

<i>item:</i>	5
<i>report:</i>	CYP/35/09

## **HIGHLAND LIFESTYLE SURVEY**

### **by Louise Jones**

#### **Summary**

This Report is to brief the Committee on the progress of the Highland Lifestyle Survey which has been designed to provide additional evidence to the For Highland's Children 3 improvement objectives (HEALTHY). The Report also presents a summary of some of the findings of the Highland Lifestyle Survey, background and methodology.

#### **1. Background**

- 1.1 The Highland Lifestyle Survey was developed to provide a 'snapshot' of young people's lifestyles, to enhance existing information and benchmark data to demonstrate improvements in the Health and Wellbeing of children and young people in Highland. It is recognised that, given its smaller sample size, drawing firm conclusions from the results could be potentially misleading in some areas. However, as the first step in charting trends in the Highland and putting local context on the national results, it is nevertheless felt to be a very useful exercise.
- 1.2 In Highland, the main sources of local evidence used to measure improvements in Health and Wellbeing prior to the Highland Lifestyle Survey were:
  - Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) which is repeated every 4 years locally.
  - National Dental Inspection Data.
- 1.3 The Survey was developed with the intention that it would be repeated every 2 years. It was executed in April 2009 with Children and Young People in year cohorts P7 (ages 10/11), S2 (ages 12/13) & S4 (ages 14/15)
- 1.4 A multi-agency steering group which included the Youth Convener was established to develop the process and wording of questions. A pilot was completed with 3 primary and 3 secondary schools to ascertain how Children and Young People interpreted the questions and to make amendments accordingly. The final questions were also fully approved by The Highland Council Education, Culture and Sport Service Committee.
- 1.5 A total of 3893 Highland Lifestyle Surveys were returned from schools across Highland. Some surveys were returned with answers missing to some of the 26 questions and there were 22 surveys returned for which all 26 questions were blank. These empty surveys were removed from analysis, however surveys partially completed were retained and a total of 3871 surveys were therefore included in the analysis.

- 1.6 This report provides commentary on some of the areas of questions asked, a full report will be produced at a later date. Whilst the survey's findings are intended to provide benchmark data, snapshots of lifestyles, and trends over time, comparisons have been drawn with related data sets for these initial findings. All data is presented within this report, additional tables yet to be analysed are presented in Appendix 1.

## **2. Methodology**

### **2.1 Questionnaire administration**

- 2.2 Head Teachers were initially informed of the survey through The Education, Culture and Sport Committee paper seeking approval of the final questions. Head Teachers were then provided with information as to the timing of the survey and a pack of information was provided including a parents/carers information letter, Aide Memoir (with survey web link) and the opportunity to request the survey questions in a booklet format. Head Teachers were also informed that a survey booklet and parent's / carers information letter in Gaelic was available on request.
- 2.3 All primary schools were asked to distribute the parents/carers information letter two weeks prior to the survey date. The parents/carers information letter included a tear off slip to be returned if they did not wish their child to participate.
- 2.4 A website was devised as a gateway to completing the questionnaire; this was devised in consultation with young people to ensure it was attractive and user friendly. The website domain name [www.whatareuupto.com](http://www.whatareuupto.com) was agreed and the website thoroughly tested for ease of use.
- 2.5 The website was built around a survey tool which was 'Open Source' and free to use, the data was able to be downloaded in a variety of formats for analysis.
- 2.6 For easy administration schools were provided with options of using either the printed booklet or the web based questionnaire top which best suited their circumstances.
- 2.7 The Highland Lifestyle Survey was designed to be delivered as part of a single Health and Wellbeing focussed lesson thus providing learning outcomes for those participating and support for further discussion. During the proposed survey week, the teacher present explained the purpose of the survey to the class using the Highland Lifestyle Survey Aide Memoir.

## 2.8 Survey responses

2.9 All 29 Secondary schools, 183 Primary Schools, 3 Special Needs Schools and 3 Intensive Support Centres were invited to participate.

Table 1.1 – Pupils in survey by year cohort

	<b>Cohort Population</b>	<b>Actual responses</b>	<b>Response %</b>
P7	2618	1486	57%
S2	2770	1468	53%
S4	2789	917	33%
<b>Total</b>	<b>8177</b>	<b>3871</b>	<b>47%</b>

2.91 Response rates Primary 7 and Secondary 2 provided the highest response rates; the lower rate for Secondary 4 can be attributed in part to the survey being administered close to schools designated study leave. The response rates are similar to other lifestyle surveys conducted in Scotland such as SALSUS.

2.10 Analysis The data was extracted and the booklet surveys were included in the data set. The question totals were tabled and percentages included, the multi-agency group who had been involved in developing the final questions and survey process were then asked for commentary and guidance on further analysis.

## 3.0 **Preliminary Findings of the Highland Lifestyle survey**

### 3.1 Young Carers

Table 1.2 Does someone in your family have a long term or mental illness or drug or alcohol problem?

	<b>Class Level</b>			<b>Sex</b>		<b>Total</b>
	<b>P7</b>	<b>S2</b>	<b>S4</b>	<b>Female</b>	<b>Male</b>	
	%	%	%	%	%	%
<b>Yes</b>	16	18	22	22	15	18
<b>No</b>	84	82	78	78	85	82
<b>Total</b>	100	100	100	100	100	100

*Note: 41 (1.1%) surveys had answers missing for this question*

3.11 Table 1.2 indicates that 16% of P7, 18% of S2 and 22% of S4 pupils have responded 'yes' to the question.

3.12 Approximately 10% of this age group in Highland are expected to be Young Carers as this is according to national research conducted by the Princes Royal Trust for carers 2002.

3.13 The survey has yielded results higher than would be expected from previous reports. The wording of the question may contribute to this higher percentage due

to the possibility that pupils interpreted that extended family members may fall in to this category. It has been suggested that a future lifestyle survey question relating to Young Carers refer to 'household'.

- 3.14 The pan Highland organisation 'Connecting Young Carers' have indicated that they will like to use this survey's findings to strengthen funding applications and inform the next Young Carers Strategy. The survey's findings will also be used in future training and demonstrate the need to support Young Carers.

## 3.2 Food and Nutrition

Table 1.3 How many portions of fruit and vegetables did you eat yesterday?

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>1 Portion</b>	9	11	11	9	12	10
<b>2 Portions</b>	15	19	18	17	18	17
<b>3 Portions</b>	24	28	25	26	26	26
<b>4 Portions</b>	22	19	15	21	17	19
<b>5 Portions</b>	13	7	7	10	8	9
<b>More than 5</b>						
<b>5</b>	12	8	10	10	10	10
<b>0 Portions</b>	6	9	13	8	10	9
<b>Total</b>	100	100	100	100	100	100

*Note: 106 (2.7%) surveys had answers missing for this question*

- 3.21 The survey findings indicate that the most common response is 3 portions of fruit and vegetables a day. This figure is consistent with data from household surveys and is considered valid. 75% – 80% of pupils are eating less fruit and veg than the recommended 5 per day (or more). Twice as many S4 pupils eat no fruit and vegetables as P7 pupils.

- 3.22 Table 1.4 Where did you mostly eat your lunch during last week?

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>Home</b>	12	14	16	12	16	14
<b>Out of School</b>	4	36	36	21	26	24
<b>School</b>	84	50	48	67	58	62
<b>Total</b>	100	100	100	100	100	100

*Note: 116 (3%) surveys had answers missing for this question*

- 3.23 Over half the secondary pupils are taking a school lunch 'out of school', this is not an indicator whether they have purchased a school meal or eaten a packed lunch.

### 3.3 Oral health

Table 1.5 Do you visit your dentist at least once per year?

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>Yes</b>	94	95	93	96	93	94
<b>No</b>	6	5	7	4	7	6
<b>Total</b>	100	100	100	100	100	100

*Note: 128 (3.3%) surveys had answers missing for this question*

3.31 The attendance figures reported in the survey are similar if a little higher than those provided by the National Dental Inspection. The national inspection found that in Highland approximately 89% of 6-12 year olds and 85% of 13 – 17 year olds are registered with an NHS Dentist. Data collected by the National Inspection will in future not represent a comparable measure as dental registration will be life long and will therefore not indicate attendance at the dentist. Therefore the Highland Lifestyle Survey will provide important local data.

3.32 Table 1.6 How many times a day do you brush your teeth?

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>Once</b>	12	15	15	9	19	14
<b>Twice</b>	77	75	70	78	72	75
<b>Three times</b>	9	8	11	12	7	9
<b>More than three times</b>	1	1	3	2	2	2
<b>Total</b>	100	100	100	100	100	100

*Note: 134 (3.5%) surveys had answers missing for this question*

3.33 Table 1.6 indicates that the majority of pupils (75%) are brushing their teeth twice a day.

3.34 It is recommended by NHS Highland's Dental services that the survey include the option for pupils to indicate that they brush 'less than once per day'.

3.35 Table 1.7 How would you describe the state of your teeth?

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>Bad</b>	3	4	5	4	4	4
<b>Good</b>	40	42	50	47	39	43
<b>OK</b>	57	54	44	49	57	53
<b>Total</b>	100	100	100	100	100	100

*Note: 145 (3.7%) surveys had answers missing for this question*

- 3.36 NHS Highland through P7 school dental inspections that approximately 2% needed urgent dental treatment, this is comparable to survey's findings as 3% P7s described their teeth as 'bad'. The survey's findings were comparable to the school dental inspections as 57% described their teeth as 'ok', NHS Highland inspections found that approximately 69% would benefit from further examination by a Dentist. NHS Highland data indicates that approximately 29% did not require further treatment, the survey's findings that 40% of P7 pupils described their teeth as 'good.' This may indicate that P7 pupils may not perceive the need for examination or treatment as a normative.
- 3.37 In NHS Highland 2008/2009 school dental inspections indicated that 32.% of P7 pupils had a possible need or orthodontic treatment. This is comparable with the survey's findings where 19% P7 pupils reported that they were 'not happy' with the way their teeth looked, and a further 28% were 'not sure' if they were 'happy' with the way their teeth looked.
- 3.38 NHS Highland Dental services indicate that they will draw on the findings of the survey to support orthodontic treatment need and work on 'normative' versus 'perceived' need for dental treatment with Highland children and Young People.

### 3.4 Alcohol

Table 1.8 Which of the following statements best describes you last week?

	Class Level			Sex		Total %
	P7 %	S2 %	S4 %	Female %	Male %	
<b>I didn't drink any alcohol</b>	90	70	47	74	73	74
<b>I drank a little alcohol</b>	8	16	20	12	14	13
<b>I drank a few alcoholic drinks</b>	2	8	18	8	7	7
<b>I drank a lot of alcohol</b>	1	6	15	5	6	6
<b>Total</b>	100	100	100	100	100	100

*Note: 748 (19.3%) surveys had answers missing for this question*

Table 1.9 When it comes to drinking alcohol how typical a week was it for you?

	Class Level			Sex		Total %
	P7 %	S2 %	S4 %	Female %	Male %	
<b>Very typical - I don't drink alcohol</b>	89	66	38	71	69	70
<b>Very typical - I usually drink about that much</b>	3	11	20	9	11	10
<b>Not very typical - I drank more than usual</b>	2	4	13	5	5	5
<b>Not very typical - I drank less than usual</b>	1	6	12	6	4	5
<b>I'm not sure what is typical for me</b>	4	13	17	10	11	10
<b>Total</b>	100	100	100	100	100	100

*Note: 754 (19.5%) surveys had answers missing for this question*

- 3.41 The survey's findings indicate that 70% of 13 year olds and 47% of 15 year olds reported not drinking in the week prior to the survey. 66% of 13 year olds reported it was typical not to drink alcohol as they do not drink and 38% of 15 year olds reported it was typical not to drink alcohol as they do not drink.
- 3.42 The % of pupils reporting they do not drink is higher in the Highland Lifestyle Survey than reported in SALSUS 2006. as although SALSUS found that 82% of 13 year olds and 63% of 15 year olds had not consumed alcohol in the week prior to the survey, only 39% of the 13 year olds hadn't drunk alcohol because they never had a drink.
- 3.43 13% of 13 year olds and 17% of 15 year olds reported they are unsure what is typical alcohol consumption for them, this may indicate ambivalence towards drinking behaviour and consequently the possibility to change future drink patterns.

### 3.5 Substance misuse

Table 2 Which of the following statements best describes you last week?

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
I didn't take illegal drugs	98	96	88	96	95	95
I took illegal drugs on one occasion	1	2	5	3	2	2
I took illegal drugs on more than one occasion	1	2	7	2	4	3
<b>Total</b>	100	100	100	100	100	100

*Note: 762 (19.7%) surveys had answers missing for this question*

Table 2.1 When it comes to taking illegal drugs how typical a week was it for you?

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
Very typical - I don't take illegal drugs	96	90	81	92	90	91
Very typical - I usually take about that much	0	2	5	2	2	2
Not very typical - I usually take less (or none)	1	2	6	2	3	2
Not very typical - I usually take more	1	1	2	1	2	1
I'm not sure what is typical for me	2	4	6	4	4	4
<b>Total</b>	100	100	100	100	100	100

*Note: 767 (19.8%) surveys had answers missing for this question*

- 3.51 In Highland, the numbers of pupils self reporting not using drugs in the past week was similar to the percentages reporting not taking drugs in the previous month as captured in the 2006 SALSUS survey. Although the percentage of pupils self reporting not taking drugs has increased since 2002, percentages from the lifestyle survey are lower for S4 students and males compared to SALSUS. This may be due to difference in time frame of the question capturing ever taking drugs (month versus week), however this difference fits with the findings from the 2008 interim SALSUS survey, which reported that nationally among 15 year olds, males were more likely than females to self report taking drugs in the last month.
- 3.52 The Highland Lifestyle survey provided pupils with the option to report that they were unsure what is typical behaviour for them in regards taking illegal drugs and a small percentage of pupils (5%) reported this; this equated to 4% of S2 pupils; 6% of S4 pupils and 4% of males and 5% of females. Of the pupils who reported being unsure of what was typical for them, there were more S2 than S4 pupils who were unsure and had reported not having taken illegal drugs in the previous week (43% compared with 34%); however for pupils who had reported having taken illegal drugs in the week previous, there were more S4 pupils than S2 pupils (8% compared with 2%). Also among pupils who reported being unsure, females were more likely than males to report being unsure of what was typical for them (54% compared with 46%), except when reporting having taken drugs more than once in the week prior to the survey, when males were more likely to report being unsure of what was typical for them (6% compared to 4%).
- 3.53 Pupils stating they are 'unsure what is typical' for them in regards their drug use could be an indication that they have no clear sense of how much or often they take illegal drugs, this may particularly be the case for those pupils who reported having taken illegal drugs on more than one occasion in the week prior to the survey.
- 3.54 In this respect answering that they are unsure of what is typical for them may indicate a pupil's ambivalence about taking illegal drugs and consequently demonstrate the possibility they may change future behaviour regarding illegal drug use supporting the need for normative education and exploration of choices regarding substance misuse.

### 3.6 Smoking

Table 3. Smoking - Which of these statements best describes you last week?

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>I didn't smoke at all last week</b>	98	89	81	90	92	91
<b>I smoked cigarettes on one occasion</b>	1	4	3	3	2	3
<b>I smoked cigarettes on more than one occasion</b>	0	3	5	3	2	2
<b>I smoked cigarettes on most days last week</b>	1	4	11	4	4	4
<b>Total</b>	100	100	100	100	100	100

*Note: 777 (20.1%) surveys had answers missing for this question*

Table 3.1 Smoking - Which one of these best statements best described you last week?

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>Very typical - I don't smoke cigarettes</b>	96	86	76	87	90	88
<b>Very typical - I usually smoke on one occasion</b>	1	4	6	4	2	3
<b>Not very typical - I usually smoke less (or none at all)</b>	1	3	5	3	2	2
<b>Not very typical - I usually smoke more cigarettes</b>	1	4	9	5	3	4
<b>I'm not sure what is typical for me</b>	1	3	4	3	3	3
<b>Total</b>	100	100	100	100	100	100

Note: 786 (20.3%) surveys had answers missing for *this* question

- 3.61 SALSUS (2006) indicated that 5% of 13 and 12% 15 year olds reported being regular smokers. The survey's findings however found that approximately 4% of 13 year olds reported smoking on most days in the last week and 11% of 15 year olds report smoking on most days last week. This indicates a small reduction.
- 3.62 SALSUS (2006) indicated that 92% of 13 year olds in Highland do not smoke, 67% never smoked, 17% tried smoking once and 8% 'used' to smoke. The survey's findings 89% of 13 year olds reported that this is typical for them not to smoke or typically none compared with last week
- 3.63 SALSUS (2006) indicated that 89% of 15 year olds in Highland do not smoke. (52% - never, 20% tried once and 12% used to) The survey's findings have indicated that 81% of 15 year olds reported not smoking (76% typically not to, 5% it is usual to smoke less or none)

#### 4. Further comments and considerations

- 4.1 Consideration will need to be given to how the findings are presented to all schools to be presented to children and young people. It is intended that through the delivery of Curriculum for Excellence, The Highland Lifestyle Survey Findings and data can be presented to young people to aid discussion and learning opportunities as part of the Health and Wellbeing curriculum.
- 4.2 Consideration will also need to be given to the storage of the data which is currently held within the Highland Drug and Alcohol Partnership (HADP)
- 4.3 Further analysis of the remaining questions is expected from partner agencies and will be presented in the final report.

## Recommendation

The Joint Committee is asked to consider and comment on the data presented and to note that it will be used as additional evidence to support the improvement objectives for 2009-12 that will be included in For Highland's Children 3.



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## Appendix I - Highland Lifestyle Survey – Additional tables

### About Pupils

**Table 1.1 – Pupils in survey by school areas**

Caithness, Sutherland, & East Ross	30.8 %
Inverness, Badenoch & Strathspey	44.2 %
Ross, Skye & Lochaber	25.0 %
Total	100.0 %

**Table 1.2 – Pupils in survey by class level**

	%
P7	38.4
S2	37.9
S4	23.7
Total	100.0

**Table 1.3 Pupils in survey by Sex**

	%
Female	49.9
Male	50.1
Total	100

**Table 1.4 Pupils in school areas by sex and class level**

			Class Level			Total
			P7	S2	S4	
			%	%	%	%
<b>Caithness, Sutherland &amp; East Ross</b>	Sex	Female	53	49	46	50
		Male	47	51	54	50
	<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>
<b>Inverness, Badenoch &amp; Strathspey</b>	Sex	Female	53	50	47	51
		Male	47	50	53	49
	<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>
<b>Ross, Skye &amp; Lochaber</b>	Sex	Female	46	51	51	49
		Male	54	49	49	51
	<b>Total</b>		<b>100</b>	<b>100</b>	<b>100</b>	<b>100</b>

**Table 1.5 Pupils affected by an ongoing disability**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>Yes</b>	5	5	6	4	7	50
<b>No</b>	95	95	94	96	93	50
<b>Total</b>	100	100	100	100	100	100

*Note: 29 (0.7%) surveys had answers missing for this question*

**Table 1.6 Number of Adults living in pupils household**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>One</b>	14	16	15	16	14	15
<b>Two</b>	72	69	65	68	71	70
<b>Three</b>	9	9	12	10	9	10
<b>Four</b>	3	3	4	3	3	3
<b>More than Four</b>	2	2	2	2	2	2
<b>None</b>	0	0	1	0	0	0
<b>Total</b>	100	100	100	100	100	100

*Note: 59 (1.5%) surveys had answers missing for this question*

## Pupils Health

**Table 2.1 Pupils who have a space to relax outside of school**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>Yes</b>	93	93	92	93	93	93
<b>No</b>	7	7	8	7	7	7
<b>Total</b>	100	100	100	100	100	100

*Note: 70 (1.8%) surveys had answers missing for this question*

**Table 2.2 How pupils feel about themselves and their lives**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>Not so good - sometimes happy and sometimes down</b>	15	16	16	18	13	16
<b>Not so good - I tend to be down</b>	2	3	4	3	3	3
<b>Quite Good - I'm mostly happy</b>	55	52	53	54	52	53
<b>Very good - I'm always happy</b>	29	29	27	24	33	29
<b>Total</b>	100	100	100	100	100	100

*Note: 92 (2.4%) surveys had answers missing for this question*

## Pupils Friendships

**Table 2.3 Have at least one close friend**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>Kind of</b>	11	11	9	9	12	10
<b>No</b>	3	3	3	3	3	3
<b>Yes</b>	86	87	88	88	85	87
<b>Total</b>	100	100	100	100	100	100

*Note: 164 (4.2%) surveys had answers missing for this question*

**Table 2.4 Times pupils felt bullied in the week before the survey**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>A few times</b>	15	16	10	15	13	14
<b>Lots</b>	3	2	3	2	3	3
<b>None</b>	78	77	84	78	80	79
<b>Some</b>	4	4	3	4	4	4
<b>Total</b>	100	100	100	100	100	100

*Note: 176 (4.5%) surveys had answers missing for this question*

**Table 2.5 Where bullying took place for pupils who felt bullied**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>School</b>	58	68	62	62	63	63
<b>Home</b>	15	13	16	16	13	15
<b>Online</b>	5	4	4	5	4	4
<b>Elsewhere</b>	22	14	19	17	19	18
<b>Total</b>	100	100	100	100	100	100

*Note: 2860 (73.8%) surveys had no answer to this question, of this 2.2% of the surveys from pupils who had answered that they felt bullied in the week prior to the survey had missing answers to this question and 8.5% of surveys providing an answer for where they had been bullied were from pupils who had responded that they had not felt bullied in the week prior to the survey.*

**Table 2.6 Pupils who would tell someone if they were being bullied**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>Yes</b>	70	60	58	65	63	64
<b>No</b>	11	16	17	11	17	14
<b>Not sure</b>	20	24	25	24	21	22
<b>Total</b>	100	100	100	100	100	100

*Note: 840 (21.7%) surveys had answers missing for this question*

**Table 2.7 Pupils who knew where to get help**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>Yes</b>	92	89	87	91	88	90
<b>No</b>	8	11	13	9	12	10
<b>Total</b>	100	100	100	100	100	100

*Note: 201 (5.2%) surveys had answers missing for this question*

**Free time**

**Table 3.1 Money to spend on self in week before the survey**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>Nothing</b>	18	13	10	13	15	14
<b>Under £5</b>	23	10	9	15	15	15
<b>£5 - £10</b>	27	28	23	29	24	26
<b>£11 - £20</b>	13	19	18	17	16	17
<b>More than £20</b>	20	30	39	26	30	28
<b>Total</b>	100	100	100	100	100	100

*Note: 215 (5.6%) surveys had answers missing for this question*

**Table 3.2 Volunteered in the week before the survey**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>Yes</b>	33	24	19	27	26	26
<b>No</b>	67	76	81	73	74	74
<b>Total</b>	100	100	100	100	100	100

*Note: 228 (5.9%) surveys had answers missing for this question*

**Table 3.3 Time spent with family**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
1 - 5 hours	27	26	27	24	30	27
6 - 10 hours	21	22	24	23	21	22
11 - 15 hours	18	15	16	18	15	16
16 - 20 hours	26	29	25	29	25	27
No answer	7	8	9	7	9	8
<b>Total</b>	100	100	100	100	100	100

*Note: 724 (18.7%) surveys had answers missing for this question*

**Table 3.4 Time spent walking**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>1 - 5 hours</b>	57	53	56	58	53	56
<b>6 - 10 hours</b>	19	20	19	20	18	19
<b>11 - 15 hours</b>	6	9	7	7	6	7
<b>16 - 20 hours</b>	4	6	7	5	5	5
<b>No answer</b>	15	12	12	10	17	13
<b>Total</b>	100	100	100	100	100	100

*Note: 725 (18.7%) surveys had answers missing for this question*

**Table 3.5 Time spent playing sport**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>1 - 5 hours</b>	50	44	40	52	39	46
<b>6 - 10 hours</b>	20	20	20	18	23	20
<b>11 - 15 hours</b>	10	11	10	8	13	10
<b>16 - 20 hours</b>	6	8	6	3	11	7
<b>No answer</b>	14	17	24	20	14	17
<b>Total</b>	100	100	100	100	100	100

*Note: 724 (18.7%) surveys had answers missing for this question*

**Table 3.6 Time spent cycling**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>1 - 5 hours</b>	44	31	21	31	39	35
<b>6 - 10 hours</b>	10	9	5	6	11	8
<b>11 - 15 hours</b>	3	3	2	2	5	3
<b>16 - 20 hours</b>	2	3	2	1	4	2
<b>No answer</b>	41	53	69	61	42	51
<b>Total</b>	100	100	100	100	100	100

*Note: 722 (18.6%) surveys had answers missing for this question*

**Table 3.7 Time spent reading**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	
<b>1 - 5 hours</b>	51	38	39	49	39	44
<b>6 - 10 hours</b>	11	11	12	14	8	11
<b>11 - 15 hours</b>	4	5	3	5	3	4
<b>16 - 20 hours</b>	2	3	2	3	2	2
<b>No answer</b>	32	43	44	29	48	39
<b>Total</b>	100	100	100	100	100	100

*Note: 724 (18.7%) surveys had answers missing for this question*

**Table 3.8 Time spent listening to music**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>1 - 5 hours</b>	53	42	34	44	46	45
<b>6 - 10 hours</b>	15	23	26	23	18	20
<b>11 - 15 hours</b>	5	11	14	11	7	9
<b>16 - 20 hours</b>	4	11	20	11	8	10
<b>No answer</b>	23	14	6	12	21	16
<b>Total</b>	100	100	100	100	100	100

*Note: 723 (18.6%) surveys had answers missing for this question*

**Table 3.9 Time spent playing an instrument**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>1 - 5 hours</b>	31	27	18	28	25	27
<b>6 - 10 hours</b>	6	5	5	6	5	5
<b>11 - 15 hours</b>	2	3	5	3	3	3
<b>16 - 20 hours</b>	1	2	4	2	2	2
<b>No answer</b>	60	63	69	61	65	63
<b>Total</b>	100	100	100	100	100	100

*Note: 722 (18.6%) surveys had answers missing for this question*

**Table 3.10 Time spent doing arts / crafts / painting**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>1 - 5 hours</b>	35	30	23	40	21	31
<b>6 - 10 hours</b>	5	4	6	7	2	5
<b>11 - 15 hours</b>	1	1	2	2	1	1
<b>16 - 20 hours</b>	1	1	1	1	1	1
<b>No answer</b>	58	64	68	50	74	62
<b>Total</b>	100	100	100	100	100	100

*Note: 724 (18.7%) surveys had answers missing for this question*

**Table 3.11 Time spent watching TV / DVD's /Videos**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>1 - 5 hours</b>	52	39	38	48	41	44
<b>6 - 10 hours</b>	27	33	35	29	33	31
<b>11 - 15 hours</b>	8	13	15	11	11	11
<b>16 - 20 hours</b>	5	9	6	5	8	6
<b>No answer</b>	9	7	5	7	7	7
<b>Total</b>	100	100	100	100	100	100

*Note: 722 (18.6%) surveys had answers missing for this question*

**Table 3.12 Time spent surfing the internet**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>1 - 5 hours</b>	48	40	40	45	42	44
<b>6 - 10 hours</b>	13	23	25	18	19	19
<b>11 - 15 hours</b>	4	11	12	8	9	8
<b>16 - 20 hours</b>	2	8	10	6	6	6
<b>No answer</b>	32	19	14	23	24	23
<b>Total</b>	100	100	100	100	100	100

Note: 728 (18.8%) surveys had answers missing for this question

**Table 3.13 Time spent on msn messenger**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>1 - 5 hours</b>	28	26	32	30	26	28
<b>6 - 10 hours</b>	8	15	19	16	10	13
<b>11 - 15 hours</b>	2	9	10	8	5	6
<b>16 - 20 hours</b>	2	7	8	7	4	5
<b>No answer</b>	60	42	31	40	56	48
<b>Total</b>	100	100	100	100	100	100

Note: 726 (18.7%) surveys had answers missing for this question

**Table 3.14 Time spent on Bebo / Facebook / Myspace**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>1 - 5 hours</b>	27	30	39	31	30	31
<b>6 - 10 hours</b>	8	14	15	14	9	12
<b>11 - 15 hours</b>	2	8	8	7	3	5
<b>16 - 20 hours</b>	2	7	7	6	3	5
<b>No answer</b>	61	41	31	41	54	48
<b>Total</b>	100	100	100	100	100	100

Note: 726 (18.7%) surveys had answers missing for this question

**Table 3.15 Time spent texting friends**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
<b>1 - 5 hours</b>	36	35	37	37	34	36
<b>6 - 10 hours</b>	6	14	16	13	9	11
<b>11 - 15 hours</b>	2	7	13	9	3	6
<b>16 - 20 hours</b>	2	9	13	9	5	7
<b>No answer</b>	54	35	20	32	49	40
<b>Total</b>	100	100	100	100	100	100

Note: 726 (18.7%) surveys had answers missing for this question

**Table 3.16 Time spent at youth group(s)**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
1 - 5 hours	24	22	16	22	21	22
6 - 10 hours	3	4	2	3	3	3
11 - 15 hours	1	1	0	1	1	1
16 - 20 hours	1	1	1	0	1	1
No answer	71	72	80	74	73	73
<b>Total</b>	100	100	100	100	100	100

Note: 726 (18.7%) surveys had answers missing for this question

**Table 3.17 Time spent with friends**

	Class Level			Sex		Total
	P7	S2	S4	Female	Male	
	%	%	%	%	%	%
1 - 5 hours	32	23	17	25	26	25
6 - 10 hours	31	27	28	30	29	29
11 - 15 hours	13	19	21	17	17	17
16 - 20 hours	14	21	27	20	18	19
No answer	9	10	7	8	10	9
<b>Total</b>	100	100	100	100	100	100

Note: 723 (18.6%) surveys had answers missing for this question

**Table 4.0 Percentage of time pupils reported being engaged in activities**



