



PREVENTING HARM IN AUSTRALIA



PARTNER *Limestone Coast*

PLANET YOUTH

Naracoorte Lucindale
Council

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

Evidence

Community

Dialogue



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).

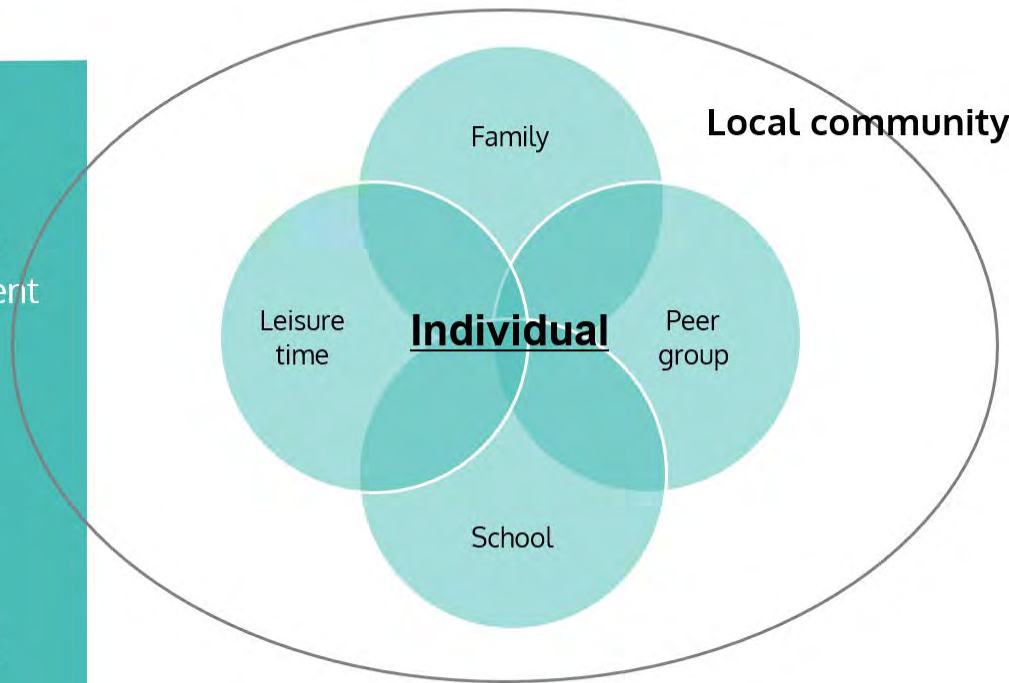
To illustrate, in 1999, the rate of ever smoking tobacco among 10th-grade youth in Iceland was 56% and 69% on average in Europe; the rate of drunkenness in the past 12 months was 56% in Iceland and 52% in Europe; and 15% had reported use of cannabis substances (hashish, marijuana) in Iceland, similar 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 and risks associated with school drop-out are critical to promote healthy development. A successful approach to such prevention is to work towards strengthening key protective factors and reducing risk factors that operate in the local-community environment of young people. Recent evidence in child and adolescent health research suggests that building a strong community around children is the healthiest and most cost-effective way to promote their 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.



The four domains

Research has shown that children and adolescents who are surrounded by positive environments within the four major domains are much less likely to use or consider using legal or illicit substances and to drop out of school. Furthermore, engaging in behaviors in one area greatly increases the risks associated with the other areas. For example, young people who use illicit drugs are also more likely to drop out of school than those who do not use drugs.

Dropping out of school is especially problematic, as the most reliable predictors of adult health throughout the lifespan are educational attainment and socioeconomic status (SES) with SES being largely predicted by educational attainment.

As such, interventions that successfully delay the onset of adolescent substance use and encourage students to stay in school, contribute to their health and well-being not only in the present, but also for decades to come.

Planet Youth is a holistic approach which focuses on strengthening protective factors and reducing risk factors for substance use and school drop-out in school-communities. To that end, this report is organized as a tool to promote the collaboration between all concerned community members.



The Five Guiding Principles of The Planet Youth Guidance Model

1

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

3

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

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.

4

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

5

Match the scope of the **solution to the scope of the problem**, including emphasizing long-term intervention and efforts to marshal adequate community resources.

The Planet Youth Guidance Model: The 10 core steps of the Icelandic Prevention Model



Method and Data collection

Participants were Year 10 students that attended school on the day of the survey. In 2021, 24 schools across 7 regions in South Australia took part in the survey.

The surveys were conducted from September to October 2021. The total response rate for South Australia was 65%.

The Planet Youth Australia results will be available in due course after the survey has been conducted in New South Wales.

Eighteen cases were removed 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 Alchemer software. The survey was conducted during classroom hours. Participation was voluntary, and 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.



Measures

The measures used in the Planet Youth survey broadly cover the two main outcome areas of substance use and abuse and school drop-out risk factors, as well as the four risk and protective factor domains; parents and family, peers and friends, school, and leisure time. Most of the measures used in the surveys originate from national or international surveys such as the annual Youth Risk Behavior Surveillance System (YRBSS) conducted by the Centers for Disease Control and Prevention, the Monitoring the Future survey which is used by the US National Institutes for Health to provide national estimates of substance use among youth, and the European School Survey Project on Alcohol and Drugs (ESPAD) that is conducted every 3-4 years in 35 to 40 countries in Europe. A few measures originate from other sources. In total the PY School questionnaire took students typically between 30 and 45 minutes to complete.

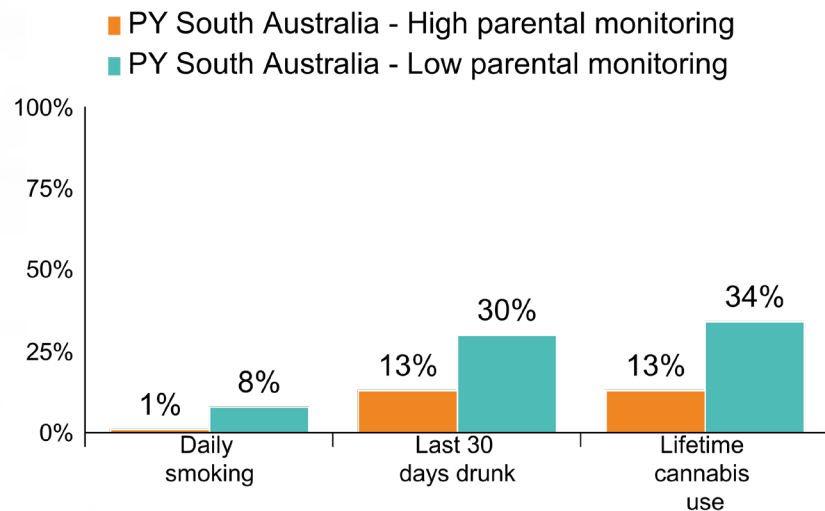


Interpret Cross Tabulations

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 orange bars shows the percentage of adolescents who report high parental monitoring and who have smoked cannabis 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 blue bars show 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 tabulation example. Proportions of adolescents who have become drunk in the last 30 days, smoke daily, and have used cannabis once or more in their lifetime by level of parental monitoring

Number of Participants

A decorative graphic on the left side of the slide consisting of several overlapping triangles in various shades of teal and light grey, arranged in a larger triangular shape.

		Male	Female	Undisclosed	Non-binary	Total
Naracoorte Lucindale Council	2021	35	22	2	1	60
South Australia	2021	664	740	30	26	1 460

*Non-binary is a new answer option for 2021

Substance Use - Key Findings

Alcohol Onset

52%

Tried alcohol at the age 13 or younger

Been drunk in the last 30 days

24%

Have been drunk in the last 30 days

Drink at home

32%

Drink alcohol at their own home

Drink at home of others

36%

Drink alcohol at the home of others



E-Cigarette

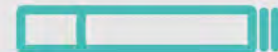
31%

Have smoked an e-cigarette in their lifetime

Cigarette smoking

6%

Smoke cigarettes daily



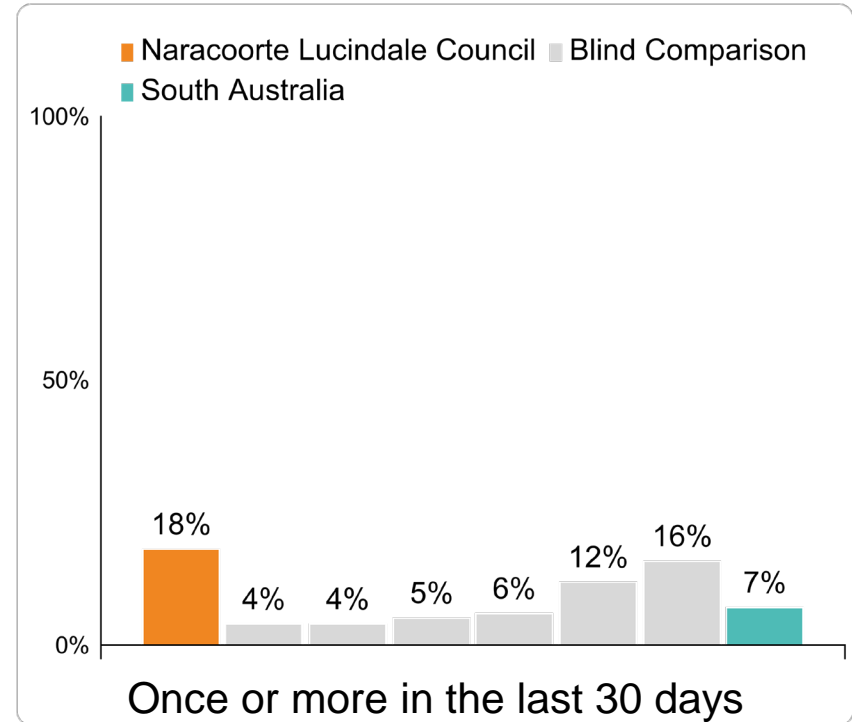
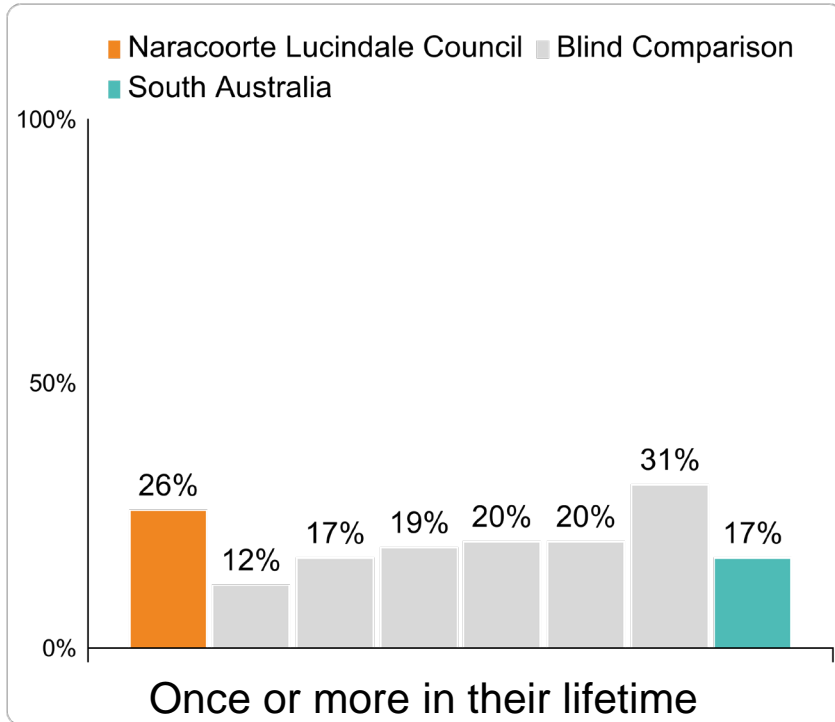
Cannabis Use

22%

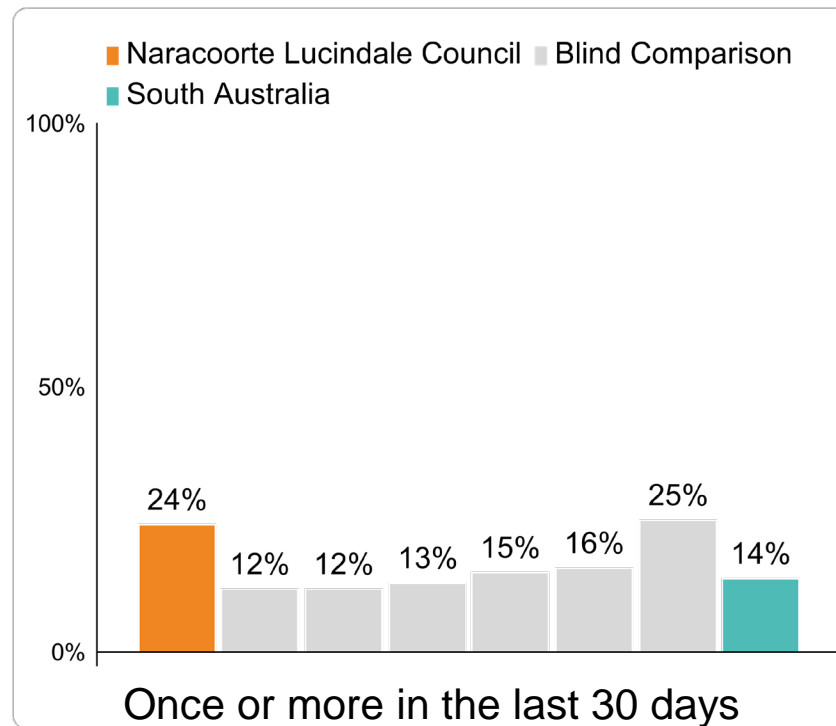
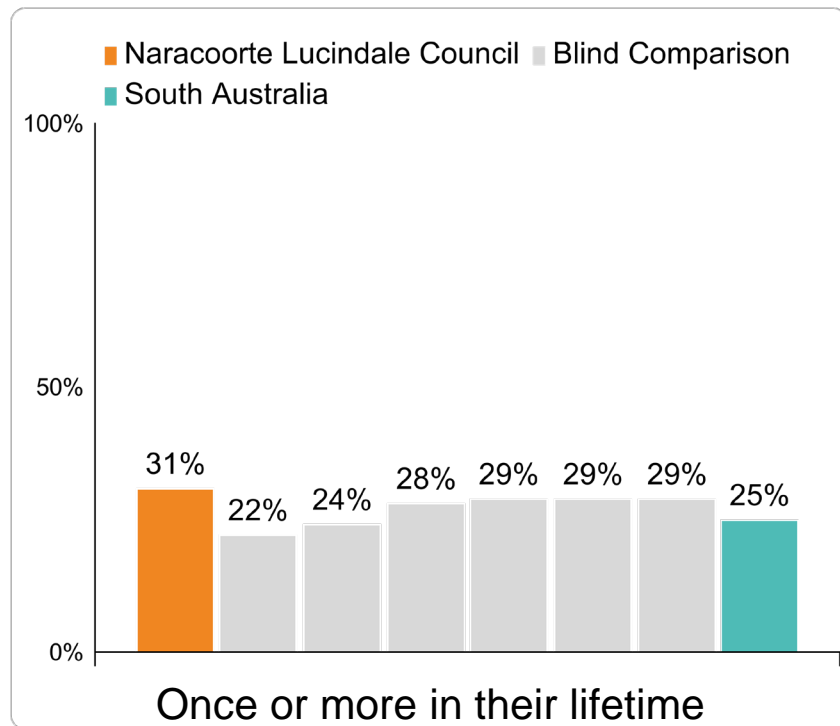
Have used cannabis in their lifetime



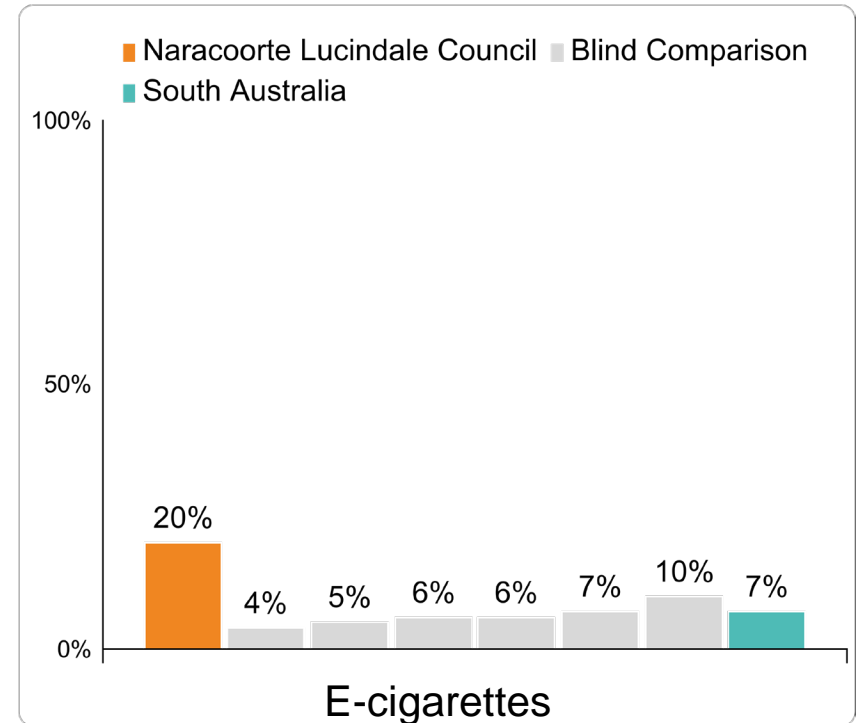
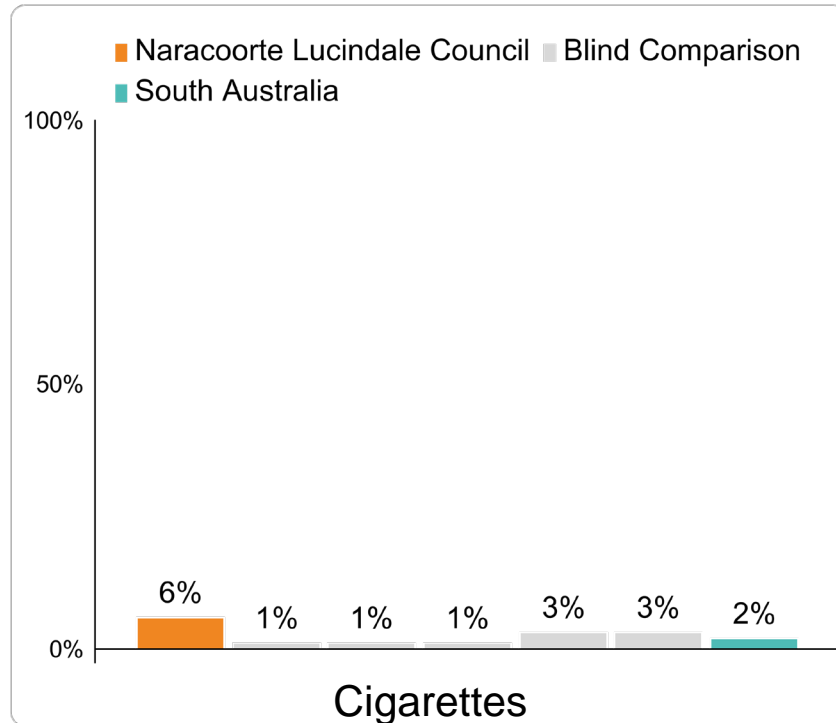
Proportion of adolescents in Naracoorte Lucindale Council who have smoked a cigarette once or more in their lifetime and in the last 30 days, comparison with other participating councils



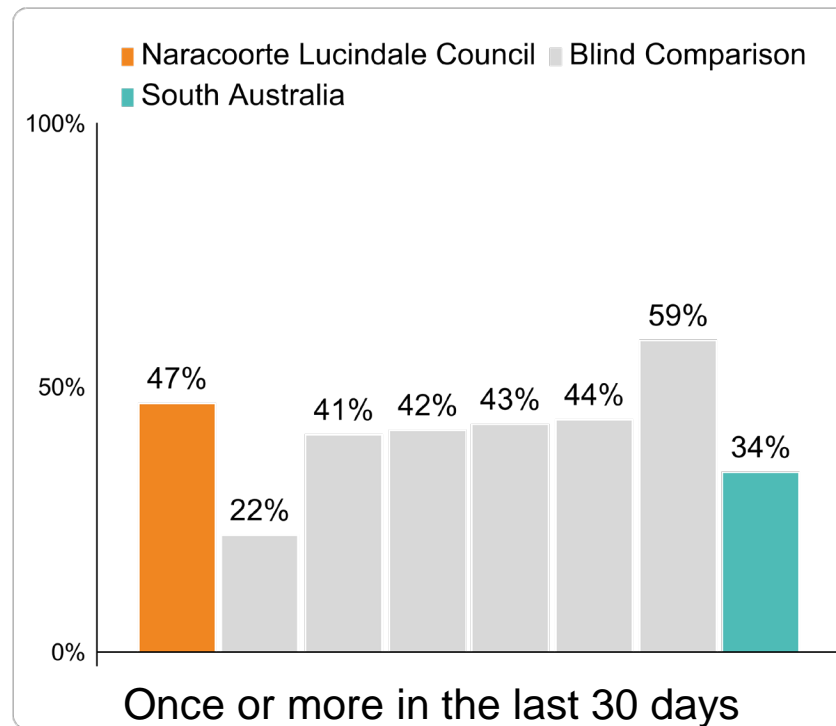
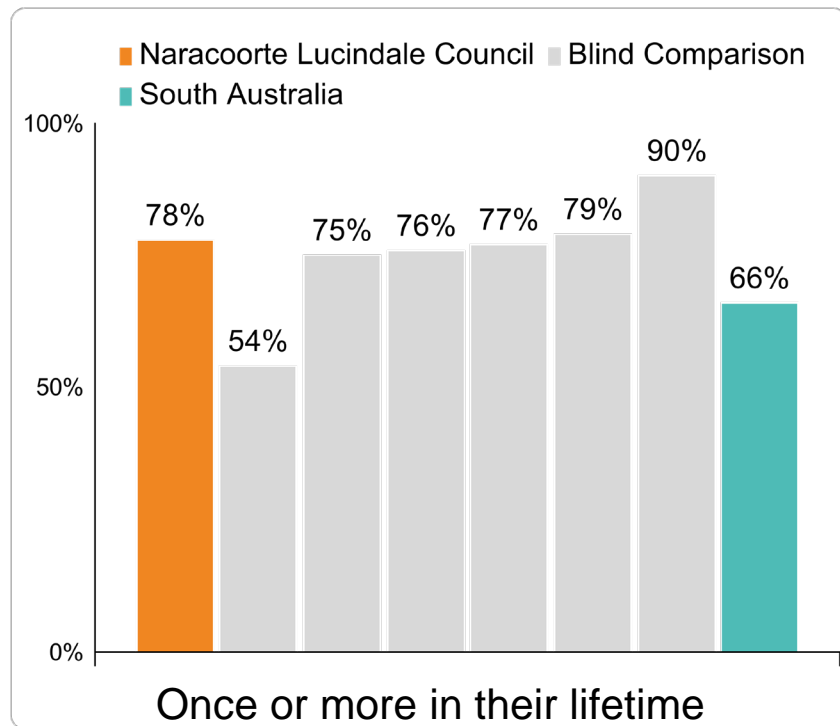
Proportion of adolescents in Naracoorte Lucindale Council who have used an e-cigarette once or more in their lifetime and in the last 30 days, comparison with other participating councils



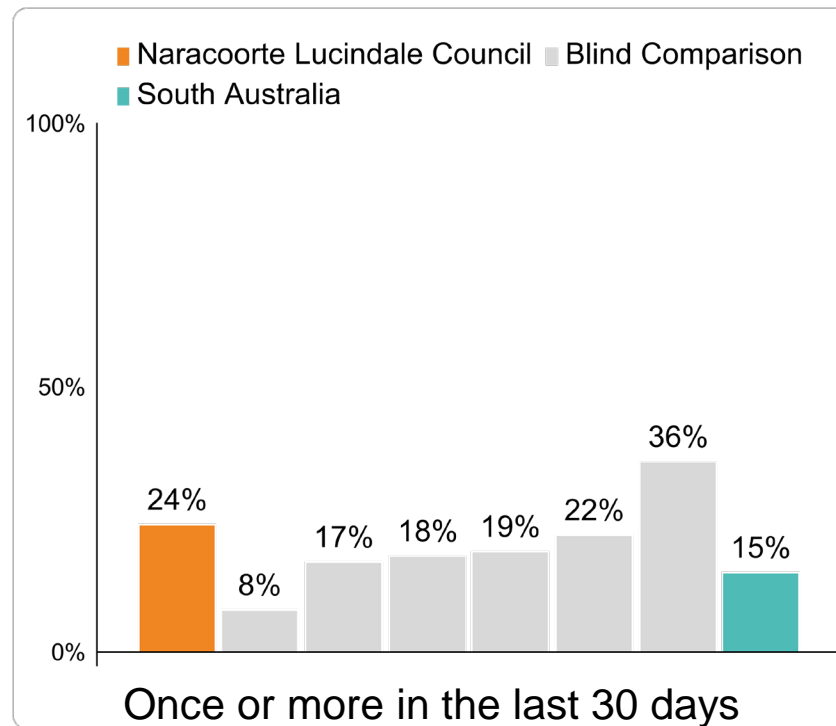
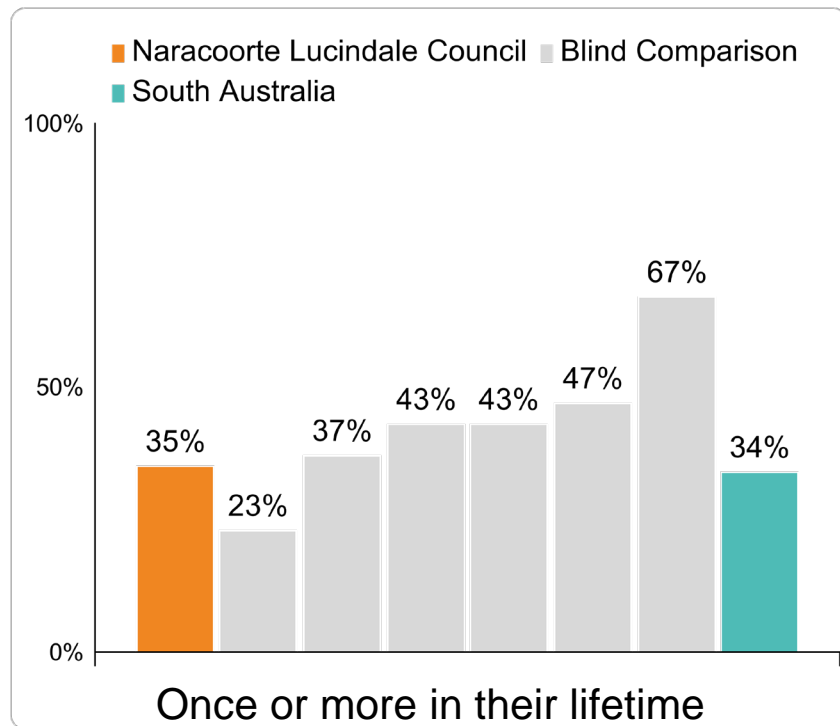
Proportion of adolescents in Naracoorte Lucindale Council who smoke cigarettes daily or use e-cigarettes daily, comparison with other participating councils



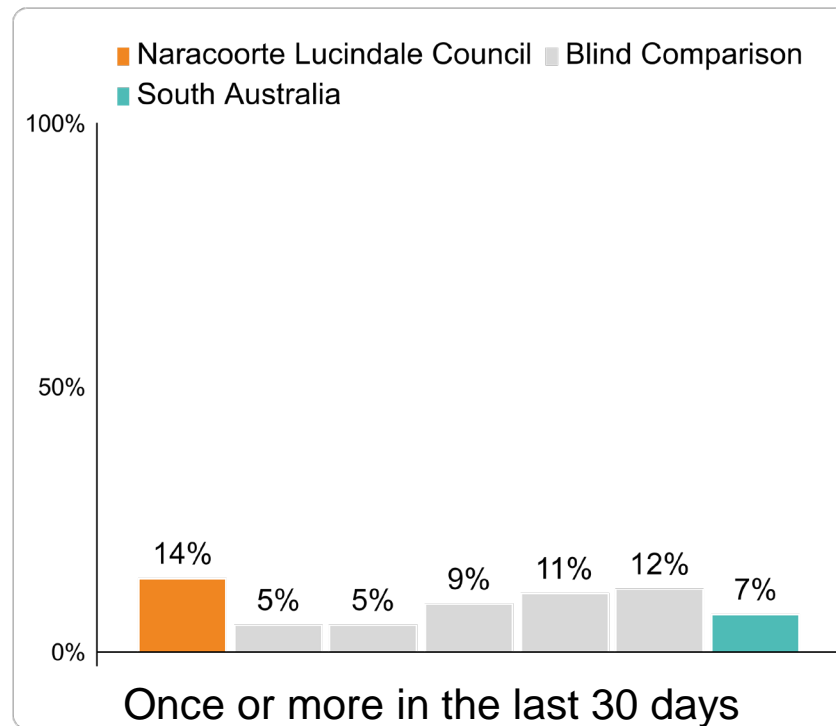
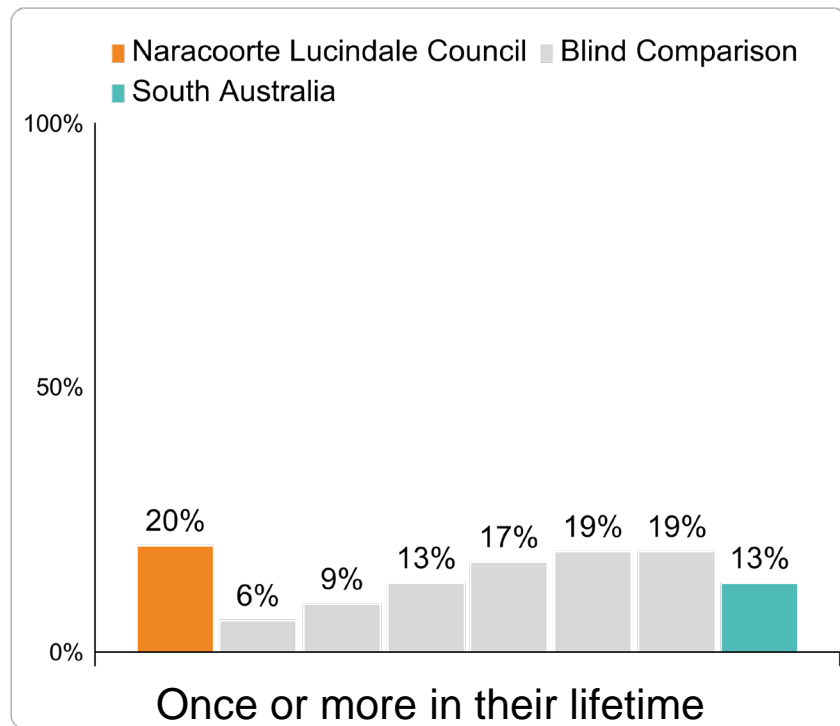
Proportion of adolescents in Naracoorte Lucindale Council who have used alcohol once or more in their lifetime and in the last 30 days, comparison with other participating councils



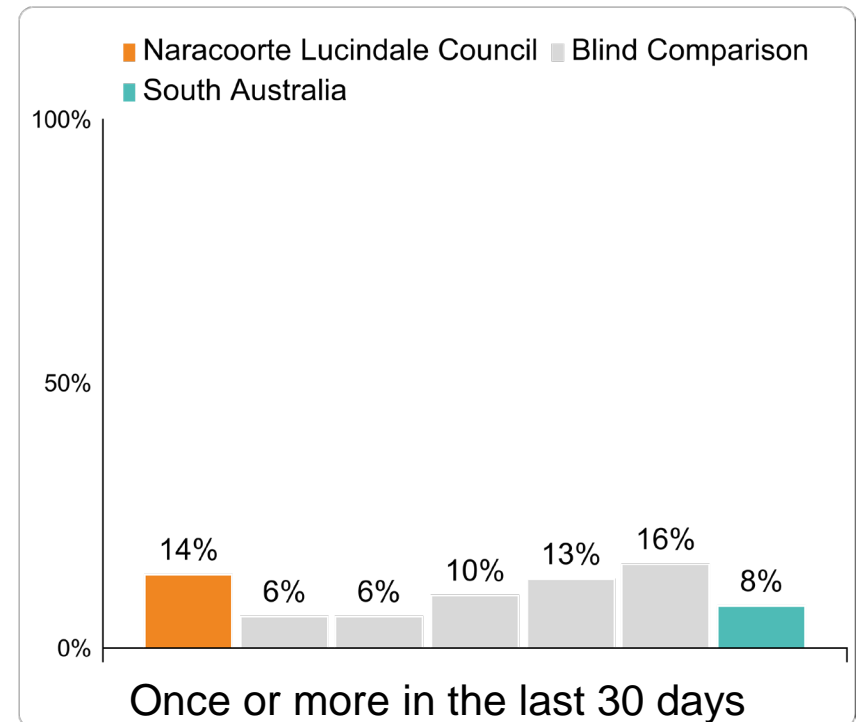
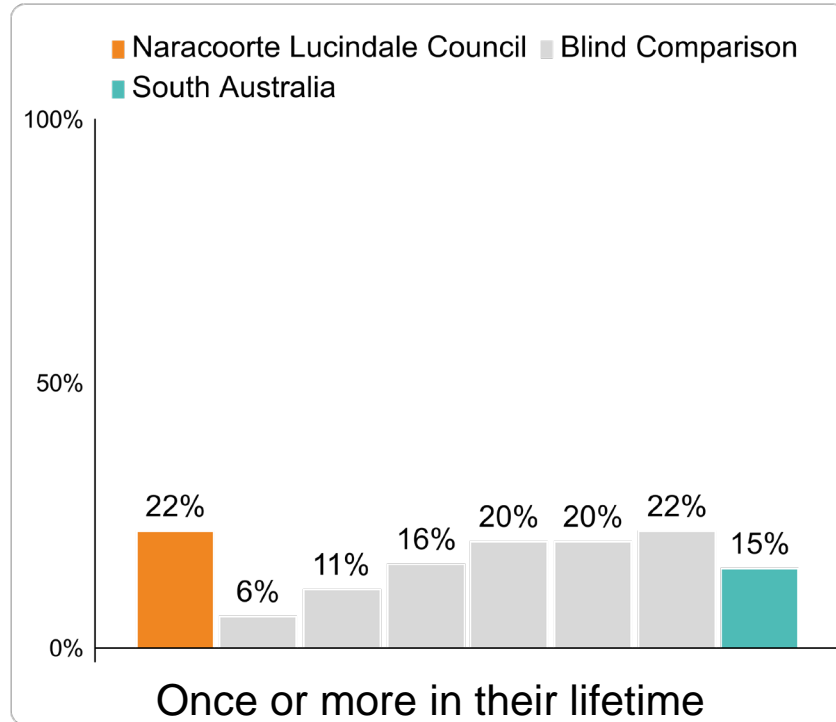
Proportion of adolescents in Naracoorte Lucindale Council who have become drunk once or more in their lifetime and in the last 30 days, comparison with other participating councils



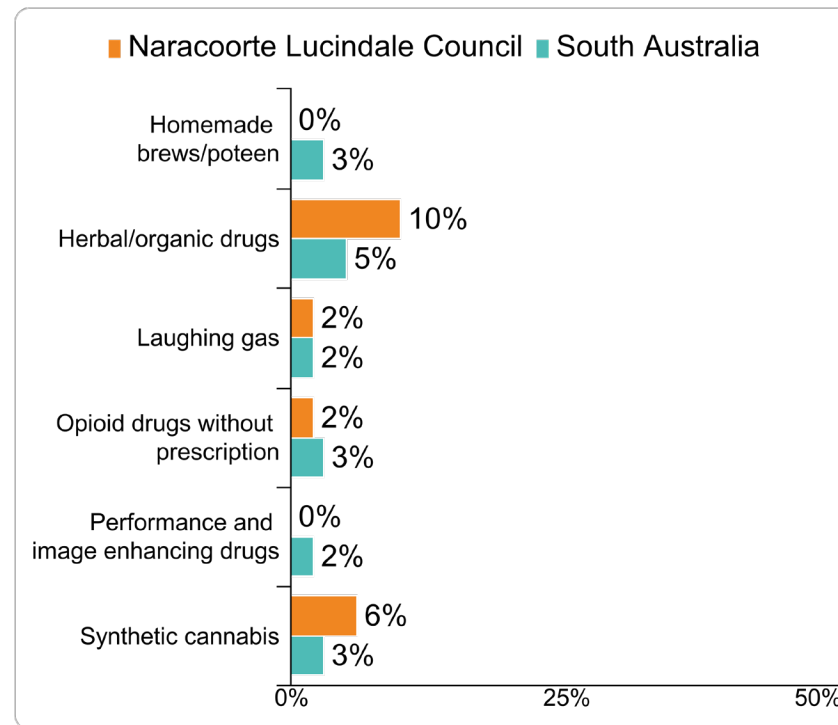
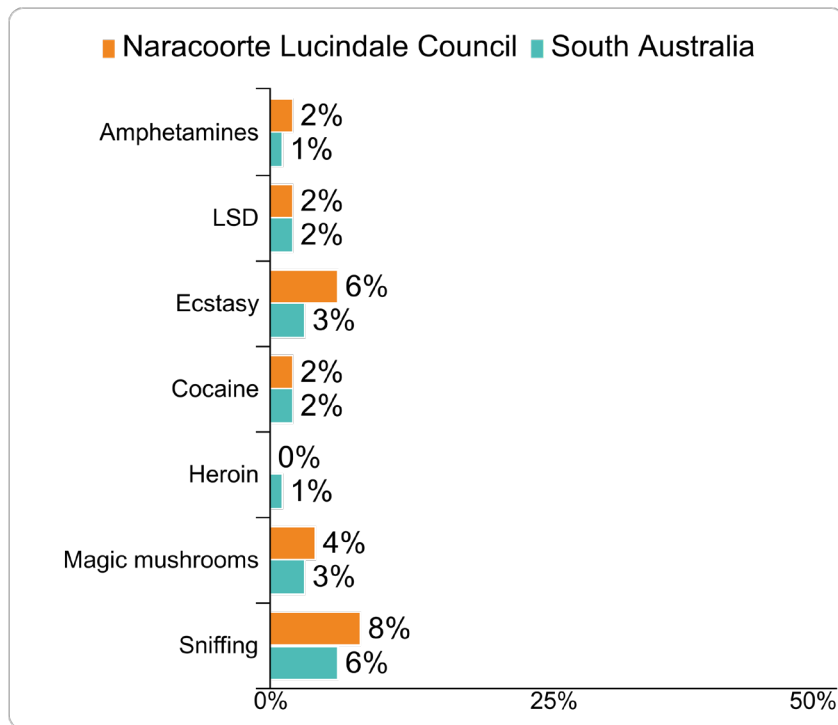
Proportion of adolescents in Naracoorte Lucindale Council who have used a water pipe/bong once or more in their lifetime and in the last 30 days, comparison with other participating councils



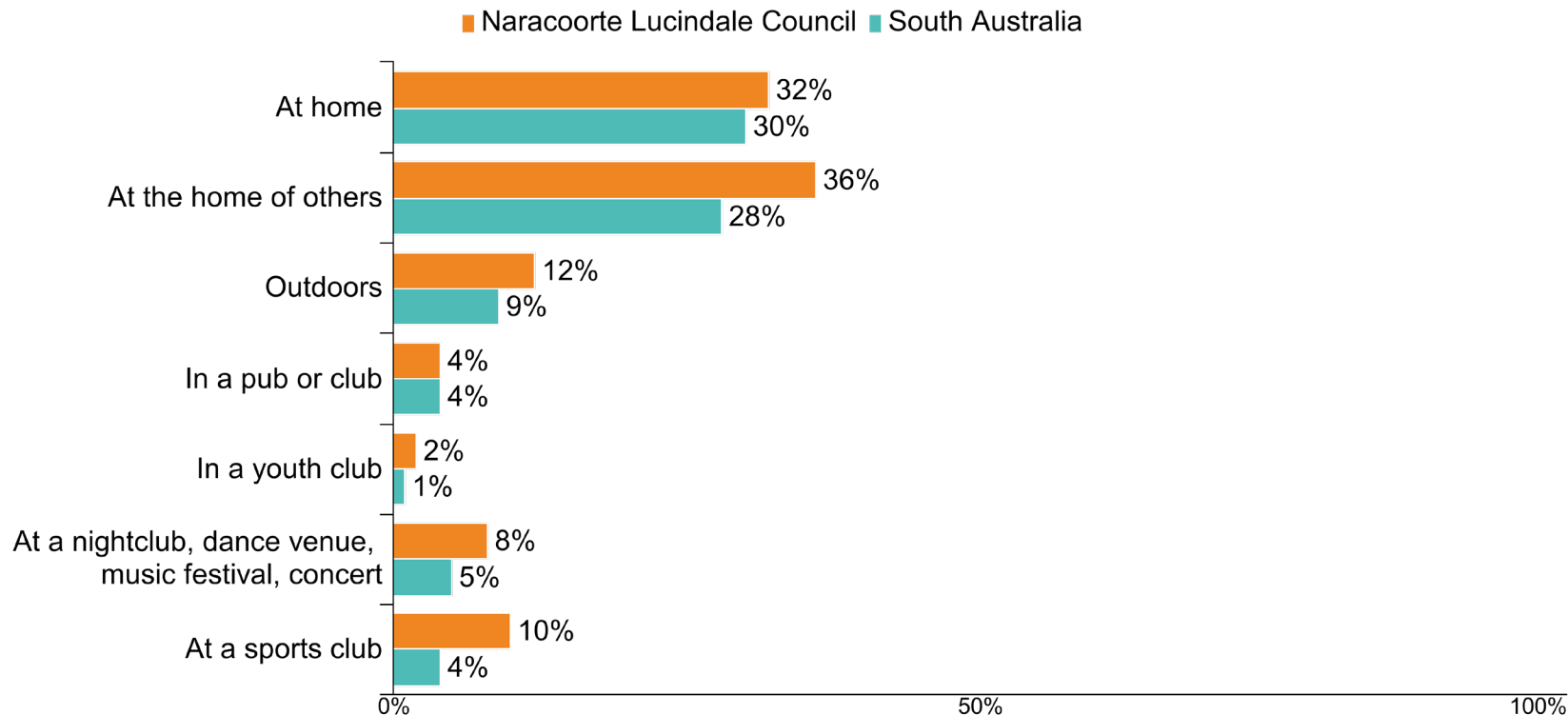
Proportion of adolescents in Naracoorte Lucindale Council who have used cannabis once or more in their lifetime and in the last 30 days, comparison with other participating councils



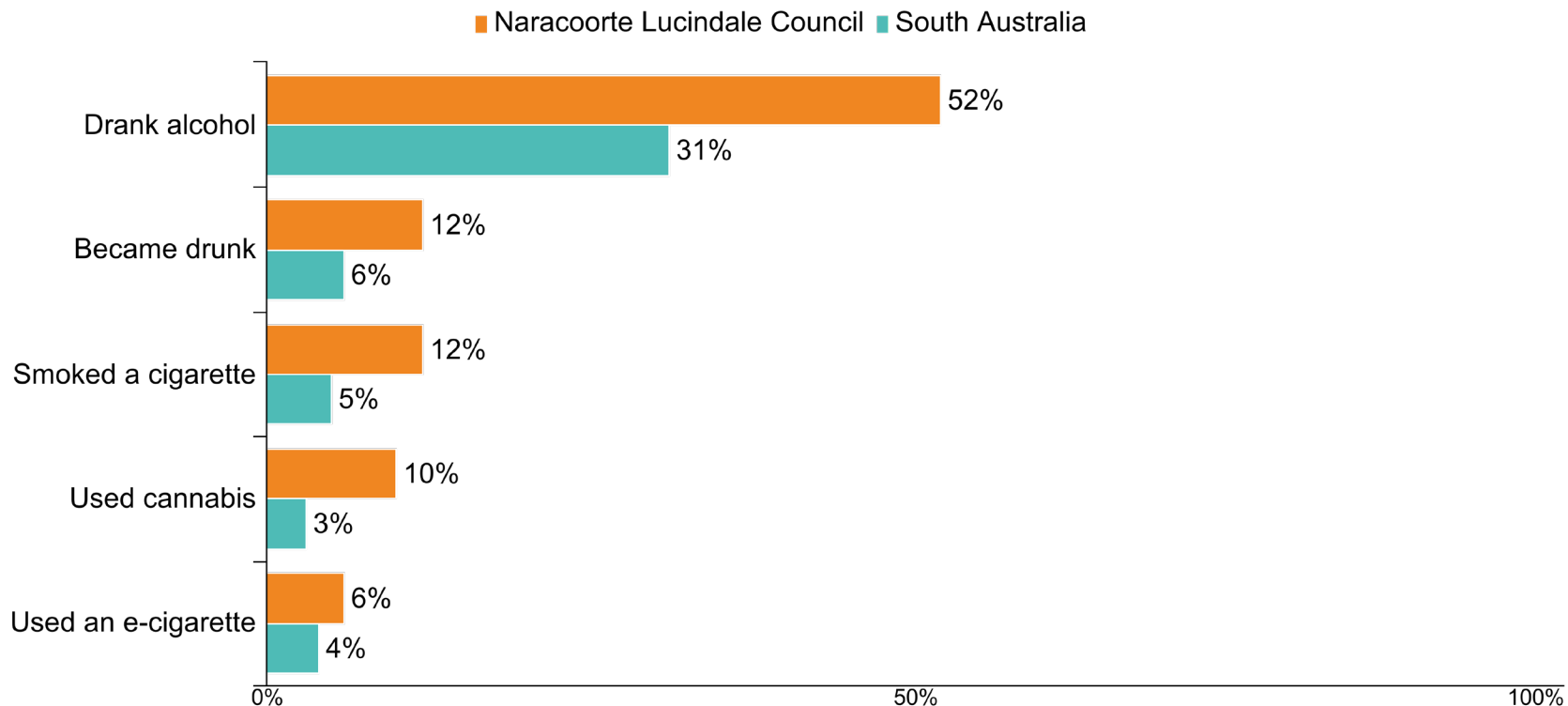
Adolescents in Naracoorte Lucindale Council who have used the following substances once or more in their lifetime



Proportion of adolescents in Naracoorte Lucindale Council who drink alcohol sometimes or often in the following places



Proportion of adolescents in Naracoorte Lucindale Council 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

96%

Of parents disapprove of cannabis use



88%

Of parents disapprove of drunkenness



54%

Of parents know the parents of their child's friends



Time with parents - Boys

66%



Of boys spend time with their parents on weekends

Time with parents - Girls

50%

Of girls spend time with their parents on weekends



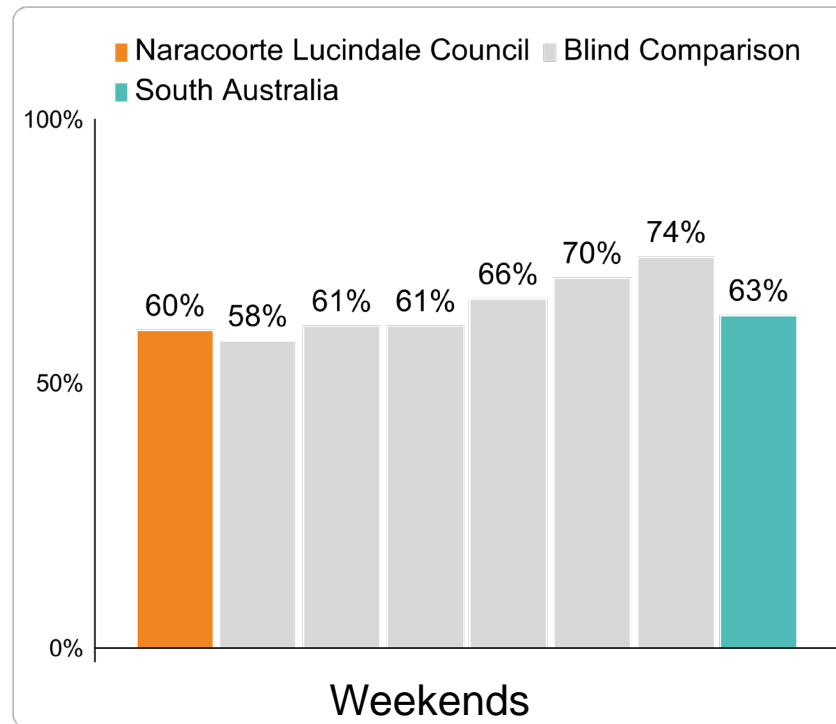
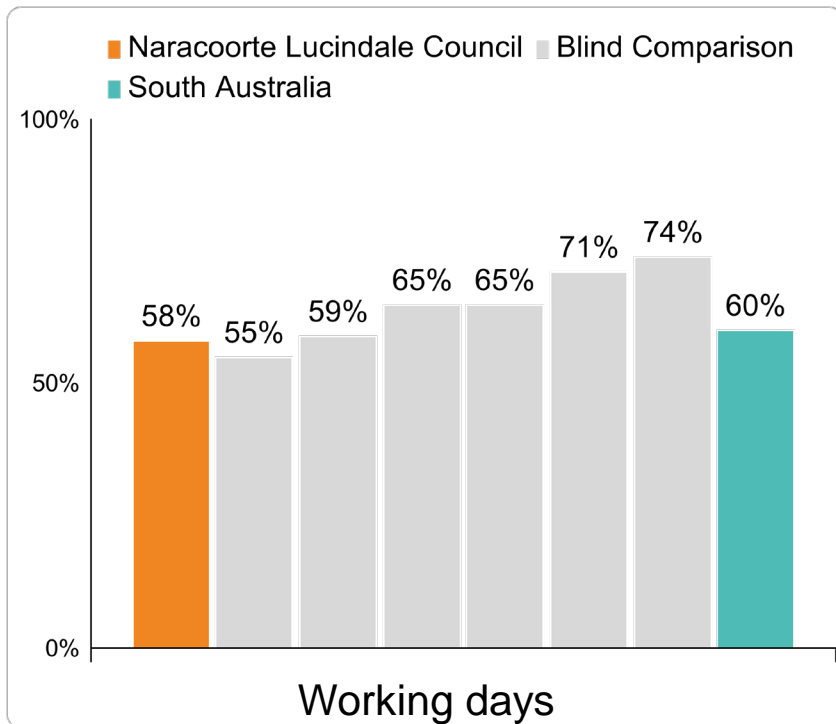
Parental monitoring

85%

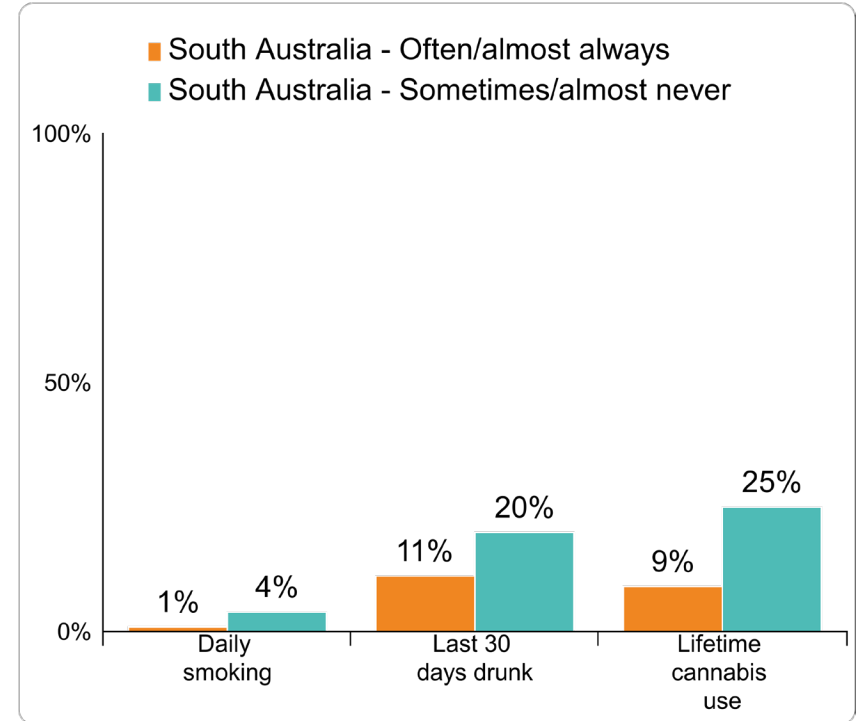
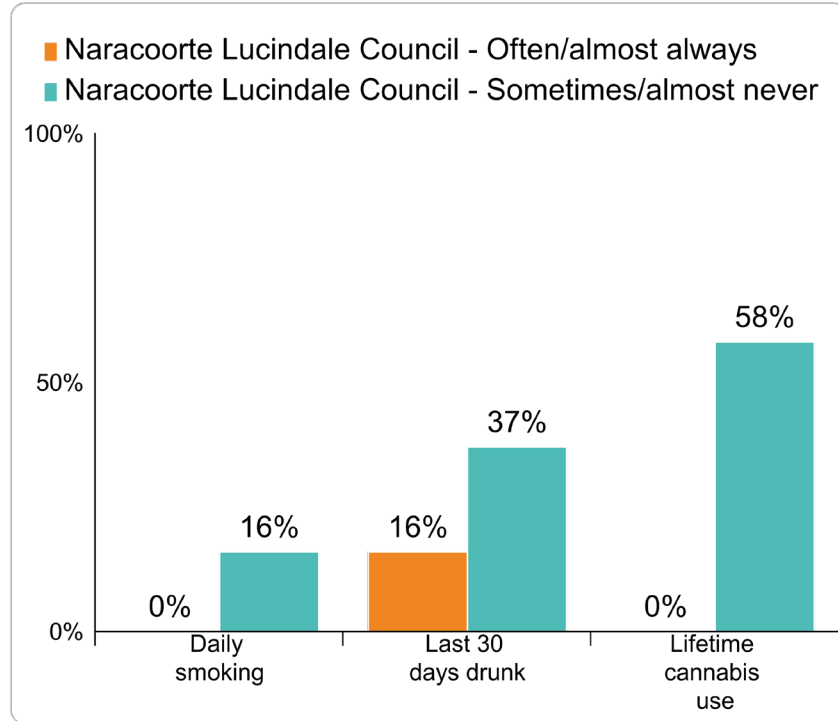


Of parents know where their teenagers are in the evenings

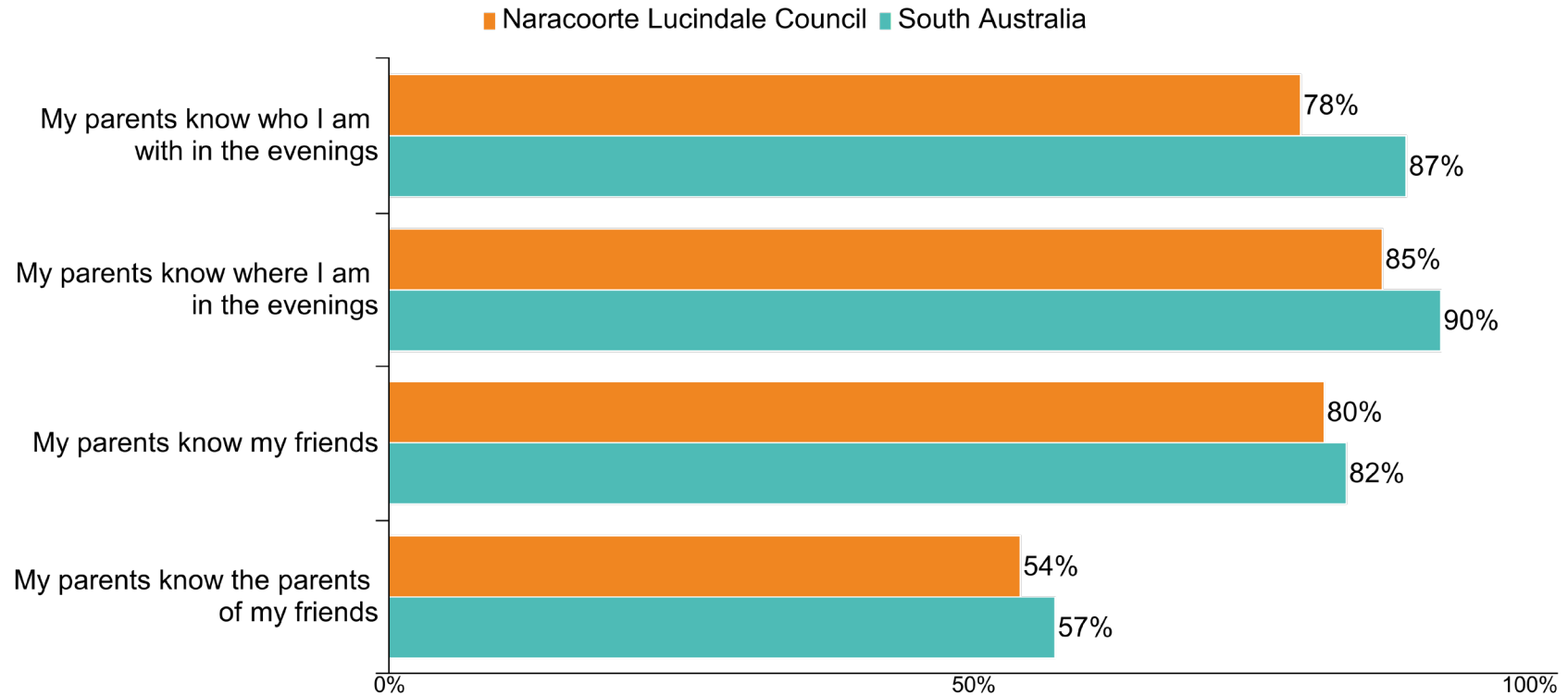
Proportion of adolescents in Naracoorte Lucindale Council who spend time with their parents often or always on working days and weekends, comparison with other participating councils



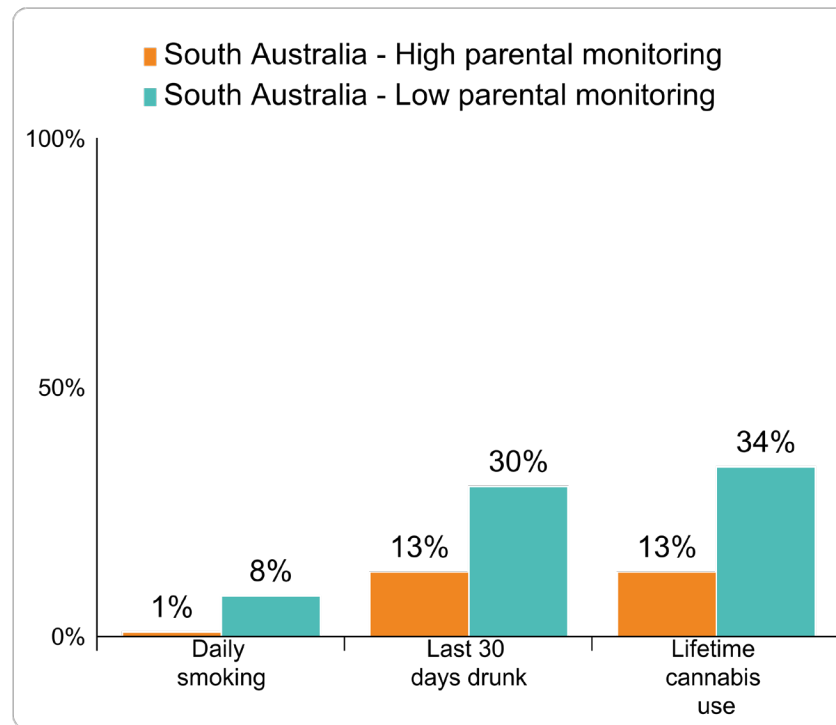
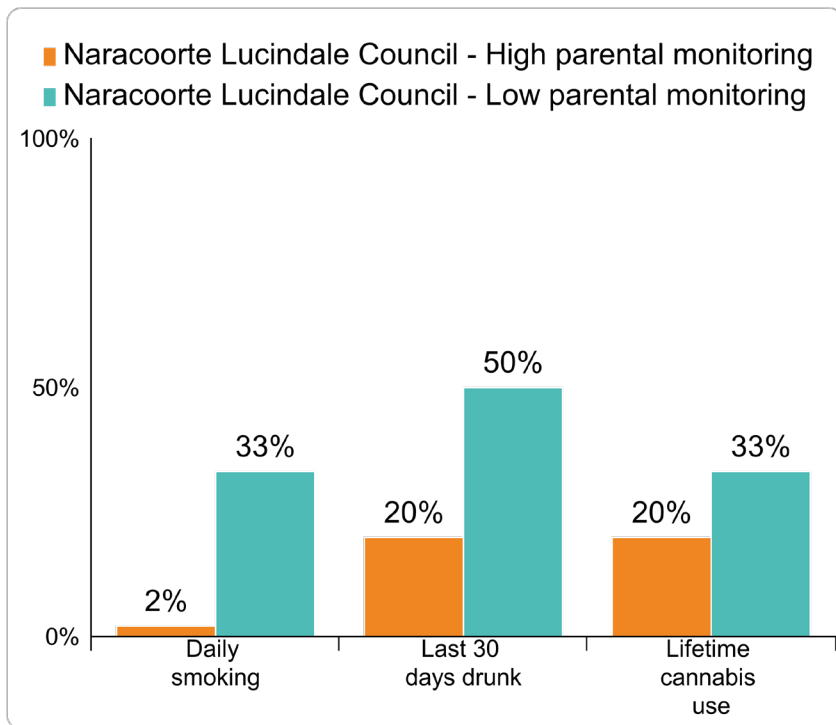
Substance use against spending time with parents on the weekends



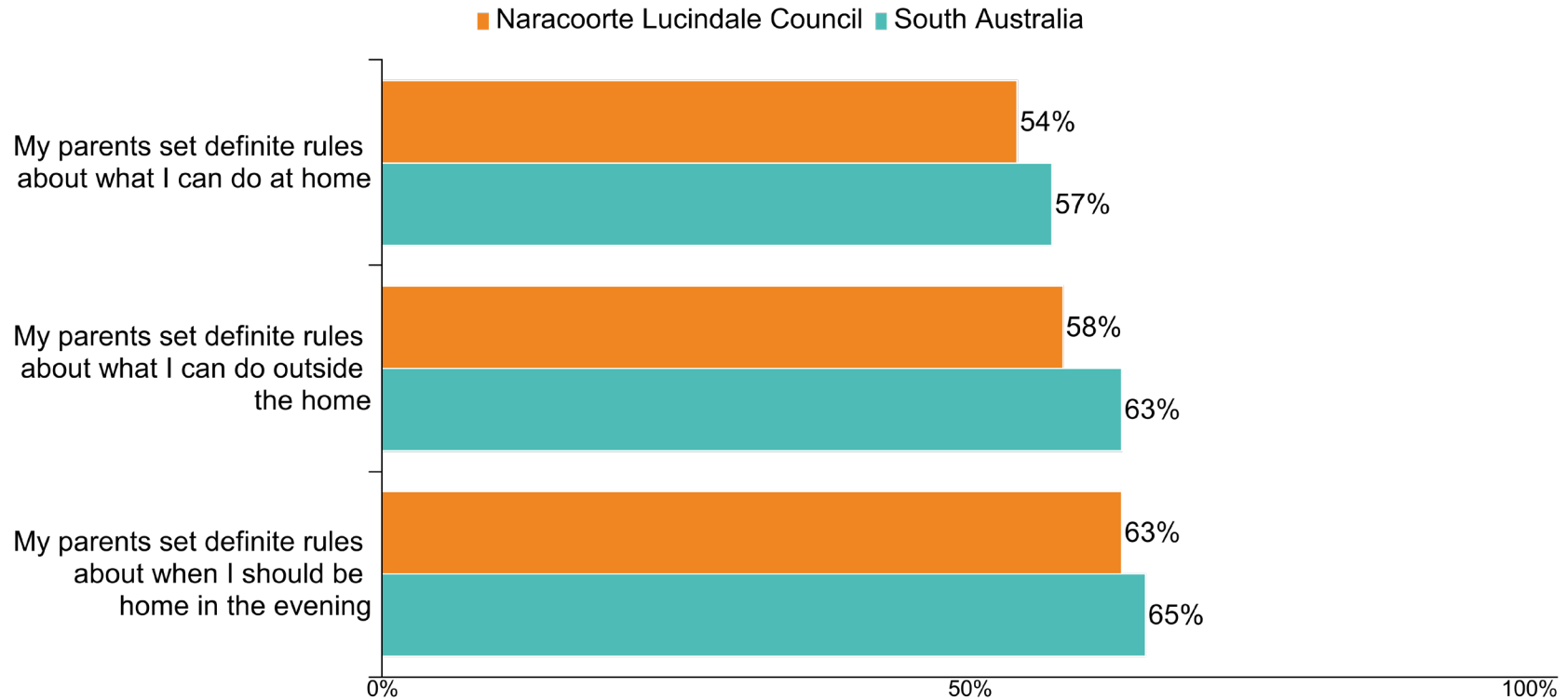
Proportion of adolescents in Naracoorte Lucindale Council who report that the following parental monitoring applies quite or very well to them



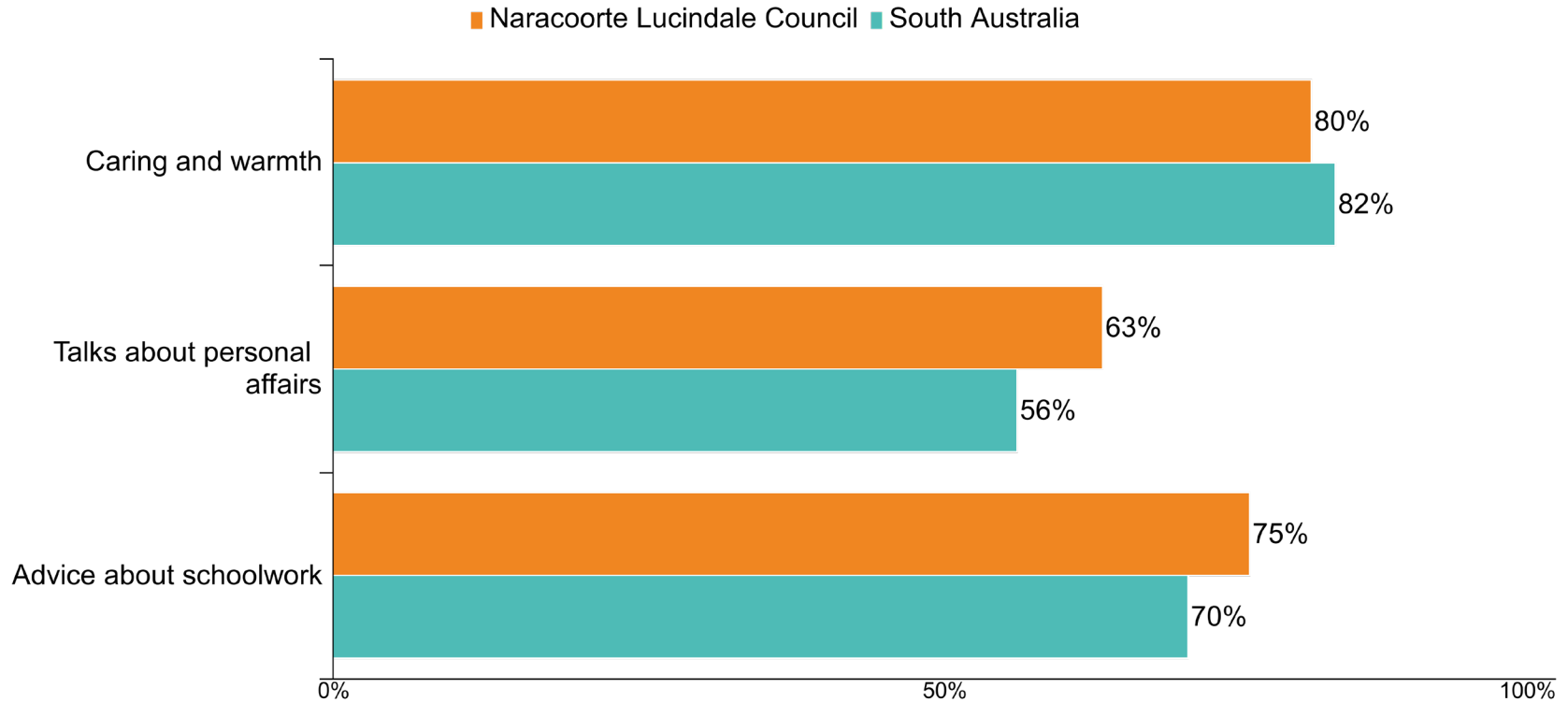
Substance use against parents knowing adolescent's whereabouts in the evenings



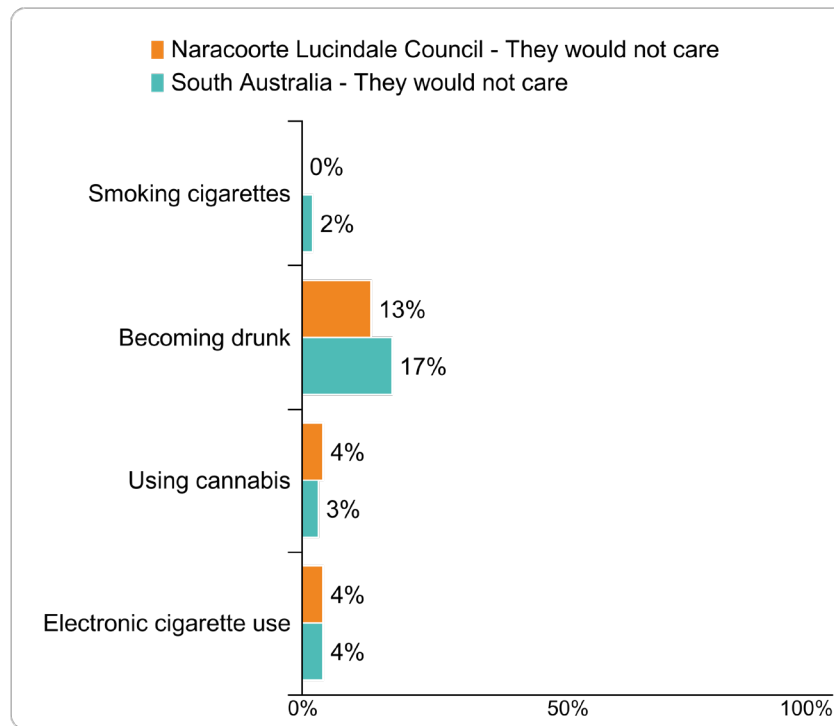
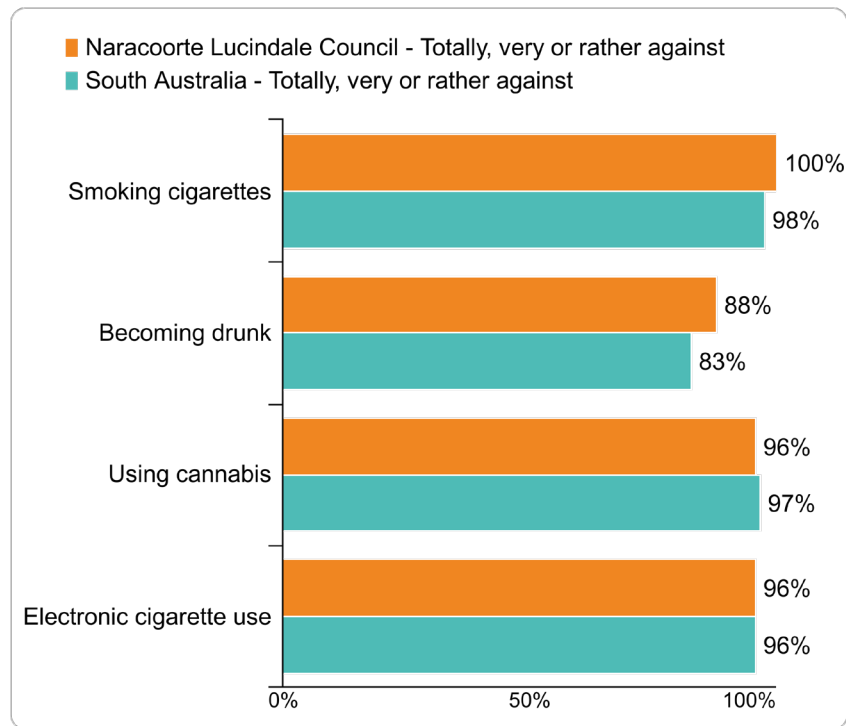
Proportion of adolescents in Naracoorte Lucindale Council who report that the following parental rules apply quite or very well to them



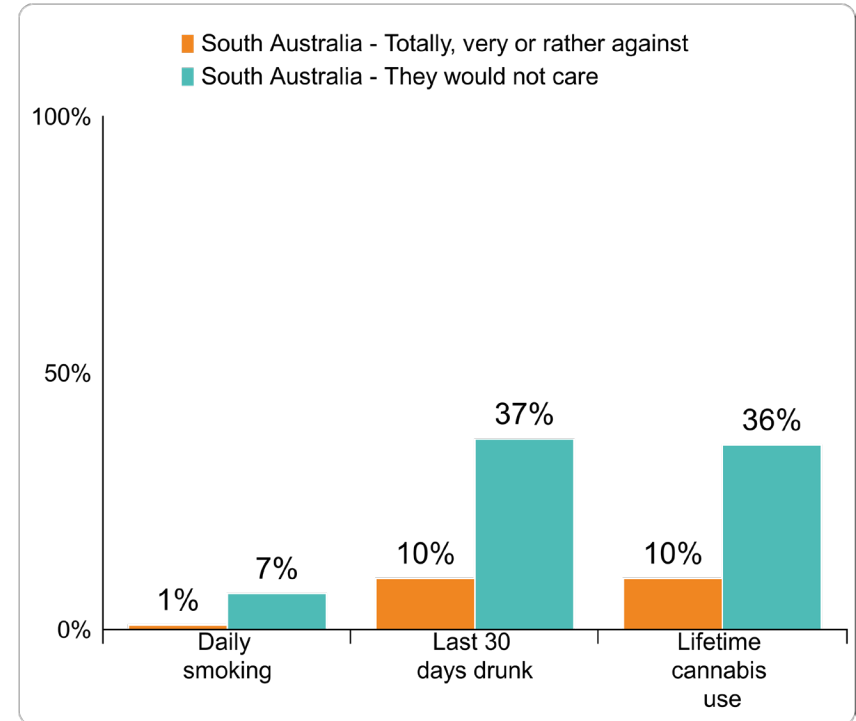
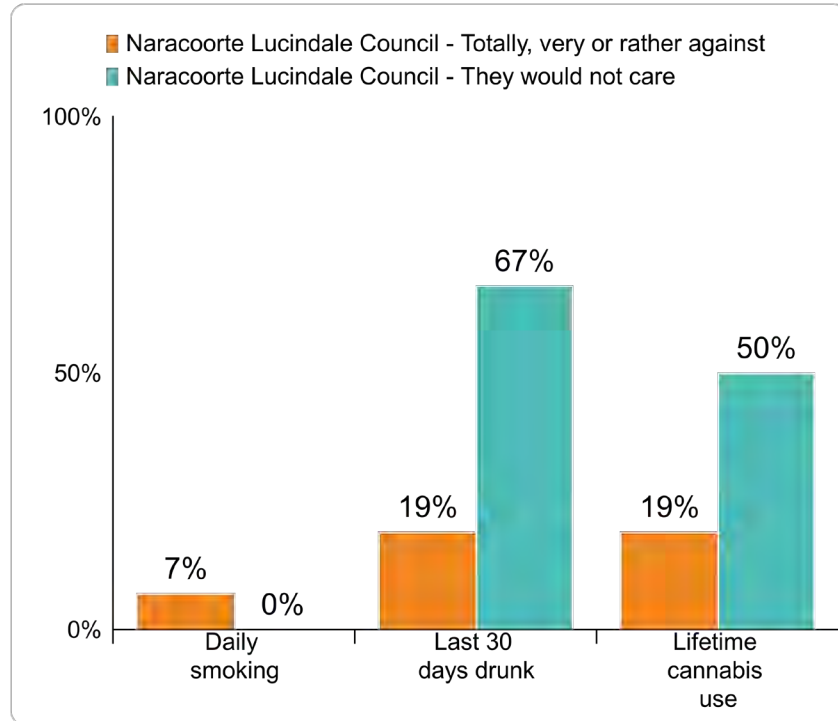
Proportion of adolescents in Naracoorte Lucindale Council who report that it is very or rather easy to receive the following parental support



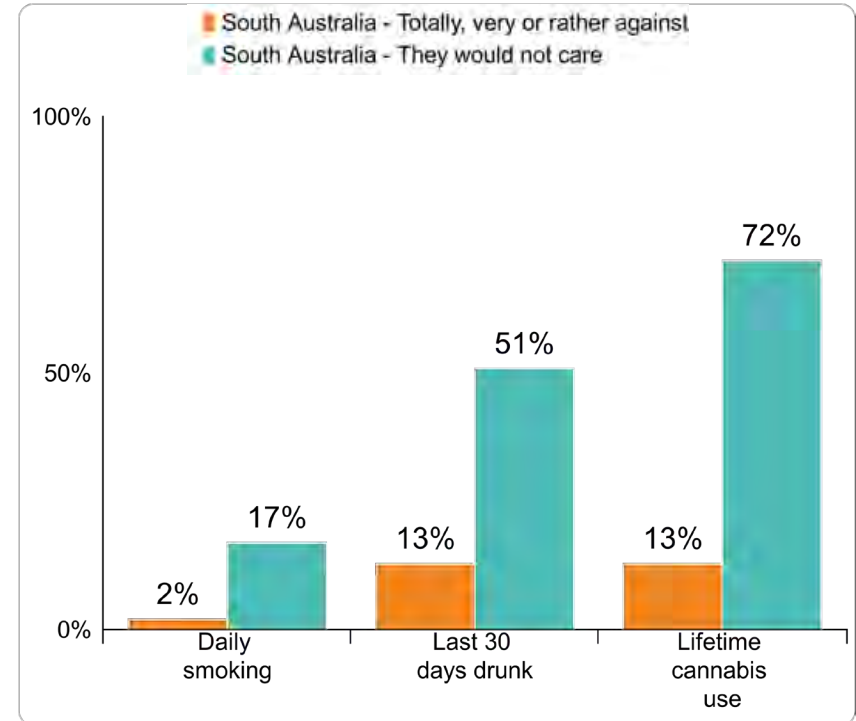
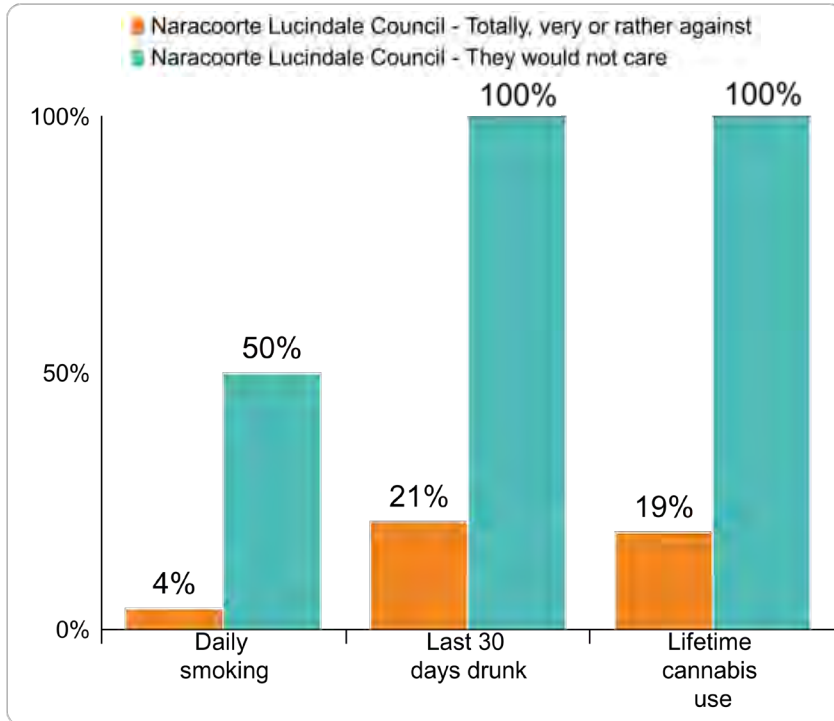
Student perception on how their parents would react about the following substance use



Substance use against perceived parental reactions to becoming drunk



Substance use against perceived parental reactions to cannabis use



Peer Group Effects – Key Findings



Adolescents who strongly or somewhat agree that it is important to:

27%

Drink alcohol so you are not left out of the peer group



15%

Smoke cigarettes so you are not left out of the peer group



12%

Use cannabis so you are not left out of the peer group

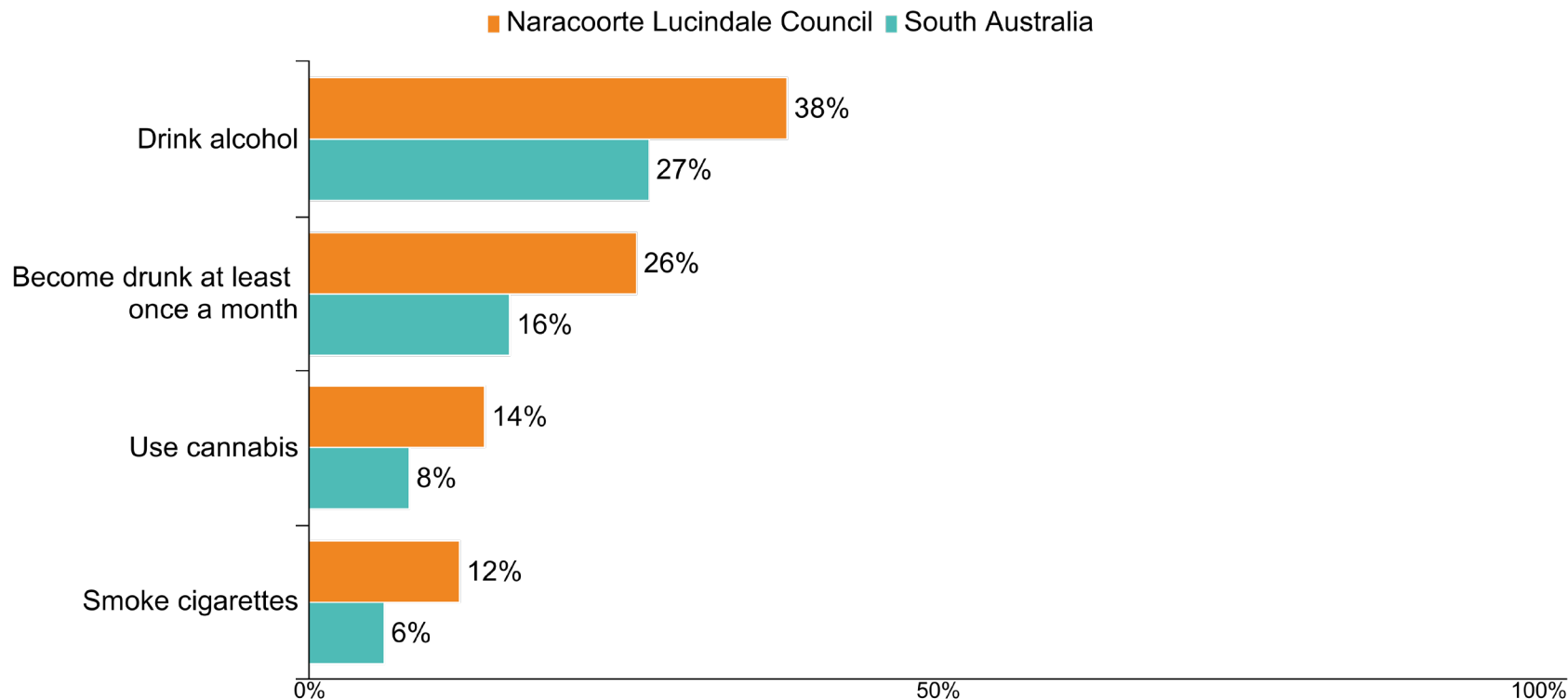


26%

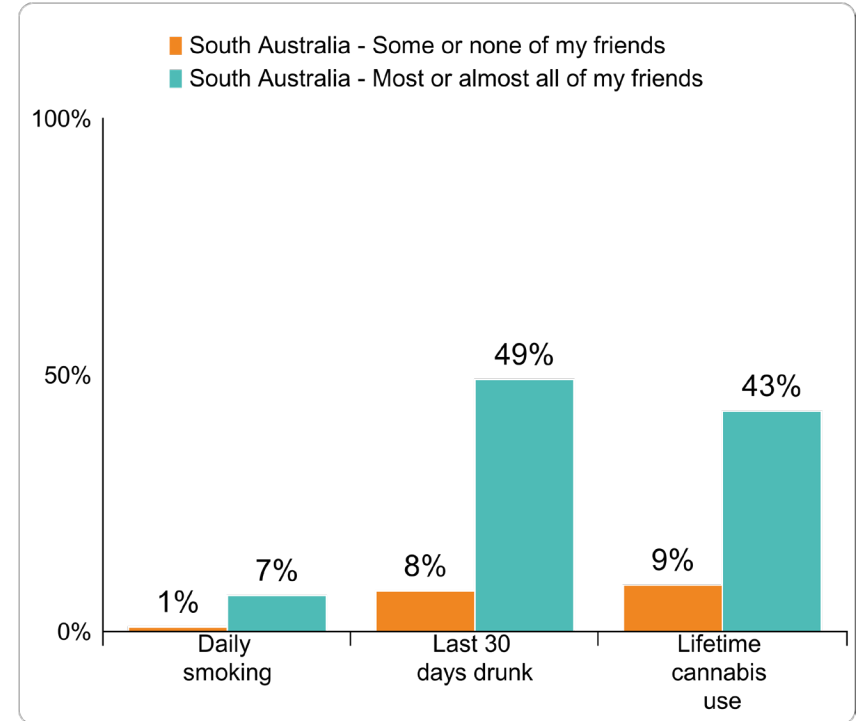
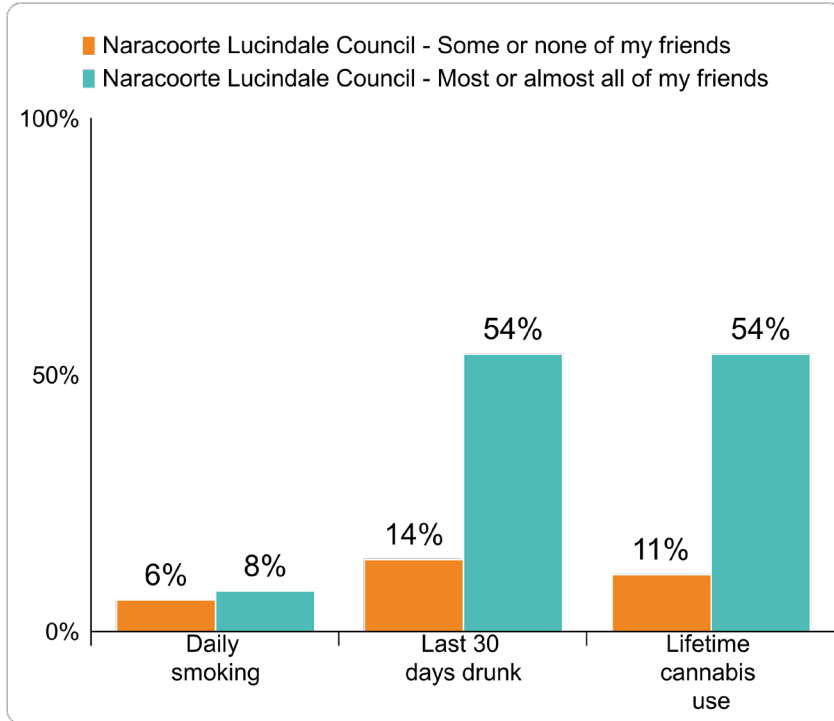
Think many or most of their friends had been drunk in the last month



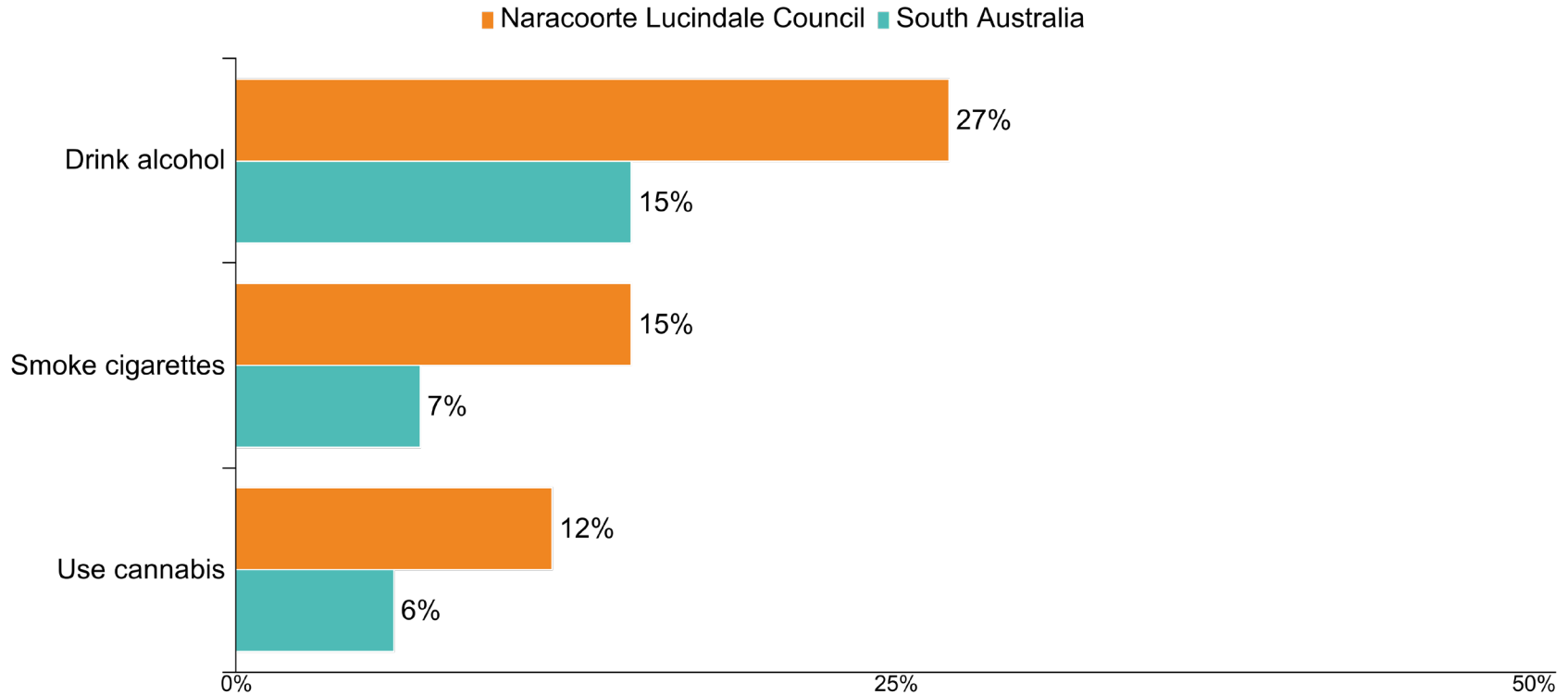
Proportion of adolescents in Naracoorte Lucindale Council who report that most/almost all of their friends: smoke cigarettes, drink alcohol, become drunk at least once per month, use cannabis substances



Substance use against perceived level of peer monthly drunkenness

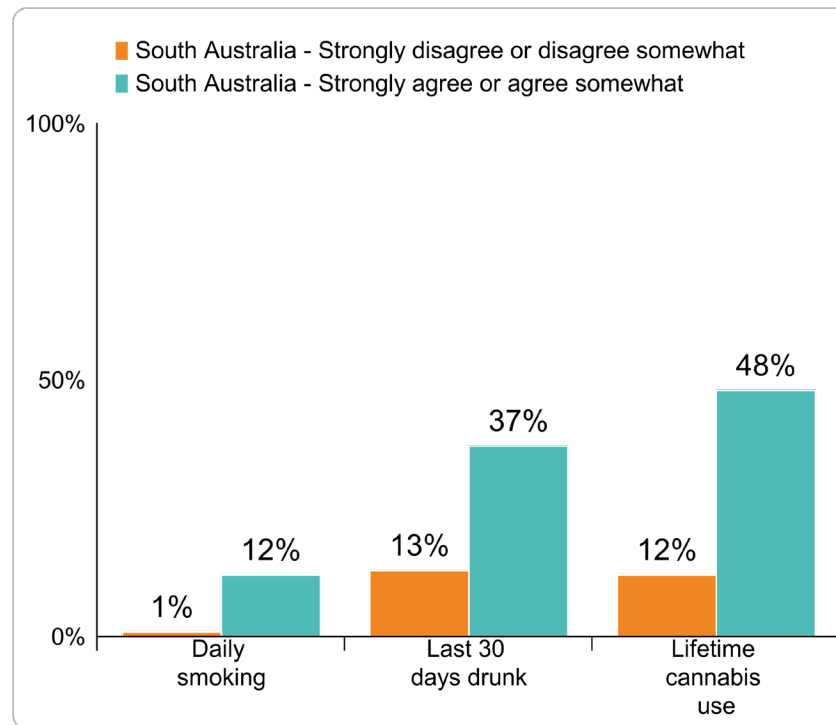
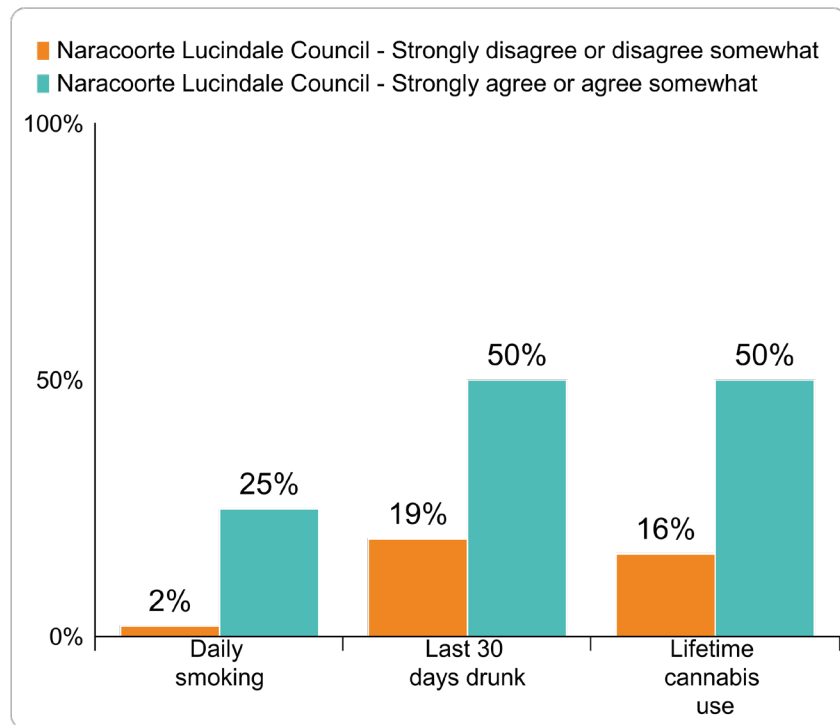


Proportion of adolescents in Naracoorte Lucindale Council who strongly agree or agree somewhat that it is necessary to do the following in order not to be left out of the peer group



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

Females

Pointless

14%

Find schoolwork pointless

Year 12

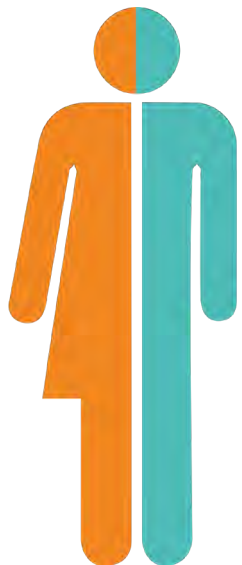
64%

Intend to complete Year 12

Skipped school

12%

Skipped school once or more in the last month



Males

Pointless

23%

Find schoolwork pointless

Year 12

63%

Intend to complete Year 12

Skipped school

10%

Skipped school once or more in the last month

68%

Feel safe at school

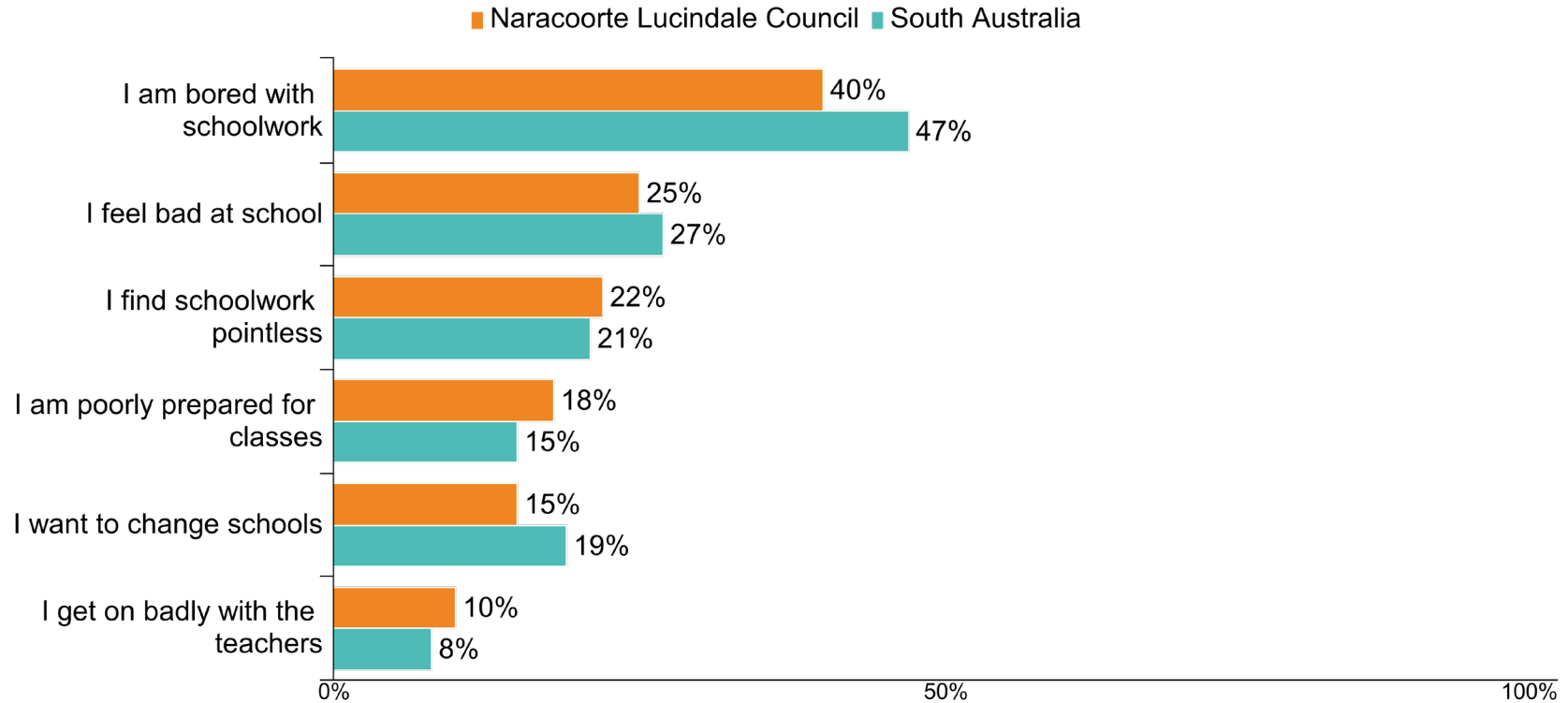


15%

Want to change schools

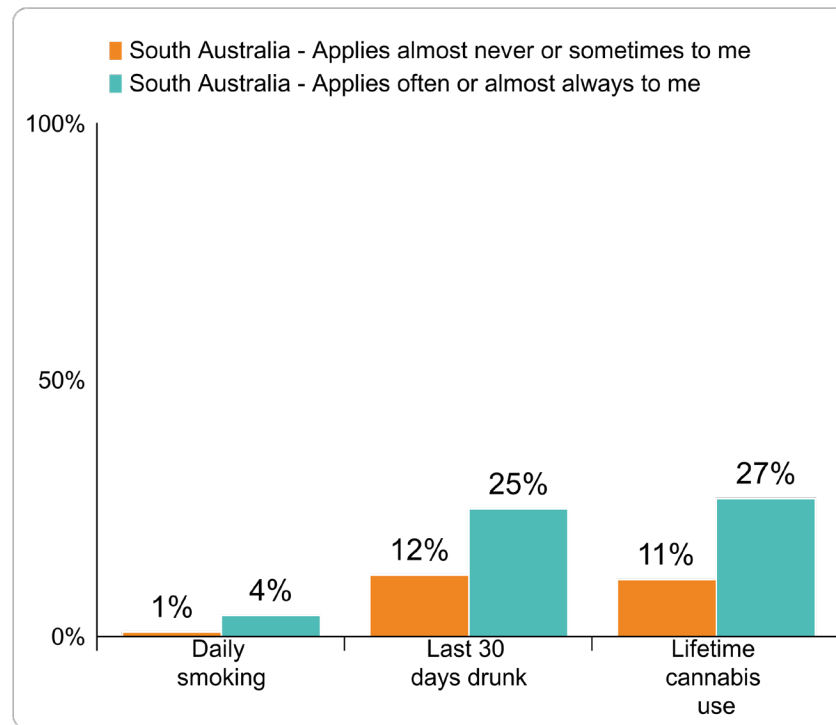
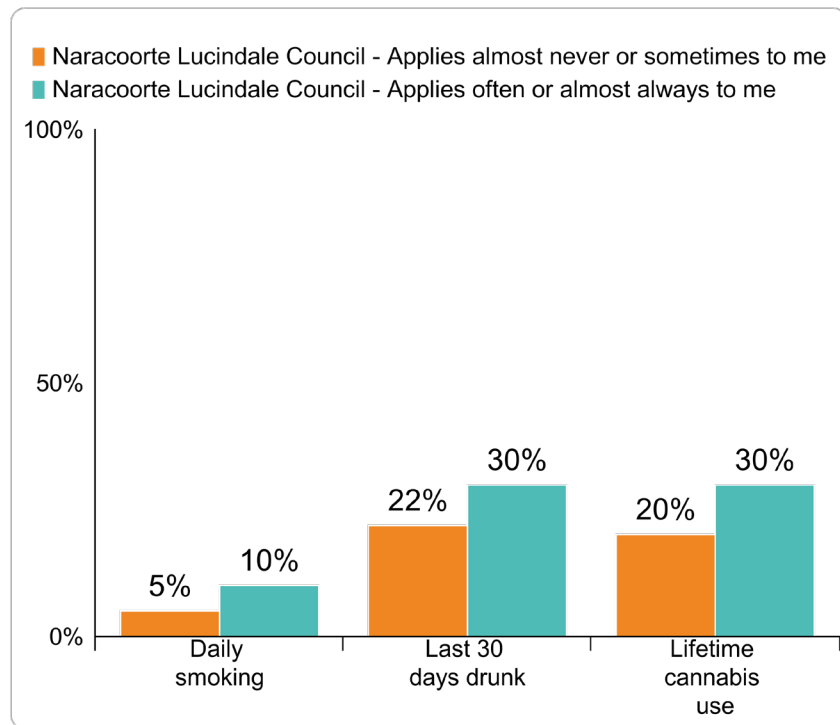


Proportion of adolescents in Naracoorte Lucindale Council who report that the following school/study attitude applies often or almost always to them



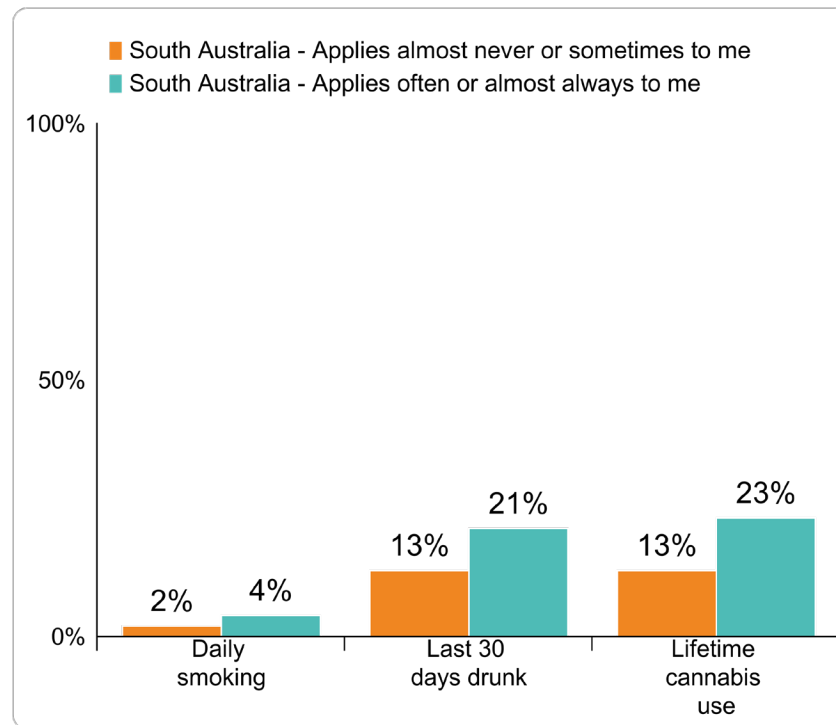
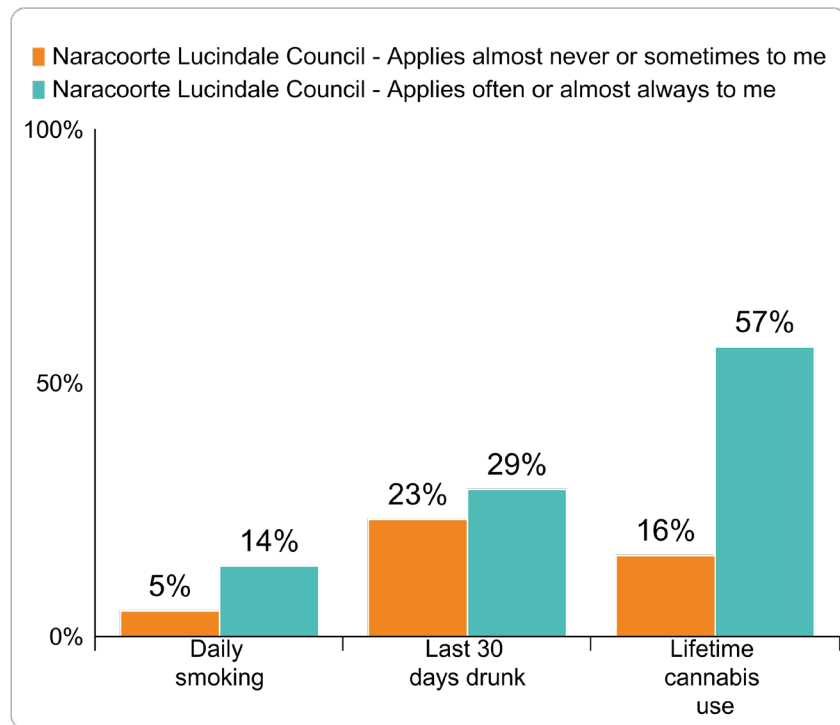
Substance use against attitude towards school

"I find schoolwork pointless"

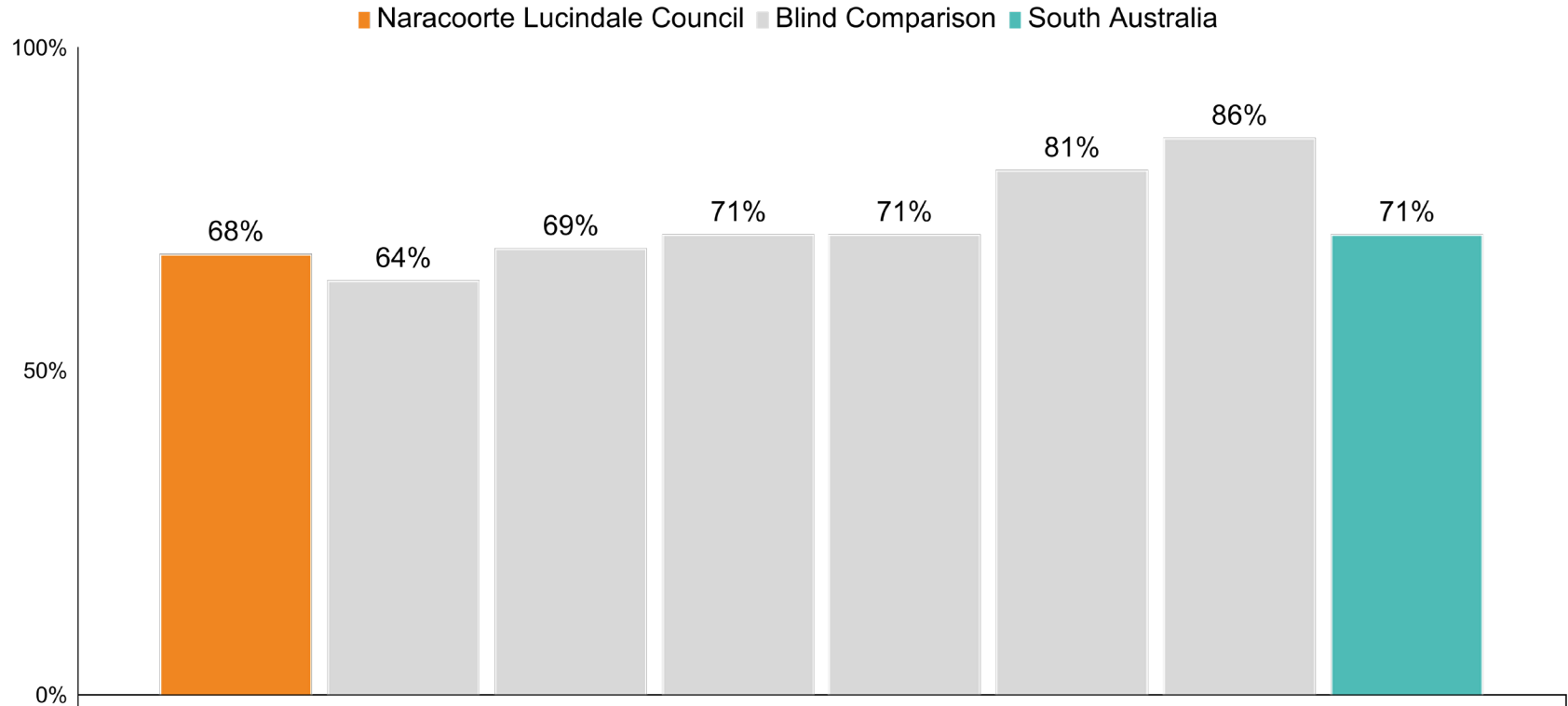


Substance use against attitudes towards school

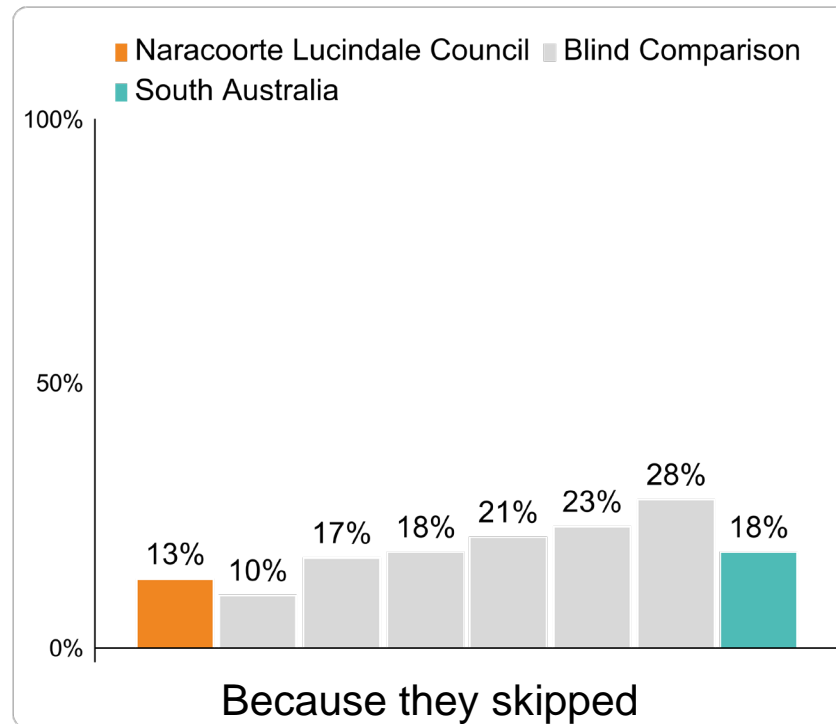
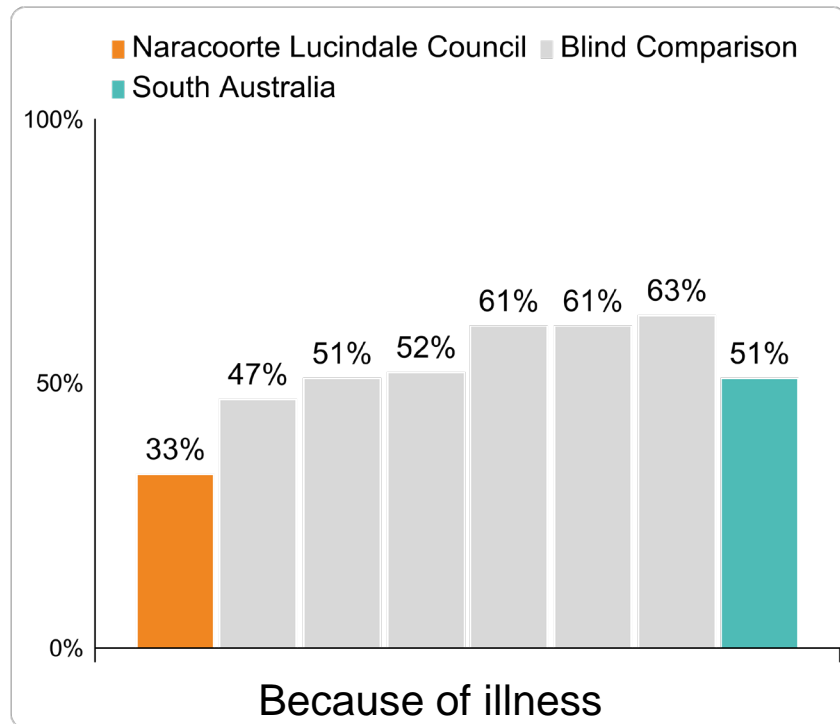
"I want to change schools"



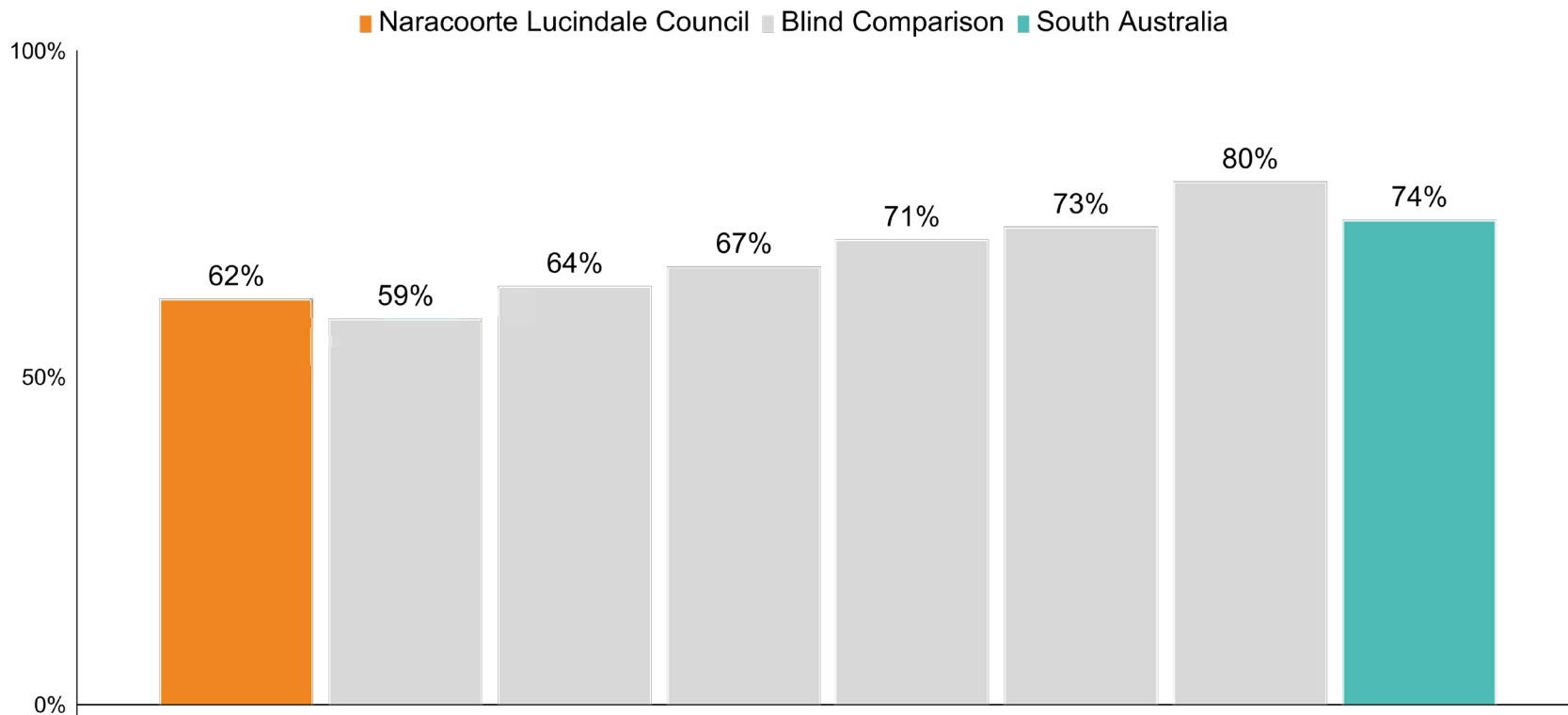
Proportion of adolescents in Naracoorte Lucindale Council who report feeling safe at school often or almost always, comparison with other participating councils



Proportion of adolescents in Naracoorte Lucindale Council 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 Naracoorte Lucindale Council who intend on completing Year 12, comparison with other participating councils



Leisure activities – Key Findings

40%

Of teenagers
exert
themselves
physically 3
times a week or
more



43%

Of teenagers
participate in
organised
leisure activities
twice a week or
more*



29%

Of boys play
sport with a club
or team three
times a week or
more



14%

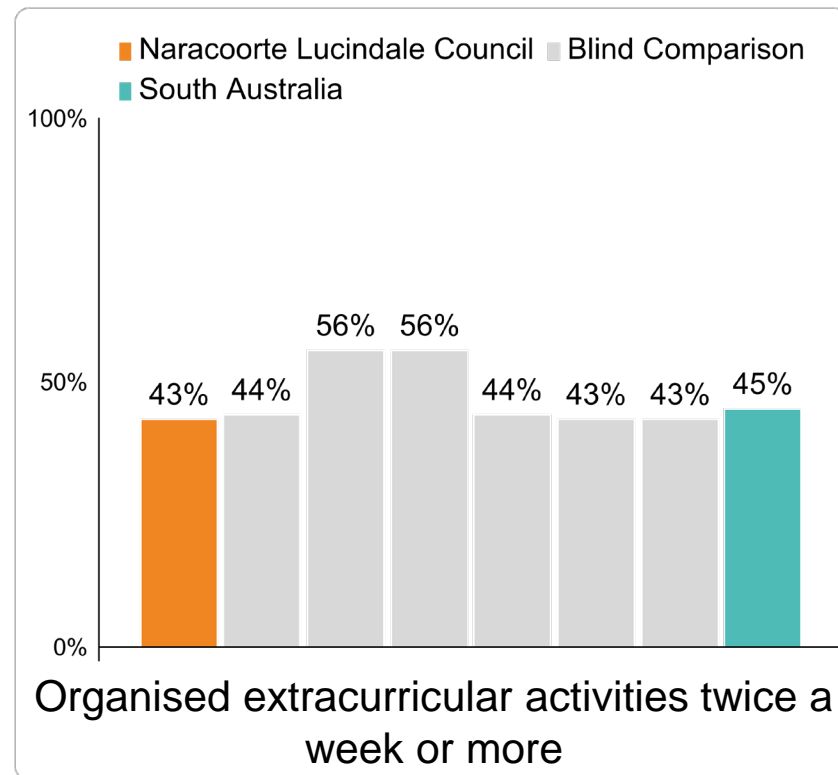
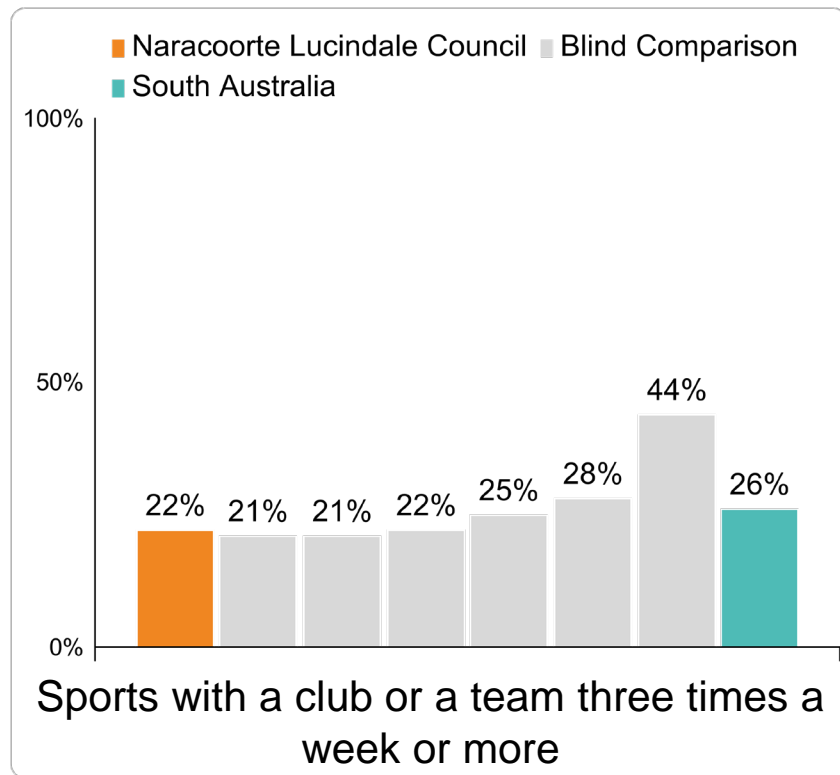
Of girls play
sport with a club
or team three
times a week or
more



*New question for 2021

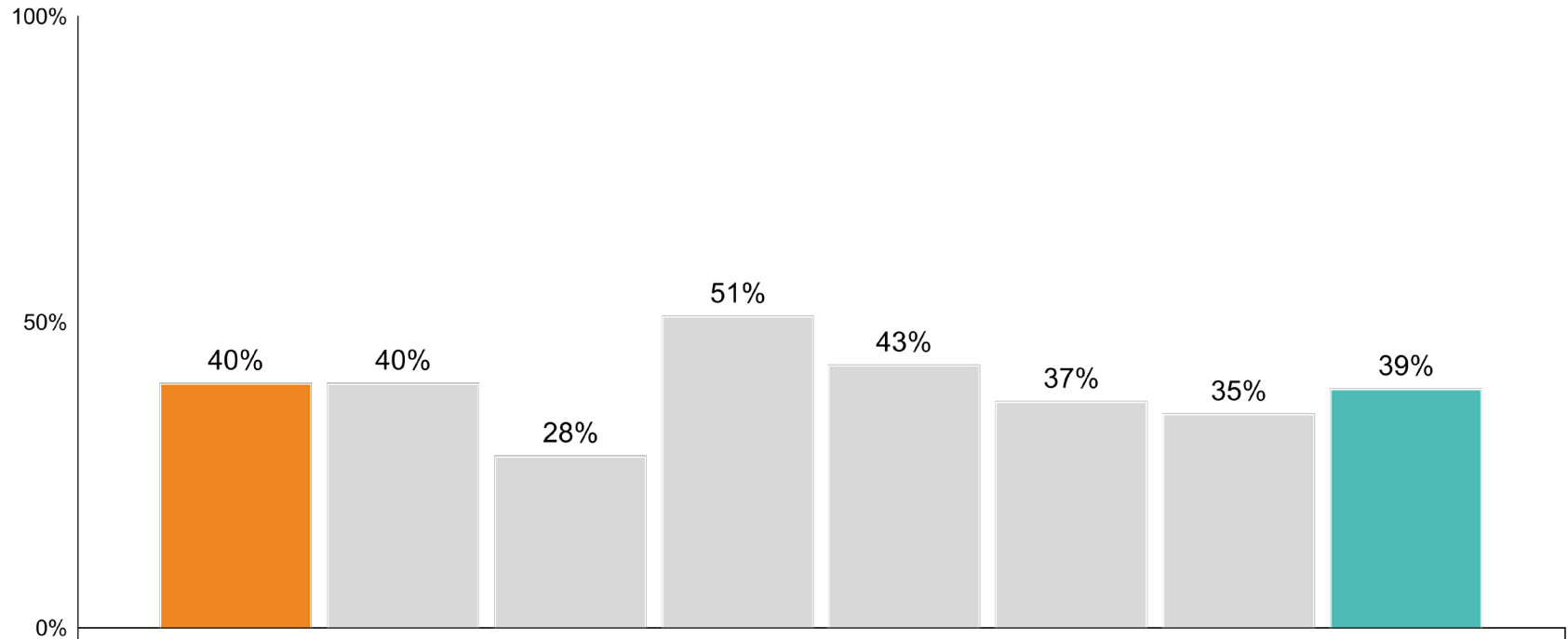


Proportion of adolescents in Naracoorte Lucindale Council who participate in sports with a club or a team and take part in organised recreational/extracurricular activities, comparison with other participating councils

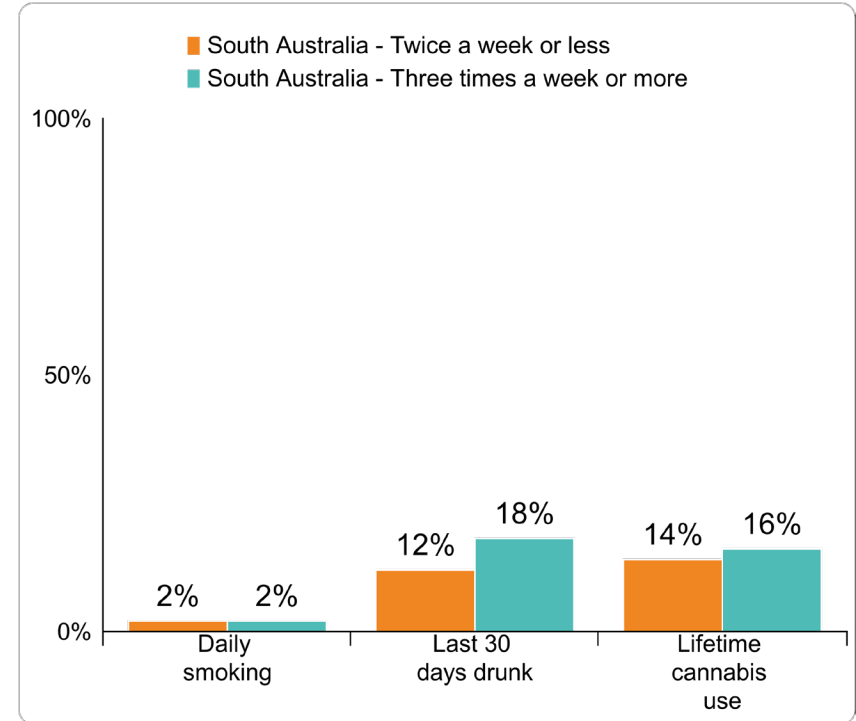
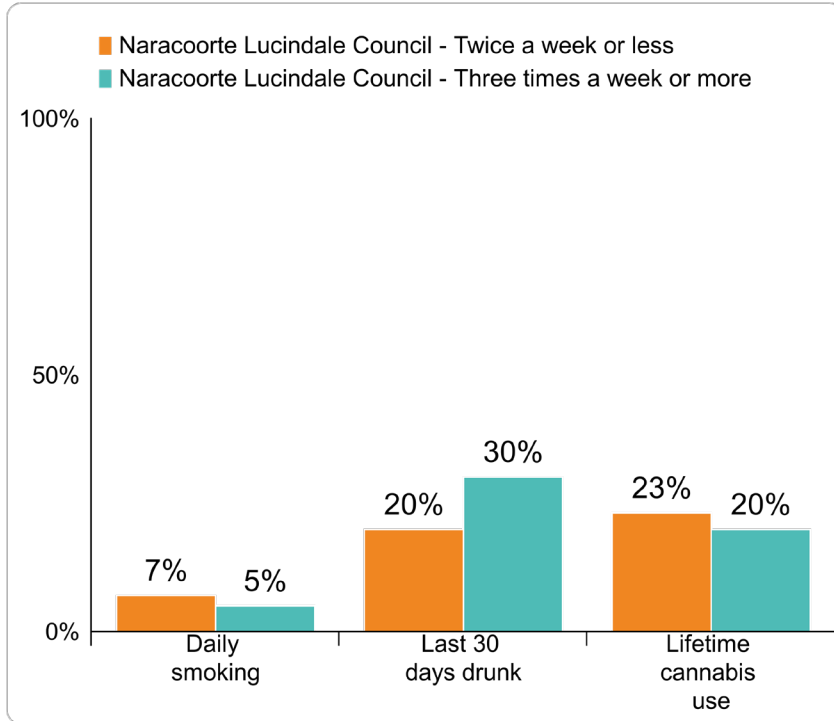


Proportion of adolescents in Naracoorte Lucindale Council who exert themselves physically 3 times a week or more, comparison with other participating councils

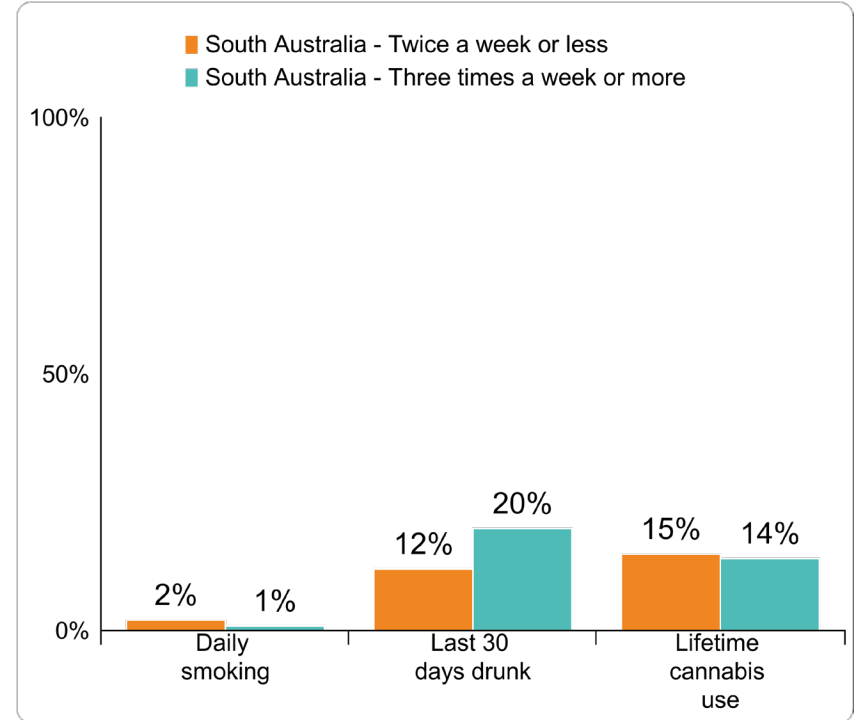
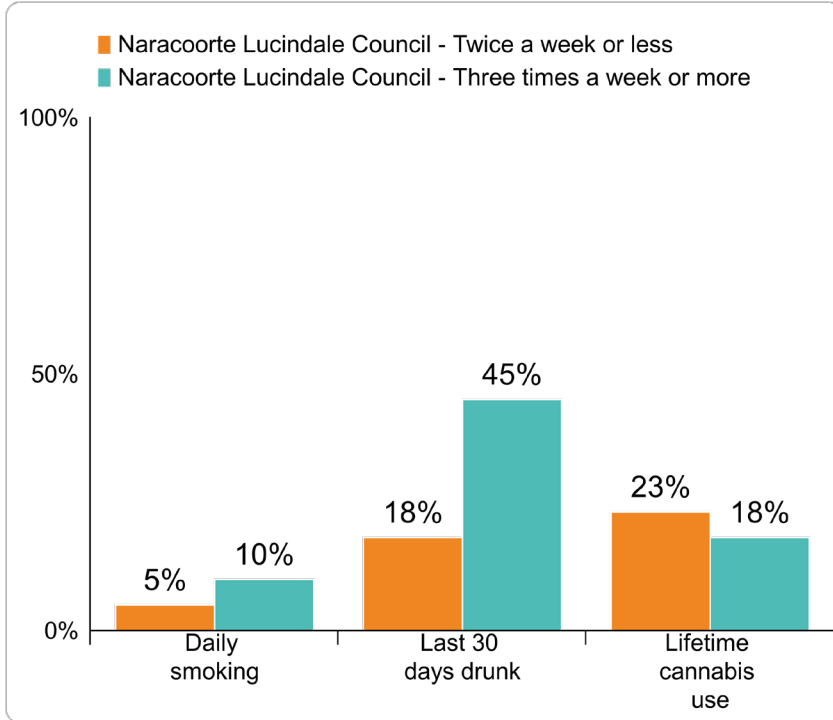
■ Naracoorte Lucindale Council ■ Blind Comparison ■ South Australia



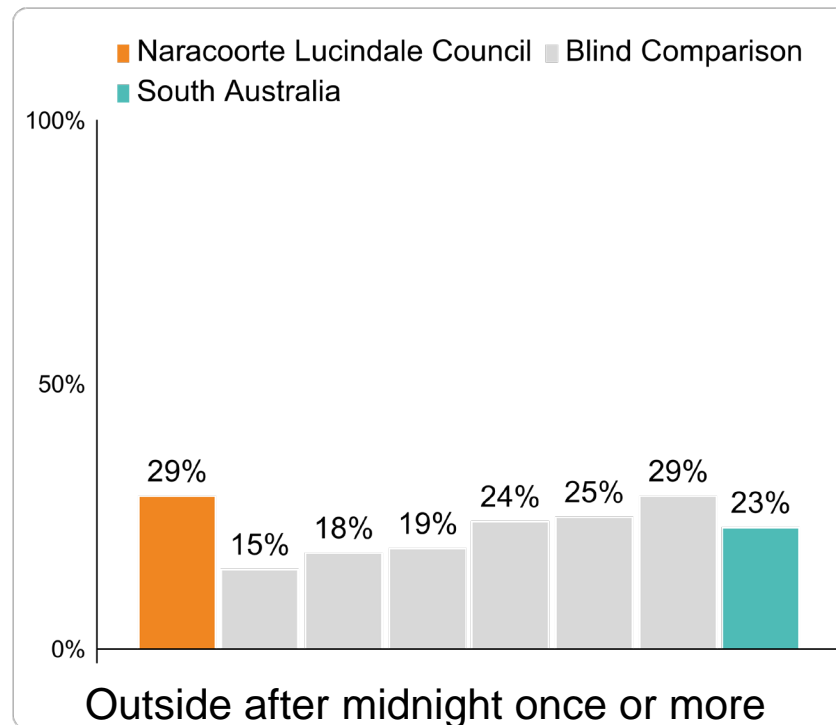
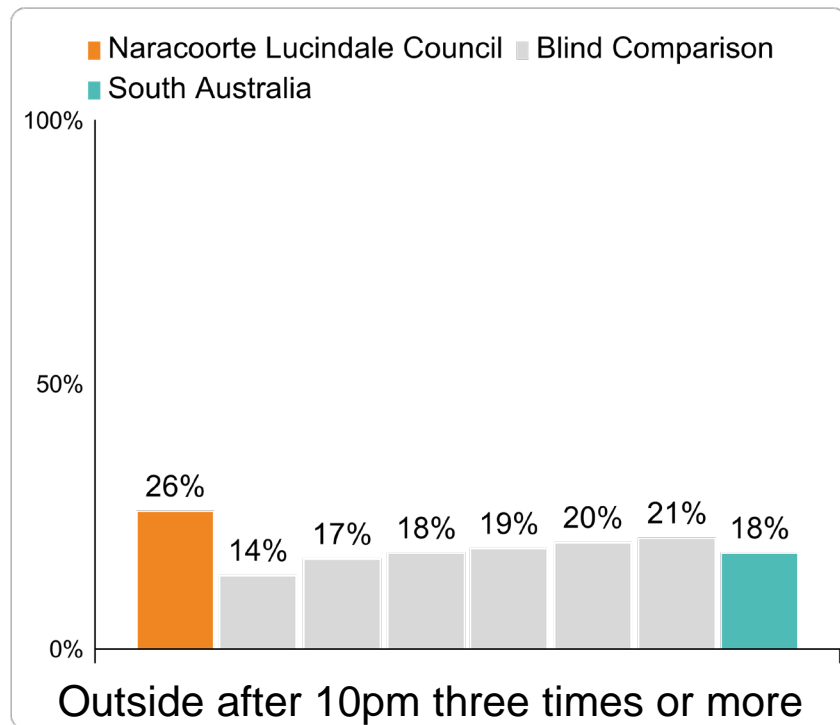
Substance use against physical activity in the previous week



Substance use against sports participation with a club or team

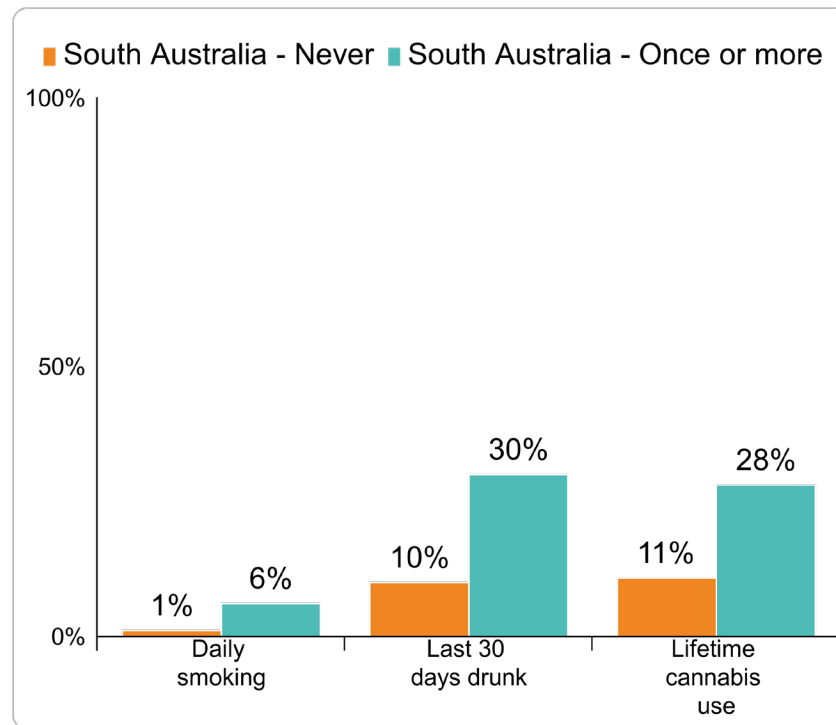
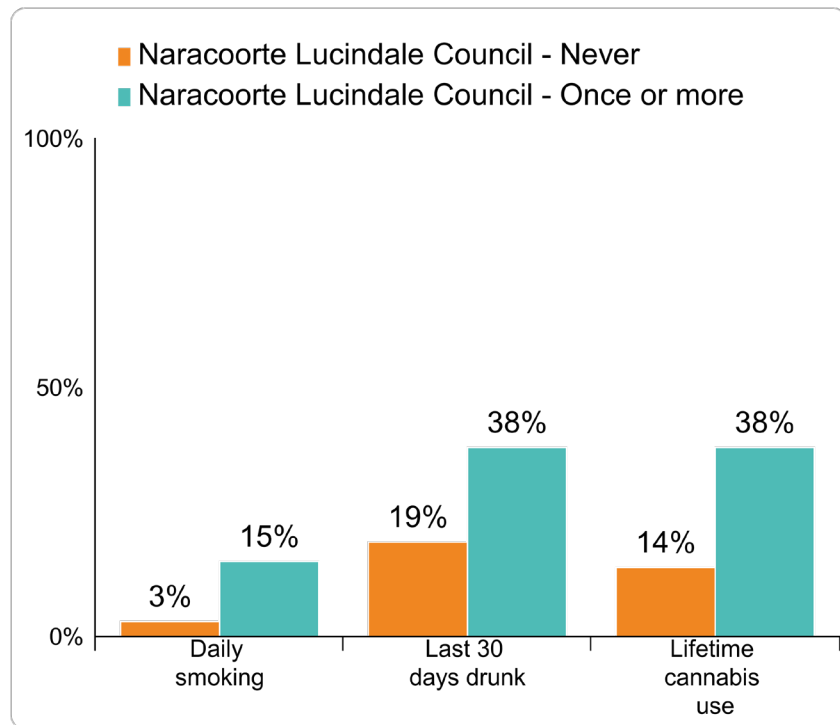


Late outside hours in the previous week, comparison with other participating councils



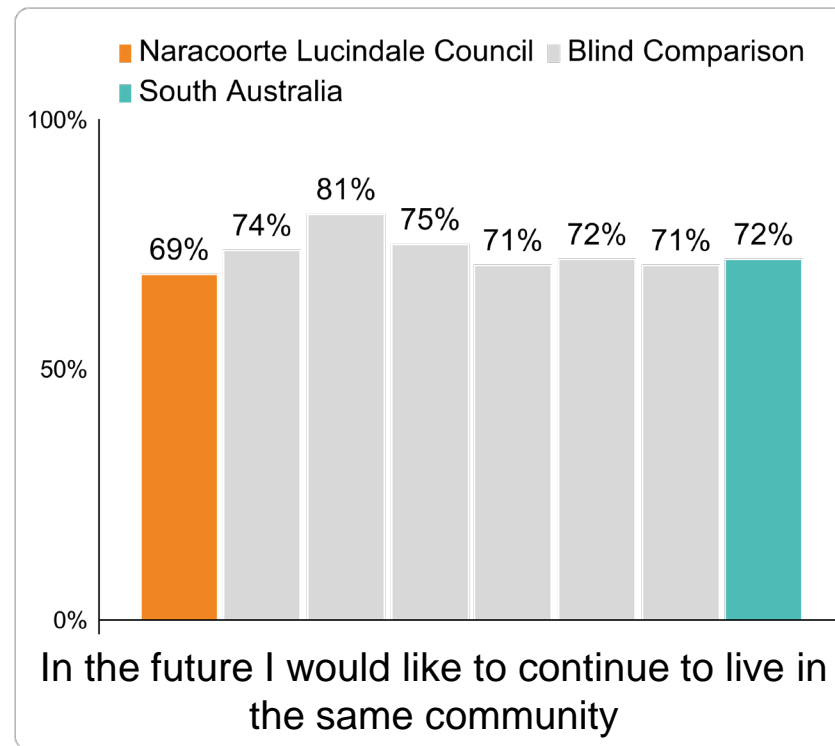
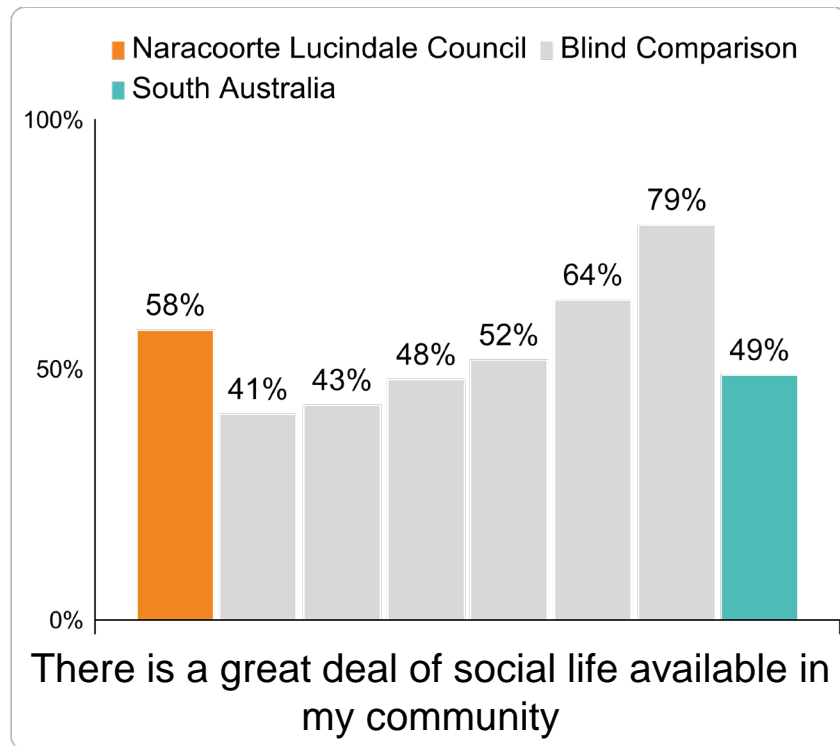
Substance use against leisure time

Being outside after midnight once or more in the past week

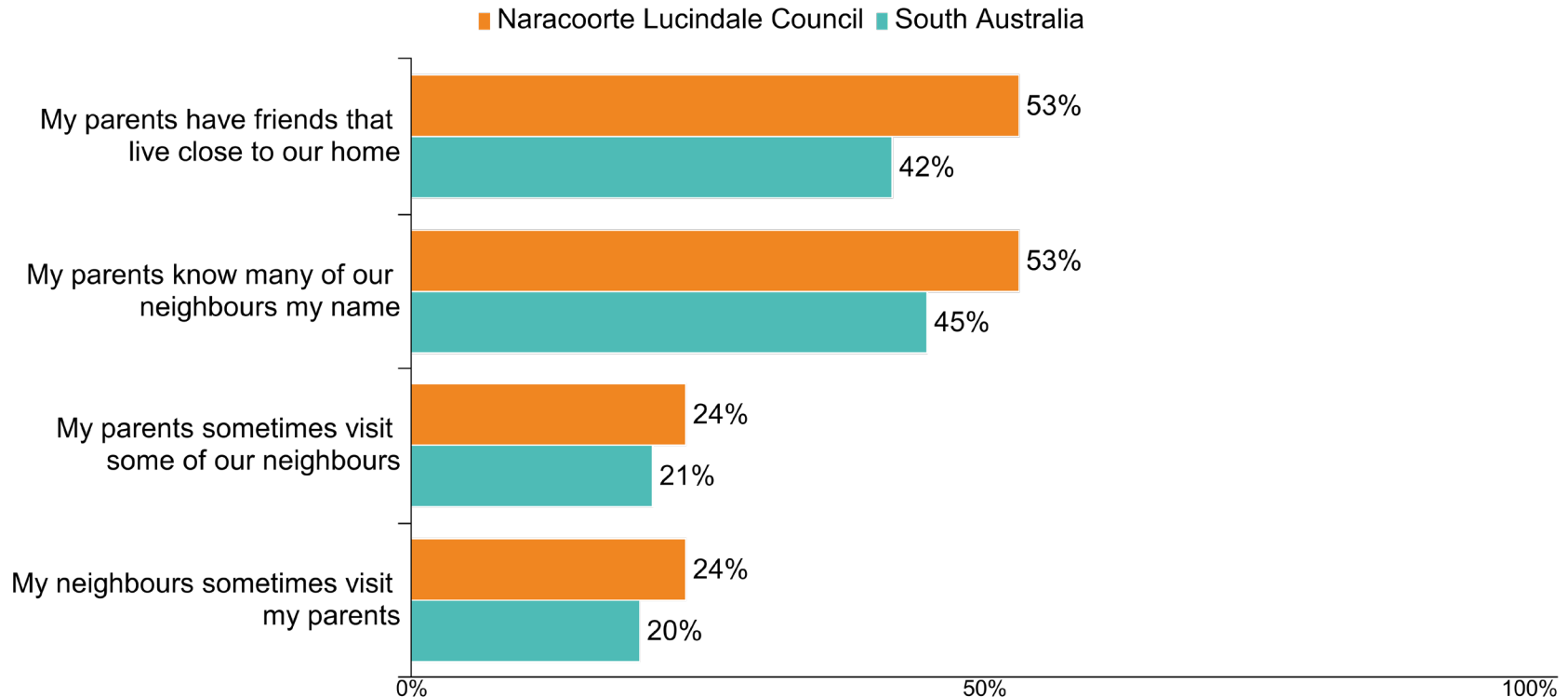


Community

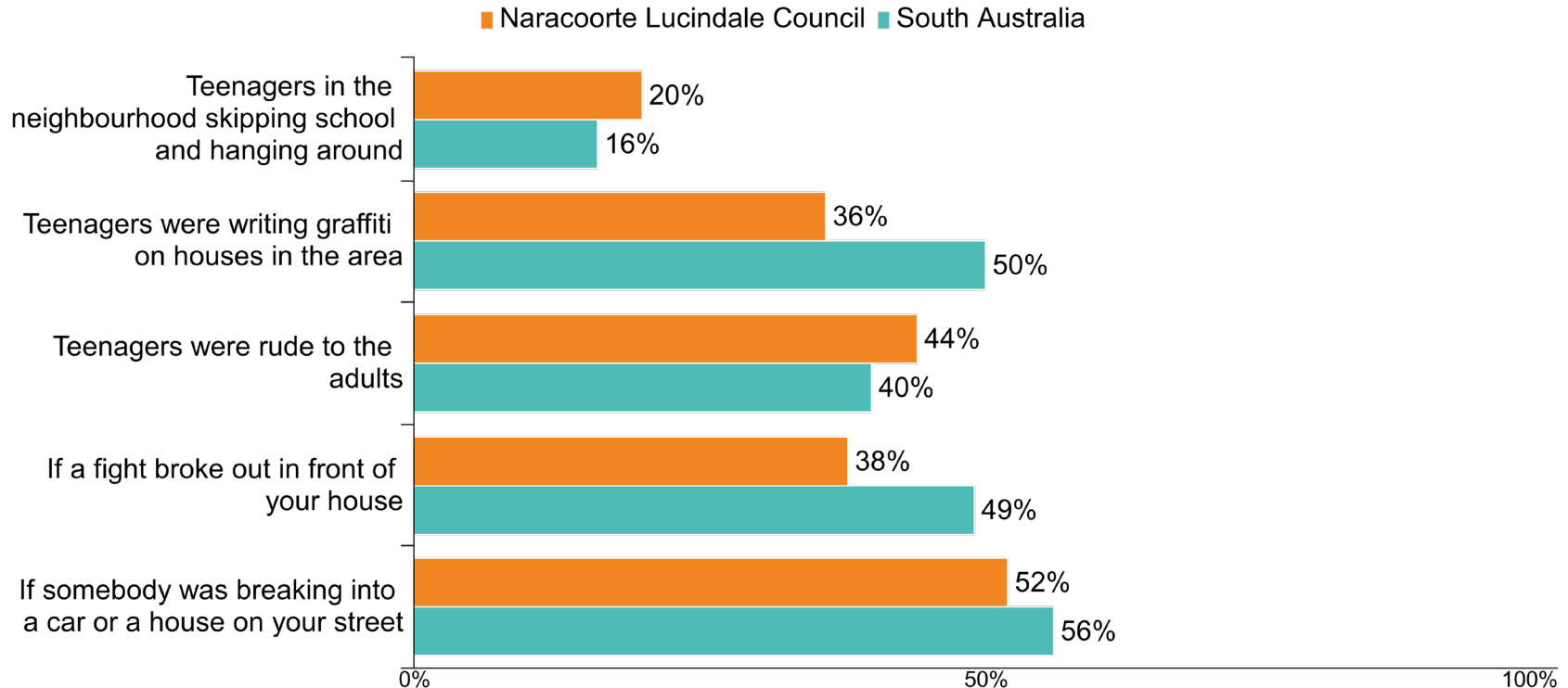
Proportion of adolescents in Naracoorte Lucindale Council who strongly agree or agree somewhat with the following statements, comparison with other participating councils



Proportion of adolescents in Naracoorte Lucindale Council who report that the following applies often or always to them



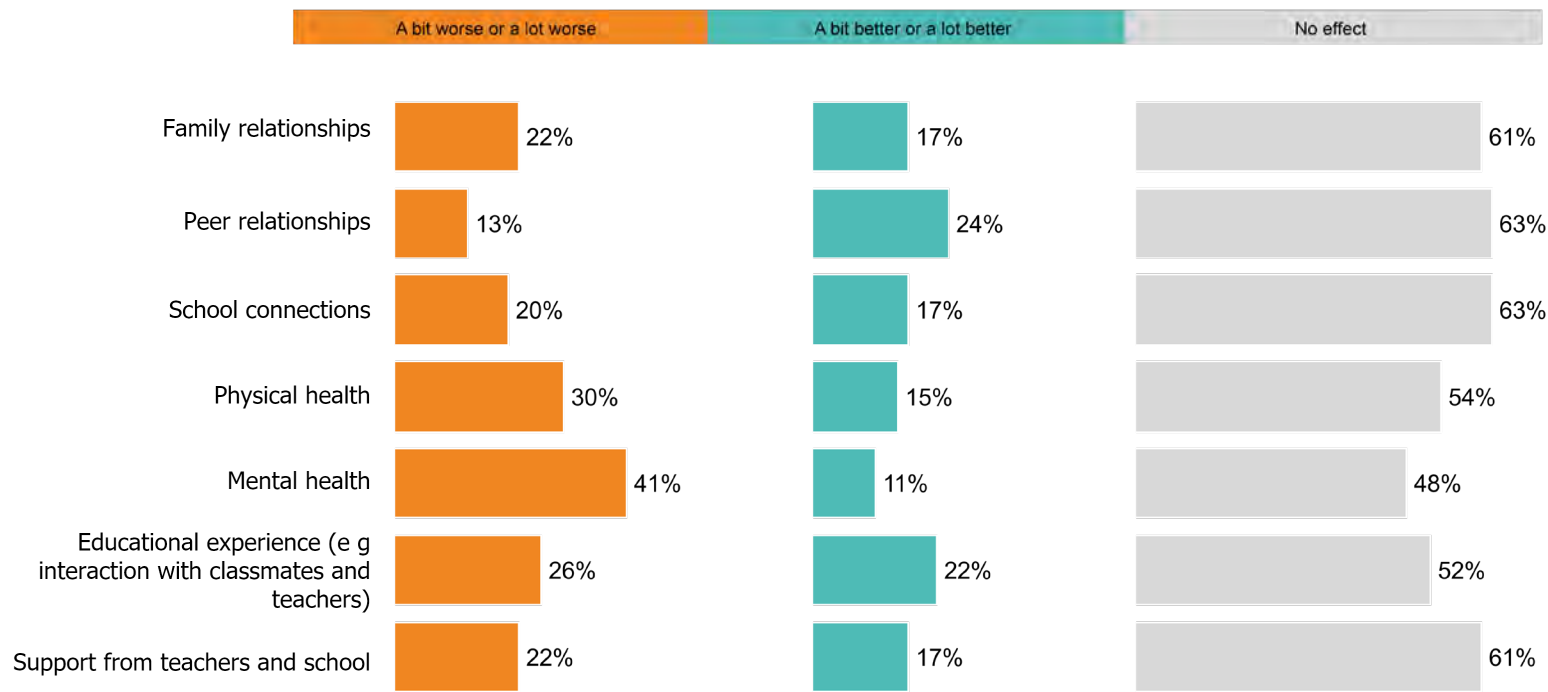
Proportion of adolescents in Naracoorte Lucindale Council who report that it is very or quite likely that their neighbours would do something in the following situations



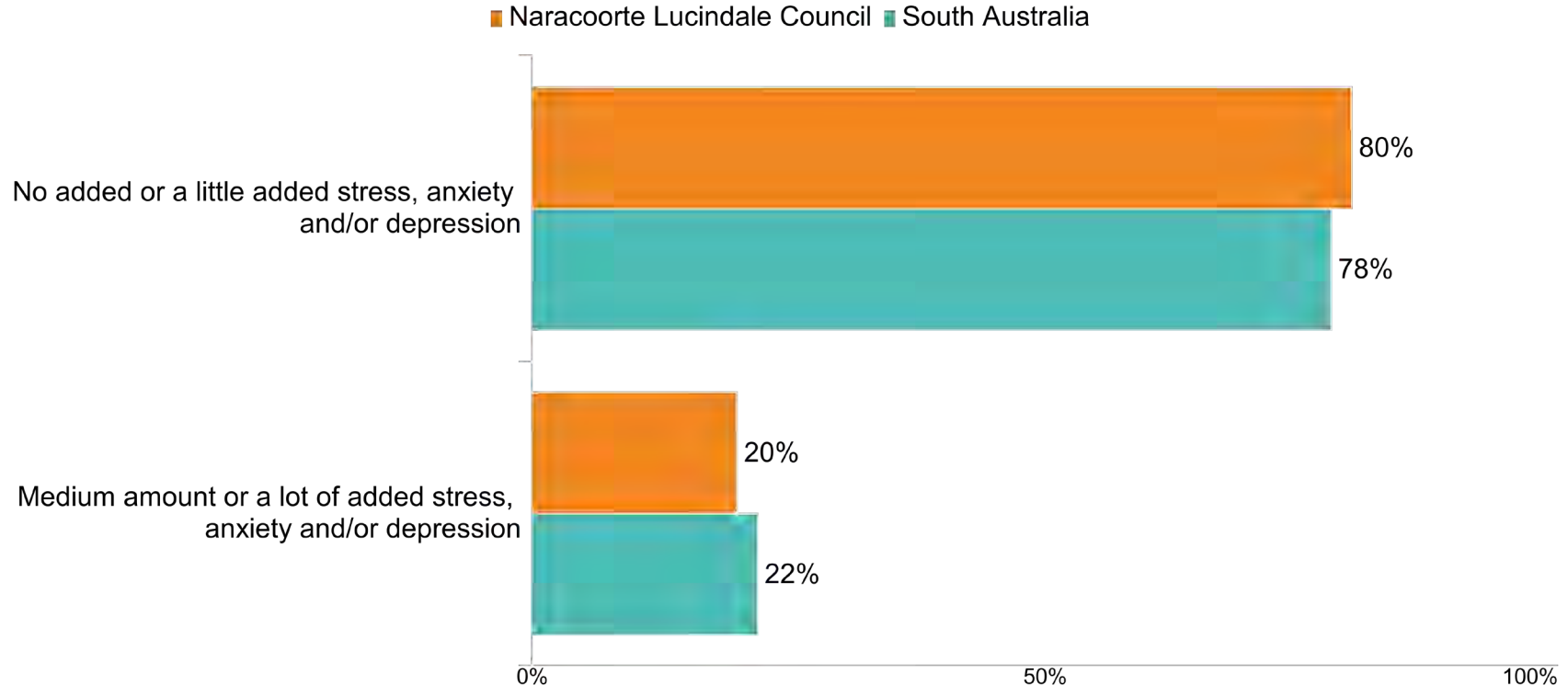
A decorative graphic on the left side of the slide, consisting of a large, light purple triangle composed of smaller, darker purple triangles of various sizes, creating a fractal-like effect.

Additional Information

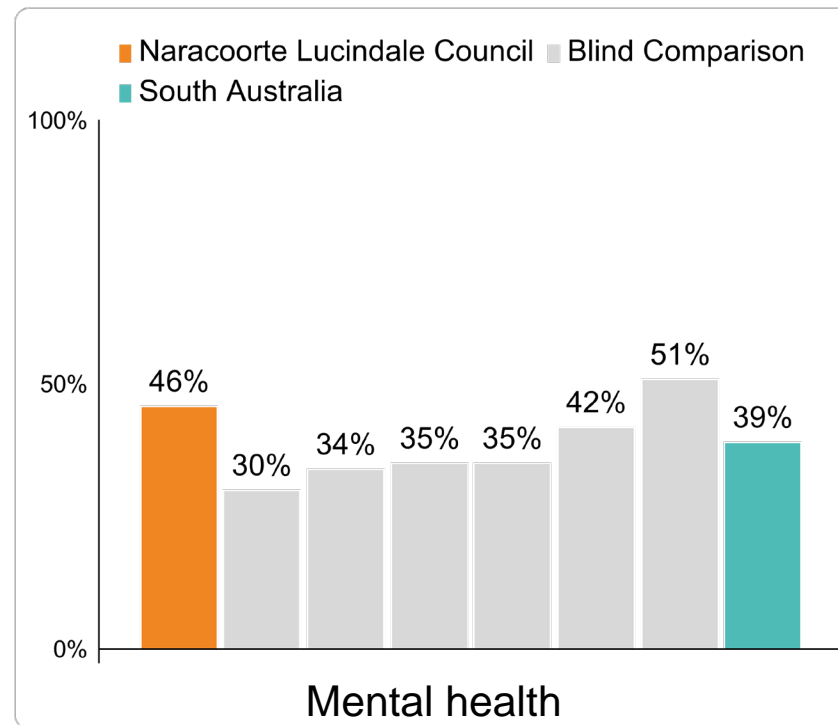
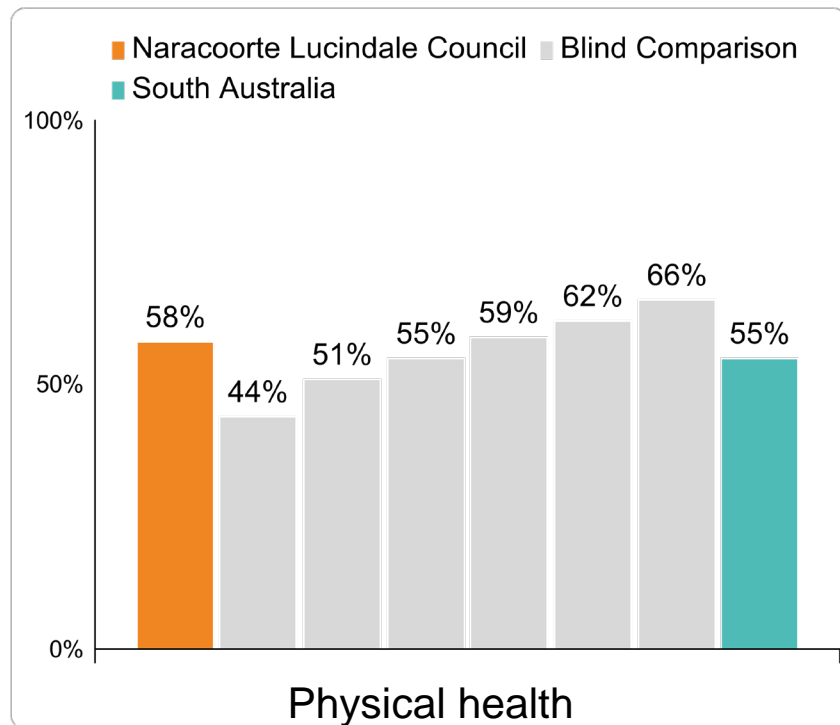
Proportion of adolescents in Naracoorte Lucindale Council who rate how much and in what way COVID-19 has affected the following things



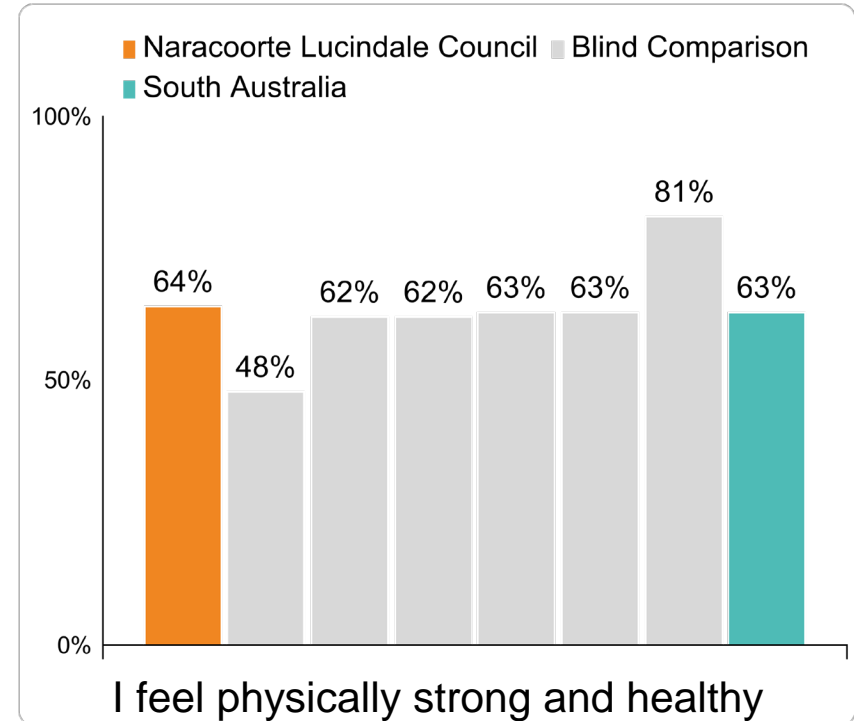
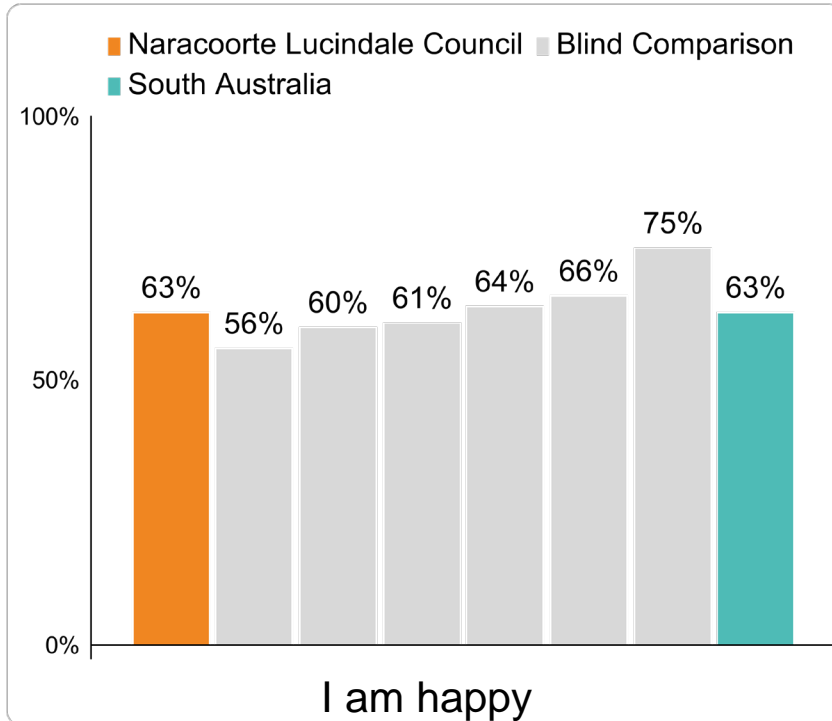
Proportion of adolescents in Naracoorte Lucindale Council and how much COVID-19 is currently adding stress, anxiety and/or depression to their lives



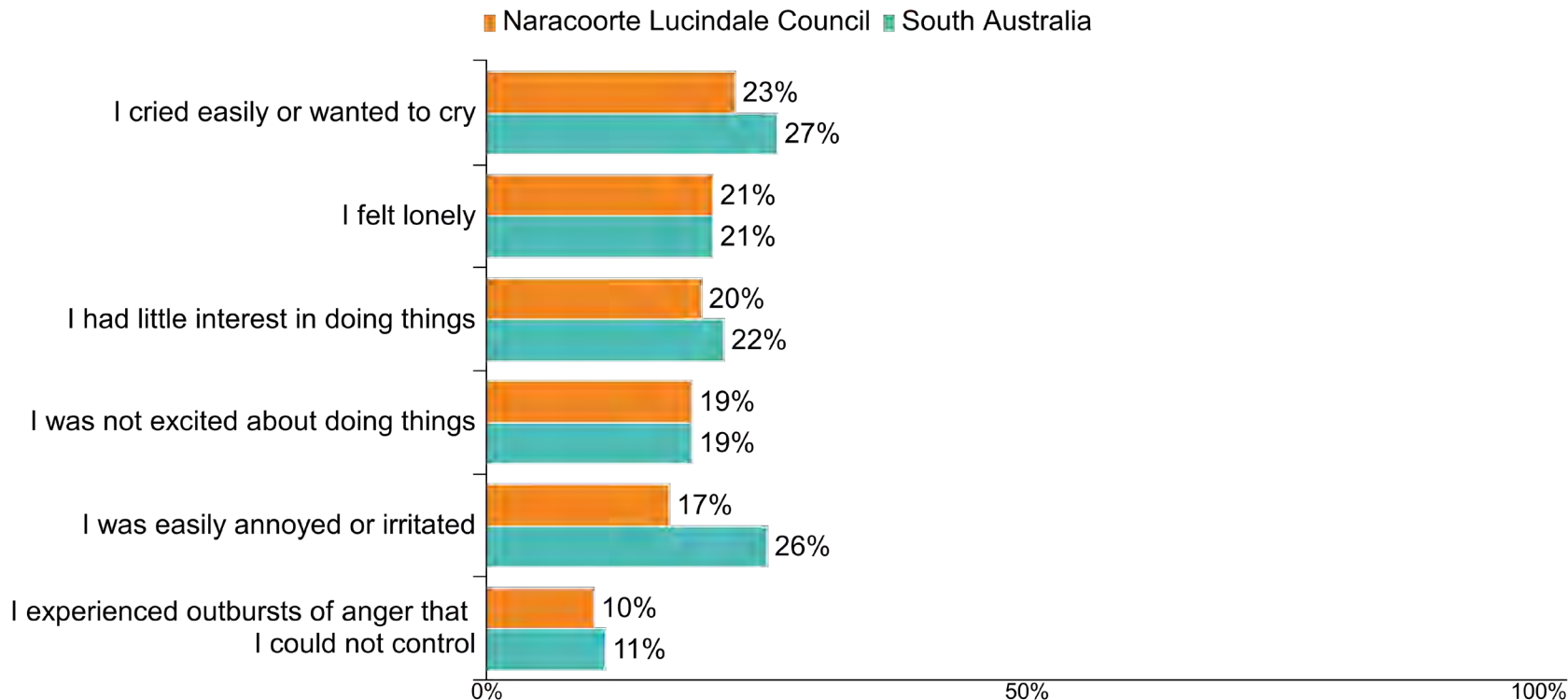
Proportion of adolescents in Naracoorte Lucindale Council who rate their physical health and mental health as good or very good, comparison with participating councils



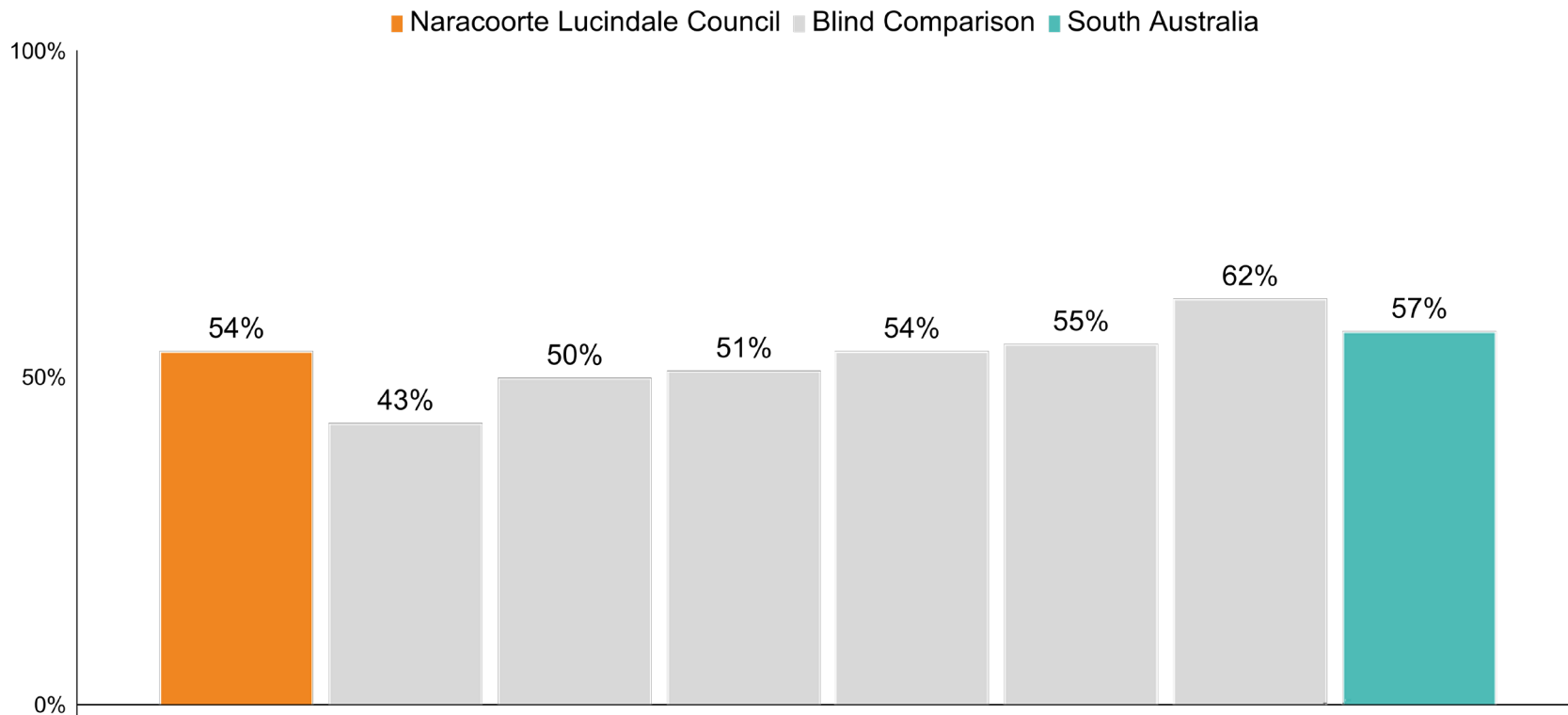
Proportion of adolescents in Naracoorte Lucindale Council who report that the following statements apply rather or very well to them, comparison with participating councils



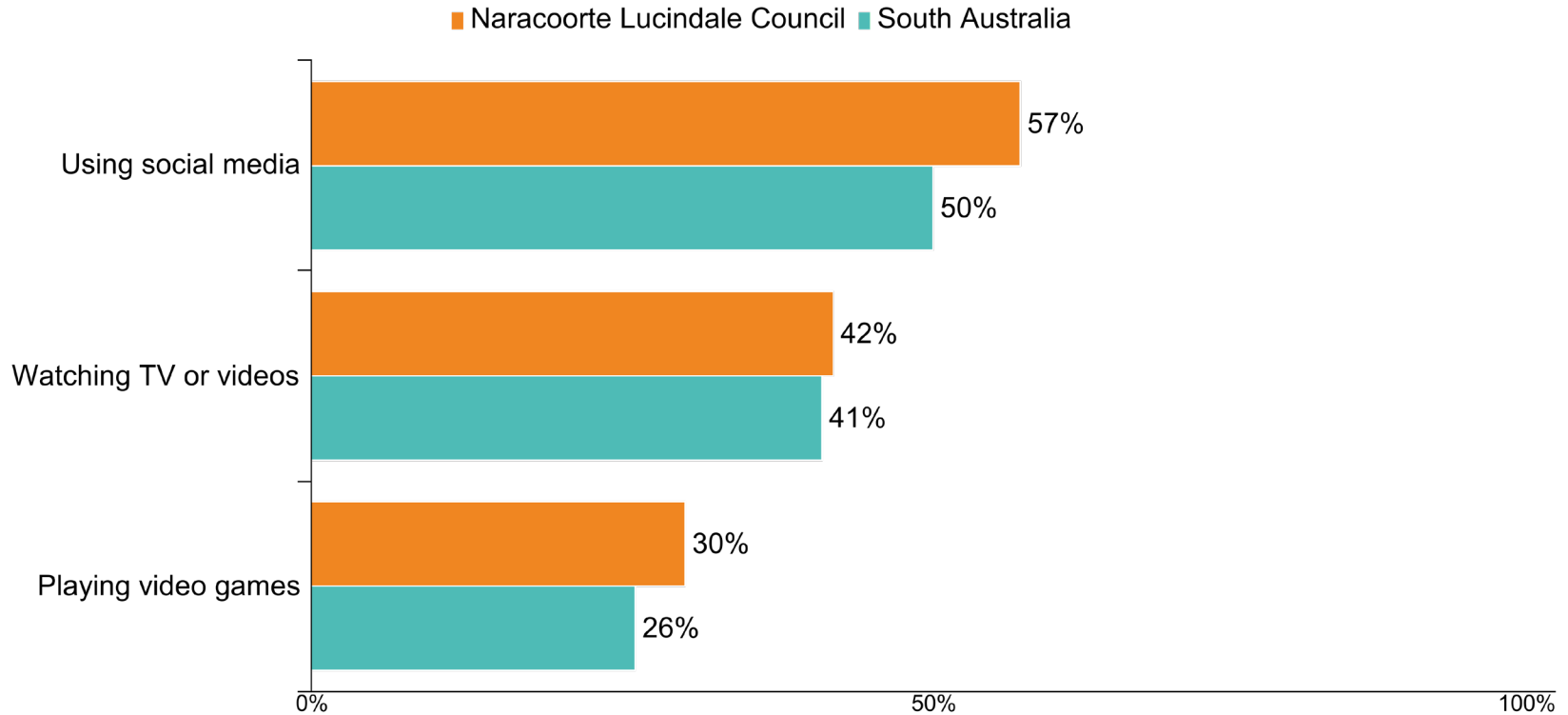
Proportion of adolescents in Naracoorte Lucindale Council who report experiencing the following mental and physical discomforts often in the previous week



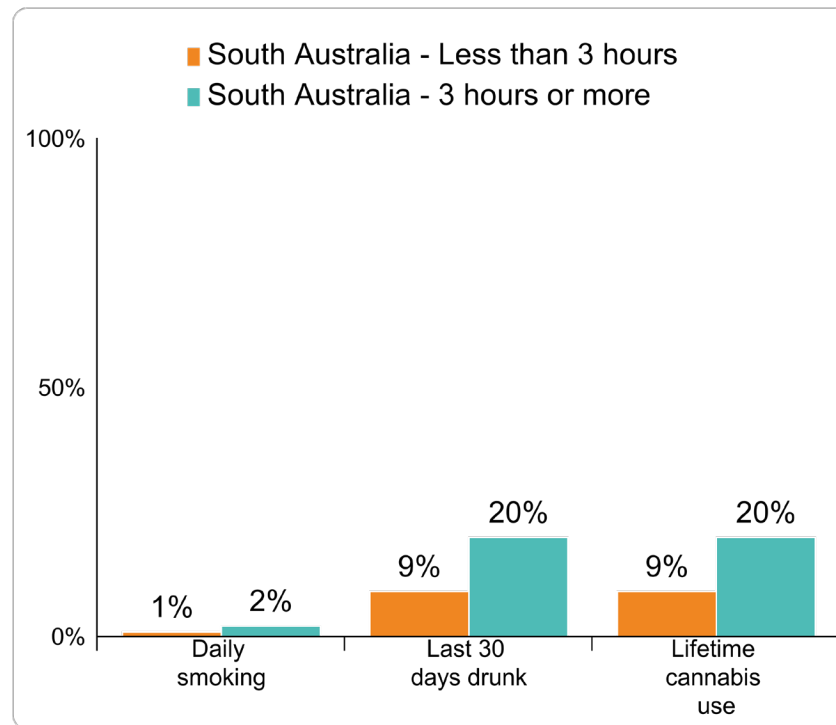
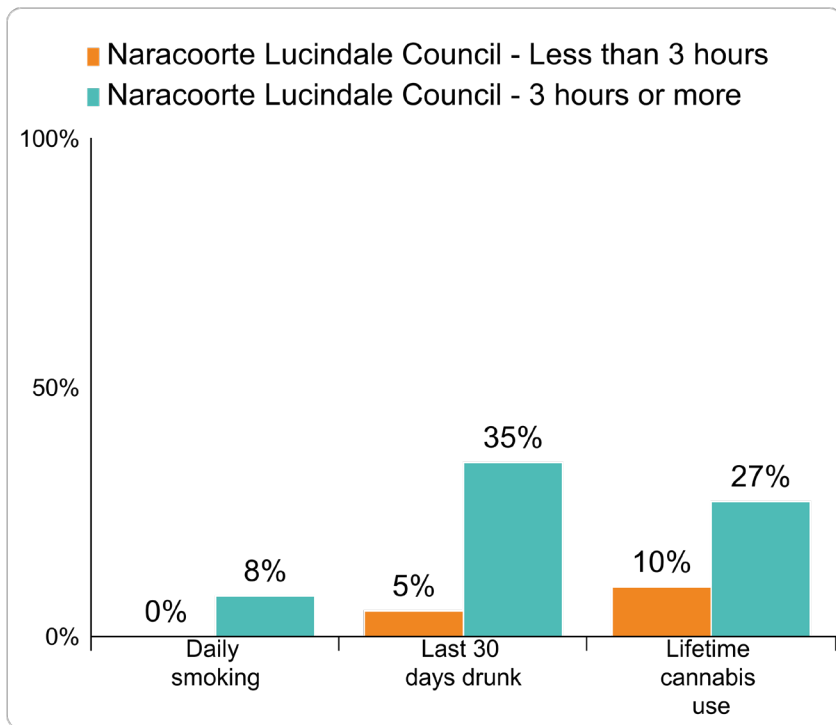
Proportion of adolescents in Naracoorte Lucindale Council who report sleeping on average 7 hours or less a night, comparison with participating councils



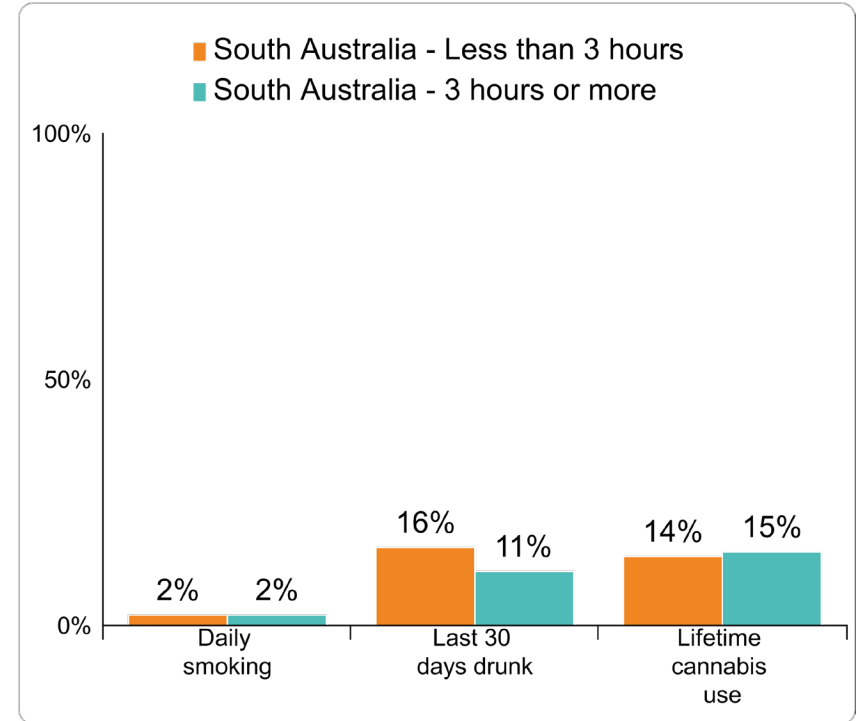
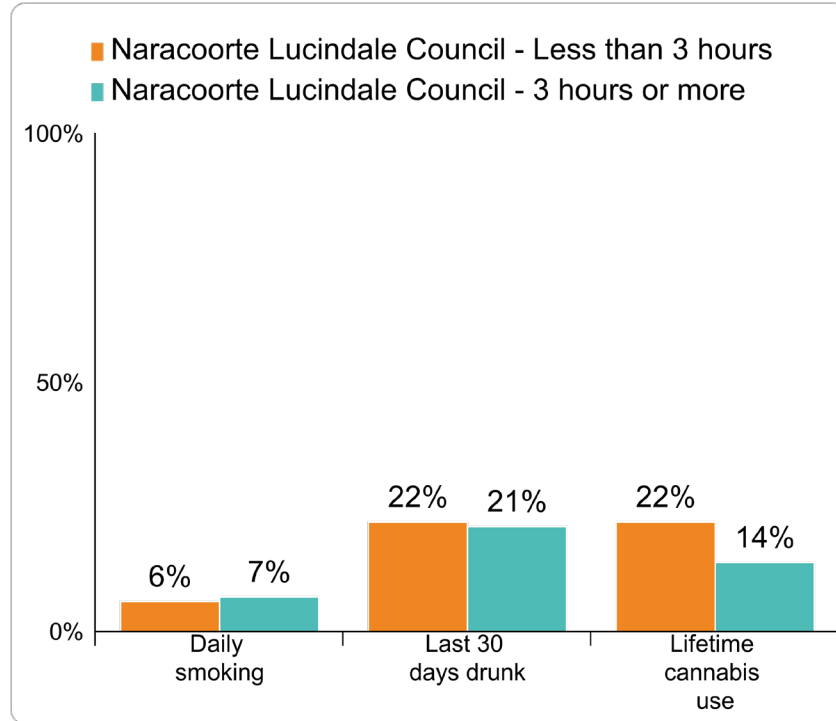
Proportion of adolescents in Naracoorte Lucindale Council who report spending 3 hours or more each day on the following screen based activities



Substance use against time spent on social media



Substance use against time spent on video games



The next steps

From results to actions

The first step in a longer journey is to have your local information published on substance use and risk and protective factors. The result should give an indication on the most important factors to address in order to reduce substance use among children and adolescents. The fundamental part of the Planet Youth Method is creating projects to limit risk factors and other projects to increase protective factors.

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

The rule of three

The rule of three dictates that limiting your project to three tasks or goals can increase the likelihood of a successful outcome. 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.





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