
Children , Young People and Families Indicator Data Sets

Joint Strategic Needs Assessment

October 2020



Table of Contents		Page
1	Parents, carers & families are supported from the earliest stages to give children a healthy start & ensure they grow up loved & NURTURED	
	Maternal health and behaviours during pregnancy	3-5
	Infant and child well-being	6-11
	Parental health behaviours during early years	11-13
	Parent and child relationships	13-14
2	Families have adequate incomes and affordable, warm homes to ensure children have the best start in life	
	Child poverty rates	
	Income from benefits	
	Cost of living	
	Income from employment	
	Housing quality and cost	
3	Children and young people are SAFE, protected from abuse, neglect and harm in their communities & homes	
	Child protection	
	Care experienced	
	Injuries and assault	
	Experience of bullying	
	Perception of local area and safety of area	
4	Children & young people are RESPECTED & RESPONSIBLE, including being involved in decisions that affect them	
	Negative behaviours (Bullying and offending)	
	Positive activities	
	Participation and engagement	
	Road traffic accidents	
	Caring responsibilities	
5	Children & young people have good mental & physical HEALTH & live in communities which support health, including play, being ACTIVE & eating well	
	General health	
	Mental wellbeing and mental health	
	Diet and related health behaviours and outcomes	

	Greenspace	
	Physical activity and sedentary behaviours	
	Substance use (smoking, alcohol, drugs)	P58-61
	Sexual behaviours	
	Sleep	
	Deaths	
6	Children & young people are INCLUDED by addressing inequalities & are supported to learn & to develop & ACHIEVE	
	Peer relationships	
	Relationships with adults other than family	
	Local area facilities to socialise	
	Early years development	
	Attitudes to school	
	Teacher support	
	Attendance and exclusions	
	Attainment	
	Positive destinations	
7	Children, young people & adults affected by childhood adversity & trauma have the right support in place, where needed, to improve health & life outcomes	
	<i>No current indicators</i>	

Reviewing the available indicators data sets for children, young people and families is a vital component to informing the Joint Strategic Needs Assessment. The indicators build on the draft national indicators set for monitoring progress on the wellbeing outcomes for children, young people & families (National performance framework). To enhance our decision making within the report we have incorporated relevant findings from our Realigning Children’s Services (RCS) 2016 wellbeing survey.

The Prioritisation Process

As part of our JSNA process, a prioritisation matrix developed by Warwickshire was utilised to evaluate the level of ‘need’ and strength of evidence behind the range of indicators and priority themes. The matrix introduces objectivity, robustness and transparency into the process so that stakeholders can hold more informed discussions on what should be the key focus of the new Children’s Services Plan.

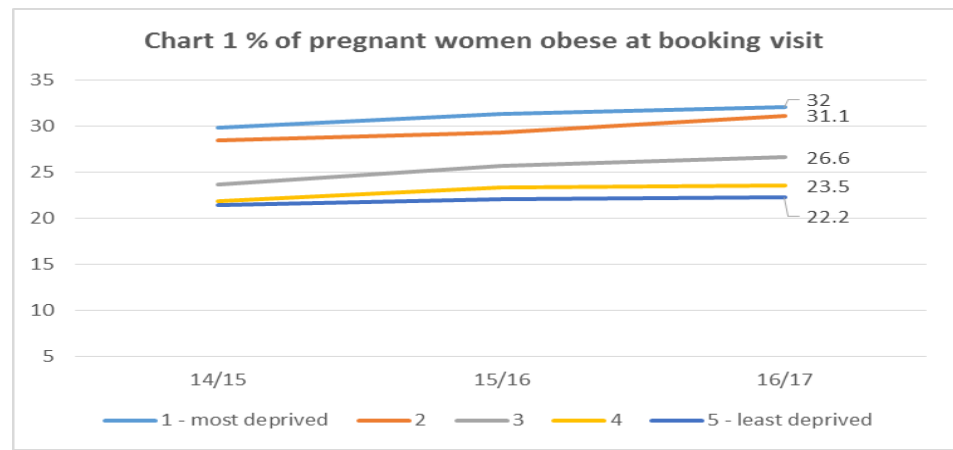
What criteria were used to prioritise the topics?

Figure 1 in the appendix outlines the key criteria which were used to assess the overall level of need for each suggested topic as part of the prioritisation process. Each indicator was run through the tool and the latest relevant evidence was assessed with ‘high’, ‘medium’ or ‘low’ scores being given for each particular criterion. Additional emphasis was placed on the level of need (volume, severity, trends, benchmarks and inequalities), to determine an overall score which will be followed up by economic cost and prevention and early intervention considerations for the identified priority themes.

1 Parents, carers & families are supported from the earliest stages to give children a healthy start & ensure they grow up loved & NURTURED

MATERNAL HEALTH AND BEHAVIOURS DURING PREGNANCY

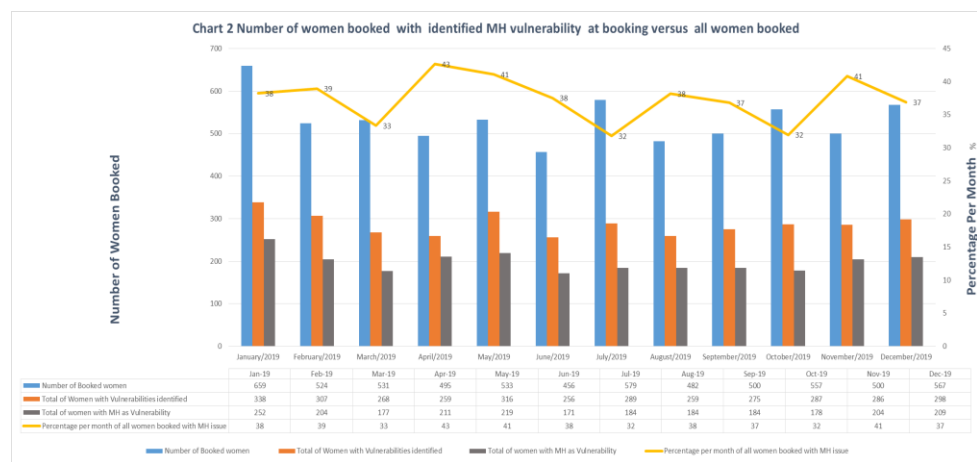
1.1 Obesity in Pregnancy by deprivation area



Source: Public Health Scotland (SMR02)

In 2017/18 **27.2 %** of pregnant women presented with maternal obesity at their antenatal booking visit compared to **24.3 %** for Scotland. The chart demonstrates that maternal obesity increases with deprivation and evidences a gap of 9.8% between the most and least deprived data zones. In addition to advice on healthy eating Healthy Start vitamins for women are provided universally throughout the antenatal period to support a healthy pregnancy and reduce barriers to access. These vitamins contain recommended levels of folic acid and vitamins C & D for fetal growth and development Women with a booking BMI \geq 30 receiving a higher dose of 5mg folic acid .

1.2 Women with identified Mental Health issues at Booking

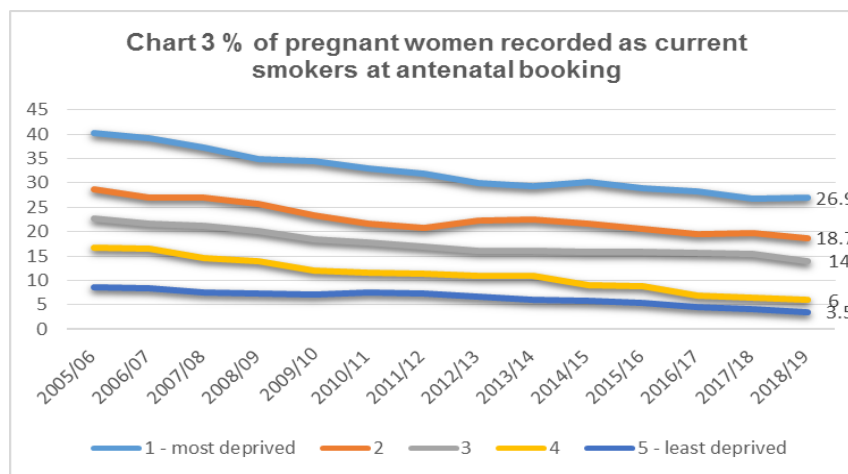


Source: Maternity BadgerNet data reports

Chart 2 illustrates data overtime for all antenatal women with an identified mental health issue booked in the current month. Over the last three years the figures were 30.2% in 17/18, 32.8% 18/19 and 35.7% 19/20 evidencing an increasing trend.

Parental lifestyle behaviours of alcohol, drug misuse or smoking can have an effect on baby's wellbeing during pregnancy (for example, foetal alcohol syndromeⁱ, neonatal abstinence syndromeⁱⁱ and the risk of smoke on sudden infant death syndrome, stillbirths and complications in pregnancyⁱⁱⁱ).

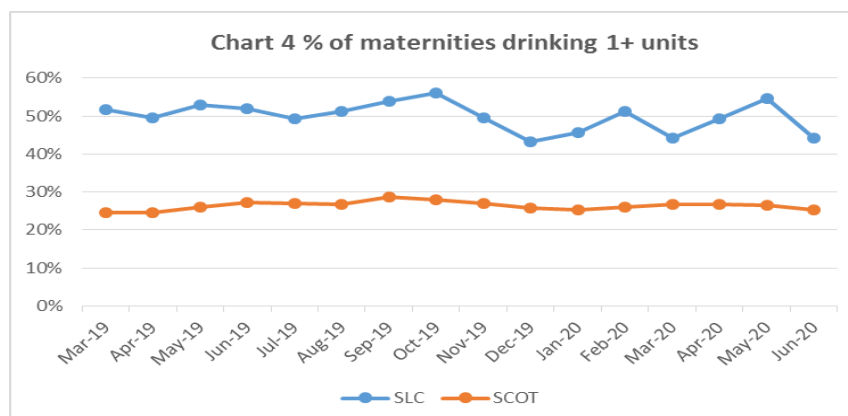
1.3 Smoking in Pregnancy by deprivation area



Source: ISD Scotland Information Services

When we consider the proportion of pregnant women who stated that they smoked at their antenatal booking visit the data (3 year rolling average) demonstrates a **decreasing trend**. There is a clear inequality between the most deprived data zone with **26.9%** in comparison to **3.5%** in the least. These figures are **above** the Scottish average figures of **25.4%** in SIMD1 and **3.1%** in SIMD 5. Further analysis of the data in the Discovery data platform evidences a need to focus on under 20's and 20 - 24 year olds in SIMD 1-3.

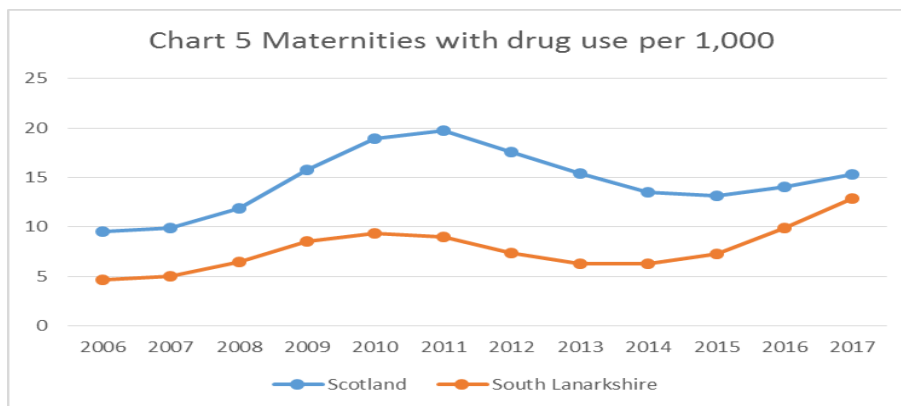
1.4 Alcohol in Pregnancy



Source: Discovery data platform

The proportion of pregnant women who stated that they were drinking 1+ units at their antenatal booking visit was 50.2% – significantly above the Scottish average of 26.4% and Peer comparator of 36.8%. Further analysis within the Discovery data platform allows us to consider the most and least deprived communities with 45.9% drinking 1+ units in SIMD 1 in comparison to 58.2% in SIMD 5. This is in contrast to the Scottish picture where SIMD 1 was the highest. The two highest age groups consistent with Scotland was 53% of 30-34 year olds and 54.8% of 35-39 year olds.

1.5 Drug Misuse in Pregnancy

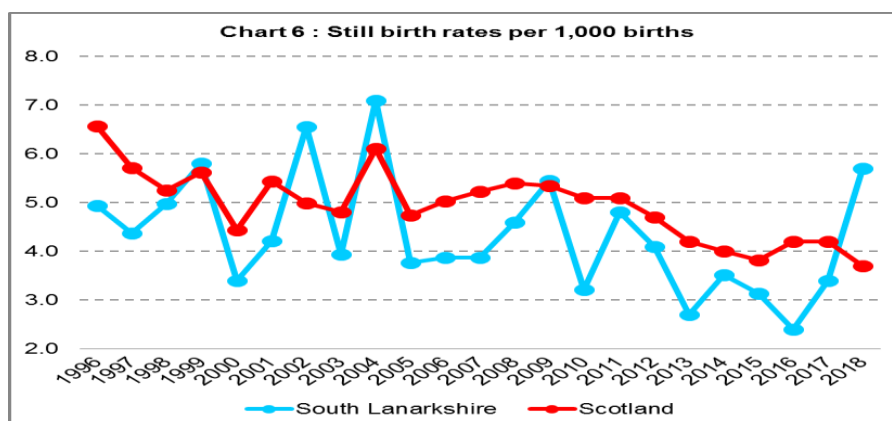


Source: Public Health Scotland (SMR02)

The number of pregnant women recorded as misusing drugs at their antenatal booking has been **increasing** in the last three years, but the rate remains lower than in Scotland and the gap is narrowing. In 2017 the rate within South Lanarkshire was **12.9 per 1,000** in comparison to the Scottish rate of **15.4 per 1,000**. In the discovery platform in 2019/20 the most deprived data zones (which includes Cannabis use) the figures are higher than our peer comparator **2.7%** (Peer **2.4%**) of pregnancies, compared to the least which is lower than our peer comparator **0.3%** (Peer **0.5%**). The three highest age groups being < 20, 20-24 and 25-29.

INFANT, CHILD WELLBEING

1.6 Still births



Source: ISD Scotland Information Services

In 2018 there were 18 Stillbirths in South Lanarkshire – the largest number since 2009 following a decreasing trend. Whereas in Scotland the numbers have been declining both recently and over the

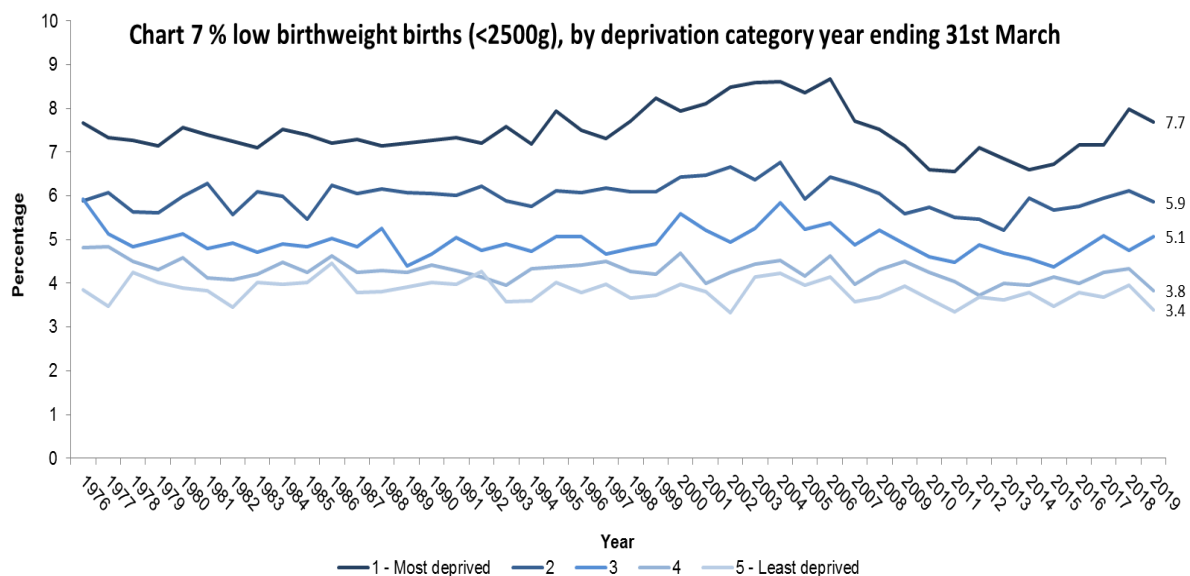
longer term. The Stillbirth rate per 1,000 births in 2018 was **5.7 per 1,000** higher than the Scottish rate – of **3.7 per 1,000**. Generally, the largest proportion of Stillbirths have been to Mothers aged 30 to 34.

In relation to the percentage of preterm births (less than 37 weeks) there is an increasing trend with the latest figures in 2017 of **8.1%** below Scottish rate of **8.4%**.

1.7 Fetal Alcohol Spectrum Disorder (FASD)

Fetal Alcohol Spectrum Disorder (FASD) is a lifelong condition which is caused by women drinking alcohol during pregnancy. Many women are not aware they are pregnant and may have already exposed their baby to alcohol or not realised the implications of drinking alcohol during pregnancy. Understanding of FASD is very poor, awareness and education of this condition should be highlighted. It is often thought that if a woman stops drinking alcohol when she finds out she is pregnant this will be ok or if they do not drink too much, or during certain stages of their pregnancy. Any alcohol exposure to the baby can affect the way their brain and body develop. This can impact on their emotional and physical development. FASD can be an invisible disability and often can present like Autism Spectrum Disorder (ASD) or Attention Deficit Hyperactivity Disorder (ADHD) and will often be wrongly diagnosed as these conditions, which can then impact on the person’s life as they may not be getting the most appropriate support. But like ASD and ADHD, each person with FASD will present differently. At times someone with FASD will present with distinctive features such as: thin upper lip, small eye openings, smooth area between the nose and mouth which is call the philtrum and a smaller than average head size. Only 10% of those with FASD will present with full facial features.

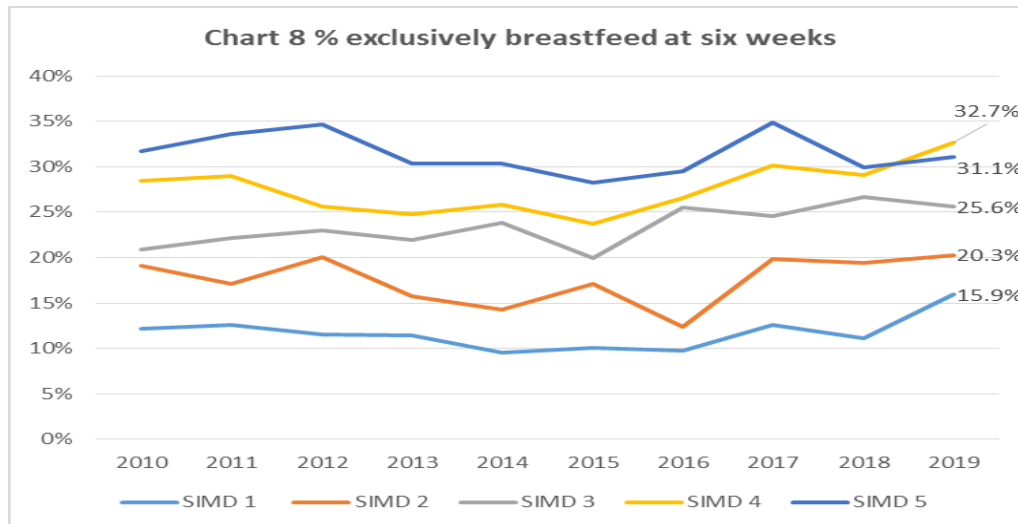
1.8 Low Birth Weight



Source: ISD Scotland Information Services

In 2018/19 the percentage of Low birth weight babies born in South Lanarkshire was **4.4%** below the Scottish figures of **4.6 %** .Chart 7 demonstrates the inequalities across areas of deprivation with SIMD 1 & 3 evidencing increasing trends and the gap widening with the latest figures of 4.3%.

1.8 Infant Nutrition Breast Feeding

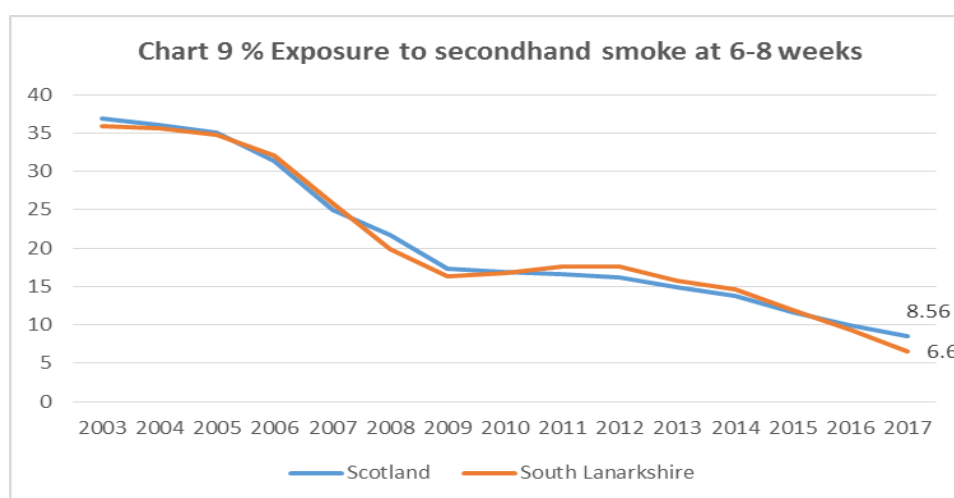


Source: ISD Scotland Information Services

In 2018, the breastfeeding rates were **22% below** the Scottish rate of **30.7%**. However, over the last year the change in the local picture has been significant evidencing **improving trends** and the gap closing by **3.6%** between most and least deprived data zones however, a gap remains of **15.2%**. In 18/19 **3047** births were recorded as South Lanarkshire being place of residence, with **1606** recorded as 'Ever breastfed' **53.3%**, this reduced to **24.7%** being exclusively breastfed and **32.2%** recorded as 'overall breastfeeding' resulting in a drop off rate of **39.6 %**.

Another element of infant nutrition is Vitamins which are available for all children under three. Healthy Start children's vitamin drops contain: **Vitamin A**: for growth, **vision in dim light and healthy skin** **Vitamin C**: helps maintain healthy tissue in the body **Vitamin D**: for strong bones and teeth.

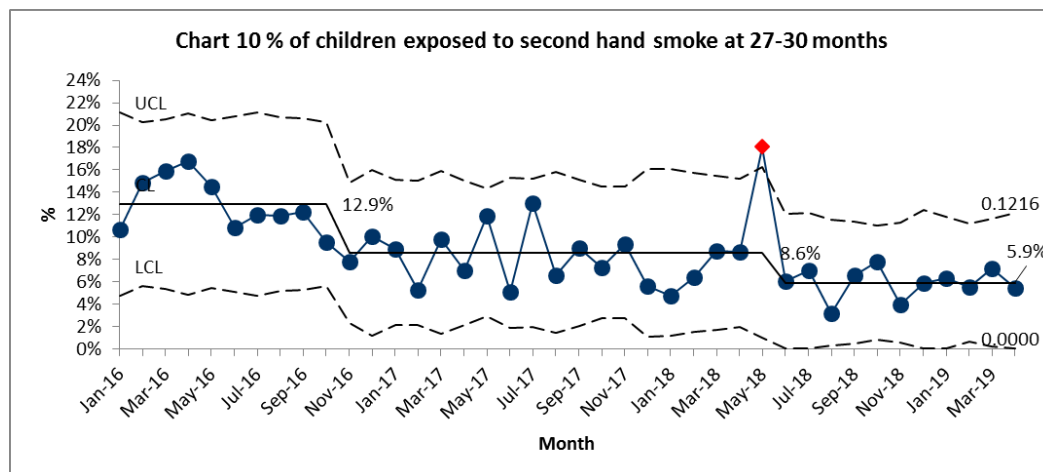
1.10 Exposure to Second-Hand Smoke at 6-8 Weeks



Source: Child Health Systems Programme Pre-school (CHSP-PS), Public Health Scotland

Self-reported exposure to secondhand smoke is declining both nationally and locally although. Although the current population wide data is positive **inequalities** exist between areas of deprivation. South Lanarkshire figures are 6.6% under the Scottish figure of 8.56%. Although the picture is positive, work to continue to provide key messages on second hand smoke is vital to reduce the risk for Sudden Infant Death Syndrome. **Change to reflect 3 year rolling average**

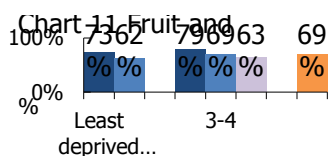
1.11 Exposure to Second Hand Smoke at 27-30 months



Source: Child Health Systems Programme Pre-school (CHSP-PS), Public Health Scotland

The improvement control chart shows self-reported exposure to second hand smoke has shown a positive downward trend with the latest median figures of **5.9 %** at March 19 a **7% improvement** for children at their 27/30 assessment. Although the current population wide data is positive **inequalities** exist between areas of deprivation. The protection of children’s health, tackling inequalities and reducing the prevalence of smoking in South Lanarkshire was identified as priority in 2017. ‘Data has evidenced tobacco and exposure to second hand smoke (ESHS) use as higher amongst the most deprived communities of South Lanarkshire and contributes to the cycle of deprivation which can have an effect on the health and wellbeing of infants and children’. [Smoke-free Lanarkshire – For you, for children, forever: Lanarkshire Tobacco Control Strategy 2018-2023.](#)

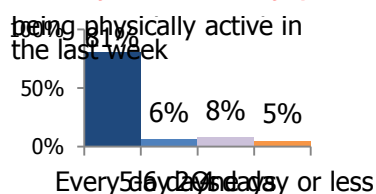
1.12 Diet and nutrition (Healthy)



Source: RCS parent survey, South Lanarkshire 2016

Within the (RCS) wellbeing survey (2016), diet and nutrition was noted as a key area in terms of child wellbeing. Fruit and vegetable consumption was also linked to **areas of deprivation**, with children living in the two most deprived quintiles less likely than those in the three least deprived quintiles to have a higher fruit and vegetable consumption than those living in the three less deprived quintiles (62% compared with 73%).

1.13 Physical activity (Active, Healthy)



Source: RCS parent survey, South Lanarkshire 2016

Having good levels of physical activity is important for both physical and mental health. Being active can help reduce the risk of over 25 chronic conditions including coronary heart disease, stroke, type 2 diabetes, cancer, obesity and musculoskeletal problems and has secondary prevention benefits for many other conditions^{iv}.

In the 2016 RCS survey Most parents reported that their children engaged in physical activity on a regular basis, with 81% of children active for at least 60 minutes every day during the past seven days. 6% were active for at least 60 minutes on 5-6 of the past seven days, while 8% were active on 2-4 days and a further 5% were active on one day or less^v. These figures are broadly comparable with findings from the 2015 Scottish Health Survey (which used a different and more detailed set of questions): this showed 70% of children aged 2-4 and 78% of those aged 5-7 being active for at least 60 minutes every day in the past week.

Activity levels varied by age, with children aged between 3 and 4 years (89%) more likely than those aged between 0-2 years (86%) and 5-8 years (73%) to have been active for at least 60 minutes every day during the past seven days.

1.14 Dental health (Healthy)

The RCS 2016 survey found although almost totally preventable, dental decay is the single most common reason to admit children to hospital in Scotland, accounts for significant pain and discomfort to the child and can result in absence from school. Dental health is also widely used as an 'indicative measure' of children's general health and reflects a key 'outcome' of good parental care

during the pre-school period^{vi}. Oral health is an important component of wider general health which can influence a person's quality of life^{vii}. Over 8 in 10 (81%) of respondents reported 'always' taking their child for check-ups, either as often as the dentist suggests or around once every 6 months, with a further 7% reporting 'mostly' taking their child for check-ups. Around 1 in 8 (12%) did not take their child for check-ups at the dentist. In nationally representative data (GUS, 2008)^{viii} 43% of parents of children aged 2 had taken their child to the dentist in the last 6 months and 66% of parents of the children aged 4. This is not directly comparable due to question wording as GUS only asked about visits in the last 6 months whereas on RCS they were asked about general frequency of check-ups.

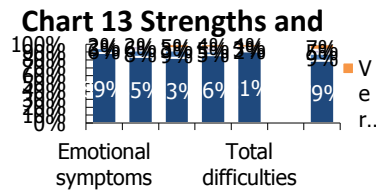
Frequency of dental check-ups varied by age, with children aged 0-2 years (62%) less likely to be taken for check-ups (every 6 months) than those aged 3-4 years (85%) and 5-8 years (94%). Guidance from Child Smile suggests that parents should 'Aim to register your baby with a dentist soon after birth or by the time they are six months of age. From then on, take your child to the dental practice every six months, or as advised by your dental team.' Similar to other data **inequalities** needs to be considered.

1.15 Mental health and wellbeing

Infant mental health describes the positive social, emotional and cognitive brain development that occurs in the first two years of life. Positive infant mental health is created and supported primarily through the development of positive early relationships between the baby and key caregivers from conception to five years of age and beyond, an infant's mental health and the quality of their early relationships are influenced by a range of key factors: parental mental health, maternal and neonatal physical health and family and social context. (Infant mental health developing positive attachments NES)

Goodman's Strengths and Difficulties Questionnaire (SDQ)^{ix} is a commonly used tool for reporting on social, emotional and behavioural development in children. In the RCS survey these questions were asked of parents of children aged 3-8 years (n=230), in line with the guidelines of the scale.

Summary data for each of the five sub-scores, together with a summary measure of children's total SDQ difficulties score, are presented in chart below.



Source: RCS parent survey, South Lanarkshire 2016

Most children aged between 3 and 8 years (91%) scored in the ‘close to average’ range according to their total SDQ difficulties score, with a further 2% in the ‘slightly raised’ range. **Around one child in eleven was classified as being in either the ‘high’ (3%) and or ‘very high’ (4%) range.**

There were differences in SDQ scores according to area deprivation. Total difficulties scores declined as deprivation decreased, with 15% in the two most deprived quintiles having raised scores compared with 6% in the three least deprived quintiles. The same was observed for emotional symptoms with 17% in the most deprived quintiles scoring above average and 8% in the less deprived quintiles. Similarly, a higher proportion of those living in the more deprived quintiles had above average scores on the peer problems scale (20%) compared with those living in the less deprived (11%).

1.16 Parental health behaviours during early years

Parental lifestyle behaviours can also impact children, with passive smoking being linked to a range of health issues among children, including respiratory diseases, asthma, lung function and bacterial meningitis^x and alcohol and drug misuse being linked to poorer outcomes.

Alcohol use (Healthy, Responsible, Safe)

The AUDIT-C is a brief indicator of risky drinking derived from the Alcohol Use Disorders Identification Test, developed by the World Health Organisation^{xi}. Data from questions concerning their alcohol consumption were combined to produce an AUDIT-C score^{xii} for each respondent, with male respondents scoring 4 or more and female respondents scoring 3 or more being defined as ‘risky drinkers’.

Around half of all parents (48%) in South Lanarkshire fell into the category of ‘risky drinkers’ on the basis of their AUDIT-C scores. This picture is a similar to the alcohol in pregnancy rates.

Table 1 shows the frequency of alcohol consumption reported by respondent parents of 0-8 year olds in South Lanarkshire **compared with national figures from Growing Up in Scotland**^{xiii}. As this

GUS data was gathered from parents of children aged 10 months this is not directly comparable to results from the RCS survey, but the broad patterns are very similar. In both surveys, the achieved sample was predominantly female.

Table 1 Frequency of parental alcohol consumption

	South Lanarkshire Parents of children aged 0-8)	National GUS data (parents of child aged 10 months)
	<i>Column percentages</i>	
Never drink alcohol	20	21
Monthly or less	36	39
2-4 times a month	29	27
At least 2-3 times a week	15	13
<i>Weighted base</i>	<i>480</i>	<i>6018</i>
<i>Unweighted base</i>	<i>481</i>	<i>6023</i>

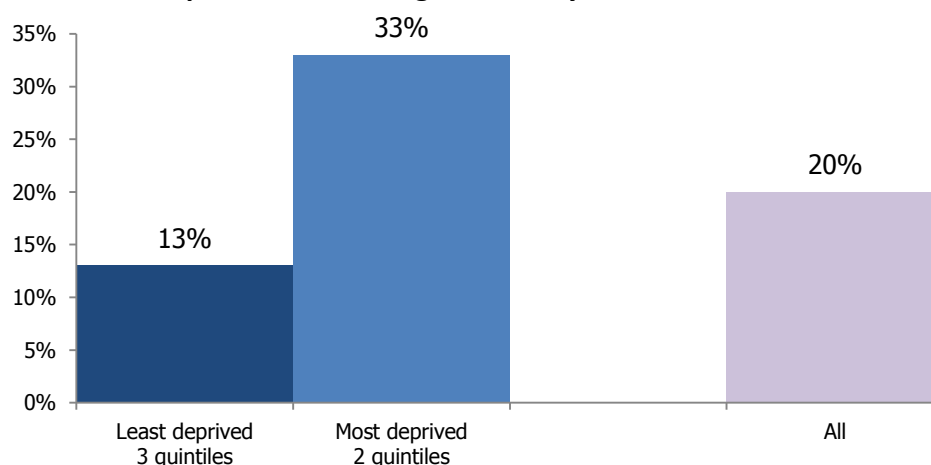
Source: RCS parent survey, South Lanarkshire 2016, Growing Up in Scotland 2011

Alcohol use among respondents in South Lanarkshire **varied by SIMD**, with those living in the two more deprived quintiles (**25%**) more likely to say they never drink alcohol than those in the three less deprived quintiles (**17%**).

Smoking (Healthy, Responsible, Safe)

20% of parents and carers reported being current people who smoke . (This **compares to 21%** of the whole Scottish adult population, using a similar – though not identical – measure from the Scottish Health Survey data). Of those who were current people who smoke , 18% smoked less than five cigarettes per day, 18% smoked between five and nine cigarettes per day, 33% smoked between 10 and 14 cigarettes per day, and 14% smoked between 15 and 19 cigarettes per day. A further 16% of respondents reported smoking at least 20 cigarettes per day. **Area deprivation** was a key predictor here: parental smoking rates were nearly three times as high in the **two most deprived quintiles (33%)** as in the **three least deprived (13%)**.

Chart 14 Respondents smoking tobacco by SIMD



Source: RCS parent survey, South Lanarkshire 2016

Drug use (Healthy, Responsible, Safe)

Levels of reported parental drug use **were low**. Overall, **3%** of parents reported having used cannabis at some point since their child was above the national GUS data, **1%** reported using cocaine or crack cocaine, and no respondents reported using heroin or methadone or ‘other drugs’). A similar question was asked on Growing Up in Scotland (2013) of parents of children aged 10 months old which showed respective levels of drug use since their child was born of **2%** usage of cannabis, and less than **1%** for crack, cocaine, heroin and methadone^{xiv}. In both surveys, the gender profile of the achieved sample may be a factor as rates of drug use may vary between male and female parents.

1.17 Parent-child relationship (Nurtured)

Attachment-Evidence shows links between a child’s attachment style to their parents and later social and emotional outcomes, including links to relative improvement in cognitive ability between ages 3 and 5. **Ref.**

In the 2016 RCS survey parents and carers with a child aged between 0 and 2 years were asked a series of nine questions pertaining to the quality of the relationship between themselves and their child. Data from these questions were combined to produce a score for each respondent of between 22 and 37 based upon Condon and Corkindale’s Parent-Infant Attachment scale (MPAS)^{xv}. Those scoring between 22 and 35 categorised as having a lower quality of attachment and those scoring between 36 and 37 categorised as having a higher quality of attachment. **53%** of respondents scored between 22 and 35 evidencing a **lower level of attachment**, with **47%** scoring between 36 and 37 evidencing a higher level of attachment.

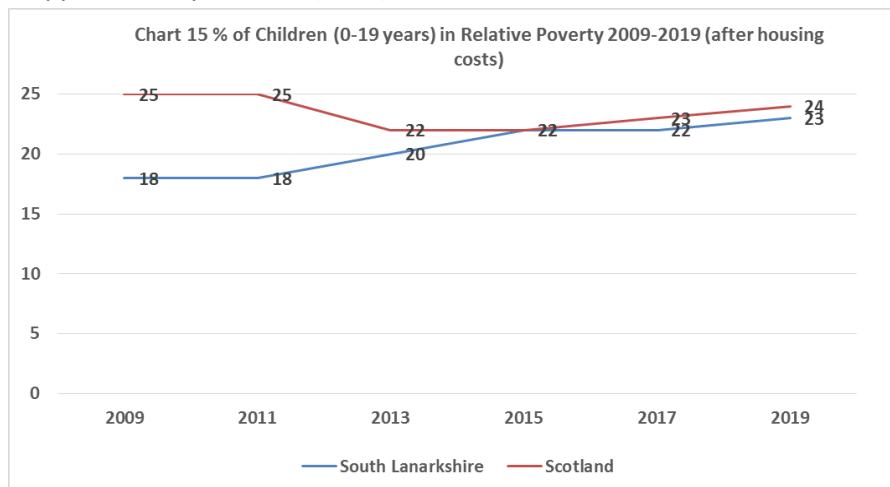
Parental warmth and conflict -Parents and carers with a child aged between 3 and 8 years were asked a series of 15 questions pertaining to the quality of the relationship between themselves and their child from the Pianta scale^{xvi}. Data from these questions produce two summary measures – one indicating the level of parent-child warmth and one measuring parent-child conflict (as on GUS^{xvii}).

Overall, **62%** of respondents scored as having ‘**high**’ **parent-child warmth** (on the basis that they scored 34 or more on these items) which is the same proportion found in national data from GUS (2011)^{xviii} of parents (mostly mothers) of children aged 5. Around a third (**33%**) of parents in South Lanarkshire scored as having ‘**high**’ **parent-child conflict** (scores of 19-40), 36% scored as medium (scores of 13-18) and 31% scored as having low conflict (scores of 8-12). No significant sub-group variations were evident in relation to these measures. Equivalent figures on parent-child conflict from GUS (2011) of parents of children aged 5 were 30%, 37% and 33%.

CHILD POVERTY

2.1 Children Living in Relative Poverty

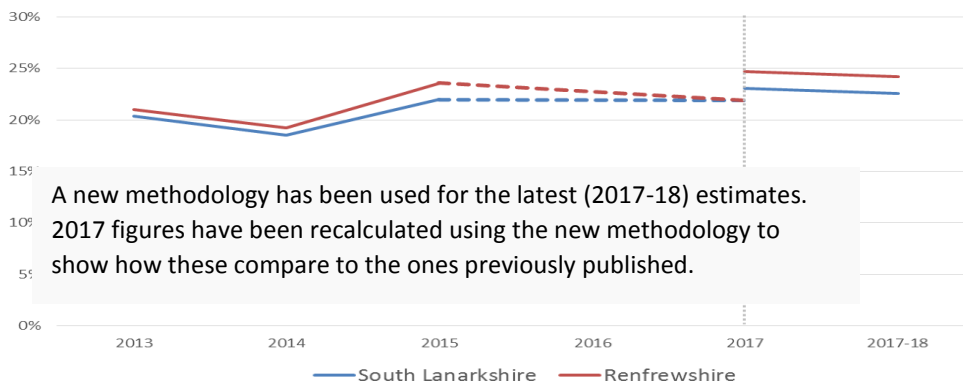
A family is considered to be living in relative poverty if their household income is below 60% of the average UK household income. The most recent median figure for income prior to the COVID 19 pandemic was approximately £29,000 (2019).



Source: Child poverty Action Group

Just under 16,000 children in South Lanarkshire live in relative poverty once housing costs are taken into account. This is a rise of around 2,000 from the 2017 figure. Chart 14 shows that relative poverty (after housing costs) amongst children (aged 0-19) in families has been progressively increasing in South Lanarkshire over the last decade. The latest figures evidence **23%**, below Scotland's rate of **24%**. Considering the recent COVID-19 epidemic and the economic impact that this is likely to have, this situation can only be expected to get worse over the next few years.

Chart 16 Child poverty estimates, AHC (%)



Source: End Child Poverty, Child poverty estimates

Organisations such as the Institute of Public Policy Research have estimated, Pre-COVID that across the UK as a whole the number of children in poverty could increase by around 100,000 to 300,000 by the end of 2020. In South Lanarkshire the proportionate increase would be an extra 500 to 1,500 children living below the poverty line by the end of the year.

Locality Area & Year	2017	2019	Change 2017-19
Hamilton	24.3%	24.8%	+0.5%
Most deprived ward (Larkhall)	29.0%	27.9%	-1.1%
Least deprived ward (Bothwell/ Uddingston)	14.9%	13.7%	-1.2%
East Kilbride	17.7%	18.3%	+0.6%
Most deprived ward (East Kilbride South)	20.8%	25.5%	+4.7%
Least deprived ward (East Kilbride West)	7.3%	10.3%	+3.0%
Rutherglen/ Cambuslang	23.6%	25.3%	+1.7%
Most deprived ward (Rutherglen Central & North)	28.2%	29.2%	+1.0%
Least deprived ward (Cambuslang West)	20.7%	20.7%	0.0%
Clydesdale	21.7%	22.4%	+0.7%
Most deprived ward (Clydesdale South)	25.2%	25.1%	-0.1%
Least deprived ward (Clydesdale West)	19.9%	20.6%	+0.7%
SOUTH LANARKSHIRE AVERAGE	21.9%	22.5%	+0.6%

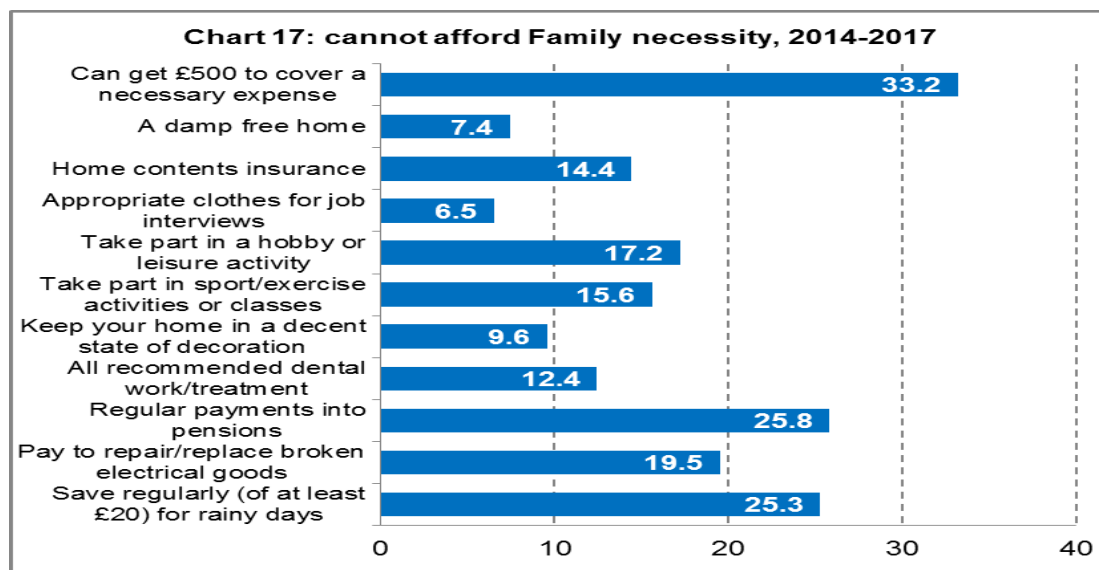
Source (HMRC)

Comparing the most recent figures available on relative poverty at locality level the 2017 and 2019 figures the data suggests that levels of child poverty have decreased in some areas across Hamilton in both most and least deprived with minimal increases within Rutherglen Central North most deprived and Clydesdale West. However, the most significant increases are within East Kilbride in both most and least deprived. It is worth noting that despite falls in levels of child poverty in individual wards, there has been little movement in terms of 2020 SIMD ranks within the most deprived and least deprived wards in the four locality areas. Comparisons between the 2017 and 2019 data illustrates the persistent nature of the problem of Child Poverty at the local level and demonstrates that East Kilbride South at **4.7%** is an outlier requiring consideration when it comes to service mapping and delivery.

2.2 Dependent children living in families with limited resources

In the period 2014-2017 **15.3%** of dependent children in South Lanarkshire lived in families with limited resources – this measure brings together two aspects of poverty. Living in low income (70% of middle incomes) and living in material deprivation (being unable to afford basic necessities). This was lower than the Scottish average of **17.3%** and the 17th highest rate in Scotland. The chart shows after adjusting for the cost of housing, the proportion of children in South Lanarkshire living in

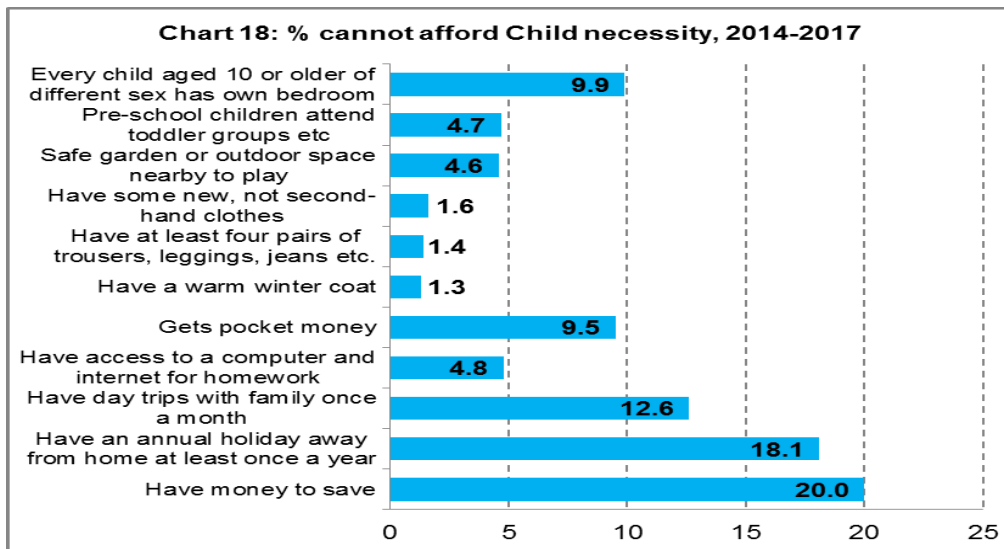
families with limited resources increased to **18.2%** –lower than the Scottish average of **20.7%** .Wider data suggest that Material Poverty at 33% has a much greater significance in South Lanarkshire than Low Income at 30% lower than the Scottish average of 32.8%.



Source:<https://www2.gov.scot/Topics/Statistics/Browse/SocialWelfare/IncomePoverty/LAPovertyData/limited-resources> (Scottish level data)

The South Lanarkshire Central research unit analysed the 2018 family resources survey. However due to the small sample size, it was not possible to review the South Lanarkshire information to determine where the family cannot afford either household necessities or child necessities. Other questions in the survey asked Scottish residents to identify those items or activities that they considered necessities for the household or for children and the following summarises the Scottish results.

Chart 17 shows for the 2014-2017 period, in relation to **Family necessities**, **33.2%** of Scottish children were in Families who could not access £500 to cover an unexpected but necessary expense-meaning more at risk of accessing payday loans , save reugularly and pay into pensions.It found **25.8%** were in households where the Family could not make regular payments into an occupational or private pension, **25.3%** in families who could not save regularly for a rainy day, and 19.5% were in Families who could not pay to repair or replace broken electrical goods. In respect of **Child necessities**, for the 2014-2017 period **20%** of children in limited resource families did not have enough money to allow them to save, **18.1%** of households did not have enough money to allow the child(ren) to have a Holiday away from home at least once a year, **12.6%** did not have enough for their child to have Day trips with the family once a month, and **9.9%** were in families where every child aged over 10 of different sexes did not have their own bedroom.

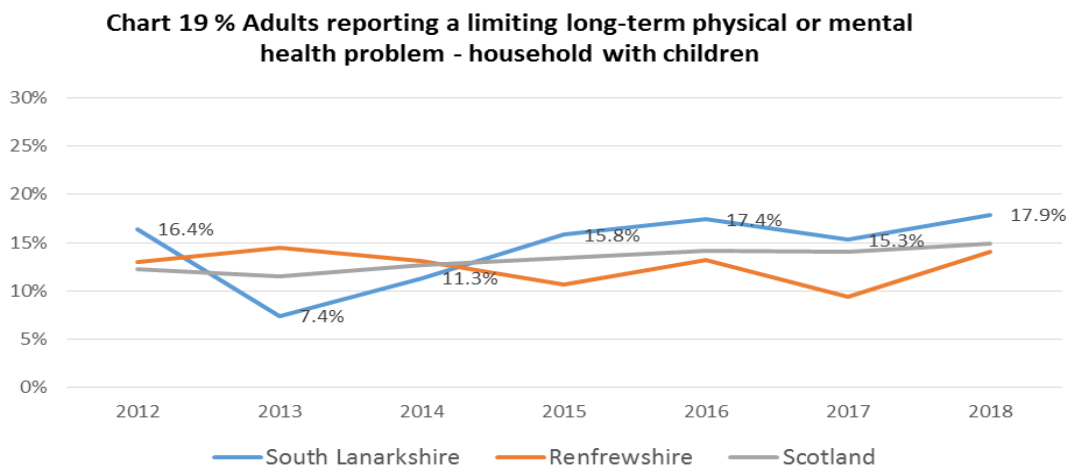


Source: <https://www2.gov.scot/Topics/Statistics/Browse/SocialWelfare/IncomePoverty/LAPovertyData/limited-resources>

Chart 18 shows the proportions of Scottish children living in limited resource families by the Child necessities the household could not afford. The top three necessities being –having money to save, annual holiday and day trips.

2.3 Priority groups for children living in poverty

The measures below provide some context on the priority groups identified in ‘**Every Child Every Chance**’. Tackling poverty delivery plan. These indicators do not cover all the priority groups, due to limited routinely produced local statistics for some priority groups. We know that different types of family/ household structure can also have a bearing on how susceptible households with children are to poverty. Family types such as lone parents, families with more than three dependent children, families with disabled children, ethnic minority families, or a family where both parents are in part-time work are more likely to be affected by poverty and will require particular consideration when developing plans and services.



Source: Scottish Government, Scottish Surveys Core Questions

Chart 19 shows **17.9%** of Adults reporting a limiting long-term physical or mental health problem - household with children. This compares to **14.9%** in Scotland.

Table 3

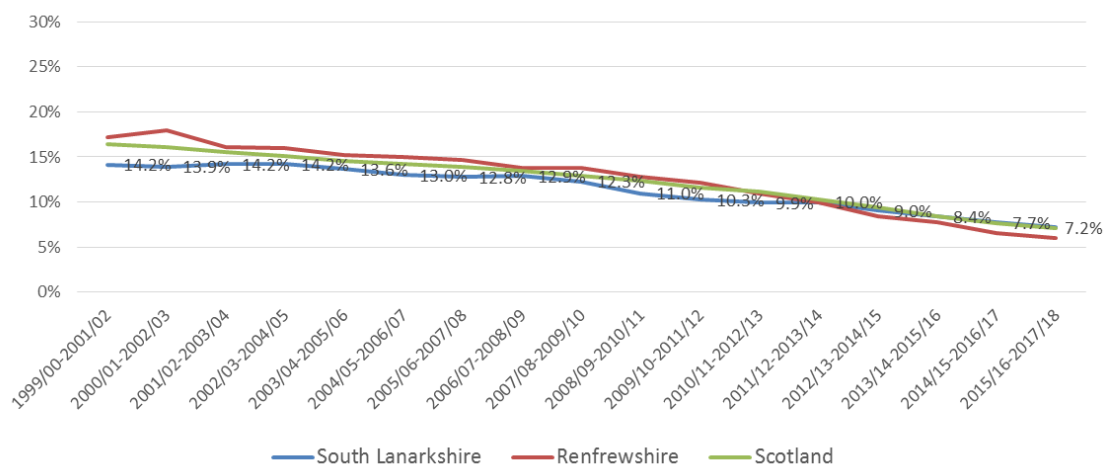
Non-white minority ethnic - % of total population			
	South Lanarkshire	Renfrewshire	Scotland
Non-white minority ethnic group	2.4%	*	4.5%

Source : Scottish Government, Scottish Survey Core Questions 2018

* Figure is missing due to sample size

Table 3 illustrates 2.4% as a percentage of the South Lanarkshire population were in the non-white ethnic group compared to 4.5 % of the Scottish population.

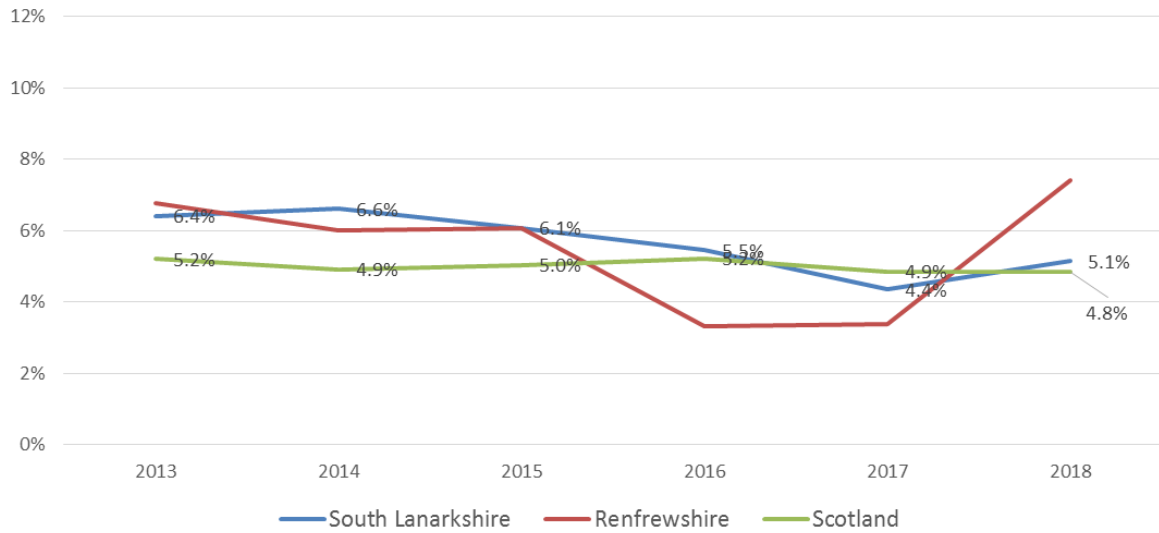
**Chart 20 Age of first time mothers - 19 and under
(% of all first time mothers)**



Source: NHS Information Services Division, Age of First Time Mothers

Chart 20 shows **7.2%** of first time mothers who are aged 19 and under, in comparison to **7%** in Scotland.

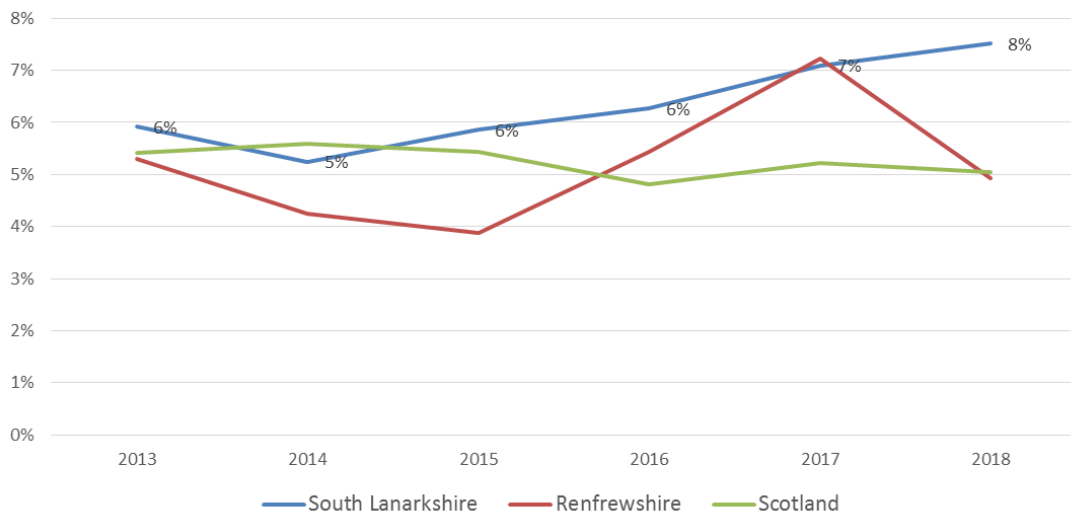
Chart 21 % Lone parent households



Source: Scottish Government, Scottish Household Survey

Lone parents face a higher risk of poverty due to the lack of an additional earner, low rates of maintenance payments, gender inequality in employment and pay, and childcare costs. **5.1%** of children living in **lone-parent families** were in poverty in 2018 in South Lanarkshire compared to **4.8 % Scotland**.

Chart 22 % Large family households



Source: Scottish Government, Scottish Household Survey

Chart 22 illustrates **8 %** of children living in families with three or more children. **3% higher than Scotland**.

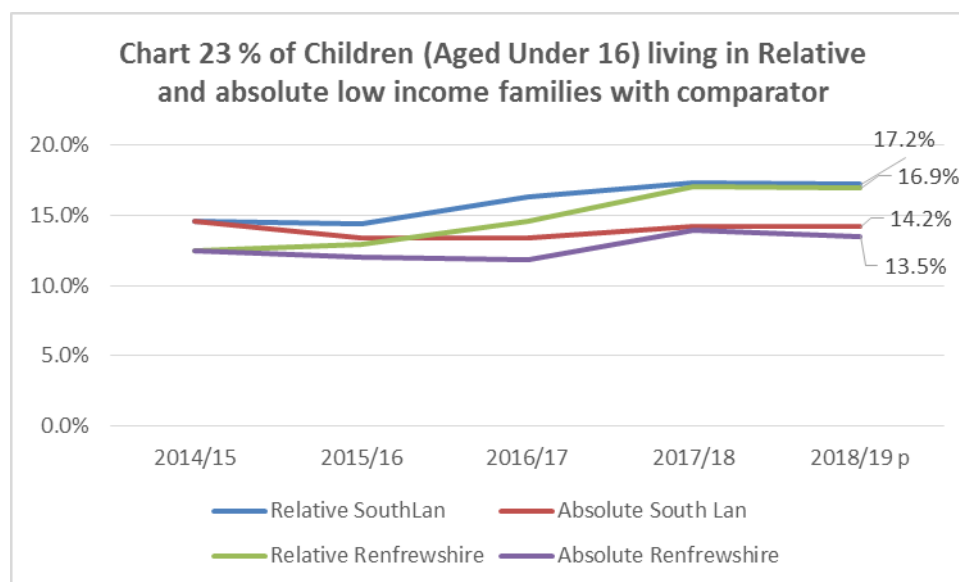
Section One: Income from Benefits

The data to follow contains a selection of indicators categorized under the child poverty drivers, income from social security, income from employment, and cost of living. The indicators selected do not provide a comprehensive and complete list of factors that drive child poverty, but may help with an overall understanding of the context.

2.4 Children in Low Income Families

In low-income households, food represents by far the largest proportion of spending on children. Children have been defined as 'poor' on the basis of lacking three or more 'necessities', and 'severely poor' on the basis of going without five or more 'necessities'. Items identified in this context included a warm coat, properly fitted shoes, three meals a day and money to allow a child to participate in a school trip.

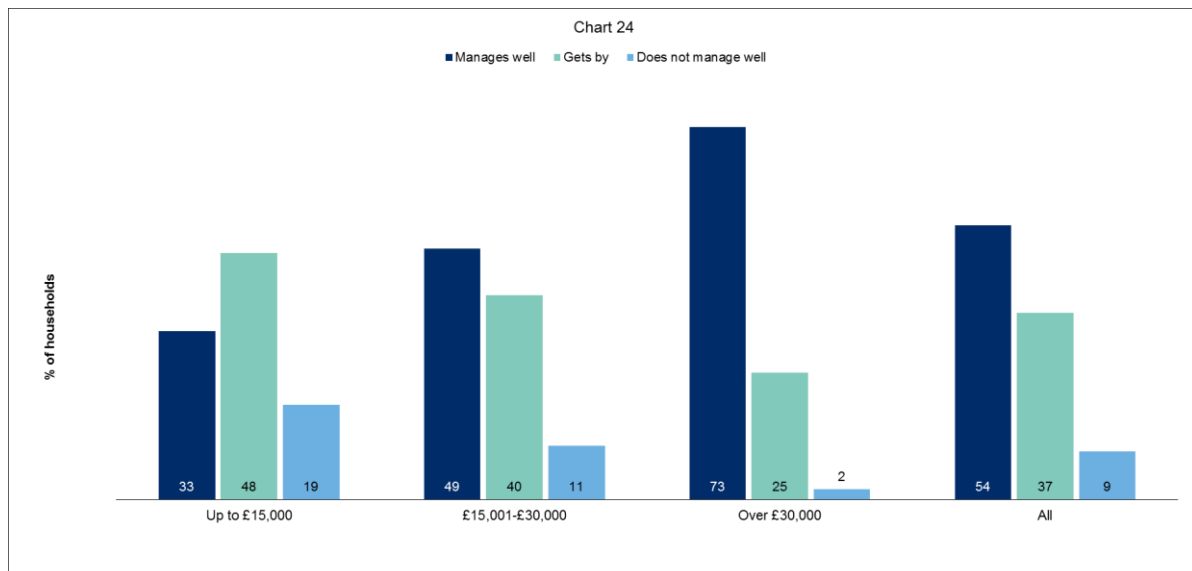
The data in chart 23 replaces the Official Statistics previously published by DWP (Children in out-of-work benefit households) and HMRC (Personal tax credits: Children in low-income families' local measure). The new statistics provide a more coherent picture of children living in low income families by local area. Relative low income is defined as a family in low income Before Housing Costs (BHC) in the reference year. A family must have claimed one or more of Universal Credit, Tax Credits or Housing Benefit at any point in the year to be classed as low income in these statistics. Absolute low income is defined as a family in low income Before Housing Costs (BHC) in the reference year in comparison with incomes in 2010/11. A family must have claimed one or more of Universal Credit, Tax Credits or Housing Benefit at any point in the year to be classed as low income in these statistics.



Source: <https://www.gov.uk/government/collections/children-in-low-income-families-local-area-statistics>

In 2018/19 the current local figures for children living in relative low income families was **17.2%**, an **increasing trend** and **above the local comparator**. Absolute figures show a **static trend** with a figure of **14.2% above the local comparator**.

2.5 Households managing well financially



Source: Scottish Government, Scottish Household Survey 2018 - Adults dataset

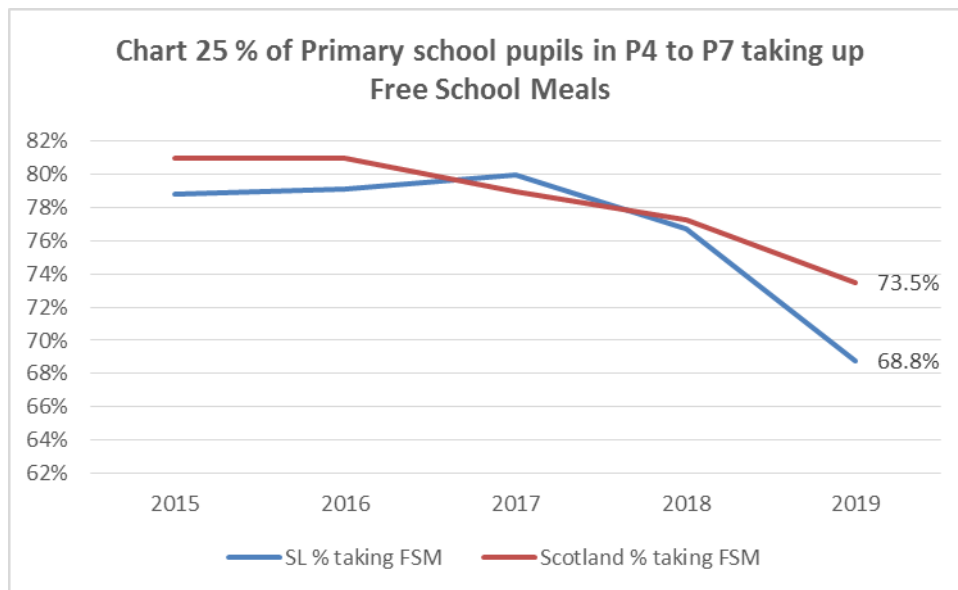
The Scottish household survey latest figures reveal that more than half (54 per cent) of households in South Lanarkshire believe they are “managing well” financially often seen as a proxy measure of financial resilience of households. There was evidence of an increase of **5%** from the previous year, with an **improving trend** and just **below Scottish figure of 55%**. In contrast for “households not managing well” the figures show a **worsening trend**, with a figure of **10%**, a **3%** increase from the previous year and **above the Scottish figure of 8%**. Comparing the most and least deprived communities the inequalities are evident with 0% not managing well in the least deprived areas, compared to 18% in the most deprived communities.

2.6 Benefits with dependent children

Other benefits include the Best Start Grants which supports low income families with costs during pregnancy, early learning and around the time a child begins primary school with new benefits like child payment and heating assistance for a family with a child with a disability. In addition, enhanced support is provided through the baby box initiative, free vitamins in pregnancy and for children under three including best start foods which replaced healthy start vouchers with a payment card in August 2019. In 2019-20 8,360 best start grant applications were received with a total financial gain of £1,605, 067. In addition, Best Start foods provided an additional income of £442.00 per child including priority groups such as young parents and larger families of 3 or more children and 773 children benefited from the free vitamins.

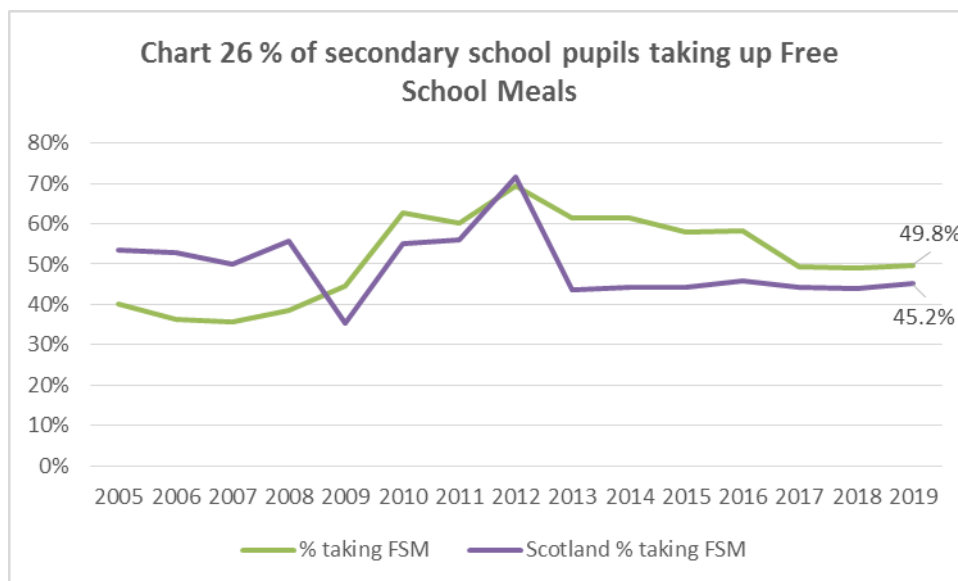
Section Two: Costs of Living

2.7 Free School Meals



Source: Healthy Living Survey

In 2019, the chart shows a **decreasing trend** both nationally and locally with **68.8 %** of those who were registered for Free School Meals **actually** taking them **below the Scottish figure of 73.5%**. Further analysis of the data shows **73.4%** of all **P1-P3** pupils eligible for Free School Meals actually took them, compared to **68.8%** of those in **P4-P7** who were eligible.



Source: Healthy Living Survey

The chart demonstrates the South Lanarkshire uptake rate was **49.8% above the Scottish rate of 45.2%** with a **static trend** for the last three years.

2.8 Clothing Grants

Year	South Lanarkshire	Cambuslang/ Rutherglen	Hamilton	East Kilbride	Clydesdale	SIMD Most Deprived Data Zones
2018	Primary:- 28.6%	Primary:- 28.2%	Primary:- 27.1%	Primary:- 23.3%	Primary:- 25.1%	Primary:- n/a
	Secondary:- 18.6%	Secondary:- 23.4%	Secondary:- 12.9%	Secondary:- 16.8%	Secondary:- 18.0%	Secondary:- n/a
2019	Primary:- 34.5%	Primary:- 33.9%	Primary:- 42.4%	Primary:- 28.6%	Primary:- 30.6%	Primary:- 73.2%
	Secondary:- 21.7%	Secondary:- 26.3%	Secondary:- 20.7%	Secondary:- 20.1%	Secondary:- 22.0%	Secondary:- 42.1%

South Lanarkshire Finance & IT Resources March 2018/19

The table evidences, the uptake of clothing grants in South Lanarkshire across the localities and SIMD data zones evidencing an increase between 2018- 2019. Of the four locality areas, Hamilton locality shows both the greatest demand and greatest increase over the last 12 months amongst primary pupils. Cambuslang and Rutherglen shows the highest level of demand amongst secondary pupils, although the greatest increase in demand was amongst secondary pupils within Hamilton.

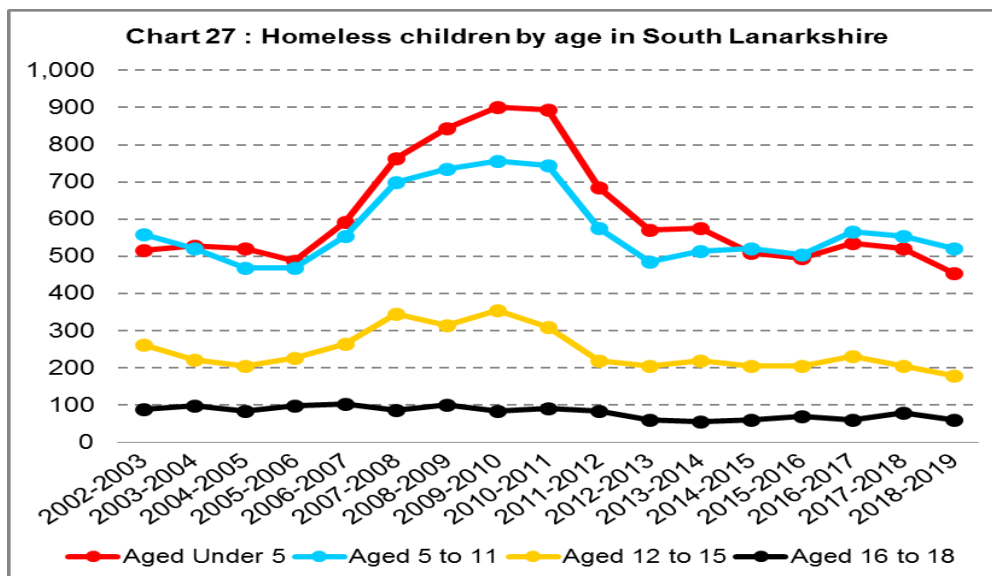
2.9 Satisfaction with public transport

Scotland	Lanarkshire	SIMD
2016:- 72%	2016:- 63% (22 nd)	2016:- 71%
2017:- 69%	2017:- 64% (21 st)	2017:-Not Available

<http://oban.spt.co.uk/corporate/wp-content/uploads/2019/01/TOR-2018-South-Lanarkshire-FINAL.pdf>

The key indicator for the outcome of Achieving Attractive Seamless Reliable Travel is an adult residents' level of satisfaction with local public transport services. Around six in every ten South Lanarkshire adult residents in 2017 (64%) a 1% **increase** from the previous year with their local public transport services, although only two in every ten residents (20%) are *very* satisfied. Around one in every six South Lanarkshire residents (16%) are dissatisfied and a large minority of residents. The most recent comparator figures evidence that South Lanarkshire rate of **64% is below** the **Scottish rate of 69%**.

2.10 Homelessness: Homeless children and single young people



Source: SLC Housing & Technical Resources 2018/19

In 2018-2019 there were 1,215 Homeless children in South Lanarkshire – the lowest number recorded since at least 2002-2003. Of the total 455 or **37.4%** were aged under 5 and below Scotland **38.6%**, 520 or **43.5%** were aged 5 to 11 **above Scotland 41.7%**, 180 or **14.8%** aged 12-15, below Scotland **15.7%** and 60 or **4.9%** aged under 16-19, **above Scotland 4%**. Recently and over the longer time the **trend has been decreasing** in all age groups apart from **16-18 group**.

Table 6	South Lanarkshire	Cambuslang/Rutherglen	Hamilton	East Kilbride	Clydesdale
Homelessness-Families with children	456	78	193	150	35
Homelessness-Single young people	184	29	76	57	22

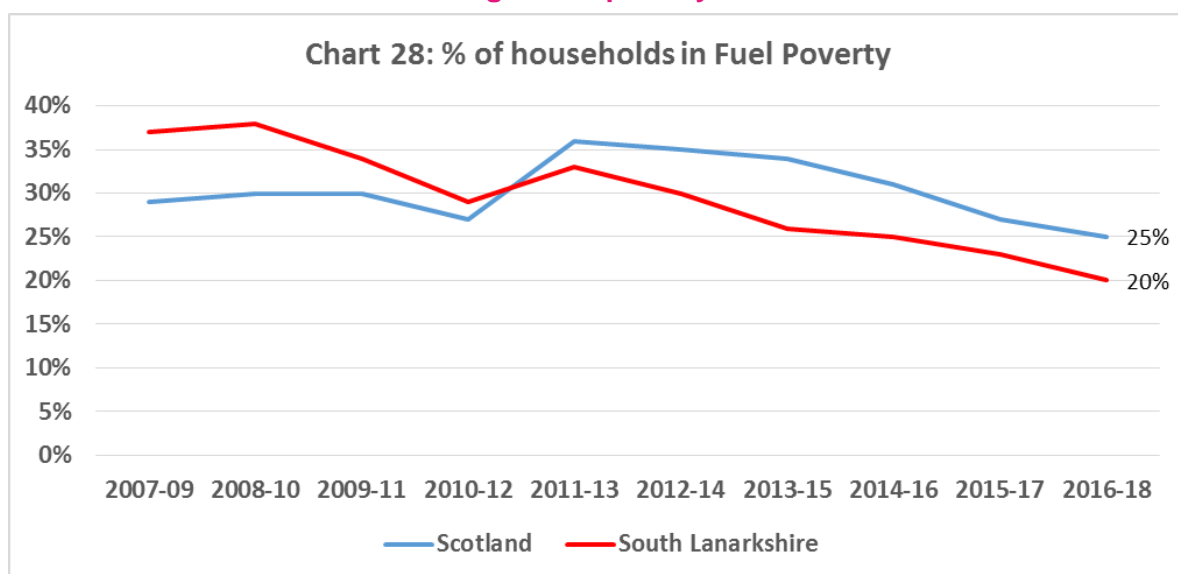
Source: SLC Housing & Technical Resources 2018/19

Looking at a locality picture table 6 above in 2018 shows the number of Homeless families with children were **456** with children across South Lanarkshire with the highest levels in Hamilton and then East Kilbride. The number of single homeless young people were 184, with Hamilton being the highest and then East Kilbride. The main reason given by those Aged 16 to 24 for being homeless in South Lanarkshire in 2018-2019 was being asked to leave – stated by **57%** – and this was significantly higher than in Scotland, at **40%**. A further **14.3%** were Fleeing Violent or Abusive household disputes, against **10.8%** in Scotland. Being homeless due to Non-violent household disputes accounted for a further **8.8%** in South Lanarkshire, compared to **18.5%** in Scotland. Relatively more

in South Lanarkshire were Fleeing Non-domestic violence than in Scotland as a whole or had terminated secure accommodation – tied housing, etc. Being asked to leave has always been the most common reason given for being homeless in South Lanarkshire and it has never accounted for less than half of the total. Over time, however, the proportion citing this has fallen significantly, while the proportions homeless due to Fleeing Violent or Abusive household disputes or due to Non-violent household disputes have been increasing. The proportion homeless due to Defaulting on payments or rent arrears has fallen significantly both recently and over the longer term and by significantly more here than in Scotland. Further detail can be accessed within the homeless needs assessment.

[Needs%20Assessment%20of%20Children%20Experiencing%20Homelessness%20FINAL.pdf](#)

2.11 Households with children living in fuel poverty

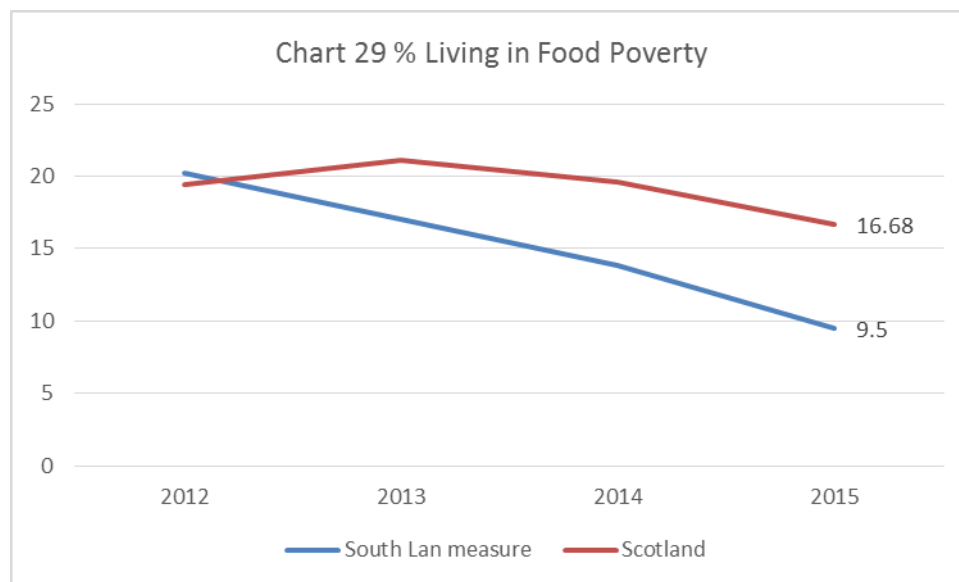


Source: Scottish House Condition Survey (SHCS) 2017

Over the period of 2014-16, it was estimated that there was around 36,000 (25%) of households in South Lanarkshire were in fuel poverty- spending at least 10% of household income on energy. In terms of households that are families, the 2014-16 figures indicated that 4,000 (10%) of households in South Lanarkshire lived in fuel poverty. The latest figures, 2016-18, suggest that while overall figures for households in fuel poverty has fallen in South Lanarkshire (from 25% in 2014-16 to 20% in 2016-18) over the two year period, the percentage of family households, including families with children, has increased (from 10% 2014-16 up to 17% 2016-18) or from 4,000 to 6,000 families. Extreme fuel poverty households, or households spending over a fifth of their income on heating, has also increased across Scotland between 2014-16 and 2016-18 from 3% to 6%. Although there were no figures for South Lanarkshire for households in extreme fuel poverty in 2014-16, the latest 2016-18 figures suggest that 4% of households in in South Lanarkshire lived in extreme fuel poverty during 2016-18, slightly below the Scotland figure of 6%.

2.12 Households with Children Living in Food Poverty

There are limited data available on food poverty at a local level however, in 2015 South Lanarkshire figures evidenced **9.5%** of the total population with a decreasing trend similar to Scotland at **16.68%**.



Source: Scottish House Condition Survey

	South Lanarkshire	Cambuslang/ Rutherglen	Hamilton/ Larkhall	East Kilbride	Clydesdale
Food Poverty- Food bank parcels per year, South Lanarkshire foodbanks 2018/19	24,200 parcels, feeding 5,500 children	n/a	8,083 parcels (excluding Larkhall)	8,318 parcels	1,419 parcels
Food Poverty- Food bank parcels per year, South Lanarkshire foodbanks 2019/20	26,211 parcels, feeding 5,951 children	4,146 parcels	11,519 parcels	9,152 parcels	1,394 parcels

Source Trussell Trust-South Lanarkshire Foodbanks 2017/18

Proxy data in the form of food parcel distribution stats from local food banks, provides some indication as the levels of food poverty amongst families and families with children. The last two years' worth of data (2018/19 and 2019/20) suggest that food poverty (in the form of food aid distributed by local food banks) has been on the rise in South Lanarkshire. In 2018/19 around 24,200 food parcels (1 parcel per household, giving 3 days' supply of food) were provided by South Lanarkshire food banks to households in food poverty, through which it was estimated that 5,500 children were fed. By 2019/20 this figure has increased by around 2,000, with 26,211 food parcels distributed by South Lanarkshire food banks, through which 5,951 children were fed (an increase of 9%). National evidence also supports the local evidence around food poverty, suggesting that Food poverty and food insecurity are both increasing with the knock on negative psychological, social and

economic impacts that this has on individuals and families. In the table below Hamilton and district ranks the highest for accessing food banks.

2.13 Digital Connectivity

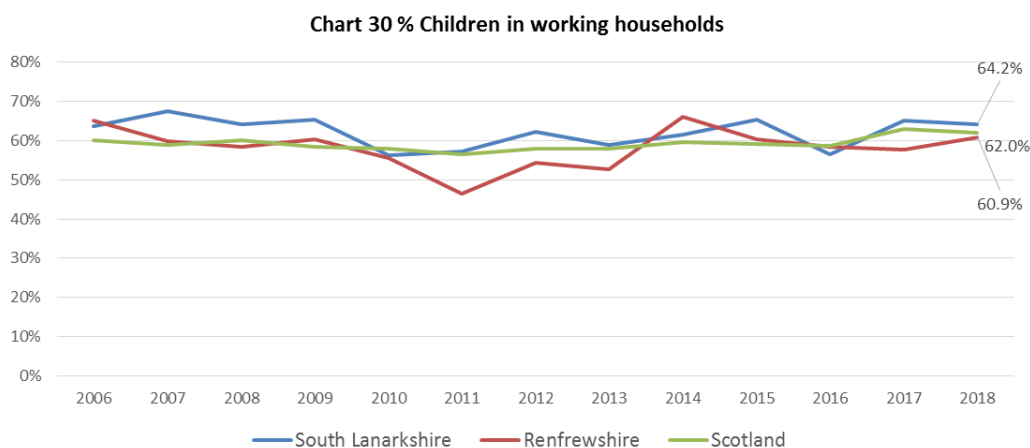
Table 8	Scotland	South Lanarkshire
Scottish Household Survey (S 2016 & 2017 & 2018 Home access to the internet	2016:- 82%	2016:- 85% (13 th)
	2017:- 85%	2017:- 81% (22 nd)
	2018:- 87%	2018:- 91% (5 th)

Source: Scottish Household Survey (SHS)

Household Internet Access- The percentage of households in South Lanarkshire with home access to the internet in 2018 was 91%, the highest level of home digital access recorded in South Lanarkshire by the SHS on record, and higher than the Scottish average and the vast majority of Scottish council areas (e.g. South Lanarkshire enjoys the 5th highest level of home internet access out of the 32 council areas). A survey conducted towards the end of 2019 by the SLC Digital Inclusion group, also supports the finding of the SHS of high levels of home access to the internet by households in South Lanarkshire, with 95% of local respondents indicating that they had home access. Further analysis of the 2019 survey by the SLC’s Central Research Unit can be accessed on the link- [Child Poverty\Cost of living\Digital Connectivity Survey 2019 - areas.pdf](#)

Section Three: Income from Employment

2.14 Children in Working Households



Source: ONS, Annual Population Survey, Workless households for regions across the UK

The number of children growing up in poverty in working households has remained mostly **static** with the analysis revealing that the latest child poverty in working families figure is **64.2%** almost the same as 10 years ago.

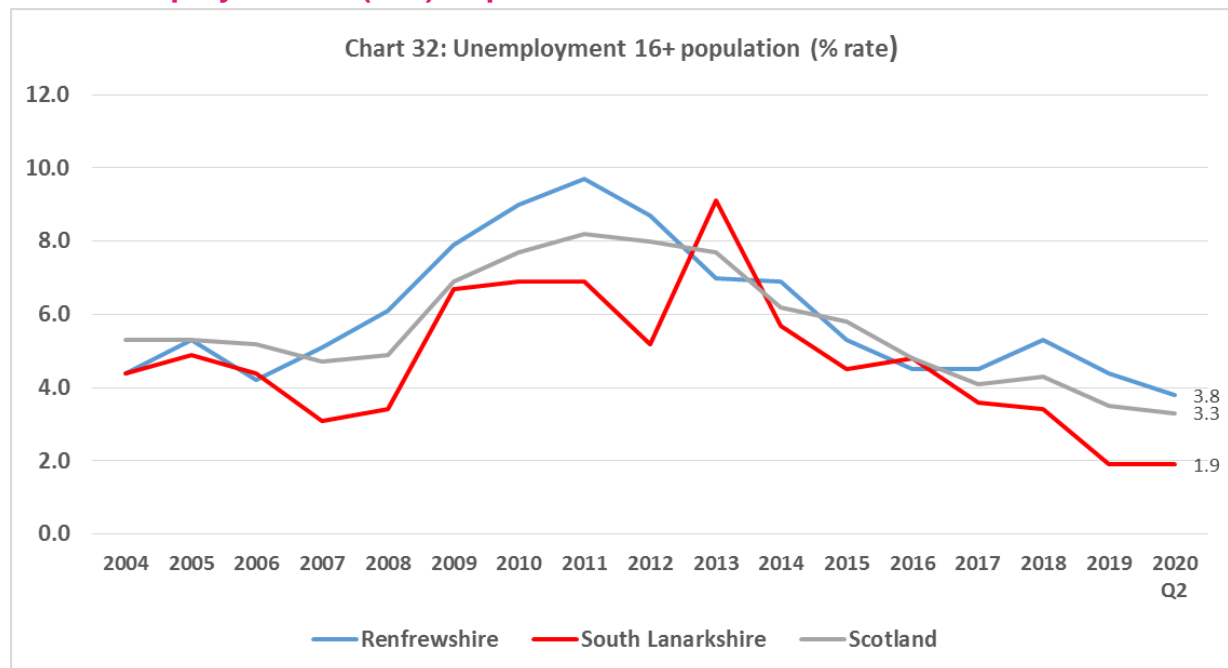
2.15 Employees (18+) Earning Less than the Living Wage



Source: ONS, Annual Survey of Hours and Earnings

The share of employees who were officially classified as earning less than the minimum living wage –£8.21 an hour in 2019– had fallen from **19.4% to 16.9%** however remains above the Scottish average.

2.16 Unemployment of (16+) Population

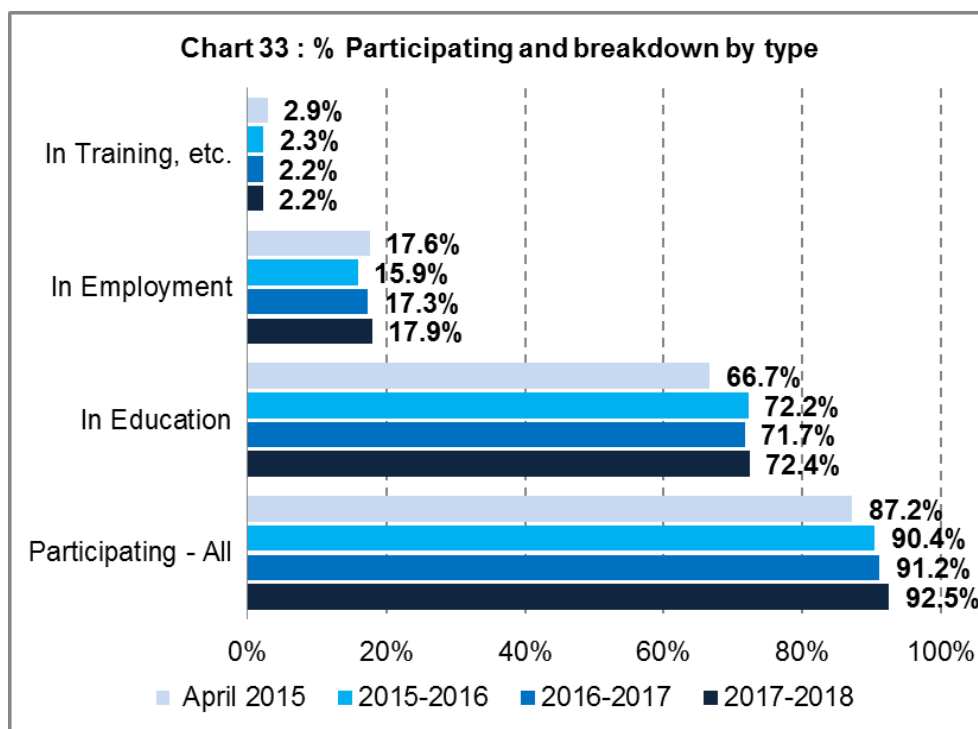


Source: ONS, Annual Population Survey (APS)

Analysis of the data from the APS suggests that unemployment has been in decline (**decreasing trend**) year on year in South Lanarkshire since 2013. The last full year (Jan- Dec 2019) figures available indicate a record low level of unemployment in South Lanarkshire with just under 2% of the adult population (aged 16+) recorded as unemployed. Data up to the second quarter of 2020 (July 2019- June 2020), from the same source (APS) indicates that this record low level has been sustained into 2020, at least up to the period of the COVID crisis, with around 3,000 residents (1.9%) recorded

as being unemployed. As well as record low levels of unemployment, the Q2 2020 data also suggests record high numbers/ rates for adults in employment in South Lanarkshire, with 157,600 (77.5%) residents aged 16 plus in employment. In addition to this the 2020 Q2 figure also suggest that around 160,600 (79%) of the South Lanarkshire population (16+) were economically active, and 41,200 (21%) being economically inactive. Of all those economically inactive, 10,400 (25.3%) were actively looking for work, 9,200 (22.4%) were inactive due to having long term health problems and 8,600 (20.8%) were inactive due to looking after family or home. The remaining economically inactive population were made up mainly of students or those who were retired. It should be noted that the APS is made up over survey data from labour market respondents averaged over a period of 12 months, e.g. the latest Q2 data being gathered during the period July 2019- June 2020, the full impact of the COVID economic lockdown on employment levels will not be reflected in data from this source until at least Q3 or Q4 2020.

2.21 Youth Annual Participation



Source: <https://www.skillsdevelopmentscotland.co.uk/publications-statistics/statistics/annual-participation-measure/?page=1&statisticCategoryId=7&order=date-desc>

In 2017/18 6% of the population aged 16 and over were unemployed, evidencing a decreasing trend and lower than Scotland and comparators. A total of 12,749 or **92.5%** of 16 to 19 year olds in South Lanarkshire were actively Participating in the labour market an increasing trend and just above the Scottish average of **91.8%**. A further 389 or **2.8%** were not participating lower than the Scottish average of **3.4%**. For 648 or **4.7%** their labour market situation was Unconfirmed – the same as the Scottish average. In general, participation declines with age – of 16 year olds, **99.3%** were participating but this fell to **84.8%** for 19 year olds. The highest Non-participation rate was for 19 year olds, at **4.4%**, compared to only **0.5%** of 16 year olds. **Being in Education** was the main type of participation undertaken – accounting for **72.4% for all 16-19** year olds participating in the labour

market. This falls with age and of 19 year olds only **53%** were in Education. For all ages, except for 16 year olds, the proportions in Education in 2017-2018 were the highest recorded. **17.9 %** an increasing trend were in employment for all ages the proportions in work. Of Non-participants, **55.5% overall were Unemployed** and Not actively seeking work – the highest proportion ever recorded. This varied from **44.4%** of 16 year olds to **68.7%** for 19 year olds.

In 2017-2018 Women aged 16 to 19 in South Lanarkshire had higher Participation rates than Men – although the rates for both genders were the highest recorded – and lower Non-participation rates than Men – in this case the lowest recorded. Compared to Scotland as a whole, both Women and Men in South Lanarkshire had slightly higher levels of positive engagement in the labour market and both had Non-participation rates significantly below the Scottish averages, especially Women. Over time the Participation rates have increased in South Lanarkshire for all age groups and both genders and the Non-participation rates have declined for all age groups and both genders. In general, the trend has been towards more engaging in Employment and slightly fewer in Education. For those not participating, however, the proportion who were Unemployed and not seeking work has been increasing and was significantly higher than in Scotland.

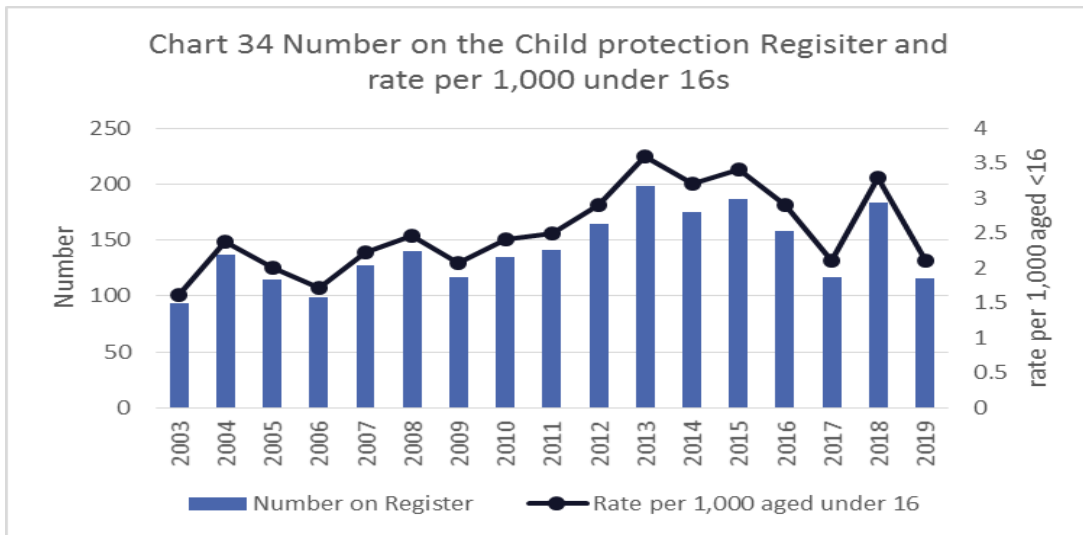
In addition to the indicators included in this chapter early learning and childcare and positive destinations would be considered within this theme. (See chapter six)

Service level data is provided within the Local Child Poverty Action Report and additional poverty related data is contained in the South Lanarkshire Child Poverty [Data Profile in Appendix 1](#).

3 Children and young people are SAFE, protected from abuse, neglect and harm in their communities & homes

Children in need of Care and Protection and Keeping Children Safe

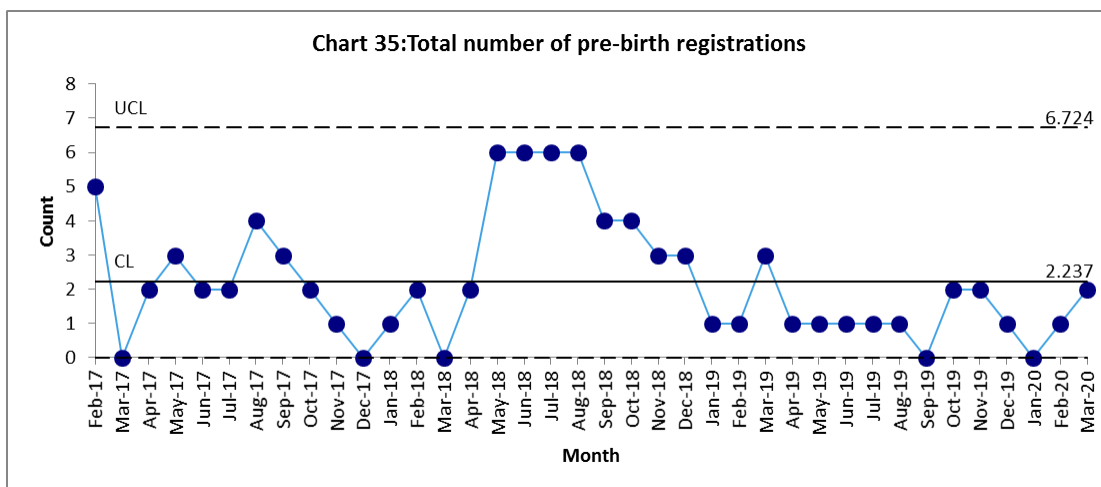
3.1 Child Protection Register – numbers and rates



Source: <https://www.gov.scot/publications/childrens-social-work-statistics-2018-2019/>

In 2019, the chart above shows there were 116 children in South Lanarkshire on the Child Protection Register. Following an increase in the trend last year the numbers have fallen and returned to a decreasing trend. The local rate **2.1 per 1,000** under 16's is below the Scottish figure of **2.8 per 1,000**.

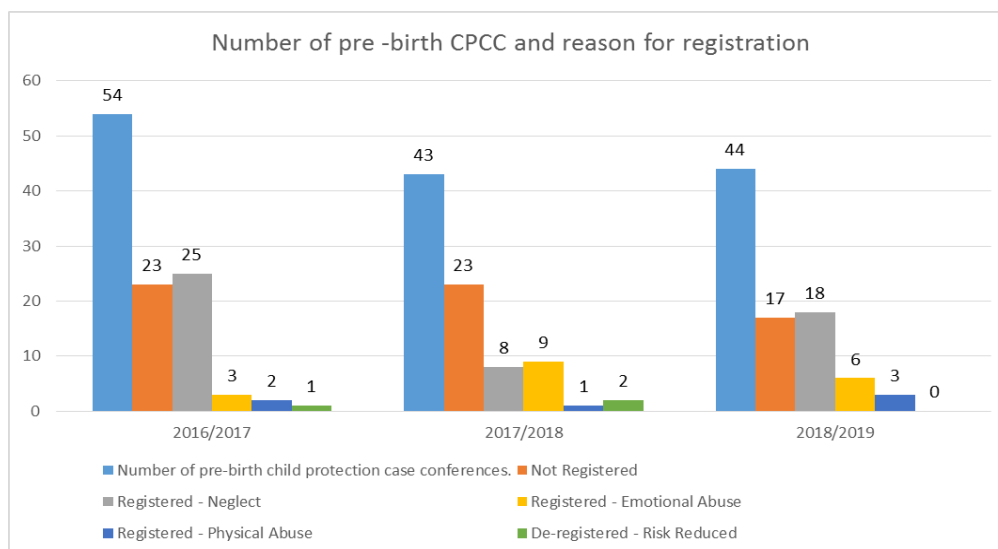
3.2 Pre-birth registrations



Source: SW local database

Early Pre-birth child protection responses aim to keep unborn babies safe. Social workers have the task of protecting the unborn baby from current risk and making a plan for predicted risks, at the same time as developing good working relationships with expectant parents. In the last three years there has been a decreasing trend in pre-birth registrations from August 2017 with 19/20 figures as low as 12 a decrease from last year's figures of 32. 10.3% of registered children were recorded as unborn and represents a decrease from the previous year and above the Scottish average. Scottish figures in 2017, show 126 unborn babies were registered nationally. This means that 5% of registered children were recorded as unborn and represents a 1% increase on the previous year's numbers.

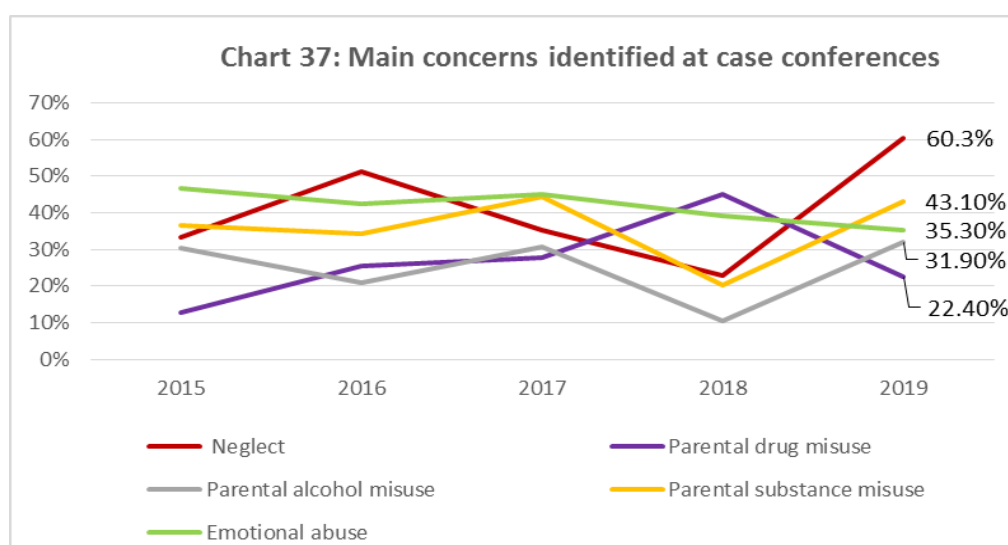
Chart 36- Number of pre-birth registrations and reason



Source: SW local database

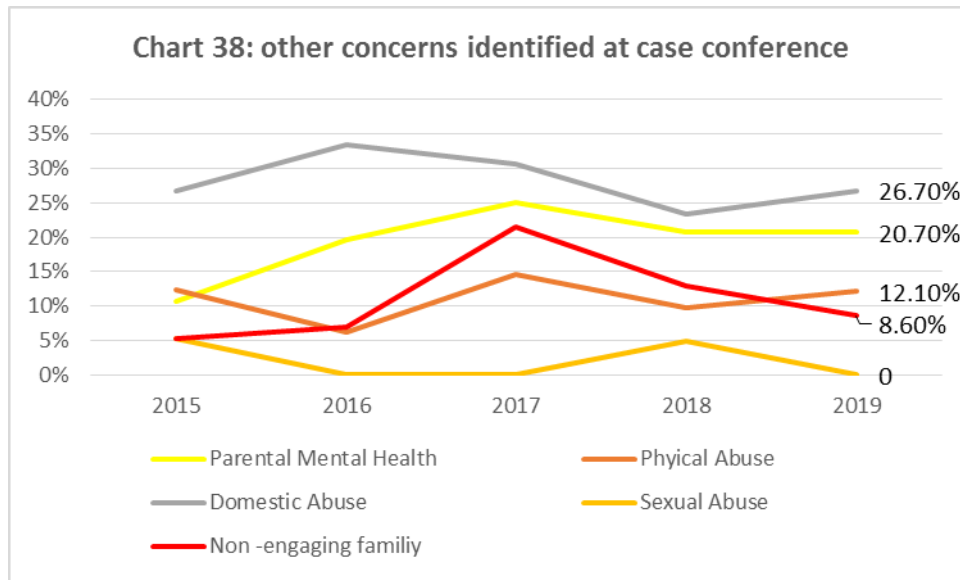
In the reporting period April 16 – February 19, 93 unborn babies were placed on the child protection register for the reasons above. In 2018-19, of the 44 case conferences 17 were not registered, 18 were registered for neglect, 6 were registered for emotional abuse and 3 physical abuse.

3.3 Main concerns identified for children on the child protection register



Source South Lanarkshire Central Research Unit

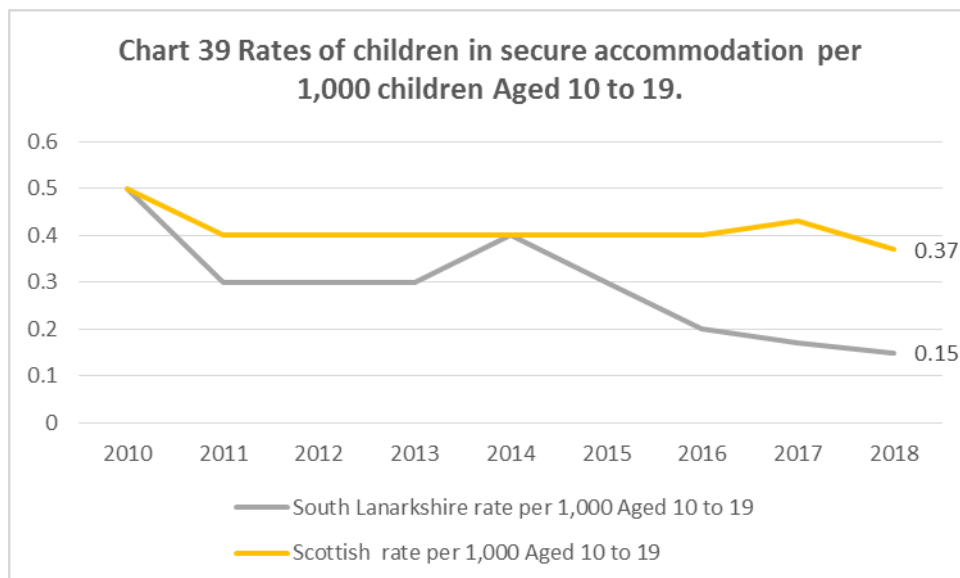
The chart shows the percentage out of main concerns out of the 116 children registered. South Lanarkshire **Parental Substance misuse, alcohol misuse and neglect trends are increasing**. The third highest concern **emotional abuse** has seen a slight trend towards fewer instances and the same is true for concerns over **drug misuse**. (Note drug misuse overlaps with substance misuse)



Source South Lanarkshire Central Research Unit

The chart evidences, **Domestic abuse** has continually been a significant concern raised in South Lanarkshire, with an increasing trend alongside physical abuse. **Parental Mental Health issues** evidence a static trend, whilst both sexual abuse and non-engaging families are decreasing.

3.4 Children in secure accommodation



Source South Lanarkshire Central Research Unit

In 2018 there were 5 children from South Lanarkshire in secure accommodation – the lowest number ever recorded since 2010. In 2018 the rate for South Lanarkshire children in secure accommodation per 1,000 children Aged 10 to 19 was **0.15 per 1,000** – the lowest rate ever

recorded for South Lanarkshire since at least 2010 **evidencing a decreasing trend**. The South Lanarkshire rate in 2018 was two-fifths lower than the Scottish rate of **0.37 per 1,000** children aged 10 to 19. The South Lanarkshire rate has never been higher than the Scottish rate and the gap in 2018 was the largest ever recorded since at least 2010. Chart 39

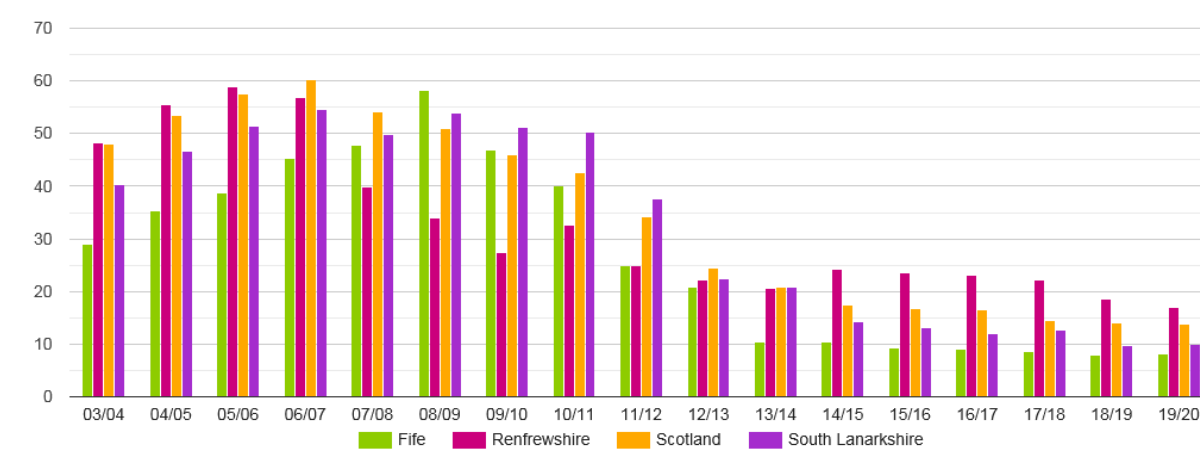
3.5 Children’s hearing system - number of hearings

OVERVIEW

There were 1,689 Children’s Hearings in South Lanarkshire in 2018-2019 involving 539 children –. Over the 2017-2018 to 2018-2019 period the number of Children’s Reporter Hearings held in South Lanarkshire decreased slightly, by 0.4% or by 6 hearings. This compared with a fall of 2.8% in Scotland as a whole. The number of children referred to the Children’s Hearing system fell by 22.2% or by 154 children over the 2017-2018 to 2018-2019 period in South Lanarkshire.

In 2018-2019, in terms of the decisions made by Children’s Reporter in South Lanarkshire, it was determined that for 30.6% of children a hearing was arranged on new grounds. For a further 27.4% of children involved no hearing was arranged as the child was referred to the local authority, and for 20.2% of children there was no indication of need for compulsory measures. Relatively fewer children in South Lanarkshire saw no indication of need for compulsory measures, compared to Scotland as a whole – 20.2% against 27.2%. A total of 191 (78.3%) children had a decision made to impose a Compulsory Supervision Order (CSO) in 2018-2019 in South Lanarkshire. This was relatively fewer than was the case in Scotland as a whole. Relatively more in South Lanarkshire saw the grounds for referral considered in reviews of CSOs. At the end of financial year 2018-2019 a total of 472 children in South Lanarkshire were subject to a Compulsory Supervision Order and a total of 38 Child Protection Orders were made.

Chart 40- Rate of Children’s per 1,000 referred to the children’s reporter by comparator councils



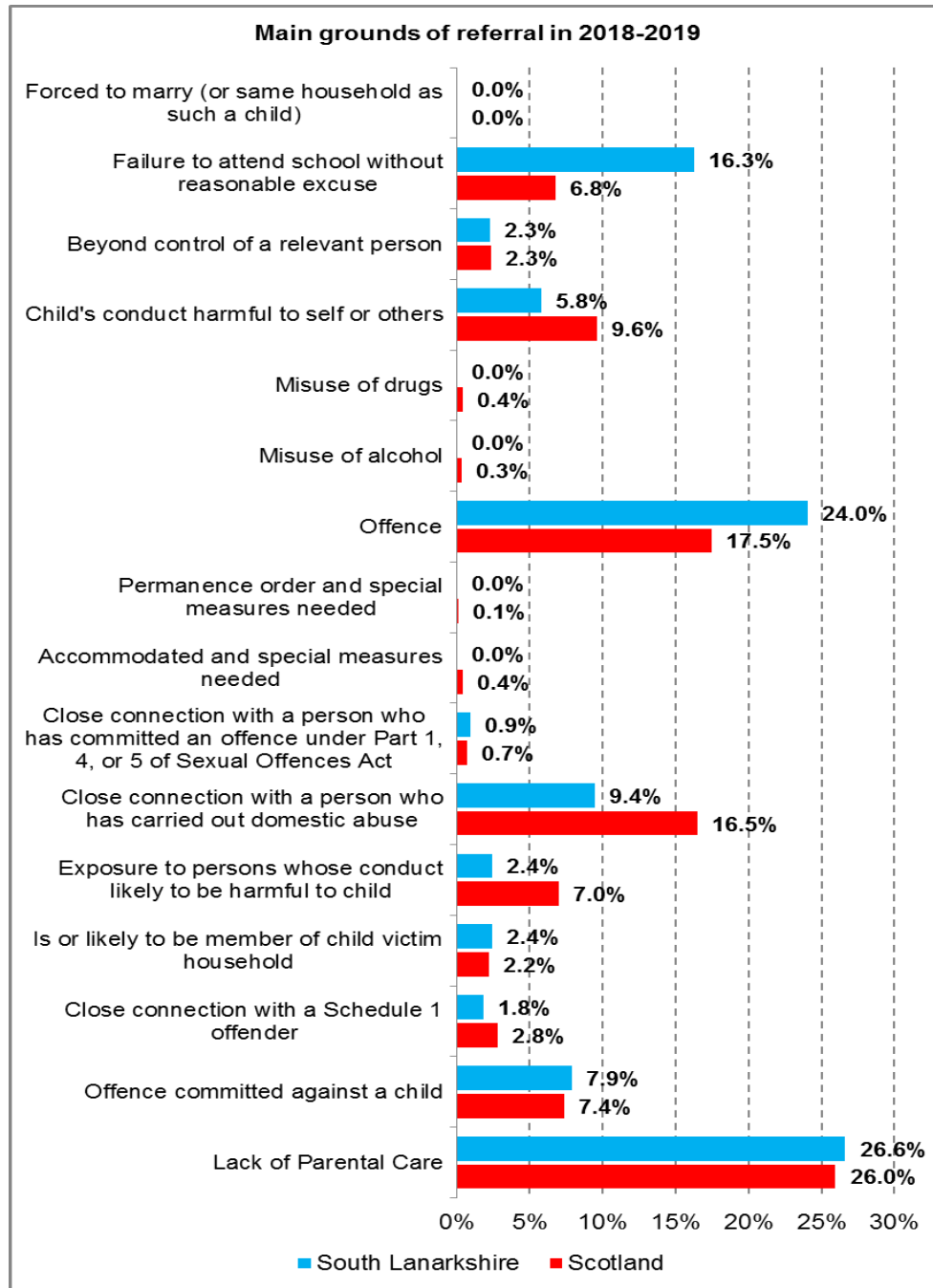
Source: Scottish Children’s Reporter Administration

http://www.scra.gov.uk/resources_articles_category/official-statistics/

In the period 2019-2020, there were 558 children referred to the reporter in South Lanarkshire a slight increase from last figures of 539 .In the chart above the rate shows a slight increase by 0.2 per 1,000 referrals in the last year, with the current rate of 10.0 lower than Renfrewshire 17.0 and Scotland 13.9 and above Fife at 8.2. Of the 558 children and young people referred 72% had

care and protection non offence referrals and 28 % offence 158 referrals. The most common ages for children and young people to be referred to the reporter continues to be 9 and 17 year olds currently at a rate of 12.7 per 1,000 and under a year 12. 2 per 1,000, with all ages at 8.7 per 1,000 below the Scottish rate of 12.5 per 1,000.

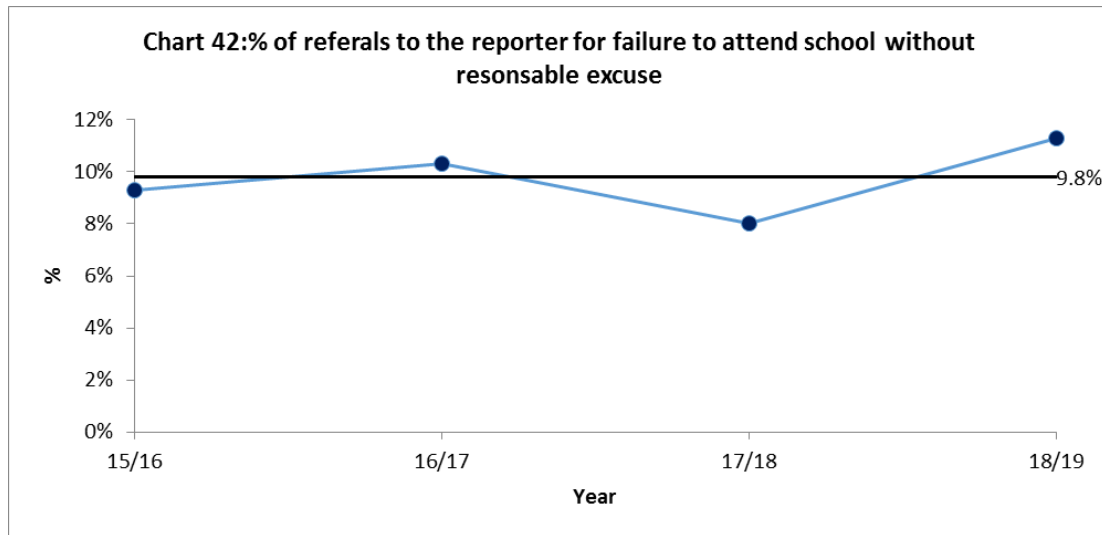
Chart 41- Main ground of referrals to SCRA



Source: Scottish Children's Reporter Administration

http://www.scra.gov.uk/resources_articles_category/official-statistics/

There are sixteen national categories for the main grounds of referral to the children’s reporter as seen above. The 2019/20 top three categories with the greatest referrals have remained unchanged since 2018/19 these are **lack of parental care, offence, and failure to attend school without reasonable excuse** with the only category above Scotland being failure to attend school without reasonable excuse.



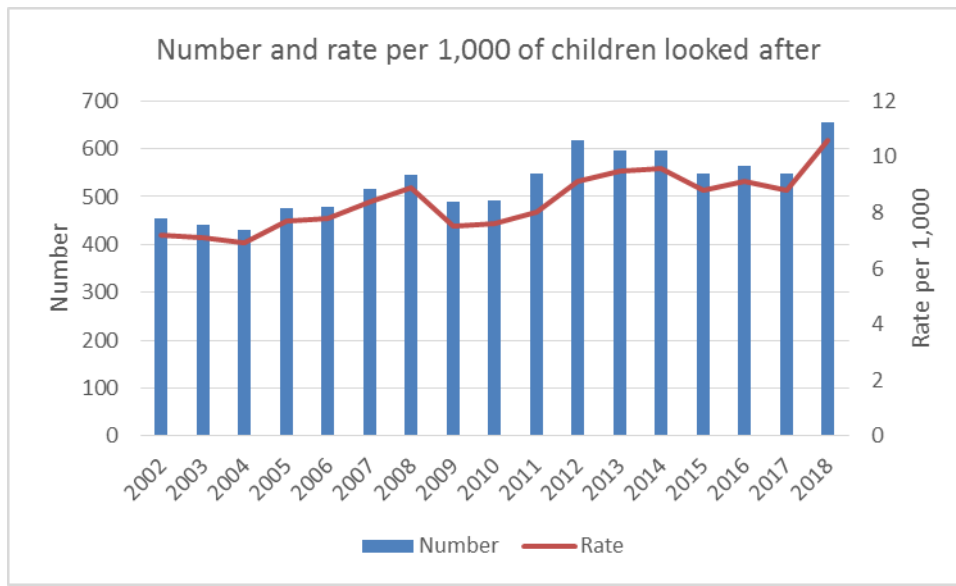
Source: Scottish Children’s Reporter Administration

http://www.scra.gov.uk/resources_articles_category/official-statistics/

Vulnerable Young people who disengage with school are known to become involved in risk taking behaviours sometimes leading onto youth offending. This indicator is the third biggest reason for referral to the reporter with Lack of parental care first, and offence second. The latest figures 18/19 shows 11.3% (n=107 referrals)of children and young were referred to the reporter on the grounds of failure to attend school without reasonable excuse an 3.3% increase from the previous year that sits within the context of 948 referrals (Interesting to know if this is more than one referral in this case) Positive changes have included Head Teachers receiving data in a way that enables them to analyse their attendance trends and patterns of all pupils and in vulnerable populations.

3.6 Children looked after and accommodated

Chart 42- children in secure accommodation

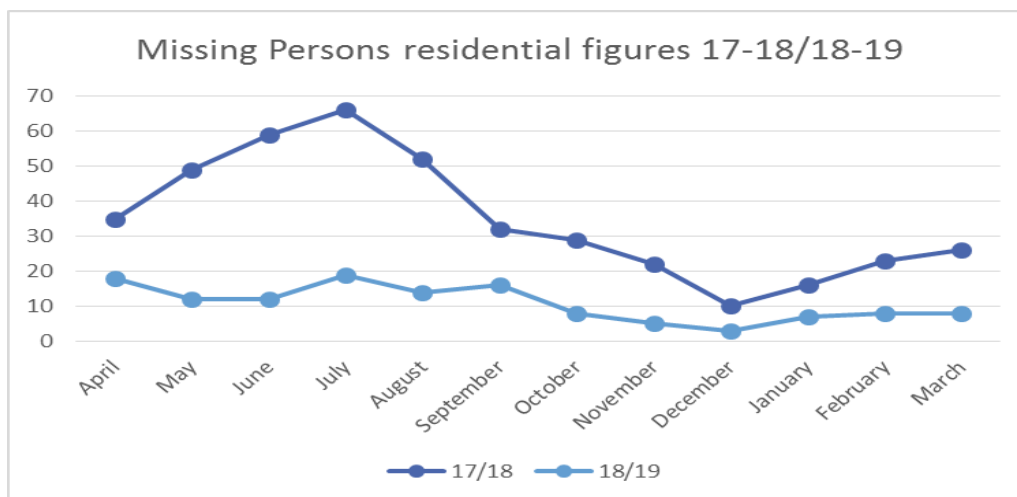


Source: <https://www.gov.scot/publications/childrens-social-work-statistics-2018-2019/>

The chart shows an increasing trend in the rate of children looked after consistent with an increasing national picture. As at 31 July 2019, there were 725 children and young people looked after, 370 males and 355 females, 21% (151) under-fives 10% (73) equivalent to a rate of 10.6 per 1,000 population lower in comparison to the Scottish figures of 14.3 per 1,000. Chart 42

3.7 Missing persons in residential settings

Chart 43- children in secure accommodation



Partners have developed a proactive approach to missing children in care from residential settings which has resulted in a significant downward trend in missing and repeat episodes. The latest figure was eight in March 2018. **? up to date figures ask the police**

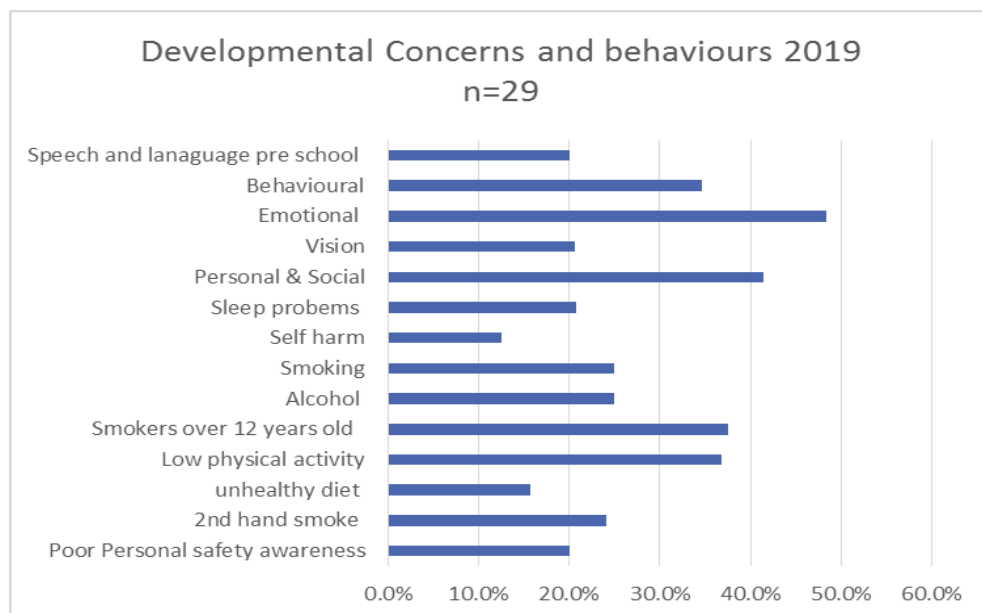
3.8 Participation with Active schools

	No. who participated	No. who did not participate	Total no. in school	% of whole school	% participation
Receiving free school meals	3441	4550	7991	18%	43%
Not receiving free school meals	16931	18820	35751	82%	47%
Looked after at home	75	143	218	0.5%	34%
Looked after away from home	197	256	453	1%	43%
Not looked after	20149	22971	43120	98%	47%
ASN	5095	6450	11545	26%	44%
Not ASN	15326	16920	32246	74%	48%

Looked after children at or away from home may be disadvantaged in terms of participation in the Active Schools programme. The table shows that 43% of children Looked after away from home participated in the active school programmes compared to 34 % of children looked after at home however, we have seen a 5% increase from 29% on the previous year for looked after at home and a 1% increase from 42% for this looked after away from home. For those receiving free school meals there was a 1% decrease from 44% in the previous year.

3.9 Developmental concerns and behaviours

Chart 44- Developmental concerns and behaviours

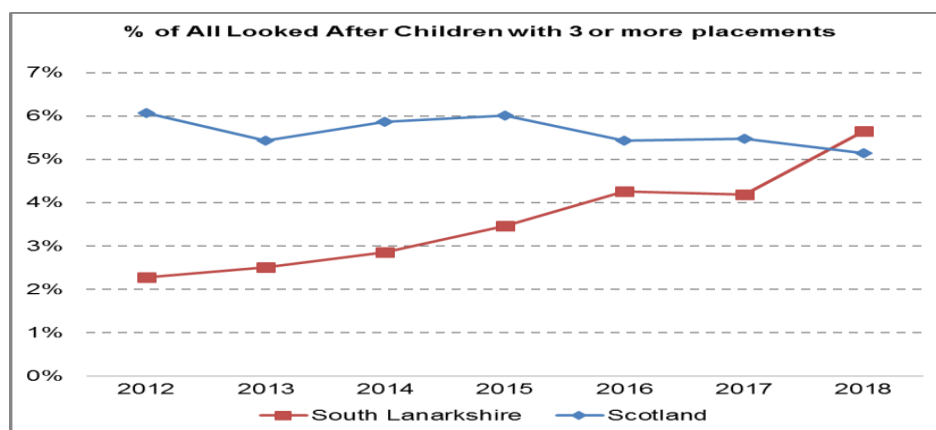


In order to successfully improve the physical, mental and emotional health of looked after children and care leavers we need to understand the common positive and negative behaviours and developmental concerns. Early test HNA outcome data in a sample of 29 cases, evidenced 12 (41.4%) Looked after at home, 2 (6.9%) Looked after in residential care (any form of residential care e.g. local authority or voluntary children's house or crisis care refuge), 9 (31.0%) Looked after with foster

carers, 5(17.2%) Looked after with friends/relatives (placed with friends or relatives who are no approved foster carers and 1 (3.4%) Unknown, or left empty. 10 were preschool and 19 school age children. The following concerns were identified as part of the CEL 16 health needs assessment. The most frequent concerns/needs raised around development was in relation to personal/social, emotional and behavioural concerns. All developmental concerns are higher than their peers. For behaviours smoking, not engaging in regular exercise, and substance misuse in secondary school age .Sleep issues continues to be a recurring theme as previously highlighted in the 2017-18 viewpoint survey. In all cases children were up to date with their immunisations and registered with a dentist. All the children were assessed using the SDQ tool to establish a baseline of a total difficulties score in relation to mental health (data to follow).

3.10 Security and Stability of care

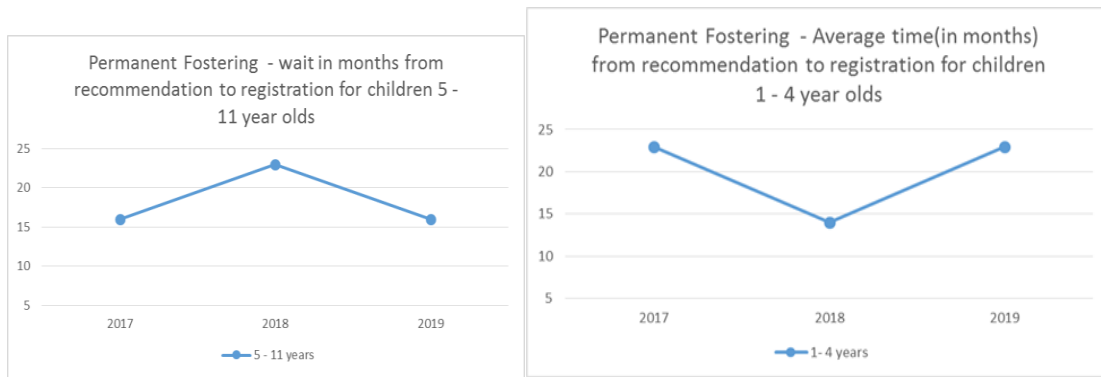
Chart 45- Percentage of all Looked After children with 3 or more placements



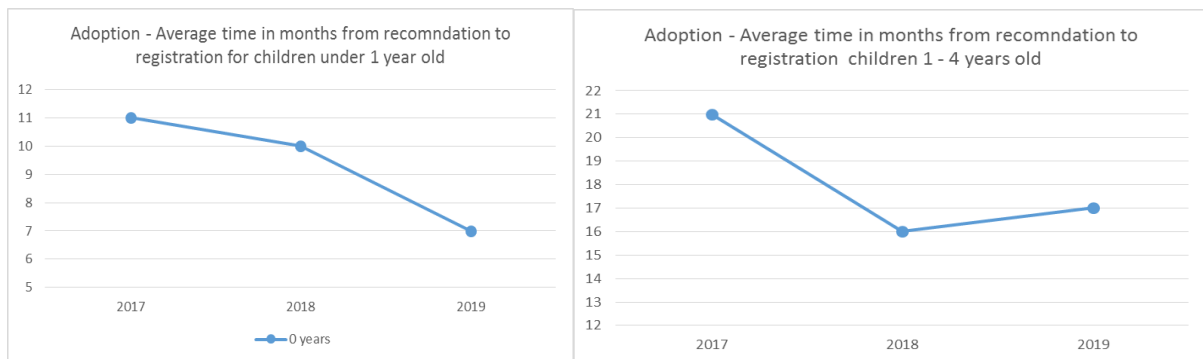
In order to provide nurturing and stable care arrangements and achieve permanency without delay we need to consider the indicators below.

In 2018, a total of 37 Looked after Children or 5.65% had 3 or more placements, above the Scottish figure of 5.14%. Chart 6 shows an increase in South Lanarkshire figures since 2014 and the Scottish figures dropping. However, a positive gap of 3.91% of existed in 2017. Partners will explore the data for 2018 to gain intelligence around the increase in the 2018 figure.

Chart 46 – Permanence/Fostering –Average time (in months) from recommendation to registration for children 1-4 years old and 5-11 years old



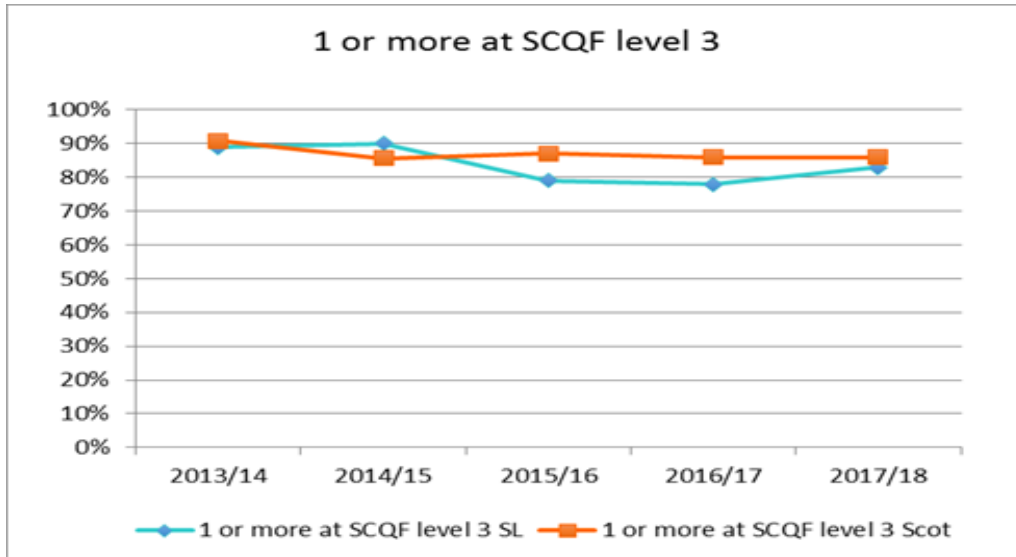
79– Permanence/Fostering –Average time (in months) from recommendation to registration for Children 1-4 years old and 5-11 years old



The Parenting Assessment Capacity Team (PACT) offers an assessment of parenting capacity to parent(s) of new-borns where previous children had been removed, and for all infants who are accommodated at birth (up to 2yrs). Chart 79 evidences variation with the latest figure in 2019 for 1-4 years at 22 months and 5-11 year olds 16 months. Chart 26 evidences between 2017-2019 a downward trend for both age groups and a reduction in wait from recommendation to registration, for under 1 years from 11 – 7 months. For 1-4 year olds in the same period the data demonstrates a reduction from 21 months to 17 months.

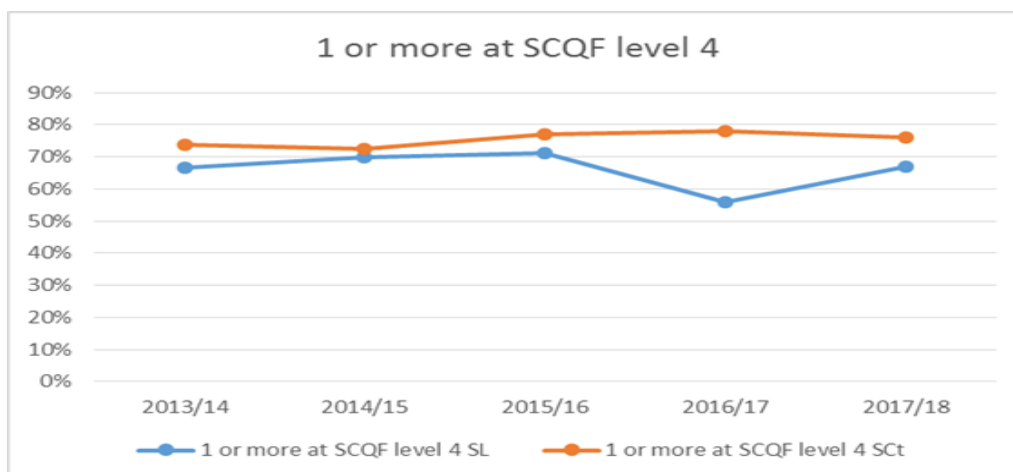
3.11 Attainment

Chart 47 - Looked after Children with at least one SCQF level 3 qualification



In order to improve how well our care experienced children and young people achieve we need to optimise their learning. In 2017/18 83.3% care experienced pupils had achieved one or more qualification at SCQF Level 3. This is the highest figure since 2014-2015 and the first increase since 2014-2015. Chart 15 shows the percentage of Looked after Children leaving school in South Lanarkshire having achieved one or more qualifications at SCQF Level 3. Compared to the situation in Scotland as a whole, the South Lanarkshire figure of 83.3% was below the Scottish average – where 86.1% of Looked after Children who left school had achieved one or more qualifications at SCQF Level 3.

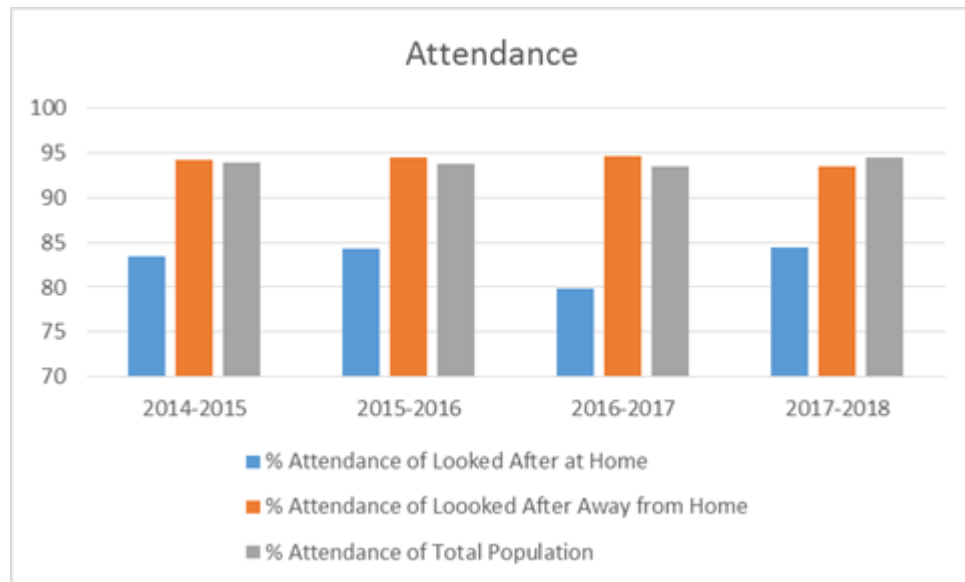
Chart 48- looked after Children with at least one SCQF level 4 qualification



A total of 66.7% of Looked after Children who left school in 2017-2018 had achieved one or more qualification at SCQF Level 4 in comparison to the Scottish figure of 76.4. Chart 29 shows an increase from the previous year's figure of 55.6%. Chart 46

3.12 Attendance and Exclusion

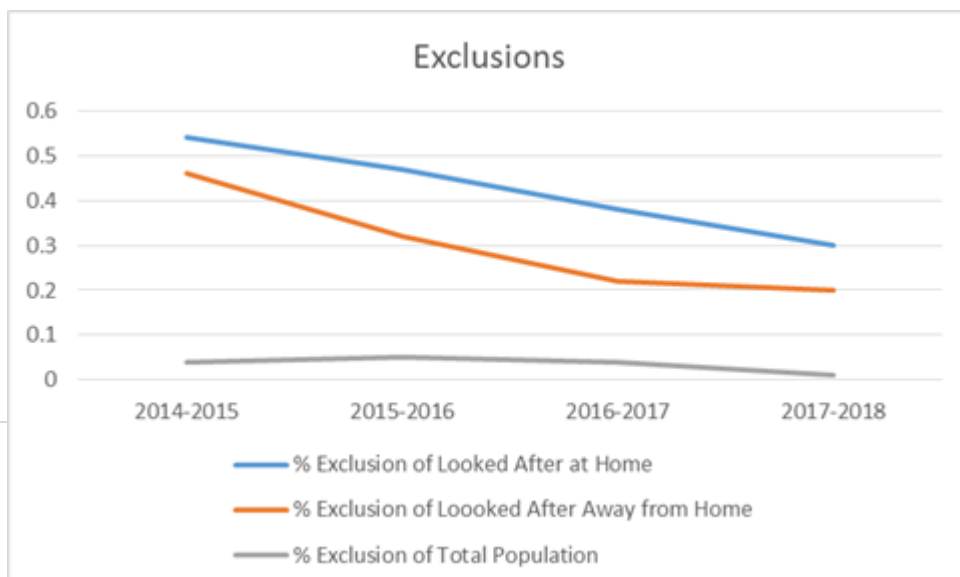
Chart 49 - % attendance for care experienced young people



Attendance patterns for looked after pupils have remained stable over a number of years and have seen a recent improvement for pupils looked after at home up from 79.8% in 2016/17 to 84.5% in 2017/18 as a result of this work. The data shows improvements across all (primary, secondary and ASN) sectors. The attendance data also evidences a reducing gap between looked after away from home pupils and looked after at home pupils of 10.6% in 2014/15 to 8.9% in 17/18 a reduction of 1.7%. Chart 47

2018/19	Looked After at Home	Looked After Away from Home	All Looked After
% Attendance	82.70%	92.80%	89.60%

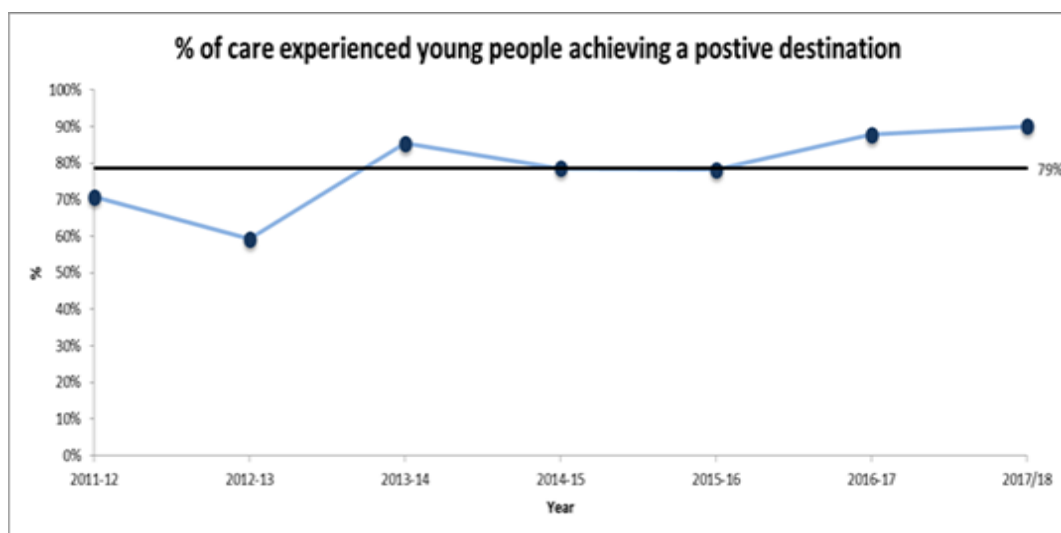
Chart 50- % attendance for care experienced young people



In 2018, we put in place a new Operating Procedure (A8) to ensure that if an exclusion is being considered for a child who is looked after, then all actions to avoid the requirement for an exclusion have been put in place and that the assigned social worker is aware of the decision to exclude. Data shows a continuing trend of reducing exclusions over the last three years with looked after at home pupils 0.30% down from 0.54% in 2014/15 and looked after away from home pupils 0.20% down from 0.46 in 2014/15. Chart 48 **Awaiting data**

3.13 Positive Destinations

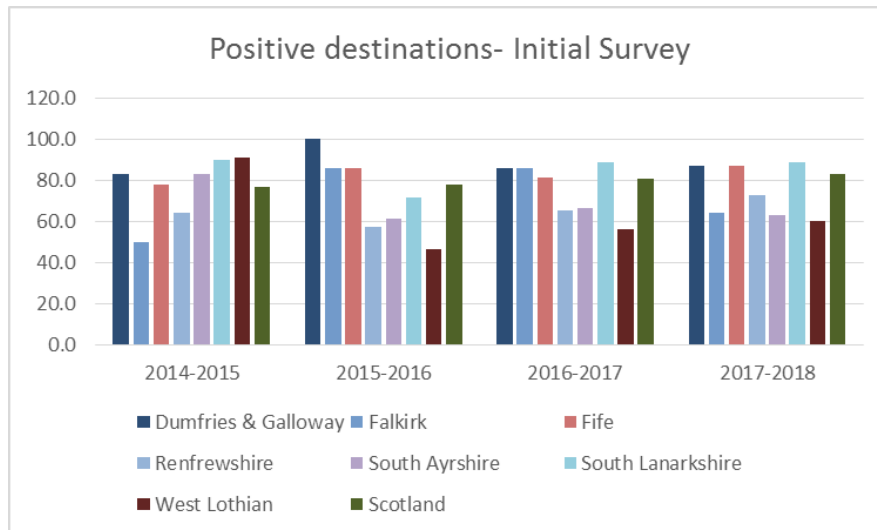
Chart 51- Percentage of care experienced young people achieving a positive destination



Youth employment is crucial to the future life chances of young people. In particular the transition from school to the world of work is a critical time to intervene and ensure young people sustain a positive post school destination and more importantly achieve their full potential. The Scottish Care Leavers Covenant supports Scotland’s corporate parents and parents/carers in fulfilling their duties, to improve the life chances of all of Scotland’s care leavers. Care leavers often struggle on their journey into adulthood, for many the leap from care to independence is too great, and too many continue to experience problems that lead to poorer outcomes than the general population. Chart 32 shows in 2017-2018, the South Lanarkshire figure of positive destinations achieved by care experienced young people has increased to 90%, evidencing an upward trend. When we stratify the

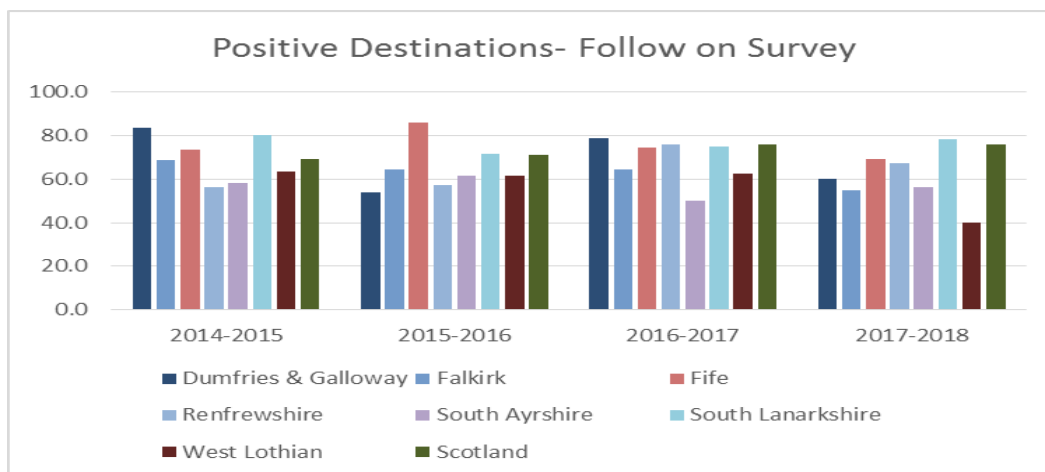
data into Looked after at home – the figure is 78.95% and Looked after away from home – 96.77 % (19 looked after at home, 31 away from home). Chart 49

Chart 52- % of care experienced young people achieving a positive destination



In 2017-2018, of the 18 Looked after Children who left school in South Lanarkshire, the Initial Survey of their Destinations found that 89% of them were in Positive Destinations (in work, in training, or in education). This was above the Scottish average, where 83% of Looked after Children school leavers were in a Positive Destination. Chart 50

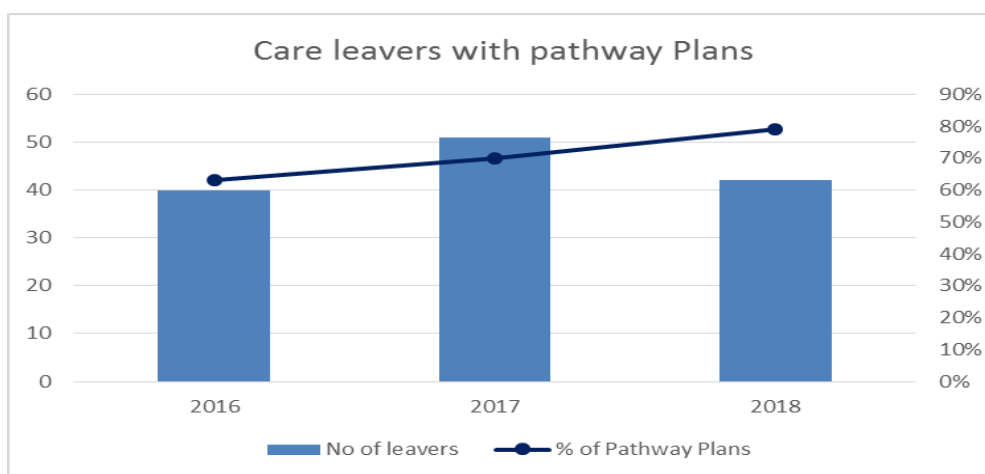
Chart 53- % of care experienced young people achieving a positive destination



In the Follow on Survey the proportion in South Lanarkshire of Looked after Children school leavers who were in a Positive Destination in 2017-2018 was 78%. This was above the Scottish figure of 76%. From 2013-2014 in South Lanarkshire the proportion in Positive Destinations has never been higher in the Follow on Survey than in the Initial Survey. This was the highest Positive Destinations figure recorded for South Lanarkshire Looked after Children since 2014-2015 and the figure has now increased for two consecutive years. **Awaiting data**

3.14 Through care

Chart 54 –Percentage and number of care leavers with pathway plans



In order for our care leavers to become successful and independent into adulthood throughcare support and pathway planning is vital. In South Lanarkshire in 2018, 79% of Looked after Children who left care left with a Pathway Plan and 100% had a Pathway Coordinator – both above the Scottish averages of 75% and 77% respectively. This was the ninth consecutive year that all South Lanarkshire Children who left care had a Pathway Coordinator. The proportion with a Pathway Plan was the highest since 2015. Chart 35 shows an increasing trend in the number of care leavers with a Pathway Plan, a consultation with young people involved in Pathways Planning was undertaken to strengthen partnership working. The consultation strengthened our reviewing process and resulted in an increase from 63% in 2016, to 80% in 2018, of young people having appropriate Pathway Plan.

Table ? – Providing secure and well supported housing and tenancies will help young people achieve more successful independence

	01/04/2016- 31/03/2017	01/04/2017- 01/04/2018	02/04/2018- 31/03/2019
No. of Throughcare applications on list	70	88	87
	Active- 29	Active- 29	

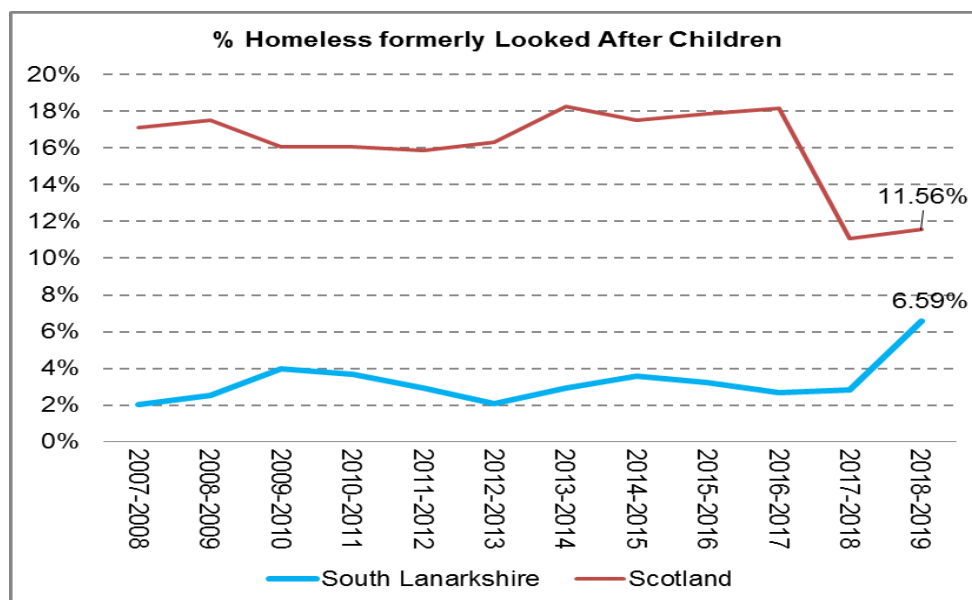
	Deferred- 41	Deferred- 59	Active – 44 Deferred - 43
No. of new Throughcare applications received	20/51 39%	5/42 36%	12/
No. of Throughcare applicants housed	14	11	8
No. of Throughcare applicants who terminated their tenancy within 12 months of previous years allocation	0	3 1- Prison 1- Abandonment 1- Moved to NLC	0
Tenancy Sustainability Rate based on Previous Years Lets (Charter Indicator 20)	100%	79%	100%
No. of applicants who's tenancy was converted from SSST – SST	6	1	5
Average No. Of days for Throughcare applicants to commence a tenancy after activation of their Housing Application	152	352	190
Average Age of Throughcare applicants housed between	NA- Question not considered at this time	20yrs	20yrs
No. of Throughcare applicant who refused an offer	4	0	3

Providing secure and well supported housing and tenancies help young people achieve more successful independence. We manage housing need for throughcare on a separate housing list to prevent any need for homelessness and the current figure is zero.

Table 1 shows that of the 9 allocations made to Throughcare applicants during 2015/2016, 4 tenants continue to reside in their tenancies as at 31 March 2019. One tenant abandoned their tenancy and 1 applicant moved out with South Lanarkshire during 2018/2019. Of the 14 allocations made to Throughcare applicants during 2016/2017, 11 continue to reside in their tenancies as at 31 March 2019. In 2018/2019 there were 8 allocations made to Throughcare applicants and all continue to remain in their tenancies as at 31 March 2019.

3.15 Homeless care leavers

Chart 55 –Homeless formerly looked after

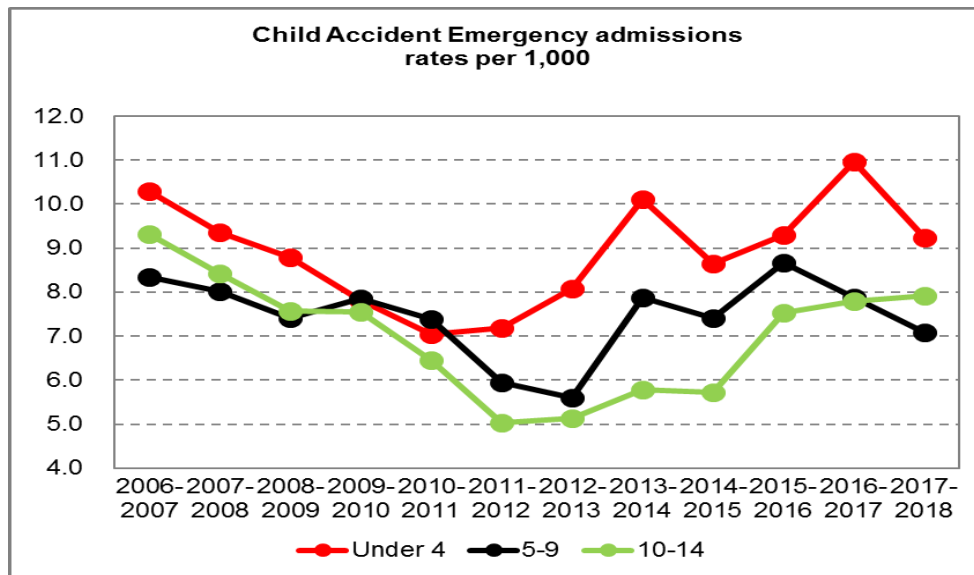


Since 2008, all Looked after Children have received Aftercare services and in 2015 – for the second consecutive year – none have been identified as homeless. The number of homeless applications from those Aged 16 to 24 who had been Looked After Children in 2018-2019 in South Lanarkshire, at 30 was the highest recorded since 2009-2010 and the 2nd consecutive annual increase. Recently and over the longer term, the numbers of such homeless applications has been rising – recently significantly faster than in Scotland as a whole and over the longer term, the numbers have fallen in Scotland. In South Lanarkshire in 2018-2019, two-thirds of those making homeless applications had been Looked After less than 5 years before making their application – slightly higher than in Scotland as a whole – but in general they have accounted for a significantly higher proportion of former Looked after Children applications in South Lanarkshire than in Scotland as a whole. In 2018-2019, former Looked after Children accounted for 6.59% of all youth homeless applications in South Lanarkshire. This is significantly below the figure for Scotland as a whole of 11.6%. They have always accounted for a smaller share of youth homeless applications here than in Scotland as a whole. Recently all of the increase in South Lanarkshire was in applications from those who had been Looked After for less than 5 years before they made the application – though over the longer term, the largest increase has been in those who had been looked after 5 years or more before they made the application.

See the shard dataset for further analysis In a wider set of indicators for corporate parenting and Child, protection/ Put in link.

3.16 Accidents, injuries, assault and hospital admissions

Chart 56- Child Accident emergency admissions rates per 1,000



In 2017-2018 there were 655 Emergency accident admissions of those Aged under 25 and 418 of those aged under 15 .The chart shows the Emergency accident admission rates per 1,000 for South Lanarkshire for each age group Aged Under 15.For those Aged under 5 the rate in **2017-2018 at 9.2 per 1,000**. It was over a tenth lower than the Scottish rate of **10.7 per 1,000**.

In 2017-2018, the Emergency accident admission rate for those Aged 5 to 9 in South Lanarkshire was **7.1 per 1,000** and evidences a decreasing trend... It was below the Scottish rate of **7.4 per 1,000**.

The accident Emergency admission rate in 2017-2018 in South Lanarkshire for those Aged 10 to 14 of **7.9 per 1,000** with an increasing trend. It was a tenth higher than the Scottish rate of **7.2 per 1,000**.

For those Aged Under 5.The overall admission rate in 2017-2018 has been increasing.

Accidents in the home accounted for a significantly greater share for those Aged under 15 than those Aged 15 to 24 – the opposite is the case for Road Traffic accidents. There have been increases both recently and over the longer term in accidents in the Home for both age groups – whereas in Scotland as a whole they have declined over the longer term for both age groups. Falls account for the largest proportion of accident admissions for all age groups in South Lanarkshire. Poisoning accounted for the 2nd highest proportion.

Accidents and injuries

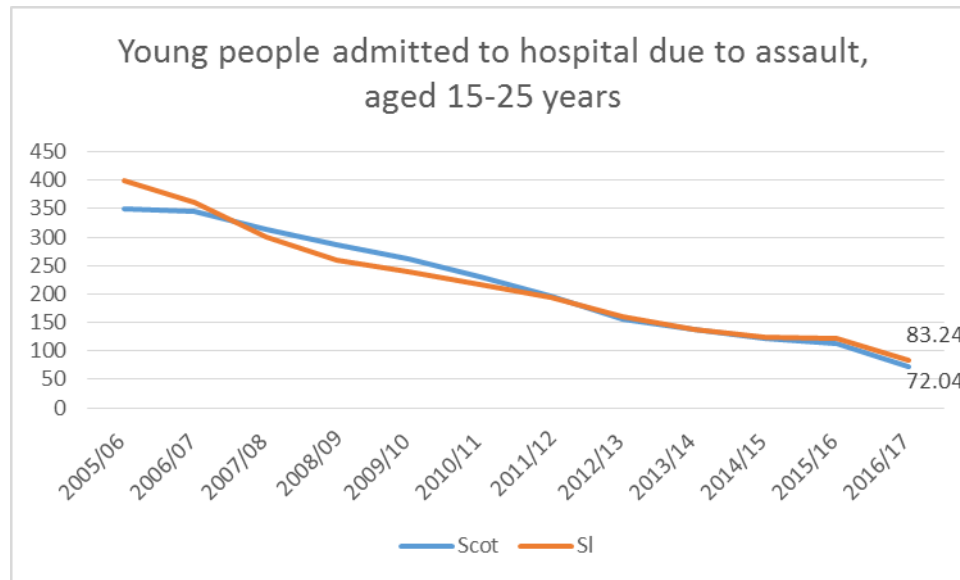
Over a tenth (12%) of children had experienced an accident or injury during the past twelve months. Figures from the 2015 Scottish Health Survey (with a slightly different question) showed that across Scotland 12% of those aged 0-3 and 13% of those aged 4-7 had an accident in the previous 12 months.

Of those who had experienced accident or injury, 66% attended Casualty or Accident and Emergency and 11% were admitted to a hospital ward. The remaining 23% did not need to go to hospital.

Hospital admission as a result of illness

Around a quarter of parents (23%) said that their child had ever been admitted to a hospital ward as a result of illness or a health problem. This was more likely for those living in the two more deprived quintiles (28%) than those living in the three less deprived quintiles (20%).

Chart 57- Young people admitted to hospital due to assault



Source: Public Health Scotland (SMR01)

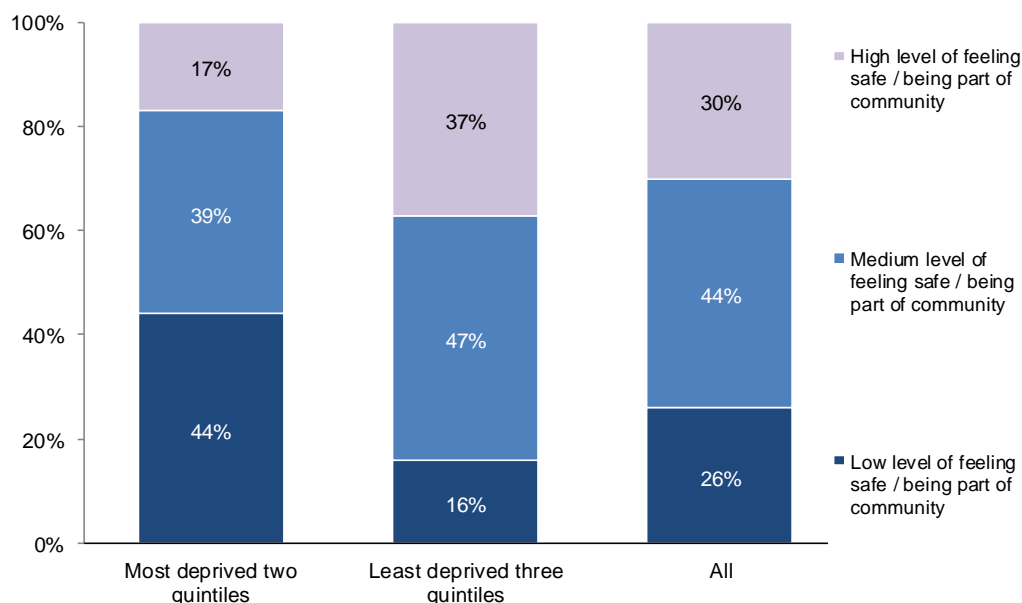
Over the last three years there has been a decreasing trend both nationally and locally. In 2016/17, 83.2 per 100,000 of young people were admitted to hospital due to an assault, above the Scottish rate of 72 per 100,000.

3.16 Neighbourhood, safety and community (Safe)

The RCS parent survey found those in the least deprived areas also tended to be more positive about their local area in relation to each of the statements than in the more deprived areas. The proportion agreeing decreased as levels of deprivation increased in relation to the statements that it was a really good place to live (86% in the least deprived areas, declining to 70% in the most deprived), that they felt safe in their local area was (85%, declining to 75%), that they could trust people (77%, declining to 63%), and that they could ask for help (74% declining to 68%). The proportion disagreeing that there was nothing for young people to do also declined with increasing deprivation (from 36% to 24%). The same patterns were seen in relation to eligibility for free school meals, with those not eligible being more positive.

Chart 58

Feelings of safety / being part of community, by area deprivation



Source: RCS parent survey, South Lanarkshire 2016

There are well established links between children and young people mental and emotional wellbeing and how they feel about the area they live in. Although the latter issue could not be addressed directly by the survey, it was possible to obtain contextual and attitudinal information from parents.

Many children in this age group live in households that are well established in the local area: over half (54%) of the parents and carers interviewed had lived in their area for more than ten years (18% between 11 and 20 years, 12% between 21 and 30 years, and 17% for more than 30 years). The 52% resident in the area for ten years or less included 10% who had lived there for less than two years, and a further 16% who had lived there between two and four years.

Perhaps not surprisingly, then, most parents said they felt they were settled in and part of the community in their area (85%). A majority also agreed that people in the community are willing to help their neighbours (78%).

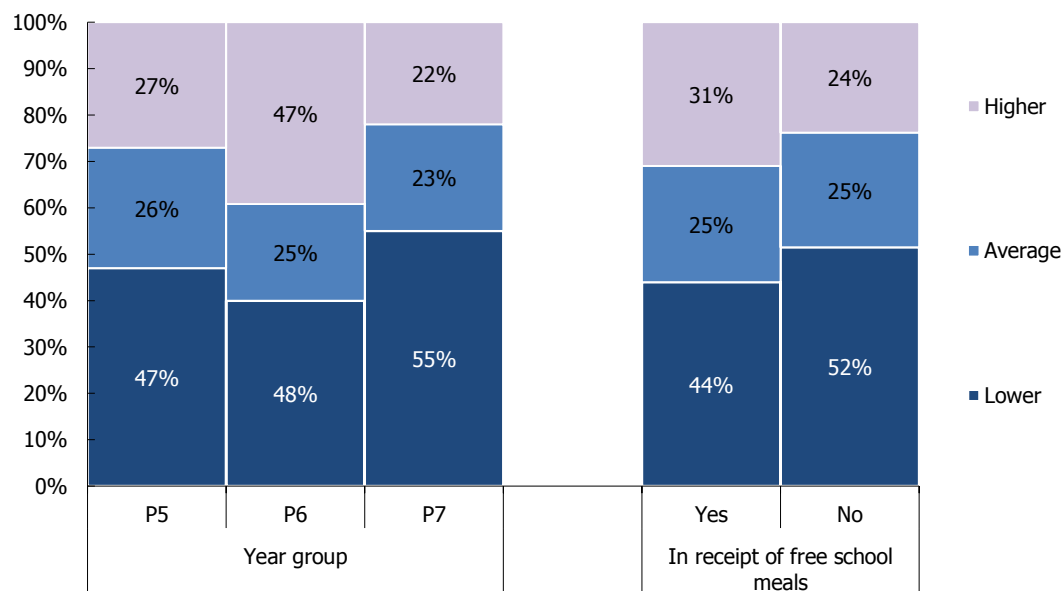
Most (70%) also agreed that it is safe to walk in their local area in the dark – a higher proportion to the 61% found nationally among parents of children aged 3 in GUS^{xix}. (In both cases, however, it needs to be remembered that the majority of interviewees were female and that this may have had an influence on responses to the question.) A slightly greater proportion agreed that it is safe for children to play outside in their area during the day (78%), however only half of the parents agreed that there are safe parks, play grounds and play spaces in the area (54%).

As seen in chart fifty eight data from the above questions^{xx} resulted in 30% of respondents being classified as having a higher level, 44% as having a medium level and 26% as having a lower level of feeling safe/part of a community. Area deprivation was a factor here, with those in the three least deprived quintiles twice as likely as those in the two most deprived quintiles to perceive high levels of feeling safe / being part of the community (37% compared with 17%).

3.17 Experiences of Bullying

Chart 59

Experiences of being bullied score, by year group and receipt of free school meals



Source: RCS primary school survey, South Lanarkshire 2016

Younger primary children were more likely than older ones to report higher levels of bullying – 27% of those in both in P5 and P6 doing so, compared with 22% in P7. Boys also experienced higher levels of bullying than girls (27% compared with 24%). Those on free school meals were also more likely to report higher levels of bullying (31%, compared with 24% of other children). Children with no siblings or two or more siblings (both at 26%) reported more bullying than those with just one sibling (23%). Those in single-parent households (30%) and step-families (33%) also reported higher levels of bullying than those in two-parent households (23%). Children with an additional support need were also more likely to experience higher levels of bullying (32%) than others (23%). There was also a relationship between area deprivation and experiences of being bullied, with 29% of those in the most deprived quintile reporting high levels of bullying and 21% of those in the least deprived quintile reporting the same, with these levels increasing as area deprivation increased.

In secondary schools the effects of being bullied on emotional health and wellbeing are well established^{xxi}. Pupils were asked whether other children or young people had done any of the following things over the past month, either online/by phone or offline. Although a large majority of respondents had not experienced any of the types of bullying asked about in the last month, 11% indicated they had been hit, kicked, punched or physically threatened (question only asked for offline), and 21% that they had had mean rumours or lies told about them or been excluded from a group offline and 10% online. Similar figures were reported in relation to being teased in a mean way or called hurtful names (21% offline and 10% online).

Boys (14%) were significantly more likely than girls (8%) to report being hit, kicked or punched, while girls were significantly more likely to report having rumours or lies told about them (12% online and 24% offline) than boys (8% online and 18% offline). Girls were also more likely to report being teased online (12%, compared with 9% of boys).

Those eligible for free school meals were more likely to be the victim of all of the different types of bullying than those not eligible: 14% reported being hit, 13% teased online, 12% had rumours spread online, and 24% offline, compared with 11%, 10%, 10% and 21% respectively.

Those with an additional support need were particularly more likely than those without to say they had been hit kicked or punched (18% and 10% respectively), but also say they had been teased online (12% and 10% respectively) or offline (25% and 20% respectively), and to have had rumours spread about them offline (23% and 21% respectively). Those in receipt of children's services were more likely than those not receiving them to say they had been hit kicked or punched (20% and 11% respectively), to have been teased online (19% and 11% respectively), and to have had rumours spread online (19% and 10% respectively).

Those living in step-families also reported higher levels of bullying than those living with both parents, with respect to each of the different statements.

4 Children and Young Respected and Responsible

4.1 Negative behaviours (Bullying and Offending)

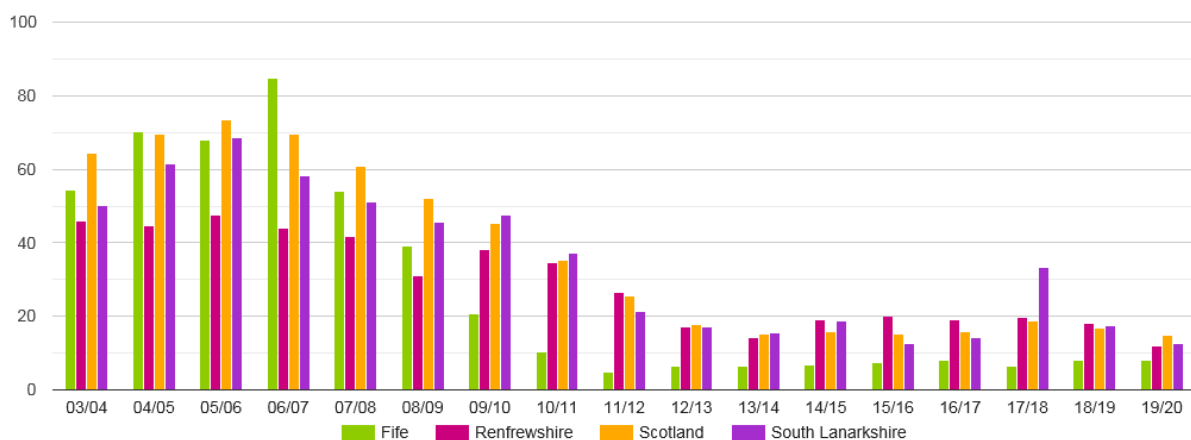
Within the RCS survey in relation to bullying experiences a notable difference was made in terms of whether the children were themselves bullied. Among those who experienced higher levels of bullying themselves, 29% admitted to hitting others, compared with only 6% of those who experienced lower levels of bullying. Similarly, 31% of those who were bullied more admitted to being mean to others, compared with 6% of those who were bullied little.

Primary pupils were also asked how often, if at all, they bully other children. Most (85%) said they never hit kicked or punched other children at school, and the same proportion (84%) said they were never mean to other children at school or called them hurtful names.

Boys were more likely than girls to say they hit other children at least sometimes (24% and 6% respectively) or were ever mean to other children (22% and 10%). Those who lived in the most deprived areas were more likely to admit to hitting (18%, compared with 12-16% for other areas) or being mean to others (19% in the most deprived quintile, compared with 15% in the least deprived). Those eligible for free school meals were more likely than others to admit to hitting (18% and 14% respectively) and to being mean (19% and 15%).

Bullying behaviour also varied by household type: for instance, 13% of those in two-parent households said they hit others at least sometimes, compared with 19% in single-parent households and 18% step-families. Those in two-parent households were also less likely to admit to being mean to others (14%), compared with children in single-parent households (20%) or step-families (19%).

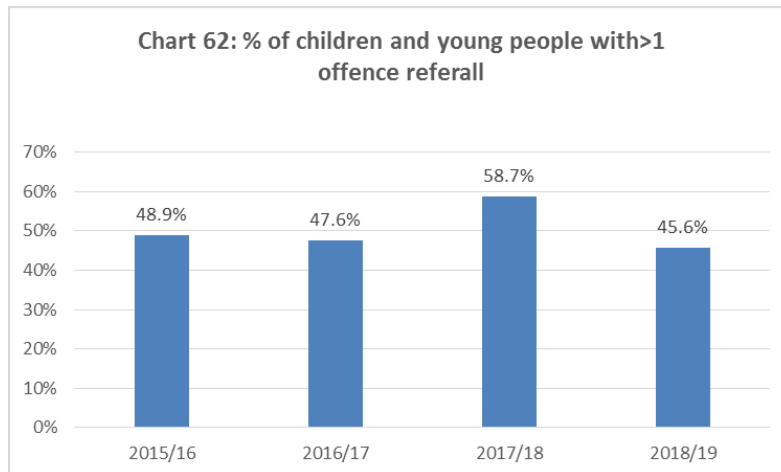
Chart 61- Rate of children referred on grounds of offence



Source: Scottish Children’s Reporter Administration

http://www.scra.gov.uk/resources_articles_category/official-statistics/

Since August 2010 there has been a decreasing trend in the numbers of children referred to the reporter on offence grounds, with the exception of 2017/18. In 19/20 of the 558 referrals there were 152 on the grounds of offence. Overall the trend has been **decreasing over the last three years**. The South Lanarkshire rate per **1,000 is 12.5**, higher than the peer comparators of Renfrewshire at 12.1 and Fife at 8.2 and lower than Scotland at 14.8 per 1,000.

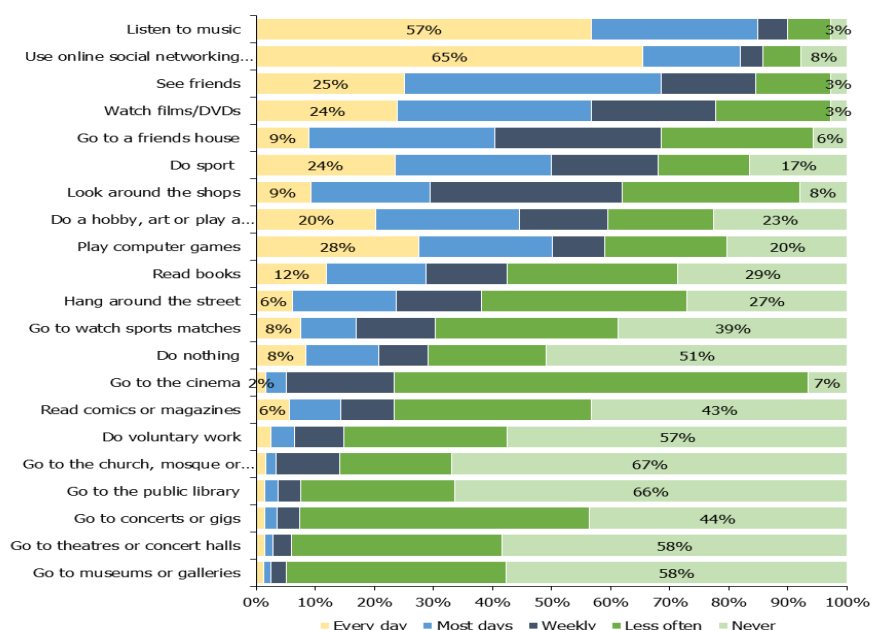


Source: Scottish Children’s Reporter Administration

The proven reoffending rate for young people has, remained high across all age groups, to address this as a partnership we have reviewed our early intervention approaches and in the process of implementing the whole systems approach to youth offending. We have seen a decreasing trend with the exception of 17/18. The latest figures show the percentage of children and young people with > 1 offence referral is 45.6% a 13.1% decrease from last year. This sits within the context of 152 referral for offences.

4.2 Positive Participation Activities

Chart 2.4.1b
Frequency of doing activities, pupils in S1 to S4



Source: RCS secondary school survey (SALSUS boost), South Lanarkshire 2015/16 **Chart 63**

There were several variations in levels of participation in different activities in terms of gender. For example, boys were more likely than girls to say they did sport every day or most days (60% of boys and 40% of girls) – a finding consistent with the data on physical activity reported on page 11. A greater proportion of boys also reported ever hanging around the street (76% of boys and 70% of girls).

Boys were more much likely to play computer games every day (45%, compared with 10%) but the reverse was true for social networking sites, with 74% of girls using these daily, compared with 57% of boys.

Those in S3 and S4 made greater use of online social networking sites, with 71-74% using them daily, compared with 52% in S1 and 65% in S2. In contrast, those in S1 were more likely to do sport every day or most days (59%) than those in S4 (40%). Those in S1 were most likely to report ever going to a museum or gallery (54%, compared with 34-43% of older children).

Levels of deprivation were also associated with the types of activities secondary pupils regularly did. Looking round the shops every day or most days declined from 35% in the most deprived areas to 22% in the least deprived, while the same pattern could be seen for hanging around the streets (34% in the most deprived areas, declining to 17% in the least). Those in the least deprived areas were more likely to do sport every day or most days (56%, declining to 45% in the most deprived areas). Similar patterns could be seen by household type (those in two parent households being more likely to do sport and less likely to hang around the streets or shops) and by eligibility for free school meals (those eligible being less likely to do sport and more likely to hang around the streets or shops).

4.2 Participation and engagement

The SLYC/MSYPs (full words) ensure that the views of South Lanarkshire young people are fully represented, both locally and nationally, and that SLYC actively participate on a wide range of local and national working groups.

4.1. Since August 2020, SLYC members have been actively involved and had representation at the following:

- Youth Council and Scottish Youth Parliament members have been attending zoom sessions, whether for meetings or for learning, with members creating resources to support others understand and use Google Classroom, through a peer support approach.
- A core group continue to lead the Youth Strategy review work to ensure that all members kept on task to take the review of the Youth Strategy forward. The Youth Strategy was due for review as its lifespan was complete and required to take account of both existing and emerging issues and challenges identified by young people in South Lanarkshire.
- SYP Members supported and promoted the Scottish Youth Parliament's Manifesto consultation #FromScotlandsYoungPeople to help shape SYP policy for the next 5 years.
- Social events were organised to encourage engagement in non SLYC or MSYP business in a social setting.
- SLYC and MSYPs continue to promote and advertise in their local areas, the opportunity to participate and be involved in their community, with new members already identified.
- SLYC and MSYPs have been preparing for returning to school and study post COVID-19 lockdown.

Engagement figure for the last year is 4366. This includes the road safety aspect of engagement of 988 exceeding the overall figure within the measure of the Action Plan.

A targeted approach has considered various educational elements including Health, Antisocial Behaviour, employability and the Fire Reach programme and the introduction to the Virtual Reality Headset recently purchased by SFRS to enhance the delivery of its road safety.

We continue to work alongside groups who support young people in their journey 2045 young people took part in additional School Holiday Programmes. 1200 young people participated in Sport and Dance Programmes.

Significant engagements include;

South Lanarkshire Leisure and Culture Sports Coaching Academy

Working with S6 pupils from local high schools together with South Lanarkshire's Leisure and Culture programme to empower young coaches to deliver fire safety messages when coaching such as Stop, drop and roll. Peer led education and awareness, first of three sessions, the programme consisted of young people supported by South Lanarkshire Leisure and Culture staff. The group have and will continue to work with the CAT over a 6month period carrying out 3 one-day sessions. Which consists of a 6-hour programme, covering Anti-Social Behaviour, team building exercises, Road Safety and a water safety presentation .The CAT is looking to establish a programme which can introduce the fire service values to young people.#

Fire Reach

CAT Conducted 3 x 1-day Fire-reach events over the reporting period with engagement of 38 young people and continues to be well received by both external staff and attending groups.

The two courses were supported by Youth Employability and Cathkin High School. These Fire reach courses allowed the CAT to continue developing their skills in delivering a programme which promotes the SFRS values. This programme included local fire setters who have been charged with wilful fire raising in the Hamilton locality earlier this year.

Bonfire Talks

October/November saw the annual delivery of bonfire presentations to secondary and primary schools across the area. CAT engaged with 2560 young people in October with an additional 416 in November bringing the total Bonfire engagement figure for the season to 2976. This was on par with last year figures. Of South Lanarkshire Secondary schools, twelve, opt in to participate in this programme, one lower than last year.

Anti-social Behaviour (ASB)

The CAT continued delivering their antisocial behaviour presentation throughout South Lanarkshire. Engaging with Schools and youth projects within their area. This was following a spike in secondary fires and was targeted to specific geographical areas of concerns. 319 people engaged throughout.

250 young people got involved in additional Weekend Diversion Activities that helped reduce youth disorder in communities. 185 young people learned to Skateboard, BMX and In-line Skate through the Radworx programme. 44 young people completed relevant Youth work Training Courses.

Volunteering

Mentoring project with 2019-2020 being the last year of funding for the Project we were still able to maintain a high number of active Volunteer Mentors with 22 throughout the year, losing 2 due to other commitments. We also have 12 potential Volunteer Mentors that have registered interest if the Project were to continue past March 2020. **63 young people** signed up to the project and were matched to a trained Volunteer Mentor of Staff member, to provide one to one support to address barriers and issues to positively moving forward. **9** Mentees took a place at college**11**

mentees started a new job **12** Mentees took part in a training course **16** Mentees started volunteering.

4.3 Volunteering

1046 active volunteers for SLLC in school year 19/20, delivering a mixture of extracurricular activities and events with each one supported through formal/informal training and mentoring via Active Schools Coordinator. Partnerships formed with 25 external partners to deliver 81 CPD sessions targeting 2700 learners. 18096 hours of delivery in extra-curricular programmes across the authority 275 senior pupils delivering extra-curricular activity and events through the authority 200 students delivering extra-curricular activity and events through the authority There are 22 youth volunteers with 2 of the volunteers being from a Looked After and Accommodated backgrounds. Police Scotland

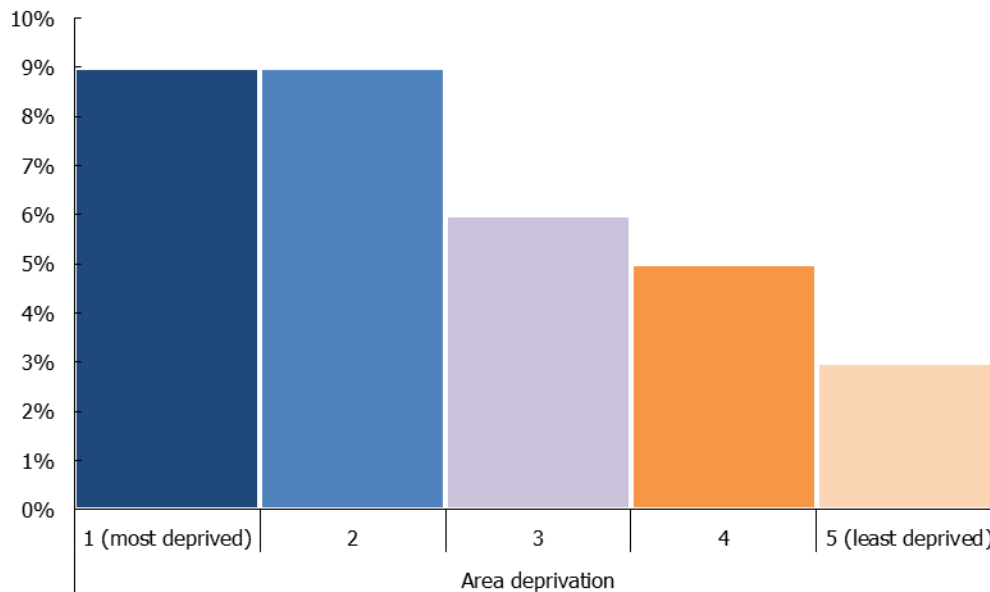
[Link to Community safety needs assessment](#)

School Age children-Health and Wellbeing

5.1 Access to Green Space (Active)

Chart 3.4.1b

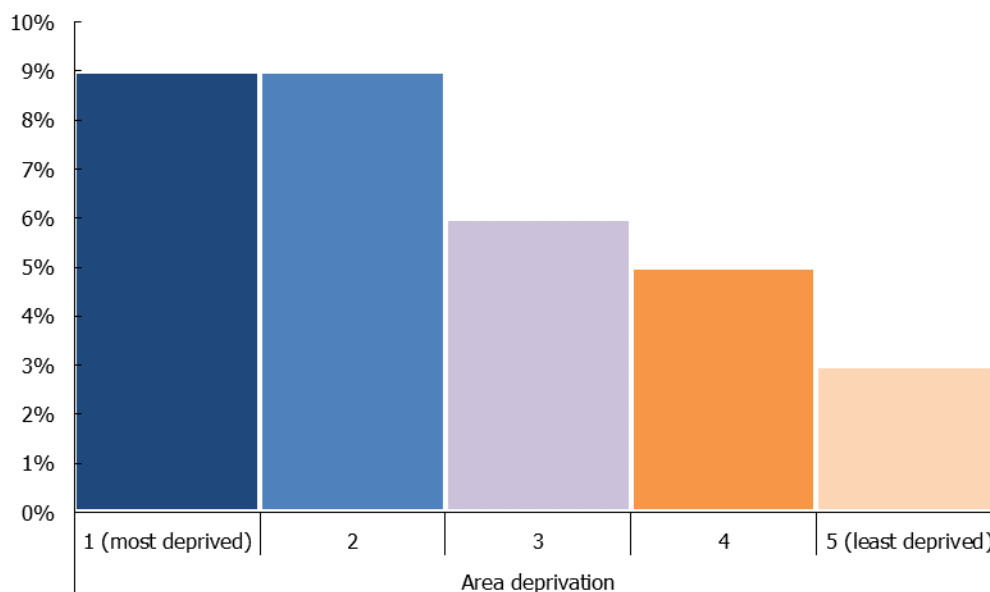
Proportion of children in P5 to P7 without access to a garden they can play in, by area deprivation



The RCS survey highlighted most children (93%) said they had a garden at home they could play in. There were significant differences with respect to area deprivation (91% in the most deprived areas, compared with 97% in the least deprived), free school meal status (87% of those eligible for free school meals, compared with 95% of other children), and the number of children in the household (89% of only children, compared with 94% with one sibling and 96% with two or more). Children in two-parent families were also more likely to have access to a garden (96%), compared with those in single-parent households (86%) and step-families (90%). [Chart 64](#)

Chart 3.4.1b

Proportion of children in P5 to P7 without access to a garden they can play in, by area deprivation



Source: RCS school survey, South Lanarkshire 2015/16

Chart 65

5.2 Physical activity (Healthy, Active)

The Chief Medical Officers of the UK publish guidelines on physical activity, which recommend that all children from ages 5 to 18 should be active for at least 60 minutes a day on all seven days of the week^{xii}. Pupils taking part in the secondary survey were asked on how many days of the last week they were physically active for at least 60 minutes.

In total, only 19% of those in S1 to S4 in South Lanarkshire reported that they were active for the recommended 60 minutes a day on all seven days of the week. A further 25% were active for at least 60 minutes on five or six days a week.

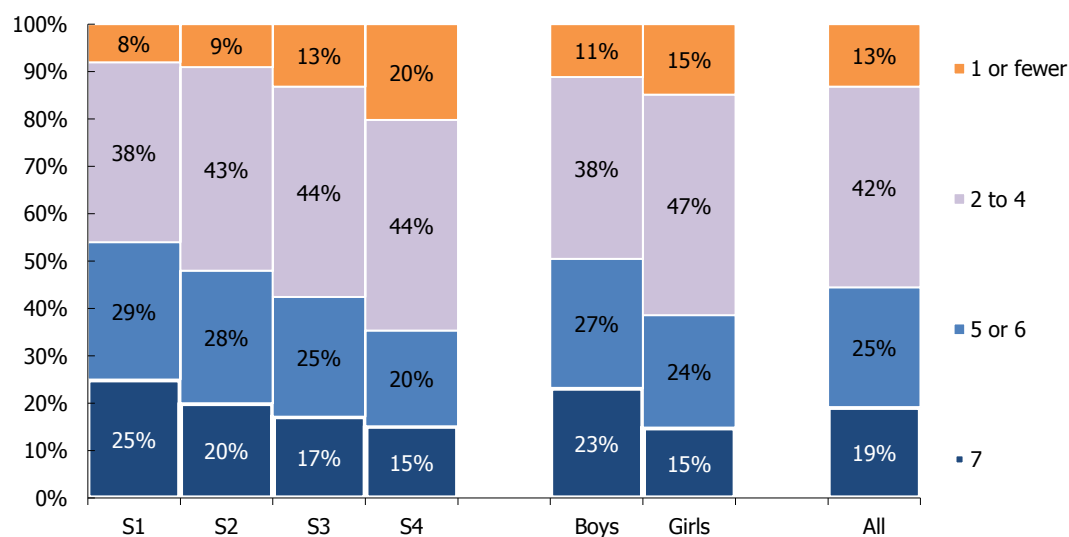
The question was formulated specially for the survey and so direct comparisons with other sources are difficult. The Scottish Health Survey asks in much greater detail about a range of specific types of physical activity and found that 61% of 12-15 year-olds in Scotland were active on most days of the previous week for an average of 60 minutes.

Despite this discrepancy, the RCS figures provide useful insights into the patterning of reported physical activity across subgroups. Again, there is a clear effect by year group, with 25% of those in S1 reporting that they were active for at least an hour on all seven days of the previous week (and a further 29% active on five or six days), compared with 15% of those in S4 who stated they were active on all seven days (and 20% active on five or six days).

There was a statistically significant gender difference here too: 23% of all boys reported that they were active every day, compared with 15% of girls. The interaction of year group and gender means that S4 girls are especially unlikely to engage in regular physical activity (just 10% doing so, compared with 20% of S4 boys).

Chart 66

Reported number of days in last seven physically active for at least one hour, by year group and gender



Source: RCS secondary school survey (SALSUS boost), South Lanarkshire 2015/16

As noted earlier in the report, the Chief Medical Officers of the UK publish guidelines on physical activity, which recommend that all children from ages 5 to 18 should be active for at least 60 minutes a day on all seven days of the week^{xxiii}. Children taking part in the survey were provided with examples of being active^{xxiv} and then asked how often they spend time being physically active.

In total, 48% of children in P5 to P7 in South Lanarkshire reported that they were active every day, with a further 35% active most days, 13% some days, 3% rarely active and 1% never active. There were no significant differences between subgroups.

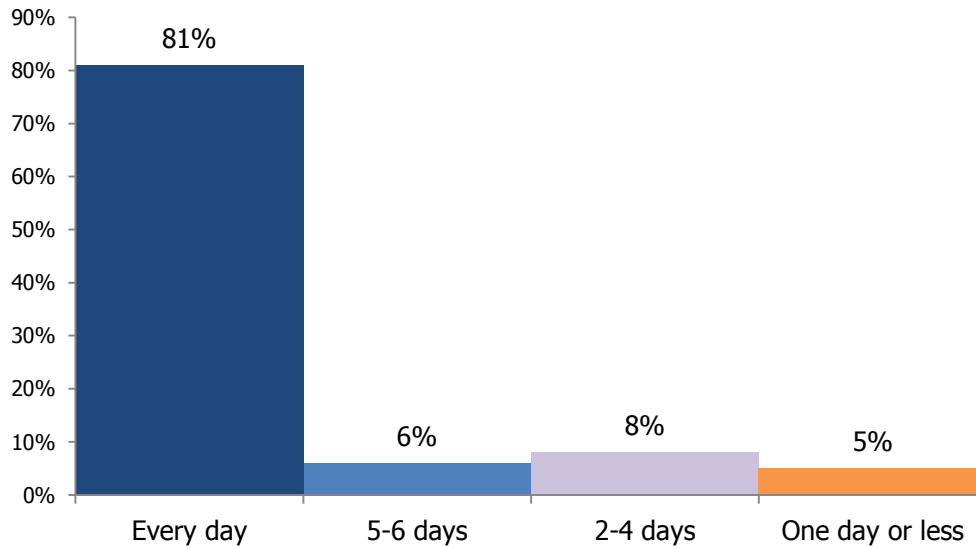
The same question was asked in the secondary survey and responses showed that daily physical activity was higher in primary.

Having good levels of physical activity is important for both physical and mental health. Being active can help reduce the risk of over 25 chronic conditions including coronary heart disease, stroke, type 2 diabetes, cancer, obesity and musculoskeletal problems and has secondary prevention benefits for many other conditions^{xxv}.

Most parents reported that their children engaged in physical activity on a regular basis, with 81% of children active for at least 60 minutes every day during the past seven days. 6% were active for at least 60 minutes on 5-6 of the past seven days, while 8% were active on 2-4 days and a further 5% were active on one day or less^{xxvi}. These figures are broadly comparable with findings from the 2015 Scottish Health Survey (which used a different and more detailed set of questions): this showed 70% of children aged 2-4 and 78% of those aged 5-7 being active for at least 60 minutes every day in the past week.

Chart 67

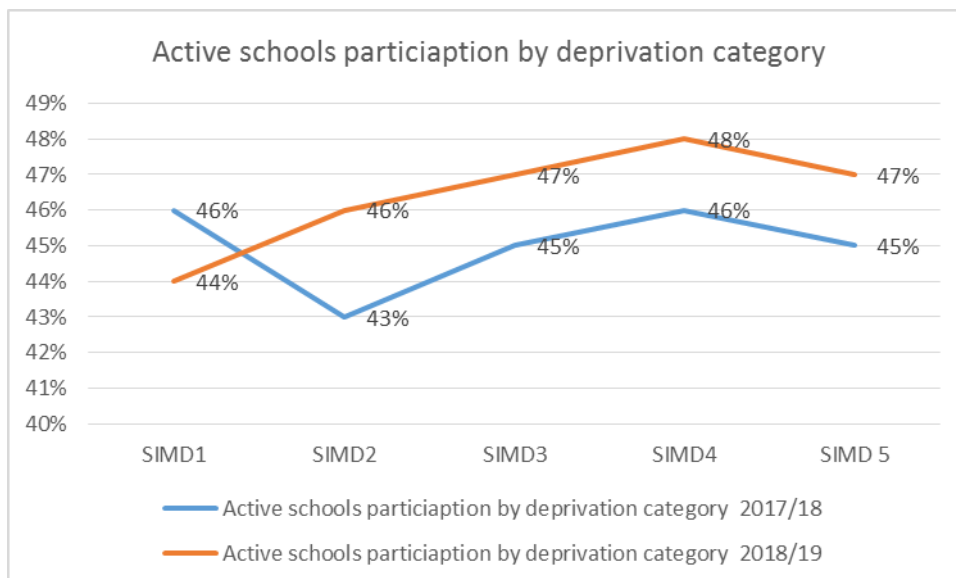
Days child spent being physically active in the last week



Source: RCS parent survey, South Lanarkshire 2016

Activity levels varied by age, with children aged between 3 and 4 years (89%) more likely than those aged between 0-2 years (86%) and 5-8 years (73%) to have been active for at least 60 minutes every day during the past seven days.

5.3 Active Schools



Source: Active school flash report

Chart 68

Active Schools aims to provide more (and higher quality) opportunities to take part in sport and physical activity before school, during lunchtime and after school, and to develop effective pathways between schools and sports clubs in the local community. Sport Scotland works in partnership with all

32 local authorities, and Lanarkshire has a dedicated 'Active Schools' team working with school staff, students, parents, and various organisations/clubs. This report is based on data gathered in relation to the Active Schools programme, so does not include any non-school-based physical activity.

In the school year from August 2018 to June 2019, there were 44,149 pupils enrolled in South Lanarkshire's primary, secondary, and Additional Support Needs (ASN) schools. Data was available for 43,791 of them and 20,421 (47%) participated the 'Active Schools' programme across all 17 learning communities (Table 1). Participation was 2% higher than in 2017/18. A total of 146 schools provided data (125 primary, 17 secondary, 4 ASN) and participation rates were 65% for Primary, 22% for secondary and 40% for the four ASN schools (may not be representative). Figure 1 emphasises the considerably higher participation rates across primary school year groups, compared to secondary. That said, the rate was higher in P6 & P7 compared to P1 & P2. Between P7 and S1 participation dropped by almost half, fell until S4, then sat between 11 and 17% in S5 & S6.

To explore any inequalities in participation rates, Scottish Index of Multiple Deprivation (SIMD) quintiles were calculated from postcodes of residence (Chart??). It shows that although South Lanarkshire schools had more students living in the most deprived areas (SIMD 1&2 = 19,834, SIMD 4&5 = 15,527), the participation rates were fairly similar across the five categories (between 44 and 48% from each quintile). This means that a similar proportion of students from all deprivation categories participated in Active Schools. SIMD 2-5 all saw an increasing except SIMD 1 where there was a 1% decrease from last year's figures.

A recent review (Scottish Government, 2018) suggested that although 76% of children aged 2-15 met physical activity guidelines, the percentage declined steadily with increased age, and boys were more likely to meet the guidelines (79%) than girls (72%). The difference was only 1-2% for younger children and up to 23% for those aged 13-15.

South Lanarkshire shows a similar picture with 1-2% difference for Lanarkshire primary school children, but less of a gap than nationally for older age groups in the 2018/19 Active Schools programme (only 3-7% lower for girls than boys in S1-S6).

5.4 Physical Activity in Schools

In 2019 all Primary schools in South Lanarkshire met the physical activity target for the fifth consecutive year– above the Scottish average. In relation to Secondary schools, for all S1 to S3 classes the target was met in South Lanarkshire in 2019 – as it has been since figures became available in 2011 – and the percentages were above the Scottish averages. However, in 2019 only 88.2% of S4 pupils achieved the target – below the Scottish average of 94%. This relates to 2 secondary schools and has been attributed to issues related to the curriculum model in place and its ability to accommodate the new National Qualifications.

5.5 Diet and Nutrition (Healthy)

Children who regularly ate their main meal with their parents or carers were more likely to eat fruit and vegetables and less likely to drink fizzy drinks daily or on most days. Interestingly, family mealtimes were not only associated with healthy eating behaviours but with children sharing their thoughts and feelings with their parents/caregivers. The primary survey showed a clear association

between relative infrequency of family mealtimes and greater deprivation. Children living in a single parent household were also less likely to sit down to eat as a family on a frequent basis.

Although a majority of pupils in P5 to P7 said that they ate fruit either every day (43%) or most days (33%), and a slightly smaller proportion said they ate vegetables every day (31%) or most days (34%), there is clearly a long way to go before all children reach recommended levels of fruit and vegetable consumption.

Primary pupils were asked about consumption of fizzy drinks as a proxy indicator of *unhealthy* diet. Only a small proportion (8%) said they never consumed fizzy drinks and over a quarter said that they did so either most days (18%) or every day (10%).

Gender was a key predictor of healthy dietary behaviour. Boys were less likely than girls to eat both fruit (72% doing so every day or most days, compared with 81% of girls) and vegetables (60% compared with 70%). They were also *more* likely to consume fizzy drinks every day or most days (33%, compared with 23% of girls).

Not surprisingly, links with deprivation were also evident. For instance, frequent consumption of vegetables was lower among those eligible for free school meals (57% every day or most days, compared with 67% of those not eligible); and among those in the most deprived areas (58%, compared with 75% in the least deprived). Those in the most deprived quintile were less likely to consume fruit every day or most days than those in the least deprived quintile (72% compared with 86%), with fruit consumption increasing as area deprivation decreased. Frequency of fruit consumption was also lower for those eligible for free school meals (71% every day or most days, compared with 78% of those not in receipt). Some of the sharpest differences were evident in relation to fizzy drinks: consumption of these increased with school year, with 26% of those in P5 drinking them every day or most days, and 27% and 31% in P6 and P7 doing so respectively. Fizzy drinks were also consumed every day or most days by 72% of those in the two most deprived quintiles, compared with just 41% of those in the two least deprived. Those eligible for free school meals also consumed these drinks more frequently (42%) than those not in receipt of meals (24%). The potential implications of this for inequalities in dental health and obesity are returned to in Chapter 5.

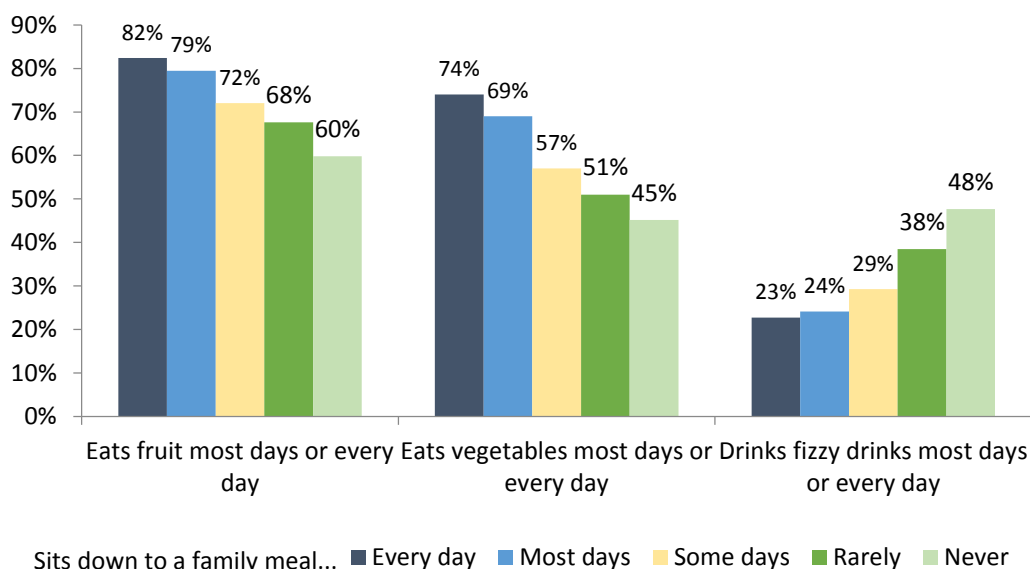
There was also some evidence of less healthy dietary behaviours among children in specific types of home environments, such as single child, single parent and step family households. For example, frequent vegetable consumption was less common among those in single-parent households (58%, compared with 67% in two-parent households). The same pattern was evident for fruit consumption, with those in single-parent households eating fruit less frequently (70%, compared with 79% in two-parent households). Those in single-parent households or step-families, by contrast, were more likely to consume fizzy drinks every day or most days (36-32%, compared with 25% in two-parent households).

It is also worth noting an association between healthy dietary behaviour and family mealtime routines. For instance, frequent vegetable consumption was lower among those who never or rarely sit down to a meal with their family (45-51%, compared with 74-69% among those who eat together

every day or most days). Similar patterns were evident in relation to consumption of fruit and of fizzy drinks.

Chart 69

Percentage of children in P5 to P7 who consumed fruit, vegetables or fizzy drinks most days or every day, by frequency of sitting down to a family meal



Source: RCS primary school survey, South Lanarkshire 2016

Less than half (34%) of pupils in S1 to S4 reported that they ate fruit every day, while a lower proportion (23%) said they did so once a week or less. A similar pattern was evident for the consumption of vegetables; 34% of pupils consumed these daily but 24% did so once a week or less often. In other words, daily (or near daily) fruit and vegetable consumption is by no means established as the norm among this age group.

Female pupils were more likely than males to consume either fruit or vegetables every day (45% compared with 38%). Daily fruit or vegetable consumption was highest amongst young people in S1 (46%) and S2 (43%), with lower levels in S3 (39%) and S4 (38%).

While a link between diet and deprivation may not be surprising, the differences evident in the survey are stark: daily consumption of either fruit or vegetables was higher within the least deprived (50%) than the most deprived quintile (33%). Related to this, daily consumption of fruit or vegetables was lower amongst those eligible for free school meals than those who were not (36% compared with 42%).

Family type and mealtimes were also linked to fruit or vegetable intake. Daily fruit or vegetable consumption was more common among those who had one or more sibling than only children (43% compared with 36%) and among those living in a two parent household (44%) than those living in other household types (35% - 39%). It was also more common among those who ate with parents every day (49%, compared with 26% - 36% of those who did not sit down for a meal with parents

daily). The nature of this association is not entirely clear, however – an issue we return to later in the report.

Questions about the consumption of sweets or chocolate, sugary drinks and diet drinks were asked in a similar way of those aged 13 to 15 in the Scottish Health Survey in 2015. For each of these, the proportion reporting that they consumed the items every day was markedly lower in this survey in South Lanarkshire than it was across the whole of Scotland in the Scottish Health Survey, suggesting that methodological differences may be playing a part. For instance, 32% of those in S1 to S4 in South Lanarkshire consumed sweets or chocolate every day compared with 46% of those aged 13 to 15 in SHeS; 23% consumed sugary drinks every day compared with 42% nationally; and 17% consumed diet drinks every day, compared with 24% nationally. The proportion reporting consumption of crisps or fried potatoes every day (20%) was also lower than the national figure for the proportion of those aged 13 to 15 who ate crisps (not including fried potatoes) every day (32%).

Those in S1 were less likely than older children to consume sugary drinks daily (18% compared with 23-25%). And boys were more likely than girls to consume such drinks daily (25% compared with 20%), meaning that the highest figures for daily consumption were found among boys in S3 and S4 (both 25%).

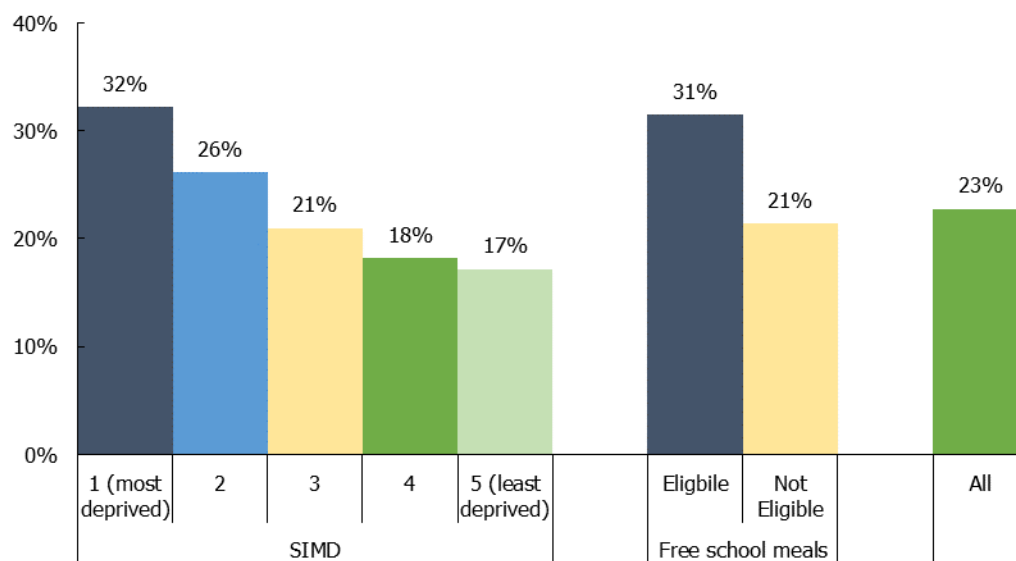
A lower proportion of those living with both parents (21%) drank sugary drinks every day by comparison with those in other household types (24% to 35%).

Consumption of sugary drinks was also associated with the absence of family mealtimes. Those who never sat down to a meal with either parent were much more likely to consume sugary drinks daily: 36% doing so, compared with 21-19% of those who sat down to a meal with at least one parent every day or most days.

Daily consumption of sugary drinks was also associated with higher levels of deprivation: it was roughly twice as high (32%) in the most deprived quintile as in the least deprived (17%). Similarly, daily consumption was higher among those eligible for free school meals (31% compared with 21% among those not eligible).

Chart 2.2.2c

Percentage of children in S1 to S4 consuming sugary drinks every day, by area deprivation and free school meal eligibility



Source: RCS secondary school survey (SALSUS boost), South Lanarkshire 2015/16

Perhaps the overall picture in terms of diet and nutrition is best captured in the finding that S1 to S4 pupils were less likely to report daily or near daily consumption of sweets and chocolate and sugary drinks as they were to report frequent consumption of fruit or vegetables. Chart 70

Diet and nutrition (Parents)

As noted elsewhere in the RCS report, diet and nutrition are key areas in terms of child wellbeing.

Parents in South Lanarkshire were asked how frequently their child consumes fruit and how frequently their child consumes vegetables. For the purpose of analysis levels of fruit and vegetable consumption were combined and classified as follows:

- Higher – consumes fruit and/or vegetables at least once a day or one of these more than once a day and the other most days
- Medium – consumes fruit and/or vegetables most days or one of these most days and the other less than once a month
- Lower – consumes fruit and/or vegetables less than once a month or one of these at least once a week and never consumes the other

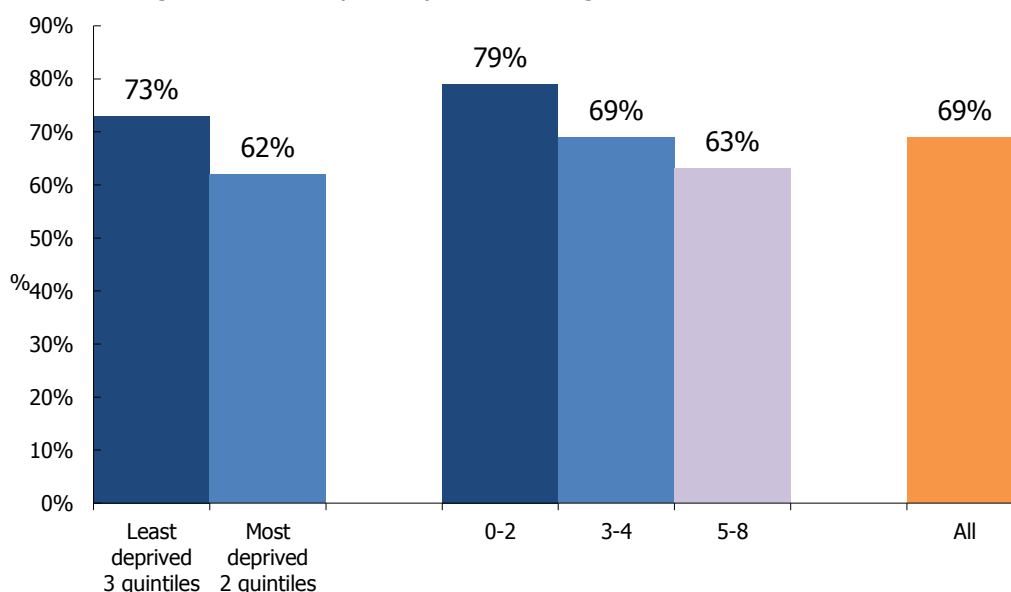
Overall, almost 7 in 10 children aged 8 or under (69%) were classified as having a higher level of fruit and vegetable consumption within this sample. Around a quarter (28%) were classified as having a medium consumption, whilst 3% were classified as having a lower fruit and vegetable consumption^{xxvii}.

Children aged between 0 and 2 years (79%) were more likely to have a high fruit and vegetable consumption, most likely due to weaning, than were those aged 3-4 and 5-8 (69% and 63% respectively).

Fruit and vegetable consumption was also linked to area deprivation, with children living in the two most deprived quintiles less likely than those in the three least deprived quintiles to have a higher fruit and vegetable consumption than those living in the three less deprived quintiles (62% compared with 73%).

Chart 71

Fruit and vegetable consumption by SIMD and age



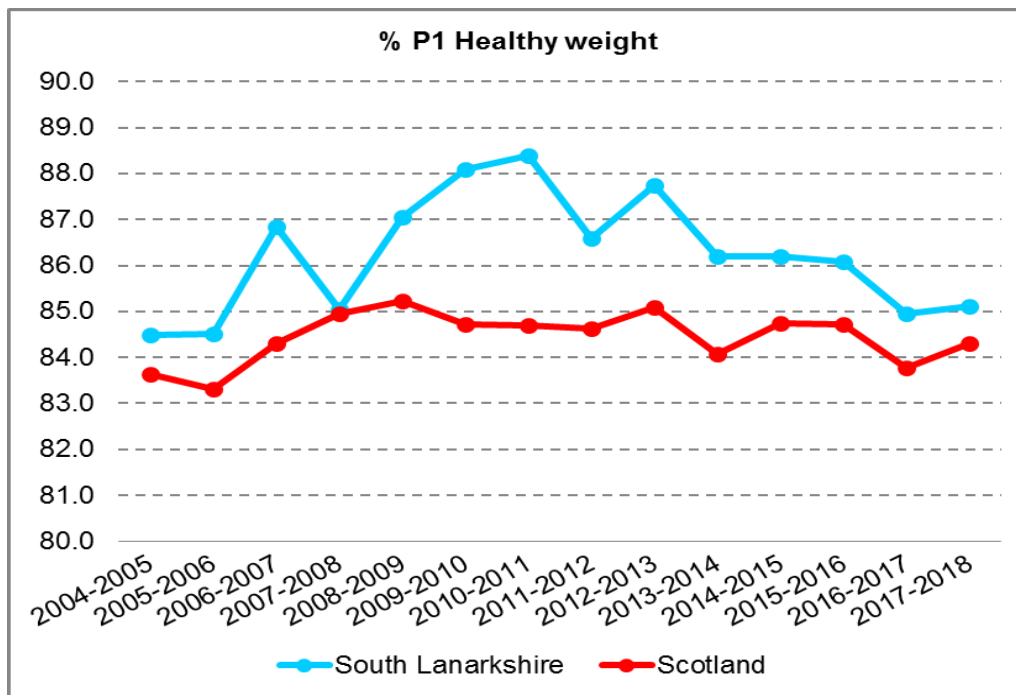
Source: RCS parent survey, South Lanarkshire 2016

Overall, 57% of children in South Lanarkshire aged 0-8 *never* consume fizzy drinks and a further 15% do so less than once a month. However, 21% consume fizzy drinks at least once a week, and 7% do so either ‘most days’, ‘once a day’ or ‘more than once a day’.

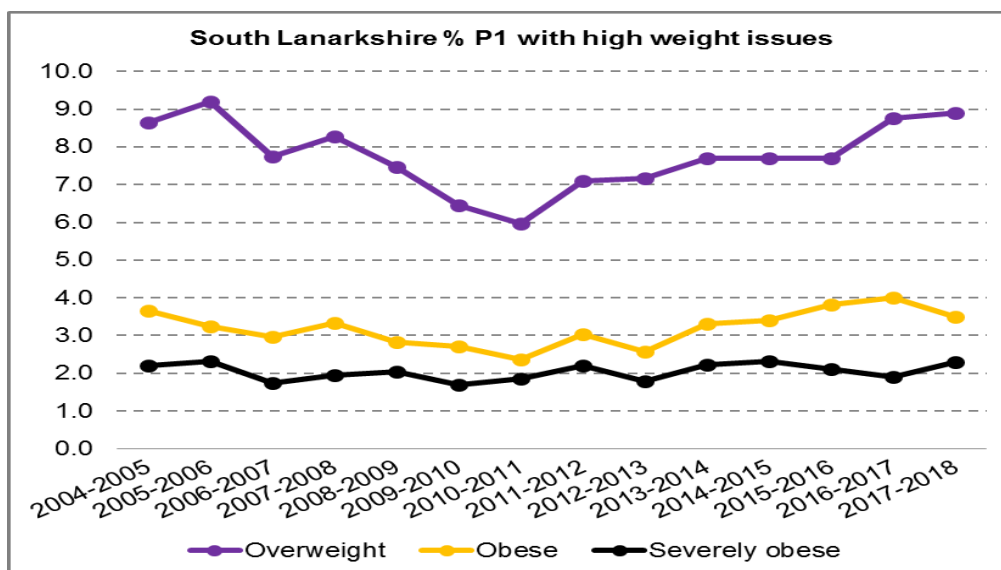
Not surprisingly, whether a child consumed fizzy drinks was linked to the age of child: 93% of parents of children aged 0-2 said that their child never consumes fizzy drinks compared with 57% of those with children aged 3-4 and 36% of those with children aged 5-8.

The proportion saying that their child never consumes fizzy drinks was also higher in the three least deprived than in the two most deprived quintiles (61% compared with 51%).

5.6 Child Weight and Growth



In 2017-2018 a total of 85.1% of P1 pupils in South Lanarkshire were identified as having a Healthy Weight – the second lowest proportion since 2006-2007 but the first rise since 2012-2013 – and above the Scottish average of 84.3%. The proportion with a healthy weight has always been above the Scottish average. The overall proportion of P1 pupils with unhealthy weights in South Lanarkshire has always been lower than the Scottish average – in 2016-2017 it was 14.7%, against the Scottish figure of 15.4% – but the gap has been narrowing [Chart72](#)



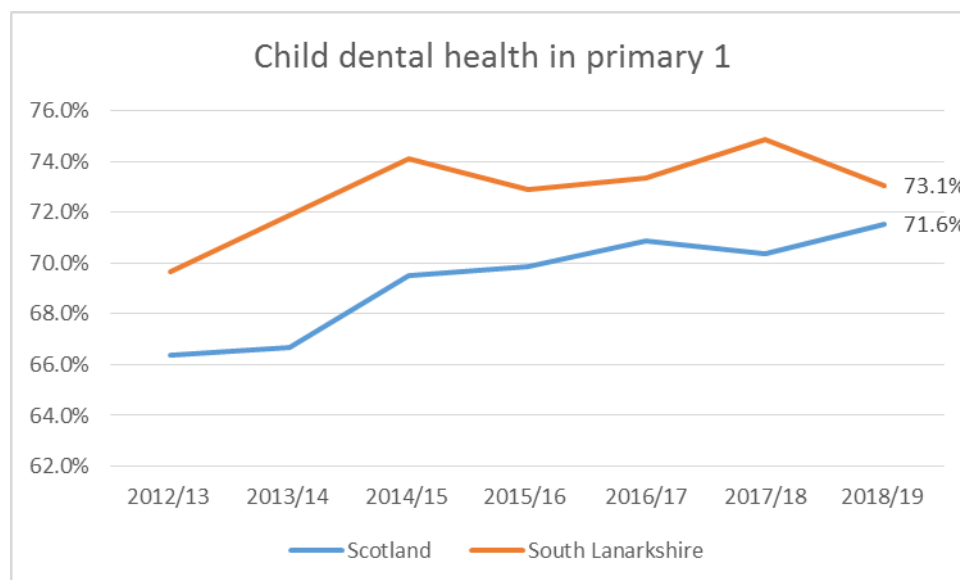
At 14.7%, the South Lanarkshire figure equalled the highest recorded since 2005-2006. Of the total, 8.9% were clinically overweight, 3.5% were clinically Obese, and 2.3% Severely Obese. The

proportion identified as clinically Severely Obese was the second highest since 2005-2006 and the proportion identified as Overweight was the highest since then. The proportion identified as Obese was the lowest since 2013-2014. The proportion Overweight has always been below the Scottish average but the gap has been narrowing. In the case of those identified as Severely Obese, the South Lanarkshire figure has always been below the Scottish average and the gap had widened in recent years as the proportion fell here but rose in Scotland as a whole. In South Lanarkshire in 2017-2018 a total of 0.3% of P1 pupils were defined as being Underweight – equalling the lowest proportion since 2004-2005. Since 2004-2005 only in 2015-2016 was the South Lanarkshire proportion who were Underweight below the Scottish average – but in 2017-2018 the figures were the same. **Chart 73**

5.4 Immunisation

In 2018 the take-up rate for childhood vaccination programmes for all childhood ages was above the 95% recommended level for so-called ‘herd immunity’ for all but the MMR2 vaccination for 5 year olds – which was at 95%. This is the third consecutive year that all the vaccination rates at 12 months have been at or above the 95% level. Compared to Scotland as a whole, the immunisation rates at 12 months, at 24 months, at 5 years and at 6 years in South Lanarkshire were all greater than the comparable Scottish rates. For one year olds, the immunisation rate for the Rotavirus was 95.6% - and has now fallen for the first time ever. The highest immunisation rate in 2017 was for the 6 in 1 vaccine at 98.1%. This is a new vaccine protects against Diphtheria, Tetanus, Pertussis, Polio, Haemophilus influenza type B and Hepatitis B.

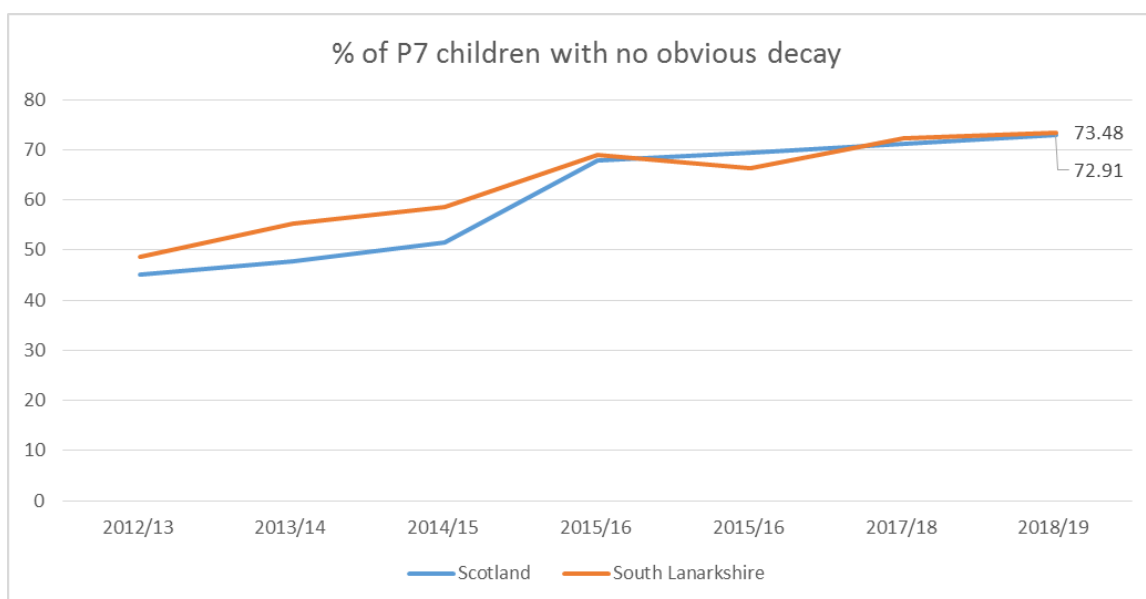
5.7 Dental Health



Source: National Dental Inspection Programme Basic Inspection, Public Health Scotland

The National Dental Inspection Programme (NDIP) is carried out annually. Its principal aims are to inform parents/carers of the oral health status of their children and, through the analysis of the data, advise the Scottish Government, NHS Boards, and other organisations concerned with children’s health of oral disease prevalence at national and local levels. This ensures that reliable oral health information is available for planning initiatives directed towards health improvements. Two school year groups are involved – P1 and P7. The Inspection Programme has two levels: a Basic

Inspection (intended for all P1 and P7 children) and a Detailed Inspection (where a representative sample of either the P1 or the P7 age group is inspected in alternate years). Obvious decay is when the disease process clinically appears to have penetrated the dentine on a tooth surface (i.e. the layer below the outer white enamel of the teeth). Obvious decay experience is the sum of teeth which have decay into dentine (including teeth with fillings which require further treatment), filled teeth, and teeth that are missing (having been extracted) due to decay. **2019/20 figures 72% of South Lanarkshire P1 children with no obvious decay experience**. The link between dental disease and deprivation is again very obvious from the survey with the **health inequalities gap** between the most and least deprived P1 children across Scotland being 28.8%. At inspection this year 58.1% of children in the most deprived area showed no obvious decay experience, compared with 86.9% of P1 children in the least deprived area. This health inequalities gap was 30% in 2018 so this has improved slightly. This known association between disease levels and deprivation highlights where our prevention service needs to be further focussed.



The latest figures show that for P1 pupils in South Lanarkshire 74.8% had No Obvious signs of tooth decay – the highest figure recorded and this figure has been rising over time and has always been higher than the Scottish average. The latest figures however, show that P1 pupils with obvious signs of dental decay had – for the first time – a higher number of teeth affected than in Scotland as a whole and the 2017-2018 figure of teeth affected was the highest recorded to date, at 4.3 teeth. In relation to P7 pupils, the latest data is for 2016-2017 and identified 72.4% with No obvious signs of dental decay. This was the highest figure recorded but was below the Scottish average of 77.1%. The Scottish figure has always been higher than the South Lanarkshire figure. For those in P7 with Obvious signs of dental decay in 2017-2018 it affected an average of 2.4 teeth. This was the highest figure recorded and was around a tenth higher than the Scottish average of 2.2 affected teeth. Pupils with dental decay in P7 have always had more teeth affected than in Scotland as a whole.

Dental health (Healthy)

The Chief Dental Officer recommends that children should brush their teeth at least twice a day with fluoride toothpaste^{xxviii} and frequency of tooth brushing has been shown to be a reliable proxy

measure for oral hygiene.^{xxix} Over three-quarters (77%) of children in P5, P6 and P7 in South Lanarkshire met this target, while 3% brushed their teeth less than once a day.

As the following table shows, some groups of pupils were more likely to brush their teeth at least twice a day. These included girls, those in the three least deprived quintiles, and those not eligible for free school meals. Those with one sibling at home were also more likely than those with either no siblings or more than one to brush their teeth twice daily, as were those living in two-parent households (compared with those in single-parent or step-families).

Smoking (Healthy, Responsible)

The RCS survey (n= 9313) suggests that the general downward trend in smoking rates across the UK as a whole is mirrored among S1 to S4 pupils in South Lanarkshire – although particular groups of young people remain disproportionately affected.

Overall, 5% of pupils in S1 to S4 in South Lanarkshire indicated that they currently smoked. Comparison with national figures from SALSUS showed similar levels of current smoking in South Lanarkshire both for pupils in S2 (2% in South Lanarkshire compared with 3% in the national SALSUS sample) and S4 (11% compared with 12% respectively). (These comparisons are especially robust because they are based on the same survey vehicle.)

The 5% who currently smoked comprised 2% who usually smoked more than six cigarettes a week; 1% who smoked between one and six per week; and 2% who only smoked occasionally.

Not surprisingly, smoking prevalence rose with age: 3% of children in S1 had *ever* smoked, including less than 0.5% who currently smoked, compared with 29% in S4, including 11% who currently smoked. Girls were more likely than boys to be current people who smoke (6% compared with 4%). In combination, these factors mean that S4 girls reported the highest smoking rates (30% ever smoked and 12% currently smoked). The lowest were among S1 girls (2% ever smoked and less than 0.5% currently smoked).

Current smoking was more prevalent in the most deprived SIMD quintile than in the other four (7% compared with 3-5%), with experience of ever smoking reducing from 21% in the most deprived quintile to 12% in the least deprived. Current smoking was similarly more prevalent among those eligible for free school meals than among those not eligible (8% and 4% respectively).

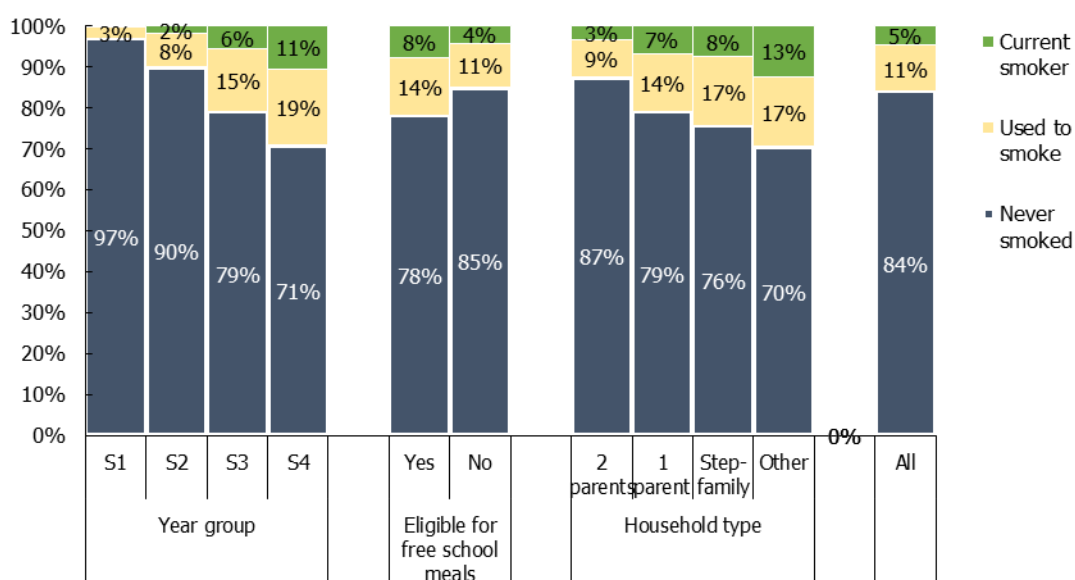
Those who lived with both parents were less likely to smoke currently (3% current people who smoke compared with 7% to 13% in other situations) or to have ever smoked (13% compared with 21% to 30% in other situations). Those with siblings were also less likely to smoke (4% compared with 7% of those without siblings).

Current smoking was noticeably more prevalent among those with low wellbeing. Of those with low wellbeing (classed as one or more standard deviation below the mean on the WEMWBS scale), 14% were current people who smoke, compared with 4% of those with average wellbeing.

Those who agreed there was nothing for young people to do where they lived were also more likely to be current people who smoke (6%, compared with 1% of those who disagreed) – although it is not possible to determine whether one drives the other and, if so, which.

Chart 2.2.4a

Smoking status, by year group, eligibility for free school meals and household type



Source: RCS secondary school survey (SALSUS boost), South Lanarkshire 2015/16

E-cigarette use (Healthy, Responsible)

Secondary pupils were also asked about their use of electronic cigarettes. Around one in five children (21%) had ever used e-cigarettes, although only 2% used them regularly (at least once a week).

Again, use of e-cigarettes tended to increase with age. Only 1% of the children in S1 surveyed described themselves as current users of e-cigarettes, compared with 5% in S4. Only 7% of those in S1 had ever tried e-cigarettes, rising to 33% in S4 35% 2018 SALUS. Figures for S2 (16%) current figure 18% and S4 (33%) were very close to the national averages of 15% and 32% respectively from the full SALSUS survey^{xxx}.

Current use of e-cigarettes was low in all subgroups, although there were a number of significant differences. Most markedly, 7% of those living with no parent (e.g. living with grandparents or in care) currently used e-cigarettes, compared with 2% of those living with both parents. Those without siblings at home were also more likely to be current users than those with siblings (4% and 2% respectively).

Prevalence of ever having tried e-cigarettes followed the same patterns as with smoking by SIMD, eligibility for free school meals and type of household. The pattern however was reversed for gender, with prevalence of having ever used e-cigarettes higher among boys than girls (24%, compared with 18%).

Exposure to smoke in the home (Safe, Healthy)

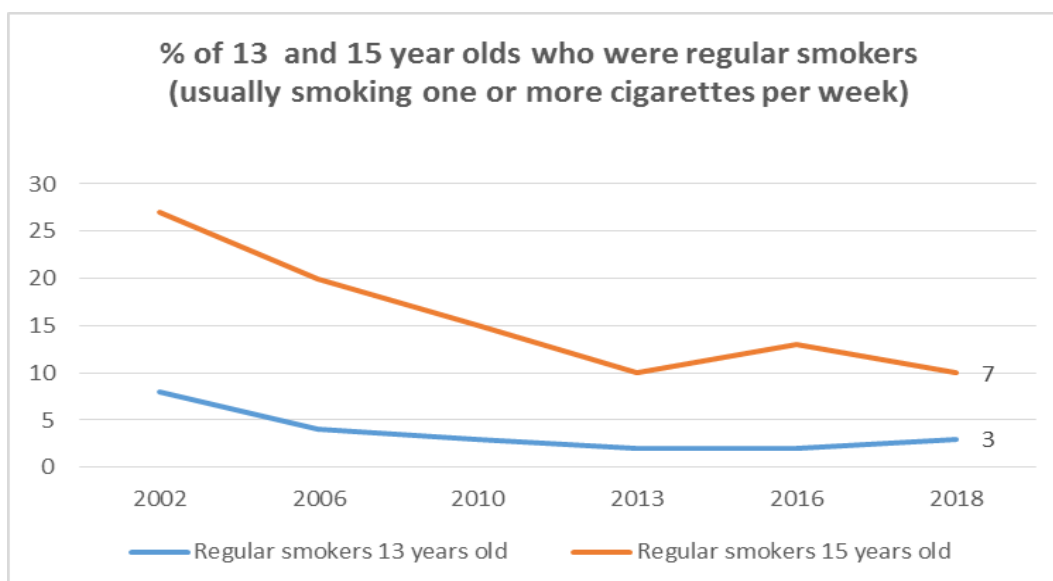
Children who are exposed to second-hand smoke have an increased risk of a wide range of health problems and illnesses^{xxxii}. Secondary pupils were asked whether anyone smokes inside their home (including smoking out of a window or at / just outside an open door).

Although wider evidence indicates that smoking rates in the adult population are reducing^{xxxiii}, and that there is also a downward trend in exposure to second-hand smoke, around one in six S1 to S4 pupils (16%) said they were exposed every day or most days, and a further 14% said they were exposed sometimes. Moreover, risk of exposure was markedly higher among particular groups.

For example, pupils from the most deprived quintile were also markedly more likely to be exposed to second-hand smoke every day or most days (26%), than those in the least deprived quintiles (7%). Prevalence of exposure to smoke was also much higher among those eligible for free school meals (30%, compared with 14% of those not eligible).

Prevalence of exposure also varied with family type: 13% of those living with both parents were exposed most days, compared with 22-23% of those living in other situations. Those without siblings were also more likely to be exposed every day (20%) than those with siblings (14%).

5.5 Regular People who smoke



SALUS smoking data is similar to Scottish trends with 15 year old regular people who smoke the same as Scotland and 13 year olds 1% above, following an increase of 1% from the last survey. Self-reported smoking amongst 13 year olds with a current figure of 3% (n=884) has seen a fairly static trend since 2013. The current figures for 15 year olds is 7% (n=716) with a small increase in 2016 and an overall decrease of 4% from 11% between the last surveys.

The main way young people access cigarettes is getting someone else to buy them – with being given them also a major source. The recent survey shows a 22% increase in the proportions of 13 year olds saying they managed to buy them.

The percentage of Boys and 15 year olds who would like to give up smoking has been falling – but it has been rising for 13 year olds and Girls. Increasing proportions believe that their families do not know that they smoke and declining proportions have stated that their family has not tried to persuade them to stop smoking. The main reasons they all believed that people smoked were that it helped them to cope and helped people relax. The proportion believing that Smoking was not dangerous unless you smoked a lot rose and amongst Regular people who smoke there was a decline in the proportion believing that smoking during pregnancy hurts the baby. Regular people who smoke were more likely to come from more deprived areas than Non-people who smoke but over time there has been a shift towards the least deprived areas accounting for increased numbers of Regular People who smoke. Regular people who smoke were over twice as likely as Non-people who smoke to be receiving Free School Meals and were also more likely to have Physical or Mental health issues. Regular people who smoke were also more likely to disagree that schools provided advice about smoking and support not to smoke and 44% stated who had smoked for more than one year said it would be difficult to give up a 6 % rise.

2 % of 13 year olds reported using e-cigarettes once a week and 3% of 15 year olds an increase in both groups since the last survey.

5.6 Alcohol use in Young People



In 2018, 35% of 13 year olds and 74% of 15 year olds stated that they had had a proper alcoholic drink. Those aged 13 have always been less likely than those aged 15 to have ever had a proper alcoholic drink but both figures are the lowest recorded by the survey. The chart evidences an increasing trend and 15 year olds are 2% above the Scottish rate while 13 year olds are 1% below.

Of Boys across both age groups, 49% said that they had had a proper alcoholic drink compared to 49% of Girls. This is the first time ever that less than half of Boys and Girls said that they had had a proper alcoholic drink. The proportion of Girls who have had a proper alcoholic drink has always been higher than that for Boys and both figures are also at their lowest recorded levels.

The RCS survey showed around one third of pupils in S1 to S4 (35%) indicated that they had ever had a proper alcoholic drink (a whole drink, not just a sip). Not surprisingly, there was considerable variation with age, rising from 9% of those in S1 to 65% in S4. The figure for pupils in S2 (20%) is below the national average (28%), while that for pupils in S4 is close to the national figure (65%, compared with 66%)^{xxxiii}.

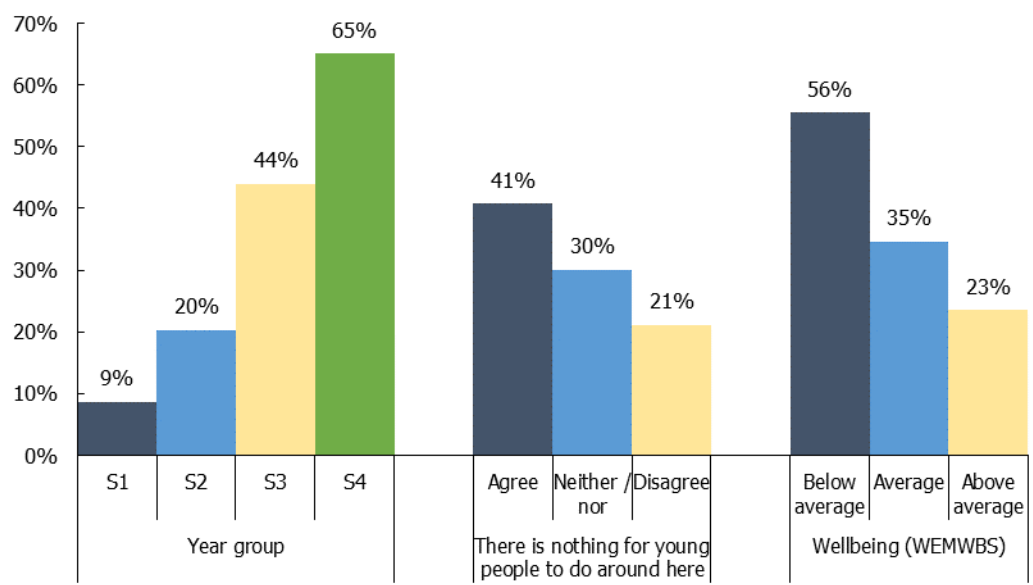
Interestingly – and unlike smoking – there was no significant difference in the prevalence of ever having drunk by gender, and differences by eligibility for free school meals and area deprivation, though statistically significant, were small. There was, however, greater variation by family structure: 32% of those living with both parents had ever had an alcoholic drink, as had 39% in single parent households and 45% living with one parent and a step-parent or with no parents.

There was a very clear association between drinking and feelings about where pupils lived. Those who agreed there was nothing for young people to do in the local area were more likely to have ever drunk alcohol (41%, compared with 21% for those who disagreed). This may indicate a role for diversionary activities for young people in preventing alcohol use.

There was a similarly clear association between drinking and mental wellbeing. Those with low mental wellbeing (one or more standard deviations below the mean on the WEMWBS scale) were more likely to ever have drunk alcohol (56%, compared with 35% of those with average wellbeing and 23% of those with above average). This suggests that tackling wellbeing may also have a positive impact on tackling alcohol use.

Chart 2.2.4d

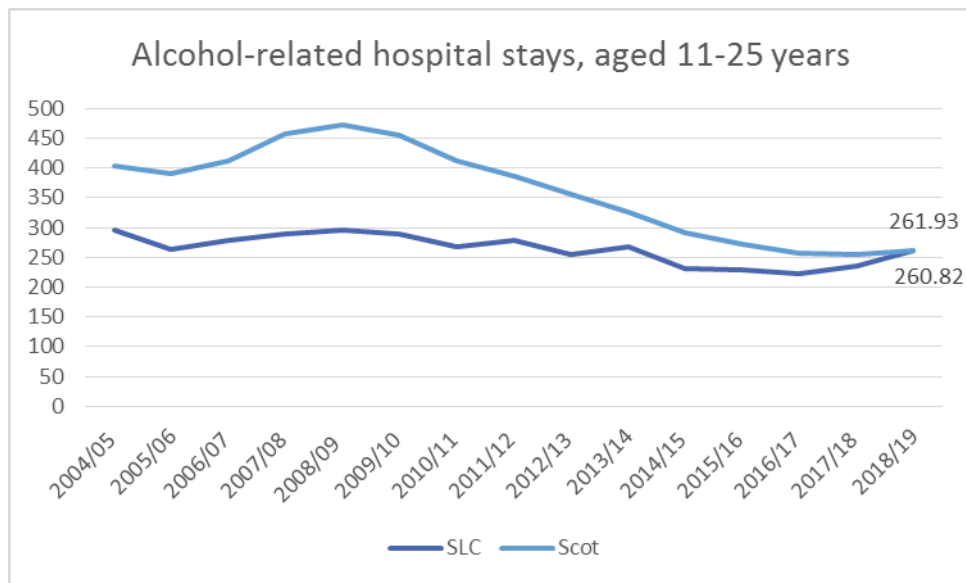
Percentage of children in S1 to S4 who had ever had a proper alcoholic drink, by year group, feelings about the local area, and wellbeing



Source: RCS secondary school survey (SALSUS boost), South Lanarkshire 2015/16

As the following table shows, most of those who had tried alcohol drank relatively rarely. That said, roughly a tenth of all pupils (9%) said that they drank alcohol at least once a week, although this rose to around a quarter (23%) by S4.

Data from SALSUS shows that two-thirds of those in S4 (66%) and around a quarter (28%) of those in S2 had ever had an alcoholic drink. These figures include 17% in S4 and 4% in S2 who had had a drink in the previous week. Figures for South Lanarkshire show lower levels of consumption among those in S2 (16% had ever had an alcoholic drink and 2% in the last week), and closer to the national picture in S4 (60% had ever had a drink, including 15% who had drunk in the last week).



In 2018/19 we are seeing an increasing trend of young people 11-25 years experiencing alcohol related hospital stays. This consistent with the SALUS figures. The current local rate is 260.82 per 100,000 just below the Scottish rate of 261.93 per 100,000.

5.7 Drug use in Young People

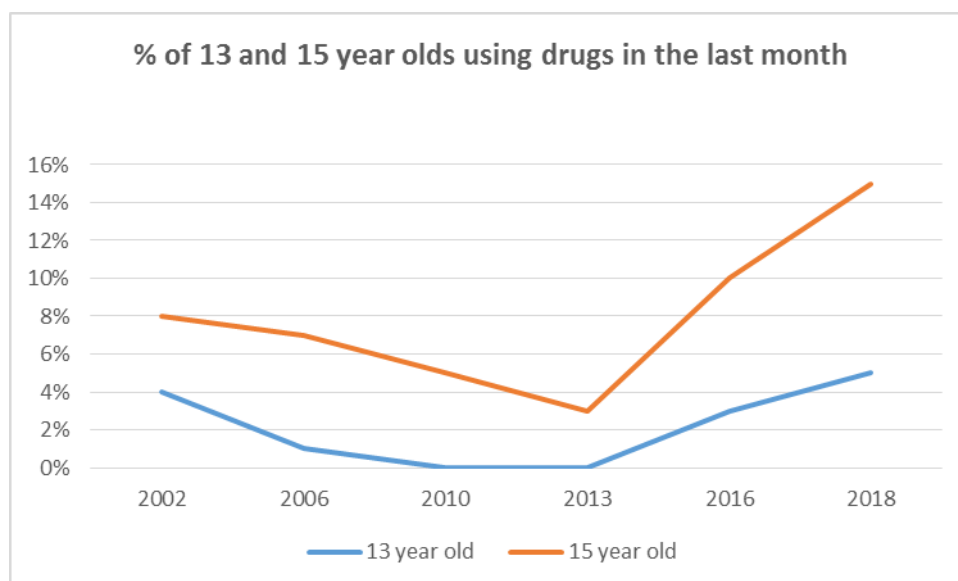


Figure 1 shows the percentages who said that they had used drugs 1-2 times a month. As this figure shows, the proportions have fallen over each period for 15 year olds. For those aged 13, in both 2010 and 2013 none said that they had tried drugs 1 or 2 times a month.

The figure also shows that the proportion of Girls who had used drugs 1-2 times a month has declined in each survey and in 2013 – at 1% – is the lowest recorded. For Boys, the 2% figure in 2013 is the same as that for 2010.

In 2013, 8% overall of those surveyed said that they had Taken drugs in the past 4 weeks. It is reported that 12% of 15 year olds stated that they had used drugs in the past 4 weeks – compared to 2% of 13 year olds. A total of 9% of Boys and 6% of Girls said that they had taken drugs in the past 4 weeks.

Drugs (Healthy, Responsible, Safe)

Overall, 8% of pupils in S1 to S4 indicated that they had ever taken any of a list of illicit or illegal drugs. This figure rose significantly with age, from 2% in S1 to 16% in S4. Figures for S2 (4%) and S4 (16%) were close to the national average from SALSUS in 2015 (which were 5% and 19% respectively)^{xxxiv}.

There was also some variation across the subgroups, most notably by household type, with 7% of pupils living with both parents ever having taken any drugs, compared with 11% in single-parent households or step-families, and 18% in other situations. Boys were also more likely than girls to report having ever taken drugs (10% and 7% respectively).

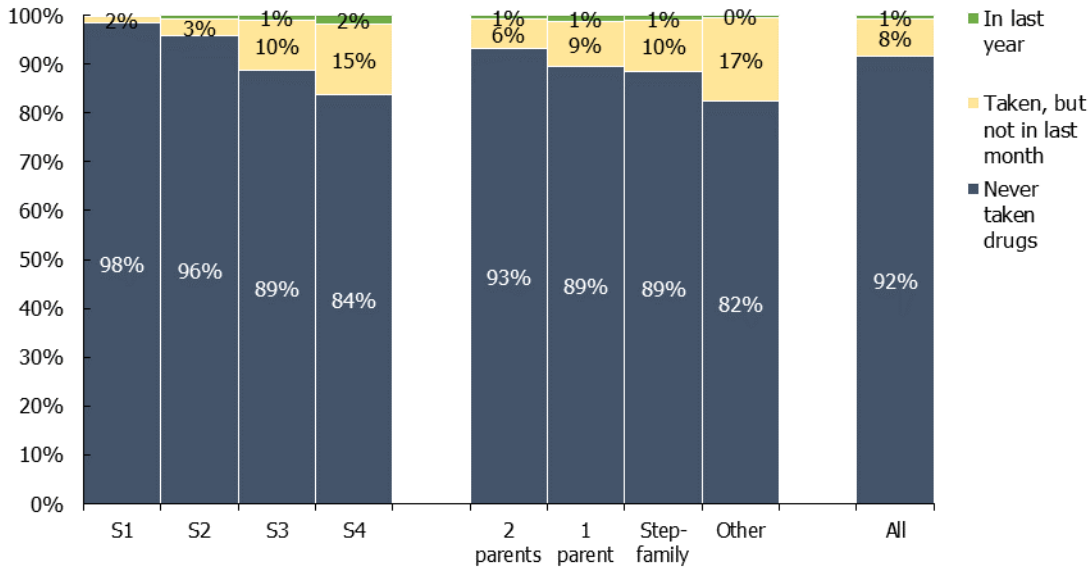
There was also variation by area deprivation, declining from 11% in the most deprived quintile to 7% in the two least deprived quintiles, and by eligibility for free school meals (10% of those eligible and 8% of those not eligible).

As with alcohol use, those who agreed there was nothing for young people to do in the local area were more likely to have taken drugs (11%, compared with 3% of those who disagreed).

Figures for use in the last month were similar to the national average, with 5% of all pupils in S1 to S4 having taken drugs in the last month, 1% of those in S1, 3% in S2, 7% in S3 and 10% in S4. National figures for S2 and S4 were 3% and 11% respectively. Patterns for use in the last month across the subgroups matched those of every having used.

Chart 2.2.4f

When last taken drugs, by year group and household type

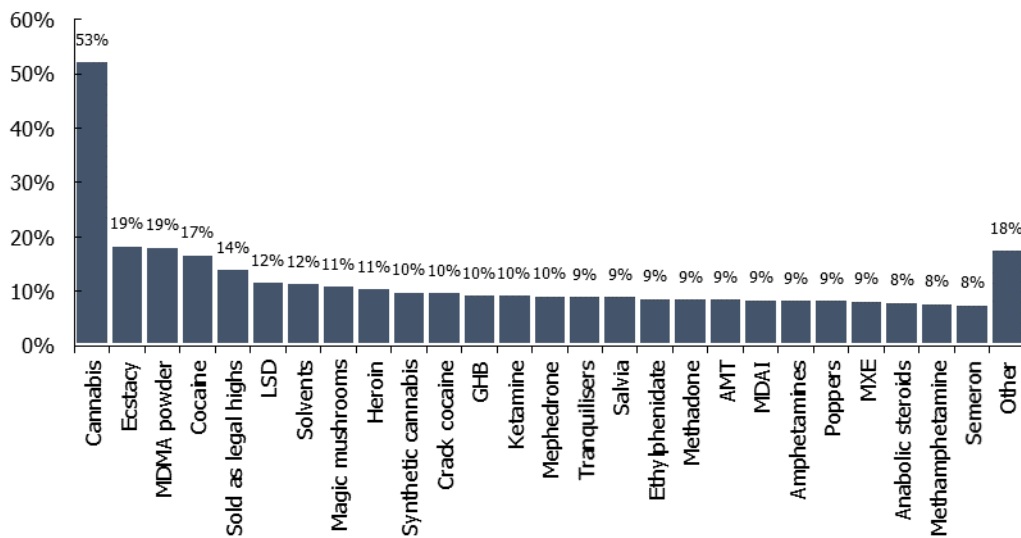


Source: RCS secondary school survey (SALSUS boost), South Lanarkshire 2015/16

Of the 8% of pupils who had ever taken any drugs, around half (53%, or 4% of the sample as a whole) had taken cannabis in the last month. Overall, 7% had ever taken cannabis, but 15% of those in S4. The next most commonly taken drugs in the last month were ecstasy and MDMA powder (each reported by 19% of those who had ever taken drugs), and cocaine (17%).

Chart 2.2.4g

Percentage of children in S1 to S4 taken drugs in the last month, of those who have ever taken any drugs, by type of drug



Source: RCS secondary school survey (SALSUS boost), South Lanarkshire 2015/16

Note: A bogus drug Semeron was included in the list of drugs as a check on responses. Fewer than 0.5% of participants reported using semeron, and all those who reported use of semeron also reported the use of other drugs.

Parent child relationships

As part of the Realigning Children Services wellbeing primary school survey, four items were used to build a scale of parent-child relationships in order to better understand variations in response: 40% of children in South Lanarkshire scored within the 'higher' category, as having more positive relationships, 36% were categorised as average, and 24% scored within the 'lower' category. There were no significant differences in parent-child relationship score according to most of the demographic variables, including year group, area deprivation, free school meal status, and receipt of children's services.

There was, however, a difference between sexes, with girls having higher parent-child relationship scores than boys (44% of girls being in the 'higher' category, as compared with 36% of boys). Those in two-parent households also scored higher than those in single-parent households and step-families (42% as compared with 38% and 35% respectively). Children with one sibling or no siblings at home also had higher scores (42% and 41% respectively) than those with two or more siblings (37%). Having no additional support needs was also associated with higher relationship scores (41%, compared with 37% of those with such a need). There was also a difference in relation to the frequency with which children sit down to a meal with their parents (see below). Of those who sat down to a meal with their parents every day, 49% were in the 'higher' category, indicating more positive relationships. By contrast, of those who never sat down to a meal with either parent, only 24% were in the 'higher' category. Of course, the direction of this relationship – whether eating together creates closeness, or closeness leads families to eat together – is not clear.

In secondary school responses, overall, they suggest that family life and relationships are viewed positively by most young people. Nearly all pupils (94%) agreed (either strongly or tending to agree) that their parents or carers treated them fairly, and almost as many (89%) agreed that they enjoyed spending time with their family. Most pupils (90%) also agreed that they get to decide how to spend most of their spare time.

5.10 Mental Health and Wellbeing

Wellbeing decreased from S1 to S4, especially for girls. By S4 only 52% of girls were within the close to average range of the SDQ total difficulties (compared with 69% of boys), driven primarily by emotional difficulties, and were scoring an average of 44.7 on the WEMWBS (compared with 49.9 for boys). Total difficulties scores also tended to be higher for children living in more deprived areas, children eligible for free school meals, and children in single-parent or step-families.

WEMWBS scores are closely related to teacher relationship, attitude to school, bullying, body image and friends. Experience of bullying behaviours was associated with lower emotional wellbeing regardless of whether the behaviours were related to physical bullying or verbal bullying, online or in person. Children who lived in a step family were also more likely than those in two parent or single parent families to experience bullying. With regard to time spent with friends, those eligible for FSM, in receipt of children's services or living in a deprived area were more likely to spend 5 or more evenings a week in the company of their friends.

Girls were more likely than boys to say they felt pressured or strained by schoolwork, rising to three-quarters of girls by S4. Girls were also less likely than boys to respond positively to statements about their school environment and relationships with teachers and other pupils.

Levels of self-report of smoking, drinking and drug use among S2 and S4 pupils in South Lanarkshire were at roughly the same level as in Scotland in general, although drinking in S2 was well below the nationally reported level. There was however a strong gender effect in smoking, with more girls smoking. By S4, one in ten pupils reported being a current smoker, while a quarter were drinking at least once a week. Smoking and alcohol were strongly associated with lower emotional wellbeing and all three behaviours (smoking, alcohol and drugs) were associated with perceptions of there being little to do in the young person's local area. Among S1-S4 pupils overall, half felt there was little to do in their area.

Girls were less likely to be physically active and by S4 just 10% reported exercising for an hour each day, compared with 20% of boys. Conversely, boys were more likely to drink sugary drinks at least once a day (28% of S3 and S4 boys in comparison to 21-23% of girls). Living in a deprived area or being eligible for FSM was also associated with higher intake of sugary drinks. Likewise, living in a deprived area was also associated with decreased consumption of fruit and poorer health in general.

Around half of S1 to S4 pupils ate a meal with at least one parent or carer every night and one in eight pupils said they hardly ever or never did this. Sitting down to family meals every day differed by family make up with 59% of children living with both parents eating a family meal compared with 50% of pupils in single parent families and 52% of pupils in step families.

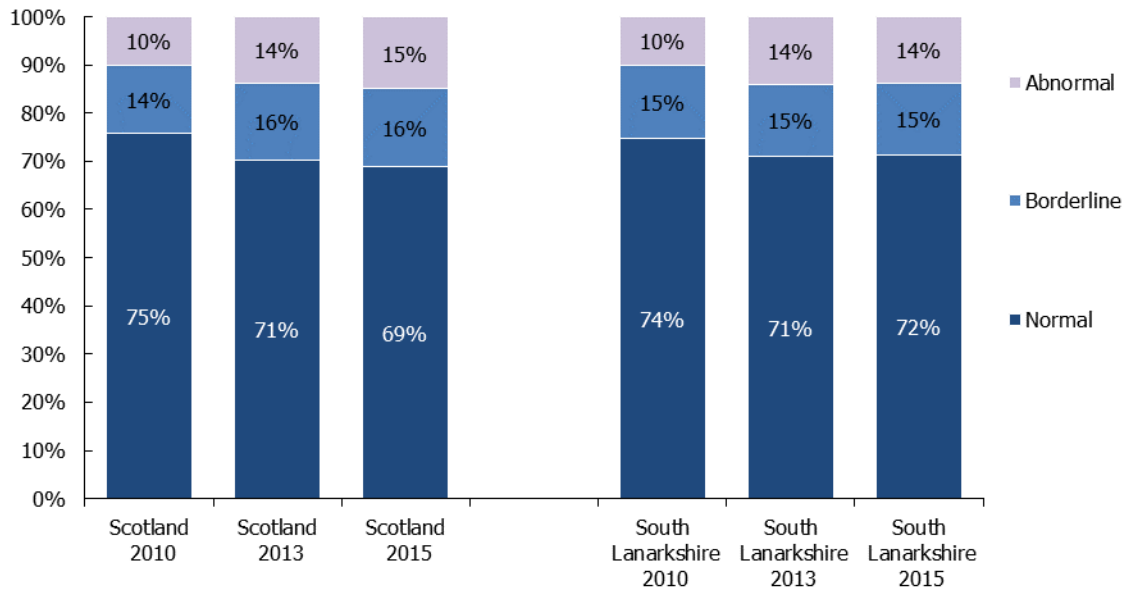
One in thirteen secondary pupils (7%) reported not feeling safe in the area they lived and 12% felt that they could not trust people who lived locally. The proportion feeling able to trust people in their neighbourhood dropped steadily from S1 (80%) to S4 (62%).

There were large gender differences in terms of activities children did in their spare time. Although both boys and girls tended to use computers or other electronic devices most days, boys were much more likely to play computer games, while girls were much more likely to use social networking sites.

To allow for some comparison, the chart below shows the SDQ scores using the previous bandings for Scotland across 2010, 2013, and 2015 (all from SALSUS) as well as for South Lanarkshire in 2013 (from SALSUS) and 2015 (from the RCS SALSUS boost). These are from the Scottish Schools Adolescent Lifestyle and Substance Use Survey. Although they cannot be directly compared with the new banding, it is possible to see that South Lanarkshire scored slightly better in 'Normal' for both 2013 and 2015 compared with the Scotland average. In both Scotland as a whole and in South Lanarkshire, there was a decrease over time in the proportion categorised as 'Normal'.

Chart 2.3.1a

Strengths and Difficulties Questionnaire - Total Difficulties scale (original categories), Scotland and South Lanarkshire, 2010, 2013 and 2015



2018 figures show 36 % 13 year olds plus 16 percent form 2013 borderline/abnormal score 41% 15 years olds 12% increase . Areas of emotional symptoms.

The secondary school survey also included the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS). This is another commonly used tool and provides a summary measure of *positive mental wellbeing* in adults and older children. It comprises 14 questions concerning how often the respondent had certain thoughts or feelings over the previous two weeks. Answer options ranged from ‘1 – None of the time’ to ‘5 – All of the time’. Responses to each question are added together, to give a scale from 14 to 70. Average scores are reported, with higher scores indicating greater wellbeing.

The average (mean) score for South Lanarkshire pupils in S1 to S4 in 2015 was 49.8. This is slightly above the most recently published national figures from SALSUS^{xxxv}, for 2013, which showed an average of 48.7 for pupils in S2 and S4. However, the 2013 figures marked a decline from 50.0 in 2010 and it is possible that the 2015 SALSUS data will continue this trend – the apparent difference between South Lanarkshire and Scotland as a whole should, therefore, be treated as a provisional finding.

As with the SDQ scores, there was an age effect with WEMWBS mean scores declining from 52.4 in S1 to 47.3 in S4. A similar decline between S2 and S4 was seen in the national figures. Girls had a lower mean score than boys (48.1 and 51.7 respectively) – a gap which was similar to the national figures from 2013 (for 13 year olds, girls scored 48.7^{xxxvi} and boys 51.3; for 15 year olds figures were 45.1 and 50.2 respectively).

The combined effects of age and gender mean that the highest mean scores were found among S1 boys (53.1), and the lowest among S4 girls (44.7).

Children in single-parent households and step-families had lower mean scores than those in two parent households (48.0 and 48.2 compared with 50.7) The same was true for those with additional support needs when compared with those without (mean scores of 47.9 and 50.2 respectively) and for those in receipt of children's services (44.8 compared with 49.9 for those not in receipt). There was also a small but significant difference in terms of area deprivation, with mean scores of 49.2 to 49.5 in the three most deprived quintiles and 50.5 to 50.7 in the two least deprived ones.

A higher proportion of those who might be considered as having low wellbeing (a score of one or more standard deviations below the mean, equating to 37 or below) were identified as having additional support needs (23%, compared with 17% of those with average levels of wellbeing).

Consistent with evidence from elsewhere about key predictors of subjective wellbeing among children and young people^{xxxvii}, WEMWBS scores were also related to many aspects of the social and place domains. For example, higher mean wellbeing scores were observed for children who agreed that pupils at their school treated each other with respect (52.0, compared with 45.3 for those who disagreed). Similarly, mean wellbeing scores were higher for those who agreed their teachers made them want to do well (51.7, compared with 42.4 for those who disagreed).

Attitude towards school as a whole appears to be a particularly powerful predictor of positive mental wellbeing: mean wellbeing was particularly high for those who liked school a lot (55.3, compared with just 41.5 for those who did not like it at all).

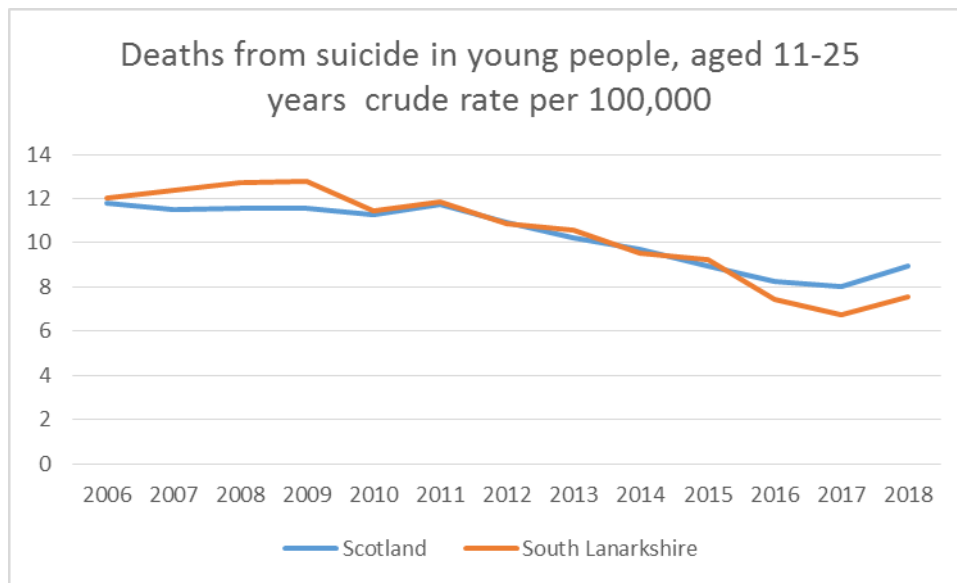
As many other studies have suggested, there was a link between wellbeing and experience of being bullied. Those who said they had been hit, kicked, punched or physically threatened in the last month had a mean score of 45.6, compared with 50.9 for those who had not been physically bullied. Those who said they had been teased or called names, either in person or online had a mean wellbeing score of 46.3, compared with 51.8 for those who had not been teased. And those who had rumours or lies spread about them, or were excluded from groups, either online or in person had a mean wellbeing score of 46.0, compared with 51.9 for those who were not excluded in this way.

Pupils with more friends tended to have higher levels of wellbeing: those with three or more close friends had a mean score of 50.8, compared with 43.7 for those with none or just one close friend.

Body image is another factor that has shown to be related to subjective wellbeing in other studies. Those who said in the secondary survey that their body shape was about right had a mean WEMWBS score of 53.0, while those who said they were too thin had a mean score of 48.8, and those who said they were too fat a mean score of 46.0.

Wellbeing scores were also related to pupils' feelings about the area in which they lived. For example, those who agreed that they could trust people in the area had a mean score of 51.9, compared with 44.5 for those who disagreed. In 2018 the SALUS figures 13 year olds had a mean WEMWBS score of 47.77 and 15 year olds a mean WEMWBS score of 45.71 15 year a reduction from last years figures.

5.11 Suicide/Self Harm



Source: National Records of Scotland (NRS)

As the numbers are very low regarding suicide in young people there is very limited data available at a South Lanarkshire level. However a mortality rate for those aged 10 to 19 is available covering the five year aggregates are available.

The chart shows the crude mortality rates by age for deaths caused by Self-harm or of indeterminate intent is increasing both nationally and locally. The rates are 7.56 per 100.00 in below the Scottish rate of 8.93.

5.12 Body Image

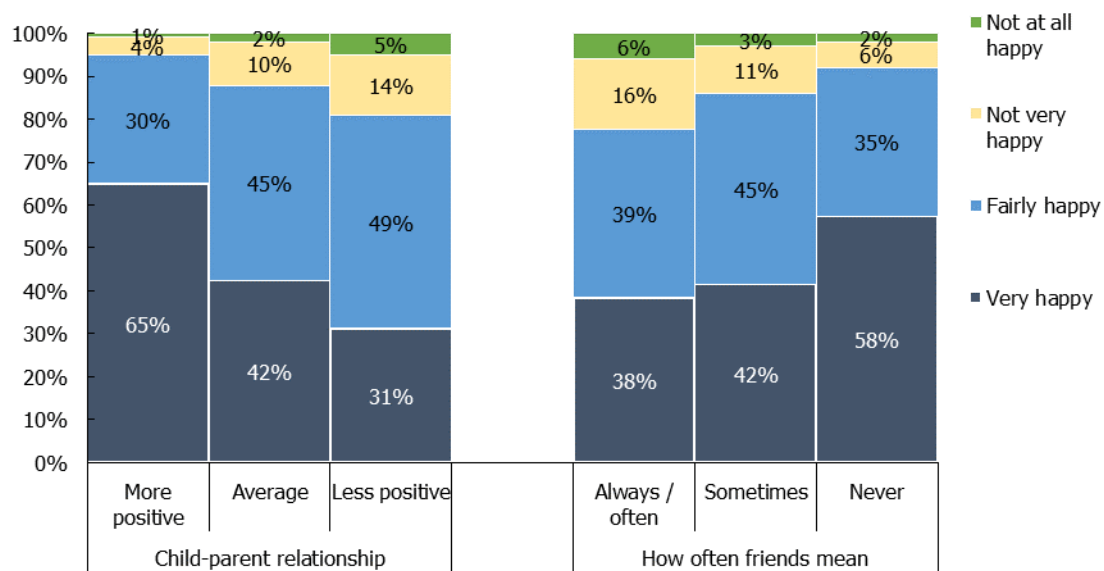
While it was recognised that questions on appearance were potentially sensitive, it was considered important to have some scope to explore views of body image and its associated pressures. The link between how men, women and children feel about their own appearance and their mental wellbeing has been the subject of much research^{xxxviii}. Most children (89%) said they were either very or fairly happy with their appearance, though a few (3%) said they were not at all happy. Overall, 28% of children were not happy with their weight (3% thought they were much too thin, 9% a bit too thin, 14% a bit too fat and 2% much too fat). Findings from the Scottish Health Survey 2015 show that only 1% of children aged 7-11 were underweight, while 30% were overweight, including 16% who were obese, suggesting a mismatch between how some children perceive their own weight and how it would be categorised objectively. It is also interesting that while nearly a third of children felt that their weight was not right, only 11% were not happy with their appearance.

There were some differences in responses according to demographic characteristics. The proportion feeling very happy with their appearance fell from 54% in P5 and 49% in P6 to 44% in P7. Girls were less likely to be very happy about the way they look than boys, at 47% and 50% respectively. Those living in step-families or single-parent households were also less likely to be very happy with their looks (both at 44%) than those in two-parent households (51%). The proportion of children who thought their body is about the right size also fell with age, from 75% in P5, to 72% in P6 and 69% in

P7. Area deprivation also had a significant relationship with how children viewed their bodies, with 69% of the most deprived quintile thinking their body was about the right size, compared with 77% and 74% of those in the two least deprived quintiles. Furthermore, 73% of those not eligible for free school meals thought their body was about the right size while 68% of those receiving free school meals thought the same. Respondents living in two-parent households were also more likely to think their body is the right size at 74%, compared with 69% of those in single-parent households and 67% of those in step-families. Those with either no siblings or one sibling were also more likely to report that they thought their body was about the right size (both at 73%) than those with two or more siblings (70%).

Chart 3.3.4b

Feelings about how one looks, by quality of child-parent relationship and how often friends are mean



Source: RCS primary school survey, South Lanarkshire 2016

Negative body self-image appeared to be linked to poorer relationships with parents and peers. More than half (65%) of those with a more positive relationship with their parents felt very happy with their appearance, compared with 42% of those with an average relationship and 31% with a less positive one. Over half (58%) of those whose friends were always nice were very happy with their appearance, compared with 33-40% of those whose friends were not always nice. Children with three or more close friends were also more likely to be happy with their appearance (52%) than those with either two (42%) or just one or no close friends (43%).

Similarly, 80% of those with a more positive relationship with their parents felt their body was about the right size, compared with 62% of those with a less positive relationship; and 70-76% of those whose friends were always or often nice felt their body size was about right, compared with 62% of those whose friends were nice less often. A similar pattern was evident in relation to the number of close friends children had (75% of with three or more close friends felt they were about the right size compared with 67% of those with just one or no close friends).

5.13 Sleep

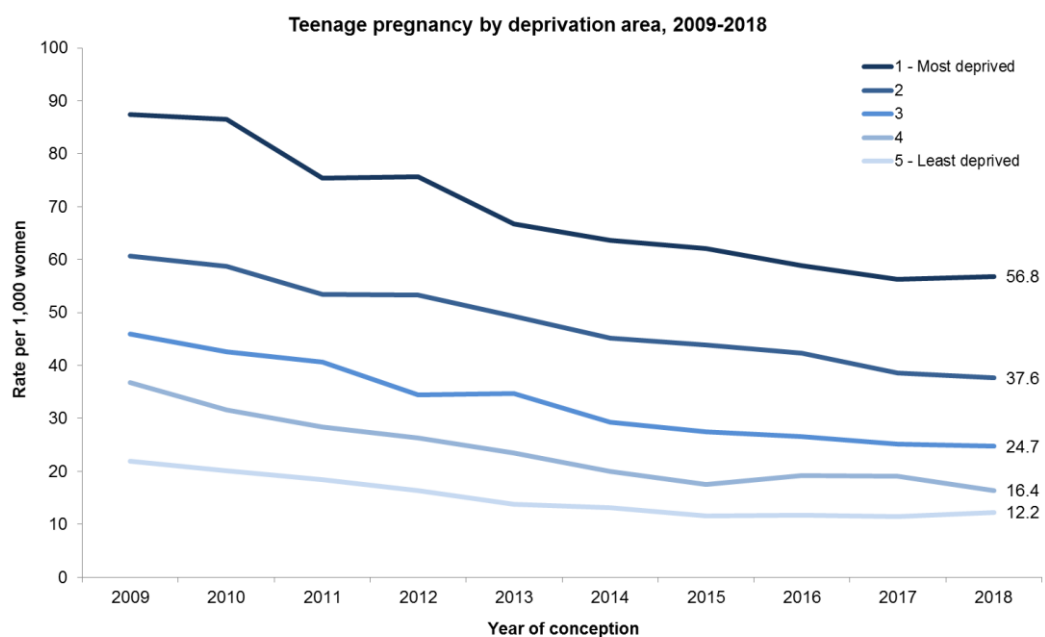
Sleep patterns

Around 1 in 4 parents reported that their child’s sleep had been a problem during the previous three months: 19% stated that this had been ‘a bit of a problem’ and 7% said that it had been ‘a big problem’. Not surprisingly, sleep was less likely to be a problem among older children – 82% of parents of 5-8 year-olds said it had not been a problem, compared with 74% of parents of 3-4 years-olds and 64% of parents of 0-2 year-olds. Also, sleep was less likely to be a problem among those living in the two more deprived quintiles (63%) than those living in the three less deprived quintiles (80%).

National data from GUS (2013)^{xxxix} showed that 64% of parents of 10 month old children said their child’s sleep had not been a problem in the last 3 months and 71% said this of their children at age 3 years.

5.14 Sexual Behaviours

Teenage Pregnancy



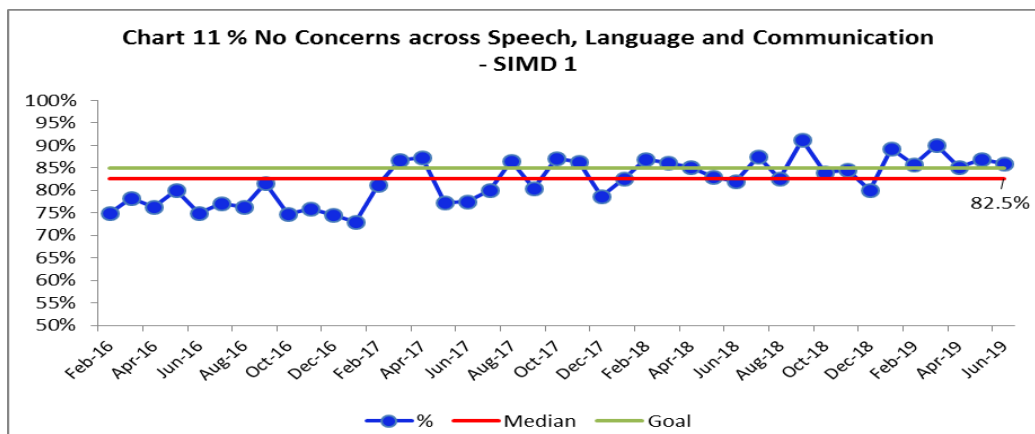
Source: ISD Scotland Information Services

The chart shows a decreasing trend for the Under 16 pregnancy rates. The gap between the most deprived rate (56.8) and least deprived (12.2) is significant. The overall local rate in 2016-18 was 2.9 per 1,000 above the Scottish rate of 2.7. The picture is similar for under 18s a local rate of 17.6 in comparison to the Scottish rate of 17.4.

6.1 Child Development

The Child Development Assessments in 2018-2019 found 17% (548 children) of children at their 27-30 month review had a concern in at least one area of their development higher than 13.5% in Scotland. Speech, Language & Communication was the area where most concerns were raised. At 13-15 months the picture was similar with 17% of children (543) in comparison to 11.6% in Scotland. Gross motor and speech, language and communication development were the areas of greatest concern. Children living in the most deprived areas were much more likely than those living in the least deprived areas to have a concern recorded about their development. Add in comment on 4-5 year olds

6.2 Speech Language and Communication Concerns



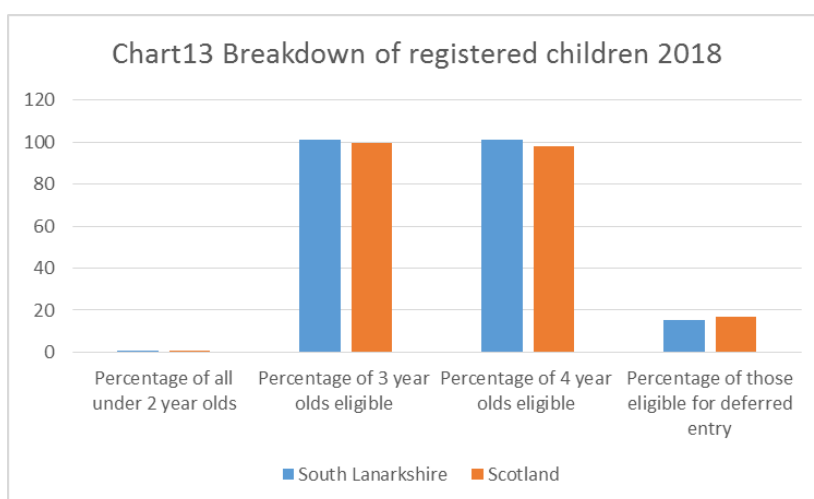
Source: Child Health Systems Programme Pre-school (CHSP-PS), Public Health Scotland

Achieving 85% of no concerns across all developmental domains and SIMD areas at the 27 month child health review is a national children and young people's improvement collaborative (CYPIC) outcome aim. Across South Lanarkshire Speech language and communication needs (SLCN) have been identified as the most predominant developmental concern affecting children at 27 months of age. The consequences reach into the classroom, justice system, mental health services and work place. Language underpins all learning, without it children struggle to express emotions, develop a sense of personal identity, learn, become literate and connect with the world around them.

Improvement activity in 2017 aimed to reduce SLCN inequalities at the 27/30 month child health review indicated the need to focus improvements on SIMD Quintiles 1, 2, 3 and 4. The latest figures evidence that four out of five SIMD areas have achieved and some exceeded the national goal of 85%. We have seen upward trend in SIMD 1, 3 and an impressive improvement of 9.5% within SIMD 1. The gap has closed between SIMD 1 and SIMD 5 from 12.7% to 9.6% however, the national target of 85% within SIMD1 has still to be achieved.

6.3 Preschool Learning and Education

In 2018 there were 5,857 children registered with a pre-school learning & education provider, those registered in South Lanarkshire had more— under 2 or 2 years old compared to Scotland . The numbers of deferred entry children and registered 4 year olds have been increasing but not as fast as in Scotland. There are 127 centres providing pre-school education in South Lanarkshire, of which around two-fifths are Partnership centres – above the Scottish average. More registered children in South Lanarkshire have learning disabilities, issues with communicating and emotional, behavioural, etc. issues than in Scotland as a whole. South Lanarkshire has relatively fewer registered children than in Scotland as a whole whose Home language is not English but significantly more with Additional Support Needs or a Coordinated Support Plan.



Source: Early Learning and Childcare statistics 2018

In 2018 there were 333 children aged 2 years old registered for pre-school education or learning. Of them a total of 288 or 86.4% (Scotland 67.7%) were receiving it through Parental qualifying benefit entitlement. A further 37 or 11 % (Scotland 23.9%) were receiving it due to them being identified as in Need, vulnerable or under local priorities. There were 3 or 0.9% (Scotland 2.8%) receiving it through Kinship Carer orders or by having a parent Appointed Guardian, and 5 or 1.5% were Looked after Children compared to Scottish figure of 2.7%

Table 1: Two year olds registered for pre-school education / learning

	Looked after	Kinship carers, etc.	Parent on benefit	In Need	All
2013	29	6	0	71	486
2014	13	7	177	144	522
2015	6	12	240	72	363
2016	7	8	272	41	328
2017	10	13	211	46	280
2018	5	3	288	37	333

Source: Early Learning and Childcare statistics 2018

6.4 Childcare – Pre-school education – Type of Need

Since 2013 information has been made available on the type of needs of children in pre-school education .In 2018, 6.2% of all pre-school registered children in South Lanarkshire had a known Communication need - **issues with speech, language and communication**. The South Lanarkshire figure in 2018 was above the Scottish average of 6.1%.

A total of 2.3% had **Social, Emotional and Behavioural needs** the South Lanarkshire figure was lower than the Scottish average of 3%. A total of 0.5% had a Sensory need – **sight, hearing or deaf-blind issues** lower than the Scottish average of 0.7%.A total of 1.9% had **Learning difficulties and dyslexia** greater than the Scottish average of 1.3%

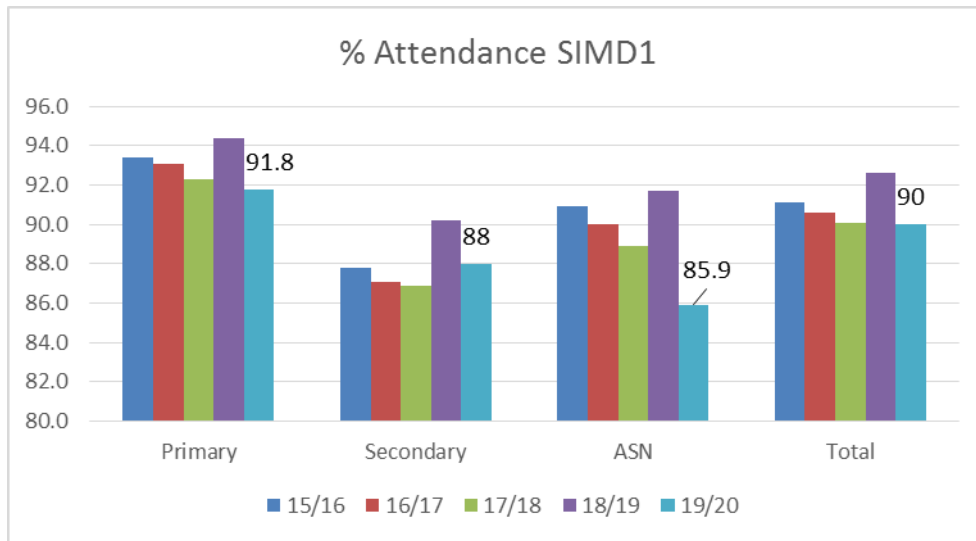
Table 2 shows the proportion of pre-school registered children in South Lanarkshire with a known need by type

Table 2: % all pre-school registered children with Known type of need

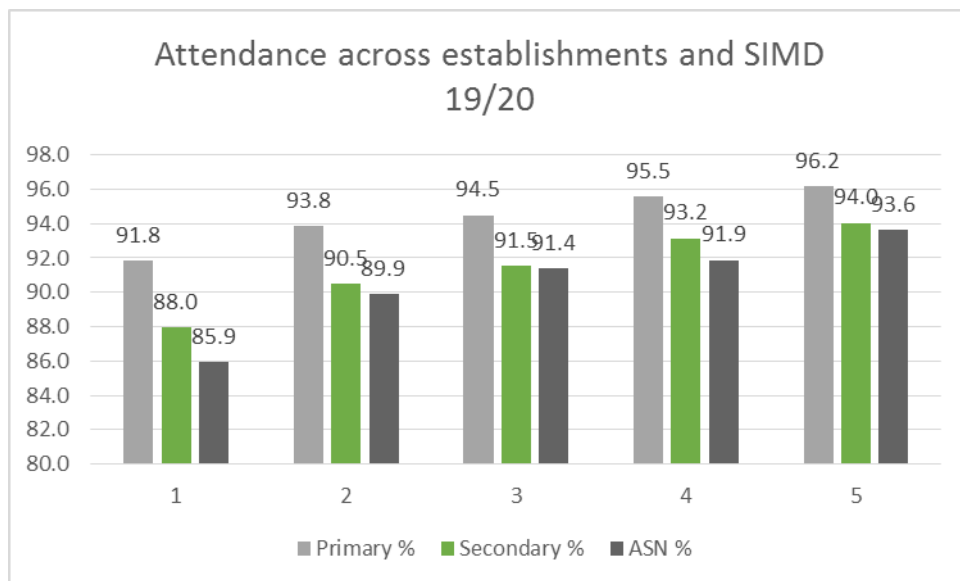
	Communication	Social	Sensory	Learning
2013	4.3%	2.1%	0.3%	2.6%
2014	5.1%	3.4%	0.6%	5.1%
2015	7.5%	3.8%	0.4%	4.1%
2016	7.2%	4.8%	0.4%	4.2%
2017	7.7%	2.9%	0.4%	2.2%
2018	6.2%	2.3%	0.5%	1.9%

6.5 School Attendance

Attendance at school is linked directly with attainment and an increased likelihood of securing employment. In 2018/19 the overall School Attendance rate in 2018/19 was **92.9%** just below the Scottish rate of **93% with a static trend** The attendance rate for Primary school pupils, was **93.6%**, and for pupils at Special schools, **92.7%**, and the Secondary schools rate, at **90.5%**. Overall, the main reasons for non-attendance were being Off sick but not requiring education provision (4.7%) – this was the main reason for all school sectors – and Attending but being late (2.1%) – this was significantly more likely for Secondary schools than other schools. Truancy was a relatively greater issue behind absences from Special schools than other schools. Over time the trend for all schools has been that a declining proportion of absences were Other Authorised absences and an increasing proportion due to Sickness (which did not require education provision). Unauthorised holidays are becoming an increasingly important reason for lack of attendance in all schools – as has arriving late.

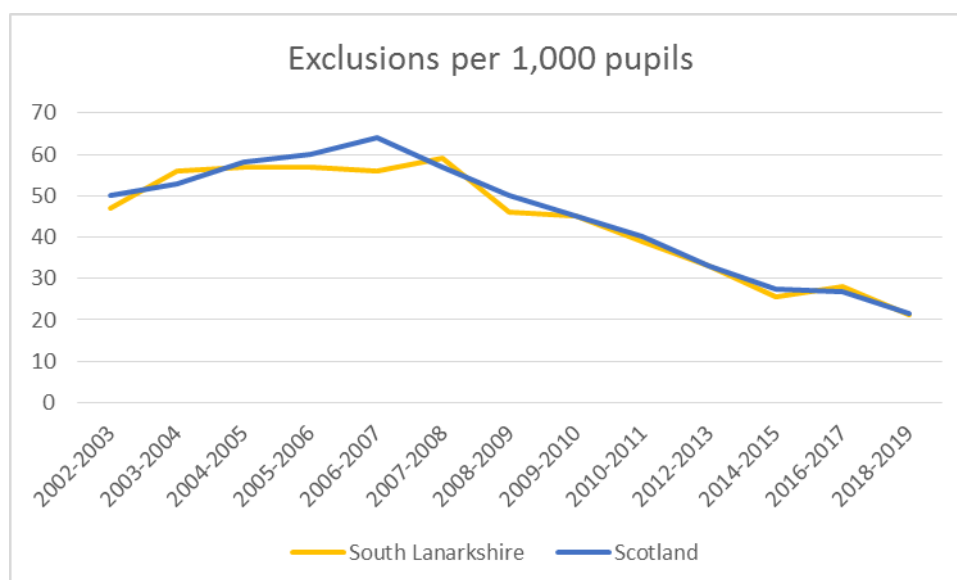


19/20 data within SIMD 1 combines primary, (91.8%) secondary (88 %) and ASN (85.9%) demonstrating a total figure of 90%. After slight increase last year the latest figure has decreased by 2.6% from the following year returning to a static trend ?? 19/20 data affected by the COVID 19 pandemic.



Looking across the SIMD areas the gap is greatest in ASN 7.7%, in Primary 4.4% in Secondary 6%

6.6 Exclusions from School



There were 940 exclusions from South Lanarkshire schools in 2018/19. The chart evidences a **decreasing trend** both locally and nationally with a rate of 21 per 1,000 pupils just below Scotland's rate of 22 per 1,000 pupils'. Of Exclusions, 85.3% were from Secondary schools and 11.9% from Primary schools and 2.8% from Special schools.

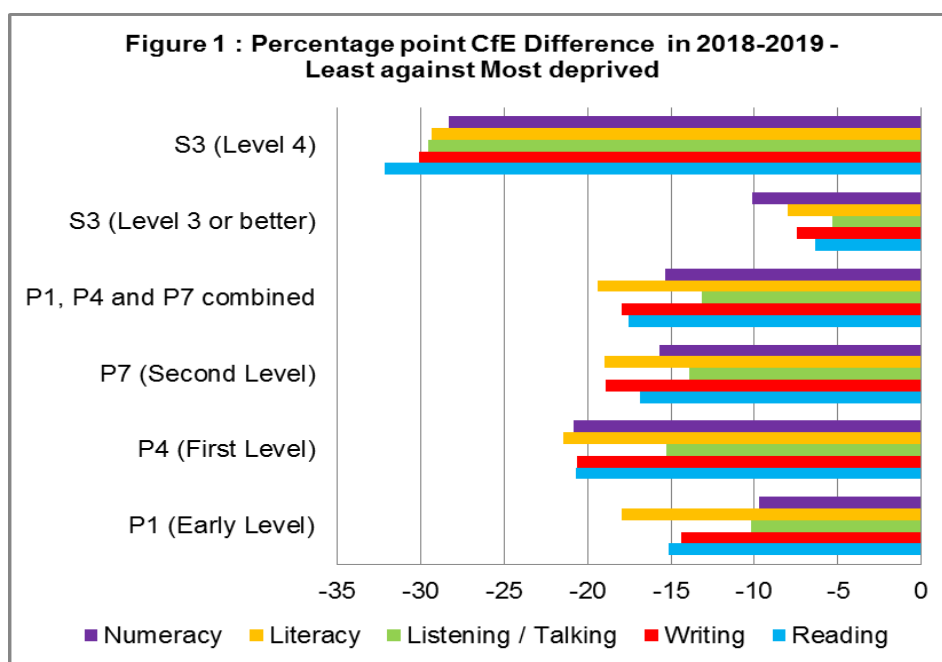
6.7 Attainment

Recent attainment information has produced as to whether their pupils were achieving expected levels in numeracy and three elements of literacy in P1, P4, P7, and S3. The figures suggest that as they progressed through schools more pupils were achieving expected levels – although in S3 significantly fewer were achieving the most advanced 4th level of outcomes. However, all the S3 results for South Lanarkshire were significantly higher than the Scottish averages. The lowest proportions judged to be meeting the relevant standards tended to be in P4. The Listening & Talking element of Literacy tended to be the one with the highest proportions judged to be meeting the expected standards with Numeracy the area where the proportions tended to be less. Compared to Scotland as a whole, South Lanarkshire appears to be judged to be performing relatively better in Numeracy and performing relatively poorly in relation to the Writing element of Literacy. Over time, the performances in P7 were judged to be relatively improving and for P4 to be relatively worsening. In respect of Numeracy, performances were seen to be generally improving over time. Compared to Scotland as a whole, South Lanarkshire's figures for Primary stages tend to have been relatively better in 2016-2017 but this gap has been narrowing over time. In relation to S3, the South Lanarkshire figures have remained higher than the Scottish average – especially at Level 4 – but the differences have tended to be falling.

6.8 Attainment versus deprivation

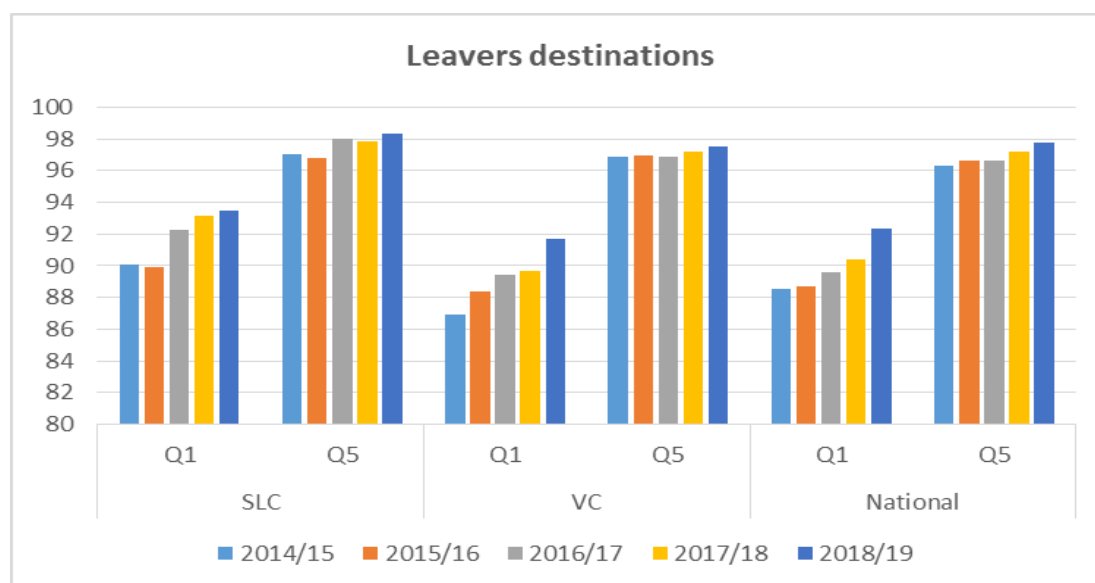
Information is being made available related to the judgement of teachers as to whether their pupils were achieving expected levels in numeracy and three elements of literacy in P1, P4, P7, and S3. It should be noted that there are concerns over the consistency of approach taken by teachers exercising their judgement and indications that they varied between schools and between council

areas – especially for the S3 level. This report considers the information based on the SIMD2016 status of the places pupils live in.



The results for 2018-2019 indicate that generally the lowest figures relate to pupils from the 20% Most Deprived areas and those from the 21-40% Most Deprived areas and the highest figure to those from the 20% Least Deprived areas across all elements of numeracy and literacy. The largest differences related to the judgements of those in S3 around their achievement of Level 4 for all aspects of Literacy and Numeracy. The smallest differences were also in S3 across all aspects judged to be achieving Level 3 or better. At all Stages of Primary schooling where judgements were made, the largest perceived differences were in relation to Overall Literacy and the smallest being related to the Listening & Talking element of Literacy. The differences tended to the smallest in P1 and then to “peak” in P4. Over time, generally the differences have been narrowing – especially on judgements at P1 and at S3 Level 3 or better. The figures suggest that the differences have not reduced as fast around P4 pupil perceived performance over time. ?is it an improving trend, comparators. **Awaiting data**

6.9 Positive leaver's destination



Youth employment is crucial to the future life chances of young people. In particular the transition from school to the world of work is a critical time to intervene and ensure young people sustain a positive post school destination and more importantly achieve their full potential. (This is a Scottish Government CYPIC outcome aim).

The South Lanarkshire figure of positive destinations achieved by the young people in SIMD 1 is 93.5%. (18/19) **improving trend** and above the **national average** of 92.4%. Exceeding the National CYPIC goal of 85% across each quintile. The gap between SIMD 1 (93.5%) and 5 (98.4%) is 4.9% smaller than the national gap of 5.4%.

The table below shows the positive destination outcome for each of the 4 localities (17/18) across South Lanarkshire and highlights that once again all 4 areas were above the national average.

Year	Clydesdale Positive %	Cambuslang/Rutherglen Positive %	Hamilton/Blantyre Positive %	EK/Strathaven Positive %	South Lanarkshire Positive %	National Positive %
2014/15	83.7	94.0	94.6	94.3	93.0	92.9
2015/16	93.6	93.0	93.5	95.6	94.1	93.3
2016/17	97.1	95.9	95.5	96.1	95.8	93.7
2017/18	98.7	96.6	95.4	94.8	96.4	94.0

The table below shows the destination recorded for the school leavers.

Initial Destination	Number	%
Employed	720	22.1
Higher Education	1461	44.8
Further Education	755	23.2
Training	85	2.6
Activity Agreement	114	3.5
Voluntary Work	6	0.2

Unemployed Not Seeking	36	1.1
Unemployed Seeking	75	2.3
Unknown	6	0.2
	3258	100

See section above in participation training and employment

6.10 Additional Support Needs of pupils

In 2018 there were 11,688 pupils in state schools in South Lanarkshire with a recognised Additional Support Need. This was the largest number recorded since at least 2003 and the ninth consecutive annual increase. Changes to the legislation are believed to be behind the increases. Of this total, 6,537 were in Primary schools, 4,754 in Secondary schools, and 377 in Special schools. Overall in 2018, 26.2% of Primary pupils, 25.1% of Secondary school pupils, and all Special school pupils had recognised Additional Support Needs – all the rates were the highest ever recorded. For Primary school pupils the rate was higher in South Lanarkshire than the Scottish rate but for Secondary schools the South Lanarkshire rate was a fifth lower. The largest numbers in Primary, Secondary, and Special schools required Additional Specialist Non-Teaching support – 60.5%, 62.8%, and 87% respectively. Compared to Scotland as a whole, relatively fewer required Additional Specialist Teaching support. Significantly more in Primary and Special schools than in Scotland as a whole required support with health issues and for all three sectors there has been a significant increase in the proportion requiring health service support – to 34.4% in Primary schools, 19.7% in Secondary, and 67.6% for Special schools. There were major differences between sectors in the reasons why support was needed. For Primary schools it was related to moderate learning difficulties and Emotional, Social and Behavioural difficulties. The same was the case for those in Secondary schools. For Special schools it was Learning disabilities and Communication Support Needs. Over time and for all sectors, increasingly Emotional, Social and Behavioural difficulties are being cited as a reason, as are Family issues and Communication Support Needs – as well as English as a Second Language.

6.11 Peer relationships/ Friendships (Included, Respected)

In the RCS survey Most pupils (84%) said that they had three or more close friends, 11% that they had two, 4% that they had one friend and 2% that they did not have any. Boys were more likely than girls *not* to have any close friends (2% compared with 1%).

Most pupils (84%) agreed that they had a close friend they could speak to about things that really bothered them, with girls more likely to agree than boys (88% agree and 6% disagree, compared with 79% and 9% respectively). Younger children were more likely to agree with this statement (86% agree and 6% disagree in S1, compared with 80% and 9% in S4). Those with an additional support need were less likely to agree (79% agree and 9% disagree, compared with 85% and 7% respectively of those without).

When asked how many evenings in a typical week they spend with friends, 7% said seven days, 17% five or six, 35% three to four, 29% one or two and 11% said none. Boys were less likely than girls to say they spent none of their evenings with friends in a typical week (13% compared with 9%) but also more likely to say they spend at least five evenings a week with friends (27% compared with 21%). Those in the two most deprived quintiles were also more likely to spend at least five evenings a week with friends (28-32%) compared with those in less deprived areas (19-22%). The same was

true for those eligible for free school meals (36%), compared with those not receiving them (22%), those with an additional support need (28%), compared with those without (23%), and those in receipt of children's services (42%), compared with those not in receipt (24%). The proportion of pupils spending at least five evenings a week with friends was lower for those living with both parents (23%) than those in a single parent household (27%), a step-family (28%) or another type of household (33%).

Friendships (Included, Respected)

Children in P5 to P7 were asked how often their friends are nice to them and how often they are mean to them. Overall, 54% said their friends were always nice to them, and a further 32% that they were often nice. Only 2% said friends were always mean, and a further 7% said 'often'.

Children in P5 and P7 were more likely to report that their friends were always nice to them (55% and 54% respectively, compared with 51% in P6). Girls were also more likely to say their friends were always nice than boys (55% compared with 52%). A higher proportion of those in two-parent families also reported that friends were always nice (55%) than those in single-parent households or step-families (both at 51%). A higher proportion of those in P7 said that their friends were never mean (51%) than children in P5 and P6 (both at 46%). Children eligible for free school meals were also less likely to say their friends were never mean to them (45%) than those not eligible (48%).

A majority of children in P5 to P7 (64%) said they had three or more close friends, 22% two, 12% one and 2% none. Children in P7 were less likely to have one or no close friends (11%) than those in P5 and P6 (17% and 14% respectively). There was also variation by area deprivation. Children in the most deprived quintile were more likely to report having one or no friends (16%) than those in the least deprived quintile (12%). The proportion who said they had no or just one close friend was higher for those eligible for free school meals (18%) than other children (13%), and higher for those with an additional support need (18%) than others (13%). Children with no siblings were more likely to report having one or no friends (18%) than those with one or two or more siblings (both 12%). Those in single-parent households were more likely to have one or no friends (19%) than those in two-parent or step-parent households (12% and 15% respectively).

6.12 Attitudes to school

Educational enjoyment and engagement (Achieving, Included)

There was a mixed picture in terms of attitudes towards school. In total, 70% of pupils indicated that they liked school, either a lot (22%) or a bit (47%). However, 30% did not like school very much (18%) or at all (12%).

Age was a factor here, with a steep decline from those in S1 (85%) to those in S4 (56%) saying they liked school at all.

A higher proportion of those living with both parents (73%) said they liked school when compared with those living with a single parent, step-parent or in another type of household (63%, 65% and 66% respectively).

There was also variation according to area deprivation, with those in the two least deprived quintiles (73-74%) more likely to say they liked school than those in the three most deprived (67-69%). Those eligible for free school meals (64%) were less likely than those not eligible (71%) to say they liked school, and more starkly, those in receipt of children's services (53%) were also less likely than those not in receipt (70%).

When asked how often they felt strained or pressured by schoolwork, around a third of pupils (35%) said that they feel that way a lot of the time, 52% that they sometimes do and 15% that they never feel that way. Not surprisingly perhaps, the proportion feeling strained or pressured a lot of the time rose with age from 15% in S1 to 61% in S4. It was also higher for girls (40%) than boys (29%) and highest of all among girls in S4 (76%). There were much smaller differences across some of the other subgroups.

The majority (67%) of children indicated that they had not skipped school in the past year, but 18% had done so once or twice, 11% between three and ten times and 4% more than ten times. The proportion who had truanted in the last year was higher among boys (35%, compared with 31% of girls) those eligible for free school meals (39%, compared with 32% of those not eligible) and those living in the most deprived quintiles (37%, falling to 29% in the least deprived). Truancy was less prevalent among those in a two-parent household (31%) than those in single parent, step-parent or other type of households (40%, 37% and 40% respectively), and among those with siblings at home (32% compared with 36% of those without). Those with an additional support need (39%) were more likely to have skipped school in the past year than those without (32%), and more starkly, more than half of those in receipt of children's services (56%) reported having skipped school, compared with a third (33%) of those not in receipt.

One in eight (12%) pupils who took part in the survey reported they had been 'excluded' at some point since starting secondary school. It should be noted that pupils' understanding of this may not coincide with schools' own definitions of what constitutes exclusion. It should also be noted that the survey did not include schools that cater specifically for those permanently excluded from mainstream schools.

Surprisingly, self-reported exclusion ever did not increase with age. There were, however, significantly higher levels of exclusion among those eligible for free school meals (19% compared with 11% for those not eligible), those living in the most deprived quintile (15% compared with 9% in the least deprived), those receiving children's services (35% compared with 12% for those not receiving them), those with additional support needs (19% compared with 11% for those without), and those living with neither parent (23%, compared with 11% of those in a two-parent household, 13% in a single-parent household and 15% in a step-family).

6.13 Teacher support

Although it is not clear which aspects of school life are most important for wellbeing, previous research in the US has found that enjoying school work, receiving teacher support during lessons, and absence of peer victimisation were all associated with primary school age children's liking for school^{xl}.

For most pupils, relationships with teachers seemed to be very positive. A majority said that they always received help from the teacher when they needed it (59%) and that they got along well with their teacher (59%). Over a third of children also said that they never got into trouble at school (36%).

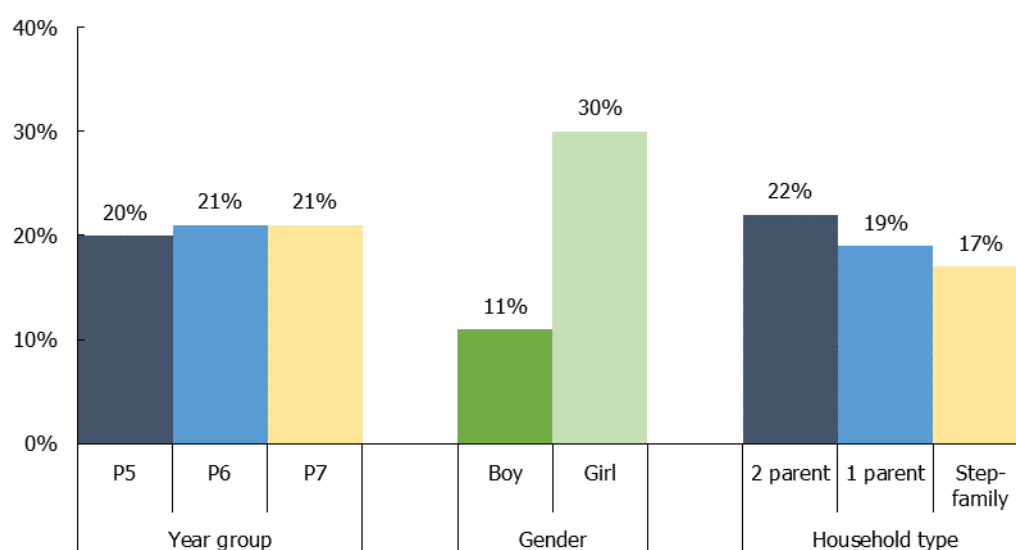
However, there was a sizable group – of 18% – reporting that they got help from their teacher only sometimes or never. One in ten pupils (10%) said that they always or often got in trouble while 13% only sometimes or never got along with their teacher.

The three questions in the table above were pulled together to create a scale which gave a sense of the child’s view of their educational environment. The scoring for the first two questions was reversed so that higher scores indicated more positive teacher relationships. Overall, 21% of children were categorised as having a ‘higher’, 48% an ‘average’ and 31% a ‘lower’ score.

A greater proportion of girls than boys had a higher score on the educational environment scale (30%, compared with 11%). The same was true for those not eligible for free school meals (22%, compared with 18% of those eligible), and those in two-parent households (22%, compared with 19% in one-parent households and 17% of those in step-families). Children without an additional support need also had higher scores (23%, compared with 15% of those with a support need).

Chart 3.3.2a

Percentage of children in P5 to P7 with a 'higher' educational environment score (more positive relationships with teachers), by year group, gender, and family type



Source: RCS primary school survey, South Lanarkshire 2016

6.14 Worries about school work (Achieving, Healthy)

When pupils were asked how much they worry about not doing well at school, 12% said they worried a lot, 22% quite a lot, 47% not very much and 20% not at all. Children in the most deprived quintile (38%) were more likely to worry about school a lot or quite a lot than those in the least deprived quintile (30%). Those eligible for free school meals were also more likely to worry (38%, compared with 32% of those not eligible).

Again, children in single-parent households (39%) and step-families (41%) were more likely to worry than those in two-parent households (31%). Finally, children with no siblings at home were more likely to worry (36%) than those with one sibling (31%) or two or more siblings (34%).

6.15 Caring responsibilities (Included)

In the RCS survey One in eight children (13%) in S1 to S4 indicated that they were young carers – in other words that they care for or look after someone in their home because, for example, of a long-term illness or disability.

This figure is substantially higher than was found at national level among those aged 13 to 15, using data from the Scottish Health Survey (8%). While this difference may be due to slight differences in methodology and question wording, it suggests an issue that may be worth exploring further using other sources of data.

Interestingly, the prevalence of young carers declined with age. While there may be a methodological reason for this, with different understandings of the question between those in the younger and older year groups, such differences were not apparent during cognitive testing of the questionnaire.

There were also, however, marked differences by SIMD and free school meal eligibility and these are unlikely to be accounted for by methodological issues. Pupils in the most disadvantaged quintile were more likely than those in the other quintiles to be young carers (18%, declining to 8% in the least deprived quintile). Those eligible for free school meals were significantly more likely than other children to identify themselves as carers (25% doing so, compared with 11% of those not eligible).

Are there any key messages in young carer's survey?

Local area facilities to socialise

7	Children, young people & adults affected by childhood adversity & trauma have the right support in place, where needed, to improve health & life outcomes
---	---

Adverse Childhood Experiences (ACEs)

Currently no indicators developed



SL CPP health and wellbeing survey RCS.

RCS wellbeing survey

ⁱ <http://www.gov.scot/Resource/Doc/175356/0066306.pdf>

ⁱⁱ <https://medlineplus.gov/ency/article/007313.htm>

ⁱⁱⁱ <http://www.nhs.uk/Conditions/pregnancy-and-baby/pages/smoking-pregnant.aspx>

^{iv} Fogelholm M. (2010) Physical activity, fitness and fatness: relations to mortality, morbidity and disease risk factors. A systematic review. *Obesity Reviews*, 11(3): 202–221.

^v Respondents were asked on how many days during the past seven days their child was active for a total of at least 60 minutes per day. Being active was defined as including any activities that they do that involves them moving their body, increasing their heart rate and making them out of breath some of the time.

vi <http://www.gov.scot/About/Performance/scotPerforms/indicator/dental>

vii Annual Report of the Chief Dental Officer 2012 – A picture of Scotland’s Oral Health. Edinburgh: Scottish Government, 2013. Available from: www.scotland.gov.uk/Publications/2013/12/1101

viii <http://www.gov.scot/Resource/Doc/212225/0056476.pdf>

ix Goodman R (1997). The Strengths and Difficulties Questionnaire: A Research Note. *Journal of Child Psychology and Psychiatry*; 38, 581-586.

x <https://cdn.shopify.com/s/files/1/0924/4392/files/passive-smoking-and-children.pdf?15599436013786148553>=

xi AUDIT-C (Audit-Consumption) is derived from the first three questions on the standardised Alcohol Use Disorders Identification Test, developed by the World Health Organisation. It is one of two measures developed as a reliable pre-screen for a full AUDIT and is able to indicate whether an individual is potentially drinking at increasing or higher risk levels.

xii Bush K, Kivlahan D, McDonell M, Fihn S and Bradley K, (1998). The AUDIT alcohol consumption questions (AUDIT-C): an effective brief screening test for problem drinking. Ambulatory Care Quality Improvement Project (ACQUIP). *Alcohol Use Disorders Identification Test. Archives of Internal Medicine* 158(16):1789-95.

xiii <http://www.gov.scot/Resource/0041/00414641.pdf>

xiv <http://www.gov.scot/Resource/0041/00414641.pdf>

xv Condon JI & Corkindale CJ (1998) The assessment of parent-to-infant attachment: development of a self-report questionnaire instrument. *Journal of Reproductive and Infant Psychology*. 16: 57–77

xvi Pianta, R. C. (1992). *Child-Parent Relationship Scale*. Charlottesville, VA, Unpublished measure, University of Virginia.

xvii The **warmth of mother-child relationship** was measured using seven items from the Pianta scale (Pianta 1992) (reliability acceptable, Cronbach alpha=0.67). Each item was scored as 1 definitely does not apply, 2 not really, 3 neutral, 4 applies sometimes, or 5 definitely applies. ‘Can’t say’ responses were considered as missing. Scores were summed for parents who had completed all warmth items. The scores were derived using the same categories as Growing Up in Scotland (2011) in which a high number of parents scored the maximum of 35, and so the lowest third of parents (with scores between 7 and 33) were contrasted with the remainder (referred to as ‘high warmth’). **Mother-child conflict** was measured using eight items from the Pianta scale (Pianta 1992) with items scored on a 4-point scale as for the Pianta warmth items (see above). Cronbach’s

alpha indicated good reliability (0.80). Scores were summed for parents who had completed all conflict items and grouped those that scored 8-12 (lowest conflict), 13-18 (medium conflict), or 19-40 (high conflict).

^{xxiii} <http://www.gov.scot/Resource/Doc/350041/0117150.pdf>

^{xxix} <http://www.gov.scot/Resource/Doc/263896/0079034.pdf>

^{xx} Data from these questions were combined to produce a score for each respondent of between 5 and 25, with those scoring between 5 and 9 classified as perceiving their area as more safe, those scoring between 10 and 13 classified as perceiving their area as having a medium level of safety, and those scoring between 14 and 25 classified as perceiving their area as less safe.

^{xxi} <http://www.gov.scot/Publications/2010/11/12120420/0>

^{xxii} <https://www.gov.uk/government/publications/uk-physical-activity-guidelines>

^{xxiii} <https://www.gov.uk/government/publications/uk-physical-activity-guidelines>

^{xxiv} Children were provided with the following explanation before being asked how often they spend time doing active things: 'The next question is about being active. Being active is anything that moves your body, makes your heart beat faster and makes you get out of breath some of the time. You are active when you play in sports, take part in school activities, play with friends or walk to school. Some examples are running, walking quickly, cycling, dancing, skateboarding, swimming, football and gymnastics.'

^{xxv} Fogelholm M. (2010) Physical activity, fitness and fatness: relations to mortality, morbidity and disease risk factors. A systematic review. *Obesity Reviews*, 11(3): 202–221.

^{xxvi} Respondents were asked on how many days during the past seven days their child was active for a total of at least 60 minutes per day. Being active was defined as including any activities that they do that involves them moving their body, increasing their heart rate and making them out of breath some of the time.

^{xxvii} Respondents were asked how often their child eats both fruit and vegetables. Data from these questions were combined to give each child a score for fruit and vegetable consumption of between 1 and 12, with those scoring between 1 and 4 classified as having a higher fruit and vegetable consumption (those who eat fruit/and or vegetables every day or most days), those scoring between 5 and 8 classified as having a medium fruit and vegetable consumption, and those scoring between 9 and 12 classified as having a lower fruit and vegetable consumption.

^{xxviii} <http://www.gov.scot/Publications/2013/12/1101/0>

^{xxix} <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4355135/>

xxx <http://www.gov.scot/Publications/2016/10/8742>

xxxi <http://www.rightoutside.org/>

xxxii <http://www.gov.scot/Publications/2016/09/2764/332571>

xxxiii <http://www.gov.scot/Publications/2016/10/3937>

xxxiv <http://www.gov.scot/Publications/2016/10/5514>

xxxv <http://www.gov.scot/Publications/2015/11/9339>

xxxvi This figure is currently under review in the SALSUS report

xxxvii <http://www.childrensociety.org.uk/what-we-do/research/the-good-childhood-report>

xxxviii Grogan S. Body image: Understanding body dissatisfaction in men, women and children, Third edition; London: Routledge. 2016.

xxxix <http://www.gov.scot/Resource/0041/00414641.pdf>

xl Løhre A, Lydersen S, Vatten LJ. School wellbeing among children in grades 1-10. BMC Public Health. 2010, 10: 526.