

2023

DATA BASED ON ICSRA DATA

# Growing up in Highland

## Planet Youth in Highland

### Survey Results 2023

### Full Report



# Growing Up in Highland

Results from the Planet Youth surveys, completed by 348 S4 pupils, in 5 Highland secondary schools, in Autumn 2023.

## Substance Use



25% have tried smoking

14% have tried cannabis

39% have tried vaping

27% vaped in last month

25% have tried smoking

22% have been drunk in the last month

60% have had alcohol in their own home

54% get alcohol from a family member

6% have tried other drugs

## Family



92% said it was easy or very easy to receive caring & warmth from their parents / carers

83% of parents / carers know where their child is on Saturday evenings

67% often or always spend time with their parents / carers at the weekends

Teenagers whose parents are less disapproving of drunkenness are more than x3 as likely to get drunk

## Screen Time



58% spent three hours or more on social media daily

29% of girls and 17% of boys reported being bullied online

Those that have been bullied online are more than twice as likely to report poor mental health

## Wellbeing



54% of boys and 34% of girls reported their mental health as good or very good

36% reported self harm once or more

55% are not getting the recommended amount of sleep

61% reported good or very good physical health

## Leisure Time & Peers



19% were outside after midnight in the last week

Most young people didn't feel they had to drink, smoke or use cannabis to fit in with their group of friends

Young people over estimated the number of their friends that smoke, have been drunk, and use drugs

## Sexual Health & Behaviour



17% have sent a sexually explicit image through social media

13% of boys and 8% of girls reported using pornography as a source of information to learn about sex

## School Experience



64% reported feeling safe in school often or almost always

64% agree or strongly agree they try their best at school

## FOREWORD

The Planet Youth, Icelandic Prevention Model, focusses on primary prevention for all and uses a whole-systems approach to match the scale of the solution to the scale of the problem, which aligns with our values and priorities.

The survey results highlight the young people's experience of growing up in the Highlands. There are things to celebrate. The majority of the young people said it was easy or very easy to receive caring and warmth from their parents or carers, that they agree or strongly agree that they try their best at school, and that they don't feel they have to drink, smoke or use cannabis to fit in with their group of friends.

However, there are also areas for improvement. The majority of young people have had alcohol, starting at a young age, and most young people get alcohol from their parents or carers. Girls are using more substances than boys. Girls' mental health is worse than boys'.

The Planet Youth in Highland Local Coalition Groups will work collaboratively to agree the priorities and increase protective factors in the lives of young people. Protective factors in various domains of young peoples' lives, such as family, peers, school and leisure, can delay and reduce substance use and other risk factors.

## ACKNOWLEDGEMENTS

We wish to express our thanks and gratitude to the teachers and other staff who organised the data collection phase of the model, and supported the completion of the surveys. More so, we wish to thank the young people for completing the survey, and doing this so honestly. We will strive to ensure the results will help inform improvements for young people in the Highlands.

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## INTRODUCTION

## What is Planet Youth

Planet Youth is an international, evidence based, primary prevention model developed in Iceland that has reduced substance use rates amongst young people.

## What is a Public Health Approach

Planet Youth is an example of a public health approach. A public health approach helps us to understand:

- the epidemiology (the frequency and patterns of health and poor health);
- the risk and protective factors for substance use in the population, in this case young people in the Highlands;
- how we can work to prevent and delay substance use; and
- how to improve support for those who are impacted.

## Planet Youth in Highland

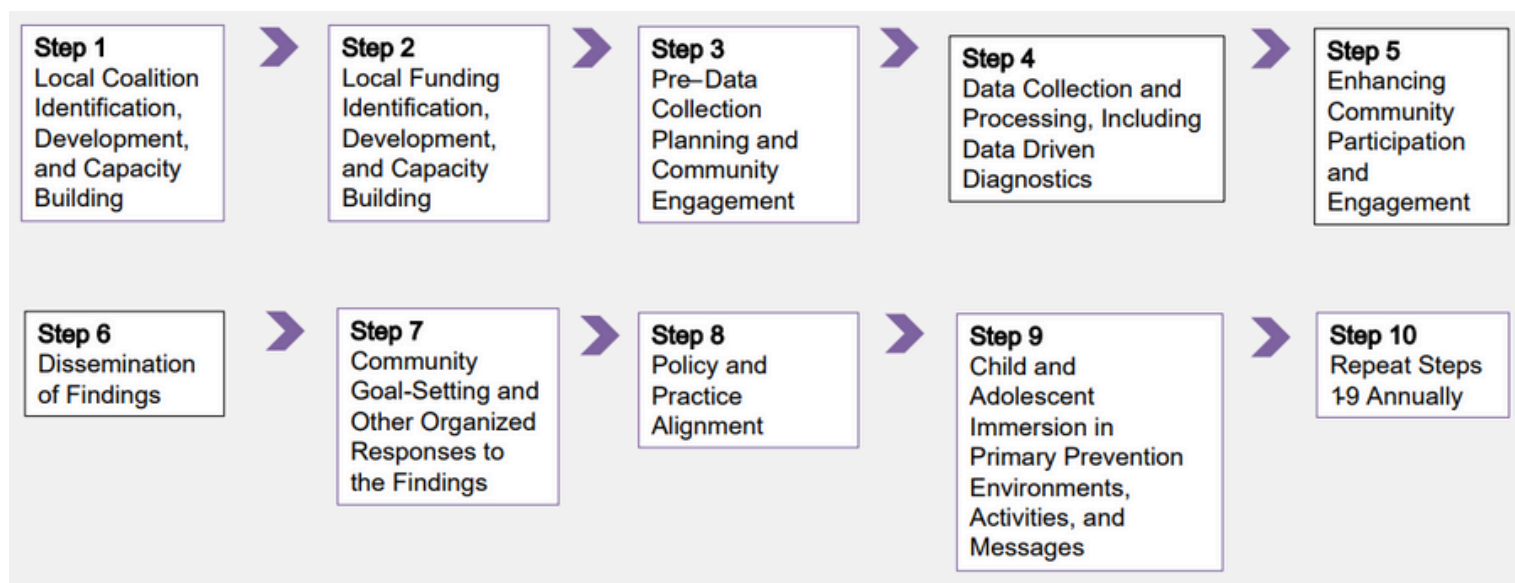
Highland is one of six pilot sites of the Planet Youth model across Scotland. Winning Scotland are coordinating the pilot. Highland has five secondary schools involved in the pilot.

## Guiding Principles & Core Steps

Planet Youth is guided by 5 key principles:

- 1** **Apply a primary prevention approach** that is designed to enhance the social environment.
- 2** **Emphasise community action** and embrace public schools as the natural hub of the neighbourhood / area efforts to support child and adolescent health, learning, and life success.
- 3** **Engage and empower community members** to make practical decisions using local, high quality, accessible data and diagnostics.
- 4** **Integrate researchers, policy makers, practitioners, and community members** into a unified team dedicated to solving complex, real-world problems.
- 5** **Match the scope of the solution to the scope of the problem,** including emphasising long-term intervention and efforts to marshal adequate community resources.

There are 10 core steps of the Planet Youth model:



This report highlights some of the data findings from Step 4, in which anonymous health behaviour surveys were completed by 348 S4 pupils from five Highland secondary schools, in autumn 2023. The data monitors alcohol, tobacco and other drug use over time, and identifies factors that affect risk of alcohol, tobacco and other drug use. The report focuses on Step 6, *Dissemination of the Survey Findings* and will support subsequent steps in the process.

#### GOAL ONE

**Identify local risk  
and protective  
factors linked  
with alcohol,  
tobacco and  
other drug use**

#### GOAL TWO

**Using data, set  
strategic actions,  
tailored to the  
area, to support  
protective factors  
and reduce risk  
factors**

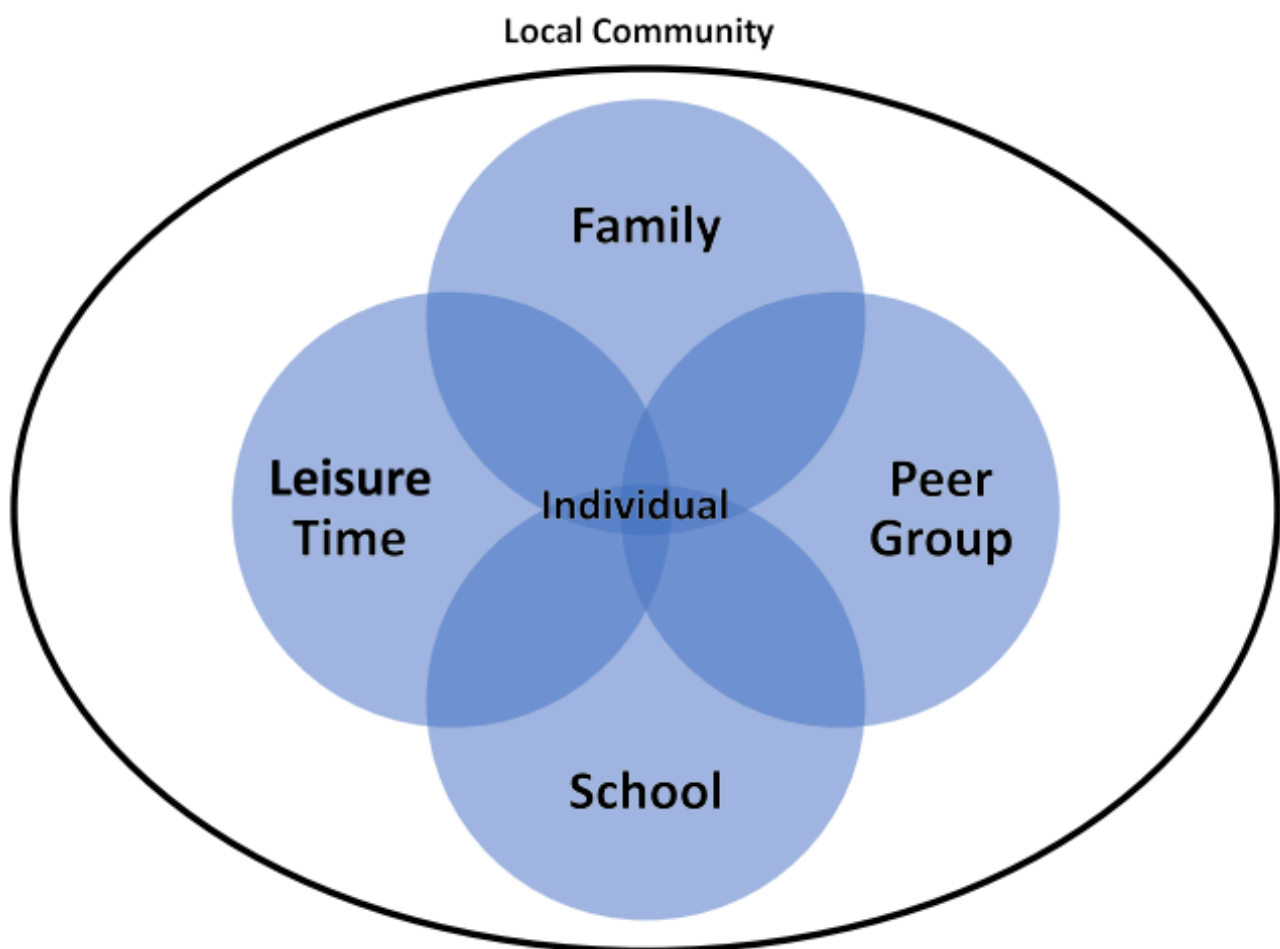
## Risk and Protective Factors

The survey that young people complete includes questions about alcohol, tobacco and other drugs, and many other topics that are related to risk and protective factors for alcohol, tobacco and other drug use in society.

There are four main areas, with known risk and protective factors, in young people's lives:

- parents / carers and family
- school
- peer group
- leisure time.

Each child is a product of four domains within their local community which is where most young people spend the vast majority of their time. Protective factors can help prevent and delay young people from starting to use alcohol, tobacco or other drugs. Risk and protective factors will be highlighted throughout the report.



## Survey

All the pupils in Highland were from S4. In total, there were 348 young people who completed the survey.

Across Scotland 5933 young people took part in the survey, however following Planet Youth's data cleaning process 94 records were removed. This was because there were large amounts of missing data (young people could 'skip', and therefore not answer, any questions they chose to), implausible response patterns, or because they reported use of a fictitious drug. This data cleaning process reassures us that what young people are reporting is a true reflection of their experience.

There were 88 questions asked in the survey, and so there is a lot of information to process. Initially we have focused on areas that Planet Youth advised as priorities.

Sometimes, percentages in the report may not add up to exactly 100%. This is due to rounding figures to the nearest whole number.

Where results have been split by gender, the young people that identified as non-conforming, other, or preferred not to say are not included due to small numbers and to protect against unintended disclosure.

## Gender:

| Boy | Girl | Non-conforming / other / prefer not to say | Total |
|-----|------|--|-------|
| 174 | 164  | 9  | 347   |

Highland is part of a national pilot of Planet Youth in Scotland. There are five other local authority areas involved, and the pilot is being led by Winning Scotland.



## Ethnicity

Young people were asked about their ethnicity. This was an additional question that was requested for equality and diversity purposes.

95% of the young people classified themselves as White British or White Scottish and the remaining 5% percent were represented by ethnicities such as White European, Asian or Asian Scottish or Asian British.

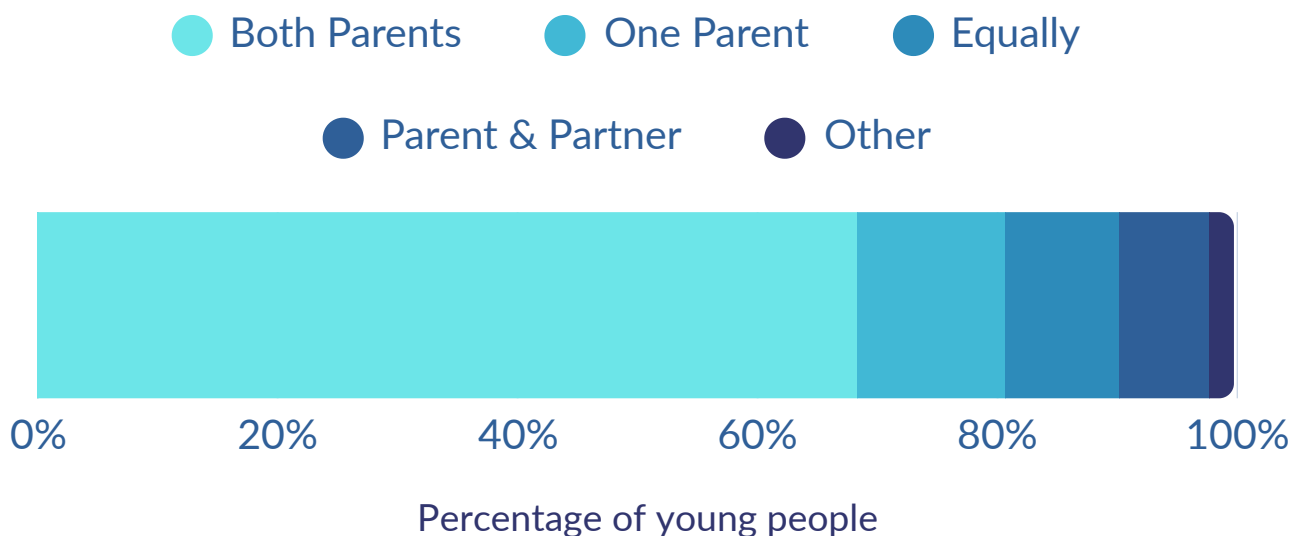
## Living arrangements

Young people were asked who they live with most of the time:

- 68% live with both their parents
- 12% live with one parent
- 10% live equally with separated parents
- 8% live with one parent and their partner
- 2% live in other arrangements, including with other family members or are looked after by the local authority.

The majority of young people live with both of their parents.

### Living arrangements:





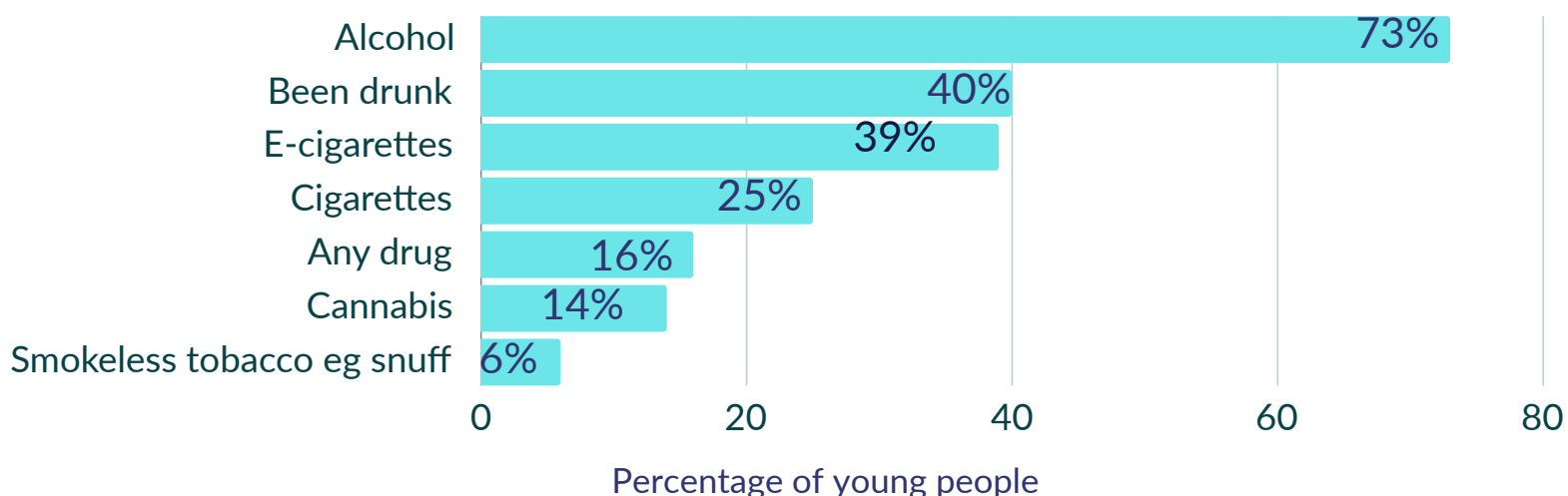
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# Survey Results: Substance Use and Peer Group

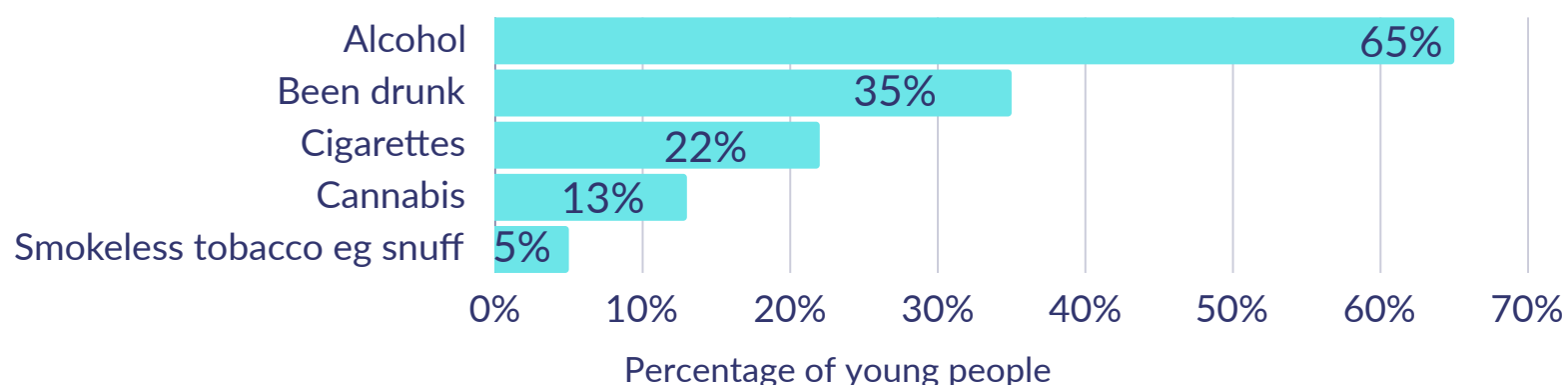
## Alcohol, tobacco and other drug use

Young people were asked if they had ever used substances in their lifetime, in the last 12 months, and in the last 30 days, as shown in the following graphs:

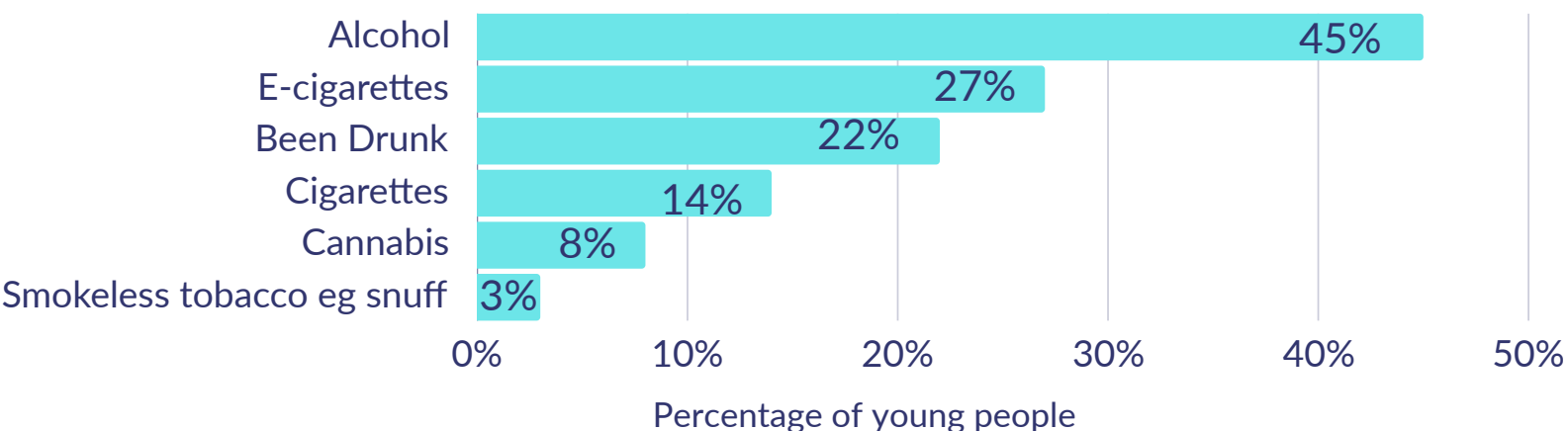
Substance use in lifetime (Smokeless tobacco not recorded in 2021 survey)



Substance use in last 12 months (Smokeless tobacco not recorded in 2021 survey)



Substance use in last 30 days (Smokeless tobacco not recorded in 2021 survey)

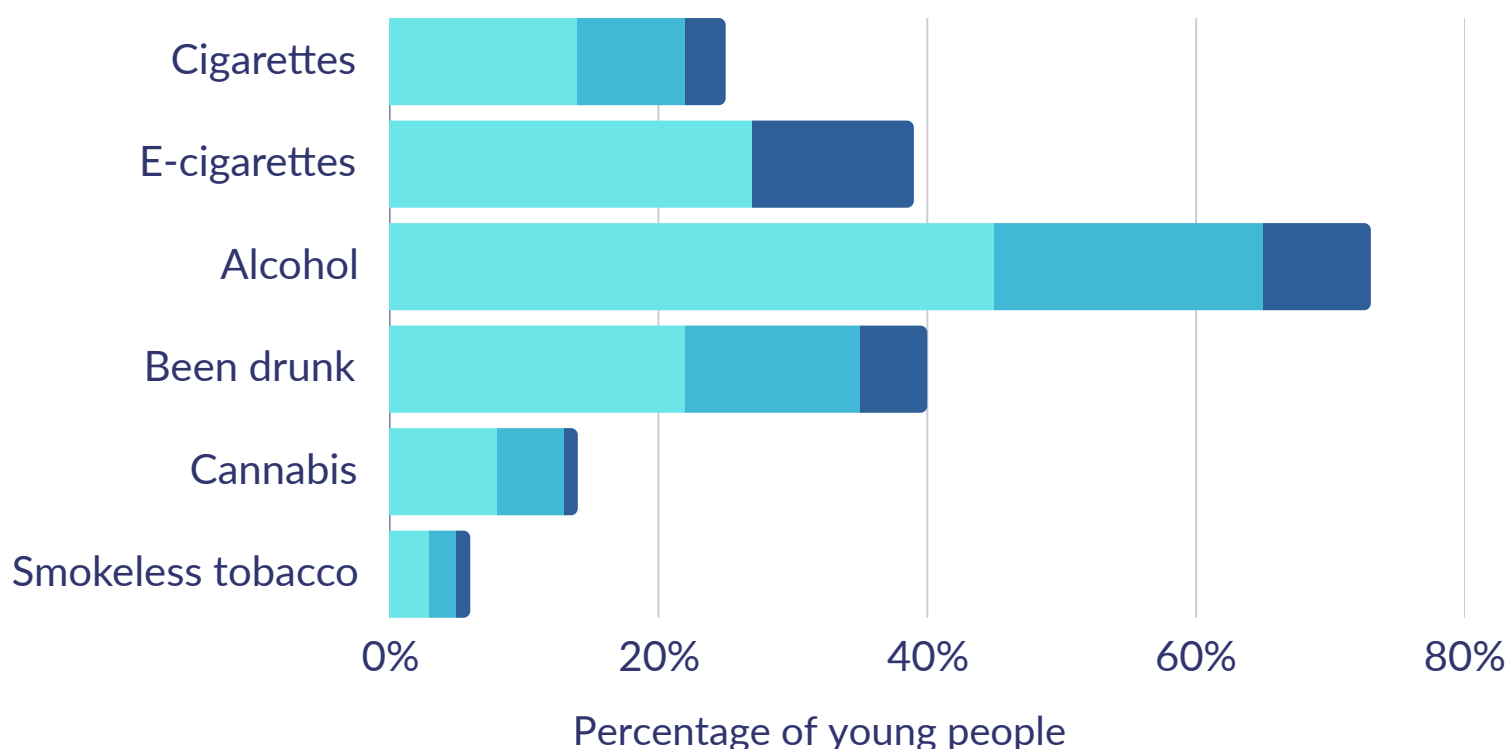


## Alcohol, tobacco and other drug use

This bar chart represents the percentage of young people using selected substances ever in their lifetime and is sub-divided to show their most recent use within the last 12 months or 30 days.

This chart shows the same information as the previous charts, in a different format. It highlights that recent use accounts for the majority of use for all substances.

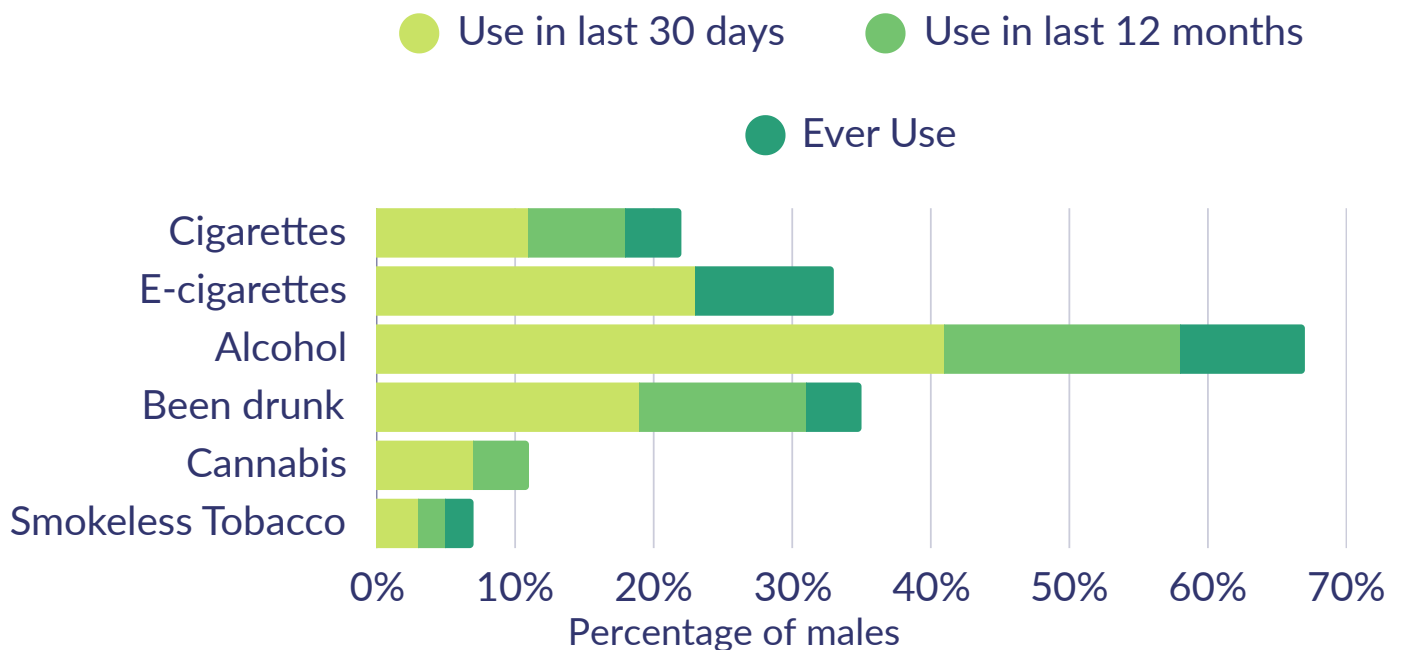
### Substance use in lifetime, last 12 months and last 30 days:



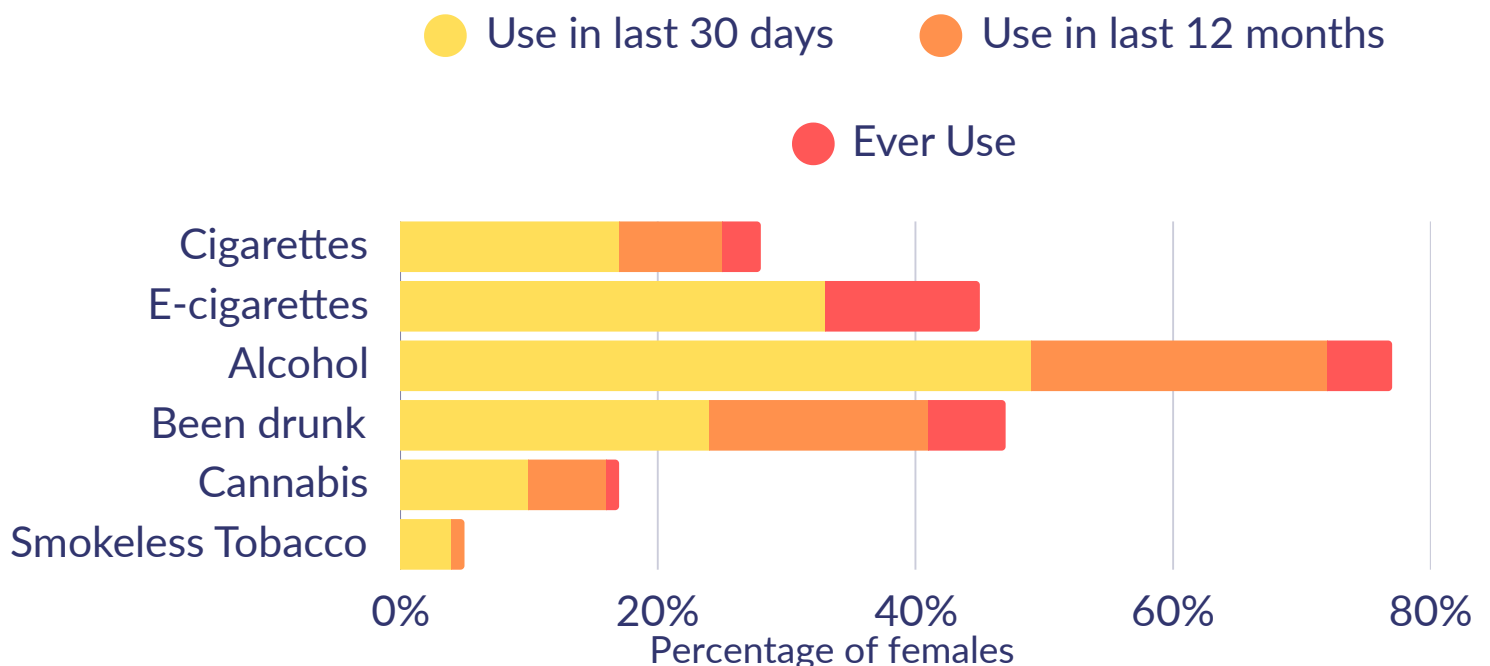
## Alcohol, tobacco and other drug use

These charts show separately for males and females, the percentage of young people using selected substances across different time frames. A comparison of the charts shows that a higher proportion of girls smoke, vape, drink, have been drunk, and have used cannabis than boys, overall and within each time frame.

### Males: Substance use in lifetime, last 12 months and last 30 days



### Females: Substance use in lifetime, last 12 months and last 30 days



## Alcohol, tobacco and other drug use

The table shows percentage of substance use over the various time frames, split by gender. The percentages for girls are shown in **orange**, while percentages for boys are shown in **green**. Young people that didn't identify in these ways are not included in gender splits to ensure confidentiality.

### Female & male substance use in lifetime, last 12 months and last 30 days

|                | Smoke      | Vape       | Drink      | Been drunk | Cannabis   | Smokeless Tobacco |
|----------------|------------|------------|------------|------------|------------|-------------------|
| Lifetime Use   | 27%<br>22% | 45%<br>33% | 77%<br>67% | 47%<br>35% | 17%<br>11% | 5%<br>7%          |
| Last 12 months | 25%<br>18% |            | 71%<br>58% | 41%<br>31% | 16%<br>11% | 5%<br>5%          |
| Last 30 days   | 17%<br>11% | 33%<br>23% | 49%<br>41% | 24%<br>19% | 10%<br>7%  | 4%<br>3%          |

More girls than boys smoke, vape, drink, have been drunk, and have used cannabis, in each time frame apart from lifetime use of smokeless tobacco.

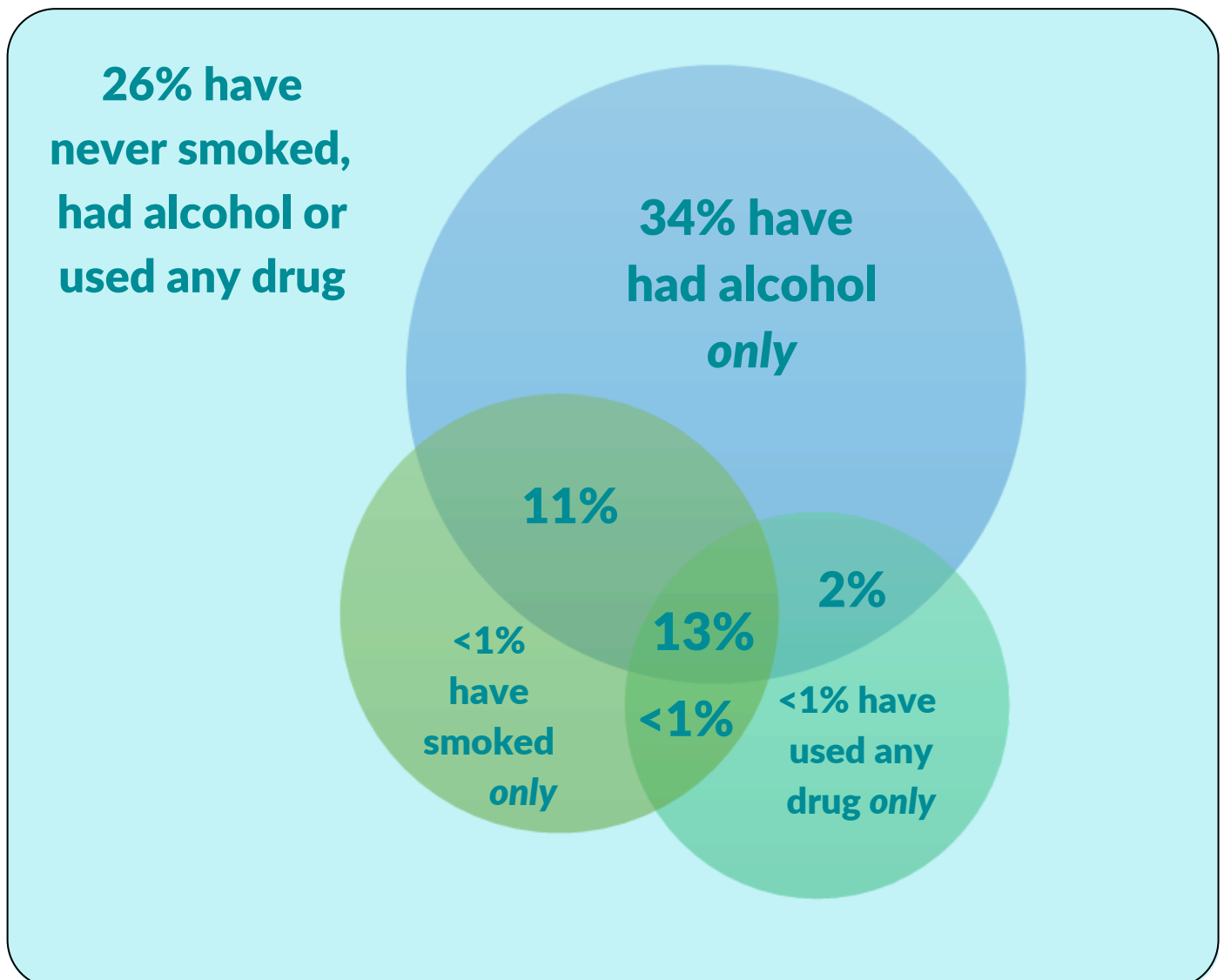


## Alcohol, tobacco and other drug use

This Venn diagram shows the percentage of young people using substances ever in their lifetime and highlights where substances are used in combination.

- 26% of young people have never smoked, used alcohol or any drugs
- 34% have only had alcohol
- 13% of young people have smoked, used alcohol and any drugs
- 11% of young people have used alcohol and smoked
- 2% of young people have used alcohol and any drugs
- less than 1% have only smoked and less than 1% have only used any drugs
- 13% of young people have smoked and used any drugs

### Substance use:



## Alcohol, tobacco and other drug use

This Venn diagram shows the percentage of young people using cigarettes and e-cigarettes ever in their lifetime and highlights where these are used in combination.

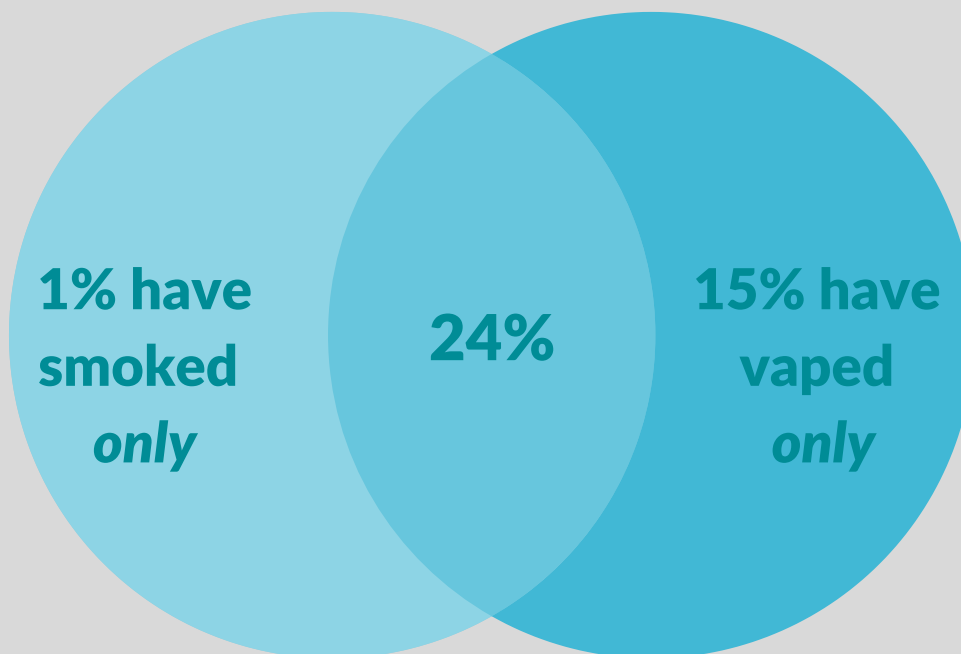
60% of young people have never smoked or used e-cigarettes.

This leaves 40% that have smoked and or vaped of which:

- 1% have only smoked, and 15% have only used e-cigarettes.
- 24% of young people have smoked and used e-cigarettes. Most young people who are using e-cigarettes are also smoking tobacco.

### Cigarette and e-cigarette use:

**60% have never smoked  
or used e-cigarettes**



## Alcohol

### TAKEAWAY

72% have had alcohol  
in their lifetime

40% have been drunk  
in their lifetime



### TAKEAWAY

65% have had alcohol  
in the last 12 months

35% have been drunk  
in the last 12 months



### TAKEAWAY

45% have had alcohol  
in the last 30 days

22% have been drunk  
in the last 30 days

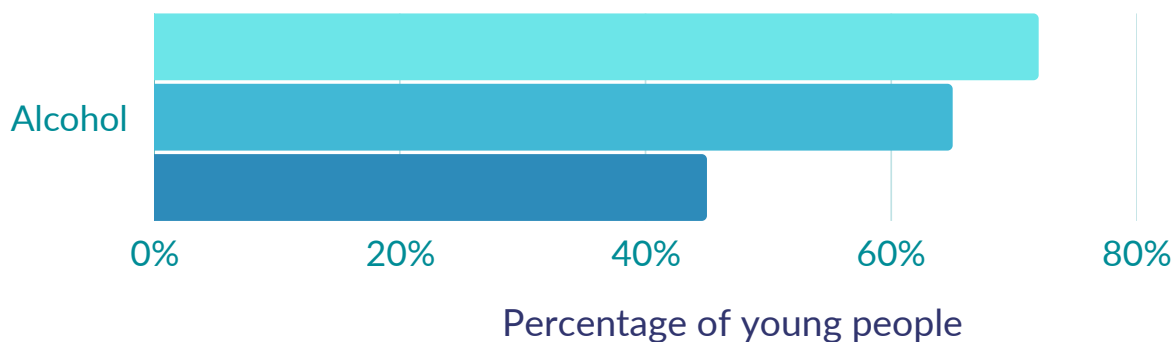


## Alcohol use and getting drunk

About their alcohol use, the chart shows that:

- 72% have drunk alcohol in their lifetime
- 65% have drunk alcohol in the last 12 months
- 45% have drunk alcohol in the last 30 days.

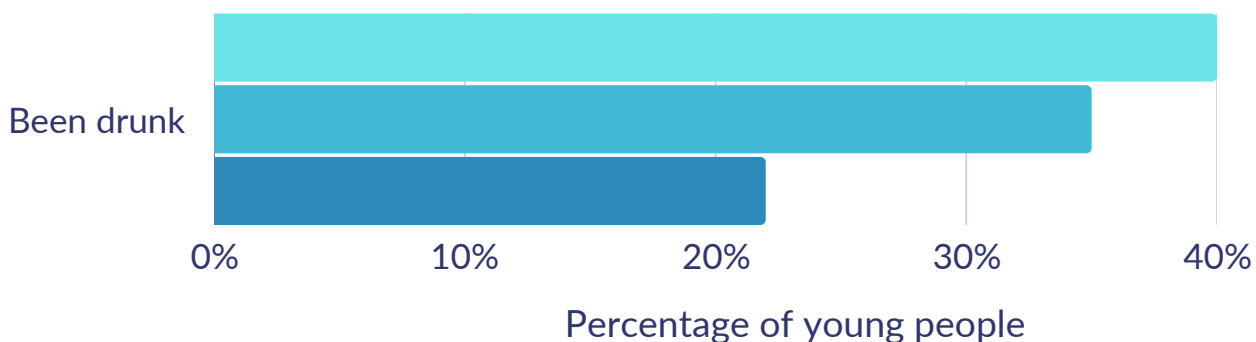
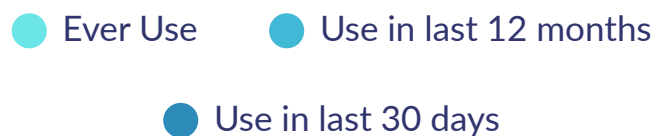
### Alcohol use



About being drunk, the chart shows that:

- 40% have been drunk in their lifetime
- 35% have been drunk in the last 12 months
- 22% have been drunk in the last 30 days.

### Been drunk



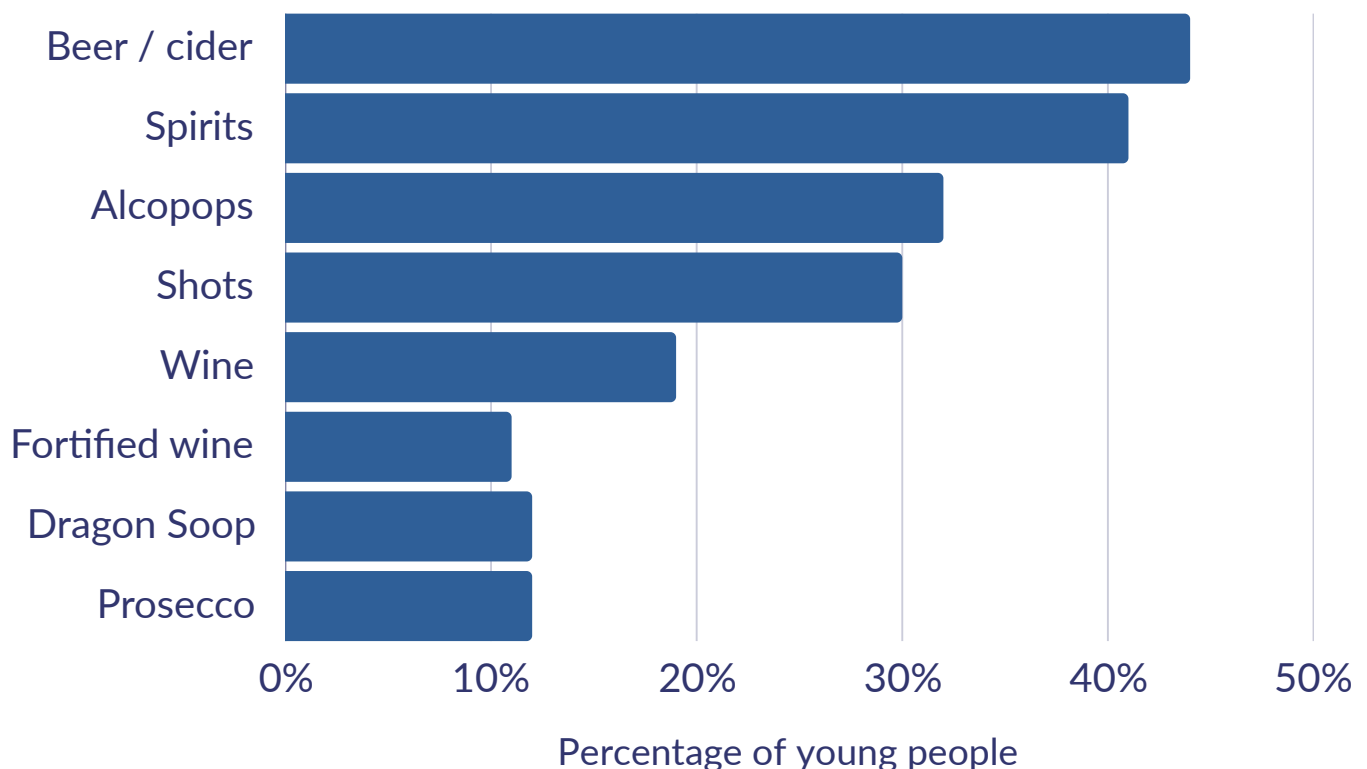
## Types of alcohol

Young people were asked about which types of alcohol they had had in the previous month. Of the young people that had had alcohol;

- 44% had beer / cider
- 41% had spirits (e g vodka, gin, whisky)
- 32% had alcopops (WKD, Smirnoff Ice, Hooch)
- 30% had shots (Sourz)
- 19% had wine
- 11% had fortified wine (Mad Dog, Bucky, Buckfast)
- 12% had Dragon Soop (caffeinated alcoholic drink)
- 12% had prosecco.

Beer / cider and spirits are the types of alcohol young people most often use. Young people may be counted more than once if they are having different types of alcohol.

### Types of alcohol used in previous month:





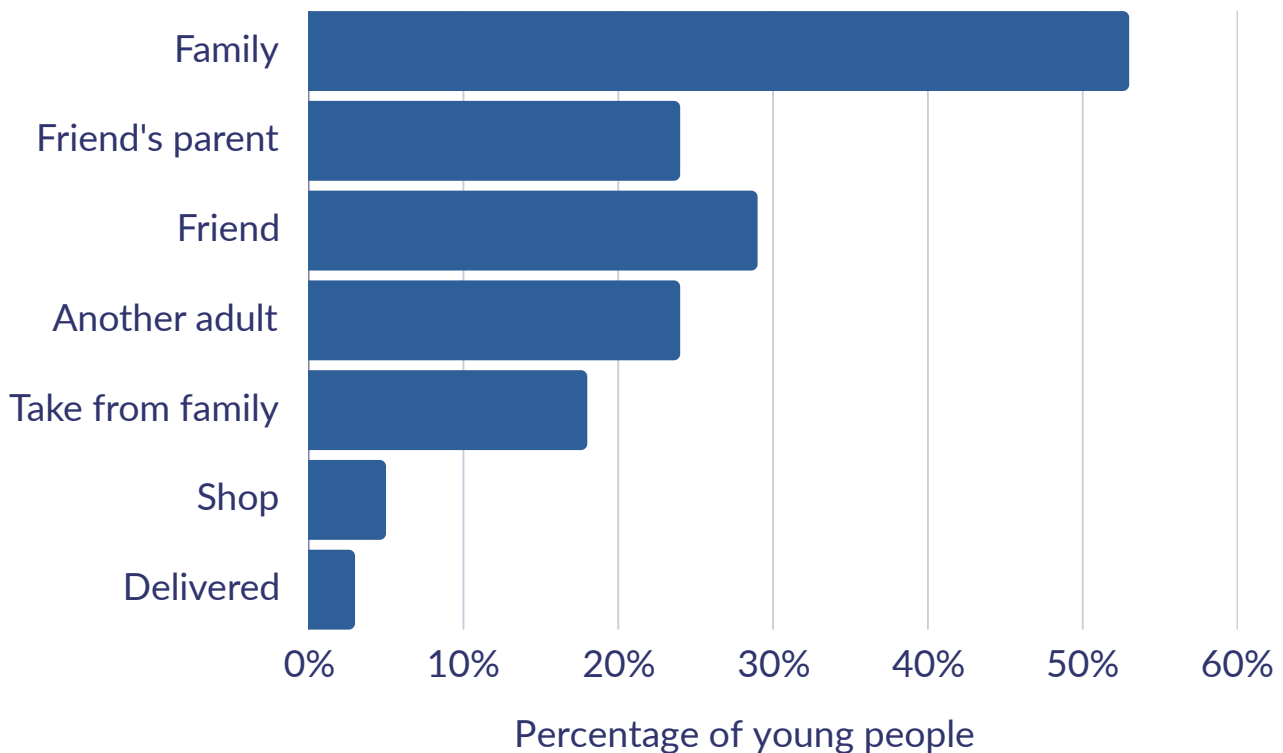
## Access to alcohol

Young people were asked how they get the alcohol they drink. Young people get alcohol from the following sources:

- 53% get it from member of their family
- 24% get it from a friend's parent
- 29% get it from friends or schoolmates
- 24% get it from another adult
- 18% take it from a family member without them knowing
- 5% buy it in a shop
- 3% get it delivered
- A small proportion of young people take it from a shop without paying for it.

Most often, young people who use alcohol get alcohol from their family members, followed by a friend's parent. Young people may be counted more than once if they are accessing alcohol through more than one source.

### Access to alcohol:



## Cigarettes and e-cigarettes

### TAKEAWAY

25% had smoked in their lifetime

22% had smoked in the last 12 months

14% had smoked in the last 30 days



### TAKEAWAY

39% had used e-cigarettes in their lifetime

27% had used e-cigarettes in the last 30 days

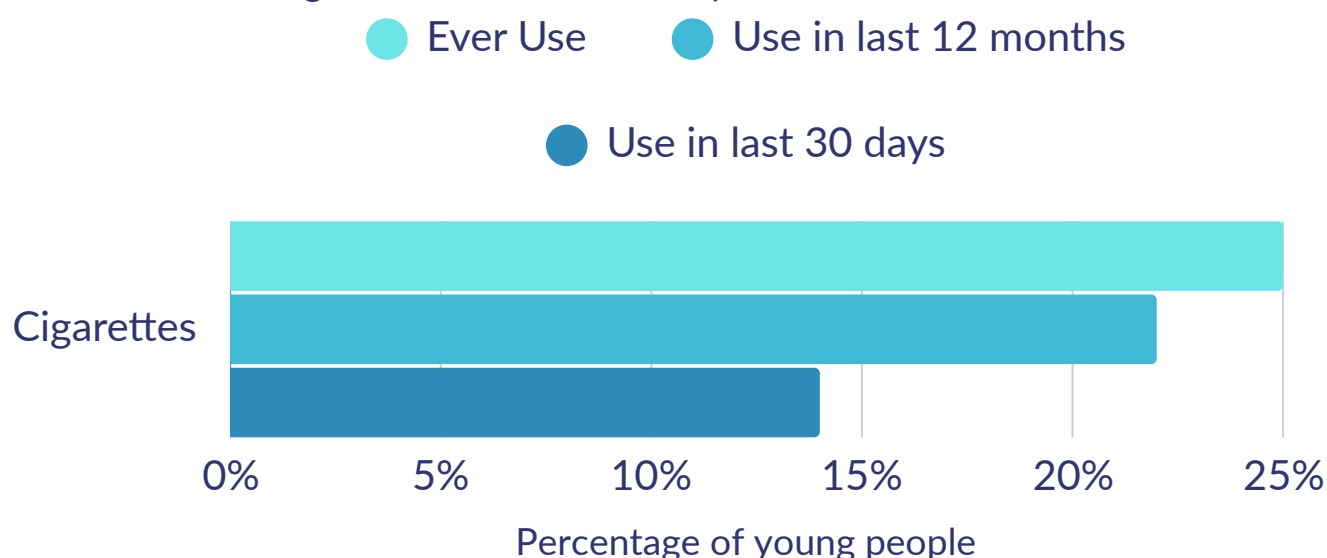


## Cigarettes and e-cigarettes

### Cigarette use:

This chart shows:

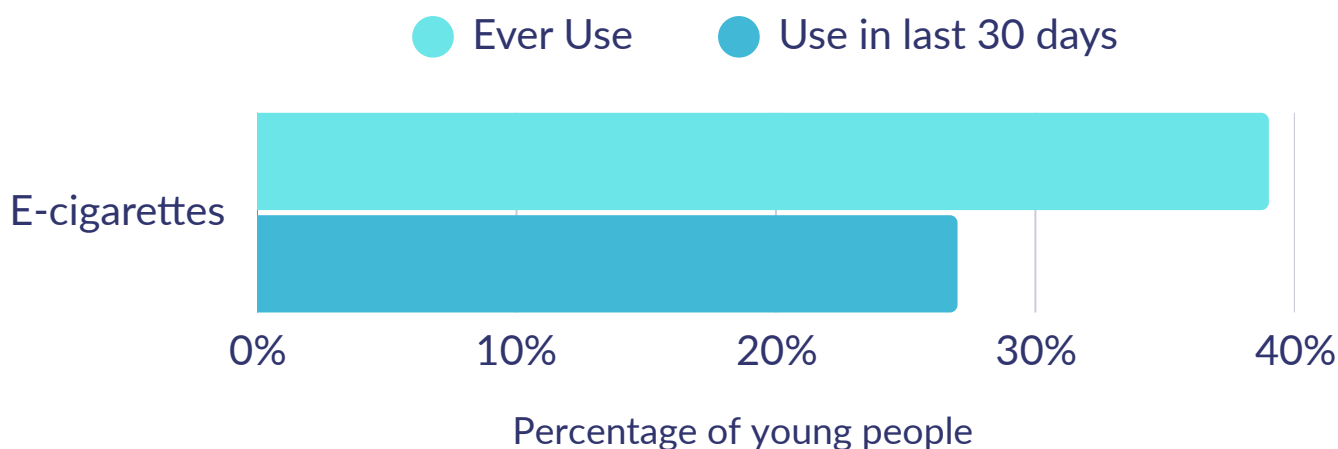
- 25% had smoked cigarettes in their lifetime
- 22% had smoked cigarettes in the last 12 months
- 14% had smoked cigarettes in the last 30 days.



### E-cigarette use:

This chart shows:

- 39% had used e-cigarettes their lifetime
- 27% had used e-cigarettes in the last 30 days.



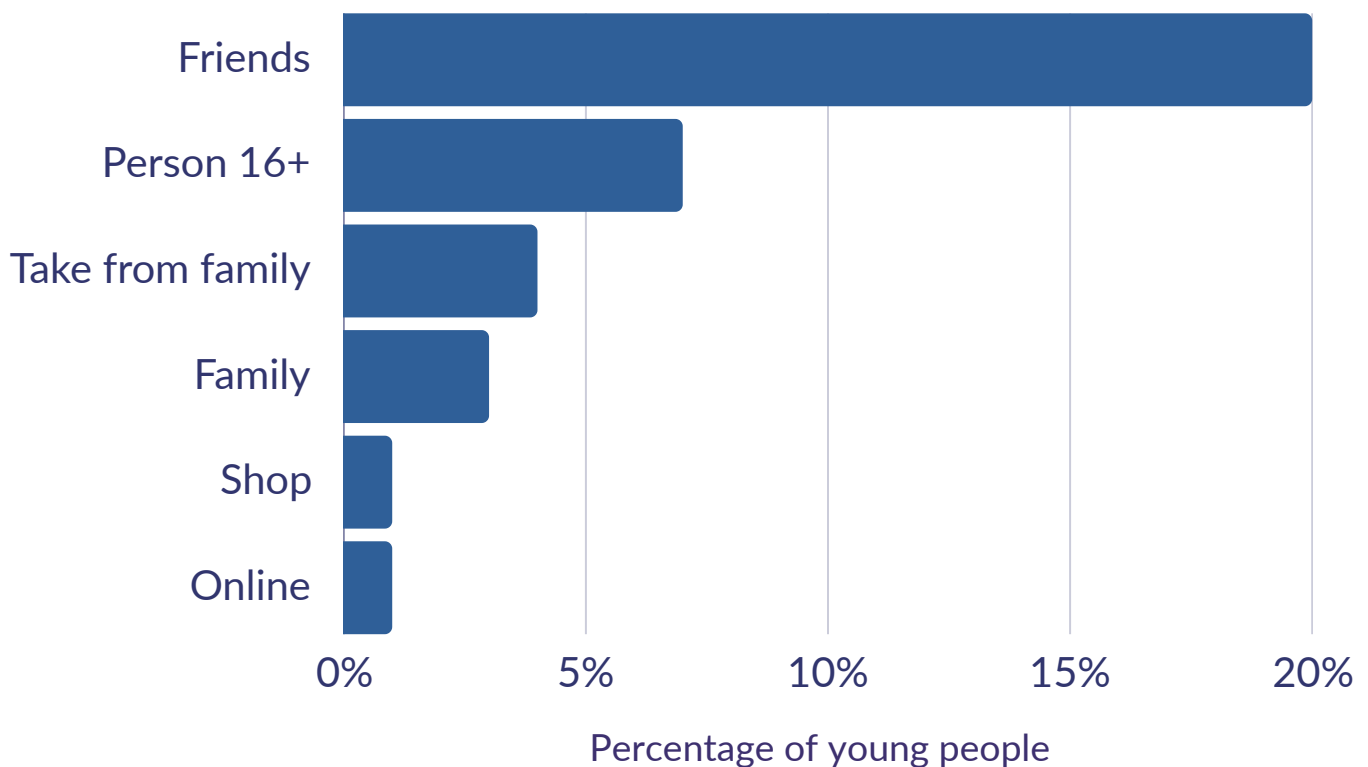
## Access to cigarettes

Young people were asked how they get cigarettes. Young people get cigarettes from the following sources;

- 20% get them from their friends or schoolmates
- 7% get them from a person 16 or older who isn't in their family
- 4% take them from a family member without them knowing
- 3% get them from a family member
- 1% buy them in a shop
- 1% online sales
- A small proportion of young people take them from a shop without paying.

Most often, young people get cigarettes from their friends or schoolmates, followed by a person 16 or over who isn't in their family. Young people may be counted more than once if they access cigarettes in more than one way.

### Access to cigarettes:



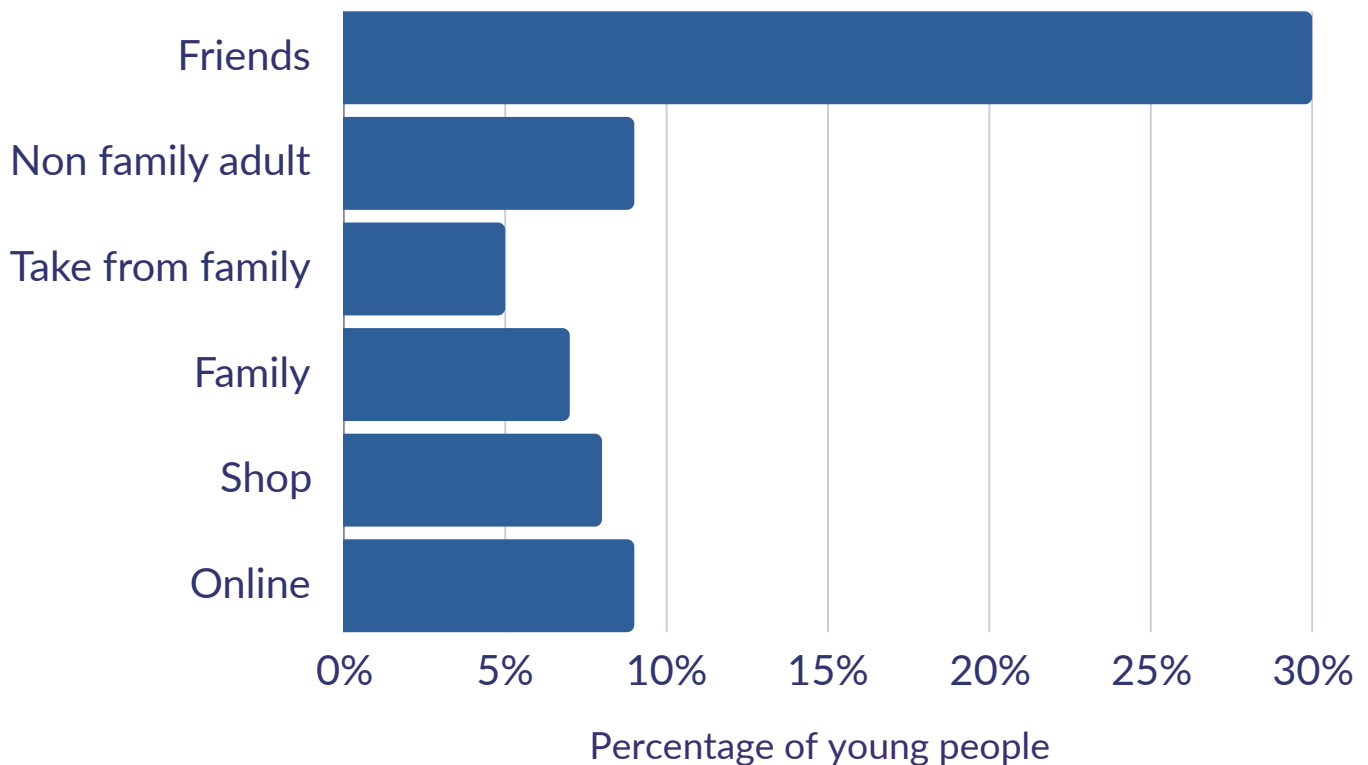
## Access to e-cigarettes

Young people were asked how they get e-cigarettes. Young people get e-cigarettes from the following sources;

- 30% get them from their friends or schoolmates
- 9% get them from an adult who isn't in their family
- 5% take them from a family member without them knowing
- 7% get them from a family member
- 8% buy them in a shop
- 9% online sales
- A small proportion of young people take them from a shop without paying.

Most often, young people get cigarettes from their friends or schoolmates, followed by an adult who isn't in their family or from online sales. Young people may be counted more than once if they access cigarettes in more than one way.

### Access to e-cigarettes:



## Smokeless Tobacco eg snuff/ nicotine pouches

Take Away

**3% had used  
smokeless  
tobacco products  
in the last 30 days**

Take Away

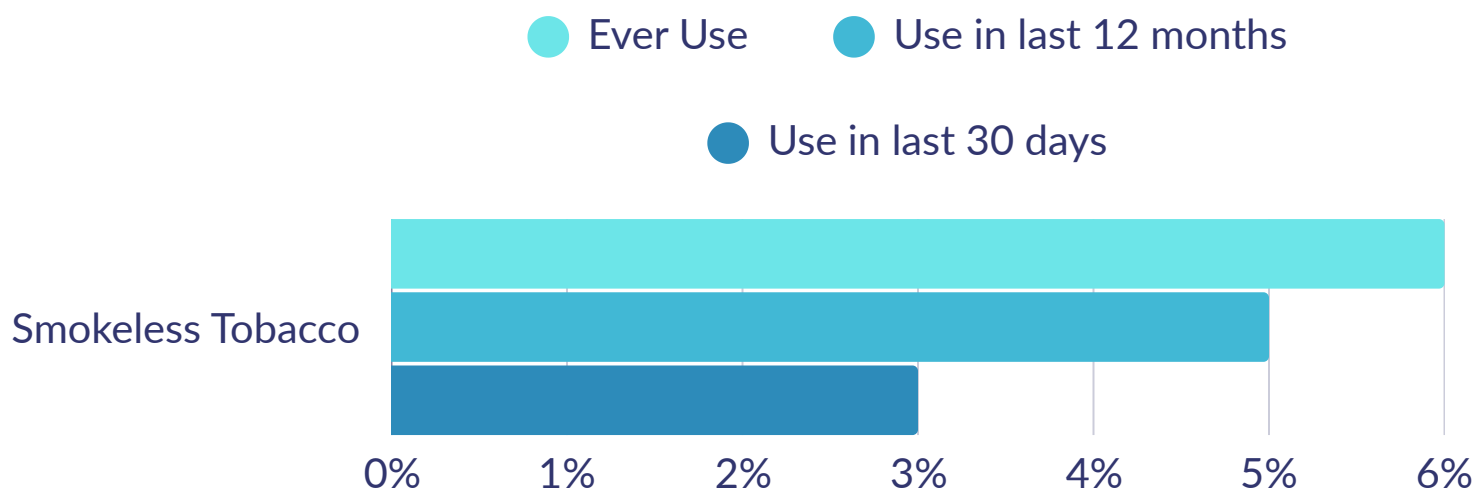
**6% had used  
smokeless  
tobacco products  
in their lifetime**

## Access to Smokeless Tobacco eg snuff, chewing tobacco, nicotine pouches etc

### Smokeless tobacco use:

This chart shows:

- 6% had used smokeless tobacco in their lifetime
- 5% had used smokeless tobacco in the last 12 months
- 3% had used smokeless tobacco in the last 30 days.



The majority of young people who use Smokeless tobacco products purchase them online, with a small amount getting them from another adult who isn't a family member.



## Drugs

### TAKEAWAY

14% used cannabis  
in their lifetime

13% used cannabis  
in the last 12 months

8% used cannabis  
in the last 30 days



### TAKEAWAY

2% had ever used  
cocaine, ecstasy,  
magic mushrooms  
and nitrous oxide

3% had ever used  
synthetic cannabis



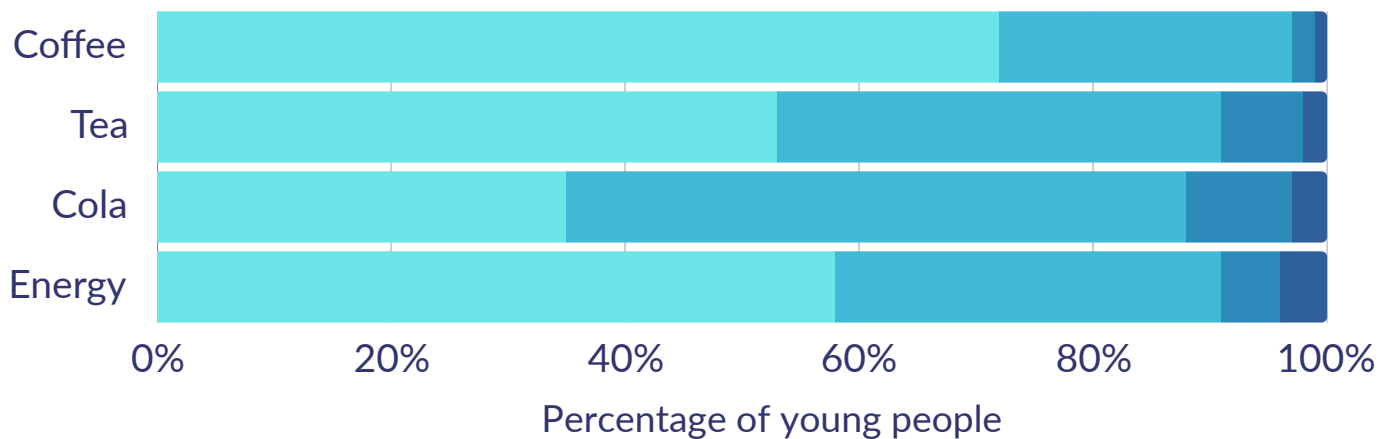


## Caffeine

Young people were asked about their daily caffeine use, measured by regular sized cups or cans. The majority of young people don't consume coffee or energy drinks on a daily basis, however more than half of young people (75%) have at least one cola drink daily, and a large proportion have at least one cup of tea daily (47%).

### Caffeine Use:

● Never ● 1-2 ● 3-4 ● 5+



## Cannabis use

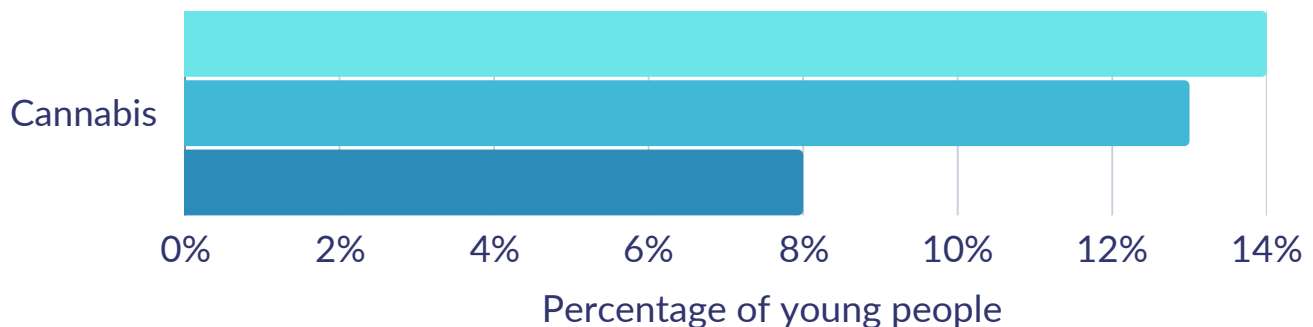
Young people were asked about cannabis use over different time periods:

- 14% used cannabis in their lifetime
- 13% used cannabis in the last 12 months
- 8% used cannabis in the last 30 days.

### Cannabis use:

● Ever Use ● Use in last 12 months

● Use in last 30 days



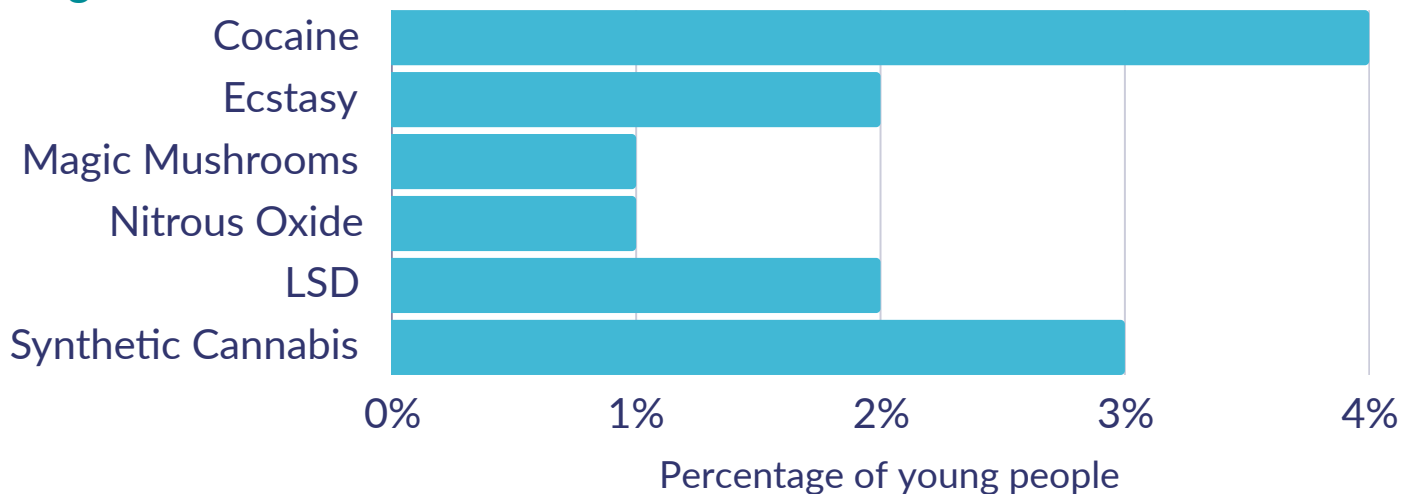
## Drug use in lifetime by type

Young people were asked if they had taken any drugs in their lifetime (excluding cannabis which is reported separately). The vast majority of young people weren't using any drugs. The most frequently used drugs were , cocaine, synthetic cannabis, ecstasy, and LSD.

A small proportion of young people stated they had used: ADHD drugs without prescription; amphetamine; anabolic steroids; benzodiazepines; crack cocaine; ketamine; methamphetamine; opioids without prescription; tranquillisers without prescription; and psychoactive substances.

Young people may be counted more than once if they have used more than one drug.

### Drug use in lifetime:





TAKEAWAY

**Most young people don't use drugs**

## Access to drugs

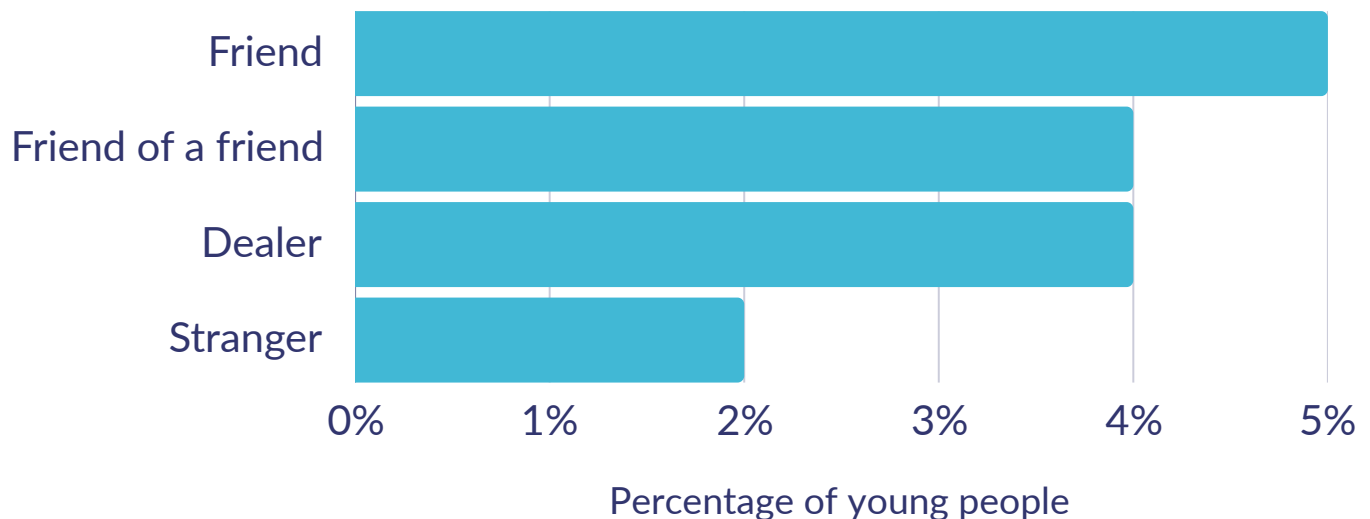
Young people were asked how they get drugs.

The most common way for young people to access drugs is:

- through a friend (5%)
- from a friend of a friend (4%)
- from a dealer (4%)
- from a stranger (2%)
- a small proportion of young people get drugs from their friend's parent, a family member without them knowing, and online.

Young people may be counted more than once if they have used access in more than one way.

### Access to drugs:



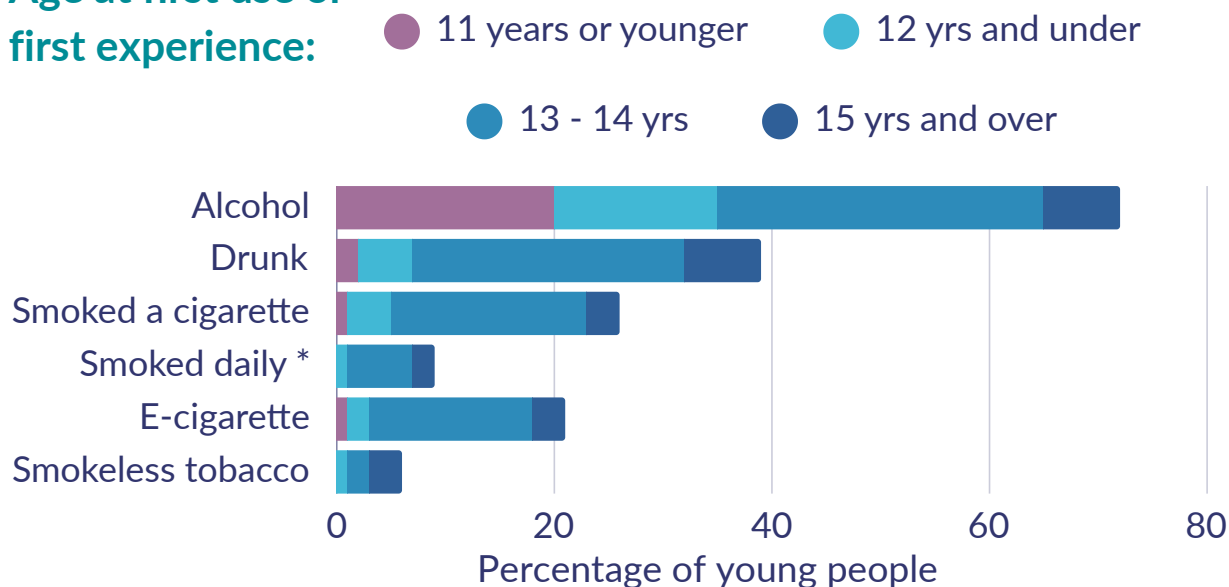
## Age at first use

Young people were asked at what age they first:

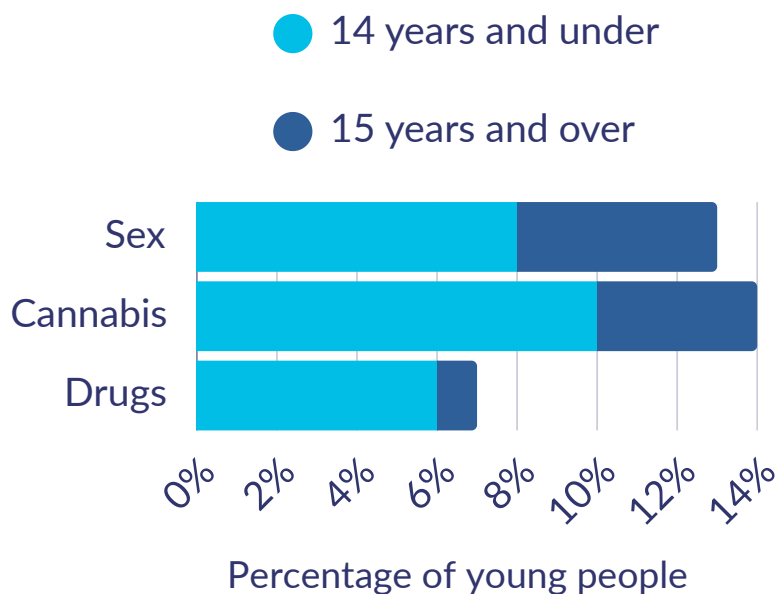
- Had a drink of alcohol
- Got drunk
- Smoked a cigarette
- Smoked cigarettes daily
- Used an electronic cigarette/vaped.
- Had sexual intercourse
- Used cannabis
- Used illegal drugs.

Alcohol use was shown to be experienced by most young people, including from a young age; 35% of young people had alcohol aged 12 or younger.

### Age at first use or first experience:



\* a small proportion of young people smoked daily at 12 years and under



Approximately ten per cent of young people had first used cannabis by 14 years of age and a small number as young as 11 or 12 years.

About one sixth of young people had their first experience of sexual intercourse by the age of 15 years.

## Fitting in

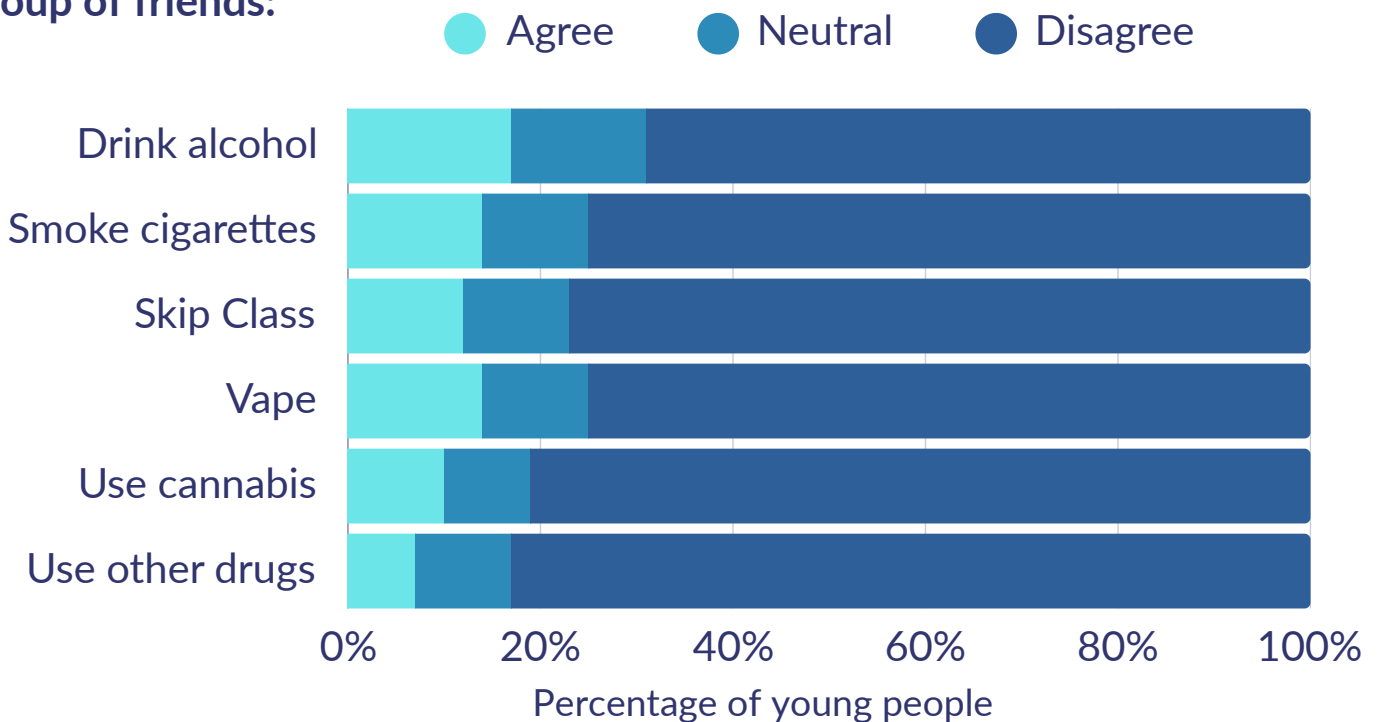
Young people were asked if they felt they needed to do certain things to not feel left out by their group of friends. Most young people disagreed that they had to do things to fit in.

Although the majority didn't feel they had to, more young people felt they had to drink to fit in with their group of friends than any of the other behaviours.

- 17% of young people disagreed they had to drink alcohol to fit in
- 14% of young people disagreed they had to smoke cigarettes to fit in
- 12% of young people disagreed they had to skip classes to fit in
- 14% of young people disagreed they had to vape to fit in
- 10% of young people disagreed they had to use cannabis to fit in
- 7% of young people disagreed they had to use other drugs to fit in.

This is important because the young people that feel they need to do these things to fit in with friends are more likely to use alcohol, tobacco and other drugs.

**Sometimes you need to do this so you don't feel left out by your group of friends:**



## Over-estimates of substance use by young people

Young people were asked to estimate the number of their friends who use substances. They over-estimated the number of their friends that smoke, have been drunk, and use drugs. This is important because over-estimates lead to young people thinking using substances are usual things to do, and if they seem normal to do, then young people are more inclined to do them. Highland young people are more likely to get drunk if they believe their peers get drunk.



### TAKEAWAY

**Young people over-estimated the number of their friends that smoke, have been drunk, and use drugs**

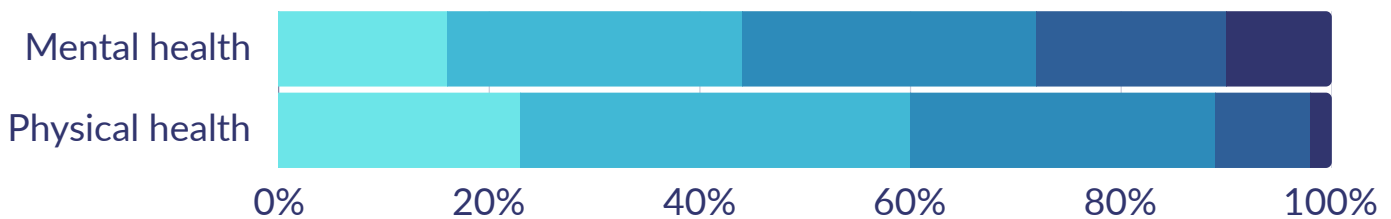


## Mental health and wellbeing

### Mental and physical health:

Young people were asked to rate their mental health and physical health.

- % rated their mental health as good or very good
- % rated their physical health as good or very good.



Percentage of young people

There is a difference between boys' and girls' mental health:

- 54% of boys reported their mental health as good or very good
- 34% of girls reported their mental health as good or very good.





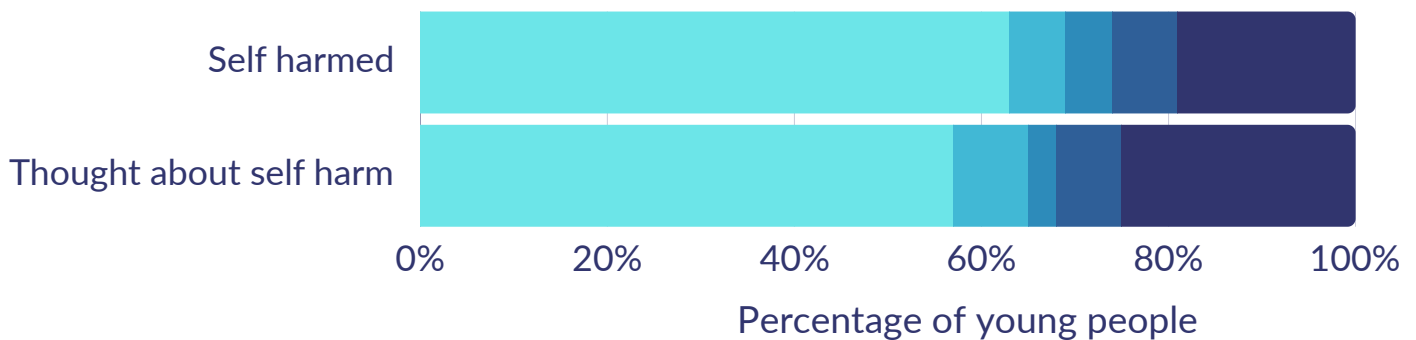
## Mental health and wellbeing

### Self harm:

Young people were asked about self harm. They were asked about the frequency of having actually harmed themselves on purpose (e.g., scratching, cutting, burning, preventing wounds from healing, punching), and times they had thought about doing this.

The majority of young people, 63%, have never self harmed. 37% have self harmed once or more. However, just under half of young people have thought about self harming (43%).

● Never ● Once ● Twice ● 3/4 times  
● 5 times or more



### TAKEAWAY

**37% of young people reported self-harm once or more**



## Suicide

Young people were asked questions about suicide.

### TAKEAWAY

14% had told someone they were thinking about suicide



### TAKEAWAY

42% had someone else tell them that they were thinking about suicide

31% had a friend or someone else close to them attempt suicide.

### TAKEAWAY

29% had thought about suicide and 21% had seriously considered suicide



### TAKEAWAY

9% had attempted suicide and 5% had attempted suicide in the last 6 months

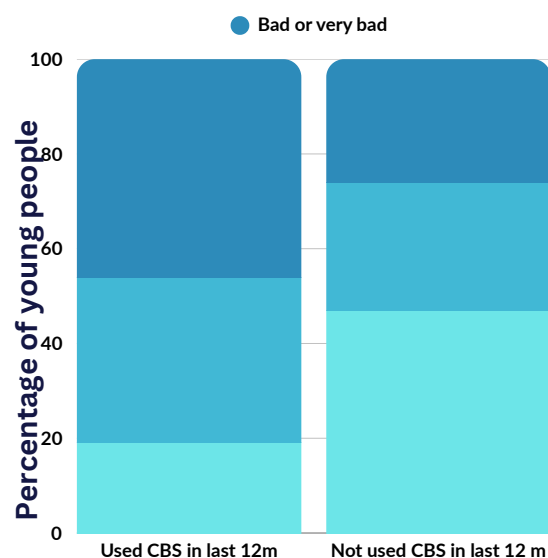
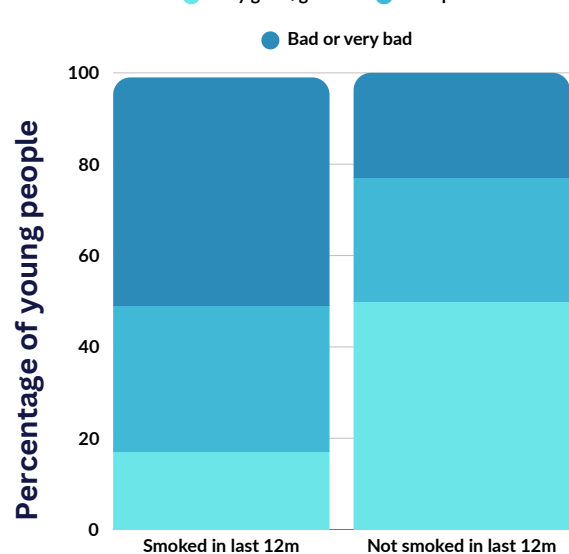
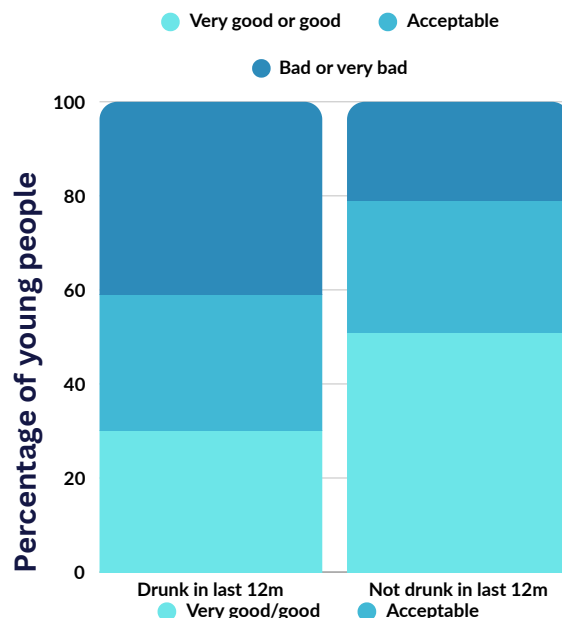
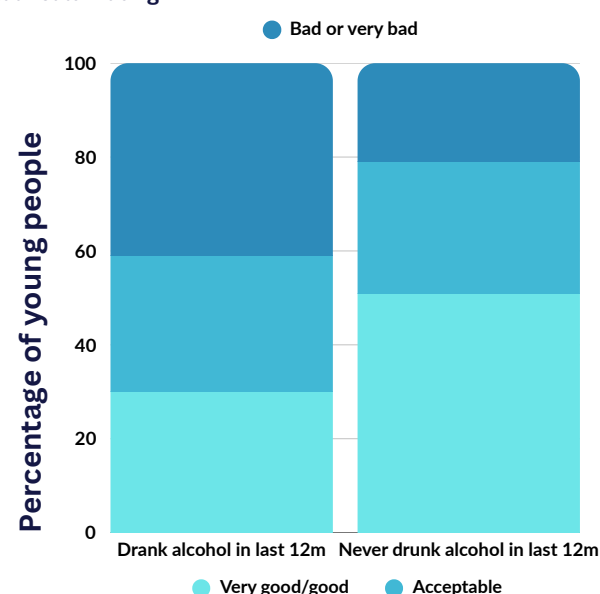
## Mental health and substance use

These graphs show how young people rate their mental health alongside an indication of their substance use in the last 12 months. Substance use refers to having had alcohol, having been drunk, smoked cigarettes, or used cannabis. Where substances were used in the last 12 months, there were a greater proportion who rated their mental health as bad or very bad, compared to those who didn't use substances in the last 12 months:

- 34% who had alcohol in the last 12 months rated their mental health as bad or very bad
- 42% who had been drunk in the last 12 months rated their mental health as bad or very bad
- 50% who had smoked cigarettes in the last 12 months rated their mental health as bad or very bad
- 47% who had used cannabis in the last 12 months rated their mental health as bad or very bad.

### Mental health and substance use:

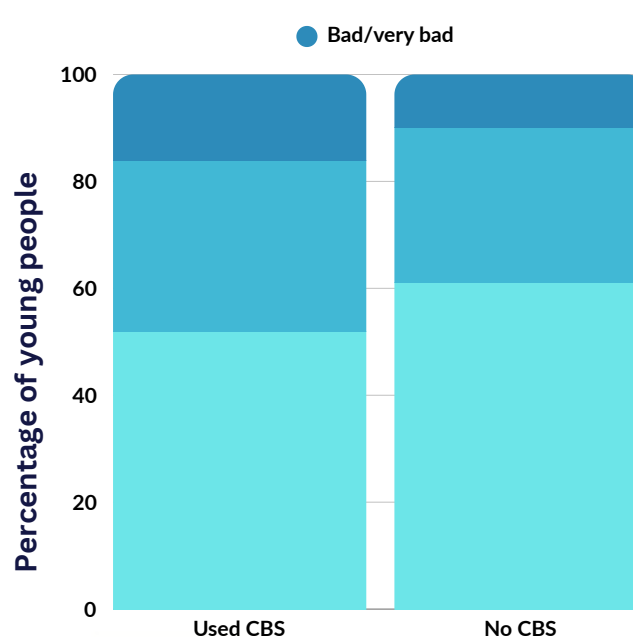
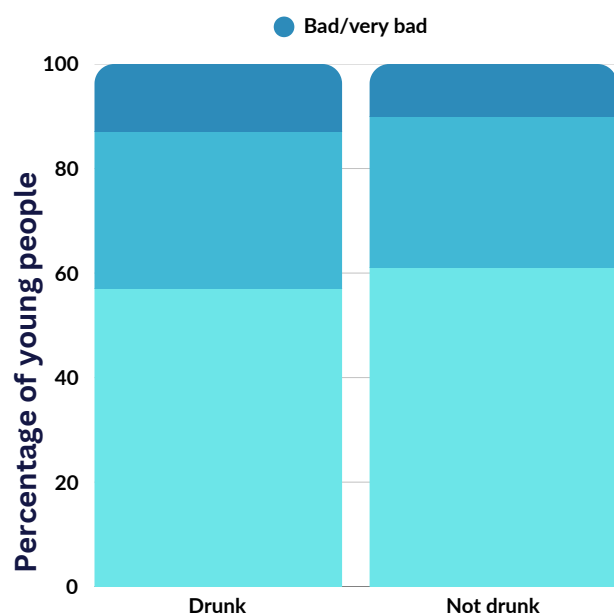
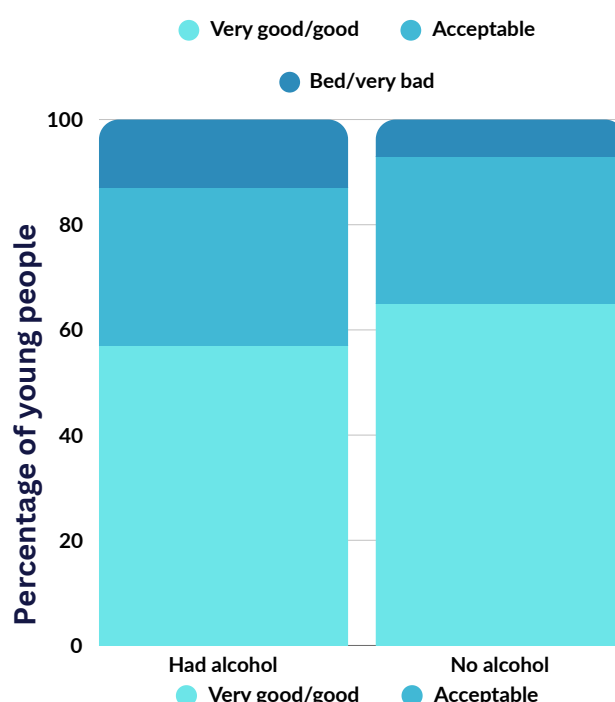
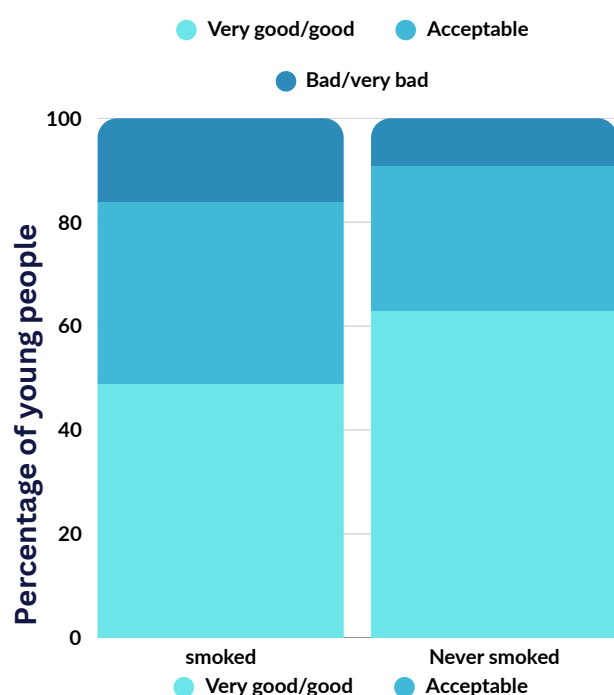
Mental health rating



## Physical health and substance use

Young people were asked to rate their physical health and substance use in the last 12 months. These graphs show the number of young people who have used substances in the last 12 months, and have rated their physical health as very good, good, acceptable, or bad or very bad. There is a small relationship between substance use in the last 12 months and how young people rated their physical health, more so with cigarette usage than the other substances.

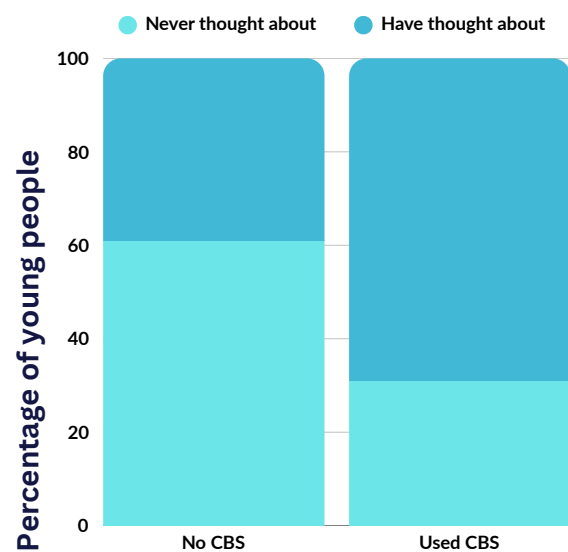
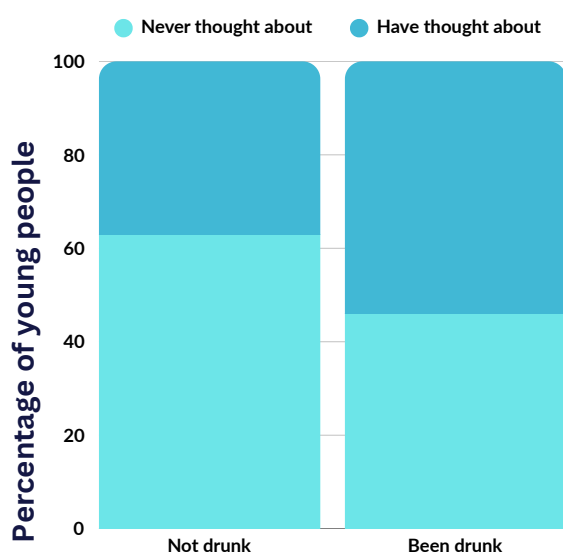
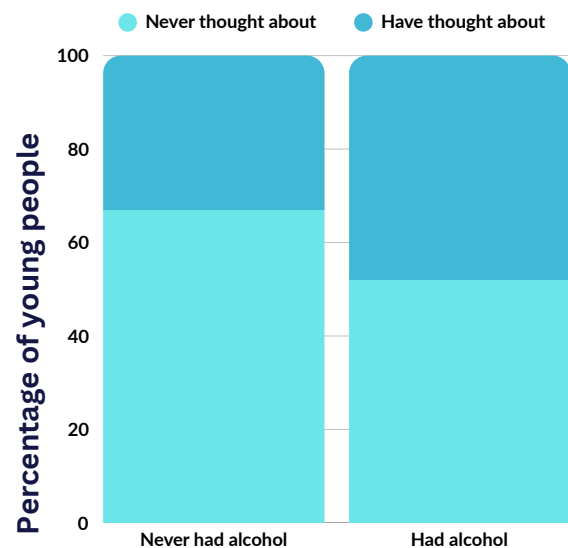
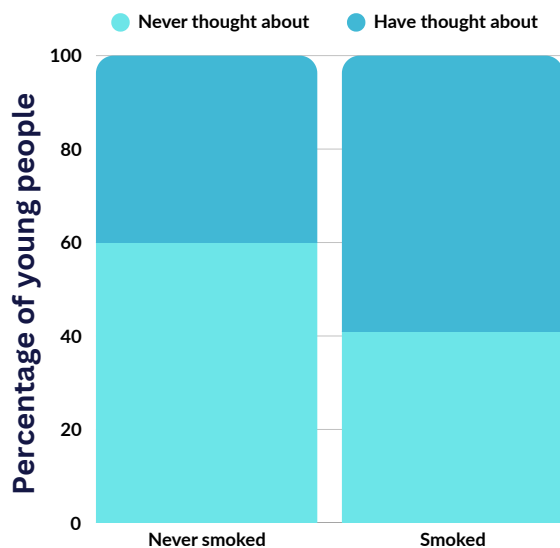
### Physical health and substance use:



## Thoughts of self harm and substance use

Young people were asked if they thought about self harm and substance use in the last 12 months. Overall, 43% of young people had thought about self harm. These graphs show the number of young people who had thought about self harm and if they had used various substances. Where substances were used in the last 12 months, there were a greater proportion who had thought about self-harm, compared to those who hadn't used substances in the last 12 months.

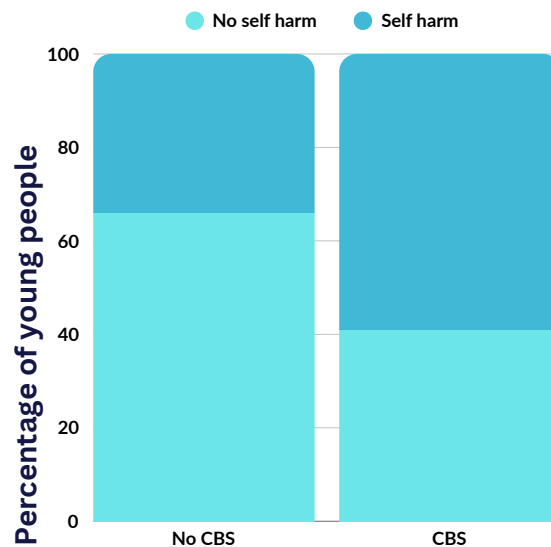
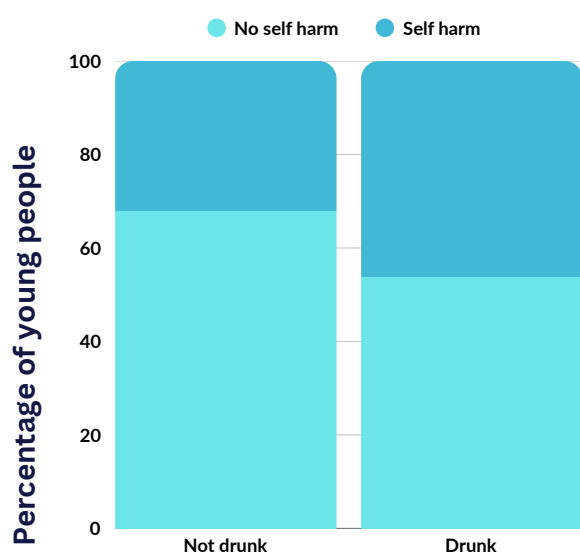
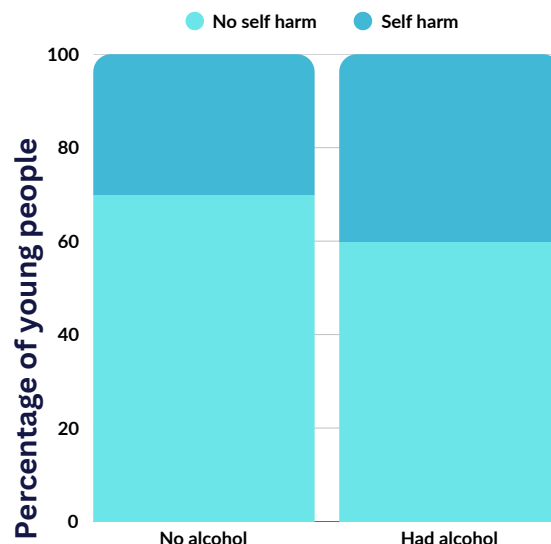
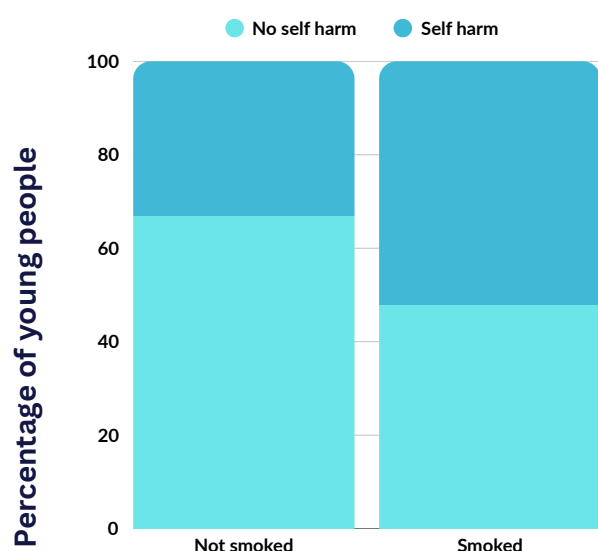
### Thoughts of self harm and substance use:



## Self harm and substance use

Young people were asked about self harm and substance use in the last 12 months. 37% of young people had ever self harmed. These graphs show the number of young people who have self harmed and if they had used substances. Where substances were used in the last 12 months, there were a greater proportion who had self-harmed, compared to those who hadn't used substances in the last 12 months.

### Self harm and substance use:

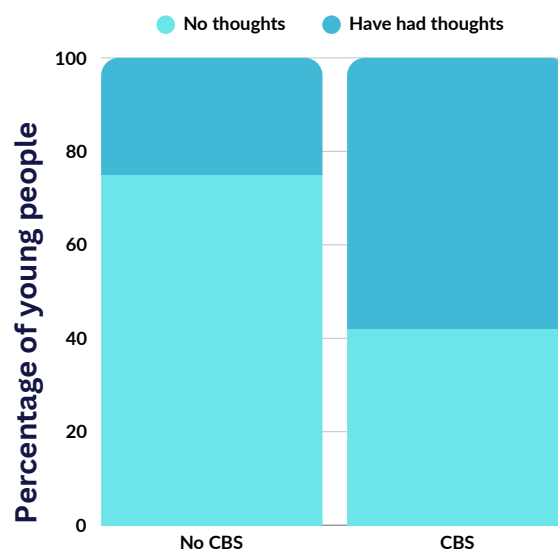
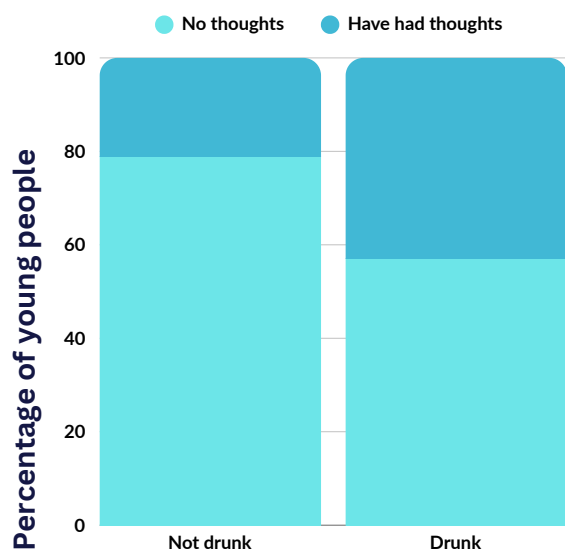
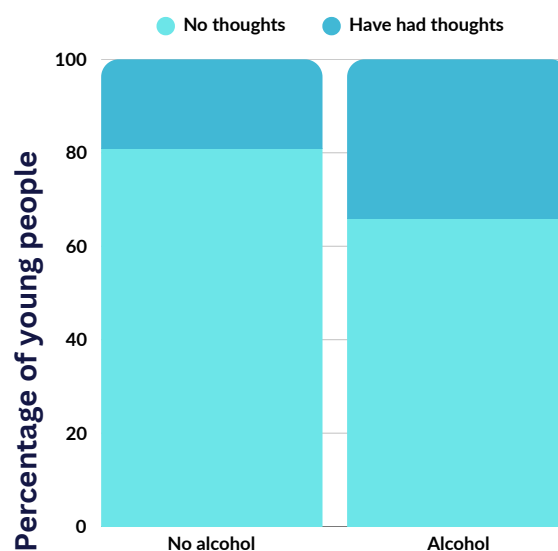
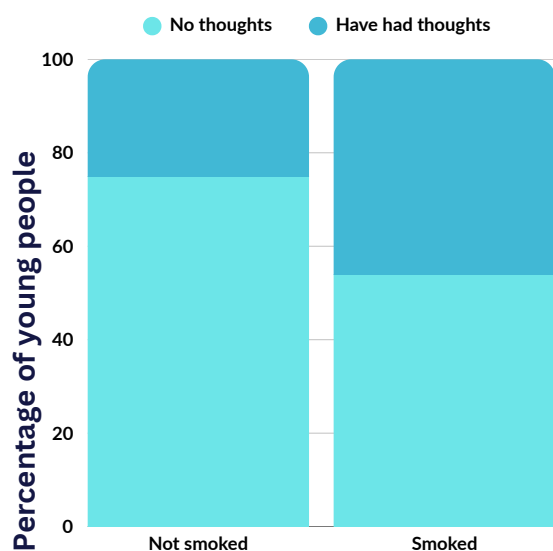




## Suicidal thoughts and substance use

Young people were asked if they have thought about suicide, and substance use in the last 12 months. 29% of young people have thought about suicide. These graphs show the number of young people who have had thoughts about suicide and if they have used various substances. Where substances were used in the last 12 months, there were a greater proportion who had suicidal thoughts, compared to those who hadn't used substances in the last 12 months.

### Suicidal thoughts and substance use:

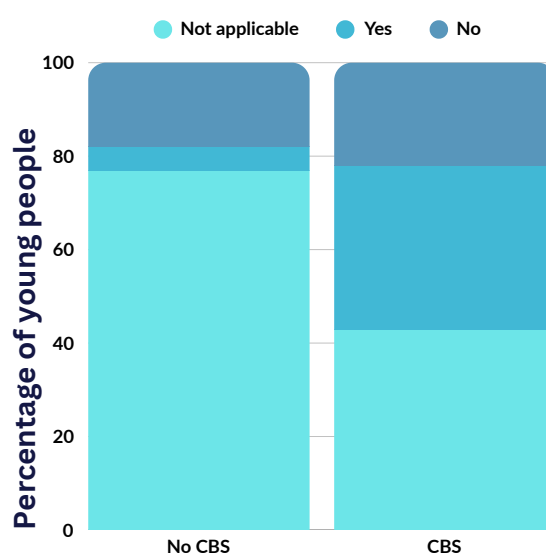
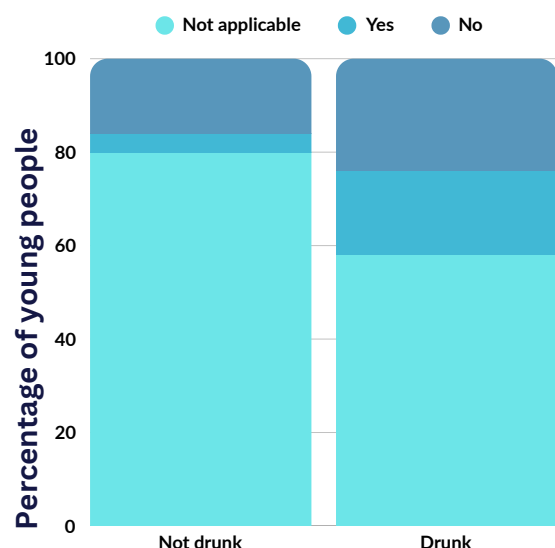
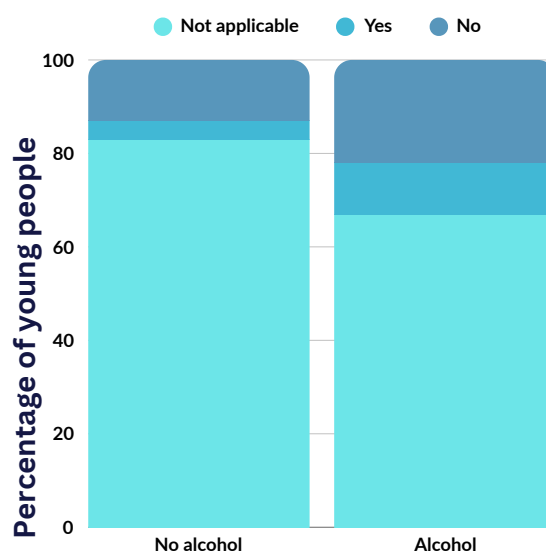
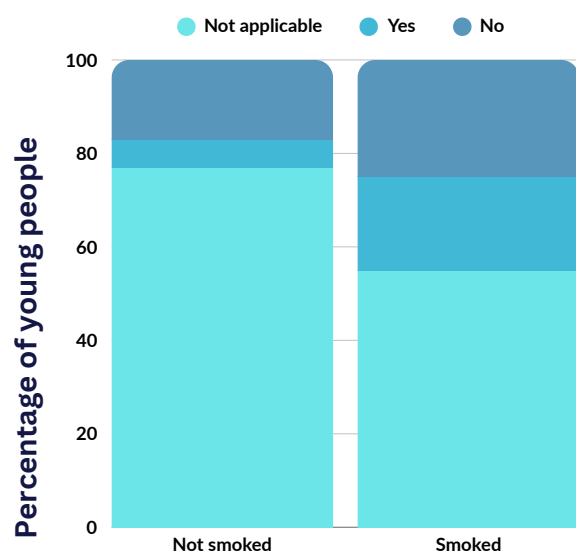




## Attempted suicide and substance use

Young people were asked if they had attempted suicide, and about substance use in the last 12 months. 9% of young people said they had attempted suicide. These graphs show the number of young people who have attempted suicide and if they had used various substances in the last 12 months. There is an increased number of attempted suicides in those who had used substances in the last 12 months.

### Attempted suicide and substance use:



## Bullying

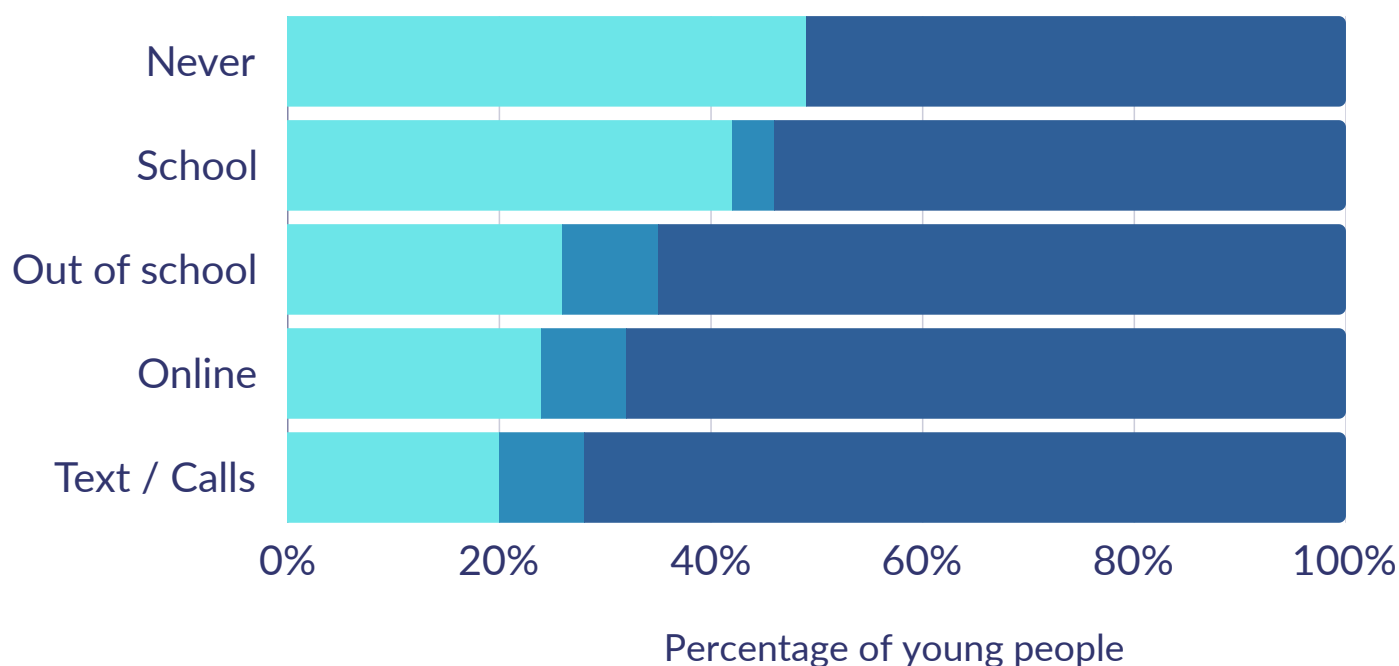
Young people were asked questions about their experience of bullying:

- 49% agreed, they had never been bullied
- 42% agreed, they had been bullied during school
- 26% agreed, they had been bullied out of school
- 24% agreed, they had been bullied online
- 20% agreed, they had been bullied through text message / phone calls.

School was the most common setting for young people to experience bullying, with almost half of the young people experiencing bullying during school.

### Been bullied:

● Agree ● Neutral ● Disagree



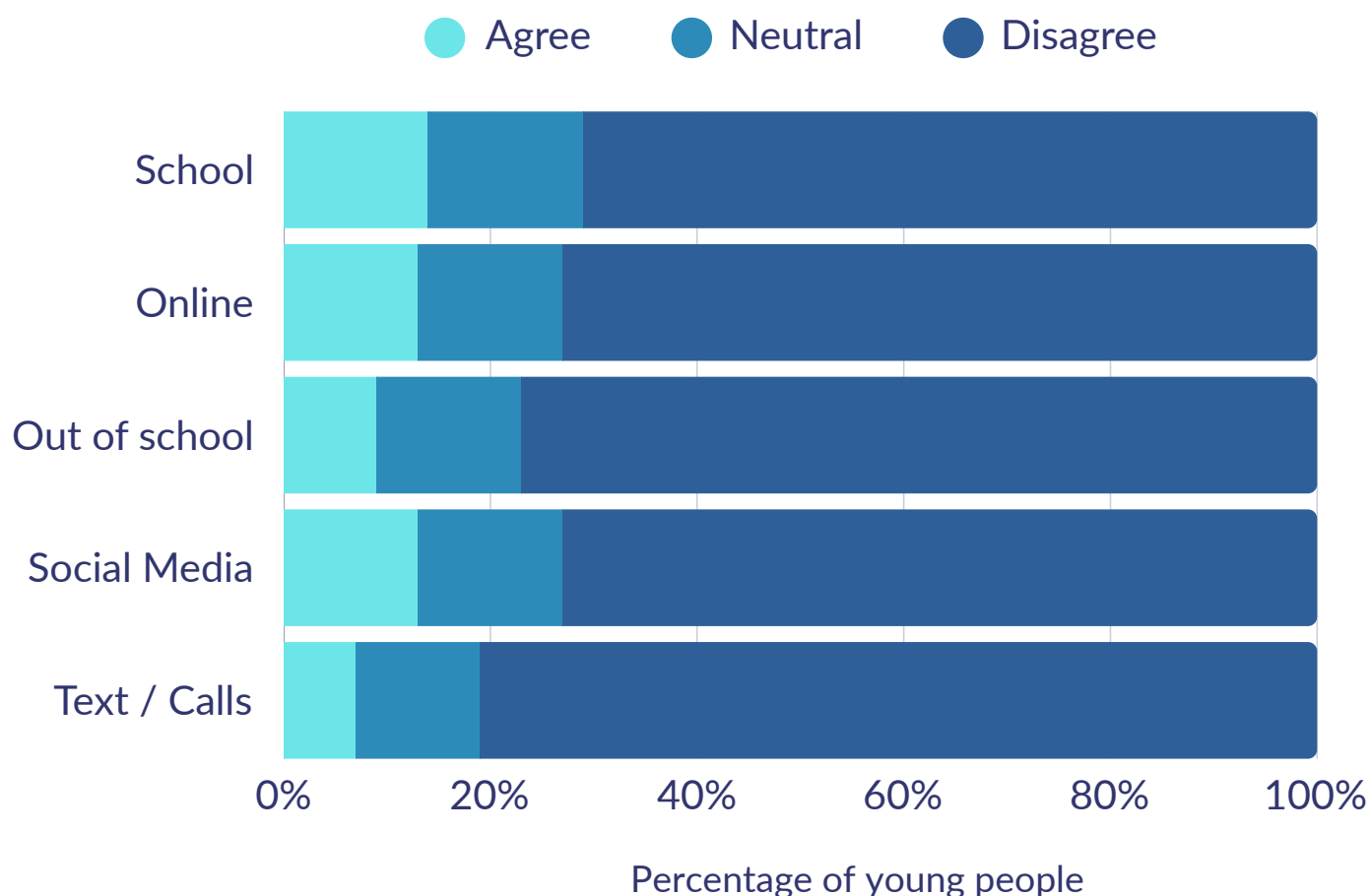
## Bullying

Young people were asked questions about if they had bullied others:

- 14% agreed, they had bullied someone during school
- 13% agreed, they had bullied someone online
- 9% agreed, they had bullied someone out of school
- 7% agreed, they had bullied someone through text message / phone calls.

The majority of young people stated they weren't bullies. For those who had bullied, the most common setting for that was during school, followed by online.

### Bullied others:

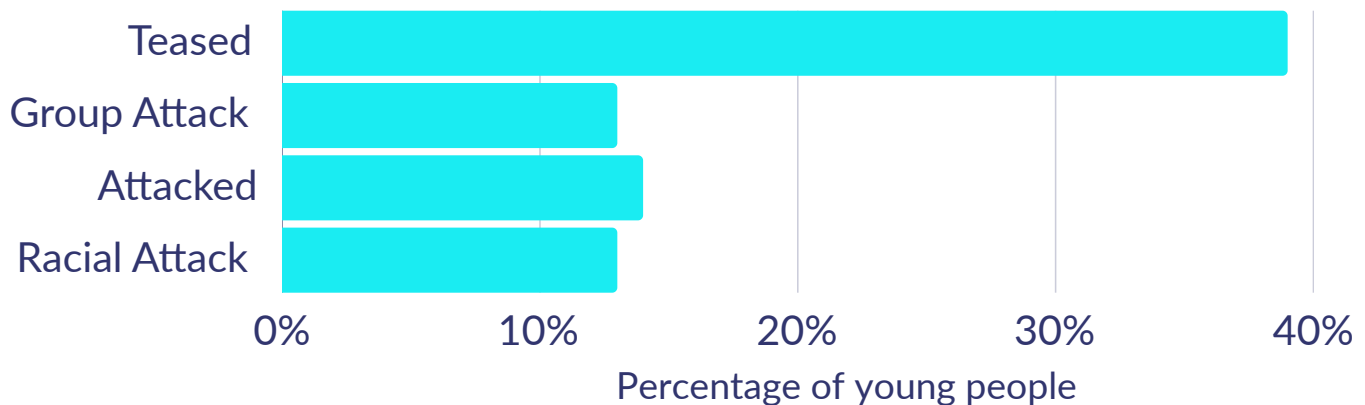


## Bullying

Young people were asked how often during the last year they:

- had been teased by a group - 39%
- had been in a group that was attacked by another group - 13%
- had been physically attacked by a group - 14%
- had been in a group that was racially attacked by another group - 13%.

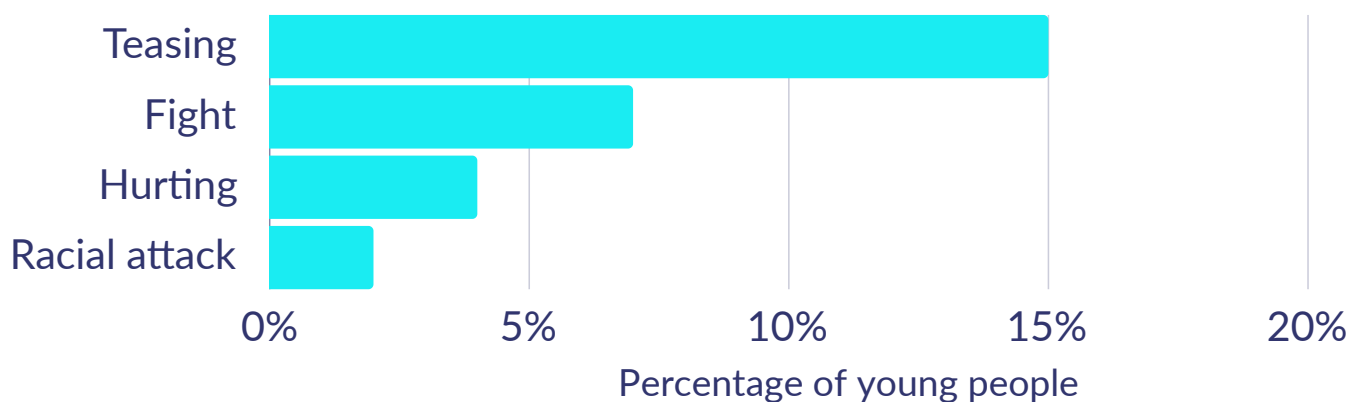
**Types of bullying experienced:** ● Once or more



Young people were asked how often during the last year they:

- had been part of a group teasing someone - 15%
- had been part of a group starting a fight with another group - 7%
- had been part of a group physically hurting anyone - 4%
- had been in a group racially attacking anyone - 2%.

**Types of bullying inflicted:** ● Once or more



Being teased or teasing were the most common bullying experiences, however some young people's experiences were more violent.

## Social media and online time

Young people were asked about their daily time on social media:

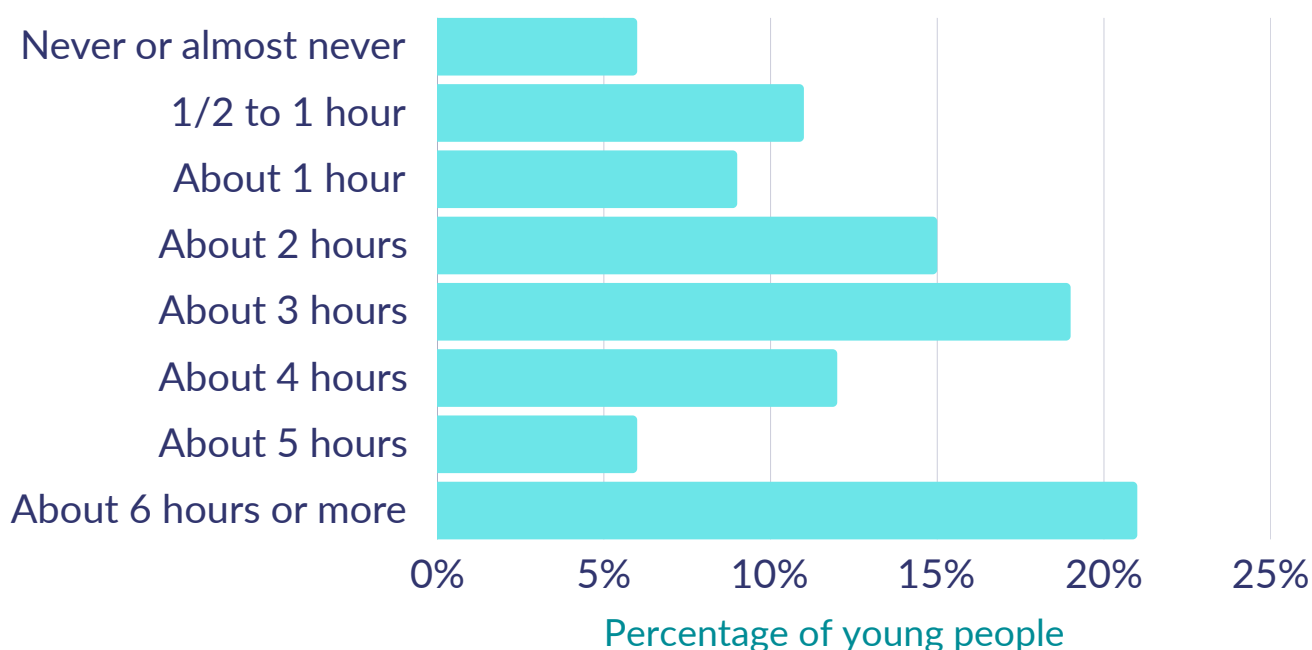
- 58% of teenagers spend 3 hours or more on social media daily
- 21%, one fifth, of young people spend 6 hours or more on social media.

Young people were also asked questions about bullying online.

- 30% of girls and 24% of boys reported being bullied online.

### Time spent on Social media

● Average time per day on social media



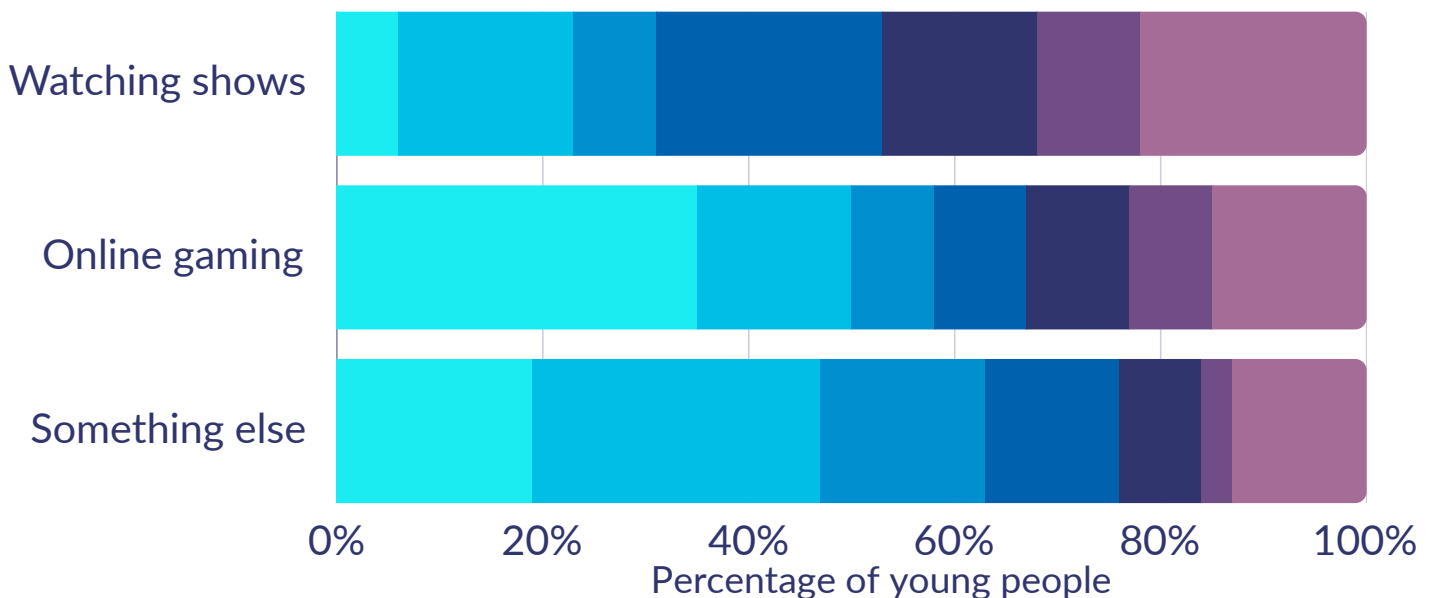
## Social media and online time

Young people were asked how much time on average they spend each day:

- Watching shows, movies or videos on your phone/tablet/laptop
- Online gaming
- Using the internet for something other than social media or gaming (e.g., reading, schoolwork).

Young people spend much of their time online, with the highest proportion of young people, 22%, spending about 5 hours or more watching shows per day. 35% of young people don't spend their time online gaming, followed by 15% who spend about 5 hours or more online gaming per day. While 28% spend about half an hour to an hour using the internet for something else.

### Time spent Online



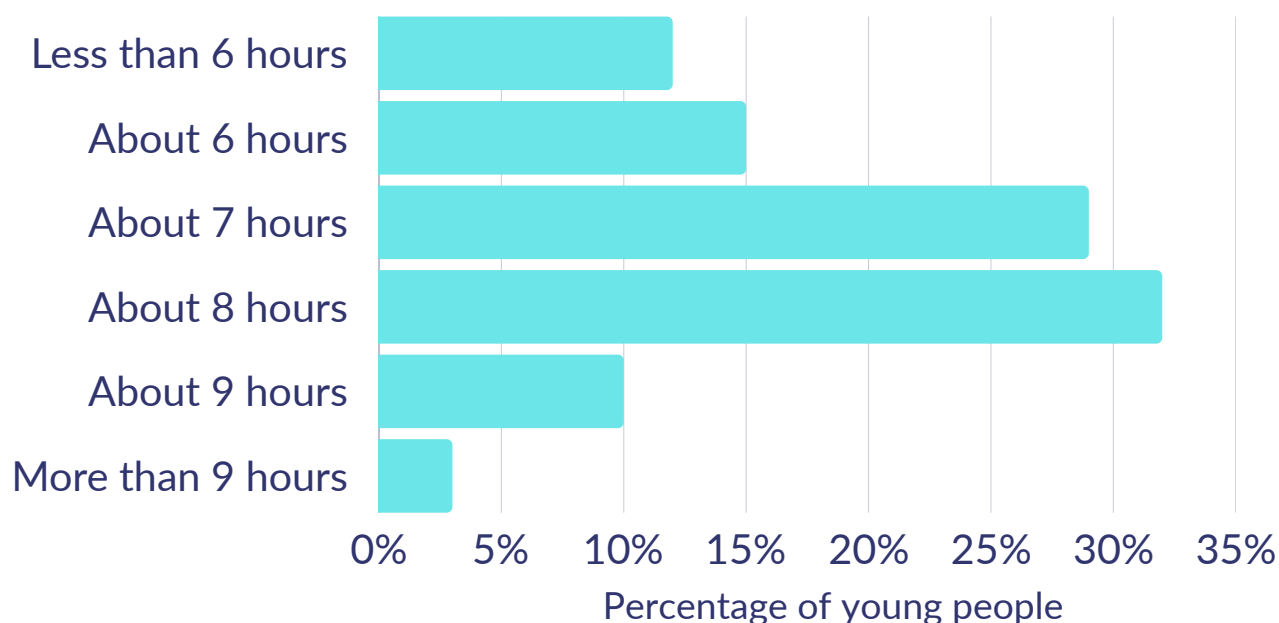
**22% of young people spend about 5 hours or more watching shows per day.**

## Sleep

Young people were asked about the amount of sleep they get in hours, on average every night:

- 56% of pupils are getting less than the recommended 8 hours of sleep on average
- 27% get around 6 hours or less of sleep every night

### Hours of sleep:



#### TAKEAWAY

**56% of young people aren't getting enough sleep**



## Sexual health and behaviour

Young people were asked about their sexual health and behaviour.

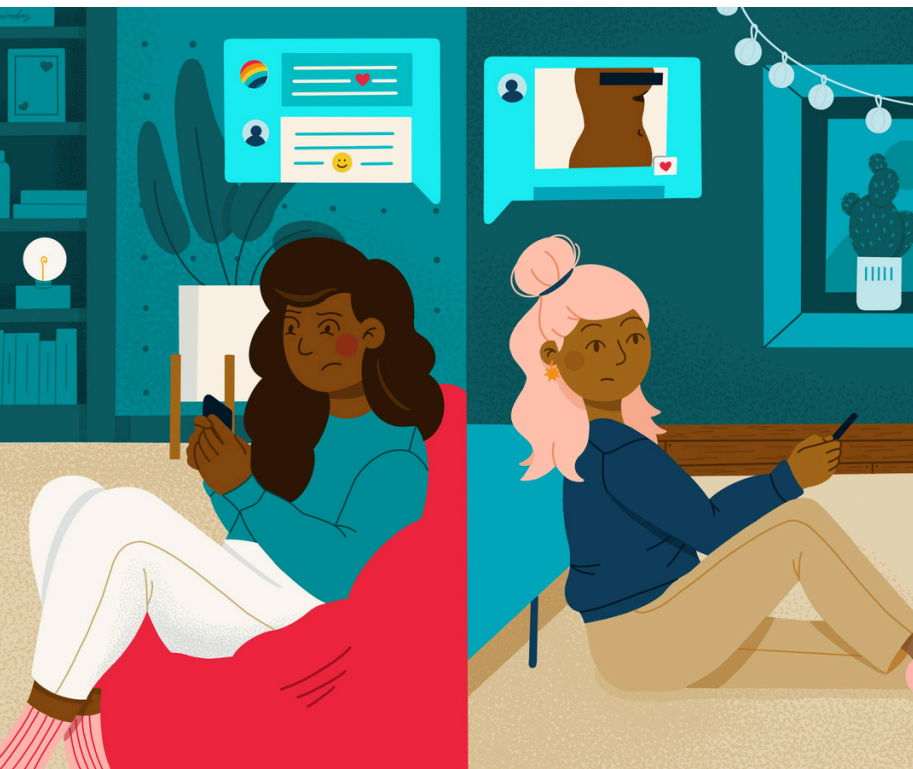
### TAKEAWAY

8% of girls and  
23% of boys  
said they used  
pornography as a  
source of  
information to  
learn about sex



### TAKEAWAY

18% have sent a  
sexually explicit  
image through social  
media. 50% of girls  
and 22% of boys had  
been asked to share  
an image



## Sexual health and behaviour

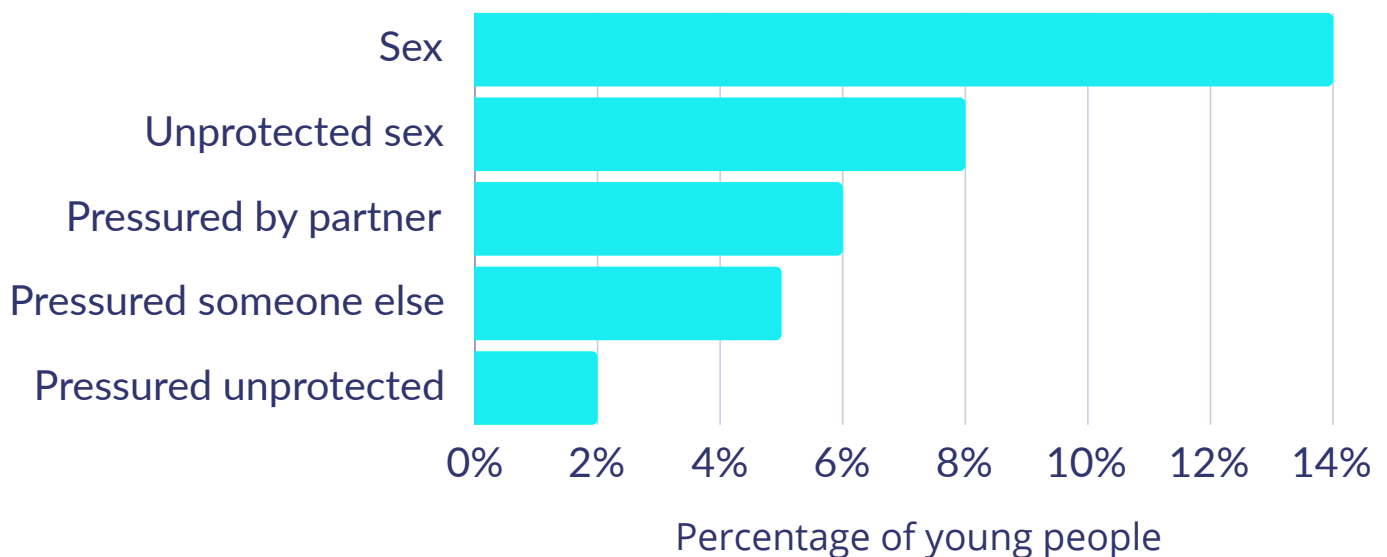
Young people were asked questions about their sexual health and behaviour in the last year:

- 13% had sexual intercourse
- 8% had unprotected sex (without using contraception, i.e. the pill, implant, injection, condom)
- 6% felt pressured to have sex by a partner
- 5% felt pressured to have sex by someone else
- 2% felt pressured to have sex without protection (condom etc).

A small proportion of young people stated they had pressured someone else into having sex.

### Sexual experience:

● Once or more



#### TAKEAWAY

8% had sex whilst under the influence of alcohol



#### TAKEAWAY

2% had sex whilst under the influence of drugs

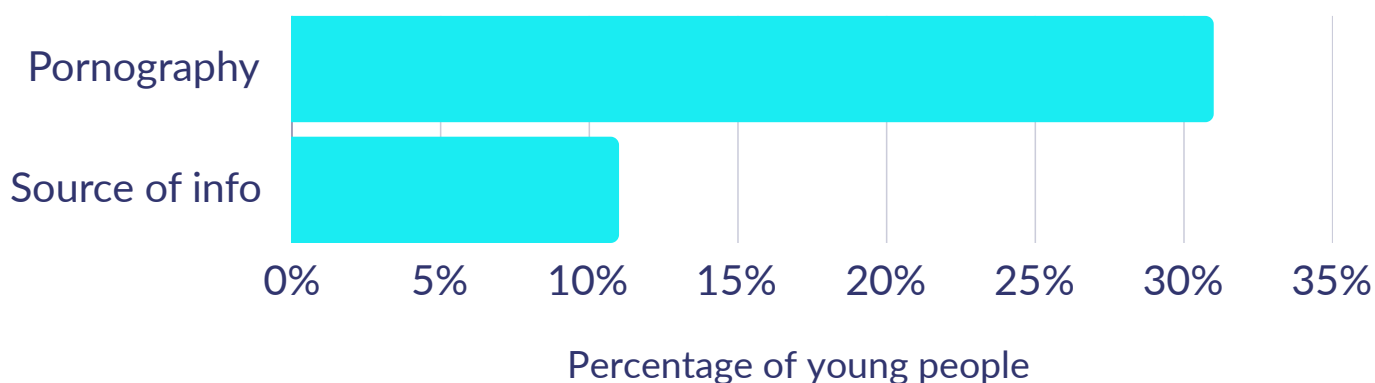
## Sexual health and behaviour

Young people were asked questions about their sexual health and behaviour in the last year:

- 31% viewed pornography
- 11% used pornography as a source of information to learn about sex
- 1% met someone in person for sex that they first met online or through an app.

### Online sexual behaviour:

● Once or more

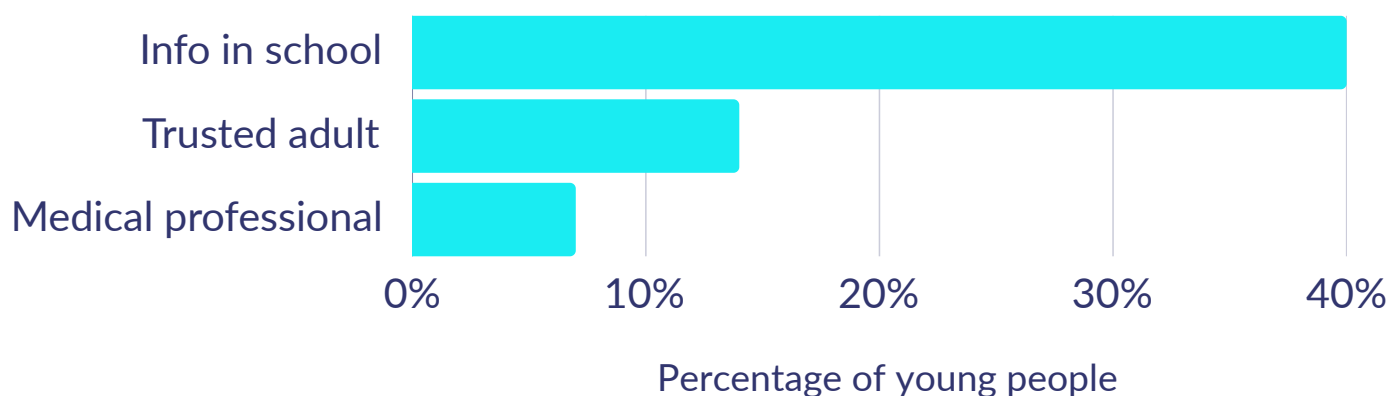


Young people were asked questions about their sexual information and support in the last year:

- 40% received information in school regarding their sexual health
- 14% had spoken to a trusted adult regarding their sexual health
- 7% had spoken to a medical professional regarding their sexual health

### Sexual health support:

● Once or more



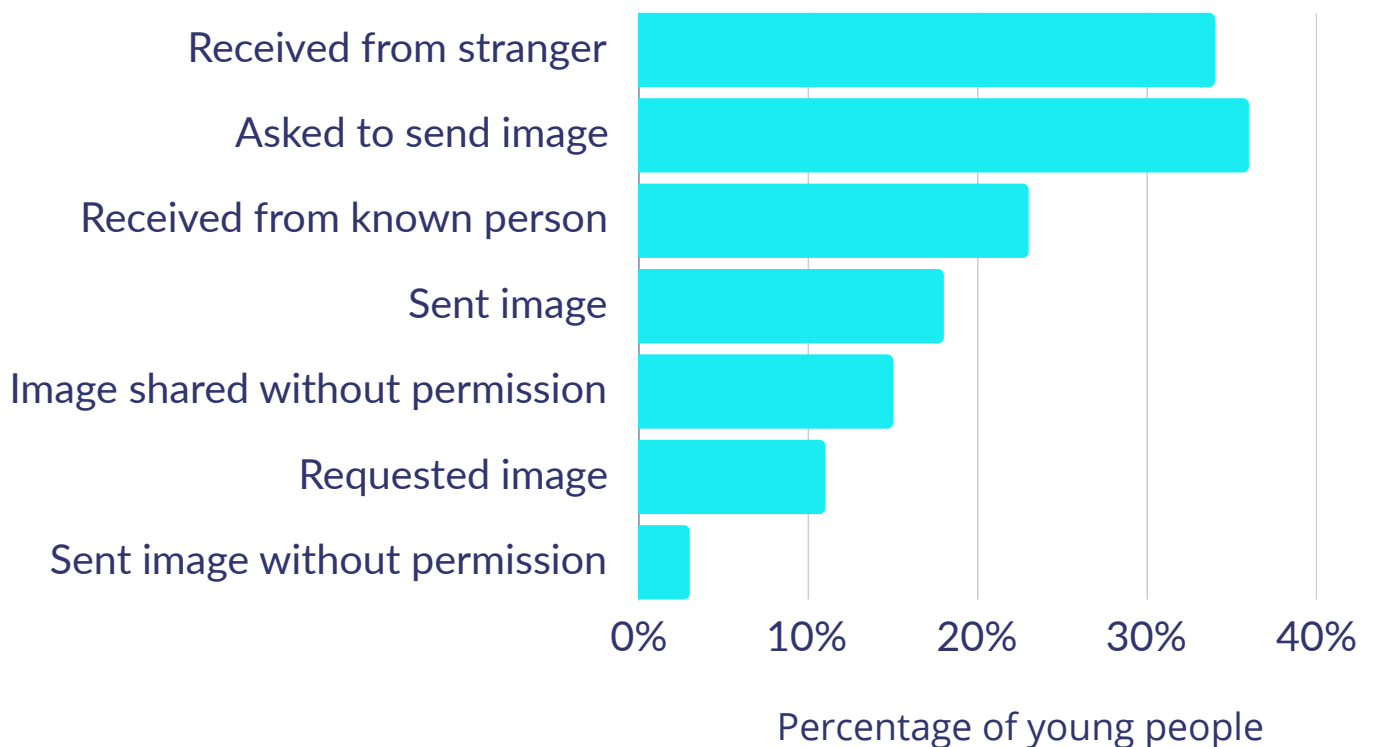
## Sexual health and behaviour

Young people were asked questions about the following experiences in the last year:

- 34% received a naked or intimate picture from a stranger (without it being requested)
- 36% had been asked to send a naked or intimate picture of themselves through social media
- 23% received a naked or intimate picture from someone they know (without it being requested)
- 18% sent a naked or intimate picture of themselves through social media
- 15% had a naked or intimate picture of themselves shared by someone else, without their permission
- 11% had requested a naked or intimate picture through social media
- 3% sent a naked or intimate picture of themselves to someone else, without their permission.

### Intimate images:

● Once or more



## Risky behaviour

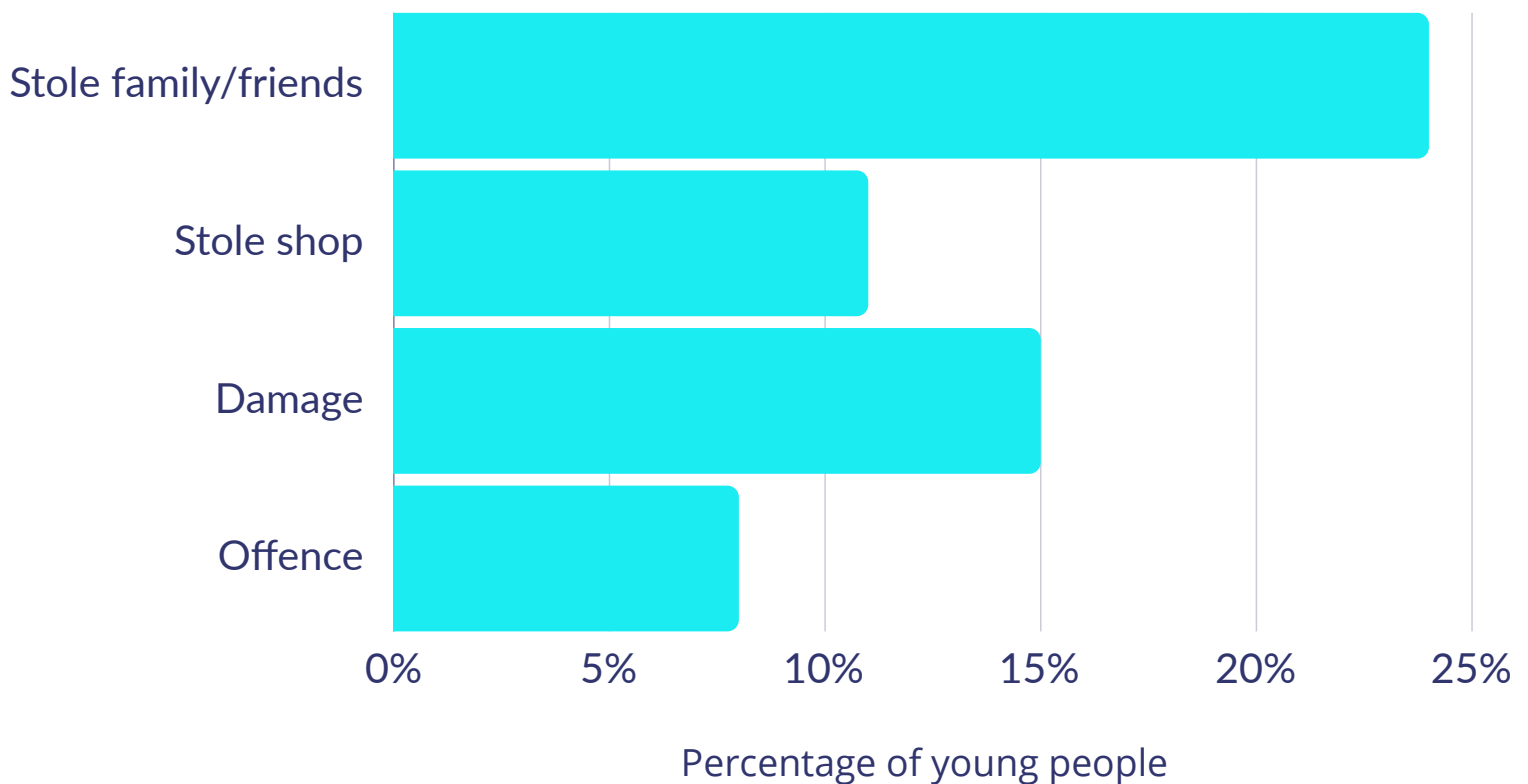
Young people were asked questions about selected risky behaviours in the last 12 months:

- 24% stole something from family or friends
- 11% Stole something from a shop
- 15% damaged or vandalized things that did not belong to them
- 8% committed any other offence

A small proportion of young people broke into a building or a car to steal and used physical violence in order to rob/steal.

### Risky behaviour:

● Once or more



## Risky behaviour

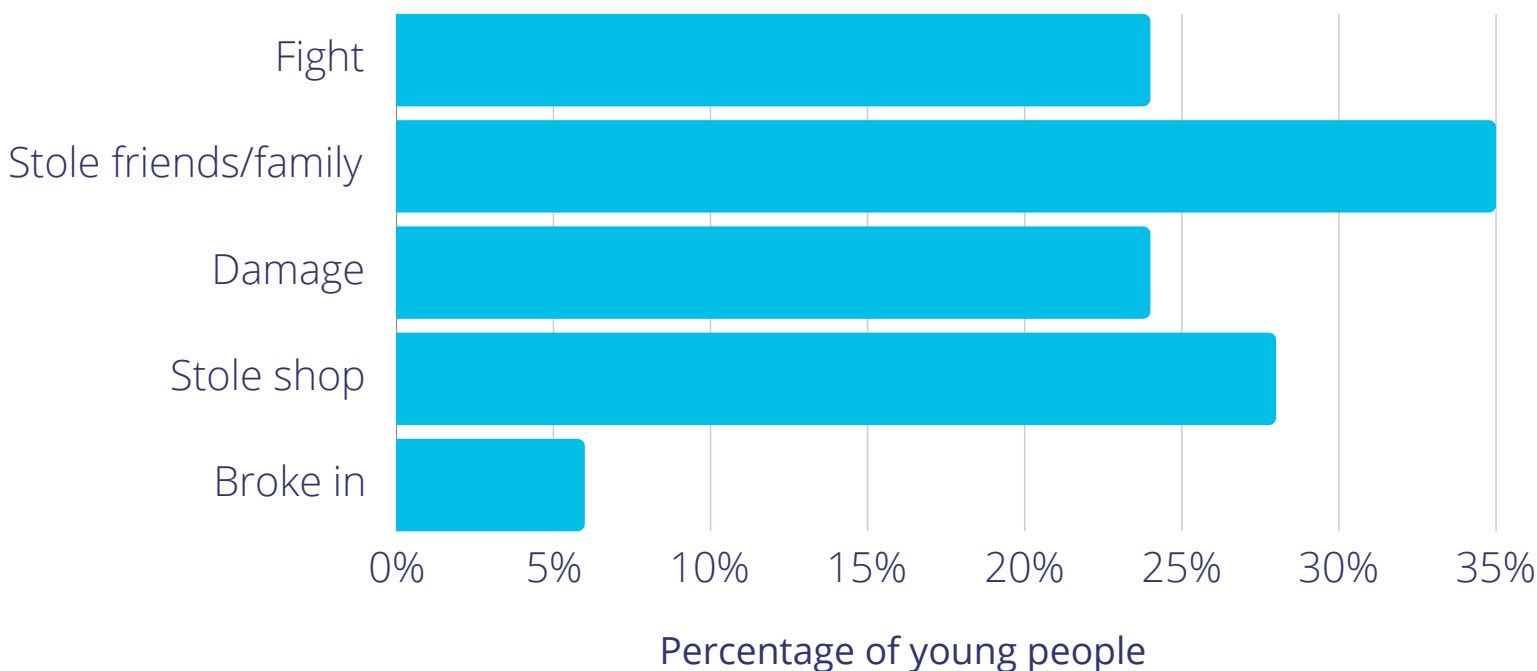
Young people were asked how many of their friends had done the following, in the last 12 months:

- 24% said a few or some friends had picked a fight or searched out fights
- 35% had stolen something from family or friends
- 24% had damaged or vandalized things that did not belong to them
- 28% had stolen something from a shop
- 6% had broken into a building or a car in order to steal.

A small proportion of young people said most or almost all of their friends had stolen something worth less than £20, stolen something worth more than £20, damaged or vandalised things that did not belong to them and picked a fight or searched out fights.

### Others risky behaviour:

● A few or some friends



**Avoiding being involved in risky behaviours is a protective factor for young people.**



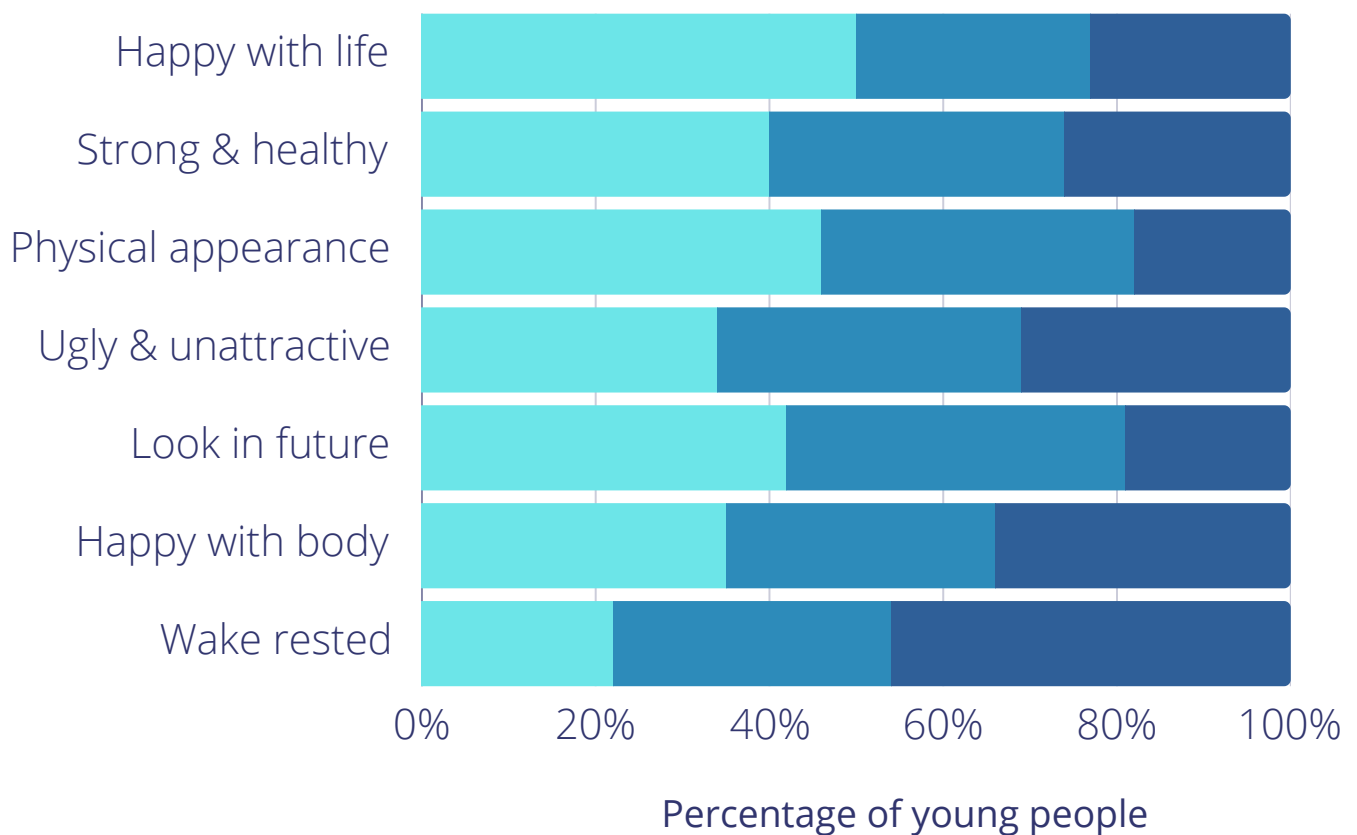
## Self esteem

Young people were asked series of questions about themselves, and how the statement apply to them:

- 50% agreed, I'm happy with my life
- 40% agreed, physically and mentally I feel strong and healthy
- 46% agreed, when I think about how my physical appearance will be in the future, I am pleased
- 34% agreed, I think that I'm ugly and unattractive
- 42% agreed, when I think about how I will look in the future, I'm pleased
- 35% agreed, I'm happy with my body
- 22% agreed, I wake up in the morning feeling fresh and rested.

### Self esteem

● Agree ● Neutral ● Disagree



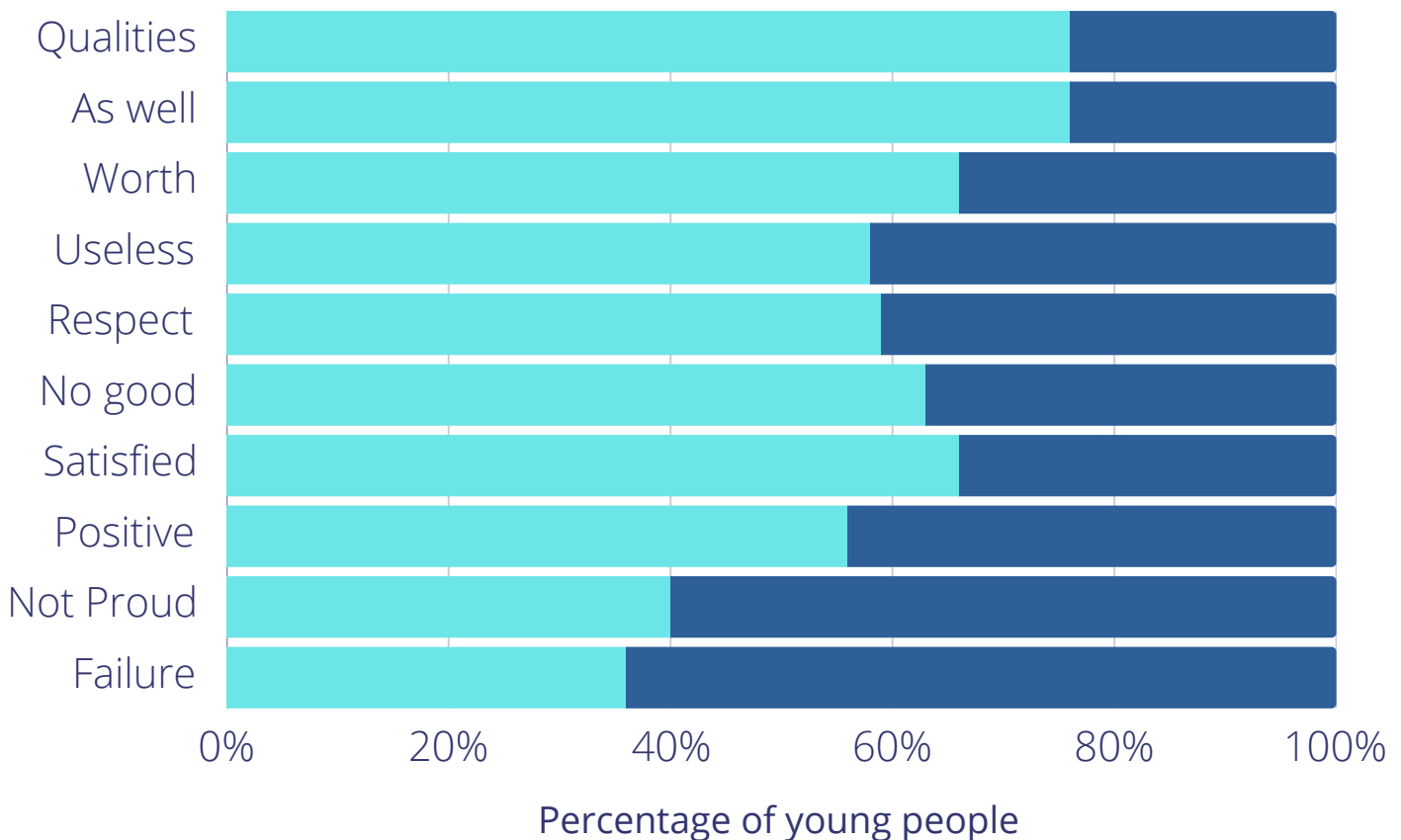
## Self esteem

Young people were asked series of questions about themselves, and how the statement apply to them:

- 76% agreed, they feel they have a number of good qualities
- 76% agreed, they are able to do things as well as most other people
- 66% agreed, they feel that they are a person of worth, at least on an equal plane with others
- 58% agreed, they certainly feel useless at times
- 59% agreed, they wish they could have more respect for themselves
- 63% agreed, at times, they think they are no good at all
- 66% agreed, on the whole, they are satisfied with themselves
- 56% agreed, they take a positive attitude toward themselves
- 40% agreed, they feel they do not have much to be proud of
- 36% agreed, all in all, they are inclined to feel that they are a failure.

### Self esteem continued

● Agree ● Disagree



## Mood

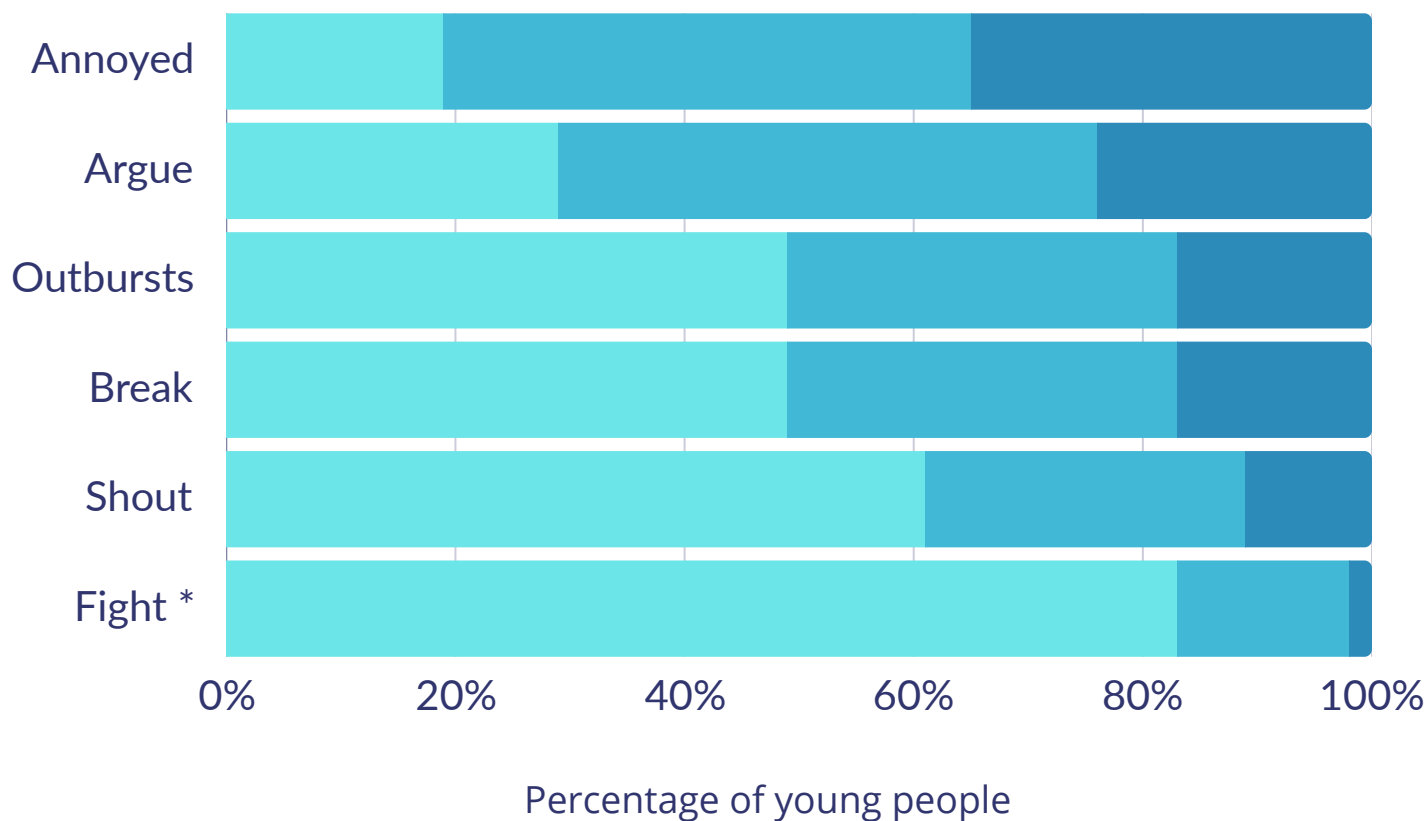
Young people were asked series of questions about mood in the previous week:

- 19% were never easily annoyed or irritated
- 29% never had an argument with someone
- 49% never experienced outbursts of anger that they could not control
- 49% never wanted to break or damage things
- 61% never aggressively shouted at somebody or threw things
- 83% never had a physical fight with someone. (\* a small proportion of young people stated they had a physical fight with someone regularly / everyday).

### Mood in the previous week

● Never ● Rarely / sometimes

● Regularly / everyday



## Challenges at home

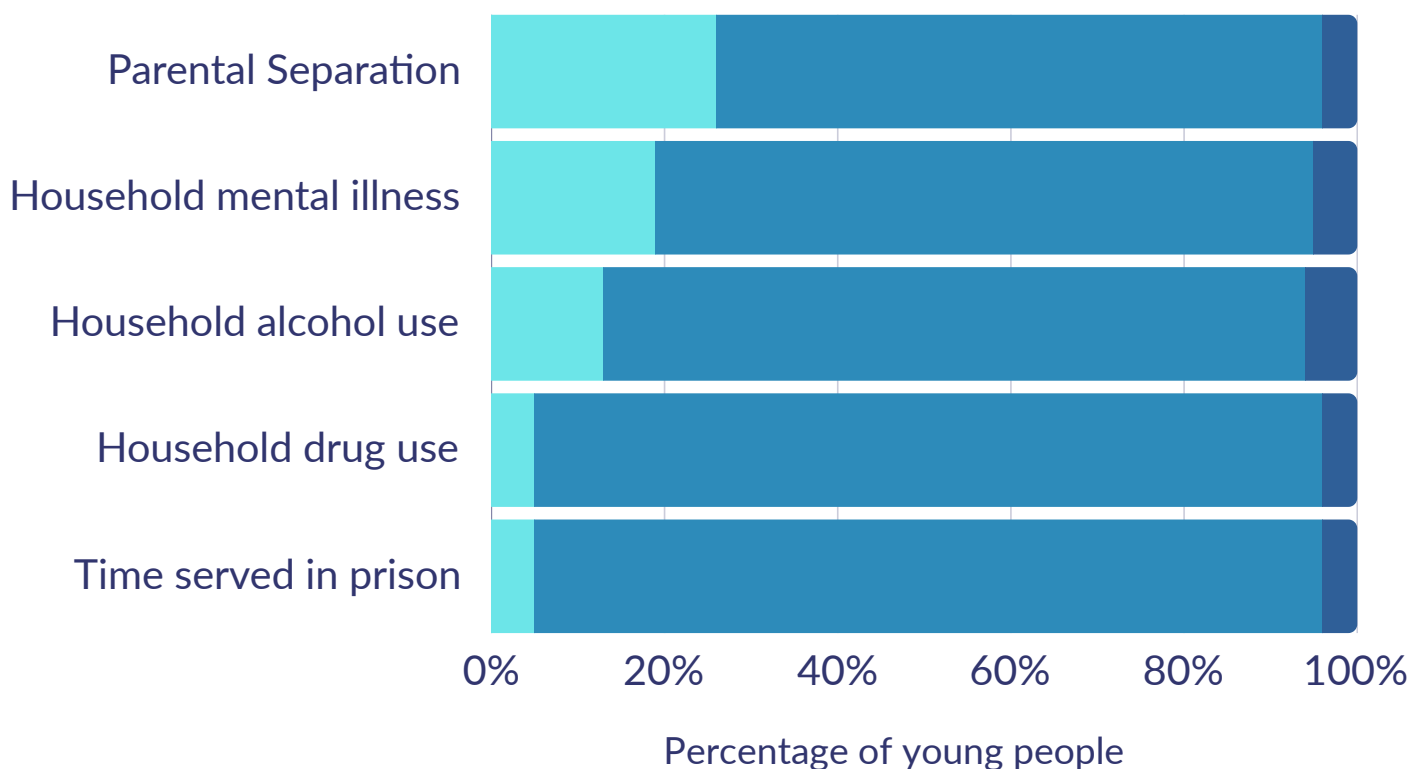
Young people were asked if the following had happened to them:

- **26%** experienced parental separation
- **19%** experienced household mental illness (live with someone depressed, mentally ill or suicidal)
- **13%** experienced household alcohol use that's a problem (live with someone who drinks too much alcohol)
- **5%** experienced household drug use (live with someone who uses drugs, including using prescription medicine inappropriately)
- **5%** experienced someone they live with serve time in prison or a young offenders' institution.

A number of young people selected 'prefer not to say' in these responses. Therefore, they did not indicate if they experienced these situations or not.

### Challenges at home:

● Yes ● No ● Prefer not to say



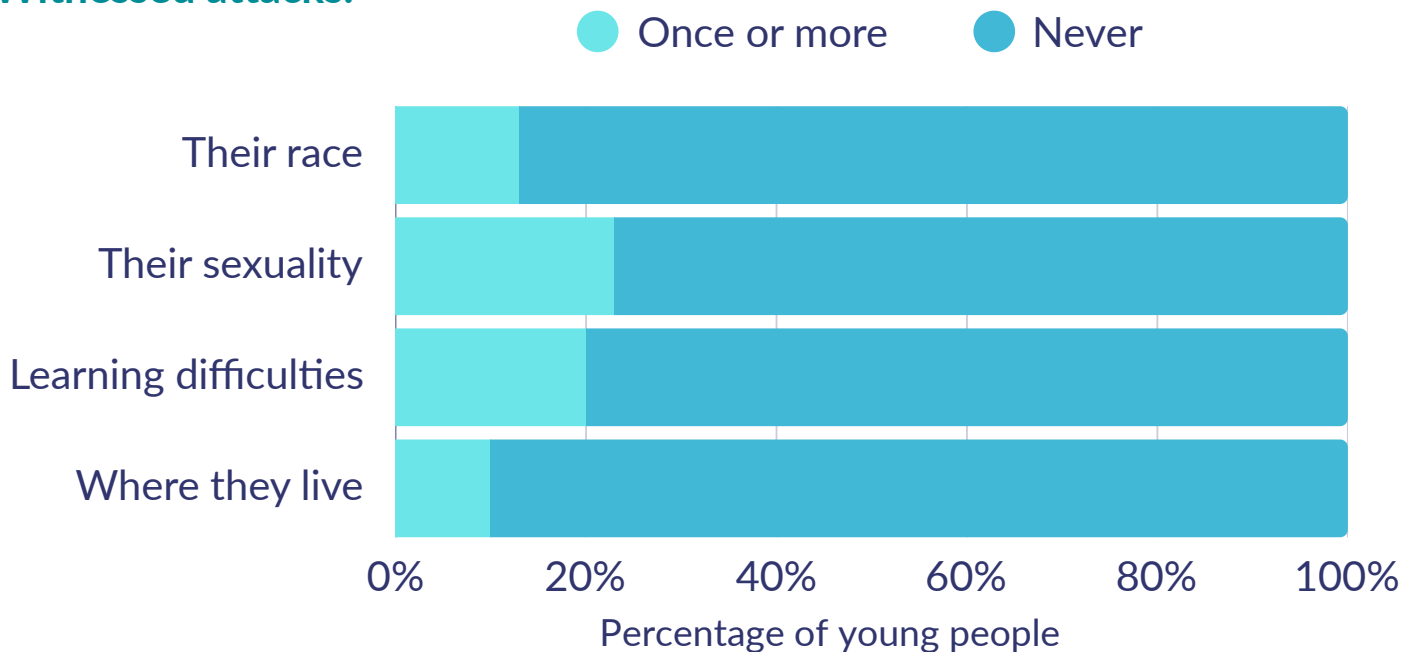
## Abuse

Young people were asked questions about different types of abuse and other challenging circumstances.

Firstly, young people were asked how often in the last year they had witnessed someone or a group of people being attacked because of certain things:

- **13%** witnessed attacks due to people's race once or more
- **23%** witnessed attacks due to people's sexuality once or more
- **20%** witnessed attacks due to people's learning difficulties once or more
- **10%** witnessed attacks due to people's living location once or more.

### Witnessed attacks:



Young people were asked further questions about racial abuse:

- **6%** have been racially abused
- A small proportion of young people said they have racially abused someone else.

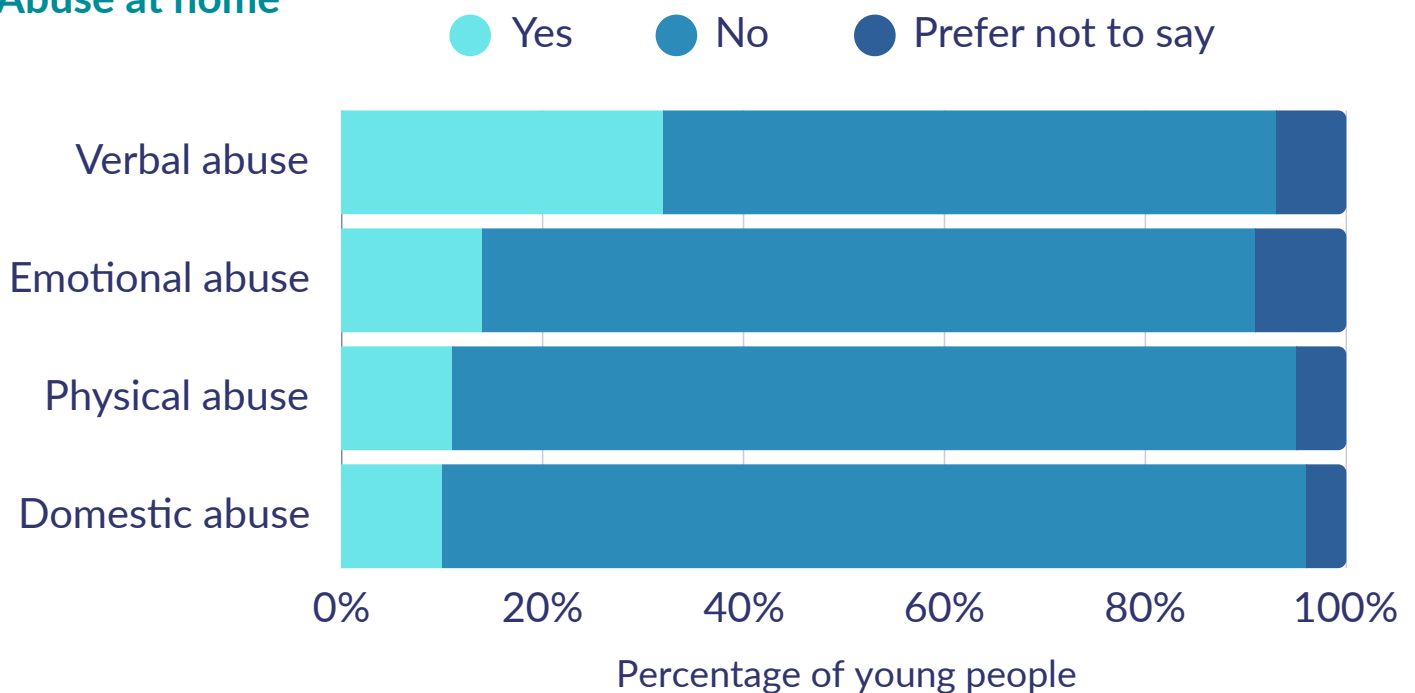
## Abuse

Young people were asked if the following had happened to them:

- **32%** had experienced verbal abuse (your parent / carer has sworn at you, insulted you or put you down)
- **14%** had experienced emotional neglect ( your parent / carer does not respond to or care about your emotional needs)
- **11%** had experienced physical abuse (your parent / carer has hit or physically hurt you in any way)
- **10%** had experienced household domestic violence.

A number of young people selected 'prefer not to say' in these responses. Therefore, they did not indicate if they experienced abuse or not.

### Abuse at home



**Young people who experienced abuse were more likely to have been drunk in the last 30 days and used cannabis in their lifetime.**



## Unwanted sexual contact

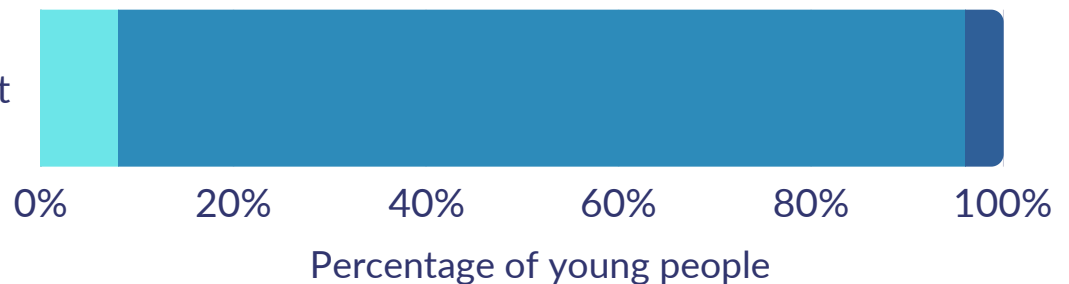
Young people were asked if they had experienced unwanted sexual contact (someone touched you or tried to touch you).

The majority had not experienced unwanted sexual contact 88(%), however 8% had experience of this. A further 4% of young people preferred not to answer this question. Therefore, they did not indicate if they experienced unwanted sexual contact or not.

### Sexual abuse:

Yes No Prefer not to say

Unwanted sexual contact



### TAKEAWAY

**84% of young people reported knowing who to contact should they wish to discuss any form of abuse**

2023

DATA BASED ON ICSRA DATA

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# Survey Results: Family

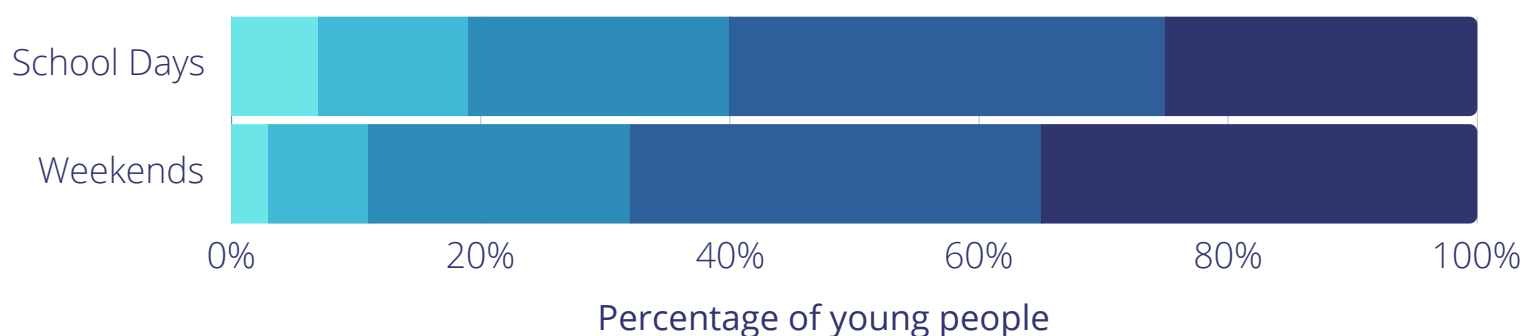
## Family time

Young people were asked how frequently they spent time with their parents / carers outside school hours on school days, and during the weekends.

Increasing time spent with parents, including parents of friends, is a protective factor for young people, and is associated with less substance use among young people in Highland.

**68%** often or always spend time with their parents during the weekends. Planet Youth representatives viewed this figure as low, re-enforcing the importance of families spending time together.

### Frequency of time spent with Family



#### TAKEAWAY

**68% often or almost always spend time with their parents during the weekends**

## Family support

Young people were asked how easy or difficult it is to get various types of support from their parent(s) or carer(s):

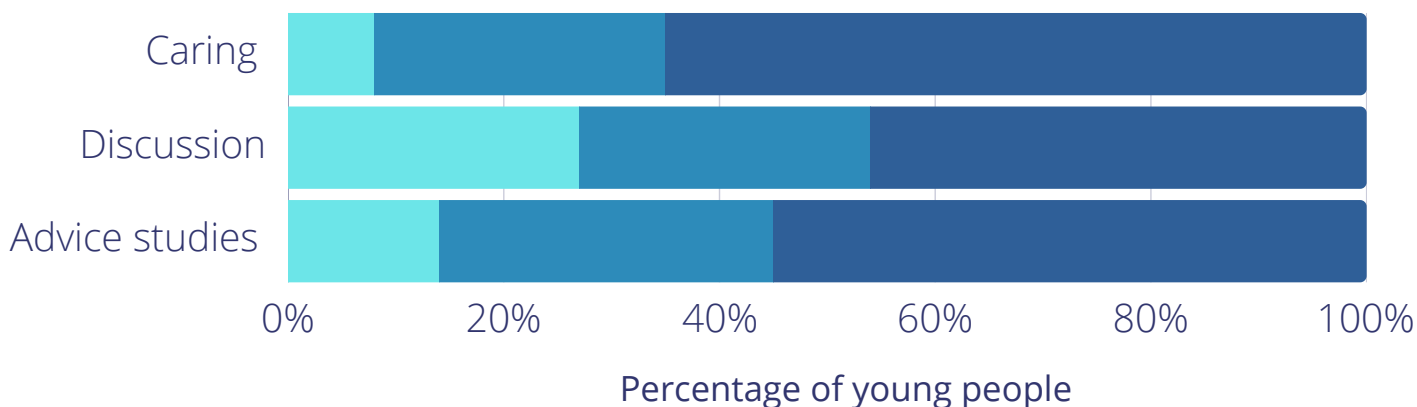
- **92%** found it easy or very easy to receive caring and warmth
- **73%** found it easy or very easy to have discussion about personal matters
- **86%** found it easy or very easy to get advice about schoolwork/studies

This is important because parent or carer support is a protective factor for young people. Increasing support for young people is beneficial.

Very difficult Rather easy

### Family support:

Very easy



**96% said my parents or carers think it's important that young people do well with their school work.**

#### TAKEAWAY

**83% said they often or almost always feel safe at home**



#### TAKEAWAY

**92% said it is easy or very easy to receive caring and warmth from their parents or carers**

## Clear boundaries and rules

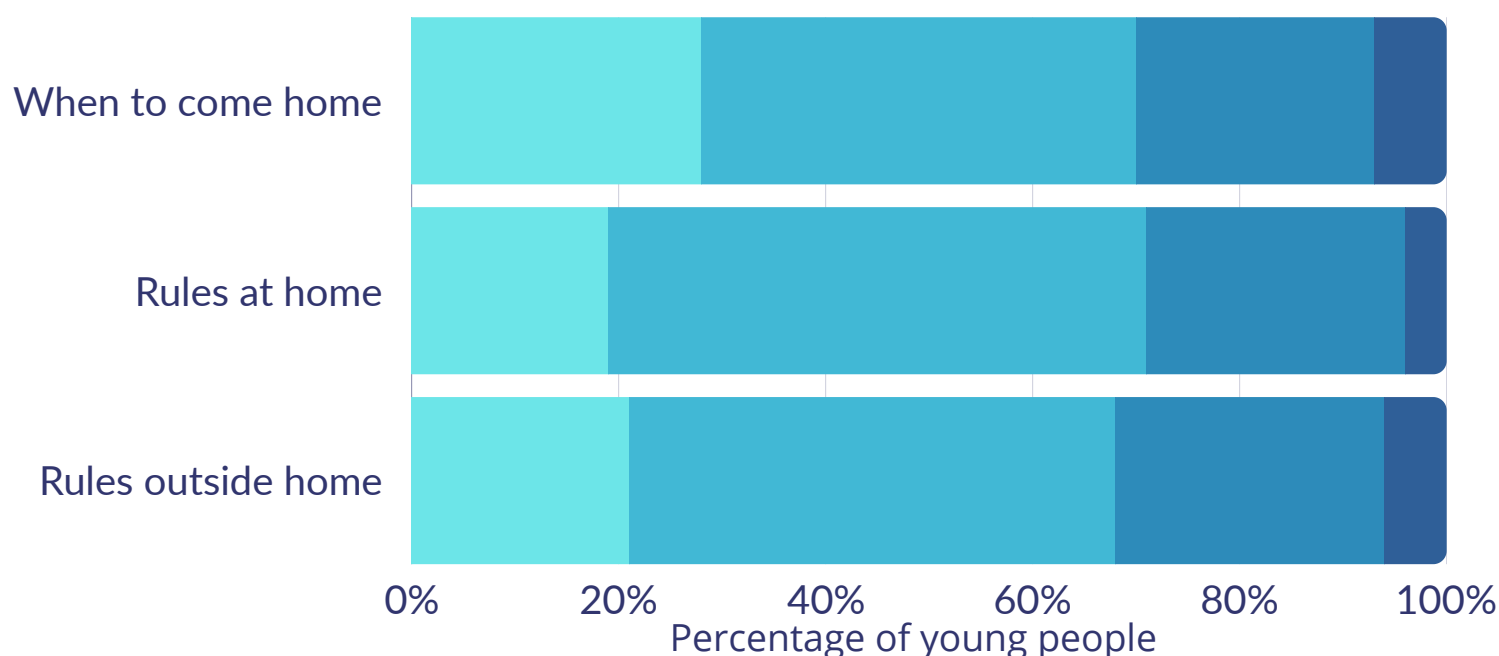
Young people were also asked about rules set by their parent(s) or carer(s):

- My parents or carers set definite rules about when I should be home in the evening - **70%** of young people said this applied very well or rather well to them
- My parents or carers set definite rules about what I can do at home - **71%** of young people said this applied very well or rather well to them
- My parents or carers set definite rules about what I can do outside the home - **68%** of young people said this applied very well or rather well to them.

Families having clear boundaries and rules are an important protective factor for young people.

### Boundaries and rules:

- Applies very well to me
- Applies rather well to me
- Applies rather poorly to me
- Applies very poorly to me



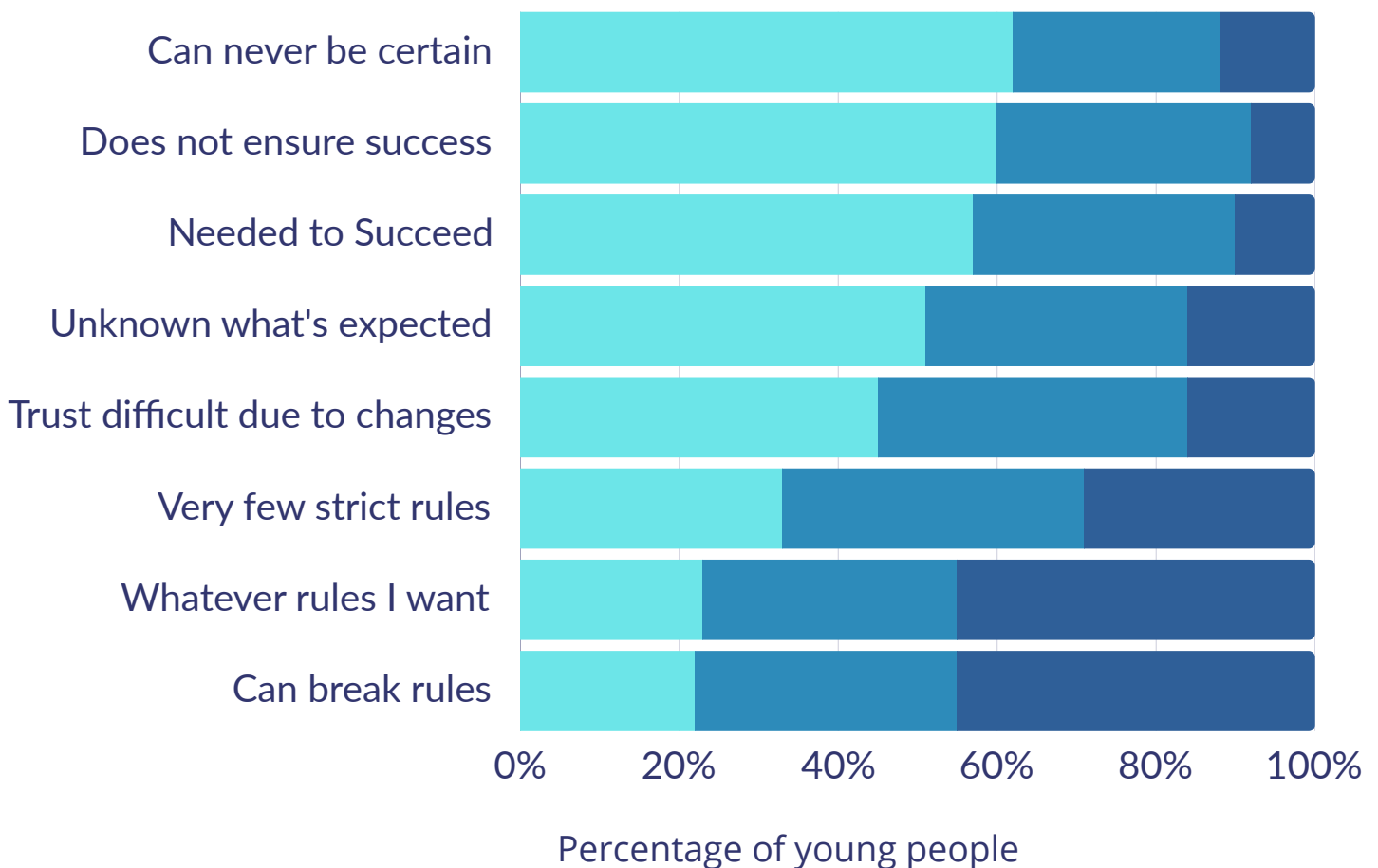
## Family Rules

Young people were asked about rules in general:

- **62%** agree you can never be certain of anything in life
- **60%** agree following rules does not ensure success.
- **57%** agree sometimes you need to break rules in order to succeed
- **51%** agree nobody knows what is expected of them in life
- **45%** agree it is difficult to trust anything, because everything changes
- **33%** agree there are very few strict rules in life
- **23%** agree I follow whatever rules I want to follow
- **45%** agree I can break rules if they don't seem to apply to me.

### Rules:

● Agree ● Neutral ● Disagree





## Family monitoring and social capital

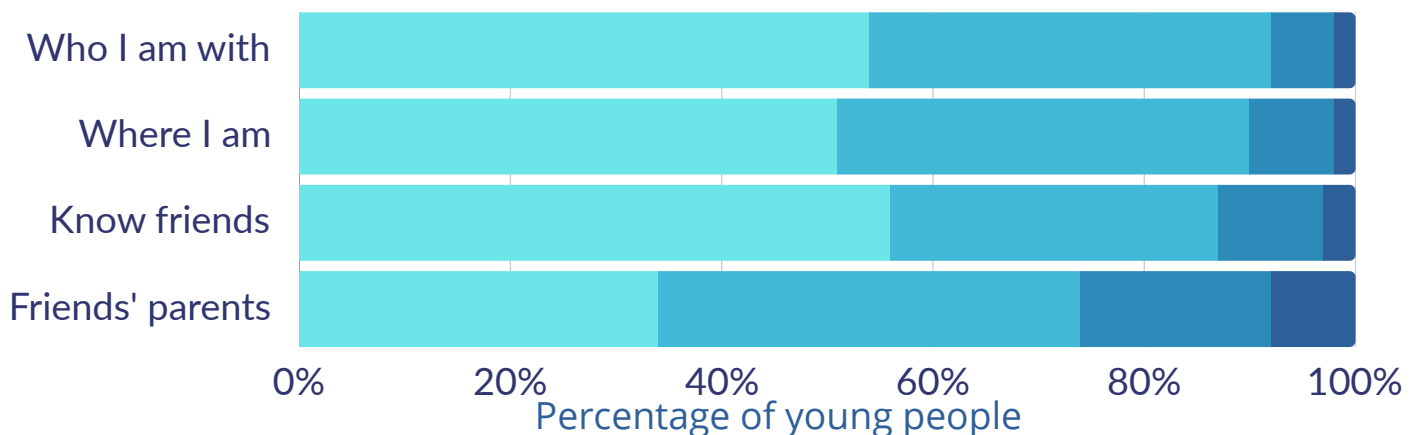
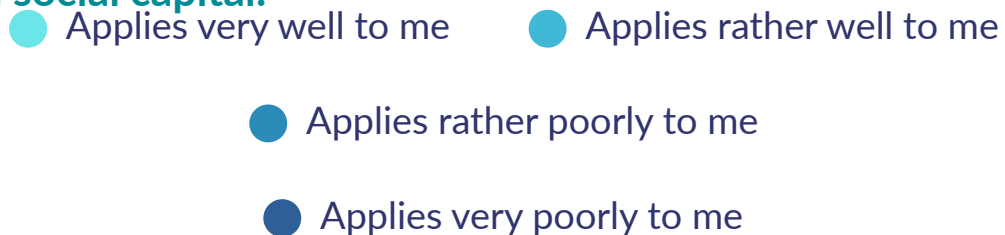
Young people were asked about parental monitoring and social capital. The percent of young people who said these situations applied very or rather well to them were:

- **92%** said my parents or carers know who I am with in the evenings
- **90%** said my parents or carers know where I am in the evenings
- **87%** said my parents or carers know my friends
- **74%** said my parents or carers know the parents of my friends.

When parents or carers know the friends of their children, and the parents or carers of those friends, this provides a supportive network around each young person. Parents and carers knowing where their children are is a protective factor.

**90% of parents or carers know where their child is in the evening.**

### Monitoring and social capital:



**Young people with parents or carers that don't know their whereabouts are more likely to smoke daily, have been drunk in the last 30 days, and use cannabis in their lifetime.**

## Family monitoring and social capital

Young people were asked about parental monitoring and social capital and the per cent of young people who said these situations **applied very or rather well to them** are:

- **79%** for My parents or carers know many of our neighbours by name
- **63%** for My parents or carers have friends that live close to our home
- **40%** for My parents or carers sometimes visit some of our neighbours
- **38%** for My neighbours sometimes visit my parents or carers
- **26%** for Sometimes we borrow things from our neighbours (e.g., milk, tools)
- **24%** for Our neighbours sometimes borrow things from us (e.g., milk, tools)

### Social capital:

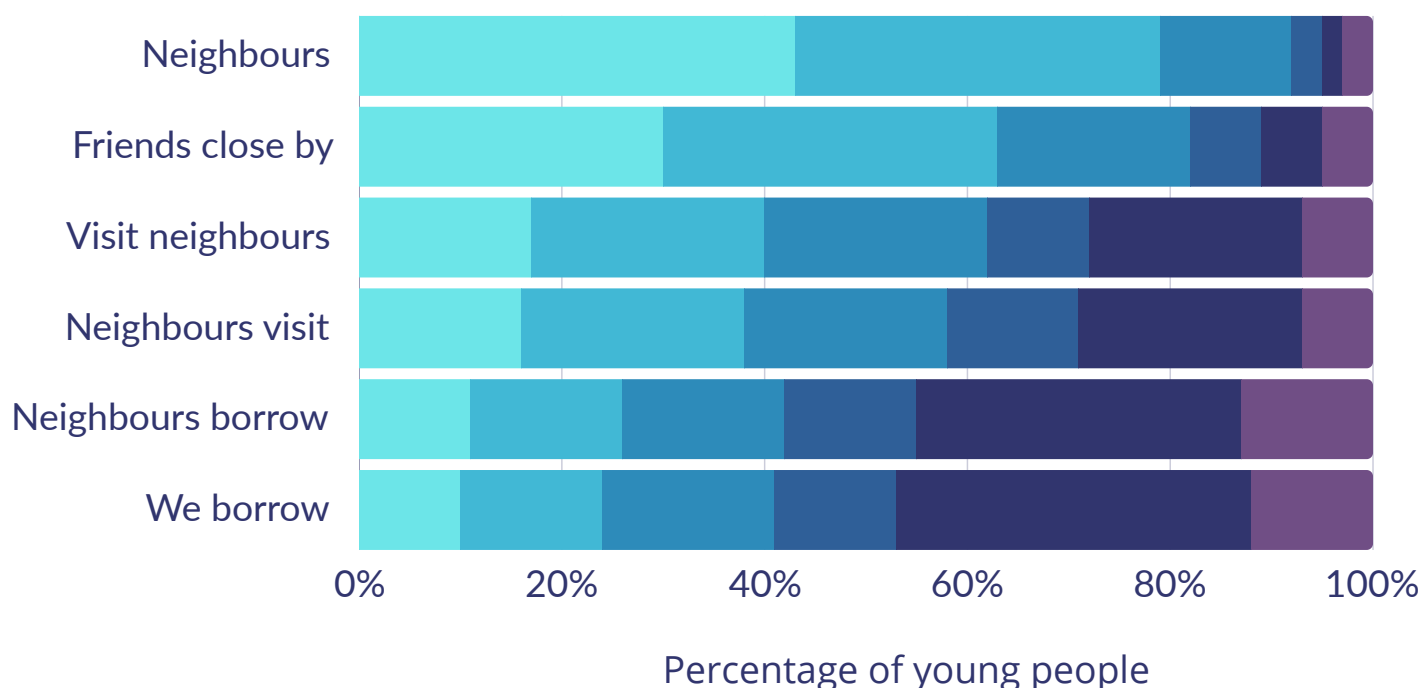
● Applies rather well to me

● Applies neither well or poorly

● Applies rather poorly to me

● Applies very poorly to me

● I don't know



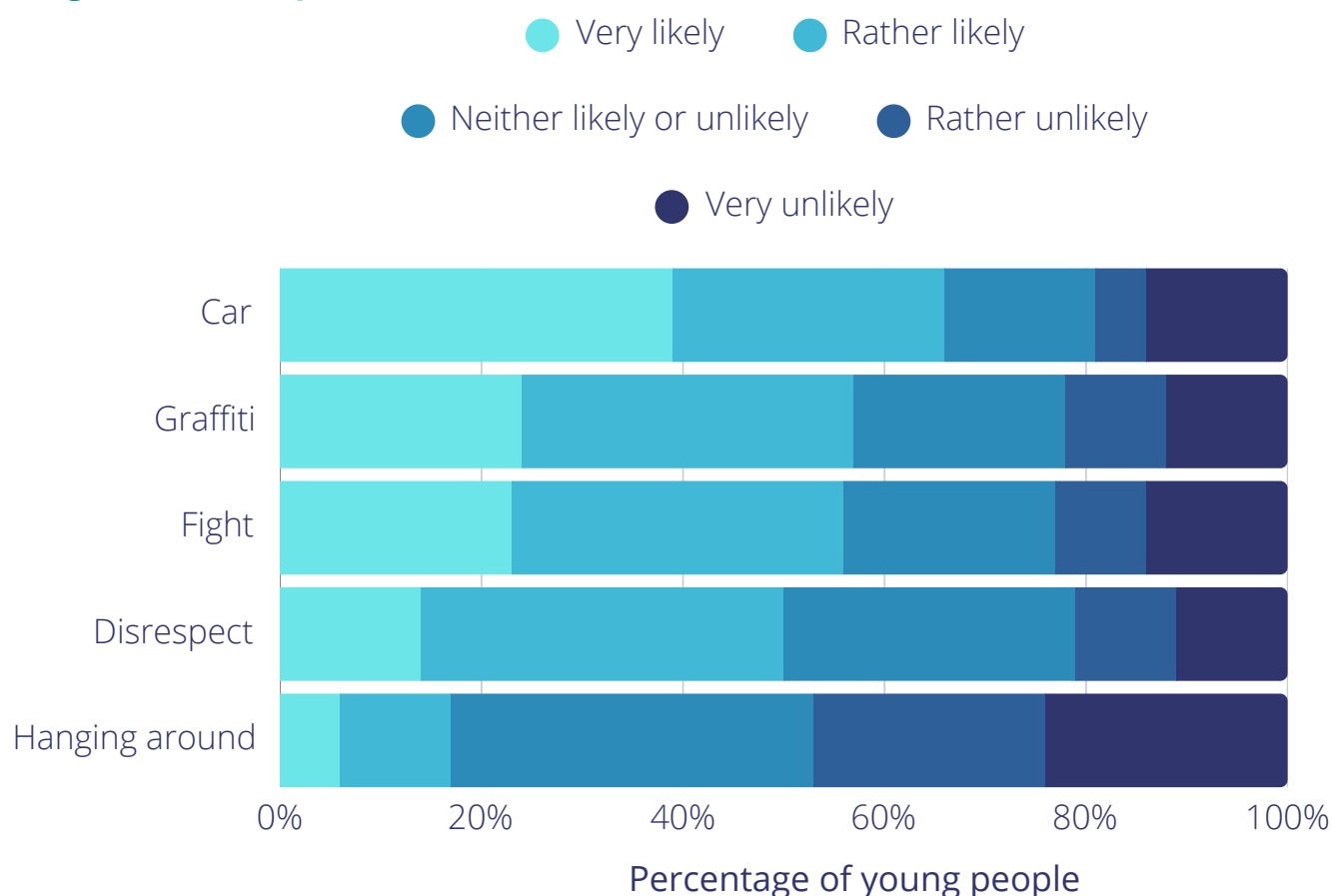
## Family monitoring and social capital

Young people were asked about neighbours responses in certain situations. The per cent of young people who said **their neighbours would be very or rather likely to do something** (i.e. respond) in these situations are:

- **66%** said neighbours would respond if somebody was breaking into a car or a house on your street
- **57%** said neighbours would respond if the kids were putting graffiti (tagging) on houses in the area
- **56%** said neighbours would respond if a fight broke out in front of your house
- **50%** said neighbours would respond if the young people disrespected the adults
- **17%** said neighbours would respond if the kids in the neighbourhood were skipping school and hanging around.

Social capital is high when neighbours support positive choices, and so it is a protective factor.

### Neighbours' response:



## Perceived parental reactions to alcohol, tobacco and other drug use

Young people were asked about how their parent(s) or carer(s) would react if they:

- Became drunk - **38%** of parents or carers would not allow this
- Used e-cigarettes - **73%** of parents or carers would not allow this
- Smoked cigarettes - **82%** of parents or carers would not allow this
- Used cannabis - **91%** of parents or carers would not allow this
- Used other drugs - **94%** of parents or carers would not allow this.

Parents and carers having firm boundaries around access to alcohol, tobacco and other drugs is a protective factor for young people, and challenges perceptions of acceptance of these behaviours, which can lead to increased use.

### Perceived parental reactions to substance use:

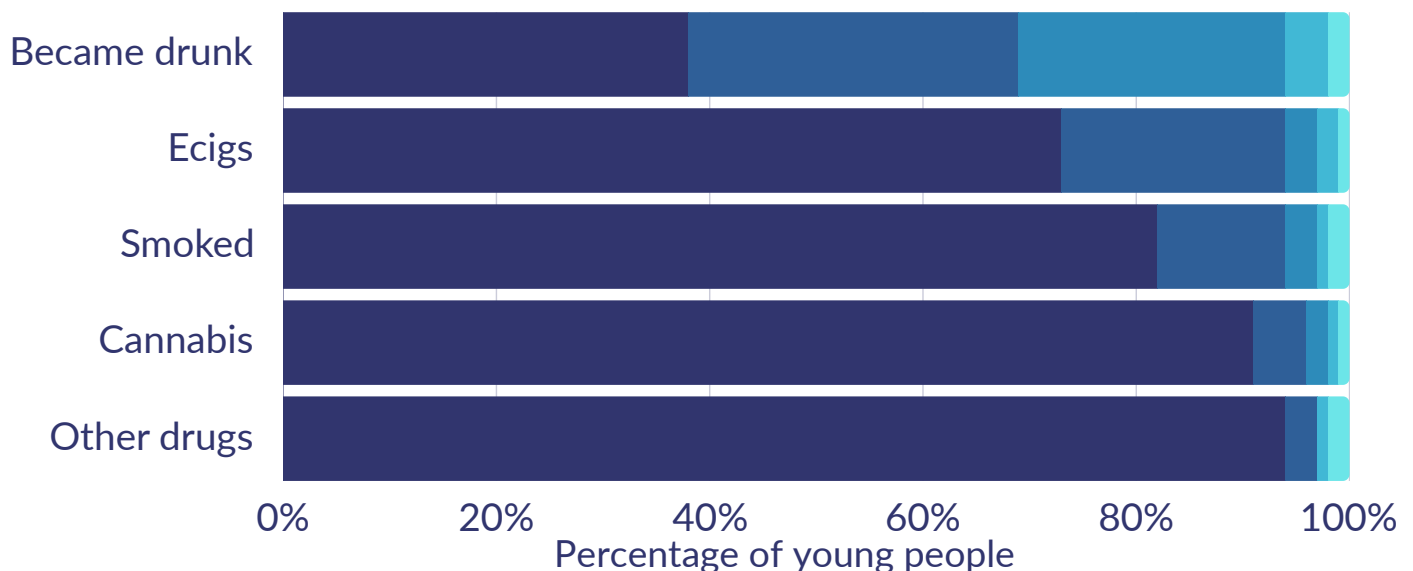
● They would not allow it

● They would discourage it

● They would not mind

● They would approve

● Dont know



**70% of boys' parents and 67% of girls' parents would not allow or discourage becoming drunk.**

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DATA BASED ON ICSRA DATA

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# Survey Results: School

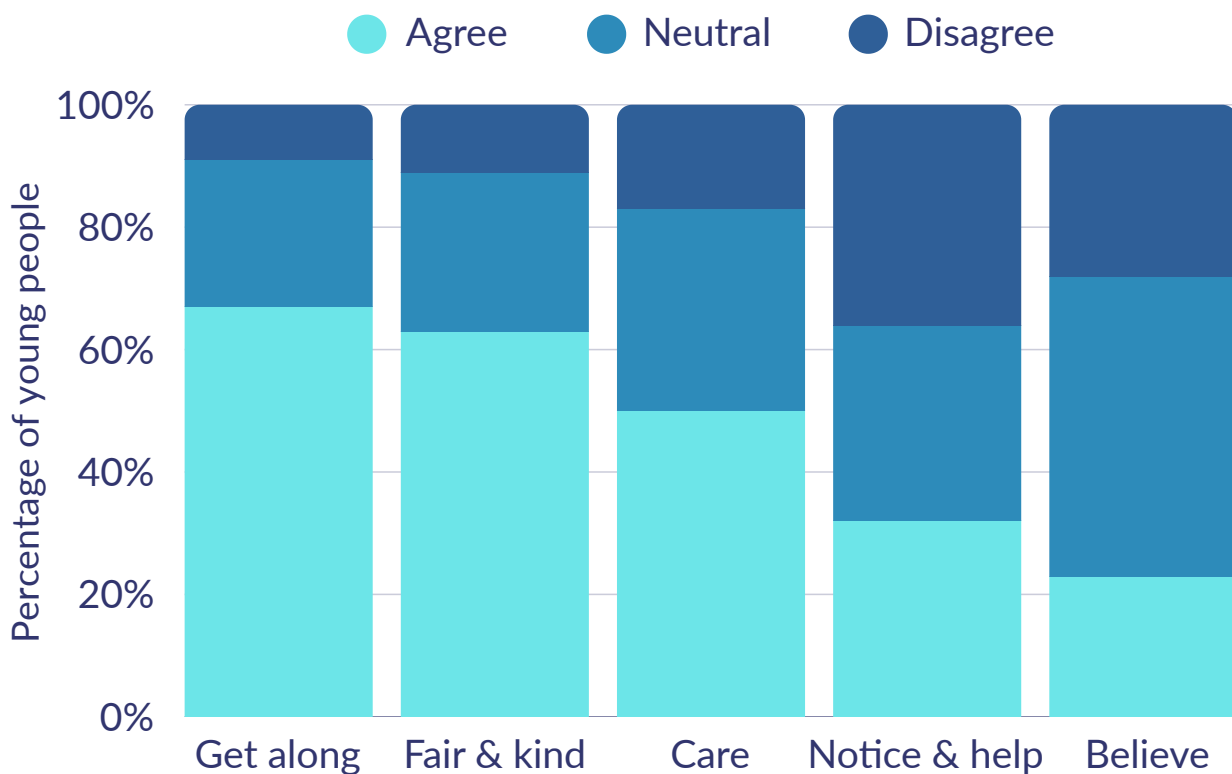
## Supportive adults at school

Young people were asked about their experience of supportive adults at school:

- **67%** agreed they get along with the teachers
- **63%** agreed the adults at my schools are fair and kind to me
- **50%** agreed the adults at my school care about me
- **32%** agreed the adults at my school notice when they are having a hard time and offer to help them
- **23%** agreed the adults at my school believe they can make the world a better place.

It is important to have access to supportive adults at school, especially for young people that don't have high levels of support at home.

### Supportive adults at school:



**Young people that disagree with statements about access to supportive adults are more likely to have been drunk in the last 30 days and used cannabis in their lifetime.**



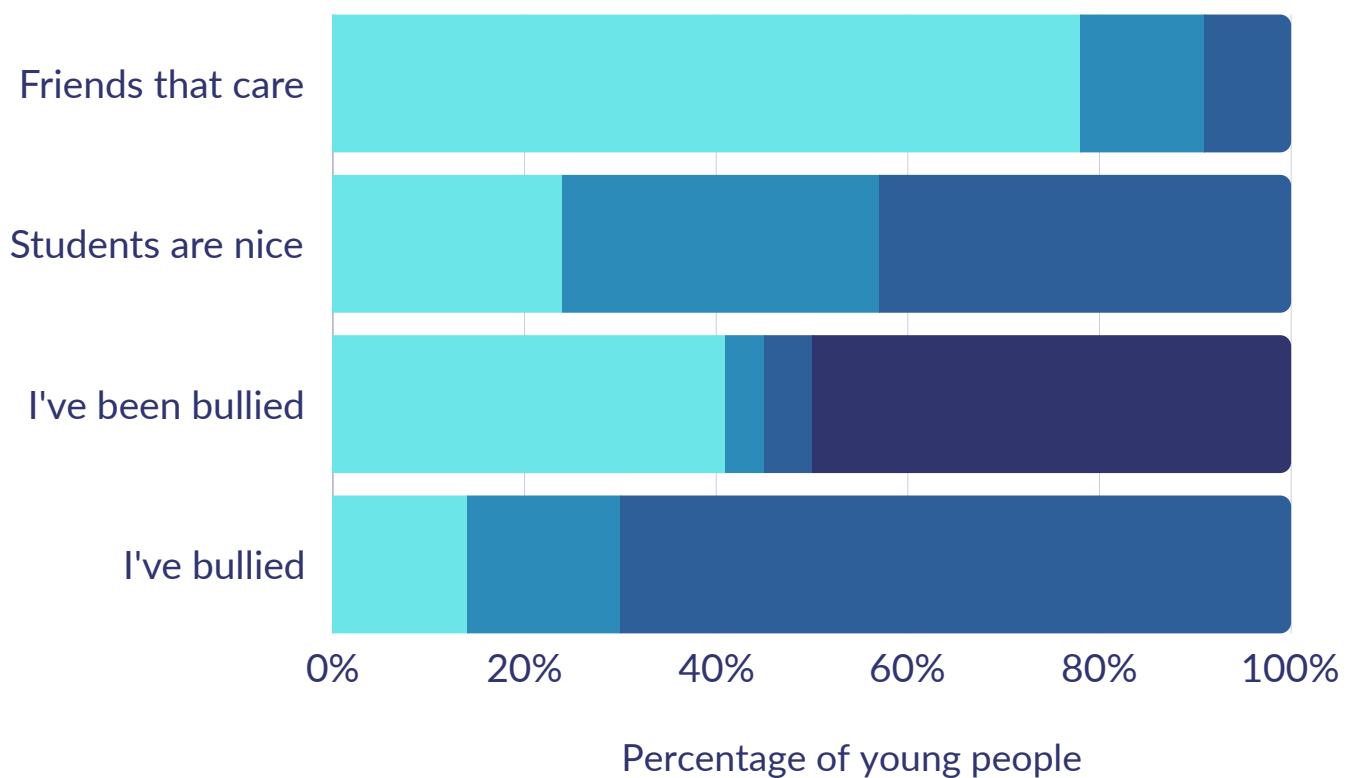
## Peers at school

Young people were asked about their experience of supportive peers at school:

- **78%** agreed, they have friends in school that care about me
- **24%** agreed, the students at my school are nice to each other
- **41%** agreed, they have been bullied during school
- **14%** agreed, they have bullied someone during school.

It is important to have a supportive culture at school, for young people to have supportive peers at school, and for school to be a comfortable place to be. Supporting young people to be friendly with one another, and challenging people being left out or being bullied is key.

### Peers at school:



## Motivation to learn and grow

Young people were asked about their motivation to learn and grow:

- **63%** agree they try their best in school
- **68%** agree doing their best in school now will help them to have a good life when they are older
- **53%** agree at least one thing they do at their school makes them want to be the best they can be
- **41%** agree their friends think they should try their best at school
- **50%** agree their school is helping them achieve goals that matter to them
- **44%** agree they have a good time participating in activities at their school
- **44%** agree it is not a big deal to make mistakes when trying their best at school
- **42%** agree that their school helps them discover things they are good at doing.

**Positive attitudes towards school and studies, motivation to learn and grow, are important protective factors that support young people with future healthy goal setting.**

### Motivation to learn and grow:

● Agree ● Neutral ● Disagree



## Attitudes to studies

Young people were asked about their attitudes to studies:

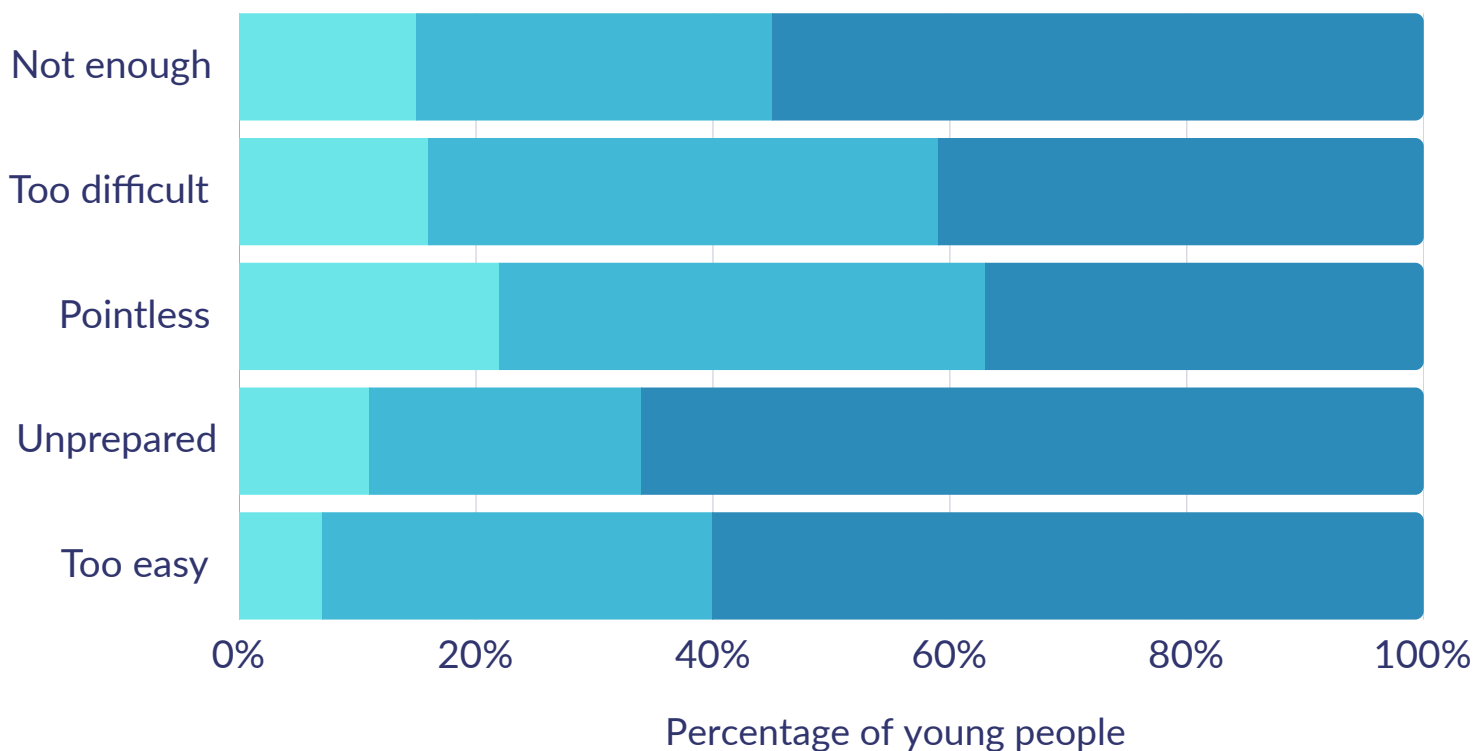
- 15% almost always or often feel they do not put enough effort into their school work
- 16% almost always or often find their school work too difficult
- 22% almost always or often find the school work pointless
- 11% almost always or often feel unprepared for classes
- 7% almost always or often find their school work too easy.

Having positive attitudes towards studies is a protective factor for young people.

● Almost always or often ● Sometimes

### Attitudes to studies:

● Almost never or rarely



**Young people are more likely to use substances if they find schoolwork pointless.**

## Attitude to school

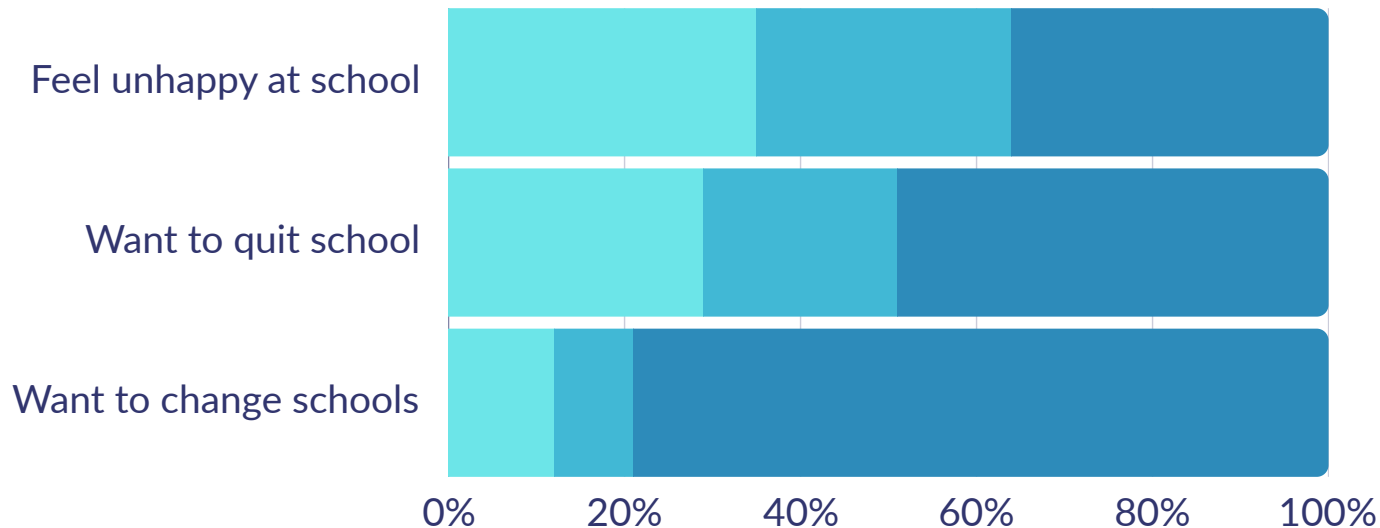
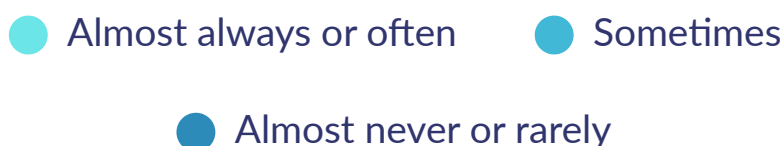
Young people were asked about their attitudes towards school:

- 35% almost always or often feel unhappy at school
- 29% almost always or often want to quit school
- 12% almost always or often want to change schools.



Having a positive attitude to school is an important protective factor.

### Attitudes to school:



Percentage of young people

**Young people are more likely to use substances if they want to change schools.**

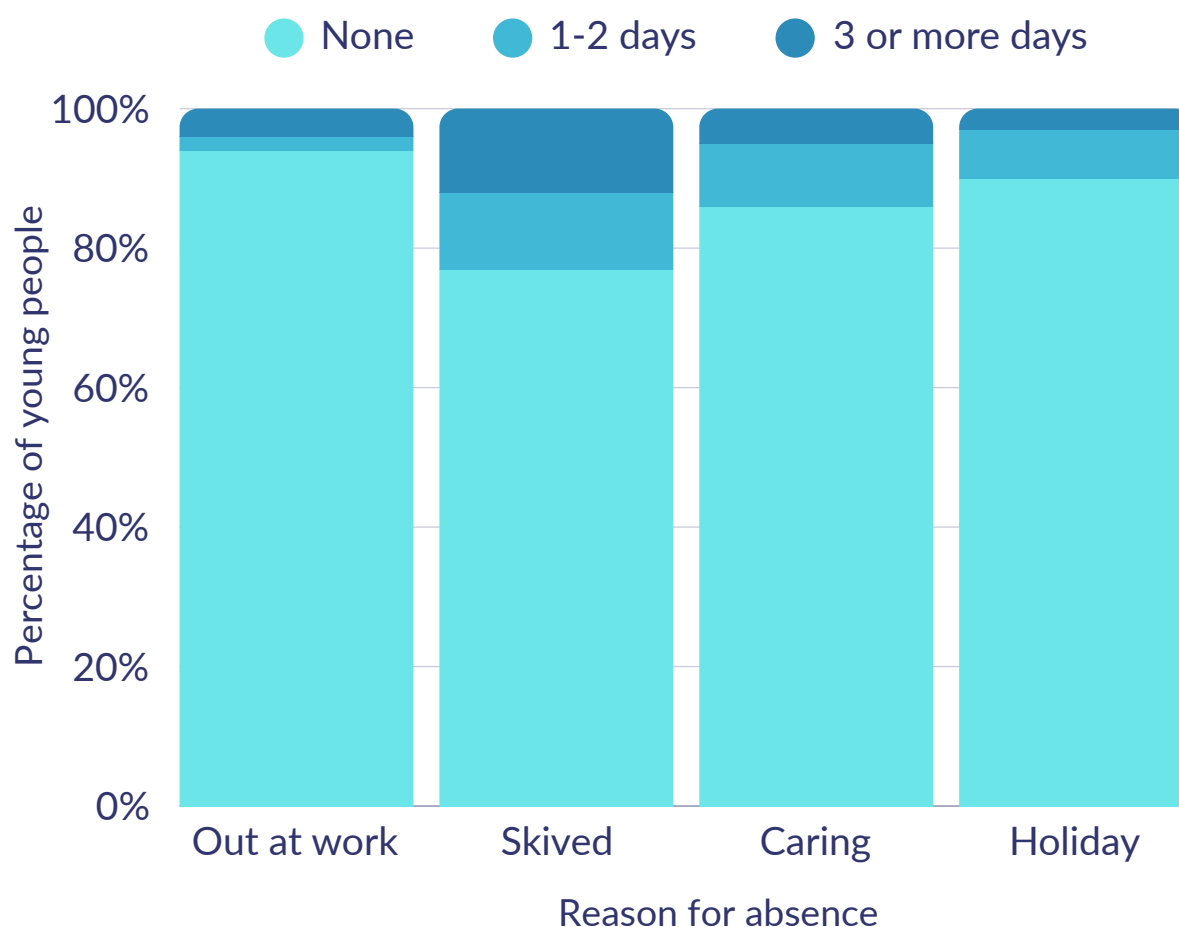
## School absenteeism

Young people were asked about any whole days they were absent from school during the last 30 days:

- 6% because they were out at work
- 23% because they skipped or skived classes
- 14% because they were caring for someone
- 10% because they were on holiday.

Being in school is a protective factor, and while young people might need to be off for valid reasons, avoiding unexplained absenteeism is something to work against to reduce risk factors experience by those young people.

### Number of days absent and reason for absence from school in last 30 days



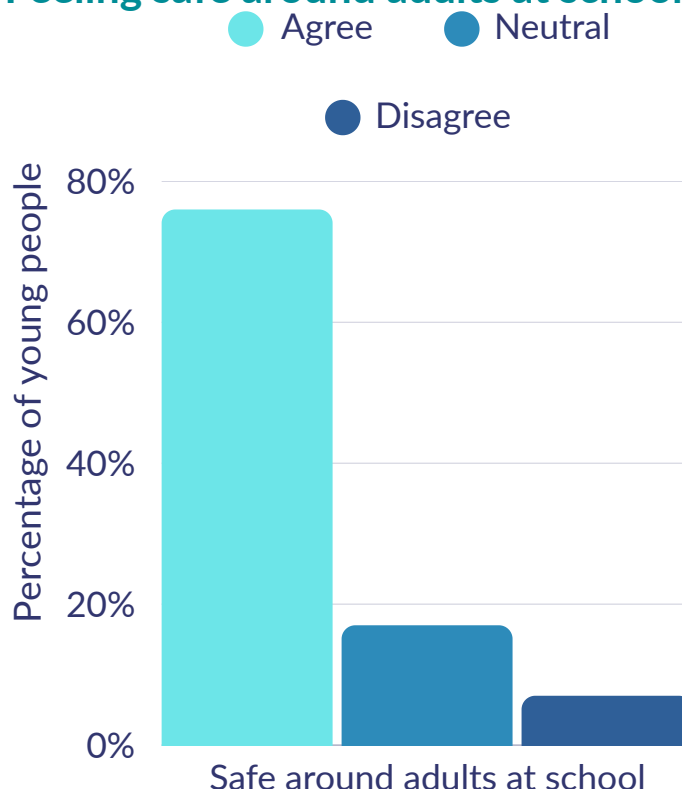
## School sense of safety

Young people were asked about the sense of school safety:

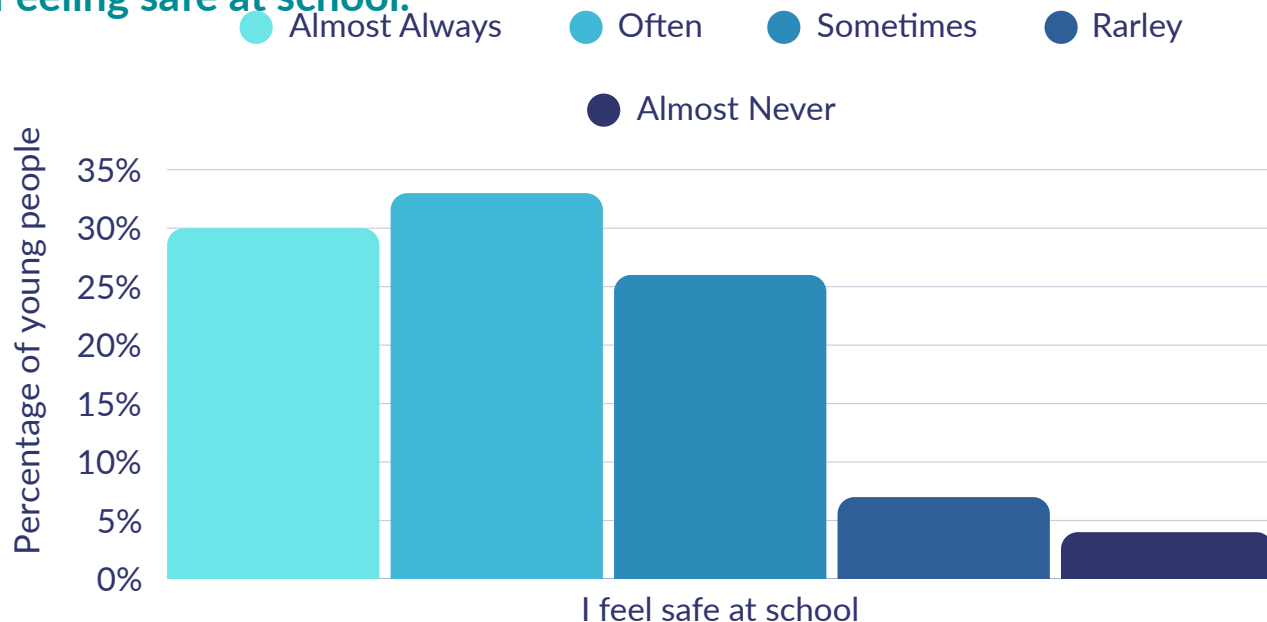
- 76% agree it is safe to be around the adults at my school
- 30% almost always feel safe at school

Feeling safe at school is very important. Aggressive or violent behaviour or bullying should be taken very seriously.

### Feeling safe around adults at school:



### Feeling safe at school:



**Young people are more likely to skip or skive classes if they don't feel safe at school.**



CONTENTS

# Survey Results: Leisure Time

## Access to and participation in organised recreational and extracurricular activities

Taking part in organised leisure activities is an important protective factor.

Diversionary activities help with character building, support a pro-social environment in which young people are happy to play with and be around each other. These questions focus on this domain. Young people were asked about their access to, and participation in organised recreational and extracurricular activities. The % who **strongly agree or agree** are:

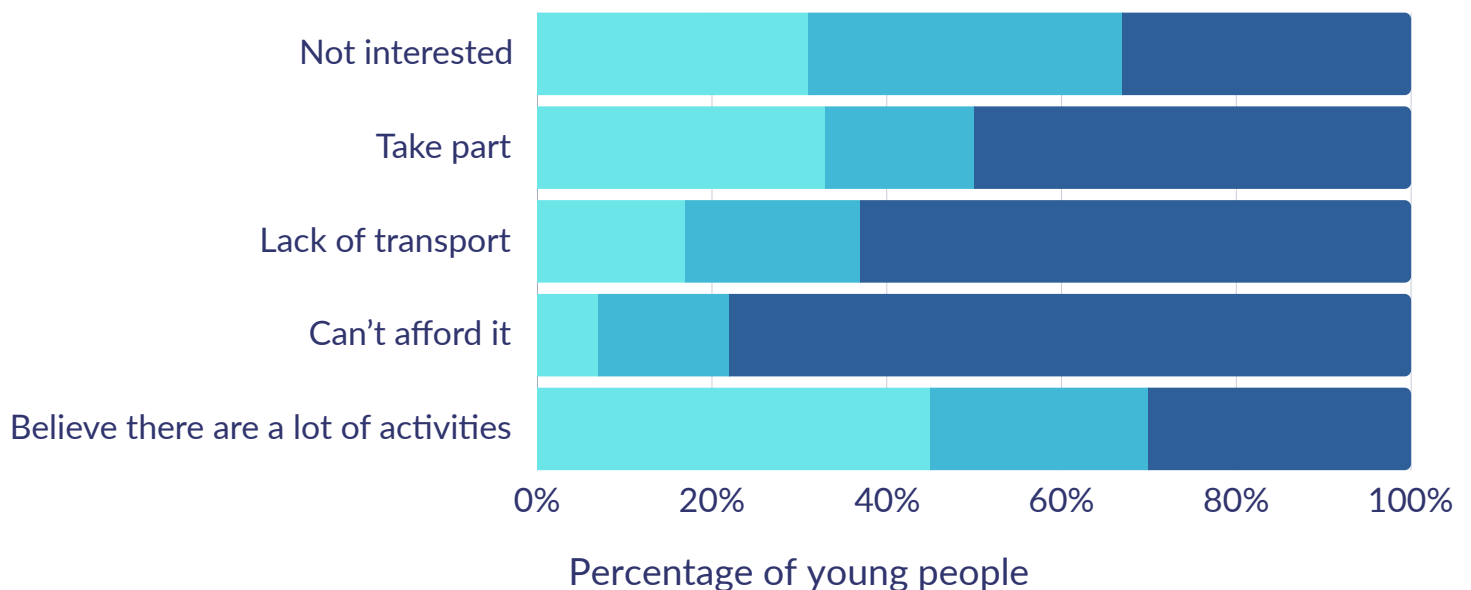
- **31%** - there's nothing that they are interested in
- **33%** - there's lot to do in their neighbourhood or community and they take part
- **17%** - they can't take part due to lack of transport
- **7%** - can't do activities because their parents or carers can't afford them
- **45%** - believe there are a lot of activities in their neighbourhood

### Access to and participation in organised recreational and extracurricular activities :

● Strongly agree / agree

● Neither agree nor disagree

● Disagree / strongly disagree

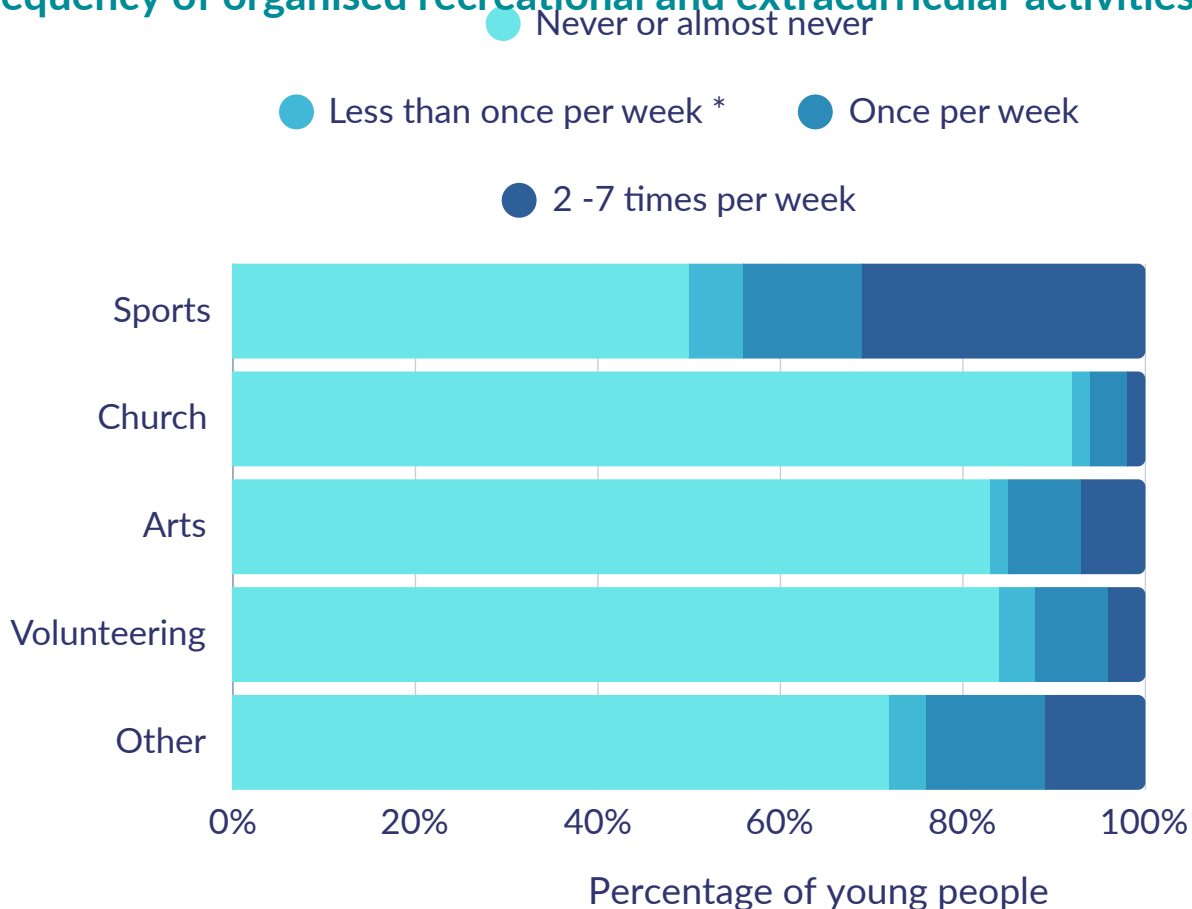


## Access to and participation in organised recreational and extracurricular activities

Young people were asked how many times a week they participate in activities out of school supervised by adults:

- **50%** take part in sports (practise or compete) with a sports club/team at least once a week
- **8%** attend church or community groups at least once a week (\* a small proportion of young people stated they attended church or community groups less than once per week)
- **17%** take part in music, art, drama or dance at least once a week (\* a small proportion of young people stated they attended music, art, drama or dance less than once per week)
- **16%** take part in volunteering in the community at least once a week
- **28%** take part in other after school activities at least once a week.

### Frequency of organised recreational and extracurricular activities:



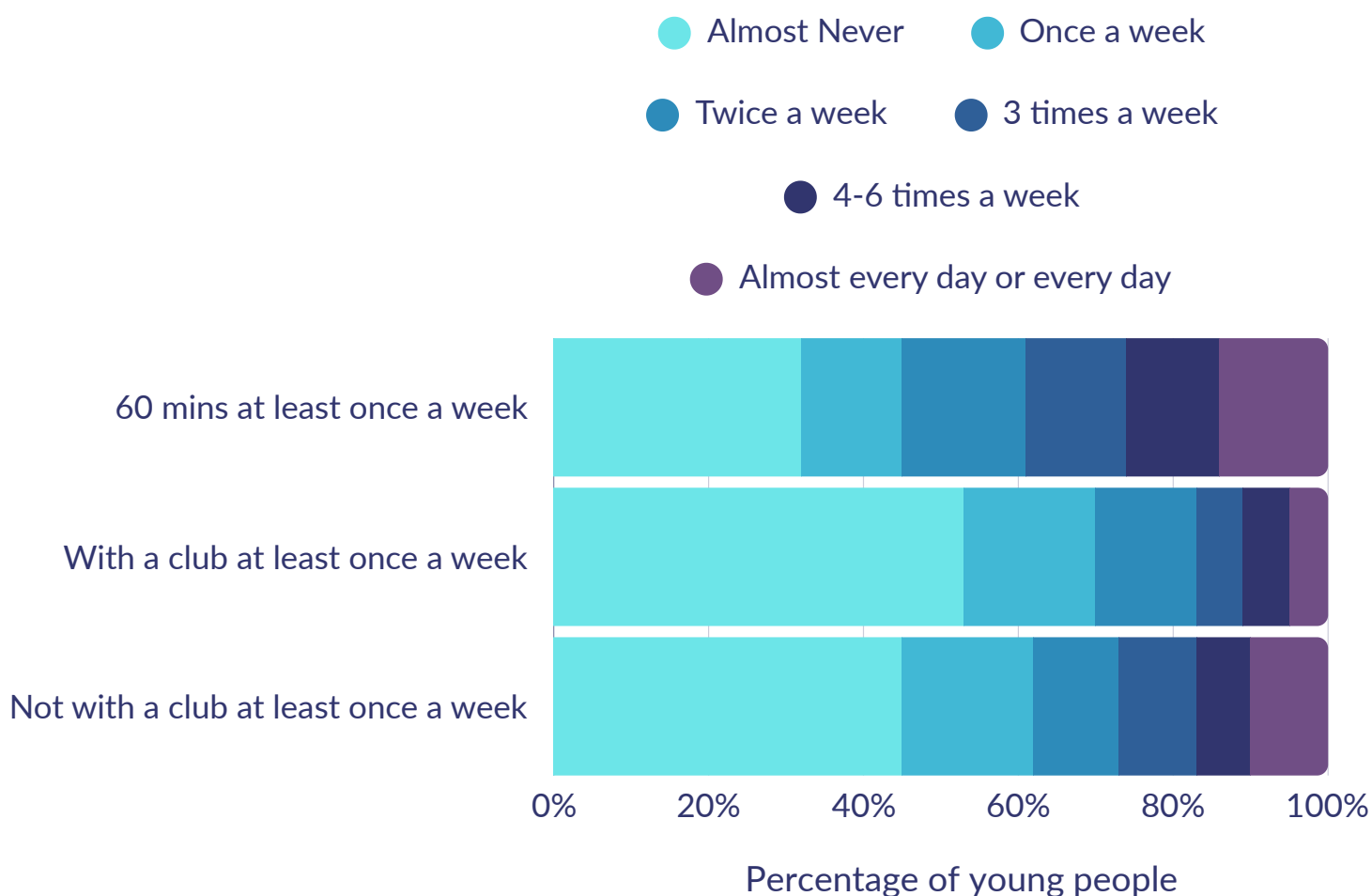
## Access to and participation in organised recreational and extracurricular activities

Young people were asked how often they do the following activities:

- **68%** take part in physical activity for more than 60 minutes at least once a week
- **47%** take part in physical activity outside school hours with a club or team at least once a week
- **55%** take part in physical activity outside school hours not with a club or team at least once a week.

Improving engagement with organised recreational and extracurricular activities are protective factors.

### Frequency of participation in physical activities

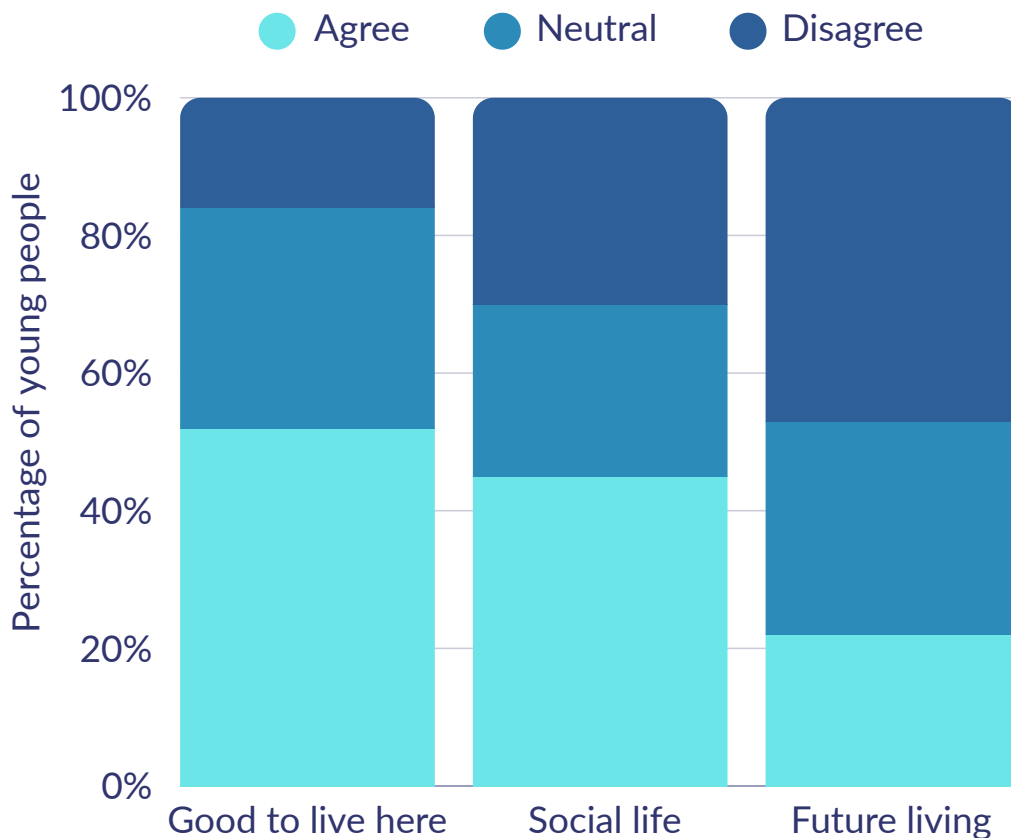


## Community life

Young people were asked about life in their community or neighbourhood and gave responses as to whether they agreed with the following:

- **52%** agree it is good to live in their neighbourhood or community
- **45%** agree there is a great deal of social life available in their neighbourhood or community such as youth clubs, sport facilities, etc.
- **22%** agree that in the future they would like to continue to live in the neighbourhood or community that they live in now.

### Views about living in their Community:



**22% agree in the future they would like to continue to live where they live now.**

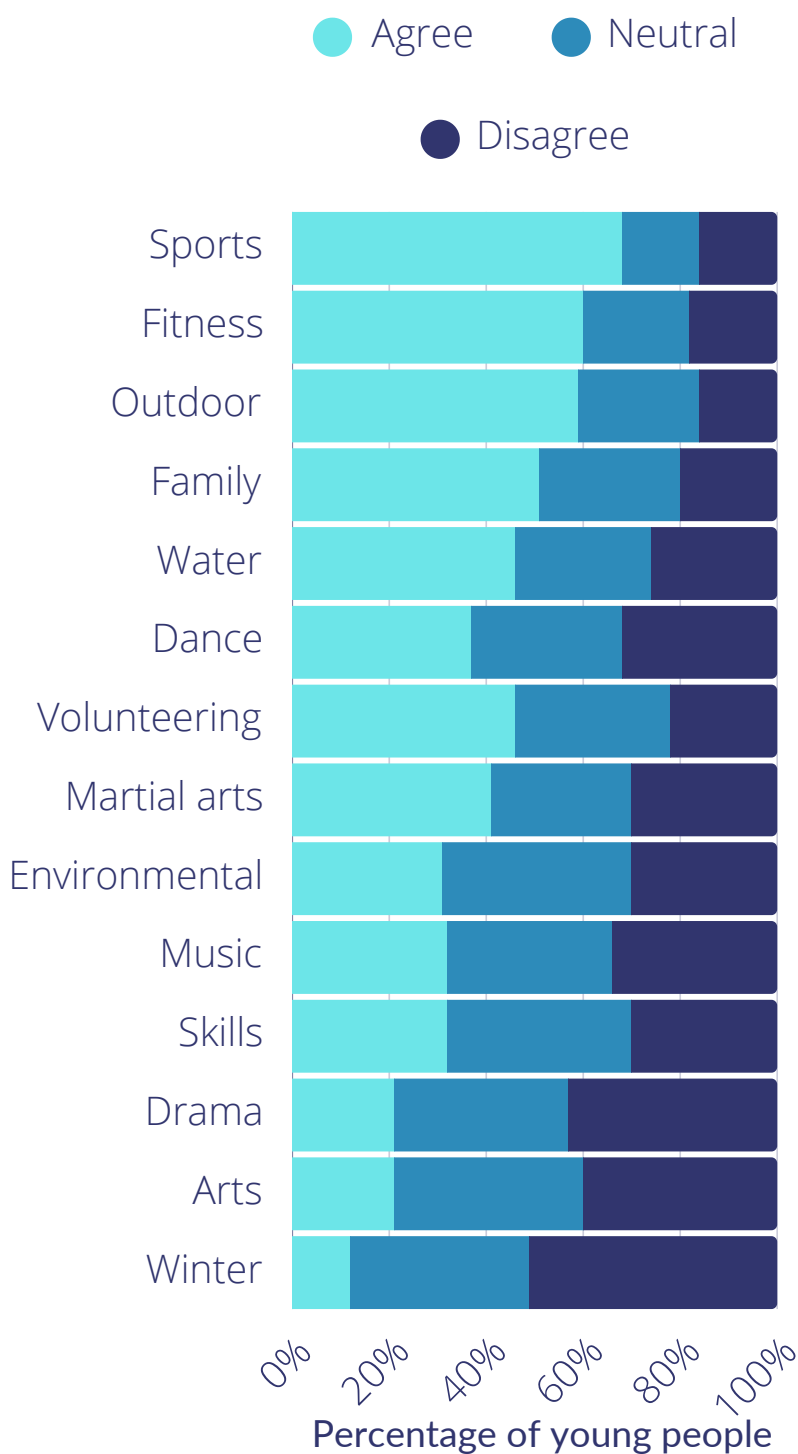
## Community life

Young people were asked about availability of opportunities to take part in. The per cent of young people **agreed there was opportunity to take part in these activities:**

### Opportunities to take part in activities:

- **68%** for sports
- **60%** for fitness activities
- **59%** for outdoor activities (walking, cycling)
- **51%** for activities with my family
- **46%** for water-based activities
- **46%** for volunteering
- **37%** for dance activities
- **41%** for martial arts
- **31%** for environmental activities (community recycling)
- **32%** for musical activities
- **32%** for skills development (mechanics, DIY, plumbing, building, woodwork, engineering)
- **21%** for drama / theatre
- **21%** for arts and crafts activities (painting / ceramics)
- **12%** for winter sports

Having a range of options to suit all young people is important.



## Community life

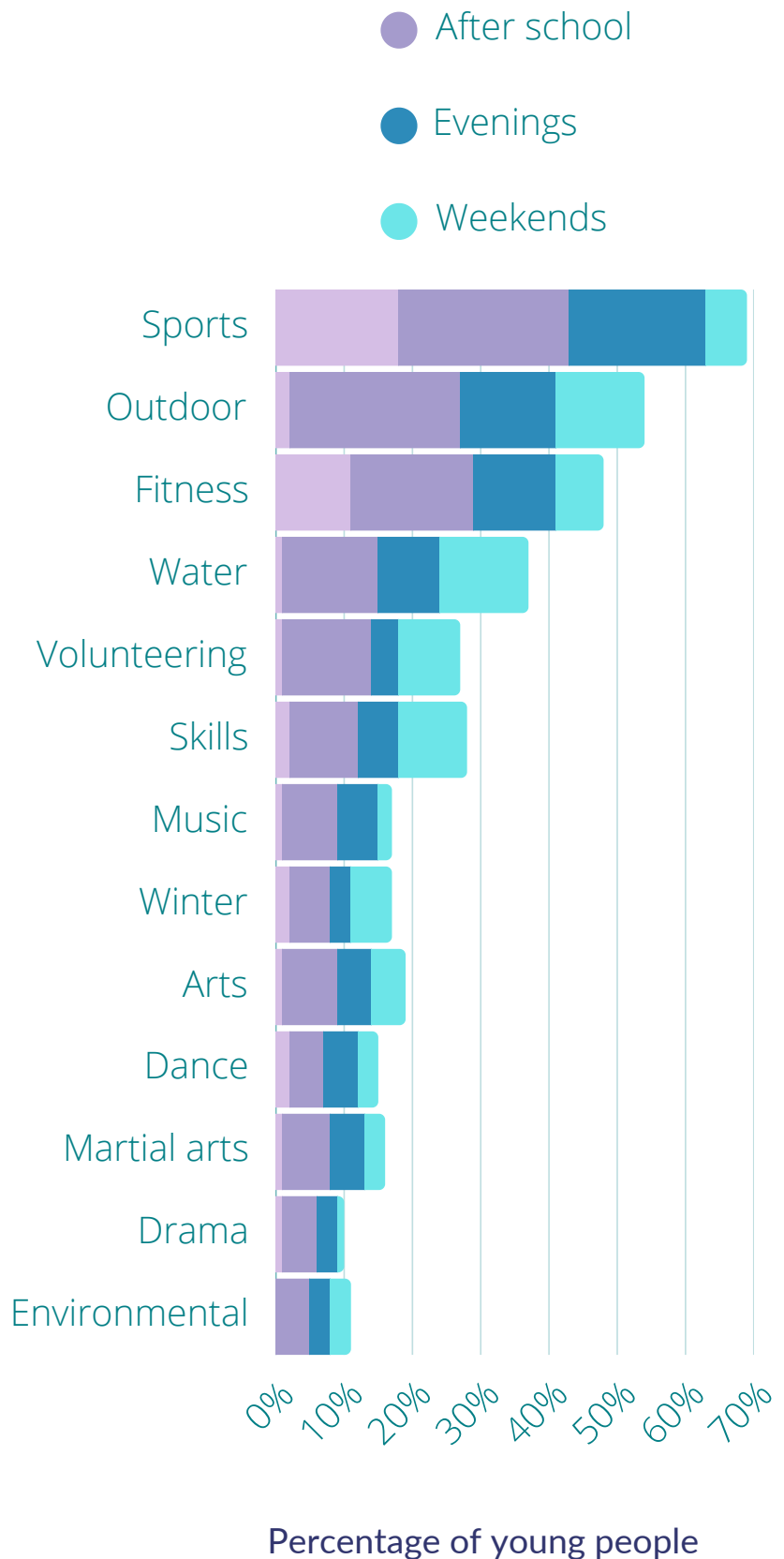
Young people were asked when they would like to take part in the following activities:

- Sports
- Outdoor activities (walking, cycling)
- Fitness activities
- Water-based activities
- Volunteering
- Skills development (mechanics, DIY, plumbing, building, woodwork, engineering)
- Music activities
- Winter sports
- Arts and crafts activities (painting / ceramics)
- Dance activities
- Martial arts
- Drama / theatre
- Environmental activities (community recycling)

A small proportion of young people wanted to take part in activities before school, during break, or (non-PE activities) during PE.

**Of the young people that want to take part in activities, most want to do so after school.**

### When to take part in activities:







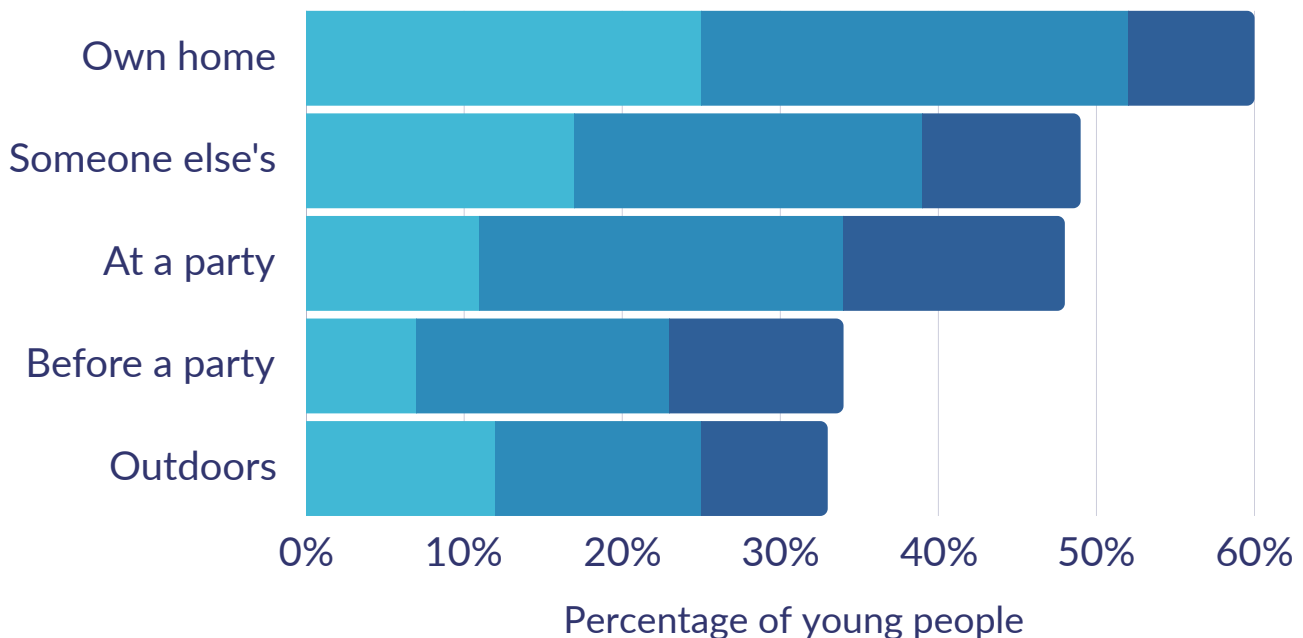
## Where alcohol use takes place

Young people were asked about where alcohol use takes place:

- **60%** had consumed alcohol in their home
- **49%** had consumed alcohol in someone else's home
- **48%** had consumed alcohol at a party or organised event
- **34%** had consumed alcohol before a party or organised event
- **33%** had consumed alcohol outdoors
- **6%** had consumed alcohol on a school tour or day trip (not shown in graph).

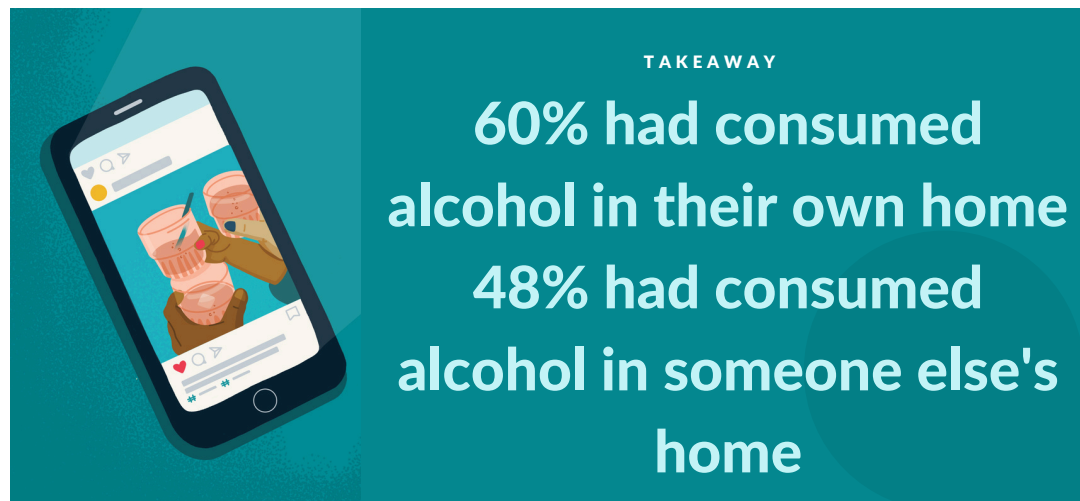
### Where alcohol use takes place:

● Rarely ● Sometimes ● Often



This is important as it shows where alcohol use is accepted.

Challenging this is a protective factor for young people.



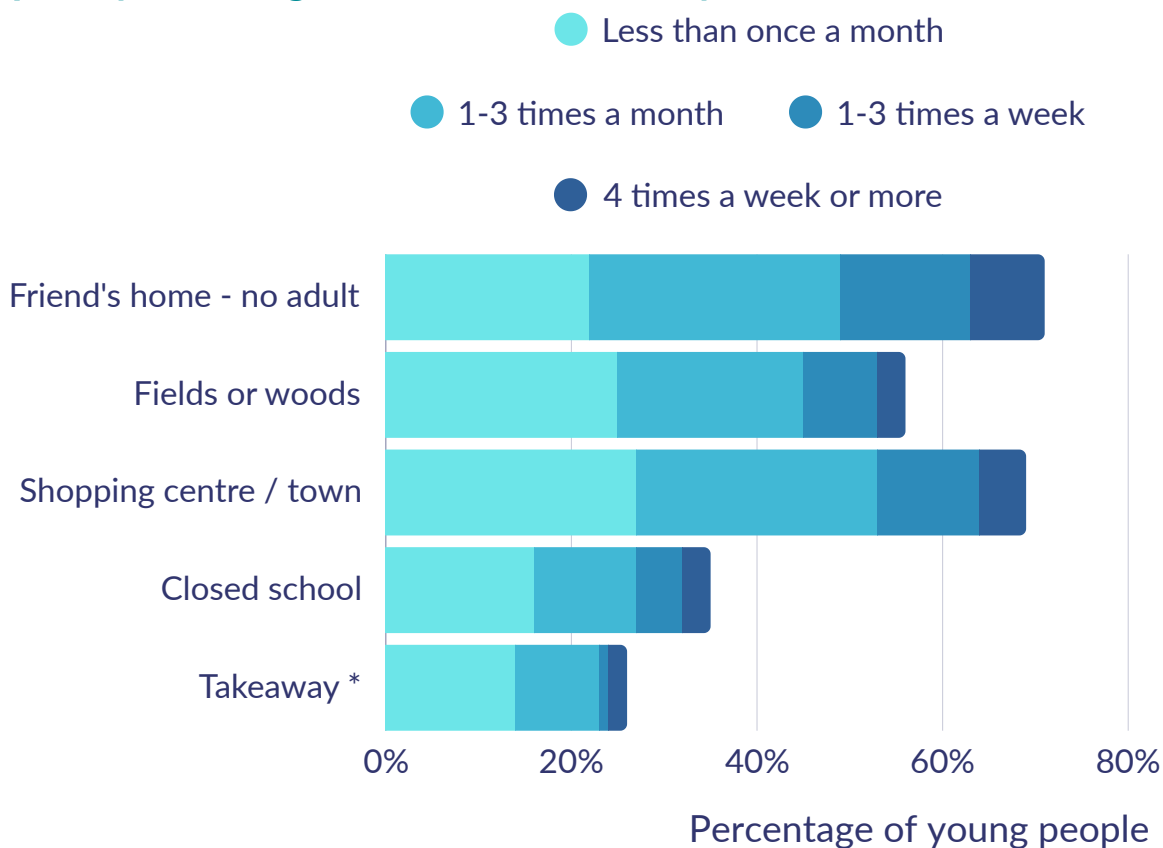
## Unorganised leisure time

Young people were asked how often do you:

- **71%** hang out at a friend's home with no adult present
- **56%** hang out with friends in fields or woods
- **69%** hang out with friends at a shopping centre or in town
- **35%** hang out with friends at a nearby school when the school is closed
- **25%** hang out with friends at a takeaway (\* a small proportion hang out with friends at a takeaway 4 times a week or more).

Unorganised leisure or hang out time is a risk factor, and so reducing the amount of time spent in this way is important for reducing risk.

### Frequency of unorganised leisure time by location



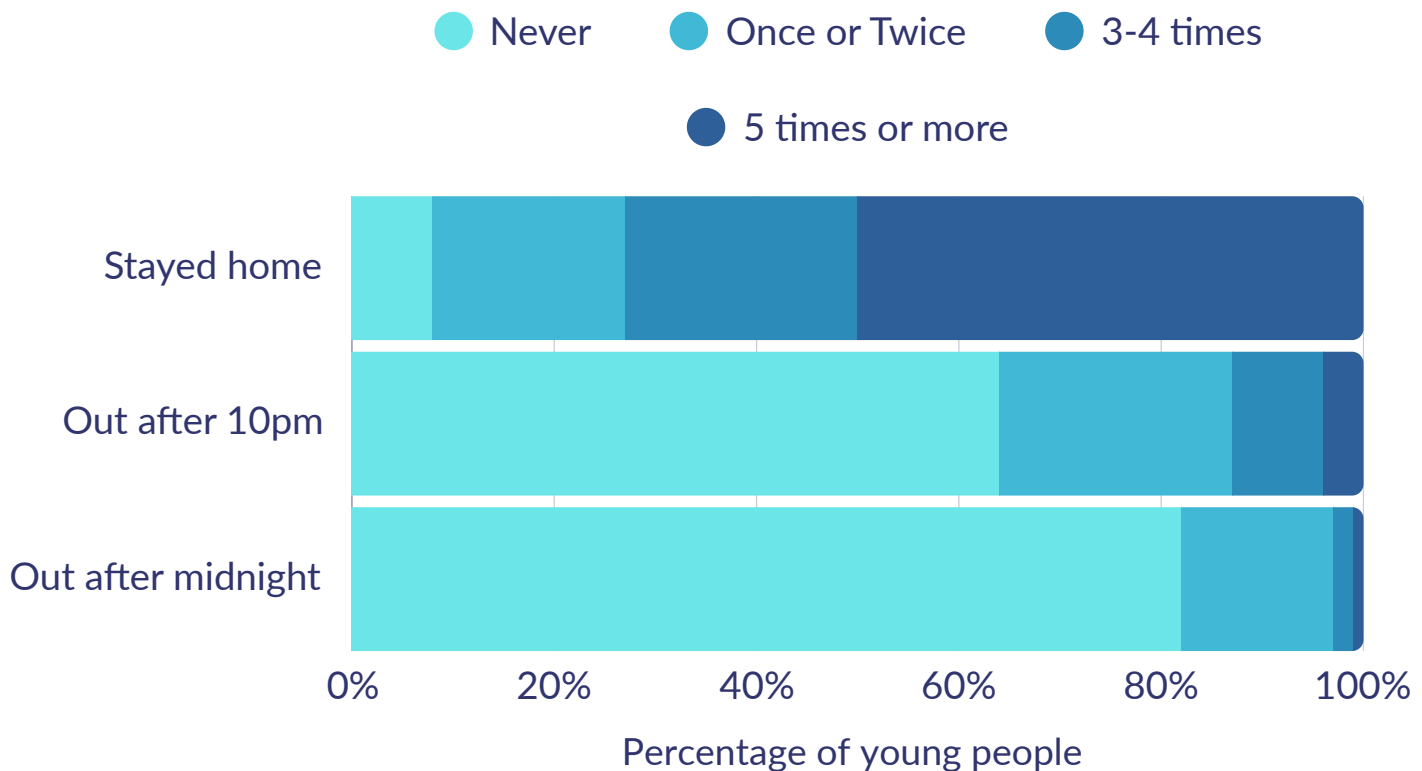
**72% often or almost always feel safe in their community.**

## Late outside hours

Young people were asked about their evening activities during the last 7 days:

- **92%** stayed at home all evening at least once a week
- **36%** were away from home after ten o'clock in the evening at least once a week
- **18%** were outside home and returned after midnight at least once a week.

### Frequency of being out late in the last 7 days by time out until:



Late outside hours are a risk factor, and so reducing the amount of time spent in this way is important for reducing risk. Highland young people were more likely to smoke daily, get drunk in the last 30 days, and use cannabis in their lifetime if they were outside after midnight.



#### TAKEAWAY

**18% were outside after midnight in the last week**

2023

DATA BASED ON ICSRA DATA

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# Next Steps

## Challenges & Opportunities

Establishing a new approach often brings challenges, and establishing the Planet Youth approach in Highland will be no different. However, there is a variety of stakeholders who are in support of the model. Working in collaboration and in line with the Guiding Principles will be key. In addition, drawing on public health approaches and knowledge of effectively addressing health inequalities will also be essential.

Change is possible, and together we aim to increase protective factors, and decrease risk factors, for young people in Highland. We want to move towards a Highland where safer communities, early years support, good mental health, equality of opportunity and access to physical activity and other recreational activities, all contribute to reducing the harm from substance use.

## Conclusion

A successful survey response rate of over 80% of the young people's year group was achieved overall in Highland and for all bar one school. The honest responses from the young people provide us with insight into their lives and growing up in Highland. While there are some areas to celebrate, there are other areas that are very challenging for our young people. The Planet Youth approach has achieved successful outcomes for young people in Iceland. The same can be achieved in Highland by increasing protective factors, and reducing risk factors, for our young people.



## Recommendations

The Planet Youth in Highland Local Coalition Group has been established, consisting of a variety of key stakeholders and partner agencies. In collaboration, and informed by the survey results, the Local Coalition have agreed seven actions:

1. Increase number, range and access to organised activities for young people and families
2. Develop parents' agreements about consistent messages regarding alcohol, tobacco and other drugs
3. Increase social cohesion among families through shared activities and communications
4. No alcohol as prizes at school events
5. Ensure the number, range and choice of positive activities reflect a wide range of student interests
6. Increase number of family-to-family activities that include young people's friends and families
7. Enforce legal limits to the sale of alcohol and tobacco or nicotine products to underage young people

Measures and evaluation for each of these have been considered. This includes survey questions linked to these actions, where we expect to see improvements in subsequent survey results.



## Useful links:

Highland Substance Awareness Toolkit: [www.h-sat.co.uk](http://www.h-sat.co.uk)

H-SAT Planet Youth model: [www.highlandsubstanceawareness.scot.nhs.uk/planet-youth-model/](http://www.highlandsubstanceawareness.scot.nhs.uk/planet-youth-model/)

Parent's Guide: <https://bit.ly/3K1aGs0>

Winning Scotland: [www.winningscotland.org/planetyouth.html](http://www.winningscotland.org/planetyouth.html)

Planet Youth: [planetyouth.org](http://planetyouth.org)

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