

Scottish Borders

S4 SUBSTANCE USE QUESTIONNAIRE (2022)



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Introduction

Results of the Scottish Borders Council's responses to the "Scottish Health and Wellbeing Census 2022: Substance Use Questionnaire: S4 Pupils". 36% of Scottish Borders S4 pupils responded to the survey (440 of 1214).

The table below shows the distribution of responses by sex and SIMD2020¹ quintile.

SIMD2020 Quintile	1. Female	2. Male	3. Prefer not to say	Grand Total	% SIMD2020 Quintile
1 - Most Deprived	12	11	1	24	5%
2	24	22	1	47	11%
3	53	69	4	126	29%
4	66	61	3	130	30%
5 - Least Deprived	16	14	1	31	7%
Unknown	39	39	4	82	19%
Grand Total	210	216	14	440	100%
% Sex	48%	49%	3%	100%	

The results are presented by sex and by SIMD2020 quintile.

¹SIMD2020 – [Scottish Index of Multiple Deprivation 2020](#).

Key findings

There were 440 responses, representing 36% of the 1,214 of the Scottish Borders S4 pupils. Below are the key findings from the questionnaire.

Smoking Tobacco

- 69% have never smoked
- 14% have tried tobacco smoke once
- 3% say friends give the cigarettes/tobacco
- 2% say they bought cigarettes / tobacco in a shop, supermarket or van.
- 6% say they have 1 cigarettes or more in the last seven days.

E-Cigarettes / Vaping

- 54% have never used e-cigarettes or vaped
- 12% use e-cigarettes or vaped once a week or more
- 6% say that friends give them e-cigarettes / refills
- 3% say they buy e-cigarettes / vapes on the internet

Alcohol

- 63% report that they have had an alcoholic drink
- 15% or more pupils drink beer or lager, alcopops, spirits or cider once a month or more
- 18% report never being drunk
- 20% report that they get drunk once a month or more
- 21% usually get their alcohol at home
- The most common place to drink is in a private residence (own home, someone else's home or party)
- 53% report being allowed to drink alcohol at home sometimes or always
- 26% report that their 'mother / father / carer' bought their last alcoholic drink

Drugs

- 83% report they have never taken illegal drugs
- 6% report taking drugs once a year or more
- 9% report taking drugs in the last year
- 8% have used cannabis, followed by 3% have used cocaine



Smoking Tobacco

Smoking Tobacco Status

S4 respondents were asked which best described their smoking tobacco status. Overall 69% said they have 'never smoked', with 14% having 'tried it once'.

Q4. Smoking tobacco status	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
1. I have never smoked	69%	67%	72%	43%	63%	77%	73%	72%	68%	55%
2. I have only ever tried smoking once	14%	15%	12%	36%	21%	13%	12%	11%	23%	17%
3. I used to smoke sometimes but I never smoke a cigarette now	3%	4%	3%	0%	4%	4%	2%	4%	0%	5%
4. I sometimes smoke cigarettes now but I don't smoke as many as one a week	5%	5%	4%	0%	0%	0%	2%	8%	0%	9%
5. I usually smoke between one and six cigarettes a week	1%	1%	1%	0%	4%	0%	2%	1%	0%	0%
6. I usually smoke more than six cigarettes a week	3%	0%	4%	7%	0%	0%	3%	2%	3%	5%
7. Prefer not to say	5%	6%	3%	14%	8%	4%	4%	2%	6%	7%
9. Not Answered	1%	2%	1%	0%	0%	2%	2%	1%	0%	2%
Grand Total	440	210	216	14	24	47	126	130	31	82

Getting cigarettes / tobacco

The table below shows that very few S4 pupils get cigarettes / tobacco, with only 15 (3%) saying "Friends give me cigarettes/tobacco".

Q5. How do you usually get your cigarettes/tobacco?	Count	% of 440
Q5.1. I buy them from a supermarket	1	0%
Q5.2. I buy them from a newsagent, tobacconist or a sweet shop	2	0%
Q5.3. I buy them from a garage shop	1	0%
Q5.4. I buy them from a van, such as an ice cream van or burger van	1	0%
Q5.5. I buy them from some other type of shop	1	0%
Q5.6. I buy them from a street market	1	0%
Q5.7. I buy them on the internet	4	1%
Q5.8. I buy cigarettes/tobacco from friends or relatives	3	1%
Q5.9. I buy cigarettes/tobacco from someone else	3	1%
Q5.10. I ask someone else under the age of 18 to buy me cigarettes/tobacco	5	1%
Q5.11. I ask an adult I know to buy me cigarettes/tobacco	5	1%
Q5.12. I ask an adult I don't know to buy me cigarettes/tobacco	1	0%
Q5.13. Friends give me cigarettes/tobacco	15	3%
Q5.14. My brother or sister gives me cigarettes/tobacco	1	0%
Q5.15. My mother, father or carer gives me cigarettes/tobacco	2	0%
Q5.16. I take cigarettes/tobacco without asking	7	2%
Q5.17. I get cigarettes/tobacco in some other way	6	1%

Purchase of cigarettes / tobacco in the last 4 weeks

2% of the S4 pupils that responded to the survey said “Yes – I brought cigarettes / tobacco from a shop, supermarket or van”. Notably 92% of respondents did not answer this question.

Q6. In the last 4 weeks, have you bought or tried to buy cigarettes/tobacco from any kind of shop, supermarket or van?	Grand Total
1. Yes – I bought cigarettes/tobacco from a shop, supermarket or van	2%
2. Yes – I tried to buy cigarettes/tobacco from a shop, supermarket or van but was refused	0%
3. No – I did not buy or try to buy cigarettes/tobacco from a shop, supermarket or van	2%
4. No – I have never tried to buy cigarettes/tobacco from a shop, supermarket or van	4%
9. Not Answered	92%
Grand Total	440

Cigarettes in the last 7 days

92% of respondents did not answer this question. Whereas, 6% of S4 pupils said they had 1 cigarette or more in the last 7 days.

Q7. How many cigarettes (if any) did you smoke on average each day in the last 7 days?	Grand Total
1. None	3%
2. 1-2	2%
3. 3-4	1%
4. 5-6	1%
5. 7-8	0%
7. More than 10	2%
9. Not Answered	92%
Grand Total	440

E-Cigarettes / Vaping

E-Cigarette / Vaping Status

S4 respondents were asked which best described their e-cigarette. Overall 54% said they have 'never used an e-cigarette / vape' compared to 12% who 'use e-cigarettes / vapes once a week or more'

Q8. E-Smoking status	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
1. I have never used an e-cigarette / vape	54%	48%	60%	50%	54%	66%	61%	56%	45%	37%
2. I used to use e-cigarettes / vapes but don't use them anymore	3%	3%	3%	0%	0%	2%	3%	3%	6%	2%
3. I have tried an e-cigarette / vape once	8%	10%	7%	0%	17%	9%	9%	6%	6%	9%
4. I have tried e-cigarettes / vapes a few times	14%	16%	11%	29%	13%	9%	8%	15%	16%	24%
5. I use e-cigarettes / vapes sometimes, but no more than once a month	4%	4%	3%	7%	0%	6%	3%	2%	10%	4%
6. I use e-cigarettes / vapes once a week or more	12%	12%	12%	7%	8%	4%	13%	12%	10%	17%
7. Prefer not to say	4%	6%	3%	7%	8%	2%	2%	5%	6%	6%
9. Not Answered	1%	1%	0%	0%	0%	2%	1%	1%	0%	1%
Grand Total	440	210	216	14	24	47	126	130	31	82

Getting e-cigarettes / vapes

12% report that they buy their e-cigarettes / vapes

Q9. How do you usually get your E -cigarettes/vapes?	Count	% of 440
Q9.1. I buy them from a supermarket	2	0%
Q9.2. I buy them from a newsagent, tobacconist, vape shop or a sweet shop	7	2%
Q9.3. I buy them from a garage shop	2	0%
Q9.4. I buy them from a van, such as an ice cream van or burger van	2	0%
Q9.5. I buy them from some other type of shop	4	1%
Q9.6. I buy them from a street market	2	0%
Q9.7. I buy them on the internet	15	3%
Q9.8. I buy e-cigarettes/refills from friends or relatives	11	3%
Q9.9. I buy e-cigarettes/refills from someone else	8	2%
Q9.10. I ask someone else under the age of 18 to buy me e-cigarettes/refills	8	2%
Q9.11. I ask an adult I know to buy me e-cigarettes/refills	4	1%
Q9.12. I ask an adult I don't know to buy me e-cigarettes/refills	5	1%
Q9.13. Friends give me e-cigarettes/refills	27	6%
Q9.14. My brother or sister gives me e-cigarettes/refills	3	1%
Q9.15. My mother, father or carer gives me e-cigarettes/refills	2	0%
Q9.16. I take e-cigarettes/refills without asking	2	0%
Q9.17. I get e-cigarettes/refills in some other way	12	3%

Alcohol

Had a proper Alcoholic Drink

S4 pupils was asked, “Have you ever had a proper alcoholic drink - a whole drink, not just a sip?” Overall 63% of respondents have had a proper alcoholic drink. The proportion ranges from 45% in areas of SIMD Quintile 2 to 67% for SIMD Quintiles 3 and 4.

	S4 All Responses	Sex			SIMD2020					
Q10. Alcohol Status	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprive	2	3	4	5 (Least Deprive	Unknown
1. Yes	63%	63%	64%	50%	58%	45%	67%	67%	61%	65%
2. No	33%	34%	31%	36%	38%	45%	31%	31%	32%	29%
3. Prefer not to say	3%	3%	4%	7%	4%	11%	2%	2%	0%	5%
9. Not Answered	1%	0%	1%	7%	0%	0%	1%	0%	6%	1%
Grand Total	440	210	216	14	24	47	126	130	31	82

Alcoholic drink frequency

S4 pupils were asked, “At present, how often do you drink anything alcoholic, such as beer, wine or spirits? Try to include even those times when you only drink a small amount.” The table below shows the frequency S4 pupils drink specific alcoholic drinks. The last column shows the proportion of S4 pupils saying they have an alcoholic drink monthly or more. Cider is the most frequent at 24%, followed by Alcopops at 21%, then spirits 18% and the beer or lager at 15%.

Q11. At present, how often do you drink anything alcoholic, such as beer, wine or spirits?	1. Every day	2. Every week	3. Every month	4. Rarely	5. Never	9. Not Answered	Grand Total	Monthly or More
Q11.1. Beer or lager	1%	6%	8%	20%	21%	44%	440	15%
Q11.2. Wine or champagne	1%	1%	4%	23%	25%	46%	440	7%
Q11.3. Alcopops (e.g. Smirnoff Ice, Bacardi Breezer, WKD)	1%	6%	14%	20%	16%	44%	440	21%
Q11.4. Spirits (e.g. whisky, vodka, rum)	1%	5%	12%	18%	18%	45%	440	18%
Q11.5. Cider	1%	6%	17%	21%	12%	44%	440	24%
Q11.6. Fortified (strong) wine (e.g. sherry, martini, port, Buckfast)	1%	2%	5%	12%	33%	48%	440	8%
Q11.7. Any other drink that contains alcohol	1%	6%	12%	19%	15%	48%	440	19%

How often drunk?

S4 pupils were asked, "How often would you say you get drunk?" Although 37% of respondents did not answer the question, 20% say they get drunk once a month or more, and 18% say they have never been drunk.

Q12. How often would you say you get drunk?	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
1. I have never been drunk	18%	15%	21%	7%	8%	15%	25%	21%	19%	7%
2. Less than once a month	18%	15%	19%	29%	8%	11%	17%	17%	26%	23%
3. Once or twice a month	14%	17%	12%	0%	17%	11%	12%	16%	6%	18%
4. Once a week	5%	4%	6%	0%	13%	0%	5%	4%	3%	7%
5. Twice a week or more	1%	0%	2%	14%	0%	2%	2%	1%	3%	0%
6. Don't know	5%	7%	4%	0%	13%	6%	3%	6%	3%	5%
7. Prefer not to say	2%	3%	1%	0%	0%	0%	3%	2%	0%	4%
9. Not Answered	37%	38%	35%	50%	42%	55%	33%	34%	39%	35%
Grand Total	440	210	216	14	24	47	126	130	31	82

Usually get alcohol

S4 pupils were asked, "Where do you USUALLY get your alcohol from?" Over 20% usually get their alcohol at home with 4% usually purchasing their alcohol. They could only choose one.

Q13. Where do you USUALLY get your alcohol from? (one only)	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
01. I buy it in a pub or bar	1%	0%	1%	0%	4%	0%	2%	0%	0%	1%
02. I buy it in a club or disco	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%
04. I buy it from a shop	2%	3%	0%	0%	0%	0%	1%	4%	3%	1%
05. I buy it from a supermarket	1%	0%	1%	0%	0%	2%	0%	0%	0%	4%
07. I get it from a friend	9%	10%	8%	0%	0%	4%	4%	12%	6%	17%
08. I get it from a relative	10%	11%	8%	7%	17%	9%	12%	8%	6%	9%
09. From home (either with or without permission)	21%	21%	20%	36%	13%	19%	26%	28%	13%	10%
10. Some other way	3%	2%	4%	0%	8%	4%	2%	2%	0%	6%
11. Prefer not to say	15%	11%	19%	7%	17%	6%	17%	12%	32%	15%
99. Not Answered	39%	40%	37%	50%	42%	55%	37%	35%	39%	37%
Grand Total	440	210	216	14	24	47	126	130	31	82

Where usually drink

S4 pupils were asked, “When you drink alcohol, where are you USUALLY?” They could tick all that apply. The most common places to drink were in a private residence (own home, someone else’s home, or party).

	S4 All Responses	Sex			SIMD2020					
Q14. When you drink alcohol, where are you USUALLY?	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
Q14.1. In a pub or bar	4%	2%	5%	7%	4%	0%	5%	4%	3%	4%
Q14.2. In a club or disco	2%	0%	3%	7%	4%	0%	2%	2%	6%	0%
Q14.3. At a party with friends	29%	34%	25%	14%	33%	13%	25%	35%	26%	33%
Q14.4. At my home	34%	36%	31%	43%	38%	26%	37%	35%	29%	34%
Q14.5. At someone else's home	28%	31%	25%	21%	21%	19%	29%	26%	32%	34%
Q14.6. Out on the street, in a park or other outdoor area	12%	11%	13%	14%	8%	6%	12%	12%	10%	17%
Q14.7. Somewhere else	7%	4%	9%	7%	4%	2%	8%	6%	16%	5%
Grand Total	440	210	216	14	24	47	126	130	31	82

Allowed to drink at home

S4 pupils were asked, “Do your parents/carers allow you to drink alcohol at home?” 53% of pupils report that they are allowed to drink alcohol at home sometimes or always.

	S4 All Responses	Sex			SIMD2020					
Q15. Do your parents/carers allow you to drink alcohol at home?	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
1. Yes, always	12%	13%	11%	14%	13%	9%	13%	15%	0%	15%
2. Yes, sometimes	41%	40%	43%	29%	42%	32%	43%	43%	48%	37%
3. No, never	6%	5%	7%	0%	4%	2%	5%	5%	10%	11%
4. Prefer not to say	4%	3%	4%	7%	0%	2%	6%	4%	3%	1%
9. Not Answered	37%	39%	35%	50%	42%	55%	33%	34%	39%	37%
Grand Total	440	210	216	14	24	47	126	130	31	82

Provider of last alcoholic drink

S4 pupils were asked, "The last time someone bought you alcohol, who was it?" Although 38% respondents did not answer this question, 26% say that their 'mother/ father/ carer' bought their last alcoholic drink.

	S4 All Responses	Sex			SIMD2020					
Q16. The last time someone bought you alcohol, who was it?	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
01. No one has ever bought me alcohol	6%	5%	6%	7%	0%	2%	7%	8%	3%	4%
02. My brother or sister	2%	2%	2%	0%	8%	2%	0%	2%	3%	2%
03. A friend of my own age	3%	4%	2%	0%	4%	2%	1%	3%	0%	7%
04. A friend older than me	5%	3%	6%	0%	4%	0%	2%	6%	10%	6%
06. My boyfriend/girlfriend	1%	1%	1%	0%	0%	2%	0%	0%	3%	2%
07. My mother, father or carer	26%	27%	25%	36%	21%	26%	29%	27%	19%	26%
08. My father's partner or mother's partner	0%	0%	0%	0%	0%	0%	0%	0%	0%	1%
09. Someone I knew of, but didn't know personally	0%	0%	0%	0%	0%	0%	1%	0%	0%	0%
10. A stranger	2%	0%	2%	7%	0%	0%	2%	2%	3%	2%
11. Someone else	3%	3%	4%	0%	4%	4%	5%	2%	0%	5%
12. Prefer not to say	14%	15%	14%	0%	17%	6%	18%	16%	19%	7%
99. Not Answered	38%	40%	36%	50%	42%	55%	36%	35%	39%	37%
Grand Total	440	210	216	14	24	47	126	130	31	82

Drugs

Ever taken illegal drugs

S4 pupils were asked, "Have you ever taken illegal drugs, drugs formerly known as legal highs, solvents or prescription drugs that were not prescribed to you?" 83% of respondents have not taken illegal drugs.

Q17. Have you ever taken illegal drugs, drugs formerly known as legal highs, solvents or prescription drugs that were not prescribed to you?	S4 All Responses	Sex			SIMD2020					
	Grand Total	1. Female	2. Male	3. Prefer not to say	1 (Most Deprived)	2	3	4	5 (Least Deprived)	Unknown
1. Yes	9%	6%	13%	7%	8%	4%	8%	12%	3%	13%
2. No	83%	86%	81%	71%	92%	89%	83%	85%	87%	72%
3. Prefer not to say	5%	5%	6%	14%	0%	2%	8%	2%	6%	11%
9. Not Answered	2%	3%	1%	7%	0%	4%	2%	2%	3%	4%
Grand Total	440	210	216	14	24	47	126	130	31	82

Frequency of drug use

S4 pupils were asked, "How often do you use drugs?" 90% did not answer the question; 6% of pupil say they have taken drugs a few times a year or more.

Q18. How often do you use drugs?	Grand Total
1. I have only taken drugs once	1%
2. I used to take drugs sometimes but I don't take them anymore	1%
3. I take drugs a few times a year	2%
4. I take drugs once or twice a month	1%
5. I take drugs at least once a week or more	2%
6. Prefer not to say	2%
9. Not Answered	90%
Grand Total	440

Illegal drugs in the last year

S4 pupils were asked, "Have you taken any drugs in the last year?" 90% of pupils did not answer this question, 9% said they had taken drugs in the last year.

Q19. Have you taken any drugs in the last year?	Grand Total
1. Yes	9%
2. No	0%
3. Prefer not to say	0%
9. Not Answered	90%
Grand Total	440

Types of Drugs

S4 pupils were asked, "Which (if any) of these drugs have you taken in the last year?", and asked to tick all that apply. The table below shows count by drug type and as a % of S4 respondents. The drugs with the most frequent use are cannabis (8%) followed by cocaine (3%).

20. Which (if any) of these drugs have you taken in the last year?	Count	% of 440
Q20.1. Cannabis (Weed, Skunk, Green, Hash, Blow, Joints, Marijuana)	35	8%
Q20.2. Gas, Glue or Other Solvents	9	2%
Q20.3. Amphetamines (Speed, Whizz, Sulph, Paste)	8	2%
Q20.4. Ecstasy (E, Eccies, XTC, Pills)	8	2%
Q20.5. Cyroban (Cy, Cyber, CBan)	5	1%
Q20.6. Benzos (Valium, Vallies, Blues, Whites, Yellows, Xanax)	7	2%
Q20.7. Heroin (Smack, Kit, H, Brown, Skag)	5	1%
Q20.8. Magic Mushrooms (Shrooms)	5	1%
Q20.9. Methadone (Physeptone, Meth)	4	1%
Q20.10. MDMA crystals/crystals (Mandy, Molly, Madman)	7	2%
Q20.11. Cocaine (Coke, Charlie, C, Proper, Council)	13	3%
Q20.12. Anabolic Steroids (Roids)	5	1%
Q20.13. Unknown White Powders (Gear)	6	1%
Q20.14. Ketamine (Ket, K)	7	2%
Q20.15. Synthetic Cannabinoids (SPICE, RedExodus, Mamba)	7	2%
Q20.16. LSD (Acid, Blotters)	8	2%
Q20.17. 2C (2CB, 2CI, 2CE)	5	1%
Q20.18. Diet Pills	6	1%
Q20.19. Tanning Pills	4	1%
Q20.20. Other drugs including prescription drugs not prescribed to you	9	2%