

HOW WELL DO YOU KNOW YOUR AGE GROUP? HOW DOES THIS COMPARE WITH OTHER TEENAGERS IN EUROPE? (SCOTLAND)

PSE 14-16 WORKSHEET 5

ANSWERS

1. In Scotland, what percentage of 13 year-olds have tried alcohol?

c) 36%

63% of 13 year-olds in Scotland haven't tried alcohol. (SALSUS 2018)

2. In Scotland, how many 15 year-olds will have consumed alcohol in the past week

b) 20%

20% of 15 year-olds reported that they had drunk some alcohol in the past week. (SALSUS 2018)

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

a) Less

Alcohol consumption among young people has been declining since the early 2000s. Overall, the proportion of 13 year-olds reporting ever having a drink has fallen from 49% in 1990 to 36% in 2018, and for 15 year-olds from 84% in 1990 to 72% in 2018.

Large decreases in the proportion of children reporting drinking in the last week have also been seen over time. For 13 year-olds this has fallen from 23% in 2002 to 6% in 2018 and for 15 year-olds from 46% in 2002 to 20% in 2018. (SALSUS 2018)

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 teenagers who have been drunk at least twice in England, Scotland and Wales is well above average for the EU. (HBSC 2017 /18)

5. What percentage of 15 year-olds drink at least once a week in the UK

c) 10 - 20%

At least 85% of 15 year-olds don't drink weekly or get drunk despite what the media might say. The HBSC study published in 2014/5 found that 11% of girls and 16% of boys in Scotland reported drinking at least once a week. The figures for Wales were 12% of 15 year-olds girls and 14% of boys, and for England 10% of girls and 12% of boys. The average across the European countries studied was 9% for girls and 16% for boys - 13% overall. (HBSC 2014)

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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?

a) 34%

In 2015, 44% of 16 year-olds in Europe reported heavy episodic drinking during the last 30 days. This drinking pattern was found more often in Germany and Denmark, with more than 50% of students reporting heavy episodic drinking. The lowest figures were found in Norway (16%) and Iceland (8%). (ESPAD 2019)

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

a) Denmark

In the 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**

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

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

The HBSC survey found that across the European countries studied, the country average for the number of 15 year-olds who have been drunk on two or more occasions was 20%, with Denmark the highest at 42% and Kazakhstan the lowest at 2%. (HBSC 2018)

In the Scotland, 15 year-old girls are slightly more likely than 15 year-old boys to have drunk alcohol in the last week (SALSUS)

The proportion of 15 year-olds reporting that they have ever been drunk was 74% for girls and 66% for boys in 2018 (SALSUS). The alcohol-related hospital admissions in Scotland for under 15 years were also higher for girls than boys (MESAS 2018)

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.

Growing up unequal: gender and socioeconomic differences in young people's health and well-being. Health Behaviour In School-Aged Children (HBSC) Study: International Report From The 2013/2014 Survey

Spotlight on adolescent health and well-being: Findings from the 2017/2018: Health Behaviour In School-Aged Children (HBSC) Survey In Europe And Canada

Scottish Schools Adolescent Lifestyle and Substance Use Survey 2018 (SALSUS).

Monitoring and Evaluating Scotland's Alcohol Strategy (MESAS): Monitoring Report 2021.