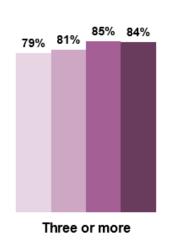
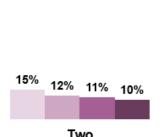


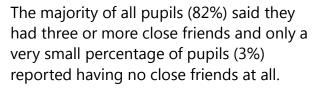
SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY (SALSUS) 2018

FRIENDS FACTSHEET

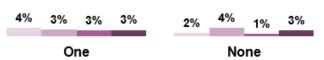
How many close friends do pupils have?







13 year olds were more likely to have three or more close friends (85%), than 15 year olds (80%).



■ 13 year old boys ■ 13 year old girls ■ 15 year old boys ■ 15 year old girls

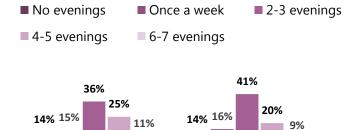
Pupils with **no close friends** were around 3 times more likely to have a **below-average wellbeing score** (39%) than those with 3 or more friends (12%).

Boys were slightly more likely than girls to have to no close friends (4% compared to 2% respectively).

15 year olds were slightly more likely to have **no friends** (3%) compared to 13 year olds (2%).

How many nights a week do pupils spend out with friends?

15 year olds



It was **most common** for pupils to spend between **two or three evenings** a week out with their friends.

13 year olds

Since 2004, there has been a gradual **shift away from spending most nights out** with friends to just a few nights a week.

Among 13 year olds, **boys** were more likely to spend **no evenings with friends** (17%) than girls (11%).

Among 15 year olds, **boys** were more likely to be at both **extremes of the scale** – spending every night out with friends (8% boys vs 4% of girls) or spending no nights out with friends (16% of boys vs 12% girls).

SALSUS collects information on smoking, drinking, drug use, mental wellbeing and other lifestyle factors from young people all over Scotland. It is part of an important and long established series of national surveys which allow comparisons to be made between over time, between different parts of Scotland and internationally. In 2018, 23,365 pupils in S2 (around age 13) and S4 (around age 15) participated. More information is available at: https://www.govscot/publications/scottish-schools-adolescent-lifestyle-substance-use-