

**Summary findings from Scottish Schools Adolescent Lifestyle and Substance Use Survey (SALSUS) 2018**

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**1. Introduction**

SALSUS is the Scottish Government's main source of information on alcohol, drug and tobacco use among Scotland's young people. This is a self completion survey provided by teachers under exam conditions for secondary school children (13 year olds and 15 year olds). In Scottish Borders Council there were 2,357 eligible pupils (13 year olds and 15 year olds) with 470 pupils (20%) participating. This briefing note provides the findings for Scottish Borders.

**2. Results**

The 2018 results are compared to the results of the previous survey in 2013 and to the national average in 2018. Where appropriate, differences which are statistically significantly different (by 5% ) are highlighted as follows:

 positive change  negative change.

**3. Key Messages: Prevalence of smoking, drinking and drug use (2018)**

13yr olds	15yr olds
<ul style="list-style-type: none"><li>• 4% drank alcohol in last week</li><li>• 2% used drugs in the last month</li><li>• 1% were regular smokers</li></ul>	<ul style="list-style-type: none"><li>• 24% drank alcohol in last week</li><li>• 15% used drugs in the last month</li><li>• 7% were regular smokers</li></ul>

**It is important to remember that the vast majority of pupils do not use substances regularly.**

**3.1 Alcohol Prevalence and drinking to excess**

No significant change (and no significant difference from national figures) in the prevalence of drinking for 13 year olds and 15 year olds:

- 38% of 13 year olds and 75% of 15 year olds said they had had an alcoholic drink (a whole drink, not a sip).

- 4% of 13 year olds and 24% of 15 year olds said they had drunk alcohol in week prior to survey.
- 50% of 13 year olds and 73% of 15 year olds said they had ever been drunk.
- 2% of 13 year olds and 18% of 15 year olds said they had been drunk more than 10 times (less than Scottish average).

### **3.2 Attitudes towards alcohol**

No significant change (and no significant difference from national figures) in attitudes towards drinking:

- 56% of 13 year olds and 77% of 15 year olds thought it was okay for someone their age to try drinking to see what it's like.

### **3.3 Drugs Prevalence**

No significant change and no significant difference from national figures in the prevalence of drug use:

- 2% of 13 year olds and 15% of 15 year olds reported using drugs in the last month.

### **3.4 Attitudes towards drugs**

A significant increase in positive attitudes towards cannabis use was noted:

- 7% of 13 year olds and 30% of 15 year olds thought it was okay for someone their age to try cannabis to see what it's like (no significant difference from national figures).

### **3.5 Accessibility to drugs**

A significant increase in proportion of young people who rated how easy it would be to access illegal drugs or had been offered drugs was noted:

- 25% of 13 year olds and 54% of 15 year old reported that it would be 'very or 'fairly' easy to get illegal drugs if they wanted to (no significant difference from national figures).
- 23% of 13 year olds and 44% of 15 year olds reported they had been offered drugs (no significant difference from national figures).

### **3.5 Smoking Prevalence**

A significant decrease in prevalence of young people regularly smoking was noted:

- 1% of 13 year olds and 7% of 15 year olds were regular smokers (no significant difference from national figures).

### **3.6 Attitudes towards smoking 13 years olds**

No significant change noted in 13 year olds attitudes towards trying smoking to see what it's like:

- 17% of 13 year olds felt it was ok for someone their age to 'try smoking to see what it's like' (no significant difference from national figures).

### **3.7 Attitudes towards smoking 15 years olds**

A significant decrease noted in 15 year olds attitudes towards trying smoking to see what it's like:

- 47% of 15 year olds felt it was ok for someone their age to 'try smoking to see what it's like' (no significant difference from national figures).

### **3.8 E-cigarette use**

A significant increase in prevalence of young people trying or using e-cigarettes:

- 21% of 13 year olds and 37% of 15 year olds reported either trying or using e-cigarettes (no significant difference from national figures).

## **4. Recommendations**

That the ADP notes the above findings.

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