

Scottish Borders

# HEALTH & WELLBEING CENSUS 2022

Executive Summary



# Health and Wellbeing Census 2022 – Executive Summary

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

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

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

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

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

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

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

Stage	SBC Pupils			Census 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%
<b>Grand Total</b>	<b>3339</b>	<b>3373</b>	<b>6712</b>	<b>2041</b>	<b>1992</b>	<b>4033</b>	<b>61%</b>	<b>59%</b>	<b>60%</b>

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

## Substance Use Questionnaire

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

## Additional areas to be considered:

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

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

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

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

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

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

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

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

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

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

### Bullying (summary data)

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

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

Survey Stage	1. Yes	2. No	3. Prefer not to say	Sub Total	9. Not Answered	Grand Total
S1	33%	55%	12%	85%	129	874
S2	28%	63%	9%	83%	151	901
S3	25%	69%	6%	86%	118	847
<b>Grand Total</b>	<b>29%</b>	<b>62%</b>	<b>9%</b>	<b>85%</b>	<b>398</b>	<b>2622</b>

Bullying	Primary	Secondary
Additional information	Primary data pack pages 54-59.	Secondary data pack pages 72-80.

## Caring Responsibilities (summary data)

### Do you care for, or look after, someone?

(Primary survey -The caring questions were only asked in the P7 survey.)

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

Survey Stage	1. Yes	2. No	3. Prefer not to say	Sub total	9. Not Answered	Grand Total
S1	20%	69%	11%	80%	171	874
S2	21%	71%	8%	79%	191	901
S3	16%	73%	11%	83%	145	847
S4	12%	79%	9%	91%	60	663
S5	12%	83%	5%	85%	68	468
S6	10%	85%	5%	83%	49	280
<b>Grand Total</b>	<b>16%</b>	<b>75%</b>	<b>9%</b>	<b>83%</b>	<b>684</b>	<b>4033</b>

Caring Responsibilities	Primary	Secondary
Additional information	Primary data pack page 62.	Secondary data pack pages 85-86.

## Body Image (summary data)

### I am happy with my body and the way I look.

(Primary survey –body images questions only asked to P7)

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

Survey Stage	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	6. Prefer not to say	Sub Total	9. Not Answered	Grand Total
S1	14%	37%	20%	12%	8%	9%	95%	40	874
S2	12%	32%	24%	17%	10%	6%	92%	75	901
S3	10%	31%	24%	17%	13%	5%	93%	59	847
S4	9%	27%	24%	22%	15%	3%	94%	40	663
S5	8%	26%	24%	22%	16%	4%	92%	36	468
S6	9%	29%	29%	19%	10%	4%	95%	13	280
<b>Grand Total</b>	<b>11%</b>	<b>31%</b>	<b>23%</b>	<b>17%</b>	<b>12%</b>	<b>6%</b>	<b>93%</b>	<b>263</b>	<b>4033</b>

Body Image	Primary	Secondary
Additional Information	Primary data pack – page 30.	Secondary data pack pages 38-39.

## Loneliness, Stress and Worry (summary data)

### How often do you feel lonely?

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

Survey Stage	1. Hardly ever or never	2. Some of the time	3. Often or always	4. Prefer not to say	Sub-Total	9. Not Answered	Grand Total
S1	49%	36%	12%	3%	100%	17%	874
S2	45%	36%	17%	2%	100%	19%	901
S3	43%	38%	17%	2%	100%	15%	847
S4	41%	39%	17%	2%	100%	10%	663
S5	37%	41%	21%	1%	100%	13%	468
S6	39%	44%	16%	1%	100%	15%	280
<b>Grand Total</b>	<b>43%</b>	<b>38%</b>	<b>16%</b>	<b>2%</b>	<b>100%</b>	<b>15%</b>	<b>4033</b>

### How pressured (stressed) do you feel by the schoolwork you have to do?

(Primary survey – question only asked to P7)

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



Survey Stage	1. Not at all	2. A little	3. Some	4. A lot	5. Prefer not to say	Sub Total	9. Not Answered	Grand Total
S1	12%	38%	33%	15%	2%	99%	9	874
S2	10%	36%	35%	16%	2%	100%	4	901
S3	7%	31%	39%	22%	2%	99%	6	847
S4	6%	20%	33%	41%	0%	99%	7	663
S5	3%	16%	28%	53%	1%	99%	7	468
S6	6%	20%	29%	44%	1%	100%	1	280
<b>Grand Total</b>	<b>8%</b>	<b>29%</b>	<b>34%</b>	<b>27%</b>	<b>1%</b>	<b>99%</b>	<b>34</b>	<b>4033</b>

### There are lots of things that I worry about in my life

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

### (Secondary survey – question only asked to S1)

S1 Q11.6. There are lots of things that I worry about in my life	1. Strongly agree	2. Agree	3. Neither agree nor disagree	4. Disagree	5. Strongly disagree	Respondents To Question
Berwickshire High School	20%	29%	18%	29%	4%	55
Earlston High School	18%	27%	24%	25%	5%	157
Eyemouth High School	17%	21%	26%	29%	8%	66
Galashiels Academy	18%	24%	28%	23%	7%	104
Hawick High School	10%	22%	42%	19%	7%	118
Jedburgh Grammar Campus - Secondary						0
Kelso High School	17%	25%	33%	21%	4%	76
Peebles High School	19%	26%	25%	24%	7%	187
Selkirk High School	19%	29%	38%	13%	2%	48
<b>Grand Total</b>	<b>17%</b>	<b>25%</b>	<b>29%</b>	<b>23%</b>	<b>6%</b>	<b>811</b>

Loneliness, stress and worry	Primary	Secondary
Additional Information	Primary data pack – pages 14, 27, 53.	Secondary data pack – pages 16, 30, 33, 63.

## Summary of Additional Data

Below is **some** of the additional high-level information for areas identified within the census data.

At multi-agency forums, local authority, cluster and school level this information will be analysed and used within Improvement Planning, focus group discussions and work with other stakeholders moving forward.

There are many areas not included in this summary, which could be discussed further to support additional work within schools and across agencies.

(\*denotes which page and survey to find the breakdown of additional information e.g. stage, cluster, school).

### School and Learning

	Primary - P5-7	Secondary – S1-S6
I feel like I have a choice in what I am learning in school.	<b>47%</b> (*page 6 onwards – primary data)	<b>40%</b> (*page 10 onwards- secondary data)
My teachers listen to what I have to say.	<b>84%</b> (*P6 onwards- primary data)	<b>57%</b> (*P10 onwards.– secondary data)
I have an adult to talk to at school if I am worried about something.	<b>78%</b> (*P6 onwards– primary data)	<b>65%</b> (*P10 onwards – secondary data)
I feel my teachers treat me fairly.	<b>84%</b> (*P6 onwards – primary data)	<b>65%</b> (*P10 onwards – secondary data)
I feel confident to speak up in class, ask questions and share my opinion.	<b>60%</b> (*p6 onwards – primary data)	<b>52%</b> (*p10 onwards - secondary data)
Most of the time, I am happy at school.	<b>67%</b> (*p6 onwards– primary data)	<b>50%</b> (*p10 onwards - secondary data)

### Attitudes to life

	Primary - P5-7	Secondary – S1 – S6
My life is just right.	Disagree/strongly disagree <b>9%</b> (*p19 onwards – primary data)	Disagree/Strongly disagree <b>16%</b> (*p27 onwards – secondary data)
I have what I want in life.	Disagree/strongly disagree <b>12%</b> (*p28 onwards – primary data)	Disagree/strongly agree <b>13%</b> (*p29 onwards – secondary data)
Even if I'm having a difficult time, I feel like I will be OK.	Disagree/strongly disagree <b>13%</b> (*p28 onwards – primary data)	
Most of the time, I have enough money to do the same things as my friends.	Disagree/strongly disagree <b>12%</b> (*p50 onwards – primary data)	

## Eating and Drinking

	Primary P5-7	Secondary S1 – S6
Some children and young people go to school or to bed hungry. How often does it happen to you?	Always /often – P7 only <b>10%</b> (*page 35 – primary data)	Always/often <b>8%</b> (*page 43 onwards - secondary data)
I never have breakfast during weekdays	<b>7%</b> (* page 33 onwards – primary data)	<b>23%</b> (* page 44 onwards – secondary data)
How often do you usually drink Energy drinks (e.g, Red Bull, Lucozade, Monster	Never <b>71%</b> (*page 35 onwards – primary data)	Never <b>57%</b> (*page 46 onwards – secondary data)

## Relationships with Adults

	Primary P5-7	Secondary S1-S6
I have an adult to talk to at school if am worried about something.	Strongly agree/agree <b>78%</b> (* page 11 onwards – primary data)	Strongly agree/agree <b>65%</b> (*page 12 onwards – secondary data)
Do you have an adult in your life who you can trust and talk to about any personal problems?	Yes, I always do <b>71%</b> (*page 63 onwards – primary data)	Yes, I always do <b>63%</b> (*page 87 onwards – secondary data)

## Substance Use – S4 only

Summary Information		
<b>Smoking tobacco</b>	<b>69%</b> have never smoked. <b>6%</b> say they have 1 cigarette or more in the last 7 days.	Additional information contacted in Substance Use data report pages1-10.
<b>E-cigarettes/vaping</b>	<b>54%</b> have never used e-cigarettes or vaped.	
<b>Alcohol</b>	<b>63%</b> report that they have had an alcoholic drink.	
<b>Drugs</b>	<b>83%</b> report they have never taken illegal drugs.	

## Where I live

	Primary P5-7	Secondary S1-6
Generally speaking, I feel safe in the area I live ..	Always/most of the time <b>88%</b> (*page 74 onwards – primary data)	Always/most of the time <b>92%</b> (*pages 98 onwards – secondary data)
Do you think that the area in which you live is a good place to live?	Yes it's good/it's ok <b>95%</b> (*page 75 onwards –primary data)	Yes it's good/it's ok <b>97%</b> (* page 99 onwards – secondary data)
Are there places near where you live where you can play outdoors?	Yes-lots/yes- some <b>95%</b> (*page 76 onwards – primary data)	Yes- lots/yes- some <b>97%</b> (*page 99 onwards – secondary data)

## Health and Wellbeing Census - considerations moving forward:

1. March is not an ideal time in particular for secondary schools with preparations for SQA diet of examinations at this time. Proposal would be to undertake the census in the November rather than March.
2. Proposal would be undertake the census on a bi-annual basis, which would allow us to track improvement over time, using the 2022 census as a baseline.