



Alcohol
and Drug
Foundation

PREVENTING HARM IN AUSTRALIA



PLANET YOUTH

Limestone Coast

Australia PY



ICSRA

The Icelandic Center for Social Research and Analysis (ICSRA) was founded in 1999. Since then, ICSRA has conducted a national Youth in Iceland program of surveys, consisting of extensive data collection and information dissemination concerning family and adolescent welfare. Part of this effort was designed to inform the need for population-wide primary prevention through research aimed at arresting and reversing observed increases in adolescent substance use. Today this method is being run in five continents of the world under the name of **Planet Youth**.

The research output of the Centre continues to be at the forefront of international research efforts covering a wide spectrum of important health and social issues concerning adolescents, including smoking and alcohol use, school satisfaction, health behavior, and academic achievement, physical activity and participation in sports, adolescent emotional well-being, suicidal behavior, and studies of custodial care of adolescents.



Dr. Alfgeir Kristjansson speaking on the Planet Youth Workshop

The Icelandic Prevention Model: Background Context

In the 1990s, Iceland ranked comparatively high on adolescent alcohol, tobacco, and other harmful drug use as evidenced by results from the European School Project on Alcohol and Drugs (ESPAD).

To illustrate, in 1999, the rate of ever smoking tobacco among 10th-grade youth in Iceland was 56% and 69% on average in Europe; the rate of drunkenness in the past 12 months was 56% in Iceland and 52% in Europe; and 15% had reported use of cannabis substances (hashish, marijuana) in Iceland, similar to other parts of Europe.



For many years leading up to this point Iceland had been utilizing traditional methods of primary substance use prevention, namely, individual, school-based instructional and educational programs, with the aim of educating or leading youth away from initiating substance.

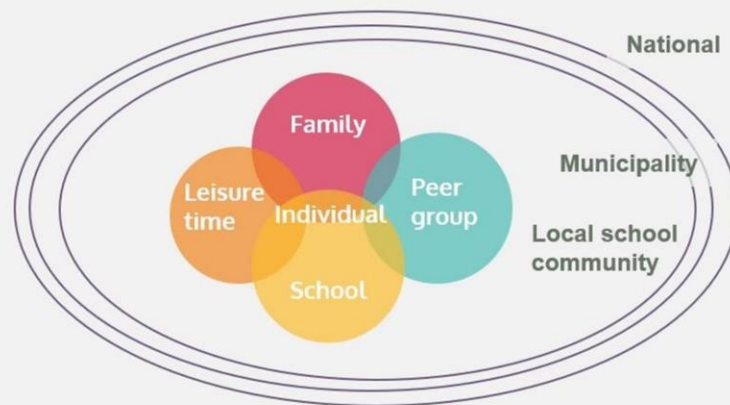
In developing this approach, ICSRA relied on global research findings, as well as their own local observations about individual and societal factors that contribute to the likelihood of adolescent substance use in Iceland. Based on the literature, and informed by their own work, a community-based approach was designed to deter adolescent substance use. The emphasis of the approach was on getting all relevant stakeholders to the table to build a network of support, monitoring and opportunities for positive youth development at the local community level.

Domains of Intervention

Preventing child and adolescent substance use is critical for healthy development. A successful approach to prevention is to work towards strengthening key protective factors while reducing risk factors in the local-community environment of young people. Evidence in child and adolescent health and behavioral research suggests that building a strong community around children is the healthiest and most sensible way to promote well-being for the future. However, such a task takes time, effort, and the mutual commitment of key stakeholders in focusing attention on four major domains of the environment surrounding children and adolescents.

These major domains are:

- 1) parents and family
- 2) the school
- 3) friends and peers
- 4) leisure time



The 5 Guiding Principles of the Icelandic Prevention Model

Guiding Principle 1

Apply a primary prevention approach that is designed to enhance the social environment.

Guiding Principle 2

Emphasize community action and embrace public schools as the natural hub of neighborhood/area efforts to support child and adolescent health, learning, and life success.

Guiding Principle 3

Engage and empower community members to make practical decisions using local, high quality, accessible data and diagnostics.

Guiding Principle 4

Integrate researchers, policy makers, practitioners, and community members into a unified team dedicated to solving complex, real-world problems.

Guiding Principle 5

Match the scope of the solution to the scope of the problem, including emphasizing longterm intervention and efforts to marshal adequate community resources.



10 Core Steps of the Icelandic Prevention Model

Step 1

Local Coalition Identification, Development, and Capacity Building



Step 2

Local Funding Identification, Development, and Capacity Building



Step 3

Pre-Data Collection Planning and Community Engagement



Step 4

Data Collection and Processing, Including Data Driven Diagnostics



Step 5

Enhancing Community Participation and Engagement



Step 6

Dissemination of Findings



Step 7

Community Goal-Setting and Other Organized Responses to the Findings



Step 8

Policy and Practice Alignment



Step 9

Child and Adolescent Immersion in Primary Prevention Environments, Activities, and Messages



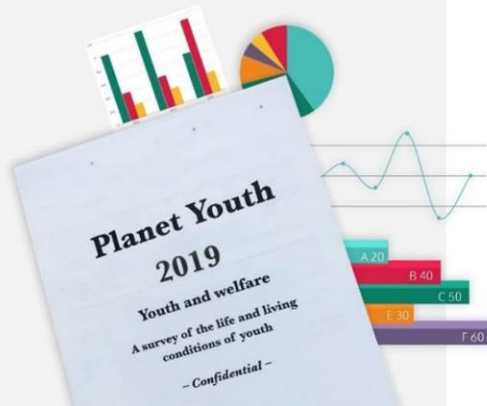
Step 10

Repeat Steps 1-9 Annually

Data and Results for Australia 2019

Breakdown of content in accordance with the four domains and community

1. Substance use outcomes
2. **Risk and protective factors:** Family, peer group, school, leisure time and community
3. Cross tabulations



Method and Data Collection

Participants in this survey were all accessible and interested students in five councils in Australia in 2019. In Murray Bridge 3 schools out of 4 participated, in the Limestone Coast region 4 out of 5 schools participated, in Blue Mountains 4 out of 10 schools participated, in Lithgow 2 out of 3 schools participated and in Inner West 6 schools participated.

The surveys were conducted from the 14th of November to the 10th of December 2019 among students in Year 10. Most of the students were born in 2004 (69%) and 2003 (28.1%) with 3% reporting to be born before or after 2003/2004. The total response rate was 66%.

We removed 147 cases from the dataset during data cleaning due to large amounts of missing data or implausible response patterns.

Using a process developed by ICSRA, data was collected with an online questionnaire in the Qualtrics software. The survey was conducted during classroom hours. Participation was voluntary and based on an opt-out consent. Students were free to answer the survey in whole or in part, to skip any question at will, and to change their mind about participation at any time.

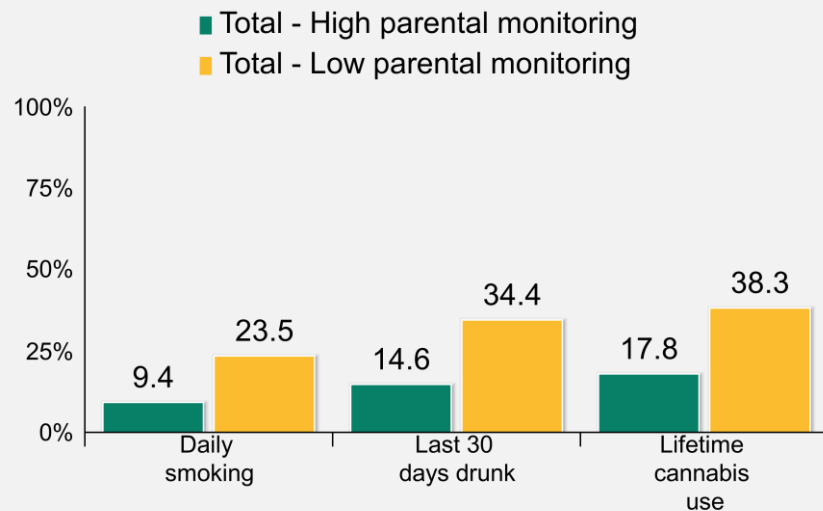


Interpret Cross Tabulations

The cross tabulation shows frequencies of one variable for each level of the other variable. In this example it shows the participants who have used cannabis once or more in their lifetime, smoke daily and have become drunk in the past 30 days compared on level of parental monitoring.

The green bar shows the percentage of adolescents who report high parental monitoring and who have smoked cannabis once or more in their lifetime, smoke daily or have become drunk once or more in the last 30 days. These students report that it applies rather or very well to them that their parents know where they are in the evenings.

The yellow bars shows the percentage of adolescents who report low parental monitoring and who have smoked cannabis once or more in their lifetime, smoke daily and have become drunk once or more in the last 30 days. These students report that it applies rather or very poorly to them that their parents know where they are in the evenings.



Cross tabulations example. Proportion of adolescents who have become drunk in the last 30 days, smoke daily, and have used cannabis once or more in their lifetime by levels of parental monitoring.

Number of Participants

	Male	Female	Undisclosed	Total
Limestone Coast	76	65	7	148
PY Australia	674	471	49	1 194

Substance use – Key Findings

29.2%

Tried alcohol by
13 years



1.4%



Daily smoking

13.2%



Used cannabis once
or more in their
lifetime

11.5%



Drunk last month

27.5%

Proportion of
adolescents that
drink alcohol at
the home of others



16.4%

Used e-cigarettes once
or more in their lifetime

23.2%



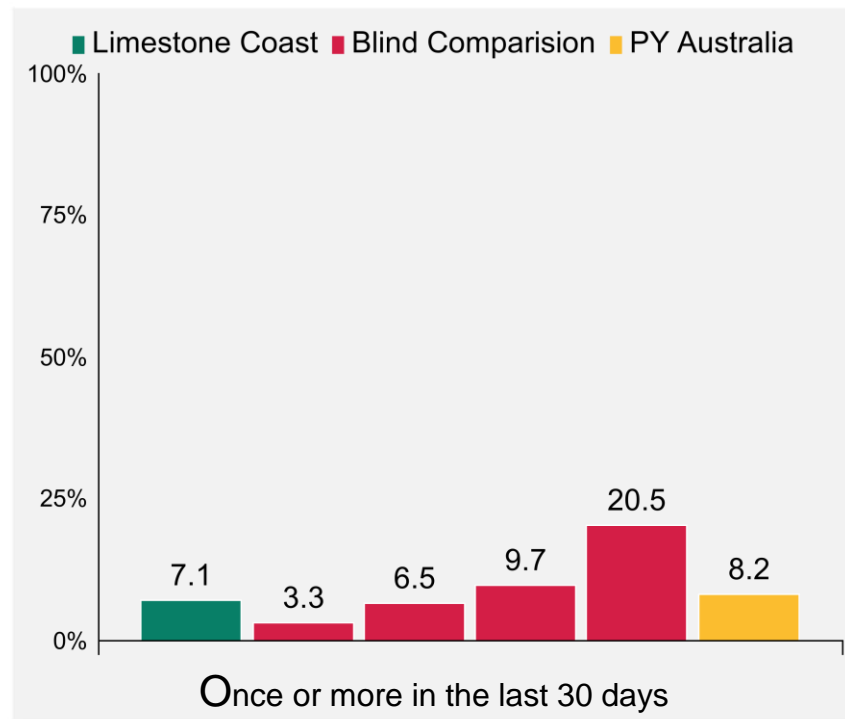
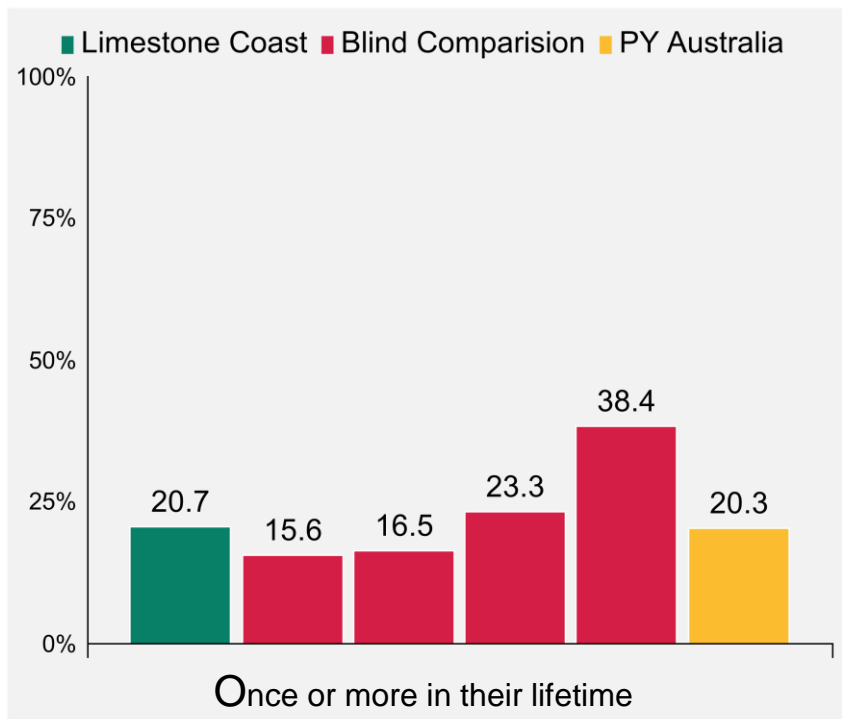
Proportion of
adolescents
that drink
alcohol at home

29.5%

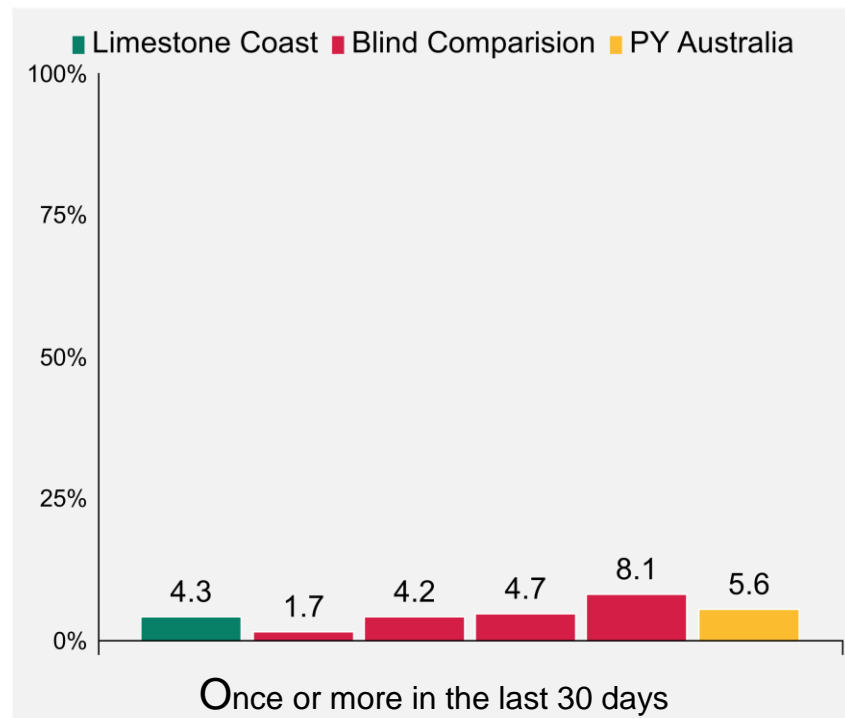
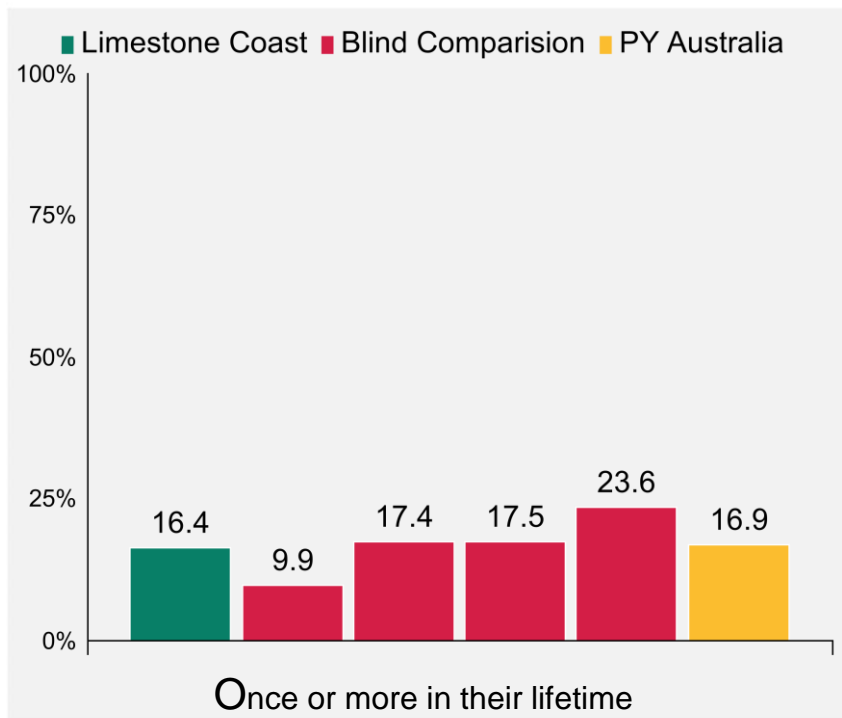


Drunk
in their lifetime

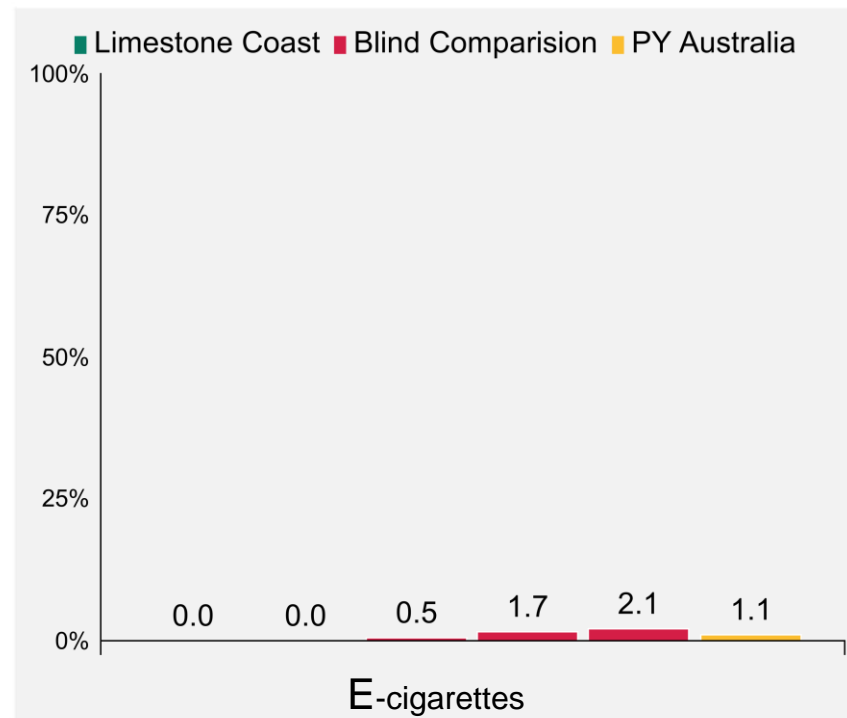
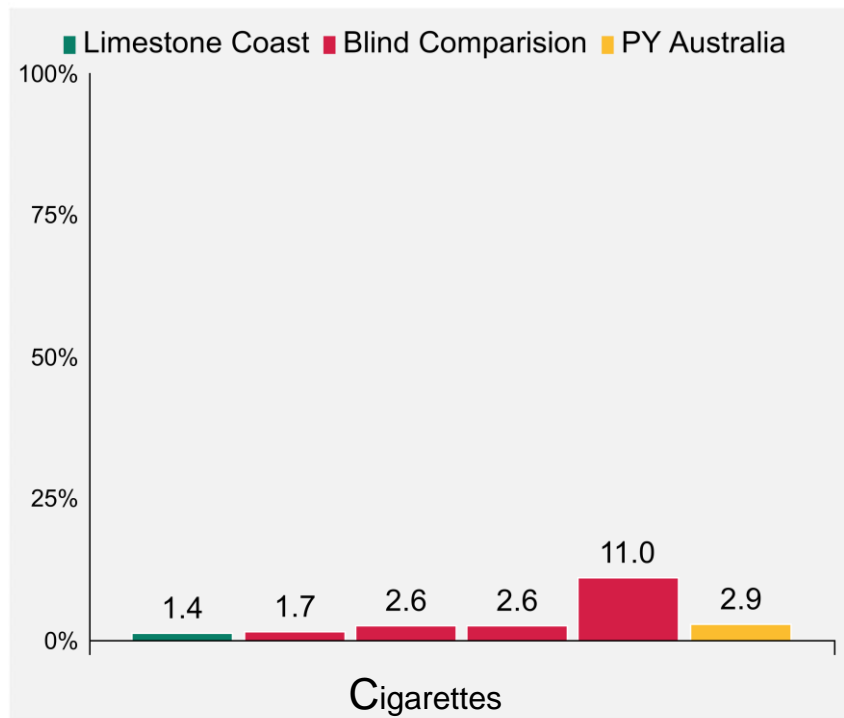
Proportion of adolescents in Limestone Coast who have smoked a cigarette once or more in their lifetime and in the last 30 days, comparison with other participating councils



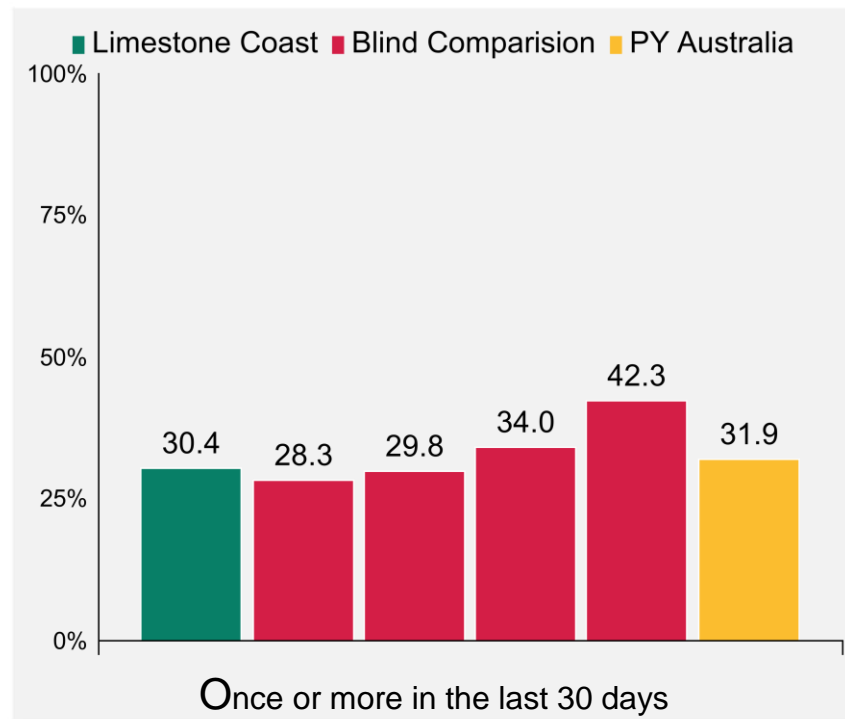
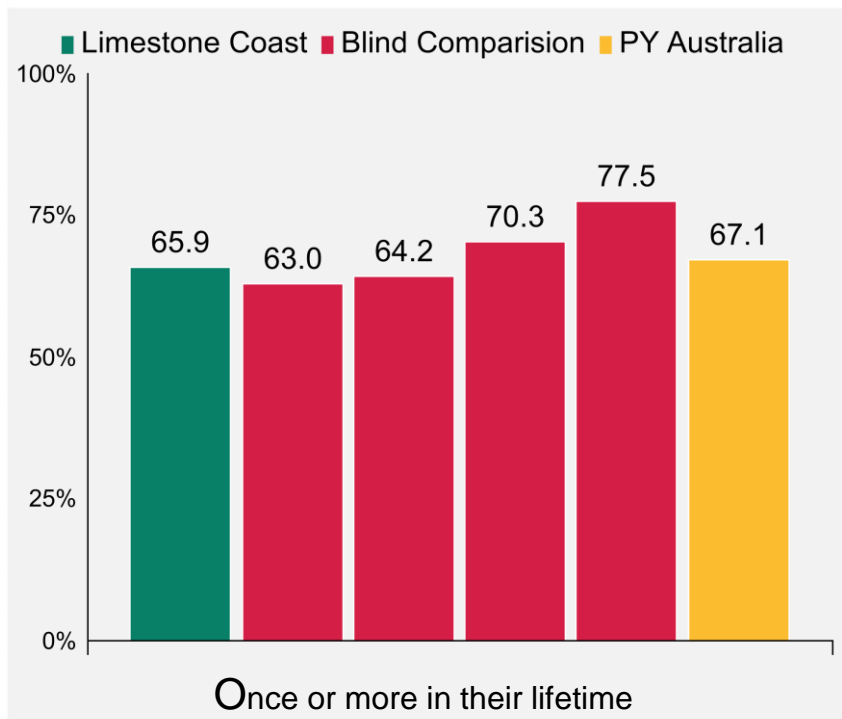
Proportion of adolescents in Limestone Coast who have used an e-cigarette once or more in their lifetime and in the last 30 days, comparison with other participating councils



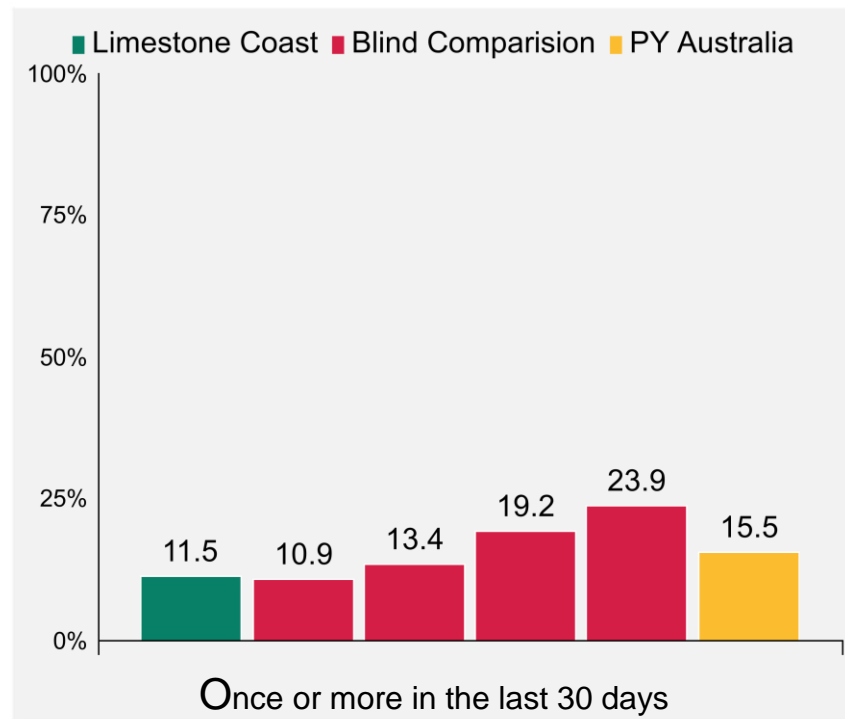
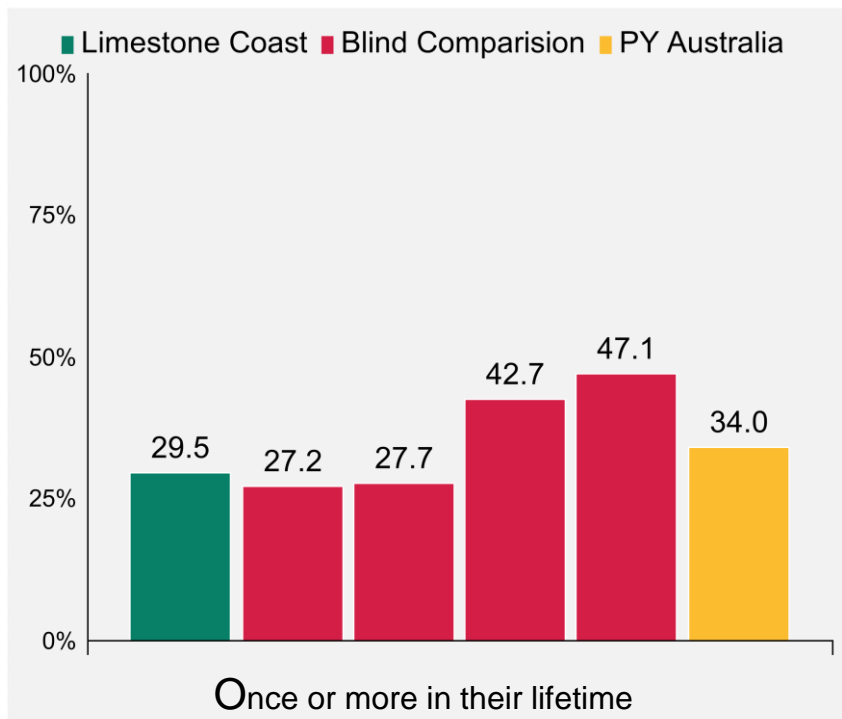
Proportion of adolescents in Limestone Coast who smoke cigarettes daily or use e-cigarettes daily, comparison with other participating councils



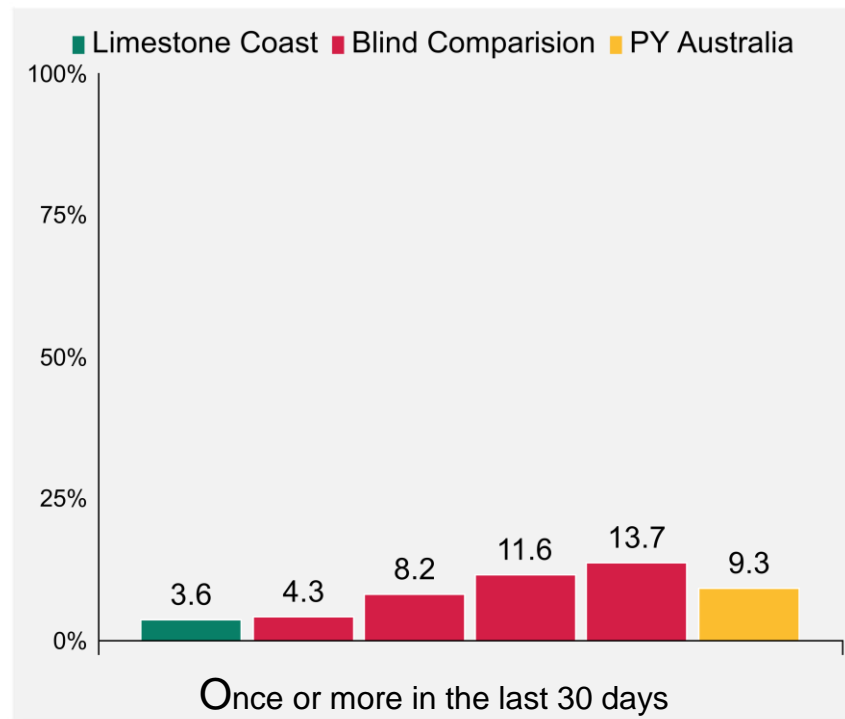
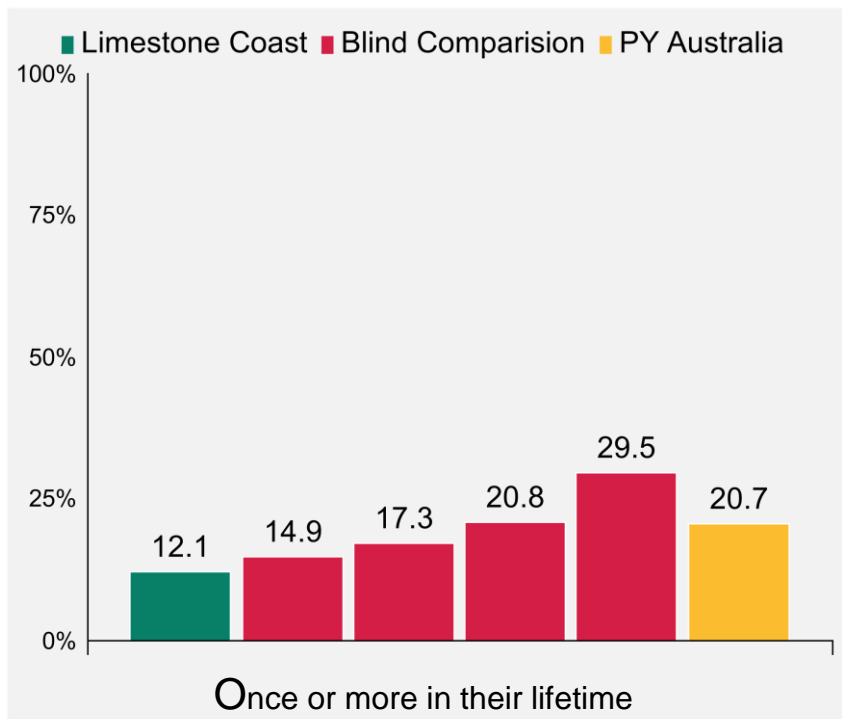
Proportion of adolescents in Limestone Coast who have used alcohol once or more in their lifetime and in the last 30 days, comparison with other participating councils



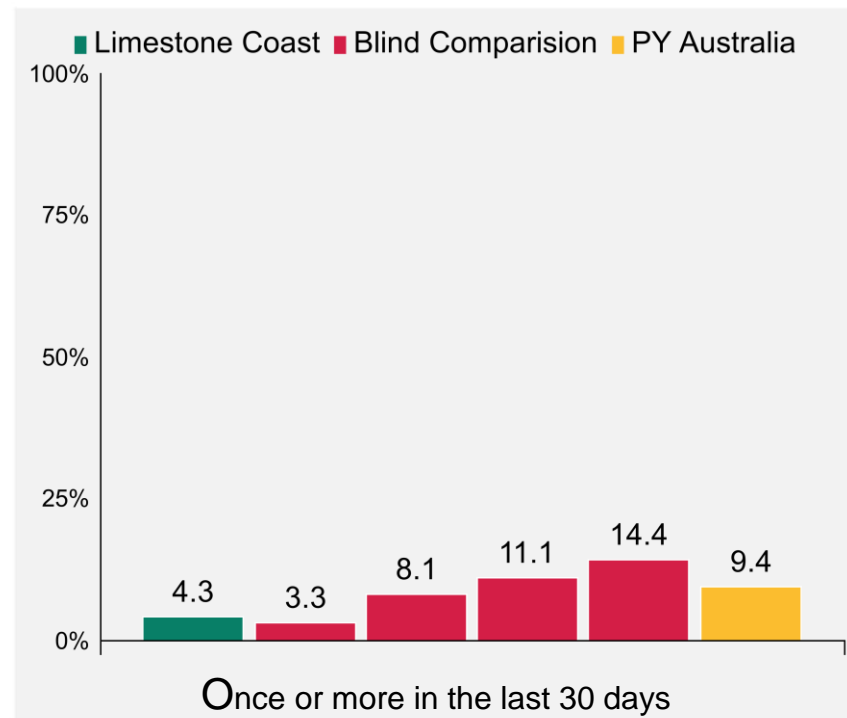
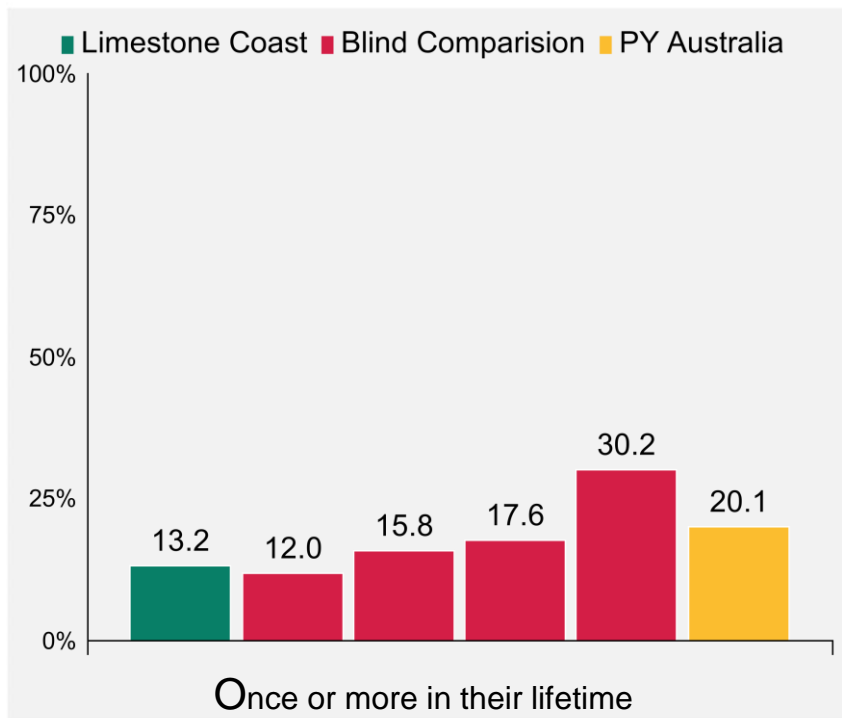
Proportion of adolescents in Limestone Coast who have become drunk once or more in their lifetime and in the last 30 days, comparison with other participating councils



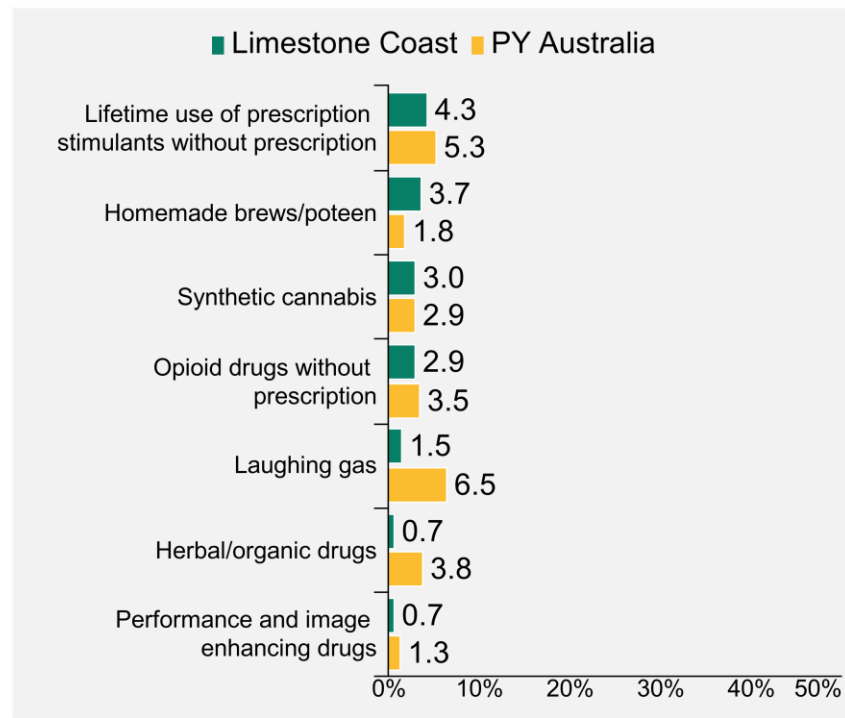
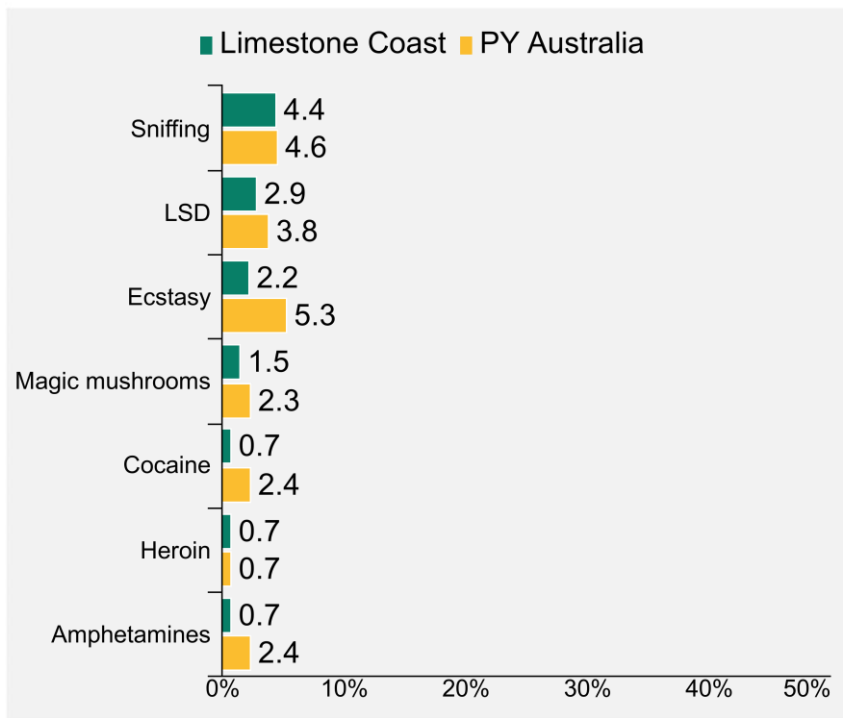
Proportion of adolescents in Limestone Coast who have used a water pipe/bong once or more in their lifetime and in the last 30 days, comparison with other participating councils



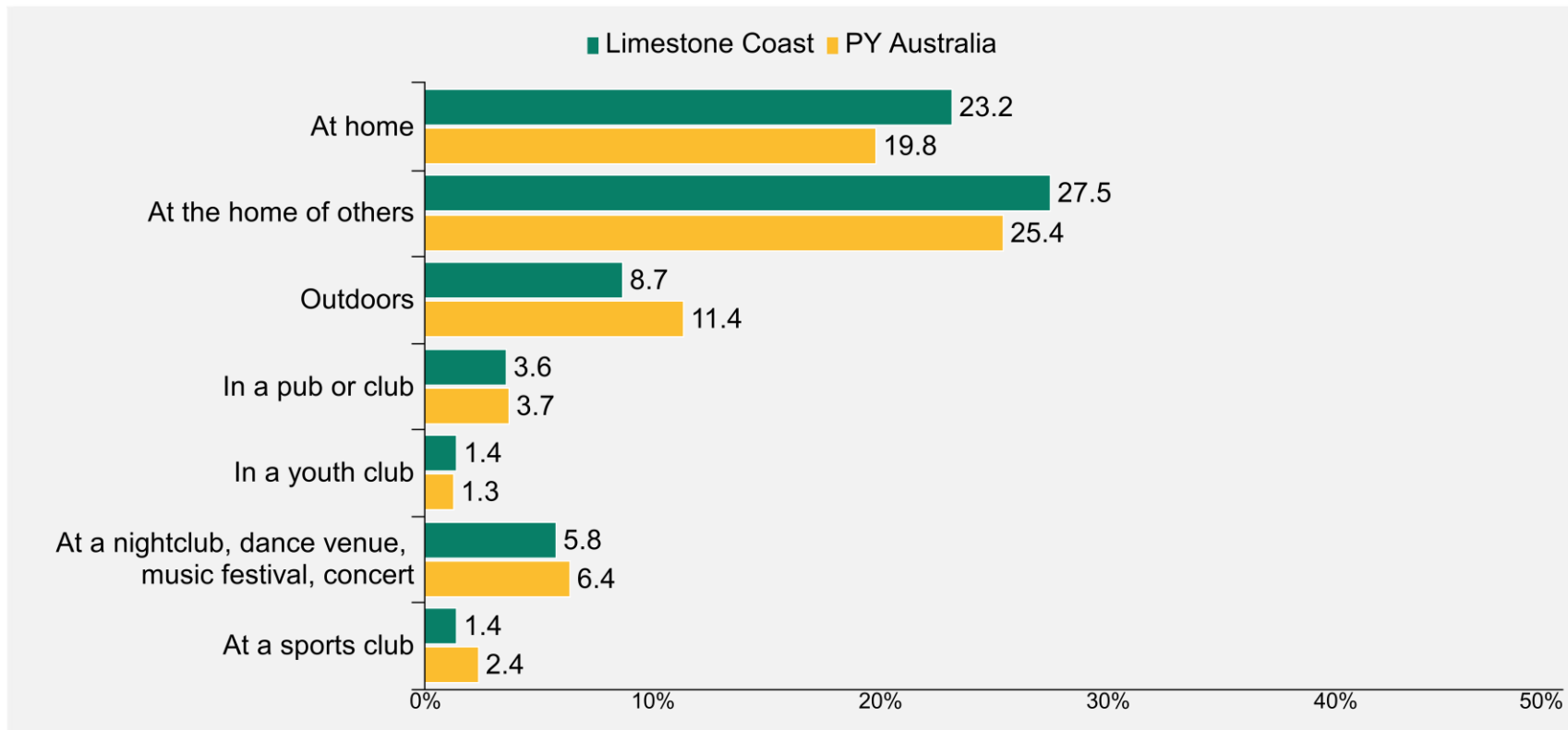
Proportion of adolescents in Limestone Coast who have used cannabis once or more in their lifetime and in the last 30 days, comparison with other participating councils



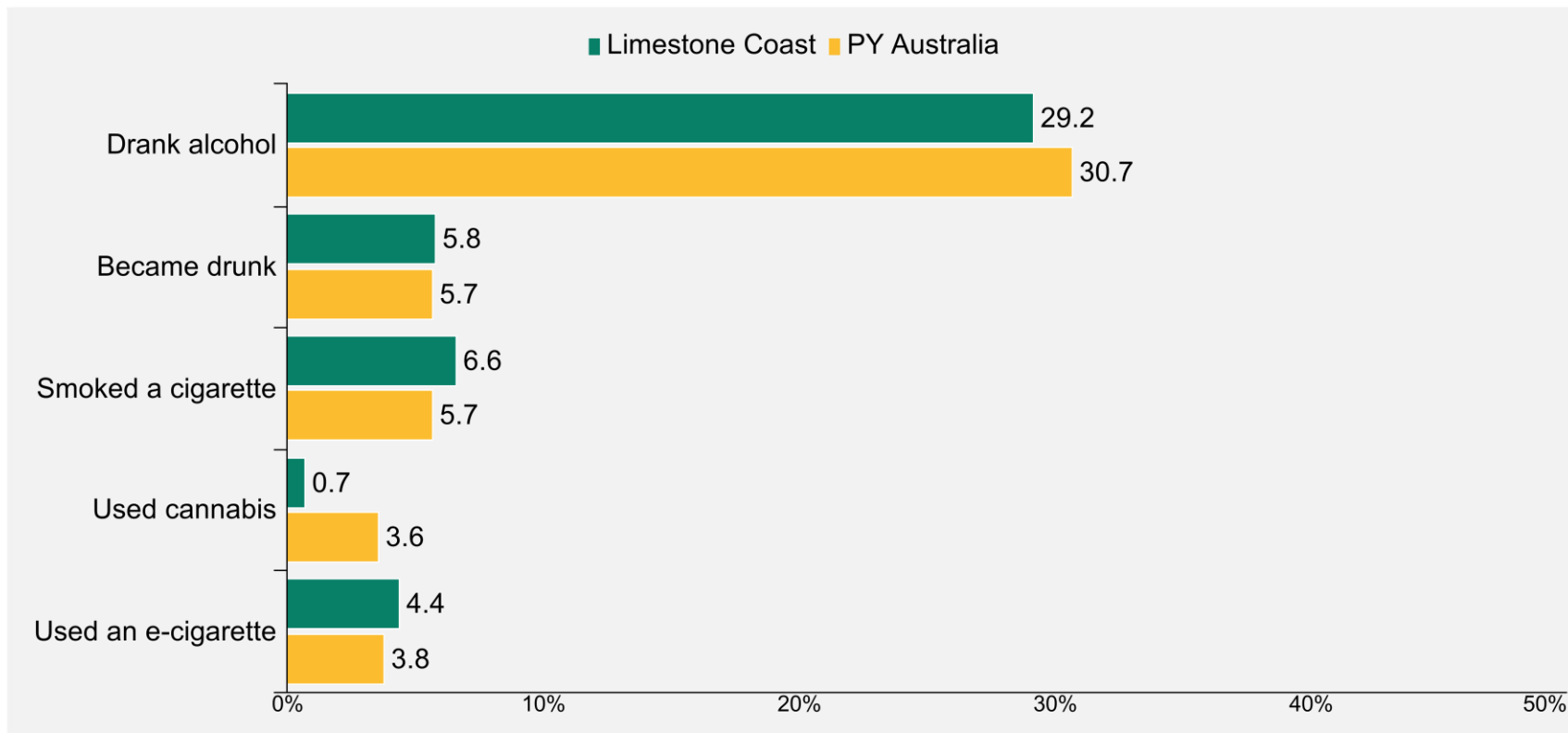
Adolescents in Limestone Coast who have used the following substances once or more in their lifetime



Proportion of adolescents in Limestone Coast who drink alcohol sometimes or often in the following places



Proportion of adolescents in Limestone Coast who drank alcohol, became drunk, smoked a cigarette, used cannabis and used an e-cigarette for the first time at 13 years or younger



Family – Key Findings

98.5%

Parents who disapprove
of cannabis use



95.2%

Parents know where
teenagers are in the
evenings

32.9%

Of boys who spend
time with parents
on weekends



70.8%

Of parents who know
the parents of their
child's friends

84.7%

Parents who disapprove
of drunkenness

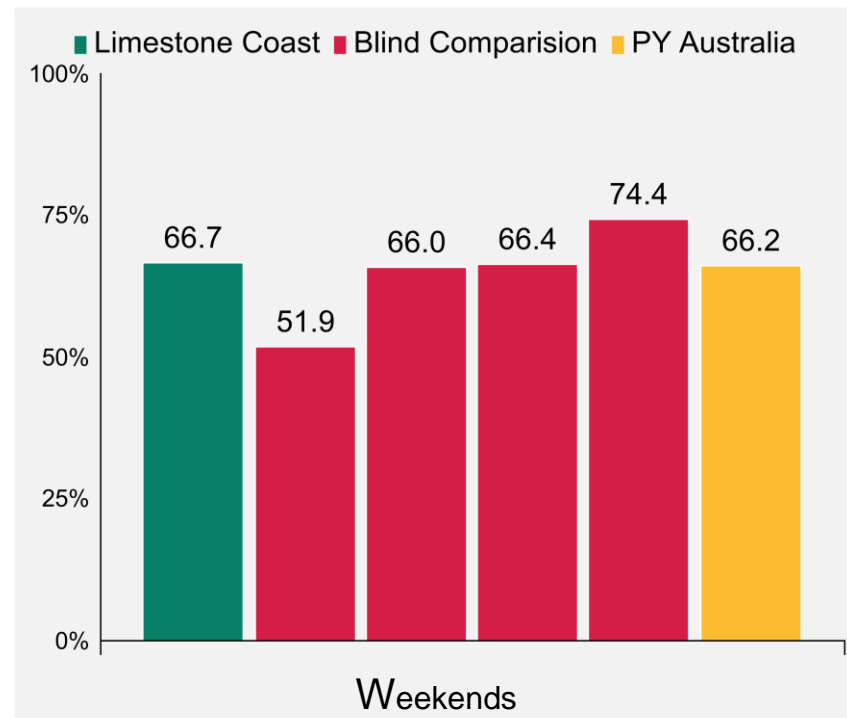
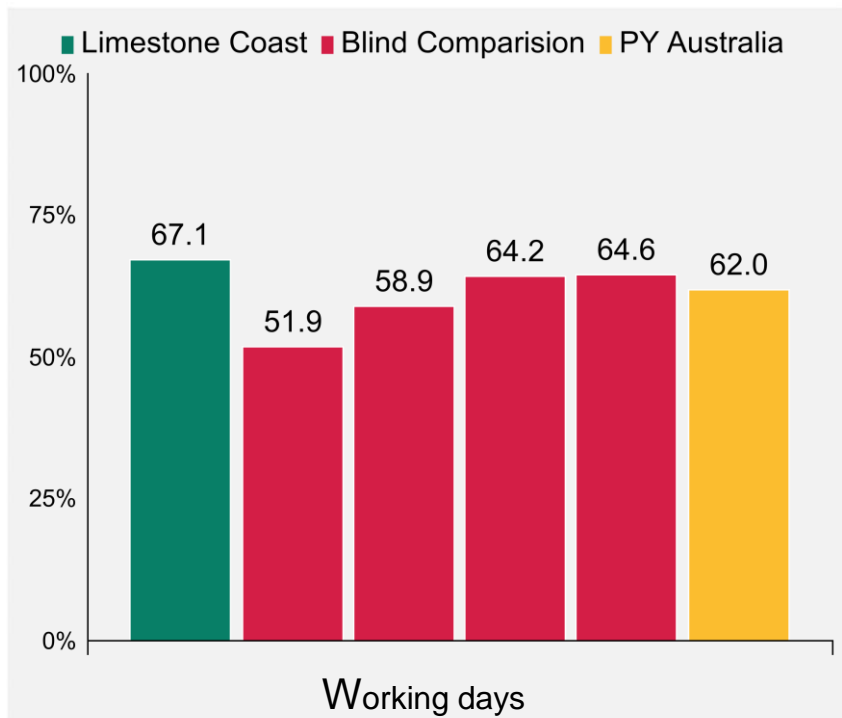


34.4%

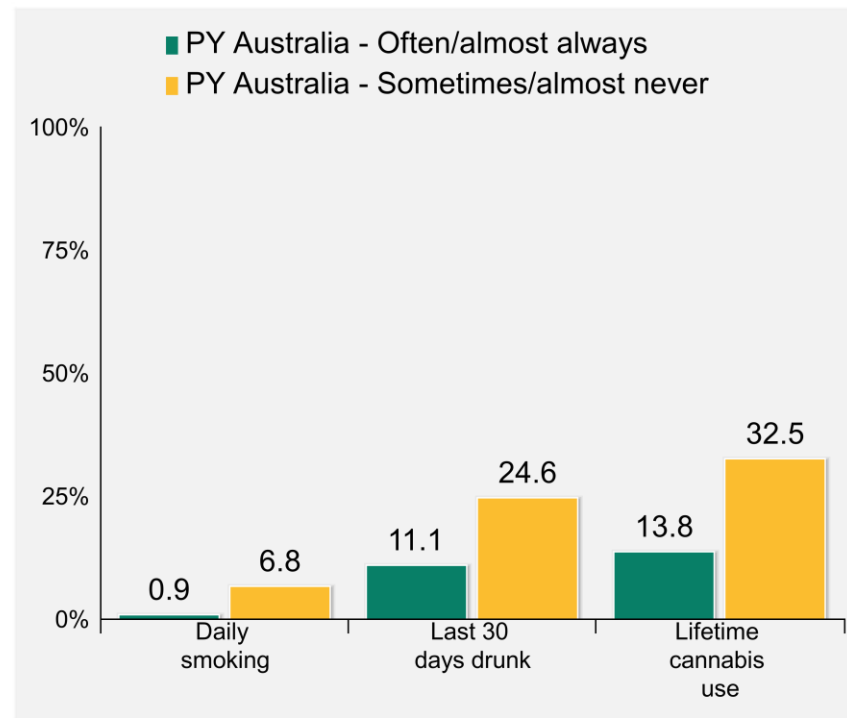
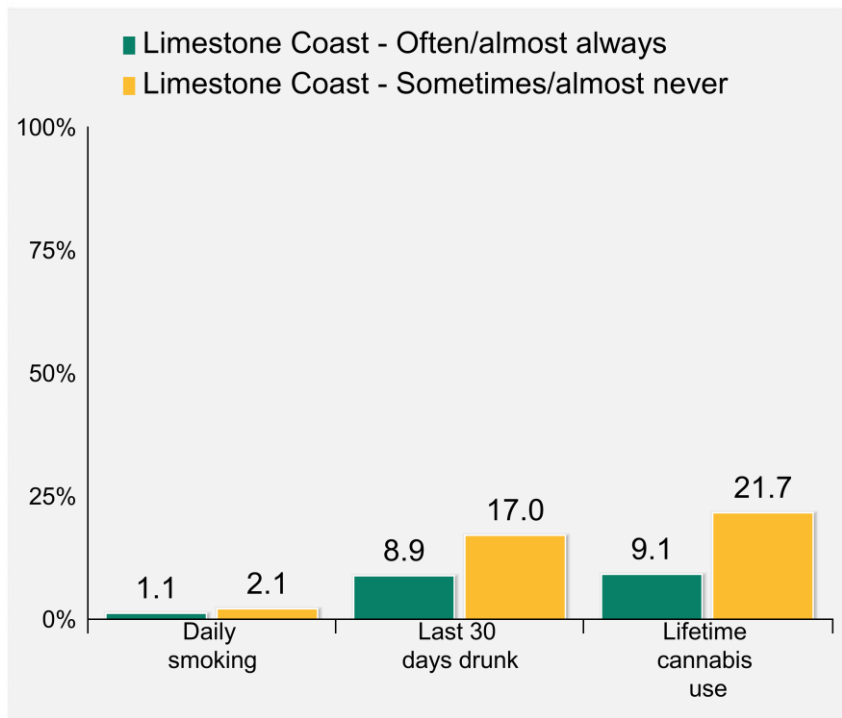
Of girls who spend
time with parents
on weekends



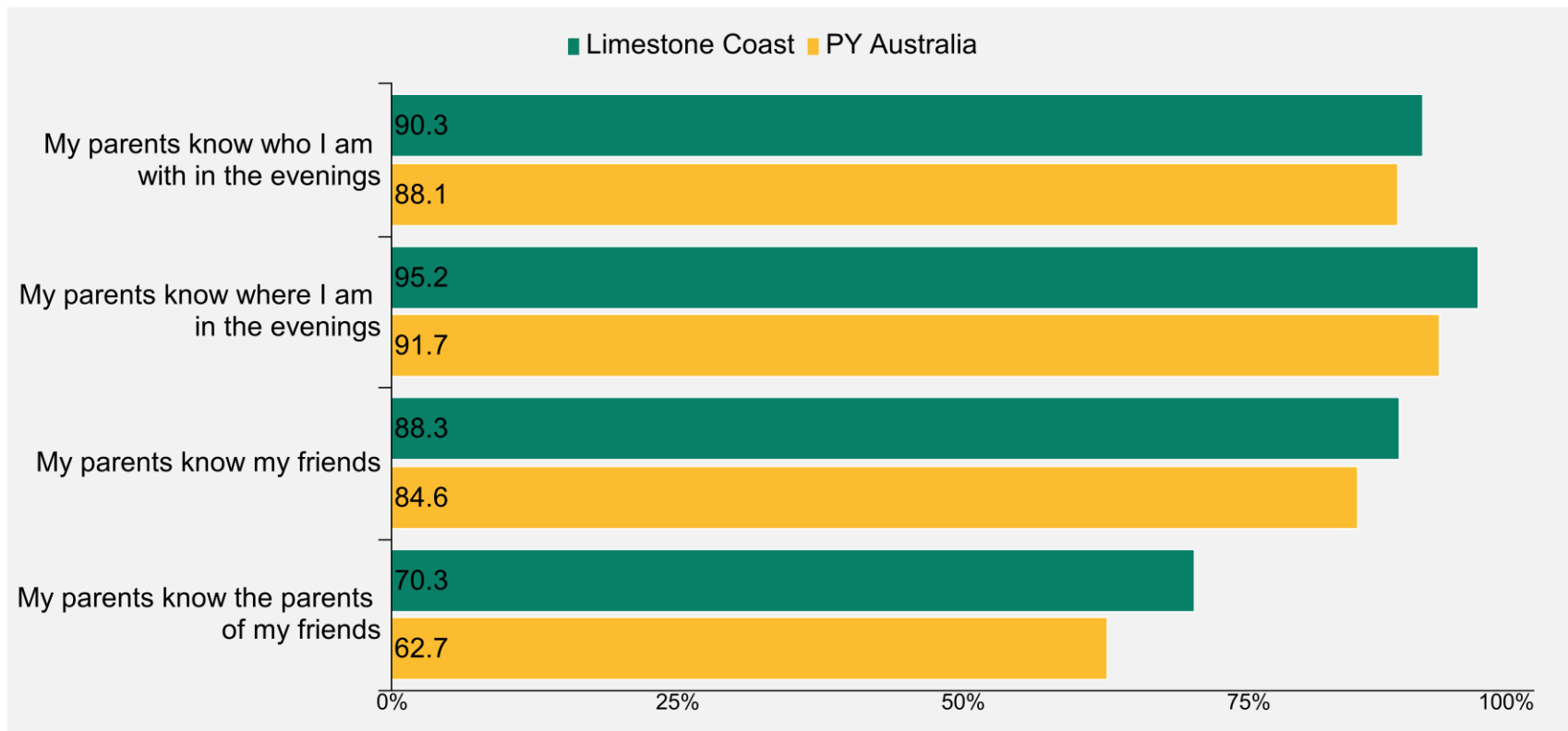
Proportion of adolescents in Limestone Coast who spend time with their parents often or always on working days and weekends, comparison with other participating councils



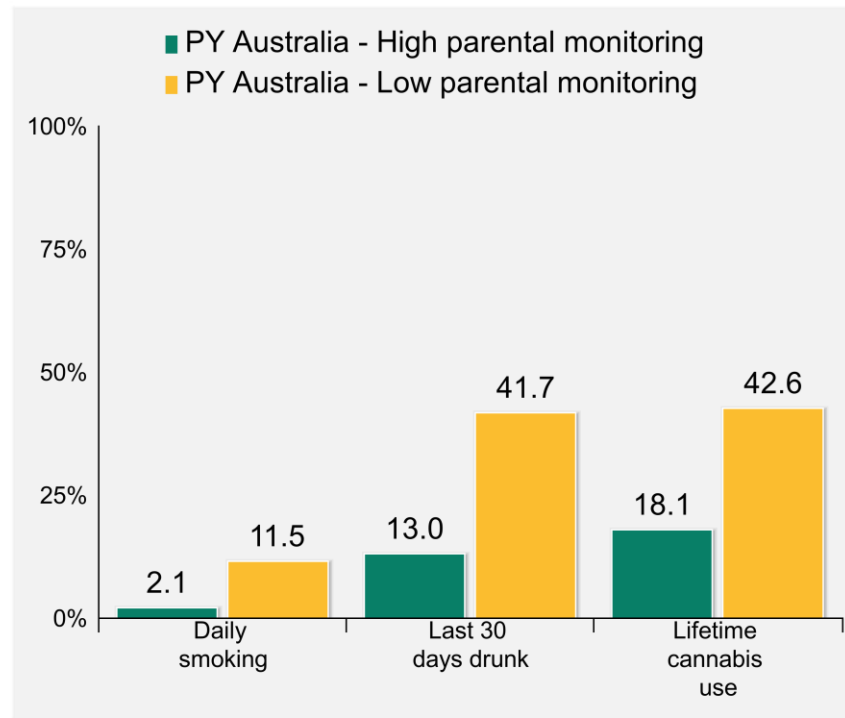
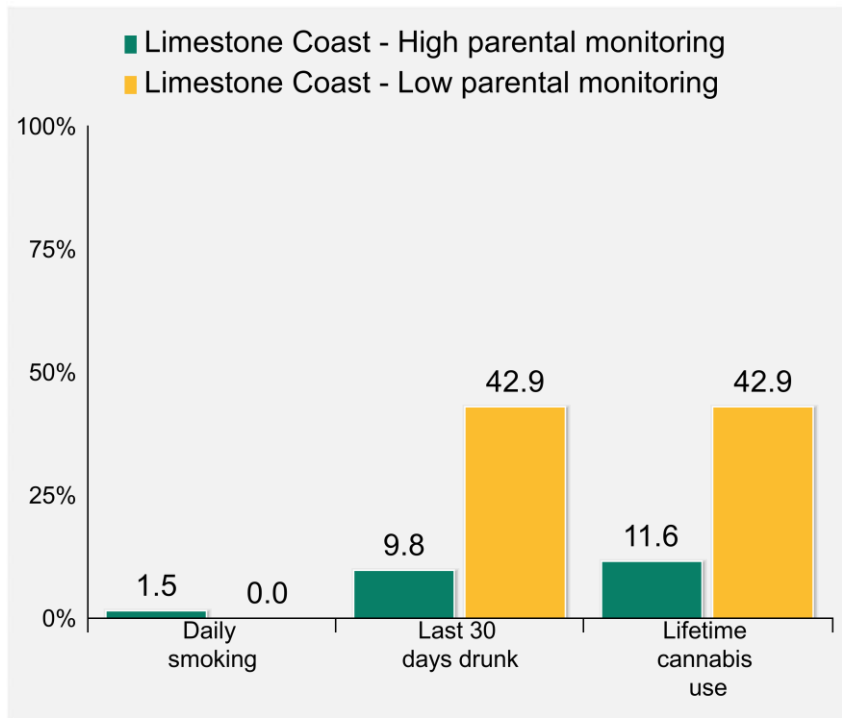
Substance use against spending time with parents on the weekends



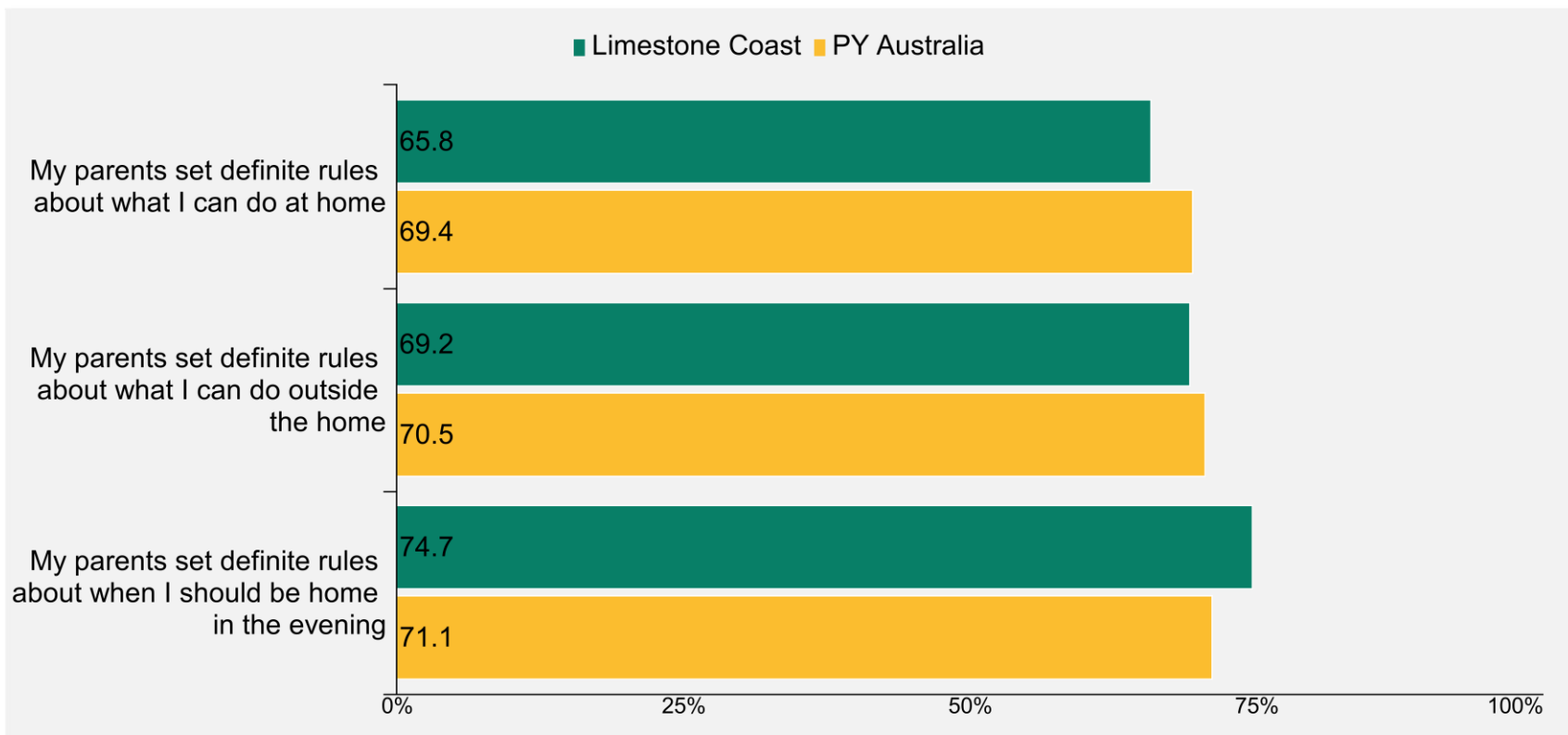
Proportion of adolescents in Limestone Coast who report that the following parental monitoring applies quite or very well to them



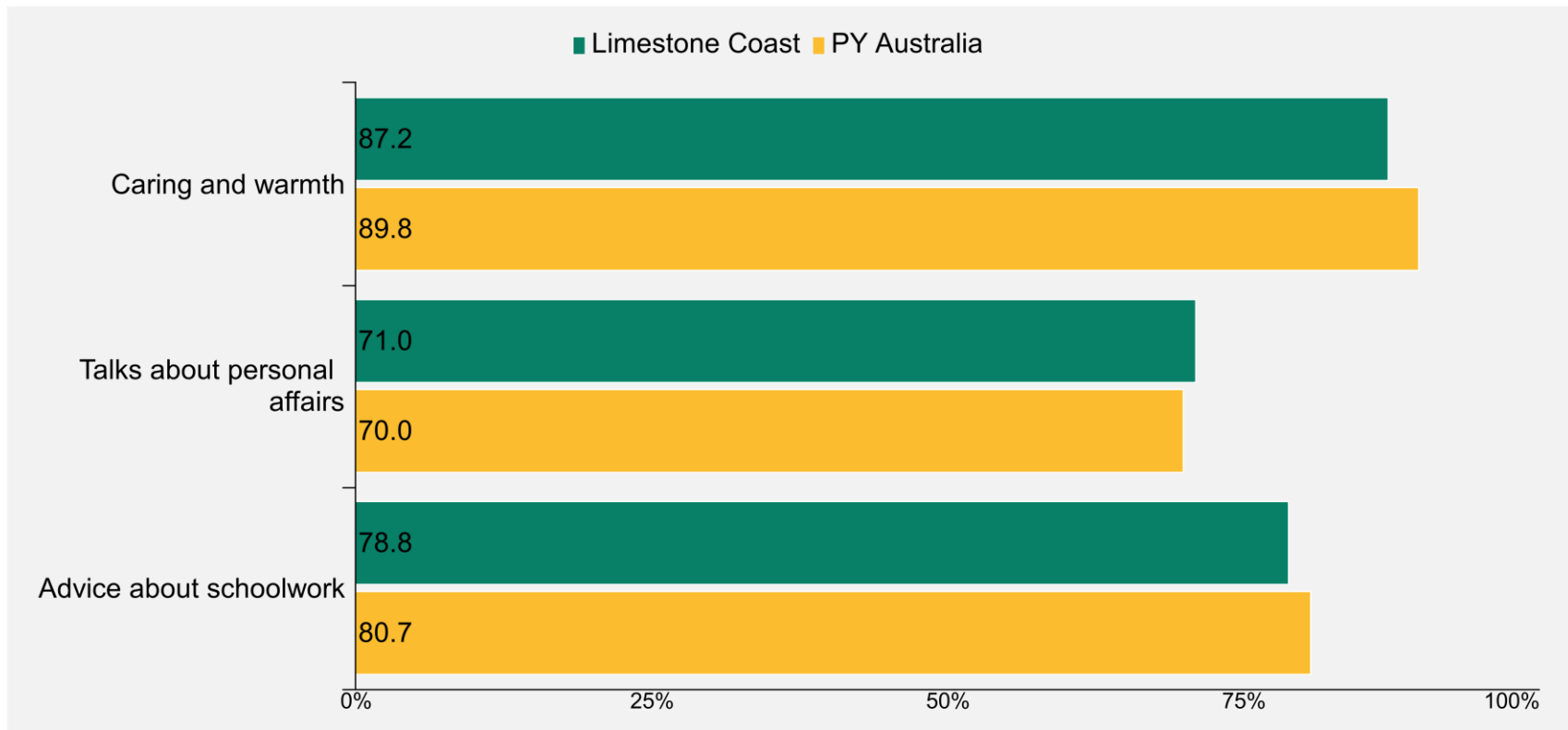
Substance use against parents knowing adolescent's whereabouts in the evenings



Proportion of adolescents in Limestone Coast who report that the following parental rules apply quite or very well to them

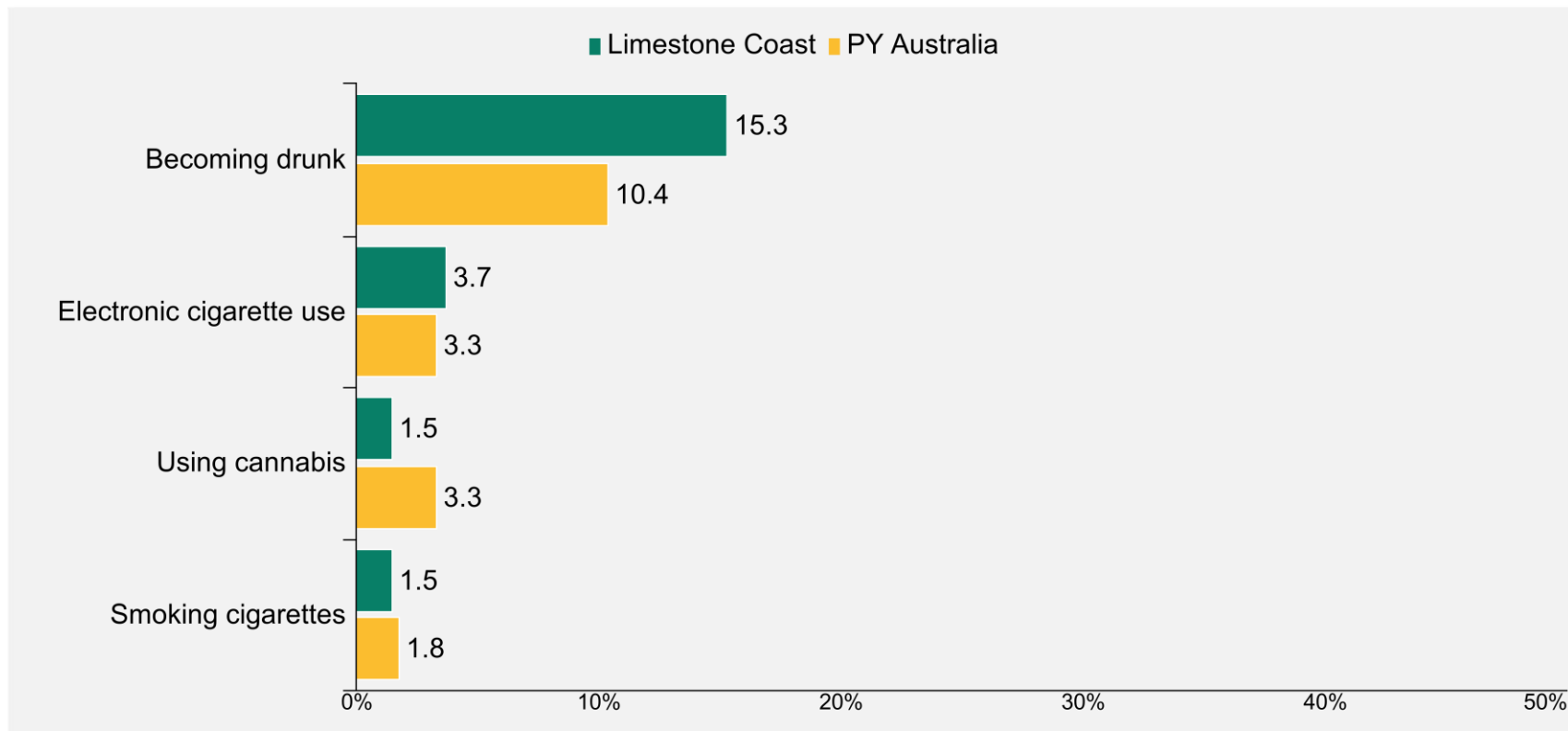


Proportion of adolescents in Limestone Coast who report that it is very or rather easy to receive the following parental support

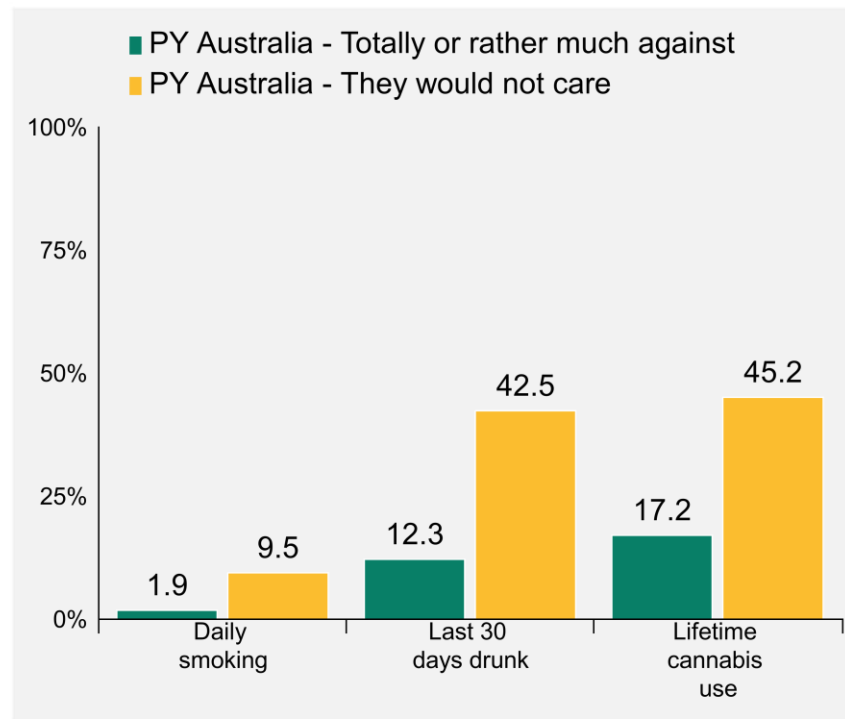
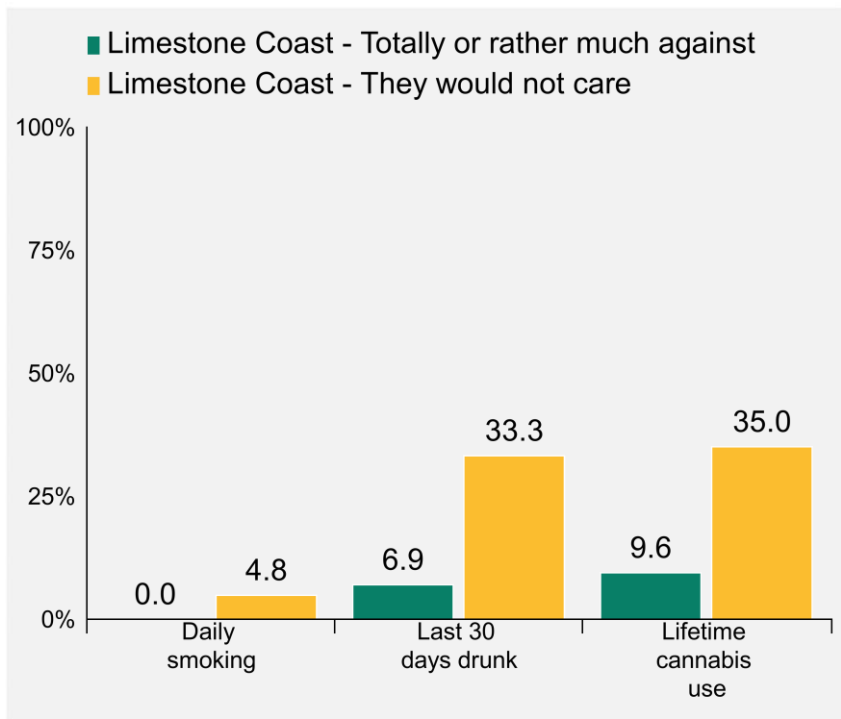


Perceived parental reactions to substance use

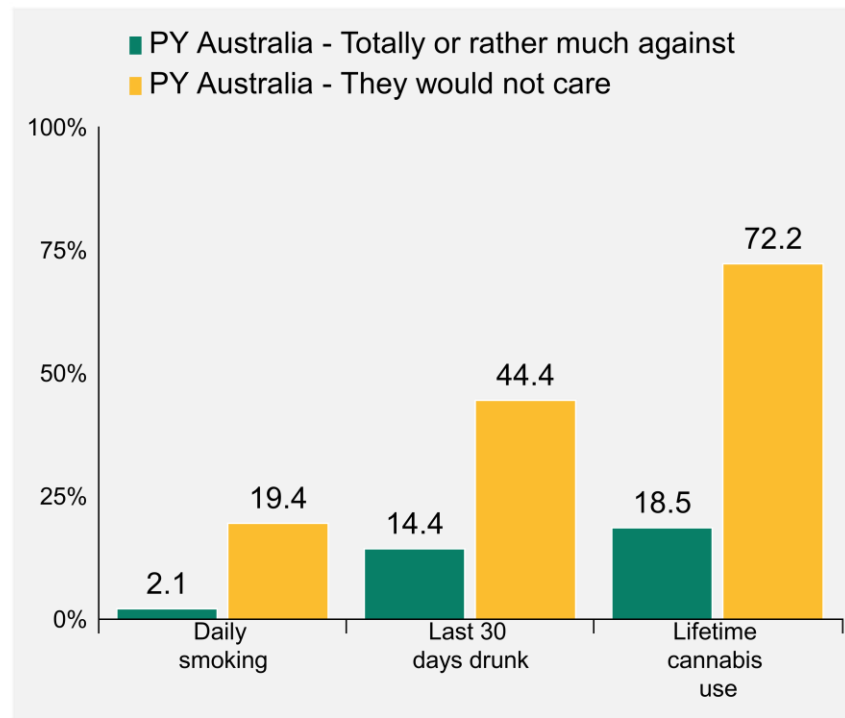
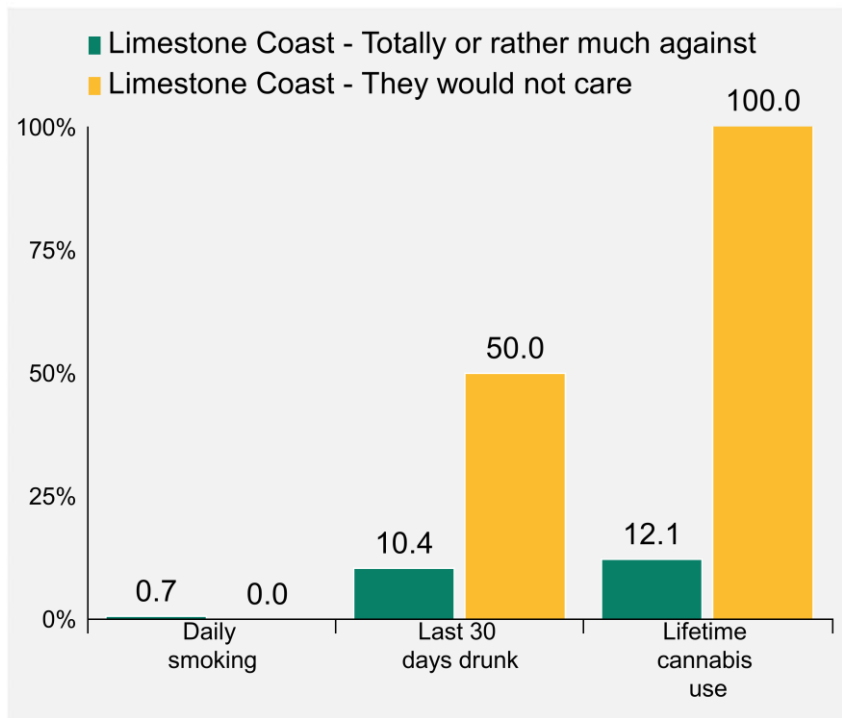
Student perceptions that their parents would not care about the following substance use



Substance use against perceived parental reactions to becoming drunk



Substance use against perceived parental reactions to cannabis use



Peer group effects - Key findings

13.2% 

Of teenagers who agree somewhat or strongly that it is important to drink so you are not left out of peer group



9.7% 

Of teenagers who agree somewhat or strongly that it is important to smoke so you are not left out of peer group



9.0% 

Of teenagers who agree somewhat or strongly that it is important use cannabis so you are not left out of peer group

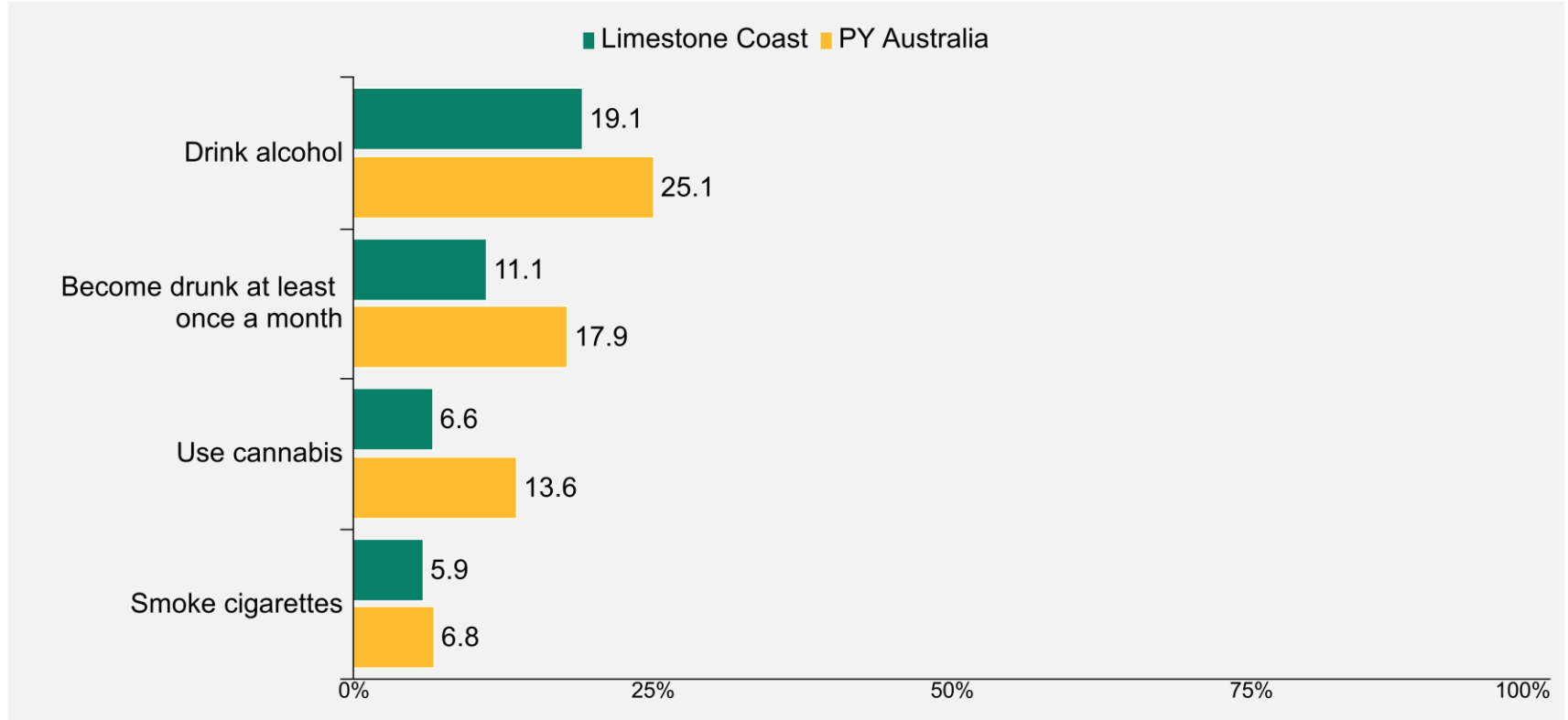


11.1%

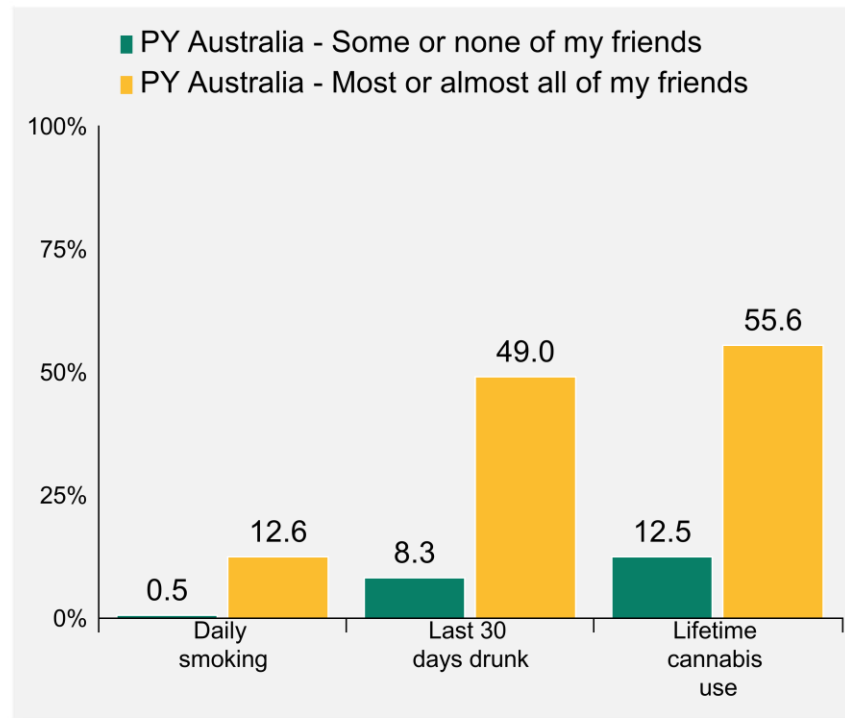
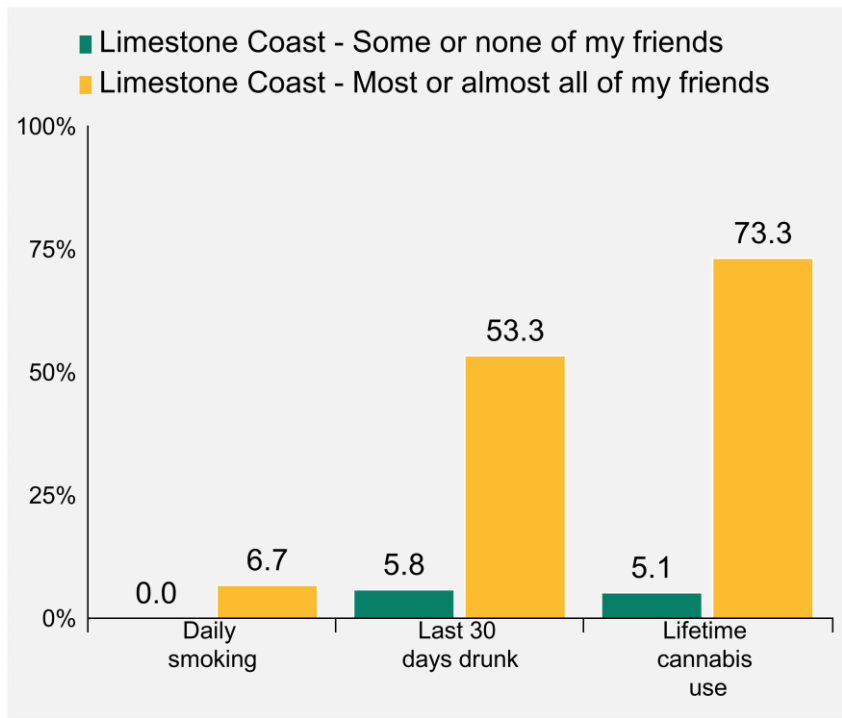
Of teenagers who thought friends had been drunk in last month



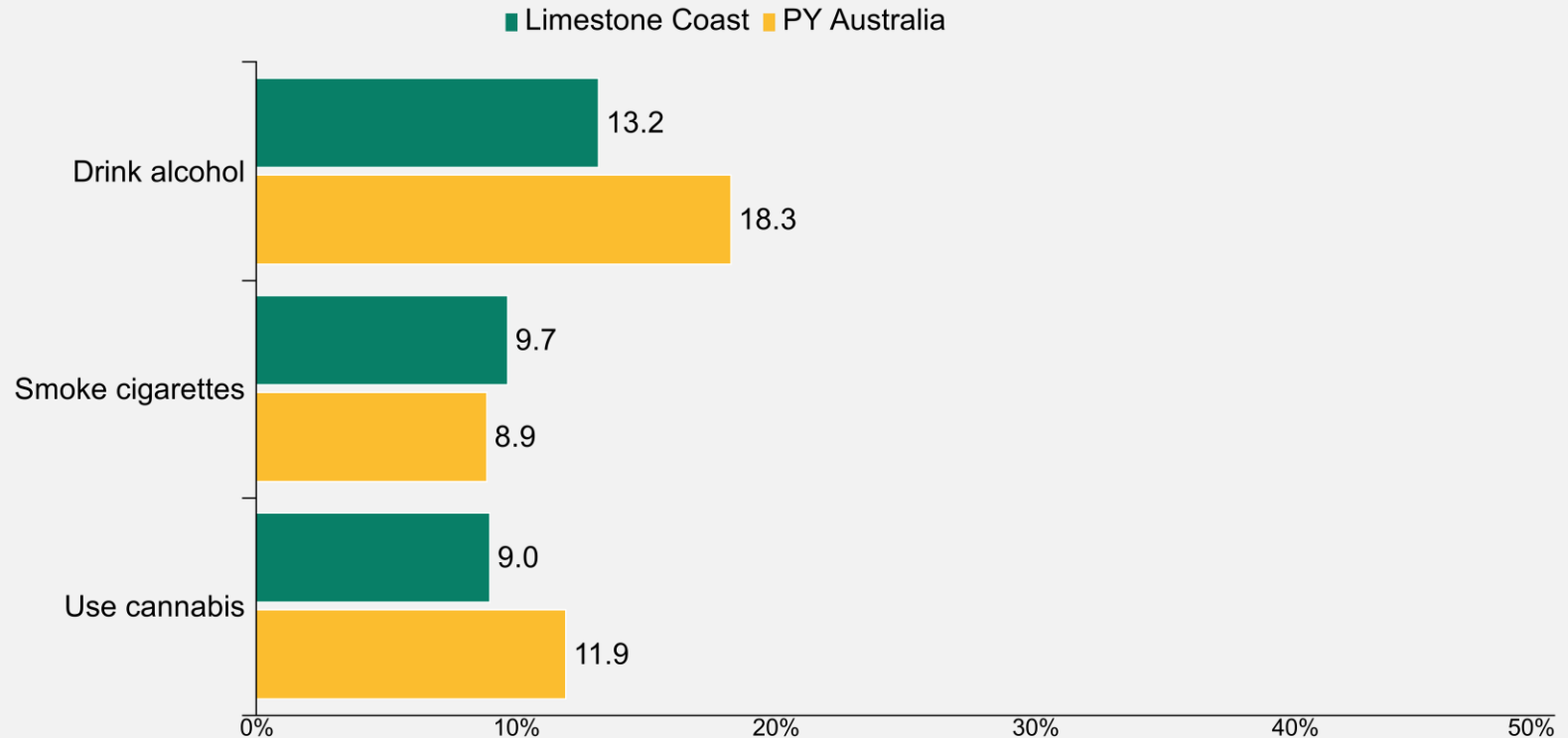
Proportion of adolescents in Limestone Coast who report that most/almost all of their friends: smoke cigarettes, drink alcohol, become drunk at least once per month, use cannabis substances



Substance use against perceived level of peer monthly drunkenness

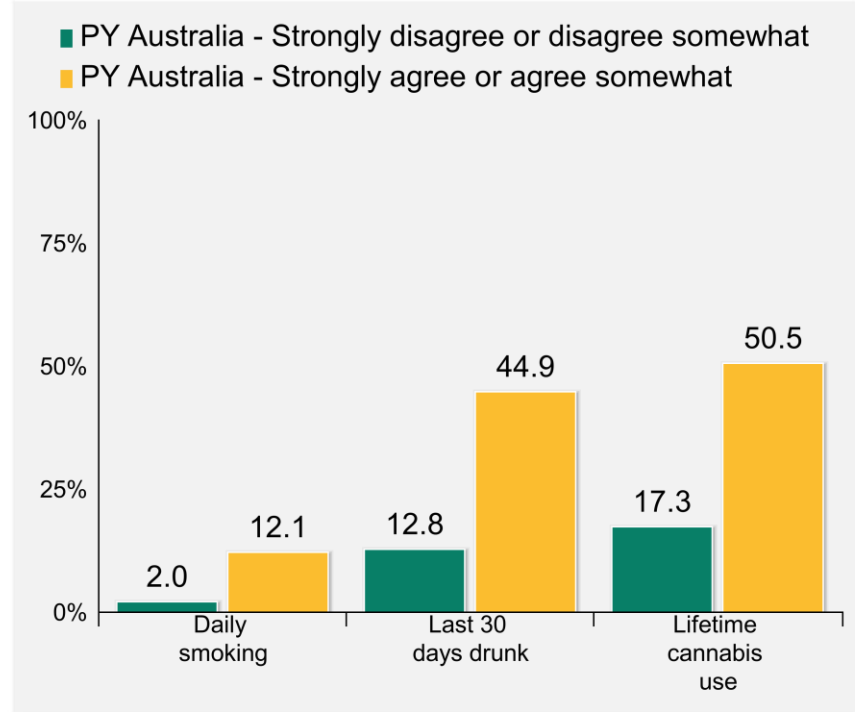
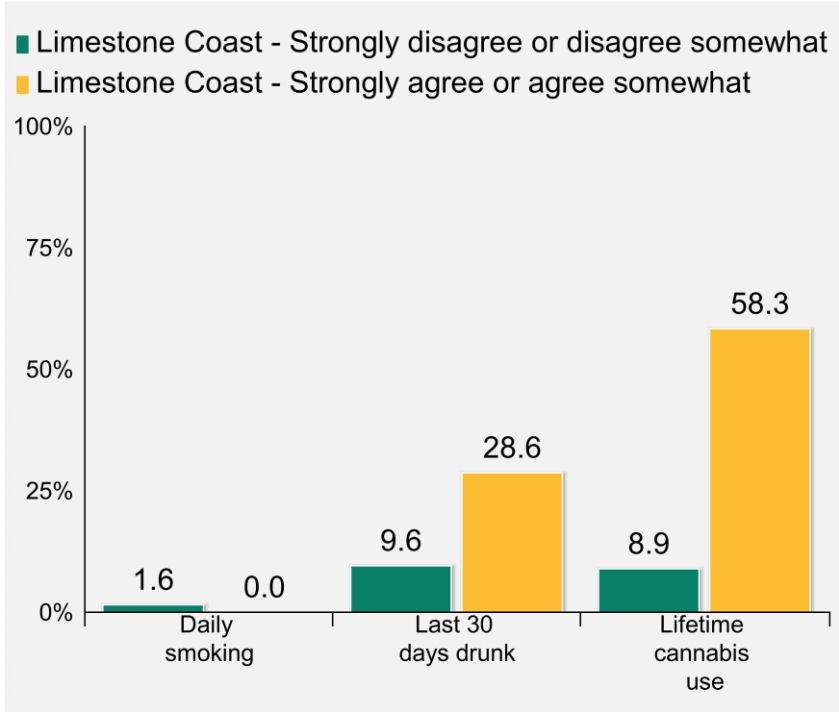


Proportion of adolescents in Limestone Coast who strongly agree or agree somewhat that it is necessary to do the following in order not to be left out of the peer group



Substance use against peer acceptance

Sometimes it is necessary to smoke cigarettes in order to not be left out of the peer group.



School - Key findings



79.2%

Who feel safe in school

14.3%

Of boys that have
skipped school once
or more last month

7.7%

Of girls that find
schoolwork pointless



6.7%

Of girls that have
skipped school once
or more last month



20.0%

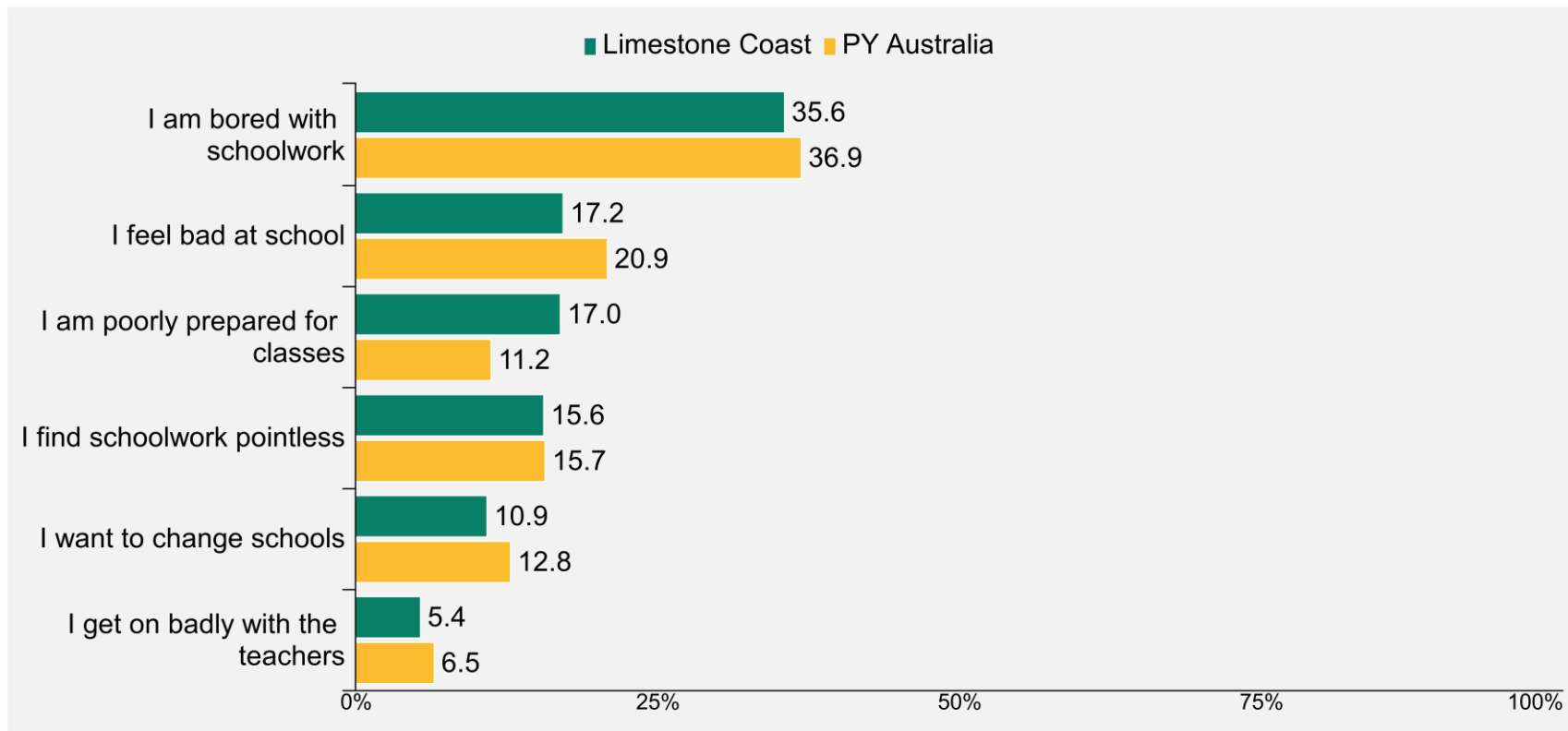
Of boys that find
schoolwork pointless



10.9%

Want to change school

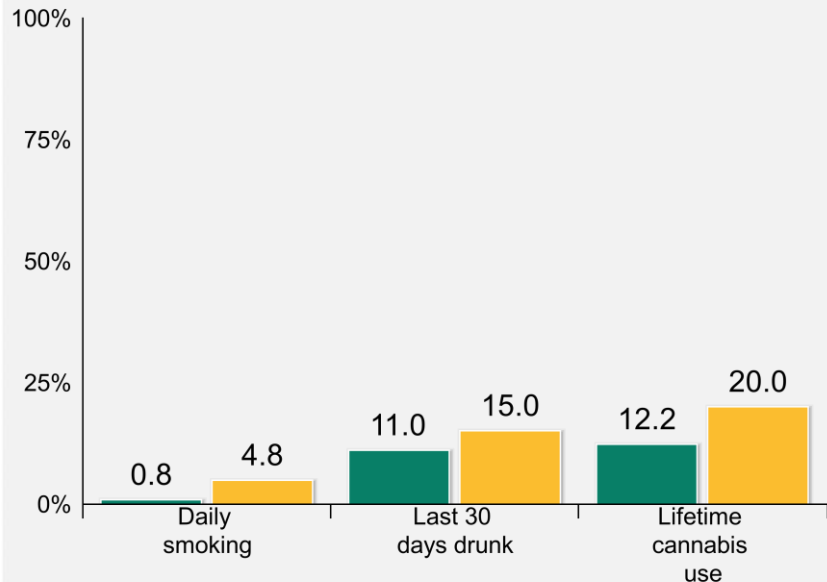
Proportion of adolescents in Limestone Coast who report that the following school/study attitude applies often or almost always to them



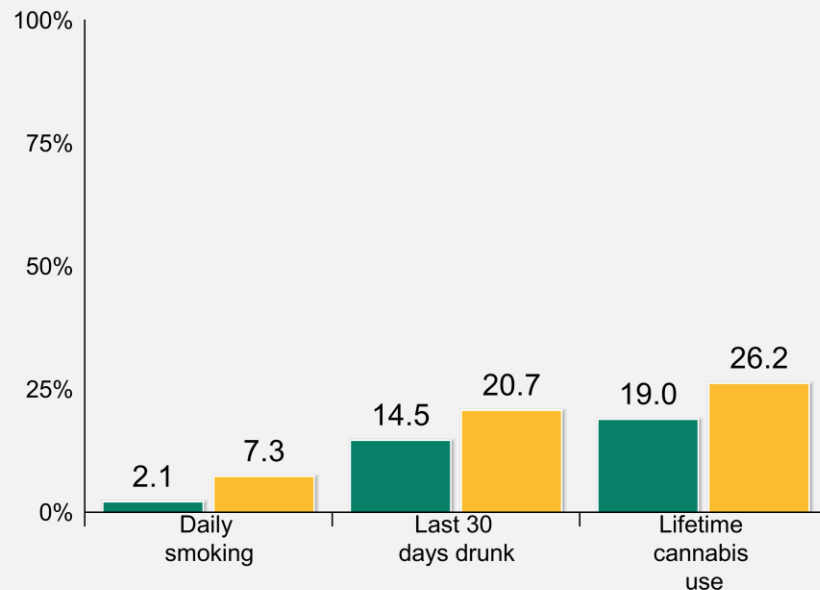
Substance use against attitude towards school

I find schoolwork pointless

■ Limestone Coast - Applies almost never or sometimes to me
■ Limestone Coast - Applies often or almost always to me

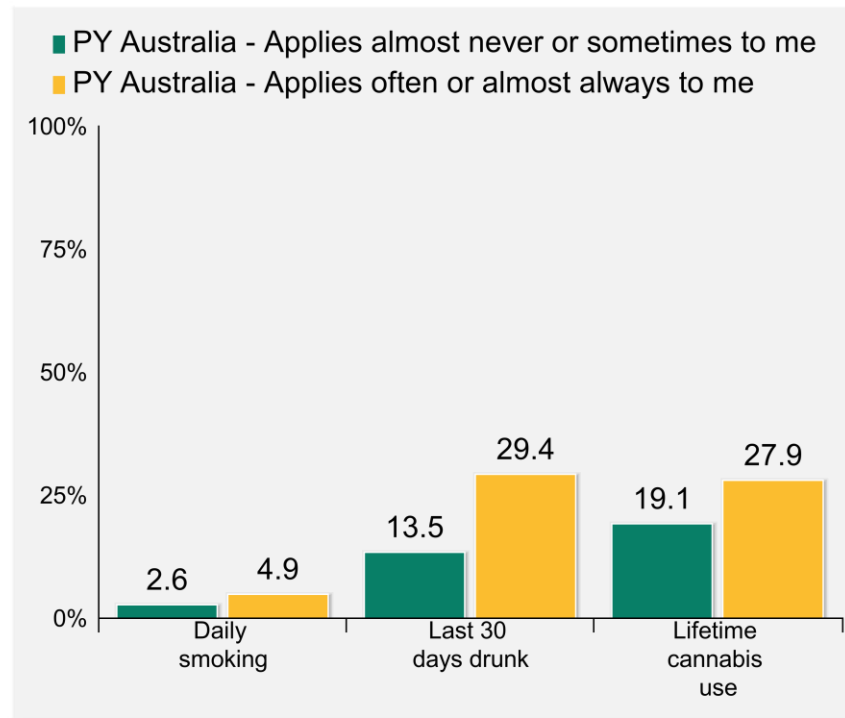
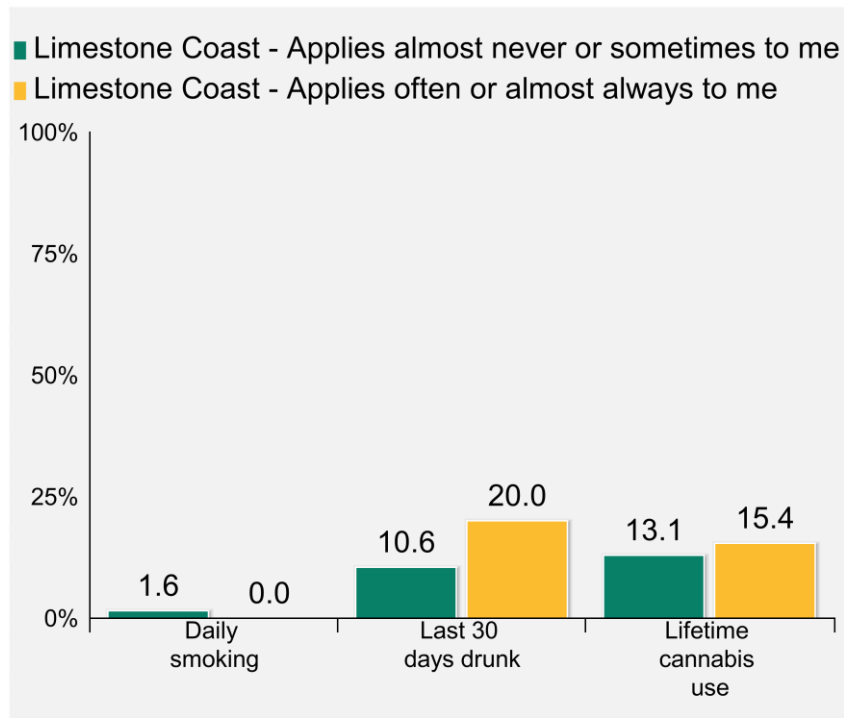


■ PY Australia - Applies almost never or sometimes to me
■ PY Australia - Applies often or almost always to me

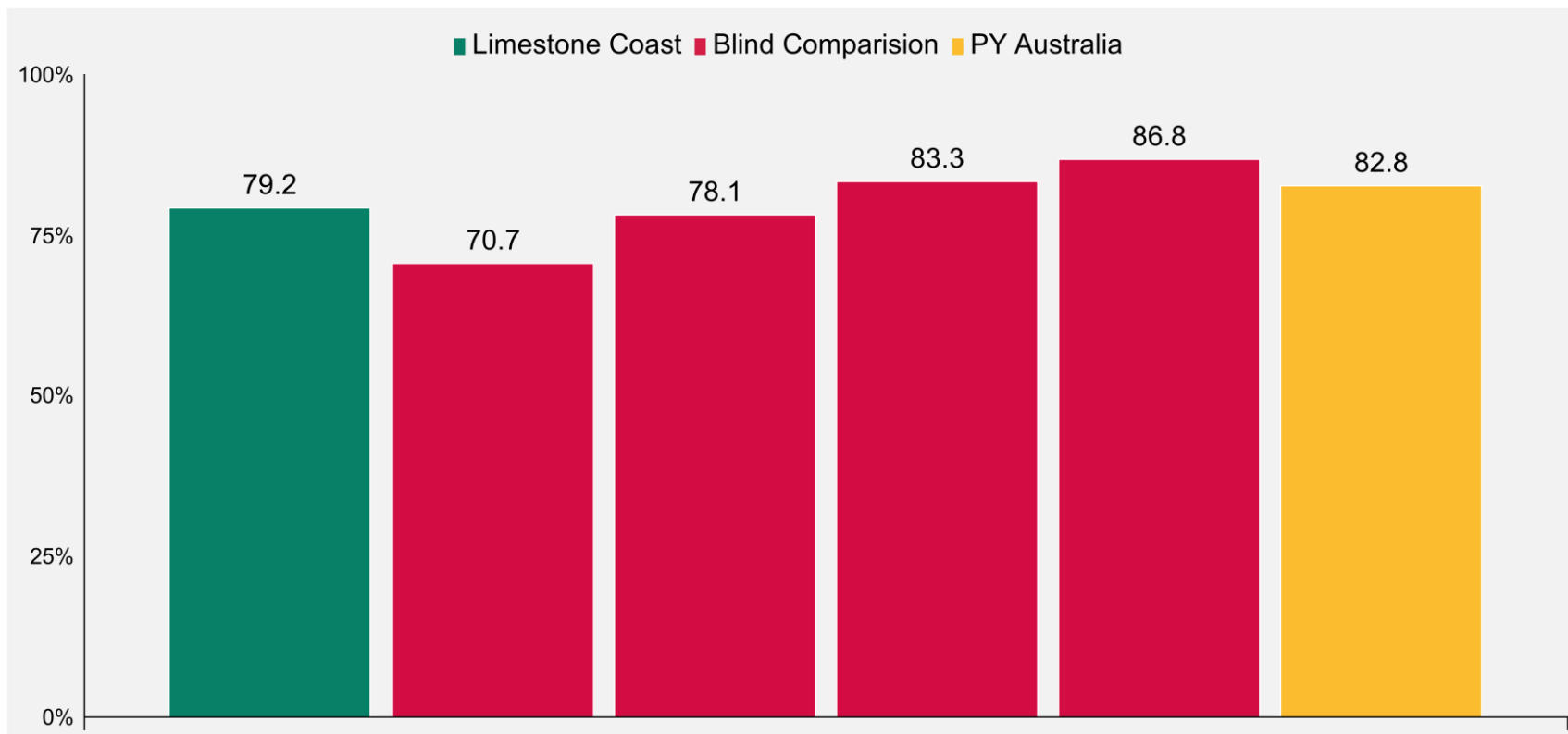


Substance use against attitudes towards school

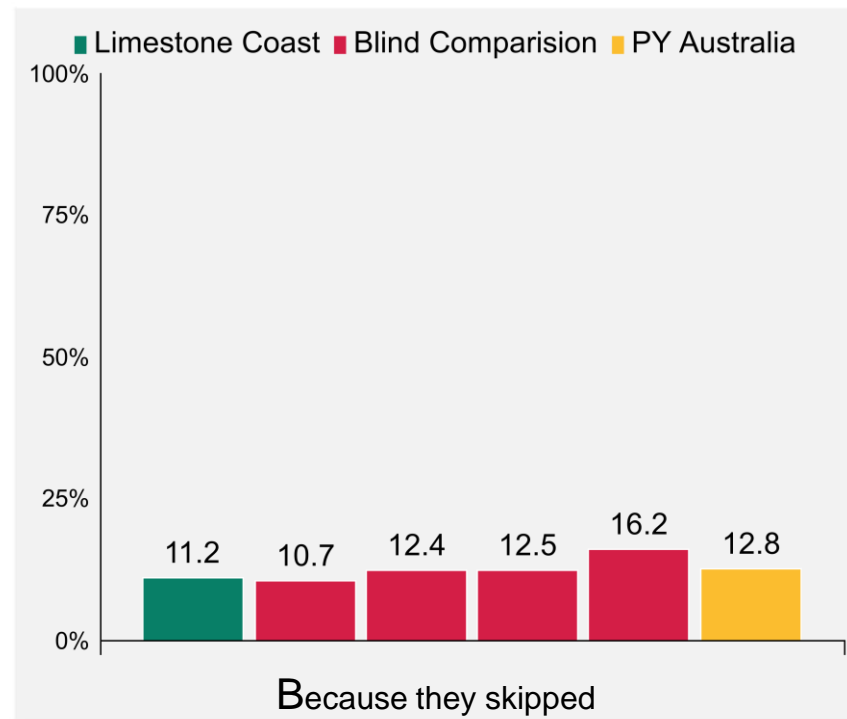
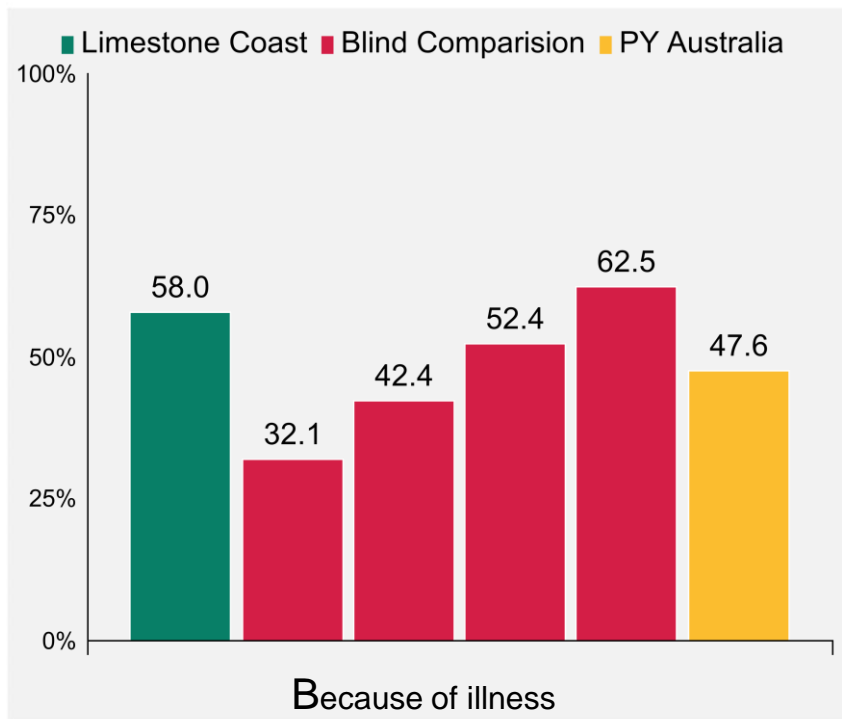
I want to change schools



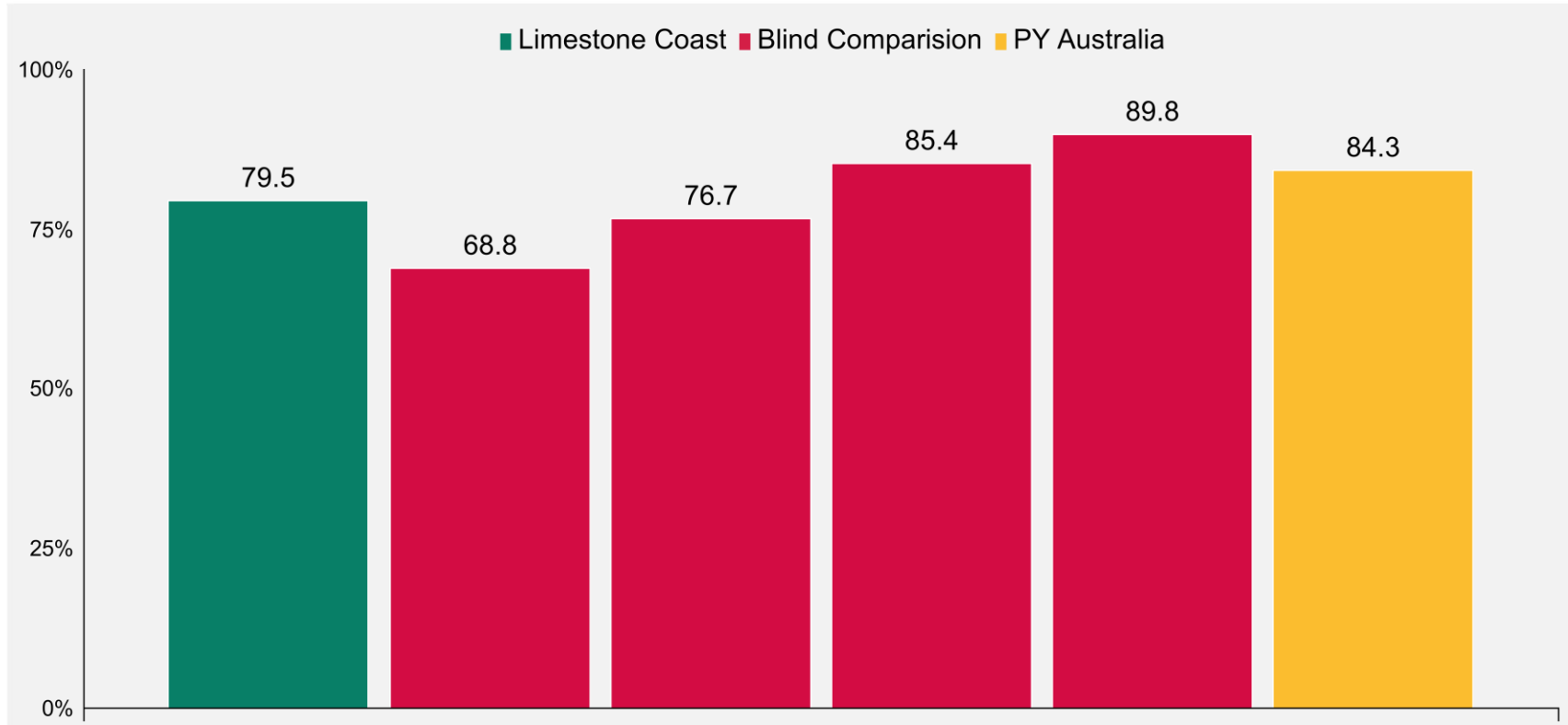
Proportion of adolescents in Limestone Coast who report feeling safe at school often or almost always, comparison with other participating councils



Proportion of adolescents in Limestone Coast who have missed school once or more in the last 30 days because of illness and because they skipped, comparison with other participating councils



Proportion of adolescents in Limestone Coast who intend on completing Year 12, comparison with other participating councils



Leisure activities - Key findings

26.9%



Boys who play sport with club or team three times a week or more



30.2%

Girls who exert themselves physically 3 times a week or more



27.0%



Girls who play sport with club or team three times a week or more

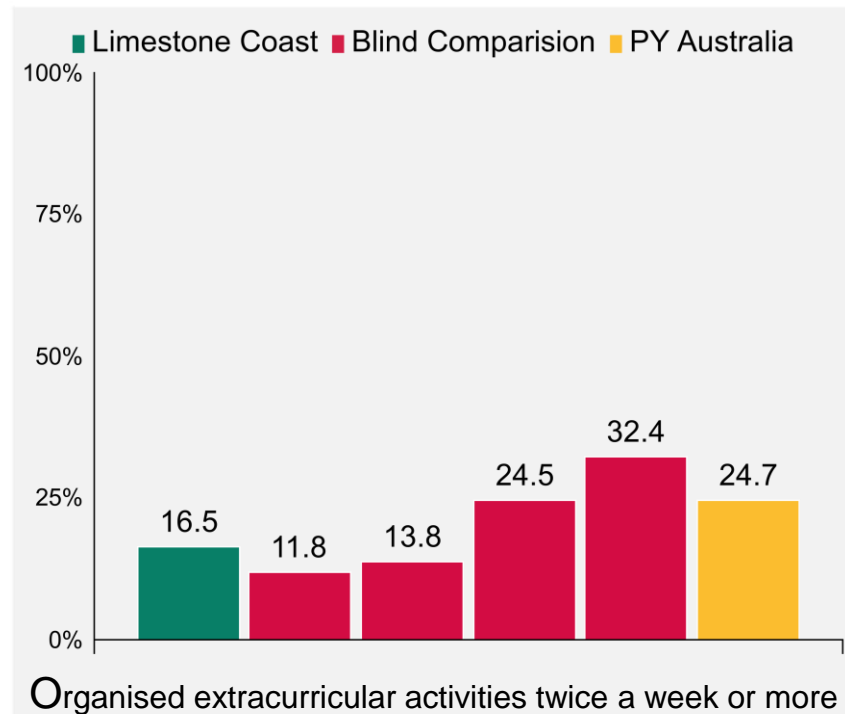
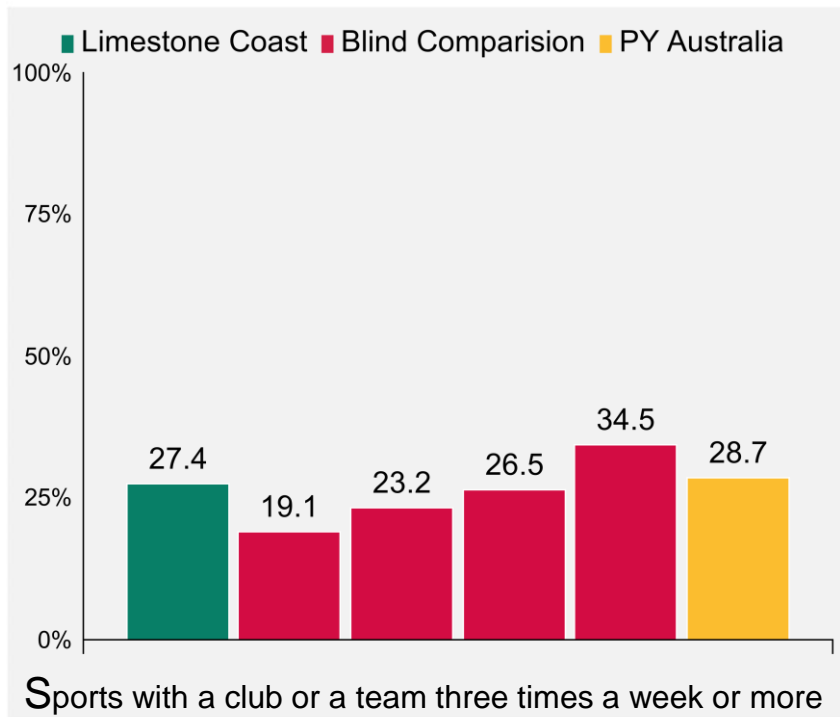


44.8%

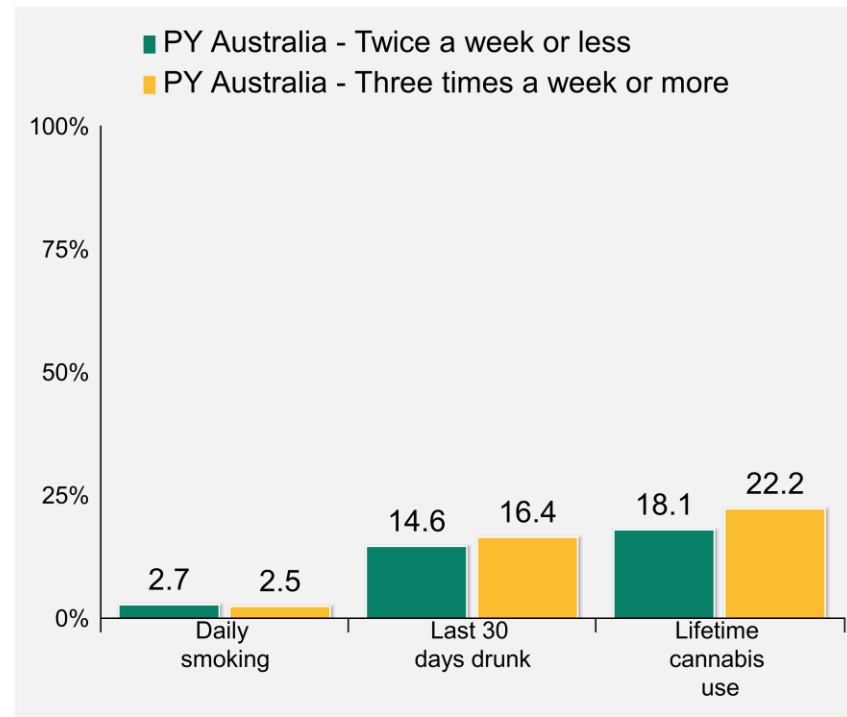
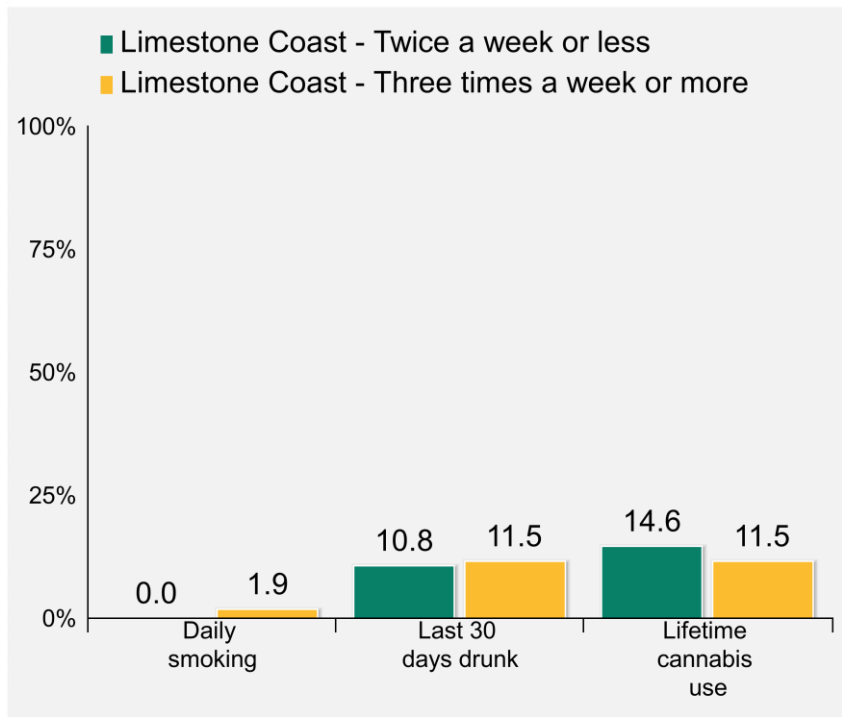
Boys who exert themselves physically 3 times a week or more



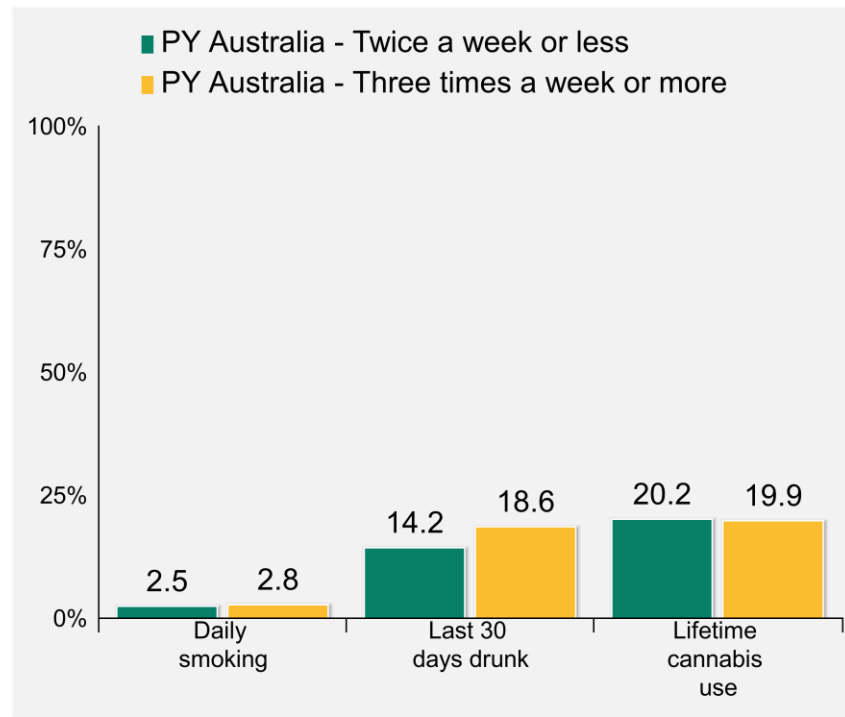
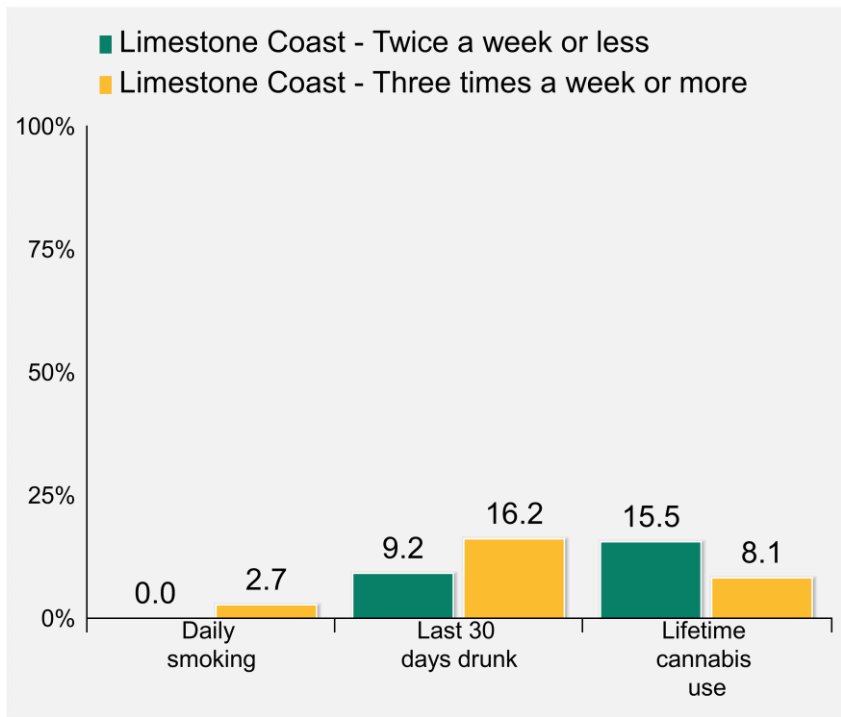
Proportion of adolescents in Limestone Coast who participate in sports with a club or a team and take part in organised recreational/extracurricular activities, comparison with other participating councils



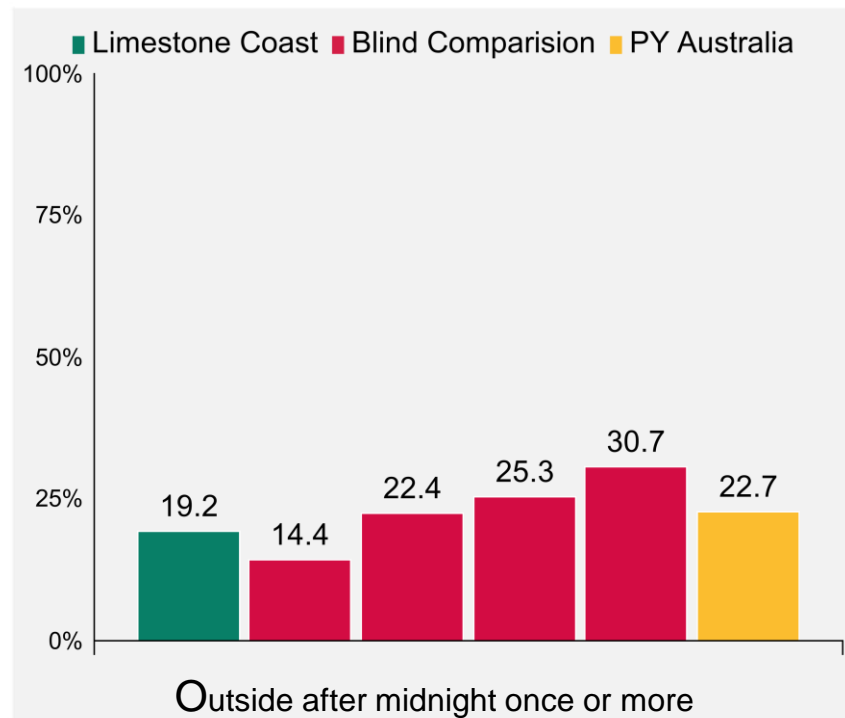
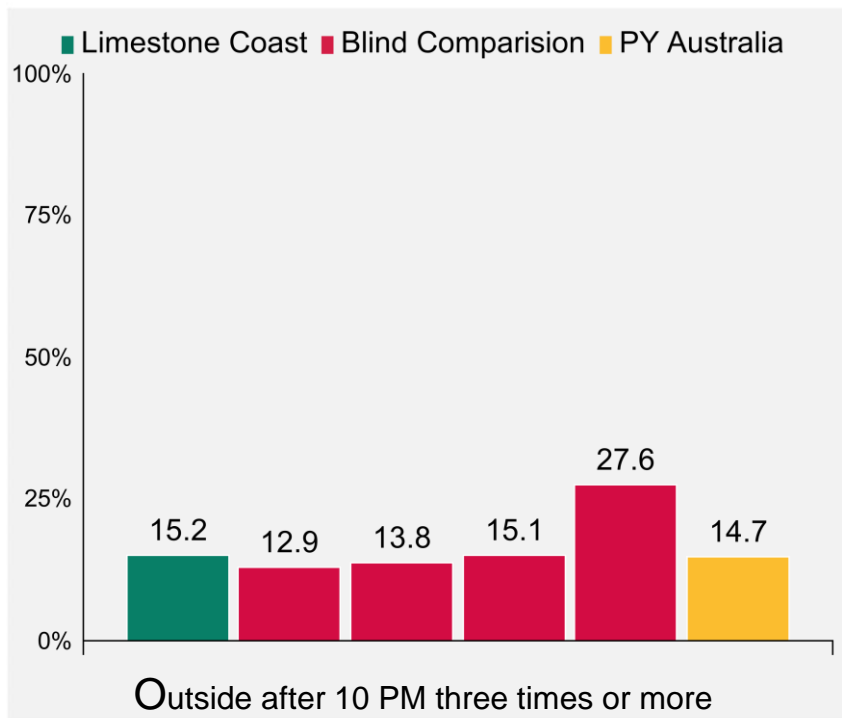
Substance use against physical activity in the previous week



Substance use against sports participation with a club or team

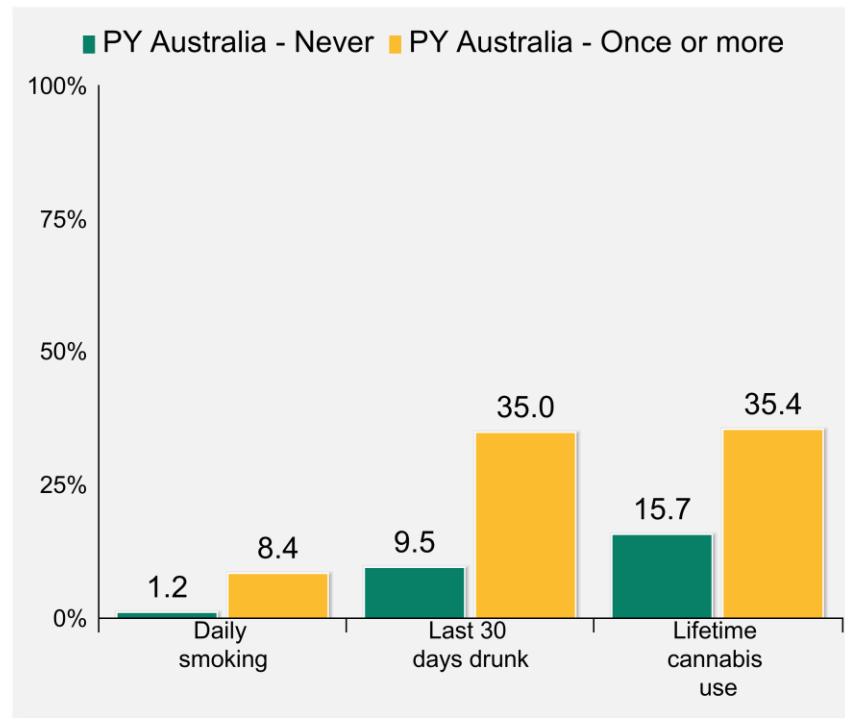
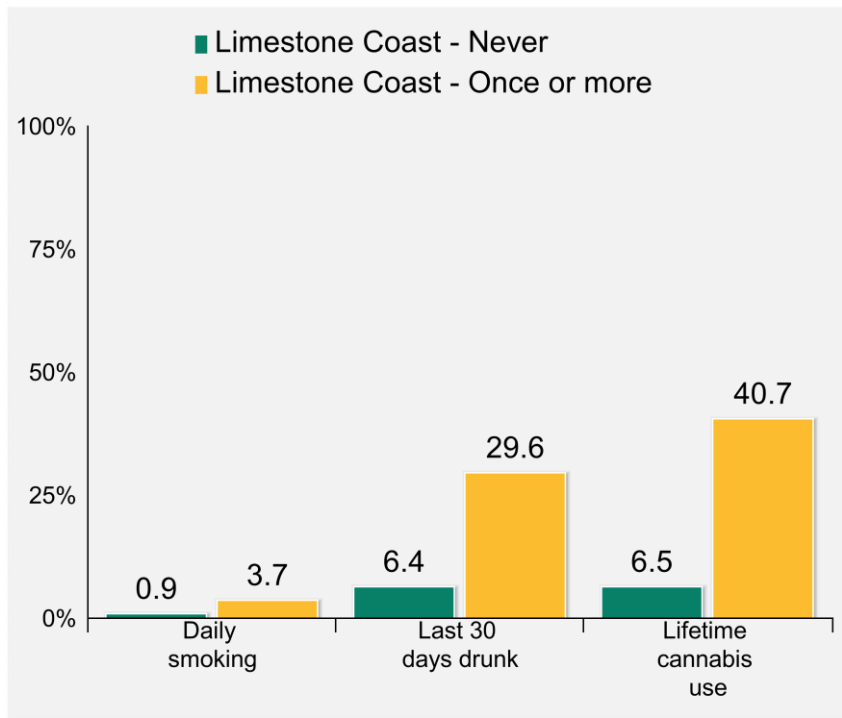


Late outside hours in the previous week, comparison with other participating councils



Substance use against leisure time

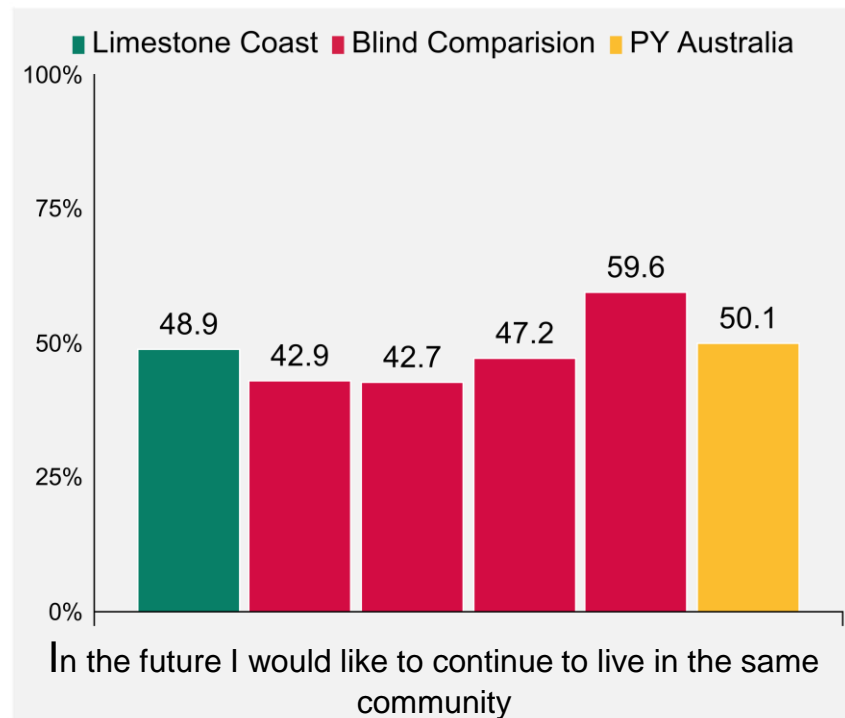
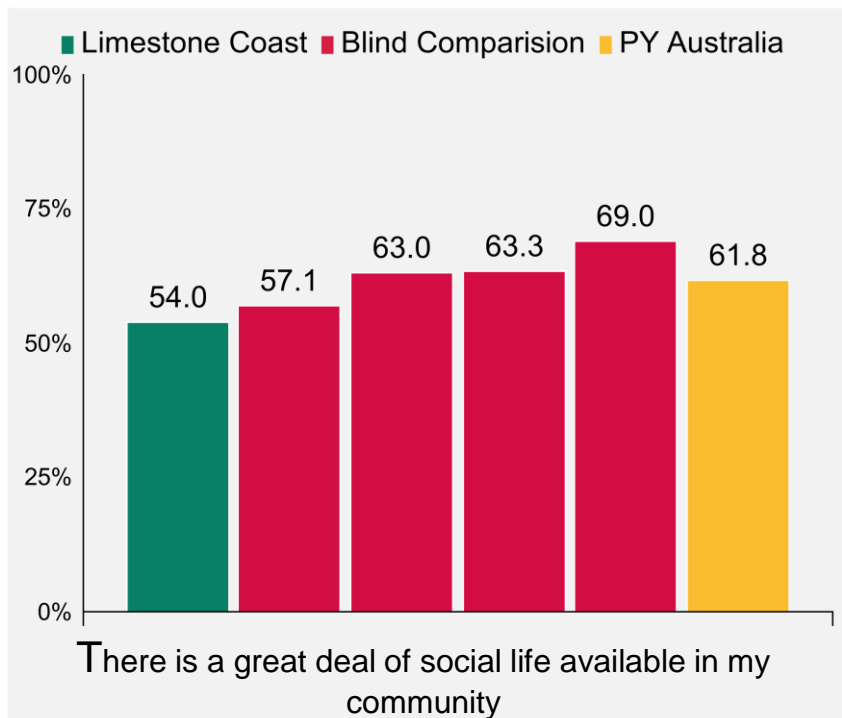
Being outside after midnight once or more in the past week



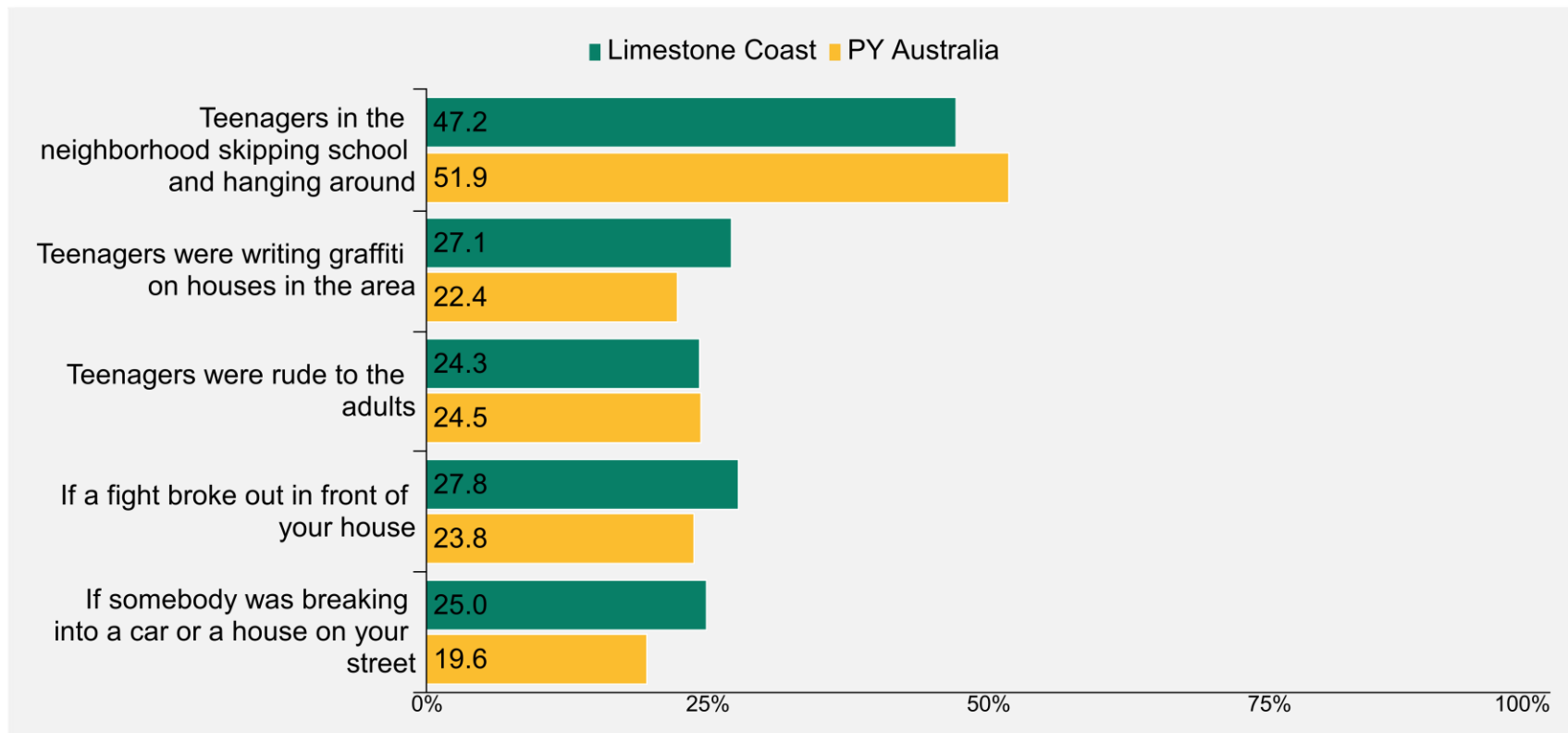
Community



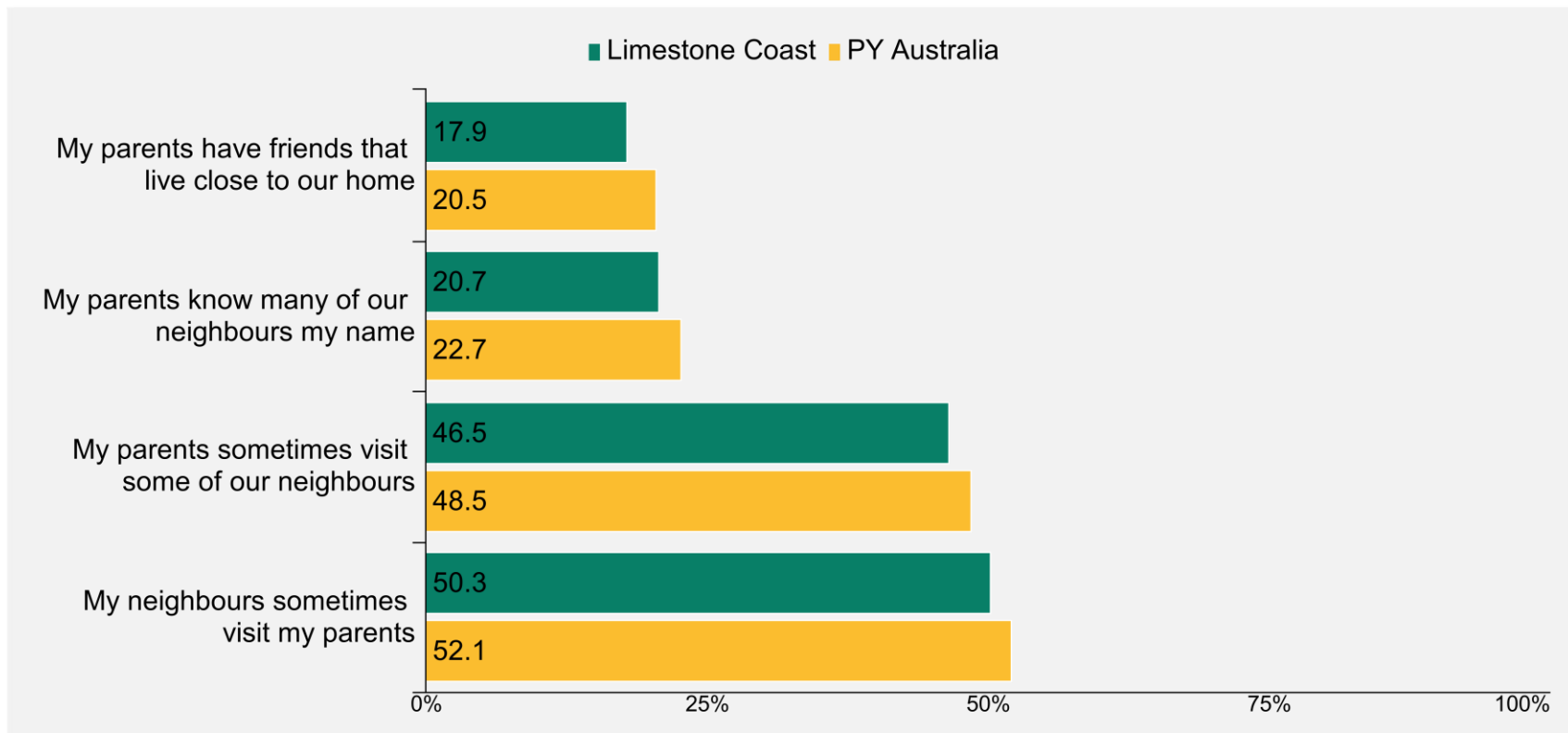
Proportion of adolescents in Limestone Coast who strongly agree or agree somewhat with the following statements, comparison with other participating councils



Proportion of adolescents in Limestone Coast who report that it is very or quite likely that their neighbors would do something in the following situations



Proportion of adolescents in Limestone Coast who report that the following applies seldom or never to them



The Next Steps

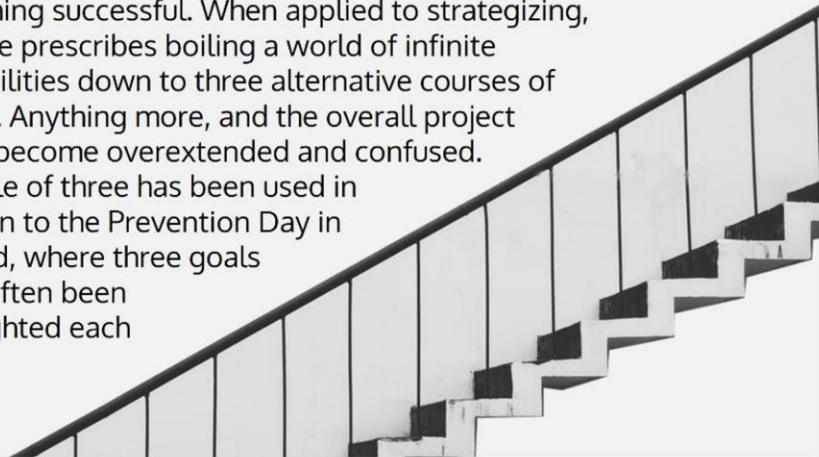
From results to actions

Having your local information on substance use, risk and protective factors published is only the first step in a longer journey. The results should give an indication on the most important factors to address in order to reduce substance use among children and adolescents. Creating projects to limit risk factors and other projects to increase protective factors are the fundamentals parts of the Planet Youth method.

Projects should always take into account local conditions and culture differences with the general aim to empower as many participants in the local area as possible, in municipality, in schools and amongst parents.

The rule of three

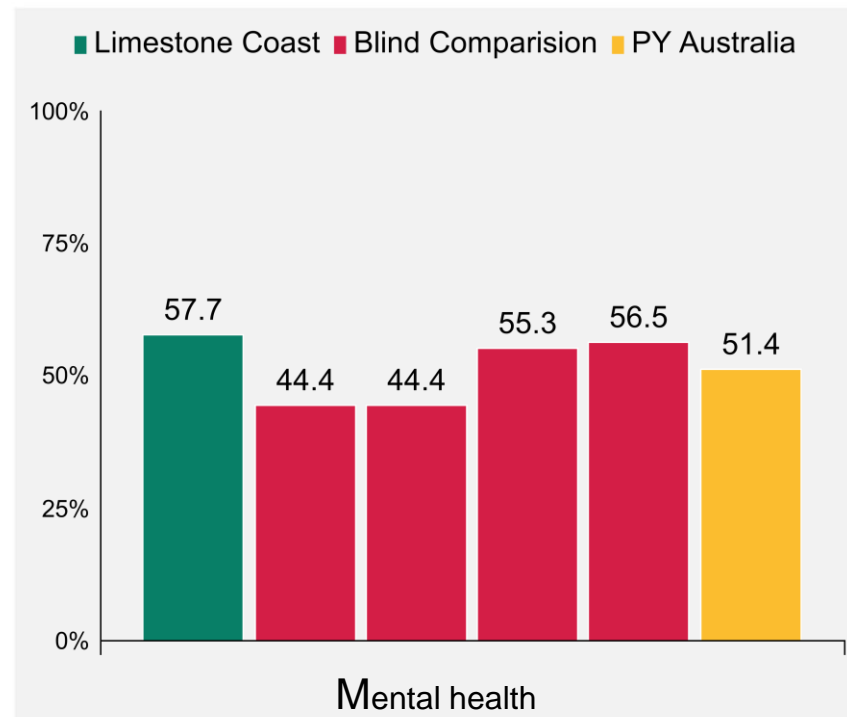
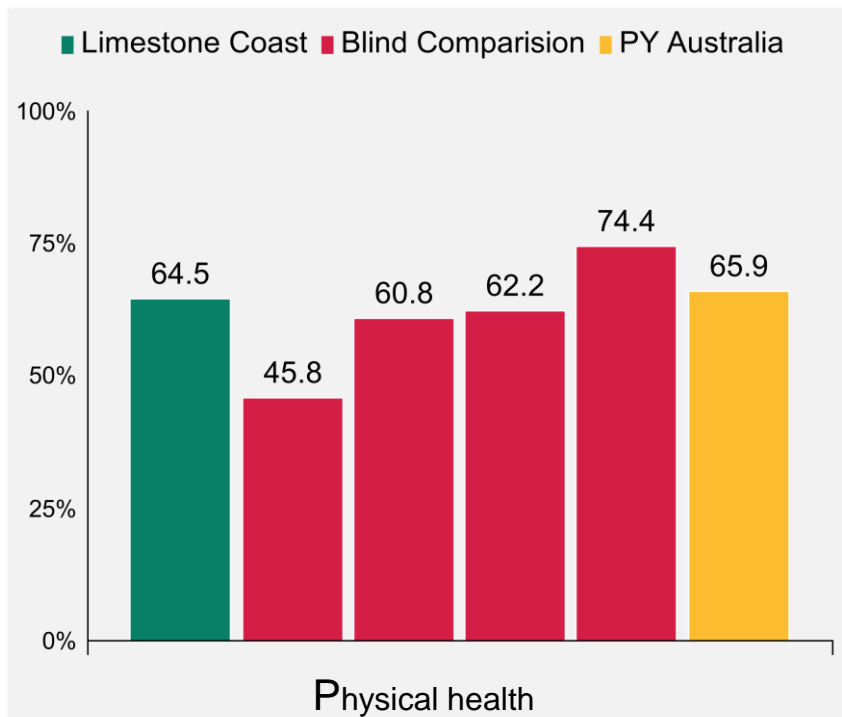
The functional version of the rule of three dictates that a limitation of goals to three tasks or goals can increase the likelihood of the projects becoming successful. When applied to strategizing, the rule prescribes boiling a world of infinite possibilities down to three alternative courses of action. Anything more, and the overall project could become overextended and confused. The rule of three has been used in relation to the Prevention Day in Iceland, where three goals have often been highlighted each year.



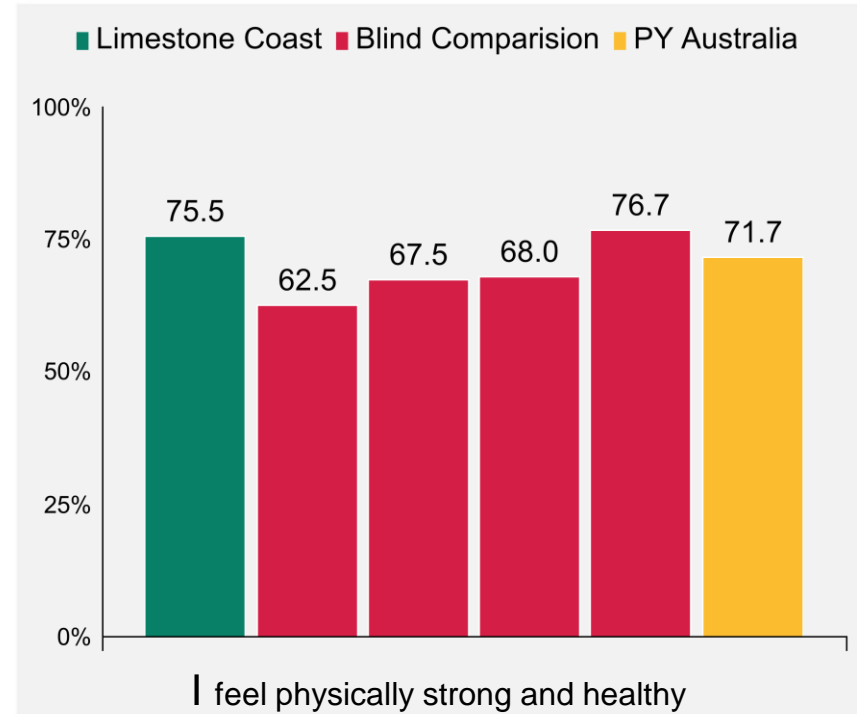
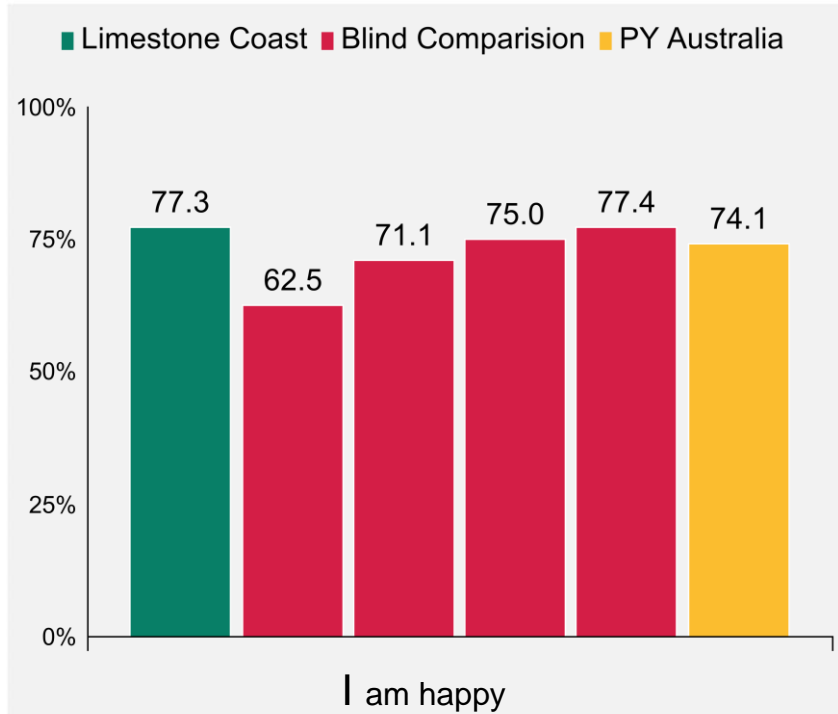
Additional Information



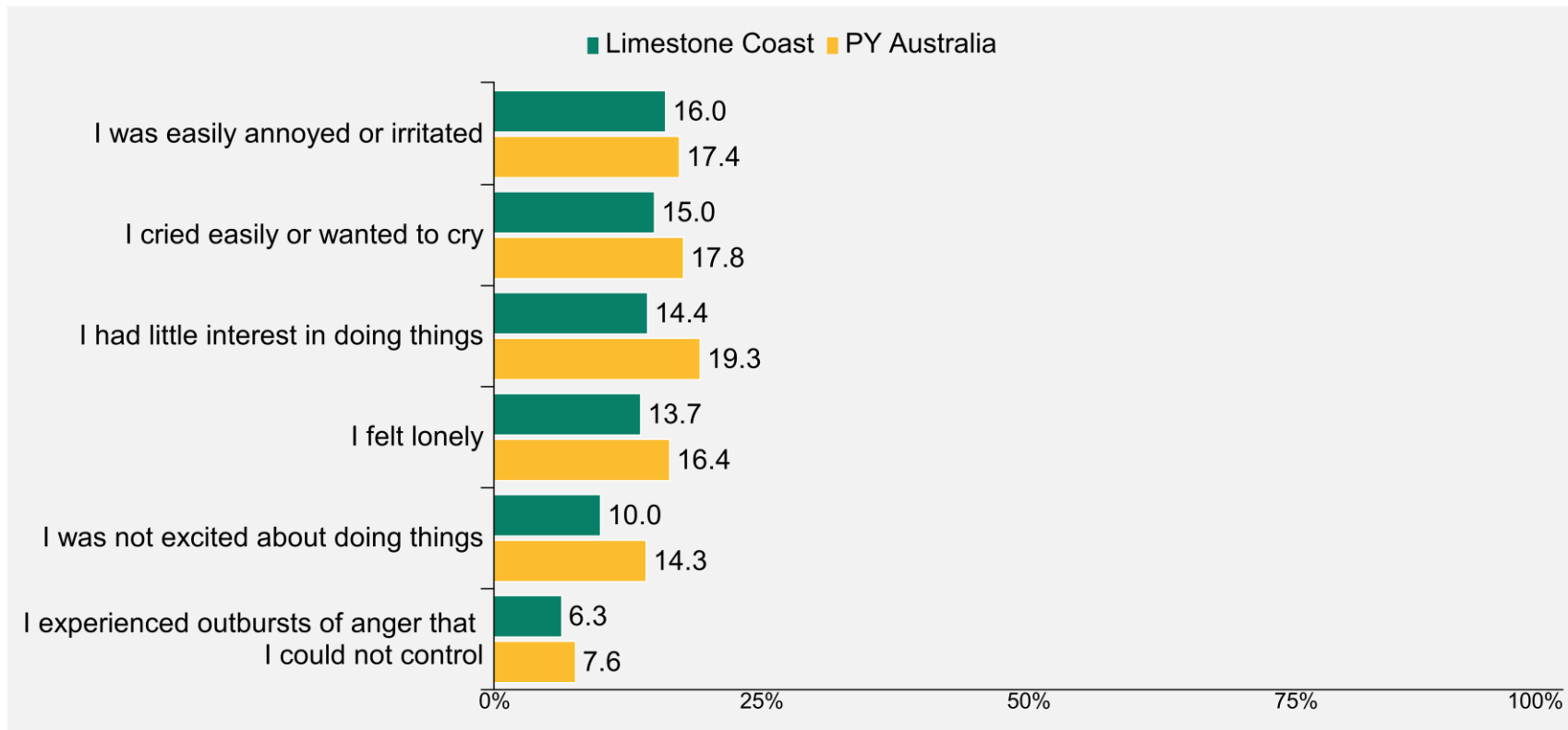
Proportion of adolescents in Limestone Coast who rate their physical health and mental health as good or very good, comparison with participating councils



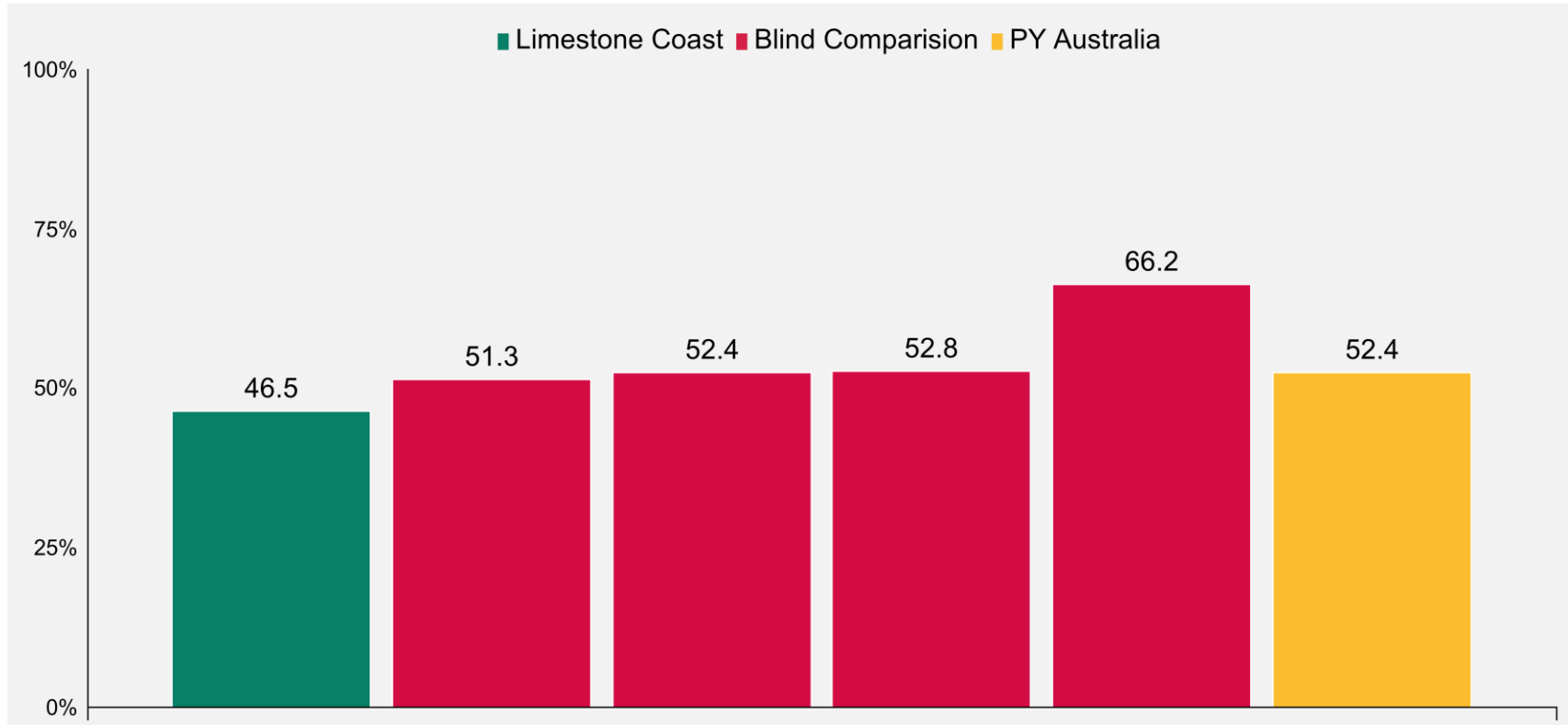
Proportion of adolescents in Limestone Coast who report that the following statements apply rather or very well to them, comparison with participating councils



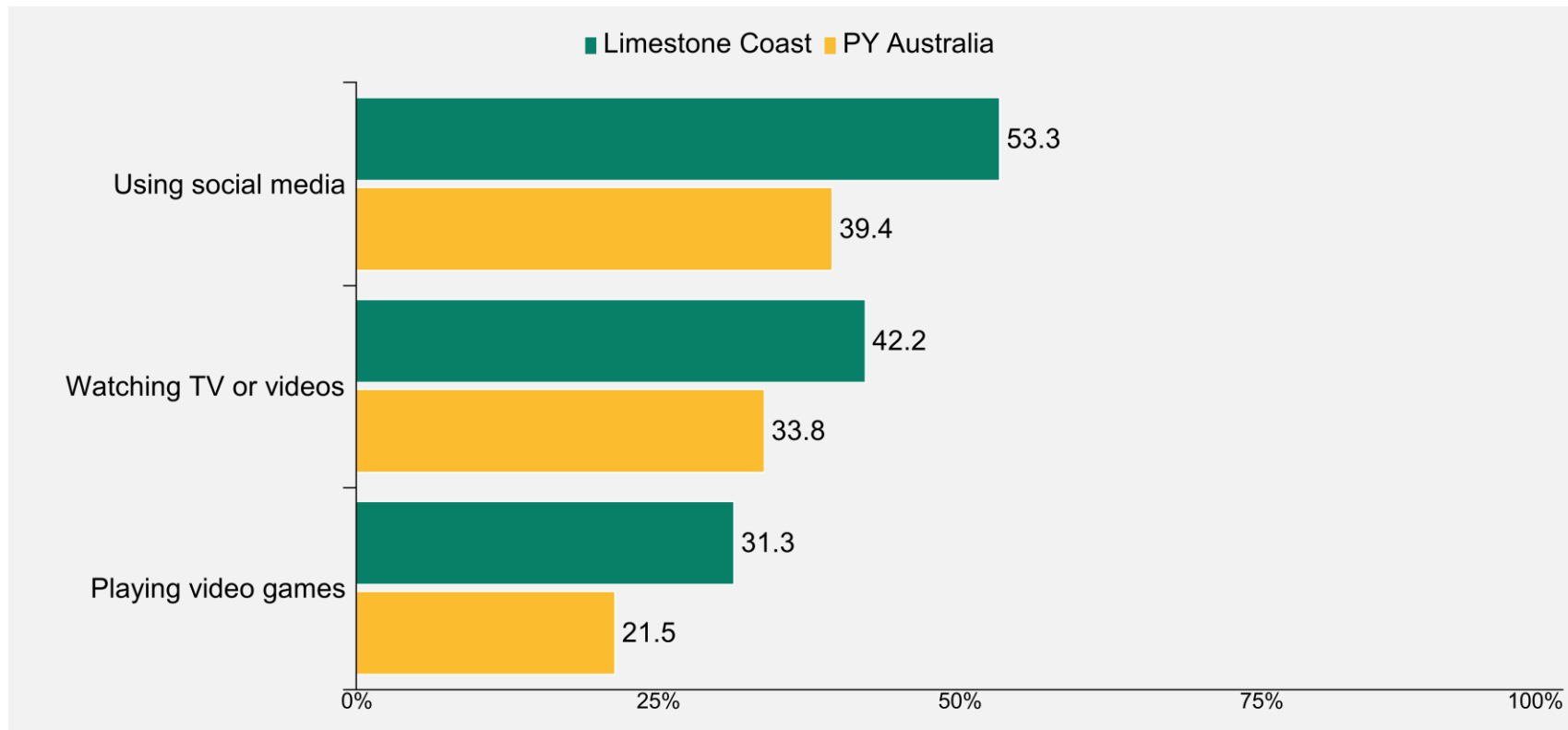
Proportion of adolescents in Limestone Coast reporting experiencing the following mental and physical discomforts often in the previous week



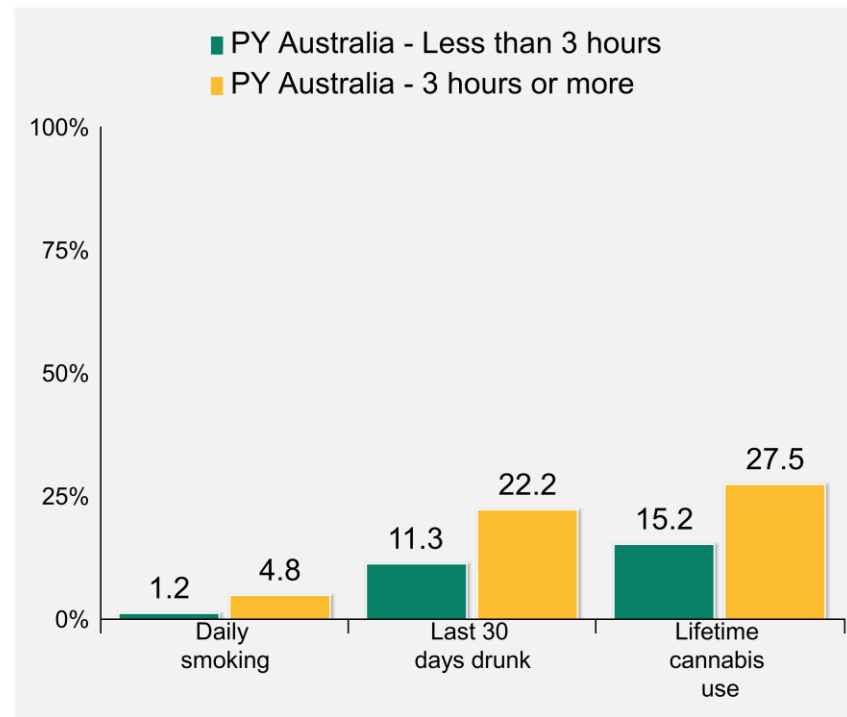
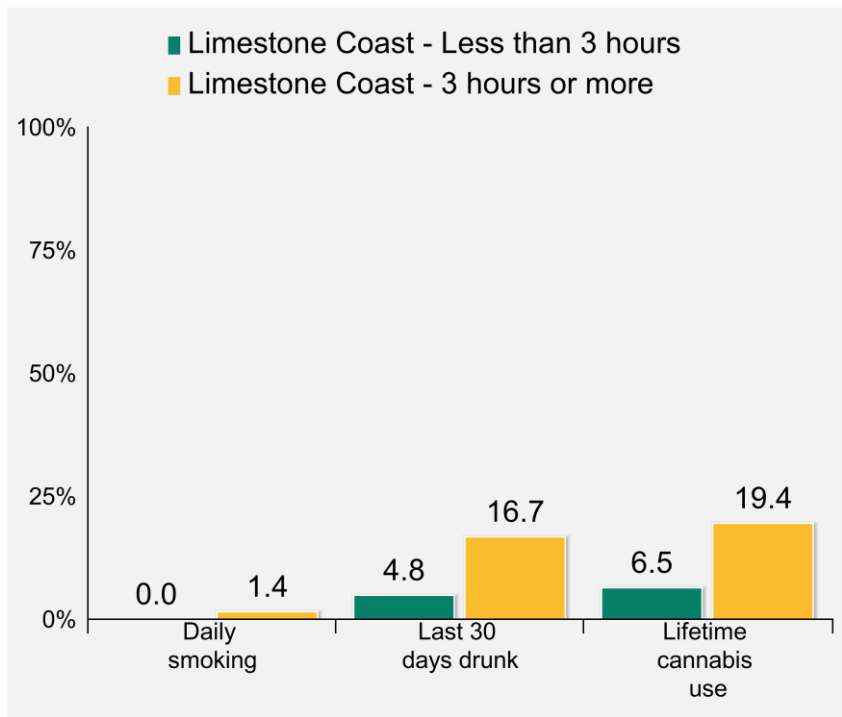
Proportion of adolescents in Limestone Coast who report sleeping on average 7 hours or less a night, comparison with participating councils



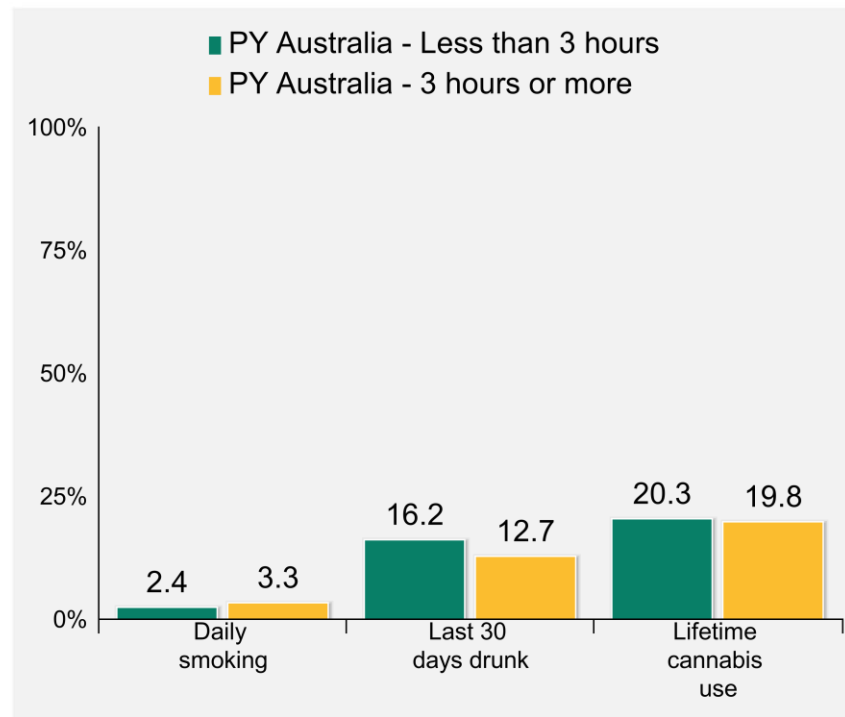
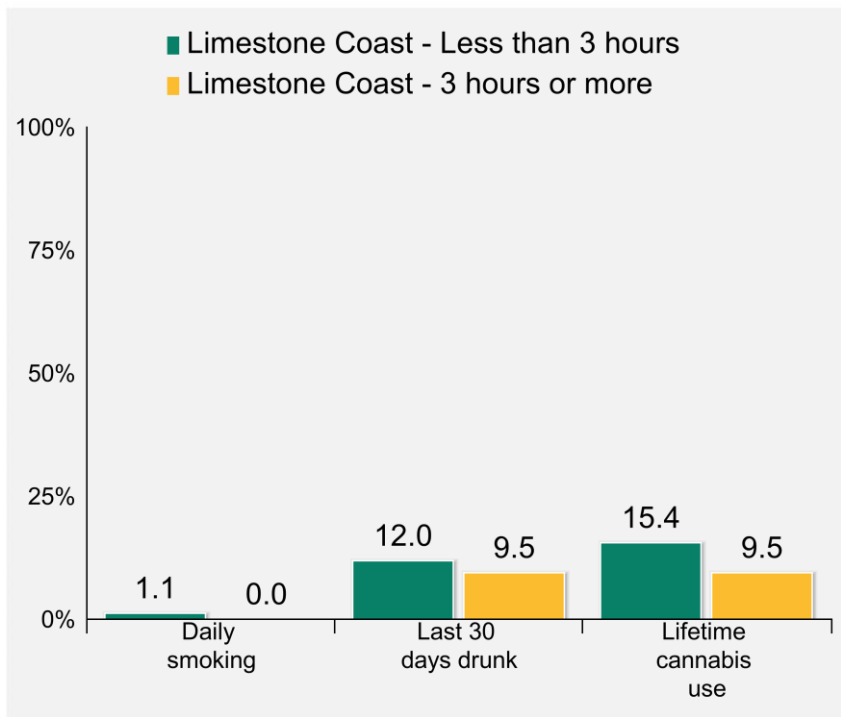
Proportion of adolescents in Limestone Coast who report spending 3 hours or more each day on the following screen-based activities



Substance use against time spent on social media



Substance use against time spent on video games



Examples of possible goals and strategies

Refer to the paper titled:

[Implementing the Icelandic Model for Preventing Adolescent Substance Use.](#)

This paper illustrates some evidence-informed initiatives, strategies and approaches that communities may consider adopting to advance their prevention efforts.

These are designed to strengthen a community's protective factors (factors that protect against alcohol, tobacco and other drug-related harms) in each of the four environmental domains that impact on child and adolescent development (Family, Leisure Time, School, and Peer Group).

These, along with other interventions, may help communities to design their blueprint during the upcoming Planet Youth workshop.



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