

Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) 2006

# Smoking, drinking and drug use among 13 and 15 year olds in Highland



SCOTTISH EXECUTIVE



Prepared by BMRB Social Research for Information Services Division (ISD)/  
NHS National Services Scotland on behalf of the Scottish Executive

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# 1 Background to the survey

This report presents the 2006 key findings from the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS). The findings show the prevalence of smoking, drinking and drug use among 13 and 15 year olds attending both state and independent schools in Highland. This report also looks into the attitudes and behaviour of pupils in relation to substance use and compares changes between 2006 and 2002. Some information on other lifestyle factors is also reported but not in association with substance use. The results of these reports are intended to be used as a basis for feeding into local planning.

## 1.1 Survey arrangements

SALSUS continues the national series of biennial surveys of smoking, drinking and drug use among secondary school children which began in 1982 in order to obtain information on smoking. The 2006 survey, like the 2002 survey, provides information at both local and national levels, national information only was provided in 2004. Local level information was identified as a requirement in 2002 to support the work of Alcohol and Drug Action Teams (ADAT's). Contextual information on other lifestyle and health factors was also required in 2002, hence the survey became known as SALSUS (Scottish Schools Adolescent Lifestyle and Substance Use Survey). SALSUS was targeted at all state and independent schools in Scotland in 2002.

In order for comparisons to be made over time, the 2006 survey was conducted in line with the 2002 survey, following similar procedures. The exception being that fieldwork was carried out in the Autumn Term (August–December) for the 2006 survey compared to the Spring Term (January–May) in 2002. The Spring Term in 2006 was reviewed by the Scottish Executive and it was felt that in general, schools were committed to carrying out too many other questionnaires which would have had a marked effect on the overall response rate of SALSUS and increased the survey burden on schools. The fieldwork was therefore carried out in the Autumn Term, similarly to the other surveys in the series. In terms of analysis, this does mean that pupils were around 6 months younger in comparison to the equivalent survey period in 2002. This factor should be taken into consideration in analysis.

The survey is commissioned on behalf of the Scottish Executive by Information Services Division (ISD Scotland) National Services Scotland. There is an Advisory Group which includes The Scottish Executive, ISD Scotland and the Scottish Association of Alcohol and Drug Action Teams (SAADAT) with representatives of other key stakeholding groups (see [www.drugmisuse.isdscotland.org](http://www.drugmisuse.isdscotland.org) and [www.alcoholinformation.isdscotland.org](http://www.alcoholinformation.isdscotland.org) for members).

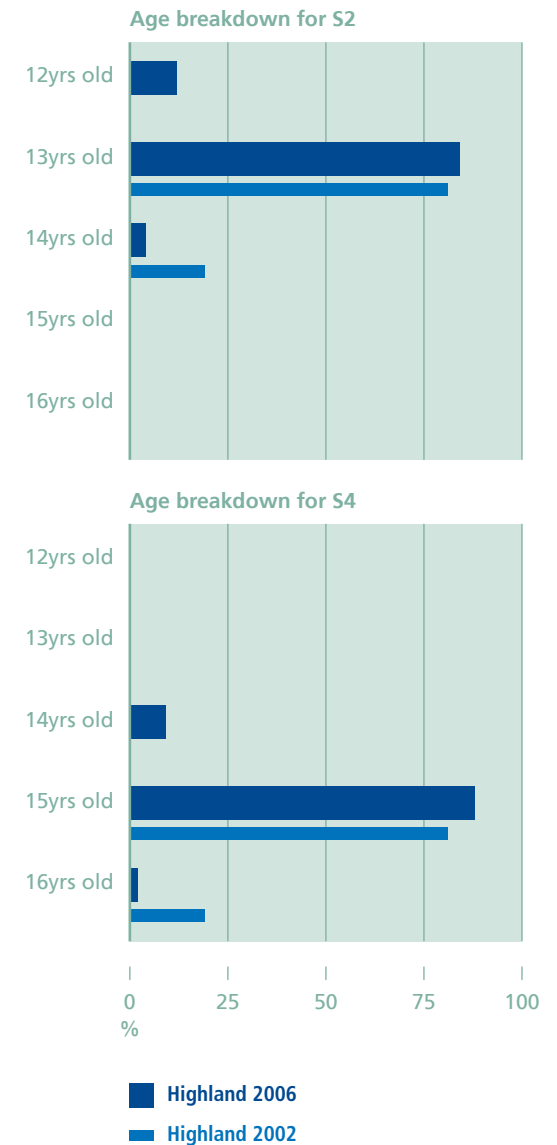
## 1.2 Sample design

All secondary schools were selected to take part in SALSUS (with a target sample of over 23,000 pupils), sampling only pupils in S2 and S4 to minimise survey costs and the burden on schools. For the purpose of reporting S2 pupils will be referred to as '13 year olds' and S4 pupils referred to as '15 year olds'. While pupils are mainly aged 13 in S2 and 15 in S4, these year groups are not exclusive to these age groups. There are some 12 year olds in S2 and 14 year olds in S4.

The charts compare the age breakdown for S2 and S4 in 2002 and 2006. In order to achieve the sample required every state and independent secondary school in Scotland was invited to take part in the survey, with the exception of pupils attending special schools or schools with a small number of pupils. Not all S2 and S4 classes were required to take part. The classes were randomly selected within each school based on the size of the school, the number of pupils required to take part in each Local Authority and the expected response rate which was based on 2002 response.

## 1.3 Methodology

Pupils in classes randomly selected were given a paper questionnaire to complete within class time, administered within a mixed ability class period such as PSE, PHSE etc. Schools were asked to complete the questionnaires under 'exam' conditions. Pupils were issued with an envelope to enclose their questionnaires in when completed to assure them of confidentiality. All completed questionnaires were anonymous; pupils were not required to write their name on the questionnaires.



## 1.4 Characteristics of the sample and weighting

In order to ensure results are representative of the school population in Highland it is important to compare the characteristics of pupils who took part in the survey with census data. If there were any significant differences in any of the factors outlined in table 1.4.1, non-response weighting was applied to take these differences into consideration to ensure that data is not biased in favour of the groups that did take part.

### 1.4.1 Sample versus census

<b>Proportion</b>	<b>sample</b>	<b>census</b>
Year group		
— <i>S2</i>	52%	48%
— <i>S4</i>	48%	52%
Sex		
— <i>boys</i>	51%	50%
— <i>girls</i>	49%	50%
School type		
— <i>state</i>	100%	100%
— <i>independent</i>	0%	0%
School denomination		
— <i>non-denominational</i>	100%	100%
— <i>Roman Catholic</i>	0%	0%
Area		
— <i>urban</i>	60%	72%
— <i>rural</i>	40%	28%

## 1.5 Local response rates

Within Highland a total number of 29 schools were asked to take part in the SALSUS survey. Of these 76% agreed to take part and returned questionnaires.

1366 pupils in Highland took part in the survey, which is a pupil response of 91%. The pupil response is the proportion of questionnaires returned out of those issued, based on those schools who took part in the survey.

Nationally, 69% of all schools took part in the survey and out of these schools taking part, 82% of pupils returned questionnaires.

Due to some variance in how the survey was administered, we are unable to compare directly with the overall response achieved in 2002. More information is provided on the response rate calculations in the national report.

## 1.6 Notes on statistics

Significance testing is carried out on key measures only and will be highlighted within the commentary. In many cases the bases within the tables are too low to comment on their significance.


When looking at tables, please note the following:

- Percentages may not add to 100 because of rounding
- Some children missed out questions intended for them. These 'no answers' have been excluded from the analyses and so the tables that describe the same population may have varying bases
- The following conventions have been used in the tables

\* = less than 0.5 but not 0

– = 0

n/a = not asked

- Some percentages, particularly where numbers are broken down by age group or gender, may be based on a small number of pupils and should therefore be treated with caution as apparent differences may not be statistically significant. **Please pay particular attention to the base sizes outlined at the bottom of each table.** We would not advise any detailed analysis in cases where the base size is below 50 pupils, as indicated in the tables by a  symbol.

### Comparisons between 13 and 15 year olds

Smoking, drinking and drugs increase markedly with age. This means that analysis of combined proportions of 13 and 15 year olds may mask instances where 13 and 15 years have significantly different attitudes and experiences.

Where possible within this report, commentary is provided separately for 13 and 15 year olds. However, in some instances base sizes do not permit detailed analysis by age, so the commentary is based on total figures. Where this is the case we would advise readers to reference the tables for a breakdown by age, **where base sizes are clearly indicated.**

## 1.7 Analysis on alcohol consumption

The number of alcohol units consumed has been calculated in the same way as previous surveys in the series. It is based on a method used by Boreham et al, *Smoking, drinking & drug use among young people in Scotland in 2000*, where the number of units is estimated by the number of drinks consumed e.g. cans, glasses, bottles. The table shows how the measures of each type of drink were converted into units. This conversion does not account for the type of beer or the exact size of the glasses used so does imply a degree of approximation but the assumptions and method are consistent with the previous surveys.

### 1.7.1 Alcohol unit calculations

<b>Drink</b>	<b>units</b>
Beer, lager, or cider	
— <i>pint</i>	2.00
— <i>large can</i>	1.50
— <i>half pint, small can or bottle</i>	1.00
— <i>less than half a pint</i>	0.50
Shandy	
— <i>pint</i>	1.00
— <i>large can</i>	0.75
— <i>half pint, small can or bottle</i>	0.50
— <i>less than half a pint</i>	0.25
Wine, fortified wine or spirits	
— <i>glass</i>	1.00
— <i>less than a glass</i>	0.50
Alcopops	
— <i>can or bottle</i>	1.00
— <i>less than a bottle</i>	0.50

# 2 Smoking

## 2.1 Smoking prevalence

Pupils were asked about their smoking behaviour. For the purposes of this series of surveys, regular smoking is defined as *usually* smoking one or more cigarettes a week.

In Highland, 5% of 13 year olds were regular smokers compared with 12% of 15 year olds. 67% of 13 year olds in Highland reported that they had never smoked, compared with 52% of 15 year olds.

There was no significant difference in the prevalence of regular smoking between boys and girls in Highland (7% of boys and 9% of girls were regular smokers).

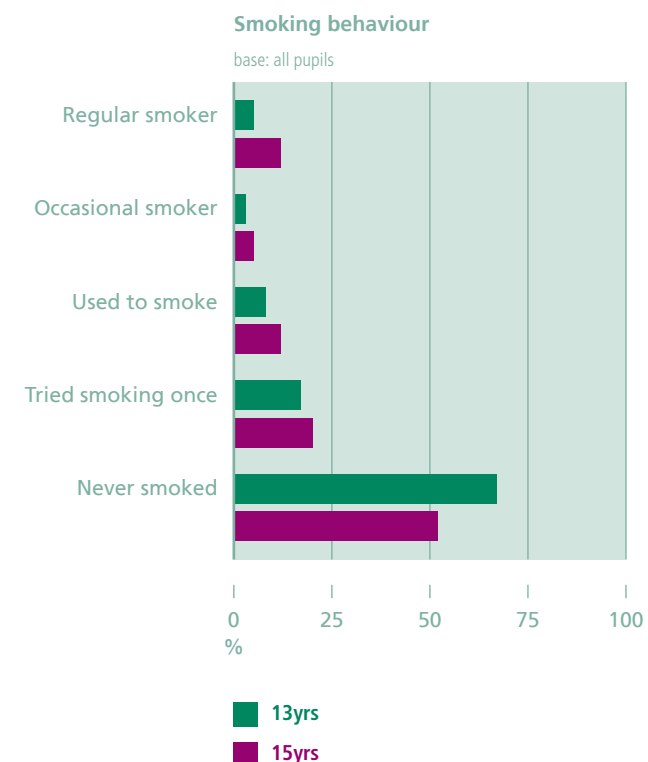
On average, pupils were 12 years old when they first smoked a cigarette (more than a puff). 55% of all pupils felt that it was 'ok' to 'try smoking to see what it's like' (44% of 13 year olds vs. 65% of 15 year olds).

### Changes over time

In 2002, 9% of 13 year olds in Highland were regular smokers; as were 22% of 15 year olds. Compared with 2006, there has been a significant decrease in the proportion of regular smokers in both age groups.

#### 2.1.1 Smoking behaviour

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
Regular smoker	5% 9%	12% 22%	7% 14%	9% 18%
Occasional smoker	3% 5%	5% 9%	3% 7%	5% 7%
Used to smoke	8% 12%	12% 15%	8% 14%	12% 13%
Tried smoking once	17% 26%	20% 21%	19% 22%	18% 25%
Never smoked	67% 47%	52% 32%	62% 43%	56% 36%
base: all pupils	691 423	650 453	676 459	655 417



2.1.2 Do you think it is ok for someone your age to try smoking to see what it's like?

Highland 2006	13yrs	15yrs	boys	girls
It's ok	44%	65%	49%	61%
It's not ok	46%	26%	42%	29%
Don't know	11%	9%	9%	10%
base: all pupils	668	641	653	646

## 2.2 Number of cigarettes smoked

Pupils who smoked regularly were asked how many cigarettes they usually smoked in a week. On average they reported smoking 42 cigarettes per week.

Pupils who smoked regularly were also asked how many cigarettes they had *actually* smoked in the last 7 days. In total, they reported smoking an average of 56 cigarettes in the last 7 days, 39 of these were during the week and 17 at the weekend.

## 2.3 Money spent on cigarettes

Almost all regular smokers (94%) reported that they spent money on cigarettes. The average amount spent by regular smokers who bought cigarettes was £13.39 a week. Last time they bought cigarettes, the box contained an average of 15 cigarettes.

## 2.4 Where pupils obtain cigarettes

Regular smokers were given a list of sources for obtaining cigarettes and asked to indicate where they usually obtained their cigarettes. Some pupils gave more than one source.

It was most common for regular smokers to buy from a shop (63%); 20% said they buy from a machine, and 19% said they buy from friends/relatives. Regular smokers did not always buy their cigarettes: 51% reported being given cigarettes by their friends or relatives; 5% reported that they take cigarettes and 8% said that they obtained their cigarettes in some other way.

### 2.4.1 Source of cigarettes

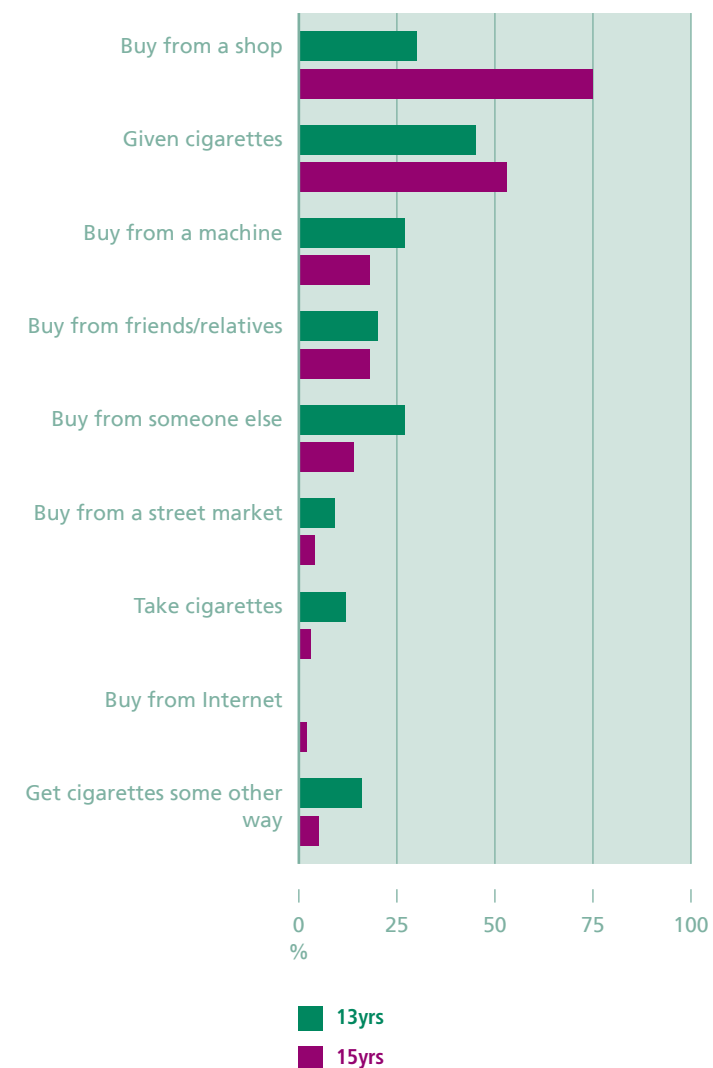
#### Highland 2006

compared with 2002

	13yrs	15yrs	boys	girls	total
Buy from a shop	30% 40%	75% 83%	51% 73%	72% 68%	63% 70%
Given cigarettes	45% 55%	53% 53%	45% 49%	53% 58%	51% 54%
Buy from a machine	27% 15%	18% 27%	25% 30%	17% 18%	20% 23%
Buy from friends/relatives	20% 25%	18% 21%	17% 13%	20% 30%	19% 22%
Buy from someone else	27% 15%	14% 18%	27% 14%	11% 19%	17% 17%
Buy from a street market	9% n/a	4% n/a	13% n/a	– n/a	5% n/a
Take cigarettes	12% 2%	3% 5%	7% 5%	4% 4%	5% 4%
Buy from Internet	– n/a	2% n/a	– n/a	2% n/a	1% n/a
Get cigarettes some other way	16% 25%	5% 5%	4% 11%	11% 11%	8% 11%
base: regular smokers	▲ 33 ▲ 40	73 101	▲ 47 64	57 77	106 141

#### Source of cigarettes

base: regular smokers; pupils could choose more than one source from the list



## 2.5 Smoking dependence

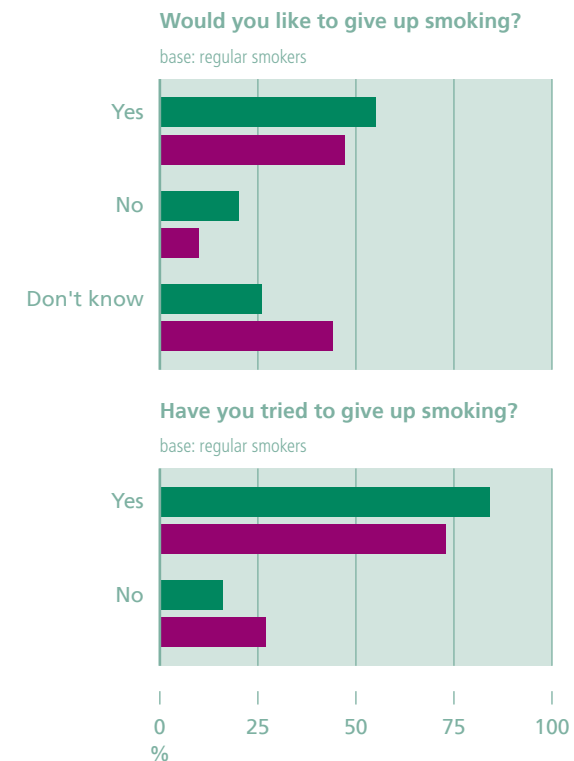
Regular smokers were asked whether they would like to give up smoking and how difficult or easy they felt this would be. 49% of regular smokers reported that they would like to give up smoking and 76% had tried to give up at some time.

### 2.5.1 Would you like to give up smoking?

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
Yes	55% 82%	47% 65%	48% 77%	51% 65%	49% 70%
No	20% 18%	10% 35%	12% 23%	13% 35%	12% 30%
Don't know	26% n/a	44% n/a	40% n/a	36% n/a	39% n/a
base: regular smokers	▲ 32 ▲ 38	69 98	▲ 44 60	55 76	101 136

### 2.5.2 Have you tried to give up smoking?

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
Yes	84% 72%	73% 75%	74% 74%	78% 74%	76% 74%
No	16% 28%	27% 25%	26% 26%	22% 26%	24% 26%
base: regular smokers	▲ 32 ▲ 39	69 99	▲ 44 62	55 76	101 138



26% of all regular smokers said that they would find it very difficult to give up smoking altogether and a further 54% said that they would find it fairly difficult.

63% of regular smokers had smoked for more than a year. There was no significant difference between pupils who had smoked for more than a year and those who had smoked for less time in terms of whether it would be very difficult to give up: 28% of pupils who had smoked for more than a year said it would be very difficult to give up compared with 25% of pupils who had smoked regularly for one year or less.

### 2.5.3 Ease of giving up smoking by length of time smoking

Highland 2006 compared with 2002	≤1yr	>1yr	total
Very difficult	25% 22%	28% 49%	26% 39%
Fairly difficult	39% 25%	62% 27%	54% 26%
Fairly easy	22% 31%	7% 19%	13% 23%
Very easy	14% 22%	3% 5%	7% 12%
base: regular smokers	▲ 39 55	62 81	101 138

#### Changes over time

In 2002, 70% of regular smokers in Highland said that they would like to give up smoking. This is significantly higher than 2006, when the proportion was 49%. In 2006 pupils were given a 'don't know' option when asked whether they would like to give up smoking; this was not an option in 2002 so is likely to affect comparisons at this question

The proportion of regular smokers saying that they would find it difficult giving up smoking can also be compared. In 2002, 39% of regular smokers said that they would find it very difficult to give up. In 2006, the proportion saying they would find it very difficult to give up had significantly decreased to 26%.

## 2.6 Family attitudes to smoking

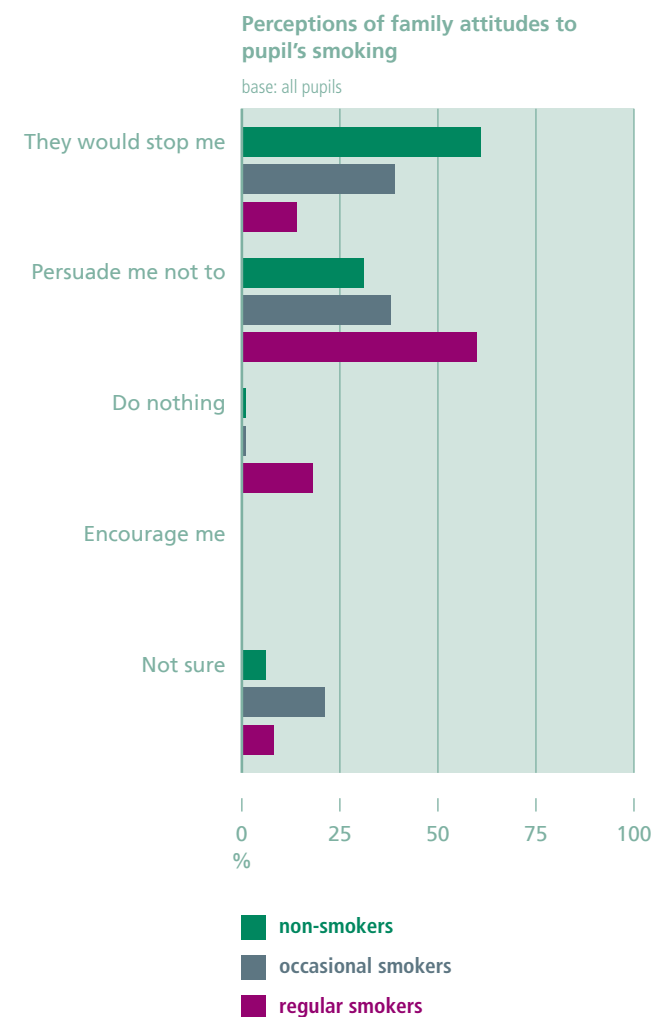
All pupils were asked about their family's attitudes to smoking. Pupils who smoked were asked 'How does your family feel about you smoking?' and pupils who did not smoke were asked 'How do you think your family would feel if you started smoking?'

74% of regular smokers reported that their families either stop them smoking or try to persuade them to stop smoking. Around half of regular smokers (56%) said that they are not allowed to smoke at home, which is significantly lower than in 2002 (66%).

Almost all non-smokers (92%) reported that their families would either stop them smoking or try to persuade them not to smoke.

### 2.6.1 Perceptions of family attitudes to pupil's smoking

Highland 2006 compared with 2002	non-smokers	occasional smokers	regular smokers	total
They would stop me	61% 57%	39% 33%	14% 21%	56% 49%
Persuade me not to	31% 35%	38% 49%	60% 50%	34% 38%
Do nothing	1% 1%	1% 10%	18% 16%	3% 4%
Encourage me	* -	- -	- 4%	* 1%
Not sure	6% 7%	21% 8%	8% 10%	7% 8%
base: all pupils	1157 579	50 ⚠️ 49	104 137	1329 793



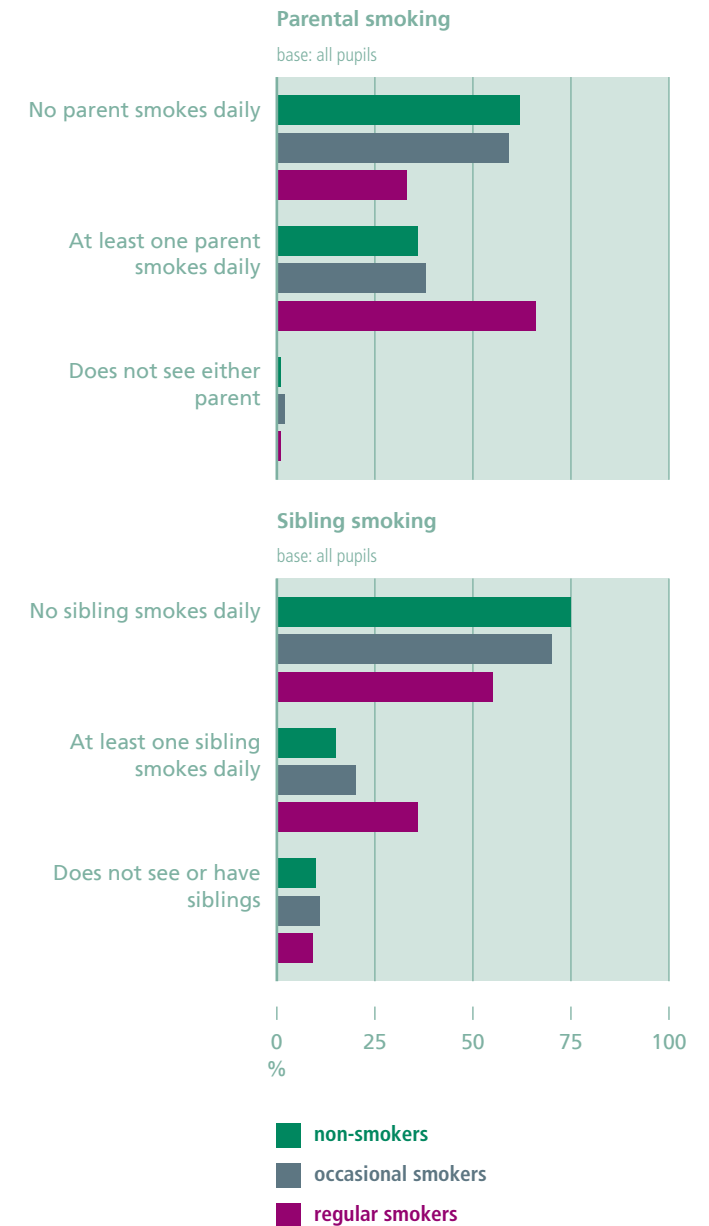
Pupils were also asked whether their families smoked. More pupils who were regular smokers reported that a parent was a daily smoker compared with non-smokers: 66% of regular smokers compared with 36% of non-smokers. Pupils who were regular smokers were more likely to have a sibling who smoked daily than non-smokers: 36% of regular smokers compared with 15% of non-smokers.

### 2.6.2 Parental smoking by pupil's smoking behaviour

Highland 2006 compared with 2002	non-smokers	occasional smokers	regular smokers	total
No parent smokes daily	62% 63%	59% 63%	33% 36%	59% 59%
At least one parent smokes daily	36% 34%	38% 33%	66% 63%	39% 39%
Does not see either parent	1% 3%	2% 3%	1% 1%	1% 2%
base: all pupils	1078 649	53 60	102 137	1253 875

### 2.6.3 Sibling smoking by pupil's smoking behaviour

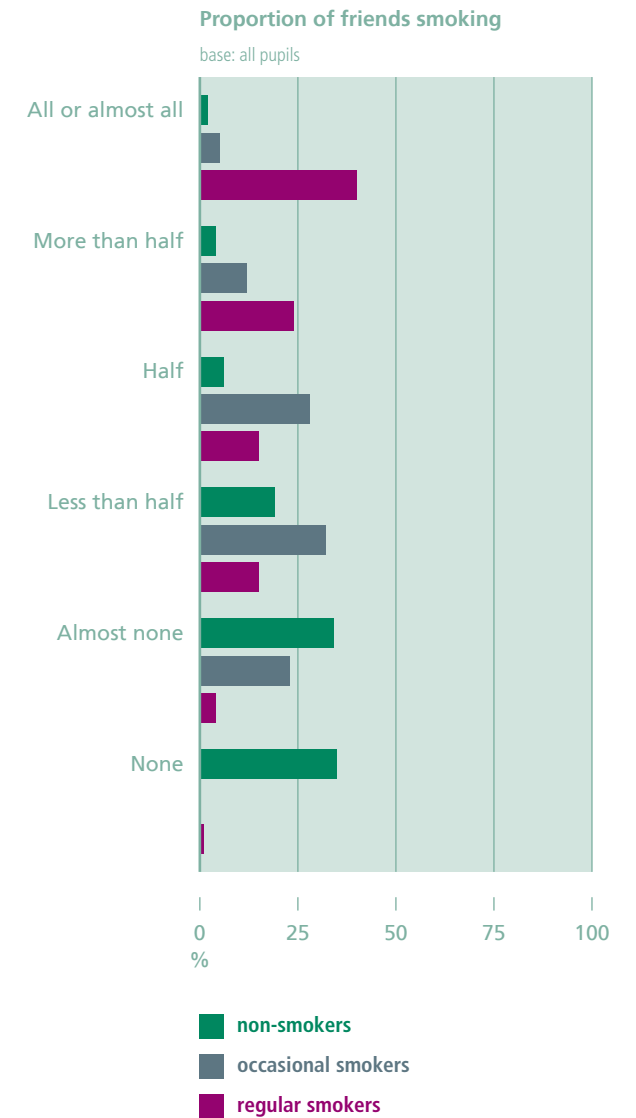
Highland 2006 compared with 2002	non-smokers	occasional smokers	regular smokers	total
No sibling smokes daily	75% 75%	70% 66%	55% 56%	73% 72%
At least one sibling smokes daily	15% 15%	20% 26%	36% 39%	17% 20%
Does not see or have siblings	10% 10%	11% 8%	9% 6%	10% 9%
base: all pupils	947 632	51 59	93 126	1107 845



All pupils were asked whether their friends smoked. Regular smokers were more likely to have friends who smoked: 40% of regular smokers said that 'all or almost all' of their friends smoked compared with 2% of non-smokers.

#### 2.6.4 Proportion of friends smoking by pupil's smoking behaviour

Highland 2006 compared with 2002	non-smokers	occasional smokers	regular smokers	total
All or almost all	2% 4%	5% 21%	40% 33%	5% 10%
More than half	4% 10%	12% 16%	24% 40%	6% 15%
Half	6% 12%	28% 24%	15% 17%	8% 14%
Less than half	19% 23%	32% 29%	15% 6%	19% 21%
Almost none	34% 31%	23% 9%	4% 3%	31% 25%
None	35% 19%	– 2%	1% –	30% 15%
base: all pupils	1172 666	54 63	104 141	1355 901

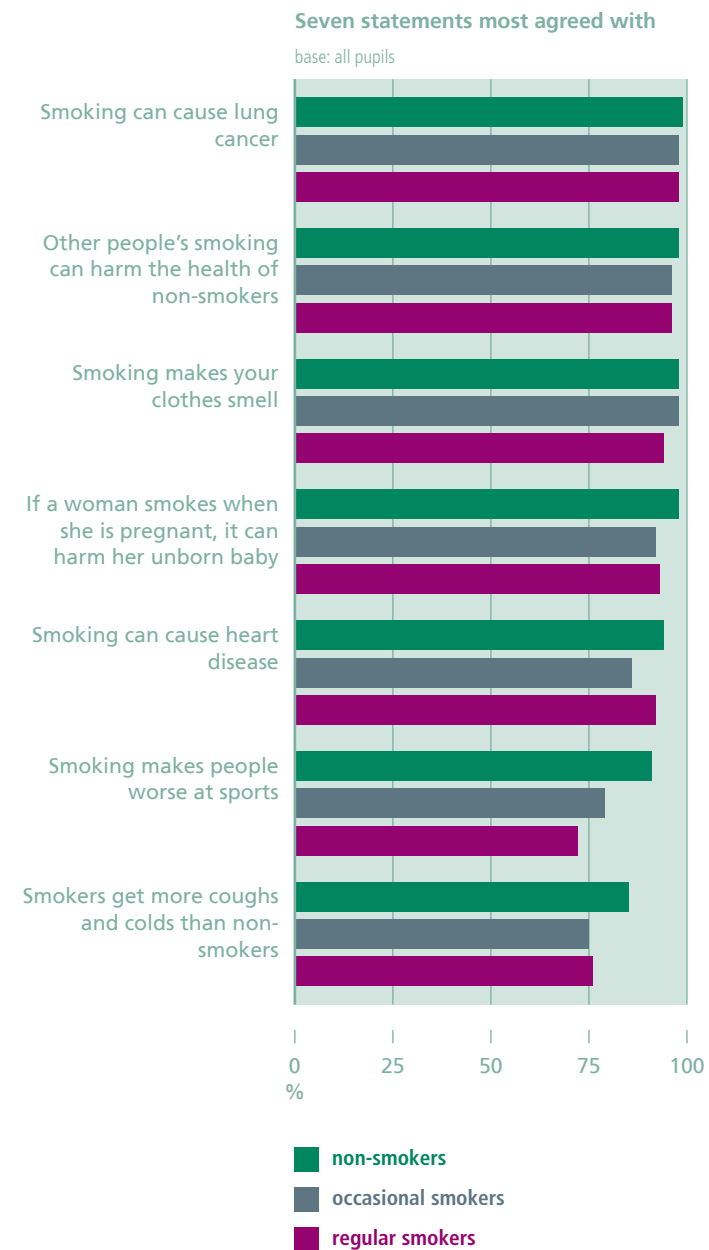


## 2.7 Attitudes to smoking

Pupils were asked whether they agreed or disagreed with a series of statements about smoking. The chart shows the proportion agreeing with each statement, split by regular, occasional and non-smokers. Across all pupils in Highland, agreement was most common for the statement 'Smoking can cause lung cancer' and lowest for the statement 'Smokers are more fun than non-smokers'.

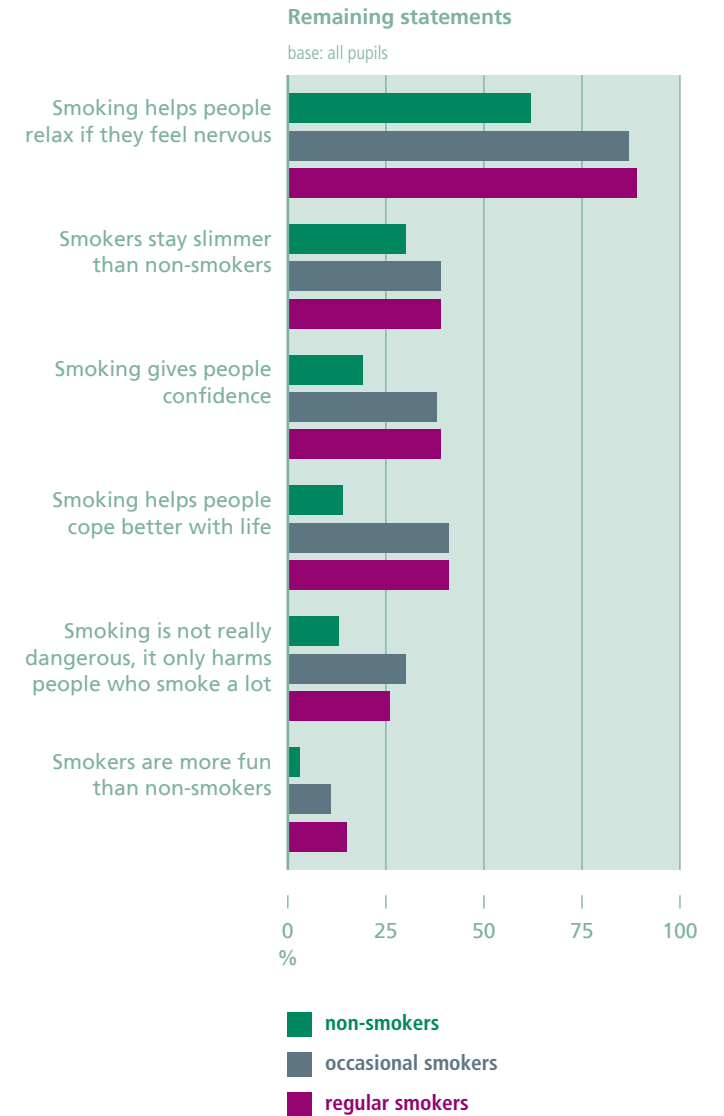
### 2.7.1 Seven statements most agreed with

Highland 2006	non-smokers	occasional smokers	regular smokers	total
Smoking can cause lung cancer	99%	98%	98%	99%
Other people's smoking can harm the health of non-smokers	98%	96%	96%	98%
Smoking makes your clothes smell	98%	98%	94%	98%
If a woman smokes when she is pregnant, it can harm her unborn baby	98%	92%	93%	97%
Smoking can cause heart disease	94%	86%	92%	94%
Smoking makes people worse at sports	91%	79%	72%	89%
Smokers get more coughs and colds than non-smokers	85%	75%	76%	84%
base: all pupils	1172	54	106	1354



2.7.2 Remaining statements

Highland 2006	non-smokers	occasional smokers	regular smokers	total
Smoking helps people relax if they feel nervous	62%	87%	89%	66%
Smokers stay slimmer than non-smokers	30%	39%	39%	31%
Smoking gives people confidence	19%	38%	39%	22%
Smoking helps people cope better with life	14%	41%	41%	18%
Smoking is not really dangerous, it only harms people who smoke a lot	13%	30%	26%	16%
Smokers are more fun than non-smokers	3%	11%	15%	4%
base: all pupils	1161	54	106	1343



## 2.8 Advice on smoking

Pupils were asked if they had actively sought advice on smoking from a variety of sources – an adult at school; friends or family; their GP; Smokeline; another NHS smoking helpline; or NHS Stop Smoking Services. They were asked not to include lessons at school.

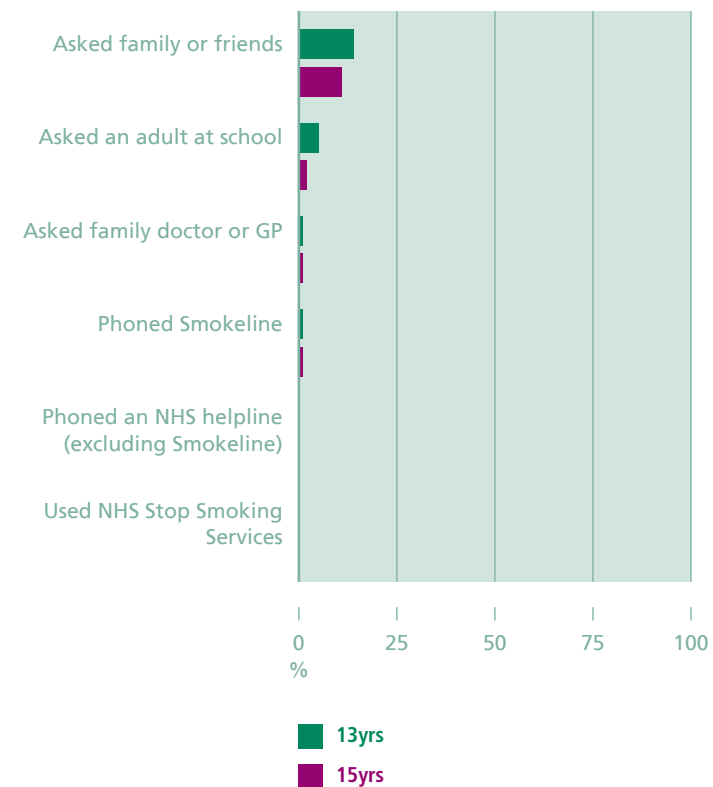
In the last 12 months, pupils in Highland were most likely to have asked family or friends (12%) and least likely to have phoned an NHS helpline (excluding Smokeline) or to have used NHS Stop Smoking Services (0%).

### 2.8.1 Source of smoking advice

Highland 2006	13yrs	15yrs	boys	girls	total
Asked family or friends	14%	11%	9%	16%	12%
Asked an adult at school	5%	2%	3%	4%	3%
Asked family doctor or GP	1%	1%	1%	1%	1%
Phoned Smokeline	1%	1%	1%	1%	1%
Phoned an NHS helpline (excluding Smokeline)	*	*	*	*	*
Used NHS Stop Smoking Services	*	*	*	*	*
base: all pupils	635	620	618	628	1255

### Source of smoking advice

base: all pupils; pupils could choose more than one source of advice



# 3 Drinking

### 3.1 Prevalence of alcohol use

All pupils were asked whether they had ever had a ‘proper alcoholic drink, a whole drink, not just a sip’, so that those who had drunk alcohol could be directed to more detailed questions.

In Highland, 61% of 13 year olds and 88% of 15 year olds reported that they had had an alcoholic drink. This difference by age is significant.

Out of those pupils who had drunk alcohol, the average age when they drunk more than a small amount of alcohol was 12 years old. 75% of all pupils felt that it was ‘ok’ to ‘try drinking to see what it’s like’ (65% of 13 year olds vs. 84% of 15 year olds).

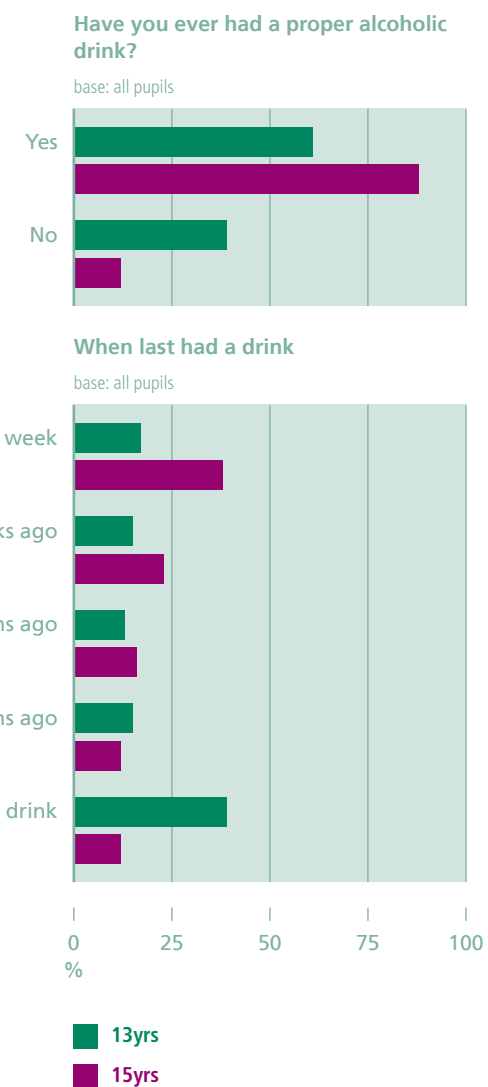
In the last week, 38% of 15 year olds and 17% of 13 year olds had drunk alcohol. This difference by age is significant.

There was no significant difference in the proportion of boys and girls in Highland who had had an alcoholic drink in the last week (28% of boys and 28% of girls reported drinking in the last week).

#### Changes over time

In 2002, 70% of 13 year olds in Highland had had an alcoholic drink; as had 93% of 15 year olds. Compared with 2006, there has been a significant decrease in the proportion of both ages who have ever had an alcoholic drink.

In 2002, 24% of 13 year olds in Highland had had an alcoholic drink in the last week; as had 49% of 15 year olds. Compared with 2006, there has been a significant decrease in the proportion of both ages who had had an alcoholic drink in the last week.



### 3.1.1 Have you ever had a proper alcoholic drink?

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
Yes	61% 70%	88% 93%	75% 79%	75% 84%
No	39% 30%	12% 7%	25% 21%	25% 16%
base: all pupils	700 429	657 469	688 468	659 430

### 3.1.2 When last had a drink

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
During the last week	17% 24%	38% 49%	28% 38%	28% 36%
One to four weeks ago	15% 15%	23% 21%	17% 18%	21% 18%
One to six months ago	13% 21%	16% 15%	14% 15%	15% 21%
More than six months ago	15% 9%	12% 7%	15% 7%	12% 9%
Never had a drink	39% 30%	12% 7%	25% 21%	25% 16%
base: all pupils	698 426	655 456	684 459	659 423

### 3.1.3 Do you think it is ok for someone of your age to try drinking to see what it's like?

Highland 2006	13yrs	15yrs	boys	girls
It's ok	65%	84%	71%	78%
It's not ok	27%	11%	22%	15%
Don't know	9%	5%	7%	7%
base: all pupils	665	642	649	648

## 3.2 Usual drinking frequency

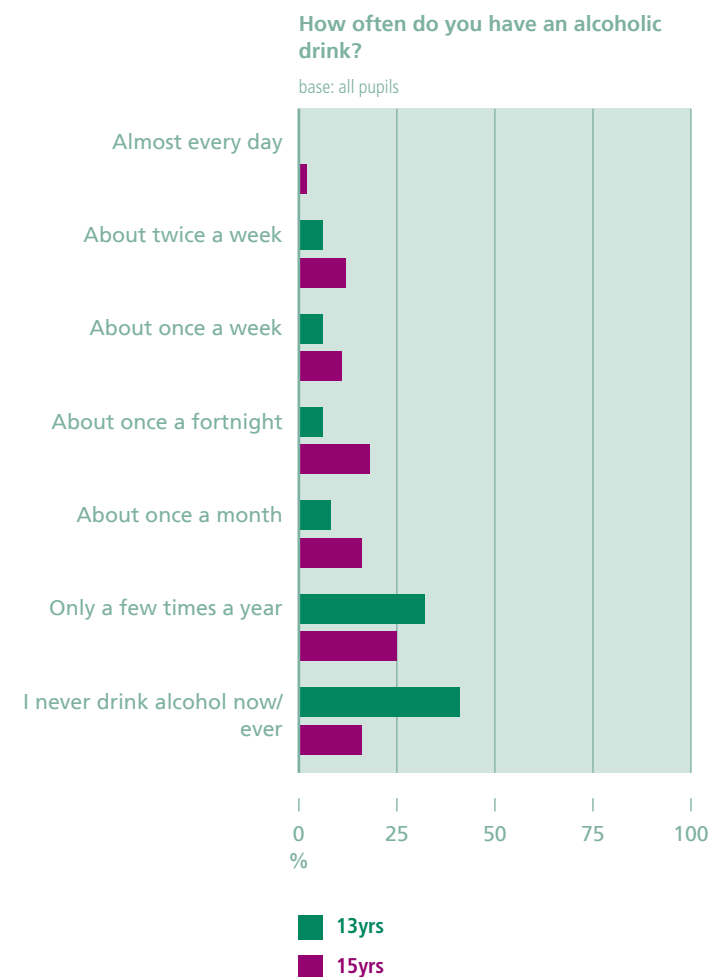
Based on all pupils, 13% of 13 year olds and 26% of 15 year olds reported that they usually drink at least once a week (including those who drink every day and twice a week), which is a significant difference.

There was no significant difference in the proportion of boys and girls in Highland who reported drinking at least once a week (20% of boys and 19% of girls reported weekly drinking).

### Changes over time

In 2002, 16% of 13 year olds and 41% of 15 year olds in Highland reported that they usually drink at least once a week. Compared with 2006, there has been a significant decrease in the proportion of 15 year olds reporting that they usually drink at least once a week, but no significant change reported by 13 year olds.

Please note that a new code, 'I never drink alcohol now', was added to this question in 2006. Pupils answering this category in 2006 have been merged with those who have never had a drink so that comparisons can be made with previous data.



### 3.2.1 How often do you have an alcoholic drink?

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
Almost every day	* 1%	2% 2%	1% 2%	2% 1%
About twice a week	6% 5%	12% 20%	9% 15%	9% 9%
About once a week	6% 10%	11% 19%	10% 14%	8% 16%
About once a fortnight	6% 9%	18% 16%	11% 11%	12% 14%
About once a month	8% 15%	16% 13%	12% 12%	12% 16%
Only a few times a year	32% 30%	25% 22%	28% 24%	29% 28%
I never drink alcohol now/ever	41% 30%	16% 7%	28% 21%	28% 16%
base: all pupils	699 428	656 468	686 467	659 429

## 3.3 Money spent on alcohol

65% of those who drank weekly reported that they spent money on alcohol. The average amount spent by weekly drinkers who bought alcohol was £11.35 a week.

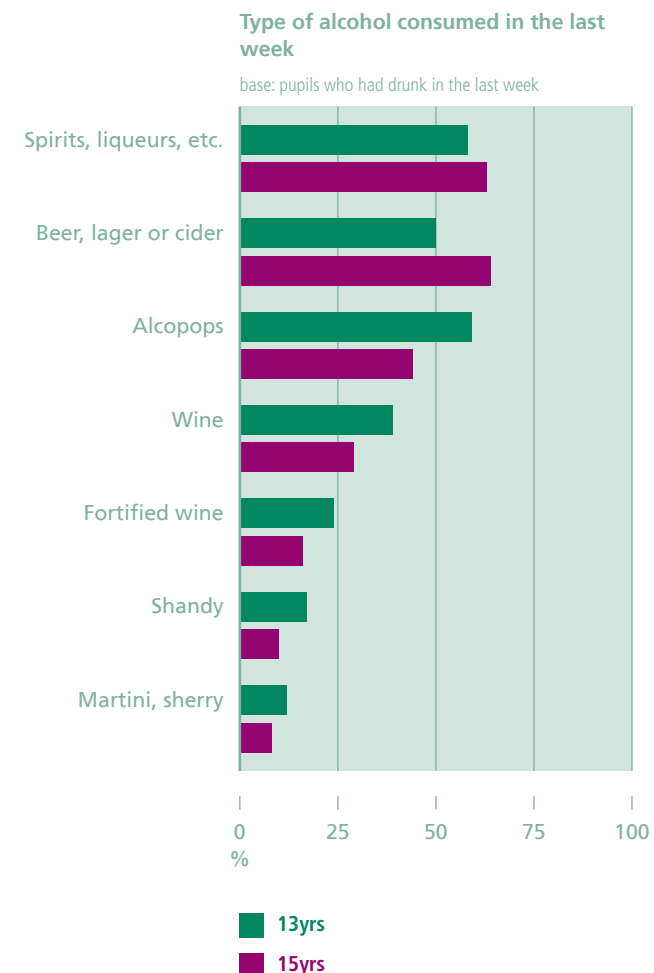
### 3.4 Type of alcohol consumed

Pupils who had drunk alcohol in the last week before the survey were asked whether or not they had consumed various categories of alcoholic drink – beer, lager or cider; shandy; wine; fortified wine; martini or sherry; spirits and alcopops. Across all pupils who had drunk alcohol in the last week, the most common type of drink was spirits, liqueurs, etc. (61% had drunk this in the last seven days).

There were differences between boys and girls in the types of alcohol drunk. For boys, beer, lager or cider was most commonly reported (75% had drunk this in the last seven days), followed by spirits, liqueurs, etc. (57%) and alcopops (35%). For girls, spirits, liqueurs, etc. was most commonly reported (65% had drunk this in the last seven days), followed by alcopops (61%) and beer, lager or cider (45%).

#### 3.4.1 Type of alcohol consumed in the last week

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
Spirits, liqueurs, etc.	58% 49%	63% 60%	57% 53%	65% 60%	61% 57%
Beer, lager or cider	50% 42%	64% 52%	75% 64%	45% 31%	60% 49%
Alcopops	59% 47%	44% 54%	35% 40%	61% 65%	48% 52%
Wine	39% 24%	29% 31%	24% 24%	41% 33%	32% 29%
Fortified wine	24% n/a	16% n/a	19% n/a	19% n/a	19% n/a
Shandy	17% 19%	10% 7%	14% 17%	10% 4%	12% 11%
Martini, sherry	12% 9%	8% 8%	6% 9%	11% 8%	9% 9%
base: pupils who had drunk in the last week	123 104	245 224	190 176	175 152	367 328



### 3.5 Average amount of alcohol consumed in previous week

Pupils who reported that they had drunk alcohol in the last week before the survey were asked to record the amount they had consumed of each category of alcoholic drink. From this, the total units of alcohol were calculated (half a pint of beer or a small glass of wine contains approximately one unit) – please refer to [section 1.7](#) for further information on how this was calculated.

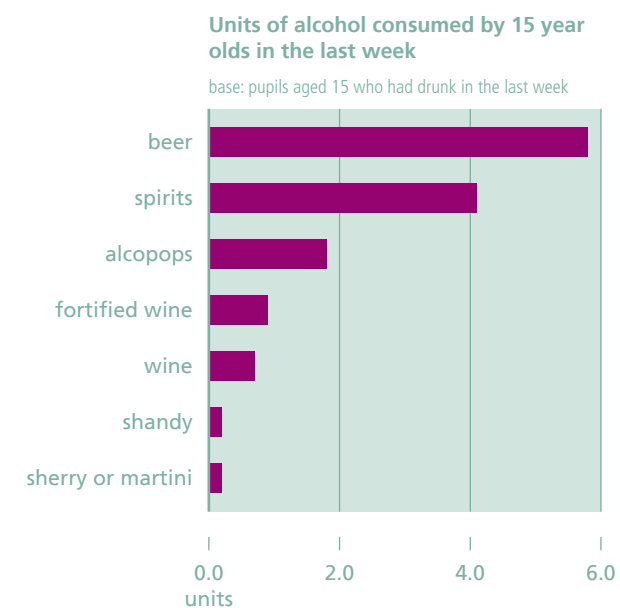
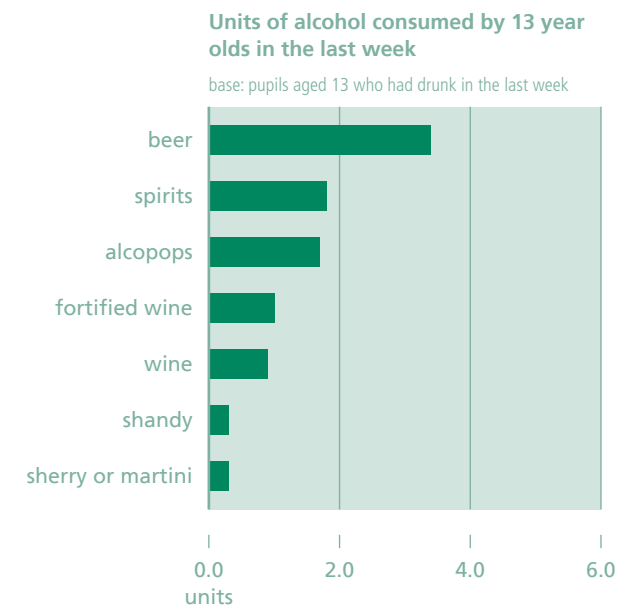
Pupils aged 13 who drank in the last seven days in Highland had on average consumed 10 units of alcohol and pupils aged 15 had consumed on average 14 units of alcohol. Boys had consumed 13 units of alcohol and girls had drunk 12 units of alcohol. The charts show the consumption of each type of alcohol in the seven days prior to the survey for each age group.

#### Changes over time

In 2002, the average number of units consumed in the last seven days by pupils aged 13 was 9 units and those aged 15 was 13 units.

#### 3.5.1 Units of alcohol consumed in the last week

Highland 2006	13yrs	15yrs	boys	girls
beer	3.4	5.8	6.2	3.6
spirits	1.8	4.1	3.4	3.2
alcopops	1.7	1.8	1.2	2.4
fortified wine	1.0	0.9	1.0	0.9
wine	0.9	0.7	0.6	1.0
shandy	0.3	0.2	0.2	0.3
sherry or martini	0.3	0.2	0.1	0.3
base: pupils who had drunk in the last week	125	246	195	174



## 3.6 Availability of alcohol

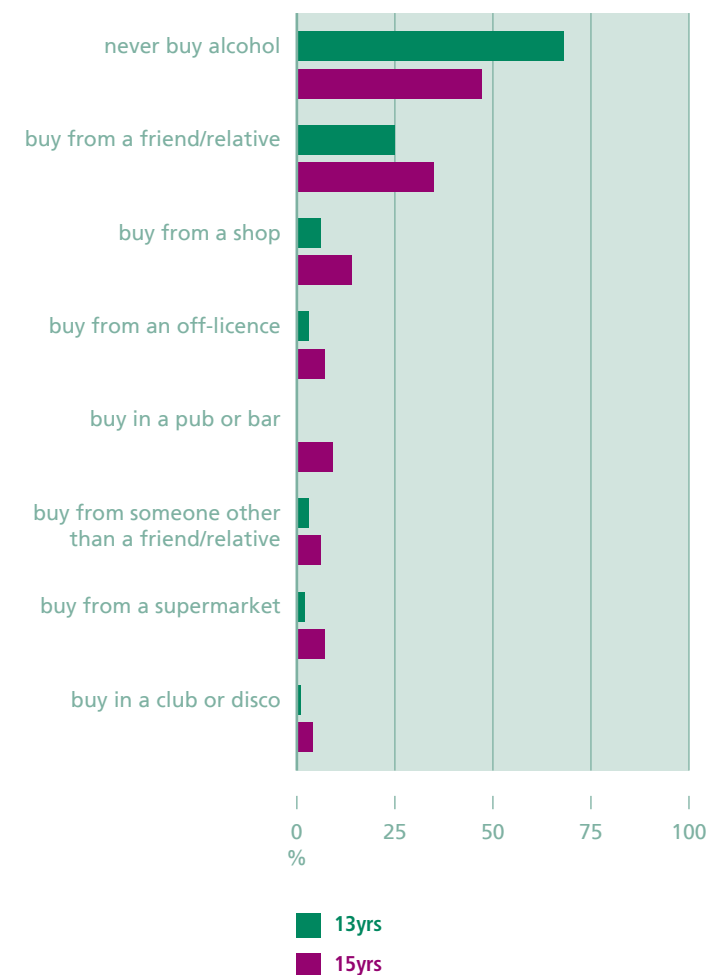
Pupils who had ever had an alcoholic drink were asked where they usually obtained alcohol. Around half of those who had had an alcoholic drink (55%) reported that they 'never buy alcohol'. Pupils could report more than one source. The most common sources for purchasing alcohol by pupils in Highland were: from a friend/relative (31%), from a shop (11%), from an off-licence (6%) and from a pub or bar (6%).

### 3.6.1 Sources for obtaining alcohol

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
never buy alcohol	68% 59%	47% 34%	57% 45%	53% 44%	55% 45%
buy from a friend/relative	25% 20%	35% 25%	27% 21%	36% 24%	31% 23%
buy from a shop	6% 4%	14% 18%	12% 13%	10% 10%	11% 12%
buy from an off-licence	3% 4%	7% 8%	5% 7%	6% 6%	6% 6%
buy in a pub or bar	* 1%	9% 10%	5% 6%	6% 7%	6% 6%
buy from someone other than a friend/relative	3% 15%	6% 20%	4% 17%	6% 20%	5% 18%
buy from a supermarket	2% 2%	7% 6%	6% 4%	4% 5%	5% 5%
buy in a club or disco	1% 1%	4% 6%	2% 2%	3% 6%	3% 4%
base: pupils who had had an alcoholic drink	399 300	557 436	480 373	467 363	956 736

### Sources for obtaining alcohol

base: pupils who had had an alcoholic drink; pupils could choose more than one source



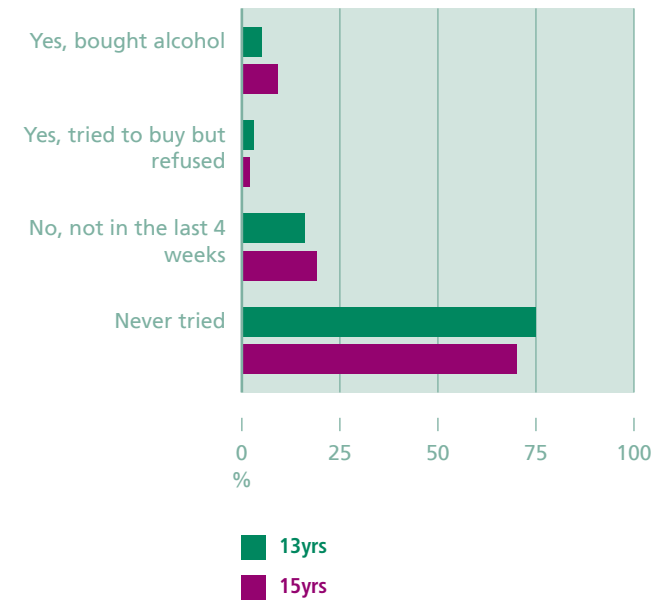
Pupils who had ever had an alcoholic drink were asked whether they had bought or tried to buy alcohol from various sources in the last 4 weeks. 5% of 13 year olds had managed to buy alcohol from a shop, supermarket or off-licence, compared with 9% of 15 year olds. 3% of 13 year olds had tried to buy alcohol from one of these sources but were refused, compared with 2% of 15 year olds. The remaining 91% of 13 year olds and 89% of 15 year olds had not tried to buy alcohol from a shop, supermarket or off-licence in the last 4 weeks.

Out of those who had ever had an alcoholic drink, 2% of 13 year olds had managed to buy alcohol in a pub, bar or club in the last 4 weeks, compared with 13% of 15 year olds. 2% of 13 year olds had tried to buy alcohol in one of these places but were refused, compared with 1% of 15 year olds. The remaining 96% of 13 year olds and 86% of 15 year olds had not tried to buy alcohol in a pub, bar or club in the last 4 weeks.

29% of 13 year olds who had ever had an alcoholic drink had got someone else to buy alcohol for them in the last 4 weeks compared with 44% of 15 year olds.

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

base: pupils who had had an alcoholic drink



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

Highland 2006	13yrs	15yrs	boys	girls
Yes, bought alcohol	5%	9%	8%	7%
Yes, tried to buy but refused	3%	2%	3%	2%
No, not in the last 4 weeks	16%	19%	18%	18%
Never tried	75%	70%	71%	73%
base: pupils who had had an alcoholic drink	420	565	499	477

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

Highland 2006	13yrs	15yrs	boys	girls
Yes, bought alcohol	2%	13%	8%	9%
Yes, tried to buy but refused	2%	1%	2%	*
No, not in the last 4 weeks	19%	18%	17%	19%
Never tried	77%	68%	72%	71%
base: pupils who had had an alcoholic drink	420	564	497	478

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

Highland 2006	13yrs	15yrs	boys	girls
Yes	29%	44%	36%	41%
No	71%	56%	64%	59%
base: pupils who had had an alcoholic drink	426	570	507	480

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

base: pupils who had had an alcoholic drink



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

base: pupils who had had an alcoholic drink

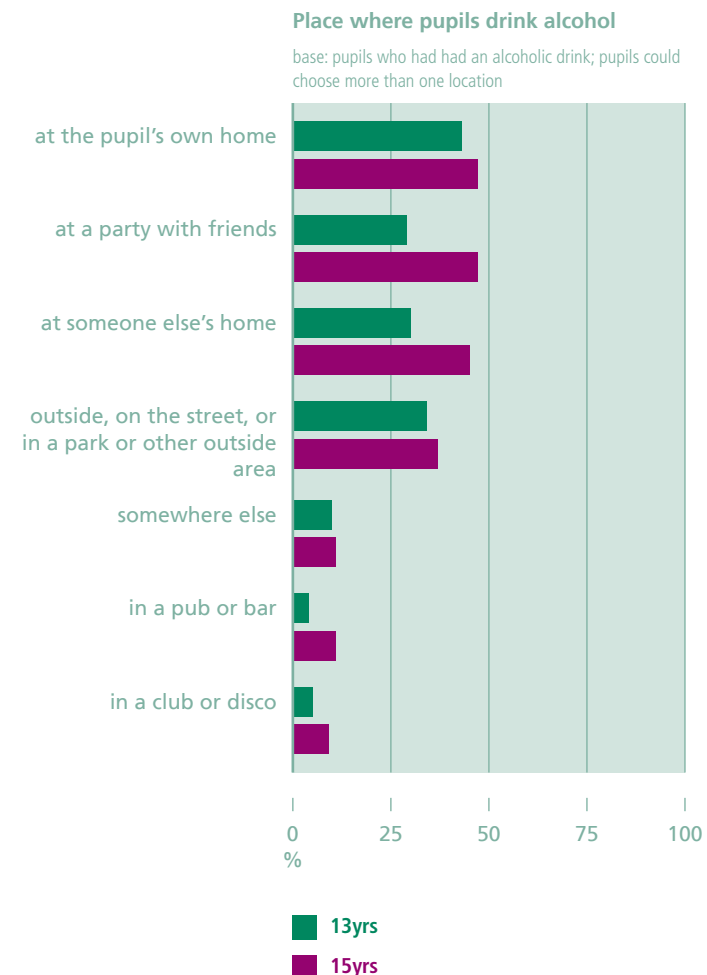


### 3.7 Where young people drink alcohol

Pupils were asked ‘When you drink alcohol, where are you usually?’ and given a list of possible locations. Some pupils reported more than one location. The most frequently reported locations for drinking alcohol were: at the pupil’s own home (46%), at a party with friends (40%) and at someone else’s home (39%).

#### 3.7.1 Where pupils usually drink alcohol

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
at the pupil’s own home	43% 45%	47% 37%	46% 41%	46% 41%	46% 41%
at a party with friends	29% 24%	47% 36%	38% 27%	43% 36%	40% 31%
at someone else’s home	30% 22%	45% 34%	36% 25%	42% 33%	39% 29%
outside, on the street, or in a park or other outside area	34% 29%	37% 38%	34% 34%	38% 34%	36% 34%
somewhere else	10% 14%	11% 10%	11% 13%	9% 11%	10% 12%
in a pub or bar	4% 2%	11% 11%	7% 7%	8% 8%	8% 7%
in a club or disco	5% 11%	9% 16%	6% 10%	9% 18%	7% 14%
base: pupils who had had an alcoholic drink	418 300	567 436	497 373	479 363	985 736



### 3.8 Drinking to excess

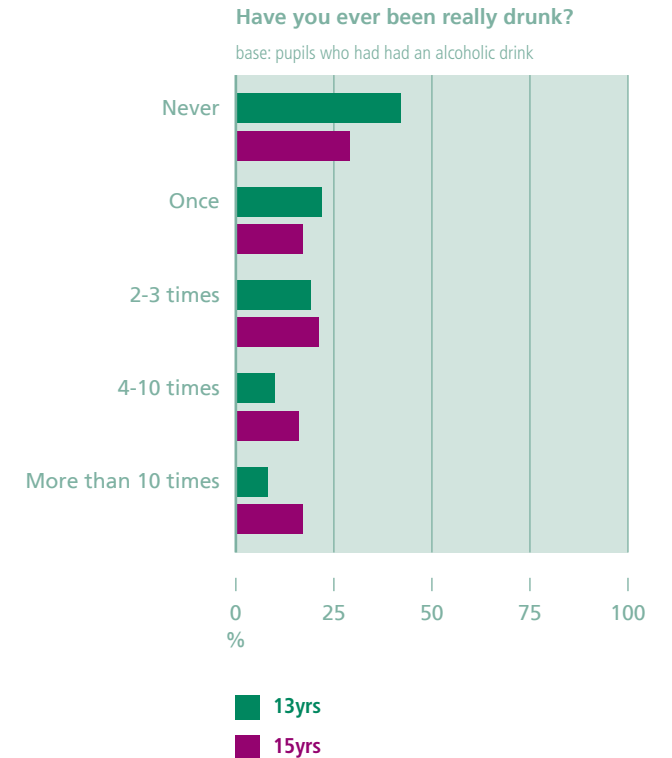
All pupils who had ever had an alcoholic drink were asked whether they had ever been really drunk. 34% of the pupils had never been really drunk. 19% had been drunk once, 20% had been drunk 2-3 times, 13% had been drunk 4-10 times and 14% had been drunk more than 10 times.

45% of the pupils who had ever had an alcoholic drink reported that they had consumed five or more drinks on the same occasion in the past 30 days. 14% had consumed five or more drinks on the same occasion four or more times in the last 30 days.

The average age of pupils when they first got drunk was 13 years old. 33% of all pupils felt that it was 'ok' to 'try getting drunk to see what it's like' (20% of 13 year olds vs. 45% of 15 year olds).

#### Changes over time

In 2002, 56% of 13 year olds in Highland who had had an alcoholic drink had been really drunk; as had 76% of 15 year old drinkers. Compared with 2006, there has been a significant decrease in the proportion of 15 year olds who have ever been drunk, but no significant change to the proportion of 13 year olds who have.



### 3.8.1 Have you ever been really drunk?

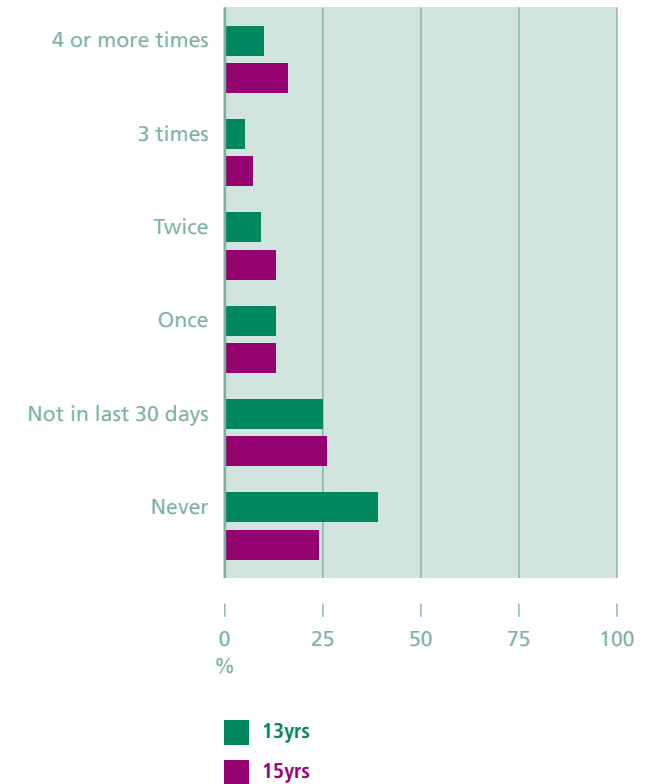
Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
Never	42% 44%	29% 24%	33% 31%	36% 34%	34% 32%
Once	22% 19%	17% 15%	18% 18%	19% 15%	19% 17%
2-3 times	19% 19%	21% 21%	21% 20%	19% 20%	20% 20%
4-10 times	10% 9%	16% 16%	14% 10%	13% 16%	13% 13%
More than 10 times	8% 9%	17% 25%	13% 21%	14% 15%	14% 18%
base: pupils who had had an alcoholic drink	420 294	569 429	500 364	480 359	989 723

### 3.8.2 How many times have you five or more drinks on the same occasion in the last 30 days

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
4 or more times	10% 9%	16% 18%	13% 16%	15% 13%	14% 14%
3 times	5% 6%	7% 11%	6% 9%	6% 10%	6% 9%
Twice	9% 9%	13% 13%	12% 11%	11% 12%	12% 11%
Once	13% 12%	13% 15%	12% 12%	14% 15%	13% 14%
Not in last 30 days	25% 26%	26% 24%	26% 25%	26% 25%	26% 25%
Never	39% 37%	24% 18%	31% 27%	29% 25%	30% 26%
base: pupils who had had an alcoholic drink	420 295	565 433	495 367	481 361	985 728

How many times have you five or more drinks on the same occasion in the last 30 days

base: pupils who had had an alcoholic drink



3.8.3 Do you think its ok for someone of your age to try getting drunk to see what it's like?

Highland 2006	13yrs	15yrs	boys	girls	total
It's ok	20%	45%	32%	34%	33%
It's not ok	67%	44%	55%	56%	55%
Don't know	12%	11%	13%	10%	12%
base: all pupils	666	638	646	648	1304

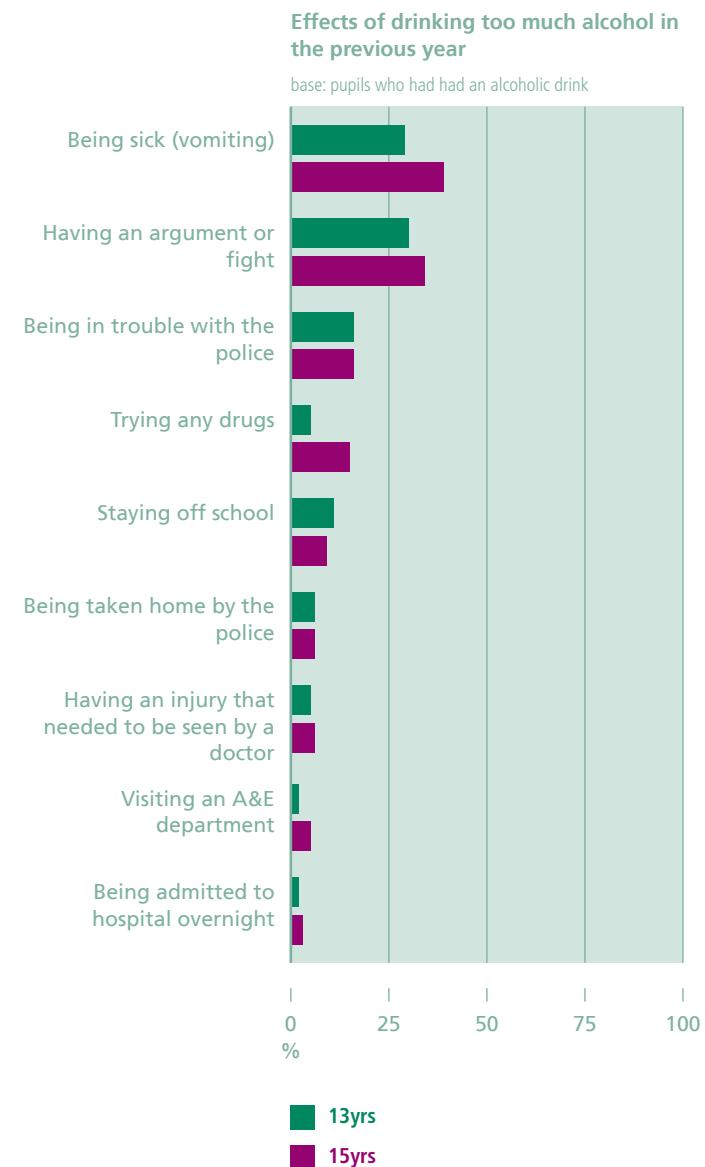
### 3.9 Effects of drinking too much alcohol

Pupils who had ever had an alcoholic drink were asked whether in the past year as a result of alcohol they had experienced a list of possible effects. Pupils could give more than one answer. The most commonly reported effect was being sick (vomiting) (35% of pupils who had ever had a drink reported this).

Other risk behaviours reported as a result of drinking too much included having an argument or fight (32%), being in trouble with the police (16%) and trying any drugs (11%).

#### 3.9.1 Effects of drinking too much alcohol in the previous year

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
Being sick (vomiting)	29% 28%	39% 52%	34% 42%	36% 43%	35% 42%
Having an argument or fight	30% 18%	34% 33%	28% 23%	37% 30%	32% 26%
Being in trouble with the police	16% n/a	16% n/a	17% n/a	15% n/a	16% n/a
Trying any drugs	5% 12%	15% 23%	11% 21%	11% 17%	11% 19%
Staying off school	11% 11%	9% 12%	8% 9%	11% 14%	9% 11%
Being taken home by the police	6% n/a	6% n/a	7% n/a	6% n/a	6% n/a
Having an injury that needed to be seen by a doctor	5% 4%	6% 4%	7% 5%	5% 3%	6% 4%
Visiting an A&E department	2% 2%	5% 3%	3% 3%	4% 3%	4% 3%
Being admitted to hospital overnight	2% 2%	3% 2%	2% 3%	3% 1%	3% 2%
base: pupils who had had an alcoholic drink	400 289	559 432	481 359	469 359	959 718



### 3.10 Family attitudes to drinking

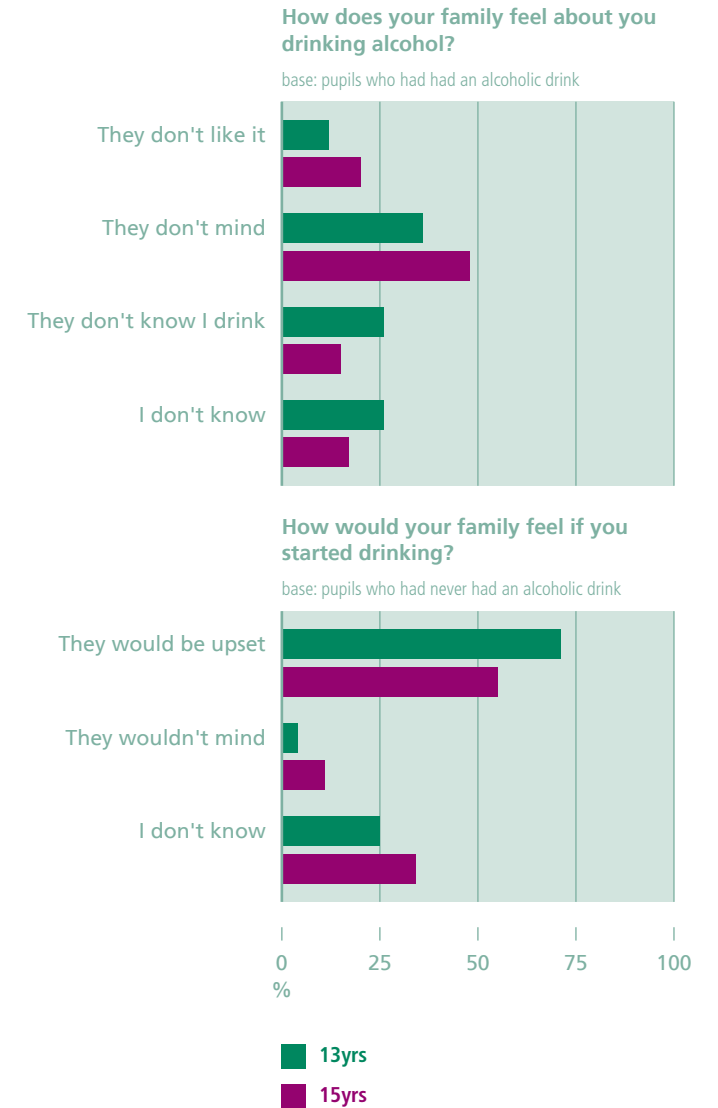
All pupils who had ever drunk alcohol were asked how their family felt about them drinking. 19% of those pupils who drank alcohol reported that their family did not know that they drank and 44% reported that their families did not mind; 17% said that their families don't like them drinking and 20% said that they didn't know what their families thought.

Pupils who had never had an alcoholic drink (25% of all pupils) were asked how their families would feel if they started drinking. 67% said that their families would be upset or angry if they started drinking.

All pupils, including those who had never had a proper alcoholic drink, were asked if they were allowed to drink at home. The majority of the pupils (71%) said that they would be allowed to drink alcohol at home.

#### 3.10.1 How does your family feel about you drinking alcohol?

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
They don't like it	12% 18%	20% 16%	15% 17%	18% 18%	17% 17%
They don't mind	36% 41%	48% 53%	44% 49%	43% 47%	44% 48%
They don't know I drink	26% 28%	15% 18%	18% 19%	21% 25%	19% 22%
I don't know	26% 13%	17% 12%	23% 15%	18% 10%	20% 12%
base: pupils who had had an alcoholic drink	415 240	561 395	492 322	475 313	976 635

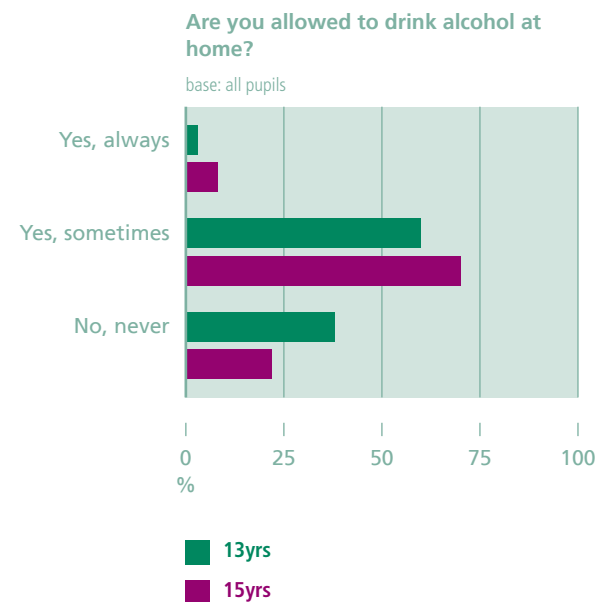


### 3.10.2 How would your family feel if you started drinking?

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
They would be upset	71% 77%	55% 55%	68% 70%	67% 75%	67% 72%
They wouldn't mind	4% 6%	11% 15%	9% 10%	3% 4%	6% 8%
I don't know	25% 18%	34% 30%	23% 20%	30% 21%	27% 20%
base: pupils who had never had an alcoholic drink	262 124	80 ⚠️ 33	170 91	171 66	342 157

### 3.10.3 Are you allowed to drink alcohol at home?

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
Yes, always	3% 4%	8% 12%	6% 10%	5% 6%	6% 8%
Yes, sometimes	60% 72%	70% 74%	63% 69%	67% 76%	65% 73%
No, never	38% 24%	22% 14%	31% 21%	28% 17%	29% 19%
base: all pupils	694 420	653 466	678 457	659 429	1347 886



### 3.11 Views of alcohol advertising

All pupils were asked whether they found alcohol adverts funny or exciting and whether they wished they were like the people in the adverts.

Of those who had seen alcohol adverts, 30% said they found them funny. Pupils aged 15 were significantly more likely to find alcohol adverts funny than were 13 year olds (34% and 27% respectively). 11% said they found them exciting. There was no significant difference by age. 3% said they wished they were like the people in the adverts. There was no significant difference by age.

#### 3.11.1 Do you think they are funny?

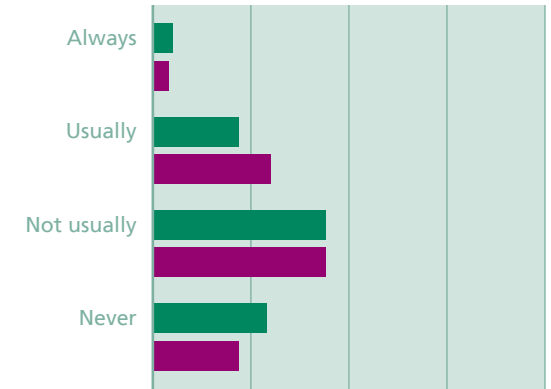
Highland 2006	13yrs	15yrs	boys	girls	total
Always	5%	4%	6%	3%	4%
Usually	22%	30%	32%	21%	26%
Not usually	44%	44%	40%	49%	44%
Never	29%	22%	23%	28%	25%
base: all pupils who have seen alcohol adverts on TV	637	626	638	616	1263

#### 3.11.2 Do you think they are exciting?

Highland 2006	13yrs	15yrs	boys	girls	total
Always	2%	2%	2%	1%	2%
Usually	8%	9%	11%	7%	9%
Not usually	41%	49%	46%	46%	46%
Never	48%	40%	41%	47%	44%
base: all pupils who have seen alcohol adverts on TV	608	613	605	608	1221

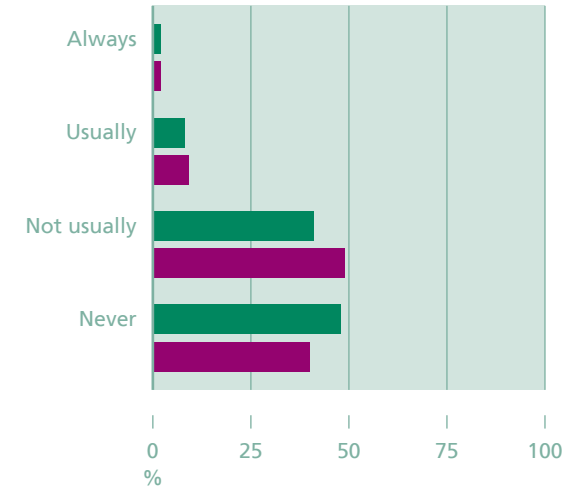
#### Do you think they are funny?

base: all pupils who have seen alcohol adverts on TV



#### Do you think they are exciting?

base: all pupils who have seen alcohol adverts on TV



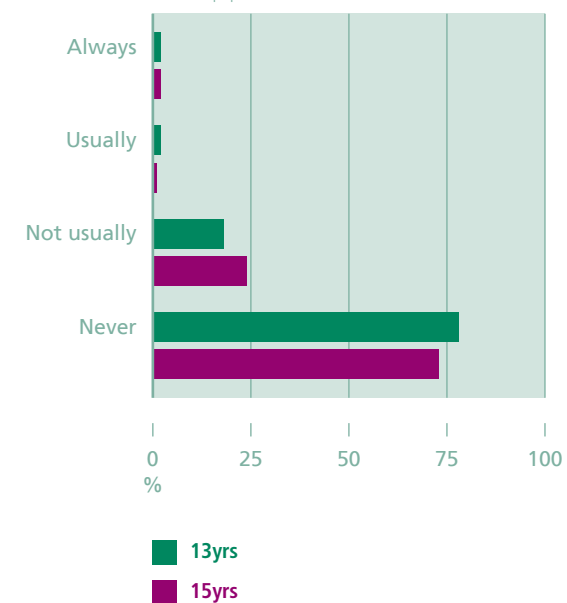
13yrs  
15yrs

### 3.11.3 Do you wish you were like people in the adverts?

Highland 2006	13yrs	15yrs	boys	girls	total
Always	2%	2%	2%	2%	2%
Usually	2%	1%	2%	1%	1%
Not usually	18%	24%	23%	20%	21%
Never	78%	73%	73%	77%	75%
base: all pupils who have seen alcohol adverts on TV	610	614	601	615	1224

### Do you wish you were like people in the adverts?

base: all pupils who have seen alcohol adverts on TV



# 4 Drug use

## 4.1 Whether offered drugs

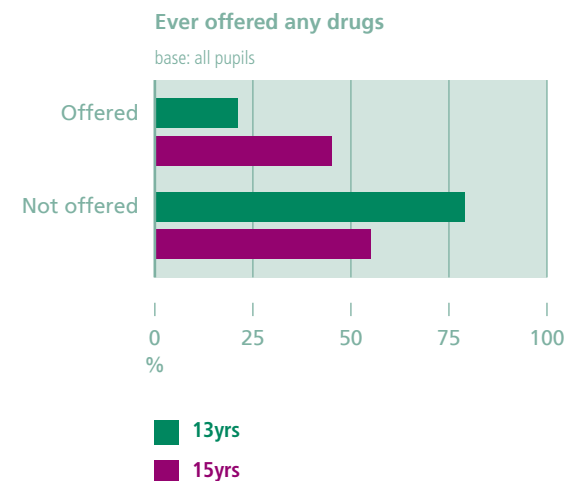
All pupils were given a list of drugs and asked whether they had ever been offered any of them. Alternative street names were provided for each drug and a dummy drug 'Semeron' was included on the list

In Highland, 21% of 13 year olds had been offered drugs as had 45% of 15 year olds.

There was no significant difference in the proportion of boys and girls in Highland who had been offered drugs (34% of boys and 33% of girls).

### Changes over time

In 2002, 34% of 13 year olds in Highland had been offered drugs; as had 70% of 15 year olds. Compared with 2006, there has been a significant decrease in the proportion of both ages who have been offered drugs.



### 4.1.1 Ever offered any drugs

#### Highland 2006 compared with 2002

	13yrs	15yrs	boys	girls
Offered	21% 34%	45% 70%	34% 53%	33% 52%
Not offered	79% 66%	55% 30%	66% 47%	67% 48%
base: all pupils	627 380	604 438	619 428	602 390

#### 4.1.2 Drugs which pupils have been offered

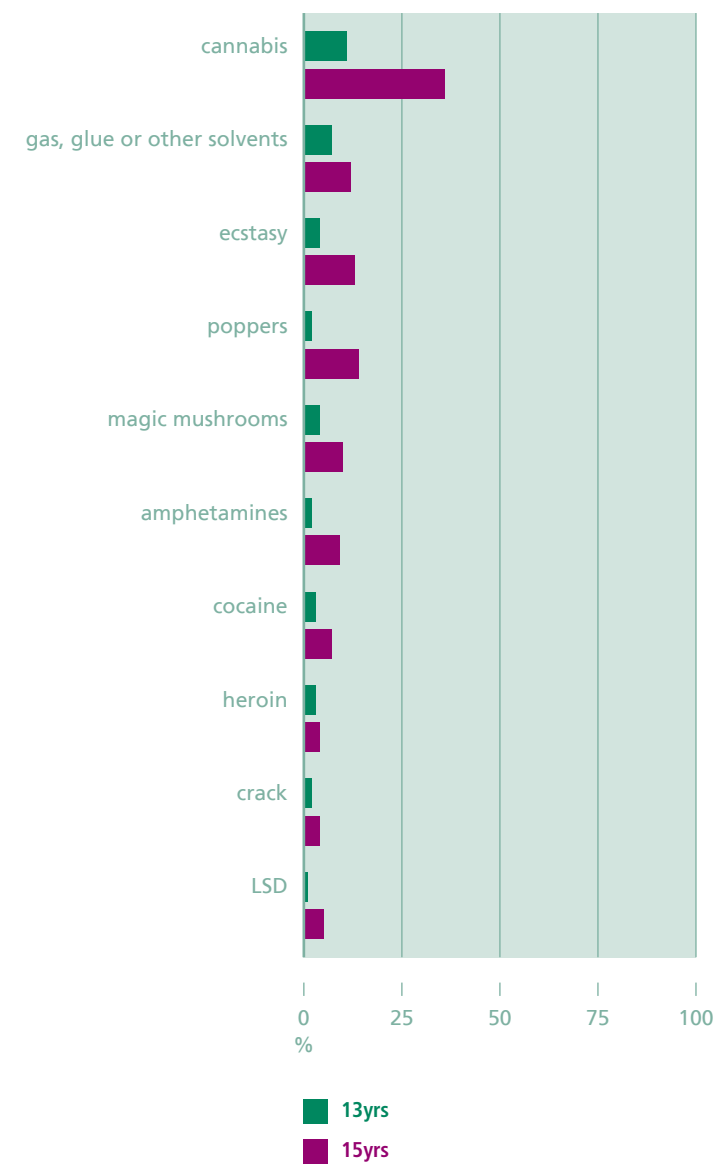
##### Highland 2006

compared with 2002

	13yrs	15yrs	boys	girls
cannabis	11% 25%	36% 63%	25% 47%	24% 42%
gas, glue or other solvents	7% 13%	12% 20%	10% 15%	10% 18%
ecstasy	4% 4%	13% 21%	7% 12%	9% 13%
poppers	2% 4%	14% 14%	8% 8%	8% 10%
magic mushrooms	4% 6%	10% 20%	8% 13%	5% 13%
amphetamines	2% 3%	9% 15%	5% 7%	5% 10%
cocaine	3% 3%	7% 8%	5% 5%	5% 6%
heroin	3% 2%	4% 5%	4% 3%	3% 4%
crack	2% 3%	4% 6%	3% 5%	3% 4%
LSD	1% 3%	5% 10%	3% 8%	3% 5%
tranquilisers	1% 1%	3% 7%	3% 4%	2% 4%
anabolic steroids	2% 2%	1% 2%	2% 3%	1% 1%
methadone	1% 1%	1% 2%	1% 2%	1% 1%
Semeron	1% 1%	1% 2%	1% 2%	1% *
other	3% 1%	2% *	3% 1%	2% -
base: all pupils	687 420	645 465	664 459	658 426

##### Most commonly offered drugs

base: all pupils; pupils could choose more than one drug from the list



## 4.2 Ever used drugs

Pupils were then asked if they had ever *used or taken* any of the drugs on the list, even if only once. 7% of 13 year olds and 22% of 15 year olds reported having used or taken one or more of the drugs listed.

### Changes over time

In 2002, 14% of 13 year olds in Highland had used or taken drugs; as had 40% of 15 year olds. Compared with 2006, there has been a significant decrease in the proportion of both ages who have ever used or taken drugs.

#### 4.2.1 Have you ever used or taken any of the following drugs?

##### Highland 2006

compared with 2002

	13yrs	15yrs	boys	girls
Yes	7% 14%	22% 40%	15% 29%	15% 25%
No	93% 86%	78% 60%	85% 71%	85% 75%
base: all pupils	688 417	650 460	669 451	659 426

#### Have you ever used or taken any of the following drugs?

base: all pupils



■ 13yrs  
■ 15yrs

### 4.3 Drug use in month prior to the survey

Information was collected on when pupils had last used drugs 'in the last month', 'in the last year', 'more than a year ago' or 'never'.

In Highland, 3% of 13 year olds reported using drugs in the last month compared with 9% of 15 year olds.

Based on those who had used drugs, the average age of pupils when they first tried using drugs was 12 years old.

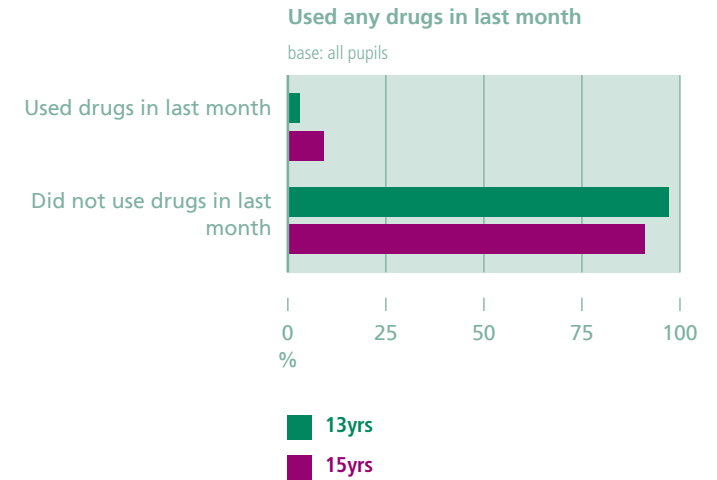
#### Changes over time

In 2002, 8% of 13 year olds in Highland had taken drugs in the month prior to the survey; as had 24% of 15 year olds. Compared with 2006, there has been a significant decrease in the proportion of both ages who had taken drugs in the month prior to the survey.

#### 4.3.1 Used any drugs in last month

##### Highland 2006 compared with 2002

	13yrs	15yrs	boys	girls
Used drugs in last month	3% 8%	9% 24%	6% 18%	6% 14%
Did not use drugs in last month	97% 92%	91% 76%	94% 82%	94% 86%
base: all pupils	700 415	639 441	678 441	651 415



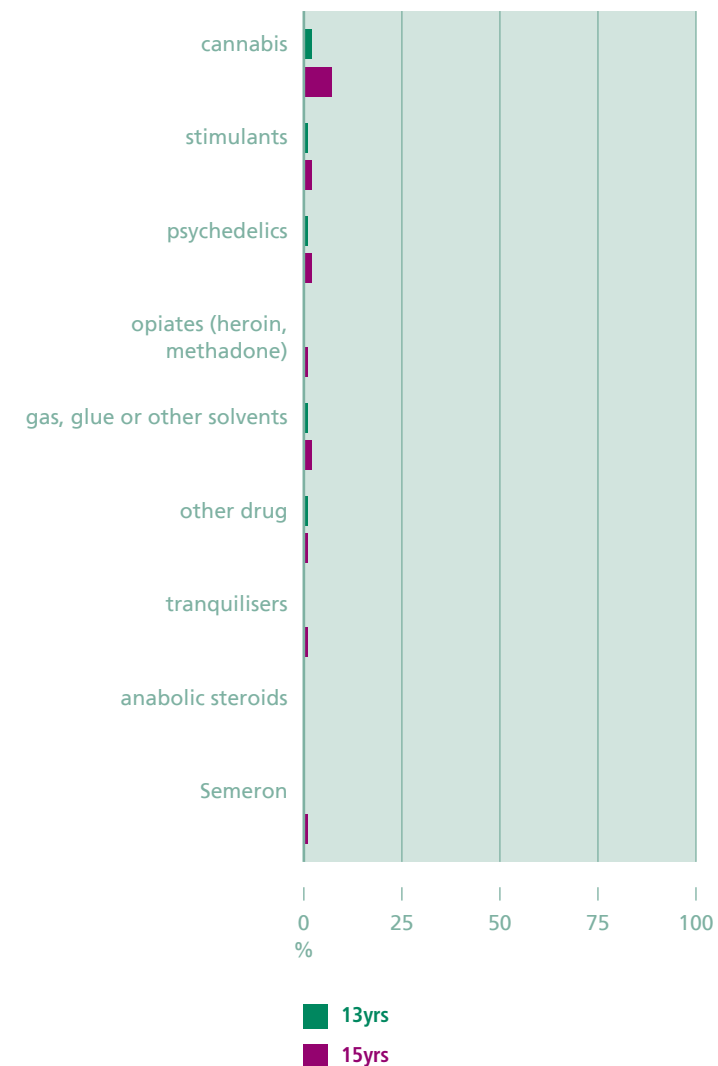
### 4.3.2 Drugs used in the previous month

Highland 2006  
compared with 2002

	13yrs	15yrs	boys	girls	total
cannabis	2% 6%	7% 20%	5% 16%	4% 11%	5% 14%
stimulants	1% 1%	2% 4%	2% 2%	1% 3%	1% 3%
— cocaine	* 1%	2% *	1% *	1% 1%	1% 1%
— crack	* *	* 1%	* 1%	* *	* 1%
— ecstasy	1% *	1% 2%	1% *	1% 2%	1% 1%
— amphetamines	1% 1%	1% 1%	1% 1%	* 1%	1% 1%
— poppers	1% *	1% 1%	1% 1%	1% 1%	1% 1%
psychedelics	1% 1%	2% 1%	1% 2%	1% 1%	1% 1%
— LSD	* *	1% 1%	* 1%	* *	* 1%
— mushrooms	* 1%	2% 1%	1% 1%	1% 1%	1% 1%
opiates (heroin, methadone)	* *	1% *	1% 1%	* *	1% *
gas, glue or other solvents	1% 3%	2% 3%	1% 3%	1% 3%	1% 3%
tranquilisers	* *	1% 2%	* 1%	— 1%	* 1%
anabolic steroids	* *	* *	* *	* —	* *
Semeron	* *	1% *	* *	* —	* *
other drug	1% —	1% —	1% —	1% —	1% —
base: all pupils	705 419	660 460	692 453	663 426	1365 879

### Drugs used in the previous month

base: all pupils; pupils could choose more than one substance



## 4.4 Drug use in year prior to the survey

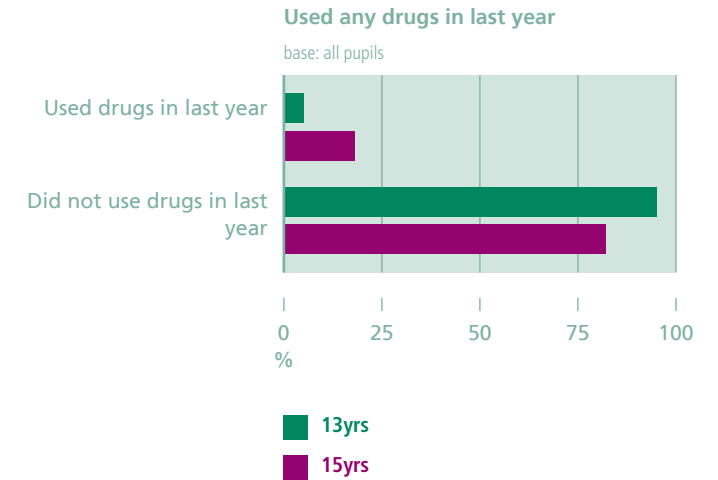
12% of all pupils in Highland reported that they had used or taken drugs in the year prior to the survey (this figure includes those who used drugs in the last month).

The most common drug was cannabis: 9% of all pupils in Highland had used cannabis in the last year. Use of other types of drug was lower: 4% had used stimulants in the last year, 2% had used psychedelics and 1% had used opiates (heroin, methadone).

### 4.4.1 Used any drugs in last year

Highland 2006  
compared with 2002

	13yrs	15yrs	boys	girls	total
Used drugs in last year	5% 13%	18% 36%	12% 27%	12% 22%	12% 25%
Did not use drugs in last year	95% 87%	82% 64%	88% 73%	88% 78%	88% 75%
base: all pupils	702 418	655 459	687 451	660 426	1357 877



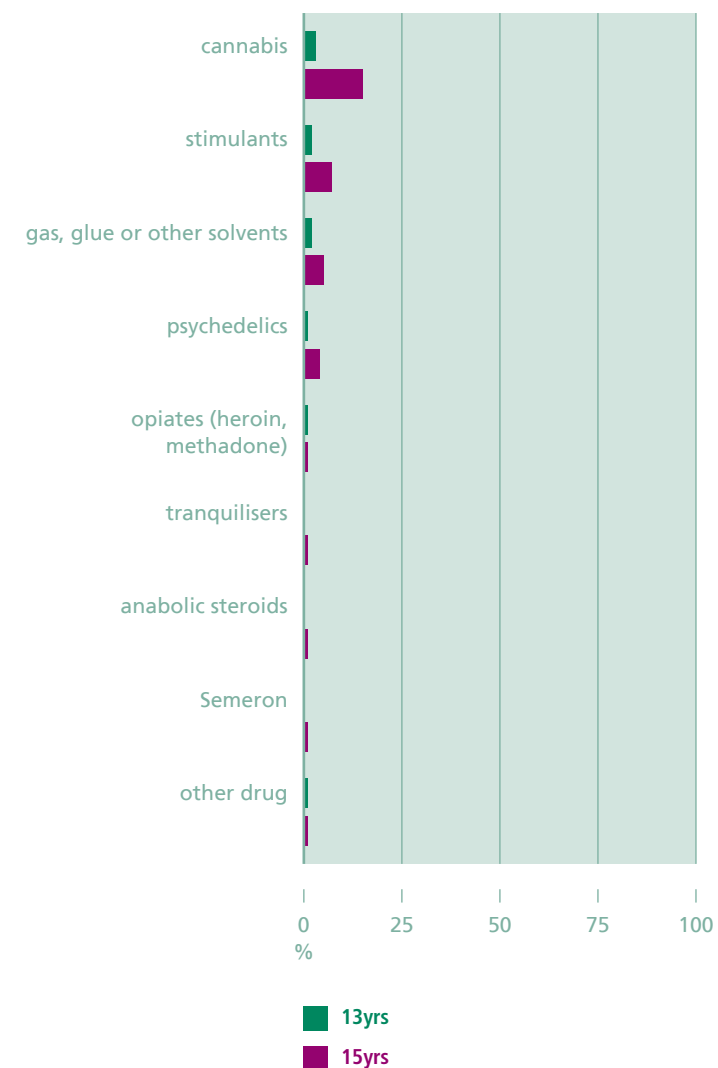
#### 4.4.2 Drugs used in the last year

Highland 2006  
compared with 2002

	13yrs	15yrs	boys	girls	total
cannabis	3% 11%	15% 33%	9% 25%	9% 19%	9% 22%
stimulants	2% 3%	7% 11%	5% 6%	4% 8%	4% 7%
— cocaine	1% 1%	2% 2%	2% 1%	1% 2%	2% 2%
— crack	* 1%	1% 2%	* 2%	1% 1%	1% 1%
— ecstasy	1% 1%	3% 6%	2% 2%	2% 5%	2% 4%
— amphetamines	1% 2%	3% 4%	2% 3%	1% 3%	2% 3%
— poppers	1% 1%	4% 5%	3% 3%	2% 3%	3% 3%
psychedelics	1% 3%	4% 7%	3% 5%	2% 5%	2% 5%
— LSD	* 1%	1% 3%	1% 2%	1% 1%	1% 2%
— magic mushrooms	1% 2%	4% 7%	2% 5%	2% 4%	2% 4%
opiates (heroin, methadone)	1% 1%	1% 2%	1% 2%	1% 1%	1% 1%
gas, glue or other solvents	2% 5%	5% 7%	3% 6%	4% 6%	4% 6%
tranquilisers	* 1%	1% 3%	* 2%	1% 2%	1% 2%
anabolic steroids	* 1%	1% 1%	1% 1%	* *	1% 1%
Semeron	* 1%	1% 1%	* 1%	1% *	1% 1%
other drug	1% *	1% *	1% —	1% 1%	1% *
base: all pupils	705 434	660 474	692 476	663 432	1365 908

#### Drugs used in the last year

base: all pupils; pupils could choose more than one substance



## 4.5 Frequency of drug use

In Highland, 0% of 13 year olds reported that they usually took drugs at least once a week as did 3% of 15 year olds.

There was no significant difference in the proportion of boys and girls in Highland who said they took drugs weekly (2% of boys and 1% of girls).

### Changes over time

In 2002, 3% of 13 year olds in Highland said they took drugs at least weekly; as did 6% of 15 year olds. Compared with 2006, there has been a significant decrease in the proportion of both ages who report taking drugs at least once a week.

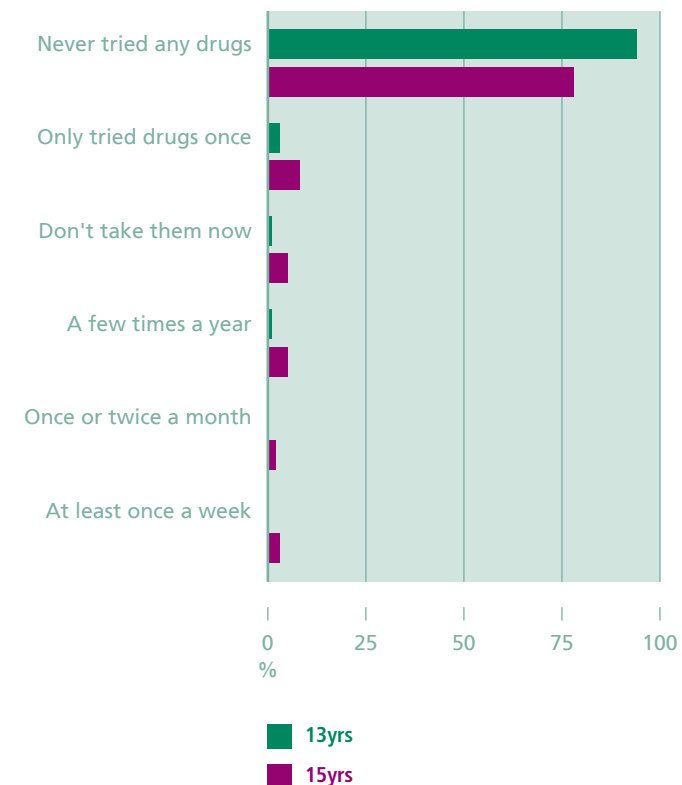
#### 4.5.1 How often do you usually use drugs?

##### Highland 2006 compared with 2002

	13yrs	15yrs	boys	girls
Never tried any drugs	94% 84%	78% 58%	86% 68%	86% 74%
Only tried drugs once	3% 6%	8% 10%	6% 8%	6% 8%
Don't take them now	1% 2%	5% 7%	2% 4%	4% 5%
A few times a year	1% 4%	5% 9%	3% 8%	3% 5%
Once or twice a month	* 2%	2% 9%	1% 7%	1% 4%
At least once a week	* 3%	3% 6%	2% 5%	1% 4%
base: all pupils	679 415	646 462	662 453	653 424

#### How often do you usually use drugs?

base: all pupils



## 4.6 Money spent on drugs

32% of pupils who used drugs in the last month reported that they spent money on drugs. The average amount spent by those who reported buying drugs in the last month was £16.82 a week.

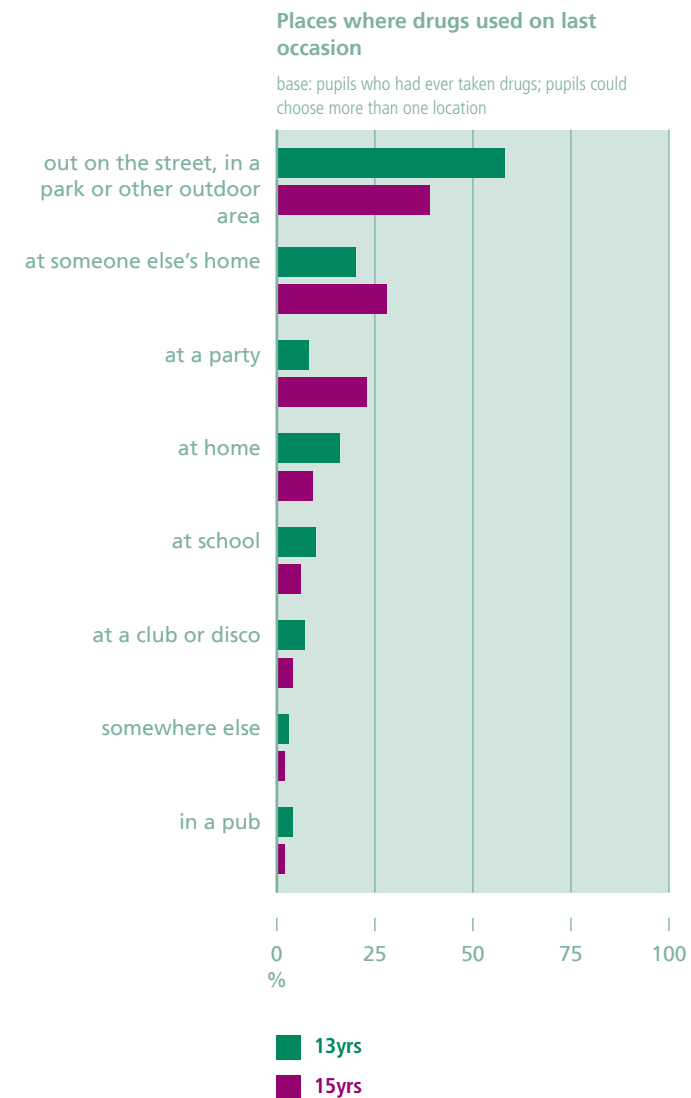
## 4.7 Where young people are when they use drugs

Pupils who had used drugs were asked where they were the last time they used drugs. Some pupils reported more than one location. The most frequently reported locations for taking drugs were: out on the street, in a park or other outdoor area (42%), at someone else's home (26%) and at a party (20%).

45% of those who have used drugs reported that they were drinking alcohol the last time they used drugs.

### 4.7.1 Places where drugs used on last occasion

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
out on the street, in a park or other outdoor area	58% 40%	39% 40%	48% 44%	38% 36%	42% 40%
at someone else's home	20% 16%	28% 30%	24% 22%	27% 32%	26% 27%
at a party	8% 12%	23% 19%	18% 16%	22% 20%	20% 17%
at home	16% 14%	9% 10%	12% 11%	9% 11%	10% 11%
at school	10% 10%	6% 5%	6% 8%	7% 5%	7% 7%
at a club or disco	7% 5%	4% 7%	5% 7%	4% 6%	5% 7%
somewhere else	3% 7%	2% 3%	1% 5%	4% 4%	2% 4%
in a pub	4% n/a	2% n/a	2% n/a	— n/a	2% n/a
base: pupils who had ever taken drugs	▲ 39 58	146 182	94 133	88 107	185 240



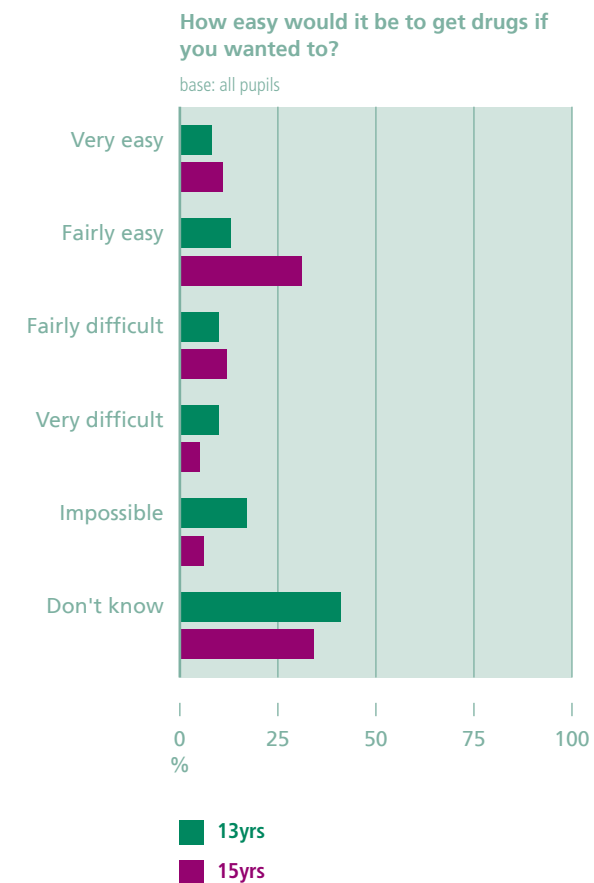
## 4.8 Availability of drugs

33% of all pupils reported that it would be very easy or fairly easy to get drugs. 38% did not know how easy or difficult it would be.

Significantly more 15 year olds reported that they would find it very or fairly easy to get drugs than 13 year olds (42% of 15 year olds compared with 21% of 13 year olds).

### 4.8.1 How easy would it be to get drugs if you wanted to?

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
Very easy	8% 13%	11% 32%	10% 25%	10% 21%
Fairly easy	13% 22%	31% 40%	23% 32%	22% 31%
Fairly difficult	10% 8%	12% 5%	11% 6%	11% 8%
Very difficult	10% 5%	5% 2%	8% 2%	7% 4%
Impossible	17% 5%	6% 2%	9% 5%	13% 2%
Don't know	41% 46%	34% 19%	38% 31%	37% 34%
base: all pupils	677 416	635 465	650 454	652 427



## 4.9 Source of drugs used

Pupils who had used drugs were asked where they had obtained drugs from on the last occasion they had used them. Some pupils reported more than one source. The most frequently reported sources of drugs were: an older friend (36%), a friend of the same age (36%) and someone else (20%).

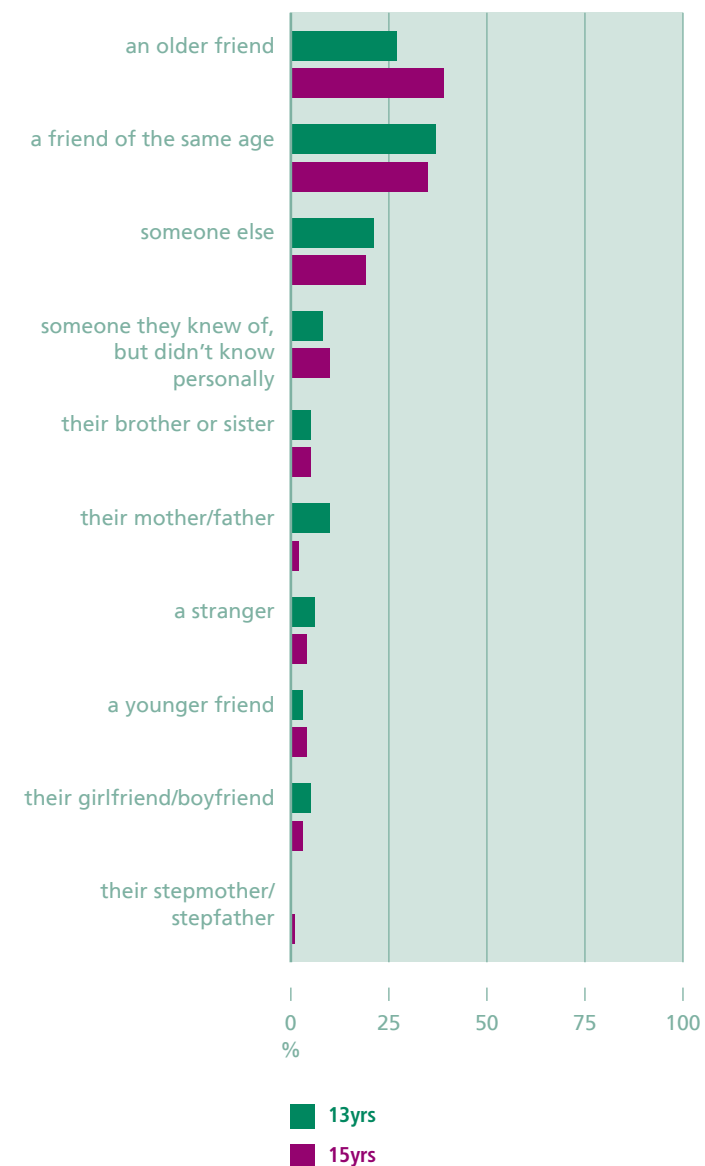
52% of pupils who took drugs reported that they gave some drugs away the last time they used drugs; 6% reported that they sold some of their drugs.

### 4.9.1 Source of drugs

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
an older friend	27% 38%	39% 30%	36% 29%	38% 35%	36% 32%
a friend of the same age	37% 41%	35% 46%	33% 46%	38% 42%	36% 45%
someone else	21% 7%	19% 14%	25% 11%	14% 13%	20% 12%
someone they knew of, but didn't know personally	8% 5%	10% 8%	7% 9%	12% 5%	10% 7%
their brother or sister	5% 10%	5% 4%	4% 4%	6% 9%	5% 6%
their mother/father	10% 3%	2% 1%	2% 1%	4% 2%	4% 1%
a stranger	6% 2%	4% 3%	3% 4%	4% 1%	4% 2%
a younger friend	3% 2%	4% 1%	3% 2%	5% 1%	4% 1%
their girlfriend/boyfriend	5% 5%	3% 5%	— 1%	7% 11%	3% 5%
their stepmother/stepfather	— n/a	1% n/a	— n/a	1% n/a	1% n/a
base: pupils who had used drugs	▲ 42 58	144 182	93 133	90 107	186 240

### Source of drugs on the occasion last used

base: pupils who had used drugs; pupils could choose more than one source



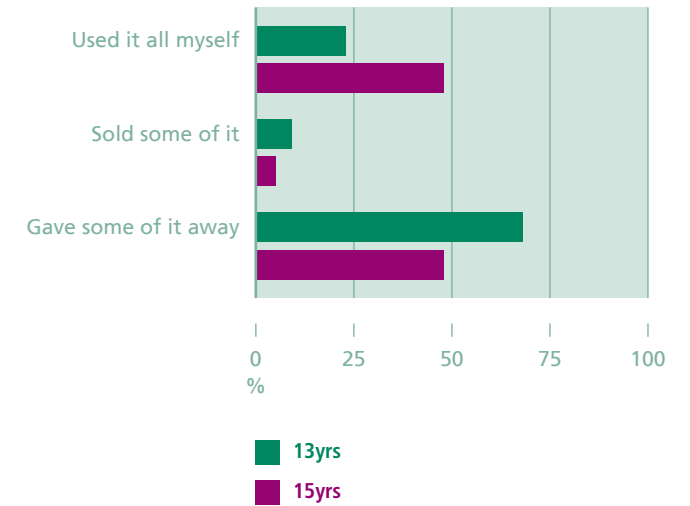
4.9.2 The last time you used drugs did you use all the drugs yourself or did you sell or give some away?

Highland 2006  
compared with 2002

	13yrs	15yrs	boys	girls	total
Used it all myself	23% 47%	48% 50%	49% 50%	36% 48%	43% 49%
Sold some of it	9% 9%	5% 6%	4% 8%	7% 6%	6% 7%
Gave some of it away	68% 45%	48% 44%	47% 42%	57% 46%	52% 44%
base: pupils who had used drugs	▲ 42 58	140 178	94 129	85 107	182 236

The last time you used drugs did you use all the drugs yourself or did you sell or give some away?

base: pupils who had used drugs

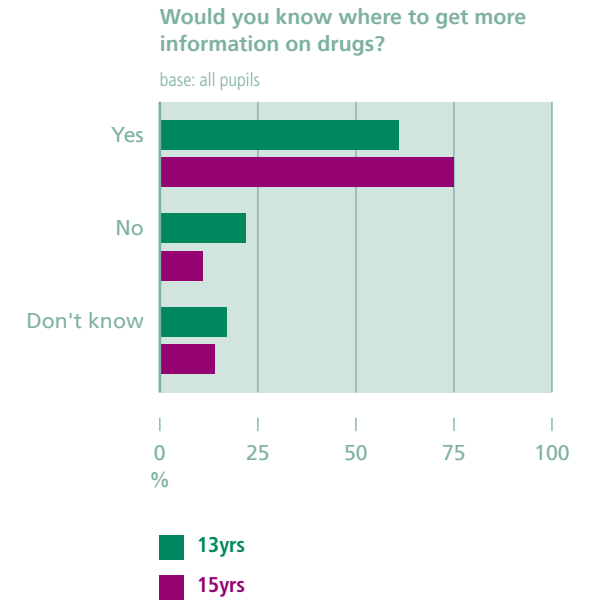


## 4.10 Obtaining information and help

All pupils were asked if they knew where to get information on drugs. 68% reported that they knew where to get information.

### 4.10.1 Would you know where to get more information on drugs?

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
Yes	61% 67%	75% 81%	65% 73%	71% 75%	68% 74%
No	22% 16%	11% 9%	18% 14%	15% 11%	16% 13%
Don't know	17% 17%	14% 10%	17% 14%	15% 14%	16% 14%
base: all pupils	677 417	637 460	652 454	652 423	1314 877

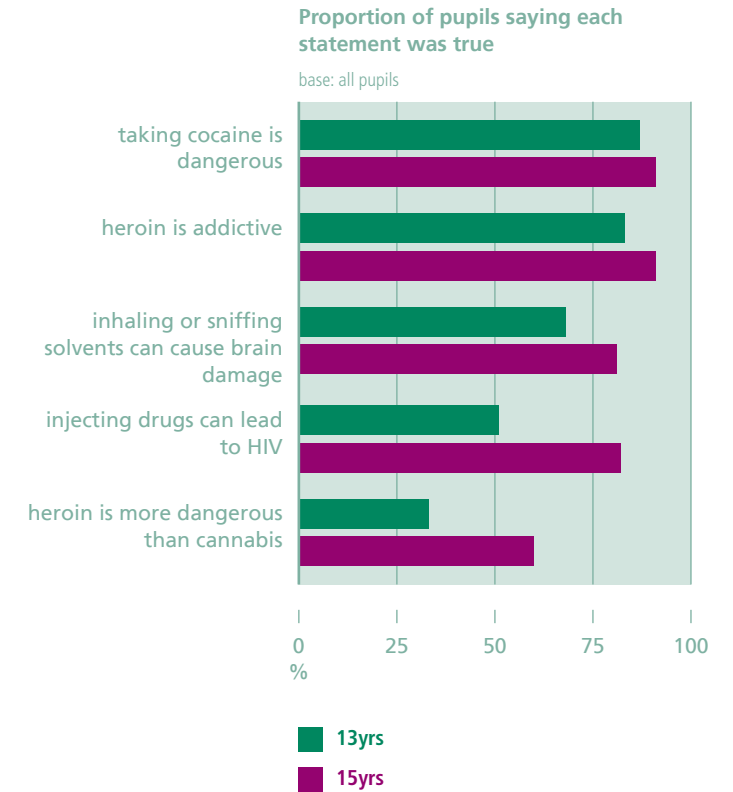


## 4.11 Pupils' attitudes towards drugs

Pupils were asked whether a series of statements about drugs were true or false. Pupils were most likely to know that taking cocaine is dangerous (89% said this was true). The other most commonly believed statements were heroin is addictive (87% said was true) and inhaling or sniffing solvents can cause brain damage (75% said was true). The chart shows the proportion saying that each statement was true.

### 4.11.1 Proportion of pupils saying each statement was true

Highland 2006 compared with 2002					
	13yrs	15yrs	boys	girls	total
taking cocaine is dangerous	87% 80%	91% 81%	89% 80%	89% 81%	89% 80%
heroin is addictive	83% 68%	91% 79%	87% 73%	87% 74%	87% 73%
inhaling or sniffing solvents can cause brain damage	68% n/a	81% n/a	76% n/a	74% n/a	75% n/a
injecting drugs can lead to HIV	51% 64%	82% 81%	70% 75%	65% 71%	67% 73%
heroin is more dangerous than cannabis	33% 43%	60% 67%	52% 61%	42% 49%	47% 55%
base: all pupils	678 415	647 461	660 451	655 425	1325 876

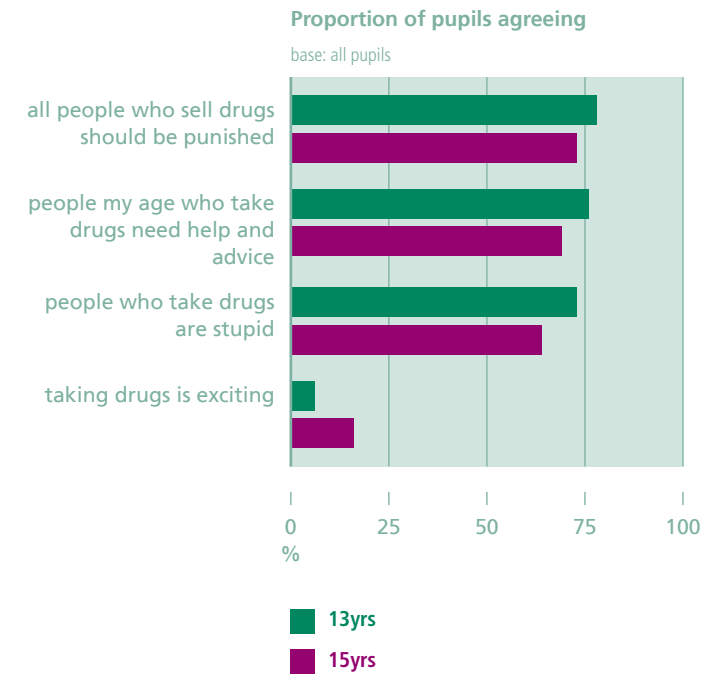


Pupils were also asked whether they agreed or disagreed with another series of statements. Pupils most commonly agreed that all people who sell drugs should be punished (76% agreed). Agreement with the other statements was 73% for people my age who take drugs need help and advice, 68% for people who take drugs are stupid and 11% for taking drugs is exciting.

#### 4.11.2 Proportion of pupils agreeing

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls	total
all people who sell drugs should be punished	78% 67%	73% 51%	77% 60%	74% 58%	76% 59%
people my age who take drugs need help and advice	76% 74%	69% 50%	67% 56%	78% 68%	73% 62%
people who take drugs are stupid	73% 63%	64% 45%	70% 53%	67% 54%	68% 54%
taking drugs is exciting	6% 13%	16% 30%	12% 26%	10% 17%	11% 21%
base: all pupils	676 415	641 461	655 451	651 426	1316 876

In relation to trying drugs, 6% of 13 year olds and 7% of 15 year olds felt that it was 'ok' to 'try sniffing glue to see what it's like'. 3% of 13 year olds and 18% of 15 year olds felt that it was 'ok' to 'try taking cannabis to see what it's like' and 2% of 13 year olds and 4% of 15 year olds felt that it was 'ok' to 'try taking cocaine to see what it's like'.



## 5 Lifestyle data

This section of the report contains a series of tables outlining local data on family, health, school and lifestyle data. Most of the tables show the responses to the questions as presented to the pupils in the SALSUS 2006 questionnaires. However, some of the tables contain summaries of questions or have been derived from the answers to more than one question. The national report contains a more detailed analysis of associations between lifestyle factors and substance misuse. This analysis is not available at local level due to a small base size in some local areas.

## 5.1 Deprivation indicators

Pupils in the survey were asked to record their home postcode. This postcode information was linked with information from the Scottish Index of Multiple Deprivation (SIMD). The SIMD is used to rank all areas in Scotland from the most deprived to the least deprived using 37 indicators of deprivation across 7 domains – current income; employment; health; education; geographic access to services; housing and crime.

The home postcode information can be linked with 5 main quintiles which run on a scale of 1–5, with 1 being the most deprived and 5 being the least deprived. Table 5.1.1 shows the proportion of pupils falling into each quintile for those schools who have taken part in Highland, this can then be compared to the proportion falling into each quintile in the area as a whole. In some instances pupils did not record their full postcode - these cases are shown in the table as 'unclassified'.

This analysis is based on State Schools only.

### 5.1.1 SIMD for sample versus census

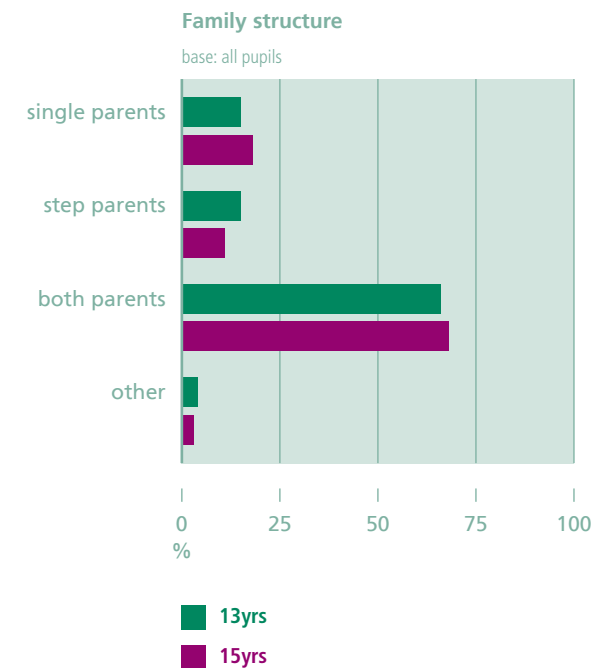
<b>Highland 2006</b>	<b>sample</b>	<b>census</b>
SIMD 1	5%	8%
SIMD 2	13%	19%
SIMD 3	31%	36%
SIMD 4	19%	27%
SIMD 5	5%	9%
unclassified	27%	1%
base: state school pupils	1366	14852

## 5.2 Family structure

Family structure has been derived from pupils' responses to a question where they were asked to indicate which of a list of people lived in their 'main or only home'. For this report the responses were summarised to indicate whether a pupil was living in their main home with both parents, with a parent and step-parent, with a single parent or in some other situation, for example with other relatives, such as grandparents, or in a foster home.

### 5.2.1 Family structure

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
single parents	15% 18%	18% 16%	16% 17%	17% 16%
step parents	15% 11%	11% 14%	13% 11%	12% 14%
both parents	66% 71%	68% 68%	67% 70%	67% 69%
other	4% *	3% 2%	4% 1%	3% 1%
base: all pupils	706 417	660 460	692 455	664 422

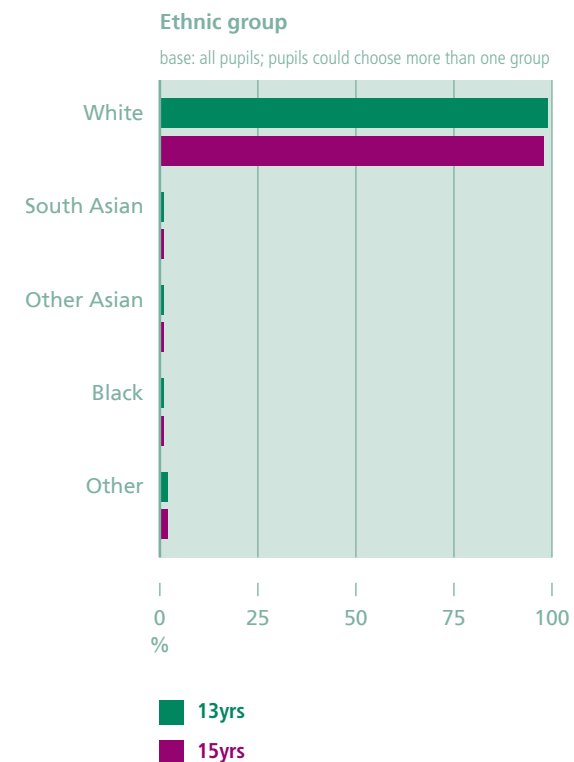


## 5.3 Ethnicity of pupils

Pupils were given a list of ethnic groups and asked which one they belonged too. The table below summarises the number of pupils classing themselves within four main groups – ‘White’, ‘South Asian’, ‘Other Asian’ and ‘Black’. Pupils could choose more than one group.

### 5.3.1 Ethnic group

Highland 2006	13yrs	15yrs	boys	girls
White	99%	98%	99%	98%
South Asian	1%	1%	*	1%
Other Asian	1%	1%	*	1%
Black	1%	1%	*	1%
Other	2%	2%	1%	3%
base: all pupils	695	651	677	659



## 5.4 Physical activity

Current government guidelines indicate that young people should take part in moderate activity for at least one hour a day on 5 or more days a week. Pupils were asked on average, how many days they took part in any activity that ‘increases your heart rate and makes you get out of breath some of the time’ for at least 60 minutes.

This question was subject to some mis-interpretation. Instead of crossing the number of days they took part in exercise (0–7), some pupils interpreted each of the numbers as a day of the week, 1=Monday, 2=Tuesday etc and therefore crossed each of the days they took part in exercise. Cases such as these were re-coded accordingly.

### 5.4.1 Amount of physical activity each week

Highland 2006	13yrs	15yrs	boys	girls
no exercise	1%	1%	1%	1%
1-2 days a week	9%	12%	9%	11%
3-4 days a week	31%	31%	24%	38%
5 days or over a week	60%	56%	66%	50%
base: all pupils	694	648	678	654



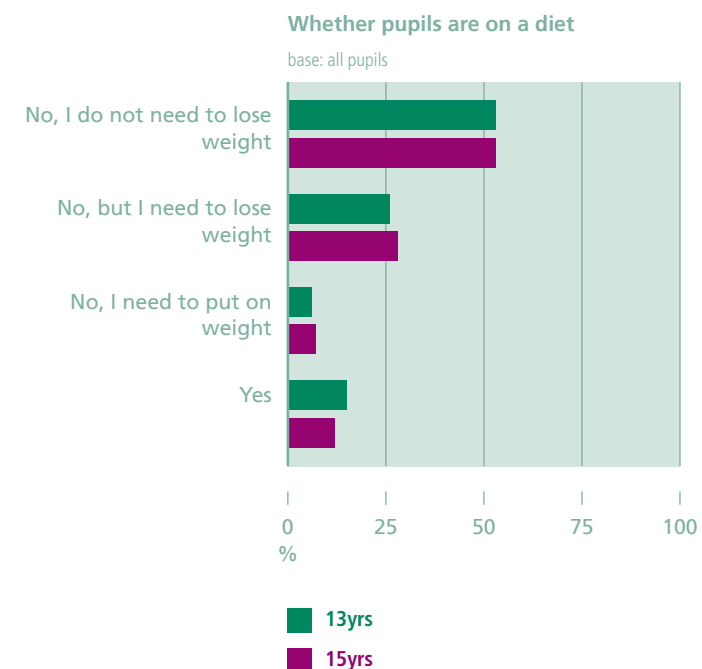
## 5.5 Health and well-being

The questionnaire asked two questions in relation to food and eating. Pupils were asked whether they were currently trying to lose weight through dieting – the results of this are shown in table 5.5.1. As well as this pupils were asked how often in a typical week they had breakfast before going to school (such as cereal, bread, fruit or cooked food) – the results of this question are shown in table 5.5.2.

Pupils were asked if they had a longstanding illness or disability. By longstanding, that is anything that has gone on for a long time or was likely to go on for a long time such as a year or more. The results of this question are shown in table 5.5.3.

### 5.5.1 Whether pupils are on a diet

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
No, I do not need to lose weight	53% 52%	53% 52%	62% 68%	44% 34%
No, but I need to lose weight	26% 25%	28% 22%	22% 16%	32% 32%
No, I need to put on weight	6% 6%	7% 7%	7% 7%	5% 6%
Yes	15% 17%	12% 19%	9% 10%	19% 28%
base: all pupils	703 433	653 473	689 476	657 430



5.5.2 How often pupils have breakfast in a normal week

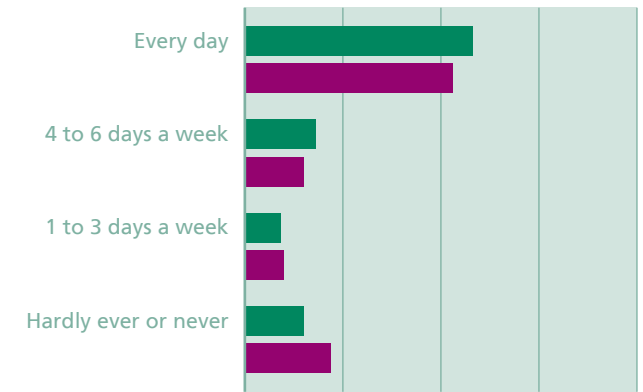
Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
Every day	58% 53%	53% 47%	62% 60%	49% 39%
4 to 6 days a week	18% 15%	15% 13%	17% 14%	17% 14%
1 to 3 days a week	9% 11%	10% 15%	7% 12%	12% 14%
Hardly ever or never	15% 21%	22% 25%	14% 13%	23% 33%
base: all pupils	702 434	658 473	689 475	661 432

5.5.3 Do you have any longstanding illness or disability?

Highland 2006	13yrs	15yrs	boys	girls
Yes	14%	13%	13%	14%
No	73%	80%	79%	75%
Don't know	13%	6%	8%	11%
base: all pupils	697	653	683	657

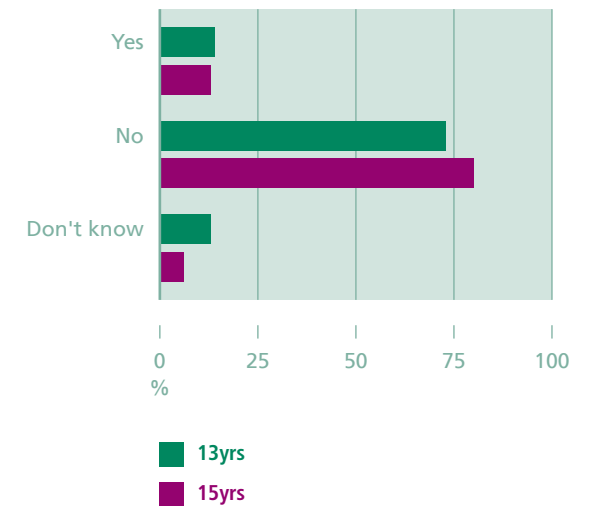
How often pupils have breakfast in a normal week

base: all pupils



Do you have any longstanding illness or disability?

base: all pupils



At the end of the questionnaire, in order to replicate without alteration pupils were asked a group of questions designed by Robert Goodman (1999) to measure various behaviour traits ([Goodman, R. \(1997\). The Strengths and Difficulties Questionnaire: A research note. \*Journal of Child Psychology, Psychiatry, and Allied Disciplines\*, 38 \(5\), 581–586.](#)

These 25 questions can be grouped into the following categories:

1. Emotional symptoms
2. Conduct problems
3. Hyperactivity/inattention
4. Peer relationship problems
5. Pro-social behaviour

The proportion answering 'not true', 'somewhat true' and 'certainly true' for each question is shown in table 5.5.4–5.5.8.

#### 5.5.4 Emotional symptoms

Highland 2006	not true	somewhat true	certainly true
I get a lot of headaches, stomach-aches or sickness	60%	28%	12%
I worry a lot	39%	40%	20%
I am often unhappy, down-hearted or tearful	68%	24%	9%
I am nervous in new situations. I easily lose confidence	34%	40%	26%
I have many fears, I am easily scared	63%	27%	10%
base: all pupils			1235

### 5.5.5 Conduct problems

Highland 2006	not true	somewhat true	certainly true
I get very angry and often lose my temper	41%	39%	20%
I usually do as I am told	12%	65%	23%
I fight a lot. I can make other people do what I want	77%	18%	5%
I am often accused of lying or cheating	61%	28%	11%
I take things that are not mine from home, school or elsewhere	80%	16%	5%
base: all pupils			1234

### 5.5.6 Hyperactivity/inattention

Highland 2006	not true	somewhat true	certainly true
I am restless, I cannot stay still for long	24%	46%	30%
I am constantly fidgeting or squirming	41%	40%	18%
I am easily distracted, I find it difficult to concentrate	29%	44%	27%
I think before I do things	17%	57%	26%
I finish the work I'm doing. My attention is good	19%	54%	27%
base: all pupils			1243

### 5.5.7 Peer relationship problems

Highland 2006	not true	somewhat true	certainly true
I am usually on my own. I generally play alone or keep to myself	75%	19%	6%
I have one good friend or more	4%	8%	88%
Other people my age generally like me	6%	45%	49%
Other children or young people pick on me or bully me	81%	13%	6%
I get on better with adults than with people my own age	57%	35%	8%
base: all pupils			1234

### 5.5.8 Pro-social behaviour

Highland 2006	not true	somewhat true	certainly true
I try to be nice to other people. I care about their feelings	3%	40%	57%
I usually share with others (food, games, pens etc.)	8%	48%	43%
I am helpful if someone is hurt, upset or feeling ill	6%	46%	48%
I am kind to younger children	6%	37%	57%
I often volunteer to help others (parents, teachers, children)	37%	48%	15%
base: all pupils			1249

Pupils were given a score at each question. The scores can be analysed for each of the five main categories, or overall with the exception of those questions falling into the pro-social category. Outlined below is an indication of how the scores can be interpreted. The scores used here are mean scores for all pupils or those within a specified group.

<b>Score</b>	<b>normal</b>	<b>borderline</b>	<b>abnormal</b>
Total score (excluding pro-social questions)	0-15	16-19	20-40
Emotional symptoms	0-5	6	7-10
Conduct problems	0-3	4	5-10
Hyperactivity/inattention	0-5	6	7-10
Peer relationship problems	0-3	4-5	6-10
Pro-social behaviour	6-10	5	0-4

#### 5.5.9 Mean scores in each category

<b>Highland 2006</b>	<b>13yrs</b>	<b>15yrs</b>	<b>boys</b>	<b>girls</b>
Total score (excluding pro-social questions)	12	13	12	13
Emotional symptoms	3	3	2	4
Conduct problems	3	3	3	3
Hyperactivity/inattention	4	5	5	5
Peer relationship problems	2	2	2	2
Pro-social behaviour	6	7	6	7
base: all pupils	611	622	604	619

## 5.6 School-related topics

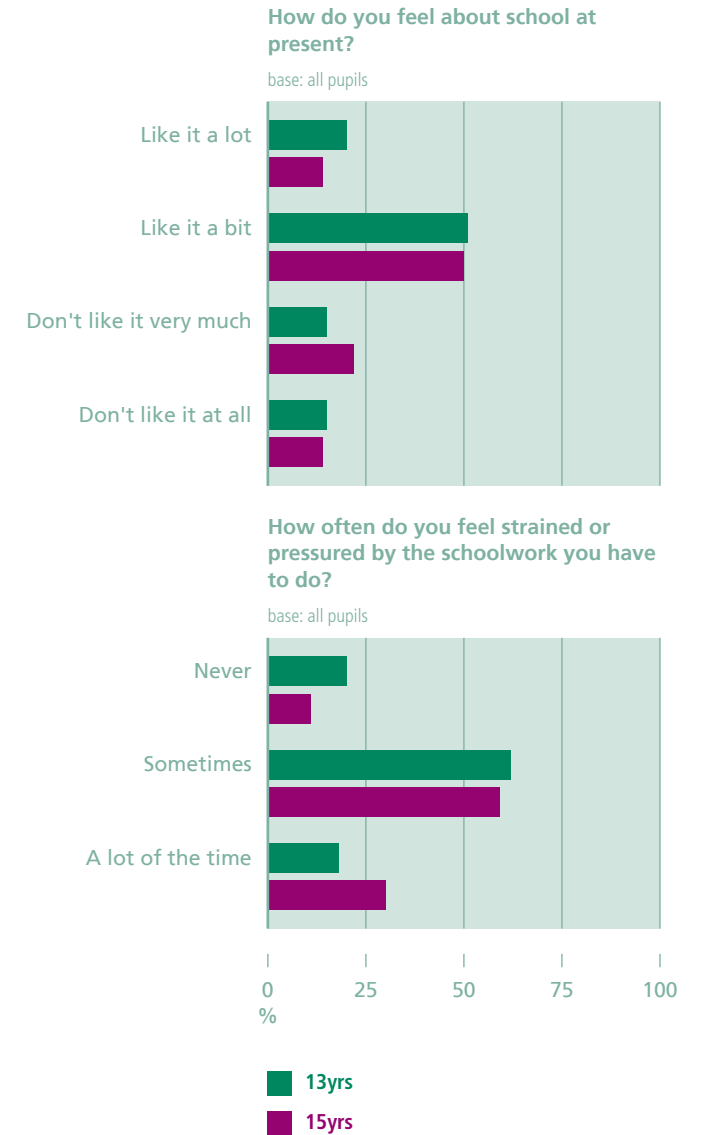
Pupils were asked two questions surrounding their attitudes towards school: 'How much do you like school at the moment?' and 'How often do you feel strained or pressured by the schoolwork you have to do?'. The results of these questions for Highland are shown in tables 5.6.1 and 5.6.2.

### 5.6.1 How do you feel about school at present?

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
Like it a lot	20% 23%	14% 14%	13% 19%	20% 18%
Like it a bit	51% 50%	50% 44%	51% 46%	50% 47%
Don't like it very much	15% 18%	22% 25%	20% 20%	18% 23%
Don't like it at all	15% 9%	14% 16%	16% 14%	13% 12%
base: all pupils	662 406	633 451	647 437	638 420

### 5.6.2 How often do you feel strained or pressured by the schoolwork you have to do?

Highland 2006	13yrs	15yrs	boys	girls
Never	20%	11%	18%	13%
Sometimes	62%	59%	61%	61%
A lot of the time	18%	30%	21%	26%
base: all pupils	666	635	647	644



Looking at school attendance, pupils were asked how many times they had skipped or skived school in the past year and whether they had been excluded since they started secondary school. The results of this are shown in table 5.6.3 and 5.6.4.

### 5.6.3 In the past year, how many times did you skip or skive school?

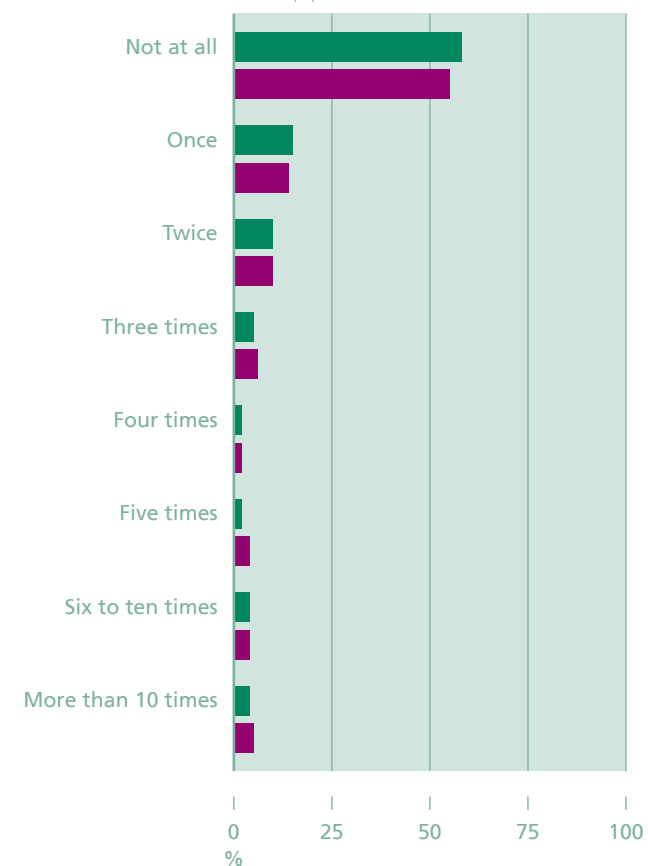
Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
Not at all	58% 63%	55% 49%	58% 58%	55% 53%
Once	15% 10%	14% 11%	13% 8%	15% 13%
Twice	10% 7%	10% 11%	10% 9%	10% 9%
Three times	5% 7%	6% 6%	6% 7%	5% 5%
Four times	2% 5%	2% 4%	2% 4%	2% 5%
Five times	2% 2%	4% 6%	3% 5%	3% 4%
Six to ten times	4% 4%	4% 6%	3% 5%	6% 6%
More than 10 times	4% 3%	5% 7%	5% 3%	4% 6%
base: all pupils	666 395	640 448	652 427	644 416

### 5.6.4 Have you been excluded since you started secondary school?

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
Yes	3% 6%	3% 9%	5% 11%	1% 4%
No	97% 94%	97% 91%	95% 89%	99% 96%
base: all pupils	668 397	636 446	652 428	642 415

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

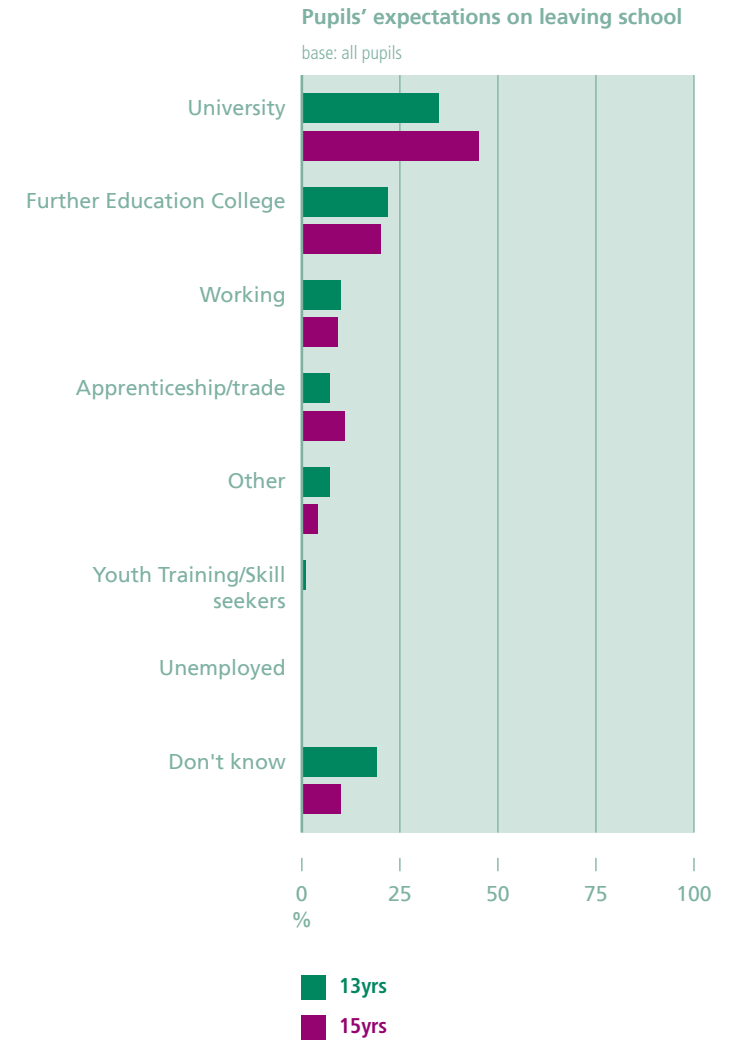
base: all pupils



Pupils were given a number of options (outlined in table 5.6.5) and asked which of them they thought they were most likely to be doing when they leave school. The responses are shown in order of overall popularity.

### 5.6.5 Pupils' expectations on leaving school

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
University	35% 49%	45% 39%	32% 37%	49% 52%
Further Education College	22% 18%	20% 29%	17% 20%	25% 27%
Working	10% 10%	9% 7%	11% 11%	8% 6%
Apprenticeship/trade	7% 4%	11% 11%	16% 14%	2% *
Other	7% -	4% -	7% -	4% -
Youth Training/Skill seekers	1% 1%	* 2%	1% 2%	* 1%
Unemployed	* *	* *	* *	* *
Don't know	19% 18%	10% 12%	15% 16%	13% 15%
base: all pupils	706 431	660 464	692 469	664 426



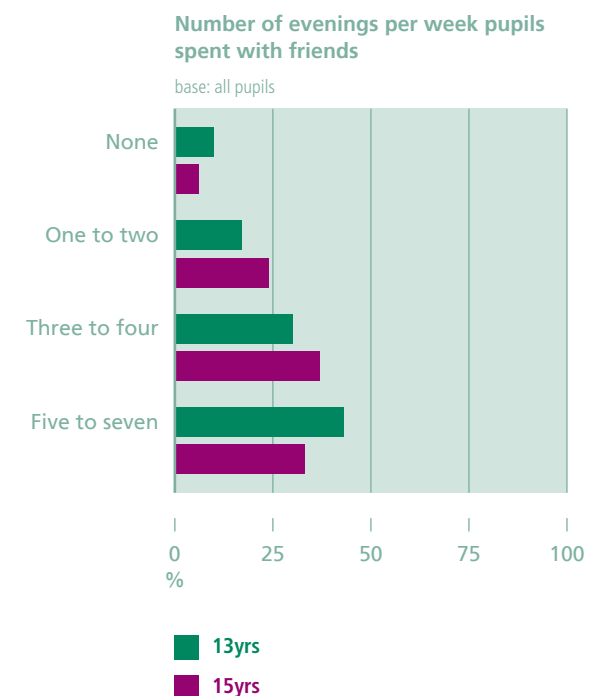
## 5.7 Friends and leisure activities

Pupils were asked to think about a typical week and how many evenings they spent out with friends. The average number of evenings spent out with friends was 4.

As with the number of days recorded doing physical activity, this question was subject to some mis-interpretation. Instead of crossing the number of evenings spent out with friends (0–7), some pupils interpreted each of the numbers as a day of the week, 1=Monday, 2=Tuesday etc and therefore crossed each of the evenings they normally spend out with friends. Any cases where this occurred were re-coded accordingly.

### 5.7.1 Number of evenings per week pupils spent with friends

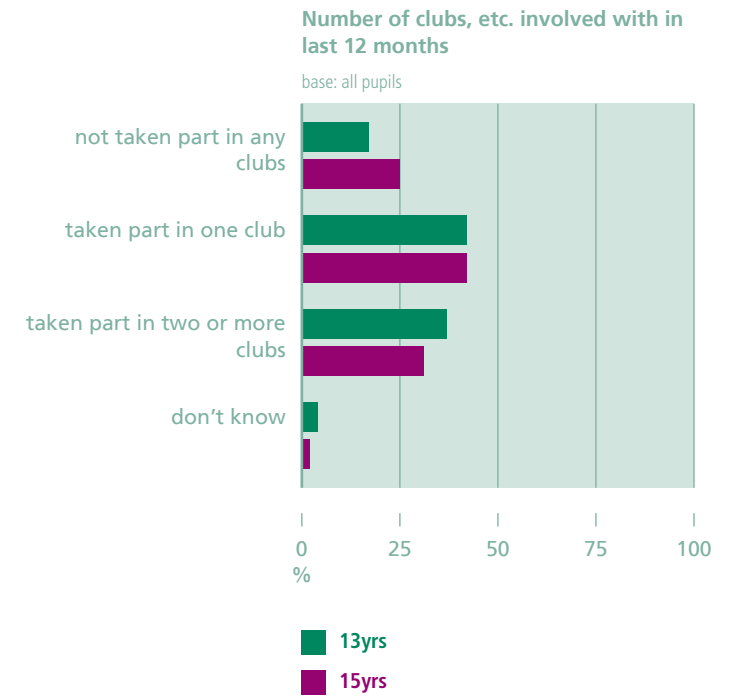
Highland 2006 compared with 2002				
	13yrs	15yrs	boys	girls
None	10% 14%	6% 8%	7% 12%	9% 10%
One to two	17% 21%	24% 25%	18% 19%	23% 28%
Three to four	30% 32%	37% 31%	34% 32%	34% 32%
Five to seven	43% 33%	33% 35%	41% 37%	34% 31%
base: all pupils	667 406	643 452	656 438	644 420



Pupils were asked whether they had actively taken part in groups, clubs or organisations in the last 12 months. These results are shown in table 5.7.2.

5.7.2 **Number of clubs, etc. involved with in last 12 months**

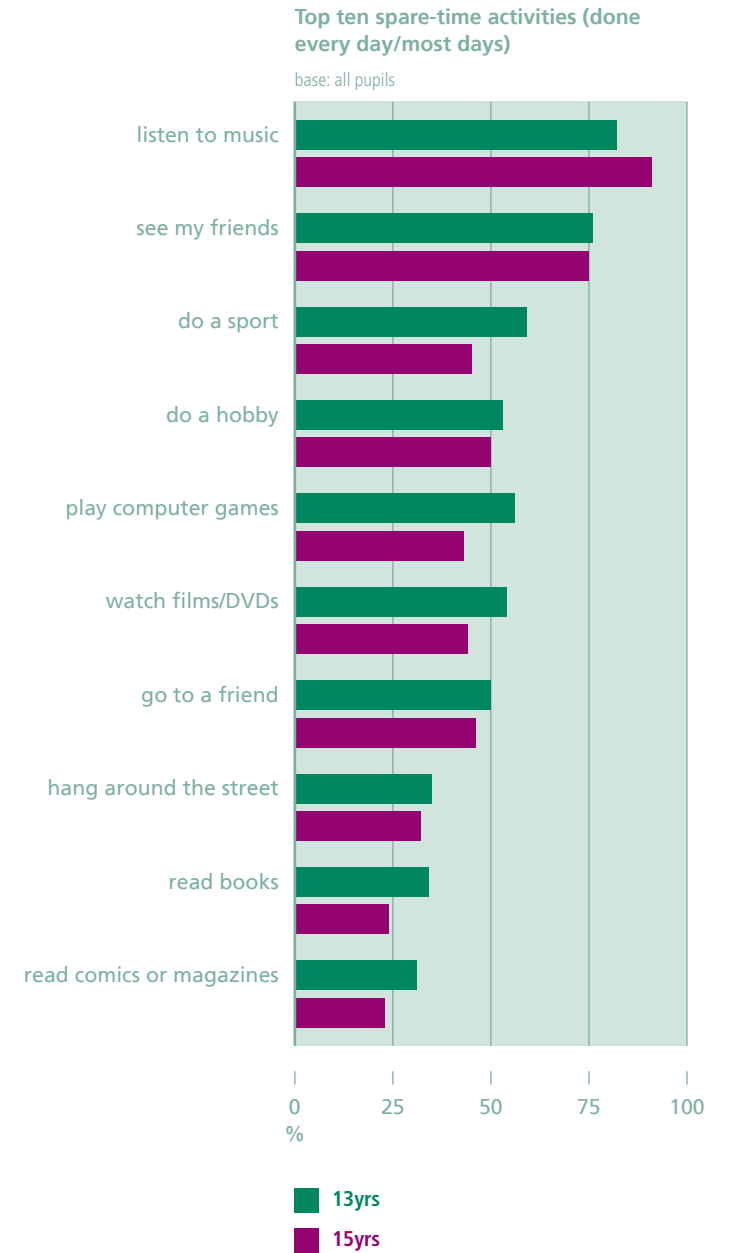
Highland 2006	13yrs	15yrs	boys	girls
not taken part in any clubs	17%	25%	24%	18%
taken part in one club	42%	42%	46%	39%
taken part in two or more clubs	37%	31%	28%	40%
don't know	4%	2%	2%	4%
base: all pupils	652	625	634	633



Pupils were asked what they sometimes did in their spare time, these results are shown in tables 5.7.3 and 5.7.4.

5.7.3 Top ten spare-time activities (done every day/most days)

Highland 2006 compared with 2002	13yrs	15yrs	boys	girls
listen to music	82% 81%	91% 89%	85% 81%	88% 89%
see my friends	76% 75%	75% 75%	78% 76%	73% 75%
do a sport	59% n/a	45% n/a	65% n/a	39% n/a
do a hobby	53% 53%	50% 43%	54% 53%	48% 42%
play computer games	56% n/a	43% n/a	66% n/a	33% n/a
watch films/DVDs	54% n/a	44% n/a	54% n/a	44% n/a
go to a friend	50% 49%	46% 51%	49% 50%	47% 51%
hang around the street	35% 29%	32% 38%	35% 32%	32% 35%
read books	34% 38%	24% 23%	25% 24%	32% 36%
read comics or magazines	31% 35%	23% 27%	25% 26%	28% 35%
base: all pupils	650 394	631 440	635 423	639 411



5.7.4 Remaining spare-time activities (done every day/most days)

Highland 2006  
compared with 2002

	13yrs	15yrs	boys	girls
look around the shops	32% 36%	18% 22%	21% 25%	28% 32%
go to watch sport matches	18% 15%	9% 8%	20% 19%	7% 4%
do nothing much	9% 20%	9% 29%	8% 23%	9% 26%
help other people/voluntary work	10% n/a	6% n/a	8% n/a	7% n/a
go to the cinema	8% 6%	5% 4%	7% 6%	5% 4%
go to concerts or gigs	6% 3%	3% 4%	6% 5%	3% 2%
go to the church, mosque or temple	3% 2%	2% 3%	3% 3%	2% 2%
base: all pupils	648 394	628 440	624 424	638 411

Remaining spare-time activities (done every day/most days)

base: all pupils

