

**Scottish Schools Adolescent
Lifestyle and Substance Use Survey
(SALSUS) 2002**

**SMOKING, DRINKING AND DRUG USE
AMONG 13 AND 15 YEAR OLDS
IN GRAMPIAN, 2002**

A survey undertaken by the Child and Adolescent Health Research Unit (CAHRU), The University of Edinburgh, commissioned by the Information and Statistics Division (ISD Scotland) on behalf of the Scottish Executive.

Report prepared by:

Candace Currie, Joan Fairgrieve, Dorothy Currie, Patricia Akhtar
Child and Adolescent Health Research Unit (CAHRU), The University of
Edinburgh

Contents

| | | |
|----------|---------------------------------------|-----------|
| 1 | Summary of Findings | 4 |
| 2 | Background to the Survey | 6 |
| 3 | Smoking | 9 |
| 4 | Drinking | 16 |
| 5 | Drug Use..... | 29 |
| 6 | Survey Design | 44 |

Notes on statistics

When differences between estimates are specifically commented on in the report text these differences are significant unless otherwise stated. For example reporting that '*...the prevalence of drug use was higher in boys than in girls...*' would indicate that the gender difference in drug use is *statistically significant*. Further details on precision of estimates and statistical significance are given in Chapter 6 *Survey Design*.

Notes to tables

- € percentages may not add up to 100 because of rounding
- € some children did not answer each question, these 'no answers' have been excluded from the analyses and so the tables that describe the same population may have varying bases
- € the following conventions have been used in the tables,
0 = less than 0.5 but not 0
- = 0
- € some percentages, particularly where numbers are broken down by age group or gender, may be based on a small number of pupils and should therefore be treated with caution as apparent differences may not be statistically significant

Acknowledgements:

The authors would like to thank MVA for carrying out the fieldwork and data entry for this survey.

We are grateful to ISD Scotland for their help and advice in the preparation of this report, to members of the Advisory Group for guidance received and to colleagues at CAHRU for their help and advice.

We would also like to thank the schools and pupils who took part in the survey.

1 Summary of Findings

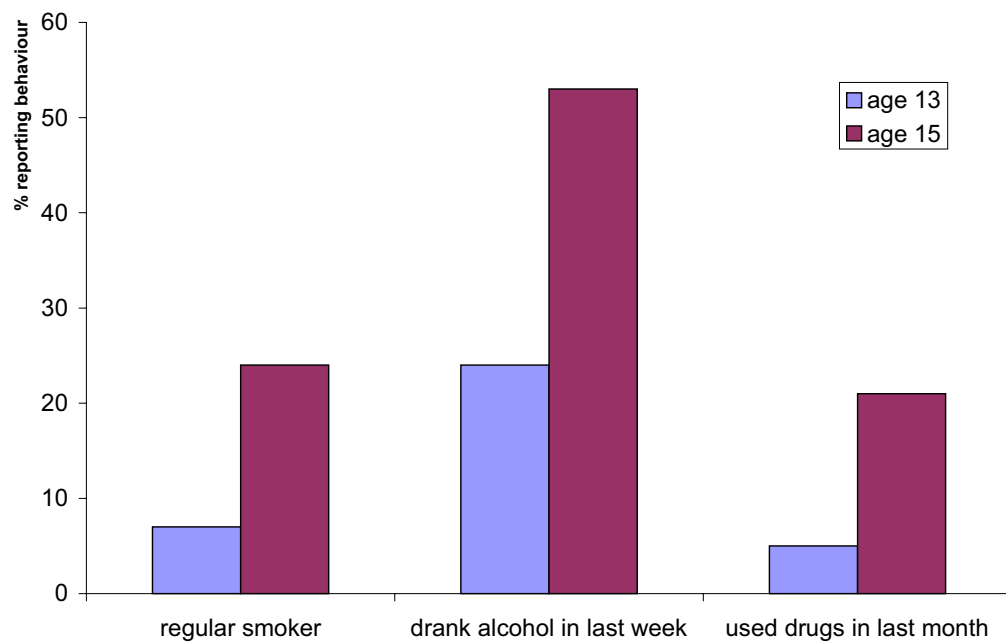
SALSUS 2002 found that among pupils in Grampian:

- € 7% of 13 year olds and 24% of 15 year olds were regular smokers¹
- € Regular smoking in 15 year olds was significantly higher than the reported national prevalence for this age group
- € 24% of 13 year olds and 53% of 15 year olds had drunk alcohol in the week prior to the survey
- € The proportion of 15 year olds who drank alcohol in the week prior to the survey was higher than the reported national prevalence for this age group
- € 5% of 13 year olds and 21% of 15 year olds had used drugs in the month prior to the survey
- € Prevalence of drug use in 13 year olds is lower than the reported national prevalence for this age group
- € The differences in drinking and drug use between boys and girls in Grampian were not statistically significant, however significantly more girls were regular smokers than boys
- € For 15 year old pupils the average age for first drinking or smoking was 12, but the average age for the first occasion of drug use was older at 14 years.

Figures 1.1 and 1.2 (overleaf) show the age and gender differences in reported smoking, drinking and drug use in Grampian in 2002.

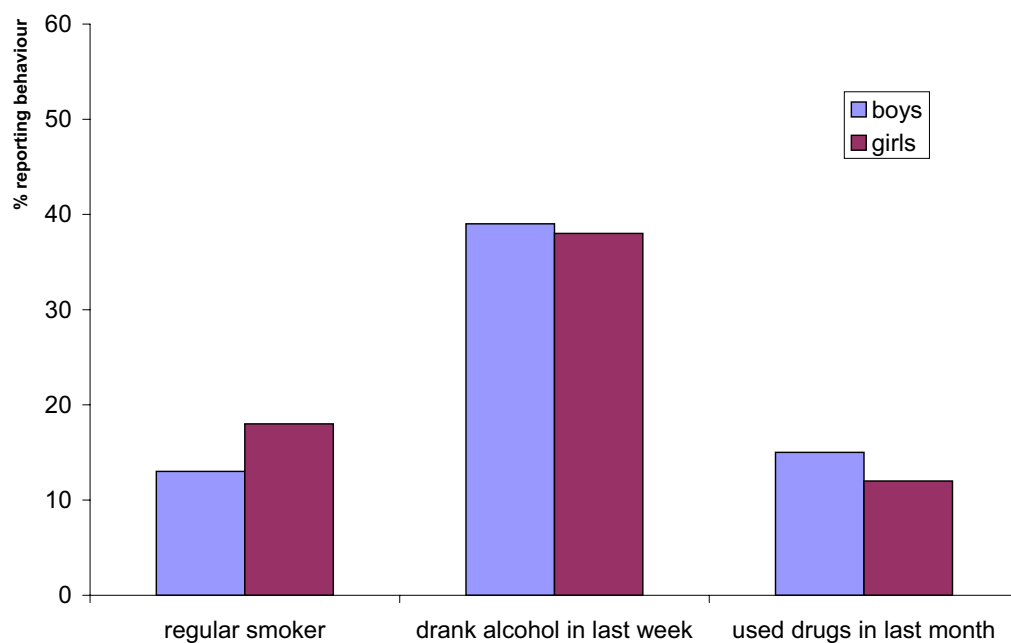
¹ regular smoker, usually smokes one or more cigarettes a week

Figure 1.1: Smoking, drinking and drug use in 13 and 15 year olds, by age group: Grampian 2002.



(Source: tables 3.1, 4.3, 5.1)

Figure 1.2: Smoking, drinking and drug use in 13 and 15 year olds, by gender: Grampian 2002.



(Source: tables 3.2, 4.4, 5.2)

2 Background to the Survey

2.1 Introduction

This report presents the key findings from the Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) on the prevalence of smoking, drinking and drug use among 13 and 15 year old pupils attending schools in the Grampian area. Findings on the availability of substances and on the behaviour and attitudes of pupils and their families in relation to substance use are also reported. One of the main purposes in developing the survey was to provide Drug and Alcohol Action Teams, local authorities and NHS Boards with information about substance use among school pupils in their own areas. The information is intended to assist local planning.

The national Interim Report released in December 2002¹ presented key national findings on the prevalence of smoking, drinking and drug use and comparisons are made with these national findings in this report. A more comprehensive national report will be published later in 2003. It will describe smoking, drinking and drug use in the context of adolescent lifestyles and health. Further local level information in the form of tables of lifestyle and health data will also become available following the publication of the national report.

2.2 Survey arrangements

SALSUS continues the series of biennial surveys of smoking, drinking and drug use begun in 1982² and is the first national school survey to provide local as well as national information. This is possible because new survey arrangements have been made in Scotland following an information needs assessment undertaken by the Scottish Advisory Committee on Drug Misuse (SACDM). SACDM identified the need for a regular cross sectional survey of substance misuse among schoolchildren in Scotland, disaggregated if possible to Drug and Alcohol Action Team and local authority level and including contextual information on other health and lifestyle factors. The Scottish Executive felt that the UK survey no longer met all Scotland's information needs and asked the Information and Statistics Division (ISD Scotland) to convene a National School Survey Substance Misuse Working Group³ to consider possible options for a Scottish survey to cover all areas of substance misuse and lifestyle contextual factors, and which would allow for the disaggregation of data to provide local information.

The key factor in making recommendations for a survey in 2002 was the pressing need for local information to support the work of Drug Action Teams (DATs) and Alcohol Action Teams (AATs), though the Working Group were also guided by the commitment to keep to a minimum any disruption to schools and the need for

¹ The SALSUS Interim Report can be accessed on-line
http://www.drugmisuse.isdscotland.org/publications/abstracts/salsus_interim02.htm

² The first survey in the series of biennial school surveys commissioned by the Department of Health with the Scottish Office was carried out in 1982 to obtain information on smoking prevalence and behaviour. From 1990 surveys included items on drinking and from 1998 items on drugs. In 2000 the survey was carried out by the National Centre for Social Research and the National Foundation for Educational Research, all previous surveys were carried out by ONS.

³ The Working Group included representatives from a range of interests, including Drug and Alcohol Action Team Associations, the Convention of Scottish Local Authorities, Health Education Board for Scotland, SE Health Policy Directorate, SE Education Department and LA Education Departments.

information on other lifestyle factors and social contextual information to gain a better understanding of substance use in school aged children. It was agreed that the best means of addressing all these issues in a Scottish survey was to combine components of the existing national and UK biennial school surveys on smoking, drinking and drug use with components of the WHO Health Behaviour in School Aged Children (HBSC) survey¹ on lifestyle and health factors, and to undertake the revised Scottish survey (now known as the Scottish Schools Adolescent Lifestyle and Substance Use Survey, SALSUS) concurrently with the HBSC survey in 2002². SALSUS is being undertaken by the Child and Adolescent Health Research Unit (CAHRU) of the University of Edinburgh in conjunction with the HBSC survey research in 2002. A smaller national survey will be undertaken in 2004. The contract is managed on behalf of the Scottish Executive by ISD Scotland with advice from an Advisory Group made up of key stakeholders including Drug and Alcohol Action Teams, the Health Education Board for Scotland and the Scottish Executive.

2.3 Sample design

SALSUS 2002 required a much larger sample of pupils than previous surveys in this series to ensure adequate precision of estimates of prevalence in local areas. Mainly for reasons of cost and the workload burden on schools it was not feasible to survey pupils in S1-S4 inclusive, as in previous years. Consequently the survey samples pupils from only two school years: S2 and S4. For the purpose of reporting, S2 pupils will be referred to as '13 year olds' and S4 pupils referred to as '15 year olds' throughout these reports.³

The survey fieldwork was carried out in the 2002 Spring term. Each participating school was requested to administer a confidential questionnaire to each pupil in selected classes. The methods used to select the schools and the number of classes ensured that within each local authority every eligible pupil had an equal chance of being included in the study. All pupils in S2 and S4 attending local authority and independently funded schools were eligible for inclusion in the study, with the exception of pupils attending special schools or schools with very few pupils.

2.4 Local response rates

The SALSUS 2002 survey of Grampian was designed to have a final sample size of 2900 pupils, split equally between S2 and S4. This constituted approximately 23% of the pupils eligible for the study (the target population). Of the 45 schools which were asked to participate 35 schools (78%) agreed to take part in the study.

¹ The HBSC survey has been conducted in Scotland every four years since 1990 by Dr Candace Currie, Scottish HBSC Principal Investigator and Director of the Child and Adolescent Health Research Unit (CAHRU), The University of Edinburgh <http://www.education.ed.ac.uk/cahru/>

² The SALSUS 2002 Protocol provides more detailed background information, including government policy frameworks for smoking, drinking and drug misuse, survey aims and objectives, sample design and questionnaire items.

³ As in previous surveys in this series 16 year olds are included in the '15 year old' age group. The '13 year old' group also includes 14 year olds. The pupils in S2 have an average age of 13 years 7 months, and 14% are 14 years old (5% more than 14 years 1 month, 2% older than 14 years 2 months). The pupils in S4 have an average age of 15 years 7 months, and 17% are 16 years old (5% more than 16 years 1 month, 3% more than 16 years 2 months). The average age of the SALSUS '13 year old' and '15 year old' groups is not significantly different from that of '13' and '15' year old age groups cited in previous reports (average age 13 years 6 months and 15 years 6 months respectively).

Response rates are based on class and pupil participation rates. In total 152 classes in Grampian were selected to participate, and 125 classes (82%) took part. The overall pupil response rate within classes was 93%. The main reason for pupil non-response was absence due to illness. The final survey response in Grampian, based on the class and pupil response rate, was therefore 76%. This compares favourably with the overall national response rate for SALSUS 2002 of 65%. The final sample size was 2530 pupils, 19.5% of the eligible target population in Grampian.

3 Smoking

3.1 Smoking prevalence

In Grampian, reported prevalence of regular smoking¹ increased significantly with age. In 2002, 7% of 13 year olds were regular smokers compared with 24% of 15 year olds. This reported prevalence of regular smoking in 15 year olds was significantly higher than the national prevalence for this age group (national figure: 20% for 15 year olds). However, prevalence of regular smoking in 13 year olds was not significantly different from the reported national prevalence (national figure: 8% for 13 year olds). Just over half of 13 year olds reported that they had never smoked (56%), compared with 36% of 15 year olds.

Again, reflecting patterns found nationally, there was a higher prevalence of regular smoking among girls than boys in both age groups in Grampian; 18% of girls and 13% of boys were regular smokers (**Tables 3.1, 3.2**).

3.2 Number of cigarettes smoked

Pupils who smoked regularly were asked how many cigarettes they usually smoked in a week. Younger pupils who were regular smokers reported smoking fewer cigarettes per week than older pupils: an average of 25 per week for 13 year olds and 42 per week for 15 year olds. There was no significant gender difference in the average number of cigarettes smoked per week by regular smokers.

3.3 Money spent on cigarettes

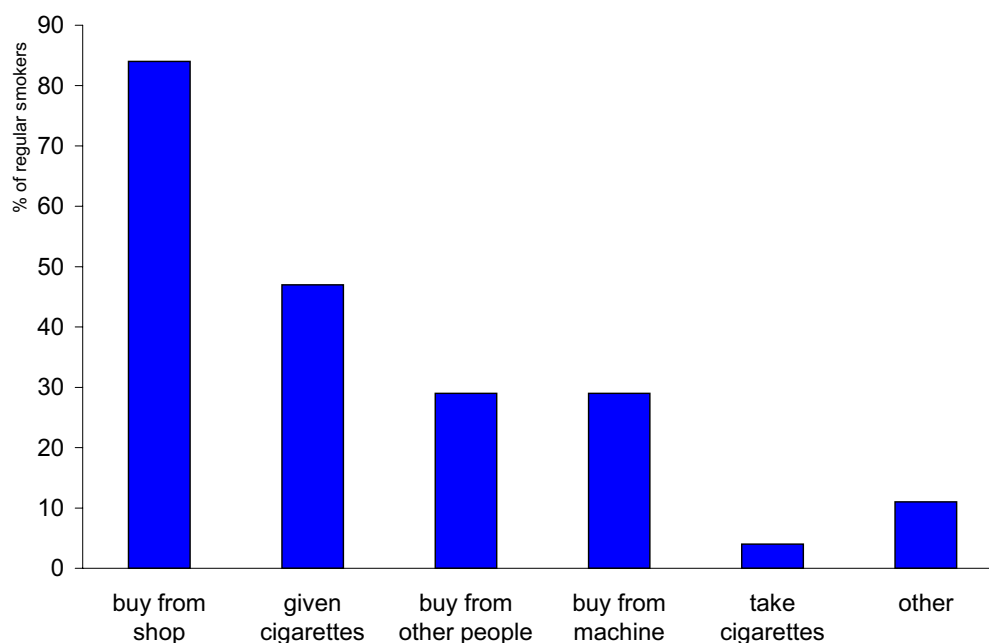
Almost all regular smokers (97%) reported that they spent money on cigarettes. The average amount spent by regular smokers who bought cigarettes was £9.00 a week.

3.4 Where pupils obtain cigarettes

Regular smokers were given a list of sources for obtaining cigarettes and asked to indicate where they usually obtained their cigarettes. Some pupils gave more than one source. The majority of regular smokers (84%) indicated that they bought cigarettes from shops, just over a quarter (29%) bought them from machines and 29% reported buying them from other people. However, smokers did not always buy cigarettes, just under half (47%) of all regular smokers reported that they were given cigarettes by friends or relatives, 4% reported that they 'take cigarettes' and 11% of pupils reported that they obtained their cigarettes some other way (**Tables 3.3 and 3.4, Figure 3.1**).

¹ regular smoker, usually smokes one or more cigarettes a week

Figure 3.1: Source of cigarettes: Grampian 2002.



(Source: Table 3.3 and 3.4)

3.5 Smoking dependence

Regular smokers were asked whether they would like to give up smoking and how difficult or easy they felt this would be. The majority (72%) of regular smokers reported that they would like to give up smoking and 74% had tried to give up at some time. Twenty six percent (26%) of all regular smokers reported that they would find it very difficult to give up smoking altogether and a further 44% reported that they would find it fairly difficult.

Pupils who had smoked for more than a year (63% of all regular smokers) were more likely to think it would be very difficult to give up smoking altogether compared to pupils who had smoked for one year or less: 35% of pupils who had smoked for more than a year reported that it would be very difficult to give up smoking compared with 10% of pupils who had smoked regularly for one year or less (Tables 3.5 to 3.8).

3.6 Family attitudes to smoking

All pupils were asked about their family's attitudes to smoking. Pupils who smoked were asked 'How does your family feel about your smoking?' and pupils who did not smoke were asked 'How do you think your family would feel if you started smoking?'

Seventy two percent (72%) of regular smokers reported that their families either stop them smoking or try to persuade them to stop smoking. More than half (57%) of all pupils who were regular smokers reported that they are not allowed to smoke at home (Tables 3.9 and 3.10).

Almost all non-smokers (91%) reported that their families would either stop them smoking or try to persuade them not to smoke (Table 3.9).

Pupils were also asked whether their families and friends smoked. More pupils who were regular smokers reported that a parent was a daily smoker compared with non-smokers: 59% of regular smokers compared with 32% of non-smokers. Pupils who reported that they smoked regularly were also more likely to have a sibling who smoked daily: 40% of regular smokers, compared with 12% of non-smokers (**Tables 3.11 and 3.12**).

Regular smokers were also more likely to have friends who smoked: 38% of regular smokers reported that 'all or almost all' of their friends smoked compared with 2% of non-smokers. The majority of non-smokers (62%) reported that 'none' or 'almost none' of their friends smoked (**Table 3.13**).

3.7 Cigarette advertising

Pupils were given a list of places and asked to say whether or not they had seen cigarettes advertised there over the previous six months. Most pupils (79%) had seen adverts on posters or billboards. More than half reported that they had seen adverts in magazines (58%) or on television (53%). Fewer pupils reported seeing adverts in newspapers (33%) or at the cinema (18%) (**Table 3.14**).

3.8 Lessons on smoking

Pupils were asked if they had had any lessons, videos or discussions in class in the last 12 months on smoking. Pupil responses depend on recall and may not accurately reflect the provision of lessons, videos or class discussions. Most pupils reported that they had lessons, videos or discussions: 79% of 13 year olds and 72% of 15 year olds. However, 15% of 13 year olds and 21% of 15 year olds reported that they had not had lessons and 6% of 13 year olds and 7% of 15 year olds reported that they did not know if they had had lessons, videos or discussions on smoking (**Table 3.15**).

Table 3.1: Smoking behaviour by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % | National Total % |
|-----------------------------|-------------|-------------|------------|------------------------|
| Regular smoker ¹ | 7 | 24 | 15 | 14 |
| Occasional smoker | 5 | 7 | 6 | 5 |
| Used to smoke | 10 | 14 | 12 | 13 |
| Tried smoking once | 21 | 20 | 21 | 23 |
| Never smoked | 56 | 36 | 46 | 45 |
| <i>Base</i> | 1326 | 1125 | 2451 | 22313 |

Base=all pupils

note: regular smoker, usually smokes one or more cigarettes a week; occasional smoker smokes cigarettes sometimes but not as many as one a week

Table 3.2: Smoking behaviour by gender: Grampian 2002.

| | Boys % | Girls % | Total % | National Total % |
|--------------------|-----------|------------|------------|------------------------|
| Regular smoker | 13 | 18 | 15 | 14 |
| Occasional smoker | 5 | 7 | 6 | 5 |
| Used to smoke | 10 | 13 | 12 | 13 |
| Tried smoking once | 23 | 19 | 21 | 23 |
| Never smoked | 49 | 43 | 46 | 45 |
| <i>Base</i> | 1203 | 1248 | 2451 | 22313 |

Base=all pupils

note: regular smoker, usually smokes one or more cigarettes a week; occasional smoker smokes cigarettes sometimes but not as many as one a week

Table 3.3: Source of cigarettes by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % |
|-------------------------------|-------------|-------------|------------|
| Buy from shop | 59 | 92 | 84 |
| Given cigarettes | 44 | 48 | 47 |
| Buy from machine | 18 | 33 | 29 |
| Buy from other people | 38 | 26 | 29 |
| Take cigarettes | 8 | 3 | 4 |
| Get cigarettes some other way | 25 | 7 | 11 |
| <i>Base</i> | 97 | 269 | 366 |

Base= All pupils who were regular smokers

note: columns may add up to more than 100 as more than one answer could be given

Table 3.4: Source of cigarettes by gender: Grampian 2002.

| | Boys % | Girls % | Total % |
|-------------------------------|-----------|------------|------------|
| Buy from shop | 83 | 84 | 84 |
| Given cigarettes | 46 | 48 | 47 |
| Buy from machine | 32 | 28 | 29 |
| Buy from other people | 27 | 31 | 29 |
| Take cigarettes | 7 | 3 | 4 |
| Get cigarettes some other way | 15 | 9 | 11 |
| <i>Base</i> | 146 | 220 | 366 |

Base= All pupils who were regular smokers

note: columns may add up to more than 100 as more than one answer could be given

¹ Regular smokers are those who report smoking one or more cigarettes every week, occasional smokers are those who are current smokers but smoke fewer than one cigarette per week

Table 3.5: Whether regular smokers would like to give up smoking: Grampian 2002.

| | Total % |
|-----------------------------------|------------|
| Would like to give up smoking | 72 |
| Would not like to give up smoking | 28 |
| <i>Base</i> | 352 |

Base= All pupils who were regular smokers

Table 3.6: Whether regular smokers have ever tried to give up smoking: Grampian 2002.

| | Total % |
|----------------------------------|------------|
| Has tried to give up smoking | 74 |
| Has not tried to give up smoking | 26 |
| <i>Base</i> | 360 |

Base= All pupils who were regular smokers

Table 3.7: Length of time smoking: Grampian 2002.

| | Total % |
|------------------|------------|
| One year or less | 37 |
| More than a year | 63 |
| <i>Base</i> | 357 |

Base= All pupils who were regular smokers

Table 3.8: Ease of giving up smoking by length of time smoking: Grampian 2002.

| | One year or less % | More than a year % | Total % | National Total % |
|------------------|--------------------------|--------------------------|------------|------------------------|
| Very difficult | 10 | 35 | 26 | 32 |
| Fairly difficult | 40 | 46 | 44 | 36 |
| Fairly easy | 34 | 14 | 21 | 21 |
| Very easy | 16 | 4 | 9 | 11 |
| <i>Base</i> | 134 | 223 | 361 | 2868 |

Base= All pupils who were regular smokers

Table 3.9: Perception of family attitude to pupil's smoking, by smoking status: Grampian 2002.

| | Regular smoker % | Occasional smoker % | Non- smoker % | Total % | National Total % |
|--------------------|------------------------|---------------------------|---------------------|------------|------------------------|
| Stop/would stop me | 16 | 41 | 55 | 48 | 54 |
| Persuade me not to | 56 | 47 | 36 | 40 | 35 |
| Do nothing | 17 | 3 | 1 | 4 | 3 |
| Encourage me | 1 | - | 0 | 0 | 0 |
| Not sure | 9 | 9 | 7 | 7 | 7 |
| <i>Base</i> | 360 | 107 | 1693 | 2232 | 19279 |

Base= All pupils

Table 3.10: Whether regular smokers are allowed to smoke at home: Grampian 2002.

| | Total % |
|------------------------------|------------|
| Allowed to smoke at home | 29 |
| Not allowed to smoke at home | 57 |
| Don't know | 14 |
| <i>Base</i> | 304 |

Base= All pupils who were regular smokers

Table 3.11: Parents' smoking, by pupil's smoking status: Grampian 2002.

| | Regular smoker % | Occasional smoker % | Non smoker % |
|----------------------------------|------------------------|---------------------------|--------------------|
| Neither parent smokes daily | 41 | 58 | 65 |
| At least one parent smokes daily | 59 | 38 | 32 |
| Does not see either parent | 1 | 4 | 3 |
| <i>Base</i> | 351 | 137 | 1888 |

Base= All pupils

Table 3.12: Siblings' smoking, by pupil's smoking status: Grampian 2002.

| | Regular smoker % | Occasional smoker % | Non smoker % |
|-----------------------------------|------------------------|---------------------------|--------------------|
| No sibling smokes | 56 | 78 | 80 |
| At least one sibling smokes daily | 40 | 15 | 12 |
| Does not have siblings | 4 | 7 | 8 |
| <i>Base</i> | 338 | 136 | 1822 |

Base= All pupils

Table 3.13: Friends smoking, by pupil's smoking status: Grampian 2002.

| | Regular smoker % | Occasional smoker % | Non smoker % |
|-------------------|------------------------|---------------------------|--------------------|
| All or almost all | 38 | 9 | 2 |
| More than half | 32 | 13 | 6 |
| Half | 14 | 25 | 9 |
| Less than half | 13 | 31 | 20 |
| Almost none | 4 | 20 | 35 |
| None | 1 | 1 | 27 |
| <i>Base</i> | 365 | 144 | 1934 |

Base= All pupils

**Table 3.14: Whether pupils have seen cigarette advertising:
Grampian 2002.**

| | Yes % | No % | Don't know % | Base |
|-----------------------|------------------|-----------------|-----------------------------|-------------|
| On posters/billboards | 79 | 14 | 7 | 2431 |
| In magazines | 58 | 32 | 10 | 2414 |
| On television | 53 | 39 | 9 | 2433 |
| In newspapers | 33 | 49 | 17 | 2384 |
| At the cinema | 18 | 64 | 18 | 2376 |

Base= All pupils

**Table 3.15: Proportion of pupils who reported having lessons, videos
or discussions in class on smoking, by age group: Grampian 2002.**

| | Age 13 % | Age 15 % | Total % |
|-------------|---------------------|---------------------|--------------------|
| Yes | 79 | 72 | 76 |
| No | 15 | 21 | 18 |
| Don't know | 6 | 7 | 6 |
| Base | 1288 | 1127 | 2415 |

Base= All pupils

4 Drinking

4.1 Prevalence of alcohol use

All pupils were asked whether they had ever had a 'proper alcoholic drink, a whole drink, not just a sip'. The prevalence of alcohol use increased significantly with age. Seventy one percent (71%) of 13 year olds and 91% of 15 year olds reported that they had had an alcoholic drink (**Table 4.1**). For both age groups the reported prevalence in Grampian was not significantly different from the national prevalence of alcohol use (national figures: 69% for 13 year olds and 88% for 15 year olds).

Just over half (53%) of 15 year olds and 24% of 13 year olds had drunk alcohol in the last week. Once again the figure for 13 year olds was not significantly different from the national figure of 23% for this age group. However, the proportion of 15 year olds in Grampian who reported that they had drunk alcohol in the last week was higher than the national figure of 46%, a statistically significant difference. There was no significant difference between boys and girls in the proportion of pupils drinking in the last week (**Tables 4.3 and 4.4**).

4.2 Usual drinking frequency

Among those pupils who reported having had an alcoholic drink, the frequency of drinking increased significantly with age; 15% of 13 year old pupils reported that they usually drink at least once a week, compared to 43% of 15 year old pupils. The reported prevalence of weekly drinking among 15 year olds was significantly higher than that reported nationally, however, the reported prevalence of weekly drinking in 13 year olds was not significantly different from the national reported prevalence (national figures: 17% of 13 year olds and 38% of 15 year olds reported drinking weekly).

More boys than girls reported drinking at least once a week (31% of boys and 26% of girls), though this difference was not statistically significant (**Tables 4.5 and 4.6**).

4.3 Money spent on alcohol

Of all pupils who drank weekly, just under three-quarters (72%) reported that they spent money on alcohol. The average amount spent by those who bought alcohol was £9.00 a week.

4.4 Type of alcohol consumed

Pupils who had drunk alcohol in the last week before the survey were asked whether or not they had consumed various categories of alcoholic drink¹. There were significant differences between boys and girls in the types of alcohol drunk. For boys 'beer, lager or cider' were most commonly reported: 62% of boys who had drunk alcohol in the last week had consumed half a pint or more of beer, lager or cider. For girls, 'alcopops' were most commonly reported: 71% had drunk alcopops in the last week. Sixty three percent (63%) of girls reported that they had drunk spirits in the last week (**Table 4.8**).

¹ Pupils were asked about the following types of drink: beer, lager or cider, shandy, wine, martini and sherry, spirits and liqueurs, alcopops and pre-mixed alcoholic drinks.

4.5 Average amount of alcohol consumed weekly

Pupils who reported that they had drunk alcohol in the last week before the survey were asked to record the amount they had consumed of each category of alcoholic drink. From this the total units of alcohol consumed were calculated. Half a pint of beer or a small glass of wine contains approximately one unit of alcohol. The method used to calculate units of alcohol was the same as used in previous surveys in this series (a full discussion of the method, including issues of under-reporting, can be found in Boreham et al., 2001¹). Boys who drank over the previous seven days consumed on average 12 units of alcohol, and girls consumed 10 units. This difference was not statistically significant. Figures 4.1 and 4.2 show the consumption of each type of drink as a proportion of the total reported amount of alcohol drunk in the week prior to the survey.

Figure 4.1: Type of alcohol drunk by boys in previous week, percentage of total units consumed: Grampian 2002.

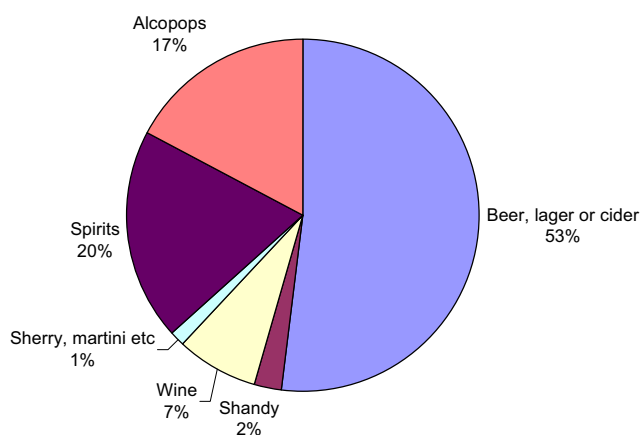
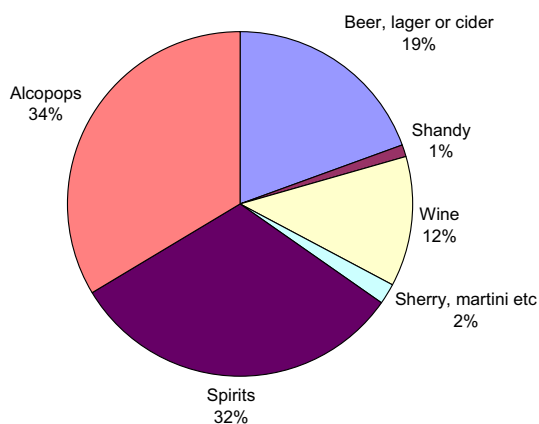


Figure 4.2: Type of alcohol drunk by girls in previous week, percentage of total units consumed: Grampian 2002.

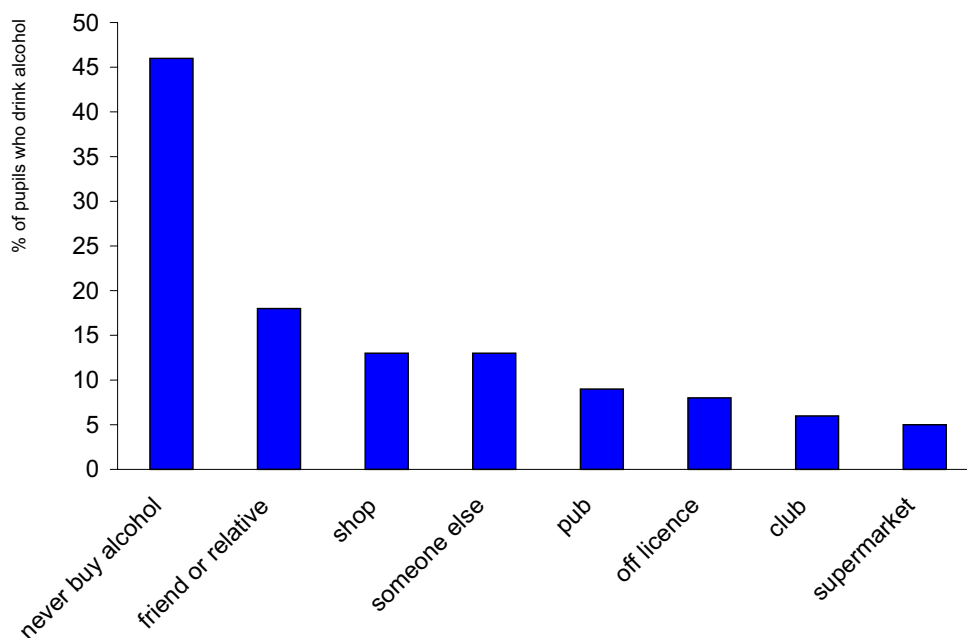


¹ Boreham R. and Shaw A. (eds) *Smoking, drinking and drug use among young people in Scotland 2000*. Edinburgh: The Stationery Office, 2001.

4.6 Availability of alcohol

Pupils who reported ever having had an alcoholic drink were asked where they usually obtained alcohol. Some pupils reported more than one source. Almost half (46%) of those who had had an alcoholic drink reported that they 'never buy alcohol'. The most common source for purchasing alcohol by pupils in Grampian was 'from friend or relative' (18%). Around one in ten pupils (13%) reported that they bought alcohol from 'someone else', and from a 'shop' (13%). Eight percent (8%) of pupils reported that they bought their alcohol from an 'off-licence' (Table 4.9 and 4.10, Figure 4.3).

Figure 4.3: Sources for obtaining alcohol, all pupils who had had an alcoholic drink: Grampian 2002.

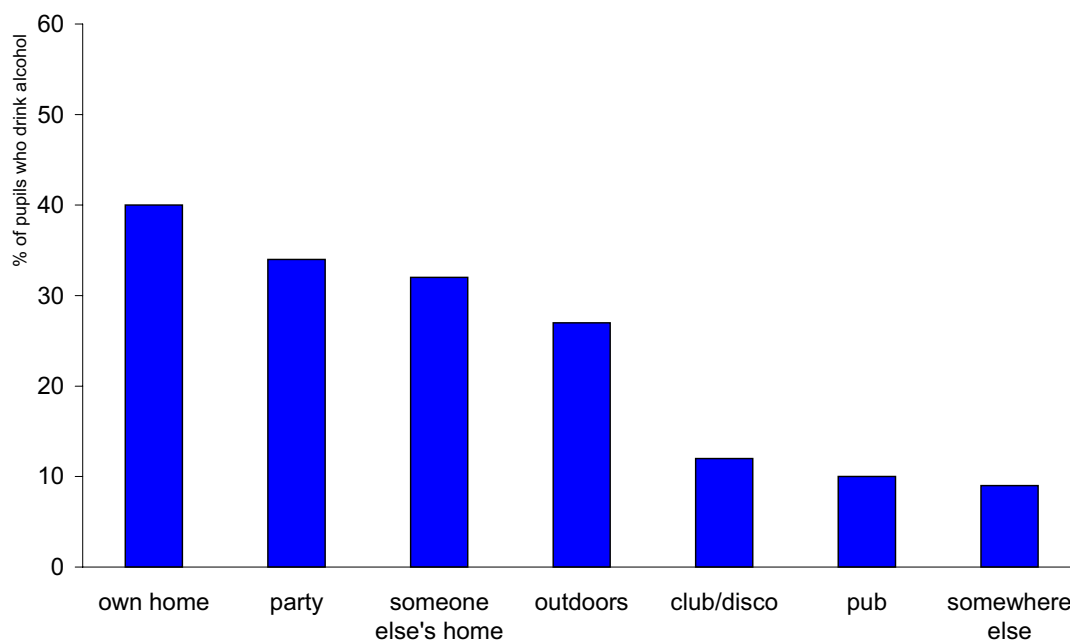


(Source: Tables 4.9 and 4.10)

4.7 Where young people drink alcohol

Pupils were asked 'When you drink alcohol, where are you usually?' and given a list of possible locations. Some pupils reported more than one location. The most frequently reported locations for drinking alcohol were in the pupil's own home (40%), at a party (34%), and someone else's home (32%). Around one in four pupils (27%) reported that they drank alcohol 'outdoors' (Tables 4.11 and 4.12, Figure 4.4).

Figure 4.4: Places where pupils drink alcohol, all pupils who have had an alcoholic drink: Grampian 2002.



(Source: tables 4.11 and 4.12)

4.8 Drinking to excess

All pupils who had ever had an alcoholic drink were asked 'Have you ever had so much alcohol that you were really drunk?'. Overall, 65% of pupils who had ever drunk alcohol reported that they had been drunk at least once. Eighteen percent (18%) had been drunk once, 21% had been drunk 2-3 times, 13% had been drunk 4-10 times and 13% had been drunk more than 10 times (Tables 4.13 and 4.14).

All pupils who had ever had an alcoholic drink were also asked at what age they first got drunk (if ever). The average age reported by 15 year old pupils who had been drunk was 13 years old.

Just under half of all 13 and 15 year old pupils who had ever had a proper alcoholic drink (49%) reported that they had consumed five or more drinks on the same occasion in the past 30 days and 13% had consumed five or more drinks on the same occasion 4 or more times in the past 30 days (Tables 4.15 and 4.16).

4.9 Effects of drinking too much alcohol

Pupils who had ever had an alcoholic drink were asked whether they had ever experienced any of a list of possible effects as a result of drinking too much alcohol. Pupils could give more than one answer. The most commonly reported effect was vomiting, reported by 39% of all 13 and 15 year old pupils. 'Having an argument or fight' was reported by 25% of all 13 and 15 year olds.

Some pupils had been involved in other risk behaviours as a result of drinking too much alcohol. Fourteen percent (14%) had tried drugs. Thirteen percent (13%) of all

15 year olds (10% of boys and 16% of girls) had had unprotected sex (13 year old pupils were not asked questions on sexual health).

One in ten pupils had stayed off school as a result of drinking too much alcohol (10%). Fewer pupils reported having had any serious injuries which required the attention of a doctor or having been in hospital, either at an Accident and Emergency department or admitted overnight (**Tables 4.17 and 4.18**).

4.10 Family attitudes to drinking

All pupils who drank alcohol were asked how their family felt about them drinking alcohol. Just over a fifth (21%) of those pupils who drank alcohol in the past week reported that their family did not know that they drank, around half (55%) reported that their families did not mind them drinking, 15% reported that their families did not like them drinking and 9% reported that they did not know what their families thought (**Table 4.19 and 4.20**).

Pupils who had never had an alcoholic drink (19% of all pupils) were asked how their families would feel if they started drinking. Sixty one percent (61%) reported that their families would be upset or angry if they started drinking (**Tables 4.21 and 4.22**).

All pupils, including those who had never had a proper alcoholic drink, were asked if they were allowed to drink at home and the majority of pupils (81%) agreed that they would be allowed to do so (**Table 4.23**).

4.11 Lessons on alcohol

Pupils were asked if they had had any lessons, videos or discussions in class in the last 12 months on alcohol. Pupil response depends on recall and may not accurately reflect the provision of lessons, videos or class discussions. Most pupils reported having lessons, videos or class discussions; 75% of 13 year olds and 80% of 15 year olds. However, 18% of 13 year olds and 15% of 15 year olds reported that they had not had lessons, videos or class discussions and 7% of 13 year olds and 5% of 15 year olds did not know whether they had had lessons, videos or discussions on alcohol (**Table 4.24**).

Table 4.1: Whether pupils have had an alcoholic drink by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % | National Total % |
|-------------|-------------|-------------|------------|------------------------|
| Yes | 71 | 91 | 81 | 78 |
| No | 29 | 9 | 19 | 22 |
| <i>Base</i> | 1357 | 1154 | 2511 | 22850 |

Base= All pupils

Table 4.2: Whether pupils have had an alcoholic drink by gender: Grampian 2002.

| | Boys % | Girls % | Total % | National Total % |
|-------------|-----------|------------|------------|------------------------|
| Yes | 81 | 81 | 81 | 78 |
| No | 19 | 19 | 19 | 22 |
| <i>Base</i> | 1231 | 1280 | 2511 | 22850 |

Base= All pupils

Table 4.3: Last occasion of drinking, by age group Grampian 2002.

| | Age 13 % | Age 15 % | Total % | National Total % |
|--------------------------|-------------|-------------|------------|------------------------|
| During the last week | 24 | 53 | 38 | 35 |
| One to four weeks ago | 12 | 18 | 15 | 16 |
| One to six months ago | 22 | 14 | 19 | 18 |
| More than six months ago | 12 | 5 | 9 | 10 |
| Never | 30 | 9 | 20 | 22 |
| <i>Base</i> | 1339 | 1148 | 2487 | 22617 |

Base=All pupils

Table 4.4: Last occasion of drinking, by gender: Grampian 2002.

| | Boys % | Girls % | Total % | National Total % |
|--------------------------|-----------|------------|------------|------------------------|
| During the last week | 39 | 38 | 38 | 35 |
| One to four weeks ago | 13 | 17 | 15 | 16 |
| One to six months ago | 19 | 18 | 19 | 18 |
| More than six months ago | 9 | 8 | 9 | 10 |
| Never | 20 | 20 | 20 | 22 |
| <i>Base</i> | 1218 | 1269 | 2487 | 22617 |

Base=All pupils

Table 4.5: Usual drinking frequency, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % | National Total % |
|-------------------------|-------------|-------------|------------|------------------------|
| Once a week or more | 15 | 43 | 28 | 27 |
| About once a fortnight | 10 | 17 | 13 | 12 |
| About once a month | 13 | 12 | 12 | 12 |
| Only a few times a year | 34 | 19 | 27 | 27 |
| Never | 29 | 9 | 20 | 22 |
| <i>Base</i> | 1345 | 1151 | 2496 | 22754 |

Base=All pupils

Table 4.6: Usual drinking frequency, by gender: Grampian 2002.

| | Boys % | Girls % | Total % | National Total % |
|-------------------------|-----------|------------|------------|------------------------|
| Once a week or more | 31 | 26 | 28 | 27 |
| About once a fortnight | 11 | 15 | 13 | 12 |
| About once a month | 12 | 13 | 12 | 12 |
| Only a few times a year | 27 | 26 | 27 | 27 |
| Never | 19 | 20 | 20 | 22 |
| <i>Base</i> | 1223 | 1273 | 2496 | 22754 |

Base=All pupils

Table 4.7: Type of drinks consumed in last seven days, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % |
|------------------------|-------------|-------------|------------|
| Beer, lager or cider | 34 | 49 | 44 |
| Shandy | 13 | 4 | 7 |
| Wine | 23 | 23 | 23 |
| Martini, sherry etc. | 7 | 4 | 5 |
| Spirits, liqueurs etc. | 40 | 64 | 56 |
| Alcopops | 59 | 63 | 62 |
| <i>Base</i> | 326 | 609 | 935 |

Base=All pupils who drank one measure or more in past week

note: columns may add up to more than 100 as more than one answer could be given

Table 4.8: Type of drinks consumed in last seven days by gender: Grampian 2002.

| | Boys | Girls | Total |
|------------------------|-------------|--------------|--------------|
| | % | % | % |
| Beer, lager or cider | 62 | 26 | 44 |
| Shandy | 9 | 4 | 7 |
| Wine | 18 | 28 | 23 |
| Martini, sherry etc. | 5 | 5 | 5 |
| Spirits, liqueurs etc. | 49 | 63 | 56 |
| Alcopops | 52 | 71 | 62 |
| <i>Base</i> | <i>470</i> | <i>465</i> | <i>935</i> |

Base=All pupils who drank one measure or more in last week

note: columns may add up to more than 100 as more than one answer could be given

Table 4.9: Sources of alcohol, by age group: Grampian 2002.

| | Age 13 | Age 15 | Total |
|----------------------------------|---------------|---------------|--------------|
| | % | % | % |
| Never buy alcohol | 61 | 35 | 46 |
| Buy alcohol from friend/relative | 15 | 20 | 18 |
| Buy alcohol from shop | 6 | 19 | 13 |
| Buy alcohol from someone else | 11 | 14 | 13 |
| Buy alcohol in pub | 1 | 15 | 9 |
| Buy alcohol in off licence | 3 | 11 | 8 |
| Buy alcohol in club | 2 | 10 | 6 |
| Buy alcohol from supermarket | 2 | 8 | 5 |
| <i>Base</i> | <i>975</i> | <i>1057</i> | <i>2032</i> |

Base=All pupils who have ever drunk alcohol

note: columns may add up to more than 100 as more than one answer could be given

Table 4.10: Sources of alcohol, by gender: Grampian 2002.

| | Boys | Girls | Total |
|----------------------------------|-------------|--------------|--------------|
| | % | % | % |
| Never buy alcohol | 47 | 45 | 46 |
| Buy alcohol from friend/relative | 15 | 21 | 18 |
| Buy alcohol from shop | 15 | 11 | 13 |
| Buy alcohol from someone else | 12 | 14 | 13 |
| Buy alcohol in pub | 9 | 9 | 9 |
| Buy alcohol in off licence | 9 | 6 | 8 |
| Buy alcohol in club | 5 | 8 | 6 |
| Buy alcohol from supermarket | 7 | 4 | 5 |
| <i>Base</i> | <i>998</i> | <i>1034</i> | <i>2032</i> |

Base=All pupils who have ever drunk alcohol

note: columns may add up to more than 100 as more than one answer could be given

Table 4.11: Venue for drinking alcohol, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % |
|---|-------------|-------------|------------|
| Usually drink in own home | 50 | 32 | 40 |
| Usually drink at a party with friends | 24 | 43 | 34 |
| Usually drink in someone else's home | 29 | 34 | 32 |
| Usually drink outdoors (street, park etc) | 24 | 30 | 27 |
| Usually drink in club/disco | 8 | 16 | 12 |
| Usually drink in pub | 3 | 16 | 10 |
| Usually drink somewhere else | 11 | 6 | 9 |
| <i>Base</i> | 975 | 1057 | 2032 |

Base=All pupils who have ever drunk alcohol

note: columns may add up to more than 100 as more than one answer could be given

Table 4.12: Venue for drinking alcohol, by gender: Grampian 2002.

| | Boys % | Girls % | Total % |
|---|-----------|------------|------------|
| Usually drink in own home | 41 | 38 | 40 |
| Usually drink at a party with friends | 31 | 37 | 34 |
| Usually drink in someone else's home | 27 | 36 | 32 |
| Usually drink outdoors (street, park etc) | 27 | 27 | 27 |
| Usually drink in club/disco | 10 | 15 | 12 |
| Usually drink in pub | 9 | 10 | 10 |
| Usually drink somewhere else | 10 | 7 | 9 |
| <i>Base</i> | 998 | 1034 | 2032 |

Base=All pupils who have ever drunk alcohol

note: columns may add up to more than 100 as more than one answer could be given

Table 4.13: Ever been drunk, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % | National Total % |
|--------------------|-------------|-------------|------------|------------------------|
| Never | 51 | 23 | 35 | 32 |
| Once | 22 | 15 | 18 | 19 |
| 2-3 times | 15 | 26 | 21 | 22 |
| 4-10 times | 8 | 18 | 13 | 13 |
| More than 10 times | 5 | 19 | 13 | 14 |
| <i>Base</i> | 950 | 1038 | 1988 | 17723 |

Base=All pupils who have ever drunk alcohol

Table 4.14: Ever been drunk, by gender: Grampian 2002.

| | Boys % | Girls % | Total % | National Total % |
|--------------------|-----------|------------|------------|------------------------|
| Never | 35 | 35 | 35 | 32 |
| Once | 17 | 19 | 18 | 19 |
| 2-3 times | 20 | 22 | 21 | 22 |
| 4-10 times | 13 | 13 | 13 | 13 |
| More than 10 times | 14 | 12 | 13 | 14 |
| <i>Base</i> | 969 | 1019 | 1988 | 17723 |

Base=All pupils who have ever drunk alcohol

Table 4.15: Consumed five or more drinks on the same occasion in last 30 days, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % | National Total % |
|---------------------|-------------|-------------|------------|------------------------|
| 4 or more times | 5 | 18 | 13 | 13 |
| 3 times | 5 | 11 | 8 | 9 |
| Twice | 10 | 15 | 13 | 13 |
| Once | 13 | 17 | 15 | 14 |
| Not in last 30 days | 24 | 21 | 23 | 23 |
| Never | 43 | 17 | 28 | 28 |
| <i>Base</i> | 948 | 1047 | 1995 | 17615 |

Base=All pupils who have ever drunk alcohol

Table 4.16: Consumed five or more drinks on the same occasion in last 30 days, by gender: Grampian 2002.

| | Boys % | Girls % | Total % | National Total % |
|---------------------|-----------|------------|------------|------------------------|
| 4 or more times | 12 | 13 | 13 | 13 |
| 3 times | 8 | 8 | 8 | 9 |
| Twice | 13 | 13 | 13 | 13 |
| Once | 15 | 15 | 15 | 14 |
| Not in last 30 days | 21 | 24 | 23 | 23 |
| Never | 30 | 27 | 28 | 28 |
| <i>Base</i> | 974 | 1021 | 1995 | 17615 |

Base=All pupils who have ever drunk alcohol

Table 4.17: Effects of drinking too much alcohol, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % |
|--------------------------------|-------------|-------------|------------|
| Vomited | 28 | 49 | 39 |
| Had an argument or fight | 15 | 33 | 25 |
| Tried any drugs | 5 | 19 | 14 |
| Had unprotected sex* | - | 13 | 13 |
| Stayed off school | 9 | 11 | 10 |
| Injured and seen by doctor | 4 | 4 | 5 |
| Visited A & E department | 3 | 2 | 2 |
| Admitted to hospital overnight | 1 | 1 | 1 |
| <i>Base</i> | 938 | 1039 | 1977 |

Base=All pupils who have ever drunk alcohol

* 15 year old pupils only

note: columns may add up to more than 100 as more than one answer could be given

Table 4.18: Effects of drinking too much alcohol, by gender: Grampian 2002.

| | Boys % | Girls % | Total % |
|--------------------------------|-----------|------------|------------|
| Vomited | 38 | 41 | 39 |
| Had an argument or fight | 23 | 28 | 25 |
| Tried any drugs | 17 | 12 | 14 |
| Had unprotected sex* | 10 | 16 | 13 |
| Stayed off school | 8 | 12 | 10 |
| Injured and seen by doctor | 5 | 3 | 5 |
| Visited A & E department | 3 | 2 | 2 |
| Admitted to hospital overnight | 2 | 1 | 1 |
| <i>Base</i> | 965 | 1012 | 1977 |

Base=All pupils who have ever drunk alcohol

* 15 year old pupils only

note: columns may add up to more than 100 as more than one answer could be given

Table 4.19: Perception of family attitudes to pupil's drinking (pupils who drank alcohol), by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % | National Total % |
|------------------------------|-------------|-------------|------------|------------------------|
| They don't like it | 13 | 16 | 15 | 16 |
| They don't mind | 49 | 57 | 55 | 45 |
| They don't know I drink | 28 | 18 | 21 | 27 |
| I don't know what they think | 10 | 8 | 9 | 12 |
| <i>Base</i> | 298 | 592 | 890 | 7469 |

Base=All pupils who drank alcohol in previous week

Table 4.20: Perception of family attitudes to pupil's drinking (pupils who drank alcohol), by gender: Grampian 2002.

| | Boys % | Girls % | Total % | National Total % |
|------------------------------|-----------|------------|------------|------------------------|
| They don't like it | 14 | 17 | 15 | 16 |
| They don't mind | 59 | 50 | 55 | 45 |
| They don't know I drink | 18 | 24 | 21 | 27 |
| I don't know what they think | 9 | 8 | 9 | 12 |
| <i>Base</i> | 444 | 446 | 890 | 7469 |

Base=All pupils who drank alcohol in previous week

Table 4.21: Perceptions of family attitude to pupil's drinking (pupils who have never tried alcohol), by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % | National Total % |
|------------------------------------|-------------|-------------|------------|------------------------|
| They would be upset or angry | 68 | 38 | 61 | 70 |
| They would not mind | 10 | 26 | 14 | 9 |
| I don't know what they would think | 22 | 36 | 26 | 21 |
| <i>Base</i> | 382 | 105 | 487 | 4711 |

Base=All pupils who have never drunk alcohol

Table 4.22: Perceptions of family attitude to drinking (pupils who have never tried alcohol), by gender: Grampian 2002.

| | Boys % | Girls % | Total % | National Total % |
|------------------------------------|-----------|------------|------------|------------------------|
| They would be upset or angry | 62 | 60 | 61 | 70 |
| They would not mind | 13 | 14 | 14 | 9 |
| I don't know what they would think | 25 | 26 | 26 | 21 |
| <i>Base</i> | 235 | 252 | 487 | 4711 |

Base=All pupils who have never drunk alcohol

Table 4.23: Whether pupils are allowed to drink alcohol at home: Grampian 2002.

| | Total % |
|----------------|------------|
| Yes, always | 9 |
| Yes, sometimes | 72 |
| No, never | 19 |
| <i>Base</i> | 2473 |

Base=All pupils

Table 4.24: Proportion of pupils who reported having lessons, videos or discussions in class on drinking, by age group: Grampian 2002.

| | Age 13 | Age 15 | Total |
|-------------|---------------|---------------|--------------|
| | % | % | % |
| Yes | 75 | 80 | 78 |
| No | 18 | 15 | 16 |
| Don't know | 7 | 5 | 6 |
| <i>Base</i> | 1287 | 1131 | 2418 |

Base= All pupils

5 Drug Use

All pupils were asked whether they had ever been offered each drug on a list of drugs. Alternative street names were provided for each drug and a dummy drug 'Semeron'¹ was also included on the list.

All pupils were then asked whether they had ever used any of the drugs on the list, even if only once: 23% of all 13 and 15 year old pupils reported that they had taken drugs at some time (**Tables 5.1 and 5.2**).

The list of drugs was repeated in the next question and all pupils were asked when they had last used or taken each of the drugs listed: 'in the last month', 'in the last year', 'more than a year ago', or 'never'.

5.1 Drug use in the month prior to the survey

Prevalence of drug use in the month prior to the survey increased significantly with age. Five percent (5%) of 13 year old pupils reported using drugs in the last month compared with 21% of 15 year olds. Prevalence of drug use in Grampian was lower than that reported nationally, however this difference was only significant for 13 year olds (national figures: 8% of 13 year olds and 23% of 15 year olds). Girls were less likely to have used drugs in the last month than boys (15% of boys and 12% of girls had used drugs in the last month), however this difference was not significant (**Tables 5.1 and 5.2**).

5.2 Drug use in the year prior to the survey

Twenty percent (20%) of all pupils in the survey reported that they had used drugs in the year prior to the survey (this figure includes those who used drugs in the last month) (**Tables 5.1 and 5.2**).

The most frequently used drug in the last year, including the last month, was cannabis, 18% of pupils had used cannabis in the last year. The figures were much lower for other types of drugs; 5% had used stimulants (cocaine, crack, ecstasy, amphetamines, poppers), 4% had used solvents, 2% had used psychedelics (LSD, magic mushrooms) and 1% had used opiates (heroin or methadone) (**Tables 5.3 and 5.4**).

5.3 Whether offered drugs

Around half of all pupils (45%) had been offered drugs. This proportion was higher for older pupils than for younger pupils: 62% of 15 year old pupils and 28% of 13 year old pupils reported that they had been offered drugs. The proportion of pupils offered drugs was lower than that reported nationally for both age groups, again this difference was statistically significant only in 13 year olds (national figures: 65% of 15 year olds and 34% of 13 year olds reported being offered drugs). Girls were significantly less likely to have been offered drugs than boys: 42% of girls had been

¹ 'Semeron' was included to give some idea as to whether children were over-reporting their use of drugs. Less than 1% of pupils reported Semeron among the drugs they had used and 1% included it among the drugs they had been offered.

offered drugs compared with 49% of boys. The most commonly offered drug type was cannabis: 37% of pupils reported that they had been offered this drug (Tables 5.5 to 5.8).

5.4 Frequency of drug use

Four percent (4%) of pupils reported that they usually take drugs once a week or more, with a significantly higher proportion of older pupils and boys doing so; 1% of 13 year old pupils and 7% of 15 year old pupils and 2% of girls and 5% of boys reported this (Tables 5.9 and 5.10).

5.5 Money spent on drugs

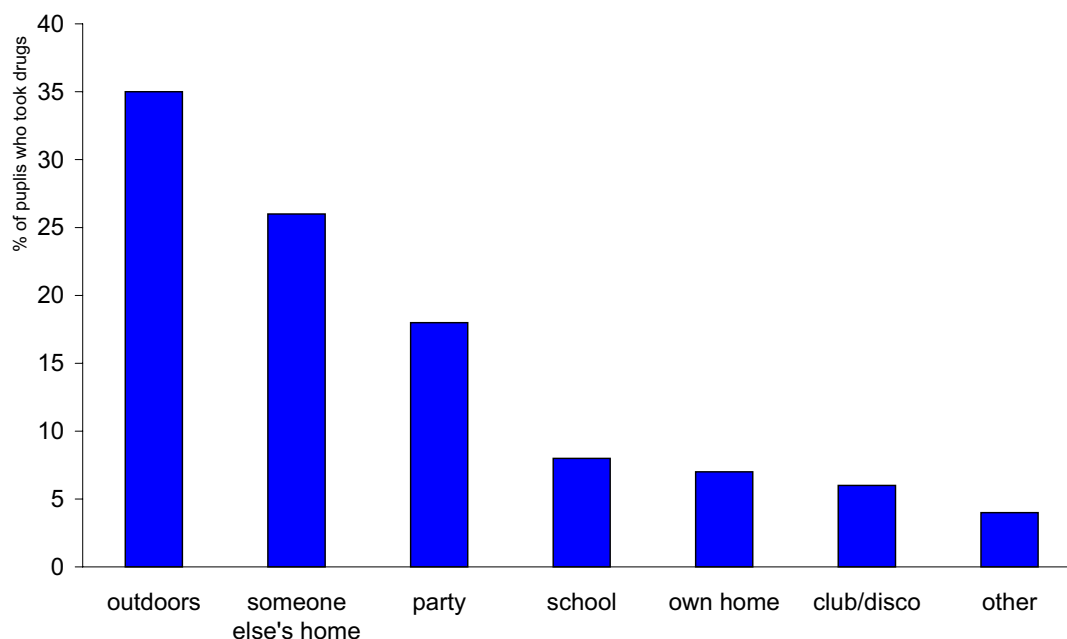
Around half (52%) of pupils who used drugs in the last month reported that they spent money on drugs. The average amount spent by those who reported buying drugs was £9.00 per week.

5.6 Where young people are when they use drugs

Pupils who had used drugs were asked where they were the last time they used drugs. Some pupils reported more than one location. Very few pupils reported using drugs in their own home. The most frequently reported location for drug taking for all 13 and 15 year old pupils was 'outdoors' (35%). The next most reported location was 'someone else's home' (26%) (Tables 5.11 and 5.12, Figure 5.1).

Thirty nine percent (39%) of those who have used drugs reported that they were drinking alcohol the last time they used drugs (Table 5.13).

Figure 5.1: Location of drug use: Grampian 2002.



(Source: Tables 5.11 and 5.12)

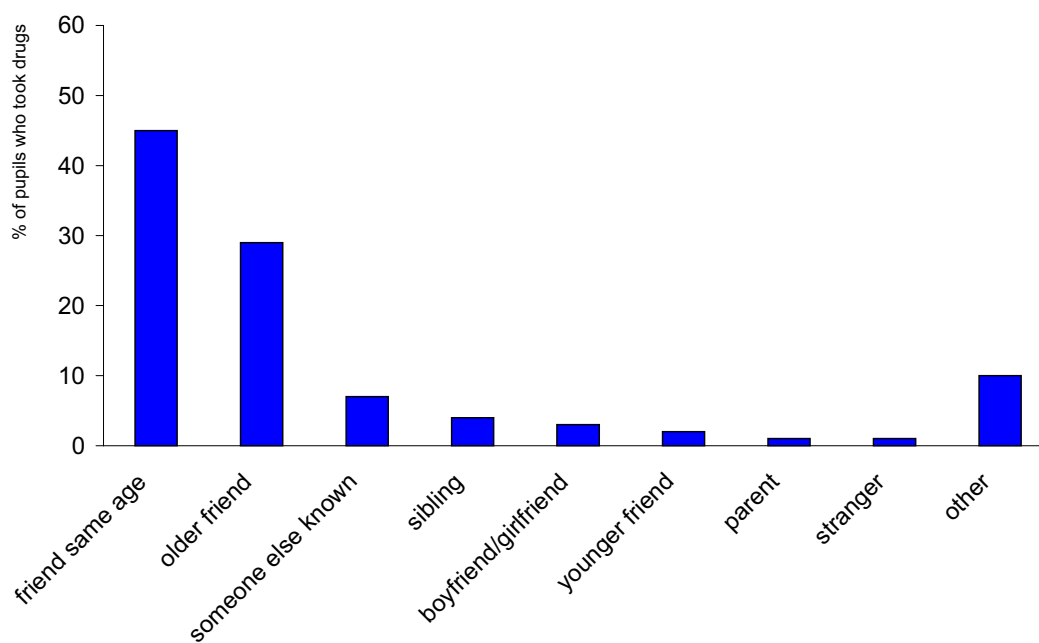
5.7 Availability of drugs

Just under half of all 13 and 15 year old pupils (48%) reported that it would be 'very easy' or 'fairly easy' to get drugs while 38% did not know how easy or difficult it would be. Significantly more fifteen year olds reported that they would find it 'very easy' or 'fairly easy' (66%) than thirteen year old pupils (30%) (Tables 5.14 and 5.15).

5.8 Source of drugs used

Pupils who had used drugs were asked where they had obtained drugs from on the last occasion they had used them. Some pupils reported more than one source. As can be seen from Figure 5.2, friends were the most commonly reported source of drugs; 45% of pupils reported that they obtained their drugs from a friend of the same age and 29% reported that they obtained drugs from an older friend (Tables 5.16 and 5.17, Figure 5.2).

Figure 5.2: Source of drugs: Grampian 2002.



(Source: Table 5.16 and 5.17)

Almost half (49%) of pupils who took drugs reported that they gave some drugs away last time they used drugs. Fewer pupils (9%) reported that they sold some of their drugs (Tables 5.18 and 5.19).

5.9 Obtaining information and help

Sixteen percent (16%) of the 13 and 15 year old pupils who reported taking drugs more than a few times a year said they would like to stop taking drugs now. Almost all young people who took drugs more than a few times a year reported that they have never felt that they needed help because of taking drugs (97%), although 73% reported that they knew where to go to get help (Tables 5.20 to 5.23).

All pupils were asked if they knew where to get information on drugs. Seventy two percent (72%) reported that they knew where to get information (**Table 5.24**). The most frequently reported sources of information were 'your doctor' (49%), 'the Internet' (38%), 'telephone help-line' (36%) and 'friends' (36%) (**Table 5.25**).

5.10 Pupils' attitudes to drugs

All pupils were asked whether they agreed or disagreed with a number of statements about drugs and those who used or sold them. Most pupils (78%) agreed that they 'know enough about the dangers of drugs' and almost all (92%) agreed that 'taking drugs harms your health'.

The majority of pupils also agreed with the other statements about the dangers of drugs: 'taking cocaine is dangerous' (82%), 'heroin is addictive' (73%) and 'injecting drugs can lead to HIV' (70%), although 24% did not know whether heroin was addictive and 27% did not know whether injecting drugs can lead to HIV. Around half of pupils (49%) agreed that 'heroin is more dangerous than cannabis' and 47% reported that they did not know whether this was the case. More than half (59%) of the pupils agreed that 'what adults tell us about drugs is true'.

Although around two thirds of pupils (61%) agreed that 'most young people will try out drugs', a similar proportion (58%) felt that 'people who take drugs are stupid'. Pupils were more likely to agree than disagree with the statement 'people my age who take drugs need help and advice'; 68% of pupils agreed with this statement. Just under half (46%) of pupils agreed that 'people who take heroin are junkies'.

Three of the statements concerned possible reasons for drug taking: 'people who take drugs want to escape from reality', 'people take drugs to relax' and 'taking drugs is exciting'. Fifteen percent (15%) of pupils agreed that 'taking drugs is exciting'. Around half agreed with the statements 'people who take drugs want to escape from reality' (47%) and 'people take drugs to relax' (53%). However, 38% of pupils reported that they did not know whether people took drugs to escape from reality and 32% did not know whether people took drugs to relax.

Sixty three percent (63%) agreed that 'all people who sell drugs should be punished' but only 28% believe that 'all people who take drugs should be punished' (**Table 5.26**).

5.11 Lessons on drugs

All pupils were asked if they had had any lessons, videos or discussions in class in the last twelve months on drugs or on solvent abuse/glue sniffing. Pupil response depends on recall and may not accurately reflect the provision of lessons, videos or class discussions.

Most pupils reported that they had had lessons, videos or discussions on drugs: 82% of 13 year olds and 87% of 15 year olds. However, 13% of 13 year olds and 10% of 15 year olds reported that they had not had lessons and 5% of 13 year olds and 4% of 15 year olds reported that they did not know whether they had had lessons, videos or discussions on drugs (**Table 5.27**).

Fewer pupils reported having lessons, videos or discussions on solvent abuse/glue sniffing. Around half (48% of 13 year olds and 51% of 15 year olds) reported that they had had lessons, videos or discussions in the last twelve months. However, 37% of 13 year olds and 35% of 15 year olds reported that they had not had lessons and the remaining 15% of 13 year olds and 14% of 15 year olds reported that they did not know whether they had had lessons, videos or discussions on solvent abuse/glue sniffing (**Table 5.28**).

Of those who reported having lessons, videos or discussions on drug use, 24% reported that they found them 'very useful' and 49% found them 'fairly useful' (**Table 5.29**).

#

Table 5.1: Taken drugs in last month, last year* or ever, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % | National Total % |
|--------------------------|-------------|-------------|------------|------------------------|
| Used drugs in past month | 5 | 21 | 13 | 15 |
| Used drugs in past year* | 8 | 33 | 20 | 22 |
| Used drugs ever | 9 | 36 | 23 | 25 |
| <i>Base</i> | 1327 | 1146 | 2473 | 22434 |

Base=All pupils

note: columns in the table do not add up to 100 as each category includes the previous one

Table 5.2: Taken drugs in last month, last year* or ever, by gender: Grampian 2002.

| | Boys % | Girls % | Total % | National Total % |
|--------------------------|-----------|------------|------------|------------------------|
| Used drugs in past month | 15 | 12 | 13 | 15 |
| Used drugs in past year* | 23 | 18 | 20 | 22 |
| Used drugs ever | 26 | 20 | 23 | 25 |
| <i>Base</i> | 1210 | 1263 | 2473 | 22434 |

Base=All pupils

note: columns in the table do not add up to 100 as each category includes the previous one

Table 5.3: Type of drug used in the last year*, by age: Grampian 2002.

| | Age 13 % | Age 15 % | Total % | National Total % |
|-----------------------------|-------------|-------------|------------|------------------------|
| Cannabis | 6 | 31 | 18 | 20 |
| Stimulants | 2 | 8 | 5 | 6 |
| <i>cocaine</i> | 1 | 2 | 1 | 1 |
| <i>crack</i> | 1 | 1 | 1 | 1 |
| <i>ecstasy</i> | 1 | 3 | 2 | 3 |
| <i>amphetamines</i> | 0 | 3 | 1 | 2 |
| <i>poppers</i> | 2 | 6 | 4 | 3 |
| Psychedelics | 1 | 3 | 2 | 2 |
| <i>LSD</i> | 0 | 1 | 1 | 1 |
| <i>magic mushrooms</i> | 1 | 2 | 2 | 2 |
| Opiates | 0 | 1 | 1 | 1 |
| <i>heroin</i> | 0 | 1 | 1 | 1 |
| <i>methadone</i> | 0 | 0 | 0 | 0 |
| Gas, glue or other solvents | 3 | 5 | 4 | 4 |
| Tranquillisers | 0 | 1 | 1 | 2 |
| Anabolic Steroids | 0 | 0 | 0 | 0 |
| Semeron | 0 | 0 | 0 | 0 |
| Other | 0 | 0 | 0 | 0 |
| <i>Base</i> | 1366 | 1164 | 2530 | 23090 |

Base=All pupils

note: columns may add up to more than 100 as more than one answer could be given

* includes last month

The National Totals shown in these tables have been weighted to allow more precise comparisons to be made with local figures, there may, therefore, be a slight variation between these National Totals and the figures published in the National Interim Report

**Table 5.4: Type of drug used in the last year*, by gender:
Grampian 2002.**

| | Boys % | Girls % | Total % | National Total % |
|-----------------------------|-------------|-------------|-------------|------------------------|
| Cannabis | 22 | 16 | 18 | 20 |
| Stimulants | 5 | 5 | 5 | 6 |
| <i>cocaine</i> | 1 | 1 | 1 | 1 |
| <i>crack</i> | 1 | 0 | 1 | 1 |
| <i>ecstasy</i> | 1 | 2 | 2 | 3 |
| <i>amphetamines</i> | 1 | 2 | 1 | 2 |
| <i>poppers</i> | 4 | 3 | 4 | 3 |
| Psychedelics | 2 | 2 | 2 | 2 |
| <i>LSD</i> | 1 | 1 | 1 | 1 |
| <i>magic mushrooms</i> | 2 | 2 | 2 | 2 |
| Opiates | 1 | 1 | 1 | 1 |
| <i>heroin</i> | 1 | 1 | 1 | 1 |
| <i>methadone</i> | 0 | 0 | 0 | 0 |
| Gas, glue or other solvents | 4 | 4 | 4 | 4 |
| Tranquillisers | 1 | 1 | 1 | 2 |
| Anabolic Steroids | 0 | 0 | 0 | 0 |
| Semeron | 0 | 0 | 0 | 0 |
| Other | 1 | 0 | 0 | 0 |
| Base | 1241 | 1289 | 2530 | 23090 |

Base=All pupils

* includes last month

note: columns may add up to more than 100 as more than one answer could be given

**Table 5.5: Whether pupils offered drugs, by age group:
Grampian 2002.**

| | Age 13 % | Age 15 % | Total % |
|-------------|-------------|-------------|-------------|
| Yes | 28 | 62 | 45 |
| No | 72 | 38 | 55 |
| Base | 1169 | 1077 | 2246 |

Base= All pupils

**Table 5.6: Whether pupils offered drugs, by gender:
Grampian 2002.**

| | Boys % | Girls % | Total % |
|-------------|-------------|-------------|-------------|
| Yes | 49 | 42 | 45 |
| No | 51 | 58 | 55 |
| Base | 1105 | 1141 | 2246 |

Base= All pupils

Table 5.7: Type of drug offered, by age: Grampian 2002.

| | Age 13 % | Age 15 % | Total % | National Total % |
|-----------------------------|-------------|-------------|-------------|------------------------|
| Cannabis | 19 | 56 | 37 | 42 |
| Stimulants | 10 | 27 | 18 | 19 |
| <i>cocaine</i> | 4 | 8 | 6 | 6 |
| <i>crack</i> | 3 | 4 | 4 | 4 |
| <i>ecstasy</i> | 4 | 15 | 9 | 12 |
| <i>amphetamines</i> | 2 | 9 | 6 | 7 |
| <i>poppers</i> | 5 | 14 | 10 | 9 |
| Psychedelics | 4 | 15 | 10 | 10 |
| <i>LSD</i> | 2 | 5 | 3 | 5 |
| <i>magic mushrooms</i> | 4 | 13 | 9 | 8 |
| Opiates | 4 | 6 | 5 | 5 |
| <i>heroin</i> | 4 | 5 | 4 | 4 |
| <i>methadone</i> | 1 | 1 | 1 | 2 |
| Gas, glue or other solvents | 7 | 16 | 12 | 12 |
| Tranquillisers | 2 | 6 | 4 | 6 |
| Anabolic Steroids | 2 | 2 | 2 | 2 |
| Semeron | 1 | 1 | 1 | 1 |
| Other | 1 | 0 | 1 | 1 |
| <i>Base</i> | <i>1318</i> | <i>1144</i> | <i>2462</i> | <i>20614</i> |

Base=All pupils

note: columns may add up to more than 100 as more than one answer could be given

Table 5.8: Type of drug offered, by gender: Grampian 2002.

| | Boys % | Girls % | Total % | National Total % |
|-----------------------------|-------------|-------------|-------------|------------------------|
| Cannabis | 41 | 33 | 37 | 42 |
| Stimulants | 18 | 18 | 18 | 19 |
| <i>cocaine</i> | 6 | 5 | 6 | 6 |
| <i>crack</i> | 4 | 3 | 4 | 4 |
| <i>ecstasy</i> | 10 | 9 | 9 | 12 |
| <i>amphetamines</i> | 6 | 6 | 6 | 7 |
| <i>poppers</i> | 11 | 9 | 10 | 9 |
| Psychedelics | 11 | 9 | 10 | 10 |
| <i>LSD</i> | 3 | 3 | 3 | 5 |
| <i>magic mushrooms</i> | 10 | 7 | 9 | 8 |
| Opiates | 5 | 4 | 5 | 5 |
| <i>heroin</i> | 4 | 4 | 4 | 4 |
| <i>methadone</i> | 2 | 1 | 1 | 2 |
| Gas, glue or other solvents | 11 | 12 | 12 | 12 |
| Tranquillisers | 4 | 4 | 4 | 6 |
| Anabolic Steroids | 2 | 1 | 2 | 2 |
| Semeron | 1 | 1 | 1 | 1 |
| Other | 1 | 0 | 1 | 1 |
| <i>Base</i> | <i>1203</i> | <i>1259</i> | <i>2462</i> | <i>20614</i> |

Base=All pupils

note: columns may add up to more than 100 as more than one answer could be given

**Table 5.9: Usual frequency of taking drugs, by age group:
Grampian 2002.**

| | Age 13 % | Age 15 % | Total % | National Total % |
|-----------------------|-------------|-------------|------------|------------------------|
| At least once a week | 1 | 7 | 4 | 5 |
| Once or twice a month | 2 | 7 | 4 | 4 |
| A few times a year | 2 | 7 | 4 | 5 |
| Do not use drugs | 95 | 80 | 88 | 86 |
| <i>Base</i> | 1338 | 1148 | 2486 | 22532 |

Base=All pupils

**Table 5.10: Usual frequency of taking drugs, by gender:
Grampian 2002.**

| | Boys % | Girls % | Total % | National Total % |
|-----------------------|-----------|------------|------------|------------------------|
| At least once a week | 5 | 2 | 4 | 5 |
| Once or twice a month | 4 | 4 | 4 | 4 |
| A few times a year | 5 | 4 | 4 | 5 |
| Do not use drugs | 86 | 89 | 88 | 86 |
| <i>Base</i> | 1216 | 1270 | 2486 | 22532 |

Base=All pupils

**Table 5.11: Places where drugs were used, by age group:
Grampian 2002.**

| | Age 13 % | Age 15 % | Total % |
|------------------------------|-------------|-------------|------------|
| Outdoors (street, park etc.) | 40 | 34 | 35 |
| Someone else's home | 10 | 31 | 26 |
| At party | 9 | 21 | 18 |
| At school | 8 | 7 | 8 |
| Own home | 6 | 7 | 7 |
| At club/disco | 8 | 6 | 6 |
| Other place | 5 | 3 | 4 |
| <i>Base</i> | 171 | 440 | 611 |

Base=All pupils who have ever taken drugs

note: columns may add up to more than 100 as more than one answer could be given

Table 5.12: Places where drugs were used, by gender: Grampian 2002.

| | Boys % | Girls % | Total % |
|------------------------------|-----------|------------|------------|
| Outdoors (street, park etc.) | 38 | 33 | 35 |
| Someone else's home | 24 | 28 | 26 |
| At party | 19 | 18 | 18 |
| At school | 7 | 9 | 8 |
| Own home | 8 | 5 | 7 |
| At club/disco | 4 | 8 | 6 |
| Other place | 3 | 5 | 4 |
| <i>Base</i> | 335 | 276 | 611 |

Base=All pupils who have ever taken drugs

note: columns may add up to more than 100 as more than one answer could be given

Table 5.13: Whether pupils were drinking alcohol last time they used drugs: Grampian 2002.

| | Total % | National Total % |
|-------------|------------|------------------------|
| Yes | 39 | 39 |
| No | 61 | 61 |
| <i>Base</i> | 551 | 5544 |

Base=All pupils who have ever taken drugs

Table 5.14: Ease of getting drugs, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % |
|------------------|-------------|-------------|------------|
| Very easy | 11 | 29 | 20 |
| Fairly easy | 19 | 37 | 28 |
| Fairly difficult | 7 | 5 | 6 |
| Very difficult | 4 | 2 | 3 |
| Impossible | 7 | 2 | 5 |
| Don't know | 51 | 25 | 38 |
| <i>Base</i> | 1326 | 1145 | 2471 |

Base=All pupils

Table 5.15 Ease of getting drugs, by gender: Grampian 2002.

| | Boys % | Girls % | Total % |
|------------------|-----------|------------|------------|
| Very easy | 24 | 17 | 20 |
| Fairly easy | 28 | 28 | 28 |
| Fairly difficult | 6 | 5 | 6 |
| Very difficult | 3 | 3 | 3 |
| Impossible | 4 | 5 | 5 |
| Don't know | 35 | 42 | 38 |
| <i>Base</i> | 1207 | 1264 | 2471 |

Base=All pupils

Table 5.16: Source of drugs, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % |
|----------------------|-------------|-------------|------------|
| Friend of own age | 27 | 51 | 45 |
| Older friend | 26 | 30 | 29 |
| Someone known | 7 | 6 | 7 |
| Brother or sister | 5 | 4 | 4 |
| Boyfriend/girlfriend | 2 | 4 | 3 |
| Younger friend | 1 | 2 | 2 |
| Mother/father | 1 | 1 | 1 |
| Stranger | 2 | 1 | 1 |
| Other | 8 | 11 | 10 |
| <i>Base</i> | <i>171</i> | <i>440</i> | <i>611</i> |

Base=All pupils who have ever taken drugs

note: columns may add up to more than 100 as more than one answer could be given

Table 5.17: Source of drugs, by gender: Grampian 2002.

| | Boys % | Girls % | Total % |
|----------------------|------------|------------|------------|
| Friend of own age | 48 | 42 | 45 |
| Older friend | 24 | 35 | 29 |
| Someone known | 7 | 6 | 7 |
| Brother or sister | 6 | 3 | 4 |
| Boyfriend/girlfriend | 1 | 7 | 3 |
| Younger friend | 2 | 2 | 2 |
| Mother/father | 1 | 1 | 1 |
| Stranger | 2 | 0 | 1 |
| Other | 12 | 8 | 10 |
| <i>Base</i> | <i>335</i> | <i>276</i> | <i>611</i> |

Base=All pupils who have ever taken drugs

note: columns may add up to more than 100 as more than one answer could be given

Table 5.18: Sharing drugs, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % |
|----------------------|-------------|-------------|------------|
| Use it all myself | 40 | 42 | 42 |
| Sold some of it | 9 | 9 | 9 |
| Gave some of it away | 51 | 49 | 49 |
| <i>Base</i> | <i>114</i> | <i>398</i> | <i>512</i> |

Base=All pupils who have ever taken drugs

Table 5.19: Sharing drugs, by gender: Grampian 2002.

| | Boys % | Girls % | Total % |
|----------------------|-----------|------------|------------|
| Use it all myself | 43 | 40 | 42 |
| Sold some of it | 12 | 6 | 9 |
| Gave some of it away | 45 | 54 | 49 |
| <i>Base</i> | 282 | 230 | 512 |

Base=All pupils who have ever taken drugs

Table 5.20: Whether would like to stop taking drugs, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % | National Total % |
|-------------------------------------|-------------|-------------|------------|------------------------|
| Would like to give up now | 22 | 15 | 16 | 15 |
| Would like to give up in the future | 17 | 17 | 17 | 20 |
| Would not like to give up | 20 | 46 | 41 | 39 |
| Not sure | 41 | 23 | 26 | 26 |
| <i>Base</i> | 64 | 227 | 291 | 2899 |

Base=All pupils who took drugs a few times or more in the last year

Table 5.21: Whether would like to stop taking drugs, by gender: Grampian 2002.

| | Boys % | Girls % | Total % | National Total % |
|-------------------------------------|-----------|------------|------------|------------------------|
| Would like to give up now | 16 | 16 | 16 | 15 |
| Would like to give up in the future | 15 | 20 | 17 | 20 |
| Would not like to give up | 44 | 36 | 41 | 39 |
| Not sure | 24 | 28 | 26 | 26 |
| <i>Base</i> | 162 | 129 | 291 | 2899 |

Base=All pupils who took drugs a few times or more in the last year

Table 5.22: Whether pupils felt they needed help because of using drugs: Grampian 2002.

| | Total % |
|-------------|------------|
| Yes | 3 |
| No | 97 |
| <i>Base</i> | 294 |

Base=All pupils who took drugs a few times or more in the last year

Table 5.23: Whether pupils know where to get help for of their drug use : Grampian 2002.

| | Total % |
|-------------|------------|
| Yes | 73 |
| No | 27 |
| <i>Base</i> | <i>292</i> |

Base=All pupils who took drugs a few times or more in the last year

Table 5.24: Whether pupils know where to get information on drugs: Grampian 2002.

| | Total % |
|-------------|-------------|
| Yes | 72 |
| No | 13 |
| Don't know | 15 |
| <i>Base</i> | <i>2471</i> |

Base=All pupils

Table 5.25: Where pupils would go for information on drugs: Grampian 2002.

| | Total % |
|----------------------|-------------|
| Doctor/GP | 49 |
| Internet/web | 38 |
| Telephone helpline | 36 |
| Friends | 36 |
| Teacher | 33 |
| Advice organisation | 27 |
| Female family member | 27 |
| Male family member | 20 |
| Drop-in centre | 18 |
| Books | 17 |
| Magazines | 15 |
| Youth worker | 13 |
| Councillor | 12 |
| TV/radio | 8 |
| <i>Base</i> | <i>1776</i> |

Base=All pupils who know where to get drugs information

note: columns may add up to more than 100 as more than one answer could be given

Table 5.26: Pupils' attitudes to drugs: Grampian 2002.

| | Agree | Disagree | Don't know | <i>Base</i> |
|--|--------------|-----------------|-------------------|-------------|
| Taking drugs harms your health | 92 | 4 | 4 | 2470 |
| Taking cocaine is dangerous | 82 | 4 | 14 | 2465 |
| I know enough about the dangers of drugs | 78 | 12 | 10 | 2457 |
| Heroin is addictive | 73 | 2 | 24 | 2466 |
| Injecting drugs can lead to HIV | 70 | 3 | 27 | 2464 |
| People my age who take drugs need help | 68 | 18 | 14 | 2463 |
| People who sell drugs should be punished | 63 | 22 | 15 | 2466 |
| Most young people will try out drugs | 61 | 21 | 19 | 2466 |
| What adults tell us about drugs is true | 59 | 16 | 25 | 2460 |
| People who take drugs are stupid | 58 | 28 | 14 | 2462 |
| People take drugs to relax | 53 | 16 | 32 | 2452 |
| Heroin is more dangerous than cannabis | 49 | 4 | 47 | 2462 |
| People take drugs to escape from reality | 47 | 15 | 38 | 2462 |
| People who take heroin are junkies | 46 | 25 | 29 | 2459 |
| People who take drugs should be punished | 28 | 50 | 22 | 2464 |
| Taking drugs is exciting | 15 | 54 | 32 | 2467 |

Base=All pupils

Table 5.27: Proportion of pupils who reported having lessons, videos or discussions in class on drugs, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % |
|-------------|-------------|-------------|------------|
| Yes | 82 | 87 | 84 |
| No | 13 | 10 | 11 |
| Don't know | 5 | 4 | 4 |
| <i>Base</i> | 1291 | 1130 | 2421 |

Base= All pupils

Table 5.28: Proportion of pupils who reported having lessons, videos or discussions in class on solvent abuse, by age group: Grampian 2002.

| | Age 13 % | Age 15 % | Total % |
|-------------|-------------|-------------|------------|
| Yes | 48 | 51 | 49 |
| No | 37 | 35 | 36 |
| Don't know | 15 | 14 | 15 |
| <i>Base</i> | 1282 | 1124 | 2406 |

Base= All pupils

Table 5.29: Whether pupils found lessons, videos or discussions on drugs useful: Grampian 2002.

| | Total % |
|-------------------|------------|
| Very useful | 24 |
| Fairly useful | 49 |
| Not very useful | 14 |
| Not useful at all | 5 |
| Don't know | 7 |
| <i>Base</i> | 2111 |

Base= All pupils who reported having had lessons, videos or discussions

6 Survey Design

6.1 Sample design

All local samples were post-stratified to account for non-response bias in school type (independent or state funded) and school year (S2 or S4). In Grampian there was no difference in response rate between state and independently funded pupils, but there was a higher response rate in S2 pupils (54% of Grampian sample) compared with S4 pupils (46% of Grampian sample).

6.2 Precision of estimates

The local and national sample size was agreed by the National School Survey Substance Misuse Working Group to provide robust data at local level. The proposed sample size within each local area was chosen to produce reliable estimates to monitor changes in prevalence over time, and enable comparisons between local and national estimates.

The degree of precision desired for the local samples was agreed by the National School Survey Substance Misuse Working Group as follows: when comparing a local sample of approximately 1000 with the national sample, a difference in prevalence of 5% in the local area, above or below the national figure, should be detected as statistically significant 80% of the time. With this sample size, changes in prevalence over time in a local area of 7% should also be detected as statistically significant 80% of the time. Comparing a local sub-group with a national sub-group (e.g. boys), the local prevalence would have to be 8% higher or lower than the national figure to be 80% certain of detecting this difference as statistically significant. Comparing sub-groups within local areas requires a large difference in prevalence (approx. 10%) if they are to be detected as statistically significant.

6.3 Statistical significance

Although the above acts as a guide to the magnitude of changes in prevalence which can in principal be detected, it should not be assumed that estimates differ unless clearly stated as significantly different in the text. The ability to detect differences in prevalence is also affected by the achieved sample size and the number of pupils who answer each question. The tables provided are split by age group and by gender. The sample numbers in any sub-group should be taken into account, and extreme caution exercised when using figures from small sub-groups for comparison purposes. Standard errors used to determine significance take account of the complex sample design ^{1 2}.

¹ Kish (1970) *Survey Sampling*, London: John Wiley

² SAS System for Windows 1999. Release 8, SAS Institute Inc. Cary, NC, USA