The 2013 Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) was funded by the Scottish Government.

If you have any queries relating to SALSUS, please contact the Scottish Government at: salsus@scotland.gsi.gov.uk.
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First and foremost, we would like to thank all the schools and pupils who participated in the 2013 Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS).

We would also like to thank individuals from Alcohol & Drug Partnerships and the Education Departments within local authorities who helped to encourage schools to take part in the survey.

In addition, we would like to thank colleagues at Ipsos MORI who undertook the sample design, carried out the fieldwork for the 2013 survey and provided input into the 2013 SALSUS Technical Report. In particular, we would like to thank Carolyn Black and Lorraine Murray at Ipsos MORI for their contributions.

We are grateful to the SALSUS steering group for their help and advice throughout the survey. In particular we would like to thank colleagues within the Scottish Government for their contributions during the production of the 2013 SALSUS reports.

Finally, we would like to acknowledge the contribution of the many ISD Scotland colleagues who helped with the implementation of the survey, in particular: Gillian Pirie, Fraser Munro, Lynne Hunter, Stephen Bush, Ryan Mackie, Chris Spratt, Jennifer Urquhart, Chris Dunn, Jakub Adamow and Richard Buchanan.

The research was commissioned by the Scottish Government and undertaken by Information Services (ISD Scotland), National Services Scotland and Ipsos MORI Scotland.

Images used in this publication were sourced from The Noun Project. A list of credits for the images used can be found in Appendix C.

Laura Wood | Cheryl Denny | Ian Grant | Rachael Bainbridge | Bev Dodds | Sandra Robb
SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY (SALSUS)

SALSUS is the primary source of data on substance using behaviour among young people in Scotland. The main findings from the 2013 survey in relation to patterns of individual substance use are presented in this National Overview. This is supported by three individual topic reports covering each of the different substance use topics (‘smoking’, ‘alcohol use’ and ‘drug use’) in detail. Additional outputs include: NHS Board, Local Authority and Alcohol & Drug Partnership (ADP) summaries (which replace the previous local reports).

Complementing these reports and summaries are new, interactive Excel tables which present both national and local statistics together for the first time. All these documents, along with the survey questionnaire and a technical report are available on the SALSUS web pages.

SURVEY BACKGROUND AND PURPOSE

The 2013 survey is the latest in a long running series of national surveys of young people’s substance use. From 1982 to 2000 these were carried out jointly in Scotland and England to provide national information on smoking behaviour (from 1982), drinking behaviour (from 1990) and drug use (from 1998). In 2002, Scotland introduced its own (SALSUS) survey.

The survey provides national policy makers with vital information to help develop and evaluate policies to reduce the prevalence of substance use in Scotland and to monitor progress towards achieving Scottish Government targets. Every four years the survey also provides information on substance use for local areas. These data are used to help inform local service planning, for example, to develop Alcohol & Drug Partnership (ADP) strategic and delivery plans and to monitor progress towards achieving a number of the ADP core indicators.

Throughout this report the colour red is used for statements on alcohol, green is used for drugs and blue for information on smoking.
There were **110,984** pupils aged 13 and 15 who were eligible to take part in the survey.

(All local authority and independently-funded schools with pupils in the target age groups were eligible for inclusion in the survey, with the exception of schools for children with special educational needs.)

The overall response rate was **60%** based on class and pupil response.

* This corresponds to 30% of all eligible pupils.
PREVALENCE OF SMOKING, ALCOHOL USE AND DRUG USE IN 15 AND 13 YEAR OLDS IN SCOTLAND 2013

15 year olds

- 19% drank alcohol in the last week (down from 34% in 2010)
- 9% are regular smokers (at least one cigarette a week) (down from 13% in 2010)
- 9% have used drugs in the last month (down from 11% in 2010)

13 year olds

- 4% drank alcohol in the last week (down from 14% in 2010)
- 2% are regular smokers (at least one cigarette a week) (down from 3% in 2010)
- 2% have used drugs in the last month (down from 3% in 2010)
Trends in prevalence of smoking, alcohol use and drug use

Trends in the proportion of pupils who reported **drinking in the last week**, Scotland, 1990–2013

<table>
<thead>
<tr>
<th>Year</th>
<th>15 year old girls</th>
<th>15 year old boys</th>
<th>13 year old girls</th>
<th>13 year old boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>1990</td>
<td>50%</td>
<td>40%</td>
<td>30%</td>
<td>20%</td>
</tr>
<tr>
<td>1992</td>
<td>45%</td>
<td>35%</td>
<td>25%</td>
<td>15%</td>
</tr>
<tr>
<td>1994</td>
<td>40%</td>
<td>30%</td>
<td>20%</td>
<td>10%</td>
</tr>
<tr>
<td>1996</td>
<td>35%</td>
<td>25%</td>
<td>15%</td>
<td>5%</td>
</tr>
<tr>
<td>1998</td>
<td>30%</td>
<td>20%</td>
<td>10%</td>
<td>5%</td>
</tr>
<tr>
<td>2000</td>
<td>25%</td>
<td>15%</td>
<td>5%</td>
<td>2.5%</td>
</tr>
<tr>
<td>2002</td>
<td>20%</td>
<td>10%</td>
<td>2.5%</td>
<td>2%</td>
</tr>
<tr>
<td>2004</td>
<td>15%</td>
<td>5%</td>
<td>2%</td>
<td>1.5%</td>
</tr>
<tr>
<td>2006</td>
<td>10%</td>
<td>2.5%</td>
<td>1.5%</td>
<td>1%</td>
</tr>
<tr>
<td>2008</td>
<td>5%</td>
<td>1%</td>
<td>1%</td>
<td>0.5%</td>
</tr>
<tr>
<td>2010</td>
<td>2.5%</td>
<td>0.5%</td>
<td>0.5%</td>
<td>0.25%</td>
</tr>
<tr>
<td>2013</td>
<td>1%</td>
<td>0.25%</td>
<td>0.25%</td>
<td>0.125%</td>
</tr>
</tbody>
</table>

In 2013, levels of drinking alcohol in the last week were the lowest recorded since the survey series began in 1990.

Trend in the proportion of pupils who reported **smoking regularly**, Scotland, 1982–2013

<table>
<thead>
<tr>
<th>Year</th>
<th>15 year old girls</th>
<th>15 year old boys</th>
<th>13 year old girls</th>
<th>13 year old boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>1982</td>
<td>50%</td>
<td>40%</td>
<td>30%</td>
<td>20%</td>
</tr>
<tr>
<td>1984</td>
<td>45%</td>
<td>35%</td>
<td>25%</td>
<td>15%</td>
</tr>
<tr>
<td>1986</td>
<td>40%</td>
<td>30%</td>
<td>20%</td>
<td>10%</td>
</tr>
<tr>
<td>1990</td>
<td>35%</td>
<td>25%</td>
<td>15%</td>
<td>5%</td>
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<tr>
<td>1992</td>
<td>30%</td>
<td>20%</td>
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<td>5%</td>
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<tr>
<td>1994</td>
<td>25%</td>
<td>15%</td>
<td>5%</td>
<td>2.5%</td>
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<tr>
<td>1996</td>
<td>20%</td>
<td>10%</td>
<td>2.5%</td>
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<tr>
<td>1998</td>
<td>15%</td>
<td>5%</td>
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<tr>
<td>2000</td>
<td>10%</td>
<td>2.5%</td>
<td>1.5%</td>
<td>1%</td>
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<tr>
<td>2002</td>
<td>5%</td>
<td>1%</td>
<td>1%</td>
<td>0.5%</td>
</tr>
<tr>
<td>2004</td>
<td>2.5%</td>
<td>0.5%</td>
<td>0.5%</td>
<td>0.25%</td>
</tr>
<tr>
<td>2006</td>
<td>1%</td>
<td>0.25%</td>
<td>0.25%</td>
<td>0.125%</td>
</tr>
<tr>
<td>2008</td>
<td>0.5%</td>
<td>0.125%</td>
<td>0.125%</td>
<td>0.0625%</td>
</tr>
<tr>
<td>2010</td>
<td>0.25%</td>
<td>0.0625%</td>
<td>0.0625%</td>
<td>0.03125%</td>
</tr>
<tr>
<td>2013</td>
<td>0.125%</td>
<td>0.03125%</td>
<td>0.03125%</td>
<td>0.015625%</td>
</tr>
</tbody>
</table>

In 2013, regular smoking levels were the lowest recorded since the survey series began in 1982.

Trend in the proportion of pupils who reported **taking drugs in the last month**, Scotland, 1998–2013

<table>
<thead>
<tr>
<th>Year</th>
<th>15 year old girls</th>
<th>15 year old boys</th>
<th>13 year old girls</th>
<th>13 year old boys</th>
</tr>
</thead>
<tbody>
<tr>
<td>1998</td>
<td>50%</td>
<td>40%</td>
<td>30%</td>
<td>20%</td>
</tr>
<tr>
<td>2000</td>
<td>45%</td>
<td>35%</td>
<td>25%</td>
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<tr>
<td>2002</td>
<td>40%</td>
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<td>10%</td>
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<tr>
<td>2004</td>
<td>35%</td>
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<tr>
<td>2006</td>
<td>30%</td>
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</tr>
<tr>
<td>2008</td>
<td>25%</td>
<td>15%</td>
<td>5%</td>
<td>2.5%</td>
</tr>
<tr>
<td>2010</td>
<td>20%</td>
<td>10%</td>
<td>2.5%</td>
<td>2%</td>
</tr>
<tr>
<td>2013</td>
<td>15%</td>
<td>5%</td>
<td>2%</td>
<td>1%</td>
</tr>
</tbody>
</table>

In 2013, levels of taking drugs in the last month were the lowest recorded since the survey series began in 1998.

Base: All Pupils
Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) 2013

National Overview

Most pupils were not regular or recent users of any substances

<table>
<thead>
<tr>
<th>15 year olds</th>
<th>13 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>81%</strong></td>
<td><strong>96%</strong></td>
</tr>
<tr>
<td>Did not drink alcohol in the last week</td>
<td></td>
</tr>
<tr>
<td><strong>91%</strong></td>
<td><strong>98%</strong></td>
</tr>
<tr>
<td>Were not regular smokers</td>
<td></td>
</tr>
<tr>
<td><strong>91%</strong></td>
<td><strong>98%</strong></td>
</tr>
<tr>
<td>Did not use drugs in the last month</td>
<td></td>
</tr>
</tbody>
</table>

A very small proportion of pupils used more than one substance

For example, of 15 year old pupils surveyed:

81% of 15 year olds were not regular or recent users of any substances

3% 1% 6% 3% 3% 2% 2% 3% 3%

Weekly Drinkers

Regular Smokers

Used Drugs in the Last Month

Note: This does not imply evidence of ‘simultaneous’ substance use (i.e. the use of 2+ substances on the same occasion).

The measure of ‘weekly drinking’ used in this graphic differs to the measure ‘drank in the last week’ used elsewhere within the overview.
**AGE WHEN PUPILS FIRST TRIED SUBSTANCES**

15 year olds who had used substances’ reported that, on average, they were:

- **13** when they first **tried a cigarette**
- **13** when they first **had a drink**
- **14** when they first **got drunk**
- **14** when they first **tried drugs**

* those who have ever smoked, ever drank, ever taken drugs.

**RECENT SMOKING AND DRINKING**

**PUPILS WERE SMOKING AND DRINKING LESS SINCE THE LAST SURVEY**

The median number of **units of alcohol** consumed by 15-year-olds who drank in the last week **decreased** from **11** units in 2010 to **9** units in 2013.

The median number of **cigarettes smoked** by 15-year-old regular smokers in the last week **decreased** from **39** cigarettes in 2010 to **34** cigarettes in 2013.
**TYPES OF SUBSTANCES USED**

**alcohol**

15 year old **boys** who reported drinking alcohol in the last week were most likely to have drunk **normal strength beer, lager or cider** (82%).

15 year old **girls** who reported drinking alcohol in the last week were most likely to have drunk **spirits** in the last week (76%).

**smoking**

17% of 15 year olds and 7% of 13 year olds reported that they had **ever tried or used e-cigarettes**, while 6% of regular and 2% of occasional smokers reported using them on a weekly basis.

31% of **regular smokers** reported that at least some of the cigarettes they smoked were ‘**much cheaper tobacco**’ or ‘**fake fags**’.

**drugs**

**Cannabis** was the **most common drug** taken by young people, with 9% of 15 year olds having used it in the last month.

2% of 15 year olds reported using at least one ‘**New psychoactive substance***’ in the last month.

---

*‘New psychoactive substances’ includes GBL/CHB, mephedrone, salvia, synthetic cannabis and powders or pills that are sold as legal highs’
### Availability and Sources of Substances

#### The proportion of pupils who reported successfully purchasing cigarettes or alcohol from shops has reduced since 2010

The proportion of **15 year olds** (who had ever drunk alcohol) reporting successfully purchasing alcohol from a shop, supermarket or off-licence in the last four weeks **reduced** from **11%** in 2010 to **7%** in 2013.

The proportion of **13 year olds** (who had ever drunk alcohol) reporting successfully purchasing alcohol from a shop, supermarket or off-licence in the last four weeks **reduced** from **6%** in 2010 to **3%** in 2013.

The proportion of **15 year old regular smokers** who reported that they successfully purchased cigarettes from a shop, supermarket or van in the last four weeks **reduced** from **55%** in 2010 to **42%** in 2013.

The proportion of **13 year old regular smokers** who reported that they successfully purchased cigarettes from a shop, supermarket or van in the last four weeks **reduced** from **52%** in 2010 to **23%** in 2013.

#### The proportion of pupils being offered drugs has reduced since 2010

The proportion of **15 year olds** reporting ever being offered drugs **reduced** from **42%** in 2010 to **37%** in 2013.

The proportion of **13 year olds** reporting ever being offered drugs **reduced** from **16%** in 2010 to **14%** in 2013.
PUPILS OFTEN OBTAIN SUBSTANCES FROM FRIENDS

46% of 15 year olds who had ever drank usually got alcohol from a friend.

38% of 15 year old regular smokers were given cigarettes by a friend.

42% of 15 year olds who had ever taken drugs got them from a friend of their own age (the last time they used them).

29% of 15 year olds who had ever taken drugs got them from an older friend (the last time they used them).

GETTING OTHERS TO BUY CIGARETTES ('PROXY' PURCHASE)

56% of 15 year old regular smokers reported getting someone else to buy cigarettes for them.

33% of 15 year old regular smokers reported getting an adult they know to buy cigarettes for them.

12% of 15 year old regular smokers reported getting someone else under 18 to buy cigarettes for them.

28% of 15 year old regular smokers reported getting an adult they don’t know to buy cigarettes for them.
WHERE YOUNG PEOPLE USE SUBSTANCES

The most common location for taking drugs was outdoors (40% of pupils who had ever taken drugs\* gave this as the most recent location).

For 15 year olds who had ever had an alcoholic drink\**, the most common location for drinking alcohol was at a party (52%).

For 13 year olds who had ever had an alcoholic drink\*, the most common location for drinking alcohol was at home (58%).

A LARGE PROPORTION OF REGULAR SMOKERS AND PUPILS WHO HAD DRUNK ALCOHOL WERE ALLOWED TO SMOKE OR DRINK AT HOME

48% of regular smokers were allowed to smoke at home.

75% of those who have drunk alcohol were allowed to drink at home, at least sometimes.

\* 4% of 13 year olds and 18% of 15 year olds
\** 32% of 13 year olds and 70% of 15 year olds
### SMOKING BEHAVIOUR OF FAMILY AND FRIENDS

#### PUPILS WHO SMOKE ARE MORE LIKELY TO HAVE FAMILY AND FRIENDS THAT SMOKE

<table>
<thead>
<tr>
<th>Percentage</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>64%</td>
<td>Of regular smokers reported that at least one parent smoked daily.</td>
</tr>
<tr>
<td>28%</td>
<td>Of non-smokers reported that at least one parent smoked daily.</td>
</tr>
<tr>
<td>60%</td>
<td>Of regular smokers reported that more than half of their friends smoked.</td>
</tr>
<tr>
<td>4%</td>
<td>Of non-smokers reported that more than half of their friends smoked.</td>
</tr>
</tbody>
</table>

#### EXPOSURE TO SECOND-HAND SMOKE ('PASSIVE SMOKING')

- **24%** of all pupils surveyed said that someone smoked in their home **every day or most days**.
- **7%** of all pupils reported that when travelling by car someone smoked inside the vehicle **during all or most journeys**, a further 15% reported someone smoking sometimes.
EFFECTS OF USING ALCOHOL AND DRUGS

60% of 15 year olds and 44% of 13 year olds who had ever drunk had experienced at least one effect of drinking alcohol in the last year.

40% of 15 year olds and 35% of 13 year olds who had used drugs had experienced at least one effect of taking drugs in the last year.

### MOST COMMONLY REPORTED EFFECTS OF USING ALCOHOL AND DRUGS

15 year olds who had ever taken alcohol or drugs reported:

<table>
<thead>
<tr>
<th>Drinking alcohol</th>
<th>Taking drugs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vomiting as a result of:</td>
<td><strong>37%</strong></td>
</tr>
<tr>
<td>Doing something they later regretted as a result of:</td>
<td><strong>37%</strong></td>
</tr>
<tr>
<td>Having an argument as a result of:</td>
<td><strong>33%</strong></td>
</tr>
</tbody>
</table>
A SMALLER PROPORTION OF PUPILS THINK IT’S ‘OK TO TRY’ SMOKING OR DRINKING THAN IN 2010

15 year olds who thought that it was OK to try:

- Alcohol: 77% decreased from 82% in 2010
- Smoking: 49% decreased from 63% in 2010
- Cannabis: 18% no change from 2010

13 year olds who thought that it was OK to try:

- Alcohol: 42% decreased from 52% in 2010
- Smoking: 18% decreased from 29% in 2010
- Cannabis: 3% decreased from 4% in 2010
**GIVING UP SMOKING AND DRUGS**

2 out of 5 regular smokers said they wanted to give up (41%).

Half of pupils who had ever used drugs said they wanted to stop using them (52%).

**KNOWLEDGE OF SUBSTANCE USE ISSUES**

At least 90% of all pupils ‘agreed’ or ‘strongly agreed’ that smoking caused lung cancer and heart disease, and could harm unborn babies.

65% of all 15 year olds thought the statement ‘taking cannabis is dangerous’ was true.

86% of regular smokers and 93% of non-smokers agreed that other people’s smoking can harm the health of non-smokers.

57% of all 15 year olds did not know whether the statement ‘injecting drugs can lead to Hepatitis C’ was true.
The majority of pupils agreed, or strongly agreed, that their school provided them with the advice and support that they need to make important decisions about drinking alcohol, smoking and drugs.

<table>
<thead>
<tr>
<th></th>
<th>13 Yr Old</th>
<th>15 Yr Old</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drinking</td>
<td>70%</td>
<td>68%</td>
</tr>
<tr>
<td>Smoking</td>
<td>72%</td>
<td>68%</td>
</tr>
<tr>
<td>Drugs</td>
<td>72%</td>
<td>70%</td>
</tr>
</tbody>
</table>
WHAT SALSUS CAN TELL US ABOUT YOUNG PEOPLE

SCHOOL AND ASPIRATIONS AFTER SCHOOL

Over one in three 15 year olds (34%) and one in four 13 year olds (24%) stated that they did not like school ‘very much or at all’ at the moment.

41% of 15 year olds and 15% of 13 year olds reported feeling strained or pressured by their schoolwork ‘a lot of the time.’

Over one in three 15 year olds (38%) and over one in four 13 year olds (29%) have truanted at least once in the past year.

Less than one in ten pupils reported being excluded since starting secondary school (10% of 15 year olds and 8% of 13 year olds).

Nearly three quarters of pupils (72%) thought they were most likely to go to University or Further Education College when they left school.
The majority of pupils (64%) reported that they live with both their parents.

Around ¼ of pupils (23%) reported that they live with a single parent.

About 1 in 10 pupils (9%) reported that they live with one parent and a step-parent.

Pupils thought that their mother knew more about their activities and friends than their father.

Knows ‘a lot’ about who my friends are: 70% 43%

Knows ‘a lot’ about how I spend my money: 66% 47%

Knows ‘a lot’ about where I go after school: 86% 58%

Knows ‘a lot’ about where I go at night: 74% 58%

Knows ‘a lot’ about what I do in my free time: 65% 51%
The **most popular** weekly leisure activities among pupils of both ages were:

- Listening to music (92%)
- Going online & using social networking sites (85%)
- Seeing their friends (84%)
- Watching films/DVDs (79%)
- Going to a friend’s house (69%)

The **least popular** weekly leisure activities among pupils of both ages were:

- Going to a museum or gallery (5%)
- Going to a theatre or concert hall (6%)
- Going to a public library (8%)
- Going to a concert or gig (8%)
- Going to church, mosque or temple (13%)
SPENDING MONEY AND SUBJECTIVE WEALTH

Most commonly, pupils reported having sums of **between £5 and up to £20 per week to spend** (51% of 15 year olds and 55% of 13 year olds).

Around a third of 15 year olds (34%) and one in five 13 year olds (20%) reported having **£20 or more to spend per week**.

6% of pupils thought their family/the people they live with are ‘not/not at all well off’.

12% of 15 year olds and 13% of 13 year olds reported **receiving free school meals** or vouchers for free school meals.
**PHYSICAL AND MENTAL HEALTH**

The *majority* of 15 and 13 year old pupils in Scotland *report being in good physical health* (83% of 15 year olds and 88% of 13 year olds reported that their health was either good or very good).

Over one in ten pupils (14%) reported a long standing physical or mental health condition or illness lasting/expected to last 12 months or more. The majority of these pupils reported that it affected their day to day activities.

15% of 15 year olds and 13% of 13 year olds had ‘abnormal’ overall difficulties scores (as measured by the Goodman Strength and Difficulties scale*).

Pupils who were regular smokers, drank alcohol in the last week or took drugs in the last month were more likely to receive a lower WEMWBS** score.

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* The Goodman Strengths and Difficulties Scale identifies emotional and behavioural problems in children and adolescents. Further information can be found at: [www.sdqinfo.com](http://www.sdqinfo.com).

** The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) is used to measure mental well-being. Further information can be found on the [Health Scotland website](http://www.healthscotland.gov.uk).
### LIFESTYLE AND SUBSTANCE USE

Compared to pupils who had never used substances, regular smokers, those who drank in the last week and those who used drugs in the last month were:

1. More likely to say that their parents didn’t know about their friends and activities.
2. More likely to have friends of mixed ages and to spend more evenings in the week with their friends.
3. More likely to say that they spent time ‘hanging around the street’.

Compared to pupils who had used substances, those who had never smoked, never drunk alcohol and never taken drugs were:

1. More likely to say that they like school and less likely to report feeling strained or pressured by schoolwork ‘a lot of the time’.
2. More likely to rate their health as ‘good or very good’ and to report better ‘mental well-being’.
3. More likely to read books, do a hobby, do art or play a musical instrument.
APPENDIX A: SURVEY DETAILS

SURVEY METHODOLOGY AND RESPONSE RATES
The fieldwork for the 2013 SALSUS was conducted between September 2013 and March 2014. The survey sampled pupils in Secondary 2 (S2) and Secondary 4 (S4) in Scotland. At the time of the survey pupils were mainly 13 or 15 years of age respectively. All local authority and independently-funded schools with pupils in the target age groups were eligible for inclusion in the survey, with the exception of schools for children with special educational needs. The survey was conducted in schools using a class-based design. All pupils in selected classes were asked to complete a confidential self-completion questionnaire administered in the classroom. Further details on the survey methods are available in the Technical Report.

SURVEY QUESTIONNAIRE CHANGES
The 2013 survey questions are similar to those used in the previous survey, carried out in 2010. However, some changes were made to reflect feedback from a SALSUS user/stakeholder consultation which was undertaken in the autumn of 2012. The questionnaire and details of these changes are available in the Technical Report and on the SALSUS web pages.

RELATED SURVEYS
The latest annual survey of Smoking, drinking and drug use among young people in England in 2013 was published in July 2014 by the NatCen Social Research and National Foundation for Educational Research (NFER). This survey covers similar information to that published in SALSUS but please note that care should be taken when attempting to make direct comparisons between this survey and the SALSUS findings due to differences in question wording and in the age group of pupils included in each survey. Other relevant surveys include Health Behaviour in School-aged Children (HBSC), Northern Ireland Lifestyle and Coping Survey, the Scottish Health Survey and (for smoking) the Welsh Health Survey.
Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) 2013
National Overview  | 2013

The SALSUS 2013 questionnaire comprised a mix of mandatory questions (asked of all pupils) and sub-questions, to be answered only if relevant to a previous response, for example, if the young person stated that they had ‘ever’ taken drugs.

The survey contained questions on the prevalence and frequency of substance use. Responses to these questions were used to group pupils into ‘regular smokers’ (i.e. pupils who said they usually smoke at least one cigarette a week), ‘those drinking in the last week’ (i.e. pupils who reported that they drank alcohol in the week before the survey) and those who had ‘used drugs in the last month’. In the diagram looking at use of more than one substance (page 7) ‘weekly drinkers’ (i.e. pupils who reported that they usually drink alcohol at least once a week) has been used as this is looking at regular use of any substance.

Questions asked as part of SALSUS are not all the same across the different substances and, as such, some comparisons across substances are not possible. Where comparisons are made it should be noted that there may be slight differences in question wording.

All percentages are based on those pupils who gave a valid response to each question and are rounded to the nearest whole number, so may not total 100%. Some pupils did not answer each question. These ‘no answers’ have been excluded from the analysis and so tables that describe the same population may have varying bases. A small number of pupils omitted to report their gender. Therefore, the sum of the bases for boys and girls does not necessarily correspond to the bases for ‘all pupils’ in the same age group.

The characteristics of the pupils who took part in the survey were compared with the school census data to ensure that the survey results are representative of the population as a whole. Non-response weightings were applied to take any differences into consideration to ensure that data was not biased in favour of the groups that did participate.

While there are associations between many of the behaviours explored in this report, firm conclusions about causality cannot be drawn. This is because association implies neither causality nor the direction of effects. For example, where pupils who use drugs are more likely than those who have never used drugs to have truanted or to have been excluded, it is not clear whether playing truant or being excluded makes the pupils more likely to take drugs, or if those who already take drugs are more likely to start playing truant or to be excluded from school.

Further information on survey response rates, questionnaire changes, related surveys, the survey methodology and further notes to aid interpretation can be found in the 2013 SALSUS Technical Report.

APPENDIX B: NOTES TO AID INTERPRETATION
APPENDIX C: IMAGE COPYRIGHTS

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