

PLANET YOUTH IN WEST DUNBARTONSHIRE

THE STORY BEHIND THE NUMBERS

Understanding how sleep, family life
and digital habits shape wellbeing



PLANET
Youth®

PARTNER West Dunbartonshire



Scottish Government
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Foreword

The health and wellbeing of children and young people is shaped by the environments around them. Prevention therefore means understanding and strengthening the factors that help young people in West Dunbartonshire feel healthy, safe, connected and hopeful, while reducing risks to their wellbeing.

West Dunbartonshire has been one of Scotland’s original Planet Youth areas since 2021. Locally, the approach has helped partners use young people’s voices and evidence to shape upstream prevention, strengthen partnership working, and inform planning and delivery. Planet Youth is not just a survey or standalone programme; it is a way of working that helps partners move from insight to action.

The 2025 survey provides an important picture of progress and ongoing need. It shows encouraging improvements in community participation, smoking, alcohol use, self-harm and suicidal thoughts, while also highlighting areas where further collective effort is needed, including bullying, sleep, vaping, cannabis use, wider drug use and inequalities affecting some groups of young people.

This deep dive report should be used as a basis for discussion, planning and action. The value of the data lies in what happens next: how schools, families, community organisations, services and strategic partners use the findings to strengthen protective factors, reduce risks and improve the environments in which young people grow up.

We would like to thank the young people who took part in the survey, and the schools, families, community organisations and partners who continue to support this work. Their contribution gives West Dunbartonshire a stronger evidence base and a clearer direction for prevention.



Clare Wilson
Head of Children’s Health, Care & Justice
Chief Social Work Officer
West Dunbartonshire Health and Social Care Partnership

About Planet Youth

Planet Youth is an internationally recognised, evidence-based prevention model based on the Icelandic Prevention Model, developed in the early 1990s to address young people’s substance use. It uses regular, anonymous local survey data to understand the family, school, peer and community factors influencing young people’s wellbeing and choices. The model helps communities strengthen protective factors, reduce risks and create healthier environments where young people can thrive.

TO LEARN MORE, VISIT
WWW.PLANETYOUTH.SCOT



PARTNER West Dunbartonshire

About this report

Young people growing up in West Dunbartonshire have experienced significant changes over the past five years that have impacted on their wellbeing. These include the recovery from the pandemic, increasing exposure to algorithmic social media, and a deepening cost-of-living crisis, to name a few.

This report shares young people’s accounts of their own lives, and how that’s changed since 2021. It covers how they feel, how they spend their time, how they sleep, and what substances they have tried. Any changes reported reflect what pupils themselves told us.

In 2025, a total of 765 S3 and S4 pupils across West Dunbartonshire’s secondary schools filled in the anonymous and self-reported Planet Youth survey during class time.

It is the third time the Planet Youth survey has run here. In 2023, 919 pupils took part and 202 in 2021, when the survey only ran in one school. This means that, for the first time, we can see how life is changing for the area’s young people over four years.

How to read the report

- Numbers describe what pupils report.
- Where two different outcomes are connected, we say “linked with”, because a survey can show a pattern but cannot prove what causes what.
- An asterisk (*) marks a change big enough that it is unlikely to be chance – this is known as ‘statistical significance’.
- Where a group of pupils is small, we say so and flag the figure “read with care”.

How we checked these numbers

- Most figures used in this come from the publicly available [Planet Youth Survey 2025: West Dunbartonshire report](#).
- We calculated every headline figure from the raw survey answers, and double-checked they matched the published results.
- We checked that no single school or group of pupils is driving the overall picture.
- The 2021 survey only ran in one school, which means changes since 2021 could reflect which schools took part, rather than a real change in young people’s lives. So for every change since 2021 we asked: do the changes still hold when we look only at the one school that was surveyed all three times? They do and several improvements are actually larger in that comparison than in the headline figures.

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WHAT YOUNG PEOPLE ARE TELLING US ABOUT THEIR LIVES

Young people report better mental health and are drinking and smoking less

Across the twelve key areas of young people’s lives we looked at, most things are moving in the right direction.

Six areas have improved significantly since 2021, with big improvements noticeable in young people’s wellbeing. Fewer pupils reported suicidal thoughts, down from around one in three (32%) to one in five (21%)*, fewer have self-harmed (39% to 31%*), and self-esteem is improving*. Drinking has fallen from 61% to 49%*, smoking has halved (18% to 9%)*, and more young people take part in clubs, sport and activities than ever (51% to 65%)*.

Two measures appear to be moving the wrong way. More than half of pupils (51%) now say they have been bullied at some point, up from 47% in 2021. And drug use has crept up slightly from 6% to 8%. We can’t say for sure whether this reflects a real change,

because neither change is large enough to rule out chance. But both areas should be closely monitored going forward.

Underneath the headline improvements, the survey points to a small number of places where acting early could make a particularly big difference. The data show a ripple effect, where risks build the further downstream we go. A young person who doesn’t get enough sleep is more likely to have low self-esteem. Young people with low self-esteem are more likely to self-harm. And, in turn, young people who told us they had harmed themselves are much more likely to have suicidal thoughts.

Rather than responding only when concerns arise, we can strengthen the factors that help young people thrive, including better sleep, less screen use, more positive school experiences and spending more time with family.

● Significant change ○ Non-significant change (NS) — Positive change — Negative change

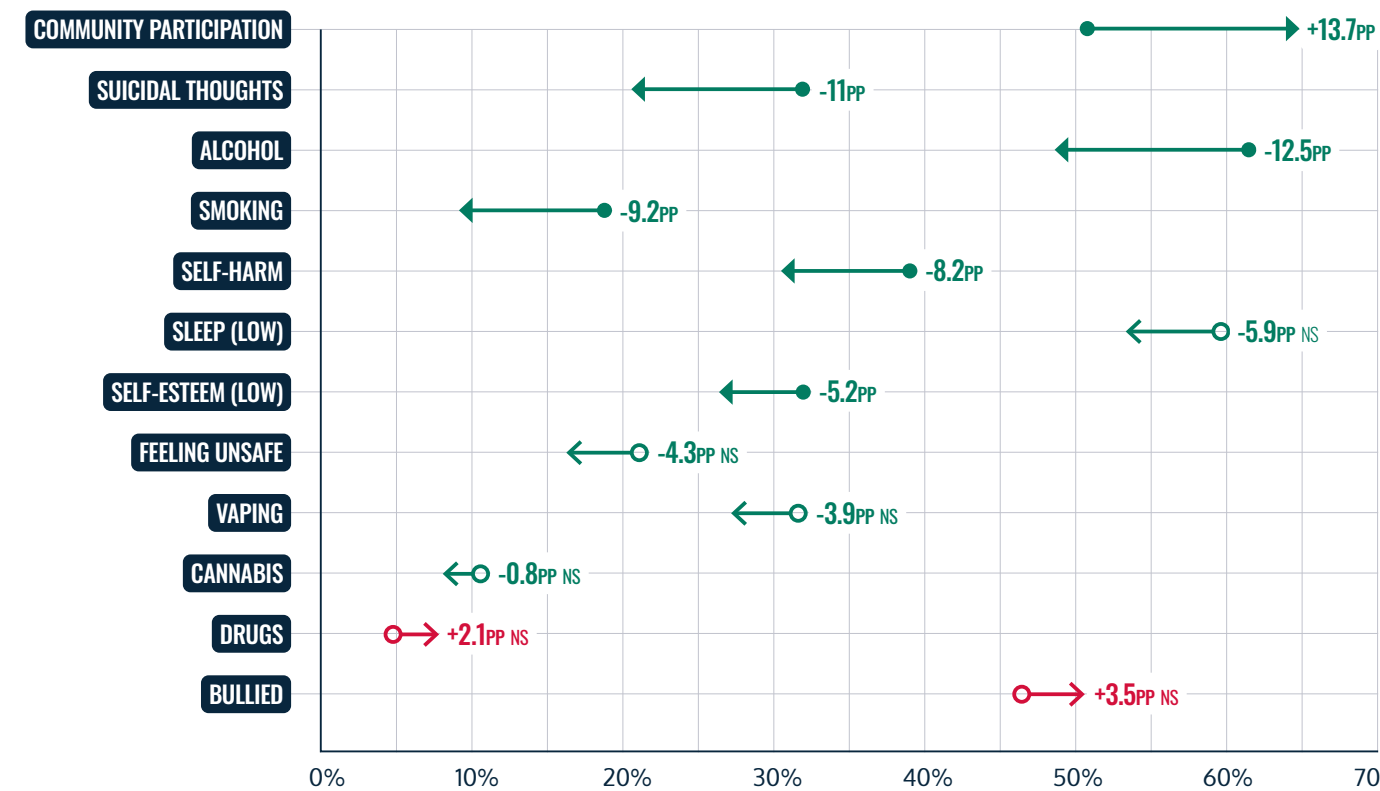


Figure 1. Twelve measures at a glance. Ten out of twelve are moving in the right direction, with six showing statistically significant improvements. PP: percentage point

Five stories from the data

1

YOUNG PEOPLE WHO SPEND MORE TIME ON SOCIAL MEDIA GET LESS SLEEP

Half of pupils (53%) aren’t getting enough sleep, and nearly half (46%) say scrolling keeps them awake.

2

YOUNG PEOPLE ARE REPORTING BETTER MENTAL HEALTH

Suicidal thoughts have fallen by a third since 2021, the lowest level of any Planet Youth area, and self-harm and self-esteem are improving too.

3

BULLYING SIGNIFICANTLY INCREASES THE RISK OF POORER MENTAL HEALTH

More than half of pupils (51%) have been bullied at some point, the only measure in the survey moving the wrong way each time we ask, and bullied pupils face higher risks across every mental health measure.

4

PARENTS AND CARERS CAN STOP RISKS BUILDING FURTHER DOWNSTREAM

Pupils with the most family time, support and clear boundaries are half as likely to be short of sleep, and far less likely to self-harm (17%, against 47% of pupils with the least).

5

VULNERABLE YOUNG PEOPLE EXPERIENCE THE GREATEST RISK

Neurodivergent pupils experience significantly poorer outcomes on all twelve measures; girls on eleven; LGBTQ+ young people on nine.

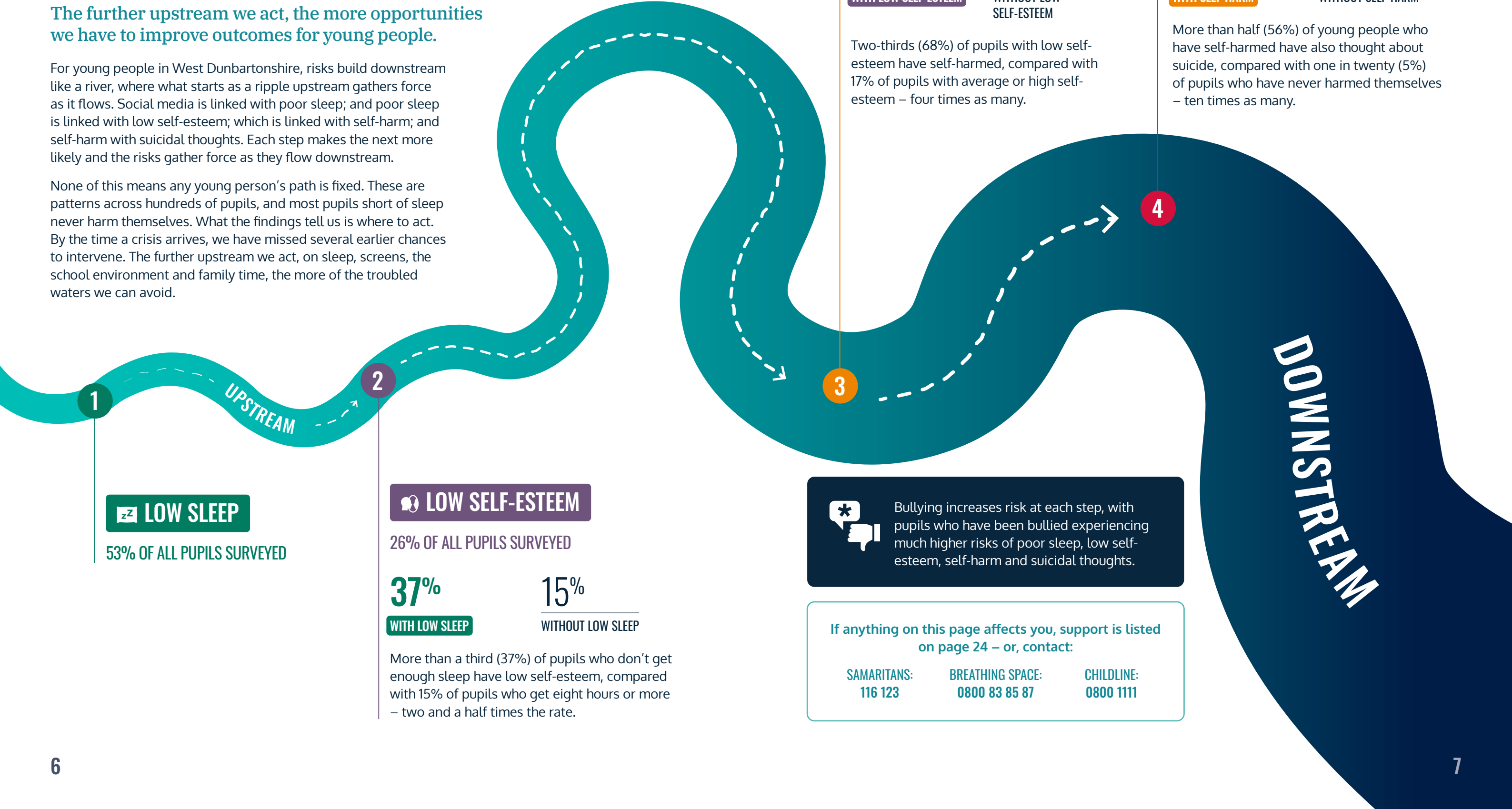
WHY UPSTREAM ACTION IS KEY

Ripples upstream cascade into powerful currents downstream

The further upstream we act, the more opportunities we have to improve outcomes for young people.

For young people in West Dunbartonshire, risks build downstream like a river, where what starts as a ripple upstream gathers force as it flows. Social media is linked with poor sleep; and poor sleep is linked with low self-esteem; which is linked with self-harm; and self-harm with suicidal thoughts. Each step makes the next more likely and the risks gather force as they flow downstream.

None of this means any young person’s path is fixed. These are patterns across hundreds of pupils, and most pupils short of sleep never harm themselves. What the findings tell us is where to act. By the time a crisis arrives, we have missed several earlier chances to intervene. The further upstream we act, on sleep, screens, the school environment and family time, the more of the troubled waters we can avoid.



FIVE STORIES FROM THE DATA

STORY 1

THE LINK BETWEEN SLEEP AND SOCIAL MEDIA

Young people who spend more time on social media get less sleep

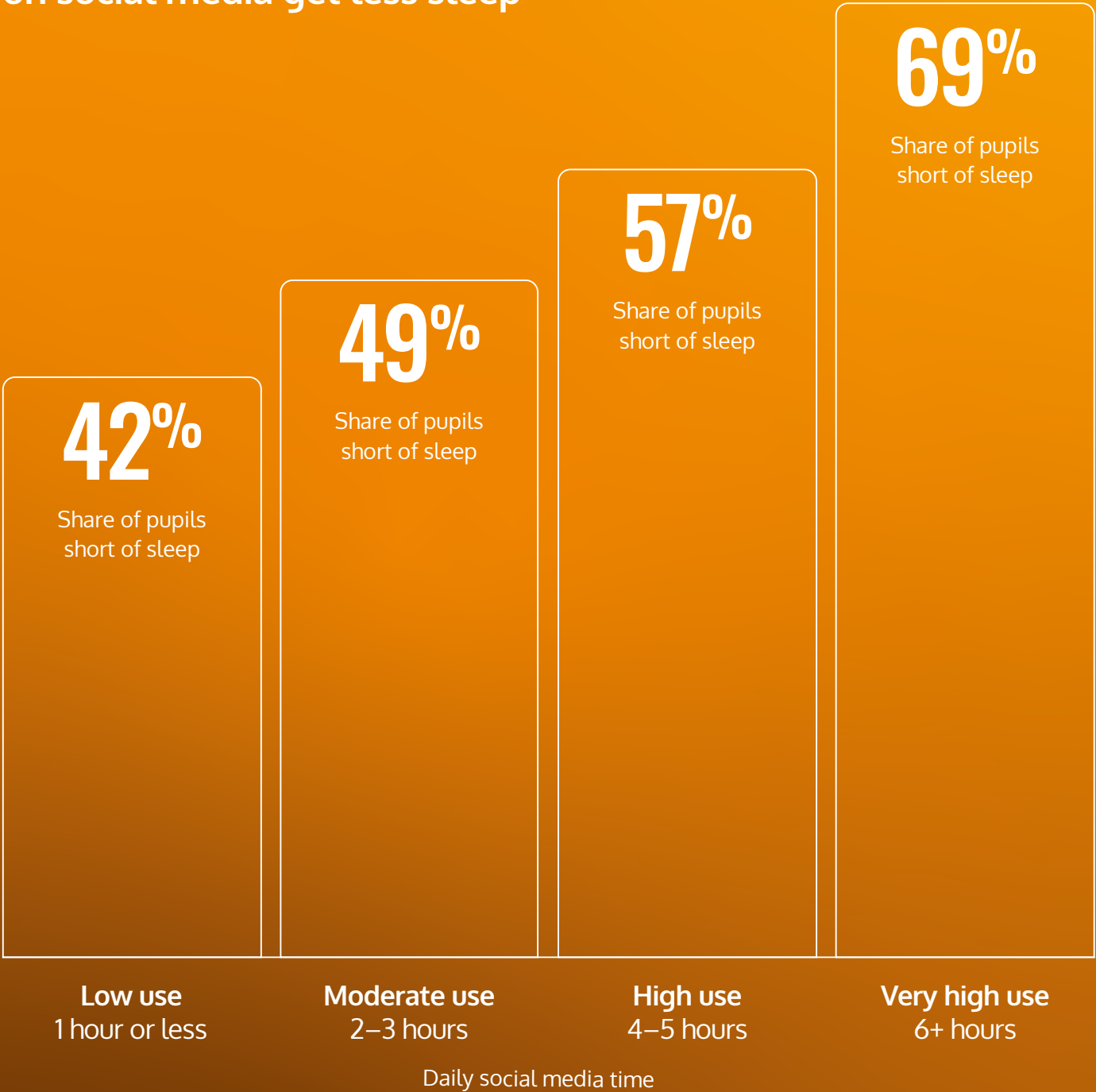


Figure 2. Social media and sleep. The more time spent on social media, the less sleep young people get. NB: each group has at least 138 pupils.

Over half of young people in West Dunbartonshire (53%) say they don't get enough sleep.

Sleep is often the first link in the chain, having multiple ripple effects downstream. Pupils who don't get enough sleep are more likely to have low self-esteem, to self-harm, and to have suicidal thoughts. With 1 in 2 pupils not getting enough of it, sleep is a clear priority for upstream prevention.

Young people in West Dunbartonshire told us exactly what keeps them awake. Scrolling social media tops their list (46%), followed by texting friends (41%).

We also looked at the link between how long young people spend on screens and how much sleep they got. We found that roughly every extra hour of social media is linked with a higher risk of not getting enough sleep. Around 4 in 10 (42%) of light social media users got poor sleep, climbing to 69% among the heaviest users. The pattern holds after taking account of who pupils are – gender, year group, neurodivergence and family circumstances. What matters is the amount of time spent on screens rather than any particular channel or app: heavy use of social media, gaming and streaming all show the same link with poor sleep.

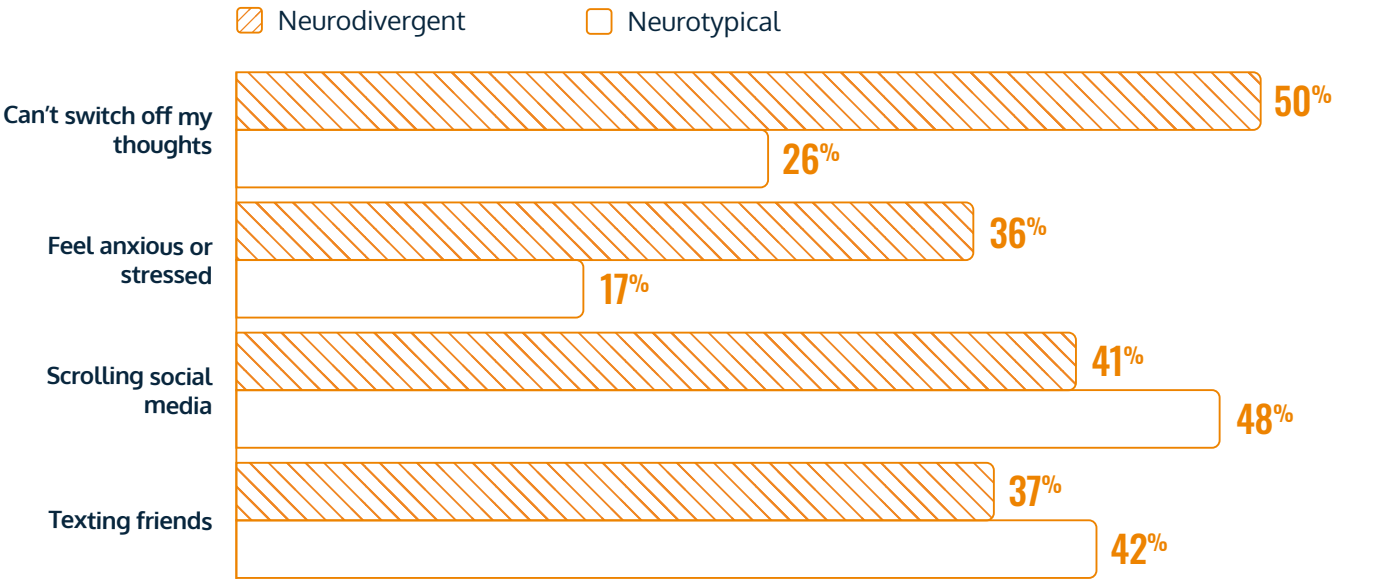


Figure 3. Sleep barriers for neurodivergent vs neurotypical pupils. Racing thoughts and anxiety keep neurodivergent pupils up more than screen time.

There is one important exception. Neurodivergent pupils sleep badly at every level of screen use, including those who barely use screens at all. And the data suggest that limiting screen time alone is unlikely to close their sleep gap.

Their own explanations point somewhere different. Not being able to switch off their thoughts (50% vs 26% for other pupils) and feeling anxious or stressed (36% vs 17%) top their list, while scrolling

sits lower for them (41%) than for everyone else (48%). For these young people, better sleep looks to be less about phones and more about calmer minds.

The good news is that heavy social-media use is starting to fall, from 53% of pupils spending four or more hours a day in 2021 to 43% now. And this has coincided with a fall in the proportion of pupils who don't get enough sleep, from 59% in 2021 to 53% now.

Note: a survey can show a link between two things but cannot prove cause and effect.

STORY 2
A MENTAL HEALTH RECOVERY

Young people are reporting better mental health

Fewer young people told us about suicidal thoughts than in the previous two Planet Youth surveys. And West Dunbartonshire now has the lowest level of any Planet Youth area in Scotland.

Where the consequences for young people are most serious is exactly where West Dunbartonshire has seen some of its clearest improvement.

The proportion of pupils who have ever had suicidal thoughts has fallen by a third since 2021, from around one in three (32%) to one in five (21%)*.

Self-harm rates have also fallen, from 4 in 10 (39%) young people in 2021 to 3 in 10 (31%*) in 2025. And fewer pupils now report low self-esteem, down from 32% to 26%*.

These improvements are particularly encouraging given how difficult we know the past few years have been for young people. The pandemic triggered a large increase in anxiety and depression, with young people being hit the worst, according to the World Health Organisation¹. So these results suggest that young people’s mental health in West Dunbartonshire may be recovering from the pandemic years.

But the West Dunbartonshire results are more than a one-off improvement. Suicidal thoughts and self-harm fell between 2021 and 2023 and then fell again in 2025. West Dunbartonshire continues to report lower levels of suicidal thoughts than all other Planet Youth areas. Across all participating areas in Scotland, the proportion of young people reporting suicidal thoughts fell from 41% to 23% over the same period.

The upstream and downstream stories also appear to be moving in the same direction. Since 2021, heavy social-media use has fallen by ten percentage points and the proportion of young people not getting enough sleep has also fallen, while self-esteem, self-harm and suicidal thoughts have improved. In other words, the upstream pressures have eased, while the outcomes downstream have improved with them.

A survey cannot tell us whether one change led to another, or exactly what lies behind the improvement. But the consistency of the pattern matters. We can be confident in saying something in young people’s lives in West Dunbartonshire has shifted for the better.

The opportunity now is to understand what has helped, protect the gains already made and make sure the improvement reaches the young people experiencing the greatest risks.

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¹ World Health Organisation (WHO) (2022), ‘COVID-19 pandemic triggers 25% increase in prevalence of anxiety and depression worldwide’, <https://www.who.int/news/item/02-03-2022-covid-19-pandemic-triggers-25-increase-in-prevalence-of-anxiety-and-depression-worldwide>

2021



2025

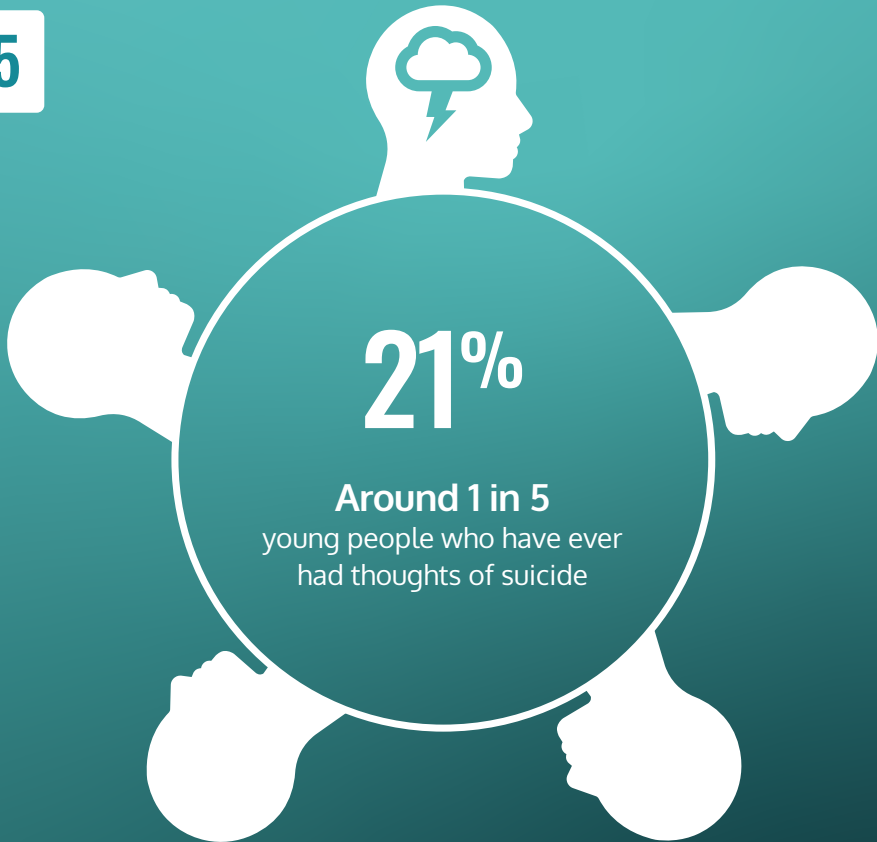


Figure 4: Prevalence of suicidal thoughts. The proportion of pupils who had suicidal thoughts fell from around one in three in 2021 to one in five in 2025 – the lowest of any Planet Youth area.

STORY 3

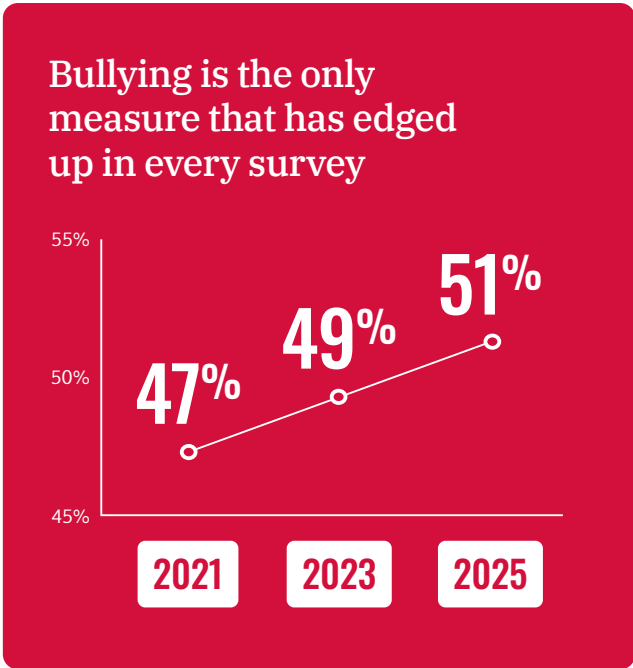
HOW BULLYING AMPLIFIES RISK

Bullying significantly increases the risk of poorer mental health

More than half of all young people (51%) have been bullied at some point. And bullying is one of the only measures in this survey moving the wrong way.

While nearly every other of the twelve measures improved, bullying has gradually edged up in every survey: 47% in 2021, 49% in 2023, 51% in 2025. The rise is small enough that chance can't be ruled out. However, its consistent increase over time, despite improvements in many other areas, highlights the need for continued attention.

Bullying matters because it strengthens the current. Across Planet Youth areas nationally, bullying was the single strongest individual risk factor in the survey, linked with significantly higher risk across every mental health outcome. West Dunbartonshire's data shows the same pattern at every stage.



The survey found that young people in West Dunbartonshire who have been bullied:

- Get less sleep: 57% of bullied pupils didn't get enough sleep, compared to 49% of pupils who told us they had never been bullied.
- Have lower self-esteem: among bullied pupils, 41% have low self-esteem, compared to 12% of everyone else.
- Are more likely to self-harm: Nearly half (46%) have self-harmed, compared to just 16% – three times the rate.
- Have four times the rate of suicidal thoughts: one in three (34%) have had suicidal thoughts, compared to one in twelve (8%).

Young people told us that bullying mostly happens at school. More than four in five (83%) bullied pupils said they were bullied at school, whereas less than half said they were bullied outside of school (47%), on social media (42%), or through texts and phone calls (42%).

More than half of bullied pupils (59%) said they were bullied in more than one of these settings, while a quarter (25%) reported being bullied across all four.

Bullying also affects those who are most at risk. Two in five (40%) pupils identifying as not in any of the survey's vulnerable groups have been bullied. This rises to around three in five (57%) pupils in one vulnerable group and four in five (79%) pupils with two or more vulnerabilities.

The findings show how bullying not only compounds risk at each link in the chain, but does so especially for those already most vulnerable to poor mental health and substance use. They also point to the school environment as a potential place for intervention, as the primary setting where bullying takes place.

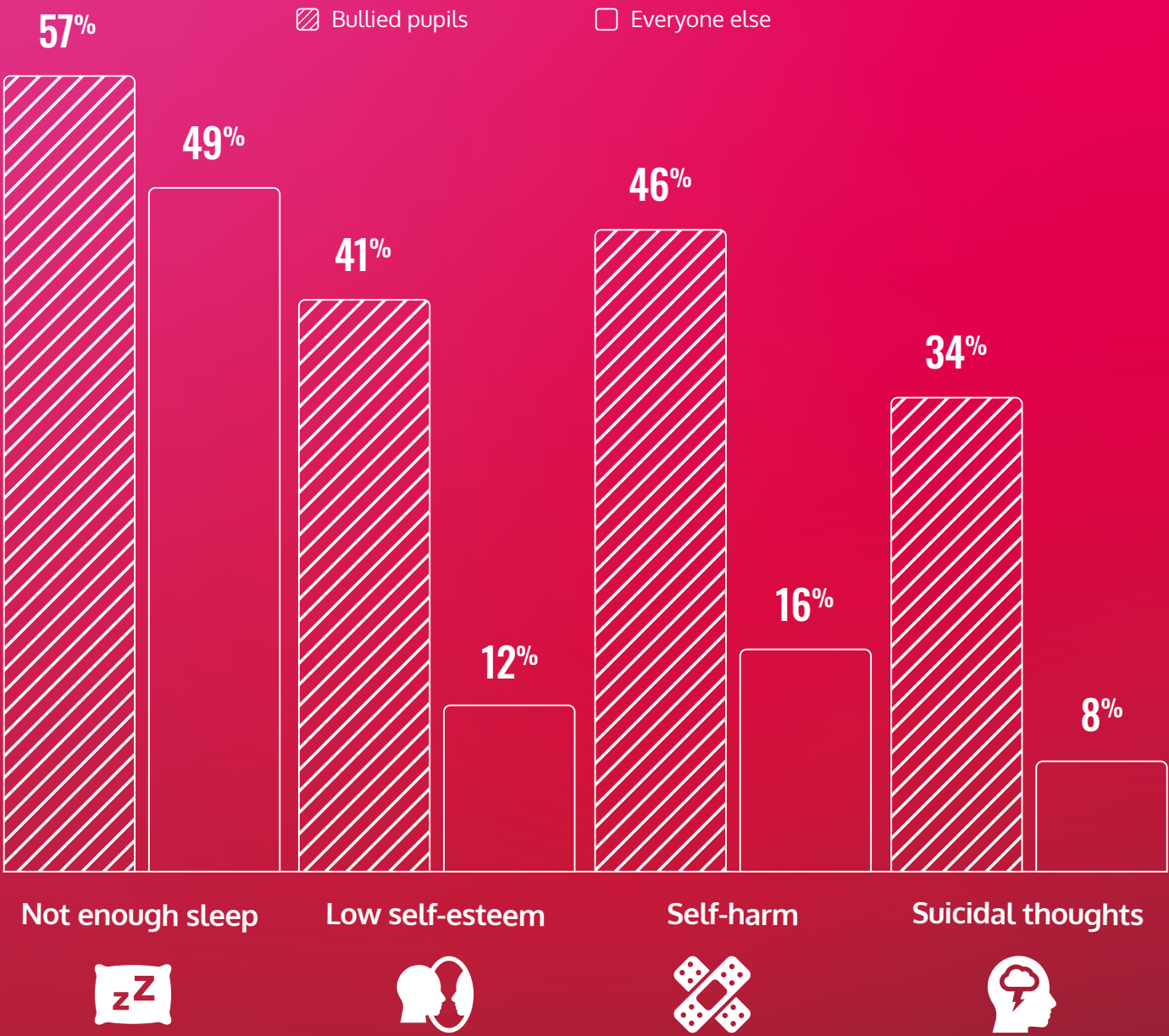


Figure 5: Risks for bullied pupils. Bullied pupils face three to four times the level of low self-esteem, self-harm and suicidal thoughts.

BULLIED IN MORE THAN ONE PLACE

59% of bullied pupils are reached in two or more settings:

- 83%** School
- 42%** Online
- 42%** Texts/calls

MOST COMMON AMONG MORE VULNERABLE PUPILS

- 40%** bullied Identifying with no vulnerable groups
- 57%** bullied Identifying with one group
- 79%** bullied Identifying with two or more groups

STORY 4

THE POWER OF PARENTS

Parents and carers can stop risks building further downstream

Pupils who spend time with their families, and whose parents and carers are supportive and set clear boundaries, report markedly fewer risks.

If bullying strengthens the current, family engagement works the other way: it slows the flow at every point.

By family engagement, we mean the everyday interactions and routines that help parents and carers support and protect their children from harm. These include spending more time together, being easy to turn to for support, knowing where their teenagers are and setting clear expectations and boundaries.

To see the difference that parents and carers can make, let's compare the third of pupils with the most family engagement to the third with the least.

- Half as many pupils with high levels of family engagement are short of sleep – a third (33%) compared to two-thirds (69%) with low levels of family engagement.
- Nearly three times fewer pupils with high levels have self-harmed – one in six (17%), compared to nearly half (47%).
- Over three times fewer pupils have had suicidal thoughts – one in ten (10%), compared to one in three (34%).

The national data tells the same story. Across all Planet Youth areas, parental and carer support was the strongest protective factor in the survey, linked with lower risk across almost every outcome measured. Although each individual effect is modest in size, because the protection shows up almost everywhere, small improvements in many homes across many outcomes add up to a large difference across a community.

While the survey shows that family engagement and better outcomes go together, it cannot prove that one causes the other. We use the phrase "protective factor" to describe this pattern because it appears consistently in each survey. And, unlike many other factors influencing young people's wellbeing, this is something families, schools and communities can act on by enabling and supporting parents and carers to spend more time with their children.

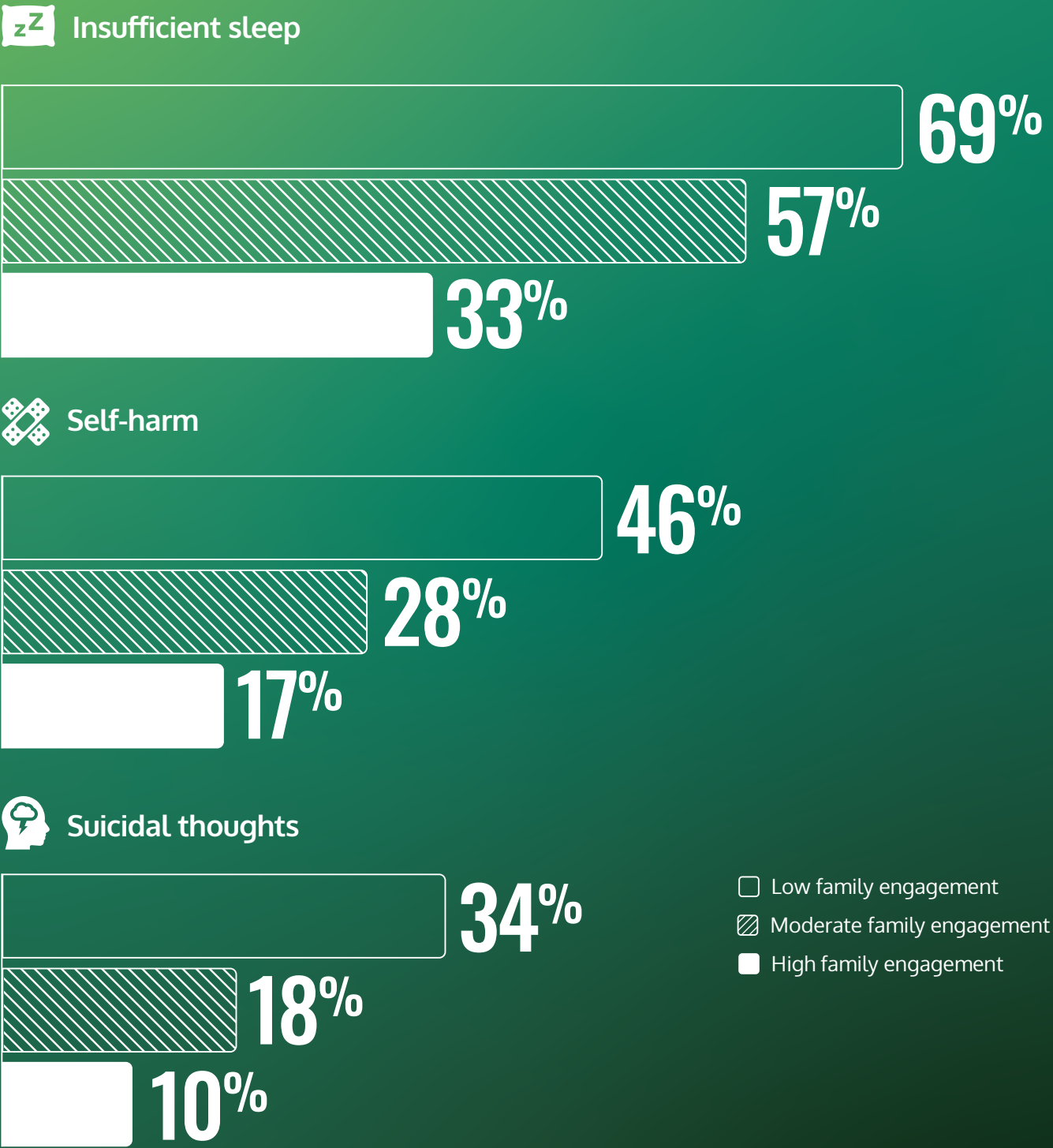


Figure 6: The protective power of family engagement. Pupils in the least engaged third have around two to three times the rates of poor sleep, self-harm and suicidal thoughts of those in the most-engaged third.

STORY 5

THE YOUNG PEOPLE SWIMMING AGAINST THE CURRENT

Vulnerable young people experience the greatest risk

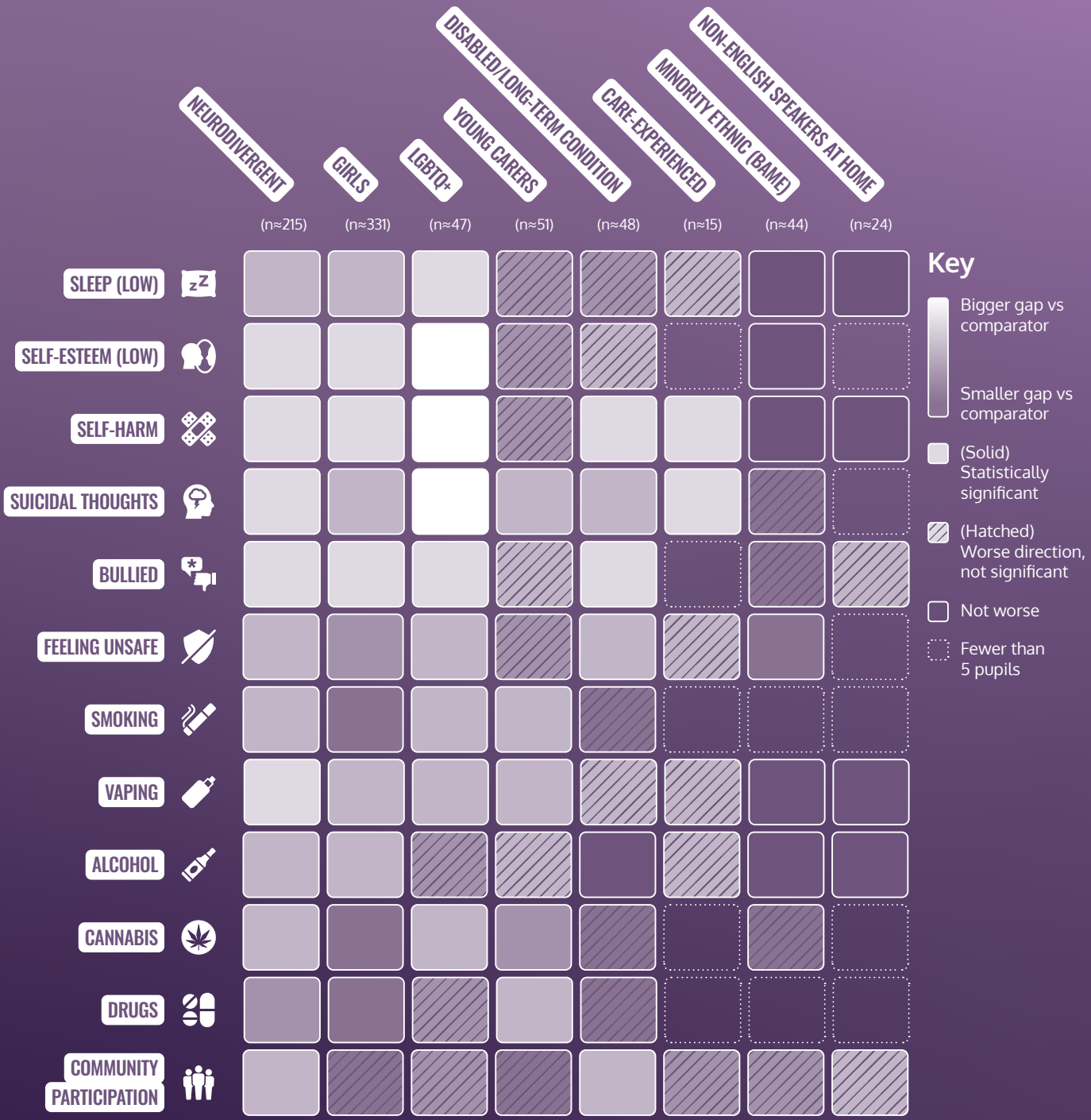


Figure 7: Heatmap of risk for vulnerable groups. Vulnerable young people experience significantly worse outcomes across the board.

Neurodivergent pupils, girls and LGBTQ+ young people are much more likely to report poorer outcomes across nearly every measure.

For most young people in West Dunbartonshire, the current has turned in their favour over the past four years: better sleep, better mental health, less drinking and smoking. But for some, the current is still pushing against them. Young people in these groups report significantly worse mental health and wellbeing, and higher levels of substance use.

As shown in figure 7, the survey found that the most at-risk groups are:

- Neurodivergent* pupils fare significantly worse on all twelve measures, from sleep to safety to substance use.
- Girls report poorer outcomes than boys on eleven of the twelve measures.
- LGBTQ+ young people experience poorer outcomes on nine of the twelve measures. And they experience the single largest gap anywhere in the data. Three-quarters have self-harmed, compared to 27% of their peers – nearly three times the rate (read with care as this is a smaller group of 47 pupils).
- Pupils who are young carers, disabled or care-experienced each report poorer outcomes across several measures.

Risks also grow faster for some groups than others. The gaps between neurodivergent pupils and their neurotypical peers show this pattern clearly. Compared with their neurotypical peers:

- 63% don't get enough sleep, compared to 46% of their peers
- 41% have low self-esteem, compared to 18% of their peers
- 46% have harmed themselves, compared to 18% of their peers
- 33% have thought about suicide, compared to 11% of their peers

And the gap grows the further downstream you go, from around 1.4 times at sleep to three times at suicidal thoughts.

The inequalities can overlap and compound, meaning that young people who belong to multiple vulnerable groups often report poorer outcomes. For example, among pupils in none of them, around one in five (21%) have self-harmed. Among pupils in one vulnerable group, that rises to two in five (39%). Among pupils in two or more, it reaches three in five (60%). The more a young person is dealing with at once, the more the risks add up.

* Neurodiversity refers to the variations in the way the brain functions; it can manifest in mood, behaviour and other cognitive functions. Neurodivergence is the term for when someone's brain processes, learns, and/or behaves differently from what is considered "typical".

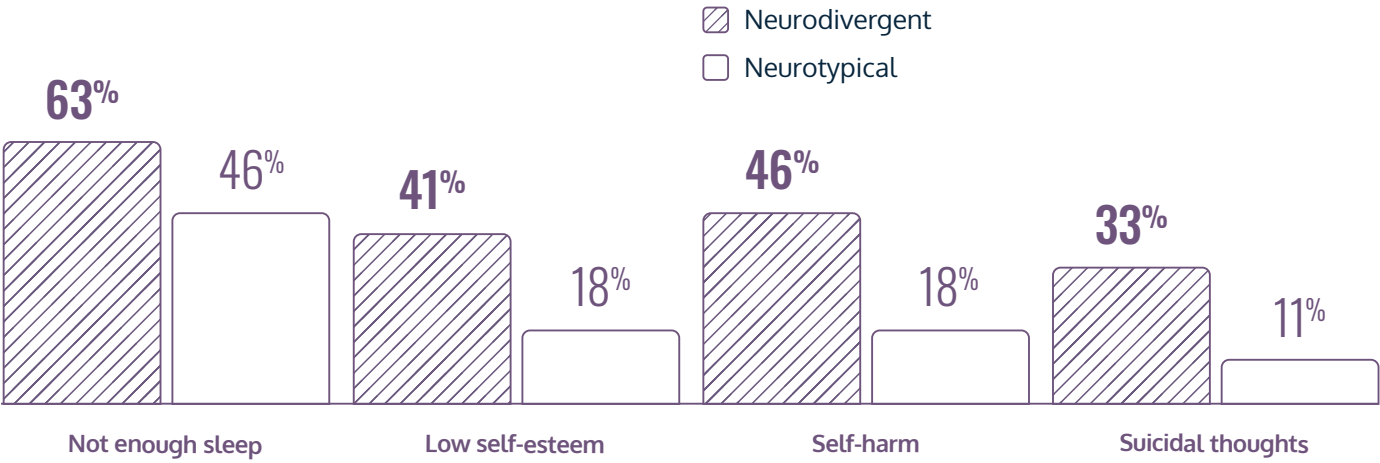


Figure 8: Risks for neurodivergent pupils. The gap with their neurotypical peers widens downstream – from around 1.4 times for poor sleep to three times for suicidal thoughts.

FIVE PRIORITIES FOR COLLECTIVE ACTION

With that evidence comes a duty of care: to respond, and to give our young people safe, healthy environments to grow up and thrive in. The five priorities on these pages come straight from the five stories in this report. And each passes the same three tests: act as early as possible, on things this community can actually change, in ways that make the biggest difference for the most young people.

Since West Dunbartonshire has been part of Planet Youth approach, a total of 1,900 young people have taken part in the survey since 2021, improving the local evidence base for upstream prevention.

1
HELP EVERY YOUNG PERSON GET THE SLEEP THEY NEED

Make healthy sleep and digital habits an upstream prevention priority across West Dunbartonshire

More than half of pupils are not getting enough sleep, and high screen time is consistently linked with poorer sleep. Schools, families, young people and community partners should work together on practical ways to make healthy sleep easier, including better understanding of digital habits, routines and boundaries around screens.

The factors affecting sleep are not the same for all young people. Neurodivergent young people report poor sleep even when their screen use is low, with anxiety and difficulty switching off their thoughts particularly important. Support for sleep therefore needs to include emotional wellbeing and be designed around different young people’s needs.

2
UNDERSTAND AND PROTECT THE GAINS IN YOUNG PEOPLE’S MENTAL HEALTH

Build on West Dunbartonshire’s encouraging mental health improvement and learn what has helped make it possible.

Suicidal thoughts, self-harm and low self-esteem have all fallen significantly since 2021. These are encouraging findings, though the survey cannot identify the precise reasons behind the changes.

The next step should be to learn from it. The coalition should work with young people, families, schools and services to understand what has changed in young people’s lives, what support they value and what may have contributed to better outcomes. That learning can help protect what is working while continuing to strengthen prevention further upstream.

3
MAKE ADDRESSING BULLYING EVERYONE’S BUSINESS

Nurture safer school environments and intervene earlier when bullying occurs.

More than half of pupils have experienced bullying, and this measure has increased each time the survey has been conducted. Bullying is also linked with poorer sleep, self-esteem, self-harm and suicidal thoughts. School is by far the most commonly reported setting, although for many young people bullying follows them across several parts of their lives.

Schools and partners should therefore treat bullying as an important prevention issue, not simply a behaviour or disciplinary issue. This means making it easier for young people to report bullying and receive effective help, understanding where, when and how it happens, and strengthening consistent approaches across schools.

4
MAKE IT EASIER FOR FAMILIES TO PROVIDE THE SUPPORT THAT PROTECTS YOUNG PEOPLE

Put families at the heart of prevention by supporting parents and carers.

Young people who spend more time with their families, who can turn to their parents or carers for support and who experience clear expectations and boundaries report substantially better outcomes across the cascade.

The opportunity is not simply to ask parents and carers to do more. West Dunbartonshire should make it easier for families to build the routines and relationships that support young people’s wellbeing: spending time together, navigating digital life, setting boundaries and knowing where to turn when problems arise.

Schools, service providers and community organisations can help by offering practical, accessible and non-judgemental support designed with parents, carers and young people themselves.

5
FOCUS SUPPORT WHERE THE CURRENT IS STRONGEST

Ensure upstream actions reach the young people who need it most.

The overall picture is improving, but not equally for everyone. Neurodivergent pupils report significantly poorer outcomes across all twelve measures examined; girls across eleven; and LGBTQ+ young people across nine. Young carers, disabled pupils and care-experienced young people also face substantial inequalities, while risks rise further when several disadvantages overlap.

Universal improvements therefore need to be matched by targeted action. The coalition should work directly with the young people experiencing the largest gaps to understand the pressures they face, redesign support around their needs and test whether existing services are reaching them effectively.

OUR AMBITIONS:

Fewer young people are regularly short of sleep, with the gap for neurodivergent pupils beginning to close.

Sustain the fall in self-harm and suicidal thoughts and identify the conditions that can help drive further improvement.

Fewer young people experiencing bullying, and faster, more effective support when it happens.

More young people reporting strong family support; fewer families feeling they have to manage difficult teenage years alone.

Better outcomes for the groups currently facing the greatest risks, and a measurable narrowing of inequalities between young people.

About the survey in detail

The Planet Youth Survey is carried out in class time with S3 and S4 year pupils and is completed anonymously. In 2025, 765 pupils took part across West Dunbartonshire; 919 took part in 2023; 202 in 2021, when the survey ran in only one school. It is a cross-sectional survey that runs every two years, which means that each survey takes a snapshot of that year’s pupils. Different young people answer each time, so the trends in this report show how teenage life is changing for each new year group, not how the same pupils change as they grow up. The survey runs in six areas across Scotland and around 7,600 pupils took part in 2025.

Because of that smaller starting point, we re-checked every change over time in the same school to see whether the improvement holds or whether they are caused by new schools joining, which have different populations and different levels of need. We found that the improvements do hold, and for some measures (feeling unsafe, self-esteem, self-harm and suicidal thoughts), the improvements are actually larger than the headline change shown, so this increases our confidence that the observed changes are not due to new schools joining.

An asterisk (*) in this report marks a statistically significant change, which means it reflects a genuine change and is unlikely to be explained by chance alone. Figures for small groups are flagged “read with care”, and we never show a result resting on fewer than five pupils, or any school-level result. Survey answers show patterns, and patterns are described as “linked with” – a survey cannot prove cause and effect. Some sensitive topics the survey asks about are not reported here; those decisions were made with safeguarding advice and are documented in the project records.



The twelve measures, every survey so far

OUTCOME	2021	2023	2025	DIFFERENCE (PP)
Community participation	50.8%	63.5%	64.5%*	↗ 13.7
Bullying (ever)	47.1%	48.9%	50.6%	↗ 3.5
Feeling unsafe (Any)	20.6%	18.5%	16.3%	↘ 4.3
Self-esteem (Low)	31.6%	32.9%	26.4%*	↘ 5.2
Sleep (Low)	59.2%	55.4%	53.3%	↘ 5.9
Self-harm (Ever)	38.7%	32.4%	30.5%*	↘ 8.2
Suicidal thoughts (Ever)	31.6%	26.4%	20.6%*	↘ 11.0
Smoking (Ever)	18.4%	15.5%	9.2%*	↘ 9.2
Vaping (Ever)	31.1%	28.2%	27.2%	↘ 3.9
Alcohol (Ever)	61.1%	52.6%	48.6%*	↘ 12.5
Cannabis (Ever)	9.8%	10.6%	9.0%	↘ 0.8
Drugs (Any)	5.6%	8.6%	7.7%	↗ 2.2

* change since 2021 statistically significant. 2021 includes data for only one school. For taking part in activities, up is good; for every other measure, down is good.

Support and thanks

The People Behind the Data

This report would not have been possible without the contribution of many people across West Dunbartonshire. We would like to thank every pupil who took the time to share their experiences honestly; the schools that supported the survey with such care and commitment; coalition partners across West Dunbartonshire who continue to champion prevention and wellbeing; and Winning Scotland and the Planet Youth team for their guidance, support and collaboration.

If anything in this report affects you, contact:

SAMARITANS: 116 123 (FREE, ANY TIME)

BREATHING SPACE: 0800 83 85 87

CHILDLINE: 0800 1111



Visit [WDwellbeing.info](https://www.wdwellbeing.info) for additional local support and services.
Or speak to an adult you trust at school or at home.



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