

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
P5	5%	11%	19%	25%	31%	9%	950
P6	4%	6%	19%	30%	34%	6%	970
P7	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
P5	53%	1%	1%	0%	31%	3%	1%	2%	8%	937
P6	50%	2%	1%	1%	33%	2%	1%	2%	7%	958
P7	30%	27%	25%	7%	1%	3%	1%	2%	5%	996
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

	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

Q10.3. 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	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

Q10.3. 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
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

Q11.1. 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	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

Q11.1. 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
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

Q11.2. 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	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

Q11.2. 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
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

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
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
Jedburgh	26%	43%	20%	7%	5%	152
Kelso	20%	46%	19%	10%	5%	279
Peebles	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
P5	6%	11%	28%	35%	21%	939
P6	3%	12%	30%	38%	17%	962
P7	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
Selkirk	38%	30%	15%	5%	5%	6%	168
Grand Total	33%	36%	15%	5%	4%	7%	2907

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

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)

P7 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

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
Selkirk	9%	54%	38%	164
Grand Total	6%	55%	39%	2790

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

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
Kelso	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
P5	10%	10%	16%	28%	36%	920
P6	5%	7%	16%	33%	38%	931
P7	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
Kelso	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
P5	72%	21%	5%	1%	1%	927
P6	71%	22%	6%	1%	1%	939
P7	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
P5	38%	43%	9%	11%	935
P6	40%	45%	8%	7%	954
P7	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

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
P5	64%	19%	17%	427
P6	63%	19%	18%	402
P7	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

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