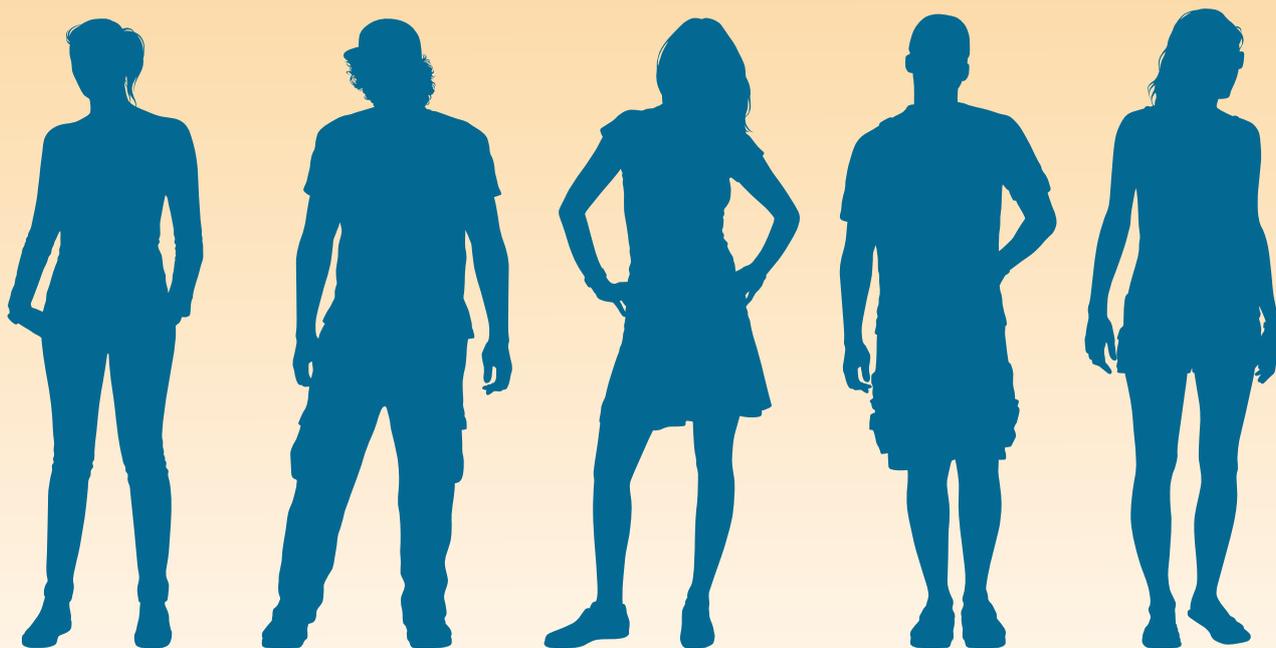


---

# Health and Wellbeing

Survey of Young People in Renfrewshire 2013



A report conducted by **Progressive Partnership** and **Traci Leven Research**.



# Who was this work conducted with and for what reason?

The aim of the study was to provide information on the health and wellbeing of S1 to S6 pupils across Renfrewshire.

5,600 young people from S1-S6 were surveyed (50% of each Secondary school).

**5,600 young people**  
— across Renfrewshire  
— S1 to S6 pupils

# What are the key findings of this report?

## Talking about Relationships and Sexual Health (RSH)

1. 65% said they could talk to a friend about RSH
2. 64% said they could talk to a parent/carer about RSH
3. Girls were more likely to say they could talk to friends (72% F, 58% M) and family (27%F, 22% M)
4. S3-6 were more likely to talk to friends than S1-2
5. Boys were more likely to say they had no-one they can talk to (11% M, 4% F)
6. Pupils in schools in the most deprived areas were more likely to say they could talk to a friend, family member or teacher

## RSHPE at school

1. 79% said they had received SHRE at school
2. 62% said it had prepared them well for forming and dealing with relationships (S1-2 more likely to report this)
3. 10% said it had prepared them badly (S5-6 more likely to report this)



---

### Screen based leisure time

1. 88% participated in social networking on a week night (35% for more than 3 hours).
2. Screen based leisure time versus other leisure activities was higher for young people in the more deprived areas.
3. S3-6 had higher levels of screen time than S1-2.
4. Boys were more likely to spend >3 hrs per night on games consoles than girls, particularly S1-2.
5. Girls were more likely to spend > 3 hrs per night social networking than boys.

---

### Experience of discrimination in the past year

1. 4% had experienced discrimination on the basis of sex or gender (mainly S3-6 pupils).
2. 3% had experienced discrimination on the basis of sexual orientation, with boys more likely to have experienced this. (mainly S3-6 pupils).
3. Pupils who indicated their sexuality was gay or bisexual were more likely to have experienced discrimination on any grounds (Dress, age, religion, skin colour, disability, ethnicity, language).

---

### Body image

1. 46% said they worried about the way they look, particularly girls (63% F, 29% M).
2. The greatest % of young people who reported this were in S3-4.



---

# What are the implications of the findings?

1. The overall percentage of pupils talking with parents is positive and is weighted towards those in S1-2. Peer influence/discussion is favoured from S3 onwards and this need to be considered by parental supports services.
2. The report reinforces a range of other findings which highlight concerning gender disparity – with boys more likely to report they have no-one they can talk to.
3. RSHP lessons are rated positively, though less so by pupils in upper school, when pupils are statistically more likely to be having sexual relationships and less likely to be talking with their parent/carer.
4. The high percentage of pupils engaged with screen based leisure needs to be considered alongside what young people have reported elsewhere around their experiences online. There are differences around patterns of screen time related to gender, age and deprivation/affluence and this could be used to tailor interventions.
5. Body image concerns peak at S3-4 and girls are affected in greater numbers than boys. This is consistent with other studies and should be considered in any review of PSHE/RSHPE lessons and parents support services.
6. Boys in S3-6 who are gay or bisexual are experiencing the highest levels of discrimination.