

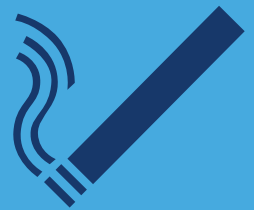
# Multiple Risk Behaviours



Alcohol



Drugs



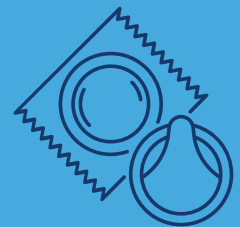
Smoking



Vaping



Gambling



Sexual health  
- risk taking  
and STI's

### Young people and Alcohol

Alcohol use can affect brain development, the development of vital organs and functions, and can increase the risk of alcohol-related injuries among young people.

- Children and young people are advised not to drink alcohol before the age of 18.

### Where do young people get alcohol from?

- 42% of pupils stated that they had ever had a proper alcoholic drink (not just a sip).
- 28% of pupils stated that they usually get their alcohol from home (either with or without permission).
- 715 of pupils stated that they are allowed to drink alcohol at home.



### Young people and Drugs

Use of drugs can affect the development of vital organs and functions, and can increase the risk of drug-related injuries among young people.

- Drug use can cause harm to the individual, their family and the wider community.

### Are young people in Scotland taking drugs?

- 7% of pupils stated that they had taken illegal drugs, Psychoactive substances ('legal highs'), solvents or prescription drugs that were not prescribed to them.
- 80% of the above number had taken drugs in the last year.
- 70% of adults accessing tier 3 and tier 4 drugs services starting using drugs in their teens (median 15 years). This shows that using drug taking in teens often leads to longer term issues with drug use.



# Smoking

## Health and wellbeing

### Young people and Smoking

- Smoking is one of the biggest causes of death and ill-health in the UK.
- Smoking increases someone's risk of developing more than 50 serious health conditions, including many cancers, heart conditions and lung damage.
- In Scotland it is illegal for young people under the age of 18 to buy tobacco.
- It is also illegal to smoke in a vehicle carrying anyone under 18.

### Smoking rates in Glasgow

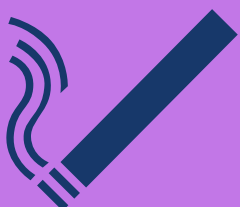
- In 2018, 21% of adults in Glasgow were regular smokers.
- Smoking rates have declined steadily since 2003, with 11% of adults identifying as current smokers in 2021.

### Are young people in Scotland smoking?

- 18% had tried smoking
- 79% had never smoked

### Second hand smoke

- In 2021, 2% of children were exposed to second-hand smoke in their own home, a significant decrease compared to 12% in 2012.



### Are young people in Scotland vaping?

Vaping is more common than smoking. In Scotland, in 2022:

- 28% of pupils had tried e-cigarettes/vaping
- 4.3% of S2 pupils and 10.1% of S4 pupils were regular vapers

### How does vaping impact young people's health?

- Nicotine is a highly addictive stimulant drug.
- Using nicotine in early years may lead to continued use of nicotine and other substances in adulthood and can harm young people's brain development. This can influence concentration levels, learning ability, mood, and impulse control.
- Vaping is not risk-free and can lead to both short and long-term health impacts.
- Young people most commonly report vaping due to peer pressure.
- Vaping produces three different forms of environmentally harmful waste – plastic, electronic and chemical.

### Where do young people get their vapes?

The majority of pupils said that they bought their e-cigarettes, vape or refills from the newsagent, tobacconist, vape shop or a sweet shop.



# Gambling

## Health and wellbeing

### Are young people in Scotland gambling?

The different types of gambling activities that pupils had participated in during the last month included

- private betting
- fruit machines
- Lottery
- placing a bet in a betting shop
- gaming websites
- Bingo

In Scotland, in 2022 75% of S3, S5 and S6 pupils said that they had not spent any of their own money on gambling activities in the last month.

### Why do young people in Scotland gamble?

- Because it's fun
- It makes them feel happy
- The Gambling Commission (2022)

### Gambling, Gaming and Young People in Scotland

- 60% of young people had heard of in-game items when playing video games
- 50% of young people had heard of paying money to open loot boxes
- Awareness and participation was higher for boys compared to girls.



# Sexual health

## Health and wellbeing

### Young people having sex

- 10% of S4-S6 pupils in Glasgow reported having had sexual intercourse
- 53% of sexually active young people in Glasgow City said they did not use a condom the last time they had sex

### Sexually Transmitted Infections (STI's)

- STIs are on the rise across Scotland, in particular gonorrhoea
- Most STIs are easily treated, but they can lead to health problems if left untreated. The best way to reduce your risk of STIs is the correct and consistent use of a condom for sex with new and casual partners when having vaginal, anal or oral sex

### Gonorrhoea

- Gonorrhoea is a sexually transmitted infection which can be easily treated
- For under 20's, there has been an 80% increase in gonorrhoea infections since 2018
- 1 in every 200 people aged under 25 has gonorrhoea

### Did you know?

- Anyone can get condoms for free in Scotland, even if you're under 16
- Free condoms and lubricant are available from sexual health clinics, as well as some service providers, GP practices and pharmacies.

