



Young Persons' Alcohol and Tobacco Survey 2015

Report

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1. Executive summary

Every two years, since 2005, Lancashire County Council's Trading Standards have taken part in a North West wide survey of 14-17 year olds on the subjects of alcohol and tobacco use.

The 2015 survey was conducted online from 5 January to 31 March 2015. In total, 2,185 14-17 year olds who live in Lancashire completed the survey.

1.1. Key findings

1.1.1 Alcohol

- Around two-fifths of respondents (41%) say they never drink alcohol. The trend since the 2005 survey has been an increasing proportion of respondents who say they never drink alcohol (13% in 2005 to 41% in 2015, never drink alcohol).
- Only about one in ten respondents (11%) say they drink alcohol once a week or more.
- Nearly three out of every ten respondents who drink alcohol (29%) say that they never drink five or more alcoholic drinks on one occasion (drinking 5 or more alcoholic drinks is classed as binge drinking).
- Nearly half of respondents who drink alcohol (49%) say they mostly drink at home, when their parents are in.
- A fifth of respondents (20%) say that they are aware of 'drinking dens' or 'party houses' in their area.
- Three-fifths of respondents who drink alcohol (60%) say that their parents/guardians buy/give alcohol to them. Half of respondents who drink alcohol (50%) say that their friends/family over 18 buy/give it to them.
- Nearly three-quarters of respondents who drink alcohol (74%) say that their own taste preferences influence what alcohol they choose to drink.
- Over two-thirds of respondents who drink alcohol (70%) say that they don't drink any alcohol in a typical week.

1.1.2 Risk taking behaviour

- Over one in ten respondents (12%) say that they have been violent or in a fight whilst drunk.
- One in twenty respondents (5%) say that they have been in a car with a young person who has been drinking alcohol.
- About one in six respondents (16%) say they have had sex.
- Over a fifth of respondents who have had sex and drink alcohol have regretted having sex after drinking (21%).

1.1.3 Tobacco

- About a third of respondents (32%) say that at least one parent or guardian smokes.
- Over two-thirds of respondents (67%) say that they have never tried smoking. The proportion of respondents who say they have never smoked has increased since 2007 (36% in 2007; 45% in 2009; 51% in 2011; and 59% in 2013 said that they had never tried smoking).
- About one in ten respondents (11%) currently smoke.
- Over half of respondents who smoke (53%) started smoking when they were 13 or 14.
- Nearly two-fifths of respondents who smoke (38%) buy their cigarettes/tobacco from off-licences, newsagents and supermarkets.

1.1.4 Electronic cigarettes

- Around a third of respondents (36%) say they have used electronic cigarettes at least once or twice.

1.1.5 Shisha

- Around a sixth of respondents (17%) say they have used shisha at least once or twice.

1.1.6 Legal highs and illicit drugs

- Around one in seven respondents (13%) say they have tried cannabis at least once or twice.
- Around one in ten respondents (7%) say they have tried legal highs at least once or twice.

1.1.7 Energy drinks

- About half of respondents (48%) say they drink energy drinks.
- Around three-fifths of respondents (59%) say that they have mixed energy drinks with alcohol.
- Around three-fifths of respondents who drink energy drinks (61%) drink two or less energy drinks in a typical week.
- Around a third of respondents (34%) say they are aware of friends who regularly mix energy drinks with alcohol.
- Around two-fifths of respondents (41%) don't think that energy drinks should have an age restriction. Half of respondents (50%) think that energy drinks should be restricted to over 16s and less than one in ten respondents (8%) think that they should be restricted to over 18s.

1.2. Conclusions

1.2.1 Alcohol

The trend since the 2005 survey has been for an increase in the proportion of respondents to say they never drink alcohol.

The proportion of respondents who drink alcohol who say they mostly drink outside has reduced considerably since 2005 from two-fifths of respondents to one in twenty respondents in 2015.

The proportion of respondents who are aware of 'drinking dens' or 'party houses' in their area has decreased for around a third in 2013 to a fifth in 2015.

Data has been collected for some, but not all, of the attitudes to alcohol statements since 2007. Looking at the responses to these statements over time highlights a general trend towards a more controlled attitude towards alcohol. The only issue not to follow this trend is respondents' attitude to making sure they are not on their own when they are out drinking.

1.2.2 Risk taking behaviour

Risk taking behaviour has generally declined since 2007.

There has been a continued downward trend since 2007 of respondents who have been violent or in a fight whilst drunk. Around a third of respondents who drink alcohol had been violent or in a fight whilst drunk in the 2007 survey and only around one in ten respondents who drink alcohol had been violent or in a fight whilst drunk in the 2015 survey.

There has been a continued downward trend since 2007 of respondents who have ever been in a car with a young person driving who has been drinking alcohol. In the 2007 survey around one in six respondents had been in a car with a young person driving who been drinking alcohol and in 2015 only one in twenty respondents had been in a car with a young person driving who had been drinking alcohol.

1.2.3 Tobacco

The trend since the 2007 survey has been for an increase in the proportion of respondents who say they have never tried smoking.

1.2.4 *Electronic cigarettes*

The proportion for respondents who have never tried electronic cigarettes has decreased from around three quarters of respondents in the 2013 to around two-thirds of respondents in the 2015.

Respondents who smoke tobacco or have smoked tobacco previously are more likely to say they have tried or use shisha, and are more likely to use them more than once a week, than respondents who have never tried tobacco.

1.2.5 *Shisha*

Since 2013 there has been an increase in the proportion of respondents who say they have never used shisha, from just under four-fifths of respondents to just over four-fifths of respondents.

Respondents who smoke tobacco or have smoked tobacco previously are more likely to say they have tried or use shisha, than respondents who have never tried tobacco.

1.2.6 *Legal highs and illicit drugs*

Around one in ten respondents say they have tried cannabis at least once. Respondents who are heavier drinkers¹ are more likely to have tried cannabis and the proportion of respondents who say they have tried or use cannabis increases with age.

Around one in twenty respondents say they have tried legal highs at least once. As with cannabis use, respondents who are heavier drinkers are more likely to have tried legal highs and the proportion of respondents who say they have tried or use legal highs increases with age.

1.2.7 *Energy drinks*

Since 2013 the proportion of respondents drinking energy drinks has decreased. However, the proportion of respondents mixing them with alcohol has increased.

In the 2013 survey around two-thirds of respondents said that they drink energy drinks, this fell to about half of respondents in the 2015 survey. Nearly three-fifths of respondents who drink alcohol and energy drinks say that they have mixed energy drinks with alcohol, up from just under half of respondents in 2013.

¹ Heavier drinkers are defined as respondents who drink 5 or more alcoholic drinks on one occasion 1-3 times a month or more.

2. Introduction

Every two years, since 2005, Lancashire County Council's Trading Standards have taken part in a North West wide survey of 14-17 year olds on the subjects of alcohol and tobacco use.

The 2015 questionnaire was designed and developed by Trading Standards North West and Mustard Research. For respondents in Lancashire.

The survey was conducted online and was administered through the 24 schools that signed up to take part.

The fieldwork period ran from 5 January to 31 March 2015. In total, 2,185 14-17 year olds who live in Lancashire completed the survey.

As an incentive for schools to take part, and for them to encourage their pupils to complete the survey, any school that submitted 200 responses or more was offered a short report of the survey findings for their school. During the fieldwork period, to encourage them to submit a minimum of 200 responses, schools were provided with updates about the number of responses submitted from their pupils.

3. Research objectives

The objectives of this survey were to look at pupil's views about alcohol, tobacco and other substances and to identify general trends. Questions looked specifically at:

- attitudes towards and level of consumption of alcohol;
- level of consumption of various tobacco products; and
- level of consumption of electronic cigarettes and shisha.

4. Methodology

The survey was completed online by pupils in 24 schools across Lancashire. The schools were signed up prior to the fieldwork period. Pupils were then encouraged to complete the questionnaire by their school. Many schools set time aside during lessons for their pupils to complete the questionnaire. The number of responses per school varied significantly with one school submitting over 600 responses while most schools returned less than 100 responses.

Pupils younger than 14 and older than 17 years old, and pupils who live outside of Lancashire, were able to complete the questionnaire. However, the study's focus is on 14-17 year olds who live in Lancashire. Therefore, the data presented in this report only includes pupils who live in Lancashire and who are 14-17 years old.

The data was screened for responses from pupils who gave clearly inaccurate responses. The main criteria for the data cleaning was to remove pupils who clearly overstated their alcohol use. Respondents who stated that they drank more than 21 drinks a week were removed from the data; this resulted in 229 responses being removed.

4.1. Limitations

In charts or tables where responses do not add up to 100%, this is due to multiple responses or computer rounding.

The survey is not a random sample survey and the respondents are unlikely to be totally representative of the full population of pupils in Lancashire. Therefore, the findings should only be treated as indicative. This is particularly important when considering the district level findings.

The findings of this survey show that age influences alcohol and tobacco use. Therefore, as the age profile of the sample changes each year, comparisons of survey results over time should also be treated with caution. For example, less than 1% of the sample in 2005 consisted of 14 year olds, but in 2015 30% of the sample consisted of 14 year olds.

Where findings have been split by district, only results for districts with a minimum of 90 responses have been presented.

5. Demographics

Around two-fifths of respondents (41%) are male and around three-fifths (59%) are female.

Table 1 - Gender

	%
Male	41%
Female	59%

Base: all respondents (2,180)

Just under a third of respondents (30%) are 14 years old, while just over a third of respondents (36%) are 15 years old. Nearly a quarter of respondents (23%) are 16 years old and about one in ten respondents (11%) are 17 years old.

Table 2 - Age

	%
14	30%
15	36%
16	23%
17	11%

Base: all respondents (2,185)

Around nine out of ten respondents (91%) would describe their ethnic background as white and about one in ten respondents (9%) would describe themselves as having another ethnic background.

Table 3 - Ethnicity

	%
White	91%
BME	9%

Base: all respondents (2,185)

Respondents were asked to state which district they live in. The number of responses per district varies considerably. For example, 586 respondents say they live in Preston, but only 80 respondents say they live in Hyndburn.

Due to the methodology of the survey, the demographic profile of respondents is not representative of the actual demographic profile of 14-17 year olds in each of the districts. For example, 73% of respondents in Lancaster are female and 73% of respondents in Wyre are 14 years old. Therefore, many of the differences between districts are not due to actual differences in the districts but due to other factors such as differences between genders or age groups.

Table 5 - Number of respondents in each district by gender, age and ethnicity

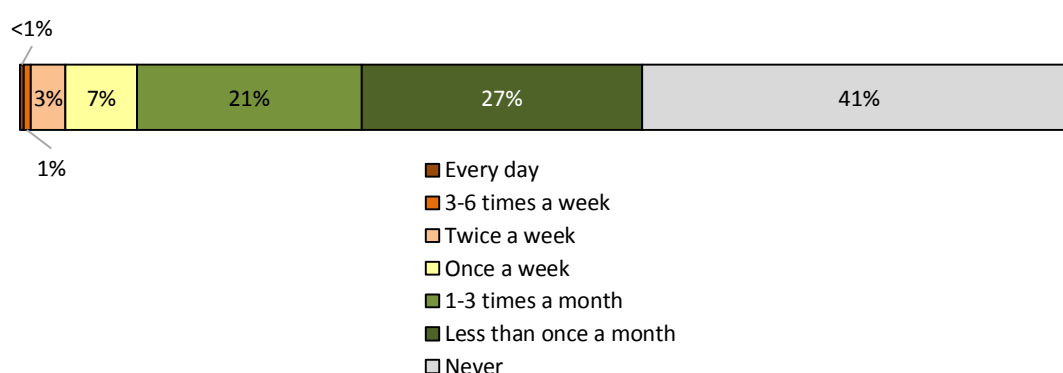
	No of respondents	Male	Female	14	15	16	17	White	BME
Burnley	170	51%	49%	28%	43%	26%	2%	92%	8%
Chorley	223	52%	48%	62%	26%	6%	5%	95%	5%
Fylde	102	42%	58%	32%	41%	23%	4%	92%	8%
Hyndburn	82	43%	57%	9%	44%	41%	6%	88%	12%
Lancaster	280	27%	73%	20%	45%	26%	8%	92%	8%
Pendle	31	47%	53%	16%	61%	16%	6%	75%	25%
Preston	586	36%	64%	18%	35%	27%	19%	84%	16%
Ribble Valley	262	47%	53%	35%	35%	20%	10%	94%	6%
Rosendale	77	57%	43%	45%	34%	18%	3%	96%	4%
South Ribble	46	28%	72%	24%	48%	20%	9%	93%	7%
West Lancashire	257	40%	60%	30%	28%	25%	18%	98%	2%
Wyre	48	44%	56%	73%	15%	8%	4%	95%	5%
TOTAL	2,164								

6. Main research findings

6.1. Alcohol

Respondents were asked how often they would say they drink alcohol. Around two-fifths of respondents (41%) say they never drink alcohol. Only about one in ten respondents (11%) say they drink alcohol once a week or more. These figures are similar to the findings of the 2013 survey in which just under two fifths of respondents (39%) said they never drink alcohol and one in six respondents (16%) said they drink once a week or more.

Chart 1 - How often would you say you drink alcohol?



Base: all respondents (2,185)

The trend since the 2005 survey has been for an increasing proportion of respondents to say they never drink alcohol.

Table 6 - Proportion of respondents who never drink alcohol

	2005	2007	2009	2011	2013	2015
Never drink alcohol	13%	11%	19%	21%	39%	41%
Number of respondents	693	971	1,618	1,449	3,442	2,185

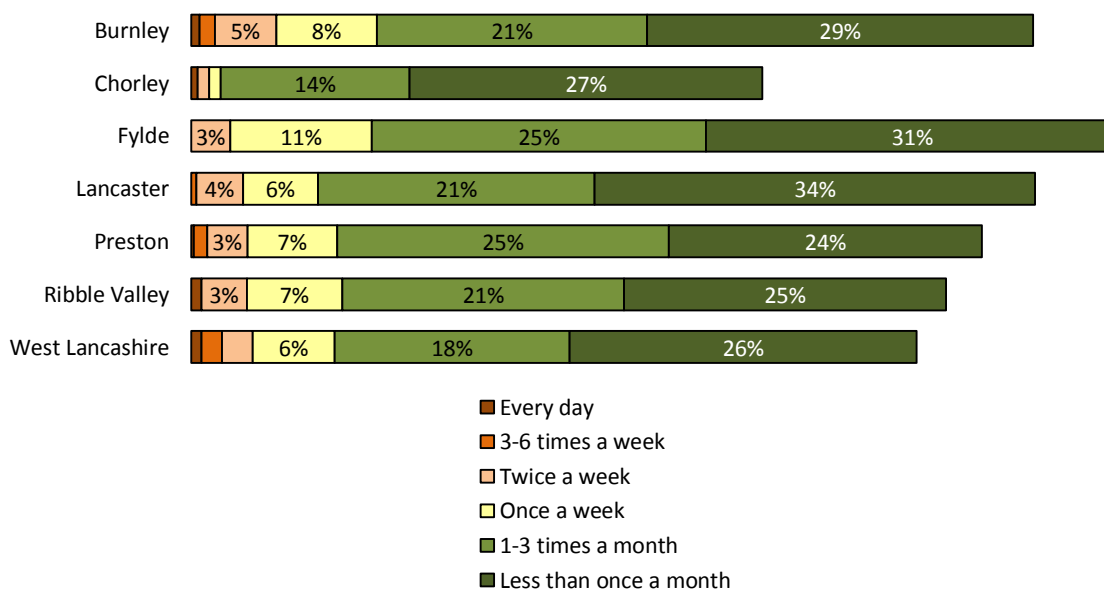
Older respondents are more likely to say they drink alcohol and are also more likely to say they drink alcohol more often.

Table 7 - How often would you say you drink alcohol? By age

	14	15	16	17
Every day	0%	1%	0%	2%
3-6 times a week	0%	0%	1%	2%
Twice a week	2%	4%	3%	8%
Once a week	4%	7%	7%	12%
1-3 times a month	14%	22%	27%	29%
Less than once a month	23%	27%	31%	25%
Never	57%	40%	31%	23%
Number of respondents	652	786	503	244

Chorley has the smallest proportion of respondents who say they drink, but this may be due to the age profile of respondents in Chorley as it has the largest proportion of 14 year old respondents.

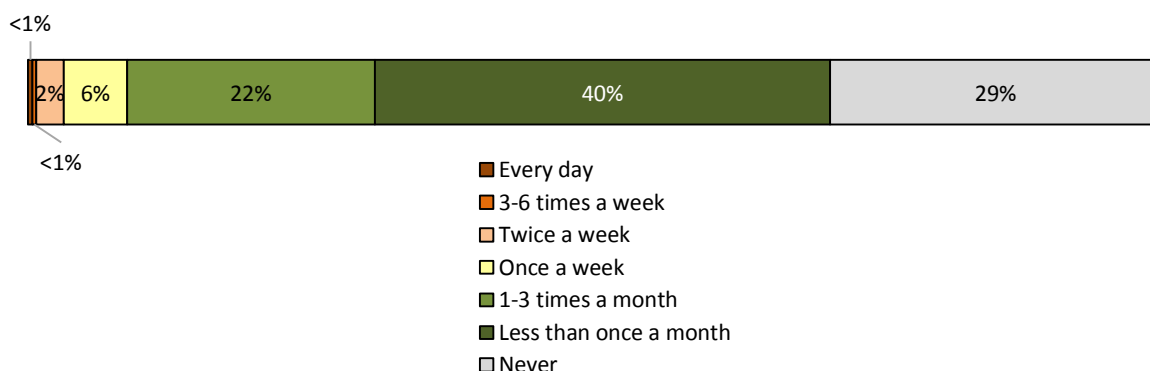
Chart 2 - How often would you say you drink alcohol? By district



Base: all respondents in each district (102-586)

Around three in every ten respondents who drink alcohol (29%) say that they never drink five or more alcoholic drinks on one occasion. This is an increase from the 2013 survey, in which just over a fifth of respondents who drink alcohol (22%) said that they never drink five or more alcoholic drinks on one occasion.

Chart 3 - How often would you say that you drink five or more alcoholic drinks on one occasion?



Base: respondents who drink alcohol (1,284)

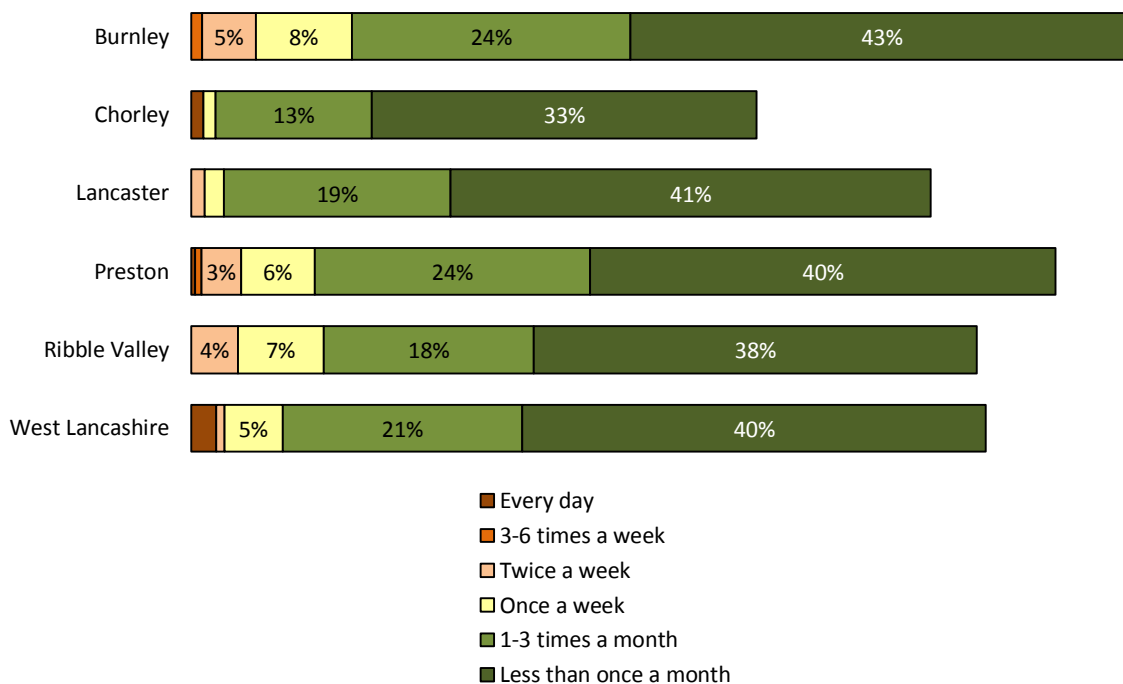
Of those respondents who drink alcohol, older respondents are more likely to say they drink five or more alcoholic drinks on one occasion and are also more likely to say they do so more often.

Table 8 - How often would you say that you drink five or more alcoholic drinks on one occasion? By age

	14	15	16	17
Every day	0%	0%	0%	2%
3-6 times a week	0%	0%	0%	1%
Twice a week	0%	2%	2%	6%
Once a week	4%	4%	5%	12%
1-3 times a month	19%	19%	25%	28%
Less than once a month	34%	42%	46%	34%
Never	42%	32%	21%	17%
Number of respondents	280	472	346	186

Chorley has the smallest proportion of respondents who say they drink five or more alcoholic drinks on one occasion, but again it also has the largest proportion of 14 year old respondents.

Chart 4 - How often would you say you drink five or more alcoholic drinks on one occasion? By district



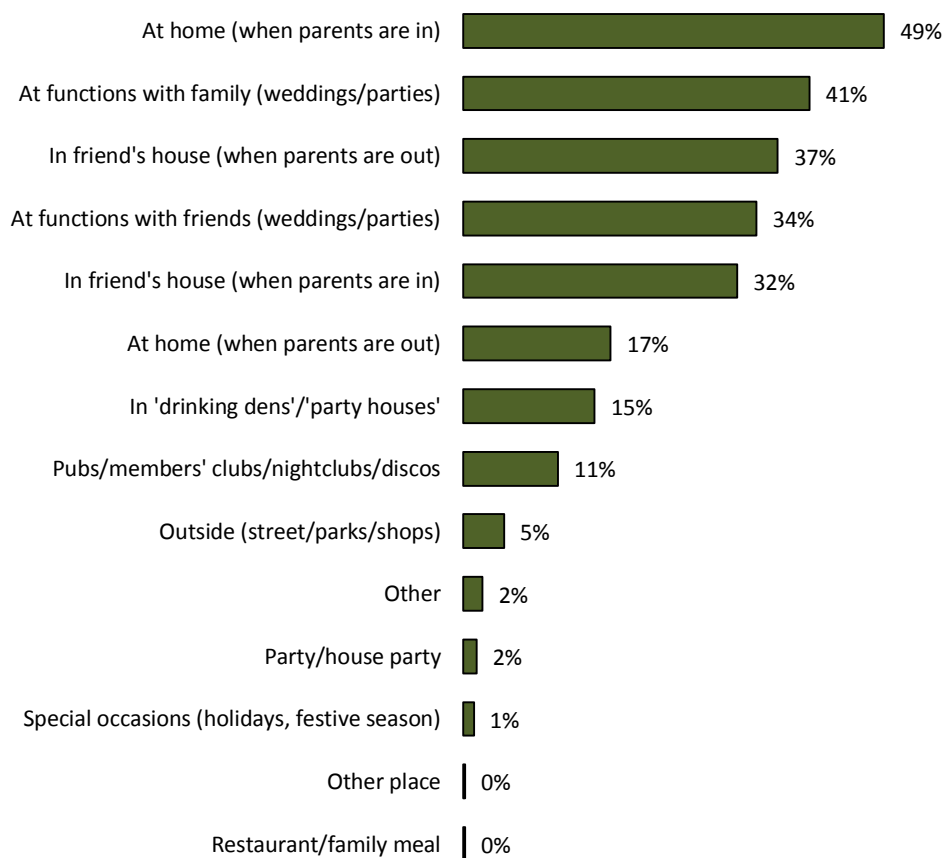
Base: respondents who drink alcohol in each district (97-351)

Nearly half of respondents who drink alcohol (49%) say they mostly drink at home, when their parents are in.

About one in six respondents who drink alcohol (15%) say they mostly drink in 'drinking dens'/party houses', about one in ten (11%) say they mostly drink in pubs/members' clubs/nightclubs/discos.

One in twenty respondents who drink alcohol (5%) say they mostly drink outside. The proportion of respondents who say they mostly drink outside has reduced considerably since 2005 when two-fifths of respondents who drink alcohol said they mostly drink outside (40% in 2007; 32% in 2009; 22% in 2011; and 14% in 2013 said they most drink outside).

Chart 5 - Where do you mostly drink?

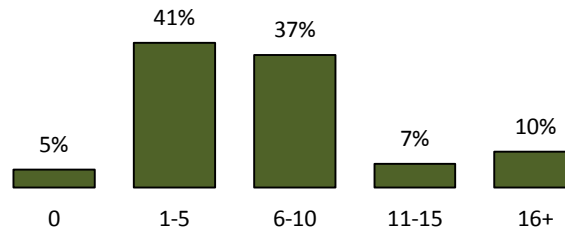


Base: respondents who drink alcohol (1,273)

Three in every ten respondents aged 17 (30%) say they mostly drink in pubs/members' clubs/nightclubs/discos. This is a smaller proportion than in the 2013 survey, when just under half of respondents aged 17 (47%) said they mostly drink in pubs/members' clubs/nightclubs/discos.

Only 59 respondents say that they drink alcohol outside. Nearly half of these respondents (46%) say that they usually drink with 5 or less other people and nearly two-fifths (37%) say that they usually drink with 6-10 other people.

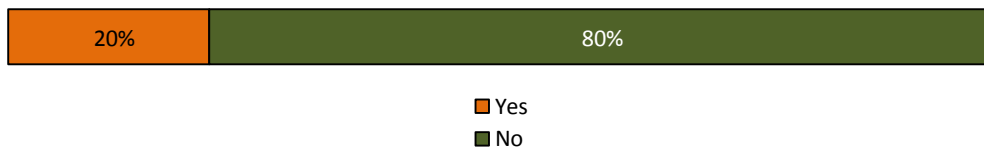
Chart 6 - When drinking outside, approximately how many other people do you usually drink with?



Base: respondents who drink alcohol outside (59)

All respondents were asked if they are aware of any 'drinking dens' or 'party houses' in their area. A fifth of respondents (20%) say that they are aware of 'drinking dens' or 'party houses' in their area. In the 2013 survey a larger proportion of respondents were aware of 'drinking dens' or 'party houses' in their area (30% of respondents were aware of drinking dens or party houses in their area in 2013).

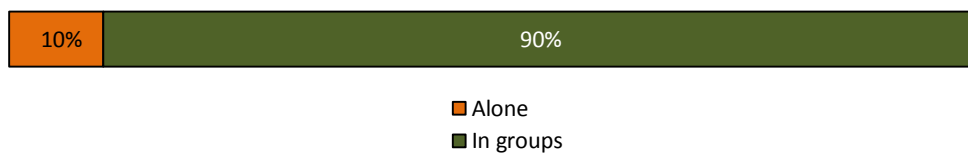
Chart 7 - Are you aware of any 'drinking dens' or 'party houses' in your area?



Base: all respondents (2,183)

Respondents who drink alcohol were then asked if they tend to drink alone or in groups. Nine out of ten respondents (90%) say that they tend to drink in groups.

Chart 8 - Do you tend to drink alone or in groups?

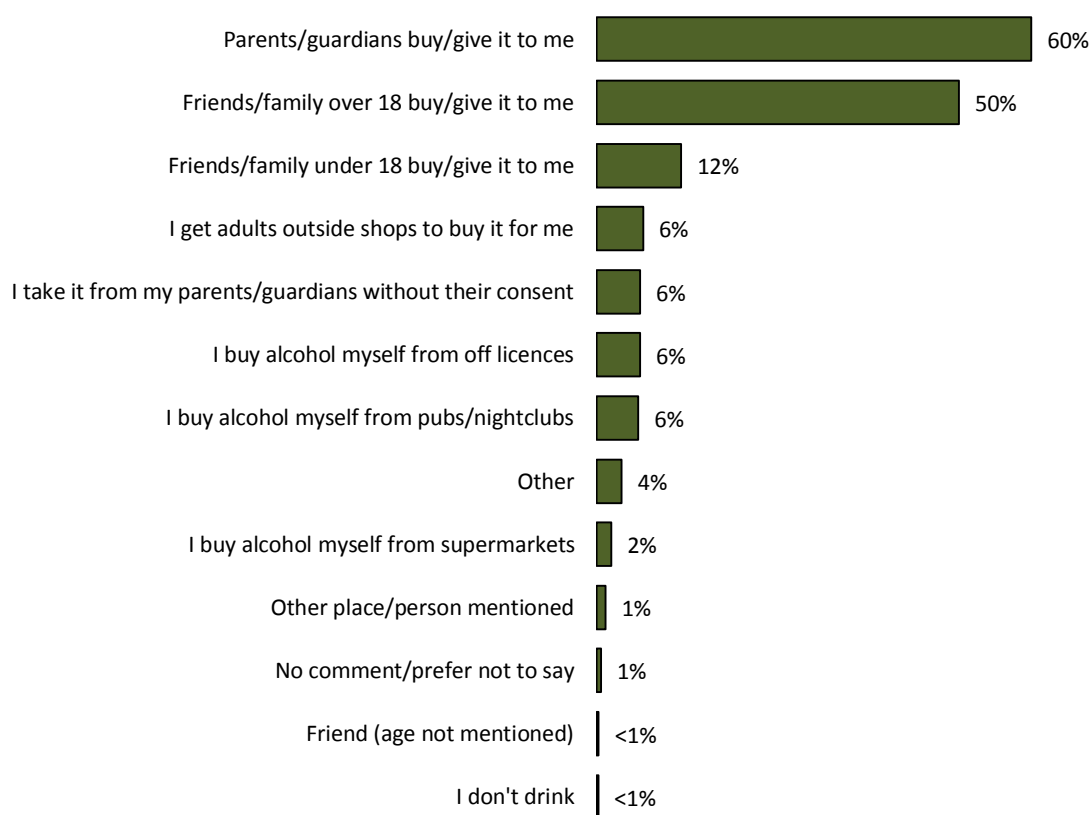


Base: respondents who drink alcohol (1,271)

Respondents who drink alcohol were then asked where they get their alcohol from. Three-fifths of respondents who drink alcohol (60%) say that their parents/guardians buy/give it to them. This broadly similar to the findings from the 2013 and 2011 surveys (57% in 2013 and 59% in 2011 said they get alcohol from their parents/guardians), but an increase when compared to the findings from the 2009 and 2007 surveys (53% in 2009 and 51% in 2007 said they get alcohol from their parents/guardians).

Half of respondents who drink alcohol (50%) say that their friends/family over 18 buy/give it to them.

Chart 9 - Where do you get your alcohol from?

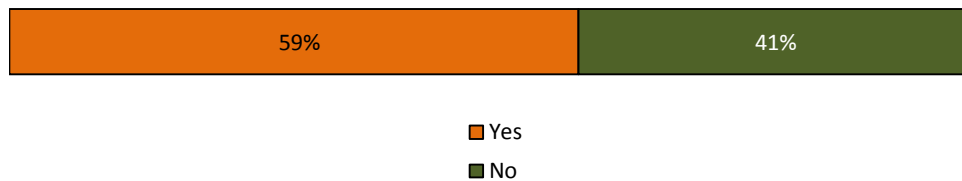


Base: respondents who drink alcohol (1,405)

Just under a third of respondents who drink and are aged 17 (29%) say they buy their alcohol themselves (from off licences, pub/nightclubs and/or supermarkets).

Respondents who have bought alcohol themselves were then asked if they have ever been asked for ID when buying alcohol. Nearly three-fifths of respondents (57%) say that they have been asked for ID when buying alcohol. The proportion of respondents who have been asked for ID when buying alcohol has remained broadly similar since the 2007 survey.

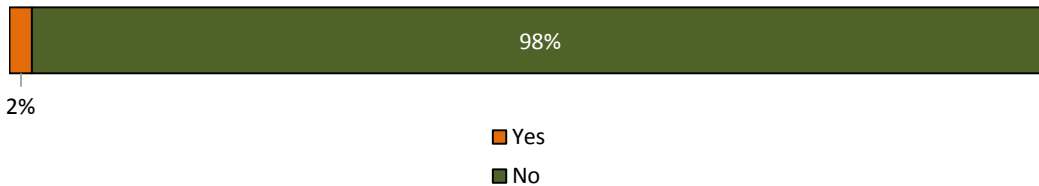
Chart 10 - Have you ever been asked for ID when buying alcohol?



Base: respondents who drink alcohol and buy it themselves (137)

All respondents were asked if they have fake ID. Only 2% of respondents say that they have fake ID.

Chart 11 - Do you have fake ID?

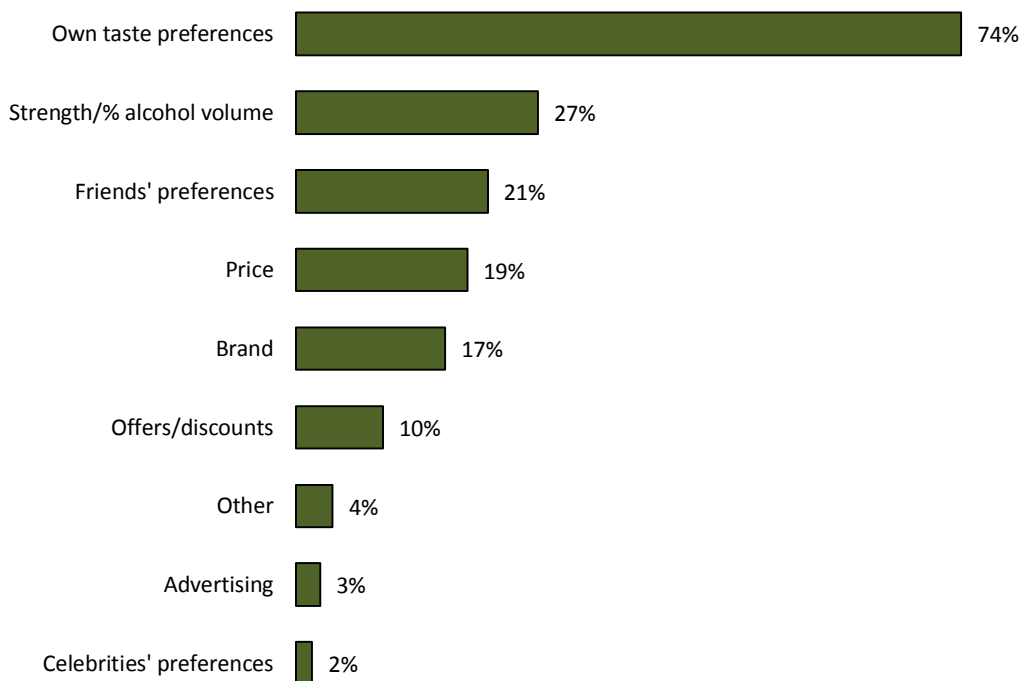


Base: all respondents (2,180)

Of the respondents with fake ID, about half of them say that they use an older brother's/sister's/friend's ID and about one in six say that they bought it from the internet.

Respondents who drink alcohol were then asked to select from a list of options what influences what alcohol they choose to drink. Nearly three-quarters of respondents who drink alcohol (74%) say that their own taste preferences influence what alcohol they choose to drink.

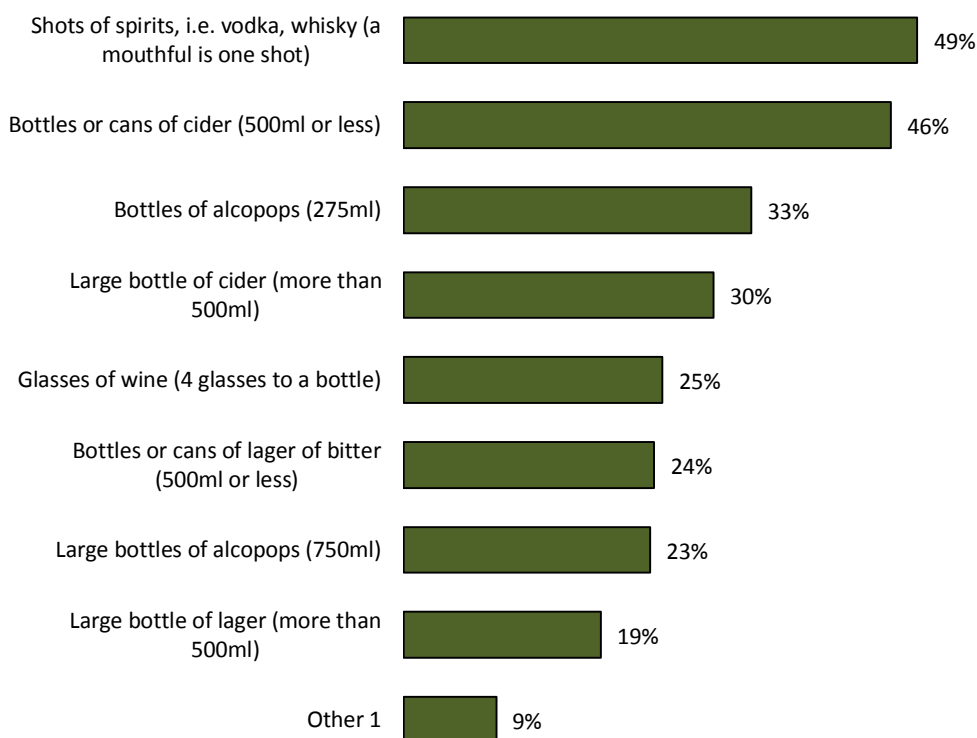
Chart 12 - Which of the following influences what alcohol you choose to drink?



Base: respondents who drink alcohol (1,266)

Respondents who drink alcohol were then presented with a list of types of alcohol and asked which types they drink. The most common responses are that they drink shots of spirits (49%) and bottles or cans of cider that are 500ml or less (46%).

Chart 13 - Which of the following do you drink?



Base: respondents who drink alcohol (1,257)

Female respondents who drink alcohol are more likely to drink shots (55%). Older respondents (16-17 year olds) who drink alcohol are also more likely to drink shots (%).

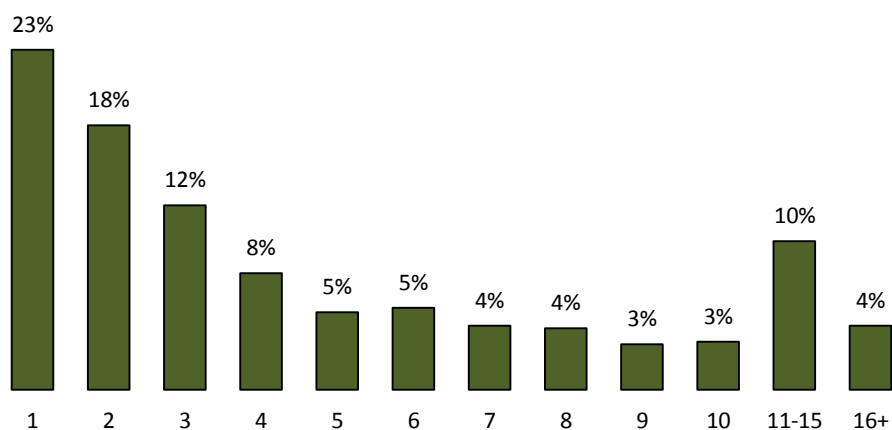
Table 9 - Proportion of young people who drink shots of spirits, by age

	14	15	16	17
Shots of spirits, i.e. vodka, whiskey (a mouthful is one shot)	35%	46%	58%	61%
Number of respondents	272	459	341	185

Based on their answers to the question about what they drink, respondents were then asked how many of that type of drink they have in a typical week. Over two-thirds of respondents who drink alcohol (70%) say that they don't drink any alcohol in a typical week.

Of those respondents who do say that they drink alcohol in a typical week, about two-fifths (41%) say that they drink one or two drinks.

Chart 14 - Total number of alcoholic drinks in a typical week



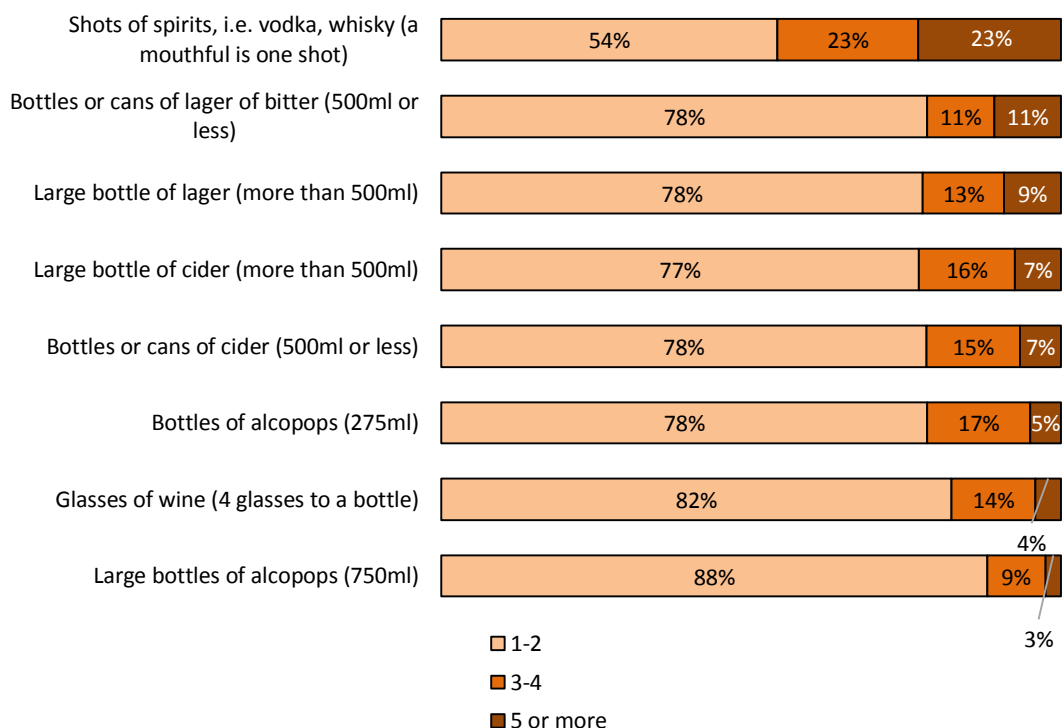
Base: respondents who drink alcohol in a typical week (656)

Respondents who drink alcohol and say they drink a specific type of alcohol, eg shots of spirits, were asked how much of that type they drink in a typical week.

Respondents who don't drink that type of alcohol in a typical week are excluded from the analysis of this question.

Nearly a quarter of respondents who drink shots of spirits in a typical week (23%) say they drink 5 or more shots.

Chart 15 - In a typical week how many of the following do you drink?



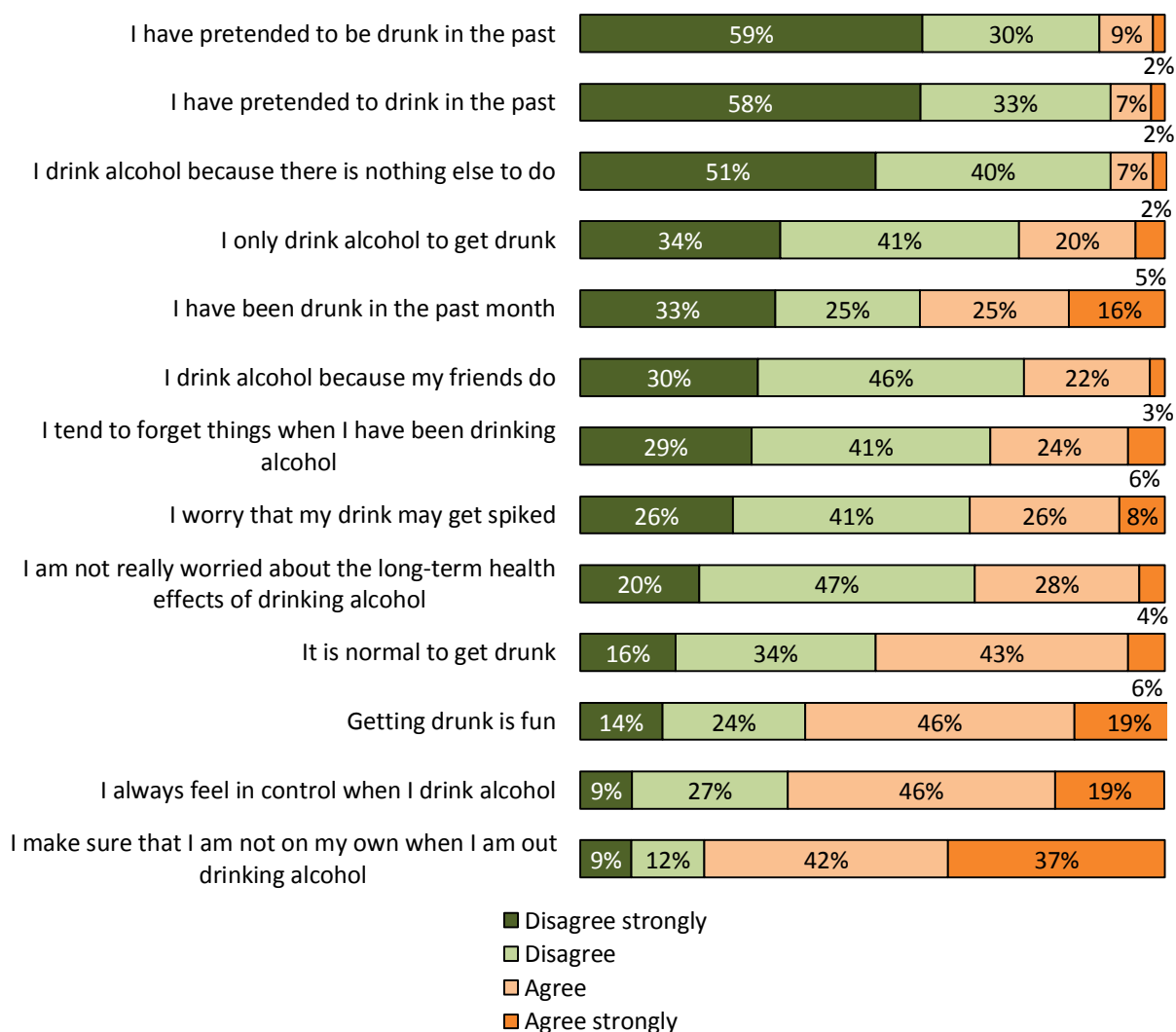
Base: respondents who drink alcohol in a typical week (117-273)

Respondents who drink alcohol were then asked how strongly they agree or disagree with a number of statements about drinking alcohol.

The statements that respondents are most likely to disagree with are: I have pretended to be drunk in the past (91% disagree), I drink alcohol because there is nothing else to do (91% disagree) and I have pretended to drink alcohol in the past (89% disagree).

The statements that respondents are most likely to agree with are: I make sure I am not on my own when I am out drinking alcohol (79% agree), I always feel in control when I drink alcohol (65% agree) and getting drunk is fun (65% agree).

Chart 16 - How strongly do you agree or disagree with the following statements?

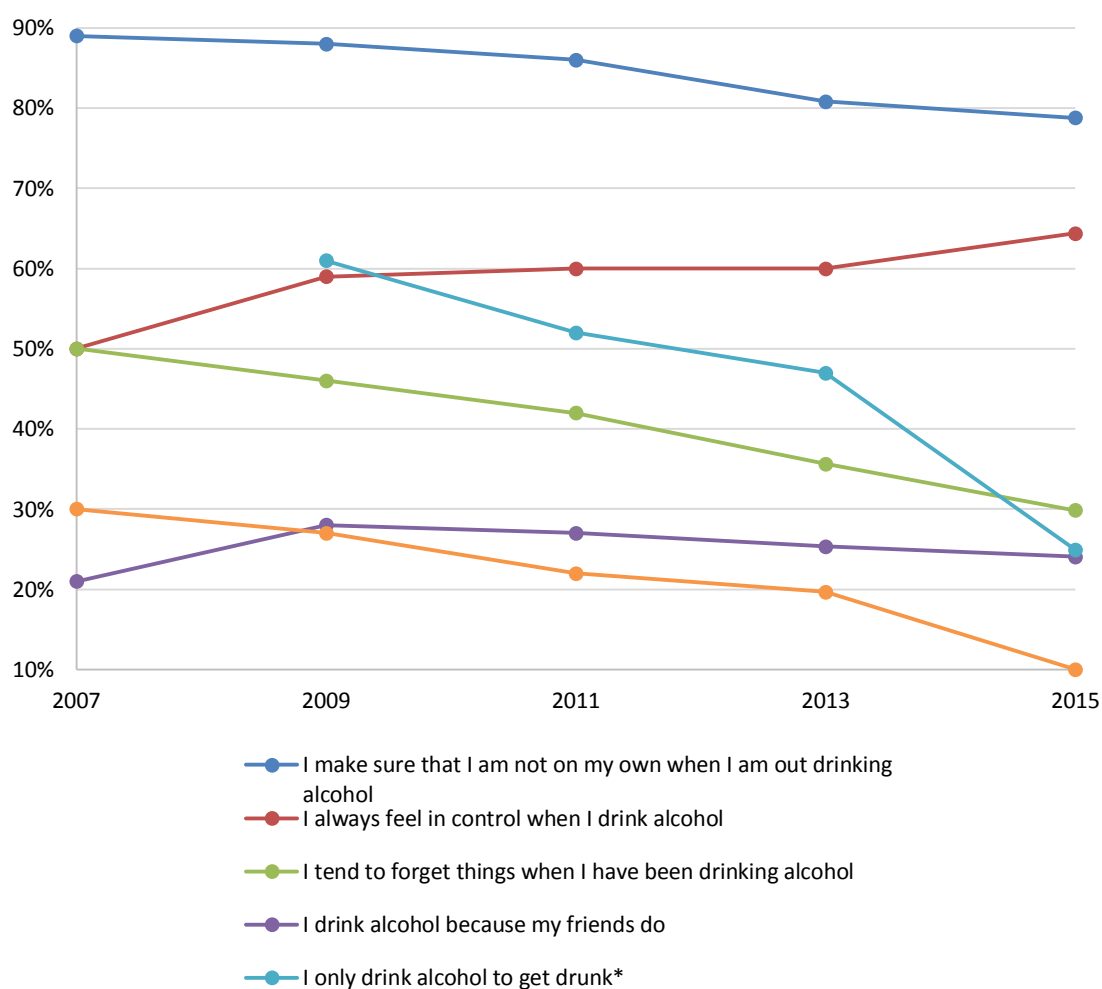


Base: respondents who drink alcohol (1,238-1,254)

Data has been collected for some, but not all, of the attitudes to alcohol statements since 2007. Looking at the responses to these statements over time highlights a general trend towards a more controlled attitude towards alcohol. For example, the proportion from respondents who only drink alcohol to get drunk has fallen from about three-fifths in 2009 to a quarter in 2015.

The only issue not to follow this trend is respondents' attitude to making sure they are not on their own when they are out drinking, which has decreased from nearly nine in ten respondents to less than four-fifths of respondents.

Chart 17 - Agreement with the statements about attitudes to alcohol, by year



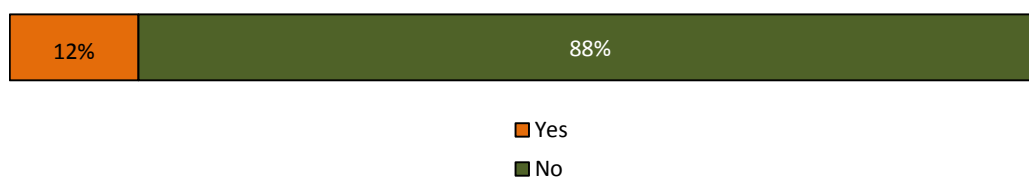
Base: respondents who drink alcohol (684-2,014)

*not asked in 2007

6.2. Risk taking behaviour

Respondents who drink alcohol were then asked if they have been violent or in a fight whilst drunk. Over one in ten respondents (12%) say that they have been violent or in a fight whilst drunk; down from around a quarter of respondents (23%) in 2013. This is a continued downward trend since 2007 when around a third of respondents (32%) had been violent or in a fight whilst drunk.

Chart 18 - Have you been violent or in a fight whilst drunk?



Base: respondents who drink alcohol (1,263)

Respondents who are heavier drinkers² are more likely to say that they have been violent or in a fight whilst drunk (24%).

Respondents who drink alcohol and are aged 17 are more likely to say that they have been in a fight whilst drunk.

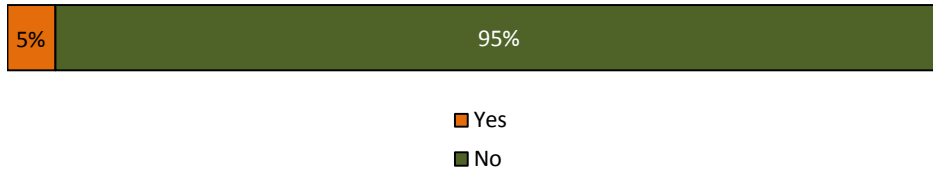
Table 10 - Have you been violent or in a fight whilst drunk? By age

	14	15	16	17
Yes	12%	10%	12%	19%
No	88%	90%	88%	81%
Number of respondents	274	465	339	185

² Heavier drinkers are defined as respondents who drink 5 or more alcoholic drinks on one occasion 1-3 times a month or more.

One in twenty respondents (5%) say that they have been in a car with a young person who has been drinking alcohol. This is down from 2007 when around one in six respondents (17%) had been in a car with a young person who had been drinking alcohol.

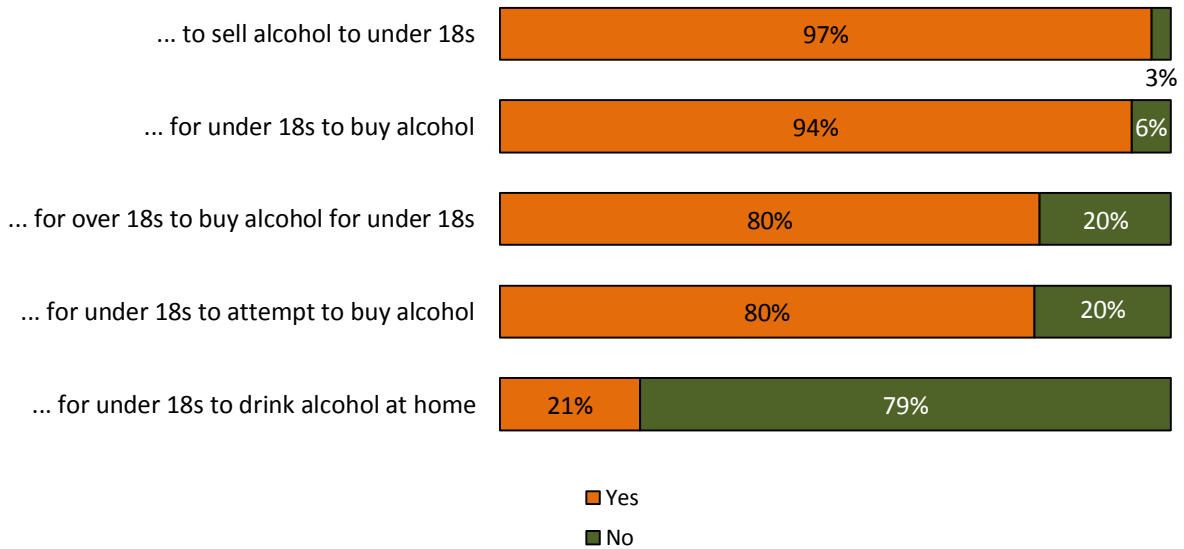
Chart 19 - Have you ever been in a car with a young person driving who has been drinking alcohol?



Base: all respondents (2,174)

All respondents were then asked if they thought a number of statements about criminal offences and alcohol were true or false. A fifth of respondents (20%) don't know it is an offence for under 18s to attempt to buy alcohol. Just over a fifth of respondents (21%) don't know that it is not an offence for under 18s to drink alcohol at home.

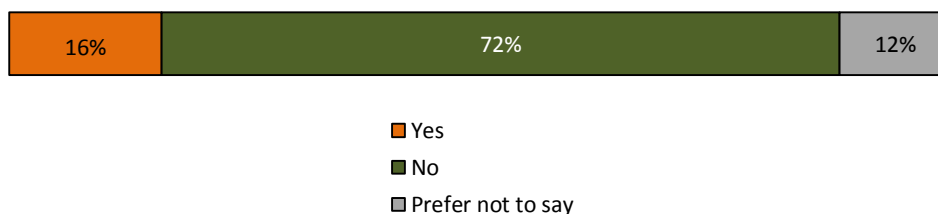
Chart 20 - Is it a criminal offence...?



Base: respondents who drink alcohol (2,158-2,147)

All respondents were asked if they have ever had sex. About one in six respondents (16%) say they have had sex.

Chart 21 - Have you ever had sex?



Base: all respondents (2,181)

Respondents who are heavier drinkers³ are more likely to say that they have had sex.

In both the 2015 and the 2013 surveys, older respondents are more likely to say they have had sex. However, the proportion of respondents in each age group who say they have had sex is smaller in 2015 than it was in 2013.

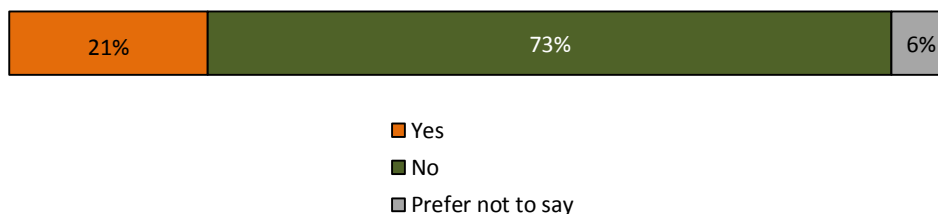
Table 11 - Proportion of respondents who have had sex. By age and survey year

	14	15	16	17	No of respondents
2013	20%	30%	41%	77%	2,181
2015	4%	13%	20%	51%	2,092

³ Heavier drinkers are defined as respondents who drink 5 or more alcoholic drinks on one occasion 1-3 times a month or more.

Respondents who have had sex and who drink alcohol were then asked if they have ever regretted having sex with someone after drinking. Around a fifth of respondents have regretted having sex after drinking (21%).

Chart 22 - Have you ever regretted having sex with someone after drinking?



Base: respondents who have had sex and who drink alcohol (303)

6.3. Tobacco

All respondents were asked if any of their parents/guardians smoke. About a third of respondents (32%) say that at least one parent or guardian smokes. In 2013, two-fifths of respondents (40%) said that at least one parent or guardian smokes.

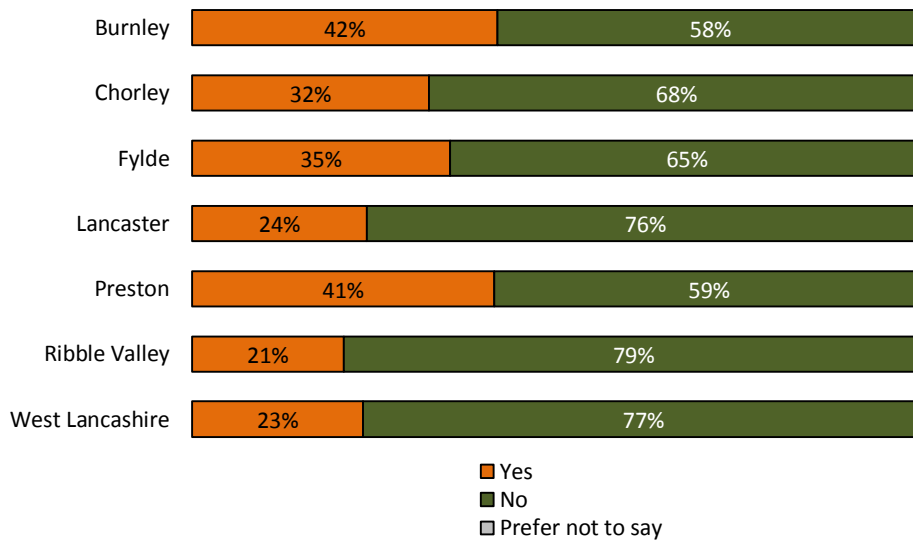
Chart 23 - Do any of your parents/guardians smoke?



Base: all respondents (2,181)

Respondents in Burnley and Preston are most likely to say that at least one parent or guardian smokes (42% and 41% respectively).

Chart 24 - Do any of your parent/guardians smoke? By district

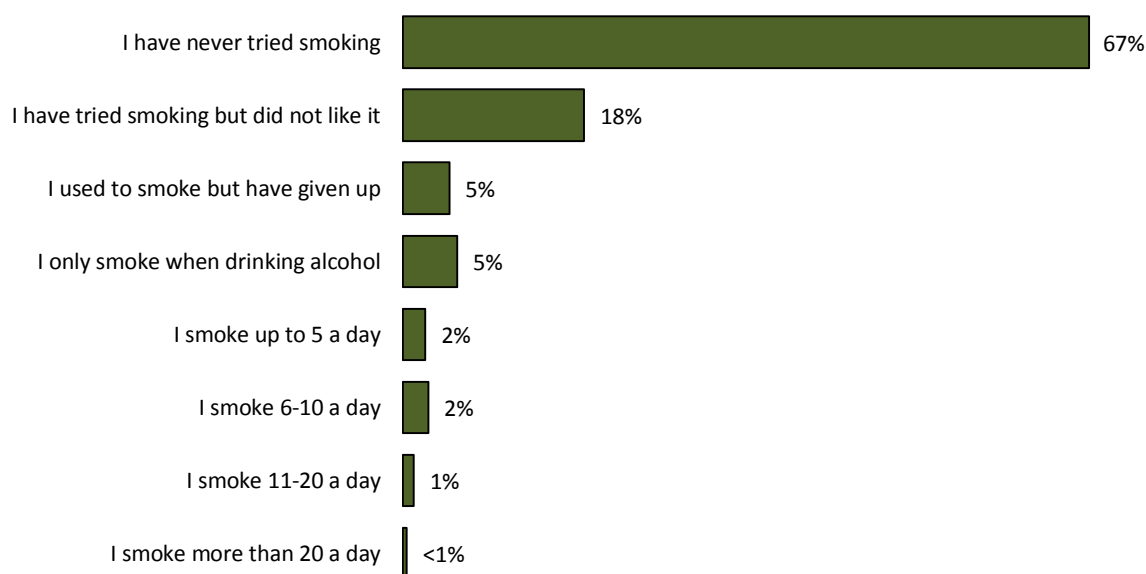


Base: all respondents (102-585)

Respondents were then asked which of several statements about smoking best described them. Around two-thirds of respondents (67%) say that they have never tried smoking. The proportion of respondents who say they have never smoked has increased since 2007 (36% in 2007; 45% in 2009; 51% in 2011; and 59% in 2013 said that they had never tried smoking).

About one in ten respondents (11%) currently smoke, down from about one in six respondents (16%) in 2013.

Chart 25 - Which of the following best describes you?



Base: all respondents (2,169)

Respondents who are heavier drinkers⁴ and respondents whose parents smoke are less likely to say that they have never tried smoking (29% and 49% respectively).

Older respondents are more likely to say they currently smoke.

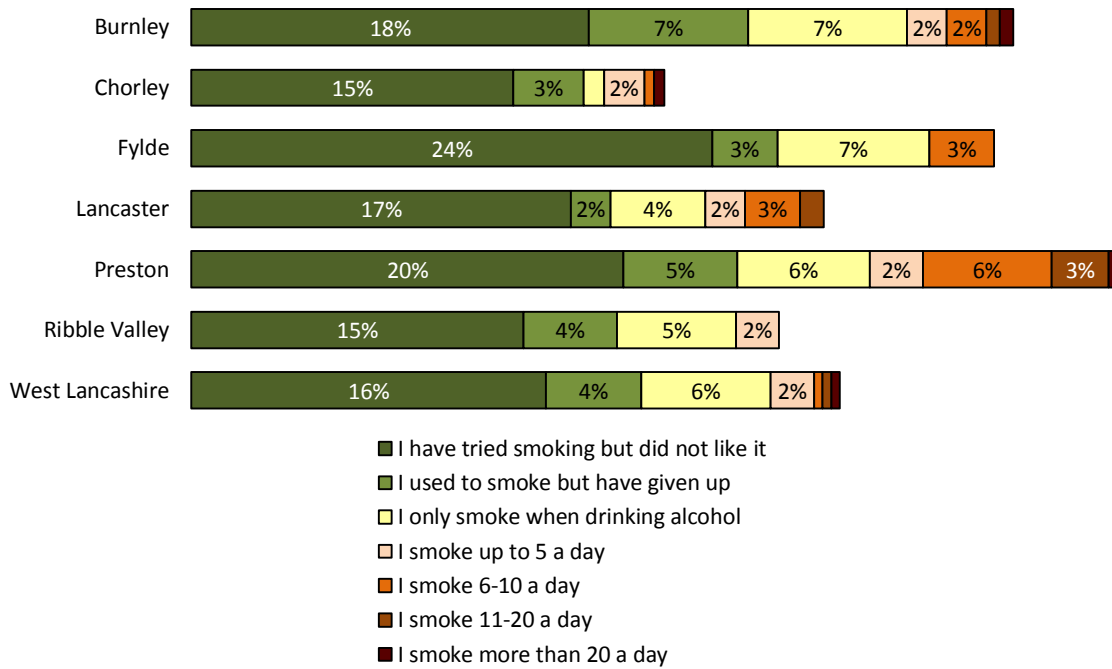
Table 12 - Proportion of respondents who currently smoke. By age

	14	15	16	17
Proportion of respondents who currently smoke	5%	8%	16%	29%
Number of respondents	651	783	503	244

⁴ Heavier drinkers are defined as respondents who drink 5 or more alcoholic drinks on one occasion 1-3 times a month or more.

Respondents in Preston are more likely to currently smoke (17%)⁵.

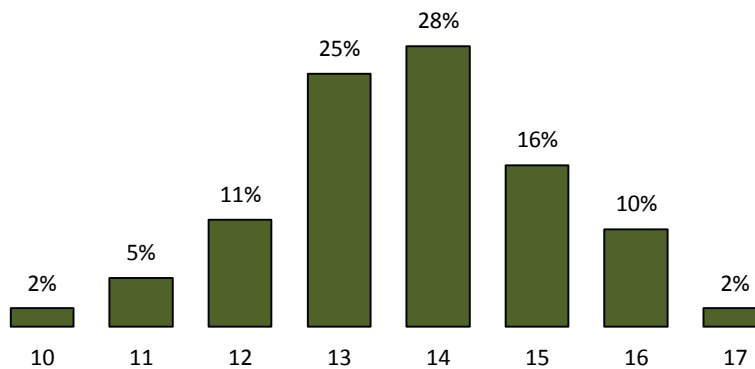
Chart 26 - Which of the following best describes you? By district



Base: all respondents (102-585)

Respondents who have ever smoked were then asked how old they were when they started smoking. Over half of respondents who smoke (53%) started smoking when they were 13 or 14.

Chart 27 - How old were you when you started smoking?

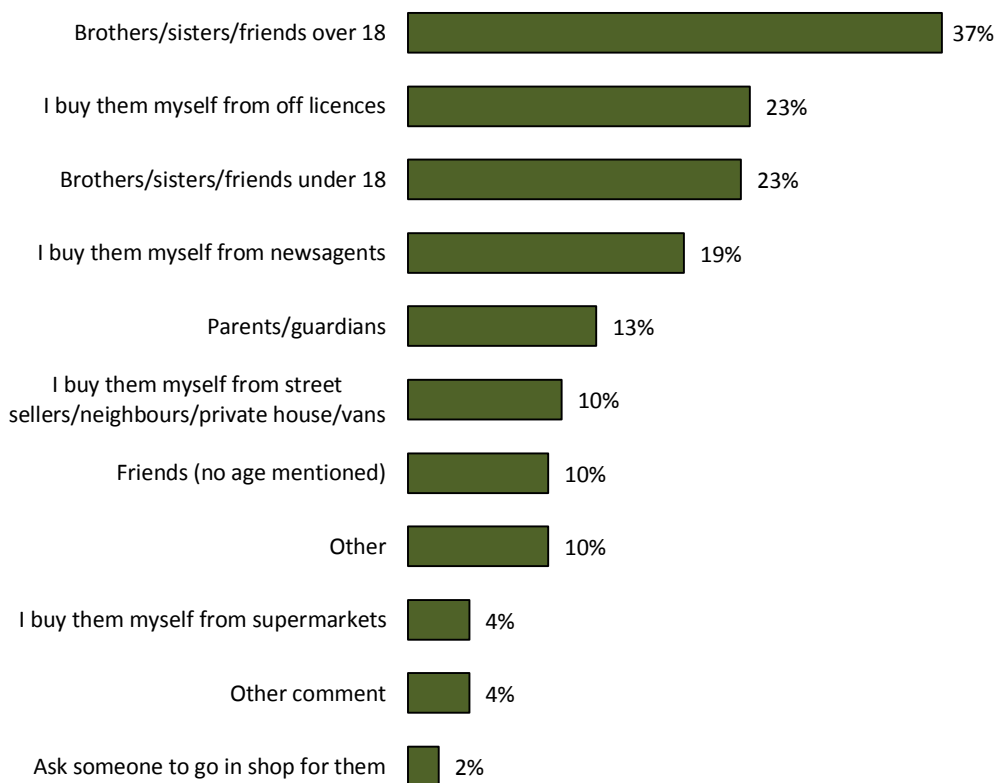


Base: respondents who smoke (327)

⁵ 19% of Preston's respondents are 17 which is the highest proportion for a district.

Respondents who smoke were then asked where they get their cigarettes/tobacco from. The most common response is that they get them from brothers/sisters/friends over 18 (37%). Nearly two-fifths of respondents who smoke (38%) buy their cigarettes/tobacco from off-licences, newsagents and supermarkets.

Chart 28 - Where do you or did you get your cigarettes/tobacco from?

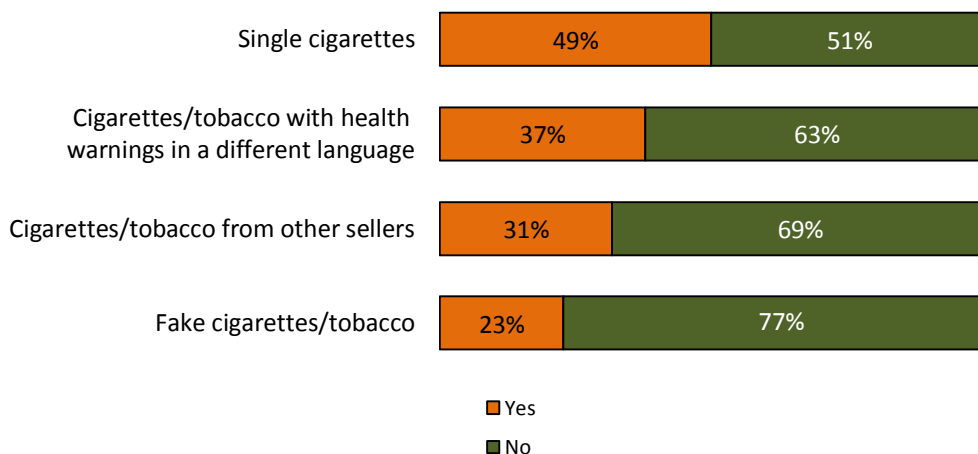


Base: respondents who smoke (334)

Respondents who smoke were then asked if they had bought different types of tobacco product such as fake cigarettes and single cigarettes.

About half of respondents (49%) said that they had bought single cigarettes.

Chart 29 - Have you ever bought?



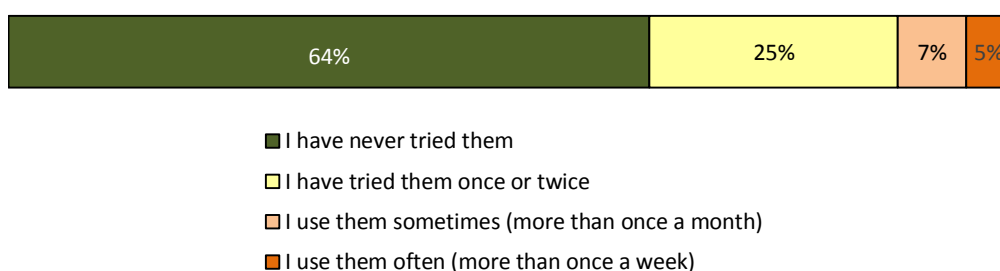
Base: respondents who smoke (335-322)

6.4. Electronic cigarettes

All respondents were then asked about their use of electronic cigarettes.

Around two-thirds of respondents (64%) say they have never used them. This is a decrease from 2013 when nearly three-quarters of respondents (73%) said they had never used them⁶.

Chart 30 - Which one of the following statements is the closest to describing your experience of e-cigarettes?



Base: all respondents (2,181)

Older respondents are more likely to say they have tried or use electronic cigarettes.

Table 13 - Which one of the following statements is the closest to describing your experience of e-cigarettes? By age

	14	15	16	17
I use them often (more than once a week)	4%	3%	7%	7%
I use them sometimes (more than once a month)	5%	7%	8%	8%
I have tried them once or twice	23%	24%	25%	34%
I have never tried them	69%	66%	61%	51%
Number of respondents	653	786	501	241

⁶ The question asked in 2013 was worded differently and respondents could only provide a 'yes' or 'no' answer. The question was 'Have you ever bought or tried electronic cigarettes?'

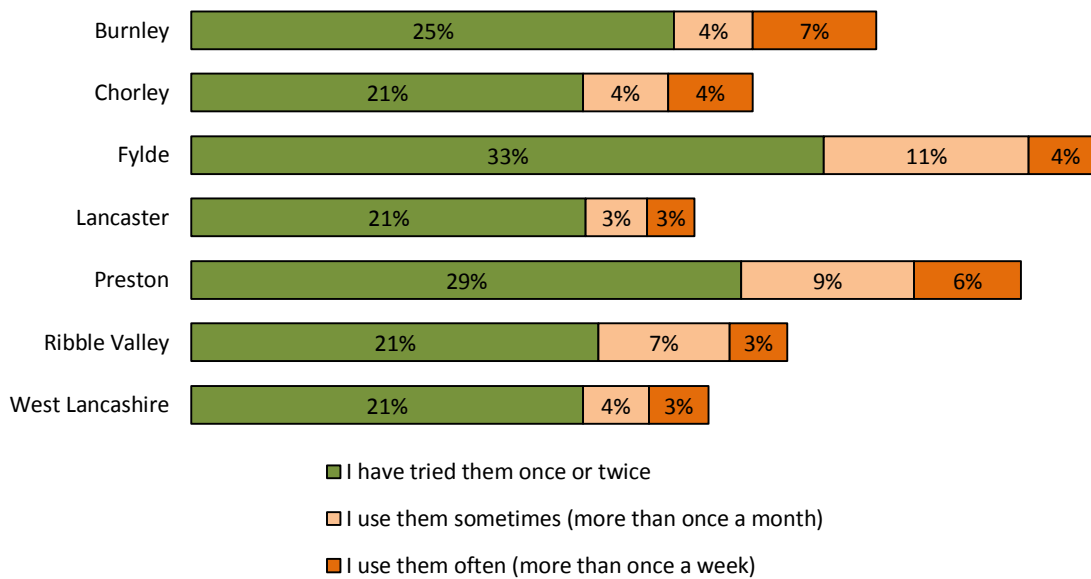
Male respondents are more likely to say they use electronic cigarettes more than once a week.

Table 14 - Which one of the following statements is the closest to describing your experience of e-cigarettes? By gender

	Male	Female
I use them often (more than once a week)	6%	3%
I use them sometimes (more than once a month)	8%	6%
I have tried them once or twice	24%	25%
I have never tried them	62%	65%
Number of respondents	889	1285

Lancaster has the lowest proportion of respondents who say they have tried or use electronic cigarettes (27%).

Chart 31 - Which one of the following statements is the closest to describing your experience of e-cigarettes? By district



Base: all respondents (102-583)

Respondents who smoke tobacco or have smoked tobacco previously are more likely to say they have tried or use e-cigarettes and are more likely to use them more than once a week.

Table 15 - Which one of the following statements is the closest to describing your experience of e-cigarettes? By tobacco smoking status

	Never smoked	Tried but did not like	Ex-smokers	Current smokers
I use them often (more than once a week)	0%	5%	22%	19%
I use them sometimes (more than once a month)	1%	8%	24%	26%
I have tried them once or twice	12%	53%	37%	44%
I have never tried them	87%	34%	18%	11%
Number of respondents	1956	464	119	314

Respondents who use electronic cigarettes and who smoke tobacco were then asked if they had tried a real cigarette or electronic cigarette first.

Nearly three-quarters of respondents (71%) say they tried a real cigarette first.

Chart 32 - Which one of the following statements is the closest to describing your experience of e-cigarettes?

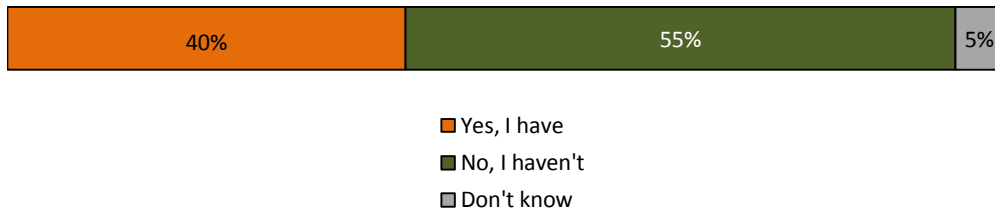


- I tried smoking a real cigarette before I first tried using an e-cigarette
- I tried using an e-cigarette before I first tried smoking a real cigarette
- I have never smoked a real cigarette but have tried an e-cigarette
- I don't remember

Base: respondents who use electronic cigarettes (303)

Two-fifths of respondents who use electronic cigarettes (40%) say that they have used an electronic cigarette in the last month.

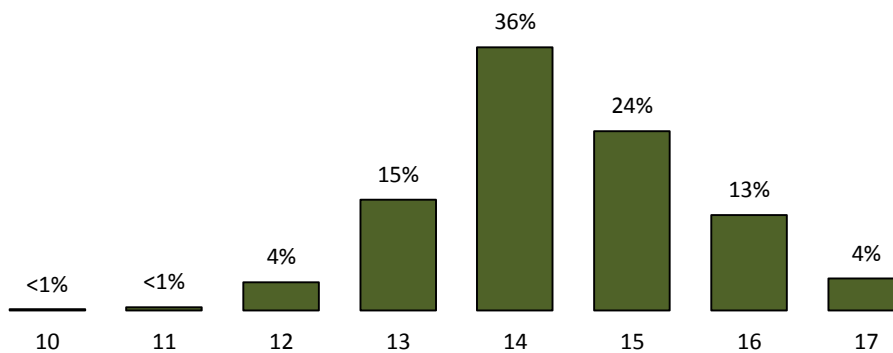
Chart 33 - Have you used an e-cigarette in the last month?



Base: respondents who use electronic cigarettes (785)

Three-fifths of respondents who use e-cigarettes (60%) were 14 or 15 when they started using electronic cigarettes.

Chart 34 - How old were you when you started using e-cigarettes?



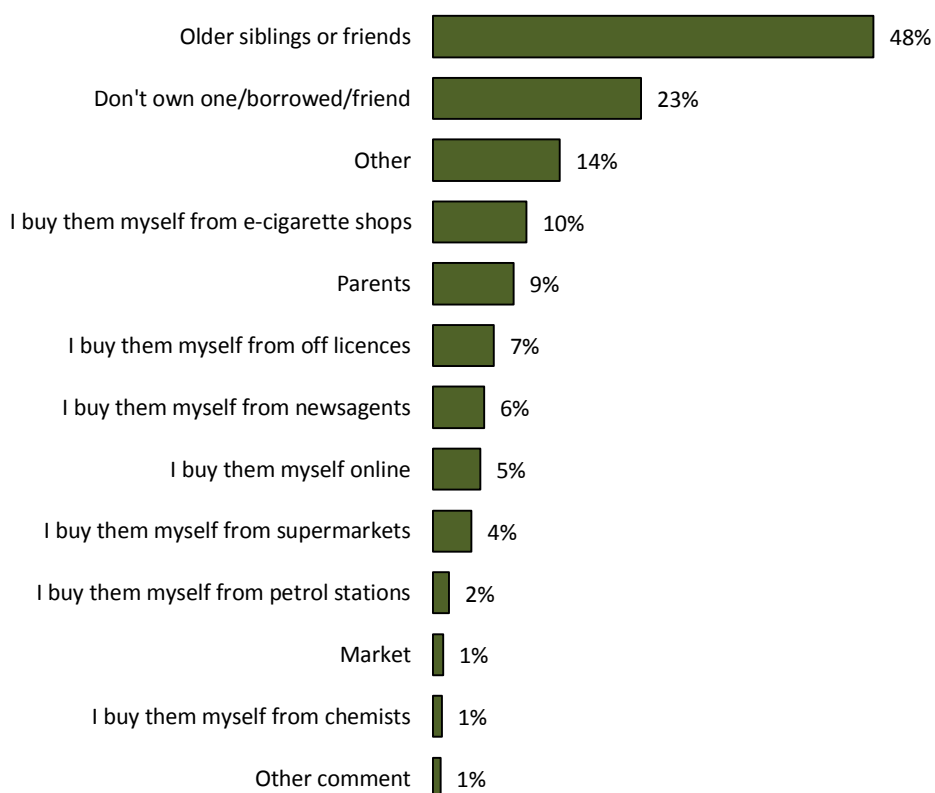
Base: respondents who use electronic cigarettes (624)

Respondents who use electronic cigarettes were then asked where they get their electronic cigarettes from.

Nearly half of respondents (48%) say they get them from older siblings or friends.

A quarter of respondents (25%) have bought e-cigarettes themselves (from e-cigarette shops/off licences/online/supermarkets/petrol stations/markets/chemist).

Chart 35 - Where do or did you get your e-cigarettes from?



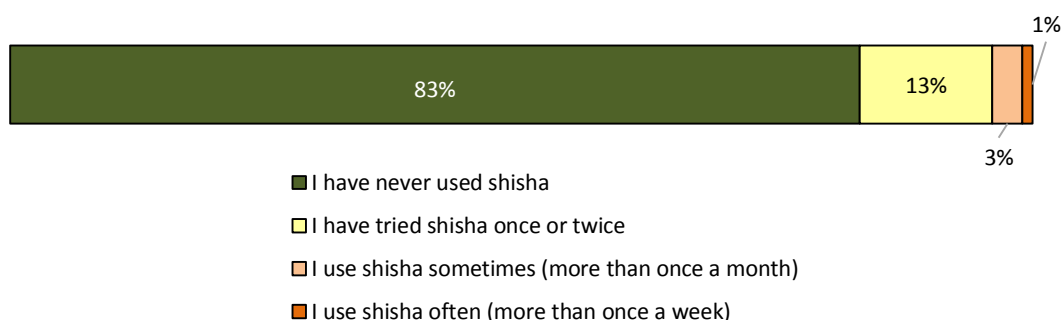
Base: respondents who use electronic cigarettes (731)

6.5. Shisha

All respondents were then asked about their use of shisha.

Over four-fifths of respondents (83%) say they have never used shisha. In 2013 just under four-fifths of respondents (79%) said that they had never tried shisha⁷.

Chart 36 - Which one of the following statements is the closest to describing your experience of shisha smoking?



Base: all respondents (2,174)

Older respondents are more likely to say they have tried or use shisha.

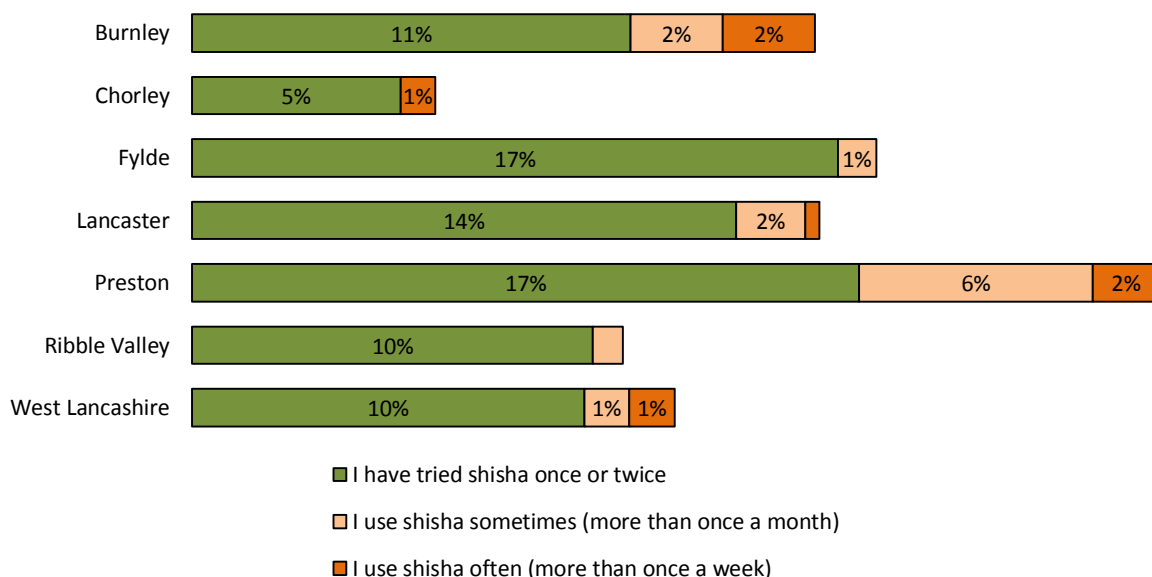
Table 16 - Which one of the following statements is the closest to describing your experience of shisha smoking? By age

	14	15	16	17
I use shisha often (more than once a week)	0%	1%	2%	2%
I use shisha sometimes (more than once a month)	1%	3%	4%	6%
I have tried shisha once or twice	10%	13%	13%	20%
I have never used shisha	88%	84%	81%	72%
Number of respondents	649	784	499	242

⁷ The question asked in 2013 was worded differently and respondents could only provide a 'yes' or 'no' answer. The question was 'Have you ever tried or experimented with shisha smoking, even once?'

Chorley has the lowest proportion of respondents who say they have tried or use shisha (6%)⁸.

Chart 37 - Which one of the following statements is the closest to describing your experience of shisha smoking? By district



Base: all respondents (102-583)

Respondents who smoke tobacco or have previously smoked tobacco are more likely to say they have tried or use shisha.

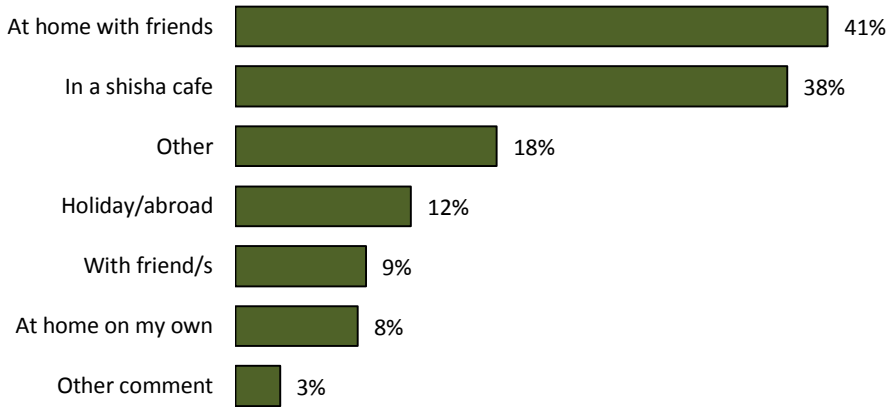
Table 17 - Which one of the following statements is the closest to describing your experience of shisha smoking? By tobacco smoking status

	Never smoked	Tried but did not like	Ex-smokers	Current smokers
I use shisha often (more than once a week)	0%	2%	5%	2%
I use shisha sometimes (more than once a month)	1%	5%	8%	10%
I have tried shisha once or twice	5%	26%	31%	33%
I have never used shisha	94%	67%	55%	55%
Number of respondents	1950	463	118	311

⁸ 64% of respondents in Chorley are 14 years old.

Around two-fifths of respondents who say they have used shisha (41%) say they have used it at home with friends and just under two-fifths (38%) say they used shisha in a shisha cafe.

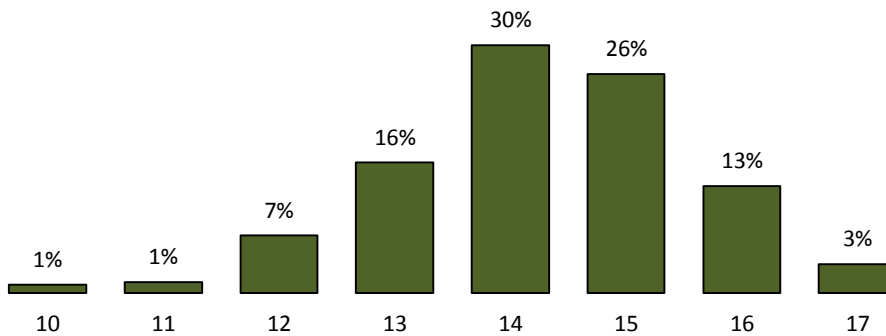
Chart 38 - Where do or did you smoke shisha?



Base: respondents who have tried shisha (355)

Nearly three-fifths of respondents who say they have used shisha (56%) were 14 or 15 when they started using it.

Chart 39 - How old were you when you started using shisha?



Base: respondents who have tried shisha (318)

Over two-fifths of respondents who have used electronic cigarettes and shisha (43%) tried shisha before using an e-cigarette and two-fifths of respondents (40%) tried using an e-cigarette before trying shisha.

Chart 40 - Which one of the following best applies to you?

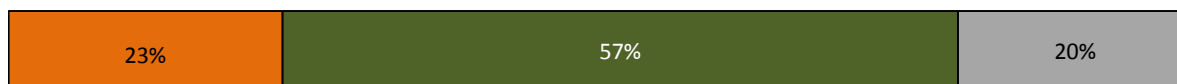


- I tried shisha before I first tried using an e-cigarette
- I tried using an e-cigarette before I first tried shisha
- I don't want to say

Base: respondents who have tried shisha and e-cigarettes (147)

Nearly three-fifths of respondents who have smoked tobacco (57%) tried smoking a cigarette/tobacco before they tried shisha and nearly a quarter of respondents (23%) tried shisha before they tried smoking a cigarette/tobacco.

Chart 41 - Which one of the following best applies to you?



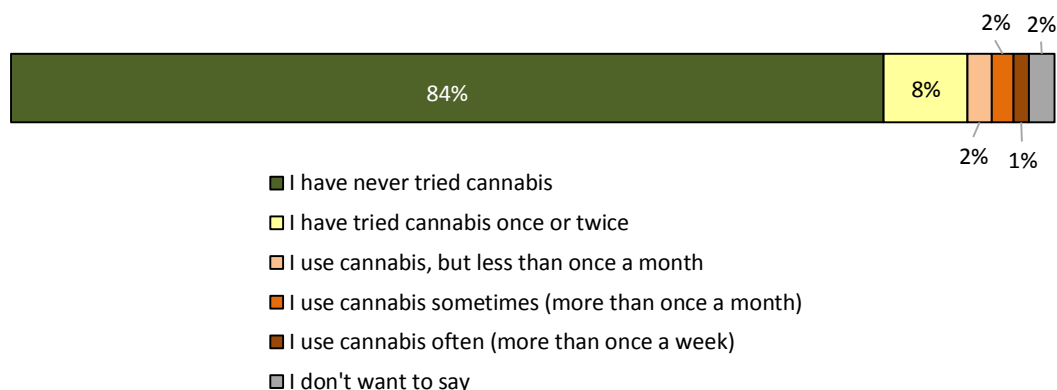
- I tried shisha before I first tried smoking a cigarette/tobacco
- I tried smoking a cigarette/tobacco before I first tried shisha
- I don't want to say

Base: respondents who have tried shisha and tobacco (147)

6.6. Legal highs and illicit drugs

All respondents were asked about their experience of cannabis. Over four-fifths of respondents (84%) say they have never tried cannabis. Around one in ten respondents (13%) say they have tried cannabis at least once.

Chart 42 - Which one of the following statements is the closest to describing your experience of cannabis?



Base: all respondents (2,178)

Female respondents are more likely than male respondents to say that they have never tried cannabis (86% and 80% respectively).

Respondents who are heavier drinkers⁹ are more likely to have tried cannabis (41%). The proportion of respondents who say they have tried or use cannabis increases with age.

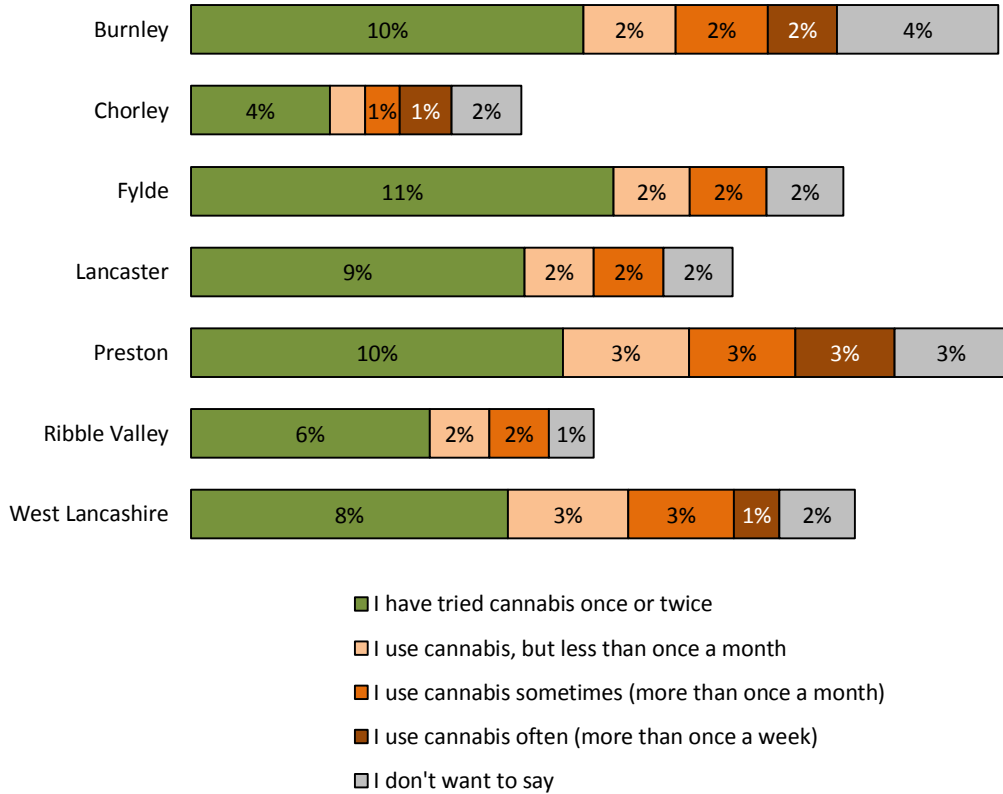
Table 18 - Which one of the following statements is the closest to describing your experience of cannabis? By age

	14	15	16	17
I use cannabis often (more than once a week)	0%	2%	2%	4%
I use cannabis sometimes (more than once a month)	1%	1%	5%	5%
I use cannabis, but less than once a month	1%	2%	4%	5%
I have tried cannabis once or twice	4%	7%	8%	19%
I have never tried cannabis	91%	86%	80%	64%
I don't want to say	3%	3%	2%	3%
Number of respondents	650	784	501	243

⁹ Heavier drinkers are defined as respondents who drink 5 or more alcoholic drinks on one occasion 1-3 times a month or more.

Chorley and Ribble Valley have the lowest proportions of respondents who say they have tried or use cannabis (7% and 9% respectively)¹⁰.

Chart 43 - Which one of the following statements is the closest to describing your experience of cannabis? By district



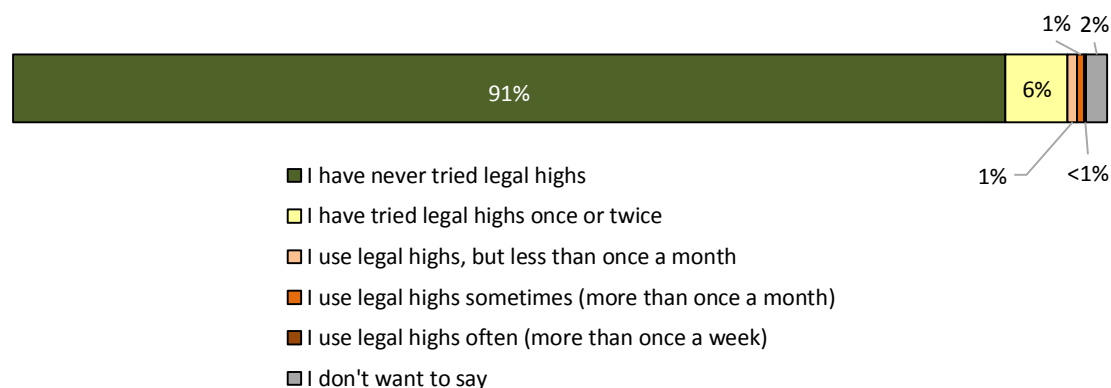
Base: all respondents (101-584)

¹⁰ 64% of respondents in Chorley are 14 years old.

All respondents were then asked about their experience of legal highs.

Around nine out of every ten respondents (91%) say they have never tried legal highs. Around one in twenty respondents (7%) say they have tried legal highs at least once.

Chart 44 - Which one of the following statements is the closest to describing your experience of legal highs?



Base: all respondents (2,178)

Respondents who are heavier drinkers¹¹ are more likely to have tried legal highs (23%).

The proportion of respondents who say they have tried or use legal highs increases with age.

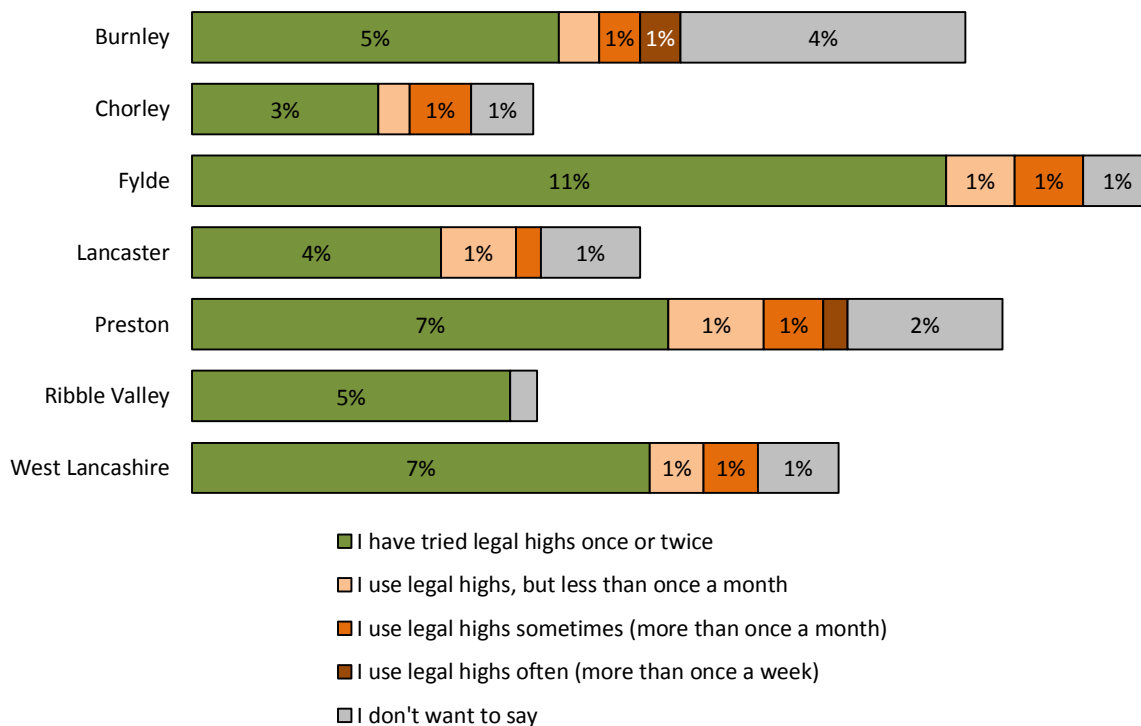
Table 19 - Which one of the following statements is the closest to describing your experience of legal highs? By age

	14	15	16	17
I use legal highs often (more than once a week)	0%	0%	0%	0%
I use legal highs sometimes (more than once a month)	1%	0%	1%	2%
I use legal highs, but less than once a month	0%	1%	1%	1%
I have tried legal highs once or twice	3%	6%	6%	12%
I have never tried legal highs	95%	91%	89%	83%
I don't want to say	1%	2%	3%	2%
Number of respondents	650	784	500	242

¹¹ Heavier drinkers are defined as respondents who drink 5 or more alcoholic drinks on one occasion 1-3 times a month or more.

Chorley, Ribble Valley have the lowest proportions of respondents who say they have tried or use legal highs (4%, 5% respectively)¹².

Chart 45 - Which one of the following statements is the closest to describing your experience of legal highs? By district



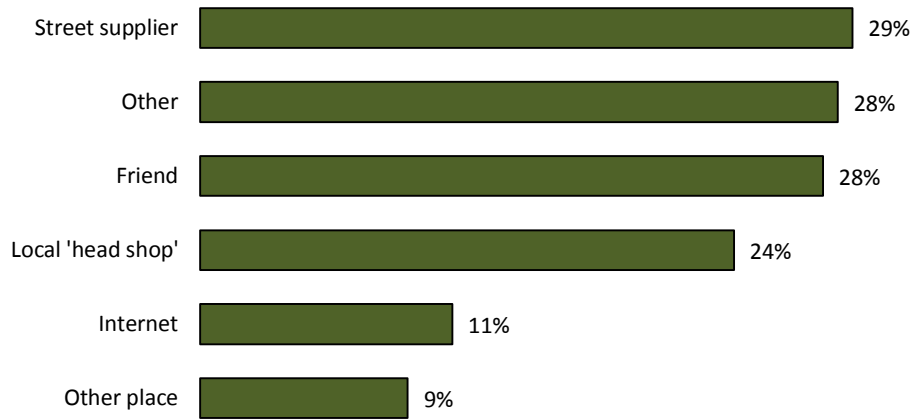
Base: all respondents (101-581)

¹² 64% of respondents in Chorley are 14 years old.

Respondents who have tried legal highs were then asked where do or did they get their legal highs from.

The most common response was street suppliers (29%).

Chart 46 - Where do or did you get your legal highs from?



Base: respondents who have tried legal highs (151)

All respondents were then shown a list of different types of drugs and asked if they know any young people who take them. The most common responses to this question were alcohol (88%), tobacco (79%) and cannabis (65%). Respondents in 2015 are less likely to know any young people who take alcohol and tobacco than respondents in 2013. However, respondents in 2015 are more likely than respondents in 2013 to know young people who take cannabis.

Table 20 - Do you know any young people who take any of the following drugs?

	2013	2015
Alcohol	91%	88%
Tobacco	83%	79%
Cannabis	55%	65%
Legal highs	¹³	30%
Cocaine	21%	25%
Ecstasy	16%	24%
Mephedrone	21%	9%
Heroin	11%	9%
Number of respondents	2,952	1,789

Older respondents are more likely to know young people who take drugs. However, the effect is more pronounced for drugs such as cocaine and ecstasy than it is for other drugs such as alcohol and heroin.

Table 21 - Do you know any young people who take any of the following drugs? By age

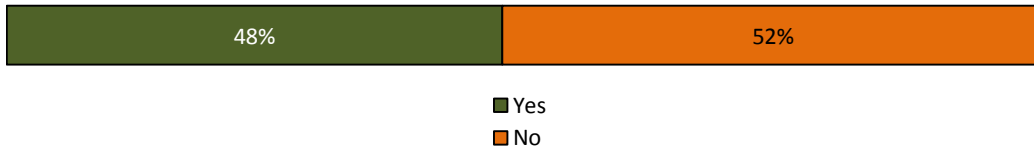
	14	15	16	17
Alcohol	84%	89%	91%	88%
Tobacco	74%	79%	82%	83%
Cannabis	55%	68%	69%	69%
Legal highs	24%	30%	31%	39%
Cocaine	17%	24%	27%	42%
Ecstasy	17%	24%	27%	34%
Mephedrone	6%	10%	9%	15%
Heroin	8%	11%	8%	10%
Number of respondents	496	642	433	218

¹³ Legal highs was not an option in the 2013 questionnaire

6.7. Energy drinks

All respondents were asked if they drink energy drinks. About half of respondents (48%) say they drink energy drinks. In 2013, nearly two-thirds of respondents (63%) said that they drink energy drinks.

Chart 47 - Do you drink energy drinks eg Red Bull, Relentless?

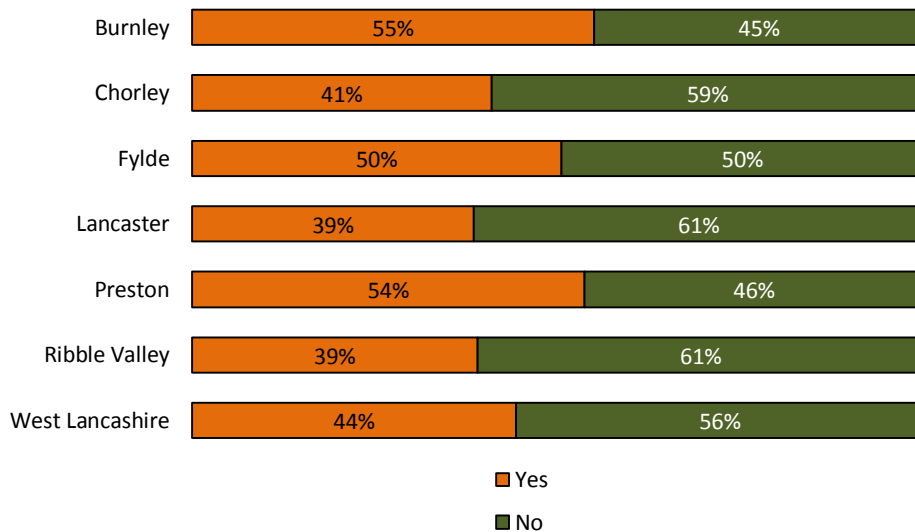


Base: all respondents (2,180)

Male respondents are more likely than female respondents to say they drink energy drinks (55% and 42% respectively).

Responses by district¹⁴ are presented below for comparison.

Chart 48 - Do you drink energy drinks eg Red Bull, Relentless? By district

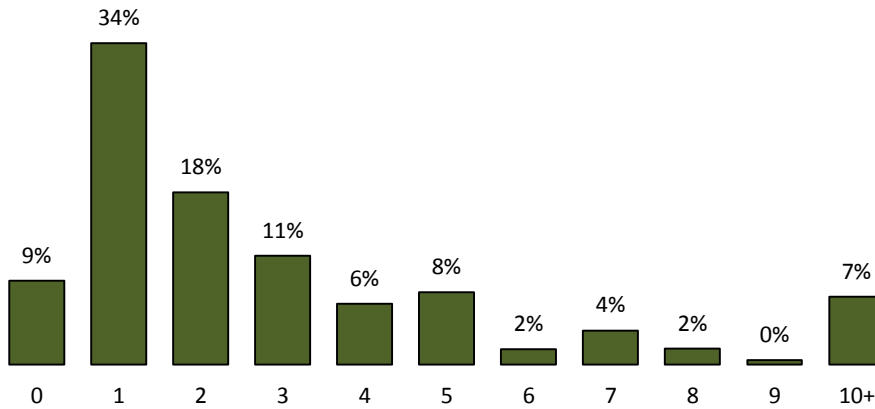


Base: all respondents (101-585)

¹⁴ Only districts with 100 or more responses are included

Respondents who drink energy drinks were then asked how many they drink in a typical week. Around three-fifth of respondents (61%) drink two or less energy drinks in a typical week. More than one in twenty respondents (7%) say they drink 10 or more energy drinks in a typical week.

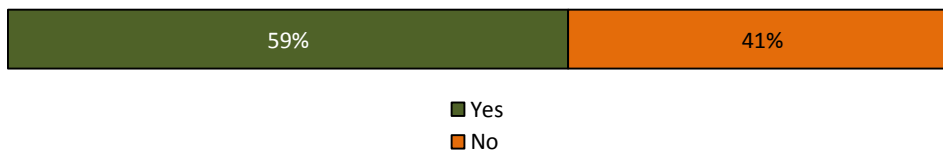
Chart 49 - In a typical week, how many high energy/caffeine drinks do you drink?



Base: respondents who drink energy drinks (1,005)

Respondents who drink energy drinks and who drink alcohol were then asked if they have ever mixed energy drinks with alcohol. Nearly three-fifths of these respondents (59%) say that they have mixed energy drinks with alcohol. In 2013, just under half of respondents who drink energy drinks and alcohol (46%) said that they had mixed energy drinks with alcohol.

Chart 50 - Have you ever mixed these drinks with alcohol?



Base: respondents who drink alcohol and drink energy drinks (729)

Of those respondents who drink energy drinks, female respondents are more likely than male respondents to say that they have mixed them with alcohol (62% and 55% respectively).

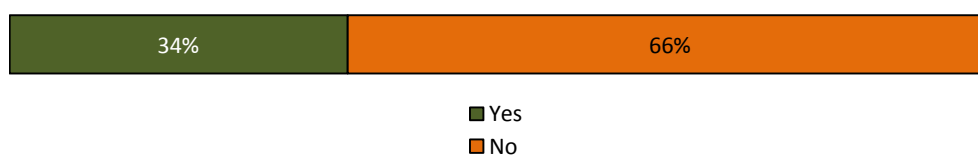
Unsurprisingly, given the earlier findings about the higher levels of alcohol consumption for older respondents, 16 and 17 year olds are more likely to have mixed energy drinks with alcohol.

Table 22 - Have you ever mixed these drinks with alcohol? By age

	14	15	16	17
Yes	25%	31%	42%	56%
No	75%	69%	58%	44%
Number of respondents	646	775	499	243

All respondents were then asked if they are aware of friends who regularly mix energy drinks with alcohol. Around a third of respondents (34%) say they are aware of friends who regularly mix energy drinks with alcohol.

Chart 51 - Are you aware of friends who regularly mix high energy/caffeine drinks with alcohol?

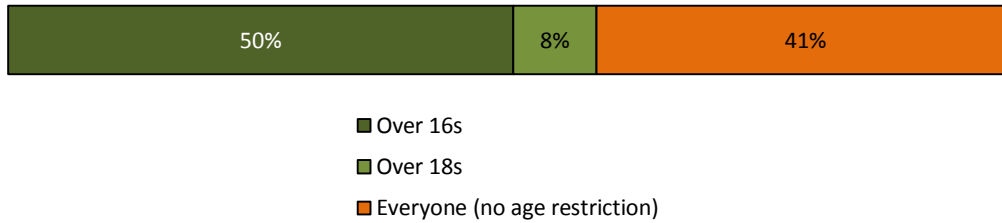


Base: all respondents (2,163)

In 2013 only respondents who drank high energy/caffeine drinks were asked if they were aware of friends who regularly mix high energy drinks with alcohol. In 2013, around half of respondents who drink energy drinks (49%) were aware of friends who regularly mix energy drinks with alcohol. In 2015, around two-fifths of respondents who drink energy drinks (43%) were aware of respondents who regularly mix energy drinks with alcohol.

All respondents were then asked if they think that energy drinks should have an age restriction on them. Around two-fifths of respondents (41%) don't think that energy drinks should have an age restriction. Half of respondents (50%) think that energy drinks should be restricted to over 16s and less than one in ten respondents (8%) think that they should be restricted to over 18s.

Chart 52 - Do you think that high energy/caffeine drinks should be sold to...?



Base: all respondents (2,167)

Respondents who drink high energy/caffeine drink are less likely to say that they should have an age restriction on them (55% think that they should be sold to everyone, 43% only sold to over 16s and 3% only sold to over 18s).

Older respondents are more likely to think that high energy/caffeine drinks should have an age restriction on them.

Table 23 - Do you think that high energy/caffeine drinks should be sold to...? By age

	14	15	16	17
Over 16s	40%	51%	58%	59%
Over 18s	9%	6%	9%	12%
Everyone (no age restriction)	51%	43%	33%	29%
Number of respondents	647	780	497	243

7. Conclusions

7.1. Alcohol

The trend since the 2005 survey has been for an increasing proportion of respondents to say they never drink alcohol.

The proportion of respondents who drink alcohol who say they mostly drink outside has reduced considerably since 2005 from two-fifths of respondents to one in twenty respondents in the 2015 survey.

The proportion of respondents who are aware of 'drinking dens' or 'party houses' in their area has decreased for around a third in 2013 to a fifth in 2015.

Data has been collected for some, but not all, of the attitudes to alcohol statements since 2007. Looking at the responses to these statements over time highlights a general trend towards a more controlled attitude towards alcohol. The only issue not to follow this trend is respondents' attitude to making sure they are not on their own when they are out drinking.

7.2. Risk taking behaviour

Risk taking behaviour has generally declined since 2007.

There has been a continued downward trend since 2007 of respondents who have been violent or in a fight whilst drunk. Around a third of respondents who drink alcohol had been violent or in a fight whilst drunk in the 2007 survey and only around one in ten respondents who drink alcohol had been violent or in a fight whilst drunk in the 2015 survey.

There has been a continued downward trend since 2007 of respondents who have ever been in a car with a young person driving who has been drinking alcohol. In the 2007 survey around one in six respondents had been in a car with a young person driving who had been drinking alcohol and in 2015 only one in twenty respondents had been in a car with a young person driving who had been drinking alcohol.

7.3. Tobacco

The trend since the 2007 survey has been for an increase in the proportion of respondents who say they have never tried smoking.

7.4. Electronic cigarettes

The proportion for respondents who have never tried electronic cigarettes have decreased from around three quarters of respondents in the 2013 to around two-thirds of respondents in the 2015.

Respondents who smoke tobacco or have smoked tobacco previously are more likely to say they have tried or use shisha, and are more likely to use them more than once a week, than respondents who have never tried tobacco.

7.5. Shisha

Since 2013 there has been an increase in the proportion of respondents who say they have never used shisha, from just under four-fifths of respondents to just over four-fifths of respondents.

Respondents who smoke tobacco or have smoked tobacco previously are more likely to say they have tried or use shisha, than respondents who have never tried tobacco.

7.6. Legal highs and illicit drugs

Around one in ten respondents say they have tried cannabis at least once. Respondents who are heavier drinkers¹⁵ are more likely to have tried cannabis and the proportion of respondents who say they have tried or use cannabis increases with age.

Around one in twenty respondents say they have tried legal highs at least once. As with cannabis use, respondents who are heavier drinkers are more likely to have tried legal highs and the proportion of respondents who say they have tried or use legal highs increases with age.

7.7. Energy drinks

Since 2013 the proportion of respondents drinking energy drinks has decreased. However, the proportion of respondents mixing them with alcohol has increased.

In the 2013 survey around two-thirds of respondents said that they drink energy drinks, this fell to about half of respondents in the 2015 survey. Nearly three-fifths of respondents who drink alcohol and energy drinks say that they have mixed energy drinks with alcohol, up from just under half of respondents in 2013.

¹⁵ Heavier drinkers are defined as respondents who drink 5 or more alcoholic drinks on one occasion 1-3 times a month or more.