



# SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY (SALSUS) 2015: Alcohol summary report

## SUMMARY OF KEY CHANGES SINCE 2013

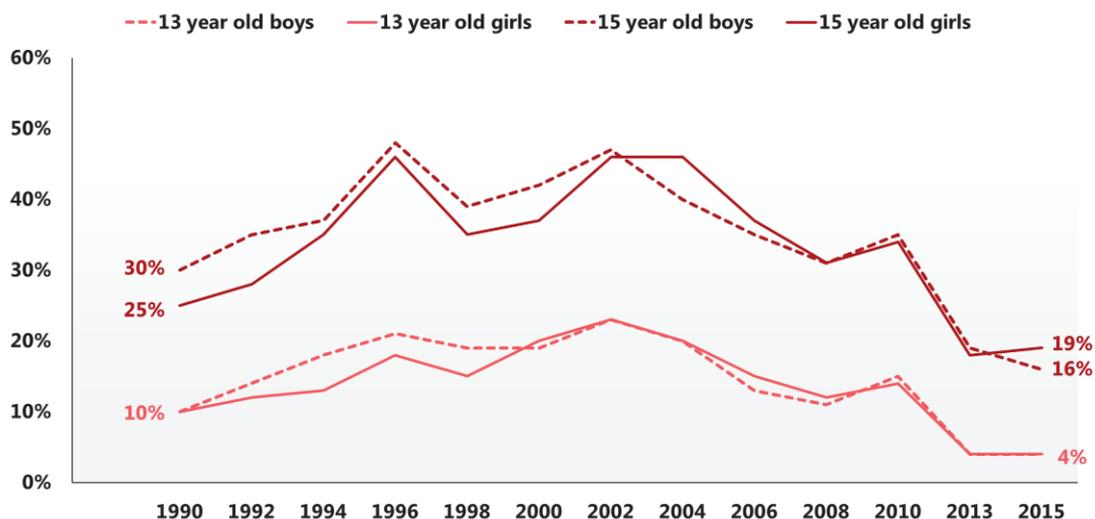
Among all groups, the proportion of pupils who have ever had an alcoholic drink has decreased again since 2013. However, there has been an increase in the proportion of 13 year old girls and boys who reported being drunk in the past week.

	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	↑	↑	↔	↓

## LONG TERM TRENDS

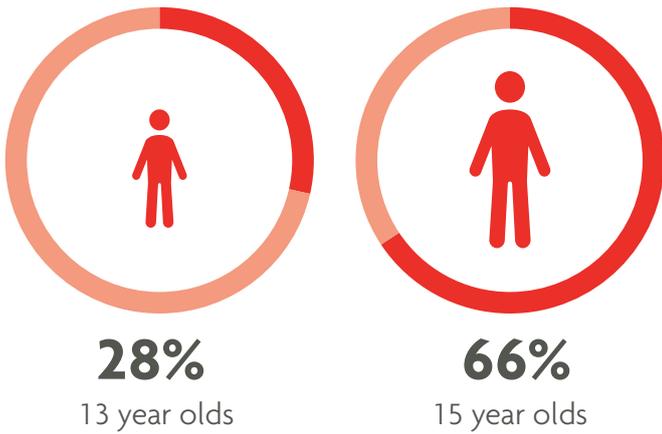
Drinking in the last week has fluctuated since 1990 but has been decreasing, for the most part, since 2002. After a large decrease in prevalence between 2010 and 2013, drinking in the last week has remained unchanged between 2013 and 2015, with the exception of a small decrease among 15 year old boys: 19% drank in the last week in 2013, compared with 16% in 2015.

### Trends in drinking in the last week, by age and sex (1990-2015)

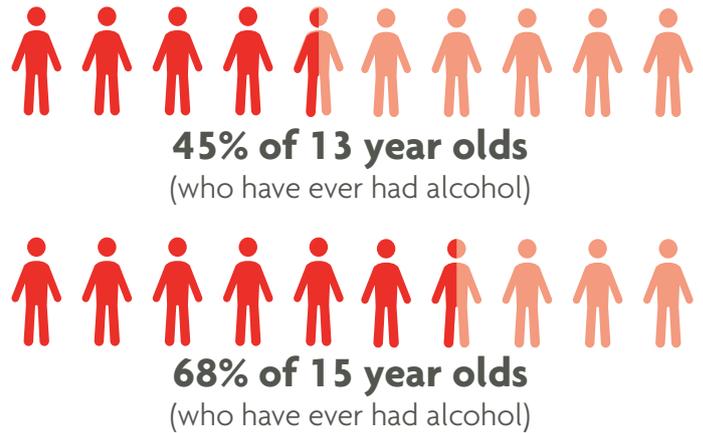


## SALSUS 2015: Alcohol summary

### Ever drunk alcohol



### Ever been drunk



### Effects of drinking alcohol

The most **common consequences** of drinking alcohol among 15 year olds were:

37%

Vomiting



32%

Having an argument



36%

Doing something and later regretting it



27%

Sending a text/email they wish they hadn't



### Age first drank and got drunk



Age 15 year olds **first had an alcoholic drink**



Age 15 year olds **first got drunk**

### Sources of alcohol

The most **common sources** of alcohol among 15 year olds were:



27%

From home



26%

A relative



39%

Friends

Since 2002, it has **become much less common** for 15 year old pupils to buy alcohol directly from a retailer

#### Off-licence

15% in 2002



4% in 2015

#### Shop

18% in 2002



6% in 2015

## SALSUS 2015: Alcohol summary

### Attitudes to alcohol

15 year old girls were more likely than boys to think it's **OK for someone their age to try alcohol, or try getting drunk**



### Advice and support



**68%** of 15 year olds had received lessons, videos/DVDs or discussion in class on alcohol in the last 12 months

15 year old girls were less likely than boys to agree they had **enough advice and support about alcohol** at their school



**65%** Girls agree  
**71%** Boys agree

### Post-school expectations

The proportion of 15 year old pupils who drank in the last week was lower for those expecting to go onto higher education



University

**15%**



FE College

**19%**



Working

**24%**



Apprenticeship

**25%**

### Own money to spend

15 year old pupils **who had more money** of their own to spend were more likely to have drunk in the last week



£30+  
a week

**26%**



£20-30  
a week

**20%**



£10-20  
a week

**17%**



£5-10  
a week

**12%**



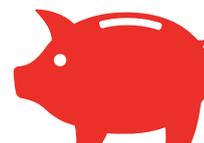
£0-5  
a week

**12%**



£0  
a week

**9%**



### Age of friends

15 year old pupils who had **older or mixed aged friends** were more likely than those with younger friends or friends of the same age to have drunk alcohol in the last week



Same

**13%**



Younger

**13%**



Mixed

**24%**



Older

**28%**

# SALSUS 2015: Technical details

## SURVEY BACKGROUND

The Scottish Schools Adolescent Lifestyle and Substance Use Survey (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.

SALSUS measures progress towards Scottish Government targets for smoking and drug use, and is used to inform the Scottish Government priority of addressing harmful drinking among young people.

## METHODOLOGY

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 for the first time, in the 2015 wave, half of the sample completed the survey online.

A random nationally representative sample of S2 and S4 pupils in school was selected 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 September 2015 and January 2016. The overall response rate was 53%.

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

## FURTHER INFORMATION

More information on survey methodology can be found in the technical report available at: <http://www.gov.scot/Topics/Research/by-topic/health-community-care/social-research/SALSUS>

The full 2015 SALSUS alcohol report is also available at: <http://www.gov.scot/Topics/Research/by-topic/health-community-care/social-research/SALSUS>

## CONTACT DETAILS

For further information and queries, please get in touch at [salsus@gov.scot](mailto:salsus@gov.scot)

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