Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS)

ALCOHOL USE
Among 13 and 15 year olds in Scotland 2013
The 2013 Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) was funded by the Scottish Government.

If you have any queries relating to SALSUS, please contact the Scottish Government at: salsus@scotland.gsi.gov.uk.
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A1 KEY FINDINGS

PREVALENCE

- In 2013, the proportion of 13 and 15 year olds who reported drinking alcohol in the last week was the lowest since the survey series began monitoring drinking behaviour in 1990 (4% of 13 year olds and 19% of 15 year olds).
- There was a decrease between 2010 and 2013 in the proportion of pupils who reported drinking alcohol in the last week (from 14% to 4% for 13 year olds and from 34% to 19% for 15 year olds).
- The proportion of pupils who reported never having had a proper alcoholic drink was higher in 2013 for both age groups than at any time since 1996 (68% of 13 year olds and 30% of 15 year olds).

ATTITUDES TO DRINKING AND EFFECTS OF DRINKING

- Since the previous survey, there has been a reduction in the proportion of both 13 and 15 year olds who thought it was okay for someone their age to try drinking alcohol to see what it is like (from 52% in 2010 to 42% in 2013 for 13 year olds; from 82% in 2010 to 77% in 2013 for 15 year olds).
- The proportion of pupils who thought it was okay for someone of their age to try getting drunk has also declined since 2010 (from 13% to 8% for 13 year olds; from 46% to 39% for 15 year olds).
- Under half (44%) of 13 year olds who had ever had an alcoholic drink had been drunk at least once, compared with over two thirds (70%) of 15 year olds.
- The most commonly reported effects of drinking alcohol were vomiting and doing something which was later regretted (23% of 13 year olds and 37% of 15 year olds reported vomiting as a result of drinking alcohol, the same proportions reported doing something they later regretted).

PURCHASING ALCOHOL

- Amongst pupils who had ever had an alcoholic drink, the proportion who reported successfully purchasing alcohol from a shop, supermarket or off-licence in the last four weeks has declined since 2010 (from 6% in 2010 to 3% in 2013 for 13 year olds; from 11% in 2010 to 7% in 2013 for 15 year olds).

DRINKING BEHAVIOUR

- Among 13 year olds and 15 year olds who had drunk in the last week, the most commonly reported type of alcohol consumed was beer, lager or cider (78% for both age groups).
- Thirteen year olds were most likely to report usually drinking alcohol at home, whilst 15 year olds were most likely to report usually drinking alcohol at someone else’s home or at a party.
- Although the prevalence of drinking alcohol has decreased since the last survey, the proportion of those pupils who had ever had an alcoholic drink and who reported drinking at home has increased in both age groups: from 52% of 13 year olds who had ever drunk alcohol in 2010 to 58% in 2013; from 42% of 15 year olds who had ever drunk alcohol in 2010 to 43% in 2013.

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1 Drinking prevalence shows the proportion (percentage) of the population who drink alcohol.
A2 INTRODUCTION

This report presents the alcohol use findings from the 2013 Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS). This survey is the primary source of data on substance using behaviour among young people in Scotland.

A2.1 SURVEY BACKGROUND AND PURPOSE

The 2013 survey is the latest in a long running series of national surveys of young people’s substance use. From 1982 to 2000 these were carried out jointly in Scotland and England to provide national information on smoking behaviour (from 1982), drinking behaviour (from 1990) and drug use (from 1998). In 2002, Scotland introduced its own (SALSUS) survey.

The survey provides national policy makers with vital information to help develop and evaluate policies to reduce the prevalence of substance use in Scotland and to monitor progress towards achieving Scottish Government targets. Every four years the SALSUS also provides information on substance use for local areas\(^2\). These data are used to help inform local service planning, for example, to develop Alcohol & Drug Partnership (ADP) strategic and delivery plans and to monitor progress towards achieving a number of the ADP core indicators. For more examples of how the information from the survey is used please see the ScotPHO local area profiles and the SALSUS web pages.

The Information Services Division (ISD) of NHS National Services Scotland was commissioned by the Scottish Government (SG) to carry out the analysis and reporting for the 2013 SALSUS survey. The survey fieldwork was undertaken by Ipsos MORI Scotland.

A2.2 POLICY CONTEXT - SCOTLAND’S ALCOHOL STRATEGY

In recognition of the harm caused by alcohol in Scotland, the Scottish Government has in place a national alcohol strategy – Changing Scotland’s Relationship with Alcohol: A Framework for Action. This Framework adopts a whole population approach and identifies the need for sustained action in four areas: reduced alcohol consumption; supporting families and communities; positive public attitudes, positive choices; improved treatment and support. The Framework aims to help tackle the damaging impact alcohol misuse has on families and communities, including young people.

The Framework includes legislative measures as set out in the Licensing (Scotland) Act (2005); the Alcohol etc. (Scotland) Act (2010) and; most recently, the Alcohol Minimum Pricing (Scotland) Act 2012 (still to be implemented).

Further information on alcohol related policy in Scotland is available on the NHS Health Scotland Alcohol webpages.

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2 Previous local surveys were carried out in 2002, 2006 and 2010.
A2.3 SALSUS 2013 REPORTING STRUCTURE

For the 2013 SALSUS, the reporting structure has been revised. The previous National Report has been replaced by a National Overview summarising the main survey findings. This National Overview is supported by three reports covering the different substance use topics (‘smoking’, ‘alcohol use’ and ‘drug use’) in detail. Additional outputs include: NHS Board, Local Authority and Alcohol & Drug Partnership (ADP) summaries (which replace the previous local reports). Complementing these reports and summaries are new, interactive Excel tables which present both national and local statistics together for the first time allowing local areas to benchmark trends in substance use. All of these documents, along with the survey questionnaire and a technical report, are available on the SALSUS web pages.

A2.4 SURVEY METHODOLOGY AND RESPONSE RATES

The fieldwork for the 2013 SALSUS was conducted between September 2013 and March 2014. The survey sampled pupils in Secondary 2 (S2) and Secondary 4 (S4) in Scotland. At the time of the survey pupils were mainly 13 or 15 years of age respectively. All local authority and independently-funded schools with pupils in the target age groups were eligible for inclusion in the survey, with the exception of schools for children with special educational needs (110,984 eligible pupils\(^3\)). The survey was conducted in schools using a class-based design. All pupils in selected classes were asked to complete a confidential self-completion questionnaire administered in the classroom. In total, 33,685 pupils across 283 schools participated in the 2013 SALSUS (30% of all eligible pupils). The overall response rate\(^4\) (based on those sampled) was 60%, which was slightly lower than in 2010 (62%). Further details on the survey methods are available in the Technical Report.

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\(^3\) Number of eligible pupils sourced from the 2012 pupil census for local authority schools and the 2009 census for independent schools. Excludes pupils in schools dedicated to children with Additional Support needs.

\(^4\) The overall response rate is calculated as the product of the class and pupil response rates.
A2.5 SURVEY QUESTIONNAIRE CHANGES

The 2013 survey questions are similar to those used in the previous survey, carried out in 2010. However, some changes were made to reflect feedback from a SALSUS user/stakeholder consultation which was undertaken by the Scottish Government in the autumn of 2012. The changes to the alcohol related questions in 2013 are available in the Technical Report and on the SALSUS web pages, along with a copy of the questionnaire.

A2.6 RELATED SURVEYS

The latest annual survey of ‘Smoking, drinking and drug use among young people in England in 2013’ was published in July 2014 by the NatCen Social Research and National Foundation for Educational Research (NFER). This survey covers similar information to that published in SALSUS but please note that care should be taken when attempting to make direct comparisons between this survey and the SALSUS findings due to differences in question wording and in the age group of pupils included in each survey. Other relevant surveys include Health Behaviour in School-aged Children (HBSC), the Northern Ireland Lifestyle and Coping Survey and the Scottish Health Survey.

A2.7 NOTES TO AID INTERPRETATION

The SALSUS 2013 questionnaire comprised a mix of mandatory questions (asked of all pupils) and sub-questions, to be answered only if relevant to a previous response, for example, if the young person stated that they had ‘ever’ had an alcoholic drink.

For the purposes of reporting, S2 pupils are referred to as “13 year olds” and S4 pupils are referred to as “15 year olds”. While most pupils in S2 are 13 years old, and most pupils in S4 are 15 years old, some pupils are slightly older or younger.

Where differences between estimates are specifically commented on in this report, these differences are statistically significant. For example, reporting that ‘the prevalence of drinking in the last week was higher in 15 year olds than 13 year olds…’ would indicate that this difference between the age groups is statistically significant at the 5% level. The report commentary focuses on the main statistically significant differences of note and does not cover all statistically significant differences.

While there are associations between many of the behaviours explored in this report, firm conclusions about causality cannot be drawn. This is because association implies neither causality nor the direction of effects. For example, where pupils who drink alcohol are more likely than those who have never drunk alcohol to have truanted or to have been excluded, it is not clear whether playing truant or being excluded makes the pupils more likely to drink alcohol, or if those who already drink alcohol are more likely to start playing truant or to be excluded from school.

All percentages are based on those pupils who gave a valid response to each question and are rounded to the nearest whole number, so may not total 100%. Some pupils did not answer each question. These ‘no answers’ have been excluded from the analysis and so tables that describe the same population may have varying bases. A small number of pupils omitted to report their gender.
Therefore, the sum of the bases for boys and girls does not necessarily correspond to the bases for ‘all pupils’ in the same age group.

Pupils were grouped into those who had ‘never had an alcoholic drink’ and those who had ‘ever had an alcoholic drink’. Those who had ‘ever had an alcoholic drink’ were then grouped into those who ‘drank alcohol in the last week’ and those who ‘drank alcohol but not in the last week’. On the whole, this report draws comparisons between those who reported ‘drinking in the week before the survey’ and those who had ‘never had an alcoholic drink’. ‘Drinking in the last week’ is used for comparison rather than usual frequency of drinking as it is felt that regular patterns may not have become established among young people in these age groups.

Further information on the survey methodology can be found within the 2013 SALSUS Technical Report.
A3 DRINKING PREVALENCE, TRENDS AND PATTERNS

A3.1 SELF-REPORTED ALCOHOL CONSUMPTION

Pupils were asked whether they had ‘ever had a proper alcoholic drink – a whole drink, not just a sip’. Those reporting that they had ‘had a proper alcoholic drink’ were then asked when last they had a drink.

Ever had an alcoholic drink

The prevalence of drinking alcohol increased with age.

• One-third (32%) of 13 year olds pupils reported ever having had a proper alcoholic drink. In contrast, over two-thirds of 15 year olds (70%) said that they had ever had a proper drink.

• The majority of 13 year olds (68%) reported that they had never had a proper alcoholic drink, compared with one in three 15 year olds (30%).

• Thirty-three per cent of 13 year old boys had ever drunk alcohol compared with 30% of 13 year old girls.

• Seventy-two per cent of 15 year old girls reported having had an alcoholic drink compared with 67% of 15 year old boys.

Table A2

Drank alcohol in the last week\(^5\)

One in five 15 year olds (19%) and 1 in 25 (4%) 13 year olds had drunk alcohol in the last week.

• Among both age groups, there were no gender differences in the proportion of pupils who had drunk alcohol in the last week.

\(^5\) Pupils’ reports of ‘Drinking in the last week’ is used in the SALSUS series to monitor trends in drinking among young people.
A3.2 TRENDS IN DRINKING PREVALENCE

The proportion of both 13 and 15 year olds who reported drinking in the last week was the lowest since the time series began in 1990.

- There was a substantial decrease between 2010 and 2013 in the proportion of pupils who had drunk alcohol in the last week from 14% to 4% for 13 year olds and from 34% to 19% for 15 year olds.

- Looking at the longer term trend, the proportion of 13 and 15 year old pupils who had drunk in the last week increased between 1990 and 2002 (from 10% to 23% in 13 year olds and from 28% to 46% in 15 year olds), and then declined steadily from 2002 to 2008 (11% of 13 year olds and 31% of 15 year olds). Although in 2010 there was a slight increase, the proportion of pupils reporting drinking in the last week declined in 2013, continuing the overall downward trend in regular drinking since 2002.

- The overall trends for boys and girls in both age groups show a similar pattern.

Table A3 and Figure A3

The proportion of 13 and 15 year olds reporting never having had an alcoholic drink was the highest since 1996.

- The proportion of pupils (of both ages) who reported never having had a proper alcoholic drink was higher in 2013 than at any time since 1996: 68% of 13 year olds and 30% of 15 year olds.

Figure A3: Percentage of pupils who drank alcohol in the week before the survey; by age group and gender, Scotland, 1990-2013

Source: ONS 1990-1998; NCSR 2000; SALSUS 2002-2013
Base: All pupils
A3.3 TYPES OF ALCOHOL CONSUMED

Pupils who reported drinking in the week before the survey (4% of 13 year olds and 19% of 15 year olds) were asked whether they had drunk any of the types of alcohol listed in the last seven days.

- Among 13 and 15 year old pupils who had drunk in the week before the survey, the most commonly reported category of alcohol consumed was beer, lager or cider.

- Of those pupils who reported drinking in the last week, 67% of 13 year olds and 70% of 15 year olds said that they had drunk normal strength beer, lager or cider in the last week.

- More than half of 13 year olds (55%), and 45% of 15 year olds said that they had drunk strong beer, lager, or cider, in the last week.

- The other most commonly reported categories of alcohol, consumed by pupils in the last week, differed between 13 and 15 year olds.

- Among 13 year olds, 52% reported drinking spirits and/or alcopops in the last seven days.

- Among 15 year olds, the second most commonly reported category of alcohol consumed was spirits or liqueurs (reported by 66% of those who had drunk alcohol in the past week).

Figure A4a: Types of alcohol consumed in the last week; by age group, Scotland, 2013

Source: SALSUS 2013
Base: All pupils who reported drinking alcohol in the last week
Fifteen year old boys and girls who had drunk in the last week report drinking different types of alcohol.

- Among 15 year old boys who reported drinking alcohol in the last week, 82% of boys said they had drunk normal strength beer, lager or cider, compared with 58% of girls.
- In contrast, 15 year old girls were far more likely than boys to have drunk spirits or liqueurs (76% compared with 55%) and alcopops (63% compared with 34%).

Table A4 and Figures A4b

Figure A4b: Types of alcohol consumed in the last week; 15 year olds, by gender, Scotland, 2013

Source: SALSUS 2013
Base: 15 year old pupils who reported drinking alcohol in the last week

A3.4 NUMBER OF UNITS OF ALCOHOL CONSUMED IN THE LAST WEEK

For each type of alcoholic drink that pupils reported drinking in the last week, they were asked to record the quantity they had consumed. Their answers were then converted into units to provide a standard measure of alcohol consumption (see Technical Report for more details). Both mean and median figures are presented. The mean figure is influenced by a relatively small number of...
individuals who reported drinking an extremely large amount of alcohol in the last week so the median (or mid-point) may provide a more accurate measure. Please note that the vast majority of 13 and 15 year olds do not drink in licensed premises and therefore the quantities that they say they drink may not correspond to standard measures. Also, younger drinkers are less likely to have a ‘usual’ drinking routine and their consumption may vary from week to week.

**Of pupils who had drunk in the last week, 15 year old boys reported drinking more units of alcohol than 15 year old girls.**

- The median number of units consumed in the last week was 10 units for 15 year old boys (mean 20 units) and 8 units for 15 year old girls (mean 16 units).
- Among 13 year olds who had drunk in the last week, there were no significant gender differences in either median or mean alcohol consumption (median of 8 units for boys compared with 7 units for girls while mean was 21 for boys and 17 for girls).
- The median number of units consumed was higher for 15 year olds than for 13 year olds (9 units compared to 7 units).

**Median alcohol consumption for 15 year olds has decreased since 2010.**

- In line with the overall fall in the prevalence of pupils drinking in the last week, median alcohol consumption in the last week decreased between 2010 and 2013 in 15 year olds (from 12 units in 2010 to 10 units in 2013 for boys and from 11 units to 8 units for girls).
- There were no significant changes in the median units for 13 year olds (8 units in 2010 compared to 7 units in 2013)

**Figure A5: Median number of units of alcohol consumed in the last week; by age group, Scotland, 2010-2013**

Source: SALSUS 2010 and 2013
Base: All pupils who reported drinking alcohol in the last week
Number of units of alcohol consumed in the last week, by type of alcohol consumed

- Average alcohol consumption (units) was highest in relation to the drinking of normal strength beer, lager or cider in 13 year olds and strong beer, lager or cider in 15 year olds.
- Thirteen year olds who reported drinking normal strength beer, lager or cider in the past week consumed a weekly average of 8.6 units. The corresponding figure for those who drank alcopops was 8.4 units.
- Fifteen year olds who reported drinking strong beer, lager or cider in the last week consumed a weekly average of 8.8 units. The corresponding figure for those who drank normal strength beer, lager or cider was 8.2 units.

In the week before the survey, 15 year old boys who had drunk alcohol in the last week had consumed, on average, more units of alcohol in the form of beer, lager or cider than girls of the same age.

- Fifteen year old boys consumed on average 9.8 units of normal strength beer, lager or cider. In comparison, 15 year old girls had drunk 6 units of normal strength beer, lager or cider.
- Fifteen year old boys had drunk, on average 11 units of strong beer, lager or cider. In comparison, 15 year old girls had consumed 6 units of strong beer, lager or cider.

A3.5 USUAL FREQUENCY OF DRINKING

Pupils who reported ever having consumed alcohol were asked ‘How often do you usually have an alcoholic drink?’ However, as noted earlier, it may be difficult for pupils to describe their usual drinking pattern as their drinking behaviour may vary from week to week, therefore care should be taken with interpretation of the figures.

Almost two-thirds of 13 year olds and nearly half of 15 year olds who had ever drunk alcohol, reported drinking alcohol only a few times a year.

- Among 13 year olds who had ever drunk alcohol, the majority (63%) reported drinking alcohol ‘only a few times a year’, 11% ‘about once a month’, 6% ‘about once a fortnight’ while 6% said they usually drank alcohol ‘once a week or more’.
- The reported drinking frequency was higher for 15 year olds. Less than half (44%) of 15 year olds who reported ever drinking alcohol said they drank ‘only a few times a year’, 18% ‘about once a month’, 15% ‘about once a fortnight’, while just over one in six (16%) said they usually drank ‘once a week or more’.
- Whilst 6% of 13 year olds and 16% of 15 year olds reported usually drinking once a week or more (see above), 4% of 13 year olds and 19% of 15 year olds reported last having an alcoholic drink ‘in the last week’ (section A3.1).
- There were no major differences in drinking frequency between boys and girls.
Figure A6: Usual drinking frequency; by age group, Scotland, 2013

Source SALSUS 2013
Base: All pupils who have ever had an alcoholic drink
A3.6 GETTING DRUNK

Ever been drunk?

All pupils who had ever had an alcoholic drink (32% of 13 year olds and 70% of 15 year olds) were asked whether they had ever been drunk.

Between 2010 and 2013, the proportion of pupils who reported that they had ever had an alcoholic drink and that they had ever been drunk has decreased.

- Just over four in ten (44%) 13 year olds who had ever had an alcoholic drink had been drunk at least once, compared with seven out of ten (70%) of 15 year olds.
- Among 15 year olds who had ever had an alcoholic drink, girls were slightly more likely to report having been drunk (72% of girls, compared with 68% of boys).
- There were no statistically significant gender differences in the younger age group.
- Fifteen year olds who have ever drunk alcohol were more likely than 13 year olds to report being drunk more than 10 times (20% compared to 4%).
- In line with the reduction in the proportion of 13 and 15 year olds reporting drinking in the last week, the proportion of pupils who reported that they had drunk alcohol and had ever been drunk has decreased for both 13 year olds (from 54% in 2010 to 44% in 2013) and 15 year olds (from 76% in 2010 to 70% in 2013).

Table A9 and Figure A7

Figure A7: Percentage of pupils who have ever had an alcoholic drink, who have ever been drunk; by age group, Scotland, 2010-2013

Source SALSUS 2010 and 2013
Base: All pupils who have ever had an alcoholic drink
Pupils who reported drinking alcohol in the last seven days (4% of 13 year olds and 19% of 15 year olds) were asked whether they had been drunk ‘in the last seven days’.

Almost four out of ten 13 year olds and six out of ten 15 year olds who had drunk alcohol in the last seven days also reported being drunk in the last seven days.

- Among 13 year olds who reported having an alcoholic drink in the last seven days, more than one in three (38%) had been drunk in the last seven days.
- Among 15 year olds who reported having an alcoholic drink in the last seven days, over half (59%) said they had been drunk in the last seven days.
- Fifteen year old girls who reported having an alcoholic drink in the last seven days were more likely than boys to say that they had been drunk in the last seven days (64% compared with 54%). There were no differences between 13 year old boys and girls.
- Although a lower proportion of pupils reported drinking in the last week in 2013 compared to 2010, the proportion of 15 year olds who had drunk alcohol in the last seven days and who reported being drunk in the last seven days has increased (from 56% in 2010 to 59% in 2013). There was no significant difference between 13 year olds.

Figure A8: Percentage of pupils who drank alcohol in the last week, who reported being drunk in the last week; by age group and gender, Scotland, 2013

Source SALSUS 2013
Base: All pupils who reported drinking alcohol in the last week
A3.7 EFFECTS OF DRINKING ALCOHOL

Pupils who had ever had an alcoholic drink (32% of 13 year olds pupils and 70% of 15 year olds) were asked whether, in the past year, they had suffered any effects from drinking alcohol. Please note that additional response options were added to this question in 2013 (see Technical Report for more information).

- The most commonly reported effects of drinking alcohol for 13 and 15 year olds were vomiting and doing something they later regretted.
- Of the 32% of 13 year olds who had drunk alcohol, over four in ten (44%) reported suffering at least one effect of drinking alcohol in the past year and one in ten (11%) reported suffering six or more effects.
- Of the 70% of 15 year olds who had drunk alcohol, six out of ten (60%) reported suffering at least one effect of drinking alcohol in the past year with 14% reporting six or more effects.
- Twenty-three per cent of 13 year olds and 37% of 15 year olds who had ever drunk alcohol reported vomiting as a result of drinking in the last year.
- Twenty per cent of 13 year olds and a third of 15 year olds (33%) who had ever drunk alcohol reported having an argument as a result of drinking in the last year.
- Approximately one in four (23%) of 13 year olds and over one in three (37%) of 15 year olds who had ever drunk alcohol, reported they had done something they later regretted.

13 and 15 year olds reported other effects of drinking alcohol:

- Over one in ten 13 year olds (13%) and slightly fewer 15 year olds (9%) who had ever had an alcoholic drink reported that it had a negative impact on their school work.
- Twenty-eight per cent of 15 year olds reported sending a text/email that they wished they hadn’t compared with 16% of 13 year olds.
- One in twenty (5%) 13 year olds and 14% of 15 year olds who had ever had an alcoholic drink reported that they had tried drugs as a result of drinking.

The most commonly reported effects of drinking alcohol varied between boys and girls:

- Fifteen year old girls were more likely than boys to report vomiting as a result of drinking in the last year (40% of 15 year old girls compared with 33% of 15 year old boys). Fifteen year old girls were also more likely to report arguing as a result of drinking (37% compared with 28% of 15 year old boys).
- Fifteen year old girls (42%) were more likely than boys (30%) to do something they later regretted.
- Boys were more likely than girls to have had a fight: 17% compared to 9% of 13 year olds respectively; 15% compared to 11% of 15 year olds respectively.

Table A11 & A12 and Figure A9
Figure A9: Effects of drinking alcohol, experienced at least once in the last year; 15 year olds, by gender, Scotland, 2013

- Done something you later regretted: Boys 30%, Girls 42%
- Vomited: Boys 33%, Girls 40%
- Had an argument: Boys 28%, Girls 37%
- Sent text/email that you wish you hadn't: Boys 19%, Girls 19%
- Posted on social media and wish you hadn't: Boys 15%, Girls 15%
- Ended up in a situation where you felt threatened/unsafe: Boys 12%, Girls 14%
- Tried drugs: Boys 14%, Girls 13%
- Had a fight: Boys 15%, Girls 11%
- Done school work badly: Boys 8%, Girls 10%
- Stayed off school: Boys 6%, Girls 8%
- Been to hospital: Boys 4%, Girls 4%
- Had to be seen by a doctor: Boys 4%, Girls 4%

Source: SALSUS 2013
Base: 15 year old pupils who have ever had an alcoholic drink
A3.8 SOURCE OF ALCOHOL

Pupils who had ever had an alcoholic drink (32% of 13 year olds pupils and 70% of 15 year olds) were asked ‘Where do you USUALLY get your alcohol from?’ Please note that the wording of the question and the response options were altered slightly in 2013, to make a clearer distinction between alcohol bought and alcohol obtained elsewhere (see Technical Report for more information). For this reason, comparisons cannot be drawn with the 2010 data.

Sources of alcohol

The majority of 13 and 15 year old pupils who had ever had an alcoholic drink reported that they do not purchase their alcohol; they are more likely to obtain alcohol from a relative or a friend.

- Thirteen year olds who had drunk alcohol were most likely to say that they usually obtained alcohol from a relative (38%) whilst 15 year olds were most likely to get their alcohol from a friend (46%).
- Of those who had drunk alcohol, girls were much more likely than boys to say that they usually obtained alcohol from a friend: 30% of 13 year old girls compared to 25% of 13 year old boys and 51% of 15 year old girls compared to 41% of 15 year old boys.
- One in three 13 year olds (34%) and one in four (25%) 15 year olds who had drunk alcohol reported that they obtained alcohol from home either with or without permission.
- Few pupils who had ever had an alcoholic drink reported purchasing alcohol from a pub, club/disco, shop or supermarket: 2% of 13 year olds and 5% of 15 year olds reported purchasing alcohol from an off-licence whilst 2% of 13 and 15 year olds reported purchasing alcohol from a supermarket.

Table A13 and Figure A10
Figure A10: Source of alcohol; by age group, Scotland, 2013

Source: SALSUS 2013
Base: All pupils who have ever had an alcoholic drink
A3.9 ATTEMPTS TO BUY ALCOHOL

Attempts to buy alcohol from a shop, supermarket or off-licence in the last four weeks

Pupils who reported ever having had an alcoholic drink (32% of 13 year olds and 70% of 15 year olds) were asked whether they had tried to buy alcohol from ‘a shop, supermarket or off-licence’ or from ‘a pub, bar or club’ in the last four weeks.

- Three per cent of 13 year olds and 7% of 15 year olds who had ever drunk alcohol reported successfully purchasing alcohol from a shop, supermarket or off-licence in the last four weeks. A further 2% of 13 and 15 years olds said they had tried to do so, but were refused.

- Among 15 year olds, boys were more likely than girls (8% compared with 6%) to report successfully purchasing alcohol from a shop, supermarket or off-licence in the last four weeks.

- Eighty-three per cent of 13 year olds and three-quarters of 15 year olds (76%) had never tried to purchase alcohol from a shop, supermarket or off-licence. A further 13% of 13 year olds and 16% of 15 year olds said they had not tried to do so in the last four weeks.

- There has been a decrease in the proportion of pupils who reported successfully purchasing alcohol from a shop, supermarket or off-licence in the last four weeks. For 15 year olds who had ever drunk alcohol the proportion fell from 12% in 2008 to 11% in 2010 and 7% in 2013 while for 13 year olds it reduced from 7% in 2008, to 6% in 2010 and 3% in 2013.

**Figure A11: Attempts to buy alcohol from a shop, supermarket or off-licence in the last four weeks; by age group, Scotland, 2013**

Source: SALSUS 2013

Base: All pupils who have ever had an alcoholic drink
Pupils who reported ever having had an alcoholic drink (32% of 13 year olds and 70% of 15 year olds) were asked whether they had tried to buy alcohol from ‘a pub, bar or club’ in the last four weeks.

- One per cent of 13 year olds and 5% of 15 year olds who had ever drunk alcohol reported successfully purchasing alcohol from a pub, bar or club in the last four weeks. A further 1% of each age group said they had tried to do so, but were refused.

- Eighty-four per cent of 13 year olds and 80% of 15 year olds had never tried to purchase alcohol from a pub, bar or club. A further 14% of 13 year olds and 15% of 15 year olds said they had not tried to do so in the last four weeks.

- Since 2008, there has been a decrease in the proportion of 15 year old pupils who reported successfully purchasing alcohol from a pub, bar or club in the last four weeks (from 10% in 2008, to 7% in 2010 and 5% in 2013). For 13 year olds, the proportion remained at 3% between 2008 and 2010 and fell to 1% in 2013.

Source: SALSUS 2013
Base: All pupils who have ever had an alcoholic drink
Getting other people to buy alcohol for them

Pupils who reported ever having had an alcoholic drink were asked: ‘Have you got anyone else to buy any alcohol for you in the last 4 weeks?’ Those who responded yes were then asked ‘The last time someone bought you alcohol, who was it?’

- Almost four out of ten 13 year olds (39%) and almost six out of ten 15 year olds (58%) who had ever drunk alcohol said they had got someone else to buy alcohol for them in the last four weeks.

- Thirteen year olds most commonly asked their mother, father or carer (33%) to buy them alcohol, followed by an older friend (18%).

- Among 15 year olds, the most popular response was an older friend (28%), followed by their mother, father or carer (24%).

- Since 2010, there has been a large increase in the proportion of pupils who have ever drunk alcohol, who reported getting someone else to buy alcohol for them (21% in 2010 increasing to 39% in 2013 for 13 year olds; the corresponding figures for 15 year olds were 46% in 2010 and 58% in 2013).

- Since 2010, there has been a decrease in the proportion of pupils who reported getting a stranger to buy alcohol for them (from 32% in 2010 to 10% in 2013 for 13 year olds and from 15% in 2010 to 12% in 2013 for 15 year olds).

Figure A13: Who pupils got to buy alcohol for them; by age group, Scotland, 2013

Source: SALSUS 2013
Base: All pupils who had got someone else to buy alcohol for them in the last 4 weeks
A3.10 REASONS FOR OBTAINING CERTAIN TYPES OF ALCOHOL

The following new question was added to the survey in 2013: ‘What is the main reason you buy/get someone to buy you a certain type of alcohol?’

Pupils of both ages were most likely to report ‘taste’ as the main reason for buying/getting someone to buy them a certain type of alcohol.

- Forty-two percent of 13 year olds and 51% of 15 year olds reported that ‘taste’ was the main reason for buying/getting someone to buy them a certain type of alcohol.
- More than one in three (37%) 13 year olds and one in five (20%) 15 year olds provided other reasons, not listed in question, for buying/getting someone to buy them a certain type of alcohol.
- One in ten 13 and 15 year olds reported that the main reason for buying/getting someone to buy them a certain type of alcohol was because their friends drank it.
- One in twenty (5%) 13 year olds and almost one in ten (9%) 15 year olds reported that the strength of the alcohol was the main reason for buying/getting someone to buy them a certain type of alcohol.

A3.11 MONEY SPENT ON ALCOHOL

Another new question introduced in 2013 was: ‘Does how much money you have available influence what type of alcohol you drink?’

A large proportion of both 13 year olds and 15 year olds who had ever drunk alcohol did not consider that the type of alcohol they drink was influenced by the amount of money they had.

- Over two-thirds of 13 year olds (68%) and 51% of 15 year olds did not consider the amount of money they had available influenced the type of alcohol they drink.
- However, 15 year old girls (55%) were more likely than 15 year old boys (43%) to consider that the type of alcohol they drink is influenced by the amount of money they have available.
- For a minority of 13 year olds (7%) and 15 year olds (11%) the amount of money they had completely influenced the type of alcohol they drink.

A3.12 WEEKLY SPENDING MONEY

All pupils were asked: ‘How much money of your own do you have to spend most weeks as you like?’

Those drinking in the last week were more likely than those who have never had an alcoholic drink to report having at least £30 of their own money to spend most weeks as they like.

- Among 13 year olds, 19% drinking in the last week had at least £30 of their own money to spend, compared with 7% of those who had never drunk alcohol.
- Similarly among 15 year olds, 23% of those drinking in the last week had £30 or more to spend, compared with 13% of those who had never had an alcoholic drink.
A3.13 WHERE PUPILS USUALLY DRINK ALCOHOL

Drinking Location

Pupils who reported ever having drunk alcohol were asked ‘When you drink alcohol, where are you usually?’ Pupils could choose more than one response from the list provided.

Thirteen year olds were most likely to report drinking at home whilst 15 year olds were most likely to report drinking at a party with friends.

- Pupils aged 15 years who had ever drunk alcohol were more likely than 13 year olds to report drinking at someone else’s home (44% compared with 24%), or at a party with friends (52% compared with 22%) or outdoors (20% compared with 15%). However, they were less likely to report usually drinking ‘at their own home’ (43% compared with 58%).

Table A21 and Figure A14

Figure A14: Where pupils usually drink alcohol; by age group, Scotland, 2013

Source: SALSUS 2013
Base: All pupils who have ever had an alcoholic drink
There were also differences between boys and girls:

- Girls of both age groups were more likely than boys to report usually drinking at someone else’s home (29% of 13 year old girls compared with 19% of 13 year old boys; 51% of 15 year old girls compared with 36% of 15 year old boys).

- Girls were also more likely than boys to report usually drinking at a party with friends (24% of 13 year old girls compared with 20% of 13 year old boys; 57% of 15 year old girls compared with 47% of 15 year old boys).

The locations where pupils who have ever had an alcoholic drink, usually drink their alcohol have changed over time. The proportion of pupils reporting drinking outside has almost halved since 2008 and the proportion of pupils reporting drinking alcohol at home has increased since 2010.

- Since 2008, there has been a decrease in the proportion of both age groups drinking outside (33% of 13 year olds who had ever had an alcoholic drink in 2008, compared with 27% in 2010 and 15% in 2013; 43% of 15 year olds in 2008 compared with 36% in 2010 and 20% in 2013).

- The proportion of 13 year olds drinking at home has increased from 52% of those who had ever drunk alcohol in 2010 to 58% in 2013. The proportion of 15 year olds drinking at home has also increased, from 42% in 2010 to 43% in 2013.

Drinking location and being drunk

Pupils who had been drunk at least once were more likely to usually drink outdoors, at a party or at someone else’s home than those who had never been drunk.

- Thirty per cent of 13 year olds and 27% of 15 year olds who had ever been drunk reported usually drinking outdoors compared with 3% of 13 year olds and 15 year olds who had never been drunk.

- Thirty-four per cent of 13 year olds who had ever been drunk reported usually drinking at a party compared with 12% of 13 year olds who had never been drunk. Fifteen year olds who had ever been drunk were also more likely to report usually drinking at a party than those who had never been drunk (63% compared with 26%).

- Thirty-four per cent of 13 year olds who had ever been drunk reported usually drinking at someone else’s home compared with 16% of 13 year olds who had never been drunk. Among 15 year olds, those who had ever been drunk were also more likely to report usually drinking at someone else’s home than those who had never been drunk (52% compared with 24%).

Pupils who have never been drunk are more likely to usually drink at home than those who had been drunk at least once.

- Seventy-four per cent of 13 year olds who had never been drunk usually drink at home compared with 40% of those that had been drunk at least once.

- Sixty-seven per cent of 15 year olds who had never been drunk usually drink at home compared with 34% of those that had been drunk at least once.
A3.14 ATTITUDES TO DRINKING

All pupils were asked if they thought it was ‘OK’ for someone their age to try drinking alcohol to see what it’s like and to try getting drunk to see what it’s like.

The proportion of pupils in both age groups thinking it is ‘okay for someone their age to try drinking alcohol to see what it’s like’ has reduced since 2010.

- Fifteen year olds were more likely to think it is ‘okay for someone their age to try drinking alcohol to see what it’s like’ than 13 year olds: 77% of 15 year olds compared with 42% of 13 year olds.
- The proportion thinking this has declined in both age groups: from 52% of 13 year olds in 2010 and from 82% of 15 year olds in 2010.

A much lower proportion of pupils in both age groups thought it is ‘okay to try getting drunk to see what it’s like’ and this has reduced since 2010.

- 15 year olds were more likely than 13 year olds to think it is ‘okay to try getting drunk to see what it’s like’: 39% of 15 year olds compared with 8% of 13 year olds.
- The proportion thinking this has declined in both age groups: from 46% of 15 year olds in 2010 and 13% of 13 year olds in 2010.
A4 FAMILY

A4.1 FAMILY ATTITUDES

Drinking alcohol at home

All pupils who had ever had an alcoholic drink (32% of 13 year olds and 70% of 15 year olds) were asked whether they were allowed to drink alcohol at home.

Seventy percent of 13 year olds and 76% of 15 year olds reported being allowed to drink at home, at least sometimes.

- Among 13 year olds who reported ever having an alcoholic drink, nearly one in three (30%) said they were never allowed to drink at home, whilst two thirds (66%) said they were sometimes allowed to drink at home and 5% said they were always allowed to drink at home.

- Among 15 year olds who reported ever having had an alcoholic drink, approximately one in four (24%) said they were never allowed to drink at home, whilst seven out of ten (71%) said they were sometimes allowed to do so and 6% said they were always allowed to drink at home.

- Between 2010 and 2013, there was a decline in the proportion of 13 year olds reporting that they were never allowed to drink at home (from 32% in 2010 to 30% in 2013). The proportion of 15 year olds remained static at 24% in 2013.

Table A24 and Figure A15

Figure A15: Whether pupils were allowed to drink alcohol at home; by age group, Scotland, 2013

Source: SALSUS 2013
Base: All pupils who have ever had an alcoholic drink
Whether allowed to drink at home and usual drinking location

Across both age groups, those who had ever had a drink, but were never allowed to drink at home, were more likely to have drunk alcohol outdoors.

- Twenty-seven per cent of 13 year olds and 29% of 15 year olds who had ever had an alcoholic drink, but were never allowed to drink at home, usually drink outside.
- By comparison, 11% of 13 year olds and 17% of 15 year olds who were ‘sometimes’ allowed to drink at home usually drink outside.

Those that were never allowed to drink at home were more likely to drink at a party with friends than those who are allowed to drink at home ‘sometimes’.

- Twenty-seven per cent of 13 year olds and 57% of 15 year olds who had ever had an alcoholic drink, but were never allowed to drink at home, usually drank at a party with friends.
- By comparison, 20% of 13 year olds and 50% of 15 year olds who were ‘sometimes’ allowed to drink at home usually drank at a party with friends.
- Seventy-one per cent of 13 year olds who were allowed to drink at home ‘sometimes’ said they usually drank at home compared with 24% of those who were never allowed to drink at home.
- Half of 15 year olds who were allowed to drink at home ‘sometimes’ (51%) said they usually drank at home compared with 14% of those who were never allowed to drink at home.

Table A25a & A25b

Whether allowed to drink at home and being drunk

- Of 13 year olds who had ever been drunk, 64% were allowed to drink at home. By comparison, of 13 year olds who had never been drunk, 75% were allowed to drink at home.
- Of 15 year olds who had been drunk at least once, 75% were allowed to drink at home. By comparison, of 15 year olds who had never been drunk, 80% were allowed to drink at home.

Table A26
A4.2 FAMILY STRUCTURE

All pupils were asked ‘Who lives with you at home?’.

The majority of pupils (64%) reported that they live with both of their parents. Around a quarter of pupils (23%) reported that they live with a single parent. About one in ten pupils (9%) live with one parent and a step-parent.

As has been shown in previous surveys, pupils living with both parents are more likely to report never having drunk alcohol than those who live with a single parent or a parent and a step-parent.

- The majority of 13 year olds (72%) living with both parents had never had an alcoholic drink, compared with 63% of those living with a single parent and 60% of those living with a parent and a step-parent. A similar pattern emerged among 15 year olds: 33% of those living with both parents said they had never had an alcoholic drink, compared with 25% living with a single parent and 22% living with a parent and a step-parent.

- Among 13 year olds who had ever had a drink, 38% of those living with both parents had been drunk at least once, compared with 52% of those living with a single parent and 50% of those living with a parent and a step-parent. Fifteen year olds followed the same pattern (66% of 15 year olds living with both parents had been drunk at least once, compared with 75% of those living with a single parent and 76% of those living with a parent and a step-parent).

Table A27, A28a & A28b

A4.3 PARENTAL MONITORING

All pupils were asked ‘How much does your mother really know about’: ‘Who your friends are?’; ‘How you spend your money?’; ‘Where you are after school?’; ‘Where you go at night?’; ‘What you do in your free time?’.

For each option the pupils were asked whether they thought their mother knew ‘a lot’, ‘a little’ or ‘nothing’. The same questions were also asked to establish their father’s knowledge.

The majority of pupils felt that their mother knew ‘a lot’ about who their friends are (70%), how they spend their money (66%), where they go after school (86%), where they go at night (74%) and what they do in their free time (65%). The corresponding figures for fathers were lower (43%, 47%, 58%, 58% and 51% respectively).

Pupils who drank alcohol in the last week were more likely to report that their parents did not know about their friends and activities than pupils who had never had an alcoholic drink.

- For both those who had consumed alcohol in the last week and those who had never had a proper alcoholic drink, mothers were thought to be more aware of friends and activities than fathers were.

- Those drinking in the last week were more likely to report that their parents were not aware of how they spent their money compared to those who had never had an alcoholic drink. Eleven per cent of those drinking in the last week reported that their mother did not know how they spent
their money compared to 2% of those who had never had an alcoholic drink. The figures were, 27% and 11% respectively for father’s knowledge.

- Those drinking in the last week were also more likely than non-drinkers to report that their mother and father did not know where they went at night (13% compared to 2% for mother’s knowledge and 28% compared to 11% for father’s knowledge).

- Similarly, those drinking in the last week were more likely than those who had never had an alcoholic drink to report that their mother and father did not know what they did with their free time (15% compared to 4% for mother’s knowledge and 28% compared to 10% for father’s knowledge).

Source: SALSUS 2013
Base: All pupils who reported drinking alcohol in the last week and pupils who have never had an alcoholic drink
A5 FRIENDS AND LEISURE ACTIVITIES

A5.1 CLOSE FRIENDSHIPS AND TIME SPENT WITH FRIENDS

Pupils were asked how many close friends they had, the ages of their friends and the number of evenings they spent with their friends in a typical week.

Those drinking in the last week were more likely to have friends of mixed ages than those who had never had an alcoholic drink. They also spent more evenings per week with their friends.

- Among 13 year olds, 41% of those who had drunk in the last week and 36% of those who had drunk but not in the last week reported having friends of mixed ages, compared with 23% of those who had never had an alcoholic drink. Among 15 year olds, 39% of those who drank in the last week reported having friends of mixed ages, compared with 22% of those who had never drunk alcohol.

- Thirteen and 15 year olds who reported drinking in the last week were more than twice as likely as those who had never had an alcoholic drink to have older friends (10% compared to 3% respectively for 13 year olds; 7% compared to 3% respectively for 15 year olds).

- Thirteen year olds who had drunk alcohol in the last week were more than twice as likely to report going out with friends five days or more in a typical week (54% of those who had drunk alcohol in the last week, compared with 27% of those who had never drunk alcohol).

- The same pattern emerged for 15 year olds: thirty-seven per cent of 15 year olds who had drunk alcohol in the last week reported that they went out five or more days in a typical week compared with 18% of those who had never had an alcoholic drink.

A5.2 LEISURE ACTIVITIES

Pupils were presented with a list of activities that they may sometimes do in their free time and asked how often, if at all, they took part in them.

Pupils who had drunk alcohol in the last week were more likely to take part in certain leisure activities on a weekly basis than those that had never had an alcoholic drink.

- Those who had drunk alcohol in the last week were more likely than those who have never had an alcoholic drink to: go to a friend’s house (82% compared with 61%); to hang around the street (52% compared with 26%); and to use social networking sites (94% compared with 78%).

- In contrast, 51% of those who had never had a drink reported reading books at least weekly compared with 33% of those who had drunk in the last week and 61% of those who had never had a drink reported doing a hobby compared with 47% of those drinking in the last week.
Figure A17: Percentage of pupils reporting taking part in leisure activities at least weekly; both age groups, by drinking status, Scotland, 2013

Source: SALSUS 2013
Base: All pupils who reported drinking alcohol in the last week and pupils who have never had an alcoholic drink
A6 SCHOOL

A6.1 DRINKING ADVICE AND SUPPORT PROVIDED BY SCHOOL

Pupils were asked to what extent they agreed or disagreed that their school provided them with the advice and support that they need to take important decisions about drinking alcohol.

The majority of pupils agreed that their school provided them with the advice and support they needed to take important decisions about drinking alcohol.

- Over two-thirds of 13 year olds (70%) and 15 year olds (68%) ‘agreed’ or ‘strongly agreed’ that their school provided them with the advice and support they needed to take important decisions about drinking alcohol.

A6.2 ATTITUDES TOWARDS SCHOOL

Pupils were asked how much they liked school at the moment and how often they feel strained or pressured by the schoolwork they have to do.

Pupils who drank in the last week were more likely than those who had never had an alcoholic drink to say that they did not like school and to report feeling strained or pressured by their schoolwork.

- Among 13 year olds, 24% of those who reported drinking in the last week indicated that they did not like school at all, compared with 5% of those who had never had an alcoholic drink. Among 15 year olds, 20% of those who drank in the last week did not like school at all, compared with 7% of those who have never drunk alcohol.

- Twenty-five per cent of 13 year olds who had drunk in the last week felt strained or pressured by the schoolwork they had to do ‘a lot of the time’, compared with 13% of those who had never had a drink.

- The same pattern emerged for 15 year olds, although generally, they were more likely to report feeling pressured by school ‘a lot of the time’ than 13 year olds. Fifty-one per cent of those who had drunk alcohol in the last week reported this, compared with 35% of those who had never had an alcoholic drink.

A6.3 EXPECTATIONS AFTER SCHOOL

All pupils were asked what they thought they were most likely to be doing when they left school.

Those who had never had an alcoholic drink were more likely than those who drank in the last week to intend to go on to university when they left school:

- Sixty-one per cent of 13 and 15 year olds pupils who had never had a drink reported that they would be most likely to go to university after they left school. This reduced to 42% of 13 year olds and 48% of 15 year olds who drank in the last week.

- Fifteen year olds who drank in the last week were more likely than their peers who had never had a drink to say that they expected to go on to further education college (22%, compared with 16%)
to an apprenticeship/trade (9%, compared with 4%), or to be working when they left school (9%, compared with 6%).

**A6.4 TRUANCY AND EXCLUSION**

Pupils were asked how many times they had truanted from school, and how many times they had been excluded. It should be noted that a school-based survey such as SALSUS risks omitting pupils who frequently play truant, as these pupils may not have been present at the time the survey was being completed in class. However, pupils who were not present at the time of the survey were asked to complete it at a later date (see SALSUS Technical Report for further details).

Overall, 29% of all 13 year olds reported that they had truanted in the past year and 8% reported that they had been excluded since they started secondary school. The corresponding figures for 15 year olds were 38% and 10% respectively.

**As in previous surveys, pupils who reported drinking in the last week (4% of 13 year olds and 19% of 15 year olds) were more likely than those who have never had an alcoholic drink to have truanted in the past year and to have been excluded from secondary school.**

- Six in ten (61%) 13 year olds drinking in the last week had truanted at least once in the past year, compared with 21% of those who had never drunk alcohol. Similarly, 56% of 15 year olds drinking in the last week had truanted at least once in the past year, compared with 23% of those who had never had a drink.

- Approximately one in five (18%) 13 year olds who reported drinking in the last week had been excluded from secondary school, compared with 7% of those who had never had an alcoholic drink. Similarly, 17% of 15 year olds drinking in the last week had ever been excluded from secondary school, compared with 6% of their peers who had never drunk alcohol.

**A6.5 SCHOOL MEALS**

Pupils were asked whether they get free school meals or vouchers for free school meals. Overall 12% of 15 year olds and 13% of 13 year olds reported receiving free school meals or vouchers for free school meals.

**Thirteen year old pupils who reported drinking in the last week were more likely than those who had never had an alcoholic drink to be in receipt of free school meals or vouchers for free school meals.**

- Twenty per cent of 13 year olds who had drunk in the last week were in receipt of free school meals/vouchers compared to 12% of those who had never drunk alcohol. There was no such difference for 15 year olds.

- Twenty-one per cent of 13 year olds who had been drunk at least once were in receipt of free school meals compared to 11% of those who had never been drunk. For 15 year olds, 14% of those who had been drunk at least once were in receipt of free school meals/vouchers compared to 8% of those who had never had a drink.
A7 DEPRIVATION AND SUBJECTIVE WEALTH

A7.1 DEPRIVATION

Pupils’ alcohol consumption was analysed in relation to deprivation, using the Scottish Index of Multiple Deprivation (SIMD) based on pupils’ postcode. Postcodes were imputed for pupils who did not complete the question on postcode, or provided an incomplete or inaccurate postcode, allowing the allocation of a SIMD score (see SALSUS Technical Report for more details). Please note that care should be taken with interpretation of these findings due to the high percentage of cases where the postcode was either missing, incomplete or inaccurate (37%).

Thirteen year olds who lived in the least deprived areas were more likely to have never had a drink than those in the most deprived areas. There was no such difference for 15 year olds.

- Among 13 year olds, those who lived in the most deprived quintile (SIMD 1) were more likely to have had a drink in the last week than those who lived in the least deprived (SIMD 5) quintile (5% compared with 3%). Those who lived in the least deprived quintile were more likely to have never had a drink than those in the most deprived quintile (75% compared with 64%).

- Of those who had ever had an alcoholic drink, 51% of 13 year olds living in the most deprived quintile had been drunk at least once compared to 36% of 13 year olds living in the least deprived quintile.

- Among 15 year olds, those who lived in the most deprived areas (and had ever had an alcoholic drink) were also more likely than those living in the least deprived areas to have been drunk at least once (76% in the most deprived areas compared with 65% in the least deprived areas).

Tables A43 & A44

A7.2 SUBJECTIVE WEALTH

Pupils were asked how ‘well off’ they thought their family/the people they live with are.

Over half of all 15 and 13 year olds thought that their family/the people they live with were ‘very/quite well off’ (51% of 15 year olds and 56% of 13 year olds).

Pupils who had never had an alcoholic drink were more likely than pupils who reported drinking in the last week to think that their family was ‘very well off’ or ‘quite well off’.

- Over half (52%) of 13 year olds who had had an alcoholic drink in the last week reported their family as being ‘very well off’ or ‘quite well off’. A greater proportion (58%) of those who had never had a drink reported their family as being ‘very well off’ or ‘quite well off’.

- A similar pattern was found among 15 year olds: 51% of 15 year olds who drank alcohol in the last week reported their family as being ‘very well off’ or ‘quite well off’ and 55% those who had never had a drink reported their family as being ‘very well off’ or ‘quite well off’.

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7 It is difficult to measure deprivation on an individual basis therefore area-based measures are used instead. Within SALSUS deprivation is measured using the Scottish Index of Multiple Deprivation (SIMD), an area based deprivation measure based on postcode. Further information on SIMD can be found in the 2013 SALSUS Technical Report and on the ISD & Scottish Government websites.
• Eight per cent of 13 year olds and 7% of 15 year olds who drank alcohol in the last week thought their family was not well off, or not at all well off compared to 5% of 13 year olds and 4% of 15 year olds who reported never having had an alcoholic drink.
A8 HEALTH AND MENTAL HEALTH

A8.1 SELF-REPORTED HEALTH AND LONG-TERM HEALTH PROBLEMS

Pupils were asked to rate their health, in general. They were also asked if they had a physical or mental health condition or illness lasting/expected to last 12 months or more and, if yes, whether this reduced their ability to carry out day-to-day activities. Please note that the latter two questions were introduced in 2013 and replaced the previous question: ‘Do you have any longstanding illness or disability?’.

Overall, 86% of all pupils rated their health as ‘good’ or ‘very good’ (88% of 13 year olds and 83% of 15 year olds). Of the 14% of all pupils who stated that they had a physical or mental health condition or illness lasting/expected to last 12 months or more, 66% said that this affected their day to day activities either a little (56%) or a lot (10%).

Pupils drinking in the last week were more likely than those who had never had an alcoholic drink to rate their health as fair or poor. They were also more likely to report having a mental or physical health condition lasting/expected to last 12 months or more.

- Among 13 year olds, one in five (20%) of those drinking in the last week rated their health as either fair or bad, compared with 9% of those who had never had a drink. Among 15 year olds, 21% of those drinking in the last week described their health as fair or bad, compared with 12% of those who had never drunk alcohol.

- Thirteen year old pupils who reported drinking in the last week were twice as likely as those who had never had a drink to report having a physical or mental health condition lasting/expected to last 12 months (22% compared to 11%).

- Of those who reported having a mental or physical health condition, 13 year olds who drank in the last week were more likely than those who had never had a drink to report that their condition or illness reduced their ability to carry out day to day activities.

- Seventy-two per cent of 13 year olds who drank in the last week and who had a mental or physical health condition reported that their illness reduced their ability, a lot or a little, to carry out day to day activities compared to 63% of those who had never had an alcoholic drink.

- Pupils who drank in the last week were more likely to report that their condition affects their day-to-day activities ‘a lot’ compared to pupils who have never had a drink: 18% of 13 year olds and 16% of 15 year olds compared with 7% and 9% respectively.

Table A46, A47 & A48 and Figure A18
A8.2 CHILD MENTAL HEALTH: STRENGTHS AND DIFFICULTIES QUESTIONNAIRE

Since 2006, SALSUS has incorporated the Goodman Strengths and Difficulties Questionnaire (SDQ), which is widely used to identify emotional and behavioural problems in children and adolescents. The SDQ asks about 25 attributes, split equally across five subscales: emotional symptoms; conduct problems; hyperactivity/inattention; pro-social behaviour and; peer relationship problems⁸.

Using results from the above, pupil’s scores are grouped into ’normal’, ’borderline’ and ’abnormal’, and added together to generate a total difficulties score (based on 20 items).

Overall, 13% of 13 year olds had ‘abnormal’ scores across all the strengths and difficulties scales, 14% had ‘borderline’ scores and the remainder (73%) had ‘normal’ scores. Among 15 year olds, 15% had abnormal scores, 17% ‘borderline’ scores and 68% ‘normal’ scores across all the strengths and difficulties scales.

⁸ Further information on the Goodman Strengths and Difficulties Questionnaire can be found on the SDQ website: http://www.sdqinfo.com
Those who had drunk alcohol in the last week were much more likely than those who had never had an alcoholic drink to receive ‘abnormal’ scores on all of the strengths and difficulties scales.

- Those who had drunk alcohol in the last week were more likely to have an ‘abnormal’ overall difficulties score than those who had never had a drink (31% of 13 year olds who had drunk in the last week compared with 9% of 13 year olds who had never had a drink; 22% of 15 year olds who had drunk in the last week compared with 9% of 15 year olds who had never had a drink).

- Among 13 year olds, those who had drunk alcohol in the last week were more likely than those who had never had a drink to receive ‘abnormal’ scores on all five of the strengths and difficulties scales.

- Fifteen year olds who drank alcohol in the last week were also more likely than those who had never had a drink to record ‘abnormal’ scores on four of the five strengths and difficulties scores (emotional symptoms, conduct problems, hyperactivity/inattention and pro-social behaviour) but not on the peer relationship problems scales.

**A8.3 WARWICK-EDINBURGH MENTAL WELL-BEING SCALE (WEMWBS)**

Since 2010 the survey has included the Warwick-Edinburgh Mental Well-being Scale (WEMWBS). Developed as a tool for measuring mental wellbeing at a population level, the scale comprises 14 positively worded statements that relate to an individual’s state of mental wellbeing (thoughts and feelings). Pupils were asked to indicate how often they have had such thoughts and feelings over the last two weeks.\(^9\)

Pupils who had never had an alcoholic drink were more likely to report better mental wellbeing than those who reported drinking alcohol in the last week.

- Thirteen year olds who had never had a drink had a higher mean WEMWBS score than those who drank alcohol in the last week (51 compared to 45).

- Similarly, fifteen year olds who had never had an alcoholic drink had a higher mean WEMWBS score than those who drank alcohol in the last week (49 compared to 46).

- Boys of both ages were more likely to have a higher mean WEMWBS score than girls: 13 year olds boys had a mean WEMWBS score of 49 compared to 42 for girls. Among 15 year olds the scores were 49 and 43 respectively.

9 For the 2013 analysis, the overall score was calculated by totalling the scores for each item (the minimum possible score was 14 and the maximum was 70); the higher a person's score, the better their level of mental wellbeing. The mean was used as a measure of average and to compare different groups. Scores were calculated for pupils who gave a valid response to each of the 14 questions. Please note that this differs from the analysis methods used for the 2010 SALSUS reporting (see Technical Report for full details).
A9 SUMMARY

PREVALENCE

This report has shown that, in 2013, 4% of 13 year olds and 19% of 15 year olds reported drinking alcohol in the week prior to the survey. This continues the overall downward trend seen since 2002.

The latest figures were the lowest since the survey series began monitoring drinking behaviour in 1990. Furthermore, the proportion of pupils who reported never having had a proper alcoholic drink was higher in 2013 for both age groups than at any time since 1996 (68% of 13 year olds and 30% of 15 year olds).

In England, a similar survey$^{10}$ found that, 4% of 13 year olds and 22% of 15 year olds reported drinking in the last week. This was also part of a downward trend, with reports of drinking in the last week declining since 2003 among both 13 year olds and 15 year olds in England.

Since 2003 there has also been a downward trend in self-reported alcohol consumption (mean unit consumption and proportion exceeding the recommended weekly guideline) among all adults in Scotland$^{11}$.

ACCESS TO ALCOHOL AND LOCATION OF DRINKING

Pupils who had ever had an alcoholic drink were most likely to obtain alcohol from a relative, a friend or from home (either with or without permission).

Only 3% of 13 year olds and 7% of 15 year olds who have ever drunk alcohol reported successfully purchasing alcohol from a shop, supermarket or off-licence in the previous four weeks, a decrease since 2010. A decrease was also seen in the proportion of pupils who reported successfully purchasing alcohol from a pub, bar or club in the last four weeks. Pupils who said that, in the last four weeks, they had got others to buy alcohol for them were most likely to report that the people who purchased alcohol for them were their mother, father or carer or an older friend.

The locations where pupils reported they usually drink alcohol have also changed over time: the proportion of pupils who had ever drunk alcohol and who reported drinking outside has almost halved since 2008 and the proportion of pupils reporting drinking alcohol at home$^{12}$ has increased since 2010.


$^{12}$ It is not possible from the survey question to determine whether drinking at home is supervised or unsupervised.
The majority of pupils agreed that their school provided them with the advice and support they needed to take important decisions about drinking alcohol.

Since the previous survey in 2010, there has been a reduction in the proportion of both 13 and 15 year olds who thought it was okay for someone of their age to try drinking alcohol to see what it is like. There was also a decline, in the proportion of both 13 and 15 year olds who thought it was okay for someone of their age to try getting drunk.