

ESAS Student Survey - Baseline #1

INTRODUCTION

This survey is part of the 'Equally Safe At School' (ESAS) programme, which aims to reduce gender-based violence at school. Gender-based violence is violence directed towards an individual or group based on their gender.

We are inviting all students in S2, S4 and S6 to take part. The survey asks questions about you, your health, and how you feel in this school. There are also questions about sexual harassment, a form of gender-based violence. This is not a test and there are no right or wrong answers.

This survey is anonymous. We will not ask for your name, which means we will not be able to link your name to your answers. When your school starts the ESAS programme, the research team will share a summary report with the school to help them plan their ESAS activities, but no individual students can be identified from the report. The anonymised data may be shared with other researchers after checking we have removed information such as school name to keep it private.

The survey has been designed by researchers at the University of Glasgow who are evaluating the ESAS programme. We will store all the survey responses on a secure server at the university. If you'd like more information about how we store and use your data, please ask one of the research team.

Students in S2 and S4 will be asked to do this survey again in two years' time. We will ask a few additional questions at the end of the survey AND the next time you complete the survey. This will allow us to link your surveys. To do this, we'll ask about things that don't usually change. As with the rest of the survey, we won't be able to know who you are from your answers.

After the survey ends, there is a separate form to add your name if you would like to talk to someone in the school about something that came up while answering the survey. This information is not linked in any way with the information you gave in the survey.

Please answer the questions carefully and honestly. If you do not understand a question, please ask a researcher or teacher to help you.

Remember, you don't have to take part in this survey, you can choose not to answer any questions and you may stop at any time.

Please tick this box to show you have read the information above and you agree to fill in the questionnaire.

I agree

Sociodemographic questions

1. What is your school year?

- S2
- S4
- S6

2. Which of the following best describes you?

- Asian, Asian Scottish or Asian British
- African, Caribbean or black British
- White Scottish or white British
- White but not Scottish or British
- Other ethnic group or mixed
- I prefer not to say

3. Do you get free school meals?

Yes

- No
- Unsure

4. What sort of place do you live in?

- House or flat rented from the council or a housing association
- House or flat rented from someone else
- House or flat owned by my family
- In care or a foster home
- Other
- Unsure

5. How do you usually get to and from school?

- Walk
- Bicycle
- Bus or other public transport
- Car

6. Which option best describes your gender?

- Girl
- Boy
- Nonbinary
- I prefer to self-describe, please write:
- I prefer not to say

Trans describes people whose gender is not the same as the sex they were assigned at birth.

7. Do you identify as trans?

- Yes
- No
- Unsure
- Prefer not to say

8. Are you attracted to...?

- Girls
- Boys
- Both girls and boys
- I am not attracted to anyone
- Unsure
- I prefer not to say

ONLY ANSWER THE NEXT QUESTION IF YOU ARE IN S4 or S6. If you are in S2 go to question 10.

9. Which of the following best describes you?

- Straight (also known as heterosexual)
- Gay or lesbian
- Asexual
- Bisexual
- Pansexual
- Queer
- I prefer to self-describe, please write:
- Unsure
- I prefer not to say

Students' quality of life (CHU-9)

The questions that follow ask about how you are **today**. For each question, read all the choices and decide which one is most like you **today**.

10. Worried

- I don't feel worried today
- I feel a little worried today
- I feel a bit worried today
- I feel quite worried today
- I feel very worried today

11. Sad

- I don't feel sad today
- I feel a little sad today
- I feel a bit sad today
- I feel quite sad today
- I feel very sad today

12. Pain

- I don't have any pain today
- I have a little bit of pain today
- I have a bit of pain today
- I have quite a lot of pain today
- I have a lot of pain today

13. Tired

- I don't feel tired today
- I feel a little tired today
- I feel a bit tired today
- I feel quite tired today
- I feel very tired today

14. Annoyed

- I don't feel annoyed today
- I feel a little annoyed today
- I feel a bit annoyed today
- I feel quite annoyed today
- I feel very annoyed today

Here are a few more questions about how you are **today**.

15. School work/homework

- I have no problems with my school/homework today
- I have a few problems with my school/homework today
- I have some problems with my school/homework today
- I have many problems with my school/homework today
- I can't do my school/homework today

16. Sleep

- Last night I had no problems sleeping
- Last night I had a few problems sleeping
- Last night I had some problems sleeping
- Last night I had a lot of problems sleeping
- Last night I couldn't sleep at all

17. Daily routine (things like eating, having a bath or shower, getting dressed)

- I have no problems with my daily routine today
- I have a few problems with my daily routine today
- I have some problems with my daily routine today
- I have many problems with my daily routine today
- I can't do my daily routine today

18. Able to join in activities (like going out with friends, doing sports)

- I can join in with any activity today
- I can join in with most activities today
- I can join in with some activities today
- I can join in with a few activities today
- I can join in with no activities today

Students' sexual harassment victimisation

These next questions are about your experience of sexual harassment either at school or on the way to or from school.

When we say sexual harassment, we mean any unwanted behaviour of a sexual nature that you find offensive or which makes you feel uncomfortable, intimidated or humiliated.

In the **last 2 months**, has anyone done any of the following things to you while **at school or on the way to or from school** - when you did not want them to? (This includes students, teachers, other school employees or anyone else)

19. Made unwelcome sexual comments, jokes or gestures

- No
- Yes, once
- Yes, more than once

20. Called you gay, lesbian or trans in a negative way

- No
- Yes, once
- Yes, more than once

21. Touched, grabbed or pinched you in an unwelcome sexual way

- No
- Yes, once
- Yes, more than once

22. Showed you sexual pictures that you didn't want to see

- No
- Yes, once
- Yes, more than once

23. Blocked or cornered you in a sexual way

- No
- Yes, once
- Yes, more than once

24. Asked you to do something sexual online that you did not want to do

- No
- Yes, once
- Yes, more than once

25. Forced you to do something sexual

- No
- Yes, once
- Yes, more than once

If you answered 'Yes' to ANY of questions 19-25, please continue to question 26.

If you did NOT answer 'Yes' to ANY of questions 19-25, please go to question 40.

You indicated that you have experienced at least one of these **unwelcome** behaviours **at school or on the way to or from school**.

26. If you answered 'Yes' to question 19:

In the last 2 months, where did somebody make unwelcome sexual comments, jokes or gestures to you?

Tick all that apply.

- At school
- On the way to or from school

27. If you answered 'Yes' to question 19:

In the last 2 months, who made unwelcome sexual comments, jokes or gestures to you? *Tick all that apply.*

- Male student
- Female student
- Male teacher or other male school staff
- Female teacher or other female school staff
- A boy/man not from your school
- A girl/woman not from your school

28. If you answered 'Yes' to question 20:

In the last 2 months, where did somebody call you gay, lesbian or trans in a negative way? *Tick all that apply.*

- At school
- On the way to or from school

29. If you answered 'Yes' to question **20**:

In the last 2 months, who called you gay, lesbian or trans in a negative way? *Tick all that apply.*

- Male student
- Female student
- Male teacher or other male school staff
- Female teacher or other female school staff
- A boy/man not from your school
- A girl/woman not from your school

30. If you answered 'Yes' to question **21**:

In the last 2 months, where did somebody touch, grab or pinch you in an unwelcome sexual way? *Tick all that apply.*

- At school
- On the way to or from school

31. If you answered 'Yes' to question **21**:

In the last 2 months, who touched, grabbed or pinched you in an unwelcome sexual way? *Tick all that apply.*

- Male student
- Female student
- Male teacher or other male school staff
- Female teacher or other female school staff
- A boy/man not from your school
- A girl/woman not from your school

32. If you answered 'Yes' to question **22**:

In the last 2 months, where did somebody show you sexual pictures that you didn't want to see? *Tick all that apply.*

- At school
- On the way to or from school

33. If you answered 'Yes' to question **22**:

In the last 2 months, who showed you sexual pictures that you didn't want to see? *Tick all that apply.*

- Male student
- Female student
- Male teacher or other male school staff
- Female teacher or other female school staff
- A boy/man not from your school
- A girl/woman not from your school

34. If you answered 'Yes' to question **23**:

In the last 2 months, where did somebody block or corner you in a sexual way? *Tick all that apply.*

- At school
- On the way to or from school

35. If you answered 'Yes' to question **23**:

In the last 2 months, who blocked or cornered you in a sexual way? *Tick all that apply.*

- Male student
- Female student
- Male teacher or other male school staff
- Female teacher or other female school staff
- A boy/man not from your school
- A girl/woman not from your school

36. If you answered 'Yes' to question **24**:

In the last 2 months, where did somebody ask you to do something sexual online that you did not want to do? *Tick all that apply.*

- At school
- On the way to or from school

37. If you answered 'Yes' to question **24**:

In the last 2 months, who asked you to do something sexual online that you did not want to do? *Tick all that apply.*

- Male student
- Female student
- Male teacher or other male school staff
- Female teacher or other female school staff
- A boy/man not from your school
- A girl/woman not from your school

38. If you answered 'Yes' to question **25**:

In the last 2 months, where did somebody force you to do something sexual? *Tick all that apply.*

- At school
- On the way to or from school

39. If you answered 'Yes' to question **25**:

In the last 2 months, who forced you to do something sexual? *Tick all that apply.*

- Male student
- Female student
- Male teacher or other male school staff
- Female teacher or other female school staff
- A boy/man not from your school
- A girl/woman not from your school

Students' sexual harassment perpetration

In the **last 2 months**, have **you** done any of the following things to somebody **at school or on the way to or from school** - when they did not want you to?

40. I made unwelcome sexual comments, jokes or gestures

- No
- Yes, once
- Yes, more than once

41. I called somebody gay, lesbian or trans in a negative way

- No
- Yes, once
- Yes, more than once

If you answered 'Yes' to ANY of questions 40-41, please proceed to question 42.

If you did **NOT** answer 'Yes' to ANY of questions **40-41**, please go to question **46**.

You indicated that you have done at least one of these **unwelcome** behaviours to another person **at school or on the way to or from school**.

42. If you answered 'Yes' to question **40**:

In the last 2 months, where did you make unwelcome sexual comments, jokes or gestures? *Tick all that apply.*

- At school
- On the way to or from school

43. If you answered 'Yes' to question **40**:

In the last 2 months, who did you make unwelcome sexual comments, jokes or gestures to? *Tick all that apply.*

- Male student
- Female student
- Nonbinary student
- Male teacher or other male school staff
- Female teacher or other female school staff
- Nonbinary teacher or school staff

44. If you answered 'Yes' to question **41**:

In the last 2 months, where did you call somebody gay, lesbian or trans in a negative way? *Tick all that apply.*

- At school
- On the way to or from school

45. If you answered 'Yes' to question **41**:

In the last 2 months, who did you call gay, lesbian or trans in a negative way? *Tick all that apply.*

- Male student
- Female student
- Nonbinary student
- Male teacher or other male school staff
- Female teacher or other female school staff
- Nonbinary teacher or school staff

46. In the **last 2 months**, have **you** done any of the following things to someone else **at school or on the way to or from school**? *Tick all that apply.*

- I touched somebody in an unwelcome sexual way
- I showed somebody sexual pictures that they didn't want to see
- I blocked or cornered somebody in a sexual way
- I asked somebody to do something sexual online that they did not want to do
- I forced somebody to do something sexual
- I did not do any of these behaviours to someone at school in the last 2 months

The previous questions asked about sexual harassment behaviours at school or on the way to school. We also wish to know about things that have happened outside of school.

47. In the **last 2 months**, has anyone done any of the following things to you when you were NOT at school or on the way to or from school. This could be online, at home, with friends, at clubs and societies, in your neighbourhood or visiting elsewhere. *Tick all that apply.*

- Made unwelcome sexual comments, jokes or gestures
- Called you gay, lesbian or trans in a negative way
- Touched, grabbed, or pinched you in an unwelcome sexual way
- Showed you sexual pictures that you didn't want to see
- Blocked or cornered you in a sexual way
- Asked you to do something sexual online that you did not want to do
- Forced you to do something sexual
- Nobody has done any of these behaviours to me outside of school in the last 2 months

Sexual harassment as an issue

How much do you agree or disagree with the following statements?

48. Receiving unwelcome sexual comments, jokes or gestures is an everyday part of life for students in this school

- Strongly agree
- Agree
- Disagree
- Strongly disagree

49. Being called gay, lesbian or trans in a negative way is an everyday part of life for students in this school

- Strongly agree
- Agree
- Disagree
- Strongly disagree

50. Being touched, grabbed or pinched in an unwelcome sexual way is an everyday part of life for students in this school

- Strongly agree
- Agree
- Disagree
- Strongly disagree

Students' confidence to report problematic behaviours at school

If you saw each of the following behaviours in your school, how confident would you feel about **telling a teacher or other staff member**?

51. A student making unwelcome sexual comments, jokes or gestures

- Confident
- Somewhat confident
- Not confident at all

52. A student calling somebody gay, lesbian or trans in a negative way

- Confident
- Somewhat confident
- Not confident at all

53. A student touching somebody in an unwelcome sexual way

- Confident
- Somewhat confident
- Not confident at all

Students' perceptions of staff and student response to GBV at school

54. How many staff in this school would you trust to respond appropriately to a sexual harassment incident?

- All
- Most
- Some
- A few
- None

For the next few questions, please imagine that a girl at school made unwelcome sexual comments, jokes or gestures to a boy at school.

55. How do you think **most students** would react if they saw this happening?

- Support the boy
- Challenge the girl
- Both support the boy and challenge the girl
- Ignore or dismiss it

56. How do you think **most school staff** would react if they saw this happening?

- Support the boy
- Challenge the girl
- Both support the boy and challenge the girl
- Ignore or dismiss it

Sexual harassment attitudes/Perceived ease of talking about GBV in school

57. In your opinion, how much is gender-based violence talked about in your school?

Gender-based violence is violence directed towards an individual or group based on their gender. This includes but is not limited to sexual harassment, domestic abuse, sexual assault and forced marriage.

- Too little
- Just right
- Too much

How much do you agree or disagree with the following statements?

58. In this school, gender-based violence can be discussed openly

- Strongly agree
- Agree
- Disagree
- Strongly disagree

59. I feel safe discussing gender-based violence at school

- Strongly agree
- Agree
- Disagree
- Strongly disagree

60. In this school, we learn as much about important women as men (e.g., politicians, inventors, artists)

- Strongly agree
- Agree
- Disagree
- Strongly disagree

61. In this school, we learn about gender equality in a wide range of subjects

- Strongly agree
- Agree
- Disagree
- Strongly disagree

62. Students at this school don't report unwelcome sexual comments or jokes because they don't feel they will be taken seriously

- Strongly agree
- Agree
- Disagree
- Strongly disagree

Students' self-efficacy to make the school safer

How much do you agree or disagree with the following statements?

63. I have the ability to help make my school a safer place

- Strongly agree
- Agree
- Disagree
- Strongly disagree

64. I know how I can help make my school a safer place

- Strongly agree
- Agree
- Disagree
- Strongly disagree

65. In this school, most students' ideas are listened to and valued

- Strongly agree
- Agree
- Disagree
- Strongly disagree

66. In this school, teachers and students really trust one another

- Strongly agree
- Agree
- Disagree
- Strongly disagree

67. In this school, most teachers treat students with respect

- Strongly agree
- Agree
- Disagree
- Strongly disagree

68. In this school, teachers care about students' health and wellbeing

- Strongly agree
- Agree
- Disagree
- Strongly disagree

69. In this school, teachers treat girls and boys in a fair and equal way

- Strongly agree
- Agree
- Disagree
- Strongly disagree

Perceptions of general school climate

Here are some things that young people sometimes say about school. How much do you agree or disagree with the following statements?

70. I can really be myself at this school

- Strongly agree
- Agree
- Disagree
- Strongly disagree

71. Most other students accept me as I am

- Strongly agree
- Agree
- Disagree
- Strongly disagree

72. I feel I belong at this school

- Strongly agree
- Agree
- Disagree
- Strongly disagree

73. Doing well in school is important to me

- Strongly agree
- Agree
- Disagree
- Strongly disagree

74. Students have a say in decisions affecting them at this school

- Strongly agree
- Agree
- Disagree
- Strongly disagree

75. Students at this school are encouraged to take part in activities, programs and special events

- Strongly agree
- Agree
- Disagree
- Strongly disagree

Students' perceived safety at school

The next questions ask about how you feel while at school or on the way to or from school.

76. In the **last 2 months**, have you ever felt unsafe in any of the following places at school? *Tick all that apply.*

- In the classroom
- In the hallway
- In the school toilets
- In the cafeteria/school lunch area
- In the library
- On the school grounds
- On the way to or from school
- I have always felt safe at school in the past two months (including on the way to and from school)

77. In the **last 2 months**, have you feared being sexually harassed at school or on the way to or from school?

- Never
- Once or twice
- A few times
- Regularly
- Always

Students' endorsement of gender stereotypes/equality/SH/TDV

How much do you agree or disagree with the following statements?

78. Boys who behave like girls are weak

- Strongly agree
- Agree
- Disagree
- Strongly disagree

79. Overall, there are more things that boys are better at than girls

- Strongly agree
- Agree
- Disagree
- Strongly disagree

80. I would judge a girl more than a boy for having sex with a lot of people

- Strongly agree
- Agree
- Disagree
- Strongly disagree

81. It's not sexual harassment if you're just joking around

- Strongly agree
- Agree
- Disagree
- Strongly disagree

82. When girls wear revealing clothing, they are asking for trouble

- Strongly agree
- Agree
- Disagree
- Strongly disagree

Here are some more statements. Please say whether you agree or disagree.

83. Nowadays, boys should realise that girls are their equals

- Strongly agree
- Agree
- Disagree
- Strongly disagree

84. Women and men should have equal opportunities to achieve what they want in life

- Strongly agree
- Agree
- Disagree
- Strongly disagree

85. Girls should have the same freedom as boys

- Strongly agree
- Agree
- Disagree
- Strongly disagree

86. Girls sometimes deserve to be hit by their boyfriends

- Strongly agree
- Agree
- Disagree
- Strongly disagree

87. Boys sometimes deserve to be hit by their girlfriends

- Strongly agree
- Agree
- Disagree
- Strongly disagree

Health service resource costs

You are nearly done! This section is about your use of health and social services. Please answer to the best of your knowledge.

In the **last 3 months**, have you attended an appointment (including online or via phone) about **your personal health** with any of the following health services?

88. GP/doctor

- Yes
- No

89. Nurse

- Yes
- No

90. Chemist (also known as pharmacist)

- Yes
- No

91. Social worker

- Yes
- No

92. Counsellor/psychologist/CAMHS (Child and Adolescent Mental Health Services)

- Yes
- No

93. Have you used any webchat supports or helplines (such as Childline or Samaritans), in the **last 3 months**?

- Yes
- No

The next questions ask about hospital visits.

94. Have you attended a hospital for an appointment in the **last 3 months** (not to stay overnight)?

Yes

No

95. Have you attended a hospital for Accident & Emergency (A&E) (e.g casualty or the emergency department) in the **last 3 months** (not to stay overnight)?

Yes

No

96. Have you stayed overnight in hospital, in the **last 3 months**?

Yes

No

Have you had an appointment *in school* with any of the following professionals in the **last 3 months**?

97. School nurse

Yes

No

98. School counsellor or educational psychologist

Yes

No

99. Speech and Language Therapist (SLT)

Yes

No

100. Other therapy (for example, music therapy, drama therapy, physiotherapy, occupational therapy)

Yes

No

101. Have you had any one-to-one support in school from a teaching assistant or learning support assistant in the **last 3 months**? This means help that was just for you.

Yes

No

If you did not answer 'Yes' to one or more of questions **88-101**, please go to question **116**.

If you answered 'yes' to ANY of questions 88-101 please continue to question 102.

Please estimate how many appointments (including online or via phone) you have had with the following medical professionals/services that you told us you had used in the **last 3 months**?

102. If you answered 'Yes' to question **88**:

GP/family doctor:

103. If you answered 'Yes' to question **89**:

Nurse:

104. If you answered 'Yes' to question **90**:

Chemist (also known as pharmacist):

105. If you answered 'Yes' to question **91**:

Social worker:

106. If you answered 'Yes' to question **92**:

Counsellor/psychologist/CAMHS (Child and Adolescent Mental Health Services):

107. If you answered 'Yes' to question **93**:

Helplines (such as Childline or Samaritans):

108. If you answered 'Yes' to question **94**:

Hospital appointment (not to stay overnight):

109. If you answered 'Yes' to question **95**:

Hospital for Accident & Emergency (A&E)
(e.g casualty or the emergency department) (not to stay overnight):

110. If you answered 'Yes' to question **96**:

Overnight stay in hospital:

111. If you answered 'Yes' to question **97**:

School nurse:

112. If you answered 'Yes' to question **98**:

School counsellor or education psychologist:

113. If you answered 'Yes' to question **99**:

Speech and Language Therapist (SLT):

114. If you answered 'Yes' to question **100**:

Other therapy (for example, music therapy, drama therapy, physiotherapy, occupational therapy):

115. If you answered 'Yes' to question **101**:

Help from a teaching assistant or learning support assistant:

Students' mental wellbeing (PHQ,GAD,WEMWBS-7)

Over the **last 2 weeks**, how often have you been bothered by the following problems?

116. Little interest or pleasure in doing things

- Not at all
- Several days
- More than half of days
- Nearly every day

117. Feeling down, depressed or hopeless

- Not at all
- Several days
- More than half of days
- Nearly every day

118. Feeling nervous, anxious or on edge

- Not at all
- Several days
- More than half of days
- Nearly every day

119. Not being able to stop or control worrying

- Not at all
- Several days
- More than half of days
- Nearly every day

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the **last 2 weeks**.

120. I've been feeling optimistic (or hopeful) about the future

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

121. I've been feeling useful

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

122. I've been feeling relaxed

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

123. I've been dealing with problems well

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

Below are a few more statements about feelings and thoughts. Please tick the box that best describes your experience of each over the **last 2 weeks**.

124. I've been thinking clearly

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

125. I've been feeling close to other people

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

126. I've been able to make up my mind about things

- None of the time
- Rarely
- Some of the time
- Often
- All of the time

Subject-generated identification code

We will ask this final set of questions now AND if you complete the survey again in two years' time. This will allow us to link your surveys.

That is why the questions that follow ask about things that don't usually change. As with the rest of the survey, we won't be able to identify who you are from your answers.

127. What is the first letter of your mother's first name? (if no mothers or multiple, use Z)

128. How many older brothers do you have?

129. What month were you born?

130. What is the first letter of your middle name? (if none, use X)

You have come to the end of the questionnaire.

Well done! And thank you; we know this is not an easy topic to think about.

The survey is anonymous so we can't respond to anything you've said in the survey. If you have questions, or you feel upset and would like to talk to someone about something that came up while answering the survey, please talk to a trusted teacher or other trusted adult in your life.

If you would rather that someone from the school staff contacts you, please let one of the research staff know and we will leave your name with the appropriate school staff member. We will make sure that a staff member (leadership or guidance teacher) contacts you without others knowing about it.

If you are upset but would prefer not to talk to a teacher, you can speak to someone confidentially at Childline on 0800 1111 or The Mix (0808 808 4994 / visit <https://www.themix.org.uk/>) or Rape Crisis Scotland (call 0808 801 0302 or webchat <https://www.rapecrisisscotland.org.uk/>) or LGBT Youth Scotland (<https://www.lgbtyouth.org.uk/chat>) / email (info@lgbtyouth.org.uk) or Amina (<https://mwrc.org.uk/>)