

Wiltshire Children and Young People's Health and Wellbeing Survey 2015: Risky behaviours

Part of the JSA family



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Background

The Wiltshire Children and Young People's Health and Wellbeing Survey aims to develop a better understanding of Wiltshire's children and young people's experiences of life, both inside and outside school. The survey helps schools to identify areas for improvement and address particular issues raised by their own pupils and to provide evidence to influence future services provided by Wiltshire Council and their partners that improve the health and wellbeing of our young people. It was commissioned by Wiltshire Council and carried out by Foster and Brown Research Limited.

All schools in Wiltshire were invited to take part in the voluntary survey, which was carried out from January to April 2015. The questionnaire was completed online by pupils in year groups 4, 5, 6, 8, 10 and 12. There were three versions of questionnaire designed separately for primary, secondary and Year 12/FE college pupils, plus a version for children and young people with special educational needs. The questions covered a wide range of aspects of young people's lives, these were healthy lifestyles, learning experience, relationships, wellbeing, safety, aspirations and support requirements. The survey was carried out in 64 schools and colleges across Wiltshire in 19 of the 20 community areas, and 6,912 pupils completed the survey.

The large number of children and young people involved means that we can have confidence that the responses are representative of Wiltshire's children and young people. The survey was designed online and took advantage of the additional capabilities online surveys bring including accurate sliding response questions and presenting questions to a respondent based on their previous answers. It is planned that the survey will be repeated in 2017 and it will be run as an on-going partnership project every 2 years. This approach allows us to track how behaviours are changing over time. Schools have been given access to their own data, which they can compare to a County average. This means that they can make informed decisions about how to support the health and wellbeing needs of their pupils, and also use the data to monitor the impact of interventions.

This report provides detailed findings surrounding risky behaviours (cigarette smoking, drinking alcohol and drug taking) from the survey. Where possible comparisons have been made based on the results from the Wiltshire survey to two recent national reports that consider similar themes providing a useful benchmark. A number of other topic reports based on survey findings will be published surrounding emotional health and wellbeing, healthy lifestyles and feelings of safety throughout 2016.

The report starts by providing a summary of the results. After which detail is given about the demographic of the respondents and then all questions directly relating to risky behaviours are presented graphical and with short descriptive text.

Summary

The National Health Behaviours of School Aged Children in England (2015) report, which focuses on the health of 11-15 year olds, tells us that young people are smoking, drinking, getting drunk, and having early sex significantly less than they did in 2002. Whilst this is positive, there is concern nationally that this may not be the case for all young people and that some groups may be experiencing poorer health outcomes than others.

The Wiltshire pupil health and wellbeing survey has shown that most Wiltshire children and young people do not engage in these risky behaviours. However, it also highlights areas for concern. We also see many inequalities in health for vulnerable groups of young people such as special educational needs and disability, free school meals and young carers. Vulnerable young people smoke more, many of the vulnerable groups at secondary school drink more frequently and drug taking is higher for secondary school young people who receive free school meals and young carers.

It is important that we focus our attention on the people in our communities who are experiencing health inequalities, but we must also remember that Wiltshire is a healthy county; 94% of Wiltshire children and young people do not smoke, 94% of secondary school children do not frequently drink and 93 % have never taken illegal drugs.

Smoking cigarettes

99% of primary school children and 94% of secondary school children reported that they do not smoke. However, 18% of post-secondary school children reported they smoked.

The secondary school sample shows higher percentages of smokers in all the vulnerable groups and this is also true for the post-secondary school sample except for the Special education need and disability group (SEN&D) whose population smoke less frequently.

Of those who smoke monthly or more frequently more than 78% of those in a secondary school setting and 84% of those in a post-secondary school setting reported that they wanted help to stop smoking.

Drinking alcohol

1% of primary school respondents, 6% of secondary school respondents and 29% of the post-secondary school sample reportedly drink alcohol weekly or most days.

A majority of respondents from all the school settings normally get their alcohol from the home with their parents' permission. The second most common way for the secondary school respondents to obtain alcohol is through friends (18%). 15% of post-secondary school pupils mainly get their alcohol at a pub or club.

Illegal drugs

Nearly 1 in 5 secondary school pupils and nearly 1 in 2 post-secondary school pupils report being offered illegal drugs.

Less than 1 in 10 secondary school respondents reported trying illegal drugs. In the post-secondary school sample 27% of respondents reported having tried illegal drugs.

In the post-secondary school sample a larger proportion of males reported having tried illegal drugs (30% compared to 25%). There are a slightly larger percentage of respondents from all the vulnerable groups in the secondary school sample who have tried illegal drugs than the Wiltshire average (Figure 28). In the post-secondary school sample a very large proportion of young carers and those receiving free school meals appear to be more susceptible to trying illegal drugs (37% and 36%) than any other vulnerable group and the Wiltshire average.

When those who have tried drugs were asked which drugs had they tried the largest selected drug was cannabis for both secondary school (48%) and post-secondary school (50%).

Legal drugs

When asked which legal drugs you have tried few pupils responded to the question and very few respondents reported taking any legal highs. However, 16% of post-secondary pupils who responded to the question reported taking Nitrous Oxide.

Prescription drugs

Less than 10% of the secondary school and post-secondary school samples have inappropriately tried prescription drugs.

Table of Contents

Background	2
Summary	3
Smoking cigarettes.....	4
Drinking alcohol	4
Illegal drugs	4
Legal drugs	4
Prescription drugs.....	4
Response demographic.....	7
Table 1: Overall response.....	7
Figure 1: Survey response population pyramid	7
Table 2: Ethnicity.....	8
Table 3: Military carers	8
Table 4: Social worker involved	8
Table 5: Special Educational Needs and/or disabled	9
Table 6: Free School Meals	9
Table 7: Young carer	9
Results.....	10
Smoking cigarettes.....	10
Figure 2; Question 3.01: Do you smoke cigarettes?	10
Figure 5; Question 3.14: How many cigarettes do you smoke a week?.....	13
Figure 7; Question 3.16: Do you want to stop smoking?.....	14
Figure 9; Question 3.03: Do you want help to stop smoking?.....	15
Figure 11; Question 4.20: How helpful have you found it to learn about the things listed below: Smoking.....	16
Figure 12; Question 3.14 and Question 6.07: Most frequent smokers, and how frequently they are being bullied	17
Figure 13; Question 3.14 and Question 6.32: Most frequent smokers, and how good they are at making and keeping friends.....	18
Drinking Alcohol.....	19
Figure 14; Question 3.04: Do you drink alcohol?.....	19
Figure 17; Question 3.06: Have you ever been drunk?	21
Figure 19; Question 3.15: Where do you normally get alcohol from?	22
Figure 21; Question 4.20.01: How helpful have you found it to learn about the things listed below: Alcohol	23

Illegal drugs	24
Figure 22; Question 3.08: Have you ever been offered illegal drugs?.....	24
Figure 25; Question 3.09: Have you ever tried illegal drugs?	25
Figure 26; Question 3.08 and Question 3.09: Of those who have been offered illegal drugs what percentage has ever tried illegal drugs?	26
Question 3.10 Which drugs have you tried?.....	27
Legal drugs	28
Question 3.21: Which so called legal highs have you tried?.....	28
Prescription drug misuse	28
Figure 29; Question 3.22: Have you ever been <i>offered</i> prescription drugs (medicine you can only get from a doctor) that are NOT your own, for fun or to feel good? This is sometimes called Pharming. (e.g. Vallium, Amphetamines etc. this does NOT mean normal medicine like paracetamol or aspirin from your parents)	28
Figure 30; Question 3.23: Have you ever <i>tried</i> prescription drugs (medicine you can only get from your doctor) that are NOT your own? This is sometimes called Pharming. (e.g. Vallium, Amphetamines etc. this does NOT mean normal medicine like paracetamol or aspirin from your parents).....	29
Question 3.24: Which prescription drugs that are NOT your own have tried?	29
Education	30
Figure 31; Question : Are there any areas in your life that you feel you need more support or knowledge in?	30
Next steps	31

Response demographic

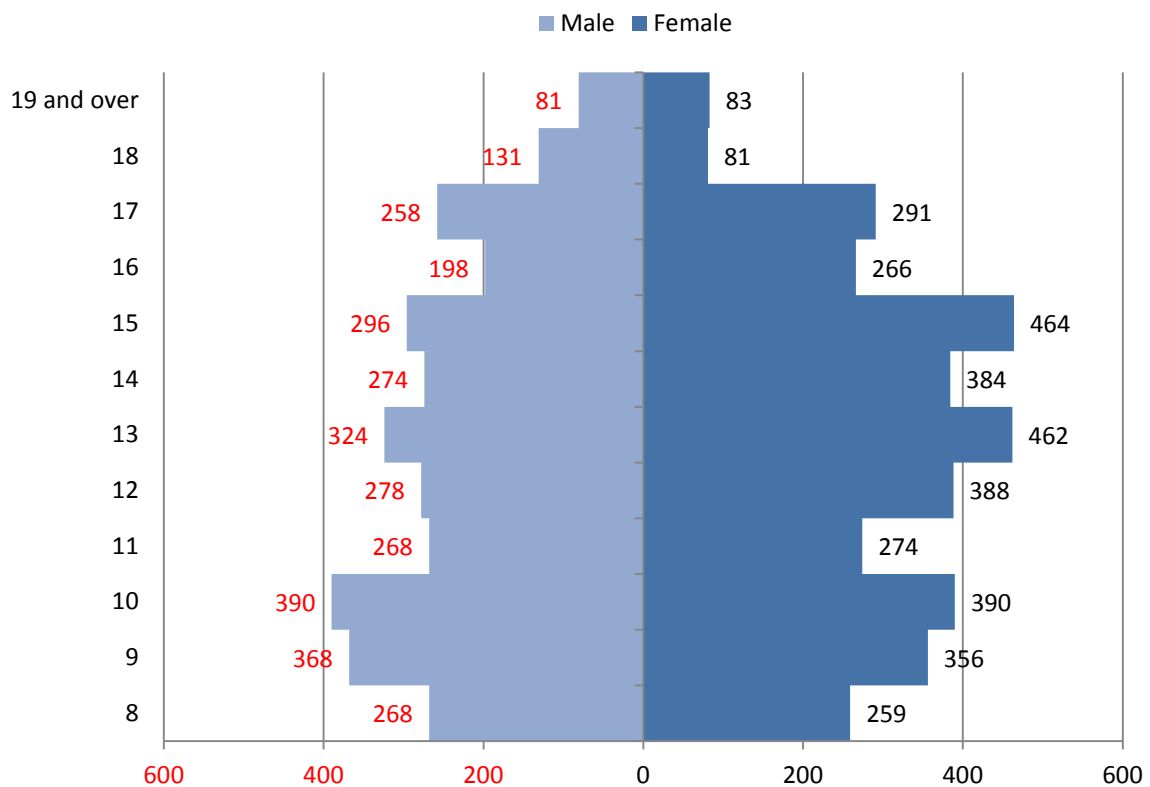
Nearly 7,000 respondents completed the survey, which is 11% percent of the Wiltshire population of 8 to 18 year olds. Table 1 provides a breakdown of what year groups these respondents came from.

Table 1: Overall response

Education level	Primary school				Secondary school			Post-secondary school	Total
	Year 4	Year 5	Year 6	Total	Year 8	Year 10	Total		
Number	1073	445	1098	2616	1462	1444	2906	1390	6912

Age and gender information was collected from the respondents and this has been presented in a population pyramid in figure 1.

Figure 1: Survey response population pyramid



The vast majority of responses in all school types were White British. Of the minority groups no single category was large enough to be representative. When compared to the most recent ethnicity information from the 2011 census the survey has a lower proportion of respondents claiming to be white British (92% of 0-19 year olds reporting being White British in the 2011 census). This could be a reflection of a more diverse ethnic group responding to the survey or an impact of the non-respondents to the question potentially being White British.

Table 2: Ethnicity

	Primary school		Secondary school		Post-secondary school	
White British	2245	86%	2471	85%	1238	89%
Refused/non response	180	7%	87	3%	27	2%
Other	191	7%	348	12%	125	9%

The vast majority of respondents lived with their parents (95%). The percentage does drop with school type with 98% of primary school respondents living with their parents and 91% of post-secondary school adults living with their parents.

In the 2015 Wiltshire school census 10% of primary school, 6% of secondary school and 7% of post-secondary school pupils reported having a carer in the military. Similar proportions were seen in the survey respondents. A decreasing trend could be seen in the percentage of children with military parents and the school type as seen in table 3. 12% of Primary school children had military parents, this fell to 9% in secondary school and 6% in post-secondary school. This could be a sign that the carer has exited the forces by this time or that less children with a military carer go onto post-secondary school education.

Table 3: Military carers

	Primary school		Secondary school		Post-Secondary school	
Military carer	301	12%	246	9%	89	6%
Non-military carer	2299	88%	2641	91%	1288	94%

Few respondents reported having a social worker (table 4). The highest proportion of children with a social worker was in Primary school 6.4%.

Table 4: Social worker involved

	Primary school		Secondary school		Post-secondary school	
Have a social worker	165	6.4%	114	3.9%	52	3.8%
No social worker	2421	93.6%	2774	96.1%	1330	96.2%

Wiltshire council currently looks after around 400 children. In this survey nearly 100 children reported being either a child in care, a looked after child or a child living with foster parents. This is 1.4% of the survey respondents.

In the 2015 Wiltshire school census 17% of pupils in primary school, 17% of secondary school and 6% of post-secondary school pupils are classified as having a special education need or disability. 11% of primary school pupils, 9% of secondary school pupils and 12% of post-secondary school pupils from the survey reported having a disability or SEN classification.

Table 5: Special Educational Needs and/or disabled

	Primary school		Secondary school		Post-secondary school	
SEN&D	293	11%	262	9%	165	12%
Non-SEN&D	2323	89%	2644	91%	1225	88%

In the 2015 Wiltshire school census 9% of pupils in primary school, 8% of secondary school and 2% of post-secondary school pupils are offered free school meals. 10% of primary school pupils, 8% of secondary school pupils and 9% of post-secondary school pupils knew they were eligible for free school meals in the survey sample.

Table 6: Free School Meals

	Primary school		Secondary school		Post-secondary school	
Eligible	245	10%	235	8%	122	9%
Not eligible	1842	74%	2232	78%	1019	79%
Didn't know	418	17%	380	13%	149	12%

Supporting young carers is important. To help understand a young carers needs respondents were asked whether they were young carers. In the survey there were over 200 young carers (table 7). When compared to the most recent information from the 2011 census a much larger proportion of respondents from the survey reported providing unpaid care. The 2011 census reports that 1% of 0-15 year olds and 4% of 16 to 24 year olds provide unpaid care.

Table 7: Young carer

	Secondary school		Post-secondary school	
Yes	181	7%	64	5%
No	2533	93%	1272	95%
Total	2714		1336	

Results

31 figures are presented on the following pages describing the results of over 18 questions. All results are broken into school phase; primary, secondary or post-secondary. For many of the questions gender and vulnerable groups comparisons are presented. The data has been broken down into certain groups of people as there is evidence to show that these groups are more likely to experience health inequalities than others. A health inequality is generally regarded as being the health outcome difference observed between and within communities. The differences are not inevitable, but things we can work to change (Marmot, 2005). The vulnerable groups included in this report are those reportedly receiving free school meals, those with a parent or carer in the military, those reportedly caring for someone and those reporting to have a special education need or disability. The questions have been broken down into sections that represent aspects of risky behaviours. These are smoking cigarettes, drinking alcohol, illegal drugs and legal drugs.

Throughout this document we have highlighted findings from National reports that have asked similar questions. Caution must be used when comparing to other sources of data as subtle difference in the questions, choices for answers and populations who answered, can lead to comparisons that are misleading.

Smoking cigarettes

In the survey a number of questions related to cigarette consumption were asked. The first of these was whether respondents smoked. Figure 2 shows that 99% of primary school children and 94% of secondary school children reported that they do not smoke. However, 18% of post-secondary school children reported they smoked.

Nationally 8% of 15 year olds state that they smoke, of which 5% were regular smokers and 3 % smoked occasionally (Health and Social Care Information Centre , 2015).

Figure 2; Question 3.01: Do you smoke cigarettes?

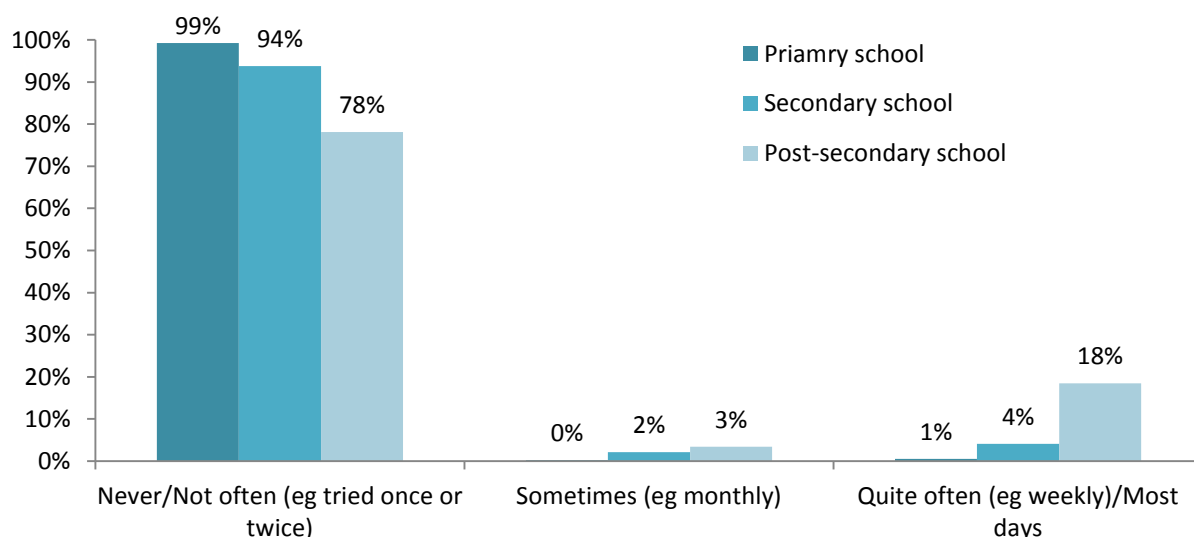
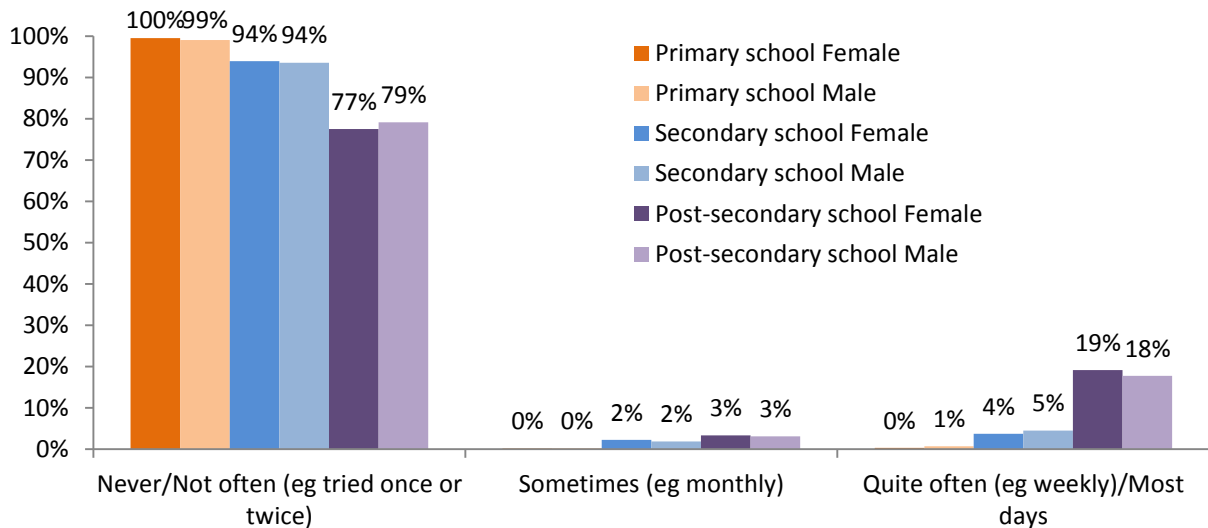


Figure 3 shows that very little difference between the genders exists when considering whether they smoke.

Excluding primary school respondents 11% of girls and 12% of boys reported smoking monthly or more frequently.

A National survey of 15 year olds found girls were more likely to report current smoking than boys (10% compared with 7%) and they were more likely than boys to have ever tried smoking (28% compared with 21%) (Health and Social Care Information Centre, 2015).

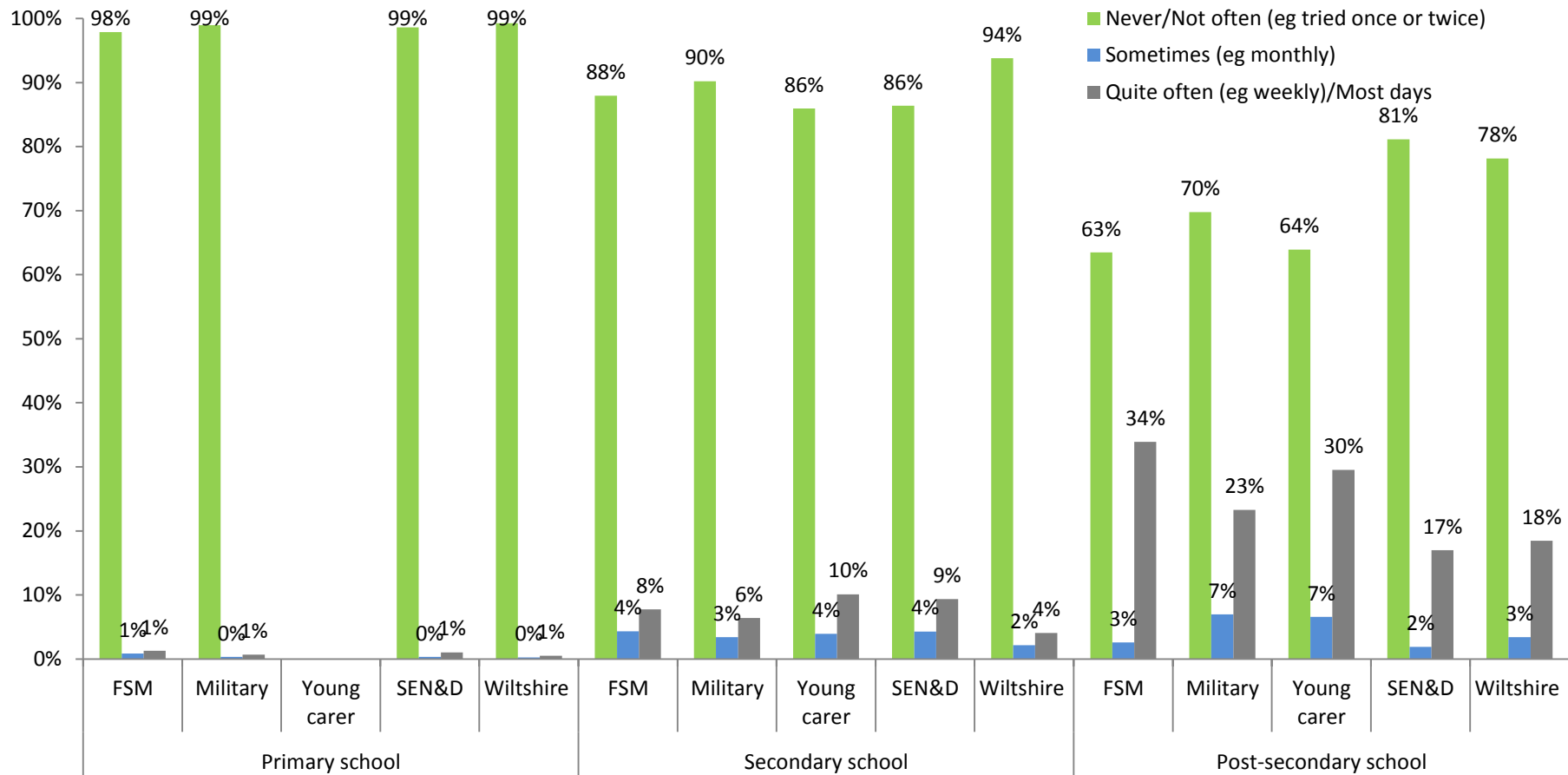
Figure 3; Question 3.01: Do you smoke cigarettes? Gender



When comparing whether a respondent smokes to the main vulnerable groups no differences can be seen in the primary school sample (Figure 4). The secondary school sample shows higher percentages of smokers in all the vulnerable groups and this is also true for the post-secondary school sample except for the Special education need and disability group (SEN&D) whose population smoke less frequently.

National data is not broken down into vulnerable groups in the same way, making a comparison difficult. However National data does show a strong link between living in a deprived area and smoking (Health and Social Care Information Centre, 2015).

Figure 4; Question 3.01: Do you smoke cigarettes? Vulnerable groups



Of those who reported smoking cigarettes weekly or daily (Figure 5) 56% in the post-secondary school sample and 38% in the secondary school sample reported smoking 20 or more a week.

Figure 5; Question 3.14: How many cigarettes do you smoke a week?

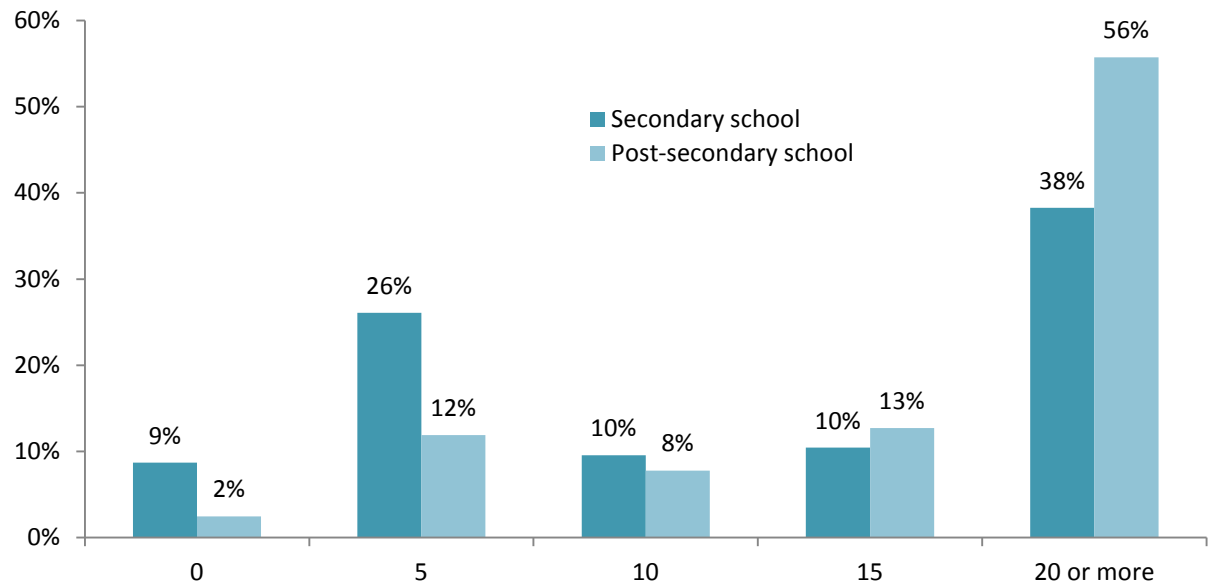


Figure 6 indicates that of those who smoke monthly or more frequently a larger proportion of males in secondary school and post-secondary school smoke 20 or more a week than females.

Figure 6; Question 3.14: How many cigarettes do you smoke a week? Gender

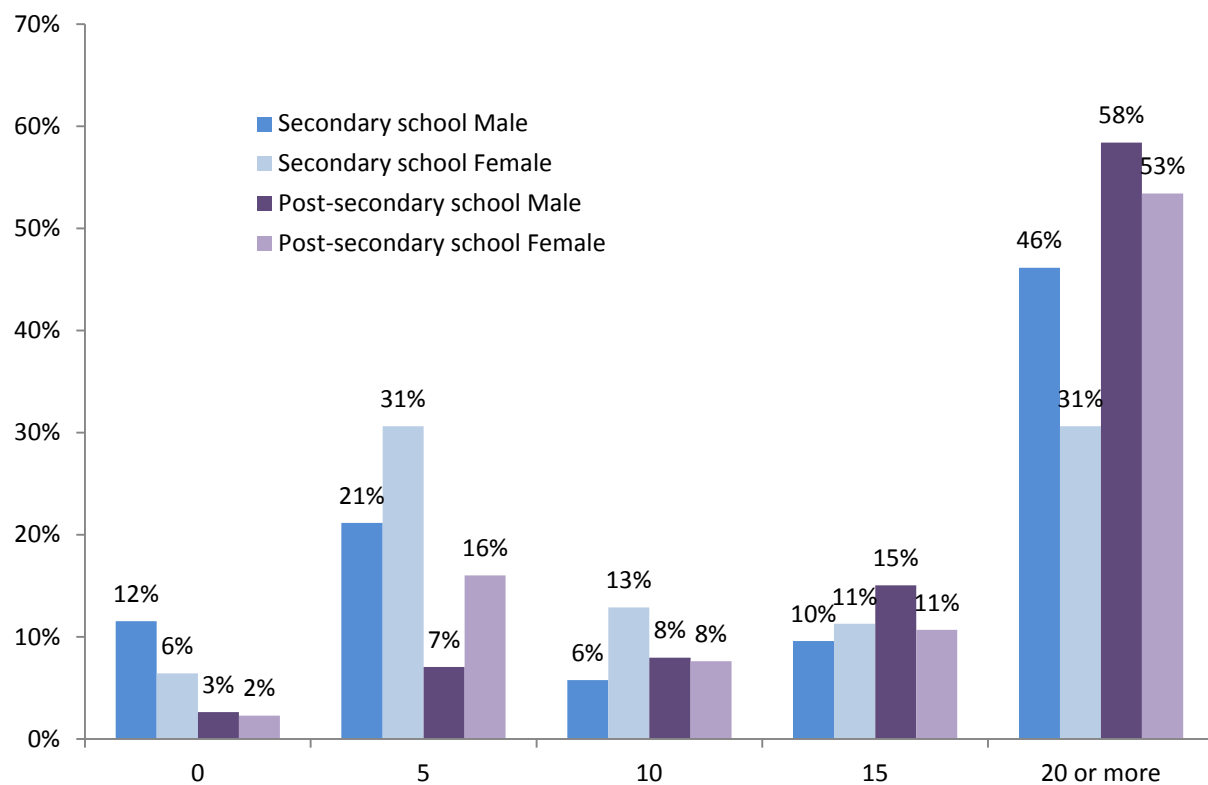


Figure 7 shows that of those who smoke cigarettes monthly or more 41% of secondary school and post-secondary school pupils want to stop smoking.

Figure 7; Question 3.16: Do you want to stop smoking?

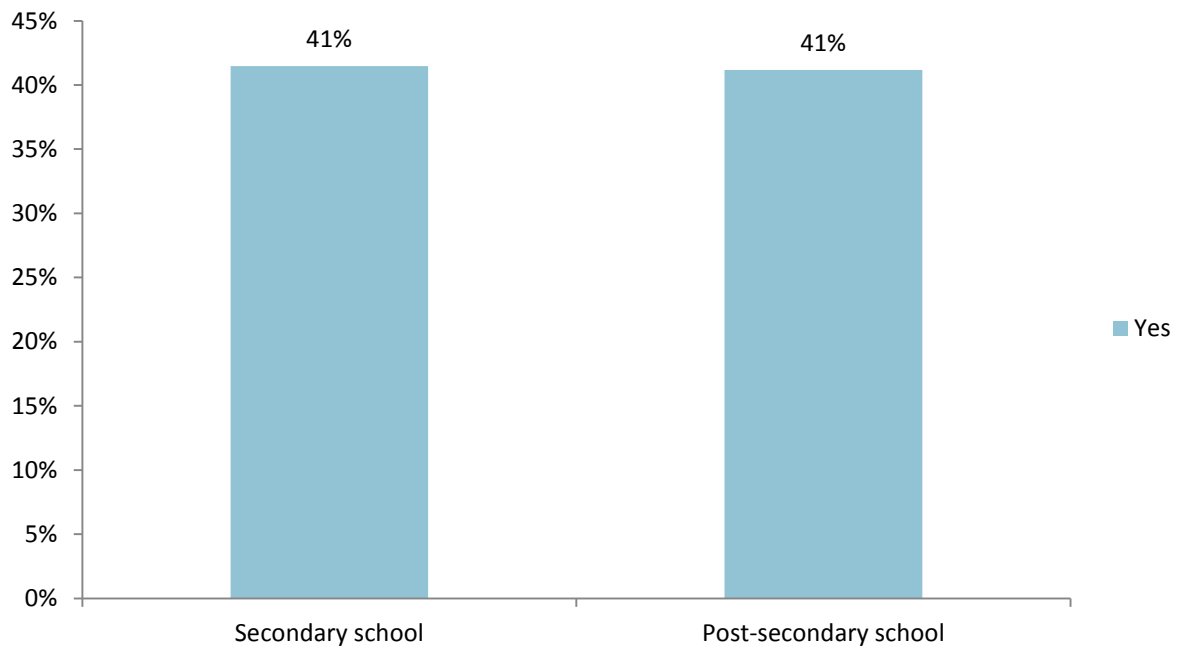
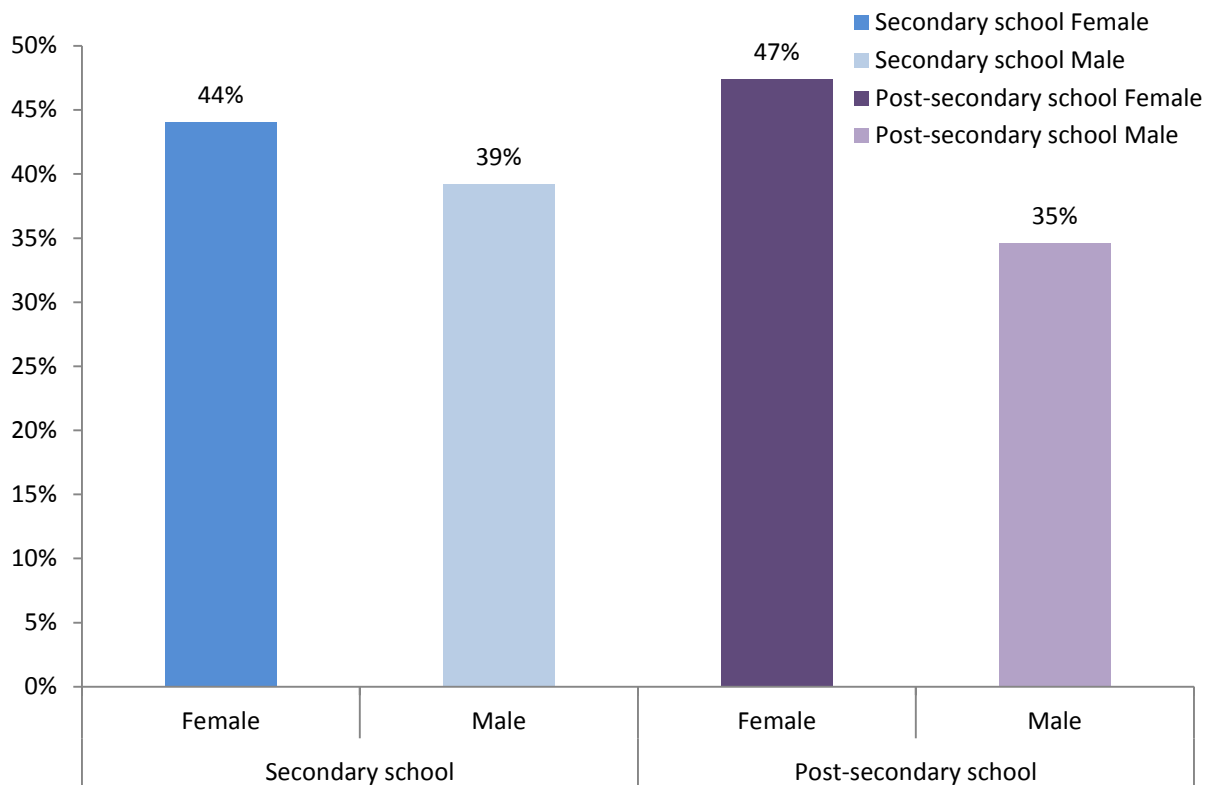


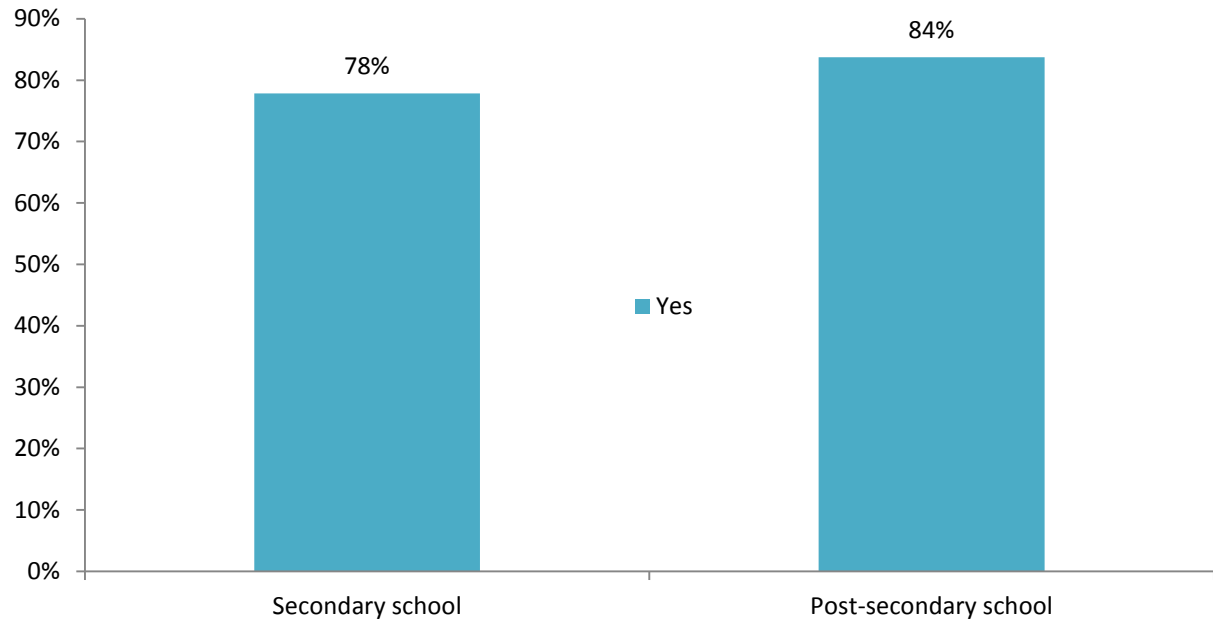
Figure 8 shows that a larger proportion of females want to stop smoking than males in both secondary school and post-secondary school settings.

Figure 8; Question 3.16: Do you want to stop smoking? Gender



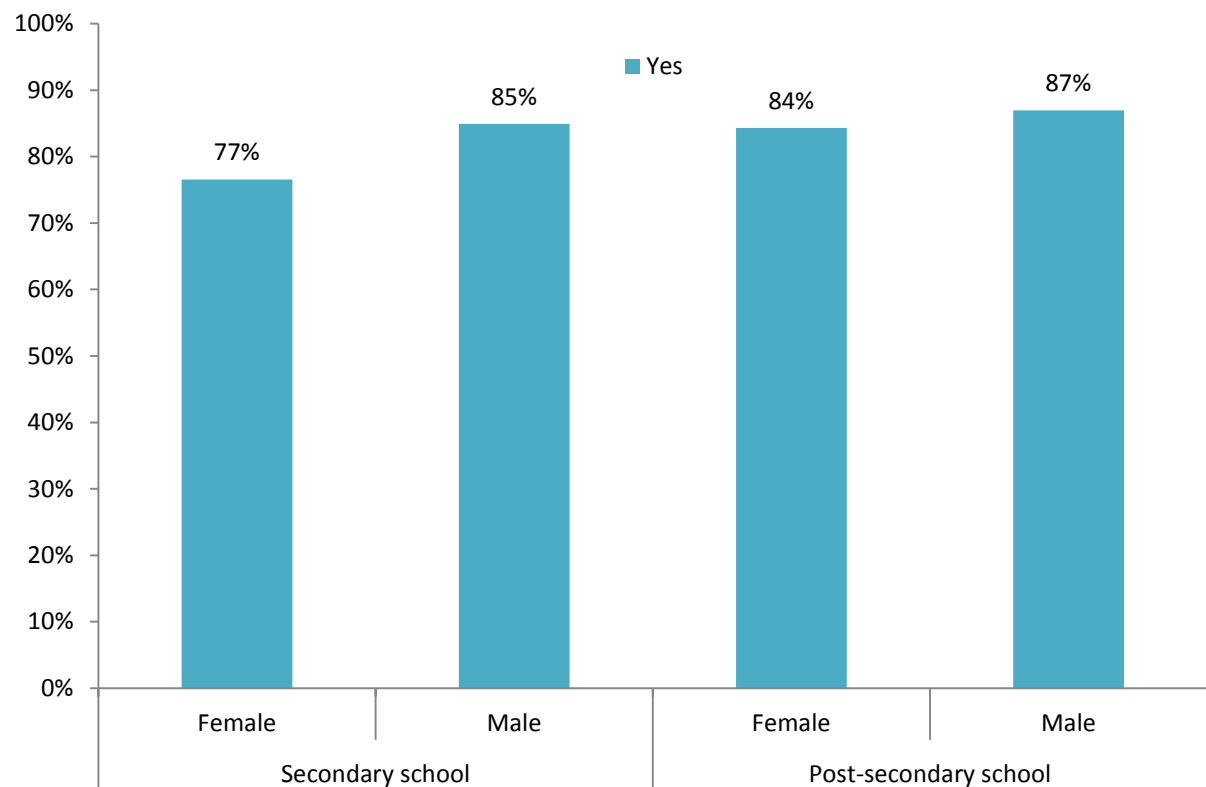
Of those who smoke monthly or more frequently more than 78% of those in a secondary school setting and 84% of those in a post-secondary school setting reported that they wanted help to stop smoking (Figure 9).

Figure 9; Question 3.03: Do you want help to stop smoking?



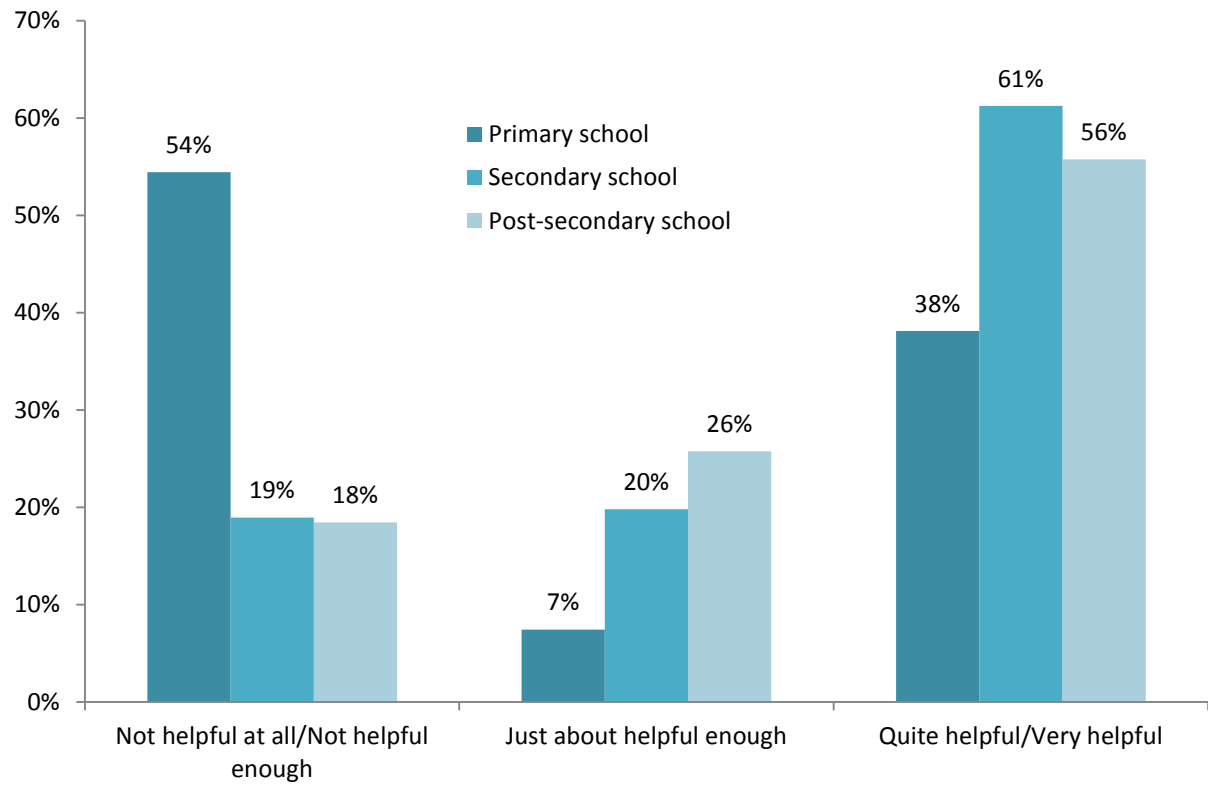
A large proportion of both genders in secondary school and post-secondary school want help to stop smoking (Figure 10).

Figure 10; Question 3.03: Do you want help to stop smoking? Gender



56% of the post-secondary school sample and 61% of the secondary school sample have found it quite helpful or very helpful to learn about smoking (Figure 11).

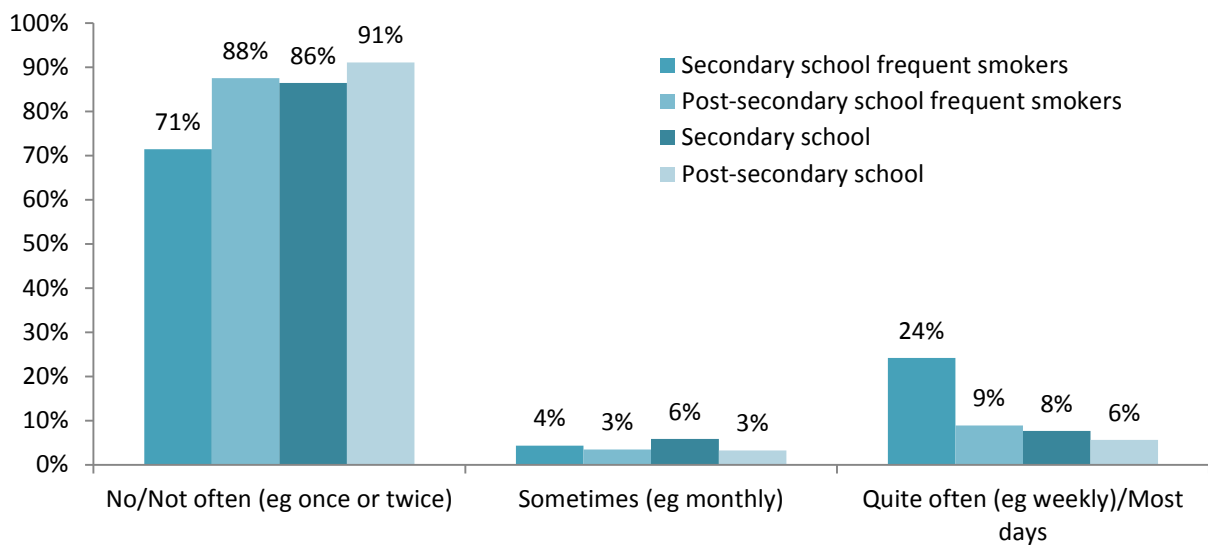
Figure 11; Question 4.20: How helpful have you found it to learn about the things listed below: Smoking



All respondents were asked how frequently they have been seriously bullied. The post-secondary school sample showed no meaningful difference between those who smoked weekly daily and their reported frequency of being bullied (figure 12). However, in the secondary school sample the proportion of respondents who reported smoking weekly or daily were more likely to say they had been bullied weekly or daily than the average secondary school sample.

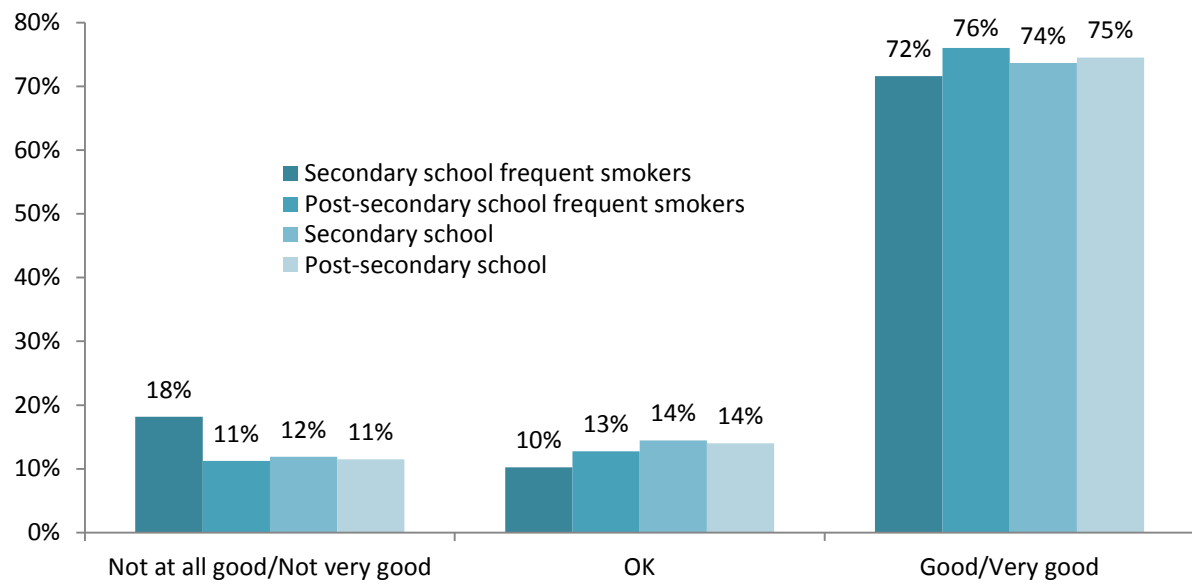
Nationally smoking prevalence was higher among young people who had been bullied as well as those who had bullied others in the last couple of months, compared with those who had not been involved in bullying. Young people who had bullied others were more likely to be regular smokers (13%) than those who had not bullied others (5%). Those who had been bullied were nearly twice as likely to be a regular smoker (7%), compared with those who had not been bullied (4%; Health and Social Care Information Centre, 2015).

Figure 12; Question 3.14 and Question 6.07: Most frequent smokers, and how frequently they are being bullied



Respondents were asked how good they are at keeping or making friends. Frequent smokers in the post-secondary school sample showed no difference in their perceived ability to make or keep friends (Figure 13). However, a larger proportion of frequent smokers in the secondary school setting reported being not at all good or not very good at making or keeping friends.

Figure 13; Question 3.14 and Question 6.32: Most frequent smokers, and how good they are at making and keeping friends

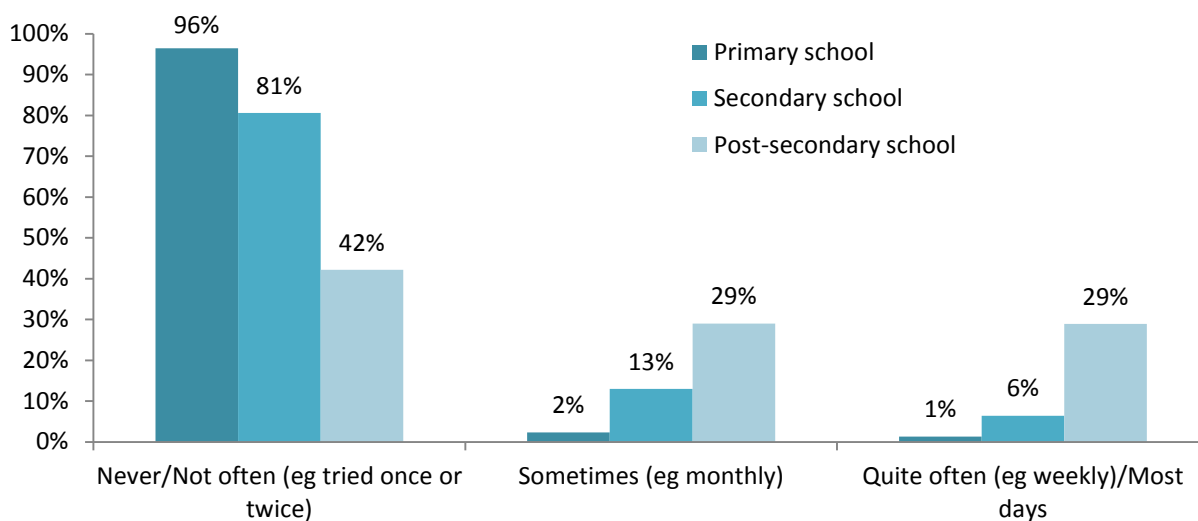


Drinking Alcohol

The proportion of respondents who drink alcohol increases with the school setting due to increasing age of respondents (Figure 14). 29% of the post-secondary school sample reportedly drank alcohol weekly or most days and the same percentage reported drinking at least monthly.

A National survey of 15 year olds found that over half of young people reported currently drinking alcohol (57%). 43% of all young people were non-drinkers, meaning that they either have never had an alcoholic drink or they no longer drink alcohol. 6% of all young people were classed as regular drinkers (drinking alcohol at least once a week). 8% of young people drink alcohol about once a fortnight, 11% drink about once a month, and 32% drink only a few times a year (Health and Social Care Information Centre, 2015).

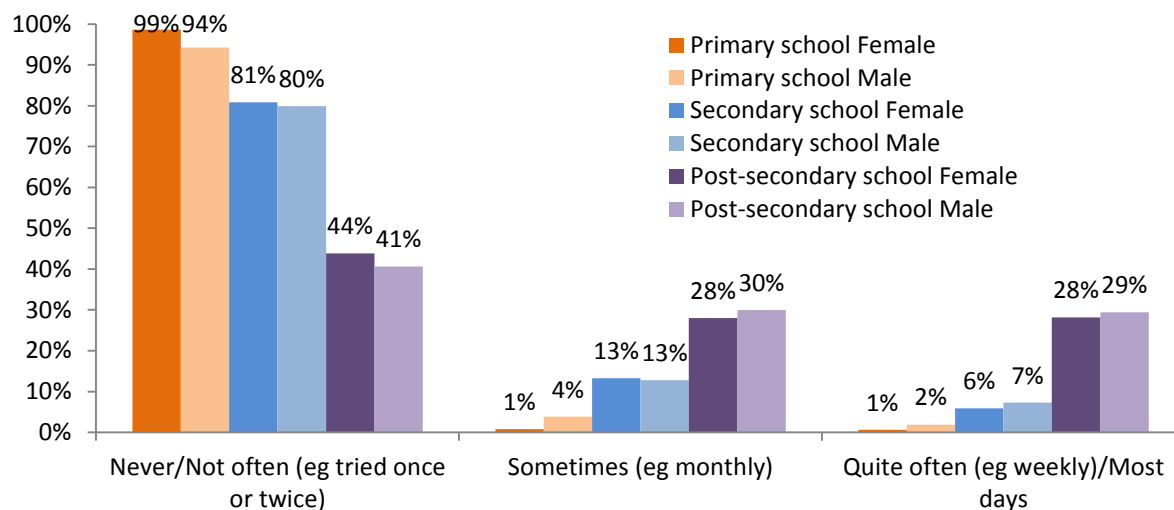
Figure 14; Question 3.04: Do you drink alcohol?



No meaningful differences in alcohol consumption can be seen between genders (Figure 15).

A National survey of 15 year olds found that boys were slightly more likely than girls to be regular drinkers (7% and 6% respectively) (Health and Social Care Information Centre, 2015).

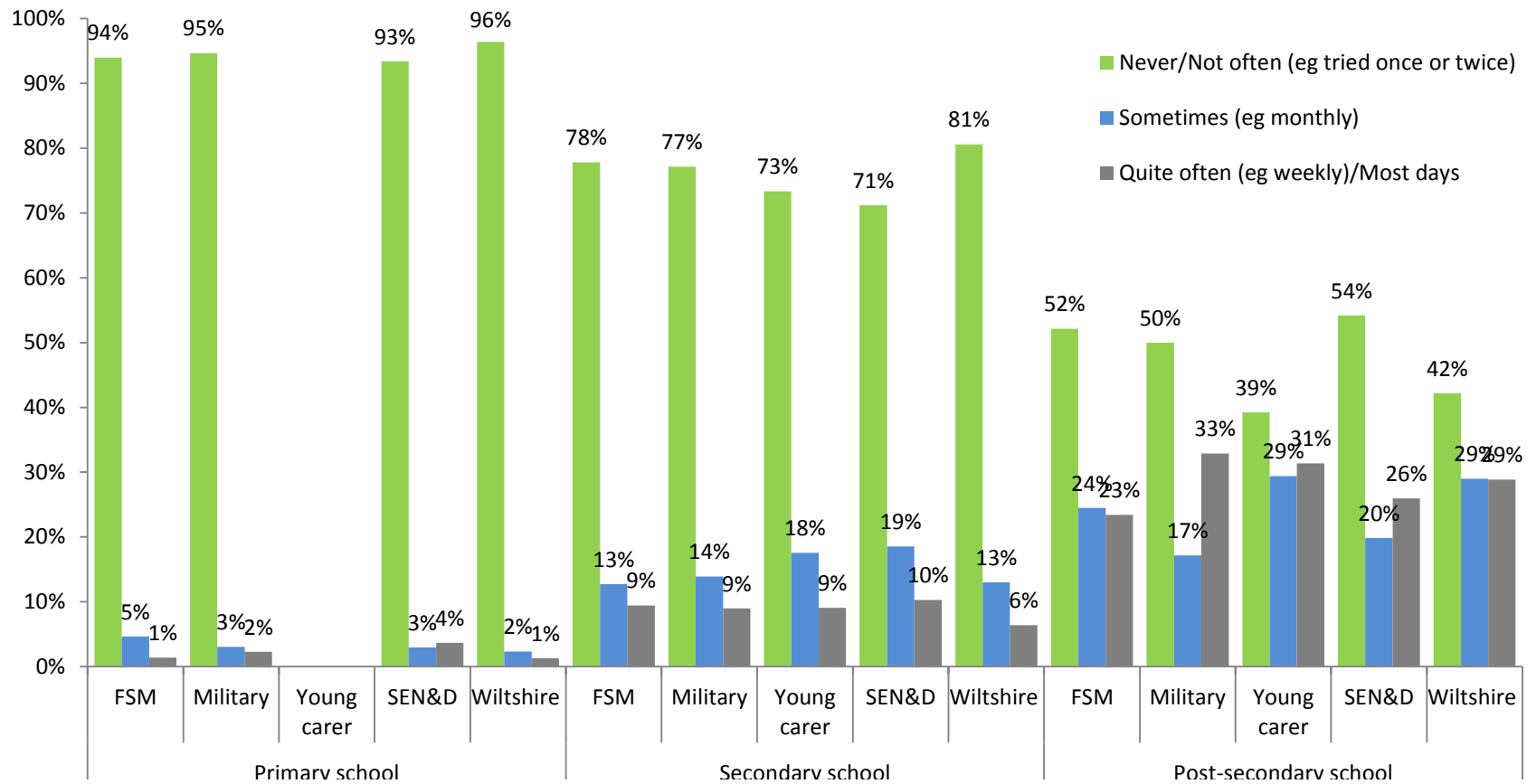
Figure 15; Question 3.04: Do you drink alcohol? Gender



Between the vulnerable groups no meaningful difference in alcohol consumption can be seen in primary school (Figure 16). In secondary school the proportion of SEN&D and young carers who drink is higher than the Wiltshire average. In the post-secondary school sample many of the vulnerable groups had lower percentages of respondents who drank alcohol.

There is no National data broken down in the same way as this data. However, a National survey of 15 year olds found that rates of drinking also varied by deprivation, with young people in the least deprived areas being more likely to have ever drunk alcohol than those in the most deprived areas (70% and 50% respectively; Health and Social Care Information Centre, 2015).

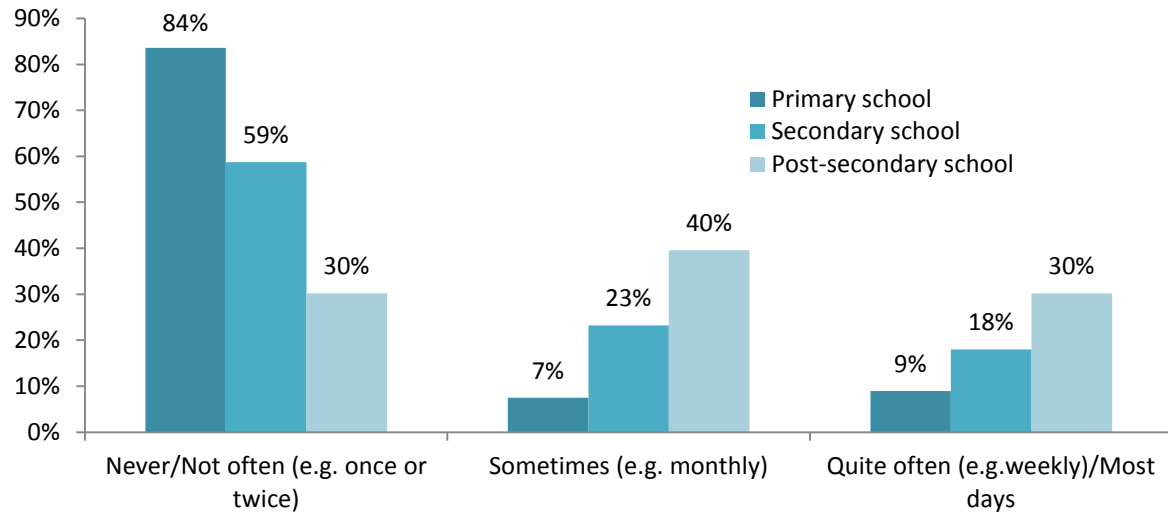
Figure 16; Question 3.04: Do you drink alcohol? Vulnerable groups



30% of post-secondary school respondents reported being drunk weekly or most days and a further 40% have been drunk monthly (Figure 17). Secondary school respondents reported being drunk less frequently than the post-secondary school respondents.

A National survey of 15 year olds found that 15% had been drunk at least once within the 4 week period prior to them completing the questionnaire (Health and Social Care Information Centre, 2015).

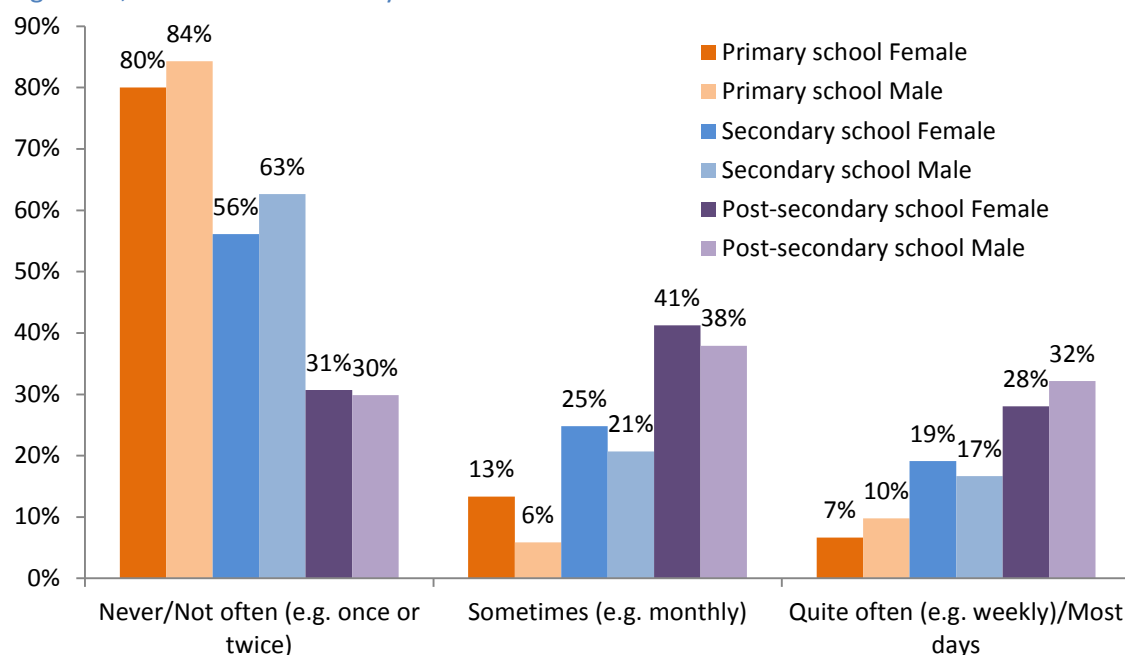
Figure 17; Question 3.06: Have you ever been drunk?



A smaller proportion of males in secondary school reported being drunk monthly, weekly or most days than secondary school females (Figure 18). No meaningful difference exists between the genders in the primary school or post-secondary school samples.

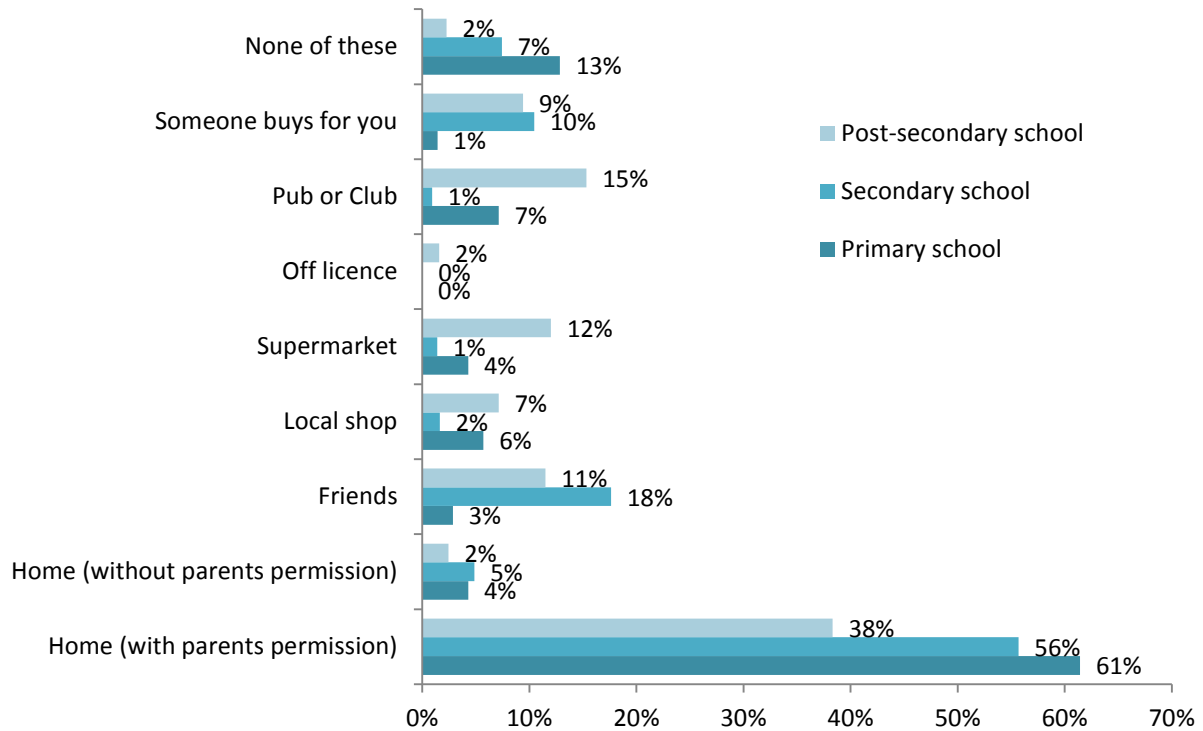
A National survey of 15 year olds found that more girls (18%) than boys (12%) had been drunk in the last 4 weeks (Health and Social Care Information Centre, 2015).

Figure 18; Question 3.06: Have you ever been drunk? Gender



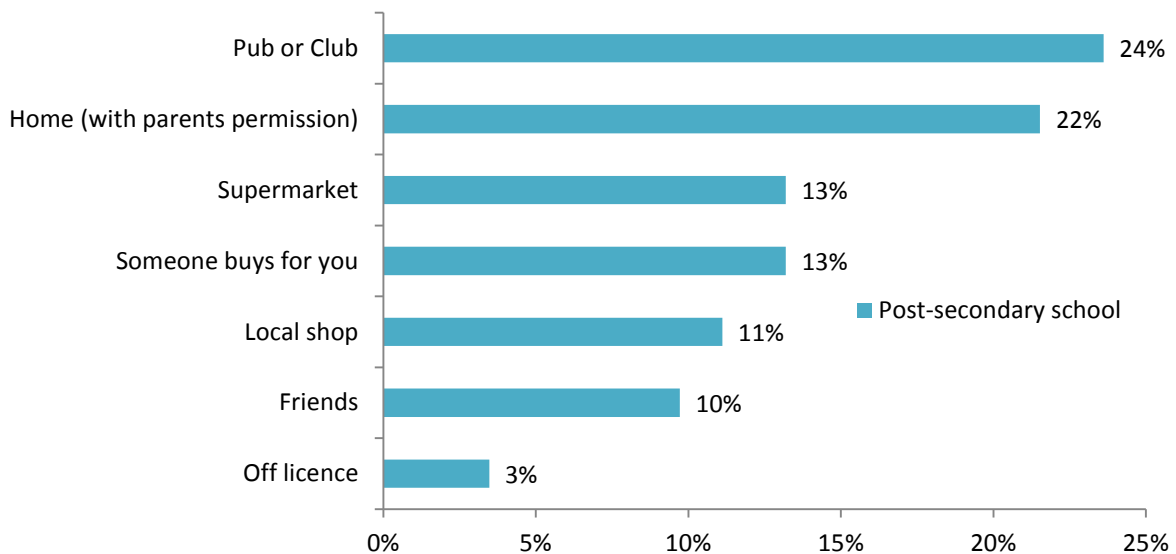
A majority of respondents from all the school settings normally get their alcohol from the home with their parents' permission (Figure 19). The second most common way for the secondary school respondents to obtain alcohol is through friends (18%). 15% of post-secondary school pupils mainly get their alcohol at a pub or club.

Figure 19; Question 3.15: Where do you normally get alcohol from?



Of those who frequently get drunk (figure 17) in the post-secondary school sample 24% get their alcohol from a pub or club (Figure 20). A further 22% get their alcohol from the home with their parents' permission.

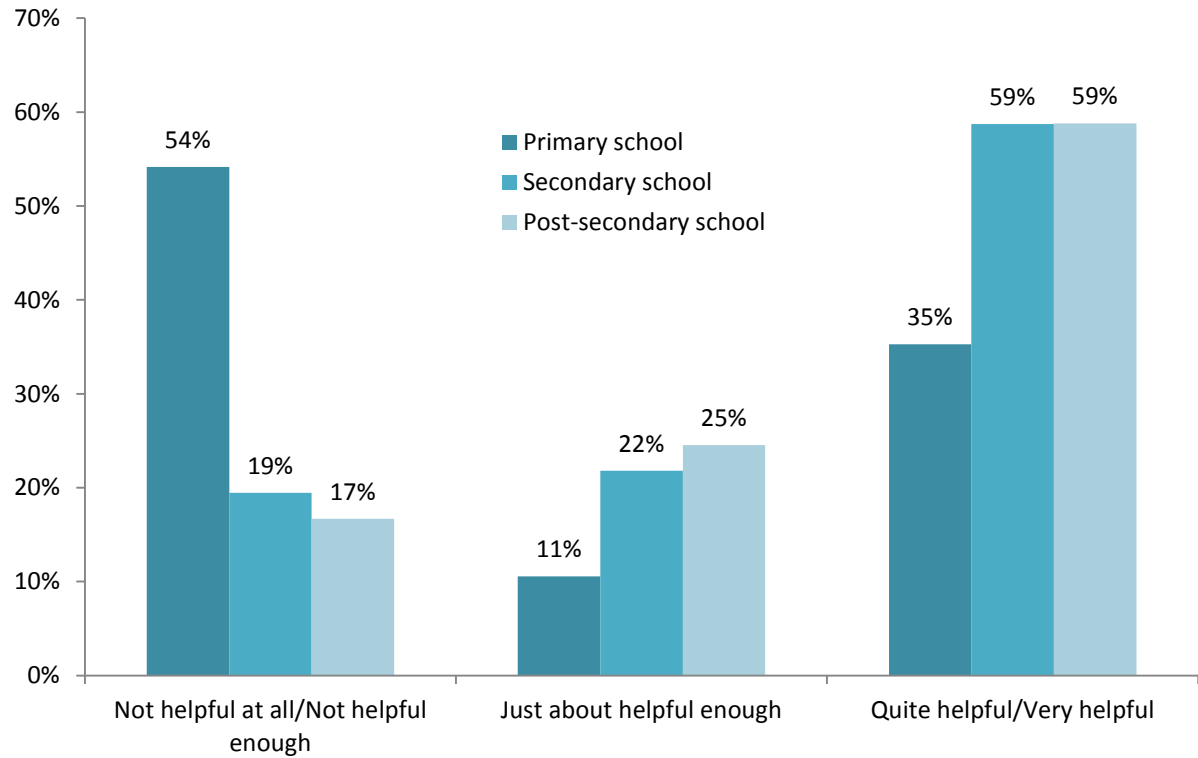
Figure 20; Question 3.06 and Question 3.15: Of those who frequently get drunk where do they get their alcohol?



Over half of the Primary school respondents did not find it helpful to learn about alcohol (Figure 21). However, in both the secondary school and post-secondary school samples 59% felt learning about alcohol was quite helpful or very helpful.

Figure 21; Question 4.20.01: How helpful have you found it to learn about the things listed below:

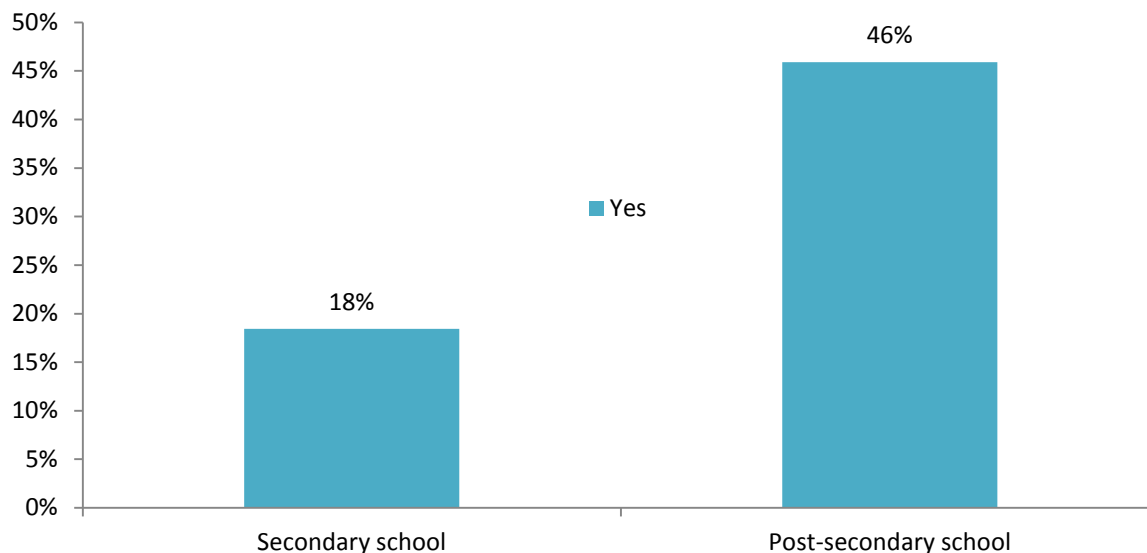
Alcohol



Illegal drugs

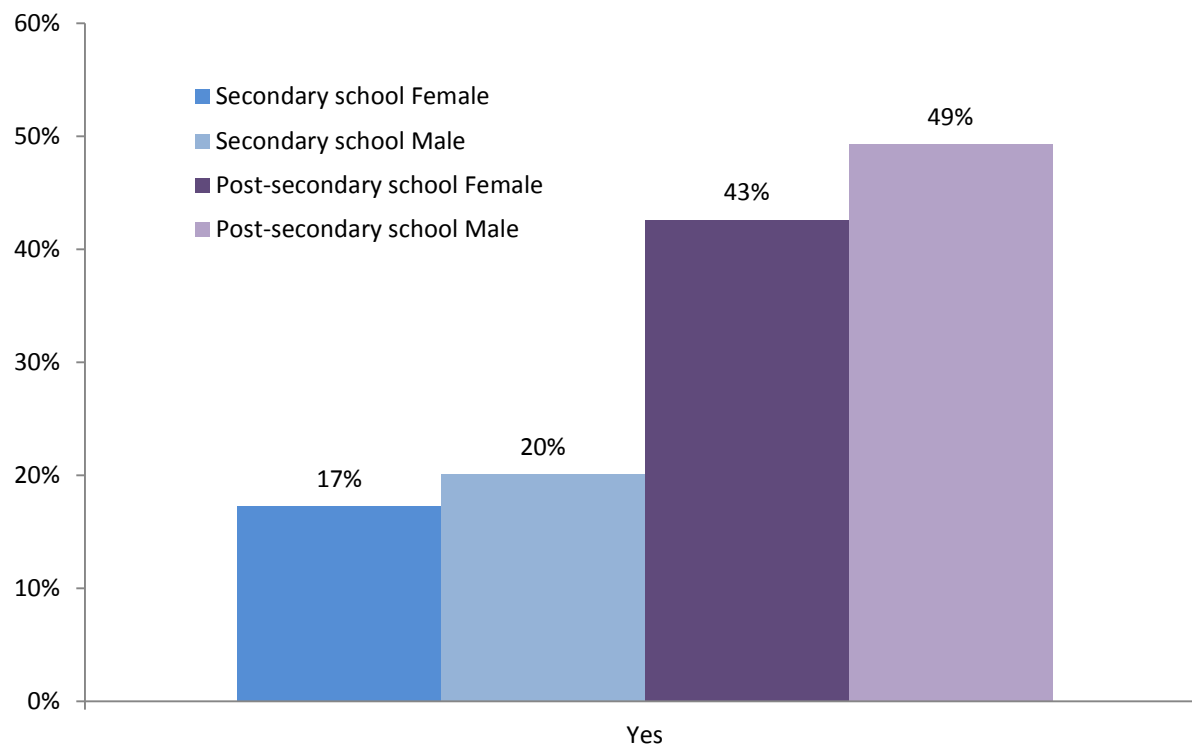
Nearly 1 in 5 secondary school pupils and nearly 1 in 2 post-secondary school pupils report being offered illegal drugs (figure 22).

Figure 22; Question 3.08: Have you ever been offered illegal drugs?



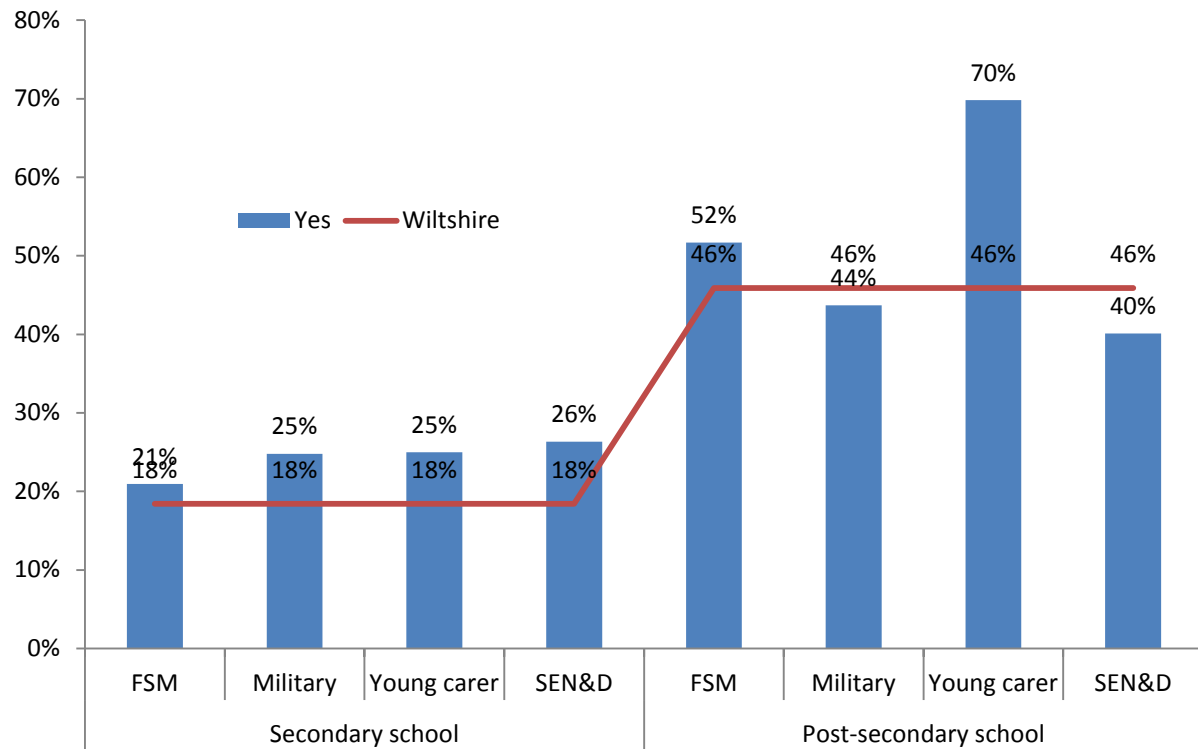
In secondary school a slightly higher percentage of males were offered illegal drugs than females (Figure 23). The size of this difference increases in the post-secondary school population. A National survey of 15 year olds also found higher drug use in boys than girls (Health and Social Care Information Centre, 2015).

Figure 23; Question 3.08: Have you ever been offered illegal drugs? Gender



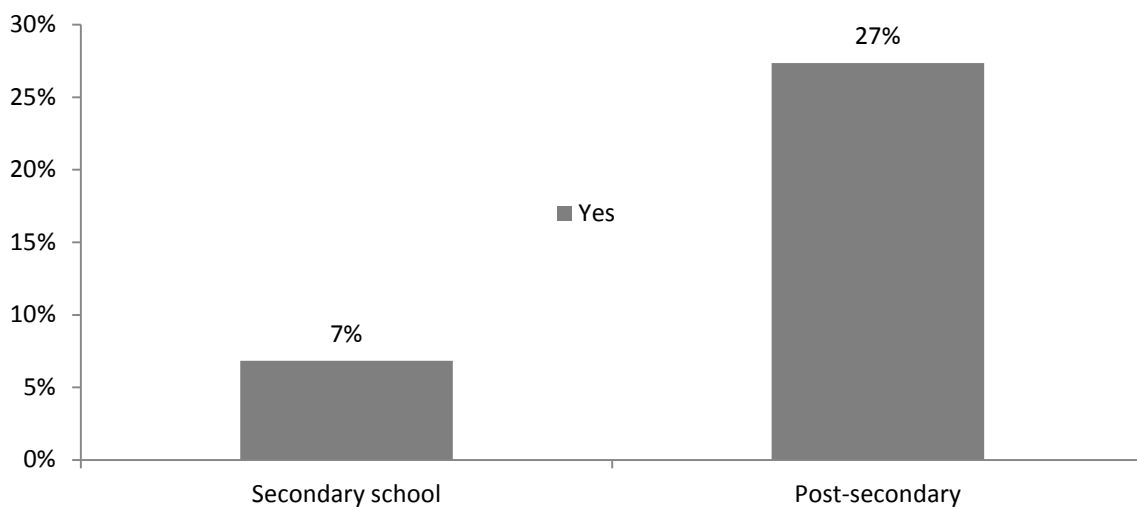
There are a larger percentage of respondents from the vulnerable groups in the secondary school sample who have been offered illegal drugs than the Wiltshire average (Figure 24). In the post-secondary school sample a very large proportion of young carers appear to be more susceptible to being offered illegal drugs (70%) than any other vulnerable group and the Wiltshire average.

Figure 24; Question 3.08: Have you ever been offered illegal drugs? Vulnerable groups



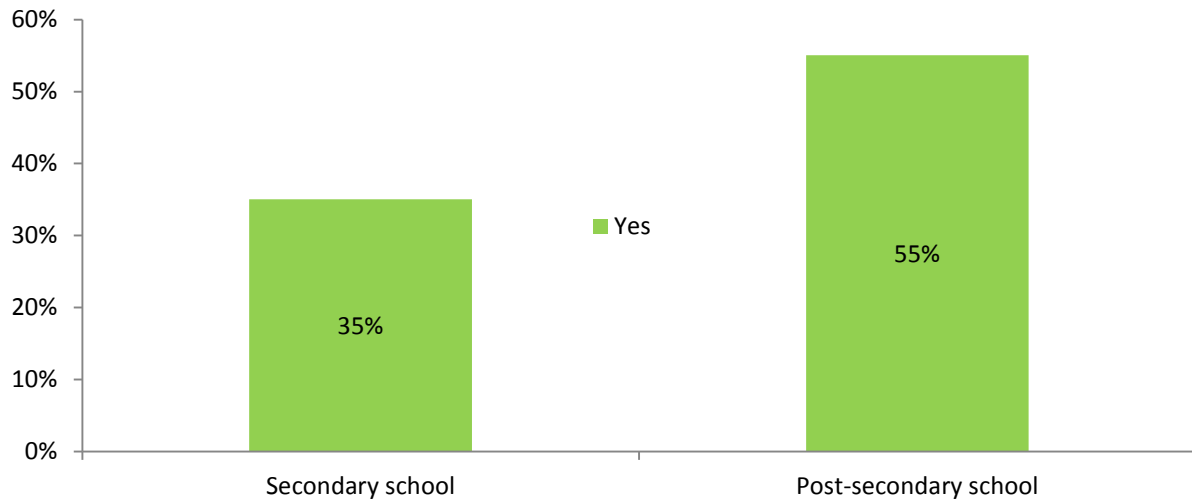
Less than 1 in 10 secondary school respondents reported trying illegal drugs (Figure 25). In the post-secondary school sample 27% of respondents reported having tried illegal drugs. A National survey of 15 year olds also found that 24% had taken drugs (Health and Social Care Information Centre, 2015). In the Wiltshire school health survey 14% of 15 year olds reported trying illegal drugs.

Figure 25; Question 3.09: Have you ever tried illegal drugs?



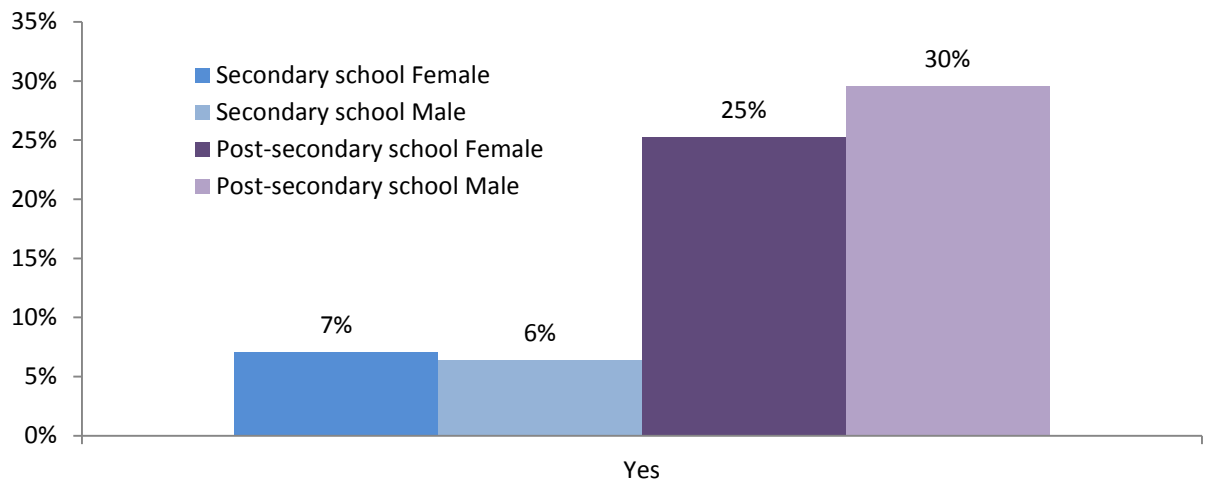
When comparing the respondents result from question 3.8 (Have you ever been offered illegal drugs) to question 3.9 (have you tried illegal drugs) 55% of those offered illegal drugs tried them in the post-secondary school sample and 35% of the secondary school sample tried illegal drugs (Figure 26). Those who had been offered illegal drugs and tried them make up 92% of those who have tried illegal drugs in the post-secondary school sample and 93% of those who have tried illegal drugs in the secondary school sample.

Figure 26; Question 3.08 and Question 3.09: Of those who have been offered illegal drugs what percentage has ever tried illegal drugs?



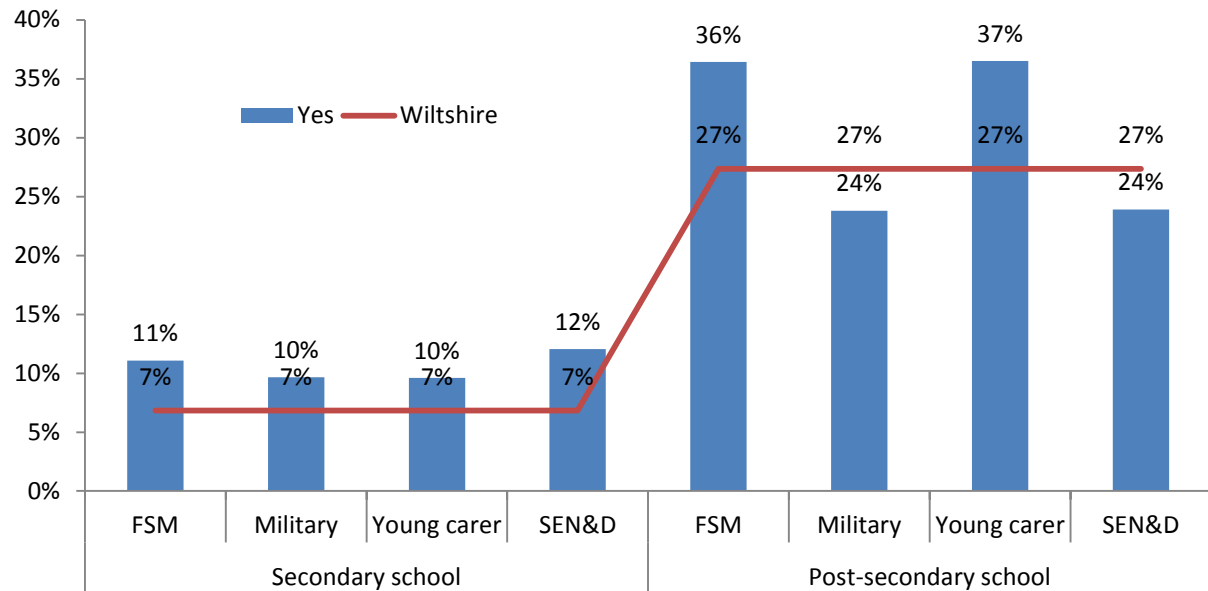
The male and female secondary school respondents reported no meaningful difference in the proportion of those who tried illegal drugs (Figure 27). In the post-secondary school sample a larger proportion of males reported having tried illegal drugs (30% compared to 25%).

Figure 27; Question 3.09: Have you ever tried illegal drugs? Gender



There are a slightly larger percentage of respondents from the vulnerable groups in the secondary school sample who have tried illegal drugs than the Wiltshire average (Figure 28). In the post-secondary school sample a very large proportion of young carers and those receiving free school meals appear to be more susceptible to trying illegal drugs (37% and 36%) than any other vulnerable group and the Wiltshire average.

Figure 28; Question 3.09: Have you ever tried illegal drugs? Vulnerable groups



Question 3.10 Which drugs have you tried?

When those who have tried drugs were asked which drugs had they tried the largest selected drug was cannabis for both secondary school (48%) and post-secondary school (50%).

Legal drugs

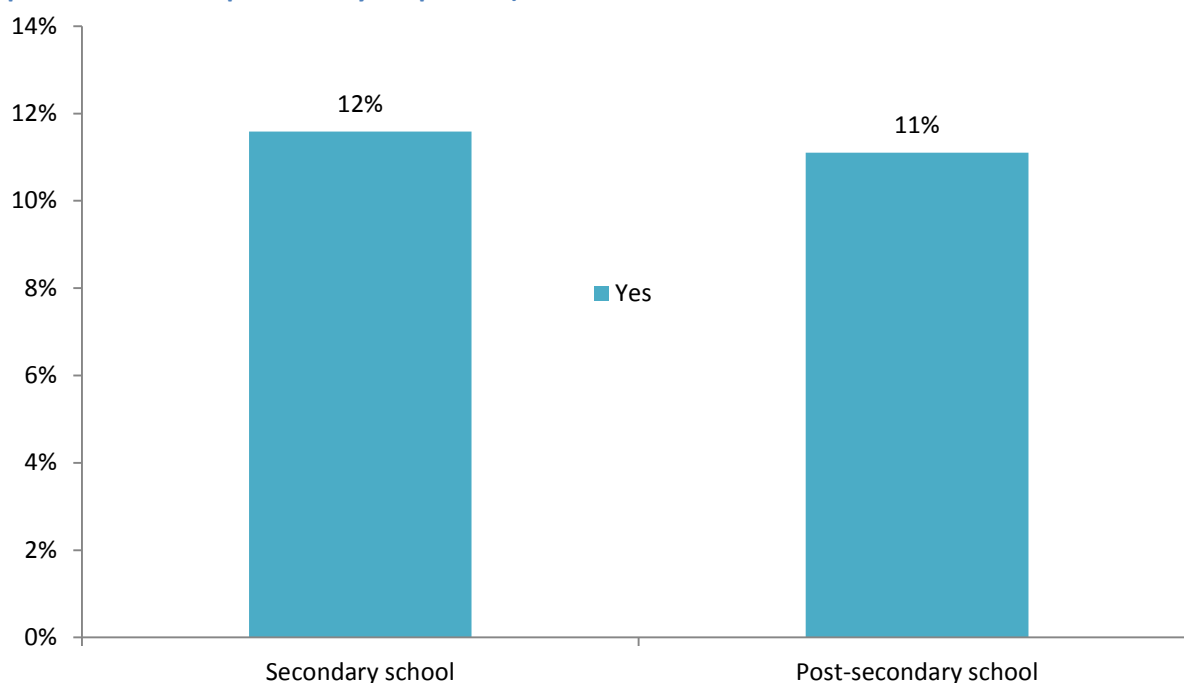
Question 3.21: Which so called legal highs have you tried?

When asked which legal drugs you have tried very few pupils responded to the question and very few respondents reported taking any legal highs. However, 16% of post-secondary who answered the question reported taking Nitrous Oxide.

Prescription drug misuse

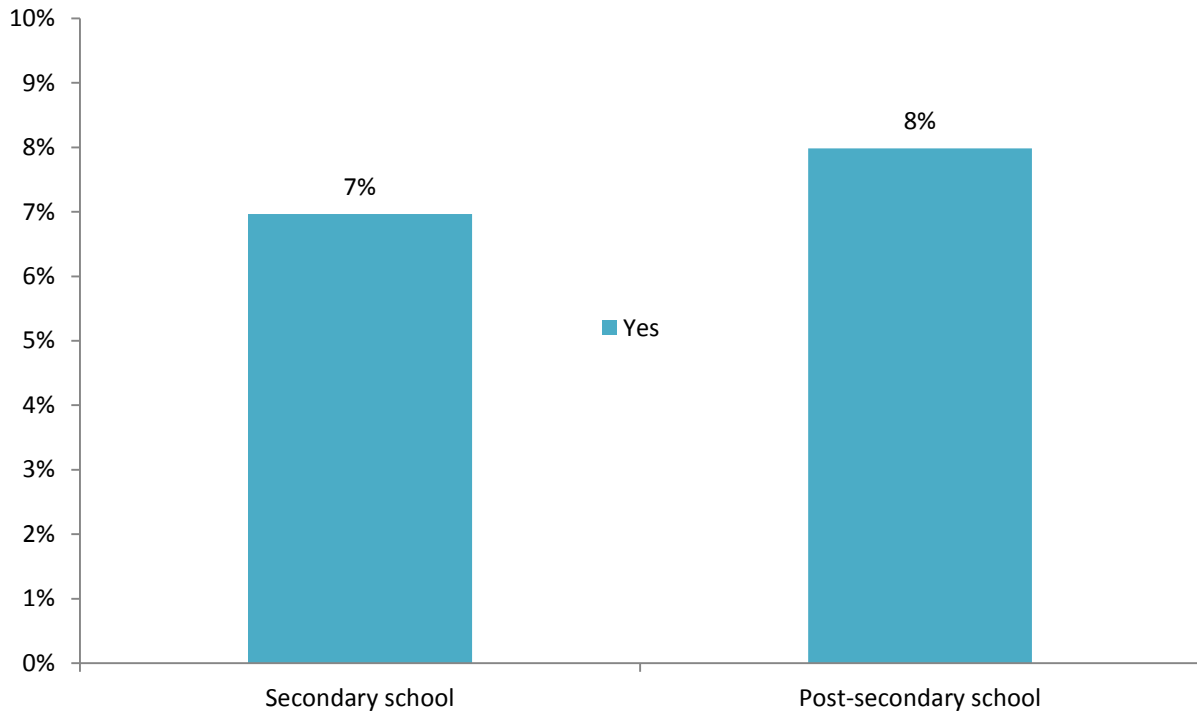
1 in 10 respondents from secondary school and post-secondary school settings reported that they had been offered prescription drugs for fun (Figure 29).

Figure 29; Question 3.22: Have you ever been offered prescription drugs (medicine you can only get from a doctor) that are NOT your own, for fun or to feel good? This is sometimes called Pharming. (e.g. Vallium, Amphetamines etc. this does NOT mean normal medicine like paracetamol or aspirin from your parents)



Less than 10% of the secondary school and post-secondary school samples have tried prescription drugs (figure 30).

Figure 30; Question 3.23: Have you ever *tried* prescription drugs (medicine you can only get from your doctor) that are NOT your own? This is sometimes called Pharming. (e.g. Vallium, Amphetamines etc. this does NOT mean normal medicine like paracetamol or aspirin from your parents).



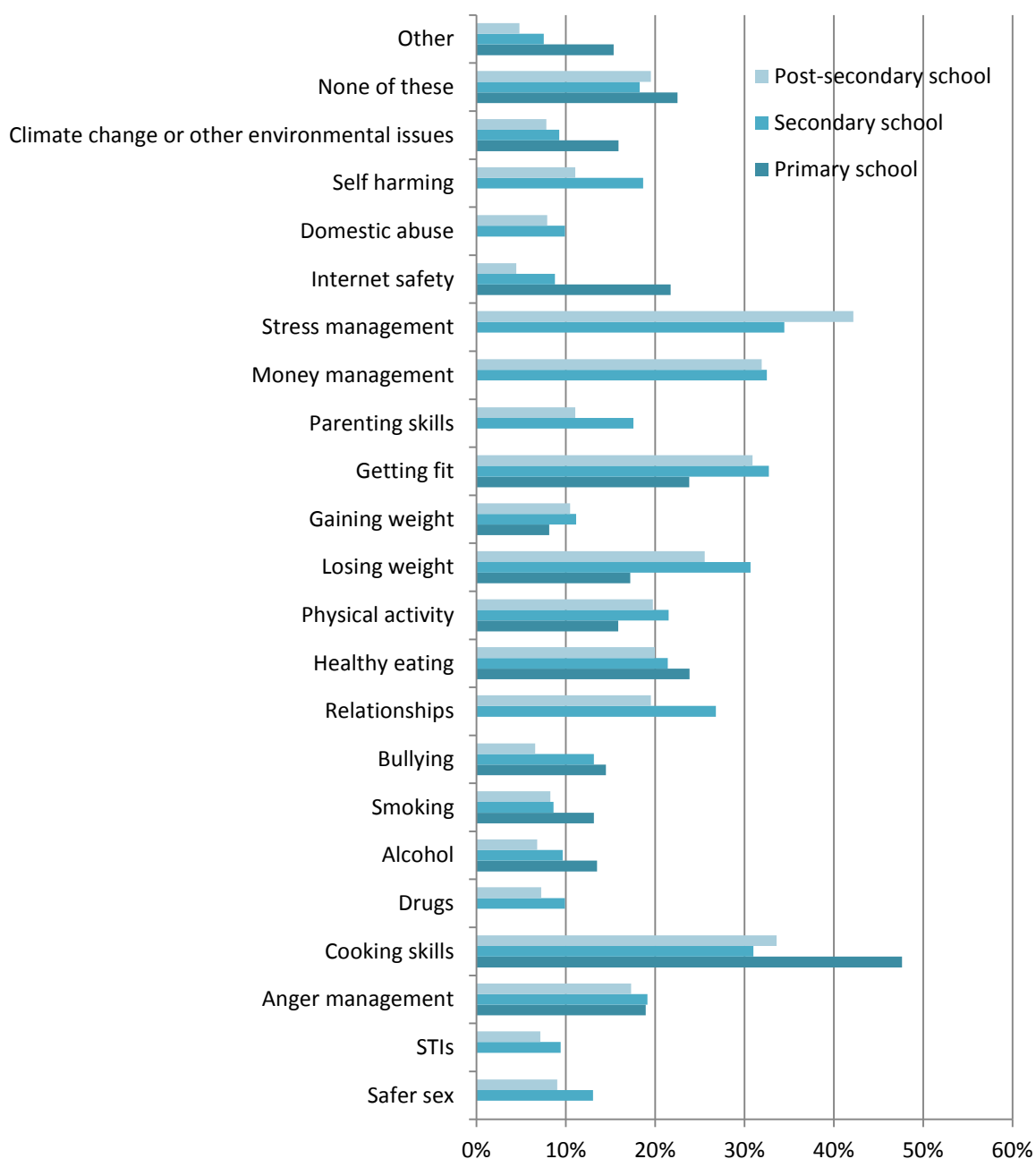
Question 3.24: Which prescription drugs that are NOT your own have tried?

Too few respondents reported taking prescription drugs incorrectly for the results of this question to yield meaningful results.

Education

When asked if there is anything pupils want to know more about around 15% of primary school respondents felt they wanted to know more about smoking and alcohol (Figure 31). Less than 10% of secondary school respondents wanted to know more about smoking, alcohol and drugs. Further, around 7% of post-secondary school respondents felt they needed to know more about smoking, alcohol and drugs. Many other learning development areas have a higher proportion of respondents than smoking, drugs and alcohol.

Figure 31; Question : Are there any areas in your life that you feel you need more support or knowledge in?



Next steps

The data from this report will help schools to identify areas for improvement and address particular issues raised by their own pupils and to provide evidence to influence future services provided by Wiltshire Council and their partners that improve the health and wellbeing of our children and young people. The survey will be replicated in 2017 and comparison will then be drawn to this report and the future report.

If you wish to discuss the data in this report or the other reports please contact the Public health team at Wiltshire Council.

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