



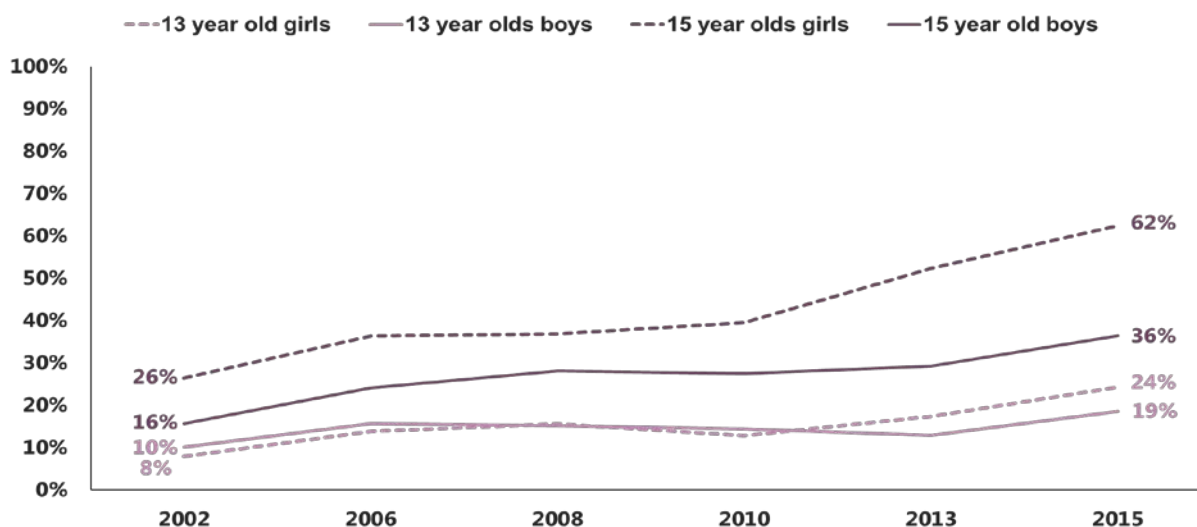
# SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY (SALSUS) 2015: Teenage lifestyle trends summary report

## KEY LONG TERM TRENDS

### Feeling pressured by school work

Feeling strained or pressured by schoolwork is now at the highest level it has ever been for all pupils. There has been a marked increase in the proportion of 15 year old girls in particular, who felt pressured a lot of the time, between 2010 and 2015.

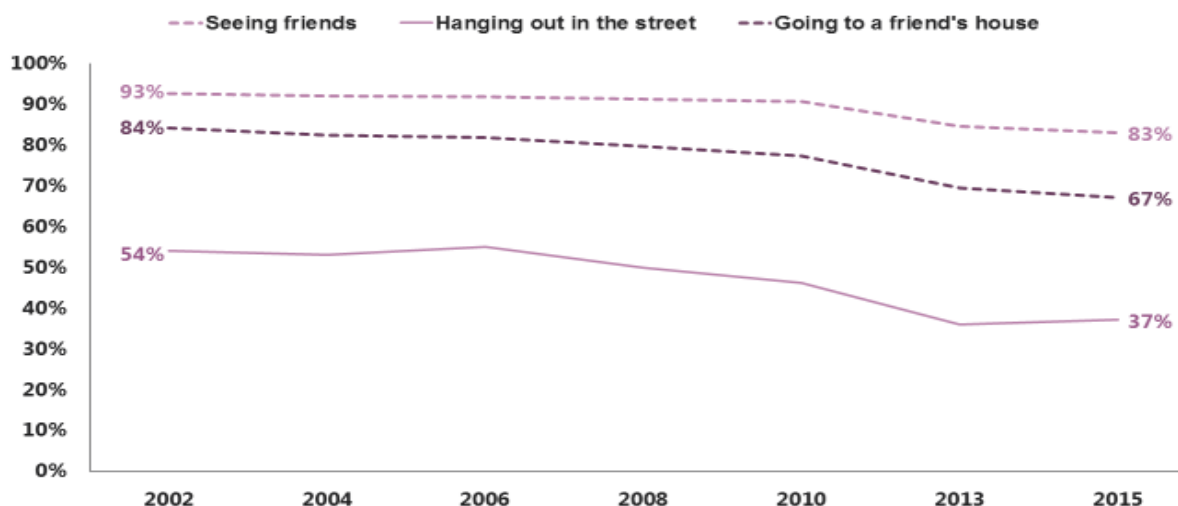
### Proportion of pupils who feel strained or pressured by schoolwork a lot of the time, by age and gender (2002-2015)



### A decline in leisure activities involving face-to face interaction

Overall, participation in activities that involve interaction with other young people face-to-face has declined since 2002. For example, there has been a decline in the proportion of pupils who saw friends, went to a friend's house or hung out in the street between 2002 and 2015.

### Weekly leisure activities (2002-2015)



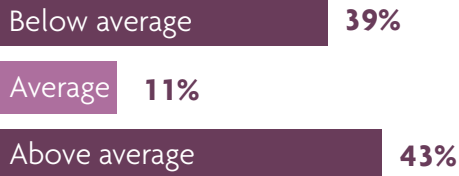
# SALSUS 2015: Teenage lifestyle trends summary

## Parental knowledge

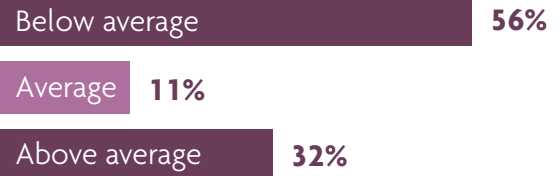
Among 15 year olds, **perceived mother's knowledge was higher than father's knowledge.**



### Mother's awareness



### Father's awareness



## Talking about concerns

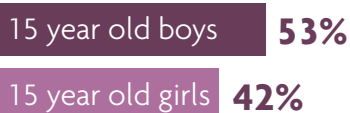
Pupils were more likely to **talk to their mother than their father about concerns. 15 year old girls**, in particular, were **unlikely to talk to their fathers.**



### Likely to talk to their mothers



### Likely to talk to their fathers



## Long term health condition

There has been an **increase in the proportion of 15 year old girls reporting a physical or mental health condition or illness**, lasting 12 months or more.



## Top 7 leisure activities



### Listen to music



### Play computer games



### Go online and use social networking



### See friends



### Watch films/DVDs



### Do sport (e.g. football, swimming)



### Go to a friend's house



## SALSUS 2015: Teenage lifestyle trends summary

### Feeling pressured by schoolwork

**15 year olds were more likely** than 13 year olds to **feel pressured by schoolwork a lot**.  
**15 year old girls were most likely** to say they felt **pressured a lot of the time**, by some margin.



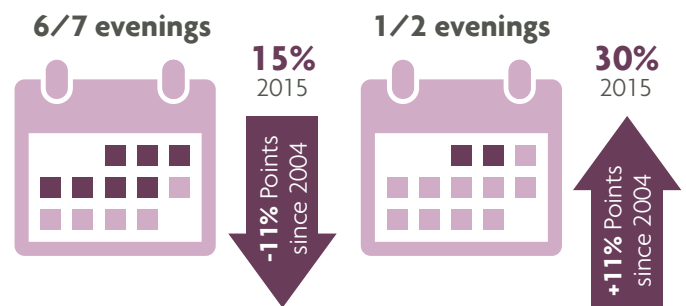
### Liking school

**15 year old boys were more likely** than 15 year old girls to **like school "a little" or "a lot"**.



### Proportion of evenings spent with friends each week

The proportion of pupils who spend **6 or 7 nights** with friends has **decreased between 2004 and 2013**, while the number spending **only 1 or 2** has **increased**.



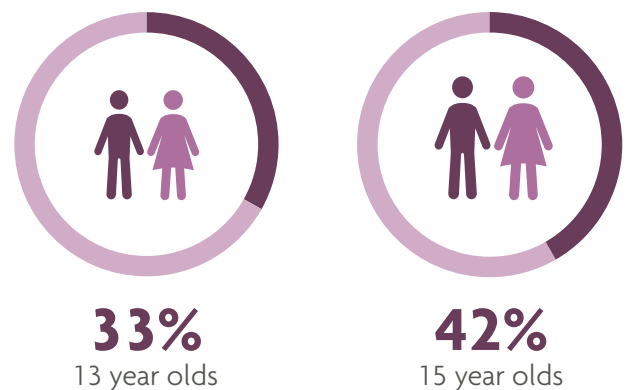
### Post-school expectations

The number of pupils who thought they would go onto university increased **between 2004 and 2015**, particularly among **15 year old girls**.



### Truancy

**15 year olds were more likely** than 13 year olds to have truanted at least once in the past year.



# SALSUS 2015: Technical details

## SURVEY BACKGROUND

The Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) is a continuation of a long established series of national surveys on smoking, drinking and drug use. These were carried out jointly in Scotland and England between 1982 and 2000, to provide a national picture of young peoples' smoking (from 1982), drinking (from 1990), and drug use (from 1998) behaviours within the context of other lifestyle, health and social factors. Since 2002, Scotland has developed its own, more tailored, survey known as SALSUS.

SALSUS measures progress towards Scottish Government targets for smoking and drug use, and is used to inform the Scottish Government priority of addressing harmful drinking among young people.

This report presents the findings from the contextual lifestyle questions of the 2015 wave of the Scottish Schools Adolescent Lifestyle and Substance Use Survey, therefore there are no references to substance use in this summary report.

## METHODOLOGY

SALSUS is a self-completion survey administered by teachers in a mixed ability class, under exam conditions. In the past the survey has been completed on paper, but for the first time, in the 2015 wave, half of the sample completed the survey online.

A random nationally representative sample of S2 and S4 pupils in school was selected with classes as the primary sampling unit. All local authority and independent schools in Scotland were eligible for inclusion in the sample, with the exception of special schools.

Fieldwork was completed between September 2015 and January 2016. The overall response rate was 53%.

Data was weighted by local authority, age, sex, school sector (state/independent), school denomination and by urban/rural classification.

## FURTHER INFORMATION

More information on survey methodology can be found in the technical report available at: <http://www.gov.scot/Publications/2016/10/9287>

The full 2015 SALSUS Mental Wellbeing report is available at: <http://www.gov.scot/stats/bulletins/01276>

## CONTACT DETAILS

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