

# A Look at Peel Youth in Grades 7 - 12: ALCOHOL

Results from the Ontario Student Drug  
Use and Health Survey, 2013 – 2015

A Peel Health Technical Report



A Look at Peel Youth in Grades 7 - 12: **ALCOHOL**  
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## **INTRODUCTION**

### **BACKGROUND**

Public Health units are responsible for the ongoing collection, analysis and reporting of health indicators for priority populations. Understanding health related behaviours of the student population is an important aspect of this work. Since 2013, Peel Public Health has participated in the Ontario Student Drug Use and Health Survey (OSDUHS), the longest running student survey in Canada. The survey, conducted every two years, since 1977, is administered by York University's Institute for Social Research (ISR) on behalf of the Centre for Addiction and Mental Health's (CAMH).<sup>1</sup> It contains valuable insight into the awareness and behaviours of students in grades 7 - 12 surrounding alcohol, tobacco and drugs use, as well as detailed information on physical and mental health, relationships with friends and parents, and the school environment.

The 2015 survey was administered to students in a randomly selected number of schools and classes in Ontario, from November 2014 to June 2015.<sup>1</sup> The present cycle is the largest to date with 10,523 Ontario elementary and secondary school students completing the survey.<sup>1</sup> The overall class participation rate was 88% and the student completion rate was 61%. In Peel, a total of 1,169 grade 7 - 12 students completed the survey. This was weighed to represent approximately 115,000 students.

### **PURPOSE OF THIS REPORT**

This report is intended to provide insight on *alcohol use behaviours*, and *attitudes* and *perceptions associated with alcohol consumption* among Peel elementary and secondary school students. Data from this report will be used to inform, guide and support student-focused programs and/or strategies, including those tied to our strategic priorities.

### **HOW TO READ THIS REPORT**

This report has been produced in two formats: print and web. Both contain the same content. In some tables, ninety-five per cent confidence intervals (presented as "95% CI" in the report) are provided for many of the estimates (e.g., percentages). The confidence interval presents a lower and upper range of values, which we are confident, contains the true value of the estimate for the whole population 95% of the time, or 19 times out of 20.



For example, in Peel 15% of the students in grades 9 - 12 report playing drinking games in the last month, with confidence interval for that estimate of 11% and 20%. This means that if we repeated the study twenty times using different samples from the same population; on nineteen occasions the estimate would be somewhere between 11% and 20%, while on one occasion the estimate would be below 11% or above 20%. We could say that we are 95% sure the actual percentage of students playing drinking games in the population is between 11% and 20% and in this particular study, the sample estimate is 15%.

In this report, 95% confidence intervals were used as a conservative method to determine statistical significance regarding differences between groups (e.g., by sex, or grade). When the 95% confidence interval of the estimate for one group *does not* overlap with that of the estimate for another group, the difference between the estimates is considered statistically significant (i.e., unlikely to be due to chance). If the confidence intervals of two estimates *do overlap*, the estimates may still be significantly different. However, an appropriate statistical test would be required to assess whether there is a statistical difference of the two estimates. We did not conduct additional tests to determine significance in this report and therefore we acknowledge that some differences between groups may have been missed. However, our intention was to provide general descriptive statistical analyses and not accept or reject specific hypotheses.

The statements like 'more or less common' and 'more likely or less likely' are found throughout the report to describe differences between subgroups. These statements highlight statistically significant differences in percentages (as indicated by the 95% confidence intervals which do not overlap with each other). When there are large differences in percentages that are *not* considered statistically significant, it is telling you that it is considered similar to the comparison group. This may be due to the percentage being based on either a small number of events, or a small underlying population; so it could change from year to year and may be higher, similar, or lower than the comparison group the next time it is measured.



## KEY MESSAGES

### RESPONDENT PROFILE

- In 2015, one quarter (25%) of Peel students identified themselves as being an immigrant, either long-term or recent. This is similar to Ontario (18%).
- In Peel, the most commonly identified ethnic backgrounds among students in grades 7 - 12 were White, South Asian, Black, East or South East Asian. One in ten (10%) identified themselves as having multiple ethnicities.
- Compared to Ontario students, Peel students were more likely to: report speaking both English and another language at home; have parents who were born outside of Canada; and to report living only in one main household.

### ALCOHOL

- In Peel, there were no differences between 2015 and 2013 estimates of alcohol use and/or alcohol related behaviours.
- In 2015, 41% of Peel students in grades 7 - 12 reported drinking alcohol in the 12 months prior to the survey. This is similar to Ontario (46%).
- One-third (30%) of Peel students who drank alcohol in the last year reported getting it from a family member, one quarter (26%) report getting it from a friend.
- In 2015, 19%\* of students in grades 9 - 12 reported that their parents allow them to drink alcohol at home. This is similar to Ontario students (27%).
- In 2015, 29% of Peel students in grades 7 - 12 who drank alcohol in their lifetime reported trying alcohol before entering high school. This is similar to Ontario students (34%).
- The proportion of students who engaged in risky alcohol-related behaviours was lower among Peel students compared to Ontario students. However, Peel students did report engaging in the following risky-alcohol related behaviours:
  - Twelve per cent of students in grades 7 - 12 reported binge drinking at least once in the month prior to the survey.
  - Twenty-two per cent of students who drank alcohol in their lifetime, drank alcohol and energy drinks together on at least one occasion in the last year.



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- Fifteen per cent\* of all students played drinking games in the last month.
- Fifteen per cent of all students have been a passenger with a driver who had been drinking alcohol at least once in the past 12 months.
- Four per cent\* of grade 7 - 12 students indicated that they, or somebody they know, have been injured because of drinking in the last year.
- Fourteen per cent\* of grade 9 - 12 students exhibited symptoms of hazardous or harmful drinking.
- Risky alcohol-related behaviours tended to be similar among males and females, and more common among students in higher grades.

\*Use estimate with caution





## CHAPTER ONE - RESPONDENT PROFILE

### Highlights

- A total of 1,169 grade 7 - 12 students from 31 schools in Peel participated in the 2015 cycle of the OSDUHS. The overall student completion rate was 61%. This report contains valid responses from 1,155 students.
- One-quarter (25%) of Peel students identified themselves as either long-term or recent immigrants, compared to 18% of Ontario students. This difference is not statistically significant.
- In Peel, the most commonly reported ethnic backgrounds were White (35%), South Asian (23%), Black (13%), East or South-East Asian (10%). One in ten (10%) reported belonging to multiple ethnicities.
- In Peel, one in three students (33%) reported speaking both English and another language at home, compared to one in five students (20%) in Ontario.
- According to the majority of students in Peel, both parents were born outside of Canada (63%), compared to one-third of students in Ontario (36%).
- Peel students (9%) were less likely than Ontario students (13%) to divide their time between two or more homes.
- In 2015, 32% of Peel students considered their family to be of low socio-economic status. This is similar to 2013, and to what was reported among Ontario students (32%).



## STUDENT DEMOGRAPHICS

The 2015 Ontario Student Drug Use and Health Survey (OSDUHS) contains responses from 1,155 grade 7 - 12 students in Peel, from two school boards: Peel District School Board and the *Dufferin-Peel Catholic District School Board*. The overall response rate in Peel was 61%.

A similar proportion of males (48%) and females (52%) participated in the survey and the sample was distributed almost equally across grades.

### Sex and Grade

**Table 1.1**  
**Demographic Profile of Students in Grades 7 - 12 by Sex and Grade,**  
**Peel and Ontario, 2015**

Demographics	Per cent of all students (95% CI)	
	Peel n=1,155	Ontario n=10,426
<b>Sex</b>		
Male	48.3 (43.5 - 53.0)	48.3 (45.7 - 50.8)
Female	51.7 (47.0 - 56.5)	51.7 (49.2 - 54.3)
<b>Grade</b>		
7	14.2 (10.4 - 19.0)	13.2 (11.8 - 14.8)
8	14.6 (10.7 - 19.7)	13.7 (12.7 - 14.8)
9	15.6 (12.5 - 19.3)	16.0 (15.0 - 17.1)
10	15.9 (13.4 - 18.9)	16.4 (15.1 - 17.7)
11	16.6 (14.6 - 18.9)	17.1 (16.3 - 17.9)
12	23.0 (16.4 - 31.3)	23.6 (21.7 - 25.6)

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



### Immigrant Status

In Peel, one quarter (25%) of grade 7 - 12 students identified themselves as either long-term or recent immigrants, compared to 18% of Ontario students. This difference is not statistically significant.

**Survey Question: How long have you lived in Canada?**

**Table 1.2**  
**Immigrant Status of Students in Grades 7 - 12,**  
**Peel and Ontario, 2015**

Immigration status	Per cent of all students (95% CI)	
	Peel n=1,155	Ontario n=10,239
Non-immigrant <sup>†</sup>	74.7 (66.6 - 81.3)	81.6 (78.8 - 84.1)
Recent immigrant <sup>‡</sup>	17.3 (12.8 - 23.0)	12.2 (10.1 - 14.6)
Long-term immigrant <sup>§</sup>	8.0* (5.2 - 12.0)	6.2 (5.3 - 7.2)

\*Use estimate with caution.

<sup>†</sup>Non-immigrant includes students who reported living in Canada 'all my life';

<sup>‡</sup>Recent immigrant includes students who reported living in Canada 'less than 2 - 10 years';

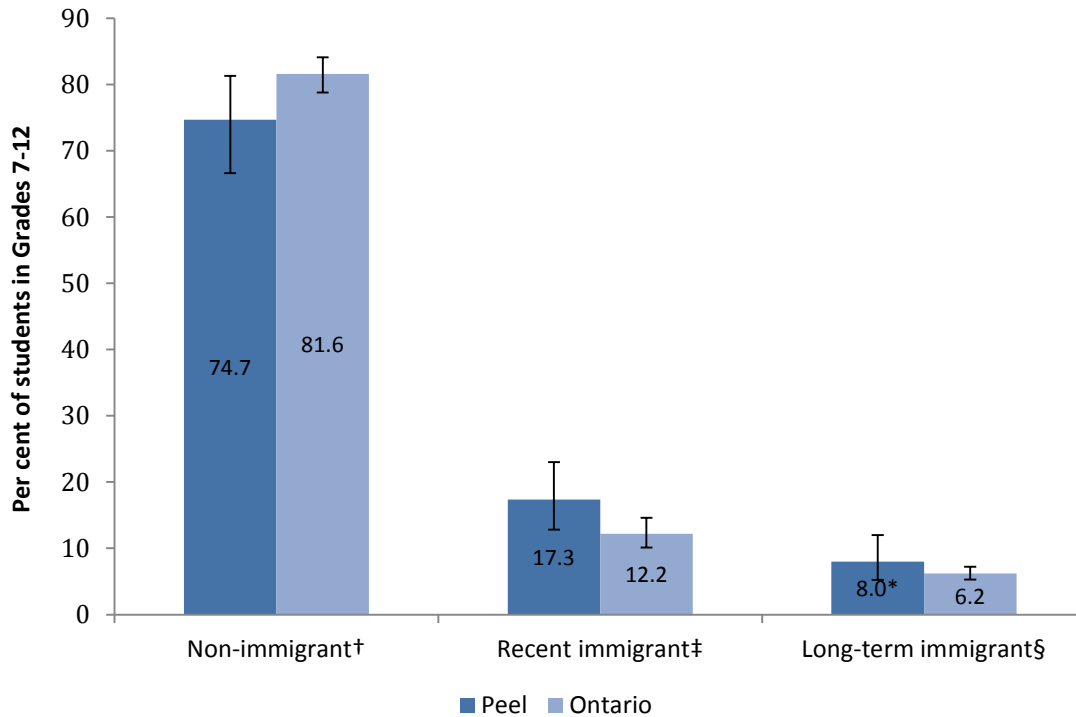
<sup>§</sup>Long-term immigrant includes students who reported living in Canada '11 years or more'.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Figure 1.1**  
**Immigration Status of Students in Grades 7 - 12,**  
**Peel and Ontario, 2015**



Peel n=1,155.

Ontario n=10,239.

\*Use estimate with caution.

† Non-immigrant includes students who reported living in Canada 'all my life';

‡ Recent immigrant includes students who reported living in Canada 'less than 2 - 10 years';

§ Long-term immigrant includes students who reported living in Canada '11 years or more'.

Error bars represent 95% confidence intervals.

Source: Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



### Ethnic Background

In 2015, the top ethnicities reported by Peel students in grades 7 - 12 were White (35%), South Asian (23%), Black (13%) and East or Southeast Asian (10%). One in ten students reported having multiple ethnicities. These results are similar to 2013 results (data not shown).

**Survey Question: Which of the following best describes your background? (You may choose more than one category).**

**Table 1.3  
 Ethnic Background of Students in Grades 7 - 12,  
 Peel and Ontario, 2015**

Ethnic Background	Per cent of all students (95% CI)	
	Peel n=1,155	Ontario n= 10,426
White	35.1* (21.9 - 51.2)	57.5 (53.7 - 61.2)
South Asian	22.5* (14.5 - 33.2)	8.1 (6.4 - 10.1)
East Asian or Southeast Asian <sup>†</sup>	9.6* (6.6 - 13.8)	10.5 (8.7 - 12.6)
Multiple <sup>‡</sup>	9.4 (7.4 - 12.1)	9.6 (8.7 - 10.5)
Black	12.6* (8.2 - 19.0)	5.7 (4.6 - 7.0)
West Asian or Arab	3.1* (2.1 - 4.5)	3.0 (2.2 - 4.1)
Latin American	3.4* (2.0 - 5.9)	2.3 (1.7 - 2.9)
Aboriginal	NR	0.8* (0.6 - 1.2)
Not stated/Not sure	3.5* (2.0 - 5.9)	2.6 (2.2 - 3.2)

\*Use estimate with caution.

<sup>†</sup>East Asian or Southeast Asian includes: South East Asian, Chinese, Filipino, Korean and Japanese.

<sup>‡</sup>Multiple includes those who selected more than one category (including those who selected both a specific category and 'not sure').

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



## FAMILY PROFILE

### Languages Spoken at Home

Most students in Peel reported usually speaking English at home (57%). Students in Peel were more likely to report speaking both English and another language at home, compared to Ontario students (33% versus 20%, respectively).

*Survey Question: What language do you usually speak at home?*

**Table 1.4**  
**Language Spoken at Home among Students in Grades 7 - 12,**  
**Peel and Ontario, 2015**

Languages spoken at home	Per cent of all students (95% CI)	
	Peel n=1,155	Ontario n= 10,426
English	56.6 (47.7 - 65.1)	69.8 (65.4 - 73.8)
English and other	33.4 (27.3 - 40.1)	20.0 (17.8 - 22.4)
Both English and French	NR	2.9* (1.7 - 4.8)
Other languages	NR	4.7 (3.7 - 5.9)
Other language combinations	NR	0.3* (0.2 - 0.5)
English, French and other language	1.4* (0.8 - 2.6)	1.3* (0.8 - 2.2)
French	NR	NR
French and other	6.8* (4.6 - 9.9)	NR

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



### Parental Immigrant Status

In Peel, 62% of students have parents who were both born outside of Canada; nearly double the percentage seen among Ontario students (36%). This is similar to what was observed in 2013 (data not shown).

**Survey Question: Were your parents born in Canada?**

<b>Table 1.5 Parental Immigrant Status among Students in Grades 7 - 12, Peel and Ontario, 2015</b>		
<b>Parental immigrant status</b>	<b>Per cent of all students (95% CI)</b>	
	<b>Peel</b> n=1,137	<b>Ontario</b> n=10,256
Both parents born in Canada	24.0* (13.9 - 38.8)	49.9 (46.3 - 53.5)
One parent born in Canada	13.0 (10.1 - 16.6)	13.9 (12.7 - 15.2)
Neither parent born in Canada	63.0 (47.2 - 76.4)	36.2 (32.3 - 40.3)

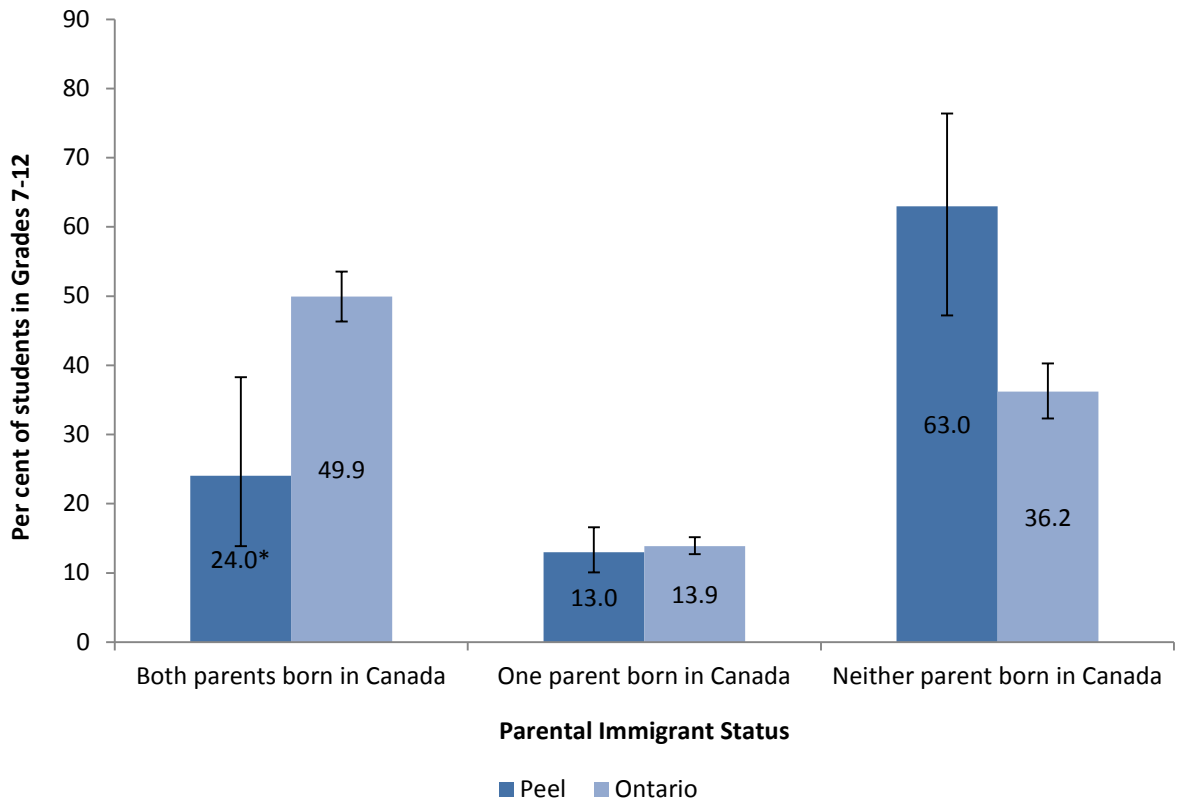
\*Use estimate with caution.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Figure 1.2**  
**Parental Immigrant Status among Students in Grades 7 - 12,**  
**Peel and Ontario, 2015**



n=1,137.

Ontario n=10,256.

\*Use estimate with caution.

Error bars represent 95% confidence intervals.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.





### Parental Education Level (As Reported by Students)

According to students, the majority of parents in both Peel (60%) and Ontario (61%) completed post-secondary education. These estimates are similar to 2013 (data not shown).

**Survey Question: What is the highest level of education your mother/father has completed?**

**Table 1.6**  
**Highest Level of Education Achieved among Mothers Reported by Grade 7 - 12 Students, Peel and Ontario, 2015**

Level of education	Per cent of all students (95% CI)	
	Peel n=1,145	Ontario n=10,306
Less than secondary	5.2 (3.7 - 7.3)	4.8 (4.0 - 5.7)
Secondary	11.2 (9.3 - 13.3)	11.6 (10.4 - 13.0)
Some post-secondary	7.7 (5.6 - 10.4)	6.9 (6.1 - 7.8)
Completed post-secondary	60.1 (55.7 - 64.4)	61.2 (58.7 - 63.7)
Don't know	15.8 (13.4 - 18.5)	15.5 (14.0 - 17.1)

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 1.7**  
**Highest Level of Education Achieved among Fathers Reported by Grade 7 - 12 Students, Peel and Ontario, 2015**

Level of education	Per cent of all students (95% CI)	
	Peel n=1,141	Ontario n=10,292
Less than secondary	8.9 (7.1 - 11.2)	8.5 (7.5 - 9.7)
Secondary	9.2 (7.2 - 11.6)	12.8 (11.3 - 14.4)
Some post-secondary	6.5 (4.8 - 8.8)	6.1 (5.4 - 7.0)
Completed post-secondary	54.9 (50.0 - 59.8)	52.2 (49.3 - 55.1)
Don't know	20.4 (17.5 - 23.7)	20.3 (18.6 - 22.2)

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



### Living Arrangement at Home

Peel students were less likely than Ontario students to report spending time between two or more homes (9% versus 13%, respectively). This is similar to 2013 (data not shown).

**Survey Question: Not everybody lives with both parents in one home. Some people spend part of their time in one home and the other part of their time in another home. Please choose one of the following statements that best describes your living situation:**

- *I live in one home only*
- *I split my time between two or more homes*

**Table 1.8**  
**Living Arrangements at Home among Students in Grades 7 - 12,**  
**Peel and Ontario, 2015**

Living arrangement	Per cent of all students (95% CI)	
	Peel n=1,134	Ontario n=10,377
Live in only one home	91.4 (89.3 - 93.2)	87.2 (85.6 - 88.5)
Split time between two or more homes	8.6 (6.8 - 10.7)	12.8 (11.5 - 14.4)

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



### Socio-Economic Status

Subjective socio-economic status was measured using *the family socio-economic ladder*, an adolescent-specific measure of subjective family social status.<sup>2,3</sup>

Students were shown a ladder that was meant to represent the Canadian society (with numbers ranging from 1 to 10). They were told that at the top are the people who are ‘*best off- they have the most money, most education and the jobs that bring the most respect*’ while at the bottom are the people who are “*worst off- they have the least money, little education no job or jobs that nobody want*”. Students were asked to place their family on this scale.

**Survey Question: Think about your family, please check off the numbered box that best shows where you think your family would be on this ladder.**

Scores on the *family socio-economic ladder* were categorized in the following way:

Low SES: students ranked their family between one to six on the ladder;

High SES: students ranked their family between seven to ten on the ladder.

In Peel, 32% of grade 7 - 12 students consider their family to be of low socio-economic status, as measured by the *family socio-economic ladder*. This is similar to Ontario students and to estimates from 2013 (data not shown).

**Table 1.9**  
**Subjective Family Socio Economic Status among Grade 7 - 12 Students,**  
**Peel and Ontario, 2015**

Socio-economic status	Per cent of all students (95% CI)	
	Peel n=1,134	Ontario n=10,259
Low SES	31.6 (27.8 - 35.6)	31.9 (30.2 - 33.5)
High SES	68.4 (64.4 - 72.2)	68.1 (66.5 - 69.8)

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



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## CHAPTER TWO - ALCOHOL CONSUMPTION

### Highlights

- In 2015, 41% of Peel students in grades 7 - 12 reported consuming alcohol in the year prior to the survey. This represents approximately 48,300 students. This is similar to Ontario students (46%) and to estimates from the 2013 cycle of the OSDUHS (37%).
- In 2015, 12% of Peel students in grades 7 - 12 reported binge drinking at least once in the month prior to the survey. This percentage represents approximately 14,300 students. Binge drinking is less common among Peel students than Ontario students (18%).
- Among past year drinkers in Peel, 29% reported binge drinking at least once in the month prior to the survey. This is less common than among Ontario students (38%).
- One-third (30%) of Peel students who drank alcohol in the last year reported getting it from a family member, one quarter (26%) from a friend, and 15%\* reported giving somebody money to buy it. This is similar to Ontario.
- In 2015, 19%\* of Peel students in grades 9 - 12 reported that their parents allow them to drink at home. Among past year drinkers in Peel, 33% indicate that their parents allow them to drink at home. These estimates are similar to Ontario students overall (27% and 43%, respectively).
- In 2015, 29% of Peel students in grades 7 - 12 who drank alcohol in their lifetime reported trying alcohol before entering high school. This is similar to Ontario students (34%).
- In 2015, 22% of past year drinkers in Peel reported consuming alcohol with energy drinks in the 12 months prior to the survey. This is similar to what was observed in Ontario (27%).

\*Use estimate with caution



### LIFETIME CONSUMPTION OF ALCOHOL

In 2015, 44% of Peel students and 49% of Ontario students in grades 7 - 12 reported consuming alcohol at least once in their lifetime (excluding just a sip). This percentage represents approximately 51,600 students.

There were no significant differences by sex; however students in Grade 12 (73%) were more likely to report consuming alcohol in their lifetime, compared to younger students, Grade 9 (28%).

These estimates are similar to 2013.

**Survey Question: In the last 12 months how often did you drink alcohol- liquor (rum, whiskey, etc.) wine, beer or coolers?**

**Table 2.1**  
**Lifetime Alcohol Consumption among Students in Grades 7 - 12, Peel and Ontario, 2013-2015**

Alcohol Consumption	Per cent of all students (95% CI)			
	Peel		Ontario	
	2013 n=2,092	2015 n=1,150	2013 n=10,230	2015 n=10,396
Drank alcohol (more than a sip)	40.9 (35.2 - 46.9)	43.9 (35.4 - 52.8)	52.4 (49.3 - 55.4)	48.9 (46.0 - 51.8)
Only had a sip of alcohol	17.8 (16.0 - 19.9)	18.6 (15.6 - 22.1)	17.6 (16.2 - 19.0)	19.0 (17.6 - 20.5)
Did not drink alcohol	41.2 (35.4 - 47.3)	37.5 (29.1 - 46.6)	30.1 (27.3 - 33.1)	32.1 (29.4 - 34.9)

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 2.2**  
**Lifetime Alcohol Consumption among Students in Grades 7 - 12 by Sex, Peel, 2013 - 2015**

Alcohol Consumption	Per cent of all students (95% CI)			
	2013 n=2,092		2015 n=1,150	
	Male	Female	Male	Female
Drank alcohol (more than a sip)	40.0 (33.7 - 46.5)	42.0 (35.9 - 48.3)	44.3 (34.9 - 54.1)	43.5 (34.8 - 52.5)
Only had a sip of alcohol	18.6 (15.3 - 22.3)	17.1 (14.9 - 19.5)	19.2 (14.3 - 25.2)	18.1 (14.8 - 21.8)
Did not drink alcohol	41.5 (35.0 - 48.3)	41.0 (34.2 - 48.1)	36.5 (26.9 - 47.3)	38.5 (30.9 - 46.6)

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.3**  
**Lifetime Alcohol Consumption (More than a Sip) among Students in Grades 7 - 12 by Grade, Peel, 2013 - 2015**

Year	Per cent of all students (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>2013</b> n=2,092	12.9 (9.7 - 17.1)	17.3 (13.2 - 22.3)	34.0 (26.1 - 42.9)	42.9 (35.0 - 51.1)	54.7 (45.6 - 63.5)	66.9 (60.0 - 73.2)
<b>2015</b> n=1,150	9.6* (4.9 - 17.9)	NR	28.7 (21.2 - 37.5)	53.9 (39.7 - 67.4)	66.3 (51.6 - 78.4)	73.4 (61.7 - 82.5)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



### ALCOHOL CONSUMPTION IN THE LAST 12 MONTHS

In 2015, 41% of grade 7 - 12 students in Peel reported drinking alcohol in the previous 12 months (excluding those who had a sip). This includes those who reported drinking it for special occasions. In Peel, this percentage represents approximately 48,300 students in grades 7-12. This is similar to Ontario students (46%).

In Peel, there were no difference by sex; however, students in Grade 12 (70%) were more likely to report drinking in the previous year compared to those in Grade 9 (26%\*).

These estimates are similar to 2013.

\*Use estimate with caution

**Survey Question: In the last 12 months how often did you drink alcohol - liquor (rum, whiskey, etc.) wine, beer or coolers?**

**Table 2.4**  
**Alcohol Consumption in the Last 12 Months among Students in Grades 7 - 12, Peel and Ontario, 2013 - 2015**

Alcohol Consumption	Per cent of all students (95% CI)			
	Peel		Ontario	
	2013 n=2,092	2015 n= 1,150	2013 n=10,230	2015 n= 10,396
Drank alcohol (more than a sip)	37.4 (31.9 - 43.2)	41.1 (32.7 - 50.1)	49.5 (46.4 - 52.5)	45.8 (42.9 - 48.7)
Only had a sip of alcohol	17.8 (16.0 - 19.9)	18.6 (15.6 - 22.1)	17.6 (16.2 - 19.0)	19.0 (17.6 - 20.5)
Did not drink alcohol	44.8 (39.0-50.7)	40.2 (31.7 - 49.5)	33.0 (30.2 - 35.9)	35.2 (32.5 - 38.0)

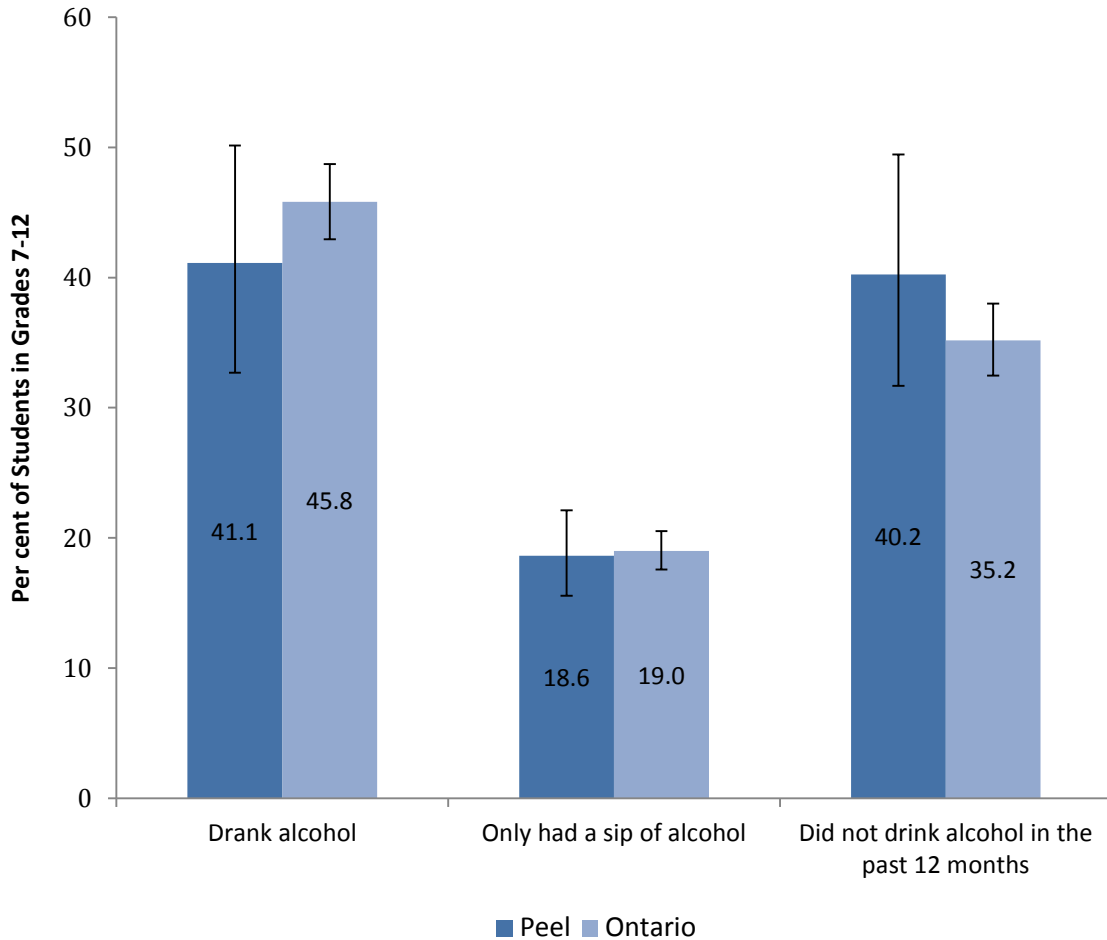
95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.





**Figure 2.1**  
**Alcohol Consumption in the Last 12 Months among Students in Grades 7 - 12, Peel and Ontario, 2015**



Peel n=1,150

Ontario n=10,396

Error bars represent 95% confidence intervals

Source: Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.5**  
**Alcohol Consumption in the Last 12 Months among Students in Grades 7 - 12 by Sex,**  
**Peel, 2013 - 2015**

Alcohol Consumption	Per cent of all students (95% CI)			
	2013 n=2,092		2015 n=1,150	
	Male	Female	Male	Female
Drank alcohol (more than a sip)	36.1 (30.2 - 42.4)	38.8 (32.8 - 45.1)	40.9 (31.1 - 51.5)	41.4 (33.2 - 50.1)
Only had a sip of alcohol	18.6 (15.3 - 22.3)	17.1 (14.9 - 19.5)	19.2 (14.3 - 25.2)	18.1 (14.8 - 21.8)
Did not drink alcohol	45.4 (38.7 - 52.2)	44.2(37.4 - 51.1)	39.9 (29.8 - 51.1)	40.6 (33.2 - 48.4)

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 2.6**  
**Per Cent of Grade 7 - 12 Students who Reported Drinking Alcohol (More than Just a Sip) in the**  
**Last 12 Months by Grade,**  
**Peel, 2013 - 2015**

Year	Per cent of all students (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>2013</b> n=2,092	10.5 (7.7 - 14.0)	14.0 (10.2 - 19.1)	30.9 (23.1 - 39.8)	40.1 (32.0 - 48.8)	50.3 (41.7 - 58.8)	62.3 (55.8 - 68.5)
<b>2015</b> n=1,150	NR	NR	25.8* (17.4 - 36.4)	48.9 (33.5 - 64.4)	64.1 (50.2 - 76.0)	70.9 (59.0 - 80.4)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



## ALCOHOL CONSUMPTION IN THE LAST MONTH

### *Among All Students*

In 2015, 24% of Grade 7 - 12 students reported consuming alcohol at least once in the last month. This is similar to Ontario students overall (31%).

In Peel, there was no difference in the frequency of alcohol consumption in the last month by sex. However, there was variation by grade. Thirty-three per cent of students in Grade 12 reported drinking in the last month, compared 13%\* of Grade 9 students.

\*Use estimate with caution

**Survey Question:** *In the last 4 weeks, how often did you drink alcohol (liquor, wine, beer, or coolers)?*

**Table 2.7**  
**Frequency of Alcohol Consumption (Last Month) among Students in Grades 7 - 12, Peel and Ontario, 2013 - 2015**

Frequency	Per cent of all students (95% CI)			
	Peel		Ontario	
	2013 n=2,085	2015 n=1,142	2013 n=10,174	2015 n=10,309
Once or twice	16.9 (13.3 - 21.2)	19.0 (14.9 - 23.9)	24.1 (21.9 - 26.5)	22.1 (20.4 - 23.8)
Once or twice per week	3.8* (2.5 - 5.7)	3.5* (2.3 - 5.3)	6.7 (5.8 - 7.7)	6.3 (5.2 - 7.6)
Three or more times per week	1.5* (1.0 - 2.2)	1.3* (0.7 - 2.4)	2.6 (2.0 - 3.3)	2.7 (2.1 - 3.4)
Not in the last month	77.9 (72.7 - 82.3)	76.2 (70.3 - 81.3)	66.6 (63.6 - 69.6)	68.9 (66.2 - 71.5)

\*Use estimate with caution.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.8**  
**Frequency of Alcohol Consumption (Last Month) among Students in Grades 7 - 12 by Sex, Peel, 2013 - 2015**

Frequency	Per cent of all students (95% CI)			
	2013 n=2,085		2015 n=1,142	
	Male	Female	Male	Female
Once or twice	16.4 (12.9 - 20.7)	17.3 (12.8 - 23.0)	18.4 (12.9 - 25.6)	19.7 (14.8 - 25.6)
Once or twice per week	4.2* (2.5 - 6.9)	3.4* (2.14 - 5.21)	3.9* (2.4 - 6.3)	3.1* (1.8 - 5.3)
Three or more times per week	1.8 (1.1 - 3.1)	NR	NR	NR
Not in the last month	77.5 (72.5 - 81.9)	78.2 (71.8 - 83.5)	76.8 (69.5 - 82.7)	75.6 (69.1 - 81.1)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 2.9**  
**Consumed Alcohol Once or Twice in the Last Month among Students in Grades 7 - 12 by Grade, Peel, 2013 - 2015**

Year	Per cent of all students (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>2013</b> n=2,085	3.3* (1.8 - 6.1)	5.5* (3.5 - 8.7)	12.2* (8.5 - 17.3)	16.0* (11.3 - 22.1)	23.3 (18.5 - 28.8)	31.4 (24.1 - 39.9)
<b>2015</b> n=1,142	NR	NR	12.8* (6.9 - 22.5)	25.0* (16.4 - 36.3)	25.6* (17.4 - 36.0)	32.6 (26.0 - 40.1)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Among Drinkers**

Among Peel students who reported drinking alcohol in the past year, 43% drank once or twice in the month prior to the survey. A large proportion did not drink in the four weeks prior to the survey (46%). A similar pattern is observed among Ontario students.

There were no significant differences by sex or grade.

These estimates are similar to 2013.

**Table 2.10**  
**Frequency of Alcohol Consumption (Last Month) among Past Year Drinkers† in Grades 7 - 12, Peel and Ontario, 2013 - 2015**

Frequency	Per cent of past year drinkers (95% CI)			
	Peel		Ontario	
	2013 n=738	2015 n=389	2013 n=4,162	2015 n=4,315
Once or twice	40.5 (34.4 - 46.9)	43.1 (39.1 - 47.3)	44.8 (41.9 - 47.6)	43.7 (41.4 - 45.9)
Once or twice per week	10.1* (6.7 - 14.9)	8.1* (5.6 - 11.6)	13.5 (11.8 - 15.4)	13.6 (11.7 - 15.8)
Three or more times per week	4.0* (2.8 - 5.6)	NR	5.2 (4.1 - 6.5)	5.8 (4.6 - 7.3)
Not in the last month	45.4 (38.3 - 52.7)	45.8 (39.9 - 51.8)	36.6 (33.4 - 39.9)	36.9 (33.9 - 40.0)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.11**  
**Frequency of Alcohol Consumption (Last Month) among Past Year Drinkers† in Grades 7 – 12 by Sex, Peel, 2013 - 2015**

Frequency	Per cent of past year drinkers (95% CI)			
	2013 n=738		2015 n=389	
	Male	Female	Male	Female
Once or twice	40.9 (34.4 - 47.8)	40.1 (31.6 - 49.3)	40.4 (31.6 - 49.9)	46.0 (37.8 - 54.4)
Once or twice per week	11.7* (6.9 - 19.0)	8.6* (5.7 - 12.6)	8.8* (5.0 - 15.0)	7.3* (4.4 - 11.9)
Three or more times per week	5.1* (3.2 - 8.1)	2.9* (1.4 - 5.7)	NR	NR
Not in the last month	42.3 (34.9 - 50.1)	48.5 (39.3 - 57.7)	48.4 (39.5 - 57.5)	43.0 (35.2 - 51.1)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 2.12**  
**Consumed Alcohol Once or Twice in the Last Month among Past Year Drinkers† in Grades 7 - 12 by Grade, Peel, 2013 - 2015**

	Per cent of past year drinkers (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>2013</b> n=738	NR	24.1* (15.4 - 35.7)	32.5* (22.4 - 44.6)	36.6 (27.7 - 46.6)	44.3 (37.2 - 51.5)	48.2 (38.9 - 57.6)
<b>2015</b> n=389	NR	31.6* (20.2 - 45.8)	36.3* (18.5 - 58.7)	51.8 (35.1 - 68.1)	38.5 (27.1 - 51.3)	46.1 (37.1 - 55.3)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



## BINGE DRINKING

### *Among All Students*

In 2015, 12% of all Peel students in grades 7 - 12 reported binge drinking, that is consuming five or more drinks on one occasion, at least once in the month prior to the survey. This percentage represents approximately 14,300 students in Peel. Binge drinking was more common among Ontario students (18%) than Peel students.

There were no differences by sex; however students in Grade 12 (17%) were more likely to report binge drinking than students in Grade 9 (6%).

These estimates are similar to 2013.

**Survey Question: How many times in the last 4 weeks have you had 5 or more drinks of alcohol on the same occasion?**

**Table 2.13**  
**Proportion of Students in Grades 7 - 12 who Reported Binge Drinking† (Last Month) among All Students, Peel and Ontario, 2013 - 2015**

Frequency	Per cent of students (95% CI)			
	Peel		Ontario	
	2013 n=2,090	2015 n=1,149	2013 n=10,187	2015 n=10,372
At least one time in the past month	11.0 (8.6 - 14.0)	12.2 (9.7 - 15.3)	19.8 (17.8 - 22.1)	17.6 (15.6 - 19.7)
Not in the past month	43.7 (39.6 - 48.0)	45.0 (37.9 - 52.2)	46.2 (44.2 - 48.2)	44.8 (42.8 - 46.9)
Never drank alcohol in lifetime	45.2 (39.5 - 51.0)	42.8 (34.1 - 51.9)	34.0 (31.2 - 36.9)	37.6 (34.9 - 40.3)

95% CI reflects the 95% confidence interval of the estimate.

†Binge drinking refers to consumption of five or more drinks on one or more occasions.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.14**  
**Proportion of Students in Grades 7 - 12 who Reported Binge Drinking† (Last Month) among All Students by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of students (95% CI)	
	2013 n=2,090	2015 n=1,149
<b>Sex</b>		
Male	12.1 (9.45 - 15.4)	11.1 (8.0 - 15.2)
Female	9.9 (7.3 - 13.4)	13.4 (10.6 - 16.8)
<b>Grade</b>		
7	NR	NR
8	NR	NR
9	6.1* (3.4 - 10.8)	5.9* (3.7 - 9.4)
10	11.8* (8.0 - 17.3)	15.4* (10.2 - 22.7)
11	16.7* (11.4 - 23.9)	27.4 (20.2 - 36.1)
12	22.0 (16.5 - 28.8)	17.4* (11.7 - 25.0)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Binge drinking refers to consumption of five or more drinks on one or more occasions.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.  
 Peel Public Health.





**Among Drinkers**

Among past year drinkers in Peel, 29% of grade 7 - 12 students reported binge drinking at least once in the month prior to the survey. Binge drinking was more common among Ontario students (38%) than Peel students.

There was no difference between males and females. Differences by grade could not be determined as estimates were not releasable for all grades.

These estimates are similar to 2013.

**Table 2.15**  
**Proportion of Students in Grades 7 - 12 who Reported Binge Drinking (Last Month) among Past Year Drinkers†, Peel and Ontario, 2013 - 2015**

Occurrence of Binge Drinking	Per cent of students (95% CI)			
	Peel		Ontario	
	2013 n=739	2015 n=392	2013 n=4,173	2015 n=4,333
Binge drank alcohol in the last month	29.4 (24.9 - 34.3)	28.7 (23.9 - 34.0)	39.4 (36.5 - 42.4)	37.6 (34.5 - 40.8)
Did not binge drink alcohol in the last month	70.6 (65.7 - 75.1)	71.3 (66.0 - 76.1)	60.6 (57.6 - 63.5)	62.4 (59.2 - 65.5)

† Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.  
 95% CI reflects the 95% confidence interval of the estimate.

**Note:** Binge drinking refers to consumption of five or more drinks on one or more occasions in last month.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.16**  
**Proportion of Students in Grades 7 - 12 who Reported Binge Drinking† (Last Month) among Past Year Drinkers‡ by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of students (95% CI)	
	2013 n=739	2015 n=392
<b>Sex</b>		
Male	33.6 (27.9 - 39.7)	25.8 (19.4 - 33.4)
Female	25.3 (20.0 - 31.3)	31.7 (26.2 - 37.9)
<b>Grade</b>		
7	NR	NR
8	NR	NR
9	19.9* (11.8 - 31.6)	NR
10	29.2 (21.2 - 38.9)	31.8 (23.3 - 41.8)
11	33.4 (24.4 - 43.8)	42.1 (32.9 - 52.0)
12	35.7 (28.0 - 44.2)	24.5* (17.2 - 33.7)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Binge drinking refers to consumption of five or more drinks on one or more occasions.

‡Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

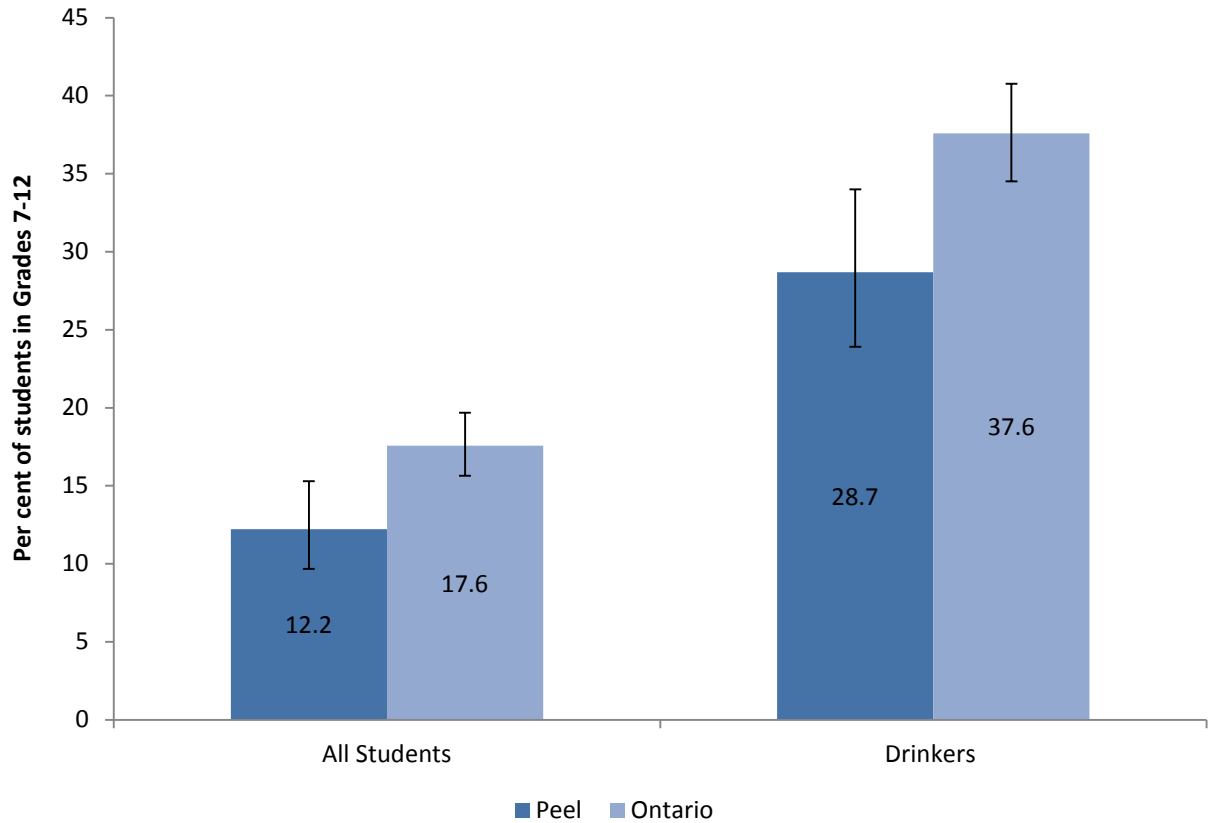
95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.

Peel Public Health.



**Figure 2.2**  
**Proportion of Students in Grades 7 - 12 who Reported Binge Drinking† (Last Month) among All Students and Past Year Drinkers‡, Peel and Ontario, 2015**



‡Drinkers Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

†Binge drinking refers to consumption of five or more drinks on one or more occasions.

Error bars represent 95% confidence intervals.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



## Frequency of Binge Drinking in the Last Month

### Among All Students

In 2015, 7% of Peel students in grades 7 - 12 reported binge drinking once, 5%\* report binge drinking two to three times, and 1% report binge drinking four or more times in the month prior to the survey. This is similar to Ontario students.

There were no differences by sex. Differences by grade could not be determined as estimates were not releasable for all grades.

These estimates are similar 2013.

\*Use estimate with caution

**Table 2.17**  
**Frequency of Binge Drinking† (Last Month) among Students in Grades 7 - 12, Peel and Ontario, 2013 - 2015**

Frequency	Per cent of all students (95% CI)			
	Peel		Ontario	
	2013 n=2,090	2015 n= 1,143	2013 n=10,187	2015 n=10,372
Not in the last month/did not drink in the past year	89.0 (86.0 - 91.4)	87.8 (84.7 - 90.3)	80.2 (77.9 - 82.3)	82.4 (80.3 - 84.4)
Once	6.0 (4.4 - 8.2)	6.7 (5.0 - 8.9)	8.9 (7.7 - 10.3)	8.0 (7.1 - 8.9)
Two to three times	3.7*(2.6 - 5.2)	4.5* (2.8 - 7.0)	7.2 (6.1 - 8.4)	6.3 (5.3 - 7.6)
Four or more times	1.4* (0.87 - 2.1)	1.1*(0.7 - 1.5)	3.8 (3.1 - 4.5)	3.3 (2.6 - 4.1)

\*Use estimate with caution.

†Binge drinking refers to consumption of five or more drinks on one or more occasions.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.18**  
**Frequency of Binge Drinking† (Last Month) among Students in Grades 7 – 12 by Sex,**  
**Peel, 2013 - 2015**

Frequency	Per cent of all students (95% CI)			
	2013 n=2,090		2015 n=1,149	
	Male	Female	Male	Female
Not in the last month/did not drink in the last year	87.9 (84.6 - 90.6)	90.1 (86.6 - 92.8)	88.9 (84.8 - 92.0)	86.6 (83.2 - 89.4)
Once	6.1* (4.3 - 8.5)	5.9* (4.1 - 8.4)	5.3* (3.1 - 8.8)	8.2 (6.3 - 10.6)
Two to three times	4.2*(2.7 - 6.4)	3.2* (2.1 - 4.7)	NR	4.6* (3.1 - 6.8)
Four or more times	1.8*(1.1 - 3.0)	NR	NR	NR

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Binge drinking refers to consumption of five or more drinks on one or more occasions.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.19**  
**Frequency of Binge Drinking (Last Month) among Students in Grades 7 – 12 by Grade,**  
**Peel, 2013 - 2015**

Year	Per cent of all students (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>2013</b>						
n=2,085						
Once	NR	NR	5.0* (2.8 - 8.7)	5.5* (3.5 - 8.6)	7.0* (4.6 - 10.4)	12.9* (8.7 - 18.7)
Two to three times	NR	NR	NR	5.7* (2.9 - 11.0)	6.5* (3.9 - 10.5)	6.3* (4.0 - 9.9)
Four times or more	NR	NR	NR	NR	NR	NR
Not in the last month†	99.6 (97.3 - 99.9)	98.1 (95.8 - 99.2)	93.9 (89.2 - 96.6)	88.2 (82.7 - 92.1)	83.3 (76.1 - 88.6)	78.0 (71.2 - 83.5)
<b>2015</b>						
n=1,149						
Once	NR	NR	NR	9.3* (5.7 - 14.9)	11.5* (7.3 - 17.6)	10.8* (6.3 - 18.0)
Twice or three times	NR	NR	NR	NR	11.6* (6.4 - 20.1)	NR
Four times or more	NR	NR	NR	NR	4.4* (2.3 - 8.0)	NR
Not in the last month†	NR	99.4 (95.3 - 99.9)	94.1 (90.6 - 96.3)	84.6 (77.3 - 89.8)	72.6 (63.9 - 79.9)	82.6 (74.9 - 88.2)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Includes those who did not drink alcohol in the last year.

‡Binge drinking refers to consumption of five or more drinks on one or more occasions.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Among Drinkers**

In 2015, 16% of past year drinkers reported binge drinking 'once' in the month prior to the survey, 11%\* report binge drinking 'two or three times', and 3%\* report binge drinking 'four or more times' in the same time period. Ontario students were more likely to report binge drinking 'four times or more' in the past month (7%) than Peel students.

There were no differences between males and females. Differences by grade could not be determined as estimates were not releasable for all grades.

\*Use estimate with caution

**Table 2.20**  
**Frequency of Binge Drinking† (Last Month) among Past Year Drinkers‡ in Grades 7 - 12, Peel and Ontario, 2013 - 2015**

Frequency	Per cent of past year drinkers (95% CI)			
	Peel		Ontario	
	2013 n=739	2015 n=392	2013 n=4,173	2015 n=4,334
Not in the last month	70.6 (65.7 - 75.1)	71.3 (66.0 - 76.1)	60.6 (57.6 - 63.5)	62.4 (59.2 - 65.5)
Once	15.9 (12.5 - 20.0)	15.5 (12.3 - 19.4)	17.5 (15.5 - 19.8)	16.8 (15.1 - 18.6)
Two to three times	9.9 (7.1 - 13.5)	10.6* (6.8 - 16.2)	14.3 (6.5 - 12.5)	13.7 (11.7 - 15.9)
Four or more times	3.6* (2.4 - 5.4)	2.6* (1.6 - 4.0)	7.6 (6.4 - 9.0)	7.2 (5.8 - 8.8)

\*Use estimate with caution.

†Binge drinking refers to consumption of five or more drinks on one or more occasions in last month.

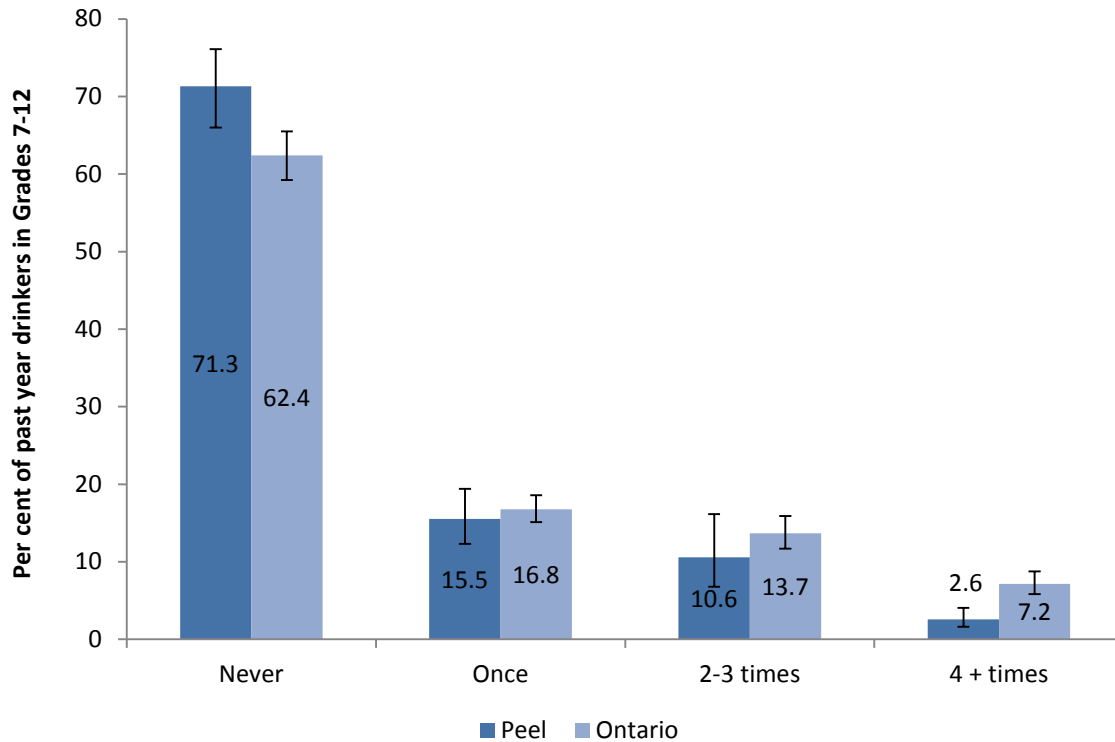
‡Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Figure 2.3**  
**Frequency of Binge Drinking† (Last Month) among Past Year Drinkers‡ in Grades 7 - 12, Peel and Ontario, 2015**



Peel n=392.

Ontario n=4,334.

\* Use estimate with caution.

†Binge drinking refers to consumption of five or more drinks on one or more occasions in last month.

‡Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

Error bars represent 95% confidence intervals.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.





**Table 2.21**  
**Frequency of Binge Drinking† (Last Month) among Past Year Drinkers‡ in Grades 7 – 12 by Sex, Peel, 2013 - 2015**

Frequency	Per cent of past year drinkers (95% CI)			
	2013 n=739		2015 n=392	
	Male	Female	Male	Female
Not in the last month	66.5 (60.3 - 72.1)	74.7 (68.7 - 80.0)	74.2 (66.6 - 80.6)	68.3 (62.1 - 73.8)
Once	16.9 (12.5 - 22.4)	15.0 (11.4 - 19.3)	11.4* (7.2 - 17.6)	19.8 (15.7 - 24.7)
Two to three times	11.6* (7.7 - 17.0)	8.1* (5.5 - 12.0)	NR	10.4* (7.0 - 15.3)
Four or more times	5.1* (3.3 - 7.9)	NR	NR	NR

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Binge drinking refers to consumption of five or more drinks on one or more occasions.

‡Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.22**  
**Frequency of Binge Drinking† (Last Month) among Past Year Drinkers‡ in Grades 7 – 12 by Grade, Peel, 2013 - 2015**

Year	Per cent of all students (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>2013</b>						
n=739						
Not in the last month	99.6 (97.3 - 99.9)	98.1 (95.8 - 99.2)	93.9 (89.2 - 96.6)	88.2 (82.7 - 92.1)	83.3 (76.1 - 88.6)	78.0 (71.2 - 83.5)
Once	NR	NR	5.0* (2.8 - 8.7)	5.5* (3.5 - 8.6)	7.0* (4.6 - 10.4)	12.9* (8.7 - 18.7)
Two to three times	NR	NR	NR	5.7* (2.9 - 11.0)	6.5* (3.9 - 10.5)	6.3* (4.0 - 9.9)
Four times or more	NR	NR	NR	NR	NR	NR
<b>2015</b>						
n=211						
Not in the last month	89.2 (58.5 - 98.0)	92.3 (66.0 - 98.7)	85.5 (66.6 - 94.5)	68.1 (58.2 - 76.7)	57.9 (48.0 - 67.1)	75.5 (66.3 - 82.8)
Once	NR	NR	NR	NR	17.9* (11.7 - 26.4)	15.2* (9.3 - 24.2)
Twice or three times	NR	NR	NR	8.3* (4.1 - 16.1)	17.4* (10.1 - 28.3)	NR
Four times or more	NR	NR	NR	NR	6.8* (3.4 - 13.3)	NR

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Binge drinking refers to consumption of five or more drinks on one or more occasions.

‡Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



## GETTING DRUNK

### *Among All Students*

In 2015, 11% of Peel students in grades 7 - 12 reported getting “drunk” at least once in the month prior to the survey. Getting drunk was less common among Peel students compared to Ontario students (16%).

There were no differences by sex or grade.

These estimates are similar to 2013.

**Survey Question: How many times in the last 4 weeks has alcohol made you drunk (that is, you had so much to drink that you could not do what you wanted to do, or you threw up)?**

**Table 2.23**  
**Proportion of Students in Grades 7 - 12 who Reported Getting Drunk in the Last Month among All Students, Peel and Ontario, 2013 - 2015**

Occurrence of getting drunk	Per cent of students (95% CI)			
	Peel		Ontario	
	2013 n=2,086	2015 n=1,143	2013 n=10,183	2015 n=10,317
Got drunk in the last month	9.2 (7.0 - 11.9)	10.9 (8.5 - 13.9)	17.6 (15.6 - 19.9)	15.9 (14.2 - 17.8)
Did not get drunk in the last month	45.0 (40.8 - 49.2)	45.4 (37.9 - 53.1)	47.4 (45.3 - 49.5)	45.7 (43.8 - 47.7)
Never drank alcohol in last 12 months/lifetime	45.8 (40.2 - 51.6)	43.7 (34.8 - 53.0)	35.0 (32.2 - 37.8)	38.3 (35.6 - 41.1)

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.24**  
**Proportion of Students in Grades 7 - 12 who Reported Getting Drunk at Least Once in the Last Month among All Students by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of students (95% CI)	
	2013 n=2,086	2015 n=1,143
<b>Sex</b>		
Male	9.9* (7.5 - 13.1)	8.8* (6.0 - 12.6)
Female	8.4* (6.0 - 11.5)	13.2 (10.2 - 16.9)
<b>Grade</b>		
Grade 7	NR	NR
Grade 8	NR	NR
Grade 9	NR	NR
Grade 10	10.6* (7.0 - 15.7)	13.6* (8.5 - 21.0)
Grade 11	14.0* (9.7 - 19.8)	22.7* (15.3 - 32.4)
Grade 12	17.5* (12.3 - 24.4)	16.4* (11.2 - 23.5)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.  
 Peel Public Health.



**Among Drinkers**

Among past year drinkers in Peel, one-quarter of students (26%) reported getting drunk in the month prior to the survey. This is significantly lower than among Ontario students (34%).

In Peel, there were no significant differences by sex or grade.

These estimates are similar to 2013.

**Table 2.25**  
**Proportion of Students in Grades 7 - 12 who Reported Getting Drunk (Last Month) among Past Year Drinkers†, Peel and Ontario, 2013 - 2015**

Occurrence of getting drunk	Per cent of students (95% CI)			
	Peel		Ontario	
	2013 n=736	2015 n=388	2013 n=4,159	2015 n=4,311
Got drunk at least once	24.2 (20.1 - 28.9)	25.9 (21.3 - 31.0)	35.1 (32.0 - 38.4)	33.9 (31.2 - 36.7)
Did not get drunk	75.8 (71.1 - 79.9)	74.1 (69.0 - 78.7)	64.9 (61.6 - 68.0)	66.1 (63.3 - 68.8)

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.26**  
**Proportion of Students in Grades 7 - 12 who Reported Getting Drunk in the Last Month among Past Year Drinkers† by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of students (95% CI)	
	2013 n=736	2015 n=388
<b>Sex</b>		
Male	27.4 (22.5 - 32.9)	20.5 (14.7 - 27.8)
Female	21.1 (16.2 - 27.0)	31.5 (26.6 - 36.8)
<b>Grade</b>		
Grade 7	NR	NR
Grade 8	NR	NR
Grade 9	17.7* (8.9 - 32.2)	NR
Grade 10	25.1* (17.3 - 34.8)	28.1 (19.9 - 38.1)
Grade 11	27.9* (21.0 - 36.0)	34.9* (23.4 - 48.5)
Grade 12	28.4* (21.3 - 36.9)	23.3 (17.0 - 31.0)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.  
 Peel Public Health.



## NUMBER OF DRINKS CONSUMED

Students were asked about the usual number of drinks consumed when drinking alcohol. In 2015, 23% of Peel students who drank alcohol reported consuming one drink on a typical occasion when drinking, 21% consumed two or three drinks, and 15%\* reported consumed between five to seven drinks on a typical occasion when drinking. This is similar to estimates for Ontario students overall.

There were no differences by sex, or by grade.

These estimates are similar to 2013.

\*Use estimate with caution

**Survey Question: How many drinks containing alcohol do you have on a typical day when you are drinking?**

**Table 2.27**  
**Usual Number of Drinks Consumed on a Typical Occasion When Drinking among Past Year Drinkers<sup>†</sup> in Grades 7 - 12, Peel and Ontario, 2013 - 2015**

Number of drinks	Per cent of past year drinkers (95% CI)			
	Peel		Ontario	
	2013 n=734	2015 n=384	2013 n= 4,136	2015 n=4,227
1 drink	22.6 (19.0 - 26.7)	23.2 (17.8 - 29.7)	17.1 (15.3 - 18.9)	16.9 (15.1 - 18.5)
2 to 3 drinks	18.6 (15.6 - 21.9)	21.0 (16.2 - 26.9)	21.7 (19.6 - 24.0)	21.2 (19.2 - 23.3)
4 drinks	11.4 (8.5 - 15.1)	13.7 (11.2 - 16.5)	13.8 (12.4 - 15.3)	14.2 (12.8 - 15.7)
5 to 7 drinks	13.3 (10.5 - 16.8)	15.2* (10.8 - 20.9)	19.3 (17.0 - 21.8)	18.2 (16.4 - 20.3)
8 or more drinks	8.0 (6.1 - 10.4)	6.1* (3.6 - 10.2)	10.0 (8.4 - 11.8)	10.1 (8.5 - 12.1)

\*Use estimate with caution.

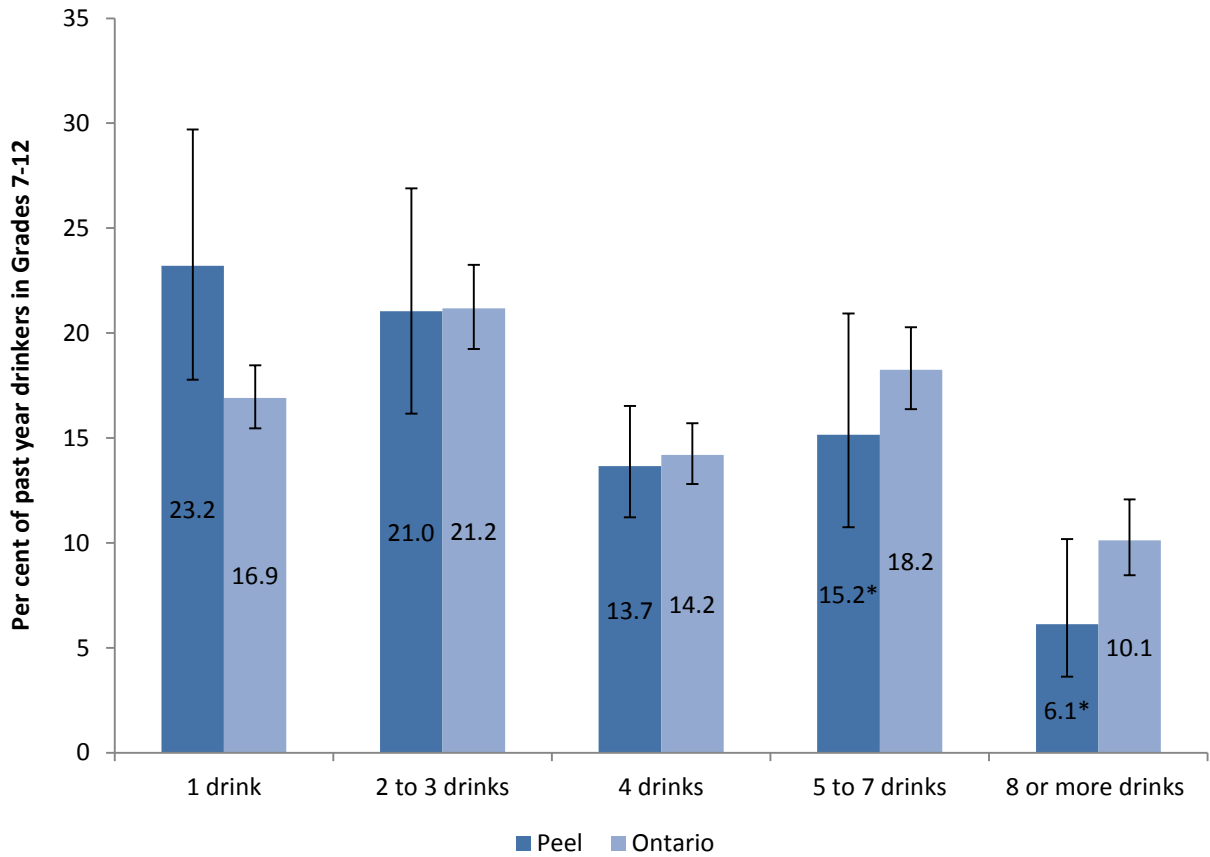
<sup>†</sup>Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Figure 2.4**  
**Usual Number of Drinks Consumed on a Typical Occasion When Drinking among Past Year Drinkers<sup>†</sup> in Grades 7 - 12, Peel and Ontario, 2015**



Peel n=384

Ontario n= 4,277

\*Use estimate with caution

<sup>†</sup>Excludes students who never had an alcoholic drink and who only had a sip to see what it was like

Error bars represent 95% confidence intervals

Source: Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.





**Table 2.28**  
**Usual Number of Drinks Consumed on a Typical Occasion When Drinking among Past Year Drinkers<sup>†</sup> in Grades 7 - 12 by Sex, Peel, 2013 - 2015**

Number of drinks	Per cent of drinkers (95% CI)			
	2013 n=734		2015 n=384	
	Male	Female	Male	Female
1 drink	20.5 (15.2 - 27.1)	24.7 (19.8 - 30.4)	22.2 (16.3 - 29.6)	24.2* (16.0 - 34.9)
2 to 3 drinks	18.6 (14.1 - 24.3)	18.5 (14.1 - 23.9)	18.2 (13.8 - 23.6)	24.0* (17.2 - 32.4)
4 drinks	9.3* (6.2 - 13.8)	13.4 (9.6 - 18.5)	11.5 (8.9 - 14.8)	15.9* (11.1 - 22.2)
5 to 7 drinks	16.4 (11.9 - 21.9)	10.3 (8.3 - 12.6)	16.7 (12.0 - 22.8)	13.6* (8.7 - 20.5)
8 or more drinks	10.9* (7.4 - 15.7)	5.1* (3.3 - 8.0)	NR	NR

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 2.29**  
**Usually Consume Five Drinks or More, on a Typical Occasion When Drinking among Past Year Drinkers<sup>†</sup> in Grades 7 - 12 by Grade, Peel, 2013 - 2015**

Year	Per cent of past year drinkers (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
2013 n=734	NR	NR	NR	13.1* (7.6 - 21.6)	26.8 (19.4 - 35.8)	31.1 (24.3 - 39.0)
2015 n=384	NR	NR	NR	23.5* (16.6 - 32.2)	26.5* (21.5 - 32.1)	22.8* (14.9 - 33.3)

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



## SOURCE OF ALCOHOL

In 2015, one-third (30%) of Peel students under the age of 19, who drank alcohol in the last year reported getting it from a family member, one quarter (26%) from a friend, and 15%\* reported giving somebody money to buy it. This is similar to Ontario students.

There were no differences by sex, or by grade.

These estimates are not directly comparable to estimates from the 2013 OSDUHS because the response options were changed in 2015.

\*Use estimate with caution

**Survey Question: In the last 12 months, how did you usually get the alcohol you drank? (Please choose one answer only).**

**Table 2.30**  
**Usual Source of Alcohol among Past Year Drinkers† in Grades 7 - 12,**  
**Peel and Ontario, 2013 - 2015**

Source of alcohol	Per cent of drinkers (95% CI)			
	Peel		Ontario	
	2013 n=368	2015 n=194	2013 n= 1,895	2015 n=2,036
Someone gave it to me	50.2 (44.0 - 56.3)	NA	40.0 (35.7 - 44.5)	NA
A family member gave it to me	NA	30.4 (22.9 - 39.0)	NA	38.1 (34.6 - 41.7)
A friend gave it to me	NA	25.6 (20.4 - 31.5)	NA	21.3 (18.9 - 23.8)
I gave someone else money to buy it	16.3 (15.5 - 20.9)	15.3* (9.7 - 23.4)	25.4 (21.7 - 29.5)	16.7 (14.3 - 19.4)
I took it from home	13.0 (9.8 - 17.2)	7.4* (4.2 - 12.5)	12.6 (10.3 - 15.4)	6.2 (4.9 - 7.7)
I got it some other way	5.3 (3.8 - 7.4)	6.1* (3.0 - 12.0)	3.8 (2.6 - 5.4)	2.6* (1.8 - 3.7)

*Asked of half the sample.*

\*Use estimate with caution.

NA – Not available for this year.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.

Peel Public Health.



**Table 2.30 (cont.)**  
**Usual Source of Alcohol among Past Year Drinkers† in Grades 7 - 12,**  
**Peel and Ontario, 2013 - 2015**

Source of alcohol	Per cent of drinkers (95% CI)			
	Peel		Ontario	
	2013 n=368	2015 n=194	2013 n= 1,895	2015 n=2,036
I don't remember	5.1* (3.1 - 8.3)	7.4* (4.2 - 12.5)	6.0 (4.4 - 8.0)	4.7 (3.7 - 5.9)
Bought it from a liquor store	NR	NR	3.0* (2.0 - 4.4)	3.1* (2.1 - 4.4)
Bought it from the beer store	NR	NR	1.4* (0.7 - 2.6)	2.0* (0.9 - 4.5)
Bought from restaurant, bar or club	NR	NR	NR	1.2* (0.6 - 2.3)
Took it from somewhere else	NR	NR	0.6* (0.3 - 1.2)	NR

*Asked of half the sample.*

\*Use estimate with caution.

NR=Not releasable due to small numbers.

NA – Not available for this year.

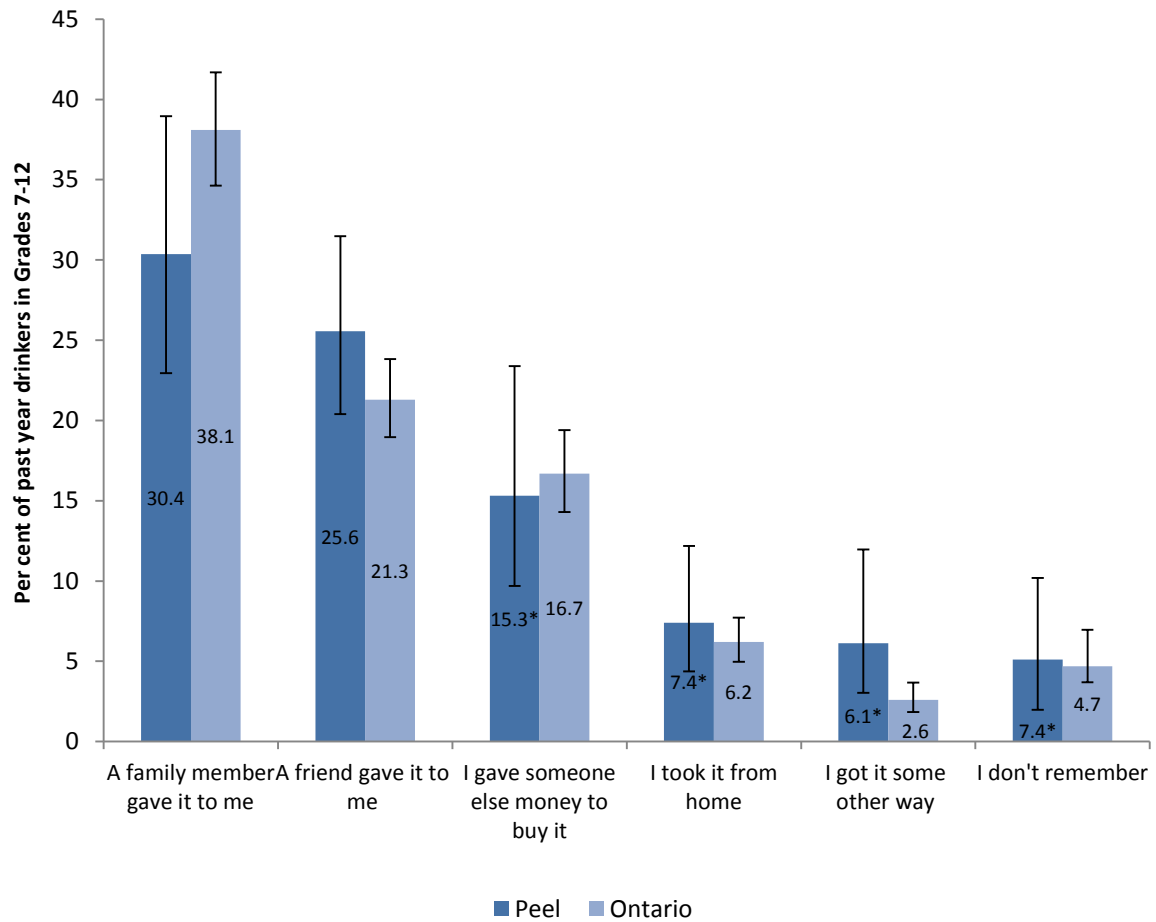
†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.  
 Peel Public Health.



**Figure 2.5**  
**Usual Source of Alcohol among Past Year Drinkers† in Grades 7 - 12,**  
**Peel and Ontario, 2015**



Asked of half the sample.

Peel n=194.

Ontario n= 2,054.

\*Use estimate with caution.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

Error bars represent 95% confidence intervals.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.31**  
**Usual Source of Alcohol among Past Year Drinkers† in Grades 7 - 12 by Sex,**  
**Peel, 2013 - 2015**

Source of alcohol	Per cent of past year drinkers (95% CI)			
	2013 n=368		2015 n=194	
	Male	Female	Male	Female
Someone gave it to me	48.3 (38.5 – 58.2)	52.1 (44.9 - 59.2)	NA	NA
A friend gave it to me	NA	NA	20.6* (10.9 - 35.5)	31.0* (22.2 - 41.4)
A family member gave it to me	NA	NA	28.5* (17.7 - 42.4)	32.4* (22.0 - 45.0)
I gave someone else money to buy it	18.1* (12.2 - 25.9)	16.0* (10.9 - 22.8)	15.7* (9.7 - 24.3)	14.9* (7.5 - 27.6)
I took it from home	11.4* (7.4 – 17.0)	14.7 (10.4 - 20.5)	NR	8.6 (5.2 - 13.9)
I got it some other way	6.9* (4.1 - 11.4)	3.8* (2.0 - 7.0)	NR	NR
I don't remember	7.5* (4.0 - 13.6)	NR	NR	NR

*Asked of half the sample.*

\*Use estimate with caution.

NR=Not releasable due to small numbers.

NA= Response option was not available for this cycle.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

*Note: Estimates for the following response options were not releasable by sex for 2013 or 2015:*

*-Took it from somewhere else; Bought it from a liquor store ; Bought it from a beer store; Bought it from restaurant/bar/club.*

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.  
Peel Public Health.



## PARENTAL PERMISSION TO DRINK AT HOME

### *Among All Students*

For the first time in 2015 Peel students in grades 9 - 12 were asked whether or not their family members allow them to drink at home during parties or get-togethers. In Peel 19%\* of grade 9-12 students reported that their parents allow them to drink at home. This is similar to Ontario students (27%).

There were no significant differences by sex, or grade.

\*Use estimate with caution

**Question: Do your parents (or guardians) allow you and your friends to drink alcohol in your home while you are having a party or get together?**

**Table 2.32**  
**Parental Allowance of Drinking in the Home among All Grade 9 - 12 Students, Peel and Ontario, 2015**

Parental allowance	Per cent of Grade 9-12 students (95% CI)	
	Peel n=347	Ontario n=3,405
No	39.3 (32.0 - 47.1)	34.6 (32.4 - 37.0)
Yes	19.1* (12.5 - 27.9)	26.6 (23.5 - 30.0)
Don't drink alcohol	15.3 (11.9 - 19.4)	15.5 (13.8 - 17.4)
Never drank alcohol in lifetime	26.4* (17.5 - 37.8)	23.2 (20.4 - 26.4)

\*Use estimate with caution.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.33**  
**Per Cent of Students in Grades 9 - 12 who Reported that Their Parent(s)/Guardian(s) Allow Them to Drink at Home by Sex and Grade, Peel, 2015**

Demographics	Per cent of Grade 9 - 12 students (95% CI)
	2015 n=347
<b>Sex</b>	
Male	23.2* (15.7 - 32.9)
Female	14.6* (7.7 - 26.1)
<b>Grade</b>	
Grade 9	NR
Grade 10	NR
Grade 11	20.6* (11.4 - 34.4)
Grade 12	21.1* (10.8 - 37.2)

\*Use estimate with caution.

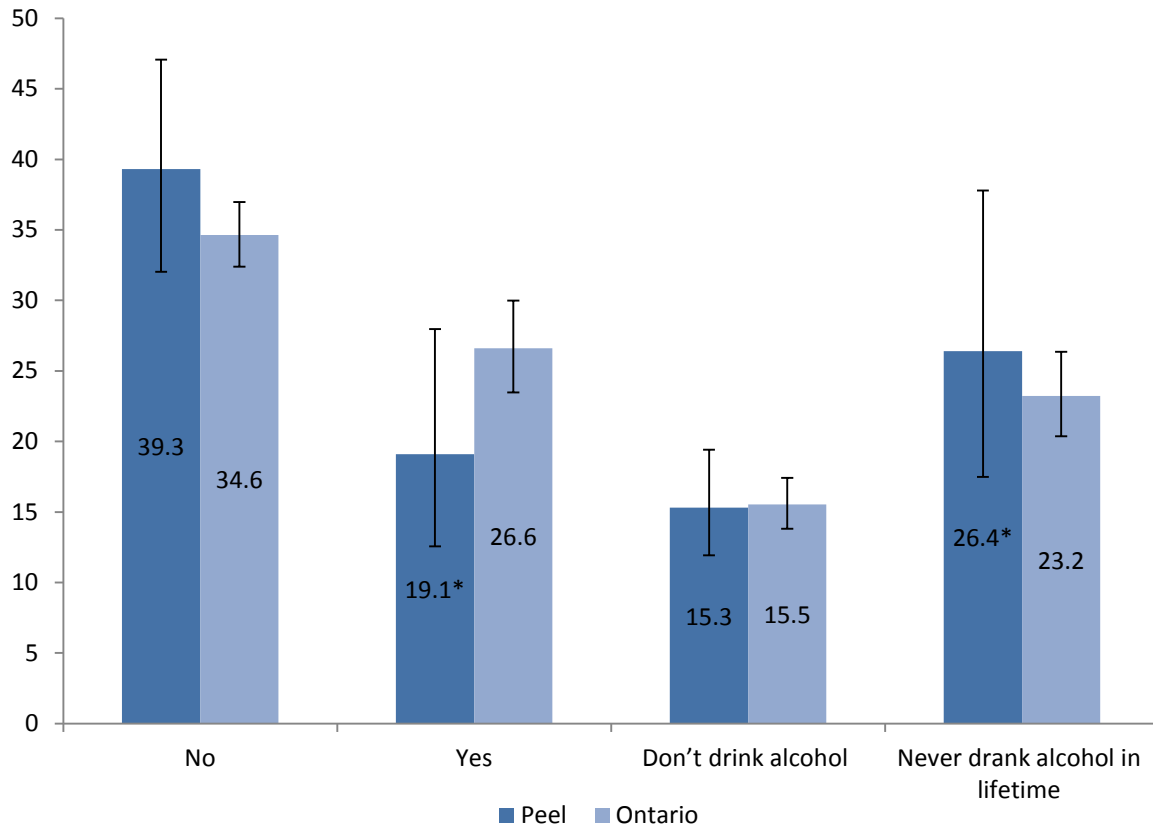
NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health.  
Peel Public Health.



**Figure 2.6**  
**Parental Allowance of Drinking in the Home among All Grade 9 - 12 Students,**  
**Peel and Ontario, 2015**



Peel n=347.

Ontario n=3,405.

\*Use estimate with caution.

Error bars represent 95% confidence intervals.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.





### Among Drinkers

In 2015, one-third (33%) of Peel students who drank alcohol in the last 12 months reported that their parents allow them to drink at home. This is similar to Ontario (43%).

There were no significant differences by sex or grade.

**Question: Do your parents (or guardians) allow you and your friends to drink alcohol in your home while you are having a party or get together?**

**Table 2.34**  
**Parental Allowance of Drinking in the Home among Past Year Drinkers† in Grades 9 – 12, Peel and Ontario, 2015**

Parental allowance of drinking at home	Per cent of students (95% CI)	
	Peel n=175	Ontario n=1,935
No	58.2 (44.9 - 70.5)	49.0 (45.5 - 52.5)
Yes	32.5 (23.5 - 43.1)	43.4 (39.5 - 47.3)

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

**Note:** Percentages may not add up to 100% because 8 - 10% of students reported they do not drink alcohol in this question.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 2.35**  
**Per Cent of Students in Grades 9 - 12 who Reported that Their Parent(s)/Guardian(s) Allow Them to Drink at Home among Past year Drinkers† by Sex and Grade, Peel, 2015**

Demographics	Per cent of Grade 9 - 12 students (95% CI)
	2015 n=175
<b>Sex</b>	
Male	39.7 (27.5 - 53.4)
Female	24.8* (14.3 - 39.5)
<b>Grade</b>	
Grade 9	NR
Grade 10	22.4* (10.9 - 40.4)
Grade 11	29.5* (16.3 - 47.3)
Grade 12	42.9 (28.6 - 58.5)

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



**GRADE FIRST TRIED ALCOHOL**

In 2015, 29% of Peel students in grades 7 - 12 who drank alcohol in their lifetime reported trying alcohol before entering high school. Approximately one-third reported trying it for the first time early in high school, for instance in Grade 9 (16%\*) or Grade 10 (16%\*). This is similar to what was observed among Ontario students.

There were no differences by sex.

Estimates from 2015 are similar to 2013.

\*Use estimate with caution

**Survey Question: When (if ever) did you first drink more than just a sip of alcohol?**

**Table 2.36**  
**Grade Consumed First Drink among Students in Grades 7 - 12 who Drank Alcohol at Least Once in Lifetime†, Peel and Ontario, 2013 - 2015**

Grade	Per cent of students who drank in lifetime (95% CI)			
	Peel		Ontario	
	2013 n=807	2015 n=643	2013 n=4,441	2015 n=6,780
Grade 6 or earlier	12.8 (10.2 - 16.0)	10.3 (8.2 - 12.9)	12.2 (10.5 - 14.1)	10.2 (8.9 - 11.7)
Grade 7	9.7 (7.9 - 11.9)	6.3* (4.1 - 9.5)	9.7 (8.0 - 11.7)	9.0 (7.8 - 10.3)
Grade 8	14.5 (11.7 - 17.8)	12.2 (10.6 - 14.0)	18.7 (17.4 - 20.1)	14.9 (13.5 - 16.4)
Grade 9	23.1 (18.7 - 28.1)	16.3* (11.0 - 23.5)	24.3 (22.1 - 26.5)	19.5 (17.9 - 21.2)
Grade 10	16.7 (13.6 - 20.2)	15.5 (11.8 - 20.1)	17.5 (15.6 - 19.5)	12.8 (11.6 - 14.1)
Grade 11	9.1 (6.9 - 12.0)	10.5 (8.7 - 12.7)	8.5 (7.4 - 9.7)	7.4 (6.2 - 8.9)
Grade 12	3.6 (2.7 - 4.8)	NR	2.4 (1.8 - 3.2)	2.9(2.2 - 3.7)

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes those who only had a sip of alcohol and who report never drinking in lifetime.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.37**  
**Grade Consumed First Drink among Students in Grade 7 - 12 who Drank Alcohol at Least Once in Lifetime† by Sex, Peel, 2013 - 2015**

Grade	Per cent of students who drank in lifetime (95% CI)			
	2013 n=807		2015 n=634	
	Male	Female	Male	Female
Grade 6 or earlier	13.7 (9.8 - 18.9)	11.9 (8.6 - 16.3)	11.3 (8.8 - 14.4)	9.3* (6.5 - 13.2)
Grade 7	9.4 (7.2 - 12.2)	10.0 (7.4 - 13.4)	5.6* (3.6 - 8.7)	7.0* (4.1 - 11.7)
Grade 8	13.7 (10.5 - 17.7)	15.3* (10.9 - 21.3)	13.2* (9.1 - 18.9)	11.0 (8.0 - 15.1)
Grade 9	23.9 (18.5 - 30.4)	22.3 (17.1 - 28.5)	15.2* (9.1 - 24.3)	17.6* (12.1 - 25.1)
Grade 10	16.5* (11.7 - 22.7)	16.8 (13.9 - 20.3)	17.3* (11.0 - 26.0)	13.6 (10.0 - 18.3)
Grade 11	9.9* (6.9 - 14.1)	8.3* (5.3 - 12.8)	6.7* (4.1 - 10.6)	14.8 (11.4 - 19.0)
Grade 12	3.4 (1.6 - 6.8)	3.8* (2.4 - 6.0)	NR	NR

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

†Excludes those who only had a sip of alcohol and who report never drinking in lifetime.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



### Grade First Drank Enough Alcohol to Feel Drunk

In Peel, among grade 9 - 12 students who tried alcohol in their lifetime, 13%\* reported getting drunk for the first time in Grade 10; 12%\* reported getting drunk for the first time in Grade 9; and 12%\* reported getting drunk for the first time in Grade 11. This is similar to Ontario.

There were no differences by sex.

The estimates are similar to 2013.

\*Use estimate with caution

**Survey Question: When (if ever) did you first drink enough alcohol to feel drunk?**

**Table 2.38**  
**Grade First Got Drunk among Students in Grades 9 - 12 who Drank Alcohol at Least Once in Lifetime†, Peel and Ontario, 2013 - 2015**

Grade	Per cent of grade 9-12 students who drank in lifetime (95% CI)			
	Peel		Ontario	
	2013 n=424	2015 n=307	2013 n=2,099	2015 n=3,217
Grade 6 or earlier	NR	NR	2.8* (1.9 - 4.3)	2.1* (1.5 - 3.1)
Grade 7	1.9* (1.0 - 3.6)	NR	4.9* (3.5 - 6.8)	3.0* (2.0 - 4.5)
Grade 8	7.1* (4.8 - 10.3)	2.9* (1.6 - 5.4)	9.8 (7.8 - 12.2)	7.3 (5.6 - 9.3)
Grade 9	19.8 (14.2 - 27)	12.4* (7.8 - 19.2)	21.0 (17.5 - 25)	16.7 (14.6 - 19.0)
Grade 10	12.9 (10.3 - 16.1)	13.4 (11.4 - 15.7)	17.0 (14.2 - 20.3)	13.6 (11.9 - 15.4)
Grade 11	10.6* (6.6 - 16.5)	11.5* (7.8 - 16.6)	11.1 (8.8 - 13.8)	8.5 (7.2 - 10.2)
Grade 12	NR	NR	3.4 (2.5 - 4.7)	2.7* (1.9 - 3.9)
Never been drunk	41.7 (34.4 - 49.3)	51.2 (45.2 - 57.1)	30.0 (26.5 - 33.7)	46.1 (43.0 - 49.2)

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes those who only had a sip of alcohol and who report never drinking in lifetime.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.39:**  
**Grade First Got Drunk among Students in Grades 9 - 12 who Drank Alcohol at Least Once in Lifetime†**  
**by Sex,**  
**Peel, 2013 - 2015**

	Per cent of students who drank in lifetime (95% CI)			
	2013 n=424		2015 n=307	
	Male	Female	Male	Female
Grade 6 or earlier	NR	NR	NR	NR
Grade 7	NR	NR	NR	NR
Grade 8	NR	9.1* (5.7 - 14.2)	NR	NR
Grade 9	20.5* (13.8 - 29.3)	19.1* (12.6 - 28.0)	NR	12.2* (6.8 - 20.8)
Grade 10	11.4* (7.8 - 16.3)	14.5 (10.4 - 19.9)	12.0* (7.9 - 17.7)	15.1* (9.6 - 22.9)
Grade 11	11.2* (6.0 - 19.9)	10.0* (6.1 - 16.1)	NR	11.7* (7.3 - 18.4)
Grade 12	NR	NR	NR	NR
Never been drunk	39.6 (31.0 - 48.9)	43.9 (35.2 - 52.9)	52.0 (41.9 - 61.9)	50.3 (41.3 - 59.2)

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes those who only had a sip of alcohol and who report never drinking in lifetime.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**TRIED ALCOHOL FOR THE FIRST TIME IN THE PAST YEAR**

***Among All Students***

In 2015, 21% of all grade 7 - 12 students in Peel reported trying alcohol for the first time in the past 12 months. This is similar to Ontario (19%).

There were no differences by sex or by grade.

Estimates from 2015 are similar to 2013.

***Survey Question: In the last 12 months, have you tried alcohol (beer, wine or liquor) for the very first time?***

**Table 2.40**  
**Per Cent of Students in Grades 7 - 12 who Tried Alcohol For The First Time in the Previous 12 Months among All Students, Peel and Ontario, 2013 - 2015**

Tried alcohol	Per cent of students (95% CI)			
	Peel		Ontario	
	2013 n= 1,040	2015 n=566	2013 n=4,761	2015 n=5,005
Yes	14.3 (11.6 - 17.4)	20.5 (16.1 - 25.7)	17.3 (15.3 - 19.4)	19.0 (17.2 - 20.8)
No	48.7 (43.4 - 54.2)	44.9 (35.7 - 54.5)	54.5 (51.9 - 57.2)	51.6 (48.9 - 54.3)
Never tried alcohol	37.0 (31.7 - 42.6)	34.6 (25.9 - 44.5)	28.2 (25.5 - 31.0)	29.4 (26.5 - 32.6)

*Asked of half the sample.*

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.41**  
**Per Cent of Students in Grades 7 - 12 who Tried Alcohol for the First Time in the Previous 12 Months among All Students by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of students (95% CI)	
	2013 n=1,040	2015 n=566
<b>Sex</b>		
Male	14.3 (11.6 - 17.5)	18.7* (13.1 - 26.2)
Female	14.2 (10.5 - 19.0)	22.4 (16.5 - 29.6)
<b>Grade</b>		
7	11.4* (7.9 - 16.2)	NR
8	14.3* (8.1 - 24.2)	17.1 (12.5 - 22.9)
9	16.3* (11.3 - 22.9)	28.9* (19.2 - 41.0)
10	18.1* (12.8 - 24.9)	21.8* (14.1 - 32.1)
11	15.8* (10.8 - 22.4)	17.6* (9.4 - 30.6)
12	11.0* (6.9 - 17.0)	25.4* (13.7 - 42.3)

*Asked of half the sample.*

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.  
 Peel Public Health.



**Among Drinkers**

Among Peel students who reported drinking alcohol in the previous 12 months, 26%\* tried it for the first time in the year prior to the survey. This is similar to Ontario (24%).

In Peel, there were no differences by sex or by grade.

These estimates are similar to 2013.

\*Use estimate with caution

**Table 2.42**  
**Per Cent of Students in Grades 7 - 12 who Tried Alcohol For the First Time in the Previous 12 Months among Past Year Drinkers†, Peel and Ontario, 2013 - 2015**

Tried Alcohol	Per cent of students (95% CI)			
	Peel		Ontario	
	2013 n=377	2015 n=196	2013 n=1,957	2015 n=2,111
Yes	20.9 (16.6 - 26.0)	25.9* (16.7 - 38.0)	21.7 (18.9 - 24.7)	23.9 (21.3 - 26.7)
No	78.2 (73.1 - 82.6)	72.9 (62.0 - 81.6)	76.9 (73.6 - 79.9)	75.6 (72.7 - 78.1)

\*Use estimate with caution.

*Asked of half the sample*

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

**Note:** Estimates may not add up to 100% because 1 - 2% reported not drinking alcohol to this question.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.





**Table 2.43**  
**Per Cent of Students in Grades 7 - 12 who Tried Alcohol For the First Time in the Previous 12 Months among Drinkers† by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of students (95% CI)	
	2013 n=377	2015 n=196
<b>Sex</b>		
Male	22.0 (14.6 - 26.2 )	25.3* (14.6 - 40.1)
Female	19.8 (16.3 - 28.9)	26.6* (13.7 - 45.3)
<b>Grade</b>		
7	44.9 (19.6 - 73.2)	NR
8	NR	NR
9	27.5* (17.2 - 41.0)	48.4* (28.6 - 68.8)
10	25.1 (17.9 - 34.0)	20.8* (12.0 - 33.7)
11	18.5* (10.4 - 30.9)	20.9* (9.8 - 39.1)
12	12.4 * (7.4 - 20.0)	NR

*Asked of half the sample.*

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



## CONSUMPTION OF ALCOHOL AND ENERGY DRINKS

### *Among All Students*

In 2015, 11% of Peel students in grades 7 - 12 reported drinking alcohol with energy drinks at least once in the last 12 months. This is similar to Ontario students (14%).

There were no differences by sex. Differences by grade could not be determined as estimates were not releasable for all grades.

These estimates are similar to 2013.

**Survey Question:** *In the last 12 months, how often did you drink an energy drink mixed with alcohol, such as Red Bull mixed with alcohol, Rock Star + vodka, or other brands?*

**Table 2.44**  
**Consumption of Alcohol Mixed with Energy Drinks among Students in Grades 7 - 12, Peel and Ontario, 2013 - 2015**

Frequency	Per cent of all students (95% CI)			
	Peel		Ontario	
	2013 n=1,041	2015 n=566	2013 n=4,772	2015 n=4,991
Did not consume both on same occasion	87.6 (84.0 - 90.5)	89.3 (85.4 - 92.3)	84.1 (81.7 - 86.2)	86.0 (84.1 - 87.7)
1 to 2 times	7.2* (5.1 - 10.1)	5.1* (3.3 - 7.9)	9.3 (8.1 - 10.7)	7.8 (6.8 - 9.0)
3 or more times	5.1 (3.7 - 7.1)	5.6* (3.8 - 8.0)	6.7 (5.2 - 8.5)	6.2 (5.1 - 7.4)

*Asked of half the sample.*

\*Use estimate with caution.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.45**  
**Consumption of Alcohol Mixed with Energy Drinks among Students in Grades 7 - 12 by Sex, Peel, 2013 - 2015**

Frequency	Per cent of all students (95% CI)			
	2013 n=1, 041		2015 n=566	
	Male	Female	Male	Female
Did not consume both on same occasion	85.8 (81.1 - 89.4)	89.6 (84.9 - 93.0)	88.6 (82.3 - 92.9)	90.1 (86.9 - 92.6)
1 - 2 times	8.5* (5.7 - 12.6)	5.8* (3.7 - 9.1)	6.0*(3.4 - 10.5)	4.1* (2.2 - 7.5)
3 or more times	5.7* (3.8 - 8.3)	4.5 (2.8 - 7.3)	5.3* (3.0 - 9.2)	5.8* (3.2 - 10.3)

Asked of half the sample.

\*Use estimate with caution.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 2.46**  
**Consumption of Alcohol Mixed with Energy Drinks Once or More among Grade 7 - 12 Students by Grade, Peel, 2013 - 2015**

Year	Per cent of all students (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>2013</b> n=1,041	NR	NR	9.9* (6.0 - 16.0)	10.6* (6.2 - 17.7)	17.9* (12.0 - 25.9)	22.2* (14.9 - 31.9)
<b>2015</b> n=566	NR	NR	9.8* (4.9 - 18.9)	14.3* (7.8 - 24.6)	19.1* (12.0 - 28.8)	NR

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Among Past Year Drinkers**

In 2015, 22% of past year drinkers in Peel reported consuming alcohol with energy drinks in the 12 months prior to the survey. This is similar to what is observed in Ontario (27%).

There were no differences by sex or grade.

These estimates are similar to 2013.

**Table 2.47**  
**Consumption of Alcohol Mixed with Energy Drinks among Past Year Drinkers<sup>†</sup>,**  
**Peel, Ontario, 2013 - 2015**

Frequency	Per cent of past year drinkers (95% CI)			
	Peel		Ontario	
	2013 n=378	2015 n=196	2013 n=1,966	2015 n=2,099
Did not consume alcohol mixed with energy drinks	73.0 (65.8 - 71.9)	77.7 (70.4 - 83.7)	70.9 (66.7 - 74.8)	72.7 (69.8 - 75.4)
1 - 2 times	15.9 (11.2 - 21.9)	10.1* (6.2 - 16.0)	16.5 (14.1 - 19.3)	14.6 (12.9 - 16.4)
3 times or more	11.2 (7.9 - 15.1)	12.2* (8.4 - 17.3)	12.6 (9.8 - 15.9)	12.7 (10.7 - 15.0)

*Asked of half the sample.*

\*Use estimate with caution.

<sup>†</sup>Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 2.48**  
**Consumption of Alcohol Mixed with Energy Drinks among Past Year Drinkers<sup>†</sup> by Sex,**  
**Peel, 2013 - 2015**

Frequency	Per cent of past year drinkers (95% CI)			
	2013 n=378		2015 n=196	
	Male	Female	Male	Female
Did not consume alcohol mixed with energy drinks	70.4 (60.6 - 78.6)	75.6 (66.6 - 82.9)	77.7 (67.1 - 85.7)	77.7 (69.2 - 84.4)
1 - 2 times	18.0* (11.6 - 26.8)	13.7* (8.96 - 20.3)	11.5* (6.4 - 19.7)	NR
3 - 5 times or more	11.6* (7.4 - 17.9)	10.7* (6.6 - 16.7)	10.8* (6.1 - 18.3)	13.7* (7.7 - 23.1)

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 2.49**  
**Consumption of Alcohol Mixed with Energy Drinks Once or More among Past Year Drinkers<sup>†</sup> by Grade,**  
**Peel, 2013 - 2015**

Year	Per cent of past year drinkers (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
2013 n=378	NR	NR	22.8* (13.0 - 36.9)	14.2* (7.7 - 24.9)	31.7 (22.5 - 43.7)	34.1 (23.8 - 46.2)
2015 n=196	NR	NR	NR	24.0* (12.1 - 41.9)	28.4* (18.4 - 41.4)	NR

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



A Look at Peel Youth in Grades 7 - 12: **ALCOHOL**  
Results from the Ontario Student Drug Use and Health Survey, 2013-2015



## CHAPTER THREE - RISKY BEHAVIOUR ASSOCIATED WITH ALCOHOL

### Highlights

- In 2015 in Peel, 26%\* of past year drinkers reported playing drinking games. This is similar to Ontario students (37%).
- In Peel, 15% of all students in Peel and Ontario reported being a passenger in a car with somebody who consumed alcohol in the last 12 months. This percentage represents approximately 17,000 students. This is similar to Ontario (15%).
- In Peel, 4%\* of students in grade 7 - 12 reported sustaining an injury, or knowing somebody who sustained an injury, as a result of their drinking in the last 12 months. This is similar to Ontario (7%).
- According to scores on the World Health Organization Alcohol Use Disorder Identification Test (AUDIT), 14%\* of Peel students in grades 9 - 12 exhibited symptoms of hazardous or harmful drinking in 2015. Hazardous or harmful drinking was similar among high school students in Peel and Ontario (20%).

\*Use estimate with caution



**PLAYING DRINKING GAMES**

***Among All Students***

In 2015, 15%\* of Peel students in grades 9 - 12 reported playing drinking games in the four weeks prior to the survey. This is similar to Ontario (22%).

In Peel, there were no differences by sex, or by grade.

These estimates are similar to 2013.

\*Use estimate with caution

***Survey Question: In the last 4 weeks, how often have you played drinking games with others?***

**Table 3.1**  
**Per Cent of Grade 9 - 12 Students who Played Drinking Games in the Last Month among All Students, Peel and Ontario, 2013 - 2015**

Occurrence	Per cent of grade 9 - 12 students (95% CI)			
	Peel		Ontario	
	2013 n=709	2015 n=344	2013 n=2,876	2015 n=3,161
Played drinking games in the last 4 weeks	12.9* (8.8 - 18.6)	15.1* (11.0 - 20.4)	23.3 (20.4 - 26.4)	21.9 (19.1 - 24.9)
Drank alcohol in the last 4 weeks, but did not play	18.4 (15.3 - 22.1)	21.2 (16.4 - 26.8)	19.3 (17.0 - 21.8)	19.7 (17.7 - 21.8)
Did not drink in the last 4 weeks/lifetime	68.6 (62.0 - 74.6)	63.8 (56.2 - 70.7)	57.5 (53.5 - 61.3)	58.4 (45.9 - 61.9)

*Asked of half the sample.*

\*Use estimate with caution.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.





**Table 3.2**  
**Per Cent of Grade 9 - 12 Students who Played Drinking Games in the Last Month among All Students by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of grade 9 - 12 students (95% CI)	
	2013 n=709	2015 n=344
<b>Sex</b>		
Male	15.5* (9.8 - 24.0)	18.0 (13.0 - 24.4)
Female	10.0 * (6.7 - 14.8)	11.9* (6.8 - 20.0)
<b>Grade</b>		
9	NR	10.6* (5.2 - 20.4)
10	NR	15.9* (8.1 - 28.7)
11	16.0* (9.8 - 25.1)	24.4* (13.8 - 39.4)
12	17.1* (10.9 - 25.9)	NR

*Asked of half the sample.*

\*Use estimate with caution.

NR=Not releasable due to small numbers.

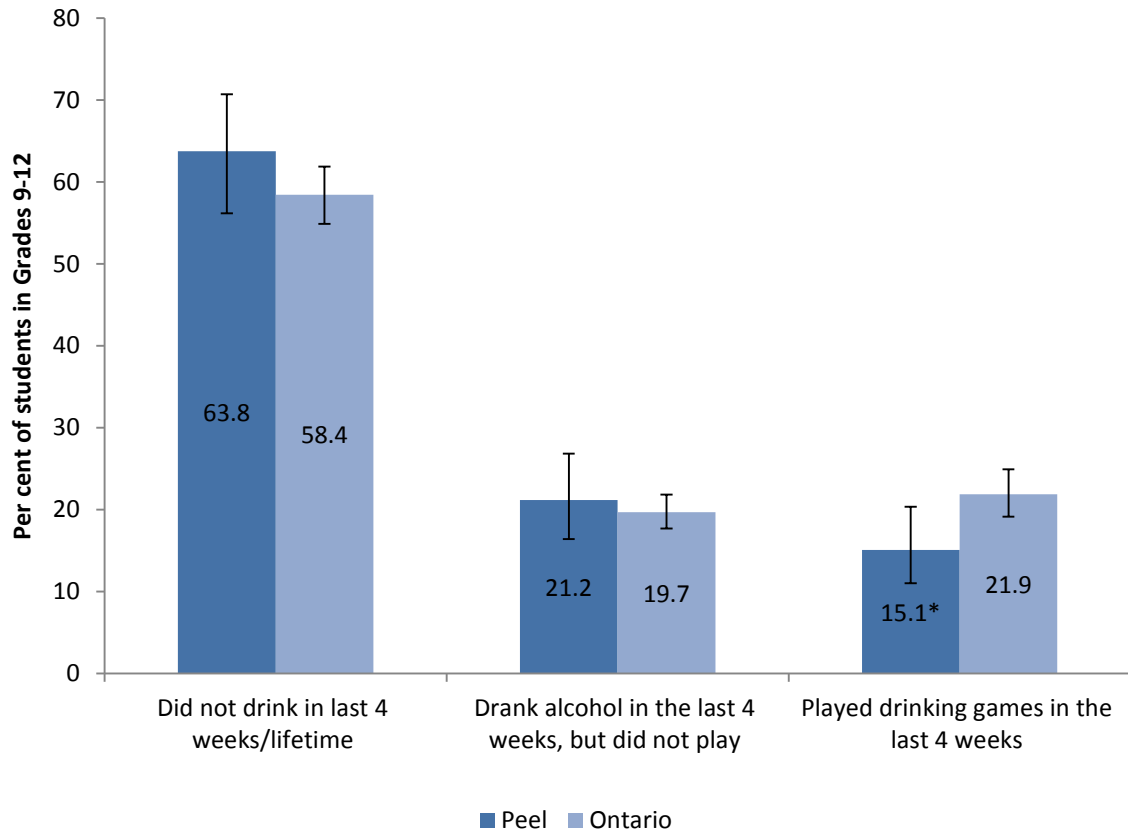
95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.

Peel Public Health.



**Figure: 3.1**  
**Per Cent of Grade 9 - 12 Students who Played Drinking Games in the Last Month among All Students, Peel and Ontario, 2015**



*Asked of half the sample*

Peel n=344

Ontario n=3,161

\*Use estimate with caution

Error bars represent 95% confidence intervals

Source: Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Among Drinkers**

In 2015, 26%\* of past year drinkers in Peel reported playing drinking games. This is similar to Ontario students (37%).

There were no differences by sex or by grade.

These estimates are similar to 2013.

\*Use estimate with caution

**Table 3.3**  
**Per Cent of Grade 9 - 12 Students who Played Drinking Games in the Last Month among Past Year Drinkers†, Peel and Ontario, 2013 - 2015**

Occurrence	Per cent of grade 9 - 12 students (95% CI)			
	Peel		Ontario	
	2013 n=325	2015 n=175	2013 n=1,637	2015 n=1,832
Played drinking games in the last 4 weeks	23.4* (17.8 - 30.1)	25.5* (19.0 - 33.3)	37.5 (33.7 - 41.6)	36.6 (29.1 - 35.8)
Did no play drinking games in the last 4 weeks	35.2* (29.2 - 41.7)	34.6* (26.5 - 43.6)	28.7 (25.4 - 32.3)	30.8 (28.0 - 33.7)
Did not drink alcohol in the last 4 weeks	39.1 (32.8 - 45.9)	39.9 (31.0 - 49.5)	33.7 (29.8 - 37.9)	32.6 (29.3 - 36.1)

*Asked of half the sample.*

\*Use estimate with caution.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 3.4**  
**Per Cent of Grade 9 - 12 Students who Played Drinking Games in the Last Month among Past Year Drinkers† by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of grade 9 - 12 students (95% CI)	
	2013 n=325	2015 n=175
<b>Sex</b>		
Male	31.3* (20.8 - 44.3)	28.7 (20.8 - 38.0)
Female	34.1 (24.4 - 45.3)	21.9 (12.6 - 35.4)
<b>Grade</b>		
9	18.5*(9.2 - 33.7)	NR
10	23.9* ( 11.9 - 42.1)	32.1* (14.6 - 56.6)
11	28.0* (18.0 - 40.8)	38.2* (23.6 - 55.4)
12	27.5* (18.5 - 38.7)	13.7* (7.0 - 25.1)

*Asked of half the sample.*

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.

Peel Public Health.



### DRINKING AND DRIVING

In 2015, 5% of Ontario students in grades 10 - 12 reported driving a vehicle within an hour after drinking one or more alcoholic beverages. This estimate was not releasable for Peel.

**Survey Question: In the last 12 months, how often have you driven a car within 1 hour of drinking 2 or more alcoholic drinks?**

**Table 3.5**  
**Proportion of Students in Grades 10 - 12 who Drove a Vehicle Within One Hour of Drinking Two or More Drinks, Peel and Ontario, 2013 - 2015**

Frequency	Per cent of Grade 10 - 12 students (95% CI)			
	Peel		Ontario	
	2013 n=581	2015 n=217	2013 n=2,427	2015 n=2,443
Once or more	2.9* (1.7 - 4.7)	NR	3.9 (3.0 - 5.2)	5.1 (3.7 - 6.8)
Never	94.9 (92.8 - 96.4)	97.4 (92.6 - 99.1)	94.2 (92.2 - 95.7)	92.9 (90.7 - 94.6)
No license	2.3*(1.2 - 4.3)	NR	1.8* (CI: 1.1 - 2.9)	2.0* (1.4 - 3.0)

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 3.6**  
**Proportion of Students in Grades 10 - 12 who Drove a Vehicle Within One Hour of Drinking Two or More Drinks by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of grade 10 - 12 students (95% CI)	
	2013 n=581	2015 n=217
<b>Sex</b>		
Male	3.7* (2.0 - 6.6)	NR
Female	NR	NR
<b>Grade</b>		
10	NR	NR
11	NR	NR
12	NR	NR

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



### RIDING WITH A DRIVER WHO WAS DRINKING ALCOHOL

In 2015, 15% of Peel students in grades 7 - 12 reported being a passenger in a car with a driver who consumed alcohol at least one time in the past 12 months. This percentage represents approximately 17,000 students. This is similar to Ontario (15%).

There were no differences by sex or by grade.

These estimates are similar to 2013.

**Survey Question: In the last 12 months, how often did you ride in a vehicle driven by someone who had been drinking alcohol?**

**Table 3.7**  
**Proportion of Students in Grades 7 - 12 who Rode in a Vehicle with a Driver who Consumed Alcohol, Peel and Ontario, 2013 - 2015**

Frequency	Per cent of all students (95% CI)			
	Peel		Ontario	
	2013 n=2,096	2015 n=1,146	2013 N =10,217	2015 n=10,359
Never	75.3 (72.9 - 77.5)	77.8 (73.8 - 81.4)	74.9 (73.3 - 76.3)	76.8 (75.4 - 78.1)
Once or more	18.2 (16.1 - 20.6)	14.6 ( 12.3 - 17.4)	17.8 (16.5 - 19.1)	15.3 (14.1 - 16.7)
Not sure	6.5 (5.4 - 7.8)	7.5 (5.8 - 9.6)	7.4 (6.6 - 8.2)	7.9 (7.0 - 8.8)

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 3.8**  
**Proportion of Students in Grades 7 - 12 who Rode in a Vehicle with a Driver who Consumed Alcohol by Sex, Peel, 2013 - 2015**

Frequency	Per cent of all students (95% CI)			
	2013 n=2,096		2015 n=1,146	
	Male	Female	Male	Female
Never	77.8 (73.6 - 81.4)	72.6 (69.2 - 75.8)	79.7 (73.0 - 85.1)	75.8 (71.9 - 79.3)
Once or more	16.3 (13.3 - 19.9)	20.2 (17.2 - 23.6)	14.5 (10.2 - 20.1)	14.9 (11.2 - 19.4)
Not sure	5.9 (4.3 - 8.0)	7.2 (5.1 - 9.9)	5.8* (3.3 - 10.1)	9.3 (7.4 - 11.8)

\*Use estimate with caution.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 3.9**  
**Proportion of Students in Grades 7 - 12 who Rode in a Vehicle with a Driver who Consumed Alcohol Once or More in the Past 12 Months by Grade, Peel, 2013 - 2015**

Year	Per cent of all students (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>2013</b> n=2,069	13.8* (9.7 - 19.3)	13.2* (9.2 - 18.7)	16.0 (12.1 - 20.7)	18.8 (14.6 - 24.0)	23.6 (19.3 - 28.5)	21.3 (16.3 - 27.3)
<b>2015</b> n=1,143	NR	14.6* ( 8.8 - 23.1)	14.7* (9.9 - 21.3)	13.5* ( 9.1 - 19.6)	17.2 ( 13.0 - 22.3)	16.3* (8.9 - 27.7)

\*Use estimate with caution.

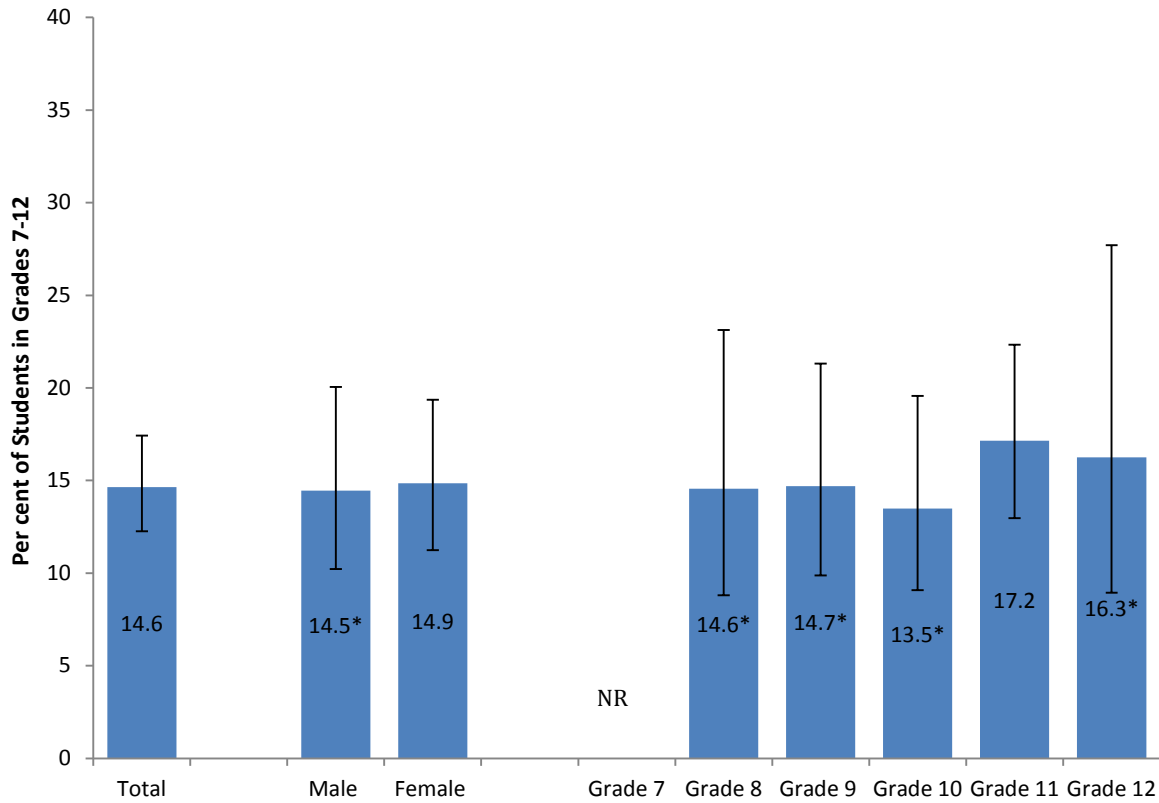
NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Figure 3.2**  
**Proportion of Students in Grades 7 - 12 who Rode in a Vehicle at Least Once with a Driver who Consumed Alcohol by Sex and Grade, Peel, 2015**



n=1,146.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

Error bars represent 95% confidence intervals.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.





### INJURIES RELATED TO DRINKING

In 2015, 4% \*of Peel students in grade 7 - 12 reported that they, or somebody they know were injured, as a result of drinking in the last 12 months. This is similar to Ontario (7%).

Estimates by sex, and grade are not comparable due to a large number of categories with estimates which are not releasable.

These estimates are similar to 2013.

\*Use estimate with caution

**Survey Question: Have you, or somebody you know have been injured because of your drinking?**

**Table 3.10**  
**Injuries Related to Alcohol Consumption among Students in Grades 7 - 12, Peel and Ontario, 2013 - 2015**

Injury	Per cent of all students (95% CI)			
	Peel		Ontario	
	2013 n=1,047	2015 n=580	2013 n=5,428	2015 n=5,370
Injured, in the last 12 months	4.6 (2.7 - 7.8)	4.2* (2.4 - 7.1)	8.0 (6.8 - 9.3)	6.9 (5.4 - 8.6)
Injured, but not in last 12 months	3.6 (2.5 - 5.1)	4.8* (30.5 - 43.0)	4.2 (3.3 - 5.3)	4.2 (3.4 - 5.1)

*Asked of half the sample.*

\*Use estimate with caution.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 3.11**  
**Injuries Related to Alcohol Consumption among Students in Grades 7 - 12 by Sex, Peel, 2013 - 2015**

Injury	Per cent of all students (95% CI)			
	2013 n=1,047		2015 n=580	
	Male	Female	Male	Female
Injured, in the last 12 months	4.2* (2.0 - 8.5)	5.1* (3.3 - 7.8)	NR	5.4* (2.9 - 9.8)
Injured, but not in last 12 months	3.0* (1.8 - 4.7)	4.2* (2.4 - 7.2)	NR	4.1* (2.2 - 7.5)

*Asked of half the sample.*

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 3.12**  
**Injuries Related to Alcohol Consumption among Students in Grades 7 - 12 by Grade,**  
**Peel, 2013 - 2015**

Year	Per cent of all students (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>2013</b>						
n= 1,047						
Yes, in the last 12 months	NR	NR	NR	6.7* (3.4 – 12.7)	NR	7.2* (4.2 - 12.3)
Yes, but not in the last 12 months	NR	NR	NR	NR	NR	NR
<b>2015</b>						
n=580						
Yes, in the last 12 months	NR	NR	NR	10.5* (5.4 - 19.5)	NR	NR
Yes, but not in the last 12 months	NR	NR	NR	NR	NR	NR

*Asked of half the sample.*

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



## HAZARDOUS OR HARMFUL DRINKING

Hazardous or Harmful drinking was assessed using The World Health Organization (WHO) *Alcohol Use Disorders Identification Test (AUDIT)*, a screening tool which identifies hazardous or harmful drinking behaviours.<sup>4</sup> Hazardous drinking is a pattern of drinking that increases the likelihood of future physical and mental health problems and it is indicated by a score of eight or more out of 40 on the screener survey questions.

The following section explores the overall estimates of hazardous or harmful drinking as indicated by a score of eight or more on the tool. In addition, the individual screen survey questions are presented in Table 3.17 (among all students), Table 3.18 (among past year drinkers), Table 3.19 (among past year drinkers, by sex) and Table 3.20 (among past year drinkers, by grade).

### Hazardous or Harmful Drinking (Score 8+ on AUDIT)

#### *Among All Students*

In 2015, 14%\* of Peel students in grades 9 - 12 showed symptoms of hazardous or harmful drinking. This represents approximately 11,200 students. This is similar to Ontario students overall (20%).

In Peel, there were no differences by sex or by grade.

Estimates from 2015 are similar to 2013.

\*Use estimate with caution

**Table 3.13**  
**Per Cent of Grade 9 - 12 Students Exhibiting Symptoms of Hazardous or Harmful Drinking among All Students, Peel and Ontario, 2013 - 2015**

Hazardous or harmful drinking	Per cent of students in Grades 9 - 12 (95% CI)			
	Peel		Ontario	
	2013 n=1,030	2015 n=707	2013 n=3,170	2015 n=3,338
Exhibited behaviour in the last 12 months	10.4 (8.1 - 13.3)	13.7* (8.7 - 20.9)	20.0 (18.0 - 22.2)	19.8 (17.0 - 23.0)

*Asked of half the sample.*

\*Use estimate with caution.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 3.14**  
**Per Cent of Grade 9 - 12 Students Exhibiting Symptoms of Hazardous or Harmful Drinking among All Students by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of students Grades 9 - 12 (95% CI)	
	2013 n=1,030	2015 n=707
<b>Sex</b>		
Male	9.0* (6.3 - 12.5)	10.3* (5.1 - 19.6)
Female	11.9* (8.4 - 16.7)	17.5* (11.0 - 26.4)
<b>Grade</b>		
9	NR	NR
10	6.7* (4.1 - 10.9)	13.6* (6.8 - 25.2)
11	15.6* (9.4 - 24.8)	21.9* (15.0 - 30.9)
12	13.7* (9.0 - 20.3)	NR

*Asked of half the sample.*

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



### Among Drinkers

Among grades 9 - 12 students in Peel who reported drinking alcohol in the past 12 months, 25%\* showed symptoms of hazardous or harmful drinking. This is similar to Ontario (35%).

These estimates are similar to 2013.

\*Use estimate with caution

**Table 3.15**  
**Per Cent of Grade 9 - 12 Students Exhibiting Symptoms of Hazardous or Harmful Drinking among Past Year Drinkers†, Peel and Ontario, 2013 - 2015**

Hazardous or Harmful Drinking	Per cent of Drinkers in Grades 9 - 12 (95% CI)			
	Peel		Ontario	
	2013 n=355	2015 n=169	2013 n=1,806	2015 n=1,895
Exhibited behaviour in the last 12 months	22.3 (17.5 - 28.0)	25.3* (16.0 - 37.6)	31.2 (28.5 - 34.1)	34.6 (30.5 - 38.8)

Asked of half the sample.

\*Use estimate with caution.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 3.16**  
**Per Cent of Grade 9 - 12 Students Exhibiting Symptoms of Hazardous or Harmful Drinking among Past Year Drinkers† by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of Drinkers in Grades 9 - 12 (95% CI)	
	2013 n=355	2015 n=169
<b>Sex</b>		
Male	19.8 (14.1 - 27.1)	32.4 (22.1 - 44.8)
Female	24.9 (18.2 - 33.1)	NR
<b>Grade</b>		
9	NR	NR
10	17.6* (11.4 - 26.2)	26.7* (12.5 - 48.2)
11	31.0* (19.0 - 46.3)	34.4* (21.1 - 50.8)
12	22.6* (15.7 - 31.4)	NR

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



### Individual AUDIT Screening Questions

#### Among All Students

<b>Table 3.17</b>		
<b>Percentage of Grade 9 - 12 Students by AUDIT<sup>†</sup> Indicators, Peel, 2013 - 2015</b>		
AUDIT Indicators	% "Yes" (95% CI)	
	Students in Grades 9 - 12 <sup>‡</sup>	
<b>General Indicators</b>	<b>2013</b>	<b>2015</b>
Consumed alcohol in last 12 months	47.6 (40.9 - 54.3)	54.5 (44.0 - 64.7)
Number of drinks usually have on a typical day while drinking (2+drinks)	26.5 (22.0 - 31.6)	32.1 (23.4 - 42.1)
Consumed 5+ drinks on at least one occasion (last 12 months)	21.7 (17.4 - 26.7)	28.9 (20.6 - 39.0)
<b>Dependence Indicators</b>		
Unable to stop drinking once started	4.4 (3.4 - 5.8)	10.6* (7.1 - 15.6)
Failed to do what was normally expected because of drinking	7.6 (5.9 - 9.7)	10.5* (6.8 - 16.0)
Needed a first alcoholic drink in the morning to get going after a heavy drinking session	1.8* (1.2 - 2.8)	NR
<b>Adverse Consequences</b>		
Had feeling of guilt/remorse after drinking (last 12 months)	7.6 (5.6 - 10.3)	11.8* (7.2 - 18.8)
Unable to remember what happened the night before because of drinking (last 12 months)	13.5 (11.0 - 16.6)	14.4* (8.9 - 22.7)
You or somebody you know have been injured because of drinking (ever)	10.7 (7.6 - 14.7)	12.2 (9.1 - 16.2)
A relative/friend/doctor has been concerned about your drinking or suggested you cut down (ever)	NR	NR

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

†AUDIT is a screening tool that measures hazardous or harmful drinking.

‡Denominators differ depending on question.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.

Peel Public Health.



**Among Drinkers**

**Table 3.18**  
**Percentage of Past Year Drinkers† by AUDIT‡ Indicators,**  
**Peel, 2013 - 2015**

AUDIT Indicators	Students in Grades 9 - 12‡‡	
	2013	2015
<b>General Indicators</b>		
Consumed alcohol in last 12 months	--	--
Number of drinks usually have on a typical day while drinking (2+drinks)	55.4 (48.6 - 62.1)	56.6 (47.8 - 65.0)
Consumed 5+ drinks on at least one occasion (last 12 months)	46.0 (38.0 - 54.1)	52.7 (41.1 - 64.1)
<b>Dependence Indicators</b>		
Unable to stop drinking once started	9.5 (7.4 - 12.1)	19.9* (12.3 - 30.6)
Failed to do what was normally expected because of drinking	15.8 (12.0 - 20.6)	19.7* (12.4 - 29.8)
Needed a first alcoholic drink in the morning to get going after a heavy drinking session	3.9 (2.5 - 6.2)	NR
<b>Adverse Consequences</b>		
Had feeling of guilt/remorse after drinking (last 12 months)	16.0 (11.7 - 21.5)	21.6* (13.6 - 32.5)
Unable to remember what happened the night before because of drinking (last 12 months)	27.9* (22.9 - 33.5)	27.0* (17.5 - 39.2)
You or somebody you know have been injured because of drinking (ever)	19.8* (14.4 - 26.7)	17.6 (11.5 - 25.9)
A relative/friend/doctor has been concerned about your drinking or suggested you cut down (ever)	NR	NR

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

-- Not applicable.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

‡AUDIT is a screening tool that measures hazardous or harmful drinking.

‡‡ Denominators differ depending on question.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.

Peel Public Health.



**Table 3.19**  
**Per Cent of Past Year Drinker† in Grades 7 – 12 experiencing various AUDIT‡ Indicator by Sex, Peel, 2013 - 2015**

AUDIT Indicators	Students in Grades 9 - 12 <sup>‡‡</sup>			
	% "Yes" (95% CI)			
	2013		2015	
	Male	Female	Male	Female
<b>General Indicators</b>				
Consumed alcohol in last 12 months	--	--	--	--
Number of drinks usually have while drinking (2+drinks)	56.3 (46.9 - 65.2)	54.6 (47.1 - 61.8)	54.3 (39.9 - 68.0)	59.0 (48.6 - 68.7)
Consumed 5+ drinks on at least one occasion (last 12 months)	44.4 (36.0 - 53.1)	47.6 (38.2 - 57.2)	53.8 (37.1 - 69.7)	51.6 (40.6 - 62.4)
<b>Dependence Indicators</b>				
Unable to stop drinking once started	7.8* (4.5 - 13.3)	11.2* (7.6 - 16.3)	NR	20.7* (12.1 - 33.1)
Failed to do what was normally expected because of drinking	13.9* (9.4 - 19.9)	17.9 (13.0 - 24.2)	NR	28.3 (22.3 - 35.2)
Needed a first alcoholic drink in the morning	NR	NR	NR	NR
<b>Adverse Consequences Indicators</b>				
Had feeling of guilt/remorse after drinking (last 12 months)	15.2* (10.3 - 21.8)	16.9* (11.1 - 24.8)	19.5* (9.7 - 35.3)	23.7 (16.3 - 33.2)
Unable to remember what happened because of drinking (last 12 months)	25.8 (20.6 - 31.7)	30.1 (23.0 - 38.4)	21.2* (10.6 - 37.9)	33.1* (21.6 - 47.1)
You or somebody you know have been injured because of drinking (ever)	17.8* (10.5 - 28.7)	21.9 (15.8 - 29.6)	11.7* (6.3 - 20.7)	23.7* (14.7 - 35.9)
A relative/friend/doctor concerned about your drinking or suggested to cut down (ever)	NR	NR	NR	NR

Asked of half the sample.

\*Use estimate with caution.

NR=Not releasable due to small numbers.

-- Not applicable.

†Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

‡AUDIT is a screening tool that measures hazardous or harmful drinking.

‡‡ Denominators differ depending on question.

95% CI reflects the 95% confidence interval of the estimate.

Source: Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.

Peel Public Health.





**Table 3.20**  
**Per Cent of Past Year Drinkers† in Grades 7 - 12 by AUDIT Indicator by Grade,**  
**Peel, 2013 - 2015**

AUDIT Indicators	Students in Grades 9 - 12**		
	Grade	% "Yes" (95% CI)	
<b>General Indicators</b>			
Consumed Alcohol in last 12 months	Grade 9	--	--
	Grade 10	--	--
	Grade 11	--	--
	Grade 12	--	--
Number of drinks usually have on a typical day while drinking (2+drinks)	Grade 9	30.8 (21.7 – 41.6)	NR
	Grade 10	52.6 (41.4 - 63.5)	59.1 (46.6 - 70.5)
	Grade 11	61.7 (48.9 – 73.1)	58.8 (44.9 - 71.4)
	Grade 12	60.8 (45.7 - 74.1)	65.4 (51.5 - 77.0)
Consumed 5+ drinks on at least one occasion (last 12 months)	Grade 9	NR	NR
	Grade 10	47.1 (35.5 – 59.2)	54.8 (44.0 - 65.1)
	Grade 11	62.7 (47.6 – 75.6)	57.1 (39.2 - 73.3)
	Grade 12	44.2 (31.1 – 58.1)	52.8 (34.6 - 70.3)
<b>Dependence Indicators</b>			
Unable to stop drinking once started	Grade 9	NR	NR
	Grade 10	NR	NR
	Grade 11	11.7* (7.5 - 17.7)	26.7*(15.2 - 42.5)
	Grade 12	7.7* (4.0 - 14.2)	19.6* (10.0 - 34.9)
Failed to do what was normally expected because of drinking	Grade 9	NR	NR
	Grade 10	18.0* (10.4 – 29.3)	23.9* (11.7 - 42.8)
	Grade 11	18.5* (10.9 – 29.9)	25.0 (18.0 - 33.5)
	Grade 12	15.6* (8.9 - 25.7)	NR
Needed a first alcoholic drink in the morning to get going after a heavy drinking session	Grade 9	NR	NR
	Grade 10	NR	NR
	Grade 11	NR	NR
	Grade 12	NR	NR



**Table 3.20 (cont.)**  
**Per Cent of Past Year Drinkers† in Grades 7 - 12 by AUDIT Indicator by Grade,**  
**Peel, 2013 - 2015**

	Grade	2013	2015
<b>Adverse Consequences</b>			
Had feeling of guilt/remorse after drinking (last 12 months)	Grade 9	NR	NR
	Grade 10	NR	25.1* (12.0 - 45.1)
	Grade 11	22.1* (13.5 - 34.1)	27.8*(16.5 - 42.7)
	Grade 12	16.9* (9.7 – 27.9)	NR
Unable to remember what happened the night before because of drinking (last 12 months)	Grade 9	NR	NR
	Grade 10	36.1 (26.1 – 47.5)	27.6* (15.1 - 44.9)
	Grade 11	27.2 (19.1 – 37.1)	32.3* (18.3 - 50.4)
	Grade 12	28.8 (22.4 – 36.1)	29.2* (13.8 - 51.4)
You or somebody you know have been injured because of drinking (ever)	Grade 9	NR	NR
	Grade 10	23.0* (14.1 – 35.1)	NR
	Grade 11	20.1* (12.5 – 30.6)	17.4* (9.4 - 30.0)
	Grade 12	17.3* (10.0-28.4)	NR
A relative/friend/doctor has been concerned about your drinking or suggested you cut down	Grade 9	NR	NR
	Grade 10	NR	NR
	Grade 11	NR	NR
	Grade 12	NR	NR

*Asked of half the sample.*

\*Use estimate with caution.

NR=Not releasable due to small numbers.

-- Not applicable.

† Excludes students who never had an alcoholic drink and who only had a sip to see what it was like.

95% CI reflects the 95% confidence interval of the estimate.

**Note:** AUDIT is a screening tool that measures hazardous or harmful drinking

Denominators differ by survey question.

**Source:** Ontario Student Drug Use and Health Survey 2013-2015, Centre for Addiction and Mental Health. Peel Public Health.



## CHAPTER FOUR - ATTITUDES AND PERCEPTIONS SURROUNDING ALCOHOL ACCESS AND CONSUMPTION

### Highlights

- In 2015, the majority of students in Peel (56%) reported believing that it is '*very easy*' or '*fairly easy*' to obtain alcohol. This is similar to Ontario (65%).
- In Peel, 32% of grade 7 - 12 students reported believing that there is a '*great risk*' of harm associated with binge drinking once or twice each weekend. This is significantly higher in Peel, than in Ontario (24%). Males were less likely than females to perceive a '*great risk*' of harm associated with binge drinking (25% vs. 40%, respectively).
- In Peel, 19% of grade 7 - 12 students '*strongly disapprove*' of adults drinking five or more drinks on the weekends. This perception was more common among students in the lower grades, for instance Grade 7 (41%), compared to those in higher grades, Grade 11 (16%\*).

\*Use estimate with caution



### ALCOHOL EDUCATION AT SCHOOL

In 2015, over two-thirds of students in Peel and Ontario recalled taking a class in school which discussed alcohol (65% vs. 64%, respectively).

There were no significant differences by sex or grade.

These estimates are similar to 2013.

**Survey Question: Since September, how many classes or presentations did you have that talked about alcohol?**

**Table 4.1**  
**Number of Classes about Alcohol Since September among Students in Grades 7 - 12<sup>†</sup>, Peel and Ontario, 2013 - 2015**

Classes	Per cent of all students (95% CI)			
	Peel		Ontario	
	2013 n=1,036	2015 n=480	2013 n=3,827	2015 n=3,905
No classes	33.7 (28.3 - 39.5)	34.7 (28.2 - 41.9)	36.3 (31.9 - 40.9)	35.8 (33.0 - 38.6)
One or more class	66.3 (60.5 - 71.7)	65.3 (58.1 - 71.8)	63.7 (59.1 - 68.1)	64.2 (61.4 - 67.0)

*Asked of half the sample.*

<sup>†</sup>Excludes students who completed the survey before January.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

**Table 4.2**  
**Number of Classes about Alcohol Since September among Students in Grades 7 - 12<sup>†</sup> by Sex, Peel, 2013 - 2015**

Classes	Per cent of all students (95% CI)			
	2013 n=1,036		2015 n=480	
	Male	Female	Male	Female
No classes	35.5 (28.9 - 42.7)	31.7 (26.3 - 37.6)	37.6 (27.0 - 49.6)	31.6 (23.7 - 40.7)
One or more class	64.5 (57.26 - 71.1)	68.3 (62.4 - 73.7)	62.4 (50.4 - 73.0)	68.4 (59.3 - 76.3)

*Asked of half the sample.*

<sup>†</sup>Excludes students who completed the survey before January.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 4.3**  
**Per Cent of Students in Grades 7 - 12<sup>†</sup> who Had One or More Classes about Alcohol Since September by Grade, Peel, 2013 - 2015**

Year	Per cent of all students (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>2013</b> n=1,036	75.9 (56.5 - 88.4)	77.2 (60.1 - 88.4)	78.1 (67.5 - 85.9)	58.6 (50.3 - 66.5)	54.0 (45.7 - 62.1)	59.9 (50.3 - 68.8)
<b>2015</b> n=480	83.3 (64.7 - 93.2)	81.3 (71.6 - 88.2)	68.9 (45.7 - 85.3)	52.2 (36.5 - 67.4)	58.2 (55.5 - 69.9)	62.6 (44.7 - 77.5)

*Asked of half the sample.*

<sup>†</sup>Excludes students who completed the survey before January.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.  
 Peel Public Health.



### PERCEIVED ACCESS TO ALCOHOL

In 2015, a majority of students in Peel and Ontario reported believing that it is 'very easy' or 'fairly easy' to get alcohol if they want some (56% vs. 65%, respectively).

Although there were no differences by sex, students in higher grades, for instance Grade 12 (68%) were more likely to feel that alcohol is easily accessible compared to those in lower grades, for instance those in Grade 7 (25%), or Grade 8 (30%).

These estimates are similar to estimates from 2013.

**Survey Question: How easy or difficult would it be for you to get alcohol if you wanted some?**

<b>Table 4.4 Perception Surrounding Access to Alcohol among Students in Grades 7 - 12, Peel and Ontario, 2013 - 2015</b>				
Perception of access	Per cent of all students (95% CI)			
	Peel		Ontario	
	2013 n=1,038	2015 n=561	2013 n=4,732	2015 n=4,970
Impossible	10.5 (8.2 - 13.3)	6.7 (4.7 - 9.4)	7.8 (6.5 - 9.2)	6.7 (5.7 - 7.8)
Very/fairly difficult	17.3 (14.7 - 20.2)	19.9 (16.9 - 23.4)	15.7 (14.1 - 17.4)	14.7 (13.3 - 16.2)
Very/fairly easy	58.1 (53.3 - 62.8)	56.2 (50.3 - 61.9)	65.5 (62.6 - 68.2)	64.7 (62.6 - 66.6)
Don't know	14.1 (11.6 - 17.0)	17.2 (13.4 - 21.7)	11.1 (9.7 - 12.7)	13.9 (12.4 - 15.7)

*Asked of half the sample.*  
95% CI reflects the 95% confidence interval of the estimate.  
**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.

<b>Table 4.5 Perception Surrounding Access to Alcohol among Students in Grades 7 - 12 by Sex, Peel, 2013 - 2015</b>				
Perception of access	Per cent of all students (95% CI)			
	2013 n=1,038		2015 n=561	
	Male	Female	Male	Female
Impossible	11.3 (8.6 - 14.8)	9.6* (6.7 - 13.6)	7.1* (4.1 - 12.2)	6.2* (4.2 - 9.1)
Very/fairly difficult	15.4 (12.2 - 19.3)	19.4 (15.8 - 23.5)	21.8 (16.3 - 28.6)	17.9 (14.4 - 21.9)
Very/fairly easy	59.1 (53.8 - 64.2)	57.1 (51.2 - 62.8)	49.1 (40.2 - 58.1)	64.0 (57.6 - 69.9)
Don't know	14.2 (10.1 - 19.6)	13.9 (11.3 - 17.1)	21.9 (16.3 - 28.8)	11.9* (7.8 - 17.9)

*Asked of half the sample.*  
\*Use estimate with caution.  
95% CI reflects the 95% confidence interval of the estimate.  
**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 4.6**  
**Proportion of Grade 7 - 12 Students who Reported Very Easy or Fairly Easy Access to Alcohol by Grade, Peel, 2013 - 2015**

Year	Per cent of all students (95% CI)					
	Grade 7	Grade 8	Grade 9	Grade 10	Grade 11	Grade 12
<b>2013</b> n=1,038	25.1 (18.2 - 33.7)	31.7 (26.2 - 37.7)	59.6 (48.4 - 69.9)	57.9 (49.9 - 65.5)	75.2 (68.3 - 81.0)	81.9 (73.4 - 88.1)
<b>2015</b> n= 561	25.5* (17.6 - 35.5)	30.2* (18.9 - 44.6)	55.1 (43.8 - 66.0)	64.9 (52.9 - 75.3)	79.0 (66.6 - 87.6)	68.0 (49.5 - 82.1)

*Asked of half the sample.*

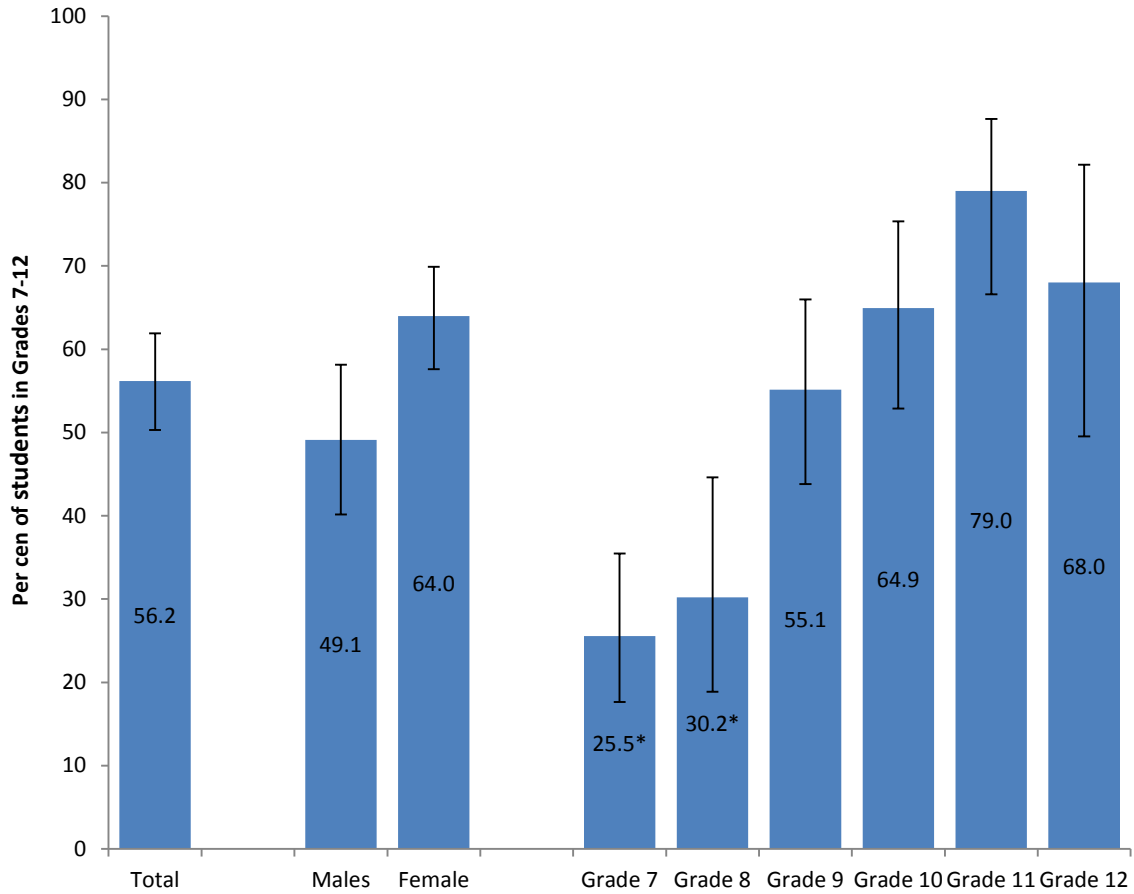
\*Use estimate with caution.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.  
 Peel Public Health.



**Figure 4.1**  
**Proportion of Grade 7 - 12 Students who Reported Very Easy or Fairly Easy Access to Alcohol by Sex and Grade, Peel, 2015**



*Asked of half the sample.*

n=561.

\*Use estimate with caution.

Error bars represent 95% confidence intervals.

**Source:** Ontario Student Drug Use and Health Survey, 2015, Centre for Addiction and Mental Health. Peel Public Health.





**PERCEIVED RISK OF HARM ASSOCIATED WITH DRINKING ALCOHOL**

In 2015, Peel students were more likely than Ontario students to report thinking that there is a ‘great risk’ of harm associated with binge drinking once or twice each weekend (32% vs. 24%, respectively).

In Peel, males were less likely than females to perceive a ‘great risk’ of harm associated with binge drinking (25% vs. 40%, respectively). There were no differences by grade.

These estimates are similar to 2013.

**Survey Question: How much do you think people risk harming themselves physically or in other ways if they have 5 or more drinks of alcohol once or twice each weekend?**

**Table 4.7**  
**Perception of Risk of Harm Associated with Consuming Five or More Drinks of Alcohol Once or Twice Each Weekend among Grade 7 - 12 Students, Peel and Ontario, 2013 - 2015**

Perceived risk of harm	Per cent of all students (95% CI)			
	Peel		Ontario	
	2013 n=1,036	2015 n=558	2013 n=4,740	2015 n=4,955
No risk	4.4 (3.2 - 6.0)	3.3* (1.8 - 5.9)	6.1 (4.7 - 7.8)	6.1 (5.1 - 7.2)
Slight risk	19.9 (17.5 - 22.5)	20.8 (16.7 - 25.5)	22.6 (20.7 - 24.6)	23.3 (21.2 - 25.6)
Medium risk	36.2 (32.7 - 39.9)	35.3 (29.2 - 42.0)	37.3 (34.4 - 40.3)	37.2 (35.0 - 39.5)
Great risk	31.1 (27.7 - 34.7)	31.9 (27.2 - 37.0)	24.7 (22.4 - 27.1)	23.9 (21.9 - 26.0)
Don't know	8.5 (6.7 - 10.8)	8.7* (5.6 - 13.5)	9.4 (7.5 - 11.8)	9.6 (8.1 - 11.2)

*Asked of half the sample.*

\*Use estimate with caution.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 4.8**  
**Proportion of Students in Grade 7 - 12 who Perceive a Great Risk of Harm with Consuming Five or More Drinks of Alcohol Once or Twice Each Weekend by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of all students (95% CI)	
	2013 n=1,036	2015 n=558
<b>Sex</b>		
Male	25.7 (21.1 - 31.0)	24.7 (19.0 - 31.4)
Female	36.8 (33.0 - 40.8)	39.7 (33.6 - 46.2)
<b>Grade</b>		
7	35.4 (28.4 - 43.2)	40.4* (27.0 - 55.5)
8	34.0 (28.2 - 40.2)	47.2 (32.7 - 62.1)
9	36.8 (28.5 - 46.1)	23.9* (14.2 - 37.2)
10	26.6 (21.8 - 32.0)	30.6 (21.8 - 41.2)
11	31.0 (23.6 - 39.5)	26.9* (16.3 - 41.1)
12	25.6 (18.6 - 34.2)	27.0* (18.1 - 38.3)

*Asked of half the sample.*

\*Use estimate with caution.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.  
Peel Public Health.



**DISAPPROVAL OF ADULTS DRINKING ALCOHOL**

In 2015, 19% of Peel students reported that they ‘*strongly disapprove*’ of adults drinking five or more drinks on the weekends. This is similar to Ontario students overall (16%).

There were no differences by sex, however disapproval was more common among younger students, for instance those in Grade 7 (41%), compared to students in higher grades, for instance in Grade 11 (16%\*)

These estimates are similar to 2013.

\*Use estimate with caution

**Survey Question: Do you disapprove of adults (age 18 and older) having 5 drinks of alcohol once or twice each weekend?**

**Table 4.9**  
**Disapproval Associated with Adults Consuming Five or More Drinks of Alcohol Once or Twice Each Weekend among Grade 7 - 12 Students, Peel and Ontario, 2013 - 2015**

Disapproval	Per cent of all students (95% CI)			
	Peel		Ontario	
	2013 n=1,027	2015 n=550	2013 n=4,675	2015 n=4,885
Do not disapprove	34.6 (30.5 - 38.9)	34.9 (29.4 - 40.8)	44.4 (40.9 - 48.0)	44.0 (41.3 - 46.7)
Disapprove	43.8 (40.4 - 47.2)	45.8 (41.0 - 50.7)	39.8 (37.6 - 42.2)	39.8 (37.7 - 41.9)
Strongly disapprove	21.6 (18.1 - 25.6)	19.3 (14.6 - 25.0)	15.7 (13.5 - 18.3)	16.2 (14.3 - 18.3)

*Asked of half the sample.*

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health. Peel Public Health.



**Table 4.10**  
**Proportion of Students in Grades 7 - 12 who Strongly Disapprove of Adults Drinking Five or More Drinks Each Weekend by Sex and Grade, Peel, 2013 - 2015**

Demographics	Per cent of all students (95% CI)	
	2013 n=1,027	2015 n=550
<b>Sex</b>		
Female	23.7 (19.5 - 28.4)	19.5 (13.8 - 26.8)
Male	19.7 (15.5 - 24.7)	19.0* (12.4 - 28.1)
<b>Grade</b>		
7	37.9 (32.6 - 43.4)	40.6 (30.7 - 51.4)
8	26.9 (19.3 - 36.3)	24.3 (17.6 - 32.6)
9	18.1 (13.2 - 24.4)	18.5* (10.7 - 30.1)
10	20.9 (14.8 - 28.6)	NR
11	18.0 (13.6 - 23.4)	15.9* (10.9 - 22.8)
12	14.1* (8.0 - 23.6)	NR

*Asked of half the sample.*

\*Use estimate with caution.

NR=Not releasable due to small numbers.

95% CI reflects the 95% confidence interval of the estimate.

**Source:** Ontario Student Drug Use and Health Survey, 2013 - 2015, Centre for Addiction and Mental Health.  
 Peel Public Health.



## CHAPTER FIVE - METHODS

### DEFINITIONS OF TERMS

Table 5.1 defines the definitions of terms used in this report.

**Table 5.1:**

**Definitions of Terms**

Term	Definition
<b>Immigrant Status</b>	<p>Question: How long have you lived in Canada?</p> <p>Non-immigrant: includes students who reported living in Canada 'all my life';</p> <p>Recent immigrant includes students who reported living in Canada 'less than 10 years';</p> <p>Long-term immigrant includes students who reported living in Canada '11 years or more'</p>
<b>Ethnic Background</b>	<p>Question: "Which of the following best describes your background (You may choose more than one category.) Are you....?:</p> <p>White: (for example British, French, Italian, Portuguese, Ukrainian, Russian, Israeli);</p> <p>Chinese;</p> <p>South Asian (for example East Indian, Pakistani, Sri Lankan);</p> <p>Black (African, Caribbean, North American);</p> <p>Aboriginal (First Nations, Inuit, Metis, non-status Indian);</p> <p>Filipino;</p> <p>Latin American, Central American, South American (for example, Mexican, Brazilian, Chilean, Guatemalan, Venezuelan, Colombian, Argentinian, Salvadorian, Costa Rican);</p> <p>Southeast Asian (for example Vietnamese, Cambodian, Malaysian, Laotian);</p> <p>West Asian or Arab (for example Egyptian, Saudi Arabian, Syrian, Iranian, Iraqi, Lebanese, Afghani, Palestinian);</p> <p>Korean;</p> <p>Japanese and;</p> <p>Not Sure</p> <p>For the purpose of the analysis the following groupings were created:</p> <p>East Asian or South East Asian: Includes South East Asian, Chinese, Filipino, Korean and Japanese</p> <p>Multiple: Includes those who selected more than one category (including certain ethnicity and the not sure category)</p>



**Table 5.1:**

**Definitions of Terms (cont.)**

<b>Term</b>	<b>Definition</b>
<b>Family Socio-Economic Status</b>	<p>Measured using the family socio-economic ladder, an adolescent-specific measure of subjective social status.<sup>2,3</sup></p> <p>Students were shown a ladder that was meant to represent the Canadian society (with numbers ranging from 1 to 10). They were told that at the top are the people who are 'best off- they have the most money, most education and the jobs that bring the most respect' while at the bottom are the people who are "worst off- they have the least money, little education no job or jobs that nobody want". Students were asked to place their family on this scale. The family SES ladder was then analyzed based on a median split defined as:</p> <ul style="list-style-type: none"><li>• Low SES: students ranked family between one to six on the ladder; and</li><li>• High SES: students ranked family between seven to ten on the ladder.</li></ul>
<b>Past Year Drinkers</b>	<p>Any alcohol consumed in the last 12 months. Use includes consumption on special occasions, but excludes sips.</p>
<b>Binge Drinking</b>	<p>Defined as having five or more drinks on at least one occasion.</p>
<b>Hazardous or Harmful Drinking (AUDIT)</b>	<p>Measured using The World Health Organizations Alcohol Use Disorders Identification Test (AUDIT) as a screening tool to identify youth with hazardous or harmful drinking behaviours.<sup>4</sup> Hazardous drinking is a pattern of drinking that increases the likelihood of future physical and mental health problems and it is indicated by a score of 8 or more out of 40 on the screener questions.</p>



## **METHODS**

### **Sampling Design**

Details of the sampling design can be found in the CAMH technical documentation.<sup>1</sup> Briefly, the 2015 OSDUHS used a stratified two-stage cluster sample design to recruit Ontario students in grades 7 - 12. The target population for the OSDUHS is students in grades 7 - 12 enrolled in Ontario's four publically funded school systems. The sampling frame for the 2015 OSDUHS was a list of publicly-funded schools in 2011/2012 with any grade 7 - 12 students, provided by the Ontario Ministry of Education. The following students are not covered by the sampling frame:

- Students enrolled in private schools or those who are homeschooled;
- Youth who are institutionalized for correctional or health reasons;
- Students schooled in first nation reserves, military bases or in remote regions of Ontario.
- Students who have dropped out and are no longer enrolled in school. Results do not generalize to this group of youth.

### **Sampling within Regions**

Initially the OSDUHS sample divided Ontario into four regions. When provincial public health units began purchasing over samples in their regions, mutually exclusive regional strata were developed. In 2015 there were seven regional strata, sponsored by the corresponding provincial public health units, for a total of 11 mutually exclusive regions. Within each region, school level (grade 7 - 8 schools and grade 9 - 12 schools) were sampled separately. This sampling strategy created 21 region-by-school-level strata  $((4*2) + (7*2) = 22 - 1$  (elementary schools weren't sampled in one region) = 21 strata in total (Table 5.2).

### **School Selection**

Within each of the 21 region-by school strata, schools were selected with probability proportional to size, using systematic selection without replacement. If a school refused to participate, or if it had closed, a replacement school from the same stratum was randomly selected, using the same method as above. For 2015, the criteria for an elementary school to be selected and included in the sample was set for a school with at least 15 students in grade 7, and 15 students in grade 8 (for a total of 30 or more in grades 7 and 8 combined). The criteria for a secondary school to be selected and included in the sample, the school had to have at least 80 students in total for grades 9, 10, 11, and 12. Secondary schools with a total of less than 80 students were not eligible for selection.

### **Class Selection**

Within a selected school, a grade stratified list of all eligible classes was used to randomly select classrooms with equal probability and without replacement. The intention was one class per grade, however sometimes more than one class had to be selected. If the selected classroom was unable to participate a replacement class from the same school and grade was randomly re-selected. Classrooms that were excluded included special education classes; English as Second Language (ESL) classes and classes with fewer than five students. All students within the selected classes were eligible to participate in the survey.



**Table 5.2:**  
**List of Region by Grade Level Strata, OSDUHS 2015**

<b>Stratum</b>	<b>Grade 7 - 8</b>	<b>Grade 9 - 12</b>
<b>Region</b>		
Toronto	✓	✓
North *	✓	✓
West *	✓	✓
East*	✓	✓
<b>Health Unit</b>		
Durham	✓	✓
North Bay-Parry Sound	✓	✓
Simcoe Muskoka	✓	✓
Peel	✓	✓
Niagara	✓	✓
Brant	✓	✓
York		✓

\*Excluding Health Unit strata

### **Questionnaires**

The OSDUHS has four questionnaire forms (Form A and B for Elementary Schools; Form A and B for Secondary Schools). In 2015, there were 59 core questions (found in all four questionnaire forms) and additional questions found in only one or two of the questionnaire forms. For instance, elementary school student questionnaires are excluded from certain topics (such as illicit drug use) and therefore these grades are excluded from certain sections of the report.

Questionnaires were intentionally designed without skip patterns in order to protect students' privacy, ensuring students would be completing the questionnaire at roughly equal times regardless of what behaviours they engaged in (i.e. students who use drugs would not take longer to complete the survey because they would answer the drug questions). Skip patterns were also avoided in order to prevent navigational errors. Questionnaires were distributed randomly within each classroom (alternating form A and form B).





## **Data Collection**

### ***Research Approval***

The 2015 OSDUHS protocol was approved by Research Ethics Boards at CAMH and York University, as well as research review committees at schools boards (as required). Consent for participation required the approval of: school boards, school principals, classroom teachers and parents (if students were under 18 years old) and students themselves. Details can be found in the CAMH technical report,<sup>1</sup> briefly:

- Permission was first granted by the school boards, and the Director of Education
- For selected schools, participation was contingent on the approval of the principals
- For selected classrooms, teachers had to grant permission for their classroom to participate
- For students in selected classrooms, a signed parental consent form was required for participation (if under 18 years old); consent form also required student signature.
- If students did not return the consent form they were not allowed to participate; survey weights were adjusted for non-response.

### ***Consent***

Participation in the OSDUHS required both parental and student consent. 'Active' parental consent forms were distributed to students in selected classrooms. Active consent requires parents to give explicit consent for students' participation (as opposed to 'passive' consent which would assume student participation unless parents opted out). The consent form required both a parent and a student signature. If the student was over 18 years old, no parental consent was required. Consent forms were provided in six languages (English, French, Spanish, Portuguese, Russian and Mandarin). Students who did not return a dual-signed consent form on the day of (or prior to) the survey were not allowed to participate<sup>1</sup>.

### **Data Collection in Field**

Trained staff from the Institute for Social Research (ISR) at York University were responsible for all contact with school and in-field data collection. Detailed information about in field data collection and training can be found in technical documentation.<sup>1</sup> Briefly, ISR was responsible for:

- Obtaining permission from schools to participate
- Making arrangements with selected schools regarding data collection
- Administering the survey to the students in selected classrooms
- Entering student responses into a machine-readable data file



## **Post Survey Processing**

### ***Data Editing***

Several data quality enhancements were made to the final dataset by the ISR, prior to delivery to CAMH.<sup>1</sup> Briefly, students were excluded from the final dataset if they:

- Did not have a valid (non-missing) age or sex response (n=38);
- Did not complete up to at least half of the survey questionnaire (n=44);
- Came from a classroom without at least five returned consent forms (n=166).

In 2015, this resulted in the removal of 243 cases across Ontario. Additionally, students were removed if they: reported use of a fictitious drug, reported using four or five core illicit drugs, 40 or more times during the last year “faking bad”; or did not respond to half or more of the core substance use survey questions.

### ***Item Missingness***

According to CAMH diagnostics, both the single item missing and the cumulated item missing rates were low suggesting quality reporting. Across the core survey questions, the item missing average was about 1%. Missing responses <5% were not statistically imputed, but were excluded on a case wise basis for all analysis unless otherwise specified.

### ***Post Stratification***

The 2015 OSDUHS weighted sample was compared with the most current school enrollment figures from the Ministry of Education based on the 2012/2013 academic year.<sup>1</sup> Differences between the sample and the sex-by-grade enrollment distributions varied by region. To improve the quality of the estimates by reducing potential nonresponse and non-coverage bias, CAMH calculated post-survey adjustments for the sex by grade distribution within each of the eleven regional stratifications separately to restore each regions demographic composition to the population composition. The adjusted OSDUHS sample corresponds well to the most recent Ontario enrolment estimates.

### ***Statistical Analysis***

All analysis was conducted using the svy procedure in Stata 21 to take into account the surveys complex stratified cluster design. In order to calculate appropriate variance estimates, confidence intervals and p-values, the entire sample must be used in the analysis. Thus, domain analysis using indicator variables (0, 1 coding) was used to ensure correct estimates are obtained for subpopulation samples.



## DATA RELEASE

CAMH does not provide data suppression rules, however in the supplementary documentation provided to participating health units, it states that:

*“We recommend that the relative standard error – the ratio of the standard error to its estimate – or the coefficient of variation (CV) be employed to identify unstable estimates. As a rule of thumb, we recommend that any estimate based on a sample of less than 50 students should be suppressed. Individual users are responsible for decisions about estimate suppression.”*

In this report, we used release guidelines based on the Coefficient of Variation (CV) seen in Table 5.3. These guidelines are also used by CAMH in their reports and are recommended by Statistics Canada.

**Table 5.3**  
**Data Suppression and Release Guidelines**

<b>Coefficient of Variation (CV) in %</b>	<b>Type Of Estimate</b>	<b>Label in Reports/Tables</b>
<b>CV &gt;33.3</b>	Non-releasable	Estimates labelled with NR
<b>16.6&lt;= CV &lt;=33.3</b>	Results should be interpreted with caution due to high sampling variability	Estimates labelled with a *
<b>CV&lt;16.6</b>	Acceptable for unrestricted release	Estimates not labelled

**Note:** CAMH also suppressed estimates with observations of less than 50 or for estimates with proportions less than 0.5 (however given the smaller sample size in Peel, we did not use these criteria).



## LIMITATIONS

### Sampling Frame

Although the sampling frame captures approximately 92% of all grade 7 - 12 students in Ontario (i.e. students enrolled in Ontario's four publically funded school systems). Eight per cent of grade 7 - 12 students are not captured in the frame, including:

- Students enrolled in private schools or those who are homeschooled;
- Youth who are institutionalized for correctional or health reasons;
- Students schooled in first nation reserves, military bases or in remote northern regions of Ontario.
- Students who have dropped out/not enrolled in school. Results from the OSDUHS do not attempt to extrapolate to this group of youth.

Additionally, the list of publicly funded schools used to select the sample does not capture any schools which were built after 2011/2012. This outdated list is particularly problematic for high growth areas like Peel where numerous newly built schools would be excluded from participating.

### School Refusals

In 2015, a number of the school refusals were due to the ongoing labour strike/unrest in school boards across Ontario between October 2014 -June 2015. In particular, according to CAMH<sup>1</sup>, there were a number of unforeseen circumstances that challenged work of data collection, including:

- Teacher's strike by Ontario Secondary School Teachers Federation (OSSTF);
- Work-to-rule campaign by Elementary Teachers Federation of Ontario (ETFO);
- Work-to-rule campaign by Ontario English Catholic Teachers Association (OECTA);
- Strike by York University's three union (Graduate Student Association Union, Teaching Assistants Union, and Contract Faculty Union) strike which delayed delivery of return of OSDUHS questionnaires directly to ISR between March and April 2015 due to blocking of University's main entrance;
- Parents and students on strike to stop the implementation of Ontario's new sex education curriculum – a group of local parents opposing the curriculum are pulling their kids out of school to join in protest.

These circumstances likely contributed to the low school participation rate observed in Peel (47%) in 2015, compared with the relatively high rate in 2013 (72%).



### **Non-Response Bias**

Response rates to the OSDUHS have decreased since its initiation in 1977. In 2015, the student response rate was 59% for Ontario' in Peel the response rate was 61%. This is much lower than the response rate for the 2013 OSDUHS in Ontario (63%) and in Peel (71%). Table 5.4 contains information regarding reasons for non-response for 2015. In Peel, approximately 29% of non-response was due to non-consent, while 10% was due to absenteeism. Students who did not have consent to complete the survey, or who were absent from class on the day of the survey may be different than students who complete the survey. The provincial reports released by CAMH investigate this issue further<sup>1</sup>.

### **Social Desirability Self-Report**

The OSDUHS contains questions addressing sensitive topic areas, including alcohol and drug use. Student responses may be subject to social desirability bias whereby students respond in a favourable or socially desirable manner. Since there is no direct validation of student responses, estimates of the impact of this phenomenon is limited.



**PARTICIPATION AND RESPONSE RATE**

In 2015, a total of 1,169 students were surveyed in Peel across 22 schools in 75 classrooms. The student completion rate was 61% (Table 5.4). The sample was weight to represent approximately 115,000 Grade 7 - 12 students in Peel.

**Table 5.4:**  
**Participation and Response Rates for the 2013 Ontario Student Drug Use and Health Survey, Peel and Ontario**

	<b>Peel</b>	<b>Ontario</b>
<b>Schools Surveyed</b>	n=22 (n=9 Grade 7 - 8; N=13 Grade 9 - 12)	n=220 (n=103 Grade 7 - 8; n=117 Grade 9 - 12)
<b>School Participation</b>	22/47 (47%)	220/348 (63%)
<b>Classes Surveyed</b>	n=75	n=750
<b>Class Participation</b>	N/A	88%
<b>Students Surveyed</b>	n=1,932	n=17,804
<b>Student Completion</b>	n=1,169 (61%)	n=10,523 (59%)
<b>Reason for non-completions</b>	Absent: 10% (n=195) No consent: 29% (n=551) Other non-response 1% (n=17)	Absent: 11% (n=1,883) No consent: 29% (n=5,272) Other non-response 1% (n=126)

**Source:** The design and implementation of the Ontario Student Drug Use and Health Survey (OSDUHS) 2015. Institute for Social Research. York University, Toronto, ON: Centre for Addiction and Mental Health. 2015.



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