

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

**SMOKING, DRINKING AND DRUG USE
AMONG 13 AND 15 YEAR OLDS
IN SHETLAND, 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.

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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:

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

1 Summary of Findings

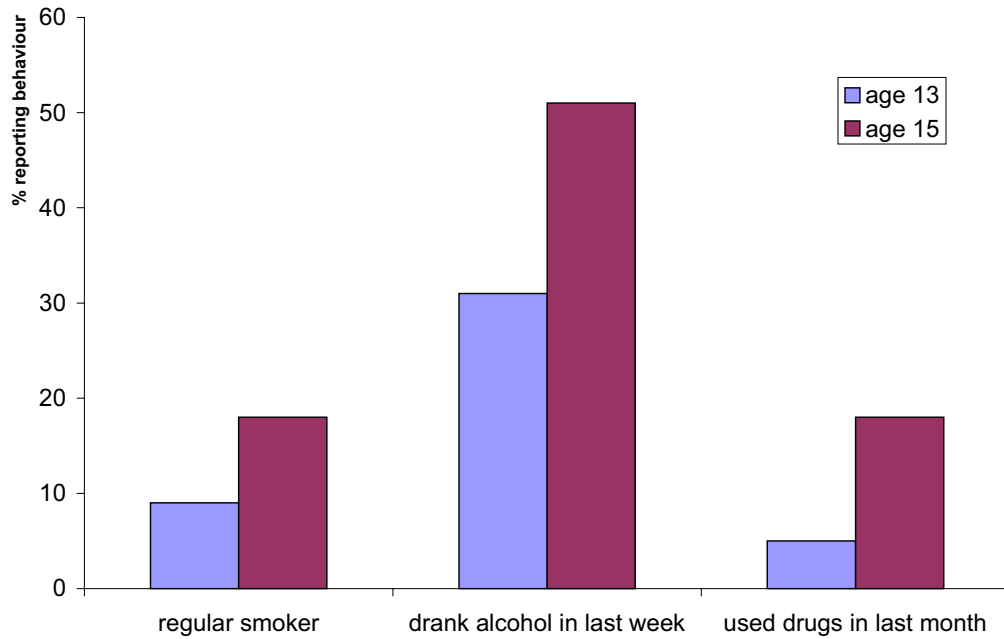
SALSUS 2002 found that among pupils in Shetland:

- 9% of 13 year olds and 18% of 15 year olds were regular smokers¹
- Prevalence of regular smoking was not significantly different from the reported national prevalence for either age group
- 31% of 13 year olds and 51% of 15 year olds had drunk alcohol in the week prior to the survey
- The proportion of 13 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 18% of 15 year olds had used drugs in the month prior to the survey
- Prevalence of drug use was significantly lower than the reported national prevalence for both age groups
- The differences in drinking and drug use between boys and girls in Shetland 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 Shetland in 2002.

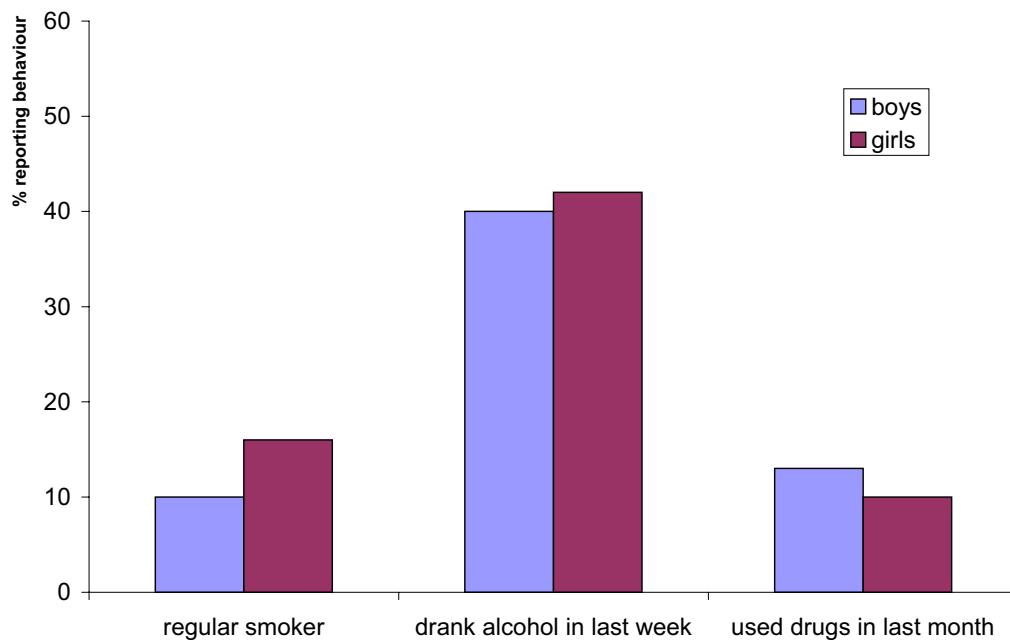
¹ regular smoker, usually smokes one or more cigarettes a week

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



(Source: tables 3.1, 4.3, 5.1)

Figure 1.2: Smoking, drinking and drugs use in 13 and 15 year olds, by gender: Shetland 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 Shetland Council 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 Shetland was designed to include all classes in S2 and S4. The overall pupil response rate within classes was 91%. The main reason for pupil non-response was absence due to illness.

The final sample comprised 470 pupils, 74% of the target population. This compares favourably with the overall national response rate for SALSUS 2002 of 65%.

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% older 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% older than 16 years 1 month, 3% older 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).

3 Smoking

3.1 Smoking prevalence

In Shetland, reported prevalence of regular smoking¹ increased significantly with age. In 2002, 9% of 13 year olds were regular smokers compared with 18% of 15 year olds. For both age groups the reported prevalence in Shetland was not significantly different from the national prevalence of regular smoking (national figures: 8% for 13 year olds and 20% for 15 year olds). Most 13 year olds reported that they had never smoked (60%), compared with 34% 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 Shetland; 16% of girls and 10% 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 18 per week for 13 year olds and 31 per week for 15 year olds. Boys smoked significantly more cigarettes per week than girls (an average of 40 per week for boys and 18 per week for girls).

3.3 Money spent on cigarettes

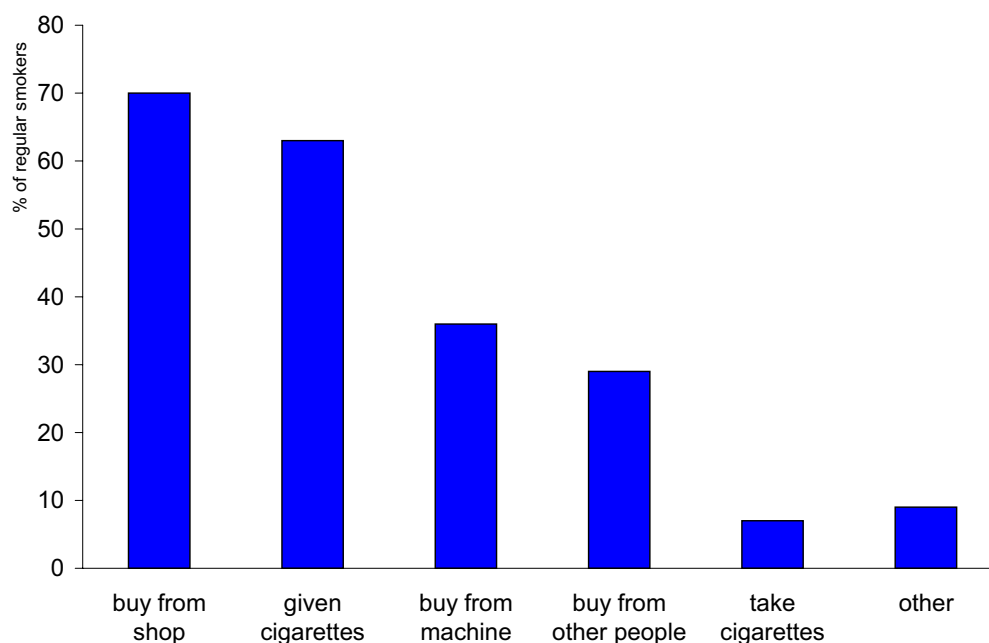
The majority of regular smokers (87%) reported that they spent money on cigarettes. The average amount spent by regular smokers who bought cigarettes was £7.00 a week.

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. Most regular smokers (70%) indicated that they bought cigarettes from shops, 36% bought them from machines and 29% reported buying them from other people. However, smokers did not always buy cigarettes. Sixty three percent (63%) of all regular smokers reported that they were given cigarettes by friends or relatives, 7% reported that they 'take cigarettes' and 9% 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: Shetland 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. Most regular smokers (67%) reported that they would like to give up smoking and 60% had tried to give up at some time. Seventeen percent (17%) of all regular smokers reported that they would find it very difficult to give up smoking altogether and a further 43% reported that they would find it fairly difficult.

Pupils who had smoked for more than a year (59% 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: 26% of pupils who had smoked for more than a year reported that it would be very difficult to give up smoking compared with 4% 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 five percent (75%) of regular smokers reported that their families either stop them smoking or try to persuade them to stop smoking. Most regular smokers (69%) reported that they are not allowed to smoke at home (Tables 3.9 and 3.10).

Almost all non-smokers (93%) 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: 60% of regular smokers compared with 29% of non-smokers. Pupils who reported that they smoked regularly were also more likely to have a sibling who smoked daily: 45% 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: 15% of regular smokers reported that 'all or almost all' of their friends smoked compared with 2% of non-smokers. Just over half of non-smokers (53%) 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. Around half reported that they had seen adverts in magazines (53%), on posters and billboards (46%) or on television (41%). Fewer pupils reported seeing adverts in newspapers (31%) or at the cinema (6%) (**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: 73% of 13 year olds and 73% of 15 year olds. However, 22% of 13 year olds and 21% of 15 year olds reported that they had not had lessons and 5% of 13 year olds and 5% of 15 year olds reported that they did not know whether they had had lessons, videos or discussions on smoking (**Table 3.15**).

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

	Age 13 %	Age 15 %	Total %	National Total %
Regular smoker	9	18	13	14
Occasional smoker	6	11	9	5
Used to smoke	7	15	11	13
Tried smoking once	18	22	20	23
Never smoked	60	34	47	45
<i>Base</i>	231	222	453	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: Shetland 2002.

	Boys %	Girls %	Total %	National Total %
Regular smoker	10	16	13	14
Occasional smoker	8	10	9	5
Used to smoke	11	11	11	13
Tried smoking once	22	19	20	23
Never smoked	50	44	47	45
<i>Base</i>	228	225	453	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: Shetland 2002.

	Age 13 %	Age 15 %	Total %
Buy from shop	35	87	70
Given cigarettes	70	59	63
Buy from machine	30	38	36
Buy from other people	20	33	29
Take cigarettes	-	10	7
Get cigarettes some other way	5	10	9
<i>Base</i>	20	39	59

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: Shetland 2002.

	Boys %	Girls %	Total %
Buy from shop	79	64	70
Given cigarettes	61	64	63
Buy from machine	39	33	36
Buy from other people	35	25	29
Take cigarettes	13	3	7
Get cigarettes some other way	9	8	9
<i>Base</i>	23	36	59

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

	Total %
Would like to give up smoking	67
Would not like to give up smoking	33
<i>Base</i>	57

Base= All pupils who were regular smokers

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

	Total %
Has tried to give up smoking	60
Has not tried to give up smoking	40
<i>Base</i>	58

Base= All pupils who were regular smokers

Table 3.7: Length of time smoking: Shetland 2002.

	Total %
One year or less	41
More than a year	59
<i>Base</i>	58

Base= All pupils who were regular smokers

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

	One year or less %	More than a year %	Total %	National Total %
Very difficult	4	26	17	32
Fairly difficult	46	41	43	36
Fairly easy	25	26	26	21
Very easy	25	6	14	11
<i>Base</i>	24	34	58	2868

Base= All pupils who were regular smokers

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

	Regular smoker %	Occasional smoker %	Non- smoker %	Total %	National Total %
Stop/would stop me	21	26	56	49	54
Persuade me not to	54	61	37	41	35
Do nothing	10	3	1	3	3
Encourage me	2	-	-	0	0
Not sure	12	10	6	7	7
<i>Base</i>	57	31	296	399	19279

Base= All pupils

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

	Total %
Allowed to smoke at home	18
Not allowed to smoke at home	69
Don't know	14
<i>Base</i>	51

Base= All pupils who were regular smokers

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

	Regular smoker %	Occasional smoker %	Non smoker %
Neither parent smokes daily	40	61	68
At least one parent smokes daily	60	39	29
Does not see either parent	-	-	3
<i>Base</i>	57	38	339

Base= All pupils

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

	Regular smoker %	Occasional smoker %	Non smoker %
No sibling smokes	55	63	83
At least one sibling smokes daily	45	34	12
Does not have siblings	-	3	5
<i>Base</i>	56	35	330

Base= All pupils

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

	Regular smoker %	Occasional smoker %	Non smoker %
All or almost all	15	5	2
More than half	34	21	7
Half	29	26	12
Less than half	19	49	25
Almost none	2	-	29
None	2	-	24
<i>Base</i>	59	39	348

Base= All pupils

Table 3.14: Whether pupils have seen cigarette advertising: Shetland 2002.

	Yes %	No %	Don't know %	Base
On posters/billboards	46	39	15	447
In magazines	53	35	13	447
On television	41	46	12	450
In newspapers	31	51	18	439
At the cinema	6	70	24	434

Base= All pupils

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

	Age 13 %	Age 15 %	Total %
Yes	73	73	73
No	22	21	22
Don't know	5	5	5
<i>Base</i>	222	225	447

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 six percent (76%) of 13 year olds and 89% of 15 year olds reported that they had had an alcoholic drink. The proportion of 13 year olds who reported that they had drunk alcohol was significantly higher than the national figure of 69%. However, the proportion of 15 year olds in Shetland who reported that they had drunk alcohol (89%) was not significantly different from the national figure of 88% (**Table 4.1**).

Just over half (51%) of 15 year olds and 31% of 13 year olds had drunk alcohol in the last week, again a significant increase in prevalence with age. The proportion of 13 and 15 year olds who drank in the last week was higher than the national figure of 23% for 13 year olds and 46% for 15 year olds, however this difference was only statistically significant for 13 year olds. 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; 22% of 13 year old pupils reported that they usually drink at least once a week, compared to 44% of 15 year old pupils. For both age groups the prevalence of weekly drinking was significantly higher than that reported nationally (national figures: 17% of 13 year olds and 38% of 15 year olds reported drinking weekly). There was no significant difference between boys and girls in the proportion of pupils reporting drinking once a week or more (34% of boys and 32% of girls reported this) (**Tables 4.5 and 4.6**).

4.3 Money spent on alcohol

Of all pupils who drank weekly, around three-quarters (74%) reported that they spent money on alcohol. The average amount spent by those who bought alcohol was £10.00 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: 78% 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: 87% had drunk alcopops in the last week. Seventy two percent (72%) of the girls who drank alcohol reported that they had drunk spirits in the last week before the survey (**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 14 units of alcohol, and girls also consumed an average of 14 units. 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: Shetland 2002.

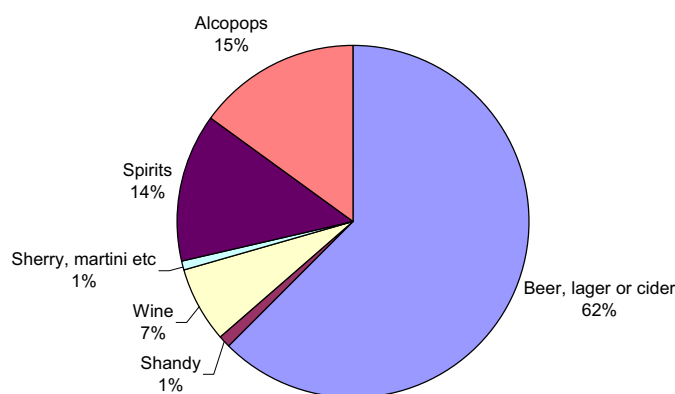
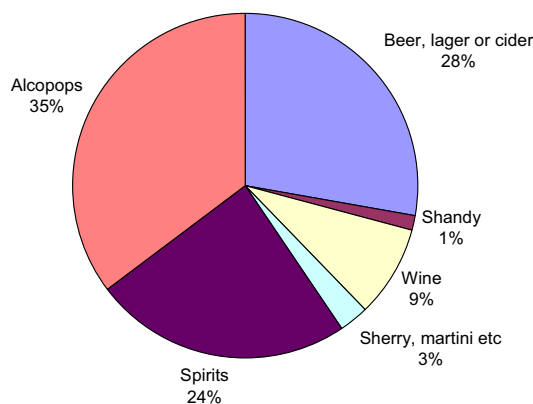


Figure 4.2: Type of alcohol drunk by girls in previous week, percentage of total units consumed: Shetland 2002.

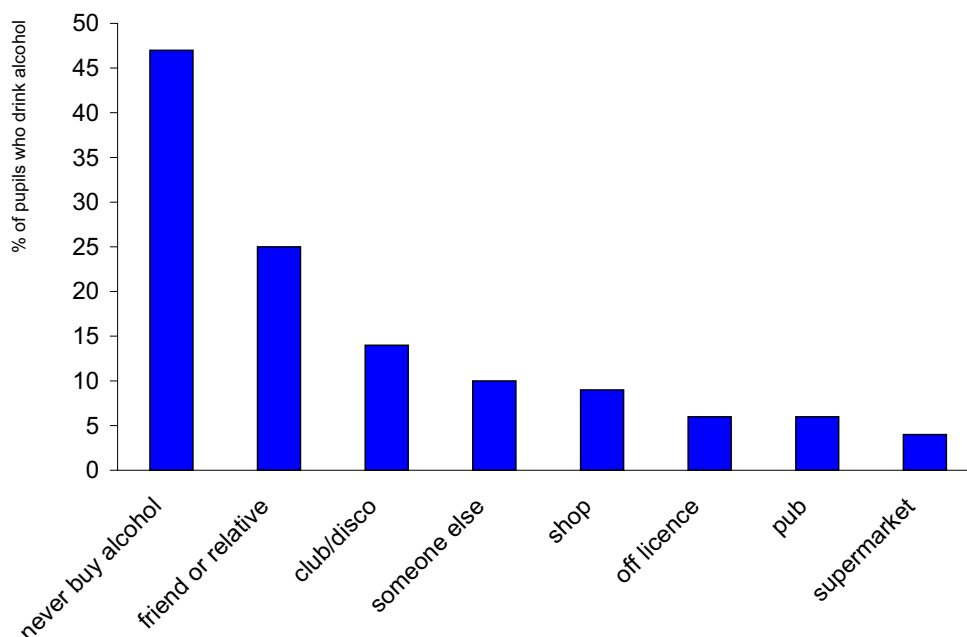


¹ Boreham R. and Shaw A. (eds) *Smoking, drinking and drug use among young people in Scotland 2000*. Edinburgh: The Stationery Office, 2001.

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 (47%) of those who had had an alcoholic drink reported that they 'never buy alcohol'. The most common source for purchasing alcohol by pupils in Shetland was from a friend or relative' (25%) (Table 4.9 and 4.10, Figure 4.3).

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

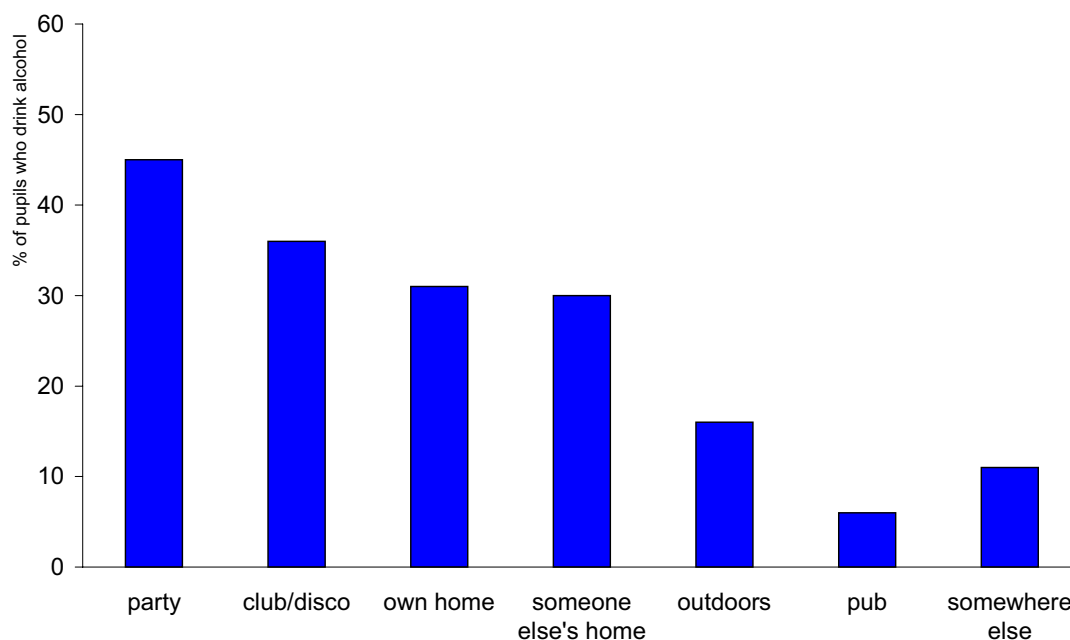


(Source: Tables 4.9 and 4.10)

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 at a party with friends (45%), in a club/disco (36%), in the pupil's own home (31%) or in someone else's home (30%) (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: Shetland 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, 67% of pupils who had ever drunk alcohol reported that they had been drunk at least once. Seventeen percent (17%) had been drunk once, 22% had been drunk 2-3 times, 15% 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.

Over half of all 13 and 15 year old pupils who had ever had a proper alcoholic drink (58%) reported that they had consumed five or more drinks on the same occasion in the past 30 days and 11% 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 40% of all 13 and 15 year old pupils. 'Having an argument or fight' was reported by 20% of all 13 and 15 year olds.

Some pupils had been involved in other risk behaviours as a result of drinking too much alcohol. Fifteen percent (15%) had tried drugs. Twelve percent (12%) of all 15

year olds (8% of boys and 14% of girls) had had unprotected sex (13 year old pupils were not asked questions on sexual health).

Around one in ten pupils had stayed off school as a result of drinking too much alcohol (9%). 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. Seventeen percent (17%) of those pupils who drank alcohol in the past week reported that their family did not know that they drank, 62% reported that their families did not mind them drinking, 12% 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 (18% of all pupils) were asked how their families would feel if they started drinking. Sixty four percent (64%) 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 most pupils (77%) 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; 67% of 13 year olds and 81% of 15 year olds. However, 26% of 13 year olds and 16% of 15 year olds reported that they had not had lessons, videos or class discussions and 7% of 13 year olds and 3% 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: Shetland 2002.

	Age 13 %	Age 15 %	Total %	National Total %
Yes	76	89	82	78
No	24	11	18	22
<i>Base</i>	237	229	466	22850

Base= All pupils

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

	Boys %	Girls %	Total %	National Total %
Yes	85	80	82	78
No	15	20	18	22
<i>Base</i>	235	231	466	22850

Base= All pupils

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

	Age 13 %	Age 15 %	Total %	National Total %
During the last week	31	51	41	35
One to four weeks ago	19	24	21	16
One to six months ago	18	10	14	18
More than six months ago	8	4	6	10
Never	24	11	18	22
<i>Base</i>	234	229	463	22617

Base=All pupils

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

	Boys %	Girls %	Total %	National Total %
During the last week	40	42	41	35
One to four weeks ago	23	19	21	16
One to six months ago	14	14	14	18
More than six months ago	7	5	6	10
Never	15	20	18	22
<i>Base</i>	234	229	463	22617

Base=All pupils

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

	Age 13 %	Age 15 %	Total %	National Total %
Once a week or more	22	44	33	27
About once a fortnight	13	20	16	12
About once a month	13	14	13	12
Only a few times a year	29	11	20	27
Never	24	11	18	22
<i>Base</i>	237	228	465	22754

Base=All pupils

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

	Boys %	Girls %	Total %	National Total %
Once a week or more	34	32	33	27
About once a fortnight	15	18	16	12
About once a month	14	12	13	12
Only a few times a year	22	18	20	27
Never	15	20	18	22
<i>Base</i>	234	231	465	22754

Base=All pupils

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

	Age 13 %	Age 15 %	Total %
Beer, lager or cider	47	69	60
Shandy	12	6	8
Wine	19	26	23
Martini, sherry etc.	8	6	7
Spirits, liqueurs etc.	53	65	60
Alcopops	70	72	71
<i>Base</i>	73	116	189

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: Shetland 2002.

	Boys	Girls	Total
	%	%	%
Beer, lager or cider	78	43	60
Shandy	8	8	8
Wine	23	23	23
Martini, sherry etc.	5	8	7
Spirits, liqueurs etc.	49	72	60
Alcopops	54	87	71
<i>Base</i>	<i>94</i>	<i>95</i>	<i>189</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: Shetland 2002.

	Age 13	Age 15	Total
	%	%	%
Never buy alcohol	66	32	47
Buy alcohol from friend/relative	14	34	25
Buy alcohol in club/disco	5	20	14
Buy alcohol from someone else	9	10	10
Buy alcohol from shop	4	13	9
Buy alcohol in pub	1	11	6
Buy alcohol in off licence	4	7	6
Buy alcohol from supermarket	2	5	4
<i>Base</i>	<i>183</i>	<i>205</i>	<i>388</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: Shetland 2002.

	Boys	Girls	Total
	%	%	%
Never buy alcohol	45	50	47
Buy alcohol from friend/relative	26	23	25
Buy alcohol in club	12	15	14
Buy alcohol from someone else	9	10	10
Buy alcohol from shop	8	9	9
Buy alcohol in pub	9	4	6
Buy alcohol in off licence	6	6	6
Buy alcohol from supermarket	5	2	4
<i>Base</i>	<i>202</i>	<i>186</i>	<i>388</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: Shetland 2002.

	Age 13 %	Age 15 %	Total %
Usually drink at a party with friends	40	50	45
Usually drink in club/disco	21	49	36
Usually drink in own home	36	27	31
Usually drink in someone else's home	26	33	30
Usually drink outdoors (street, park etc)	24	9	16
Usually drink in pub	2	10	6
Usually drink somewhere else	16	7	11
<i>Base</i>	183	205	388

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: Shetland 2002.

	Boys %	Girls %	Total %
Usually drink at a party with friends	42	48	45
Usually drink in club/disco	34	38	36
Usually drink in own home	36	26	31
Usually drink in someone else's home	29	31	30
Usually drink outdoors (street, park etc)	13	20	16
Usually drink in pub	7	5	6
Usually drink somewhere else	14	8	11
<i>Base</i>	202	186	388

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: Shetland 2002.

	Age 13 %	Age 15 %	Total %	National Total %
Never	44	21	32	32
Once	20	15	17	19
2-3 times	22	22	22	22
4-10 times	8	22	15	13
More than 10 times	6	19	13	14
<i>Base</i>	182	201	383	17723

Base=All pupils who have ever drunk alcohol

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

	Boys %	Girls %	Total %	National Total %
Never	29	35	32	32
Once	17	18	17	19
2-3 times	22	23	22	22
4-10 times	16	15	15	13
More than 10 times	16	10	13	14
<i>Base</i>	<i>197</i>	<i>186</i>	<i>383</i>	<i>17723</i>

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: Shetland 2002.

	Age 13 %	Age 15 %	Total %	National Total %
4 or more times	6	16	11	13
3 times	7	19	14	9
Twice	14	21	18	13
Once	13	17	15	14
Not in last 30 days	24	17	20	23
Never	36	10	22	28
<i>Base</i>	<i>175</i>	<i>203</i>	<i>378</i>	<i>17615</i>

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: Shetland 2002.

	Boys %	Girls %	Total %	National Total %
4 or more times	12	10	11	13
3 times	15	13	14	9
Twice	17	19	18	13
Once	17	13	15	14
Not in last 30 days	20	21	20	23
Never	20	24	22	28
<i>Base</i>	<i>194</i>	<i>184</i>	<i>378</i>	<i>17615</i>

Base=All pupils who have ever drunk alcohol

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

	Age 13 %	Age 15 %	Total %
Vomited	25	53	40
Had an argument or fight	13	26	20
Tried any drugs	2	21	15
Had unprotected sex*	-	12	12
Stayed off school	5	13	9
Visited A & E department	1	3	2
Injured and seen by doctor	2	3	2
Admitted to hospital overnight	1	1	0
<i>Base</i>	<i>180</i>	<i>198</i>	<i>378</i>

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: Shetland 2002.

	Boys %	Girls %	Total %
Vomited	37	43	40
Had an argument or fight	23	18	20
Tried any drugs	18	12	15
Had unprotected sex*	8	14	12
Stayed off school	8	11	9
Visited A & E department	2	1	2
Injured and seen by doctor	2	2	2
Admitted to hospital overnight	2	-	0
<i>Base</i>	<i>193</i>	<i>185</i>	<i>378</i>

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: Shetland 2002.

	Age 13 %	Age 15 %	Total %	National Total %
They don't like it	13	11	12	16
They don't mind	47	70	62	45
They don't know I drink	29	10	17	27
I don't know what they think	10	9	9	12
<i>Base</i>	<i>68</i>	<i>116</i>	<i>184</i>	<i>7469</i>

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: Shetland 2002.

	Boys %	Girls %	Total %	National Total %
They don't like it	13	11	12	16
They don't mind	67	56	62	45
They don't know I drink	11	24	17	27
I don't know what they think	9	10	9	12
<i>Base</i>	91	93	184	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: Shetland 2002.

	Age 13 %	Age 15 %	Total %	National Total %
They would be upset or angry	71	50	64	70
They would not mind	5	8	6	9
I don't know what they would think	24	42	29	21
<i>Base</i>	55	24	79	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: Shetland 2002.

	Boys %	Girls %	Total %	National Total %
They would be upset or angry	61	67	64	70
They would not mind	6	7	6	9
I don't know what they would think	33	26	29	21
<i>Base</i>	33	46	79	4711

Base=All pupils who have never drunk alcohol

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

	Total %
Yes, always	9
Yes, sometimes	68
No, never	23
<i>Base</i>	463

Base=All pupils

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

	Age 13 %	Age 15 %	Total %
Yes	67	81	74
No	26	16	21
Don't know	7	3	5
<i>Base</i>	220	226	446

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: 19% 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 18% of 15 year olds. Prevalence of drug use in Shetland is significantly lower than the prevalence found nationally (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 (13% of boys and 10% of girls had used drugs in the last month), but this difference was not statistically significant (**Tables 5.1 and 5.2**).

5.2 Drug use in the year prior to the survey

Seventeen (17%) percent 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, 15% of pupils had used cannabis in the last year. The figures were much lower for other types of drugs; 7% had used stimulants (cocaine, crack, ecstasy, amphetamines, poppers), 3% had used solvents, 3% percent 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

Just under half of all pupils (43%) had been offered drugs. This proportion was higher for older pupils than for younger pupils: 56% of 15 year old pupils and 29% of 13 year old pupils reported that they had been offered drugs. For both age groups the proportion of pupils offered drugs was significantly lower than that reported nationally (national figures: 65% of 15 year olds and 34% of 13 year olds reported being offered drugs). Girls were more likely to report having been offered drugs than boys (47% of girls had been offered drugs compared with 40% of boys), but this difference was not

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

statistically significant. The most commonly offered drug type was cannabis: 33% of pupils reported that they had been offered this drug (Tables 5.5 to 5.8).

5.4 Frequency of drug use

Three percent (3%) of all 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 4% of 15 year old pupils and 1% of girls and 4% of boys reported this. Reported prevalence of weekly drug taking is slightly lower than the reported national prevalence in both age groups, a statistically significant difference (national figures: 2% of 13 year olds and 7% of 15 year olds reported taking drugs once a week or more) (Tables 5.9 and 5.10).

5.5 Money spent on drugs

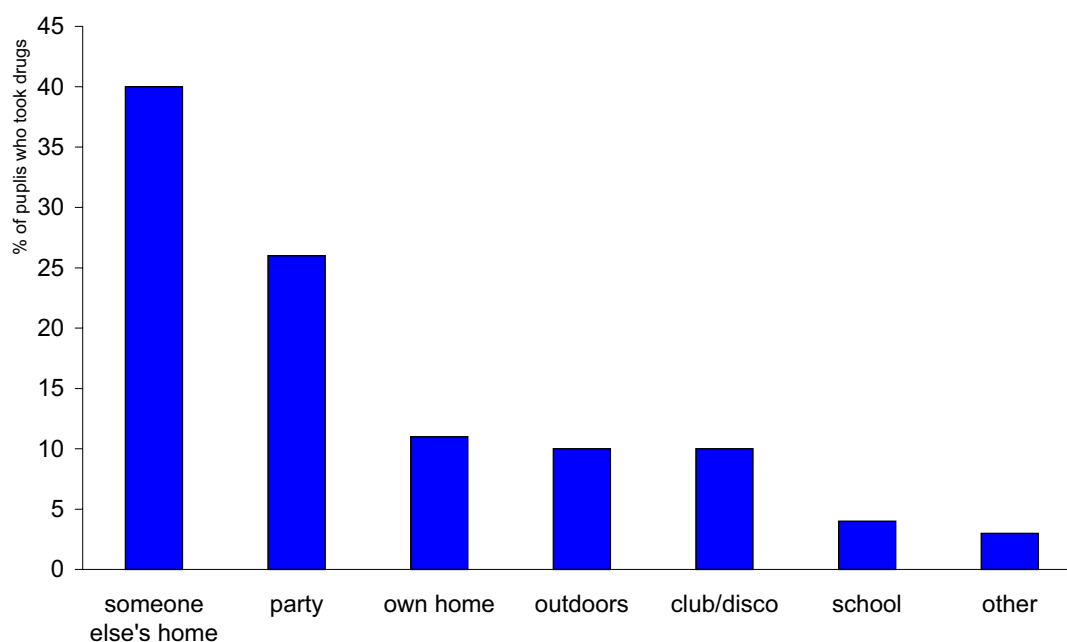
Just under half (45%) of pupils who used drugs in the last month reported that they spent money on drugs. The average amount spent by those who reported buying drugs was £9.00 per week.

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. The most frequently reported location for drug taking for all 13 and 15 year old pupils was in someone else's home (40%). The next most reported location was at a party (26%) (Tables 5.11 and 5.12, Figure 5.1).

Fifty four percent (54%) 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: Shetland 2002.



(Source: Tables 5.11 and 5.12)

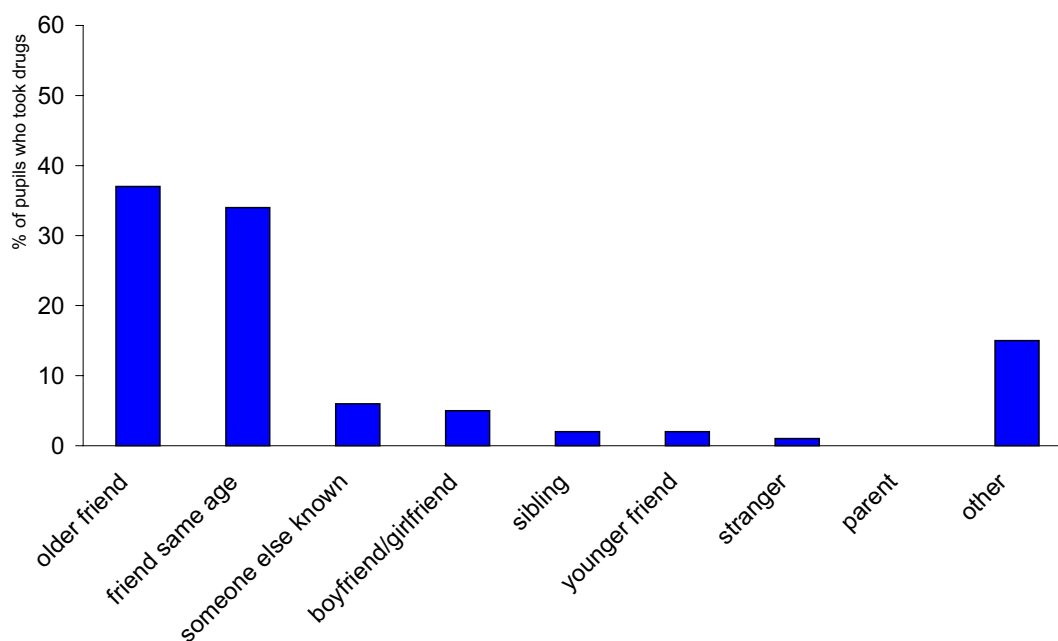
5.7 Availability of drugs

Just under half of all 13 and 15 year old pupils (43%) reported that it would be 'very easy' or 'fairly easy' to get drugs while 40% did not know how easy or difficult it would be. Significantly more 15 year olds reported that they would find it 'very easy' or 'fairly easy' (58%) than 13 year old pupils (27%) (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; 37% of pupils reported that they obtained their drugs from an older friend the and a further 34% reported that they obtained drugs from a friend of the same age (Tables 5.16 and 5.17, Figure 5.2).

Figure 5.2: Source of drugs: Shetland 2002.



(Source: Table 5.16 and 5.17)

Just over half (53%) of pupils who took drugs reported that they gave some drugs away the last time they used drugs. Fewer pupils (8%) reported that they sold some of their drugs (Tables 5.18 and 5.19).

5.9 Obtaining information and help

Fourteen percent (14%) 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 (98%), although 88% 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 percent (73%) reported that they knew where to get information (**Table 5.24**). The most frequently reported sources of information were 'Internet' (39%), 'doctor' (36%), 'friends' (35%) and 'advice organisation' (31%) (**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 (76%) agreed that they 'know enough about the dangers of drugs' and almost all (90%) 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' (76%), 'heroin is addictive' (66%) and 'injecting drugs can lead to HIV' (63%), although 31% did not know whether heroin was addictive and 31% did not know whether injecting drugs can lead to HIV. Thirty nine percent (39%) of pupils agreed that 'heroin is more dangerous than cannabis' and 55% reported that they did not know whether this was the case. More than half (56%) of the pupils agreed that 'what adults tell us about drugs is true'.

Although just over half of all pupils (56%) agreed that 'most young people will try out drugs', a similar proportion (54%) 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'; 66% of pupils agreed with this statement. Thirty seven percent (37%) 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'. Fourteen percent (14%) agreed that 'taking drugs is exciting'. Just under half agreed with the statements 'people who take drugs want to escape from reality' (46%) and 'people take drugs to relax' (46%), but with regard to these last two statements around two fifths of pupils reported that they 'don't know' whether this was the case (41% and 38% respectively).

Sixty three percent (63%) agreed that 'all people who sell drugs should be punished' but only 30% 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: 65% of 13 year olds and 88% of 15 year olds. However, 28% of 13 year olds and 11% of 15 year olds reported that they had not had lessons and 7% of 13 year olds and 3% 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. Thirty six percent (36%) of 13 year olds and 38% of 15 year olds reported that they had had lessons, videos or discussions in the last twelve months. However,

49% of 13 year olds and 49% of 15 year olds reported that they had not had lessons and 16% of 13 year olds and 13% 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, 18% reported that they found them 'very useful' and 44% found them 'fairly useful' **(Table 5.29)**.

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

	Age 13 %	Age 15 %	Total %	National Total %
Used drugs in last month	5	18	11	15
Used drugs in last year*	6	28	17	22
Used drugs ever	8	30	19	25
<i>Base</i>	237	227	464	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: Shetland 2002.

	Boys %	Girls %	Total %	National Total %
Used drugs in last month	13	10	11	15
Used drugs in last year*	17	16	17	22
Used drugs ever	19	19	19	25
<i>Base</i>	234	230	464	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: Shetland 2002.

	Age 13 %	Age 15 %	Total %	National Total %
Cannabis	5	26	15	20
Stimulants	3	13	7	6
<i>cocaine</i>	0	2	1	1
<i>crack</i>	-	1	0	1
<i>ecstasy</i>	1	3	2	3
<i>amphetamines</i>	-	5	3	2
<i>poppers</i>	1	9	5	3
Psychedelics	1	4	3	2
<i>LSD</i>	-	1	1	1
<i>magic mushrooms</i>	1	3	2	2
Opiates	1	1	1	1
<i>heroin</i>	0	1	1	1
<i>methadone</i>	0	1	1	0
Gas, glue or other solvents	1	6	3	4
Tranquillisers	-	3	1	2
Anabolic Steroids	-	0	0	0
Semeron	-	2	1	0
Other	-	0	0	0
<i>Base</i>	239	231	470	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:
Shetland 2002.**

	Boys %	Girls %	Total %	National Total %
Cannabis	17	14	15	20
Stimulants	7	8	7	6
<i>cocaine</i>	1	1	1	1
<i>crack</i>	1	-	0	1
<i>ecstasy</i>	2	3	2	3
<i>amphetamines</i>	2	3	3	2
<i>poppers</i>	6	4	5	3
Psychedelics	3	3	3	2
<i>LSD</i>	1	0	1	1
<i>magic mushrooms</i>	2	3	2	2
Opiates	1	1	1	1
<i>heroin</i>	1	0	1	1
<i>methadone</i>	0	1	1	0
Gas, glue or other solvents	3	4	3	4
Tranquillisers	1	1	1	2
Anabolic Steroids	0	-	0	0
Semeron	2	-	1	0
Other	0	-	0	0
<i>Base</i>	237	233	470	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:
Shetland 2002.**

	Age 13 %	Age 15 %	Total %
Yes	29	56	43
No	71	44	57
<i>Base</i>	212	216	428

Base= All pupils

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

	Boys %	Girls %	Total %
Yes	40	47	43
No	60	53	57
<i>Base</i>	219	209	428

Base= All pupils

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

	Age 13 %	Age 15 %	Total %	National Total %
Cannabis	19	47	33	42
Stimulants	11	31	21	19
<i>cocaine</i>	5	7	6	6
<i>crack</i>	3	4	4	4
<i>ecstasy</i>	5	13	9	12
<i>amphetamines</i>	1	12	7	7
<i>poppers</i>	5	25	15	9
Psychedelics	4	15	10	10
<i>LSD</i>	1	6	3	5
<i>magic mushrooms</i>	4	14	9	8
Opiates	3	6	5	5
<i>heroin</i>	3	5	4	4
<i>methadone</i>	1	2	1	2
Gas, glue or other solvents	7	18	12	12
Tranquillisers	2	5	4	6
Anabolic Steroids	0	3	2	2
Semeron	1	2	1	1
Other	1	2	1	1
<i>Base</i>	236	228	464	20614

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: Shetland 2002.

	Boys %	Girls %	Total %	National Total %
Cannabis	30	35	33	42
Stimulants	20	22	21	19
<i>cocaine</i>	5	7	6	6
<i>crack</i>	4	4	4	4
<i>ecstasy</i>	8	10	9	12
<i>amphetamines</i>	5	9	7	7
<i>poppers</i>	16	14	15	9
Psychadelics	11	9	10	10
<i>LSD</i>	5	2	3	5
<i>magic mushrooms</i>	10	9	9	8
Opiates	4	5	5	5
<i>heroin</i>	4	4	4	4
<i>methadone</i>	2	1	1	2
Gas, glue or other solvents	10	15	12	12
Tranquillisers	4	3	4	6
Anabolic Steroids	3	1	2	2
Semeron	1	1	1	1
Other	1	1	1	1
<i>Base</i>	234	230	464	20614

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: Shetland 2002.

	Age 13 %	Age 15 %	Total %	National Total %
At least once a week	1	4	3	5
Once or twice a month	1	4	3	4
A few times a year	2	10	6	5
Do not use drugs	96	82	89	86
<i>Base</i>	237	228	465	22532

Base=All pupils

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

	Boys %	Girls %	Total %	National Total %
At least once a week	4	1	3	5
Once or twice a month	3	2	3	4
A few times a year	6	6	6	5
Do not use drugs	87	91	89	86
<i>Base</i>	235	230	465	22532

Base=All pupils

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

	Age 13 %	Age 15 %	Total %
Someone else's home	33	42	40
At party	14	29	26
Own home	10	11	11
At club/disco	5	11	10
Outdoors (street, park etc.)	14	8	10
At school	5	4	4
Other place	5	3	3
<i>Base</i>	21	73	94

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: Shetland 2002.

	Boys %	Girls %	Total %
Someone else's home	42	39	40
At party	31	20	26
Own home	10	11	11
At club/disco	6	13	10
Outdoors (street, park etc.)	10	9	10
At school	6	2	4
Other place	4	2	3
<i>Base</i>	48	46	94

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: Shetland 2002.

	Total %	National Total %
Yes	54	39
No	46	61
<i>Base</i>	88	5544

Base=All pupils who have ever taken drugs

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

	Age 13 %	Age 15 %	Total %
Very easy	10	18	14
Fairly easy	17	40	29
Fairly difficult	7	7	7
Very difficult	5	4	4
Impossible	9	2	6
Don't know	51	29	40
<i>Base</i>	235	228	463

Base=All pupils

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

	Boys %	Girls %	Total %
Very easy	16	13	14
Fairly easy	28	29	29
Fairly difficult	6	8	7
Very difficult	4	4	4
Impossible	7	5	6
Don't know	39	42	40
<i>Base</i>	233	230	463

Base=All pupils

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

	Age 13 %	Age 15 %	Total %
Older friend	38	37	37
Friend of own age	14	40	34
Someone known	5	7	6
Boyfriend/girlfriend	5	5	5
Brother or sister	5	1	2
Younger friend	-	3	2
Stranger	5	-	1
Mother/father	-	-	-
Other	29	11	15
<i>Base</i>	21	73	94

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: Shetland 2002.

	Boys %	Girls %	Total %
Older friend	37	37	37
Friend of own age	40	28	34
Someone known	2	11	6
Boyfriend/girlfriend	4	7	5
Brother or sister	-	4	2
Younger friend	-	4	2
Stranger	-	2	1
Mother/father	-	-	-
Other	17	13	15
<i>Base</i>	48	46	94

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: Shetland 2002.

	Age 13 %	Age 15 %	Total %
Used it all myself	21	43	38
Sold some of it	11	8	8
Gave some of it away	68	49	53
<i>Base</i>	19	65	84

Base=All pupils who have ever taken drugs

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

	Boys %	Girls %	Total %
Used it all myself	50	26	38
Sold some of it	2	14	8
Gave some of it away	48	59	53
Base	42	42	84

Base=All pupils who have ever taken drugs

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

	Age 13 %	Age 15 %	Total %	National Total %
Would like to give up now	22	12	14	15
Would like to give up in the future	33	19	22	20
Would not like to give up	33	48	45	39
Not sure	11	21	20	26
Base	9	42	51	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: Shetland 2002.

	Boys %	Girls %	Total %	National Total %
Would like to give up now	6	25	14	15
Would like to give up in the future	19	25	22	20
Would not like to give up	58	25	45	39
Not sure	16	25	20	26
Base	31	20	51	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: Shetland 2002.

	Total %
Yes	2
No	98
Base	51

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 : Shetland 2002.

	Total %
Yes	88
No	12
<i>Base</i>	<i>51</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: Shetland 2002.

	Total %
Yes	73
No	11
Don't know	16
<i>Base</i>	<i>460</i>

Base=All pupils

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

	Total %
Internet/web	39
Doctor	36
Friends	35
Advice organisation	31
Drop-in centre	28
Telephone helpline	28
Youth worker	23
Female family member	23
Teacher	20
Magazines	17
Male family member	17
Books	13
Councillor	7
TV/radio	6
<i>Base</i>	<i>335</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: Shetland 2002.

	Agree	Disagree	Don't know	<i>Base</i>
Taking drugs harms your health	90	5	5	459
Taking cocaine is dangerous	76	5	19	456
I know enough about the dangers of drugs	76	14	10	458
Heroin is addictive	66	4	31	460
People my age who take drugs need help	66	17	17	460
Injecting drugs can lead to HIV	63	5	31	460
People who sell drugs should be punished	63	21	16	460
Most young people will try out drugs	56	23	22	460
What adults tell us about drugs is true	56	18	26	455
People who take drugs are stupid	54	32	14	460
People take drugs to relax	46	18	38	458
People take drugs to escape from reality	46	13	41	459
Heroin is more dangerous than cannabis	39	6	55	458
People who take heroin are junkies	37	23	40	460
People who take drugs should be punished	30	47	23	460
Taking drugs is exciting	14	55	32	457

Base=All pupils

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

	Age 13 %	Age 15 %	Total %
Yes	65	88	75
No	28	11	20
Don't know	7	3	5
<i>Base</i>	222	224	446

Base= All pupils

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

	Age 13 %	Age 15 %	Total %
Yes	36	38	37
No	49	49	49
Don't know	16	13	14
<i>Base</i>	220	222	442

Base= All pupils

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

	Total %
Very useful	18
Fairly useful	44
Not very useful	19
Not useful at all	9
Don't know	11
<i>Base</i>	356

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). There were no independent schools in the Shetland sample. There was a higher response rate in S2 pupils (51% of Shetland sample) compared with S4 pupils (49% of Shetland 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