

# Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS)



## ALCOHOL REPORT (2018)



Scottish Government  
Riaghaltas na h-Alba  
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# Executive Summary

## Introduction

This report presents the alcohol findings from the 2018 wave of the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS). The research was commissioned by the Scottish Government and carried out by Ipsos MORI Scotland.

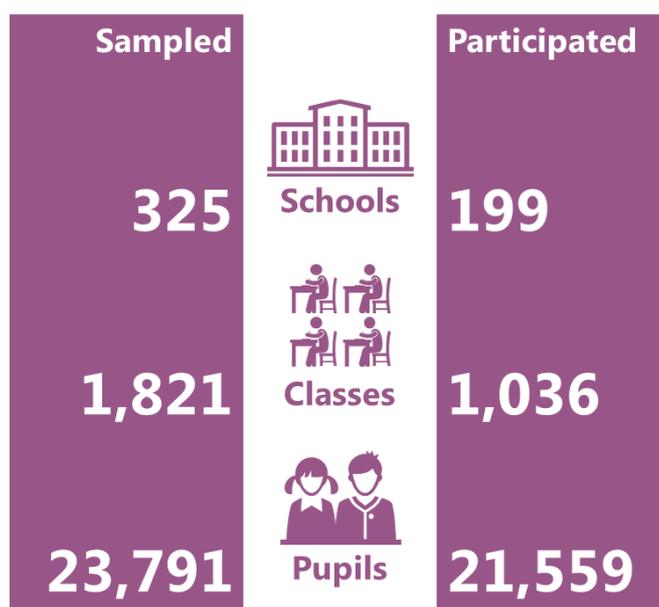
## Survey background and purpose

SALSUS is a continuation of a long established series of national surveys on smoking, drinking and drug use. These were carried out jointly in Scotland and England between 1982 and 2000, to provide a national picture of young peoples' smoking (from 1982), drinking (from 1990), and drug use (from 1998) behaviours within the context of other lifestyle, health and social factors. Since 2002, Scotland has developed its own, more tailored survey, known as SALSUS.

## About the survey

SALSUS is a self-completion survey administered by teachers in a mixed ability class, under exam conditions. In 2018, schools were encouraged to administer the survey online (but could administer it on paper if that was more feasible). Fieldwork was undertaken between September 2018 and April 2019.

**Figure 1 Numbers sampled and participated**



The overall response rate was **52%** based on class and pupil response rate<sup>1</sup>.

For full details of the methodology please see the accompanying SALSUS 2018 Technical Report.

<sup>1</sup> The overall response rate excludes schools who took part in the Realigning Children's Services Survey and Glasgow state schools. For more details please see the SALSUS 2018 Technical Report.

## Key findings

### Prevalence and key trends

Just over a third of 13 year old pupils (36%) and 71% of 15 year olds have ever had an alcoholic drink.

Only a small proportion had drunk alcohol in the 7 days prior to completing the survey: 6% of 13 year olds and 20% of 15 year olds.

Between 2015 and 2018, there has been an increase in the proportion of boys who had drunk in the last week: from 4% to 7% among 13 year olds and from 16% to 20% among 15 year olds. There was also an increase among 13 year old girls, from 4% in 2015 to 6% in 2018. Among 15 year old girls there has been no statistically significant change.

Just over half of 13 year olds (53%) and around two-thirds of 15 year olds (70%) who had ever had alcohol, had been drunk at least once.

The mean age that 15 year olds first had a drink was 13.3 years.

The most common drinking location among both 13 and 15 year olds was at their own home.

Among 13 year olds, around half (52%) of those who had ever had a drink had experienced one (or more) negative effect as a result of drinking alcohol in the last year, compared with over half of 15 year olds (63%).

Among both age groups, the most common negative consequence was doing something they regretted or vomiting.

### Source and availability

Among both age groups, pupils were most likely to get alcohol from their home, from a friend or from a relative. Direct purchase of alcohol from a business was rare.

The majority of pupils, who have ever had a drink, have never tried to purchase alcohol from either a 'shop, supermarket or off-licence', or a 'pub, bar or club'.

Just over a third of 13 year olds (33%) and just over half of 15 year olds (51%) who have ever had a drink, had asked someone else to buy them alcohol in the last 4 weeks.

### Attitudes to alcohol use

Just over half of 13 year olds (51%) thought that it was 'ok' for someone their age to try drinking alcohol, while over three-quarters of 15 year olds (79%) thought it was 'ok'.

16% of 13 year olds and 49% of 15 year olds thought that it was 'ok' for someone their age to try getting drunk. This has increased among both age groups since 2015: 9% of 13 year olds thought it was 'ok' to try getting drunk in 2015, compared with 16% in 2018 and 38% of 15 year olds thought this in 2015, compared with 49% in 2018.

# Acknowledgements

First and foremost, we would like to thank all of the pupils who participated in the 2018 Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS).

We would also like to thank the schools that participated and, in particular, the teachers who organised and administered the survey. In addition, we would like to thank individuals from Alcohol and Drug Partnerships (ADPs) and Education Departments within local authorities who encouraged schools to take part.

We are grateful to Scottish Government colleagues for their help and guidance over the life of the project, and in particular to Carol Brown and Neil White for their support throughout.

Finally, we would like to acknowledge the contributions of many Ipsos MORI colleagues, in particular: Lucy Setterfield, Lorraine Murray, Chris Martin, Melissa Behm, Yinka Oluwi, Russell Painter and Kevin Pickering.

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# 1 Introduction and background

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## Survey background

SALSUS is a continuation of a long established series of national surveys on smoking, drinking and drug use. These were carried out jointly in Scotland and England between 1982 and 2000, to provide a national picture of young peoples' smoking (from 1982), drinking (from 1990), and drug use (from 1998) within the context of other lifestyle, health and social factors. Since 2002, Scotland has developed its own, more tailored survey known as SALSUS.

## Survey purpose

SALSUS informs progress towards Scottish Government policies to reduce the harms from smoking, drinking and drug use among children and young people.

The survey series also provides local prevalence rates for smoking, drinking and drug use across Alcohol and Drug Partnerships (ADPs), local authorities and NHS Boards.

## Policy background

The level of harms from alcohol in Scotland is high in comparison to the rest of the UK and internationally. Reducing the harms caused by alcohol is one of Scotland's six public health priorities<sup>2</sup> (along with reducing harms from smoking and drug use). Action has been taken to reduce the harms by successive Scottish Governments as outlined in Figure 1.1.

In 2009, a whole population approach was taken, and the then national alcohol strategy<sup>3</sup>, [Changing Scotland's Relationship with Alcohol: A Framework for Action](#), was published. This adopted the World Health Organization's prevention measures for alcohol of **affordability, availability, attractiveness**. Under this strategy, the Scottish Government's actions included legislating to ban irresponsible promotions; introduction of a multi-buy discount ban; introduction of an age verification policy such as Challenge 25; and introduction of minimum unit pricing.

Figure 1.1 Scottish alcohol policy timeline (2002-2016)



<sup>2</sup> Scottish Government and COSLA (2018) Public Health Priorities for Scotland <https://www.gov.scot/publications/scotlands-public-health-priorities/>

<sup>3</sup> Scottish Government (2009) [Changing Scotland's Relationship with Alcohol: A Framework for Action](https://www2.gov.scot/Resource/Doc/262905/0078610.pdf) <https://www2.gov.scot/Resource/Doc/262905/0078610.pdf>

## Alcohol Framework 2018: Preventing Harm

In November 2018, a refreshed Alcohol Framework<sup>4</sup> was published, which builds on the previous Framework and has three central themes:

1. reducing consumption
2. positive attitudes, positive choices
3. supporting families and communities

The fourth theme in the previous Framework of 'improved treatment and support' now sits within the 2018 drug and alcohol treatment strategy<sup>5</sup>.

There are two consistent threads running through the Framework: reduce health inequalities, and protect children and young people. For the latter, this means that all work on preventing underage drinking, marketing and advertising, education in schools, positive alternative opportunities and safer communities, and preventing alcohol-related violence and crime all aim to protect children and young people. Action 1 in the Framework states "We will put the voices of children and young people at the heart of developing preventative measures on alcohol." In practice, this means that measures will be developed with children and young people and not imposed upon them. The views of children and young people will be sought to help shape the policy.

Key actions in the Framework include:

- Evaluating minimum unit pricing and reviewing the price after 1 May 2020;
- Pressing the UK Government to impose a 9pm watershed for alcohol advertising on TV as well as restrictions on cinema advertising;
- Consulting on the suitability of restrictions on alcohol marketing to protect children and young people;
- Running a social marketing campaign on the alcohol low risk drinking guidelines of 14 units per week – the first phase of the [count14](#) campaign ran in 2019;
- Pressing alcohol producers to put health information on labels.

### Key legislation

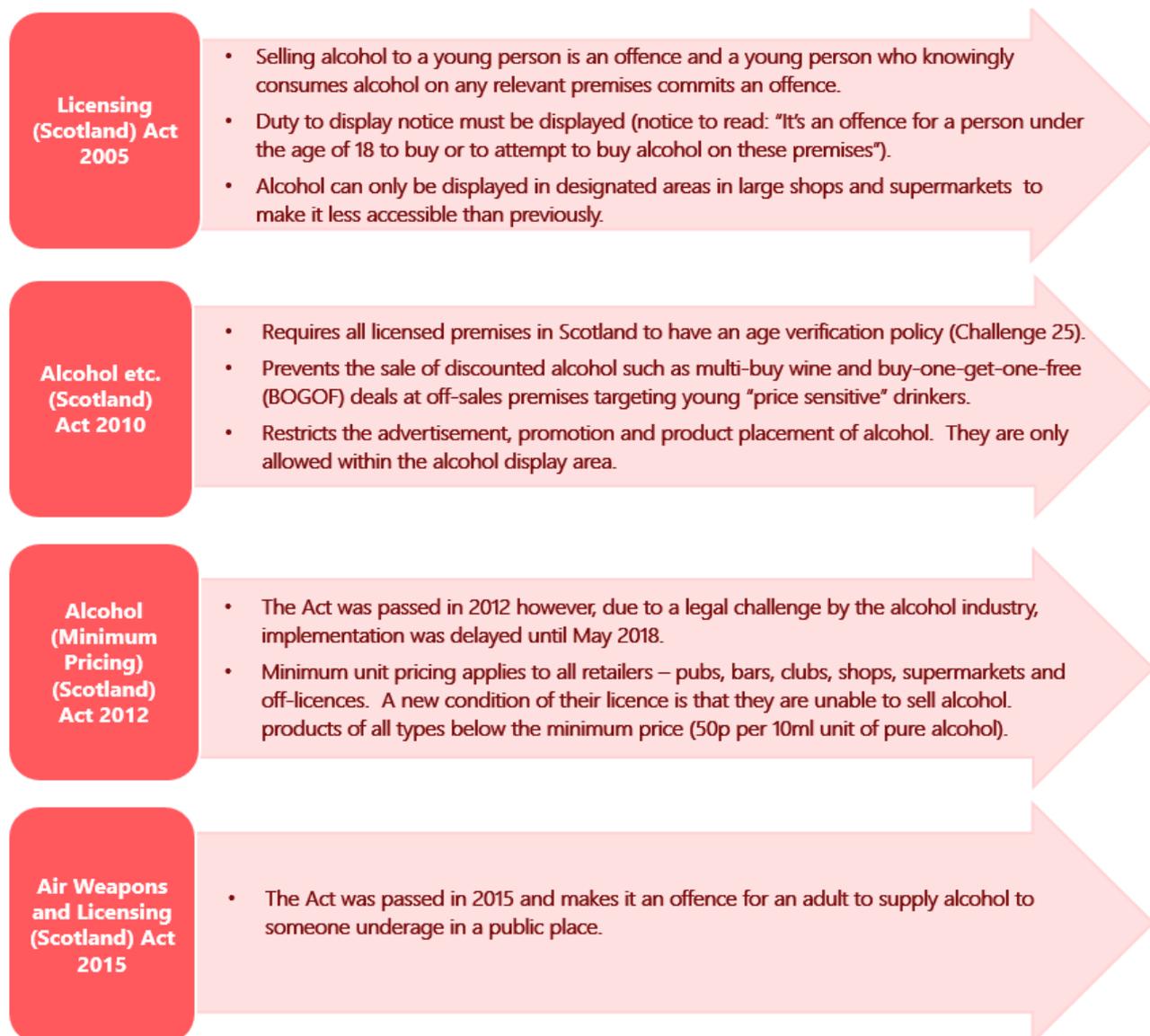
Current key policies relating to alcohol include: the [Licensing \(Scotland\) Act 2005](#), the [Alcohol etc. \(Scotland\) Act 2010](#), the [Alcohol \(Minimum Pricing\) \(Scotland\) Act 2012](#) and the [Air Weapons and Licensing \(Scotland\) Act 2015](#). Figure 1.2 outlines the key points from each that are relevant to young people.

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<sup>4</sup> Scottish Government (2018) Alcohol Framework 2018: Preventing Harm <https://www.gov.scot/publications/alcohol-framework-2018-preventing-harm-next-steps-changing-relationship-alcohol/>

<sup>5</sup> Scottish Government (2018) Rights, Respect and Recovery: Drug and Alcohol Treatment Strategy <https://www.gov.scot/publications/rights-respect-recovery/>

**Figure 1.2 Key legislative measures affecting young people**



Further information about policy relating to alcohol is available at:

- NHS Health Scotland:  
<http://www.healthscotland.com/topics/health/alcohol/index.aspx>
- Scottish Government:  
<https://www.gov.scot/policies/alcohol-and-drugs/>

## Methods

SALSUS is a self-completion survey administered by teachers in a mixed ability class, under exam conditions. In the past the survey has been completed on paper, but in 2018 schools were given the choice to complete the survey online or on paper.

A random, nationally representative sample of S2 and S4 pupils in Scottish schools was drawn with classes as the primary sampling unit. All local authority and independent schools in Scotland were eligible for inclusion in the sample, with the exception of special schools.

Fieldwork was completed between October 2018 and April 2019. A total of 12,558 S2 and 10,807 S4 pupils responded (including schools that took part in the Realigning Children's Service Survey).

The overall response rate was 52% (excludes schools that took part in the Realigning Children's Services Survey and Glasgow state schools).

Data was weighted by local authority, age, sex, school sector (state/independent), school denomination and by urban/rural classification.

Throughout the report pupils in S2 are referred to as '13 year olds' and S4 pupils are referred to as '15 year olds' for ease. It should be borne in mind that some pupils within these categories may be slightly older or younger.

Some pupils did not answer each question. Where answers are missing, these have been excluded from the analysis and so charts and tables that describe the same population may have varying bases. When differences between estimates are specifically commented on in the report, these differences are statistically significant to the level of 0.05.

Percentages may not add up to 100% due to rounding.

For full details of the methodology, please see the SALSUS 2018 Technical Report<sup>6</sup>.

Finally, it is important to note, that while there are associations between many of the behaviours explored in this report, conclusions about causality cannot be drawn.

## Changes to the questionnaire

No alterations were made to the alcohol questions for 2018, so they are the same as in the 2015 survey. For further details on other question changes and survey methodology see the SALSUS 2018 Technical Report and the full 2018 questionnaire<sup>7</sup>.

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<sup>6</sup> The SALSUS 2018 Technical Report can be found at:  
<http://www.gov.scot/ISBN/9781839603327>

<sup>7</sup> The SALSUS 2018 Questionnaire can be found at:  
<http://www.gov.scot/ISBN/9781839603327>

## 2 Prevalence and key trends

### Summary of key changes over time

Among all groups, the proportion of pupils who have ever had an alcoholic drink has increased since 2015. Drinking in the last week is also increasing in all groups except 15 year old girls. In addition, there has been an increase in the proportion of pupils who had ever been drunk, with the exception of 15 year old boys, see Figure 2.1.

Figure 2.1 Summary of trends in alcohol use between 2013 and 2018

	13 year olds		15 year olds	
	Boys	Girls	Boys	Girls
EVER HAD AN ALCOHOLIC DRINK	↑	↑	↑	↑
DRANK IN THE LAST WEEK	↑	↑	↑	↔
EVER BEEN DRUNK	↑	↑	↔	↑
DRUNK IN THE LAST 7 DAYS	↑	↔	↔	↔
AGE FIRST HAD A DRINK	↓	↓	↓	↓
AGE FIRST GOT DRUNK	↔	↔	↔	↔

## Ever had a drink (a whole drink, not just a sip)

### 2018 FIGURES

Just over a third of 13 year olds (36%) have ever had an alcoholic drink and 71% of 15 year olds have ever had one.

### TRENDS OVER TIME

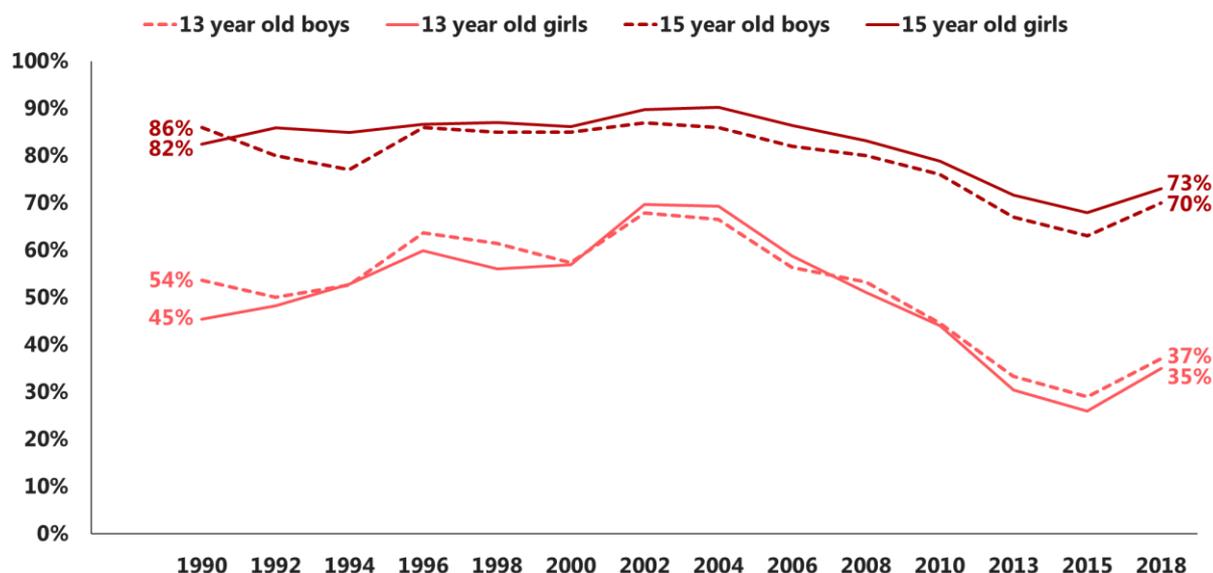
Among all groups, the proportion of pupils who have ever had an alcoholic drink has been steadily decreasing since 2004.

However, there has been an increase across all groups between 2015 and 2018 (Figure 2.2). The proportion among 13 year old boys and 13 year old girls increased by 8 and 9 percentage points respectively (up from 29% and 26% in 2015). The proportion among 15 year old boys and 15 year old girls increased by 7 and 5 percentage points respectively (up from 63% and 68% in 2015).

### GENDER DIFFERENCES

Among 15 year olds, girls were slightly more likely than boys to have ever had a drink, but there were no gender differences among 13 year olds (Figure 2.2).

**Figure 2.2 Proportion of pupils who have ever had a drink, by sex and age (1990-2018)**  
 Q. Have you ever had a proper alcoholic drink – a whole drink, not just a sip?



Base: all pupils (for full base size information please see Appendix A)

## Drank in the last week

### 2018 FIGURES

Only a small proportion of 13 year olds had drunk in the 7 days prior to completing the survey (6%), while a fifth of 15 year olds had done the same (20%).

### TRENDS OVER TIME

Between 2015 and 2018, there has been an increase in the proportion of boys who had drunk in the last week: from 4% to 7% among 13 year olds and from 16% to 20% among 15 year olds. There was also an increase among 13 year old girls, from 4% in 2015 to 6% in 2018. Among 15 year old girls there has been no statistically significant change (Figure 2.3).

### GENDER DIFFERENCES

There were no statistical differences between boys and girls in either age group (Figure 2.3).

**Figure 2.3 Proportion of pupils who drank in the last week, by sex and age (1990-2018)**

Q. When did you last have an alcoholic drink?



Base: all pupils (for full base size information please see Appendix A)

## Ever been drunk

### 2018 FIGURES

Just over half of 13 year olds (53%) and around two-thirds of 15 year olds (70%), who had ever had an alcoholic drink, had been drunk at least once. 4% of 13 year olds and 21% of 15 year olds reported being drunk more than 10 times.

### TRENDS OVER TIME

Overall, there was a small decline in the proportion of pupils who have ever been drunk between 2002 and 2015. However, between 2015 and 2018 the proportion who have ever been drunk has increased among all groups except 15 year old boys (Figure 2.4).

The most notable change has been among 13 year old girls who have ever had an alcoholic drink, with the proportion who have ever been drunk increasing from 47% in 2015 to 57% in 2018.

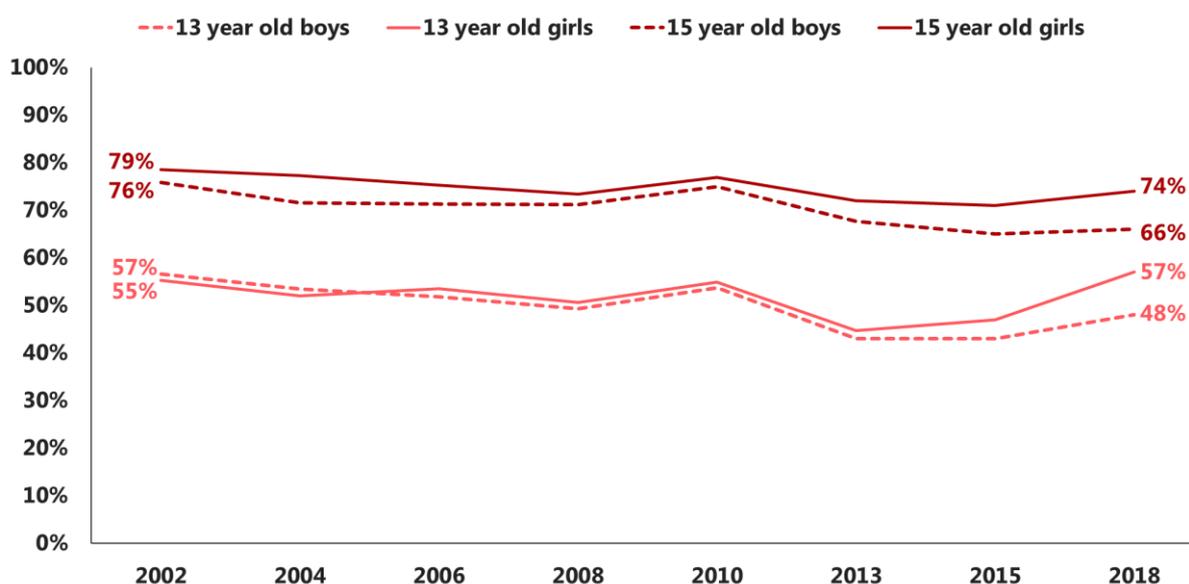
Additionally, the number of 15 year olds reporting to have been drunk more than 10 times has gone up 9 percentage points since last wave, from 12% in 2013 to 21% in 2018.

### GENDER DIFFERENCES

Among both age groups, girls were more likely than boys to have been drunk at least once, and this gap has widened between 2015 and 2018 (Figure 2.4).

**Figure 2.4 Proportion of pupils, who have ever had an alcoholic drink, who have ever been drunk, by sex and age (2002-2018)**

Q. Have you ever been drunk?



Base: pupils who have ever had an alcoholic drink (for full base size information please see Appendix A)

## Been drunk in the last week

### 2018 FIGURES

52% of 13 year olds and 57% of 15 year olds who had a drink in the last week, had been drunk in the same time period.

### TRENDS OVER TIME

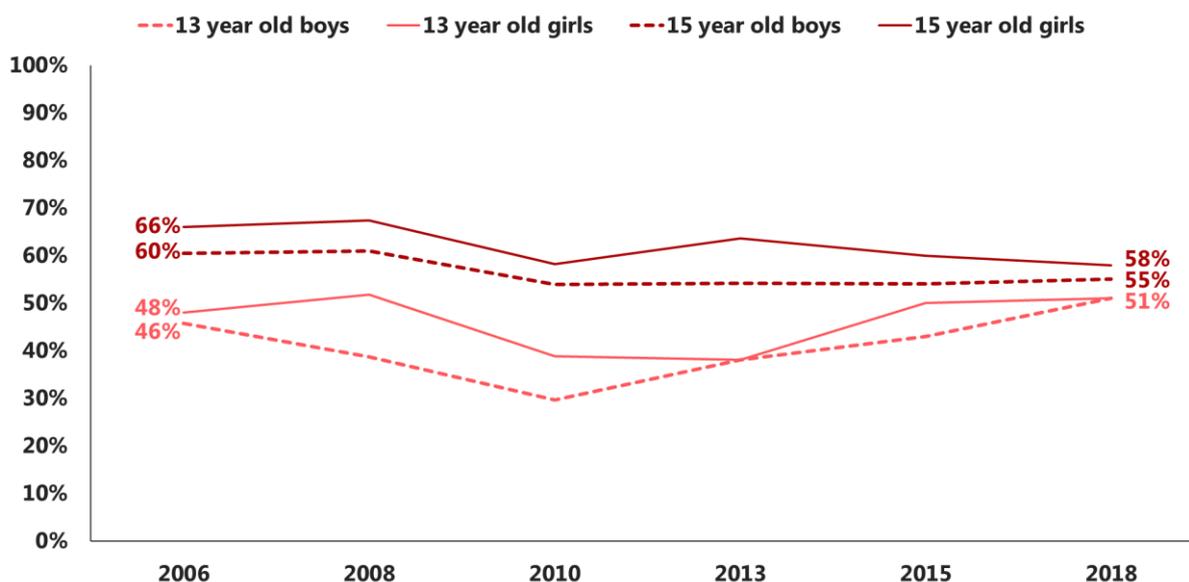
Among 15 year old and 13 year old girls, there have been no statistically significant changes in the proportion who had been drunk in the last week. However, the proportion of 13 year old boys who had been drunk in the last week increased from 43% in 2015 to 51% in 2018 (Figure 2.5)

### GENDER DIFFERENCES

There were no statistical differences between the proportions of boys and girls in either age group who had been drunk in the last week (Figure 2.5).

**Figure 2.5 Proportion of pupils who have drunk alcohol in the last week, who had been drunk in the same period, by age and sex (2006-2018)**

Q. Have you been drunk in the last 7 days?



Base: pupils who have drunk alcohol in the last week (for full base size information please see Appendix A)

## Age first had a drink

### 2018 FIGURES

The mean age that 15 year olds first had a drink was 13.3 years and the mean age they first got drunk was 13.8 years.

### TRENDS OVER TIME

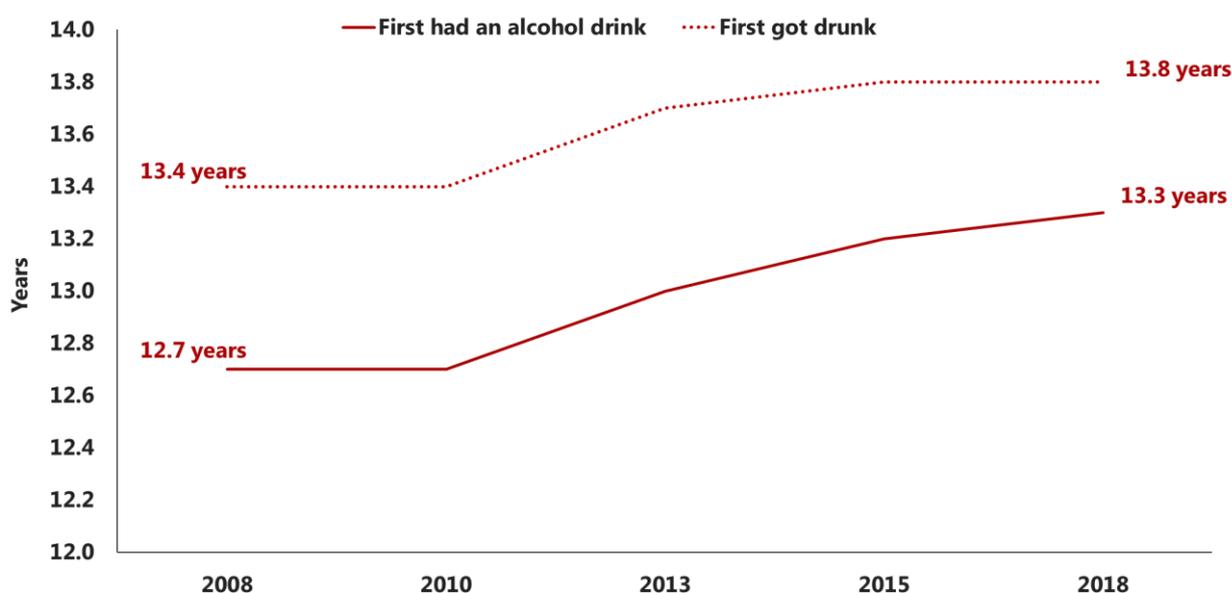
The age at which pupils first tried alcohol has increased from 13 years and 2 months in 2015 to 13 years and 4 months in 2018. However, the age at which pupils first got drunk has not changed since 2015 (Figure 2.6).

### GENDER DIFFERENCES

15 year old girls were slightly older than boys when they first tried drinking (13 years and 5 months among girls, compared with 13 years and 2 months among boys) and first got drunk (13 years and 11 months among girls and 13 years and 9 months among boys).

**Figure 2.6 Mean age at which 15 year old pupils who have ever had a drink, first had an alcoholic drink and first got drunk (2008-2018)<sup>8</sup>**

Q. How old were you when you first drank alcohol/got drunk?



Base: 15 year olds who have ever had a drink (for full base size information please see Appendix A)

<sup>8</sup> Please note that the decimal place on the vertical axis for this graph refers to fractions of a year rather than months, for example for 13 year olds in 2008 the .4 equates to 40% of a year (i.e. approximately 5 months) and not 4 months.

## Drinking locations

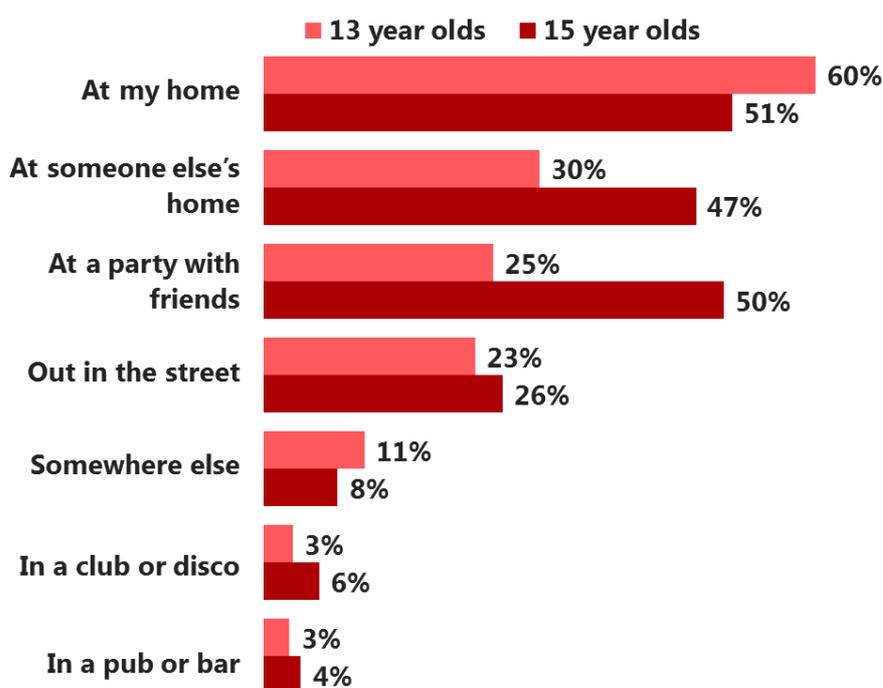
**2018 FIGURES** The most common drinking location for 13 year olds was at their own home. The next most common places were someone else's home, at a party with friends or out in the street. Among 15 year olds, the most common places to drink alcohol were at their home, at a party with friends and at someone else's home (Figure 2.7).

**TRENDS OVER TIME** Among 13 year olds, there has been an increase in the proportion of pupils who usually drink at their home (60% in 2018, compared with 53% in 2015), at a party with friends (25% in 2018, compared with 22% in 2015) and at someone else's house (30% in 2018, compared with 26% in 2015).

Among 15 year olds, there has been an increase in the proportion of pupils who usually drink in a pub or bar (6% in 2018, compared with 3% in 2015), at their own home (51% in 2018, compared with 43% in 2015), at someone else's home (47% in 2018, compared with 41% in 2015) and out in the street (26% in 2018, compared with 22% in 2015).

**GENDER DIFFERENCES** Boys were more likely than girls to drink in a pub or bar (6% of boys, compared with 3% of girls) whereas girls were more likely than boys to have drunk at someone else's home (47% of girls, compared with 36% of boys), at a party with friends (47% of girls, compared with 37% of boys) or out on the street (26% of girls, compared with 23% of boys).

**Figure 2.7 Usual drinking locations, among those who have ever had a drink, by age (2018)**  
Q. When you drink alcohol, where are you usually? [Multiple answers can be selected for this question]



Base: pupils who have ever had an alcoholic drink (13 year olds, 3,955) (15 year olds, 7,193)

## Effects of alcohol

**2018 FIGURES** Around half (52%) of 13 year olds and 63% of 15 year olds who had ever had a drink had experienced one (or more) of the negative effects listed in Figure 2.8 as a result of drinking alcohol in the last year.

Among both age groups, the most common negative consequence was doing something they regretted or vomiting (Figure 2.8).

**TRENDS OVER TIME** The proportion of 13 year olds experiencing at least one effect increased from 45% in 2015 to 52% in 2018. The proportion of 15 year old girls experiencing at least one effect increased from 64% in 2015 to 68% in 2018 but there was no statistically significant change over time among 15 year old boys.

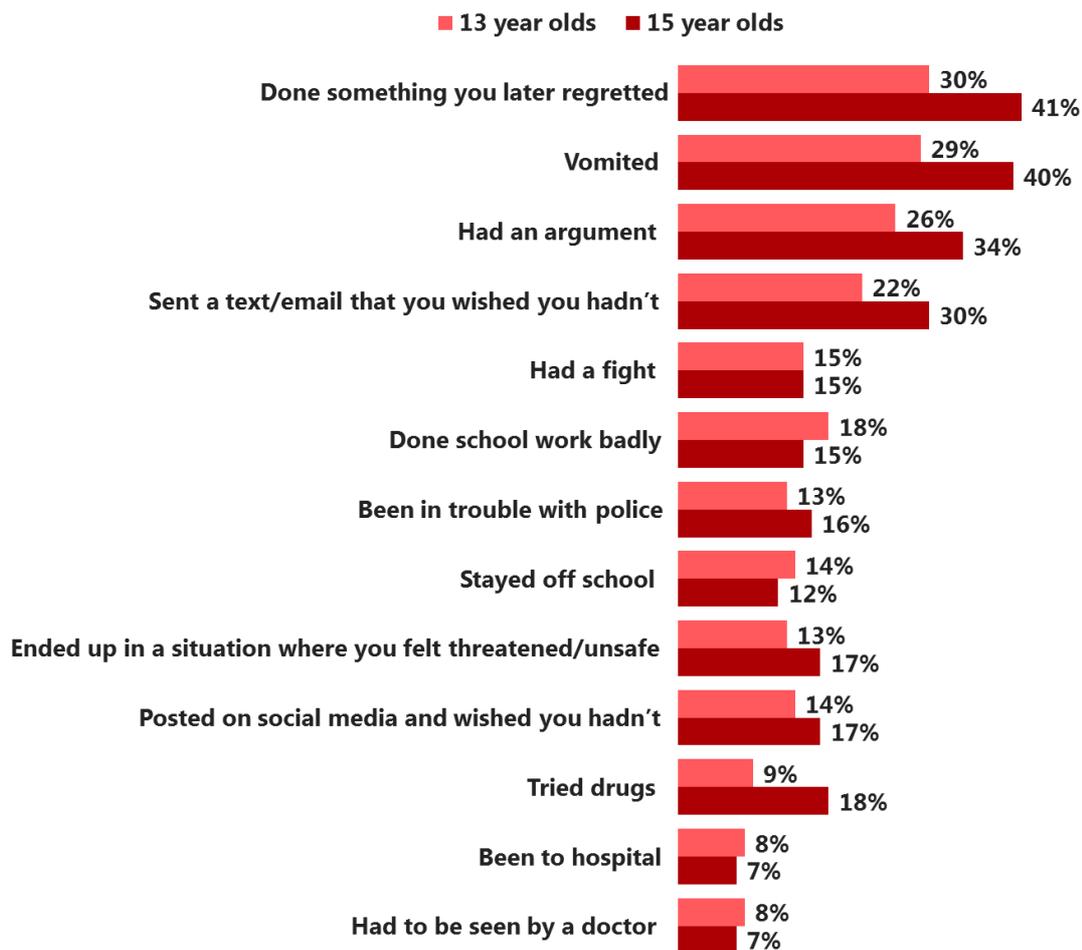
Among 13 year olds there have been small increases in the frequency of a number of the effects listed in Figure 2.8: having an argument (from 23% in 2015 to 26% in 2018); being sick (from 25% to 29%); doing school work badly (from 14% to 18%); posting something online that you wished you hadn't (from 10% to 14%); sending a text/email you wish you hadn't (from 17% to 22%); and doing something you later regret (from 26% to 30%).

A similar pattern emerged among 15 year olds – small increases across several of the effects experienced. This included increases in the proportion who ended up in a situation where they felt threatened/unsafe (from 14% in 2015 to 17% in 2018), stayed off school (from 9% to 12%), had been sick (from 37% to 40%), has done school work badly (from 12% to 15%), posted something online they wished they hadn't (from 11% to 17%); sent a text/email they wish they hadn't (from 27% to 30%); and did something they later regretted (from 36% to 41%).

**GENDER DIFFERENCES** Girls were more likely than boys to have an argument due to drinking alcohol (36% of girls, compared with 26% of boys), to have been sick (40%, compared with 33%) posted something online they wished they hadn't (19%, compared with 12%), sent a text/email that they wished they hadn't (34%, compared with 20%) and done something they later regretted (42%, compared with 32%). Boys were more likely to have had a fight (17% of boys, compared with 12% of girls) and to have tried drugs (17% of boys, compared with 13% of girls).

**Figure 2.8 Proportion of pupils who have ever drunk alcohol who experienced negative effects as a result of drinking alcohol, by age (2018)**

*Q In the past year, as a result of drinking alcohol have you...?*



Base: pupils who have ever had an alcoholic drink (13 year olds, 4,144) (15 year olds, 7,290)

# 3 Source of and availability of alcohol

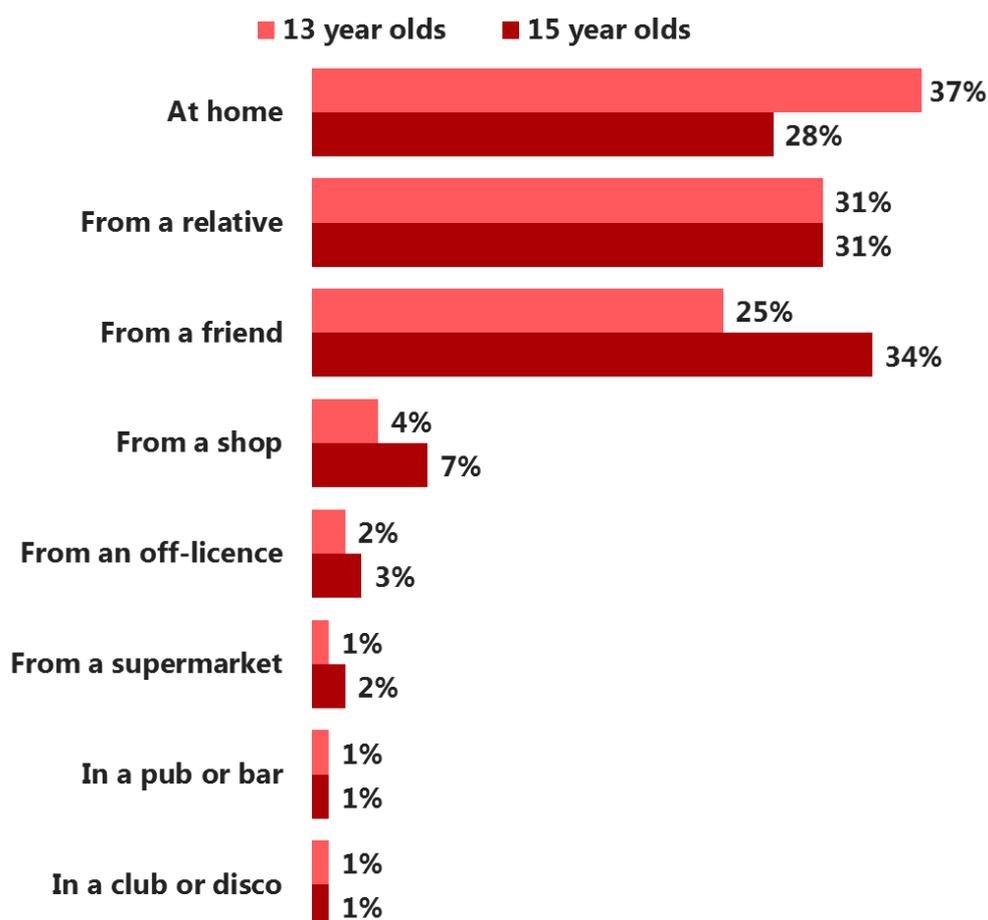
## Sources of alcohol

Among both age groups, pupils were most likely to get alcohol from their home, from a friend or from a relative. Direct purchase of alcohol from a business was rare (Figure 3.1).

Thirteen year olds were most likely to get alcohol from home, (either with or without permission), whereas 15 year olds were most likely to get their alcohol from a friend (Figure 3.1).

Boys were more likely than girls to say that they purchased alcohol directly from a business (for example, 4% of boys said they purchased alcohol from an off-licence, compared with 2% of girls), whereas girls were more likely than boys to get alcohol from a friend (34% of girls compared with 29% of boys) or relative (34%, compared with 28%).

**Figure 3.1 Sources of alcohol among those who have ever had a drink, by age (2018)**  
Q. Where do you usually get your alcohol from?



Base: pupils who have ever had an alcoholic drink (13 year olds, 3,518) (15 year olds, 6,613)

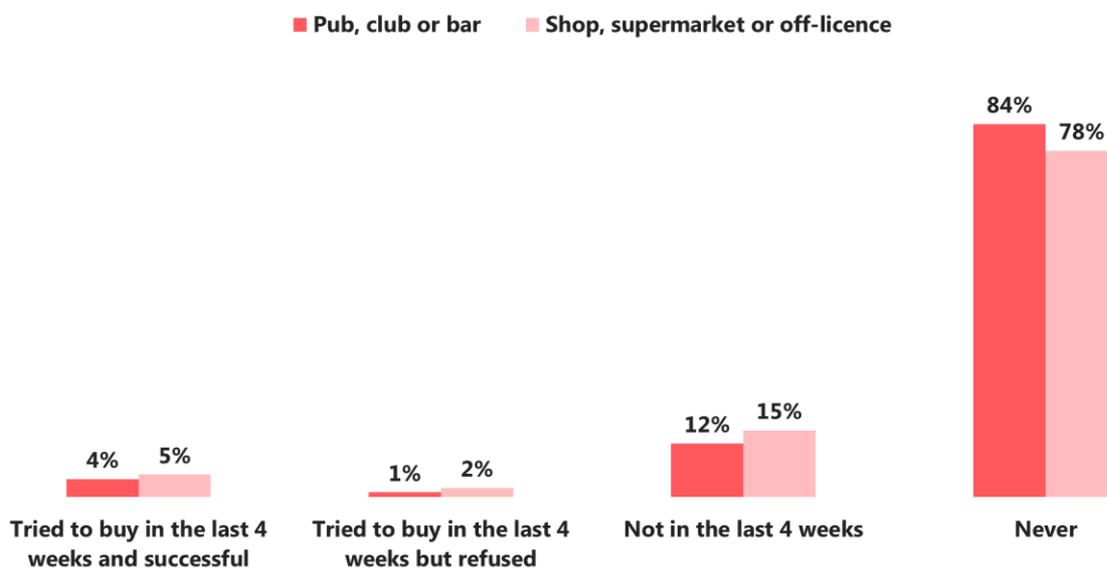
## Attempts to purchase alcohol

The majority of pupils, who have ever had a drink, have never tried to purchase alcohol from either a 'shop, supermarket or off-licence', or a 'pub, bar or club' (Figure 3.2 and Figure 3.3).

Most of the small percentage who did try to purchase alcohol were successful. For example, 4% of 13 year olds tried to buy alcohol from 'a pub, bar or club' and were successful and 1% tried but were not. The same pattern was evident across both age groups and the different types of alcohol outlets.

**Figure 3.2 Alcohol purchasing attempts among 13 year olds who have ever had a drink (2018)**

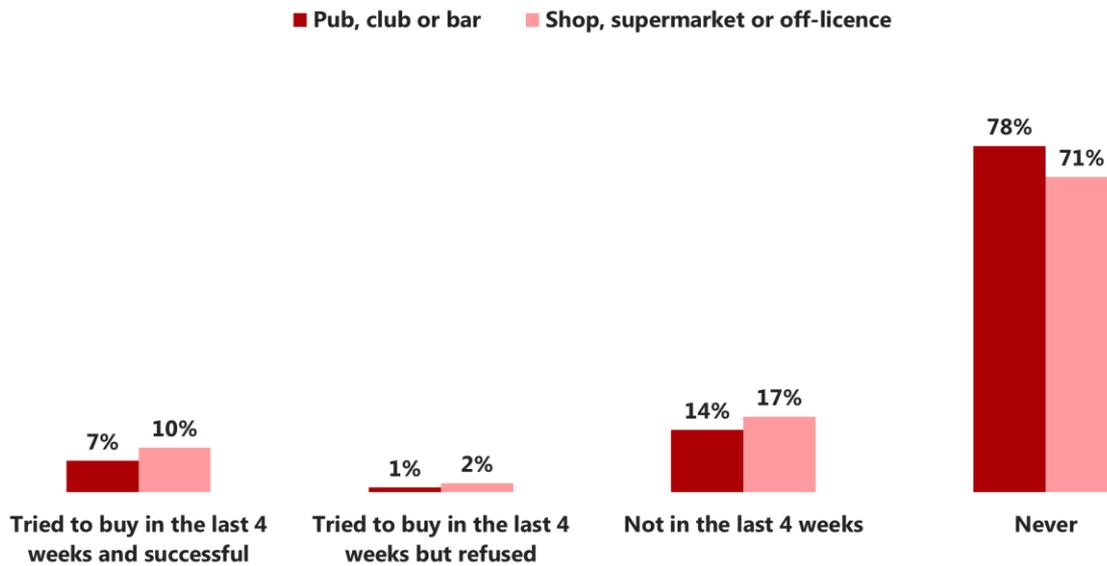
Q. In the last 4 weeks, have you bought or tried to buy alcohol from a shop, supermarket, or off-licence/in a pub, bar, or club?



Base: Pub, club or bar: 13 year old pupils who have ever had an alcoholic drink (4,045),  
Shop, supermarket or off-licence: 13 year old pupils who have ever had an alcoholic drink (4,034)

**Figure 3.3 Alcohol purchasing attempts among 15 year olds who have ever had a drink (2018)**

Q. In the last 4 weeks, have you bought or tried to buy alcohol from a shop, supermarket, or off-licence/in a pub, bar, or club?



Base: Pub, club or bar: 15 year old pupils who have ever had an alcoholic drink (7,148),  
Shop, supermarket or off-licence: 15 year old pupils who have ever had an alcoholic drink (7,175)

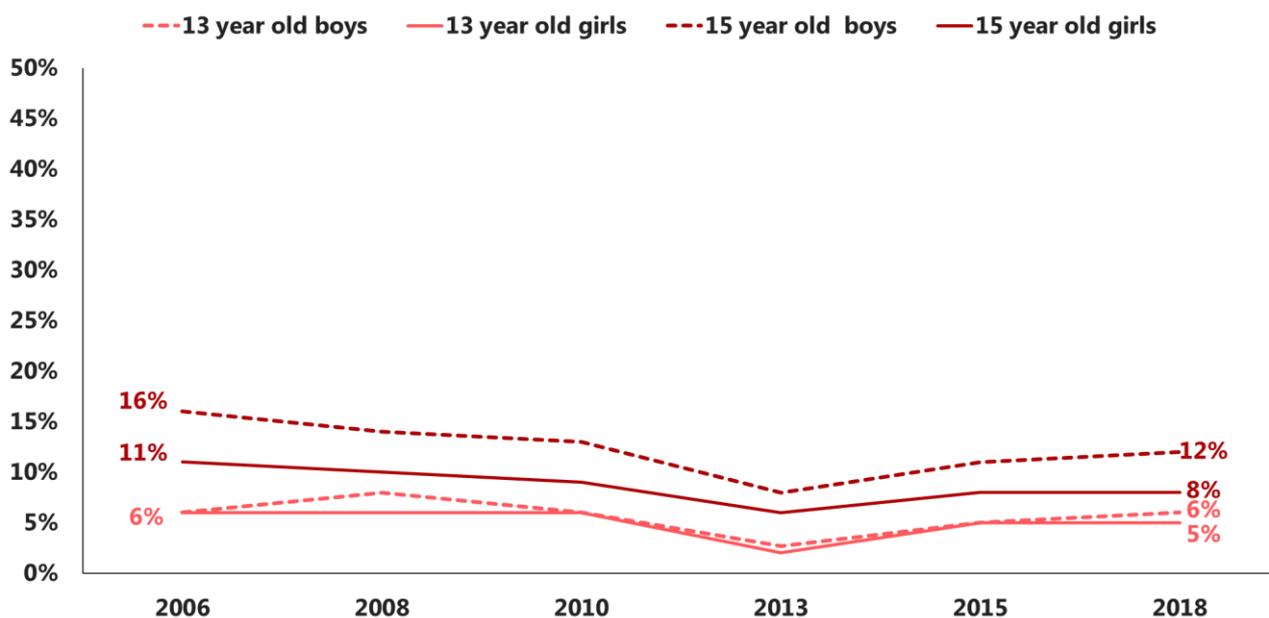
### Purchasing from off-trade (shop, supermarket or off-licence)

Across both age groups and genders, the proportion making successful alcohol purchases at shops, supermarkets or off-licences has not changed between 2015 and 2018 (Figure 3.4).

Among 15 year olds, boys were more likely to have tried and successfully made a purchase than girls (Figure 3.4). There was no statistical difference among 13 year olds.

**Figure 3.4 Successful off-trade (shop, supermarket or off-licence) alcohol purchase attempts in the last 4 weeks among those who have ever had a drink, by age and sex (2006-2018)**

Q. In the last 4 weeks, have you bought or tried to buy alcohol from a shop, supermarket, or off-licence?



Base: pupils who have ever had an alcoholic drink (for full base size information please see Appendix A)

### Purchasing alcohol on-trade (pub, bar or club)

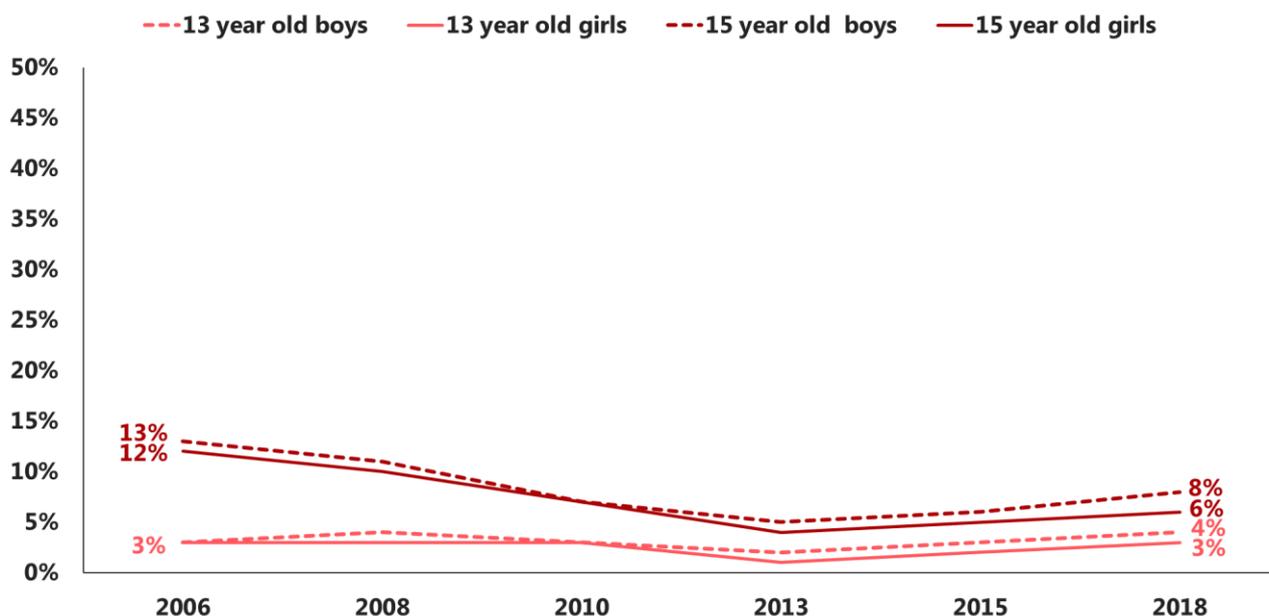
Among 13 year olds, the proportion of pupils making successful attempts to purchase alcohol from a pub, bar or club has remained constant (and very low) over time.

Among 15 year olds, there was a steady decrease in the proportion of pupils making successful attempts to purchase alcohol between 2006 and 2013 and then no change between 2013 and 2015 (Figure 3.5). There has been no change between 2015 and 2018, with the exception of a very small increase in the proportion of 15 year olds boys who say they made a successful attempt to purchase alcohol at a pub, bar or club (from 6% in 2015 to 8% in 2018).

The only gender difference in successful on-trade purchasing was that 15 year old boys were slightly more likely to make a successful purchase than 15 year old girls (Figure 3.5).

**Figure 3.5 Successful on-trade (pub, bar or club) alcohol purchase attempts in the last 4 weeks among those who have ever had a drink, by age and sex (2006-2018)**

Q. In the last 4 weeks, have you bought or tried to buy alcohol in a pub, bar, or club?



Base: pupils who have ever had an alcoholic drink (for full base size information please see Appendix A)

### Getting another person to purchase alcohol

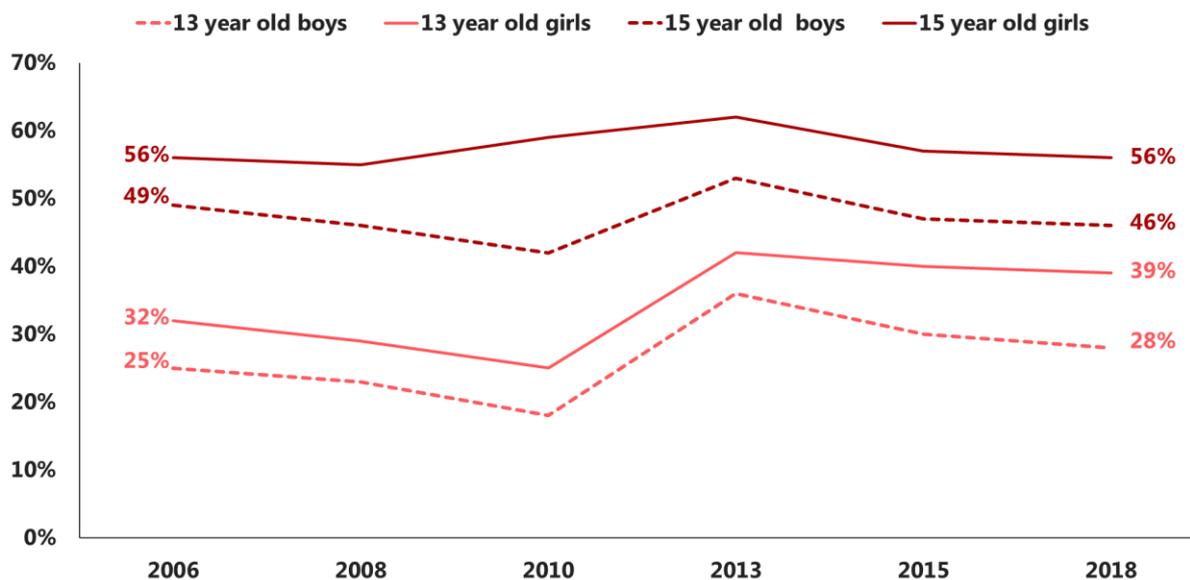
Just over a third of 13 year olds (33%) and just over half of 15 year olds (51%) who have ever had a drink, had asked someone else to buy them alcohol in the last 4 weeks.

There has been no change in the proportion of pupils asking someone else to buy alcohol for them between 2015 and 2018 (Figure 3.6).

Among both age groups, girls are more likely than boys to have asked someone else to buy alcohol on their behalf in the last 4 weeks (Figure 3.6).

**Figure 3.6 Proportion of pupils who have ever had alcohol who have asked someone else to buy alcohol for them in the last 4 weeks, by age and sex (2006-2018)**

*Q. Have you got anyone else to buy any alcohol for you in the last 4 weeks?*



Base: pupils who have ever had an alcoholic drink (for full base size information please see Appendix A)

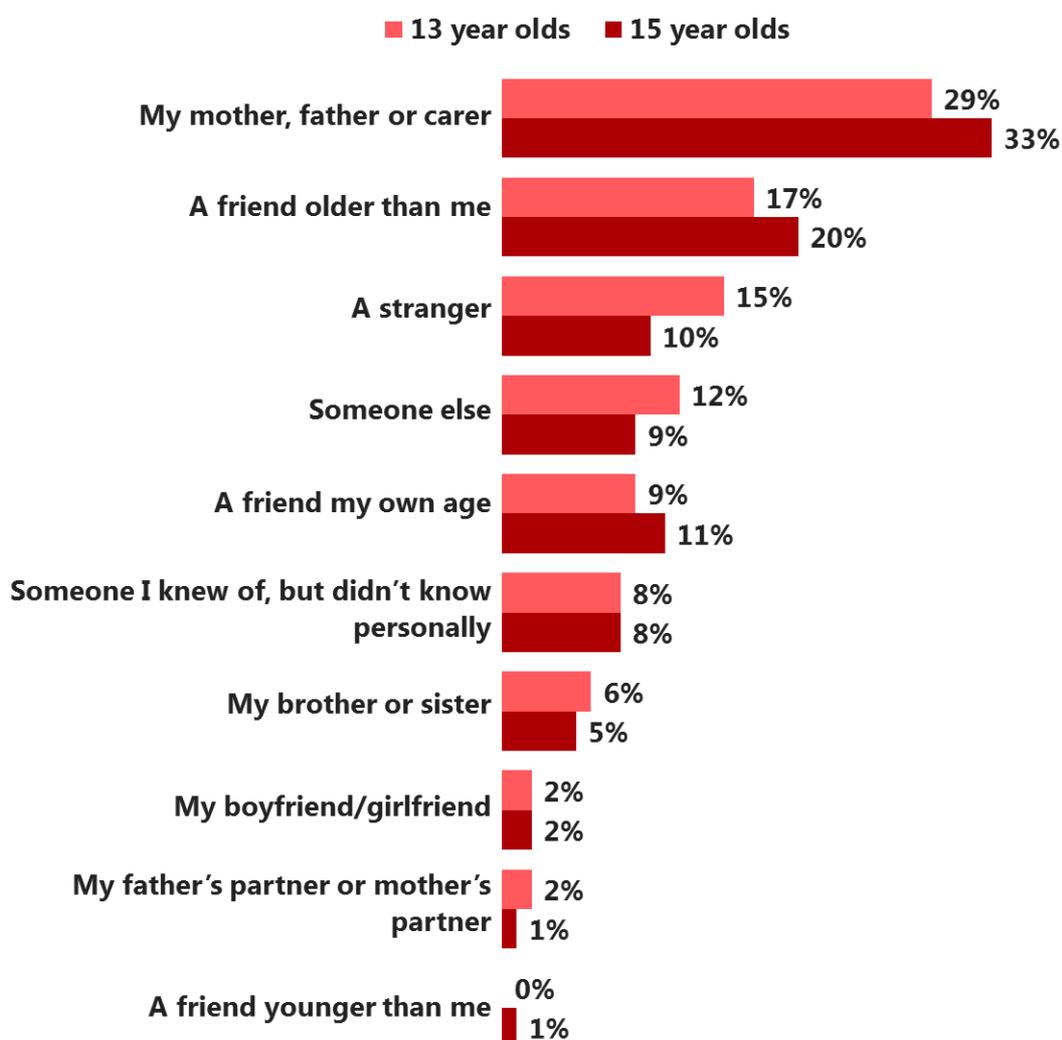
Among pupils of both age groups who had someone else buy them alcohol, it was most common for it be their mother, father or carer who did so on the last occasion (Figure 3.7).

To put this into perspective, the 29% of 13 year olds who had ever had a drink and had their mother, father or carer buy them alcohol in the last 4 weeks, represents 2% of *all* 13 year old pupils.

Among 13 year olds, the only change over time was an increase in the proportion who said that their brother or sister had purchased alcohol on their behalf (5% in 2015, compared with 8% in 2018).

Among 15 year olds, there was an increase in the proportion that said their mother, father, carer purchased alcohol on their behalf (from 23% in 2015 to 33% in 2018) and decreases in the proportion who said that an older friend (from 26% in 2015 to 20% in 2018) or someone they knew of but did not know personally (from 8% in 2015 to 5% in 2018).

**Figure 3.7 Proportion of pupils, who have ever had a drink and had asked someone else to get them alcohol in the last 4 weeks, who were given alcohol by each group, by age (2018)**  
*Q. The last time someone bought you alcohol, who was it?*



Base: pupils who have ever had an alcoholic drink and got someone else to buy them alcohol in the last 4 weeks (13 year olds, 1,189) (15 year olds 3,141)

# 4 Attitudes to alcohol use and alcohol education

## Acceptability of trying drinking and getting drunk

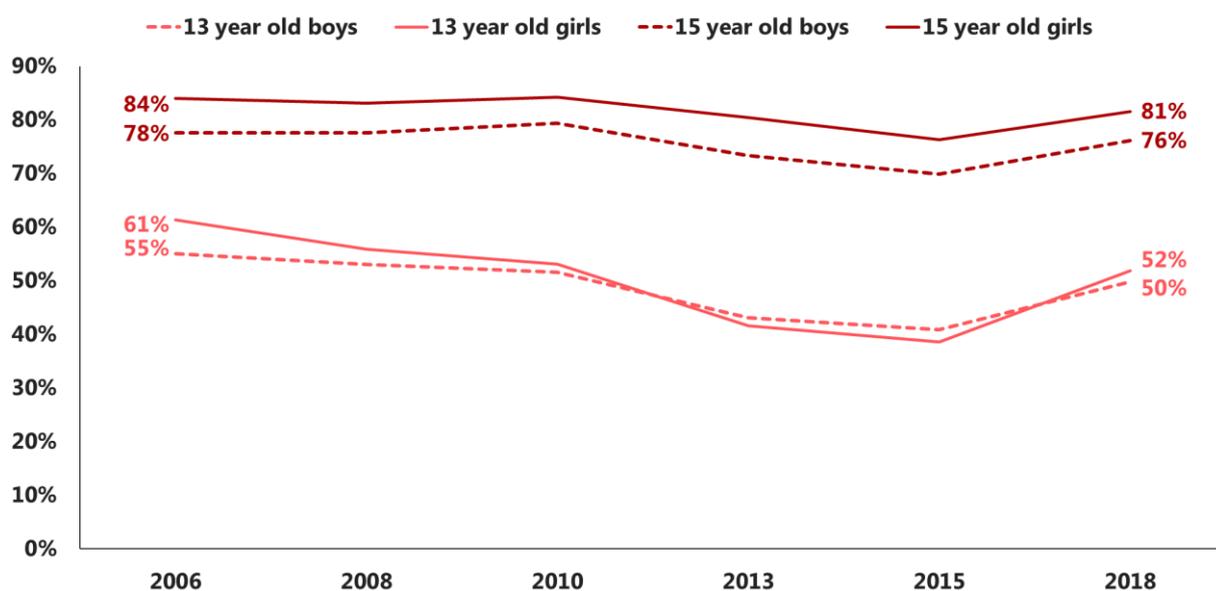
Just over half of 13 year olds (51%) thought that it was 'ok' for someone their age to try drinking alcohol, while over three-quarters of 15 year olds (79%) thought it was 'ok'.

Among 13 year olds, the acceptability of drinking had been decreasing since 2006. However, between 2015 and 2018, there was an increase in the proportion who thought it was 'ok' to try drinking (from 40% in 2015 to 51% in 2018). There was also a small increase in acceptability among 15 year olds. The proportion thinking that it was 'ok' for someone their age to try alcohol rose from 73% in 2015 to 79% in 2018.

Among 15 year olds, girls were more likely than boys to think that trying an alcoholic drink was 'ok'. There was no statistical difference between 13 year old boys and girls. (Figure 4.1).

**Figure 4.1 Acceptability of trying an alcoholic drink, by age and gender (2006-2018)**

Q Do you think it is 'ok' for someone your age to do the following? Try drinking alcohol to see what it's like



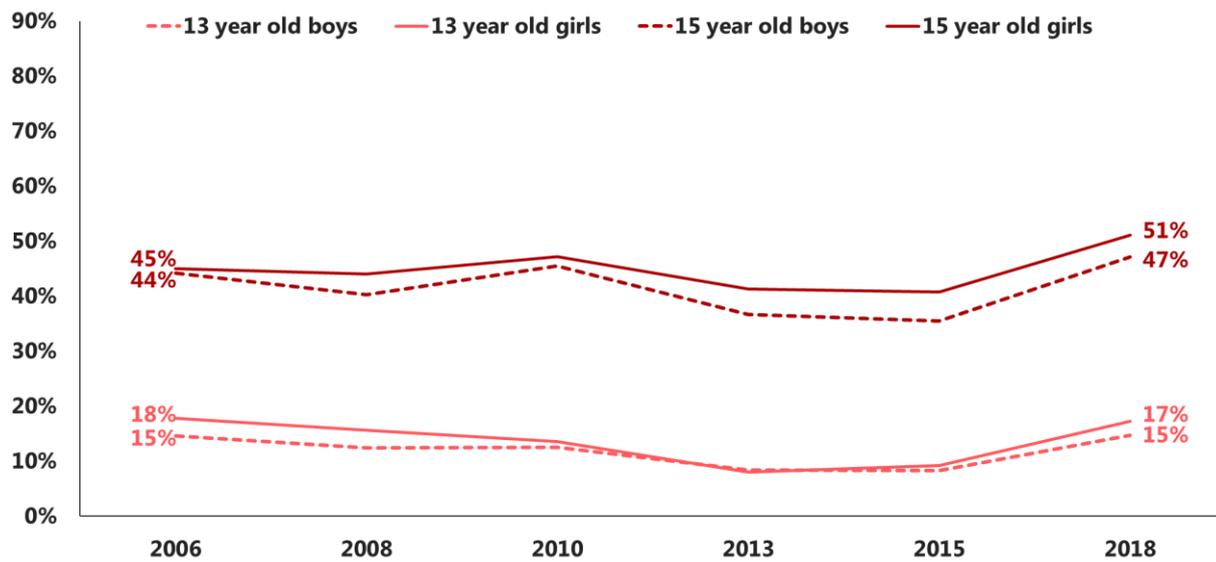
Base: all pupils (for full base size information please see Appendix A)

16% of 13 year olds and 49% of 15 year olds thought that it was 'ok' for someone their age to try getting drunk. This has increased among both age groups since 2015: 9% of 13 year olds thought it was 'ok' to try getting drunk in 2015, compared with 16% in 2018 and 38% of 15 year olds thought this in 2015, compared with 49% in 2018 (the highest it has been since the question was first asked in 2006).

Among both age groups, girls were more likely than boys to think that to try getting drunk was 'ok' (Figure 4.2).

**Figure 4.2 Acceptability of trying getting drunk, by age and gender (2006-2018)**

Q Do you think it is 'ok' for someone your age to do the following? Try getting drunk to see what it's like



Base: all pupils (for full base size information please see Appendix A)

## Alcohol education

Among both age groups, around two-thirds of pupils reported that they had received lessons, videos/DVDs or discussion in class on alcohol in the last 12 months (70% of 13 year olds and 65% of 15 year olds).

Among 13 year old boys, those that had received lessons on alcohol in the last 12 months were less likely to have drunk in the last week than those who had not (5% of 13 year old boys who had received lessons had drunk in the last week, compared with 8% of those who had not). However, there was no correlation between school lessons on alcohol use among other groups (13 year old girls, 15 year olds boys and 15 year old girls).

## School advice and support

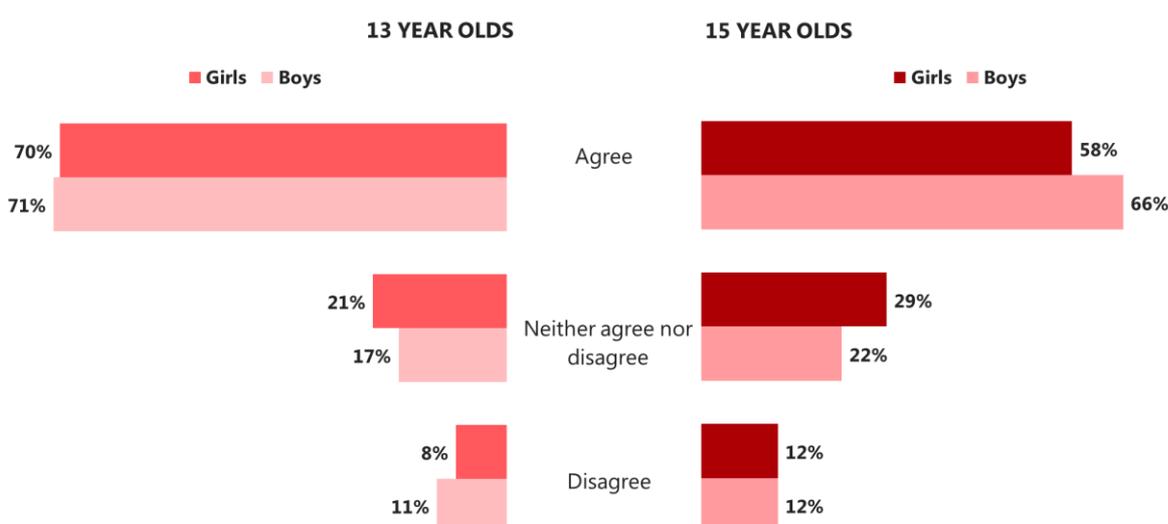
The majority of pupils thought that their school was providing them with enough advice and support about alcohol (71% of 13 year olds and 62% of 15 year olds).

There has been a decrease in the proportion of 15 year olds who agreed that their school provided them with the support they needed from 67% in 2015 to 62% in 2018. However, there was no change among 13 year olds.

While there was no statistical difference in the proportion of 13 year old boys and girls who thought they had enough advice and support about alcohol, there was a difference among 15 year olds: 15 year old girls were less likely to agree that they had enough advice and support than 15 year old boys. This was due to a higher proportion of 15 year old girls choosing neither agree nor disagree, rather than disagreeing that they had enough advice and support (Figure 4.3).

**Figure 4.3 Advice and support about alcohol, by age and sex (2018)**

Q. To what extent do you agree or disagree with the following statements? 'My school provides me with enough advice and support about...? Drinking alcohol

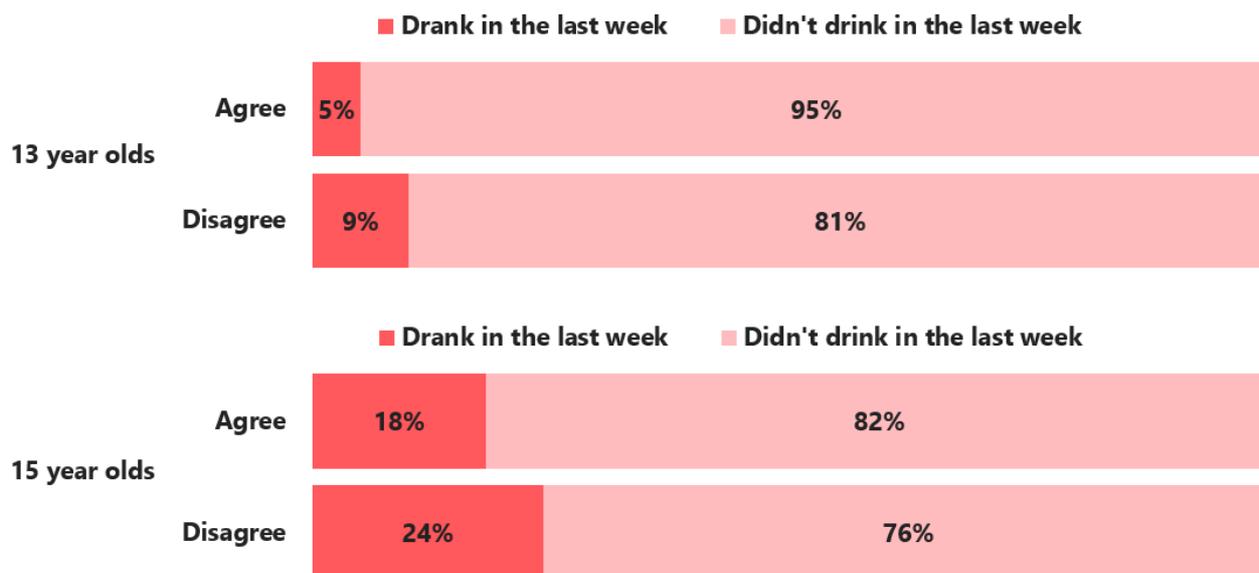


Base: all pupils (13 year boys (5,116), 13 year old girls (5,259), 15 year old boys (4,404) and 15 year old girls (4,657))

Among both age groups, those that agreed that their school provided enough advice and support about alcohol were less likely to have had an alcoholic drink in the last week (Figure 4.4).

**Figure 4.4 Comparison of prevalence of drinking alcohol among those who agree/disagree that their school provides them with enough advice and support about alcohol (2018)**

Q. To what extent do you agree or disagree with the following statements? 'My school provides me with enough advice and support about...? Drinking alcohol



Base: 13 year olds who agree that they receive enough advice and support (7,169), 13 year olds who disagree (1,019), 15 year olds who agree that they receive enough advice and support (5,689), 15 year olds who disagree (1,181)

## Amount learned in school about alcohol

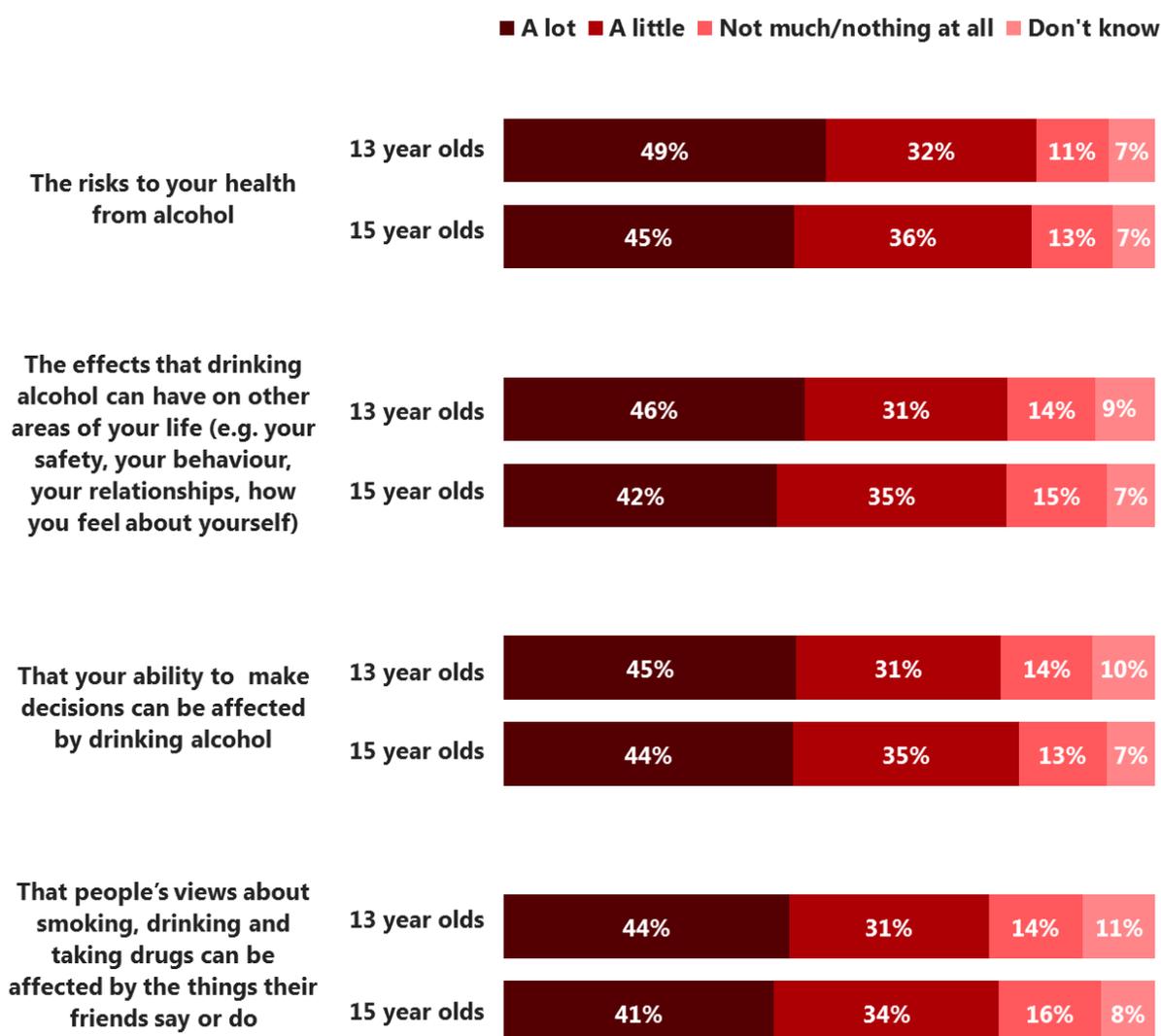
Pupils were asked how much they had learned at school about a series of topics relating to alcohol: the risks to health; the effects that alcohol can have on other areas of life; that decision-making can be affected by alcohol; and that people’s views about smoking, drinking and drug use can be affected by the things their friends say or do.

Across all four topics, just under half of pupils said that they had learned ‘a lot’ and a further third said they had learned ‘a little’ (Figure 4.5).

15 year olds were more likely than 13 year olds to say they had learned about the risks to their health from alcohol and the effects that drinking alcohol can have on other areas of their lives. There were no statistical differences between boys and girls.

**Figure 4.5 Amount learned about alcohol at school, by age (2018)**

*Q. In school, how much have you learned about the following?*



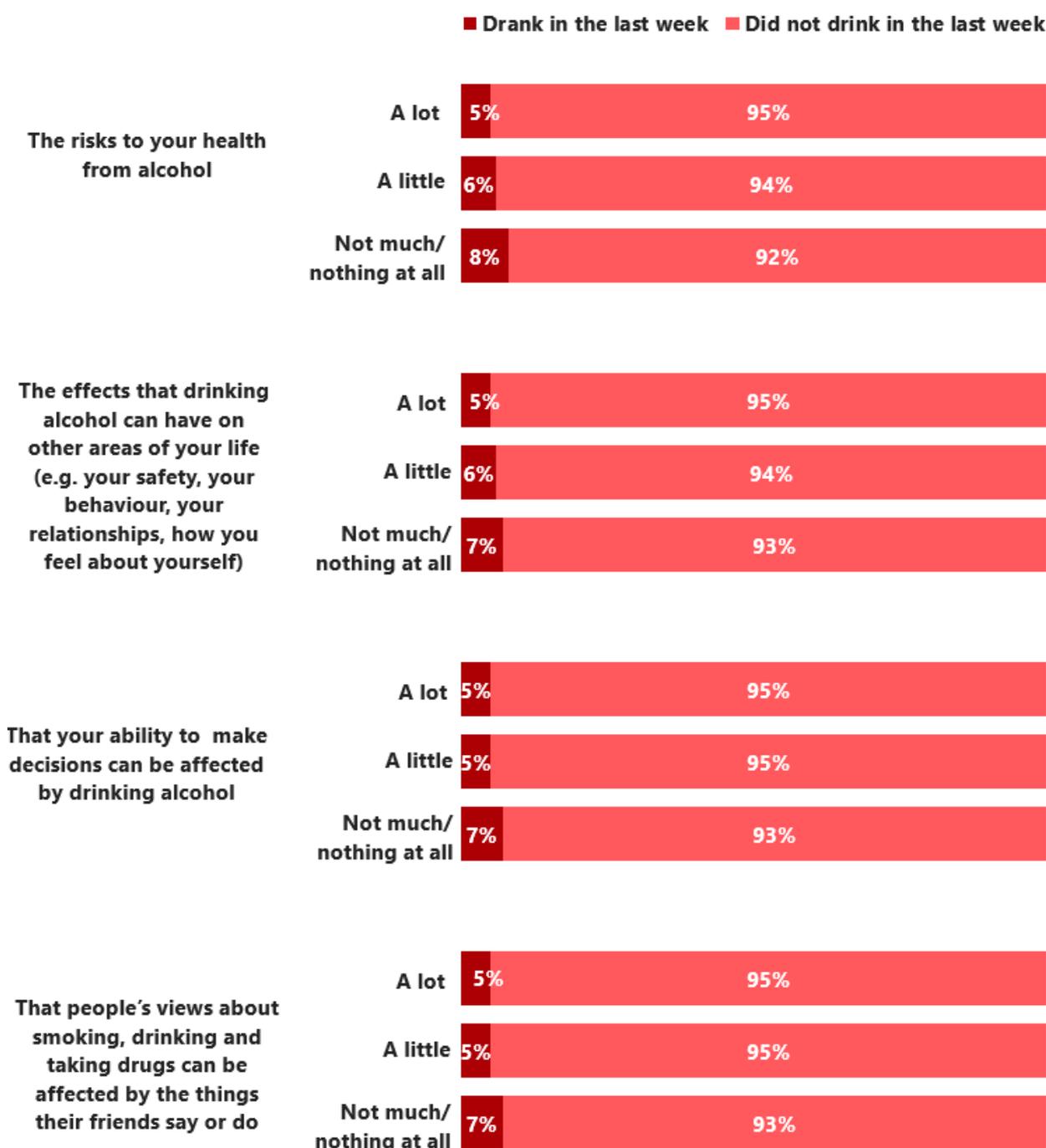
Base: all pupils (for full base size information please see Appendix A)

Across all four alcohol topics, there was a relationship between pupils' drinking behaviour and whether they felt that they had learned something about alcohol. Those that said they had learned a lot were less likely to have had a drink in the last week than those who said they had learned not much or nothing at all (Figure 4.6).

For example, among 15 year olds, 18% of those who said they had learned a lot about the risks to their health, and 19% of those who said they had learned a little, had drunk in the last week. Of those who said they had learned not much or nothing at all, 25% had a drink in the last week.

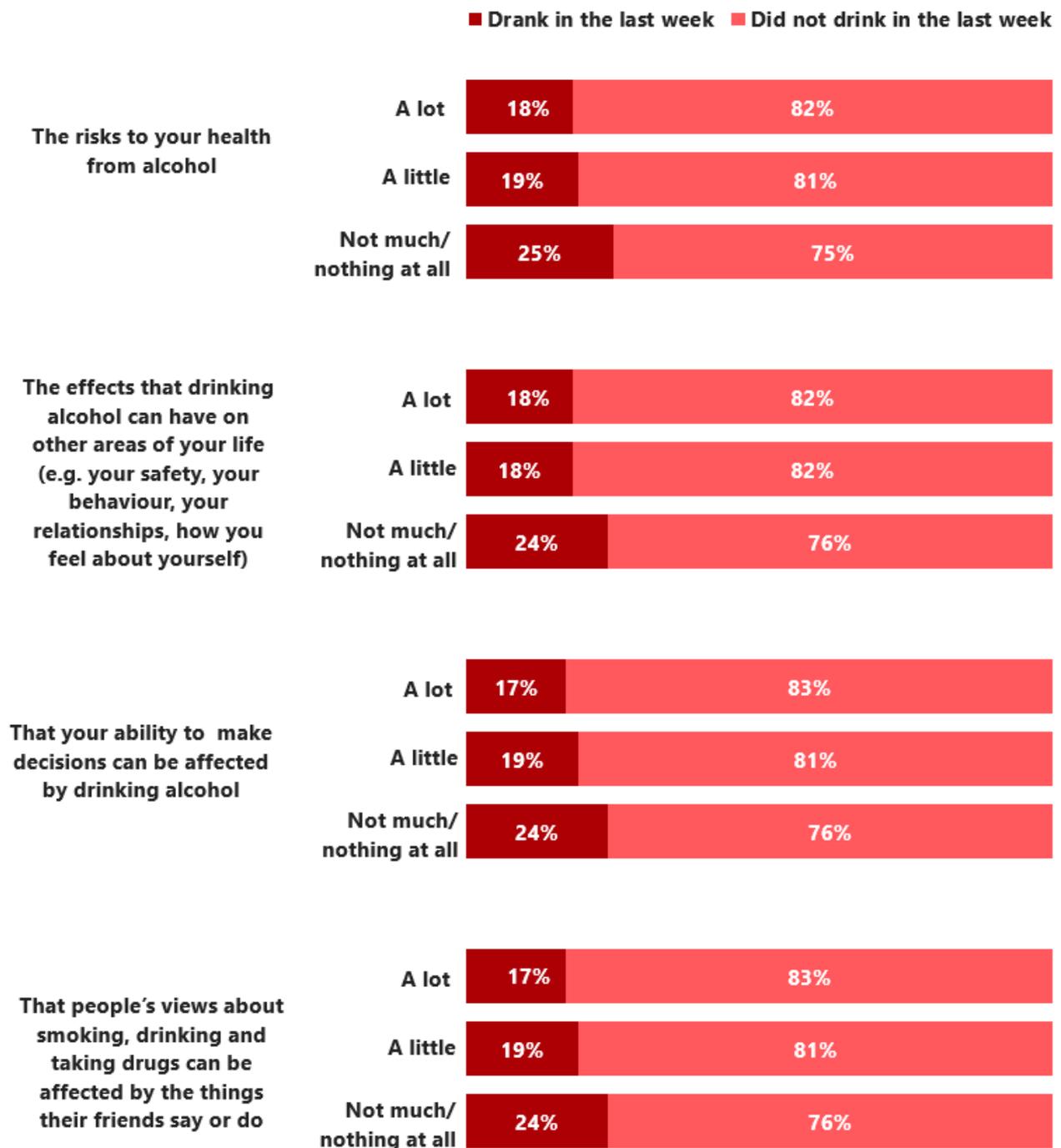
**Table 4.6 Comparison of prevalence of alcohol use among 13 year olds, by how much they said they had learned about alcohol topics at school (2018)**

*Q. In school, how much have you learned about the following?*



Base: all 13 year olds (for full base size information please see Appendix A)

**Table 4.6 – continued – Comparison of prevalence of alcohol use among 15 year olds, by how much they said they had learned about alcohol topics at school (2018)**  
*Q. In school, how much have you learned about the following?*



Base: all 15 year olds (for full base size information please see Appendix A)

## Confidence about health and wellbeing choices

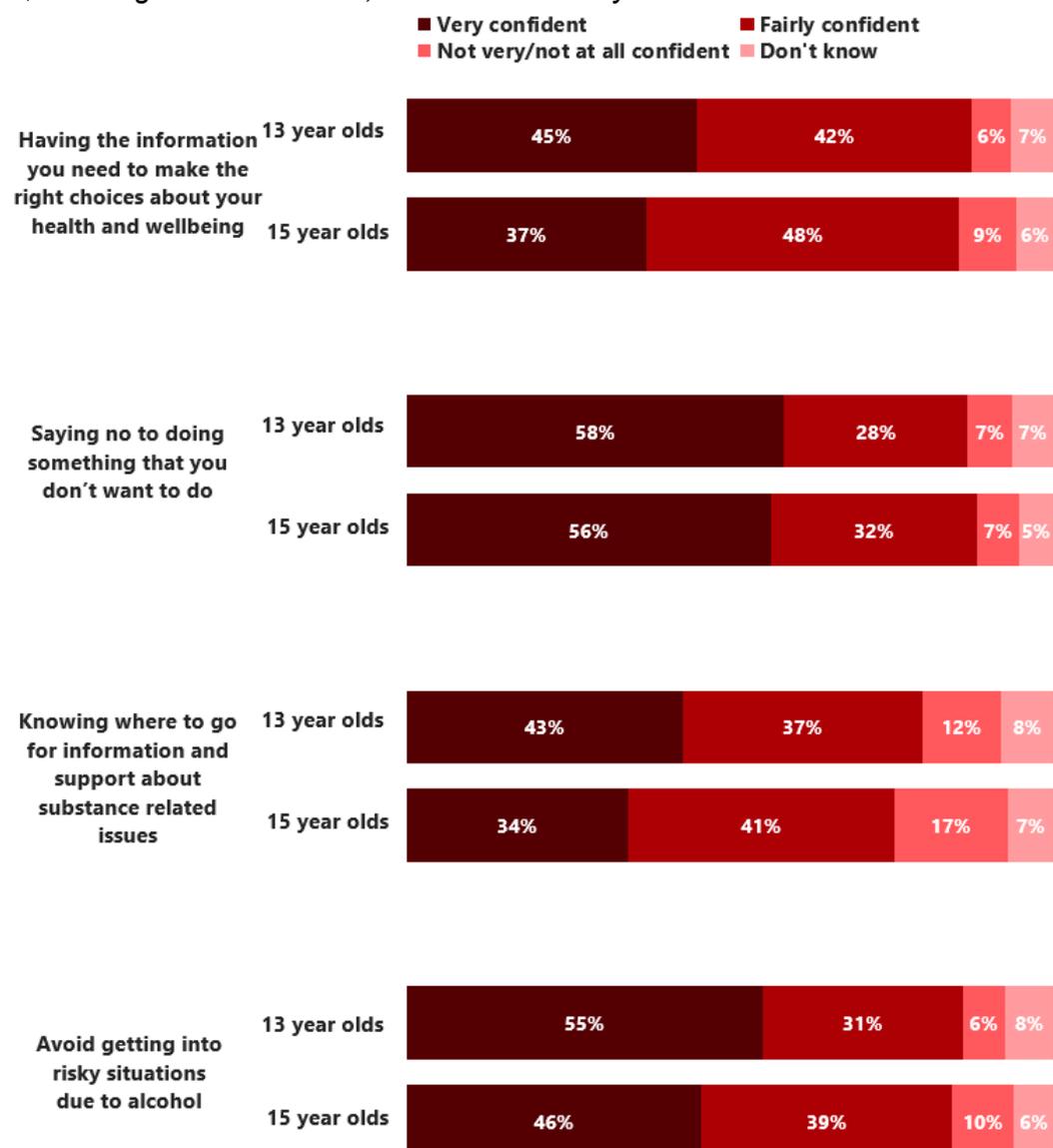
Pupils were asked how confident they were about a series of aspects of health and wellbeing: having the information they need to make the right choices; saying no to something they don't want to do; knowing where to go for information and support; and avoiding getting into risky situations due to alcohol.

Across the four aspects, most pupils reported feeling very confident or fairly confident. 13 year olds were more likely than 15 year olds to say they felt very confident (Figure 4.7). The only exception was being confident in saying no to doing something that you don't want to do.

Boys were more confident than girls on each aspect. This was true among both age groups. For example, 60% of 15 year old boys, compared with 53% of 15 year old girls, said they were very confident about saying no to doing something they didn't want to do and 62% of 13 year old boys, compared with 56% of 13 year old girls, were very confident about this.

**Figure 4.7 Confidence in health and wellbeing choices, by age (2018)**

Q Thinking about the future, how confident do you feel about...?



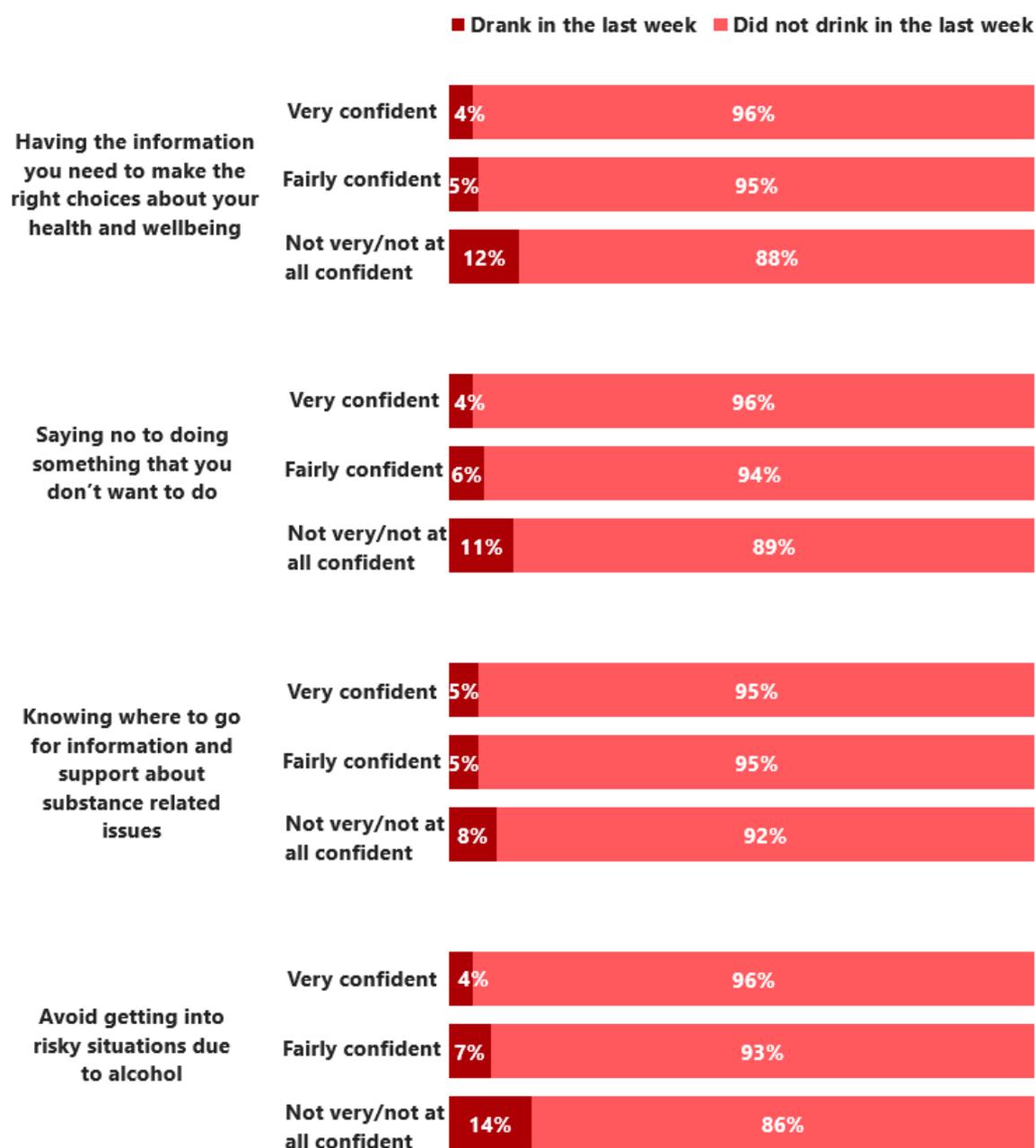
Base: all pupils (for full base size information please see Appendix A)

Confidence in future health and wellbeing choices was associated with drinking behaviour. Across all four statements, pupils who felt confident were less likely to have had a drink in the last week than those who did not.

For example, among 13 year olds, 4% of those who felt very confident and 6% of those who felt fairly confident about saying no to something they didn't want to do, had a drink in the last week. Of those who were not very confident or not confident at all, 11% had drunk alcohol in the last week (Figure 4.8).

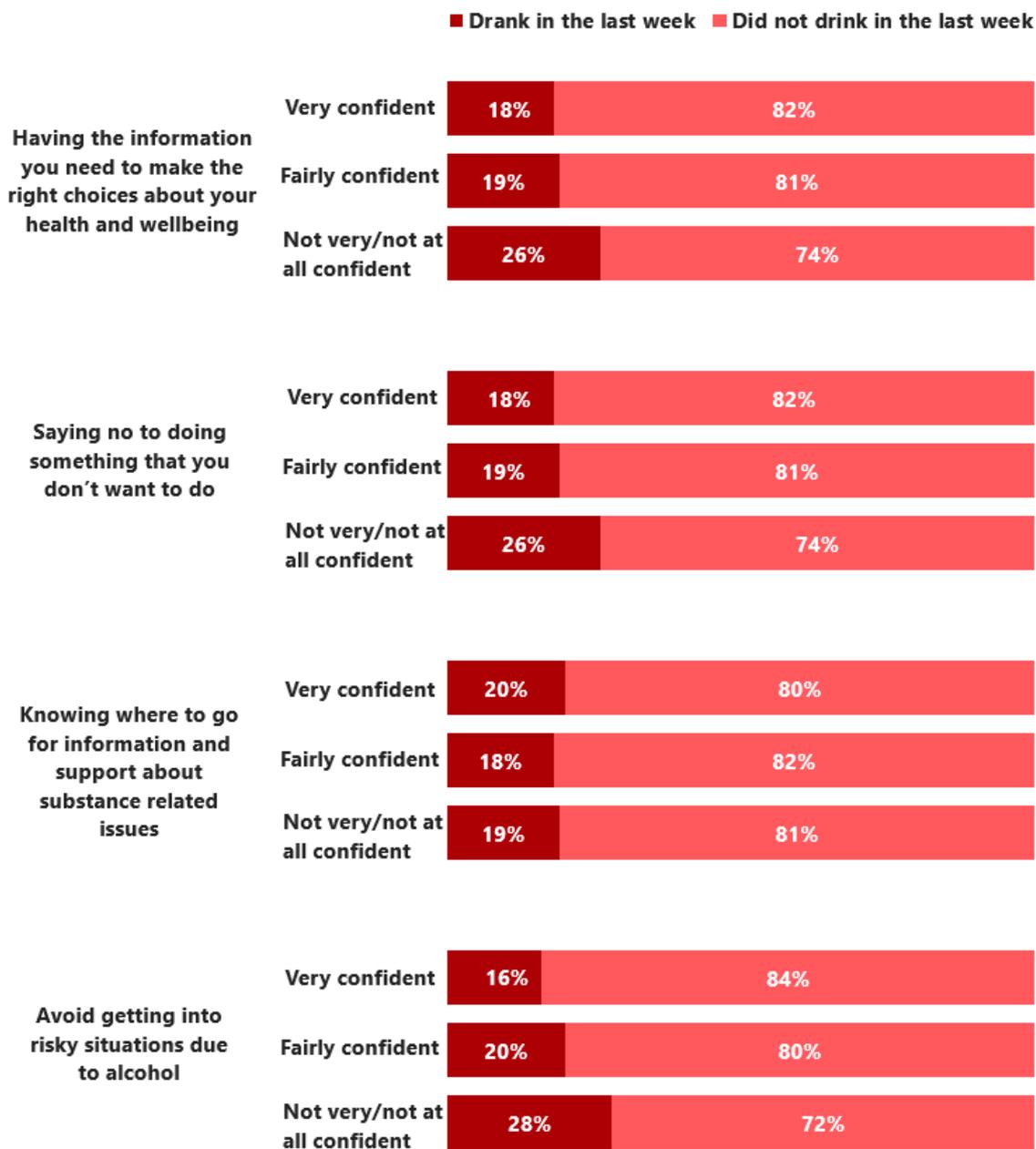
The only exception to this was among 15 year olds in relation to the statement 'Knowing where to go for information and support about substance related issues'. Confidence in this issue was not correlated to drinking in the last week.

**Figure 4.8 Comparison of prevalence of alcohol use among 13 year old pupils, by confidence in future health and wellbeing choices (2018)**



Base: all 13 year old pupils (for full base size information please see Appendix A)

**Figure 4.8 – continued – Comparison of prevalence of alcohol use among 15 year old pupils, by confidence in future health and wellbeing choices (2018)**



Base: all 15 year old pupils (for full base size information please see Appendix A)

# 5 Risk and protective factors for alcohol use

The charts in this chapter show the proportion of those who drank alcohol in the last week among different subgroups of 13 and 15 year olds. For example, the first chart in Figure 5.1 shows that 8% of 13 year olds who live with a step parent reported having drunk alcohol in the last week.

## Family

A number of aspects of family life were associated with a greater likelihood of having drunk alcohol in the last week. These were: living with a single or step parent; low maternal knowledge of the pupil's activities; not talking to family when feeling worried; and having caring responsibilities (Figure 5.1).

### Family status

Among 13 year olds, pupils who lived with both parents were less likely to have drunk alcohol in the last week than those living with a single parent or a step parent. Among 15 year olds, pupils who lived with a single parent were more likely to have drunk in the last week than those living with a step parent or both parents.

### 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?'; and 'What you do in your free time?'. For each, pupils were asked whether they thought their mother knew 'a lot', 'a little' or 'nothing'. A composite score for maternal awareness was calculated. The same questions were asked to establish their father's awareness. The majority of pupils felt that their mother knew 'a lot' about them whereas fathers' knowledge was perceived as lower.

Those who thought their parents knew a below average amount about how they spend their time and money were more likely to have drunk alcohol in the last week than those who reported average or above average parental knowledge. This was true for both age groups, but was particularly evident among 13 year olds.

### Family communication

Among both age groups, those that said they would be likely to talk to their family if they felt worried about something, were less likely to have drunk alcohol in the last week than those who would not.

### Caring responsibilities

Among both age groups, those who had caring responsibilities were more likely to have drunk alcohol in the last week than those who did not.

**Figure 5.1 Comparison of prevalence of alcohol use, by factors relating to family life and age (2018)**

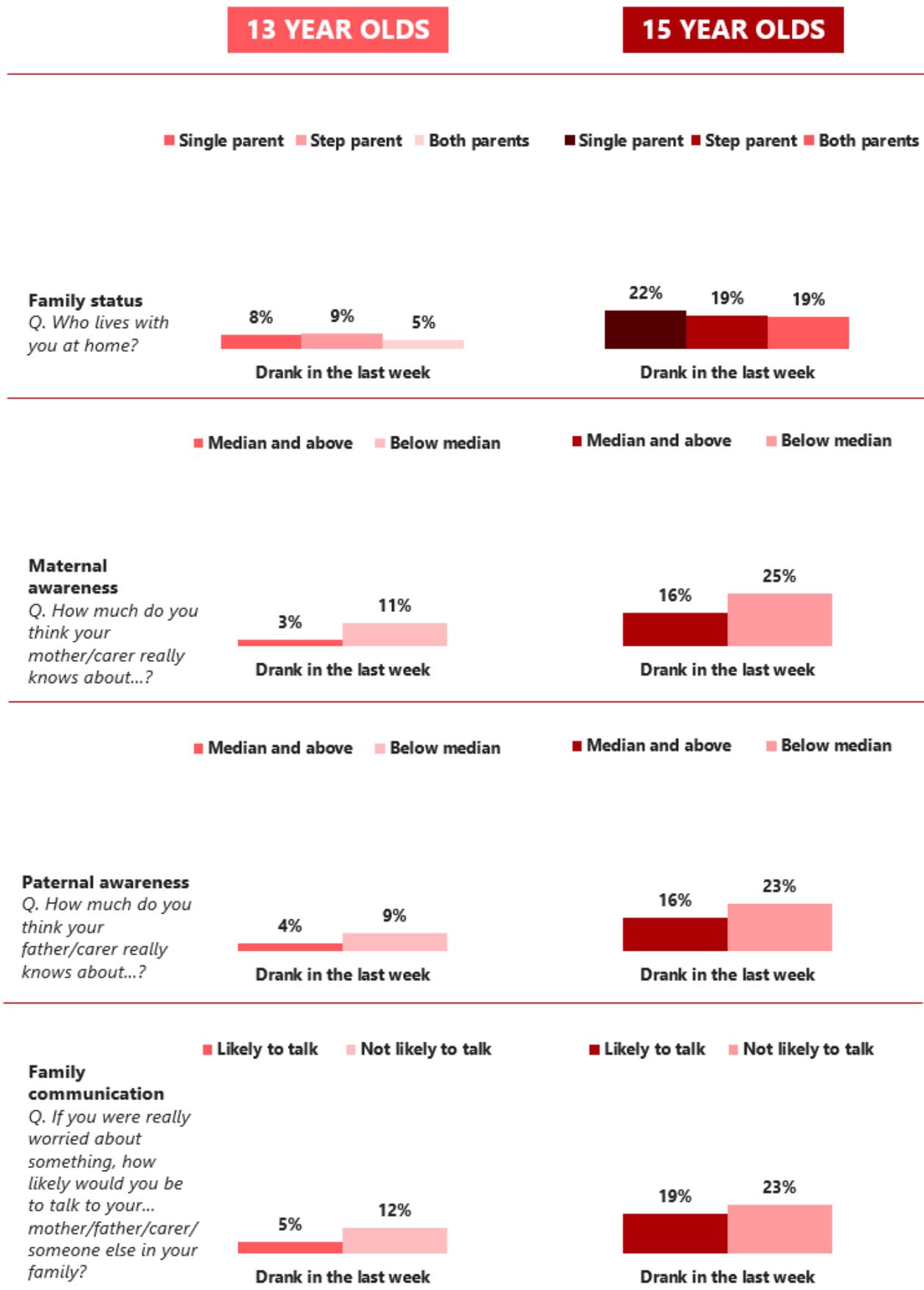
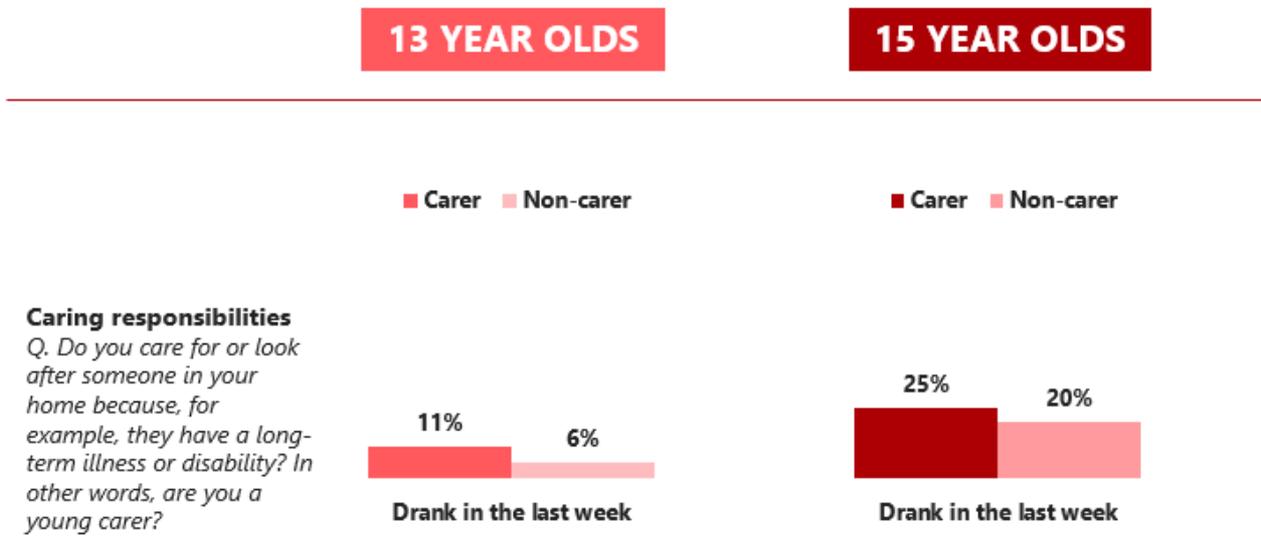


Figure 5.1 – continued – Comparison of prevalence of alcohol use, by factors relating to family life and age (2018)



Base: All pupils (for full base sizes please see Appendix A)

### Whether allowed to drink at home

It was common for pupils to be allowed to drink at home sometimes. 71% of 13 year olds and 72% of 15 year olds reported that they were allowed to drink in their home ‘sometimes’. However, it was much less common for pupils to be allowed to ‘always’ drink at home (5% of 13 year olds and 11% of 15 year olds), although this has increased since 2015 (3% of 13 year olds and 8% of 15 year olds).

## **Friends and leisure time**

Aspects of a pupil's social life were associated with having drunk alcohol in the past week. Spending a lot of unsupervised time with friends, having more money to spend and undertaking activities with low levels of supervision were all associated with having drunk alcohol in the last week (Figure 5.2).

### **Number of close friends**

Among both age groups, pupils who had no close friends were more likely to have drunk alcohol in the last week compared to those who had one or more friends.

### **Age of friends**

Those with mostly older friends, or friends of mixed ages, were more likely to report having drunk alcohol in the past week than those whose friends were younger or about the same age. This was true for both age groups.

### **Number of evenings per week spent out with friends**

Among both age groups, the greater the number of evenings pupils spent out with friends, the greater the likelihood they had drunk alcohol in the last week. Those who went out 5+ evenings per week were nearly 3 times more likely to have drunk alcohol in the last week than those who did not go out at all.

### **Money**

Pupils with more money of their own to spend were more likely to have drunk alcohol in the last week than those who had less.

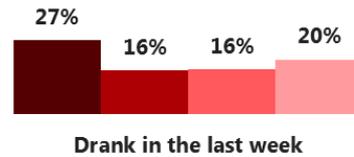
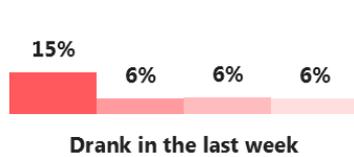
**Figure 5.2 Comparison of prevalence of alcohol use, by factors relating to friendships and age (2018)**

**13 YEAR OLDS**

**15 YEAR OLDS**

■ 0 friends ■ 1 friend ■ 2 friends ■ 3+ friends ■ 0 friends ■ 1 friend ■ 2 friends ■ 3+ friends

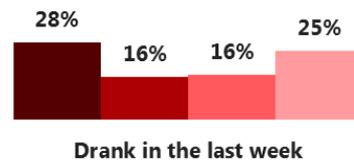
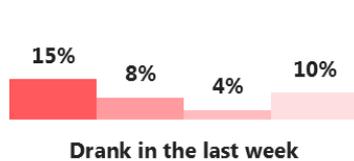
**Number of friends**  
Q. How many close friends would you say you have?



■ Older ■ Younger ■ Same age ■ Mixed

■ Older ■ Younger ■ Same age ■ Mixed

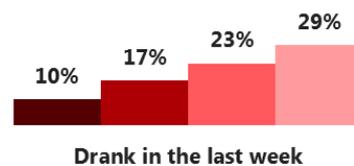
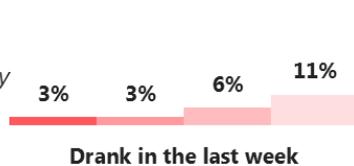
**Age of friends**  
Q. Are your friends older, younger, or about the same age as you?



■ None ■ 1-2 evenings  
■ 3-4 evenings ■ 5+ evenings

■ None ■ 1-2 evenings  
■ 3-4 evenings ■ 5+ evenings

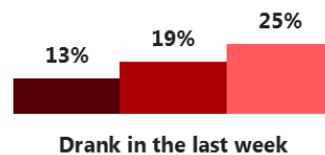
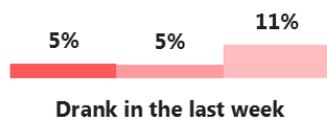
**Number of evenings spent with friends**  
Q. Thinking about a typical week, how many evenings do you spend with friends?



■ Under £5 ■ £5-£20 ■ Over £20

■ Under £5 ■ £5-£20 ■ Over £20

**Own cash to spend**  
Q. How much money of your own do you have most weeks to spend as you like?



Base: all pupils (for full base sizes please see Appendix A)

## **School**

Factors relating to a pupil's engagement with school had a strong relationship with drinking behaviour. The more engaged a pupil was with school, the less likely they were to have had an alcoholic drink recently (Figure 5.3).

### **Enjoying school**

Pupils who liked school were less likely to have drunk alcohol in the last week than those who did not. This association was strong for both age groups.

### **Pressure from schoolwork**

At age 13, those who felt pressured by schoolwork a lot of the time were more likely to have drunk alcohol in the last week than those who never felt pressured or felt pressured only sometimes.

Among 15 year olds, those that felt pressured by schoolwork a lot of the time, were also more likely to have drunk alcohol in the last week than those who felt pressured only sometimes. However, those who *never* felt pressured by schoolwork were most likely to have drunk alcohol in the last week.

### **Exclusion from school**

Pupils who had ever been excluded from secondary school were more likely to have drunk alcohol in the last week than those who had not.

### **Truancing from school**

Truancy was strongly correlated with drinking in the last week. Among both age groups, the more frequently a pupil truanted, the more likely they were to have drunk alcohol in the week before the survey.

### **Post-school expectations**

Among both age groups, those who expected to go to university after school were less likely to have had an alcoholic drink in the last week than those who expected to go to college, start an apprenticeship or go straight into work.

**Figure 5.3 Comparison of prevalence of alcohol use, by factors relating to school and age (2018)**

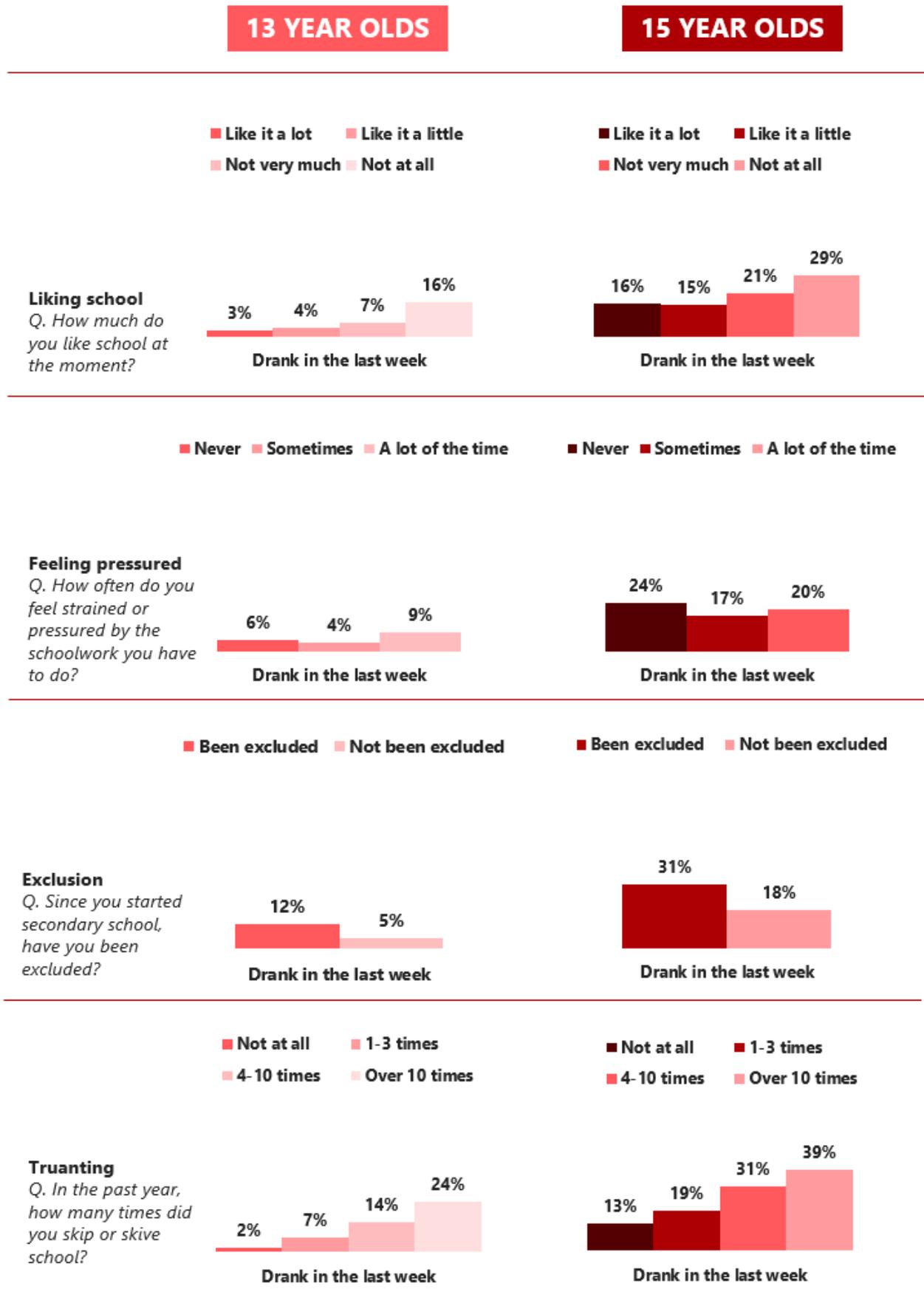


Figure 5.3 – continued – Comparison of prevalence of alcohol use, by factors relating to school and age (2018)

**13 YEAR OLDS**

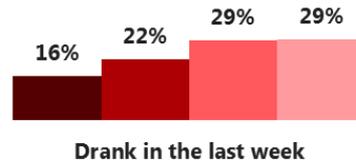
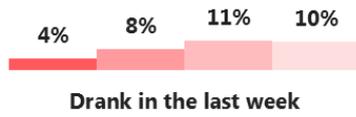
**15 YEAR OLDS**

**Post-school expectations**

Q. Which one of these do you think you are most likely to be doing when you leave school?

■ University   ■ FE College  
■ Apprenticeship   ■ Working

■ University   ■ FE College  
■ Apprenticeship   ■ Working



Base: all pupils (for full base sizes please see Appendix A)

## **Inequalities**

Inequalities related to health and wellbeing had a stronger association with drinking in the last week than area deprivation or rurality. Those who rated their general health as 'bad', those who reported a long-term illness or disability and those who had an 'abnormal' score for emotional and behavioural problems were all more likely to have drunk alcohol in the last week than those who did not (Figure 5.4).

### **Self-rated health**

Pupils with poor self-rated health were more likely to have drunk alcohol in the last week. Among 13 year olds, those that rated their health as 'bad' were almost 4 times as likely to have drunk alcohol in the last week than those who rated it as 'good'. 15 year olds who rated their health as 'bad' were nearly twice as likely to have drunk alcohol in the last week than those who rated it as 'good'.

### **Long-term illness or disability**

Among both age groups, those that reported having a long-term illness or disability were more likely to have drunk alcohol in the last week than those who did not.

### **Emotional and behavioural problems**

Emotional and behavioural problems are assessed through the Strengths and Difficulties Questionnaire (SDQ) in SALSUS<sup>9</sup>. The questionnaire contains 5 scales: emotional problems, conduct problems, hyperactivity problems, peer problems and pro-social behaviour. The SDQ score is a composite measure derived from the first 4 scales listed and provides an overall indicator of emotional and behavioural problems.

Among both age groups, pupils with poorer mental health and wellbeing (a 'borderline' or 'abnormal' score) were more likely to have drunk alcohol in the last week than those with better mental health and wellbeing (a 'normal' score).

### **Mental wellbeing**

Mental wellbeing is assessed in SALSUS using the Warwick-Edinburgh Mental Well-being Scale (WEMWBS). This is a scale of 14 positively worded items, with five response categories per item. The scale is scored by summing the response to each item answered on a 1 to 5 Likert scale. The minimum scale score is 14 and the maximum is 70. The higher a respondent's score, the better their mental wellbeing.

Among both age groups, pupils with below average mental wellbeing were more likely to have drunk alcohol in the last week than those with average or above average mental wellbeing.

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<sup>9</sup> The terminology used to describe SDQ scores is borrowed from the original SDQ questionnaire designed by Robert Goodman. While the terms 'normal', 'borderline' and 'abnormal' may seem outdated in the context of the language used to describe mental wellbeing today, they have been retained in this report to draw comparisons to previous years.

## **Area deprivation<sup>10</sup>**

Area-based deprivation is assessed using the Scottish Index of Multiple Deprivation (SIMD). This is used to provide an indication of material disadvantage in individual pupils.

Among 13 year olds, those living in the most deprived areas (SIMD 1<sup>11</sup>) were more likely to have drunk alcohol in the last week than those living in the least deprived areas (SIMD 5). However, among 15 year olds, there was no relationship between drinking in the last week and area deprivation.

## **Rurality**

There were no statistically significant differences in the proportion of pupils who drank alcohol in the last week by whether they lived in an urban or rural area<sup>12</sup>.

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<sup>10</sup> For full details of how area deprivation is calculated and its limitations please see the SALSUS 2018 Technical Report.

<sup>11</sup> This was based on the home postcodes of pupils and postcodes of their schools. For more information, see the SALSUS 2018 Technical Report and <http://www.gov.scot/Topics/Statistics/SIMD>

<sup>12</sup> Based on the Scottish Government urban rural classification. For more information, see the Technical Report and <http://www.gov.scot/Topics/Statistics/About/Methodology/UrbanRuralClassification>

**Figure 5.4 Comparison of prevalence of alcohol use, by factors relating to inequalities and age (2018)**

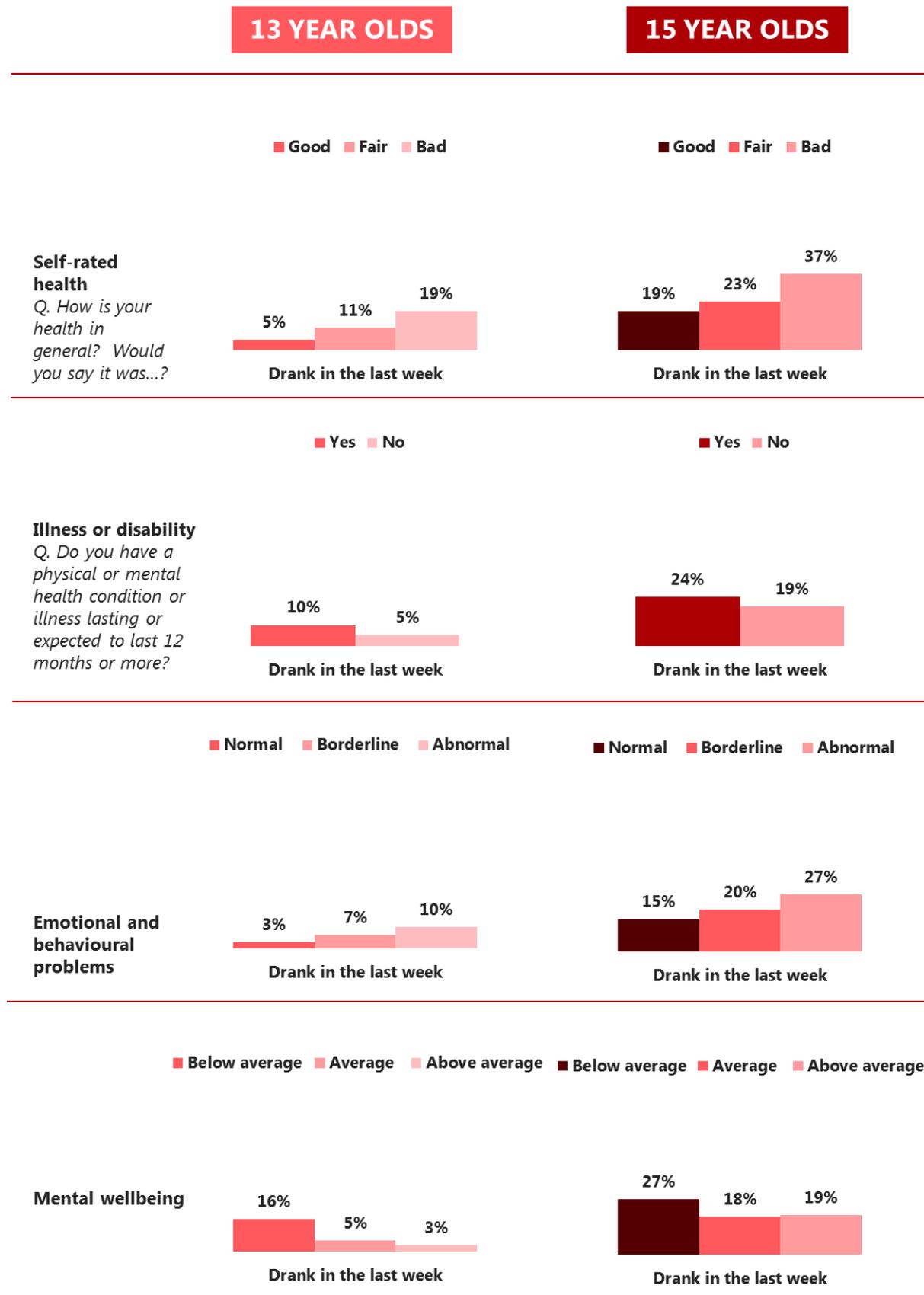


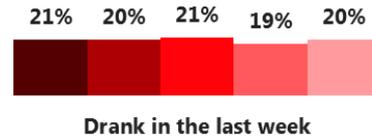
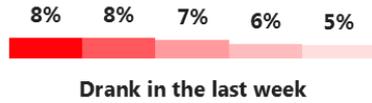
Figure 5.4 – continued – Comparison of prevalence of alcohol use, by factors relating to inequalities and age (2018)

**13 YEAR OLDS**

**15 YEAR OLDS**

■ 1 - most deprived ■ 2 ■ 3 ■ 4 ■ 5 - least deprived ■ 1 - most deprived ■ 2 ■ 3 ■ 4 ■ 5 - least deprived

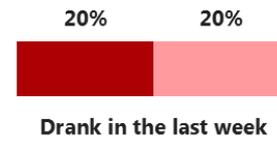
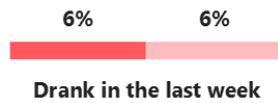
Scottish Index of Multiple Deprivation



■ Urban ■ Rural

■ Urban ■ Rural

Urban/Rural classification



Base: all pupils (for full base sizes please see Appendix A)

# Appendix A: Base Tables

**Table A.1 Bases for Figure 2.2 Proportion of pupils who have ever had a drink, by sex and age (1990-2018)**

	All 13 year old boys	All 13 year old girls	All 15 year old boys	All 15 year old girls
1990	321	339	340	318
1992	380	348	292	332
1994	346	339	311	330
1996	314	302	318	276
1998	303	314	561	552
2000	624	582	592	571
2002	6027	6274	5278	5271
2004	1810	1736	1672	1742
2006	5821	5834	5649	5451
2008	2655	2710	2310	2337
2010	9788	9532	9118	8746
2013	8703	8657	8203	8047
2015	6271	6529	5592	5568
2018	5709	5610	4917	4961

**Table A.2 Bases for Figure 2.3 Proportion of pupils who drank in the last week, by sex and age (1990-2018)**

	All 13 year old boys	All 13 year old girls	All 15 year old boys	All 15 year old girls
1990	321	340	343	318
1992	381	348	294	332
1994	346	340	311	330
1996	315	302	317	275
1998	301	313	561	553
2000	620	579	591	571
2002	5943	6202	5229	5243
2004	1776	1721	1649	1729
2006	5886	5871	5687	5479
2008	2604	2665	2269	2320
2010	9715	9469	9085	8718
2013	8668	8616	8181	8028
2015	6185	6451	5506	5488
2018	5605	5520	4834	4901

**Table A.3: Bases for Figure 2.4 Proportion of pupils, who have ever had a drink, who have ever been drunk, by sex and age (2002-2018)**

	<b>13 year old boys who have ever had a drink</b>	<b>13 year old girls who have ever had a drink</b>	<b>15 year old boys who have ever had a drink</b>	<b>15 year old girls who have ever had a drink</b>
<b>2002</b>	4091	4359	4557	4716
<b>2004</b>	1184	1189	1411	1553
<b>2006</b>	3243	3341	4614	4711
<b>2008</b>	1305	1325	1814	1908
<b>2010</b>	4074	3893	6724	6787
<b>2013</b>	2623	2510	5346	5654
<b>2015</b>	1708	1557	3465	3627
<b>2018</b>	2019	1877	3318	3506

**Table A.4: Bases for Figure 2.5 Proportion of pupils who have had a drink in the last week, who had been drunk in the same period, by age and sex (2006-2018)**

	<b>13 year old boys who drank in the last 7 days</b>	<b>13 year old girls who drank in the last 7 days</b>	<b>15 year old boys who drank in the last 7 days</b>	<b>15 year old girls who drank in the last 7 days</b>
<b>2006</b>	752	840	1957	2009
<b>2008</b>	268	313	685	671
<b>2010</b>	1297	1191	2959	2900
<b>2013</b>	329	339	1384	1484
<b>2015</b>	215	227	873	962
<b>2018</b>	331	321	977	976

**Table A.5: Bases for Figure 2.6 Mean age at which 15 year old pupils who have ever had a drink, first had an alcoholic drink and first got drunk (2008-2018)**

	<b>15 year olds who have ever had a drink (age first drank)</b>	<b>15 year olds who have ever had a drink (age first got drunk)</b>
<b>2008</b>	3612	2651
<b>2010</b>	13375	9738
<b>2013</b>	10075	7098
<b>2015</b>	6100	4127
<b>2018</b>	6337	4288

**Table A.6: Bases for Figure 3.4 Successful off-trade (shop, supermarket or off-licence) alcohol purchase attempts in the last 4 weeks among those who have ever had a drink, by age and sex (2006-2018)**

	<b>13 year old boys who have ever had a drink</b>	<b>13 year old girls who have ever had a drink</b>	<b>15 year old boys who have ever had a drink</b>	<b>15 year old girls who have ever had a drink</b>
<b>2006</b>	3155	3273	4519	4643
<b>2008</b>	1267	1305	1783	1897
<b>2010</b>	3940	3840	6625	6761
<b>2013</b>	2515	2425	5257	5610
<b>2015</b>	1664	1550	3399	3622
<b>2018</b>	1953	1876	3246	3526

**Table A.7: Bases for Figure 3.5 Successful on-trade (pub, bar or club) alcohol purchase attempts in the last 4 weeks among those who have ever had a drink, by age and sex (2006-2018)**

	<b>13 year old boys who have ever had a drink</b>	<b>13 year old girls who have ever had a drink</b>	<b>15 year old boys who have ever had a drink</b>	<b>15 year old girls who have ever had a drink</b>
<b>2006</b>	3115	3272	4503	4635
<b>2008</b>	1266	1304	1793	1906
<b>2010</b>	3906	3819	6598	6742
<b>2013</b>	2496	2409	5242	5596
<b>2015</b>	1662	1544	3388	3624
<b>2018</b>	1959	1881	3238	3519

**Table A.8: Bases for Figure 3.6 Proportion of pupils who have ever had alcohol who have asked someone else to buy alcohol for them in the last 4 weeks, by age and sex (2006-2018)**

	<b>13 year old boys who have ever had a drink</b>	<b>13 year old girls who have ever had a drink</b>	<b>15 year old boys who have ever had a drink</b>	<b>15 year old girls who have ever had a drink</b>
<b>2006</b>	3208	3312	4583	4687
<b>2008</b>	1274	1304	1777	1901
<b>2010</b>	3917	3814	6616	6737
<b>2013</b>	2534	2439	5294	5632
<b>2015</b>	1686	1548	3425	3599
<b>2018</b>	1981	1858	3263	3499

**Table A.9: Bases for Figure 4.1 Acceptability of trying an alcoholic drink, by age and gender (2006-2018)**

	<b>All 13 year old boys</b>	<b>All 13 year old girls</b>	<b>All 15 year old boys</b>	<b>All 15 year old girls</b>
<b>2006</b>	5382	5558	5343	5309
<b>2008</b>	2430	2578	2202	2304
<b>2010</b>	9056	9137	8678	8552
<b>2013</b>	8074	8311	7793	7822
<b>2015</b>	6075	6482	5390	5465
<b>2018</b>	5527	5608	4621	4832

**Table A.10: Bases for Figure 4.2 Acceptability of trying getting drunk, by age and gender (2006-2018)**

	<b>13 year old boys who have ever had a drink</b>	<b>13 year old girls who have ever had a drink</b>	<b>15 year old boys who have ever had a drink</b>	<b>15 year old girls who have ever had a drink</b>
<b>2006</b>	5374	5556	5328	5296
<b>2008</b>	2432	2584	2215	2304
<b>2010</b>	9059	9143	8675	8547
<b>2013</b>	8081	8309	7790	7809
<b>2015</b>	5390	5465	5377	5451
<b>2018</b>	5524	5597	4626	4841

**Table A.11: Bases for Figure 4.5 Amount learned about alcohol at school, by age (2018)**

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>The risks to your health from alcohol</b>	11004	9586
<b>The effects that drinking alcohol can have on other areas of your life</b>	10958	9576
<b>That your ability to make decisions can be affected by drinking alcohol</b>	10963	9560
<b>That people's views about smoking, drinking and taking drugs can be affected by the things their friends say or do</b>	10940	9536

**Table A.12: Bases for Figure 4.6 Proportion of pupils who drank in the last week, by how much they said they had learned about alcohol topics at school (2018)**

*The risks to your health from alcohol*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>A lot</b>	5160	4110
<b>A little</b>	3388	3397
<b>Not much/not at all</b>	1168	1241

*The effects that drinking alcohol can have on other areas of your life*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>A lot</b>	4815	3882
<b>A little</b>	3260	3264
<b>Not much/not at all</b>	1395	1501

*That your ability to make decisions can be affected by drinking alcohol*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>A lot</b>	4677	4066
<b>A little</b>	3259	3221
<b>Not much/not at all</b>	1485	1343

*That people's views about smoking, drinking and taking drugs can be affected by the things their friends say or do*

	<b>13 year olds</b>	<b>15 year olds</b>
<b>A lot</b>	4568	3811
<b>A little</b>	3181	3192
<b>Not much/not at all</b>	1476	1526

**Table A.13: Bases for Figure 4.7 Confidence in health and wellbeing choices, by age (2018)**

	<b>All 13 year olds</b>	<b>All 15 year olds</b>
<b>Having the information you need to make the right choices about your health and wellbeing</b>	10859	9465
<b>Saying no to doing something that you don't want to do</b>	10847	9436
<b>Knowing where to go for information and support about substance related issues</b>	10822	9435
<b>Avoid getting into risky situations due to alcohol</b>	10810	9413

**Table A.14: Bases for Figure 4.8 Proportion of pupils who drank in the last week, by confidence in future health and wellbeing choices (2018)**

***Having the information you need to make the right choices about your health and wellbeing***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Very confident</b>	4655	3451
<b>Fairly confident</b>	4415	4468
<b>Not very/not at all confident</b>	603	807

***Saying no to doing something that you don't want to do***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Very confident</b>	6097	5185
<b>Fairly confident</b>	2896	2941
<b>Not very/not at all confident</b>	688	614

***Knowing where to go for information and support about substance related issues***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Very confident</b>	4413	3169
<b>Fairly confident</b>	3835	3784
<b>Not very/not at all confident</b>	1237	1636

***Avoid getting into risky situations due to alcohol***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Very confident</b>	5764	4190
<b>Fairly confident</b>	3108	3547
<b>Not very/not at all confident</b>	652	907

**Table A.15: Bases for Figure 5.1 Proportion of pupils who drank in the last week, by family variables (2018)**

***Family status***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Single parent</b>	2043	1927
<b>Step parent</b>	890	891
<b>Both parents</b>	7858	6751

***Maternal awareness***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Median and above</b>	3772	4052
<b>Below median</b>	7199	5723

***Paternal awareness***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Median and above</b>	4273	4539
<b>Below median</b>	6242	4707

***Family communication***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Likely to talk</b>	9691	8252
<b>Not likely to talk</b>	1391	1530

***Caring responsibilities***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Yes</b>	1305	974
<b>No</b>	9733	8994

**Table A.16: Bases for Figure 5.2 Proportion of pupils who drank in the last week, by friend variables (2018)**

***Number of friends***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>0</b>	242	327
<b>1</b>	337	381
<b>2</b>	1114	1271
<b>3+</b>	9006	7567

***Age of friends***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Older</b>	542	530
<b>Younger</b>	217	195
<b>Same aged</b>	7208	6248
<b>Mixed</b>	2742	2575

***Number of evenings spent with friends***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>None</b>	1473	1285
<b>1-2 evenings</b>	3473	3593
<b>3-4 evenings</b>	3215	2861
<b>5+ evenings</b>	2223	1616

***Own cash to spend per week***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Less than £5</b>	2418	1511
<b>£0-5</b>	5614	4284
<b>More than £20</b>	2705	3837

**Table A.17: Bases for Figure 5.3 Proportion of pupils who drank in the last week, by school variables (2018)**

***How much do you like school at the moment?***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Like it a lot</b>	1832	1032
<b>Like it a little</b>	5130	4009
<b>Not very much</b>	2147	2537
<b>Not at all</b>	1420	1870

***Feeling pressured by schoolwork***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Never</b>	1558	570
<b>Sometimes</b>	6018	3461
<b>A lot of the time</b>	2867	5383

***Exclusion***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Has been excluded</b>	1337	1204
<b>Has not been excluded</b>	8931	8137

***Truantiing***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Not at</b>	5819	4567
<b>4-10 times</b>	2890	2613
<b>1-3 times</b>	956	1165
<b>More than 10 times</b>	575	909

***Post-school expectations***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>University</b>	5877	5069
<b>FE college</b>	1241	1440
<b>Apprenticeship</b>	511	1109
<b>Working</b>	1110	832

**Table A.18: Bases for Figure 5.4 Proportion of pupils who drank in the last week, by inequalities and geography variables (2018)**

***Self-rated health***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Good</b>	9466	8110
<b>Fair</b>	1674	1689
<b>Bad</b>	313	394

***Illness or disability***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Yes</b>	1950	2223
<b>No</b>	8779	7399

***Over SDQ score***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Normal</b>	6254	5319
<b>Borderline</b>	1611	1656
<b>Abnormal</b>	1821	1825

***WEMWBS Score***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Below average</b>	1293	1617
<b>Average</b>	6967	6585
<b>Above average</b>	1655	1050

***SIMD***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>1-most deprived</b>	1531	1286
<b>2</b>	1932	1709
<b>3</b>	2346	2031
<b>4</b>	2857	2536
<b>5- least deprived</b>	2884	2709

***Urban/rural classification***

	<b>13 year olds</b>	<b>15 year olds</b>
<b>Urban</b>	9201	7942
<b>Rural</b>	2349	2329

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