



SCOTTISH SCHOOLS ADOLESCENT LIFESTYLE AND SUBSTANCE USE SURVEY (SALSUS) 2018: Alcohol summary report

SUMMARY OF KEY CHANGES SINCE 2015

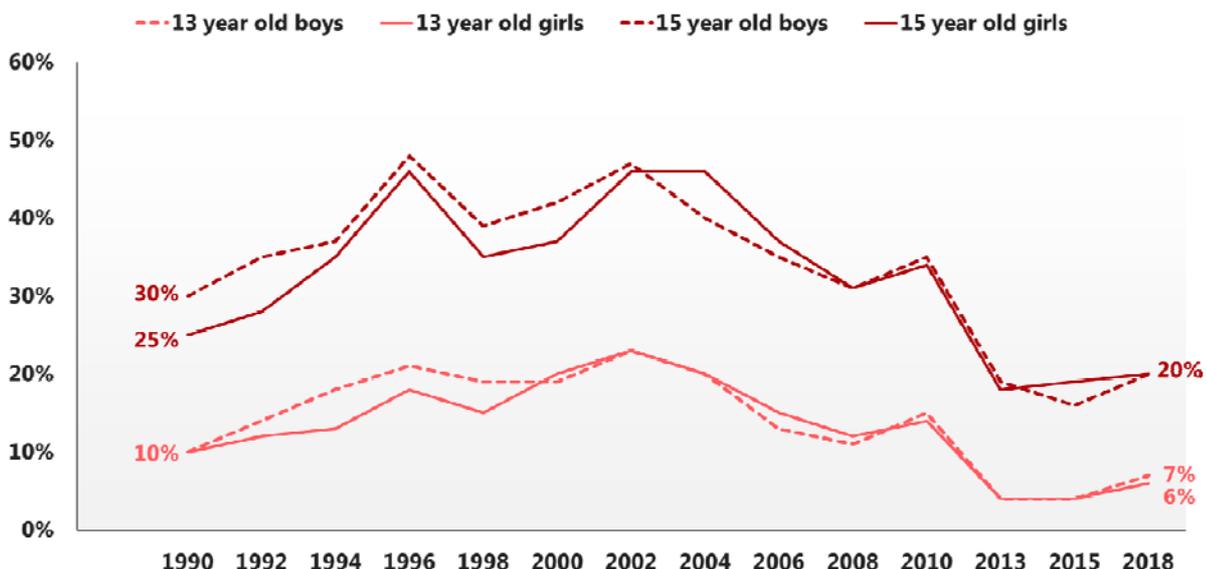
Among all groups, the proportion of pupils who have ever had an alcoholic drink has increased since the last survey in 2015. Drinking in the last week is also on the increase in all groups except 15 year old girls. In addition, there has been an increase in the proportion of pupils who had ever been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

	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

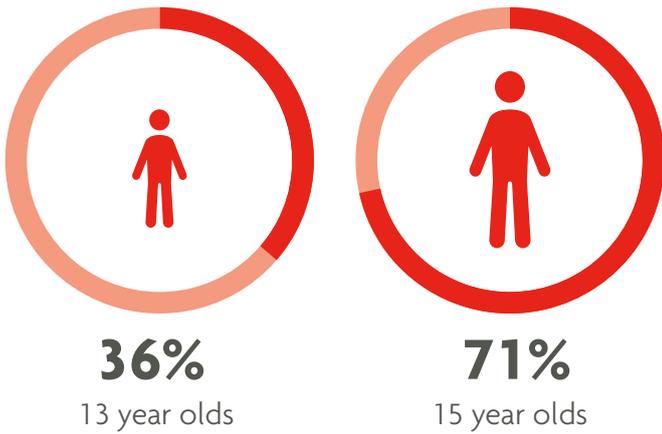
Drinking in the last week has fluctuated since 1990, when questions about drinking were first included in the survey, but has been decreasing, for the most part, since 2002. After a large decrease in prevalence between 2010 and 2013, drinking in the last week remained unchanged between 2013 and 2015, with the exception of a small decrease among 15 year old boys. However, between 2015 and 2018 it has increased among all groups with the exception of 15 year old girls.

Trends in drinking in the last week, by age and sex (1990-2018)

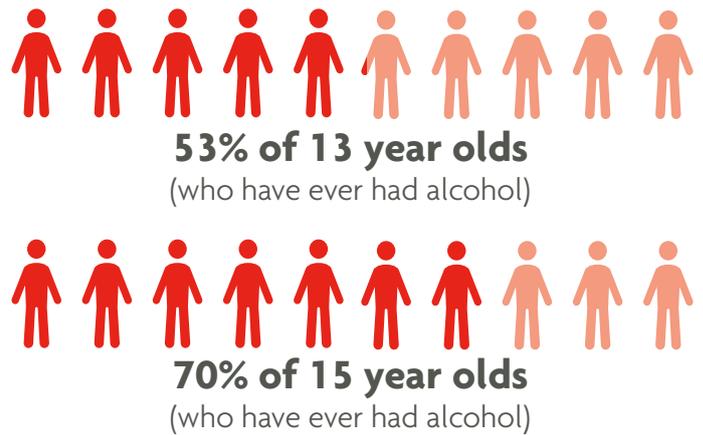


SALSUS 2018: Alcohol summary

Ever drunk alcohol



Ever been drunk



Effects of drinking alcohol

The most **common consequences** of drinking alcohol among 15 year olds (who had ever had alcohol) were:

41%
Doing something and later regretting it



40%
Vomiting



34%
Having an argument



30%
Sending a text/email they wish they hadn't



Average 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

Among 15 year olds who had ever had alcohol:

The most **common sources** of alcohol were:

34%
Friends



31%
A relative



28%
From home



It has become **much less common to buy alcohol directly from a retailer since 2002**

Off-licence
15% in 2002



3% in 2018

Shop
18% in 2002

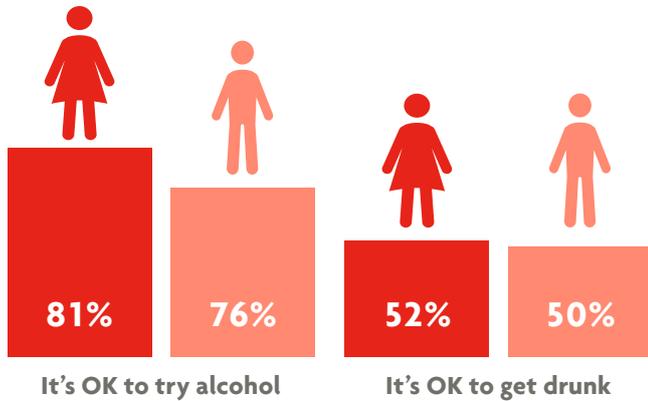


7% in 2018

SALSUS 2018: Alcohol summary

Attitudes to alcohol

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



Advice and support



65% 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 of the same age to agree they had **enough advice and support about alcohol** at their school



58%

Girls agree

66%

Boys agree

Post-school expectations

Drinking in the last week was **less common among 15 year olds who expected to go onto higher education** than those who did not



University
16%



FE College
22%



Working
29%



Apprenticeship
29%

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



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



Drinking locations

Most 15 year olds who have had alcohol reported **drinking at their home or someone else's**, as well as at parties



Someone else's home



Outside



Party



Home

SALSUS 2018: 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, biennial survey known as SALSUS.

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

METHODOLOGY

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).

All local authority and independent schools in Scotland were eligible for inclusion in the sample, with the exception of special schools. A random, nationally representative sample of S2 and S4 pupils was drawn, with classes as the primary sampling unit. (For the purposes of reporting S2 pupils are referred to as "13 year olds" and S4 pupils are referred to as "15 year olds").

Fieldwork was completed between October 2018 and April 2019. The overall response rate was 52% (excludes schools who took part in the Realigning Children's Services Survey and Glasgow state schools). A total of 12,558 pupils in S2 and 10,807 pupils in S4 responded (including those that took part in the Realigning Children's Service Survey).

Results reported are statistically significant at a 95% significance level.

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/ISBN/9781839603327>

The full 2018 SALSUS alcohol report is available at: <http://www.gov.scot/ISBN/9781839603303>

CONTACT DETAILS

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