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**Please find attached Reports in respect of Items No. 6  
and 9 on the agenda for the above meeting**

6.	<b>Standards and Quality Report 2021/22 and Improvement Plan 2022/23</b> (Pages 3 - 68)  Consider report by Service Director Education and Lifelong Learning. (Copy attached.)	20 mins
9.	<b>Health and Wellbeing Survey Results</b> (Pages 69 - 270)  Consider report by Service Director Education and Lifelong Learning. (Copy attached.)	20 mins

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## **STANDARDS AND QUALITY REPORT AND IMPROVEMENT PLAN**

**Report by Director Education and Lifelong Learning**

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### **EDUCATION SUB COMMITTEE**

**10 November 2022**

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#### **1 PURPOSE AND SUMMARY**

- 1.1 **The purpose of this report is to inform the Education Sub Committee of the progress made by the Education Service and schools during 2021-22 and to note the improvement priorities for session 2022-23.**
- 1.2 The Standard in Scotland's Schools etc Act 2000 places a responsibility on Local Authorities to provide schooling for children and to ensure continuous improvement of the education system. The 2021/22 Standards and Quality Report provides a high level summary of the performance of schools in line with the Education Service Improvement Plan. It notes but attainment and achievement across all aspects of service delivery.
- 1.3 The Standard & Quality Report is an evaluation of academic session 2021-22 and draws on a range of data/information to support its conclusion (Appendix A). This report acknowledges the ongoing challenges faced by schools as a result of COVID-19, but also highlights a number of successes and achievements across all sectors.
- 1.4 The Improvement Plan is a statement of our objectives for academic session 2022-23 (Appendix B). This Plan has a strong focus on raising attainment for all and accelerated progress in closing the poverty related attainment gap. It is also important to note the inclusion of Inspire Learning as a key driver for improvement in schools.
- 1.5 Both documents evidence a strong commitment to improving outcomes for children and young people in the Borders and their families.

#### **2 RECOMMENDATIONS**

- 2.1 **It is recommended that the Education Sub Committee approve both Reports, namely 'Standards & Quality Report 2021-22' (Appendix A) and 'Education Improvement Plan 2022-23' (Appendix B).**

### **3 BACKGROUND**

- 3.1 The Standard in Scotland's Schools etc Act 2000 places a responsibility on Local Authorities to provide schooling for children and to ensure continuous improvement of the education system.
- 3.2 In 2006, an amendment to legislation placed a responsibility on Local Authorities to prepare and publish an annual report setting out:
- (a) The steps taken to reduce inequalities of outcomes for pupils.
  - (b) The steps taken to comply with the duties imposed on it by legislation and Scottish Government recommendations.
  - (c) A statement of improvement objectives.

### **4 STANDARDS AND QUALITY REPORT 2021/22**

- 4.1 Our Standards and Quality Report 2021-22 evaluates the first full school session post the COVID 19 pandemic. The report is set out under the following headings:
- 1) Everyone Attaining
  - 2) Everyone Achieving
  - 3) Excellent Experiences
- 4.2 Amid the challenges, there is considerable progress and notable achievements in Scottish Borders Council including:
- a) Positive feedback from national scrutiny, Her Majesty's Inspector of Education (HMIE) made a return visit to three of our school last session, with each one being signed off as having made good progress towards the identified areas for improvement.
  - b) Improvements in attainment – in the first year of formal examinations since 2019, Eyemouth HS, Galashiels Academy, Hawick HS, Kelso HS, Jedburgh GC and Selkirk HS achieved their best ever performance in 5 or more qualifications at SCQF level 5 since 2019. There was also a 13% increase in young people achieving 5 or more qualifications at SCQF level 5 who live in Quintile 1.
  - c) The launch of Equity strategy and the establishment of an Equity Strategic Board, both key drivers for closing the poverty related attainment gap, are fundamental as we continue to accelerate progress and embed equity in our school and settings. The strategy sets out the short, medium and long term outcomes and roles and responsibilities of education staff to improve outcomes for children and young people affected by poverty.
  - d) Hawick, Kelso and Selkirk High Schools successfully achieved the national Digital Skills Award, this awards programme aims to promote, recognise and encourage a whole school approach to the use of digital technologies. Kelso and Selkirk High Schools have been recognised as

'Centres of innovation, leadership, and educational excellence' This internationally acclaimed accreditation has been awarded to both schools in recognition of the way they are using technology to deliver learning to young people through our Inspire Learning Programme.

- e) Service level evaluations were carried out in a number of key areas. These evaluations were led by Head teachers and gathered a range of evidence from across schools and settings. Two of these (Inclusion and Professional Learning) identified significant strengths but also highlighted areas for improvement for session 2022-23.
- 4.3 Progress against the three key areas for 2021-22 is evaluated fully in Appendix A. The report clearly identifies areas for improvement and highlights next steps for the service. These areas are evident in the Improvement Plan for 2022/23.

## **5 IMPROVEMENT PLAN 2022/23**

- 5.1 The National Improvement Framework requires each local authority to prepare and publish annual plans describing the steps they will take to cover the four strategic priorities:
- 1) Improvement in attainment, particularly numeracy and literacy
  - 2) Closing the gap between the most and least disadvantaged children
  - 3) Improvement in children's health and wellbeing
  - 4) Improvement in employability skills and positive school leaver destinations for young people
- 5.2 The plan for session 2022-23 continues the key themes of Recovery, Equity and Innovation and has been prepared to address accelerated improvement in schools and settings following the refreshed Scottish Attainment Challenge. In June 2021 the OECD published their findings and recommendations for curriculum review and reform, we are committed to ensuring our schools develop a curriculum which reflects not only these findings but the wider national agendas of No One Left behind, UNCRC, Learning for Sustainability and The Promise.
- 5.3 The Education and Lifelong Learning service priorities for session 2022-23 Improvement Plan remain consistent to ensure continuous improvement across all sectors, they are as follows:
- a) To raise attainment by ensuring high quality learning, teaching and assessment across all Schools and Settings
  - b) To raise attainment through improved inclusion, equity and wellbeing for all Children and Young People
- 5.4 The main drivers from the revised National Improvement Framework which underpin our plan are the development of teacher and practitioner professionalism, school and early learning and childcare improvement, curriculum and assessment and performance information. Each of these drivers will support capacity building in our schools and settings and

ensure a positive journey towards a full recovery post COVID.

- 5.5 Following the refresh of the Scottish Attainment Challenge in March 2022, local authorities are required to submit stretch aims which are shared annually with the Scottish Government as part of statutory plans and reports. Specific 'core' stretch aims are to be submitted for improving outcomes for all while closing the poverty-related attainment gap, these should be both ambitious and achievable within local contexts. In the development of the stretch aims for Scottish Borders, data and evidence have been interrogated and forensically analysed longitudinally to explore averages, trends and patterns of progress over a 5 year period. Data was considered and benchmarked against national and virtual comparator measures, taking into account the impact of the COVID-19 pandemic. There has been consultation and collaboration with headteachers, quality and improvement and data analysis services, Education Scotland, the regional improvement collaborative and other local authorities.
- 5.6 The full Education Improvement Plan is contained in Appendix B.
- 5.7 The information contained within this report and appendices is also made available on the SBC website. This can be accessed at [www.scotborders.gov.uk/performance](http://www.scotborders.gov.uk/performance).

## **6 IMPLICATIONS**

### **6.1 Financial**

There are no costs attached to any of the recommendations contained in this report.

### **6.2 Risk and Mitigations**

There are no risks associated with this Report.

### **6.3 Integrated Impact Assessment**

It is anticipated that there are no adverse impact due to race, disability, gender, age, sexual orientation or religion/belief arising from the proposals in this report.

### **6.4 UN Sustainability Goals**

There are no significant impacts on the economy, community or environment arising from the proposals contained in this report.

### **6.5 Climate Change**

There are no significant effects on carbon emissions arising from the proposals contained in this report.

### **6.6 Rural Proofing**

This report does not relate to new or amended policy or strategy and as a result rural proofing is not an applicable consideration.

## 6.7 Changes to Scheme of Administration or Scheme of Delegation

There are no changes to be made to either the Scheme of Administration or the Scheme of Delegation as a result of the proposals contained in this report.

## 7 CONSULTATION

- 7.1 The Director (Finance & Corporate Governance), the Monitoring Officer/Chief Legal Officer, the Chief Officer Audit and Risk, the Director (People Performance & Change), the Clerk to the Council and Corporate Communications have been consulted and any comments received will be reported at the Sub Education Committee Meeting.

### Approved by

**Lesley Munro**

**Director Education and Lifelong Learning**

Author(s)

Name	Designation and Contact Number
Christian Robertson	Quality Improvement Manager (01835 824000 Ext 5726)

**Background Papers:** N/A

**Previous Minute Reference:** N/A

**Note** – You can get this document on tape, in Braille, large print and various computer formats by contacting the address below. Christian Robertson can also give information on other language translations as well as providing additional copies.

Contact us at Council Headquarters, Newtown St Boswells, Melrose TD6 0SA.

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SCOTTISH BORDERS COUNCIL'S



ACHIEVING EXCELLENCE IN LEARNING

*Play*  #yourpart

# STANDARDS AND QUALITY REPORT 2021-22





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# ACHIEVING EXCELLENCE IN LEARNING STANDARDS AND QUALITY REPORT 2021-22

## 1. FOREWORD

Scottish Borders Council continues to provide high quality education services for children, young people and their families. This Standards and Quality Report details the progress made in achieving our expected outcomes as set out in our Service Plan. Evidence of impact and evaluations of progress are gathered from our Quality Improvement Team who support schools and services in carrying out self-evaluation. External validation comes from the Care Inspectorate (for Early Learning and Childcare) and Her Majesty's Inspectorate (HMIE) who commented very favourably on the practices they observed in our schools and services.

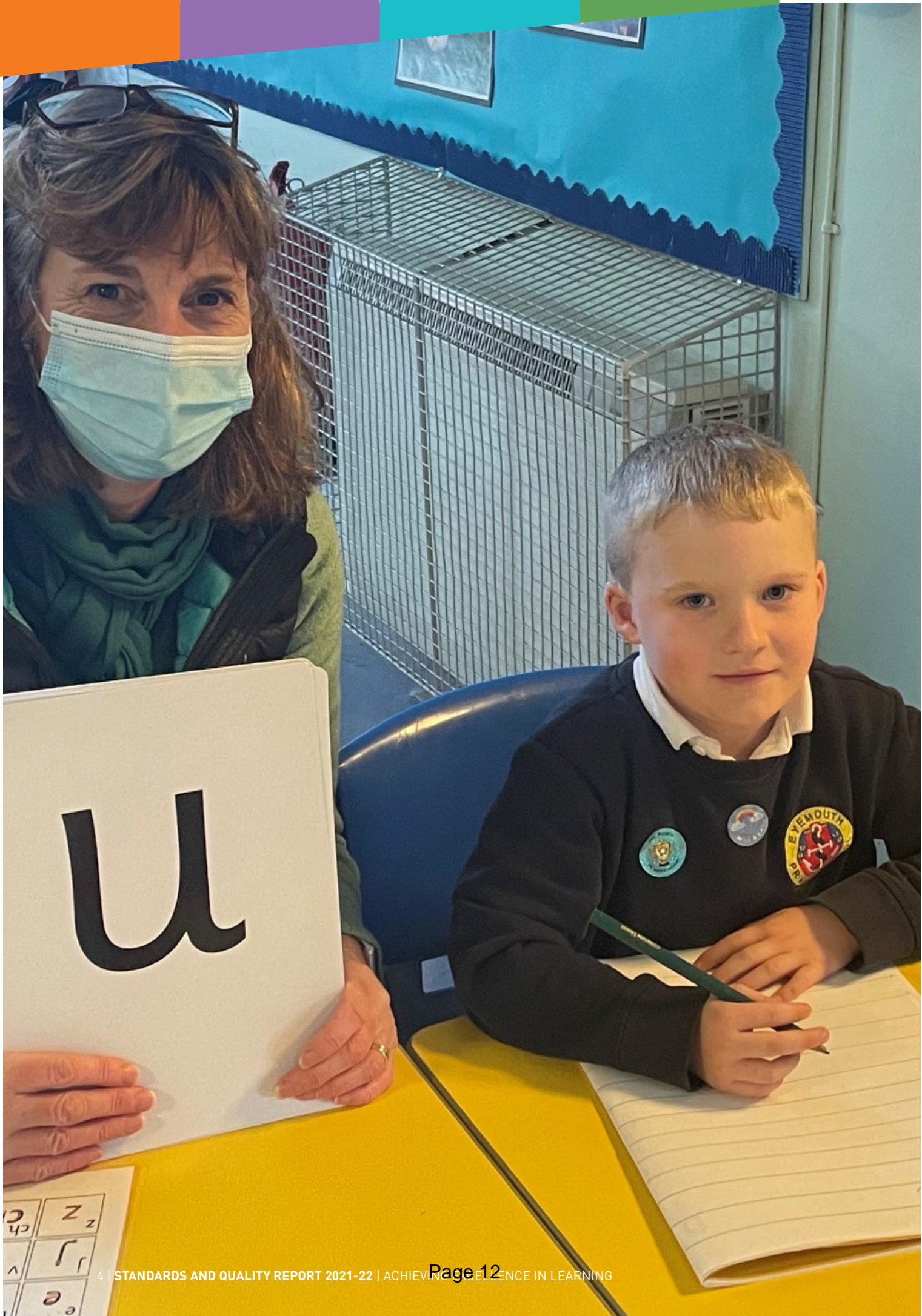
As we continue to recover from the COVID 19 pandemic, team working and our capacity to adapt, collaborate and support each other has come to the fore and enabled our services to continue on their journey of improvement.

The education department remains fully committed to delivering our obligation to close the poverty related attainment gap and ensure excellence and equity for every learner so we can maximise the potential of all.

This Standards and Quality report is a testament to the many outstanding achievements of Scottish Borders Council's schools and services and to the progress made across the academic year.

**Councillor Leigh Douglas**

Executive Member for Education and Lifelong Learning



# ACHIEVING EXCELLENCE IN LEARNING STANDARDS AND QUALITY REPORT 2021-22

## 2. INTRODUCTION

We are delighted to present our annual Standards and Quality Report on achieving equity and excellence in Scottish Borders. This report outlines the successes and achievements of all our children and young people, our schools and wider services. The report recognises sector-leading approaches to digital learning, our strong partnership working to ensure children have the best start, our progress with family learning and supporting parents as partners in learning, as well as our improving attainment and post-school destination levels.

“Everyone attaining, everyone achieving and excellent experiences” lies at the heart of the education service’s vision for improvement as we seek to provide the highest quality learning and teaching for our children and young people.

We maintain a commitment to reducing inequities and tackling poverty with enhanced supports provided as part of the Scottish Attainment Challenge Fund. Throughout the report there are examples of the difference we are making to children, young people and families across the Scottish Borders. The Virtual School is developing well and beginning to make a positive difference to care-experienced children. Looking to the future, we will continue our drive for excellence and equity in all that we do. We will continue to embrace innovative approaches to ensure the highest quality of experience for our learners and are confident that ‘Inspire Learning’ will continue to transform learning and teaching. Our priorities for 2022/23 reflect these core strategies and adopt the priorities of UNCRC (children’s Rights), Delivering The Promise (for our Care experienced young people) and Learning for Sustainability

**Lesley Munro**

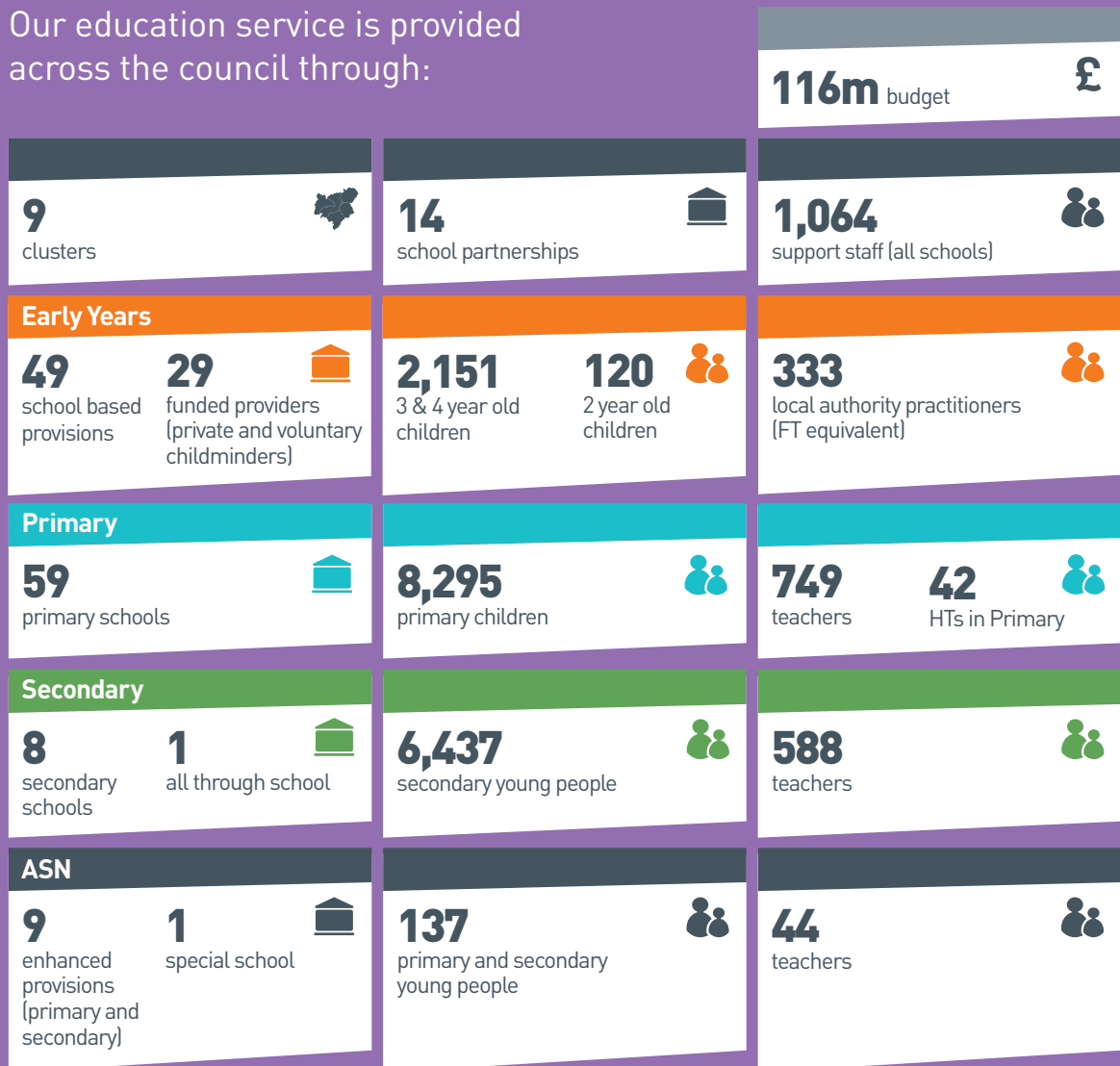
Director, Education and Lifelong Learning



# ACHIEVING EXCELLENCE IN LEARNING STANDARDS AND QUALITY REPORT 2021-22

## 3. BACKGROUND INFORMATION

Our education service is provided across the council through:



## ABOUT THE STANDARDS AND QUALITY

The standards and Quality Report details the progress made towards achieving the outcomes and impacts set out in the Education Service Plan 2021/22.

**The report is set out under the following heading:**

- Everyone Achieving
- Everyone Attaining
- Excellent Experiences

The report has a clear focus on outcomes and impact for learners, parents and carers, staff and the wider community.

**This report is also informed by:**

- Scottish Borders Council's Council Plan 2021/22
- Scottish Government's Wellbeing Indicators and National Improvement Framework (NIF)
- The four capacities of the Curriculum for Excellence

The results of this self-evaluation will be used to inform the Education Service Plan for 2022/23.





## ACHIEVING EXCELLENCE IN LEARNING STANDARDS AND QUALITY REPORT 2021-22

# 4. SCHOOLS & SERVICES INSPECTED IN 2021-22

During session 2021-22, a series of inspections took place to evaluate and report on standards and quality.

### CARE INSPECTORATE

The focus on maintaining quality as our services expand builds on the strong foundations of our high-quality services. Ten early years settings were inspected by the Care Inspectorate in session 2021-22. Across Scottish Borders almost all settings received grades of good or better for all quality themes in their latest inspection with Yetholm Primary School achieving grades of Very Good for all four themes.

**The following early learning and childcare centres underwent an inspection by the Care Inspectorate**

- **Cherry Trees Melrose**
- **Stirches PS**
- **St Margaret's PS (Galashiels)**
- **Stow PS**
- **Newlands Kids**
- **Melrose Grammar School**
- **Jedburgh Grammar Campus**
- **Yetholm PS**
- **Rosetta Early Learners (Peebles)**

*"Children were cared for in a warm and homely environment which was clean, bright and well maintained. There were cosy places for children to relax in and space for collaborative play. Children benefitted from the free flow access to the garden. This meant they had the freedom to choose where and when they wanted to play and engage in periods of sustained and uninterrupted play."* **(Care Inspectorate Report, Yetholm Primary School)**

## EDUCATION SCOTLAND

The following schools underwent an inspection by Education Scotland:

### FOLLOW THROUGH INSPECTION

- **Berwickshire High School:** Education Scotland's follow up inspection report on Berwickshire High School acknowledged significant progress from the original inspection. Working together, local authority officers, senior leaders and HM Inspectors identified strengths, progress and areas for further consideration during the visit.

A key highlight was that quality and consistency of learning, teaching and assessment has improved considerably across the school, with teachers demonstrating increased confidence in classrooms. Teachers now have a much improved shared understanding of what high quality learning and teaching looks like. They also demonstrate deeper understanding of how they can enhance their teaching, for example, using a daily review, sharing the aim of the lesson, and sharing how young people can be successful in their learning. Senior leaders and staff have clear plans to continue to improve learning, teaching and assessment, to meet the needs of all young people and to continue to raise attainment.

Inspectors have asked the local authority to provide Education Scotland with further information about the schools continued progress within one year.

- **Hawick High School:** Education Scotland's follow up inspection report on Hawick High School acknowledged the significant progress made. The initial inspection took place shortly before the start of the COVID 19 pandemic and the inspection team recognised that although this has had an impact on progress there was evidence that the Head Teacher and her team had implemented approaches which were leading to improvement and had the potential to lead to sustained improvement.

Significantly, Scottish Borders Council were commended for their approach to providing all young people with a digital device prior to lockdown. This meant most young people were confident using digital platforms to support their home learning.

Inspectors have asked the local authority to provide Education Scotland with further information about the schools continued progress within one year.

- **Eyemouth Primary School:** Education Scotland's follow up inspection report on Eyemouth Primary School and Nursery has acknowledged the significant progress and improvement being made across both settings which is working well in terms of supporting children's health and wellbeing, learning and achievement.

Among the range of achievements highlighted in the report is the progress that has been made in developing clearer leadership across the two settings with the new headteacher (appointed in May 2021) being supported well by two depute headteachers and two principal teachers. Collectively, they were found to be providing good strategic direction which is resulting in improved outcomes for all children.

Inspectors will make no further visits to the school in connection with the original inspection in 2018.

## THEMATIC INSPECTIONS

Education Scotland identified two key themes which they explored in schools and settings across Scotland. The learning from these were then shared as key messages of effective practice and case studies.

- Trinity PS (Health and Wellbeing)
- Stow PS (Outdoor Learning)

## RECOVERY VISITS

Three schools in Scottish Borders Council hosted Education Scotland as part of their programme for recovery visits post COVID 19 pandemic.

- Jedburgh Grammar Campus
- Clovenfords Primary School
- Kelso High School

HM Inspectors invited schools and settings to talk about their current priorities as they respond to the impact of the pandemic.

### **We focused on the following three areas:**

- continuity of learning;
- wellbeing of children, young people and staff; and
- safeguarding and Child Protection

All school reported positive engagement with the Inspection team and benefited from the process leading to continuous improvement.

## NATIONAL REVIEW

- Foundation Apprenticeships

## STANDARDS & QUALITY AND THEMATIC REVIEWS

The authority's Capital QIT Quality Improvement Team also carries out reviews which focus on aspects of provision:

- **Coldstream Primary School:** An improvement visit to support the newly appointed Head Teacher was carried out focussing on quality indicators 2.3 Learning, Teaching and Assessment and 3.1 (Ensuring Equality, Inclusion and Wellbeing)
- **Stirches Primary School:** An improvement visit to support the newly appointed Head Teacher was carried out focussing on quality indicators 2.3 Learning, Teaching and Assessment and 3.1 (Ensuring Equality, Inclusion and Wellbeing)



# ACHIEVING EXCELLENCE IN LEARNING STANDARDS AND QUALITY REPORT 2021-22

## 5. EVERYONE ATTAINING



## STRATEGIC PRIORITY

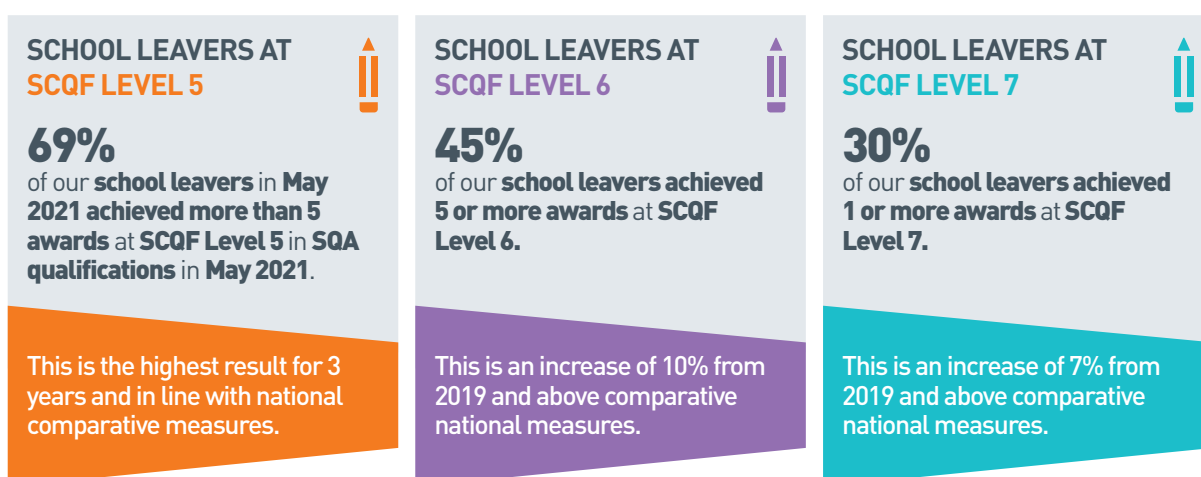
To drive high quality learning, teaching and assessment in all schools and settings, (NIF Priority 1,2,4)

Scottish Borders continues to advance equity and excellence throughout a wide range of local and national attainment measures. Our children and young people achieve high standards of attainment throughout the broad general education and senior phase. The attainment of Scottish Borders school leavers continues to be positive across the key benchmarks at SCQF levels 5, 6 and 7.

## SENIOR PHASE ATTAINMENT

Pupils across Scottish Borders excelled in SQA qualifications with another year of positive results. These achievements are a tribute to the hard work of our young people during another difficult year, who have also been very well supported by staff and parents.

**In particular:**



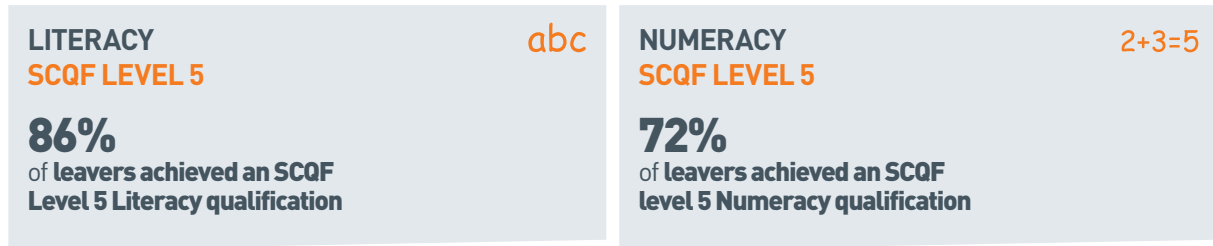
Eyemouth, Galashiels Academy, Hawick, Jedburgh, Kelso and Selkirk High Schools achieved their best ever performance in 5 or more qualifications at SCQF Level 5 since 2019.

The Council recorded best ever performances in the proportion of leavers achieving 1+, 3+ and 5+ at SCQF Level 6 with 67%, 57% and 45% respectively.

Eyemouth, Hawick and Kelso High Schools recorded best ever performances since 2019 at 1+, 3+ and 5+ at SCQF Level 6.

At SCQF Level in S6, the authority achieved its best ever performance with 30% of leavers achieving 1 or more awards.

## LITERACY & NUMERACY



## BASELINE PERFORMANCE

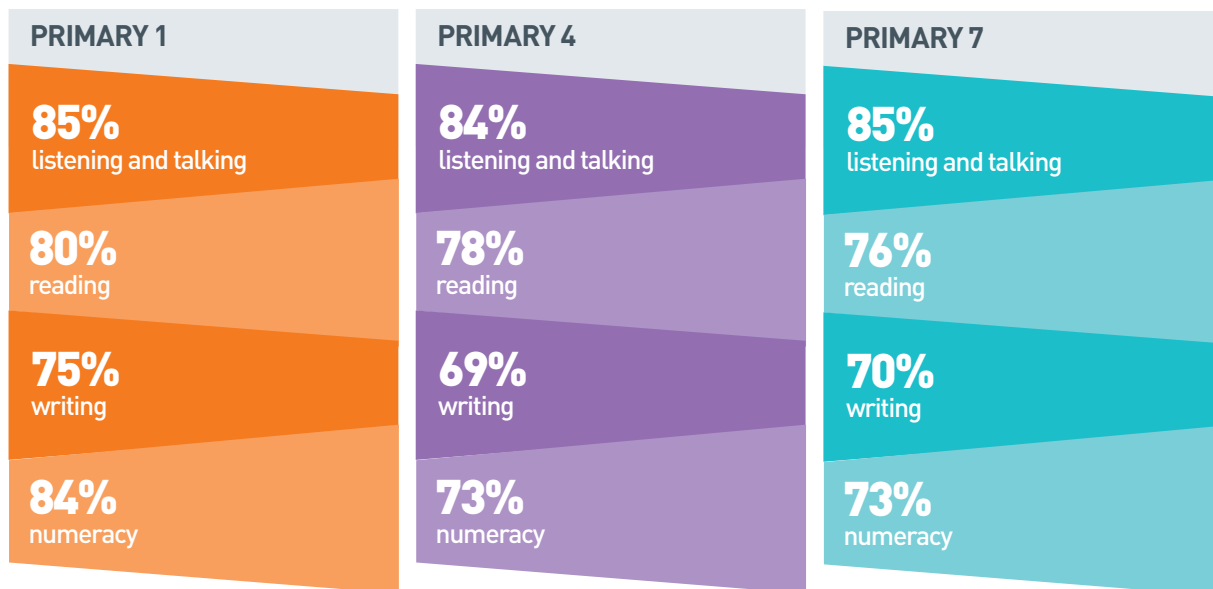
Primary schools assess the literacy and numeracy skills of all pupils following entry to P1 so that children's progress over time can be closely monitored to support their learning.

The benchmarks are:



## ATTAINMENT SESSION 21-22

The following table gives the percentage of pupils attaining the relevant benchmark.



## RAISING ATTAINMENT

The Quality Improvement Team regularly support and challenge schools to raise attainment through the strategic use of analytical tools both locally and nationally. Sessions to facilitate the analysis and reporting of attainment data was introduced this year for Primary Head Teachers. This supported Head Teachers to improve their data literacy; analyse excellence and equity outcomes of individuals, groups and cohorts; and record a self-evaluative summary for their school.

Due to the Covid-19 pandemic, all schools across Scotland returned to a full year of in school learning. Teacher professional judgements of pupils' progress in learning in literacy and numeracy in the Broad General Education are normally recorded in the second week of June each year and are submitted to the Scottish Government to support analysis of progress towards the ambitions of the National Improvement Framework. As a result of school closures, teacher professional judgements of pupil progress were not collected locally or nationally therefore S3 were not recorded since 2019-20.

## ASSESSMENT AND MODERATION

Scottish Borders Council formed an extensive Quality Assurance and Moderation Support Officer (QAMSO) network with representations across clusters and sectors leading moderation activity across the Broad General Education (BGE). This work was interrupted by the impact of Covid but moving forward will continue to be refreshed and strengthened through working with Education Scotland and the SEIC South East Improvement Collaborative.

As part of the Education Department's annual improvement planning and reporting cycle, all schools evaluate their performance against key quality indicators from How Good Is Our School HGIOS4?.

The Quality Improvement Team work together with Head Teachers to ensure that each school's self-evaluation is rigorous and takes account of a wide range of evidence gathered from diverse sources and involving all stakeholders. In 2021-22, 63% of schools continued to be evaluated as 'good' or better for raising attainment and achievement.

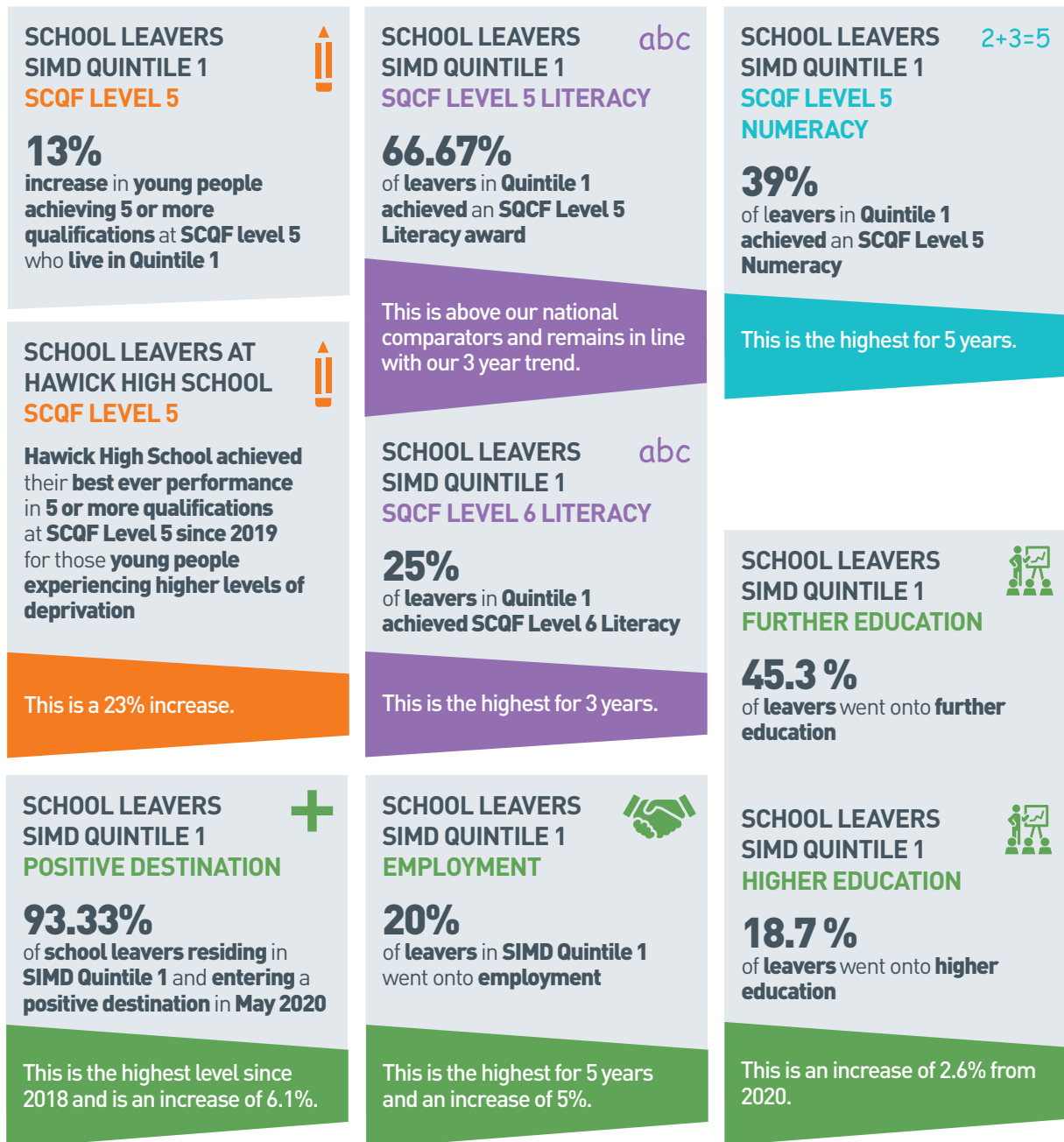


## CLOSING THE POVERTY RELATED ATTAINMENT GAP

The Scottish Index of Multiple Deprivation (SIMD) is used to identify children and young people who live in the most deprived areas of Scotland. Nationally, we compare the performance of key equity groups against overall performance to measure and monitor the poverty related attainment gap. Attainment evidence demonstrated that Scottish Borders continues to address the attainment gap while improving attainment for all.

### In particular :

Milestone data in 2020-21 demonstrates that the proportion of children residing in SIMD Deciles 1-3 achieving their milestones:



## CARE EXPERIENCED

Outcomes for looked after children and care leavers is a key focus of the Councils Corporate Parenting Strategy. Part 9 of The Children and Young People (Scotland) Act 2014 specifies Corporate Parenting duties and responsibilities which apply to all looked after children and care leavers in Scottish Borders Council. We are committed to working with statutory and non-statutory partners to assist them in identifying creative and innovative ideas to enable them to address their Corporate Parenting duties.

The Virtual School Head Teacher, funded through the Attainment Scotland Fund, offers support and challenge to school leaders, monitors and tracks attainment, attendance and destinations data and works closely with partners to ensure improved outcomes for children and young people with care experience. New monitoring and tracking procedures with secondary schools, Skills Development Scotland and Borders College have been established to ensure learners have a positive and sustained destination on leaving school. As a result of this and other work, 88% of care experienced school leavers in 2020-21 are in a positive destination, an increase from 71% at the start of the academic year and is within the top 5 local authorities in Scotland.

Other improved outcomes for care experienced learners include an increase in attendance and reduction in exclusion rates, increasing attainment in literacy for school leavers and a higher proportion of learners achieving qualifications in the Senior Phase than the national average. Our care experienced funding has been used to support children and young people who are in crisis and require extra support to stay on track with their learning. Funding is used for Additional Needs Assistants to deliver 1 to 1 or small group interventions focussed on literacy, numeracy, health and wellbeing and readiness to learn. Berwickshire High School used care experienced funds to deliver a peer mentoring transition programme with learners moving into S1 from primary 7. Outcomes were extremely positive with improved relationships and confidence for all learners in their transition to high school.

## PUPIL EQUITY FUNDING

As part of the Attainment Scotland Fund schools in Scottish Borders received £2.1 million in 2021/22 to support interventions intended to reduce the poverty related attainment gap. Interventions varied but mainly focussed on literacy, numeracy and health and wellbeing. In some schools, a partnership approach with youth work, community learning and development and members of the community helped contribute to targeted support for learners impacted by poverty.

In March 2021, Scottish Government launched the refreshed Scottish Attainment Challenge (SAC) with its mission to use education to improve outcomes for children and young people impacted by poverty, with a focus on tackling the poverty-related attainment gap. In order to intensify our work to reduce the poverty related attainment gap, new guidance, support and planning was issued to schools. This included a Pupil Equity Fund (PEF) sharing effective practice event, supported by our Attainment Advisor and PEF support clinics for head teachers.

## SCOTTISH ATTAINMENT CHALLENGE SCHOOLS PROGRAMME

Scottish Government announced in March 2021 that funding for the SAC schools programme would cease in year 2021-22 and replaced with a Strategic Equity Fund. Hawick High School and Burnfoot Community School have been supported through this programme for several years. In the final year of the fund, £173,000 was granted to these schools to support their work in raising attainment for all and closing the poverty related attainment gap. Burnfoot Community School employed an ANA and Early Years Practitioner to support the embedding of nurture principles in the school and running the targeted nurture support. Hawick High School employed 2.45 FTE youth work staff and an Inclusion Officer to support education recovery and accelerated progress in numeracy and literacy. The school established a targeted nurture provision for S1 and S2 young people. Eleven learners accessed the nurture support aimed at improving their social and emotional skills, self-confidence and engagement with learning.

## EQUITY STRATEGY

Our Equity Strategy was developed in 2021-22 with the vision of increasing excellence, accelerating progress and embedding equity in our schools to reduce the poverty related attainment gap. The strategy sets out the short, medium and long term outcomes and roles and responsibilities of education staff to improve outcomes for children and young people impacted by poverty. All of the outcomes for 2021-22 were exceeded, including delivering professional learning on data literacy and excellence and equity with primary and secondary schools staff in the Galashiels, Hawick and Selkirk clusters; implementing new guidance and governance procedures for schools with regard to Pupil Equity Funding; establishing an Equity Strategic Board and enhancing monitoring and tracking procedures with schools and partners working with care experienced children and young people. This work has helped to increase the sustained follow up positive destinations for care experienced school leavers, from 71% in August 2021 to 88% in April 2022. The 16-19 year old participation gap between SIMD Quintile 1 (most deprived) and Quintile 5 (least deprived) has decreased to 11.7%, a significant improvement from 15.1% last year. We also ensured that every Scottish Borders child living in Quintile 1 and 2 received the gift of a book for Christmas, thanks to our partnership with the Scottish Book Trust.



*Every Scottish Borders child living in Quintile 1 and 2 received the gift of a book for Christmas, thanks to our partnership with the Scottish Book Trust.*



*Staff gathered together to share good practice with regard best use of Pupil Equity Funds in schools.*

## LEARNING, TEACHING AND ASSESSMENT

The Scottish Borders Council Learning and Teaching Framework has supported 88% of our schools to develop their own context specific guidance to ensure high quality learning, teaching and assessment. This guidance should ensure a positive impact on playroom/classroom practice.

Alongside this we have provided high quality professional learning to support the framework. The Learning, Teaching and Assessment online resource has been developed to provide all schools and settings with a suite of professional learning resources, designed and created to align with the Learning, Teaching and Assessment Framework principles. The resource, hosted on the Inspire Schoolhouse Teams space, is compiled of 45 individual courses.

This online resource can be accessed here (GLOW log in required).

The Early Level Portal aims to develop a shared language, knowledge and understanding of high-quality Early Years Pedagogy and Practice in line with that of Learning, Teaching and Assessment within broad general education. All Scottish Borders Council Early Level educators, and leaders from all sectors can access the GLOW Blog.

### Survey results:

#### EARLY LEVEL PORTAL

**72%**

of **respondents** said the **information** they **accessed** on the **portal helped develop their own knowledge and understanding of learning, teaching and assessment in the early years**



#### EARLY LEVEL PORTAL

**73%**

of **respondents** said it **helped them to lead improvement work in their ELC setting with practitioners**



This online resource can be [accessed here](#) (GLOW log in required).

In addition, following the return to school learning post COVID 19, 88% of schools have adapted and refreshed their curriculum rationales to reflect the renewed focus on literacy, numeracy and health and wellbeing.

## PEDAGOGY PIONEERS

Our Regional Improvement Collaborative (South East of Scotland – SEIC) have created a platform to empower practitioners to improve pedagogy, through peer to peer support at teacher and practitioner level, sharing innovative and effective practice.

4 Scottish Borders Council were endorsed as SEIC Pedagogy Pioneers in session 21-22. Practitioners from every sector delivered a webinar. (1 ELC, 2 primary and 1 secondary.)

All Pedagogy Pioneers reported that the programme had supported the improvement of teacher efficacy and that they felt empowered as a result of engaging in this work.

Over 172 Scottish Borders Council practitioners attended the SEIC webinars in the course of the session. 92% of attendees reported that the Pedagogy Pioneer sessions were useful.

This work also involved a bespoke element based on success of previous Pedagogy Pioneers who shared practice relating to play based pedagogy.

Scottish Borders Council had 6 practitioners taking part. At the end of every bespoke session, almost all respondents reported that their knowledge and understanding of play pedagogy had improved, the professional reading and support tasks set between sessions had supported their learning, and they would try something different in their setting as a result of their learning to improve play pedagogy. Final comparator audits evidence showed there had been an increase of 22% in confidence in delivering child-initiated learning and 27% increase in confidence in assessing and observing. There has been an 80% increase in practitioners implementing teacher-initiated learning through play pedagogy in their classroom. 40% increase in implementing child-initiated learning and 33% increase in the use of appropriate assessment and observations methods in play pedagogy.

## EARLY LEARNING CHILDCARE

The expansion of ELC included a requirement for all providers to comply with the National Standard for Early Learning and Childcare. The National Standard sets out what children and families should expect from their early learning experience regardless of where they access their child's funded hours.

All ELC providers are required to demonstrate that they meet the National Standard before they can access funding to deliver the funded hours, whether they are in the public, private or third sectors or childminders.

In 2021, Scottish Borders Council opened a new Framework of Funded Providers and carried out a Tender process through Public Contracts Scotland. Support was provided to both existing and potential new providers both in terms of the application process and understanding and evidencing to meet the National Standard and asked each provider to submit a "Statement of Intent" of what they were able to offer parents. This resulted in 20 group setting providers from the private and third sector and 9 childminders, being accepted onto the Framework. This provision complements the 49 local authority settings and provides enhanced flexibility and choice for parents.

## DELIVERING 1140 HOURS

*"I feel very lucky that we are able to send our daughter to such a lovely nursery where she has had a lovely nursery experience". (Care Inspectorate Report, St Margaret's, Galashiels)*

### TWO YEAR OLDS

**43%**

of eligible two year olds taking up the full 1140 hours of ELC across LA, private, voluntary and childminders

**57%** taking up less than 1140 hours

### THREE AND FOUR YEAR OLDS

**62%**

of three and four years olds taking up the full 1140 hours of ELC across LA, private, voluntary and childminders

**38%** taking up less than 1140 hours

### DEFERRING ENTRY TO PRIMARY 1

**71%**

of children deferring entry to P1 taking up the full 1140 hours across LA, private, voluntary and childminders

**29%** taking up less than 1140 hours

## DEFERRED ENTRY TO PRIMARY SCHOOL

Children in Scotland usually start school between the ages of four years six months and five years six months old. All children who are four years old at the start of the school year can defer and start primary one the following year. Applications for children with a January or February birthday have automatically been approved. Applications for children with a birthday between August and December have not been funded by the Scottish Government and approval by the Council has been discretionary.

From August 2023, all families will be able to access a further year of funded quality Early Learning and Childcare (ELC) if they want their child to defer entry to primary school. This will ensure that all children who defer have an equal right to funded ELC if their parent or carer feels it is in their best interests.

The Scottish Government has been piloting the implementation of the changes to deferral entitlement to better understand the likely uptake of the extra year of funded childcare and help local authorities plan. Scottish Borders Council was successful in applying to pilot the delivery of the new guidance before August 2023 and now agrees to fully fund all requests from August 2022 for children born between 18 August and 31 December. This makes the process easier for parents/carers and allows them more control in choices for their children. Scottish Government is currently evaluating the pilot.

## PARENTING SUPPORT

The Partnership with Parents Framework has been updated. All schools have continued to work closely with parents and have built on new ways of engaging with parents that were established during lockdown.

The Psychology of Parenting Programme (PoPP) continued to be successful with almost all parents reporting an improvement in their child's behaviour at the end of the programme. During periods of restriction (due to Covid 19) PoPP groups were held online ensuring that parents were able to access vital support during this stressful time at home with their children.

## EARLY YEARS CENTRES

### EARLY YEARS CENTRE (EYC) – GALASHIELS

This year the EYC offered food on an accessible Fareshare table for families who require food support. The Greenhouse fresh vegetables and herbs were able to supplement products acquired through the Fair Share Scheme. Hard copies of recipes provided by NHS Borders were also available. Approximately 12-18 families have been supported weekly with an average of 30-40 children.

The Centre also delivered 5 Online Cook Along sessions and used some of the produce to demonstrate the use in recipes. The Cook Along has an average 6 families participating each week, with around 10-15 children benefiting.

## QUOTES BY STAFF:

*"Our plants grew and they grew, the children enjoyed watching them grow bigger and change!"*

*"The Greenhouse Project provide Langlee EYC with a fantastic service. There is always a variety of food provided by the Greenhouse and corresponding recipes given from the NHS Borders Team. Mos organises the collection/delivery of produce seamlessly, and with her in depth knowledge is able to give us an indication to what crops will be ready when so we can plan for our Cook-Along sessions. The recipes provided by the NHS Borders Team are easy to follow and incorporate the food we have received."*

*"Without the Greenhouse Project we would not be able to provide our families with the range of fresh produce we can with your support. Our other sources of food for families are Fareshare and Neighbourly, both of which provide mainly ambient food, therefore it is essential for us to work with the Greenhouse Project and receive donations to ensure our families have access to a nutritious diet."*

*"We would like to take this opportunity to thank The Greenhouse Project and NHS Borders for their invaluable contribution to Food Security in Langlee, ..... for their continued support to this inter-agency work."*

## QUOTES FROM FAMILIES:

*"(Child) is weaning and loves rhubarb; I'll stew it up and use it as a wee pudding for him!"*

*"Peapods remind me of being a child, I could eat them all day!"*

*"(Child) loves cucumber; I will take a handful for her to snack on!"*

*"(Child) snacks on tomatoes, I've taken some of the bigger ones, and the teacher says he has the healthiest snack in class!"*

## EARLY YEARS WELFARE BENEFITS

Referrals to the service for the year 21-22 exceeded 500 which represented a 35% increase over the previous year's figure. The total gains for families in the Borders as a result of these referrals in 21-22 was £1.25m.

Work has been carried out to link better with schools and Citizen's Advice Bureau in extending communication about benefits and referral processes to parents/carers with primary age children as they don't have the same opportunities to get information from and be referred by NHS staff as families with children under school age. Information is now being added to the recently developed NHS Money Worries App where it can be easily accessed.

## WHAT ARE WE GOING TO DO NOW?

- Support and challenge schools to raise attainment through analysis of data, improved professional judgements and target setting for all cohorts of learners
- Continue to build capability and capacity for senior leaders and staff in schools in the use of tracking and monitoring tools, including Insight and BGE Benchmarking and the ability to interpret data to identify areas of need
- Support all schools and settings to engage in further curriculum innovation, ensuring programmes and pathways align with rationales and the 4 contexts of Curriculum for Excellence
- Continue to develop our literacy and numeracy strategies across the BGE
- Ensure effective use of assessment to support robust tracking and monitoring of progress in learning in Early Level as we track attainment for all 2-18 year olds



# ACHIEVING EXCELLENCE IN LEARNING STANDARDS AND QUALITY REPORT 2021-22

## 6. EVERYONE ACHIEVING



## STRATEGIC PRIORITY

To support inclusion, equity and wellbeing for all children and young people, (NIF Priority 2&3)

## HEALTH AND WELLBEING

**Four key areas were identified during the 2022 Health and Wellbeing census:**

- Bullying
- Caring responsibilities
- Body image
- Loneliness, stress and worry

A training matrix is being developed to upskill and develop staff in a wide variety of roles who support our children and young people. This will be launched in session 2022/23. In addition, each of the 4 key areas identified will form part of our improvement priorities for next session.

## KOOTH AND TOGETHERALL

Kooth, an online resource to support all secondary aged young people has been launched across all 9 secondary schools.

Togetherall, another digital platform to support Health and Wellbeing for S5 and S6 and above young people and all adults across Scottish Borders Council has also been launched this session.

## SEE ME SEE CHANGE

We celebrated 41 staff and 78 pupils becoming Mental Health Ambassadors through the See Me See Change programme. This has led to our ambassadors leading a range of initiatives across schools contributing to positive mental health action planning.



## YOUNG MINDS MATTER

YMM is a whole school community approach to support positive mental health and wellbeing in young people. The programme is delivered from S1 to S4 and builds on work completed in primary schools in 'Building Resilience' and the story of Skipper. The 10 key themes remain the same but the content is progressed to ensure relevance to secondary aged pupils. In session 2021-22, 4876 young people were involved in the programme.

Young Minds Matter aims to allow young people to explore what influences their mental health and wellbeing through a range of teaching and learning strategies. It focusses on increasing knowledge and understanding and practical strategies for young people to aid their own mental health and wellbeing and developing skills to support others in difficult times.

### QUOTES FROM PUPILS:

*"The course was good, I learned some new things, it was better than most of the mental health lessons we have done in the past."*

*"It was easy to understand and makes sense."*

## SEASON FOR GROWTH

Seasons for Growth is a programme which supports children and young people who have experienced loss and change such as bereavement and parental separation. In session 2021/22 we have delivered programmes in 9 locations and helped 48 children and young people come to terms with their loss.

*"I learned that my feelings can change at different minutes – and that's ok!"*

*Quotes from parents/carers whose children have been through the programme this year:*

*"My daughter has really come out of her shell, the change in her confidence has been amazing. She can talk about her feelings and understand her feelings."*

*"It's great for children to learn how to deal with emotions and feelings."*

*"The best aspects of the program for my child were being able to express herself through conversation as opposed to anger."*

*"My daughter has had a fantastic time in the group and has been trying to understand herself better."*

*"I am super pleased that this type of programme is available to children, hopefully I can build on things with my son now."*

*"The most important learning for my son has been how to cope with grief over losing his grandad."*

## LEADERSHIP

To support quality leadership in Early Years, Communities of Practice support ELC leaders to network, share good practice, receive training and explore and develop leadership skills and roles and responsibilities. The initial cohorts consisted of 10 New Early Years Officers (EYO), 26 experienced EYOs and 6 Senior Early Years Officers. The sessions are now attended by 57 EYO and 10 SEYO with an additional 15 EY practitioners attending Aspiring to Lead sessions, developing knowledge, understanding and key skills required for leadership positions. Almost all ELC leaders have now regularly attended these courses.

*"I have really enjoyed all of the sessions I have been able to attend. I was very new to this role and the first SEYO in my setting so other staff were not completely 100% sure on what my actual role was. I feel that these meetings have given me a great understanding of what I should be doing and the sessions have given me great confidence in myself."*

## HEAD TEACHER INDUCTION PROGRAMME

This year we have continued to develop the 2 year Head Teacher Induction Programme. Our partnership continues with Fife Council for new Head Teachers to join their Coaching for Leadership cohort, establishing a wider network of new leaders.

All delegates who completed the feedback agreed that the induction programme enhanced their ability to do their job as Head Teachers and were very satisfied with the programme.

## FIRST STEPS INTO LEADERSHIP AND MANAGEMENT

First Steps into Leadership and Management Course continued delivery method to an on-line course. All 5 delegates have submitted or are currently working through their assignment for professional recognition.

*"As a new teacher to the authority, participating in the FSIL course, working with a mentor, and leading the departmental team provided the opportunity to develop positive relationships across my new school setting. Although a modest project, leading the intervention involved a steep learning curve that provided the opportunity to amalgamate theory with practice."*

## COACHING

**We continued to develop our Coaching Framework, offering the following coaching opportunities:**

- Coaching for Success
- Coaching Masterclass – Coaching Refresher
- Coaching Skills for PRD

This year we looked at a new model for our Coaching for Success programme and this was facilitated online by a Secondary Teacher and a Primary Depute Head Teacher. 10 delegates successfully implemented the programme.

*“I wanted to thank you for such enjoyable, supportive sessions. It has certainly been one of the best courses. I am still in contact with my co-coach. I’m sure that I will continue to use the coaching techniques even without thinking about it.”*

### SELF EVALUATION LEADERSHIP OF CHANGE



**91%**  
of **schools** evaluated themselves  
as **good** or **better**

### SELF EVALUATION CAPACITY FOR IMPROVEMENT



**100%**  
of **schools** evaluated themselves  
as **good** or **better**

## NEWLY QUALIFIED TEACHERS

A total of 33 Primary and 18 Secondary probationer teachers successfully completed their one year Teacher Induction Scheme placement in June 2022 and have achieved the GTCS Standard for Full Registration. They were well supported in their schools and through a comprehensive authority wide training programme facilitated by the Education Department. Most probationer teachers successfully completed a professional inquiry during the course of the session, with support from the Quality Improvement Team and school staff, and their findings were shared.

Evaluation showed that NQTs agreed the training programme enhanced their ability to carry out their job more effectively and improved their understanding of current practice.

We were delighted to be able to welcome the NQTs to a Celebration Event at the end of term.



*"Clear advice and guidance on how to create LI and SC. I think we have all found this hard as all teachers do it differently. I have taken note of key wording to have in them that I can use going forward."*

*"Each child is different and as such resources should be altered specifically to them."*

*"Great advice from first-hand experience from interviews. I did not think to contact school to request a visit beforehand but see the advantages!"*

## PARTNERSHIP WITH UNIVERSITY OF HIGHLANDS & ISLANDS – PGDE COURSE

4 Primary students and 1 Secondary student successfully completed the PDGE Programme which is run in partnership with UHI. This programme continued to be delivered online.

all students will be joining Scottish Borders after the summer to complete their probationer Teacher Induction Scheme year.

## RECENTLY QUALIFIED TEACHERS (RQTS)

Following feedback from NQTs and RQTs, a programme was developed to support Early Phase Teachers.

**We had .... attend the Network sessions. Inputs included:**

- Mental Wellbeing and Developing Resilience
- Supporting Learners with Literacy Difficulties & Dyslexia
- Effective Parents Meetings
- Scripting – Confidence & Positive Responses
- A Closer Look at Autism
- Differentiation and Effective Use of Support

## CAREER LONG PROFESSIONAL LEARNING

We offered more than 80 Professional Learning opportunities over the course of the year. These opportunities had a particular focus on Inclusion and Wellbeing and Learning, Teaching and Assessment.

We had a hugely popular Guest Speaker input from Daisy Christodoulou, who wrote 7 Myths About Education. Over 100 teachers came along to this online input and feedback showed that all delegates developed or improved skills/knowledge that will enable them to carry out their remit more effectively.

A number of focussed service evaluations were carried out in June 2022.

**An evaluation of Professional Learning was led by Robin Chapman (HT) the group were tasked with exploring the key question:**

**‘How are we collectively bringing about improvement in our schools and settings?’**

Two clear recommendations were made including developing an Scottish Borders Council Professional Learning Taskforce to further explore how we deliver professional learning in Scottish Borders and developing clear professional learning pathways for all staff at different stages and settings.

**An evaluation of Inclusion, was led by Justin Sinclair (HT) the group focussed on 2 areas:**

1. What is working well in your school or setting?
2. What are the challenges within your school or setting?

Three clear recommendations were made in this evaluation which included consideration of augmented provision, expansion of existing services and an increase in support staff. These recommendations will form the basis of a more in depth Collaborative Improvement facilitated by Association of Directors of Education Scotland (ADES).

## INSPIRE LEARNING

Good progress has been made with the continuation of the Inspire Learning Programme.

### **We now have :**

- All education staff have an ipad : teachers, Early Years and additional support
- All P4-S6 have a 1:1 ipad for learning at schools and at home
- ELC-P3 have access to class sets of shared ipads

## INSPIRE CLUSTER LEADS

A group of seconded teachers have been supporting their schools and cluster areas this session to improve the confidence and skills of staff in using technology for learning, teaching and assessment.

### **This support has included:**

- Coaching and mentoring
- Team teaching
- Collaboration with senior staff
- Delivery of professional learning

## IMPACT ON LEARNERS:

Learners have benefitted from encouragement, knowledge and support in trying out new technology in various ways to enhance their learning experiences. Learners have been able to use apps and technology to suit their own likes and needs, bringing more personalisation and choice in lessons and the lessons of the teachers and schools the team have supported.

*'I have particularly seen a growing confidence in the learners and their abilities to problem solve, think more creatively around how to solve issues with the technology and also perform more creatively using technology to meet learning outcomes. I have certainly seen a marked increase in pupil engagement in areas where teachers have engaged with coaching and training'*

## DIGITAL SCHOOLS AWARD

Hawick, Kelso and Selkirk High Schools successfully achieved the national Digital Schools Award. Digital Schools Awards Scotland is a national awards programme accredited by Education Scotland which aims to promote, recognise and encourage a whole-school approach to the use of digital technology in primary and secondary schools.



## APPLE DISTINGUISHED SCHOOLS

Kelso and Selkirk High Schools have been recognised as 'Centres of innovation, leadership, and educational excellence' This internationally acclaimed accreditation has been awarded to both schools in recognition of the way they are using technology to deliver learning to young people through our Inspire Learning Programme.

## APPLE PROFESSIONAL LEARNING SPECIALIST

Roddy Graham, Helen Orde and Catherine Little are teachers who have gained their Apple Professional Learning Specialists accreditation this session. These staff are lifelong educators uniquely qualified to demonstrate how to best use Apple tools for learning and teaching. They coach, mentor, and support teachers in advancing their technology skills to engage students in deeper learning. We now have 8 teachers with this award working in Scottish Borders, the highest per ratio in Scotland.

Borders staff participated in a pilot of the new Apple Coaching Programme this session. 27 members of staff achieved this accreditation. This will enable them to support digital pedagogy in their own schools and clusters, further enhancing learning, teaching and assessment.

*'the course has shaped my coaching activities and provided inspiration for next steps. It has inspired me to engage differently with professional learning, taking a more focussed approach to improvement.'*

## SCHOOL LEAVER DESTINATION

School leaver destinations remain consistently high at 95.49% and remain in the top quartile nationally. This in line with the national comparators. Destinations include employment, Further Education, Higher Education, training and voluntary work. The school leavers follow-up survey by Skills Development Scotland, which is undertaken 6 months after the initial survey, indicated that 95.2% of leavers were in a positive destination. In addition, the latest participation data (2020) indicated that 96.7% of ERC 16-19 year olds were participating in education or training, well above the national figure of 91.6% and the highest result for mainland local authorities.

Scottish Borders had the highest proportion of school leavers entering higher education for 5 years. 43% of young people went on to higher education in 2021, an increase of 2.2 % in comparison to 2017-18.



A snapshot of 17 looked after young people showed that:

**LOOKED AFTER YOUNG PEOPLE**  
**POSITIVE INITIAL DESTINATION** 

**71%**  
 were in a **positive initial destination**

This compares with 86% Nationally.

**LOOKED AFTER YOUNG PEOPLE**  
**POSITIVE FOLLOW UP DESTINATION** 

**88%**  
 were in a **positive follow up destination**

This compares with 71% Nationally.

## INCLUSION

We improved our systems and supports for accessing additional support including resource and professional advice





Due to an increase in needs, the Inclusion and Wellbeing Service adapted the service to a school-based model to support consistent approaches for learners in their local community. The development summary document “Accessing Additional Support: A Guide for Schools” document – was shared with Head Teachers on the January Head Teacher day.

The newly formed Equity, Moderation and Advisory Group met five times this session.

**The aims and purpose of this group are to:**

1. Ensure equity and tracking of centrally funded ASN resources across our Local Authority (Stage 2/3)
2. Provide advice and recommendations for individual complex cases – including current young people in an Scottish Borders Council establishment or new complex buffering cases
3. Allocate exceptional Additional Support Needs funding where required

This session, the group allocated additional support to schools and settings as detailed below.

<p><b>ADDITIONAL RESOURCE</b> </p> <p><b>ADDITIONAL NEEDS ASSISTANTS</b></p> <p><b>220</b>          hours of <b>support provided by additional needs assistants</b></p>	<p><b>ADDITIONAL RESOURCE</b> </p> <p><b>EARLY YEARS PRACTITIONERS</b></p> <p><b>330</b>          hours of <b>support provided by early years practitioners</b></p>	<p><b>ADDITIONAL RESOURCE</b> </p> <p><b>SUPPORT FOR LEARNING (SFL) TEACHERS</b></p> <p><b>60</b>          hours of <b>support provided by sfl teachers</b></p>	<p><b>ADDITIONAL RESOURCE</b> </p> <p><b>OTHER – DEAF WORKER</b></p> <p><b>25</b>          hours of <b>support provided by other – deaf worker</b></p>
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Total cost in money £500,000 approx.

## We offered professional learning to support inclusive practice

The Inclusion & Wellbeing Service expanded the professional learning offer to support schools and adapted the offer to a school-based model. This supported consistent approaches for learners in schools and to increase the reach of the offer with sessions being delivered live, online to larger cohorts. Demand has increased and feedback remains strongly positive. The average evaluation of practitioners who attended these sessions were 8.5 out of 10.

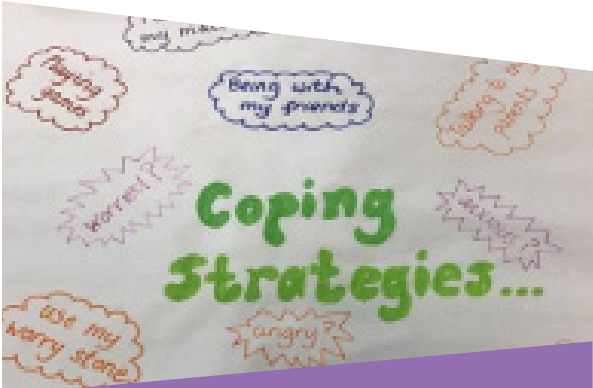


The Educational Psychology Service developed two recorded presentations on Nurture Principle 2: The learning environment is a safe space and Nurture Principle 5: All behaviour is communication. This is part of a three-year programme of professional learning based on the 6 Nurture Principles. All schools engaged in this training and self-evaluated their own practice to determine next steps.

We will continue to offer a robust programme of professional learning around inclusive practice based on the self-evaluation of schools and identification of needs.

We implemented Nurture bases in all 9 secondary schools.

Identified groups of young people in S1 and S2 have had access to targeted Nurture Groups or classes in our secondary schools. These have been led by trained practitioners. Schools have reported that nurture groups have been effective in supporting emotionally vulnerable young people to engage more in their mainstream classes.



**Coping Strategies...**

- Being with my friends
- Use my worry stone
- Staring off into space
- Angry
- Not listening
- Being with my granma

*"I thought this lesson was helpful as it stopped me feeling sad and angry. I will use some of these useful strategies such as staring off into space. This helps me to calm down." By LMcPN (S2)*



*We had a lesson where Mrs Ireland gave us all a worry stone that she had collected from the beach. The stones were helpful because when you are worried you can rub the stone or keep it in your hand. This makes me feel calm and I still use my stone today. By C-MF (S2)*

### QUOTES FROM SECONDARY PUPILS AT JEDBURGH GRAMMAR CAMPUS

- "I come to The Hive to learn about how our brain works."*
- "We have targets that we work on."*
- "The staff in The Hive are kind, caring and safe."*
- "We come together in a small group to learn to communicate with others and make friends."*
- "We used the outdoors to learn, play and communicate as a team."*

## WHAT ARE WE GOING TO DO NOW?

- Focus on ensuring policies and practices are grounded in current legislation and well understood and schools are supported to ensure success of all learners
- Support and challenge schools to improve outcomes for identified groups of children and young people with a particular focus on closing the poverty related attainment gap
- Support schools to make best use of Scottish Attainment Challenge funding to close the poverty related attainment gap
- Continue to ensure a commitment to nurture and progress rollout of targeted nurture bases
- Ensure the wellbeing indicators are being considered for all children and young people using the Glasgow Motivation Wellbeing Tool or similar profile
- An increased focus around the mental health of our children and young people using the SHINE survey across all our schools (P6-S6)
- Create positive action to address the following key areas highlighted in the Health and Wellbeing census 2022: Bullying, Loneliness, stress and worry, Caring Responsibility, Body Image.
- Host a National Collaborative Improvement with a focus on Inclusion



# ACHIEVING EXCELLENCE IN LEARNING STANDARDS AND QUALITY REPORT 2021-22

## 7. EXCELLENT EXPERIENCES



## SCQF GOLD AMBASSADORS



Galashiels Academy recognised as a SCQF Gold Ambassador School.

Galashiels Academy is one of only three schools in Scotland to be recognised as Scottish Credit and Qualifications Framework (SCQF) Gold Ambassadors for their inspiring work on the curriculum.

Managed by the SCQF Partnership, the overall aim of the framework is to support the development of a wider range of courses and pathways in Scottish schools.

## EDINBURGH PRIDE MARCH



Galashiels Academy celebrated diversity at the Edinburgh Pride March.



## FOREST SCHOOLS



Outdoor learning is an important part of our education in Scottish Borders. Many of our children use Forest Schools activities to develop a range of skills including emotional literacy, problem solving and creativity.

## PLATINUM JUBILEE



In June 2022 we celebrated the Platinum Jubilee of HRH Queen Elizabeth II, commemorating 70 years as our Queen. Our schools and communities recognised this amazing achievement by holding street parties, community events and special assemblies.



## CULTURE AND TRADITION



The Scottish Borders has strong traditions and connections. Summer Festivals and Common Ridings play a large part in the ethos and life of our schools. This year St Peter's Primary School in Galashiels welcomed back two former pupils who had been declared as Braw Lad and Braw Lass 2022 and who would lead the town through the celebrations of the Braw Lad's Gathering as well as representing their town at many other local events.

## COUNTRYSIDE DAY



After a 2-year absence all primary 5 children from every school took part in the Countryside Day at Springwood Park in Kelso. This event celebrates the industries and workplace of the countryside, through engaging and interactive activities our children are introduced to rural job and career opportunities across our region.

## INSPIRING LEARNING FESTIVAL



Our first Inspiring Learning Festival took place at Springwood Park in Kelso, with over 1,200 Primary 6 pupils from across the Borders coming together to take part in a series of STEM activities on day 1. They developed meta-skills including critical thinking, curiosity, creativity and collaboration through activities such as robotics, coding, design, engineering, ethical hacking and animation, all using their Inspire iPad.



## HISTORIC BORDERS



Our beautiful Scottish Borders have many amazing castles and abbeys. Schools across our local authority make best use of these historic sites to support inter-disciplinary learning and to promote a passion for our heritage.



Day 2 showcased the best of technology in education and featured schools/settings from the Borders as well as inspiring presentations and demonstrations from innovative, industry leading partners. This was an opportunity to meet and discuss digital skills in education and business with representatives from across the UK, including Apple, Showbie, Heriot Watt University, Skills Development Scotland, Jamf, G Hold and Education Scotland.

## COP 26



The children of Stow Primary School travelled to Glasgow where the '100 Disrupters' represented their school, community and Scottish Borders Council at an event for COP26. This event was hosted by Daydream Believers, Lego and Pechakucha, all of whom the children have had the privilege to work with previously. Their enthusiasm, engagement and ability to articulate what needs to be done was outstanding. They were all a credit to their school.

## ATTENDANCE

Overall attendance rate for all primary schools in 2021-22 was 92.94%, down 3.45 % from 96.4 % in 2020-21. The latest three year average for primary attendance (2019-2022) was 94.13 %. Both primary and secondary school attendance have been impacted by the effects of COVID-19. In secondary, the overall attendance rate for all secondary schools across S1-S5 was 88.54 %; 4.41 % below that recorded in 2020-21. The latest three year average secondary attendance (2019-2022) was 90.88%.

## EXCLUSIONS

Our schools continue to use strategies to promote positive, nurturing and supportive relationships with our children in order to manage behaviour in a proactive and person-centred manner.

Since the return to school post covid there has been a slight increase in the number of exclusion incidents, increasing from 5 incidents in 2020-21 to 8 incidents in 2021-22 in primary and increasing from 58 incidents in 2020-21 to 87 incidents in 2021-22.

## INVESTMENT

We continue to invest in the fabric of our schools to ensure high quality learning environments for our children and young people. We have recently created a bespoke learning area in Peebles High School for our young people attending the enhanced provision there. Their provision was destroyed in the recent school fire.

**The current capital plan also includes the following projects which will be progressed over the next few years:**

- Eyemouth Primary School
- Galashiels Academy
- Peebles High School
- Hawick High School
- Earlston Primary School

## ACTIVE SCHOOLS

The Active Schools Network made a welcome return in the 2021/22 school session (albeit still under some restrictions enforced due to Covid). The network exists to provide more opportunities for children and young people to become physically active through increasing capacity in schools and communities. The decrease in mental and physical health of children and young people during Covid has been well documented and the Active Schools network continues to have an important place in allowing children and young people the opportunity to engage (sometimes for the first time) in safe and fun activity.

### ACTIVE SCHOOLS VISITS



**126,031**

visits were made in **Scottish Borders Schools** to **Active Schools** led/supported activity

### ACTIVE SCHOOLS DELIVERERS



whilst the **return of coaches and volunteers post covid** has been problematic across the nation, **Scottish Borders Active Schools** still engaged with

**647**  
deliverers

97% of whom are volunteers, ensuring that activity is offered free of charge to participants.

### ACTIVE SCHOOLS SCHOOL SPORT COMPETITION



**school sport competition** made a **welcome return** in the **final part of 21/22** with

**828**  
visits made to **festivals/competitions/events** providing an **additional platform** for **Scottish Borders pupils** to **progress and achieve in sport**

### ACTIVE SCHOOLS PUPILS



**6,251**

pupils (43% of the school role) **re-engaged with sport and physical activity opportunities** following Covid

**51%**  
of participants were **female**

**49%**  
**male**

To provide some context, the national average is 31%.

### ACTIVE SCHOOLS SECONDARY PUPILS



**102**

**secondary pupils** were **actively engaged** in **sports leadership opportunities**, providing **valuable workforce and development of lifelong learning skills**



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SCOTTISH BORDERS COUNCIL'S



# EDUCATION IMPROVEMENT PLAN 2022-23





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# EDUCATION IMPROVEMENT PLAN 2022-23

## 1. FOREWORD

We are ambitious for all our children and young people. We have clear priorities that have been agreed with all our settings and schools. We will focus relentlessly on improvement with all our partners to ensure that all our children and young people continue to benefit from living and growing up in the Scottish Borders.

### **We promise that:**

- We will continue to have a relentless focus on improvement.
- That our children and young people will learn in establishments where all staff expect everyone to succeed to the best of their ability.
- That our staff have the opportunity to continue to develop their practice and skills through involvement in high quality professional learning and training.
- That we ensure that Scottish Borders is a place where every child is valued and included.
- That our education establishments are places where our children's unique talents, skills and abilities will be nurtured, valued and respected.
- We will ensure every young person leaving our schools can look back and be completely satisfied that they were supported by skilled, capable and caring staff, to be the best they can be.
- We will ensure that our children benefit from a curriculum that provides breadth, depth and challenge.
- That every child and young person's 5school career provides opportunities to learn in an environment that promotes creativity, entrepreneurial talent, self-awareness and confidence.

We all have a role to play in making these promises a reality. We want our young people to attain, achieve and contribute to the economic success of the Borders. We will continue to focus on prevention and early intervention, building resilience and supporting children, young people and families to develop the skills and capabilities that enable them to navigate the challenges of modern life.

We have an ambitious programme of improvement for 2022/23. In order to achieve our priorities we need to work in partnership for all the children and young people in our care.

I look forward to working with each and every one of you in the weeks and months ahead.

**Justin Sinclair**

Chief Education Officer



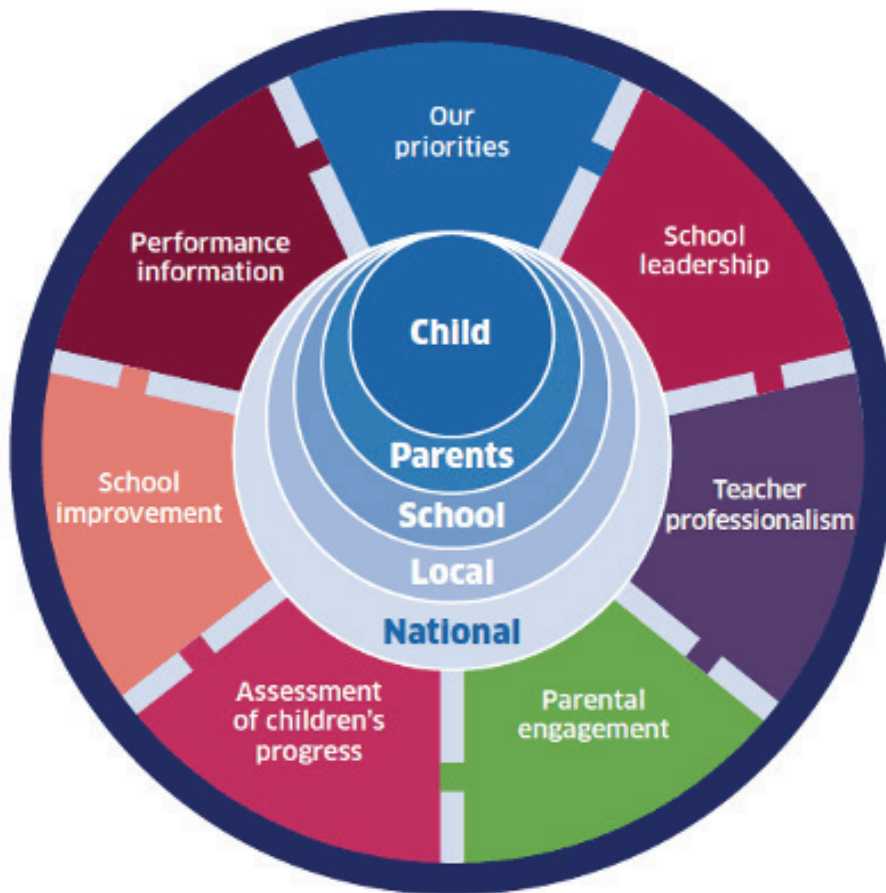
# EDUCATION IMPROVEMENT PLAN 2022-23

## 2. INTRODUCTION

Welcome to the Scottish Borders Education Services Improvement Plan. This plan sets out the key strategic improvement priorities for our schools and settings for session 2022/23 based on the evidence presented in The Standards and Quality Report 2021/22. This reporting and planning process allows us, through rigorous self-evaluation, to identify areas where we are performing well and areas that still require further improvement.

The National Improvement Framework 2022 (NIF) requires each local authority to prepare and publish annual plans and reports describing the steps they intend to take each academic year to reach each of the five strategic priorities below:

- Placing the human rights and needs of every child and young person at the centre of education
- Improvement in attainment, particularly in literacy and numeracy
- Closing the attainment gap between the most and least disadvantaged children
- Improvement in children's health and wellbeing
- Improvement in employability skills and sustained positive school leaver destinations for young people



The Scottish Borders Education Services Plan does not sit in isolation. It is informed by Corporate Plan for SBC and the Children and Young People's Services Integrated Plan.

## EDUCATION IMPROVEMENT PLAN 2022-23

# 3. PLANNING FOR IMPROVEMENT POST COVID

Although the Covid-19 pandemic has brought significant challenges for schools, settings and services over the last 30 months, it has also brought many positives in terms of digital transformation, new delivery methods and increased collaborative working. Our improvement activity will continue to focus on three key areas; supporting accelerated recovery from the pandemic; ensuring equity gaps are addressed, and building on the innovative approaches which Inspire Learning has delivered.



Recovery

Equity

Innovation

## RECOVERY AND ACCELERATING PROGRESS

The first five years of the Scottish Attainment Challenge saw much progress in closing the poverty related attainment gap but at a limited pace. The pandemic disrupted the learning of our children and had a disproportionate impact on children affected by poverty.

The refreshed Scottish Attainment Challenge and updated National Improvement Framework give clear guidance to schools and local authorities on pursuing a relentless focus on improvement at an increased pace.



## EQUITY

It is now our moral imperative to continue at pace to work with schools to improve the attainment of our children and young people and to renew our commitment to equity in education to mitigate the impact of poverty of children's progress in learning and outcomes.

We are committed to reducing this inequality by targeting resource and energies to reduce barriers to participation, close attainment gaps, improve positive destinations (care experienced and SIMD1/2) and achieve the aspirations of The Promise (Care Review).

## INNOVATION

The implementation of Inspire Learning was accelerated during Covid. It was an invaluable tool for remote learning and allowed digital skills to improve overnight. We will build on this success to further improve practice, approaches and experiences through robust staff development programmes as well as new learning opportunities for children.

New ways of delivering services were adopted during Covid. We will build on these to further improve engagement and involvement of children, families and staff.

June 2021 brought the findings of the OECD Review of Curriculum for Excellence. The recommendations are significant and will take some time to achieve. However, we are committed to developing a curriculum that reflects the aspirations of the OECD review, as well as the wider national agendas of Developing Young Workforce, No-one Left Behind, Young Person's Guarantee and the South of Scotland Economic development strategy. We will also ensure that Learning for sustainability, UNCRC and The Promise are integral to our new curriculum and culture.

## EDUCATION IMPROVEMENT PLAN 2022-23

# 4. STRATEGIC PRIORITIES

The National Framework drivers for improvement underpin the strategic priorities outlined below and give a clear direction across all aspects for service improvement.

**The key drivers which inform our 2022/23 Improvement Plan are:**

- Teacher and practitioner professionalism
- School and Early Learning and Childcare improvement
- Curriculum and Assessment
- Performance Information

Our overarching priority this session is to ensure the core stretch aims set for the local authority are met in full and the poverty related attainment gap is reduced.

We will achieve this by setting two strategic priorities.

### STRATEGIC PRIORITY 1

To raise attainment by ensuring high quality learning, teaching and assessment in all schools and settings.

### STRATEGIC PRIORITY 2

To raise attainment through improved inclusion, equity and wellbeing for all children and young people.

## SBC STRETCH AIMS

Following the refresh of the Scottish Attainment Challenge in March 2022, local authorities are required to submit stretch aims which are shared annually with the Scottish Government as part of statutory plans and reports. Specific 'core' stretch aims are to be submitted for improving outcomes for all while closing the poverty-related attainment gap, these should be both ambitious and achievable within local contexts.

### These include:

- a. Achievement of Curriculum for Excellence Levels (ACEL) in literacy combined and numeracy combined;
- b. Proportion of school leavers attaining 1 or more pass at SCQF level 5 based on 'Summary statistics for attainment and initial leaver destinations' publication;
- c. Proportion of school leavers attaining 1 or more pass at SCQF level 6 based on 'Summary statistics for attainment and initial leaver destinations' publication;
- d. The proportion of 16-19 years olds participating in education, employment or training based on Annual Participation Measure produced by Skills Development Scotland;
- e. A locally identified aim for health and wellbeing; attendance

In the development of the stretch aims for Scottish Borders, data and evidence have been interrogated and forensically analysed longitudinally to explore averages, trends and patterns of progress over a 5 year period. Data was considered and benchmarked against national and virtual comparator measures, taking into account the impact of the COVID-19 pandemic. There has been consultation and collaboration with headteachers, quality and improvement and data analysis services, Education Scotland, the regional improvement collaborative and other local authorities.

CORE STRETCH AIM	OVERALL LEVELS	SIMD QUINTILE 1	SIMD QUINTILE 5	GAP (Q1 – Q5)
ACEL P1, P4, P7 Literacy Combined	75%	60%	87%	27%
ACEL P1, P4, P7 Numeracy Combined	80%	65%	89%	24%
Achieved 1 or more Qualification at SCQF Level 5 (leavers)	88%	75%	96%	21%
Achieved 1 or more Qualification at SCQF Level 6 (leavers)	66%	45%	86%	41%
Participation measure (16-19 in education, employment or training)	94%	89%	98%	9%
HWB: Attendance – Primary	95%	95%	95%	0
HWB: Attendance – Secondary	95%	95%	95%	0



## STRATEGIC PRIORITY 1

To raise attainment by ensuring high quality learning, teaching and assessment in all schools and settings.

### NEXT STEPS IDENTIFIED FROM 2021/22 STANDARDS AND QUALITY REPORT:

#### Supporting schools to enhance learning, teaching and assessment using technology through:

- Professional learning
- Coaching and mentoring of staff
- Further embedding Showbie in all schools
- Continue to review and redesign BGE and Senior Phase curriculum
- Develop high quality pedagogy which leads to improved levels of attainment and achievement in literacy and numeracy
- Renew focus on Quality Improvement and Assurance through empowering localities and promoting self-improving schools

#### BY MAY 2023:

All schools and settings will evidence high quality pedagogy and practice.  
All schools will have high quality, relevant progressive and prescriptive curricular programmes.  
Through high quality professional learning, all schools and settings will evidence improved digital skills.

#### EVIDENCE WE WILL GATHER:

- Attainment Data
- Insight Data
- Local authority/school establishment reviews
- Quality indicator evaluations HGIOS? for 2.3 Learning, Teaching and Assessment and 3.2 Raising Attainment and Achievement
- Quality indicator evaluations for HGIOELC? For 2.3 Learning, Teaching and Assessment and 3.2 Securing Children's progress
- National Standard gradings – Care Inspectorate Quality Framework
- Impact of professional learning
- Standards and Quality Reports and Improvement Plans

#### SUCCESS CRITERIA:

1. Increase in attainment outcomes across all ages and stages in accordance with core stretch aims.
2. The number of establishments evaluating themselves as good or better on 2.3 and 3.3 (digital skills) will have increased.
3. All staff will have the skills and understanding to reduce the attainment gaps within their playrooms/classrooms.
4. All schools will have their own Learning, Teaching and Assessment Framework and schools and settings can evidence progression in embedding the expectations of the Framework.
5. All schools will have progressive curriculum content frameworks for literacy and numeracy and can evidence of the impact of these.

## STRATEGIC PRIORITY 2

To raise attainment through improved inclusion, equity and wellbeing for all children and young people.

### NEXT STEPS IDENTIFIED FROM 2021/22 STANDARDS AND QUALITY REPORT:

- Focus on ensuring policies and practices are grounded in current legislation and well understood and schools are supported to ensure success of all learners
- Continue to ensure a commitment to nurture and progress rollout of targeted nurture bases
- Support schools to make best use of Scottish Attainment Challenge funding to close the poverty related attainment gap

**All the data indicates the detrimental effects the past two years have had on children and young people's health and wellbeing, therefore it is important we focus on:**

#### 4 key areas identified within the Health and Wellbeing census of 2022 –

- Bullying – how we work with children and young people to build respectful relationships and take the appropriate action when relationships go wrong.
- Caring responsibilities – ensure an increased number of children and young people with caring responsibilities are given the necessary support if required.
- Body image – ensure there is a focus within PSE programmes around schools focus.
- Loneliness, stress and worry are discussed with children and young people and the appropriate actions taken by their schools to support them.

Ensure the wellbeing indicators are being considered for all children and young people using the Glasgow Motivation Wellbeing Tool or similar profile.

An increased focus around the mental health of our children and young people using the SHINE survey across all our schools (P6-S6).

<b>BY MAY 2023 WE WILL:</b>
All schools and settings will demonstrate improved inclusive, nurturing practice and promote wellbeing. Both universal and targeted learning and support are embedded and is having a positive impact on children's progression with their learning.
<b>EVIDENCE WE WILL GATHER:</b>
<ul style="list-style-type: none"><li>• Local authority/school establishment reviews</li><li>• Quality indicator gradings for 3.1 Ensuring Equity, Wellbeing and Inclusion</li><li>• Data around children and young people with an Additional Support Need</li><li>• Wellbeing surveys e.g. SHINE survey</li></ul>
<b>SUCCESS CRITERIA:</b>
<ol style="list-style-type: none"><li>1. All schools and setting will evidence improvement in QI 3.1</li><li>2. The number of school and settings evaluating themselves as good or better for QI 3.1 will increase.</li><li>3. All school and settings evidence improved practice in line with their revised Positive Relationship Policy.</li><li>4. Schools and settings can evidence progression in embedding the nurture principles.</li><li>5. All schools will use the GMWP or similar to track wellbeing of children and young people.</li></ol>

## SCOTTISH BORDERS COUNCIL EDUCATION PRIORITIES 2022/23



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**CHILDREN AND YOUNG PEOPLE'S SERVICES**

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## HEALTH & WELLBEING CENSUS DATA REPORTS

Report by Director Education & Lifelong Learning

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### SUB EDUCATION COMMITTEE

10 November 2022

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#### 1 PURPOSE AND SUMMARY

**1.1 This report includes details of the Scottish Borders Health and Wellbeing Census Data Reports for 2022 and the Executive Summary.**

1.2 The Health and Wellbeing Census was carried out in March 2022 by all schools (P5-S6). This was a census directed by Scottish Government and undertaken by 16 of the 32 Local Authorities. Following consultation with both Elected Members and parents, it was agreed to remove the sexual health and relationships questions before issuing to our children and young people.

1.3 Scottish Government planned to publish the national level analysis in December 2022, however national level statistics will now be published in February 2023.

#### 2 RECOMMENDATIONS

**2.1 I recommend that the Sub Education Committee:-**

- a) Notes that national level statistics will be published in February 2023, which will allow comparison of Scottish Borders data with other Local Authorities and national information.**
- b) The Health and Wellbeing Census would be undertaken on a bi-annual basis, allowing us to track improvement overtime, using the 2022 Census as a baseline.**
- c) Agrees to change the time of year the census is carried out in future from March to November, making this easier for schools to undertake.**

### **3 BACKGROUND**

3.1 The Scottish Government developed the census for use by Local Authorities. 16 out of 32 Local Authorities have undertaken the census in session 2021/22.

3.2 Following consultation with Elected Members and parents, the decision was taken to remove the sexual health and relationships questions before implementation across Scottish Borders schools.

3.3 The three reports outline the data collected from the census:-

1. Primary schools data (Appendix 1)
2. Secondary schools data (Appendix 2)
3. S4 substance use questionnaire data (Appendix 3)

3.4 An Executive Summary (Appendix 4) outlines some of the high level messages from the reports and the 4 key areas which are included in the Education Improvement Report for 2022/23.

3.5 The data reports will be of interest by other sectors and may influence planning and decision making moving forward.

### **4 CONTENT OF REPORTS AND EXECUTIVE SUMMARY**

4.1 4 key areas have been identified and will be the focus for this session:

1. *Bullying, numbers of young carers, body image and stress, worry and loneliness:* Work has already started on the bullying element and the current Respective Relationships Policy is being updated involving all stakeholders. Within the reports, there are other areas which are of interest and require further work and consideration.
2. *National information:* when the national information becomes available, it will be useful to see how the Scottish Borders data compares with other areas.
3. *Bi-annual census:* Undertaking this activity bi-annually will allow us to look at trends and areas for development over time.
4. *November implementation of census:* Moving forward, implementing the census in November allows schools greater flexibility of engaging with all children and young people. Time is available early in January to March for analysis and data being available for schools in the summer term. This cycle works better for improvement planning.

## 5 IMPLICATIONS

### 5.1 Financial

There are no costs attached to any of the recommendations contained in this report.

### 5.2 Risk and Mitigations

- a) Currently Health and Wellbeing is of greater concern across all sectors of society. The Health and Wellbeing Census allows Scottish Borders to have local data, relevant to children and young people within this area.
- b) The risk of not undertaking this census on a bi-annual basis would be there is no local data available. Potentially there could be smaller surveys carried out in localities, but they would not be consistent in their application or approach.

### 5.3 Integrated Impact Assessment

There are no significant effects on the Integrated Impact Assessment arising from the proposals contained in this report.

### 5.4 UN Development Goals

- a) *Ensure healthy lives and promote wellbeing for all at all ages:* The Health and Wellbeing census data reports will provide information for Scottish Borders Council and partner agencies to consider the views of children and young people and areas where change is required to improve wellbeing.
- b) *Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all potential:* The Health and Wellbeing Census Data Reports will support schools and partner agencies to identify areas where improvements could be made to increase engagement with learning. For example, considering the age and areas where young people are feeling most stressed and worried, will allow practitioners to target support.
- c) *Achieve gender equality and empower all women and girls:* The Health and Wellbeing Census data will allow Scottish Borders and partner agencies to identify areas where girls are requiring additional support. For example, body image will form part of the Education Improvement Plan for session 2022/23.

### 5.5 Climate Change

There are no significant effects on climate change arising from the proposals contained in this report.

### 5.6 Rural Proofing

There are no significant effects on rural proofing arising from the proposals contained in this report.

### 5.7 Data Protection Impact Statement

There are no personal data implications arising from the proposals contained in this report.

## 5.8 **Changes to Scheme of Administration or Scheme of Delegation**

There are no changes to be made to either the Scheme of Administration or the Scheme of Delegation as a result of the proposals contained in this report.

## 6 **CONSULTATION**

6.1 The Director (Finance & Corporate Governance), the Monitoring Officer/Chief Legal Officer, the Chief Officer Audit and Risk, the Director (People Performance & Change), the Clerk to the Council and Corporate Communications have been consulted and any comments received will be reported at the Sub Education Committee Meeting.

### **Approved by**

**Lesley Munro**

**Director – Education & Lifelong Learning**

### **Author(s)**

Name	Designation and Contact Number
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**Background Papers:** Not applicable

**Previous Minute Reference:** Not applicable

**Note** – You can get this document on tape, in Braille, large print and various computer formats by contacting the address below. Christine Brown can also give information on other language translations as well as providing additional copies.

Contact us at Council Headquarters, Newtown St Boswells, Melrose TD6 0SA (Tel 01835 24000).



Scottish Borders – Primary Schools

# HEALTH & WELLBEING CENSUS DATA

MARCH 2022



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# 1. Primary School Health and Wellbeing 2022 - Context Scottish Borders

This section provides a context for the Health and Wellbeing 2022 results, showing the base percentage representation by attribute. Overall 2965 (82%) pupils responded to the Health and Wellbeing census 2022.

## Responses by Stage and Cluster

### % Pupils by Stage

The response rate for P5, P6 and P7 pupils was consistent across the stages and gender.

Stage	F	M	Grand Total
P5	81%	82%	81%
P6	85%	81%	83%
P7	84%	80%	82%
<b>Grand Total</b>	<b>83%</b>	<b>81%</b>	<b>82%</b>

### % Pupils by Cluster

There was some variance in response rate by cluster, ranging from 75% for Berwickshire to 90% for Kelso.

Cluster	F	M	Grand Total
Berwickshire	76%	74%	75%
Earlston	88%	82%	85%
Eyemouth	79%	77%	78%
Galashiels	82%	75%	78%
Hawick	80%	86%	83%
Jedburgh	88%	87%	88%
Kelso	94%	86%	90%
Peebles	82%	82%	82%
Selkirk	83%	79%	81%
<b>Grand Total</b>	<b>83%</b>	<b>81%</b>	<b>82%</b>

## Representation of Survey Responses by Factors

82% of the Scottish Borders primary 5,6, 7 pupils responded to the Health and Wellbeing. The tables below show the number of pupils and responses for each factor and the percentage of responses of all pupils.

### Clothing Grant

82% of the Scottish Borders primary 5,6, 7 pupils responded to the Health and Wellbeing. The tables below show the number of pupils and responses for each factor and the percentage of responses of all pupils.

Clothing Grant	Pupils (P5-P7)	HWB Census	% HWB of Pupils
No	2878	2402	83%
Yes	740	563	76%
<b>Grand Total</b>	<b>3618</b>	<b>2965</b>	<b>82%</b>

## Children Looked After

Proportionally fewer pupils who are children looked after (76%) are respondents compared who are not (82%).

Looked After	Pupils (P5-P7)	HWB Census	% HWB of Pupils
No	3540	2906	82%
Yes	78	59	76%
<b>Grand Total</b>	<b>3618</b>	<b>2965</b>	<b>82%</b>

## Free School Meals

Proportionally fewer pupils who received free school meals (75%) are respondents compared who do not (83%).

Free School Meals	Pupils (P5-P7)	HWB Census	% HWB of Pupils
No	2987	2491	83%
Yes	631	474	75%
<b>Grand Total</b>	<b>3618</b>	<b>2965</b>	<b>82%</b>

## Level of English

This table show the proportion of responses to the Health and Wellbeing survey based on the pupils' level of English.

Level of English	Pupils (P5-P7)	HWB Census	% HWB of Pupils
Competent	40	32	80%
Developing Competence	82	65	79%
Early Acquisition	28	20	71%
First-Language	3426	2818	82%
Fluent	31	25	81%
Limited communication	1		0%
New to English	8	4	50%
Not assessed	2	1	50%
<b>Grand Total</b>	<b>3618</b>	<b>2965</b>	<b>82%</b>

## Disabled Status

Proportionally fewer pupils who have a disabled status (46%) are respondents compared who are not (82%).

Disabled	Pupils (P5-P7)	HWB Census	% HWB of Pupils
No	3590	2952	82%
Yes	28	13	46%
<b>Grand Total</b>	<b>3618</b>	<b>2965</b>	<b>82%</b>

## Additional Support Needs

Proportionally fewer pupils who have additional support needs (78%) are respondents compared who are not (85%).

Additional Support Needs	Pupils (P5-P7)	HWB Census	% HWB of Pupils
No	2082	1771	85%
Yes	1536	1194	78%
<b>Grand Total</b>	<b>3618</b>	<b>2965</b>	<b>82%</b>

## Scottish Index of Multiple Deprivation 2020 – Decline

This table shows the number and proportion of responses for each of the SIMD2020 Decile. The proportion of responses by SIMD2020 Decile ranges from 76% to 88%.

SIMD 2020 Decile	Pupils (P5-P7)	HWB Census	% HWB of Pupils
D01 - Most Deprived	107	81	76%
D02	191	148	77%
D03	107	88	82%
D04	417	334	80%
D05	496	379	76%
D06	780	633	81%
D07	677	585	86%
D08	428	358	84%
D09	243	214	88%
D10 - Least Deprived	140	120	86%
D99 - Not Recorded	32	25	78%
<b>Grand Total</b>	<b>3618</b>	<b>2965</b>	<b>82%</b>



## 2. School and Learning

### Agreements of School and Learning Statements - Overall

Question	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
Q4.1. I enjoy learning new things	31%	52%	13%	2%	1%	2%	2921
Q4.2. I feel like I have a choice in what I am learning in school	14%	34%	29%	15%	4%	5%	2884
Q4.3. Getting an education is important to me	57%	31%	7%	2%	1%	2%	2888
Q4.4. My teachers listen to what I have to say	42%	41%	11%	2%	1%	2%	2874
Q4.5. I have an adult to talk to at school if I am worried about something	43%	35%	10%	4%	2%	6%	2890
Q5.1. I feel like my teachers treat me fairly	40%	44%	11%	2%	1%	3%	2896
Q5.2. My parents (or carers) really care about my education	70%	24%	4%	1%	0%	2%	2878
Q5.3. I feel confident to speak up in class, ask questions and share my opinion	25%	35%	19%	11%	5%	5%	2872
Q5.4. Most of the time, I am happy at school	26%	41%	18%	7%	4%	5%	2869
Q5.5. I feel positive about my future	46%	34%	11%	3%	2%	4%	2871

The percent who strongly agree / agree are:

- 83% - I enjoy learning new things
- 47% - I feel like I have a choice in what I am learning in school
- 88% - Getting an education is important to me
- 84% - My teachers listen to what I have to say
- 78% - I have an adult to talk to at school if I am worried about something
- 84% - I feel like my teachers treat me fairly
- 94% - My parents (or carers) really care about my education
- 60% - I feel confident to speak up in class, ask questions and share my opinion
- 67% - Most of the time, I am happy at school
- 80% - I feel positive about my future



## Agreements of School and Learning Statements – Stages

Q4.1. I enjoy learning new things	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
P5	38%	49%	8%	1%	1%	3%	949
P6	31%	53%	14%	1%	0%	1%	974
P7	25%	54%	17%	2%	1%	1%	998
<b>Grand Total</b>	<b>31%</b>	<b>52%</b>	<b>13%</b>	<b>2%</b>	<b>1%</b>	<b>2%</b>	<b>2921</b>

Q4.2. I feel like I have a choice in what I am learning in school	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
P5	15%	35%	25%	13%	5%	7%	933
P6	13%	32%	31%	16%	4%	5%	966
P7	12%	34%	32%	16%	4%	2%	985
<b>Grand Total</b>	<b>14%</b>	<b>34%</b>	<b>29%</b>	<b>15%</b>	<b>4%</b>	<b>5%</b>	<b>2884</b>

Q4.3. Getting an education is important to me	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
P5	60%	28%	6%	2%	1%	3%	937
P6	58%	31%	7%	1%	1%	2%	965
P7	53%	34%	9%	2%	1%	1%	986
<b>Grand Total</b>	<b>57%</b>	<b>31%</b>	<b>7%</b>	<b>2%</b>	<b>1%</b>	<b>2%</b>	<b>2888</b>

Q4.4. My teachers listen to what I have to say	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
P5	46%	38%	10%	3%	1%	3%	931
P6	44%	42%	9%	2%	1%	2%	962
P7	37%	45%	14%	2%	1%	2%	981
<b>Grand Total</b>	<b>42%</b>	<b>41%</b>	<b>11%</b>	<b>2%</b>	<b>1%</b>	<b>2%</b>	<b>2874</b>

Q4.5. I have an adult to talk to at school if I am worried about something	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
P5	47%	33%	9%	3%	2%	6%	936
P6	44%	36%	9%	3%	2%	6%	965
P7	38%	35%	14%	5%	3%	5%	989
<b>Grand Total</b>	<b>43%</b>	<b>35%</b>	<b>10%</b>	<b>4%</b>	<b>2%</b>	<b>6%</b>	<b>2890</b>

Q5.1. I feel like my teachers treat me fairly	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
P5	45%	41%	8%	1%	1%	4%	945
P6	39%	46%	10%	1%	1%	3%	969
P7	35%	45%	14%	3%	1%	1%	982
<b>Grand Total</b>	<b>40%</b>	<b>44%</b>	<b>11%</b>	<b>2%</b>	<b>1%</b>	<b>3%</b>	<b>2896</b>

Q5.2. My parents (or carers) really care about my education	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
P5	69%	23%	4%	1%	1%	3%	938
P6	70%	26%	3%	0%	0%	1%	966
P7	70%	25%	4%	0%	0%	1%	974
<b>Grand Total</b>	<b>70%</b>	<b>24%</b>	<b>4%</b>	<b>1%</b>	<b>0%</b>	<b>2%</b>	<b>2878</b>

Q5.3. I feel confident to speak up in class, ask questions and share my opinion	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
P5	28%	33%	16%	11%	5%	7%	934
P6	25%	36%	20%	9%	6%	4%	960
P7	22%	37%	22%	12%	5%	3%	978
<b>Grand Total</b>	<b>25%</b>	<b>35%</b>	<b>19%</b>	<b>11%</b>	<b>5%</b>	<b>5%</b>	<b>2872</b>

Q5.4. Most of the time, I am happy at school	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
P5	35%	38%	15%	4%	3%	5%	931
P6	24%	43%	17%	7%	4%	5%	960
P7	20%	42%	22%	9%	3%	3%	978
<b>Grand Total</b>	<b>26%</b>	<b>41%</b>	<b>18%</b>	<b>7%</b>	<b>4%</b>	<b>5%</b>	<b>2869</b>

Q5.5. I feel positive about my future	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
P5	51%	29%	8%	3%	2%	8%	933
P6	48%	35%	10%	2%	1%	4%	962
P7	40%	37%	16%	3%	2%	2%	976
<b>Grand Total</b>	<b>46%</b>	<b>34%</b>	<b>11%</b>	<b>3%</b>	<b>2%</b>	<b>4%</b>	<b>2871</b>

## Agreements of School and Learning Statements – Clusters

Q4.1. I enjoy learning new things	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
Berwickshire	36%	54%	9%	1%	0%	0%	231
Earlston	32%	51%	13%	2%	0%	1%	408
Eyemouth	26%	60%	11%	3%	1%	1%	200
Galashiels	29%	53%	14%	2%	1%	2%	449
Hawick	31%	52%	12%	1%	1%	1%	437
Jedburgh	35%	53%	8%	1%	1%	2%	158
Kelso	28%	53%	15%	1%	0%	3%	287
Peebles	33%	49%	15%	1%	1%	1%	580
Selkirk	30%	50%	13%	2%	1%	4%	171
<b>Grand Total</b>	<b>31%</b>	<b>52%</b>	<b>13%</b>	<b>2%</b>	<b>1%</b>	<b>2%</b>	<b>2921</b>

Q4.2. I feel like I have a choice in what I am learning in school	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
Berwickshire	14%	34%	32%	13%	2%	5%	230
Earlston	15%	33%	33%	11%	5%	3%	404
Eyemouth	12%	43%	25%	13%	3%	4%	197
Galashiels	15%	33%	26%	16%	5%	5%	442
Hawick	17%	32%	26%	15%	4%	6%	427
Jedburgh	9%	28%	29%	23%	5%	5%	158
Kelso	11%	32%	30%	18%	4%	6%	282
Peebles	11%	34%	32%	15%	4%	3%	576
Selkirk	17%	35%	28%	12%	3%	6%	168
<b>Grand Total</b>	<b>14%</b>	<b>34%</b>	<b>29%</b>	<b>15%</b>	<b>4%</b>	<b>5%</b>	<b>2884</b>

<b>Q4.3. Getting an education is important to me</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	61%	27%	7%	2%	0%	2%	230
Earlston	60%	30%	7%	2%	0%	1%	400
Eyemouth	55%	33%	9%	2%	1%	1%	197
Galashiels	56%	29%	8%	1%	2%	3%	441
Hawick	55%	32%	7%	2%	0%	4%	433
Jedburgh	60%	32%	8%	0%	0%	0%	156
Kelso	55%	30%	9%	3%	0%	2%	283
Peebles	58%	33%	6%	1%	1%	1%	578
Selkirk	56%	31%	8%	2%	1%	2%	170
<b>Grand Total</b>	<b>57%</b>	<b>31%</b>	<b>7%</b>	<b>2%</b>	<b>1%</b>	<b>2%</b>	<b>2888</b>

<b>Q4.4. My teachers listen to what I have to say</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	46%	40%	10%	2%	0%	2%	228
Earlston	46%	41%	9%	0%	1%	2%	404
Eyemouth	40%	43%	11%	2%	3%	2%	196
Galashiels	43%	40%	11%	2%	1%	3%	440
Hawick	43%	42%	9%	3%	0%	3%	428
Jedburgh	35%	47%	10%	3%	2%	3%	154
Kelso	37%	41%	16%	3%	1%	3%	280
Peebles	41%	43%	11%	3%	0%	2%	577
Selkirk	48%	36%	12%	1%	1%	3%	167
<b>Grand Total</b>	<b>42%</b>	<b>41%</b>	<b>11%</b>	<b>2%</b>	<b>1%</b>	<b>2%</b>	<b>2874</b>

<b>Q4.5. I have an adult to talk to at school if I am worried about something</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	42%	39%	9%	3%	2%	6%	228
Earlston	46%	35%	11%	2%	2%	4%	404
Eyemouth	40%	38%	9%	4%	4%	5%	197
Galashiels	44%	35%	10%	2%	2%	7%	444
Hawick	45%	36%	7%	3%	3%	6%	430
Jedburgh	37%	35%	13%	7%	3%	6%	156
Kelso	46%	30%	13%	5%	2%	5%	283
Peebles	41%	34%	12%	5%	1%	7%	578
Selkirk	41%	38%	9%	6%	1%	5%	170
<b>Grand Total</b>	<b>43%</b>	<b>35%</b>	<b>10%</b>	<b>4%</b>	<b>2%</b>	<b>6%</b>	<b>2890</b>

<b>Q5.1. I feel like my teachers treat me fairly</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	44%	44%	9%	1%	0%	2%	228
Earlston	37%	45%	12%	3%	1%	2%	402
Eyemouth	37%	48%	10%	3%	2%	2%	200
Galashiels	40%	41%	10%	4%	1%	3%	450
Hawick	40%	44%	9%	1%	2%	3%	434
Jedburgh	40%	45%	9%	1%	1%	3%	156
Kelso	38%	43%	12%	3%	1%	3%	282
Peebles	39%	45%	12%	2%	0%	2%	577
Selkirk	44%	44%	8%	1%	1%	2%	167
<b>Grand Total</b>	<b>40%</b>	<b>44%</b>	<b>11%</b>	<b>2%</b>	<b>1%</b>	<b>3%</b>	<b>2896</b>

<b>Q5.2. My parents (or carers) really care about my education</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	68%	25%	6%	0%	0%	1%	226
Earlston	72%	25%	2%	1%	0%	1%	402
Eyemouth	69%	27%	3%	0%	1%	1%	196
Galashiels	73%	21%	3%	1%	0%	1%	445
Hawick	67%	24%	4%	1%	0%	4%	432
Jedburgh	71%	23%	3%	1%	1%	2%	156
Kelso	65%	28%	4%	1%	0%	2%	278
Peebles	72%	22%	4%	0%	0%	1%	578
Selkirk	64%	30%	3%	1%	1%	2%	165
<b>Grand Total</b>	<b>70%</b>	<b>24%</b>	<b>4%</b>	<b>1%</b>	<b>0%</b>	<b>2%</b>	<b>2878</b>

<b>Q5.3. I feel confident to speak up in class, ask questions and share my opinion</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	30%	35%	19%	8%	4%	5%	226
Earlston	28%	35%	23%	8%	2%	4%	401
Eyemouth	21%	38%	20%	11%	5%	5%	195
Galashiels	22%	33%	22%	12%	7%	4%	445
Hawick	25%	36%	14%	12%	6%	8%	431
Jedburgh	22%	32%	19%	17%	8%	3%	155
Kelso	21%	36%	19%	13%	8%	3%	278
Peebles	27%	38%	19%	8%	3%	3%	575
Selkirk	20%	33%	23%	11%	8%	5%	166
<b>Grand Total</b>	<b>25%</b>	<b>35%</b>	<b>19%</b>	<b>11%</b>	<b>5%</b>	<b>5%</b>	<b>2872</b>

<b>Q5.4. Most of the time, I am happy at school</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	31%	42%	17%	7%	2%	2%	228
Earlston	25%	45%	18%	5%	3%	4%	401
Eyemouth	27%	42%	18%	6%	4%	4%	198
Galashiels	22%	41%	19%	8%	4%	6%	442
Hawick	26%	39%	15%	7%	7%	6%	429
Jedburgh	29%	36%	15%	12%	3%	6%	154
Kelso	26%	39%	21%	8%	1%	4%	277
Peebles	27%	42%	19%	6%	3%	3%	574
Selkirk	27%	40%	19%	5%	3%	5%	166
<b>Grand Total</b>	<b>26%</b>	<b>41%</b>	<b>18%</b>	<b>7%</b>	<b>4%</b>	<b>5%</b>	<b>2869</b>

<b>Q5.5. I feel positive about my future</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	54%	29%	8%	2%	2%	4%	226
Earlston	51%	35%	9%	2%	0%	2%	402
Eyemouth	42%	36%	14%	4%	2%	3%	197
Galashiels	43%	31%	13%	5%	2%	7%	444
Hawick	47%	33%	9%	3%	1%	7%	429
Jedburgh	45%	33%	11%	4%	2%	6%	155
Kelso	43%	37%	11%	4%	1%	4%	278
Peebles	47%	35%	12%	2%	2%	3%	574
Selkirk	41%	34%	16%	2%	2%	4%	166
<b>Grand Total</b>	<b>46%</b>	<b>34%</b>	<b>11%</b>	<b>3%</b>	<b>2%</b>	<b>4%</b>	<b>2871</b>

## Schoolwork Pressure – P7 only

Only the P7 survey asked about stress and the future.

<b>P7 Only Q6. How pressured (stressed) do you feel by the schoolwork you have to do?</b>	<b>1. Not at all</b>	<b>2. A little</b>	<b>3. Some</b>	<b>4. A lot</b>	<b>5. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	19%	31%	39%	4%	7%	74
Earlston	22%	43%	24%	9%	3%	129
Eyemouth	27%	42%	17%	13%	2%	64
Galashiels	11%	37%	37%	10%	5%	145
Hawick	18%	39%	30%	8%	5%	141
Jedburgh	16%	39%	31%	8%	5%	61
Kelso	17%	42%	29%	7%	4%	99
Peebles	19%	46%	22%	12%	2%	217
Selkirk	15%	40%	25%	21%	0%	53
<b>Grand Total</b>	<b>18%</b>	<b>41%</b>	<b>28%</b>	<b>10%</b>	<b>4%</b>	<b>983</b>

## Page 88 After leaving School – P7 only

<b>P7 Only Q7. Now looking ahead, when do you think you want to leave school / full-time education?</b>	<b>1. I want to leave school as soon as I can (e.g. at the end of S4)</b>	<b>2. I want to continue with my full-time education (e.g. stay on into S5 or go to college)</b>	<b>3. I'm not sure at the moment</b>	<b>4. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	4%	50%	39%	7%	74
Earlston	6%	58%	33%	3%	129
Eyemouth	8%	61%	31%	0%	64
Galashiels	8%	48%	39%	5%	145
Hawick	10%	50%	36%	4%	136
Jedburgh	10%	51%	39%	0%	61
Kelso	6%	55%	33%	6%	99
Peebles	5%	53%	41%	1%	212
Selkirk	6%	43%	51%	0%	53
<b>Grand Total</b>	<b>7%</b>	<b>52%</b>	<b>38%</b>	<b>3%</b>	<b>973</b>



## 3. Physical Activity

### Physical Activity Yesterday

Q6. For this next question, add up all the time you spent doing physical activity yesterday?	1. None	2. Less than half an hour	3. Between half an hour and 1 hour	4. 1 to 2 hours	5. 2 hours or more	6. Prefer not to say	Respondents to Question
Berwickshire	7%	9%	21%	28%	28%	8%	234
Earlston	3%	8%	16%	27%	41%	5%	404
Eyemouth	6%	10%	18%	30%	34%	4%	200
Galashiels	5%	8%	18%	28%	35%	7%	451
Hawick	6%	11%	19%	24%	30%	10%	434
Jedburgh	3%	8%	19%	31%	35%	4%	156
Kelso	2%	8%	24%	26%	35%	6%	287
Peebles	4%	8%	18%	31%	34%	5%	583
Selkirk	5%	7%	23%	25%	34%	5%	169
<b>Grand Total</b>	<b>4%</b>	<b>8%</b>	<b>19%</b>	<b>28%</b>	<b>34%</b>	<b>6%</b>	<b>2918</b>

Q6. For this next question, add up all the time you spent doing physical activity yesterday?	1. None	2. Less than half an hour	3. Between half an hour and 1 hour	4. 1 to 2 hours	5. 2 hours or more	6. Prefer not to say	Respondents to Question
P6	5%	11%	19%	25%	31%	9%	950
P8	4%	6%	19%	30%	34%	6%	970
P7	4%	8%	19%	29%	37%	4%	998
<b>Grand Total</b>	<b>4%</b>	<b>8%</b>	<b>19%</b>	<b>28%</b>	<b>34%</b>	<b>6%</b>	<b>2918</b>

## Physically Active Outside School Hours

Q7. How often do you usually do any physical activity in your free time (outside school hours) so much that you get out of breath or sweat?	1. Every day	2. 4 to 6 times a week	3. 2 to 3 times a week	4. Once a week	5. At least once a week but not every day	6. At least once a month but not every week	7. Less than once a month	8. Never	9. Prefer not to say	Respondents to Question
Berwickshire	46%	10%	8%	2%	20%	2%	0%	1%	10%	229
Earlston	47%	10%	8%	2%	25%	2%	1%	1%	4%	402
Eyemouth	43%	9%	8%	2%	26%	4%	1%	3%	7%	200
Galashiels	41%	8%	10%	3%	23%	3%	2%	3%	8%	444
Hawick	47%	8%	7%	3%	19%	3%	1%	4%	8%	433
Jedburgh	47%	8%	9%	0%	22%	1%	2%	3%	8%	152
Kelso	46%	8%	10%	2%	23%	3%	0%	2%	6%	284
Peebles	43%	14%	11%	3%	20%	2%	0%	1%	6%	578
Selkirk	35%	20%	16%	8%	8%	3%	1%	3%	5%	169
<b>Grand Total</b>	<b>44%</b>	<b>10%</b>	<b>9%</b>	<b>3%</b>	<b>21%</b>	<b>3%</b>	<b>1%</b>	<b>2%</b>	<b>7%</b>	<b>2891</b>

Q7. How often do you usually do any physical activity in your free time (outside school hours) so much that you get out of breath or sweat?	1. Every day	2. 4 to 6 times a week	3. 2 to 3 times a week	4. Once a week	5. At least once a week but not every day	6. At least once a month but not every week	7. Less than once a month	8. Never	9. Prefer not to say	Respondents to Question
P5	53%	1%	1%	0%	31%	3%	1%	2%	8%	937
P6	50%	2%	1%	1%	33%	2%	1%	2%	7%	958
P7	30%	27%	25%	7%	1%	3%	1%	2%	5%	996
<b>Grand Total</b>	<b>44%</b>	<b>10%</b>	<b>9%</b>	<b>3%</b>	<b>21%</b>	<b>3%</b>	<b>1%</b>	<b>2%</b>	<b>7%</b>	<b>2891</b>

## 4. Health

### General Health

Q8. In general, how would you say your health is?	1. Excellent	2. Good	3. Fair	4. Poor	5. Prefer not to say	Respondents to Question
Berwickshire	33%	49%	12%	2%	4%	233
Earlston	31%	50%	13%	1%	4%	407
Eyemouth	24%	56%	16%	0%	4%	203
Galashiels	29%	50%	15%	2%	5%	453
Hawick	32%	45%	15%	2%	7%	437
Jedburgh	24%	45%	18%	3%	10%	157
Kelso	25%	50%	18%	1%	6%	288
Peebles	30%	53%	13%	1%	4%	583
Selkirk	31%	47%	17%	2%	3%	169
<b>Grand Total</b>	<b>29%</b>	<b>50%</b>	<b>15%</b>	<b>2%</b>	<b>5%</b>	<b>2930</b>

Q8. In general, how would you say your health is?	1. Excellent	2. Good	3. Fair	4. Poor	5. Prefer not to say	Respondents to Question
P5	33%	49%	11%	2%	5%	959
P6	31%	48%	15%	1%	5%	975
P7	25%	52%	17%	2%	5%	996
<b>Grand Total</b>	<b>29%</b>	<b>50%</b>	<b>15%</b>	<b>2%</b>	<b>5%</b>	<b>2930</b>

## Long-term Health Condition

Q9. Do you have a physical or mental health condition or illness lasting or expected to last 12 months or more?	1. Yes	2. No	6. Prefer not to say	Respondents to Question
Berwickshire	14%	73%	14%	233
Earlston	12%	76%	13%	405
Eyemouth	14%	73%	13%	202
Galashiels	11%	66%	23%	449
Hawick	17%	69%	15%	430
Jedburgh	20%	66%	14%	158
Kelso	12%	69%	19%	283
Peebles	12%	74%	14%	582
Selkirk	18%	68%	14%	168
<b>Grand Total</b>	<b>14%</b>	<b>71%</b>	<b>16%</b>	<b>2910</b>

Q9. Do you have a physical or mental health condition or illness lasting or expected to last 12 months or more?	1. Yes	2. No	6. Prefer not to say	Respondents to Question
P5	16%	69%	15%	954
P6	12%	70%	18%	966
P7	13%	73%	14%	990
<b>Grand Total</b>	<b>14%</b>	<b>71%</b>	<b>16%</b>	<b>2910</b>

## Life Statements

	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
<b>Q10.1. My life is just right</b>							
Berwickshire	41%	36%	14%	2%	2%	4%	230
Earlston	36%	34%	18%	5%	1%	5%	404
Eyemouth	40%	34%	13%	6%	2%	4%	202
Galashiels	33%	33%	20%	6%	3%	5%	448
Hawick	36%	33%	14%	7%	4%	6%	431
Jedburgh	36%	32%	16%	6%	1%	9%	157
Kelso	33%	36%	15%	6%	2%	7%	285
Peebles	35%	37%	18%	5%	2%	3%	579
Selkirk	39%	28%	18%	7%	4%	4%	168
<b>Grand Total</b>	<b>36%</b>	<b>34%</b>	<b>17%</b>	<b>6%</b>	<b>3%</b>	<b>5%</b>	<b>2904</b>

Page 6		1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
	<b>Q10.1. My life is just right</b>							
	P5	43%	32%	12%	4%	2%	6%	955
	P6	36%	35%	16%	6%	2%	5%	962
	P7	29%	36%	21%	6%	3%	5%	987
	<b>Grand Total</b>	<b>36%</b>	<b>34%</b>	<b>17%</b>	<b>6%</b>	<b>3%</b>	<b>5%</b>	<b>2904</b>

Q10.2. I wish I had a different kind of life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
Berwickshire	5%	6%	7%	21%	51%	10%	227
Earlston	4%	5%	13%	19%	49%	10%	398
Eyemouth	4%	9%	15%	25%	41%	7%	197
Galashiels	5%	8%	12%	24%	42%	8%	440
Hawick	7%	10%	11%	22%	40%	10%	424
Jedburgh	5%	9%	14%	20%	43%	9%	156
Kelso	4%	10%	13%	21%	40%	12%	280
Peebles	3%	8%	11%	25%	47%	6%	575
Selkirk	2%	8%	13%	22%	48%	5%	165
<b>Grand Total</b>	<b>4%</b>	<b>8%</b>	<b>12%</b>	<b>23%</b>	<b>45%</b>	<b>8%</b>	<b>2862</b>

Q10.2. I wish I had a different kind of life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
P5	5%	7%	9%	22%	48%	9%	938
P6	4%	6%	11%	22%	47%	9%	948
P7	4%	10%	15%	24%	39%	7%	976
<b>Grand Total</b>	<b>4%</b>	<b>8%</b>	<b>12%</b>	<b>23%</b>	<b>45%</b>	<b>8%</b>	<b>2862</b>

	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
<b>Q10.3. I have what I want in life</b>							
Berwickshire	40%	32%	15%	4%	2%	7%	225
Earlston	32%	40%	18%	3%	2%	5%	401
Eyemouth	35%	38%	16%	4%	1%	6%	197
Galashiels	34%	32%	19%	7%	3%	5%	442
Hawick	33%	33%	17%	8%	2%	7%	424
Jedburgh	34%	35%	17%	8%	1%	5%	155
Kelso	32%	37%	17%	6%	3%	6%	279
Peebles	31%	39%	18%	5%	2%	5%	576
Selkirk	34%	34%	21%	4%	4%	4%	166
<b>Grand Total</b>	<b>33%</b>	<b>36%</b>	<b>18%</b>	<b>5%</b>	<b>2%</b>	<b>6%</b>	<b>2865</b>

	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
<b>Q10.3. I have what I want in life</b>							
P5	35%	33%	16%	6%	2%	7%	933
P6	35%	37%	15%	5%	2%	6%	955
P7	30%	37%	21%	5%	2%	4%	977
<b>Grand Total</b>	<b>33%</b>	<b>36%</b>	<b>18%</b>	<b>5%</b>	<b>2%</b>	<b>6%</b>	<b>2865</b>

## Feeling Statements

	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
<b>Q11.1. In general, I like who I am</b>						
Berwickshire	48%	36%	12%	1%	3%	231
Earlston	44%	37%	14%	3%	2%	402
Eyemouth	37%	40%	18%	4%	1%	201
Galashiels	39%	39%	14%	5%	3%	440
Hawick	40%	38%	11%	7%	3%	429
Jedburgh	42%	37%	16%	3%	2%	153
Kelso	34%	40%	17%	6%	2%	279
Peebles	41%	41%	12%	4%	2%	572
Selkirk	44%	35%	11%	6%	4%	166
<b>Grand Total</b>	<b>41%</b>	<b>39%</b>	<b>13%</b>	<b>5%</b>	<b>2%</b>	<b>2873</b>

Page		1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
<b>Q11.1. In general, I like who I am</b>							
P5		51%	35%	9%	3%	3%	936
P6		42%	40%	12%	4%	2%	951
P7		31%	40%	19%	7%	3%	986
<b>Grand Total</b>		<b>41%</b>	<b>39%</b>	<b>13%</b>	<b>5%</b>	<b>2%</b>	<b>2873</b>



	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
<b>Q11.2. I am proud of the things I can do</b>						
Berwickshire	58%	30%	9%	1%	1%	233
Earlston	49%	37%	11%	2%	1%	401
Eyemouth	46%	41%	10%	3%	1%	199
Galashiels	48%	36%	12%	3%	1%	442
Hawick	49%	38%	10%	1%	2%	428
Jedburgh	49%	40%	6%	3%	1%	154
Kelso	44%	43%	8%	3%	1%	279
Peebles	48%	39%	9%	3%	1%	569
Selkirk	53%	36%	6%	3%	2%	165
<b>Grand Total</b>	<b>49%</b>	<b>38%</b>	<b>10%</b>	<b>2%</b>	<b>1%</b>	<b>2870</b>

	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
<b>Q11.2. I am proud of the things I can do</b>						
P5	56%	34%	7%	2%	1%	931
P6	51%	38%	8%	2%	1%	956
P7	40%	42%	13%	4%	2%	983
<b>Grand Total</b>	<b>49%</b>	<b>38%</b>	<b>10%</b>	<b>2%</b>	<b>1%</b>	<b>2870</b>

	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
<b>Q11.3. When I do something, I try my hardest</b>						
Berwickshire	49%	38%	11%	1%	1%	232
Earlston	44%	41%	12%	2%	1%	402
Eyemouth	41%	42%	13%	5%	1%	200
Galashiels	40%	40%	17%	2%	1%	439
Hawick	49%	35%	12%	2%	2%	427
Jedburgh	51%	34%	12%	3%	1%	153
Kelso	40%	42%	14%	3%	1%	276
Peebles	38%	43%	17%	2%	0%	570
Selkirk	47%	42%	9%	1%	1%	165
<b>Grand Total</b>	<b>43%</b>	<b>40%</b>	<b>14%</b>	<b>2%</b>	<b>1%</b>	<b>2864</b>

Q11.3. When I do something, I try my hardest	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	50%	38%	10%	1%	1%	928
P6	45%	38%	13%	2%	1%	956
P7	36%	43%	18%	3%	1%	980
<b>Grand Total</b>	<b>43%</b>	<b>40%</b>	<b>14%</b>	<b>2%</b>	<b>1%</b>	<b>2864</b>

Q11.4. I feel like I can make decisions in my life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Berwickshire	43%	42%	10%	3%	2%	231
Earlston	36%	47%	14%	1%	1%	401
Eyemouth	36%	46%	12%	5%	1%	198
Galashiels	35%	45%	14%	4%	2%	431
Hawick	38%	41%	14%	4%	3%	422
Jedburgh	38%	38%	16%	6%	1%	146
Kelso	34%	47%	15%	4%	0%	278
Peebles	34%	45%	15%	3%	2%	568
Selkirk	30%	47%	15%	5%	4%	162
<b>Grand Total</b>	<b>36%</b>	<b>45%</b>	<b>14%</b>	<b>3%</b>	<b>2%</b>	<b>2837</b>

Q11.4. I feel like I can make decisions in my life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	40%	41%	13%	4%	3%	919
P6	37%	46%	13%	3%	2%	946
P7	31%	47%	16%	4%	1%	972
<b>Grand Total</b>	<b>36%</b>	<b>45%</b>	<b>14%</b>	<b>3%</b>	<b>2%</b>	<b>2837</b>

Q11.5. Generally, I feel cheerful and I am in a good mood	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Berwickshire	35%	43%	15%	6%	2%	232
Earlston	33%	38%	22%	6%	1%	403
Eyemouth	30%	35%	26%	7%	2%	198
Galashiels	27%	39%	23%	8%	4%	435
Hawick	32%	38%	17%	9%	4%	426
Jedburgh	37%	37%	18%	5%	3%	149
Kelso	27%	38%	27%	6%	2%	272
Peebles	30%	43%	19%	6%	2%	566
Selkirk	32%	37%	19%	8%	4%	164
<b>Grand Total</b>	<b>31%</b>	<b>39%</b>	<b>20%</b>	<b>7%</b>	<b>3%</b>	<b>2845</b>

Q11.5. Generally, I feel cheerful and I am in a good mood	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	37%	37%	16%	6%	3%	923
P6	30%	40%	20%	6%	3%	944
P7	25%	40%	24%	8%	3%	978
<b>Grand Total</b>	<b>31%</b>	<b>39%</b>	<b>20%</b>	<b>7%</b>	<b>3%</b>	<b>2845</b>

Q11.6. There are lots of things that I worry about in my life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Berwickshire	17%	24%	28%	24%	7%	229
Earlston	16%	24%	25%	23%	12%	398
Eyemouth	14%	21%	28%	26%	11%	195
Galashiels	20%	23%	23%	24%	9%	433
Hawick	21%	25%	20%	22%	11%	416
Jedburgh	22%	30%	20%	19%	9%	152
Kelso	19%	27%	24%	19%	11%	274
Peebles	15%	20%	30%	26%	9%	553
Selkirk	16%	27%	23%	25%	8%	161
<b>Grand Total</b>	<b>18%</b>	<b>24%</b>	<b>25%</b>	<b>23%</b>	<b>10%</b>	<b>2811</b>

Q11.6. There are lots of things that I worry about in my life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	19%	24%	22%	22%	12%	913
P6	16%	24%	25%	24%	11%	931
P7	18%	23%	28%	24%	7%	967
<b>Grand Total</b>	<b>18%</b>	<b>24%</b>	<b>25%</b>	<b>23%</b>	<b>10%</b>	<b>2811</b>

Q11.7. Even if I'm having a difficult time, I feel like I will be OK	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Berwickshire	30%	43%	19%	4%	4%	228
Earlston	23%	46%	19%	9%	4%	401
Eyemouth	23%	43%	22%	9%	4%	199
Galashiels	21%	38%	25%	9%	7%	433
Hawick	28%	38%	17%	9%	8%	425
Leith	26%	43%	20%	7%	5%	152
Walls	20%	46%	19%	10%	5%	279
Wauke	22%	43%	25%	6%	4%	568
Selkirk	24%	42%	22%	5%	7%	165
<b>Grand Total</b>	<b>24%</b>	<b>42%</b>	<b>21%</b>	<b>8%</b>	<b>5%</b>	<b>2850</b>

Q11.7. Even if I'm having a difficult time, I feel like I will be OK	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	30%	41%	17%	7%	5%	925
P6	22%	46%	19%	7%	6%	945
P7	19%	39%	27%	9%	5%	980
<b>Grand Total</b>	<b>24%</b>	<b>42%</b>	<b>21%</b>	<b>8%</b>	<b>5%</b>	<b>2850</b>

## Feeling Confident

Q12. Over the past 2 weeks, how often have you been feeling confident?	1. None of the time	2. Rarely	3. Some of the time	4. Often	5. All of the time	Respondents to Question
Berwickshire	4%	11%	28%	34%	23%	232
Earlston	2%	13%	29%	39%	18%	403
Eyemouth	6%	17%	28%	36%	14%	200
Galashiels	4%	13%	34%	34%	15%	439
Hawick	6%	15%	32%	30%	18%	434
Jedburgh	5%	13%	29%	34%	18%	153
Kelso	4%	15%	28%	35%	17%	281
Peebles	4%	10%	25%	47%	13%	579
Selkirk	5%	17%	30%	27%	21%	168
<b>Grand Total</b>	<b>4%</b>	<b>13%</b>	<b>29%</b>	<b>37%</b>	<b>17%</b>	<b>2889</b>

Q12. Over the past 2 weeks, how often have you been feeling confident?	1. None of the time	2. Rarely	3. Some of the time	4. Often	5. All of the time	Respondents to Question
P1	6%	11%	28%	35%	21%	939
P5	3%	12%	30%	38%	17%	962
P7	4%	16%	30%	37%	12%	988
<b>Grand Total</b>	<b>4%</b>	<b>13%</b>	<b>29%</b>	<b>37%</b>	<b>17%</b>	<b>2889</b>

## Body Image Questions – P7 only

Questions asked in the P7 survey.

<b>P7 Only Q15. Please say how much you agree or disagree with this sentence: "I am happy with my body and the way I look".</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	19%	37%	16%	11%	5%	11%	73
Earlston	17%	32%	25%	12%	3%	11%	128
Eyemouth	13%	34%	16%	13%	10%	13%	61
Galashiels	18%	30%	27%	12%	6%	7%	138
Hawick	26%	25%	16%	8%	10%	15%	140
Jedburgh	19%	24%	25%	15%	5%	12%	59
Kelso	17%	31%	17%	19%	7%	9%	96
Peebles	21%	33%	20%	13%	5%	7%	215
Selkirk	25%	22%	18%	20%	6%	10%	51
<b>Grand Total</b>	<b>20%</b>	<b>30%</b>	<b>21%</b>	<b>13%</b>	<b>6%</b>	<b>10%</b>	<b>961</b>

<b>P7 Only Q16. Please say how much you agree or disagree with this sentence: "My body and the way I look affects how I feel about myself".</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	8%	21%	20%	25%	15%	10%	71
Earlston	12%	31%	15%	14%	16%	12%	121
Eyemouth	18%	25%	21%	21%	5%	9%	56
Galashiels	10%	30%	26%	17%	9%	8%	136
Hawick	14%	21%	20%	18%	18%	9%	137
Jedburgh	17%	24%	24%	10%	14%	10%	58
Kelso	9%	31%	22%	16%	16%	6%	95
Peebles	10%	28%	24%	23%	10%	5%	212
Selkirk	16%	28%	22%	18%	8%	8%	50
<b>Grand Total</b>	<b>12%</b>	<b>27%</b>	<b>22%</b>	<b>18%</b>	<b>13%</b>	<b>8%</b>	<b>936</b>

## 5. Sleeping

### Going to Bed

Q13. When do you usually go to bed if you have to go to school the next morning?	1. Before 9.00 pm	2. At 9.00 pm or later, but before 10.00 pm	3. At 10.00 pm or later, but before 11.00 pm	4. At 11.00 pm or later, but before midnight	5. At midnight or later	6. Prefer not to say	Respondents to Question
Berwickshire	38%	37%	10%	2%	3%	9%	234
Earlston	36%	39%	13%	4%	3%	5%	404
Eyemouth	29%	32%	21%	9%	3%	6%	199
Galashiels	31%	33%	17%	6%	6%	7%	445
Hawick	31%	35%	16%	5%	4%	9%	437
Jedburgh	29%	36%	15%	5%	6%	9%	155
Kelso	32%	38%	15%	4%	5%	6%	286
Peebles	36%	39%	13%	4%	3%	6%	579
Wick	38%	30%	15%	5%	5%	6%	168
<b>Grand Total</b>	<b>33%</b>	<b>36%</b>	<b>15%</b>	<b>5%</b>	<b>4%</b>	<b>7%</b>	<b>2907</b>

03

Q13. When do you usually go to bed if you have to go to school the next morning?	1. Before 9.00 pm	2. At 9.00 pm or later, but before 10.00 pm	3. At 10.00 pm or later, but before 11.00 pm	4. At 11.00 pm or later, but before midnight	5. At midnight or later	6. Prefer not to say	Respondents to Question
P5	46%	32%	7%	2%	4%	9%	955
P6	35%	37%	14%	3%	3%	7%	963
P7	19%	39%	23%	8%	5%	5%	989
<b>Grand Total</b>	<b>33%</b>	<b>36%</b>	<b>15%</b>	<b>5%</b>	<b>4%</b>	<b>7%</b>	<b>2907</b>

## Waking Up

Q14. When do you usually wake up on school mornings?	1. Before 5.00 am	2. At 5.00 am or later, but before 6.00 am	3. At 6.00 am or later, but before 7.00 am	4. At 7.00 am or later, but before 8.00 am	5. At 8.00 am or later	6. Prefer not to say	Respondents to Question
Berwickshire	3%	7%	38%	45%	4%	3%	232
Earlston	2%	8%	30%	53%	5%	2%	399
Eyemouth	6%	9%	28%	47%	9%	3%	200
Galashiels	2%	6%	30%	50%	7%	5%	440
Hawick	4%	5%	27%	52%	7%	4%	429
Jedburgh	4%	8%	32%	44%	7%	5%	154
Kelso	3%	6%	27%	58%	4%	3%	279
Peebles	3%	6%	29%	55%	5%	3%	574
Selkirk	2%	7%	33%	49%	6%	3%	167
<b>Grand Total</b>	<b>3%</b>	<b>7%</b>	<b>30%</b>	<b>52%</b>	<b>6%</b>	<b>3%</b>	<b>2874</b>

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Q14. When do you usually wake up on school mornings?	1. Before 5.00 am	2. At 5.00 am or later, but before 6.00 am	3. At 6.00 am or later, but before 7.00 am	4. At 7.00 am or later, but before 8.00 am	5. At 8.00 am or later	6. Prefer not to say	Respondents to Question
P5	5%	7%	28%	47%	7%	5%	945
P6	2%	6%	30%	54%	5%	3%	951
P7	2%	6%	31%	54%	5%	2%	978
<b>Grand Total</b>	<b>3%</b>	<b>7%</b>	<b>30%</b>	<b>52%</b>	<b>6%</b>	<b>3%</b>	<b>2874</b>



## 6. Breakfast and Food

### Eating Breakfast

Q15. How often do you usually have breakfast on weekdays (more than a glass of milk or fruit juice)?	1. I never have breakfast during weekdays	2. One or two days	3. Three or four days	4. Every day	5. Prefer not to say	Respondents to Question
Berwickshire	6%	7%	8%	74%	5%	233
Earlston	3%	7%	8%	78%	4%	402
Eyemouth	13%	11%	13%	58%	6%	198
Galashiels	9%	9%	7%	71%	5%	445
Hawick	9%	10%	7%	69%	5%	436
Jedburgh	6%	8%	13%	68%	5%	154
Kelso	7%	10%	8%	68%	6%	285
Peebles	6%	6%	7%	76%	5%	574
Selkirk	9%	9%	8%	70%	4%	169
<b>Grand Total</b>	<b>7%</b>	<b>8%</b>	<b>8%</b>	<b>72%</b>	<b>5%</b>	<b>2896</b>

Q15. How often do you usually have breakfast on weekdays (more than a glass of milk or fruit juice)?	1. I never have breakfast during weekdays	2. One or two days	3. Three or four days	4. Every day	5. Prefer not to say	Respondents to Question
P5	5%	7%	6%	75%	7%	950
P6	7%	7%	7%	74%	4%	959
P7	10%	10%	11%	66%	3%	987
<b>Grand Total</b>	<b>7%</b>	<b>8%</b>	<b>8%</b>	<b>72%</b>	<b>5%</b>	<b>2896</b>

Q16. How often do you usually have breakfast at weekends (more than a glass of milk or fruit juice)?	1. I never have breakfast during the weekend	2. I usually have breakfast on only one day of the weekend (Saturday or Sunday)	3. I usually have breakfast on both days of the weekend (Saturday and Sunday)	4. Prefer not to say	Respondents to Question
Berwickshire	5%	9%	78%	7%	225
Earlston	6%	8%	82%	4%	398
Eyemouth	13%	12%	69%	6%	196
Galashiels	8%	10%	75%	7%	436
Hawick	12%	9%	71%	8%	425
Jedburgh	7%	16%	71%	6%	150
Kelso	6%	13%	74%	7%	277
Peebles	5%	11%	79%	5%	570
Selkirk	12%	10%	70%	7%	166
<b>Grand Total</b>	<b>8%</b>	<b>11%</b>	<b>76%</b>	<b>6%</b>	<b>2843</b>

Q16. How often do you usually have breakfast at weekends (more than a glass of milk or fruit juice)?	1. I never have breakfast during the weekend	2. I usually have breakfast on only one day of the weekend (Saturday or Sunday)	3. I usually have breakfast on both days of the weekend (Saturday and Sunday)	4. Prefer not to say	Respondents to Question
P5	6%	9%	76%	9%	925
P6	6%	10%	78%	5%	942
P7	10%	13%	73%	4%	976
<b>Grand Total</b>	<b>8%</b>	<b>11%</b>	<b>76%</b>	<b>6%</b>	<b>2843</b>

## Frequency of Eating or Drinking

How often do you usually eat or drink....	1. Never	2. Once a week or less	3. 2-4 days a week	4. 5-6 days a week	5. At least once a day	Respondents to Question
Q17.1. Fruit	3%	10%	20%	22%	45%	2813
Q17.2. Vegetables	9%	12%	20%	24%	36%	2746
Q17.3. Fruit juice or smoothies	14%	22%	23%	18%	23%	2743
Q17.4. Sweets or chocolate	2%	22%	35%	19%	22%	2760
Q17.5. Cakes or biscuits	6%	39%	30%	13%	12%	2778
Q17.6. Crisps	6%	19%	26%	25%	24%	2796
Q17.7. Chips or fried potatoes	8%	35%	32%	15%	11%	2763
Q17.8. Water	3%	6%	7%	21%	63%	2771
Q17.9. Coke or other soft drinks that contain sugar	17%	40%	23%	10%	10%	2733
Q17.10. Energy drinks (e.g. Red Bull, Lucozade, Monster)	71%	18%	6%	2%	3%	2774

## Being Hungry (P7 Survey Only)

Q22. Some children and young people go to school or to bed hungry. How often does this happen to you?	1. Always	2. Often	3. Sometimes	4. Never	5. Prefer not to say	Respondents to Question
Berwickshire	3%	3%	27%	60%	7%	73
Earlston	3%	5%	23%	65%	4%	130
Eyemouth	8%	13%	30%	46%	3%	61
Galashiels	3%	10%	28%	56%	4%	140
Hawick	7%	4%	30%	55%	4%	141
Jedburgh	2%	7%	24%	64%	3%	58
Kelso	1%	5%	29%	60%	4%	96
Peebles	2%	8%	31%	55%	3%	215
Selkirk	2%	10%	29%	58%	2%	52
<b>Grand Total</b>	<b>3%</b>	<b>7%</b>	<b>28%</b>	<b>58%</b>	<b>4%</b>	<b>966</b>

## 7. Relationship with Adults

Q18.1. Adults are good at listening to what I say	1. Agree	2. Neither agree nor disagree	3. Disagree	4. Don't know	Respondents to Question
Berwickshire	78%	14%	3%	6%	228
Earlston	76%	15%	2%	6%	403
Eyemouth	75%	15%	2%	8%	195
Galashiels	74%	15%	2%	8%	441
Hawick	75%	11%	4%	9%	434
Jedburgh	75%	15%	2%	8%	152
Kelso	70%	17%	4%	10%	277
Peebles	75%	15%	3%	6%	574
Selkirk	75%	13%	3%	9%	167
<b>Grand Total</b>	<b>75%</b>	<b>15%</b>	<b>3%</b>	<b>8%</b>	<b>2871</b>

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Q18.1. Adults are good at listening to what I say	1. Agree	2. Neither agree nor disagree	3. Disagree	4. Don't know	Respondents to Question
P5	76%	12%	3%	9%	936
P6	77%	12%	3%	8%	954
P7	72%	20%	2%	6%	981
<b>Grand Total</b>	<b>75%</b>	<b>15%</b>	<b>3%</b>	<b>8%</b>	<b>2871</b>

<b>Q18.2. Adults are good at taking what I say into account</b>	<b>1. Agree</b>	<b>2. Neither agree nor disagree</b>	<b>3. Disagree</b>	<b>4. Don't know</b>	<b>Respondents to Question</b>
Berwickshire	67%	17%	3%	13%	217
Earlston	67%	21%	1%	11%	396
Eyemouth	63%	17%	3%	16%	186
Galashiels	66%	17%	3%	14%	427
Hawick	63%	17%	3%	18%	418
Jedburgh	60%	19%	3%	18%	146
Kelso	59%	19%	4%	18%	269
Peebles	63%	22%	4%	12%	555
Selkirk	65%	15%	6%	14%	157
<b>Grand Total</b>	<b>64%</b>	<b>19%</b>	<b>3%</b>	<b>14%</b>	<b>2771</b>

<b>Q18.2. Adults are good at taking what I say into account</b>	<b>1. Agree</b>	<b>2. Neither agree nor disagree</b>	<b>3. Disagree</b>	<b>4. Don't know</b>	<b>Respondents to Question</b>
P5	64%	14%	3%	19%	903
P6	66%	16%	3%	15%	919
P7	62%	25%	3%	9%	949
<b>Grand Total</b>	<b>64%</b>	<b>19%</b>	<b>3%</b>	<b>14%</b>	<b>2771</b>

## 8. Electronic Devices and the Internet

### Devices

Q19. Do you have access to the internet at home, on a phone, or another device?	1. Yes	2. No	3. Prefer not to say	Respondents to Question
Berwickshire	97%	1%	3%	230
Earlston	98%	1%	1%	405
Eyemouth	98%	1%	1%	195
Galashiels	96%	1%	3%	442
Hawick	97%	1%	2%	438
Jedburgh	95%	3%	2%	153
Kelso	97%	1%	2%	281
Peebles	98%	1%	2%	576
Selkirk	98%	0%	2%	168
<b>Grand Total</b>	<b>97%</b>	<b>1%</b>	<b>2%</b>	<b>2888</b>

Q19. Do you have access to the internet at home, on a phone, or another device?	1. Yes	2. No	3. Prefer not to say	Respondents to Question
P5	94%	2%	4%	948
P6	97%	1%	2%	954
P7	99%	0%	1%	986
<b>Grand Total</b>	<b>97%</b>	<b>1%</b>	<b>2%</b>	<b>2888</b>

## Time on Internet

In your free time, how long do you usually spend using electronic devices such as computers, tablets (like iPad) or smart phones?

### Weekdays

Q20.1. Weekdays Device Time	1. None at all	2. Some time (up to 2 hours a day)	3. Quite a bit of time (about 3 hours a day or more)	Respondents to Question
Berwickshire	5%	55%	39%	220
Earlston	5%	60%	35%	392
Eyemouth	6%	48%	46%	191
Galashiels	4%	52%	43%	424
Hawick	6%	48%	46%	420
Jedburgh	7%	52%	41%	145
Kelso	8%	52%	40%	268
Peebles	7%	63%	29%	566
Salisbury	9%	54%	38%	164
<b>Grand Total</b>	<b>6%</b>	<b>55%</b>	<b>39%</b>	<b>2790</b>

→  
→  
→

Q20.1. Weekdays Device Time	1. None at all	2. Some time (up to 2 hours a day)	3. Quite a bit of time (about 3 hours a day or more)	Respondents to Question
P5	10%	57%	33%	907
P6	6%	56%	38%	924
P7	3%	52%	45%	959
<b>Grand Total</b>	<b>6%</b>	<b>55%</b>	<b>39%</b>	<b>2790</b>

## Weekends

Q20.2. Weekends Device Time	1. None at all	2. Some time (up to 2 hours a day)	3. Quite a bit of time (about 3 hours a day or more)	Respondents to Question
Berwickshire	4%	31%	65%	197
Earlston	3%	34%	63%	380
Eyemouth	5%	29%	66%	183
Galashiels	5%	31%	64%	408
Hawick	6%	28%	66%	396
Jedburgh	6%	36%	58%	142
Kelso	5%	35%	60%	249
Peebles	5%	41%	55%	537
Selkirk	8%	37%	55%	156
<b>Grand Total</b>	<b>5%</b>	<b>34%</b>	<b>61%</b>	<b>2648</b>

Q20.2. Weekends Device Time	1. None at all	2. Some time (up to 2 hours a day)	3. Quite a bit of time (about 3 hours a day or more)	Respondents to Question
P5	8%	38%	54%	852
P6	4%	34%	62%	871
P7	2%	30%	68%	925
<b>Grand Total</b>	<b>5%</b>	<b>34%</b>	<b>61%</b>	<b>2648</b>



## Online Activity

Which of the following activities have you done online in the last 2 weeks, even if not very often?	Q21.1. Watching videos online	Q21.2. Playing games online	Q21.3. Listening to music online	Q21.4. Looking things up to help with schoolwork	Q21.5. Updating your pictures, status or 'story' on social media	Q21.6. Browsing other people's pictures, status or 'stories' on social media	Q21.7. Messaging, chatting or video-chatting using social media	Q21.8. Something else	Grand Total
Berwickshire	83%	82%	62%	51%	24%	25%	75%	41%	237
Earlston	76%	80%	58%	42%	24%	21%	62%	33%	408
Eyemouth	83%	79%	66%	37%	26%	23%	71%	25%	204
Galashiels	79%	80%	62%	40%	21%	22%	62%	38%	461
Hawick	78%	80%	58%	37%	31%	26%	64%	33%	448
Jedburgh	84%	74%	57%	32%	27%	27%	64%	34%	159
Kelso	73%	74%	53%	32%	26%	27%	68%	34%	290
Peebles	76%	76%	65%	42%	22%	20%	61%	32%	587
Selkirk	77%	83%	61%	42%	29%	30%	64%	34%	171
<b>Grand Total</b>	<b>78%</b>	<b>79%</b>	<b>61%</b>	<b>40%</b>	<b>25%</b>	<b>23%</b>	<b>65%</b>	<b>34%</b>	<b>2965</b>

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Which of the following activities have you done online in the last 2 weeks, even if not very often?	Q21.1. Watching videos online	Q21.2. Playing games online	Q21.3. Listening to music online	Q21.4. Looking things up to help with schoolwork	Q21.5. Updating your pictures, status or 'story' on social media	Q21.6. Browsing other people's pictures, status or 'stories' on social media	Q21.7. Messaging, chatting or video-chatting using social media	Q21.8. Something else	Grand Total
P5	72%	75%	53%	40%	18%	13%	48%	34%	973
P6	78%	81%	60%	41%	23%	21%	66%	35%	986
P7	84%	81%	68%	38%	34%	36%	80%	32%	1006
<b>Grand Total</b>	<b>78%</b>	<b>79%</b>	<b>61%</b>	<b>40%</b>	<b>25%</b>	<b>23%</b>	<b>65%</b>	<b>34%</b>	<b>2965</b>

## 9. Friendships and Loneliness

### Number of Friends

Q22. How many close friends would you say you have?	1. None	2. One	3. Two	4. Three or more	5. Prefer not to say	Respondents to Question
Berwickshire	1%	7%	13%	73%	7%	228
Earlston	1%	6%	14%	75%	4%	403
Eyemouth	2%	4%	15%	74%	5%	196
Galashiels	2%	5%	14%	75%	4%	442
Hawick	1%	5%	12%	75%	7%	436
Jedburgh	0%	4%	14%	76%	7%	152
Kelso	2%	6%	13%	72%	7%	282
Peebles	1%	6%	10%	78%	5%	577
Selkirk	1%	4%	9%	79%	6%	170
<b>Grand Total</b>	<b>1%</b>	<b>5%</b>	<b>13%</b>	<b>75%</b>	<b>5%</b>	<b>2886</b>

Q22. How many close friends would you say you have?	1. None	2. One	3. Two	4. Three or more	5. Prefer not to say	Respondents to Question
P5	1%	5%	13%	74%	6%	946
P6	1%	4%	11%	77%	7%	957
P7	2%	6%	13%	75%	4%	983
<b>Grand Total</b>	<b>1%</b>	<b>5%</b>	<b>13%</b>	<b>75%</b>	<b>5%</b>	<b>2886</b>

## Friendship Statements

Q23.1. I have a lot of fun with my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Berwickshire	65%	26%	6%	2%	0%	229
Earlston	65%	25%	7%	1%	1%	401
Eyemouth	61%	30%	8%	0%	1%	194
Galashiels	63%	28%	6%	2%	0%	437
Hawick	69%	24%	6%	0%	1%	434
Jedburgh	62%	28%	9%	1%	1%	150
Kelso	62%	31%	4%	1%	2%	273
Peebles	66%	26%	7%	1%	0%	573
Selkirk	60%	31%	7%	1%	2%	168
<b>Grand Total</b>	<b>64%</b>	<b>27%</b>	<b>7%</b>	<b>1%</b>	<b>1%</b>	<b>2859</b>

Q23.1. I have a lot of fun with my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	65%	25%	6%	2%	1%	942
P6	67%	25%	7%	1%	1%	945
P7	61%	31%	7%	1%	1%	972
<b>Grand Total</b>	<b>64%</b>	<b>27%</b>	<b>7%</b>	<b>1%</b>	<b>1%</b>	<b>2859</b>

Q23.2. I am confident in sharing my opinions with my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Berwickshire	39%	36%	15%	5%	4%	228
Earlston	42%	36%	15%	5%	2%	399
Eyemouth	32%	40%	16%	10%	3%	192
Galashiels	38%	34%	18%	7%	2%	431
Hawick	42%	38%	11%	6%	4%	427
Jedburgh	44%	32%	16%	5%	3%	149
Kelso	36%	39%	15%	7%	2%	272
Peebles	36%	43%	14%	4%	2%	566
Selkirk	41%	37%	13%	5%	4%	166
<b>Grand Total</b>	<b>39%</b>	<b>38%</b>	<b>15%</b>	<b>6%</b>	<b>3%</b>	<b>2830</b>

Q23.2. I am confident in sharing my opinions with my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	41%	36%	12%	7%	3%	930
P6	39%	40%	14%	6%	2%	937
P7	37%	38%	18%	5%	2%	963
<b>Grand Total</b>	<b>39%</b>	<b>38%</b>	<b>15%</b>	<b>6%</b>	<b>3%</b>	<b>2830</b>

Q23.3. My friends treat me well	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Berwickshire	47%	41%	10%	1%	0%	229
Earlston	48%	37%	10%	3%	2%	395
Eyemouth	46%	41%	11%	2%	1%	193
Galashiels	47%	34%	15%	3%	1%	433
Hawick	48%	37%	11%	2%	1%	423
Jedburgh	48%	34%	14%	1%	3%	149
Walsburgh	45%	35%	17%	0%	3%	269
Peebles	46%	39%	12%	2%	1%	564
Selkirk	48%	39%	8%	1%	3%	165
<b>Grand Total</b>	<b>47%</b>	<b>37%</b>	<b>12%</b>	<b>2%</b>	<b>1%</b>	<b>2820</b>

Q23.3. My friends treat me well	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	50%	34%	12%	2%	2%	930
P6	50%	37%	11%	2%	1%	937
P7	41%	41%	15%	2%	1%	953
<b>Grand Total</b>	<b>47%</b>	<b>37%</b>	<b>12%</b>	<b>2%</b>	<b>1%</b>	<b>2820</b>

<b>Q23.4. I feel my friends make me do things I don't want to do</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents to Question</b>
Berwickshire	7%	10%	16%	33%	35%	221
Earlston	7%	6%	18%	32%	37%	397
Eyemouth	5%	7%	14%	41%	33%	192
Galashiels	6%	9%	18%	36%	31%	429
Hawick	11%	8%	14%	32%	35%	423
Jedburgh	5%	11%	18%	32%	34%	148
Kelso	3%	12%	17%	32%	35%	271
Peebles	5%	7%	18%	33%	37%	567
Selkirk	6%	6%	20%	34%	34%	161
<b>Grand Total</b>	<b>6%</b>	<b>8%</b>	<b>17%</b>	<b>34%</b>	<b>35%</b>	<b>2809</b>

<b>Q23.4. I feel my friends make me do things I don't want to do</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents to Question</b>
P5	10%	10%	16%	28%	36%	920
P6	5%	7%	16%	33%	38%	931
P7	5%	7%	19%	39%	30%	958
<b>Grand Total</b>	<b>6%</b>	<b>8%</b>	<b>17%</b>	<b>34%</b>	<b>35%</b>	<b>2809</b>

<b>Q24.1. If a friend was being bullied, I would help them or tell someone who would help them</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents to Question</b>
Berwickshire	73%	21%	4%	1%	1%	224
Earlston	74%	22%	3%	1%	1%	397
Eyemouth	77%	21%	1%	1%	1%	193
Galashiels	73%	21%	4%	1%	0%	435
Hawick	73%	22%	2%	1%	2%	433
Jedburgh	74%	25%	1%	0%	1%	152
Kelso	66%	28%	4%	1%	1%	275
Peebles	67%	28%	3%	1%	1%	573
Selkirk	74%	23%	1%	1%	1%	164
<b>Grand Total</b>	<b>72%</b>	<b>24%</b>	<b>3%</b>	<b>1%</b>	<b>1%</b>	<b>2846</b>

Q24.1. If a friend was being bullied, I would help them or tell someone who would help them	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	74%	21%	3%	1%	1%	935
P6	74%	22%	3%	1%	1%	944
P7	67%	28%	4%	1%	1%	967
<b>Grand Total</b>	<b>72%</b>	<b>24%</b>	<b>3%</b>	<b>1%</b>	<b>1%</b>	<b>2846</b>

Q24.2. My friends will help me if I need it	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Berwickshire	55%	34%	9%	1%	0%	222
Earlston	52%	36%	9%	2%	1%	399
Eyemouth	53%	36%	9%	2%	1%	191
Galashiels	52%	35%	10%	2%	1%	436
Hawick	56%	33%	7%	3%	2%	429
Jedburgh	49%	36%	9%	3%	3%	150
Wells	48%	40%	9%	1%	1%	270
Peebles	48%	39%	9%	2%	1%	570
Selkirk	47%	41%	7%	3%	2%	164
<b>Grand Total</b>	<b>51%</b>	<b>37%</b>	<b>9%</b>	<b>2%</b>	<b>1%</b>	<b>2831</b>

Q24.2. My friends will help me if I need it	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	56%	33%	7%	2%	2%	925
P6	51%	37%	9%	2%	1%	942
P7	47%	40%	10%	3%	1%	964
<b>Grand Total</b>	<b>51%</b>	<b>37%</b>	<b>9%</b>	<b>2%</b>	<b>1%</b>	<b>2831</b>

Q24.3. I am happy with the friends that I have	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Berwickshire	72%	22%	4%	1%	0%	224
Earlston	70%	22%	6%	2%	1%	397
Eyemouth	73%	20%	5%	1%	1%	192
Galashiels	68%	22%	7%	2%	1%	433
Hawick	70%	23%	6%	0%	1%	431
Jedburgh	74%	20%	4%	0%	2%	149
Kelso	67%	24%	7%	1%	1%	269
Peebles	67%	24%	7%	2%	1%	567
Selkirk	61%	31%	5%	1%	2%	163
<b>Grand Total</b>	<b>69%</b>	<b>23%</b>	<b>6%</b>	<b>1%</b>	<b>1%</b>	<b>2825</b>

Q24.3. I am happy with the friends that I have	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
85	72%	21%	5%	1%	1%	927
86	71%	22%	6%	1%	1%	939
87	64%	25%	8%	1%	1%	959
<b>Grand Total</b>	<b>69%</b>	<b>23%</b>	<b>6%</b>	<b>1%</b>	<b>1%</b>	<b>2825</b>

Q24.4. Most of the time, I have enough money to do the same things as my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Berwickshire	36%	37%	18%	6%	3%	218
Earlston	35%	37%	20%	5%	3%	389
Eyemouth	37%	32%	16%	11%	5%	189
Galashiels	36%	29%	21%	10%	4%	425
Hawick	40%	30%	16%	10%	4%	421
Jedburgh	33%	33%	22%	5%	5%	147
Kelso	31%	30%	25%	10%	4%	265
Peebles	33%	35%	22%	7%	4%	561
Selkirk	28%	37%	21%	8%	6%	161
<b>Grand Total</b>	<b>35%</b>	<b>33%</b>	<b>20%</b>	<b>8%</b>	<b>4%</b>	<b>2776</b>

Q24.4. Most of the time, I have enough money to do the same things as my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	33%	30%	21%	10%	7%	903
P6	35%	32%	22%	8%	3%	922
P7	37%	37%	17%	6%	3%	951
<b>Grand Total</b>	<b>35%</b>	<b>33%</b>	<b>20%</b>	<b>8%</b>	<b>4%</b>	<b>2776</b>

Q24.5. I feel supported by my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Berwickshire	61%	28%	8%	2%	2%	224
Earlston	61%	27%	8%	2%	2%	394
Eyemouth	60%	30%	8%	1%	1%	194
Galashiels	58%	27%	11%	4%	1%	432
Hawick	60%	28%	7%	2%	3%	426
Jedburgh	58%	32%	7%	2%	2%	149
Kelso	55%	31%	11%	2%	2%	273
Peebles	55%	32%	9%	2%	2%	563
Selkirk	56%	30%	9%	1%	4%	163
<b>Grand Total</b>	<b>58%</b>	<b>29%</b>	<b>9%</b>	<b>2%</b>	<b>2%</b>	<b>2818</b>

Q24.5. I feel supported by my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	63%	25%	8%	2%	3%	921
P6	60%	29%	7%	2%	2%	937
P7	51%	34%	11%	2%	2%	960
<b>Grand Total</b>	<b>58%</b>	<b>29%</b>	<b>9%</b>	<b>2%</b>	<b>2%</b>	<b>2818</b>



## "Left Out" and Loneliness

Q25. How often do you feel left out of things?	1. Hardly ever or never	2. Sometimes	3. Often or always	4. Prefer not to say	Respondents to Question
Berwickshire	38%	45%	9%	9%	229
Earlston	37%	45%	9%	8%	402
Eyemouth	41%	46%	7%	6%	191
Galashiels	36%	46%	10%	8%	439
Hawick	40%	43%	10%	8%	433
Jedburgh	29%	50%	11%	10%	151
Kelso	40%	45%	9%	5%	277
Peebles	39%	48%	9%	4%	574
Selkirk	34%	47%	10%	9%	168
<b>Grand Total</b>	<b>38%</b>	<b>46%</b>	<b>9%</b>	<b>7%</b>	<b>2864</b>

Q25. How often do you feel left out of things?	1. Hardly ever or never	2. Sometimes	3. Often or always	4. Prefer not to say	Respondents to Question
<del>P5</del>	38%	43%	9%	11%	935
<del>P6</del>	40%	45%	8%	7%	954
<del>P7</del>	35%	50%	12%	4%	975
<b>Grand Total</b>	<b>38%</b>	<b>46%</b>	<b>9%</b>	<b>7%</b>	<b>2864</b>

Q26. How often do you feel lonely?	1. Hardly ever or never	2. Sometimes	3. Often or always	4. Prefer not to say	Respondents to Question
Berwickshire	47%	38%	9%	6%	217
Earlston	43%	42%	9%	6%	378
Eyemouth	40%	43%	12%	6%	181
Galashiels	39%	39%	12%	9%	412
Hawick	42%	39%	11%	8%	392
Jedburgh	37%	49%	7%	8%	142
Kelso	44%	41%	10%	5%	258
Peebles	46%	37%	11%	5%	541
Selkirk	41%	38%	16%	4%	164
<b>Grand Total</b>	<b>43%</b>	<b>40%</b>	<b>11%</b>	<b>7%</b>	<b>2685</b>

Q26. How often do you feel lonely?	1. Hardly ever or never	2. Sometimes	3. Often or always	4. Prefer not to say	Respondents to Question
P5	40%	40%	10%	10%	870
P6	44%	41%	9%	6%	880
P7	45%	38%	14%	4%	935
<b>Grand Total</b>	<b>43%</b>	<b>40%</b>	<b>11%</b>	<b>7%</b>	<b>2685</b>

# 10. Bullying

## Been Bullied

Q27. Have you been bullied in the last year?	1. Yes	2. No	3. Prefer not to say	Respondents to Question
Berwickshire	39%	42%	19%	229
Earlston	38%	47%	14%	401
Eyemouth	38%	49%	13%	191
Galashiels	38%	48%	13%	439
Hawick	51%	35%	14%	436
Jedburgh	52%	36%	12%	151
Kelso	44%	46%	10%	278
Peebles	38%	48%	15%	577
Selkirk	45%	43%	12%	168
<b>Grand Total</b>	<b>42%</b>	<b>45%</b>	<b>14%</b>	<b>2870</b>

Q27. Have you been bullied in the last year?	1. Yes	2. No	3. Prefer not to say	Respondents to Question
P5	46%	39%	16%	944
P6	42%	44%	14%	954
P7	38%	51%	12%	972
<b>Grand Total</b>	<b>42%</b>	<b>45%</b>	<b>14%</b>	<b>2870</b>

## Where Bullied?

28. Where have you been bullied?	Q28.1. At school	Q28.2. Somewhere else (including on the way to or from school)	Q28.3. Online / Social media / gaming platform	Grand Total
Berwickshire	32%	15%	10%	237
Earlston	30%	15%	10%	408
Eyemouth	29%	12%	7%	204
Galashiels	28%	17%	13%	461
Hawick	40%	22%	16%	448
Jedburgh	43%	22%	13%	159
Kelso	32%	16%	14%	290
Peebles	30%	13%	10%	587
Selkirk	34%	18%	17%	171
<b>Grand Total</b>	<b>33%</b>	<b>17%</b>	<b>12%</b>	<b>2965</b>

28. Where have you been bullied?	Q28.1. At school	Q28.2. Somewhere else (including on the way to or from school)	Q28.3. Online / Social media / gaming platform	Grand Total
P5	35%	18%	12%	973
P6	34%	17%	12%	986
P7	30%	15%	12%	1006
<b>Grand Total</b>	<b>33%</b>	<b>17%</b>	<b>12%</b>	<b>2965</b>

## How Bullied?

29. How were you bullied?	Q29.1. Name calling	Q29.2. Rumours spread	Q29.3. Hurtful comments	Q29.4. Threats	Q29.5. Pictures or videos of you shared with others	Q29.6. Embarrassed or made to feel foolish	Q29.7. Physically hurt	Grand Total
Berwickshire	29%	11%	23%	14%	5%	15%	16%	237
Earlston	27%	13%	25%	10%	3%	15%	13%	408
Eyemouth	24%	10%	21%	13%	2%	10%	12%	204
Galashiels	27%	14%	24%	12%	6%	17%	14%	461
Hawick	39%	17%	30%	20%	6%	23%	20%	448
Jedburgh	32%	13%	26%	13%	8%	18%	29%	159
Kelso	31%	14%	24%	16%	6%	17%	17%	290
Peebles	25%	11%	22%	10%	3%	15%	13%	587
Selkirk	35%	15%	29%	18%	4%	18%	18%	171
<b>Grand Total</b>	<b>30%</b>	<b>13%</b>	<b>25%</b>	<b>14%</b>	<b>5%</b>	<b>17%</b>	<b>16%</b>	<b>2965</b>

29. How were you bullied?	Q29.1. Name calling	Q29.2. Rumours spread	Q29.3. Hurtful comments	Q29.4. Threats	Q29.5. Pictures or videos of you shared with others	Q29.6. Embarrassed or made to feel foolish	Q29.7. Physically hurt	Grand Total
P5	30%	10%	25%	14%	4%	16%	16%	973
P6	30%	13%	25%	14%	4%	16%	16%	986
P7	29%	16%	25%	13%	6%	18%	15%	1006
<b>Grand Total</b>	<b>30%</b>	<b>13%</b>	<b>25%</b>	<b>14%</b>	<b>5%</b>	<b>17%</b>	<b>16%</b>	<b>2965</b>

125

## Online Bullying – P7 Only

Only the P7 Survey asked about online bullying.

P7 Only Q35. How often do other children pick on you by sending emails, through messaging or posting something online?	1. Most days	2. About once a week	3. About once a month	4. Every few months	5. Never	6. Prefer not to say	Respondents to Question
Berwickshire	0%	4%	13%	22%	61%	0%	23
Earlston	6%	11%	6%	15%	55%	8%	53
Eyemouth	0%	0%	7%	20%	60%	13%	15
Galashiels	10%	8%	10%	18%	41%	14%	51
Hawick	4%	11%	5%	21%	45%	14%	56
Jedburgh	4%	0%	4%	29%	50%	13%	24
Kelso	5%	7%	15%	22%	34%	17%	41
Peebles	3%	6%	14%	13%	54%	11%	71
Selkirk	32%	5%	0%	23%	23%	18%	22
<b>Grand Total</b>	<b>6%</b>	<b>7%</b>	<b>9%</b>	<b>19%</b>	<b>47%</b>	<b>12%</b>	<b>356</b>

## Report Bullying?

Q30. Did you report the bullying to anyone?	1. Yes	2. No	3. Prefer not to say	Respondents to Question
Berwickshire	65%	21%	13%	89
Earlston	67%	24%	9%	154
Eyemouth	64%	19%	16%	73
Galashiels	60%	23%	18%	168
Hawick	60%	24%	16%	221
Jedburgh	64%	17%	19%	78
Kelso	52%	34%	13%	122
Peebles	66%	19%	14%	216
Selkirk	59%	18%	23%	74
<b>Grand Total</b>	<b>62%</b>	<b>23%</b>	<b>15%</b>	<b>1195</b>

Q30. Did you report the bullying to anyone?	1. Yes	2. No	3. Prefer not to say	Respondents to Question
85	64%	19%	17%	427
86	63%	19%	18%	402
87	59%	30%	11%	366
<b>Grand Total</b>	<b>62%</b>	<b>23%</b>	<b>15%</b>	<b>1195</b>

## Reporting Bullying Results

Q31. Did reporting the bullying to anyone...?	1. Make the situation better	2. Make the situation worse	3. Nothing changed	4. Prefer not to say	Respondents to Question
Berwickshire	54%	16%	16%	14%	56
Earlston	63%	9%	25%	4%	102
Eyemouth	58%	11%	24%	7%	45
Galashiels	55%	9%	25%	11%	100
Hawick	53%	13%	24%	10%	130
Jedburgh	51%	6%	35%	8%	49
Kelso	49%	17%	26%	8%	65
Peebles	52%	7%	25%	16%	140
Selkirk	44%	14%	28%	14%	43
<b>Grand Total</b>	<b>54%</b>	<b>11%</b>	<b>25%</b>	<b>10%</b>	<b>730</b>

Q31. Did reporting the bullying to anyone...?	1. Make the situation better	2. Make the situation worse	3. Nothing changed	4. Prefer not to say	Respondents to Question
P5	52%	9%	25%	14%	266
P6	55%	10%	24%	10%	248
P7	55%	13%	26%	6%	216
<b>Grand Total</b>	<b>54%</b>	<b>11%</b>	<b>25%</b>	<b>10%</b>	<b>730</b>

## Take Part in Bullying

Q32. How often have you taken part in bullying another pupil(s) at school in the past couple of months?	1. Not at all	2. Once or twice	3. Around two or three times a month	4. About once a week	5. Several times a week	6. Prefer not to say	Respondents to Question
Berwickshire	75%	13%	3%	0%	2%	8%	229
Earlston	84%	7%	2%	0%	1%	6%	402
Eyemouth	84%	11%	2%	0%	1%	3%	192
Galashiels	75%	16%	2%	0%	0%	7%	435
Hawick	69%	16%	3%	0%	1%	10%	429
Jedburgh	81%	11%	3%	1%	1%	5%	152
Kelso	82%	12%	2%	1%	1%	3%	277
Peables	82%	12%	1%	1%	1%	4%	576
Salkirk	79%	10%	1%	1%	2%	7%	168
<b>Grand Total</b>	<b>78%</b>	<b>12%</b>	<b>2%</b>	<b>0%</b>	<b>1%</b>	<b>6%</b>	<b>2860</b>

Q32. How often have you taken part in bullying another pupil(s) at school in the past couple of months?	1. Not at all	2. Once or twice	3. Around two or three times a month	4. About once a week	5. Several times a week	6. Prefer not to say	Respondents to Question
P5	76%	12%	2%	1%	1%	8%	936
P6	80%	11%	2%	0%	1%	6%	953
P7	79%	14%	2%	0%	1%	4%	971
<b>Grand Total</b>	<b>78%</b>	<b>12%</b>	<b>2%</b>	<b>0%</b>	<b>1%</b>	<b>6%</b>	<b>2860</b>

# 11. Home Life

## Family Meals

Q33. How often do you and the people you live with usually have meals together?	1. Every day	2. Most days	3. About once a week	4. Less than once a week	5. Never	6. Prefer not to say	Respondents to Question
Berwickshire	59%	27%	6%	2%	4%	2%	225
Earlston	58%	29%	5%	3%	1%	4%	398
Eyemouth	50%	35%	5%	4%	3%	4%	191
Galashiels	54%	28%	5%	4%	4%	4%	436
Hawick	53%	30%	6%	3%	4%	4%	432
Jedburgh	58%	26%	5%	2%	7%	2%	151
Kelso	56%	28%	7%	3%	3%	3%	275
Peebles	52%	32%	6%	3%	3%	3%	575
Selkirk	50%	28%	8%	5%	5%	4%	166
<b>Grand Total</b>	<b>55%</b>	<b>30%</b>	<b>6%</b>	<b>3%</b>	<b>3%</b>	<b>4%</b>	<b>2849</b>

Q33. How often do you and the people you live with usually have meals together?	1. Every day	2. Most days	3. About once a week	4. Less than once a week	5. Never	6. Prefer not to say	Respondents to Question
P5	54%	27%	7%	4%	4%	5%	934
P6	56%	31%	5%	4%	2%	3%	949
P7	54%	31%	5%	3%	4%	3%	966
<b>Grand Total</b>	<b>55%</b>	<b>30%</b>	<b>6%</b>	<b>3%</b>	<b>3%</b>	<b>4%</b>	<b>2849</b>



## Enjoy being with the people you live with

Q34. How often do you enjoy being with the people you live with?	1. Always	2. Often	3. Sometimes	4. Never	5. Prefer not to say	Respondents to Question
Berwickshire	71%	17%	8%	0%	4%	225
Earlston	57%	32%	9%	1%	1%	398
Eyemouth	61%	24%	13%	0%	3%	191
Galashiels	63%	24%	10%	1%	2%	431
Hawick	67%	21%	8%	2%	2%	424
Jedburgh	69%	21%	7%	1%	1%	146
Kelso	61%	23%	12%	1%	2%	274
Peebles	55%	32%	9%	1%	3%	569
Selkirk	62%	27%	10%	0%	2%	168
<b>Grand Total</b>	<b>62%</b>	<b>26%</b>	<b>9%</b>	<b>1%</b>	<b>2%</b>	<b>2826</b>

Q34. How often do you enjoy being with the people you live with?	1. Always	2. Often	3. Sometimes	4. Never	5. Prefer not to say	Respondents to Question
P5	67%	21%	7%	1%	3%	924
P6	61%	27%	9%	1%	2%	937
P7	57%	29%	11%	1%	2%	965
<b>Grand Total</b>	<b>62%</b>	<b>26%</b>	<b>9%</b>	<b>1%</b>	<b>2%</b>	<b>2826</b>

## 12. Caring (P7 only)

The caring questions were in the P7 survey only.

<b>P7 Q41. Do you care for, or look after, someone?</b>	<b>1. Yes</b>	<b>2. No</b>	<b>3. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	29%	62%	10%	73
Earlston	29%	63%	9%	126
Eyemouth	40%	40%	19%	57
Galashiels	26%	62%	11%	141
Hawick	38%	50%	12%	136
Jedburgh	29%	57%	14%	56
Kelso	22%	62%	16%	94
Peebles	30%	62%	9%	213
Selkirk	42%	51%	8%	53
<b>Grand Total</b>	<b>31%</b>	<b>58%</b>	<b>11%</b>	<b>949</b>

<b>P7 Q42. Do you help care for, or look after, them....</b>	<b>1. Every day</b>	<b>2. A couple of times a week</b>	<b>3. Once in a while</b>	<b>4. Prefer not to say</b>	<b>Respondents to Question</b>
Berwickshire	57%	19%	19%	5%	21
Earlston	55%	34%	3%	8%	38
Eyemouth	38%	29%	29%	4%	24
Galashiels	43%	24%	30%	3%	37
Hawick	43%	31%	18%	8%	51
Jedburgh	50%	38%	13%	0%	16
Kelso	32%	27%	36%	5%	22
Peebles	40%	25%	30%	5%	63
Selkirk	38%	46%	8%	8%	24
<b>Grand Total</b>	<b>44%</b>	<b>30%</b>	<b>21%</b>	<b>5%</b>	<b>296</b>

## 13. People you can trust and talk to

### Trusted adult to talk to

Q35. Do you have an adult in your life who you can trust and talk to about any personal problems?	1. No, I don't	2. Yes, I sometimes do	3. Yes, I always do	4. Prefer not to say	Respondents to Question
Berwickshire	6%	19%	69%	6%	229
Earlston	2%	15%	76%	8%	401
Eyemouth	3%	20%	73%	5%	192
Galashiels	4%	21%	68%	6%	437
Hawick	3%	21%	70%	6%	429
Jedburgh	3%	24%	69%	3%	149
Kelso	4%	24%	65%	7%	275
Peebles	2%	19%	74%	5%	573
Selkirk	4%	27%	65%	4%	168
<b>Grand Total</b>	<b>3%</b>	<b>20%</b>	<b>71%</b>	<b>6%</b>	<b>2853</b>

Q35. Do you have an adult in your life who you can trust and talk to about any personal problems?	1. No, I don't	2. Yes, I sometimes do	3. Yes, I always do	4. Prefer not to say	Respondents to Question
P5	5%	21%	67%	7%	933
P6	2%	17%	75%	6%	953
P7	3%	23%	70%	4%	967
<b>Grand Total</b>	<b>3%</b>	<b>20%</b>	<b>71%</b>	<b>6%</b>	<b>2853</b>

## Talk to by Stage

Q36.1. Talk to Friend(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
P5	72%	23%	5%	882
P6	73%	23%	4%	926
P7	72%	23%	4%	932
<b>Grand Total</b>	<b>72%</b>	<b>23%</b>	<b>5%</b>	<b>2740</b>

Q36.2. Talk to Mum / female carer	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
P5	88%	9%	3%	900
P6	88%	10%	2%	929
P7	86%	12%	2%	940
<b>Grand Total</b>	<b>87%</b>	<b>10%</b>	<b>2%</b>	<b>2769</b>

Q36.3. Talk to Dad / male carer	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
P5	79%	13%	7%	884
P6	77%	17%	6%	917
P7	72%	22%	7%	936
<b>Grand Total</b>	<b>76%</b>	<b>18%</b>	<b>7%</b>	<b>2737</b>

Q36.4. Talk to Brother(s) / Sister(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
P5	48%	35%	17%	877
P6	43%	40%	16%	911
P7	46%	38%	16%	927
<b>Grand Total</b>	<b>46%</b>	<b>38%</b>	<b>17%</b>	<b>2715</b>

Q36.5. Talk to Counsellor	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
P5	32%	18%	50%	823
P6	29%	16%	55%	873
P7	23%	20%	57%	897
<b>Grand Total</b>	<b>28%</b>	<b>18%</b>	<b>54%</b>	<b>2593</b>

<b>Q36.6. Talk to GP or Nurse</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
P5	41%	25%	33%	818
P6	36%	25%	40%	866
P7	31%	25%	44%	897
<b>Grand Total</b>	<b>36%</b>	<b>25%</b>	<b>39%</b>	<b>2581</b>

<b>Q36.7. Talk to Teacher(s)</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
P5	69%	26%	5%	874
P6	62%	33%	5%	910
P7	54%	41%	6%	924
<b>Grand Total</b>	<b>61%</b>	<b>33%</b>	<b>5%</b>	<b>2708</b>

<b>Q37.1. Talk to Neighbour(s)</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
P5	32%	36%	33%	846
P6	23%	40%	36%	888
P7	20%	39%	41%	914
<b>Grand Total</b>	<b>25%</b>	<b>38%</b>	<b>37%</b>	<b>2648</b>

<b>Q37.2. Talk to Youth Worker</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
P5	19%	22%	59%	823
P6	18%	23%	59%	855
P7	16%	24%	60%	888
<b>Grand Total</b>	<b>18%</b>	<b>23%</b>	<b>59%</b>	<b>2566</b>

<b>Q37.3. Talk to Other family members (e.g. grandparent(s))</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
P5	78%	16%	6%	866
P6	76%	18%	6%	904
P7	71%	23%	7%	920
<b>Grand Total</b>	<b>75%</b>	<b>19%</b>	<b>6%</b>	<b>2690</b>

Q37.4. Talk to Social Worker	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
P5	20%	24%	56%	819
P6	18%	22%	61%	851
P7	15%	20%	65%	877
<b>Grand Total</b>	<b>18%</b>	<b>22%</b>	<b>61%</b>	<b>2547</b>

Q37.5. Talk to Another adult you trust	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
P5	77%	16%	8%	859
P6	76%	17%	7%	880
P7	67%	22%	10%	909
<b>Grand Total</b>	<b>73%</b>	<b>18%</b>	<b>8%</b>	<b>2648</b>

Q37.6. Talk to Club or Group leader	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
P5	40%	27%	32%	828
P6	38%	29%	33%	860
P7	30%	30%	40%	884
<b>Grand Total</b>	<b>36%</b>	<b>29%</b>	<b>35%</b>	<b>2572</b>

## Talk to by Cluster

Q36.1. Talk to Friend(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
Berwickshire	73%	24%	3%	217
Earlston	74%	23%	4%	386
Eyemouth	75%	20%	4%	183
Galashiels	70%	26%	4%	419
Hawick	72%	21%	7%	416
Jedburgh	77%	18%	4%	146
Kelso	75%	20%	5%	262
Peebles	68%	27%	5%	551
Selkirk	74%	23%	3%	160
<b>Grand Total</b>	<b>72%</b>	<b>23%</b>	<b>5%</b>	<b>2740</b>

<b>Q36.2. Talk to Mum / female carer</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
Berwickshire	86%	13%	2%	224
Earlston	89%	10%	2%	389
Eyemouth	85%	13%	2%	184
Galashiels	86%	12%	2%	428
Hawick	87%	10%	4%	417
Jedburgh	93%	5%	1%	148
Kelso	89%	10%	2%	264
Peebles	88%	10%	2%	552
Selkirk	85%	12%	4%	163
<b>Grand Total</b>	<b>87%</b>	<b>10%</b>	<b>2%</b>	<b>2769</b>

<b>Q36.3. Talk to Dad / male carer</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
Berwickshire	76%	19%	5%	221
Earlston	76%	19%	5%	386
Eyemouth	77%	16%	7%	184
Galashiels	75%	17%	7%	418
Hawick	78%	14%	9%	410
Jedburgh	79%	10%	12%	147
Kelso	73%	20%	6%	264
Peebles	76%	19%	5%	547
Selkirk	72%	23%	5%	160
<b>Grand Total</b>	<b>76%</b>	<b>18%</b>	<b>7%</b>	<b>2737</b>

<b>Q36.4. Talk to Brother(s) / Sister(s)</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
Berwickshire	50%	37%	13%	218
Earlston	44%	43%	13%	387
Eyemouth	51%	34%	15%	181
Galashiels	47%	37%	16%	417
Hawick	49%	34%	17%	406
Jedburgh	45%	37%	18%	145
Kelso	46%	37%	17%	259
Peebles	40%	40%	20%	543
Selkirk	43%	35%	22%	159
<b>Grand Total</b>	<b>46%</b>	<b>38%</b>	<b>17%</b>	<b>2715</b>

<b>Q36.5. Talk to Counsellor</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
Berwickshire	31%	19%	50%	199
Earlston	27%	19%	54%	376
Eyemouth	39%	19%	42%	174
Galashiels	27%	18%	54%	390
Hawick	32%	15%	53%	396
Jedburgh	33%	17%	50%	133
Kelso	30%	18%	52%	253
Peebles	20%	20%	60%	522
Selkirk	24%	19%	57%	150
<b>Grand Total</b>	<b>28%</b>	<b>18%</b>	<b>54%</b>	<b>2593</b>



<b>Q36.6. Talk to GP or Nurse</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
Berwickshire	40%	29%	32%	200
Earlston	34%	28%	38%	376
Eyemouth	40%	25%	34%	174
Galashiels	36%	27%	36%	395
Hawick	40%	20%	41%	387
Jedburgh	50%	23%	27%	135
Kelso	32%	26%	42%	247
Peebles	30%	24%	45%	515
Selkirk	34%	21%	45%	152
<b>Grand Total</b>	<b>36%</b>	<b>25%</b>	<b>39%</b>	<b>2581</b>

<b>Q36.7. Talk to Teacher(s)</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
Berwickshire	64%	32%	4%	219
Earlston	61%	35%	4%	387
Eyemouth	56%	38%	6%	179
Galashiels	61%	33%	5%	415
Hawick	65%	28%	7%	410
Jedburgh	67%	28%	5%	138
Kelso	63%	33%	4%	258
Peebles	57%	38%	5%	542
Selkirk	59%	32%	9%	160
<b>Grand Total</b>	<b>61%</b>	<b>33%</b>	<b>5%</b>	<b>2708</b>

<b>Q37.1. Talk to Neighbour(s)</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
Berwickshire	25%	36%	38%	201
Earlston	25%	38%	38%	377
Eyemouth	27%	37%	36%	178
Galashiels	21%	43%	35%	405
Hawick	31%	31%	38%	398
Jedburgh	28%	36%	37%	138
Kelso	28%	37%	35%	255
Peebles	20%	42%	37%	539
Selkirk	23%	42%	35%	157
<b>Grand Total</b>	<b>25%</b>	<b>38%</b>	<b>37%</b>	<b>2648</b>

<b>Q37.2. Talk to Youth Worker</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
Berwickshire	17%	20%	63%	195
Earlston	15%	24%	61%	363
Eyemouth	16%	28%	57%	167
Galashiels	18%	24%	58%	393
Hawick	24%	21%	55%	393
Jedburgh	15%	25%	60%	137
Kelso	23%	22%	55%	251
Peebles	13%	24%	63%	516
Selkirk	17%	21%	62%	151
<b>Grand Total</b>	<b>18%</b>	<b>23%</b>	<b>59%</b>	<b>2566</b>

<b>Q37.3. Talk to Other family members (e.g. grandparent(s))</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
Berwickshire	75%	21%	4%	214
Earlston	70%	22%	7%	379
Eyemouth	74%	21%	5%	183
Galashiels	79%	16%	5%	414
Hawick	76%	17%	7%	403
Jedburgh	80%	16%	3%	147
Kelso	80%	16%	4%	257
Peebles	72%	22%	7%	541
Selkirk	70%	20%	11%	152
<b>Grand Total</b>	<b>75%</b>	<b>19%</b>	<b>6%</b>	<b>2690</b>

<b>Q37.4. Talk to Social Worker</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
Berwickshire	24%	20%	56%	194
Earlston	18%	22%	60%	363
Eyemouth	21%	25%	53%	173
Galashiels	19%	24%	57%	394
Hawick	21%	17%	61%	379
Jedburgh	17%	26%	56%	133
Kelso	17%	24%	59%	245
Peebles	10%	22%	67%	515
Selkirk	17%	18%	66%	151
<b>Grand Total</b>	<b>18%</b>	<b>22%</b>	<b>61%</b>	<b>2547</b>

<b>Q37.5. Talk to Another adult you trust</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
Berwickshire	72%	20%	9%	205
Earlston	71%	19%	10%	372
Eyemouth	79%	14%	7%	179
Galashiels	76%	18%	6%	409
Hawick	75%	18%	7%	401
Jedburgh	80%	14%	6%	144
Kelso	77%	13%	10%	257
Peebles	68%	22%	10%	528
Selkirk	69%	22%	9%	153
<b>Grand Total</b>	<b>73%</b>	<b>18%</b>	<b>8%</b>	<b>2648</b>

<b>Q37.6. Talk to Club or Group leader</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents to Question</b>
Berwickshire	43%	22%	35%	197
Earlston	35%	30%	35%	369
Eyemouth	36%	28%	36%	172
Galashiels	35%	31%	34%	396
Hawick	36%	28%	36%	382
Jedburgh	43%	24%	33%	138
Kelso	36%	25%	39%	246
Peebles	33%	31%	36%	519
Selkirk	37%	31%	32%	153
<b>Grand Total</b>	<b>36%</b>	<b>29%</b>	<b>35%</b>	<b>2572</b>

## 14. Where You Live

### Feels Safe

Q38. Generally speaking, I feel safe in the area where I live...	1. Always	2. Most of the time	3. Sometimes	4. Rarely or Never	5. Prefer not to say	Respondents to Question
Berwickshire	63%	28%	4%	1%	4%	230
Earlston	65%	26%	6%	1%	2%	392
Eyemouth	66%	26%	4%	2%	2%	187
Galashiels	58%	27%	7%	4%	4%	434
Hawick	60%	23%	10%	3%	5%	429
Jedburgh	62%	23%	8%	3%	4%	149
Kelso	64%	26%	6%	2%	3%	270
Peebles	64%	29%	3%	2%	2%	569
Selkirk	58%	25%	14%	1%	2%	168
<b>Grand Total</b>	<b>62%</b>	<b>26%</b>	<b>6%</b>	<b>2%</b>	<b>3%</b>	<b>2828</b>

Part 1

Q38. Generally speaking, I feel safe in the area where I live...	1. Always	2. Most of the time	3. Sometimes	4. Rarely or Never	5. Prefer not to say	Respondents to Question
P5	61%	24%	6%	3%	5%	923
P6	63%	27%	7%	1%	2%	945
P7	62%	28%	6%	3%	2%	960
<b>Grand Total</b>	<b>62%</b>	<b>26%</b>	<b>6%</b>	<b>2%</b>	<b>3%</b>	<b>2828</b>

## Good Place to Live

Q39. Do you think that the area in which you live is a good place to live?	1. Yes, it's good	2. It's OK	3. No, it's not good	4. Prefer not to say	Respondents to Question
Berwickshire	76%	18%	3%	4%	225
Earlston	79%	18%	2%	2%	390
Eyemouth	75%	23%	1%	2%	187
Galashiels	71%	24%	3%	3%	432
Hawick	68%	25%	4%	4%	424
Jedburgh	72%	23%	1%	3%	149
Kelso	75%	19%	3%	3%	273
Peebles	83%	15%	1%	1%	570
Selkirk	73%	23%	2%	2%	166
<b>Grand Total</b>	<b>75%</b>	<b>20%</b>	<b>2%</b>	<b>2%</b>	<b>2816</b>

Q39. Do you think that the area in which you live is a good place to live?	1. Yes, it's good	2. It's OK	3. No, it's not good	4. Prefer not to say	Respondents to Question
P5	77%	18%	3%	3%	915
P6	75%	21%	1%	3%	940
P7	75%	21%	2%	2%	961
<b>Grand Total</b>	<b>75%</b>	<b>20%</b>	<b>2%</b>	<b>2%</b>	<b>2816</b>

## Outdoor Play Areas

Q40. Are there places near where you live where you can play outdoors?	1. Yes - lots	2. Yes - some	3. No	4. Prefer not to say	Respondents to Question
Berwickshire	67%	28%	3%	2%	225
Earlston	72%	24%	3%	2%	389
Eyemouth	72%	24%	4%	1%	185
Galashiels	64%	30%	3%	2%	429
Hawick	62%	32%	4%	2%	429
Jedburgh	65%	29%	3%	2%	147
Kelso	61%	33%	4%	1%	270
Peebles	73%	23%	3%	2%	568
Selkirk	60%	35%	4%	1%	165
<b>Grand Total</b>	<b>67%</b>	<b>28%</b>	<b>3%</b>	<b>2%</b>	<b>2807</b>

Q40. Are there places near where you live where you can play outdoors?	1. Yes - lots	2. Yes - some	3. No	4. Prefer not to say	Respondents to Question
P5	64%	29%	4%	3%	925
P6	67%	29%	3%	1%	944
P7	70%	25%	3%	1%	938
<b>Grand Total</b>	<b>67%</b>	<b>28%</b>	<b>3%</b>	<b>2%</b>	<b>2807</b>

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Scottish Borders – Secondary Schools

# HEALTH & WELLBEING CENSUS DATA

MARCH 2022



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# 1. Secondary School Health and Wellbeing 2022 - Context Scottish Borders

This section provides a context for the Health and Wellbeing 2022 results, showing the base percentage representation by attribute.

## Responses by Stage and School

### % Pupils by Stage

Overall 60% of the Scottish Borders secondary school pupils responded to the Health and Wellbeing census in 2022. It is noticeable that the proportion of pupils responding to the census decreases between S1 and S6.

Stage	F	M	Grand Total
S1	74%	75%	74%
S2	69%	67%	68%
S3	69%	65%	67%
S4	55%	55%	55%
S5	49%	46%	48%
S6	39%	34%	36%
<b>Grand Total</b>	<b>61%</b>	<b>59%</b>	<b>60%</b>

### % Pupils by Secondary School

The proportion of responses by school ranges from Earlston High School (68%) compared Galashiels Academy (44%).

School	F	M	Grand Total
Berwickshire High School	65%	58%	62%
Earlston High School	71%	64%	68%
Eyemouth High School	50%	52%	51%
Galashiels Academy	48%	40%	44%
Hawick High School	58%	54%	56%
Jedburgh Grammar Campus - Secondary	64%	66%	65%
Kelso High School	60%	65%	62%
Peebles High School	65%	66%	65%
Selkirk High School	62%	68%	65%
<b>Grand Total</b>	<b>61%</b>	<b>59%</b>	<b>60%</b>

## % Pupils by School and Stage

The tables below show the number of response from each school and each stage and what proportion of all pupils responded to the surveys.

School Name	Stage	Count of Responses			Responses as % of Pupils		
		F	M	Grand Total	F	M	Grand Total
Berwickshire High School	S1	39	25	64	70%	52%	62%
	S2	30	33	63	61%	53%	57%
	S3	43	34	77	64%	59%	62%
	S4	44	38	82	71%	67%	69%
	S5	27	29	56	60%	50%	54%
S6	26	24	50	62%	75%	68%	
<b>Berwickshire High School Total</b>		<b>209</b>	<b>183</b>	<b>392</b>	<b>65%</b>	<b>58%</b>	<b>62%</b>
Earlston High School	S1	75	88	163	76%	81%	79%
	S2	91	65	156	76%	79%	77%
	S3	77	81	158	81%	76%	79%
	S4	53	61	114	60%	59%	59%
	S5	51	49	100	72%	60%	65%
S6	56	22	78	62%	25%	44%	
<b>Earlston High School Total</b>		<b>403</b>	<b>366</b>	<b>769</b>	<b>71%</b>	<b>64%</b>	<b>68%</b>
Eyemouth High School	S1	37	31	68	80%	74%	77%
	S2	37	32	69	76%	64%	70%
	S3	41	25	66	69%	61%	66%
	S4	10	15	25	20%	32%	26%
	S5	6	11	17	17%	32%	25%
S6	2	11	13	7%	44%	25%	
<b>Eyemouth High School Total</b>		<b>133</b>	<b>125</b>	<b>258</b>	<b>50%</b>	<b>52%</b>	<b>51%</b>
Galashiels Academy	S1	51	60	111	64%	63%	63%
	S2	67	59	126	71%	66%	68%
	S3	48	38	86	69%	48%	57%
	S4	12	14	26	18%	18%	18%
	S5	12	12	24	24%	17%	20%
S6	0	0	0	0%	0%	0%	
<b>Galashiels Academy Total</b>		<b>190</b>	<b>183</b>	<b>373</b>	<b>48%</b>	<b>40%</b>	<b>44%</b>
Hawick High School	S1	62	61	123	75%	73%	74%
	S2	31	35	66	42%	54%	47%
	S3	43	43	86	50%	56%	53%
	S4	48	28	76	67%	38%	52%
	S5	30	26	56	58%	49%	53%
S6	25	17	42	53%	46%	50%	
<b>Hawick High School Total</b>		<b>239</b>	<b>210</b>	<b>449</b>	<b>58%</b>	<b>54%</b>	<b>56%</b>
Jedburgh Grammar Campus - Secondary	S1	34	24	58	81%	80%	81%
	S2	18	19	37	55%	53%	54%
	S3	24	29	53	75%	81%	78%
	S4	16	28	44	53%	72%	64%
	S5	17	7	24	46%	32%	41%
S6	12	9	21	80%	64%	72%	
<b>Jedburgh Grammar Campus - Secondary Total</b>		<b>121</b>	<b>116</b>	<b>237</b>	<b>64%</b>	<b>66%</b>	<b>65%</b>
Kelso High School	S1	36	46	82	73%	82%	78%
	S2	35	39	74	76%	72%	74%
	S3	40	29	69	63%	57%	61%
	S4	33	42	75	61%	74%	68%
	S5	27	21	48	59%	46%	52%
S6	12	10	22	24%	43%	31%	
<b>Kelso High School Total</b>		<b>183</b>	<b>187</b>	<b>370</b>	<b>60%</b>	<b>65%</b>	<b>62%</b>
Peebles High School	S1	90	106	196	79%	80%	80%
	S2	100	91	191	78%	74%	76%
	S3	96	91	187	76%	72%	74%
	S4	77	88	165	69%	65%	67%
	S5	46	68	114	46%	62%	54%
S6	23	27	50	27%	29%	28%	
<b>Peebles High School Total</b>		<b>432</b>	<b>471</b>	<b>903</b>	<b>65%</b>	<b>66%</b>	<b>65%</b>
Selkirk High School	S1	22	30	52	69%	81%	75%
	S2	22	39	61	69%	80%	75%
	S3	37	29	66	76%	71%	73%
	S4	27	37	64	64%	80%	73%
	S5	19	10	29	50%	36%	44%
S6	4	6	10	22%	27%	25%	
<b>Selkirk High School Total</b>		<b>131</b>	<b>151</b>	<b>282</b>	<b>62%</b>	<b>68%</b>	<b>65%</b>
<b>Grand Total</b>		<b>2041</b>	<b>1992</b>	<b>4033</b>	<b>61%</b>	<b>59%</b>	<b>60%</b>

## Representation of Survey Responses by Factors

Overall 60% of the Scottish Borders secondary school pupils responded to the Health and Wellbeing Surveys. The tables below show the number of pupil and response for each factor and the percentage of responses of all pupils.

### Clothing Grant

Proportionally fewer pupils who receive clothing grant (46%) are respondents compared to those who do not receive clothing grant (63%).

Clothing Grant	Pupils	Responses	% Responses of Pupils
No	5672	3552	63%
Yes	1040	481	46%

### Children Looked After

Proportionally fewer pupils who are 'Children Looked After' (35%) are respondents compared to those pupils who are not (61%).

Children Looked After	Pupils	Responses	% Responses of Pupils
No	6536	3972	61%
Yes	176	61	35%

### Free School Meals

Proportional fewer pupils who receive free school meals (44%) responded to the surveys compared to those pupils who do not (63%).

Free School Meals	Pupils	Responses	% Responses of Pupils
No	5845	3654	63%
Yes	867	379	44%

### Level of English

This table shows the proportion of responses to the Health and Wellbeing survey based on the pupils' level of English.

Level of English	Pupils	Responses	% Responses of Pupils
Competent	137	78	57%
Developing Competence	44	22	50%
Early Acquisition	10	1	10%
First-Language	6407	3868	60%
Fluent	100	59	59%
Limited communication	2	1	50%
New to English	8	3	38%

### Disabled Status

Proportional fewer pupils who have a disabled status (40%) compared to those pupils who do not (60%).

Disabled Status	Pupils	Responses	% Responses of Pupils
No	6621	3997	60%
Yes	91	36	40%

### Additional Support Need Status

Proportional fewer pupils who have an additional support needs status (51%) compared to those pupils who do not (66%).

Additional Support Need Status	Pupils	Responses	% Responses of Pupils
No	4071	2699	66%
Yes	2641	1334	51%

### Scottish Index of Multiple Deprivation 2020 – Decile

This table shows the number and proportion of responses for each of the SIMD2020 Decile. It is interesting to note that pupils in SIMD2020 deciles 7 to 10 were more likely to respond compared to those living in SIMD2020 decile 1 to 3.

SIMD 2020 Decile	Pupils	Responses	% Responses of Pupils
D01 - Most Deprived 10%	146	60	41%
D02	287	139	48%
D03	170	79	46%
D04	654	354	54%
D05	912	514	56%
D06	1412	840	59%
D07	1308	850	65%
D08	958	632	66%
D09	420	284	68%
D10 - Least Deprived 10%	331	215	65%
Not Recorded / Outwith SB	114	66	58%
<b>Grand Total</b>	<b>6712</b>	<b>4033</b>	<b>60%</b>





## 2. School and Learning

### Agreements of School and Learning Statements - Overall

Question	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
Q4.1. I enjoy learning new things	18%	60%	18%	3%	1%	1%	4,021
Q4.2. I feel like I have a choice in what I am learning in school	7%	33%	32%	21%	6%	1%	3,990
Q4.3. Getting an education is important to me	46%	43%	8%	1%	0%	1%	4,001
Q4.4. My teachers listen to what I have to say	9%	48%	31%	8%	3%	1%	3,997
Q4.5. I have an adult to talk to at school if I am worried about something	22%	43%	21%	8%	4%	2%	4,009
Q5.1. I feel like my teachers treat me fairly	12%	53%	25%	7%	2%	1%	3,984
Q5.2. My parents (or carers) really care about my education	62%	32%	4%	1%	0%	1%	3,965
Q5.3. I feel confident to speak up in class, ask questions and share my opinion	13%	39%	26%	15%	7%	1%	3,968
Q5.4. Most of the time, I am happy at school	10%	40%	28%	13%	6%	2%	3,976
Q5.5. I feel positive about my future	22%	47%	22%	5%	3%	2%	3,971

The percent who strongly agree / agree are:

- 78% - I enjoy learning new things
- 40% - I feel like I have a choice in what I am learning in school
- 89% - Getting an education is important to me
- 57% - My teachers listen to what I have to say
- 65% - I have an adult to talk to at school if I am worried about something
- 65% - I feel like my teachers treat me fairly
- 94% - My parents (or carers) really care about my education
- 52% - I feel confident to speak up in class, ask questions and share my opinion
- 50% - Most of the time, I am happy at school
- 68% - I feel positive about my future

## Agreements of School and Learning Statements – Stages

Q4.1. I enjoy learning new things	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	22%	54%	21%	2%	1%	1%	912
S2	17%	59%	19%	3%	1%	1%	843
S3	14%	64%	19%	3%	1%	0%	847
S4	14%	60%	21%	4%	1%	1%	669
S5	19%	64%	14%	1%	1%	1%	466
S6	25%	64%	11%	0%	0%	0%	284
<b>Grand Total</b>	<b>18%</b>	<b>60%</b>	<b>18%</b>	<b>3%</b>	<b>1%</b>	<b>1%</b>	<b>4,021</b>

Q4.2. I feel like I have a choice in what I am learning in school	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	8%	30%	34%	21%	6%	0%	902
S2	7%	28%	33%	24%	7%	1%	839
S3	7%	35%	32%	20%	5%	1%	839
S4	6%	32%	31%	23%	7%	1%	664
S5	6%	39%	29%	20%	6%	1%	462
S6	10%	42%	24%	18%	6%	0%	284
<b>Grand Total</b>	<b>7%</b>	<b>33%</b>	<b>32%</b>	<b>21%</b>	<b>6%</b>	<b>1%</b>	<b>3,990</b>

Q4.3. Getting an education is important to me	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	51%	38%	8%	1%	1%	1%	907
S2	49%	39%	9%	1%	1%	1%	841
S3	45%	46%	8%	1%	0%	0%	840
S4	39%	47%	11%	2%	0%	1%	662
S5	40%	51%	7%	1%	0%	1%	465
S6	47%	45%	6%	2%	0%	0%	286
<b>Grand Total</b>	<b>46%</b>	<b>43%</b>	<b>8%</b>	<b>1%</b>	<b>0%</b>	<b>1%</b>	<b>4,001</b>

Q4.4. My teachers listen to what I have to say	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	16%	47%	29%	4%	2%	1%	908
S2	9%	49%	31%	7%	3%	2%	838
S3	6%	46%	36%	8%	3%	1%	837
S4	6%	47%	30%	11%	4%	1%	666
S5	6%	48%	33%	9%	2%	1%	463
S6	12%	54%	26%	6%	0%	1%	285
<b>Grand Total</b>	<b>9%</b>	<b>48%</b>	<b>31%</b>	<b>8%</b>	<b>3%</b>	<b>1%</b>	<b>3,997</b>

Q4.5. I have an adult to talk to at school if I am worried about something	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	31%	40%	18%	6%	2%	3%	910
S2	24%	40%	20%	8%	5%	3%	841
S3	20%	44%	23%	8%	5%	1%	845
S4	17%	44%	22%	10%	6%	2%	666
S5	14%	47%	22%	13%	3%	2%	461
S6	19%	45%	25%	9%	2%	0%	286
<b>Grand Total</b>	<b>22%</b>	<b>43%</b>	<b>21%</b>	<b>8%</b>	<b>4%</b>	<b>2%</b>	<b>4,009</b>

Q5.1. I feel like my teachers treat me fairly	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	17%	54%	22%	4%	2%	1%	899
S2	10%	53%	24%	10%	2%	1%	834
S3	10%	49%	30%	8%	3%	1%	841
S4	8%	52%	28%	9%	2%	1%	662
S5	10%	60%	21%	7%	1%	0%	463
S6	18%	53%	20%	7%	1%	0%	285
<b>Grand Total</b>	<b>12%</b>	<b>53%</b>	<b>25%</b>	<b>7%</b>	<b>2%</b>	<b>1%</b>	<b>3,984</b>

Q5.2. My parents (or carers) really care about my education	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	70%	25%	3%	0%	0%	1%	894
S2	65%	29%	4%	0%	0%	1%	831
S3	64%	31%	4%	1%	0%	0%	835
S4	55%	37%	6%	1%	0%	0%	659
S5	53%	38%	8%	1%	0%	1%	462
S6	59%	35%	5%	1%	0%	0%	284
<b>Grand Total</b>	<b>62%</b>	<b>32%</b>	<b>4%</b>	<b>1%</b>	<b>0%</b>	<b>1%</b>	<b>3,965</b>

Q5.3. I feel confident to speak up in class, ask questions and share my opinion	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	14%	39%	26%	13%	7%	2%	897
S2	15%	36%	25%	16%	7%	1%	830
S3	12%	37%	26%	18%	7%	1%	837
S4	10%	41%	27%	14%	7%	1%	657
S5	10%	44%	25%	15%	6%	0%	462
S6	18%	39%	25%	12%	5%	0%	285
<b>Grand Total</b>	<b>13%</b>	<b>39%</b>	<b>26%</b>	<b>15%</b>	<b>7%</b>	<b>1%</b>	<b>3,968</b>

Q5.4. Most of the time, I am happy at school	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	13%	43%	28%	9%	4%	2%	897
S2	10%	41%	26%	12%	7%	3%	834
S3	11%	41%	28%	13%	6%	1%	837
S4	7%	39%	28%	16%	9%	1%	661
S5	6%	37%	29%	21%	6%	1%	462
S6	13%	37%	34%	12%	4%	1%	285
<b>Grand Total</b>	<b>10%</b>	<b>40%</b>	<b>28%</b>	<b>13%</b>	<b>6%</b>	<b>2%</b>	<b>3,976</b>

Q5.5. I feel positive about my future	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	30%	46%	16%	4%	2%	2%	894
S2	24%	47%	18%	5%	3%	2%	833
S3	22%	47%	23%	4%	2%	1%	837
S4	15%	47%	25%	7%	4%	1%	660
S5	12%	46%	29%	9%	3%	1%	462
S6	19%	48%	26%	5%	2%	0%	285
<b>Grand Total</b>	<b>22%</b>	<b>47%</b>	<b>22%</b>	<b>5%</b>	<b>3%</b>	<b>2%</b>	<b>3,971</b>

## Agreements of School and Learning Statements – Schools

Q4.1. I enjoy learning new things	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
Berwickshire High School Total	17%	65%	16%	2%	1%	0%	391
Earlston High School Total	19%	58%	19%	3%	0%	1%	768
Eyemouth High School Total	18%	58%	18%	4%	2%	1%	257
Galashiels Academy Total	16%	66%	16%	1%	1%	0%	372
Hawick High School Total	14%	59%	23%	3%	1%	1%	448
Jedburgh Grammar Campus - Secondary Total	23%	57%	18%	1%	1%	0%	237
Kelso High School Total	14%	58%	21%	4%	1%	1%	366
Peebles High School Total	19%	59%	18%	3%	1%	0%	900
Selkirk High School Total	20%	60%	16%	3%	1%	0%	282
<b>Grand Total</b>	<b>18%</b>	<b>60%</b>	<b>18%</b>	<b>3%</b>	<b>1%</b>	<b>1%</b>	<b>4,021</b>

Q4.2. I feel like I have a choice in what I am learning in school	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
Berwickshire High School Total	6%	40%	30%	20%	5%	0%	391
Earlston High School Total	8%	32%	31%	23%	6%	1%	763
Eyemouth High School Total	10%	36%	31%	17%	5%	1%	255
Galashiels Academy Total	6%	28%	40%	20%	7%	0%	367
Hawick High School Total	5%	30%	38%	21%	5%	1%	443
Jedburgh Grammar Campus - Secondary Total	9%	37%	29%	19%	5%	1%	237
Kelso High School Total	6%	33%	28%	25%	7%	2%	365
Peebles High School Total	8%	31%	30%	24%	7%	0%	890
Selkirk High School Total	6%	35%	34%	17%	5%	1%	279
<b>Grand Total</b>	<b>7%</b>	<b>33%</b>	<b>32%</b>	<b>21%</b>	<b>6%</b>	<b>1%</b>	<b>3,990</b>

<b>Q4.3. Getting an education is important to me</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents To Question</b>
Berwickshire High School Total	41%	47%	8%	2%	1%	1%	391
Earlston High School Total	50%	41%	7%	1%	0%	1%	762
Eyemouth High School Total	40%	46%	12%	1%	0%	1%	257
Galashiels Academy Total	51%	44%	4%	1%	0%	0%	372
Hawick High School Total	47%	41%	9%	2%	0%	1%	446
Jedburgh Grammar Campus - Secondary Total	47%	40%	8%	2%	1%	1%	236
Kelso High School Total	40%	44%	11%	2%	1%	2%	363
Peebles High School Total	45%	44%	9%	1%	1%	0%	896
Selkirk High School Total	43%	46%	10%	0%	1%	0%	278
<b>Grand Total</b>	<b>46%</b>	<b>43%</b>	<b>8%</b>	<b>1%</b>	<b>0%</b>	<b>1%</b>	<b>4,001</b>

<b>Q4.4. My teachers listen to what I have to say</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents To Question</b>
Berwickshire High School Total	9%	47%	32%	9%	2%	0%	391
Earlston High School Total	12%	52%	28%	5%	2%	1%	763
Eyemouth High School Total	11%	48%	27%	10%	2%	1%	256
Galashiels Academy Total	8%	50%	30%	8%	3%	2%	371
Hawick High School Total	7%	51%	32%	7%	2%	1%	442
Jedburgh Grammar Campus - Secondary Total	16%	42%	33%	5%	3%	1%	236
Kelso High School Total	5%	41%	36%	9%	6%	3%	360
Peebles High School Total	7%	46%	34%	9%	3%	1%	897
Selkirk High School Total	12%	49%	27%	8%	3%	2%	281
<b>Grand Total</b>	<b>9%</b>	<b>48%</b>	<b>31%</b>	<b>8%</b>	<b>3%</b>	<b>1%</b>	<b>3,997</b>

<b>Q4.5. I have an adult to talk to at school if I am worried about something</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents To Question</b>
Berwickshire High School Total	19%	42%	24%	10%	4%	1%	392
Earlston High School Total	23%	40%	22%	9%	3%	2%	767
Eyemouth High School Total	25%	40%	19%	7%	7%	2%	257
Galashiels Academy Total	23%	40%	23%	5%	6%	2%	372
Hawick High School Total	25%	44%	20%	8%	2%	2%	444
Jedburgh Grammar Campus - Secondary Total	22%	44%	18%	9%	5%	2%	235
Kelso High School Total	16%	40%	25%	10%	5%	4%	365
Peebles High School Total	22%	45%	20%	8%	3%	2%	898
Selkirk High School Total	20%	48%	18%	9%	4%	1%	279
<b>Grand Total</b>	<b>22%</b>	<b>43%</b>	<b>21%</b>	<b>8%</b>	<b>4%</b>	<b>2%</b>	<b>4,009</b>

<b>Q5.1. I feel like my teachers treat me fairly</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents To Question</b>
Berwickshire High School Total	14%	53%	25%	7%	2%	0%	388
Earlston High School Total	13%	57%	23%	6%	1%	1%	765
Eyemouth High School Total	16%	54%	24%	5%	2%	0%	254
Galashiels Academy Total	10%	52%	29%	6%	2%	1%	367
Hawick High School Total	11%	53%	26%	7%	2%	1%	442
Jedburgh Grammar Campus - Secondary Total	15%	47%	29%	6%	3%	0%	236
Kelso High School Total	7%	46%	30%	12%	4%	2%	361
Peebles High School Total	11%	55%	22%	9%	2%	1%	892
Selkirk High School Total	13%	54%	24%	6%	3%	0%	279
<b>Grand Total</b>	<b>12%</b>	<b>53%</b>	<b>25%</b>	<b>7%</b>	<b>2%</b>	<b>1%</b>	<b>3,984</b>

<b>Q5.2. My parents (or carers) really care about my education</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents To Question</b>
Berwickshire High School Total	54%	38%	5%	1%	1%	1%	388
Earlston High School Total	65%	30%	3%	1%	0%	1%	763
Eyemouth High School Total	60%	32%	6%	1%	0%	1%	254
Galashiels Academy Total	70%	26%	4%	0%	0%	0%	364
Hawick High School Total	66%	29%	3%	1%	0%	1%	438
Jedburgh Grammar Campus - Secondary Total	60%	35%	3%	0%	1%	0%	231
Kelso High School Total	56%	38%	5%	1%	0%	1%	360
Peebles High School Total	64%	29%	6%	1%	0%	0%	889
Selkirk High School Total	60%	33%	6%	0%	0%	1%	278
<b>Grand Total</b>	<b>62%</b>	<b>32%</b>	<b>4%</b>	<b>1%</b>	<b>0%</b>	<b>1%</b>	<b>3,965</b>

<b>Q5.3. I feel confident to speak up in class, ask questions and share my opinion</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents To Question</b>
Berwickshire High School Total	10%	41%	26%	17%	5%	1%	387
Earlston High School Total	14%	39%	26%	15%	5%	1%	761
Eyemouth High School Total	16%	35%	23%	17%	9%	1%	253
Galashiels Academy Total	11%	32%	33%	15%	8%	1%	366
Hawick High School Total	11%	38%	29%	15%	7%	1%	440
Jedburgh Grammar Campus - Secondary Total	15%	42%	22%	11%	9%	1%	233
Kelso High School Total	11%	35%	25%	18%	11%	1%	361
Peebles High School Total	14%	43%	23%	13%	5%	1%	890
Selkirk High School Total	17%	38%	24%	13%	6%	1%	277
<b>Grand Total</b>	<b>13%</b>	<b>39%</b>	<b>26%</b>	<b>15%</b>	<b>7%</b>	<b>1%</b>	<b>3,968</b>



<b>Q5.4. Most of the time, I am happy at school</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents To Question</b>
Berwickshire High School Total	8%	42%	28%	14%	6%	1%	387
Earlston High School Total	11%	41%	29%	13%	5%	1%	764
Eyemouth High School Total	12%	40%	27%	13%	8%	1%	254
Galashiels Academy Total	9%	40%	33%	11%	7%	1%	366
Hawick High School Total	9%	37%	33%	13%	6%	2%	440
Jedburgh Grammar Campus - Secondary Total	13%	39%	29%	12%	6%	2%	233
Kelso High School Total	5%	34%	32%	17%	10%	3%	362
Peebles High School Total	13%	44%	23%	14%	5%	1%	891
Selkirk High School Total	8%	41%	25%	14%	9%	2%	279
<b>Grand Total</b>	<b>10%</b>	<b>40%</b>	<b>28%</b>	<b>13%</b>	<b>6%</b>	<b>2%</b>	<b>3,976</b>

<b>Q5.5. I feel positive about my future</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>6. Prefer not to say</b>	<b>Respondents To Question</b>
Berwickshire High School Total	23%	44%	22%	7%	2%	1%	385
Earlston High School Total	20%	46%	24%	7%	2%	1%	762
Eyemouth High School Total	25%	39%	25%	5%	5%	1%	255
Galashiels Academy Total	23%	49%	20%	4%	2%	2%	366
Hawick High School Total	23%	50%	19%	5%	2%	1%	439
Jedburgh Grammar Campus - Secondary Total	26%	50%	15%	3%	5%	2%	234
Kelso High School Total	19%	48%	21%	7%	3%	1%	361
Peebles High School Total	21%	48%	21%	6%	2%	2%	890
Selkirk High School Total	18%	47%	27%	4%	3%	2%	279
<b>Grand Total</b>	<b>22%</b>	<b>47%</b>	<b>22%</b>	<b>5%</b>	<b>3%</b>	<b>2%</b>	<b>3,971</b>

## Schoolwork Pressure

Q6. How pressured (stressed) do you feel by the schoolwork you have to do?	1. Not at all	2. A little	3. Some	4. A lot	5. Prefer not to say	Respondents To Question
S1	12%	38%	32%	14%	2%	907
S2	10%	36%	36%	17%	2%	840
S3	7%	31%	38%	22%	2%	842
S4	6%	20%	33%	40%	0%	664
S5	3%	16%	28%	53%	1%	461
S6	6%	19%	30%	44%	1%	285
<b>Grand Total</b>	<b>8%</b>	<b>29%</b>	<b>34%</b>	<b>27%</b>	<b>1%</b>	<b>3,999</b>

Q6. How pressured (stressed) do you feel by the schoolwork you have to do?	1. Not at all	2. A little	3. Some	4. A lot	5. Prefer not to say	Respondents To Question
Derwickshire High School Total	9%	26%	33%	32%	1%	387
Earlston High School Total	5%	27%	37%	30%	1%	767
Edinburgh High School Total	11%	33%	30%	24%	2%	257
Galashiels Academy Total	12%	34%	38%	15%	1%	368
Hawick High School Total	8%	30%	34%	26%	2%	444
Jedburgh Grammar Campus - Secondary Total	9%	32%	34%	22%	2%	234
Kelso High School Total	10%	25%	31%	32%	2%	368
Peebles High School Total	7%	29%	32%	30%	1%	895
Selkirk High School Total	9%	30%	34%	25%	2%	279
<b>Grand Total</b>	<b>8%</b>	<b>29%</b>	<b>34%</b>	<b>27%</b>	<b>1%</b>	<b>3,999</b>

## After Leaving School S1 - 4 Only

Q7. Now looking ahead, when do you think you want to leave school / full-time education?	1. I want to leave school as soon as I can (e.g. at the end of S4)	2. I want to continue with my full-time education (e.g. stay on into S5 or go to college)	3. I'm not sure at the moment	4. Prefer not to say	Respondents To Question
S1	7%	57%	34%	1%	901
S2	6%	67%	26%	1%	831
S3	7%	72%	21%	1%	831
S4	11%	71%	17%	1%	649
<b>Grand Total</b>	<b>7%</b>	<b>66%</b>	<b>25%</b>	<b>1%</b>	<b>3212</b>

Q7. Now looking ahead, when do you think you want to leave school / full-time education?	1. I want to leave school as soon as I can (e.g. at the end of S4)	2. I want to continue with my full-time education (e.g. stay on into S5 or go to college)	3. I'm not sure at the moment	4. Prefer not to say	Respondents To Question
Perwickshire High School Total	8%	66%	26%	0%	278
Carlston High School Total	4%	74%	21%	1%	587
Eyemouth High School Total	9%	62%	28%	1%	219
Galashiels Academy Total	5%	63%	30%	2%	342
Hawick High School Total	7%	67%	23%	2%	341
Jedburgh Grammar Campus - Secondary Total	14%	58%	28%	0%	189
Kelso High School Total	15%	55%	29%	1%	295
Peebles High School Total	5%	69%	25%	1%	724
Selkirk High School Total	9%	64%	25%	2%	237
<b>Grand Total</b>	<b>7%</b>	<b>66%</b>	<b>25%</b>	<b>1%</b>	<b>3212</b>

## After Leaving Secondary Education

Q8. What do you think you will be doing as soon as you leave secondary education (usually in S4, S5 or S6)?	1. University	3. Apprenticeship or Trade	2. Further Education College	4. Youth Training or Skill Seekers	5. Employment	6. Unemployed	7. Don't know	8. Other	9. Prefer not to say	Respondents To Question
S1	39%	9%	4%	1%	5%	0%	36%	5%	2%	904
S2	45%	11%	6%	1%	3%	0%	29%	4%	1%	836
S3	45%	12%	8%	0%	4%	0%	26%	3%	1%	834
S4	43%	17%	12%	0%	4%	0%	19%	4%	1%	662
S5	51%	16%	6%	0%	5%	0%	17%	2%	2%	460
S6	63%	11%	5%	0%	9%	0%	6%	4%	1%	284
<b>Grand Total</b>	<b>45%</b>	<b>12%</b>	<b>7%</b>	<b>1%</b>	<b>5%</b>	<b>0%</b>	<b>25%</b>	<b>4%</b>	<b>1%</b>	<b>3,980</b>

Q8. What do you think you will be doing as soon as you leave secondary education (usually in S4, S5 or S6)?	1. University	3. Apprenticeship or Trade	2. Further Education College	4. Youth Training or Skill Seekers	5. Employment	6. Unemployed	7. Don't know	8. Other	9. Prefer not to say	Respondents To Question
Berwickshire High School Total	43%	18%	5%	0%	1%	6%	23%	3%	1%	385
Earlston High School Total	53%	10%	5%	1%	0%	5%	22%	3%	1%	765
Eymouth High School Total	40%	12%	8%	0%	0%	7%	27%	4%	2%	257
Galashiels Academy Total	42%	13%	3%	1%	1%	5%	30%	5%	1%	363
Halick High School Total	41%	16%	8%	1%	0%	3%	26%	3%	2%	443
Jedburgh Grammar Campus - Secondary Total	39%	19%	11%	0%	0%	5%	23%	2%	1%	233
Kelso High School Total	41%	12%	11%	0%	0%	4%	26%	5%	1%	365
Peebles High School Total	50%	8%	6%	1%	0%	4%	26%	5%	0%	892
Selkirk High School Total	39%	13%	11%	0%	0%	5%	23%	4%	4%	277
<b>Grand Total</b>	<b>45%</b>	<b>12%</b>	<b>7%</b>	<b>1%</b>	<b>0%</b>	<b>5%</b>	<b>25%</b>	<b>4%</b>	<b>1%</b>	<b>3,980</b>

### 3. Physical Activity

#### Physical Activity Yesterday

Q9. For this next question, add up all the time you spent doing physical activity yesterday?	1. None	2. Less than half an hour	3. Between half an hour and 1 hour	4. 1 to 2 hours	5. 2 hours or more	6. Prefer not to say	Respondents To Question
S1	5%	7%	19%	31%	34%	4%	907
S2	4%	7%	19%	35%	31%	3%	835
S3	6%	8%	18%	33%	33%	2%	832
S4	8%	9%	21%	31%	29%	2%	655
S5	9%	13%	23%	29%	23%	3%	460
S6	7%	17%	23%	30%	22%	2%	282
<b>Grand Total</b>	<b>6%</b>	<b>9%</b>	<b>20%</b>	<b>32%</b>	<b>30%</b>	<b>3%</b>	<b>3,971</b>

Q9. For this next question, add up all the time you spent doing physical activity yesterday?	1. None	2. Less than half an hour	3. Between half an hour and 1 hour	4. 1 to 2 hours	5. 2 hours or more	6. Prefer not to say	Respondents To Question
Page 1 of 5 Berwickshire High School	11%	10%	21%	29%	26%	4%	379
Earlston High School	5%	8%	21%	33%	31%	2%	762
Eyemouth High School	5%	10%	19%	33%	30%	3%	258
Galashiels Academy	5%	8%	18%	36%	31%	2%	366
Hawick High School	5%	8%	17%	31%	34%	5%	438
Jedburgh Grammar Campus - Secondary	8%	10%	21%	31%	26%	3%	235
Kelso High School	4%	8%	18%	30%	37%	2%	365
Peebles High School	7%	9%	21%	34%	28%	2%	891
Selkirk High School	5%	14%	21%	29%	27%	4%	277
<b>Grand Total</b>	<b>6%</b>	<b>9%</b>	<b>20%</b>	<b>32%</b>	<b>30%</b>	<b>3%</b>	<b>3,971</b>

## Free Time Physical Activity

Q10. How often do you usually do any physical activity in your free time (outside school hours) so much that you get out of breath or sweat?	1. Every day	2. 4 to 6 times a week	3. 2 to 3 times a week	4. Once a week	5. At least once a month but not every week	6. Once a month	7. Less than once a month	8. Never	9. Prefer not to say	Respondents To Question
S1	24%	32%	27%	6%	0%	1%	2%	2%	5%	904
S2	21%	33%	28%	8%	2%	0%	2%	2%	5%	836
S3	16%	30%	32%	10%	0%	2%	2%	4%	4%	832
S4	14%	28%	36%	9%	3%	0%	3%	5%	3%	657
S5	12%	25%	34%	14%	5%	0%	2%	4%	4%	461
S6	14%	28%	34%	11%	5%	0%	2%	3%	3%	283
<b>Grand Total</b>	<b>18%</b>	<b>30%</b>	<b>31%</b>	<b>9%</b>	<b>2%</b>	<b>1%</b>	<b>2%</b>	<b>3%</b>	<b>4%</b>	<b>3,973</b>

Q10. How often do you usually do any physical activity in your free time (outside school hours) so much that you get out of breath or sweat?	1. Every day	2. 4 to 6 times a week	3. 2 to 3 times a week	4. Once a week	5. At least once a month but not every week	6. Once a month	7. Less than once a month	8. Never	9. Prefer not to say	Respondents To Question
Berwickshire High School	14%	29%	34%	10%	2%	1%	2%	4%	5%	380
Earlston High School	19%	30%	30%	10%	3%	1%	1%	3%	3%	763
Eyemouth High School	15%	30%	32%	10%	2%	1%	2%	4%	3%	256
Galashiels Academy	21%	26%	30%	11%	1%	1%	4%	2%	5%	365
Hawick High School	18%	26%	35%	7%	1%	0%	1%	5%	7%	442
Jedburgh Grammar Campus - Secondary	19%	33%	24%	10%	3%	0%	4%	3%	5%	235
Kelso High School	19%	33%	29%	6%	1%	1%	2%	4%	5%	365
Peebles High School	16%	33%	32%	8%	2%	1%	2%	2%	3%	890
Selkirk High School	22%	27%	29%	10%	1%	1%	3%	2%	5%	277
<b>Grand Total</b>	<b>18%</b>	<b>30%</b>	<b>31%</b>	<b>9%</b>	<b>2%</b>	<b>1%</b>	<b>2%</b>	<b>3%</b>	<b>4%</b>	<b>3,973</b>

## Time Sitting

Outside school hours, how many hours a day do you usually spend sitting (e.g. watching TV, using a computer or mobile phone, travelling in a car or by bus, sitting and talking, eating, studying)? Please be aware that if activities take place at the same time (e.g. watching TV whilst talking) then these only count once.

### Sitting Weekdays

Q11.1. Sitting - Weekdays	1. None at all	2. About half an hour a day	3. About 1 hour a day	4. About 2 hours a day	5. About 3 hours a day	6. About 4 hours a day	7. About 5 hours a day	8. About 6 hours a day	9. About 7 hours or more a day	Respondents To Question
S1	1%	5%	14%	21%	22%	15%	10%	6%	5%	870
S2	1%	4%	11%	19%	22%	20%	10%	6%	7%	808
S3	1%	2%	6%	17%	21%	18%	16%	8%	10%	814
S4	1%	2%	8%	20%	21%	19%	13%	6%	10%	647
S5	1%	2%	5%	14%	20%	24%	15%	9%	11%	454
S6	1%	0%	2%	12%	26%	19%	17%	10%	12%	275
<b>Grand Total</b>	<b>1%</b>	<b>3%</b>	<b>9%</b>	<b>18%</b>	<b>22%</b>	<b>19%</b>	<b>13%</b>	<b>7%</b>	<b>8%</b>	<b>3,868</b>

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Q11.1. Sitting - Weekdays	1. None at all	2. About half an hour a day	3. About 1 hour a day	4. About 2 hours a day	5. About 3 hours a day	6. About 4 hours a day	7. About 5 hours a day	8. About 6 hours a day	9. About 7 hours or more a day	Respondents To Question
Berwickshire High School	2%	2%	4%	19%	21%	22%	14%	8%	9%	365
Earlston High School	1%	3%	10%	18%	22%	17%	13%	7%	9%	743
Eyemouth High School	0%	4%	10%	18%	22%	20%	13%	5%	7%	253
Galashiels Academy	1%	4%	11%	16%	23%	18%	12%	6%	9%	353
Hawick High School	2%	3%	11%	18%	25%	17%	14%	5%	6%	429
Jedburgh Grammar Campus - Secondary	2%	7%	9%	17%	21%	17%	8%	10%	8%	231
Kelso High School	2%	1%	8%	17%	18%	20%	16%	8%	11%	356
Peebles High School	1%	3%	8%	19%	22%	19%	12%	7%	9%	868
Selkirk High School	1%	4%	9%	21%	20%	17%	10%	9%	7%	270
<b>Grand Total</b>	<b>1%</b>	<b>3%</b>	<b>9%</b>	<b>18%</b>	<b>22%</b>	<b>19%</b>	<b>13%</b>	<b>7%</b>	<b>8%</b>	<b>3,868</b>

## Sitting Weekends

Q11.2. Sitting Weekends	1. None at all	2. About half an hour a day	3. About 1 hour a day	4. About 2 hours a day	5. About 3 hours a day	6. About 4 hours a day	7. About 5 hours a day	8. About 6 hours a day	9. About 7 hours or more a day	Respondents To Question
S1	1%	4%	7%	12%	17%	17%	14%	10%	18%	823
S2	2%	2%	5%	12%	15%	16%	16%	13%	19%	765
S3	1%	1%	4%	7%	13%	16%	18%	16%	24%	784
S4	2%	1%	3%	7%	15%	19%	19%	16%	19%	613
S5	1%	1%	4%	7%	11%	17%	18%	17%	24%	433
S6	0%	0%	3%	7%	15%	21%	19%	14%	20%	267
<b>Grand Total</b>	<b>1%</b>	<b>2%</b>	<b>5%</b>	<b>9%</b>	<b>14%</b>	<b>17%</b>	<b>17%</b>	<b>14%</b>	<b>21%</b>	<b>3,685</b>

Q11.2. Sitting Weekends	1. None at all	2. About half an hour a day	3. About 1 hour a day	4. About 2 hours a day	5. About 3 hours a day	6. About 4 hours a day	7. About 5 hours a day	8. About 6 hours a day	9. About 7 hours or more a day	Respondents To Question
Perthshire High School	2%	1%	3%	6%	12%	20%	18%	12%	27%	347
Carlston High School	0%	1%	5%	9%	16%	18%	16%	16%	19%	705
Eyemouth High School	2%	5%	5%	9%	17%	16%	19%	13%	15%	241
Galashiels Academy	1%	2%	4%	9%	13%	15%	21%	12%	23%	340
Hawick High School	1%	2%	5%	10%	14%	15%	16%	15%	21%	404
Jedburgh Grammar Campus - Secondary	2%	5%	6%	10%	14%	14%	13%	13%	23%	222
Kelso High School	1%	1%	3%	10%	10%	16%	15%	14%	28%	337
Peebles High School	1%	2%	5%	9%	17%	18%	19%	14%	16%	841
Selkirk High School	2%	2%	3%	10%	15%	21%	12%	15%	20%	248
<b>Grand Total</b>	<b>1%</b>	<b>2%</b>	<b>5%</b>	<b>9%</b>	<b>14%</b>	<b>17%</b>	<b>17%</b>	<b>14%</b>	<b>21%</b>	<b>3,685</b>



## 4. Health and Feeling

### General Health

Q12. In general, how would you say your health is?	1. Excellent	2. Good	3. Fair	4. Poor	5. Prefer not to say	Respondents To Question
S1	24%	52%	18%	3%	3%	903
S2	20%	53%	21%	4%	2%	833
S3	18%	51%	25%	5%	2%	827
S4	17%	53%	22%	6%	2%	654
S5	15%	53%	27%	5%	1%	460
S6	20%	58%	18%	2%	2%	281
<b>Grand Total</b>	<b>19%</b>	<b>53%</b>	<b>22%</b>	<b>4%</b>	<b>2%</b>	<b>3958</b>

Q12. In general, how would you say your health is?	1. Excellent	2. Good	3. Fair	4. Poor	5. Prefer not to say	Respondents To Question
Derwickshire High School	13%	55%	25%	3%	4%	371
Earlston High School	18%	56%	21%	4%	2%	758
Eyemouth High School	18%	47%	23%	8%	3%	257
Galashiels Academy	21%	52%	22%	3%	2%	364
Hawick High School	19%	55%	19%	5%	1%	443
Jedburgh Grammar Campus - Secondary	23%	55%	18%	2%	2%	235
Kelso High School	19%	47%	28%	4%	2%	365
Peebles High School	23%	52%	20%	4%	2%	890
Selkirk High School	17%	52%	23%	4%	3%	275
<b>Grand Total</b>	<b>19%</b>	<b>53%</b>	<b>22%</b>	<b>4%</b>	<b>2%</b>	<b>3958</b>

## Long-term Health

Q13. Do you have a physical or mental health condition or illness lasting or expected to last 12 months or more?	1. Yes	2. No	3. Prefer not to say	Respondents To Question
S1	11%	74%	15%	887
S2	11%	75%	13%	827
S3	14%	72%	14%	821
S4	15%	70%	14%	656
S5	17%	69%	14%	458
S6	18%	68%	14%	280
<b>Grand Total</b>	<b>14%</b>	<b>72%</b>	<b>14%</b>	<b>3929</b>

Q13. Do you have a physical or mental health condition or illness lasting or expected to last 12 months or more?	1. Yes	2. No	3. Prefer not to say	Respondents To Question
Berwickshire High School	14%	69%	17%	368
Earlston High School	13%	72%	15%	757
Fyemouth High School	17%	67%	16%	255
Galashiels Academy	14%	74%	12%	363
Hawick High School	14%	74%	12%	438
Haddington Grammar Campus - Secondary	16%	70%	14%	234
Kelso High School	12%	72%	17%	362
Peebles High School	13%	75%	12%	877
Selkirk High School	12%	72%	17%	275
<b>Grand Total</b>	<b>14%</b>	<b>72%</b>	<b>14%</b>	<b>3929</b>

## Attitude to Life

### Life is Just Right

Q14.1. My life is just right	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	23%	38%	25%	8%	2%	3%	891
S2	15%	39%	28%	10%	5%	3%	828
S3	12%	40%	30%	13%	4%	2%	822
S4	10%	35%	34%	14%	5%	2%	653
S5	5%	34%	38%	16%	5%	2%	456
S6	11%	30%	41%	13%	3%	2%	282
<b>Grand Total</b>	<b>14%</b>	<b>37%</b>	<b>31%</b>	<b>12%</b>	<b>4%</b>	<b>2%</b>	<b>3932</b>

Q14.1. My life is just right	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
Berwickshire High School	9%	38%	36%	10%	4%	3%	369
Earlston High School	12%	35%	34%	14%	3%	2%	760
Eyemouth High School	15%	37%	27%	10%	6%	5%	253
Galashiels Academy	17%	44%	26%	9%	3%	1%	360
Hawick High School	15%	39%	30%	12%	3%	1%	439
Jedburgh Grammar Campus - Secondary	18%	38%	30%	9%	3%	2%	234
Kelso High School	13%	35%	30%	12%	5%	4%	364
Peebles High School	14%	36%	31%	13%	4%	3%	879
Selkirk High School	12%	38%	28%	14%	4%	3%	274
<b>Grand Total</b>	<b>14%</b>	<b>37%</b>	<b>31%</b>	<b>12%</b>	<b>4%</b>	<b>2%</b>	<b>3932</b>

## I wish I had a different life

Q14.2. I wish I had a different kind of life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	4%	12%	21%	26%	32%	4%	883
S2	4%	14%	25%	28%	24%	4%	822
S3	5%	16%	26%	30%	21%	3%	817
S4	7%	18%	30%	26%	16%	2%	650
S5	5%	21%	32%	27%	12%	3%	453
S6	5%	13%	35%	28%	17%	2%	281
<b>Grand Total</b>	<b>5%</b>	<b>15%</b>	<b>27%</b>	<b>28%</b>	<b>22%</b>	<b>3%</b>	<b>3906</b>

Q14.2. I wish I had a different kind of life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
Berwickshire High School	4%	17%	29%	27%	19%	4%	366
Earlston High School	4%	17%	24%	32%	20%	3%	756
Plymouth High School	6%	15%	28%	22%	26%	4%	253
Galashiels Academy	6%	12%	24%	27%	29%	3%	358
Hawick High School	5%	14%	27%	29%	23%	2%	437
Jedburgh Grammar Campus - Secondary	7%	13%	25%	23%	27%	4%	231
Kelso High School	2%	17%	27%	29%	21%	4%	359
Peebles High School	7%	15%	27%	27%	22%	3%	875
Selkirk High School	3%	17%	33%	24%	20%	3%	271
<b>Grand Total</b>	<b>5%</b>	<b>15%</b>	<b>27%</b>	<b>28%</b>	<b>22%</b>	<b>3%</b>	<b>3906</b>

## I have what I want in life

Q14.3. I have what I want in life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	24%	42%	23%	6%	1%	3%	884
S2	15%	41%	31%	7%	3%	4%	822
S3	13%	39%	30%	12%	3%	2%	819
S4	9%	37%	36%	13%	3%	2%	648
S5	5%	33%	39%	17%	4%	2%	454
S6	11%	34%	38%	13%	2%	2%	281
<b>Grand Total</b>	<b>14%</b>	<b>39%</b>	<b>31%</b>	<b>10%</b>	<b>3%</b>	<b>3%</b>	<b>3908</b>

Q14.3. I have what I want in life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
Berwickshire High School	11%	42%	31%	11%	2%	3%	365
Carlston High School	12%	38%	34%	12%	2%	2%	754
Eyemouth High School	18%	36%	33%	7%	3%	4%	257
Galashiels Academy	18%	37%	32%	10%	2%	1%	355
Hawick High School	16%	38%	32%	8%	4%	2%	436
Jedburgh Grammar Campus - Secondary	15%	49%	23%	7%	3%	3%	232
Kelso High School	13%	36%	33%	10%	4%	4%	360
Peebles High School	14%	38%	29%	13%	3%	3%	877
Selkirk High School	13%	40%	32%	10%	2%	3%	272
<b>Grand Total</b>	<b>14%</b>	<b>39%</b>	<b>31%</b>	<b>10%</b>	<b>3%</b>	<b>3%</b>	<b>3908</b>

## 5. S1 Health and Wellbeing

### S1 Health and Wellbeing Statements

S1 Survey asked different health and wellbeing questions to those asked in the S2-S6 surveys.

S1 Health and Wellbeing Questions	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
S1 Q15.1. In general, I like who I am	22%	46%	22%	8%	2%	820
S1 Q15.2. I am proud of the things I can do	31%	49%	15%	4%	1%	820
S1 Q15.3. When I do something, I try my hardest	26%	45%	23%	5%	1%	823
S1 Q15.4. I feel like I can make decisions in my life	25%	51%	19%	4%	1%	820
S1 Q15.5. Generally, I feel cheerful and I am in a good mood	17%	43%	28%	9%	2%	819
S1 Q15.6. There are lots of things that I worry about in my life	17%	25%	29%	23%	6%	811
S1 Q15.7. Even if I'm having a difficult time, I feel like I will be OK	13%	42%	31%	11%	3%	809

The S1 pupils at Jedburgh Grammar Campus responded to the S2 survey, as a result there are no responses for Jedburgh Grammar Campus for these questions.

S1 Q15.1. In general, I like who I am	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
Berwickshire High School	18%	52%	21%	9%	0%	56
Earlston High School	20%	43%	24%	8%	4%	157
Eyemouth High School	24%	40%	22%	9%	4%	67
Galashiels Academy	29%	47%	16%	7%	1%	107
Hawick High School	23%	43%	24%	8%	2%	119
Jedburgh Grammar Campus - Secondary						0
Kelso High School	19%	45%	25%	9%	1%	77
Peebles High School	21%	49%	22%	6%	2%	189
Selkirk High School	15%	50%	25%	6%	4%	48
<b>Grand Total</b>	<b>22%</b>	<b>46%</b>	<b>22%</b>	<b>8%</b>	<b>2%</b>	<b>820</b>

<b>S1 Q15.2. I am proud of the things I can do</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	26%	56%	12%	4%	2%	57
Earlston High School	34%	44%	16%	4%	1%	158
Eyemouth High School	34%	48%	13%	4%	0%	67
Galashiels Academy	39%	47%	10%	4%	0%	107
Hawick High School	29%	49%	18%	3%	1%	118
Jedburgh Grammar Campus - Secondary						0
Kelso High School	26%	51%	19%	3%	1%	77
Peebles High School	27%	52%	15%	4%	1%	189
Selkirk High School	26%	51%	19%	2%	2%	47
<b>Grand Total</b>	<b>31%</b>	<b>49%</b>	<b>15%</b>	<b>4%</b>	<b>1%</b>	<b>820</b>

<b>S1 Q15.3. When I do something, I try my hardest</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	20%	50%	23%	5%	2%	56
Earlston High School	27%	46%	20%	5%	1%	158
Eyemouth High School	27%	43%	25%	3%	1%	67
Galashiels Academy	36%	42%	21%	1%	1%	107
Hawick High School	24%	51%	21%	2%	3%	119
Jedburgh Grammar Campus - Secondary						0
Kelso High School	21%	40%	29%	9%	1%	78
Peebles High School	26%	46%	22%	6%	0%	190
Selkirk High School	27%	40%	27%	6%	0%	48
<b>Grand Total</b>	<b>26%</b>	<b>45%</b>	<b>23%</b>	<b>5%</b>	<b>1%</b>	<b>823</b>

<b>S1 Q15.4. I feel like I can make decisions in my life</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	28%	44%	18%	9%	2%	57
Earlston High School	25%	48%	22%	3%	1%	157
Eyemouth High School	29%	41%	25%	3%	1%	68
Galashiels Academy	29%	51%	13%	4%	3%	107
Hawick High School	26%	58%	12%	3%	1%	119
Jedburgh Grammar Campus - Secondary						0
Kelso High School	16%	57%	21%	5%	1%	76
Peebles High School	23%	55%	18%	3%	2%	188
Selkirk High School	27%	40%	29%	4%	0%	48
<b>Grand Total</b>	<b>25%</b>	<b>51%</b>	<b>19%</b>	<b>4%</b>	<b>1%</b>	<b>820</b>

<b>S1 Q15.5. Generally, I feel cheerful and I am in a good mood</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	16%	46%	27%	9%	2%	56
Earlston High School	19%	42%	24%	11%	3%	158
Eyemouth High School	21%	38%	24%	12%	5%	66
Galashiels Academy	21%	48%	24%	5%	3%	107
Hawick High School	14%	50%	30%	4%	2%	118
Jedburgh Grammar Campus - Secondary						0
Kelso High School	14%	32%	38%	13%	3%	78
Peebles High School	16%	43%	30%	10%	2%	189
Selkirk High School	13%	45%	34%	9%	0%	47
<b>Grand Total</b>	<b>17%</b>	<b>43%</b>	<b>28%</b>	<b>9%</b>	<b>2%</b>	<b>819</b>



<b>S1 Q15.6. There are lots of things that I worry about in my life</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	20%	29%	18%	29%	4%	55
Earlston High School	18%	27%	24%	25%	5%	157
Eyemouth High School	17%	21%	26%	29%	8%	66
Galashiels Academy	18%	24%	28%	23%	7%	104
Hawick High School	10%	22%	42%	19%	7%	118
Jedburgh Grammar Campus - Secondary						0
Kelso High School	17%	25%	33%	21%	4%	76
Peebles High School	19%	26%	25%	24%	7%	187
Selkirk High School	19%	29%	38%	13%	2%	48
<b>Grand Total</b>	<b>17%</b>	<b>25%</b>	<b>29%</b>	<b>23%</b>	<b>6%</b>	<b>811</b>

<b>S1 Q15.7. Even if I'm having a difficult time, I feel like I will be OK</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	15%	36%	31%	16%	2%	55
Earlston High School	14%	41%	28%	12%	5%	155
Eyemouth High School	24%	35%	26%	13%	1%	68
Galashiels Academy	10%	50%	30%	8%	1%	105
Hawick High School	11%	41%	40%	6%	2%	117
Jedburgh Grammar Campus - Secondary						0
Kelso High School	12%	36%	31%	19%	3%	78
Peebles High School	11%	45%	30%	10%	4%	184
Selkirk High School	6%	45%	32%	17%	0%	47
<b>Grand Total</b>	<b>13%</b>	<b>42%</b>	<b>31%</b>	<b>11%</b>	<b>3%</b>	<b>809</b>

## S1 Feeling Confident

S1 Q16. Over the past 2 weeks, how often have you been feeling confident?	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
Berwickshire High School	18%	52%	21%	9%	0%	56
Earlston High School	20%	43%	24%	8%	4%	157
Eyemouth High School	24%	40%	22%	9%	4%	67
Galashiels Academy	29%	47%	16%	7%	1%	107
Hawick High School	23%	43%	24%	8%	2%	119
Jedburgh Grammar Campus - Secondary						0
Kelso High School	19%	45%	25%	9%	1%	77
Peebles High School	21%	49%	22%	6%	2%	189
Selkirk High School	15%	50%	25%	6%	4%	48
<b>Grand Total</b>	<b>22%</b>	<b>46%</b>	<b>22%</b>	<b>8%</b>	<b>2%</b>	<b>820</b>

## 6. S2-S6 Health and Wellbeing

S2 –S6 Survey asked the [Warwick-Edinburgh Mental Well-being Scale \(WEMWBS\)](#) questions. The Warwick-Edinburgh Mental Wellbeing scale was developed to enable the monitoring of mental wellbeing in the general population and the evaluation of projects, programmes and policies which aim to improve mental wellbeing. It consists of 14 positively worded items designed to assess: positive affect (optimism, cheerfulness, relaxation) and satisfying interpersonal relationships and positive functioning (energy, clear thinking, self-acceptance, personal development, mastery and autonomy). It is scored by summing the response to each item answered on a 1 to 5 Likert scale ('none of the time', 'rarely', 'some of the time', 'often', 'all of the time'). The table below shows the results for each statement for those pupils in S2 – S6 who responded to the S2 –S6 surveys.

### S2-S6 Health and Wellbeing Statements

WEMWBS - Statements (S2 - S6 Surveys)	1. None of the time	2. Rarely	3. Some of the time	4. Often	5. All of the time	Respondents To Question
S2-6 Q15.1. I've been feeling optimistic about the future	4%	18%	41%	29%	7%	2963
S2-6 Q15.2. I've been feeling useful	4%	19%	43%	29%	5%	2967
S2-6 Q15.3. I've been feeling relaxed	5%	24%	37%	28%	6%	2971
S2-6 Q15.4. I've been feeling interested in other people	6%	16%	37%	34%	8%	2942
S2-6 Q15.5. I've had energy to spare	8%	22%	34%	29%	7%	2963
S2-6 Q15.6. I've been dealing with problems well	6%	19%	35%	33%	7%	2953
S2-6 Q15.7. I've been thinking clearly	6%	17%	36%	33%	8%	2966
S2-6 Q16.1. I've been feeling good about myself	6%	19%	34%	33%	8%	2949
S2-6 Q16.2. I've been feeling close to other people	3%	13%	31%	42%	12%	2946
S2-6 Q16.3. I've been feeling confident	7%	21%	34%	30%	7%	2935
S2-6 Q16.4. I've been able to make up my own mind about things	3%	11%	29%	42%	15%	2933
S2-6 Q16.5. I've been feeling loved	2%	6%	23%	42%	27%	2932
S2-6 Q16.6. I've been interested in new things	4%	16%	34%	35%	12%	2932
S2-6 Q16.7. I've been feeling cheerful	4%	15%	38%	34%	8%	2928

The total score ranges from 14 to 70 with higher scores indicating greater wellbeing. WEMWBS scores approximate to a normal distribution, permitting parametric analysis. So the most statistically efficient approach to analysing data is to calculate means and standard deviations and compare results using Students T-test. UK Population norms have been published and can be used as comparators for your scores ([WEMWBS population norms Health Survey for England 2011](#)).

The Statistical approach to WEMWBS puts the cut points at plus or minus one standard deviation. This approach puts approximately 15% of the participants into high wellbeing and 15% into low wellbeing categories. Using this approach, UK population samples put score ranges as follows:

UK WEMWBS Score and Grouping		<b>Important Note:</b>  These groupings were set before the Covid-19 pandemic and lockdowns.
WEMWBS Score	WEMWBS Group	
60- 70 (15%)	High Wellbeing	
43 – 59 (70%)	Average Wellbeing	
14 – 42 (15%)	Low Wellbeing	

## S2-S6 WEMWBS Grouping

WEMWBS Score Grouping	A. High Wellbeing	B. Average Wellbeing	C. Low Wellbeing	Respondents To Question
S2	8%	64%	28%	736
S3	5%	60%	34%	748
S4	5%	54%	41%	606
S5	4%	52%	44%	421
S6	6%	61%	33%	248
<b>Grand Total</b>	<b>6%</b>	<b>59%</b>	<b>35%</b>	<b>2759</b>
UK Average (Pre Covid-19 Pandemic)	15%	70%	15%	

WEMWBS Score Grouping	A. High Wellbeing	B. Average Wellbeing	C. Low Wellbeing	Respondents To Question
Berwickshire High School	2%	59%	39%	273
Earlston High School	6%	58%	36%	537
Eyemouth High School	8%	53%	39%	174
Galashiels Academy	5%	63%	31%	226
Hawick High School	6%	60%	34%	296
Jedburgh Grammar Campus - Secondary	8%	60%	32%	152
Kelso High School	4%	51%	45%	260
Peebles High School	7%	61%	32%	636
Selkirk High School	7%	57%	36%	205
<b>Grand Total</b>	<b>6%</b>	<b>59%</b>	<b>35%</b>	<b>2759</b>
UK Average (Pre Covid-19 Pandemic)	15%	70%	15%	

### Will be OK

S2-6 Q17. Please say how much you agree or disagree with this sentence: "Even if I am having a difficult time, I feel like I will be OK"	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S2	12%	44%	29%	7%	4%	4%	801
S3	12%	43%	29%	10%	4%	3%	805
S4	12%	42%	30%	11%	3%	2%	645
S5	10%	44%	30%	9%	4%	3%	436
S6	14%	48%	27%	7%	1%	3%	260
<b>Grand Total</b>	<b>12%</b>	<b>43%</b>	<b>29%</b>	<b>9%</b>	<b>4%</b>	<b>3%</b>	<b>2947</b>

S2-6 Q17. Please say how much you agree or disagree with this sentence: "Even if I am having a difficult time, I feel like I will be OK"	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
Berwickshire High School	9%	45%	31%	9%	3%	3%	292
Earlston High School	10%	46%	29%	10%	3%	4%	580
Eyemouth High School	12%	41%	30%	8%	5%	4%	184
Galashiels Academy	12%	42%	31%	9%	4%	2%	242
Hawick High School	12%	41%	30%	8%	5%	3%	307
Jedburgh Grammar Campus - Secondary	13%	44%	28%	9%	3%	3%	174
Kelso High School	12%	45%	26%	11%	5%	2%	278
Peebles High School	14%	42%	29%	9%	3%	4%	668
Selkirk High School	11%	44%	28%	9%	5%	3%	222
<b>Grand Total</b>	<b>12%</b>	<b>43%</b>	<b>29%</b>	<b>9%</b>	<b>4%</b>	<b>3%</b>	<b>2947</b>

## 7. Body Image

Q18. Please say how much you agree or disagree with this sentence: "I am happy with my body and the way I look".	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	14%	38%	20%	11%	8%	9%	874
S2	11%	31%	24%	18%	10%	6%	771
S3	10%	31%	24%	17%	13%	5%	789
S4	10%	27%	24%	21%	15%	3%	629
S5	8%	26%	24%	22%	16%	4%	432
S6	9%	29%	29%	19%	10%	4%	275
<b>Grand Total</b>	<b>11%</b>	<b>31%</b>	<b>23%</b>	<b>17%</b>	<b>12%</b>	<b>6%</b>	<b>3770</b>

Q18. Please say how much you agree or disagree with this sentence: "I am happy with my body and the way I look".	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
Berwickshire High School	8%	30%	24%	19%	13%	6%	344
Carlston High School	10%	29%	25%	19%	12%	5%	739
Eyemouth High School	14%	27%	23%	15%	14%	7%	243
Galashiels Academy	11%	31%	22%	16%	13%	7%	338
Hawick High School	13%	29%	24%	15%	11%	7%	421
Jedburgh Grammar Campus - Secondary	12%	31%	27%	18%	9%	3%	225
Kelso High School	8%	33%	22%	20%	11%	6%	347
Peebles High School	12%	35%	21%	16%	11%	5%	847
Selkirk High School	10%	32%	26%	17%	11%	5%	266
<b>Grand Total</b>	<b>11%</b>	<b>31%</b>	<b>23%</b>	<b>17%</b>	<b>12%</b>	<b>6%</b>	<b>3770</b>

Q19. Please say how much you agree or disagree with this sentence: "My body and the way I look affects how I feel about myself".	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
S1	13%	30%	25%	17%	8%	7%	859
S2	16%	37%	23%	13%	5%	5%	789
S3	18%	35%	24%	15%	4%	4%	788
S4	17%	38%	27%	12%	5%	2%	635
S5	21%	45%	20%	8%	4%	3%	429
S6	17%	40%	22%	12%	7%	3%	273
<b>Grand Total</b>	<b>17%</b>	<b>36%</b>	<b>24%</b>	<b>14%</b>	<b>6%</b>	<b>4%</b>	<b>3773</b>

Q19. Please say how much you agree or disagree with this sentence: "My body and the way I look affects how I feel about myself".	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
Berwickshire High School	16%	34%	25%	14%	6%	5%	340
Earlston High School	18%	40%	22%	13%	4%	3%	744
Plymouth High School	20%	28%	25%	13%	7%	7%	243
Galashiels Academy	17%	35%	26%	13%	5%	4%	337
Hawick High School	14%	32%	27%	16%	6%	5%	419
Leedburgh Grammar Campus - Secondary	13%	42%	27%	12%	5%	2%	226
Kelso High School	16%	38%	19%	17%	6%	4%	347
Peebles High School	18%	35%	24%	12%	5%	5%	850
Selkirk High School	14%	39%	22%	13%	6%	6%	267
<b>Grand Total</b>	<b>17%</b>	<b>36%</b>	<b>24%</b>	<b>14%</b>	<b>6%</b>	<b>4%</b>	<b>3773</b>

## 8. Sleeping

### Going to Bed

Q20. When do you usually go to bed if you have to go to school the next morning?	1. Before 9.00 pm	2. At 9.00 pm or later, but before 10.00 pm	3. At 10.00 pm or later, but before 11.00 pm	4. At 11.00 pm or later, but before midnight	5. At midnight or later, but before 1.00 am	6. At 1.00 am or later, but before 2.00 am	7. At 2.00 am or later	8. Prefer not to say	Respondents To Question
S1	8%	35%	32%	12%	5%	2%	2%	3%	883
S2	3%	22%	37%	19%	10%	3%	4%	3%	806
S3	2%	15%	32%	29%	11%	5%	4%	2%	801
S4	1%	10%	29%	32%	13%	7%	5%	2%	639
S5	1%	7%	26%	35%	20%	6%	4%	1%	435
S6	3%	5%	30%	30%	21%	5%	3%	3%	274
<b>Grand Total</b>	<b>4%</b>	<b>18%</b>	<b>32%</b>	<b>24%</b>	<b>12%</b>	<b>5%</b>	<b>4%</b>	<b>2%</b>	<b>3838</b>

Q20. When do you usually go to bed if you have to go to school the next morning?	1. Before 9.00 pm	2. At 9.00 pm or later, but before 10.00 pm	3. At 10.00 pm or later, but before 11.00 pm	4. At 11.00 pm or later, but before midnight	5. At midnight or later, but before 1.00 am	6. At 1.00 am or later, but before 2.00 am	7. At 2.00 am or later	8. Prefer not to say	Respondents To Question
Berwickshire High School	3%	13%	30%	27%	15%	6%	3%	3%	345
Earlston High School	3%	19%	32%	25%	12%	5%	2%	2%	752
Eymouth High School	7%	21%	31%	17%	10%	5%	7%	2%	251
Galashiels Academy	3%	21%	35%	21%	10%	3%	3%	3%	345
Hawick High School	5%	15%	31%	31%	9%	3%	2%	3%	428
Jedburgh Grammar Campus - Secondary	3%	18%	32%	25%	11%	3%	5%	2%	232
Kelso High School	4%	17%	30%	22%	17%	5%	3%	3%	355
Peebles High School	3%	20%	32%	24%	11%	5%	4%	1%	860
Selkirk High School	2%	20%	30%	23%	9%	6%	5%	4%	270
<b>Grand Total</b>	<b>4%</b>	<b>18%</b>	<b>32%</b>	<b>24%</b>	<b>12%</b>	<b>5%</b>	<b>4%</b>	<b>2%</b>	<b>3838</b>



## Waking Up

Q21. When do you usually wake up on school mornings?	1. Before 5.00 am	2. At 5.00 am or later, but before 6.00 am	3. At 6.00 am or later, but before 7.00 am	4. At 7.00 am or later, but before 8.00 am	5. At 8.00 am or later	6. Prefer not to say	Respondents To Question
S1	1%	4%	34%	57%	3%	1%	876
S2	1%	5%	29%	58%	6%	1%	805
S3	2%	4%	27%	61%	6%	0%	800
S4	1%	2%	31%	57%	8%	0%	641
S5	1%	3%	24%	63%	9%	0%	432
S6	1%	2%	24%	61%	11%	1%	273
<b>Grand Total</b>	<b>1%</b>	<b>4%</b>	<b>29%</b>	<b>59%</b>	<b>7%</b>	<b>1%</b>	<b>3827</b>

Q21. When do you usually wake up on school mornings?	1. Before 5.00 am	2. At 5.00 am or later, but before 6.00 am	3. At 6.00 am or later, but before 7.00 am	4. At 7.00 am or later, but before 8.00 am	5. At 8.00 am or later	6. Prefer not to say	Respondents To Question
Perthshire High School	1%	4%	37%	54%	3%	1%	347
Carlston High School	1%	3%	31%	61%	3%	1%	750
Wemyss High School	2%	5%	27%	59%	6%	1%	249
Galashiels Academy	1%	4%	24%	64%	6%	0%	345
Hawick High School	0%	2%	28%	63%	6%	0%	426
Jedburgh Grammar Campus - Secondary	1%	4%	32%	53%	8%	2%	230
Kelso High School	2%	6%	25%	56%	10%	1%	353
Peebles High School	1%	3%	30%	58%	7%	0%	857
Selkirk High School	2%	4%	21%	59%	13%	1%	270
<b>Grand Total</b>	<b>1%</b>	<b>4%</b>	<b>29%</b>	<b>59%</b>	<b>7%</b>	<b>1%</b>	<b>3827</b>

## Hours Slept Last Night

Q22. How many hours sleep did you have last night?	1. Less than 3 hours	2. 3 to 5 hours	3. 6 to 8 hours	4. 9 to 11 hours	5. 12 to 14 hours	6. 15 hours or more	7. Prefer not to say	Respondents To Question
S1	2%	8%	46%	38%	2%	0%	3%	872
S2	2%	9%	56%	28%	1%	0%	3%	802
S3	1%	12%	64%	21%	1%	1%	2%	797
S4	3%	12%	68%	15%	0%	0%	2%	639
S5	2%	12%	74%	10%	0%	0%	2%	434
S6	1%	12%	73%	12%	0%	0%	1%	273
<b>Grand Total</b>	<b>2%</b>	<b>10%</b>	<b>61%</b>	<b>23%</b>	<b>1%</b>	<b>0%</b>	<b>2%</b>	<b>3817</b>

Q22. How many hours sleep did you have last night?	1. Less than 3 hours	2. 3 to 5 hours	3. 6 to 8 hours	4. 9 to 11 hours	5. 12 to 14 hours	6. 15 hours or more	7. Prefer not to say	Respondents To Question
Berwickshire High School	3%	14%	64%	16%	1%	0%	1%	343
Carlston High School	1%	10%	63%	23%	1%	0%	2%	748
Eyemouth High School	2%	13%	53%	27%	1%	1%	2%	245
Galashiels Academy	1%	12%	58%	25%	1%	0%	3%	342
Hawick High School	1%	6%	65%	22%	2%	1%	3%	427
Jedburgh Grammar Campus - Secondary	2%	9%	58%	25%	2%	1%	3%	234
Kelso High School	3%	10%	58%	26%	1%	0%	3%	352
Peebles High School	2%	10%	61%	25%	1%	0%	1%	857
Selkirk High School	1%	12%	59%	23%	0%	1%	3%	269
<b>Grand Total</b>	<b>2%</b>	<b>10%</b>	<b>61%</b>	<b>23%</b>	<b>1%</b>	<b>0%</b>	<b>2%</b>	<b>3817</b>

## 9. Eating and Drinking

### Hungry

Q26. Some children and young people go to school or to bed hungry. How often does this happen to you?	1. Always	2. Often	3. Sometimes	4. Never	5. Prefer not to say	Respondents To Question
S1	1%	5%	29%	62%	3%	848
S2	2%	6%	26%	64%	2%	785
S3	3%	6%	27%	60%	3%	791
S4	3%	8%	22%	65%	2%	635
S5	1%	3%	22%	69%	4%	429
S6	3%	4%	21%	71%	2%	269
<b>Grand Total</b>	<b>2%</b>	<b>6%</b>	<b>25%</b>	<b>64%</b>	<b>3%</b>	<b>3757</b>

Q26. Some children and young people go to school or to bed hungry. How often does this happen to you?	1. Always	2. Often	3. Sometimes	4. Never	5. Prefer not to say	Respondents To Question
Perthshire High School	2%	5%	24%	67%	2%	333
Earlston High School	2%	5%	28%	63%	2%	743
Eyemouth High School	2%	7%	23%	61%	6%	247
Galashiels Academy	3%	7%	24%	62%	3%	327
Hawick High School	2%	7%	24%	63%	3%	422
Jedburgh Grammar Campus - Secondary	3%	7%	23%	65%	2%	233
Kelso High School	1%	6%	25%	64%	3%	341
Peebles High School	2%	4%	24%	68%	2%	842
Selkirk High School	3%	7%	32%	55%	3%	269
<b>Grand Total</b>	<b>2%</b>	<b>6%</b>	<b>25%</b>	<b>64%</b>	<b>3%</b>	<b>3757</b>

## Weekday Breakfast

S4 Survey did not ask questions about breakfast.

Q23. How often do you usually have breakfast on weekdays (more than a glass of milk or fruit juice)?	1. I never have breakfast during weekdays	2. One or two days	3. Three or four days	4. Every day	5. Prefer not to say	Respondents To Question
S1	16%	11%	11%	58%	4%	876
S2	23%	9%	10%	55%	3%	800
S3	26%	13%	11%	49%	2%	798
S5	28%	13%	13%	45%	2%	435
S6	29%	13%	10%	47%	1%	272
<b>Grand Total</b>	<b>23%</b>	<b>11%</b>	<b>11%</b>	<b>52%</b>	<b>2%</b>	<b>3181</b>

Q23. How often do you usually have breakfast on weekdays (more than a glass of milk or fruit juice)?	1. I never have breakfast during weekdays	2. One or two days	3. Three or four days	4. Every day	5. Prefer not to say	Respondents To Question
Berwickshire High School	24%	13%	11%	49%	3%	263
Earlston High School	21%	11%	11%	55%	2%	644
Eyemouth High School	25%	16%	13%	43%	3%	228
Galashiels Academy	26%	10%	12%	49%	2%	317
Hawick High School	24%	12%	8%	53%	3%	352
Jedburgh Grammar Campus - Secondary	23%	13%	10%	52%	3%	189
Kelso High School	26%	9%	12%	52%	2%	277
Peebles High School	21%	11%	11%	55%	2%	707
Selkirk High School	22%	11%	12%	52%	4%	204
<b>Grand Total</b>	<b>23%</b>	<b>11%</b>	<b>11%</b>	<b>52%</b>	<b>2%</b>	<b>3181</b>

## Weekend Breakfast

S4 Survey did not ask questions about breakfast.

Q24. How often do you usually have breakfast at weekends (more than a glass of milk or fruit juice)?	1. I never have breakfast during the weekend	2. I usually have breakfast on only one day of the weekend (Saturday or Sunday)	3. I usually have breakfast on both days of the weekend (Saturday and Sunday)	4. Prefer not to say	Respondents To Question
S1	12%	15%	70%	3%	866
S2	17%	17%	63%	3%	798
S3	20%	22%	56%	2%	798
S5	18%	26%	55%	1%	433
S6	21%	16%	61%	2%	274
<b>Grand Total</b>	<b>17%</b>	<b>19%</b>	<b>62%</b>	<b>2%</b>	<b>3169</b>

Q24. How often do you usually have breakfast at weekends (more than a glass of milk or fruit juice)?	1. I never have breakfast during the weekend	2. I usually have breakfast on only one day of the weekend (Saturday or Sunday)	3. I usually have breakfast on both days of the weekend (Saturday and Sunday)	4. Prefer not to say	Respondents To Question
Berwickshire High School	19%	22%	58%	2%	259
Darlington High School	17%	17%	64%	2%	641
Dumfries High School	18%	19%	58%	5%	225
Edinburgh Academy	18%	22%	58%	2%	315
Edinburgh High School	18%	18%	61%	3%	350
Jedburgh Grammar Campus - Secondary	19%	15%	63%	4%	189
Kelso High School	23%	16%	58%	3%	278
Peebles High School	12%	20%	66%	2%	705
Selkirk High School	16%	22%	60%	2%	207
<b>Grand Total</b>	<b>17%</b>	<b>19%</b>	<b>62%</b>	<b>2%</b>	<b>3169</b>

## Food

S4 Survey did not ask questions about food eating frequency.

Food Item / Frequency	1. Never	2. Once a week or less	3. 2-4 days a week	4. 5-6 days a week	5. At least once a day	Respondents To Question
Q25.1. Fruit	3%	10%	30%	21%	36%	3110
Q25.2. Vegetables	4%	8%	23%	25%	40%	3091
Q25.3. Fruit juice or smoothies	13%	23%	28%	18%	18%	3088
Q25.4. Sweets or chocolate	2%	16%	41%	24%	18%	3099
Q25.5. Cakes or biscuits	6%	34%	36%	15%	9%	3101
Q25.6. Crisps	9%	27%	31%	20%	13%	3108
Q25.7. Chips or fried potatoes	5%	35%	41%	14%	5%	3103
Q25.8. Water	2%	4%	7%	14%	72%	3111
Q25.9. Coke or other soft drinks that contain sugar	15%	31%	31%	13%	10%	3094
Q25.10. Energy drinks (e.g. Red Bull, Lucozade, Monster)	57%	23%	12%	4%	4%	3120

## 10. Relationship with Adults

Q27.1. Adults are good at listening to what I say	1. Agree	2. Disagree	3. Don't know	Respondents To Question
S1	74%	6%	20%	849
S2	65%	12%	23%	781
S3	61%	16%	23%	787
S4	62%	14%	25%	635
S5	63%	16%	21%	425
S6	61%	16%	23%	266
<b>Grand Total</b>	<b>65%</b>	<b>12%</b>	<b>22%</b>	<b>3743</b>

Q27.1. Adults are good at listening to what I say	1. Agree	2. Disagree	3. Don't know	Respondents To Question
Berwickshire High School	66%	13%	21%	333
Earlston High School	68%	11%	21%	735
Plymouth High School	65%	9%	26%	245
Galashiels Academy	67%	11%	22%	324
Fawick High School	66%	11%	23%	421
Jedburgh Grammar Campus - Secondary	70%	13%	17%	230
Kelso High School	54%	14%	32%	344
Peebles High School	65%	15%	20%	844
Selkirk High School	63%	11%	26%	267
<b>Grand Total</b>	<b>65%</b>	<b>12%</b>	<b>22%</b>	<b>3743</b>

<b>Q27.2. Adults are good at taking what I say into account</b>	<b>1. Agree</b>	<b>2. Disagree</b>	<b>3. Don't know</b>	<b>Respondents To Question</b>
S1	64%	8%	28%	837
S2	55%	15%	30%	773
S3	52%	20%	28%	780
S4	53%	18%	29%	628
S5	50%	22%	28%	425
S6	52%	19%	29%	267
<b>Grand Total</b>	<b>55%</b>	<b>16%</b>	<b>29%</b>	<b>3710</b>

<b>Q27.2. Adults are good at taking what I say into account</b>	<b>1. Agree</b>	<b>2. Disagree</b>	<b>3. Don't know</b>	<b>Respondents To Question</b>
Berwickshire High School	55%	16%	29%	332
Earlston High School	57%	15%	28%	733
Eyemouth High School	56%	13%	31%	242
Galashiels Academy	58%	13%	28%	321
Hawick High School	58%	13%	29%	411
Hedburgh Grammar Campus - Secondary	57%	16%	27%	228
Kelso High School	51%	15%	35%	336
Peebles High School	54%	20%	26%	840
Selkirk High School	51%	17%	31%	267
<b>Grand Total</b>	<b>55%</b>	<b>16%</b>	<b>29%</b>	<b>3710</b>



## 11. Strengths and Difficulties Questionnaire (S2-S6)

S1 Survey did not include the Strengths and Difficulties questions. Like the WEMWBS the groupings for the SDQ scored were established before the Covid-19 Pandemic.

The [Strengths and Difficulties Questionnaire \(SDQ\)](#) is a behavioural screening questionnaire for children and adolescents ages 2 through 17 years old, developed by child psychiatrist Robert N. Goodman in the United Kingdom. The SDQ asks 25 questions across five domains.

Domain	SDQ Score
Emotional problems – 5 Questions	These 4 domains are combined to provide a 'Total difficulties score' Each domain has a score
Conduct problems – 5 Questions	
Hyperactivity – 5 Questions	
Peer problems – 5 Questions	
Prosocial – 5 Question	Prosocial score

### Total Difficulties score and Prosocial score by Stage

Total Difficulties score	A. Close to Average	B. Slightly Raised	C. High	D. Very High	Respondents To Question
S2	53%	13%	6%	27%	698
S3	50%	18%	8%	24%	732
S4	50%	16%	10%	25%	584
S5	51%	20%	7%	22%	394
S6	58%	19%	7%	16%	238
<b>Grand Total</b>	<b>52%</b>	<b>17%</b>	<b>7%</b>	<b>24%</b>	<b>2646</b>
<b>UK Average (Pre Covid-19 Pandemic)</b>	<b>80%</b>	<b>10%</b>	<b>5%</b>	<b>5%</b>	

Prosocial score	A. Close to Average	B. Slightly Lowered	C. Low	D. Very Low	Respondents To Question
S2	63%	13%	12%	11%	741
S3	60%	15%	12%	13%	760
S4	56%	17%	12%	15%	603
S5	60%	15%	13%	12%	410
S6	68%	16%	11%	6%	247
<b>Grand Total</b>	<b>61%</b>	<b>15%</b>	<b>12%</b>	<b>12%</b>	<b>2761</b>
<b>UK Average (Pre Covid-19 Pandemic)</b>	<b>80%</b>	<b>10%</b>	<b>5%</b>	<b>5%</b>	

## Total Difficulties score and Prosocial score by School

Total Difficulties score	A. Close to Average	B. Slightly Raised	C. High	D. Very High	Respondents To Question
Berwickshire High School	48%	18%	10%	24%	261
Earlston High School	55%	17%	7%	21%	522
Eyemouth High School	43%	16%	10%	32%	167
Galashiels Academy	54%	11%	9%	25%	202
Hawick High School	49%	17%	7%	27%	285
Jedburgh Grammar Campus - Secondary	50%	17%	9%	25%	157
Kelso High School	44%	21%	4%	31%	228
Peebles High School	58%	14%	7%	21%	621
Selkirk High School	48%	24%	6%	22%	203
<b>Grand Total</b>	<b>52%</b>	<b>17%</b>	<b>7%</b>	<b>24%</b>	<b>2646</b>

Prosocial score	A. Close to Average	B. Slightly Lowered	C. Low	D. Very Low	Respondents To Question
Berwickshire High School	58%	14%	16%	12%	270
Earlston High School	66%	14%	10%	10%	557
Eyemouth High School	56%	17%	13%	14%	175
Galashiels Academy	55%	14%	13%	17%	211
Hawick High School	57%	21%	13%	9%	291
Jedburgh Grammar Campus - Secondary	61%	16%	10%	13%	165
Kelso High School	51%	16%	18%	16%	232
Peebles High School	67%	12%	10%	10%	646
Selkirk High School	54%	17%	10%	19%	214
<b>Grand Total</b>	<b>61%</b>	<b>15%</b>	<b>12%</b>	<b>12%</b>	<b>2761</b>
<b>UK Average (Pre Covid-19 Pandemic)</b>	<b>80%</b>	<b>10%</b>	<b>5%</b>	<b>5%</b>	

## Emotional problems score

Emotional problems score	A. Close to Average	B. Slightly Raised	C. High	D. Very High	Respondents To Question
S2	55%	11%	13%	21%	734
S3	53%	12%	10%	25%	754
S4	51%	11%	10%	28%	609
S5	46%	11%	11%	32%	410
S6	52%	12%	11%	25%	243
<b>Grand Total</b>	<b>52%</b>	<b>11%</b>	<b>11%</b>	<b>26%</b>	<b>2750</b>
<b>UK Average (Pre Covid-19 Pandemic)</b>	<b>80%</b>	<b>10%</b>	<b>5%</b>	<b>5%</b>	

Emotional problems score	A. Close to Average	B. Slightly Raised	C. High	D. Very High	Respondents To Question
Berwickshire High School	45%	9%	15%	31%	271
Earlston High School	51%	12%	11%	25%	549
Plymouth High School	48%	13%	10%	28%	173
Galashiels Academy	53%	11%	12%	25%	209
Hawick High School	51%	12%	11%	27%	294
Jedburgh Grammar Campus - Secondary	50%	13%	8%	28%	165
Kelso High School	50%	12%	11%	27%	238
Peebles High School	56%	11%	9%	23%	642
Selkirk High School	56%	10%	11%	23%	209
<b>Grand Total</b>	<b>52%</b>	<b>11%</b>	<b>11%</b>	<b>26%</b>	<b>2750</b>
<b>UK Average (Pre Covid-19 Pandemic)</b>	<b>80%</b>	<b>10%</b>	<b>5%</b>	<b>5%</b>	

## Conduct problems score

Conduct problems score	A. Close to Average	B. Slightly Raised	C. High	D. Very High	Respondents To Question
S2	71%	11%	8%	10%	725
S3	73%	11%	8%	8%	756
S4	76%	11%	7%	5%	609
S5	83%	10%	4%	3%	410
S6	90%	5%	3%	2%	247
<b>Grand Total</b>	<b>76%</b>	<b>10%</b>	<b>7%</b>	<b>7%</b>	<b>2747</b>
<b>UK Average (Pre Covid-19 Pandemic)</b>	<b>80%</b>	<b>10%</b>	<b>5%</b>	<b>5%</b>	

Conduct problems score	A. Close to Average	B. Slightly Raised	C. High	D. Very High	Respondents To Question
Berwickshire High School	81%	9%	5%	4%	269
Earlston High School	78%	10%	7%	5%	549
Evemouth High School	67%	11%	8%	14%	173
Galashiels Academy	73%	9%	7%	11%	208
Hawick High School	73%	11%	8%	8%	292
Jedburgh Grammar Campus - Secondary	79%	7%	9%	5%	165
Kelso High School	70%	12%	8%	11%	240
Peebles High School	79%	10%	5%	5%	639
Selkirk High School	75%	12%	8%	5%	212
<b>Grand Total</b>	<b>76%</b>	<b>10%</b>	<b>7%</b>	<b>7%</b>	<b>2747</b>
<b>UK Average (Pre Covid-19 Pandemic)</b>	<b>80%</b>	<b>10%</b>	<b>5%</b>	<b>5%</b>	

## Hyperactivity score

Hyperactivity Score	A. Close to Average	B. Slightly Raised	C. High	D. Very High	Respondents To Question
S2	55%	12%	12%	21%	727
S3	53%	13%	11%	24%	754
S4	54%	13%	10%	23%	605
S5	57%	15%	8%	20%	410
S6	59%	9%	13%	19%	244
<b>Grand Total</b>	<b>55%</b>	<b>13%</b>	<b>11%</b>	<b>22%</b>	<b>2740</b>
<b>UK Average (Pre Covid-19 Pandemic)</b>	<b>80%</b>	<b>10%</b>	<b>5%</b>	<b>5%</b>	

Hyperactivity Score	A. Close to Average	B. Slightly Raised	C. High	D. Very High	Respondents To Question
Berwickshire High School	52%	14%	12%	23%	271
Earlston High School	58%	12%	10%	20%	544
Eyemouth High School	50%	13%	13%	24%	173
Galashiels Academy	54%	15%	10%	20%	211
Hawick High School	57%	13%	10%	20%	291
Jedburgh Grammar Campus - Secondary	56%	9%	12%	24%	163
Kelso High School	47%	15%	11%	27%	237
Peebles High School	56%	10%	10%	23%	639
Selkirk High School	54%	17%	9%	19%	211
<b>Grand Total</b>	<b>55%</b>	<b>13%</b>	<b>11%</b>	<b>22%</b>	<b>2740</b>
<b>UK Average (Pre Covid-19 Pandemic)</b>	<b>80%</b>	<b>10%</b>	<b>5%</b>	<b>5%</b>	

## Peer problem score

Peer problems score	A. Close to Average	B. Slightly Raised	C. High	D. Very High	Respondents To Question
S2	54%	18%	11%	16%	730
S3	61%	15%	11%	13%	757
S4	53%	19%	10%	18%	609
S5	58%	17%	12%	13%	406
S6	57%	20%	11%	11%	244
<b>Grand Total</b>	<b>57%</b>	<b>17%</b>	<b>11%</b>	<b>15%</b>	<b>2746</b>
<b>UK Average (Pre Covid-19 Pandemic)</b>	<b>80%</b>	<b>10%</b>	<b>5%</b>	<b>5%</b>	

Peer problems score	A. Close to Average	B. Slightly Raised	C. High	D. Very High	Respondents To Question
Berwickshire High School	47%	22%	17%	15%	268
Earlston High School	61%	17%	12%	11%	546
Evemouth High School	51%	19%	10%	21%	172
Galashiels Academy	58%	15%	9%	18%	210
Hawick High School	54%	18%	11%	16%	293
Jedburgh Grammar Campus - Secondary	52%	19%	12%	17%	164
Kelso High School	50%	19%	12%	19%	240
Peebles High School	65%	15%	8%	12%	640
Selkirk High School	52%	19%	12%	17%	213
<b>Grand Total</b>	<b>57%</b>	<b>17%</b>	<b>11%</b>	<b>15%</b>	<b>2746</b>
<b>UK Average (Pre Covid-19 Pandemic)</b>	<b>80%</b>	<b>10%</b>	<b>5%</b>	<b>5%</b>	

## 12. Electronic Devices and the Internet

### Access to Internet

Q33. Do you have access to the internet at home, on a phone, or another device?	1. Yes	2. No	3. Prefer not to say	Respondents To Question
S1	99%	0%	1%	854
S2	99%	0%	0%	747
S3	99%	0%	0%	766
S4	99%	0%	0%	623
S5	99%	0%	0%	421
S6	99%	0%	1%	262
<b>Grand Total</b>	<b>99%</b>	<b>0%</b>	<b>0%</b>	<b>3673</b>

Q33. Do you have access to the internet at home, on a phone, or another device?	1. Yes	2. No	3. Prefer not to say	Respondents To Question
Derwickshire High School	99%	0%	1%	324
Carlston High School	100%	0%	0%	729
Plymouth High School	99%	0%	1%	242
Galashiels Academy	100%	0%	0%	308
Hawick High School	98%	1%	1%	418
Jedburgh Grammar Campus - Secondary	100%	0%	0%	229
Kelso High School	99%	0%	0%	326
Peebles High School	100%	0%	0%	835
Selkirk High School	99%	1%	0%	262
<b>Grand Total</b>	<b>99%</b>	<b>0%</b>	<b>0%</b>	<b>3673</b>

## Time on Internet

In your free time, how many hours a day do you usually spend using electronic devices such as computers, tablets (like iPad) or smart phones?

### Weekdays

Q34.1. Devices - Weekdays	1. None at all	2. About half an hour	3. About 1 hour a day	4. About 2 hours a day	5. About 3 hours a day	6. About 4 hours a day	7. About 5 hours a day	8. About 6 hours a day	9. About 7 hours or more a day	Respondents To Question
S1	0%	4%	12%	19%	22%	15%	11%	7%	10%	834
S2	0%	2%	7%	14%	23%	22%	14%	7%	11%	737
S3	0%	1%	3%	12%	17%	23%	17%	11%	15%	755
S4	1%	0%	6%	12%	21%	19%	18%	9%	14%	612
S5	0%	0%	2%	10%	18%	26%	19%	10%	13%	416
S6	0%	0%	1%	10%	19%	22%	23%	12%	12%	258
<b>Grand Total</b>	<b>0%</b>	<b>2%</b>	<b>6%</b>	<b>14%</b>	<b>20%</b>	<b>21%</b>	<b>16%</b>	<b>9%</b>	<b>12%</b>	<b>3612</b>

Q34.1. Devices - Weekdays	1. None at all	2. About half an hour	3. About 1 hour a day	4. About 2 hours a day	5. About 3 hours a day	6. About 4 hours a day	7. About 5 hours a day	8. About 6 hours a day	9. About 7 hours or more a day	Respondents To Question
Perthshire High School	0%	2%	4%	11%	17%	22%	19%	11%	14%	314
Earlston High School	0%	2%	7%	14%	20%	23%	14%	10%	10%	725
Eyemouth High School	1%	1%	6%	15%	24%	18%	14%	9%	13%	239
Galashiels Academy	0%	2%	6%	13%	20%	21%	16%	7%	14%	303
Hawick High School	0%	1%	6%	12%	23%	21%	17%	8%	10%	410
Jedburgh Grammar Campus - Secondary	0%	4%	7%	15%	16%	21%	13%	11%	12%	226
Kelso High School	1%	1%	5%	11%	19%	15%	19%	12%	19%	317
Peebles High School	0%	2%	8%	14%	20%	21%	16%	8%	11%	819
Selkirk High School	1%	1%	6%	19%	20%	20%	14%	6%	15%	259
<b>Grand Total</b>	<b>0%</b>	<b>2%</b>	<b>6%</b>	<b>14%</b>	<b>20%</b>	<b>21%</b>	<b>16%</b>	<b>9%</b>	<b>12%</b>	<b>3612</b>



## Weekends

Q34.2. Devices -Weekends	1. None at all	2. About half an hour	3. About 1 hour a day	4. About 2 hours a day	5. About 3 hours a day	6. About 4 hours a day	7. About 5 hours a day	8. About 6 hours a day	9. About 7 hours or more a day	Respondents To Question
S1	0%	2%	5%	11%	18%	16%	15%	12%	21%	784
S2	1%	1%	3%	9%	12%	18%	19%	14%	23%	715
S3	0%	1%	1%	5%	10%	14%	20%	17%	32%	733
S4	1%	1%	2%	6%	10%	18%	19%	17%	26%	591
S5	0%	0%	1%	4%	10%	14%	20%	20%	29%	405
S6	0%	0%	1%	7%	8%	20%	21%	19%	25%	252
<b>Grand Total</b>	<b>1%</b>	<b>1%</b>	<b>2%</b>	<b>7%</b>	<b>12%</b>	<b>16%</b>	<b>19%</b>	<b>16%</b>	<b>26%</b>	<b>3480</b>

Q34.2. Devices -Weekends	1. None at all	2. About half an hour	3. About 1 hour a day	4. About 2 hours a day	5. About 3 hours a day	6. About 4 hours a day	7. About 5 hours a day	8. About 6 hours a day	9. About 7 hours or more a day	Respondents To Question
Berwickshire High School	1%	1%	1%	5%	9%	15%	20%	17%	32%	304
Carlston High School	0%	1%	2%	6%	14%	16%	20%	17%	24%	690
Dumfries High School	1%	3%	3%	7%	11%	21%	19%	13%	23%	229
Galashiels Academy	1%	0%	2%	9%	10%	10%	20%	16%	31%	289
Hawick High School	1%	1%	3%	5%	9%	17%	18%	18%	28%	396
Jedburgh Grammar Campus - Secondary	0%	2%	7%	7%	15%	14%	14%	13%	27%	216
Kelso High School	0%	0%	1%	8%	9%	12%	19%	15%	35%	307
Peebles High School	0%	1%	2%	9%	15%	19%	18%	17%	19%	799
Selkirk High School	2%	1%	2%	10%	13%	18%	16%	13%	25%	250
<b>Grand Total</b>	<b>1%</b>	<b>1%</b>	<b>2%</b>	<b>7%</b>	<b>12%</b>	<b>16%</b>	<b>19%</b>	<b>16%</b>	<b>26%</b>	<b>3480</b>

## Internet Activities

Which of the following activities have you done online in the last 2 weeks, even if not very often?

Q35 - Internet Activities (% of all survey respondents)	Q35.1. Watching videos online	Q35.2. Playing games online	Q35.3. Listening to music online	Q35.4. Looking things up to help with schoolwork	Q35.5. Updating your pictures, status or 'story' on social media	Q35.6. Browsing other people's pictures, status or 'stories' on social media	Q35.7. Messaging, chatting or video-chatting using social media	Q35.8. Something else
S1	75%	69%	66%	49%	38%	46%	80%	22%
S2	72%	64%	70%	48%	37%	52%	78%	23%
S3	74%	62%	79%	54%	37%	56%	80%	21%
S4	75%	59%	81%	63%	38%	58%	82%	18%
S5	78%	58%	85%	72%	37%	61%	83%	16%
S6	73%	51%	85%	73%	38%	65%	85%	18%
<b>Grand Total</b>	<b>74%</b>	<b>62%</b>	<b>76%</b>	<b>56%</b>	<b>38%</b>	<b>54%</b>	<b>81%</b>	<b>20%</b>

Q35 - Internet Activities (% of survey respondents)	Q35.1. Watching videos online	Q35.2. Playing games online	Q35.3. Listening to music online	Q35.4. Looking things up to help with schoolwork	Q35.5. Updating your pictures, status or 'story' on social media	Q35.6. Browsing other people's pictures, status or 'stories' on social media	Q35.7. Messaging, chatting or video-chatting using social media	Q35.8. Something else
Perthshire High School	64%	56%	72%	54%	32%	49%	73%	14%
Earlston High School	81%	68%	83%	68%	42%	64%	87%	22%
Eyemouth High School	76%	65%	77%	58%	45%	55%	83%	22%
Galashiels Academy	68%	61%	66%	47%	37%	49%	72%	23%
Hawick High School	73%	63%	72%	49%	36%	51%	81%	18%
Jedburgh Grammar Campus - Secondary	72%	61%	79%	54%	40%	49%	81%	23%
Kelso High School	72%	61%	74%	49%	36%	54%	77%	25%
Peebles High School	77%	60%	75%	61%	36%	55%	84%	20%
Selkirk High School	78%	63%	78%	46%	38%	50%	79%	19%
<b>Grand Total</b>	<b>74%</b>	<b>62%</b>	<b>76%</b>	<b>56%</b>	<b>38%</b>	<b>54%</b>	<b>81%</b>	<b>20%</b>

## Social Media

We are interested in your experience with social media. The term social media refers to social network sites (e.g. Facebook, Instagram) and instant messengers (e.g. WhatsApp, Snapchat, Skype, Facebook messenger). During the past year, have you...

These questions were not asked in the S4 survey.

	Q36.1. ....regularly found that you can't think of anything but the moment that you will be able to use social media again?	Q36.2. ....regularly felt dissatisfied because you wanted to spend more time on social media?	Q36.3. ....often felt bad when you could not use social media?	Q36.4. ....tried to spend less time on social media, but failed?	Q36.5. ....regularly neglected other activities (e.g. hobbies, sport) because you wanted to use social media?	Q36.6. ....regularly had arguments with others because of your social media use?	Q36.7. ....regularly lied to your parents or friends about the amount of time you spend on social media?	Q36.8. ....often used social media to escape from negative feelings?	Q36.9. ....had serious conflict with your parents, brother(s) or sister(s) because of your social media use?
<b>Q36 - Social Media (Not S4)</b>									
S1	17%	14%	16%	28%	12%	14%	10%	36%	7%
S2	14%	13%	16%	30%	11%	14%	13%	36%	9%
S3	13%	15%	19%	31%	13%	15%	9%	39%	9%
S5	6%	9%	10%	30%	10%	8%	8%	40%	6%
S6	9%	6%	9%	36%	12%	3%	7%	33%	4%
<b>Grand Total</b>	<b>13%</b>	<b>13%</b>	<b>16%</b>	<b>30%</b>	<b>12%</b>	<b>13%</b>	<b>10%</b>	<b>37%</b>	<b>8%</b>

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	Q36.1. ....regularly found that you can't think of anything but the moment that you will be able to use social media again?	Q36.2. ....regularly felt dissatisfied because you wanted to spend more time on social media?	Q36.3. ....often felt bad when you could not use social media?	Q36.4. ....tried to spend less time on social media, but failed?	Q36.5. ....regularly neglected other activities (e.g. hobbies, sport) because you wanted to use social media?	Q36.6. ....regularly had arguments with others because of your social media use?	Q36.7. ....regularly lied to your parents or friends about the amount of time you spend on social media?	Q36.8. ....often used social media to escape from negative feelings?	Q36.9. ....had serious conflict with your parents, brother(s) or sister(s) because of your social media use?
<b>Q36 - Social Media (Not S4)</b>									
Berwickshire High School	10%	11%	13%	25%	10%	9%	11%	35%	8%
Earlston High School	13%	15%	17%	38%	13%	15%	11%	47%	8%
Eyemouth High School	16%	15%	18%	28%	12%	15%	10%	39%	9%
Galashiels Academy	15%	10%	11%	26%	9%	13%	10%	30%	6%
Hawick High School	18%	16%	16%	32%	12%	13%	10%	33%	8%
Jedburgh Grammar Campus - Secondary	11%	9%	13%	28%	12%	7%	9%	33%	8%
Kelso High School	14%	16%	20%	24%	12%	15%	9%	34%	9%
Peebles High School	10%	10%	15%	29%	11%	11%	10%	37%	7%
Selkirk High School	17%	15%	16%	33%	13%	14%	10%	36%	7%
<b>Grand Total</b>	<b>13%</b>	<b>13%</b>	<b>16%</b>	<b>30%</b>	<b>12%</b>	<b>13%</b>	<b>10%</b>	<b>37%</b>	<b>8%</b>

## 13. Friends and Loneliness

### Close Friends

Q37. How many close friends would you say you have?	1. None	2. One	3. Two	4. Three or more	5. Prefer not to say	Respondents To Question
S1	2%	3%	11%	82%	2%	809
S2	2%	5%	12%	78%	3%	710
S3	1%	4%	11%	82%	2%	741
S4	2%	6%	13%	74%	5%	619
S5	2%	5%	15%	76%	2%	410
S6	2%	4%	16%	76%	2%	249
<b>Grand Total</b>	<b>2%</b>	<b>4%</b>	<b>12%</b>	<b>79%</b>	<b>3%</b>	<b>3538</b>

Q37. How many close friends would you say you have?	1. None	2. One	3. Two	4. Three or more	5. Prefer not to say	Respondents To Question
Berwickshire High School	1%	6%	15%	76%	3%	302
Earlston High School	2%	4%	13%	79%	2%	709
Nyemouth High School	3%	3%	14%	78%	3%	235
Galashiels Academy	1%	4%	12%	81%	2%	289
Hawick High School	2%	4%	13%	78%	3%	402
Jedburgh Grammar Campus - Secondary	1%	6%	12%	77%	4%	223
Kelso High School	2%	6%	17%	72%	3%	309
Peebles High School	1%	3%	9%	85%	2%	807
Selkirk High School	2%	8%	11%	75%	5%	262
<b>Grand Total</b>	<b>2%</b>	<b>4%</b>	<b>12%</b>	<b>79%</b>	<b>3%</b>	<b>3538</b>

## Feels Left Out

Q40. How often do you feel left out of things?	1. Hardly ever or never	2. Some of the time	3. Often or always	4. Prefer not to say	Respondents To Question
S1	43%	47%	8%	3%	788
S2	38%	51%	9%	2%	695
S3	45%	45%	9%	1%	731
S4	42%	45%	11%	2%	616
S5	35%	49%	14%	1%	411
S6	38%	49%	11%	2%	247
<b>Grand Total</b>	<b>41%</b>	<b>47%</b>	<b>10%</b>	<b>2%</b>	<b>3488</b>

Q40. How often do you feel left out of things?	1. Hardly ever or never	2. Some of the time	3. Often or always	4. Prefer not to say	Respondents To Question
Berwickshire High School	39%	48%	11%	2%	295
Earlston High School	40%	50%	9%	1%	702
Eyemouth High School	39%	44%	13%	3%	231
Galashiels Academy	39%	51%	8%	2%	283
Hawick High School	42%	46%	9%	2%	398
Jedburgh Grammar Campus - Secondary	47%	40%	11%	2%	217
Kelso High School	40%	46%	12%	3%	301
Peebles High School	44%	46%	9%	1%	801
Selkirk High School	34%	51%	12%	4%	260
<b>Grand Total</b>	<b>41%</b>	<b>47%</b>	<b>10%</b>	<b>2%</b>	<b>3488</b>

## Feeling Lonely

Q41. How often do you feel lonely?	1. Hardly ever or never	2. Some of the time	3. Often or always	4. Prefer not to say	Respondents To Question
S1	49%	36%	12%	3%	762
S2	44%	36%	17%	2%	679
S3	43%	38%	17%	2%	720
S4	41%	39%	18%	2%	604
S5	37%	41%	21%	1%	406
S6	39%	45%	15%	1%	246
<b>Grand Total</b>	<b>43%</b>	<b>38%</b>	<b>16%</b>	<b>2%</b>	<b>3417</b>

Q41. How often do you feel lonely?	1. Hardly ever or never	2. Some of the time	3. Often or always	4. Prefer not to say	Respondents To Question
Berwickshire High School	38%	43%	17%	1%	292
Earlston High School	39%	41%	18%	2%	693
Eyemouth High School	43%	30%	22%	4%	223
Galashiels Academy	44%	39%	15%	3%	273
Hawick High School	48%	37%	12%	3%	385
Jedburgh Grammar Campus - Secondary	48%	36%	15%	1%	209
Kelso High School	38%	39%	20%	2%	297
Peebles High School	49%	36%	13%	2%	787
Selkirk High School	40%	40%	18%	2%	258
<b>Grand Total</b>	<b>43%</b>	<b>38%</b>	<b>16%</b>	<b>2%</b>	<b>3417</b>

## 14. S1-S3 Friendship Statements

The friendship statements were asked in the S1 to S3 surveys.

Q41. How often do you feel lonely?	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
S1-3 Q38.1. I have a lot of fun with my friends	54%	39%	6%	1%	1%	2231
S1-3 Q38.2. I am confident in sharing my opinions with my friends	36%	44%	14%	4%	1%	2221
S1-3 Q38.3. My friends treat me well	39%	45%	14%	1%	1%	2203
S1-3 Q38.4. I feel my friends make me do things I don't want to do	4%	6%	18%	45%	28%	2207
S1-3 Q39.1. If a friend was being bullied, I would help them or tell someone who would help them	51%	40%	7%	1%	1%	2199
S1-3 Q39.2. My friends will help me if I need it	39%	46%	13%	2%	1%	2201
S1-3 Q39.3. I am happy with the friends that I have	53%	37%	9%	1%	1%	2196
S1-3 Q39.4. Most of the time, I have enough money to do the same things as my friends	39%	37%	16%	6%	2%	2191
S1-3 Q39.5. I feel supported by my friends	41%	42%	13%	2%	1%	2193

### S1-3 Friendship statements by stage

S1-3 Q38.1. I have a lot of fun with my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
S1	61%	33%	4%	1%	1%	790
S2	50%	42%	6%	1%	1%	704
S3	50%	42%	7%	1%	0%	737
<b>Grand Total</b>	<b>54%</b>	<b>39%</b>	<b>6%</b>	<b>1%</b>	<b>1%</b>	<b>2231</b>

S1-3 Q38.2. I am confident in sharing my opinions with my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
S1	39%	43%	13%	4%	2%	790
S2	33%	45%	16%	5%	2%	704
S3	35%	44%	15%	4%	1%	737
<b>Grand Total</b>	<b>36%</b>	<b>44%</b>	<b>14%</b>	<b>4%</b>	<b>1%</b>	<b>2231</b>

S1-3 Q38.3. My friends treat me well	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
S1	45%	42%	11%	1%	1%	780
S2	36%	46%	17%	1%	1%	690
S3	36%	48%	14%	2%	1%	733
<b>Grand Total</b>	<b>39%</b>	<b>45%</b>	<b>14%</b>	<b>1%</b>	<b>1%</b>	<b>2203</b>

S1-3 Q38.4. I feel my friends make me do things I don't want to do	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
S1	4%	6%	18%	42%	30%	783
S2	3%	8%	17%	45%	27%	692
S3	4%	5%	19%	47%	26%	732
<b>Grand Total</b>	<b>4%</b>	<b>6%</b>	<b>18%</b>	<b>45%</b>	<b>28%</b>	<b>2207</b>

S1-3 Q39.1. If a friend was being bullied, I would help them or tell someone who would help them	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
S1	62%	33%	4%	1%	0%	775
S2	46%	43%	8%	2%	1%	695
S3	45%	45%	8%	1%	1%	729
<b>Grand Total</b>	<b>51%</b>	<b>40%</b>	<b>7%</b>	<b>1%</b>	<b>1%</b>	<b>2199</b>

S1-3 Q39.2. My friends will help me if I need it	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
S1	44%	43%	10%	2%	1%	776
S2	35%	46%	16%	3%	1%	697
S3	36%	49%	13%	2%	1%	728
<b>Grand Total</b>	<b>39%</b>	<b>46%</b>	<b>13%</b>	<b>2%</b>	<b>1%</b>	<b>2201</b>



S1-3 Q39.3. I am happy with the friends that I have	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
S1	60%	31%	7%	1%	1%	776
S2	46%	42%	10%	1%	1%	693
S3	52%	37%	9%	2%	0%	727
<b>Grand Total</b>	<b>53%</b>	<b>37%</b>	<b>9%</b>	<b>1%</b>	<b>1%</b>	<b>2196</b>

S1-3 Q39.4. Most of the time, I have enough money to do the same things as my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
S1	39%	38%	16%	5%	1%	770
S2	39%	37%	16%	7%	2%	694
S3	39%	38%	15%	6%	2%	727
<b>Grand Total</b>	<b>39%</b>	<b>37%</b>	<b>16%</b>	<b>6%</b>	<b>2%</b>	<b>2191</b>

S1-3 Q39.5. I feel supported by my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
S1	49%	39%	9%	2%	1%	774
S2	37%	44%	15%	3%	1%	692
S3	37%	44%	15%	2%	1%	727
<b>Grand Total</b>	<b>41%</b>	<b>42%</b>	<b>13%</b>	<b>2%</b>	<b>1%</b>	<b>2193</b>

### S1-3 Friendship statements by School

S1-3 Q38.1. I have a lot of fun with my friends	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
Berwickshire High School	57%	36%	7%	0%	1%	138
Earlston High School	54%	38%	7%	1%	0%	439
Eyemouth High School	49%	42%	7%	1%	1%	186
Galashiels Academy	57%	37%	4%	1%	1%	246
Hawick High School	51%	42%	5%	1%	1%	239
Jedburgh Grammar Campus - Secondary	54%	35%	8%	1%	1%	136
Kelso High School	54%	38%	6%	2%	0%	181
Peebles High School	56%	38%	6%	0%	0%	508
Selkirk High School	47%	44%	5%	2%	1%	158
<b>Grand Total</b>	<b>54%</b>	<b>39%</b>	<b>6%</b>	<b>1%</b>	<b>1%</b>	<b>2231</b>

<b>S1-3 Q38.2. I am confident in sharing my opinions with my friends</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	31%	49%	14%	4%	2%	138
Earlston High School	35%	44%	15%	6%	1%	438
Eyemouth High School	36%	39%	17%	5%	3%	185
Galashiels Academy	34%	45%	17%	4%	0%	246
Hawick High School	34%	46%	14%	5%	1%	235
Jedburgh Grammar Campus - Secondary	42%	42%	12%	2%	2%	137
Kelso High School	29%	48%	16%	4%	2%	180
Peebles High School	43%	42%	12%	3%	1%	505
Selkirk High School	31%	45%	16%	5%	3%	157
<b>Grand Total</b>	<b>36%</b>	<b>44%</b>	<b>14%</b>	<b>4%</b>	<b>1%</b>	<b>2221</b>

<b>S1-3 Q38.3. My friends treat me well</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	41%	46%	11%	1%	1%	138
Earlston High School	39%	45%	14%	2%	0%	434
Eyemouth High School	37%	45%	14%	3%	2%	186
Galashiels Academy	41%	43%	14%	1%	1%	242
Hawick High School	41%	44%	13%	1%	1%	232
Jedburgh Grammar Campus - Secondary	42%	46%	11%	1%	1%	134
Kelso High School	35%	47%	16%	1%	1%	178
Peebles High School	40%	44%	14%	1%	1%	504
Selkirk High School	32%	50%	15%	2%	1%	155
<b>Grand Total</b>	<b>39%</b>	<b>45%</b>	<b>14%</b>	<b>1%</b>	<b>1%</b>	<b>2203</b>

<b>S1-3 Q38.4. I feel my friends make me do things I don't want to do</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	4%	9%	18%	41%	29%	137
Earlston High School	2%	6%	17%	46%	29%	435
Eyemouth High School	1%	7%	19%	41%	31%	181
Galashiels Academy	6%	4%	14%	43%	33%	245
Hawick High School	6%	6%	18%	49%	21%	232
Jedburgh Grammar Campus - Secondary	7%	7%	21%	38%	27%	136
Kelso High School	3%	6%	17%	47%	28%	180
Peebles High School	3%	5%	20%	46%	26%	504
Selkirk High School	3%	11%	17%	45%	24%	157
<b>Grand Total</b>	<b>4%</b>	<b>6%</b>	<b>18%</b>	<b>45%</b>	<b>28%</b>	<b>2207</b>

<b>S1-3 Q39.1. If a friend was being bullied, I would help them or tell someone who would help them</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	54%	39%	4%	1%	1%	134
Earlston High School	53%	39%	7%	1%	0%	435
Eyemouth High School	54%	39%	4%	2%	1%	184
Galashiels Academy	51%	40%	7%	1%	1%	240
Hawick High School	48%	45%	5%	1%	1%	234
Jedburgh Grammar Campus - Secondary	55%	32%	13%	0%	1%	136
Kelso High School	49%	40%	9%	2%	1%	175
Peebles High School	51%	41%	7%	1%	0%	503
Selkirk High School	46%	43%	8%	2%	2%	158
<b>Grand Total</b>	<b>51%</b>	<b>40%</b>	<b>7%</b>	<b>1%</b>	<b>1%</b>	<b>2199</b>

<b>S1-3 Q39.2. My friends will help me if I need it</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	40%	46%	10%	2%	1%	134
Earlston High School	39%	46%	13%	1%	1%	436
Eyemouth High School	42%	40%	15%	2%	1%	184
Galashiels Academy	35%	48%	14%	2%	1%	240
Hawick High School	39%	45%	12%	3%	1%	236
Jedburgh Grammar Campus - Secondary	48%	35%	14%	2%	1%	136
Kelso High School	35%	46%	15%	3%	1%	175
Peebles High School	38%	47%	13%	2%	0%	503
Selkirk High School	37%	52%	7%	4%	1%	157
<b>Grand Total</b>	<b>39%</b>	<b>46%</b>	<b>13%</b>	<b>2%</b>	<b>1%</b>	<b>2201</b>

<b>S1-3 Q39.3. I am happy with the friends that I have</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	57%	33%	7%	3%	0%	134
Earlston High School	51%	36%	10%	1%	1%	432
Eyemouth High School	52%	38%	8%	1%	1%	184
Galashiels Academy	55%	37%	6%	1%	1%	239
Hawick High School	54%	34%	9%	2%	0%	236
Jedburgh Grammar Campus - Secondary	60%	30%	10%	0%	0%	136
Kelso High School	52%	38%	9%	1%	0%	174
Peebles High School	52%	38%	9%	1%	0%	503
Selkirk High School	49%	41%	8%	1%	1%	158
<b>Grand Total</b>	<b>53%</b>	<b>37%</b>	<b>9%</b>	<b>1%</b>	<b>1%</b>	<b>2196</b>

<b>S1-3 Q39.4. Most of the time, I have enough money to do the same things as my friends</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	35%	36%	21%	5%	3%	134
Earlston High School	37%	40%	14%	7%	2%	435
Eyemouth High School	44%	28%	21%	5%	1%	183
Galashiels Academy	43%	38%	13%	5%	2%	240
Hawick High School	44%	38%	13%	4%	1%	232
Jedburgh Grammar Campus - Secondary	42%	38%	15%	3%	2%	135
Kelso High School	32%	41%	17%	8%	2%	175
Peebles High School	41%	37%	14%	7%	1%	502
Selkirk High School	30%	39%	23%	6%	1%	155
<b>Grand Total</b>	<b>39%</b>	<b>37%</b>	<b>16%</b>	<b>6%</b>	<b>2%</b>	<b>2191</b>

<b>S1-3 Q39.5. I feel supported by my friends</b>	<b>1. Strongly agree</b>	<b>2. Agree</b>	<b>3. Neither agree nor disagree</b>	<b>4. Disagree</b>	<b>5. Strongly disagree</b>	<b>Respondents To Question</b>
Berwickshire High School	43%	42%	10%	4%	1%	134
Earlston High School	38%	43%	15%	2%	1%	434
Eyemouth High School	43%	39%	15%	1%	2%	185
Galashiels Academy	43%	41%	12%	2%	2%	241
Hawick High School	45%	39%	10%	3%	2%	231
Jedburgh Grammar Campus - Secondary	48%	35%	14%	3%	1%	136
Kelso High School	42%	41%	14%	3%	1%	174
Peebles High School	39%	45%	13%	2%	0%	502
Selkirk High School	37%	48%	9%	4%	1%	156
<b>Grand Total</b>	<b>41%</b>	<b>42%</b>	<b>13%</b>	<b>2%</b>	<b>1%</b>	<b>2193</b>

## 15. S1-S3 Bullying

Bullying questions asked in S1, S2 and S3 surveys.

### Been Bullied

S1-3 Q42. Have you been bullied in the last year?	1. Yes	2. No	3. Prefer not to say	Respondents To Question
S1	34%	55%	12%	785
S2	28%	63%	9%	694
S3	25%	69%	6%	730
<b>Grand Total</b>	<b>29%</b>	<b>62%</b>	<b>9%</b>	<b>2209</b>

S1-3 Q42. Have you been bullied in the last year?	1. Yes	2. No	3. Prefer not to say	Respondents To Question
Berwickshire High School	26%	63%	10%	134
Earlston High School	29%	63%	8%	436
Plymouth High School	24%	68%	8%	184
Salashiels Academy	34%	59%	7%	241
Hawick High School	43%	50%	7%	237
Jedburgh Grammar Campus - Secondary	25%	65%	10%	134
Kelso High School	21%	65%	14%	180
Peebles High School	25%	67%	9%	504
Selkirk High School	35%	54%	11%	159
<b>Grand Total</b>	<b>29%</b>	<b>62%</b>	<b>9%</b>	<b>2209</b>

### Where Bullied?

S1-3 Q43 - Where have you been bullied? (% of all responses)	S1-3 Q43.1. At school	S1-3 Q43.2. Somewhere else (including on the way to or from school)	S1-3 Q43.3. Online / Social media / gaming platform
S1	26%	8%	10%
S2	20%	6%	7%
S3	20%	7%	10%
<b>Grand Total</b>	<b>22%</b>	<b>7%</b>	<b>9%</b>

S1-3 Q43 - Where have you been bullied? (% of all responses)	S1-3 Q43.1. At school	S1-3 Q43.2. Somewhere else (including on the way to or from school)	S1-3 Q43.3. Online / Social media / gaming platform
Berwickshire High School	14%	4%	7%
Earlston High School	25%	9%	11%
Eyemouth High School	21%	7%	11%
Galashiels Academy	22%	7%	9%
Hawick High School	32%	9%	12%
Jedburgh Grammar Campus - Secondary	21%	5%	10%
Kelso High School	16%	2%	4%
Peebles High School	20%	6%	6%
Selkirk High School	26%	11%	11%
<b>Grand Total</b>	<b>22%</b>	<b>7%</b>	<b>9%</b>

### How Bullied?

Page 21 S1-3 Q44 - How were you bullied? (% of all responses)	S1-3 Q44.1. Name calling	S1-3 Q44.2. Rumours spread	S1-3 Q44.3. Hurtful comments	S1-3 Q44.4. Threats	S1-3 Q44.5. Pictures or videos of you shared with others	S1-3 Q44.6. Embarrassed or made to feel foolish	S1-3 Q44.7. Physically hurt
	S1	21%	12%	17%	8%	5%	11%
S2	18%	11%	15%	7%	5%	12%	5%
S3	17%	12%	16%	6%	6%	12%	4%
<b>Grand Total</b>	<b>19%</b>	<b>12%</b>	<b>16%</b>	<b>7%</b>	<b>5%</b>	<b>12%</b>	<b>7%</b>

S1-3 Q44 - How were you bullied? (% of all responses)	S1-3 Q44.1. Name calling	S1-3 Q44.2. Rumours spread	S1-3 Q44.3. Hurtful comments	S1-3 Q44.4. Threats	S1-3 Q44.5. Pictures or videos of you shared with others	S1-3 Q44.6. Embarrassed or made to feel foolish	S1-3 Q44.7. Physically hurt
Berwickshire High School	14%	8%	14%	5%	1%	11%	4%
Earlston High School	23%	14%	16%	7%	6%	13%	7%
Eyemouth High School	17%	13%	16%	7%	9%	14%	7%
Galashiels Academy	20%	14%	18%	11%	7%	13%	8%
Hawick High School	27%	16%	17%	10%	9%	15%	9%
Jedburgh Grammar Campus - Secondary	12%	9%	14%	7%	4%	11%	3%
Kelso High School	12%	7%	11%	4%	4%	5%	4%
Peebles High School	16%	9%	15%	5%	3%	10%	6%
Selkirk High School	24%	14%	23%	7%	5%	16%	9%
<b>Grand Total</b>	<b>19%</b>	<b>12%</b>	<b>16%</b>	<b>7%</b>	<b>5%</b>	<b>12%</b>	<b>7%</b>

## Online Bullied?

S1-3 Q45. How often do other children pick on you by sending emails, through messaging or posting something online?	1. Most days	2. About once a week	3. About once a month	4. Every few months	5. Never	6. Prefer not to say	Respondents To Question
S1	5%	7%	8%	16%	51%	13%	257
S2	4%	9%	7%	19%	49%	11%	192
S3	5%	8%	7%	24%	47%	10%	180
<b>Grand Total</b>	<b>5%</b>	<b>8%</b>	<b>7%</b>	<b>19%</b>	<b>49%</b>	<b>12%</b>	<b>629</b>



S1-3 Q45. How often do other children pick on you by sending emails, through messaging or posting something online?	1. Most days	2. About once a week	3. About once a month	4. Every few months	5. Never	6. Prefer not to say	Respondents To Question
Berwickshire High School	9%	0%	0%	37%	46%	9%	35
Earlston High School	2%	7%	12%	22%	43%	13%	125
Eyemouth High School	9%	16%	5%	20%	32%	18%	44
Galashiels Academy	6%	8%	5%	23%	50%	9%	80
Hawick High School	7%	5%	10%	11%	49%	17%	98
Jedburgh Grammar Campus - Secondary	3%	6%	6%	16%	59%	9%	32
Kelso High School	3%	11%	5%	14%	43%	24%	37
Peebles High School	3%	7%	5%	20%	62%	4%	123
Selkirk High School	5%	15%	7%	15%	49%	9%	55
<b>Grand Total</b>	<b>5%</b>	<b>8%</b>	<b>7%</b>	<b>19%</b>	<b>49%</b>	<b>12%</b>	<b>629</b>

## Report Bullying?

S1-3 Q46. Did you report the bullying to anyone?	1. Yes	2. No	3. Prefer not to say	Respondents To Question
S1	55%	31%	14%	261
S2	49%	44%	7%	191
S3	50%	39%	12%	179
<b>Grand Total</b>	<b>52%</b>	<b>37%</b>	<b>11%</b>	<b>631</b>

S1-3 Q46. Did you report the bullying to anyone?	1. Yes	2. No	3. Prefer not to say	Respondents To Question
Berwickshire High School	69%	23%	9%	35
Earlston High School	47%	38%	14%	125
Eyemouth High School	44%	47%	9%	45
Galashiels Academy	71%	23%	6%	79
Hawick High School	48%	34%	17%	99
Jedburgh Grammar Campus - Secondary	52%	42%	6%	33
Kelso High School	38%	41%	22%	37
Peebles High School	48%	44%	8%	124
Selkirk High School	52%	39%	9%	54
<b>Grand Total</b>	<b>52%</b>	<b>37%</b>	<b>11%</b>	<b>631</b>

## Result of Reporting Bullying

S1-3 Q47. Did reporting the bullying to anyone...?	1. Make the situation better	2. Make the situation worse	3. Nothing changed	4. Prefer not to say	Respondents To Question
S1	57%	9%	25%	10%	141
S2	38%	10%	42%	10%	92
S3	46%	13%	33%	8%	90
<b>Grand Total</b>	<b>48%</b>	<b>10%</b>	<b>32%</b>	<b>9%</b>	<b>323</b>

S1-3 Q47. Did reporting the bullying to anyone...?	1. Make the situation better	2. Make the situation worse	3. Nothing changed	4. Prefer not to say	Respondents To Question
Berwickshire High School	13%	17%	58%	13%	24
Earlston High School	50%	16%	29%	5%	58
Eymouth High School	25%	15%	45%	15%	20
Galashiels Academy	54%	5%	30%	11%	56
Hawick High School	62%	4%	26%	9%	47
Leith Edinburgh Grammar Campus - Secondary	63%	6%	25%	6%	16
Kelso High School	29%	14%	29%	29%	14
Peables High School	50%	8%	33%	8%	60
Selkirk High School	57%	14%	25%	4%	28
<b>Grand Total</b>	<b>48%</b>	<b>10%</b>	<b>32%</b>	<b>9%</b>	<b>323</b>

## Take Part in Bullying

S1-3 Q48. How often have you taken part in bullying another pupil(s) at school in the past couple of months?	1. Not at all	2. Once or twice	3. Around two or three times a month	4. About once a week	5. Several times a week	6. Prefer not to say	Respondents To Question
S1	83%	11%	2%	0%	0%	4%	773
S2	80%	12%	1%	1%	1%	5%	686
S3	82%	11%	1%	1%	1%	4%	725
<b>Grand Total</b>	<b>82%</b>	<b>11%</b>	<b>1%</b>	<b>1%</b>	<b>1%</b>	<b>4%</b>	<b>2184</b>

S1-3 Q48. How often have you taken part in bullying another pupil(s) at school in the past couple of months?	1. Not at all	2. Once or twice	3. Around two or three times a month	4. About once a week	5. Several times a week	6. Prefer not to say	Respondents To Question
Berwickshire High School	83%	11%	2%	0%	0%	4%	132
Earlston High School	81%	12%	2%	1%	0%	4%	434
Eymouth High School	80%	12%	1%	0%	1%	6%	184
Galashiels Academy	85%	10%	2%	0%	1%	2%	237
Hawick High School	83%	12%	0%	0%	0%	4%	232
Leith Grammar Campus - Secondary	80%	14%	0%	0%	1%	5%	132
Kelso High School	81%	8%	3%	1%	2%	5%	175
Peebles High School	83%	12%	1%	1%	0%	4%	500
Selkirk High School	77%	10%	1%	1%	1%	9%	158
<b>Grand Total</b>	<b>82%</b>	<b>11%</b>	<b>1%</b>	<b>1%</b>	<b>1%</b>	<b>4%</b>	<b>2184</b>

## Take Part in Online Bullying

S1-3 Q49. In the past couple of months, how often have you taken part in online bullying?	1. I have not bullied another person online in the past couple of months	2. It has happened once or twice	3. Two or three times a month	4. About once a week	5. Several times a week	6. Prefer not to say	Respondents To Question
S1	81%	9%	1%	0%	0%	9%	750
S2	82%	9%	1%	1%	1%	6%	669
S3	84%	8%	1%	0%	1%	5%	720
<b>Grand Total</b>	<b>82%</b>	<b>9%</b>	<b>1%</b>	<b>0%</b>	<b>1%</b>	<b>6%</b>	<b>2139</b>

S1-3 Q49. In the past couple of months, how often have you taken part in online bullying?	1. I have not bullied another person online in the past couple of months	2. It has happened once or twice	3. Two or three times a month	4. About once a week	5. Several times a week	6. Prefer not to say	Respondents To Question
Berwickshire High School	83%	9%	1%	0%	2%	5%	129
Earlston High School	81%	11%	1%	0%	1%	6%	424
Wemyss High School	81%	10%	1%	0%	1%	6%	176
Galashiels Academy	80%	12%	1%	2%	0%	6%	233
Howick High School	88%	5%	0%	0%	0%	6%	225
Jedburgh Grammar Campus - Secondary	80%	9%	0%	1%	1%	10%	129
Kelso High School	75%	10%	2%	0%	2%	10%	173
Peebles High School	87%	6%	1%	0%	0%	5%	496
Selkirk High School	81%	8%	1%	1%	1%	8%	154
<b>Grand Total</b>	<b>82%</b>	<b>9%</b>	<b>1%</b>	<b>0%</b>	<b>1%</b>	<b>6%</b>	<b>2139</b>

## Support Groups

S1-3 50. Which, if any, of these things have you done in the last year? (% of all responses)	S1-3 Q50.1. Taken part in a buddying/mentoring programme at school	S1-3 Q50.2. Done voluntary work	S1-3 Q50.3. Taken part in a charity event	S1-3 Q50.4. Taken part in a drama / acting / singing / dancing group	S1-3 Q50.5. Taken part in a religious activity	S1-3 Q50.6. Attended a youth organisation	S1-3 Q50.7. Duke of Edinburgh	S1-3 Q50.8. Sports clubs	S1-3 Q50.9. None of the above
S1	8%	17%	19%	20%	7%	19%	1%	56%	12%
S2	6%	20%	19%	18%	5%	13%	0%	53%	14%
S3	4%	29%	16%	12%	5%	11%	23%	52%	20%
<b>Grand Total</b>	<b>6%</b>	<b>22%</b>	<b>18%</b>	<b>17%</b>	<b>6%</b>	<b>14%</b>	<b>8%</b>	<b>54%</b>	<b>15%</b>

S1-3 50. Which, if any, of these things have you done in the last year? (% of all responses)	S1-3 Q50.1. Taken part in a buddying/mentoring programme at school	S1-3 Q50.2. Done voluntary work	S1-3 Q50.3. Taken part in a charity event	S1-3 Q50.4. Taken part in a drama / acting / singing / dancing group	S1-3 Q50.5. Taken part in a religious activity	S1-3 Q50.6. Attended a youth organisation	S1-3 Q50.7. Duke of Edinburgh	S1-3 Q50.8. Sports clubs	S1-3 Q50.9. None of the above
Berwickshire High School	4%	14%	11%	17%	2%	6%	9%	40%	13%
Birlston High School	6%	29%	22%	17%	7%	17%	13%	61%	13%
Blythburgh High School	6%	29%	17%	24%	7%	13%	11%	55%	20%
Calashiels Academy	4%	16%	16%	13%	3%	8%	6%	45%	14%
Hawick High School	4%	14%	16%	13%	3%	18%	1%	47%	22%
Jedburgh Grammar Campus - Secondary	7%	23%	26%	12%	7%	11%	5%	57%	20%
Kelso High School	6%	19%	17%	16%	7%	14%	5%	50%	15%
Peebles High School	7%	23%	17%	21%	7%	18%	9%	62%	13%
Selkirk High School	8%	28%	18%	11%	4%	14%	6%	53%	17%
<b>Grand Total</b>	<b>6%</b>	<b>22%</b>	<b>18%</b>	<b>17%</b>	<b>6%</b>	<b>14%</b>	<b>8%</b>	<b>54%</b>	<b>15%</b>

## 16. S3, S5, S6 - Gambling

The S3, S5, and S6 surveys asked: Have you spent any of YOUR money on any of the following in the last month? We want to know about games you played yourself.

S356 Q51. Have you spent any of YOUR money on any of the following in the last month?	S356 Gambling Q51.1. Taking part in a lottery for example National Lottery Lotto	S356 Gambling Q51.2. Personally placing a bet at a betting shop for example visiting a bookies to bet on football or horse racing	S356 Gambling Q51.3. Gambling websites or apps where you can win real money or other prizes	S356 Gambling Q51.4. Fruit machines (puggies, slot machines) at an arcade, pub or club	S356 Gambling Q51.5. Private betting with friends for example playing cards or placing a private bet for money on the outcome of an event	S356 Gambling Q51.6. Bingo at a bingo club or somewhere else, for example social club, holiday park	S356 Gambling Q51.7. Visiting a betting shop to play gaming machines	S356 Gambling Q51.8. Visiting a casino to play casino games	S356 Gambling Q51.9. Any other type of gambling	S356 Gambling Q51.10. None of the above	Grand Total
S3	2%	2%	2%	3%	5%	2%	1%	1%	2%	66%	848
S5	1%	1%	1%	2%	5%	1%	0%	0%	1%	69%	468
S6	2%	1%	1%	1%	8%	0%	0%	0%	2%	62%	286
<b>Grand Total</b>	<b>2%</b>	<b>1%</b>	<b>1%</b>	<b>2%</b>	<b>5%</b>	<b>1%</b>	<b>1%</b>	<b>0%</b>	<b>2%</b>	<b>66%</b>	<b>1602</b>

Page 222	S356 Q51. Have you spent any of YOUR money on any of the following in the last month?	S356 Gambling Q51.1. Taking part in a lottery for example National Lottery Lotto	S356 Gambling Q51.2. Personally placing a bet at a betting shop for example visiting a bookies to bet on football or horse racing	S356 Gambling Q51.3. Gambling websites or apps where you can win real money or other prizes	S356 Gambling Q51.4. Fruit machines (puggies, slot machines) at an arcade, pub or club	S356 Gambling Q51.5. Private betting with friends for example playing cards or placing a private bet for money on the outcome of an event	S356 Gambling Q51.6. Bingo at a bingo club or somewhere else, for example social club, holiday park	S356 Gambling Q51.7. Visiting a betting shop to play gaming machines	S356 Gambling Q51.8. Visiting a casino to play casino games	S356 Gambling Q51.9. Any other type of gambling	S356 Gambling Q51.10. None of the above	Grand Total
Berwickshire High School	1%	0%	0%	0%	2%	5%	1%	0%	0%	1%	57%	183
Earlston High School	2%	1%	1%	1%	3%	5%	1%	0%	0%	1%	70%	336
Eyemouth High School	3%	2%	2%	2%	5%	10%	3%	2%	0%	4%	69%	96
Galashiels Academy	2%	2%	1%	1%	1%	3%	1%	1%	2%	2%	72%	110
Hawick High School	2%	3%	3%	2%	2%	5%	2%	2%	2%	1%	67%	184
Jedburgh Grammar Campus - Secondary	3%	6%	3%	1%	1%	7%	2%	0%	1%	0%	68%	98
Kelso High School	1%	1%	1%	1%	6%	4%	2%	1%	1%	3%	58%	139
Peebles High School	0%	1%	1%	1%	2%	6%	1%	1%	0%	2%	66%	351
Selkirk High School	4%	1%	0%	0%	0%	3%	1%	0%	1%	0%	69%	105
<b>Grand Total</b>	<b>2%</b>	<b>1%</b>	<b>1%</b>	<b>1%</b>	<b>2%</b>	<b>5%</b>	<b>1%</b>	<b>1%</b>	<b>0%</b>	<b>2%</b>	<b>66%</b>	<b>1602</b>

# 17. Home Life and Caring

## Family Meals

Q51. How often do you and the people you live with usually have meals together?	1. Every day	2. Most days	3. About once a week	4. Less than once a week	5. Never	6. Prefer not to say	Respondents To Question
S1	57%	30%	5%	4%	2%	2%	762
S2	55%	32%	5%	3%	3%	2%	678
S3	49%	33%	7%	5%	4%	1%	712
S4	49%	33%	7%	4%	5%	2%	612
S5	42%	36%	10%	5%	6%	1%	407
S6	44%	39%	9%	4%	3%	1%	248
<b>Grand Total</b>	<b>51%</b>	<b>33%</b>	<b>7%</b>	<b>4%</b>	<b>4%</b>	<b>2%</b>	<b>3419</b>

Q51. How often do you and the people you live with usually have meals together?	1. Every day	2. Most days	3. About once a week	4. Less than once a week	5. Never	6. Prefer not to say	Respondents To Question
Perthshire High School	47%	32%	8%	5%	6%	1%	291
Earlston High School	53%	34%	6%	3%	2%	1%	694
Eyemouth High School	47%	31%	10%	5%	5%	2%	226
Galashiels Academy	53%	28%	7%	8%	3%	1%	273
Hawick High School	49%	33%	8%	4%	5%	1%	395
Jedburgh Grammar Campus - Secondary	56%	29%	5%	5%	3%	2%	207
Kelso High School	47%	34%	6%	5%	5%	3%	296
Peebles High School	51%	34%	6%	4%	4%	2%	782
Selkirk High School	52%	33%	7%	2%	4%	2%	255
<b>Grand Total</b>	<b>51%</b>	<b>33%</b>	<b>7%</b>	<b>4%</b>	<b>4%</b>	<b>2%</b>	<b>3419</b>

## Enjoy being with the people you live with

Q52. How often do you enjoy being with the people you live with?	1. Always	2. Often	3. Sometimes	4. Never	5. Prefer not to say	Respondents To Question
S1	51%	36%	10%	1%	2%	764
S2	40%	40%	17%	2%	2%	677
S3	36%	39%	22%	2%	1%	713
S4	33%	42%	22%	2%	2%	610
S5	25%	46%	27%	1%	1%	408
S6	25%	49%	26%	0%	1%	247
<b>Grand Total</b>	<b>38%</b>	<b>40%</b>	<b>19%</b>	<b>1%</b>	<b>1%</b>	<b>3419</b>

Q52. How often do you enjoy being with the people you live with?	1. Always	2. Often	3. Sometimes	4. Never	5. Prefer not to say	Respondents To Question
Perwickshire High School	36%	43%	19%	1%	0%	288
Earlston High School	36%	44%	18%	1%	1%	695
Nemouth High School	36%	36%	24%	2%	2%	225
Galashiels Academy	43%	36%	16%	2%	2%	269
Hawick High School	43%	35%	20%	1%	1%	395
Jedburgh Grammar Campus - Secondary	46%	36%	15%	0%	2%	211
Kelso High School	31%	44%	21%	2%	2%	297
Peebles High School	35%	43%	20%	1%	1%	782
Selkirk High School	39%	37%	21%	1%	2%	257
<b>Grand Total</b>	<b>38%</b>	<b>40%</b>	<b>19%</b>	<b>1%</b>	<b>1%</b>	<b>3419</b>



## People with conditions

Q53. Does anyone who you live with have any of the following?	Q53.1. A disability	Q53.2. A long-term illness	Q53.3. A mental health problem	Q53.4. None of the above	Grand Total
S1	9%	6%	10%	55%	917
S2	7%	6%	13%	50%	843
S3	9%	8%	15%	54%	848
S4	9%	10%	16%	58%	671
S5	9%	9%	21%	53%	468
S6	9%	10%	17%	53%	286
<b>Grand Total</b>	<b>9%</b>	<b>8%</b>	<b>15%</b>	<b>54%</b>	<b>4033</b>

Q53. Does anyone who you live with have any of the following?	Q53.1. A disability	Q53.2. A long-term illness	Q53.3. A mental health problem	Q53.4. None of the above	Grand Total
Berwickshire High School	6%	5%	13%	50%	392
Earlston High School	9%	9%	16%	55%	769
Plymouth High School	12%	11%	16%	52%	258
Galashiels Academy	8%	5%	14%	47%	373
Na h-Awack High School	9%	7%	14%	57%	449
Jedburgh Grammar Campus - Secondary	10%	11%	17%	57%	237
Kelso High School	8%	6%	15%	51%	370
Peebles High School	7%	6%	12%	58%	903
Selkirk High School	12%	11%	19%	51%	282
<b>Grand Total</b>	<b>9%</b>	<b>8%</b>	<b>15%</b>	<b>54%</b>	<b>4033</b>

## In Caring Role

Q54. Do you care for, or look after, someone? For example, because they have a disability, an illness, a drug or alcohol problem, a mental health problem, or problems related to old age.	1. Yes	2. No	3. Prefer not to say	Respondents To Question
S1	20%	69%	11%	741
S2	21%	71%	9%	657
S3	16%	73%	11%	703
S4	13%	78%	9%	607
S5	12%	83%	5%	400
S6	10%	86%	4%	241
<b>Grand Total</b>	<b>16%</b>	<b>75%</b>	<b>9%</b>	<b>3349</b>

Q54. Do you care for, or look after, someone? For example, because they have a disability, an illness, a drug or alcohol problem, a mental health problem, or problems related to old age.	1. Yes	2. No	3. Prefer not to say	Respondents To Question
Perthshire High School	13%	79%	8%	287
Earlston High School	17%	75%	9%	680
Eyemouth High School	21%	69%	10%	218
Galashiels Academy	20%	70%	10%	270
Hawick High School	18%	72%	10%	390
Jedburgh Grammar Campus - Secondary	23%	71%	6%	203
Kelso High School	15%	75%	10%	286
Peebles High School	13%	80%	7%	765
Selkirk High School	15%	73%	12%	250
<b>Grand Total</b>	<b>16%</b>	<b>75%</b>	<b>9%</b>	<b>3349</b>

## Time Caring

Q55. Do you help care for, or look after, them....	1. Every day	2. A couple of times a week	3. Once in a while	4. Prefer not to say	Respondents To Question
S1	36%	37%	19%	9%	152
S2	29%	36%	29%	6%	137
S3	32%	41%	23%	4%	115
S4	36%	32%	25%	8%	76
S5	33%	35%	24%	8%	49
S6	25%	46%	29%	0%	24
<b>Grand Total</b>	<b>33%</b>	<b>37%</b>	<b>24%</b>	<b>7%</b>	<b>553</b>

Q55. Do you help care for, or look after, them....	1. Every day	2. A couple of times a week	3. Once in a while	4. Prefer not to say	Respondents To Question
Perthshire High School	34%	42%	21%	3%	38
Earlston High School	32%	29%	31%	7%	112
Lyemouth High School	27%	48%	20%	5%	44
Galashiels Academy	30%	41%	24%	6%	54
Hawick High School	35%	32%	25%	8%	72
Jedburgh Grammar Campus - Secondary	43%	40%	13%	4%	47
Kelso High School	41%	28%	26%	4%	46
Peebles High School	23%	42%	24%	12%	101
Selkirk High School	41%	38%	21%	0%	39
<b>Grand Total</b>	<b>33%</b>	<b>37%</b>	<b>24%</b>	<b>7%</b>	<b>553</b>

## 18. S2, S4 - Smoking and Alcohol

The questions about smoking and alcohol were only asked in the S2 and S4 surveys.

### Smoke Tobacco

S24 Q56. How often do you smoke tobacco at present?	1. Every day	2. At least once a week, but not every day	3. Less than once a week	4. I do not smoke	5. Prefer not to say	Respondents To Question
S2	1%	0%	1%	94%	3%	680
S4	2%	2%	3%	88%	4%	608
<b>Grand Total</b>	<b>2%</b>	<b>1%</b>	<b>2%</b>	<b>91%</b>	<b>4%</b>	<b>1288</b>

S24 Q56. How often do you smoke tobacco at present?	1. Every day	2. At least once a week, but not every day	3. Less than once a week	4. I do not smoke	5. Prefer not to say	Respondents To Question
Perthshire High School	0%	2%	2%	88%	7%	123
Carlston High School	2%	2%	2%	92%	3%	240
Nyemouth High School	3%	0%	1%	93%	3%	76
Galashiels Academy	1%	2%	2%	95%	0%	100
Hawick High School	3%	1%	2%	90%	3%	125
Jedburgh Grammar Campus - Secondary	0%	2%	0%	92%	6%	63
Kelso High School	5%	1%	3%	85%	6%	129
Peebles High School	1%	1%	2%	92%	4%	313
Selkirk High School	1%	1%	2%	95%	2%	119
<b>Grand Total</b>	<b>2%</b>	<b>1%</b>	<b>2%</b>	<b>91%</b>	<b>4%</b>	<b>1288</b>

## E-cigarettes / vaping

S24 Q57. How often do you use e-cigarettes / vape at present?	1. Every day	2. At least once a week, but not every day	3. Less than once a week	4. I do not use e-cigarettes / vape	5. Prefer not to say	Respondents To Question
S2	1%	2%	2%	88%	7%	677
S4	6%	4%	6%	77%	7%	610
<b>Grand Total</b>	<b>3%</b>	<b>3%</b>	<b>4%</b>	<b>83%</b>	<b>7%</b>	<b>1287</b>

S24 Q57. How often do you use e-cigarettes / vape at present?	1. Every day	2. At least once a week, but not every day	3. Less than once a week	4. I do not use e-cigarettes / vape	5. Prefer not to say	Respondents To Question
Berwickshire High School	5%	3%	6%	76%	11%	123
Earlston High School	5%	2%	5%	80%	7%	241
Eyemouth High School	3%	0%	0%	91%	7%	75
Galashiels Academy	1%	7%	4%	86%	2%	101
Hawick High School	5%	4%	3%	82%	6%	125
Leith Edinburgh Grammar Campus - Secondary	2%	3%	6%	84%	5%	62
Kelso High School	6%	5%	2%	79%	8%	130
Peebles High School	2%	2%	3%	86%	7%	311
Selkirk High School	2%	2%	4%	88%	4%	119
<b>Grand Total</b>	<b>3%</b>	<b>3%</b>	<b>4%</b>	<b>83%</b>	<b>7%</b>	<b>1287</b>

## Alcohol

S24 Q58. How often do you USUALLY have an alcoholic drink?	1. More than once a week	2. About once a week	3. About once a fortnight	4. About once a month	5. Only a few times a year	6. I never drink alcohol now	Respondents To Question
S2	1%	2%	4%	7%	27%	60%	671
S4	2%	14%	11%	17%	23%	32%	609
<b>Grand Total</b>	<b>1%</b>	<b>8%</b>	<b>7%</b>	<b>12%</b>	<b>25%</b>	<b>47%</b>	<b>1280</b>

S24 Q58. How often do you USUALLY have an alcoholic drink?	1. More than once a week	2. About once a week	3. About once a fortnight	4. About once a month	5. Only a few times a year	6. I never drink alcohol now	Respondents To Question
Berwickshire High School	3%	11%	7%	16%	25%	39%	122
Earlston High School	1%	4%	5%	9%	32%	49%	237
Eyemouth High School	1%	1%	7%	16%	21%	53%	75
Galashiels Academy	0%	2%	4%	6%	29%	59%	100
Hawick High School	1%	14%	8%	12%	21%	44%	125
Jedburgh Grammar Campus - Secondary	0%	10%	8%	15%	26%	42%	62
Kelso High School	2%	11%	11%	15%	27%	34%	131
Peebles High School	1%	7%	8%	11%	22%	51%	309
Selkirk High School	3%	7%	8%	13%	24%	46%	119
<b>Grand Total</b>	<b>1%</b>	<b>8%</b>	<b>7%</b>	<b>12%</b>	<b>25%</b>	<b>47%</b>	<b>1280</b>

## 19. People you can trust and talk to

### Trusted Adult to talk to

Q59. Do you have an adult in your life who you can trust and talk to about any personal problems?	1. No, I don't	2. Yes, I sometimes do	3. Yes, I always do	4. Prefer not to say	Respondents To Question
S1	3%	23%	71%	3%	747
S2	6%	28%	62%	4%	676
S3	5%	29%	63%	4%	706
S4	6%	30%	60%	4%	611
S5	7%	34%	56%	3%	405
S6	7%	33%	58%	3%	243
<b>Grand Total</b>	<b>5%</b>	<b>28%</b>	<b>63%</b>	<b>4%</b>	<b>3388</b>

Q59. Do you have an adult in your life who you can trust and talk to about any personal problems?	1. No, I don't	2. Yes, I sometimes do	3. Yes, I always do	4. Prefer not to say	Respondents To Question
Derwickshire High School	7%	31%	59%	3%	287
Earlston High School	6%	26%	64%	4%	688
Eymouth High School	7%	29%	59%	5%	221
Galashiels Academy	6%	27%	65%	2%	269
Hawick High School	4%	26%	67%	3%	394
Jedburgh Grammar Campus - Secondary	3%	32%	60%	5%	202
Kelso High School	6%	36%	53%	5%	294
Peebles High School	5%	27%	66%	3%	779
Selkirk High School	4%	30%	62%	4%	254
<b>Grand Total</b>	<b>5%</b>	<b>28%</b>	<b>63%</b>	<b>4%</b>	<b>3388</b>

## People to talk to about worries

The survey asked “How easy is it for you to talk to any of the following people about things that really bother you?”

### Talk to by Stage

Q60.1. Friend(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
S1	78%	18%	4%	730
S2	76%	20%	3%	654
S3	79%	18%	3%	699
S4	73%	23%	4%	599
S5	73%	24%	3%	393
S6	79%	21%	1%	238
<b>Grand Total</b>	<b>76%</b>	<b>20%</b>	<b>4%</b>	<b>3313</b>

Q60.2. Mum / female carer	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
S1	84%	13%	3%	735
S2	77%	21%	2%	655
S3	75%	20%	4%	698
S4	75%	22%	3%	602
S5	68%	29%	3%	396
S6	73%	26%	1%	238
<b>Grand Total</b>	<b>76%</b>	<b>21%</b>	<b>3%</b>	<b>3324</b>

Q60.3. Dad / male carer	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
S1	71%	22%	8%	729
S2	61%	34%	6%	651
S3	58%	33%	9%	696
S4	59%	33%	8%	603
S5	46%	42%	12%	398
S6	53%	41%	7%	236
<b>Grand Total</b>	<b>60%</b>	<b>32%</b>	<b>8%</b>	<b>3313</b>



Q60.4. Brother(s) / Sister(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
S1	50%	36%	14%	730
S2	43%	44%	12%	646
S3	48%	39%	13%	696
S4	48%	40%	12%	591
S5	44%	45%	11%	395
S6	53%	38%	9%	234
<b>Grand Total</b>	<b>47%</b>	<b>40%</b>	<b>12%</b>	<b>3292</b>

Q60.5. Counsellor (someone who is trained to listen and give you advice about your problems or help you manage your feelings)	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
S1	24%	26%	49%	712
S2	21%	36%	44%	638
S3	17%	32%	50%	688
S4	17%	30%	52%	597
S5	15%	33%	52%	389
S6	20%	30%	50%	234
<b>Grand Total</b>	<b>19%</b>	<b>31%</b>	<b>49%</b>	<b>3258</b>

Q60.6. GP or Nurse	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
S1	29%	30%	41%	712
S2	27%	36%	37%	644
S3	23%	37%	40%	688
S4	26%	33%	40%	594
S5	24%	38%	39%	387
S6	29%	40%	30%	230
<b>Grand Total</b>	<b>26%</b>	<b>35%</b>	<b>39%</b>	<b>3255</b>

Q60.7. Teacher(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
S1	40%	50%	11%	721
S2	33%	57%	11%	644
S3	28%	55%	17%	693
S4	26%	61%	13%	595
S5	27%	61%	12%	394
S6	37%	55%	8%	231
<b>Grand Total</b>	<b>32%</b>	<b>56%</b>	<b>12%</b>	<b>3278</b>

Q61.1. Neighbour(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
S1	20%	47%	33%	711
S2	15%	53%	32%	635
S3	16%	50%	34%	687
S4	13%	52%	35%	595
S5	11%	57%	31%	392
S6	13%	59%	28%	235
<b>Grand Total</b>	<b>15%</b>	<b>52%</b>	<b>33%</b>	<b>3255</b>

Q61.2. Youth Worker	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
S1	20%	28%	52%	703
S2	11%	33%	56%	625
S3	10%	30%	60%	685
S4	11%	27%	62%	594
S5	7%	35%	58%	388
S6	9%	30%	62%	233
<b>Grand Total</b>	<b>12%</b>	<b>30%</b>	<b>58%</b>	<b>3228</b>

<b>Q61.3. Other family members (e.g. grandparent(s))</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
S1	68%	24%	8%	718
S2	57%	33%	10%	639
S3	55%	31%	14%	692
S4	53%	36%	11%	598
S5	40%	48%	12%	392
S6	42%	44%	15%	234
<b>Grand Total</b>	<b>55%</b>	<b>34%</b>	<b>11%</b>	<b>3273</b>

<b>Q61.4. Social Worker</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
S1	15%	26%	58%	699
S2	9%	31%	59%	620
S3	8%	26%	66%	684
S4	9%	25%	66%	587
S5	6%	31%	63%	391
S6	6%	25%	70%	231
<b>Grand Total</b>	<b>9%</b>	<b>28%</b>	<b>63%</b>	<b>3212</b>

<b>Q61.5. Another adult you trust</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
S1	65%	23%	13%	713
S2	53%	31%	16%	629
S3	53%	27%	20%	684
S4	52%	27%	21%	593
S5	44%	35%	21%	387
S6	46%	35%	19%	232
<b>Grand Total</b>	<b>54%</b>	<b>28%</b>	<b>18%</b>	<b>3238</b>

Talk to Q61.6. Club or Group leader (e.g. sports coach, girl guides, boys brigade, scouts, etc.)	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
S1	34%	32%	34%	697
S2	26%	37%	36%	623
S3	26%	32%	42%	683
S4	19%	30%	50%	592
S5	17%	31%	52%	391
S6	22%	32%	46%	232
<b>Grand Total</b>	<b>25%</b>	<b>33%</b>	<b>42%</b>	<b>3218</b>

### Talk to by School

Q60.1. Friend(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
Berwickshire High School	75%	23%	1%	284
Earlston High School	76%	21%	3%	679
Eyemouth High School	73%	24%	4%	216
Galashiels Academy	81%	16%	3%	265
Hawick High School	77%	19%	4%	391
Jedburgh Grammar Campus - Secondary	74%	22%	5%	195
Kelso High School	73%	22%	5%	276
Peebles High School	78%	19%	3%	763
Selkirk High School	77%	18%	5%	244
<b>Grand Total</b>	<b>76%</b>	<b>20%</b>	<b>4%</b>	<b>3313</b>

Q60.2. Mum / female carer	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
Berwickshire High School	74%	25%	0%	284
Earlston High School	77%	20%	3%	680
Eyemouth High School	72%	25%	3%	214
Galashiels Academy	77%	19%	4%	265
Hawick High School	80%	19%	1%	390
Jedburgh Grammar Campus - Secondary	74%	21%	6%	197
Kelso High School	75%	20%	4%	281
Peebles High School	76%	21%	3%	766
Selkirk High School	81%	17%	3%	247
<b>Grand Total</b>	<b>76%</b>	<b>21%</b>	<b>3%</b>	<b>3324</b>

<b>Q60.3. Dad / male carer</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
Berwickshire High School	57%	36%	7%	285
Earlston High School	56%	37%	8%	682
Eyemouth High School	54%	35%	10%	215
Galashiels Academy	63%	28%	10%	260
Hawick High School	67%	23%	10%	387
Jedburgh Grammar Campus - Secondary	58%	31%	11%	198
Kelso High School	58%	35%	7%	276
Peebles High School	62%	33%	5%	766
Selkirk High School	60%	30%	11%	244
<b>Grand Total</b>	<b>60%</b>	<b>32%</b>	<b>8%</b>	<b>3313</b>

<b>Q60.4. Brother(s) / Sister(s)</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
Berwickshire High School	47%	44%	9%	283
Earlston High School	46%	42%	12%	674
Eyemouth High School	45%	45%	10%	213
Galashiels Academy	47%	40%	13%	262
Hawick High School	49%	37%	14%	387
Jedburgh Grammar Campus - Secondary	50%	34%	16%	195
Kelso High School	38%	48%	14%	278
Peebles High School	51%	37%	12%	759
Selkirk High School	50%	37%	13%	241
<b>Grand Total</b>	<b>47%</b>	<b>40%</b>	<b>12%</b>	<b>3292</b>

<b>Q60.5. Counsellor (someone who is trained to listen and give you advice about your problems or help you manage your feelings)</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
Berwickshire High School	20%	30%	50%	281
Earlston High School	18%	36%	46%	677
Eyemouth High School	15%	40%	46%	210
Galashiels Academy	20%	28%	52%	257
Hawick High School	21%	32%	47%	382
Jedburgh Grammar Campus - Secondary	25%	26%	48%	190
Kelso High School	18%	28%	54%	275
Peebles High School	18%	28%	53%	750
Selkirk High School	23%	31%	46%	236
<b>Grand Total</b>	<b>19%</b>	<b>31%</b>	<b>49%</b>	<b>3258</b>

<b>Q60.6. GP or Nurse</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
Berwickshire High School	25%	38%	37%	282
Earlston High School	23%	39%	38%	671
Eyemouth High School	24%	38%	38%	210
Galashiels Academy	25%	35%	40%	256
Hawick High School	27%	36%	37%	379
Jedburgh Grammar Campus - Secondary	34%	34%	32%	191
Kelso High School	23%	33%	44%	274
Peebles High School	30%	30%	40%	755
Selkirk High School	24%	35%	41%	237
<b>Grand Total</b>	<b>26%</b>	<b>35%</b>	<b>39%</b>	<b>3255</b>

<b>Q60.7. Teacher(s)</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
Berwickshire High School	28%	63%	9%	279
Earlston High School	27%	61%	12%	677
Eyemouth High School	35%	53%	12%	211
Galashiels Academy	33%	53%	14%	257
Hawick High School	35%	52%	13%	380
Jedburgh Grammar Campus - Secondary	37%	48%	14%	194
Kelso High School	22%	64%	15%	277
Peebles High School	36%	54%	10%	762
Selkirk High School	34%	51%	15%	241
<b>Grand Total</b>	<b>32%</b>	<b>56%</b>	<b>12%</b>	<b>3278</b>

<b>Q61.1. Neighbour(s)</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
Berwickshire High School	9%	57%	34%	283
Earlston High School	15%	56%	29%	668
Eyemouth High School	19%	49%	33%	209
Galashiels Academy	17%	52%	31%	254
Hawick High School	18%	47%	35%	378
Jedburgh Grammar Campus - Secondary	19%	44%	37%	194
Kelso High School	10%	53%	37%	276
Peebles High School	16%	52%	32%	752
Selkirk High School	18%	46%	35%	241
<b>Grand Total</b>	<b>15%</b>	<b>52%</b>	<b>33%</b>	<b>3255</b>

<b>Q61.2. Youth Worker</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
Berwickshire High School	8%	30%	62%	284
Earlston High School	10%	33%	57%	658
Eyemouth High School	12%	35%	54%	205
Galashiels Academy	11%	30%	59%	249
Hawick High School	18%	28%	53%	376
Jedburgh Grammar Campus - Secondary	15%	28%	57%	192
Kelso High School	9%	34%	57%	275
Peebles High School	12%	26%	62%	749
Selkirk High School	14%	30%	56%	240
<b>Grand Total</b>	<b>12%</b>	<b>30%</b>	<b>58%</b>	<b>3228</b>

<b>Q61.3. Other family members (e.g. grandparent(s))</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
Berwickshire High School	50%	38%	12%	284
Earlston High School	52%	39%	10%	672
Eyemouth High School	57%	33%	10%	211
Galashiels Academy	59%	31%	10%	252
Hawick High School	64%	27%	9%	383
Jedburgh Grammar Campus - Secondary	53%	32%	14%	194
Kelso High School	53%	35%	13%	278
Peebles High School	53%	34%	13%	754
Selkirk High School	60%	29%	11%	245
<b>Grand Total</b>	<b>55%</b>	<b>34%</b>	<b>11%</b>	<b>3273</b>

<b>Q61.4. Social Worker</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
Berwickshire High School	7%	24%	68%	283
Earlston High School	9%	30%	62%	657
Eyemouth High School	10%	33%	57%	205
Galashiels Academy	9%	29%	62%	250
Hawick High School	10%	27%	63%	371
Jedburgh Grammar Campus - Secondary	15%	25%	60%	187
Kelso High School	10%	30%	60%	275
Peebles High School	9%	24%	67%	746
Selkirk High School	10%	30%	60%	238
<b>Grand Total</b>	<b>9%</b>	<b>28%</b>	<b>63%</b>	<b>3212</b>



<b>Q61.5. Another adult you trust</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
Berwickshire High School	54%	28%	18%	281
Earlston High School	51%	34%	15%	666
Eyemouth High School	57%	30%	13%	211
Galashiels Academy	55%	27%	18%	249
Hawick High School	58%	24%	19%	379
Jedburgh Grammar Campus - Secondary	58%	25%	17%	189
Kelso High School	49%	31%	20%	275
Peebles High School	51%	28%	22%	748
Selkirk High School	60%	25%	15%	240
<b>Grand Total</b>	<b>54%</b>	<b>28%</b>	<b>18%</b>	<b>3238</b>

<b>Talk to Q61.6. Club or Group leader (e.g. sports coach, girl guides, boys brigade, scouts, etc.)</b>	<b>1. Easy</b>	<b>2. Difficult</b>	<b>3. Does not apply to me</b>	<b>Respondents To Question</b>
Berwickshire High School	21%	30%	49%	285
Earlston High School	25%	37%	38%	660
Eyemouth High School	27%	34%	39%	208
Galashiels Academy	27%	30%	43%	248
Hawick High School	26%	30%	44%	374
Jedburgh Grammar Campus - Secondary	27%	28%	46%	188
Kelso High School	19%	37%	44%	276
Peebles High School	28%	31%	41%	746
Selkirk High School	22%	33%	45%	233
<b>Grand Total</b>	<b>25%</b>	<b>33%</b>	<b>42%</b>	<b>3218</b>

## 20. Where you live

### Feels Safe

Q62. Generally speaking, I feel safe in the area where I live...	1. Always	2. Most of the time	3. Sometimes	4. Rarely or Never	5. Prefer not to say	Respondents To Question
S1	66%	26%	6%	1%	1%	746
S2	59%	34%	5%	1%	1%	658
S3	60%	31%	6%	1%	1%	699
S4	58%	32%	7%	2%	1%	605
S5	60%	31%	7%	1%	1%	402
S6	61%	33%	4%	1%	1%	240
<b>Grand Total</b>	<b>61%</b>	<b>31%</b>	<b>6%</b>	<b>1%</b>	<b>1%</b>	<b>3350</b>

Q62. Generally speaking, I feel safe in the area where I live...	1. Always	2. Most of the time	3. Sometimes	4. Rarely or Never	5. Prefer not to say	Respondents To Question
Berwickshire High School	55%	34%	10%	1%	0%	287
Earlston High School	64%	29%	5%	1%	1%	686
Fyemouth High School	52%	36%	8%	2%	1%	217
Galashiels Academy	58%	31%	9%	1%	1%	262
Hawick High School	54%	35%	9%	1%	1%	394
Jedburgh Grammar Campus - Secondary	67%	26%	4%	1%	3%	198
Kelso High School	64%	28%	5%	1%	1%	289
Peebles High School	64%	30%	3%	1%	1%	762
Selkirk High School	61%	30%	7%	1%	2%	255
<b>Grand Total</b>	<b>61%</b>	<b>31%</b>	<b>6%</b>	<b>1%</b>	<b>1%</b>	<b>3350</b>

## Good place to live

Q63. Do you think that the area in which you live is a good place to live?	1. Yes, it's good	2. It's OK	3. No, it's not good	4. Prefer not to say	Respondents To Question
S1	76%	23%	1%	0%	745
S2	74%	24%	2%	1%	657
S3	69%	26%	4%	1%	706
S4	64%	30%	5%	1%	600
S5	66%	32%	2%	1%	404
S6	68%	28%	3%	1%	241
<b>Grand Total</b>	<b>70%</b>	<b>27%</b>	<b>3%</b>	<b>1%</b>	<b>3353</b>

Q63. Do you think that the area in which you live is a good place to live?	1. Yes, it's good	2. It's OK	3. No, it's not good	4. Prefer not to say	Respondents To Question
Berwickshire High School	62%	35%	3%	0%	287
Earlston High School	76%	21%	2%	1%	687
Eyemouth High School	62%	34%	4%	1%	220
Galashiels Academy	67%	29%	4%	0%	261
Na h-Ard High School	61%	35%	3%	1%	397
Edinburgh Grammar Campus - Secondary	71%	25%	1%	3%	202
Kelso High School	70%	27%	2%	1%	283
Peebles High School	76%	21%	3%	1%	762
Selkirk High School	69%	28%	2%	1%	254
<b>Grand Total</b>	<b>70%</b>	<b>27%</b>	<b>3%</b>	<b>1%</b>	<b>3353</b>

## Outdoor play areas

S12 Q64. Are there places near where you live where you can play outdoors?	1. Yes - lots	2. Yes - some	3. No	4. Prefer not to say	Respondents To Question
S1	70%	28%	2%	0%	735
S2	65%	31%	3%	1%	645
<b>Grand Total</b>	<b>67%</b>	<b>30%</b>	<b>2%</b>	<b>1%</b>	<b>1380</b>

<b>S12 Q64. Are there places near where you live where you can play outdoors?</b>	<b>1. Yes - lots</b>	<b>2. Yes - some</b>	<b>3. No</b>	<b>4. Prefer not to say</b>	<b>Respondents To Question</b>
Berwickshire High School	59%	37%	4%	1%	82
Earlston High School	72%	25%	2%	1%	270
Eyemouth High School	64%	31%	4%	0%	115
Galashiels Academy	66%	31%	3%	0%	157
Hawick High School	55%	42%	2%	1%	164
Jedburgh Grammar Campus - Secondary	74%	25%	0%	1%	73
Kelso High School	63%	33%	4%	1%	110
Peebles High School	76%	22%	2%	0%	309
Selkirk High School	63%	35%	1%	1%	100
<b>Grand Total</b>	<b>67%</b>	<b>30%</b>	<b>2%</b>	<b>1%</b>	<b>1380</b>

Scottish Borders

# S4 SUBSTANCE USE QUESTIONNAIRE (2022)



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# Introduction

Results of the Scottish Borders Council's responses to the "Scottish Health and Wellbeing Census 2022: Substance Use Questionnaire: S4 Pupils". 36% of Scottish Borders S4 pupils responded to the survey (440 of 1214).

The table below shows the distribution of responses by sex and SIMD2020<sup>1</sup> quintile.

<b>SIMD2020 Quintile</b>	<b>1. Female</b>	<b>2. Male</b>	<b>3. Prefer not to say</b>	<b>Grand Total</b>	<b>% SIMD2020 Quintile</b>
1 - Most Deprived	12	11	1	24	5%
2	24	22	1	47	11%
3	53	69	4	126	29%
4	66	61	3	130	30%
5 - Least Deprived	16	14	1	31	7%
Unknown	39	39	4	82	19%
<b>Grand Total</b>	<b>210</b>	<b>216</b>	<b>14</b>	<b>440</b>	<b>100%</b>
% Sex	48%	49%	3%	100%	

The results are presented by sex and by SIMD2020 quintile.

<sup>1</sup>SIMD2020 – [Scottish Index of Multiple Deprivation 2020](#).

## Key findings

There were 440 responses, representing 36% of the 1,214 of the Scottish Borders S4 pupils. Below are the key findings from the questionnaire.

### Smoking Tobacco

- 69% have never smoked
- 14% have tried tobacco smoke once
- 3% say friends give the cigarettes/tobacco
- 2% say they bought cigarettes / tobacco in a shop, supermarket or van.
- 6% say they have 1 cigarettes or more in the last seven days.

### E-Cigarettes / Vaping

- 54% have never used e-cigarettes or vaped
- 12% use e-cigarettes or vaped once a week or more
- 6% say that friends give them e-cigarettes / refills
- 3% say they buy e-cigarettes / vapes on the internet

### Alcohol

- 63% report that they have had an alcoholic drink
- 15% or more pupils drink beer or lager, alcopops, spirits or cider once a month or more
- 18% report never being drunk
- 20% report that they get drunk once a month or more
- 21% usually get their alcohol at home
- The most common place to drink is in a private residence (own home, someone else's home or party)
- 53% report being allowed to drink alcohol at home sometimes or always
- 26% report that their 'mother / father / carer' bought their last alcoholic drink

### Drugs

- 83% report they have never taken illegal drugs
- 6% report taking drugs once a year or more
- 9% report taking drugs in the last year
- 8% have used cannabis, followed by 3% have used cocaine





# Smoking Tobacco

## Smoking Tobacco Status

S4 respondents were asked which best described their smoking tobacco status. Overall 69% said they have 'never smoked', with 14% having 'tried it once'.

Q4. Smoking tobacco status	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
1. I have never smoked	69%	67%	72%	43%	63%	77%	73%	72%	68%	55%
2. I have only ever tried smoking once	14%	15%	12%	36%	21%	13%	12%	11%	23%	17%
3. I used to smoke sometimes but I never smoke a cigarette now	3%	4%	3%	0%	4%	4%	2%	4%	0%	5%
4. I sometimes smoke cigarettes now but I don't smoke as many as one a week	5%	5%	4%	0%	0%	0%	2%	8%	0%	9%
5. I usually smoke between one and six cigarettes a week	1%	1%	1%	0%	4%	0%	2%	1%	0%	0%
6. I usually smoke more than six cigarettes a week	3%	0%	4%	7%	0%	0%	3%	2%	3%	5%
7. Prefer not to say	5%	6%	3%	14%	8%	4%	4%	2%	6%	7%
9. Not Answered	1%	2%	1%	0%	0%	2%	2%	1%	0%	2%
<b>Grand Total</b>	<b>440</b>	<b>210</b>	<b>216</b>	<b>14</b>	<b>24</b>	<b>47</b>	<b>126</b>	<b>130</b>	<b>31</b>	<b>82</b>

## Getting cigarettes / tobacco

The table below shows that very few S4 pupils get cigarettes / tobacco, with only 15 (3%) saying "Friends give me cigarettes/tobacco".

Q5. How do you usually get your cigarettes/tobacco?	Count	% of 440
Q5.1. I buy them from a supermarket	1	0%
Q5.2. I buy them from a newsagent, tobacconist or a sweet shop	2	0%
Q5.3. I buy them from a garage shop	1	0%
Q5.4. I buy them from a van, such as an ice cream van or burger van	1	0%
Q5.5. I buy them from some other type of shop	1	0%
Q5.6. I buy them from a street market	1	0%
Q5.7. I buy them on the internet	4	1%
Q5.8. I buy cigarettes/tobacco from friends or relatives	3	1%
Q5.9. I buy cigarettes/tobacco from someone else	3	1%
Q5.10. I ask someone else under the age of 18 to buy me cigarettes/tobacco	5	1%
Q5.11. I ask an adult I know to buy me cigarettes/tobacco	5	1%
Q5.12. I ask an adult I don't know to buy me cigarettes/tobacco	1	0%
Q5.13. Friends give me cigarettes/tobacco	15	3%
Q5.14. My brother or sister gives me cigarettes/tobacco	1	0%
Q5.15. My mother, father or carer gives me cigarettes/tobacco	2	0%
Q5.16. I take cigarettes/tobacco without asking	7	2%
Q5.17. I get cigarettes/tobacco in some other way	6	1%

## Purchase of cigarettes / tobacco in the last 4 weeks

2% of the S4 pupils that responded to the survey said “Yes – I brought cigarettes / tobacco from a shop, supermarket or van”. Notably 92% of respondents did not answer this question.

Q6. In the last 4 weeks, have you bought or tried to buy cigarettes/tobacco from any kind of shop, supermarket or van?	Grand Total
1. Yes – I bought cigarettes/tobacco from a shop, supermarket or van	2%
2. Yes – I tried to buy cigarettes/tobacco from a shop, supermarket or van but was refused	0%
3. No – I did not buy or try to buy cigarettes/tobacco from a shop, supermarket or van	2%
4. No – I have never tried to buy cigarettes/tobacco from a shop, supermarket or van	4%
9. Not Answered	92%
<b>Grand Total</b>	<b>440</b>

## Cigarettes in the last 7 days

92% of respondents did not answer this question. Whereas, 6% of S4 pupils said they had 1 cigarette or more in the last 7 days.

Q7. How many cigarettes (if any) did you smoke on average each day in the last 7 days?	Grand Total
1. None	3%
2. 1-2	2%
3. 3-4	1%
4. 5-6	1%
5. 7-8	0%
7. More than 10	2%
9. Not Answered	92%
<b>Grand Total</b>	<b>440</b>

# E-Cigarettes / Vaping

## E-Cigarette / Vaping Status

S4 respondents were asked which best described their e-cigarette. Overall 54% said they have 'never used an e-cigarette / vape' compared to 12% who 'use e-cigarettes / vapes once a week or more'

Q8. E-Smoking status	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
1. I have never used an e-cigarette / vape	54%	48%	60%	50%	54%	66%	61%	56%	45%	37%
2. I used to use e-cigarettes / vapes but don't use them anymore	3%	3%	3%	0%	0%	2%	3%	3%	6%	2%
3. I have tried an e-cigarette / vape once	8%	10%	7%	0%	17%	9%	9%	6%	6%	9%
4. I have tried e-cigarettes / vapes a few times	14%	16%	11%	29%	13%	9%	8%	15%	16%	24%
5. I use e-cigarettes / vapes sometimes, but no more than once a month	4%	4%	3%	7%	0%	6%	3%	2%	10%	4%
6. I use e-cigarettes / vapes once a week or more	12%	12%	12%	7%	8%	4%	13%	12%	10%	17%
7. Prefer not to say	4%	6%	3%	7%	8%	2%	2%	5%	6%	6%
9. Not Answered	1%	1%	0%	0%	0%	2%	1%	1%	0%	1%
<b>Grand Total</b>	<b>440</b>	<b>210</b>	<b>216</b>	<b>14</b>	<b>24</b>	<b>47</b>	<b>126</b>	<b>130</b>	<b>31</b>	<b>82</b>

## Getting e-cigarettes / vapes

25% report that they buy their e-cigarettes / vapes

Q9. How do you usually get your E -cigarettes/vapes?	Count	% of 440
Q9.1. I buy them from a supermarket	2	0%
Q9.2. I buy them from a newsagent, tobacconist, vape shop or a sweet shop	7	2%
Q9.3. I buy them from a garage shop	2	0%
Q9.4. I buy them from a van, such as an ice cream van or burger van	2	0%
Q9.5. I buy them from some other type of shop	4	1%
Q9.6. I buy them from a street market	2	0%
Q9.7. I buy them on the internet	15	3%
Q9.8. I buy e-cigarettes/refills from friends or relatives	11	3%
Q9.9. I buy e-cigarettes/refills from someone else	8	2%
Q9.10. I ask someone else under the age of 18 to buy me e-cigarettes/refills	8	2%
Q9.11. I ask an adult I know to buy me e-cigarettes/refills	4	1%
Q9.12. I ask an adult I don't know to buy me e-cigarettes/refills	5	1%
Q9.13. Friends give me e-cigarettes/refills	27	6%
Q9.14. My brother or sister gives me e-cigarettes/refills	3	1%
Q9.15. My mother, father or carer gives me e-cigarettes/refills	2	0%
Q9.16. I take e-cigarettes/refills without asking	2	0%
Q9.17. I get e-cigarettes/refills in some other way	12	3%

# Alcohol

## Had a proper Alcoholic Drink

S4 pupils was asked, "Have you ever had a proper alcoholic drink - a whole drink, not just a sip?" Overall 63% of respondents have had a proper alcoholic drink. The proportion ranges from 45% in areas of SIMD Quintile 2 to 67% for SIMD Quintiles 3 and 4.

Q10. Alcohol Status	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprive)	2	3	4	5 (Least Deprive)	Unknown
1. Yes	63%	63%	64%	50%	58%	45%	67%	67%	61%	65%
2. No	33%	34%	31%	36%	38%	45%	31%	31%	32%	29%
3. Prefer not to say	3%	3%	4%	7%	4%	11%	2%	2%	0%	5%
9. Not Answered	1%	0%	1%	7%	0%	0%	1%	0%	6%	1%
<b>Grand Total</b>	<b>440</b>	<b>210</b>	<b>216</b>	<b>14</b>	<b>24</b>	<b>47</b>	<b>126</b>	<b>130</b>	<b>31</b>	<b>82</b>

## Alcoholic drink frequency

S4 pupils were asked, "At present, how often do you drink anything alcoholic, such as beer, wine or spirits? Try to include even those times when you only drink a small amount." The table below shows the frequency S4 pupils drink specific alcoholic drinks. The last column shows the proportion of S4 pupils saying they have an alcoholic drink monthly or more. Cider is the most frequent at 24%, followed by Alcopops at 21%, then spirits 18% and the beer or lager at 15%.

Q11. At present, how often do you drink anything alcoholic, such as beer, wine or spirits?	1. Every day	2. Every week	3. Every month	4. Rarely	5. Never	9. Not Answered	Grand Total	Monthly or More
Q11.1. Beer or lager	1%	6%	8%	20%	21%	44%	440	15%
Q11.2. Wine or champagne	1%	1%	4%	23%	25%	46%	440	7%
Q11.3. Alcopops (e.g. Smirnoff Ice, Bacardi Breezer, WKD)	1%	6%	14%	20%	16%	44%	440	21%
Q11.4. Spirits (e.g. whisky, vodka, rum)	1%	5%	12%	18%	18%	45%	440	18%
Q11.5. Cider	1%	6%	17%	21%	12%	44%	440	24%
Q11.6. Fortified (strong) wine (e.g. sherry, martini, port, Buckfast)	1%	2%	5%	12%	33%	48%	440	8%
Q11.7. Any other drink that contains alcohol	1%	6%	12%	19%	15%	48%	440	19%

## How often drunk?

S4 pupils were asked, "How often would you say you get drunk?" Although 37% of respondents did not answer the question, 20% say they get drunk once a month or more, and 18% say they have never been drunk.

Q12. How often would you say you get drunk?	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
1. I have never been drunk	18%	15%	21%	7%	8%	15%	25%	21%	19%	7%
2. Less than once a month	18%	15%	19%	29%	8%	11%	17%	17%	26%	23%
3. Once or twice a month	14%	17%	12%	0%	17%	11%	12%	16%	6%	18%
4. Once a week	5%	4%	6%	0%	13%	0%	5%	4%	3%	7%
5. Twice a week or more	1%	0%	2%	14%	0%	2%	2%	1%	3%	0%
6. Don't know	5%	7%	4%	0%	13%	6%	3%	6%	3%	5%
7. Prefer not to say	2%	3%	1%	0%	0%	0%	3%	2%	0%	4%
9. Not Answered	37%	38%	35%	50%	42%	55%	33%	34%	39%	35%
<b>Grand Total</b>	<b>440</b>	<b>210</b>	<b>216</b>	<b>14</b>	<b>24</b>	<b>47</b>	<b>126</b>	<b>130</b>	<b>31</b>	<b>82</b>

## Usually get alcohol

S4 pupils were asked, "Where do you USUALLY get your alcohol from?" Over 20% usually get their alcohol at home with 4% usually purchasing their alcohol. They could only choose one.

Q13. Where do you USUALLY get your alcohol from? (one only)	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
01. I buy it in a pub or bar	1%	0%	1%	0%	4%	0%	2%	0%	0%	1%
02. I buy it in a club or disco	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%
04. I buy it from a shop	2%	3%	0%	0%	0%	0%	1%	4%	3%	1%
05. I buy it from a supermarket	1%	0%	1%	0%	0%	2%	0%	0%	0%	4%
07. I get it from a friend	9%	10%	8%	0%	0%	4%	4%	12%	6%	17%
08. I get it from a relative	10%	11%	8%	7%	17%	9%	12%	8%	6%	9%
09. From home (either with or without permission)	21%	21%	20%	36%	13%	19%	26%	28%	13%	10%
10. Some other way	3%	2%	4%	0%	8%	4%	2%	2%	0%	6%
11. Prefer not to say	15%	11%	19%	7%	17%	6%	17%	12%	32%	15%
99. Not Answered	39%	40%	37%	50%	42%	55%	37%	35%	39%	37%
<b>Grand Total</b>	<b>440</b>	<b>210</b>	<b>216</b>	<b>14</b>	<b>24</b>	<b>47</b>	<b>126</b>	<b>130</b>	<b>31</b>	<b>82</b>

## Where usually drink

S4 pupils were asked, "When you drink alcohol, where are you USUALLY?" They could tick all that apply. The most common places to drink were in a private residence (own home, someone else's home, or party).

Q14. When you drink alcohol, where are you USUALLY?	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
Q14.1. In a pub or bar	4%	2%	5%	7%	4%	0%	5%	4%	3%	4%
Q14.2. In a club or disco	2%	0%	3%	7%	4%	0%	2%	2%	6%	0%
Q14.3. At a party with friends	29%	34%	25%	14%	33%	13%	25%	35%	26%	33%
Q14.4. At my home	34%	36%	31%	43%	38%	26%	37%	35%	29%	34%
Q14.5. At someone else's home	28%	31%	25%	21%	21%	19%	29%	26%	32%	34%
Q14.6. Out on the street, in a park or other outdoor area	12%	11%	13%	14%	8%	6%	12%	12%	10%	17%
Q14.7. Somewhere else	7%	4%	9%	7%	4%	2%	8%	6%	16%	5%
<b>Grand Total</b>	<b>440</b>	<b>210</b>	<b>216</b>	<b>14</b>	<b>24</b>	<b>47</b>	<b>126</b>	<b>130</b>	<b>31</b>	<b>82</b>

## Allowed to drink at home

S4 pupils were asked, "Do your parents/carers allow you to drink alcohol at home?" 53% of pupils report that they are allowed to drink alcohol at home sometimes or always.

Q15. Do your parents/carers allow you to drink alcohol at home?	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
1. Yes, always	12%	13%	11%	14%	13%	9%	13%	15%	0%	15%
2. Yes, sometimes	41%	40%	43%	29%	42%	32%	43%	43%	48%	37%
3. No, never	6%	5%	7%	0%	4%	2%	5%	5%	10%	11%
4. Prefer not to say	4%	3%	4%	7%	0%	2%	6%	4%	3%	1%
9. Not Answered	37%	39%	35%	50%	42%	55%	33%	34%	39%	37%
<b>Grand Total</b>	<b>440</b>	<b>210</b>	<b>216</b>	<b>14</b>	<b>24</b>	<b>47</b>	<b>126</b>	<b>130</b>	<b>31</b>	<b>82</b>

## Provider of last alcoholic drink

S4 pupils were asked, "The last time someone bought you alcohol, who was it?" Although 38% respondents did not answer this question, 26% say that their 'mother/ father/ carer' bought their last alcoholic drink.

	S4 All Responses	Sex			SIMD2020					
Q16. The last time someone bought you alcohol, who was it?	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
01. No one has ever bought me alcohol	6%	5%	6%	7%	0%	2%	7%	8%	3%	4%
02. My brother or sister	2%	2%	2%	0%	8%	2%	0%	2%	3%	2%
03. A friend of my own age	3%	4%	2%	0%	4%	2%	1%	3%	0%	7%
04. A friend older than me	5%	3%	6%	0%	4%	0%	2%	6%	10%	6%
06. My boyfriend/girlfriend	1%	1%	1%	0%	0%	2%	0%	0%	3%	2%
07. My mother, father or carer	26%	27%	25%	36%	21%	26%	29%	27%	19%	26%
08. My father's partner or mother's partner	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%
09. Someone I knew of, but didn't know personally	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%
10. A stranger	2%	0%	2%	7%	0%	0%	2%	2%	3%	2%
11. Someone else	3%	3%	4%	0%	4%	4%	5%	2%	0%	5%
12. Prefer not to say	14%	15%	14%	0%	17%	6%	18%	16%	19%	7%
99. Not Answered	38%	40%	36%	50%	42%	55%	36%	35%	39%	37%
<b>Grand Total</b>	<b>440</b>	<b>210</b>	<b>216</b>	<b>14</b>	<b>24</b>	<b>47</b>	<b>126</b>	<b>130</b>	<b>31</b>	<b>82</b>



# Drugs

## Ever taken illegal drugs

S4 pupils were asked, "Have you ever taken illegal drugs, drugs formerly known as legal highs, solvents or prescription drugs that were not prescribed to you?" 83% of respondents have not taken illegal drugs.

Q17. Have you ever taken illegal drugs, drugs formerly known as legal highs, solvents or prescription drugs that were not prescribed to you?	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
1. Yes	9%	6%	13%	7%	8%	4%	8%	12%	3%	13%
2. No	83%	86%	81%	71%	92%	89%	83%	85%	87%	72%
3. Prefer not to say	5%	5%	6%	14%	0%	2%	8%	2%	6%	11%
9. Not Answered	2%	3%	1%	7%	0%	4%	2%	2%	3%	4%
<b>Grand Total</b>	<b>440</b>	<b>210</b>	<b>216</b>	<b>14</b>	<b>24</b>	<b>47</b>	<b>126</b>	<b>130</b>	<b>31</b>	<b>82</b>

## Frequency of drug use

S4 pupils were asked, "How often do you use drugs?" 90% did not answer the question; 6% of pupil say they have taken drugs a few times a year or more.

Q18. How often do you use drugs?	Grand Total
1. I have only taken drugs once	1%
2. I used to take drugs sometimes but I don't take them anymore	1%
3. I take drugs a few times a year	2%
4. I take drugs once or twice a month	1%
5. I take drugs at least once a week or more	2%
6. Prefer not to say	2%
9. Not Answered	90%
<b>Grand Total</b>	<b>440</b>

## Illegal drugs in the last year

A4 pupils were asked, "Have you taken any drugs in the last year?" 90% of pupils did not answer this question, 9% said they had taken drugs in the last year.

Q19. Have you taken any drugs in the last year?	Grand Total
1. Yes	9%
2. No	0%
3. Prefer not to say	0%
9. Not Answered	90%
<b>Grand Total</b>	<b>440</b>

## Types of Drugs

S4 pupils were asked, "Which (if any) of these drugs have you taken in the last year?", and asked to tick all that apply. The table below shows count by drug type and as a % of S4 respondents. The drugs with the most frequent use are cannabis (8%) followed by cocaine (3%).

20. Which (if any) of these drugs have you taken in the last year?	Count	% of 440
Q20.1. Cannabis (Weed, Skunk, Green, Hash, Blow, Joints, Marijuana)	35	8%
Q20.2. Gas, Glue or Other Solvents	9	2%
Q20.3. Amphetamines (Speed, Whizz, Sulph, Paste)	8	2%
Q20.4. Ecstasy (E, Eccies, XTC, Pills)	8	2%
Q20.5. Cyroban (Cy, Cyber, CBan)	5	1%
Q20.6. Benzos (Valium, Vallies, Blues, Whites, Yellows, Xanax)	7	2%
Q20.7. Heroin (Smack, Kit, H, Brown, Skag)	5	1%
Q20.8. Magic Mushrooms (Shrooms)	5	1%
Q20.9. Methadone (Physeptone, Meth)	4	1%
Q20.10. MDMA crystals/crystals (Mandy, Molly, Madman)	7	2%
Q20.11. Cocaine (Coke, Charlie, C, Proper, Council)	13	3%
Q20.12. Anabolic Steroids (Roids)	5	1%
Q20.13. Unknown White Powders (Gear)	6	1%
Q20.14. Ketamine (Ket, K)	7	2%
Q20.15. Synthetic Cannabinoids (SPICE, RedExodus, Mamba)	7	2%
Q20.16. LSD (Acid, Blotters)	8	2%
Q20.17. 2C (2CB, 2CI, 2CE)	5	1%
Q20.18. Diet Pills	6	1%
Q20.19. Tanning Pills	4	1%
Q20.20. Other drugs including prescription drugs not prescribed to you	9	2%

Scottish Borders

# HEALTH & WELLBEING CENSUS 2022

## Executive Summary



## Health and Wellbeing Census 2022 – Executive Summary

In March 2022, Scottish Borders schools took part in a Health and Wellbeing Census for P5-7 children in primary schools and S1-S6 young people in secondary schools. The data below indicates the percentage of children and young people who took part overall, within each year group, primary school cluster and secondary school.

There are three data packs providing overall data for Scottish Borders:

1. **Primary School** data broken down into year groups and primary clusters.  
Scottish Borders: Health and Wellbeing Census Data : Primary Schools : March 2022
2. **Secondary School** data broken down by each year group and each school.  
Scottish Borders: Health and Wellbeing Census Data : Secondary Schools : March 2022
3. The **Substance Use** questionnaire, completed separately by S4 young people only, gives overall findings and is not broken down by school.  
Scottish Borders: Health and Wellbeing Census Data: S4 Substance Use Questionnaire: March 2022

### Percentage/numbers of children P5-P7 undertaking survey within Scottish Borders.

Stage	Pupils			Census Responses			% Census Responses of Pupils		
	Female	Male	Grand Total	Female	Male	Grand Total	Female	Male	Grand Total
P5	595	600	1195	484	489	973	81%	82%	81%
P6	564	631	1195	477	509	986	85%	81%	83%
P7	593	635	1228	497	509	1006	84%	80%	82%
<b>Grand Total</b>	<b>1752</b>	<b>1866</b>	<b>3618</b>	<b>1458</b>	<b>1507</b>	<b>2965</b>	<b>83%</b>	<b>81%</b>	<b>82%</b>

School Cluster	Pupils	Census Responses	% Census Responses of Pupils
Berwickshire	318	237	75%
Earlston	481	408	85%
Eyemouth	261	204	78%
Galashiels	590	461	78%
Hawick	540	448	83%
Jedburgh	181	159	88%
Kelso	324	290	90%
Peebles	713	587	82%
Selkirk	210	171	81%
<b>Grand Total</b>	<b>3618</b>	<b>2965</b>	<b>82%</b>

## Percentage/numbers of young people S1-S6 undertaking survey within Scottish Borders.

Stage	SBC Pupils			Census Responses			% Census Responses of Pupils		
	Female	Male	Grand Total	Female	Male	Grand Total	Female	Male	Grand Total
S1	601	632	1233	446	471	917	74%	75%	74%
S2	626	611	1237	431	412	843	69%	67%	68%
S3	647	616	1263	449	399	848	69%	65%	67%
S4	578	636	1214	320	351	671	55%	55%	55%
S5	476	504	980	235	233	468	49%	46%	48%
S6	411	374	785	160	126	286	39%	34%	36%
<b>Grand Total</b>	<b>3339</b>	<b>3373</b>	<b>6712</b>	<b>2041</b>	<b>1992</b>	<b>4033</b>	<b>61%</b>	<b>59%</b>	<b>60%</b>

School Name	Pupils	Census	% Census Responses of Pupils
Berwickshire High School Total	636	392	62%
Earlston High School Total	1133	769	68%
Eyemouth High School Total	505	258	51%
Galashiels Academy Total	856	373	44%
Hawick High School Total	802	449	56%
Jedburgh Grammar Campus	366	237	65%
Kelso High School Total	594	370	62%
Peebles High School Total	1386	903	65%
Selkirk High School Total	434	282	65%
<b>Grand Total</b>	<b>6712</b>	<b>4033</b>	<b>60%</b>

## Substance Use Questionnaire

36% of Scottish Borders S4 pupils responded to the survey (440 of 1214).

## Additional areas to be considered:

### S2-S6 survey asked the Warwick-Edinburgh Mental Well-being Scale questions

(more information p35 onwards in secondary data pack). It is important to note the comparison data is from pre covid-19 pandemic, however, it does indicate that our young people's wellbeing has been affected over the past few years.

WEMWBS Score Grouping	A. High Wellbeing	B. Average Wellbeing	C. Low Wellbeing	Respondents To Question
S2	8%	64%	28%	736
S3	5%	60%	34%	748
S4	5%	54%	41%	606
S5	4%	52%	44%	421
S6	6%	61%	33%	248
<b>Grand Total</b>	<b>6%</b>	<b>59%</b>	<b>35%</b>	<b>2759</b>
UK Average (Pre Covid-19 Pandemic)	15%	70%	15%	

### S2 – S6 survey included the Strengths and Difficulties Questionnaire (SQD).

This is a behavioural screening questionnaire for children and adolescents ages 2 through to 17 years old (more information p49 onwards in secondary data pack). It is important to note the comparison data is from pre covid-19 pandemic. Similar to WEMWBS information indicating a decrease in overall wellbeing across the young people in the Borders.

Total Difficulties score	A. Close to Average	B. Slightly Raised	C. High	D. Very High	Respondents To Question
S2	53%	13%	6%	27%	698
S3	50%	18%	8%	24%	732
S4	50%	16%	10%	25%	584
S5	51%	20%	7%	22%	394
S6	58%	19%	7%	16%	238
<b>Grand Total</b>	<b>52%</b>	<b>17%</b>	<b>7%</b>	<b>24%</b>	<b>2646</b>
UK Average (Pre Covid-19 Pandemic)	80%	10%	5%	5%	

Prosocial score	A. Close to Average	B. Slightly Lowered	C. Low	D. Very Low	Respondents To Question
S2	63%	13%	12%	11%	741
S3	60%	15%	12%	13%	760
S4	56%	17%	12%	15%	603
S5	60%	15%	13%	12%	410
S6	68%	16%	11%	6%	247
<b>Grand Total</b>	<b>61%</b>	<b>15%</b>	<b>12%</b>	<b>12%</b>	<b>2761</b>
UK Average (Pre Covid-19 Pandemic)	80%	10%	5%	5%	

## Four key areas have been identified which will be actioned by Education and Lifelong Learning and have been included in the Education Improvement Plan 2022/23.

Each area will have a work plan to support improvement through session 2022-23. This will work will involve children, young people, parents, education staff and stakeholders.

1. Bullying
2. Caring Responsibilities
3. Body Image
4. Loneliness, stress and worry

### Bullying (summary data)

#### Have you been bullying in the last year?

Q27. Have you been bullied in the last year?	1. Yes	2. No	3. Prefer not to say	Respondents to Question
P5	46%	39%	16%	944
P6	42%	44%	14%	954
P7	38%	51%	12%	972
<b>Grand Total</b>	<b>42%</b>	<b>45%</b>	<b>14%</b>	<b>2870</b>

Survey Stage	1. Yes	2. No	3. Prefer not to say	Sub Total	9. Not Answered	Grand Total
S1	33%	55%	12%	85%	129	874
S2	28%	63%	9%	83%	151	901
S3	25%	69%	6%	86%	118	847
<b>Grand Total</b>	<b>29%</b>	<b>62%</b>	<b>9%</b>	<b>85%</b>	<b>398</b>	<b>2622</b>

Bullying	Primary	Secondary
Additional information	Primary data pack pages 54-59.	Secondary data pack pages 72-80.

## Caring Responsibilities (summary data)

### Do you care for, or look after, someone?

(Primary survey -The caring questions were only asked in the P7 survey.)

P7 Q41. Do you care for, or look after, someone?	1. Yes	2. No	3. Prefer not to say	Respondents to Question
Berwickshire	29%	62%	10%	73
Earlston	29%	63%	9%	126
Eyemouth	40%	40%	19%	57
Galashiels	26%	62%	11%	141
Hawick	38%	50%	12%	136
Jedburgh	29%	57%	14%	56
Kelso	22%	62%	16%	94
Peebles	30%	62%	9%	213
Selkirk	42%	51%	8%	53
<b>Grand Total</b>	<b>31%</b>	<b>58%</b>	<b>11%</b>	<b>949</b>

Survey Stage	1. Yes	2. No	3. Prefer not to say	Sub total	9. Not Answered	Grand Total
S1	20%	69%	11%	80%	171	874
S2	21%	71%	8%	79%	191	901
S3	16%	73%	11%	83%	145	847
S4	12%	79%	9%	91%	60	663
S5	12%	83%	5%	85%	68	468
S6	10%	85%	5%	83%	49	280
<b>Grand Total</b>	<b>16%</b>	<b>75%</b>	<b>9%</b>	<b>83%</b>	<b>684</b>	<b>4033</b>

Caring Responsibilities	Primary	Secondary
Additional information	Primary data pack page 62.	Secondary data pack pages 85-86.



## Body Image (summary data)

### I am happy with my body and the way I look.

(Primary survey –body images questions only asked to P7)

P7 Only Q15. Please say how much you agree or disagree with this sentence: "I am happy with my body and the way I look".	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
Berwickshire	19%	37%	16%	11%	5%	11%	73
Earlston	17%	32%	25%	12%	3%	11%	128
Eyemouth	13%	34%	16%	13%	10%	13%	61
Galashiels	18%	30%	27%	12%	6%	7%	138
Hawick	26%	25%	16%	8%	10%	15%	140
Jedburgh	19%	24%	25%	15%	5%	12%	59
Kelso	17%	31%	17%	19%	7%	9%	96
Peebles	21%	33%	20%	13%	5%	7%	215
Selkirk	25%	22%	18%	20%	6%	10%	51
<b>Grand Total</b>	<b>20%</b>	<b>30%</b>	<b>21%</b>	<b>13%</b>	<b>6%</b>	<b>10%</b>	<b>961</b>

Survey Stage	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Sub Total	9. Not Answered	Grand Total
S1	14%	37%	20%	12%	8%	9%	95%	40	874
S2	12%	32%	24%	17%	10%	6%	92%	75	901
S3	10%	31%	24%	17%	13%	5%	93%	59	847
S4	9%	27%	24%	22%	15%	3%	94%	40	663
S5	8%	26%	24%	22%	16%	4%	92%	36	468
S6	9%	29%	29%	19%	10%	4%	95%	13	280
<b>Grand Total</b>	<b>11%</b>	<b>31%</b>	<b>23%</b>	<b>17%</b>	<b>12%</b>	<b>6%</b>	<b>93%</b>	<b>263</b>	<b>4033</b>

Body Image	Primary	Secondary
Additional Information	Primary data pack – page 30.	Secondary data pack pages 38-39.

## Loneliness, Stress and Worry (summary data)

### How often do you feel lonely?

Q26. How often do you feel lonely?	1. Hardly ever or never	2. Sometimes	3. Often or always	4. Prefer not to say	Respondents to Question
P5	40%	40%	10%	10%	870
P6	44%	41%	9%	6%	880
P7	45%	38%	14%	4%	935
<b>Grand Total</b>	<b>43%</b>	<b>40%</b>	<b>11%</b>	<b>7%</b>	<b>2685</b>

Survey Stage	1. Hardly ever or never	2. Some of the time	3. Often or always	4. Prefer not to say	Sub-Total	9. Not Answered	Grand Total
S1	49%	36%	12%	3%	100%	17%	874
S2	45%	36%	17%	2%	100%	19%	901
S3	43%	38%	17%	2%	100%	15%	847
S4	41%	39%	17%	2%	100%	10%	663
S5	37%	41%	21%	1%	100%	13%	468
S6	39%	44%	16%	1%	100%	15%	280
<b>Grand Total</b>	<b>43%</b>	<b>38%</b>	<b>16%</b>	<b>2%</b>	<b>100%</b>	<b>15%</b>	<b>4033</b>

### How pressured (stressed) do you feel by the schoolwork you have to do?

(Primary survey – question only asked to P7)

P7 Only Q6. How pressured (stressed) do you feel by the schoolwork you have to do?	1. Not at all	2. A little	3. Some	4. A lot	5. Prefer not to say	Respondents to Question
Berwickshire	19%	31%	39%	4%	7%	74
Earlston	22%	43%	24%	9%	3%	129
Eyemouth	27%	42%	17%	13%	2%	64
Galashiels	11%	37%	37%	10%	5%	145
Hawick	18%	39%	30%	8%	5%	141
Jedburgh	16%	39%	31%	8%	5%	61
Kelso	17%	42%	29%	7%	4%	99
Peebles	19%	46%	22%	12%	2%	217
Selkirk	15%	40%	25%	21%	0%	53
<b>Grand Total</b>	<b>18%</b>	<b>41%</b>	<b>28%</b>	<b>10%</b>	<b>4%</b>	<b>983</b>

Survey Stage	1. Not at all	2. A little	3. Some	4. A lot	5. Prefer not to say	Sub Total	9. Not Answered	Grand Total
S1	12%	38%	33%	15%	2%	99%	9	874
S2	10%	36%	35%	16%	2%	100%	4	901
S3	7%	31%	39%	22%	2%	99%	6	847
S4	6%	20%	33%	41%	0%	99%	7	663
S5	3%	16%	28%	53%	1%	99%	7	468
S6	6%	20%	29%	44%	1%	100%	1	280
<b>Grand Total</b>	<b>8%</b>	<b>29%</b>	<b>34%</b>	<b>27%</b>	<b>1%</b>	<b>99%</b>	<b>34</b>	<b>4033</b>

### There are lots of things that I worry about in my life

Q11.6. There are lots of things that I worry about in my life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
P5	19%	24%	22%	22%	12%	913
P6	16%	24%	25%	24%	11%	931
P7	18%	23%	28%	24%	7%	967
<b>Grand Total</b>	<b>18%</b>	<b>24%</b>	<b>25%</b>	<b>23%</b>	<b>10%</b>	<b>2811</b>

### (Secondary survey – question only asked to S1)

S1 Q11.6. There are lots of things that I worry about in my life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
Berwickshire High School	20%	29%	18%	29%	4%	55
Earlston High School	18%	27%	24%	25%	5%	157
Eyemouth High School	17%	21%	26%	29%	8%	66
Galashiels Academy	18%	24%	28%	23%	7%	104
Hawick High School	10%	22%	42%	19%	7%	118
Jedburgh Grammar Campus - Secondary						0
Kelso High School	17%	25%	33%	21%	4%	76
Peebles High School	19%	26%	25%	24%	7%	187
Selkirk High School	19%	29%	38%	13%	2%	48
<b>Grand Total</b>	<b>17%</b>	<b>25%</b>	<b>29%</b>	<b>23%</b>	<b>6%</b>	<b>811</b>

Loneliness, stress and worry	Primary	Secondary
Additional Information	Primary data pack – pages 14, 27, 53.	Secondary data pack – pages 16, 30, 33, 63.

## Summary of Additional Data

Below is **some** of the additional high-level information for areas identified within the census data.

At multi-agency forums, local authority, cluster and school level this information will be analysed and used within Improvement Planning, focus group discussions and work with other stakeholders moving forward.

There are many areas not included in this summary, which could be discussed further to support additional work within schools and across agencies.

(\*denotes which page and survey to find the breakdown of additional information e.g. stage, cluster, school).

### School and Learning

	Primary - P5-7	Secondary – S1-S6
I feel like I have a choice in what I am learning in school.	<b>47%</b> (*page 6 onwards – primary data)	<b>40%</b> (*page 10 onwards- secondary data)
My teachers listen to what I have to say.	<b>84%</b> (*P6 onwards- primary data)	<b>57%</b> (*P10 onwards.– secondary data)
I have an adult to talk to at school if I am worried about something.	<b>78%</b> (*P6 onwards– primary data)	<b>65%</b> (*P10 onwards – secondary data)
I feel my teachers treat me fairly.	<b>84%</b> (*P6 onwards – primary data)	<b>65%</b> (*P10 onwards – secondary data)
I feel confident to speak up in class, ask questions and share my opinion.	<b>60%</b> (*p6 onwards – primary data)	<b>52%</b> (*p10 onwards - secondary data)
Most of the time, I am happy at school.	<b>67%</b> (*p6 onwards– primary data)	<b>50%</b> (*p10 onwards - secondary data)

### Attitudes to life

	Primary - P5-7	Secondary – S1 – S6
My life is just right.	Disagree/strongly disagree <b>9%</b> (*p19 onwards – primary data)	Disagree/Strongly disagree <b>16%</b> (*p27 onwards – secondary data)
I have what I want in life.	Disagree/strongly disagree <b>12%</b> (*p28 onwards – primary data)	Disagree/strongly agree <b>13%</b> (*p29 onwards – secondary data)
Even if I'm having a difficult time, I feel like I will be OK.	Disagree/strongly disagree <b>13%</b> (*p28 onwards – primary data)	
Most of the time, I have enough money to do the same things as my friends.	Disagree/strongly disagree <b>12%</b> (*p50 onwards – primary data)	

## Eating and Drinking

	Primary P5-7	Secondary S1 – S6
Some children and young people go to school or to bed hungry. How often does it happen to you?	Always /often – P7 only <b>10%</b> (*page 35 – primary data)	Always/often <b>8%</b> (*page 43 onwards - secondary data)
I never have breakfast during weekdays	<b>7%</b> (* page 33 onwards – primary data)	<b>23%</b> (* page 44 onwards – secondary data)
How often do you usually drink Energy drinks (e.g, Red Bull, Lucozade, Monster	Never <b>71%</b> (*page 35 onwards – primary data)	Never <b>57%</b> (*page 46 onwards – secondary data)

## Relationships with Adults

	Primary P5-7	Secondary S1-S6
I have an adult to talk to at school if am worried about something.	Strongly agree/agree <b>78%</b> (* page 11 onwards – primary data)	Strongly agree/agree <b>65%</b> (*page 12 onwards – secondary data)
Do you have an adult in your life who you can trust and talk to about any personal problems?	Yes, I always do <b>71%</b> (*page 63 onwards – primary data)	Yes, I always do <b>63%</b> (*page 87 onwards – secondary data)

## Substance Use – S4 only

Summary Information		
<b>Smoking tobacco</b>	<b>69%</b> have never smoked. <b>6%</b> say they have 1 cigarette or more in the last 7 days.	Additional information contacted in Substance Use data report pages1-10.
<b>E-cigarettes/vaping</b>	<b>54%</b> have never used e-cigarettes or vaped.	
<b>Alcohol</b>	<b>63%</b> report that they have had an alcoholic drink.	
<b>Drugs</b>	<b>83%</b> report they have never taken illegal drugs.	

## Where I live

	Primary P5-7	Secondary S1-6
Generally speaking, I feel safe in the area I live ..	Always/most of the time <b>88%</b> (*page 74 onwards – primary data)	Always/most of the time <b>92%</b> (*pages 98 onwards – secondary data)
Do you think that the area in which you live is a good place to live?	Yes it's good/it's ok <b>95%</b> (*page 75 onwards –primary data)	Yes it's good/it's ok <b>97%</b> (* page 99 onwards – secondary data)
Are there places near where you live where you can play outdoors?	Yes-lots/yes- some <b>95%</b> (*page 76 onwards – primary data)	Yes- lots/yes- some <b>97%</b> (*page 99 onwards – secondary data)

## Health and Wellbeing Census - considerations moving forward:

1. March is not an ideal time in particular for secondary schools with preparations for SQA diet of examinations at this time. Proposal would be to undertake the census in the November rather than March.
2. Proposal would be undertake the census on a bi-annual basis, which would allow us to track improvement over time, using the 2022 census as a baseline.