

Public Document Pack



COMMUNITY PLANNING STRATEGIC BOARD

THURSDAY, 9TH MARCH, 2023

Date: 9 March 2023
Time: 2.00 pm
Location: Conducted via Microsoft Teams

All attendees, including members of the public, should note that the public business in this meeting will be livestreamed and video recorded and that recording will be available thereafter for public view for 180 days.

BUSINESS		
1.	Welcome & Apologies for Absence.	2 mins
2.	Minute and Action Tracker (Pages 5 - 14) (a) Consider Minute of the meeting held on 17 November 2022. (Copy attached.) (b) Consider Action Tracker. (Copy attached.)	5 mins
3.	Reimaging the TSI An update provided by Duncan Dunlop (Borders TSI).	20 mins
4.	CPP Task Group Improvement Plan An update from Jenni Craig, Director Resilient Communities. (Copy attached.)	15 mins
5.	Proposal for Themed Meetings (Pages 15 - 18) Consider proposal for a themed approach from Jenni Craig, Director Resilient Communities. (Copy attached.)	10 mins
6.	Work Plan Progress Reports	
	(a) Theme 1: Enough Money To Live On (Pages 19 - 20) Progress report from Jenni Craig. (Copy attached.)	5 mins
	(b) Theme 2: Access to Work, Learning & Training (Pages 21 - 22) Progress report from Shona Mitchell - Skills Development Scotland. (Copy attached.)	5 mins
	(c) Theme 3: Enjoying Good Health & Wellbeing (Pages 23 - 254) Progress report. (Copy attached.)	35 mins

	<p>(i) The new Mental Health Improvement & Suicide Prevention Plan – Fiona Doig and Steph MacKenzie (Public Health).</p> <p>(ii) Draft Health & Social Care Strategic Framework – Chris Myers (Joint Integration Board). (Copies attached.)</p> <p>(iii) Young People’s Wellbeing Survey results – Christine Brown (SBC). (Copies attached.)</p>	
	<p>(d) Theme 4: A Good Place to Grow Up, Live In & Enjoy a Full Life</p> <p>Progress report from Vinnie Fisher - Police Scotland, to include:</p> <p>(i) Climate Change Route Map</p> <p>(ii) Practitioner Advisory Group</p> <p>(iii) Climate Change Workshop for Partners. (Copy attached.)</p>	<p>(Pages 255 - 260)</p> <p>5 mins</p>
7.	<p>Integrated Children & Young People's Progress Report 2021-22 (Pages 261 - 270)</p> <p>Integrated Children and Young People's Progress Report 2021-22 for noting only. (Copy attached.)</p>	
8.	<p>Forward Planner for Future Meetings (Pages 271 - 272)</p> <p>Consider Forward Planner. (Copy attached.)</p>	2 mins
9.	Any Other Business	
10.	<p>Date of Next Meeting</p> <p>The next meeting of the Community Planning Strategic Board is scheduled for 8 June 2023 at 2pm.</p>	

NOTES

Timings given above are only indicative and not intended to inhibit Members’ discussions.

Membership of Board:

Councillor Caroline Cochrane* (Chair)
 Superintendent Alan Carson, Police Scotland
 Ms Jan Dowlen-Gililand
 Councillor John Greenwell*
 Prof. Russell Griggs, South of Scotland Enterprise
 Councillor Scott Hamilton
 Ms Karen Hamilton, NHS Borders
 Mr Robin Hill, RSLs
 Councillor Euan Jardine*
 Mr Ray McCowan, Borders College
 Mr Colin McGrath, Scottish Borders Community Council Network
 Ms Hilary Sangster, Scottish Fire and Rescue Service
 Councillor Elaine Thornton-Nicol*

(*only 3 out of 5 SBC Councillors are required to attend)

Copies also sent for information to:-

Ms Cathie Fancy – Eildon Housing

Ms Anna Griffin – SEPA

Mr Crispin Hill – Nature Scotland

Ms Alison Irvine – Scottish Government

Mr David Gordon – Waverley Housing

Ms Shona Mitchell – Skills Development Scotland

Mr Bill White – Live Borders

Please direct any enquiries to Jenny Wilkinson, Clerk to the Council

Tel: 01835 825004 Email: jjwilkinson@scotborders.gov.uk

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SCOTTISH BORDERS COMMUNITY PLANNING STRATEGIC BOARD

Date: 17 November 2022, 2.00 pm.

Location: Via Microsoft Teams

Attendees: Cllr E. Thornton-Nicol (Chair), Mr. J. Ayling (NHS Borders), Superintendent A. Carson, (Police Scotland), Ms B. Francis (TSI), Cllr J. Greenwell, Prof. R. Griggs (SOSE), Cllr S. Hamilton, Cllr E. Jardine, Mr R. McCowan (Borders College), Mr C. McGrath (SBCCN), Ms J. Mulloy (RSLs), LSO H. Sangster (Scottish Fire & Rescue).

Also in attendance: Acting Chief Executive, Director Resilient Communities, Participation Officer, Communities and Partnership Manager, Clerk to the Council (all SBC); Dr C. Allan (NHS), Ms S. Mitchell (SDS), Mr K. Langley (Scottish Fire & Rescue Service), Inspector R. Noble (Police Scotland).

MINUTE AND ACTION POINTS

CHAIR

In the absence of Councillor Cochrane, Councillor Thornton-Nicol chaired the meeting.

1. ORDER OF BUSINESS

The Chair varied the order of business as shown on the agenda and the Minute reflects the order in which the items were considered at the meeting.

2. WELCOME AND APOLOGIES

The Chair, Councillor Thornton-Nicol, welcomed everyone to the meeting. Apologies had been received from Cllr Cochrane (SBC), Chief Inspector Fisher (Police Scotland), Mrs K. Hamilton (NHS Borders).

3. MINUTE

3.1 Copies of the Minute of the Meeting held on 8 September 2022 had been circulated. With reference to paragraph 3 of the Minute, Mr McGrath asked for details of the membership of the Community Planning Programme Board and the CPP Task Group. With reference to paragraph 5 on The Promise Governance Structure, Mr McGrath also commented that Cllr Anderson would be a good addition to the Foster Group.

DECISION

AGREED:

(a) to approve the Minute for signature by the Chair; and,

- (b) **that details of the organisations represented on the CP Programme Board and the CPP Task Group be sent to Mr McGrath.**

3.2 Copies of an updated Action Tracker had also been circulated.

DECISION

NOTED the update and the new actions which had been added.

4. CPP TASK GROUP IMPROVEMENT PLAN

With reference to paragraph 3 of the Minute of 8 September 2022, copies of a paper giving updates of the work underway on the 4 CPP Themes (Enough money to live on; Access to work, learning & training; Enjoying good health & wellbeing; and A good place to grow up, live in and enjoy a full life) had been circulated. SBC Director Resilient Communities, Mrs Jenni Craig, gave a presentation with an update on the Improvement Plan and the work of the Task Group, advising that the Community Plan refresh would need to take account of the significant changes in the operating landscape as a result of the pandemic. A short term 12 month work plan had been agreed. There were four priority themes with clear outcomes and a lead organisation for each of these. Planning was now underway to develop the new longer term Community Plan with an updated evidence base, robust community input and a more visible and proactive partnership. With regard to the governance and performance framework, this included the mapping of strategies; documented current delivery landscape of all partnership groups, including their role, remit and membership; documenting the models that existed across Scotland and building in feedback from partners; and some early emerging findings. The Task Group would continue to work on this and bring options forward for consideration. Mrs Craig confirmed that in terms of the review, Part 2 (Community Planning) of the Community Empowerment (Scotland) Act 2015 was being used for guidance and the Improvement Service was also involved. Prof. Griggs commented that in sharing strategies, the focus should be on the ones which would provide the most benefit, some of which were also relevant to the Regional Economic Strategy. Mrs Craig responded that there were a lot of strategies and partnerships to consider, so we needed the Strategic Board to set the direction to ensure we were not missing anything and link up with other appropriate groups.

DECISION

AGREED that the SBC Director Resilient Communities would bring an update on the work of the Community Planning Partnership Task Group Improvement Plan to the Regional Economic Partnership.

5. CPP WORK PLAN THEME – ENOUGH MONEY TO LIVE ON

With reference to paragraph 3 of the Minute of 8 September 2022, SBC Resilient Communities Director, Mrs Craig, advised that the group membership was still to be finalised for this work. There were already a Strategic and an Operational Group focussed on the cost of living crisis and a wide range of partners were on these Groups. Consideration needed to be given to the wider outcomes listed under this theme and work out whether a separate group was needed or whether reports could be brought to the Strategic Board from the two Groups already established which could avoid duplication of effort. The Council had recently released £1.2m of funding from reserves to support the cost of living crisis and there were active discussions underway as to how that could be put to best use. A statement from the Scottish Government was expected shortly as a result of the Autumn Statement by the Chancellor, and that would be picked up in these two groups. With regard to Challenge Poverty Week, a significant amount of work had been undertaken to try to align all the information about where people could get support into simple messages, in one place, in easy to read language [Financial support and advice | Cost of Living Crisis support | Scottish Borders Council \(scotborders.gov.uk\)](#) Work has also been carried out by the Borders Housing Network on an employment advice and mentoring project which had resulted in 23 people

finding work. We needed to work as a collective to make the most of community wealth building by bringing the right people together to take this forward.

DECISION

AGREED to provide a briefing to the next meeting of the Strategic Board on the cost of living crisis and the circular economy.

6. THE PROMISE: HUMAN AND ECONOMIC COST MODELLING

6.1 With reference to paragraph 6 of the Minute of 8 September 2022, copies of a presentation on “Using Money Differently” had been circulated. Claire Stuart and Louise Whitelock of The Promise gave the presentation, highlighting the key points:

- How to use money differently was not a new issue as it had been included in the Community Planning statement of ambition (2012), Single Outcome Agreement guidance (2012), Scottish Borders Community Planning Audit Report (2013).
- The Promise 21-24 had 5 priority areas, covering a good childhood; whole family support; planning; supporting the workforce; and building capacity. These were being taken forward through a number of actions, underpinned by the fundamentals of what matters to children and families, listening, poverty, children’s rights, and language.
- “Follow the Money” report showed the human and financial costs of the ‘system’ failures.
- The overall approach to using the money differently – by establishing how resources were currently spent on children and families in and around the care system; by thinking about how we could use the money differently in future, to deliver better outcomes and better value for money; and to understand the strategic investment required to get from where we were to where we needed to be.
- Pilot areas – there had been extensive engagement in all 3 pilot areas with Councils and partnerships and initial work carried out to estimate how much was currently being spent on children and families in and around the care system. This latter work used the headings in the Follow The Money report of “operation costs of the current care system” and “costs associated with the current care system”. Some caution was required in the figures, but for Scottish Borders Council operational costs were £15.9m with associated costs of £4m (education); for North Lanarkshire operational costs of £42.8m with associated costs of £13.8m (education); and for Clackmannanshire operational costs of £16.1m with associated cost of £7.5m (education and housing).
- Gathering the data had been difficult which mirrored some of the challenges faced in the Independent Care Review and while some assumptions could be made about some of the spend on care experienced children and young people in universal services, particularly education, it got more difficult once the net was cast wider.
- The Whole Family Wellbeing Fund – this worked towards the ambition in the Programme for Government that 5% of all community based health and social care spend would be spent on preventative whole family support measures by 2030. Scottish Borders shared of element one of this Fund was £668k. However, there were a number of concerns about this type of funding, with repurposing investment difficult and the need for longer term commitment. Key would be effective partnership working and good governance in using money differently.
- A new approach to governance would need to achieve accountability for, and assurance on, the proper and effective use of public money, providing clarity of roles and responsibilities and openness and transparency on how the money was used. This would involve building on shared ownership across multiple stakeholder groups, managing risks effectively, facilitating learning and improvement, and making things simple to avoid more ‘governance clutter’.

- 6.2 In response to a question regarding governance, Ms Whitelock advised that The Promise Oversight Board was a national body which existed to check up on whether Scotland was keeping “The Promise” by holding it to account and checking on performance. The operational team within the Borders for implementation of The Promise was led by the Director Social Work and Practice. Ms Whitelock was working closely with this team which was looking at all aspects of the care system such as education, social work (which included foster carers) and health, with a series of workshops being delivered to foster carers around The Promise. Councillors were not directly involved in operational work as they had a specific strategic role to play. The Director Resilient Communities advised that the proposed landscape map of groups, referred to earlier in the meeting, would include where The Promise sat. The Chief Executive SBHA confirmed that Registered Social Landlords were playing a significant role, working together with others on transitions for care experienced people, and looking at how this model could be expanded. The Chair thanked Ms Stuart and Ms Whitelock for their presentation which gave the Strategic Board an insight into developments around The Promise.

**DECISION
NOTED.**

7. **CPP WORK PLAN THEME – ENJOYING GOOD HEALTH AND WELLBEING**
With reference to paragraph 3 of the Minute of 8 September 2022, Dr Chris Allan, Consultant in Public Health, gave an update on the work to date, with group membership still to be finalised. Once this had been done, the next step was to identify who within each of the partner groups would take forward completion of the template for baselining their status as anchor institutions for addressing health and socio-economic inequalities. It was hoped that measurable change would then be seen in the years to come. With regard to the outcome on increasing volunteering numbers throughout the Borders, the Chair asked that the skills of those who currently undertook volunteer recruitment be used to maximum capacity.

**DECISION
NOTED.**

8. **CPP WORK PLAN THEME – ACCESS TO WORK, LEARNING AND TRAINING**
With reference to paragraph 3 of the Minute of 8 September 2022, SBC Community & Partnerships Manager gave an update on behalf of Ms Shona Mitchell, SDS. Positive sustained destinations in the Borders were already quite high but the Theme Group wanted to have a deep dive into some of those and focus on those from equality groups, such as those with disabilities, care experienced, poverty and refugees, etc. The Group had looked at the data and shared that information and would now prepare different ways of working for next year, working with the local Employability team. Several pieces of work by the Group could also be shared with the Regional Economic Partnership to inform their work.

**DECISION
NOTED.**

9. **CPP WORK PLAN THEME – A GOOD PLACE TO GROW UP, LIVE IN AND ENJOY A FULL LIFE**
With reference to paragraph 3 of the Minute of 8 September 2022, Inspector R. Noble gave a brief update on the work to date. Inspector Noble had attended a number of place making events recently and so far these were proving very useful in helping make police part of communities.

**DECISION
NOTED.**

10. **FOOD GROWING STRATEGY**

With reference to paragraph 4 of the Minute of 18 November 2021, copies of a presentation with an update on the Food Growing Strategy and copies of the Community Food Growing Report 2021/22 had been circulated. Ms C Cooke, SBC Greenspace Manager, and Ms A Alcorn, Greenspace Programme Officer, had joined the meeting and started with a recap of the requirements under Part 9 of the Community Empowerment (Scotland) Act 2015, which included the development of a Food Growing Strategy. The aim of that Strategy was to support and facilitate anyone who wanted to get growing, through existing growing opportunities and new approaches to growing. Over the previous 12 months, achievements had included the creation of 7 new allotment plots in Hawick, hosting 4 Scottish Borders Community Food Growers Network meetings, helping 16 community groups with funding applications, creating and issuing 11 Community Food Growers newsletters, acquiring (and delivering free of charge) 45m³ of compost and given 2 presentations to Area Partnerships. In addition, meetings had been held with NHS representatives to discuss Quality Greenspace ideas and social prescribing; built and populated an interactive map showing food growing projects and contact details; and prepared the Annual Allotment Report. The Community Food Growing Strategy supported the CPP theme of “a good place to grow up, live in and enjoy a full life”. Examples were given of different growing projects across the region. The next steps were to invited the CPP partners to develop community food growing areas on their greenspaces by nominating a dedicated person to work with Scottish Borders Council to identify land and projects; continue to develop the Scottish Borders Community Food Growers Network; work with the Council’s Planning Department to integrate food growing land/opportunities into new development where appropriate; work with Scottish Government to set up a Forum for Local Authority officers to share best practice and knowledge to further the delivery of food growing opportunities; and to encourage community growing projects run by CPP organisations to enter the Greener Gateway, Cultivating Communities Award 2023. In response to questions, Ms Alcorn confirmed that all community food growing gardens gave away produce to volunteers and also many ran sessions for families in need, although specific records of those who had benefited were not kept. Community Councils could also be added to the mailing list for the Community Food Growers newsletter. Mr Ayling commented on the development at Huntlyburn and the peaceful, reflective nature of the site for both staff and patients.

DECISION

AGREED that each of the Community Planning Partnership partners would nominate an officer to work with Scottish Borders Council to identify land and projects for community food growing.

11. **FORWARD PLANNER FOR MEETINGS**

Copies of a Forward Planner for meetings and items for agendas had been circulated. The Chair asked everyone to check this and if they had any other items for the Spring meeting to notify these by 21 January 2023, and for the Summer meeting, to notify by 28 April 2023. The Director Resilient Communities added that items were welcomed from partners and they should give further consideration to any additional areas on which the Partnership should focus in future and let her know.

DECISION

NOTED.

12. **ANY OTHER BUSINESS**

12.1 Mr McGrath, of the SBCCN, asked the Board to consider whether they should encourage each Community Council in the Borders to set up their own individual Citizens Panel. Mr McGrath did not feel there was currently enough empathy with communities. The SBC Acting Chief Executive responded that he was happy to receive further details of such a proposal but the Council’s capacity to take on the support for potentially 69 Panels was

extremely limited so caution was needed in raising expectations. The Chair suggested that the SBCCN engaged with all Community Councils to gauge their thoughts prior to sending in its proposal. It was noted that Community Councils were all invited to attend and participate in Area Partnerships.

DECISION

AGREED that Mr McGrath would develop and submit a proposal on Community Councils each setting up a Citizen’s Panel to the SBC Acting Chief Executive, once the SBCCN had contacted all Community Councils to gauge their enthusiasm for such a move, and that their individual support be included in the proposal.

12.2 Ms B. Francis of the Third Sector Interface raised the issue of community engagement, with the new Interface looking to communities and third sector organisations, including Community Councils, to develop a better infrastructure. This should be added to a future agenda of the Strategic Board, to include the need to contact “hard to reach” groups and not just engage with the usual groups, to ensure all voices in the community were being heard. This was challenging for rural and remote settings but needed to be done. Mr McGrath objected to the use of the word “engagement” as this should be about community empowerment, but the Chair reminded him that community engagement was the first step towards empowerment.

13. **NEXT MEETINGS**

The next meetings of the Strategic Board were confirmed as 9 March and 8 June 2023, taking place online via Microsoft Teams starting at 2:00pm.

Meeting concluded at 3:50 pm

SCOTTISH BORDERS COUNCIL

ACTION SHEET

COMMUNITY PLANNING STRATEGIC BOARD - November 2021 onwards

Notes:-




Items for which no actions are required are not included

NO.	MINUTE PARAGRAPH NUMBER, TITLE AND DECISION REQUIRING ACTION	ORGANISATION	RESPONSIBLE OFFICER	OUTCOME
9 March 2023				
17 November 2022				
1. Minute	Para 3.1 – action (b) AGREED that details of the organisations represented on the CP Programme Board and the CPP Task Group be sent to Mr McGrath.	SBC	Clare Malster	
2. CPP Task Group Improvement Plan	Para 4 – AGREED that the SBC Director Resilient Communities would bring an update on the work of the Community Planning Partnership Task Group Improvement Plan to the Regional Economic Partnership.	SBC	Jenni Craig	
3. CPP Work Theme – Enough Money to Live On	Para 5 – AGREED to provide a briefing to the next meeting of the Strategic Board on the cost of living crisis and circular economy.	SBC	Jenni Craig	
4. Food Growing Strategy	Para 10 – AGREED that each of the Community Planning Partnership partners would nominate an officer to work with Scottish Borders Council to identify land and projects for community food growing.	All	All	
5. Any Other Business	Para 12.1 – AGREED that Mr McGrath would develop and submit a proposal on Community Councils each setting up a Citizen’s Panel to the SBC Acting Chief Executive, once the SBCCN had contacted all Community Councils to gauge their enthusiasm for such a move, and that their individual support be included in the proposal.	SBCCN	Colin McGrath	
8 September 2022				

NO.	MINUTE PARAGRAPH NUMBER, TITLE AND DECISION REQUIRING ACTION	ORGANISATION	RESPONSIBLE OFFICER	OUTCOME
1. CPP Task Group – Improvement Plan Update including Work Plan	Para 3.2 – action (a) AGREED the draft Work Plan detailed at Section 4 which presented the key priorities and actions for the partnership over the next 12 months.	All	All	
	Para 3.2 – action (b)(i) NOTED that in parallel to the Work Plan, a full review of the current Community Plan was being proposed to be undertaken in 2023-24, including a refreshed Strategic Assessment and the Health Needs Strategic Assessment, which would provide an evidence base for future changes to the Community Plan.	SBC	Jenni Craig	
3. The Promise Governance Structure	Para 5.2 – action (a) AGREED to approve the implementation of the Strategic Partnership outlined in the report (which was agreed in principle at the Children and Young People’s Leadership Group [CYPLG] away day on 30 th June 2022).	SBC	Stuart Easingwood	
	Para 5.2 – action (b) AGREED that the Promise Strategic Lead Officer, Promise Operational Lead Officer and Promise Implementation Officer be directed to continue to work with the current members of the CYPLG to finalise and implement the new governance structure.	SBC	Stuart Easingwood	
	Para 5.2 – action (c) AGREED that additional partners, including AHSCP and ADP, were made aware of the re-organisation of the CYPLG in order to identify areas of cross partnership working in relation to The Promise.	SBC	Stuart Easingwood	
	Para 5.2 – action (d) AGREED that strategic corporate parenting be part of the role of the Scottish Borders’ Children and Young People’s Promise Oversight and Leadership Board.	SBC	Stuart Easingwood	
15 June 2022				
1. Community Planning Partnership Task Group – Improvement Plan Update	Para 3.2 – action (b)(i) NOTED that a further report on a CPP governance structure and performance framework which reflected the Work Plan would also be considered by the CPP Programme Board in August 2022 before being	SBC	Jenni Craig	

NO.	MINUTE PARAGRAPH NUMBER, TITLE AND DECISION REQUIRING ACTION	ORGANISATION	RESPONSIBLE OFFICER	OUTCOME
	presented for approval to the Strategic Board in September 2022.			
18 November 2021				
1. Food Growing Strategy	Para 4.2 – action (b) AGREED that Partner members reflected the Strategy and Action Plan within their own organisational plans and considered how this could contribute to community planning objectives in relation to land use, climate change, health and wellbeing, and community resilience.	All	All	
	Para 4.2 – action (c) AGREED to collaboration between CPP partners to identify resources (land, utilities, funding streams, skills development) to develop community capacity and enable access to community food growing.	All	All	
	Para 4.2 – action (e) AGREED to consider the longer term evolution of the Community Food Growing Strategy and how shared objectives may be reflected in the next refresh of the CPP Community Plan.	SBC	Jenni Craig	Consideration underway.
3. Anti-Poverty Strategy and Action Plan	Para 6 – action (b) AGREED that members of the Community Planning Partnership reflected the Strategy and Action Plan within their own organisational plans and considered how this contributed to community planning objectives.	All	All	
	Para 6 – action (c) AGREED to collaboration between CPP Partners to identify resources to deliver the Strategy and Action Plan where appropriate.	All	All	
9 September 2021				
2. Community Learning and Development Partnership Plan 2021-24	Paragraph 6 – action (d) AGREED to receive an annual report on progress of the Plan.	SBC	Lesley Munro	

NO.	MINUTE PARAGRAPH NUMBER, TITLE AND DECISION REQUIRING ACTION	ORGANISATION	RESPONSIBLE OFFICER	OUTCOME
				To be considered in 2023

KEY:	
No symbol	Deadline not reached
	Overdue
	<1 week to deadline
	Complete – items removed from tracker once noted as complete at meeting.

PROPOSAL FOR A THEMED APPROACH TO COMMUNITY PLANNING MEETINGS

Report by Service Director Resilient Communities

9 March 2023

1 PURPOSE AND SUMMARY

1.1 This report proposes that the quarterly Community Planning Partnership meetings (Joint Programme Board and Strategic Board) are structured around the themes of the Community Plan.

1.2 In June 2022 Community Planning Strategic Board approved four themes for the 2022/23 CPP Work Plan (interim Community Plan):

1. Theme 1: Enough money to live on
2. Theme 2: Access to work, learning and training
3. Theme 3: Enjoying good health and wellbeing
4. Theme 4: A good place to grow up, live and enjoy a full life

1.3 Aligning the meetings to the themes will enable time for detailed discussion on each theme along with progress on achieving the outcomes identified in the 2022/23 CPP Work Plan. Alongside these discussions there will be scope for other, theme related, work to be raised with the Boards.

2 RECOMMENDATIONS

2.1 I recommend that the Board agrees that meetings take a themed approach, as set out in section 4, from summer 2023.

3 BACKGROUND

3.1 Further to discussion by the Joint Programme Board in May 2022 the Strategic Board considered and approved four themes for the 2022/23 CPP Work Plan at its meeting on 16 June 2022, these being:

1. Theme 1: Enough money to live on
2. Theme 2: Access to work, learning and training
3. Theme 3: Enjoying good health and wellbeing
4. Theme 4: A good place to grow up, live and enjoy a full life

3.2 Discussion and agreement on the outcomes under each theme, and actions that would be taken to achieve them, followed at the Joint Programme Board and Strategic Board meetings that took place in August and September respectively. The first quarterly updates on each of the four themes followed in October/November.

4 COMMUNITY PLANNING PARTNERSHIP MEETINGS BY THEME

4.1 In order to allow more time for discussion around the themes it is proposed that the four themes are the focus of future meetings with each being taken in turn on a quarterly basis. For example meetings for 2023/24 could be themed as follows:

1. Summer 2023 - Enjoying good health and wellbeing
2. Autumn 2023 - Access to work, learning and training
3. Winter 2023 – Enough money to live on*
4. Spring 2024 - A good place to grow up, live and enjoy a full life*

* These subject areas will be changed as necessary to reflect the themes in the new Community Plan following approval autumn 2023.

4.2 Aligning the meetings to the themes will enable time for detailed discussion on each theme along with progress on achieving the outcomes identified in the 2022/23 CPP Work Plan. Alongside these discussions there will be scope for other, theme related, work to be raised with the Boards.

4.3 To ensure a good breadth of subject knowledge around each themed meeting would be led by the Theme Lead, currently:

1. Theme 1: Scottish Borders Council
2. Theme 2: Skills Development Scotland
3. Theme 3: Public Health
4. Theme 4: Police Scotland

4.4 In addition to the quarterly theme focus it is proposed that the Boards would receive a written progress report on all themes at all meetings ensuring that they are kept abreast of all work that is taking place.

4.5 It is appreciated that there will be reports, not aligning with the themes, that are time sensitive and will need to be brought to the Boards for discussion outwith the theme cycle. An agenda slot will be reserved to

allow for any such matters to be discussed. Similarly updates that are currently received on a quarterly or biannual basis will continue.

- 4.6 A discussion on the Mental Health Improvement & Suicide Prevention Plan is scheduled for the May meeting, it is therefore proposed that the theme for that meeting be Enjoying good health & wellbeing.

5 IMPLICATIONS

5.1 Financial

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

5.2 Risk and Mitigations

The risk of agreeing the recommendation in this report is that time dependent information could be missed if it does not align with the quarterly theme. To mitigate against this there will be room on the agenda to deal with any time sensitive items although this will be by exception.

5.3 Integrated Impact Assessment

IIA scoping has been undertaken and it is not anticipated that the proposals in this report will not have an adverse impact on any of the groups covered by the protected characteristics or Fairer Scotland Duty

5.4 Sustainable Development Goals

The proposals in this report do not impact on the UN Sustainable Development Goals.

5.5 Climate Change

There are no climate change implications to the proposals in this report.

5.6 Rural Proofing

N/a.

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 required to either the Scheme of Administration or the Scheme of Delegation as a result of the proposals 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 have been incorporated into the final report.

Approved by

Name: Jenni Craig

Title: Director Resilient Communities

Author(s)

Name	Designation and Contact Number
Clare Malster	Participation Officer 01835 826626

Background Papers: none

Previous Minute Reference: none

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

Contact us at Clare Malster, cmalster@scotborders.gov.uk, 01835 826626

THEME: ENOUGH MONEY TO LIVE ON				
Theme lead: Scottish Borders Council		Group members: CPP Partners, DWP & CAB		
Outcomes	Actions	Timeframe	Progress/current position	RAG
Communities are supported with advice and financial assistance in relation to income maximisation, debt, food, warmth and fuel throughout autumn/winter	Short life multi-agency Partnership Group (including Community Planning Partners) continues to meet to address the current cost of living crisis and provide support and assistance across the Borders to those in need throughout autumn/winter 2022.	Autumn/Winter 2022	<p>SBC Warm & Well Fund established. Grants of up to £2,000 available to community groups to provide warm spaces in their areas.</p> <p>Warm and Well Fund Scottish Borders Council (scotborders.gov.uk)</p> <p>£33,576 has been awarded to 12 community organisations to date. Details of where the Warm Spaces are across the Borders can be found here: Warm spaces Cost of Living Crisis support Scottish Borders Council (scotborders.gov.uk)</p> <p>£1.2M Cost of Living Fund continues to allocate funding to support local organisations to provide advice and financial assistance to our local communities. Communication Plan shared with multi-agency group to further raise awareness of current support on offer. Information in relation to support can be found here: Financial support and advice Cost of Living Crisis support Scottish Borders Council (scotborders.gov.uk)</p>	
The Borders is a more equitable and fair place to work	CPP to work collaboratively to identify barriers and work towards developing a plan to remove them in order to support parents into employment i.e., childcare barrier, transport etc.		Assessment taking place on what is currently in place or planned to identify gaps.	

	Partnership to develop plans for paying the living wage – and encouraging contractors and sub-contractors to also do so.		SBC to implement a change in HR policy to ensure Modern Apprentices receive the living wage as from 1 April 2023. Partners to be asked about the current position and plan.	
Build, redirect and retain wealth in the Scottish Borders local economy, and place wealth back into the hands of local people	Explore a partnership approach to Community Wealth Building - CPP partners to work collaboratively to develop community wealth building plans.		Horizon scanning work is being led by SoSE in partnership with D&GC and SBC into flexible working hubs as part of the approach to Community Wealth Building. Officers are also attending webinars to learn about and consider best practice across the UK. Scottish Government are currently consulting on the legislation that will put CWB on a statutory footing. This is a key consultation for the CPP. Building community wealth: consultation - gov.scot (www.gov.scot)	

THEME: ACCESS TO WORK, LEARNING & TRAINING

Theme lead: Skills Development Scotland

Group members: Shona Mitchell, Andrea Hall, DWP

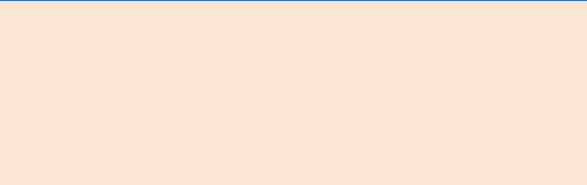
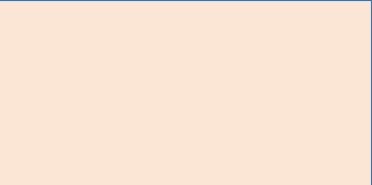
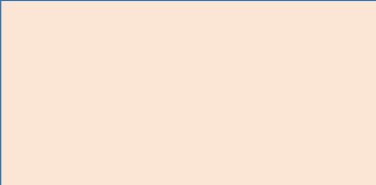
Outcomes	Actions	Time frame	Progress	RAG
<p>More people entering positive, sustained destinations who continue to participate in employment, training or education</p> <p>We will have a particular focus on equality groups i.e., care experienced young people, those with disabilities, those living with poverty, those who are refugees or asylum seekers or those with any other equality characteristics</p>	<p>CPP partners to share destination and participation data and work collaboratively to offer support to those not participating or with an unconfirmed status.</p>	<p>May 2023</p>	<p>School leaver follow up will be published on February 28th. Partners need to share this information to pro-actively follow up those not participating or with an unconfirmed status. Input has been arranged with Head Teachers to go over findings and agree on level of collaboration required. Other partners need to also be involved e.g. the Local Employability Partnership in terms of tracking and looking at provision to support those in a negative status.</p>	
	<p>CPP and LEP to work together to identify gaps in education, employment and training in order to procure or develop provision to meet the needs of the people of the Scottish Borders from the start of the next financial year.</p>	<p>July 2023</p>	<p>Attended Local Employability Partnership in November 22 to make ask of Local Employability Partnership to provide either a lead for this work stream at a co-lead. Awaiting appointment of new Employability Manager which might help this ask. Need to establish link between Community Planning Partnership and Local Employability Partnership to facilitate two way flow of information between both groups.</p>	
	<p>CPP to work together to identify communities (geographic or characteristic based) that require targeted interventions. This could include exploring co-design and co-location of services.</p>	<p>May 2023</p>	<p>Continue to build on current work around Ukrainian refugees, learning from across local authorities to utilise best practice where applicable. Make use of data to identify groups that would benefit from targeted interventions e.g. offering more tailored services to, for example, care experienced young people building on The Promise principles. Groups already exist in Borders for many of these groups,</p>	

			the real challenge is in establishing reporting mechanisms into the Community Planning Partnership.	
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THEME: ENJOYING GOOD HEALTH AND WELLBEING				
Theme lead: Public Health		Group members: To be finalised		
Outcomes	Actions	Timeframe	Progress	RAG
<p>Increased health life expectancy</p> <p>More people enjoying good mental health and well being</p> <p>Increasing the number of well-paid and fair jobs for local people</p>	<p>CPP to commit to addressing health and socio-economic inequalities by:</p> <ul style="list-style-type: none"> • Developing and completion of a template for baselining status as anchor institutions • Developing and completion of a template for baselining position for paying due regard to the Fairer Scotland Duty • Developing guidance for promoting good health and wellbeing 		<p>Survey templates for anchor organisations and FSD/ health in all Policies have been developed and circulated to members of the Joint Programme Board.</p> <p>Update re good mental health and wellbeing outcome:</p> <p>New Mental Health Improvement and Suicide Prevention Action Plan 2022 – 2025 approved by the Mental Health Partnership Board in October 2022 called 'Creating Hope in the Scottish Borders'. The vision for this action plan is to increase the number of people in good mental health at every age and stage of life and to reduce the number of suicide deaths in the Scottish Borders, whilst working together with partners and communities to tackle the inequalities that contribute to poor mental health and suicide. The 2022 data report 'A Picture of Mental Health in the Scottish Borders' will be updated in 2023 and used to monitor indicators including Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) scores.</p>	<p>Green</p>
	Partners proactively engage in the Health and Wellbeing Area Partnerships/Locality		<p>One of the overarching principles in the Creating Hope Action Plan is to undertake partnership engagement in the creation and delivery of the plan. The Area Partnerships were included in</p>	

	Working Groups to develop local plans in each of the 5 localities and influence the direction of resource.		the engagement process for developing the plan in 2022. Two of the areas of action in the plan are 'Mentally Healthy Communities' and 'Suicide Safer Communities' and further proactive engagement with localities will be undertaken to take these actions forward in 2023.	
	The Partnership to effect change by advocating for reducing health inequalities aligning to the overarching purpose of the CPP to reduce inequalities.		<p>One of the overarching principles in the Creating Hope Action Plan is to advocate for all plans and policies in the Scottish Borders to address the social, environmental and individual determinants of mental health (taking a Public Mental Health approach).</p> <p>This means ensuring wider community planning aims and actions consider mental health impacts in order to reduce deaths by suicide, reduce risk, build protective factors and support people and communities affected by suicide. Many actions that are effective in reducing suicide and promoting better mental health lie out-with the health sector and within local planning partnerships (as well as other agencies).</p> <p>We will do this by working with partners in 2023 to integrate mental health and wellbeing into Impact Assessments. Guidance for promoting good mental health and wellbeing will be produced in line with the action plan.</p>	
Increased volunteering numbers throughout the Borders which will provide additional support to those in need, and increased	Current volunteering landscape to be considered & opportunities to be promoted and maximised.			

levels of wellbeing both for
volunteers and those who
are being supported



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DRAFT HEALTH AND SOCIAL CARE STRATEGIC FRAMEWORK

Report by Chief Officer, Scottish Borders Health and Social Care Integration Joint Board

9 March 2023

1 PURPOSE AND SUMMARY

- 1.1 To appraise the Community Planning Strategic Board of the developing Health and Social Care Strategic Framework, and to seek the Board's support for its adoption.**
- 1.2 The draft Scottish Borders Health and Social Care Strategic Framework has been developed to improve the health and wellbeing outcomes of our communities, by taking an approach based on the needs of our communities to prioritise areas which we see as having the biggest impacts on the health and wellbeing outcomes of Borderers.
- 1.3 In order to best prioritise how we improve outcomes, a risk based approach was undertaken, considering the likelihood of each issue that we face that was impacting on our communities outcomes, and the impacts.
- 1.4 The Community Planning Partnership has a responsibility to improve outcomes through its Community Plan (Local Outcomes Improvement Plan). It is expected that based on the approach undertaken relevant partners involved in supporting good health and wellbeing will experience similar issues in best meeting need to those identified by the Health and Social Care Partnership. As a result, it is proposed that the collective and united focus of the Community Planning Partnership health and wellbeing group will help us to best and most efficiently improve outcomes and support all people in the Scottish Borders to live their lives to the full.

2 RECOMMENDATIONS

2.1 I recommend that the Strategic Board:-

- (a) Notes the approach taken, the objectives, ways of working and outcomes sought in the draft Strategic Framework**
- (b) Provides feedback on the framework**
- (c) Notes that the Community Planning Programme Board are supportive of the Health and Social Care Strategic Framework to steer the work of the 'Enjoying Good Health and Wellbeing' theme, subject to consideration of the final draft.**

3 BACKGROUND

3.1. The draft Scottish Borders Health and Social Care Strategic Framework (enclosed in Appendix 1) has been developed to improve the health and wellbeing outcomes of our communities in line with the Health and Social Care Integration Joint Board's statutory responsibilities, by taking an approach based on the needs of our communities to prioritise areas which we see as having the biggest impacts on the health and wellbeing outcomes of Borderers.

3.2. This framework has been developed by:

- Considering the social determinants of health
- Considering the challenges we currently and would expect to face in the Scottish Borders, including analysing our Strengths Weakness Opportunities and Threats
- Reviewing our performance against the National Health and Wellbeing outcomes in the context of the actions taken in our last Strategic Plan.
- Understanding our local population public health needs ('Needs of our Communities' reports – available from the following link: https://www.scotborders.gov.uk/downloads/download/877/scottish_borders_health_and_social_care_integration_strategic_plans)
- Engaging and listening to our communities and understanding their expressed needs ('We have Listened' reports – available from the following link: https://www.scotborders.gov.uk/downloads/download/877/scottish_borders_health_and_social_care_integration_strategic_plans)

3.3. In order to best prioritise how we improve outcomes, a risk-based approach was undertaken, considering the likelihood of each issue that we face that was impacting on our communities outcomes, and the impacts.

3.4. As our strategic approach is concerned with managing critical challenges and risks, the major issues that could impact on our population's outcomes were noted to be issues that required strategic focus and intervention (strategic issues).

3.5. Strategic objectives were then set to address these strategic issues, and our Strategic Planning Group considered the strategic issues further and then developed high level actions to support these strategic objectives.

3.6. The Strategic Framework lets people know:

- What we want to achieve through the priorities identified by the 'Needs of our Communities' and 'We have Listened' reports
- The way we plan to tackle these priorities
- What we will do, including what we will do differently to achieve our aims
- How we will use our budget and resources to do this
- How we will measure how well we are doing

- 3.7. The mission of the Strategic Framework is to help people of the Scottish Borders to live their lives to the full, by delivering seamless services that place their needs at the heart of everything we do.

4. CONSIDERATIONS FOR COMMUNITY PLANNING PARTNERS

- 4.1. At the start of this process, the Health and Social Care Integration Joint Board noted that they were keen to foster a 'Once for Borders approach' to allow the findings of the needs assessment and feedback from our communities to be shared with Community Planning Partners, and all organisations involved in the delivery of health, social care and wellbeing services. It was felt that this would provide a best value approach for our communities, and for our partners.
- 4.2. In line with 4.1. there have been discussions between the Health and Social Care Integration Joint Board, Scottish Borders Council and NHS Borders to work towards the adoption of the framework by the three statutory partners involved the commissioning and delivery of services within the statutory Health and Social Care Partnership.
- 4.3. It is recognised that Community Planning Partners will have their own strategies and it is not expected or intended that the health and social care strategic framework will be a substitute for these. However it is expected that the adoption of the framework in addition to these will provide a common focus which will enable us as a Community Planning Partnership to focus our response and continue to improve our collective ways of working which in turn should be of best benefit to the people of the Scottish Borders.
- 4.4. Comments from Community Planning Partners on the draft strategic framework are encouraged.

Author(s)

Name	Designation and Contact Number
Chris Myers	Chief Officer, Scottish Borders Health and Social Care Integration Joint Board. chris.myers1@borders.scot.nhs.uk

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Appendix 1: Draft Health and Social Care Strategic Framework



Scottish Borders
Health and Social Care
PARTNERSHIP

**SCOTTISH BORDERS
HEALTH AND SOCIAL CARE PARTNERSHIP**

DRAFT HEALTH AND SOCIAL CARE STRATEGIC FRAMEWORK 2023-26

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Foreword

To be inserted

DRAFT

1. Background

1.1. Who we are

The Scottish Borders Health and Social Care Partnership is a legally integrated partnership between the Scottish Borders Council and NHS Borders, enhanced and overseen by the Health and Social Care Integration Joint Board. In addition, our Health and Social Care Partnership extends to Primary Care Partners, Non-Statutory Social Care Providers, Unpaid Carers, Service Users and our wider communities.

Health and social care services have been integrated to improve health and wellbeing outcomes for people who use these services.

The Scottish Borders Health and Social Care Integration Joint Board plans and directs the delivery of health and social care services for the people of Scottish Borders. It is a commissioning body that was created in 2015 in order to improve health and wellbeing outcomes, and the experience for people of the Scottish Borders. It works in close partnership with communities and its delivery partners, and commissions against its budget in line with the strategic objectives and ways of working set out in the Strategic Framework.

The Health and Social Care Integration Joint Board includes members from our Communities (including the Third Sector, People who represent the interests of service users, Unpaid Carers, and Staff), NHS Borders and the Scottish Borders Council. The IJB has a range of responsibilities and legal duties as outlined in the Public Bodies (Joint Working) (Scotland) Act (2014).

The Health and Social Care Integration Joint Board is supported to develop and monitor the delivery of our Strategic Framework by its Strategic Planning Group and its Audit Committee.

1.2. Purpose of the Health and Social Care Strategic Framework

The Scottish Borders Health and Social Care Strategic Framework has been developed to improve the outcomes of our communities, by taking an approach based on the needs of our communities to prioritise areas which we see as having the biggest impacts on the health and wellbeing outcomes of Borderers.

To have the greatest impacts for our communities, the Health and Social Care Strategic Framework will be used as the Strategic Commissioning Plan for the Integration Joint Board, and to support the focus of delivery of delegated services for the Scottish Borders Council and NHS Borders. We will not prioritise areas that do not align to the Strategic Framework.

Our Strategic Framework lets people know:

- What we want to achieve through the priorities identified by the 'Needs of our Communities' and 'We have Listened' reports
- The way we plan to tackle these priorities
- What we will do, including what we will do differently to achieve our aims
- How we will use our budget and resources to do this
- How we will measure how well we are doing

As noted throughout this document, the scale of the challenges we face are significant, particularly within the context of resource constraints that we currently face that are likely to get worse. Difficult decisions will need to be taken in partnership with our communities to ensure that we can best support increasing needs within the context of these challenges.

As a result in order to achieve our ambitious aspirations for improved community outcomes, we need to:

- take proactive action to mitigate the strategic issues
- work closely to co-produce solutions and make difficult decisions in partnership with our communities
- have a relentless focus on our objectives and ways of working
- ensure strategic and operational alignment across the Health and Social Care Partnership and with our other Community Planning Partners

If we do not do this, then we will struggle to achieve our objectives and vision.

1.3. What we have learnt from the last Strategic Commissioning Plan

Our last Strategic Commissioning Plan set out a detailed three year forward view focused on particular actions to improve outcomes. Notable successes include:

- What Matters Hubs are now operational in all 5 localities of the Scottish Borders
- Development of Community Link Worker and Local Area Coordination services
- Roll out of the Distress Brief Intervention Service
- Good progress with the implementation of the Primary Care Improvement Plan
- Increasing the provision of housing with care and extra care housing
- Improving the uptake of Self-Directed Support
- Developing home based intermediate care (Home First)
- Opening Garden View bed based intermediate care
- Funding of the Borders Carers Centre to undertake carer's assessments
- Transformation and redesign of inpatient dementia services
- Extending the scope of the Matching Unit to source care and respite care at home
- Review of community hospital and day hospital provision
- Appointment of GP Cluster Leads
- Development of hospital inpatient pharmacy services to optimise outcomes, reduce re-admissions and length of stay
- Development of a Polypharmacy review service for people who use social care services
- Implementation of the Transforming Care After Treatment Programme for people with cancer
- Good uptake of Technology Enabled Care

Despite many notable successes in transforming and developing services to improve the care and services we provide, a number of significant challenges including COVID-19, workforce pressures and broader economic pressures have had a major impact on our local health and wellbeing outcomes.

In addition, some of our ways of working need to be improved to ensure that we work in a close partnership with our communities, and provide more seamless services that put the people of the Scottish Borders at the centre of everything we do.

As a result of the challenges that we have faced between 2018-23, we have learnt that setting out a detailed plan in 2023 for the next 3 years is unlikely to achieve the impacts that we would want to achieve, in the context of a number of challenges that we are currently aware of now, and may not be able to predict.

As a result, we have pitched this Strategic Commissioning Plan at a higher level by adopting the Strategic Framework approach. The Strategic Framework is not prescriptive in the actions that we will take, and is instead designed to be enabling to allow us to best deal with the critical challenges we are aware of now, and to help us decide how to deal with further critical challenges on the next steps of our three year journey.

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1.4. Services that are delegated to the Health and Social Care Partnership and Integration Joint Board

The following services have been delegated to the Integration Joint Board to strategically oversee and commission in line with our local priorities, the core aims of integration and the National Health and Wellbeing Outcomes. The delivery of these services have also been delegated into the Scottish Borders Health and Social Care Partnership which is provided by NHS Borders, the Scottish Borders Council; along with non-statutory delivery partners in line with the integration delivery principles.



Adult Social Care Services	Community Health Services	Adult Hospital Health Services**
<ul style="list-style-type: none"> • Home care services* • Extra Care Housing* • Social Work Services for adults and older people* • Services and support for adults with physical disabilities and learning disabilities* • Mental Health Services* • Drug and Alcohol Services • Adult protection and domestic abuse* • Carers Support Services • Community Care Assessment Teams* • Care Home Services* • Adult Placement Services* • Health Improvement Services • Reablement Services, equipment and telecare • Aspects of housing support including aids and adaptations* • Day Services* • Local Area Co-ordination • Respite Provision* • Occupational therapy services* 	<ul style="list-style-type: none"> • Primary Medical Services (GP practices)** • Out of Hours Primary Medical Services ** • Public Dental Services** • General Dental Services** • Ophthalmic Services** • Community Pharmacy Services** • Allied Health Professional Services • District Nursing • Mental Health Services • Community Geriatric Services • Community Learning Disability Services • Community Addiction Services • Public Health Services • Community Palliative Care • Pharmacy services • Continence Services • Kidney Dialysis out with the hospital 	<ul style="list-style-type: none"> • Accident and Emergency • Inpatient hospital services in these specialties: <ul style="list-style-type: none"> – General Medicine – Geriatric Medicine – Mental Health – Rehabilitation Medicine – Respiratory Medicine – Psychiatry of Learning Disability – Palliative Care Services provided in a hospital • Inpatient hospital services provided by GPs • Services provided in a hospital in relation to an addiction or dependence on any substance • Pharmacy services • Cross boundary services outlined in the list above

*Adult Social Care Services for adults aged 18 and over.

**Health Services for all ages – adults and children.

2. How we have developed the Health and Social Care Strategic Framework

This framework has been developed by:

1. Considering the social determinants of health
2. Considering the challenges we currently and would expect to face in the Scottish Borders, including analysing our Strengths Weakness Opportunities and Threats
3. Reviewing our performance against the National Health and Wellbeing outcomes in the context of the actions taken in our last Strategic Plan.
4. Understanding our local population public health needs ('Needs of our Communities; report)
5. Engaging and listening to our communities and understanding their expressed needs ('We have Listened' reports)

2.1. Social determinants of health

The social determinants of health are the conditions in which we are born, we grow and age, and in which we live and work. Research shows that the social determinants can be more important than health care or lifestyle choices in influencing our health outcomes. The factors below all impact on our health and wellbeing.



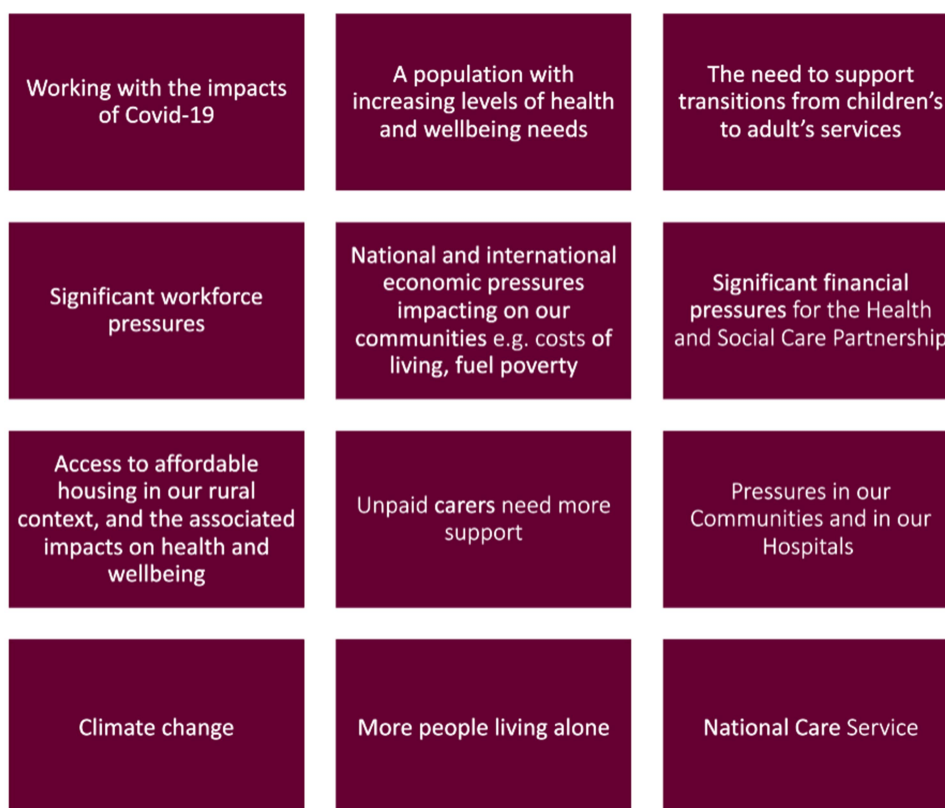
To truly improve health and reduce inequalities, not only do we need to provide high quality health and social care but we need to consider and work to address the societal, economic, cultural, commercial, and environmental context in which we live.

As such it is essential that the Scottish Borders Health and Social Care Partnership works with its delivery partners, Community Planning Partners and communities across the Scottish Borders to deliver improvements in health and wellbeing for the people of the Scottish Borders.

2.2. Challenges we currently face

People expect to receive high quality health and care services when they need them, whether as a result of age, disability, sex, gender or long-term health conditions. Yet there are a number of significant challenges in doing this that are summarised below and have been considered as part of our strategic framework. A number of these are likely to directly impact on the social determinants of health and therefore impact on the outcomes of people in the Scottish Borders.

¹ Scottish Government graphic from "Practising realistic medicine: Chief Medical Officer for Scotland annual report"



2.3. Health and Wellbeing outcomes

In line with the pressures that we have faced, we have seen a significant deterioration in our local Health and Wellbeing Outcomes in 2021/22. This is very much reflective of the feedback that we have received from our service users, staff, unpaid carers and partners about the significant pressures that they are under, about the challenges of being able to provide or access key services in a timely manner, and in the higher levels of risk being experienced across the whole health and social care system.

2021/22 performance for the Scottish Borders Health and Social Care Partnership against the National Health and Wellbeing outcomes are derived from national Health and Care Experience Survey feedback for people in the Scottish Borders, and summarised below:

Scottish Borders performance	Health and Wellbeing Outcome Indicator
Better than the national average	<ul style="list-style-type: none"> • People reporting that they are able to look after their health very well or quite well • Premature mortality rate • Emergency admission rate • Spend on hospital stays where the person was admitted due to an emergency (2019/20 data) • Emergency readmissions to hospital within 28 days of discharge • Rate of falls in the Scottish Borders
Broadly in line with the national average	<ul style="list-style-type: none"> • Proportion of care services graded as good or better in Care Inspectorate inspections • Adults receiving care who rated the care they receive as excellent or

	<p>good</p> <ul style="list-style-type: none"> • People who had a positive experience of care at their GP practice • Carers who felt supported to continue in their caring role • Adults supported at home who agreed they felt safe • People in their last 6 months of life spent this at home or in a community setting in the Scottish Borders, compared to the national average
Below the national average	<ul style="list-style-type: none"> • Adults supported at home who agreed that they had a say in how their help, care or support was provided • Adults supported at home who agreed that their health and social care services seemed to be well co-ordinated • Adults supported at home who agreed that they were supported to live as independently as possible • Adults supported at home who agreed that their services and support had an impact on improving or maintaining their quality of life • Adults with intensive care needs in the Scottish Borders receiving care at home, compared to the national average • Occupied bed days in hospital associated to emergency admissions

2.4. Needs of our Communities

This section gives a high-level summary profile of the Scottish Borders and some of our key challenges. More detailed information is also available in two further documents published alongside the Strategic Plan – Facts and Statistics, and the Joint Strategic Needs Assessment.

In general people who live in the Scottish Borders are relatively healthy, with better life expectancy and healthy life expectancy than the Scottish average. Most people will live in areas of average levels of relative deprivation however there remains areas of high affluence and also pockets of significant deprivation. Those who do live in areas of significant deprivation continue to suffer worse health conditions than those in affluent areas, although for some illnesses such as asthma, this has improved. Rural deprivation is a particular issue in the Scottish Borders and access to health and social care is felt differently by diverse groups. Without targeted and preventative measures, inequalities will likely remain or even increase.

A constant theme in the report is that the population is ageing and this will have a significant impact on health and care services. The number of people over 65 will increase from comprising roughly 25% of the population to 32% percent. An ageing population means more people in the Borders will be living with one or more complex conditions and therefore will require more support from health and social care as they age.

There will also be fewer people of working age within the population to offer that support. The number of working age people, ages 18 to 64 is expected to decrease by almost 10% between 2020 and 2040, and account for 51% of the total population in 2040, compared to 56.5% in 2020. The decrease can be attributed to declining numbers of inward migration and low birth rates although there will be other factors at play. There are opportunities to work in partnership to resolve workforce issues and also opportunities in technologically enabled solutions to reduce the need for additional staff.

Throughout the report it is clear that COVID-19 has had a substantial negative impact on services and many service users will continue to face long waiting times in years to come. Coupled with an ageing population, most services have seen a rise in the number of patients in recent years and expect numbers to continue to increase.

The closure of screening services during the pandemic will also have damaging effects on preventing illness or curing/managing conditions at an earlier stage. The high waiting times for social care services and increased numbers of delayed discharges suggests that we need to get better at prevention and early intervention.

Overall, the report gives a high level picture of the current state in the Borders and what our needs are projected to be in future.

The full report can be found here: [HSCP Joint Needs Assessment report | Scottish Borders Council \(scotborders.gov.uk\)](https://www.scotborders.gov.uk/resources/2022/05/hscp-joint-needs-assessment-report/)

2.5. Listening to our communities

Feedback from our communities is an integral component to informing the key areas of focus for the Strategic Framework. The following are high level extracts from the 'We have Listened' report.

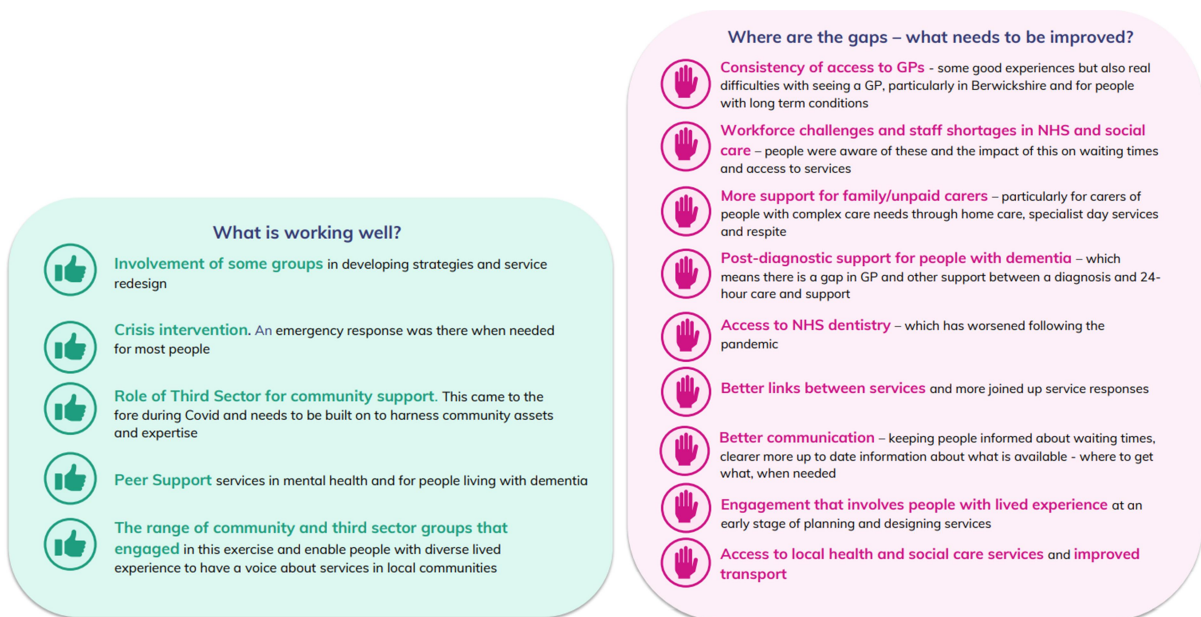
Although the survey showed some positive responses about what is working well in the Borders (e.g. skilled staff, rapid responses to emergencies), most people felt that the delivery of health and social care had worsened over the last four years, in part reflecting the impact of the pandemic; and that the priorities in the previous Strategic Plan were still mostly relevant.

The findings highlighted the important principles of maintaining independence at home and in the community, effective communication between services and the service user, and living a good life.

In many cases, people described the quality of services that they had received from health and care staff as good or even exceptional. Concerns tended to be about systems, communication and accessing services.

When asked what they consider to be the current gaps in health and social care services, people tended to identify systemic issues such as staffing, availability of carers and funding. Access to a GP services, and long waiting times were also seen as challenges.

The engagement sessions supported the findings from the survey and provided a wealth of additional detail about people's experiences of services as well as with useful suggestions about how things could be improved. In summary they showed us:



The top priorities expressed by our communities are noted below:

- Communication about how services can be accessed when needed, waiting times, and information available in different media and formats
- Engagement of local communities and stakeholder groups so people with diverse lived experience can participate in service planning, design and monitoring
- Consistent access to primary care. Including to GPs, NHS dentists and community nursing services, especially for ongoing support for people with long-term conditions
- Workforce planning and addressing staff shortages - with suggestions for attracting people to the Borders and improving access to transport and affordable housing
- Integration and joint working between services for a person-centred approach
- Improved access to social care and support. Addressing waiting times for assessment, eligibility, Self-Directed Support, home care and respite
- Support to unpaid carers. Through opportunities for socialisation and stimulation for people with dementia and/or other disabilities and respite for carers
- Preventative approach. To reduce the need for crisis responses and pressure on acute services and enable early intervention and holistic, community-based support
- Reflecting the rural nature of the Borders more access to local health and care services and improved transport to access appointments

The detailed findings can be found in [‘We Have Listened: Feedback from Community Engagement to inform the development of the Health and Social Care Strategic Plan 2023-26’](#) and its companion report [‘Scottish Borders Health and Social Care Partnership: Health and Social Care Community Feedback Survey’](#) both produced in October 2022.

3. Our Strategic Framework

Our Strategic Framework is laid out over three components:


1. Our Mission, Vision and Intended Outcomes
2. Our Objectives and Ways of Working
3. How we will deliver (Bringing the Strategic Framework to Life)

Together these make up the IJB Strategic Framework for 2023-26.

3.1. Our Mission, Vision and Intended Outcomes

There are [nine National Health and Wellbeing Outcomes](#) agreed by the Scottish Government that our Partnership is required to deliver against. The Outcomes are high-level statements of what health and social care partners are attempting to achieve through integration and ultimately through improving quality across health and social care.

Below outlines our Mission, Vision and measurements of the Outcomes with targets for each over the next three years:

Mission and Vision	Our Mission is "To help the people of the Scottish Borders to live their lives to the full, by delivering seamless services that place their needs at the heart of everything we do"		
	Our Vision is that "All people in the Scottish Borders are able to live their lives to the full"		
Outcomes	95% of adults able to look after their health well (currently 93.4%)	85% of adults supported at home agree they are supported to live independently (currently 73.1%)	80% of adults agree that they had a say in how their help, care or support was provided (currently 63.4%)
<i>What we are aiming to achieve</i>	75% of adults supported at home agree that their health and social care services are well coordinated (currently 59.3%)	80% of adults receiving any care or support rate it as excellent or good (currently 73.9%)	80% of people have a positive experience of care at their GP practice (currently 65.9%)
	80% of adults supported at home agree that their services improve or maintain their quality of life (currently 70.5%)	70% of carers feel supported to continue in their caring role (currently 29.4%)	85% of adults supported at home agree they feel safe (currently 77.3%)

3.2. Our Objectives and Ways of Working

As our strategic approach is concerned with managing critical challenges and risks, the major issues that could impact on our population’s outcomes were noted to be issues that required strategic focus and intervention (strategic issues).

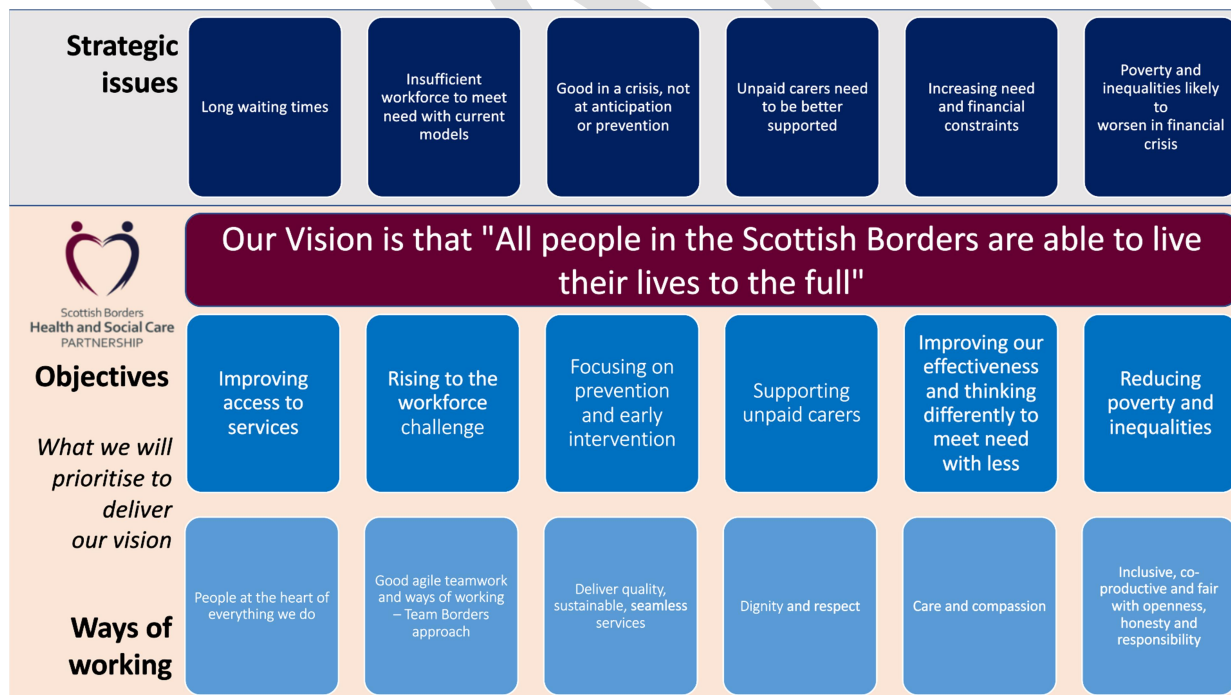
Strategic objectives were then set to address these strategic issues, and our Strategic Planning Group considered the strategic issues further and then developed high level actions to support these strategic objectives. These are listed by the level of risk associated to each issue.

In addition, in the ‘We have listened’ reports it became clear that our communities feel that:

- The services that exist are not well integrated, strengths based, person-centred / seamless. It is difficult to get the right care at the right time.
- Our communities have not been well engaged with or communicated with in the past and will need to be better engaged through the next steps of our journey.

As a result, our Strategic Planning Group also considered what high-level actions could be taken in our ways of working across the Health and Social Care Partnership to improve in these areas.

These ways of working were then considered in the context of the values of our statutory delivery partners in NHS Borders and Scottish Borders Council, and agreed as ways of working for the Health and Social Care Partnership and Integration Joint Board.



We will focus to develop our capacity and capability across the agreed objectives and ways of working and pay particular focus to the Community Led Support approach. This will ensure that we work in partnership with our communities to develop resilience at individual and community level, and provide smoother, person centred holistic support. This in turn will result in improved outcomes and better value.

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3.3. Bringing the Strategic Framework to life

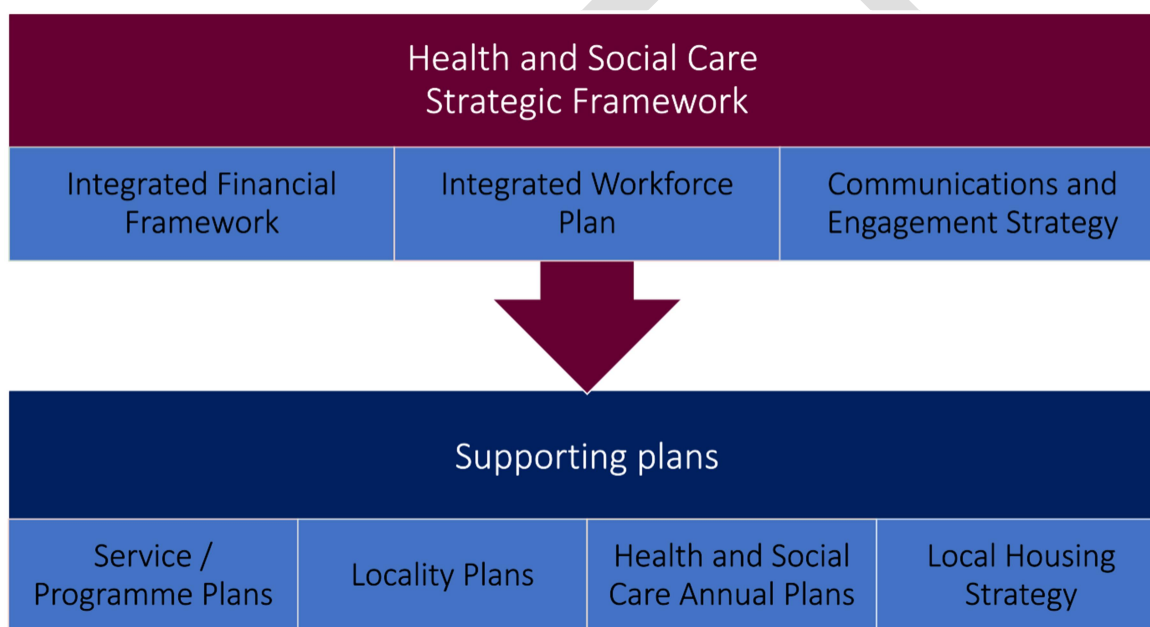
3.3.1. Supporting Plans

The Strategic Framework will be supported by a number of high-level frameworks to enable its delivery which include:

- Integrated Financial Framework
- Integrated Workforce Plan
- Communications and Engagement Strategy

These frameworks will be supported by a number of plans that will align to our mission, vision, objectives and desired outcomes:

- Service / Programme Plans
- Locality Plans
- Health and Social Care Annual Plans
- Local Housing Strategy (which will complement the Strategic Framework, rather than be driven by it)



All of our existing plans are available from the [HSCP Strategic Plans and supporting documents section of our website](#).

3.3.1.1. Integrated Financial Framework

Resources, people, services, buildings and money are limited. The IJB is currently running with an underlying deficit of upwards of £7m and rising. Costs are increasing, and available funds from Scottish Government are reducing due to the impact of excessive inflation driven by fuel costs and the impact of inflation on staff costs. The challenge of recruiting to permanent posts within the context of the differential in pay between different parts of the sector roll up into one of our six strategic objectives – resolving the workforce crisis. External providers are facing sustainability challenges which have been in part supported by Covid sustainability payments, but these stop at end March 2023. Our savings programmes are not delivering the level of savings required to meet the fiscal challenges ahead.

The Financial Framework will help guide how we use our financial resources to enable delivery of our strategic framework. This will be based on:

- How much resource will we have
- How we will use this resource to best meet our Strategic Objectives
- Ensure we operate best practice in our financial processes, agreements and transactions to comply with our Financial Regulations
- How we can ensure best value for every pound?
- How we will involve and engage the public in participating in our financial choices and in investing in services that best meet demand and our quality outcomes
- How we will improve community engagement in this process through participatory budgeting in localities

Risks and Challenges

- Need to be able to consider total resource available to the Partnership, and move resource to areas of greatest need and impact (which may involve disinvestment decisions)
- Financial resources from Scottish Government are published annually which can hinder our ability to make long term resourcing choices
- Historical savings targets mainly within Health have been non recurrently supported by Scottish Government, with a need to have a long-term plan in place to resolve
- Current high levels of inflation and consequent impact on staffing and external services

3.3.1.2. Integrated Workforce Plan

Our integrated workforce plan is published but will continue to be updated by the Integrated Workforce Planning Group to help us to rise to the workforce challenge. [The Integrated Workforce Plan is available by following this link to the Strategic Plans section of our website.](#)

3.3.1.3. Communications and Engagement

The Health and Social Care Partnership is committed to timely and effective communication and engagement with our communities. Listening to the experiences of people who use services is vital, and we have heard how important this is to the public through the views expressed in the 'We Have Listened' Report. Communications and engagement plans will be developed to support projects and programmes of work that take place to ensure that people are involved and informed with the work of the Partnership.

3.3.1.4. Service / Programme Plans

In addition, there will be a number of Service / Programme Plans in key areas which will align and complement to the strategic objectives and ways of working in our Strategic Framework, along with other national strategies and local policies. These plans will help us to deliver the outcomes intended in our Strategic Framework.

3.3.1.5. Locality Plans

To be successful and achieve our aims our plans need to be continually informed by engagement with people who use our services and their families and carers. We will continue to shift our focus towards developing a 'Community Led Support' approach, to increase co-production around a shared vision, build community capacity, engage with service users and carers in an open way, undertake an asset and strengths-based approach, and support the delivery of more efficient ways of working, with improved outcomes.

Locality planning is a key tool in the delivery of change required to meet new and existing demands in the Scottish Borders. The IJB is required by the Scottish Government to undertake this activity

through the development of locality forum arrangements, where professionals, communities and individuals can inform locality planning and redesign of services to meet local need in the best way.

The Scottish Borders has five localities:

- Berwickshire
- Cheviot
- Eildon
- Teviot & Liddesdale
- Tweeddale



Our Locality Working Groups will comprise engagement from staff, delivery partners, service users, unpaid carers, and members of the public. These groups will support us to deliver the Strategic Framework, and improve outcomes. In addition, the Locality Working Group leads will be represented on the Strategic Planning Group, with one representative on the Integration Joint Board (please see page 19 for further detail on the governance structure)

The Locality Working Groups will closely align to the Scottish Borders Community Planning Partnership Area Partnerships to ensure that we take a collective and holistic view of health and wellbeing, in line with the social determinants of health and our strategic framework.

3.3.1.6. Housing and Homelessness

Housing is recognised as fundamental to an improvement in health and wellbeing outcomes, and is a key component in effectively shifting the balance of care from institutional care to community based services and supports. At least 8% of the population has experienced homelessness, over half of A+E and acute hospital admissions are from people who have experienced homelessness and 80% of admissions to mental health specialities are from people who have experienced homelessness.

Since the development of the last Local Housing Strategy, and Strategic Commissioning Plan we have experienced:

- Increases in Affordable Housing supply
- Considerable additional Extra Care Housing across the Scottish Borders,
- 7,500 homes with adaptations in the Scottish Borders,
- More energy efficient and affordably warm housing,
- Targeted work to reduce fuel poverty and housing crises,
- Support for care leavers
- Introduction of Housing First pilot project

The Housing (Scotland) Act 2001 places a statutory requirement on local authorities to prepare a Local Housing Strategy every five years, setting out a vision for the supply, quality and availability of housing in their local area. The Local Housing Strategy is the key planning document, providing a framework of action, investment and partnership-working to deliver these local priorities. A new

Local Housing Strategy is being developed to set out how housing and housing related opportunities and challenges will be addressed over the five year period 2023-28.

This new plan will build on the progress made on the issues identified in the Local Housing Strategy 2017-22 and will address newly arising housing matters particularly in response to the publication of new Local Housing Strategy Guidance, 'Housing to 2040', the COVID-19 pandemic and economic factors such as inflation and cost of living crisis.

The developing Local Housing Strategy notes that good housing can help our community to:

- tackle attainment
- reduce inequalities
- improve health and wellbeing outcomes
- create sustainable communities
- assist in regenerating the places where we live

The developing Local Housing Strategy's vision that "every person in the Scottish Borders lives in a home that meets their needs" aligns with the vision for health and social care and the associated strategic objectives outlined in this Strategic Framework:

Strategic objectives	Role of housing
Rising to the workforce challenge	<ul style="list-style-type: none"> • A lack of access to housing has been highlighted by our Integrated Workforce Plan and the Local Housing Strategy as a barrier to attracting and retaining health and social care key workers in the Scottish Borders
Improving access to services	<ul style="list-style-type: none"> • Providing safe, secure, warmer and more comfortable homes of an appropriate size, in an appropriate location and that are affordable to live in will reduce existing health problems – heart attacks, strokes, hypothermia, raised blood pressure, asthma, mental health problems, respiratory disease and also help prevent health issues occurring. • Delivery of adaptations and handyman's service (including fall prevention measures such as grab rails) • Providing housing support, directly and with partners to help people remain in their own home and prevent homelessness. Reduces stress, anxiety – keeping people in their homes. Improving access to affordable energy efficient housing stock, adaptations and reducing homelessness all support an improvement in people's health outcomes.
Focusing on prevention and early intervention	<ul style="list-style-type: none"> • Good housing and supports help to reduce health incidents (e.g. falls in the home, warm homes). In addition, the role of housing for people who are homeless or threatened with homelessness is key to supporting good health and wellbeing. • Preventing homelessness through the Housing Options approach • Borders Homelessness and Health Strategic Partnership • Investment in Adaptations with a strategic review of Scheme of Assistance to shift activity towards preventative investment • Expand on and develop new initiative housing with support models through the Rapid Re-housing Transition Plan. • Provision of welfare benefits advice and financial inclusion services

	<ul style="list-style-type: none"> • Unified, partnership working framework for assessing health and housing needs (Unified Health Assessment) • Development of Housing Information and Advice <p>Affordable warmth actions outlined in LHS 2023-2028</p>
Supporting unpaid carers	<ul style="list-style-type: none"> • Good quality housing with appropriate supports support service users and their unpaid carers
Reducing poverty and inequalities	<ul style="list-style-type: none"> • Housing is the biggest cost to people each month – so providing affordable housing that is energy efficient plays a huge role in helping to reduce poverty and inequalities • Significant levels of investment in improving the Energy Efficiency of homes across the Borders, as well as the provision of Home Energy Advice, helping to make homes warm and more comfortable. • Activities of Housing providers in terms of the provision of information and advice to tenants on a range of issues from financial advice, eating well and keeping warm. • Improving access to health and social care services for homeless people, particularly for those with complex needs by working with integration partners.
Improving our effectiveness and thinking differently to meet need with less	<ul style="list-style-type: none"> • Develop the supply of appropriate, affordable and quality housing to meet changing needs • Good housing options are critical, giving people more freedom and choice; • Continue building capacity in communities to support older people at home and having housing in place to keep people independent • There is a strong link between access to good housing and the general Health of the population

The housing functions that were delegated to the Scottish Borders Health and Social Care Partnership are:

- Adaptations – an adaptation is defined in housing legislation as an alteration or addition to the home to support the accommodation, welfare or employment of a disabled person or older person, and their independent living.
 - Care and Repair – providing independent advice and assistance to older and disabled homeowners or private tenants with services that enable them to continue to live independently in their own homes. The service provides adaptations, home improvements and a handy person service
- Housing Support – housing support is defined in housing legislation as any service which provides support, assistance, advice and counselling to an individual with particular needs to help that person live as independently as possible in their own home or other residential accommodation such as sheltered housing, and Extra Care Housing.

There are some housing functions which are not delegated functions but which provide a resource to support health and Social Care Integration and the outcome it is seeking to achieve:

- Registered Social Landlord adaptations – providing adaptations to their tenants to enable them to live independently, for example providing a handrail or ramp at the entrance, or a shower in place of a bath
- Housing support services for homeless people – providing housing and tenancy support to vulnerable homeless people
- New supply housing – the Strategic Housing Investment Plan (SHIP) 2018-23 identified potential for up to 1320 new affordable homes over the five-year period and total investment in the region of £268m over the period. This latter figure assumes that all identified challenges and infrastructure issues are resolved, funding is available and the construction sector has capacity to deliver the identified projects.

This Strategic Framework recognises the role of housing in the context of health and social care in the Borders. In particular, it stresses the importance of housing options, giving people more freedom and choice; of developing the supply of appropriate housing to meet changing needs as the populations ages; of building capacity in communities to support older people at home and having housing in place to keep people independent.

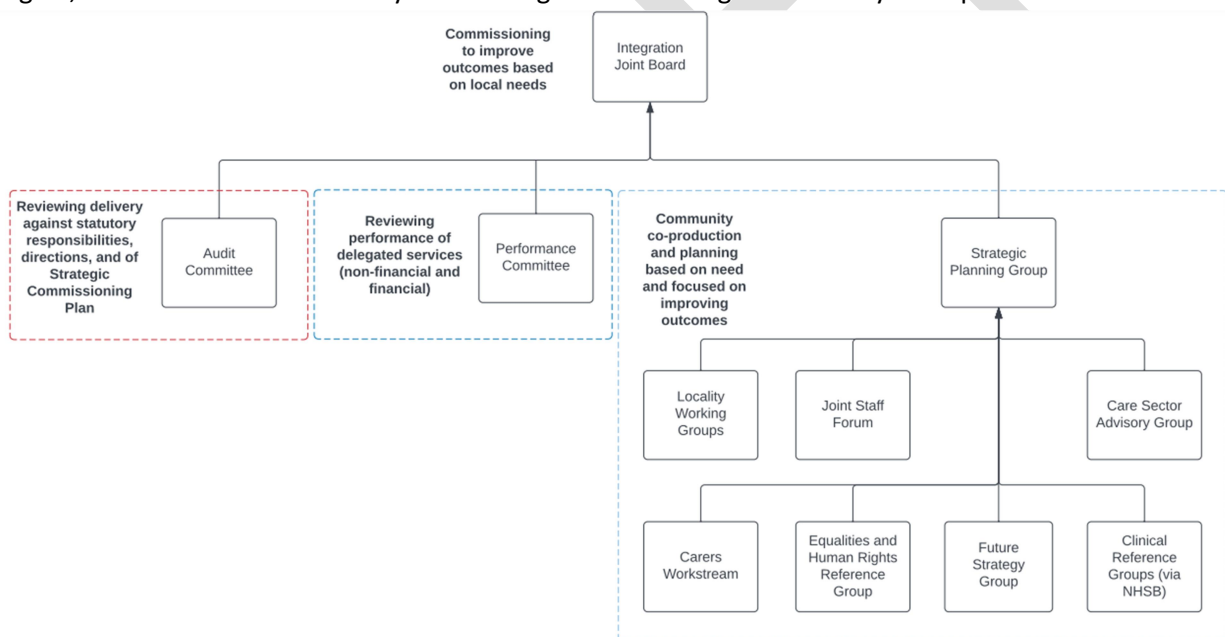
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3.3.2. How we will implement our Strategic Framework

We have set out the Strategic Framework for Health and Social Care in the Scottish Borders, which is intended to be enabling to foster engagement from our communities, and innovation to respond in a dynamic way to the critical challenges that we face. As a result, we have not detailed the specific actions that will be taken within this plan. Instead, our framework will enable our localities, our communities and delivery partners to continually evaluate our progress in improving outcomes, addressing strategic issues, reviewing resources available, and co-producing plans to ensure best value.

Development of the partnership and engagement approach of the IJB with its communities, including service users, carers, staff, the independent sector, third sector, localities, and other key strategic partners will continue through our new strategic plan cycle. This will include collaboration with the Community Planning Partnership (CPP) and the Third Sector Interface (TSI) to deliver support and services in keeping with local need.

The diagram below outlines the internal structure of the Integration Joint Board. The Strategic Planning Group develops new plans and directions following consultation and engagement with relevant stakeholders, and its subgroups support meaningful co-production with our diverse communities. The Strategic Planning Group will ensure a continued focus on Equalities and Human Rights, Outcomes and the delivery of the Integration Planning and Delivery Principles.



An Annual Plan will be developed each year starting for the 2023-26 period, aligning to the objectives and ways of working of the strategic framework, and will be based on the feedback and priorities from our communities that align to our framework. This Annual Plan will be consistent with the Council Plan and the NHS Annual Delivery Plan. We will continue to review our progress in the context of any challenges we face, our local outcomes, what works and has not worked, and how we can continue to address our strategic challenges by focusing on our strategic priorities.

We firmly believe that by working together with our partners and communities, we will be able to ensure that people in the Scottish Borders are able to live their lives to the full.

Appendices

Appendix 1 – Equalities

As a Health and Social Care Partnership, we also have a Public Sector Equality Duty under the Equality Act (2010). We have a duty to:

- Eliminate unlawful discrimination, harassment and victimisation.
- Advance equality of opportunity between people who share a characteristic that is protected under the Act, and those who don't.
- Foster good relations between people who share a characteristic and those who don't. This involves tackling prejudice and building understanding.

The characteristics that are protected under the Act are:

<p style="text-align: center;">AGE</p> <p>Younger people, older people, or any specific age group</p>	<p style="text-align: center;">DISABILITY</p> <p>Including physical, sensory, learning, mental health and health conditions</p>	<p style="text-align: center;">SEX</p> <p>In the Equality Act, sex can mean either male or female, or a group of people like men, or women</p>
<p style="text-align: center;">GENDER REASSIGNMENT</p> <p>When your gender identity is different from the sex assigned to you when you were born</p>	<p style="text-align: center;">PREGNANCY AND MATERNITY</p> <p>Including breastfeeding</p>	<p style="text-align: center;">RACE</p> <p>People from ethnic minorities including Gypsy Travellers and Eastern European immigrants</p>
<p style="text-align: center;">RELIGION OR BELIEF</p> <p>Including people who have no belief</p>	<p style="text-align: center;">SEXUAL ORIENTATION</p> <p>Bisexual, Gay, Heterosexual and Lesbian</p>	<p style="text-align: center;">MARRIAGE OR CIVIL PARTNERSHIPS</p> <p>A union between a man and a woman or between a same-sex couple</p>

In taking forward the work of the Health and Social Care Partnership, we will embrace these duties and ensure that all requirements are met, through the implementation of the business and commissioning plans for the service and strategic areas that are integrated.

Appendix 2 – Environmental assessment

PESTLE analysis

COVID-19

During the COVID-19 pandemic many health and care services were suspended or reduced in scope and scale. As a result, more people are waiting longer to receive the care they need. Addressing the backlog, while continuing to meet ongoing urgent health and care needs is a key challenge the IJB faces moving forward.

Growing and ageing population

Currently around 25% of the Scottish Borders population are over the age of 65, this is expected to rise to 32% by 2040. This brings challenges for health and social care services and changes communities. With an older population we can expect to see a rise in health incidents such as falls, or diseases such as dementia and cancer. There is also an increasing number of older people living on their own, this may bring a risk of loneliness and isolation.

Transitions of people from children's to adult services

People with trauma and other complex needs are transitioning from children's services into adult services, and so it is important that work is undertaken proactively to support a smooth transition process, and ensure appropriately responsive services to best ensure that people who transition from children's to adult services can live their lives to the full.

Workforce pressures

The number of people of working age in the Scottish Borders is going to decrease from 56.5% in 2020 to 50.9% in 2040. Although there is investment from a national level to increase numbers of staffing, there is a reduced availability of staff with appropriate qualifications or skills, including General Practitioners, Social Care Workers and Nurses. This will put more pressure onto already stretched resources, many of whom are also burned out from the COVID-19 pandemic.

Financial pressures

Health and Social Care spending is likely to increase, however Local Government and NHS core budgets are likely to be reduced. Shifting funding from hospitals towards care home provision, community-based services and prevention programmes will be challenging, especially with the urgent care pressures that have been ongoing since the pandemic.

National Care Service (NCS)

This will see the reformation of current Integrated Joint Boards into Local Care Boards. The NCS Bill was introduced in June 2022, and subject to completing the Parliamentary process, the Scottish Government expect it to become an Act in Summer 2023 with Scottish Ministers having committed to establishing a functioning NCS by the end of the current Parliamentary term in 2026.

Unpaid Carers

An estimated 11% of people in the Scottish Borders provide some type of unpaid carer role, this figure is likely to increase our population ages. During the pandemic, many support services were reduced such as day services which has impacted on carers and those they care for. Further work is required to reduce the significant pressures put onto carers and the cared-for, including opportunities to have breaks from caring.

Acute hospital pressures

Our Acute Hospital is under huge pressure, especially following the pandemic, due to workforce challenges in the context of delivering services to meet increased need and acuity, with an increased length of stay, and an associated increased demand for social care, leading to higher levels of occupancy for people who are waiting for care (delayed discharges). Investment into community-based services will help alleviate some of these pressures by preventing admissions and facilitating earlier discharge. By treating people in their home or in the community we can help prevent people needing hospitals and improve their outcomes.

Technology

Digital solutions such as telecare and remote appointments have been introduced at a pace quicker than anticipated thanks to the pandemic. Digital technology plays an important role in modernising healthcare and empowering service users to manage their care better. It will be important that digital solutions are well embedded, and that staff are trained in digital skills so that the benefits are realised.

Climate Change

Within our local context, warmer temperatures may enable a healthier and more active outdoors lifestyle and reduce winter mortality. However it might also affect patterns of disease which can impact health (e.g. there has been an increase of cases in Lyme disease occurring over winter months in recent years). Climate Anxiety is also particularly affecting young people and may impact on mental health services.

Political and Economic pressures

Fuel poverty will rise as the cost of energy increases due to a shortage of supply caused by the war in Ukraine. Inflation will have an impact on health and care staff as the cost of living rises higher than salary increases. Brexit is discouraging foreign doctors or nursing staff from coming to the UK and Scotland for employment leading to staff shortages. UK Border challenges also increase the difficulty of importing medical equipment and drugs leading to shortages.

Housing

More and more people are living alone in the Scottish Borders. This impacts on housing provision and will have socio-economic impacts such as more loneliness and less support from family to care for and look after those in need. Despite this, studies show that fewer older people enter care homes in

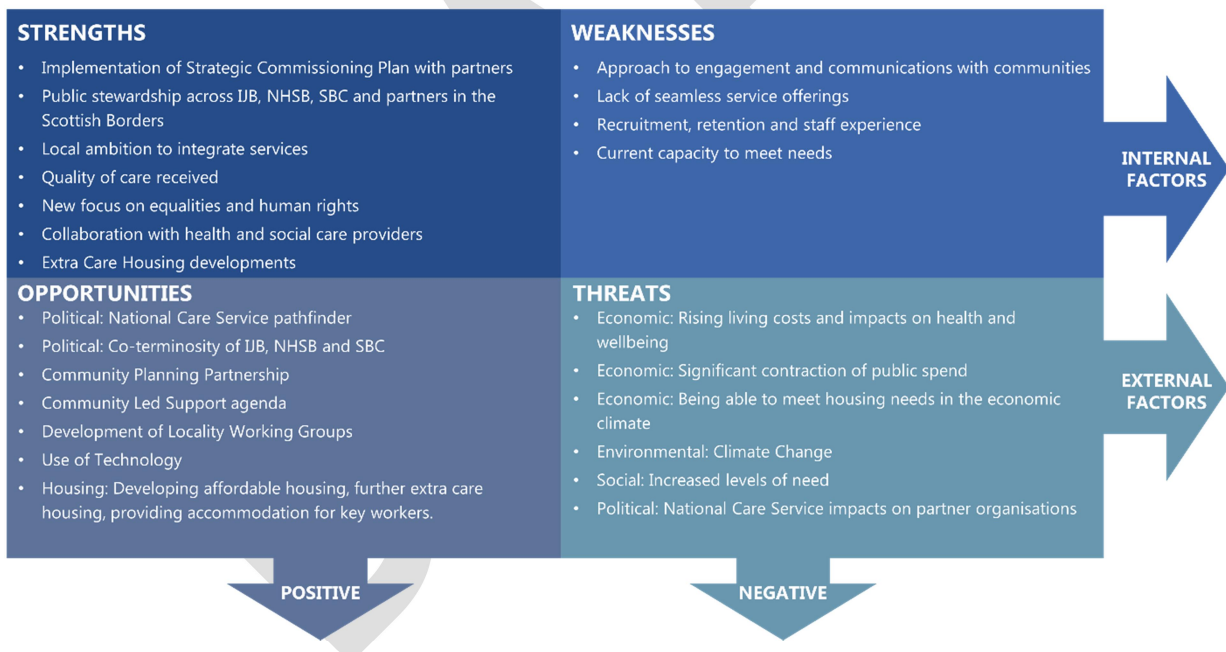
rural areas compared to urban areas. The Scottish Borders has the third lowest number of care home residents per head population in Scotland.

The extent of fuel poverty in the Scottish Borders is worse than is the fuel poverty across Scotland. This effects around 29% of households in the Borders (Extreme Fuel Poverty at 14%), where the rural nature of the area, the type of housing and the low wage economy, contributes to higher levels than the Scottish average.

SWOT Analysis

We then considered the Integration Joint Board’s Strengths, Weaknesses, Opportunities and Threats, which are listed below. Within this analysis, the strengths and opportunities need to be fostered and deepened, and the weaknesses and threats need to be proactively managed. Our Strategic Framework works to do this.

SWOT ANALYSIS



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%
Grand Total	1752	1866	3618	1458	1507	2965	83%	81%	82%

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%
Grand Total	3618	2965	82%

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

Stage	SBC Pupils			Census Reponses			% 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%
Grand Total	3339	3373	6712	2041	1992	4033	61%	59%	60%

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%
Grand Total	6712	4033	60%

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
Grand Total	6%	59%	35%	2759
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
Grand Total	52%	17%	7%	24%	2646
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
Grand Total	61%	15%	12%	12%	2761
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
Grand Total	42%	45%	14%	2870

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
Grand Total	29%	62%	9%	85%	398	2622

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
Grand Total	31%	58%	11%	949

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
Grand Total	16%	75%	9%	83%	684	4033

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
Grand Total	20%	30%	21%	13%	6%	10%	961

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
Grand Total	11%	31%	23%	17%	12%	6%	93%	263	4033

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
Grand Total	43%	40%	11%	7%	2685

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
Grand Total	43%	38%	16%	2%	100%	15%	4033

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
Grand Total	18%	41%	28%	10%	4%	983

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
Grand Total	8%	29%	34%	27%	1%	99%	34	4033

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
Grand Total	18%	24%	25%	23%	10%	2811

(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
Grand Total	17%	25%	29%	23%	6%	811

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.	47% (*page 6 onwards – primary data)	40% (*page 10 onwards- secondary data)
My teachers listen to what I have to say.	84% (*P6 onwards- primary data)	57% (*P10 onwards.– secondary data)
I have an adult to talk to at school if I am worried about something.	78% (*P6 onwards– primary data)	65% (*P10 onwards – secondary data)
I feel my teachers treat me fairly.	84% (*P6 onwards – primary data)	65% (*P10 onwards – secondary data)
I feel confident to speak up in class, ask questions and share my opinion.	60% (*p6 onwards – primary data)	52% (*p10 onwards - secondary data)
Most of the time, I am happy at school.	67% (*p6 onwards– primary data)	50% (*p10 onwards - secondary data)

Attitudes to life

	Primary - P5-7	Secondary – S1 – S6
My life is just right.	Disagree/strongly disagree 9% (*p19 onwards – primary data)	Disagree/Strongly disagree 16% (*p27 onwards – secondary data)
I have what I want in life.	Disagree/strongly disagree 12% (*p28 onwards – primary data)	Disagree/strongly agree 13% (*p29 onwards – secondary data)
Even if I'm having a difficult time, I feel like I will be OK.	Disagree/strongly disagree 13% (*p28 onwards – primary data)	
Most of the time, I have enough money to do the same things as my friends.	Disagree/strongly disagree 12% (*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 10% (*page 35 – primary data)	Always/often 8% (*page 43 onwards - secondary data)
I never have breakfast during weekdays	7% (* page 33 onwards – primary data)	23% (* page 44 onwards – secondary data)
How often do you usually drink Energy drinks (e.g, Red Bull, Lucozade, Monster	Never 71% (*page 35 onwards – primary data)	Never 57% (*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 78% (* page 11 onwards – primary data)	Strongly agree/agree 65% (*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 71% (*page 63 onwards – primary data)	Yes, I always do 63% (*page 87 onwards – secondary data)

Substance Use – S4 only

Summary Information		
Smoking tobacco	69% have never smoked. 6% say they have 1 cigarette or more in the last 7 days.	Additional information contacted in Substance Use data report pages1-10.
E-cigarettes/vaping	54% have never used e-cigarettes or vaped.	
Alcohol	63% report that they have had an alcoholic drink.	
Drugs	83% 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 88% (*page 74 onwards – primary data)	Always/most of the time 92% (*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 95% (*page 75 onwards –primary data)	Yes it's good/it's ok 97% (* page 99 onwards – secondary data)
Are there places near where you live where you can play outdoors?	Yes-lots/yes- some 95% (*page 76 onwards – primary data)	Yes- lots/yes- some 97% (*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.

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%
Grand Total	61%	59%	60%

% 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%
Grand Total	61%	59%	60%

% 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%	
Berwickshire High School Total		209	183	392	65%	58%	62%
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%	
Earlston High School Total		403	366	769	71%	64%	68%
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%	
Eyemouth High School Total		133	125	258	50%	52%	51%
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%	
Galashiels Academy Total		190	183	373	48%	40%	44%
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%	
Hawick High School Total		239	210	449	58%	54%	56%
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%	
Jedburgh Grammar Campus - Secondary Total		121	116	237	64%	66%	65%
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%	
Kelso High School Total		183	187	370	60%	65%	62%
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%	
Peebles High School Total		432	471	903	65%	66%	65%
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%	
Selkirk High School Total		131	151	282	62%	68%	65%
Grand Total		2041	1992	4033	61%	59%	60%

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%
Grand Total	6712	4033	60%



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
Grand Total	18%	60%	18%	3%	1%	1%	4,021

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
Grand Total	7%	33%	32%	21%	6%	1%	3,990

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
Grand Total	46%	43%	8%	1%	0%	1%	4,001

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
Grand Total	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	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
Grand Total	22%	43%	21%	8%	4%	2%	4,009

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
Grand Total	12%	53%	25%	7%	2%	1%	3,984

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
Grand Total	62%	32%	4%	1%	0%	1%	3,965

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
Grand Total	13%	39%	26%	15%	7%	1%	3,968

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
Grand Total	10%	40%	28%	13%	6%	2%	3,976

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
Grand Total	22%	47%	22%	5%	3%	2%	3,971

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
Grand Total	18%	60%	18%	3%	1%	1%	4,021

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
Grand Total	7%	33%	32%	21%	6%	1%	3,990

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
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
Grand Total	46%	43%	8%	1%	0%	1%	4,001

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
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
Grand Total	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	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	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
Grand Total	22%	43%	21%	8%	4%	2%	4,009

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
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
Grand Total	12%	53%	25%	7%	2%	1%	3,984

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
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
Grand Total	62%	32%	4%	1%	0%	1%	3,965

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
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
Grand Total	13%	39%	26%	15%	7%	1%	3,968

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
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
Grand Total	10%	40%	28%	13%	6%	2%	3,976

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
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
Grand Total	22%	47%	22%	5%	3%	2%	3,971

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
Grand Total	8%	29%	34%	27%	1%	3,999

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
Perthshire High School Total	9%	26%	33%	32%	1%	387
Carlston High School Total	5%	27%	37%	30%	1%	767
Wemyss 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
Grand Total	8%	29%	34%	27%	1%	3,999

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
Grand Total	7%	66%	25%	1%	3212

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
Weymouth 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
Grand Total	7%	66%	25%	1%	3212

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
Grand Total	45%	12%	7%	1%	5%	0%	25%	4%	1%	3,980

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
Eyemouth 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
Hawick 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
Grand Total	45%	12%	7%	1%	0%	5%	25%	4%	1%	3,980

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
Grand Total	6%	9%	20%	32%	30%	3%	3,971

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
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
Grand Total	6%	9%	20%	32%	30%	3%	3,971

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
Grand Total	18%	30%	31%	9%	2%	1%	2%	3%	4%	3,973

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
Grand Total	18%	30%	31%	9%	2%	1%	2%	3%	4%	3,973

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
Grand Total	1%	3%	9%	18%	22%	19%	13%	7%	8%	3,868

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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
Grand Total	1%	3%	9%	18%	22%	19%	13%	7%	8%	3,868

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
Grand Total	1%	2%	5%	9%	14%	17%	17%	14%	21%	3,685

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
Berwickshire 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
Plymouth High School	2%	5%	5%	9%	17%	16%	19%	13%	15%	241
Salashiels 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
Grand Total	1%	2%	5%	9%	14%	17%	17%	14%	21%	3,685

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
Grand Total	19%	53%	22%	4%	2%	3958

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
Perthshire 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
Grand Total	19%	53%	22%	4%	2%	3958

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
Grand Total	14%	72%	14%	3929

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
Eyemouth High School	17%	67%	16%	255
Galashiels Academy	14%	74%	12%	363
Hawick High School	14%	74%	12%	438
Leith Edinburgh 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
Grand Total	14%	72%	14%	3929

Attitude to Life

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
Q14.1. My life is just right							
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
Grand Total	14%	37%	31%	12%	4%	2%	3932

	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents To Question
Q14.1. My life is just right							
Perthshire 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
Grand Total	14%	37%	31%	12%	4%	2%	3932

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
Grand Total	5%	15%	27%	28%	22%	3%	3906

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
Eyemouth 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
Grand Total	5%	15%	27%	28%	22%	3%	3906

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
Grand Total	14%	39%	31%	10%	3%	3%	3908

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
Edinburgh 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
Grand Total	14%	39%	31%	10%	3%	3%	3908

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
Grand Total	22%	46%	22%	8%	2%	820

S1 Q15.2. I am proud of the things I can do	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
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
Grand Total	31%	49%	15%	4%	1%	820

S1 Q15.3. 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
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
Grand Total	26%	45%	23%	5%	1%	823

S1 Q15.4. 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 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
Grand Total	25%	51%	19%	4%	1%	820

S1 Q15.5. 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 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
Grand Total	17%	43%	28%	9%	2%	819

S1 Q15.6. 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
Grand Total	17%	25%	29%	23%	6%	811

S1 Q15.7. 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 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
Grand Total	13%	42%	31%	11%	3%	809

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
Grand Total	22%	46%	22%	8%	2%	820

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		Important Note: 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
Grand Total	6%	59%	35%	2759
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
Grand Total	6%	59%	35%	2759
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
Grand Total	12%	43%	29%	9%	4%	3%	2947

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
Grand Total	12%	43%	29%	9%	4%	3%	2947

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
Grand Total	11%	31%	23%	17%	12%	6%	3770

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
Grand Total	11%	31%	23%	17%	12%	6%	3770

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
Grand Total	17%	36%	24%	14%	6%	4%	3773

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
Jedburgh 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
Grand Total	17%	36%	24%	14%	6%	4%	3773

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
Grand Total	4%	18%	32%	24%	12%	5%	4%	2%	3838

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
Perthshire 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
Grand Total	4%	18%	32%	24%	12%	5%	4%	2%	3838

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
Grand Total	1%	4%	29%	59%	7%	1%	3827

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
Grand Total	1%	4%	29%	59%	7%	1%	3827

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
Grand Total	2%	10%	61%	23%	1%	0%	2%	3817

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
Grand Total	2%	10%	61%	23%	1%	0%	2%	3817

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
Grand Total	2%	6%	25%	64%	3%	3757

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
Berwickshire 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
Grand Total	2%	6%	25%	64%	3%	3757

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
Grand Total	23%	11%	11%	52%	2%	3181

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
Grand Total	23%	11%	11%	52%	2%	3181

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
Grand Total	17%	19%	62%	2%	3169

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
Galashiels Academy	18%	22%	58%	2%	315
Hawick 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
Grand Total	17%	19%	62%	2%	3169

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
Grand Total	65%	12%	22%	3743

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
Hawick 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
Grand Total	65%	12%	22%	3743

Q27.2. Adults are good at taking what I say into account	1. Agree	2. Disagree	3. Don't know	Respondents To Question
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
Grand Total	55%	16%	29%	3710

Q27.2. Adults are good at taking what I say into account	1. Agree	2. Disagree	3. Don't know	Respondents To Question
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
Leith 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
Grand Total	55%	16%	29%	3710

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
Grand Total	52%	17%	7%	24%	2646
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
Grand Total	61%	15%	12%	12%	2761
UK Average (Pre Covid-19 Pandemic)	80%	10%	5%	5%	

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
Grand Total	52%	17%	7%	24%	2646

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
Grand Total	61%	15%	12%	12%	2761
UK Average (Pre Covid-19 Pandemic)	80%	10%	5%	5%	

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
Grand Total	52%	11%	11%	26%	2750
UK Average (Pre Covid-19 Pandemic)	80%	10%	5%	5%	

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
Grand Total	52%	11%	11%	26%	2750
UK Average (Pre Covid-19 Pandemic)	80%	10%	5%	5%	

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
Grand Total	76%	10%	7%	7%	2747
UK Average (Pre Covid-19 Pandemic)	80%	10%	5%	5%	

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
Grand Total	76%	10%	7%	7%	2747
UK Average (Pre Covid-19 Pandemic)	80%	10%	5%	5%	

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
Grand Total	55%	13%	11%	22%	2740
UK Average (Pre Covid-19 Pandemic)	80%	10%	5%	5%	

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
Grand Total	55%	13%	11%	22%	2740
UK Average (Pre Covid-19 Pandemic)	80%	10%	5%	5%	

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
Grand Total	57%	17%	11%	15%	2746
UK Average (Pre Covid-19 Pandemic)	80%	10%	5%	5%	

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
Nawick 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
Grand Total	57%	17%	11%	15%	2746
UK Average (Pre Covid-19 Pandemic)	80%	10%	5%	5%	

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
Grand Total	99%	0%	0%	3673

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
Fyemouth 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
Grand Total	99%	0%	0%	3673

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
Grand Total	0%	2%	6%	14%	20%	21%	16%	9%	12%	3612

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
Grand Total	0%	2%	6%	14%	20%	21%	16%	9%	12%	3612

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
Grand Total	1%	1%	2%	7%	12%	16%	19%	16%	26%	3480

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
Grand Total	1%	1%	2%	7%	12%	16%	19%	16%	26%	3480

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%
Grand Total	74%	62%	76%	56%	38%	54%	81%	20%

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
Derwicksire 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%
Grand Total	74%	62%	76%	56%	38%	54%	81%	20%

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?
Q36 - Social Media (Not S4)									
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%
Grand Total	13%	13%	16%	30%	12%	13%	10%	37%	8%

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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?
Q36 - Social Media (Not S4)									
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%
Grand Total	13%	13%	16%	30%	12%	13%	10%	37%	8%

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
Grand Total	2%	4%	12%	79%	3%	3538

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
Perthshire High School	1%	6%	15%	76%	3%	302
Earlston High School	2%	4%	13%	79%	2%	709
Plymouth 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
Grand Total	2%	4%	12%	79%	3%	3538

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
Grand Total	41%	47%	10%	2%	3488

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
Pyemouth 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
Grand Total	41%	47%	10%	2%	3488

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
Grand Total	43%	38%	16%	2%	3417

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
Grand Total	43%	38%	16%	2%	3417

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
Grand Total	54%	39%	6%	1%	1%	2231

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
Grand Total	36%	44%	14%	4%	1%	2231

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
Grand Total	39%	45%	14%	1%	1%	2203

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
Grand Total	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	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
Grand Total	51%	40%	7%	1%	1%	2199

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
Grand Total	39%	46%	13%	2%	1%	2201

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
Grand Total	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	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
Grand Total	39%	37%	16%	6%	2%	2191

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
Grand Total	41%	42%	13%	2%	1%	2193

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
Grand Total	54%	39%	6%	1%	1%	2231

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
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
Grand Total	36%	44%	14%	4%	1%	2221

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
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
Grand Total	39%	45%	14%	1%	1%	2203

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
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
Grand Total	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	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
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
Grand Total	51%	40%	7%	1%	1%	2199

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
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
Grand Total	39%	46%	13%	2%	1%	2201

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
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
Grand Total	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	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
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
Grand Total	39%	37%	16%	6%	2%	2191

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
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
Grand Total	41%	42%	13%	2%	1%	2193

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
Grand Total	29%	62%	9%	2209

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
Galashiels 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
Grand Total	29%	62%	9%	2209

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%
Grand Total	22%	7%	9%

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%
Grand Total	22%	7%	9%

How Bullied?

Page 133 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%
Grand Total	19%	12%	16%	7%	5%	12%	7%

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%
Grand Total	19%	12%	16%	7%	5%	12%	7%

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
Grand Total	5%	8%	7%	19%	49%	12%	629

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
Grand Total	5%	8%	7%	19%	49%	12%	629

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
Grand Total	52%	37%	11%	631

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
Grand Total	52%	37%	11%	631

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
Grand Total	48%	10%	32%	9%	323

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
Rebels High School	50%	8%	33%	8%	60
Selkirk High School	57%	14%	25%	4%	28
Grand Total	48%	10%	32%	9%	323

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
Grand Total	82%	11%	1%	1%	1%	4%	2184

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
Jedburgh Grammar Campus - Secondary	80%	14%	0%	0%	1%	5%	132
Kilsno 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
Grand Total	82%	11%	1%	1%	1%	4%	2184

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
Grand Total	82%	9%	1%	0%	1%	6%	2139

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
Carlston High School	81%	11%	1%	0%	1%	6%	424
Clyemouth High School	81%	10%	1%	0%	1%	6%	176
Galashiels Academy	80%	12%	1%	2%	0%	6%	233
Hawick 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
Grand Total	82%	9%	1%	0%	1%	6%	2139

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%
Grand Total	6%	22%	18%	17%	6%	14%	8%	54%	15%

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%
Burghhead High School	6%	29%	22%	17%	7%	17%	13%	61%	13%
Burghhead High School	6%	29%	17%	24%	7%	13%	11%	55%	20%
Galashiels 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%
Grand Total	6%	22%	18%	17%	6%	14%	8%	54%	15%

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
Grand Total	2%	1%	1%	2%	5%	1%	1%	0%	2%	66%	1602

Page 146	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
Grand Total	2%	1%	1%	1%	2%	5%	1%	1%	0%	2%	66%	1602

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
Grand Total	51%	33%	7%	4%	4%	2%	3419

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
Grand Total	51%	33%	7%	4%	4%	2%	3419

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
Grand Total	38%	40%	19%	1%	1%	3419

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
Wemyss 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
Grand Total	38%	40%	19%	1%	1%	3419

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
Grand Total	9%	8%	15%	54%	4033

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
Hawick 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
Grand Total	9%	8%	15%	54%	4033

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
Grand Total	16%	75%	9%	3349

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
Berwickshire 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
Grand Total	16%	75%	9%	3349

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
Grand Total	33%	37%	24%	7%	553

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
Perthshire High School	32%	29%	31%	7%	112
Perthshire 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
Grand Total	33%	37%	24%	7%	553

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
Grand Total	2%	1%	2%	91%	4%	1288

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
Eyemouth 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
Grand Total	2%	1%	2%	91%	4%	1288

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
Grand Total	3%	3%	4%	83%	7%	1287

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
Grand Total	3%	3%	4%	83%	7%	1287

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
Grand Total	1%	8%	7%	12%	25%	47%	1280

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
Grand Total	1%	8%	7%	12%	25%	47%	1280

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
Grand Total	5%	28%	63%	4%	3388

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
Perthshire High School	7%	31%	59%	3%	287
Earlston High School	6%	26%	64%	4%	688
Eyemouth 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
Grand Total	5%	28%	63%	4%	3388

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
Grand Total	76%	20%	4%	3313

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
Grand Total	76%	21%	3%	3324

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
Grand Total	60%	32%	8%	3313

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
Grand Total	47%	40%	12%	3292

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
Grand Total	19%	31%	49%	3258

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
Grand Total	26%	35%	39%	3255

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
Grand Total	32%	56%	12%	3278

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
Grand Total	15%	52%	33%	3255

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
Grand Total	12%	30%	58%	3228

Q61.3. Other family members (e.g. grandparent(s))	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
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
Grand Total	55%	34%	11%	3273

Q61.4. Social Worker	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
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
Grand Total	9%	28%	63%	3212

Q61.5. Another adult you trust	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
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
Grand Total	54%	28%	18%	3238

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
Grand Total	25%	33%	42%	3218

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
Grand Total	76%	20%	4%	3313

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
Grand Total	76%	21%	3%	3324

Q60.3. Dad / male carer	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
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
Grand Total	60%	32%	8%	3313

Q60.4. Brother(s) / Sister(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
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
Grand Total	47%	40%	12%	3292

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
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
Grand Total	19%	31%	49%	3258

Q60.6. GP or Nurse	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
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
Grand Total	26%	35%	39%	3255

Q60.7. Teacher(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
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
Grand Total	32%	56%	12%	3278

Q61.1. Neighbour(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
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
Grand Total	15%	52%	33%	3255

Q61.2. Youth Worker	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
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
Grand Total	12%	30%	58%	3228

Q61.3. Other family members (e.g. grandparent(s))	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
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
Grand Total	55%	34%	11%	3273

Q61.4. Social Worker	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
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
Grand Total	9%	28%	63%	3212

Q61.5. Another adult you trust	1. Easy	2. Difficult	3. Does not apply to me	Respondents To Question
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
Grand Total	54%	28%	18%	3238

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
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
Grand Total	25%	33%	42%	3218

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
Grand Total	61%	31%	6%	1%	1%	3350

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
Evemouth 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
Grand Total	61%	31%	6%	1%	1%	3350

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
Grand Total	70%	27%	3%	1%	3353

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
Hawick High School	61%	35%	3%	1%	397
Leith 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
Grand Total	70%	27%	3%	1%	3353

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
Grand Total	67%	30%	2%	1%	1380

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
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
Grand Total	67%	30%	2%	1%	1380

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%
Grand Total	83%	81%	82%

% 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%
Grand Total	83%	81%	82%

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%
Grand Total	3618	2965	82%

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%
Grand Total	3618	2965	82%

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%
Grand Total	3618	2965	82%

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%
Grand Total	3618	2965	82%

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%
Grand Total	3618	2965	82%

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%
Grand Total	3618	2965	82%

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%
Grand Total	3618	2965	82%



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
Grand Total	31%	52%	13%	2%	1%	2%	2921

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
Grand Total	14%	34%	29%	15%	4%	5%	2884

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
Grand Total	57%	31%	7%	2%	1%	2%	2888

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
Grand Total	42%	41%	11%	2%	1%	2%	2874

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
Grand Total	43%	35%	10%	4%	2%	6%	2890

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
Grand Total	40%	44%	11%	2%	1%	3%	2896

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
Grand Total	70%	24%	4%	1%	0%	2%	2878

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
Grand Total	25%	35%	19%	11%	5%	5%	2872

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
Grand Total	26%	41%	18%	7%	4%	5%	2869

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
Grand Total	46%	34%	11%	3%	2%	4%	2871

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
Grand Total	31%	52%	13%	2%	1%	2%	2921

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
Grand Total	14%	34%	29%	15%	4%	5%	2884

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
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
Grand Total	57%	31%	7%	2%	1%	2%	2888

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
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
Grand Total	42%	41%	11%	2%	1%	2%	2874

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
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
Grand Total	43%	35%	10%	4%	2%	6%	2890

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
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
Grand Total	40%	44%	11%	2%	1%	3%	2896

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
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
Grand Total	70%	24%	4%	1%	0%	2%	2878

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
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
Grand Total	25%	35%	19%	11%	5%	5%	2872

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
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
Grand Total	26%	41%	18%	7%	4%	5%	2869

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
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
Grand Total	46%	34%	11%	3%	2%	4%	2871

Schoolwork Pressure – P7 only

Only the P7 survey asked about stress and the future.

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
Grand Total	18%	41%	28%	10%	4%	983

After leaving School – P7 only

P7 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
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
Grand Total	7%	52%	38%	3%	973

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
Grand Total	4%	8%	19%	28%	34%	6%	2918

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
CP	5%	11%	19%	25%	31%	9%	950
PS	4%	6%	19%	30%	34%	6%	970
CS	4%	8%	19%	29%	37%	4%	998
Grand Total	4%	8%	19%	28%	34%	6%	2918

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
Grand Total	44%	10%	9%	3%	21%	3%	1%	2%	7%	2891

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
RP	53%	1%	1%	0%	31%	3%	1%	2%	8%	937
SC	50%	2%	1%	1%	33%	2%	1%	2%	7%	958
PZ	30%	27%	25%	7%	1%	3%	1%	2%	5%	996
Grand Total	44%	10%	9%	3%	21%	3%	1%	2%	7%	2891

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
Grand Total	29%	50%	15%	2%	5%	2930

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
Grand Total	29%	50%	15%	2%	5%	2930

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
Grand Total	14%	71%	16%	2910

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
Grand Total	14%	71%	16%	2910

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
Q10.1. My life is just right							
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
Grand Total	36%	34%	17%	6%	3%	5%	2904

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

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
Grand Total	4%	8%	12%	23%	45%	8%	2862

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
Grand Total	4%	8%	12%	23%	45%	8%	2862

	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
Q10.3. I have what I want in life							
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
Grand Total	33%	36%	18%	5%	2%	6%	2865

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

Feeling Statements

	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Q11.1. In general, I like who I am						
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
Grand Total	41%	39%	13%	5%	2%	2873

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

	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Q11.2. I am proud of the things I can do						
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
Grand Total	49%	38%	10%	2%	1%	2870

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

	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents to Question
Q11.3. When I do something, I try my hardest						
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
Grand Total	43%	40%	14%	2%	1%	2864

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
Grand Total	43%	40%	14%	2%	1%	2864

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
Grand Total	36%	45%	14%	3%	2%	2837

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
Grand Total	36%	45%	14%	3%	2%	2837

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
Grand Total	31%	39%	20%	7%	3%	2845

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
Grand Total	31%	39%	20%	7%	3%	2845

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
Grand Total	18%	24%	25%	23%	10%	2811

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
Grand Total	18%	24%	25%	23%	10%	2811

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
Grand Total	24%	42%	21%	8%	5%	2850

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
Grand Total	24%	42%	21%	8%	5%	2850

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
Grand Total	4%	13%	29%	37%	17%	2889

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
Edinburgh	6%	11%	28%	35%	21%	939
East Lothian	3%	12%	30%	38%	17%	962
West Lothian	4%	16%	30%	37%	12%	988
Grand Total	4%	13%	29%	37%	17%	2889

Body Image Questions – P7 only

Questions asked in the P7 survey.

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
Grand Total	20%	30%	21%	13%	6%	10%	961

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".	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Respondents to Question
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
Grand Total	12%	27%	22%	18%	13%	8%	936

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
Grand Total	33%	36%	15%	5%	4%	7%	2907

60

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
Grand Total	33%	36%	15%	5%	4%	7%	2907

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
Grand Total	3%	7%	30%	52%	6%	3%	2874

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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
Grand Total	3%	7%	30%	52%	6%	3%	2874

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
Grand Total	7%	8%	8%	72%	5%	2896

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
Grand Total	7%	8%	8%	72%	5%	2896

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
Grand Total	8%	11%	76%	6%	2843

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
Grand Total	8%	11%	76%	6%	2843

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
Grand Total	3%	7%	28%	58%	4%	966

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
Grand Total	75%	15%	3%	8%	2871

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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
Grand Total	75%	15%	3%	8%	2871

Q18.2. Adults are good at taking what I say into account	1. Agree	2. Neither agree nor disagree	3. Disagree	4. Don't know	Respondents to Question
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
Grand Total	64%	19%	3%	14%	2771

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

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
Grand Total	97%	1%	2%	2888

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
Grand Total	97%	1%	2%	2888

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
Grand Total	6%	55%	39%	2790

2017

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
Grand Total	6%	55%	39%	2790

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
Grand Total	5%	34%	61%	2648

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
Grand Total	5%	34%	61%	2648

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
Grand Total	78%	79%	61%	40%	25%	23%	65%	34%	2965

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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
Grand Total	78%	79%	61%	40%	25%	23%	65%	34%	2965

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
Grand Total	1%	5%	13%	75%	5%	2886

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
Grand Total	1%	5%	13%	75%	5%	2886

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
Grand Total	64%	27%	7%	1%	1%	2859

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
Grand Total	64%	27%	7%	1%	1%	2859

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
Grand Total	39%	38%	15%	6%	3%	2830

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
Grand Total	39%	38%	15%	6%	3%	2830

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
Grand Total	47%	37%	12%	2%	1%	2820

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
Grand Total	47%	37%	12%	2%	1%	2820

Q23.4. 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
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
Grand Total	6%	8%	17%	34%	35%	2809

Q23.4. 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
Q5	10%	10%	16%	28%	36%	920
Q6	5%	7%	16%	33%	38%	931
Q7	5%	7%	19%	39%	30%	958
Grand Total	6%	8%	17%	34%	35%	2809

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
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
Grand Total	72%	24%	3%	1%	1%	2846

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
Grand Total	72%	24%	3%	1%	1%	2846

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
Grand Total	51%	37%	9%	2%	1%	2831

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
Grand Total	51%	37%	9%	2%	1%	2831

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
Grand Total	69%	23%	6%	1%	1%	2825

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
Grand Total	69%	23%	6%	1%	1%	2825

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
Grand Total	35%	33%	20%	8%	4%	2776

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
Grand Total	35%	33%	20%	8%	4%	2776

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
Grand Total	58%	29%	9%	2%	2%	2818

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
Grand Total	58%	29%	9%	2%	2%	2818

"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
Grand Total	38%	46%	9%	7%	2864

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
ES	38%	43%	9%	11%	935
RG	40%	45%	8%	7%	954
R7	35%	50%	12%	4%	975
Grand Total	38%	46%	9%	7%	2864

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
Grand Total	43%	40%	11%	7%	2685

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
Grand Total	43%	40%	11%	7%	2685

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
Grand Total	42%	45%	14%	2870

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
Grand Total	42%	45%	14%	2870

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
Grand Total	33%	17%	12%	2965

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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
Grand Total	33%	17%	12%	2965

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
Grand Total	30%	13%	25%	14%	5%	17%	16%	2965

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
Grand Total	30%	13%	25%	14%	5%	17%	16%	2965

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
Grand Total	6%	7%	9%	19%	47%	12%	356

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
Grand Total	62%	23%	15%	1195

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
Grand Total	62%	23%	15%	1195

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
Grand Total	54%	11%	25%	10%	730

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
Grand Total	54%	11%	25%	10%	730

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
Peebles	82%	12%	1%	1%	1%	4%	576
Selkirk	79%	10%	1%	1%	2%	7%	168
Grand Total	78%	12%	2%	0%	1%	6%	2860

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
Grand Total	78%	12%	2%	0%	1%	6%	2860

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
Grand Total	55%	30%	6%	3%	3%	4%	2849

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
Grand Total	55%	30%	6%	3%	3%	4%	2849

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
Grand Total	62%	26%	9%	1%	2%	2826

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
Grand Total	62%	26%	9%	1%	2%	2826

12. Caring (P7 only)

The caring questions were in the P7 survey only.

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
Grand Total	31%	58%	11%	949

P7 Q42. 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
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
Grand Total	44%	30%	21%	5%	296

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
Grand Total	3%	20%	71%	6%	2853

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
Grand Total	3%	20%	71%	6%	2853

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
Grand Total	72%	23%	5%	2740

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
Grand Total	87%	10%	2%	2769

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
Grand Total	76%	18%	7%	2737

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
Grand Total	46%	38%	17%	2715

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
Grand Total	28%	18%	54%	2593

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

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

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

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

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

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
Grand Total	18%	22%	61%	2547

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
Grand Total	73%	18%	8%	2648

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
Grand Total	36%	29%	35%	2572

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
Grand Total	72%	23%	5%	2740

Q36.2. Talk to Mum / female carer	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
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
Grand Total	87%	10%	2%	2769

Q36.3. Talk to Dad / male carer	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
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
Grand Total	76%	18%	7%	2737

Q36.4. Talk to Brother(s) / Sister(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
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
Grand Total	46%	38%	17%	2715

Q36.5. Talk to Counsellor	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
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
Grand Total	28%	18%	54%	2593

Q36.6. Talk to GP or Nurse	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
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
Grand Total	36%	25%	39%	2581

Q36.7. Talk to Teacher(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
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
Grand Total	61%	33%	5%	2708

Q37.1. Talk to Neighbour(s)	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
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
Grand Total	25%	38%	37%	2648

Q37.2. Talk to Youth Worker	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
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
Grand Total	18%	23%	59%	2566

Q37.3. Talk to Other family members (e.g. grandparent(s))	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
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
Grand Total	75%	19%	6%	2690

Q37.4. Talk to Social Worker	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
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
Grand Total	18%	22%	61%	2547

Q37.5. Talk to Another adult you trust	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
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
Grand Total	73%	18%	8%	2648

Q37.6. Talk to Club or Group leader	1. Easy	2. Difficult	3. Does not apply to me	Respondents to Question
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
Grand Total	36%	29%	35%	2572

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
Grand Total	62%	26%	6%	2%	3%	2828

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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
Grand Total	62%	26%	6%	2%	3%	2828

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
Grand Total	75%	20%	2%	2%	2816

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
Grand Total	75%	20%	2%	2%	2816

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
Grand Total	67%	28%	3%	2%	2807

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
Grand Total	67%	28%	3%	2%	2807

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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 SIMD2020¹ quintile.

SIMD2020 Quintile	1. Female	2. Male	3. Prefer not to say	Grand Total	% SIMD2020 Quintile
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%
Grand Total	210	216	14	440	100%
% Sex	48%	49%	3%	100%	

The results are presented by sex and by SIMD2020 quintile.

¹SIMD2020 – [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%
Grand Total	440	210	216	14	24	47	126	130	31	82

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%
Grand Total	440

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%
Grand Total	440

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%
Grand Total	440	210	216	14	24	47	126	130	31	82

Getting e-cigarettes / vapes

12% 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%
Grand Total	440	210	216	14	24	47	126	130	31	82

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%
Grand Total	440	210	216	14	24	47	126	130	31	82

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%
Grand Total	440	210	216	14	24	47	126	130	31	82

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%
Grand Total	440	210	216	14	24	47	126	130	31	82

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%
Grand Total	440	210	216	14	24	47	126	130	31	82

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%
Grand Total	440	210	216	14	24	47	126	130	31	82

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%
Grand Total	440	210	216	14	24	47	126	130	31	82

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%
Grand Total	440

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%
Grand Total	440

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%

THEME: A GOOD PLACE TO GROW UP, LIVE IN AND ENJOY A FULL LIFE

Theme lead: Police Scotland

Group members: Police Scotland, SBC, Scottish Fire & Rescue Service

Outcomes	Actions	Time frame	Progress	RAG
<p>The Borders has a clear and planned pathway to Net Zero.</p>	<p>The Partnership will establish a definitive baseline of Area-Wide Greenhouse Gas Emissions, and develop a regional approach to delivering emissions mitigation and a climate-ready region.</p>	<p>12 months</p>	<ol style="list-style-type: none"> 1. It is proposed that Community Planning Partners be invited to endorse the Scottish Borders Climate Change Route Map (CCRM) at the next Community Planning Strategic Board on 9 March. The purpose of this endorsement is to provide a strategic framework for collective action on a just transition to Net Zero and related adaptation action across the Scottish Borders. 2. It is intended to renew the request previously made to partners to identify an appropriate officer to participate in a partnership Practitioner/Advisory Group (to provide technical and practical support to the Board on this urgent priority). 3. The previously referenced workshop supported by Edinburgh Climate Change Institute regarding 'area wide' Greenhouse Gas Emissions will take place on Monday 20 March. Its purpose is to initiate work on establishing an approach to area-wide baseline emissions data which we can use to plan, manage and monitor progress against key emissions sources through carbon measurement and assessment tools. Partners will be asked to ensure that they are represented appropriately at the workshop. 	<p style="background-color: #92d050;"></p>

<p>Cleaner greener travel, less emissions and increased choice for communities within the Scottish Borders.</p>	<p>Increase the range and availability of sustainable transport.</p>	<p>Some steps within 12 months; further steps beyond 12 months</p>	<p>In Late 2022, Scottish Borders Council commissioned a review of the local transport network with a view to improving accessibility to public transport across the Borders</p> <p>The review is focussed on the following outcomes;</p> <ul style="list-style-type: none"> • Reduce inequalities: provide fair and equitable access to key services, easy to use for all and affordable for all; • Take climate action: contribute to net zero targets by reducing net carbon emissions from transport; • Maximise the efficiency and effectiveness of the publicly subsidised bus services in the Scottish Borders. • Help deliver inclusive economic growth and community wealth building by linking people to jobs and customers to businesses; • Improve health and wellbeing by connecting people to communities and enabling healthy transport choices. <p>A Baseline review of all data provided from the 42 bus and Community Transport routes and journeys has taken place and will be overlaid on employee postcode data gathered from NHS Borders and Borders College to establish if there are any new travel opportunities.</p> <p>Extensive community and stakeholder engagement has also taken place alongside an online consultation seeking the views of</p>	
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			<p>Borderers which will help shape the new transport network.</p> <p>On the 2nd of May 2022, Scottish Borders Council, supported by the Workforce Mobility Project, launched the PINGO Demand Responsive Transport pilot in the Berwickshire locality.</p> <p>PINGO is an innovative way of delivering public transport which is not based on a traditional fixed route bus service, but defined by customers booking their trip through the PINGO App or by calling the dedicated hotline.</p> <p>Demand Responsive Transport by nature is more responsive to customer needs and is perfect, particularly in rural areas, for improving accessibility to public transport, joining up journeys, integrating with the existing transport network, and providing bus travel where a service doesn't exist.</p> <p>The service is already on target to exceed 12000 passengers by the end of the pilot in March, with further enhancements coming online Scottish Borders Council is hoping to extend the trial.</p> <p>The data gathered will feed into the wider network review helping us to understand how Demand Responsive Transport can interwork with fixed line bus services in a rural context.</p>	
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<p>Communities at the heart of decisions shaping the future and making decisions that affect their towns and villages.</p>	<p>Community Planning Partners to recognise and support Place Making (with the development of place plans in at least 15 communities across the five localities of the Borders) by being active in the governance of Place Making.</p>	<p>12 months</p>	<p>Potential dates to be identified where we can get Community Planning Partners – Programme Board and Strategic Board – together for a 2-2½ hour workshop on this outcome. This fits with correspondence between Scottish Borders Council and South of Scotland Enterprise late last year around the development of plans for our towns.</p> <p>The workshop (in person) would be facilitated by the Scottish Futures Trust and Scottish Government's Place Team and would reflect on two rounds of Borderlands workshops with communities – and wider engagements in other Towns and Communities including recent Selkirk events – and consider:</p> <ul style="list-style-type: none"> • The issues – those from a CPP perspective and those raised by the communities • What our ambitions are as a CPP partnership to deal with these issues • The resulting CPP priorities • Our commitment to engage with communities • CPP partners collective responsibilities in supporting the emerging town teams <p>Ideally it would be good to have the workshop on either the weeks commencing 17th and 24th April.</p> <p>There is also an opportunity here to raise the profile of the role of the new Borders Third Sector Interface in supporting place making within the Community Planning Partnership.</p>	
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Fewer people experience domestic abuse in Scottish Borders	Recognition-Respond-Refer: Empower communities to identify and take action to address domestic abuse through delivering increased awareness of 'coercive control' in the Scottish Borders and an understanding of what to do and who to contact	12 months	DAAS Service Manager currently working up a draft of an infographic targeted for the wider community in relation to the various ways they can "reach in" and seek support/report etc., it is in the early stages, and aiming for this to be ready at the end of February.	
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SCOTTISH BORDERS

INTEGRATED CHILDREN'S SERVICES PLAN

ANNUAL REPORT 2021/22



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Introduction

Welcome to the 2021-22 Progress Report of our Integrated Children & Young People's Plan for the Scottish Borders. The report reflects progress made in relation to the delivery of shared partnership priorities as set out in the [2021-2023 plan](#).

The Scottish Borders Community Planning Partnership (CPP) is committed to safeguarding, supporting, and promoting the well-being of all children and young people across the Scottish Borders. We translate this commitment into action through the work of the Children and Young People's Leadership Group (CYPLG).

The plan is informed by the United Nations Convention on the Rights of the Child (UNCRC) as well as a range of legislation and national policy.

Under the Children & Young People's (Scotland) Act 2014 (Part 3 - Children's Services Planning) there is a duty to prepare and publish an Annual Report.

The report should set out progress on:

- Children's services in a one-year period (April to March) provided in accordance with the Integrated Plan
- What that provision has achieved
- Aims of Children's Services planning
- Outcomes focused on the wellbeing of children and young people in the area.

The CYPLG brings together partners from Scottish Borders Council, NHS Borders, Police Scotland, the Scottish Children's Reporter Administration, and the Third Sector. The group has a key role in linking the work and plans of partners to achieve the best outcomes we can for our children and young people.

The CYPLG works with shared priorities to deliver meaningful and sustainable improvements to the lives of all our children and young people, to ensure that *everyone* can reach their full potential, and the report outlines progress on the following agreed priorities -

1. Keeping children and young people safe
2. Improving health and well-being and reducing inequalities
3. Targeting support to maximise life experiences and opportunities and ensuring inclusion
4. Increasing participation and engagement

The partnership has strong links across other strategic groups and governance arrangements e.g. Alcohol and Drug Partnership, Public Protection Committee, Integrated Joint Board, which ensures the work being progressed by the partnership supports the work of other groups, and that other groups have an awareness of their responsibility regarding children, young people, carers and families.

Priority 1 Progress

Priority 1: SAFETY: Keeping children and young people safe

Outcome: More children and young people will be protected from abuse, harm or neglect and will be living in a supportive environment, feeling secure and cared for.

Whilst the CYPLG does not have formal delivery or governance responsibilities for child protection, there are close links between the Public Protection Committee, Child Protection Delivery Group and CYPLG, with shared representation across the groups.

The Public Protection Committee Annual Report, which includes child protection, is in the process of being agreed by the Chief Officers Group and will be published once formally approved. The report will be accessible via the Scottish Borders Council website once published.

Theme A: Addressing Child Poverty

The Partnership is responsible for monitoring progress on child poverty via the Child Poverty Planning Group.

Reports relevant to Child Poverty, including the annual report, are via:

[Strategies, plans and policies directory - Child Poverty | Scottish Borders Council \(scotborders.gov.uk\)](https://www.scotborders.gov.uk/strategies-plans-and-policies-directory-child-poverty)

Theme B: Trauma Informed Practice

During the reporting period, trauma enhanced training was provided for 51 social work practitioners, delivered by Epione Trauma Training and Consultancy.

NHS Borders appointed a Transforming Psychological Trauma Implementation Coordinator and a work plan has been developed for implementation.

As part of this work plan, two local Trauma Champions have been appointed, one of whom is a senior leader within NHS Borders and the other being a senior leader within Scottish Borders Council.

A partnership steering group has been established to help drive forward this agenda and promote trauma informed practice within local services for all children, young people, and adults with lived experience of psychological trauma.

As well as the aforementioned roles, the steering group includes experts by experience.

The three key aims of the group are to:

- Destigmatise trauma and advocate that all people in contact with services receive a compassionate response.
- Be a focal point to provide information, resources and guidance on trauma training which is evidence based, has a robust governance and is informed by people with lived experience.
- Provide leadership and direction for promoting Trauma Informed Practice.

Priority 2 Progress

Priority 2: WELLBEING: Improving health and well-being and reducing inequalities

Outcome: Inequalities in the health and wellbeing of children and young people are reduced.

Theme A: Emotional Wellbeing and Mental Health

A Project Board oversees the delivery of the Community Mental Health and Wellbeing Framework.

Key Achievements during the reporting period include:

- Introduction of Kooth and Togetherall, digital platforms covering 11-18 year old age group & 16+ age group
- Enhancing trauma recovery services
- Piloting additional capacity for mentoring for 16-25 year olds
- Engaging underserved populations including BAME through the commission of Action for Children
- Working to better understand the needs of young people at community level through the commission of participatory social research
- Enhancing services for Young Carers and LGBT young people
- Development of an asset map/directory

Scottish Borders are the first local authority in Scotland to commit to taking a whole authority approach and are working with partners across Scottish Borders to deliver a number of projects, including work on See Me Mental Health Awareness, Self-Harm Awareness and Growing Confidence.

In addition to the work of the Project Board, the emotional health and wellbeing of children and young people is supported by on-going and enhanced commissioning of a number of services, including Quarriers Resilience for Wellbeing Service, Action for Children Young Carers and support for children and young people impacted by parental substance use, and Children 1st Abuse and Trauma Recovery Service.

Theme B: Trusted Adults

The Partnership commissions universal community-based youth work services ensures that there are opportunities for young people to access trusted adults in their community. This investment is enhanced by the Scottish Borders Strategic Youth Work Partnership delivery of youth work support through the [Stepping Stones](#) project.

There is an increasing awareness amongst partners of the role of Trusted Adults as a protective factor to emotional health and wellbeing.

There is strategic agreement to commission an awareness raising campaign on Trusted Adults commencing in January 2023. Baseline data from the Scottish Borders Health and Wellbeing Census Data (March 2022) indicates that 91% of both primary and secondary aged pupils have an adult in their life who they can trust and talk to about any personal problems. This data gives us insight to inform the planned awareness raising campaign activity on the availability and role of trusted adults.

Priority 3 Progress

Priority 3: INCLUSION: Targeting support to maximise life experiences and opportunities and ensuring inclusion

Outcome: Life experiences and opportunities are improved for children and young people who require our targeted support.

Theme A: Delivering The Promise

Over the past year, there have been a range of developments to support implementation of the Promise in the Scottish Borders.

In Summer 2021 Scottish Borders Council appointed a Promise Implementation Officer. This officer works in partnership with children, young people and their families and across services.

At the same time, Scottish Borders Council also appointed a Lead Young Person to develop and embed a Champions Board Approach in the Scottish Borders.

A group of Corporate Parents in the Scottish Borders are working on a collaborative project with Who Cares? Scotland to create multi-agency corporate parenting training.

Outcomes for looked after children and care leavers is a key focus of the Corporate Parenting Strategy.

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 and implement The Promise successfully.

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

Theme B: Supporting Transitions

The main focus of the work supported by the partnership has been in relation to ensuring that children and young people's experiences of educational transition should be well planned, coordinated and supported, working in partnership with children, young people, their families and community.

The work supported by the partnership during the reporting period focused on secondary to post-school, and young people with an additional support need.

Directed by the Young Persons Guarantee Partnership, secondary schools completed an audit of school to post-school transition meetings to evaluate current practice and effectiveness.

The results were used to shape engagement with key partners including school, Skills Development Scotland, and Developing the Young Workforce to refresh processes including updated protocols and procedures and sharing best practice. To ensure earlier and effective intervention, the cohort was widened from 16+ to 14+.

A follow up audit highlighted a positive impact on practice, improved consistency across all schools and person-centred approaches. The impact is evident in local authority positive initial and follow up school leaver destination figures.

Partnership working has also focused on tracking young people withdrawing from college and a monthly report helps to identify young people who leave college early or were unsuccessful in their application in order that a Skills Development Scotland adviser can contact individuals to offer support.

An Additional Support Needs Learning Network, funded by South Of Scotland Enterprise and facilitated by Inspiring Scotland, was established during the reporting period.

positive destination, an increase from 71% at the start of the academic year - this places Scottish Borders within the top 5 local authority areas 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.

As well as the specific examples provided, work has been progressing during the reporting period to ensure The Promise is central to delivering services for children, young people and families in Scottish Borders, including revised governance arrangements.

Further information regarding corporate parenting can be found at:
[Corporate parenting | Scottish Borders Council \(scotborders.gov.uk\)](https://www.scotborders.gov.uk/corporate-parenting)

The network focus is on sharing practice and innovation in Additional Support Needs transition and employability policy, peer to peer support, identifying gaps in provision and providing insight and lived experience to influence the redesign of support. A Professional Support Directory has been produced, as well as the development of an interactive leaflet produced by the Young Persons Guarantee partnership highlighting all post school support and options available.

A wide network of partnership working has been established, and reporting mechanisms have been established to ensure the partnership maintains oversight of progress.

Priority 4 Progress

Priority 4: PARTICIPTION: Increasing participation and engagement

Outcome: All our children and young people will be encouraged to be involved in the planning, provision and delivery of services and their rights will be respected.

Theme A: Children and Young People's Participation and Engagement Strategy

During the reporting period there have been a number of approaches which have contributed to supporting positive progress, and these include the development of a Champions Board, engagement with Student Councils and Pupil Voice, engagement work with Young Carers, work with young people around the Health and Wellbeing priorities and asset map.

The important role of the 3rd sector is much valued by the partnership, especially in supporting children and young people to come together and raise issues, which influences partnership decision-making.

It is also noted that the work being progressed around delivering The Promise is focused on the voice and experience of children and young people.

Children's Rights are central to the work of the partnership and the Children's Rights report can be found at:

[Children's Rights Report 2021-23 | Scottish Borders Council \(scotborders.gov.uk\)](#)

Theme B: Communication and Social Research with Children, Young People and their families.

In 2021/22 there have been a number of noteworthy developments linked to the development of Scottish Borders Youth Voice.

Scottish Youth Parliament elections were held in November 2021, and successful candidates have been engaged at a local and national level on various issues such as Education, Substance Misuse, Mental Health, cost of living crisis, better education on Neurodiversity and other health issues, and LGBTQ+ rights. Our local MSYPs also met with their MSP, MP and Councillors to discuss local issues such as transport, climate change, food access, and the local young person's Participation Strategy.

In the lead up to COP26, six young people from the Scottish Borders engaged through national youth agencies. Young people met online at a Youth Summit to create the COP26 Scottish Youth Climate Declaration, attended a weekend residential course, and established Make, Do and Mend Workshops in the Scottish Borders.

The Youth Ambassadors for Sustainability group was established to be the voice of young people on the Scottish Borders Council Sustainable Development Committee and look at ways to highlighting climate change issues in the Borders and how they could educate young people and others. They completed a presentation to Council on single use plastic bottles in schools, as well as creating a video and challenging councillors and others to make one small change by making a 'Promise to the Planet'. There have also been partnership opportunities such as meetings with local green organisations, local MP discussion, and food growing initiatives.

Young people are represented at Scottish Borders Council Education Sub Committee and have their voices heard on issues.

Young people have attended election counts at Springwood in Kelso to see how the process works and engage with candidates. They have been a part of the consultation on the National Planning Framework, transport discussions and UNCRC strategy.

Conclusion

The Children and Young People's Leadership Group are proud of the work done in 2021/22 under the Integrated Children and Young People's Plan for 2021/2023.

Working in partnership, Scottish Borders Council, NHS Borders, Police Scotland, the Scottish Children's Reporter Administration, and the Third Sector have delivered key actions to support each priority and achieve outcomes which have made and will continue to make a difference to the lives of all our children and young people.

The Children and Young People's Leadership Group are in the process of developing a new Integrated Children and Young People's Plan for 2023/2026.

We shall continue to work towards enhancing the lives of our children, young people and their families.

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CPP Forward Planner

		Meeting dates	
Programme Board		Strategic Board	
15/02/22	→	09/03/23	
17/05/22	→	08/06/23	

Meeting cycle	Subject	Org	Officer	Joint Programme Board	Strategic Board
Spring 2023	CPP Task Group Improvement Plan update including: <ul style="list-style-type: none"> Work Plan Progress report of review of Community Plan 	All	J Craig	15/02/2023	09/03/2023
	Update on the relevant results of the Young People's Wellbeing Survey.	SBC	C Brown	15/02/2023	09/03/2023
	Forward Planner	SBC	J Craig	15/02/2023	09/03/2023
	Theme updates	SBC / SDS / NHS B / Police Scotland	Theme Leads	15/02/2023	09/03/2023
	Reimagining the TSI	TSI	Duncan Dunlop	15/02/2023	09/03/2023
	Integrated Children and Young People's Progress Report 2021-22	SBC	For noting only	15/02/2023	09/03/2023
	Draft Health & Social Care Strategic Framework	NHS B	Chris Myers	15/02/2023	
	Proposal for themed meetings	SBC	J Craig	15/02/2023	
Summer 2023	The Promise –update	The Promise	S Easingwood	17/05/2023	08/06/2023
	Forward Planner	SBC	J Craig	17/05/2023	08/06/2023
	Theme updates	SBC / SDS / NHS B / Police Scotland	Theme Leads	17/05/2023	08/06/2023
	Mental Health Improvement & Suicide Prevention Action Plan	NHS Borders	S MacKenzie	17/05/2023	08/06/2023
	Community Wealth Building	SoSE	Robert Davidson	tbc	tbc

	Progress update on Community Learning and Development Partnership Plan 2021-24	SBC	L Munro	tbc	tbc	