

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

ANSWERS

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

b) 44%

56% of 11 - 15 year-olds haven't drunk alcohol in England. At age 11, more than 99% of girls and boys don't drink alcohol regularly and just 2% of 11-15 year-olds have been drunk three or more times in the past 4 weeks. (HSCIC 2018)

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

a) less than 10%

In 2018, 3% of boys and girls in England said they drink at least weekly. In Scotland it was 4%, In Wales it was 4%. (HBSC 2018)

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 2018 the figure was just 6%. Among 11-15 year-olds, 24% of girls and 26% of boys reported consuming alcohol in the past week in 2003. The figure for 2018 was 11% for girls and 9% for boys. (HSCIC 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 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 2018 found that 10% of 15 year-olds girls in Wales and 13% of boys, reported drinking at least once a week. For Scotland 18% of boys and 14% of girls drank at least weekly and for England 13% of girls and 13% of boys. The average across the European countries studied was 9% for girls and 16% for boys - 13% overall. (HSCIC 2018, HSBC 2018)

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6. Across Europe what proportion of 16 year-olds have been drunk over the last month?

c) 35%

Levels of drunkenness vary - In 2015, 54% of 16 year-olds had been drunk in the past 30 days in Austria and 44% in Slovenia, 38% in Greece and 23% in Finland and less than 19% in Norway. The average level is 35%. (ESPAD 2015)

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

a) Denmark

In the most recent ESPAD study, average last-day alcohol consumption was 9.3 centilitres of pure alcohol for Denmark (the highest of the countries studied) 4.7 for Poland (4.7 centilitres of pure alcohol was the average for all the countries) and 0.7 for Romania.

8. Do you think...

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

b) That girls drink as much 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%.

In Wales, more 15 year-old girls than boys report having been drunk in the last 30 days and more girls than boys reported having been drunk more than 4 times in their lifetime. In Scotland, more girls than boys reported having been drunk more than twice in their lifetime (33% v 30%). Girls drink spirits predominantly, whereas boys prefer beer

Sources:

ESPAD European school survey project on alcohol and other drugs (published 2016), a survey carried out every 4 years among 15 and 16 year-olds across the EU.

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

Student Health and Wellbeing In Wales: Report of the 2017/18 Health Behaviour in School-aged Children Survey and School Health Research Network Student Health and Wellbeing Survey

Findings from the HBSC 2018 survey in Scotland

HSCIC Smoking, drinking and drug use among young people in England 2018 (published 2019).

Public Health Local Area Profiles for England (LAPE), 2018.

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

(SCOTLAND)

PSE 14-16 WORKSHEET

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 2013 /14)

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 2015 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 2013/14)

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

(SCOTLAND)

PSE 14-16 WORKSHEET

6. Across Europe what proportion of 16 year-olds have consumed more than 5 drinks at least once in the last 30 days?

a) **35%**

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 most recent 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.

8. Do you think...

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

b) Girls are catching up with 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 22%, with Denmark the highest at 38% and Iceland the lowest at 6%. (ESPAD).

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

HBSC Health behaviour in school-aged children study: 2013/14 report (published 2015) following the behaviours of 11-15 year-olds across Europe.

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

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