

Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) 2018

Thank you for helping us with this survey. We hope you enjoy filling in the questionnaire.

Why is this survey being done?

SALSUS is an important survey which has been running since 1982. The questions cover your health and lifestyle, including smoking, drinking and drug use. The results of the research will help provide information and advice for young people on smoking, drinking and drug use. This year the Scottish Government have asked Ipsos MORI, an independent research agency to run the survey.

Who will see my answers?

Only the survey team at Ipsos MORI (the company running the survey) will see the data collected in the survey. No-one else will see your answers. Once you have completed the survey, remember to click on the 'Finished' button so that your answers are saved and passed on to the survey team. The survey will be carried out in accordance with the MRS Code of Conduct. For more information on how the information you give us will be used please see the Scottish Government privacy notice for this project: <https://www.gov.scot/Topics/Research/by-topic/health-community-care/social-research/SALSUS>

How to complete the survey.

- The survey should take around 30 minutes to complete
- Follow any instructions given to you at each question.
- Most questions can be answered by selecting the box next to the answer that applies to you, then clicking the 'Next' button underneath the question.
- Please answer as accurately as possible so that you are asked the questions which apply to you most.
- If it is difficult for you to choose an answer, select the answer that is true for most of the time.
- If you have gone on to the next question and you think that it does not apply to you, you can click on the 'Back to last question' button at the bottom of the page and check that you have not made a mistake with your last answer. If you have made a mistake, select the correct answer and then click 'Next'.
- If you feel that you would rather not answer a specific question, click on the 'Prefer not to answer' button. You will automatically be moved to the next question.

Taking part in the survey is completely up to you. You do not have to take part if you do not want to.

QCONSENT I agree to participate in the survey and understand that participation is voluntary and I can change my mind at any time.

SA

Yes, I agree

No, I don't agree

Thank you very much for your help.

ON SCREEN: First, a few details about yourself.

Q1. How would you describe your gender identity?

SA

Boy

Girl

In another way (if you would like to, please write in what other words you use)

Prefer not to answer

Q2. What school year are you in?

SA

Secondary 2

Secondary 4

Prefer not to answer

Q3. In what month were you born?

SA

January

February

March

April

May

June

July

August

September

October

November

December

Prefer not to answer

Q4. In what year were you born?

SA

2001

2002

2003

2004

2005

2006

2007

Prefer not to answer

Q5. Which **one** of these things do you think you are **most likely** to be doing when you leave school?

Please select one answer.

SA

University

Further Education College

Apprenticeship/trade

Youth Training

Working

Unemployed

Don't know

Other OE

Prefer not to answer

ON SCREEN: These next questions are about smoking tobacco

Q6. Do you smoke cigarettes at all nowadays?

SA

Yes

No

Prefer not to answer

Q7. Now read the following statements carefully and click the box next to the one which best describes you.

SA

I have never smoked

I have only ever tried smoking once

I used to smoke sometimes but I never smoke a cigarette now

I sometimes smoke cigarettes now but I don't smoke as many as one a week

I usually smoke between one and six cigarettes a week

I usually smoke more than six cigarettes a week

Prefer not to answer

If Q7 = 1, 2 or 3 go to Q17. If Q7 = 4, 5, 6 or 7 go to Q8.

Q8. How do your family/the people you live with feel about you smoking?

SA

They stop me

They try to persuade me not to smoke

They do nothing

They encourage me to smoke

I don't know

They don't know I smoke

Prefer not to answer

Q9. Are you allowed to smoke at home if you want to?

SA

Yes

Yes, but I am only allowed to smoke outside

No

I don't know

Prefer not to answer

Q10. How do you usually get your cigarettes/tobacco?

PLEASE CLICK ON MORE THAN ONE BOX IF YOU **OFTEN** GET CIGARETTES/TOBACCO FROM DIFFERENT PEOPLE OR PLACES

MA

I buy them from a supermarket

I buy them from a newsagent, tobacconist or a sweet shop

I buy them from a garage shop

I buy them from a van, such as an ice cream van or burger van

I buy them from some other type of shop

I buy them from a street market

I buy them from the internet

I buy cigarettes/tobacco from friends or relatives

I buy cigarettes/tobacco from someone else
I ask someone else under the age of 18 to buy me cigarettes/tobacco
I ask an adult I know to buy me cigarettes/tobacco
I ask an adult I don't know to buy me cigarettes/tobacco
Friends give me cigarettes/tobacco
My brother or sister gives me cigarettes/tobacco
My mother, father or carer gives me cigarettes/tobacco
I take cigarettes/tobacco without asking
I get cigarettes/tobacco in some other way (Please click the box and then write below where and how you get them) WRITE IN
Prefer not to answer

Q11. In the last 4 weeks, have you bought or tried to buy cigarettes/tobacco from any kind of shop, supermarket or van?

SA

Yes – I bought cigarettes/tobacco from a shop, supermarket or van
Yes – I tried to buy cigarettes/tobacco from a shop, supermarket or van but was refused
No – I did not buy or try to buy cigarettes/tobacco from a shop, supermarket or van
No – I have never tried to buy cigarettes/tobacco from a shop, supermarket or van
Prefer not to answer

Q12. How many cigarettes did you smoke on each day in the last 7 days, ending yesterday?
Type in the number of cigarettes smoked each day in the boxes below. If you did not smoke on a day, write in 0.

OE per row

Last Monday I smoked WRITE IN cigarettes
Last Tuesday I smoked WRITE IN cigarettes
Last Wednesday I smoked WRITE IN cigarettes
Last Thursday I smoked WRITE IN cigarettes
Last Friday I smoked WRITE IN cigarettes
Last Saturday I smoked WRITE IN cigarettes
Last Sunday I smoked WRITE IN cigarettes
Prefer not to answer

CALCULATE TOTAL NUMBER 1+2+3+4+5+6+7. IF TOTAL >0 GO TO Q13; IF TOTAL <1 GO TO Q17.

Q13. How long is it since you started smoking at least one cigarette a week?

SA

Less than 3 months
3-6 months
6 months to 1 year
More than 1 year
Prefer not to answer

Q14. How easy or difficult would you find it to give up smoking altogether if you wanted to?

SA

Very difficult
Fairly difficult
Fairly easy
Very easy
Prefer not to answer

Q15. Would you like to give up smoking?

SA

Yes
No
Don't know
Prefer not to answer

Q16. Have you tried to give up smoking?

SA

Yes
No
Prefer not to answer

Q17. What about your friends – how many of them smoke?

SA

All or almost all
More than half
Half
Less than half
Almost none
None
Prefer not to answer

Q18. Does anyone smoke inside your home? Please include times when someone smokes out of a window or at/just outside an open door.

SA

Yes – every day/most days
Yes – sometimes
No – never
Prefer not to answer

Q19. When you are travelling by car, does anyone smoke inside the car? Please include times when someone smokes in the car with the windows open.

SA

Yes – all/most journeys
Yes – sometimes
No – never
Don't regularly travel in a car
Prefer not to answer

Q20. An electronic cigarette (sometimes called an 'e-cigarette') is a tube that can look like a normal cigarette, can have a glowing tip and puffs a vapour that looks like smoke but unlike normal cigarettes, they don't burn tobacco. Now read the following statements carefully and click on the box next to the ONE which best describes you.

SA

I have never used an e-cigarette
I used to use e-cigarettes but don't use them anymore
I have tried an e-cigarette once
I have tried an e-cigarette a few times
I use e-cigarettes sometimes, but no more than once a month
I use e-cigarettes once a week or more
Prefer not to answer

Q21. About how much does a packet of twenty cigarettes cost? Please write your answer in the boxes provided below. If you don't know, please just give your best guess.

OE

£ OE p OE

Prefer not to answer

Q22. Please type in the space below the names of as many makes or brands of cigarettes that you have either seen or heard of.

OE

Prefer not to answer

Q23. How often do each of the following people smoke?

Please click on one box on each line. If you don't have or don't see a person, click on the box at the end of the line.

SA per row

ACROSS TOP OF GRID

Does not smoke

Smokes occasionally

Smokes daily

Don't know

Don't have or don't see this person

Prefer not to answer

DOWN SIDE OF GRID

Your mother/carer

Your father/carer

Your brother – if you have more than one, answer about the eldest

Your sister – if you have more than one, answer about the eldest

Your girlfriend/boyfriend

Your best friend

Q24. Please read the following statements about smoking and say if you agree or disagree with each one.

Please click one box on each line.

SA per row

ACROSS TOP OF GRID

Strongly agree

Tend to agree

Tend to disagree

Strongly disagree

Don't know

Prefer not to answer

DOWN SIDE OF GRID

Smoking gives people confidence

Smoking makes people worse at sports

Smokers stay slimmer than non-smokers

If a woman smokes when she is pregnant, it can harm her unborn baby

Smoking helps people relax if they feel nervous

Smoking can cause heart disease

Smoking is not really dangerous; it only harms people who smoke a lot

Smokers get more coughs and colds than non-smokers

Other people's smoking can harm the health of non-smokers

Smoking helps people cope better with life

Smoking makes your clothes smell

Smokers have more fun than non-smokers
Smoking can cause lung cancer
Smoking affects your skin and teeth
You can protect non-smokers from second-hand smoke by opening a window in your home or car
It's easy to stop smoking

ON SCREEN: The next few questions are about your health and how you feel

Q25. How is your health in general? Would you say it was...?

SA

Very good
Good
Fair
Bad
Very bad
Prefer not to answer

Q26. Do you have a physical or mental health condition or illness lasting or expected to last 12 months or more?

SA

Yes
No
Prefer not to answer

If 1 go to Q27; if 2 or 3 go to Q28.

Q27. Does your condition or illness reduce your ability to carry out day-to-day activities?

SA

Yes – a lot
Yes – a little
Not at all
Prefer not to answer

Q28. Below are some statements about feelings and thoughts. Please click the box that best describes your experience of each over the last 2 weeks.

Please click one box per row.

SA per row

ACROSS TOP OF GRID

None of the time
Rarely
Some of the time
Often
All of the time
Prefer not to answer

DOWN SIDE OF GRID

I've been feeling optimistic about the future
I've been feeling useful
I've been feeling relaxed
I've been feeling interested in other people
I've had energy to spare
I've been dealing with problems well
I've been thinking clearly
I've been feeling good about myself

I've been feeling close to other people
I've been feeling confident
I've been able to make up my own mind about things
I've been feeling loved
I've been interested in new things
I've been feeling cheerful

Q29. Do you care for or look after someone in your home because, for example, they have a long-term illness or disability? In other words, are you a young carer?

SA

Yes
No
Prefer not to answer

ON SCREEN: These next questions are about alcohol

Q30. Have you ever had a proper alcoholic drink – a whole drink, not just a sip?
Please don't count drinks labelled as low alcohol.

SA

Yes
No
Prefer not to answer

If 1 go to Q31; if 2 or 3 go to Q43.

Q31. How often do you USUALLY have an alcoholic drink?

SA

Almost every day
About twice a week
About once a week
About once a fortnight
About once a month
Only a few times a year
I never drink alcohol now
Prefer not to answer

Q32. When did you last have an alcoholic drink?

SA

Today
Yesterday
Some other time during the last seven days
1 week, but less than 2 weeks ago
2 weeks, but less than 4 weeks ago
1 month, but less than 6 months ago
6 months ago or more
Prefer not to answer

If 1, 2, or 3 go to Q33; if 4, 5, 6, 7 or 8 go to Q34.

Q33. Have you been drunk in the last 7 days?

SA

Yes
No

Prefer not to answer

Q34. Have you ever been drunk?

- No – never
- Yes – once
- Yes – 2-3 times
- Yes – 4-10 times
- Yes – more than 10 times
- Prefer not to answer

Q35. In the past year, as a result of drinking alcohol have you...?

Please click on one box on each line.

SA per row

ACROSS TOP OF GRID

- No
- Once
- Twice or more
- Prefer not to answer

DOWN SIDE OF GRID

- Had an argument
- Had a fight
- Ended up in a situation where you felt threatened/unsafe
- Been to hospital
- Had to be seen by a doctor
- Stayed off school
- Been sick (vomited)
- Tried any drugs
- Been in trouble with the police
- Done school work badly
- Posted/wrote something on a social networking site like Facebook or Twitter that you wished you hadn't
- Sent a text/email that you wished you hadn't
- Done something you later regretted

Q36. When you drink alcohol, where are you USUALLY?

You can click on more than one box if this applies to you.

MA

- In a pub or bar
- In a club or disco
- At a party with friends
- At my home
- At someone else's home
- Out on the street, in a park or other outdoor area
- Somewhere else
- Prefer not to answer

Q37. Where do you USUALLY get your alcohol from?

MA

- I buy it in a pub or bar
- I buy it in a club or disco
- I buy it from an off licence
- I buy it from a shop
- I buy it from a supermarket

I buy it from a website/online/internet
I get it from a friend
I get it from a relative
From home (either with permission or without)
I steal it from an off-licence/shop/supermarket
From someone else (Please click and type in) OE
From somewhere else (Please click and type in) OE
Prefer not to answer

Q38. In the last 4 weeks, have you bought or tried to buy alcohol from a shop, supermarket or off-licence?
SA

Yes – I bought some alcohol
Yes – I tried to buy alcohol but was refused
No – I did not buy or try to buy alcohol from a shop, supermarket or off-licence
No – I have never tried to buy alcohol from a shop, supermarket or off-licence
Prefer not to answer

Q39. In the last 4 weeks, have you bought or tried to buy alcohol in a pub, bar or club?
SA

Yes – I bought some alcohol
Yes – I tried to buy alcohol but was refused
No – I did not buy or try to buy alcohol from a pub, bar or club
No – I have never tried to buy alcohol from a pub, bar or club
Prefer not to answer

Q40. Have you got anyone else to buy any alcohol for you in the last 4 weeks?
SA

Yes
No
Prefer not to answer

If 1 go to Q41; if 2 or 3 go to Q42.

Q41. The last time someone bought you alcohol, who was it?
SA

My brother or sister
A friend of my own age
A friend older than me
A friend younger than me
My boyfriend/girlfriend
My mother, father or carer
My father's partner or mother's partner
Someone I knew of, but didn't know personally
A stranger
Someone else
Prefer not to answer

Q42. Do your parents/guardians allow you to drink alcohol at home?
SA

Yes – always
Yes – sometimes
No – never

Prefer not to answer

ON SCREEN: Family and where you live

Q43. Who lives with you at home?

Sometimes people live in two different homes. This may be because their parents live in different places, and they spend time at both of their homes. If this applies to you please answer for the home you live in most of the time.

Please select all that apply to you.

MA

Mother

Father

Father's partner

Mother's partner

Grandmother

Grandfather

Foster mother

Foster father

Brother (include half/step/foster)

Sister (include half/step/foster)

I live in a care home

Someone or somewhere else (Please click and type in the box below) OE

Prefer not to answer

Q43b. (on same screen) Please say how many brothers and sisters live here (including half, step or foster brothers and sisters). Please type in the number (e.g. 2). If there are none please type in 0.

Number of **brothers** OE

Number of **sisters** OE

Prefer not to answer

Q44. What is your ethnic group?

Please select the one that best describes your ethnic group or background.

SA

White – Scottish

White – Other British

White – Irish

White – Gypsy/Traveller

White – Polish

White – Other (Please click the box and type in) OE

Mixed or multiple ethnic group (Please click the box and type in) OE

Pakistani

Indian

Bangladeshi

Chinese

African

Caribbean or Black

Arab

Other (Please click the box and type in) OE

Prefer not to answer

Q45. How much do you think your mother/carer really knows about...?

Please click one box on each line.

SA per row

Don't have a mother/carer (Go to Q47)

ACROSS TOP OF GRID

I think she knows a lot
I think she knows a little
I don't think she knows anything
Prefer not to answer

DOWN SIDE OF GRID

Who your friends are
How you spend your money
Where you are after school
Where you go at night
What you do with your free time

Q46. How much do you think your father/carer really knows about...?

Please click one box on each line.

SA per row

Don't have a father/carer (Go to Q48)

ACROSS TOP OF GRID

I think he knows a lot
I think he knows a little
I don't think he knows anything
Prefer not to answer

DOWN SIDE OF GRID

Who your friends are
How you spend your money
Where you are after school
Where you go at night
What you do with your free time

Q47. If you were really worried about something, how likely would you be to talk to the following people about it?

Please click one box on each line. If you don't have or don't see the person, click the box at the end of the line.

SA per row

ACROSS TOP OF GRID

Very likely
Fairly likely
Not very likely
Not at all likely
Don't know
Don't have or don't see this person
Prefer not to answer

DOWN SIDE OF GRID

Your mother/carer
Your father/carer
Someone else in your family

Q48. How much money of your own do you have most weeks to spend as you like?

SA

Nothing
Less than £5 a week
£5 or more, but less than £10 a week

£10 or more, but less than £20 a week
£20 or more, but less than £30 a week
£30 or more a week
Prefer not to answer

Q.FAS How well off would you say your family/the people you live with are?
SA

Very well off
Quite well off
Average
Not well off
Not at all well off

ON SCREEN: The next questions are about drugs

Q49. Have you ever been offered any of the following drugs?
Please make sure that you click one box on each line.
SA per row

ACROSS TOP OF GRID

Yes
No
Prefer not to answer

DOWN SIDE OF GRID

Cannabis (hash, joints, weed, green, grass, pollen, resin, bud, smoke)
Gas, Glue or other solvents (Tipp-Ex, lighter fuel, aerosols, NO, laughing gas, nitrous oxide, nitrous or noz) – To inhale or sniff
Amphetamine (speed, base, whizz, sulph)
Methamphetamine (crystal meth, tina, glass, ice)
LSD (acid, tabs, trips)
Ecstasy (E, eccies, XTC, pills, MDMA, sweeties)
Semeron (sems, semmies)
Poppers (amyl nitrate, Liquid Gold, Rush)
Tranquilisers (downers, benzos, valium, vallies, blues, Temazepam, Xanax, Xans)
Heroin (smack, skag, gear, H, kit)
Magic mushrooms (shrooms, mushies)
Methadone (linctus, physeptone, meth)
Cocaine (coke, charlie, c)
Crack cocaine (crack, rock, stone)
Anabolic Steroids (roids)
Mephedrone (bubbles, drone, M-CAT, meow meow)
GHB/GBL (G, liquid ecstasy)
Ketamine (K, ket, special k, horsey)
Synthetic cannabis – e.g. Damnation, Black Mamba, Clockwork Orange, Pandora's Box
Salvia
MDMA powder (mandy, molly, madman)
MDAI, 6-APB (Benzo Fury), methylone (or other synthetic empathogen)
MXE, MXP (or other synthetic dissociative)
Ethylphenidate, MPA or branded packets such as Ching, Snow White, Blue stuff, Pink Panthers (or other synthetic stimulant)
AMT, NBOMe, 2Cs (or other synthetic psychedelic)

Q50. Have you ever been offered any powders or pills that are sold as legal highs?
SA

Yes

No
Prefer not to answer

If 1 go to Q51; if 2 or 3 go to Q52.

Q51. If you know the name of the legal high that you were offered, type it in the box below. If you don't know the name, click the 'Don't know' box.

OE
Don't know
Prefer not to answer

Q52. Apart from the [insert responses from Q49 and Q51 as open text], have you ever been offered any other drugs?

SA

Yes
No
Prefer not to answer

If 1 go to Q53; if 2 or 3 go to Q54.

Q53. If you know the name of the drug that you were offered, type it in the box below. If you don't know the name, click the 'Don't know' box.

OE
Don't know
Prefer not to answer

Q54. Have you ever used or taken any of the [insert responses from Q49, Q51 and Q53 as open text] (even if only just once)?

SA

Yes
No
Prefer not to answer

If 1 go to Q55; if 2 or 3 go to Q69.

Q55. When was the last time you ever used or took any of the following?
Please make sure that you cross one box on each line.

SA per row

ACROSS TOP OF GRID

In the last month
In the last year
More than a year ago
Never
Prefer not to answer

DOWN SIDE OF GRID

Cannabis (hash, joints, weed, green, grass, pollen, resin, bud, smoke)
Gas, Glue or other solvents (Tipp-Ex, lighter fuel, aerosols, NO, laughing gas nitrous oxide, nitrous or noz) – To inhale or sniff
Amphetamine (speed, base, whizz, sulph)
Methamphetamine (crystal meth, tina, glass, ice)
LSD (acid, tabs, trips)

Ecstasy (E, eccies, XTC, pills, MDMA, sweeties)
Semeron (sems, semmies)
Poppers (amyl nitrate, Liquid Gold, Rush)
Tranquilisers (downers, benzos, valium, vallies, blues, Temazepam, Xanax, Xans)
Heroin (smack, skag, gear, H, kit)
Magic mushrooms (shrooms, mushies)
Methadone (linctus, physeptone, meth)
Cocaine (coke, charlie, c)
Crack cocaine (crack, rock, stone)
Anabolic Steroids (roids)
Mephedrone (bubbles, drone, M-CAT, meow meow)
GHB/GBL (G, liquid ecstasy)
Ketamine (K, ket, special k, horsey)
Synthetic cannabis – e.g. Damnation, Black Mamba, Clockwork Orange, Pandora's Box
Salvia
MDMA powder (mandy, molly, madman)
MDAI, 6-APB (Benzo Fury), methylone (or other synthetic empathogen)
MXE, MXP (or other synthetic dissociative)
Ethylphenidate, MPA or branded packets such as Ching, Snow White, Blue stuff, Pink Panthers (or other synthetic stimulant)
AMT, NBOMe, 2Cs (or other synthetic psychedelic)

Q56. When was the last time you ever used or took powders or pills that are sold as legal highs?
SA

In the last month
In the last year
More than a year ago
Never
Prefer not to answer

If 1, 2 or 3 go to Q57; if 4 or 5 go to Q58.

Q57. If you know the name of the legal high that you took, type it in the box below. If you don't know the name, click the 'Don't know' box.

OE
Don't know
Prefer not to answer

Q58. Apart from the [insert responses from Q55 and Q57 as open text], when was the last time you ever took any other drugs?

In the last month
In the last year
More than a year ago
Never
Prefer not to answer

If 1, 2 or 3 go to Q59; if 4 or 5 go to Q60.

Q59. If you know the name of the other drug that you took, type it in the box below. If you don't know the name, click the 'Don't know' box.

OE
Don't know
Prefer not to answer

Q60. How often do you usually use drugs?

SA

I have only taken drugs once

I used to take drugs sometimes but I don't take them any more

I take drugs a few times a year

I take drugs once or twice a month

I take drugs at least once a week

I take drugs most days

Prefer not to answer

Q61. The last time you used drugs, were you also drinking alcohol?

SA

Yes

No

Prefer not to answer

Q62. The last time you used drugs did you use more than one type of drug?

SA

Yes

No

Prefer not to answer

Q63. The last time you used drugs, how did you get them?

SA

From my brother or sister

From a friend of my own age

From a friend older than me

From a friend younger than me

From my boyfriend/girlfriend

From my mother, father or carer

From my father's partner or mother's partner

From someone I knew of, but didn't know personally

From a stranger

From a website/online/internet

From a shop

From home (without permission)

From someone or somewhere else

Prefer not to answer

Q64. The last time you used drugs, did you use them all yourself or did you sell or give some to someone else?

SA

I used it all myself

I sold some of it

I gave some of it away

Prefer not to answer

Q65. In the past year, as a result of taking drugs have you...?

Please click one box on each line.

SA per row

ACROSS TOP OF GRID

No
Once
Twice or more
Prefer not to answer

DOWN SIDE OF GRID

Had an argument
Had a fight
Ended up in a situation where you felt threatened/unsafe
Been to hospital
Had to be seen by a doctor
Stayed off school
Been sick (vomited)
Tried any other drugs you had not tried before
Been in trouble with the police
Done school work badly
Posted/wrote something on a social networking site like Facebook or Twitter that you wished you hadn't
Sent a text/email that you wished you hadn't
Done something you later regretted

Q66. Where were you the last time you used drugs?
SA

At home
In someone else's home
At a party
In a pub
At a club, disco or gig/festival
At school
Out on the street, in a park or other outdoor area
Other place (Please click the box and type where you were in the box below) OE
Prefer not to answer

Q67. Have you ever felt that you needed to get help because you were using drugs?
SA

Yes
No
Prefer not to answer

Q68. Do you want to stop taking drugs?
SA

Yes
No
Prefer not to answer

Q69. If you wanted information about drugs, who/where would you go to?
MA

Teacher
Parent
Friend
Drug service
Know The Score website
Know The Score helpline
Talk To Frank website

Talk To Frank helpline

Choices For Life website

An internet site, but not one of the ones listed above

I don't know where I'd go

I'd go to someone/somewhere else (Please click the box and type in the box below) OE

Prefer not to answer

Q70. How easy would it be for you to get illegal drugs if you wanted to?

SA

Very easy

Fairly easy

Fairly difficult

Very difficult

Impossible

Don't know

Prefer not to answer

Q71. Please read the following statements about drugs and say if you think they are true or false.

Please click one box for each statement.

SA per row

ACROSS TOP OF GRID

True

False

Don't know

Prefer not to answer

DOWN SIDE OF GRID

Heroin is addictive

Heroin is more dangerous than cannabis

Injecting drugs can lead to HIV

Injecting drugs can lead to Hepatitis C

Inhaling or sniffing solvents can cause brain damage

Taking cocaine is dangerous

Taking cannabis is dangerous

Q72. Please read the following statements about drugs and say if you agree or disagree.

Please click one box for each statement.

SA per row

ACROSS TOP OF GRID

Agree

Disagree

Don't know

Prefer not to answer

DOWN SIDE OF GRID

Taking drugs is exciting

People my age who take drugs need help and advice

People who take drugs are stupid

All people who sell drugs should be punished

It is OK for people to take legal highs

Q73. How old were you when you first did the following things?

In each line there is the option to click the 'Never' box for something you have not done at all.

SA per row

ACROSS TOP OF GRID

Never

I was OE years old

Prefer not to answer

DOWN SIDE OF GRID

Drank alcohol (more than a small amount)

Got drunk

Smoked a cigarette (more than a puff)

Used drugs

Q74. Do you think it is OK for someone your age to do the following?

Please click a box on each line.

SA per row

ACROSS TOP OF GRID

It's OK

It's not OK

Don't know

Prefer not to answer

DOWN SIDE OF GRID

Try smoking a cigarette to see what it's like

Try drinking alcohol to see what it's like

Try getting drunk to see what it's like

Try sniffing glue to see what it's like

Try taking cannabis to see what it's like

Try taking cocaine to see what it's like

Q75. In the last twelve months have you had any lesson, videos/DVDs or discussions in class on the following topics?

Please click one box on each line.

SA per row

ACROSS TOP OF GRID

Yes

No

Don't know

Prefer not to answer

DOWN SIDE OF GRID

The blood borne infection HIV

The blood borne infection Hepatitis B

The blood borne infection Hepatitis C

ON SCREEN: Now we'd like to ask about some leisure activities

Q76. Have you actively taken part in any of these groups, clubs or organisations during the last 12 months?

MA

Youth groups (e.g. Scouts, Guides, youth clubs)

Drama, arts, music or singing groups (including evening classes)

Sports clubs, gyms, exercise or dance groups

Computer clubs/groups

None of these

Don't know

Prefer not to answer

Q77. Here is a list of things that young people sometimes do in their free time, when they aren't at school. What about you?

Please click one box on each line.

SA per row

ACROSS TOP OF GRID

When I'm not at school I... (IN SAME COLUMN AS OPTIONS DOWN THE SIDE OF THE GRID)

Every day

Most days

Weekly

Less often

Never

Prefer not to answer

DOWN SIDE OF GRID

See my friends

Listen to music

Watch films/DVDs

Play computer games

Go online and use social networking sites (e.g. Facebook, Twitter)

Look around the shops

Read comics or magazines

Read books

Go to watch sports matches

Do a sport (e.g. football, swimming)

Go to the cinema

Hang around the street

Do a hobby, art or play a musical instrument

Go to a friend's house

Go to concerts or gigs

Go to the public library (not the school library)

Go to museums or galleries

Go to theatres or concert halls

Go to the church, mosque or temple

Help other people/voluntary work

Do nothing

Q78. Do you know the postcode for your home address?

We ask for your postcode so we can compare results from different types of area. For example, we can compare rural areas with cities, and richer areas with poorer areas.

Only the research team at Ipsos MORI will see your postcode, and we have no way of using your postcode to identify you.

If you do know your postcode, type it into the box below. If not, select 'No'.

SA OE

Yes OE

No

ON SCREEN: These next questions are about relationships with friends

Q79. How many close friends would you say you have?

SA

None
One
Two
Three or more
Prefer not to answer

Q80. Are your friends older, younger, or about the same age as you?
Please click one box only.
SA

Older than me
Younger than me
About the same age as me
Mixed ages
Don't know
Prefer not to answer

Q81. Thinking about a typical week, how many evenings do you spend with your friends?
SA

ACROSS TOP OF GRID

0
1
2
3
4
5
6
7
Prefer not to answer

ON SCREEN: Now here are some questions about school.

Q82. In the last twelve months have you had any lessons, videos/DVDs or discussions in class on the following topics?
SA per row

ACROSS TOP OF GRID

Yes
No
Don't know
Prefer not to answer

DOWN SIDE OF GRID

Smoking
Alcohol
Drugs

Q83. In school, how much have you learned about the following?
SA per row

ACROSS TOP OF GRID

A lot
A little
Not much
Nothing at all
Don't know
Prefer not to answer

DOWN SIDE OF GRID

The risks to your health from cigarettes

The risks to your health from alcohol

The risks to your health from drugs

The effects that drinking alcohol can have on other areas of your life (e.g. your safety, your behaviour, your relationships, how you feel about yourself)

The effects that taking drugs can have on other areas of your life (e.g. your safety, your behaviour, your relationships, how you feel about yourself)

That your ability to make decisions can be affected by drinking alcohol

That your ability to make decisions can be affected by taking drugs

That people's views about smoking, drinking and drug use can be affected by the things their friends say and do

Q84. To what extent do you agree or disagree with the following statements?

'My school provides me with enough advice and support about...?'

SA per row

ACROSS TOP OF GRID

Strongly agree

Agree

Neither agree nor disagree

Disagree

Strongly disagree

Prefer not to answer

DOWN SIDE OF GRID

Drinking alcohol

Taking drugs

Smoking

Leading a healthy and active life

Q85. Thinking about the future, how confident do you feel about...?

SA per row

ACROSS TOP OF GRID

Very confident

Fairly confident

Not very confident

Not at all confident

Don't know

Prefer not to answer

DOWN SIDE OF GRID

Having the information you need to make the right choices about your health and wellbeing

Saying no to doing something that you don't want to do

Knowing where to go for information and support about substance related issues

Avoiding getting into risky situations due to alcohol

Avoiding getting into risky situations due to drugs

Q86. How much do you like school at the moment?

SA

I like it a lot

I like it a bit

I don't like it very much

I don't like it at all

Prefer not to answer

Q87. How often do you feel strained or pressured by the schoolwork you have to do?

SA

Never

Sometimes

A lot of the time

Prefer not to answer

Q88. In the past year, how many times did you skip or skive school?

SA

None

Once

Twice

3 times

4 times

5 times

Between 6 and 10 times

More than 10 times

Prefer not to answer

Q89. Since you started secondary school, have you been excluded?

SA

Yes

No

Prefer not to answer

Strengths and Difficulties Questionnaire

For each item, please click the box for 'Not true', 'Somewhat true', or 'Certainly true'. It would help us if you answered all items as best you can even if you are not absolutely certain or the item seems daft! Please give your answers on the basis of how things have been for you over the last six months.

SA per row

ACROSS TOP OF GRID

Not true

Somewhat true

Certainly true

Prefer not to answer

DOWN SIDE OF GRID

I try to be nice to other people. I care about their feelings

I am restless; I cannot stay still for very long

I get a lot of headaches, stomach-aches or sickness

I usually share with others (food, games, pens etc.)

I get very angry and often lose my temper

I am usually on my own. I generally play alone or keep to myself

I usually do as I am told

I worry a lot

I am helpful if someone is hurt, upset or feeling ill

I am constantly fidgety or squirming

I have one good friend or more

I fight a lot. I can make other people do what I want

I am often unhappy, down-hearted or tearful

Other people my age generally like me

I am easily distracted; I find it difficult to concentrate

I am nervous in new situations. I easily lose confidence

I am kind to younger children
I am often accused of lying or cheating
Other children or young people pick on me or bully me
I often volunteer to help others (parents, teachers, children)
I think before I do things
I take things that are not mine from home, school or elsewhere
I get on better with adults than people my own age
I have many fears; I am easily scared
I finish the work I am doing. My attention is good

(START OF RCS QS -JUST FOR REFERENCE)

SCH1. Below are some more questions about how you feel about school. Please select one answer for each question.

SA per row

DOWN SIDE OF GRID

How often do you find it difficult to keep your mind on your work at school?
How often do you feel unhappy at school?
How often do you get tired at school?
How often do you try your best at school?
How often do you feel school is a waste of time?
How often do you find school interesting?
How often do you misbehave or cause trouble in lessons?
How often do other pupils misbehave or cause trouble in your lessons?

ACROSS TOP OF GRID

All of the time
Most of the time
Some of the time
Never
Prefer not to answer

Next screen:

“The next few questions are about situations in which other children or young people may have left you feeling hurt, threatened, frightened or left out.”

HURT. In the last month, have other children or young people, either online/by phone or offline, done any of the following things...?

Please select one answer for each question.

SA per row

DOWN SIDE OF GRID

Hit, kicked or punched you, taken your belongings or hurt or threatened you physically in some other way {Option 1 not included for this}
Teased you in a mean way or called you hurtful names
Spread mean rumours or told lies about you, deliberately ignored you or excluded you from a group

ACROSS TOP OF GRID

1. Yes – online/by phone
2. Yes – offline
3. No – not at all
4. Prefer not to answer

NEXT SCREEN

The next question is about physical activity. Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time.

Physical activity can be done in sports, school activities, playing with friends or walking to school. Some examples of physical activity are running, walking quickly, cycling, dancing, skateboarding, swimming, football and gymnastics.

For the next question, add up all the time you spend in physical activity each day.

PhysAct. Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

Please select one answer.

SA

- 0 days
- 1 day
- 2 days
- 3 days
- 4 days
- 5 days
- 6 days
- 7 days
- Don't know
- Prefer not to answer

EAT1. How many times a week do you normally eat the following things? Please select one answer for each question.

SA per row

DOWN SIDE OF GRID

Fruit

Vegetables

Sweets or chocolate

Crisps or fried potatoes

Sugary drinks (still or fizzy)

ACROSS TOP OF GRID

Never

Less than once a week

Once a week

2-4 days a week

5-6 days a week

Once a day, every day

Every day, more than once

Prefer not to answer

Diet1. On how many days a week would you usually sit down to eat a main meal (at lunchtime or in the evening) with one or both of your parents or carers?

Please select one answer.

SA

Every day

4-6 days a week

2-3 days a week

Once a week

Prefer not to answer

Diet2. How many days a week do you eat breakfast? Please select one answer.

SA

None / never

Some days, but not all days

Every day

Prefer not to answer

Sleep1. About what time do you usually go to sleep on a school night? Please select one answer.

SA per row

Before 9 pm

9-9:59 pm

10-10:59 pm

11-midnight

After midnight

Prefer not to answer

[ChLife6]

This question uses a scale from 0 to 10. On this scale:

- 0 means you feel very unhappy
- 10 means you feel very happy
- 5 means that you feel neither happy nor unhappy

How happy are you with your life as a whole?

0

Very
unhappy

5

Not happy
or unhappy

10

Very
happy

0

1

2

3

4

5

6

7

8

9

10

FAM1. How much do you agree or disagree with the following statements about family relationships? For each of these select one answer.

SA per row

DOWN SIDE OF GRID

My parents/carers treat me fairly {If Q43=1-4or7-8}

I enjoy spending time with my family {IfQ43=1-4or7-8}

Members of my family shout at each other a lot

I get to decide on how I spend most of my spare time

ACROSS TOP OF GRID

Strongly agree

Tend to agree

Neither agree nor disagree

Tend to disagree

Strongly disagree

Don't know

Prefer not to answer

CLASS1. How much do you agree or disagree with the following statements about school, teachers and the pupils in your class(es)?

Please select one answer for each question.

SA per row

DOWN SIDE OF GRID

Other pupils accept me as I am

My teachers listen to me

I feel like teachers in my school treat me fairly

The pupils in my class(es) treat each other with respect

I am happy with what I get to do and study at school

My teachers make me want to do well in school

My teachers care about me as a person

ACROSS TOP OF GRID

Strongly agree

Tend to agree

Neither agree nor disagree

Tend to disagree

Strongly disagree

Don't know

Prefer not to answer

AREA. How much do you agree or disagree with the following statements about the area you live in?

Please select one answer for each question.

ON SCREEN: Thank you very much for your help.

SA per row

DOWN SIDE OF GRID

People say "hello" and often stop to talk to each other in the street

It's a really good place to live

You can trust people round here

There is nothing for young people to do in this area

I feel safe being outside with my friends in this area

ACROSS TOP OF GRID

Strongly agree

Tend to agree

Neither agree nor disagree

Tend to disagree

Strongly disagree

Don't know

Prefer not to answer

ON SCREEN: These next questions are about social media and messaging apps

SM1. Do you use any social media or messaging apps like Instagram, Snapchat, Tik Tok, Facebook, WhatsApp, YouTube or Twitter?

Yes

No

Prefer not to answer

IF CODE 1 (Yes) @SM1 GO TO QSM2a. IF CODE 2 or 3 @ SM1 GO TO BAD1

SM2a. Please think only about Monday, Tuesday, Wednesday and Thursday when answering this question. After school has finished, how often, if at all, do you usually check your social media or messaging apps?

- At least every half hour
- At least every hour
- At least every couple of hours
- Less often than that
- Not at all
- Don't know
- Prefer not to say

SM2b. When you are at school, how often, if at all, do you usually check your social media or messaging apps?

- At least every half hour
- At least every hour
- Several times a day
- About once a day
- Less than once a day
- Don't know
- Prefer not to say

SM3. Some people check their social media or messaging apps during the night, after they are supposed to be asleep. How often, if at all, do you do that?

- I do that every night
- I do that most nights
- I do that some nights
- I almost never do that
- I never do that
- I don't know
- Prefer not to say

SM4a. How do you feel about the amount of time you spend on social media and messaging apps?

- I would like to spend a lot less time on them
- I would like to spend a little less time on them
- I'm happy with the amount of time I spend on them
- I would like to spend a bit more time on them
- I would like to spend a lot more time on them
- Don't know
- Prefer not to say

SM4b. How much do you care about keeping up to date with what others are posting on social media?

- A lot
- A little
- Not very much
- Not at all
- I don't use social media
- Don't know
- Prefer not to say

SM4c. Thinking about how you use social media or messaging, how much do you agree or disagree with the following statement?

I feel anxious if I'm not able to check social media or messaging apps regularly

- Strongly agree
- Tend to agree
- Neither agree nor disagree
- Tend to disagree
- Strongly disagree
- Don't know
- Prefer not to say

SM4d. Thinking about how you use social media or messaging, how much do you agree or disagree with the following statement?

I care about the number of likes/retweets/comments I get when I post something on social media

- Strongly agree
- Tend to agree
- Neither agree nor disagree
- Tend to disagree
- Strongly disagree
- I don't post on social media
- Don't know
- Prefer not to say

SM4e. Thinking about how you use social media or messaging, how much do you agree or disagree with the following statement?

Other people's social media posts sometimes make me feel worse about my own life

- Strongly agree
- Tend to agree
- Neither agree nor disagree
- Tend to disagree
- Strongly disagree
- I don't use social media
- Don't know
- Prefer not to say

SM4f. Thinking about how you use social media or messaging, how much do you agree or disagree with the following statement?

Social media and messaging apps help me stay in touch with my friends

- Strongly agree
- Tend to agree
- Neither agree nor disagree
- Tend to disagree
- Strongly disagree
- Don't know
- Prefer not to say

BAD1. Have you felt that someone has treated you badly because of any of the following things about you? (MULTI CODE)

DOWN SIDE OF GRID

My gender

My sexual orientation

A disability

My skin colour

My nationality

My religion/faith/belief

ACROSS TOP OF GRID

Yes – Other children and young people have treated me badly because of:

Yes – Adults have treated me badly because of:

No

Prefer not to answer

Codes 1-6 {If Q43=1-10 or 12-13} Code 7 ask all

YEAR. During the last year did any of these things happen to you? Please select yes or no for each question below:

SA per row

DOWN SIDE OF GRID

1. My family moved house
2. A close member of my family was seriously ill
3. A close member of my family died
4. My parents split up or divorced
5. My mum stopped living with me
6. My dad stopped living with me
7. I went to live with someone else

ACROSS TOP OF GRID

Yes

No

Prefer not to say

Ask all

Appear. How do you feel about the way you look? Please select one answer.

SA

Very happy

Fairly happy

Not very happy

Not at all happy

I don't care/looks aren't important to me

Prefer not to say