

Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS)



SMOKING REPORT (2018)



Scottish Government
Riaghaltas na h-Alba
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Executive Summary

Introduction

This report presents the smoking findings from the 2018 wave of the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS). The research was commissioned by the Scottish Government and carried out by Ipsos MORI Scotland.

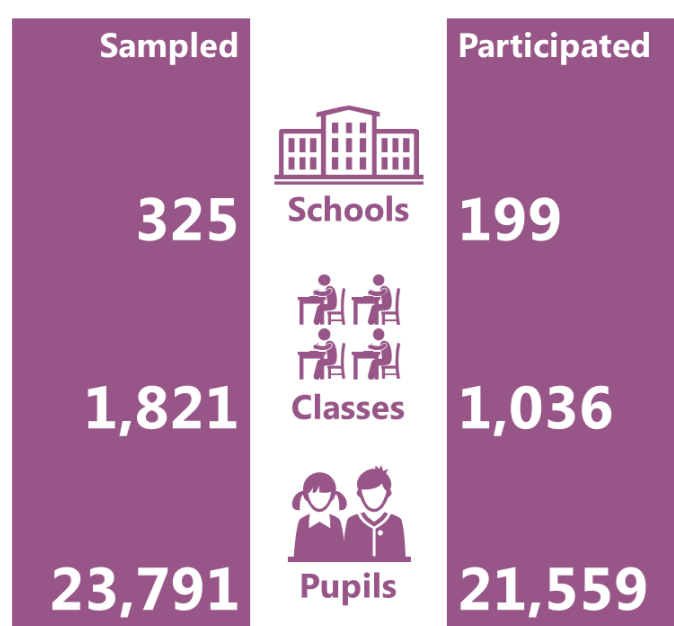
Survey background and purpose

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.

About the survey

SALSUS is a self-completion survey administered by teachers in a mixed ability class, under exam conditions. In 2018, schools were encouraged to administer the survey online (but could administer it on paper if that was more feasible). Fieldwork was undertaken between September 2018 and April 2019.

Figure 1 Numbers sampled and participated



The overall response rate was **52%** based on class and pupil response rate¹.

For full details of the methodology please see the accompanying SALSUS 2018 Technical Report.

¹The overall response rate excludes schools who took part in the Realigning Children's Services Survey and Glasgow state schools. For more details please see the SALSUS 2018 Technical Report.

Key findings

Prevalence and key trends

- Almost all 13 year olds were non-smokers (97%). 2% were regular smokers and 2% were occasional smokers. Smoking was more common among 15 year olds, but prevalence was still low: 7% were regular smokers and 6% were occasional smokers. 87% of 13 year olds and 70% of 15 year olds reported never having smoked.
- Smoking prevalence has decreased substantially over time, however, there were no statistically significant changes between 2015 and 2018.
- Among 15 year old regular smokers, the mean (average) number of cigarettes smoked in the last week was 50 for boys and 33 for girls. Since the mean can be affected by a relatively small number of pupils smoking a lot, it is also useful to look at the median number, which was much lower: 28 for boys and 21 for girls.
- The mean age that 15 year olds (who had ever smoked) had first smoked a cigarette ('even just a puff') was 13 years and 5 months, continuing a gradual increase in age of first smoking experience since 2008.
- Half of 15 year old regular smokers said they would find it 'very' or 'fairly' difficult to give up. Since 2002, more girls than boys report that they would find it difficult to give up. 29% of 15 year old regular smokers said they would like to give up smoking and over half (54%) of 15 year old regular smokers had previously tried to give up.
- 17% of 13 year olds and 35% of 15 year olds have ever used an e-cigarette. Boys were more likely to have tried an e-cigarette than girls. However, only a small proportion used them regularly: 2% of 13 year olds and 3% of 15 year olds. Smokers in both age groups were more likely than non-smokers to have ever used or regularly used an e-cigarette.
- From 2015 to 2018, there was a rise in the proportion of boys who had tried e-cigarettes across both age groups. However, regular use of e-cigarettes has not changed.

Availability and awareness of tobacco

- Among regular smokers, the most common sources of cigarettes were getting someone else to buy them and being given them. 13 year old regular smokers were almost twice as likely to buy cigarettes from others than buy them from shops.
- Girls were more likely than boys to be given cigarettes by friends or siblings. Boys were more likely than girls to buy cigarettes from the supermarket.

Attitudes to smoking

- 45% of 15 year olds thought it was 'ok' for someone their age to try smoking to see what it's like, whereas 13 year olds were less likely to think this (19%). The proportion thinking it is 'ok' has risen slightly after falling markedly between 2006 and 2015. Among 15 year olds, girls were more likely than boys to think it was 'ok' to try smoking.

Acknowledgements

First and foremost, we would like to thank all of the pupils who participated in the 2018 Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS).

We would also like to thank the schools that participated and, in particular, the teachers who organised and administered the survey. In addition, we would like to thank individuals from Alcohol and Drug Partnerships (ADPs) and Education departments within local authorities who encouraged schools to take part.

We are grateful to Scottish Government colleagues for their help and guidance over the life of the project, and in particular to Carol Brown and Neil White for their support throughout.

Finally, we would like to acknowledge the contributions of many Ipsos MORI colleagues, in particular: Lucy Setterfield, Lorraine Murray, Chris Martin, Melissa Behm, Yinka Oluwi, Russell Painter and Kevin Pickering.

Carolyn Black
Linda Hutcheson
Catriona Millar

1 Introduction and background

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Survey background

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) within the context of other lifestyle, health and social factors. Since 2002, Scotland has developed its own, more tailored survey known as SALSUS.

Survey purpose

SALSUS informs progress towards Scottish Government policies to reduce the harms from smoking, drinking and drug use among children and young people.

The survey series also provides local prevalence rates for smoking, drinking and drug use across Alcohol and Drug Partnerships (ADPs), local authorities and NHS Boards.

Policy background

Though in decline, smoking remains the main preventable cause of ill-health and premature death in Scotland.

The Scottish Government has taken various policy actions to reduce the use of, and harm caused by, tobacco. This is one of Scotland's six public health priorities² (along with reducing harms from alcohol and drug use).

Since the Scottish Parliament was established in 1999, it has overseen a range of measures aimed at reducing smoking including:

- legislation to ban tobacco advertising (2002)
- a ban on smoking in public places (2006)
- an increase in the age for tobacco sales from 16 to 18 (2007)
- the overhaul of tobacco sale and display law, including banning the display of cigarettes in shops and banning sales from vending machines (2010)
- awareness raising campaigns
- continued investment in NHS stop smoking services
- further control of tobacco and e-cigarettes in the 2016 Health (Tobacco, Nicotine etc. and Care) (Scotland) Bill
- introducing new rules for the purchase and supply of vapour products in 2017
- making prisons smoke-free from November 2018.

In 2013, the Scottish Government published a tobacco control strategy³ and set a target of creating a tobacco-free generation by 2034. In 2018, the Scottish Government published its tobacco control action plan⁴ which emphasises prevention through informing and empowering people to make healthier decisions, raising awareness on the dangers of smoking and encouraging healthier behaviours. It also details strategies to improve services and restrict the supply of/demand for tobacco.

² Scottish Government and COSLA (2018) Public Health Priorities for Scotland
<https://www.gov.scot/publications/scotlands-public-health-priorities/>

³ Scottish Government (2013) Creating a Tobacco-Free Generation - Tobacco Control Strategy
<https://www.gov.scot/publications/tobacco-control-strategy-creating-tobacco-free-generation/>

⁴ Scottish Government (2018) Raising Scotland's tobacco-free generation: our tobacco control action plan 2018 <https://www.gov.scot/publications/raising-scotlands-tobacco-free-generation-tobacco-control-action-plan-2018/>

Policies that will come into effect in the near future include:

- banning smoking around hospital buildings in 2020
- regulating the sale of electronic cigarettes or nicotine vapour products (NVPs)
- promoting a new national brand - Quit Your Way - for the stop-smoking service which was launched in 2018
- using the Scottish Ministerial Working Group on Tobacco Control to help develop policy to reduce the impact of tobacco on Scotland's health
- managing the Register of Tobacco and NVP retailers

Further information about policy relating to smoking is available at:

- NHS Health Scotland:
<http://www.healthscotland.scot/health-topics/smoking/smoking-prevention>
- Scottish Government:
<https://www.gov.scot/policies/smoking/>

Methods

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 in 2018 schools were given the choice to complete the survey online or on paper.

A random, nationally representative sample of S2 and S4 pupils in Scottish schools was drawn 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 October 2018 and April 2019. A total of 12,558 S2 and 10,807 S4 pupils responded (including schools that took part in the Realigning Children's Service Survey).

The overall response rate was 52% (excludes schools that took part in the Realigning Children's Services Survey and Glasgow state schools).

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

Throughout the report pupils in S2 are referred to as '13 year olds' and S4 pupils are referred to as '15 year olds' for ease. It should be borne in mind that some pupils within these categories may be slightly older or younger.

Some pupils did not answer each question. Where answers are missing, these have been excluded from the analysis and so charts and tables that describe the same population may have varying bases. When differences between estimates are specifically commented on in the report, these differences are statistically significant to the level of 0.05.

Percentages may not add up to 100% due to rounding.

For full details of the methodology, please see the SALSUS 2018 Technical Report⁵.

Finally, it is important to note, that while there are associations between many of the behaviours explored in this report, conclusions about causality cannot be drawn.

Changes to the questionnaire

No alterations were made to the tobacco questions for 2018, so they are the same as in the 2015 survey. For further details on other question changes and survey methodology see the SALSUS 2018 Technical Report and the full 2018 questionnaire⁶.

⁵ The SALSUS 2018 Technical Report can be found at: <http://www.gov.scot/ISBN/9781839603327>

⁶ The SALSUS 2018 Questionnaire can be found at: <http://www.gov.scot/ISBN/9781839603327>

2 Prevalence and key trends

Summary of key changes over time

There were few changes in key measures between 2015 to 2018. Smoking prevalence has levelled-off since 2015, following a steady decline since 2004. The average number of cigarettes smoked in a week has remained similar among 15 year olds, for both boys and girls. The proportion of non-smokers who have tried e-cigarettes has increased among boys in both age groups. However, regular use of e-cigarettes has not changed since 2015.

Figure 2.1 Summary of trends in smoking between 2015 and 2018

	13 year olds		15 year olds	
	Boys	Girls	Boys	Girls
PROPORTION OF REGULAR SMOKERS	↔	↔	↔	↔
MEAN NUMBER OF CIGARETTES SMOKED A WEEK	—	—	↔	↔
MEDIAN NUMBER OF CIGARETTES SMOKED A WEEK	—	—	↔	↔
E-CIGARETTE USE EVER	↑	↔	↑	↔

N.B. Data on the number of cigarettes smoked by 13 year old regular smokers has been left blank as the bases were too small to allow robust analysis.

Smoking prevalence

Pupils were classified as 'regular smokers' (defined as usually smoking at least one cigarette a week), 'occasional smokers' (currently smoking, but less than one cigarette a week) or 'non-smokers' (pupils who had never smoked or were not current smokers).

2018 FIGURES

Almost all 13 year olds (97%) were non-smokers. 2% were regular smokers and 2% were occasional smokers. Smoking was more common among 15 year olds, but the prevalence was still low: 7% were regular smokers and 5% were occasional smokers (Figure 2.2). 87% of 13 year olds and 70% of 15 year olds reported never having smoked.

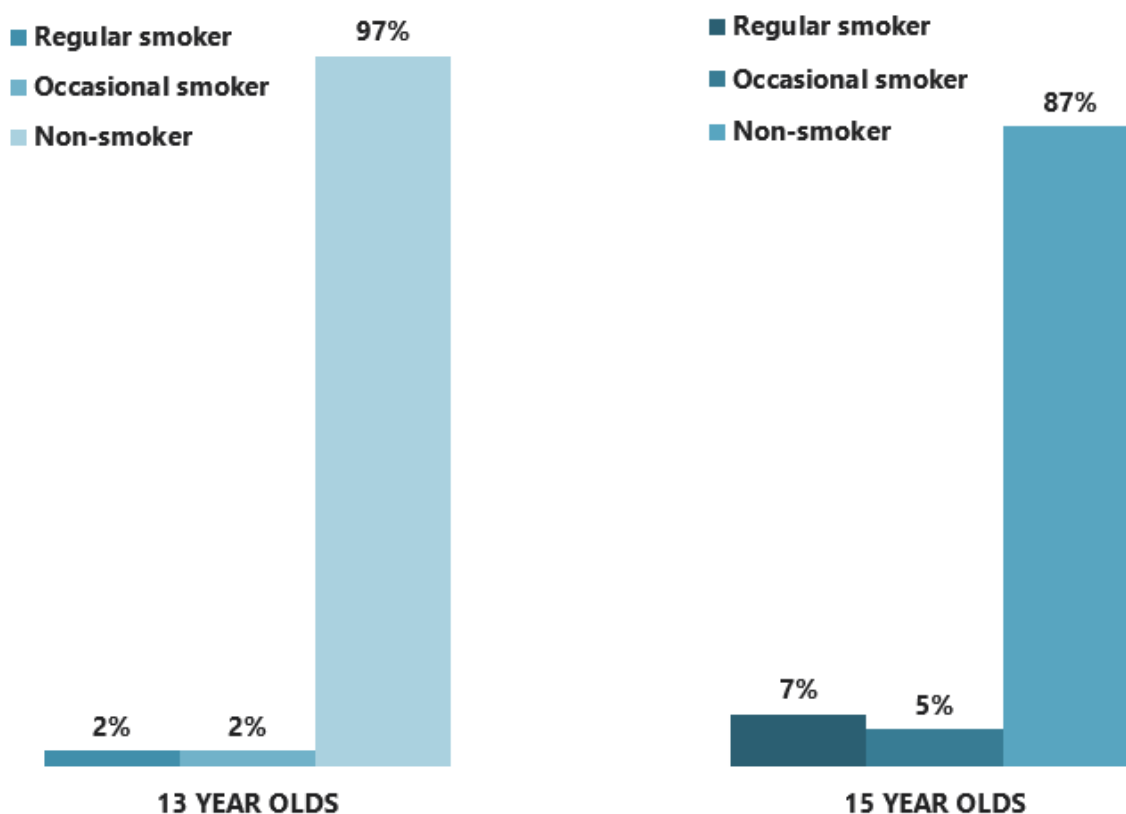
TRENDS OVER TIME

Smoking prevalence has decreased substantially over time, since 1996 among 15 year old boys and slightly later (since 2002-2004) among 15 year old girls and 13 year olds (Figure 2.3). However, this has levelled off in 2018, with no statistically significant changes this wave compared to 2015.

GENDER DIFFERENCES

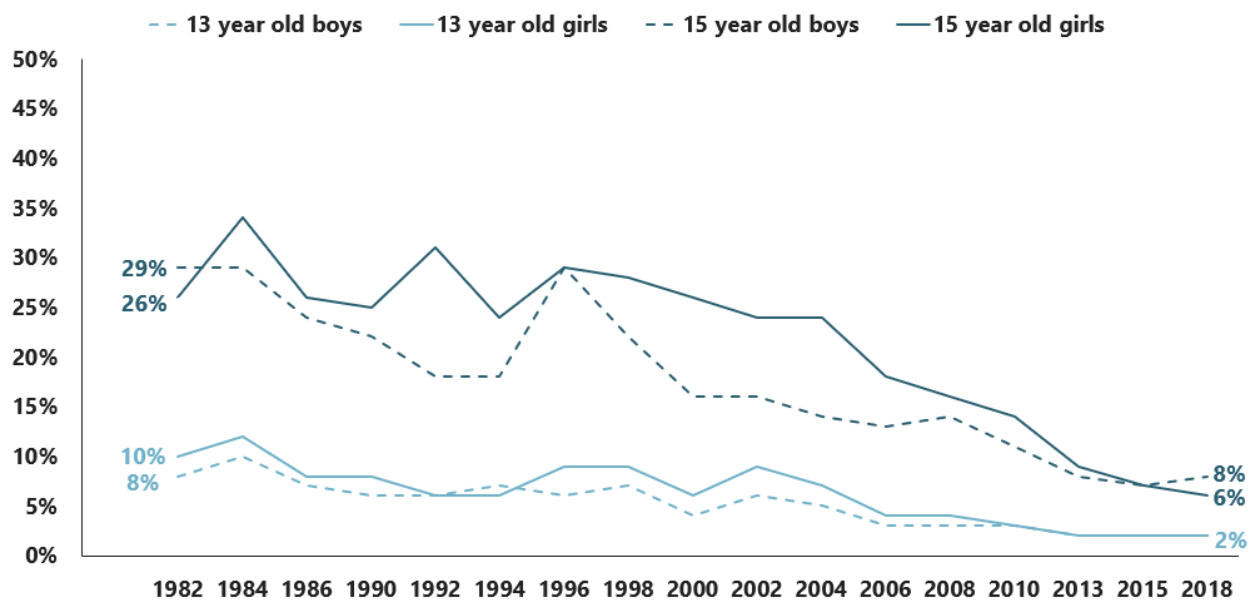
Over the previous three decades or so, smoking prevalence tended to be somewhat higher among girls, but this is no longer true among 15 year olds in 2018.

Figure 2.2 Smoking frequency, by age (2018)



Base: all pupils, 13 year olds (12,282), 15 year olds (10,601)

Figure 2.3 Proportion of pupils who are regular smokers, by age and sex (1982-2018)



Base: all pupils (for full base sizes please see Appendix A)

Number of cigarettes smoked in the last week

2018 FIGURES AND GENDER DIFFERENCES

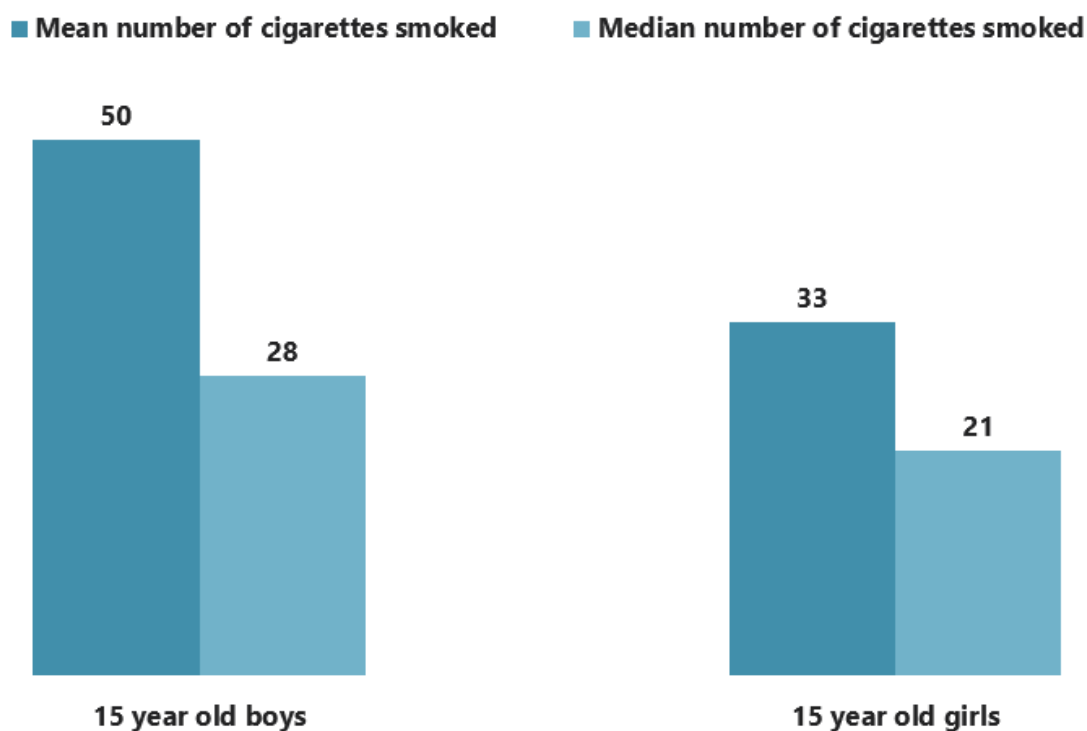
Among 15 year old regular smokers, the mean (average) number of cigarettes smoked in the last week was 50 for boys and 33 for girls. Because the mean can be affected by a relatively small number of pupils smoking a lot, it is also useful to look at the median number,⁷ which was much lower: 28 for boys and 21 for girls (Figure 2.4).

TRENDS OVER TIME

There were no statistically significant differences in the mean or median number of cigarettes smoked among 15 year olds in 2018 compared to 2015.

Figure 2.4 Mean and median number of cigarettes smoked in a week by 15 year old regular smokers, by sex (2018)

Q. How many cigarettes did you smoke on each day in the last 7 days, ending yesterday?



Base: 15 year old boys who are regular smokers (306), 15 year old girls who are regular smokers (245)

⁷ The middle number of cigarettes smoked, after sorting all the responses in increasing order.

Length of time smoked

2018 FIGURES

79% of 15 year old regular smokers had been smoking for 6 months or more.

TRENDS OVER TIME

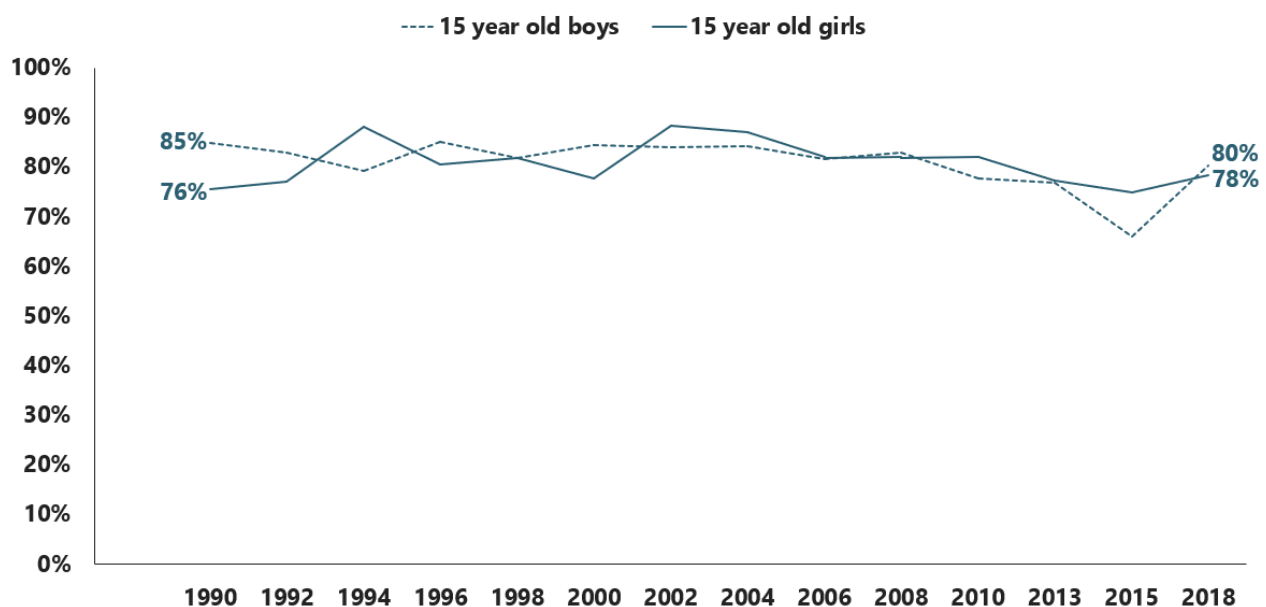
The proportion of 15 year old regular smokers who have been smoking for 6 months or more has remained around 80% for almost two decades. The proportion of 15 year old girls smoking for 6 months or more has been fairly steady since 2015, however the proportion among 15 year old boys dipped in last wave but is now back in line with the overall trend (Figure 2.5).

GENDER DIFFERENCES

In 2018, the proportion of 15 year old girls and boys who had smoked for 6 months or more was similar.

Figure 2.5 Proportion of 15 year old regular smokers who had been smoking for 6 months or more, by sex (1990-2018)

Q. How long is it since you started smoking at least one cigarette a week?



Base: 15 year old regular smokers (for full base sizes please see Appendix A)

Age first smoked

2018 FIGURES

The mean age that 15 year olds (who had ever smoked) had first smoked a cigarette ('even just a puff') was 13 years and 5 months.

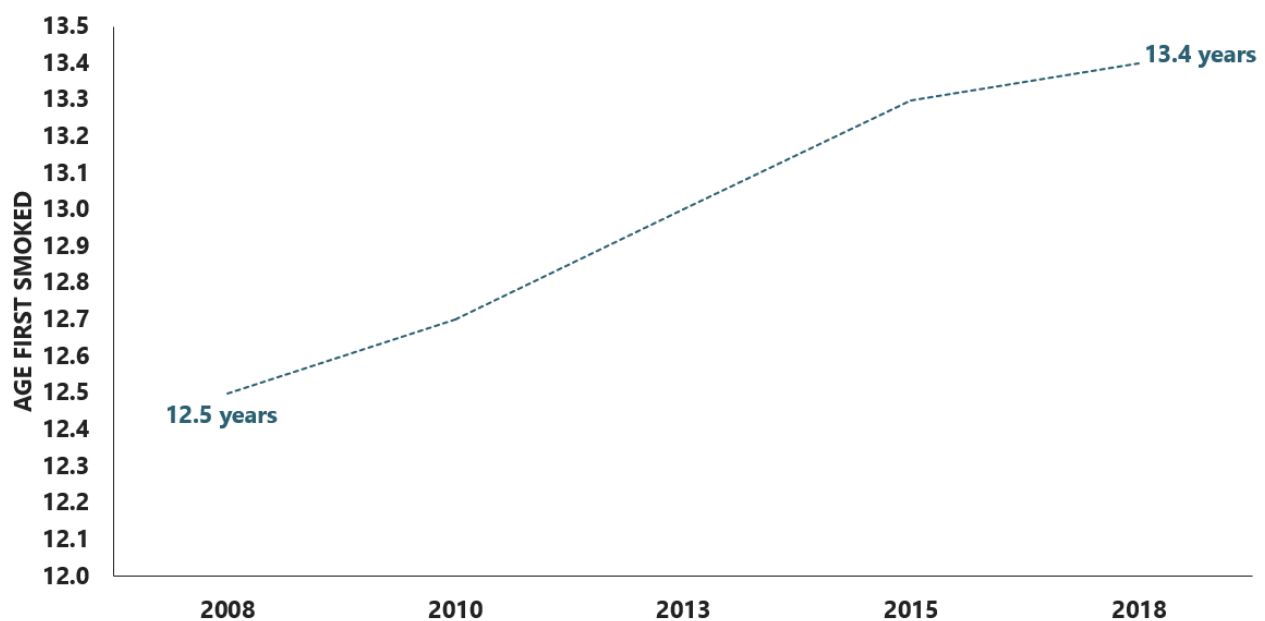
TRENDS OVER TIME

The age at which pupils first tried smoking has been gradually increasing since 2008 (Figure 2.6), although the rate of increase has slowed down between 2015 and 2018.

GENDER DIFFERENCES

15 year old girls were, on average, older than 15 year old boys when they first tried smoking (13 years and 8 months among girls, compared with 13 years and 2 months among boys).

Figure 2.6 Mean age at which 15 year old pupils who had ever smoked, first tried a cigarette (2008-2018)⁸



Base: 15 year olds who have ever smoked (for full base sizes please see Appendix A)

⁸ Please note that the decimal place on the vertical axis for this graph refers to fractions of a year rather than months, for example the value 12.5 years in 2008 equates to 12 and a half years old, i.e. 12 years and 6 months and not 12 years and 5 months.

Perceived ease of giving up

2018 FIGURES

Half (50%) of 15 year old regular smokers said they would find it 'very' or 'fairly' difficult to give up. Among 15 year olds who had smoked for more than a year, 69% said they would find it difficult to give up compared to 33% of 15 year olds who had been smoking for less than a year.

TRENDS OVER TIME

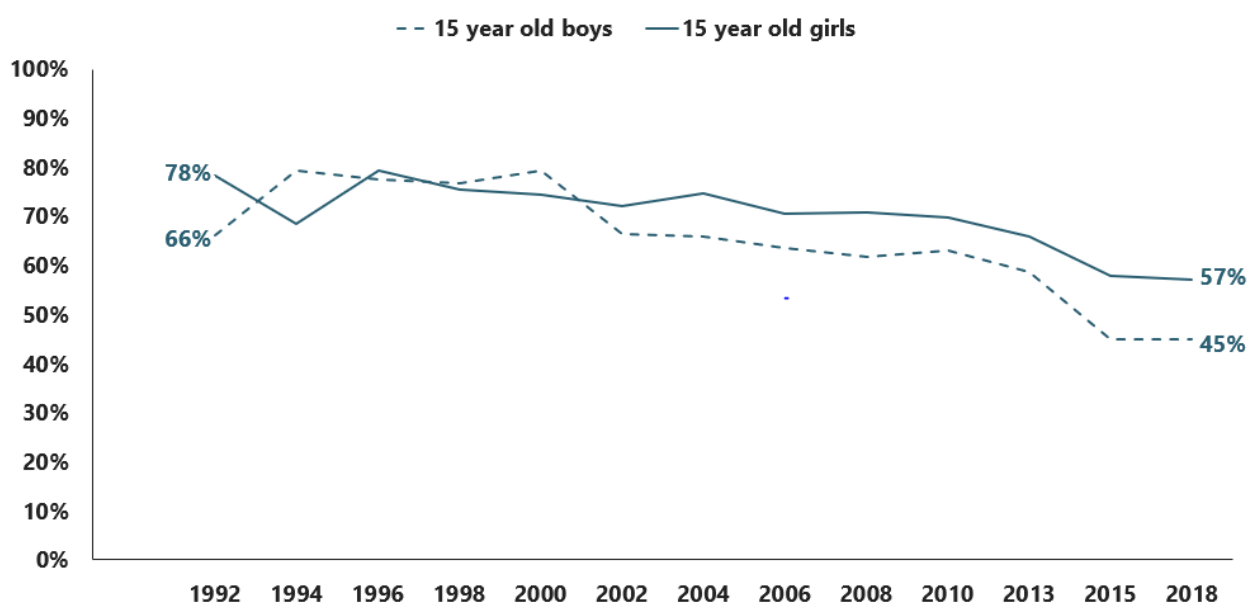
The proportion of regular smokers who say they would find it difficult to give up has remained very similar to 2015, following a general decline over time (since 2000 for boys and since 2004 for girls) (Figure 2.7).

GENDER DIFFERENCES

Since 2002, more girls than boys have said they would find it difficult to give up.

Figure 2.7 Trends in proportion of 15 year old regular smokers who say they would find it 'very difficult' or 'fairly difficult' to give up, by sex (1992-2018)

Q. How easy or difficult would you find it to give up smoking altogether if you wanted to?



Base: 15 year old regular smokers (for full base sizes please see Appendix A)

Wanting to give up smoking

2018 FIGURES

29% of 15 year old regular smokers said they want to give up smoking. A similar proportion (34%) said they would *not* like to give up. However, the biggest proportion (37%) said they did not know.

TRENDS OVER TIME

The proportion of 15 year old boys who smoke regularly but would like to give up has been decreasing since 2000 (Figure 2.8), although there was no statistically significant difference between 2015 and 2018. A similar but more variable decrease can be seen among girls from 2004 to 2015, although there was no statistically significant difference between 2015 and 2018.

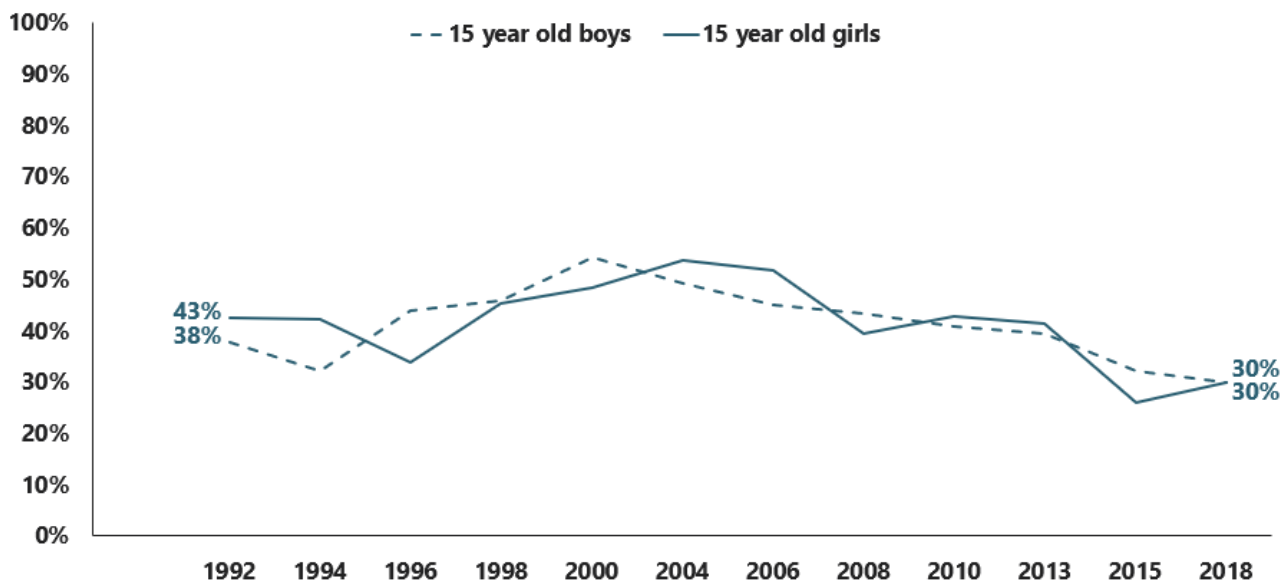
The trend broadly follows the decreasing trend in smoking prevalence. In other words, as the overall level of smoking decreases, fewer of those who *do* smoke want to give up.

GENDER DIFFERENCES

There were no gender differences in 2018.

Figure 2.8 Trends in the proportion of 15 year old regular smokers who say they would like to give up, by sex (1992-2018)

Q. Would you like to give up smoking?



Base: 15 year old regular smokers (for full base sizes please see Appendix A)

Trying to give up smoking

2018 FIGURES

Just over half of 15 year old regular smokers (53%) had tried to give up.

TRENDS OVER TIME

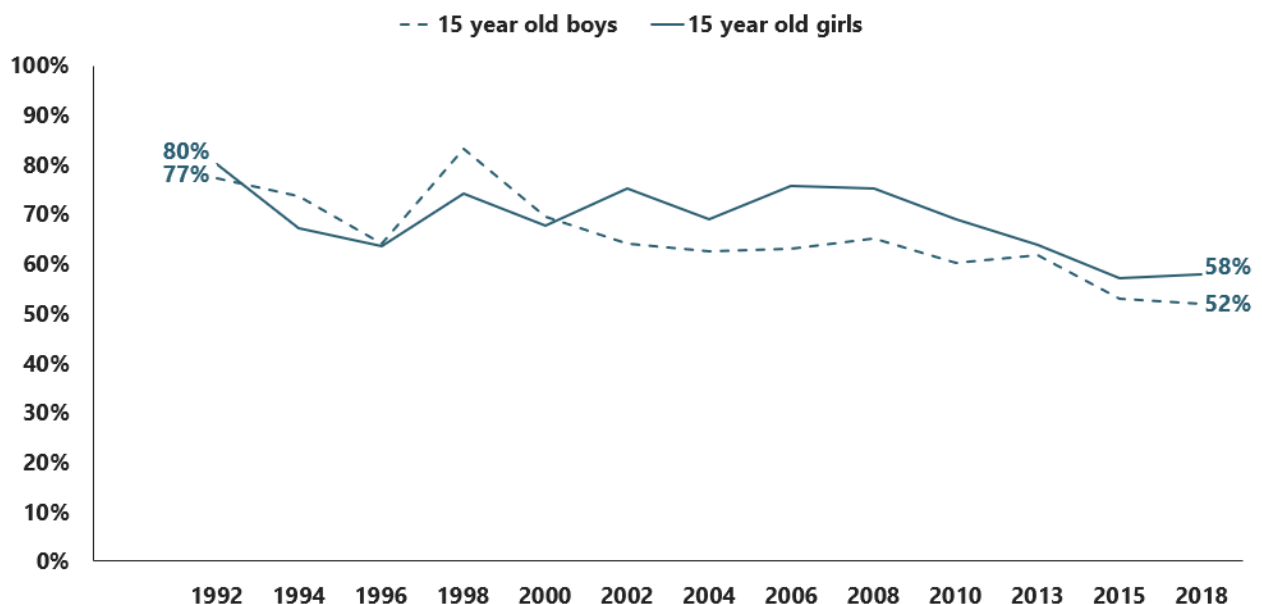
The proportion of 15 year old regular smokers who have tried to give up has decreased between 2008 and 2015, but remained steady from 2015 to 2018 (Figure 2.9). This is in line with the trend in the proportion who want to give up, and overall prevalence. As the overall prevalence of smoking decreases, fewer of those who *do* smoke have tried to give up.

GENDER DIFFERENCES

There were no statistically significant gender differences.

Figure 2.9 Trends in the proportion of 15 year old regular smokers who have tried to give up, by sex (1992-2018)

Q. Have you ever tried to give up smoking?



Base: 15 year old regular smokers (for full base sizes please see Appendix A)

E-cigarette use

2018 FIGURES

17% of 13 year olds and 35% of 15 year olds have ever used an e-cigarette. However, only a small proportion used them regularly (defined as once a week or more): 2% of 13 year olds and 3% of 15 year olds.

Smokers in both age groups were more likely than non-smokers to have ever used or regularly used an e-cigarette (Figures 2.10 and 2.11).

TRENDS OVER TIME

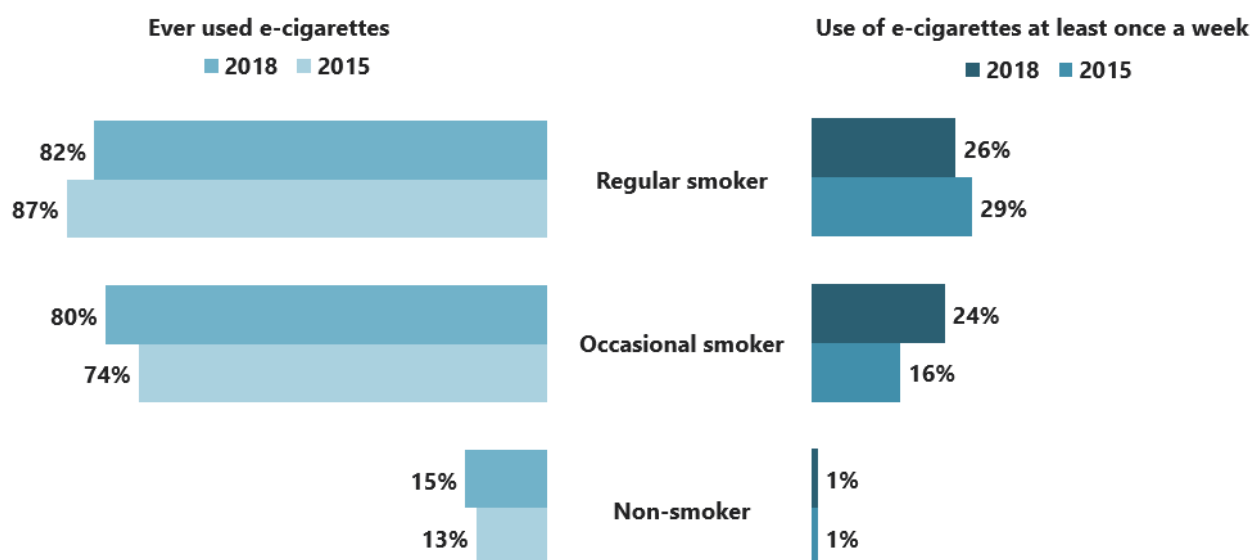
Between 2015 and 2018, the proportion of 13 year olds having tried e-cigarettes has slightly increased among non-smokers (13% to 15%) but not among regular or occasional smokers. This decreased among 15 year old regular smokers (91% to 84%) but increased among 15 year old non-smokers (24% to 28%).

However, there were no significant changes in the proportion of frequent e-cigarette use (Figures 2.10 and 2.11).

GENDER DIFFERENCES

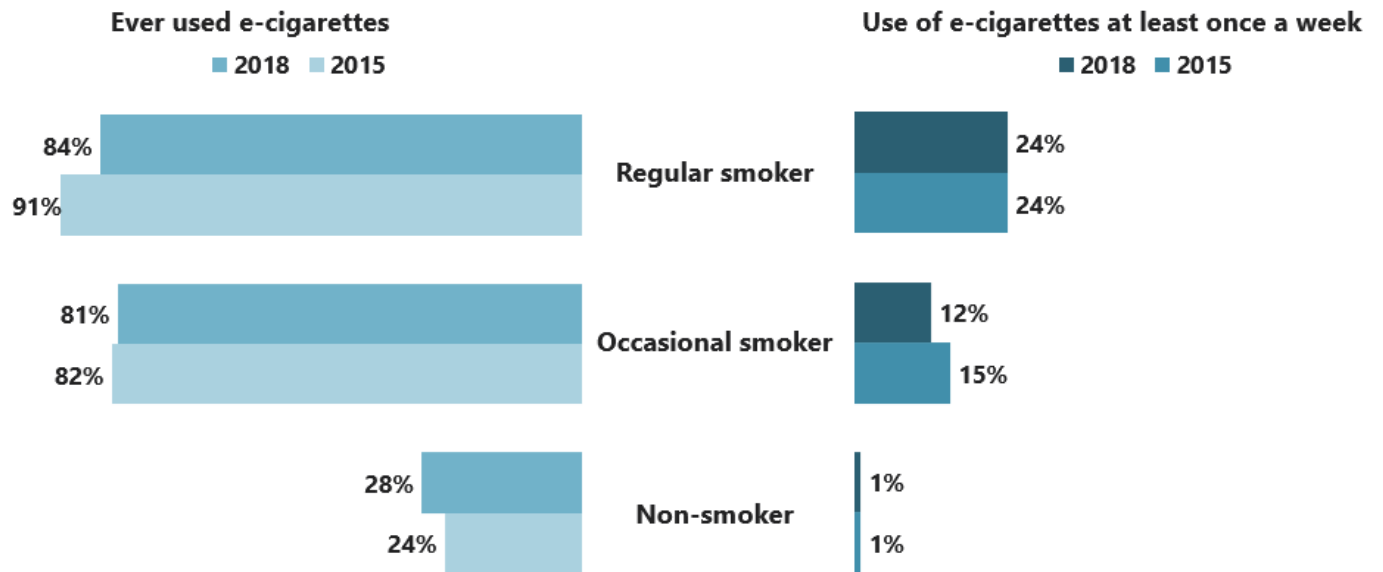
Boys were more likely than girls to have ever used e-cigarettes: 29% of boys had ever used e-cigarettes, compared with 22% of girls; and 3% of boys used e-cigarettes regularly, compared with 1% of girls.

Figure 2.10 E-cigarette use among 13 year olds, by smoking status and year (2015-2018)



Base: 13 year old regular smokers (227), 13 year old occasional smokers (183), 13 year old non-smokers (11,572)

Figure 2.11 E-cigarette use among 15 year olds, by smoking status and year (2015-2018)



Base: 15 year old regular smokers (787) 15 year old occasional smokers (564), 15 year old non-smokers (9,039)

3 Availability and awareness of tobacco

Source of cigarettes

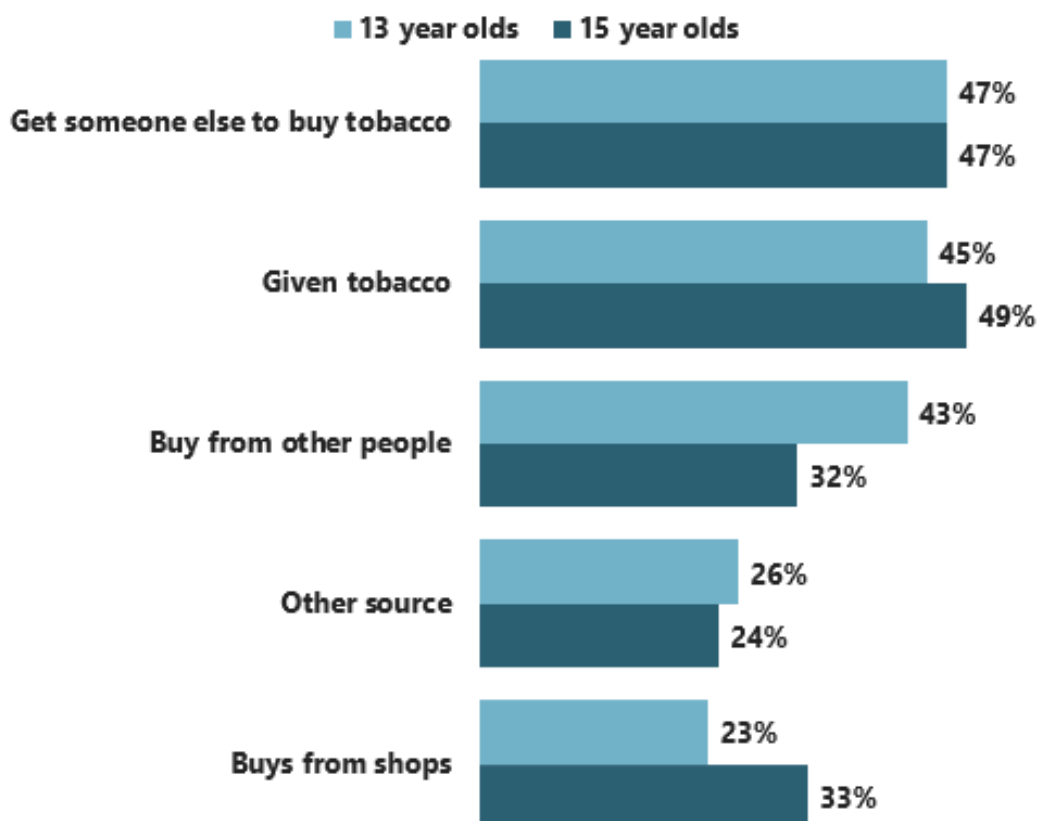
Among regular smokers, the most common sources of cigarettes were getting someone else to buy them and being given them. In 2018, 13 year old regular smokers were almost twice as likely to buy cigarettes from others than buy them from shops, although there was no difference here for 15 year olds (Figure 3.1 and detailed categories in Figure 3.2).

The proportion of regular smokers who said they usually got their cigarettes from newsagents, garages, supermarkets and other shops dropped markedly between 2002 and 2013. From 2013 to 2015 there was an increase (from 4% to 9%) in the proportion of 15 year olds who said they usually got their cigarettes from 'some other type of shop', but there have been no statistically significant changes in relation to newsagents, garages or supermarkets between 2015 and 2018 (Figure 3.3).

Girls were more likely than boys to be given cigarettes by friends (49% of all girls who were regular smokers compared with 34% of boys) and to be given them by siblings (12% compared with 7%). Boys were more likely than girls to buy cigarettes from the supermarket (14% compared with 6%).

Figure 3.1 Regular smokers' sources of cigarettes – broad categories, by age (2018)

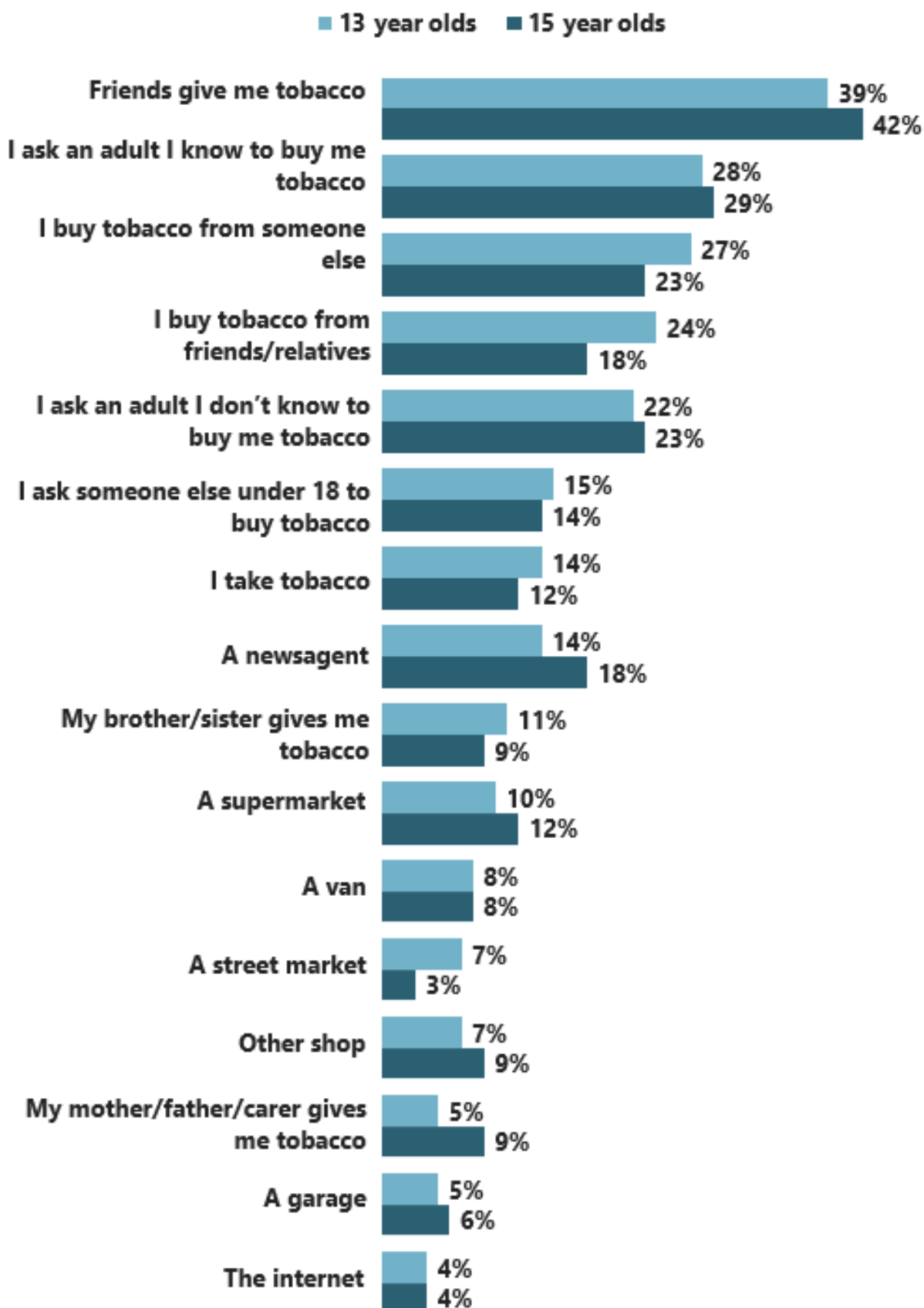
Q. How do you usually get your cigarettes/tobacco?



Base: 13 year old regular smokers (215), 15 year old regular smokers (773)

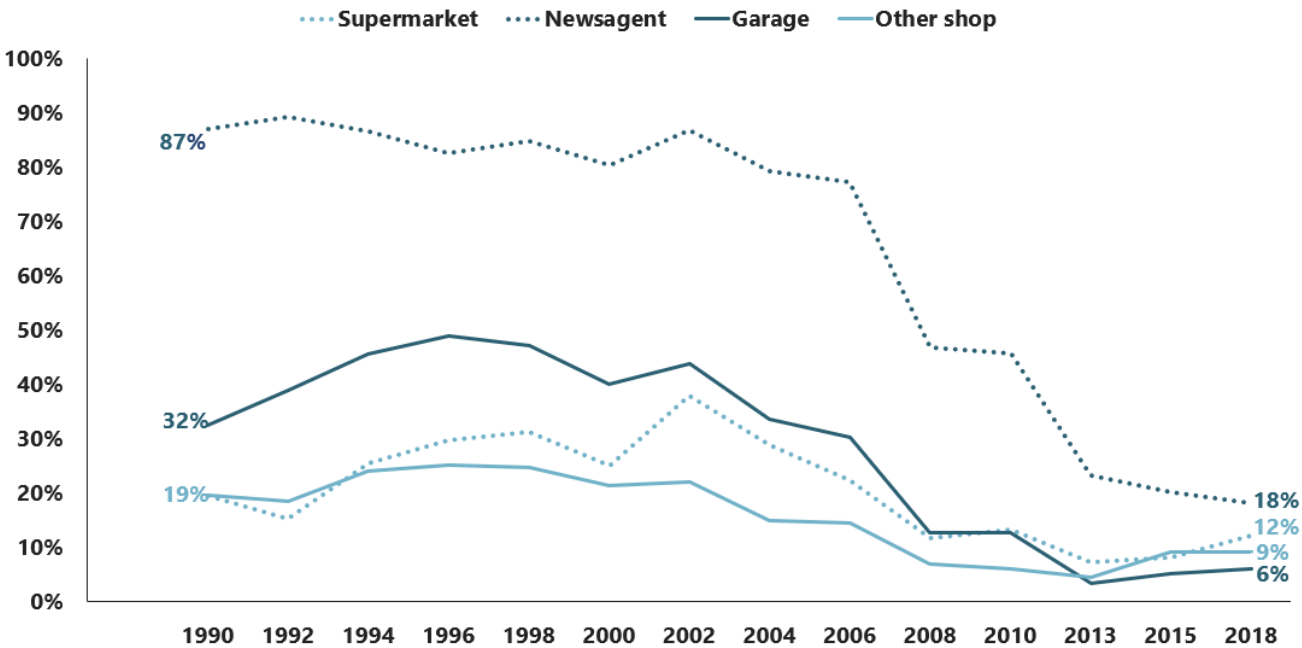
Figure 3.2 Regular smokers' sources of cigarettes – detailed categories, by age (2018)

Q. How do you usually get your cigarettes/tobacco?



Base: 13 year old regular smokers (211), 15 year old regular smokers (730)

Figure 3.3 Trends in 15 year old regular smokers getting cigarettes from shops (1990-2018)
Q. How do you usually get your cigarettes/tobacco?



Base: 15 year old regular smokers (for full base sizes please see Appendix A)

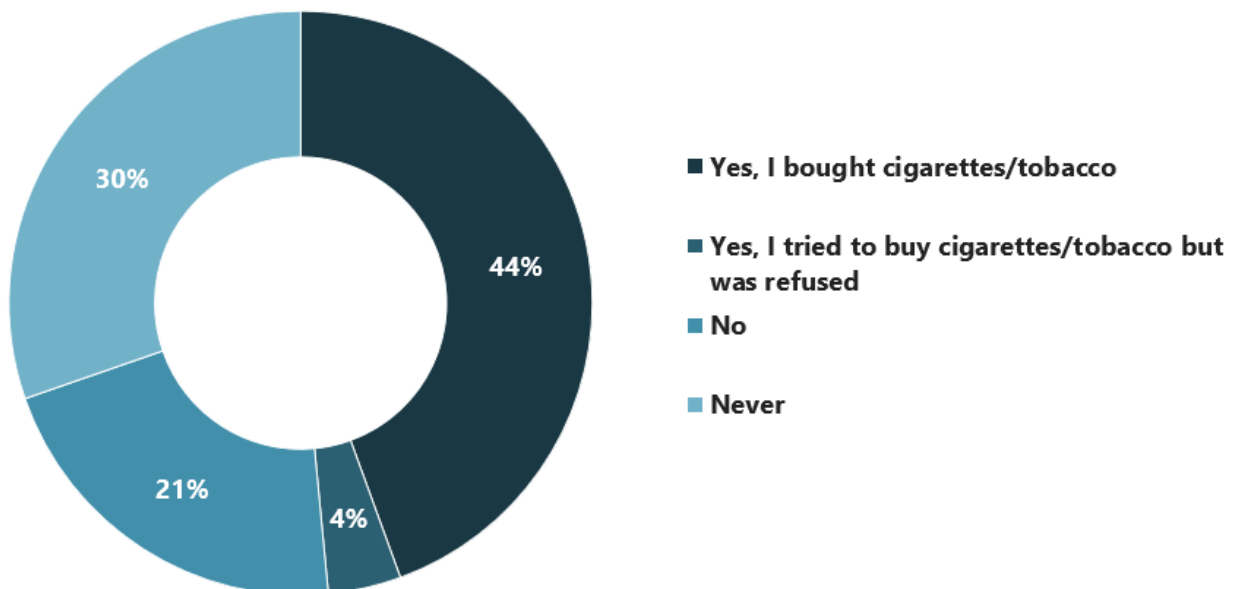
Attempts to purchase

44% of 15 year old regular smokers said they had bought cigarettes from a shop, supermarket or van in the last 4 weeks. A further 4% of 15 year olds said they had tried to do so but were refused (Figure 3.4).

Among 15 year olds, boys were more likely than girls to have bought cigarettes from a shop, supermarket or van (51% of boys who were regular smokers compared with 35% of girls who were regular smokers).

Figure 3.4 15 year old regular smokers' attempts to purchase cigarettes, by age (2018)

Q. In the last 4 weeks, have you bought or tried to buy cigarettes/tobacco from any kind of shop, supermarket or van?



Base: all 15 year old regular smokers (755)

Perceived cost of cigarettes

To gauge their awareness of the cost of cigarettes, pupils were asked to estimate the cost of a packet of twenty⁹. The average estimate of non-smokers was £8.85. This was only 8p less than the £8.93 average estimate of regular smokers.

In 2018 both non-smokers and regular smokers' estimates were less than the Retail Prices Index (RPI), which was £10.63 around the time they were asked (Figure 3.5).

Figure 3.5 Perceived cost of cigarettes among 15 year olds, by smoking status and year (average estimate)

Q. About how much does a packet of twenty cigarettes cost? If you don't know, please just give your best guess.



Base: 15 year old non-smokers and regular smokers (for full base sizes please see Appendix A)

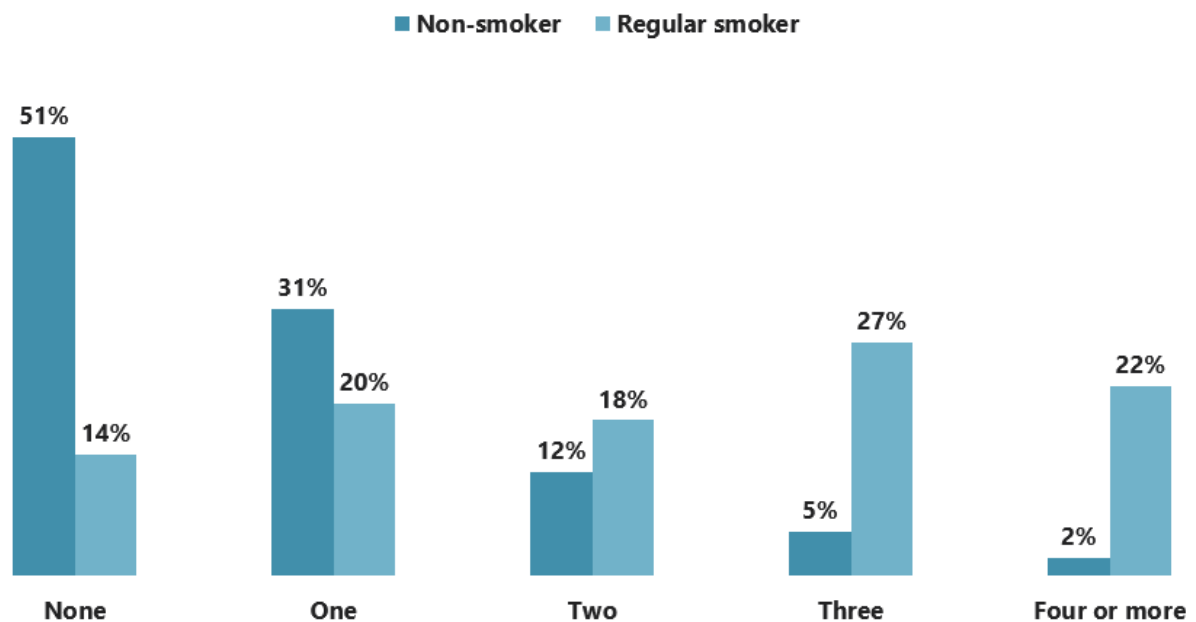
⁹ As the actual cost varies depending on the outlets and the brand, there is no 'correct' answer to this. In the 2018 wave of SALSUS, analysis is based on the RPI average price of 20 cigarettes king size filter according to the Office for National Statistics. This was £10.63 in December 2018. <https://www.ons.gov.uk/economy/inflationandpriceindices/timeseries/czmp>. Accessed 16 August 2019.

Number of brands mentioned/known

In order to gauge the number of different cigarette brands that they were aware of, pupils were asked to write down as many makes or brands as they could. Regular smokers could name more brands than non-smokers (Figure 3.6). There were few gender differences among those who smoked, but among non-smokers, boys knew more brands than girls.

Figure 3.6 Number of cigarette brands that 15 year olds could name, by smoking status (2018)

Q. Please write in the space below the names of as many makes or brands of cigarettes that you have either seen or heard of.



Base: 15 year old non-smokers (5,855), 15 year old regular smokers (374)

4 Attitudes to smoking

Whether it's 'ok' to try smoking

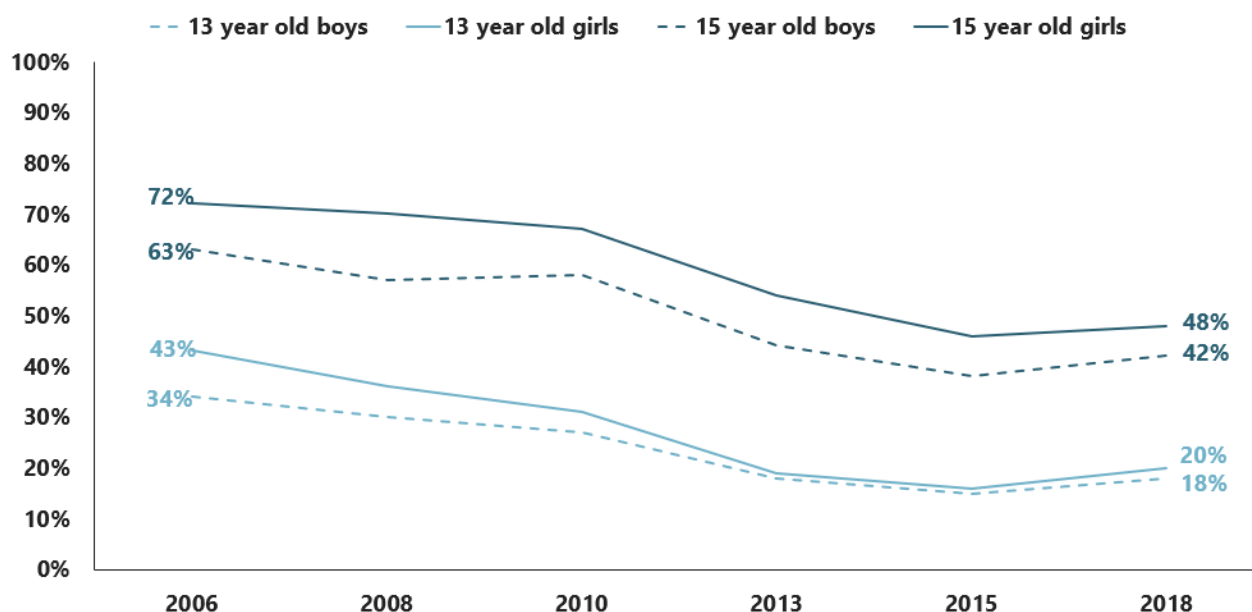
45% of 15 year olds thought it was 'ok' for someone their age to try smoking a cigarette to see what it's like. 13 year olds were much less likely to think it was 'ok' (19%).

The proportion thinking it is 'ok' has risen since 2015 (up from 42% of 15 year olds and 16% of 13 year olds in 2015) after having fallen markedly over time between 2006 and 2015.

In 2018, 15 year old girls were more likely than boys of the same age to think it was 'ok' to try smoking (Figure 4.1).

Figure 4.1 Trends in the proportion of pupils who think it's 'ok' to try smoking, by age and gender (2006-2018)

Q. Do you think it is 'ok' for someone your age to do the following? Try smoking a cigarette to see what it's like.



Base: all pupils (for full base sizes please see Appendix A)

Views on smoking and its effects

Pupils were given a series of statements about smoking and asked the extent to which they agreed or disagreed with each.¹⁰

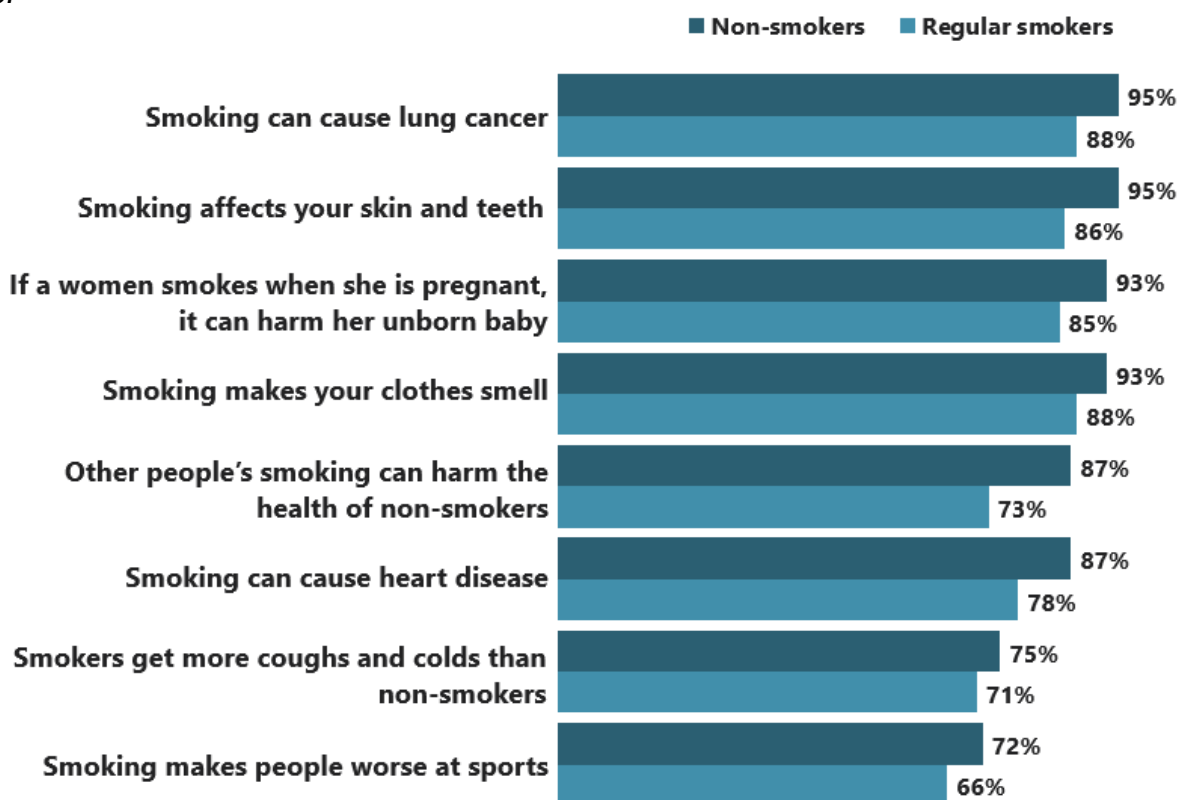
There were very high levels of agreement with statements about the negative health effects of smoking. Non-smokers were somewhat more likely to agree than regular smokers, but the levels of agreement among regular smokers were still high (Figure 4.2 shows the figures for 15 year olds, patterns among 13 year olds were similar).

Pupils were much less likely to agree with positive statements about smoking. There was more of a difference between non-smokers and regular smokers in relation to these statements, with regular smokers being much more likely to agree (Figure 4.3 shows the figures for 15 year olds, patterns among 13 year olds were similar).

Girls tended to agree more with the negative statements about smoking than boys did.

Figure 4.2 Proportion of 15 year olds who 'strongly agree' or 'tend to agree' with statements about the negative effects of smoking, by smoking status (2018)

Q. Please read the following statements about smoking and say if you agree or disagree with each one.

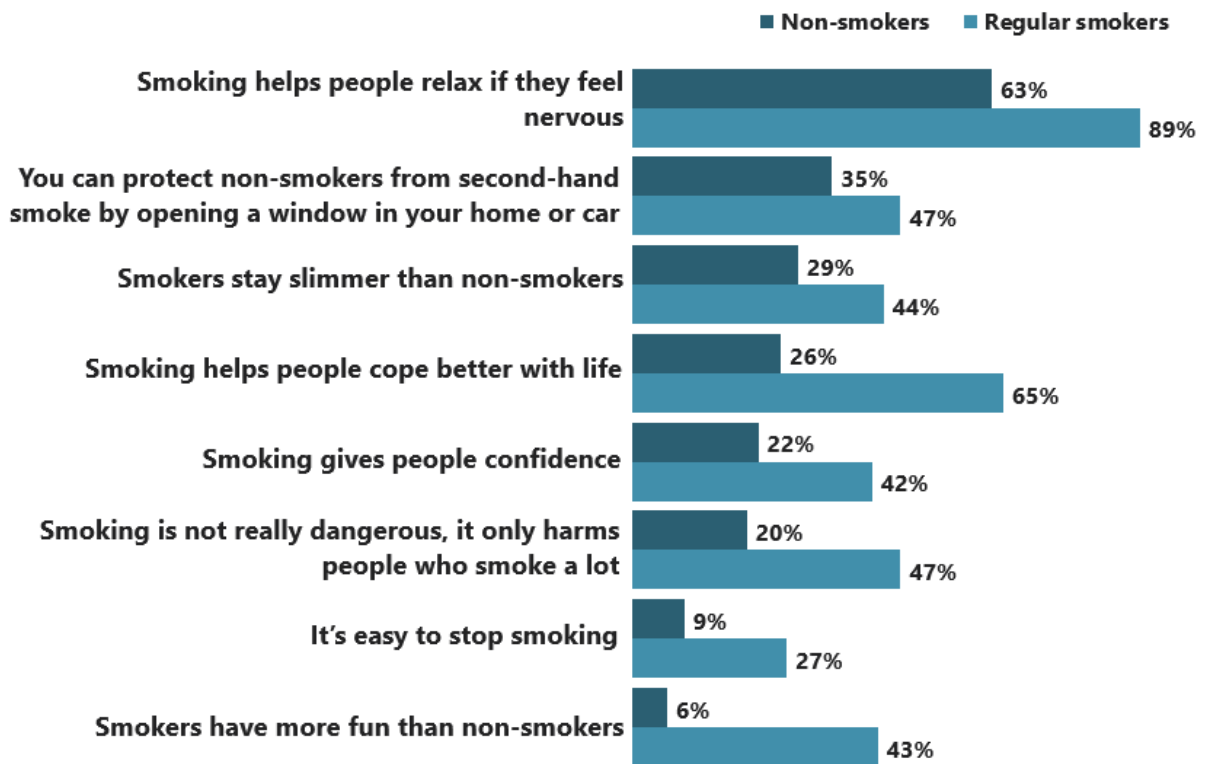


Base: 15 year old non-smokers (8,849), 15 year old regular smokers (774)

¹⁰ Results from previous waves are not completely comparable due to the addition of a 'don't know' option in 2015 and other changes in previous waves.

Figure 4.3 Proportion of 15 year olds who ‘strongly agree’ or ‘tend to agree’ with positive statements about smoking, by smoking status (2018)

Q. Please read the following statements about smoking and say if you agree or disagree with each one.



Base: 15 year old non-smokers (8,849), 15 year old regular smokers (774)

5 Family and home environment

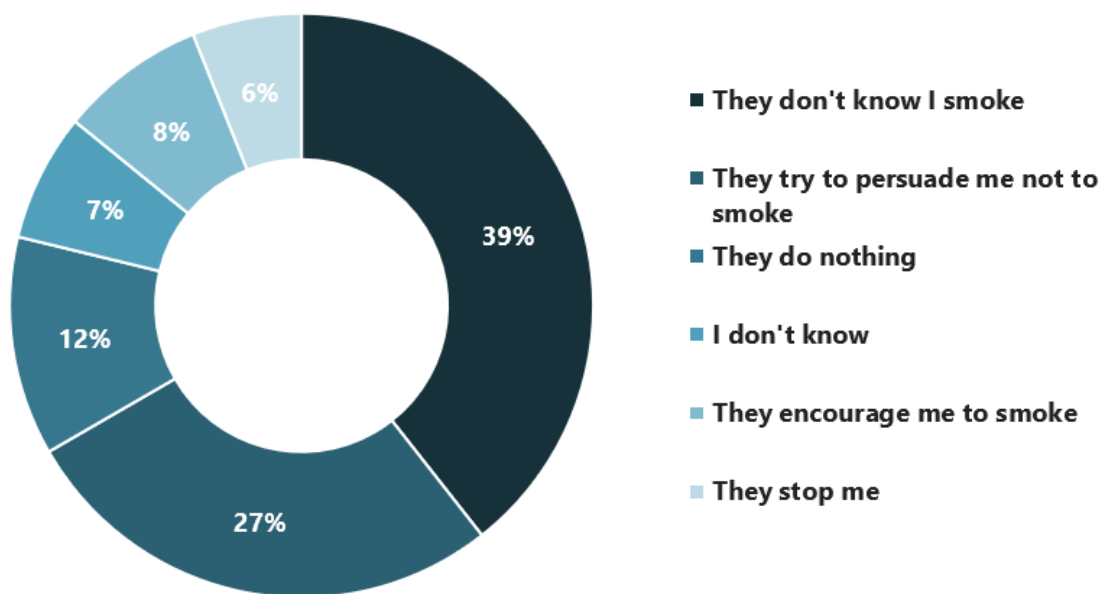
Family attitudes to smoking

It was most common for 15 year old regular smokers to say that their family did not know that they smoked (39%). A further 27% reported that their family tried to persuade them not to smoke (27%). Only a small proportion (8%) said that their family encouraged them to smoke (Figure 5.1).

There were no changes in family attitudes to smoking from 2015 to 2018.

Figure 5.1 Family attitudes to smoking among 15 year old regular smokers (2018)

Q. How do your family/the people you live with feel about you smoking?



Base: 15 year old regular smokers (797)

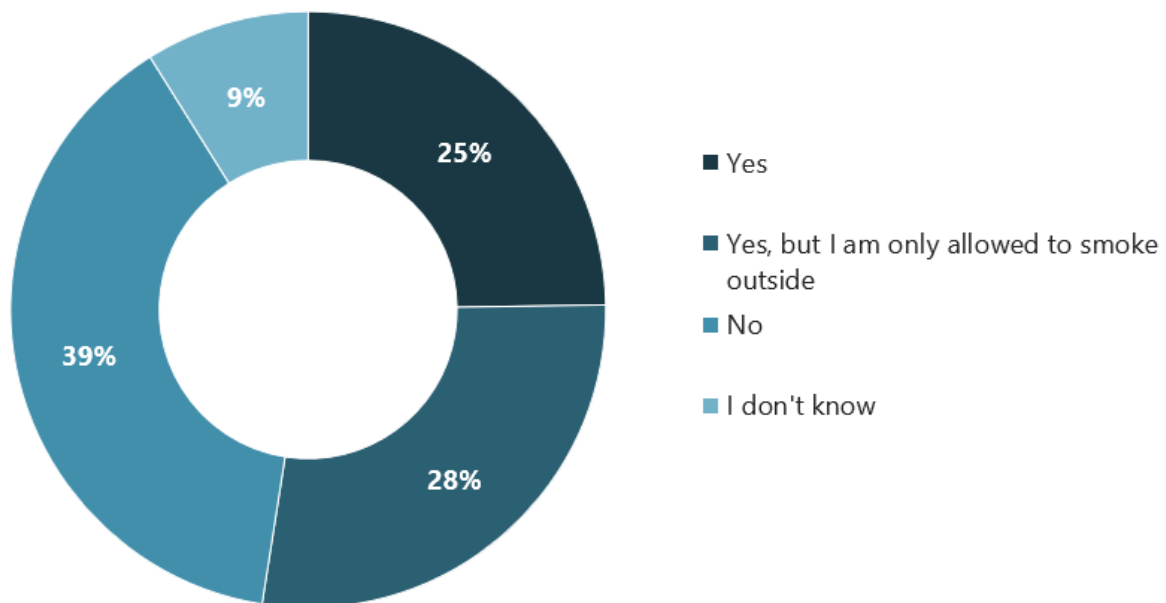
Allowed to smoke at home

One quarter of 15 year old regular smokers were allowed to smoke in the house and a further 28% were allowed to smoke, but only outside. 39% reported that they were not allowed to smoke in their home¹¹ (Figure 5.2).

Since 2015, there has been a big increase in pupils reporting being allowed smoke at home. It has increased 13 percentage points for those who answered yes to this (from 12% to 25%) and 10 percentage points for those only allowed to smoke outside (from 18% to 28%).

Figure 5.2 Whether 15 year old regular smokers are allowed to smoke at home (2018)

Q. Are you allowed to smoke at home if you want to?



Base: 15 year old regular smokers (511)

¹¹ Given that 39% of regular 15 year old smokers say that their parents do not know they smoke (Figure 5.1), a large proportion of those who say that they are not allowed to smoke at home will likely mean that they know/assume that they would not be allowed, rather than their parents having actively forbidden them from smoking at home.

Exposure to secondhand smoke

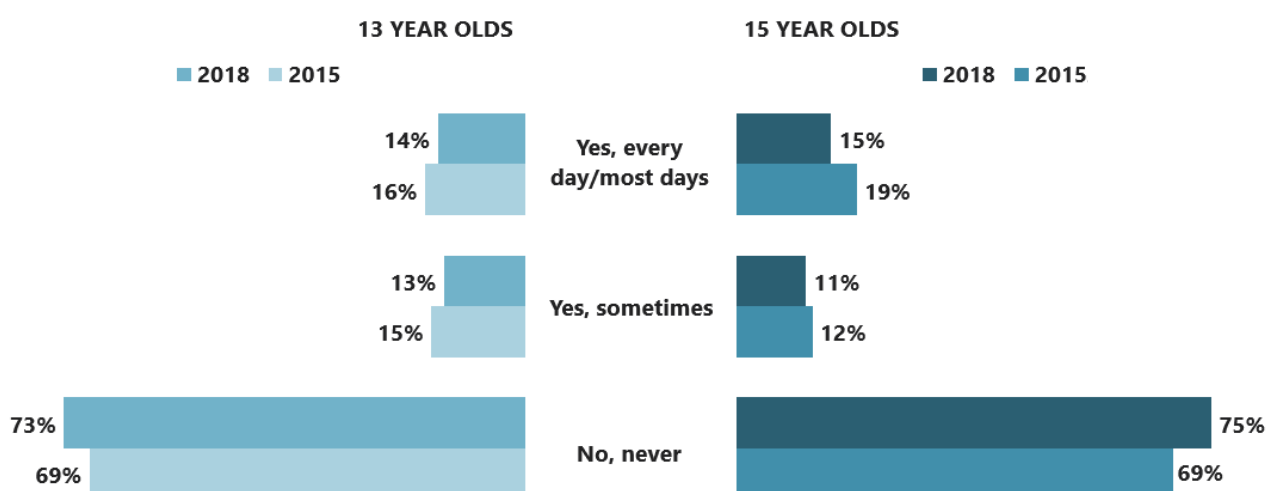
At home

Overall, 15% of pupils said that someone smoked inside their home every day/most days and a further 12% said it happened sometimes. 74% indicated that no-one ever smoked inside their home.

Between 2015 and 2018, the proportion of pupils exposed to smoke at home decreased across both age groups. The proportion of pupils exposed every day/most days dropped by two percentage points among 13 year olds (16% to 14%) and four percentage points among 15 year olds (19% to 15%). Additionally, the proportion of pupils never exposed to smoke at home increased by four percentage points among 13 year olds (69% to 73%) and 6 percentage points among 15 year olds (69% to 75%).

Figure 5.3 Exposure to smoke at home, by age and year (2015-2018)

Q. Does anyone smoke inside your home? Please include times when someone smokes out of a window or at/just outside an open door.



Base: all pupils (for full base sizes please see Appendix A)

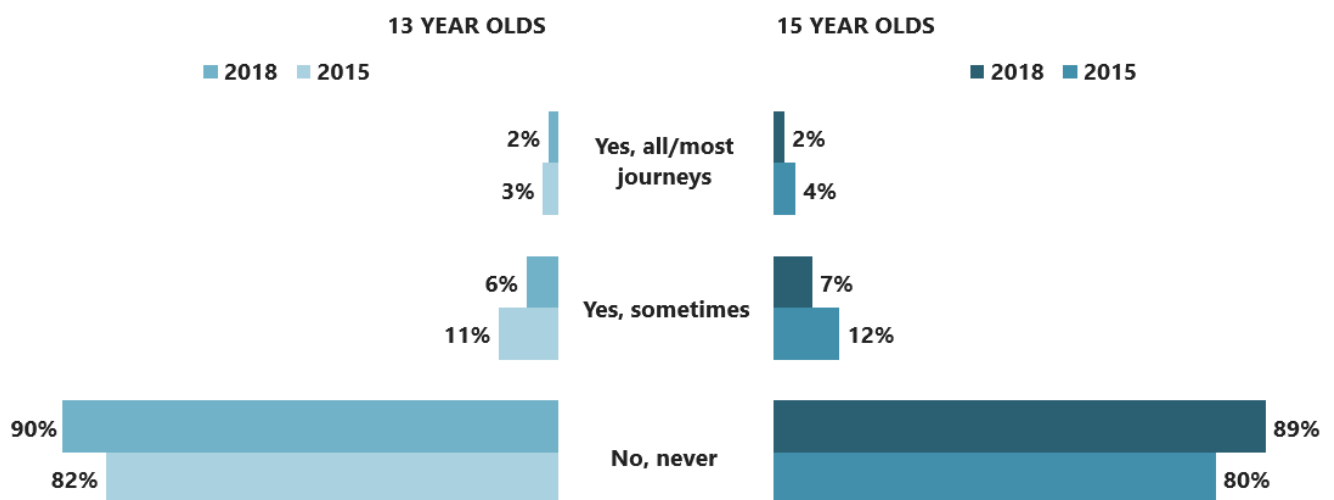
In a car

Overall, 2% of pupils said that, when they were travelling by car, someone was smoking on all/most journeys and a further 7% said this happened sometimes. 89% said it never happened.

Between 2015 and 2018, the proportion of pupils exposed to smoke in a car on all/most journeys decreased from 4% in 2015 to 2% in 2018 (Figure 5.4).

Figure 5.4 Exposure to smoke in cars, by age and year (2015-2018)

Q. When you are travelling by car, does anyone smoke inside the car? Please include times when someone smokes in the car with the windows open.



Base: all pupils (for full base sizes please see Appendix A)

Parental and sibling smoking

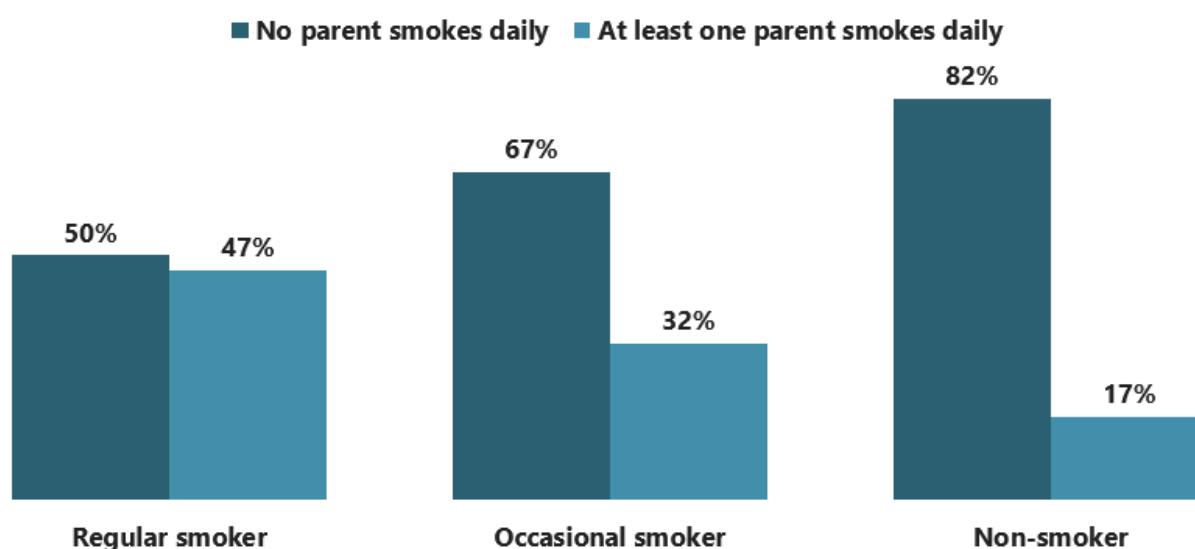
In 2018, 19% of 13 year olds and 20% of 15 year olds reported having at least one parent who smokes daily. 6% of 13 year olds and 9% of 15 year olds reported having at least one sibling who smokes daily.

Whether pupils smoked was linked with whether their parents and/or siblings smoked. Among 15 year olds, regular smokers were more likely than occasional smokers, and much more likely than non-smokers, to have at least one parent or a sibling who smoked daily. Occasional smokers were also much more likely than non-smokers to have at least one parent or a sibling who smoked daily (Figures 5.5 and 5.6).

The proportion of pupils with at least one parent or sibling who smokes daily has more than halved since 2002, declining markedly from 2010. However, the rate of change for the latter has plateaued since 2015 (Figures 5.7 and 5.8) in line with smoking prevalence among young people (Figure 2.1).

Figure 5.5 Whether parents of 15 year olds smoke, by smoking status (2018)¹²

Q. How often do each of the following people smoke? (Parent)

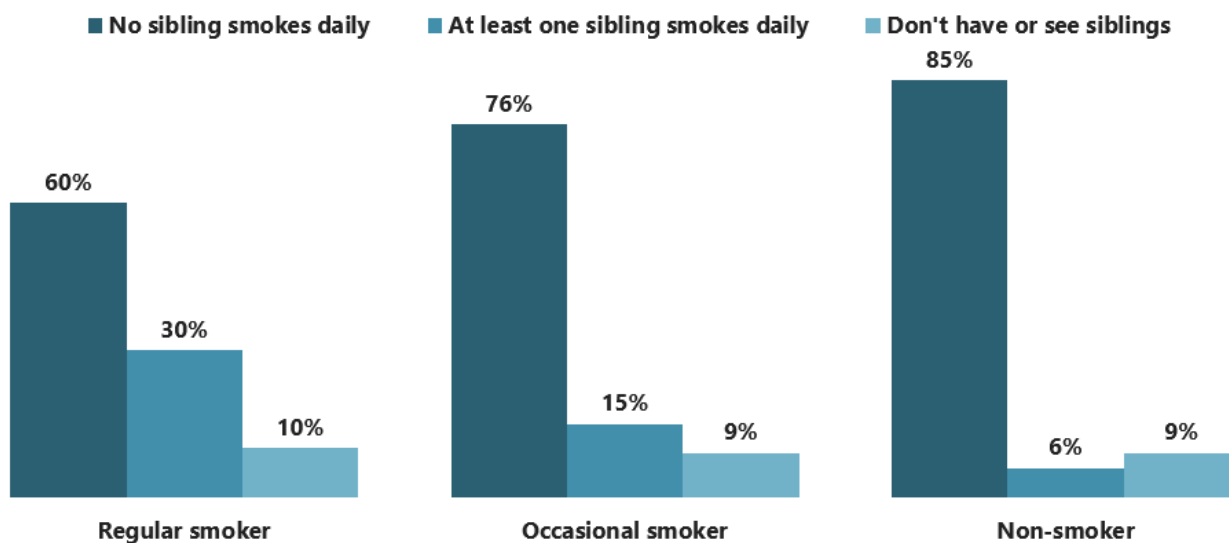


Base: 15 year old regular smokers (788), 15 year old occasional smokers (569), 15 year old non-smokers (8,927)

¹² Figures do not sum to 100%, since a small percentage of students answered that they do not see either parent.

Figure 5.6 Whether a sibling smokes (both ages), by smoking status (2018)

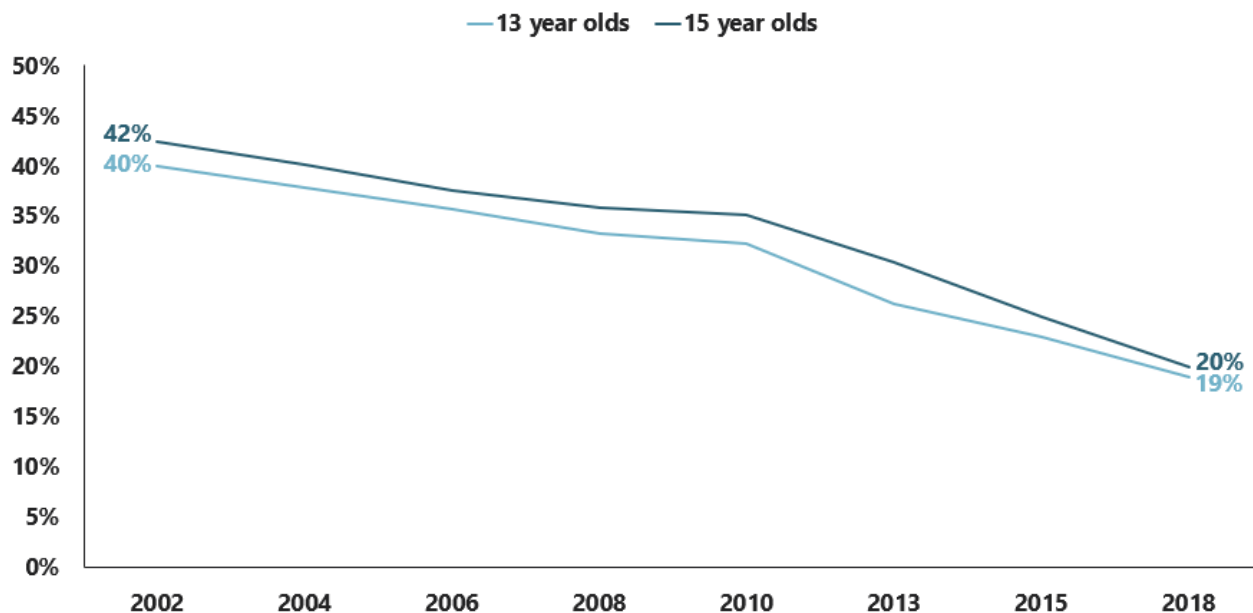
Q. How often do each of the following people smoke? (Sibling)



Base: Regular smokers (987), Occasional smokers (701), Non-smokers (19,595)

Figure 5.7 Trends in proportion of pupils with at least one parent who smokes daily, by age (2002-2018)

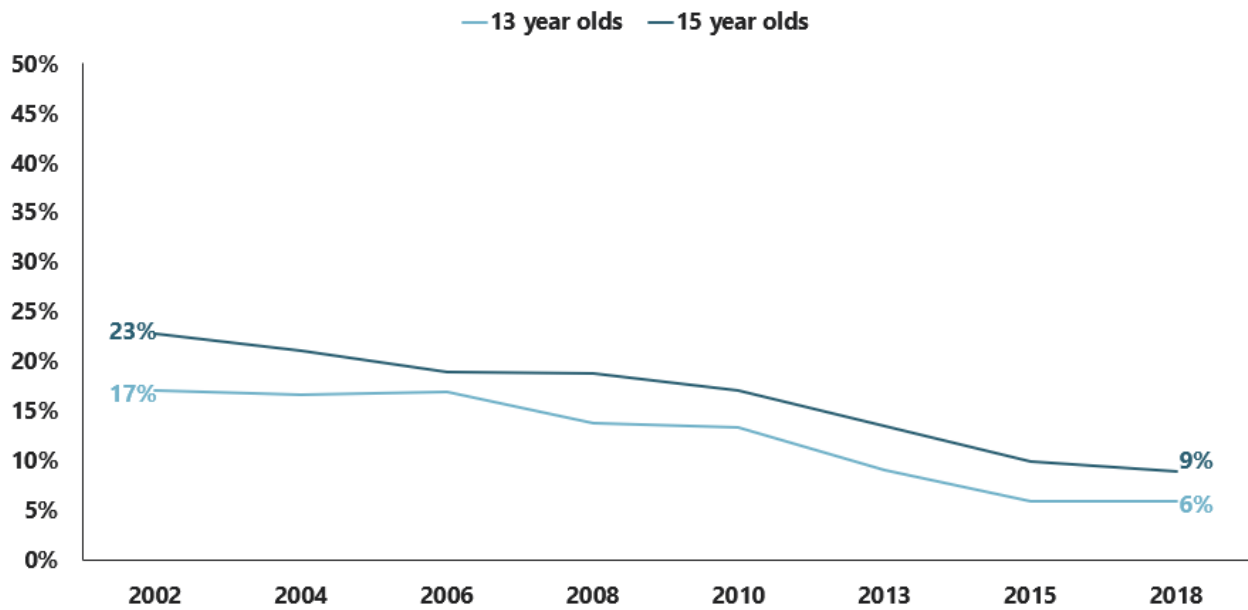
Q. How often do each of the following people smoke? (Parent)



Base: all pupils (for full base sizes please see Appendix A)

Figure 5.8 Trends in proportion of pupils with at least one sibling who smokes daily, by age (2002-2018)

Q. How often do each of the following people smoke? (Sibling)



Base: all pupils (for full base sizes please see Appendix A)

Friends smoking

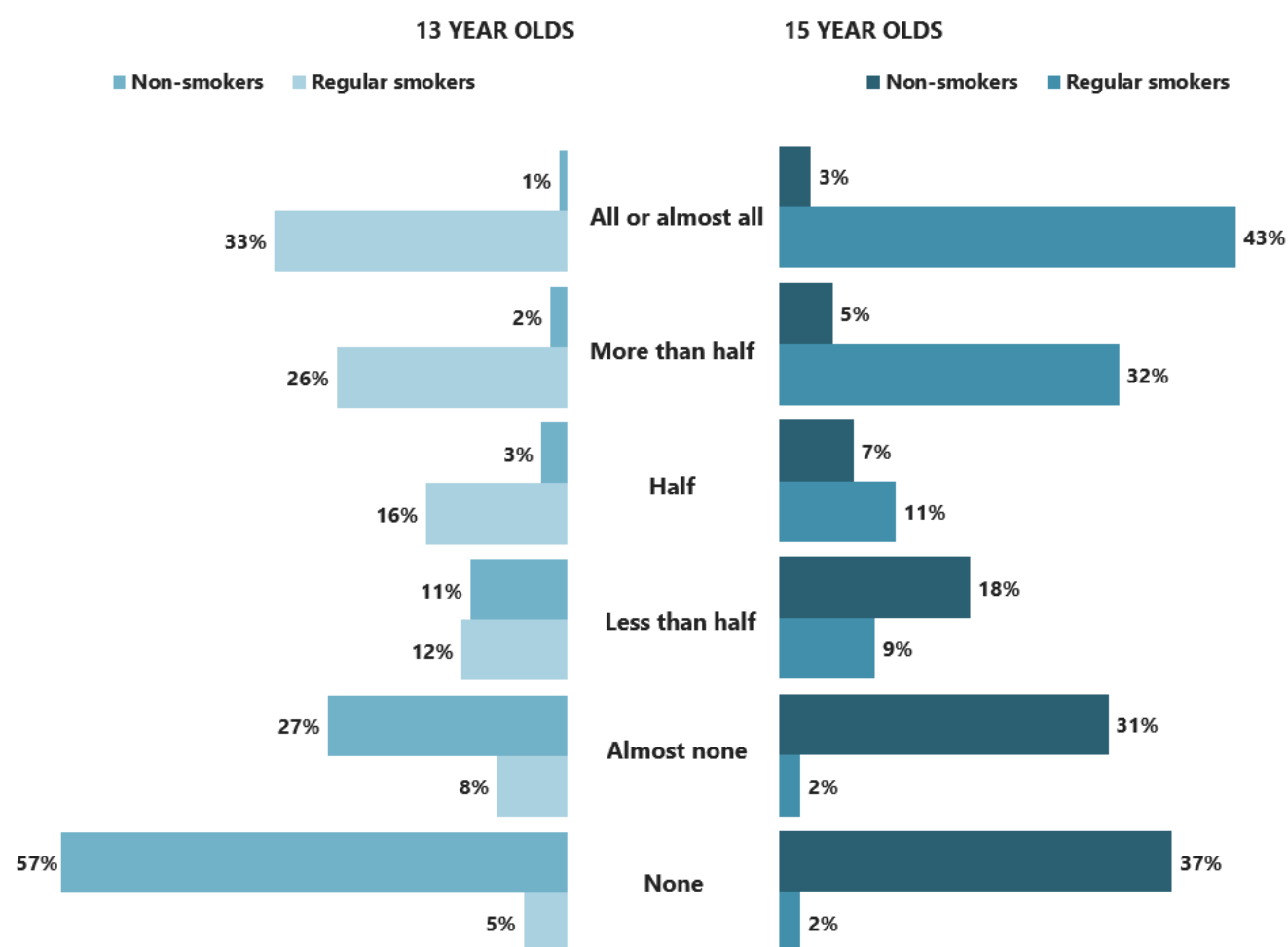
Among both age groups, regular smokers were much more likely than non-smokers to say that their friends smoked (Figure 5.9).

In line with the reduced prevalence of smoking, the proportion of all pupils who said that more than half their friends smoked decreased between 2002 and 2013. Following a period of no change from 2013 to 2015, there has now been an increase in this figure across both age groups in 2018 (Figure 5.10).

There were few gender differences, however more girls than boys reported that none of their friends smoked (47% of girls compared to 41% of boys).

Figure 5.9 Whether friends smoke, by age and smoking status (2018)

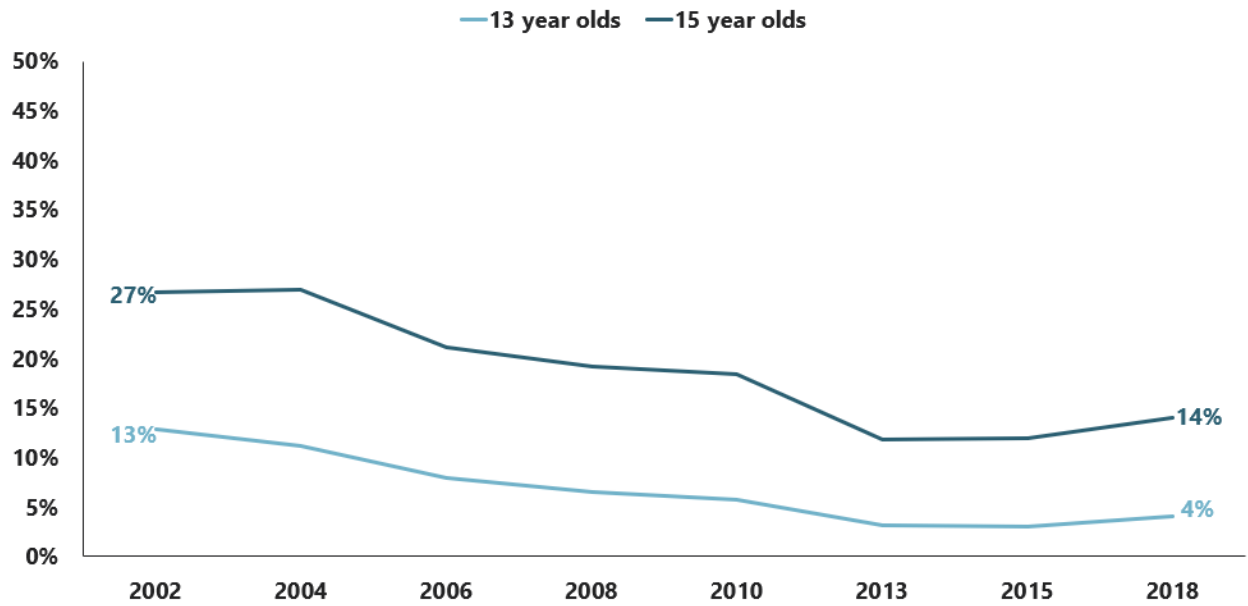
Q. What about your friends – how many of them smoke?



Base: 13 year old non-smokers (11,420), 13 year old regular smokers (235), 15 year old non-smokers (8,960), 15 year olds regular smokers (811)

Figure 5.10 Trends in the proportion of pupils who say that more than half their friends smoke, by age (2002-2018)

Q. What about your friends – how many of them smoke?



Base: all pupils (for full base sizes please see Appendix A)

6 Smoking education and support

Whether received lessons in the last 12 months

67% of 13 year olds and 58% of 15 year old pupils reported that they had received 'lessons, videos/DVDs or discussion' in class on smoking in the last 12 months.

Regular smokers were less likely to say that they had received lessons (55%) than non-smokers (63%).

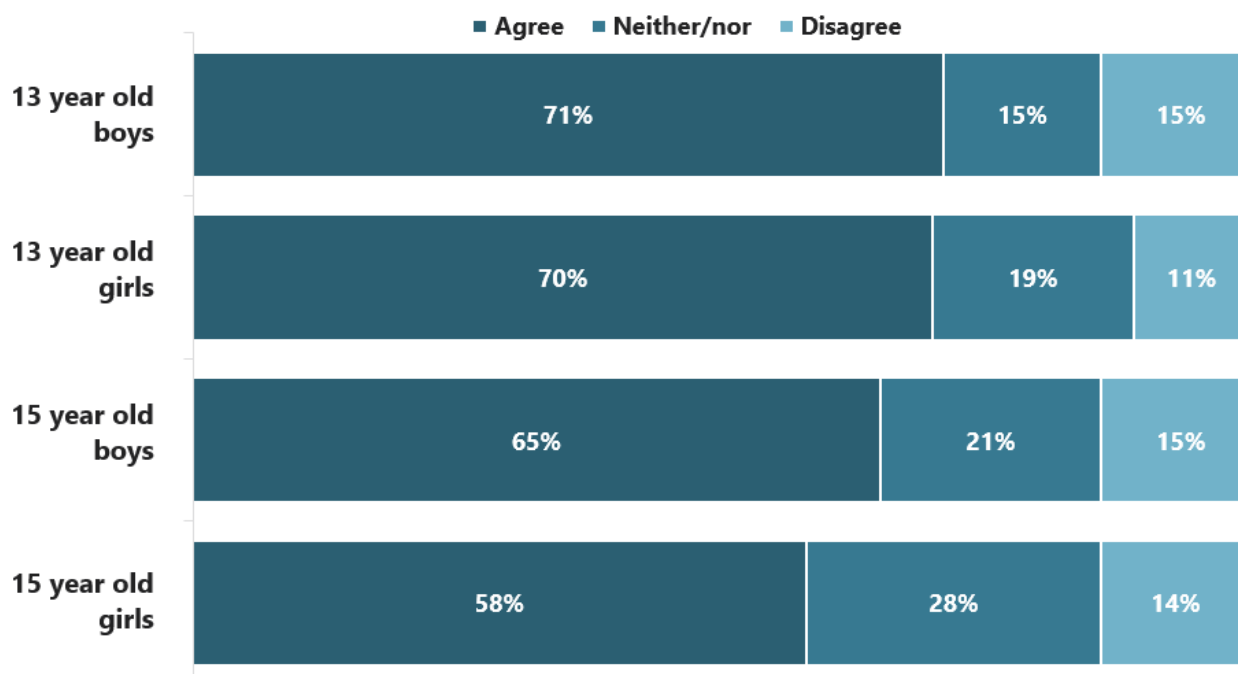
School advice and support about smoking

Overall, two thirds of pupils (66%) agreed that their school provided enough advice and support about smoking. Among both boys and girls, 15 year olds were less likely to agree than 13 year olds (Figure 6.1).

Smokers were less likely to agree than non-smokers among both age groups. Among 15 year olds, 50% of regular smokers agreed compared to 63% of non-smokers, and for 13 year olds these figures were 60% and 71% respectively (Figure 6.2).

Figure 6.1 Whether pupils agree that their school provides enough advice and support about smoking, by age and gender (2018)

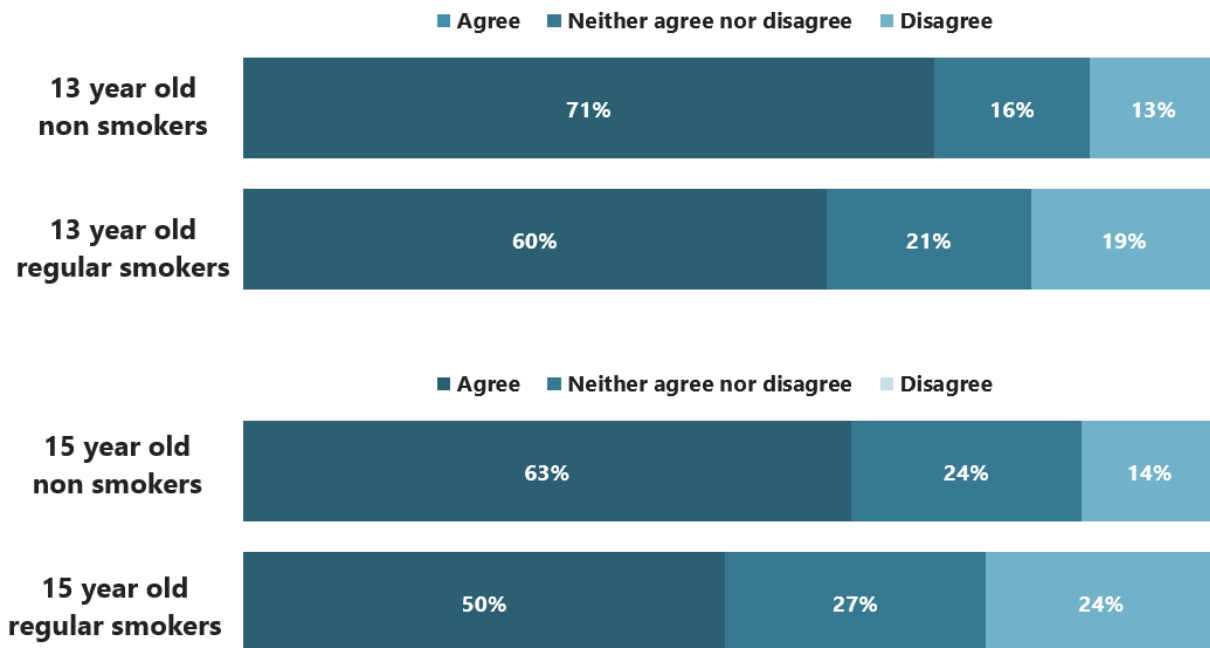
Q. To what extent do you agree or disagree with the following statements? 'My school provides me with enough advice and support about... smoking'



Base: 13 year old girls (5,252), 13 year old boys (5,100), 15 year old girls (4,653), 15 year old boys (4,385)

Figure 6.2 Whether pupils agree that their school provides enough advice and support about smoking, by age and smoking status (2018)

Q. To what extent do you agree or disagree with the following statements? 'My school provides me with enough advice and support about... smoking'



Base: 13 year old non-smokers (10,247), 13 year old regular smokers (173), 15 year old non-smokers (8,244), 15 year olds regular smokers (626)

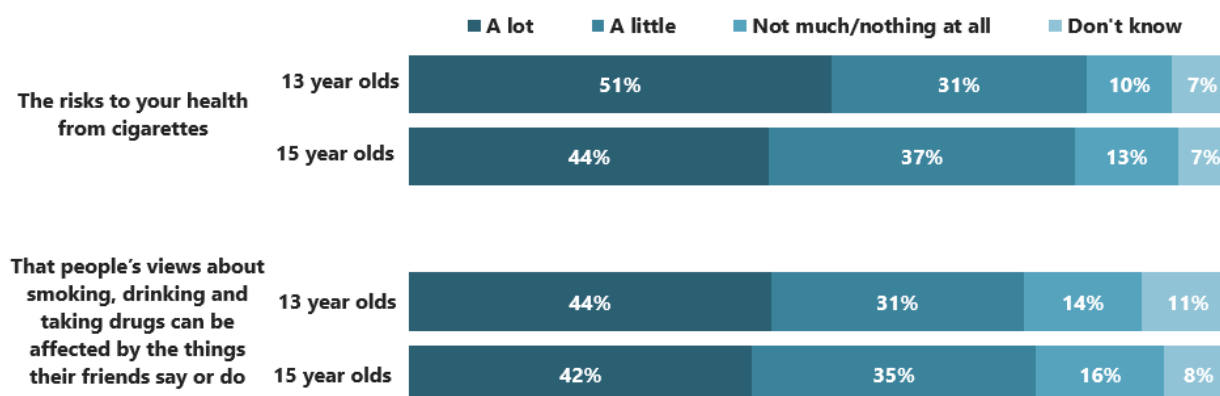
How much learned about the health risks of cigarettes and the influence of friends

48% of all pupils felt they had learned 'a lot' in school about 'the risks to your health from cigarettes' and 43% 'that people's views about smoking, drinking and taking drugs can be affected by the things their friends say and do' (Figure 6.3 shows the breakdown by age).

15 year old regular smokers and occasional smokers were more likely than non-smokers to say they had learned 'not much' or 'nothing at all' (Figure 6.4).

Figure 6.3 How much pupils feel they have learned in school about the health risks of cigarettes and the influence of friends, by age (2018)

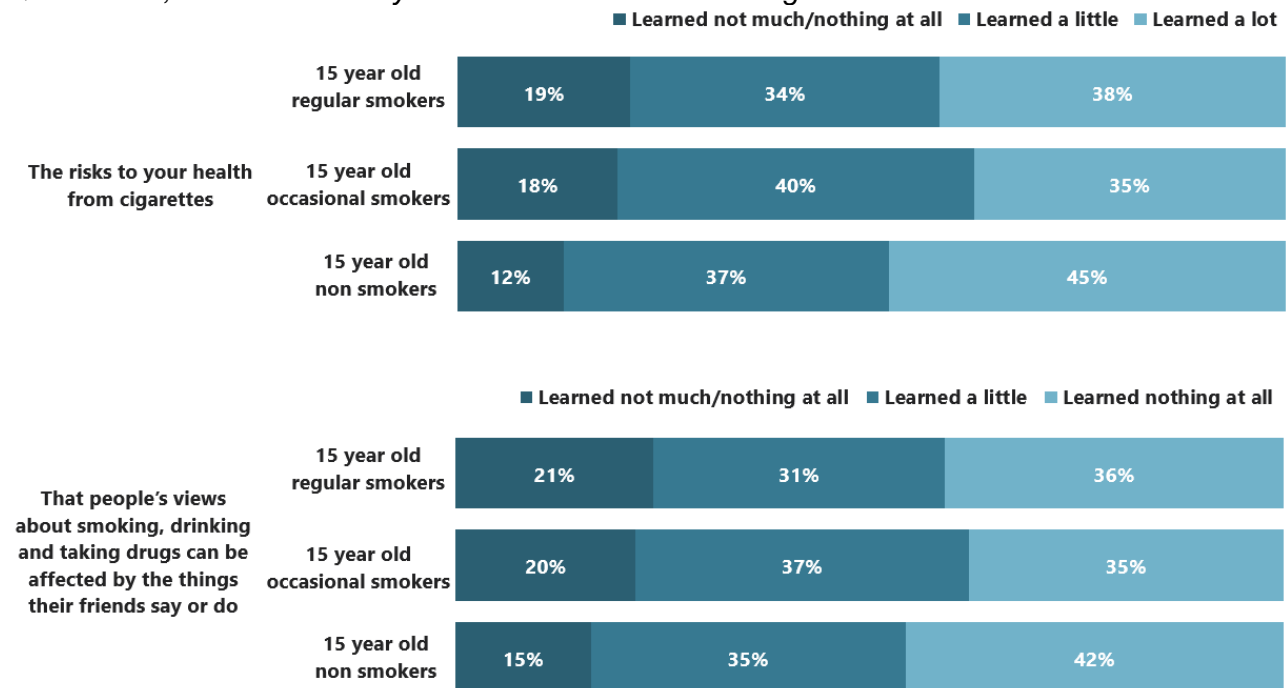
Q. In school, how much have you learned about the following?



Base: all pupils, 13 year olds (10,828), 15 year olds (9,462)

Figure 6.4 How much 15 year old pupils feel they have learned in school about the health risks of cigarettes and the influence of friends, by smoking status (2018)

Q. In school, how much have you learned about the following?



Base: 15 year old non-smokers (8,393), 15 year old occasional smokers (504), 15 year old regular smokers (633)

Confidence in future health and wellbeing choices

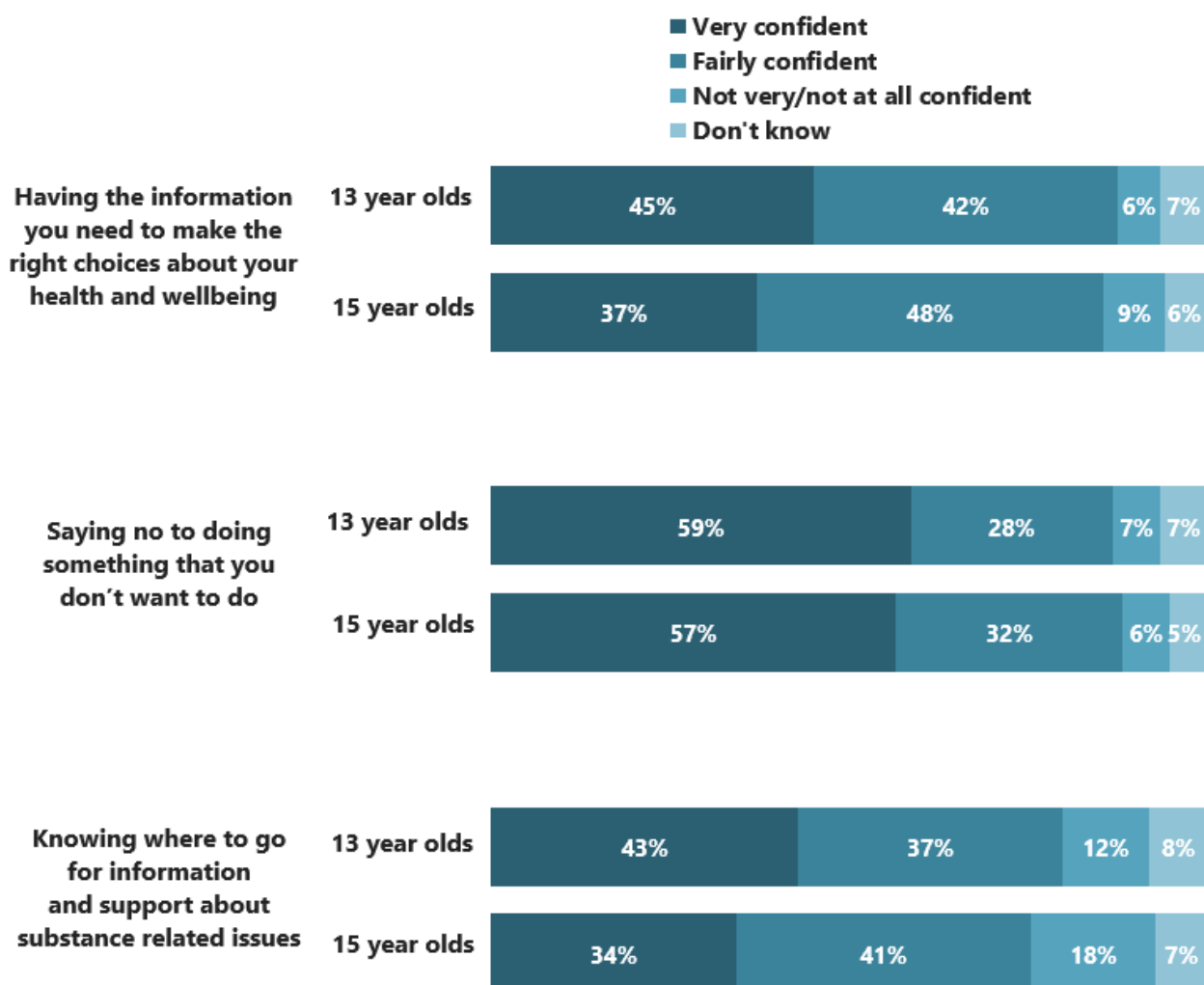
There were high levels of confidence among pupils regarding certain aspects of health and wellbeing choices. The majority were very confident about 'saying no to something that you don't want to do' (Figure 6.5).

13 year olds were more confident than 15 year olds about having the information they needed to make the right choices about their health and wellbeing and about knowing where to go for information and support about substance related issues. On the other hand, 15 year olds were more confident than 13 year olds about saying no to doing something they didn't want to do.

Among 15 year olds, regular smokers and occasional smokers tended to be less confident about these choices than non-smokers (Figure 6.6).

Figure 6.5 Confidence in future health and wellbeing choices, by age (2018)

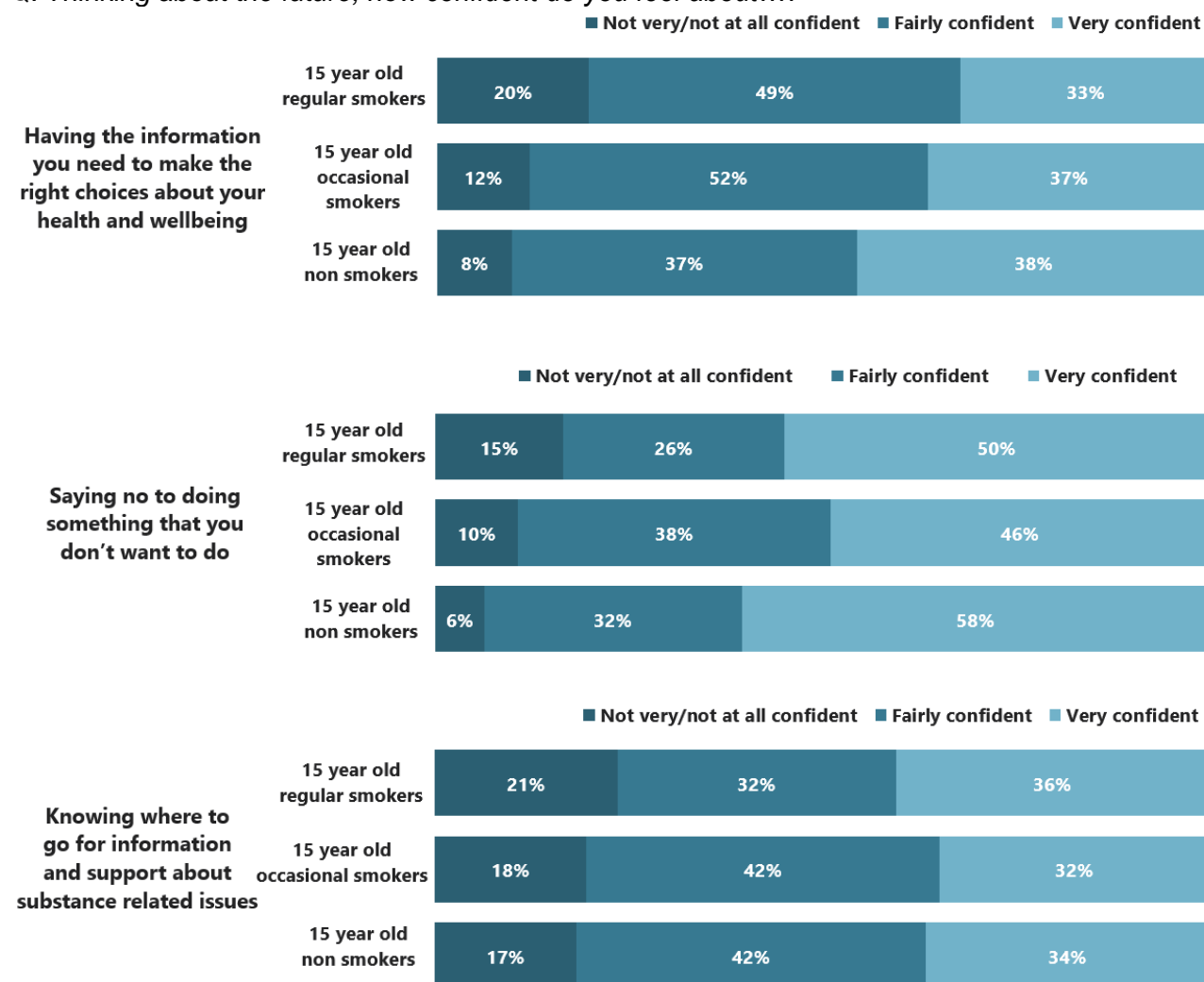
Q. Thinking about the future, how confident do you feel about...?



Base: all pupils, 13 year olds (10,710), 15 year olds (9,368)

Figure 6.6 Confidence among 15 year olds in future health and wellbeing choices, by smoking status (2018)

Q. Thinking about the future, how confident do you feel about...?



Base: 15 year old non-smokers (8,277) 15 year old occasional smokers (491), 15 year old regular smokers (627)

7 Risk factors and protective factors

The charts in this chapter show the proportion of regular smokers among different subgroups of 13 and 15 year olds. For example, the first chart in Figure 7.1 shows that 3% of 13 year olds who live with a step parent are regular smokers.

Family

A number of elements of family life were associated with regular smoking. These were: family structure, parental awareness of pupil activities, family communication and pupil caring responsibilities (Figure 7.1).

Family structure

Among 15 year olds, those living with a single parent or step-parent were more likely to be regular smokers than those who lived with both parents.

Maternal and paternal awareness

Among both age groups, regular smoking was higher among those who thought that their mother knew a below average amount about what they do and who they are with. The same pattern emerged for father's perceived knowledge of activities.

Family communication

Across both age groups, those who said they would be likely to talk to their family if they felt worried about something, were less likely to be regular smokers than those who would not.

Caring responsibilities

Those who had caring responsibilities were more likely to be regular smokers than those who did not.

Figure 7.1 Comparison of prevalence of smoking, by factors relating to family life and age (2018)

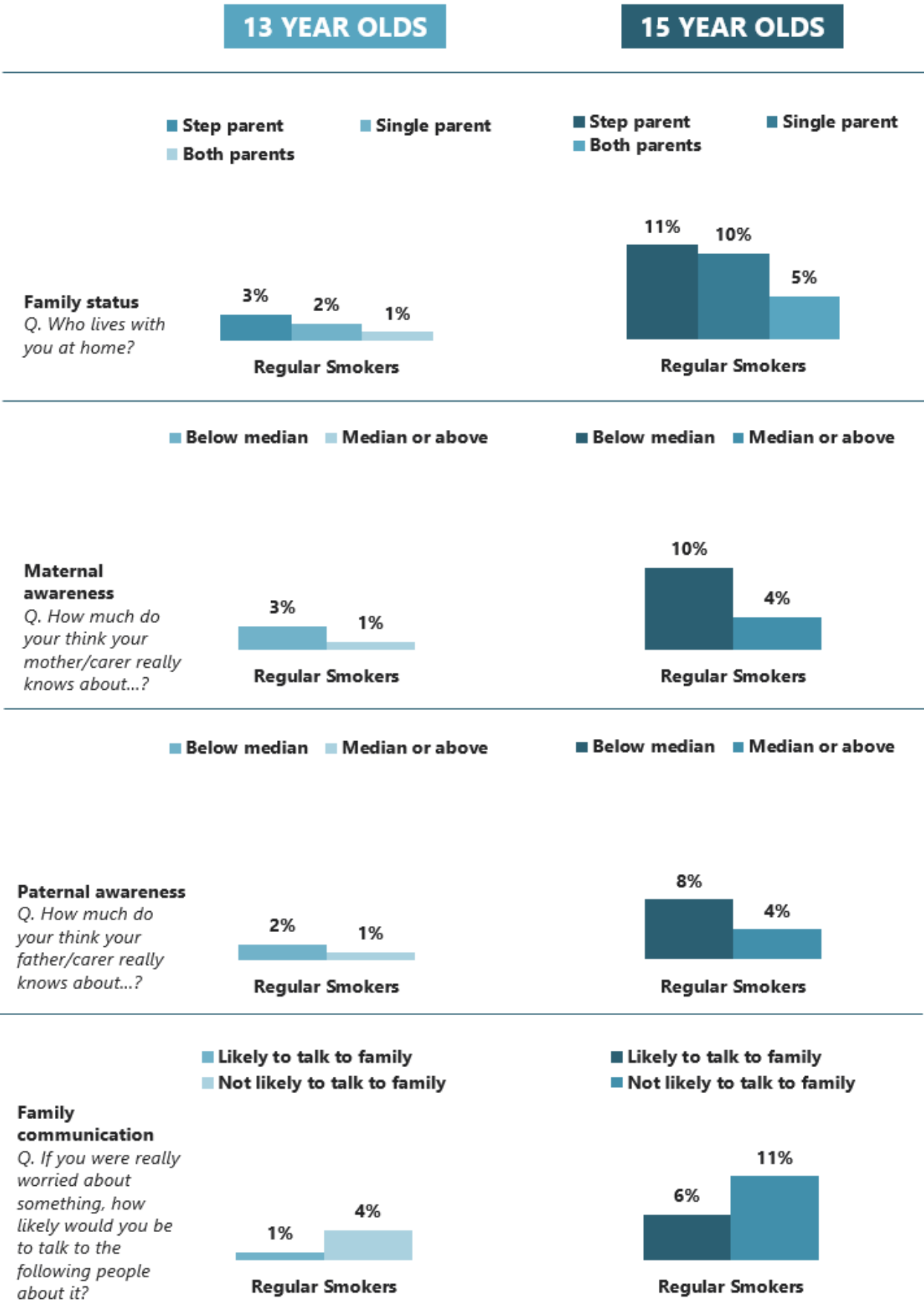
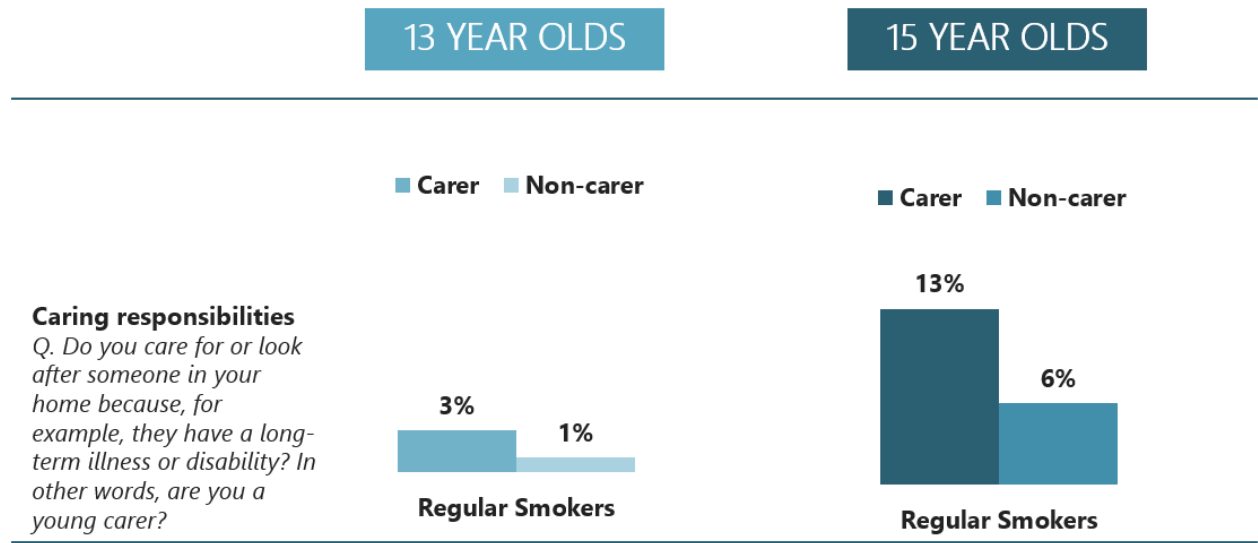


Figure 7.1 – continued – Comparison of prevalence of smoking, by factors relating to family life and age (2018)



Base: all pupils (for full base sizes please see Appendix A)

Friends and leisure activities

Aspects of a pupil's social life were related to regular smoking. These were: the number of close friends, the age of friends, the number of evenings spent out with friends, the amount of their own cash they had available to spend, and the types of leisure activities they pursued (Figures 7.2 and 7.3).

Number of friends

Pupils with no close friends were more likely to be regular smokers than those who had one or more friends.

Age of friends

Pupils with friends around the same age were less likely to be a regular smokers than those with older, younger or mixed-age friends, among both 13 year olds and 15 year olds.

Number of evenings spent out with friends

Generally, the greater the number of evenings pupils spent out with friends, the greater the likelihood that they were a regular smoker. However, there was no significant difference between the proportion of regular smokers among those who spent no evenings with friends and those who spent one or two.

Amount of own cash to spend

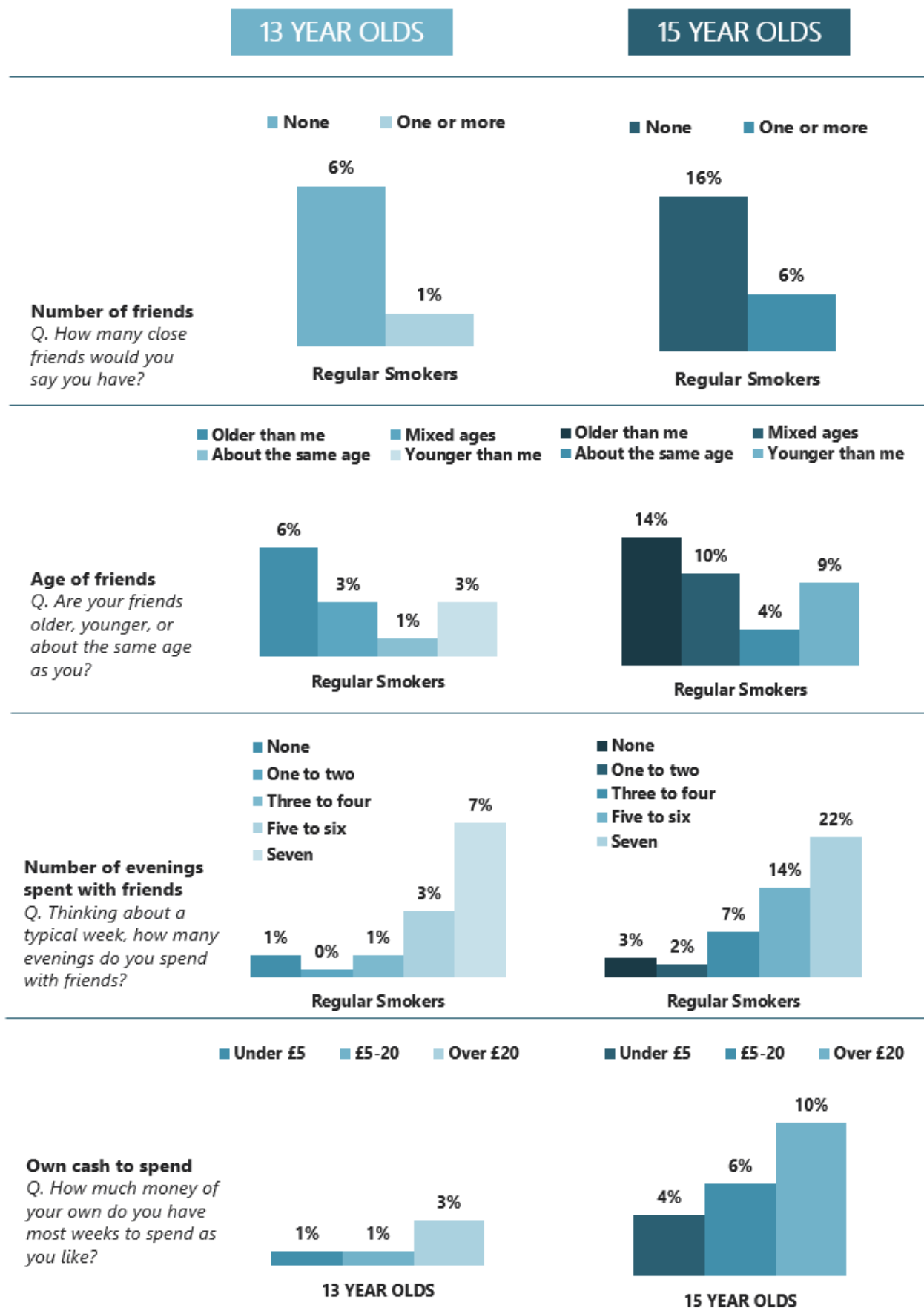
Pupils with more money of their own to spend were more likely to be regular smokers than those with less.

Leisure activities

15 year old non-smokers were more likely than regular smokers to frequently spend time reading books, doing a hobby or playing sport.

15 year old regular smokers were more likely than non-smokers to see friends or go to a friend's house weekly, as well as several other activities such as hanging out in the street, watching films, reading magazines, going to concerts, shops, museums, libraries or the theatre. Regular smokers were also more likely than non-smokers to report doing 'nothing'.

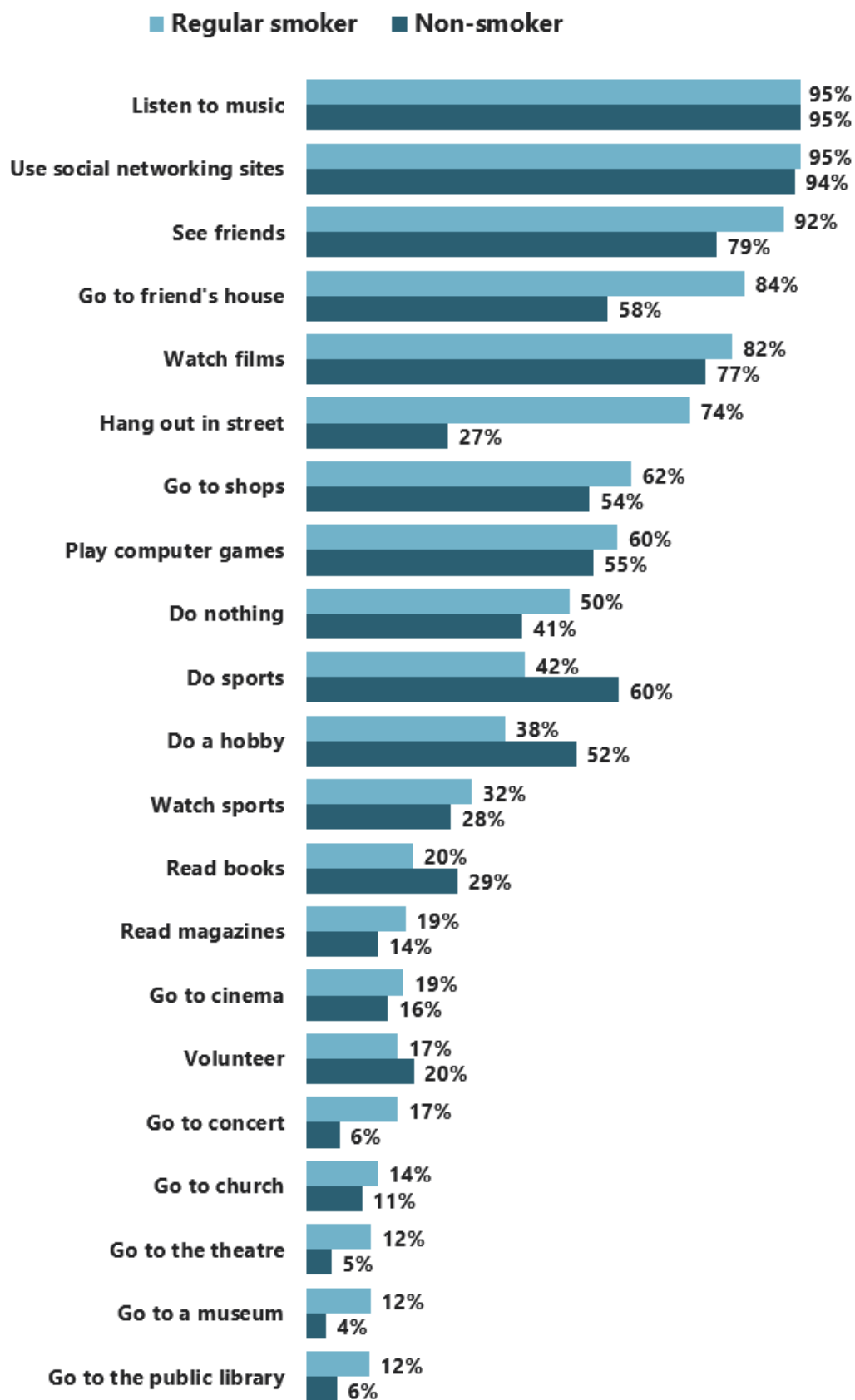
Figure 7.2 Comparison of prevalence of smoking, by factors relating to friendships and money and age (2018)



Base: all pupils (for full base sizes please see Appendix A)

Figure 7.3 Percentage of 15 year old pupils reporting taking part in leisure activities at least weekly, by smoking status (2018)

Q. Here is a list of things that young people sometimes do in their free time, when they aren't at school. What about you?



Base: all 15 year old pupils (for full base sizes please see Appendix A)

School

Factors relating to a pupil's engagement with school were strongly associated with smoking. Key factors were: enjoying school, feeling pressured by schoolwork, exclusion from school, truanting and post-school expectations (Figure 7.4).

Enjoying school

Those who say they don't like school at all are more likely to be regular smokers than those who don't like it very much among both age groups. Among 15 year olds, students who like school a bit are less likely to be regular smokers than those who dislike school and those who like school a lot.

Feeling pressured by schoolwork

At age 13, those who felt pressured by schoolwork 'a lot of the time' were slightly more likely to be regular smokers than those who never felt pressured.

However, among 15 year olds, it was those who never felt pressured who were most likely to be regular smokers, more likely than both those who felt pressured sometimes and a lot of the time.

Exclusion from school

Across both age groups, pupils who had ever been excluded from secondary school were around five times more likely to be regular smokers than those who had not.

Truanting

Truancy was strongly correlated with regular smoking. Among both age groups, the more frequently a pupil truanted, the more likely they were to be a regular smoker.

Post-school expectations

Among 15 year olds, those that said they expected to go to university after school were less likely to be a regular smoker than those who expected to take a different path, such as going to college, working or doing an apprenticeship. 13 year olds who expected to go to university were less likely to be a regular smoker than those who believed they would start working straight after leaving school.

Figure 7.4 Comparison of prevalence of smoking, by factors relating to school and age (2018)

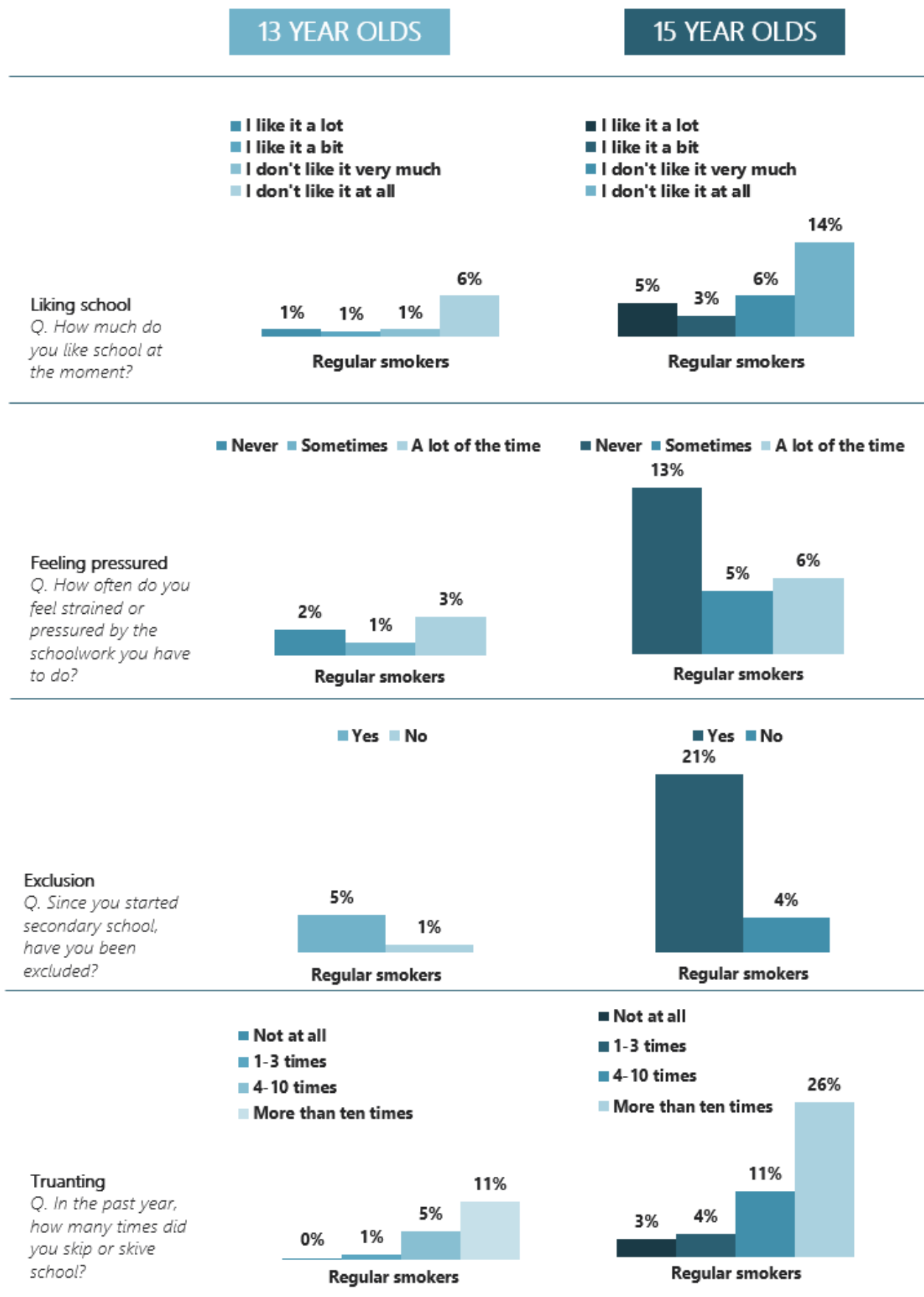
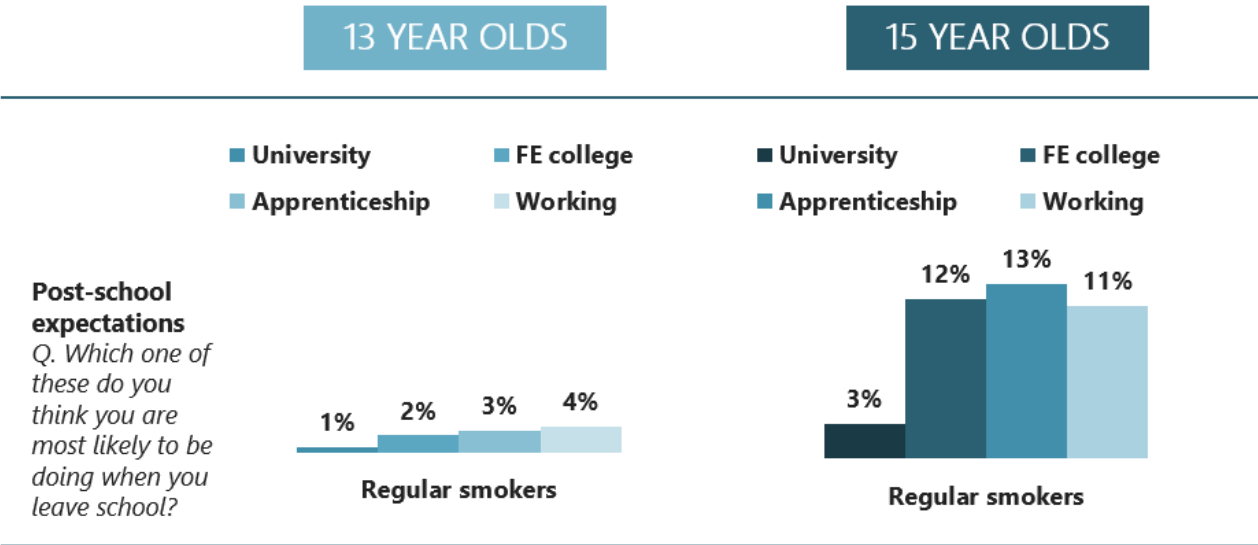


Figure 7.4 – continued – Comparison of prevalence of smoking, by factors relating to school and age (2018)



Inequalities

Inequalities related to health and wellbeing had a strong relationship with smoking. These measures were: self-rated health, whether a pupil had an illness or disability, emotional and behavioural problems and mental wellbeing (Figure 7.5).

Self-rated health

Among both age groups, pupils who rated their health as 'bad' were more likely to be regular smokers than those who rated their health as 'fair' or 'good'.

Long-term illness or disability

Pupils who said they had a long-term illness or disability were more likely to be regular smokers than those who did not.

Emotional and behavioural problems

Emotional and behavioural problems are assessed through the Strengths and Difficulties Questionnaire (SDQ) in SALSUS. This is a brief behavioural screening questionnaire that is designed for use with children and young people. The questionnaire contains 5 scales: emotional problems, conduct problems, hyperactivity problems, peer problems and pro-social behaviour. A score derived from the first 4 scales listed provides an overall indicator of emotional and behavioural problems.

Pupils with abnormal scores for emotional and behavioural conduct were more likely to be regular smokers than those with borderline or normal scores in both age groups. Among 15 year olds, those with borderline scores were also more likely to be a regular smoker than those with a normal score.¹³

Mental wellbeing

Mental wellbeing is assessed in SALSUS using the Warwick-Edinburgh Mental Well-being Scale (WEMWBS). This is a scale of 14 positively worded items, with five response categories. The scale is scored by summing the response to each item answered on a 1 to 5 Likert scale. The minimum score is 14 and the maximum is 70. The higher a respondent's score, the better their mental wellbeing.

Among both age groups, those with below average mental wellbeing scores were more likely to be a regular smoker than those with an average or above average score.

Area deprivation¹⁴

Area-based deprivation is assessed using the Scottish Index of Multiple Deprivation (SIMD). This is used to provide an indication of material disadvantage in individual pupils.

There was not a strong pattern across different levels of deprivation.

¹³ The terminology used to describe SDQ scores is borrowed from the original SDQ questionnaire designed by Robert Goodman. While the terms 'normal', 'borderline' and 'abnormal' may seem outdated in the context of the language used to describe mental wellbeing today, they have been retained in this report to draw comparisons to previous years.

¹⁴ For full details of how area deprivation is calculated and its limitations please see the SALSUS 2018 Technical Report.

Figure 7.5 Comparison of prevalence of smoking, by factors relating to inequalities and age (2018)

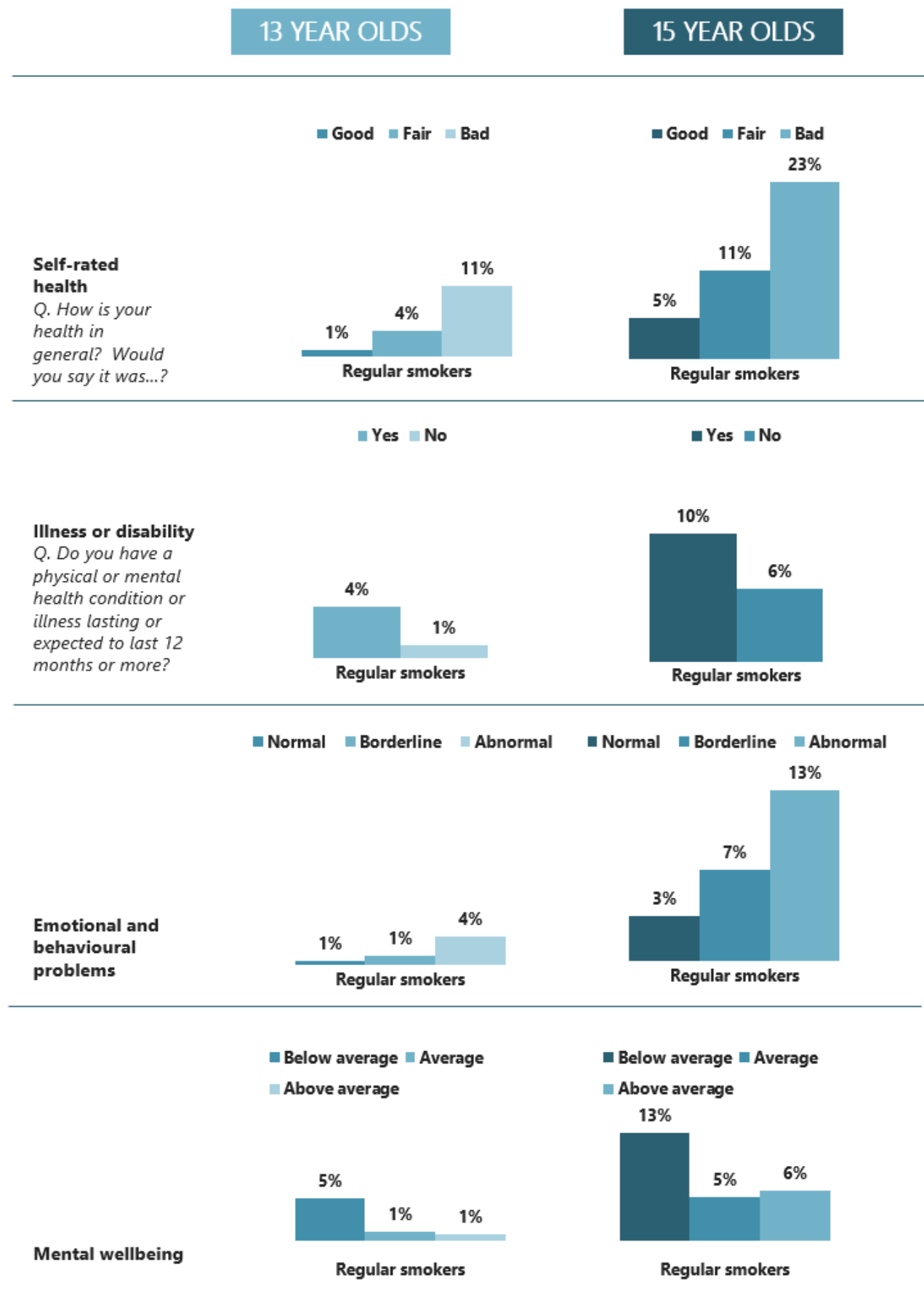
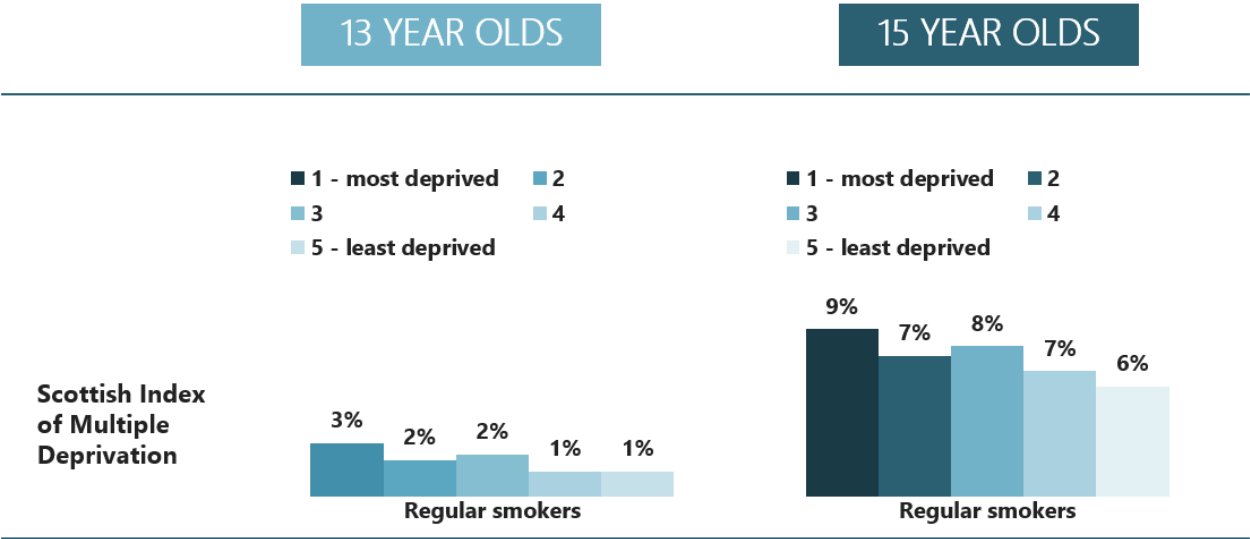


Figure 7.5 – continued – Comparison of prevalence of smoking, by factors relating to inequalities and age (2018)



Base: all pupils (for full base sizes please see Appendix A)

Appendix A: Base Tables (unweighted)

Table A.1 Bases for Figure 2.3 Proportion of pupils who are regular smokers, by sex and age (1982-2018)

	All 13 year old boys	All 13 year old girls	All 15 year old boys	All 15 year old girls
1990	324	343	343	317
1992	386	351	295	334
1994	349	342	311	330
1996	317	305	318	276
1998	306	314	562	554
2000	625	582	593	570
2002	5948	6146	5145	5074
2004	1783	1686	1646	1689
2006	5797	5774	5599	5410
2008	2631	2683	2296	2329
2010	9610	9394	9016	8685
2013	8515	8545	8083	7970
2015	6459	6735	5687	5610
2018	5951	5869	4995	5037

N.B. Base data for 1982, 1984, and 1986 was not available

Table A.2 Bases for Figure 2.5 Proportion of 15 year old regular smokers who have smoked for 6 months or more, by sex (1990-2018)

	15 year old boys who are regular smokers	15 year old girls who are regular smokers
1990	73	78
1992	53	101
1994	53	76
1996	88	77
1998	121	144
2000	90	144
2002	788	1215
2004	228	390
2006	651	930
2008	288	333
2010	1019	1196
2013	599	690
2015	314	297
2018	301	238

Table A.3 Bases for Figure 2.6 Mean age at which 15 year old pupils who had ever smoked, first tried a cigarette (2008-2018)

	15 year olds who have ever tried smoked
2008	1898
2010	6767
2013	6564
2015	3436
2018	2430

Table A.4 Bases for Figure 2.7 Trends in number of 15 year old regular smokers who say they would find it 'very difficult' or 'fairly difficult' to give up, by sex (1992-2018)

	15 year old boys who are regular smokers	15 year old girls who are regular smokers
1992	53	76
1994	89	77
1996	120	146
1998	92	145
2000	799	1226
2002	225	385
2004	660	942
2006	290	337
2008	1032	1209
2010	606	699
2013	53	101
2015	325	307
2018	310	248

Table A.5 Bases for Figure 2.8 Trends in number of 15 year old regular smokers who say they would like to give up, by sex (1992-2018)

	15 year old boys who are regular smokers	15 year old girls who are regular smokers
1992	53	76
1994	89	77
1996	120	146
1998	92	145
2000	781	1206
2002	225	392
2004	660	939
2006	290	336
2008	1031	1208
2010	590	683
2013	53	101
2015	323	304
2018	312	246

Table A.6 Bases for Figure 2.9 Trends in number of 15 year old regular smokers who have tried to give up, by sex (1992-2018)

	15 year old boys who are regular smokers	15 year old girls who are regular smokers
1992	53	76
1994	89	77
1996	66	89
1998	92	145
2000	804	1233
2002	227	389
2004	659	942
2006	288	336
2008	1031	1202
2010	592	685
2013	53	101
2015	321	307
2018	311	248

Table A.7 Bases for Figure 3.3 Trends in 15 year old regular smokers getting cigarettes from shops (1990-2018)

	15 year old boys who are regular smokers	15 year old girls who are regular smokers
1990	99	100
1992	66	133
1994	71	111
1996	118	107
1998	156	207
2000	124	206
2002	844	1261
2004	332	561
2006	935	1333
2008	408	514
2010	1504	1836
2013	837	1124
2015	371	346
2018	336	277

Table A.8 Figure 3.5 Perceived cost of cigarettes among 15 year olds, by smoking status (average estimate) (2010-2018)

	15 year old regular smokers	15 year old non-smokers
2010	1854	11018
2013	1325	13241
2015	755	9171
2018	776	8396

Table A.9 Bases for Figure 4.1 Trends in the proportion of pupils who think it's 'ok' to try smoking, by age and gender (2006-2018)

	All 13 year old boys	All 13 year old girls	All 15 year old boys	All 15 year old girls
2006	5917	5900	5714	5491
2008	2655	2710	2310	2337
2010	9788	9532	9118	8746
2013	8703	8657	8203	8047
2015	6086	6484	5398	5461
2018	5527	5608	4621	4832

Table A.10 Figure 5.3 Exposure to smoke at home, by age (2013-2018)

	All 13 year olds	All 15 year olds
2013	17217	16168
2015	13208	11493
2018	12144	10558

Table A.11 Figure 5.4 Exposure to smoke in cars, by age (2013-2018)

	All 13 year olds	All 15 year olds
2013	17175	16147
2015	13331	11534
2018	12293	10615

Table A.12 Bases for Figure 5.6 Trends in proportion of pupils with at least one parent who smokes daily, by age (2002-2018)

	All 13 year olds	All 15 year olds
2002	12440	10650
2004	3599	3463
2006	11906	11274
2008	5392	4671
2010	19371	17936
2013	17397	16288
2015	12882	11190
2018	12059	10436

Table A.13 Bases for Figure 5.8 Trends in proportion of pupils with at least one sibling who smokes daily, by age (2002-2018)

	All 13 year olds	All 15 year olds
2002	9427	8212
2004	2505	2657
2006	8556	8716
2008	3923	3762
2010	14537	14181
2013	13926	13181
2015	12587	10977
2018	11598	10015

Table A.14 Bases for Figure 5.10 Trends in the proportion of pupils who say that more than half their friends smoke, by age (2002-2018)

	All 13 year olds	All 15 year olds
2002	12339	10609
2004	3550	3426
2006	11704	11106
2008	5168	4538
2010	18971	17680
2013	17121	16105
2015	13607	11697
2018	12028	10481

Table A.15: Bases for Figure 7.1 Proportion of pupils who were regular smokers, by family variables (2018)

Family status

	All 13 year olds	All 15 year olds
Single parent	2138	1963
Step parent	934	909
Both parents	8146	6846

Maternal awareness

	All 13 year olds	All 15 year olds
Median and above	7423	5813
Below median	3987	4104

Paternal awareness

	All 13 year olds	All 15 year olds
Median and above	6429	4775
Below median	4483	4604

Family communication

	All 13 year olds	All 15 year olds
Likely to talk	10065	8385
Not likely to talk	1460	1556

Caring responsibilities

	All 13 year olds	All 15 year olds
Yes	1377	995
No	10070	9120

Table A.16: Bases for Figure 7.2 Proportion of pupils who were regular smokers, by friend variables (2018)

Number of friends

	13 year olds	15 year olds
0	945	1353
1	1367	1697
2	4606	5965
3+	37906	35106

Age of friends

	13 year olds	15 year olds
Older	561	528
Younger	229	200
Same aged	7476	6358
Mixed	2891	2618

Number of evenings spent with friends

	13 year olds	15 year olds
None	1524	1309
1-2 evenings	3588	3623
3-4 evenings	3338	2915
5+ evenings	1690	1079

Own cash to spend per week

	13 year olds	15 year olds
Under £5	2509	1542
£5-20	5828	4346
Over £20	2819	3863

Table A.17: Weekly activities among 15 year olds, by smoking status (2018) – Bases (Figure 7.3)

	Smokers	Non-smokers
Listen to music	674	8615
Use social networking sites	678	8603
See friends	679	8611
Go to a friend's house	653	8526
Watch films	673	8601
Hang out in the street	658	8533
Go to shops	674	8600
Play computer games	676	8594
Do nothing	640	8344
Do sports	673	8584
Do a hobby	655	8527
Watch sports	670	8582
Read books	671	8585
Read magazines	672	8587
Go to cinema	654	8543
Volunteer	653	8487
Go to a concert	651	8531
Go to church	650	8498
Go to the theatre	654	8519
Go to a museum	652	8518
Go to the public library	649	8517

Table A.18: Bases for Figure 7.4 Proportion of pupils who were regular smokers, by school variables (2018)

How much do you like school at the moment?

	13 year olds	15 year olds
Like it a lot	1860	1046
Like it a little	5314	4082
Not very much	2266	2574
Not at all	1527	1908

Feeling pressured by schoolwork

	13 year olds	15 year olds
Never	1598	579
Sometimes	6232	3525
A lot of the time	3027	5466

Exclusion

	13 year olds	15 year olds
Has been excluded	1383	1227
Has not been excluded	9288	8270

Truantiing

	13 year olds	15 year olds
Not at all	5993	4644
4-10 times	3008	2654
1-3 times	1004	1180
More than 10 times	603	922

Post-school expectations

	13 year olds	15 year olds
University	6197	5204
FE college	1308	1498
Apprenticeship	544	1141
Working	1197	867

Table A.19: Bases for Figure 7.5 Proportion of pupils who were regular smokers, by inequalities and geography variables (2018)

Self-rated health

	13 year olds	15 year olds
Good	9900	8257
Fair	1772	1749
Bad	332	395

Illness or disability

	All 13 year olds	All 15 year olds
Yes	2031	2254
No	9116	7537

Overall SDQ score

	All 13 year olds	All 15 year olds
Normal	6443	5405
Borderline	1706	1684
Abnormal	1906	1846

WEMWBS Score

	All 13 year olds	All 15 year olds
Below average	1343	1652
Average	7227	6684
Above average	1691	1058

SIMD

	All 13 year olds	All 15 year olds
1-most deprived	1638	1342
2	2044	1767
3	2518	2091
4	3029	2608
5-least deprived	3053	2793

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Correspondence and enquiries

For enquiries about this publication please contact:

Neil White

Health and Social Care Analysis

Telephone: 0131 244 5949

e-mail: salsus@gov.scot

For general enquiries about Scottish Government statistics please contact:

Office of the Chief Statistician, Telephone: 0131 244 0442,

e-mail: statistics.enquiries@gov.scot

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Any enquiries regarding this publication should be sent to us at

The Scottish Government
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Edinburgh
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