

# HOW WELL DO YOU KNOW YOUR AGE GROUP? HOW DO WE COMPARE WITH OTHER TEENAGERS IN EUROPE? (ENGLAND AND WALES) PSHE 14-16 WORKSHEET 5

## ANSWERS

### 1. In England, what percentage of 11 - 15 year-olds have tried alcohol?

#### b) 35-40%

In England, 63% of 11 - 15 year-olds haven't ever had an alcoholic drink. At age 11, more than 99% of girls and boys don't drink alcohol regularly and just 3% of 11-15 year-olds have been drunk three or more times in the past 4 weeks. (HSCIC 2022).

For Wales, a survey conducted in 2018 found that 58% of year 7 - year 11 pupils said that they never drink alcohol. (SHWBW 2021/22)

### 2. In the UK, how many 13 year-olds drink alcohol at least once a week?

#### a) less than 10%

In 2021, 2% of 13-year-old boys and girls in England said they drink at least weekly. In Wales it was 7%. (HSCIC 2022 and SHWBW 2021/22)

### 3. Are young people in England drinking more or less than 10 years ago?

#### a) Less

In England 19% of 11-15 year-olds were drinking weekly in 2003 - In 2022 the figure was just 5%. Among 11-15 year-olds, 24% of girls and 26% of boys reported consuming alcohol in the past week in 2003. The figure for 2021 was 7% for girls and 7% for boys. (HSCIC 2022)

### 4. Do you think that we drink more than other teenagers in Europe?

#### a) Yes

Teenagers who drink in the UK don't drink any more frequently than the average for countries across the EU, but the percentage of 15 year-olds who have been drunk at least twice in England (25% of girls and 28% of boys), Scotland (34% of girls and 29% of boys) and Wales (35% of girls and 31% of boys) is well above average for the EU (18% of girls and 22% of boys). By comparison in Iceland only 7% of 15 year-old girls and boys report having been drunk at least twice and in Sweden the figure is 12% for girls and 10% for boys). (HBSC 2017/18)

### 5. What percentage of 15 year-olds report drinking at least weekly in England and Wales

#### c) 10 - 20%

The vast majority of 15 year-olds don't drink frequently or get drunk despite what the media might say. In Wales 17% of 15 year-olds girls and boys say they drink at least weekly and in England the proportion is 11% for both girls and boys (SHWBW 2021/22 and HSCIC 2022).

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**6. Across Europe what proportion of 16 year-olds have consumed five or more drinks at least once in the last 30 days?**

**c) 14%**

13-14% of 16 year-olds in Europe reported heavy episodic drinking during the last 30 days. This drinking pattern was found more often in Denmark, with more than 40% of students reporting heavy episodic drinking. The lowest figures were found in Norway (8.6%) and Iceland (3.8%) and Kosovo). (ESPAD 2019)

**7. On the last drinking occasion, which of the 3 countries below reported the highest consumption?**

**a) Denmark**

In the latest ESPAD study, average last-day alcohol consumption was 8.8 centilitres of pure alcohol for Denmark (the highest of the countries studied) 4.5 for Poland (4.6 centilitres of pure alcohol was the average for all the countries) and 3.0 for Romania. (ESPAD 2019)

**8. Do you think...**

**a) Teenagers drink in different ways in different countries? YES**

The HBSC survey found that across the European countries studied, the country average for the number of 13 year-olds who have ever consumed alcohol. England is the highest with 57% of girls and 50% of boys saying they have tried alcohol at this age, this compares to Wales (46% and 42%) and Scotland (45 and 36%). Hungary is second highest (51% and 47% and Ireland and Iceland are among the lowest (around 16% for both boys and girls). Among 15 year olds, those who have consumed alcohol in the past 30 days varies from 68% in Denmark to <1% in Takikistan. The averages for England, Scotland and Wales are around 40-50% (HBSC 2021/2022).

**b) That girls drink as often as boys? YES**

In England, at 13 years of age, girls are more likely than boys to report drinking in the past 30 days (23% v 19%). Among 15-year-olds in Wales, more girls than boys have tried alcohol (79% v 75%) and girls of this age group are also more likely to report having consumed alcohol in the past 30 days (54% compared to 49% of boys).

**c) That more boys drink to get drunk than girls? NO**

More girls than boys report having consumed alcohol in the last 30 days in Scotland (50% v 42%) and Wales (54% v 44%) and England (53% of girls and 39% of boys). HSBSC

Girls aged 15 are more likely than boys to have been drunk at least twice in their lifetime (35% of girls and 26% of boys in Wales, 32% of girls and 26% of boys in Scotland and 34% of girls and 22% of boys in England). HBSC

More girls also end up in hospital due to drinking alcohol than boys. (LAPE)

Sources:

ESPAD European school survey project on alcohol and other drugs (published 2019), a survey carried out every 4 years among 15 and 16 year-olds across the EU.

HBSC A focus on adolescent substance use in Europe, central Asia and Canada. Health Behaviour in School-aged Children international report from the 2021/2022 survey

Student Health and Wellbeing In Wales (SHWBW): Report of the 2021/22 Health Behaviour in School-aged Children Survey and School Health Research Network Student Health and Wellbeing Survey

HSCIC Smoking, drinking and drug use among young people in England 2022 (published 2023).

Public Health Local Area Profiles for England (LAPE).