

# JUST A SHOT... THEN WHAT?



the  
corner

Hillcrest  
Futures

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## ALCOHOL AWARENESS WEEK 2025

The STRIVE team's 2025 health campaign, **'Just a Shot, then what?'** took place during Alcohol Awareness Week 2025. A survey was created to investigate the impact of alcohol use on consumption of other substances, both legal and illegal amongst young people aged 12-21.

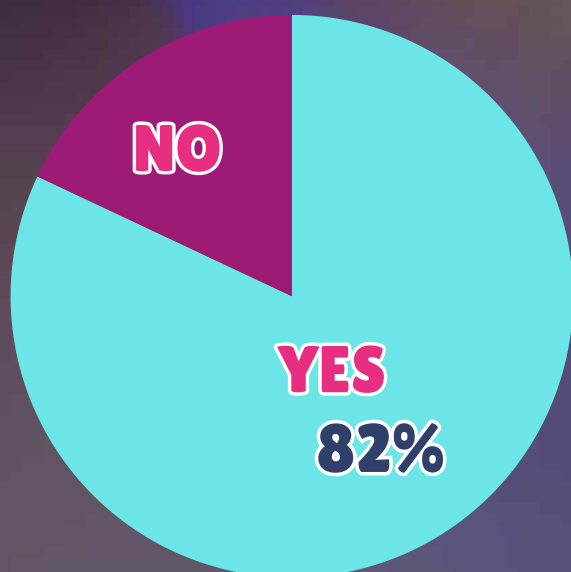
The survey was distributed throughout July across social media platforms, community events and within The Corner Drop In.

The campaign also featured in The Corner Drop In window throughout the summer holidays.



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## DO YOU OR HAVE YOU EVER DRANK ALCOHOL? (1.1)



Whilst the majority of young people who participated did or had drank alcohol before, most only drank once a week. This was closely followed by those who chose not to drink alcohol at all or only have an alcoholic drink during seasonal events such as birthdays, Christmas or other celebrations.

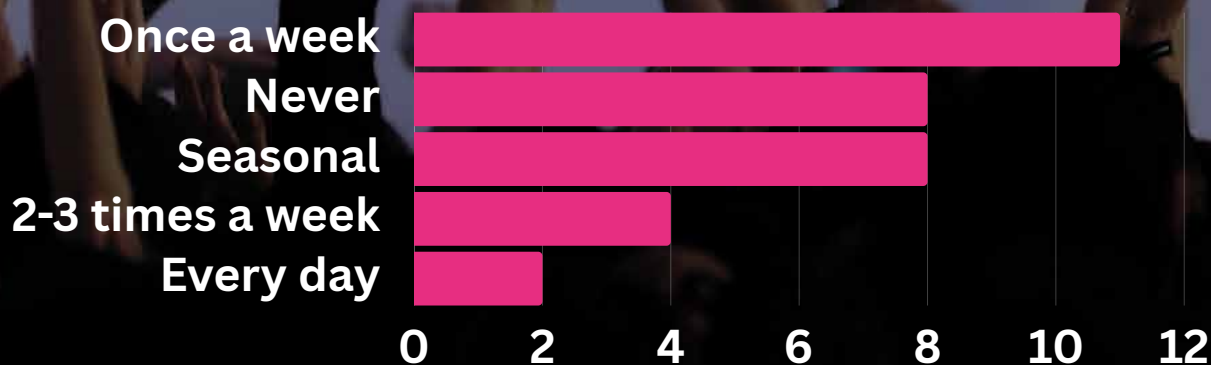
This indicates a decrease in regular alcohol use amongst young people aged 12-19. This mirrors data from the Scottish Government review which states that ***“Alcohol consumption is at its lowest level among younger people since records began”*** (Scottish Government, 2021)

However, the review also found that despite a decline in general use, ***“hazardous drinking and possible alcohol dependence are higher among those aged 16-24 years than any other age group”***.

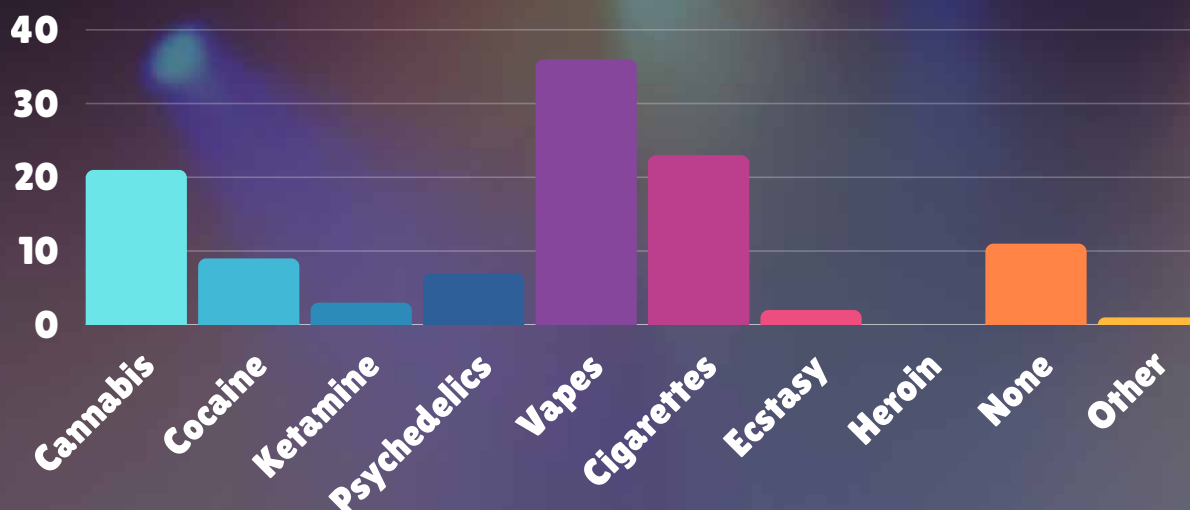
Frequent and potentially problematic alcohol use was identified amongst participants where some young people admitted to drinking alcohol 2-3 times a week or every day.

This highlights the ongoing need for services like STRIVE where young people can reflect on their current use and access support to reduce their alcohol use.

## HOW OFTEN? (1.2)

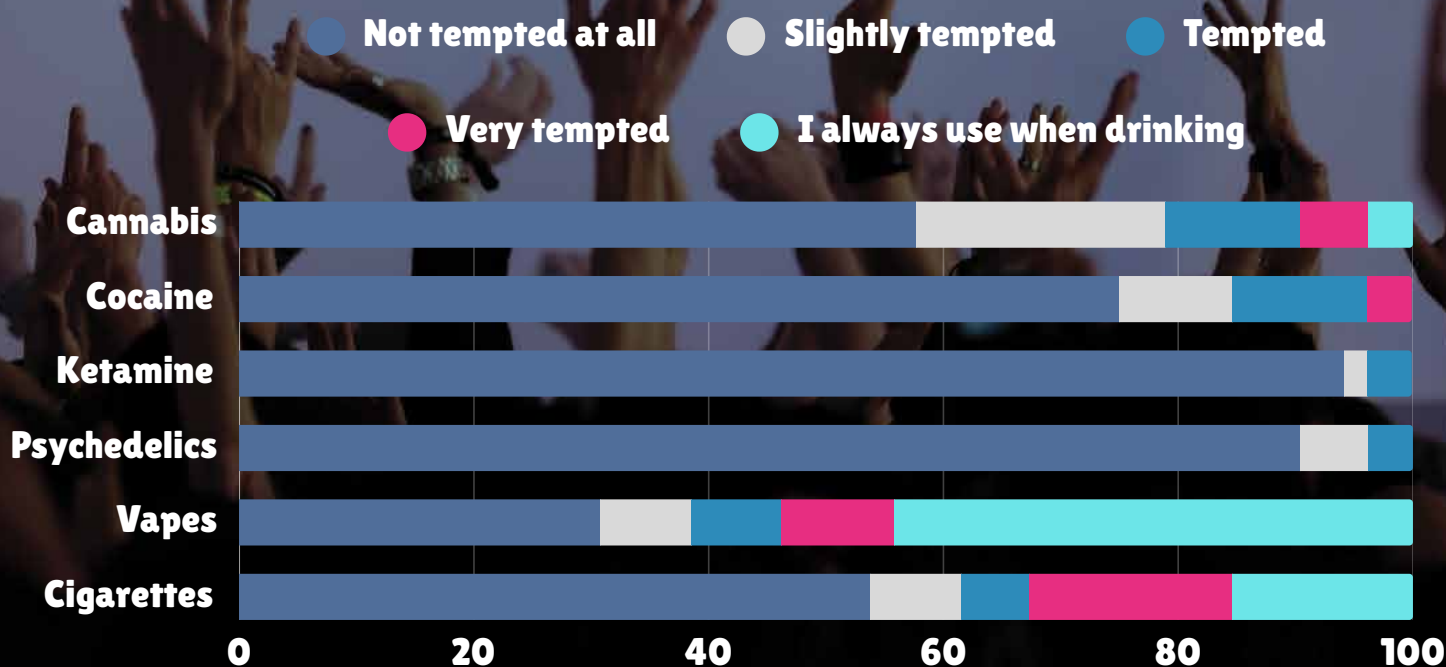


## HAVE YOU EVER USED ANY OF THE FOLLOWING (2):



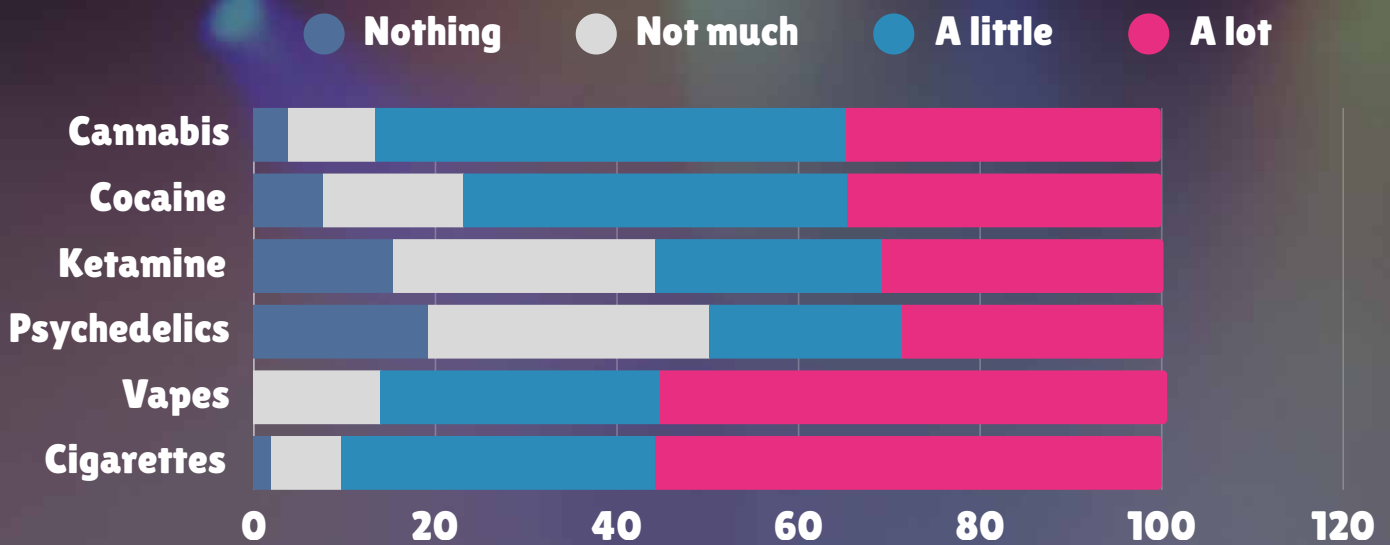
Cannabis was the most commonly used illicit substance and most young people said they'd be slightly tempted to use when drinking. However, vapes were the most common substance listed, with **69% of young people saying they had vaped before**. The prevalence of vaping was also seen where a majority of young people said this was something they'd always do when drinking alcohol. In contrast to a **growing concern around ketamine use amongst young people**, only a small percentage of young people who took part said they had used ketamine or would be tempted to use when drinking alcohol. However, it is worth noting that figures may have differed in a wider data set.

## IF YOU'D BEEN DRINKING ALCOHOL, HOW TEMPTED DO YOU THINK YOU'D BE TO USE/TRY THE FOLLOWING (3):





## HOW MUCH DO YOU KNOW ABOUT THE RISKS OF THE FOLLOWING (3.1):



Young people who took part appeared to be aware of the risks of most substances listed, with the majority saying they knew “a little” or “a lot” about each. However, **Cocaine, Ketamine and Psychedelics** were where young people felt the least knowledgeable.

Interestingly, despite knowing the most about the risks of vapes and cigarettes, these were the most commonly used (2.). **Although young people are aware of the risks, they are still choosing to use the substance**, this indicates the importance of harm reduction advice.

The STRIVE team aim to be reactive to changing drug trends and have since began to develop tailored resources to meet the learning needs of young people in Dundee around substances. This aims to fit into local ADP framework and wider early intervention work to keep The Promise.

*“National programmes for, and better engagement with, young people is needed to help prevent the development of problem substance use and improve messaging.” (Audit Scotland. 2024)*



# **ANY OTHER THOUGHTS ABOUT DRINKING ALCOHOL AND USING SUBSTANCES?**

**"RISKY"**

**"I BELIEVE THAT CERTAIN SUBSTANCES CAN HAVE A POSITIVE EFFECT IN A SMALL QUANTITY HOWEVER AS ALL THING THEY CAN BE HARMFUL WHEN ABUSED"**

**"ALCOHOL IS JUST AS BAD AND JUST AS ADDICTIVE AS ANY OTHER SUBSTANCE."**

**"MY OPINION WOULD BE TO JUST BE CAREFUL WHEN DRINKING ALCOHOL YOU NEVER KNOW WHAT CAN HAPPEN"**

**"IT'S NOT GOOD IF IT'S LIKE OFTEN"**

**"I WOULDN'T DO WEED MY UNCLE HAS DRUG INDUCED PSYCHOSIS FROM IT!"**



The '**Just a Shot, then what?**' campaign provided a brief insight into young people's current substance use in Dundee.

If repeated, the campaign would ideally be ran during school term and across more community events to provide a more varied data set.

Likewise, more in-depth research would look into emerging substances such as 2CB, Snuss and THC Vapes. Further, type of use, age range and post code to investigate wider trends and potential risk factors.

Following the campaign, STRIVE aims to continue ongoing work to better **support young people (12-21) and their families affected by substance use** in Dundee. Plans include playing a key role in the early intervention work being delivered in Dundee, particularly within the **Planet Youth Model**. Through more in-depth surveys the service will be able to develop delivery to better suit the needs of young people, parents and professionals.

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