

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

YOUNG CARERS FACTSHEET

Who are young carers?



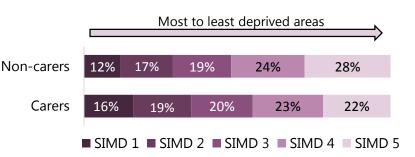
In our survey:

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1 in 10 (11%) of all pupils say they are young carers



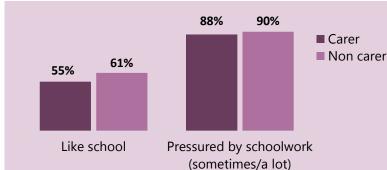
Young carers are more likely to be in single parent or 'other' family situations than non-carers



School, friendships and caring

Young carers are more likely to live in more deprived

areas than non-carers



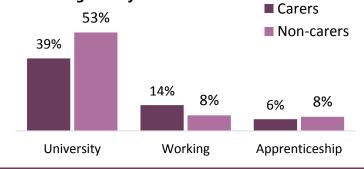
Carers are **less likely to say they like school** than non-carers, but there is no significant difference in

feeling pressured by schoolwork.

Future aspirations and caring

Carers are less likely to see themselves going to university than non-carers* (39% compared to 53% respectively).

* This may also be linked to socioeconomic circumstances. Which one of these do you think you are mostly likely to be doing when you leave school?



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.gov.cot/publications/scotlish-schools-adolescent-lifestyle-substance-use-

Carers are more likely than non-carers to have **no close friends**, however they are also more likely to say they **spend 3 or more nights a week** out with friends.