

The Highland Council

Education Children and Adult Services Committee 20 January 2016

Agenda Item	19.
Report No	ECAS 15/16

Highland Lifestyle Survey 2015

Report by Director of Care and Learning

Summary

The Highland Lifestyle Survey has been carried out with P7, S2 and S4 pupils in 2009, 2011, 2013. The questions were revised for the 2015 Survey and access to it was extended to cover a six week period. This report summarises the key findings of the 2015 Survey and, where possible, longitudinal comparison across all four surveys and the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) has been included.

1. Background

- 1.1 The Highland Lifestyle Survey question design and process was developed in 2009 by a multi-agency steering group including young people. The 2009, 2011 and 2013 Surveys were carried out over a one week period, with many of the questions relating to the last week. The questions for the 2015 Survey were revised by a multi-agency group to ensure a close fit with the current experiences of young people and the performance needs of *For Highland's Children 4*. The Survey completion time was also extended to cover a period of over six weeks and questions were less specific to the last week.
- 1.2 The Survey contributes to the implementation of 'Highland First 2015–17', and specifically: commitment 44 Supporting Head Teachers: *We will work collaboratively with Head Teachers to provide them with the best opportunity to maintain standards, reduce unnecessary bureaucracy and to drive further improvement*; 'Working together for children and young people, commitment 20': *The Council will work with NHS Highland to achieve public health targets for breast feeding, immunisations and healthy weight, and to address smoking and substance misuse*; and 'Working together for empowering our communities, commitment 19': *The Council will improve public engagement, consultation and our handling of complaints*.
- 1.3 The Survey also contributes to the implementation of Highland Council's equality priorities presented in "A Fairer Highland", specifically actions relating to bullying in schools:
 - Pupils and school staff have a greater understanding of prejudice based bullying and its impact and
 - Pupils and school staff feel more confident in reporting prejudice based bullying incidents that they have experienced or witnessed
- 1.4 The Survey provides local data relating to self-reported responses of P7, S2 and S4 pupils to questions relating to health and wellbeing on a biennial basis - such as family life, peer relationships, personal circumstances, food and health, oral health, activities and leisure and substance misuse.

- 1.5 Data is also sourced from national studies such as the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) (local level data for S2 and S4 available every 4 years, nationally every two years) and the Health Behaviours in School-Aged Children (HBSC), a cross national study of children aged 11, 13 and 15 years. The 2015 SALSUS questionnaire was sent out to schools last term (Autumn 2015).
- 1.6 A national review of health and wellbeing surveys is currently taking place. The Draft Improvement Plan for Education 'Creating a Smarter Scotland' states that '*A new children and young people's health and wellbeing survey is being planned, with the aim of gathering the first set of data in 2017 [...] During 2016 we will consult with a wide range of stakeholders as part of the development of the new children and young people's health and wellbeing survey about what constitutes the most appropriate measures of health and wellbeing for children and young people at different ages and stages*'.

2. The 2015 Highland Lifestyle Survey

- 2.1 The full report on the findings of the 2015 Highland Lifestyle Survey can be found at **Appendix 1**.
- 2.2 Following advice from Head Teachers, the 2015 Survey was completed by schools between the middle of May and the end of June. The extended time period was introduced to make it easier for schools to participate and to a degree this was successful, as there were no paper copies submitted this year, reducing costs and indicating that access to computer suites was made easier with a longer period. Unfortunately, the timing proved to be difficult as during that time pupils move from one school year to the next. There was initial confusion about which cohort of S2 and S4 should participate, and many S4s were not in school due to study leave and summer activities.
- 2.3 The 2009, 2011 and 2013 Surveys were collated at the level of the previous area structure: Inverness, Nairn and Badenoch & Strathspey (INBS); Ross, Skye and Lochaber (RSL); and Caithness, Sutherland and East Ross (CSER). For the first time, the 2015 survey will allow information to be shared at the ASG level.
- 2.4 The response rate was lower than the 2013 Survey at 51%. A total of 56 schools did not complete the survey. Of these 6 Primary Schools were not able to complete it because they had no P7 pupils. Of the remaining 50 schools: 4 were Secondary, 2 Special Schools, 1 alternative education provision and 43 Primary Schools. This will impact on the validity of local data at ASG level.
- 2.5 Highlights of the Survey include:
- 8% of responses stated that they have a disability. This is an increase from 2013 when 4.6% of pupils said yes to this question. A further 30% of P7s, 31.5% of S2s and 32.3% of S4s responded that whilst not having a disability, they considered themselves to have other difficulties;
 - 10% of respondents said that they help someone they live with, and of those 69.2% of P7, 62.5% of S2 and 59.3% of S4 responses felt that they receive support that helps them cope with their caring role;

- Only 27% of P7 pupils ate 5 or more portions of fruit or vegetables the day before the Survey. This reduced with age with only 20% of S2s and 19% of S4s reaching this recommendation;
- 57.6% of P7s, 41.7% of S2s and 38.4% of S4 use active travel to get to school;
- Only 59% of P7 and S2s and 53% of S4s reported that they usually participate in the recommended minimum 60 minutes or more physical activity per day; however examining how many reached this over the last week, only 20.2% reach this target: a quarter of P7s (25%), and less than a fifth of S2 (18.7%) and S4 (17.2%) pupils reported that they meet the recommended levels of physical activity;
- Only 44.2% of P7, 16.7% of S2 and 7.2% S4 responded that they achieve the recommended amount of sleep for their age, although a further 18% of S4s were only marginally under;
- 42.7% of P7s, 38.7% of S2s and 26.6% of S4s responded that they had been bullied at least once in the last year;
- 81% of pupils think their school is an excellent or very good place to learn;
- 10% of P7s, 37% of S2s and 71% of S4s have had an alcoholic drink. The S2 figure is higher than national SALSUS data of 32% of 13 year olds;
- 6.6% of S2 responses said they had a drink almost every day, about once or twice a week or once a week, which is higher than SALSUS results of 3% of 13 year olds state that they drink once per week;
- 13% of P7s, 16% of S2s and 33% of S4s have done something they regretted due to alcohol at least once;
- 3.8% of S2s and 12.5% of S4s have tried drugs, including legal highs. SALSUS data indicates that 3% of 13 year olds and 15% of 15 year olds stated that they had, indicating that the Highland rate for S4 pupils is slightly lower;
- 3% of P7s, 13% of S2s and 29% of S4s claim to have been offered drugs. SALSUS data indicated a higher number (35%) of 15 year olds had responded that they had been offered drugs and the figure for 13 year olds was slightly higher at 14%.

3. Conclusion and Next Steps

- 3.1 The analysis of the 2015 Highland Lifestyle Survey highlights the benefits of carrying out a Highland specific biennial exercise in addition to using national data to inform service improvement. Overall the information supports the view that the great majority of children in Highland are happy, healthy, and have good family and peer relationships, and it enables further improvement activity to be identified.
- 3.2 The return rate of 51% was disappointing, and is most likely to have resulted from the time of year the Survey was undertaken. An earlier time in the school year will be considered for the 2017 Survey.

3.3 Additional work will be undertaken to further understand the statistics, noting that caution is advised in interpretation due to fairly low response rates for some question options.

3.4 The results will be an important contribution to planning children's services and will continue to inform the implementation of *For Highlands Children 4* through the work of the Improvement Groups.

4. Implications

4.1 **Resources:** There are no additional resource implications arising from the content of this report. The main cost has been staff time and this has been covered from within existing resources.

4.2 **Legal:** There are no additional legal implications arising from this report. The data presented and subsequent reports will be compliant with the ISD Statistical Disclosure Control Protocols

4.3 **Equalities:** Response rates from special schools has not been high so an exploration to ascertain if different approaches to gathering information these establishments is required. The Survey analyses information by age, gender, disability and young carers. The questions on bullying do not ask about 'Protected Characteristics' identified in the Equality Act 2010, but these questions have been incorporated into the Classroom Bullying Surveys that were introduced this year.

4.4 **Climate Change/Carbon Clever:** Actions to avoid the need for paper copies of the survey mean that there are no climate change risks that arise from the Highland Lifestyle Survey.

4.5 **Rural:** The contents of this report will provide important data to schools at area level.

4.6 **Risk and Gaelic:** There are no risk or Gaelic implications arising from the content of this report.

5. Recommendation

5.1 Members are asked to consider and comment on the findings of the 2015 Highland Lifestyle Survey.

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Date: 8 January 2016

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Findings of the 2015 Highland Lifestyle Survey

1. Survey questions

1.1 A full set of Survey questions can be found at Annex 1.

2. Response rates by number and gender

2.1 Table 1. below indicates that response rates for the 2015 Survey were considerably lower than the 2013 Survey (66.2%) at 51%. It is a small increase on the 2009 Survey which had a response rate of 47%.

2.2 A total of 56 schools did not complete the survey. Of these 6 Primary Schools were not able to complete the survey because they had no P7 pupils. Of the remaining 50 schools, 4 were Secondary, 2 Special Schools, 1 alternative education provision and 43 Primary Schools. This will impact on the validity of local data at ASG level.

Table 1. Number of responses

	2015 total cohort	2015 Actual response	2013 Total Cohort	2013 Actual Response	2011 Total Cohort	2011 Actual Response	2009 Total Cohort	2009 Actual Response
P7	2297	1167 (50.8%)	2560	1680 (65.6%)	2415	1728 (71.5%)	2618	1486 (57%)
S2	2375	1344 (56.6%)	2492	1727 (69.3%)	2656	1755 (66.1%)	2770	1468 (53%)
S4	2460	1092 (44.4%)	2741	1742 (63.6%)	2665	1634 (61.3%)	2789	917 (33%)
No yr given	-	34	-	12	-	-	-	-
Total	7132 (100%)	3637 (51%)	7793 (100%)	5161 (66.2%)	7736 (100%)	5117 (66.14%)	8177 (100%)	3871 (47%)

2.6 Gender of respondents

Survey responses were almost equally split between boys and girls with 48.8% (1770) who stated that they were boys, 47.7% (1729) stated that they were girls, 3.6% (129) chose not to answer and 9 responders skipping the question.

3. THE FINDINGS

3.1 ABOUT YOU

3.1.1 Disability and perception of difficulties

The percentage of the total cohort of pupils stating that they have an ongoing disability had remained fairly stable with a slight decrease in 2013 (5.5% 2009,

5.4% 2011 and 4.6% in 2013)¹. However this year it has risen slightly with 8% stating that they have a disability.

Table 2. Pupil responses to ‘Do you have an on-going disability?’

Age	Yes	No
P7	5.2%	94.8%
S2	9.4%	90.6%
S4	9.2%	90.8%

(Note Base Total= 3603)

Young people were also asked ‘If you do not have a disability, do you think that you have any other difficulties?’ 30% of P7s, 31.5% of S2s and 32.3% of S4s responded yes to this question.

3.1.2 Table 3. Pupil responses to ‘Do you live in a city, countryside, town or village?’

	P7	S2	S4
City	21.1%	23.2%	22.7%
Country	15.7%	14.2%	16.9%
Town	29.5%	26.9%	31.3%
Village	33.7%	35.7%	29.2%

(note base total 3516)

3.1.3 Do you live with your family?

Pupils were asked if they lived with their family, with the prompt that they may live with a foster family or in a residential home. 97.4% responded yes to this question, which is similar to 2013 responses, with 2.6% responding either no or that they did not know, from a base total of 3542. A further 2.6% (95 pupils) did not respond to this question.

3.1.4 Does your family come from a country outside Britain?

16% (559) of pupils answered yes to this question evenly spread across the year groups. This is an increase from the 2013 Survey where a total of 430 pupils (8.4%) said that their family came from a country outside Britain. The National Census asks about place of birth as outside the UK rather than family origin. The 2011 Census identified 5.7% of people living in Highland who were born outside the UK.

3.1.5 Do you come from a Gypsy/Traveller family?

2.8% (99 pupils) responded yes to this question (base total 3503). 1.6% of P7, 3.2% in S2 and 3.7% in S4. This is a higher proportion than the 2013 Survey where 1.8% (90) pupils identified themselves as being from a Gypsy/Traveller family. Both figures are higher than Census data which identified 0.12% of the population (291 out of 232,132 people) stating that their ethnic identity was gypsy traveller.

The Interrupted Learning Development Officer reported for the school session 14/15 that there were a total of 151 children from age 3 – 18: 16 nursery age,

¹ It should be noted that in 2009 and 2011 the question was slightly different: “Are you affected by an ongoing disability?”

105 primary age, and 30 secondary age. Her records detail that there are 20 pupils on record as being from a Gypsy/Traveller family in the three year groups who completed the Survey.

3.1.6 Have you ever been in trouble with the police?

This question had the clarification that this meant 'enough trouble that the Police have come to your home to speak to your parents'. The percentage of respondents who answered yes to this question increases with age: P7 6.7%, S2 13.2% and S4 14.4%. This is a reduction from the 2013 Survey responses for S4 where 16% answered yes, but an increase for P7 and S2 pupils who had 5.7% and 10% of positive responses respectively to this question. For all year groups boys were more likely to answer yes to this question.

It should be noted that this question does not only relate to convictions for offences or actions that result in a referral to the Children's Panel but will include low level incidents that have enabled the Police to take preventative action.

3.2 YOUNG CARERS

3.2.1 The 2009, 2011 and 2013 Surveys asked the question, 'Does someone in your family have a long term or mental illness, drug or alcohol problem?' as an indicator that those who respond "yes" could be young carers. In 2013 11% of P7, 16.2% of S2 and 20.3% of responses said yes to this question.

3.2.2 The 2015 Survey extended the questions to gain a clearer picture of the number of young carers and a deeper understanding of the impact on their lives:

3.2.3 Do you help anyone you live with?

Overall 10% (339) of respondents said that they did help someone they live with: 7.9% of P7s, 11.2% of S2s and 10.1% of S4s. Pupils were also asked how many people they helped. The majority helped one or two people but 22% of P7s, 16% of S2s and 21% of S4s stated that they helped 3 or more people. Across all years 27% stated that they helped a child, 55% stated that they helped an adult with 19% stating that they helped both (although the total for this question was higher than for those who help (421, so there may be double counting).

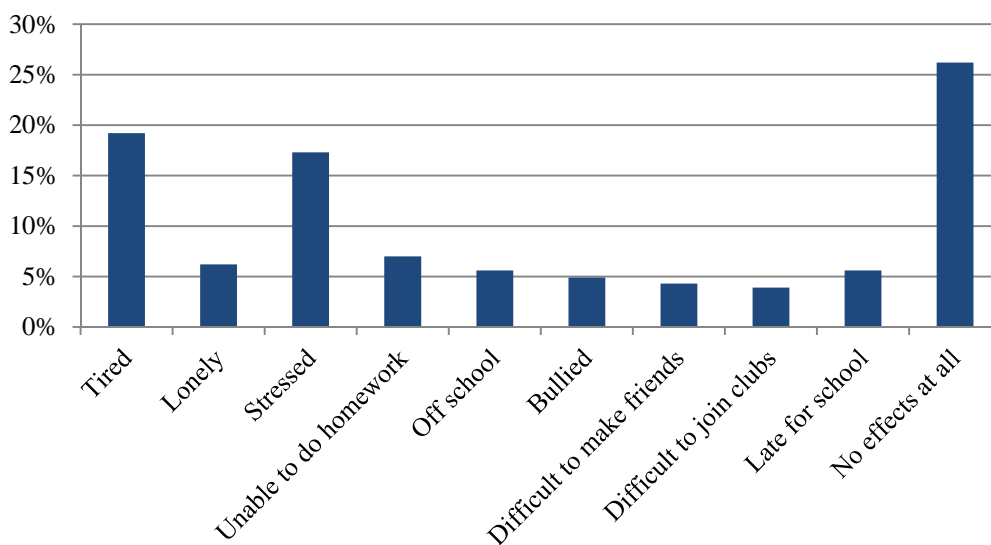
The gender differences relating to caring responsibilities seem to change with age. In P7 8% of boys and girls who responded to this question said that they help someone. In S2, 10% of male and 12% of females answer positively to this question and by S4, 7% of males compared to 13% of females state that they help someone they live with.

3.2.4 If you help someone, how many hours per day or week do you usually spend helping them?

Analysis not yet complete.

3.2.5 The effects of helping

Pupils were asked to tick as many effects that applied to them in response to 'In helping this person this means that sometimes I am:' Figure 1 below indicates the responses:



Impact of caring responsibility

Over a quarter of responses indicate that there are no effects at all that result from caring for someone, although the next highest responses were to be tired and stressed.

For this question there was also an open text response for ‘other’ impacts. A variety of responses (n=23) were received including feelings of anger or irritation, poor concentration, feelings of happiness, less time for leisure activities and medical impacts such as back pain.

Questions were added to identify if there were positive aspects to being a young carer: 22% of P7s, 21% of S2s and 22% of S4s stated that helping this person helps them to organise their time; and 72% of P7s, 62% of S2s and 58% of S4s indicated that helping this person makes them feel closer to them.

3.2.6 Do you feel that you receive support that helps you to cope with your caring role?

Table 4. below indicates that there is room for improvement in ensuring that young carers feel supported.

Table 4. Pupil responses to ‘Do you feel that you receive support that helps you to cope with your caring role?’

	P7	S2	S4
No	30.8%	37.5%	40.7%
Yes	69.2%	62.5%	59.3%

(note base total 377)

3.3 FOOD AND HEALTH

3.3.1 Table 5. below indicates that only 27% of P7 pupils ate 5 or more portions of fruit or vegetables the day before the Survey. This reduces with age with only

20% of S2s and 19% of S4s reaching this recommendation. As with all previous Lifestyle Surveys, the most common response was 3 portions and the proportion of responders who have consumed more than 5 portions has increased each year.

Table 5. Pupil responses to ‘How many portions of fruit or vegetables did you eat yesterday?’

Portions	P7	S2	S4
0	5.8%	7.9%	9.2%
1	11.8%	11.0%	14.4%
2	13.3%	19.6%	18.6%
3	22.0%	23.3%	22.3%
4	20.3%	18.4%	16.8%
5	13.3%	8.9%	8.8%
More than 5	13.6%	10.8%	9.8%

(note base total 3464)

3.3.2 Where lunch was sourced the day before the Survey

Table 6. Pupil responses to ‘On the last day you were in school did you:

	P7	S2	S4
Buy your lunch from a hot food takeaway		7.6%	6.5%
Buy your lunch from a supermarket/shop/garage		27.1%	29.9%
Buy your lunch from a van		2.6%	4.3%
Go home for lunch	5.8%	5.4%	4.9%
Have a school lunch	47.0%	42.6%	41.0%
Take a packed lunch	46.6%	14.7%	13.4%
Item non-response (year group base total)	5.0%	9.8%	9.4%

(note base total 3310)

3.3.3 Responses indicate that girls are more likely to have a school lunch than boys, with 49% of girls compared to 39% of boys stating that they had a school lunch, and 30% of boys opting to purchase their lunch from a takeaway, shop or van, compared to 19% of girls. There was also an ‘other’ response for this question. Due to the small numbers of responses the year groups were combined for this question. Just over 40% (n=70) of the respondents that chose the ‘other’ option reported that they did not eat lunch.

3.3.4 Pupil responses to ‘Do you usually eat breakfast on weekdays?’ indicate that eating breakfast before school seems to reduce with age with 88.5% of P7s, 71% of S2s and 67% of S4s responded that they usually have breakfast on weekdays.

3.3.5 Free text responses to what pupils ate and drank at lunchtime the day before are still being analysed and will be passed to the School Meals/Food in School Stakeholder Group who are working to increase school meal uptake and improve food in schools.

3.4 PHYSICAL ACTIVITY

3.4.1 Table 7. below indicates that the most common response as to how children and young people report that they usually travel to school was to walk, and if this is put together with cycling and scooter/skate as active travel the figure is

57.6% of P7s, 41.7% of S2s and 38.4% of S4 use active travel to get to school, indicating a reduction with age (overall total for all years is 46%). The second highest single response was being driven. Travelling by bus was more prevalent in secondary school and this may relate to distance from home to school:

Table 7. Pupil responses to ‘How do you normally travel to school?’

Mode of travel	P7	S2	S4
Bus	14.5%	41.1%	41.2%
Cycle	10.3%	5.5%	3.1%
Driven	22.8%	15.0%	17.6%
Park and stride	5.1%	2.3%	2.8%
Scooter/Skate	1.2%	0.4%	0.8%
Walk	46.1%	35.8%	34.5%
Item non-response (year group base total)	6.9%	7.4%	8.4%

(note base total 3311)

Other modes of travel noted included ‘a mixture’, taxi and ferry.

When analysed by gender responses indicate that more boys than girls who answered this question use active travel to get to school: In P7 61% of boys compared to 55% of girls, in S2 46.8% of boys compared to 35.6% of girls and in S4 the gap narrows as the numbers overall reduce, with 39.6% of boys compared to 39.7% of girls.

3.4.2 How many minutes of physical activity do you usually have each day?

A physical activity implementation plan, ‘A more active Scotland - Building a legacy from the Commonwealth Games’, has been developed to build on the direction set by the Toronto Charter and to capitalise on the momentum provided by the Glasgow 2014 Commonwealth Games. There have been recent changes to the physical activity recommendations to reflect a tailored approach across the life course. It is recommended that children and young people engage in moderate to vigorous intensity physical activity for at least 60 minutes every day. They should also minimise the amount of time spent being sedentary for extended periods.

Responses to the Survey indicate that the numbers of pupils who usually achieve more than 60 minutes of physical activity each day goes down with age and only 69.3% of P7, 58.7% of S2s and 53% of S4s achieving 60 minutes or more.

When we start to look at how many days over the last week pupils were active for at least 60 minutes, only 20.2% of respondents reach this target: a quarter of P7s (25%), and less than a fifth of S2 (18.7%) and S4 (17.2%) pupils reported that they meet the recommended levels of physical activity.

The gap between boys and girls who responded to this question who achieve the target of 60 minutes of physical activity 7 days per week widens with age: In P7 26.4% of boys compared to 23.3% of girls; S2 22% of boys and 14% of girls; and in S4 23.6% of boys compared to only 10.2% of girls achieve this target.

3.4.3 Table 8. Pupil responses to ‘How long do you usually spend sitting

down during the day?'

Length of time	P7	S2	S4
None	1.8%	0.9%	1.3%
30 minutes	16.8%	7.2%	2.4%
Between 1 and 2 hours	32.6%	23.6%	14.8%
Between 2 and 3 hours	26.0%	28.8%	28.9%
Between 3 and 4 hours	11.7%	19.3%	23.0%
Between 4 and 5 hours	6.2%	10.2%	15.9%
More than 5 hours	4.8%	10.0%	13.7%

(note base total 3418)

3.5 SLEEP

3.5.1 Table 9. Pupil responses to 'How much sleep do you normally have each night before coming to school?'

Length of time	P7	S2	S4
Less than 6 hours	3.7%	11.0%	12.3%
Between 6 and 7 hours	10.3%	18.8%	27.8%
Between 7 and 8 hours	16.8%	26.8%	34.6%
Between 8 and 9 hours	25.0%	26.6%	18.1%
Between 9 and 10 hours	35.3%	14.5%	5.3%
More than 10 hours	8.9%	2.2%	1.9%

(note base total 3436)

The Millpond Children's Sleep Clinic recommends 9 hours 30 minutes sleep for an 11 year old, 9 hours 15 minutes for 12 and 13 year olds and 9 hours for a 15 year old. Only 44.2% of P7, 16.7% of S2 and 7.2% S4 responded that they achieve the recommended amount of sleep for their age, although a further 18% of S4s slept between 8 and 9 hours.

3.6 DENTAL HEALTH

3.6.1 Pupils were asked 'Do you visit your dentist for check-ups at least once a year?' Responses to this question have been largely similar across all four surveys, however the marginal drop this year may be due to the slightly different wording of the question as 2009 – 13 only asked 'Do you visit your dentist at least once per year?'

Table 10. Pupil responses to 'Do you visit your dentist for check-ups at least once a year?'

Age	2013		2015	
	Yes	No	Yes	No
P7	95%	5%	95.6%	4.4%
S2	95.4%	4.6%	94.7%	5.3%
S4	94.9%	5.1%	93.9%	6.1%

(Note Base Total 5101)

(note base total 3429)

3.6.2 Pupils were also asked how many times a day they brush their teeth. The most common response was twice per day, with a consistent 87.2% of P7, 87.4% S2s and 87.5% reporting that they brush their teeth twice a day or more. The vast majority of pupils stated that they would describe the state of their teeth as OK or good.

3.7 MENTAL HEALTH AND WELLBEING

3.7.1 How do you feel about yourself and your life most of the time?

The 2009, 2011 and 2013 Survey asked 'How do you feel about yourself and your life?' 'most of the time' was added to the 2015 survey for clarity. The wording of the categories was slightly changed too. For 2009 – 11 they were: not so good I tend to be down; not so good, sometimes I'm happy and sometimes I'm down; quite good, I'm mostly happy; and very good I'm always happy. For 2015 these categories were changed to: not so good, I'm always unhappy; not always good, I'm mostly unhappy; neutral, I'm neither happy or unhappy; quite good, I'm mostly happy; very good, I'm always happy.

3.7.2 The 2015 Survey responses showed that 78% of P7s, 67% of S2s and 65% of S4s feel very good or quite good about their life most of the time.

3.7.3 However, when this is broken down by gender, females in the older age groups tend to be unhappier: in S2, 58% of females feel very or quite good compared with 77% of males and in S4, 54% of females feel very or quite good compared with 76% of males. It should also be noted that when we look at pupils who have caring responsibilities and pupils with a disability, across all age groups these pupils tend to be less happy.

3.7.4 Table 11. sets out the responses to this question together with those for 2009 – 13 Surveys. It illustrates an increase in the proportion of S2 and S4 pupils reporting that they feel not so good from 2009 - 13.

3.7.5 However it is difficult to make clear comparisons with the 2015 survey as 16.4% of P7, 23.1% of S2 and 22.4% of pupils opted for the neutral option of neither happy or unhappy which did not exist for the 2009 – 13 surveys. For P7 this reduced the numbers who said they were feeling not so good, I'm sometimes happy and sometimes down from 14.4% in 2013 to only 4% in 2015 who said they were mostly unhappy. For S2 this reduced from 18.7% to 7.8% and S4 20.4% to 9.9% with small reductions for all years in those who are always unhappy (tend to be down for 2009 – 13).

Table 11. Pupil responses to 'How do you feel about yourself and your life most of the time?'

P7					
2015 options	Not so good, I'm always unhappy	Not always good, I'm mostly unhappy	Neutral, I'm neither happy or unhappy	Quite good, I'm mostly happy	Very good, always happy
2015	1.3%	4.1%	16.4%	51.9%	26.3%
2009 -13	Not So Good, I tend to be down	Not so good, sometimes I'm happy sometimes I'm down		Quite good I'm mostly happy	Very Good, I'm always happy.
2013	1.9%	14.4%	N/A	50.2%	33.5%
2011	2.6%	14.3%	N/A	56.9%	26.2%
2009	2%	15%	N/A	55%	29%
S2					
2015 options	Not so good, I'm always	Not always good, I'm mostly	Neutral, I'm neither happy or	Quite good, I'm mostly happy	Very good, always happy

	unhappy	unhappy	unhappy		
2015	2.1%	7.8%	23.1%	47.1%	19.9%
2009 – 11 Options	Not So Good, I tend to be down	Not so good, sometimes I'm happy sometimes I'm down		Quite good I'm mostly happy	Very Good, I'm always happy.
2013	3.6%	18.7%	N/A	49.2%	28.5%
2011	3.7%	16.1%	N/A	55.5%	24.8%
2009	3%	16%	N/A	52%	29%
S4					
2015 options	Not so good, I'm always unhappy	Not always good, I'm mostly unhappy	Neutral, I'm neither happy or unhappy	Quite good, I'm mostly happy	Very good, always happy
2015	3%	9.9%	22.4%	48.1%	16.7%
2009 – 11 Options	Not So Good, I tend to be down	Not so good, sometimes I'm happy sometimes I'm down		Quite good I'm mostly happy	Very Good, I'm always happy.
2013	5.2%	20.4%	N/A	51.7%	22.8%
2011	4.4%	19.8%	N/A	53.7%	22.2%
2009	4%	16%	N/A	53%	27%

(Note Base Total responses for P7, S2 and S4 2015 - 3603, 2013 – 5116, 2011 – 4693 and 2009 - 3779)

3.7.5 Other factors that impact on pupil mental health and wellbeing are set out below:

3.7.6 **Table 12. Pupil responses to 'Are you happy with the way you look?'**

	P7	S2	S4
Yes	70.7%	55.2%	50.3%
No	9.1%	19.3%	26.4%
Not sure	20.2%	25.5%	23.3%

(note – base total 3388)

71% of P7s, 55% of S2s and 50% of S4s are happy with the way they look. With around a fifth of S2 and a quarter of S4 pupils stating that they are unhappy with how they look. This was a new question for the 2015 Survey so there is no comparable data to compare over time.

3.7.7 When broken down by gender, females across all age groups are less happy with how they look but this was particularly pronounced for S2 and S4 pupils (68% of P7 females are happy with how they look compared to 74% of males; 37% of females compared to 72% of males in S2; 30% of females compared to 70% of males in S4).

3.7.8 **Table 13. Pupil responses to 'Do you find it easy to talk to your friend or friends about things that really bother you?'**

	P7	S2	S4

Yes	51.4%	52.3%	53.5%
No	13.9%	19.3%	19.1%
Kind of	34.6%	28.4%	27.4%

(note base total – 3365)

3.7.9 Around half of pupils found it easy to talk to their friends however a fifth of S2 and S4 pupils did not find it easy. Pupils with a disability tended to find it more difficult to talk to their friends about their problems than pupils without a disability. This is a new question for the 2015 Survey. The 2009 – 13 Surveys asked 'Would you agree that you have one close friend who understands and accepts you?' 91.7% of P7s, 91.9% of S2s and 90.4% of S4s responded that they did agree.

3.7.10 **Table 14. Pupil responses to 'Do you ever feel lonely?'**

	P7	S2	S4
Often	5.7%	9.3%	14.5%
Sometimes	55.1%	46.9%	48.0%
Never	39.2%	43.7%	37.5%

(note base total – 3377)

61% of P7s, 56% of S2s and 63% of S4s reported feeling lonely often or sometimes, with 15% of S4 pupils often feeling lonely often. Across all age groups, female pupils, pupils with caring responsibilities and pupils with disabilities reported feeling lonelier.

3.7.11 **Bullying Behaviours**

For the academic year 2014 – 15, a total of 41 bullying incidents were reported in Highland schools: 25 in primary schools and 16 in secondary schools. These incidents involved 47 pupils displaying bullying behaviour (13 girls and 34 boys) and 44 pupils experiencing bullying behaviour (13 girls and 30 boys). The total school cohort was 30,777. This means that 0.1% of school pupils were reported as experiencing bullying behaviours.

3.7.12 **Have there been times when you felt bullied in the last year?**

In response to the 2013 Highland Lifestyle Survey the number of young people who said that they had '*felt bullied during the last week*' was: P7 – 20.4%; S2 – 25.1%; S4 – 17.2%.

3.7.13 To gather a more accurate picture of pupil experiences of bullying the survey question was changed in the 2015 Survey to '*Have there been times when you felt bullied in the last year?*'

3.7.14 As summarised in table 15. below, initial results indicate that 42.7% of P7s, 38.7% of S2s and 26.6% of S4s responded that they had been bullied at least once in the last year.

Table 15. Pupil responses to 'Have there been times when you felt bullied in the last year?'

Males & Females	P7	S2	S4
Once or twice	26.6%	23.6%	17.8%
Between 3 and 6 times	8.9%	7.2%	3.2%
More than 6 times	7.2%	7.9%	5.6%
Totals	42.7%	38.7%	26.6%

(note base total 3317)

- 3.7.15 Pupils with caring responsibilities were more likely to report that they had been bullied, with 16% of P7s, 18% of S2s and 13% of S4s reporting to have been bullied more than 6 times in the past year. Similar proportions of pupils with a disability reported being bullied more than 6 times.
- 3.7.16 For P7s pupils who were bullied, the most common place for this to occur was the school playground. For S2 pupils this was in school; in the classroom, playground and other school areas. For S4 pupils, again the classroom and other school areas like corridors were common areas for bullying to take place. For S4 pupils, almost a third of bullying was reported as taking place online.
- 3.7.16 Pupils also had the opportunity to note any other places they had experienced bullying. Places identified included in the park; other places in the community, for example 'outside' and 'in the street'; out of school clubs, such as dance classes or the Boy's Brigade; during break time, on public transport, on the telephone, on Facebook and 'behind my back'; at work; and during a holiday.
- 3.7.17 Responses by gender indicate that S2 females appear to be bullied online more than S2 males (27% compared to 13%). In S4, males experienced bullying in the playground more than females (38% compared to 19%) and females experienced bullying online more than males (36% compared to 18%).
- 3.7.18 Across all age groups, young carers experienced bullying online more than young people who are not young carers. Young carers and young people with disabilities in S2 and S4 also appeared to experience more bullying at home.
- 3.7.19 Younger pupils were more likely to tell someone if they had been bullied: 49% of P7s and 36% of S2s who were bullied told someone compared to 22% of S4 pupils. 47% of S4 pupils did not tell someone.
- 3.7.20 Across all age groups approximately half of pupils were aware of their friends having been bullied. Young carers and young people with disabilities in S2 and S4 were more likely to answer 'yes' to this question.
- 3.7.21 In response to '*If you or your friends have been bullied did anyone help out?*' Younger pupils were more likely to have had some help, with 83% of P7s and 70% of S2s answering 'yes' compared with 61% of S4 pupils.
- 3.7.22 Overall 81%: 92% of P7 pupils, 77% of S2 pupils and 75% of S4 pupils would tell someone if they were bullied in the future with 89.5%: 94% of P7s, 87% of S2s and 87% of S4s responding that they know where they can get help if they feel bullied.
- 3.7.23 The annual update to the Education, Children and Adults Committee on actions to tackle bullying in Highland schools can be found [here](#) (item 14).
- 3.7.23 Do any of these things worry you?**
In this question pupils were asked how often they worried about some situations. They could choose from the answers 'never', 'hardly ever', 'sometimes', 'often' or 'all the time'. A full table of responses is set out below:

Table 16. Pupil responses to 'Do any of these things worry you?'

Feeling unsafe at school (note base total 3328)			
Males & Females	P7	S2	S4
Never	65.9%	62.2%	64.3%
Hardly ever	21.8%	23.8%	24.0%
Sometimes	9.2%	11.0%	8.0%
Often	2.6%	1.9%	1.5%
All the time		1.0%	2.2%
Feeling unsafe in the community where you live (note base total 3327)			
Males & Females	P7	S2	S4
Never	58.9%	63.1%	57.8%
Hardly ever	24.5%	23.0%	26.9%
Sometimes	13.4%	10.4%	9.9%
Often	2.4%	1.8%	2.7%
All the time		1.7%	2.7%
Feeling unsafe in your home (note base total 3296)			
Males & Females	P7	S2	S4
Never	83.5%	82.7%	79.2%
Hardly ever	10.1%	11.4%	13.3%
Sometimes	5.0%	4.1%	5.0%
Often	0.9%	1.1%	1.0%
All the time		0.8%	1.4%
Your relationship with your brother(s) or sister(s) (note base total 3255)			
Males & Females	P7	S2	S4
Never	71.8%	72.5%	70.2%
Hardly ever	12.9%	13.1%	15.5%
Sometimes	10.4%	8.9%	8.8%
Often	2.3%	2.8%	3.1%
All the time	2.6%	2.7%	2.4%
Feeling afraid of your brother(s) or sister(s) (note base total 3255)			
Males & Females	P7	S2	S4
Never	85.6%	86.3%	84.1%
Hardly ever	7.3%	7.4%	9.0%
Sometimes	4.7%	3.7%	3.3%
Often	1.2%	1.3%	1.6%
All the time	1.1%	1.2%	2.0%
Your relationship with your parents or carers (base total 3391)			
Males & Females	P7	S2	S4
Never	80.7%	73.3%	68.4%
Hardly ever	9.7%	11.7%	13.7%
Sometimes	4.6%	6.9%	8.9%
Often	3.3%	5.3%	5.9%
All the time	1.6%	2.8%	3.1%
Arguments between your parents or carers (base total 3294)			
Males and females	P7	S2	S4
Never	59.1%	59.8%	57.2%
Hardly ever	22.6%	18.8%	20.2%
Sometimes	13.2%	13.0%	13.4%
Often	3.4%	5.5%	6.1%
All the time	1.7%	2.9%	3.1%
Your mum being afraid of your dad or her partner/your stepfather (base total 3276)			
Males & Females	P7	S2	S4
Never	88.8%	90.8%	88.2%
Hardly ever	5.4%	4.1%	5.1%
Sometimes	3.7%	3.2%	3.2%
Often	1.3%	0.7%	1.7%

All the time		1.1%	1.8%
Your dad being afraid of your mum or his partner/ your stepmother (base total 3273)			
Males & Females	P7	S2	S4
Never	93.5%	93.9%	93.4%
Hardly ever	3.7%	3.6%	3.9%
Sometimes	2.0%	1.4%	1.4%
Often			
All the time		0.8%	1.0%

3.7.24 Across all of the questions, at least 77% of pupils reported that they never or hardly ever worried about these things. The things that pupils seem to worry about the most are arguments between their parents or carers, feeling unsafe in the community where they live and their relationship with their siblings.

3.7.25 There were some differences when responses were broken down by pupils that are young carers or who had disabilities. Although these pupils worried most about the same things, a higher percentage reported that they were worried. For example, only 65% of young carers and 63% of pupils with a disability reported that they never or hardly ever worried about arguments between their parents/ carers compared to 81% of other pupils.

3.7.26 Pupils also had the opportunity to highlight other things that worried them. P7s and S2s used this opportunity to reiterate that they worry about their relationship with family members and friends. Other worries for P7s included being alone, worrying about a pet and worrying about a family member's health. S2s also worried about school work, pets, world issues such as Ebola and nuclear war, and the future. S4 pupils used different language when commenting on their worries and some talked about being afraid of a friend/ partner, as well as being afraid of 'myself'. Other worries included dying, a lack of money, school work and body weight.

3.7.27 **Feeling unsafe at school**

88% of P7s and 86% of S2s and S4s reported that they never or hardly ever worry about feeling unsafe at school with only 3% of P7s and S2s and 4% of S4s reporting that they worry about feeling unsafe at school often or all the time.

Females in S2 and S4 appear to feel less safe at school: 82% of S2 and 85% of S4 females never or hardly ever worry about feeling unsafe compared to 90% and 93%, respectively, of males. 4% of S2 and S4 females feel unsafe at school often or all the time, compared to 2% of S2 and 3% of S4 males.

Young carers and young people with disabilities also appear to feel less safe at school. 76% of young carers never or hardly ever worry about feeling unsafe at school compared to 89% of other pupils, and 75% of young people with a disability never or hardly ever worry about feeling unsafe compared to 89% of other pupils.

3.7.28 **Feeling unsafe in the community where you live**

Overall 84.7%: 83% of P7s, 86% of S2s and 85% of S4s reported that they never or hardly ever worry about feeling unsafe in the community where they live. 3% of P7s, 4% of S2s and 5% of S4s worry about feeling unsafe in their community often or all the time. Again females in S2 and S4 are less likely to feel safe in their community. For example 6% of females in S4 worry about

feeling unsafe often or all the time compared to 3% of males in the same age group.

72% of young carers never or hardly ever worry about feeling unsafe in their community compared to 86% of other pupils and 77% of young people with a disability never or hardly ever worry about feeling unsafe compared to 86% of other pupils.

3.7.29 **Feeling unsafe in your home**

94% of P7s and S2s, and 93% of S4s never or hardly ever feel unsafe in their home. Young carers and young people with a disability are less likely to feel safe in their homes. 84% of young carers never or hardly ever feel unsafe compared to 95% of other pupils and 82% of young people with disabilities never or hardly ever feel unsafe compared to 94% of other pupils.

3.7.30 **Your relationship with your brother(s) or sister(s)**

85% of P7s and 86% of S2s and S4s reported that they never or hardly ever worry about their relationship with their siblings. However, 5% of P7s and 6% of S2s and S4s worry about this relationship often or all the time.

75% of young carers never or hardly ever worry about their relationship with their siblings compared to 86% of pupils without caring responsibilities. The same figures are seen when we look at pupils with and without disabilities.

3.7.31 **Feeling afraid of your brother(s) or sister(s)**

93% of P7s, 94% of S2s and 93% of S4s never or hardly ever worry about feeling afraid of their siblings. 84% of young carers never or hardly ever worry about feeling afraid of their siblings compared to 94% of other pupils. 86% of pupils with a disability never or hardly ever worry about feeling afraid of their siblings compared to 94% of pupils without a disability.

3.7.32 **Your relationship with your parents or carers**

90% of P7s, 85% of S2s and 82% of S4s reported that they never or hardly ever worry about their relationship with their parents or carers. 5% of P7s, 8% of S2s and 9% of S4s worry about this relationship often or all the time. 79% of young carers reported that they never or hardly ever worry about their relationship with their parents or carers compared to 89% of pupils without caring responsibilities. 77% of pupils with a disability never or hardly ever worry about their relationship with their parents or carers compared to 89% of other pupils.

3.7.33 **Arguments between your parents or carers**

82% of P7s and 77% of S2s and S4s reported that they never or hardly ever worry about arguments between their parents or carers. 5% of P7s, 8% of S2s and 9% of S4s said that they worry often or all the time about arguments between their parents or carers. Female pupils appeared to worry about this more than male pupils, particularly older female pupils. 11% of female S2 pupils and 12% of female S4s reported worrying about this often or all the time, compared to 6% of S2 and S4 male pupils.

65% of young carers never or hardly ever worry about their parents or carers arguing compared to 81% of other pupils. 63% of pupils with a disability never or hardly ever worry about argument between their parents or carers compared to 81% of other pupils.

3.7.34 **Your mum being afraid of your dad or her partner/your stepfather**
 94% of P7s, 95% of S2s and 93% of S4s never or hardly ever worry about their mum being afraid of their dad/ her partner/ their stepfather. 86% of young carers never or hardly ever worry about this compared to 95% of pupils without caring responsibilities, and 87% of pupils with a disability never or hardly ever worry about this compared to 95% of pupils without a disability.

3.7.35 **Your dad being afraid of your mum or his partner/ your stepmother**
 97% of P7s, 98% of S2s and 97% of S4s never or hardly ever worry about their dad being afraid of their mum/ his partner/ their stepmother. 93% of young carers never or hardly ever worry about this compared to 98% of other pupils. The same figures are seen when we look at pupils with and without a disability.

3.7.36 **Table 17. Pupil responses to ‘Do you know where to get help from for the things that you are worried about?’**

Males & Females	P7	S2	S4
Yes	89.8%	82.0%	78.9%
No	10.2%	18.0%	21.1%
Total	100%	100%	100%

(note base total 3323)

Younger pupils appear to be more aware of where they can go for help for the things they are worried about. 90% of P7s, 82% of S2s and 79% of S4s know where to go for help.

Responses from young carers indicate little difference across age groups, with about 77% of young carers knowing where to go for help. The same trend is seen when we look at the responses from pupils with a disability. Therefore although a lower percentage of young carers and pupils with a disability know where to go for help, this does not appear to be affected by age. (*Possibly something here about these pupils having more/ more complex problems at a younger age?*)

3.8 GENDER

3.8.1 In response to *Do you think it is OK for a boy/girl to cry?* A high proportion, but reducing by age, think it is OK for a boy to cry: 95% of P7s, 92% of S2s and 90% of S4s. Males tend to find it less acceptable for a boy to cry. 12% of S2 and 16% of S4 males answered no compared to 2% of S2 and 3% of S4 females. Similarly high levels think it is OK for a girl to cry and this is less affected by age: 96% of P7s, 97% of S2s and 96% of S4s. There is not the same discrepancy between males and females as seen for those who think it OK for a boy to cry.

3.8.2 Questions 47 – 50 ask about attitudes about men and women in relationships. Table 18. details options and responses:

Table 18. Pupil responses to Questions 47 – 50

47. Is it OK for a woman to tease or make fun of her husband or boyfriend?			
Males & Females	P7 *	S2*	S4*
If they both know that she is kidding	67.5%	75.5%	79.8%
As long as she doesn't do it all the time	20.5%	22.5%	23.0%
It is never OK to do this	28.0%	17.9%	16.7%
If he did it to her first	11.2%	16.0%	11.9%
If she is in a bad mood	2.5%	3.8%	4.4%
48. Is it OK for a man to tease or make fun of his wife or girlfriend?			
Males & Females	P7*	S2*	S4*
If they both know that he is kidding	65.9%	74.4%	79.2%
As long as he doesn't do it all the time	19.1%	21.3%	21.9%
It is never OK to do this	29.0%	18.5%	16.0%
If she did it to him first	10.3%	14.2%	11.8%
If he is in a bad mood	2.2%	2.3%	3.8%
49. Is it OK for a man to hit or hurt his girlfriend?			
Males & Females	P7*	S2*	S4*
It is never OK to do this	97.3%	95.6%	94.6%
If he found out she was having an affair	2.8%	5.0%	5.5%
If he is angry	0.8%	1.6%	2.1%
If she wouldn't do what he asked her to	0.8%	1.3%	2.0%
If she was ignoring him	1.1%	1.2%	1.8%
If she comes home late	0.6%	0.7%	1.8%
50. Is it OK for a woman to hit or hurt her husband or boyfriend?			
Males & Females	P7*	S2*	S4*
It is never OK to do this	95.3%	90.3%	90.8%
If she found out he was having an affair	4.0%	9.6%	9.0%
If he was ignoring her	1.3%	1.8%	2.5%
If she is angry	1.3%	2.3%	2.1%
If he wouldn't do what she asked him to	1.0%	1.0%	1.8%
If he comes home late	0.7%	0.9%	1.8%

*% calculated from how many pupils answered this question as respondents could choose more than one answer

- 3.8.3 The majority of pupils across all age groups think it is OK for a man or a woman to tease or make fun of her partner if they both know that he/she is kidding. The second most common answer from S2 and S4 pupils is that it is OK as long as he/she doesn't do it all the time, however the second most common answer from P7 pupils was that it is never OK to do this.
- 3.8.4 High numbers of responses indicate that pupils think it is never OK for a man to hit or hurt his partner: 97% of P7s, 96% of S2s and 95% (95% male and 98% female responses). Slightly lower numbers thought that it was never OK for a woman to hit or hurt her partner: 95% of P7s, 90% of S2s and 91% of S4s (89% male and 96% female responses).
- 3.8.5 5% of S2s and 6% of S4s thought it was OK for a man to hit his partner if he found out she was having an affair, compared to 3% of P7s. 10% of S2s and 9% of S4s thought it was OK for a woman to hit or hurt her partner if she found out he was having an affair, compared to 4% of P7s.

3.9 SCHOOL AND LEARNING

3.9.1 81% of responses indicated that pupils think that their school is a good, very good or excellent place to learn: 92% of P7s, 81% of S2s and 70.6% of S4s. In P7, females were more likely to rate their school as excellent or very good, however in S2 and S4 it was males that were more likely to choose these ratings. In 2013 a total of 85.7% of pupils agreed that their school was a good place to learn or that it was OK (note that 2013 options were: I think my school is a very good place to learn; my school is ok for helping me to learn; my school could do a lot better to help me learn; my school is definitely not a good place to help me learn; I do not know if my school is a good place or bad place to learn).

Table 19. Pupil responses to ‘Do you think that your school is a good place to learn?’

Males & Females	P7	S2	S4
Yes, I think my school is an excellent place to learn	53.0%	30.2%	19.1%
Yes, my school is a very good place for helping me to learn	27.0%	27.6%	26.5%
Yes, my school is a good place to help me learn	12.1%	22.9%	25.0%
My school is a fairly good place to learn	5.6%	12.5%	20.1%
No, my school is a poor place to learn	0.6%	4.2%	7.1%
I do not know if my school is a good place or bad place to learn	1.6%	2.6%	2.2%

(note base total 3361)

3.9.2 Table 20. below indicates that 66% of P7s feel very listened to in their school compared to 43% of S2s and 33% of S4s. However, 29% of P7s, 43% of S2s and 48% of S4s would like to be listened to more in their school. Across S2 and S4, generally females feel less listened to than males- only 26% of S4 females feel very listened to and 54% would like to be listened to more. Across all age groups pupils with caring responsibilities and pupils with disabilities feel less listened to in their school.

Table 20. Pupil responses to ‘Do you feel listened to in your school?’

Males & Females	%	%	%
Yes I feel very listened to in my school	65.6%	43.2%	32.6%
I feel listened to a bit in my school but not as much as I would like	28.6%	43.4%	47.6%
I definitely don't feel listened to in my school	2.8%	6.5%	9.8%
I do not know if I feel listened to in my school	3.1%	6.9%	9.9%

(note base total 3339)

3.9.3 Sexual Health, Relationships and Parenting Education

87% of P7s, 91% of S2s and 95% of S4s responded positively to the question ‘Have you had sexual health and relationships education in school?’ Most pupils had received this by the end of primary school and continued to

have these lessons through secondary school. It should be noted that sexual health, relationships and parenting education should be ongoing and not delivered in one 'sex talk', so pupils may find it difficult to pinpoint to exact lessons.

- 3.9.4 81% of P7s, 73% of S2s and 74% of S4s feel that their sexual health and relationships lessons answered all of the questions they had at the time, with pupils with caring responsibilities less likely to feel as though all of their questions had been answered. 19% (197 pupils) P7, 27% (322 pupils) S2 and 26% (255 pupils) in S4 indicated that it had not answered the questions they had at the time.
- 3.9.5 Pupils were also asked if they knew where to access sexual health and relationships advice. 22% (234 pupils) P7, 23% (280) and 14% (135 pupils) S4 did not know where to access advice.

3.10 SUBSTANCE USE

- 3.10.1 The questions for the 2015 Survey were modified to increase their comparability with national SALSUS (Scottish Schools Adolescent Lifestyle and Substance Use Survey) Survey results, move away from the focus on the previous week, and to explore the consequences experienced by pupils. SALSUS does not involve primary school pupils, so comparisons to the 2013 SALSUS Survey are made with their results for 13 and 15 year olds. A table comparing the 2009/13 questions with the 2015 questions can be found at appendix 2.

3.10.2 Have you ever had a proper alcoholic drink- a whole drink, not just a sip?

3283 pupils responded to this question. 10% of P7s, 37% of S2s and 71% of S4s have had an alcoholic drink. The Highland S2 figure is higher than National SALSUS statistics where 32% of 13 year olds had had a drink. It is comparable for S4s with 72% of 15 year olds stating yes to this question.

In P7, males were more likely to have had a drink than females but this has balanced out by S4. In P7 and S2, young carers were more likely to have had a drink. Pupils in S2 and S4 with a disability were less likely to have had a drink than pupils without a disability.

2009 - 2013 Survey asked which one of these statements best describes you last week: I didn't drink any alcohol; I drank a few alcoholic drinks; I drank a little alcohol; or I drank a lot of alcohol. In answering this responses indicated a steady downward trend from 2009 to 2013 in the proportion of P7, S2 and S4 pupils self-reporting alcohol use (from 10.4% to 2.9% for P7 pupils, from 29.7% to 12.8% for S2 pupils and from 52.9% to 31.0% for S4 pupils).

3.10.3 How often do you USUALLY have an alcoholic drink?

Pupils that had answered 'no' to the question above were asked to skip this question so only 1481 pupils responded, however 34% of P7s, 12% of S2s and 3% of S4s (156 pupils) that answered his question said they had never drunk alcohol.

P7s

Taking away the 90% of P7s that have never had an alcoholic drink, 39% of

the remainder (80 pupils) have only tried an alcoholic drink once or twice and 22% (80) of pupils in this age group usually only drink a few times a year.

S2s

Taking away the 63% of S2 pupils who responded that they had never had an alcoholic drink, 36% of the remainder (198 pupils) usually only drink a few times a year and 30% of this age group have only tried alcohol once or twice (165 pupils). 6.6% of this group said they had a drink almost every day or about once or twice a week or once a week, which is higher than SALSUS results that 3% of 13 year olds usually drink at least once per week. 11% of S2 pupils usually drink about once a month and 7% of pupils in S2 drink at least once a week.

S4s

Taking away the 30% S4s who stated that they had never had an alcoholic drink, 46% (115 pupils) reported that they only drink a few times a year or only ever tried it once or twice. This compares with the 2013 Survey where 56.3% of S4s reported that they did not usually drink alcohol. 16.7% of S4s responded that they had a drink almost every day, about once or twice a week or once a week, which is comparable with the SALSUS result of 16%. 19% usually drink once a month, 15% drink about once a fortnight and 17% drink at least once a week.

3.10.4 How have you been affected by drinking alcohol?

The most common ways in which pupils had been affected by alcohol were that they had had an argument (P7: 14%; S2: 12%; S4: 43%), had been sick (P7: 14%; S2: 18%; S4: 37%) or had done something they regretted (P7: 13%; S2: 16%; S4: 33%). Responses can be found in table 21 below:

Table 21. Pupil responses to 'How have you been affected by drinking alcohol?'

Had an argument	P7 (base 171)	S2 (base 502)	S4 (base 402)
Never	86.5%	87.8%	57.2%
At least once	13.5%	12.2%	42.8%
Had a fight	P7 (base 171)	S2 (base 499)	S4 (base 700)
Never	87.1%	91.0%	89.9%
At least once	12.9%	9.0%	10.1%
Been admitted to hospital overnight	P7 (base 170)	S2 (base 495)	S4 (base 696)
Never	93.5%	96.4%	96.0%
At least once	6.5%	3.6%	4.0%
Had to be seen by a doctor	P7 (base 171)	S2 (base 497)	S4 (base 696)
Never	90.1%	95.4%	96.1%
At least once	9.9%	4.6%	3.9%
Done school work badly the next day	P7 (base 169)	S2 (base 499)	S4 (base 701)
Never	92.3%	89.6%	89.0%
At least once	7.7%	10.4%	11.0%
Stayed off school	P7 (base 171)	S2 (base 498)	S4 (base 701)
Never	92.4%	93.0%	90.6%
At least once	7.6%	7.0%	9.4%
Been sick (vomited)	P7 (base 170)	S2 (base 500)	S4 (base 705)
Never	85.9%	81.6%	63.4%
At least once	14.1%	18.4%	36.6%

Posted something on social media you wished you hadn't	P7 (base 169)	S2 (base 497)	S4 (base 698)
Never		89.9%	83.8%
At least once		10.1%	16.2%
Tried any drugs	P7 (base 169)	S2 (base 494)	S4 (base 682)
Never		91.9%	88.0%
At least once		8.1%	12.0%
Been in trouble with the Police	P7 (base 170)	S2 (base 497)	S4 (base 700)
Never	91.8%	90.3%	90.6%
At least once	8.2%	9.7%	9.4%
Done something you regretted	P7 (base 169)	S2 (base 501)	S4 (base 709)
Never	87.0%	84.2%	66.7%
At least once	13.0%	15.8%	33.3%

The answers were broken down further to reflect: once, 2 – 5 times, more than 5 times, daily, weekly and monthly, but numbers as numbers are low this report focuses on consequences that have happened at least once.

- 14% of P7s, 12% of S2s and 43% of S4s reported they had had an argument at least once when they had been drinking. 31% of S4 females reported having an argument at least once compared to 17% of S4 males.
- 13% of P7s, 9% of S2s and 10% of S4s reported they had had a fight at least once when they had been drinking. Generally across all age groups, males were more likely to have had a fight than females.
- 7% of P7s, 4% of S2s and 4% of S4s have been admitted to hospital overnight at least once due to drinking alcohol.
- 10% of P7s, 5% of S2s and 4% of S4s have had to be seen by a doctor at least once due to drinking alcohol.
- 8% of P7s, 10% of S2s and 11% of S4s have done school work badly the day after drinking at least once.
- 8% of P7s, 7% of S2s and 9% of S4s have stayed off school due to drinking alcohol at least once.
- 14% of P7s, 18% of S2s and 37% of S4s have vomited due to alcohol at least once. This is more common for older pupils, with 3% of S2s and 4% of S4s being sick due to alcohol more than 5 times.
- 5% of P7s, 10% of S2s and 16% of S4s have posted something on social media they wished they hadn't because of alcohol at least once.
- 2% of P7s, 8% of S2s and 12% of S4s reported that they have tried drugs due to alcohol at least once.
- 13% of P7s, 16% of S2s and 33% of S4s have done something they regretted due to alcohol at least once. 3% of S2s and 8% of S4s have done this 2-5 times. 40% of S4 females have done something they regretted due to alcohol at least once compared to 25% of S4 males.

3.10.5 Where did you get the alcohol from?

Only pupils who stated that they had a drink were asked to respond to this and more than one option could be selected. Across all age groups the most common way for pupils to obtain alcohol was having a drink at home with parents with 82% of P7 (91 responses), 67% of S2 (271 responses) and 44% of S4 (278 responses) stated that this as the source. In addition:

- 9% of P7, 8% of S2 and 6% of S4 responses stated that they took the alcohol from home without their parent's knowledge;
- 14% of S2 and 33% of S4 responses said that an older friend had bought it for them; and

- 9% of S2s and 13% of S4s said that their parent or carer had bought the alcohol for them.

There were few differences between genders in terms of where they obtained their alcohol, but it is worth noting that 41% of S4 females got an older friend to buy it for them compared to 24% of S4 males.

Pupils had the opportunity to note any other ways they obtained alcohol. The most common response from P7 and S2 pupils was at a celebration, such as Christmas, New Year's, weddings and family parties. Some noted that they were given a drink by a family member. Some S2 pupils also stated that a family member or friend had given them a drink, or that they had it at a party. Others said that they did not want to say where they got their alcohol from. A very small number of pupils said they had brewed it themselves or that they could not remember where they got their alcohol from.

For S4 pupils, the most common responses were that they were given a drink by a friend or that they had it at a party. However it was also common for S4 pupils to comment that they did not want to say where they got their alcohol from. Some S4 pupils got their alcohol at celebrations such as Christmas and weddings or said that a family member had given them a drink. Responses that were given by S4s but not by younger pupils included asking a stranger to buy alcohol for them, finding it or stealing it.

3.10.6 Table 22. Pupil responses to 'Have you ever taken drugs, including novel psychoactive substances (NPS known as 'legal highs')?'

Male & Female	P7	S2	S4
No	98.8%	96.2%	87.5%
Yes	1.2%	3.8%	12.5%

(note base total 3256)

1.2% of P7s, 3.8% of S2s and 12.5% of S4s have tried drugs, including legal highs. It appears that young carers may be more likely to have taken drugs, however as the numbers involved in the survey are very small we cannot say if this is a real trend.

SALSUS asks if young people have ever taken one of more drugs in a list provided, even if only once. 3% of 13 year olds and 15% of 15 year olds stated that they had. Therefore the Highland rate for S2 pupils is comparable with national survey results, but the Highland rate for S4 pupils is slightly lower.

It is difficult to compare the 2015 results with the 2009 – 2013 Surveys because they asked a different question: Which of these statements best describes you last week: I didn't take illegal drugs; I took a 'legal' drug which was for recreational use; I took illegal drugs on one occasion; or I took illegal drugs on more than one occasion. In answering this question, responses indicated a downward trend in the proportion of S2 and S4 pupils self-reporting the use of illegal drugs and new psychoactive substances with S4 pupils from 11.6% in 2009 to 8.1% in 2013.

This year's result could indicate a small drop in S2 pupils who have taken illegal or legal substances from 4.4% in 2013 to 3.8% in 2015 but a rise for

S4 pupils going from 8.1% in 2013 to 12.5% in 2015.

3.10.7 How often do you usually use drugs including novel psychoactive substances (NPS, known as 'legal highs')?

Guidance was given to not count those taken for an illness or condition. Pupils that said they had never taken drugs were asked to skip this question therefore a lower number of pupils answered 'I have never taken drugs' in this question (88% of P7s, 76% of S2s and 54% of S4s). In terms of other the other responses, the most common answer across all age groups was that pupils had only taken drugs once.

3.10.8 Have you ever been offered drugs including novel psychoactive substances (NPS- known as 'legal highs')?

3% of P7s (year group base total 1093), 13% of S2s (year group base total 1202) and 29% of S4s (year group base total) claim to have been offered drugs. Across all age group, young carers appeared more likely to have been offered drugs. Comparing this to SALSUS data, a higher number (35%) of 15 year olds had responded that they had been offered drugs on the list and the figure for 13 year olds was slightly higher at 14%.

Do you smoke cigarettes?

1% of P7s (year group base total 1094), 3% of S2s (year group base total 1208) and 10% of S4s (year group base total 963) claim that they smoke cigarettes. Again, across all age groups young carers appeared more likely to smoke. Again the 2009 – 13 Surveys asked about behaviour in the last week, and in 2013 5.6% of S2 and 11.9% of S4s responded that they had smoked cigarettes, so this could indicate a drop in smoking.

Only 1.6% of S2 and 6.3% of S4 responses indicated that they usually smoke one or more cigarettes a week. This compares to SALSUS figures of 1.6% of 13 year olds and 10% of 15 year olds.

3.10.9 Attitudes towards electronic 'e' cigarettes.

The Survey stated that 'Some people think that young people are more likely to start smoking now because of electronic 'e' cigarettes'. Respondents were asked if they agreed or disagreed with this statement. Answers were spread across the choices, implying there is split opinion about this statement.

- 22% of P7s, 24% of S2s and 34% of S4s strongly agree or agree with this statement.
- 25% of P7s, 22% of S2s and 23% of S4s strongly disagree or disagree with this statement.
- Across all age groups, females were less sure if they agreed or disagreed with this statement than males were.

Full set of Questions, Highland Lifestyle Survey 2015

About You		
1.	What school do you attend?	Drop down menu
2.	What year group are you in?	Tick P7, S2 or S4
3.	Are you a boy or a girl?	Tick Boy/girl
4.	Do you have a disability? 'A disability is a physical or mental condition or illness that you will have for a long time e.g. a year or more, that has a big effect on how easily you can do everyday things.'	Tick Y/N
5.	If you do not have a disability, do you think that you have any other difficulties? This could include difficulty with seeing, hearing, learning things, talking or listening, understanding, moving about, controlling your behaviour or have a long term illness like asthma, eczema or diabetes.	Tick Y/N
6.	Do you live in a town, a village or in the countryside	Tick Town, village, country
7.	Do you live with your family (you may live in with a foster family or in a residential home)	Y/N
8.	Does your family (parents or grandparents) come from a country outside Britain?	Y/N
9.	Do you come from a Gypsy/Traveller family?	Y/N
10.	Have you been in trouble with the Police (<i>enough trouble that the Police have come to your home to speak to your parents</i>)?	Y/N/prefer not to answer
11.	Do you care for or help anyone?	Tick Y/N
12.	Do you help anyone you live with who has any of the following: a disability; a condition, a long term illness; a drug or alcohol problem; a mental health issue?	Y/N – No go to question 19
13.	How many people do you help?	Tick 1/2/3/more than 3
14.	Is this person a child or an adult?	Child/Adult/both – I look after more than one person
15.	If you help this person, how many hours per day or per week do you usually spend helping them?	2 text boxes: Fill in number of hours for day or week
16.	In helping this person this means that sometimes I am: tired; lonely; stressed or worried; unable to do homework; off school; bullied at school; finding it difficult to make friends; finding it difficult to join clubs; late for school;	Tick all that apply

	No effects at all; Other – please specify	Free text
16.	Helping this person helps me organise my time;	Tick Y/N/I don't know
17.	Helping this person makes me feel closer to them;	Tick Y/N/I don't know
18.	Do you feel that you receive support that helps you to cope with your caring role?	Tick Y/N
Food and Health		
19.	How many portions of fruit and vegetables did you eat yesterday? 1 portion = 1 medium apple, banana, orange or glass of unsweetened 100% fruit juice; 2 clementines or tangerines; 14 fresh cherries; 2 handfuls of blueberries; 3 heaped tablespoons of carrots, peas, cabbage, canned sweetcorn, mixed vegetables or lentils.	Tick 0,1,2,3,4,5, more than 5
20.	On the last day you were in school did you: have a school lunch; take a packed lunch; go home for lunch; buy your lunch from a Supermarket/shop/van/garage/hot food takeaway Other (specify)	Tick one Free text
21.	On the last day you were in school what did you eat at lunchtime?	Free text box
22.	On the last day you were in school what did you drink at lunchtime?	Free text box
23.	Do you usually have breakfast on weekdays?	Y/N
Physical Activity		
24.	How do you normally travel to school? Walked Walk, Cycle, Bus, Scooter/skate, Driven, Park and Stride (driven most of way and walk the rest) Other (specify)	Tick one Free text
25.	How many minutes of physical activity do you usually have each day (this could include walking to school, ice or roller skating, cycling, playground games, exercise classes, skiing, dancing, gymnastics, playing drums, basketball and netball, swimming, rope jumping and other things)	Tick one None/ between 30 and 1 hour/ 60 minutes/ more than 60 minutes
26.	How many days over the last 7 days were you physically active for a total of at least 60 minutes?	Tick one 0/1/2/3/4/5/6/7
27.	How long do you usually spend sitting down during the day (do not include the time that you are in school)? None/ 30 minutes/between 1 and 2 hours/between 2 and 3 hours/ between 3 and 4 hours/ between 4 and 5 hours/ more than 5 hours.	Tick one
Sleep		
28.	How much sleep do you normally have each night before coming to school? Less than 6 hours, 6, 7, 8,9,10, more than 10?	Tick one
Dental Health		
29.	Do you visit your dentist for check-ups at least once a year?	Tick Y/N

30.	How many times a day do you brush your teeth?	Tick 0/1/2/3/more than 3
31.	How would you describe the state of your teeth?	Good/ OK/ Bad
Mental wellbeing and relationships		
32.	How good do you feel about yourself and your life most of the time: Very good – I'm always happy Quite good – I'm mostly happy Neutral – I am neither happy or unhappy Not always good – I'm mostly unhappy Not so good – I tend to be down	Tick one
33.	Are you happy with the way you look?	Tick Yes/No/Not sure
34.	Do you find it easy to talk to your friend or friends about things that really bother you?	Tick Y/N/Kind of
35.	Do you ever feel lonely?	Tick Often/ sometimes/ never
Bullying behaviours		
36.	Have there been times when you felt bullied in the last year? None/once or twice/ between 3 and 6 times/ more than 6	Tick one None -
37.	b) If you did feel bullied, where did this take place? At home/ in the classroom/ other school area such as corridors/ school playground/ on the way to or from school (walking or cycling)/ on the school bus/ online/Youth Club/ other (specify)	Tick all that apply, free text for other
38.	When you felt bullied did you tell someone?	Tick Y/N/Sometimes I did and sometimes I didn't
39.	Have any of your friends been bullied?	Tick Y/N/Don't know
40.	If you or your friends have been bullied did anyone help out?	Tick Y/N
41.	If you were bullied in the future would you tell someone?	Tick Y/N/Not sure
42.	Do you know where you can get help from if you feel bullied?	Tick Y/N
Worries and concerns		
43.	Do any of these things worry you: Feeling unsafe at school; Feeling unsafe in the community where you live; Feeling unsafe in your home; Your relationship with your brother(s) or sister(s); Feeling afraid of your brother(s) or sister(s); Your relationship with your parents or carers; Arguments between your parents or carers; Your mum being afraid of your dad or her partner/your stepfather; Your dad being afraid of your mum or his partner/your stepmother; Other (specify)	Each ticked on a scale: Never/Hardly ever/ Sometimes/Often/All the time Other – free text
44.	Do you know where to get help for the things that you are worried about?	Tick Y/N
Gender		
45.	Do you think it is OK for a boy to cry?	Tick Y/N

46.	Do you think it is OK for a girl to cry?	Tick Y/N
47.	Is it OK for a man to tease or make fun of his wife or girlfriend? If she did it to him first; If he is in a bad mood; If they both know that he is kidding; As long as he doesn't do it all the time; It is never OK to do this.	Tick all that apply
48.	Is it OK for a woman to tease or make fun of her husband or boyfriend? If he did it to him first; If she is in a bad mood; If they both know that she is kidding; As long as she doesn't do it all the time; It is never OK to do this.	Tick all that apply
49.	Is it OK for a man to hit or hurt his wife or girlfriend? If she was ignoring him; If he is angry; If she wouldn't do what he asked her to; If she comes home late; If he found out she was having an affair; It is never OK to do this.	Tick all that apply
50.	Is it OK for a woman to hit or hurt her husband or boyfriend? If he was ignoring her; If she is angry; If he wouldn't do what she asked him to; If he comes home late; If she found out he was having an affair; It is never OK to do this.	Tick all that apply

School and Learning

51.	Do you think that your school is a good place to learn? Yes I think my school is an excellent place to learn; Yes I think my school is a very good place for helping me to learn; My school is a good place for helping me to learn; My school is a fairly good place to help me to learn; My school is a poor place to learn; I do not know if my school is a good or bad place to learn.	Tick one
52.	Do you feel listened to in your school? Yes I feel very listened to in my school; I feel listened to a bit, but not as much as I would like I definitely don't feel listened to in my school; I do not know if I feel listened to in my school.	Tick one

Sexual Health Education

53.	Have you had sexual health and relationships education in school?	Tick Y/N
54.	When you had this, which year group were you in?	Tick all that apply P3 – S6. Other – specify.
55.	Do you feel that it answered all of the questions you had at the time?	Tick Y/N
56.	Do you know where to go for advice on sexual health and	Y/N

	relationships?	
Substances		
57.	Have you ever had an alcoholic drink - not just a sip, a whole drink?	Tick Y/N Yes – go to Q58 No – go to Q61
58.	How often do you USUALLY have an alcoholic drink? I have never drank alcohol – go to Q58; I used to drink alcohol but I don't now; Almost every day; About twice a week; About once a week; About once a fortnight; About once a month; Only a few times a year; I've only tried it once or twice.	Tick one
59.	How have you been affected by drinking alcohol; Had an argument; Had a fight; Been admitted to hospital overnight; Had to be seen by a doctor; Done schoolwork badly the next day; Stayed off school; Been sick (vomited); Posted something on social media you wished you hadn't; Tried any drugs; Been in trouble with the police; Done something you regretted.	Tick frequency for each Never/Once /2 – 5 times/More than 5 times/Daily/Weekly/Monthly
60.	Where did you get the alcohol from; I had a drink at home with my parents; I bought it myself; An older friend bought it for me; My parent /carer bought it for me; I took it from home without my parent's knowledge; Other (specify).	Tick all that apply Free text for other
61.	Have you ever taken drugs, including novel psychoactive substances (NPS, known as legal highs)?	Tick Y/N No – go to Q63
62.	How often do you usually use drugs including novel psychoactive substances (NPS, known as legal highs)? (Do not count those you take for an illness or condition you have)? I never take drugs; I have only taken drugs once; I used to take drugs but I don't take them anymore; I take drugs a few times a year; I take drugs once or twice a month; I take drugs at least once a week; I take drugs most days.	Tick one
63.	Have you ever been offered drugs including novel psychoactive substances (NPS, known as legal highs)?	Tick Y/N
64.	Do you smoke cigarettes?	Tick Y/N
65.	Read the following statements carefully and cross the box next to	Tick one

	<p>the one which best describes you:</p> <p>I have never smoked;</p> <p>I have only ever tried smoking once;</p> <p>I used to smoke sometimes but I never smoke a cigarette now;</p> <p>I sometimes smoke cigarettes now but I don't smoke as many as one a week;</p> <p>I usually smoke between one and six cigarettes a week;</p> <p>I usually smoke more than six cigarettes a week.</p>	
66.	Some people think that young people are more likely to start smoking now because of e cigarettes	<p>Do you:</p> <p>Strongly agree</p> <p>Agree</p> <p>Not sure</p> <p>Disagree</p> <p>Strongly disagree</p>

Your time is much appreciated. Thank you for completing the Highland Lifestyle Survey.

Would you like to find out about where to get help? You could ask your named person (Primary Head Teacher or Guidance Teacher), school nurse, youth worker, active schools coordinator or other trusted adult or why not try these links:

<http://www.hyv.org.uk/>

<http://www.childline.org.uk>

www.highlandsubstancemisusetoolkit.scot

www.respectme.org.uk

Questions 57 and 64 were developed for, and questions 53, 58, 60 and 62 have been adapted from questions in the Scottish Schools Lifestyle and Substance Misuse Survey (SALSUS) 2013.

Substance Use Questions – Comparison 2009 – 13 with 2015 Survey

This Lifestyle Survey is anonymous.

No one will know your answers. They will be added to those of young people across Highland.

The information will be used to make decisions to improve health in all our school communities.

It should take you approximately 15 20 minutes to complete.

2009, 2011 and 2013 Survey questions	2015 Survey questions
Alcohol	
Which one of these statements best describes you last week? I didn't drink any alcohol I drank a little alcohol I drank a few alcoholic drinks I drank a lot of alcohol	Have you ever had a proper alcoholic drink- a whole drink, not just a sip? Yes/No
When it comes to drinking alcohol how typical a week was last week for you? Very typical – I don't drink alcohol Very typical – I usually drink about that much Not very typical – I drank more than usual Not very typical – I drank less than usual I'm not sure what typical is for me	How often do you USUALLY have an alcoholic drink? I have never drunk alcohol – go to Q58; I used to drink alcohol but I don't now; Almost every day; About twice a week; About once a week; About once a fortnight; About once a month; Only a few times a year; I've only tried it once or twice.
	How have you been affected by drinking alcohol? (and frequency) Had an argument Had a fight Been admitted to hospital overnight Had to be seen by a doctor Done schoolwork badly the next day Stayed off school Been sick (vomited) Posted something on social media you wished you hadn't Tried any drugs Been in trouble with the police Done something you regretted
	Where did you get the alcohol from? I had a drink at home with my parents An older friend bought it for me My parent/carer bought it for me I took it from home without my parent's knowledge I bought it myself
Drugs	
Which one of these statements best describes you last week? (tick) I didn't take illegal drugs I took illegal drugs on one occasion I took illegal drugs on more than one	Have you ever taken drugs, including novel psychoactive substances (NPS known as 'legal highs')? Yes/No

<p>occasion I took a "legal" drug which was for recreational use</p>	
<p>When it comes to taking illegal/legal drugs how typical a week was last week for you? Very typical – I don't take illegal/legal drugs Very typical – I usually take about that much Not very typical – I usually take less (or none) Not very typical – I usually take more I'm not sure what typical is for me</p>	<p>How often do you usually use drugs including novel psychoactive substances (NPS, known as 'legal highs')? Do not count those you take for an illness or condition you have. I never take drugs I used to take drugs sometimes but I don't take them anymore I have only taken drugs once I take drugs a few times a year I take drugs once or twice a month I take drugs at least once a week I take drugs most days</p>
	<p>Have you ever been offered drugs including novel psychoactive substances (NPS- known as 'legal highs')? Yes/No</p>
Smoking	
<p>Which one of these statements best describes you last week? I didn't smoke at all last week I smoked cigarettes on one occasion I smoked cigarettes on more than one occasion I smoked cigarettes on most days last week</p>	<p>Do you smoke cigarettes? Yes/No</p>
<p>When it comes to smoking how typical a week was last week for you? Very typical – I don't smoke cigarettes Very typical – I usually smoke on one occasion Not very typical – I usually smoke less (or none at all) Not very typical – I usually smoke more cigarettes I'm not sure what typical is for me</p>	<p>Read the following statements carefully and tick the one which best describes you: I have never smoked I have only ever tried smoking once I sometimes smoke cigarettes now but I don't smoke as many as one a week I used to smoke sometimes but I never smoke a cigarette now I usually smoke between one and six cigarettes a week I usually smoke more than six cigarettes a week</p>
	<p>Some people think that young people are more likely to start smoking now because of electronic 'e' cigarettes. Do you: Strongly agree Agree Not sure Disagree Strongly disagree</p>