SMOKING
Among 13 and 15 year olds in Scotland 2013
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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S1 KEY FINDINGS

PREVALENCE

- The proportion of 13 and 15 year olds who reported being regular smokers in 2013 was the lowest since the survey series began in 1982 (2% of 13 year olds and 9% of 15 year olds).
- The majority of pupils reported that they were non-smokers (97% of 13 year olds and 87% of 15 year olds reported that they were non-smokers).
- The proportion of pupils who reported that they had never smoked increased from 45% in 2002 to 76% in 2013.

SOURCE OF CIGARETTES

- For 13 year old regular smokers, the most common source was being ‘given cigarettes’ (50%) while, for 15 year old regular smokers, the most commonly reported source of cigarettes was that they ‘get someone else to buy them for me’ (56%).
- Between 2010 and 2013 there was a drop in the percentage of regular and occasional smokers in both age groups reporting that they had successfully purchased cigarettes from a shop in the last four weeks (among regular smokers, 23% of 13 year olds and 42% of 15 year olds in 2013, compared to 52% and 55% respectively in 2010).

SMOKING DEPENDENCE AND ATTITUDES TO SMOKING

- Two-fifths (41%) of regular smokers would like to give up smoking.
- For both 13 year olds and 15 year olds the proportion thinking that it was ‘ok’ to try smoking has decreased compared to 2010; from 29% in 2010 to 18% in 2013 among 13 year olds and from 63% in 2010 to 49% in 2013 for 15 year olds.

E-CIGARETTES AND MUCH CHEAPER TOBACCO

- Around a third (31%) of regular smokers reported that at least some of the cigarettes they smoked were ‘much cheaper tobacco’ or ‘fake fags’.
- 15 year olds were more likely to have tried or used e-cigarettes; 17% of 15 year olds reported trying or using e-cigarettes compared to 7% of 13 year olds.

EXPOSURE TO SECOND-HAND SMOKE

- Nearly a quarter (24%) of all pupils reported that someone smoked in their home either every day or most days.
- Seven per cent of all pupils reported that when they were travelling by car someone smoked inside the vehicle during all or most journeys; a further 15% reported someone smoking sometimes.

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1 Smoking prevalence shows the proportion (percentage) of the population who smoke.
2 Prior to 2002, figures on ‘never smoked’ not available.
S2 INTRODUCTION

This report presents the tobacco use findings from the 2013 Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS). This survey is the primary source of data on substance using behaviour among young people in Scotland.

S2.1 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 SALSUS also provides information on substance use for local areas3. 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. For more examples of how the information from the survey is used please see the ScotPHO local area profiles and the SALSUS web pages.

The Information Services Division (ISD) of NHS National Services Scotland was commissioned by the Scottish Government (SG) to carry out the analysis and reporting for the 2013 SALSUS survey. The survey fieldwork was undertaken by Ipsos MORI Scotland.

S2.2 POLICY CONTEXT - SCOTLAND’S TOBACCO CONTROL STRATEGY

Whilst the number of people who smoke has declined since 1999, smoking remains the primary preventable cause of ill health and premature death in Scotland and smoking rates amongst adults in the most deprived communities remain disproportionately high4. In recognition of the harm caused by smoking in Scotland, the Scottish Government is taking forward a ‘Tobacco Control Strategy – Creating a Tobacco-Free Generation’.

Published on 27th March 2013, this Strategy sets out a five year plan for action across the key themes of: health inequalities; prevention; protection and; cessation. It also recognises that a key factor in achieving targets to reducing smoking prevalence among adults in Scotland will be to maintain the downward trend in take-up of smoking among young people. In addition, one of the Strategy’s priorities is to reduce children’s exposure to second-hand smoke in enclosed spaces, particularly in the home and in cars. The Tobacco Control Strategy builds on previous legislative and policy initiatives including: A Breath of Fresh Air for Scotland – Improving Scotland’s Health: The Challenge – Tobacco Control Action Plan 2004; Smoking, Health and Social Care (Scotland) Act 2005 (which banned smoking in public places from 6th March 2006); Scotland’s Future is Smoke Free: A Smoking Prevention Action Plan 2008; and The Tobacco and Primary Medical (Scotland)

3 Previous local surveys were carried out in 2002, 2006 and 2010.
4 http://www.scotland.gov.uk/Publications/2012/08/5277/10
Smoking 2013 Act 2010 (which contained measures aimed specifically at reducing the attractiveness and availability of tobacco to under 18s). Building on the Tobacco Control Strategy, the Scottish Government published A Consultation on Electronic Cigarettes and Strengthening Tobacco Control in Scotland in October 2014. Further information on smoking related policy in Scotland is available on the NHS Health Scotland Tobacco web pages.

Figure S1: Scottish Tobacco Policy Timeline; 2002 – present

S2.3 SALSUS 2013 REPORTING STRUCTURE

For the 2013 SALSUS, the reporting structure has been revised. The previous National Report has been replaced by a National Overview summarising the main survey findings. This National Overview is supported by three reports covering 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 allowing local areas to benchmark trends in substance use. All of these documents, along with the survey questionnaire and a technical report, are available on the SALSUS web pages.

S2.4 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 (110,984 eligible pupils\(^5\)). 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. In total, 33,685 pupils across 283 schools participated in the 2013 SALSUS (30% of all eligible pupils).

\(^5\) Number of eligible pupils sourced from the 2012 pupil census for local authority schools and the 2009 census for independent schools. Excludes pupils in schools dedicated to children with Additional Support needs.
The overall response rate\(^6\) (based on those sampled) was 60%, which was slightly lower than in 2010 (62%). Further details on the survey methods are available in the Technical Report.

**S2.5 SURVEY QUESTIONNAIRE CHANGE**

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 by the Scottish Government in the autumn of 2012. The changes to the tobacco related questions in 2013 are available in the Technical Report and on the SALSUS web pages, along with a copy of the questionnaire.

**S2.6 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), the Northern Ireland Lifestyle and Coping Survey, the Scottish Health Survey, and the Welsh Health Survey.

**S2.7 NOTES TO AID INTERPRETATION**

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’ smoked.

For the purposes of reporting, S2 pupils are referred to as “13 year olds” and S4 pupils are referred to as “15 year olds”. While most pupils in S2 are 13 years old, and most pupils in S4 are 15 years old, some pupils are slightly older or younger.

Where differences between estimates are specifically commented on in this report, these differences are statistically significant. For example, reporting that ‘the prevalence of regular smokers was higher in girls than boys…’ would indicate that this difference between the genders is statistically significant at the 5% level. The report commentary focuses on the main statistically significant differences of note and does not cover all statistically significant differences.

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 smoke are more likely than those who do not smoke to have truanted or to have been excluded, it is not clear whether playing truant or being excluded makes the pupils more likely to smoke, or if those who already smoke are more likely to start playing truant or to be excluded from school.

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\(^6\) The overall response rate is calculated as the product of the class and pupil response rates.
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 smoking section of the survey contained a prevalence question. Using responses to this question, pupils were classified as ‘regular smokers’ (defined as usually smoking at least one cigarette a week), ‘occasional smokers’ (defined as currently smoking but less than one cigarette a week) or ‘non-smokers’ (pupils who had never smoked or who were not current smokers).

Further information on the survey methodology can be found within the 2013 SALSUS Technical Report.
S3 SMOKING PREVALENCE, TRENDS, CONSUMPTION AND PATTERNS

S3.1 SMOKING PREVALENCE

Pupils were asked if they smoke cigarettes at all and then asked to select a statement which best described their current smoking status.

**Smokers: Regular smokers (usually smoke at least one cigarette per week)**

Two per cent of 13 year olds and 9% of 15 year olds were classed as ‘regular’ smokers in 2013.

- There were no differences between boys and girls in either age group.

**Smokers: Occasional smokers (sometimes smoke cigarettes but less than one a week)**

One per cent of 13 year olds and 4% of 15 year olds described themselves as an ‘occasional’ smoker.

- A larger proportion of 15 year old girls described themselves as an ‘occasional’ smoker than boys (5% compared with 3%). There were no differences between 13 year old boys and girls.

**Non-smokers: Used to smoke**

Two per cent of 13 year olds and 6% of 15 year olds said that they used to smoke but do not currently smoke.

- There was no difference between boys and girls reporting that they used to smoke in either age group.

**Non-smokers: Tried smoking once**

Eight per cent of 13 year olds and 15% of 15 year olds had tried smoking once.

- For 13 year olds, more boys reported having tried smoking once than girls (9% compared to 6%).
- By contrast, for 15 year olds, more girls had tried smoking once than boys (17% compared to 14%).

**Non-smokers: Never smoked**

Over four fifths of 13 year olds (87%) and two thirds of all 15 year olds (66%) reported that they had never smoked.

- Among 13 year olds, girls were more likely to have never smoked than boys (89% compared to 86% of boys).
- However, at 15 years old, it was boys who were more likely never to have smoked than girls (69% compared to 63% of girls).

Table S1 and Figure S2
Figure S2: Smoking prevalence; by age group, Scotland, 2013

Non-smoker*  13 year olds: 97%  15 year olds: 87%
Occasional smoker  13 year olds: 4%  15 year olds: 1%
Regular smoker  13 year olds: 2%  15 year olds: 9%

* Non-smoker group includes pupils who have never smoked, pupils who have tried smoking once and pupils who used to smoke.

Source: SALSUS 2013
Base: All pupils

S3.2 TRENDS IN SMOKING PREVALENCE

As in previous surveys in this series, smoking prevalence was found to increase with age (i.e. 15 year olds were more likely to be regular smokers than 13 year olds). Since 2010, regular smoking has reduced amongst both age groups and levels are now the lowest they have been since the survey began in 1982.

- Regular smoking amongst 13 year olds has decreased from 3% in 2010 to 2% in 2013.
- A decrease was also seen in 15 year olds, from 13% reporting regular smoking in 2010 to 9% in 2013.
- From 1982 to 1994, smoking prevalence among 13 year old boys increased from 8% to 11% and thereafter has gradually declined to 2% in 2013. Among 13 year old girls, smoking prevalence has gradually declined from 10% in 2000 to 2% in 2013.
- Among 15 year olds, regular smoking prevalence peaked at 34% for girls (in 1984) and 30% for boys (in 1996), and has now declined to 8% for boys and 9% for girls.

Tables S2a & S2b and Figure S3

Since 2002\(^7\), there has been an increase in the proportion of pupils (of both ages and genders) who had never smoked.

- In 2013, 87% of 13 year olds reported that they had never smoked, compared to 79% in 2010 and 53% in 2002\(^7\).
- Two-thirds (66%) of 15 year olds reported that they had never smoked in 2013, increasing from 55% in 2010 and from 36% in 2002\(^7\).

Tables S3a & S3b

\(^7\) Figures on 'never-smoked' not available prior to 2002.
Figure S3: Percentage of pupils who were regular smokers; by age group and gender, Scotland, 1982-2013

Base: All pupils.

S3.3 NUMBER OF CIGARETTES SMOKED

Regular and occasional smokers were asked how many cigarettes they had smoked on each day in the last week. The number reported for each day was used to calculate the total for the week. Findings on the number of cigarettes smoked in a week are presented as both the mean and median number. The mean figure is influenced by a relatively small number of individuals who reported smoking an extremely large number of cigarettes in the last week, so the median (or mid-point) may provide a more accurate measure.

Regular smokers - Number of cigarettes smoked in the last week

Along with increased prevalence of smoking with age, the number of cigarettes smoked by regular smokers was higher in the older age group as was the case in 2010.

- Thirteen year old regular smokers reported smoking a median of 10 cigarettes a week (mean 34); 15 year old regular smokers reported smoking a median of 34 cigarettes a week (mean 46).
- In both age groups there were no significant differences between boys and girls based on the median number of cigarettes smoked.
- The median number of cigarettes smoked by 13 year olds had dropped from 25 in 2010 to 10 in 2013 and for 15 year olds the median number of cigarettes smoked had dropped from 39 in 2010 to 34 in 2013.
Figure S4: Median number of cigarettes smoked in the last week; regular smokers, by age group, Scotland, 2010-2013

A larger proportion of regular smokers are smoking fewer cigarettes compared to 2010.

- This was particularly the case for 13 year olds (38% of 13 year olds and 16% of 15 year old regular smokers in 2013 reported smoking fewer than 7 cigarettes in the last week compared to 12% of 13 year olds and 10% of 15 year olds in 2010).

- A quarter (25%) of 15 year old regular smokers reported smoking 70 or more cigarettes in the last week while a smaller proportion of 13 year olds reported smoking large numbers of cigarettes (13% reported smoking 70 or more cigarettes in the last week).

Table S4: Occasional smokers - Number of cigarettes smoked in the last week

A large percentage of those who said that they were only occasional smokers (sometimes smoke cigarettes but not as many as one a week) reported that they had smoked at least one cigarette in the last week in response to this question.

- Seventy-seven per cent of 13 year old and 64% of 15 year old ‘occasional’ smokers reported smoking at least one cigarette in the past week.

This suggests that, when describing their usual smoking behaviour, occasional smokers underestimate their smoking habit.

Table S4
S3.4 WHERE PUPILS USUALLY OBTAIN CIGARETTES

In April 2013, changes were introduced to the display of tobacco and cigarette products in retail outlets, following the Tobacco and Primary Medical Services (Scotland) Act 2010. Regulations in force from 29th April 2013 mean that in large shops it is illegal to display tobacco and smoking related products, and that there are restrictions on display of pricing for these products. This does not yet apply to smaller retailers but will from April 2015. Sales from self-service tobacco vending machines were also banned within this legislation; therefore this option was removed from the survey question.

The legal age for buying cigarettes in Scotland rose from 16 to 18 in October 2007. It became illegal to sell cigarettes to anyone under the age of 18 from this date. In addition, from 1st April 2011, it became an offence for an adult to buy cigarettes on behalf of an under 18 (’proxy purchase’).

As it is important to continue to monitor where pupils obtain their cigarettes, smokers (both regular and occasional smokers) were asked to indicate, from a list of possible sources, how they usually obtained their cigarettes/tobacco (abbreviated to cigarettes below). Pupils could select more than one response.

There were changes made to the wording of this question and the response options in 2013, to highlight the distinction between cigarettes bought and those obtained without payment. These changes impact on the comparisons that can be made with the results from the previous survey carried out in 2010 (please refer to the Technical Report for more detail).

Regular and occasional smokers in both age groups reported that their most common source of cigarettes was obtaining them from others, either by being given them or getting others to purchase them.

Regular smokers (2% of 13 year olds and 9% of 15 year olds)

For 13 year old regular smokers, the most common source was being ‘given cigarettes’.

- Half (50%) of 13 year old regular smokers reported that they were usually ‘given cigarettes’.
- Forty-four per cent of 13 year old regular smokers were given cigarettes by a friend. A smaller number reported being given cigarettes by siblings (8%) and by a parent/carer (6%).

Nearly two fifths (39%) of 13 year old regular smokers said that they ‘got someone else to buy them for me’ which was lower than the proportion who reported obtaining cigarettes in this way in 2010 (54%).

- Between 2010 and 2013, the proportion of 13 year old regular smokers who said they asked an adult they don’t know to buy them cigarettes from a shop decreased from 35% to 21%.
- Eighteen per cent of 13 year old regular smokers asked an adult they knew to buy them cigarettes. There was no significant difference in the proportion of 13 year olds who reported obtaining cigarettes in this way between 2010 and 2013.
- Twelve per cent of 13 year old regular smokers reported that they asked someone else under 18 to buy them cigarettes, down from 18% in 2010.
Around one third (32%) of 13 year old regular smokers reported that they buy cigarettes from other people.

- Nearly one quarter (24%) said that they bought cigarettes from friends or relatives.
- Thirteen per cent said that they bought cigarettes from someone else.

Other sources of cigarettes for 13 year old regular smokers were ‘taking cigarettes without asking’, reported by 17%, and buying from a shop, reported by 15%.

- For those who bought from a shop, 9% had bought from a newsagent, tobacconist or sweet shop, 5% from a supermarket, 4% from a garage shop and 5% from some other type of shop.
- The proportion of 13 year old regular smokers who reported buying cigarettes from shops decreased from 46% in 2010 to 15% in 2013.

Table S7a and Figure S5

Figure S5: Source of cigarettes; regular smokers, by age group, Scotland, 2013

Source: SALSUS 2013
Base: Regular smokers

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8 Please note that the wording of these response options changed between 2010 and 2013 – see Technical Report for more details.
For 15 year old regular smokers the most commonly reported source of cigarettes was that they ‘get someone else to buy them for me’ (56%).

- A third (33%) of 15 year old regular smokers asked an adult they knew to buy them cigarettes, while 28% asked an adult they didn’t know to buy them cigarettes.
- Twelve per cent asked someone else under 18 to buy them cigarettes, down from 16% in 2010.

**Other sources of cigarettes for 15 year old regular smokers were being given cigarettes (45%), buying from shops (31%) and buying cigarettes from other people (24%).**

- Of those who were ‘given cigarettes’ 38% were given them by a friend. A smaller number were given cigarettes by a parent/carer (9%) and siblings (8%).
- For those buying from shops, 23% had bought from a newsagent, tobacconist or sweet shop, 7% from a supermarket, 3% from a garage shop and 5% from some other type of shop.
- The proportion of 15 year old regular smokers buying cigarettes from shops dropped from 54% in 2010 to 31% in 2013.

**There were some differences in where boys and girls usually obtained their cigarettes.**

- Fifteen year old girls who were regular smokers were more likely than boys of the same age who were regular smokers to get someone else to buy them cigarettes (60% compared to 52%).
- While 15 year old girls who were regular smokers were more likely to ask a known adult to buy them cigarettes (38% compared to 27%), 15 year olds boys who were regular smokers were more likely to ask an unknown adult (31% compared to 25%).
- Fifteen year old girls were also more likely than boys the same age to buy from other people (28% compared to 20%) and to be given cigarettes (50% compared to 39%).
- Among 13 year olds, boys were more likely to buy from shops than girls (22% compared to 8%).

**Occasional smokers (1% of 13 year olds and 4% of 15 year olds)**

**Occasional smokers were most likely to be given cigarettes by others, particularly friends.**

- Of those who reported that they were occasional smokers, 61% of 13 year olds and 64% of 15 year olds said they were usually given cigarettes.
- Fifty-eight per cent of 13 year old occasional smokers and 62% of 15 year old occasional smokers usually got them from friends.
- Girls were more likely than boys to say they got cigarettes from friends. This was most noticeable in 13 year old occasional smokers where 66% of girls compared to 46% of boys said they were usually given cigarettes by friends (for 15 year old occasional smokers the figures were 66% of girls compared with 54% of boys).
Occasional smokers were less likely to report usually purchasing cigarettes from shops than regular smokers.  

- Four per cent of 13 year old occasional smokers reported that they usually purchased cigarettes from shops compared to 15% of regular smokers.
- For 15 year olds the figures were 14% of occasional smokers usually purchasing from shops compared to 31% of regular smokers.
- The proportion of occasional smokers, in both age groups, who reported purchasing cigarettes from shops decreased between 2013 and 2010.

Occasional smokers were also less likely to report getting someone else to buy cigarettes for them.

- Twenty-three per cent of 13 year old and 24% of 15 year old occasional smokers reported getting someone else to buy cigarettes, compared to 39% and 56% of regular smokers.

S3.5 ATTEMPTS TO PURCHASE CIGARETTES

As previously stated, the legal age for buying cigarettes in Scotland rose from 16 to 18 in October 2007 when it became illegal to sell cigarettes to anyone under the age of 18. To monitor whether pupils are still obtaining cigarettes from shops, a question was added to the 2010 SALSUS questionnaire specifically asking about pupils’ recent experiences of purchasing cigarettes.

Pupils who ‘smoked at all’ were asked whether they had bought/ tried to buy cigarettes from any kind of shop, supermarket or van in the four weeks prior to the survey.

Regular smokers

Between 2010 and 2013 there was a drop in the percentage of regular smokers, in both age groups, reporting that they had successfully purchased cigarettes from a shop in the last four weeks. There was a corresponding rise in the percentage of regular smokers reporting that they had never tried to buy from a shop, supermarket or van.

- Among regular smokers, the percentage successfully purchasing from a shop in the last four weeks dropped; from 52% in 2010 to 23% in 2013 for 13 year olds; and from 55% in 2010 to 42% in 2013 for 15 year olds.
- The percentages reporting never having tried to buy from a shop rose from 21% of 13 year old regular smokers in 2010 to 46% in 2013. For 15 year old regular smokers it rose from 18% to 29%.

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9 Please note that the wording of these response options changed between 2010 and 2013 – see Technical Report for more details.
Only two-fifths (39%) of regular smokers reported that they had bought cigarettes from a shop, supermarket or van in the last four weeks.

- Twenty-three per cent of 13 year old and 42% of 15 year old regular smokers had successfully bought cigarettes.
- A further 7% of 13 year old and 9% of 15 year old regular smokers had tried to purchase from a shop but had been refused.
- Twenty-four per cent of 13 year old regular smokers and 19% of 15 year old regular smokers had not tried to buy cigarettes from a shop in the last four weeks.
- Forty-six per cent of 13 year old and 29% of 15 year old regular smokers reported that they had never tried to purchase cigarettes from a shop, supermarket or van.

15 year old boys and girls differ in their purchasing behaviour in relation to buying cigarettes from shops, supermarkets or vans.

- Among 15 year old regular smokers, boys were far more likely than girls to report buying cigarettes from a shop, supermarket or van in the last four weeks (47% compared with 38%).
- For regular smokers, 15 year old girls were more likely to have never tried to purchase cigarettes from a shop than 15 year old boys (34% of girls compared to 25% of boys).

Table S8
Occasional smokers

As for regular smokers, between 2010 and 2013 there was a drop in the percentage of occasional smokers, in both age groups, reporting that they had successfully purchased cigarettes from a shop in the last four weeks.

- Among occasional smokers, the percentage successfully purchasing cigarettes from a shop in the last four weeks dropped; from 16% in 2010 for both age groups to 8% for 13 year olds and 12% for 15 year olds in 2013.

- The percentages reporting never having tried to buy cigarettes from a shop rose from 21% of 13 year old regular smokers in 2010 to 46% in 2013. For 15 year old regular smokers it rose from 18% to 29%. There was an increase in the proportion of 15 year old occasional smokers reporting never having tried to buy cigarettes from a shop (from 51% 2010, rising to 59% in 2013).

One-tenth (11%) of occasional smokers reported that they had bought cigarettes from a shop, supermarket or van in the last four weeks.

- Occasional smokers were much less likely than regular smokers to have purchased cigarettes from a shop, supermarket or van in the last four weeks (8% of 13 year olds and 12% of 15 year olds).

- Thirty-two per cent of 13 year old and 28% of 15 year old occasional smokers reported that they had not tried to buy cigarettes from a shop in the last four weeks.

- For 15 year old occasional smokers a much larger percentage reported that they had never tried to buy cigarettes from a shop compared to regular smokers of the same age (59% compared to 29%).

15 year old boys and girls differ in their purchasing behaviour in relation to buying cigarettes from shops, supermarkets or vans.

- Fifteen year old girls who were occasional smokers were more likely to have never tried to purchase cigarettes from a shop than 15 year old boys (62% of girls compared to 53% of boys).

Table S8

Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) 2013
The following new question was added to the survey in 2013: ‘Some tobacco is MUCH CHEAPER than the kind normally found in shops because it is fake, smuggled into the country to avoid tax, or brought back from holiday then sold on to others. Sometimes these are called ‘fake fags’. Of the cigarettes that you smoke, how much of it is what we have described as ‘MUCH CHEAPER tobacco’ or ‘fake fags’?’

Around a third of regular smokers reported that at least some of the cigarettes they smoked were ‘much cheaper tobacco’ or ‘fake fags’.

- Five per cent said that ‘all’ of their cigarettes were ‘much cheaper tobacco’ or ‘fake fags’, 4% that ‘most’ was and 22% that ‘some’ was.
- Thirty-three per cent did not know if the cigarettes they smoke were ‘much cheaper tobacco’ or ‘fake fags’.
- Thirty-six per cent reported that ‘none’ of the cigarettes they smoke were ‘much cheaper tobacco’ or ‘fake fags’.

Table S9 and Figure S7

Figure S7: Percentage of cigarettes purchased that were ‘much cheaper tobacco’ or ‘fake fags’; regular smokers of both age groups, Scotland 2013

Proportion of cigarettes bought that were ‘Much cheaper tobacco’ or ‘fake fags’

- None, 36%
- Some, 22%
- Most, 4%
- All, 5%
- Don’t know, 33%
S3.7 WEEKLY SPENDING MONEY

All pupils were asked: ‘How much money of your own do you have most weeks to spend as you like?’

Most commonly, pupils reported having sums between £5 and up to £20 per week to spend (55% of 13 year olds and 51% of 15 year olds). One in five 13 year olds (20%) and a third of 15 year olds (34%) reported having £20 or more to spend per week.

Regular smokers were more likely than their non-smoking peers to report having £20 or more of their own money to spend as they liked most weeks.

- Among 13 year olds, 40% of regular smokers had at least £20 of their own money to spend as they liked most weeks, compared with 20% of non-smokers.
- Similarly among 15 year olds, 43% of regular smokers had £20 or more of their own money to spend each week, compared with 33% of non-smokers.

S3.8 AWARENESS OF CIGARETTE COSTS

Pupils were asked to state the cost of a packet of 20 cigarettes. As the cost of cigarettes varies both over time and between brands/shops there is no single correct answer to this question. However, the recommended retail price of a typical packet of cigarettes, estimated to be £7.72, may serve as a guide.

Regular and occasional smokers were more likely than non-smokers to say that a packet of 20 cigarettes cost between £7.00 and £7.99.

- Forty-one per cent of regular smokers and 31% of occasional smokers said that a packet of cigarettes cost between £7.00 and £7.99, compared to 20% of non-smokers. This was the most common response for regular and occasional smokers.
- Overall, 82% of regular smokers and 71% of occasional smokers said that a packet of cigarettes cost between £6.00 and £8.99, which is likely to reflect the variation in cost of different cigarettes. This compared to 47% of non-smokers placing the cost of a packet of cigarettes in this range.

Table S10

Table S11 and Figure S8

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Figure S8: How much pupils thought a packet of 20 cigarettes cost; both age groups, by smoking status, Scotland, 2013

Source: SALSUS 2013
Base: All pupils

Non-smokers were more likely to report a higher cost for a packet of cigarettes than both regular and occasional smokers.

- Twenty per cent of non-smokers thought a packet of cigarettes cost £10 or more, compared to 11% of occasional smokers and 4% of regular smokers.

Table S11 and Figure S8
S3.9 AWARENESS OF CIGARETTE BRANDS

In April 2013, following the Tobacco and Primary Medical Services (Scotland) Act 2010, changes were introduced to the law regarding the display of tobacco and cigarette products in retail outlets. The new regulations mean that it is illegal to display tobacco and smoking related products in large shops, and that there are restrictions on the display of pricing for these products. This does not yet apply to smaller retailers but will come into effect from April 2015. Sales from self-service tobacco vending machines were also banned within this legislation.

As in previous surveys, pupils were asked to name up to four makes or brands of cigarettes that they had either seen or heard of to monitor their brand awareness. The responses of a random sample of one in three pupils were coded and analysed. The number of genuine cigarette brands named by each pupil was then established (brands of cigars or rolling tobacco/papers named by pupils were excluded).

Pupils who smoked were more likely to name a greater number of cigarette brands than pupils who did not smoke.

- Forty per cent of 13 year old and 65% of 15 year old regular smokers named four cigarette brands, compared to 4% of 13 year olds and 7% of 15 year olds who had never smoked.

Table S12 and Figure S9

Figure S9: Number of cigarette brands named; both age groups, by smoking status, Scotland, 2013

Source: SALSUS 2013
Base: Regular smokers, occasional smokers and those who had never smoked

Overall the proportion of pupils who could name two or more brands had decreased since 2010.

- In 2010 67% of 15 year olds could name two or more brands, compared to 54% in 2013.
- For 13 year olds, while in 2010 47% could name two or more brands, this had reduced to 34% in 2013.

Table S12
For both regular smokers and non-smokers, the proportion who did not name any brands has increased.

- In 2010 less than 1% of regular smokers did not name any brands, while in 2013 6% of 13 year old and 4% of 15 year old regular smokers did not name any brand.
- For those who had never smoked, the percentage not naming any brand increased from 20% of 13 year olds in 2010 to 29% in 2013; and for 15 year olds from 11% in 2010 to 18% in 2013.

### S3.10 SMOKING DEPENDENCE AND QUITTING SMOKING

#### Age when first smoked a cigarette

All pupils were asked ‘How old were you when you first smoked a cigarette (more than a puff)’. Pupils also had the option to respond ‘never’.

- For 13 year olds the mean age to have first smoked a cigarette was 12 years; for 15 year olds the mean age when they first smoked was 13 years.

Pupils who identified themselves as regular smokers (i.e. smoking at least one cigarette per week) were asked several questions which aimed to establish the extent to which they were dependent on smoking and also whether they wanted to/had attempted to quit smoking.

#### How long regular smokers had been smoking for

Regular smokers were asked how long it was since they started smoking at least one cigarette a week.

- More than half of regular smokers (56%) said they had been smoking at least one cigarette per week for over a year.
- The percentage of regular smokers who said they had been smoking at least one cigarette per week for over a year increased with age: two-fifths (41%) of 13 year old regular smokers compared with nearly three-fifths (58%) of 15 year old regular smokers.

**Figure S10: Length of time that regular smokers have been smoking; by age group, Scotland, 2013**

<table>
<thead>
<tr>
<th>Duration</th>
<th>13 year olds</th>
<th>15 year olds</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than 3 months</td>
<td>22%</td>
<td>11%</td>
</tr>
<tr>
<td>3-6 months</td>
<td>16%</td>
<td>11%</td>
</tr>
<tr>
<td>6 months to 1 year</td>
<td>21%</td>
<td>19%</td>
</tr>
<tr>
<td>More than one year</td>
<td>41%</td>
<td>58%</td>
</tr>
</tbody>
</table>

Source: SALSUS 2013
Base: Regular smokers
Perceived difficulty of quitting smoking

Regular smokers were asked how easy or difficult they would find it to give up smoking altogether if they wanted to.

The majority of regular smokers (61%) thought they would find it ‘fairly difficult’ or ‘very difficult’ to stop smoking. The perceived difficulty of giving up smoking was greater for those who had been smoking for a longer period of time and those who smoke a larger number of cigarettes.

- Less than half (44%) of those who had smoked for a year or less thought that giving up smoking would be ‘fairly difficult’ or ‘very difficult’, compared to 76% of those who had smoked for more than one year.
- While only 22% of regular smokers who had smoked between one and six cigarettes in the last week thought it would be ‘fairly difficult’ or ‘very difficult’ to give up, for those who had smoked 71 or more cigarettes, 77% thought it would be ‘fairly difficult’ or ‘very difficult’ to give up.

Table S15, S16 & S17 and Figure S11

Figure S11: Perceived difficulty of quitting smoking; regular smokers of both age groups, by length of time smoking, Scotland, 2013

Source: SALSUS 2013
Base: Regular smokers
Giving up smoking

Regular smokers were asked if they would like to give up smoking and if they had ever tried to give up smoking?

Two-fifths (41%) of regular smokers would like to give up smoking.

- One-fifth (22%) of regular smokers did not want to give up, while the remaining two-fifths (37%) did not know if they wanted to give up.

- Among 13 year old regular smokers, over half (53%) of boys want to give up smoking, compared to a third (35%) of girls. There was no significant difference between boys and girls for 15 year old regular smokers (39% of boys and 41% of girls would like to give up).

- Nearly two-thirds (62%) of regular smokers have tried to give up smoking.

- Thirteen year old boys were more likely to have tried to give up than girls the same age (63% compared to 50%).

- Of regular smokers who want to give up, 84% have tried to give up smoking in the past.

Table S18, S19 & S20 and Figure S12

Figure S12: Regular smokers who would like to give up and have tried to give up; both age groups, Scotland, 2013

<table>
<thead>
<tr>
<th>Whether regular smokers would like to give up</th>
<th>Whether regular smokers have tried to give up</th>
<th>Whether regular smokers who want to give up, have tried to give up</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don't know, 37%</td>
<td>No, 38%</td>
<td>No, 16%</td>
</tr>
<tr>
<td>No, 22%</td>
<td>Yes, 62%</td>
<td>Yes, 84%</td>
</tr>
</tbody>
</table>

Source: SALSUS 2013
Base: Regular smokers
S3.11 USE OF E-CIGARETTES

Recently, there has been a rapid increase in the availability and profile of e-cigarettes. These are a new product and the impacts of e-cigarettes on the health of individual users or on public health more widely are not yet understood.

At present, there is no law against the sale of e-cigarettes to those under 18 years of age. However, the Scottish Government is currently carrying out a consultation to seek views on a range of potential measures relating to the sale and use of electronic cigarettes, including proposals to reduce access and availability of these products to young people under the age of 18\(^\text{11}\).

To assess and understand the impact of e-cigarettes on young people, a new question was introduced in the 2013 SALSUS questionnaire asking pupils whether they had ever used an e-cigarette.

**Fifteen year olds were more likely to have tried or used e-cigarettes than 13 year olds.**

- 17% of 15 year olds reported trying or using e-cigarettes compared to 7% of 13 year olds; with 14% of 15 year olds and 6% of 13 year olds having tried or used e-cigarettes only once or a few times.

**While only a small percentage of pupils who had never smoked had tried e-cigarettes, it was more common for pupils who had tried smoking, who used to smoke or who are current smokers to have tried e-cigarettes.**

- Only a small percentage of those who had never smoked had ever used e-cigarettes, with 4% having tried them (3% trying them once and 1% having tried them a few times).
- Those who have tried smoking once were more likely than those who had never smoked to have tried e-cigarettes with 24% having ever used e-cigarettes (15% having tried them once and 7% having tried them a few times and 1% having used them in the past).
- Former smokers were more likely to have tried e-cigarettes than those who had never smoked or had tried smoking once. Thirty nine per cent of former smokers had used them (19% had tried them once, 14% had tried them a few times, 3% used to use them and 2% are using them once a month or more).
- Two-thirds (66%) of regular smokers and just under half (46%) of occasional smokers had used e-cigarettes, however the majority of these had only tried them once or a few times (48% of regular and 38% of occasional smokers).
- Thirteen year old boys were more likely to have ever used e-cigarettes than 13 year old girls (8% compared to 6%). There was no difference between 15 year old boys and girls.
- A small percentage of regular and occasional smokers (6% and 2%) reported using an e-cigarette on a weekly basis.
- Eleven per cent of regular smokers and 6% of occasional smokers reported using e-cigarettes at least once a month.

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11 [http://www.scotland.gov.uk/Publications/2014/10/5471](http://www.scotland.gov.uk/Publications/2014/10/5471)
Figure S13: Use of e-cigarettes; both age groups, by smoking status, Scotland, 2013

Source: SALSUS 2013
Base: All pupils
S4 ATTITUDES TO SMOKING AND EXPOSURE TO SMOKING BEHAVIOUR

S4.1 PUPILS WHO SMOKED – FAMILY ATTITUDES TO THEIR SMOKING

Pupils who reported smoking at all were asked ‘how do your family/the people you live with feel about you smoking?’

Both regular and occasional smokers were most likely to say that their family ‘don’t know I smoke’. This was particularly the case for occasional smokers.

- Forty-one per cent of regular smokers said their family ‘don’t know I smoke’, increasing to 74% for occasional smokers.
- The second most common response was ‘they persuade me not to’. Almost one in four 13 year old regular smokers (23%) and more than one in three 15 year old regular smokers (34%) said this.
- Thirteen year old regular smokers were more likely to respond that their family ‘stop me’ (13% of 13 year old regular smokers compared to 5% of 15 year olds).
- Regular smokers were more likely to respond that their family ‘do nothing’ than occasional smokers (11% compared to 2%).
- Four per cent of regular smokers said that their family ‘encourage me to smoke’.

Table S22 and Figure S14

Figure S14: Family attitude to smoking; all smokers of both age groups, by smoking status, Scotland, 2013

Source: SALSUS 2013
Base: All smokers
S4.2 ALLOWED TO SMOKE AT HOME

Pupils who reported that they currently smoked were also asked whether they were allowed to smoke at home. Pupils who responded that their family did not know they smoked were excluded from the responses.

Nearly half (48%) of regular smokers whose family knew they smoked were allowed to smoke at home (either inside or outside the home).

- Twenty-four per cent of regular smokers were allowed to smoke at home, with a further 25% allowed to smoke at home but only outside. Forty-two per cent reported that they were not allowed to smoke at home.
- This contrasts to occasional smokers, where, for those whose family knew they smoked, the majority (76%) are not allowed to smoke at home.  

Pupils who reported that their family encouraged them to smoke or did nothing were more likely than others to be allowed to smoke at home, either inside or outside.

- Eighty-nine per cent of those whose family encouraged them to smoke were allowed to smoke at home (either inside or outside).
- Seventy-six per cent of those whose family did nothing to stop them smoking were allowed to smoke at home (either inside or outside).

Where at least one parent smokes daily, smokers were more likely to report that they were allowed to smoke at home.

- Fifty-two per cent of smokers were allowed to smoke at home (either inside or outside) where at least one parent smokes daily, compared to 22% where no parent smokes. The same pattern was observed in 2010.

Figure S15: Whether allowed to smoke at home; all smokers of both age groups, by parental smoking status, Scotland, 2013

Source: SALSUS 2013
Base: All smokers
S4.3 HOW MANY OF YOUR FRIENDS SMOKE?
All pupils were asked how many of their friends smoked.

As research and previous surveys have shown\(^\text{12}\), regular smokers of all ages were more likely to have a large proportion of friends who also smoked.

- Sixty per cent of regular smokers said that ‘more than half’ or ‘all, or almost all’ of their friends smoked, compared to a third (31%) of occasional smokers and 4% of non-smokers.
- Over half (52%) of non-smokers said that ‘none’ of their friends smoked, compared to just 3% of regular and 2% of occasional smokers.

Fifteen year old smokers were more likely than 13 year olds to have a large proportion of friends who smoked.

- Almost two-thirds (64%) of 15 year old regular smokers reporting that either ‘more than half’ or ‘all, or almost all’ of their friends smoked compared to 38% of 13 year olds.

S4.4 FAMILY SMOKING BEHAVIOUR
All pupils were asked to record the smoking status of family members. The response options were: smokes daily; smokes occasionally; does not smoke; don’t know or does not have/does not see this person.

Regular smokers were more likely than non-smokers to report that at least one of their parents and/or a sibling smoked daily.

- Two-thirds of regular smokers (64%) said that at least one parent smoked daily, compared to less than one-third (28%) of non-smokers.
- Thirty-eight per cent of regular smokers had a sibling who smokes daily, compared to 9% of non-smokers.

Figure S16: Whether a parent smokes; both age groups, by smoking status, Scotland, 2013

![Figure S16: Whether a parent smokes; both age groups, by smoking status, Scotland, 2013](source)

Source: SALSUS 2013
Base: All pupils

\(^{12}\) [http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3313483/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3313483/)
**S4.5 EXPOSURE TO SECOND-HAND SMOKE**

One of the key priorities of the Scottish Government’s ‘Tobacco Control Strategy’ is to reduce children’s exposure to second-hand smoke in enclosed spaces, particularly in the home and in cars. On 25th March 2014, the Public Health Minister Michael Matheson announced a new target to reduce the proportion of children in Scotland exposed to second-hand smoke in the home from 12% to 6% by 2020.

Two questions were added to the 2013 SALSUS survey to explore pupils’ exposure to second-hand smoke: ‘Does anyone smoke inside your home? (Please include times when someone smokes out of a window or at/just outside an open door)’ and ‘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)’. These questions were asked of all pupils, regardless of smoking status.

### Exposure to second-hand smoke in the home

Nearly a quarter (24%) of all pupils reported that someone smoked in their home either every day or most days.

- Thirty-six per cent of pupils who were non-smokers reported that someone smoked in their home, with 22% of them saying that someone smoked either every day or most days.
- While 15 year olds were slightly more likely than 13 year olds to report that someone smoked inside their home every day or most days (25% compared to 22%), 13 year olds were more likely to report that someone smoked in the house sometimes (15% compared to 13% of 15 year olds).

**Figure S17: Smoking exposure in the home; both age groups, Scotland, 2013**

Source: SALSUS 2013
Base: All pupils

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**Table S29 and Figure S17**
Exposure to second-hand smoke in cars

Seven per cent of all pupils reported that when they were travelling by car someone smoked inside the vehicle during all or most journeys; a further 15% reported someone smoking sometimes.

- Six per cent of non-smokers said someone smoked in the car during all or most journeys, with a further 15% reporting someone smoking sometimes.
- Fifteen year olds were more likely than 13 year olds to say that someone smoked in the car (24% of 15 year olds compared to 21% of 13 year olds).

Table S30 and Figure S18

Figure S18: Smoking exposure in the car; both age groups, Scotland, 2013

Source: SALSUS 2013
Base: All pupils
S4.6 PUPILS - ATTITUDES TO SMOKING

Attitude to trying smoking

All pupils were asked if they thought it was ‘ok’ for someone their age to try smoking a cigarette to ‘see what it’s like’.

For both 13 year olds and 15 year olds the proportion thinking that it was ‘ok’ to try smoking has decreased compared to 2010.

- In 2010, 29% of 13 year olds thought it was ‘ok’ to try smoking, compared to 18% in 2013.
- For 15 year olds, while nearly two-thirds (63%) thought it was ‘ok’ to try smoking in 2010, by 2013 this had reduced to just under half (49%).
- For 15 year olds, girls were more likely than boys to think that it was ‘ok’ to try smoking (54% of girls compared to 44% of boys).

Table S31 and Figure S19

Figure S19: Percentage thinking it is ‘ok’ to try smoking; by age group, Scotland, 2010-2013

Source: SALSUS 2010 and 2013
Base: All pupils
Attitudes to smoking and its effects

All pupils were asked whether they agreed or disagreed with a range of statements related to smoking. Please note that there were three additional statements added to the list in 2013. These were: ‘Smoking affects your skin and teeth’; ‘You can protect non-smokers from second-hand smoke by opening a window in your home or car’; and ‘It’s easy to stop smoking’.

There were high levels of agreement across both ages and genders (and the three categories of regular, occasional and non-smoker) with the various statements related to health risks and smoking.

- Over 90% of pupils ‘agreed’ or ‘strongly agreed’ that smoking caused lung cancer and heart disease, and could harm unborn babies.
- There were also high levels of agreement with the statement that other people’s smoking can harm the health of non-smokers, although this was slightly lower for regular smokers (86%) compared to occasional and non-smokers (91% and 93% respectively).
- Over 90% of pupils ‘agreed’ or ‘strongly agreed’ that smoking affected skin and teeth and that smoking made your clothes smell.

Regular and occasional smokers were more likely to agree with the more positive statements about smoking than non-smokers.

- Nine out of ten regular and occasional smokers (92% and 91% respectively) ‘agreed’ or ‘strongly agreed’ that smoking helped you relax if nervous, compared to only two-thirds of non-smokers (66%).
- While more than half of regular and occasional smokers (60% and 54% respectively) ‘agreed’ or ‘strongly agreed’ that ‘smoking helps people cope better with life’, only a fifth (22%) of non-smokers ‘agreed’ or ‘strongly agreed’ with this statement.
- Forty-six per cent of regular smokers and 50% of occasional smokers ‘agreed’ or ‘strongly agreed’ with the statement that ‘smoking is not really dangerous, it only harms people who smoke a lot’, while only 22% of non-smokers ‘agreed’ or ‘strongly agreed’ with this.

*Tables S32a, S32b & S32c and Figure S20*
Figure S20: Attitudes toward smoking (per cent agreeing / strongly agreeing with statement); both age groups, by smoking status, Scotland, 2013

- **Smoking can cause lung cancer**: 93% (Regular smokers), 97% (Non-smokers)
- **Smoking helps people relax if they feel nervous**: 66% (Regular smokers), 92% (Non-smokers)
- **Smoking affects your skin and teeth**: 92% (Regular smokers), 97% (Non-smokers)
- **Smoking makes your clothes smell**: 91% (Regular smokers), 96% (Non-smokers)
- **If a woman smokes when she is pregnant, it can harm her unborn baby**: 91% (Regular smokers), 96% (Non-smokers)
- **Smoking can cause heart disease**: 90% (Regular smokers), 93% (Non-smokers)
- **Other peoples smoking can harm the health of non-smokers**: 86% (Regular smokers), 93% (Non-smokers)
- **Smokers get more coughs and colds than non-smokers**: 79% (Regular smokers), 88% (Non-smokers)
- **Smoking makes people worse at sports**: 79% (Regular smokers), 83% (Non-smokers)
- **Smoking helps people cope better with life**: 60% (Regular smokers)
- **You can protect non-smokers from second-hand smoke by opening a window in your home or car**: 54% (Regular smokers), 48% (Non-smokers)
- **Smokers stay slimmer than non-smokers**: 51% (Regular smokers), 37% (Non-smokers)
- **Smoking is not really dangerous, it only harms people who smoke a lot**: 46% (Regular smokers), 22% (Non-smokers)
- **Smoking gives people confidence**: 40% (Regular smokers), 22% (Non-smokers)
- **Smokers are more fun than non-smokers**: 29% (Regular smokers), 6% (Non-smokers)
- **Its easy to stop smoking**: 27% (Regular smokers), 12% (Non-smokers)

Source: SALSUS 2013
Base: Regular smokers and non-smokers
S5 FAMILY

S5.1 FAMILY STRUCTURE

All pupils were asked ‘Who lives with you at home?’.

The majority of pupils (64%) reported that they live with both of their parents. Around a quarter of pupils (23%) reported that they live with a single parent. About one in ten pupils (9%) live with one parent and a step-parent.

Regular smokers were more likely than non-smokers to live with a single parent or with a step-parent.

- Thirty-six per cent of regular smokers live with a single parent compared to 23% of non-smokers.
- Thirteen per cent of regular smokers live with a step-parent (and one parent) compared to 8% of non-smokers.

Table S33

S5.2 PARENTAL MONITORING

All pupils were asked ‘How much does your mother really know about’: ‘Who your friends are?’; ‘How you spend your money?; ‘Where you are after school?’; ‘Where you go at night?’; ‘What you do in your free time?’.

For each option the pupils were asked whether they thought their mother knew ‘a lot’, ‘a little’ or ‘nothing’. The same questions were also asked to establish their father’s knowledge.

The majority of pupils felt that their mother knew ‘a lot’ about who their friends are (70%), how they spend their money (66%), where they go after school (86%), where they go at night (74%) and what they do in their free time (65%). The corresponding figures for fathers were lower (43%, 47%, 58%, 58% and 51% respectively).

Regular and occasional smokers were more likely to report that their parent did not know about their friends and activities than non-smokers in each of the questions asked.

- Regular smokers were more likely to report that their parents were not aware of how they spent their money (19% of regular smokers reported that their mother did not know how they spent their money compared to 4% of non-smokers while the figures were 39% and 15% respectively for father’s knowledge).
- Regular smokers were also more likely than non-smokers to report that their mother and father did not know where they went at night (20% of regular smokers compared to 5% of non-smokers for mother’s knowledge and 40% of regular smokers compared to 15% of non-smokers for father’s knowledge).
- Similarly, regular smokers were more likely than non-smokers to report that their mother and father did not know what they did with their free time (25% of regular smokers compared to 6% of non-smokers for mother’s knowledge and 41% of regular smokers compared to 14% of non-smokers for father’s knowledge).

Tables S34 & S35 and Figure S21
Figure S21: Perceived parental knowledge (per cent who know a lot); both age groups, by smoking status, Scotland, 2013

Mother's knowledge

- Who your friends are: Regular smoker 62%, Non-smoker 71%
- How you spend your money: Regular smoker 69%, Non-smoker 33%
- Where you are after school: Regular smoker 64%, Non-smoker 87%
- Where you go at night: Regular smoker 45%, Non-smoker 77%
- What you do with your free time: Regular smoker 41%, Non-smoker 67%

Father's knowledge

- Who your friends are: Regular smoker 35%, Non-smoker 44%
- How you spend your money: Regular smoker 27%, Non-smoker 48%
- Where you are after school: Regular smoker 35%, Non-smoker 60%
- Where you go at night: Regular smoker 31%, Non-smoker 60%
- What you do with your free time: Regular smoker 29%, Non-smoker 53%

Source: SALSUS 2013
Base: Regular smokers and non-smokers
S6 FRIENDS AND LEISURE ACTIVITIES

S6.1 CLOSE FRIENDSHIPS AND TIME SPENT WITH FRIENDS

Pupils were asked how many close friends they had, the ages of their friends and the number of evenings they spent with their friends in a typical week.

Regular and occasional smokers were more likely to have friends of mixed ages than non-smokers. They were also more likely to spend more evenings per week with their friends.

- Among 13 year olds, 46% of regular smokers reported having friends of mixed ages, compared with 26% of non-smokers. Among 15 year olds, 50% of regular smokers had friends of mixed ages, compared with 27% of non-smokers.
- Regular smokers were also more likely to report having older friends with 16% of 13 year old regular smokers reporting this compared to 4% of non-smokers. For 15 year olds 12% of regular smokers reported having older friends compared to 4% of non-smokers.
- Nearly two-thirds of regular smokers (60%) spent five or more evenings a week with friends, compared to only a quarter (27%) of non-smokers.

S6.2 LEISURE ACTIVITIES

Pupils were presented with a list of activities that they may sometimes do in their free time and asked how often, if at all, they took part in them.

Regular smokers were far more likely than non-smokers to report ‘hanging around the street’ at least weekly, and they were less likely than non-smokers to play sport, participate in a hobby or read books at least weekly.

- Seventy-one per cent of regular smokers reported hanging around the street compared to 33% of non-smokers.
- Eighty-six per cent of regular smokers reported going to a friend’s house compared to 67% of non-smokers.
- While 44% of non-smokers read books, only 27% of regular smokers reported this leisure activity.
- Two-thirds (66%) of non-smokers regularly play sports, compared to less than half (43%) of regular smokers.
- Fifty-seven per cent of non-smokers regularly do a hobby, compared to 41% of regular smokers.

Non-smokers were more likely than regular smokers to be a member of a drama/art/music club or sports club.

- Nearly two-thirds of non-smokers (64%) attended a sports club, gym, exercise or dance group, compared to just over one-third of regular smokers (38%).
- Twenty-three per cent of non-smokers attended a drama, arts, music or singing group (including evening classes) compared to 15% of regular smokers.
Regular smokers were more likely to report not attending any of the groups, with over one-third (37%) saying they did not attend any of those groups, compared to 18% of non-smokers.

Figure S22: Percentage of pupils reporting taking part in leisure activities at least weekly; both age groups, by smoking status, Scotland, 2013

Listen to music
- Regular smokers: 95%
- Non-smokers: 92%

Go online and use social networking sites
- Regular smokers: 88%
- Non-smokers: 93%

See my friends
- Regular smokers: 86%
- Non-smokers: 92%

Go to friend's house
- Regular smokers: 67%
- Non-smokers: 84%

Watch films/DVDs
- Regular smokers: 82%
- Non-smokers: 79%

Hang around the street
- Regular smokers: 71%
- Non-smokers: 33%

Look around the shops
- Regular smokers: 68%
- Non-smokers: 61%

Play computer games
- Regular smokers: 58%
- Non-smokers: 60%

Do a sport e.g. football, swimming
- Regular smokers: 43%
- Non-smokers: 66%

Do a hobby, art or play a musical instrument
- Regular smokers: 41%
- Non-smokers: 57%

Go to watch sports matches
- Regular smokers: 31%
- Non-smokers: 30%

Go to the cinema
- Regular smokers: 26%
- Non-smokers: 30%

Read comics or magazines
- Regular smokers: 30%
- Non-smokers: 29%

Do nothing
- Regular smokers: 29%
- Non-smokers: 20%

Read books
- Regular smokers: 27%
- Non-smokers: 44%

Go to concerts or gigs
- Regular smokers: 20%
- Non-smokers: 7%

Helping other people/voluntary work
- Regular smokers: 16%
- Non-smokers: 17%

Go to the church, mosque or temple
- Regular smokers: 12%
- Non-smokers: 13%

Go to the public library
- Regular smokers: 11%
- Non-smokers: 8%

Go to theatres or concert halls
- Regular smokers: 10%
- Non-smokers: 6%

Go to museums or galleries
- Regular smokers: 9%
- Non-smokers: 5%

Source: SALSUS 2013
Base: Regular smokers and non-smokers
S7 SCHOOL

S7.1 SMOKING ADVICE AND SUPPORT PROVIDED BY SCHOOL

Pupils were asked to what extent they agreed or disagreed that their school provided them with the advice and support they need to take important decisions about smoking.

- Overall, 70% of pupils either ‘agreed’ or ‘strongly agreed’ that their school gave them the advice and support they needed to take important decisions about smoking.
- Regular smokers were less likely to agree that their schools gave them the advice and support they needed (59% ‘agreed’ or ‘strongly agreed’) compared to non-smokers (71% ‘agreed’ or ‘strongly agreed’).

Figure S23: Whether smoking advice and support is provided by school; both age groups, by smoking status, Scotland, 2013

Table S40 and Figure S23

Source: SALSUS 2013
Base: All pupils
S7.2 ATTITUDES TO SCHOOL

Pupils were asked how much they liked school at the moment and how often they feel strained or pressed by the schoolwork they have to do.

Pupils who were regular smokers were more likely than non-smokers to say that they did not like school and to report feeling strained or pressured by their schoolwork.

- Over half of regular smokers (55%) said that they did not like school ‘very much’ or ‘at all’ compared to just over a quarter of non-smokers (27%).
- Among 13 year olds, 31% of regular smokers reported feeling strained or pressured by schoolwork ‘a lot of the time’, compared with 15% of non-smokers.
- Among 15 year olds, 47% of regular smokers felt strained or pressured by schoolwork ‘a lot of the time’, compared with 40% of non-smokers.

Tables S41 & S42 and Figure S24

Figure S24: Attitude to school; both age groups, by smoking status, Scotland, 2013

Source: SALSUS 2013
Base: All pupils
S7.3 EXPECTATIONS AFTER SCHOOL

All pupils were asked what they thought they were most likely to be doing when they left school.

Regular smokers were less likely than non-smokers to intend to go on to university when they left school.

- Over half (57%) of non-smokers reported that they would be most likely to go to university after they left school. This reduced to around a quarter of regular smokers (25%).
- Regular smokers were more likely than non-smokers to expect to go on to Further Education college (31% compared to 16%), an apprenticeship (11% of regular smokers compared to 4% of non-smokers) or be working (13% of regular smokers compared to 8% of non-smokers).

Table S43

S7.4 TRUANCY AND EXCLUSION

Pupils were asked how many times they had truanted from school, and how many times they had been excluded. It should be noted that a school-based survey such as SALSUS risks omitting pupils who frequently play truant, as these pupils may not have been present at the time the survey was being completed in class. However, pupils who were not present at the time of the survey were asked to complete it at a later date (see SALSUS Technical Report for further details).

Overall, 29% of all 13 year olds reported that they had truanted in the past year and 8% reported that they had been excluded since they started secondary school. The corresponding figures for 15 year olds were 38% and 10% respectively.

As shown in previous surveys, regular smokers were more likely to have truanted in the past year, to have truanted more frequently and to have been excluded from secondary school.

- Three quarters (75%) of regular smokers had truanted at least once in the past year, compared with 31% of non-smokers.
- Nearly a quarter of regular smokers (22%) had truanted more than 10 times in the past year, compared to only 2% of non-smokers reporting this.
- Just over a third (36%) of regular smokers had been excluded from secondary school, compared with 8% of non-smokers.

Tables S44 & S45

S7.5 SCHOOL MEALS

Pupils were asked whether they get free school meals or vouchers for free school meals. Overall 12% of 15 year olds and 13% of 13 year olds reported receiving free school meals or vouchers for free school meals.

Regular smokers were twice as likely as non-smokers to be in receipt of free school meals or vouchers for free school meals.

- 27% of 13 year old regular smokers and 23% of 15 year old regular smokers received free school meals (compared with 13% and 11% respectively for non-smokers of each age).

Table S46
S8 DEPRIVATION AND SUBJECTIVE WEALTH

S8.1 DEPRIVATION

Pupils’ smoking habits were analysed in relation to deprivation, using the Scottish Index of Multiple Deprivation (SIMD) based on pupils’ postcode\textsuperscript{13}. Postcodes were imputed for pupils who did not complete the question on postcode, or provided an incomplete or inaccurate postcode, allowing the allocation of a SIMD score (see SALSUS Technical Report for more details). Please note that care should be taken with interpretation of these findings due to the high percentage of cases where the postcode was either missing, incomplete or inaccurate (37%).

Regular smokers were less likely than non-smokers to live in the least deprived areas (SIMD 5).

- Sixteen per cent of 13 year old and 17% of 15 year old regular smokers lived in the least deprived areas (compared with 20% of 13 year old and 22% of 15 year old non-smokers).

Tables S47.

S8.2 SUBJECTIVE WEALTH

Pupils were asked how ‘well off’ they thought their family/the people they live with are.

Over half of all 15 and 13 year olds thought that their family/the people they live with were ‘very/quite well off’ (51% of 15 year olds and 56% of 13 year olds).

Regular smokers were more likely than non-smokers to describe their family or the people they lived with as ‘not well off’ or ‘not at all well off’:

- Twelve per cent of 13 year old regular smokers compared with 5% of 13 year olds non-smokers;
- 10% of 15 year old regular smokers compared with 5% of 15 year old non-smokers.

Table S49.

\textsuperscript{13} It is difficult to measure deprivation on an individual basis therefore area-based measures are used instead. Within SALSUS deprivation is measured using the Scottish Index of Multiple Deprivation (SIMD), an area based deprivation measure based on postcode. Further information on SIMD can be found in the 2013 SALSUS Technical Report and on the ISD & Scottish Government websites.
S9 HEALTH AND MENTAL HEALTH

S9.1 SELF-REPORTED HEALTH AND LONG-TERM HEALTH PROBLEMS

Pupils were asked to rate their health, in general. They were also asked if they had a physical or mental health condition or illness lasting/expected to last 12 months or more and, if yes, whether this reduced their ability to carry out day-to-day activities. Please note that the latter two questions were introduced in 2013 and replaced the previous question: ‘Do you have any longstanding illness or disability?’.

Overall, 86% of all pupils rated their health as ‘good’ or ‘very good’ (88% of 13 year olds and 83% of 15 year olds). Of the 14% of all pupils who stated that they had a physical or mental health condition or illness lasting/expected to last 12 months or more, 66% said that this affected their day to day activities either a little (56%) or a lot (10%).

Regular smokers were less likely than non-smokers to rate their health as ‘good’. They were also more likely to report having a physical or mental health condition lasting/expected to last 12 months or more, and to report that this reduced their ability to carry out day to day activities.

- Eighty-eight per cent of non-smokers rated their health as ‘good’ or ‘very good’ compared to 60% of regular smokers.
- While 40% of non-smoker rated their health as ‘very good’, only 15% of regular smokers did so.
- Nearly a quarter of regular smokers (22%) reported having a physical or mental health condition lasting/expected to last 12 months or more compared with 13% of non-smokers.
- Seventy-one per cent of regular smokers with a physical or mental health condition said that it affected their ability to carry out day-to-day activities, compared to 65% of non-smokers.
- Twenty-one per cent of regular smokers reported that their condition reduced their ability to carry out day-to-day activities ‘a lot’, compared to 8% of non-smokers.

Tables S50, S51 & S52 and Figure S25
Figure S25: Subjective health; both age groups, by smoking status, Scotland, 2013

Source: SALSUS 2013
Base: All pupils
S9.2 CHILD MENTAL HEALTH: STRENGTHS AND DIFFICULTIES QUESTIONNAIRE

Since 2006, SALSUS has incorporated the Goodman Strengths and Difficulties Questionnaire (SDQ), which is widely used to identify emotional and behavioural problems in children and adolescents. The SDQ asks about 25 attributes, split equally across five subscales: emotional symptoms; conduct problems; hyperactivity/inattention; pro-social behaviour; and peer relationship problems.

Using results from the above, a pupil’s scores are grouped into ‘normal’, ‘borderline’ and ‘abnormal’, and added together to generate a total difficulties score (based on 20 items).

Overall, 13% of 13 year olds had ‘abnormal’ scores across all the strengths and difficulties scales, 14% had ‘borderline’ scores and the remainder (73%) had ‘normal’ scores. Among 15 year olds, 15% had abnormal scores, 17% ‘borderline’ scores and 68% ‘normal’ scores across all the strengths and difficulties scales.

Pupils who were regular smokers or occasional smokers were more likely than non-smokers to have ‘abnormal’ SDQ scores. This was the case for all five sections of the Strengths and Difficulties Questionnaire.

- Pupils who were regular or occasional smokers were more likely to have an ‘abnormal’ overall difficulties score than non-smokers (38% of regular smokers and 30% of occasional smokers had an ‘abnormal’ score, compared to 12% of non-smokers).

Regular smokers were more likely than non-smokers to have ‘abnormal scores for all five of the SDQ scales.

- Twenty-nine per cent of regular smokers had an ‘abnormal’ score on the emotion symptoms scale, compared to 14% of non-smokers.
- Over one-third of regular smokers (36%) had an ‘abnormal’ score on the conduct problems scale, compared to one-tenth of non-smokers (11%).
- Thirty-eight per cent of regular smokers had an ‘abnormal’ score on the hyperactivity/inattention scale, compared to 17% of non-smokers.
- Regular smokers were twice as likely to have ‘abnormal’ scores for the pro-social behaviour scale, with 24% scoring this, compared to 12% of non-smokers.
- Differences between smokers and non-smokers were smaller for the peer relationships problems scale, although slightly more regular smokers (9%) had an ‘abnormal’ score than non-smokers (5%).

Tables S53 to S58

Further information on the Goodman Strengths and Difficulties Questionnaire can be found on the SDQ website: http://www.sdqinfo.com
**S9.3 WARWICK-EDINBURGH MENTAL WELL-BEING SCALE (WEMWBS)**

Since 2010 the survey has included the Warwick-Edinburgh Mental Well-being Scale (WEMWBS). Developed as a tool for measuring mental wellbeing at a population level, the scale comprises 14 positively worded statements that relate to an individual’s state of mental wellbeing (thoughts and feelings). Pupils were asked to indicate how often they have had such thoughts and feelings over the last two weeks.\(^{15}\)

Non-smokers were more likely to report better mental well-being than their regular and occasional smoking peers.

- The mean WEMWBS score for regular smokers was 42 and for occasional smokers 43, compared to a mean score of 49 for non-smokers.

- Overall, girls had a slightly lower WEMWBS score than boys (47 compared to 51), however, this was more pronounced among regular and occasional smokers (for regular smokers the mean score for girls was 39 compared to 47 for boys, and for occasional smokers it was 40 for girls compared to 50 for boys).

\(^{15}\) For the 2013 analysis, the overall score was calculated by totalling the scores for each item (the minimum possible score was 14 and the maximum was 70); the higher a person's score, the better their level of mental well-being. The mean was used as a measure of the average score and to compare different groups. Scores were calculated for pupils who gave a valid response to each of the 14 questions. Please note that this differs from the analysis method used for the 2010 SALSUS reporting (see Technical Report for full details).
S10 SUMMARY

PREVALENCE

This report shows that, in 2013, the majority of 13 and 15 year olds reported that they were non-smokers (97% of 13 year olds and 87% of 15 year olds). The proportion of 13 and 15 year olds who reported being regular smokers (i.e. those who usually smoke at least one cigarette per week) has reduced to the lowest since the survey series began in 1982 (2% of 13 year olds and 9% of 15 year olds). A small proportion of 13 and 15 year olds described themselves as an ‘occasional’ smoker (1% of 13 year olds and 4% of 15 year olds).

TREND IN PREVALENCE

From 1982 to 1994, the prevalence of regular smoking among 13 year old boys increased from 8% to 11% and thereafter has gradually declined to 2% in 2013. Among 13 year olds girls, the prevalence of regular smoking has gradually declined from 10% in 2000 to 2% in 2013. The prevalence of regular smoking amongst 15 year olds has declined since its peak in 1996; from 30% for both boys and girls to 8% among boys and 9% among girls. The decline, since the mid 1990s, in the prevalence of regular smoking among 13 and 15 year olds has also been observed in England16. In 2013 1% of 13 year olds and 8% of 15 year olds were regular smokers, the lowest reported figures in England since the time series began.

SOURCE OF CIGARETTES

For 13 year old regular smokers, the most common source was being ‘given cigarettes’ (50%) while, for 15 year old regular smokers, the most commonly reported source of cigarettes was that they ‘get someone else to buy them for me’ (56%). Between 2010 and 2013 there was a drop in the percentage of regular and occasional smokers in both age groups reporting that they had successfully purchased cigarettes from a shop in the last four weeks (among regular smokers, 23% of 13 year olds and 42% of 15 year olds in 2013, compared to 52% and 55% respectively in 2010).

SMOKING DEPENDENCE

In 2013, two-fifths (41%) of regular smokers reported that they would like to give up smoking. The majority of regular smokers (61%) thought they would find it ‘fairly difficult’ or ‘very difficult’ to stop smoking, with the perceived difficulty of giving up smoking being greater for those who had been smoking for a longer period of time and those who smoke a larger number of cigarettes.

E-CIGARETTES

Overall, 17% of 15 year olds and 7% of 13 year olds reported trying or using e-cigarettes. While only a small percentage of pupils who had never smoked had tried e-cigarettes, it was more common for pupils who had tried smoking, who used to smoke or who are current smokers to have tried e-cigarettes. Two-thirds (66%) of regular smokers had used e-cigarettes, however, the majority had only tried them once or a few times (48%).

EXPOSURE TO SECOND-HAND SMOKE

Nearly a quarter (24%) of all pupils reported that someone smoked in their home either every day or most days. Seven per cent of all pupils reported that when they were travelling by car someone smoked inside the vehicle during all or most journeys; a further 15% reported someone smoking sometimes.

ATTITUDES TO SMOKING

For both 13 year olds and 15 year olds, the proportion thinking that it was ‘ok’ to try smoking has decreased compared to 2010 (among 13 year olds from 29% in 2010 to 18% in 2013 and among 15 year olds from 63% in 2010 to 49% in 2013).