

Students and alcohol | 2016

Research into students' relationship with alcohol

April 2016



55%

Before going to university over **half of young people** surveyed **thought that students got drunk most of the time.**



Two thirds of students regularly drink at home or a friend's house before they go out for the night.

Over half of students drink alcohol at least once a week.

58%

48% **Nearly half of students think getting drunk means they'll have a good night out.**

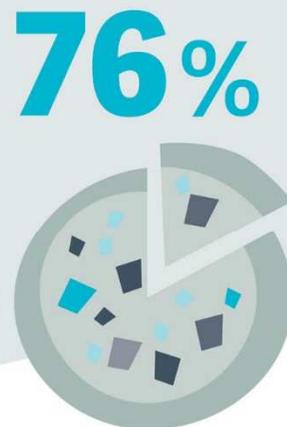


85%

of students agree that drinking and getting drunk is part of university culture.

But...

over three quarters of students say they don't have to get drunk to have a good night out.



76%



nus
Alcohol
Impact

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1. Introduction | Objective, methodology and survey details

This report presents research completed as part of NUS' Alcohol Impact programme. The programme is a whole-institution approach to responsible consumption of alcohol by students, involving action by local partnerships of students' unions, universities and community organisations. The programme includes an annual survey, designed to identify students' relationship with alcohol at participating institutions as well as providing a means for understanding changes in attitudes and behaviours.

A total of 13,451 responses were achieved in 2015.

Within the sample, female respondents were over-represented in comparison with figures gathered by the Higher Education Statistics Agency across the full Higher Education student population. The initial gender split was 65% female and 34% male. The figures presented in this report have been adjusted to down-weight female response and up-weight male responses to match the HESA figures.

Variations between students with different characteristics, such as gender or nationality, are also drawn out as identified in this example:

Differences by respondent characteristics

- Female respondents are more likely to report drinking alcohol less than once a week compared to male respondents.
- Female respondents are less likely to report drinking to get drunk more than once a week compared to male respondents.

Significant differences are reported where base size is greater than 30, and are valid at confidence level of at least 95%.

When reading the results, it is worth bearing in mind the characteristics of the respondents, outlined in the following chapter.

About Alcohol Impact

Alcohol Impact, managed and delivered by NUS, is a whole-institution approach to responsible consumption of alcohol by students. It is a strategic framework and supported accreditation mark designed to bring the students' union and its partner institution together to create the conditions for a social norm of responsible alcohol consumption. The programme offers a mix of an innovative, institution-wide behaviour change approaches and interventions encompassing policy, procedure, campaigns, retailing, and accommodation. To achieve this, the programme encourages strong links with local stakeholders, extending the potential for impact and legacy. These approaches form the basis of the strategic framework for action, with achievements in these areas resulting in accreditation. For further information about Alcohol Impact please visit: alcoholimpact.nus.org.uk/

The data presented in this report builds on the data gathered during the first year of the programme. It will be supplemented with additional data from university and students' union partnerships taking part in Alcohol Impact in future years, building up a more comprehensive picture of the relationship between students and alcohol within higher education and tracking changes in attitudes and behaviours over time. When reading the report, it is worth remembering that the data is drawn from the student population at the universities taking part in Alcohol Impact, rather than presenting a nationally representative picture, and that there are also considerable variations in response rates within these institutions. The table below outlines a breakdown of the institutions taking part in the research in each year.

2014 partnerships – university and students' union at:	2015 partnerships – university and students' union at:
Brighton Liverpool John Moores Loughborough Manchester Metropolitan Nottingham Royal Holloway University of London Swansea	Aberdeen Bournemouth Bradford Brighton Buckinghamshire New Canterbury Christ Church Chichester Durham Hull Keele Lancaster Leeds Leeds Beckett Loughborough Liverpool John Moores Manchester Metropolitan Nottingham Queen Mary, London Swansea Royal Holloway West of England, Bristol

Specific comparisons have been made across institutions that have now completed the survey for two years – in 2014 and 2015. Any statistically significant differences have been identified between responses at these institutions have been highlighted throughout this report as per the example below.

Changes between institutions taking part in 2014 and 2015 research

- There has been an increase in respondents reporting that they have never or have stopped drinking alcohol.

Again, significant differences are reported where base size is greater than 30, and are valid at confidence level of at least 95%.

This report

This report presents the findings from the survey in the following areas:

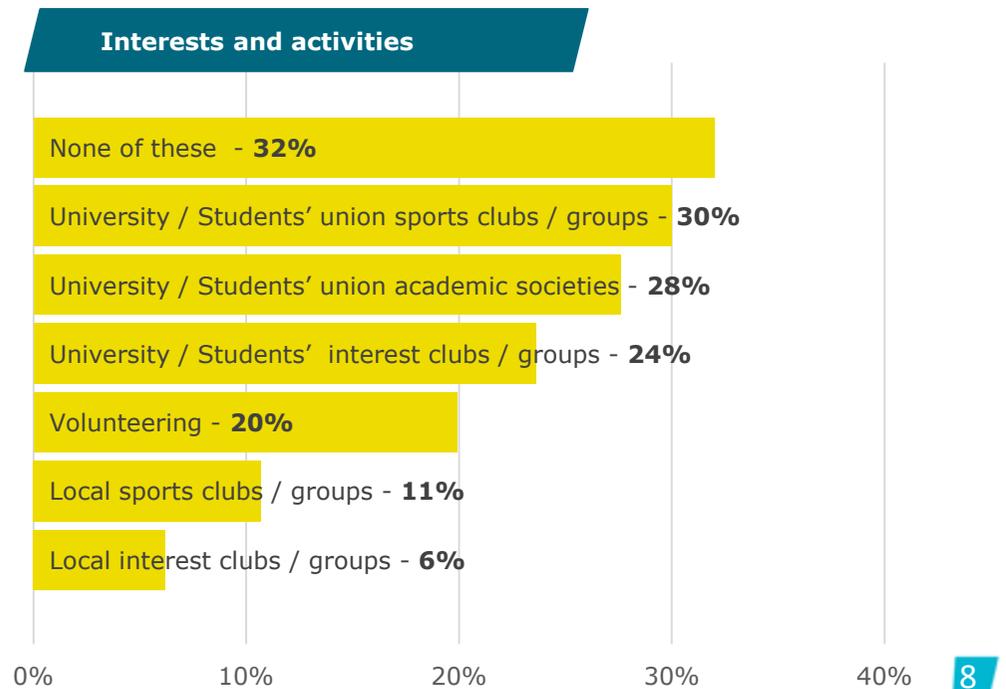
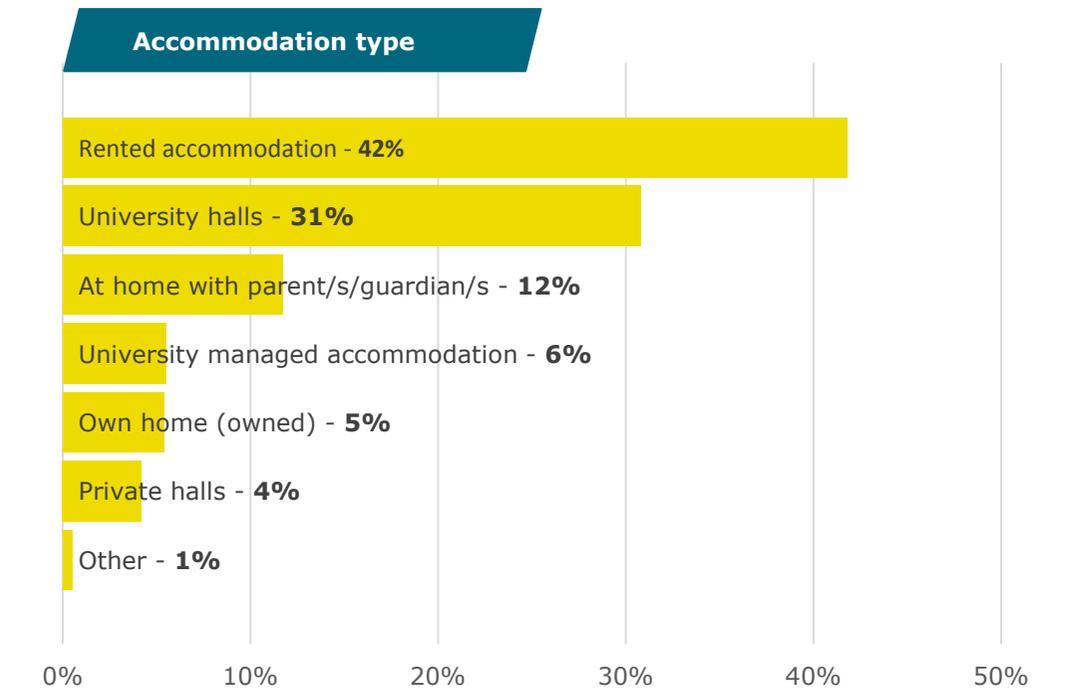
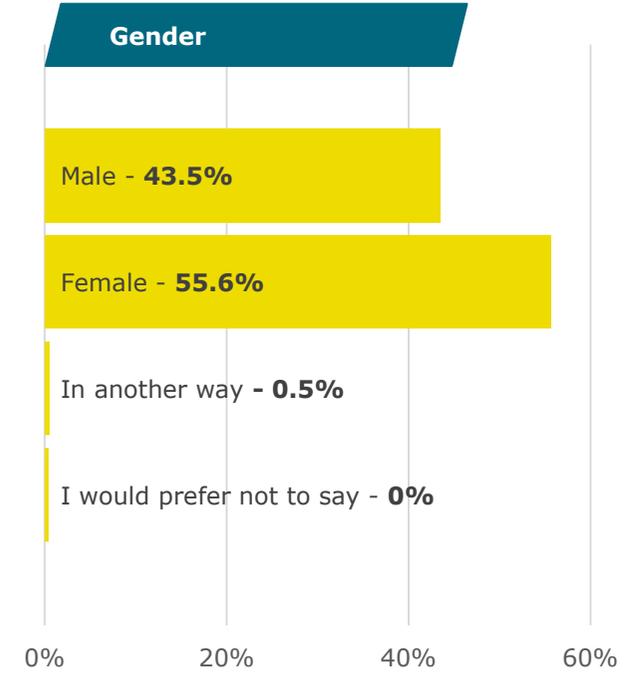
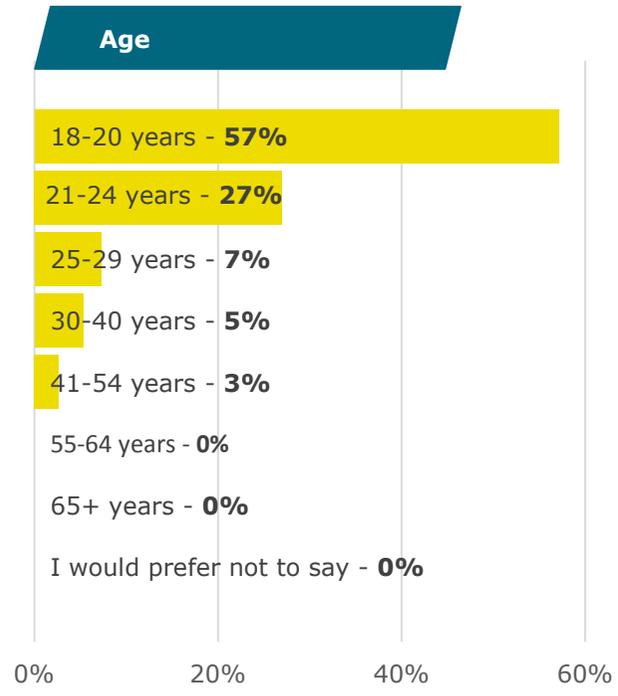
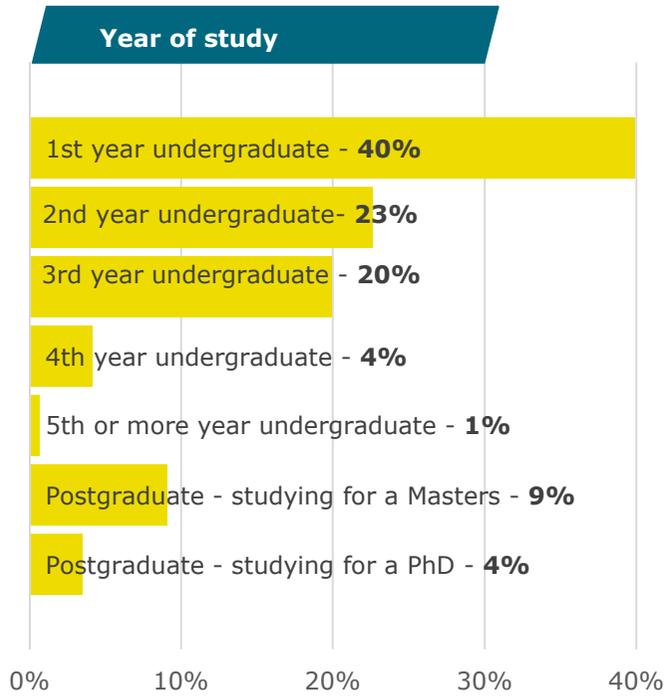
- Patterns and practices of alcohol consumption;
- Perceptions of alcohol consumption on campus;
- Impacts of alcohol consumption; and
- Reducing impacts through responsible consumption.

Acknowledgements

Thanks to the universities and students' unions taking part in Alcohol Impact for their efforts in publicising the survey to their students. And thanks also to the students who took part in the research, which helps to develop and improve the work of NUS and the Alcohol Impact partnerships in this area.

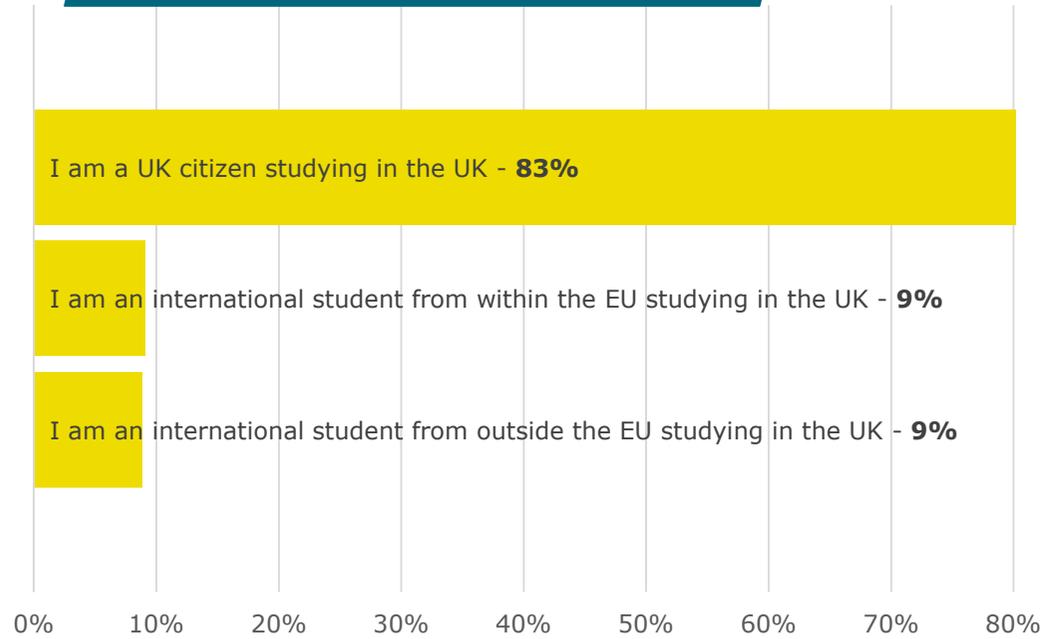
2. The respondents

Respondent demographics

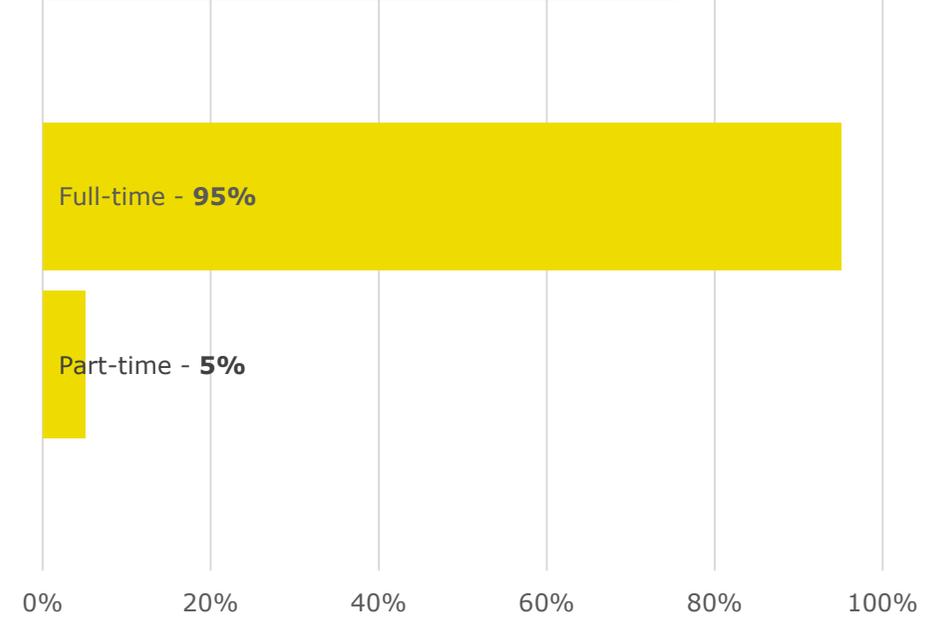


Respondent demographics

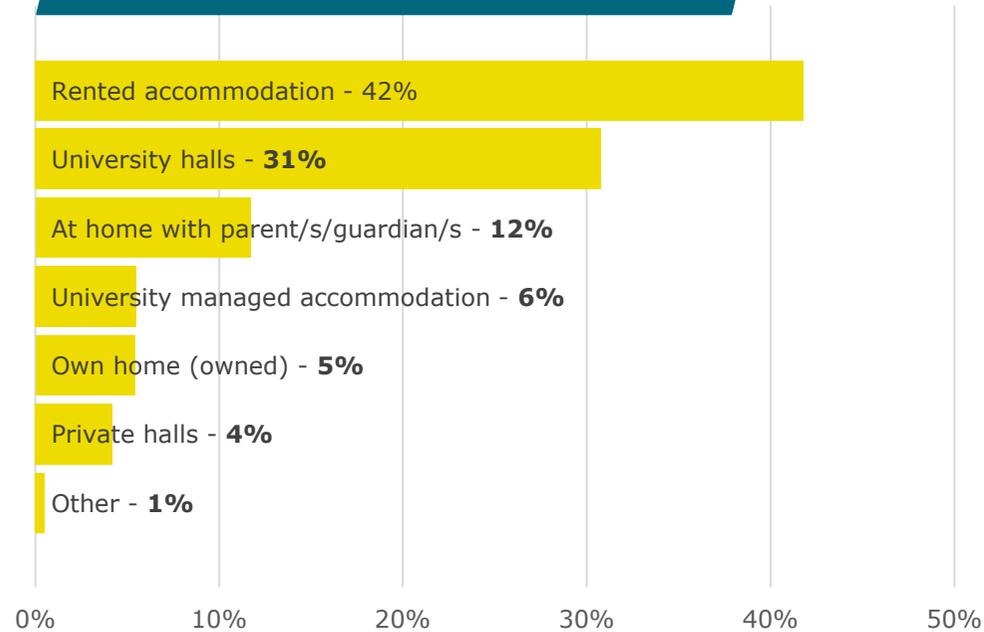
Nationality



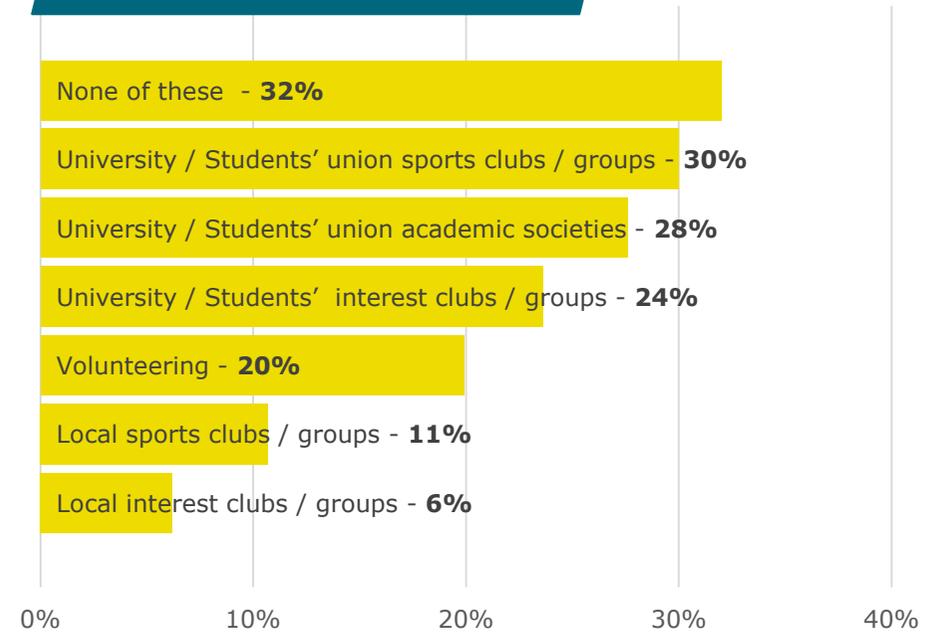
Study status



Accommodation type

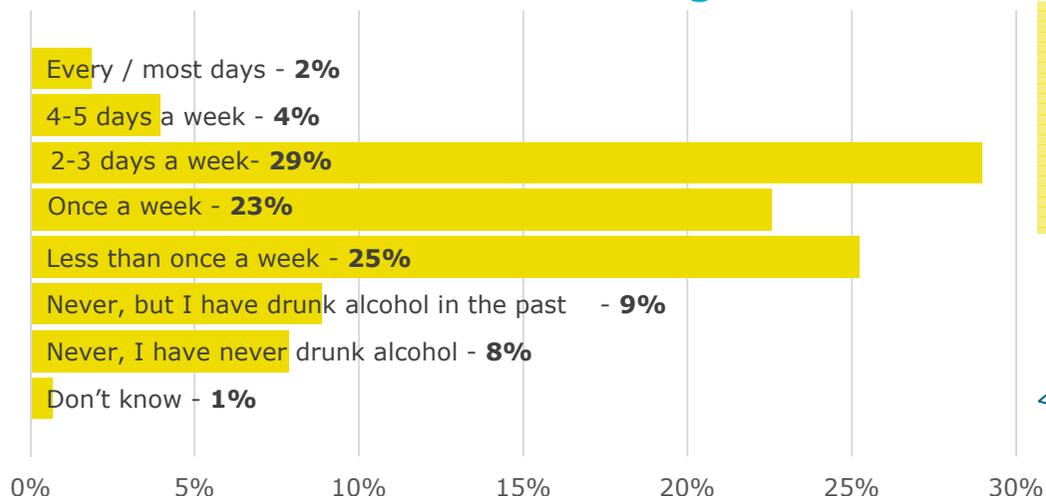


Interests and activities



3. Patterns and practices of alcohol consumption

How often are students drinking?



Respondents most commonly reported drinking alcohol 2-3 days a week (29%, n=4008) and in total over half report drinking alcohol at least once a week (58%, n=3198).

Respondents who reported drinking less often than once a week provided further detail, with over a third reporting to drink once a fortnight (39%, n=1248) and just under a third reporting to only drink on special occasions such as birthdays and Christmas (31%, n=1006).

Changes between institutions taking part in 2014 and 2015 research

- There has been an increase in respondents reporting that they have never or have stopped drinking alcohol from 12% in 2014 to 16% in 2015.

Q. How often, if at all, do you drink alcohol? Base: 13441 Balance: No response

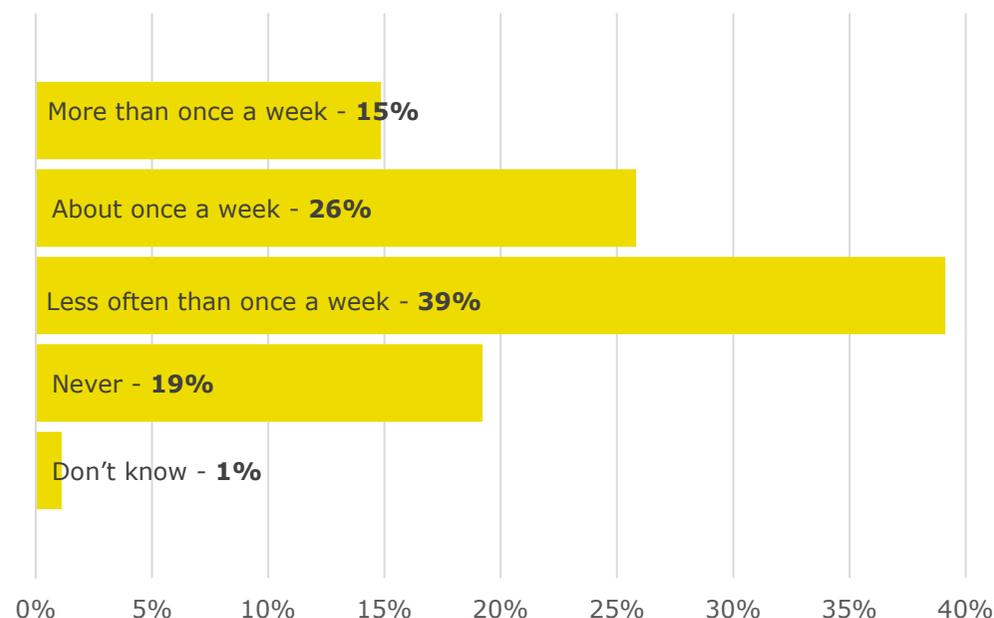
How often are students getting drunk?

Respondents most commonly report drinking to get drunk less often than once per week (39%, n=4369). Two fifths of respondents report drinking alcohol with the deliberate intention of getting drunk at least once per week (41%, n=4533). 15% report purposefully drinking to get drunk more than once per week (n=1649).

Almost a quarter (23%, n=2553) of respondents report drinking without the intention of getting drunk but end up getting drunk anyway at least once a week.

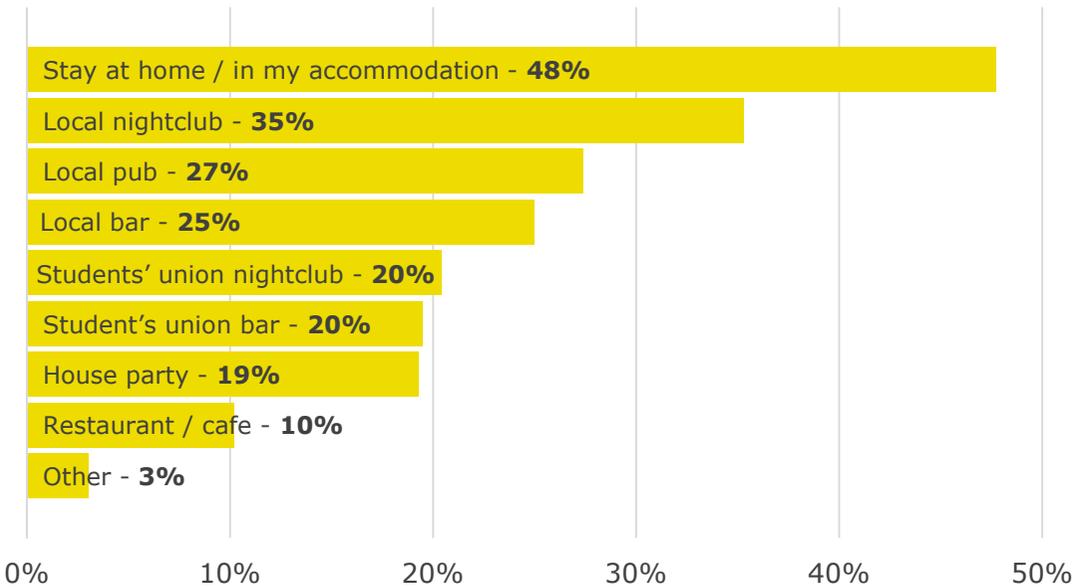
Changes between institutions taking part in 2014 and 2015 research

- There has been an increase in the number of respondents reporting that they get drunk intentionally more than once a week (15% in 2014 compared with 20% in 2015).
- There has been a decrease in the number of respondents that say they get drunk unintentionally about once a week or less often than once a week (70% in 2014 compared with 65% in 2015).
- The proportion saying they never get drunk unintentionally has increased (22% in 2014 compared with 25% in 2015).



Q. Approximately how often do you drink alcohol with the intention of getting drunk? Base:11173 Balance: No response and non-drinkers

Pre-drinking



Looking at where students are drinking once a week or more often, the most common location is at home / in their accommodation (48%, n=5126). A fifth of respondents report regularly visiting students' union venues (e.g. 20% visit their students' union bar once a week or more, n=1947).

Changes between institutions taking part in 2014 and 2015 research

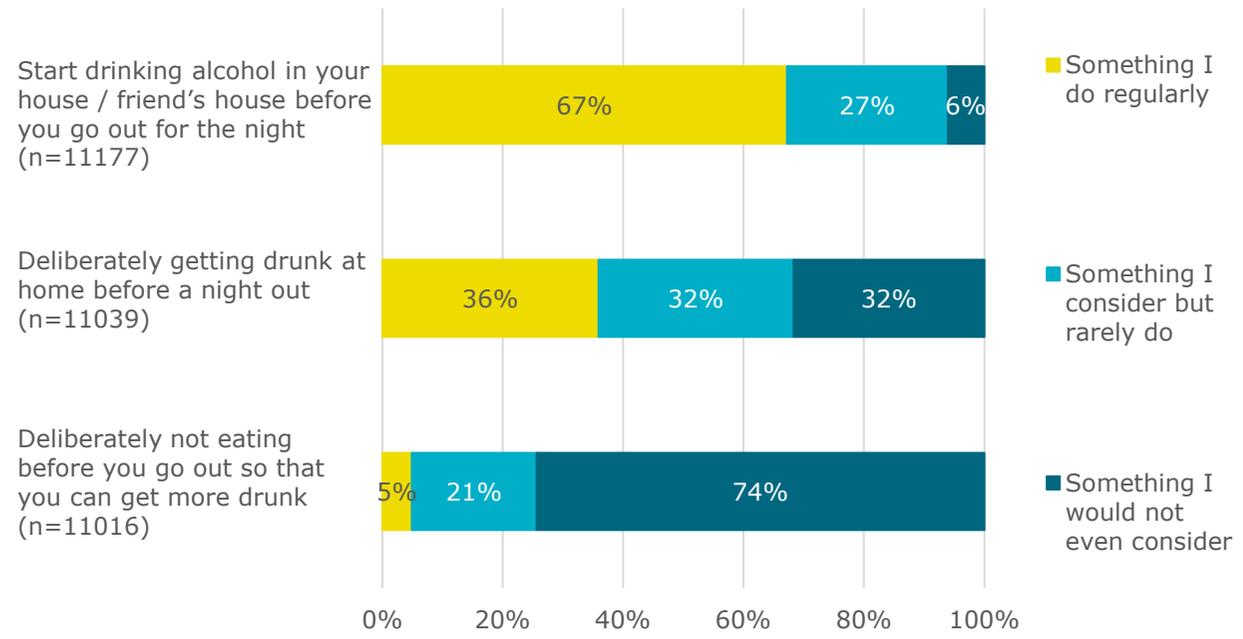
- Respondents in 2015 are significantly more likely to report drinking in their home / accommodation more than once a week compared to 2014 (25% compared with 20%).
- Respondents are less likely to report drinking in their students' union nightclub or bar in 2015 compared with 2014 (49% say they never drink in their students' union nightclub in 2015 compared with 43% in 2014, and 48% say they never drink in their students' union bar in 2015 compared with 44% in 2014).

Q. If you are drinking, how often do you tend to drink in each of the following places? Base: c.10750 Balance: No response and non-drinkers

Unpicking these findings shows that two thirds of respondents (67%, n=7507 regularly start drinking either at home or a friend's house before they go out for the night. Just over a third say they regularly deliberately get drunk at home before a night out (36%, n=3963).

Changes between institutions taking part in 2014 and 2015 research

- Respondents in 2015 are significantly more likely to report that deliberately getting drunk at home before a night out is something they do regularly compared with 2014 (44% compared with 41%).



Q. Do any of the following describe your drinking behaviour? Base: (in brackets) Balance: No response and non-drinkers

Drinking attitudes and behaviours

76% (n=8518) of respondents say they don't have to get drunk to have a good night out.

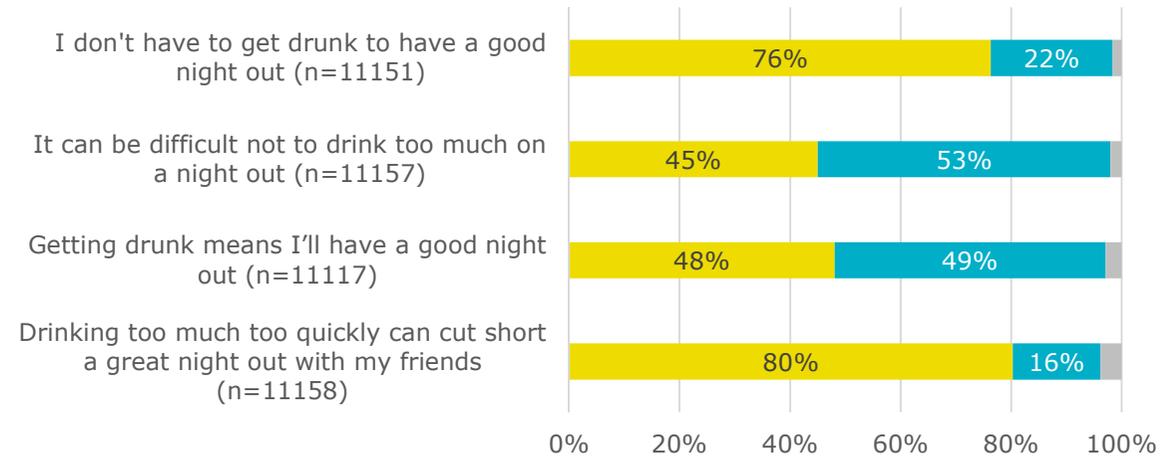
However, despite this belief, just under half say that it can be difficult not to drink too much on a night out (45%, n=5015) and that getting drunk means they will have a good night out (48%, n=5341).

Again, in contradiction to this, respondents also recognise the potential for drinking too much too quickly to cut short their night out (80%, n=8962).

Changes between institutions taking part in 2014 and 2015 research

- Respondents in 2015 are significantly more likely to agree that it can be difficult not to drink too much on a night out compared with respondents in 2014 (47% compared with 41%).

■ Agree ■ Disagree ■ Don't know



Q. To what extent, if at all, do you agree or disagree with the following statements? Base: (in brackets) Balance: No response

Drinking games and buying drinks

35% (n=3852) report taking part in drinking games either most or every time they drink alcohol.

Just under a third say they take advantage of drink offers such as happy hours (30%, n=3310) or buy larger measures of alcohol because they're on offer (31%, n=3422) every or most of the time they drink.

The practice of purchasing drinks in rounds is common to 18% of respondents (n=2027) who report buying alcoholic drinks in this way every or most times they drink.

Changes between institutions taking part in 2014 and 2015 research

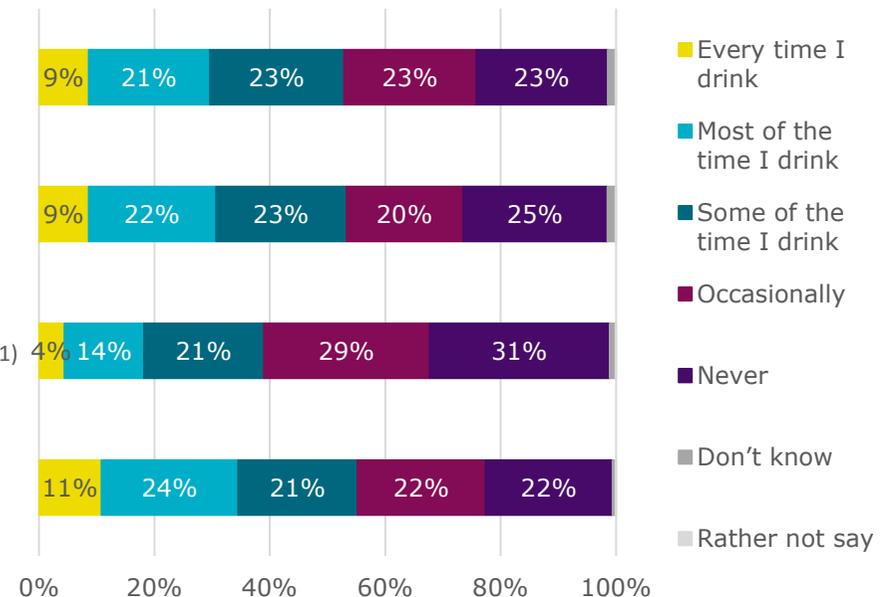
- 2015 respondents are significantly more likely to say they take part in drinking games both every and most of the time they drink than 2014 respondents (43% compared with 37%).

Taken advantage of drink offers such as happy hours (n=11154)

Bought larger measures of alcohol because they are on offer (n=11158)

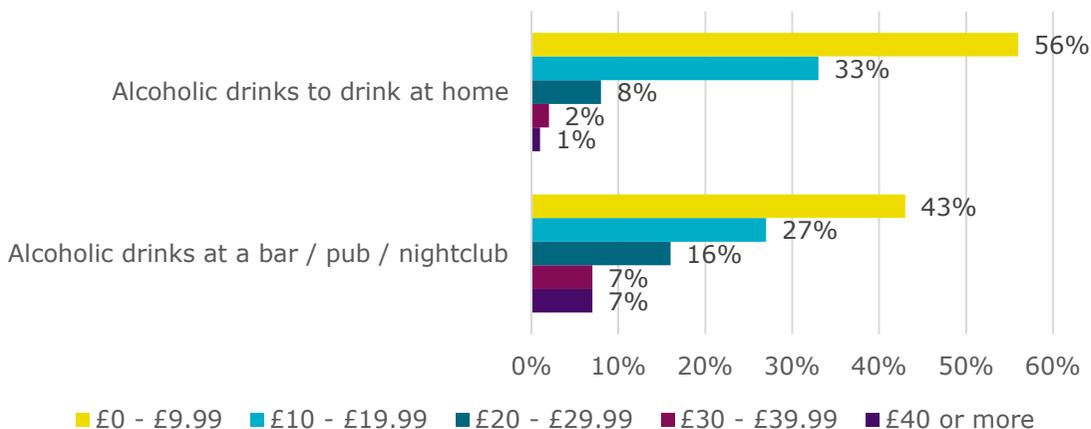
Purchased alcoholic drinks in rounds (n=11151)

Taken part in drinking games (n=11171)



Q. Thinking about your time at university within the last term, please tell us how often you did each of the following. Base: (in brackets) Balance: No response

Spending on alcohol



Respondents were asked to provide an approximate figure for their spending on alcohol, both to drink at home and whilst at bars, pubs and nightclubs per week.

In both categories, spending up to £9.99 is the most commonly reported spend on alcohol in a typical week (56%, n=6078) report spending this amount on drinking alcohol at home, and 43% (n=4681) report spending this amount at bars, pubs or nightclubs). It is worth considering the 'volume' of alcohol that this spend might translate to in the different contexts when reading these results.

Q. In a typical week, how much do you spend on the following items? Base: 10885 Balance: No response and non-drinkers

Variations in alcohol consumption and practices

Further analysis of the survey data has shown differences in practices between different groups of respondents. The key differences identified include:

Differences by year of study

- 1st year respondents are more likely to report drinking 2-3 days a week compared to respondents in all other years (36% 1st years compared with 26% of 3rd years).
- 1st year respondents are also most likely to report regularly deliberately getting drunk at home before a night out. Postgraduate respondents are least likely to do this regularly (40% 1st years do this regularly, compared with 15% postgraduate Masters students).
- 1st year respondents are most likely to report drinking with the intention of getting drunk more than once a week compared with all other years (22% 1st years compared with 13% 2nd years and 11% 3rd years).
- Respondents report a gradual decrease in the practice of drinking games with 1st years most likely to report doing this every time they drink alcohol, and postgraduates least likely to report doing this every time they drink (13% 1st years compared with 3% postgraduate Masters students).
- Undergraduate respondents are less likely than postgraduates to agree that they don't have to get drunk to have a good night out (e.g. 75% 1st years compared with 83% postgraduate Masters students).
- Undergraduates are also more likely to agree that they sometimes feel pressure from their friends to drink more alcohol than they would like to (7% 1st years compared with 3% postgraduate PhD students).

Differences by gender

- Female respondents are more likely to report drinking alcohol less than once a week compared to male respondents (29% compared with 17%).
- Female respondents are less likely to report drinking to get drunk more than once a week compared to male respondents (10% compared with 20%). They're also less likely to report unintentionally getting drunk more than once a week (5% compared with 9%).
- Male respondents are more likely to report regularly deliberately getting drunk at home before a night out than female respondents (39% compared with 34%).
- Male respondents are more likely to report visiting their students' union bar than female respondents (e.g. 19% visit about once a week compared with 11%).
- Female respondents are more likely to say they have never taken part in drinking games than male respondents (25% compared with 19%).
- Male respondents are more likely to report purchasing drinks in rounds either every or most of the time they drink alcohol than female respondents (e.g. 18% males buy drinks in rounds most of the time compared with 10% females).
- There are slight differences in perceptions of peer pressure with male respondents more likely to say they feel their friends expect them to drink alcohol every time they are drinking than female respondents (12% compared with 10%). However, female respondents are more likely to strongly agree that they sometimes feel pressure from their friends to drink more alcohol than they would like to (7% of females compared with 6% males).
- Male respondents are more likely to agree that getting drunk means they'll have a good night out compared to female respondents (51% compared with 46%).

Variations in alcohol consumption and practices contd.

Differences by interests and activities

- Respondents who are part of university/students' union sports clubs are more likely to report drinking 4-5 days or 2-3 days a week than respondents participating in other activities (e.g. 39% of respondents in university/students' union sports clubs drink 2-3 days per week compared with 25% of those taking part in volunteering).
- Respondents who are part of university/students' union sports clubs are more likely to report regularly starting drinking at home before going out for the night (77% compared with 65% in university / students' union interest clubs / groups), and are also more likely to report deliberately getting drunk at home (42% compared with 32% university / students' union interest clubs / groups).
- These respondents are also more likely to report drinking in their students' union bar or nightclub either once a week or more than respondents taking part in other activities (22% visit about once a week compared with 19% of university / students' union academic societies participants).
- Sports club participants are more likely to report drinking with the intention of getting drunk once a week or more than once a week than participants in other forms of activity (20% drink with the intention of getting drunk more than once a week compared with 14% taking part in University / Students' union interest clubs / groups).
- Participation in drinking games is also more likely to take place every time or most of the time they drink for respondents who are part of sports clubs than those with other interests (33% take part in drinking games most of the time they drink compared with 20% who take part in volunteering).
- Similarly, these respondents are more likely than those in other clubs or societies to agree that getting drunk means they'll have a good night out (54% compared with 44% who take part in local sports clubs / groups).

Differences by campus type

- Respondents at institutions that can be classified as large city-based campuses are more likely to report regularly deliberately getting drunk at home before a night out (44% compared with 37% in rural campuses).
- Respondents at 'rural' campuses are most likely to report drinking in their students' union bar or nightclub once a week or more compared to other campus types (23% say about once a week compared to 12% in medium city-based campuses).
- Respondents at large city-based campuses and those at 'rural' campuses are most likely to report drinking with the intention of getting drunk more than once a week (e.g. 18% compared with 10% in medium city-based campuses and 15% in collegiate campuses).

Differences by nationality

- Respondents from outside the EU are more likely to report never drinking alcohol than those from the EU or UK (26% non-EU compared with 6% UK and 6% EU).
- UK respondents are most likely to report regularly drinking alcohol at home or at a friend's house before they go out for the night compared with international respondents from the EU or beyond (71% compared with 51% EU respondents). UK respondents are also more likely to report deliberately getting drunk at home before a night out (39% compared with 18% EU respondents).
- UK respondents are more likely to report drinking alcohol with the intention of getting drunk more than once a week compared with respondents from within or beyond the EU (16% UK respondents compared with 6% EU and 5% non-EU respondents).
- The practice of taking part in drinking games, happy hour offers and buying larger measures is also more common amongst UK respondents compared to international respondents (e.g. 26% UK respondents take part in drinking games most times they drink compared with 12% EU and 11% non-EU respondents).
- UK respondents are more likely to report feeling that their friends expect them to drink alcohol every time or most of the time they drink alcohol than respondents from elsewhere (18% UK respondents say they feel this most of the time they drink compared with 12% EU and non-EU respondents).
- International respondents are less likely to agree that getting drunk will mean they will have a good night out (30% EU and 31% non-EU respondents agree compared with 51% UK respondents).

Differences by study status

- Respondents studying part time are more likely to report drinking less than once a week than those studying full time (29% compared with 24%).
- Respondents studying full time are significantly more likely to report regularly getting drunk at home before a night out than respondents studying part time (37% compared with 9%).
- Respondents studying part time are more likely to say they never visit their students' union bar or nightclub compared to full time respondents (e.g. 41% full time respondents never visit the students' union bar compared with 75% part time respondents).
- Part time respondents are more likely to report never drinking with the intention of getting drunk than those studying full time (47% part time respondents compared with 18% full time respondents).
- Part time respondents are also more likely to say that they never take part in drinking games, take advantage of offers such as happy hours or buy drinks in rounds (e.g. 45% part time respondents never take advantage of happy hours compared with 22% full time respondents).
- These respondents are also more likely to report that they never feel their friends expect them to drink alcohol compared to respondents studying full time (53% part time respondents compared with 36% full time respondents).

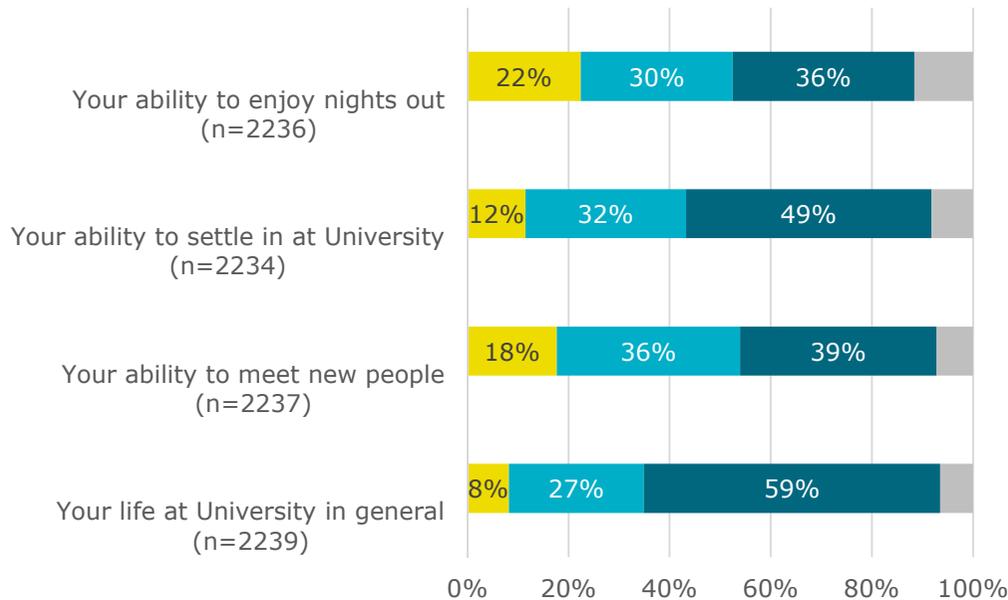
Non-drinkers

The most common reasons given for not drinking alcohol by those who have never or who have stopped drinking are religious or cultural reasons (32%, n=706). Just under a fifth also report not drinking as a result of personal tastes or experiences (18%, n=403, don't like the taste and 16%, n=351, don't like the effect alcohol has on them). Other reasons provided include not seeing a need or benefits of drinking alcohol, short-term / immediate health concerns, and experiences with addiction either personally or amongst friends and family.

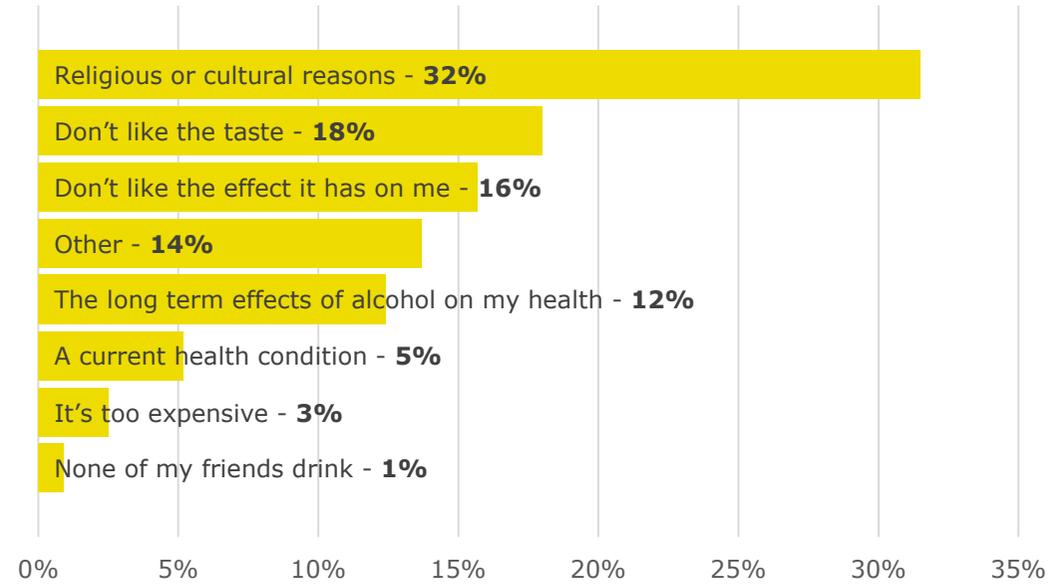
Just under 10% of non-drinkers report feeling that their friends expect them to drink all of the time when socializing (8%, n=170), however the largest proportion of respondents report never feeling an expectation from their friends to drink alcohol (39%, n=862).

Reflecting on the influence of not drinking on their life at university, respondents reported that non drinking had a positive influence on their life at university in general (59%, n=1312 selected 8-10 where 10 equals a very positive impact). Not drinking was seen as having the greatest impact on their ability to enjoy nights out with 22% (n=500) saying that this had a negative effect (1-3 out of 10). 18% (n=394) said that not drinking has had a negative effect on their ability to meet new people.

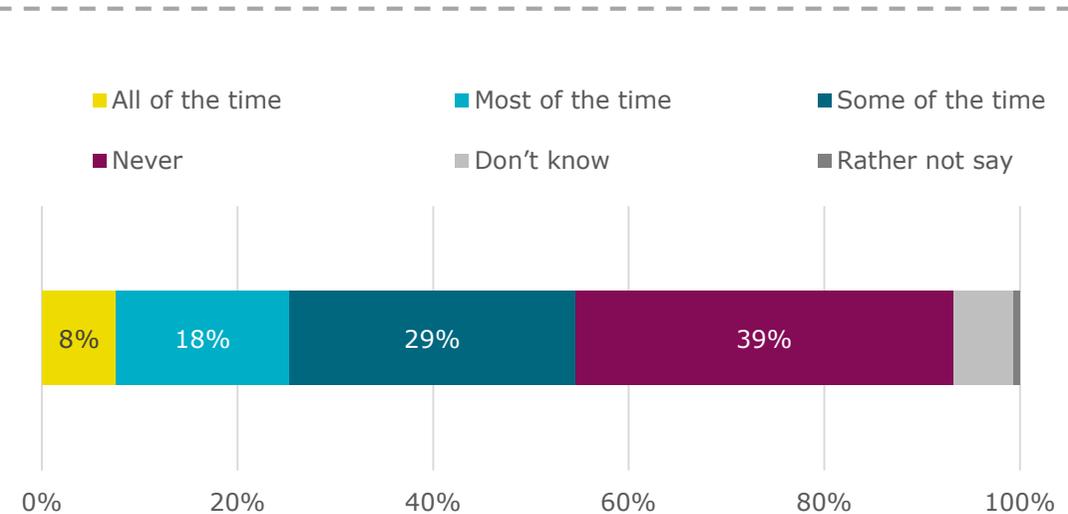
■ 1 to 3 ■ 4 to 7 ■ 8 to 10 ■ Don't know



Q. On a scale of 0 to 10 where 0 = a very negative impact and 10 = a very positive impact, how do you think that not drinking alcohol has impacted on the following? Base: (in brackets) Balance: No response



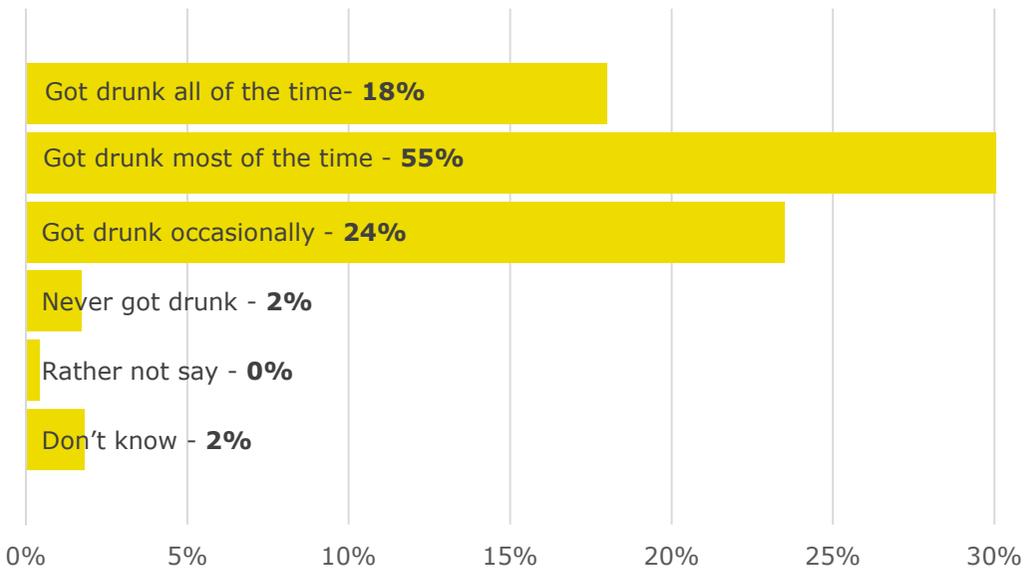
Q. What would you say is your main reason for not drinking, or stopping drinking, alcohol? Base: 2240 Balance: No response



Q. Thinking about your most recent university term, when you were socialising with other students, how often did you feel that your friends expected you to drink alcohol? Base: 2237 Balance: No response

4. Perceptions of alcohol consumption on campus

Pre-university perceptions



Q. Please select the phrase which best describes your perceptions: Before arriving at University did you believe that students... Base: 11169 Balance: No response and non-drinkers

Over half of respondents report that prior to starting university they believed that students got drunk most of the time (55%, n=6104). Just under a fifth believed that students got drunk 'all of the time' (18%, n=2009).

Differences by respondent characteristics

- Female respondents are more likely to believe that students got drunk 'all of the time' before starting university than male respondents (21% compared with 14%).
- Postgraduates are less likely to report believing that students got drunk all of the time before starting university than those in undergraduate years of study (19% 1st year respondents compared to 12% Masters respondents).
- UK respondents are most likely to report believing students got drunk all the time before starting university compared to international respondents (19% UK respondents compared with 14% EU respondents and 8% non-EU respondents).

Experiences at university

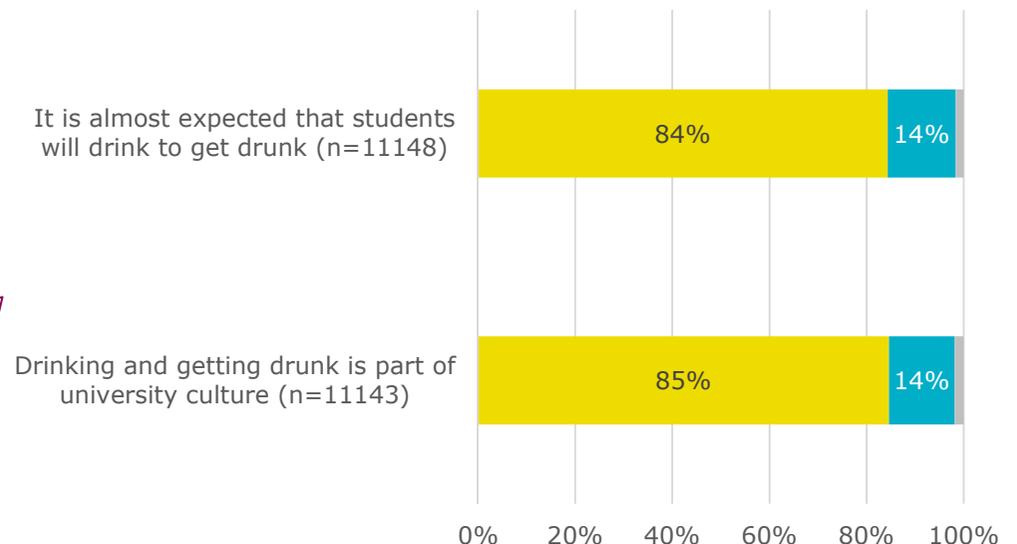
The vast majority of respondents agreed to some extent that drinking and getting drunk is part of university culture (85%, n=9427).

Similarly, respondents report that it is expected that students will drink to get drunk (84%, n=9402).

Differences by respondent characteristics

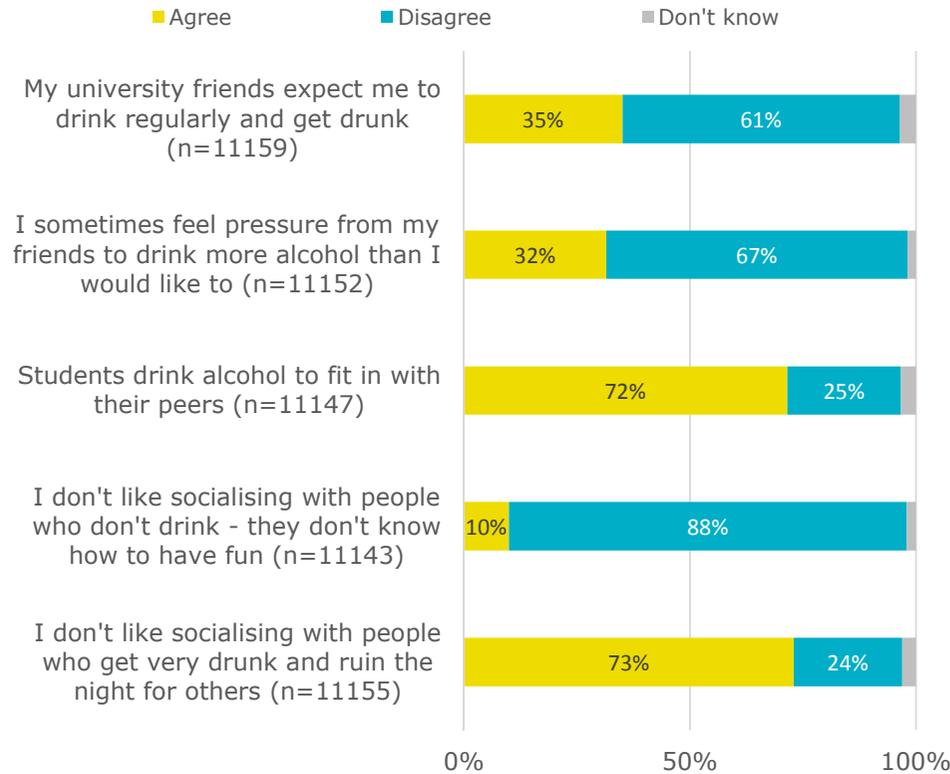
- Female respondents are more likely to agree that it is expected that students will drink to get drunk than male respondents (86% compared with 83%).
- Undergraduate respondents are more likely to agree that it is expected that students will drink to get drunk than postgraduate respondents (e.g. 86% 1st year respondents compared with 75% Masters respondents).
- UK respondents are most likely to agree that it is expected that students will drink to get drunk (86% UK respondents compared with 75% EU respondents and 71% non-EU respondents) and that this is part of university culture than international respondents (87% UK respondents compared with 73% EU respondents and 70% non-EU respondents).
- Part time respondents are less likely to agree that drinking and getting drunk is part of university culture than full time respondents (77% compared with 85%).

■ Agree ■ Disagree ■ Don't know



Q. Thinking specifically about drinking alcohol at university, how much do you agree or disagree with the following statements? Base: (in brackets) Balance: No response and non-drinkers

Peers and drinking



Q. Thinking specifically about drinking alcohol at university, how much do you agree or disagree with the following statements? Base: (in brackets) Balance: No response and non-drinkers

Respondents were asked a suite of questions relating to their experiences of drinking with their peers at university.

Responses from research participants revealed a somewhat complicated situation with regards to pressure to consume alcohol from their peers; implicit peer pressure appears to be more influential on alcohol consumption and behaviour than explicit pressure from peers. For example, 35% (n=3921) report feeling their friends expect them to drink regularly and get drunk, and 28% (n=3039) feel friends who they socialise with expect them to drink alcohol every or most of the time they drink. Likewise, 32% (n=3514) say that they sometime feel pressure from their friends to drink more alcohol than they would like to.

When thinking about the student population in general, rather than themselves, almost three quarters believe that students drink alcohol to fit in with their peers (72%, n=7979).

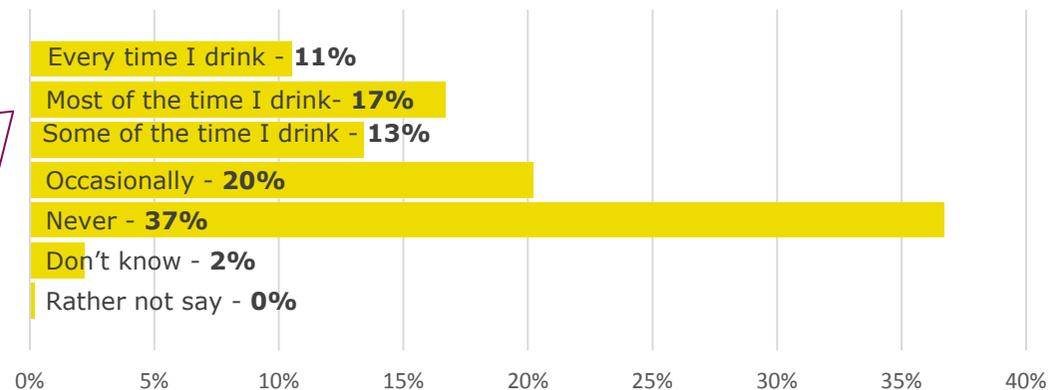
Thinking specifically about their experiences of drinking with their peers, the majority disagree that people who don't drink don't know how to have fun (88%, n=9794). Three quarters of respondents also agree that they dislike socialising with people who get very drunk (73%, n=8181).

Differences by respondent characteristics

- Female respondents are more likely to agree that students drink alcohol to fit in with their peers than male respondents (73% compared with 69%).
- Undergraduate respondents are more likely to agree they feel pressure from their friends to drink more alcohol than they would like to compared to postgraduate respondents (e.g. 32% 1st year respondents agree compared with 24% Masters respondents).

Differences by respondent characteristics

- Male respondents are more likely to report feeling that their friends expect them to drink alcohol every or most of the time they drink than female respondents (12% male respondents feel their friends expect them to drink every time compared to 10% of female respondents).
- Undergraduate respondents are more likely than postgraduate respondents to report feeling that their friends expect them to drink alcohol every or most of the time they drink than female respondents (11% of 1st year respondents feel their friends expect them to drink every time compared to 6% of Masters respondents).
- UK respondents are most likely to report feeling their friends expect them to drink alcohol when socialising compared to international respondents from within the EU and beyond (11% of UK respondents compared to 7% of EU respondents and 8% of non-EU respondents feel their friends expect them to drink every time).



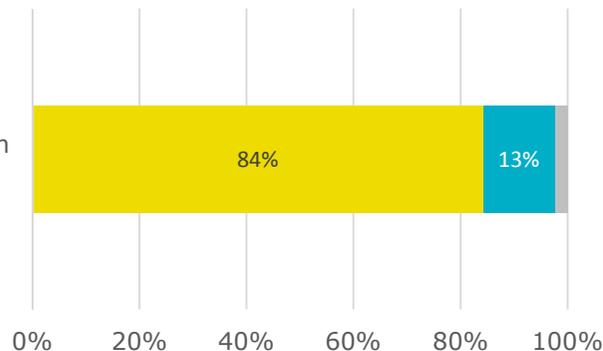
Q. Felt that your friends who you were socialising with expected you to drink alcohol? Base: 11162 Balance: No response and non-drinkers

5. Impacts of alcohol consumption

Impacts: Health and social wellbeing

■ Agree ■ Disagree ■ Don't know

Few students worry about how much alcohol will damage their health



Respondents show a lack of concern about the impacts of alcohol consumption, with 84% (n=2508) agreeing that few university students worry about how much alcohol will damage their health.

Differences by respondent characteristics

- UK respondents are more likely to agree that few students worry about how much alcohol will damage their health compared to international respondents (85% UK respondents agree compared to 81% of non-EU respondents).

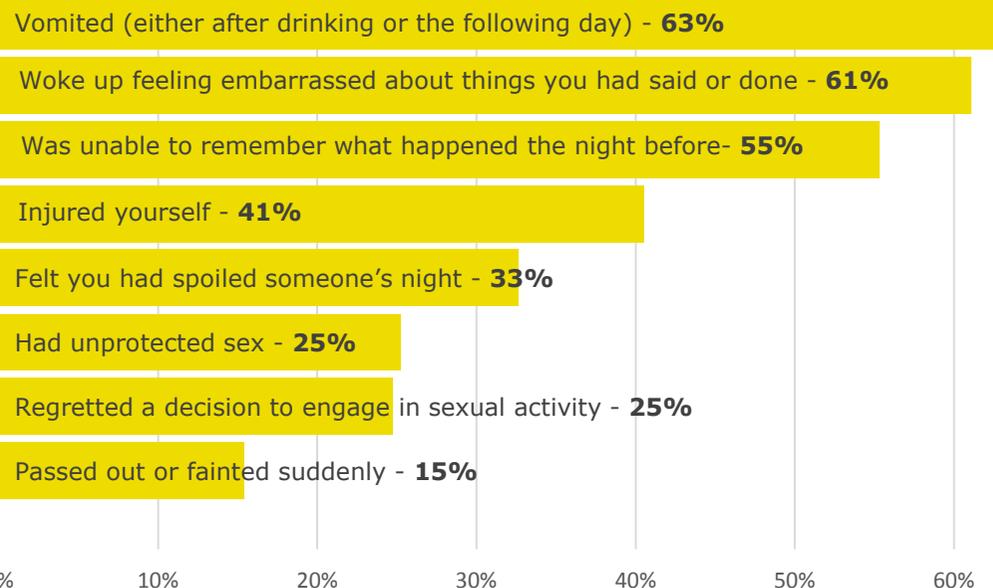
Q. Thinking specifically about drinking alcohol at university, how much do you agree or disagree with the following statements? Base: 11157 Balance: No response and non-drinkers

The main impact experienced by respondents in terms of their health is vomiting (63%, n=6953), either whilst drinking or the following day.

Respondents also report impacts on their social or mental wellbeing, with approximately a third either feeling embarrassed about things they had said or done whilst drinking alcohol (61%, n=6728), or being unable to remember what had happened the night before (55%, n=6062).

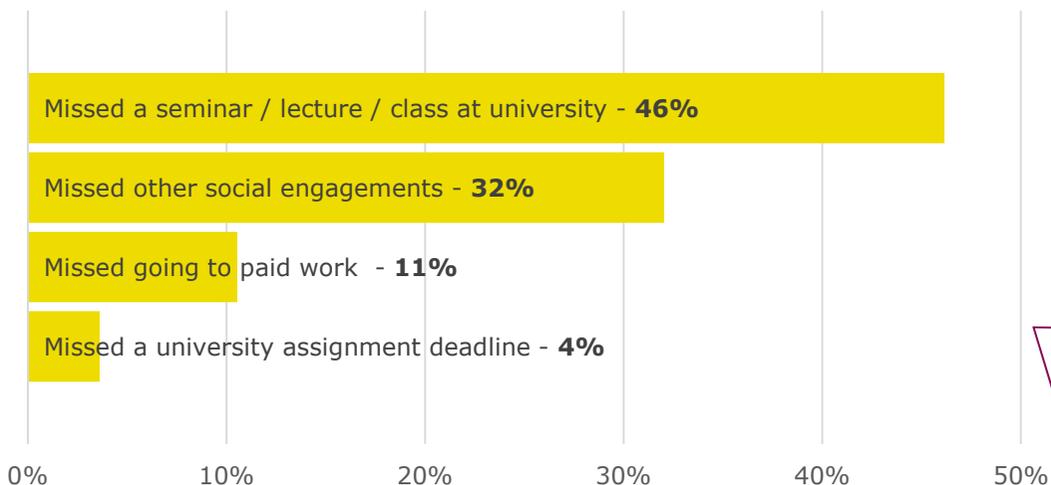
Differences by respondent characteristics

- Male respondents are more likely to report experiencing vomiting and not being able to remember what happened the night before compared to female respondents (67% and 59% male respondents experienced vomiting and memory loss respectively, compared to 61% and 53% female respondents)
- UK respondents are more likely to report experiencing unprotected sex compared to international students (27% UK respondents compared with 17% EU respondents and 14% non-EU respondents).
- Full time respondents are more likely to report vomiting as a result of alcohol consumption compared to part time respondents (65% compared to 48%).
- 2nd and 3rd year respondents are more likely to report feeling embarrassed about things they have said or done while drinking compared to 1st year respondents (65%, 66% and 60% respectively).



Q. People react differently and experience different consequences when drinking alcohol. Please indicate if any of the following things have happened to you in the last term as a result of drinking alcohol. Base: c.11000 Balance: No response and non-drinkers

Impacts: Study and paid work



Q. People react differently and experience different consequences when drinking alcohol. Please indicate if any of the following things have happened to you in the last term as a result of drinking alcohol? Base: c.11000 Balance: No response and non-drinkers

Respondents to the surveys reported an impact on their educational experience, with over half reporting to have missed a seminar / lecture / class at university as a result of drinking alcohol (46%, n=5135).

Very few respondents report alcohol consumption affecting assignment deadlines (4%, n=399), however further research may reveal an impact on the quality of work submitted.

Differences by respondent characteristics

- Male respondents are more likely to report missing a seminar, lecture or class as a result of alcohol consumption than female respondents (52% compared with 42%).
- UK respondents are more likely to report missing a seminar, lecture or class as a result of alcohol consumption than international respondents (48% UK respondents compared with 34% EU respondents and 31% non-EU respondents).
- Respondents who take part in sports clubs and societies are more likely to report missing a seminar, lecture or class as a result of alcohol consumption compared to those taking part in other activities (56% compared with 41% respondents who take part in volunteering).

Impacts: Crime and antisocial behaviour

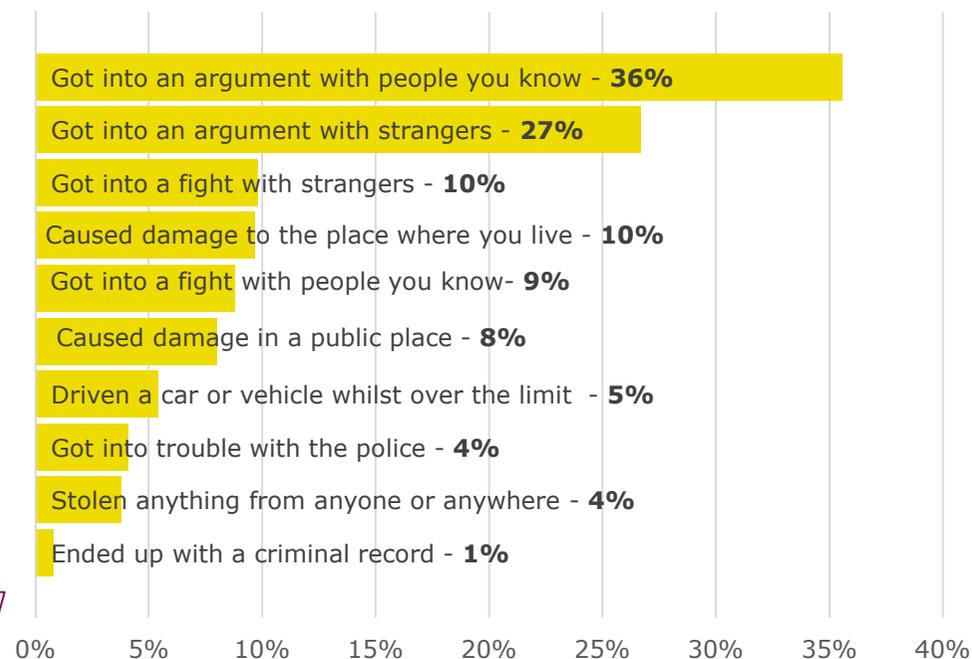
The research was also designed to gain an assessment of levels of experience of crime and anti-social behaviour, either as a victim or a perpetrator.

For those that did identify as a perpetrator of crime or anti-social behaviour, the most common experience reported was getting into arguments, either with people they know (36%, n=3949) or with strangers (27%, n=2963). 10% (n=1092) also reported escalating these arguments with strangers into fights. The same percentage of respondents also reported causing damage to where they live (10%, n=1079).

A low percentage of respondents report that these experiences had translated into getting in trouble with the police (4%, n=456) and even fewer have resulted in respondents gaining a criminal record (1%, n=86).

Differences by respondent characteristics

- Male respondents are more likely to report getting into arguments and fights with people they know and strangers than female respondents (34% male respondents have got into an argument with a stranger compared to 21% female respondents, and 16% of male respondents have got into a fight with a stranger compared to 5% female respondents).
- UK respondents are more likely to report causing damage to where they live than international respondents (10% UK respondents compared to 7% EU respondents and 6% non-EU respondents).



Q. People react differently and experience different consequences when drinking alcohol. Please indicate if any of the following things have happened to you in the last term as a result of drinking alcohol. Base: c.11000 Balance: No response and non-drinkers

Impacts: Crime and antisocial behaviour contd.

Respondents report behaviour as a result of alcohol consumption which may leave them more at risk of becoming victims of crime with over half (52%, n=5688) reporting that they have taken risks with their personal safety such as walking home alone.

From the perspective of being a victim of crime, around 10% reported being a victim of crime (8%, n=828).

Differences by respondent characteristics

- UK respondents are more likely to report taking risks with their personal safety than international respondents (54% UK respondents compared with 45% EU respondents and 35% non-EU respondents). They are also more likely to report being a victim of crime (8% UK respondents compared with 5% EU respondents and 3% non-EU respondents).
- Male respondents are more likely than female respondents to report taking risks with their personal safety (56% compared with 49%). Male respondents are also more likely to report being a victim of crime than female respondents (9% compared with 6%).
- Respondents in large city campuses are more likely to report being a victim of crime compared with other types of institution (9% compared with 7% respondents in medium/small city or town campuses and 7% in rural campuses).

Took risks with your personal safety (such as walking home alone or through poorly lit streets) - **52%**

Been a victim of crime - **8%**

0% 10% 20% 30% 40% 50%

Q. People react differently and experience different consequences when drinking alcohol. Please indicate if any of the following things have happened to you in the last term as a result of drinking alcohol.? Base: c.11000 Balance: No response and non-drinkers

Of the respondents who identified as a victim of crime, the most frequently reported experience is verbal abuse (49%, n=395). Two fifths also report having personal items such as a wallet or phone stolen (43%, n=351). A third of respondents also reported experiencing physical abuse (34%, n=274) or harassment / intimidation (39%, n=318). Almost 20% report experiencing sexual assault (19%, n=153).

30% (n=238) of 'victims of crime' reported their experience to the police, however over half (56%, n=450) did not report their experiences to anyone.

Differences by respondent characteristics

- Male respondents are more likely than female respondents to have experienced verbal and physical abuse (53% and 46% respectively for male respondents compared with 44% and 20% respectively for female respondents).
- Female respondents are more likely than males to report having something stolen or experienced sexual assault (47% and 31% respectively for female respondents and 40% and 7% respectively for male respondents).
- UK respondents are more likely than EU internationals to report experiencing verbal abuse (50% compared with 32%).

Experienced verbal abuse - **49%**

Had something stolen (e.g. phone, wallet) - **43%**

Experienced harassment and / or intimidation - **39%**

Experienced physical abuse - **34%**

Been in a car that was being driven by a drunk driver - **22%**

Experienced sexual assault - **19%**

Experienced damage to personal property - **16%**

None of these - **11%**

Rather not say - **3%**

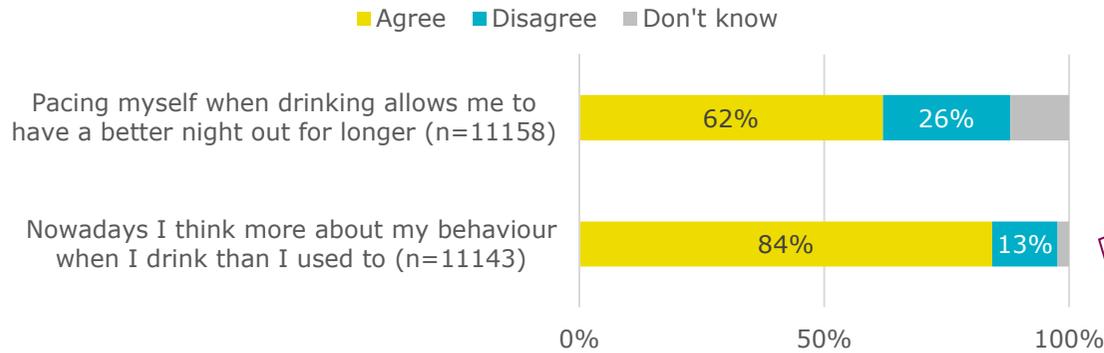
Other - **2%**

0% 10% 20% 30% 40% 50%

Q. You indicated that you have been a victim of crime when you have been drinking alcohol. We'd like to know more about your experience of being a victim of crime. Please indicate if any of the following things have happened to you in the last term when or after you have been drinking alcohol. Base: 815 Balance: No response and non-drinkers

6. Reducing impacts through responsible consumption

Personal coping strategies



Survey respondents reported taking steps to limit their drinking, with almost three quarters (74%, n=8256) reporting that 'nowadays they think more about their behaviour when they drink than they used to', and two thirds agree that 'pacing themselves when drinking (e.g. drinking soft drinks in between alcoholic drinks) allows them to have a better night out for longer' (62%, n=6919).

Differences by respondent characteristics

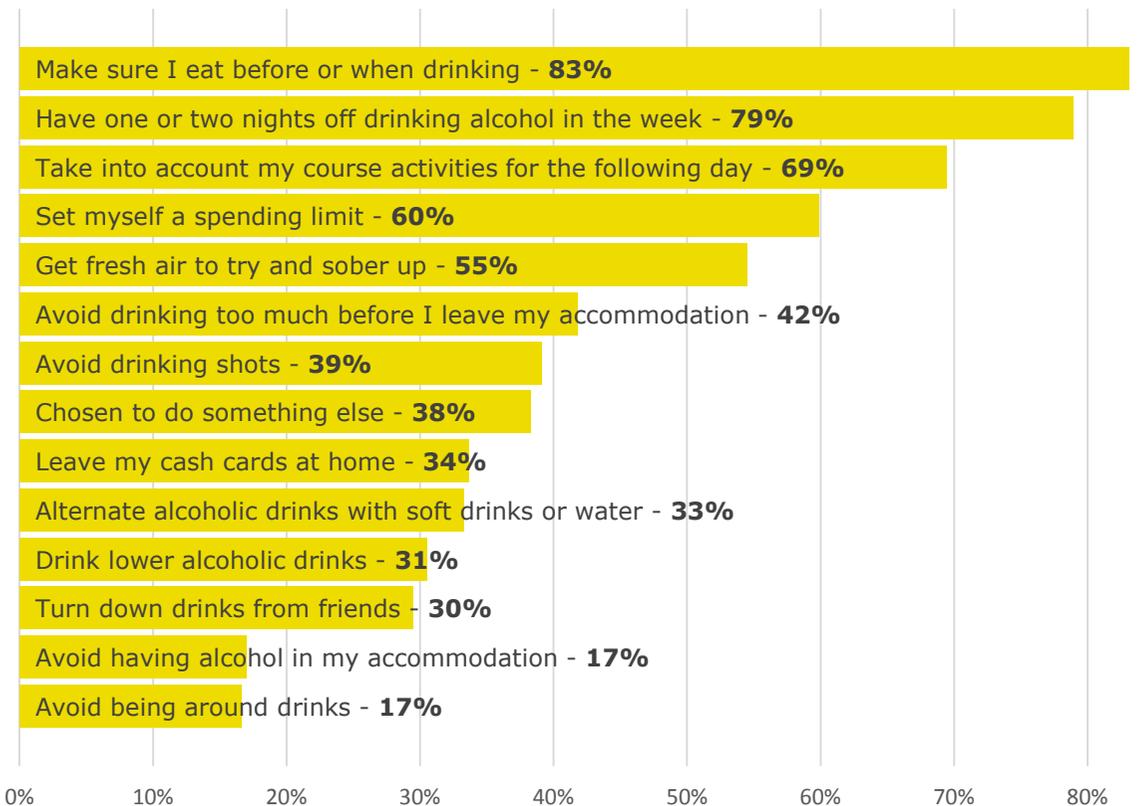
- UK respondents are less likely to agree that pacing themselves when drinking allows them to have a better night out compared to international students (62% UK respondents agree compared with 65% EU respondents and 69% non-EU respondents).
- 2nd and 3rd year undergraduates are more likely to agree that they think more about their behaviour when they drink nowadays than they used to compared to 1st year undergraduates (76% 2nd year respondents, 77% 3rd year respondents and 70% 1st year respondents agree respectively).

Q. Thinking specifically about drinking alcohol at university, how much do you agree or disagree with the following statements? Base: (in brackets) Balance: No response

The two most common practices amongst respondents include making sure they eat before or when drinking (83%, n=9189 say this is something they do regularly), and having one or two nights off drinking in the week (79%, n=8709 say this is something they do regularly).

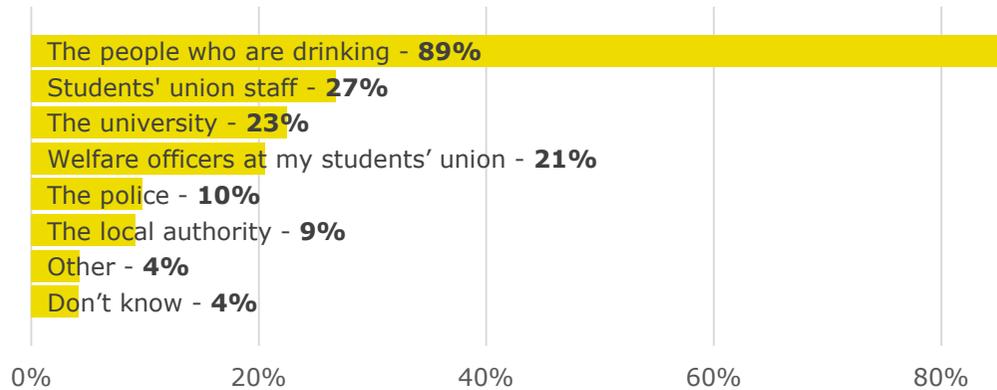
Just over two thirds of respondents (69%, n=7658) report that they have taken into account their course activities when planning a night out, however, the success of this approach should be questioned, with almost half reporting to have missed university commitments as a result of drinking alcohol. Respondents also revealed using financial mechanisms to control their drinking, such as setting a spending limit (60%, n=6612) or leaving cash cards at home (34%, n=3708).

Particular drinking habits or ways of drinking are also avoided, for example avoiding drinking too much before leaving their accommodation (42%, n=4610) or avoiding drinking shots (39%, n=4312). Despite acknowledging that taking part in rounds can lead to over-consumption, only just over a quarter of respondents report regularly turning down drinks from friends to control their drinking (30%, n=3255).



Q. Here are some things people have said they do to control their drinking and avoid getting too drunk. Have you tried any of these? [Something I do regularly] Base: c.11000 Balance: No response

Promoting responsible consumption



Q. Who, if anyone, do you think is responsible for safe drinking at university?

Base: 13367 Balance: No response

The survey also asked students for their views on how responsible alcohol consumption could be promoted at their university.

Respondents overwhelmingly believe people who are drinking should be responsible for drinking safely (89%, n=11890). Approximately a fifth of respondents see a role for students' union staff and officers to promote safe drinking.

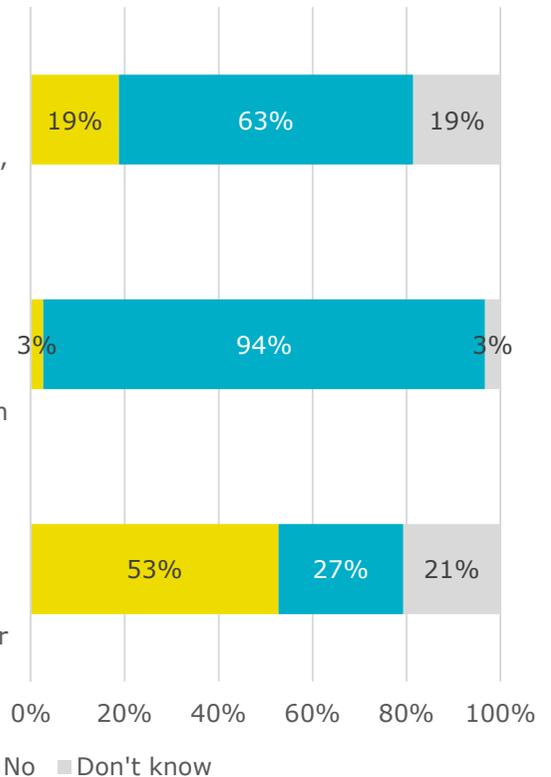
Most respondents say they aren't aware of safe or responsible drinking campaigns, projects or activities at their university (63%, n=8380). Only 3% (n=351) report taking part in campaigns, projects or activities focused on responsible drinking.

Half of respondents are happy with the level of provision of social events at university that do not involve drinking or getting drunk (53%, n=7035), however a quarter are not satisfied with current provision (27%, n=3550).

Differences by respondent characteristics

- 1st year undergraduates are least likely to report being aware of responsible drinking campaigns or projects at their university compared to other years of study (17% 1st year respondents are aware compared with 20% 2nd year and 22% 3rd year respondents).
- UK respondents are more likely than international respondents from beyond the EU to be aware of projects and campaigns linked to responsible drinking (20% UK respondents compared with 13% non-EU respondents).
- Respondents who have never drunk alcohol are least likely to report being satisfied with the number of events that do not involve drinking compared to those that drink alcohol and those that have stopped drinking alcohol (e.g. 40% respondents that have never drunk alcohol are satisfied compared with 49% who drink less than once a week and 59% who drink 2-3 days a week).

Are you aware of any safe or responsible drinking campaigns, projects or activities at your university? (n=13366)



Have you been part of these campaigns, projects or activities in any way? (n=13216)

Do you feel that there are enough social events for you at university that do not involve having to drink or get drunk? (n=13350)

Q. Are you aware of any safe or responsible drinking campaigns, projects or activities at your university? Base: (in brackets) Balance: No response

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