



Life at age 14: initial findings from the Growing Up in Scotland study



CHILDREN, EDUCATION AND SKILLS

Executive summary

Introduction and background

This report presents findings about the lives of 14-year-olds living in Scotland. It uses data collected from Birth Cohort 1 (BC1) of the Growing Up in Scotland study (GUS)¹. GUS BC1 was originally comprised of a nationally representative sample of 5217 children born between June 2004 and May 2005. A boost sample was included at Sweep 9.

This report presents high level findings from the most recently available data sweep (Sweep 10). The report aims to provide an overview of the data available and encourage other researchers to conduct further and more detailed analysis. Data can be accessed through the UK Data Service.

Methodology

Sweep 10 fieldwork took place in two phases; phase 1 between January and July 2019 and phase 2 began in January 2020, was paused in March 2020, resumed in August 2020 and ended in August 2020. Data were collected from 2943 families. The original methodology used face-to-face in-home interviewing (CAPI) with a self-completion section (CASI). Due to the Covid-19 pandemic, fieldwork was paused and later restarted using an alternative methodology, where a web survey (CAWI) replaced the CASI element and a telephone survey (CATI) replaced the CAPI portion. This change had implications on the data collected and the survey response rates, more information on this can be found in section 1.2.

Data were collected from the study child (referred to as the 'young person' throughout this report) and their main carer or parent (also referred to as 'parent'). Subgroup analysis has been conducted, looking at differences by gender, disability of the young person and SIMD quintiles.

Overview of key findings

Views on school were largely positive amongst young people; 84.8% said their teacher 'always/often' treats them fairly and 61.3% said they 'always/often' enjoyed learning at school. Furthermore, 91.9% said they 'always/often' tried their best at school and 70.5% of young people said they felt 'not at all/a little' pressured by their school work. Just over half (56.4%) said that they 'sometimes/ never' looked forward to going to school, however only 19.6% had ever skipped school.

Looking towards the **future**, 79.5% of young people said they wanted to stay on at school or college full-time after S4. The most commonly chosen options for what they saw themselves doing when they left school were 'going to University' (47.7%) or 'going to College' (15.1%), although a substantial minority (21.1%) were 'not sure'.

Young people's **views of their parents** were generally positive; the majority said their parent 'always' listened to what they had to say, that they can count on them to

¹ [Growing Up in Scotland](#)

help them with a problem, that their parent would ask if they knew something was bothering them and that they 'paid attention to them'. Just over one quarter (27.3%) of young people had at least one parent who lived elsewhere. Over half (57.5%) saw this parent once a week or more, whilst 15.1% said they never saw this parent.

The vast majority of parents (93.9%) felt either 'very competent and confident' or 'moderately competent and confident' in their **parenting** and 87.2% felt either 'extremely' or 'very' close to their child. However, over half of parents (53.3%) said it was 'very/somewhat' true that they are 'overprotective of their child'.

Relationships with peers also appeared to be largely positive; 85.1% reported their friends 'always/often' paid attention to them, and 84.4% said it was 'always/often' true that their friends 'listened to what they had to say'. The majority of young people felt 'not at all' pressured by their friends. However, 32.9% felt 'a little' or 'a lot / quite a lot' pressured to act tough or hard, whilst 40% felt 'a little' or 'a lot / quite a lot' pressured to look or dress a certain way.

Half of young people (49.1%) had been **bullied** by being picked on, called names or been made fun of, and just under one in five were picked on in this way at least once a week or more. The majority (70.4%) of young people said they had not been treated unfairly because of any of their characteristics. However, 22% said they were treated unfairly because of their body shape, size or physical appearance.

Two thirds of young people reported having no **sexual experience**, whilst 9.5% said they had 'some experience, but not sexual intercourse' or 'more experience, including sexual intercourse'. The majority of parents had spoken to their child more than once about 'sex, including sexual intercourse' and 'how to behave in relation to people he/she might be sexually attracted to, and/or how to respond to sexual advances.'

Spending time on **screen activities and social media** was common; 85.6% of young people spent at least one hour per day watching videos, television programmes or films, 59% spent at least one hour playing online or electronic games, whilst 69.2% spent at least one hour on social media or messaging people they know.

The most common **activities undertaken outside of school** were 'team sports' (39.4%), 'art, music, performance' (28.2%), and 'individual sport' (26.4%). The majority of young people had not participated in any youth work activities. However, one in five were 'involved in a group working towards a youth award', whilst 15.5% were 'members of uniformed youth'

Parents generally knew where their child was and what they were doing; three quarters said they knew 'all of the time' **where their child was after school**. 11.1% of parents said their child had **caring responsibilities**. Of those, the majority (62.6%) reported that their child spent less than 4 hours a week providing help.

Looking at **risky behaviours**; just over half of young people had tried alcohol (54.9%), whilst around one in five had tried smoking a cigarette or vape. Only a small minority had tried cannabis or other drugs. 69.2% of young people had not engaged

in any of the anti-social behaviours. However, the most commonly named behaviours were 'hit, kicked or punched someone' (17.1%) and 'been rowdy or rude in a public' (14%).

Almost half of young people (47.2%) had had a period in their life lasting several days or longer when on most of the days they felt **depressed**, and just under three quarters of those who experienced depression said they had a lot more trouble concentrating than usual and felt down on themselves, whilst half thought a lot about death.

Furthermore, 13.9% of young people said they had experienced any **emotional or mental health difficulties** to the extent that they had received a diagnosis or sought help for it, and 11.6% reported having hurt themselves on purpose in any way in the last 12 months.

However, **life satisfaction** was overall high; just under two thirds (63.6%) said they 'always' or 'often' felt their life was just about right, and three quarters (74.8%) said they 'always' or 'often' felt they had what they wanted in life. The vast majority of young people also said that it was 'completely' (73.8%) or 'somewhat' (20.8%) true, that they had a trusted adult to talk to.

When rating their **general health**, 65.1% of young people said it was 'excellent' or 'very good'. A third of young people said they either met or exceeded the minimum **physical activity** hours recommended by the NHS (7 hours).

Around half thought their **body size** was about right, however more than one third thought they were 'a bit too fat' or 'much too fat', whilst a smaller proportion thought their body was 'much too thin' or 'a bit too thin'. Furthermore, three quarters (75.6%) said they felt 'very happy' or 'quite happy', about how they look, whilst the remainder (24.4%) felt 'not very happy' or 'not at all happy'

Over half (62.1%) of young people said they got between eight and ten hours **sleep** on a school night. Two out of five (37.2%) said they got less sleep than the recommended eight to ten hours. Young people got more sleep when they did not have school the next day; only 24.7% got less than eight hours of sleep, whilst 14.5% got more than ten hours of sleep.

Summary of key differences across subgroups

A range of statistically significant differences were observed between different subgroups (sex, SIMD quintiles and (not) being disabled). Key findings are briefly described below and further detail can be found in the relevant sections.

In general, **boys** were more likely than **girls** to say:

- They 'agreed strongly' that they were good at maths.
- They were not sure what they see themselves doing after they leave school.
- It was 'always true' that they can count on their parents to help them when they have a problem and that their parents pay attention to them.

- They felt pressure to act tough or hard, to break rules at school and home and to cause trouble or get into fights.
- They had experienced bullying through name calling and shoving, pushing, hitting or picking a fight and that they had picked on others.
- That they spend time playing online/electronic games and had taken part in teams sports.
- They had tried an e-cigarette or vape and that they had engaged in any of the anti-social behaviours.
- That their life was 'always' or 'often' just right and that they were 'very happy' with how they look.
- They keep it to themselves when they worry about something.

In general, **parents of boys** were more likely than **parents of girls** to say:

- Their child receives additional help or support at school through support from teacher, equipment provided, special classes and special school.
- They had been contacted about their child's behaviour at school and their attitude towards school.
- They worry their child will become ill or hurt and that they are overprotective of their child.
- They had never talked to their child about sex and sexual intercourse, sexual attraction and contraception.
- Their child takes medication for their mental health.

In general, **girls** were more likely than **boys** to say:

- They 'always' enjoy learning at school and 'always' try their best at school.
- They felt 'a lot' of pressure or 'quite a lot' of pressure by schoolwork and that they had skipped school.
- They 'agreed strongly' that they were good at English.
- They saw themselves going to University or to College after they leave school.
- They felt pressure to look or dress a certain way.
- They had experienced bullying through name calling, being left out of games/chats and message posting.
- They had been treated unfairly because of their body shape and their gender.
- That they spend time on social media or messaging and it was 'extremely true' or 'very true', that they worry they might miss something friends have seen on social media.
- They had felt depressed and, to say they had ever experienced any emotional or mental health difficulties to the extent that they had sought help for it and that they had hurt themselves on purpose in any way in the last 12 months.
- They talk to a friend when they worry about something and say they had spoken to a counsellor.
- They thought they were a bit too fat or much too fat.

In general, **parents of girls** were more likely than **parents of boys** to say:

- They had attended a school event that their child had participated in.
- Their child talks to them when they are having a problem and that their child shares their thoughts and feelings with them.
- They felt 'extremely close' to their child.

- It was 'very true' that they help their child to become an independent person and that they encourage their child to do things by themselves.
- They knew where their child is after school 'all of the time'.

In general, **disabled young people** were more likely than **non-disabled young people** to say:

- They never misbehaved or caused trouble in class.
- They were not sure what they saw themselves doing after they leave school.
- They had been treated unfairly because of their disability or support needs, their body shape, their sexual orientation or gender identity.
- They had no sexual experience.
- They had felt depressed.
- They had ever experienced any emotional or mental health difficulties to the extent that they had sought help for it and that they had hurt themselves on purpose in any way in the last 12 months.
- They 'always', 'often' or 'sometimes' wish their life was different.

In general, **parents of disabled young people** were more likely than **parents of non-disabled young people** to say:

- Their child receives additional help or support at school.
- They had been contacted by the child's school about different issues, including the child's behaviour at school and the behaviour of other pupils towards the child.
- They felt 'extremely close' to their child.
- It was 'very true' that they worry their child will become hurt or ill and that they are overprotective of their child.
- They knew all of the time who their child is with when they are not at home, how their child spends their free time and what their child spends their money on.
- Their child had experienced several significant life events, including death of a pet and mental disorder in the immediate family.
- Their child had caring responsibilities.
- They themselves had ever sought help for, or been diagnosed, with a mental health condition.
- They themselves were not physically active.

In general, **non-disabled young people** were more likely than **disabled young people** to say:

- It's always true they can count on their friends to help when they have a problem.
- They had a boyfriend or a girlfriend and had more sexual experience.
- They had use of a bank account in their own name or use of a debit card.
- They spend time on social media or messaging and have taken part in team sports.
- They feel that they have a good life.
- They talk to a friend when they worry about something.
- Their health was 'excellent' or 'very good'.
- They were active for more than 7 hours a week.

In general, **parents of non-disabled young people** were more likely than **parents of disabled young people** to say:

- They felt 'very competent and confident' about their parenting.
- It was 'very true' that they help their child to become an independent person.
- Their child's health was very good.
- That their own health was either 'excellent' or 'very good'.

In general, **young people in more deprived SIMD** quintiles were more likely than **young people in less deprived SIMD** quintiles to say:

- They had skipped school.
- That they saw themselves going to college after they leave school.
- They had a boyfriend or girlfriend.
- They got less than 8 hours sleep and that it took them more than 60 minutes to fall asleep.

In general, **parents of young people in more deprived SIMD** quintiles were more likely than **parents of young people in less deprived SIMD** quintiles to say:

- Their child received support through special schools.
- They had been contacted about their child's behaviour at school and about their child's attendance at school.
- It was 'very true' that they are always telling their child what to do and how to behave and that they are overprotective of their child.
- Their child had caring responsibilities.
- They themselves were not physically active.

In general, **young people in less deprived SIMD** quintiles were more likely than **young people in more deprived SIMD** quintiles to say:

- They 'agreed strongly' that they were good at maths.
- They saw themselves going to University after they leave school.
- They had an allowance and have access to their money in different ways.
- They took part in team sports; art, music, or performance; classes or extra lessons; and classes to learn new skills.
- They 'always' have a good life.
- They talk to their parents when they worry about something.
- Their health was 'excellent'.
- They felt pressure to look or dress a certain way.

In general, **parents of young people in less deprived SIMD** quintiles were more likely than **parents of young people in more deprived SIMD** quintiles to say:

- Their child got support from their teacher.
- They had attended a school event their child participated in and to have attended an open meeting at their child's school.
- Their own health was excellent or very good.

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1. Introduction and background

This report presents findings about the lives of 14-year-olds living in Scotland. It uses data collected from Birth Cohort 1 (BC1) of the Growing Up in Scotland study (GUS). The majority of the fieldwork was completed prior to the start of the Covid-19 pandemic. GUS is an important longitudinal research project aimed at tracking the lives of young people in Scotland from their early years and childhood, into adolescence and beyond.

This report covers several aspects of young people's lives including:

- Experience of school and educational aspirations
- Relationships with parents and peers
- Activities and risky behaviour
- Mental health and life satisfaction
- General health, physical activity and sleep

The report presents high level findings from the most recently available data sweep. There is a substantial amount of further analysis that can be done, both of the data collected in this sweep alone and through combination with previous sweeps. The report is intended to give a flavour of the topics covered by GUS and we encourage researchers to make use of the wealth of information collected over the past 15 years of the study.

To find out more about GUS, access existing research reports and articles, and sign up to receive updates, visit the study website: [Growing Up in Scotland](#)

1.1 Study background and methodology

This report draws on data collected from 2943 families in 2019/20 when most of the cohort participants were aged 14 and in their third year of secondary school. Findings from interviews with parents and young people themselves are presented. The Sweep 10 questionnaires reflected an increased focus on the young person's views than the parents.

1.1.1 Study design

BC1 is comprised of a nationally representative sample of 5217 children living in Scotland when they were 10 months old and who were born between June 2004 and May 2005. A child cohort was also launched at the same time as BC1. A second birth cohort began in 2010/11, however interviewing was discontinued at age 5. More information on the study structure can be found on the website.

Over the years, GUS has administered surveys to parents, their partners, teachers and the children themselves. Data collection with the young people is an increasingly large part of the study, and began with a short questionnaire at Sweep 8. The surveys are generally administered using a mixture of interviewer-led (CAPI) and self-completion modes (CASI), and on the whole this has taken place at a face-to-face interview.

The GUS BC1 cohort children are split across two school years. To ensure that participants are in the same school year when they take part in the survey, fieldwork takes place in two phases. Fieldwork for phase 1 of Sweep 10 took place between January and July 2019. Fieldwork for phase 2 began in January 2020, was paused in March 2020, resumed in August 2020 and ended in October 2020.

At Sweep 9 a boost sample was recruited to compensate for differential and increasing non-response amongst disadvantaged groups. This sample took part in Sweep 10, with a lower response rate anticipated, given their demographic profile and shorter involvement in GUS. Sweep 10 also included a short questionnaire administered to the partner of the main carer.

1.1.2 Sweep 10 methodology

The Covid-19 pandemic necessitated that Sweep 10 fieldwork be paused in March 2020 when it was approximately 80% complete. Fieldwork was restarted in May 2020 using an alternative methodology, where a web survey (CAWI) replaced the CASI element and a telephone survey (CATI) replaced the CAPI portion.

Before fieldwork was paused in March 2020, data had been collected from 2417 families face-to-face; a response rate of 80%. Using the alternative methodology, data was collected from 526 families; a response rate of 57%. A lower response rate was expected given the methodology change, as well as the nature of the reissued cases, which included those who had not responded to the face-to-face interviewer and a high proportion of cases from the boost sample.

1.2 Analysis and reporting

Analysis of the Sweep 10 data was conducted by Scottish Government analysts using SPSS. The Sweep 10 dataset includes six different weights; for this report the main carer and young person cross sectional weights have been used (labelled 'Djwtrtha' and 'Djwtrhda' in the dataset). For more information on GUS weighting, please see the documentation available via the UK Data Service.

1.2.1 Response rates and missing cases

All figures presented in this report have been calculated to exclude missing cases and non-applicable answers unless otherwise stated. This means that base sizes quoted will usually not match the total number of families involved in the data collection.

Cases may be missing or non-applicable for a variety of reasons, such as;

- Routing (e.g. where a respondent's answer at a previous question meant they were not asked a follow up question)
- Refusal or a 'don't know' response
- Different response rates for the young people and parents (in general more parents responded than young people)
- Different response rates to the different survey elements

Regarding the final point above, the change in methodology has made this issue more complex. The Sweep 10 study had more survey elements than in previous years, as in addition to the CASI/CAPI elements, the cognitive assessment and the height and weight measurements, there were also CATI and CAWI surveys. In general a lower response was achieved for the CAWI survey.

Table 1 Number of main carer/parent and young person interviews by survey methodology

Respondent		Face to face	Telephone	Web	Overall
Young person	#	2325	449	332	2827
	response rate	77%	49%	36%	73%
Main Carer/parent	#	2411	503	357	2933
	response rate	79%	55%	39%	76%

The methodology switch meant that some of the survey routing and question wording had to be amended to accommodate telephone and online surveying. Where this was done, the variables have been kept separate in the dataset. However for the purposes of this report, these were combined to be able to report an overall figure. More detail about where this was done and the relevant caveats can be found in Annex A.

1.2.2 Subgroup analysis

Subgroup analysis was conducted, looking at differences by sex, disability and area deprivation.

To maintain comparability with reporting from previous sweeps, we have looked at differences by sex. Sweep 10 included a gender identity question for the first time, and so analysis of this is also now possible. As sex was collected at Sweep 1, the data is complete for all Sweep 10 participants. The gender identity question was asked of the young person only at Sweep 10 on the self-completion (CASI/CAWI) questionnaire. This means the data is incomplete for families where only the parent/main carer responded or where the young person did not respond to the CASI/CAWI questionnaire.

A young person is considered to be disabled if it was reported in the survey that they have 'physical or mental health conditions or illnesses which lasted or is expected to last 12 months or more' and affects their 'ability to do activities normal for someone their age' 'a lot' or 'a little'. This question was asked to the main carer/parent at earlier sweeps and re-confirmed at the most recent sweep.

Area deprivation has been measured using the 2020 Scottish Index of Multiple Deprivation (SIMD)². This measure splits the sample into five groups (quintiles), with the 1st group living in the most deprived areas and the 5th group living in the least deprived areas.

² [Scottish Index of Multiple Deprivation 2020 - gov.scot \(www.gov.scot\)](http://www.gov.scot)

Only differences that were statistically significant at the 95% level have been included, however not all differences been reported (such as where the percentages involved were very small or there was no clear trend).

Table 2 Subgroup unweighted sample sizes

Group	Category	Number
Sex	Male	1476
	Female	1443
Disability	Disabled	429
	Non-disabled	2512
SIMD quintile	SIMD quintile 1 (most deprived)	544
	SIMD quintile 2	496
	SIMD quintile 3	498
	SIMD quintile 4	701
	SIMD quintile 5 (least deprived)	704

1.2.3 Terminology and presentation

Throughout the report results from the young person are clearly noted and the corresponding charts are coloured orange. For the parents, the charts are blue.

There are a number of terminology points to bear in mind;

- Throughout the report we refer to ‘parents’ however the respondent could also be a main carer/legal guardian; 62 main carer respondents did not identify as a parent (including step parents and foster parents).
- The report is entitled ‘life at age 14’. However, only 74.2% were aged 14 at the time of interview; whilst 23.3% were 15, 1.3% were 16 and 1.2% were 13.
- At previous sweeps the young participants have been described as ‘children’; in this report they are described as ‘young people’ reflecting their age.
- Where figures of less than 1% are included in charts, they are sometimes not labelled for the sake of clarity.
- The wording ‘boys’ and ‘girls’ has been used to describe the different sexes.
- Area deprivation categories are described as SIMD quintile 1 (for the most deprived area) through to quintile 5 (for the least deprived).
- The description of parents relates to the study child only. For example, ‘parents of boys’ should be interpreted as ‘parents whose child in the study is a boy’ and does not refer to the sex of any other children in their household.

It should be noted that some of the fieldwork for Sweep 10 took place whilst there were COVID-19 restrictions in place, especially in schools. This may have impacted some of the results.

2. Experience of school and educational aspirations

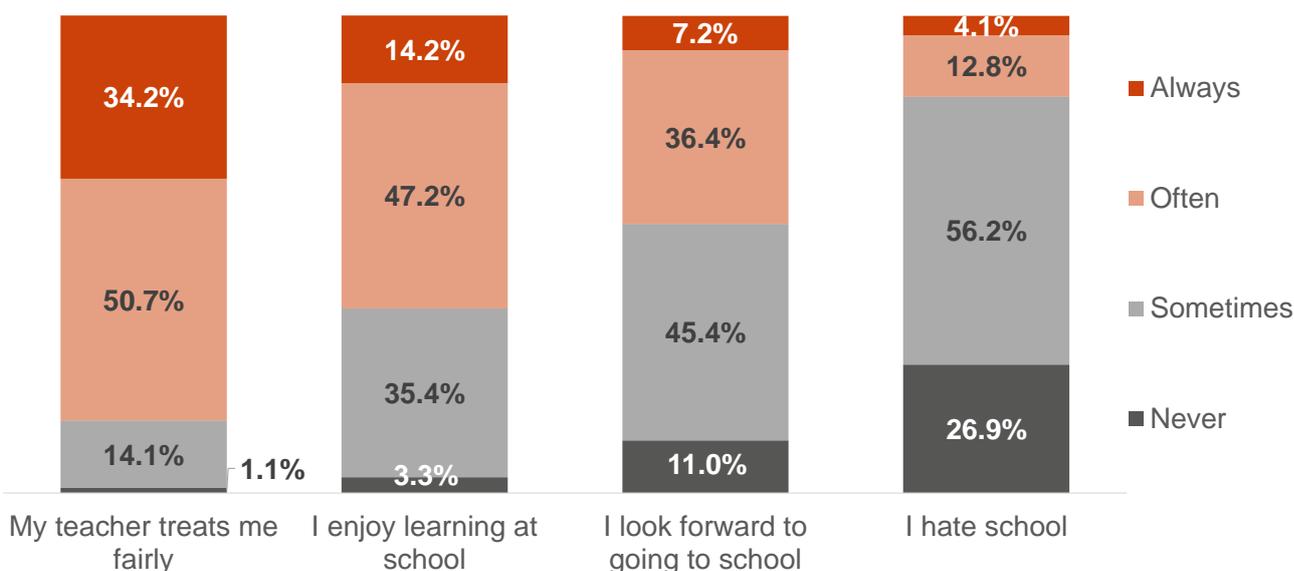
This section presents findings relating to young people’s experiences at school and their plans after school, as well as parents’ engagement and involvement with school. Most questions in this section were only asked of those who attend school (98.3%). Some were also asked of those who are home schooled.

Disabled young people were less likely to attend school (93.5%) than non-disabled young people (99.2%).

2.1 School enjoyment and engagement – young person

Young people were asked about their enjoyment and engagement at school. As shown in Figure 1, the vast majority (84.8%) said their teacher ‘always’ or ‘often’ treats them fairly. Just over three out of five young people (61.3%) said they ‘always’ or ‘often’ enjoyed learning at school. Young people were less likely to report that they looked forward to going to school, with over half (56.4%) stating they ‘sometimes’ or ‘never’ looked forward to going to school. Only a small minority said they ‘always’ hated school.

Figure 1 – Whether young person felt each statement applied to them



Base: All young people who attended school (2595-2596)

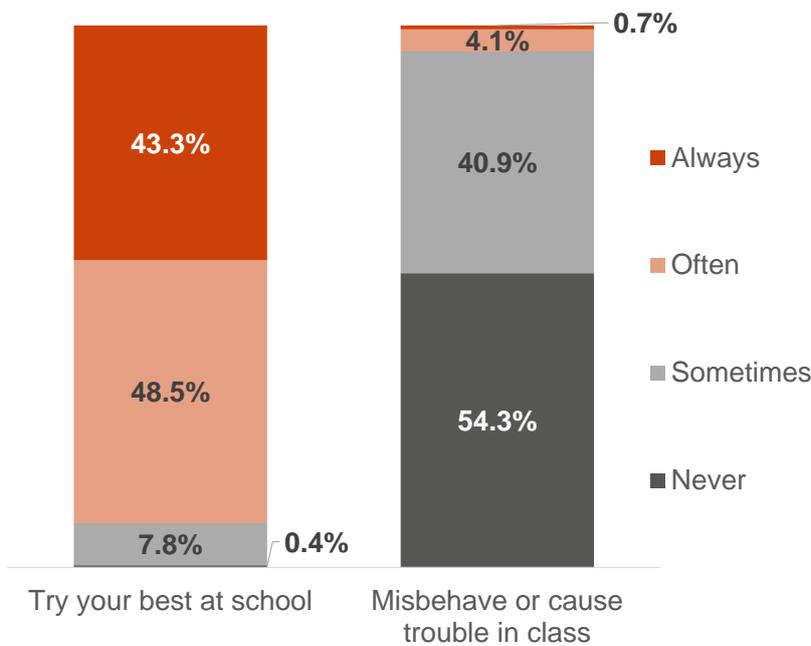
Girls were more likely than boys to say they ‘always’ enjoy learning at school (16.4%, compared with 11.6%).

Disabled young people were less likely than non-disabled young people to say they ‘always’ enjoy learning at school (9.7%, compared with 14.9%), but more likely to say they ‘always’ hate school (10.2%, compared with 3.1%).

2.1.1 Engagement with school – young person

Young people were asked how often they try their best and how often they misbehave at school. The vast majority (91.9%) said they ‘always’ or ‘often’ tried their best at school and only a small proportion (4.8%) reported that they ‘always’ or ‘often’ misbehaved or caused trouble in class.

Figure 2 – How often young people try their best and misbehave at school



Base: All young people who attended school (2595-2596)

Girls were more likely to say that they ‘always’ try their best at school (50.3%, compared with 36.1% of boys). Girls were also more likely to say they ‘never’ misbehave or cause trouble in class (65.7%, compared with 42.7% of boys).

Disabled young people were more likely to say that they ‘never misbehave or cause trouble in class (61.4%, compared with 53.1% of non-disabled young people).

2.2 Truancy – young person

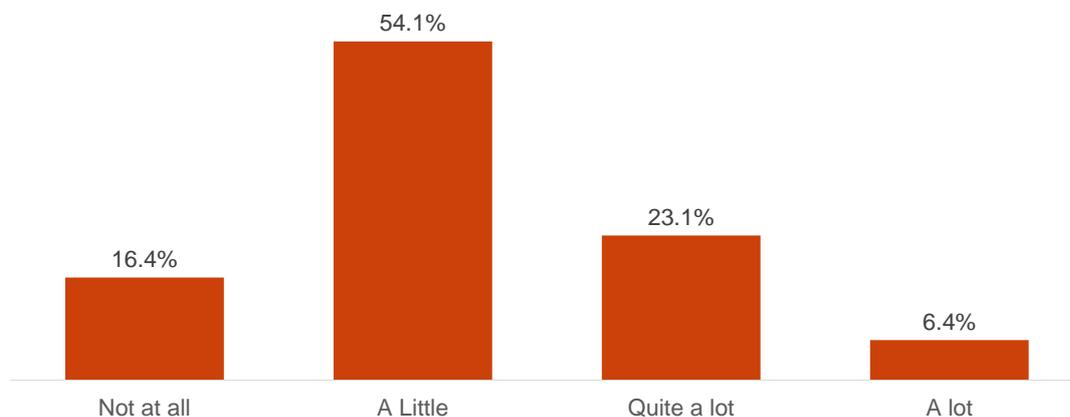
Young people were also asked if they ever skipped school when their parents did not know (even if only for half a day or a single lesson); one in five (19.6%) said they had done so.

Girls were more likely to say that they had skipped school (21.7%, compared with 17.7% of boys). Young people in SIMD quintiles 1 and 2 were also more likely to say they had skipped school compared to those in quintile 5 (24.2% and 23.2%, compared with 15.3%).

2.3 Pressure of school work – young person

Young people were asked how pressured they felt by the school work they had to do³. As shown in Figure 3, 70.5% of young people said they felt ‘not at all’ or ‘a little’ pressured, whilst a small proportion (6.4%) felt ‘a lot’ of pressure. A further 23.1% felt ‘quite a lot’ of pressure.

Figure 3 – How pressured young people felt by schoolwork



Base: All young people who attended school or were home schooled (2601)

Girls were more likely than boys to feel ‘a lot’ of pressure (8.5%, compared with 4.2%) or ‘quite a lot’ of pressure (26.3%, compared with 19.8%).

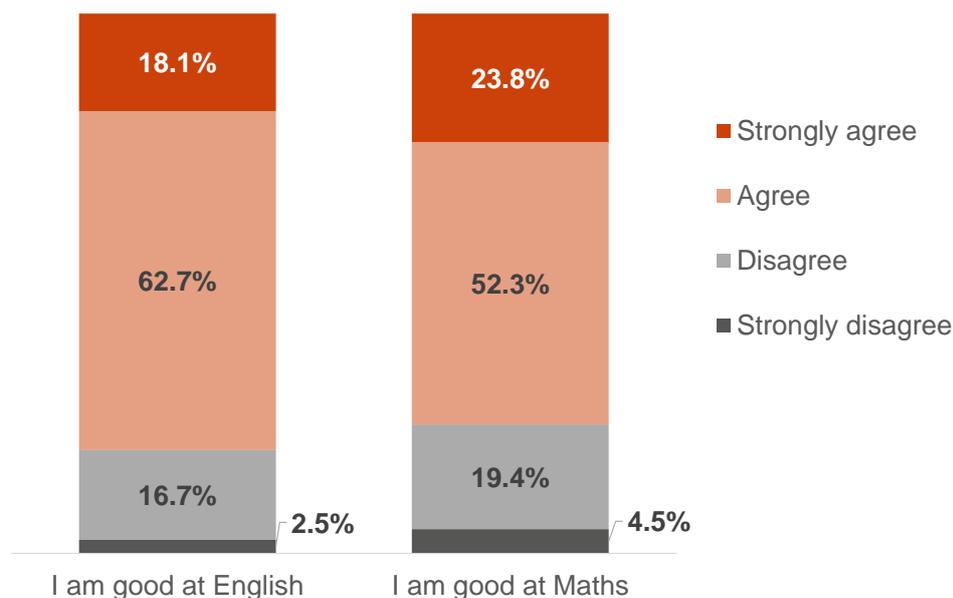
Disabled young people were more likely to feel ‘a lot’ of pressure (8.8%) than non-disabled young people (6%).

2.4 Perception of English and maths skills – young person

Young people were asked if they agreed or disagreed with the statements ‘I am good at English’ and ‘I am good at Maths’; 80.8% ‘agreed’ or ‘strongly agreed’ that they were good at English, whilst around three quarters (76.1%) ‘agreed’ or ‘strongly agreed’ that they were good at Maths.

³ ‘Schoolwork’ referred to work young people do in both class and at home.

Figure 4 – Whether young people agreed that they were good at English and Maths



Base: All young people who attend school or were home schooled (2599-2600)

Girls were more likely to agree strongly that they were good at English (20.5%, compared with 15.5% of boys) whilst boys were more likely to agree strongly that they were good at maths (29%, compared with 18.8% of girls).

Disabled young people were less likely to ‘strongly agree’ that they were good at maths (17.1%, compared with 24.9% of non-disabled young people).

Young people in SIMD quintiles 1 and 2 were less likely to ‘strongly agree’ that they were good at maths (19.8% and 20.4% respectively), compared with those in quintile 5 (30.3%).

2.5 Aspirations – young person

All young people who attended school or were home school were asked whether they wanted to stay on at school or college full-time when they turned 16 and had finished S4, 79.5% answered ‘yes’.⁴

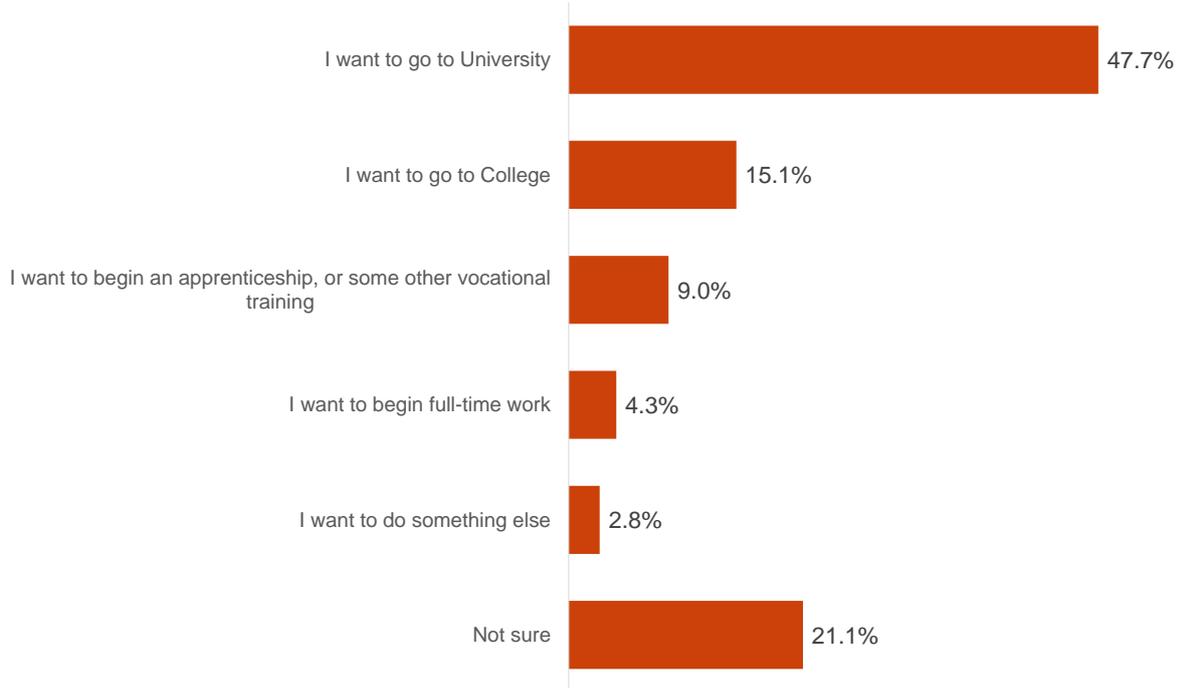
Girls were more likely than boys to want to stay on at school or college full time (86.1%, compared with 72.5%) whilst disabled young people were less likely to want to stay on at school or college (73.6%, compared with 80.3%).

Young people in SIMD quintile 5 (85.1%) were more likely to want to stay on at school or college full time compared to those in quintiles 1, 3 and 4 (76%, 77.1% and 77.9% respectively).

Young people were then shown a list (see Figure 5) and asked what they saw themselves doing after they left school. The most commonly chosen option was ‘going to University or College’, whilst a substantial minority were ‘not sure’.

⁴ A small minority (0.8%) of young people were already 16 at the interview. These young people were asked whether they wanted to stay on at school or college full-time when they had finished S4.

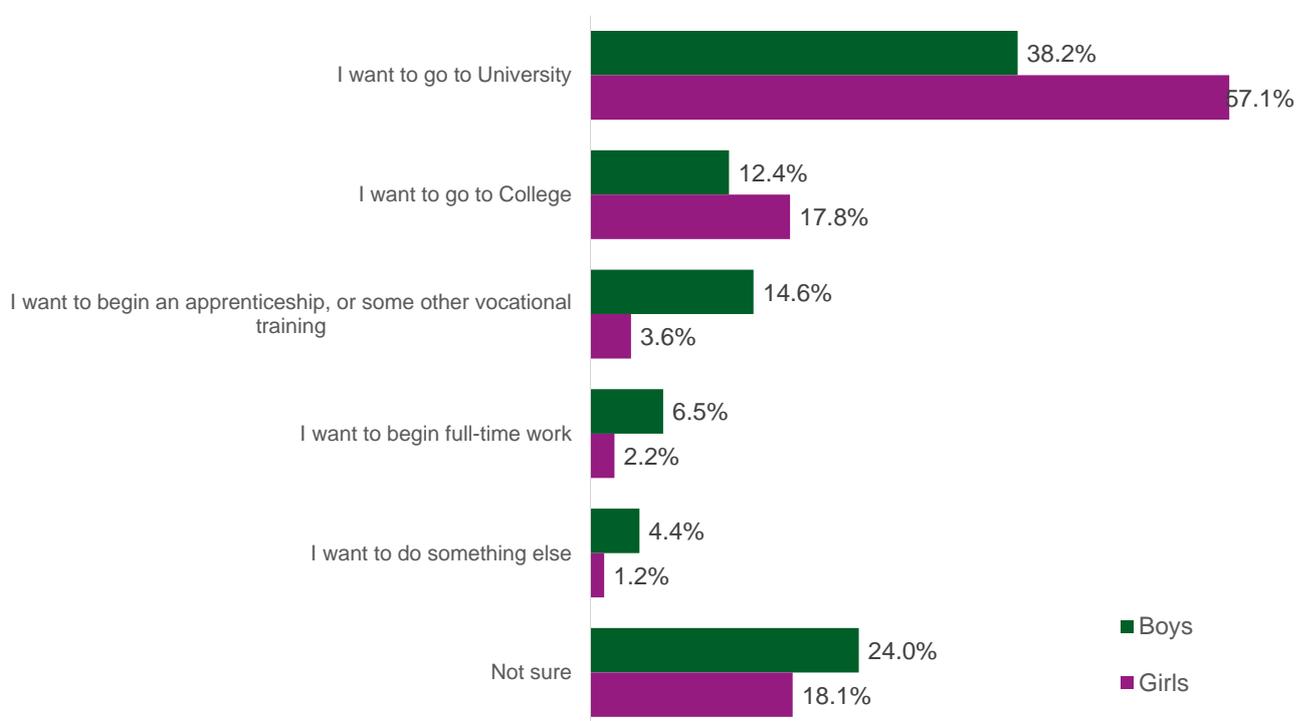
Figure 5 – What young people see themselves doing after they leave school



Base: All young people who attended school or were home schooled (2601)

As shown in Figure 6, girls were more likely than boys to choose all of the options shown. Boys were more likely to say they were 'not sure'.

Figure 6 – What young people see themselves doing after they leave school by gender



Base: Boys who attended school or were home schooled (1282), Girls who attended school or were home schooled (1306)

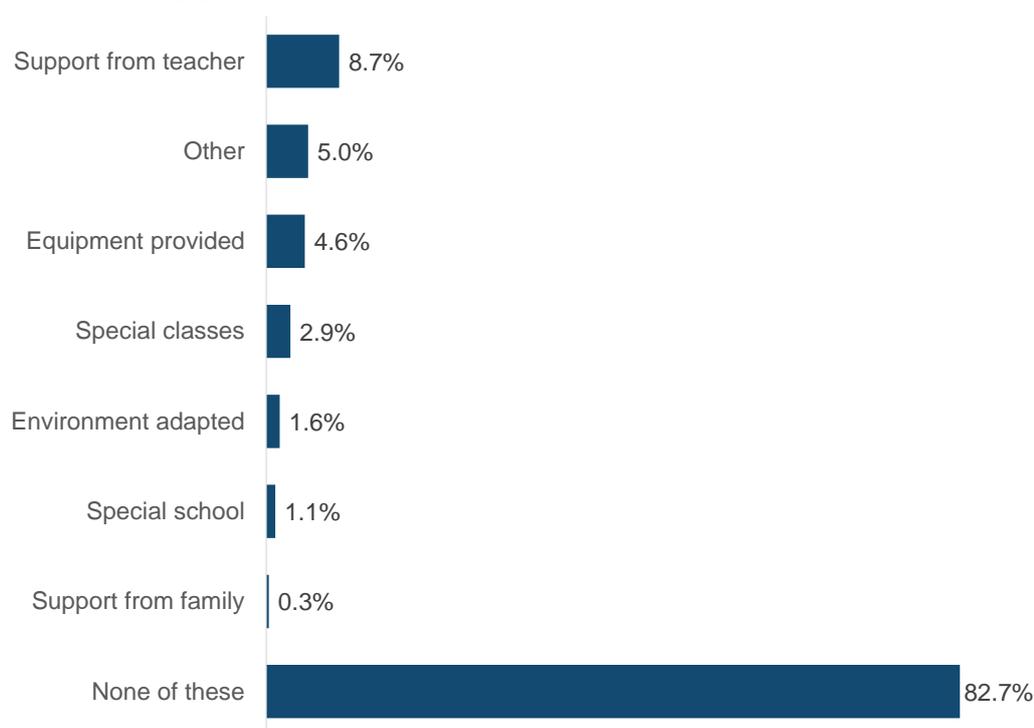
Disabled young people were less likely to say they saw themselves going to university (37.7%, compared with 49.3% of non-disabled young people), but more likely to say themselves going to college (18.7%, compared with 14.6%) or to say they were not sure (29.2%, compared with 19.8%).

Young people in SIMD quintile 1 were less likely to say they saw themselves going to university than those in quintiles 4 and 5 (39.1%, compared with 51.5% and 57.5% respectively) and more likely to say they saw themselves going to college (27.8%) than those in less deprived quintiles (18.6% of quintile 2, 13.4% of quintile 3, 10.0% of quintile 4 and 7.8% quintile 5).

2.6 Additional support and contact from school – parent/main carer

Parents were asked whether their child had received any additional help or support at school; the vast majority said they had not. The most commonly chosen types of support were from the teacher and through equipment provision (see Figure 7).

Figure 7 – Whether young person receives additional help or support at school



Base: All parents/main carers whose child attends school (2868)

Parents of boys were more likely to say that their child had received support in the following ways;

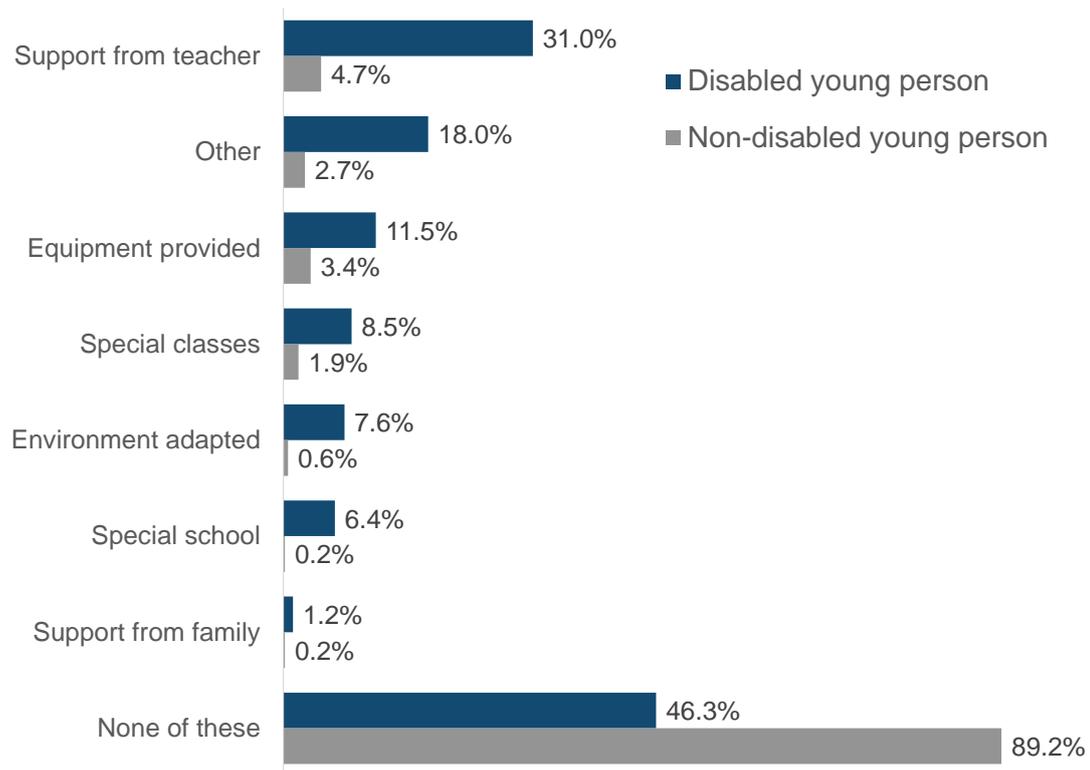
- Support from teacher (11.8%, compared with 5.4% of girls)
- Equipment provided (5.9%, compared with 3.3% of girls)
- Special classes (3.9%, compared with 1.9% of girls)
- Special school (1.6%, compared with 0.6% of girls).

Parents in SIMD quintile 1 were more likely than those in less deprived quintiles to say their child received support through special schools (3.4%, compared with 0.2%-

1% of those in other quintiles). Those in SIMD quintile 1 were also less likely than those in quintile 5 to say their child got support from their teacher (12.8% and 5.5% respectively).

As shown in Figure 8, parents of a disabled young person were more likely to say they had received support in each of the ways shown.

Figure 8 – Whether young person receives additional help or support at school by disability



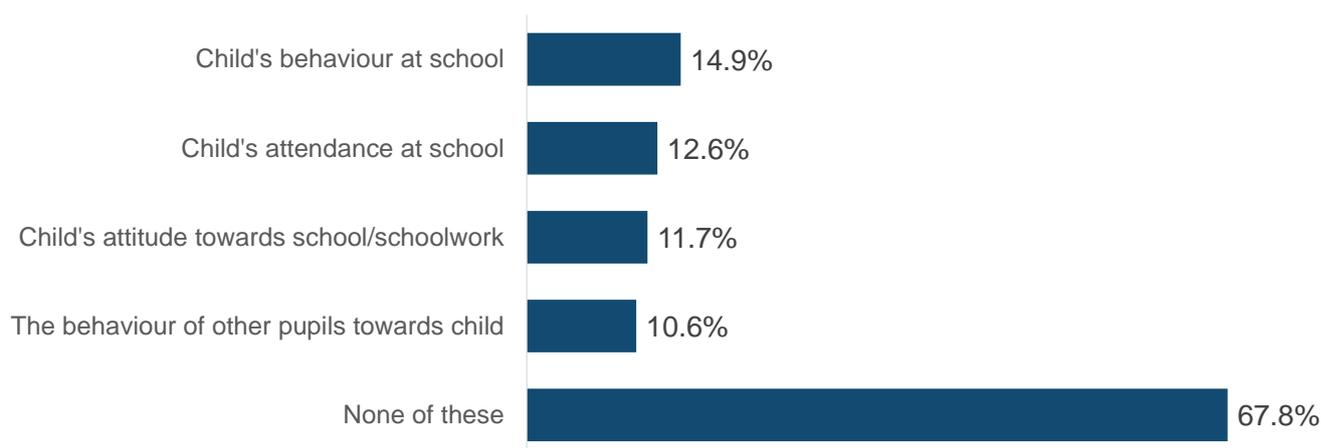
Base: Parents/main carers of a disabled young person who attends school (400), parents of non-disabled young people who attend school (2466)

2.7 Contact from school – parent/main carer

As shown in Figure 9, just over two thirds of parents said they had not had contact with their child’s school since the previous GUS interview⁵. For those that had, this was most commonly because of their ‘child’s behaviour at school’.

⁵ In cases where no interview was conducted at sweep 9, respondents are asked about the period two years prior to their sweep 10 interview.

Figure 9 – Whether young person’s school had been in contact about issues

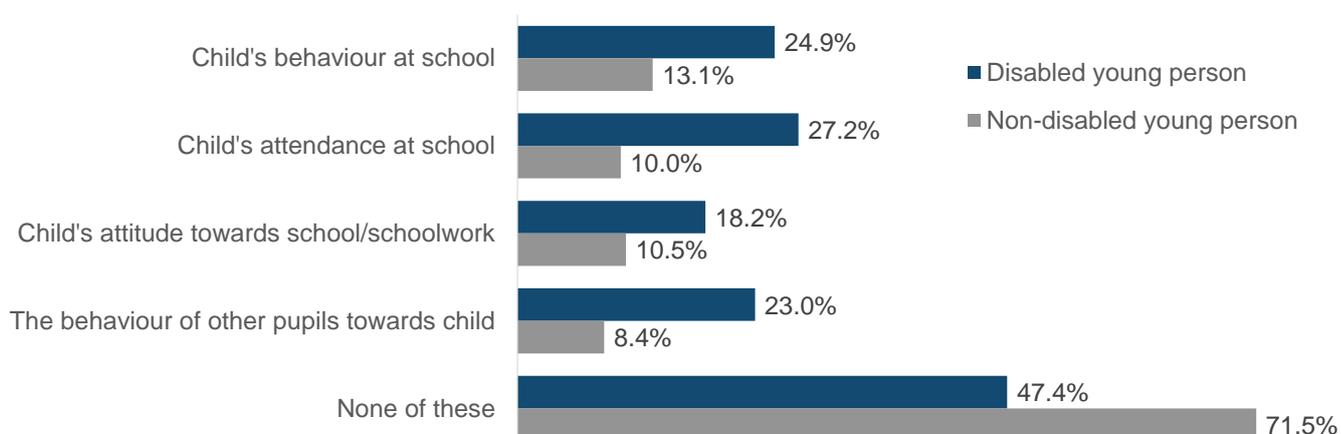


Base: All parents/main carers whose child attends school (2868)

Parents of boys were more likely to say that they had been contacted about their child’s behaviour at school (21.6%, compared with 8% for parents of girls) and their attitude towards school (16.1%, compared with 7.2% for parents of girls).

Parents of a disabled young person were more likely to say they had been contacted about all of the issues shown (see Figure 10).

Figure 10 – Whether young person’s school had been in contact about issues



Base: Parents/main carers of a disabled young person who attends school (400) and parents/main carers of non-disabled young people who attend school (2466)

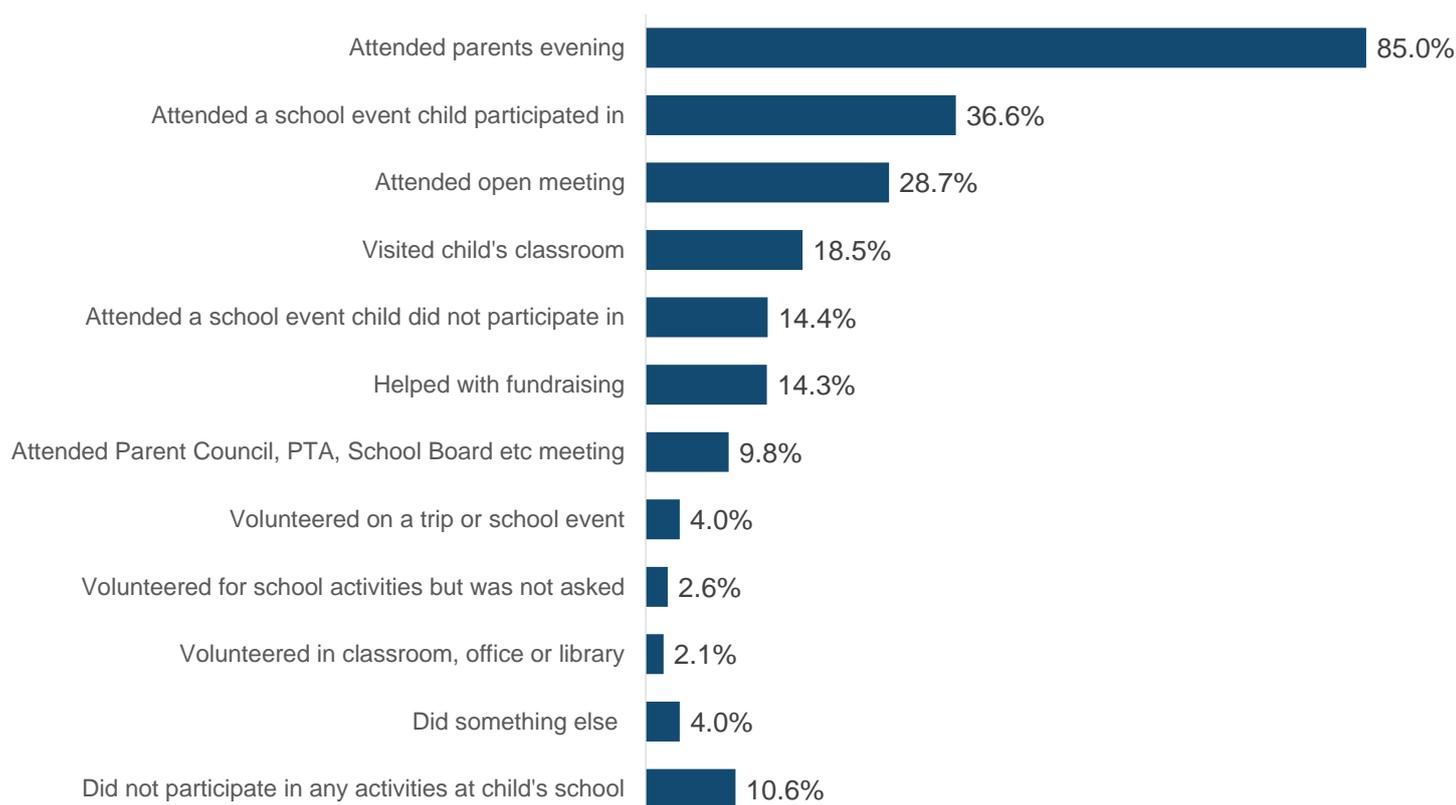
Parents in lower SIMD quintiles were more likely to say they had been contacted about some of the issues shown;

- 18.5% of those in quintile 1 and 16.4% of those in quintile 2 had been contacted about their child’s behaviour at school, compared with 12.2% of those in quintile 4 and 10.8% of those in quintile 5).
- 23.9% of those in quintile 1 had been contacted about their child’s attendance at school, compared with 10.3% of those in quintile 3, 7.6% of those in quintile 4 and 6.4% of those in quintile 5.
- 13.2% of those in quintile 1 and 13.8% of those in quintile 3 had been contacted about their child’s attitude at school, compared with 7.8% of those in quintile 5.

2.8 Parental involvement in school – parent/main carer

Parents were shown a list of activities (shown in Figure 11) and asked if they had participated in any of them in the last year. The vast majority of parents said they had attended a parents' evening, whilst just over a third had attended a 'school event that their child had participated in'. Around one in ten said they had not participated in any school activities.

Figure 11 – Whether parents participated in the activities shown in the last year



Base: All parents/main carers whose child attends school (2868)

Parents of girls were more likely to say they had attended a school event that their child had participated in (41%, compared with 32.2% of parents of boys).

Parents of a disabled young person were less likely to say they had attended a school event that their child had participated in (32.4%, compared with 37.4% of parents of non-disabled young people). Parents of a disabled young person were however more likely to say they had done something else (8.0%, compared with 3.3%).

Parents who lived in SIMD quintiles 1 were less likely to have participated in several of the activities shown;

- 74.6% attended a parents evening, compared with 86.7% of quintile 3, 89.7% of quintile 4 and 92.3% of quintile 5. Parents in quintile 2 were also less likely to have attended a parents evening than those in less deprived quintiles (79.9%).

- 25.6% attended a school event their child participated in (compared with 37% of quintile 3, 42.5% of quintile 4 and 45.9% of quintile 5).
- 17.6% attended an open meeting (compared with 27.4% of quintile 2, 30.0% of quintile 3, 31.4% of quintile 4 and 35.5% of quintile 5).
- 7.1% helped with fundraising (compared with 16.5% of quintile 3, 18.2% of quintiles 4 and 5). Those in quintile 2 were also less likely than parents in quintiles 3-5 to say they had helped with fundraising (10.4%).
- 6.3% attended a parent council, PTA, School board or other meeting (compared with 14.2% of quintile 5).
- 6.1% attended a school event that their child did not participate in (compared with 14.8% of quintile 3, 18.6% of quintile 4 and 21.2% of quintile 5).
- 1.5% volunteered or attended a school trip or event (compared with 4.7% of quintile 3, 5.8% of quintile 4 and 5.2% of quintile 5).
- Parents in quintile 1 were more likely to say they had not participated in any of these activities (20.5%, compared with 6.0% in quintile 3, 8.1% in quintile 4 and 3.3% in quintile 5). Parents in quintile 2 were also more likely than those in higher quintiles to say they had not participated (16.2%).

3. Relationships with parents

This section includes findings from questions asked to both the young people and their parents about their relationship, as well as views on parenting and relationships with non-resident parents.

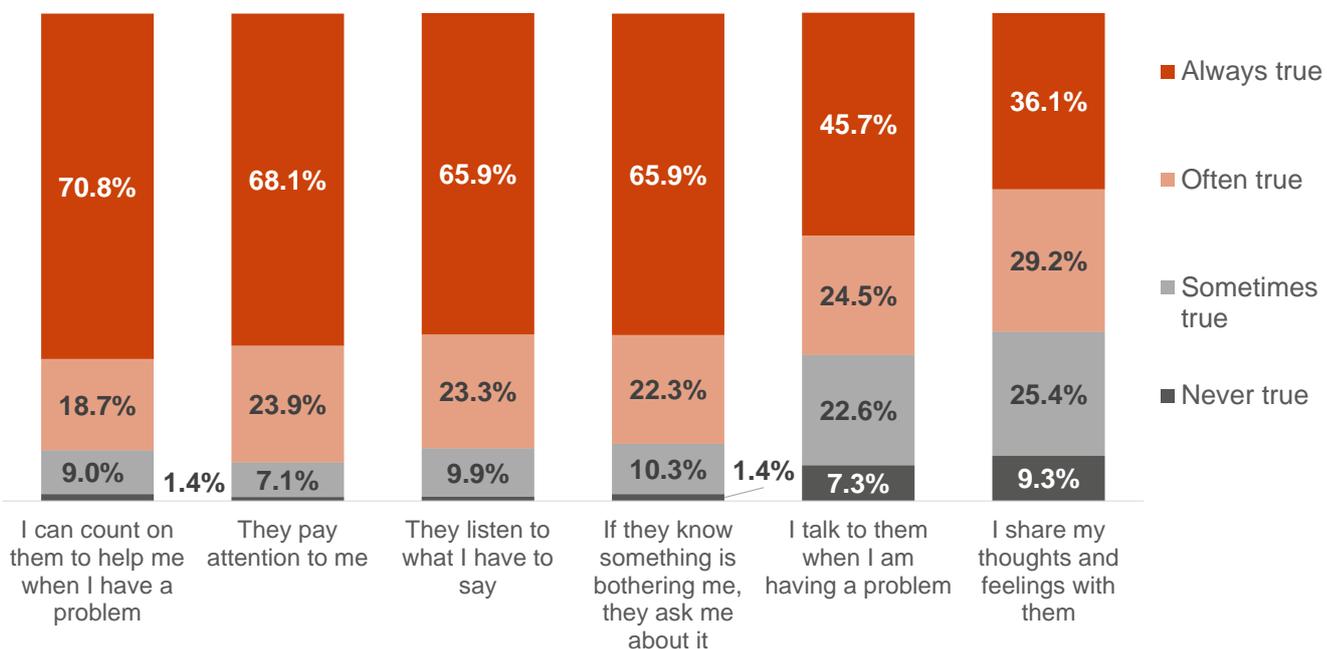
3.1 Parent-child relationship – young person

Young people were asked about their relationship with their parent⁶. As shown in Figure 12, the majority said their parent ‘always’ listened to what they had to say, and that they can count on them to help them when they had a problem. Young people were less likely, however, to say that it was ‘always’ or ‘often’ true that they talked to their parent when they were having a problem.

The majority of young people also reported that if their parent would ask if they knew something was bothering them and that their parent ‘paid attention to them’. A smaller proportion, but still two thirds (65.3%), said that it was ‘always’ or ‘often’ true that they shared their thoughts and feelings with their parent.

Parents were asked corresponding questions, with the results and comparison with the young people’s answers included in the next section.

Figure 12 – How true young people felt each parental relationship statement to be



Base: All young people with a parent living in household who were happy to answer questions about their relationship with their parent 1 (2626-2627)

⁶ This question was asked of ‘parent 1, which is the parent who responded to the survey. Where the young people had two parents (either living with them or elsewhere) the young person was also asked these questions about ‘parent 2’.

Boys were more likely to say it was ‘always true’ for a number of the statements shown;

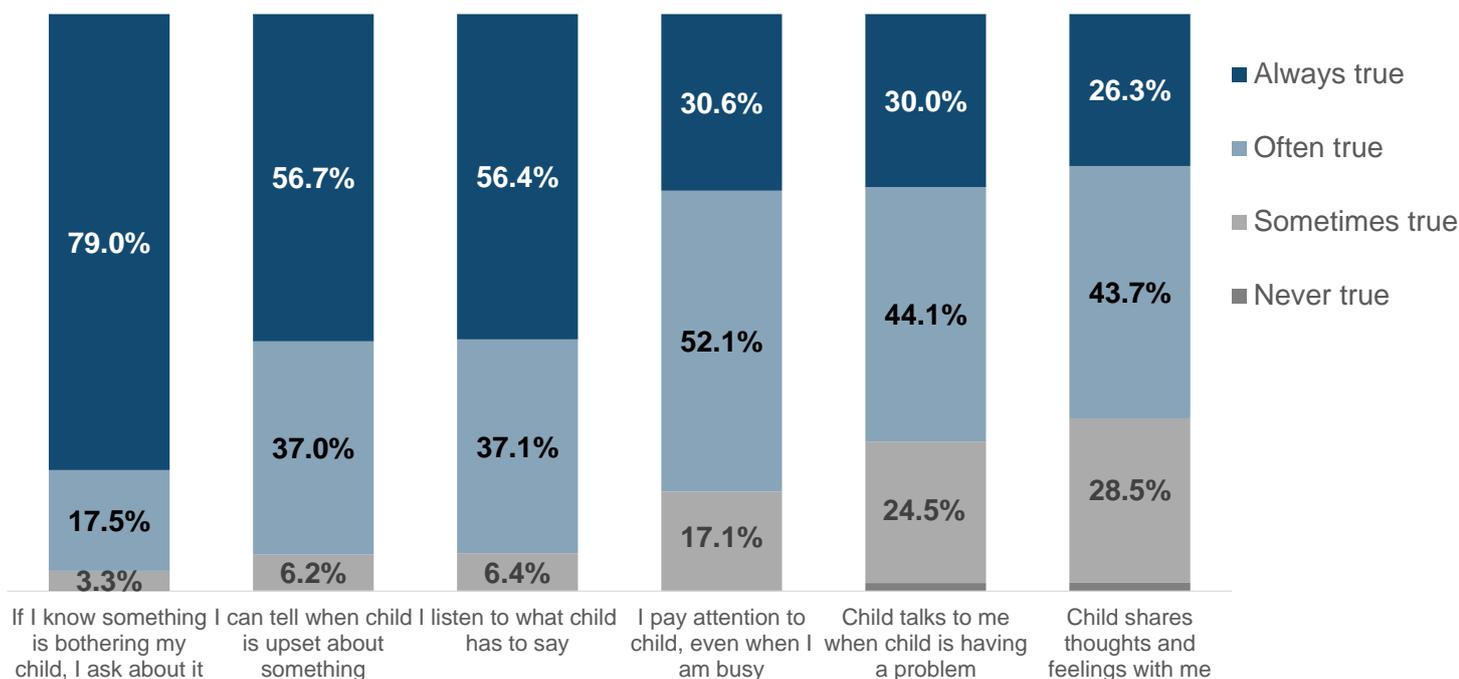
- I can count on them to help me when I have a problem – 75.2%, compared with 66.8% of girls.
- I talk to them when I am having a problem – 48.8%, compared with 42.7% of girls.
- They pay attention to me – 72.7%, compared with 63.8% of girls.
- They listen to what I have to say – 71.6%, compared with 60.5% of girls.

Disabled young people were less likely to say it was ‘always true’ that their parent pays attention to them (62.9%, compared with 69% of non-disabled young people).

3.2 Parent-child relationship – parent/main carer

Parents were shown a list of statements (Figure 13) about their relationship with their child and asked how often they felt each was true; only very small proportions responded ‘never true’ for each statement. Parents were most likely to say it was ‘always true’ that ‘if they know something is bothering their child they ask about it’.

Figure 13 – How true parents felt each relationship statement to be



Base: All parents/main carers (2749-2751)

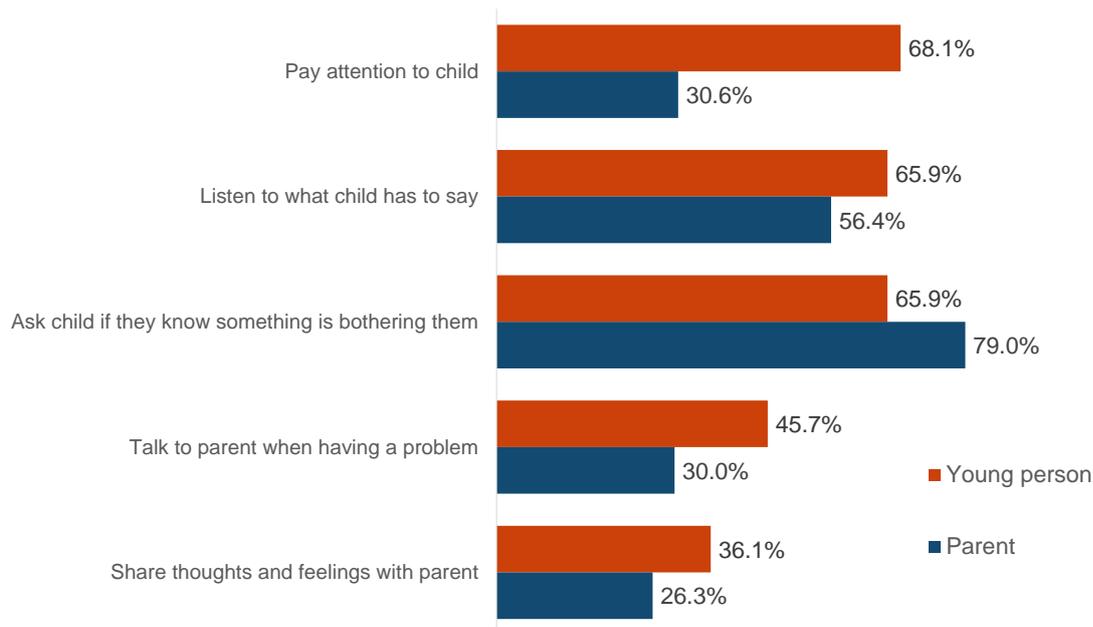
Parents of girls were more likely to say it is ‘always true’ for a number of the statements shown;

- 60.2% said it was ‘always true’ that they can tell when my child is upset about something, compared with 53.3% for parents of boys.
- 36.5% said it was ‘always true’ that their child talks to them when they are having a problem, compared with 23.7% for parents of boys.
- 33.1% said it was ‘always true’ that their child shares their thoughts and feelings with them, compared with 19.8% for parents of boys.

Parents of a disabled young person were less likely than parents of a non-disabled young person to say it is ‘always true’ that if they know something is bothering their child, they ask about it (73.8%, compared with 80.0% of parents of non-disabled young people).

As shown in Figure 14, parents were less likely to say that each of the statements⁷ were ‘always true’, with the exception of asking their child if they know something is bothering them.

Figure 14 – Proportion of young people and parents who felt each statement was ‘always true’



Base: All young people with a parent living in household who were happy to answer questions about their relationship with their parent 1 (2626-2627), All parents/main carers (2749-2751)

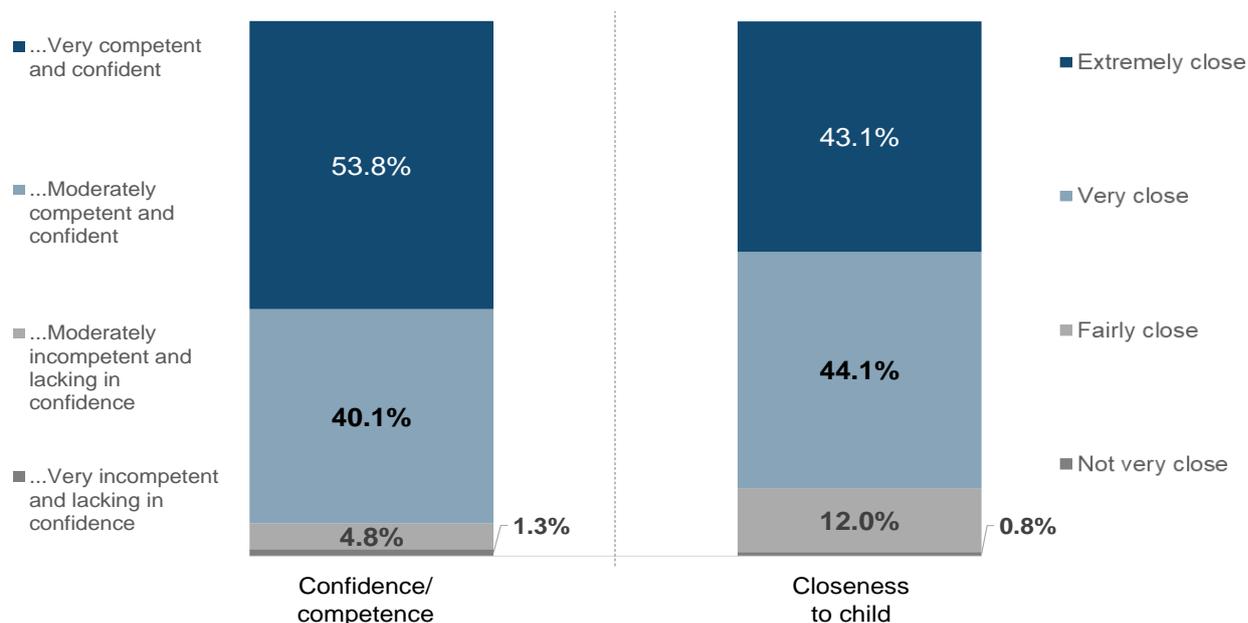
3.3 Confidence in parenting and closeness to child – parent/main carer

Parents were asked which option shown in Figure 15 was closest to how they felt about their parenting confidence and competence. The vast majority (93.9%) said they felt either ‘very competent and confident’ or ‘moderately competent and confident’. Only a small minority said they felt ‘incompetent or lacking in confidence’.

Parents were also asked how close they would say they were to their child. The vast majority (87.2%) said they felt either ‘extremely’ or ‘very’ close, whilst 12.7% felt either ‘fairly’ close or ‘not very’ close.

⁷ The sixth statements asked to young people and their parents are not directly comparable – ‘I can count on them to help me when I have a problem’ and ‘I can tell when child is upset about something’ respectively.

Figure 15 – Parental competence/confidence and closeness to their child



Base: All parents/main carers (2751)

Parents of a disabled young person were less likely to say that they felt ‘very competent and confident’ (39.7%, compared with 56.5% of parents of a non-disabled young person).

Parents of boys were less likely than those with girls to say they felt ‘extremely close’ (40.6% and 45.7% respectively).

Parents of a disabled young person were also more likely to say that they felt ‘extremely close’ to their child (48.8%, compared with 42% of parents of a non-disabled young person).

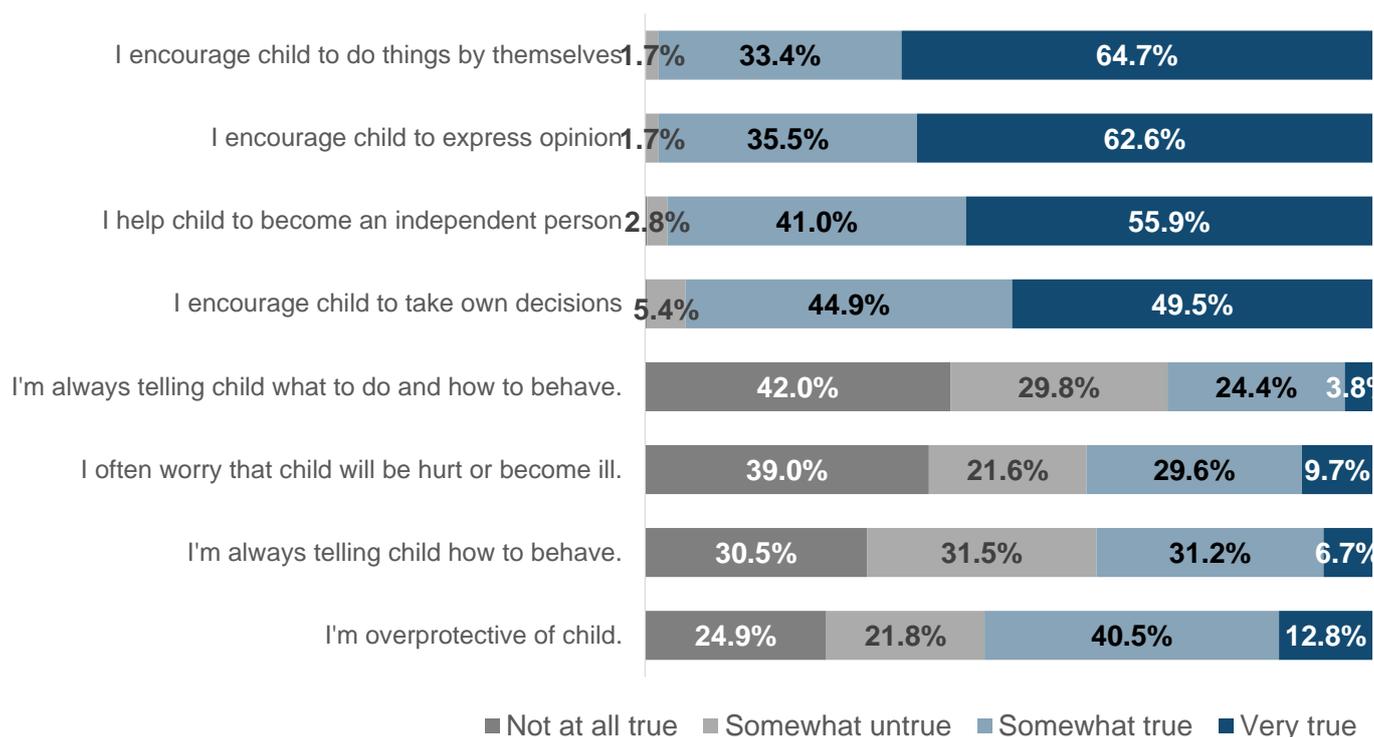
3.4 Parenting styles – parent/main carer

3.4.1 Autonomy and control

Parents were shown a list of statements about autonomy and control and asked to what extent they applied to their child (statements shown in Figure 16). Of the four statements relating to child autonomy shown in the top half of Figure 16, the vast majority of parents said these were either ‘very’ or ‘somewhat’ true, with only very small proportions (less than 1%) reporting ‘not at all true’.

Around a third of parents reported that it was ‘very’ or ‘somewhat’ true that they always tell their child ‘how to behave’, ‘what to do’ and that they ‘worry that they will become hurt or ill’. Over half (53.3%) said it was ‘very’ or ‘somewhat’ true that they are ‘overprotective of their child’.

Figure 16 – How true parents felt autonomy / control statement to be



Base: All parents/main carers (2749)

Parents of boys were more likely to say it was 'very true' that they worry their child will become hurt or ill (11.3%, compared with 8% for parents of girls) and that they are overprotective of their child (14.9%, compared with 10.7% for parents of girls). Parents of boys were also more likely to say it was 'very/somewhat' true that they are always telling their child how to behave (42.5%, compared with 33.2% for parents of girls).

Conversely, parents of girls were more likely to say it was 'very true' that they help their child to become an independent person' (59.6%, compared with 52% for parents of boys) and that they encourage their child to do things by themselves (68.1%, compared with 61.5% for parents of boys).

Parents of a disabled young person were more likely than parents of a non-disabled young person to say it was 'very true' that;

- They worry their child will become hurt or ill (19.7%, compared with 7.8%).
- They are overprotective of their child (25.5%, compared with 10.5%) .
- They are always telling their child what to do and how to behave (6%, compared with 3.4%).

However, parents of a disabled young person were less likely to say it was 'very true' that they help their child to become an independent person (48.6%, compared with 57.3%).

There were differences observed across SIMD quintiles; 12.2% of parents in quintile 1 said it was 'very true' that they are always telling their child how to behave, compared with 5.9% of quintile 2, 4.0% of quintile 3, 5.5% of quintile 4 and 6.4%

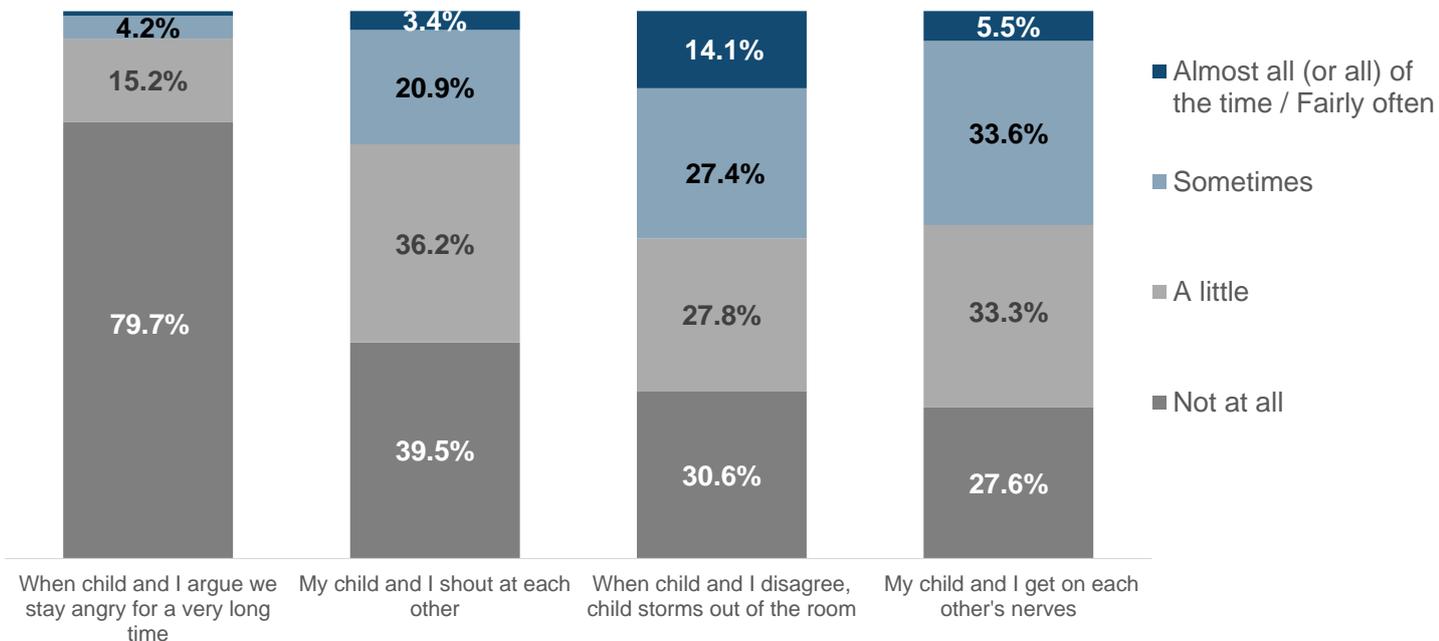
quintile 5. Similarly, 7.5% of parents in SIMD quintile 1 said it was 'very true' that they are always telling their child what to do and how to behave, compared 2.1% of quintile 3, 2.7% of quintile 4 and 2.7% of quintile 5.

Parents in quintiles 1 and 2 (20.5% and 17.7% respectively) were more likely to say it was 'very true' that they are overprotective, compared with those in less deprived quintiles (10.8% of quintile 3, 10.5% of quintile 4 and 6.1% of quintile 5).

3.4.2 Arguments and disagreements

Parents were also shown a set of statements (Figure 17) about arguments with their child and asked how often they applied to their relationship. The vast majority (79.7%) felt it was 'not at all true' that 'when they argue with their child they stay angry for a long time'. Other types of disagreements appeared to be more common, including 41.6% who said that their child 'storming out of the room after a disagreement' happened 'always', 'fairly often' or 'sometimes'.

Figure 17 – How often parents felt each disagreement statement to be true



Base: All parents/main carers (2749)

Parents of boys were more likely to say 'not at all' for the following statements;

- My child and I get on each other's nerves (31.8%, compared with 23.1% for parents of girls).
- My child and I shout at each other (42.3%, compared with 36.3% for parents of girls).
- When my child and I disagree they storm out of the room (34.4%, compared with 26.7% for parents of girls).

Parents of a disabled young person were less likely than parents of a non-disabled young person to say 'not at all' to the following statements:

- When my child and I argue we stay angry for a long time (71.9%, compared with 81.3%).

- My child and I get on each other’s nerves (23.4%, compared with 28.4%).
- When my child and I disagree, they storm out of the room (23%, compared with 32.1%).

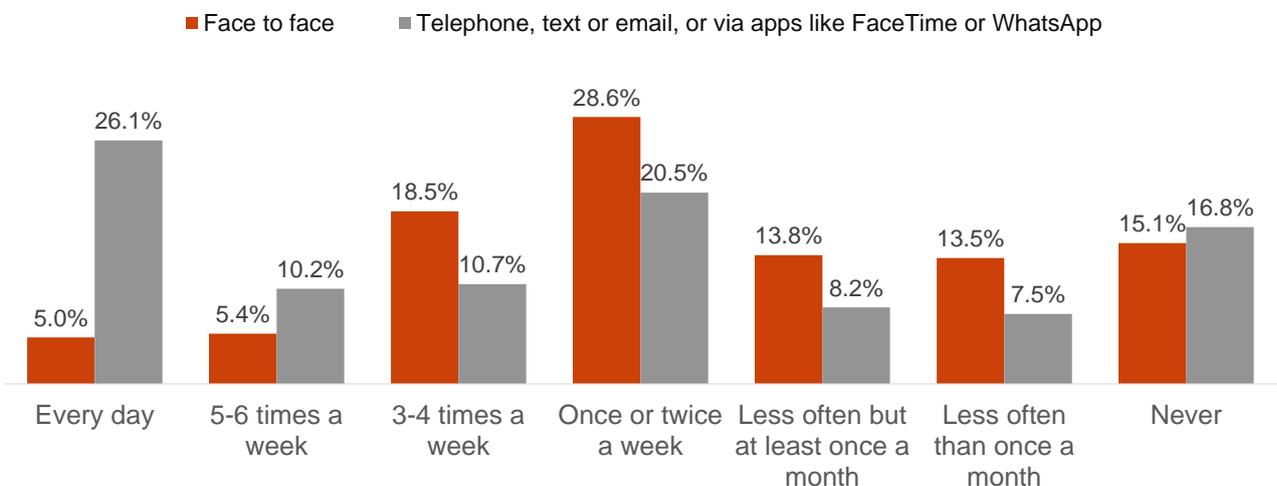
3.5 Non-resident parents – young person

Just over one quarter (27.3%) of young people had at least one parent who lived elsewhere and they were asked questions about their relationship with this parent, 2.8% of young people chose not to answer whether they had at least one parent living elsewhere.

Disabled young people were more likely to say they have at least one parent who lived elsewhere compared (35.2%, compared with 25.9% of non-disabled young people).

As shown in Figure 18, over half (57.5%) said they saw this parent once a week or more, whilst 15.1% said they never saw this parent. Young people were also asked how often they had contact with the parent living elsewhere by telephone, text or email, or via apps like FaceTime or WhatsApp. As also shown in Figure 18, young people said they had more frequent contact with their parents in these ways than they saw them in person. Just over two thirds (67.5%) said they had face to face contact at least once a week or more with the parent.

Figure 18 – Frequency of contact between young person and non-resident parent



Base: All young people with at least one parent who lived elsewhere and who were happy to answer questions about him/her/them (559)

Half (50.8%) of young people reported they would like to see their non-resident parent as often as they do now, whilst around two in five (38.3%) said they would like to see the parent more often, and the remainder (10.9%) would like to see the parent less often.

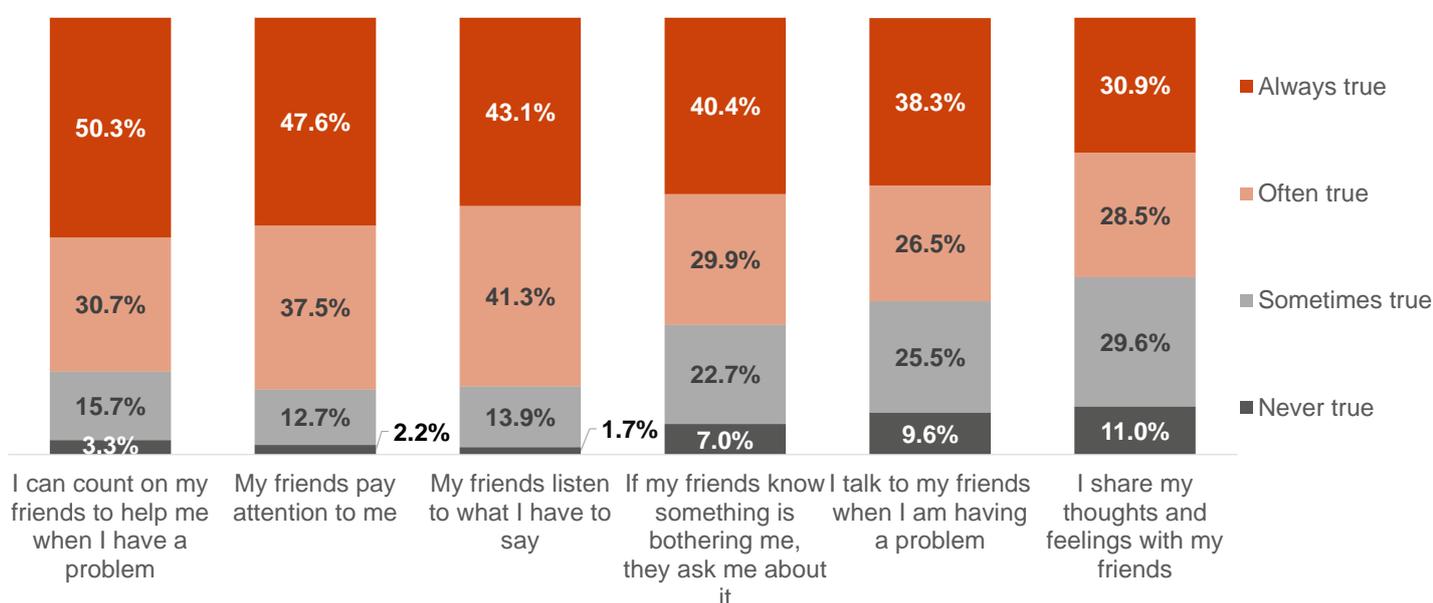
4. Relationship with peers, peer pressure and bullying

This section includes findings from questions about relationships with peers, as well as questions about bullying, peer pressure and sexual relationships and experience.

4.1 Relationships with peers

Young people were asked how they got on with their friends, through a list of statements shown in Figure 19. The vast majority reported their friends ‘always’ or ‘often’ paid attention to them (85.1%), and it was ‘always’ or ‘often’ true that their friends ‘listened to what they had to say’ (84.4%), and that they could ‘count on their friends to help them when they had a problem’ (81%).

Figure 19 – How true young people felt each peer relationship statement to be



Base: All young people (2628)

Girls were more likely to respond ‘always true’ for each statement;

- My friends listen to what I have to say – 48.7%, compared with 37.5% of boys.
- I can count on my friends to help when I have a problem – 57.3%, compared with 43.2% of boys.
- I talk to my friends when I’m having a problem – 46.4%, compared with 30.1%.
- If my friends know something is bothering me they ask – 52%, compared with 28.8% of boys.
- I share thoughts and feelings with my friends – 39.7%, compared with 21.9% of boys.
- My friends pay attention to me – 52.7%, compared with 42.2% of boys.

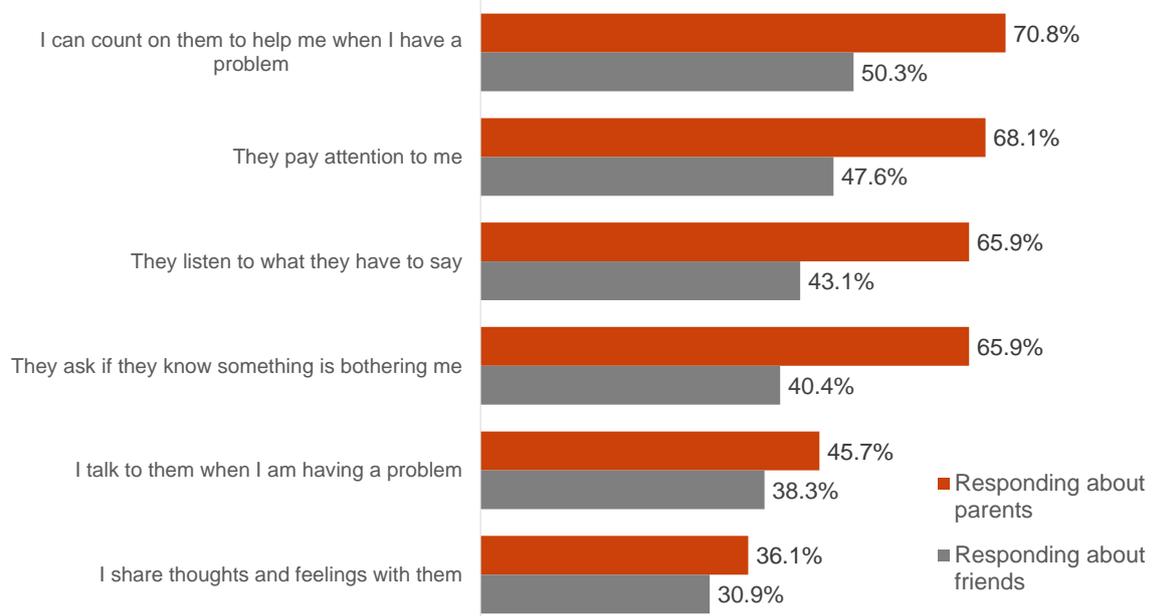
Disabled young people were less likely to say it was ‘always true’ for each statement:

- My friends listen to what I have to say (35.9%, compared with 44.4%)

- I can count on my friends to help when they have a problem (37.8%, compared with 52.5%)
- I talk to my friends when I'm having a problem (31.5%, compared with 39.5%)
- If my friends know something is bothering me they ask (32.7%, compared with 41.8%)
- I share thoughts and feelings with my friends (21%, compared with 32.6%)
- My friends pay attention to me (34.8%, compared with 49.8%).

A similar set of questions were asked to young people about their parents (see section 3.1). As shown in Figure 20, young people were more likely to respond that it was 'always true' for each statement when referring to their parents compared with when the statements referred to their friends.

Figure 20 – Proportion of young people who felt each statement was 'always true' about their parents and their friends

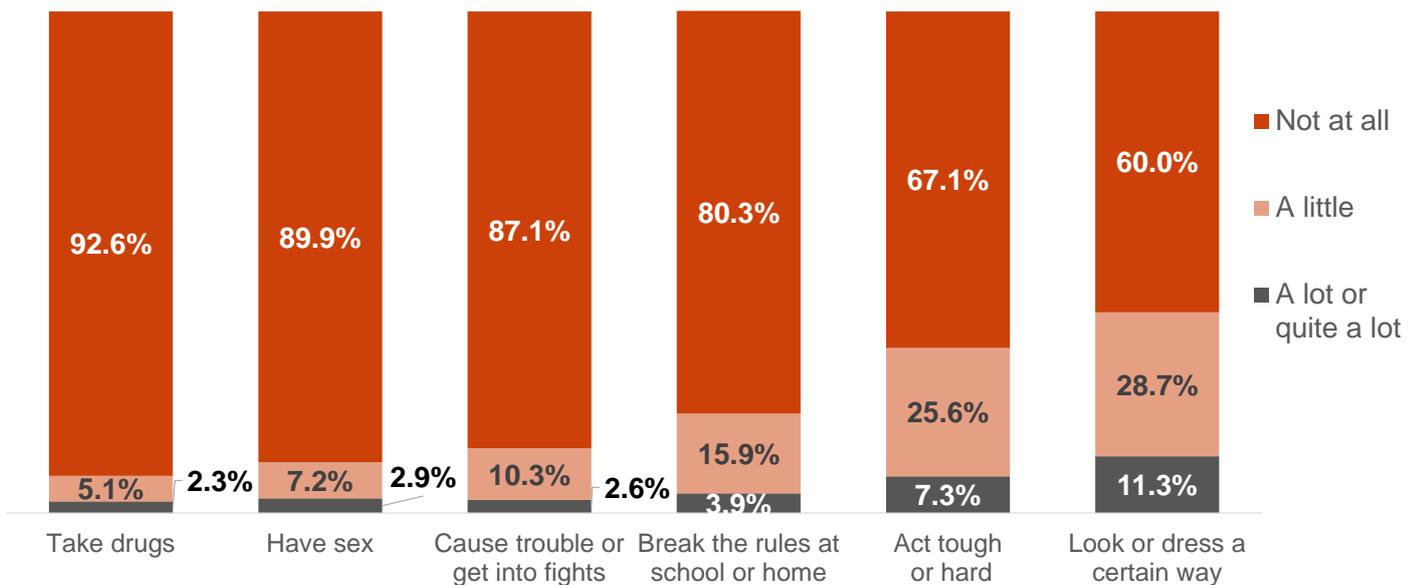


Base: All young people with a parent living in household who were happy to answer questions about their relationship with their parent 1 (2626-2627), All young people (2628)

4.2 Peer pressure – young person

Young people were asked how pressured they felt by their friends or people they knew to do certain things. As shown in Figure 21, the majority of young people said they felt 'not at all' pressured by their friends. However, one third (32.9%) said they felt 'a little' or 'a lot / quite a lot' pressured to act tough or hard, whilst two in five (40%) felt 'a little' or 'a lot / quite a lot' pressured to look or dress a certain way.

Figure 21 – How pressured young people feel by their friends to do certain things



Base: All young people (2632-2633)

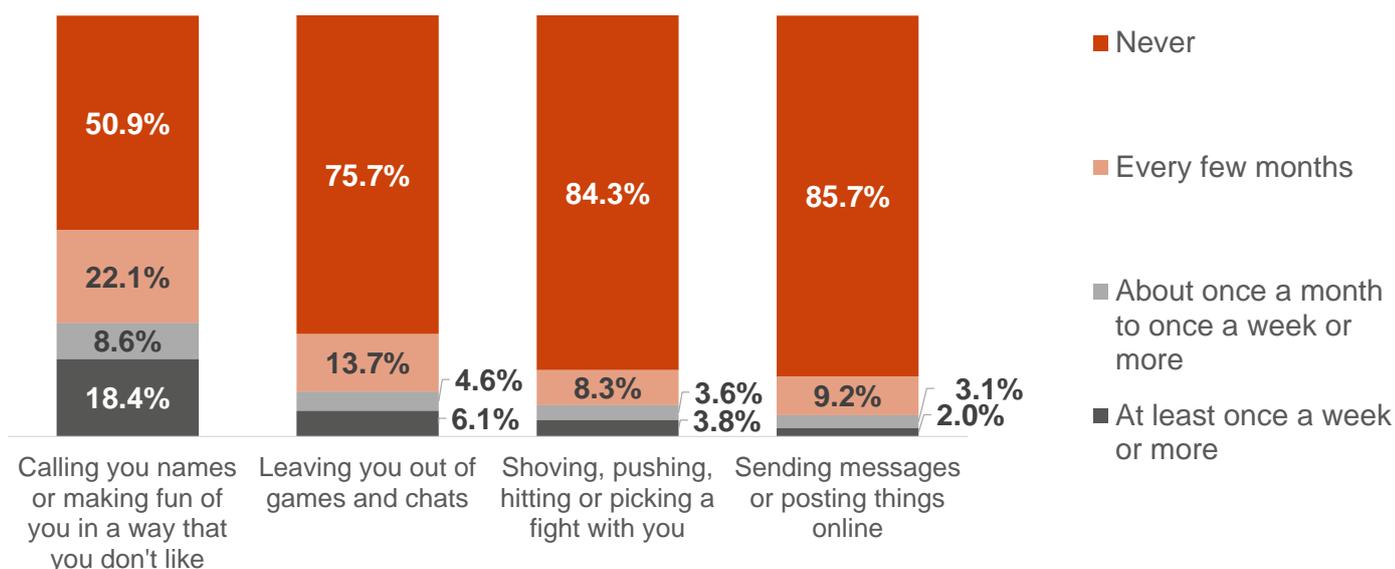
Boys were more likely to say they felt ‘a lot’, ‘quite a lot’ or ‘a little’ pressure to act tough or hard (36.3%, compared with 29.6% of girls), to break rules at school and at home (23%, compared with 16.5% of girls) and to cause trouble or get into fights (17.5%, compared with 8.4% of girls).

Conversely, girls were more likely to say they felt pressured to look or dress a certain way’, with 45.8% saying they felt ‘a lot’, ‘quite a lot’ or ‘a little’ pressure, compared with 34.2% of boys.

4.3 Bullying and discrimination – young person

Young people were asked how other young people may have treated them by doing any of the things listed in Figure 22. Most young people said they had not been bullied by other young people in these ways. However, half (49.1%) said they had been picked on by being called names or been made fun of in a way they didn’t like, and just under one in five were picked on in this way at least once a week or more. A small proportion said they had been picked on at least once a week or more through other behaviours.

Figure 22 – How often young people have experienced each type of bullying



Base: All young people (2626-2630)

There were differences between girls and boys, with girls were more likely to say that they had experienced bullying through:

- Name calling (52.1%, compared with 46.1% of boys)
- Being left out of games/chats (26.7%, compared with 21.9% of boys)
- Messages/posting online (17.4%, compared with 11.1% of boys).

Whereas boys were more likely to say they had experienced shoving, pushing, hitting or picking a fight (19.3%, compared with 12.2% of girls).

Disabled young people were more likely to say they had experienced bullying through:

- Name calling (60.3%, compared with 47.2% of non-disabled young people)
- Being left out of games/chats (29.5%, compared with 23.5% of non-disabled young people)
- Being shoved, pushed hit or picked in a fight (23.8%, compared with 14.4% of non-disabled young people).

Young people were asked how often they picked on others. The majority (82.2%) said they never picked on others, whilst small minorities picked on others 'most days' (1.3%), 'about once a week' (2.4%), or 'about once a month' (2.9%). A further 11.3% said they picked on others 'every few months.'

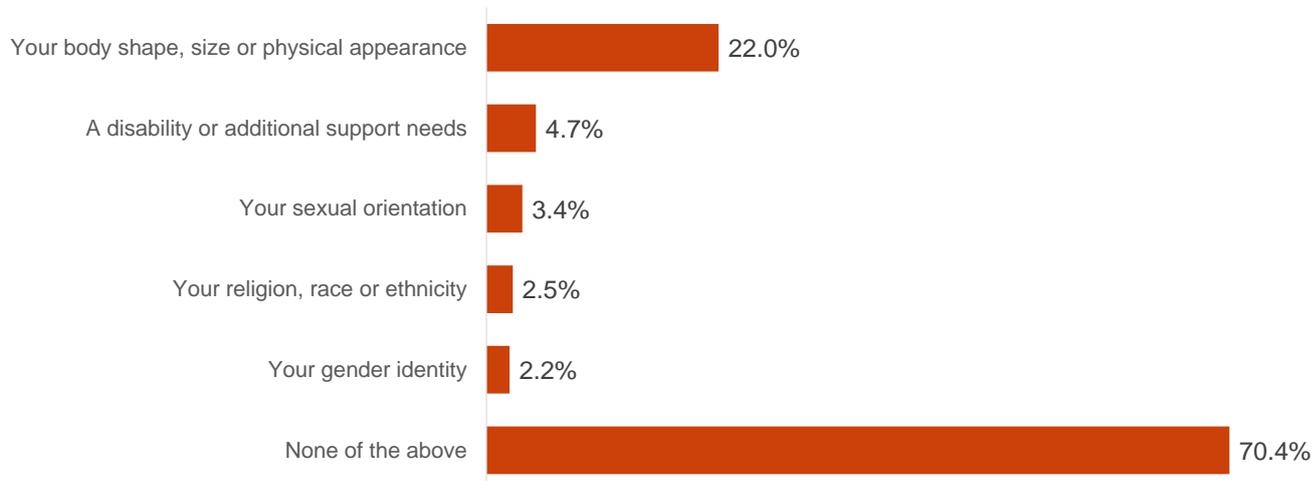
Boys were more likely to say that they had picked on others (21.8%, compared with 14% of girls).

4.3.1 Discrimination – young person

When asked whether anyone had treated them unfairly, the majority (70.4%) of young people said others had not treated them unfairly because of any of the

characteristics shown in Figure 23⁸. Around one fifth said they were treated unfairly because of their body shape, size or physical appearance, whilst smaller proportions said they were treated unfairly because of other individual characteristics.

Figure 23 – Whether young people had experienced types of discrimination



Base: All young people (2614)

Girls were more likely than boys to say that they had been treated unfairly because of their body shape (24.5%, compared with 19.4%), their sexual orientation (5.1%, compared with 1.6%) and their gender identity (3%, compared with 1.4%).

Disabled young people were more likely than non-disabled young people to say they had been treated unfairly because of:

- Their body shape, size or physical appearance (27.7%, compared with 21.1%)
- Their disability or additional support needs (15.6%, compared with 2.8%)
- Their sexual orientation (5.1%, compared with 3.1%)
- Their gender identity (4.3%, compared with 1.9%).

4.4 Gender identity and sexual orientation

Young people were asked how they thought of themselves in terms of their gender identity; 49.8% said they considered themselves to be a man/boy, 49.4% said women/girl and 0.8% said 'in another way'.

When asked how they thought of themselves in terms of sexual orientation, the vast majority of young people (89.3%) answered 'straight/heterosexual', whilst 1.2% identified as 'gay or lesbian', 7.3 % as 'bisexual' and 2.2% 'in another way.'

Boys were more likely to say they identified as 'straight/heterosexual' (95%, compared with 84% of girls). Disabled young people were less likely to say they identified as 'straight/heterosexual' (82.6%), compared with non-disabled young people (90.5%).

⁸ 'Anyone' referred to the following question wording: Now thinking about other people in your life including your family, your friends, teachers, as well as people you don't know (e.g. people in the street).

4.5 Relationships and sexual experience

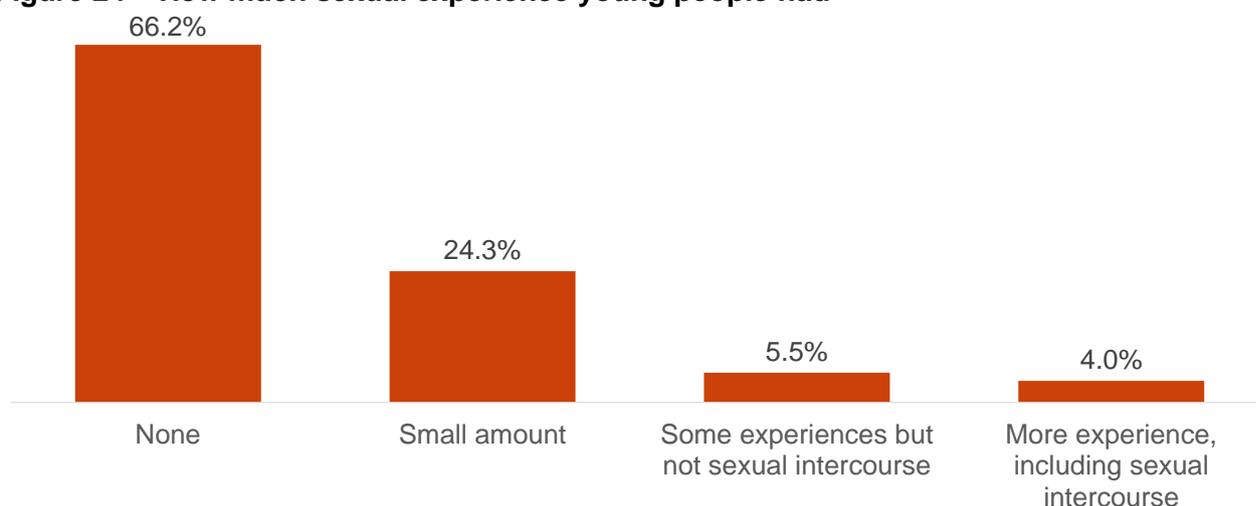
Three out of ten (30%) young people had a boyfriend or girlfriend in the last 12 months that they went out with for at least three months; 70% had not.

Disabled young people were less likely to say they had 'a boyfriend or girlfriend at the moment' (25.1%, compared with 30.9% of non-disabled young people).

Young people in SIMD quintiles 1, 2 and 3 were more likely to say they had a boyfriend or girlfriend (36.3%, 31.6% and 33.9% respectively) compared with those in quintile 5 (22.7%).

Young people were asked how much, if any, sexual experience they had. As shown in Figure 24, two thirds said they had no sexual experience, whilst 9.5% said they had 'some experience, but not sexual intercourse' or 'more experience, including sexual intercourse'. A further quarter said they had a 'small amount' of experience.

Figure 24 – How much sexual experience young people had



Base: All young people (2635)

Disabled young people were more likely to say they had 'no sexual experience' (73.5%, compared with 64.9% of non-disabled young people).

Those who said they had 'more sexual experience' or 'some sexual experience' were asked whether they had ever had sex without a condom. Those with 'more sexual experience' were asked if they had ever had sex without using any form of protection or contraception, and how old they were the first time they had sexual intercourse.

For those who reported 'more/some sexual experience', 27.8%⁹ had ever had sex without a condom. For those who reported 'more sexual experience' just over one third (34%) said they had ever had sexual intercourse without using any form of protection or contraception¹⁰.

⁹ Due to these figures being based on a small subsample, this translates to 2.5% of all young people.

¹⁰ As above, 1.3% of all young people.

Young people with more sexual experience were asked how old they were the first time they had sexual intercourse; the majority (69.2%¹¹) said they were aged 14, whilst 19.7% were 13 years old or younger, and 11.1% were 15 years old¹².

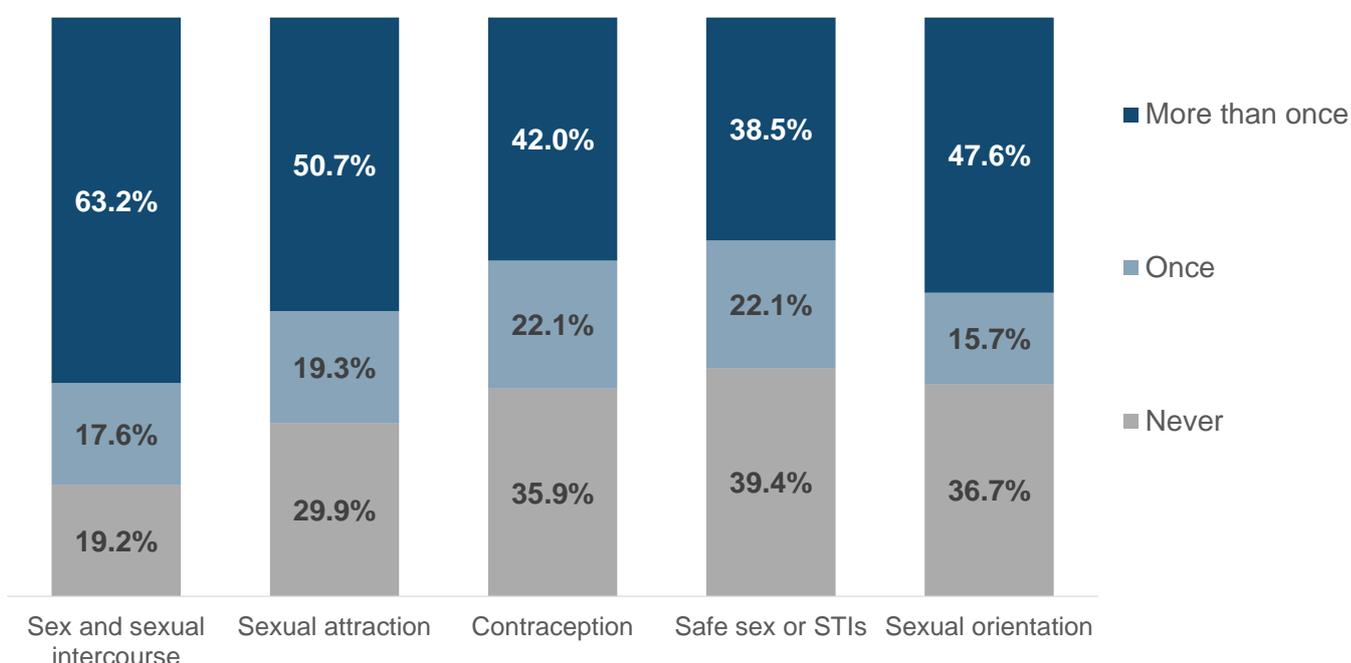
4.6 Sexual health and behaviour – parent/main carer

Parents were asked how often they (or their partner) had spoken to their child about the range of issues relating to sex. The full text is shown below, with abbreviations used in Figure 25:

- Sex, including sexual intercourse.
- How to behave in relation to people he/she might be sexually attracted to, and/or how to respond to sexual advances.
- Contraception to protect against pregnancy.
- Safe sex or sexually transmitted infections (also sometimes referred to as STIs).
- His/her sexual orientation (e.g. homosexuality, heterosexuality, etc.).

As shown in Figure 25, the majority of parents said they had spoken to their child more than once about ‘sex, including sexual intercourse’ and ‘how to behave in relation to people he/she might be sexually attracted to, and/or how to respond to sexual advances.’ Just under four in ten parents said they had never discussed ‘contraception to protect against pregnancy’, ‘safe sex or sexually transmitted infections’ or his/her sexual orientation’.

Figure 25 – How often parent has spoken to child about sex and sexual behaviour



Base: All parents/main carers (2747-2748)

¹¹ As above, 2.6% of all young people were 14, 0.7% were 13 or younger and 0.4% were 15 years old.

¹² It should be noted that the majority of respondents had not turned 15 when they completed the interview.

Parents of boys were more likely than parents of girls to say they had 'never' talked to their child about;

- Sex and sexual intercourse (23%, compared with 15.5%)
- Sexual attraction (32.5%, compared with 27.2%)
- Contraception (38.8%, compared with 33%).

Conversely, parents of disabled young people were more likely than parents of non-disabled young people to say they had talked 'more than once' to their child about all of the statements shown;

- Sex overall (68.6%, compared with 62.1%)
- Sexual attraction (57.6%, compared with 49.6%)
- Contraception (50.5%, compared with 40.5%)
- Safe sex (43.6%, compared with 37.6%)
- Sexual orientation (57.6%, compared with 45.8%).

5. Social media usage and activities

This section presents findings from questions asked to young people about their screen time, leisure and youth activities, as well as their access to spending money. Parents were asked questions about their child's whereabouts and caring responsibilities.

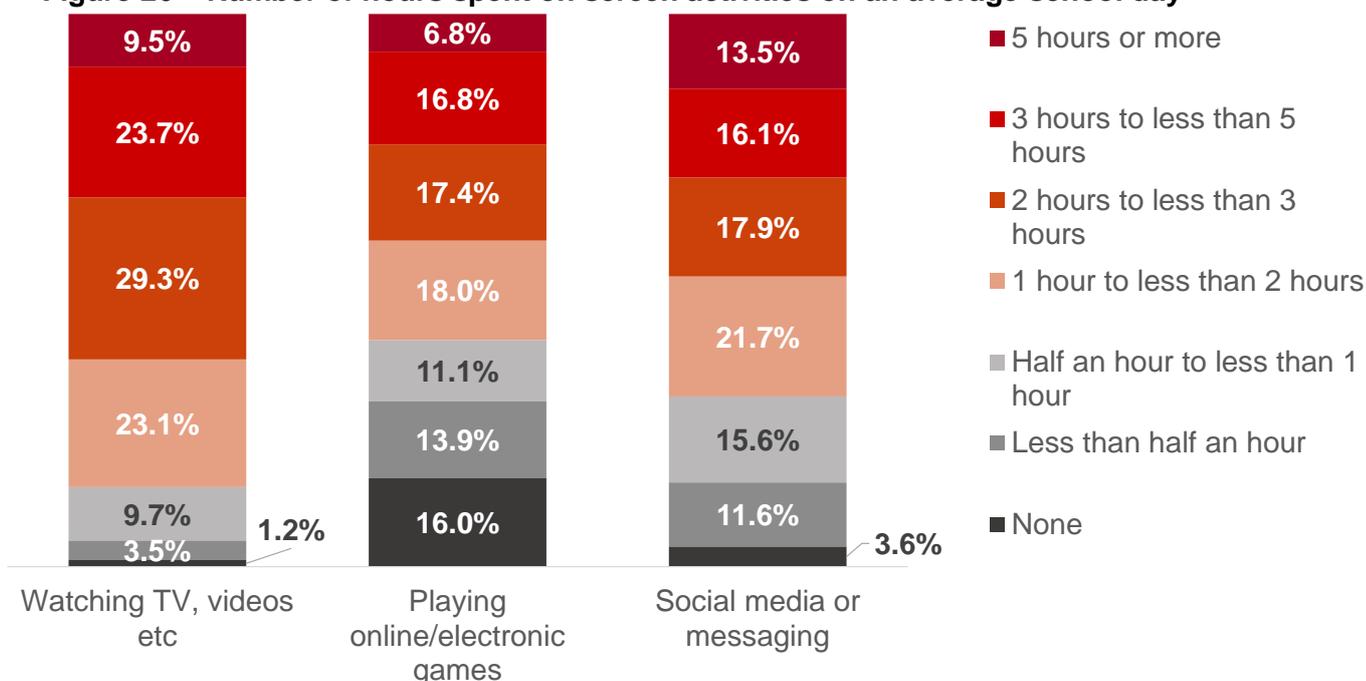
5.1 Screen time – young person

Young people were asked how many hours they usually spend on an average school day on a phone, a tablet, a TV or a computer. The full descriptions of each option are shown below, with abbreviations used in Figure 26):

- Watching videos, television programmes or films. This included watching videos on YouTube or other online platforms, and using streaming services such as Netflix.
- Playing online or electronic games. This could be on a phone, on a computer or on a games system, such as an X-Box, PlayStation, Nintendo Switch or D-S.
- On social media or messaging people they know. For example texting or using Instagram or Snapchat, or messaging or chatting to people that they played online games with.

This question included time before as well as time after school. As shown in Figure 26, 85.6% said they spent at least one hour per day watching videos, television programmes or films. Six out of ten (59%) young people said they spent at least one hour playing online or electronic games, whilst seven out of ten (69.2%) spent at least one hour on social media or messaging people they know.

Figure 26 – Number of hours spent on screen activities on an average school day



Base: All young people (2773)

Boys were more likely to say they spent time ‘playing online/electronic games’; 88.8% said they had done this for at least half an hour, compared with 51.3% of girls.

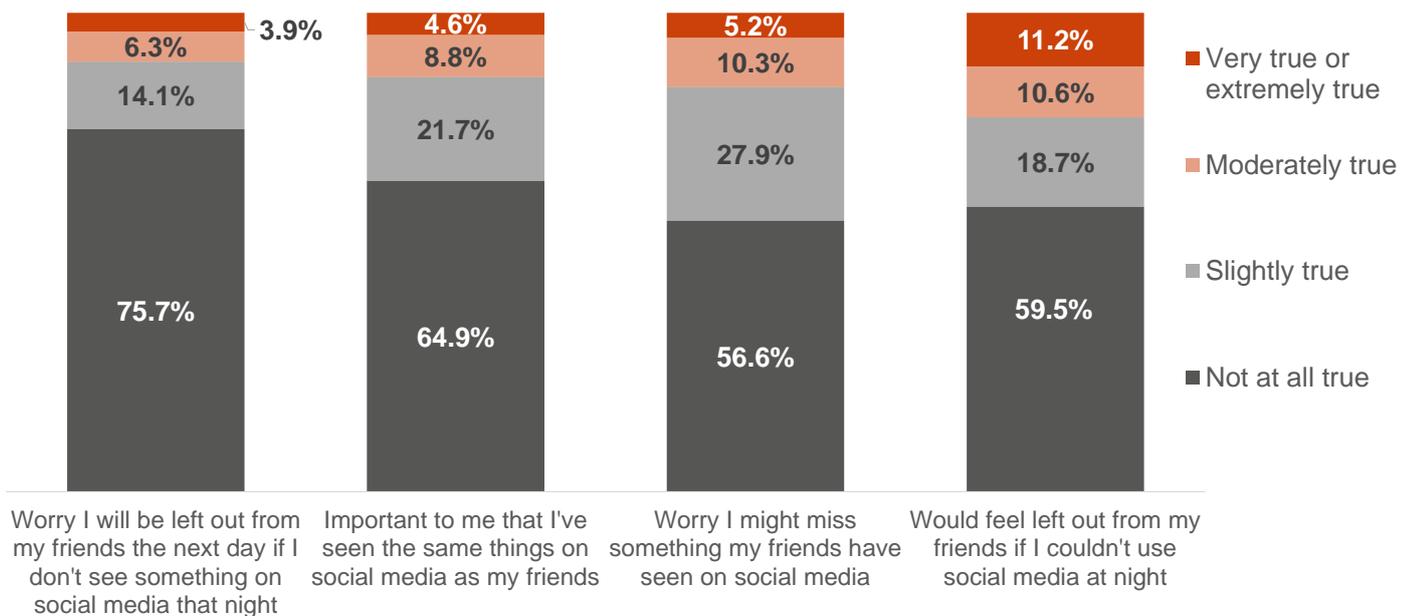
Conversely, girls were more likely to say they spent time on ‘social media or messaging’; 93.0% had done this, compared with 76.7% of boys.

Disabled young people were less likely to say they spent time on ‘social media or messaging’ with 71.8% saying they had done this for at least half an hour, compared with 87.1% of non-disabled young people.

5.2 Social media and fear of exclusion – young person

Young people were asked about their fear of exclusion with regards to social media. For each statement shown in Figure 27, over half of young people said it was ‘not at all true’. However, one out of five said it was ‘extremely true’, ‘very true, or ‘moderately true’ that they would feel left out from their friends if they couldn’t use social media at night.

Figure 27 – How true young people felt each concern about social media to be



Base: All young people (2630-2631)

Girls were more likely to respond ‘extremely true’ or ‘very true’ for all of the statements;

- ‘I worry I might miss something my friends have seen on social media’ – 7.7% of girls, compared with 2.8% of boys.
- ‘It’s important to me that I’ve seen the same things on social media as my friends’ – 6.5% of girls, compared with 2.6% of boys.
- ‘I worry that I will be left out from my friends the next day if I don’t see something on social media that night’ – 5.6% of girls, compared with 2.1% of boys.
- ‘I would feel left out from my friends if I couldn’t use social media at night’ – 15.2% of girls, compared with 7% of boys.

Disabled young people were more likely to say it is ‘not at all true’ that it is important to them that they’ve seen the same things on social media as their friends (70.8%, compared with 63.8% of non-disabled young people).

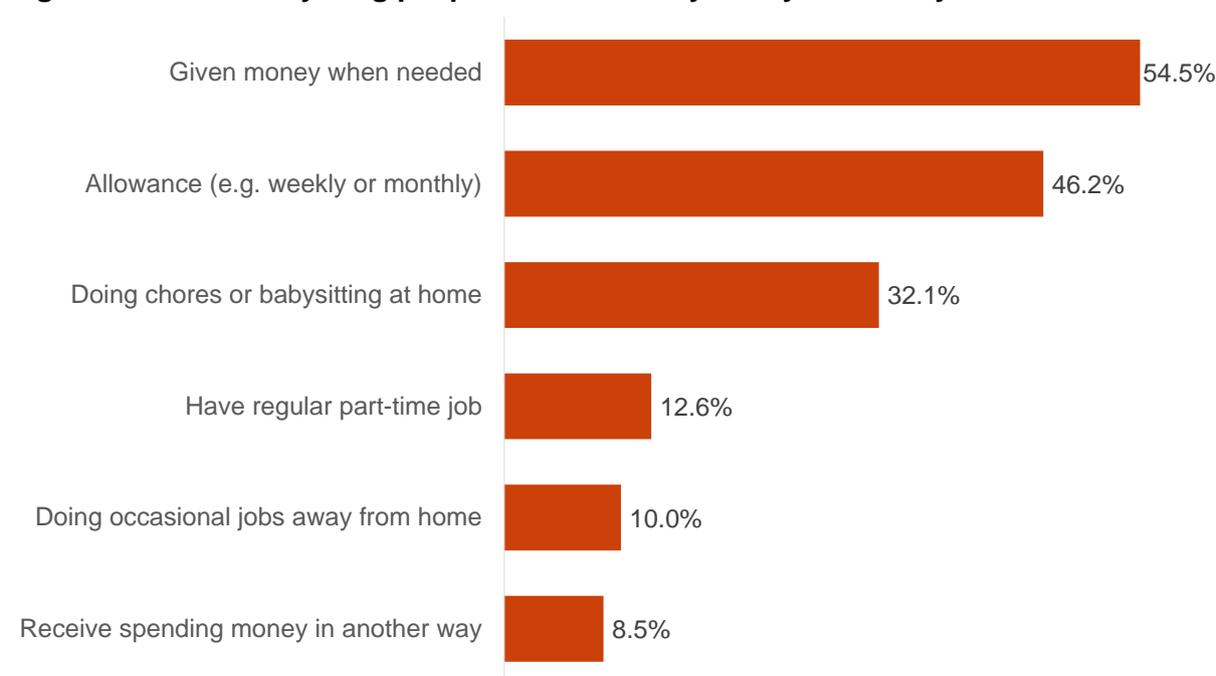
5.3 Managing money – young person

When asked whether they had any regular spending money just over three quarters of young people (78.2%) answered ‘yes’¹³.

5.3.1 Spending money sources

Young people were asked how they received their spending money based on the different ways shown in Figure 28. The most commonly chosen ways included being given money when needed, receiving an allowance, and doing chores or babysitting at home.

Figure 28 – Whether young people receive money in any of the ways shown



Base: All young people with access to spending money (2174)

Disabled young people were less likely to say they got money from ‘doing occasional jobs away from home’ than non-disabled young people (5.9% and 10.7% respectively) and from ‘having a regular part-time job’ (8.4%, compared with 13.3%).

There were a number of differences between SIMD quintiles. Young people in SIMD quintile 5 were more likely to have an allowance (56%) compared to those in quintiles 1 (41%), 3 (41.1%) and 4 (44.3%). Conversely, young people in SIMD quintile 1 were more likely to say that they were ‘given money when needed’ (64.2%)

¹³ Spending money referred to money young people could spend on themselves in whatever way they chose.

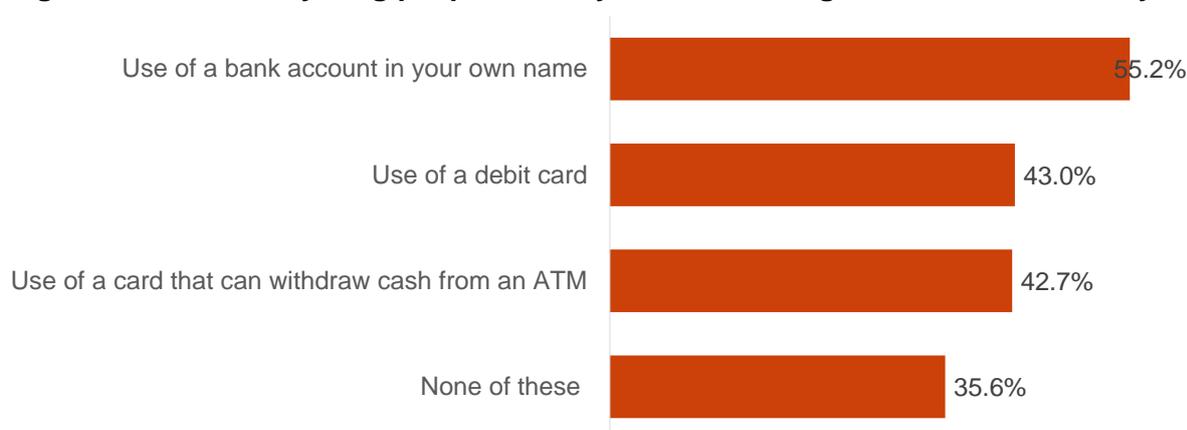
than those in less deprived quintiles (54.5% of quintile 2, 51.6% of quintile 3, 53.3% of quintile 4 and 49.6% of quintile 5).

Young people in SIMD quintile 1 were less likely to say they get money from ‘doing occasional jobs away from home’ than those in less deprived quintiles (4.2%, compared with 8.2% of quintile 2, 15.8% of quintile 3, 11.2% of quintile 4 and 10.9% of quintile 5) and less likely to say they get money ‘in another way’ (4.7%) compared with those in quintiles 4 and 5 (10% and 11.3% respectively).

5.3.2 Access to money

When asked about their access to money, over half said they used a bank account in their own name, as shown in Figure 29. Just over one third had no access to any of the options listed.

Figure 29 – Whether young people had any of the following to access their money



Base: All young people with access to spending money (2174)

Disabled young people were less likely than non-disabled young people to have any of the following:

- Use of bank account in their own name (49.2%, compared with 56.2%)
- Use of a debit card (35.8%, compared with 44.2%)
- Use of a card that can withdraw cash from an ATM (34.6%, compared with 44.1%).

Young people in quintile 1 were less likely than those in all other quintiles to have access to their money in all of the ways shown;

- 41.5% had a bank account in their own name, compared with 50.2% of quintile 2, 56.6% of quintile 3, 59.3% of quintile 4 and 66.3% of quintile 5.
- 26.3% had use of a debit card, compared with 37% of quintile 2, 41.9% of quintile 3, 53% of quintile 4 and 53.6% of quintile 5.
- 28.4% had use of a card to withdraw cash, compared with 37.6% of quintile 2, 44% of quintile 3, 48.4% of quintile 4 and 52.8% of quintile 5.

5.3.3 Whether parent talks to the young person about money

Young people were asked how often, if at all, their parents talked to them about what they did with their money. Just under half said their parents talked ‘very often’

(14.8%) or 'often' (33%) to them about this topic, whilst a smaller proportion (15.6%) said this was 'rarely' the case. The remainder (36.6%) said their parents spoke to them about money 'sometimes'.

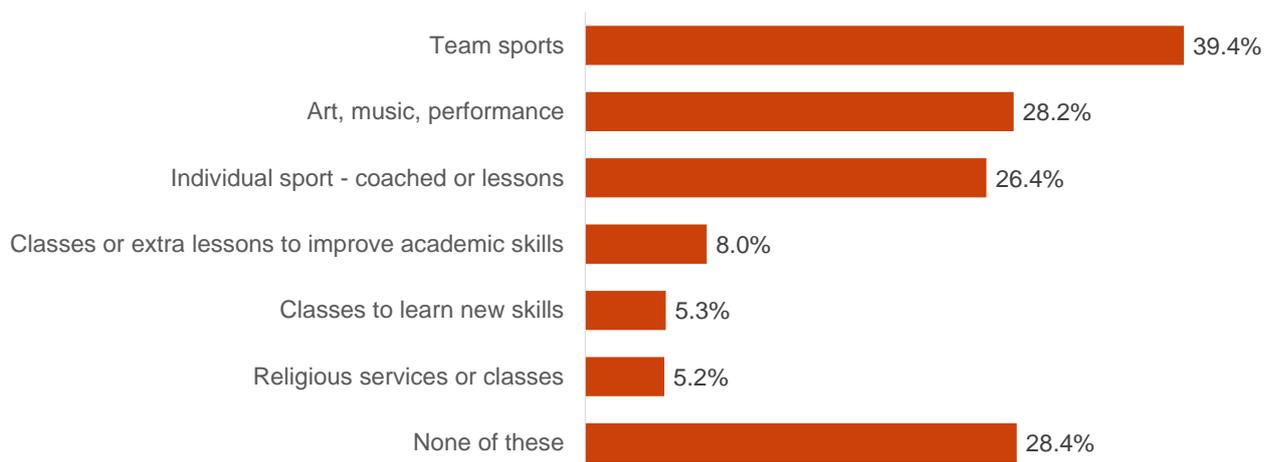
Disabled young people were more likely to say their parents spoke 'rarely' to them about what they did with their money (23.4%, compared with 14.2% of non-disabled young people).

5.4 Organised activities – young person

5.4.1 After school activities

Young people were asked if they had regularly participated in any of the organised activities shown in Figure 30 outside of school hours in the last 12 months¹⁴. The most commonly named activities were 'team sports', 'art, music, performance', and 'individual sport'. Around three in ten young people had not participated in any of these activities.

Figure 30 – Whether young people had regularly participated in any of the activities shown in the last 12 months



Base: All young people (2774)

Boys were more likely to have taken part in team sports (48.9%, compared with 29.9%). Girls were more likely to have taken part in art, music, performance (39.6%, compared with 16.9%).

Disabled young people were less likely to have taken part in team sports (22.1%, compared with 42.5% of non-disabled young people) and classes or extra lessons to improve academic skills (5.5%, compared with 8.5% of non-disabled young people). Disabled young people were also more likely to say they had not taken part in any of the activities shown (44.9%, compared with 25.4%).

¹⁴ 'Regular' referred to at least once a week, for three months or more. Young people were asked to include activities that were organised by their school but only the ones that took place outside of school hours, such as after school or at the weekend.

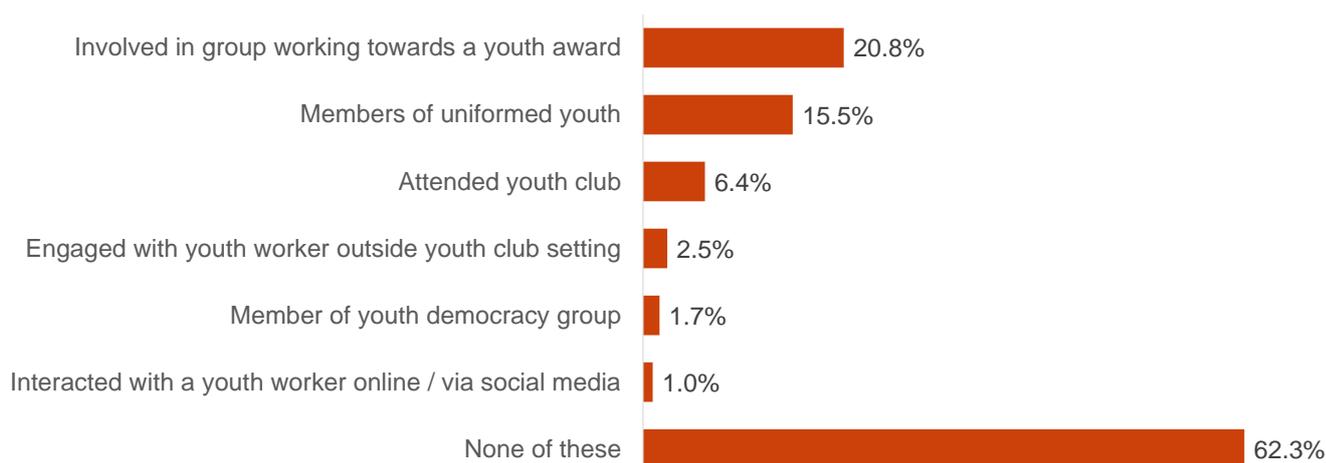
In general, those in the highest SIMD quintile were more likely to take part in some activities;

- 49.7% of those in quintile 5 took part in team sports, compared with 31.9% of quintile 1, 32.9% of quintile 2 and 37.2% of quintile 3.
- 36% of those in quintile 5 took part in art, music or performance, compared with 22.2% of those in quintile 1 and 24.3% of quintile 2.
- 12.8% of those in quintile 5 took part in classes or extra lessons, compared with 5.7% of quintile 1, 6.8% of quintile 2 and 5.7% of quintile 3.
- 7.9% of quintile 5 took part in classes to learn new skills, compared with 3.7% of quintile 1 and 3.6% of those in quintile 3.

5.4.2 Youth work activities

When asked if they had regularly participated in any youth work activities in the last 12 months, around six in ten young people stated they had not participated in any of the activities shown in Figure 31¹⁵. One in five said they were ‘involved in a group working towards a youth award’, whilst 15.5% were ‘members of uniformed youth’¹⁶.

Figure 31 – Whether young people had regularly done activities shown in last 12 months



Base: All young people (2774)

Girls were more likely to say they had been involved in a group working towards a youth award (25.7%, compared with 15.8% of boys) or attended a youth group (7.5%, compared with 5.2% of boys).

Disabled young people were less likely than non-disabled young people to say they had been involved in a group working towards a youth award (15%, compared with 21.8%).

Those in SIMD quintile 1 were less likely than those in quintiles 4 and 5 to say they had been members of uniformed youth (10.7%, compared with 17.2% and

¹⁵ Young people were asked to only include activities that take place outside of school hours, such as after school or at the weekend.

¹⁶ This option in full was ‘uniformed youth (e.g. Girl Guiding, Scouts, Cadets, Boys/Girls Brigade)’.

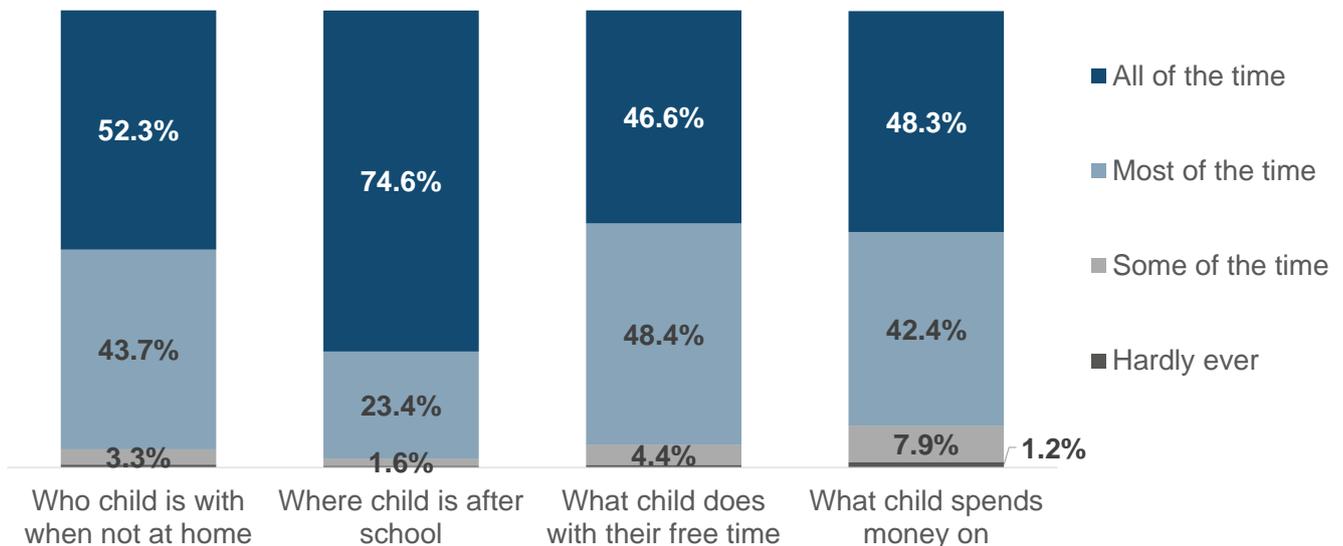
20.9% respectively) but were more likely to say they had attended a youth club (9.7%, compared with 5.2% and 5% respectively).

Those in SIMD quintiles 1 and 2 were less likely to say they were involved in a group working towards a youth award (13.6% and 13.5%) than those in quintiles 4 (24.3%) and 5 (32.7%).

5.5 Young person’s activities – parent/main carer

Parents were asked to what extent they knew about their child’s activities and whereabouts. Three quarters said they knew ‘all of the time’ where their child was after school, whilst only a small minority said ‘some of the time’ or ‘hardly ever.’ As shown in Figure 32, around half of parents said they were aware ‘all of the time’ who their child is with when not at home, what their child does with their free time and what their child spends their money on. Most of the remainder said they were aware ‘most of the time’.

Figure 32 – How often parents know what their child does and who they are with.



Base: All parents/main carers (2906-2914)

Parents of girls were more likely to say they knew where their child is after school ‘all of the time’ (78%, compared with 71.3% for parents of boys) and who their child is with when not at home (57.9%, compared with 47%).

Parents of a disabled young person were more likely to say they knew ‘all of the time’ than parents of a non-disabled young person for the following statements:

- Who their child is with when they are not at home (61.7%, compared with 50.4%)
- What child does in their free time (56.6%, compared with 44.7%)
- What their child spends their money on (58.2%, compared with 46.5%).

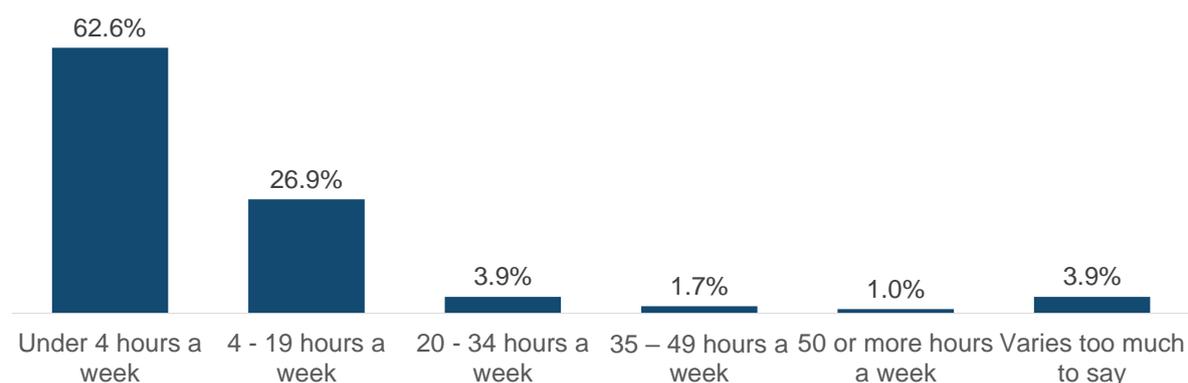
5.6 Caring responsibilities – parent/main carer

Parents were asked whether their child had caring responsibilities¹⁷, with 11.1% answering 'yes'. Those that reported that their child was a young carer were also asked how many hours in a week they provide help. Of those, the majority (62.6%) reported that their child spent less than 4 hours a week providing help, a further 26.9% reported that their child spent between 4 and 19 hours providing help, whilst for 6.6% the time spent providing help exceeded 20 hours¹⁸.

Parents of a disabled young person were more likely to say their child had caring responsibilities compared with parents of a non-disabled young person (15.7%, compared with 10.2%).

Parents in SIMD quintile 1 were more likely to say that their child had caring responsibilities (17.2%) compared with those in less deprived quintiles (11.4% of quintile 2, 12.3% of quintile 3, 8.9% of quintile 4 and 6.8% of quintile 5).

Figure 33 – Number of hours spent on caring responsibilities (only those who had caring responsibilities)



Base: All parents/main carers who reported young person has caring responsibilities (306)

¹⁷ Caring responsibilities were defined as 'look after, or give any regular help or support to, family members, friends, neighbours or others because of either a long-term physical or mental health condition or disability; or problems related to old age'.

¹⁸ Please note these results are based on a subsample of 306.

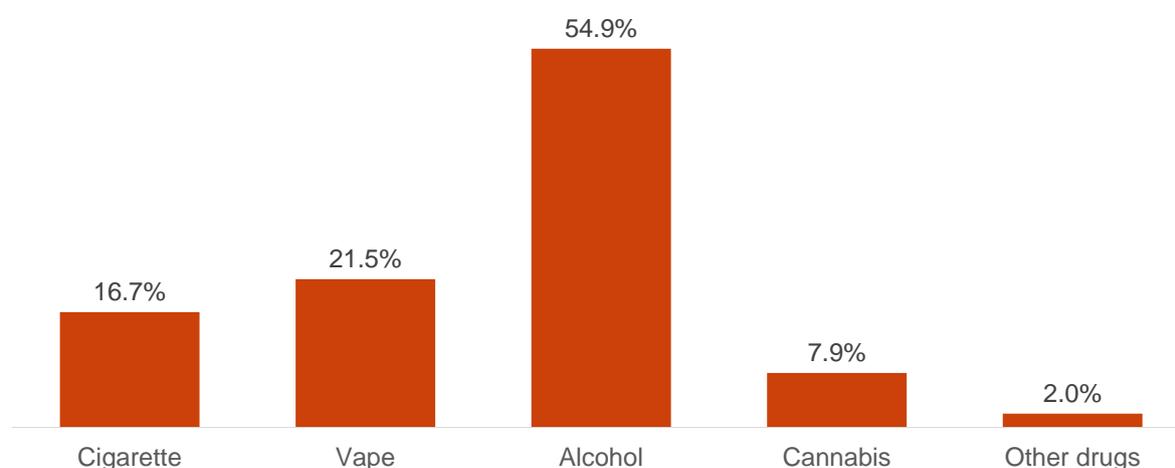
6. Risky behaviours

This section presents findings on the prevalence and frequency of smoking, alcohol and drug use, as well as anti-social behaviours.

6.1 Smoking, drinking and drug use – young person

Young people were asked whether they had ever tried a cigarette (even if it was only a single puff), ever tried vaping, ever drunk alcohol (even a sip), and whether they had tried cannabis or any other drugs. As shown in Figure 34, just over half said they had tried alcohol, whilst around one in five said they had tried smoking a cigarette or vape. Only a small minority said they had tried cannabis or other drugs.

Figure 34 – Whether young people had tried smoking, drinking alcohol or drugs¹⁹



Base: All young people (2797)

Boys were more likely to say they had tried an e-cigarette or vape (23.6%, compared with 19.4% of girls) and cannabis (9.3%, compared with 6.3% of girls).

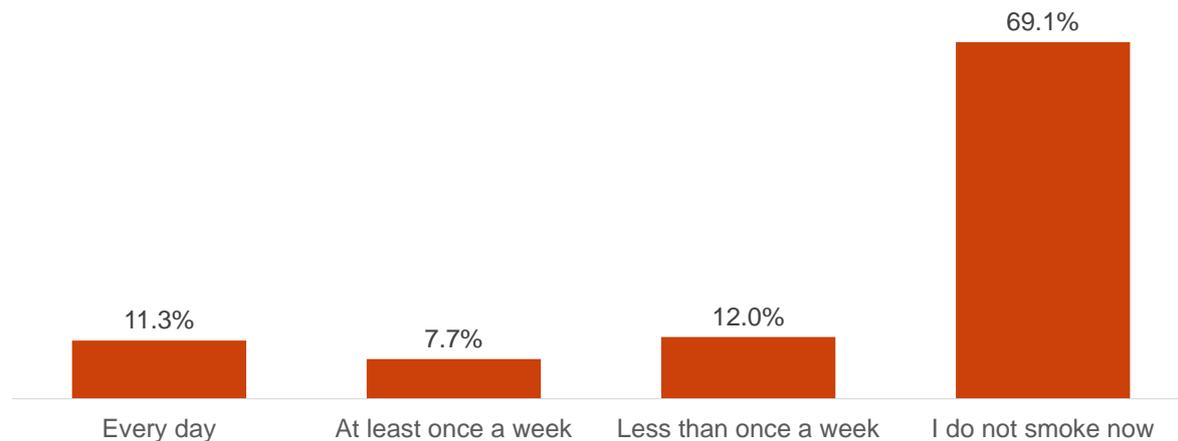
Those in SIMD quintile 3 were more likely to say they had tried an e-cigarette or vape than those in higher quintiles (27.2%, compared with 18.7% of quintile 4 and 18.3% of quintile 5). Those in SIMD quintile 3 were also more likely to say they had tried cannabis (12%, compared with 5.6% of those in quintile 4 and 5.9% of those in quintile 5).

6.1.1 Smoking and vaping – young person

Those who had ever tried a cigarette were asked how often they smoked now. As shown in Figure 35, many young people had not continued smoking: the majority said they did not smoke now, whilst 19% of those that did smoked 'every day' or 'at least once a week' (3.2% of all young people).

¹⁹ Figures for smoking and use of alcohol combine data from both Sweep 9 and Sweep 10. Sub-group analysis was not conducted.

Figure 35 – How often young people (who had tried a cigarette) smoked now



Base: All young people who ever smoked (441)

Young people who said they had ever smoked a cigarette (at the Sweep 10 interview) were asked how old they were when they first smoked a whole cigarette (that is not just a puff). Half (50.3%) said they were 13 years or older, whilst just over one third (34.6%) said they had never smoked a whole cigarette, 13.3% said they were 11 or 12 years and a very small proportion (1.9%) had first smoked a whole cigarette when they were 10 years or younger.

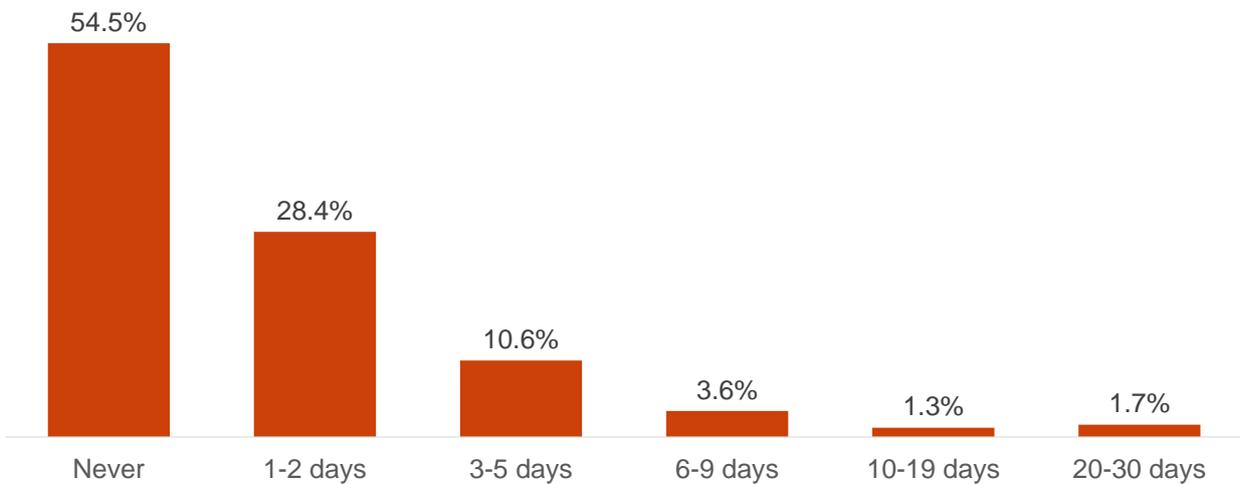
6.1.2 Alcohol use – young person

Those who said they had ever had an alcoholic drink (at the Sweep 10 interview) were asked how old they were when they first did so. Over three quarters (77.8%) said they were 13 years or older when they first had an alcoholic drink; a small proportion (3.8%) said they were 10 years or younger, whilst the remainder (18.3%) were aged 11 or 12.

Girls were more likely to say they had their first alcoholic drink at an older age; 80.4% of girls said they were age 13 or over, compared to 74.6% of boys.

Those who had ever had an alcoholic drink were asked on how many days they had drunk alcohol in the last 30 days. As shown in Figure 36, over half of young people said they had not drunk alcohol in the last 30 days, while a small minority (6.6%) said they had drunk alcohol on six or more days.

Figure 36 – How many days young people had drunk alcohol in the past 30 days



Base: All young people who ever drank alcohol (1529)

Disabled young people were less likely to say they had not drunk alcohol in the past 30 days (61.0%) compared to non-disabled young people (53.5%).

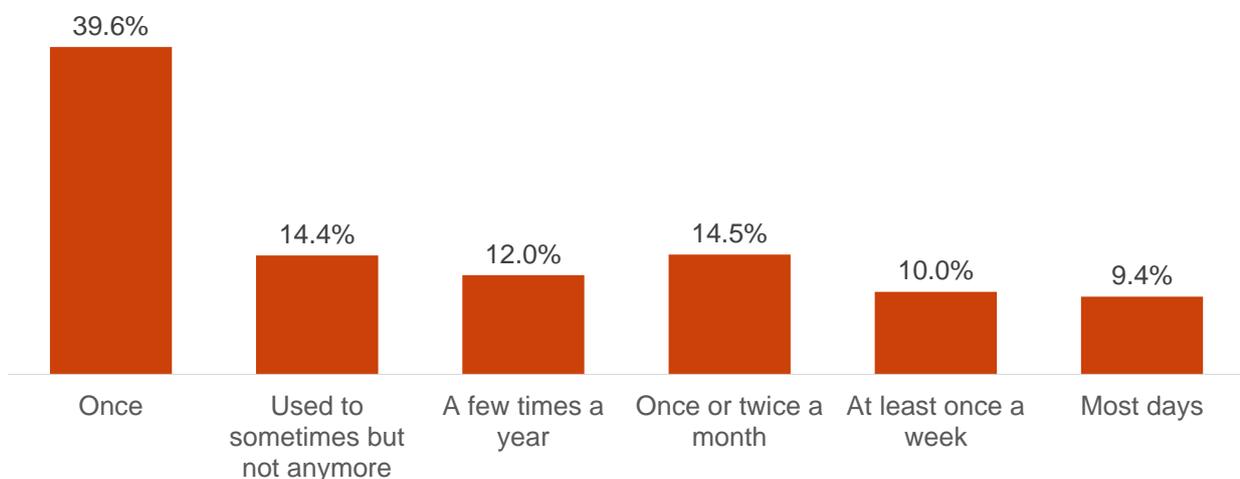
Young people in SIMD quintile 1 were more likely to say they had not drunk alcohol in the past 30 days than those in quintile 5 (62.4%, compared to 48.3%).

Young people who had ever had an alcoholic drink were also asked whether they had ‘ever had so much alcohol that they were really drunk’; around one quarter (24.1%) answered ‘yes’.

6.1.3 Cannabis and other drugs – young person

Those who had ever tried cannabis were asked how often they had used cannabis. Two out of five said they used cannabis only once, whilst one in five (19.4%) used it once a week or more often.

Figure 37 – How often young people (who had tried cannabis) use cannabis



Base: All young people who ever tried cannabis (191)

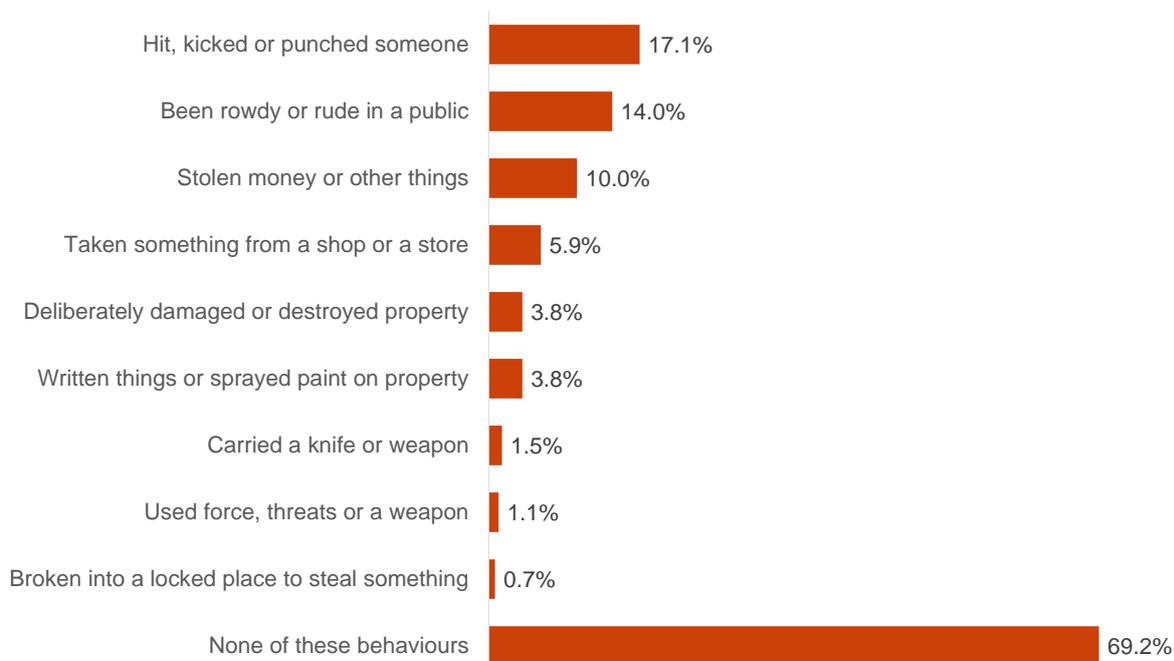
Young people were asked if they ever tried any drugs other than cannabis²⁰ – a very small proportion (2%) said they had done so. Of those, just under half (47.6%) said they had used other drugs only once or used them before but not anymore. Around one in ten (9.2%) said they used other drugs at least once a week or most days²¹.

6.2 Anti-social behaviour – parent/main carer and young person

Parents were asked whether their child had been in trouble with the police since the last interview; 2.3% reported that they had.

Young people were asked how many times they had engaged in any of the behaviours shown in Figure 38 in the last year. Seven out of ten young people (69.2%) said they had not engaged in any of these behaviours. The most commonly named behaviours were ‘hit, kicked or punched someone’ and ‘been rowdy or rude in a public’.

Figure 38 – Whether young people had engaged in anti-social behaviours shown



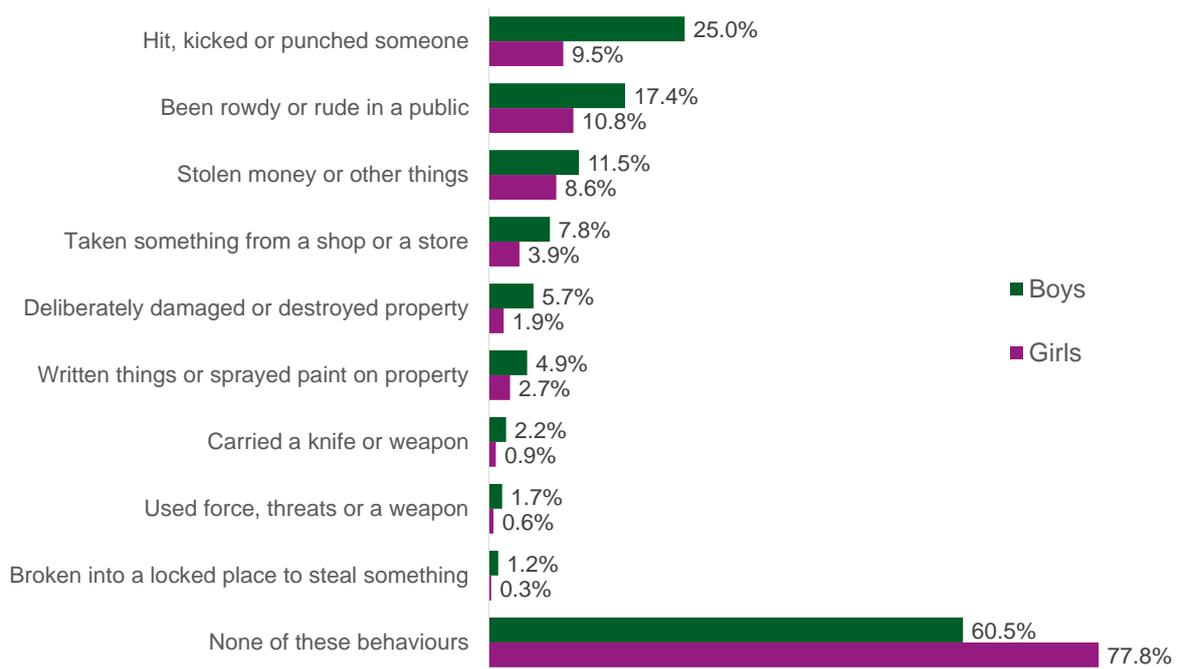
Base: All young people (2633-2638)

As shown in Figure 39, boys were more likely than girls to say they had engaged in all of the anti-social behaviours shown, although the majority (60.5%) had not engaged in any of these behaviours (77.8% of girls had not engaged).

²⁰ Question wording: Now thinking about drugs other than cannabis. By ‘other drugs’ we mean things like ecstasy, speed, or cocaine, or misuse of prescription drugs, inhalants, glue or ‘legal highs’.

²¹ Please note a low base size of 47 for this question.

Figure 39 – Whether young people had engaged in anti-social behaviours shown by gender



Base: Boys (1297-1300), Girls (1324-1326)

Disabled young people were more likely to say they had carried a knife or weapon (3.7%, compared with 1.2% of non-disabled young people) and had broken into a place to steal (1.8%, compared with 0.5%).

7. Mental health and life satisfaction

This section covers findings relating to young people’s mental health (with a focus on depression), how they felt about their life and sources of support. Parental views on both their own and their child’s mental health are also included.

7.1 Experience of depression – young person

Young people were asked whether they had ever had a period in their life lasting several days or longer when on most of the days they felt depressed²² – just under half (47.2%) answered ‘yes’.

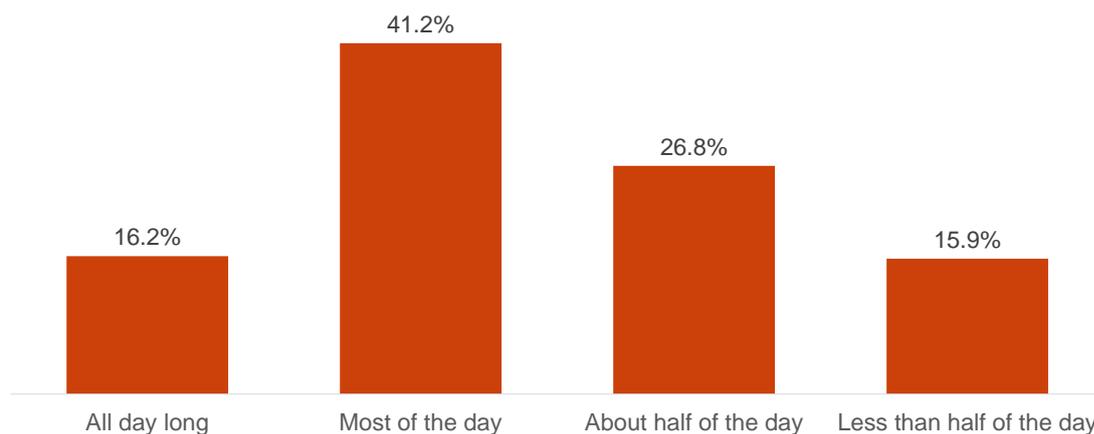
Girls were more likely to say they had felt depressed (56.4%, compared with 38%), as were disabled young people (62.8%, compared with 44.6%).

For the next set of questions, young people who had ever had a period of feeling depressed were asked to think about the two-week period in their life when their feelings of depression or loss of interest were at their worst. They were asked whether this worst period started within two months of the death of someone close to them or after a stressful or traumatic event in their life, with 43.6% answering ‘yes’.

Young people in SIMD quintile 1 were more likely to say that this period of feeling depressed was within two months of the death of someone close to them or a stressful/traumatic event (50%, compared with 36.7% of those in quintile 5).

Young people were asked typically how much of the day these feelings had usually lasted in the two-week period. As shown in Figure 40, over half (57.3%) reported that these feelings usually lasted ‘all day long’ or ‘most of the day’.

Figure 40 – How long feelings of depression lasted



Base: All young people who had a period in their life lasting several days or longer when most of the day they felt depressed, or when they lost interest in most things they usually enjoyed (1219)

²² Question wording: Some people experience feeling depressed or that they lose interest in things they usually enjoy. Have you ever in your life had a period lasting several days or longer when most of the day you felt depressed, or when you lost interest in most things you usually enjoy like school and hobbies?

Disabled young people were more likely to say they felt this way ‘all day long’ (23.3%, compared to 14.4% of non-disabled young people).

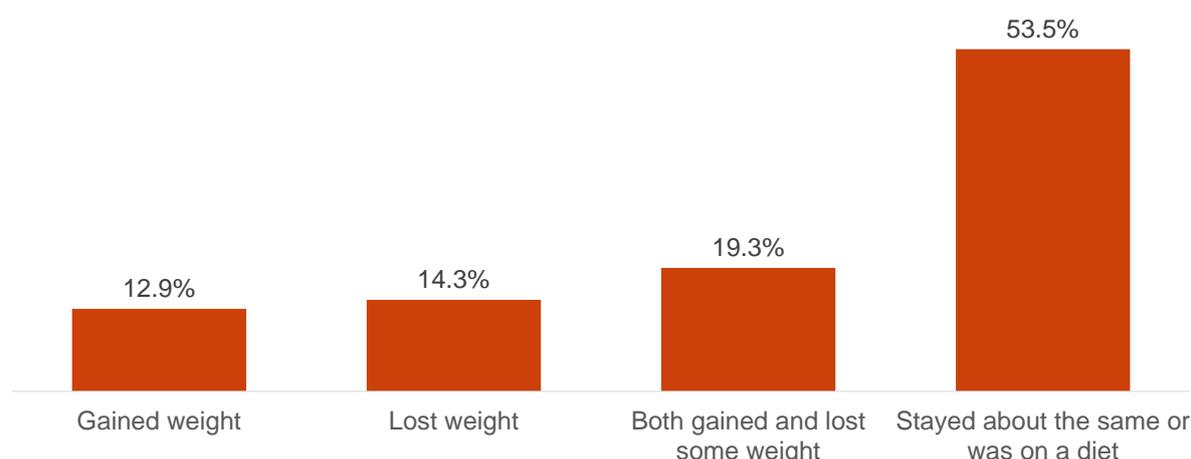
7.2 Changes related to depression – young person

Still referring to the two-week period, young people were asked whether they felt more tired or lower energy than was usual for them, with around four in five (82.2%) saying they had.

Girls were more likely to say they felt more tired or had lower energy than usual (87.6%, compared with 74% of boys).

Young people were asked whether they gained or lost weight without trying in the two-week period. As shown in Figure 41, just under half (46.5%) said they experienced changes in their weight, either through losing, gaining, or both gaining and losing some weight.

Figure 41 – Whether young people experienced weight gain or loss



Base: All young people who had a period in their life lasting several days or longer when most of the day they felt depressed, or when they lost interest in most things they usually enjoyed (1214)

Disabled young people were more likely to say they ‘lost weight’ (23.8%, compared with 12.2%) and less likely to say they ‘stayed about the same or were on a diet’ (41.4%, compared with 56.4% of non-disabled young people).

When asked whether their sleep changed in this two-week period, three out of five young people (59.4%) reported their sleep had changed. Of those who reported their sleep had changed, three quarters (76%) said they had trouble falling asleep, around one in four (23.1%) woke too much or too early and three in ten (30.9%) slept too much.

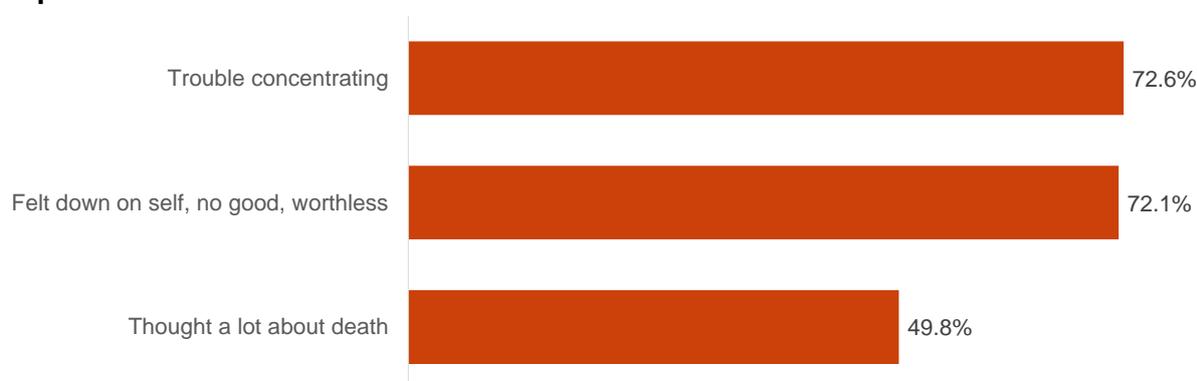
Girls were more likely than boys to report that they were sleeping too much (34.7%, compared with 23%).

Disabled young people were more likely to report that their sleep had changed (66.4%, compared with 57.8% of non-disabled young people) to say that they were sleeping too much (46.2%, compared with 26.9%). Disabled young people were less likely to say they had trouble falling asleep (68.6%, compared with 77.8%).

Those in SIMD quintile 1 who had a period of feeling depressed, were more likely than those in quintile 5 to say they were sleeping too much (39.5%, compared with 23.8%).

Still referring to the two-week period, young people were asked whether they had experienced any of the feelings shown in Figure 42. Around seven in ten said they had a lot more trouble concentrating than usual and felt down on themselves, whilst half thought a lot about death.

Figure 42 – Whether young people experienced any of the feelings related to depression



Base: All young people who had a period in their life lasting several days or longer when most of the day they felt depressed, or when they lost interest in most things they usually enjoyed (1215-1217)

Girls were more likely than boys to say they that they felt down on themselves (79.1%, compared with 61.4%), that they had trouble concentrating (77.8%, compared with 64.8%), and that they had thought about death a lot (53.7%, compared with 44%).

Disabled young people were more likely to say that they had thought about death a lot (56.2%) compared with non-disabled young people (48.4%).

7.2.1 Other mental health concerns

All young people were asked whether they had ever experienced any emotional or mental health difficulties to the extent that they had received a diagnosis or sought help for it (e.g. from a doctor, nurse or school guidance counsellor). The vast majority (86.1%) said they had not done so, whilst 13.9% had done so.

Girls were more likely to say that they had sought help (18.6%, compared with 9.1% of boys), as were disabled young people (31.7%, compared with 10.9% of non-disabled young people).

When asked whether they had hurt themselves on purpose in any way in the last 12 months, 11.6% reported that they had done so.

Girls were more likely to say they had hurt themselves on purpose (16.2%, compared with 6.9% of boys), as were disabled young people (20%, compared with 10.2% of non-disabled young people).

7.3 Parental mental health – parent/main carer

Parents were asked whether their child takes medication for their mental health; only a small minority (4.8%) said 'yes'.

Parents of boys were more likely to say that their child takes medication for their mental health (6.5%, compared with 3%); as were parents of disabled young people (22%, compared with 1.7%) and parents in SIMD quintile 1 (9.1%) compared with quintile 3, quintile 4 and quintile 5 (3.4%-3.6%).

Parents were also asked about their own mental health, including whether they had ever sought help for, or been diagnosed with, a mental health condition, whether they currently take medication for a mental health condition and whether they had ever had a period of several days feeling depressed. Just over a third (34.4%) said they had sought help or being diagnosed with a mental health condition, whilst 18.3% said they were taking medication at the time of the GUS interview. Almost half (46.2%) said they had experienced a period of several days feeling depressed.

Parents of a disabled young person were more likely to say than parents of a non-disabled young person that:

- They had ever sought help for, or been diagnosed with, a mental health condition (53.4%, compared with 30.9%)
- They currently take medication for a mental health condition (36%, compared with 15.1%)
- They ever had a period of several days feeling depressed (63.1%, compared with 43%).

Similarly, parents in SIMD quintile 1 were more likely than those in quintile 5 to say that:

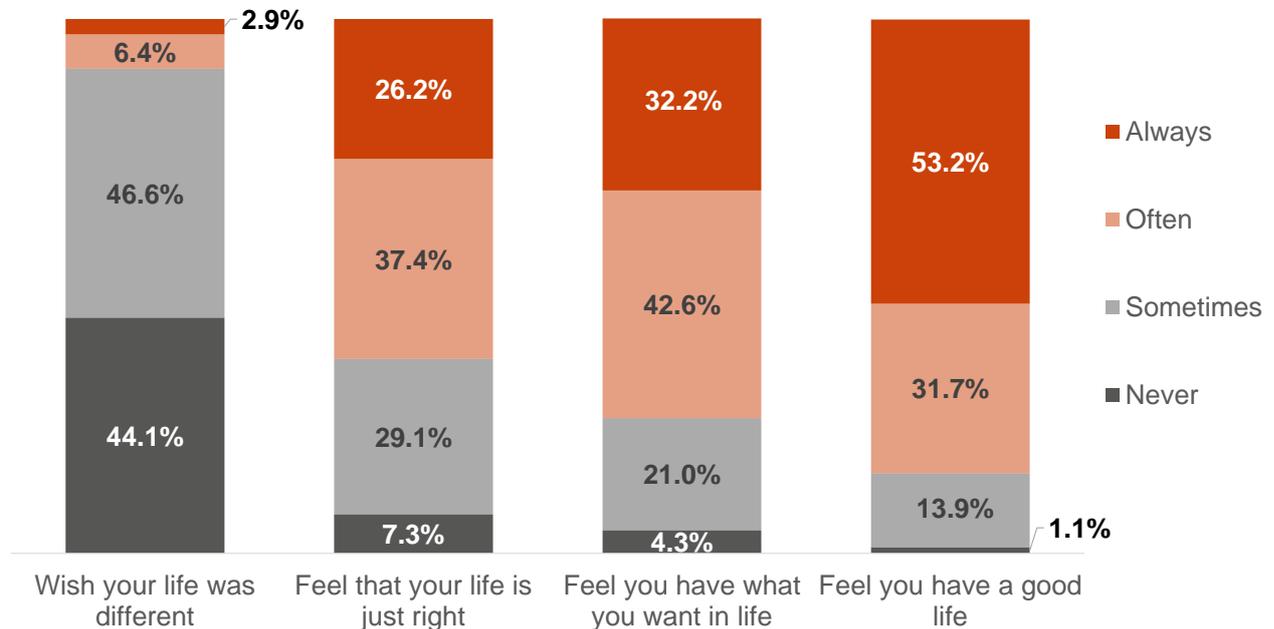
- They had ever sought help for, or been diagnosed with, a mental health condition (42%, compared with 28.5%)
- They currently take medication for a mental health condition (27.4%, compared with 12.7%)
- They ever had a period of several days feeling depressed (57%, compared with 38.2%).

7.4 Life satisfaction – young person

Young people were asked how they felt about different things in their life. As shown in Figure 43, life satisfaction was overall high across all four items. Just under two thirds (63.6%) said they 'always' or 'often' felt their life was just about right, and three quarters (74.8%) said they 'always' or 'often' felt they had what they wanted in life. However, around one in ten (9.3%) wished their life was 'always' or 'often' different

and 15% of young people said they ‘never’ or only ‘sometimes’ felt they had a good life.

Figure 43 – How much young people felt life satisfaction statements applied



Base: All young people (2642-2645)

Girls were more likely to say they ‘always’, ‘often’ or ‘sometimes’ wish their life was different (62.8%, compared with 48.7% of boys). Whereas boys were more likely to say that their life was ‘always’ or ‘often’ just right (70.8%, compared with 56.5% of girls) and that they ‘always’ have a good life (57.6%, compared with 49.1% of girls).

Disabled young people were more likely than non-disabled young people to say they ‘always’, ‘often’ or ‘sometimes’ wish their life was different (66.6% and 54%) and to say they ‘always’ or ‘often’ feel that their life is just right (50.8%, compared with 65.8%).

Disabled young people were also less likely to say that they ‘always’ feel that they have what they want in life (27.9%, compared with 33% of non-disabled young people) and feel that they have a good life (45.1%, compared with 54.7%).

Young people in SIMD quintile 1 were less likely to say they ‘always’ have a good life (46.2%) compared with those in quintile 4 (57.7%) and quintile 5 (57.3%).

7.5 Support – young person

Young people were asked whether there was at least one adult they trusted and could talk to if they had a problem. The vast majority said this was ‘completely’ (73.8%) or ‘somewhat’ (20.8%) true, whilst 3.3% said this was ‘not very true’ and 2% said ‘not at all true’.

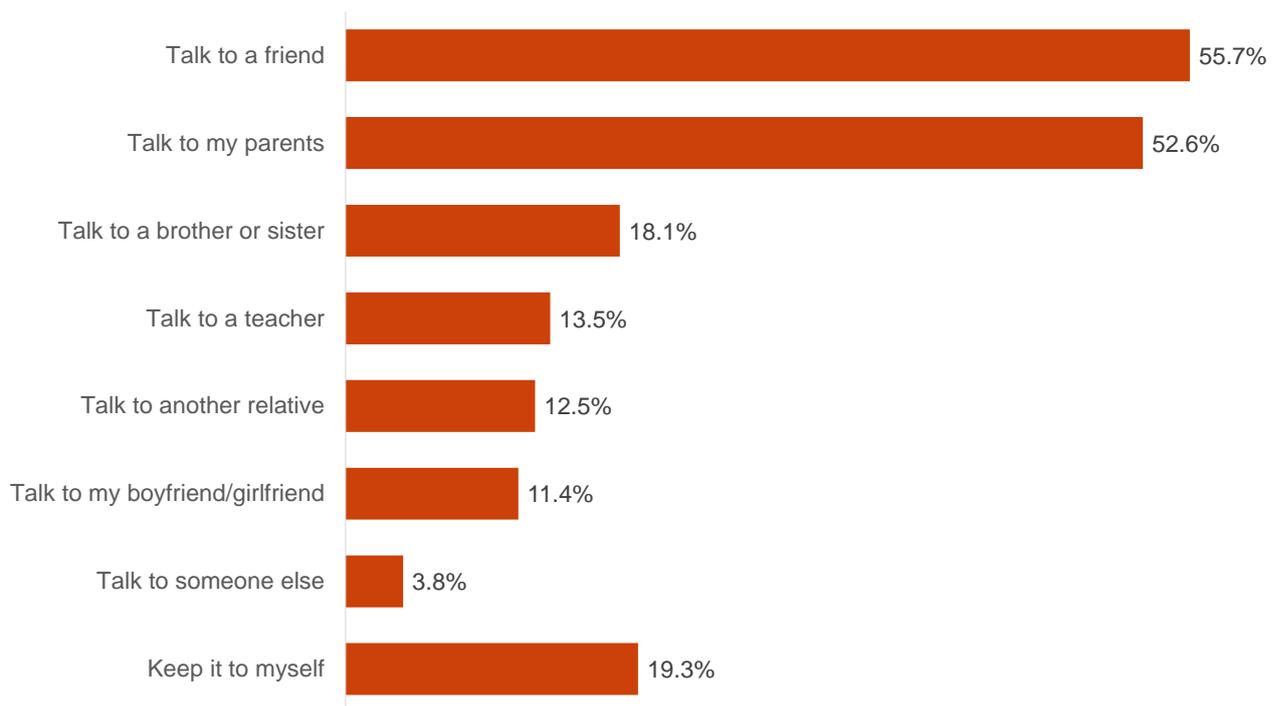
Boys were more likely to say that it was ‘completely true’ that there was at least one adult they trusted and could talk to (77.5%, compared with 70.5% of girls).

Disabled young people were less likely to say that it was ‘completely true’ that there is at least one adult they trusted and could talk to (69.2%, compared with 74.6% of non-disabled young people).

7.5.1 What young people do when they are worried

Young people were asked which of the items listed in Figure 44 they did when they were worried about something. The most common answers included talking to a friend, their parents, or a brother or sister. One in five young people said they ‘kept it to themselves’.

Figure 44 – What young people do when worried about something



Base: All young people (2645)

Girls were more likely to say they talk to a friend (65.7%, compared with 45.7% of boys), whereas boys were more likely to say they keep it to themselves (22.6%, compared with 16.1% of girls).

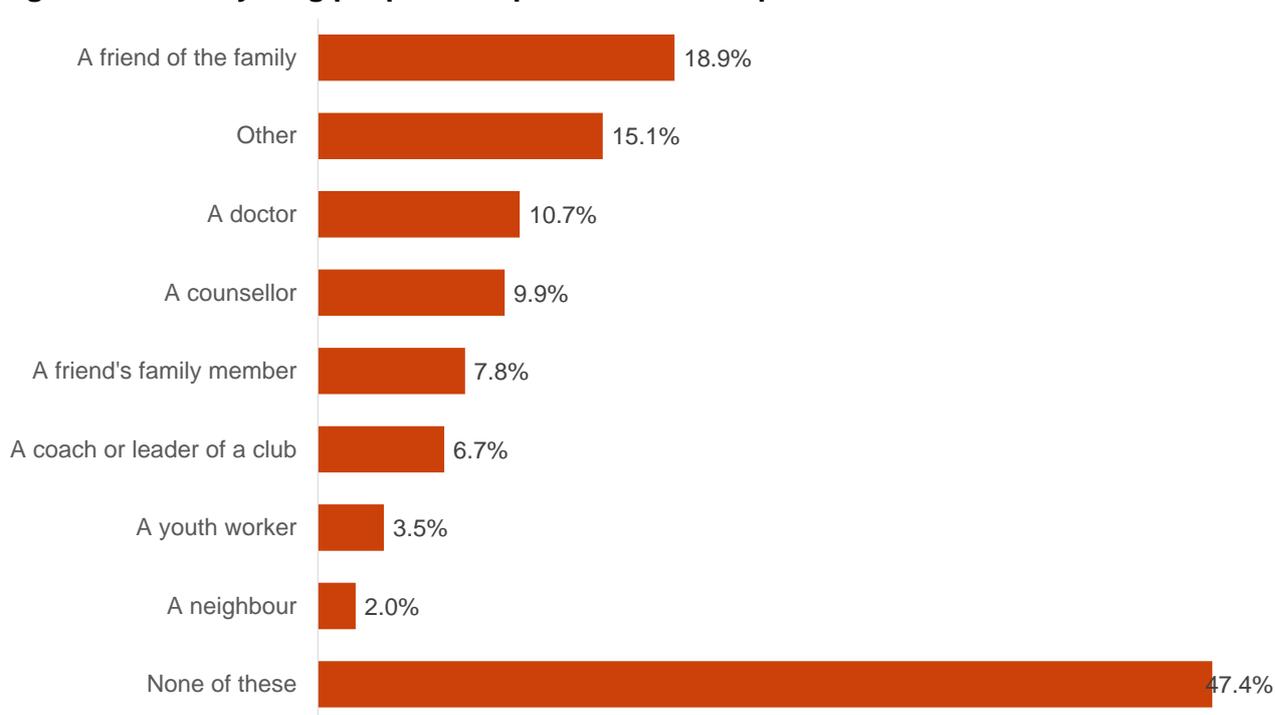
Disabled young people were less likely to say they talk to a friend (43.8%) than non-disabled young people (57.7%) and more likely to talk to a teacher (16.8%, compared with 13%), someone else (9.2%, compared with 2.9%) or say they keep it to themselves (25%, compared with 18.4%).

Those in SIMD quintile 1 were less likely to say that they talk to their parents than those in quintiles 2, 4 and 5 (44.7%, compared with 56.1%, 54.9% and 55.9% respectively).

7.5.2 Who young person had spoken to

Young people were asked if they had ever spoken to any of the people listed in Figure 45 about problems or things they were worried about. Just over half (52.6%) said they had ever spoken to at least one of the listed people. Around one in five said they had spoken to a friend of the family, whilst one in ten had spoken to a doctor or to a counsellor.

Figure 45 – Who young people had spoken to about a problem



Base: All young people (2644)

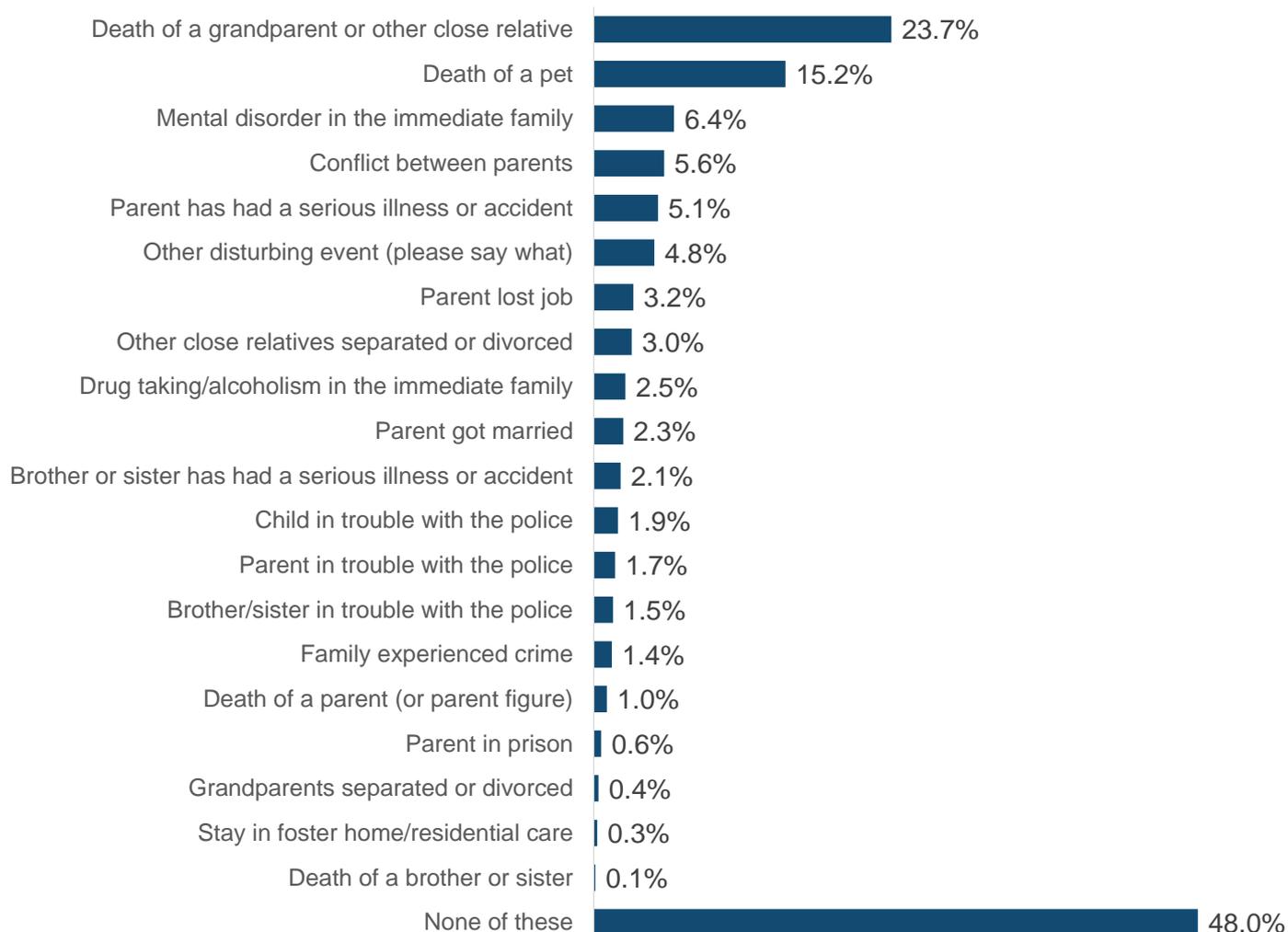
Girls were more likely than boys to say they had spoken to a counsellor (14.7%, compared with 4.9%), a friend of the family (20.8%, compared with 17%), or a friend's family member (9.6%, compared with 6.1%). Boys were more likely to say they had spoken to 'none of these' (53.1%, compared with 41.6% of girls).

Disabled young people were more likely than non-disabled young people to say they had spoken to a doctor (17.9%, compared with 9.5%), a counsellor (23%, compared with 7.7%) or a youth worker (6.8%, compared with 2.9%).

7.6 Significant life events – parent/main carer

Parents were asked whether their child had experienced any significant life events since the last GUS interview, from a list shown in Figure 46. Just under a quarter (23.7%) said they had experienced the death of a grandparent or other close relative, whilst 15.2% had experienced the death of a pet. Just under half (48%) said they had not experienced any of the events shown.

Figure 46 – Whether young person had experienced significant life events shown



Base: All parents/main carers (2915)

Parents of a disabled young person were more likely to say that their child had experienced several of these events;

- Death of a pet (18.5%, compared with 14.6%)
- Mental disorder in the immediate family' (14%, compared with 4.9%)
- Parent had serious illness or accident' (9.0%, compared with 4.4%)
- Conflict between parents (8.4%, compared with 5.1%)
- Drug taking/alcoholism in the immediate family (4.5%, compared with 2.1%)
- Brother or sister had serious illness or accident (4.1%, compared with 1.8%)
- Stay in foster home/residential care (1.3%, compared with 0.1%)
- Parent in trouble with the police (2.8%, compared with 1.5%)
- Parent in prison (1.7%, compared with 0.4%)
- Child in trouble with the police (3.7%, compared with 1.6%)
- Other disturbing event (10.1%, compared with 3.8%).

Parents of a disabled young person were more also less to say that their child had experienced none of these events (38.3%) than parents of a non-disabled young person (49.8%).

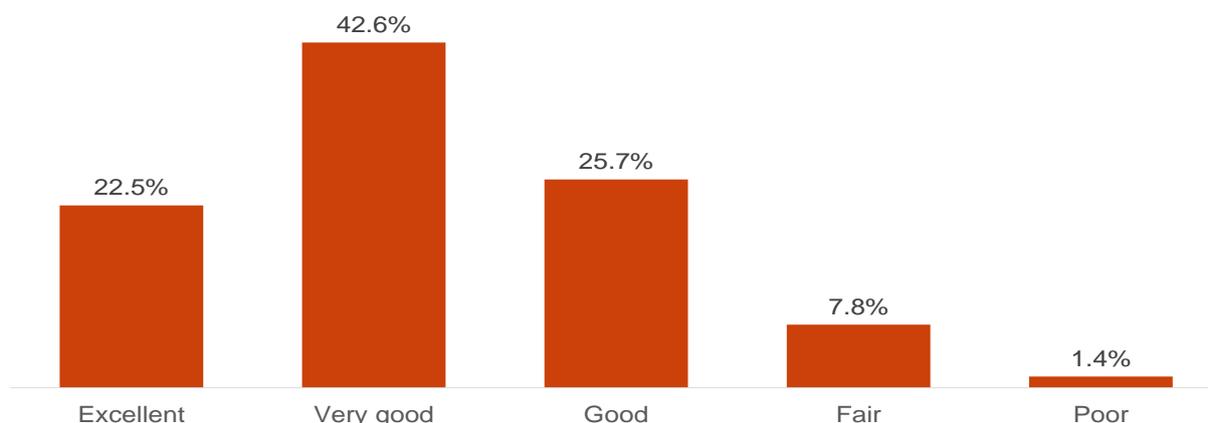
8. General health, physical activity and sleep

This final section presents findings on physical activity and health, including young people's experiences with puberty and sleep.

8.1 General health – young person

Young people were asked how they would say their health was in general. As shown in Figure 47, around two thirds (65.1%) said their health was 'excellent' or 'very good', whilst only a small minority said their health was 'poor'.

Figure 47 – Young people's rating of their own general health



Base: All young people (2642)

Disabled young people were less likely than non-disabled young people to say their health was either 'excellent' (10.5%, compared with 24.5%) or 'very good' (31.8%, compared with 44.4%).

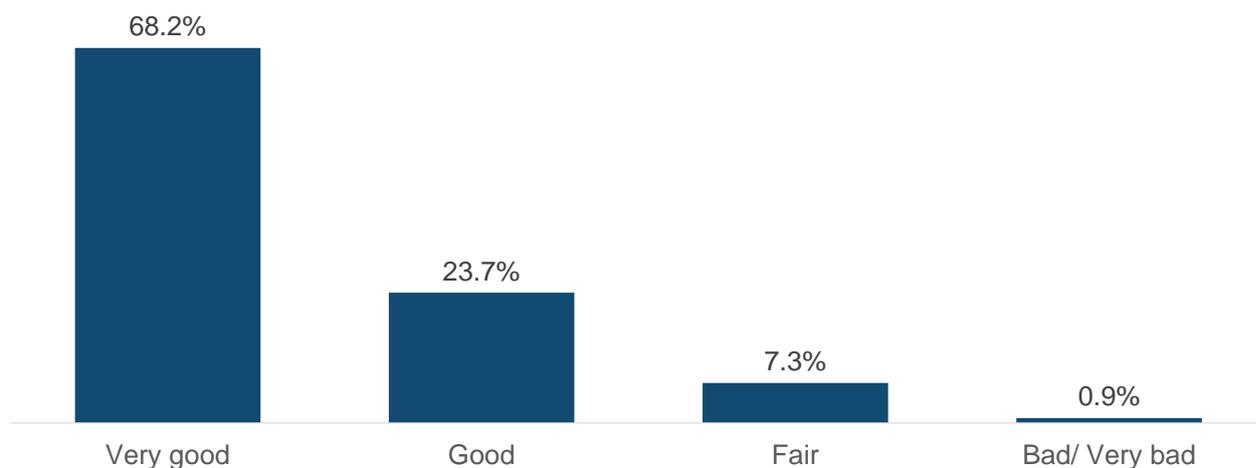
Young people in SIMD quintiles 1 and 2 were less likely than those in quintiles 4 and 5 to say their health was 'excellent' (16.5% and 18.6%, compared with 26.1% and 27.1% respectively).

8.2 General health – parent/main carer

8.2.1 Parental perception of child's health

Parents were asked about their perception of their child's health in general. Just over two thirds reported that their child had 'very good' health, with a further quarter reporting 'good' health. Only a small minority reported that their child's health was 'bad' or 'very bad'.

Figure 48 – Parental perception of their child’s general health



Base: All parents/main carers (2914)

Parents of a disabled young person were much less likely to rate their child’s health as ‘very good’ (29.2%, compared with 75.6% for parents of non-disabled young people).

Parents in SIMD quintiles 1 and 2 were less likely to rate their child’s health as ‘very good’ (59.1% and 62% respectively) compared to parents in quintiles 3 (70.2%) 4 (72.9%) and 5 (75.3%)

8.2.2 Parental perception of own health

Parents were also asked about their own general health, with over half rating their health as ‘excellent’ (17.1%) or ‘very good’ (38.2%). A quarter (25.8%) felt their health was ‘good’, whilst 13.9% rated it as ‘fair’ and 4.8% as ‘poor’.

Parents of a disabled young person were less likely to rate their own health as either ‘excellent’ (7.2%, compared with 19.0%) or ‘very good’ (26.2%, compared with 40.4%) than parents of a non-disabled young person.

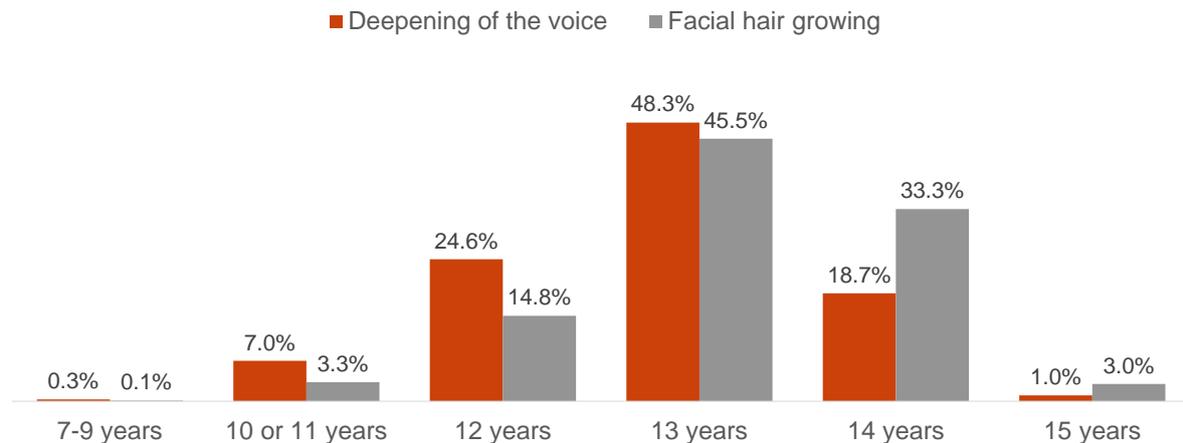
Parents in SIMD quintiles 1 and 2 were also less likely to say their own health was ‘excellent/very good’ (42.3% and 45.5% respectively), compared with those in less deprived quintiles (57.3% of quintile 3, 62% of quintile 4 and 66.9% of quintile 5).

8.3 Puberty – young person

Boys were asked whether they had noticed a deepening of their voice – the majority (85.2%) answered ‘yes’. Of those, nine out of ten (91.7%) had first noticed a deepening of their voice when they were 12, 13, or 14 years old, as shown in Figure 49.

Boys were asked whether hair had begun to grow on their face; over three quarters (78.4%) said it had done so. Of those, the majority (78.7%) had noticed hair had begun to grow at age 13 or 14.

Figure 49 – When boys noticed voice deepening and facial hair growing

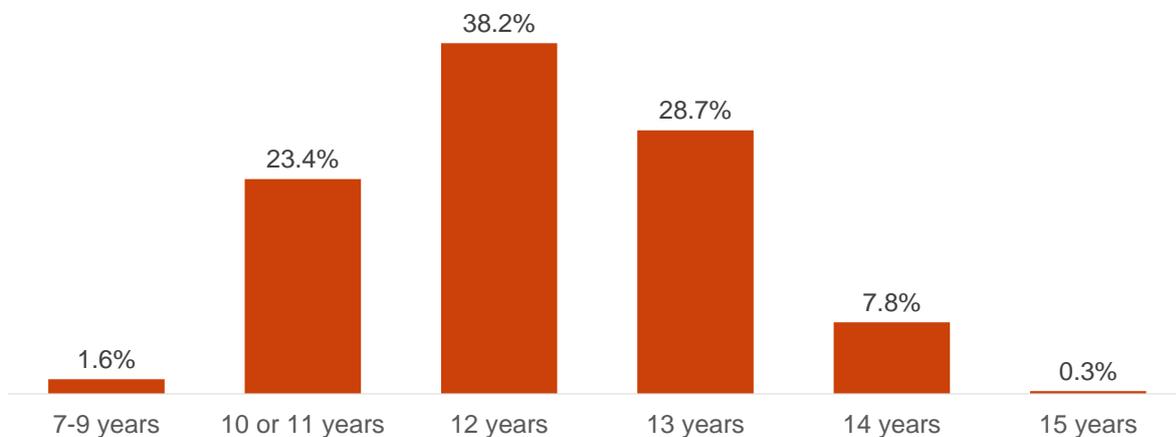


Base: All boys who noticed a deepening of their voice (1118) or facial hair growing on their face (1023)

Disabled boys were less likely to say they had noticed a deepening of their voice (71.6%, compared with 87.7% of non-disabled boys).

Girls were asked whether they had ever menstruated; the vast majority answered 'yes' (92.9%). Of those, the vast majority (90.3%) said they had their first period when they were between 10 and 13 years old.

Figure 50 – When girls got their first period

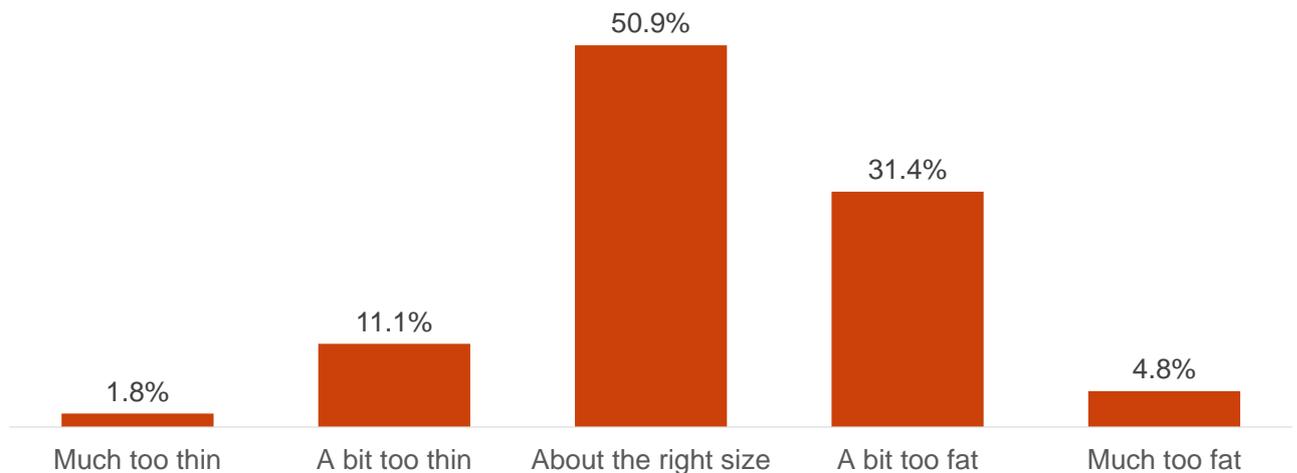


Base: All girls who ever menstruated (1227)

8.4 Perception of weight – young person

Young people were asked whether they thought their body was too thin or too fat. As shown in Figure 51, half said they thought their body was about the right size. More than one third said they thought it was 'a bit too fat' or 'much too fat', whilst a smaller proportion thought their body was 'much too thin' or 'a bit too thin'.

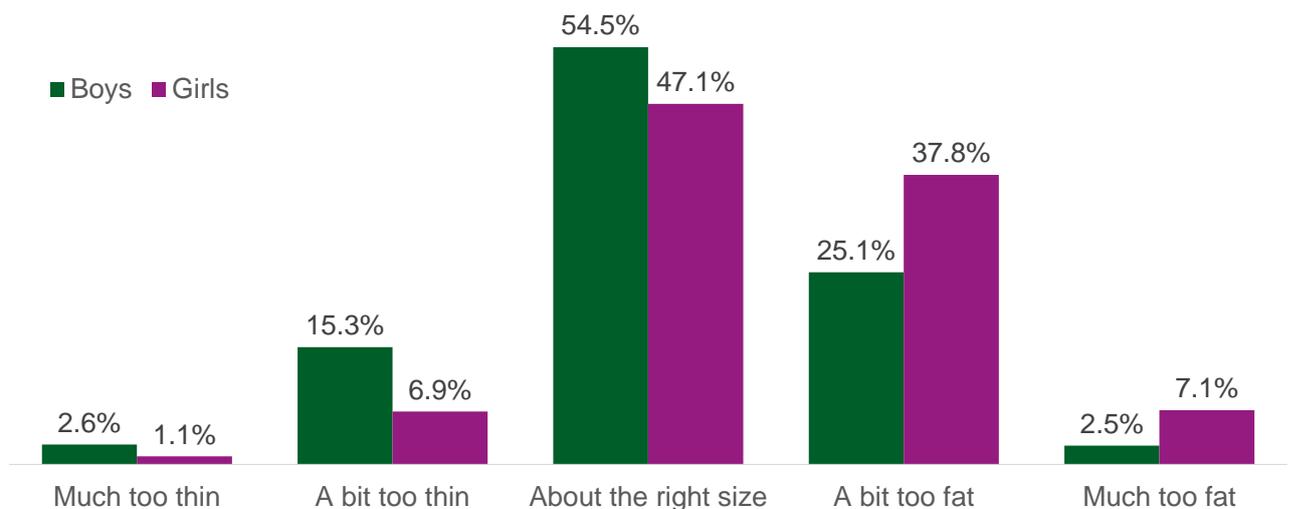
Figure 51 – Young people’s perception of their body size



Base: All young people (2639)

As shown in Figure 52, boys were more likely to say they thought they were ‘much too thin’, ‘a bit too thin’ or ‘about the right size’, whilst girls were more likely to think they were ‘a bit too fat’ or ‘much too fat’.

Figure 52 – Young people’s perception of their body size by gender



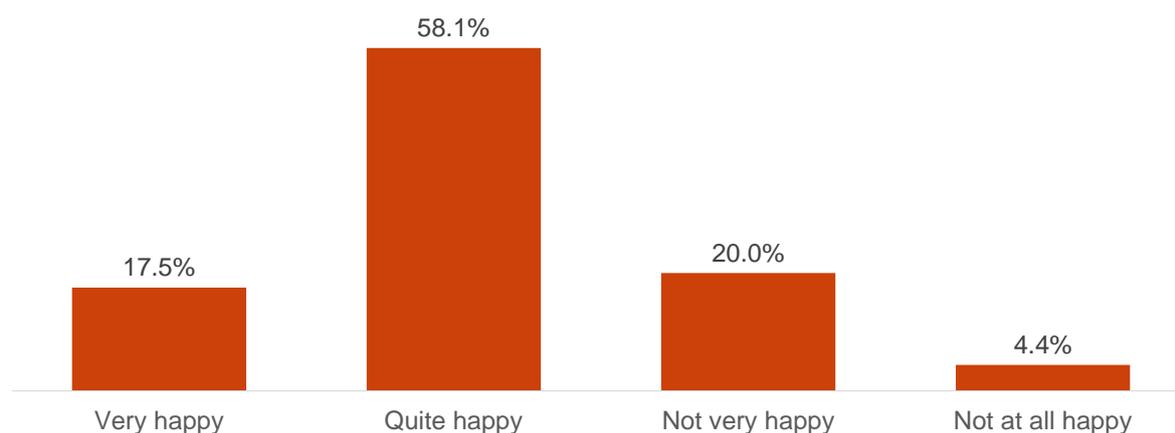
Base: Boys (1302), Girls (1324)

Disabled young people were less likely to say they thought they were ‘about the right size’ (42.6%, compared with 52.2% of non-disabled young people) and more likely to say they thought they were ‘much too thin’ (3.2%, compared with 1.6%) and ‘much too fat’ (8.2%, compared with 4.3%).

8.5 Body image – young person

Young people were asked how happy they felt about the way they look, as shown in Figure 53. Three quarters (75.6%) said they felt ‘very happy’ or ‘quite happy’, whilst the remaining quarter (24.4%) felt ‘not very happy’ or ‘not at all happy’

Figure 53 – How young people feel about the way they look



Base: All young people (2639)

Boys were more likely say they were ‘very happy’ with how they look (25%, compared with 9.9% of girls). Girls were more likely than boys to say they were ‘not very happy’ (27%, compared with 12.9%) and ‘not at all happy’ (7%, compared with 1.8%) with how they look.

Disabled young people were more likely to say they were ‘not at all happy’ (9.8%, compared with 3.5%).

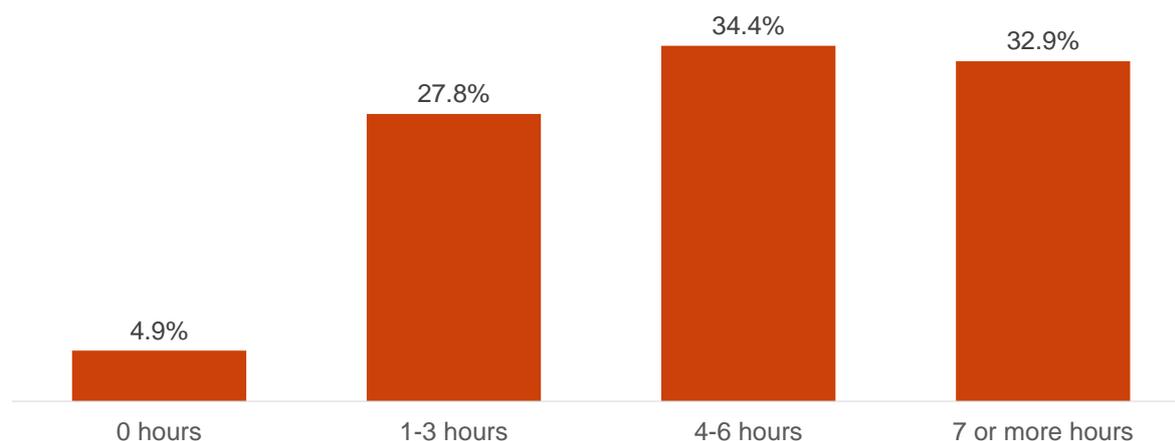
8.6 Physical activity – young person

Young people were asked how many hours a week they were usually physically active²³. As shown in Figure 54, just under two thirds said they were usually active between one and six hours a week, which is less than the NHS recommended average of at least 60 minutes of activity per day²⁴. A small minority said they were not at all physically active. A third either met or exceeded the minimum activity hours recommended by the NHS (7 hours).

²³ Respondents were shown the following clarification text: We’re interested in activity that increases your heart rate and makes you get out of breath some of the time, no matter if it’s as part of organised activities or when you’re with your friends. Some examples are running, walking quickly, cycling, dancing, skateboarding, swimming, or doing sports.

²⁴ [UK Chief Medical Officers' Physical Activity Guidelines](#)

Figure 54 – How many hours a week young people are usually physically active



Base: All young people who were happy to answer questions about physical activity (2755)

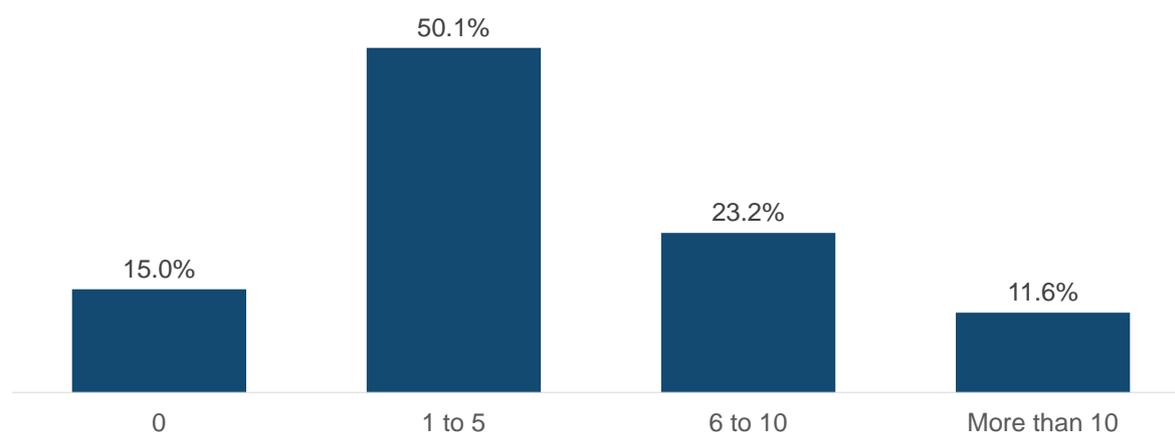
Boys were more likely to say they were active for 7 or more hours a week (36.2%, compared with 29.6%, of girls), whilst girls were more likely to say they were active for 1-3 hours a week (31.4%, compared with 24.2% of boys).

Disabled young people were less likely to say they were active for 7 or more hours a week (23.2%, compared with 34.6% of non-disabled young people) and more likely to be active for 0 hours (10.9%, compared with 3.8%) or 1-3 hours a week (37%, compared with 26.2%).

8.7 Physical activity – parent/main carer

Parents were asked how many hours a week they were usually physically active (excluding time at work)²⁵. Half of parents said they were physically active between one and five hours a week, whilst 15% were not physically active at all.

Figure 55 – How many hours a week parents are usually physically active



Base: All parents/main carers who were happy to answer questions about physical activity (2896)

²⁵ Respondents were shown the following clarification text; We're interested in any activity that increases your heart rate and makes you get out of breath some of the time. Some examples are running, walking quickly, cycling, and swimming. Please do not include any time spent at work, but do include time at the weekend.

Parents of a disabled young person were more likely to say that they were not physically active (zero hours activity) compared with parents of a non-disabled young person (24.2% and 13.3% respectively).

Parents in SIMD quintiles 1 and 2 were more likely to say they were not physically active (zero hours activity) compared to those in quintiles 4 and 5 (21.6% and 19.4% respectively compared with 11.5% and 8.3% respectively).

8.8 Sleep – young person

8.8.1 Sleep on school nights

When asked how many hours of sleep²⁶ they usually got when they had school the next day, over half (62.1%) of young people said they got between eight and ten hours – which is in line with NHS recommendations²⁷. Two out of five (37.2%) said they got less sleep than the recommended eight to ten hours. A very small minority (0.8%) said they usually got more than ten hours.

Girls were more likely to say they got less than 8 hours sleep (40.9%, compared with 33.4% of boys) whilst boys were more likely say they got 8-10 hours (65.8%, compared with 58.3% of girls).

Disabled young people were more likely to say they got less than 8 hours sleep (49.8%, compared with 35% of non-disabled young people) and less likely to say they got 8-10 hours (48.3%, compared with 64.5%).

Those in SIMD quintile 1 more likely to say they got less than 8 hours sleep (45%) compared with those in quintiles 3 (35%), 4 (34.9%) and 5 (32.4%).

8.8.2 Sleep on non-school nights

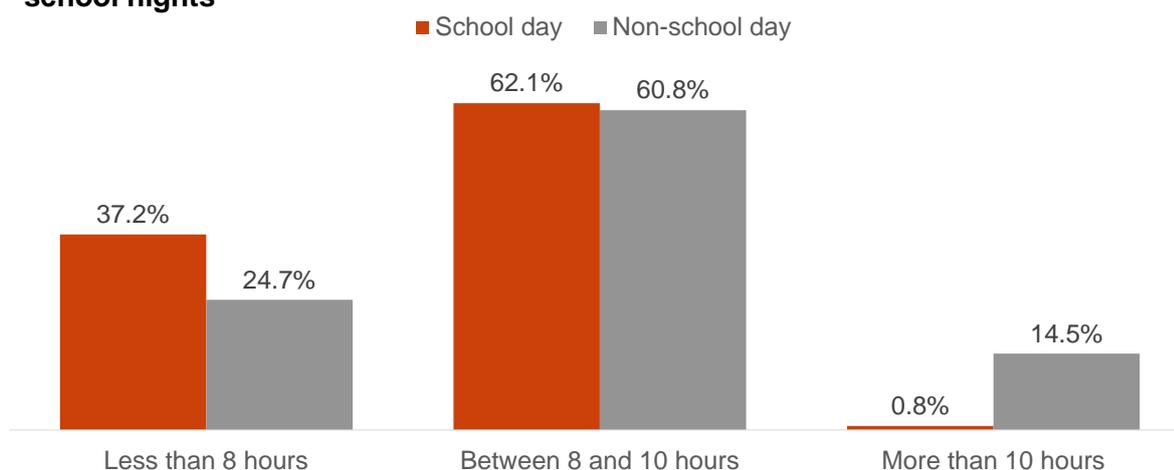
Young people were also asked how many hours of sleep they usually got when they did not have school the next day²⁸. As shown in Figure 56, young people got more sleep when they did not have school the next day. Only one out of four (24.7%) said they got less than eight hours of sleep, whilst 14.5% said they got more than ten hours of sleep.

²⁶ Young people were asked to only include time when they were asleep and not to include any time they might spend lying in bed before falling asleep.

²⁷ [How much sleep do children need? - NHS \(www.nhs.uk\)](http://www.nhs.uk)

²⁸ Young people were asked to only include time when they were asleep and not to include any time they might spend lying in bed before falling asleep.

Figure 56 – How much sleep young people typically get on school nights and non-school nights



Base: All young people (2769 school day; 2763 non-school day)

Girls were more likely to say they got less than 8 hours sleep (26.8%, compared with 22.7% of boys) on a non-school night. Disabled young people were less likely to say they got between 8 and 10 hours sleep (53.4%, compared with 62% of non-disabled young people) and more likely to say they got less than 8 hours (30.5%, compared with 23.7%).

Young people in SIMD quintile 1 were more likely to say they got less than 8 hours sleep (31.5%) compared with those in quintiles 3 (20.6%) 4 (22.3%) and 5 (20.4%). Those in SIMD quintile 2 (29.2%) were also less likely to say they got less than 8 hours sleep compared with those in quintiles 3 and 5.

8.8.3 Time taken to fall asleep

Young people were asked how long it had usually taken them to fall asleep at night, excluding any time they might had spent in bed doing other things. As detailed below, most young people said they fell asleep within half an hour;

- Between 0 and 15 minutes – 36.0%
- Between 16 and 30 minutes – 35.5%
- Between 31 and 45 minutes – 14.2%
- Between 46 and 60 minutes – 8%
- More than 60 minutes – 6.3%

Boys were more likely to say that it took between 0-15 minutes to fall asleep (39.8%, compared with 32.2% of girls), whereas girls were more likely to say it took them between 46-60 minutes (9.5%, compared with 6.5%).

Disabled young people were less likely to say it took them between 0-15 minutes to fall asleep (27.7%, compared with 37.5% of non-disabled young people) and more likely to say it took more than 60 minutes (16.3%, compared with 4.5%).

Young people in SIMD quintile 1 were more likely to say it took them more than 60 minutes to fall asleep (11.4%) than those in less deprived quintiles (6% of quintile 2, 4.3% of quintile 3, 5.7% of quintile 4 and 4.5% of quintile 5).

Annex A – Overview of combined variables

Below are the variables which have been combined in the dataset for analysis. They are separated in the dataset because of methodology change which necessitated amendments to the questions.

Young person variables

Combined variables	Description of variable	Explanation for splitting of variables
CjSch3 and CjSch3C	Whether young person enjoys learning at school.	Web: notable changes – slight difference in routing. In face-to-face questionnaire, those who were home schooled were not asked this question.
CSch2 and CjSch2C	Whether young person looks forward to going to school.	Web: notable changes – slight difference in routing. In face-to-face questionnaire, those who were home schooled were not asked this question.
CSch1 and CjSch1C	Whether young person hates school.	Web: notable changes – slight difference in routing. In face-to-face questionnaire, those who were home schooled were not asked this question.
CjSch14 and CjSch14C	Whether young person thinks their teacher treats them fairly.	Web: notable changes – slight difference in routing. In face-to-face questionnaire, those who were home schooled were not asked this question.
CjSch18 and CjSch18C	How often young person tries their best at school.	Web: notable changes – slight difference in routing. In face-to-face questionnaire, those who were home schooled were not asked this question.
CjSch22 and CjSch22C	How often young person misbehaves or causes trouble in class.	Web: notable changes – slight difference in routing. In face-to-face questionnaire, those who were home schooled were not asked this question.
CjSchSk and CjSchSkC	Whether young person ever skipped school when	Web: notable changes – slight difference in routing. In face-to-face

	their parents didn't know in the last 12 months.	questionnaire, those who were home schooled were not asked this question.
CjCasE and CjCasEC	Whether young person wants to stay on at school or college full-time when they turn 16. That is, when they have finished S4.	Web: notable changes – routing in the web questionnaire is restricted by the cohort member's age at the time of completing the interview. At the time of face-to-face data collection, all respondents were aged under 16 so no such restriction was in place.
CjCasAS and CjCasASC	What do you see yourself doing after you leave school?	Web: notable changes – slight difference in routing. In face-to-face questionnaire, those who attend school or home schooled were asked this question. In web, those who attend school were asked this question.
CjPar101 and CjPar101C	Whether Parent1 listens to what young person has to say.	Web: notable changes – identification of 'Parent 1' differs between web and face-to-face.
CjPar102 and CjPar102C	Whether young person can count on Parent1 to help them when they have a problem.	Web: notable changes – identification of 'Parent 1' differs between web and face-to-face.
CjPar103 and CjPar103C	Cj: Parent1: I talk to him/her when I am having a problem.	Web: notable changes – identification of 'Parent 1' differs between web and face-to-face.
CjPar104 and CjPar104C	Cj: Parent1: If he/she knows something is bothering me, he/she asks me about it.	Web: notable changes – identification of 'Parent 1' differs between web and face-to-face.
CjPar105 and CjPar105C	Cj: Parent1: I share my thoughts and feelings with him/her.	Web: notable changes – identification of 'Parent 1' differs between web and face-to-face.
CjPar106 and CjPar106C	Cj: Parent1: he/she pays attention to me.	Web: notable changes – identification of 'Parent 1' differs between web and face-to-face.

CjPE1see and CjPE1seeC	How often young person usually sees Parent1 at the moment.	Web: notable changes – difference in how ‘elsewhere’ is defined. In the web questionnaire cohort members are only asked about one parent living elsewhere (versus up to two parents living elsewhere in the data collected face-to-face).
CjPE1sem and CjPE1semC	How often young person would you like to see Parent1.	Web: notable changes – difference in how ‘elsewhere’ is defined. In the web questionnaire cohort members are only asked about one parent living elsewhere (versus up to two parents living elsewhere in the data collected face-to-face).
CjPE1set and CjPE1setC	How often young person has contact with Parent1 by telephone, text or email, or via apps.	Web: notable changes – difference in how ‘elsewhere’ is defined. In the web questionnaire cohort members are only asked about one parent living elsewhere (versus up to two parents living elsewhere in the data collected face-to-face).
CjSexAge and CjSexAgeC	Age of young person when first had sexual intercourse.	Web: notable changes – added category (16 years old) in the web questionnaire to reflect the fact that some cohort members were aged 16 at the time of the web-based data collection.
CjSm and CjSmC	Whether young person ever tried a cigarette.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjBSn and CjBSnC	How often young person smokes now.	Web: notable changes – routing differs to face-to-

		face which was routed based on answers provided at sweep 9.
CjBSw and CjBSwC	How old young person was when first smoked a whole cigarette.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjBSe and CjBSeC	Whether young person ever tried e-cigarette or vaping device.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjBSa and CjBSaC	Whether young person ever had alcoholic drink.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjBSd and CjBSdC	How old young person when first had an alcoholic drink.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjBal and CjBalC	How often young person drank alcohol in the last 30 days.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjBDr and CjBDrC	Whether young person has ever been drunk.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjASBsy and CjASBsyC	In last year: how many times young person has taken something from a shop or a store.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjASBry and CjASBryC	In last year: how many times young person has been rowdy or rude in a public.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.

CjASBmy and CjASBmyC	In last year: how many times young person has stolen money or other things.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjASBky and CjASBkyC	In last year: how many times young person has carried a knife or weapon.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjASBpy and CjASBpyC	In last year: how many times young person has deliberately damaged or destroyed property.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjASBby and CjASBbyC	In last year: how many times young person has broken into a locked place to steal something.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjASBgy and CjASBgyC	In last year: how many times young person has written things or sprayed paint on property.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjASBwy and CjASBwyC	In last year: how many times young person has used force, threats or a weapon etc.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjASBhy and CjASBhyC	In last year: how many times young person has hit, kicked or punched someone.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjASBsy and CjASBsyC	In last year: how many times young person has taken something from a shop or a store.	Web: notable changes – routing differs to face-to-face which was routed based on answers provided at sweep 9.
CjMaIDV and CjMaIDVC	Whether young person noticed a deepening of their voice.	Web: notable changes – routing for this question in the web questionnaire was derived from sample details collected at an earlier sweep, rather than from details collected as part of the sweep 10 interview (household grid).

CjMalFH and CjMalFHC	Whether hair has begun to grow on the face of the young person.	Web: notable changes – routing for this question in the web questionnaire was derived from sample details collected at an earlier sweep, rather than from details collected as part of the sweep 10 interview (household grid).
CjMalIFA and CjMalIFAC	How old young person was when they first noticed facial hair growing on your face.	Web: notable changes – routing for this question in the web questionnaire was derived from sample details collected at an earlier sweep, rather than from details collected as part of the sweep 10 interview (household grid).
CjFemEM and CjFemEMC	Whether young person has ever menstruated.	Web: notable changes – routing for this question in the web questionnaire was derived from sample details collected at an earlier sweep, rather than from details collected as part of the sweep 10 interview (household grid).
CjFemMA and CjFemMAC	How old young person was when they first had their period.	Web: notable changes – routing for this question in the web questionnaire was derived from sample details collected at an earlier sweep, rather than from details collected as part of the sweep 10 interview (household grid).

Parent variables

Combined variables	Description of variable	Explanation for splitting of variables
MjSexInt and MjSexIntC	How often parent has spoken to child about sex.	Web: notable changes – in face-to-face f/w 'or your partner' was only shown where there was a partner in the household. In the web version, this was shown to everyone.

MjSexBeh and MjSexBehC	How often parent has spoken to child about sexual attraction, and/or how to respond to sexual advances.	Web: notable changes – in face-to-face f/w ‘or your partner’ was only shown where there was a partner in the household. In the web version, this was shown to everyone.
MjSexCont and MjSexContC	How often parent has spoken to child about contraception.	Web: notable changes – in face-to-face f/w ‘or your partner’ was only shown where there was a partner in the household. In the web version, this was shown to everyone.
MjSexSafe and MjSexSafeC	How often parent has spoken to child about safe sex or sexually transmitted Infections.	Web: notable changes – in face-to-face f/w ‘or your partner’ was only shown where there was a partner in the household. In the web version, this was shown to everyone.
MjSexOri and MjSexOriC	How often parent has spoken to child about sexual orientation.	Web: notable changes – in face-to-face f/w ‘or your partner’ was only shown where there was a partner in the household. In the web version, this was shown to everyone.



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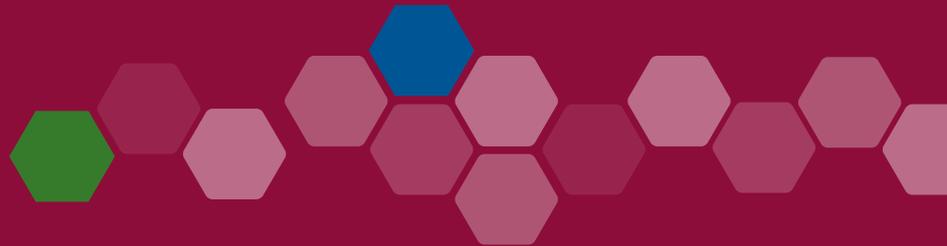
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