Secondary School Age  
Young People in Renfrewshire**

*All Renfrewshire*

*Final Report*

*Prepared for*

Renfrewshire Community Health Partnership

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## Foreword

We welcome this report of the health and wellbeing survey of secondary school age young people in Renfrewshire. Prior to this, we have had very little up to date information on the lifestyle choices made by young people in Renfrewshire. We hope this report will prove useful to all who participated and to community planning partners who provided the majority of the funding for the survey through the Fairer Scotland Fund. The results will be helpful in considering the nature and structure of future services for young people in Renfrewshire.

Our thanks go to the young people and staff in our secondary schools and other educational establishments who supported the survey. The survey was completed by 5,557 young people; around 50% of pupils aged 11-18 years (S1 to S6) in each year group.

The survey provides us with useful baseline data on many aspects of health and wellbeing, including feelings about self-esteem; what makes young people happy; what makes them sad; the issues that they worry about; how they spend their time; and their aspirations for the future. It also includes information on bullying; discrimination; diet; physical activity; oral health; smoking; alcohol consumption; drugs; knowledge of services for young people; relationships; and caring responsibilities.

From the report, you will see that some of the survey results are very positive, particularly around young people's high self esteem, high level of control over their lives and their feelings about their general health. However, the survey also points to areas where more can be done to address concerns about smoking, drinking, drug use and attitudes to breastfeeding.

On the positive side:

- 4 out of 5 (81%), describe themselves as being either very happy or happy about themselves over the previous year
- 9 out of 10 (87%), have undertaken a 'positive activity' in the last year

However, there is cause for concern in that:

- 2 out of 5 (41%) met the target of five or more portions of fruit and vegetables per day
- 1 in 6 (17%) said that they had at some point taken illegal drugs

We are fully committed to working with young people in Renfrewshire to look at the best way forward to further improve their health and wellbeing.



David Leese  
Director, Renfrewshire Community  
Health Partnership



John Rooney  
Director of Education and  
Leisure Services, Renfrewshire Council

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# 1 Introduction

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## 1.1 Introduction

This report details findings from a health and wellbeing survey undertaken amongst secondary school pupils across Renfrewshire. During October and November 2008, 5,557 secondary school pupils (in S1 to S6) across 11 secondary schools, one special educational needs school and one alternative provision unit completed a Health and Wellbeing questionnaire. This represents 50% of the secondary school roll in Renfrewshire. The questionnaire was administered using paper-based and on-line methods.

The study was commissioned by Renfrewshire Community Health Partnership and the community planning partners from the area. The work was funded by Fairer Scotland. Ashbrook Research and Consulting Ltd conducted the fieldwork and data processing. The analysis and reporting was undertaken by Traci Leven Research.

The aim of the study was to provide information on health and wellbeing of S1 to S6 pupils across Renfrewshire. The survey includes questions on health behaviours; health and illness; aspirations for the future; self esteem; use of services and anti-social behaviour.

In addition, the study was designed to be used as a baseline from which to explore long term progress and to inform the current work of the community planning partners and individual schools.

A detailed description of the survey methodology can be found in Appendix A. A copy of the questionnaire is attached in Appendix B together with the % responses for each question.

## 1.2 Approach to Analysis

Analysis was conducted in two stages:

- 1 Compute basic frequencies for all respondents for each main question in the questionnaire.
- 2 Establish, whether there were significant differences between groups for five key independent variables (using the 99% confidence level)<sup>1</sup>.

The five key independent variables used for analysis are shown in the following table together with the number and percentage of respondents in each group.

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<sup>1</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.

**Table 1.1: Key Independent Variables Used For Analysis**

Key Variables	Description	Numbers and (%)
Gender	Males compared to females.	Males: 2,739 (49%) Females: 2,808 (51%) <b>Total: 5,547 (100%)</b>
Year group	Lower school (S1-S2), middle school (S3-S4) and upper school (S5-S6).	Lower school: 2,240 (40%) Middle school: 2,029 (37%) Upper School: 1,288 (23%) <b>Total: 5,557 (100%)</b>
Deprivation	Pupils in the two most deprived schools compared to those in the two least deprived schools <sup>2</sup> .	Most deprived: 610 (35%) Least deprived: 1,147 (65%) <b>Total: 1,757 (100%)</b>
Limiting illness or disability	Pupils with a limiting illness or disability compared to those without.	Limiting illness/disability: 483 (11%) Without: 4,066 (89%) <b>Total: 4,549 (100%)</b>
Young carers	Carers compared to non-carers	Carer: 748 (14%) Non-carer: 4,419 (86%) <b>Total: 5,167 (100%)</b>

The small number of pupils (n=231) from black and minority ethnic groups prohibited ethnicity being used as a key independent variable. The number of black and ethnic minority pupils was representative of the Renfrewshire population.

### 1.3 Reporting convention

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

Firstly, a description of basic frequencies.

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

#### Significance Testing

As indicated above, where differences between groups for any of the five 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.

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

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<sup>2</sup> Free school meal entitlement, clothing grants and exam attainment were used as proxy measures for deprivation.

## 2 Pupil Profile

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### 2.1 Gender and Age

There was an even gender split among pupils, with forty nine percent (49%, 2,739 pupils) boys and 51% (2,808 pupils) girls. Forty percent of respondents (40%, 2,240 pupils) were in S1 or S2.

**Table 2.1: Year Group and Gender of Pupils in Survey**

Year Group	Male	Female	All
S1	10.5%	9.7%	20.3%
S2	10.3%	9.8%	20.0%
S3	8.1%	9.1%	17.2%
S4	9.7%	9.6%	19.3%
S5	6.9%	7.2%	14.2%
S6	3.8%	5.2%	9.0%
All	49.4%	50.6%	100.0%

### 2.2 Ethnicity

Ninety two percent (5,080 pupils) of pupils in Renfrewshire schools identified themselves as 'White Scottish' and a further 4% (193 pupils) identified themselves as 'White Other British' or 'Other White'. Thus, 4% (231 pupils) identified themselves as from non-white ethnic groups. Of these, 158 pupils were from Asian groups (including Chinese), 46 pupils were from Black groups and 27 pupils were from other or mixed ethnic backgrounds.

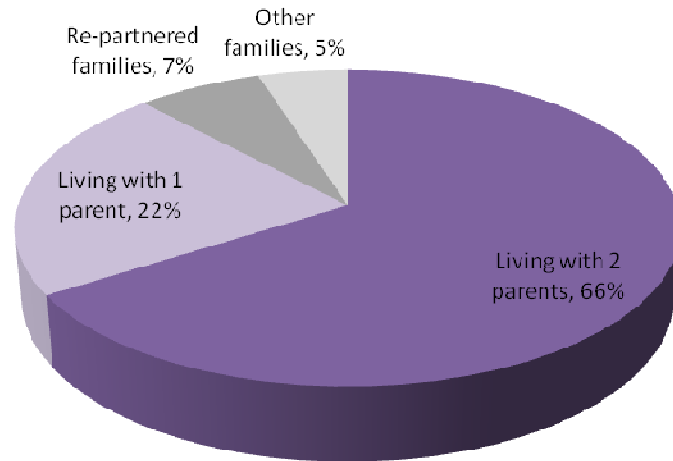
### 2.3 Asylum Seekers and Immigrants

A total of 46 pupils (1%) indicated that they were asylum seekers, while 134 (2%) had come to Scotland in the last three years. Of these, 17 pupils had come from Poland and seven had come from Romania.

### 2.4 Home and Family Circumstances

Two thirds of pupils (66%, 3,664 pupils) lived with both their parents. A fifth of pupils (22%, 1,220 pupils) lived with one parent and a further 7% (411 pupils) lived with one parent and their parent's partner. Three percent (148 pupils) were in care, 2% (96 pupils) lived with their grandparents or other family members and less than 1% (18 pupils) lived with foster parents.

**Figure 2.1: Family Circumstances of Pupils**



**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/other family members, those living with foster parents and those in care.

**Deprivation:** Pupils in schools in the least deprived areas were more likely than those in the most deprived areas to be living with both their parents (76%, 872 least deprived; 60%, 369 most deprived). Those in the most deprived areas were more likely than those in least deprived areas to be living with one parent (27%, 166 most deprived; 15%, 168 least deprived).

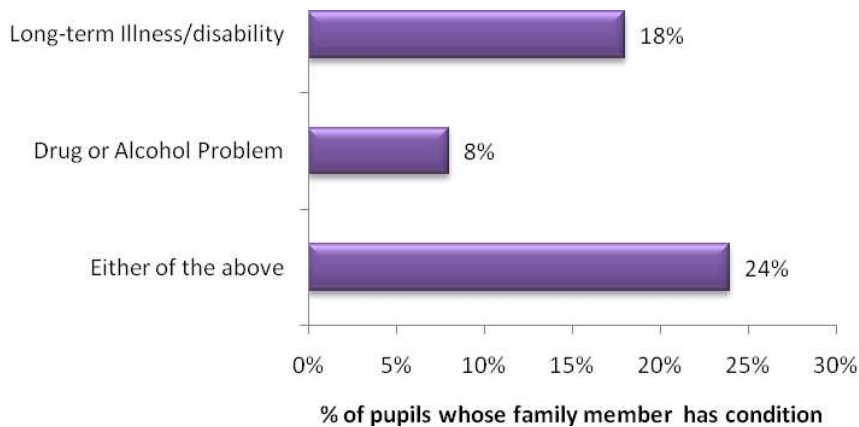
**Limiting illness or disability:** Those with a limiting illness or disability were more likely than those without to live in a single parent family (28%, 135 limiting illness/disability; 21%, 866 without).

**Young carers:** Carers were more likely than non-carers to be in a single parent family (27%, 201 carers; 21% 934 non-carers).

## 2.5 Families with Disabilities, Drugs and Alcohol Problems

Pupils were asked whether anyone in their family had a disability or long-term illness or a drug or alcohol problem. Figure 2.2 shows the results of this question. Overall, a quarter (24%, 1,250 pupils) of pupils had a family member with at least one of these conditions.

**Figure 2.2: Whether Have Family Member with Disability/Long-term Illness or Drug/Alcohol Problem**



**Gender:** Females were more likely than males to report having a family member with a long-term illness or disability (21%, 545 females; 16%, 407 males).

**Year group:** Middle/upper school pupils were more likely than lower school pupils to report having a family member with a drug or alcohol problem (9%, 287 middle/upper school; 6%, 128 lower school).

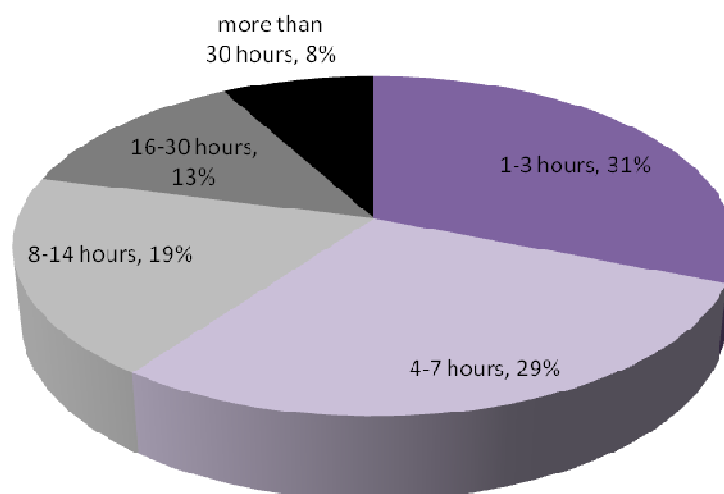
**Deprivation:** Pupils at schools in areas of highest deprivation were more likely than those in areas of lowest deprivation to have a family member with at least one of the conditions (26%, 149 most deprived; 18%, 196 least deprived).

**Limiting illness or disability:** Pupils who themselves had a limiting illness or disability were more likely to report having a family member with a long-term illness or disability (30%, 137 limiting illness/disability; 17%, 658 without). They were also more likely to report having a family member with a drug or alcohol problem (12%, 54 limiting illness/disability; 7%, 275 without).

### **Caring**

Three in five (61%, 748) 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, the number of hours per week spent caring ranged from 1 to 80, and the average was 11.6 hours per week. The following chart shows the breakdown of hours per week spent caring among the 556 pupils who were carers for family members and who gave information about the time they spent caring. While three in five carers (60%, 331 pupils) cared for 7 or fewer hours per week, one in five (21%, 119 pupils) were caring for 16 hours or more per week.

**Figure 2.3: Hours per Week Spent Caring (N=556)**



Half of young carers (50%, 337 pupils) who responded said that their caring responsibilities affected them in some way. Among all young carers, the most common effects of caring responsibilities were feeling stressed (24%, 161 pupils), feeling tired (23%, 156 pupils) and feeling anxious (12%, 80 pupils).

**Gender:** Among those with a family member with a long-term illness/disability or drug/alcohol problem, girls were more likely than boys to say that they spent time caring for their family member (66%, 452 females; 55%, 295 boys). Also, among those who were carers, girls were more likely than boys to say that their caring affected them in some way (54%, 224 females; 44%, 112 males).

**Limiting illness or disability:** Among those who were carers, those with a limiting illness or disability were more likely than those without to say that their caring affected them in some way (64%, 61 limiting illness/disability; 46%, 214 without).

## 2.6 Sexual Orientation

Of the 5,017 pupils who answered the question about sexual orientation, nine in ten (91%, 4,588) said they were heterosexual; 4% (196 pupils) said they were gay or lesbian; 2% (83 pupils) said they were bisexual and 3% (150 pupils) said that they did not know.

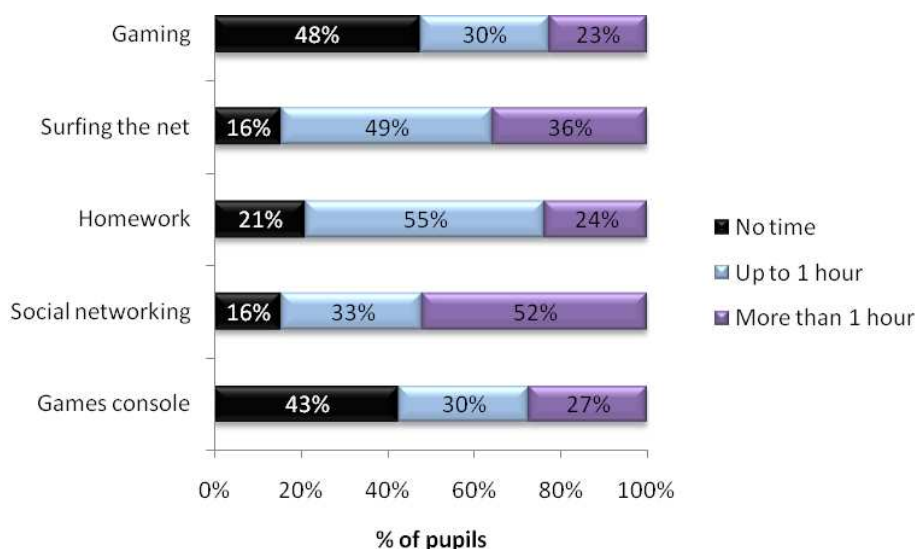
**Year group:** Lower school pupils were more likely than middle and upper school pupils to say that they did not know what their sexual orientation was (5%, 98 lower school; 2%, 39 middle school; 1%, 13 upper school).

## 2.7 Computers at Home

Most (95%, 5,089 pupils) pupils said that there was a computer at home which they could access. Nine in ten pupils (92%, 4,912 pupils) had access to the internet at home.

Figure 2.4 shows pupils' responses to how much time they spent on particular activities on a computer/games console in an average school day. More than half of all pupils (52%, 2,551 pupils) said that they spent more than an hour on an average school day on social networking sites.

**Figure 2.4: Time spent on a Computer/Games Console on an Average School Day**



**Gender:** Males were much more likely than females to spend over an hour per day gaming (37%, 865 males; 8%, 174 females) and on games consoles (46%, 1,104 males; 7%, 157 females). However, females were more likely than males to spend more than an hour a day on social networking sites (61%, 1,578 females; 42%, 971 males).

**Year group:** Upper/middle school pupils were more likely than lower school pupils to have access to a computer at home (96%, 3,119 upper/middle school; 92%, 1,970 lower school). Upper school pupils were more likely than middle or lower school pupils to have access to the internet at home (96%, 1,189 upper school; 93%, 1,831 middle school; 89%, 1,892 lower school).

Upper school pupils were more likely than middle or lower school pupils to say they did not spend time gaming (57%, 608 upper school; 52%, 884 middle school; 38%, 705 lower school) or on games consoles (52%, 556 upper school; 47%, 809 middle school; 33%, 616 lower school). However, upper school pupils were more likely than middle or lower school pupils to spend over an hour a day surfing the net (45%, 524 upper school; 41%, 725 middle school; 26%, 487 lower school) or doing homework (32%, 360 upper school; 24%, 422 middle school; 18%, 331 lower school). Middle and upper school pupils combined were more likely than those in the lower school to spend more than an hour a day on social networking sites (56%, 1,676 middle/upper school; 46%, 875 lower school).

**Deprivation:** Pupils at schools in the least deprived areas were more likely than those in the most deprived areas to say that they spent no time gaming (54%, 530 least deprived; 45%, 226 most deprived). Pupils in the most deprived areas were more likely than those in the least deprived areas to spend over an hour a day surfing the net (46%, 250 most deprived; 32%, 337 least deprived) and on social networking sites (55%, 298 most deprived; 45%, 474 least deprived).

**Young carers:** Carers were less likely than those without caring responsibilities to have access to the internet at home (89%, 996 carers; 93%, 4,077 non-carers).

## 2.8 Part-Time Employment

One in four (25%, 1,340) pupils said that they had a part-time job. The most common types of employment were shop work/hairdressing junior and paper round.

**Table 2.2: Types of employment – pupils with a part-time job (N=1,334)**

Employment Type	% of employed pupils	N
Shop work/hairdressing junior	28%	375
Paper round	28%	368
Babysitting	14%	193
Food outlet	12%	163
Gardening/car washing	6%	86
Milk round	4%	54
General delivery	3%	43
Other	19%	260

Of the 1,147 pupils who said how many hours they worked<sup>3</sup>, one in five (20%, 227 pupils) worked for three hours or less per week; 23% (261 pupils) worked for four to seven hours per week; 27% (309 pupils) worked for eight to twelve hours per week; 20% (231 pupils) worked for 13 to 21 hours per week, and 11% (121 pupils) worked for more than 21 hours per week.

**Gender:** Among those with a part-time job, males were more likely than females to have a paper round (45%, 294 males; 11%, 74 females) or a milk round (7%, 47 males; 1%, 7 females) or be employed in gardening/car washing (10%, 66 males; 3%, 20 females) or general delivery (5%, 32 males; 2%, 11 females). However, females were more likely than males to work in a food outlet (15%, 100 females; 10%, 62 males), in a shop/hairdresser (37%, 250 females; 19%, 125 males) or as a babysitter (22%, 150 females; 7%, 43 males).

**Year group:** Upper school pupils were more likely than lower school pupils to have a part-time job (44%, 546 upper school; 14%, 303 lower school). Among those with a part-time job, lower and middle school pupils were more likely than upper school pupils to have a paper round (38%, 303 lower/middle school; 12%, 65 upper school), work as babysitters (18%, 145 lower/middle school; 9%, 48 upper school) or be employed in gardening/car washing (9%, 73 lower/middle school; 2%, 13 upper school). However, upper school pupils were more likely than middle and lower school pupils to work in a food outlet (23%, 124 upper school; 7%, 34 middle school; 2%, 5 lower school) or in a shop/hairdresser (45%, 244 upper school; 19%, 92 middle school; 13%, 39 lower school). Upper school pupils were more likely than lower/middle school pupils to work for more than 12 hours per week (46%, 231 upper school; 19%, 121 lower/middle school).

**Deprivation:** Among those with a part-time job, pupils in schools in the least deprived areas were more likely than those in the most deprived areas to work in a shop or hairdresser (34%, 96 least deprived; 19%, 28 most deprived). However, those in the most deprived areas were more likely than those in the least deprived areas to work as babysitters (19%, 27 most deprived; 10%, 28 least deprived).

**Young carers:** Carers were more likely than those without caring responsibilities to have a part-time job (30%, 221 carers; 25%, 1,081 non-carers). Among those with a part-time job, carers were more likely than non-carers to work as babysitters (27%, 60 carers; 12%, 125 non-carers).

## 2.9 Personal Illness and Disability

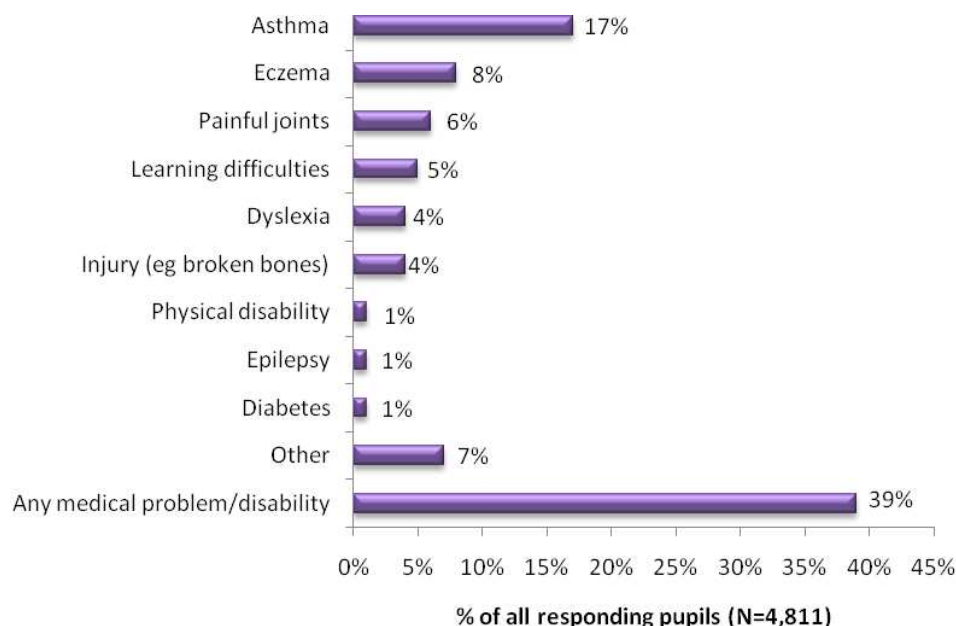
When asked whether they were registered with a doctor, 86% (4,278 pupils) of pupils said that they were; 1% (77 pupils) said that they were not and a further 12% (664 pupils) said

<sup>3</sup> 987 pupils gave the hours per week worked; 160 pupils gave the hours per day worked. These pupils were combined, with an assumption that those stating hours per day worked for five days per week.

that they did not know. Thus, of those who knew, 98% said that they were registered with a doctor.

Two in five (39%, 1,859 pupils) said that they had at least one current medical problem or disability. The most common illness was asthma, which affected 17% (796 pupils) of all pupils. The next most common illness was eczema (8%, 393 pupils).

**Figure 2.5: Proportion of pupils with Medical Problems/Disabilities**



Of those with a medical problem or disability, 30% (483 pupils) said that their medical problem or disability limited what they could do.

**Gender:** Males were more likely than females to say that they did not know whether they were registered with a GP (15%, 402 males; 9%, 262 females). Males were more likely than females to say that they had a medical problem or disability (41%, 948 males; 37%, 908 females). Specifically, males were more likely than females to have:

- Painful joints (7%, 170 males; 5%, 130 females);
- Learning difficulties (6%, 131 males; 4%, 91 females);
- Dyslexia (5%, 119 males; 3%, 74 females);
- Injuries such as broken bones (5%, 110 males; 3%, 66 females);
- Physical disabilities (2%, 45 males; 1%, 19 females); and
- Diabetes (2%, 37 males; 1%, 18 females).

Females were more likely than males to have eczema (10%, 240 females; 7%, 153 males).

**Year group:** Lower school pupils were more likely than middle and upper school pupils to say they did not know whether they were registered with a GP (16%, 362 lower school; 12%, 242 middle school; 5%, 60 upper school). Middle/upper school pupils were more likely than lower school pupils to suffer from painful joints (7%, 212 middle/upper school; 5%, 88 lower school). Among those with a medical problem or disability, lower school pupils were more likely than middle and upper school pupils to say that this limited what they could do (34%, 206 lower school; 30%, 187 middle school; 24%, 90 upper school).

**Young Carers:** Carers were more likely than those without caring responsibilities to have a medical problem or disability (51%, 337 carers; 36%, 1,391 non-carers). Specifically, carers were more likely to suffer from:

- Asthma (23%, 152 carers; 15%, 603 non-carers);
- Painful joints (11%, 71 carers; 5%, 209 non-carers);
- Learning difficulties (8%, 55 carers; 4%, 139 non-carers); and
- Injury such as broken bones (5%, 35 carers; 3%, 123 non-carers).

Also, among those with a medical problem or disability, carers were more likely than others to say that this limited what they could do (36%, 105 carers; 29%, 346 non-carers).

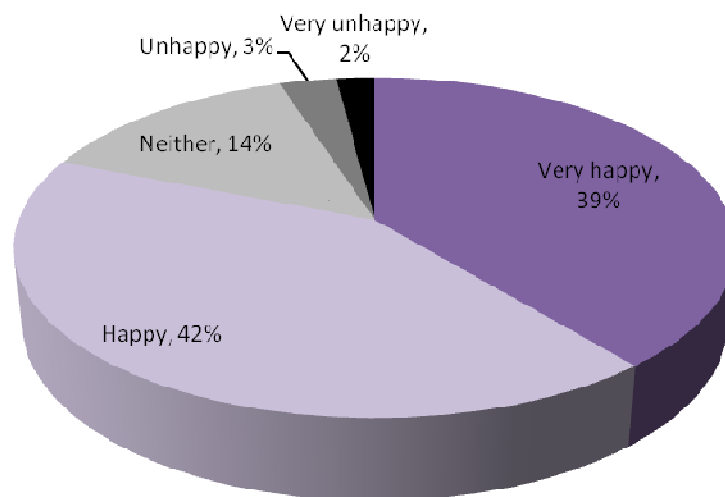
## 3 Pupils' Feelings

### 3.1 Locus of Control and Personal Happiness

Feelings about themselves

Four in five pupils (81%, 4,455 pupils) indicated that they had felt 'very happy' or 'happy' about themselves over the previous year. Five percent (281 pupils) had felt 'unhappy' or 'very unhappy' about themselves. Figure 3.1 shows the distribution of responses.

**Figure 3.1: Feelings about Self over Past Year**



**Gender:** Males were more likely than females to have felt positive about themselves over the last year (84%, 2,273 males; 78%, 2,178 females).

**Year group:** Lower school pupils were more likely than middle/upper school pupils to have felt positive about themselves over the last year (85%, 1,900 lower school; 78%, 2,555 middle/upper school).

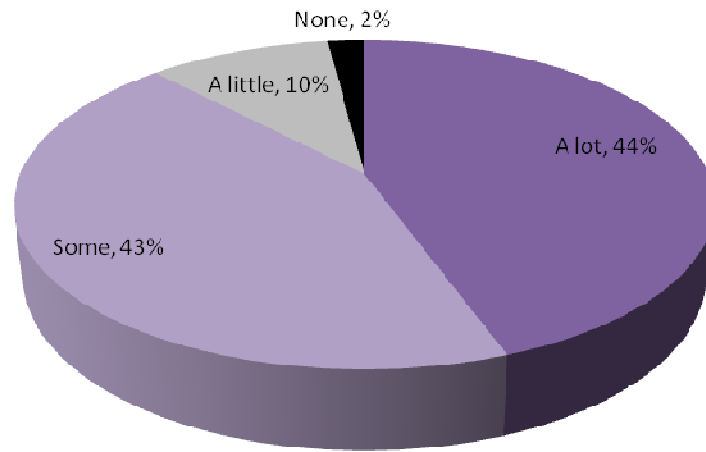
**Limiting illness or disability:** Pupils with a limiting illness or disability were less likely than those without to have felt positive about themselves over the last year (69%, 333 limiting illness/disability; 83%, 3,348 without).

**Young carers:** Those without caring responsibilities were more likely than carers to have felt positive about themselves over the last year (82%, 3,630 non-carers; 73%, 541 carers).

#### Control over their lives

Nearly nine in ten pupils (88%, 4,788 pupils) felt that they had some or a lot of control over the way their lives were going in general. Just 2% (134 pupils) felt that they had no control over their lives. The distribution of responses is shown in Figure 3.2.

**Figure 3.2: Extent to Which Have Control Over Their Life**



**Gender:** Males were more likely than females to feel that they had a lot of control over their lives (48%, 1,274 males; 41%, 1,144 females).

**Year group:** Middle and upper school pupils were more likely than lower school pupils to feel that they had a lot of control over their lives (47%, 1,520 middle/upper school; 41%, 901 lower school).

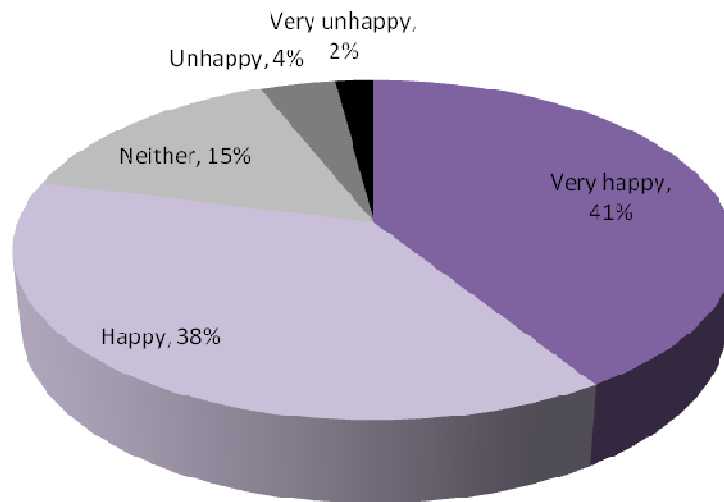
**Limiting illness or disability:** Pupils with a limiting illness or disability were less likely than other pupils to feel that they had a lot of control over their lives (36%, 173 limiting illness/disability; 46%, 1,864 without).

**Young carers:** Those without caring responsibilities were more likely than carers to feel that they had a lot of control over their lives (47%, 2,032 non-carers; 36%, 265 carers).

### **Feelings about their health**

Four in five pupils (79%, 4,297 pupils) indicated that they had felt happy or very happy about their health over the last year. Six per cent (327 pupils) said that they had felt unhappy or very unhappy about their health.

**Figure 3.3: Feelings about Health over the Last Year**



**Gender:** Males were more likely than females to have felt 'very happy' about their health over the past year (45%, 1,202 males; 37%, 1,027 females).

**Year group:** Lower school pupils were more likely than middle/upper school pupils to have felt 'very happy' about their health over the past year (47%, 1,030 lower school; 37%, 1,201 middle/upper school).

**Deprivation:** Pupils in schools in the least deprived areas were more likely than those in the most deprived areas to have felt happy or very happy about their health over the past year (81%, 906 least deprived; 75%, 452 most deprived).

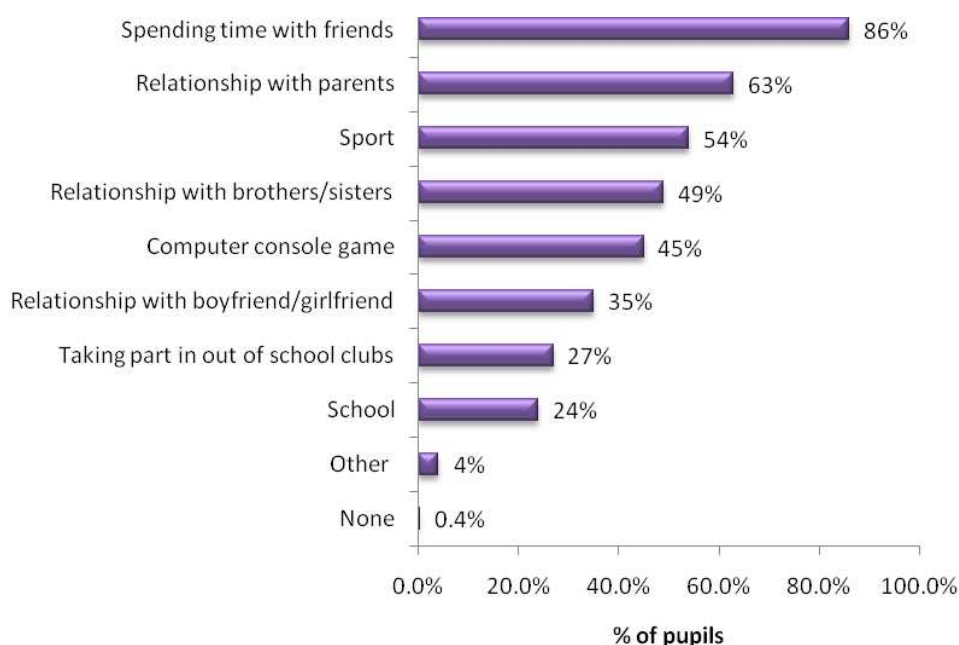
**Limiting illness or disability:** Pupils with a limiting illness or disability were less likely than others to have felt very happy about their health over the last year (24%, 114 limiting illness/disability; 43%, 1,711 without).

**Young carers:** Those without caring responsibilities were more likely than carers to have felt very happy about their health over the last year (42%, 1,845 non-carers; 32%, 237 carers).

### 3.2 Factors which make pupils feel good

Pupils were asked which things (if any) from a list makes them feel good. The factor which most commonly made pupils feel good was spending time with friends (86%, 4,690 pupils). Less than one percent of pupils (22 pupils) said that nothing on the list made them feel good. Responses are shown in Figure 3.4.

**Figure 3.4: Proportion of Pupils who Reported that each Factor Made them Feel Good**



**Gender:** Females were more likely than males to say that the following factors made them feel good:

- Spending time with friends (91%, 2,528 females; 80%, 2,153 males);
- Relationship with parents (67%, 1,857 females; 59%, 1,582 males);
- Relationship with brothers/sisters (55%, 1,516 females; 43%, 1,145 males); and
- School (27%, 747 females; 22%, 579 males).

However, males were considerably more likely than females to say that sport (72%, 1,924 males; 36%, 995 females) and computer/console games (61%, 1,639 males; 29%, 802 females) made them feel good.

**Year group:** Lower school pupils were more likely than middle or upper school pupils to say that the following factors made them feel good:

- Relationship with parents (67%, 1,493 lower school; 60%, 1,953 middle/upper school)
- Sport (60%, 1,337 lower school; 49%, 1,586 middle/upper school);
- Taking part in out of school clubs (33%, 728 lower school; 23%, 759 middle/upper school).

Also, lower school pupils were more likely than middle and upper school pupils to say that computer/console games made them feel good (49%, 1,079 lower school; 44%, 882 middle school; 39%, 484 upper school).

Both lower and upper school pupils were more likely than middle school pupils to say that their relationship with brothers/sisters made them feel good (51%, 1,125 lower school; 51%, 635 upper school; 45%, 908 middle school) or that school made them feel good (29%, 640 lower school; 24%, 298 upper school; 19%, 384 middle school).

Upper school pupils were more likely than middle and lower school pupils to say that spending time with friends (92%, 1,154 upper school; 84%, 3,536 lower/middle school)

and their relationship with their boyfriend/girlfriend (43%, 543 upper school; 38%, 758 middle school; 28%, 626 lower school) made them feel good.

**Deprivation:** Pupils in the least deprived areas were more likely than those in the most deprived areas to say that spending time with friends (89%, 1,004 least deprived; 84%, 506 most deprived) and their relationship with their parents (65%, 738 least deprived; 59%, 355 most deprived) made them feel good. Pupils in the most deprived areas were more likely than those in the least deprived areas to say that computer/console games made them feel good (46%, 281 most deprived; 37%, 417 least deprived).

**Limiting illness or disability:** Pupils with a limiting illness or disability were less likely than others to say that spending time with friends made them feel good (83%, 397 limiting illness/disability; 88%, 3,545 without).

**Young carers:** Carers were more likely than those without caring responsibilities to say that their relationship with their boyfriend/girlfriend made them feel good (43%, 322 carers; 34%, 1,501 non-carers).

### 3.3 Self Esteem

Pupils were asked whether, and to what degree, they agreed or disagreed with six positive statements about themselves, namely:

'I am pretty sure about myself';

'I am easy to like';

- 'I am able to do things well';
- 'Most of the time I am satisfied with myself';
- 'I have a number of good qualities'; and
- 'I like myself'.

Nearly all pupils (99%, 5,174 pupils) agreed or strongly agreed with at least one of these positive statements about themselves, and two in three (67%, 3,510 pupils) agreed/strongly agreed with all six of these statements.

Pupils were also asked whether, and to what degree, they agreed or disagreed with four negative statements about themselves:

- 'I often wish I was someone else';
- 'I have a low opinion of myself';
- 'I am a failure'; and
- 'There are lots of things about myself that I would like to change'.

Just over half of pupils (56%, 2,943 pupils) agreed or strongly agreed with at least one of these negative statements, but just 4% (213 pupils) agreed or strongly agreed with all four.

**Gender:** Males were more likely than females to agree with all the positive statements (73%, 1,868 males; 61%, 1,640 females). Females were more likely than males to agree with at least one negative statement (62%, 1,673 females; 49%, 1,266 males) or to agree with all negative statements (5%, 143 females; 3%, 68 males).

**Year group:** Lower school pupils were more likely than upper school pupils to agree with at least one of the positive statements (99%, 2,088 lower school; 98%, 1,198 upper school). Middle and upper school pupils were more likely than lower school pupils to agree with at least one of the negative statements (58%, 1,836 middle/upper school; 52%, 1,107 lower school).

**Deprivation:** Pupils in the most deprived areas were more likely than those in the least deprived areas to agree with at least one negative statement (61%, 359 most deprived; 53%, 589 least deprived).

**Limiting illness or disability:** Those with a limiting illness or disability were less likely than others to agree with at least one of the positive statements (97%, 450 limiting illness/disability; 99%, 3,850 without) or to agree with all of the positive statements (54%, 250 limiting illness/disability; 70%, 2,726 without). Those with a limiting illness or disability were more likely than others to agree with at least one negative statement (64%, 297 limiting illness/disability; 54%, 2,110 without) or to agree with all negative statements (8%, 38 limiting illness/disability; 3%, 125 without).

**Young carers:** Those without caring responsibilities were more likely than carers to agree with all the positive statements (69%, 2,915 non-carers; 58%, 415 carers). Carers were more likely than non-carers to agree with at least one negative statement about themselves (66%, 479 carers; 54%, 2,288 non-carers) or all negative statements about themselves (7%, 52 carers; 3%, 143 non-carers).

### 3.4 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 is shown in Table 3.1.

**Table 3.1: Depression Categories**

Depression Category	% of pupils	N
High Depression (Score 7 - 15)	31%	1,638
Medium Depression (Score 16-17)	30%	1,585
Low Depression (Score 18-21)	39%	2,070
<b>Total</b>	<b>100%</b>	<b>5,293</b>

**Gender:** Girls were more likely than boys to be in the high depression category (38%, 1,027 females; 23%, 606 males). Males were more likely than females to have low depression scores (47%, 1,204 males; 32%, 865 females).

**Year group:** Upper school pupils were more likely than middle or lower school pupils to have high depression scores (41%, 499 upper school; 32%, 627 middle school 24%, 512 lower school).

**Limiting illness or disability:** Pupils with a limiting illness or disability were more likely than others to have a high depression score (47%, 219 limiting illness/disability; 28%, 1,117 without).

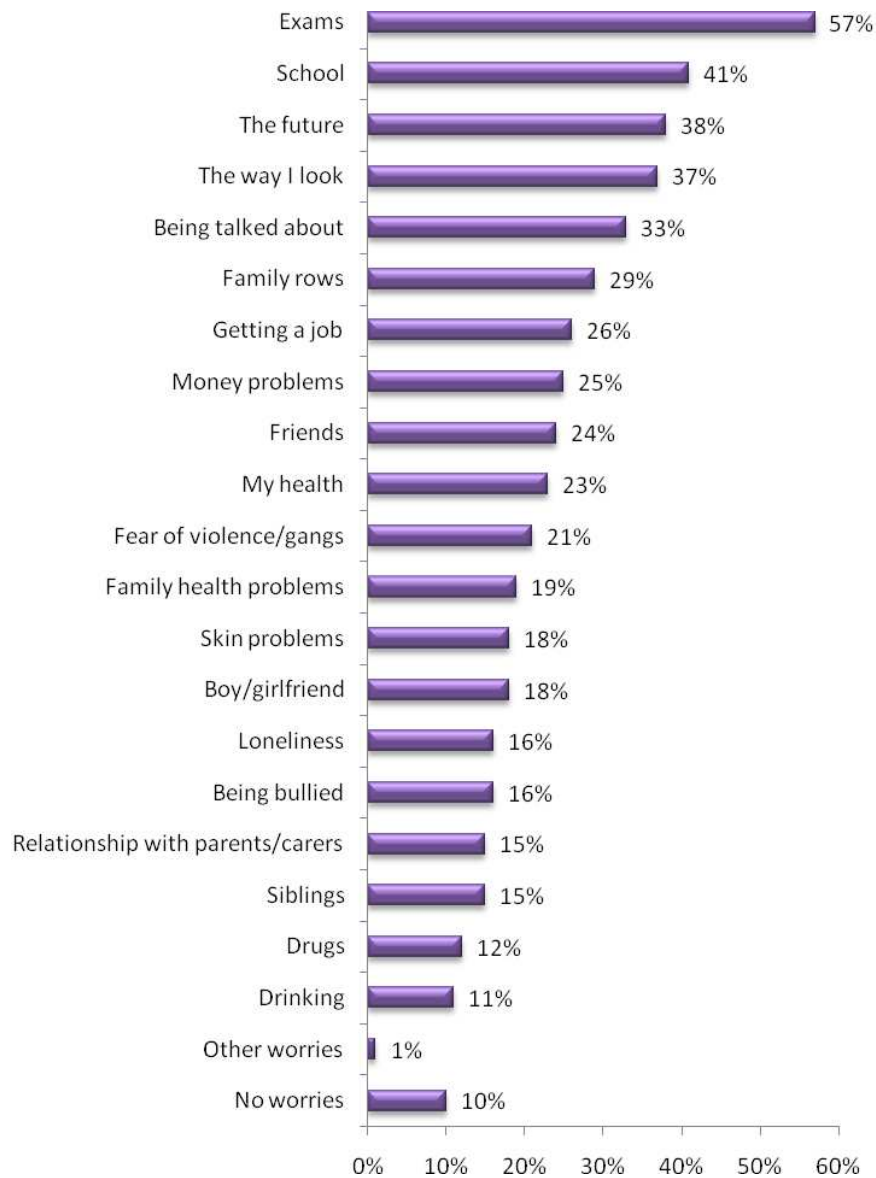
**Young carers:** Carers were more likely than non-carers to be in the high depression category (45%, 330 carers; 29%, 1,223 non-carers).

### 3.5 Pupil Worries

Pupils were given a list of 20 issues and asked whether they worried about each of them, and also to indicate whether there was anything else they worried about. Most (90%, 4,810 pupils) of those who answered the question worried about at least one of these things.

Figure 3.5 shows the proportion of pupils who worried about each issue. Exams were the most common source of worry, with 57% (3,032 pupils) of pupils saying that they worried about exams. The next most common issues which pupils worried about were school (41%, 2,176 pupils) and the future (38%, 2,044 pupils).

**Figure 3.5: Proportion of Pupils worried about Each Issue**



**Gender:** Females were more likely than males to say that they had any of these worries (93%, 2,560 females; 86%, 2,242 males). Females were more likely than males to worry about:

- Exams (64%, 1,760 females; 49%, 1,269 males);
- School (47%, 1,277 females; 34%, 893 males);
- The future (45%, 1,227 females; 31%, 813 males);
- The way they look (50%, 1,384 females; 23%, 596 males);
- Being talked about (41%, 1,129 females; 24%, 628 males);
- Family rows (38%, 1,044 females; 19%, 506 males);
- Money problems (28%, 780 females; 22%, 570 males);

- Friends (32%, 876 females; 16%, 424 males);
- Their health (25%, 699 females; 20%, 513 males);
- Family health problems (23%, 629 females; 15%, 381 males);
- Skin problems (25%, 673 females; 12%, 307 males);
- Boyfriend/girlfriend (21%, 584 females; 15%, 394 males);
- Loneliness (18%, 488 females; 14%, 363 males);
- Being bullied (18%, 499 females; 14%, 368 males);
- Relationship with parents/carers (19%, 531 females; 11%, 283 males); and
- Siblings (18%, 482 females; 11%, 294 males).

**Year group:** Upper school pupils were more likely than middle or lower school pupils to have any of the listed worries (95%, 1,184 upper school; 92%, 1,829 middle school; 85%, 1,797 lower school). Upper school pupils were more likely than middle or lower school to worry about:

- School (55%, 684 upper school; 47%, 922 middle school; 27%, 570 lower school);
- The future (49%, 612 upper school; 40%, 785 middle school; 30%, 647 lower school);
- Getting a job (37%, 455 upper school; 27%, 541 middle school; 17%, 371 lower school); and
- Money problems (38%, 477 upper school; 24%, 479 middle school; 19%, 397 lower school).

Upper and middle school pupils were more likely than lower school pupils to worry about:

- Exams (69%, 2,234 middle/upper school; 37%, 797 lower school);
- The way they look (41%, 1,311 middle/upper school; 32%, 674 lower school);
- Family rows (33%, 1,013 middle/upper school; 25%, 541 lower school);
- Friends (27%, 857 middle/upper school; 21%, 449 lower school);
- Skin problems (20%, 653 middle/upper school; 15%, 327 lower school);
- Boyfriend/girlfriend (22%, 716 middle/upper school; 12%, 264 lower school); and
- Relationship with parents/carers (18%, 566 middle/upper school; 12%, 250 lower school).

Middle school pupils were less likely than lower and upper school pupils to worry about loneliness (19%, 236 upper school; 16%, 346 lower school; 14%, 271 middle school), but more likely to worry about siblings (17%, 339 middle school; 15%, 191 upper school; 12%, 249 lower school).

Lower school pupils were more likely than middle or upper school pupils to worry about:

- Being talked about (37%, 795 lower school; 31%, 616 middle school; 28%, 350 upper school);
- Fear of violence/gangs (26%, 557 lower school; 19%, 374 middle school; 16%, 201 upper school);
- Being bullied (24%, 516 lower school; 13%, 249 middle school; 8%, 105 upper school);
- Drugs (15%, 328 lower school; 11%, 212 middle school; 7%, 93 upper school); and
- Drinking (13%, 283 lower school; 11%, 211 middle school; 7%, 89 upper school).

**Deprivation:** Pupils in areas of least deprivation were more likely than those in the most deprived areas to worry about exams (64%, 709 least deprived; 54%, 319 most deprived) and school (47%, 507 least deprived; 38%, 226 most deprived). However, pupils in the most deprived areas were more likely than those in the least deprived areas to worry about the fear of violence/gangs (23%, 135 most deprived; 17%, 191 least deprived) and family health problems (23%, 135 most deprived; 17%, 194 least deprived).

**Limiting illness or disability:** Those with a limiting illness or disability were more likely than others to have at least one of the listed worries (95%, 447 limiting illness/disability; 89%, 3,541 without). Those with a limiting illness or disability were more likely than those without to worry about:

- School (48%, 225 limiting illness/disability; 40%, 1,583 without);
- The way they look (49%, 233 limiting illness/disability; 36%, 1,411 without);
- Being talked about (42%, 200 limiting illness/disability; 32%, 1,265 without);
- Family rows (40%, 188 limiting illness/disability; 28%, 1,119 without);
- Money problems (33%, 154 limiting illness/disability; 24%, 953 without);
- Friends (35%, 163 limiting illness/disability; 23%, 922 without);
- Their health (38%, 179 limiting illness/disability; 20%, 803 without);
- Family health problems (26%, 124 limiting illness/disability; 18%, 701 without);
- Boyfriend/girlfriend (28%, 131 limiting illness/disability; 17%, 670 without);
- Fear of violence/gangs (30%, 140 limiting illness/disability; 20%, 779 without);
- Loneliness (25%, 116 limiting illness/disability; 14%, 568 without);
- Being bullied (25%, 117 limiting illness/disability; 14%, 578 without);
- Relationship with parents/carers (25%, 118 limiting illness/disability; 13%, 536 without);
- Siblings (21%, 99 limiting illness/disability; 13%, 524 without);
- Drugs (18%, 83 limiting illness/disability; 11%, 420 without); and
- Drinking (15%, 73 limiting illness/disability; 9%, 373 without).

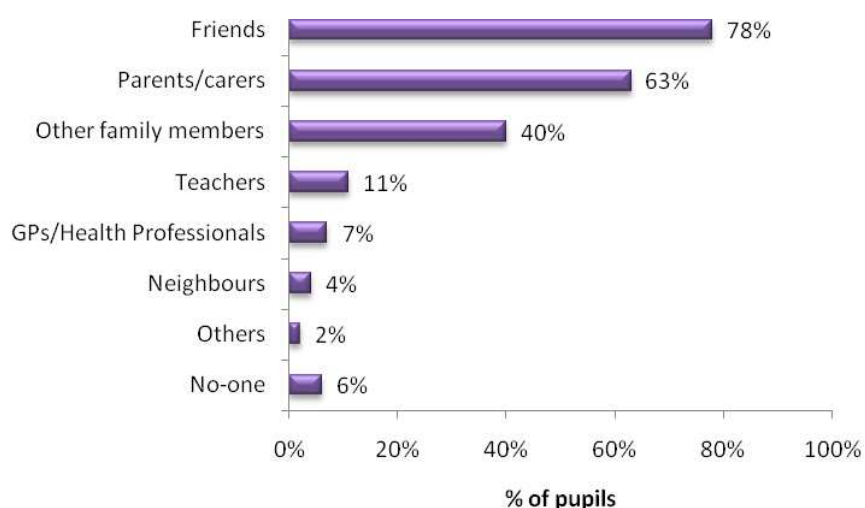
**Young carers:** Carers were more likely than those without caring responsibilities to have at least one of the listed worries (94%, 693 carers; 89%, 3,843 non-carers). Carers were more likely than non-carers to worry about:

- School (46%, 338 carers; 40%, 1,710 non-carers);
- The future (47%, 342 carers; 37%, 1,593 non-carers);
- The way they look (45%, 330 carers; 37%, 1,573 non-carers);
- Being talked about (41%, 301 carers; 32%, 1,368 non-carers);
- Family rows (42%, 305 carers; 27%, 1,179 non-carers);
- Getting a job (31%, 224 carers; 25%, 1,055 non-carers);
- Money problems (35%, 258 carers; 24%, 1,023 non-carers);
- Friends (33%, 240 carers; 23%, 996 non-carers);
- Their health (31%, 226 carers; 21%, 911 non-carers);
- Family health problems (32%, 233 carers; 17%, 717 non-carers);
- Boyfriend/girlfriend (25%, 183 carers; 17%, 747 non-carers);
- Loneliness (23%, 172 carers; 15%, 628 non-carers);
- Being bullied (22%, 160 carers; 15%, 637 non-carers);
- Relationship with parents/carers (23%, 171 carers; 14%, 601 non-carers);
- Siblings (22%, 161 carers; 13%, 566 non-carers);
- Drugs (14%, 104 carers; 11%, 467 non-carers); and
- Drinking (15%, 111 carers; 10%, 417 non-carers).

### **Someone to Confide In**

Pupils were asked who, if anyone, they talked to and trusted about personal things or worries. Pupils most commonly confided in friends (78%, 4,200 pupils) or parents/carers (63%, 3,427 pupils). Six percent (351 pupils) said that they had no-one to confide in. Responses are shown in Figure 3.6.

**Figure 3.6: Who Pupils Confide in**



**Gender:** Males were more likely than females to say that they confided in no-one (9%, 241 males; 4%, 110 females). Females were more likely than males to confide in friends (86%, 2,380 females; 68%, 1,814 males). However, males were more likely than females to confide in parents/carers (65%, 1,728 males; 61%, 1,695 females) and GPs/health professionals (9%, 228 males; 6%, 170 females).

**Year group:** Middle school pupils were more likely than lower and upper school pupils to say that they confided in no-one (8%, 160 middle school; 6%, 73 upper school; 5%, 118 lower school). Upper school pupils were more likely than lower school pupils to confide in friends (83%, 1,031 upper school; 74%, 1,612 lower school). Lower school pupils were more likely than middle and upper school pupils to confide in parents/carers (72%, 1,589 lower school; 59%, 1,179 middle school; 53%, 659 upper school) and other family members (47%, 1,034 lower school; 38%, 746 middle school; 33%, 410 upper school). Also, lower school pupils were more likely than middle and upper school pupils to confide in teachers (15%, 325 lower school; 8%, 250 middle/upper school) and neighbours (6%, 127 lower school; 3%, 96 middle/upper school).

**Deprivation:** Pupils in the most deprived areas were more likely than those in the least deprived areas to confide in 'other family members' (46%, 274 most deprived; 35%, 400 least deprived).

**Limiting illness or disability:** Those with a limiting illness or disability were more likely than other pupils to confide in GPs or health professionals (11%, 53 limiting illness/disability; 6%, 254 without) or teachers (14%, 65 limiting illness/disability; 10%, 388 without).

**Young carers:** Carers were more likely than those without caring responsibilities to confide in 'other family members' (45%, 330 carers; 39%, 1,721 non-carers), GPs/health professionals (10%, 73 carers; 7%, 296 non-carers) and teachers (13%, 97 carers; 10%, 416 non-carers).

## 4 Health Behaviours

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### 4.1 Oral Health

The recommendation is that children brush their teeth twice or more per day. More than four in five pupils (83%, 4,528 pupils) reported that they had brushed their teeth twice or more in the previous day. A further 15% (831 pupils) had brushed their teeth once in the previous day and 2% (114 pupils) had not brushed their teeth at all.

Most pupils (93% 5,086 pupils) said that they were registered with a dentist, while five per cent of pupils did not know whether they were registered with a dentist and 2% (110 pupils) said they were not.

Three quarters of pupils (75%, 4,078) said that they had been to the dentist within the last six months; 11% said it was six to twelve months since they had been to the dentist; 2% (135 pupils) had last visited the dentist over a year ago; 1% (36 pupils) had never visited the dentist and 11% said they could not remember when they last visited the dentist. Thus, of those who were able to say when they had last visited the dentist, 84% (4,078 pupils) had done so within the last six months.

**Gender:** Females were more likely than males to have brushed their teeth twice or more in the previous day (89%, 2,461 females; 77%, 2,060 males) and to say that they were registered with a dentist (95%, 2,636 females; 91%, 2,442 males).

**Year group:** Lower school pupils were more likely than middle or upper school pupils to be unaware whether they were registered with a dentist (7%, 153 lower school; 4%, 83 middle school; 3%, 36 upper school) and to be unable to recall when they last went to the dentist (14%, 310 lower school; 10%, 208 middle school; 7%, 91 upper school). However, of those who could say when they had last visited the dentist, lower school pupils were more likely than middle or upper school pupils to have visited the dentist within the last six months (88%, 1,661 lower school; 84%, 1,499 middle school; 79%, 918 upper school).

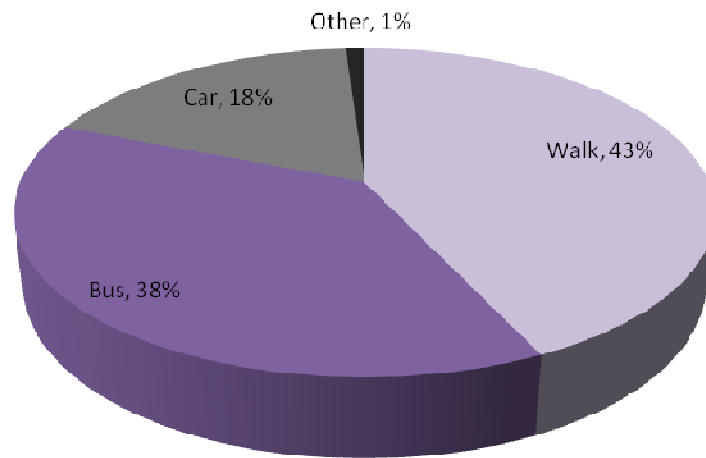
**Limiting illness or disability:** Those with a limiting illness or disability were less likely than others to have brushed their teeth twice or more in the previous day (79%, 382 limiting illness/disability; 83%, 3,371 without).

**Young carers:** Of pupils who were able to say when they last visited the dentist, those without caring responsibilities were more likely than carers to have visited the dentist within the last six months (85%, 3,558 non-carers; 79%, 509 carers).

### 4.2 Travel to and from School

Pupils were asked how they usually travelled to school. The most common methods of travel were walking (43%, 2,330 pupils) and bus (38%, 2,059 pupils). Responses are shown in Figure 4.1.

**Figure 4.1: Usual Method of Travel to School**



**Gender:** Males were more likely than females to walk to school (46%, 1,215 males; 40%, 1,112 females). Females were more likely than males to travel by car (20%, 552 females; 16%, 425 males).

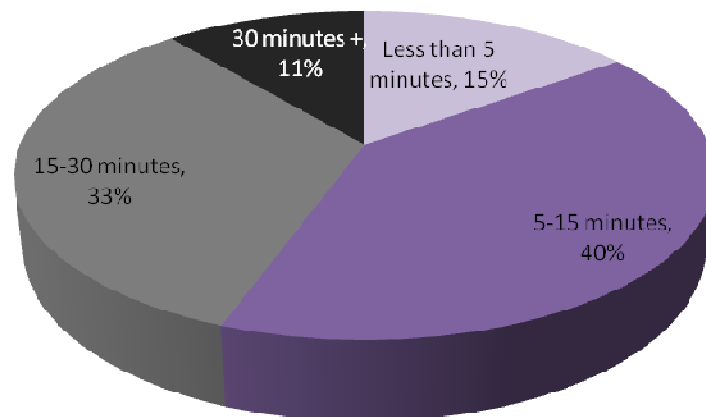
**Year group:** Lower and middle school pupils were more likely than upper school pupils to walk to school (44%, 1,831 lower/middle school; 40%, 499 upper school).

**Deprivation:** Pupils in the most deprived areas were more likely than those in the least deprived areas to walk to school (63%, 377 most deprived; 46%, 515 least deprived).

**Journey times**

Figure 4.2 shows the usual journey times to school (one way). Over half of pupils (56%, 3,047 pupils) reported journey times to school of under 15 minutes.

**Figure 4.2: Travel times for Journey to School**

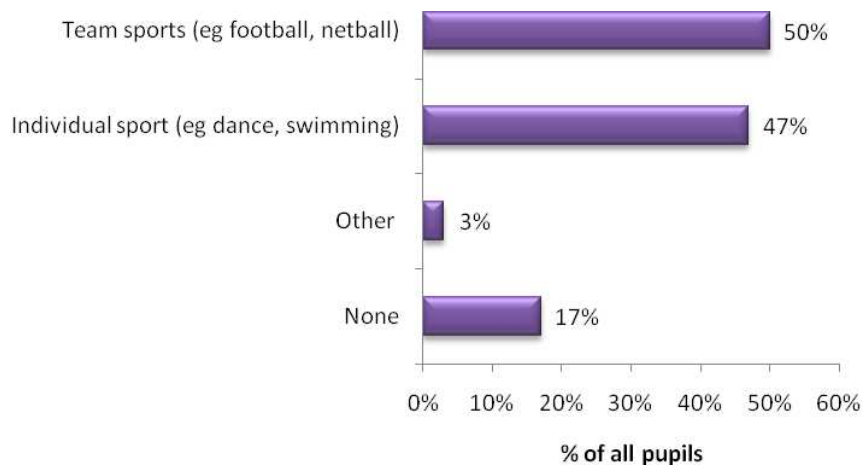


### 4.3 Physical Activity

Pupils were asked to indicate, for each of the last seven days, the amount of time that they spent being active (including PE sessions in school). The national target for physical exercise is to have at least sixty minutes of exercise on five or more days in a week. Responses showed that one in seven pupils (15%, 815 pupils) had met this target in the previous week, and 5% (293 pupils) reported doing no activity in the previous week.

Pupils were also asked whether, excluding PE sessions in school, they regularly took part in physical activity. Four in five (83%, 4,458 pupils) indicated that they did, with 50% (2,695 pupils) of pupils participating in team sports such as football and netball and 47% (2,527 pupils) participating in individual sports such as dance or swimming.

**Figure 4.3: Regular Participation Activities in Activities outwith PE**



**Gender:** Males were more likely than females to meet the national recommendation for physical activity (at least one hour of activity on five or more days per week) (22%, 569 males; 9%, 245 females). Males were also more likely to report taking part in activities outwith PE (87%, 2,267 males; 80%, 2,185 females), and were particularly more likely to be taking part in team sports (68%, 1,774 males; 34%, 918 females). However, females were more likely than males to take part in individual sports (60%, 1,645 females; 33%, 877 males).

**Year group:** Lower school pupils were more likely than middle and upper school pupils to meet the national recommendation for physical activity (19%, 415 lower school; 14%, 278 middle school; 10%, 122 upper school) and to take part in activities outwith PE (90%, 1,949 lower school; 81%, 1,590 middle school; 75%, 519 upper school). Upper school pupils were more likely than middle and lower school pupils to report doing no activity in the previous week (9%, 111 upper school; 5%, 99 middle school; 4%, 83 lower school).

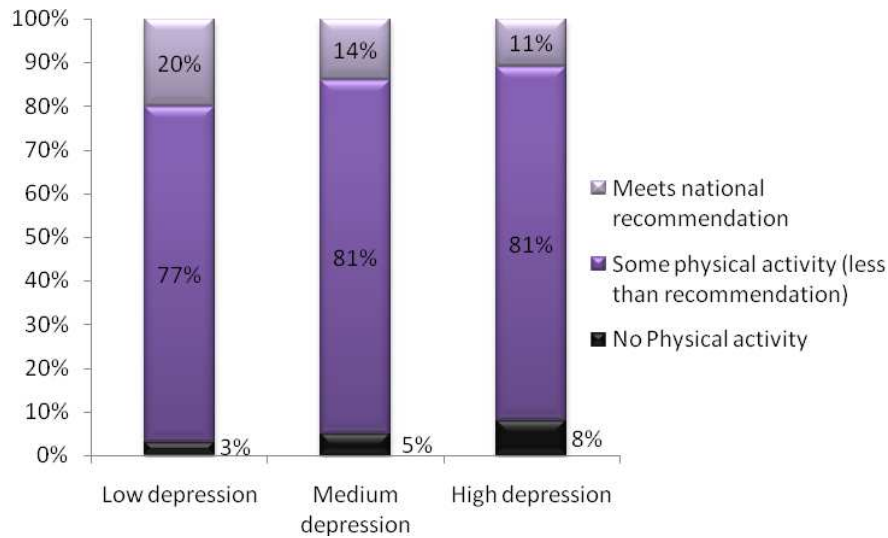
**Deprivation:** Pupils in the most deprived areas were more likely than those in the least deprived areas to be regularly taking part in team sports (55%, 329 most deprived; 48%, 533 least deprived). However, pupils in the least deprived areas were more likely than those in the most deprived areas to take part in individual sports (52%, 575 least deprived; 43%, 258 most deprived).

**Young carers:** Those without caring responsibilities were more likely than carers to take part in team sports (51%, 2,206 non-carers; 44%, 320 carers).

## Physical activity and depression

There was a clear relationship between levels of physical activity and depression. Pupils with high depression scores were more likely than those with medium or low depression scores to have taken no exercise in the last week (8%, 133 high; 5%, 77 medium, 3% 69 low). Pupils with low depression scores were the most likely to have met the national recommendation for physical activity (20%, 401 low; 14%, 222 medium; 11%, 171 high). This is shown in Figure 4.4.

**Figure 4.4: Activity Levels in Previous Week by Depression Categories**



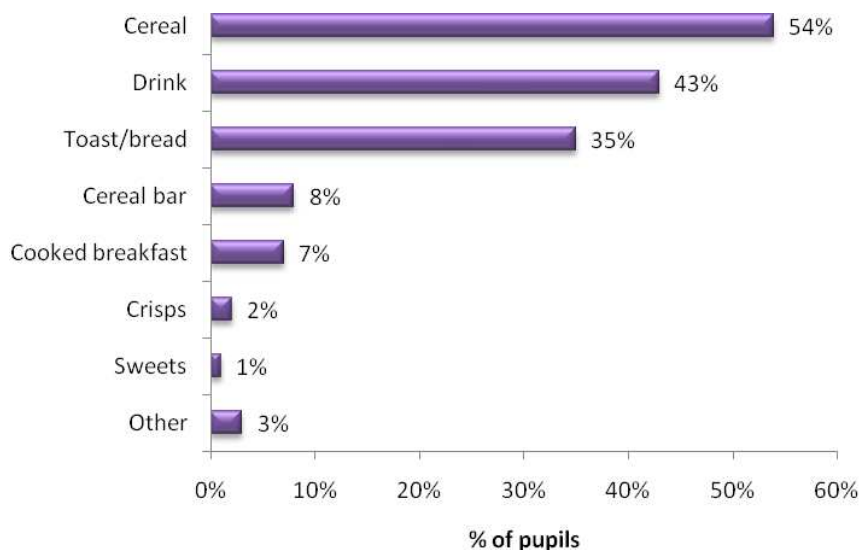
## 4.4 Diet

### Breakfast

On the day of the survey, 84% (4,558 pupils) of pupils said that they had eaten breakfast. Among those who had eaten breakfast, most (93%, 4,196 pupils) had eaten breakfast at home, while 5% (230 pupils) had eaten on their way to school, 2% (94 pupils) had eaten breakfast in the school canteen and less than one percent (14 pupils) had eaten breakfast somewhere else.

The item most commonly consumed for breakfast was cereal, which was consumed by over half (54%, 2,447 pupil) of those who had eaten breakfast that morning. All types of item consumed for breakfast are shown in Figure 4.5.

**Figure 4.5: Items consumed for Breakfast – % of All Pupils who had Eaten Breakfast (N=4,558)**



**Gender:** Males were more likely than females to have eaten breakfast that morning (88%, 2,336 males; 81%, 2,215 females). Among those who had eaten breakfast, males were more likely than females to have eaten cereal (58%, 1,365 males; 49%, 1,078 females) or a cooked breakfast (9%, 218 males; 5%, 120 females). Females were more likely than males to have had a cereal bar (9%, 201 females; 6%, 153 males).

**Year group:** Lower school pupils were more likely than middle or upper school pupils to have eaten breakfast that morning (88%, 1,926 lower school; 82%, 1,638 middle school; 80%, 994 upper school).

**Deprivation:** Pupils in the least deprived areas were more likely than those in the most deprived areas to have eaten breakfast that morning (86%, 967 least deprived; 81%, 488 most deprived). Among those who had eaten breakfast, pupils in the most deprived areas were more likely to have eaten breakfast on the way to school (6%, 31 most deprived; 3%, 28 least deprived) and to have had crisps for breakfast (3%, 16 most deprived; 1% 12 least deprived).

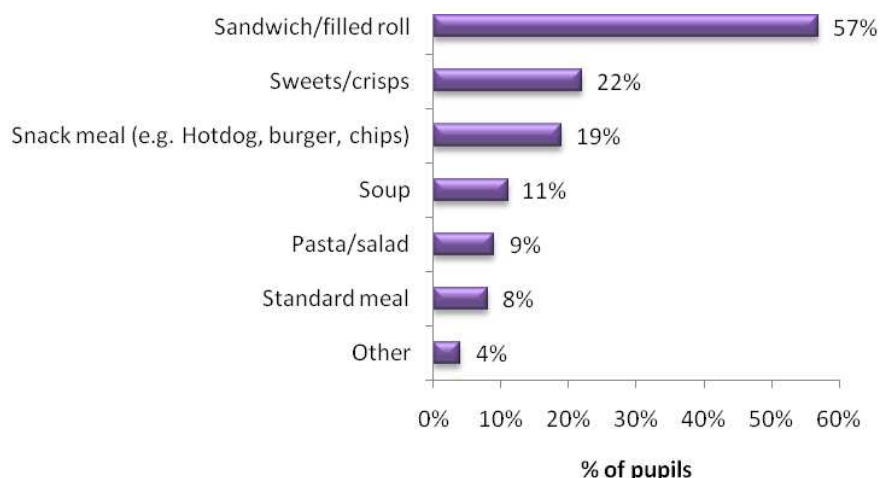
**Limiting illness or disability:** Among those who had eaten breakfast, those without a limiting illness or disability were more likely than those with one to have eaten breakfast at home (93%, 3,143 without; 89%, 359 limiting illness/disability).

**Young carers:** Pupils without caring responsibilities were more likely than carers to have had breakfast that morning (85%, 3,709 non-carers; 79%, 586 carers). Among those who had eaten breakfast, carers were more likely than others to have eaten breakfast on their way to school (8%, 46 carers; 5%, 178 non-carers).

## Lunch

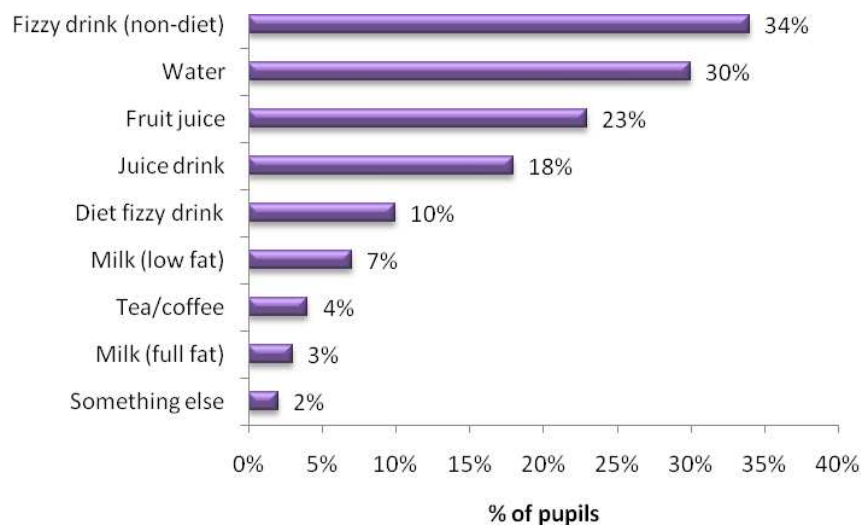
Most pupils (94%, 5,022) had eaten lunch on the previous day. Figure 4.6 shows the contents of lunches consumed in the previous day. The most common items consumed were sandwiches/filled rolls (57%, 2,866 pupils), sweets/crisps (22%, 1,085 pupils) and snack meals such as burgers, hot dogs, chips etc (19%, 937 pupils).

**Figure 4.6: Contents of Lunch - % of all Pupils who had Eaten Lunch (N=5,022)**



Most pupils (95%, 5,062 pupils) had consumed a drink during the previous lunch time. Of those who had drunk something, the most commonly consumed drinks were non-diet fizzy drinks (34%, 1,726 pupils) and water (30%, 1,509 pupils).

**Figure 4.7: Drinks Consumed at Lunchtime- % of all Pupils who had Consumed a Drink (N=5,062)**



**Gender:** Males were more likely than females to have had lunch on the previous day (96%, 2,515 males; 92%, 2,501 females). Among those who had eaten lunch, males were more likely than females to have had a snack meal such as burger, hot-dog or chips (24%, 612 males; 13%, 322 females) or a standard meal (9%, 223 males; 6%, 156 females). Females were more likely than males to have had a sandwich/filled roll (59%, 1,487 males; 55%, 1,377 females), soup (14%, 341 females; 9%, 220 males) or pasta/salad (10%, 253 females; 8%, 198 males).

Males were more likely than females to have had a drink at lunchtime (96%, 2,512 males; 93%, 2,542 females). Among those who had drunk something at lunchtime, males were more likely than females to have had a non-diet fizzy drink (44%, 1,107 males; 24%, 617 females) or full fat milk (4%, 100 males; 1%, 34 females). Females were more likely than

males to have had water (35%, 884 females; 25%, 623 males) or fruit juice (26%, 668 females; 20%, 495 males).

**Year group:** Lower school pupils were more likely than middle/upper school pupils to have had lunch on the previous day (96%, 2,062 lower school; 93%, 2,960 middle/upper school). Among those who had drunk something at lunch time, upper school pupils were more likely than lower/middle school pupils to have had water to drink (38%, 450 upper school; 27%, 1,059 lower/middle school). Lower school pupils were more likely than middle/upper school pupils to have had fruit juice (28%, 569 lower school; 20%, 594 middle/upper school). Lower school pupils were also more likely than middle or upper school pupils to have had a juice drink (21%, 428 lower school; 17%, 312 middle school; 14%, 168 upper school). Upper school pupils were more likely than lower/middle school pupils to have had tea or coffee at lunchtime (6%, 66 upper school; 3%, 134 lower/middle school).

**Deprivation:** Among those who had eaten lunch, pupils in the least deprived areas were more likely than those in the most deprived areas to have eaten a sandwich/filled roll (61%, 637 least deprived; 47%, 273 most deprived), pasta/salad (11%, 113 least deprived; 7%, 39 most deprived) or sweets/crisps (25%, 268 least deprived; 18%, 106 most deprived). Pupils in the most deprived areas were more likely than those in the least deprived areas to have eaten a snack meal such as burger, hot-dog or chips (24%, 137 most deprived; 15%, 161 least deprived) or soup (17%, 100 most deprived; 11%, 117 least deprived).

Pupils in the least deprived areas were more likely than those in the most deprived areas to have had a drink at lunchtime (8%, 84 least deprived; 4%, 25 most deprived). Among those who had drunk something at lunchtime, those in the most deprived areas were more likely than those in the least deprived areas to have had a non-diet fizzy drink (38%, 222 most deprived; 28%, 288 least deprived).

**Limiting illness or disability:** Among those who had drunk something at lunchtime, pupils with a limiting illness or disability were more likely than others to have had a non-diet fizzy drink (39%, 174 limiting illness/disability; 32%, 1,202 without) or full fat milk (4%, 20 limiting illness/disability; 2%, 87 without).

## **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 eleven pupils (9%, 472 pupils) had not eaten any portions of fruit or vegetables in the previous day. Two in five pupils (41%, 2,111 pupils) met the target of five or more portions.

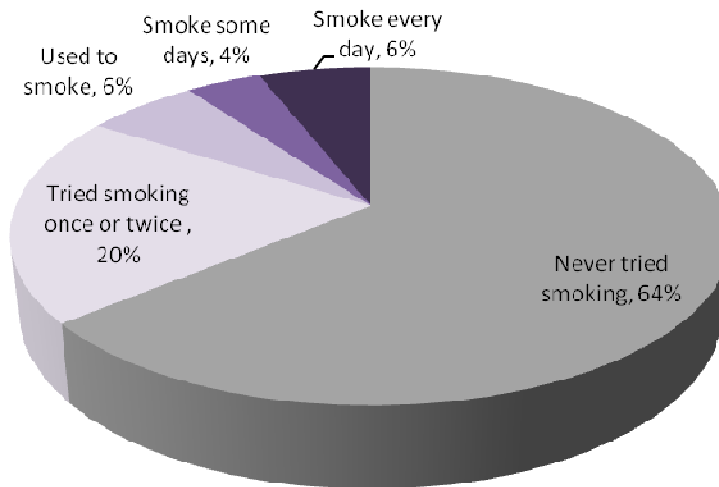
**Gender:** Males were more likely than females to have not eaten any portions of fruit or vegetables in the previous day (11%, 284 males; 7%, 188 females).

**Year group:** Lower school pupils were more likely than middle or upper school pupils to have met the target of consuming five or more portions of fruit or vegetables in the previous day (50%, 1,037 lower school; 37%, 702 middle school; 32%, 372 upper school).

## **4.5 Smoking**

Nearly two thirds of pupils (64%, 3,446 pupils) said they had never tried smoking. A fifth (20%, 1,075 pupils) had tried smoking once or twice. One in ten (10%, 565 pupils) were current smokers, smoking on at least some days.

**Figure 4.8: Smoking Behaviour**



**Gender:** Females were more likely than males to be current smokers (12%, 321 females; 9%, 244 males).

**Year group:** Middle/upper school pupils were more likely than lower school pupils to be current smokers (16%, 512 middle/upper school; 2%, 53 lower school).

**Deprivation:** Although similar proportions of pupils in the most and least deprived areas were current smokers, pupils in the least deprived areas were more likely than those in the most deprived areas to say that they had never tried smoking (67%, 749 least deprived; 57%, 346 most deprived).

**Young carers:** Carers were more likely than those without caring responsibilities to be current smokers (13%, 98 carers; 10%, 439 non-carers).

### 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 315 pupils who answered this, responses ranged from one to 40 cigarettes per day, with an average of 12 per day. Two thirds (64%, 203 pupils) smoked 10 or fewer cigarettes per day, while 28% (89 pupils) smoked 11-20 per day and 7% (23 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 205 pupils who answered this question, responses ranged from 1 to 45 cigarettes per week, with an average of 9 cigarettes per week. Most (76%, 156 pupils) smoked 10 or fewer cigarettes per week, while 18% (37 pupils) smoked between 11 and 20 per week and 6% (12 pupils) smoked more than 20 cigarettes per week.

**Gender:** Among those who smoked every day, male smokers were more likely than female smokers to smoke over 10 cigarettes per day (49%, 74 males; 23%, 38 females).

### Sources of Cigarettes

Pupils who smoked were asked where they usually got their cigarettes from (with the opportunity to cite more than one source). The most common ways to obtain cigarettes were buying from a shop (58%, 326 pupils) and friends giving them (34%, 192 pupils).

One in five smokers (20%, 114 pupils) said that they ask someone they know to buy cigarettes for them; 15% (83 pupils) said that they buy them from people they know; 8% (47 pupils) said that they stole cigarettes from family members and 8% (43 pupils) said that family members gave them cigarettes. Two percent (11 pupils) obtained cigarettes in some other way.

**Year group:** Upper/middle school smokers were more likely than lower school smokers to buy cigarettes in a shop (61%, 312 middle/upper school; 26%, 14 lower school). Lower and middle school pupils were more likely than upper school pupils to ask someone to buy cigarettes for them (36%, 19 lower school; 24%, 76 middle school; 10%, 19 upper school).

### **Desire to Stop Smoking**

When asked if they would like to stop smoking, a third of smokers (32%, 172 pupils) said yes; 44% (238 pupils) said possibly, and a quarter (25%, 136 pupils) said no.

**Gender:** Males were more likely than females to say that they did not want to stop smoking (31%, 73 males; 20%, 63 females).

### **Age Started Smoking**

Of those who had ever tried smoking, two thirds (65%, 1,188 pupils) had first tried smoking aged 12 or over, while a third (34%, 622 pupils) had been aged between five and eleven when they first tried smoking, and 1% (16 pupils) had been under the age of five.

**Gender:** Among those who had ever tried smoking, males were more likely than females to have tried smoking before the age of 12 (40%, 308 males; 31%, 329 females).

**Year group:** As would be expected, those in the lower school who had tried smoking were the most likely to have tried smoking before the age of 12, and upper school pupils were the least likely to have done so (66%, 235 lower school; 36%, 310 middle school; 15%, 93 upper school).

**Deprivation:** Among those who had tried smoking, pupils in the most deprived areas were more likely than those in the least deprived areas to have started smoking before the age of 12 (46%, 111 most deprived; 24%, 91 least deprived).

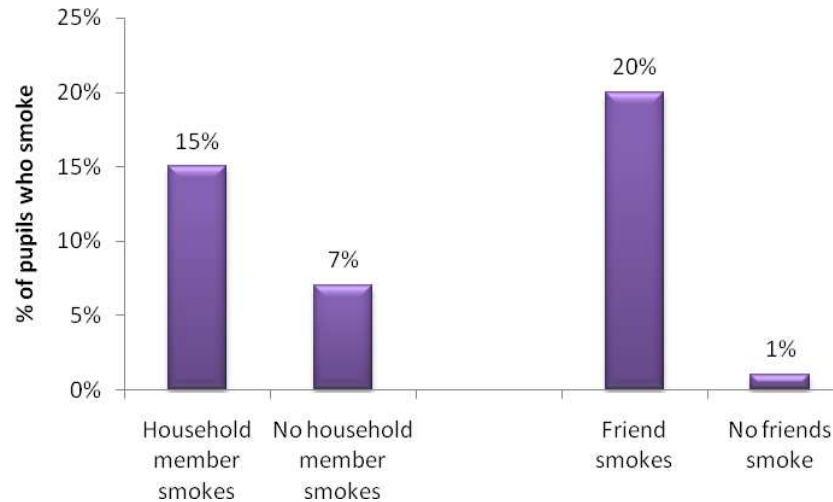
**Young carers:** Among those who had ever tried smoking, carers were more likely than non-carers to have tried smoking before the age of 12 (42%, 139 carers; 33%, 469 non-carers).

### **Others Who Smoke**

Just under half (44%, 2,254 pupils) of pupils said that someone in their home smoked and half (51%, 2,632 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, 15% (347 pupils) were current smokers compared with 7% (211 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, 20% (537 pupils) were smokers themselves, compared with one percent (18 pupils) who did not have any friends who smoked.

**Figure 4.9: Proportion of Pupils who Smoked by Whether Household Member Smokes and Whether Friend Smokes**



**Year group:** Lower/middle school pupils were more likely than upper school pupils to say that someone in their household smoked (45%, 3,982 lower/middle school; 37%, 443 upper school). However, middle/upper school pupils were more likely than lower school pupils to have friends who smoked (64%, 1,998 middle/upper school; 31%, 634 lower school).

**Deprivation:** Pupils in the most deprived areas were more likely than those in the least deprived areas to say that someone in their household smoked (51%, 293 most deprived; 30%, 329 least deprived) or that they had friends who smoked (54%, 303 most deprived; 46%, 495 least deprived).

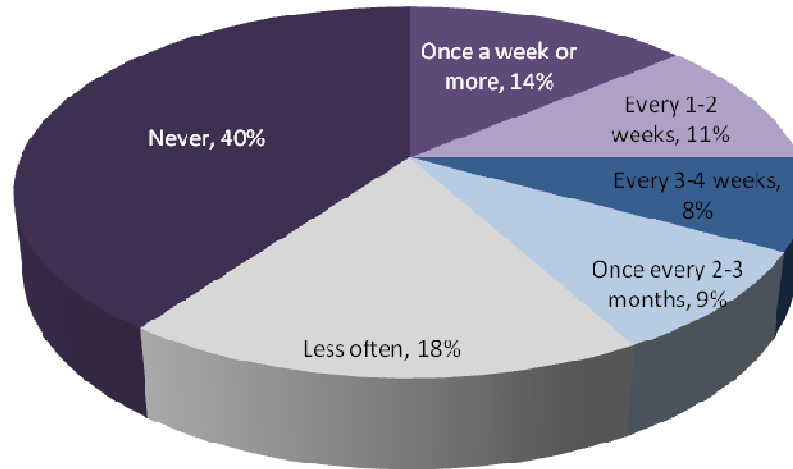
**Limiting illness or disability:** Pupils with a limiting illness or disability were more likely than those without to say that someone in their home smoked (49%, 229 limiting illness/disability; 41%, 1,590 without) or that they had friends who smoked (58%, 266 limiting illness/disability; 50%, 1,909 without).

**Young carers:** Carers were more likely than those without caring responsibilities to say that someone in their home smoked (53%, 374 carers; 41%, 1,741 non-carers) or that they had friends who smoked (61%, 437 carers; 49%, 2,060 non-carers).

#### 4.6 Drinking Alcohol

When pupils were asked how often they drank alcohol, two in five (40%, 2,158 pupils) said that they never did and a further 18% (975 pupils) did so less often than every 2-3 months. However, 14% (743 pupils) indicated that they drank alcohol every week. The distribution of responses is shown in Figure 4.10.

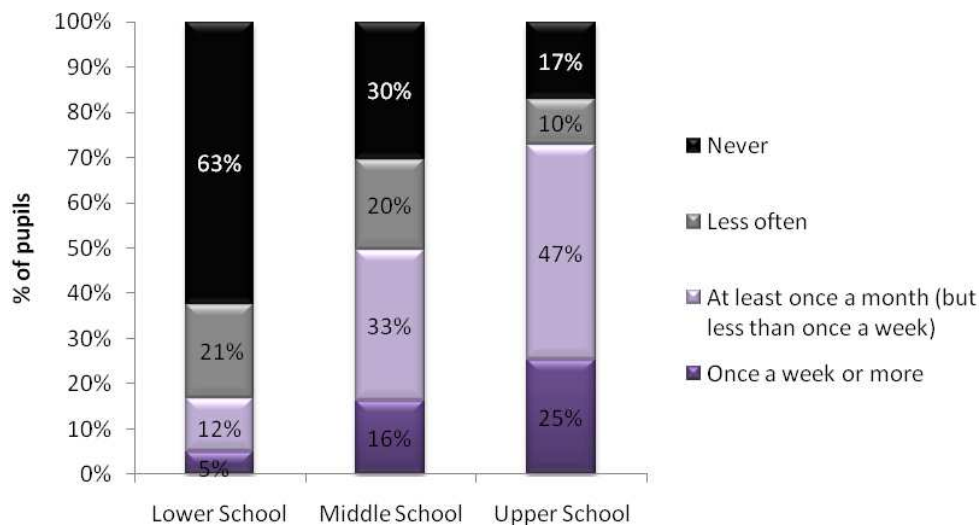
**Figure 4.10: How often Pupils Drank Alcohol**



**Gender:** Males were more likely than females to say that they never drank alcohol (43%, 1,129 males; 38%, 1,027 females).

**Year group:** Lower school pupils were more likely than middle and upper school pupils to say that they never drank alcohol (63%, 1,350 lower school; 30%, 598 middle school; 17%, 210 upper school). Upper school pupils were more likely than middle or lower school pupils to drink alcohol at least once a month (60%, 745 upper school; 38%, 756 middle school; 11%, 244 lower school).

**Figure 4.11: How often Pupils Drank Alcohol by Year Group**



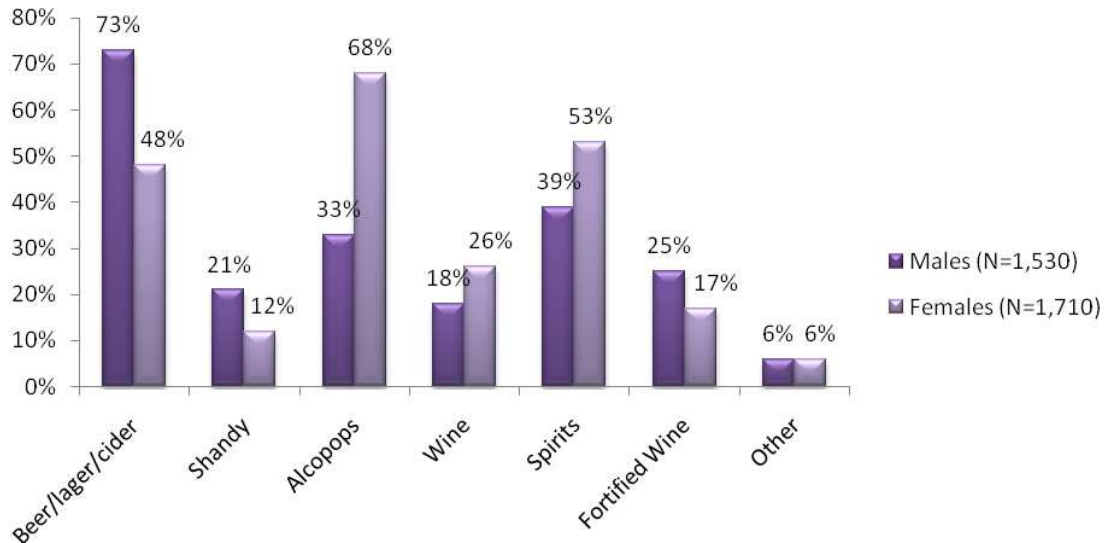
### Types of Alcoholic Drink Consumed

Pupils who said that they ever drank alcohol were asked which types of alcoholic drink they consumed. Of the 3,246 pupils who responded, 60% (1,935 pupils) said that they drank beer/lager/cider and 52% (1,675 pupils) said they drank alcopops. The next most popular drinks were spirits (46%, 1,509 pupils), wine (22%, 730 pupils) and fortified wine (21%,

686 pupils). Additionally, 16%, (534 pupils) drank shandy and 6% (191 pupils) said that they drank something else.

**Gender:** 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, wine and spirits. Figure 4.12 shows the proportion of males and females (who ever drank alcohol) who drank each type of alcohol drink.

**Figure 4.12 Types of Alcohol Consumed by Gender (all those who ever drank alcohol)**



**Year group:** Among those who ever drank alcohol, upper school pupils were more likely than middle and lower school pupils to drink:

- Beer/lager/cider (70%, 724 upper school; 63%, 880 middle school; 41%, 331 lower school);
- Alcopops (59%, 613 upper school; 48%, 1,062 lower/middle school);
- Spirits (63%, 657 upper school; 49%, 679 middle school; 21%, 173 lower school); and
- Wine (30%, 308 upper school; 19%, 422 lower/middle school).

Middle school pupils were more likely than lower and upper school pupils to drink fortified wine (26%, 367 middle school; 20%, 204 upper school; 14%, 115 lower school).

Lower school pupils were more likely than middle/upper school pupils to drink shandy (26%, 210 lower school; 13%, 324 middle/upper school).

**Deprivation:** Among those who ever drank alcohol, pupils in areas of least deprivation were more likely than those in areas of highest deprivation to drink wine (29%, 207 least deprived; 17%, 67 most deprived).

**Limiting illness or disability:** Among those who ever drank alcohol, pupils with a limiting illness or disability were more likely than others to drink shandy (22%, 67 limiting illness/disability; 16%, 380 without).

**Young carers:** Among those who ever drank alcohol, carers were more likely than non-carers to drink shandy (22%, 104 carers; 15%, 405 non-carers) and alcopops (59%, 284 carers; 51%, 1,327 non-carers).

### Frequency of Drunkenness

Those who ever drank alcohol were asked how often they would say they got drunk. Of the 3,203 pupils who answered, 8% (255 pupils) said they did not know. Of the 2,948 pupils who were able to say how often they got drunk, 41% (1,197 pupils) said they never got drunk; 20% (587 pupils) said that they got drunk less than once a month; 18% (542 pupils) got drunk once or twice a month; 12% (345 pupils) got drunk once a week; 7% (202 pupils) got drunk twice a week and 3% (75 pupils) said that they got drunk most days.

**Gender:** Of those who drank alcohol and were able to say how often they got drunk, males were more likely than females to say that they never got drunk (44%, 596 males; 38%, 599 females).

**Year group:** Of those who drank alcohol and gave a response other than 'don't know', lower school pupils were more likely than middle and upper school pupils to say that they never got drunk (68%, 487 lower school; 39%, 490 middle school; 23%, 220 upper school). Upper school pupils were more likely than middle or lower school pupils to say that they got drunk at least once a month (53%, 517 upper school; 41%, 516 middle school; 18%, 131 lower school).

## 4.7 Drugs

More than eight in ten pupils (83%, 4,492 pupils) said that they had never taken illegal drugs. One in six pupils (17%, 896 pupils) said that they had taken illegal drugs at some time, and one in seven (14%, 748 pupils) had taken at least one type of illegal drug in the last year.

**Gender:** Males were more likely than females to have taken drugs ever (19%, 491 males; 15%, 404 females) or in the last year (16%, 406 males; 13%, 341 females).

**Year group:** Upper school pupils were more likely than middle or particularly lower school pupils to have misused drugs ever (27%, 336 upper school; 23%, 449 middle school; 5%, 111 lower school) or in the last year (24%, 288 upper school; 20%, 385 middle school; 4%, 75 lower school).

**Limiting illness or disability:** Pupils with a limiting illness or disability were more likely than others to have ever misused drugs (21%, 98 limiting illness/disability; 16%, 624 without).

**Young carers:** Carers were more likely than non-carers to have taken illegal drugs ever (22%, 163 carers; 16%, 693 non-carers) or in the last year (20%, 144 carers; 13%, 574 non-carers).

### Types of drugs taken

Of the 5,244 pupils who answered the questions on drug taking, 13% (699 pupils) had taken cannabis in the last year. The next most commonly taken drugs were ecstasy (3%, 169 pupils) and cocaine (3%, 168 pupils).

**Table 4.1: Proportion of Pupils who had Taken Specific Types of Drugs in Last Year**

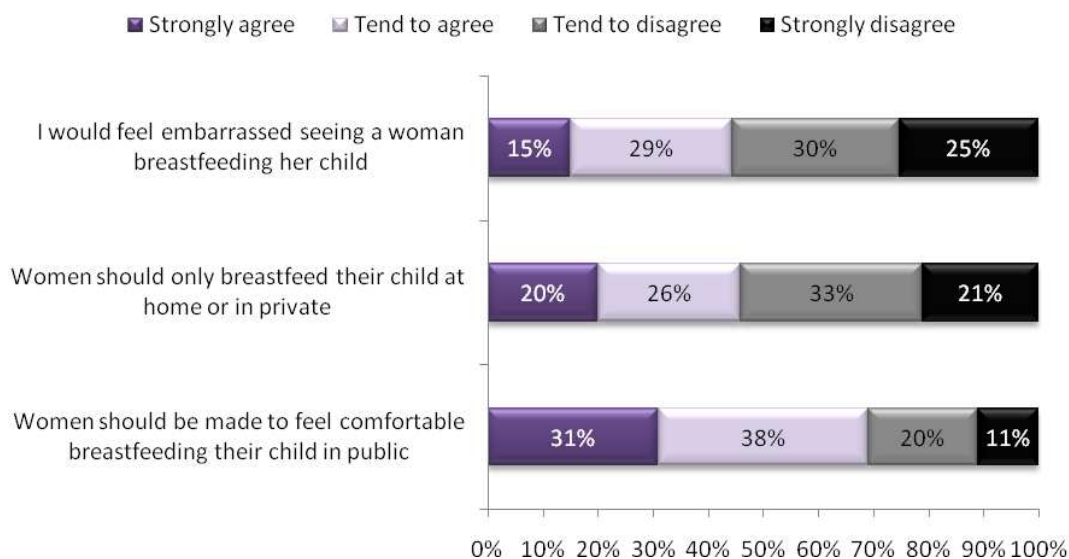
<b>Type of Drugs</b>	<b>% of pupils</b>	<b>N</b>
None	85.7%	4,496
Cannabis	13.3%	699
Ecstasy	3.2%	169
Cocaine	3.2%	168
Amphetamines	1.6%	86
Gas/glue/solvents	1.4%	72
Poppers	1.4%	71
Magic mushrooms	1.0%	54
Tranquilisers	1.0%	52
LSD	0.8%	41
Heroin	0.6%	33
Crack	0.6%	30
Anabolic steroids	0.3%	17
Methadone	0.2%	9
Other drugs	0.1%	7
<b>Base</b>		<b>5,244</b>

## 5 Attitudes to Breastfeeding

### 5.1 Attitudes to Breastfeeding

Pupils were given three statements relating to breastfeeding and were asked the extent to which they agreed or disagreed with each. Responses are shown in Figure 5.1. In total, seven in ten (69%, 3,636 pupils) agreed/strongly agreed that women should be made to feel comfortable breastfeeding their child in public; just under half (46%, 2,407 pupils) agreed/strongly agreed that women should only breastfeed their child at home or in private, and just under half (45%, 2,326 pupils) agreed that they would feel embarrassed seeing a woman breastfeeding her child.

**Figure 5.1: Responses to Statements about Breastfeeding**



**Gender:** Females were more likely than males to agree/strongly agree that they would feel embarrassed seeing a woman breastfeeding (49%, 1,317 females; 40%, 1,004 males).

**Year group:** Upper school pupils were more likely than middle or lower school pupils to agree/strongly agree that women should be made to feel comfortable breastfeeding in public (77%, 957 upper school; 70%, 1,364 middle school; 63%, 1,315 lower school). Lower school pupils were more likely than middle and upper school pupils to agree that women should only breastfeed in private (54%, 1,111 lower school; 43%, 830 middle school; 38%, 466 upper school) or that they would feel embarrassed seeing a woman breastfeeding (52%, 1,055 lower school; 41%, 793 middle school; 39%, 478 upper school).

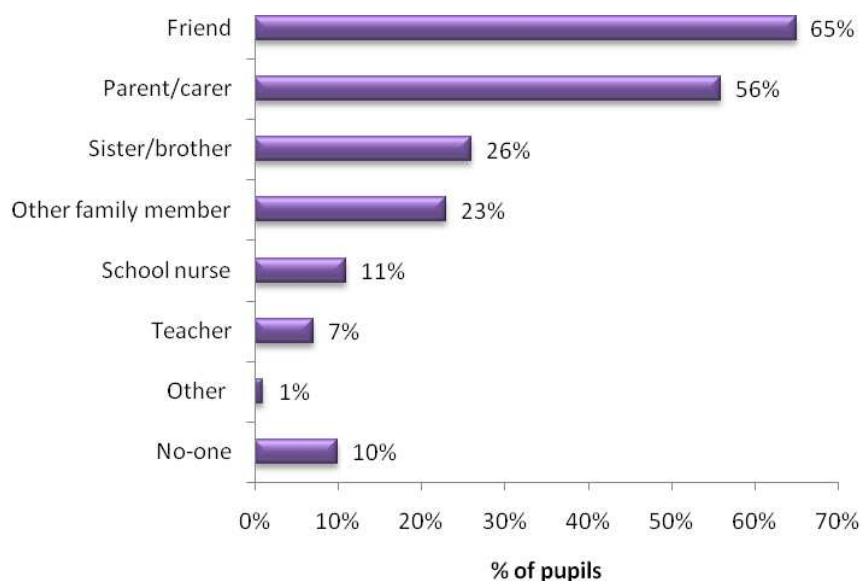
## 6 Relationships, Bullying and Discrimination

### 6.1 Relationships

#### Someone to talk to about relationships

Pupils were asked whether there was someone they could talk to about relationships, sexual health, etc and asked to indicate who they could talk to from a list. Nine in ten (90%, 4,740 pupils) said that there was at least one person they could talk to about relationships. Nearly two thirds of pupils said they could talk to friends about relationships (65%, 3,404 pupils) and 56% (2,929 pupils) said they could talk to a parent/carer.

**Figure 6.1: Who Pupils Could Talk to About Relationships/Sexual Health**



**Gender:** Males were more likely than females to say that there was no-one they could talk to about relationships (14%, 349 males; 6%, 164 females). Females were more likely than males to say they could talk to a friend about relationships (75%, 2,022 females; 54%, 1,377 males).

**Year group:** Lower school pupils were more likely than middle and upper school pupils to say that they could talk to:

- Parent/carer (68%, 1,409 lower school; 51%, 987 middle school; 43%, 533 upper school);
- Other family member (29%, 612 lower school; 21%, 406 middle school; 16%, 195 upper school);
- Teacher (10%, 204 lower school; 6%, 189 middle/upper school).

Upper school pupils were more likely than middle and lower school pupils to say that they could talk to a friend about relationships (76%, 937 upper school; 66%, 1,292 middle school; 57%, 1,175 lower school).

**Deprivation:** Pupils in the most deprived areas were more likely than those in the least deprived areas to say that they could talk to an 'other family member' about relationships (25%, 144 most deprived; 18%, 201 least deprived).

**Young carers:** Carers were more likely than non-carers to say that they could talk to an 'other family member' about relationships (29%, 215 carers; 22%, 935 non-carers).

## **Sexual health and relationship education**

Most (87%, 4,653 pupils) said that they had received sexual health and relationship education at school. Of those who had received sexual health/relationship education, most (88%, 4,039 pupils) said that this had prepared them well/very well for forming and dealing with relationships (62%, 2835 pupils said 'well' and 26%, 1,204 pupils said 'very well'). Just 8% (378 pupils) said that this education had prepared them badly and 3% (159 pupils) said that it had prepared them very badly.

**Year group:** Upper school pupils were more likely than middle or lower school pupils to say that they had received sexual health and relationship education (92%, 1,149 upper school; 88%, 1,739 middle school; 83%, 1,765 lower school). Among those who had received sexual health/relationship education, upper school pupils were more likely than middle or lower school pupils to say that this had prepared them badly/very badly for forming and dealing with relationships (18%, 205 upper school; 13%, 218 middle school; 7%, 114 lower school).

**Deprivation:** Pupils in the least deprived areas were more likely than those in the most deprived areas to say that they had received sexual health and relationship education (94%, 1,054 least deprived; 86%, 512 most deprived).

**Limiting illness or disability:** Of those who had received sexual health and relationship education, pupils with a limiting illness or disability were more likely than those without to say that this had prepared them badly/very badly for forming and dealing with future relationships (18%, 76 limiting illness/disability; 11%, 364 without).

## **6.2 Bullying and Discrimination**

### **Bullying**

Most pupils (89%, 4,729 pupils) had no experience of being bullied at school in the last year. One in nine pupils (11%, 574 pupils) said that they had been bullied at school in the last year and 9% (482 pupils) had been bullied elsewhere in the last year. In total, one in six pupils (17%, 870 pupils) had been bullied either in school or elsewhere in the last year. One in seven pupils (14%, 758 pupils) said that in the last year they had 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 15% (808 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, 30% (258 pupils) admitted bullying others, compared to 12% (519 pupils) of those who had not been bullied.

**Gender:** Females were more likely than males to have been afraid of going to school because of bullying in the last year (15%, 419 females; 12%, 336 males). Males were more likely than females to admit to having bullied or frightened someone at their school in the last year (20%, 525 males; 10%, 283 females).

**Year group:** Lower school pupils were more likely than middle or upper school pupils to have been bullied anywhere in the last year (22%, 469 lower school; 14%, 273 middle school; 10%, 128 upper school). Lower school pupils were also more likely than middle/upper school pupils to have felt afraid of going to school because of bullying (18%, 400 lower school; 11%, 358 middle/upper school).

**Deprivation:** Pupils in the most deprived areas were more likely than those in the least deprived areas to have been bullied away from school in the last year (11%, 65 most deprived; 7%, 78 least deprived). Pupils in the most deprived areas were also more likely to have been afraid of going to school because of bullying (17%, 101 most deprived; 11%, 127 least deprived).

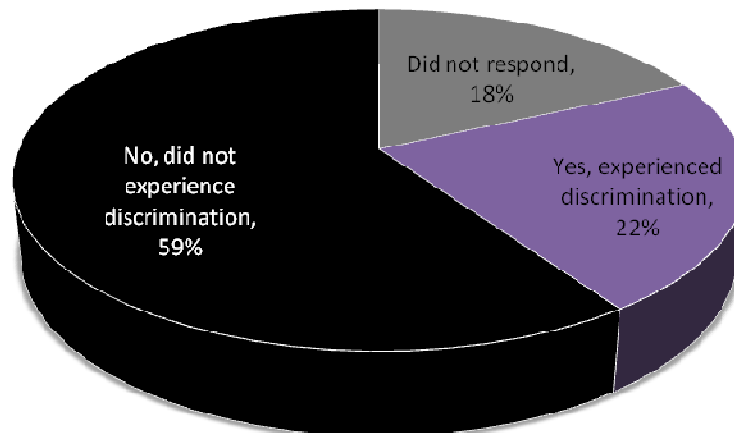
**Limiting illness or disability:** Pupils with a limiting illness or disability were more likely than those without to have been bullied anywhere in the last year (30%, 137 limiting illness/disability; 14%, 549 without) and more likely to have felt afraid of going to school because of bullying (24%, 117 limiting illness/disability; 12%, 471 without). Pupils with a limiting illness or disability were also more likely than others to admit to having bullied or frightened others at school in the last year (24%, 115 limiting illness/disability; 13%, 518 without).

**Young carers:** Carers were more likely than those without caring responsibilities to have been bullied anywhere in the last year (25%, 178 carers; 15%, 620 non-carers) and to have felt afraid of going to school because of bullying (21%, 152 carers; 13%, 550 non-carers).

### Discrimination

Pupils were asked whether they had experienced discrimination on a number of grounds in the last year. Of all pupils surveyed, eighteen percent (1,010 pupils) did not answer this question, 22% (1,248 pupils) said they had experienced discrimination on at least one of the grounds, and 59% (3,299 pupils) said they had not experienced discrimination on any grounds in the last year.

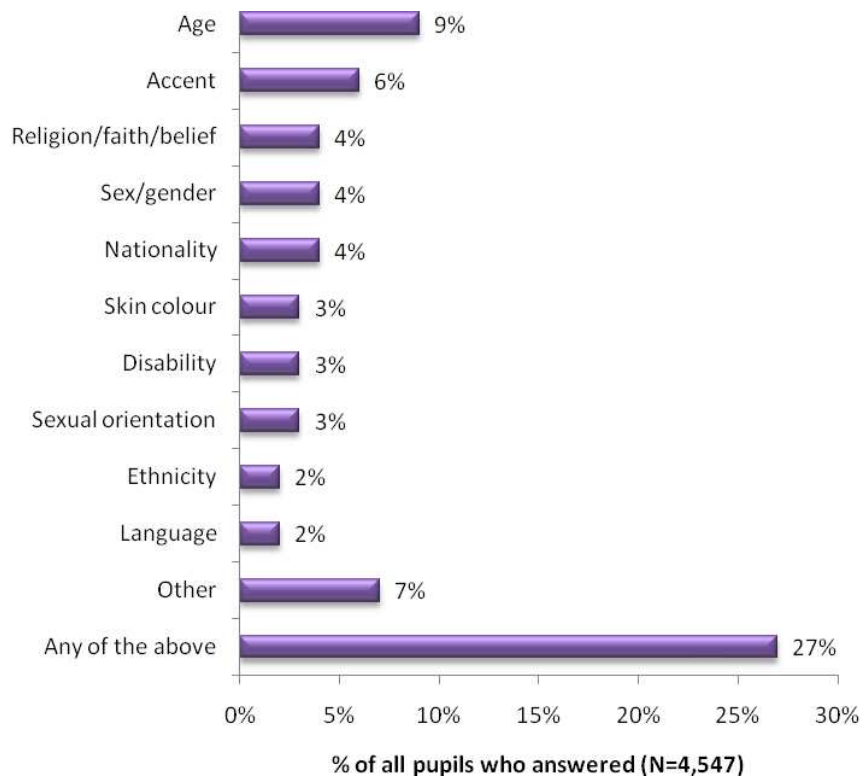
**Figure 6.2: Responses to Whether Pupils had Experienced Discrimination on any Grounds in the Last Year (all pupils, N=5,557)**



Thus, among those who answered the question, over a quarter (27%, 1,248 pupils) had experienced discrimination on at least one of the grounds.

The most commonly reported grounds for discrimination were age (9%, 431 pupils) and accent (6%, 285 pupils). The findings are shown in Figure 6.3.

**Figure 6.3: Proportion of Pupils Experiencing Discrimination on Particular Grounds**



In addition to the five key independent variables used for analysis throughout this report, additional relevant categories (recent immigrants, ethnicity and sexual orientation) have been used for analysis of data on discrimination. It is recognised that there are small numbers of pupils in some of these categories, but it is of interest to explore the minority groups affected by discrimination.

**Gender:** Males were more likely than females to report having experienced discrimination on the grounds of:

- Their accent (7%, 160 males; 5%, 123 females);
- Their religion/faith/belief (6%, 124 males; 3%, 76 females);
- Their nationality (5%, 105 males; 2%, 55 females);
- Their skin colour (5%, 101 males; 2%, 57 females);
- Disability (4%, 87 males; 2%, 47 females);
- Their sexual orientation (4%, 85 males; 2%, 49 females); and
- Their ethnicity (3%, 72 males; 2%, 38 females).

However, females were more likely than males to report having experienced discrimination on the grounds of their sex/gender (5%, 128 females; 3%, 74 males).

**Year group:** Upper school pupils were more likely than middle or lower school pupils to report having experienced discrimination in the last year (36%, 384 upper school; 27%, 462 middle school; 22%, 402 lower school), particularly on the grounds of:

- Their age (18%, 185 upper school; 9%, 154 middle school; 5%, 92 lower school);
- Their accent (9%, 97 upper school; 6%, 108 middle school; 4%, 80 lower school);

- Their religion/faith/belief (7%, 79 upper school; 4%, 76 middle school; 3%, 46 lower school);
- Their sex/gender (7%, 75 upper school; 5%, 78 middle school; 3%, 49 lower school);
- Their nationality (6%, 64 upper school; 4%, 62 middle school; 2%, 36 lower school);
- Their skin colour (5%, 57 upper school; 4%, 64 middle school; 2%, 37 lower school); and
- Their ethnicity (4%, 39 upper school; 3%, 53 middle school; 1%, 18 lower school).

Upper and middle school pupils were more likely than lower school pupils to have experienced discrimination because of their sexual orientation (4%, 107 upper/middle school; 2%, 27 lower school).

**Limiting illness/disability:** Pupils with a limiting illness/disability were more likely than those without to say that they experienced discrimination in the last year (43%, 174 limiting illness/disability; 24%, 844 without), particularly on the grounds of:

- Their age (13%, 54 limiting illness/disability; 8%, 289 without);
- Their accent (11%, 45 limiting illness/disability; 6%, 201 without);
- Their religion/faith/belief (8%, 34 limiting illness/disability; 4%, 137 without);
- Their sex/gender (10%, 41 limiting illness/disability; 3%, 113 without);
- Their nationality (6%, 26 limiting illness/disability; 3%, 107 without);
- Their skin colour (6%, 24 limiting illness/disability; 3%, 102 without);
- Disability (10%, 39 limiting illness/disability; 2%, 62 without);
- Their sexual orientation (5%, 21 limiting illness/disability; 3%, 88 without); and
- Their ethnicity (4%, 16 limiting illness/disability; 2%, 67 without).

Also, of all pupils who said that they had a **physical disability** (not necessarily 'limiting'), 53% (28 pupils) said that they had experienced discrimination because of their disability.

**Young carers:** Carers were more likely than those without caring responsibilities to have experienced discrimination in the last year (39%, 247 carers; 25%, 948 non-carers), particularly because of:

- Their age (13%, 82 carers; 9%, 332 non-carers);
- Their religion/faith/belief (8%, 52 carers; 4%, 139 non-carers);
- Their sex/gender (8%, 52 carers; 4%, 181 non-carers);
- Disability (6%, 38 carers; 2%, 82 non-carers); and
- Their sexual orientation (5%, 32 carers; 3%, 96 non-carers).

**Recent immigrants:** Pupils who had come to Scotland from another country in the last three years were more likely than others to have experienced discrimination in the last year (60%, 65 recent immigrants; 26%, 1,144 others), particularly because of:

- Their age (24%, 26 recent immigrants; 9%, 392 others);
- Their accent, (33%, 36 recent immigrants; 6%, 245 others);
- Their religion/faith/belief (14%, 15 recent immigrants; 4%, 183 others);
- Their sex/gender (16%, 17 recent immigrants; 4%, 179 others);
- Their nationality (23%, 25 recent immigrants; 3%, 135 others);
- Their skin colour (19%, 21 recent immigrants; 3%, 132 others).
- Their sexual orientation (16%, 17 recent immigrants; 3%, 113 others);
- Their ethnicity (16%, 17 recent immigrants; 2%, 90 others); and
- Their language (19%, 21 recent immigrants; 1%, 60 others).

**Ethnicity:** Pupils from BME (black and minority ethnic) groups were more likely than white pupils to have experienced discrimination in the last year (54%, 99 BME; 26%, 1,139 others), particularly because of:

- Their age (16%, 29 BME; 9%, 400 white);
- Their accent (16%, 30 BME; 6%, 253 white);
- Their religion/faith/belief (18%, 33 BME; 4%, 167 white);
- Their sex/gender (11%, 20 BME; 4%, 181 white);
- Their nationality (15%, 28 BME; 3%, 132 white);
- Their skin colour (32%, 60 BME; 2%, 95 white);
- Their sexual orientation (11%, 21 BME; 3%, 112 white);
- Their ethnicity (19%, 35 BME; 2%, 71 white); and
- Their language (10%, 19 BME; 1%, 63 white).

**Sexual orientation:** Pupils from an LGBT (lesbian/gay/bisexual) background were more likely than heterosexual pupils to say that they had experienced discrimination in the last year (49%, 119 LGBT; 26%, 1,009 heterosexual), particularly because of:

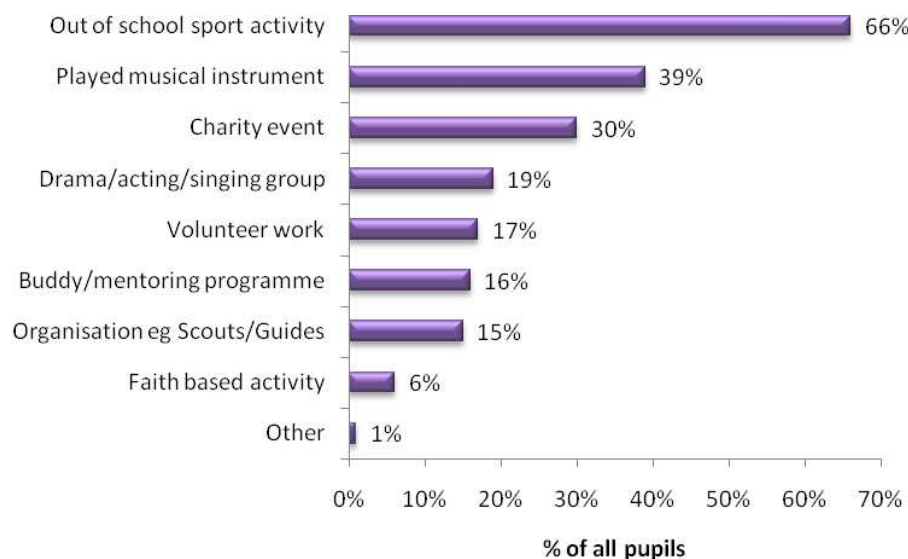
- Their accent (13%, 32 LGBT; 6%, 227 heterosexual);
- Their sex/gender (12%, 29 LGBT; 4%, 153 heterosexual);
- Their nationality (9%, 23 LGBT; 3%, 118 heterosexual);
- Their skin colour (10%, 25 LGBT; 3%, 115 heterosexual); and
- Their sexual orientation (19%, 45 LGBT; 2%, 76 heterosexual).

## 7 Pupil Behaviour

### 7.1 Positive Behaviour

Pupils were presented with a list of positive behaviours/activities and asked to indicate whether they had done any of these things in the last year. Most (87%, 4,516 pupils) had taken part in at least one of the listed activities. The most common was out of school sport activities, in which two thirds (66%, 3,429) of pupils had taken part.

**Figure 7.1: Proportion of Pupils Engaging in Types of Positive Behaviour in Last Year**



**Gender:** Males were more likely than females to have taken part in an out of school sport activity (71%, 1,808 males; 61%, 1,618 females). However, females were more likely than males to have participated in:

- Charity event (32%, 859 females; 27%, 684 males);
- Drama/acting/singing<sup>4</sup> group (26%, 697 females; 11%, 279 males);
- Volunteer work (19%, 508 females; 16%, 396 males); and
- Buddy/mentoring programme (18%, 486 females; 15%, 370 males).

**Year group:** Lower school pupils were more likely than middle/upper school pupils to have taken part in:

- Out of school sport activity (72%, 1,490 lower school; 62%, 1,939 middle/upper school);
- Playing a musical instrument (47%, 983 lower school; 34%, 3,131 middle/upper school);
- Drama/acting/singing group (23%, 476 lower school; 16%, 501 middle/upper school); and
- Organisation such as Scouts/Guides (20%, 423 lower school; 12%, 313 middle/upper school).

<sup>4</sup> The activity 'drama/acting/singing' group is reported throughout, but it is noted that 'signing' was mistakenly presented in the place of 'singing' in the questionnaire.

Upper school pupils were more likely than middle and lower school pupils to have participated in:

- Charity events (38%, 468 upper school; 27%, 1,077 lower/middle school);
- Volunteer work (34%, 417 upper school; 17%, 331 middle school; 8%, 158 lower school); and
- Faith based activity (9%, 104 upper school; 5%, 201 lower/middle school).

Both upper and lower school pupils were more likely than middle school pupils to have participated in their school buddy/mentoring programme in the last year (26%, 313 upper school; 21%, 443 lower school; 5%, 102 middle school).

**Deprivation:** Pupils in the least deprived areas were more likely than those in the most deprived areas to have participated in at least one of the positive behaviours listed (91%, 993 least deprived; 86%, 491 most deprived). In particular, pupils in the least deprived areas were more likely than those in the most deprived areas to have participated in:

- Out of school sports activity (72%, 794 least deprived; 65%, 372 most deprived);
- Volunteer work (24%, 258 least deprived; 16%, 89 most deprived); and
- Organisations such as Scouts/Guides (23%, 250 least deprived; 12%, 66 most deprived).

However, pupils in the most deprived areas were more likely than those in the least deprived areas to have taken part in their school buddy/mentoring scheme (19%, 108 most deprived; 13%, 140 least deprived).

**Limiting illness or disability:** In the last year, those with a limiting illness or disability were more likely than others to have participated in:

- Charity event (36%, 165 limiting illness/disability; 30%, 1,168 without);
- Drama/acting/singing group (24%, 111 limiting illness/disability; 18%, 703 without);
- Volunteer work (22%, 102 limiting illness/disability; 17%, 657 without); and
- Faith based activity (11%, 50 limiting illness/disability; 6%, 227 without).

**Young carers:** Those without caring responsibilities were more likely than carers to have participated in out of school sports activities (67%, 2,857 non-carers; 61%, 468 carers). However, carers were more likely than non-carers to have participated in:

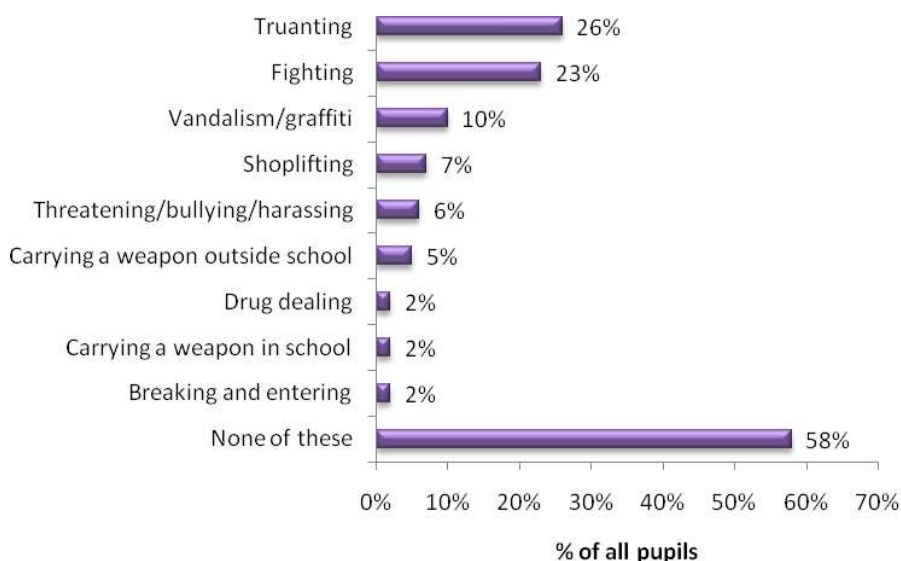
- Charity event (36%, 258 carers; 29%, 1,235 non-carers);
- Drama/acting/signing group (25%, 181 carers; 18%, 758 non-carers); and
- Volunteer work (23%, 167 carers; 17%, 713 non-carers).

## 7.2 Anti Social Behaviour

Pupils were also presented with a list of anti social behaviours and asked to indicate whether they had done any of these things in the last year. Nearly three in five (58%, 2,944 pupils) said they had not engaged in any of the listed anti social behaviours. Just over two in five (42%, 2,174 pupils) pupils admitted to having done at least one of these.

Figure 7.2 shows the proportion of pupils who had engaged in each type of anti social behaviour in the last year. The most common were truanting (26%, 1,333 pupils) and fighting (23%, 1,161 pupils).

**Figure 7.2: Proportion of Pupils Engaging in Types of Anti Social Behaviour in Last Year**



**Gender:** Males were more likely than females to admit to having engaged in at least one of the anti social behaviours in the last year (50%, 1,233 males; 36%, 937 females). In particular, males were more likely to admit to:

- Fighting (32%, 802 males; 14%, 358 females);
- Vandalism/graffiti (14%, 353 males; 6%, 162 females);
- Shoplifting (10%, 243 males; 5%, 133 females);
- Threatening/bullying/harassing (9%, 221 males; 4%, 105 females);
- Carrying a weapon outside school (8%, 202 males; 2%, 51 females);
- Drug dealing (4%, 90 males; 1%, 31 females);
- Carrying a weapon in school (3%, 75 males; 1%, 15 females); and
- Breaking and entering (3%, 77 males; 1% 27 females).

**Year group:** Middle/upper school pupils were more likely than lower school pupils to have engaged in at least one of the anti social behaviours in the last year (50%, 1,557 middle/upper school; 31%, 633 lower school). In particular, middle/upper school pupils were more likely than lower school pupils to admit to:

- Truanting (36%, 1,129 middle/upper school; 10%, 204 lower school);
- Threatening/bullying/harassing (8%, 243 middle/upper school; 4%, 83 lower school);
- Carrying a weapon outside school (6%, 185 middle/upper school; 3% 68 lower school); and
- Drug dealing (3%, 105 middle/upper school; 1%, 16 lower school).

Middle school pupils were more likely than lower or upper school pupils to admit to vandalism/graffiti (14%, 260 middle school; 9%, 111 upper school; 7%, 146 lower school) or shoplifting (11%, 207 middle school; 6%, 69 upper school; 5%, 100 lower school).

Lower/middle school pupils were more likely than upper school pupils to admit to fighting (24%, 945 lower/middle school; 18%, 216 upper school).

**Deprivation:** Pupils in the most deprived areas were more likely than those in the least deprived areas to admit to having engaged in at least one of the anti social behaviours in

the last year (47%, 263 most deprived; 35%, 376 least deprived). In particular, pupils in the most deprived areas were more likely to admit to:

- Truancing (27%, 152 most deprived; 20%, 211 least deprived);
- Fighting (25%, 139 most deprived; 19%, 200 least deprived);
- Vandalism/graffiti (12%, 69 most deprived; 8%, 84 least deprived); and
- Carrying a weapon outside school (6%, 34 most deprived; 3%, 35 least deprived).

**Limiting illness or disability:** Pupils with a limiting illness or disability were more likely than others to admit to:

- Fighting (28%, 123 limiting illness/disability; 21%, 786 without);
- Vandalism/graffiti (13%, 59 limiting illness/disability; 9%, 350 without);
- Threatening/bullying/harassing (9%, 41 limiting illness/disability; 6%, 219 without);
- Carrying a weapon outside school (7%, 32 limiting illness/disability; 4%, 164 without); and
- Breaking and entering (4%, 17 limiting illness/disability; 2%, 59 without).

**Young carers:** Carers were more likely than non-carers to admit to at least one anti social behaviour in the last year (51%, 365 carers; 40%, 1,696 non-carers). In particular, carers were more likely to admit to:

- Truancing (32%, 230 carers; 25%, 1,042 non-carers);
- Fighting (28%, 202 carers; 21%, 887 non-carers);
- Vandalism/graffiti (15%, 104 carers; 9%, 386 non-carers);
- Shoplifting (10%, 73 carers; 7%, 284 non-carers);
- Carrying a weapon outside school (7%, 50 carers; 5%, 190 non-carers).

## 8 Services for Young People

### 8.1 Youth Clubs or Centres

A quarter of pupils (26%, 1,634 pupils) said that they went to a local youth club or centre, while 44% (2,309 pupils) said that they did not know of one they could go to and 31% (1,629 pupils) said that they knew of one they could go to but did not use it.

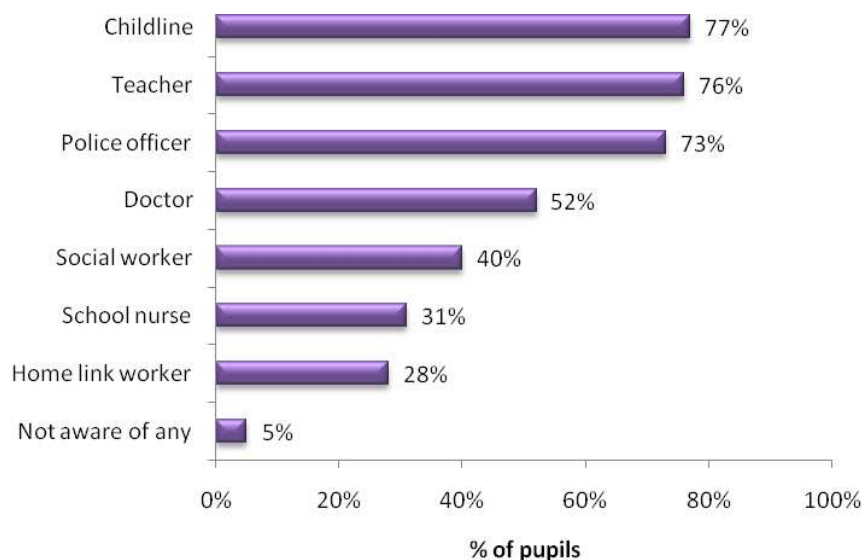
**Gender:** Males were more likely than females to say that they went to a local youth club or centre (29%, 761 males; 22%, 602 females).

**Year group:** Lower school pupils were more likely than middle or upper school pupils to go to a local youth club/centre (39%, 821 lower school; 17%, 537 middle/upper school).

### 8.2 Young People's Protection from Harm and Abuse

Pupils were informed that all children and young people have the right to feel safe and be protected from harm and abuse, and they were asked whether they were aware that they could contact various types of people/agencies for help. More than three quarters of pupils were aware that they could contact Childline (77%, 3,989 pupils) or a teacher (76%, 3,972 pupils). Just 5% (284 pupils) said that they were not aware that they could contact any of the people/agencies listed for help. Responses are shown in Figure 8.1.

**Figure 8.1: Proportion of Pupils Aware that they Could Contact Certain People/Agencies for Help**



**Gender:** Males were more likely than females to say that they were not aware that they could contact any of the listed people/agencies for help (7%, 169 males; 4%, 114 females). Females were more likely than males to be aware that they could contact:

- Childline (79%, 2,118 females; 74%, 1,866 males);
- Teacher (79%, 2,125 females; 73%, 1,842 males);
- Doctor (56%, 1,499 females; 47%, 1,189 males); and
- School nurse (36%, 969 females; 26%, 664 males).

However, males were more likely than females to be aware that they could contact a police officer for help (77%, 1,937 males; 69%, 1,842 females).

**Year group:** Upper school pupils were more likely than lower/middle school pupils to say that they were aware they could contact:

- Teacher (83%, 1,006 upper school; 74%, 2,966 lower/middle school);
- Doctor (64%, 776 upper school; 52%, 985 middle school; 45%, 931 lower school); and
- School nurse (39%, 477 upper school; 29%, 1,160 lower/middle school).

Middle/upper school pupils were more likely than lower school pupils to be aware that they could contact a social worker for help (43%, 1,327 middle/upper school; 36%, 756 lower school).

**Deprivation:** Pupils in the least deprived areas were more likely than those in the most deprived areas to be aware that they could contact:

- Childline (82%, 897 least deprived; 74%, 428 most deprived);
- Teacher (81%, 884 least deprived; 75%, 433 most deprived); and
- Doctor (55%, 605 least deprived; 45%, 257 most deprived).

However, pupils in the most deprived areas were more likely than those in the least deprived areas to be aware that they could contact a Home Link Worker for help (30%, 173 most deprived; 22%, 240 most deprived).

**Limiting illness or disability:** Those with a limiting illness or disability were more likely than those without to say that they were aware they could contact a Home Link Worker for help (36%, 165 limiting illness/disability; 27%, 1,067 without).

**Young carers:** Carers were more likely than those without caring responsibilities to be aware that they could contact a social worker (48%, 346 carers; 39%, 1,662 non-carers) or a Home Link Worker (38%, 276 carers; 27%, 1,146 non-carers) for help.

### 8.3 Young Scot Card

Just under three in five pupils (58%, 3,120 pupils) said they currently held a Young Scot Card. Those who held a Young Scot Card were asked whether they had used it for various activities, and 71% (2,139 card holders) had used it for at least one activity. The most common activity for which the Young Scot Card had been used was discounts in shops (39%, 1,169 card holders).

**Table 8.1: Uses of Young Scot Card**

Use of Young Scot Card	% of card holders	N
Discounts in shops	39%	1,169
Proof of age for cinema	35%	1,047
Cashless catering at school	31%	924
Proof of age for bus/train fares	19%	580
Library membership	5%	152
Other Use	4%	109
None of these	29%	858
<b>Base</b>		<b>2,997</b>

**Gender:** Among Young Scot cardholders, males were more likely than females to say that they had not used their card for any of the activities (32%, 459 males; 26%, 398 females). Females were more likely than males to have used their card for cashless catering at school (35%, 542 females; 27%, 381 males) and discounts in shops (43%, 673 females; 34%, 495 males).

**Year group:** Upper school pupils were more likely than middle or lower school pupils to hold a Young Scot Card (69%, 860 upper school; 63%, 1,247 middle school; 47%, 1,013 lower school). Among cardholders, lower/middle school pupils were more likely than upper school pupils to say that they had not used their card for any of the activities (31%, 378 lower/middle school; 21%, 180 upper school).

Young Scot cardholders in the lower school were more likely than those in the middle or upper school to have used their card for cashless catering at school (38%, 359 lower school; 29%, 353 middle school; 25%, 212 upper school). Upper school cardholders were more likely than those in the lower or middle school to have used their card for:

- Discounts in shops (48%, 406 upper school; 35%, 763 lower/middle school);
- Proof of age for cinema (48%, 403 upper school; 34%, 406 middle school; 25%, 238 lower school); and
- Proof of age for bus/train fare (29%, 242 upper school; 18%, 215 middle school; 13%, 123 lower school).

**Deprivation:** Pupils in the least deprived areas were more likely than those in the most deprived areas to hold a Young Scot Card (72%, 806 least deprived; 45%, 270 most deprived). Among card holders, those in the least deprived areas were more likely than those in the most deprived areas to have used their card for discounts in shops (43%, 335 least deprived; 32%, 81 most deprived).

**Limiting illness or disability:** Among Young Scot cardholders, those with a limiting illness or disability were more likely than those without to have used their card for:

- Proof of age for cinema (45%, 112 limiting illness/disability; 34%, 797 without); a
- Proof of age for bus/train fares (27%, 66 limiting illness/disability; 19%, 432 without); and
- Library membership (12%, 31 limiting illness/disability; 4%, 99 without).

## 8.4 Other Activities

Pupils were asked whether they had been to a museum, library, sports centre or community centre in the last year. Most (91%, 4,829) had been to at least one of these in the last year. From most to least common, these were sports centre (82%, 4,322 pupils), library (50%, 2,670 pupils), museum (43%, 2,277 pupils) and community centre (27%, 1,430 pupils).

**Gender:** Females were more likely than males to have visited a library in the last year (54%, 1,442 females; 47%, 1,221 males). Males were more likely than females to have visited a sports centre (85%, 2,194 males; 79%, 2,121 females).

**Year group:** Lower school pupils were more likely than middle/upper school pupils to have visited:

- Sports centre (86%, 1,823 lower school; 78%, 2,499 middle/upper school);
- Library (63%, 1,337 lower school; 46%, 569 upper school; 39%, 764 middle school);
- Museum (53%, 1,122 lower school; 36%, 1,155 middle/upper school); and
- Community centre (34%, 710 lower school; 23%, 720 middle/upper school).

## 9 The Future

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### 9.1 Post-School Aspirations

When pupils were asked what they hoped to do when they left school, 6% (328 pupils) did not answer the question, and of those who did answer the question, 6% (292 pupils) said that they did not know.

Of those who answered and who knew what they hoped to do, seven in ten (69%, 3,396 pupils) said that they hoped to go to further education or college and 20% (977 pupils) hoped to get a job. The remaining responses were take a gap year (5%, 227 pupils), obtain training/join a training scheme (3%, 166 pupils), or something else (3%, 171 pupils).

**Gender:** Of those who knew what they hoped to do when they left school, females were more likely than males to hope to go to further education or college (77%, 1,958 females; 60%, 1,435 males). Males were more likely than females to hope to get a job (26%, 631 males; 14%, 345 females).

**Year group:** Among those who knew what they hoped to do when they left school, upper school pupils were more likely than lower/middle school pupils to hope to go to further education or college (74%, 839 upper school; 67%, 2,547 lower/middle school). Lower school pupils were more likely than middle or upper school pupils to hope to get a job (23%, 458 lower school; 20%, 362 middle school; 14%, 157 upper school).

**Deprivation:** Of those who knew what they hoped to do, pupils in the most deprived areas were more likely than those in the least deprived areas to say that they hoped to get a job after school (21%, 119 most deprived; 15%, 156 least deprived).

### 9.2 Parental Encouragement

Most pupils (92%, 4,812 pupils) said that their parents/carers encouraged them to think about their future (e.g. getting a job, going to college or university).

**Gender:** Females were more likely than males to say that their parents/carers encouraged them to think about their future (93%, 2,505 females; 90%, 2,302 males).

**Year group:** Upper and middle school pupils were more likely than lower school pupils to say that their parents encouraged them to think about their future (95%, 1,165 upper school; 93%, 1,821 middle school; 88%, 1,826 lower school).

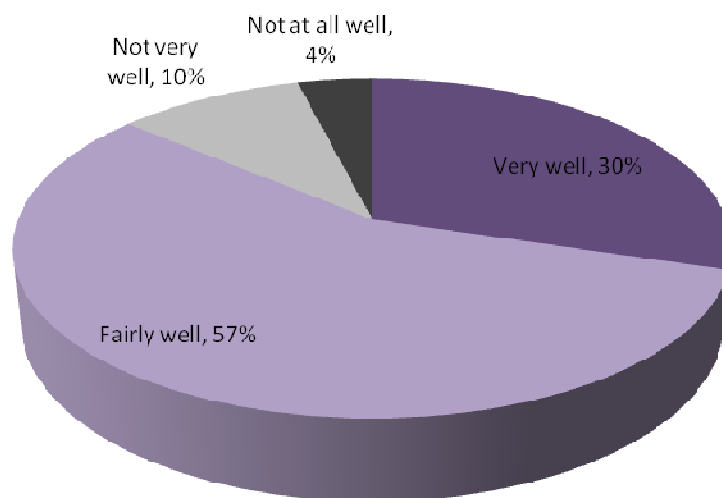
### 9.3 School Preparation for the Future

Pupils were asked how well they thought their school had prepared them for the future. Of all pupils who gave a response other than 'don't know'<sup>5</sup>, most (86%, 4,391 pupils) felt that their school had prepared them for the future very or fairly well.

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<sup>5</sup> Of the 5,276 pupils who answered, 4% (189 pupils) said they did not know.

**Figure 9.1: Perceptions of How Well School Has Prepared Pupils for the Future (All pupils who gave a response other than 'don't know', N=5,087)**



**Year group:** Lower school pupils were more likely than middle/upper school pupils to say that their school had prepared them very well for the future (42%, 840 lower school; 22%, 670 middle/upper school).

**Deprivation:** Pupils in the most deprived areas were more likely than those in the least deprived areas to say that their school had prepared them very well for the future (37%, 205 most deprived; 26%, 278 least deprived).

**Limiting illness or disability:** Pupils with a limiting illness or disability were more likely than those without to say that their school had not prepared them very well or not at all well for the future (21%, 92 limiting illness/disability; 12%, 453 without).

Pupils were asked whether they had taken part in certain activities through school which would assist them in preparing for a future career. Under half (44%, 2,191 pupils) had taken part in any of the activities. Just over a quarter of pupils (28%, 1,387) had taken part in a work placement; 18% (889 pupils) had been given support with CV preparation; 18% (887 pupils) had been given help with job searches; 17% (840 pupils) had been given a career interview, and 5% (275 pupils) reported having had employer visits.

**Gender:** Males were more likely than females to report having had employer visits (7%, 161 males; 4%, 113 females).

**Year group:** As would be expected, lower school pupils were more likely than middle and upper school pupils to say that they had not taken part in any of these activities (91%, 1,760 lower school; 52%, 960 middle school; 9%, 113 upper school). Upper school pupils were more likely to have participated in all activities, namely:

- Work placement (74%, 908 upper school; 24%, 451 middle school; 1%, 28 lower school);
- CV preparation (51%, 631 upper school; 13%, 238 middle school; 1%, 20 lower school);
- Job search (41%, 508 upper school; 16%, 302 middle school; 4%, 77 lower school);
- Career interview (45%, 550 upper school; 13%, 243 middle school; 2%, 47 lower school); and

- Employer visits (12%, 152 upper school; 5%, 85 middle school; 2%, 38 lower school).

**Deprivation:** Pupils in the least deprived areas were more likely than those in the most deprived areas to have had a career interview (21%, 219 least deprived; 15%, 85 most deprived) or help with CV preparation (26%, 277 least deprived; 14%, 78 most deprived).

## 10 Concluding Comments

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The preceding chapters have given a comprehensive account of the findings covering a wide range of health and wellbeing data from the survey of secondary school pupils in Renfrewshire. These include some key snapshot data for national health targets, from which future surveys can measure change. These include:

- 83% of pupils had brushed their teeth twice or more in the previous day;
- 41% of pupils had consumed five or more portions of fruit and vegetables in the previous day;
- 15% of pupils were exercising for at least sixty minutes on five or more days in the week.

The findings also revealed numerous significant differences for the five key independent variables (gender, year group, deprivation, limiting illness or disability and young carers). While not a comprehensive account of all differences, some key findings for each of these variables are summarised here:

### **Gender:**

Compared to females, male pupils were:

- More likely to have a medical problem or disability;
- More likely to have felt positive about themselves, feel that they had a lot of control over their lives and to have felt 'very happy' about their health;
- More likely to have a low depression score;
- Less likely to worry about a wide range of issues;
- More likely to have no-one to confide in;
- Less likely to have brushed their teeth twice or more in the previous day;
- More likely to walk to school and less likely to travel by car;
- More likely to meet the target of one hour of physical activity on five or more days per week, and more likely to take part in activities outwith school PE - particularly team sports, but less likely to take part in individual sports;
- More likely to have had breakfast and more likely to have eaten cereal for breakfast;
- More likely to have had a snack meal (e.g. hotdog/burger/chips) for lunch and a non-diet fizzy drink with lunch, but less likely to have had a sandwich, pasta/salad or soup for lunch and less likely to have had water to drink;
- More likely to have eaten no fruit/vegetables in the previous day;
- Less likely to be current smokers;
- More likely to say that they never drink alcohol, and among those who drank alcohol more likely to say that they never got drunk;
- More likely to have taken drugs at some time;
- More likely to admit to having bullied or frightened others at school in the last year, and less likely to have been afraid of going to school because of bullying;
- More likely to have engaged in some form of anti-social behaviour in the last year;
- Less likely to be aware of people/agencies they could contact for help with regards to protection from harm and abuse;
- Less likely to hope to go to further education after school, and more likely to hope to get a job.

### **Year Group:**

Compared to middle and lower school pupils, upper school pupils were:

- More likely to have access to the internet at home and to spend more than an hour a day surfing the net;
- More likely to have a part-time job;
- More likely to have positive attitudes towards breastfeeding in public;
- More likely to have high depression scores;
- More likely to worry about school, the future, getting a job and money;
- More likely to confide in friends;
- Less likely to walk to school;
- More likely to have drunk water at lunchtime;
- Less likely to live with a smoker but more likely to have a friend who smokes;
- More likely to have experienced discrimination in the last year;
- More likely to hold a Young Scot Card;
- More likely to hope to go to further education after school;

Compared to middle and upper school pupils, lower school pupils were:

- More likely to have felt positive about themselves and 'very happy' about their health over the last year;
- Less likely to feel that they had a lot of control over their lives;
- More likely to worry about being talked about, fear of violence/gangs, being bullied, drugs and drinking;
- More likely to confide in their parents/carers;
- More likely to have visited the dentist in the last six months;
- More likely to meet the national recommendation for physical activity (an hour of activity on five or more days per week);
- More likely to have eaten breakfast and more likely to have eaten lunch;
- More likely to have consumed five or more portions of fruit/vegetables per day;
- Less likely to be current smokers;
- More likely to say that they never drink alcohol;
- Less likely to have ever misused drugs or to have done so in the last year;
- More likely to have been bullied at school or elsewhere in the last year;
- Less likely to have engaged in anti-social behaviour in the last year;
- More likely to say that their school had prepared them very well for the future.

### **Deprivation:**

Compared to pupils at schools in less deprived areas, pupils in schools in the most deprived areas were:

- More likely to live in single-parent families;
- More likely to have a family member with a long-term illness/disability or a drug/alcohol problem;
- More likely to spend over an hour a day surfing the net or on social networking sites;
- Less likely to have felt happy/very happy about their health over the last year;
- More likely to agree with at least one negative statement about themselves;
- Less likely to worry about school and exams, but more likely to worry about violence/gangs and family health problems;
- More likely to walk to school;
- More likely to regularly take part in team sports, but less likely to regularly take part in individual sports;
- Less likely to have had breakfast;
- More likely to have had a snack meal (e.g. burger/hotdog/chips) or soup for lunch, and less likely to have had a sandwich/filled roll, pasta/salad or sweets/crisps.
- Less likely to say that they had never tried smoking;
- More likely to live with a smoker and more likely to have a friend who smokes;
- More likely to have been bullied away from school, and more likely to have been afraid of going to school because of bullying;

- Less likely to have participated in any of the positive behaviours, and more likely to have participated in at least one of the anti-social behaviours;
- Less likely to hold a Young Scot Card;
- More likely to hope to get a job after school;
- More likely to say that their school had prepared them very well for the future.

### **Limiting Illness or Disability:**

Compared to those without, pupils with a limiting illness or disability were:

- More likely to live in a single-parent family;
- More likely to have a family member with a long-term illness/disability or a drug/alcohol problem;
- Less likely to have felt positive about themselves over the last year, less likely to feel that they had a lot of control over their lives, and less likely to have felt very happy about their health over the last year;
- More likely to agree with at least one negative statement about themselves;
- More likely to have a high depression score;
- More likely to worry about many of the listed issues;
- Less likely to have brushed their teeth twice or more in the previous day;
- More likely to live with a smoker and more likely to have a friend who smokes;
- More likely to have ever misused drugs;
- More likely to have been bullied in the last year, and more likely to have been afraid of going to school because of bullying;
- More likely to have experienced discrimination in the last year;
- More likely to say that their school had not prepared them very well or not at all well for the future.

### **Young Carers;**

Compared to those without caring responsibilities, carers were:

- More likely to live in a single-parent family;
- Less likely to have access to the internet at home;
- More likely to have a part-time job;
- More likely to have a medical problem or disability;
- Less likely to have felt positive about themselves, less likely to feel that they had a lot of control over their lives, and less likely to have felt very happy about their health over the last year;
- Less likely to agree with all the positive statements about themselves, and more likely to agree with at least one or all of the negative statements about themselves;
- More likely to have a high depression score;
- More likely to worry about many of the listed issues;
- Less likely to have visited the dentist within the last six months;
- Less likely to take part in team sports;
- Less likely to have had breakfast;
- More likely to be current smokers;
- More likely to live with a smoker and more likely to have a friend who smokes;
- More likely to have ever taken illegal drugs, or to have done so in the last year;
- More likely to have been bullied in the last year and more likely to have felt afraid of going to school because of bullying;
- More likely to have experienced discrimination in the last year;
- More likely to admit to at least one anti-social behaviour in the last year.

## Next Steps

This has been a significant piece of work which has been supported by Community Planning partners. It has involved hard work and commitment from schools, young people and those who commissioned the work. We now have comprehensive information about the health and wellbeing of young people in Renfrewshire, but this is only useful if we make use of this information to change and influence the way we prioritise and make decisions.

Healthier Renfrewshire is the multi-agency group which will take forward the actions flowing from the survey. The first step is to share the results of the survey with schools, young people and other stakeholders. We will do this at the launch event in June 2009. Those at the event will inform priorities for action. Following this, we will break down the component parts of the report to inform the thinking of decision makers in different areas. This can be done at school or geographical area, and at speciality area e.g. mental health, addictions, physical activity etc.

The Community Planning partners are committed to repeating this survey in three years' time. We want to demonstrate that working in partnership influences outcomes for children and young people.



Fiona MacKay  
Head of Planning and Health Improvement  
Renfrewshire Community Health Partnership

# APPENDIX A: SURVEY METHODOLOGY

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## Methodology<sup>6</sup>

### Pilot Process

An initial questionnaire had been drafted by the Renfrewshire Community Health Partnership before the appointment of Ashbrook. In order to refine this questionnaire, a pilot process was undertaken which had four stages:

**Stage I:** visits were arranged to two schools in order to meet with the person with responsibility for health and wellbeing in these schools. The purpose of these visits was to discuss the administrative arrangements for the pilot exercise, including arrangements for the completion of questionnaires by pupils and any likely support needs required from Ashbrook – by either teachers or pupils – in relation to the completion of questionnaires.

**Stage II:** a subsequent visit was arranged to both schools to observe the process of the completion of questionnaires (and, thereafter, collect completed questionnaires for subsequent review). During this visit, the completion process was also discussed with the teacher responsible for its administration and the pupils who took part in the pilot exercise in order to identify any difficulties that teachers and/or pupils encountered during this element of the research process.

**Stage III:** all completed questionnaires were reviewed in order to determine the quality of response elicited from pupils during the pilot exercise and, in particular, to identify any questions which appeared to have caused difficulty.

**Stage IV:** a subsequent meeting was then arranged with the Steering Group to discuss the outcomes of the pilot exercise and provide recommended changes to the questionnaire or research process.

### Pre Delivery Stage

The pre delivery stage for the research was in three stages:

**Stage I:** a visit was arranged to each school participating in the research in order to meet with an appropriate co-ordinator with responsibility for health and wellbeing and, in particular, to:

- Discuss the arrangements for the delivery, completion (i.e. paper based or web based) and return of questionnaires to Ashbrook;
- Request information required from mainstream schools;
- Discuss support requirements.

**Stage II:** upon receipt of the information required from each of the mainstream schools, the person with responsibility for health and wellbeing was then issued with a specification identifying the classes to which questionnaires should be administered.

**Stage III:** a follow-up telephone contact was then made with each of the relevant staff members within the mainstream schools in order to:

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<sup>6</sup> This appendix has been written by Ashbrook Research and Consulting Ltd who undertook the fieldwork.

- Discuss the specification issued to them;
- Confirm delivery arrangements.

A similar telephone contact was also made with the appropriate staff member within the special educational needs school and alternative provision unit participating in the research in order to confirm delivery arrangements etc.

### **Support Mechanisms**

During the initial face to face meeting with the staff member with responsibility for health and wellbeing in each school, potential support requirements – for both teachers and pupils – were discussed. In particular, Ashbrook made the following support available to each school:

- Attendance by a Senior Researcher during the process of questionnaire completion (either on a paper based or web based basis);
- Telephone helpline (for both the staff member with responsibility for health and wellbeing and other teachers involved in the research process);
- Web based enquiry facility (again, for the staff member with responsibility for health and wellbeing and other teachers involved in the research process).

The extent and nature of the support requested varied from one school to another.

### **Delivery Phase**

The delivery phase of the research was in two stages:

**Stage I:** delivery of paper based questionnaires or notification of availability of web based questionnaires – depending on preference noted by each school during the pre-delivery stage. This stage also included:

- The provision of relevant instructions for the school staff with responsibility for health and wellbeing and other teachers involved in the research process;
- The provision of instructions for pupils participating in the research process;
- Description of the support available to teachers and pupils.

**Stage II:** telephone contact with each school participating in the research in order to:

- Check progress;
- Identify any difficulties being encountered;
- Review support requirements;
- Confirm arrangements for return of completed questionnaires.

### **Data Processing**

The data processing phase of the research was in two stages:

**Stage I:** all completed questionnaires were reviewed as returned on either a postal or web based basis. In particular, this process facilitated the identification of schools

from which response rates were low (in order to 'trigger' following up contact to promote response).

**Stage II:** based on the collation of returned questionnaires, telephone contacts were made with the staff member with responsibility for health and wellbeing within schools from which response rates were low in order to prompt response and identify any further assistance and support which may be required in order to assist with the process of questionnaire completion.

## **APPENDIX B: ANNOTATED QUESTIONNAIRE**

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A total of 5,557 pupil questionnaires from Renfrewshire secondary schools have been used to provide the results on the annotated questionnaire. Where appropriate, N (the number of valid responses) has been provided. Percentages are given for each question.

# RENFREWSHIRE HEALTH AND WELLBEING QUESTIONNAIRE

**Renfrewshire**  
Community Health Partnership



Thank you for agreeing to complete this questionnaire.

Remember that it is **COMPLETELY CONFIDENTIAL**, so you can be **COMPLETELY HONEST**.

Please try and complete as many of the questions as possible. The information you provide will be really helpful in trying to make improvements in the life and well-being of young people in your school, your community and across Renfrewshire.

## ABOUT YOU

1 **Are you...?** PLEASE TICK ONE BOX ONLY (N=5,547)

Male 49.4                      Female 50.6

2 **Apart from any brothers or sisters you have, which of these best describes you?** PLEASE TICK ONE BOX ONLY (N=5,557)

I live with my mum and dad	65.9	I live with my dad and his partner	0.7
I spend some time living with my mum and some time living with my dad	8.3	I live with my grandparent(s)/other family members	1.7
I live with just my mum	12.5	I live with foster parents	0.3
I live with just my dad	1.2	I am in care	2.7
I live with my mum and her partner	6.7	Other (PLEASE WRITE IN)	

**3 To which of these groups do you consider you belong?**  
PLEASE TICK ONE BOX IN ONE SECTION ONLY (N=5,504)

White - Scottish	92.3
White - Other British	2.5
Another White Background	1.0
Black, Black Scottish or Black British – Caribbean	0.2
Black, Black Scottish or Black British - African	0.5
Another Black, Black Scottish or Black British Background	0.1
Asian, Asian Scottish or Asian British – Indian	0.6
Asian, Asian Scottish or Asian British – Pakistan	1.1
Asian, Asian Scottish or Asian British – Bangladesh	0.5
Asian, Asian Scottish, Asian British – Chinese	0.5
Another Asian Background	0.2
Another Mixed Background	0.5
Other Ethnic background (PLEASE WRITE IN BOX)	0.0

**4 Would you describe yourself as an asylum seeker – in other words, someone who has come to this country from another country because they were in danger?**  
PLEASE TICK ONE BOX ONLY (N=5,382)

Yes	0.9	No	96.3	Don't know	2.8
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**5 Have you come to Scotland from another country in the last three years? (N=5,402)**

Yes	2.5	<b>GO TO Q6</b>
No	97.5	<b>GO TO Q7</b>

**6 Did you come from any of the following countries? (N=131)**  
PLEASE TICK ONE BOX ONLY

Czech Republic	3.1	Lithuania	1.5	Romania	5.3
Estonia	1.5	Poland	13.0	Bulgaria	3.1
Hungary	2.3	Slovakia	3.1	Another country	65.6
Latvia	1.5	Slovenia	0.0		

## YOUR SCHOOL

**7 Which school do you go to?**  
PLEASE TICK APPROPRIATE BOX

(5,557 responses)

**8 What year group are you in?**  
PLEASE TICK ONE BOX ONLY (N=5,557)

S1	20.3	S2	20.0	S3	17.2	S4	19.3	S5	14.2	S6	9.0
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## HOW DO YOU FEEL?

**9 How have you felt about yourself in general, over the last year?**  
PLEASE TICK ONE BOX ONLY (N=5,492)



39.1



42.1



13.8



2.9



2.2

**10 How much control do you have over the way your life is going in general?**  
PLEASE TICK ONE BOX ONLY (N=5,444)

**None**

2.5

**A little**

9.6

**Some**

43.5

**A lot**

44.5

**11 How have you felt, about your health in general, over the last year?**  
PLEASE TICK ONE BOX ONLY (N=5,451)



40.9



37.9



15.2



4.2



1.8

**12 Which, if any, of these things makes you feel good PLEASE TICK ALL THAT APPLY (N=5,463)**

Relationship with parents	63.1	Sport	53.5
Relationship with brother(s)/ sister(s)	48.8	Taking part in out of school clubs	27.2
Spending time with friends	85.9	Computer/console games	44.8
Relationship with boyfriend/girlfriend	35.3	None	0.4
School	24.2	Other (please state)	4.4

**13 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	Some -times	Never	N
a) I've felt too tired to do things	9.5	71.1	19.4	5,437
b) I've had trouble getting to sleep	11.5	44.2	44.3	5,423
c) I've had trouble staying asleep	5.9	22.8	71.2	5,381
d) I've felt unhappy, sad or depressed	5.4	47.0	47.5	5,399
e) I've felt hopeless about the future	5.0	28.3	66.6	5,391
f) I've felt tense or nervous	6.9	61.4	31.7	5,380
g) I've worried too much about things	17.4	50.4	32.2	5,414

**14 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	2.2	10.8	64.1	22.9	5,405
b) I often wish I was someone else	40.1	36.9	17.2	5.8	5,413
c) I am easy to like	2.5	10.3	70.1	17.0	5,373
d) I have a low opinion of myself	28.0	44.4	21.5	6.1	5,374
e) I am a failure	57.8	33.4	5.7	3.1	5,388
f) There are lots of things about myself that I would like to change	17.9	37.5	32.6	12.0	5,429
g) I am able to do things well	2.1	6.4	66.7	24.7	5,413
h) Most of the time I am satisfied with myself	2.9	13.1	61.0	23.0	5,395
i) I have a number of good qualities	2.1	8.5	59.7	29.8	5,407
j) I like myself	3.8	9.2	52.8	34.2	5,390

**15 Which, if any, of these things do you worry about?**  
PLEASE TICK ALL THAT APPLY (N=5,349)

School	40.7	Family rows	29.1	Friends	24.4
Being bullied	16.3	Relationship with parents/carers	15.3	Skin problems	18.3
Money problems	25.3	Drugs	11.8	Brothers/sisters	14.6
The way I look	37.1	Getting a job	25.6	Fear of violence/gangs	21.2
Boyfriend/Girlfriend	18.3	Drinking	10.9	Family health problems	18.9
Exams	56.7	Being talked about	32.9	The future	38.2
Loneliness	15.9	My health	22.7		
<b>I have no worries at the moment</b>			10.1		
Other (PLEASE WRITE IN)			1.0		

**16 Who, if any, of the following do you talk to and trust about personal things or worries?**  
PLEASE TICK ALL THAT APPLY (N=5,415)

Friends	77.6	Neighbours	4.1
Parents/carers	63.3	No-one	6.5
Other family members	40.4	Others (please state who)	2.3
GPs/Health Professionals	7.3		
Teachers	10.6		

**17 Have you been bullied in the past year?**  
PLEASE TICK ONE BOX ONLY (N=5,303)

(a) In this school	Yes	10.8	No	89.2
(b) Elsewhere	Yes	9.4	No	90.6

18 Have you ever felt afraid of going to school because of bullying in the past year?  
PLEASE TICK ONE BOX ONLY (N=5,462)

Never	Sometimes	Often	Very Often
86.1	10.3	1.7	1.9

19 Have you bullied or frightened someone in this school in the past year?  
PLEASE TICK ONE BOX ONLY (N=5,454)

Never	Sometimes	Often	Very Often
85.2	11.9	1.5	1.4

## ILLNESS & DISABILITY

20 Are you registered with a Doctor (GP) ?

<u>Yes</u>	86.5	<u>No</u>	1.4	Don't know	12.1
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21 Do you have a current medical problem or disability?  
PLEASE TICK ALL THAT APPLY (N=4,811)

Asthma	16.5	Injury (e.g. broken bones)	3.7
Diabetes	1.1	Painful joints	6.2
Dyslexia	4.0	Physical disability	1.3
Eczema	8.2	Learning difficulties	4.6
Epilepsy	1.3	I have no medical problem or disability	61.4
Other (PLEASE WRITE IN)	6.9		

22 Does this medical problem or disability limit what you can do?  
PLEASE TICK ONE BOX ONLY (N=1,597)

No	69.8	Yes	30.2	If yes, in what way(s)? (466 responses)
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## ORAL HEALTH

**23 How many times did you clean your teeth yesterday ?**  
PLEASE TICK ONE BOX ONLY (N=5,473)

<b>Not at all</b>	<b>Once</b>	<b>Twice</b>	<b>3 times or more</b>
2.1	15.2	68.7	14.0

**24 Are you registered with a Dentist ? (N=5,468)**

<u><b>Yes</b></u> 93.0	<u><b>No</b></u> 2.0	<b>Don't know</b> 5.0
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**25 When did you last go to the dentist ?**  
PLEASE TICK ONE BOX ONLY (N=5,461)

<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>
74.7	11.0	2.5	0.7	11.2

## PHYSICAL ACTIVITY

**26 How do you usually travel to school? (most days)**  
PLEASE TICK ONE BOX ONLY (N=5,412)

Walk	43.1	Train	0.2
Cycle	0.5	Car	18.1
Bus	38.0	Other (PLEASE WRITE IN) 0.1	

**27 How long does the journey take (one way)?**  
PLEASE TICK ONE BOX ONLY (N=5,463)

Less than 5 minutes	15.4
At least 5 minutes but less than 15 minutes	40.3
At least 15 minutes but less than half an hour	33.4

- 28 **Thinking of the last 7 days, how much time have you been active enough to make you breathe harder and/or become sweaty – including PE sessions in school?**  
PLEASE TICK ONE BOX FOR EACH DAY OF THE WEEK (N=5,332)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
No time	33.0	32.6	33.5	34.7	34.7	35.7	45.7
Up to one hour	38.8	38.0	36.3	35.6	38.4	29.5	26.3
More than one hour	28.3	29.4	30.3	29.7	26.9	34.8	28.0

- 29 **Excluding PE Sessions in school, what type of physical activity do you regularly take part in – PLEASE TICK THE TYPE OF ACTIVITY YOU HAVE UNDERTAKEN IN THE LAST MONTH (N=5,355)**

Team Sports (eg football, netball)	50.3
Individual sport (eg dance, swimming)	47.2
None	16.8
Other (please state)	2.8

## YOUR DIET

**30 What did you have for your breakfast this morning?**  
PLEASE TICK ALL THAT APPLY (**N=5,408**)

A drink	36.4	Cereal Bar	6.6
Cereal (including porridge)	45.2	Sweets	1.1
Toast or bread	29.6	Crisps	1.7
Cooked breakfast	6.3	Nothing	15.7
		Something else (PLEASE WRITE IN)	2.5

**31 Where did you eat your breakfast?**  
PLEASE TICK ONE BOX ONLY (**N=4,534**)

At home	92.5	On your way to school	5.1
In the school canteen	2.1	Somewhere else (PLEASE WRITE IN)	0.3

**32 What did you have for lunch yesterday? (or the last day you were at school)**  
PLEASE TICK ALL THAT APPLY (**N=5,330**)

Standard meal (e.g. meat, vegetable, potatoes)	7.1	Soup	10.5
Sandwich/filled roll	53.8	Sweets/Crisps	20.4
Snack meal (e.g. burger, hot-dog, chips)	17.6	Nothing	5.8
Pasta/Salad	8.5	Something else (PLEASE WRITE IN)	3.9

**33 What drink or drinks did you have during lunch time yesterday? (or the last day you were at school)**  
PLEASE TICK ALL THAT APPLY (**N=5,355**)

Nothing to drink	5.5	Juice drink (e.g. Ribena, Oasis, Sunny Delight)	17.0
Fizzy Drink (e.g. regular Irn Bru)	32.2	Milk (full fat)	2.5
Diet Fizzy Drink	9.9	Milk (low fat, e.g. semi-skimmed/skimmed)	6.7
Water	28.2	Tea/Coffee	3.7
Fruit juice	21.7	Something else (PLEASE WRITE IN)	1.8

- 34 How many portions of fruit did you eat yesterday?**  
(A portion of fruit would be something like 1 banana or 1 apple or 1 slice of melon or 2 satsumas. Fruit Juice counts as 1 portion only, no matter how much you drink)  
PLEASE WRITE THE NUMBER OF PORTIONS IN THE BOX (**N=5,231**)

0 Portions: 16.8  
1-4 Portions: 76.7  
5 or more Portions: 6.5

- 35 How many portions of vegetable or salad (not potatoes) did you eat yesterday?** (A portion of vegetables would be something like a large spoonful of carrots or baked beans and includes fresh, frozen or tinned vegetables)  
PLEASE WRITE THE NUMBER OF PORTIONS IN THE BOX (**N=5,183**)

0 Portions: 21.8  
1-4 Portions: 71.5  
5 or more Portions: 6.7

## SMOKING

- 36 Which of the following best describes you? PLEASE TICK ONE BOX ONLY(N=5,406)**

I have never tried smoking	64.1	<b>GO TO Q42</b>
I have only tried smoking once or twice	19.9	<b>GO TO Q41</b>
I used to smoke but I have given up	5.5	<b>GO TO Q41</b>
I smoke some days	4.1	<b>GO TO Q38</b>
I smoke every day	6.3	<b>GO TO Q37</b>

- 37 If you smoke every day, please write in the number of cigarettes you smoke in an average day.**

PLEASE WRITE IN THE BOX (**N=315**)

1-10: 64.4  
11-20: 28.3  
More than 20: 7.3

- 38 If you smoke some days, please write in the number of cigarettes you smoke in an average week.**

PLEASE WRITE IN THE BOX (**N=205**)

1-10: 76.1  
11-20: 18.0  
More than 20: 5.9

**39 Where do you usually get your cigarettes from?**  
PLEASE TICK ALL THAT APPLY (N=565)

I buy them from a shop	57.7	A family member gives them to me	7.6
I buy them from people I know	14.7	I take them from a family member without their knowledge	8.3
I ask someone I don't know to buy them	20.2	Other PLEASE WRITE IN	1.9
A friend buys/gives them to me	34.0		

**40 Would you like to stop smoking?** PLEASE TICK ONE BOX ONLY (N=546)

Yes	31.5	Possibly	43.6	No	24.9
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**41 How old were you when you first tried a cigarette?**  
PLEASE WRITE IN THE BOX (N=1,826)

Under 5:	0.9
5-11:	34.1
12 and over:	65.1

**42 Does anyone in your home smoke?** PLEASE TICK ONE BOX ONLY (N=5,171)


Yes	43.6	No	56.4
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**43 Do any of your friends smoke?** PLEASE TICK ONE BOX ONLY (N=5,147)

Yes	51.1	No	48.9
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## DRINKING ALCOHOL

**44 How often do you drink alcohol?** PLEASE TICK ONE BOX ONLY  
(N=5,380)

Never	40.1	<i>GO TO Q47 AND READ PARAGRAPH</i>
Once a week or more	13.8	 <i>GO TO Q45</i>
Every 1 – 2 weeks	10.8	
Every 3 – 4 weeks	7.8	
Once every 2 – 3 months	9.3	
Less often (once or twice a year)	18.1	

**45 Which of the following do you drink?** PLEASE TICK ALL THAT APPLY  
(N=3,246)

Beer/Lager/Cider	59.6
Shandy (lemonade and beer)	16.5
Alcohol fizzy drinks or Alcopops (e.g. WKD, Bacardi Breezers)	51.6
Wine (Red, White, Rose)	22.5
Spirits (e.g. Vodka, Whisky)	46.5
Fortified wine/sherry (e.g. Buckfast, Martini)	21.1
Other (PLEASE WRITE IN)	5.9

**46 How often would you say you get drunk?** PLEASE TICK ONE BOX ONLY (N=3,203)

Never	37.4	Twice a week	6.3
Less than once a month	18.3	Most days	2.3
Once or twice a month	16.9	Don't know	8.0
Once a week	10.8		

# 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. We are also interested in things that can be misused such as solvents and glue.

Remember that 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.

**47 Have you ever taken illegal drugs?**  
PLEASE TICK ONE BOX ONLY (N=5,388)

Yes	16.6	No	83.4
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**48 Which, if any, of these drugs have you taken in the last year?**  
**PLEASE TICK ALL THAT APPLY (N=5,244)**

Cannabis (Marijuana, dope, hash, blow, joints, wacky baccy)	13.3
Gas, glue or other solvents (Tipp-Ex, lighter fuel, aerosols to inhale or sniff)	1.4
Amphetamines (Speed, Whizz, Sulph)	1.6
LSD (acid, tabs, trips)	0.8
Ecstasy (E, Eccies, XTC)	3.2
Cyroban (Cy/Cyber)	0.0
Poppers (Amyl Nitrates, Liquid Gold, Rush)	1.4
Tranquillisers (Downers, Jellies, Valium, Temazapan, Eggs)	1.0
Heroin (Smack, Skag, Gear, H)	0.6
Magic Mushrooms (Shrooms)	1.0
Methadone (Linctus, Physeptone, Meth)	0.2
Crack (Rock, Stone)	0.6
Cocaine (Coke, Charlie, C)	3.2
Anabolic Steroids (Roids)	0.3
Other drugs that would not be given to you by a doctor or chemist (PLEASE WRITE IN)	0.1
None in the last year	85.7

## SERVICES FOR YOUNG PEOPLE

**49 Do you go to a local youth club or centre?** PLEASE TICK ONE BOX ONLY (N=5,302)

Yes	25.7	
No – I don't know of one that I could go to	43.5	<b>GO TO Q51</b>
No – but I know of one that I could go to	30.7	<b>GO TO Q50</b>

**50 Is there anything stopping you, or putting you off going to a youth club or centre?** PLEASE WRITE IN THE BOX

1,203 responses

**51 All children and young people have a right to feel safe and be protected from harm and abuse. Are you aware you can contact the following for help. TICK THOSE THAT YOU WERE AWARE OF (N=5,199)**

Teacher	76.4	Police Officer	72.8
Social Worker	40.1	Childline	76.7
Doctor (GP)	51.8	Home Link Worker	28.5
School Nurse	31.5	Not aware of any	5.5

**52 Do you currently hold a Young Scot Card?**  
PLEASE TICK ONE BOX ONLY (N=5,381)

Yes 58.0 *GO TO Q53*                      No 42.0 *GO TO Q54*

**53 Have you used it for any of the following activities?**  
PLEASE TICK ALL THAT APPLY (N=2,997)

Cashless catering at school	30.8	Proof of age for bus/train fares	19.4
Library Membership	5.1	Other (PLEASE WRITE IN BELOW)	3.6
Discounts in shops	39.0		
Proof of age for cinema	34.9	None of these	28.6

**54 Have you been to any of the following in the last year?**  
PLEASE TICK ALL THAT APPLY (N=5,299)

Museum	43.0	Community Centre	27.0
Library	50.4	None of these	8.9
Sports/Leisure Centre	81.6		

## BEHAVIOUR/ATTITUDE

55 Have you experienced discrimination on any of the following grounds in the last 12 months? For example, has someone treated you badly because of any of the following things about you? PLEASE TICK ALL THAT APPLY (N=4,547)

Accent	6.3
Age	9.5
Disability	3.0
Ethnicity or ethnic background	2.4
Language	1.8
Nationality	3.6
Religion/faith/belief	4.4
Sex/gender	4.4
Sexual orientation	2.9
Skin colour	3.5
Other (PLEASE WRITE BELOW)	6.5
None	72.6

56 Which, if any, of these things have you done in the last year?

PLEASE TICK ALL THAT APPLY (N=5,214)

Taken part in an out of school sport activity (including football, dance, aerobics, etc.)	65.8	Taken part in the buddying/mentoring programme at school	16.5
Undertaken volunteer work	17.4	Participated in an organisation such as scouts/guides	15.5
Taken part in a charity event	29.6	Played a musical instrument	39.4
Taken part in a drama/acting/signing group	18.7	None of the above	13.4
Participated in a faith based activity – eg scripture union, koran classes	5.8	Other activity you would like to tell us about – please write in below	0.7
		<input type="text"/>	10

57 Which, if any, of these things have you done in the last year?

PLEASE TICK ALL THAT APPLY (N=5,118)

Dogging/missing/skipping school	26.0	Carrying a weapon in school	1.8
Shoplifting	7.3	Drug dealing	2.4
Fighting someone	22.7	Vandalising others' property/ graffiti	10.1
Threatening/bullying/harassing person	a 6.4	Breaking into a school, shop, or another person's home	2.0
Carrying a weapon outside school	4.9	None of these	57.5

**58 The following statements are things some people have said about breastfeeding. How much do you agree or disagree with each one:**

(a) Women should be made to feel comfortable breastfeeding their child in public (N=5,258)

Strongly agree	31.3	Tend to agree	37.8	Tend to disagree	20.0	Strongly disagree	10.8
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(b) Women should only breastfeed their child at home or in private (N=5,215)

Strongly agree	19.7	Tend to agree	26.4	Tend to disagree	33.0	Strongly disagree	20.8
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(c) I would feel embarrassed seeing a woman breastfeeding her child (N=5,205)

Strongly agree	15.3	Tend to agree	29.4	Tend to disagree	30.4	Strongly disagree	25.0
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## RELATIONSHIPS

**59 Is there someone you can talk to about relationships, sexual health, etc?**

PLEASE TICK ALL THAT APPLY (N=5,254)

Parent/Carer	55.7	Friend	64.8
Sister/brother	26.1	School Nurse	11.1
Other family member	23.1	No-one	9.8
Teacher	7.5	Other (please state who)	1.2

**60 Have you received any sexual health and relationship education at school? (N=5,358)**

Yes	86.8	<b>GO</b>	<b>TO</b> <b>Q61</b>
No	13.2	<b>GO</b>	<b>TO</b> <b>Q63</b>

**61 How well has this prepared you for forming and dealing with relationships? (N=4,576)**

Very well	26.3	<b>GO</b>	<b>TO</b> <b>Q63</b>
Well	62.0	<b>GO</b>	<b>TO</b> <b>Q63</b>
Badly	8.3	<b>GO</b>	<b>TO</b> <b>Q62</b>
Very badly	3.5	<b>GO</b>	<b>TO</b> <b>Q62</b>

**62 How do you think this could be improved? PLEASE WRITE IN THE BOX**

(275 responses)

**63 Which of the following best describes you? (N=5,257)**

Heterosexual (opposite sex relationships)	87.4
Gay or lesbian (same sex relationships)	3.7
Bisexual (both opposite and same sex relationships)	1.6
Don't know	2.9
Prefer not to answer	4.5

**HOME**

**64 Is there a computer in your house that you can access? PLEASE TICK ONE BOX ONLY (N=5,375)**

Yes	94.7	<b>GO TO Q65</b>	No	5.3	<b>GO TO Q66</b>
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**65 Do you have access to the internet at home?**  
PLEASE TICK ONE BOX ONLY (N=5,322)

Yes 92.3 No 7.7

**66 How long do you spend on a computer/games console on an average school day?** PLEASE TICK ONE BOX FOR EACH ACTIVITY

	No time	Up to 1 hour	More than 1 hour	N
Gaming	47.6	29.9	22.6	4,620
Surfing the net	15.5	48.8	35.7	4,856
Homework	21.1	55.4	23.5	4,735
Social Networking (e.g. bebo, msn or facebook)	15.7	32.6	51.7	4,934
Games console	42.7	30.0	27.3	4,637

**67 Do you have a part-time job?** PLEASE TICK ONE BOX ONLY (N=5,312)

Yes 25.2 *GO TO Q68* No 74.8 *GO TO Q70*

**68 What job do you do?** PLEASE TICK ALL THAT APPLY (N=1,334)

Paper round	27.6	Gardening/car washing	6.4
Milk round	4.0	General delivery	3.2
Food outlet	12.2	Other (PLEASE WRITE IN)	19.5
Shop work/hairdressing junior	28.1	<input type="text"/>	
Babysitting	14.5		

**69 How many hours did you work last week (that is, the week ending last Sunday) OR, typically, how many hours per day did you work last week? PLEASE WRITE IN THE APPROPRIATE BOX BELOW**

HOURS PER WEEK (**N=987**)

1-10:	64.6
11-20:	27.6
21 and over:	7.8

OR

HOURS PER DAY (**N=162**)

1-3:	56.8
4-6:	23.4
7 and over:	19.8

**70 Does anyone in your family have any of the following?**  
PLEASE TICK ALL THAT APPLY (N=5,167)

A disability or long-term illness	18.5	} GO TO Q71
A drug or alcohol problem	8.0	
None of the above	75.8	GO TO Q74

**71 Do you ever do anything to help this person, for example, looking after brothers or sisters, shopping, cooking or housework?** PLEASE TICK ONE BOX ONLY (N=1,228)

Yes	60.9	GO TO Q72	No	39.1	GO TO Q74
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**72 Typically, how many hours per day or per week do you spend helping them?**  
PLEASE WRITE IN THE BOX

HOURS PER WEEK (N=374)

1-4:	54.0
5-20:	37.2
21 and over:	8.8

OR

HOURS PER DAY (N=182)

1-2:	61.0
3-6:	31.3
7 and over:	7.7

**73 How, if at all, do these responsibilities affect you?**  
PLEASE TICK ALL THAT APPLY (N=674)

No effect at all	50.0	Helps me organise my time	8.8
Sometimes unable to do homework	4.2	Makes me tired	23.1
Sometimes miss school	6.7	It can be lonely	8.0
Sometimes get bullied at school	4.5	It makes me feel stressed	23.9
Makes it difficult to make friends	4.6	It makes me feel anxious	11.9
I can't join clubs	3.3	Other (PLEASE WRITE IN)	1.9
Sometimes makes me late for school	7.1		

13

## YOUR FUTURE

### 74 What do you hope to do when you leave school ?

PLEASE TICK ONE ONLY (N=5,229)

Go to further education/college	64.9
Take a gap year	4.3
Obtain training or join a training scheme	3.2
Get a job	18.7
Don't know	5.6
Other (PLEASE WRITE IN)	3.3

### 75 Do your parents / carers encourage you to think about your future (e.g. getting a job, going to college or university)?

PLEASE TICK ONE BOX ONLY (N=5,254)

Yes	91.6	No	8.4
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### 76 How well do you think your school has prepared you for the future?

PLEASE TICK ONE BOX ONLY (N=5,276)

Very well	Fairly well	Not very well	Not at all well	Don't know
28.6	54.6	9.5	3.7	3.6

### 77 Have you taken part in any of the following? PLEASE TICK ALL THAT APPLY (N=5,024)

Work placement	27.6	CV (Curriculum Vitae) preparation	17.7
Careers interview	16.7	Job search	17.7
Employer visits	5.5	None	56.4

**78 Do you have any other comments you would like to make about your health and wellbeing. If so, please note in the box below.**

(203 responses)

THANK YOU FOR TAKING PART IN THIS SURVEY