



What is SALSUS?

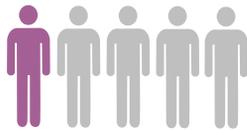
SALSUS is a survey that measures your health and lifestyle, including questions about school, your friendships, what you do in your free time, as well as smoking, drinking, and drug use.



The Scottish Government and others use it to find out if they are supporting young people like you to make the best lifestyle choices they can, and find out what else they can do to help.

In 2018 a representative sample of **21,650** students took part from, **199** schools.

That is a **fifth** of all S2 and S4 pupils in Scotland!



The survey has been going for a long time:

We first started collecting information about smoking in **1982**, about drinking in **1990**, and drug use in **1998**.

What did we find out from SALSUS in 2018?

Most young people said that they **don't smoke, drink or take drugs regularly.**

Smoking has been decreasing since 1996, but **e-cigarette use has increased** between 2013 and 2018.

Drinking has been generally decreasing – **BUT** there has been an increase between 2015 and 2018.

Drug use hasn't really changed much since 2006, but the number of young people being **offered drugs** has increased between 2015 and 2018.

More young people have been reporting poor mental wellbeing over time and this trend was also seen between 2015 and 2018.



How do we use the information?

Young people's voices are important when shaping policy - here are some examples:

SALSUS findings were used when the Scottish Government wrote their **new drug and alcohol strategies.**

It showed where **young people need more information** about substance use and it showed that **younger people need more treatment options.**

Findings from SALSUS in the past showed how many young people were **exposed to smoke in their homes** or in the car.

This inspired actions to **reduce exposure to second hand smoke.**

When SALSUS results showed teenage girls' **mental wellbeing was getting worse**, the Scottish Government did **research to find out why.**

They found out that reasons included social media, sleep, body image and pressure at school.