



Community Action Youth and Drugs (CAYAD) West Auckland At-Risk Youth Alcohol and Other Drug Experiences Survey

Waitakere Alternative Education Report 2016

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Executive Summary

This report outlines findings from Alternative Education data collected during the Community Action Youth and Drugs (CAYAD) West Auckland Youth Alcohol and Other Drug (AoD) Experiences Survey conducted from May – June 2015. The survey was the quantitative part of a larger study that resulted in the production of the [Knowing Someone Cares](#) report.

The purpose of this project was to identify the current situation and gather deeper insights into at-risk young people's AoD experiences and associated harms in West Auckland. Through this, we aimed to further the understanding of the experiences and needs of at-risk young people who use alcohol or other drugs, especially within the Alternative Education setting.

This project focused on at-risk young people, as they have a higher probability of experiencing harm from alcohol or other drugs and there was a gap in quantitative and qualitative data available on their use of alcohol and other drugs. Young people were engaged through mental health and AoD support services, teen parent units, key government agencies and alternative education providers.

The survey investigated the following:

- Nature of respondents' home life
- Drinking behaviour
- Alcohol-related harm
- Family drinking
- Alcohol and drug education
- Other drug consumption
- Access to alcohol and other drugs



Definition

At-risk young people have been defined as young people with a low connection to education; who are engaged with key government agencies such as Police, Child, Youth and Family (CYF), or Ministry of Justice (MoJ); **and/or** who are engaged in AoD or mental health support services.

The survey questions were developed with Auckland Council's Research, Evaluation and Monitoring Unit, with input from specialist subject matter experts to ensure appropriate, youth friendly wording. Ethics approval was gained from Auckland Council's Human Participant's Ethics Committee for the qualitative part of the project which involved empathetic conversations with 21 young people aged 14-24.

CAYAD would like to acknowledge input from the following organisations that supported this research project:

- Auckland Council's Research and Evaluation Unit (RIMU)
- West Auckland Alternative Education Consortium
- Odyssey
- ABACUS Counselling, training and Supervision
- HealthWest Youth Health Hub
- Waitemata Community Law Centre
- Te Ha Oranga
- Blue Light - Ranui Social Sector Trials
- Youth Service West
- Ohana Young Parents Charitable Trust
- Te Rūnanga o Ngāti Whātua, Māori Public Health Unit
- He Wero O Nga Wahine Teen Parent Unit
- Massey Breakfr3 Youth Group
- Vison West Youth Guarantee
- Education Action Youth Guarantee

Community Action Youth and Drugs (CAYAD) is a national initiative established to reduce harm to young people and families/whanau from AoD. The Ministry of Health funds CAYAD sites in cities, towns and rural areas across New Zealand with outcomes aimed at:

- Increasing informed community discussion and debate about issues related to AoD
- Ensuring effective policies and practices to reduce alcohol and other drug related harm are adopted
- Increasing local capacity to support young people in education, employment and recreation
- Reducing supply of AoD to young people

Findings Summary

166 young people were surveyed and the following summary of statistics provides an overview of the results collected from the 85 Alternative Education students who took part.

Drinking behaviour

- 92% had first drink at 15 or younger and almost 50% at 11 or younger
- 20% drink daily or almost daily and 32% drink weekly
- 62% would have 5 or more drinks on one occasion
- 55% would have 5 or more drinks at least once a week with 15% drinking 5 or more drinks daily or almost daily
- 22% don't plan when they will stop, 27% plan to stop at swaying/memory loss or falling over/vomiting stages and 5 % plan to stop at falling over vomiting
- 26% reported actually stopping drinking at the falling over vomiting stage
- 63% drink premixes (Cody's etc) and do so because they taste good and get them drunk faster
- 42% said they often or sometimes acted or pretended to be more drunk than they were
- The young people reported mostly drinking to have fun with friends, to get drunk, to celebrate or to unwind relax

Alcohol-related harm

- Almost 70% have had an alcohol related black out; 87% had their first alcohol black out at 14 or under
- Almost 50% said that they or someone they know had been injured or hurt because of their own drinking
- 18% said they had been affected by their parents drinking
- 51% have driven drunk and 63% have been a passenger with a drunk driver
- 31% have had unsafe sex when intoxicated, however 28% preferred not to answer this question.
- 18% have had an unwanted sexual experience, however 20% preferred not to say

Alcohol and other drug education and help

- 35% said they didn't find any of the drug and alcohol education they had received helpful and 27% said information on health and body effects was helpful
- 51% said they didn't know what would encourage them to ask for AoD help if they needed it.

- 23% didn't know what would help them decrease their drinking; 27% said that nothing would help them decrease their drinking and 23% said more activities/other things to do would get them to drink less.

Other drug consumption

- 65% had consumed cannabis and 14% preferred not to say
- 51% had consumed synthetics and 11% preferred not to say
- 30% had consumed hallucinogens and 11% preferred not to say
- 21% had consumed inhalants and 14% preferred not to say
- 18% had consumed ecstasy or party pills and 13% preferred not to say
- 10% had consumed meth and 16% preferred not to say
- 29% had consumed non prescribed prescription drugs and 16% preferred not to say
- 46% reported consuming drugs and alcohol at the same time

Access to alcohol and other drugs

- Aside from asking a stranger to buy alcohol for them, the young people reported mostly getting alcohol from an older sibling, relative, parents or older boyfriend/girlfriend
- 40% thought people in their community got cannabis mainly from dealers, growers, sellers or tinni houses; with 11% from friends, relatives or neighbours
- 21% thought people in their community got synthetics mainly from dealers or the black market

Comparison data

Comparisons were made between the data collected from the Alt Ed students and other at-risk West Auckland young people of the same age (under 17 years old). This comparison showed some but not dramatic, differences between the two groups. Comparisons between this data and the Youth2000 research studies of mainstream education students' alcohol and other drug use is being investigated.

The West Alternative Education students were **more likely to:**

- be male and Māori (67% of WAE students vs 44% of non-AE)
- be male (60% vs. 48%)
- have grown up with large families with five or more siblings (52% vs 27% of non-AE) or small families with no other siblings (16% vs 8% of non-AE) and slightly more likely to have grown up with a single parent/caregiver (40% vs 32% of non-AE)

- have started drinking at a young age, to drink frequently and be motivated to drink to get drunk.
- have had their first alcohol-related blackout aged 14 or younger (86% vs 57% of non-AE) and slightly more likely to have had their first drink at age 11 or younger (43% vs 30% of non-AE).
- to drink daily or almost daily (20% vs 9% of non-AE)
- plan to drink until swaying / memory loss (22% vs 7% of non-AE) and less likely to plan to drink until relaxed / social (20% vs 26% of non-AE)
- have driven drunk
- have had their first alcohol-related blackout younger than age 14
- report drinking in public places (51% vs 28% of non-AE).
- report drinking the type of alcohol they do because it gets them drunk faster (53% vs 29% of non-AE) and slightly more likely to drink premixes (63% vs 52% of non-AE)
- have driven drunk (51% vs 26% of non-AE)
- state that nothing would encourage them and their friends to drink less (27% vs 10% of non-AE) and less likely to be responsive to decreasing drinking in response to serious consequences or harms (12% vs 41% of non-AE). Money however, does appear to be a higher motivator for WAE students (15% vs 7% of non-AE)
- not know what would encourage them to seek help if they needed (51% vs 29% of non-AE)
- have consumed synthetics (51% vs 33% of non-AE), hallucinogens (30% vs 18% of non-AE), inhalants (21% vs 8% of non-AE), non-prescribed prescription drugs (29% vs 10% of non-AE), and other drugs (6% vs 0% of non-AE)
- rate asking strangers to buy alcohol (48% vs 37% of non-AE) and less likely to rate family and friends as an important source of alcohol

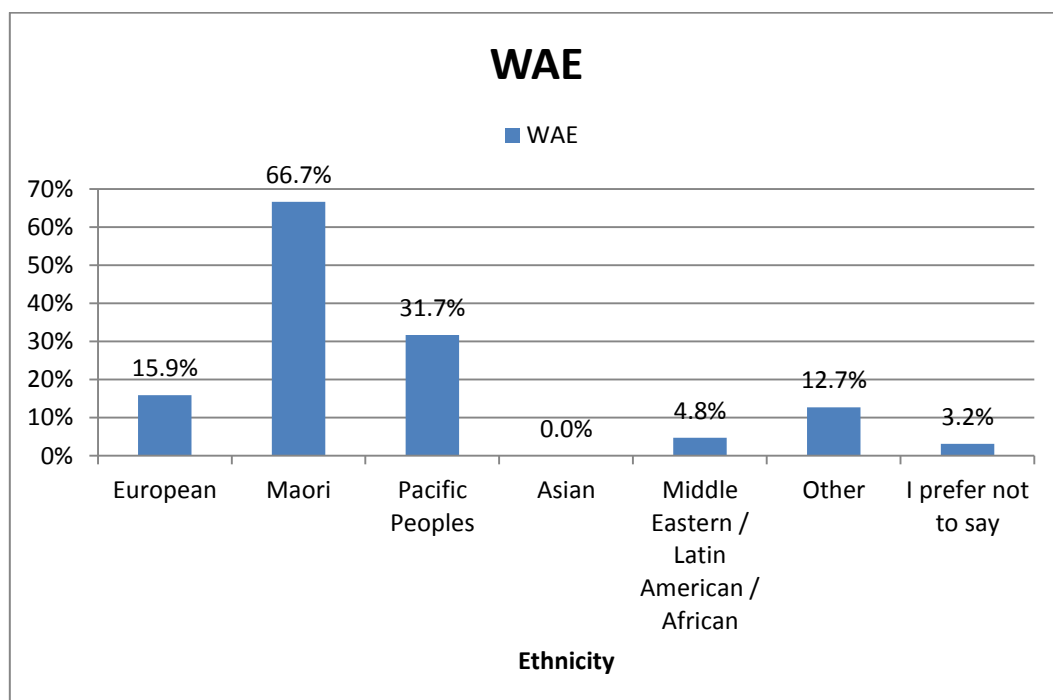
Both groups of students were roughly equally likely to report having used cannabis, ecstasy or party pills, and amphetamines, although in all cases a larger percentage of WAE students reported preferring not to say.

Overall Findings

1. Demographics

Ethnicity

European	15.9%
Maori	66.7%
Pacific Peoples	31.7%
Asian	0.0%
Middle Eastern / Latin American / African	4.8%
Other	12.7%
I prefer not to say	3.2%



Age

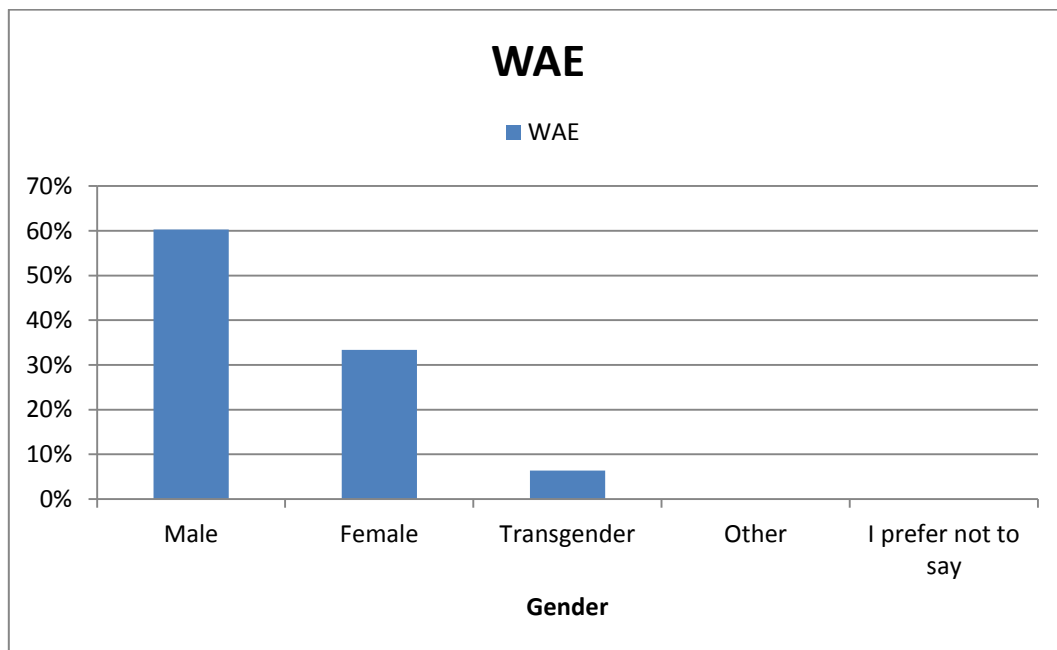
What age group are you in?

Under 15	23.8%
15-17	76.2%

Gender

What gender are you?

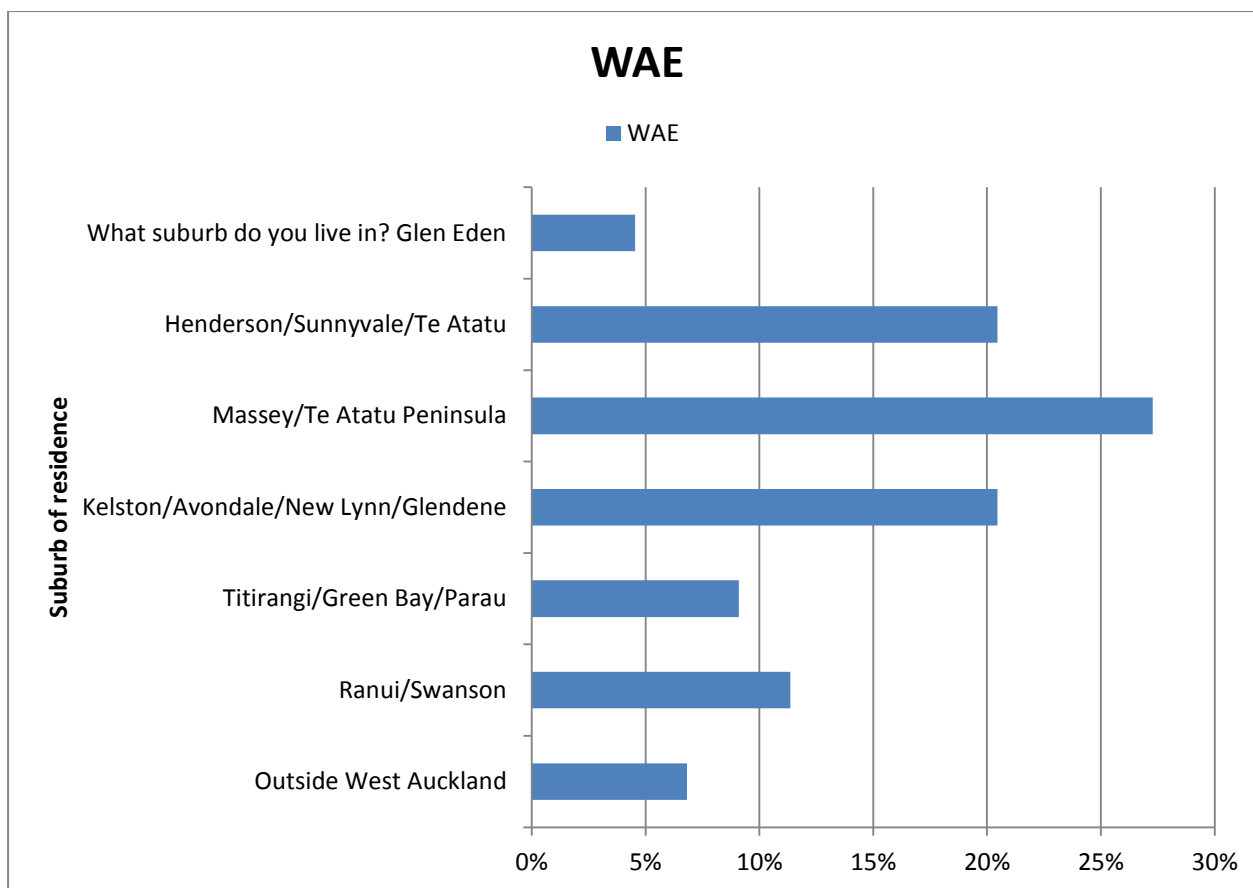
Male	60.3%
Female	33.3%
Transgender	6.3%
Other	0.0%
I prefer not to say	0.0%



Suburb

What suburb do you live in?

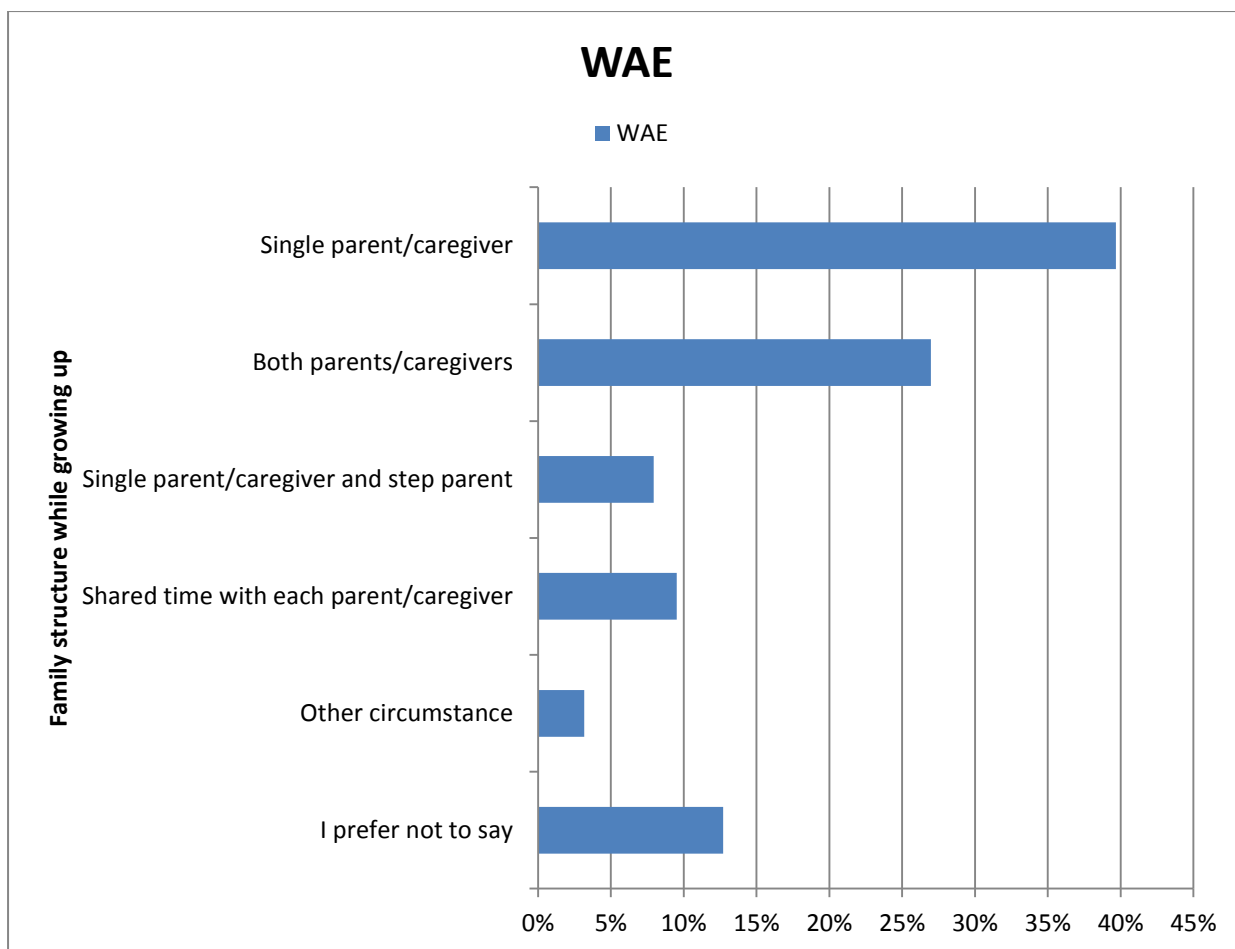
Glen Eden	4.5%
Henderson/Sunnyvale/Te Atatu	20.5%
Massey/Te Atatu Peninsula	27.3%
Kelston/Avondale/New Lynn/Glendene	20.5%
Titirangi/Green Bay/Parau	9.1%
Ranui/Swanson	11.4%
Outside West Auckland	6.8%



2. Family Life

Have you grown up mostly living with...?

Single parent/caregiver	39.7%
Both parents/caregivers	27.0%
Single parent/caregiver and step parent	7.9%
Shared time with each parent/caregiver	9.5%
Other circumstance	3.2%
I prefer not to say	12.7%

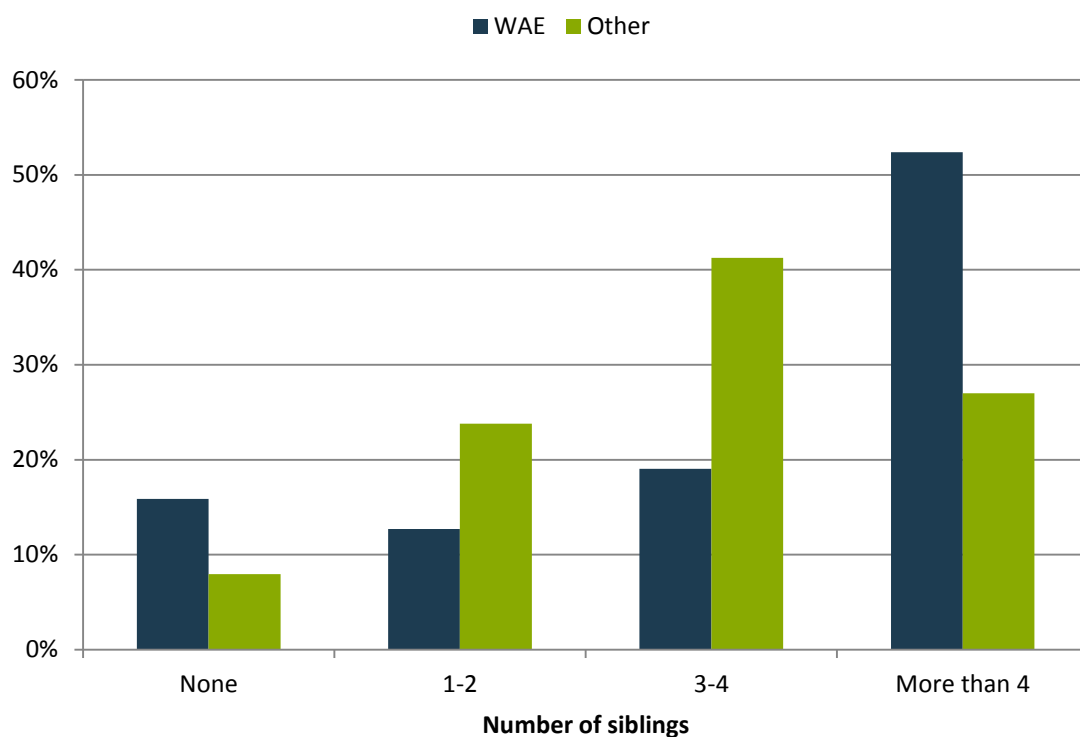


Siblings

How many siblings do you have?

**comparison data*

	West Alt Ed	Other at-risk group*
None	15.9%	7.9%
1-2	12.7%	23.8%
3-4	19.0%	41.3%
More than 4	52.4%	27.0%

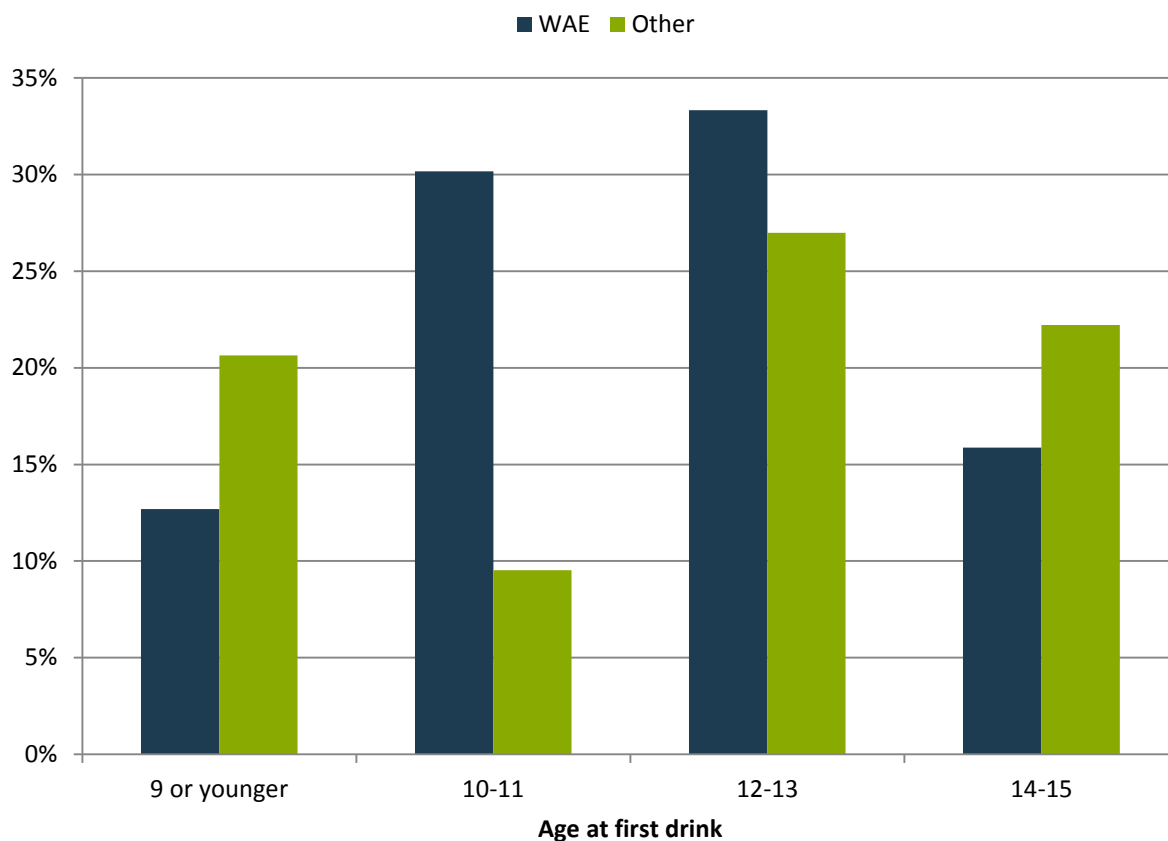


3. Drinking behaviour

How old were you when you first had an alcoholic drink?

**comparison data*

	West Alt Ed	Other at-risk group*
9 or younger	12.7%	20.6%
10-11	30.2%	9.5%
12-13	33.3%	27.0%
14-15	15.9%	22.2%
16-17	0.0%	6.3%
18-19	0.0%	0.0%
20-21	0.0%	0.0%
22 or older	0.0%	0.0%
I prefer not to say	1.6%	0.0%
Never had a drink	6.3%	14.3%



Why have you never had a drink?

**comparison data*

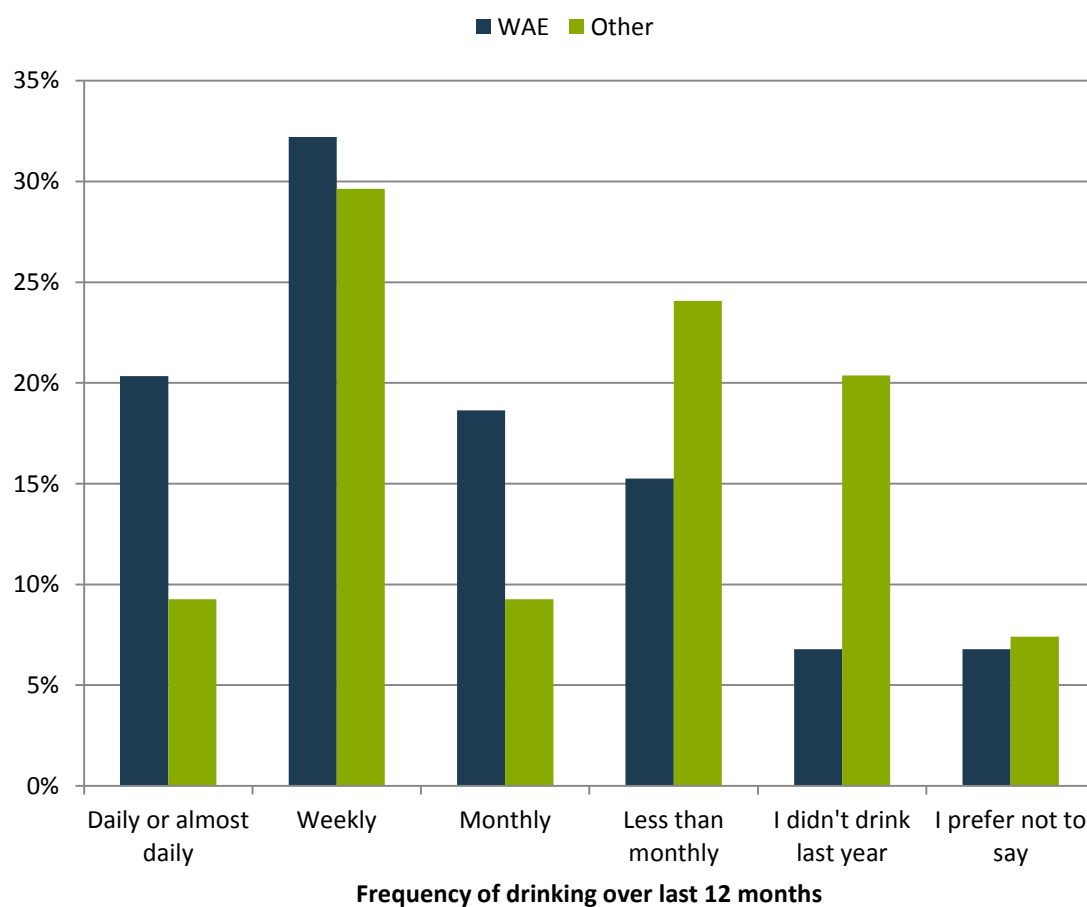
	West Alt Ed	Other at-risk group*
Awareness of harm	100.0%	37.5%
Parent influence	0.0%	25.0%
Age	0.0%	37.5%
Other reason	0.0%	0.0%

Note: the below questions exclude those who answered 'Never had a drink' or 'I don't drink'

Thinking about the last year, roughly how often did you have a drink of alcohol?

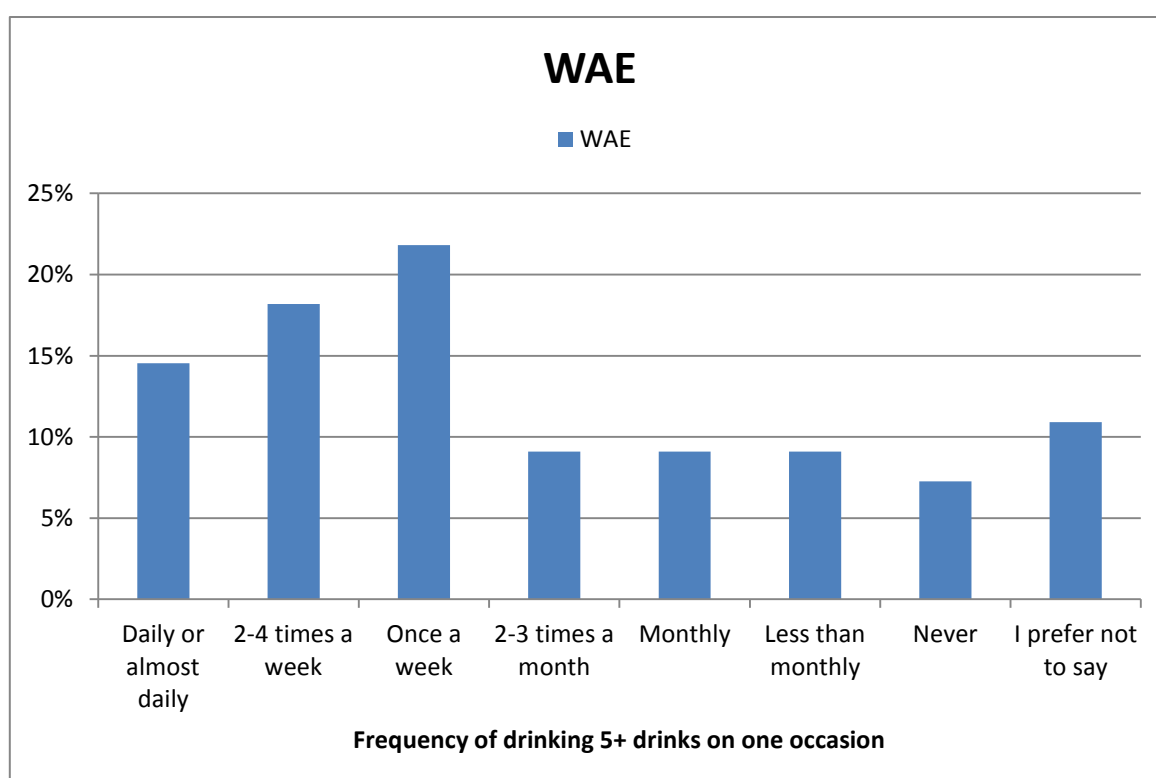
**comparison data*

	West Alt Ed	Other at-risk group*
Daily or almost daily	20.3%	9.3%
Weekly	32.2%	29.6%
Monthly	18.6%	9.3%
Less than monthly	15.3%	24.1%
I didn't drink last year	6.8%	20.4%
I prefer not to say	6.8%	7.4%



Thinking about the last year, roughly how often would you have 5 or more drinks on one occasion?

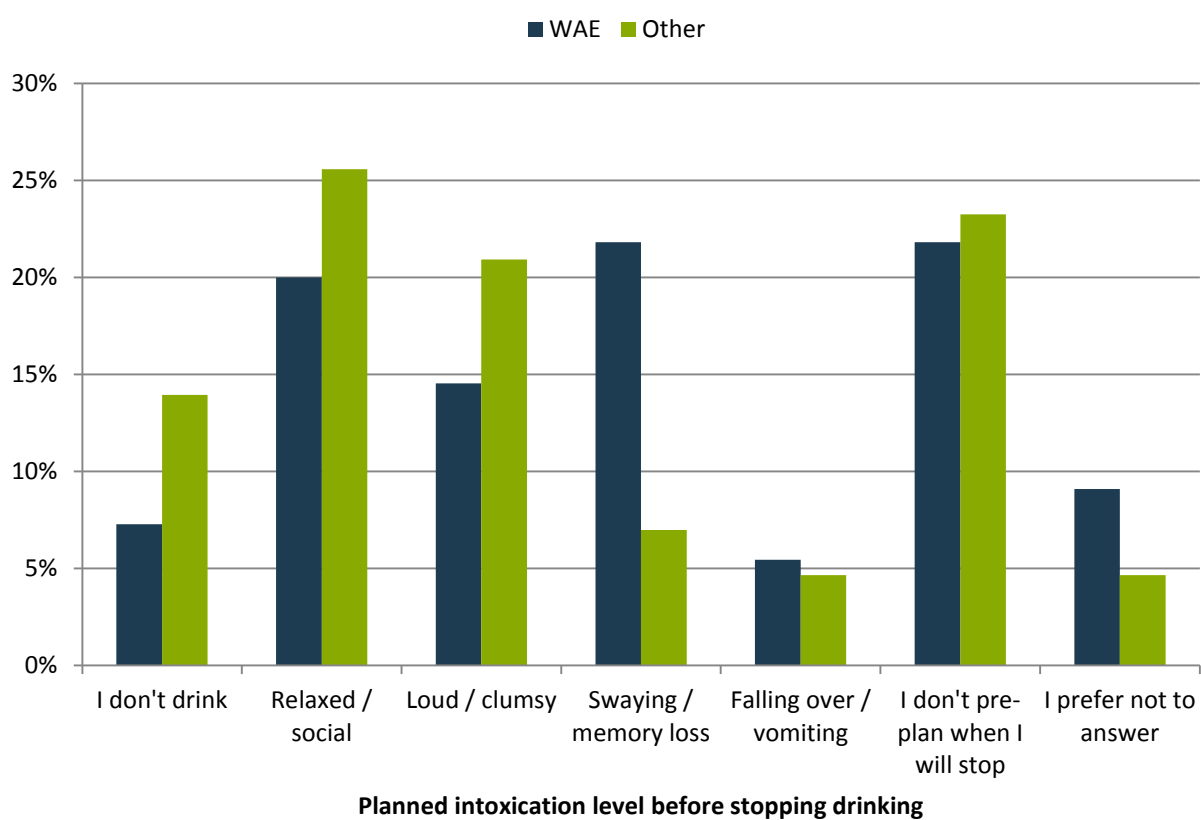
Daily or almost daily	14.5%
2-4 times a week	18.2%
Once a week	21.8%
2-3 times a month	9.1%
Monthly	9.1%
Less than monthly	9.1%
Never	7.3%
I prefer not to say	10.9%



When you drink alcohol, what stage would you plan to stop at?

**comparison data*

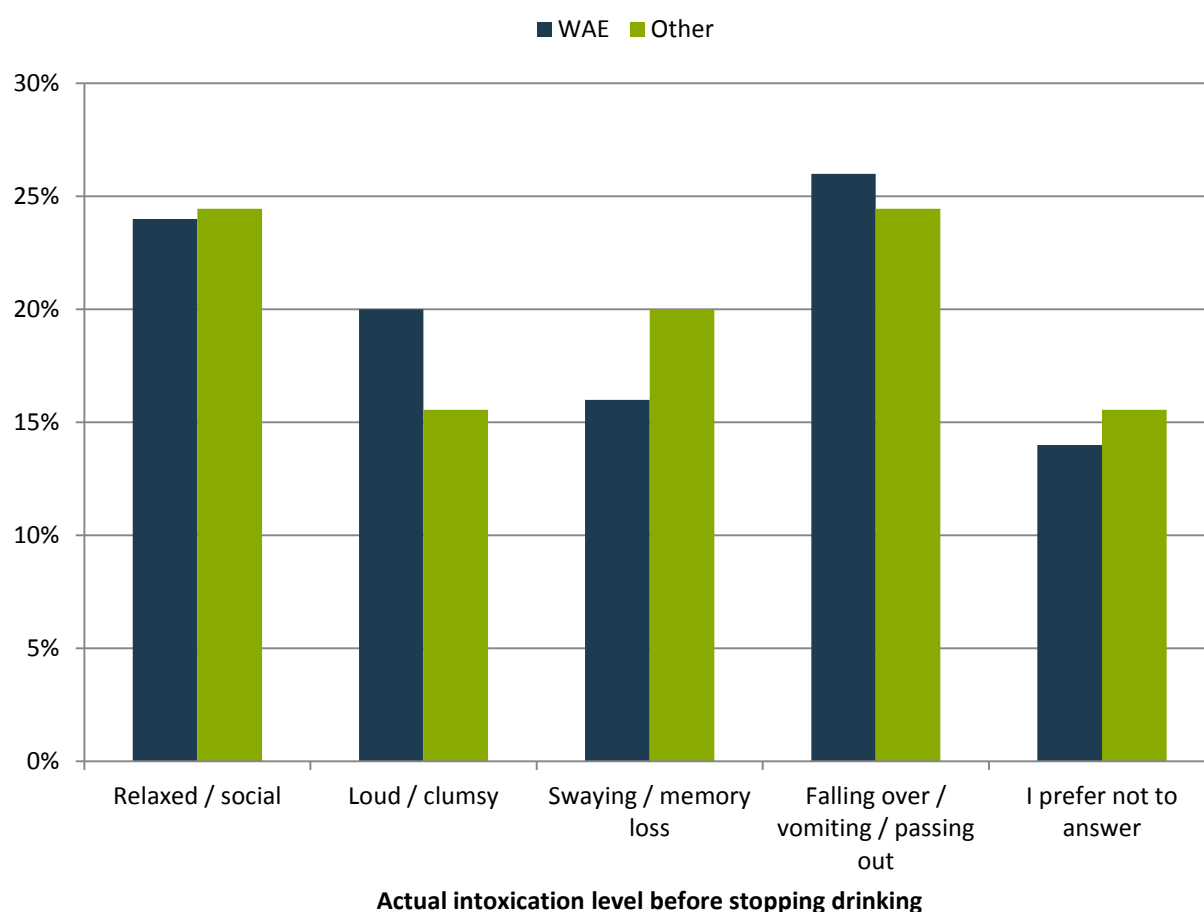
	West Alt Ed	Other at- risk group*
I don't drink	7.3%	14.0%
Relaxed / social	20.0%	25.6%
Loud / clumsy	14.5%	20.9%
Swaying / memory loss	21.8%	7.0%
Falling over / vomiting	5.5%	4.7%
I don't pre-plan when I will stop	21.8%	23.3%
I prefer not to answer	9.1%	4.7%



When you drink alcohol, what stage do you actually stop at?

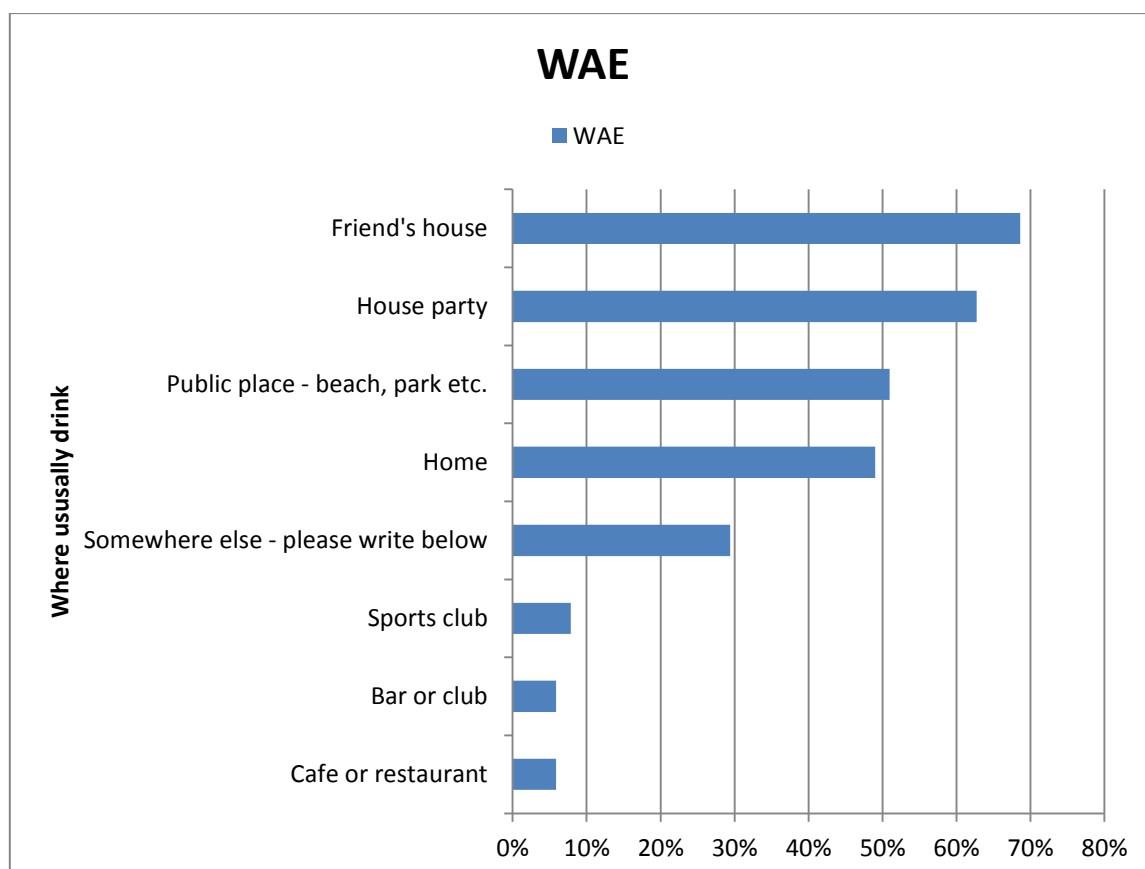
**comparison data*

	West Alt Ed	Other at- risk group*
Relaxed / social	24.0%	24.4%
Loud / clumsy	20.0%	15.6%
Swaying / memory loss	16.0%	20.0%
Falling over / vomiting / passing out	26.0%	24.4%
I prefer not to answer	14.0%	15.6%



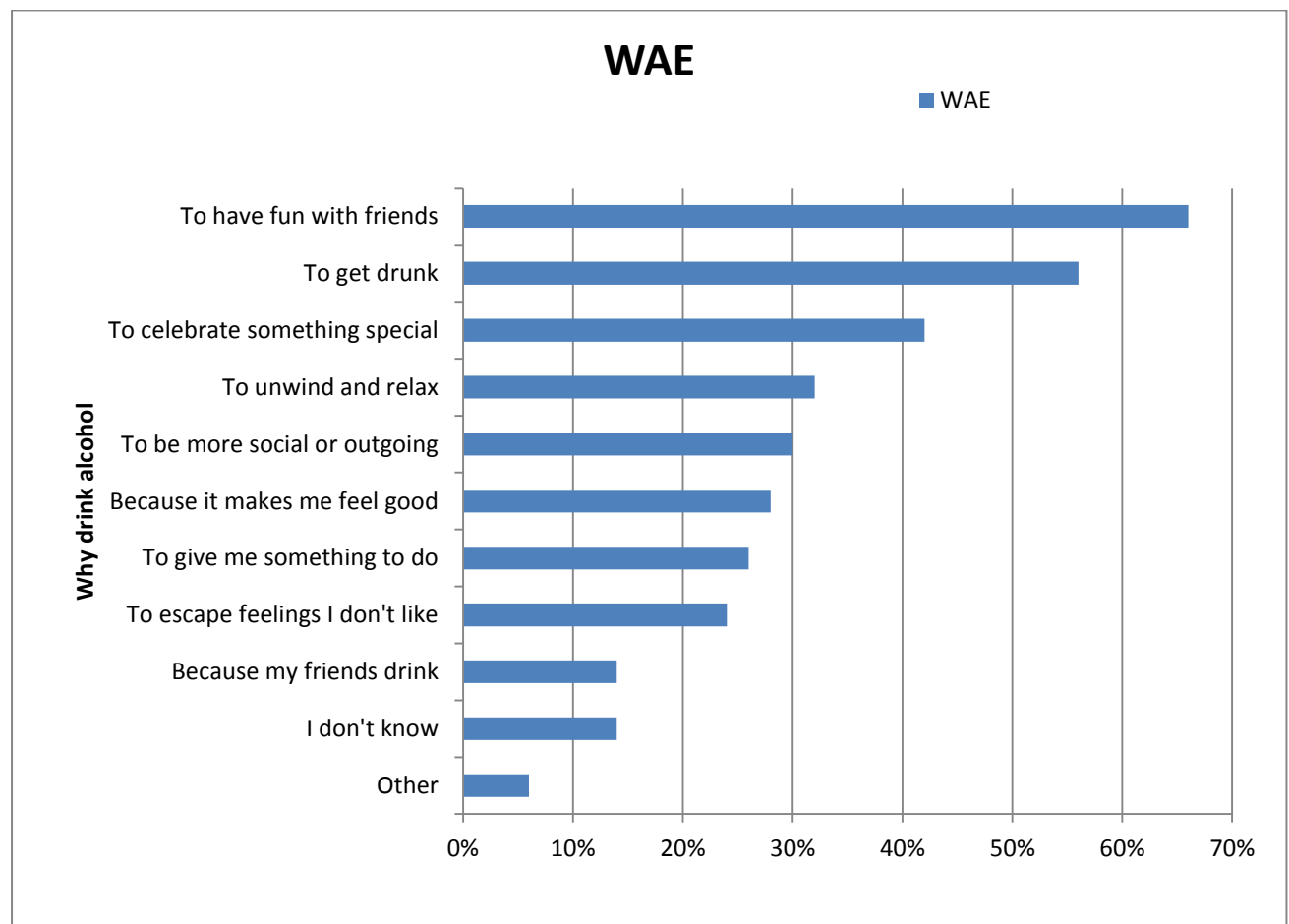
Where do you usually drink?

Home	49.0%
Friend's house	68.6%
Public place - beach, park etc.	51.0%
Sports club	7.8%
Bar or club	5.9%
Cafe or restaurant	5.9%
House party	62.7%
Somewhere else	29.4%



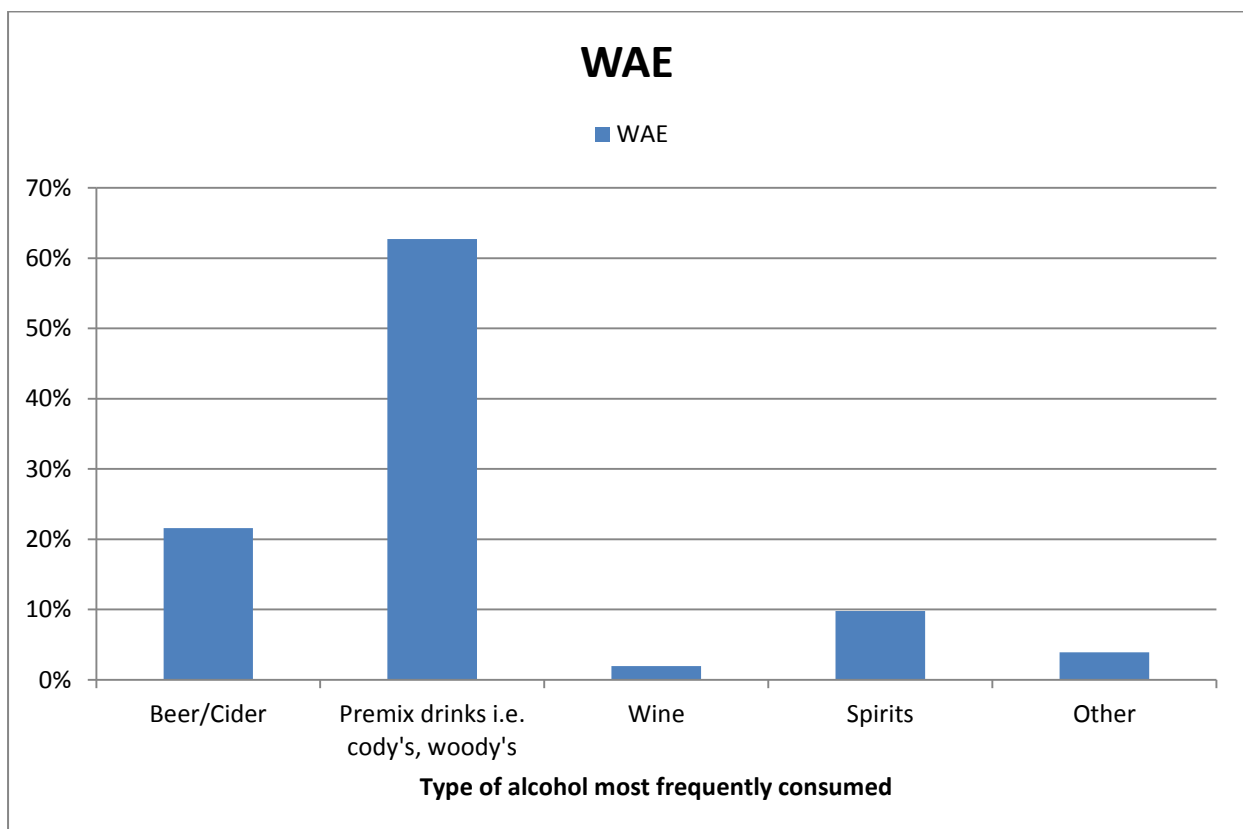
Why do you drink?

To have fun with friends	66.0%
To be more social or outgoing	30.0%
To get drunk	56.0%
Because my friends drink	14.0%
To celebrate something special	42.0%
Because it makes me feel good	28.0%
To unwind and relax	32.0%
To escape feelings I don't like	24.0%
To give me something to do	26.0%
I don't know	14.0%
Other	6.0%



What type of alcohol do you drink most?

Beer/Cider	21.6%
Premix drinks i.e. cody's, woody's	62.7%
Wine	2.0%
Spirits	9.8%
Other	3.9%



Why do you drink that type of alcohol?

It's cheap	13.7%
Tastes good	64.7%
Easy to drink	43.1%
Gets me drunk faster than other types	52.9%
It doesn't get me drunk too fast	19.6%
My friends drink it	19.6%
I believe its healthier for me than other drinks	7.8%
I see it advertised everywhere	5.9%
Its cool to drink this	9.8%
I don't know	13.7%
Other	7.8%

How often have you said or acted as if you drank more alcohol than you actually did?

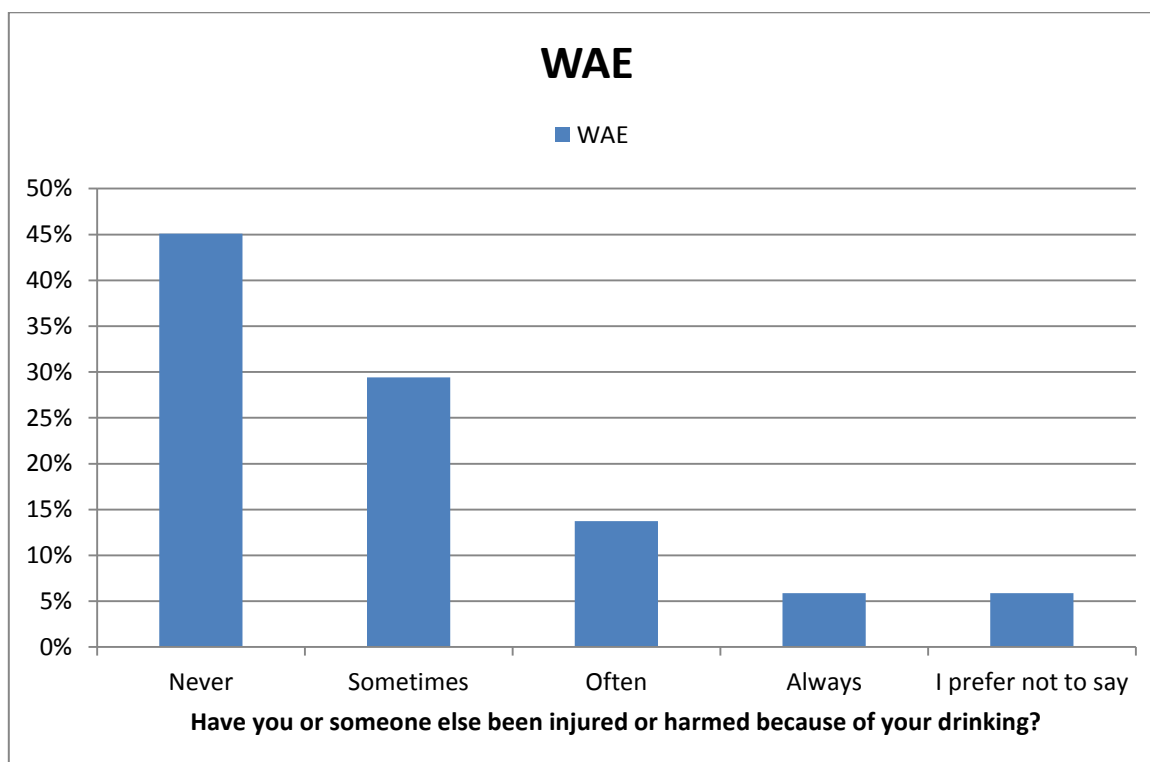
Never	46.0%
Sometimes	30.0%
Often	12.0%
Always	2.0%
I prefer not to say	10.0%

4. Alcohol-related harm

Note: the below questions exclude those who answered 'Never had a drink' or 'I don't drink'

Have you or someone else been injured or harmed because of your drinking?

Never	45.1%
Sometimes	29.4%
Often	13.7%
Always	5.9%
I prefer not to say	5.9%

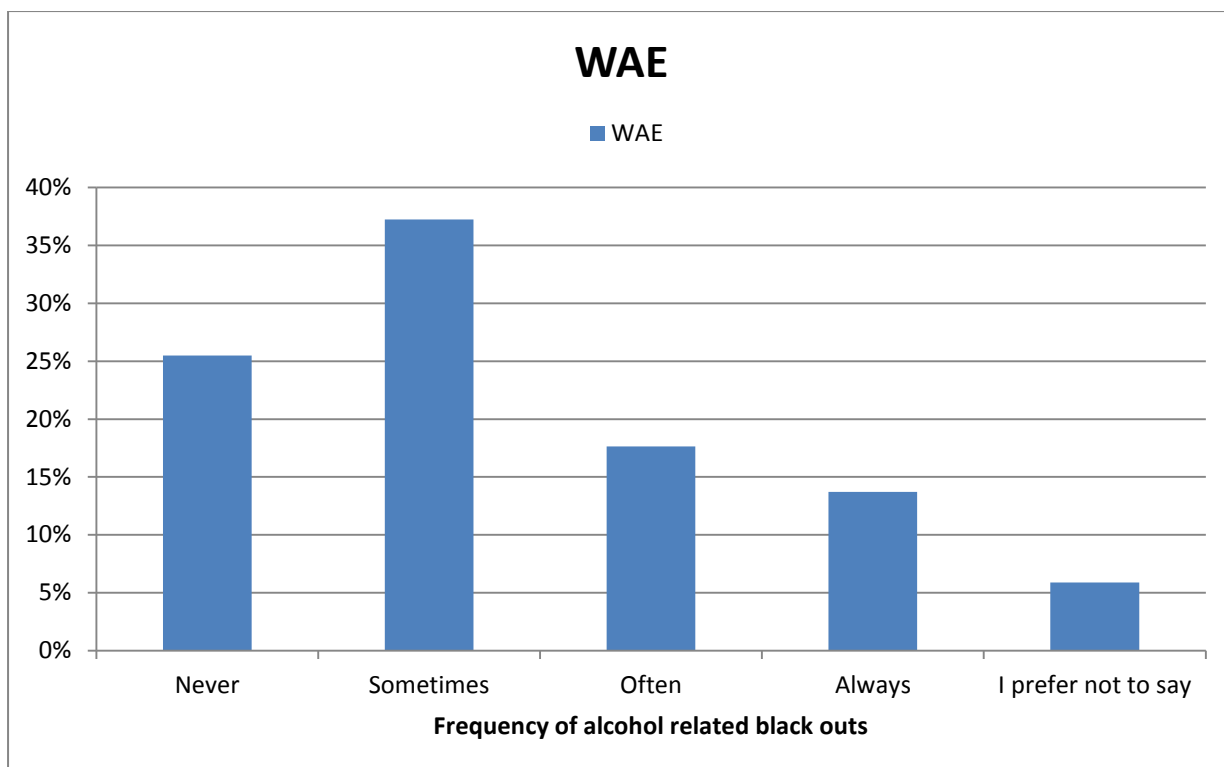


Has your parents/guardians drinking habits or behaviour ever affected your mental or physical health?

Never	72.5%
Sometimes	11.8%
Often	0.0%
Always	5.9%
I prefer not to say	9.8%

How often have you been unable to remember what happened the night before after drinking?

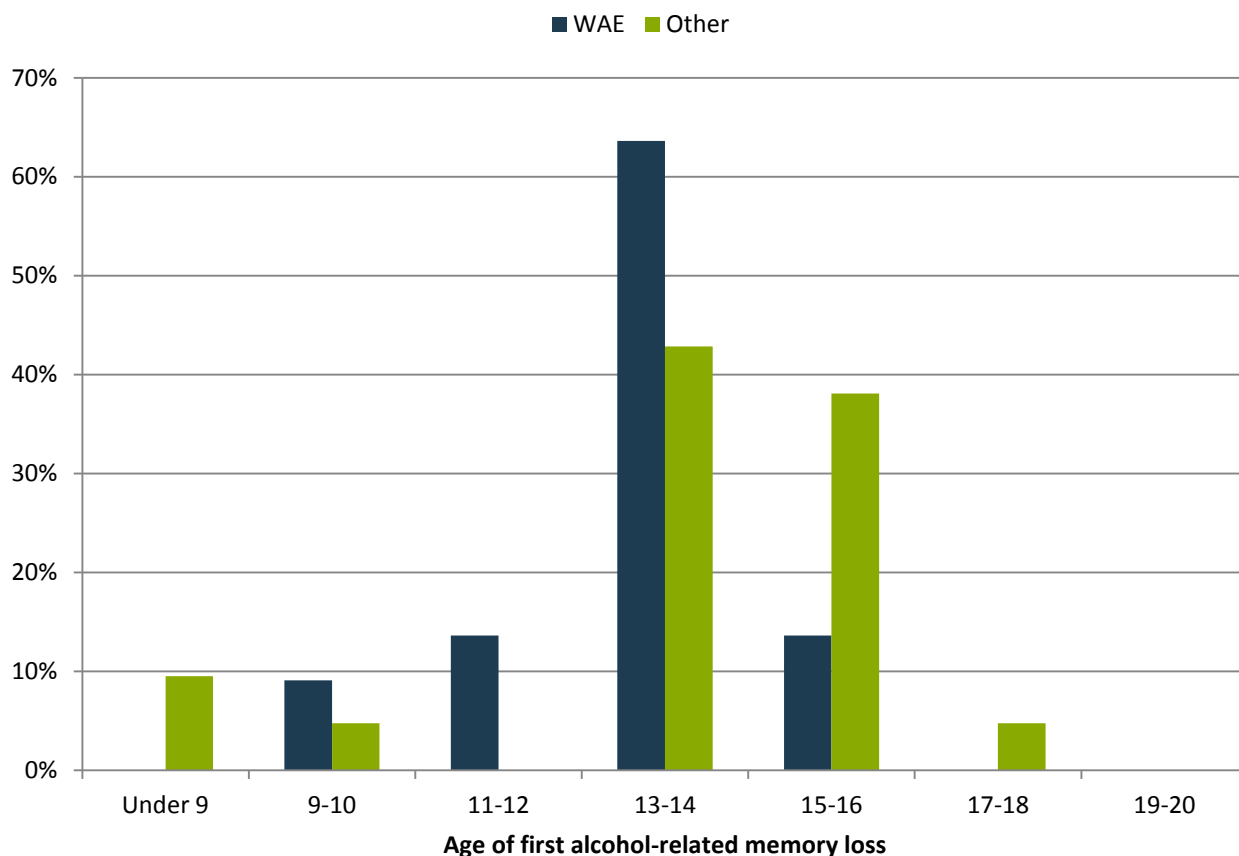
Never	25.5%
Sometimes	37.3%
Often	17.6%
Always	13.7%
I prefer not to say	5.9%



If you have been unable to remember what happened the night before after drinking alcohol, what age were you when this first happened?

**comparison data*

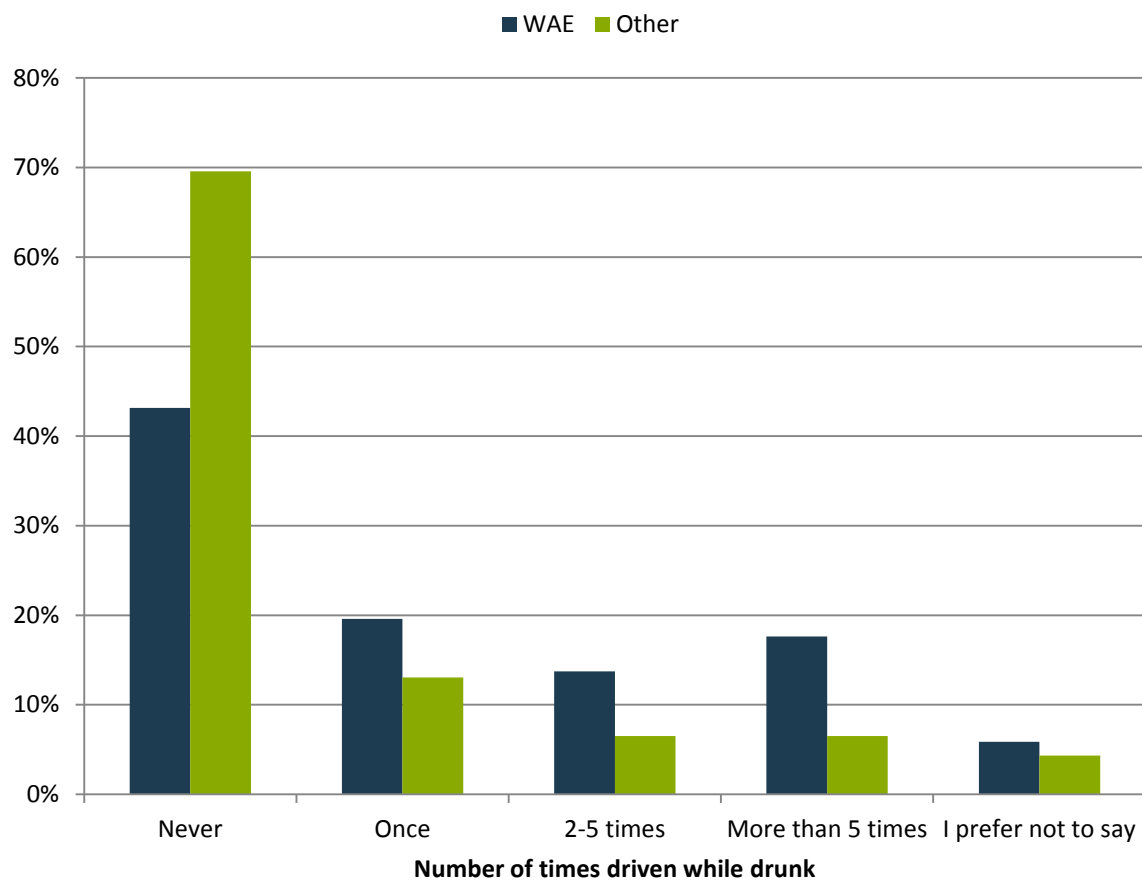
	West Alt Ed	Other at-risk group*
Under 9	0.0%	9.5%
9-10	9.1%	4.8%
11-12	13.6%	0.0%
13-14	63.6%	42.9%
15-16	13.6%	38.1%
17-18	0.0%	4.8%
19-20	0.0%	0.0%



How often have you driven under the influence of alcohol?

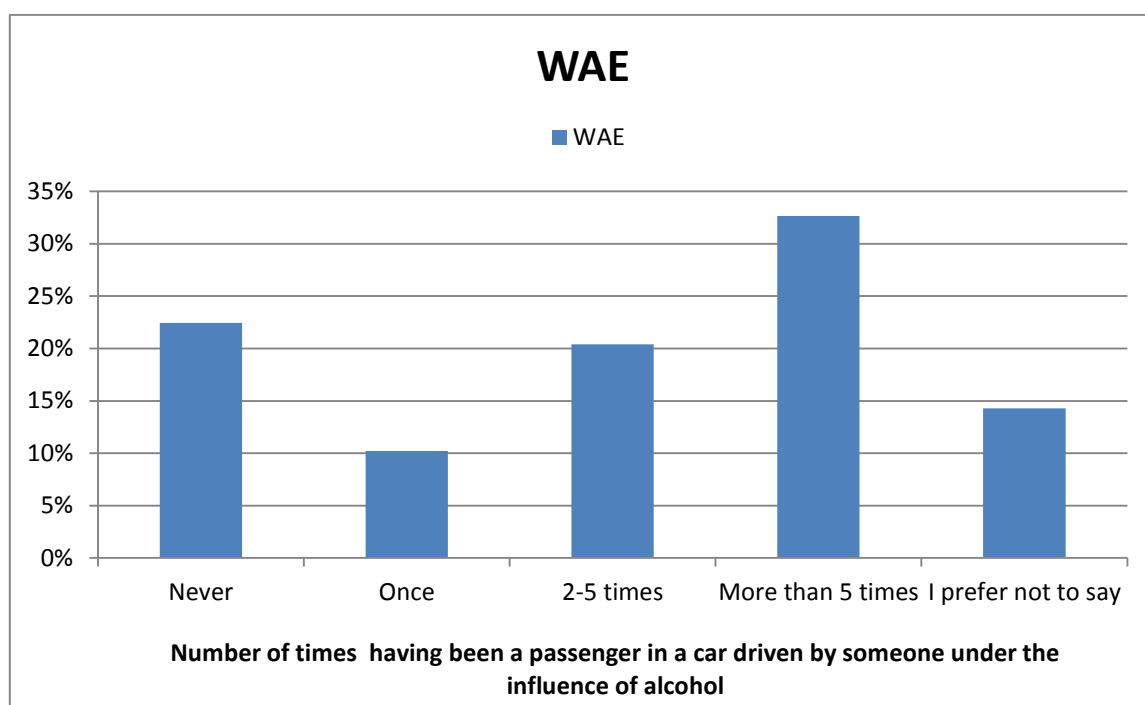
* Comparison data

	West Alt Ed	Other at-risk group*
Never	43.1%	69.6%
Once	19.6%	13.0%
2-5 times	13.7%	6.5%
More than 5 times	17.6%	6.5%
I prefer not to say	5.9%	4.3%



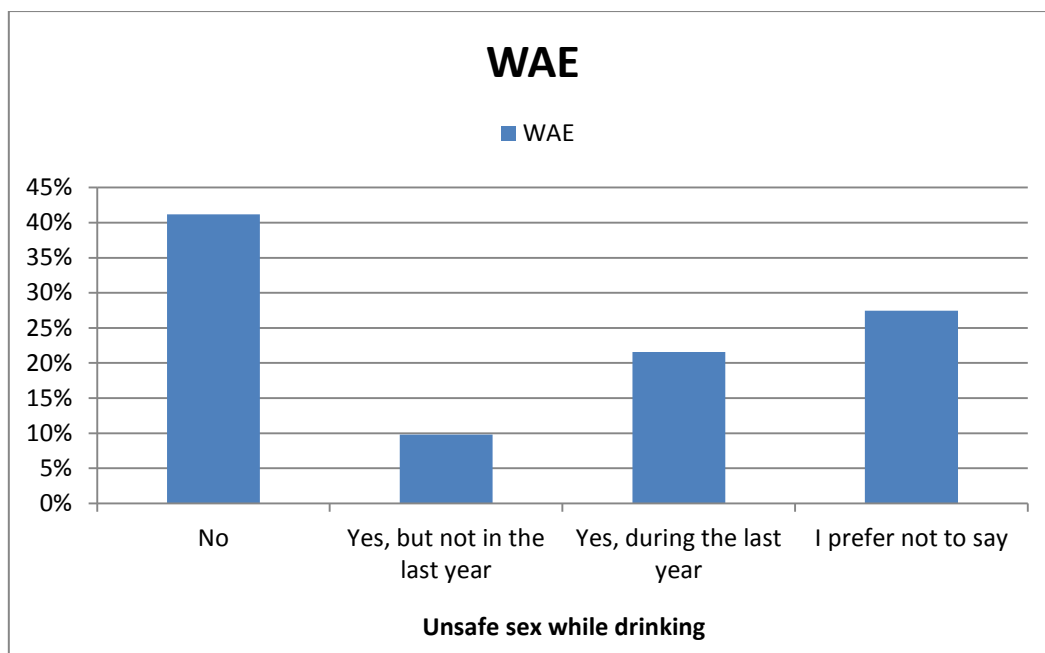
How often have you been a passenger in a car driven by someone under the influence of alcohol?

Never	22.4%
Once	10.2%
2-5 times	20.4%
More than 5 times	32.7%
I prefer not to say	14.3%



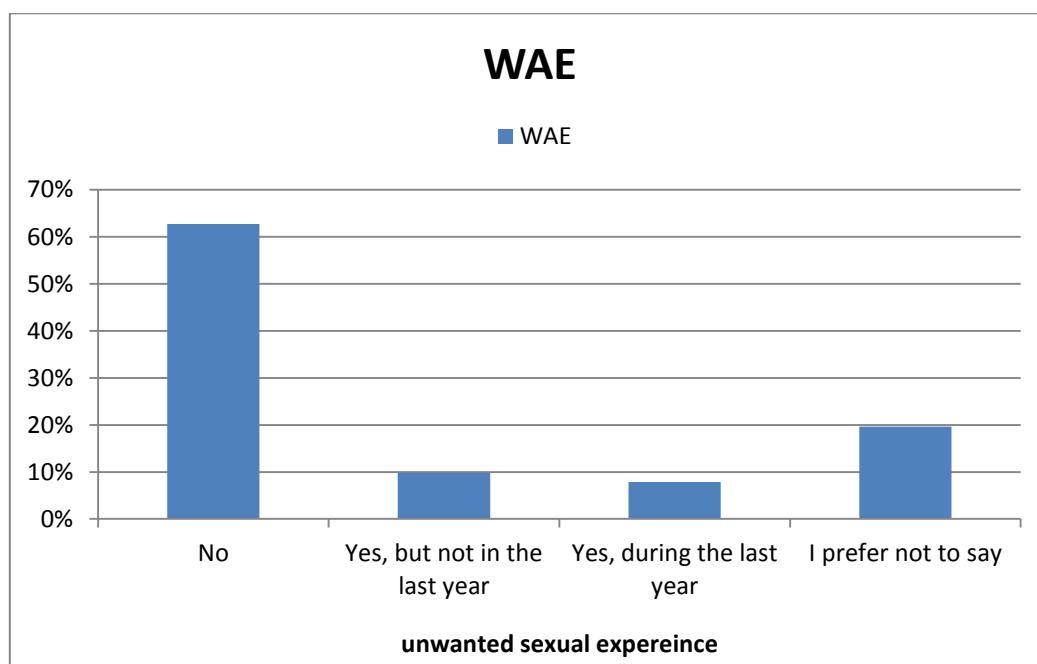
Have you had unsafe sex when under the influence of alcohol?

No	41.2%
Yes, but not in the last year	9.8%
Yes, during the last year	21.6%
I prefer not to say	27.5%



Have you ever had an unwanted sexual experience (being touched, kissed, or forced into sex or any other sexual act) while under the influence of alcohol?

No	62.7%
Yes, but not in the last year	9.8%
Yes, during the last year	7.8%
I prefer not to say	19.6%



While under the influence of alcohol, have you ever forced or pressured someone into doing something sexual that they otherwise would not have done?

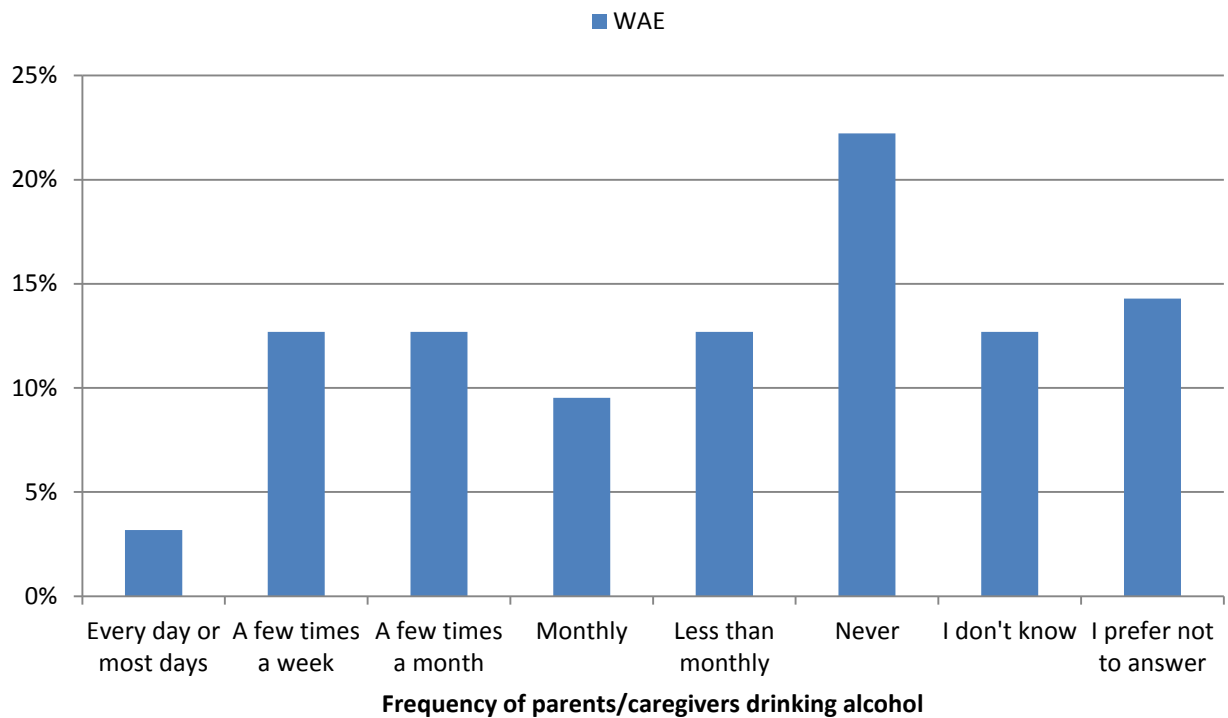
No	76.0%
Yes, but not in the last year	2.0%
Yes, during the last year	4.0%
I prefer not to say	18.0%

5. Family and alcohol use

During the past 5-10 years, about how often did your parents/guardians drink alcohol?

Every day or most days	3.2%
A few times a week	12.7%
A few times a month	12.7%
Monthly	9.5%
Less than monthly	12.7%
Never	22.2%
I don't know	12.7%
I prefer not to answer	14.3%

WAE



During the past 5-10 years, about how often did you have dinner together with your family?

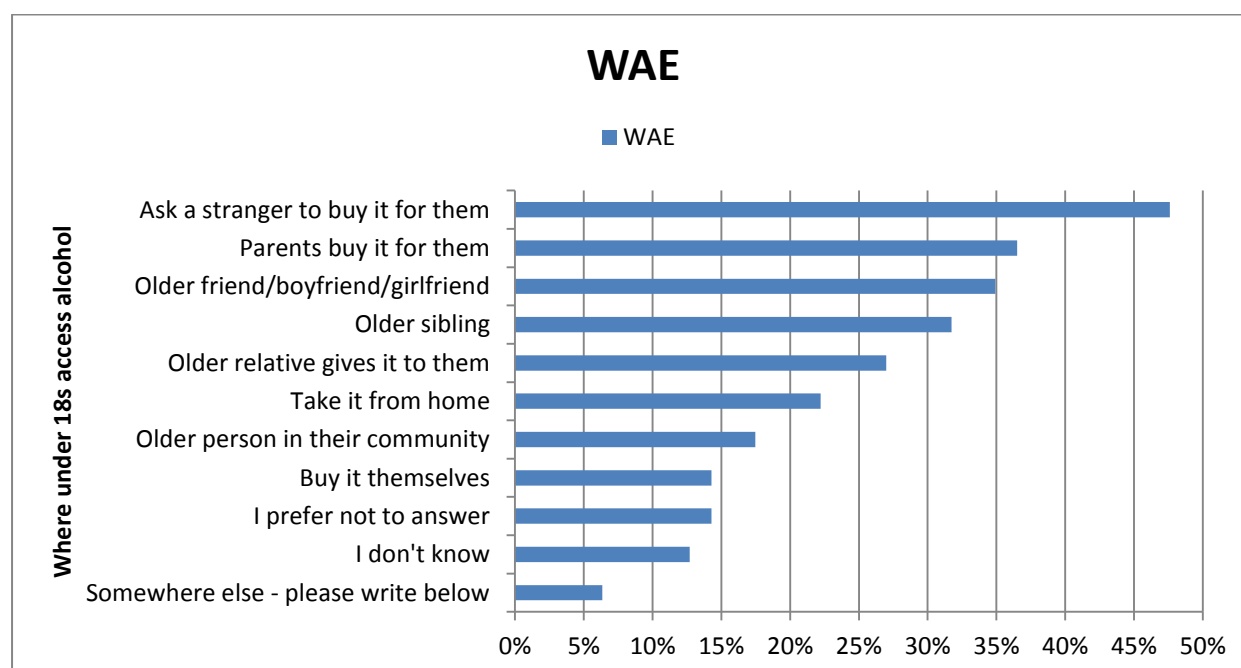
5-7 days every week	42.9%
2-4 days every week	19.0%
1 day a week	6.3%
2 days a month	1.6%
1 day a month	0.0%
6-10 days a year	1.6%
1-5 days a year	3.2%
Less than yearly	4.8%
Never had dinner as a family	1.6%
I don't know	19.0%

6. Access to alcohol

If young people under 18 years drink alcohol, where do you think they mostly get it from?

* Comparison data

	West Alt Ed	Other at-risk group*
Buy it themselves	14.3%	15.9%
Parents buy it for them	36.5%	49.2%
Ask a stranger to buy it for them	47.6%	36.5%
Older relative gives it to them	27.0%	39.7%
Older sibling	31.7%	44.4%
Take it from home	22.2%	41.3%
Older person in their community	17.5%	25.4%
Older friend/boyfriend/girlfriend	34.9%	49.2%
Somewhere else	6.3%	7.9%
I don't know	12.7%	14.3%
I prefer not to answer	14.3%	1.6%

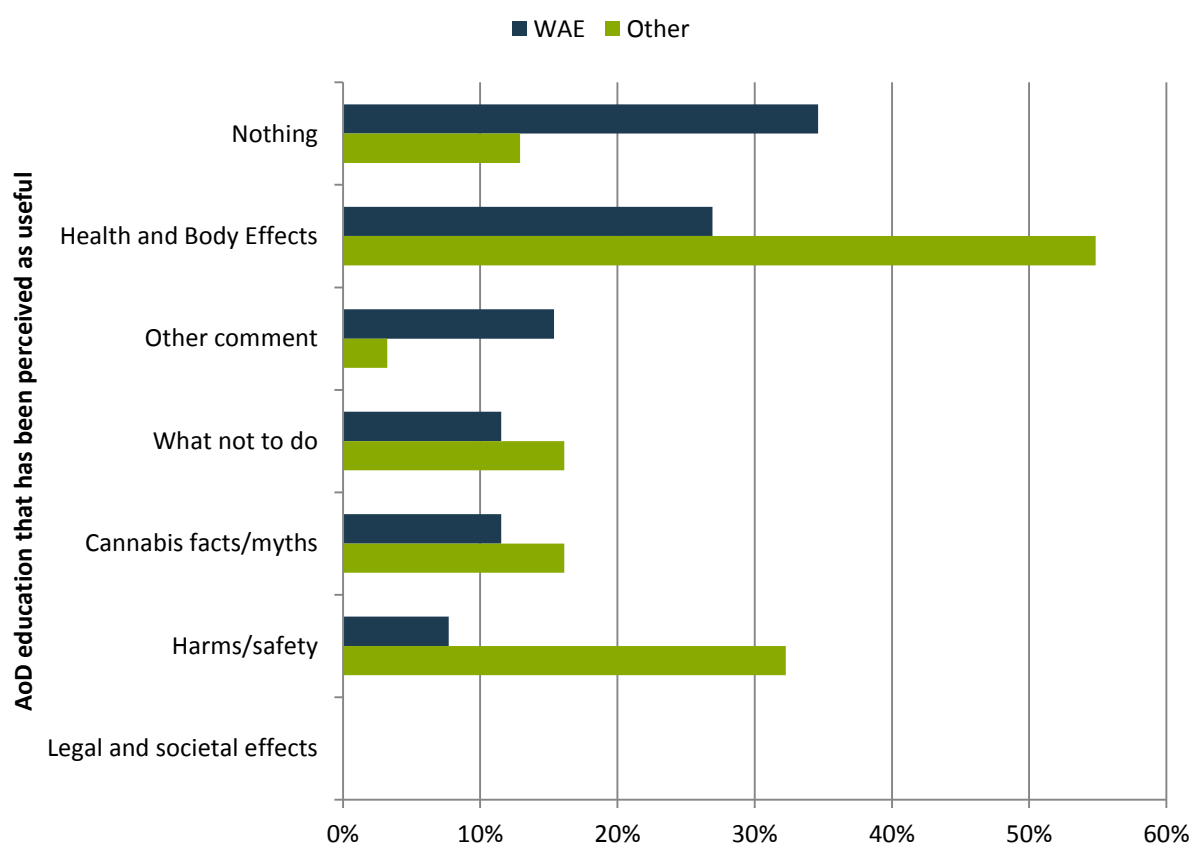


7. Alcohol and other drug education and help

Thinking about any education you have had on alcohol and drugs, what information did you find most useful?

* Comparison data

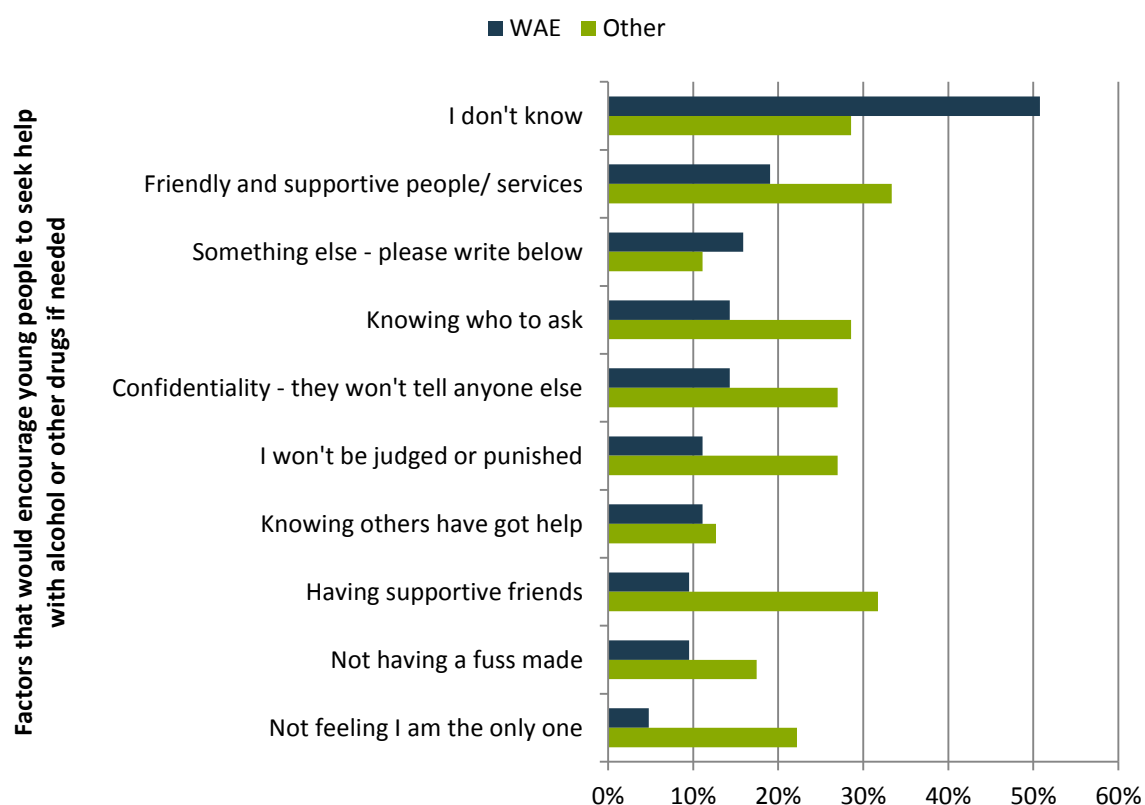
	West Alt Ed	Other at-risk group*
Nothing	34.6%	12.9%
Health and Body Effects	26.9%	54.8%
What not to do	11.5%	16.1%
Cannabis facts/myths	11.5%	16.1%
Legal and societal effects	0.0%	0.0%
Harms/safety	7.7%	32.3%
Other comment	15.4%	3.2%



If you felt you need help with an issue around alcohol and drugs which of the following would most encourage or enable you to ask for help?

* Comparison data

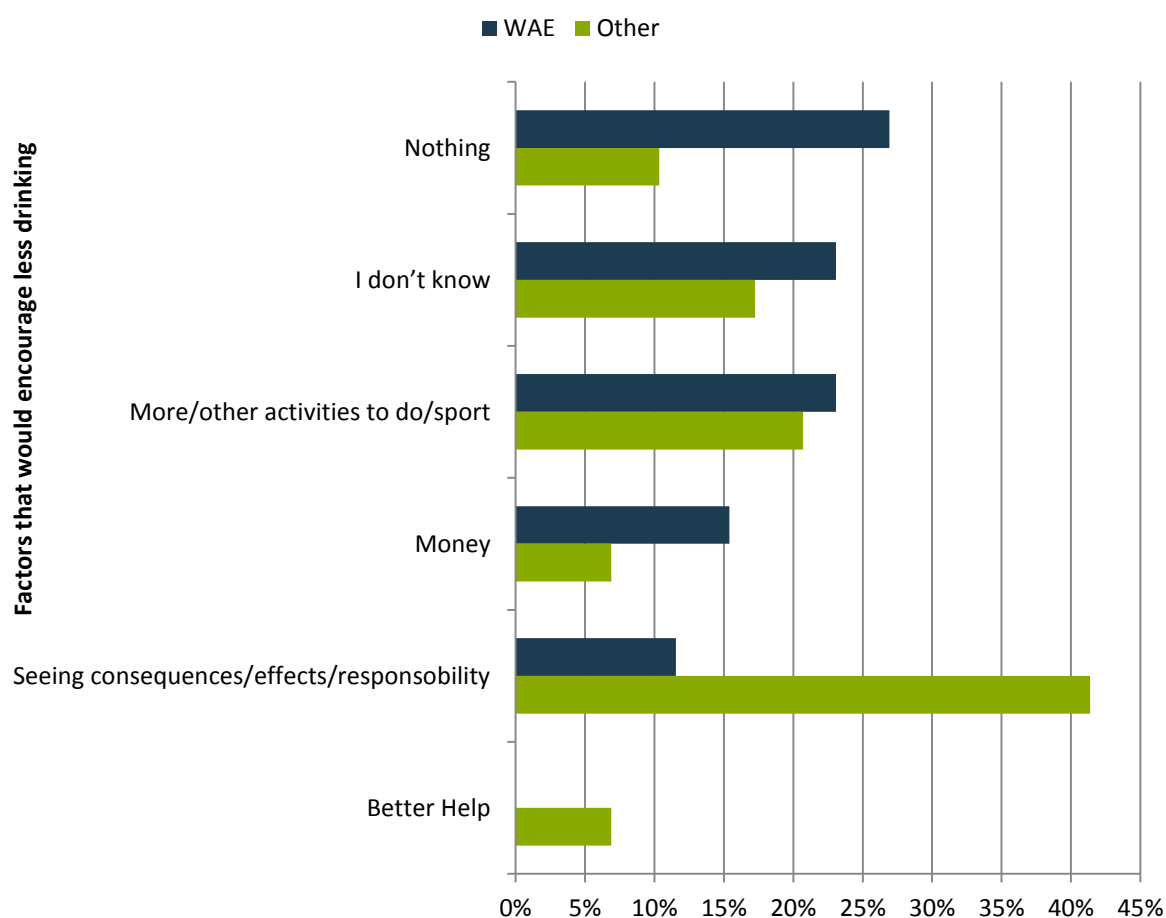
	West Alt Ed	Other at-risk group*
Knowing who to ask	14.3%	28.6%
Friendly and supportive people/ services	19.0%	33.3%
Confidentiality - they won't tell anyone else	14.3%	27.0%
I won't be judged or punished	11.1%	27.0%
Having supportive friends	9.5%	31.7%
Knowing others have got help	11.1%	12.7%
Not feeling I am the only one	4.8%	22.2%
Not having a fuss made	9.5%	17.5%
I don't know	50.8%	28.6%
Something else	15.9%	11.1%



What would encourage you or your friends to drink less?

* Comparison data

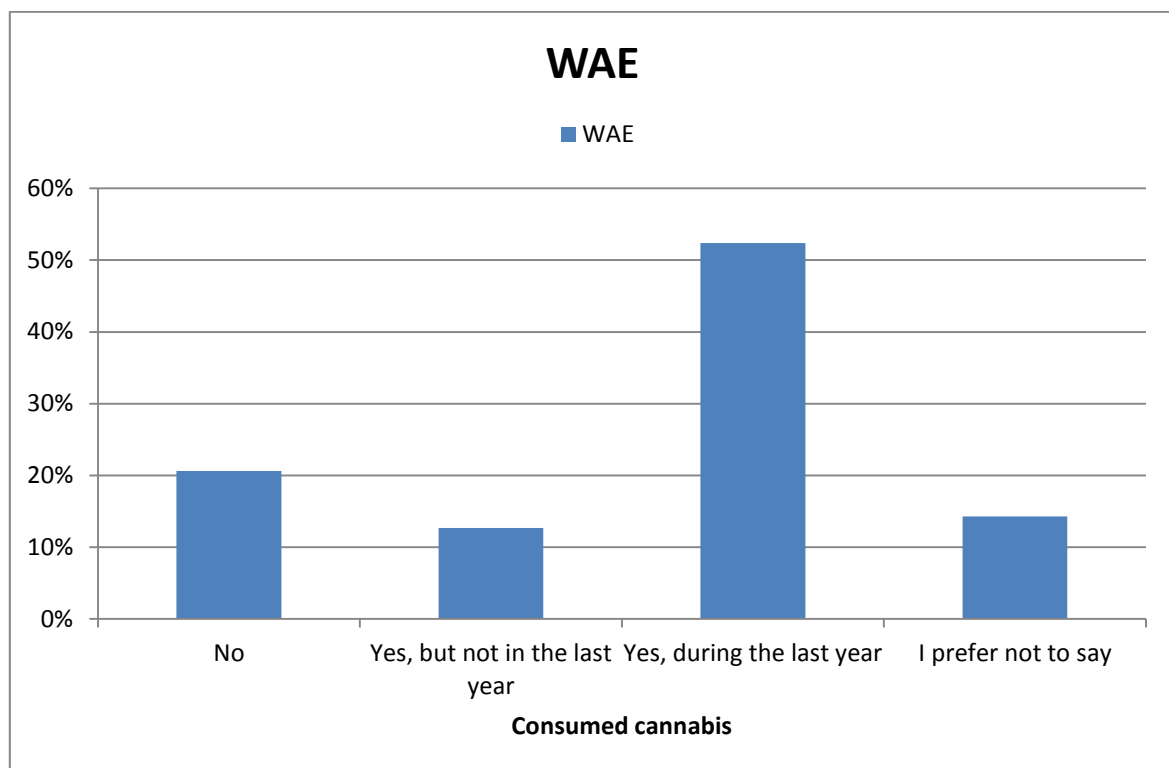
	West Alt Ed	Other at-risk group*
I don't know	23.1%	17.2%
Nothing	26.9%	10.3%
More/other activities to do/sport	23.1%	20.7%
Money	15.4%	6.9%
Seeing consequences/effects/responsibility	11.5%	41.4%
Better Help	0.0%	6.9%



8. Other drug consumption

Have you ever consumed cannabis?

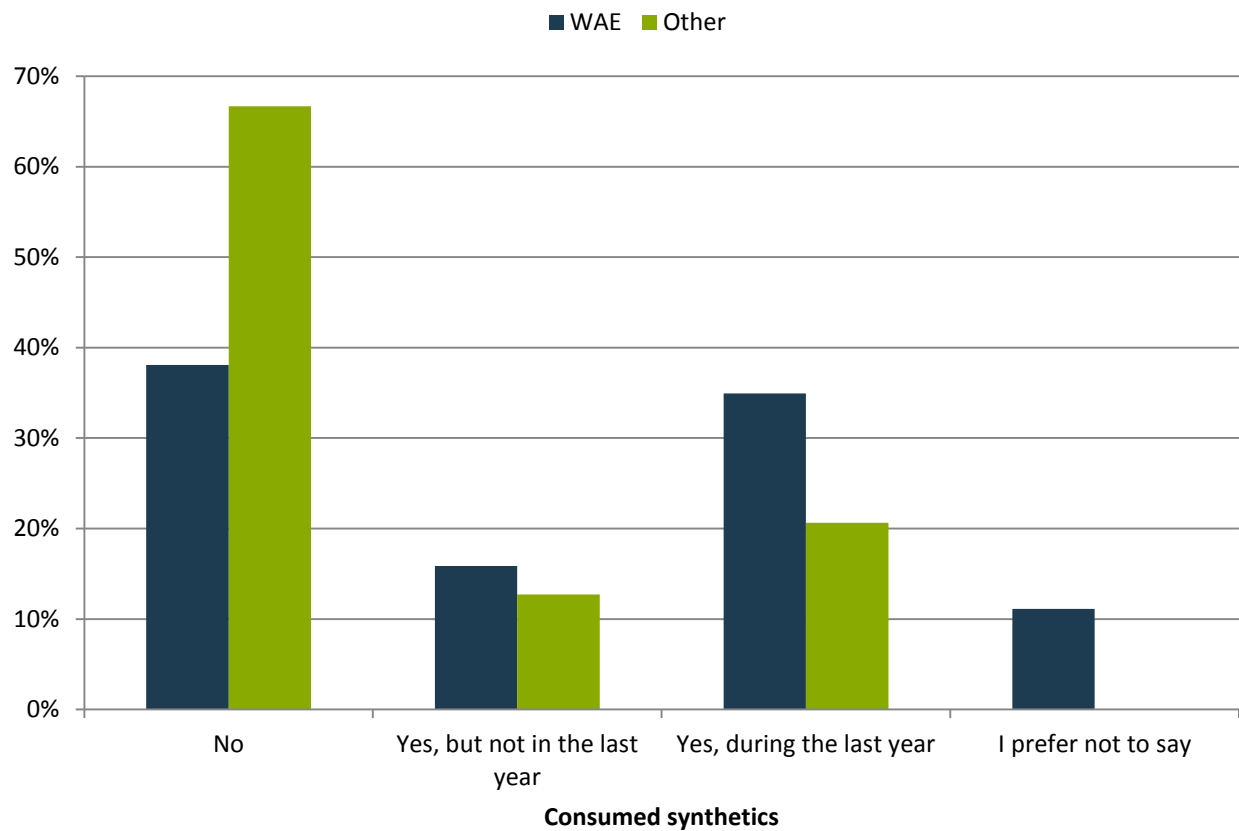
No	20.6%
Yes, but not in the last year	12.7%
Yes, during the last year	52.4%
I prefer not to say	14.3%



Have you ever consumed synthetics?

* Comparison data

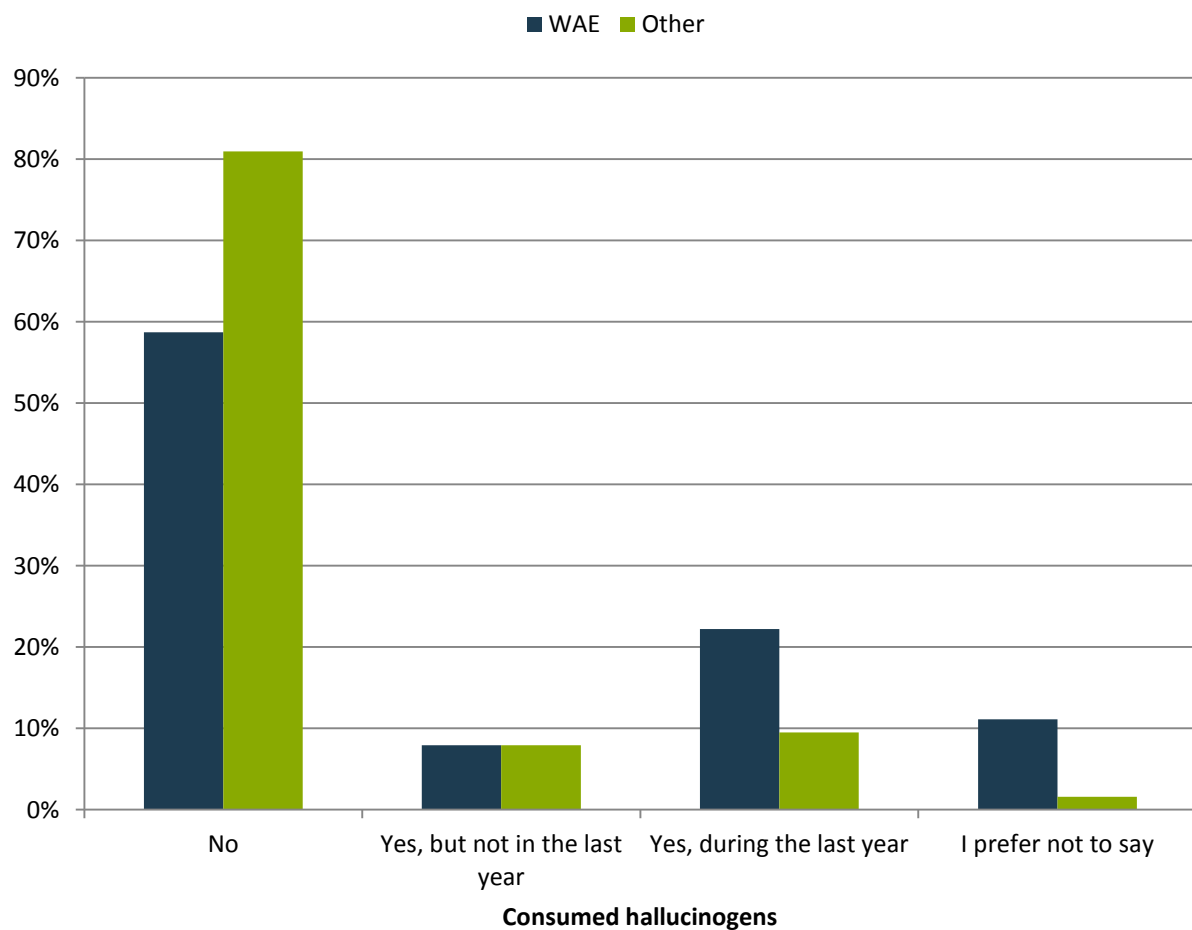
	West Alt Ed	Other at-risk group*
No	38.1%	66.7%
Yes, but not in the last year	15.9%	12.7%
Yes, during the last year	34.9%	20.6%
I prefer not to say	11.1%	0.0%



Have you ever consumed hallucinogens?

* Comparison data

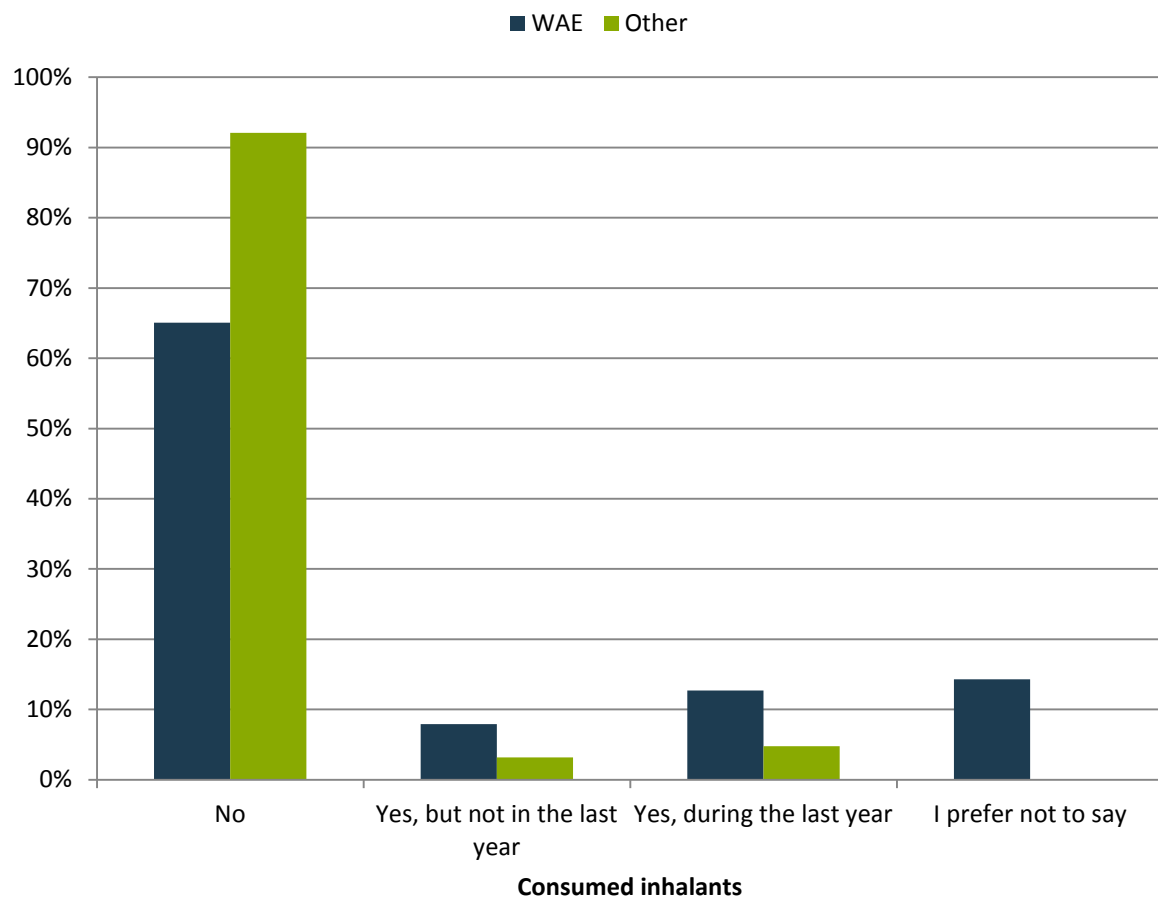
	West Alt Ed	Other at-risk group*
No	58.7%	81.0%
Yes, but not in the last year	7.9%	7.9%
Yes, during the last year	22.2%	9.5%
I prefer not to say	11.1%	1.6%



Have you ever consumed inhalants?

* Comparison data

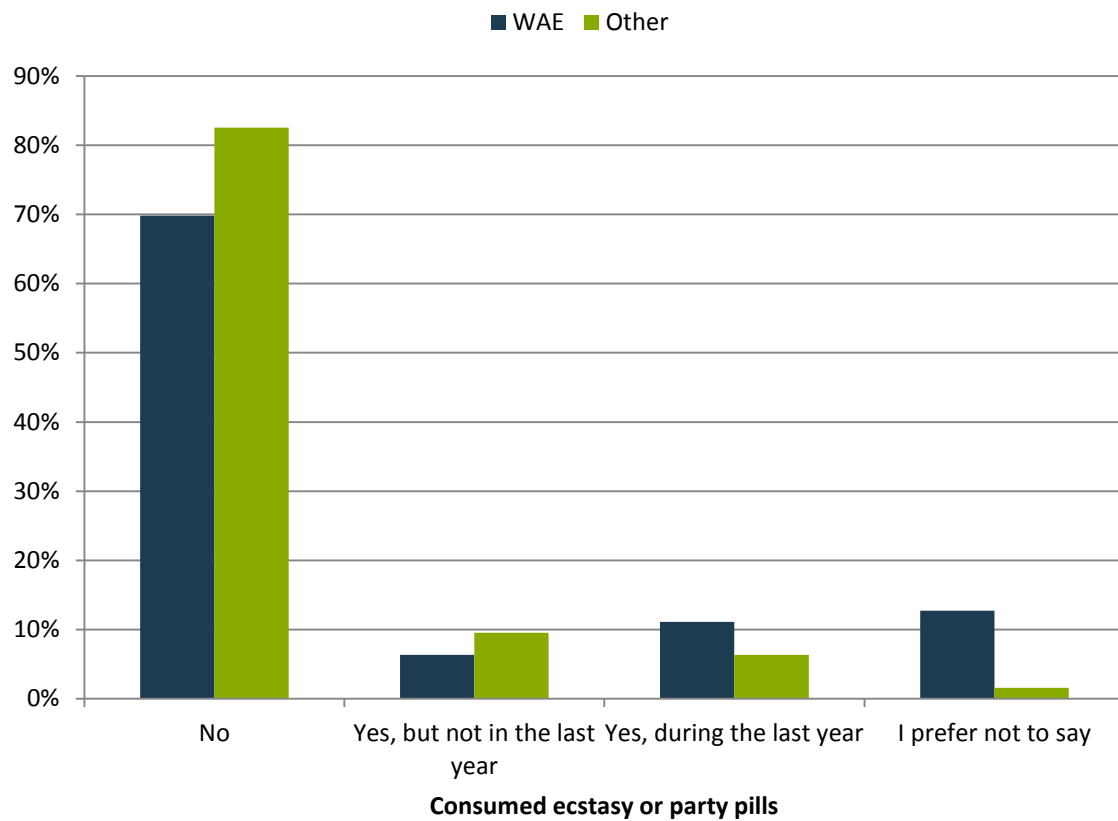
	West Alt Ed	Other at- risk group*
No	65.1%	92.1%
Yes, but not in the last year	7.9%	3.2%
Yes, during the last year	12.7%	4.8%
I prefer not to say	14.3%	0.0%



Have you ever consumed ecstasy or party pills?

* Comparison data

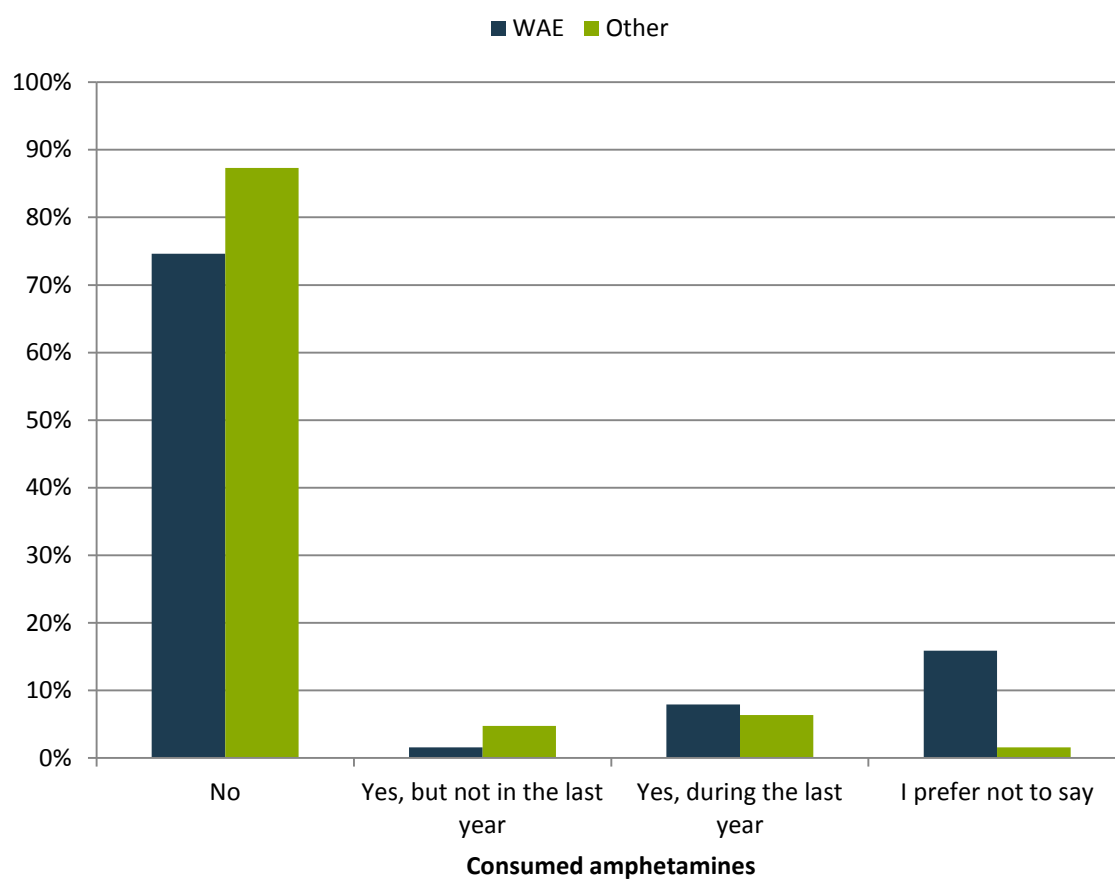
	West Alt Ed	Other at-risk group*
No	69.8%	82.5%
Yes, but not in the last year	6.3%	9.5%
Yes, during the last year	11.1%	6.3%
I prefer not to say	12.7%	1.6%



Have you ever consumed Amphetamines - meth, P or Ice?

* Comparison data

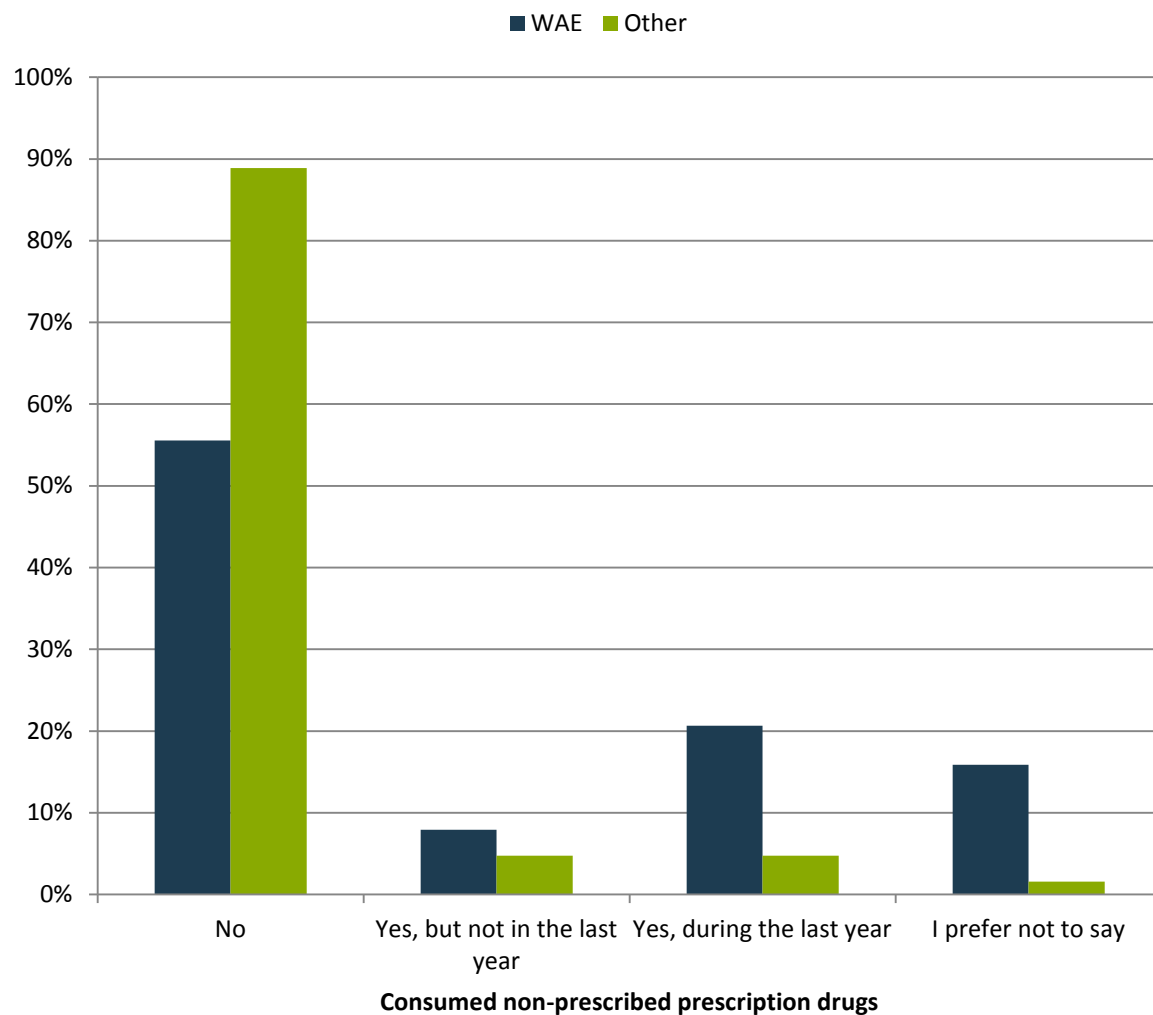
	West Alt Ed	Other at-risk group*
No	74.6%	87.3%
Yes, but not in the last year	1.6%	4.8%
Yes, during the last year	7.9%	6.3%
I prefer not to say	15.9%	1.6%



Have you ever consumed non prescribed prescription drugs?

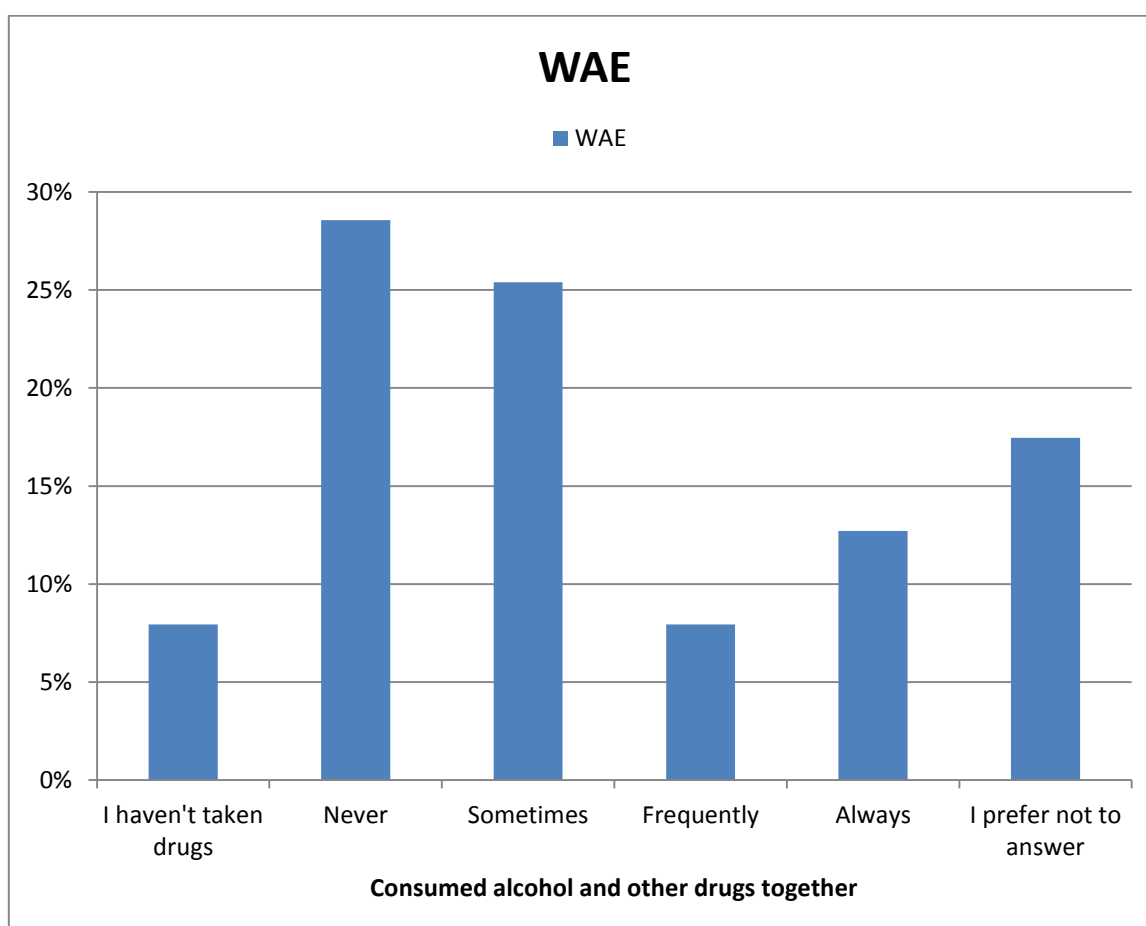
* Comparison data

	West Alt Ed	Other at-risk group*
No	55.6%	88.9%
Yes, but not in the last year	7.9%	4.8%
Yes, during the last year	20.6%	4.8%
I prefer not to say	15.9%	1.6%



If you have consumed any drugs mentioned above, have you ever drunk alcohol at the same time?

I haven't taken drugs	7.9%
Never	28.6%
Sometimes	25.4%
Frequently	7.9%
Always	12.7%
I prefer not to answer	17.5%

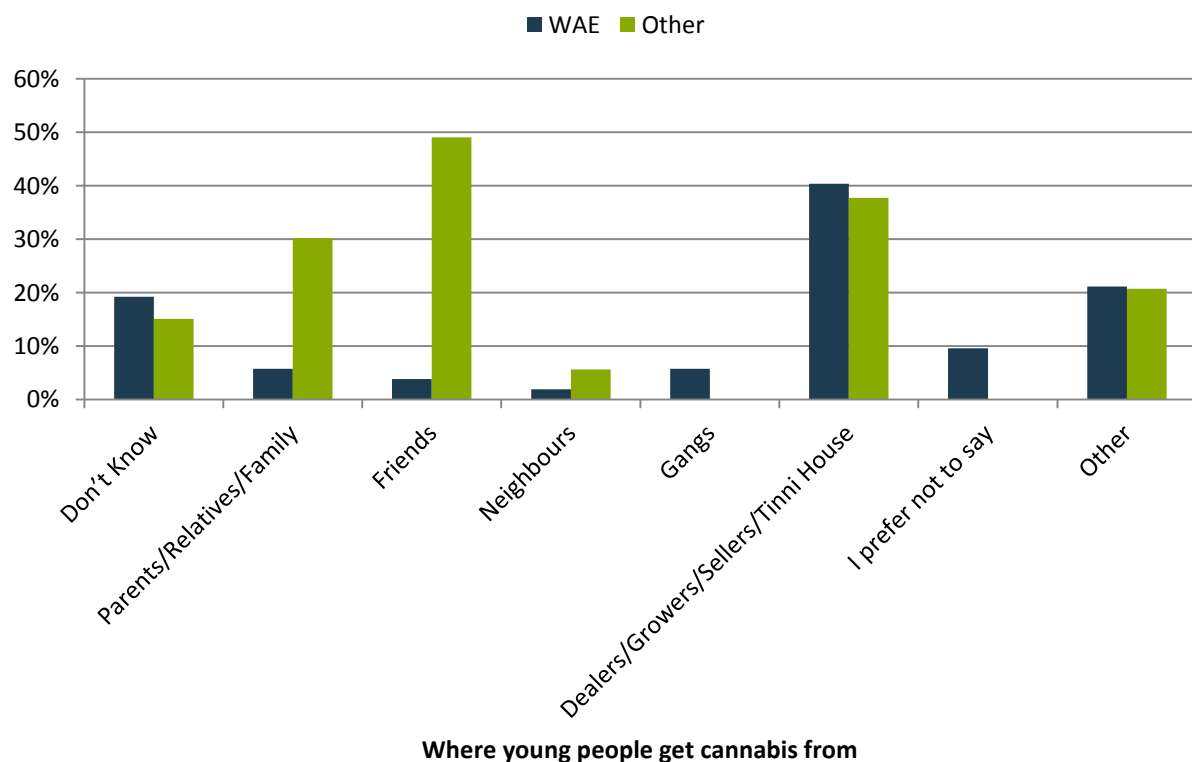


9. Access to other drugs

If young people in your community want to get cannabis, where do you think they get it from?

* Comparison data

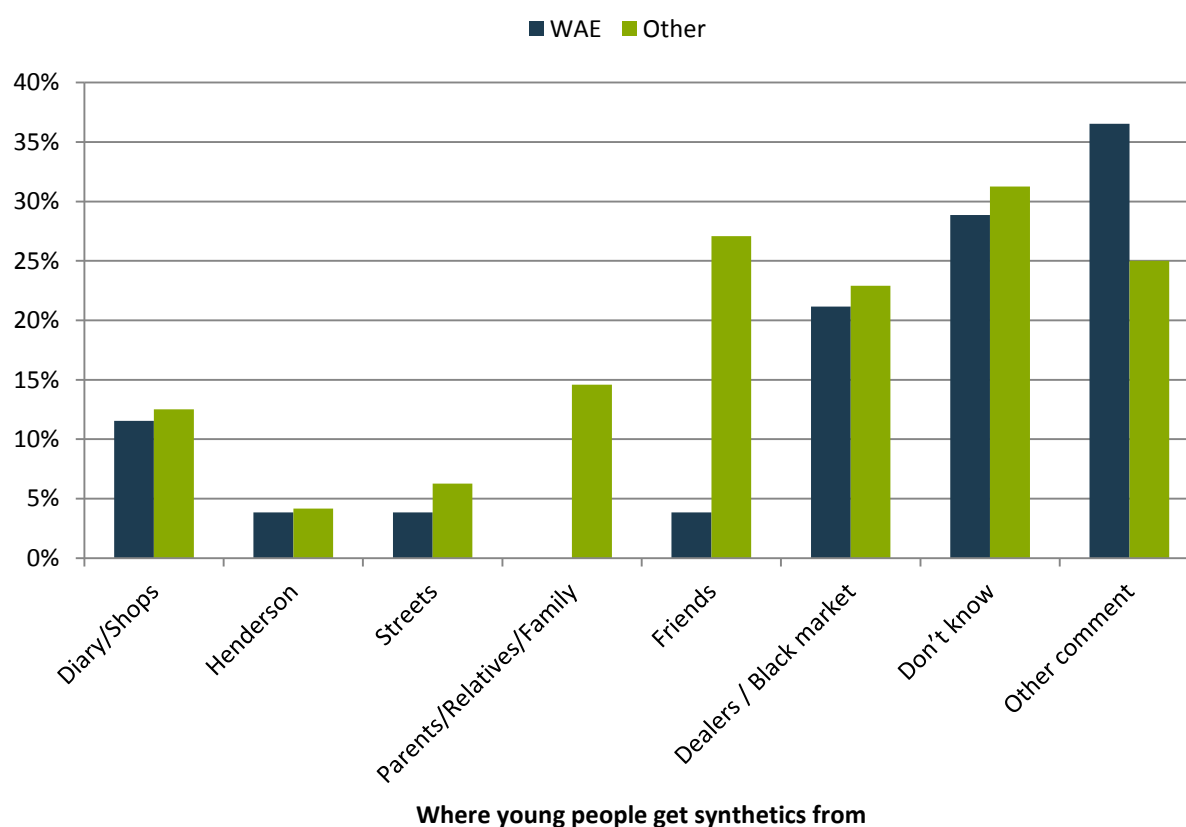
	West Alt Ed	Other at-risk group*
Don't Know	19.2%	15.1%
Parents/Relatives/Family	5.8%	30.2%
Friends	3.8%	49.1%
Neighbours	1.9%	5.7%
Gangs	5.8%	0.0%
Dealers/Growers/Sellers/Tinni House	40.4%	37.7%
I prefer not to say	9.6%	0.0%
Other	21.2%	20.8%



If young people in your community want to get synthetics, where do you think they get them from?

* Comparison data

	West Alt Ed	Other at-risk group*
Diary/Shops	11.5%	12.5%
Henderson	3.8%	4.2%
Streets	3.8%	6.3%
Parents/Relatives/Family	0.0%	14.6%
Friends	3.8%	27.1%
Dealers / Black market	21.2%	22.9%
Don't know	28.8%	31.3%
Other	36.5%	25.0%

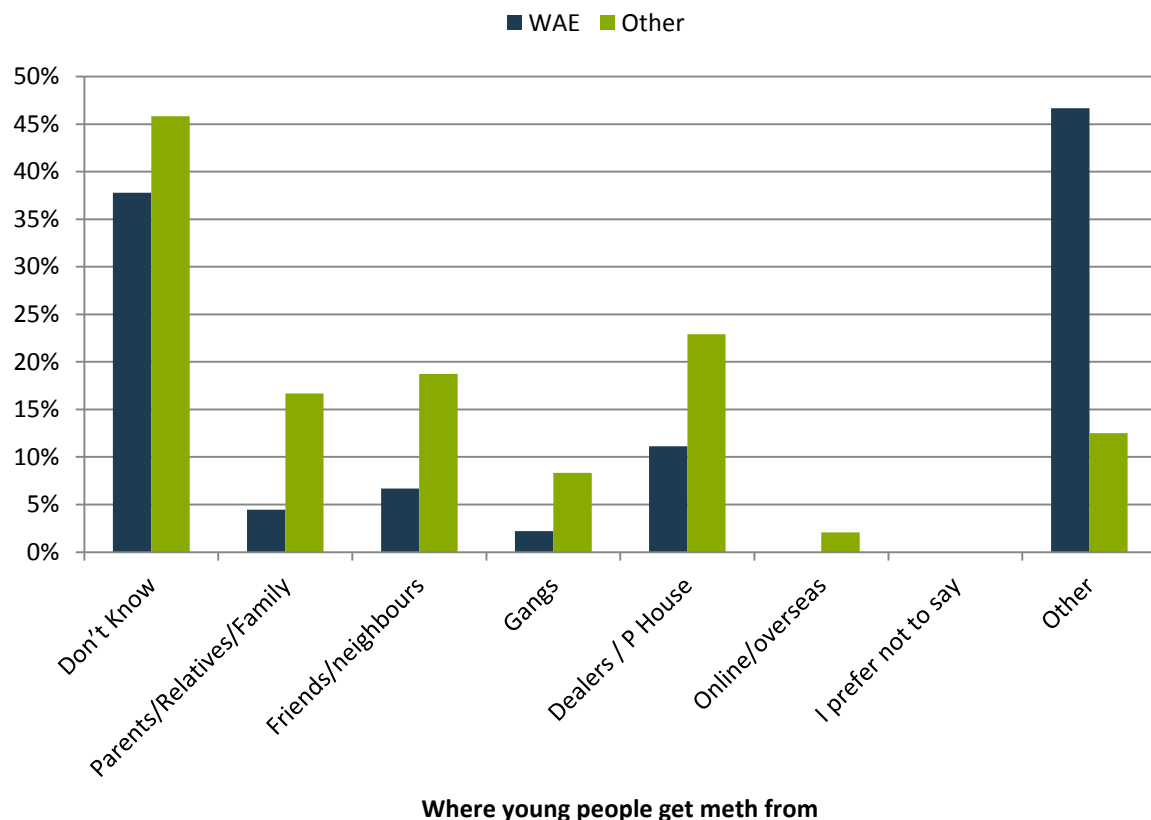


If young people in your community want to get meth/P, where do you think they get it from?

* Comparison data

	West Alt Ed	Other at-risk group*
Don't Know	37.8%	45.8%
Parents/Relatives/Family	4.4%	16.7%
Friends/neighbours	6.7%	18.8%
Gangs	2.2%	8.3%
Dealers / P House	11.1%	22.9%
Online/overseas	0.0%	2.1%
I prefer not to say	0.0%	0.0%
Other*	46.7%	12.5%

* 'Other' includes specific street names, individual's first names or irrelevant comments that could not be categorised



Further details or information from this study is available from:

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