



HBSC Findings 2014



hbcs
HEALTH BEHAVIOUR IN
SCHOOL-AGED CHILDREN
SCOTLAND

Young Persons' Report

The Scottish HBSC Survey

Every 4 years young people across Scotland take part in the Health Behaviour in School-aged Children (HBSC) survey which asks questions about lifestyle, health, school, family and friends.

A big thank you to everyone that has taken part!



What is this report?

This report shares some findings from our 2014 survey. We include some questions to help you think about the results and how to improve the health and happiness of young people in Scotland.

If you have any great ideas we would love to hear them:

 [@HBSCScotland](https://twitter.com/HBSCScotland)

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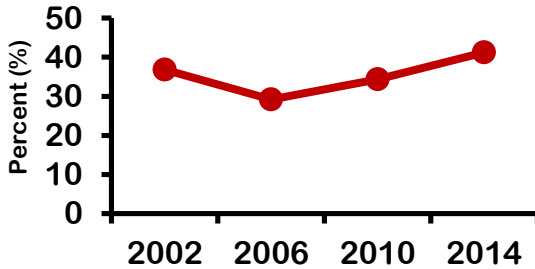


University of
St Andrews

tinyurl.com/HBSCReport2014



Pressured by schoolwork



Between 2002 and 2014, young people became more likely to feel pressured by schoolwork

- Why do you think young people are feeling more pressured about their school work?*
- What could be done to help reduce school pressure?*

Classmate support

In 2014, about 6 out of 10 young people (60%) felt supported by their classmates



- What are some of the ways classmates can support each other?*

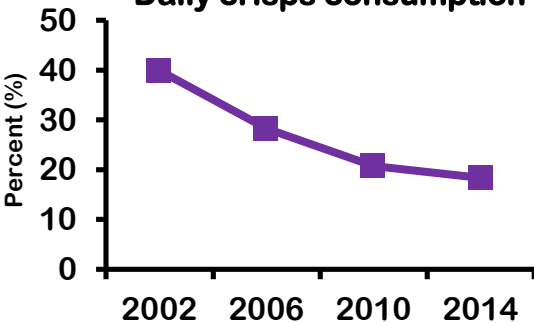
Electronic media use

In 2014, around 6 out of 10 young people (60%) said they contacted friends every day using electronic media communication

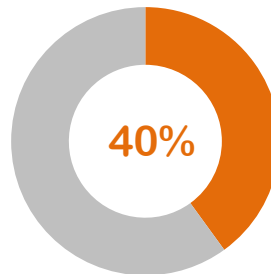


- What do you think are the good and bad things about spending a lot of time using phones, texting and social media?*

Daily crisps consumption



Young people have become less likely to eat crisps daily since 2002






In 2014, only about 4 out of 10 young people (40%) ate vegetables every day

- Why is eating vegetables good for health?*
- How could young people be encouraged to have healthier diets?*



Physical activity

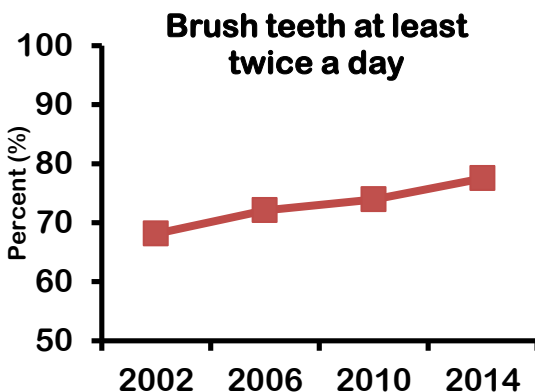
In 2014, about 2 out of 10 young people (20%) exercised for at least an hour a day



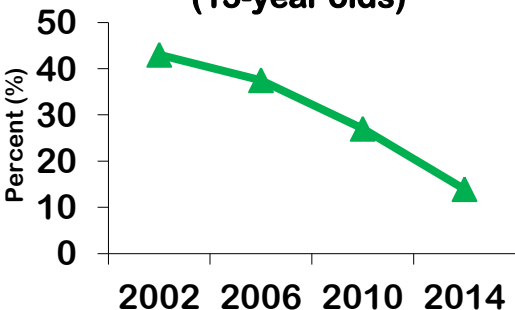
-  *How can regular exercise benefit young people?*
-  *How can we encourage young people to take part in at least an hour of exercise every day?*
-  *Why do you think so few people exercise for at least one hour every day?*

More young people in Scotland brush their teeth twice a day than ever before




-  *Why do you think young people are increasingly likely to brush their teeth?*
-  *How can we encourage ALL young people in Scotland to brush their teeth at least twice a day?*



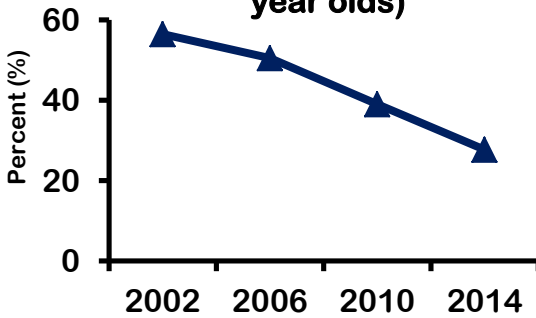
Weekly alcohol drinking (15-year olds)



Since 2002, young people (15-year olds) have been less likely to drink alcohol

-  *Why is drinking alcohol harmful for health?*
-  *Why do you think young people have become less likely to drink alcohol?*
-  *How can we encourage even more young people to avoid drinking alcohol?*

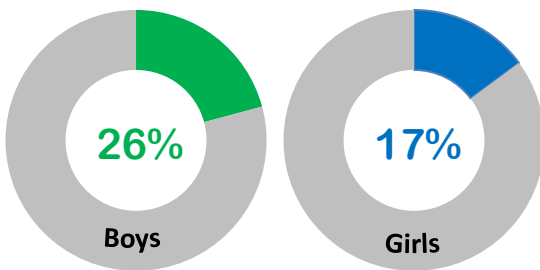
Ever smoked tobacco (15-year olds)



Since 2002, young people (15-year olds) have become less likely to have ever smoked tobacco

- ❓ *Why is smoking cigarettes harmful for your health?*
- ❓ *How can we encourage even more young people to avoid smoking?*

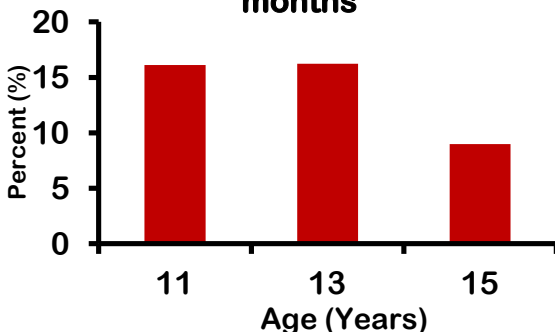
Excellent health



Only 26% of boys and 17% of girls describe their health as 'Excellent'

- ❓ *Why do you think more boys than girls think that their health is 'excellent'?*
- ❓ *What can we do to improve the health of both boys and girls?*

Been bullied at least 2-3 times a month in past 2 months



Being bullied is less likely among 15-year olds than it is for 11- and 13-year olds

- ❓ *Why do you think bullying becomes less likely as children get older?*
- ❓ *How can we help to prevent bullying?*