



PLANET YOUTH

Naracoorte Lucindale

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). 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 using cannabis substances in Iceland, similar to other parts of Europe.

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

Using global research findings, as well as local observations about individual and societal factors that contribute to the likelihood of adolescent substance use the Icelandic Prevention Model was developed. Based on the literature, and informed by the work that was being done in Iceland, 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.



ICELAND Then



42%



23%



17%

37%

25%

VS

ICELAND Now

PLANET
Youth®

Drunk in the past 30 days

6%



Smoke daily

1%



Lifetime cannabis use

6%



Time spent with parents
during weekends

72%



Sport participation 4x a
week or more

41%

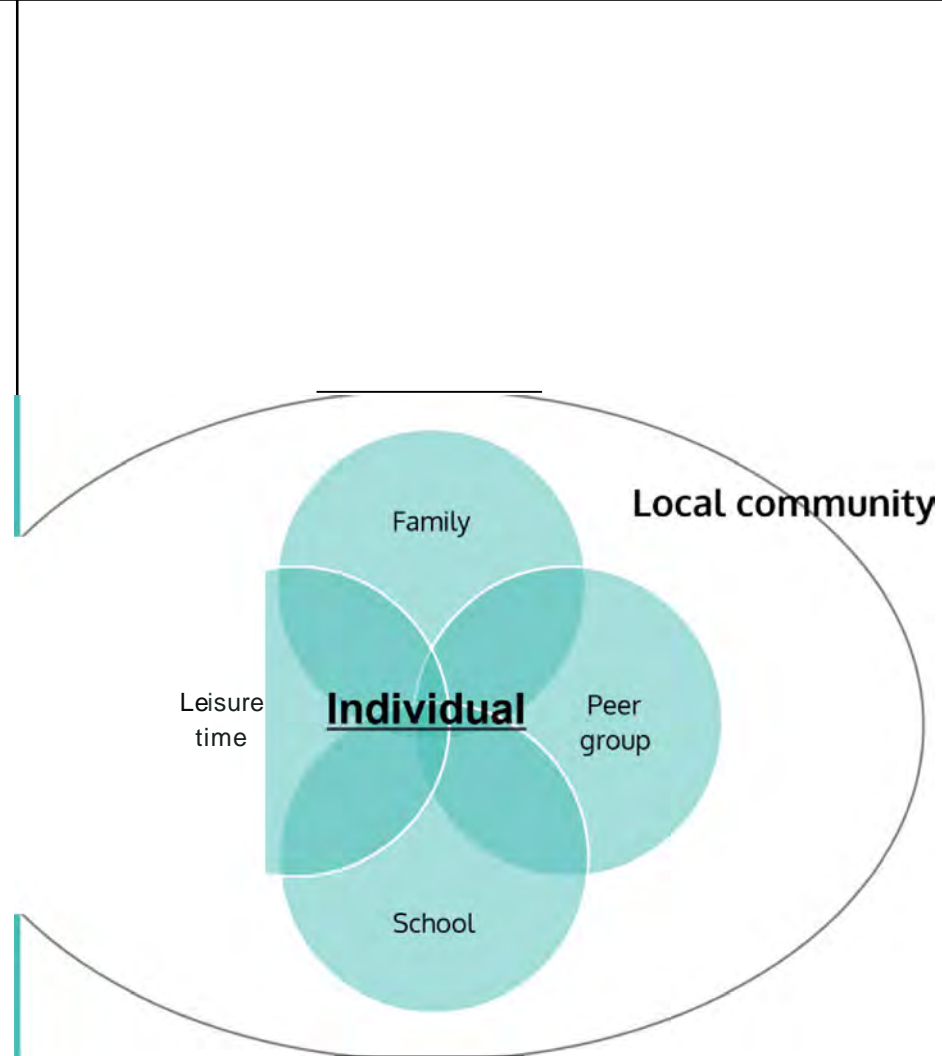


Then = 1997-2000

Now = 2023

Upstream prevention

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.



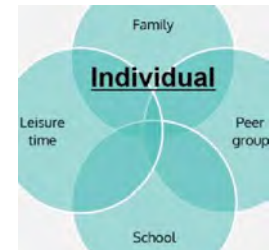
Icelandic Prevention Model

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



The Planet Youth Guidance Program: The Five Guiding Principles of the Icelandic Prevention Model



1

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

2

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

3

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

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 Program: The 10 core steps of the Icelandic Prevention Model



Method and Data collection

Participants were Year 10 students who attended school on the day of the survey. In 2023, 27 schools across 6 communities in South Australia and New South Wales took part in the survey.

The surveys were conducted from August 14th to October 25th, 2023. The total response rate for the six communities was 67%.

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 minds about participation at any time.

In this report 'PY Australia' represents results from South Australia and New South Wales. Data collected in the year 2023 was used in this report as well as data from the year 2019 and the year 2021 for comparison. The data for the year 2021 in the comparison includes findings from 2022 as well. South Australia collected data between September and October 2021, while New South Wales collected data from April to May 2022 because of COVID-19 lockdowns in New South Wales.

Forty-one cases were removed from the dataset during data cleaning due to large amounts of missing data or implausible response patterns.

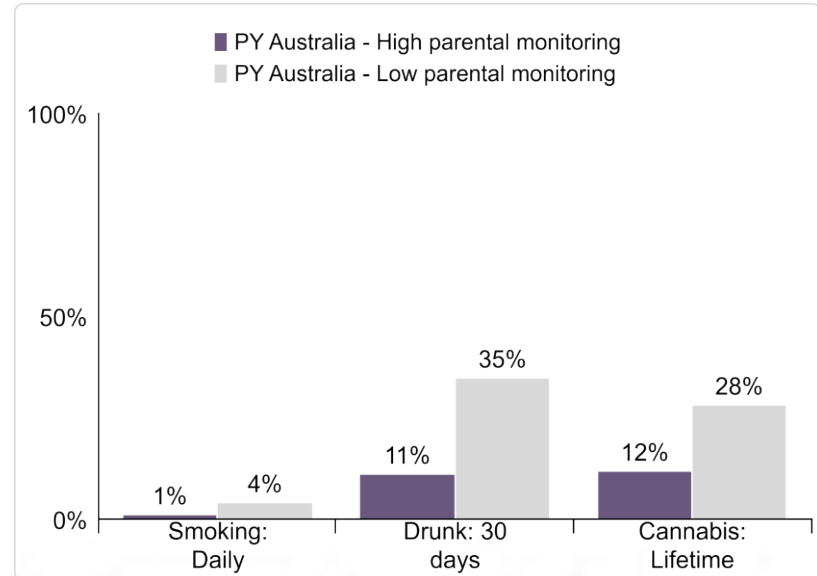


Interpret Cross Tabulations

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 **purple** bars show the percentage of adolescents who report high parental monitoring and who have used cannabis in their lifetime, smoke daily, and were drunk in the past 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 **gray** bars show the percentage of adolescents who report low parental monitoring and who have used cannabis 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.

Example of interpretation: 11% of adolescents who report high parental monitoring have become drunk in the last 30 days. Compared to 35% of adolescents who report low parental monitoring have become drunk in the last 30 days

Number of Participants

		Male	Female	Undisclosed	Non-binary	Total
Naracoorte Lucindale	2023	46	26	3	0	75
	2021	35	22	2	1	60
PY Australia	2023	866	784	46	29	1 725
	2021	955	992	51	48	2 046
	2019	674	471	49	0	1 194

*Non-binary was added as a new answer option in 2021

SUBSTANCE USE

Substance Use

5%

Got drunk for the first time
at the age 13 or younger

12%

Have been drunk
in the last 30 days

26%

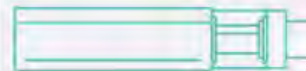
Drink alcohol at
their own home

18%

Drink alcohol at the
home of others

36%

Have been drunk in
their lifetime



E-cigarettes

34%

Used an e-cigarette in
their lifetime

14%

Use e-cigarettes
(vape) daily

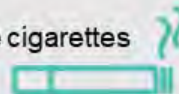
Cigarette Smoking

14%

Have smoked a cigarette
in their lifetime

1%

Smoke cigarettes
daily



Cannabis Use

5%

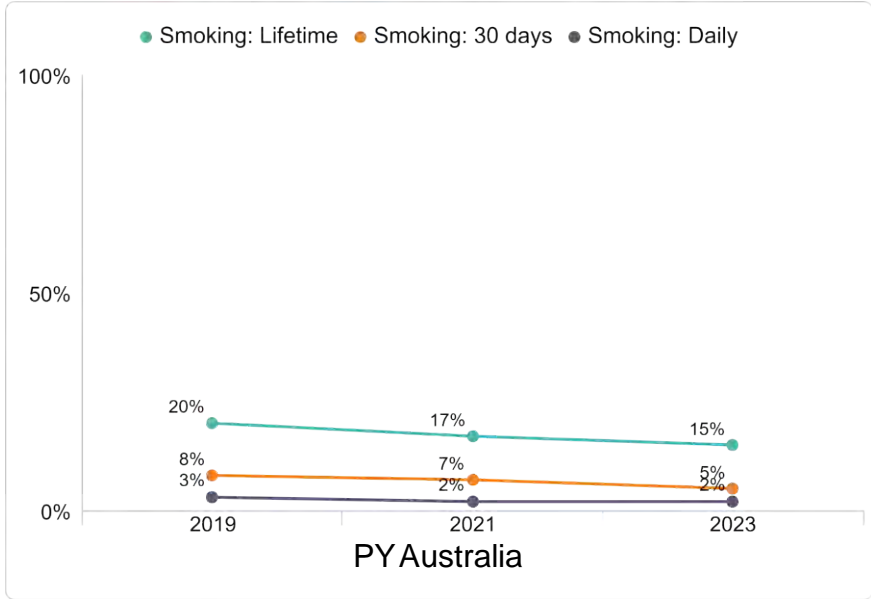
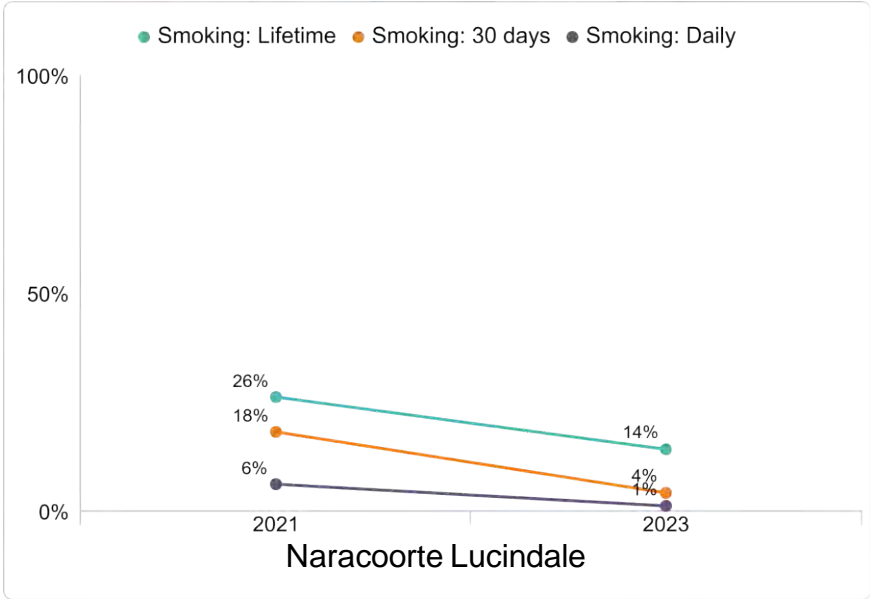
Have used cannabis
in their lifetime

3%

Used cannabis in the
last 30 days

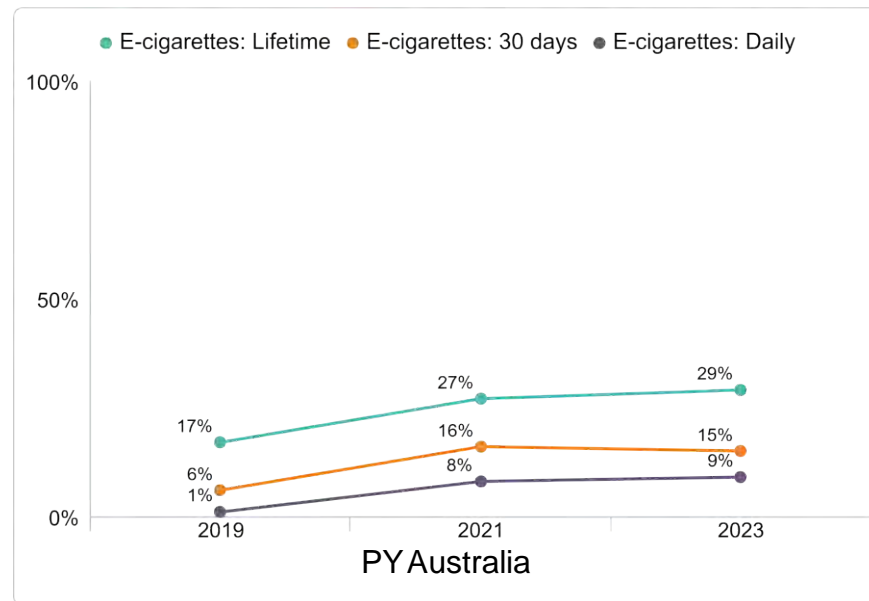
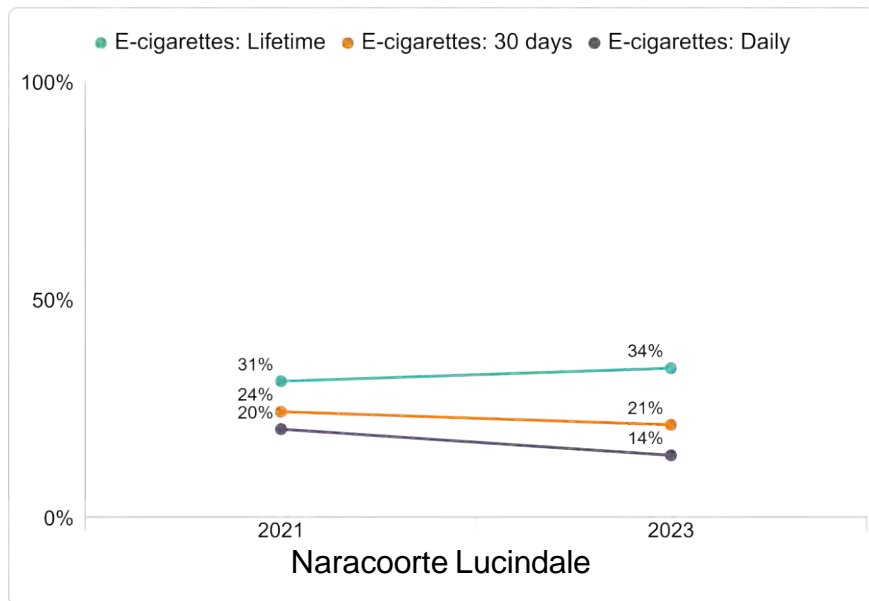


Proportion of adolescents in Naracoorte Lucindale who have smoked a cigarette once or more in their lifetime, in the last 30 days, and smoke cigarettes daily



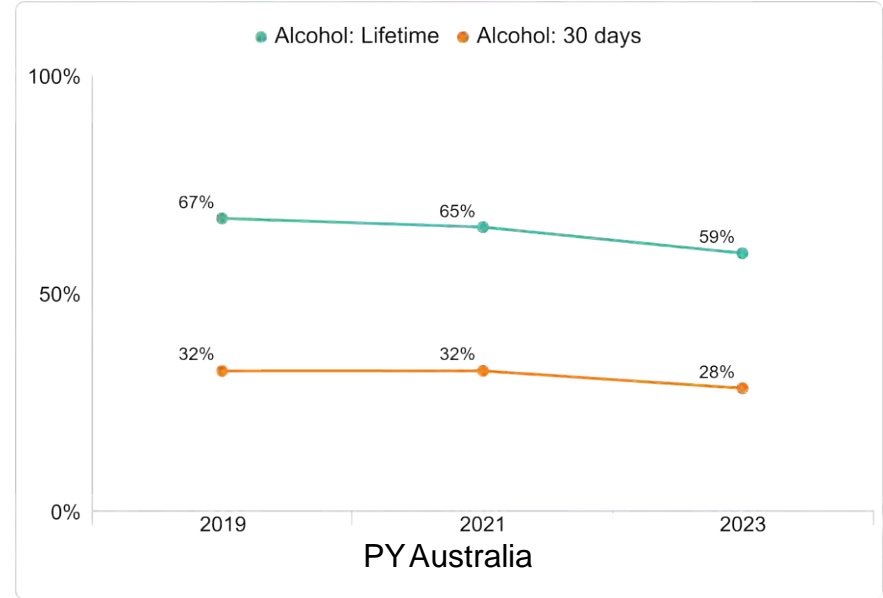
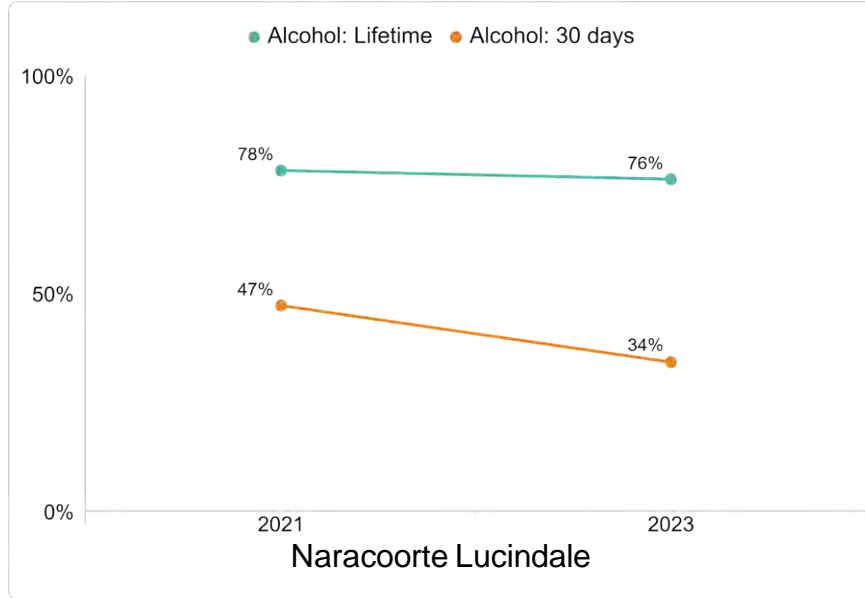
	Naracoorte Lucindale			PY Australia		
	Smoking: Daily	Smoking: 30 days	Smoking: Lifetime	Smoking: Daily	Smoking: 30 days	Smoking: Lifetime
2023	1%	4%	14%	2%	5%	15%
2021	6%	18%	26%	2%	7%	17%
2019	-	-	-	3%	8%	20%

Proportion of adolescents in Naracoorte Lucindale who have used an e-cigarette once or more in their lifetime, in the last 30 days, and use an e-cigarette daily



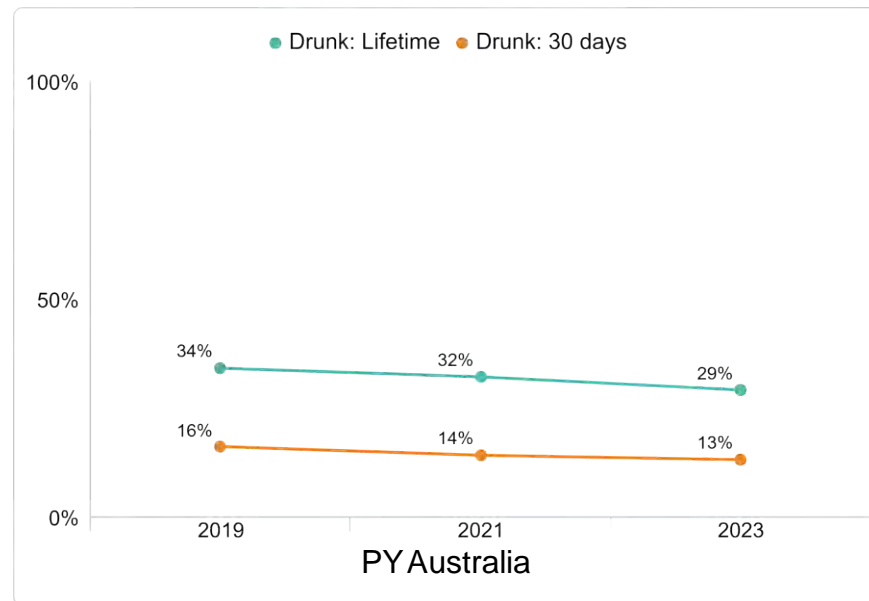
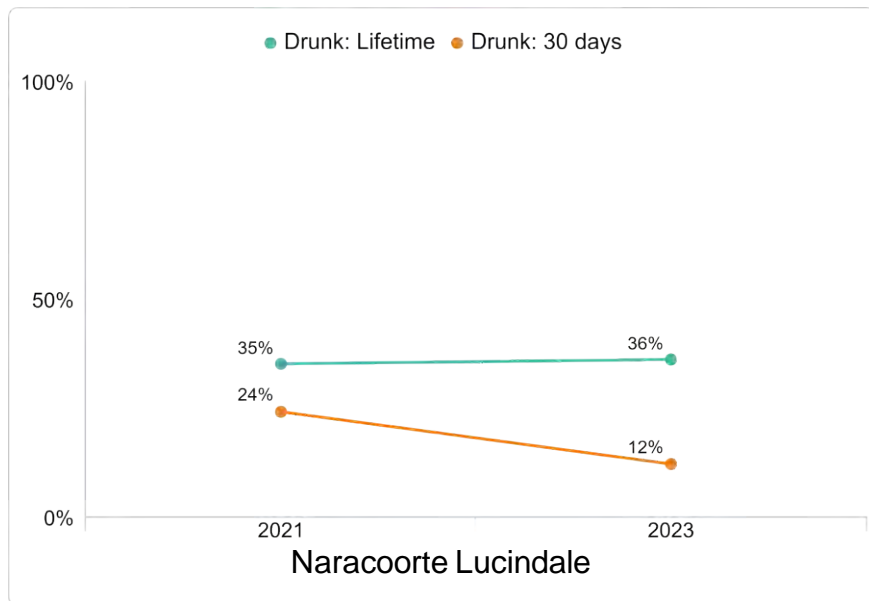
	Naracoorte Lucindale			PY Australia		
	E-cigarette: Daily	E-cigarette: 30 days	E-cigarette: Lifetime	E-cigarette: Daily	E-cigarette: 30 days	E-cigarette: Lifetime
2023	14%	21%	34%	9%	15%	29%
2021	20%	24%	31%	8%	16%	27%
2019	-	-	-	1%	6%	17%

Proportion of adolescents in Naracoorte Lucindale who have used alcohol once or more in their lifetime and in the last 30 days



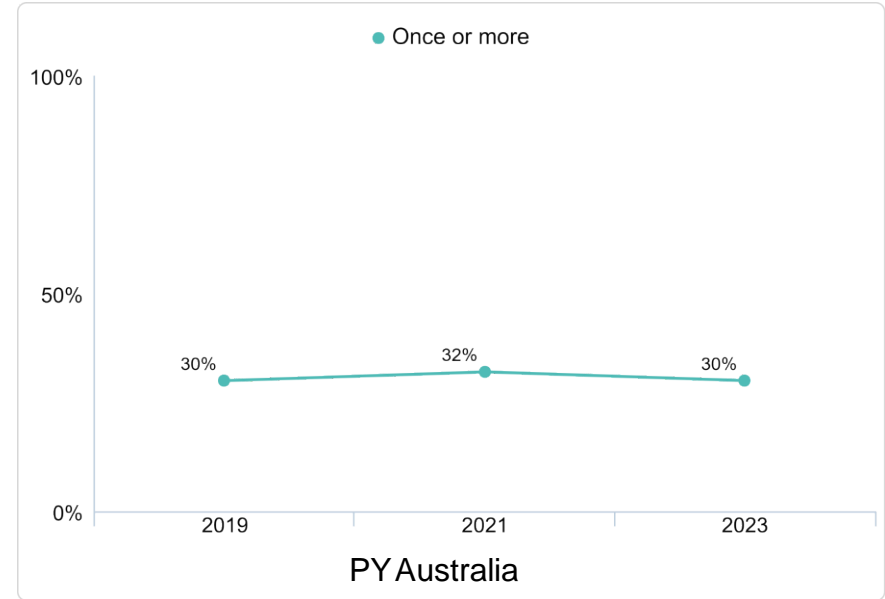
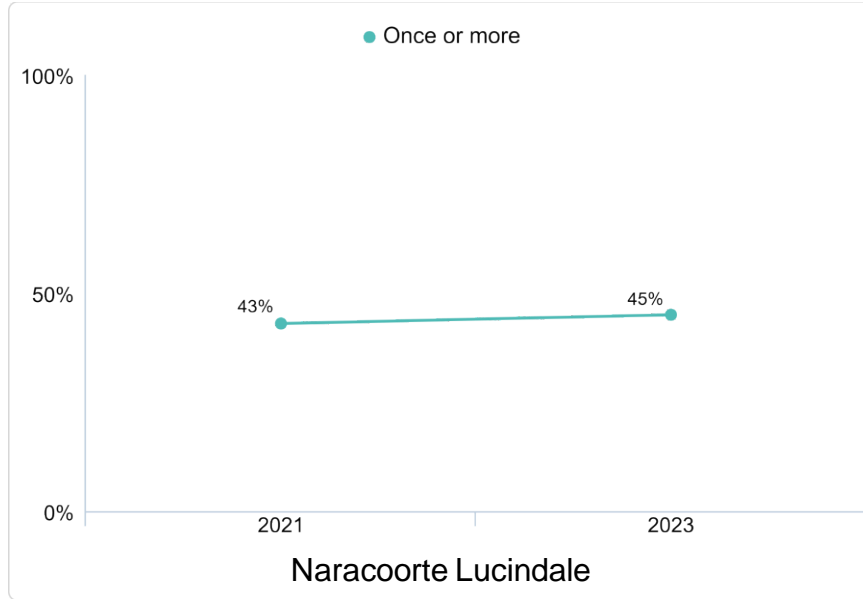
	Naracoorte Lucindale		PY Australia	
	Alcohol: 30 days	Alcohol: Lifetime	Alcohol: 30 days	Alcohol: Lifetime
2023	34%	76%	28%	59%
2021	47%	78%	32%	65%
2019	-	-	32%	67%

Proportion of adolescents in Naracoorte Lucindale who have become drunk once or more in their lifetime and in the last 30 days



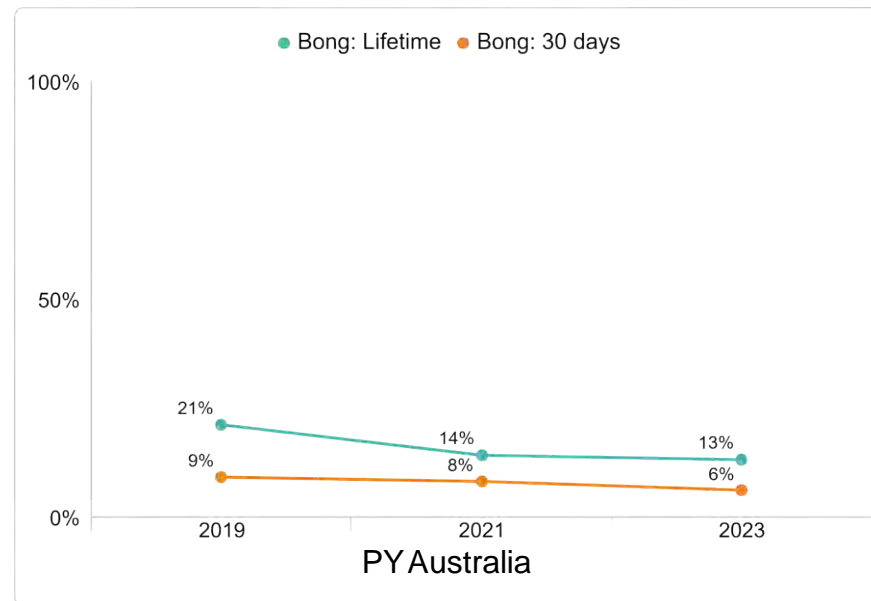
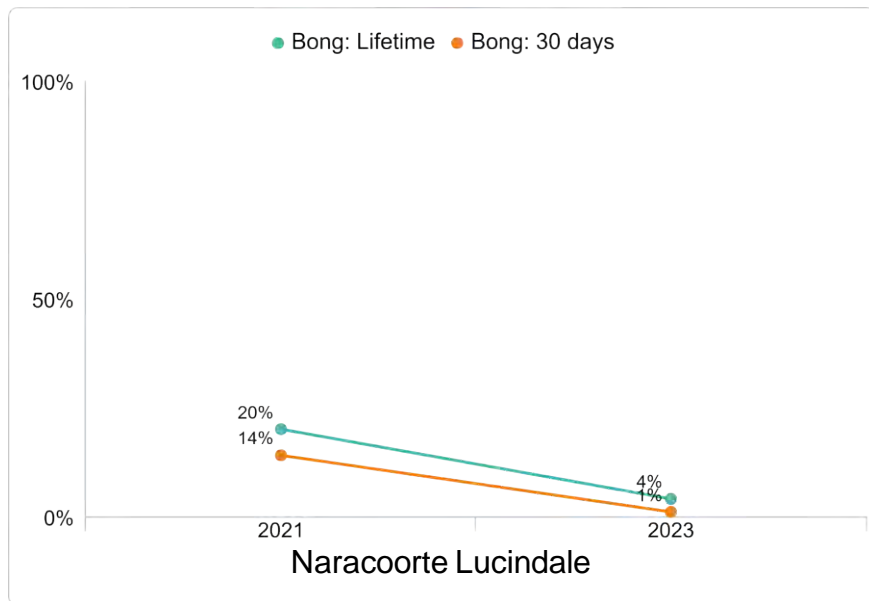
	Naracoorte Lucindale		PY Australia	
	Drunk: 30 days	Drunk: Lifetime	Drunk: 30 days	Drunk: Lifetime
2023	12%	36%	13%	29%
2021	24%	35%	14%	32%
2019	-	-	16%	34%

Proportion of adolescents in Naracoorte Lucindale who have **ever** had **four or more** alcoholic drinks in one day



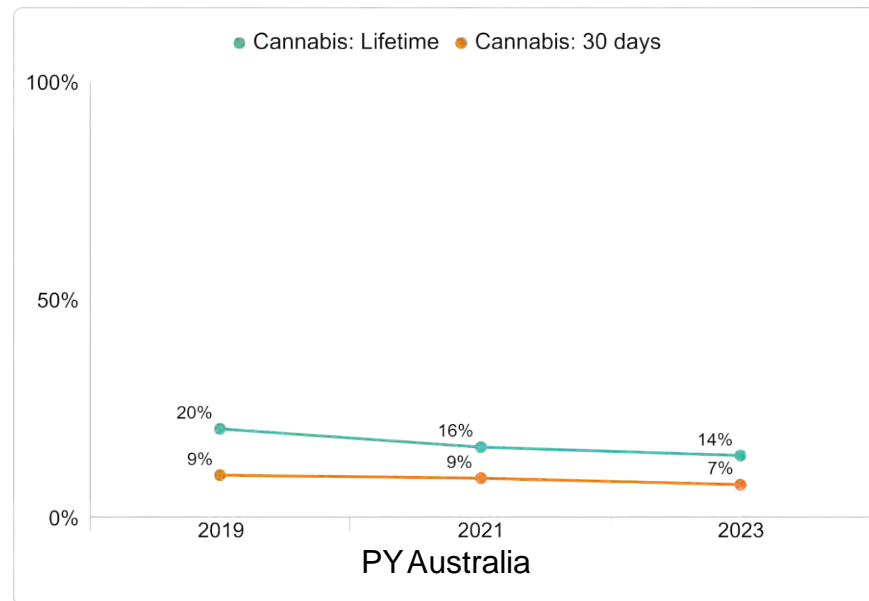
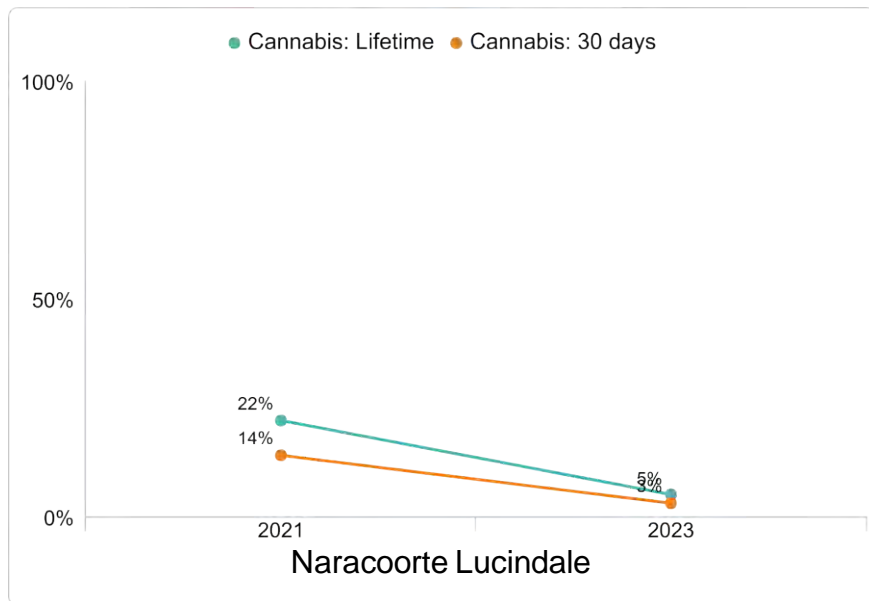
	Naracoorte Lucindale	PY Australia
	Once or more	Once or more
2023	45%	30%
2021	43%	32%
2019	-	30%

Proportion of adolescents in Naracoorte Lucindale who have used a water pipe/bong once or more in their lifetime and in the last 30 days



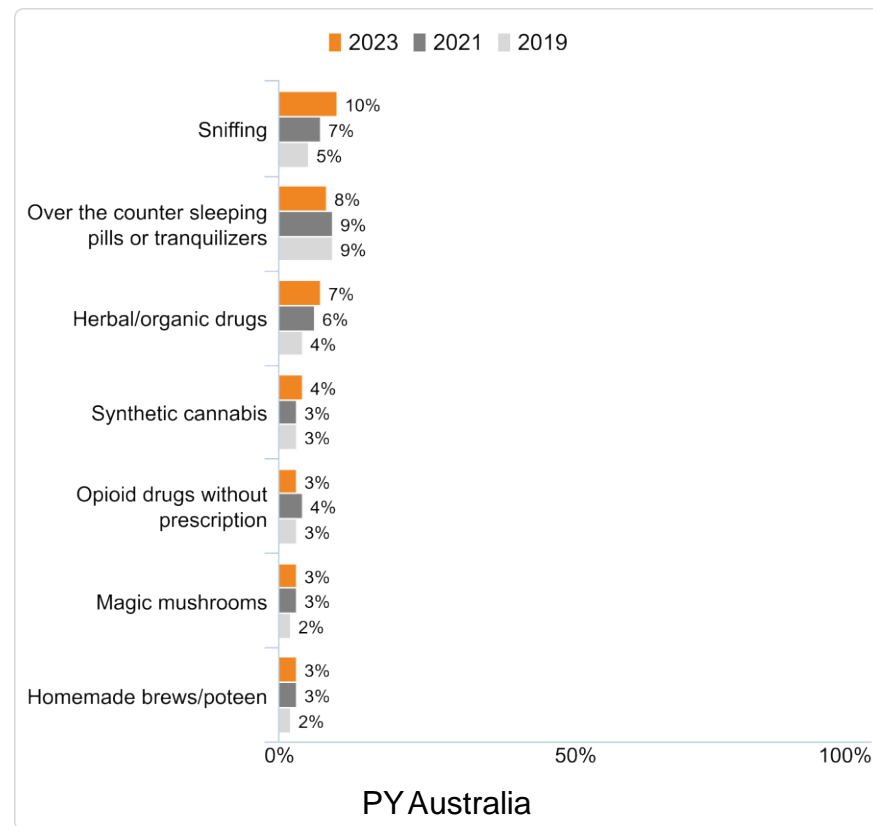
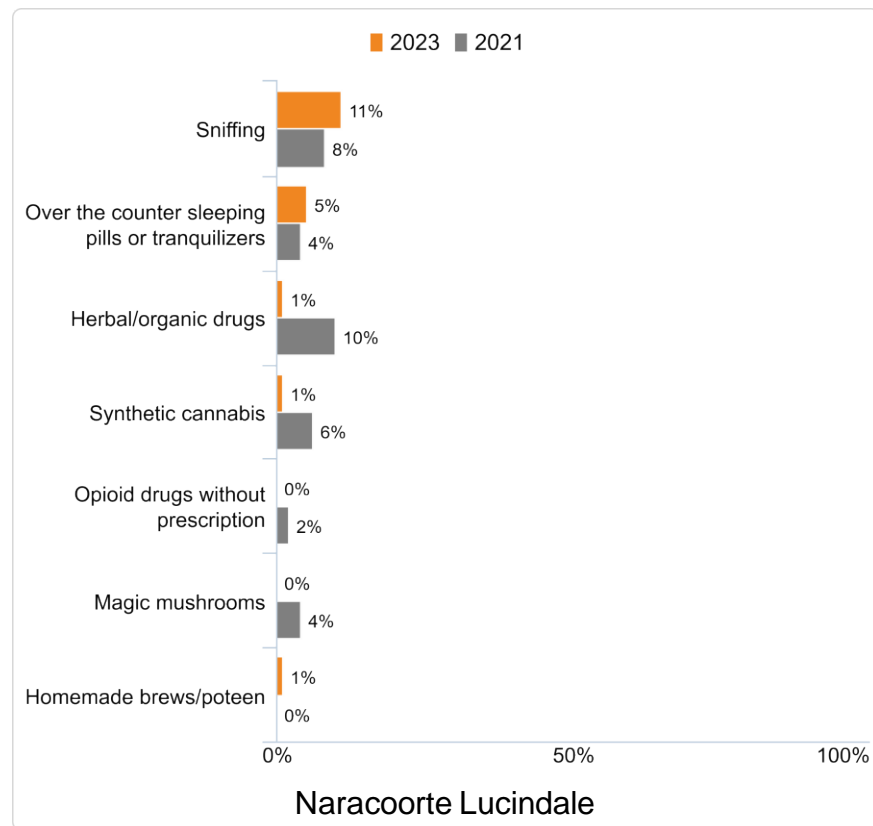
	Naracoorte Lucindale		PY Australia	
	Bong: 30 days	Bong: Lifetime	Bong: 30 days	Bong: Lifetime
2023	1%	4%	6%	13%
2021	14%	20%	8%	14%
2019	-	-	9%	21%

Proportion of adolescents in Naracoorte Lucindale who have used cannabis once or more in their lifetime and in the last 30 days

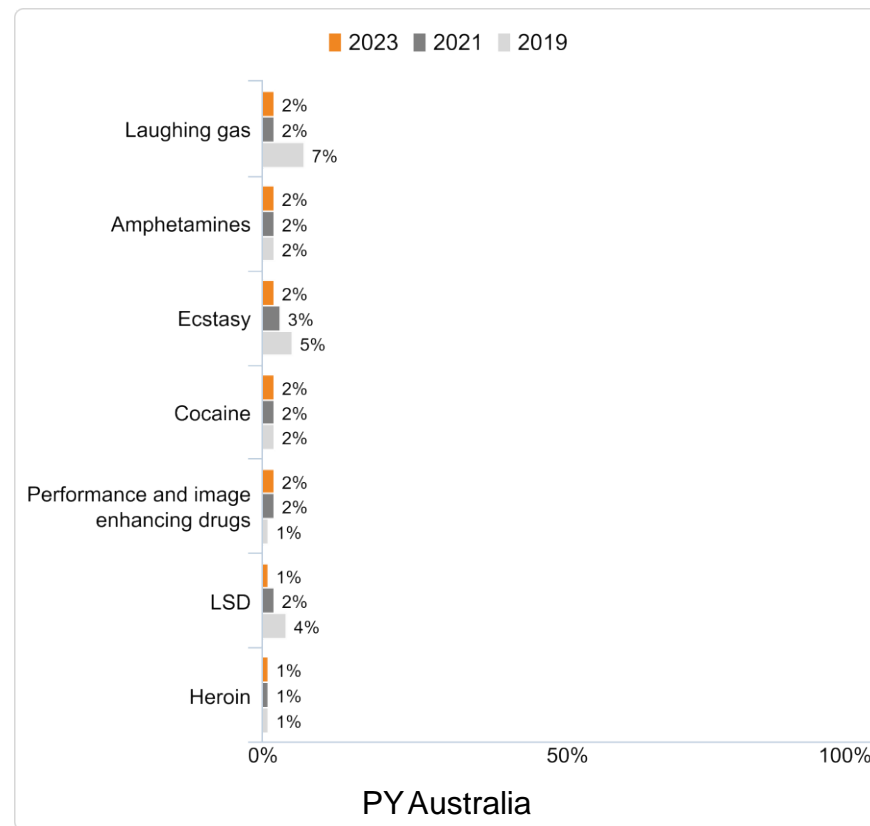
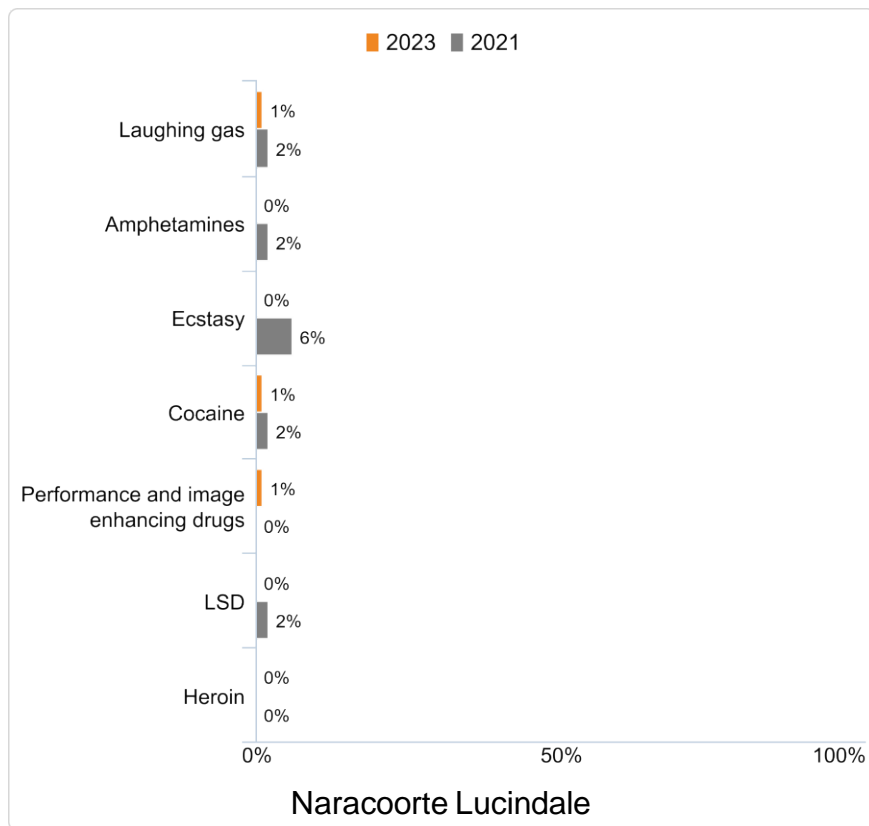


	Naracoorte Lucindale		PY Australia	
	Cannabis: 30 days	Cannabis: Lifetime	Cannabis: 30 days	Cannabis: Lifetime
2023	3%	5%	7%	14%
2021	14%	22%	9%	16%
2019	-	-	9%	20%

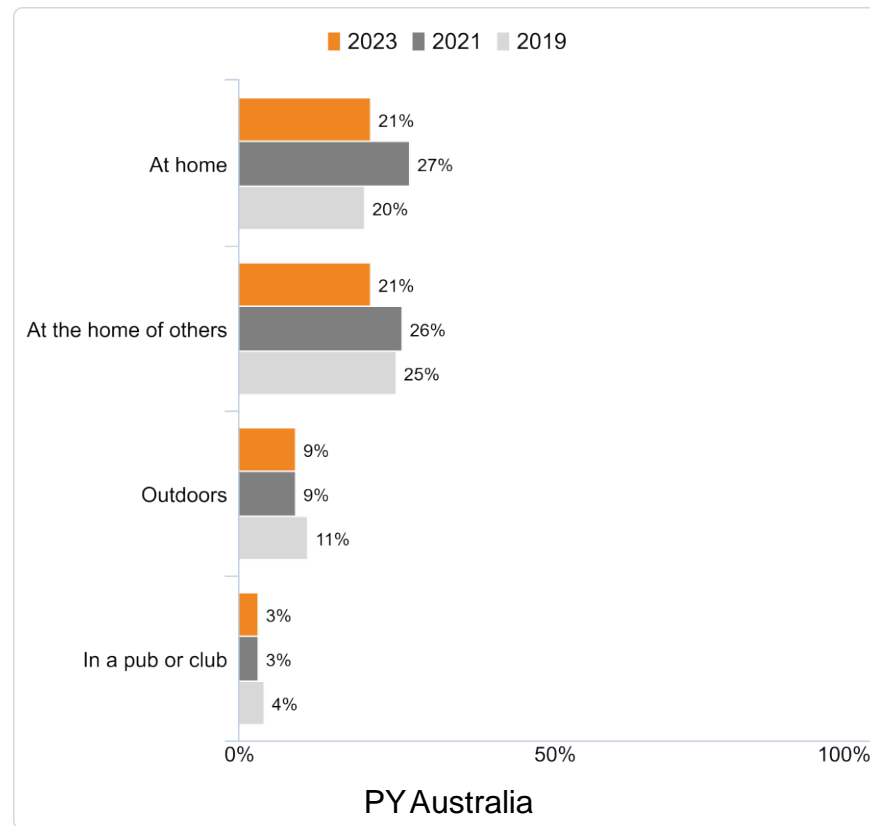
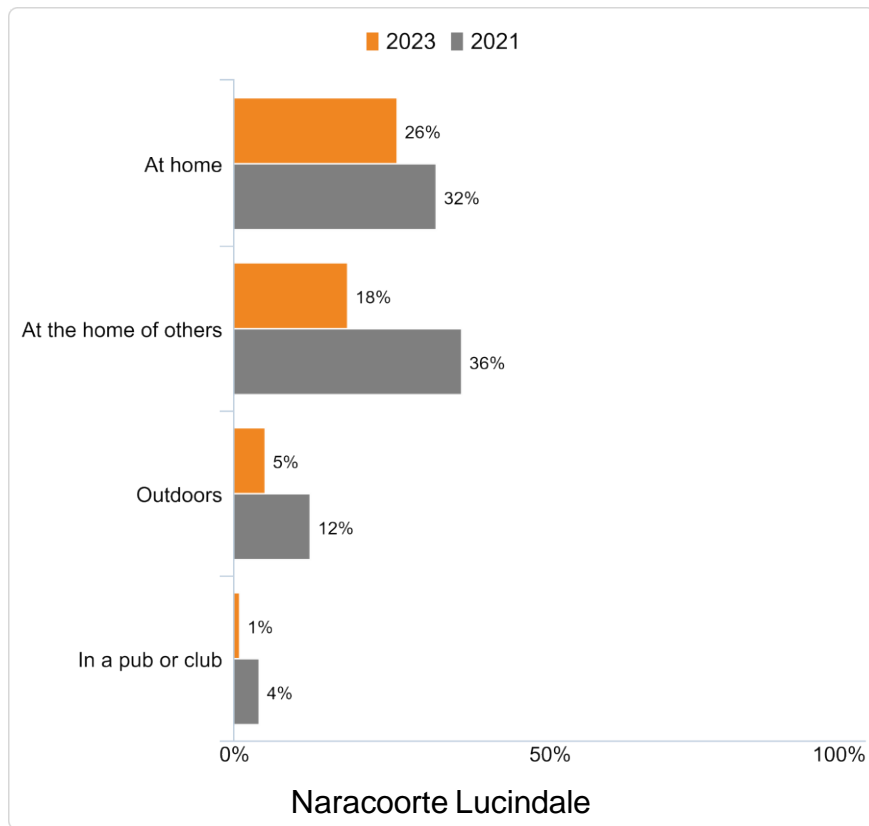
Proportion of adolescents in Naracoorte Lucindale who have used the following substances once or more in their lifetime - Part 1



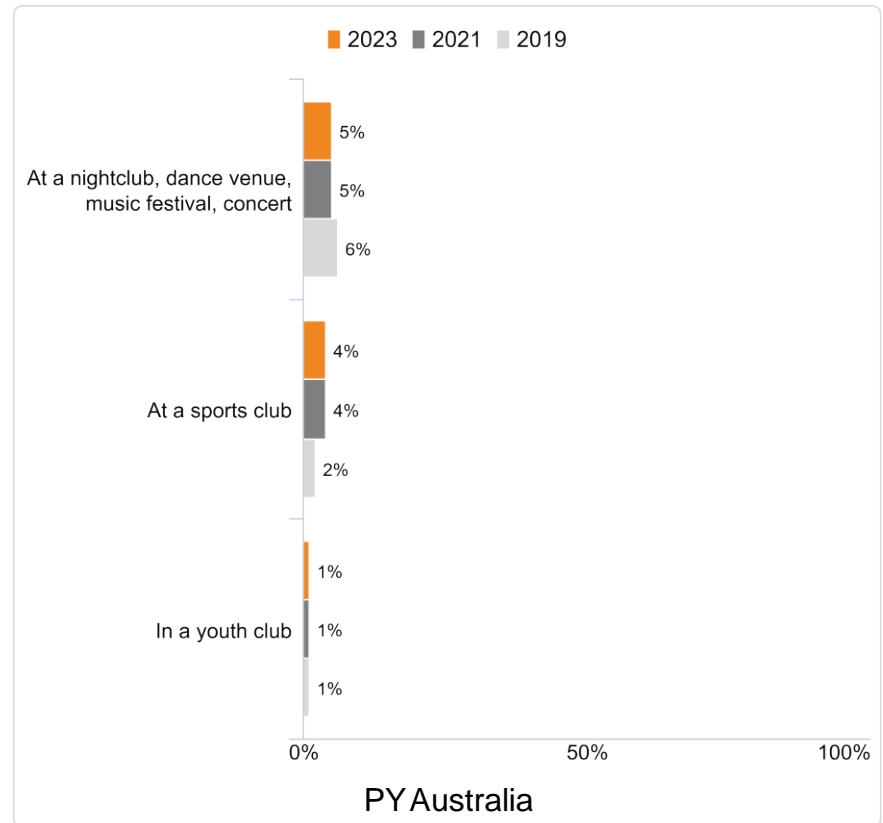
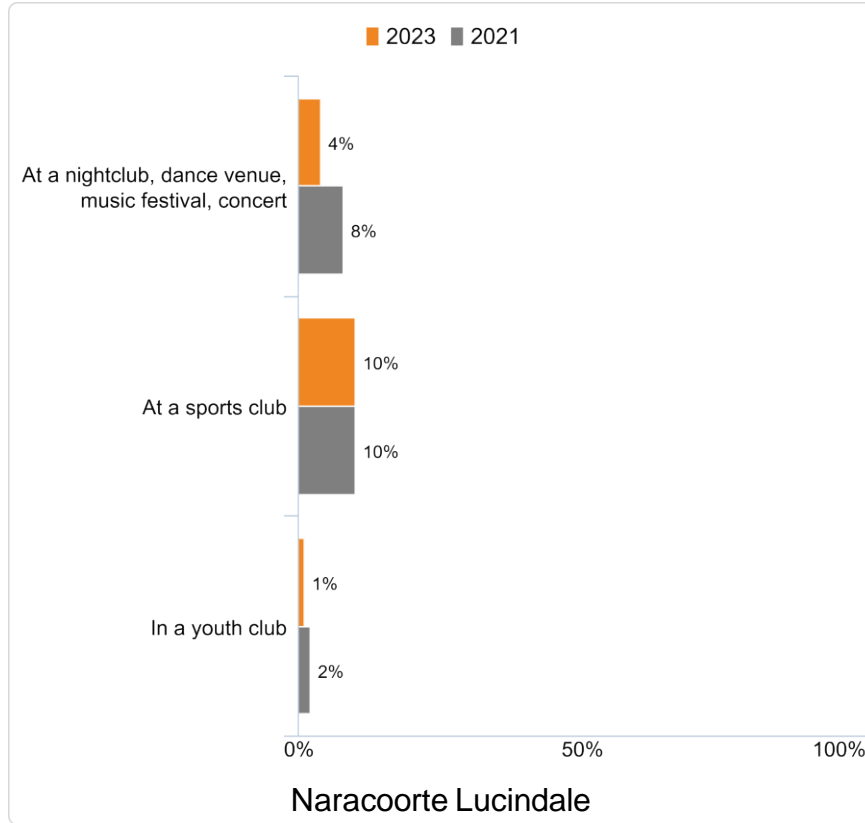
Proportion of adolescents in Naracoorte Lucindale who have used the following substances once or more in their lifetime - Part 2



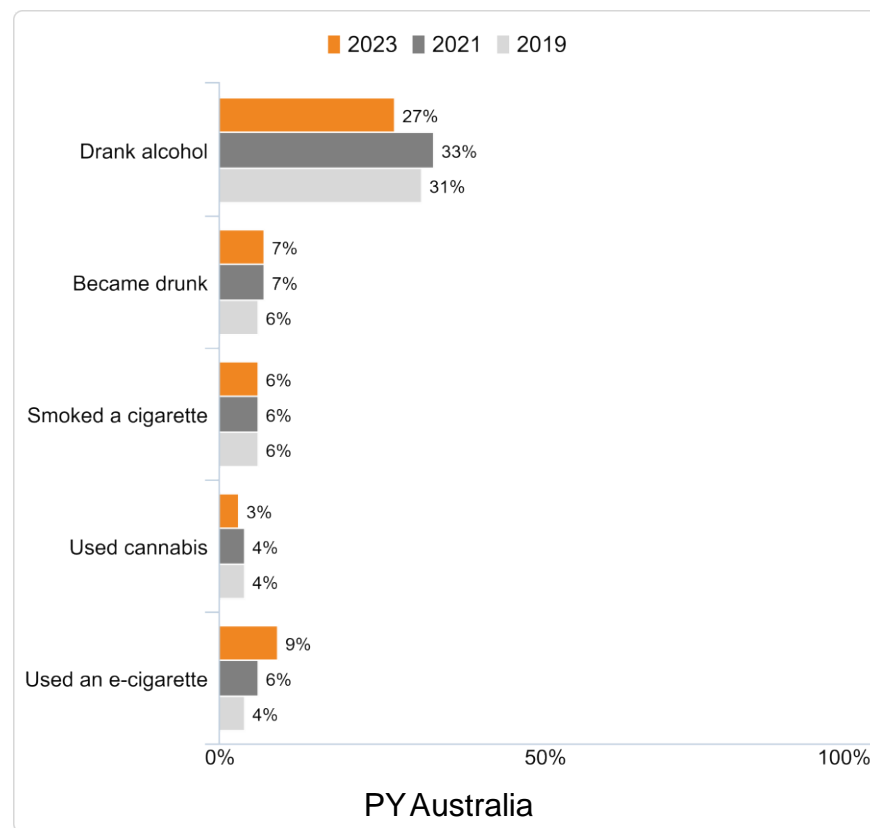
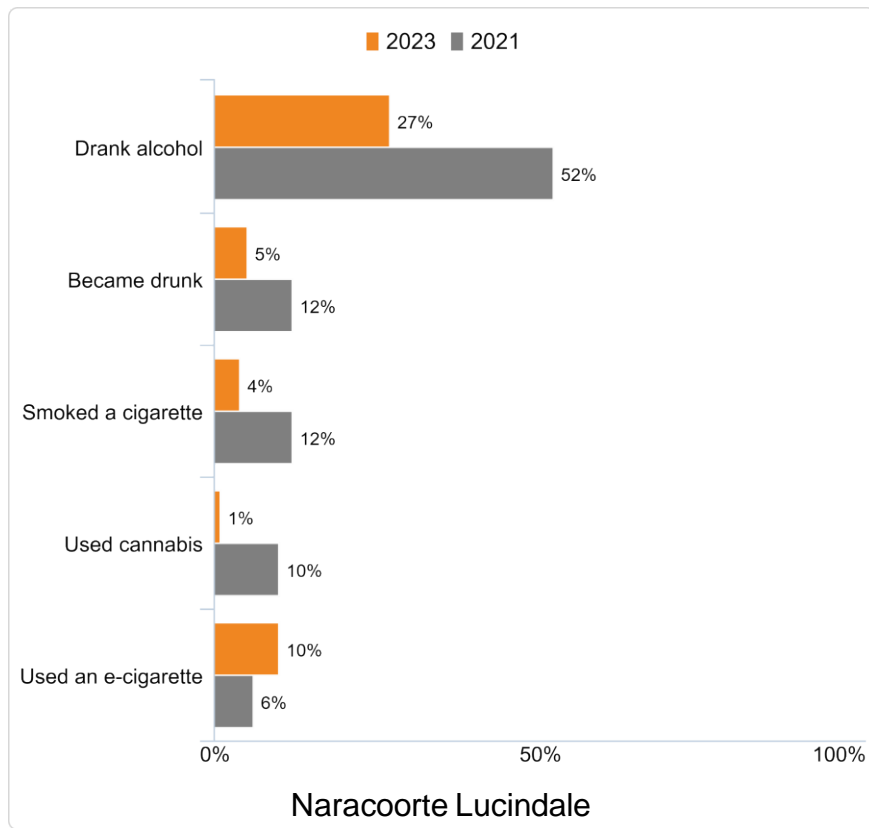
Proportion of adolescents in Naracoorte Lucindale who drink alcohol **sometimes** or **often** in the following places



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



Proportion of adolescents in Naracoorte Lucindale who did any of the following for the first time at **13 years or younger**



FAMILY

PLANET
Youth®

Family

99%

Of parents disapprove of* cannabis use



78%

Of parents disapprove of* drunkenness



68%

Of parents know the parents of their child's friends



PLANET
Youth®

*Disapprove of: are totally or very much against

Time with parents on weekends

72%



Often or always spend time with their parents on weekends

Time with parents on weekdays

72%

Often or always spend time with their parents on weekdays



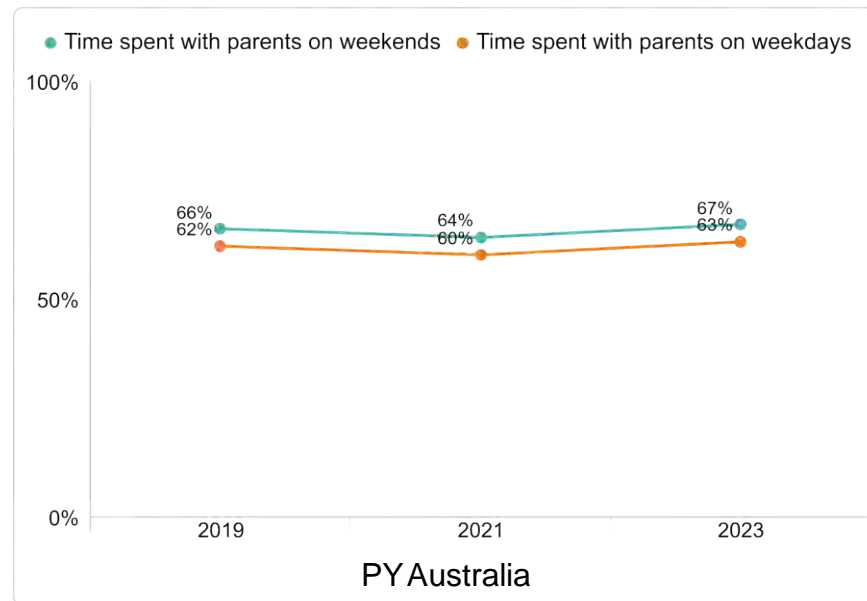
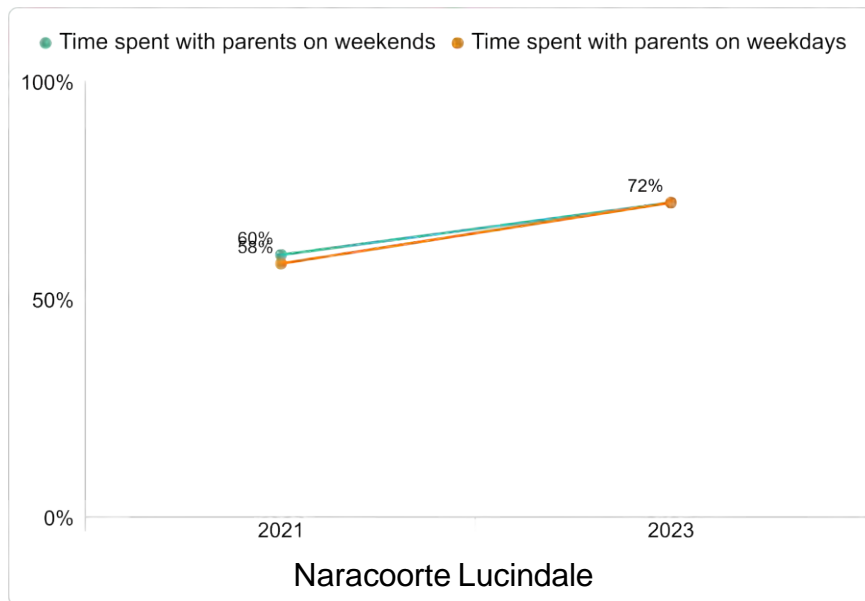
Parental monitoring

86%



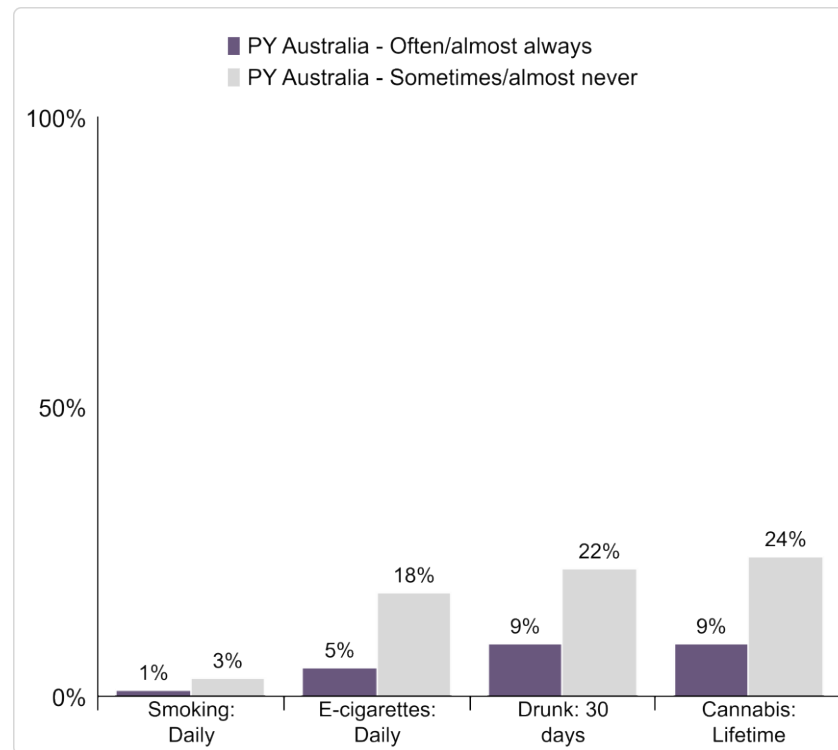
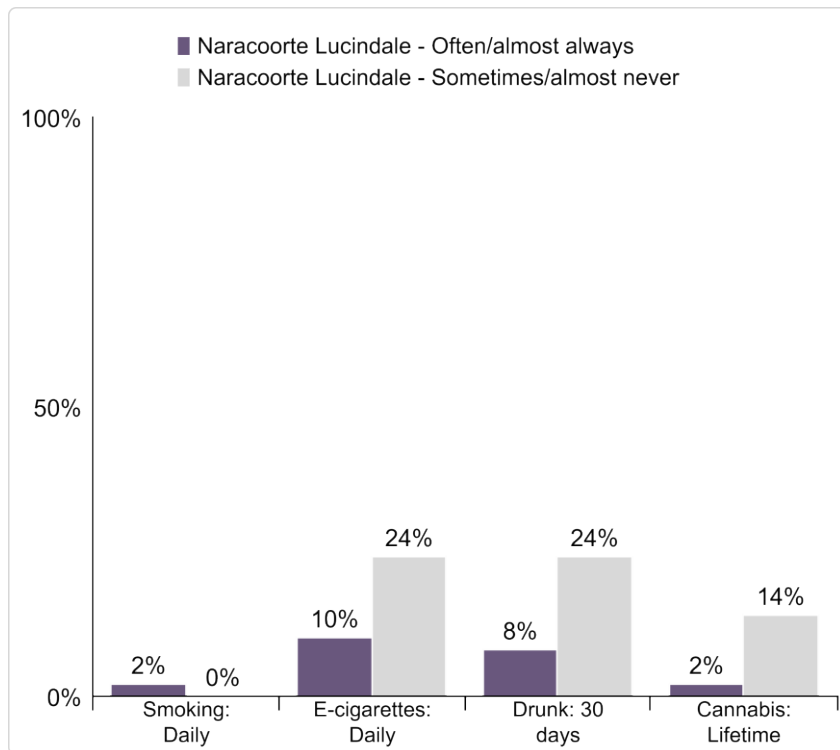
Of parents know where their teenagers are in the evenings

Proportion of adolescents in Naracoorte Lucindale who spend time with their parents **often** or **always** on weekdays and weekends

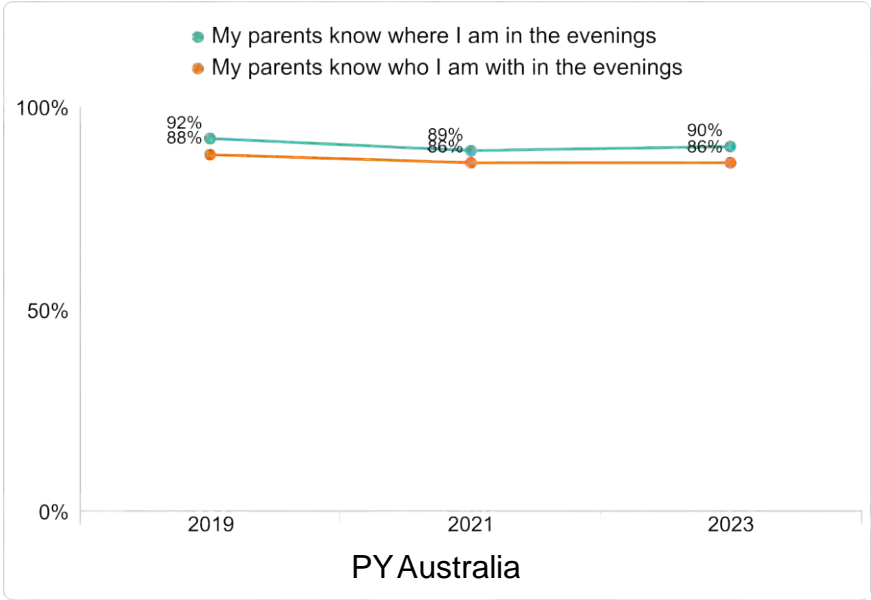
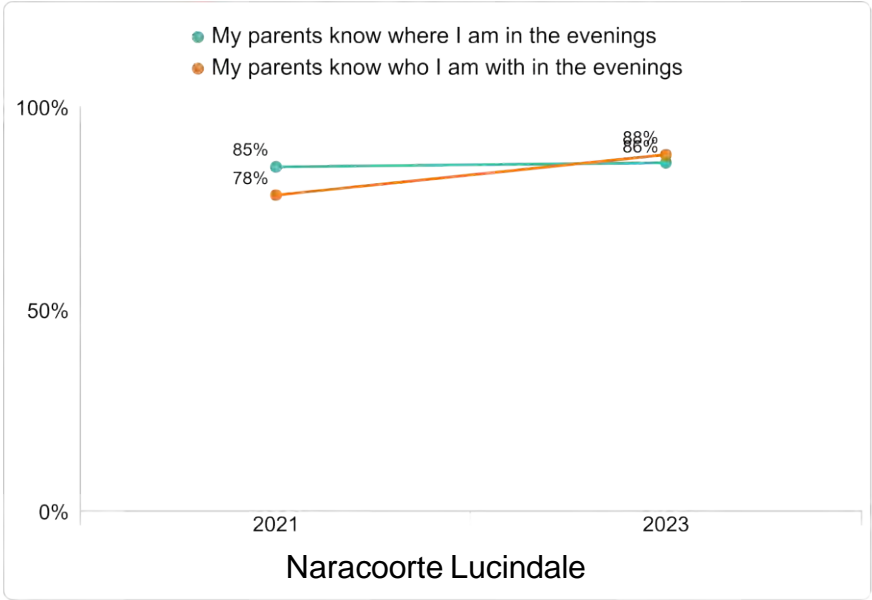


	Naracoorte Lucindale		PY Australia	
	Weekends	Weekdays	Weekends	Weekdays
2023	72%	72%	67%	63%
2021	60%	58%	64%	60%
2019	-	-	66%	62%

Substance use against spending time with parents on the weekends

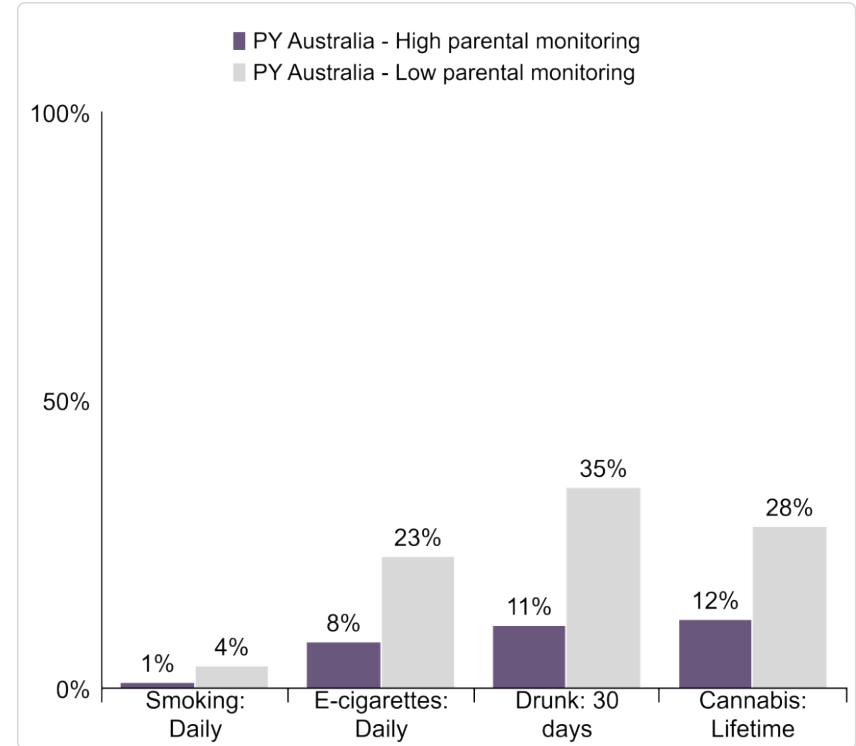
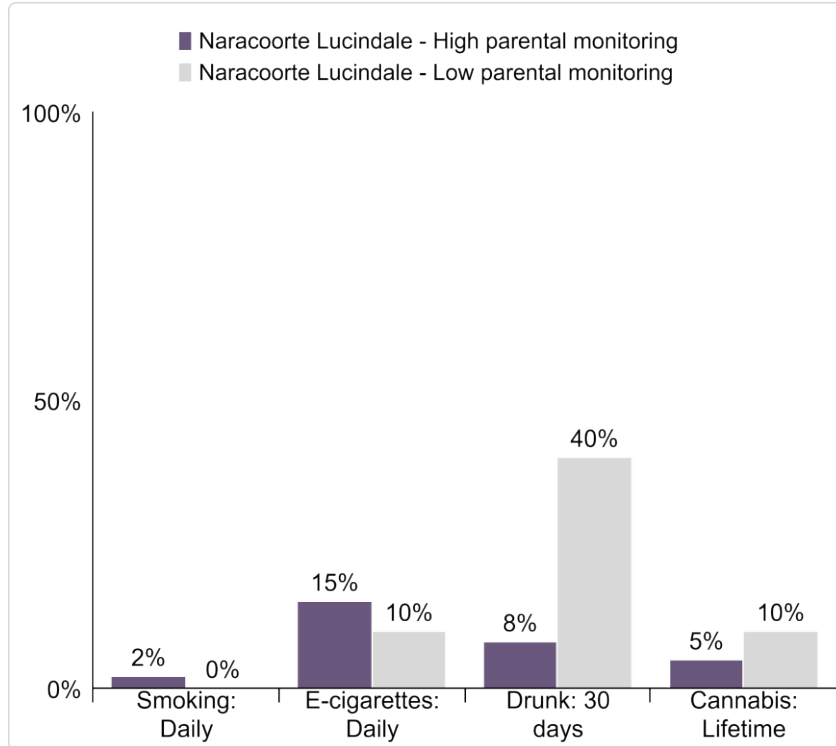


Proportion of adolescents in Naracoorte Lucindale who report that the following parental monitoring apply **quite** or **very well** to them

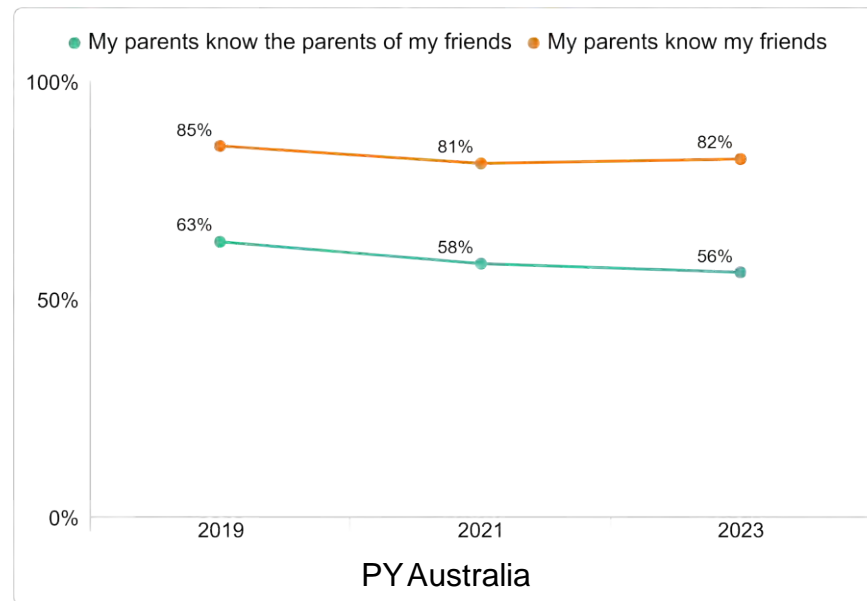
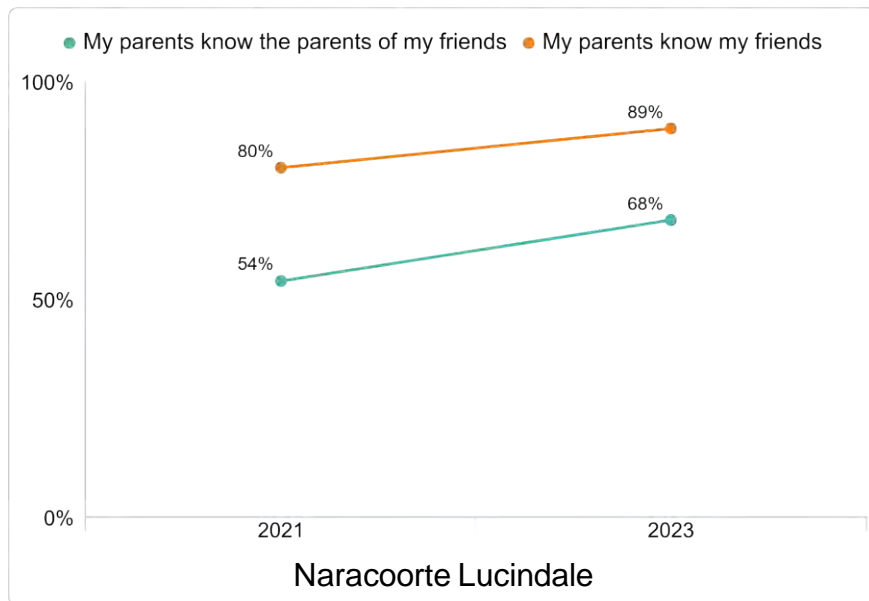


	Naracoorte Lucindale		PY Australia	
	Know where I am	Know who I am with	Know where I am	Know who I am with
2023	86%	88%	90%	86%
2021	85%	78%	89%	86%
2019	-	-	92%	88%

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

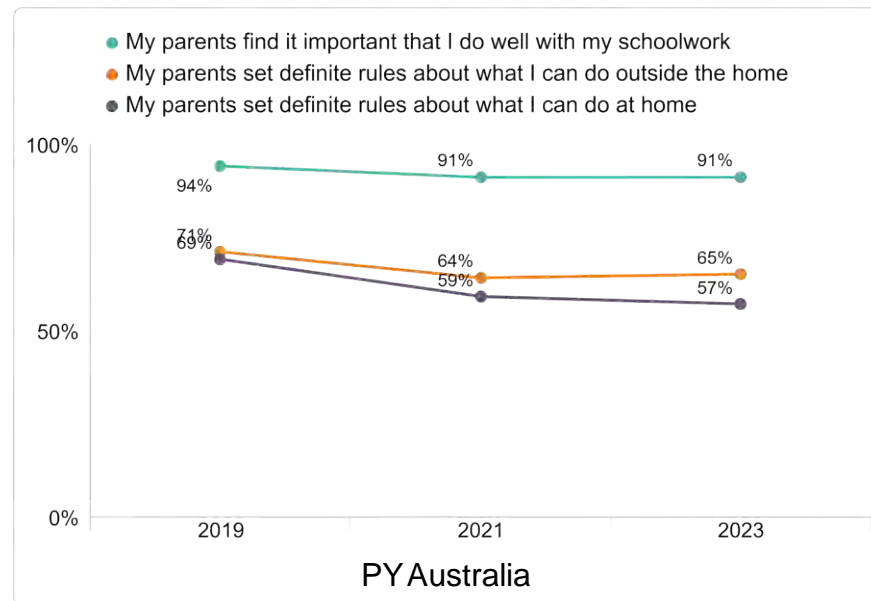
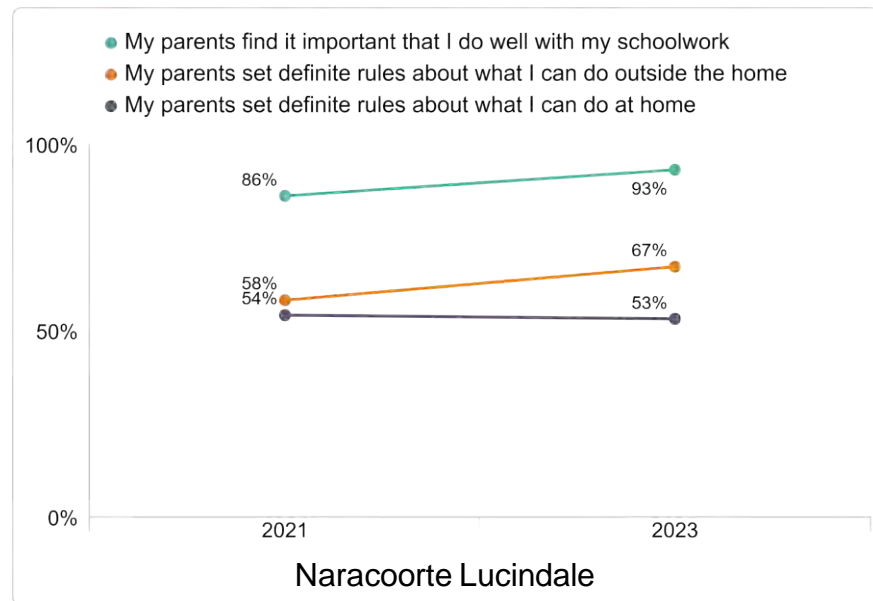


Proportion of adolescents in Naracoorte Lucindale who report that the following parental monitoring apply **quite** or **very well** to them



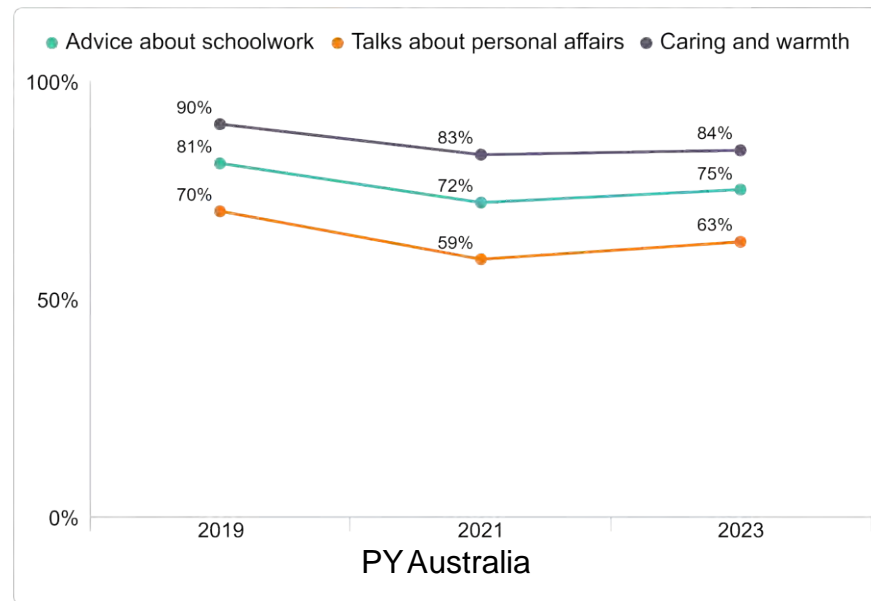
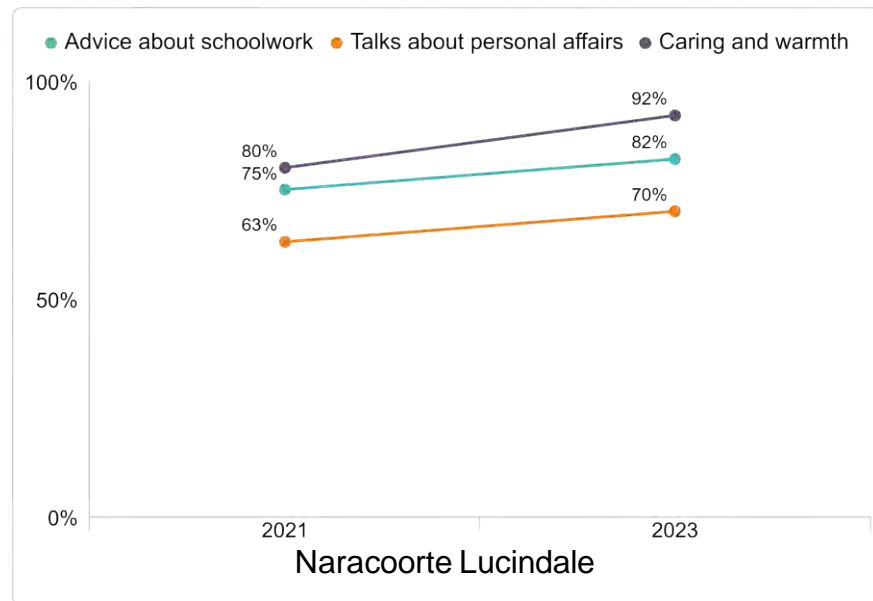
	Naracoorte Lucindale		PY Australia	
	Know the parents of my friends	Know my friends	Know the parents of my friends	Know my friends
2023	68%	89%	56%	82%
2021	54%	80%	58%	81%
2019	-	-	63%	85%

Proportion of adolescents in Naracoorte Lucindale who report that the following statements apply **quite** or **very well** to them



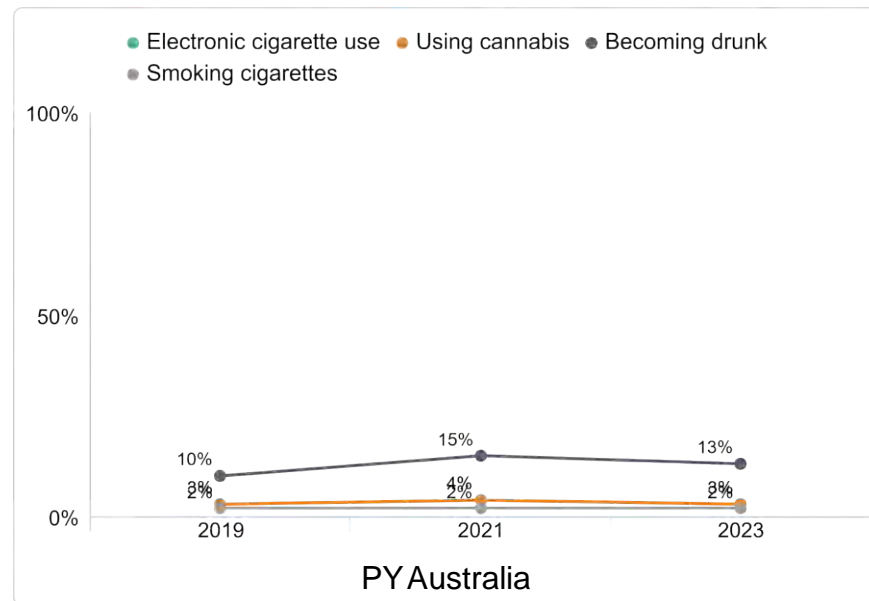
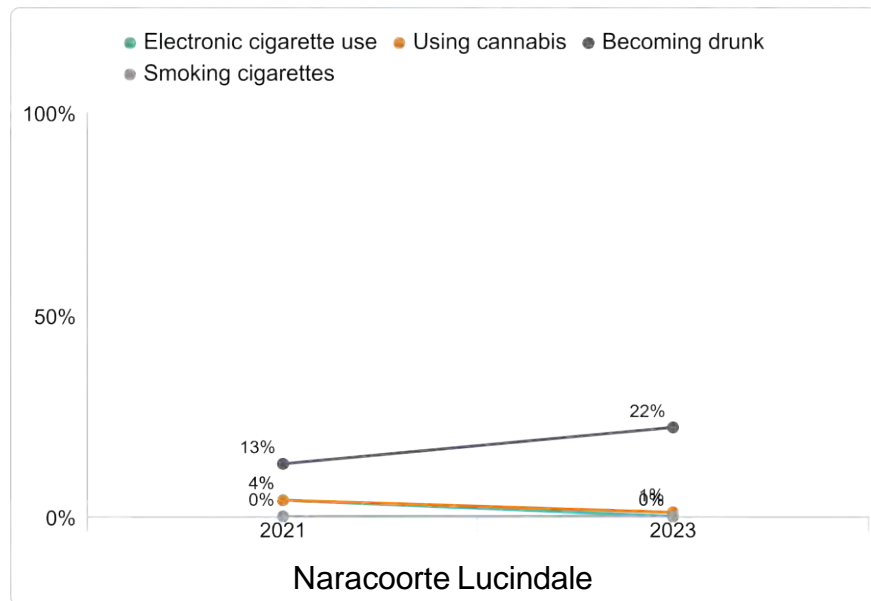
	Naracoorte Lucindale			PY Australia		
	Important I do well with my schoolwork	What I can do outside the home	What I can do at home	Important I do well with my schoolwork	What I can do outside the home	What I can do at home
2023	93%	67%	53%	91%	65%	57%
2021	86%	58%	54%	91%	64%	59%
2019	-	-	-	94%	71%	69%

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



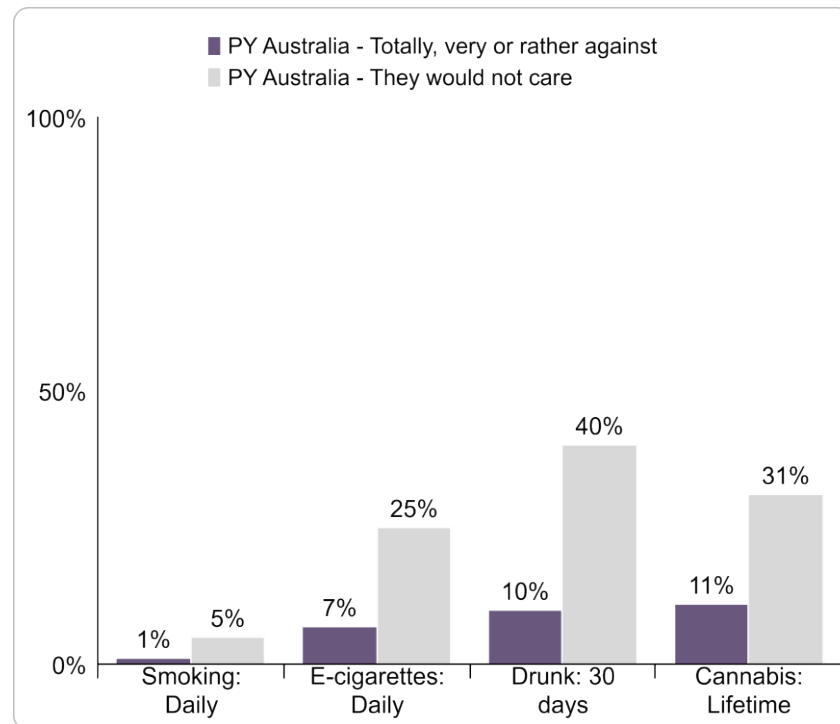
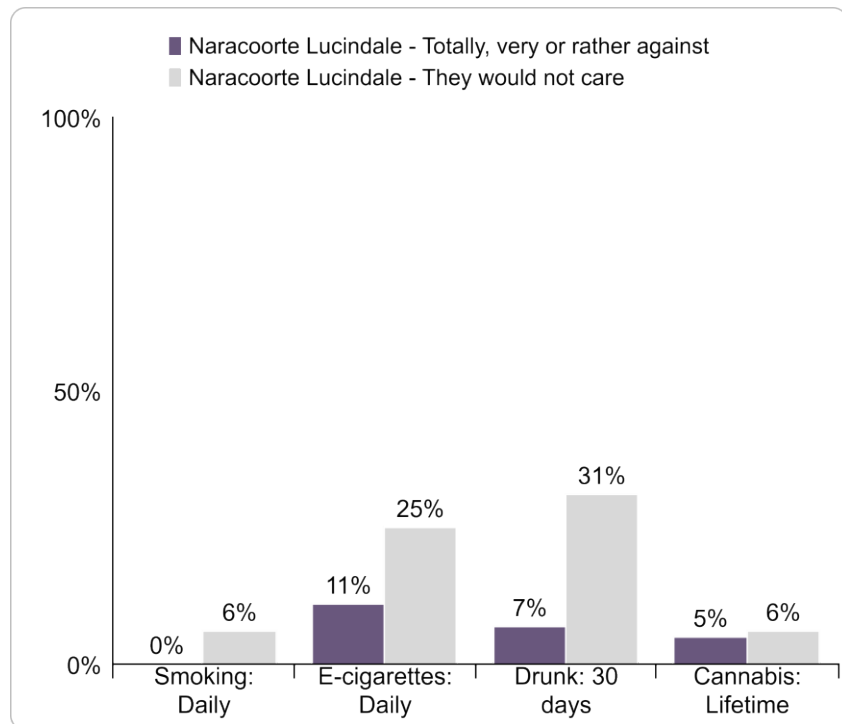
	Naracoorte Lucindale			PY Australia		
	Advice about schoolwork	Talks about personal affairs	Caring and warmth	Advice about schoolwork	Talks about personal affairs	Caring and warmth
2023	82%	70%	92%	75%	63%	84%
2021	75%	63%	80%	72%	59%	83%
2019	-	-	-	81%	70%	90%

Proportion of adolescents who believe their parents would **not care** if they engaged in the following substance use



	Naracoorte Lucindale			PY Australia			
	Electronic cigarette use	Using cannabis	Becoming drunk	Electronic cigarette use	Using cannabis	Becoming drunk	Smoking cigarettes
2023	0%	1%	22%	3%	3%	13%	2%
2021	4%	4%	13%	4%	4%	15%	2%
2019	-	-	-	3%	3%	10%	2%

Substance use against perceived parental reactions to becoming drunk



PEER GROUP

Peer Group Effect

Adolescents who agree or strongly agree that they need to do the following in order **not** to be left out of the peer group

15%

Drink Alcohol



8%

Smoke Cigarettes

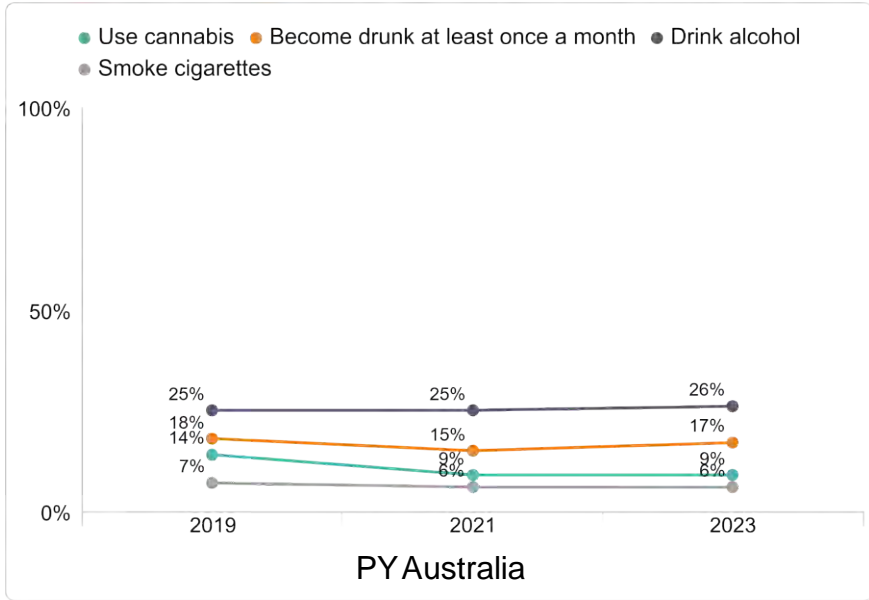
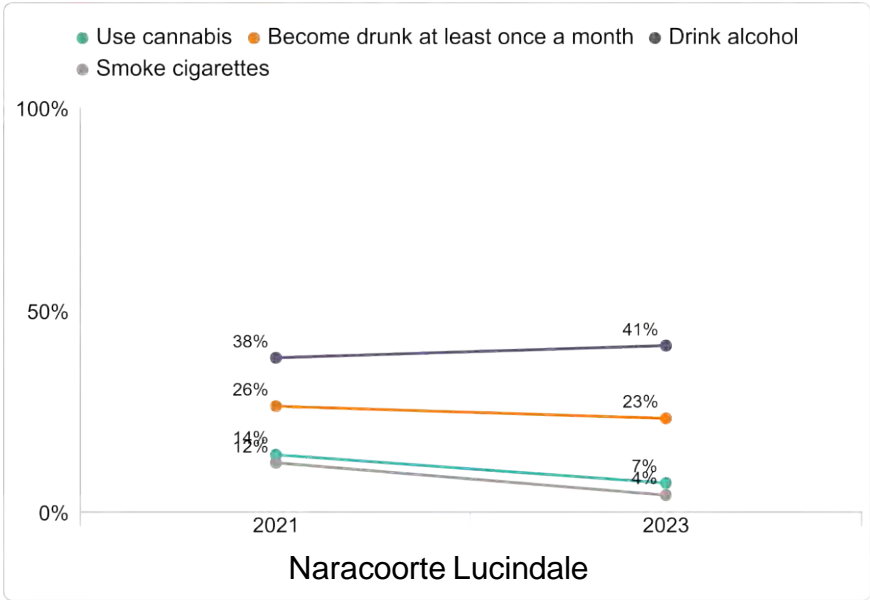


5%

Use Cannabis

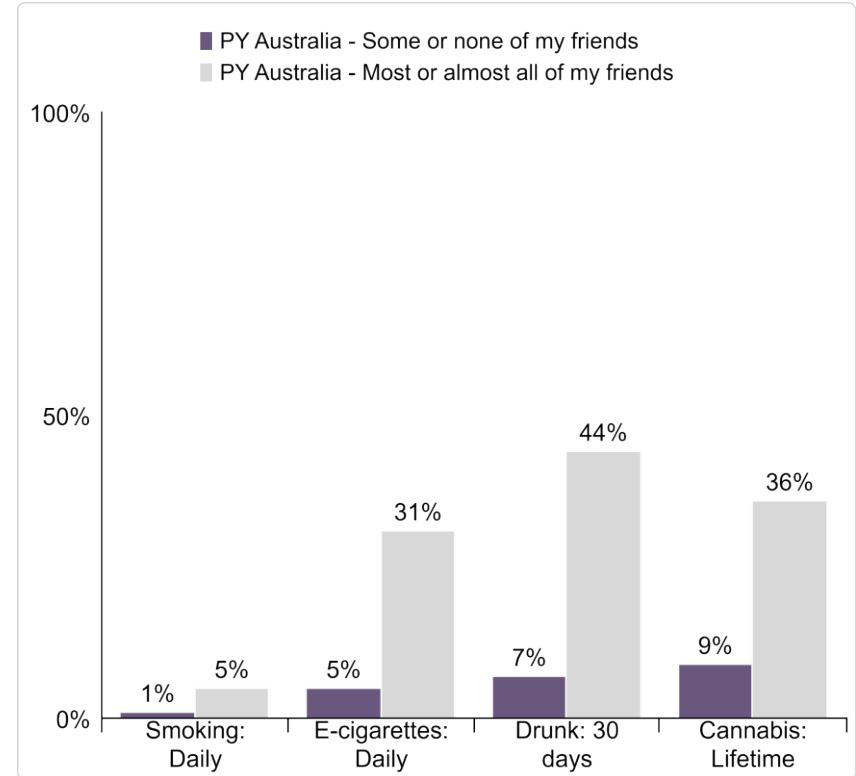
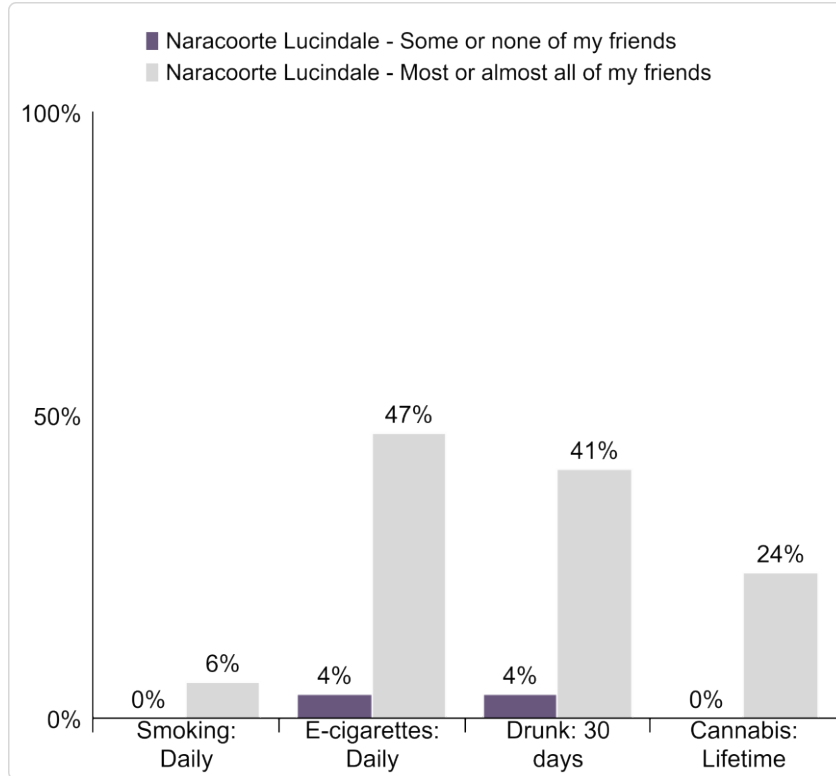


Proportion of adolescents in Naracoorte Lucindale who report that **most** or **almost all** of their friends do the following:

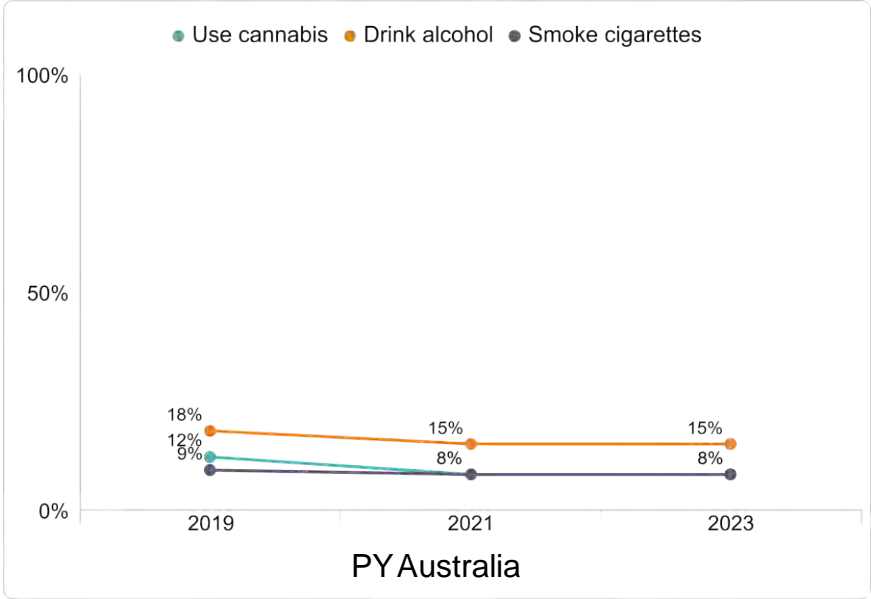
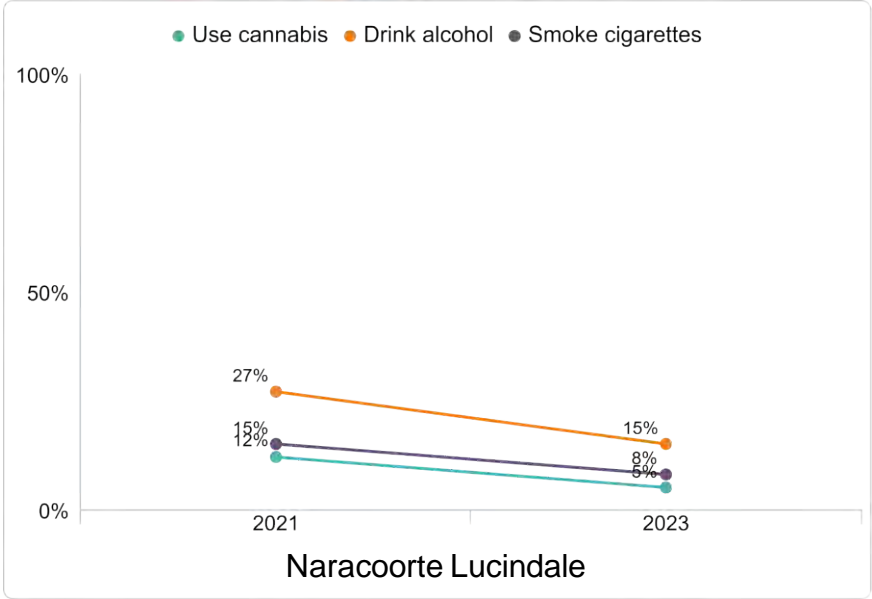


	Naracoorte Lucindale				PY Australia			
	Use cannabis	Become drunk at least once a month	Drink alcohol	Smoke cigarettes	Use cannabis	Become drunk at least once a month	Drink alcohol	Smoke cigarettes
2023	7%	23%	41%	4%	9%	17%	26%	6%
2021	14%	26%	38%	12%	9%	15%	25%	6%
2019	-	-	-	-	14%	18%	25%	7%

Substance use against perceived level of peer monthly drunkenness



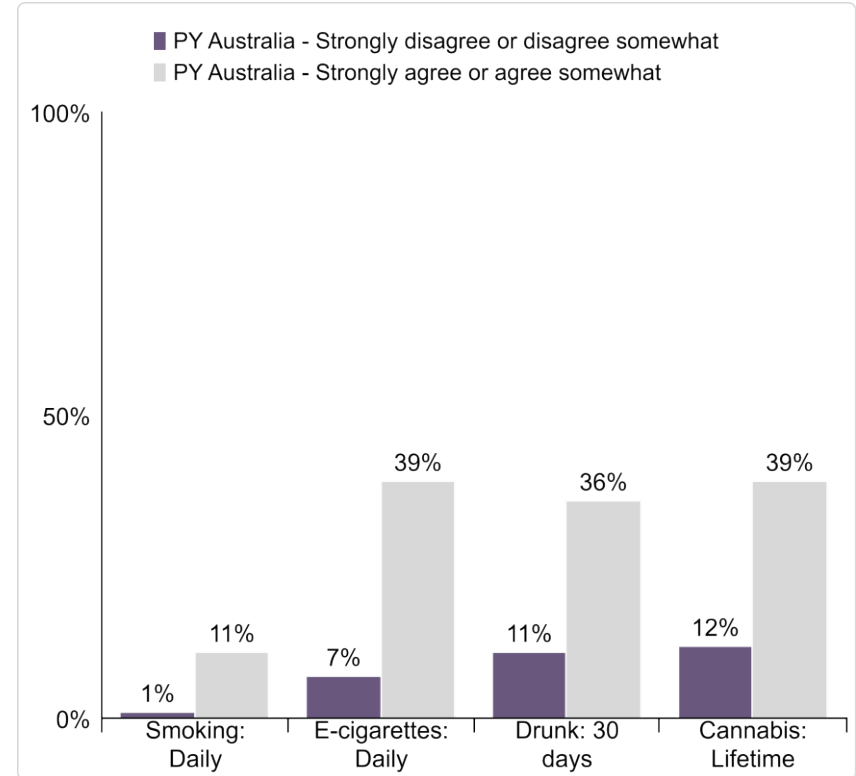
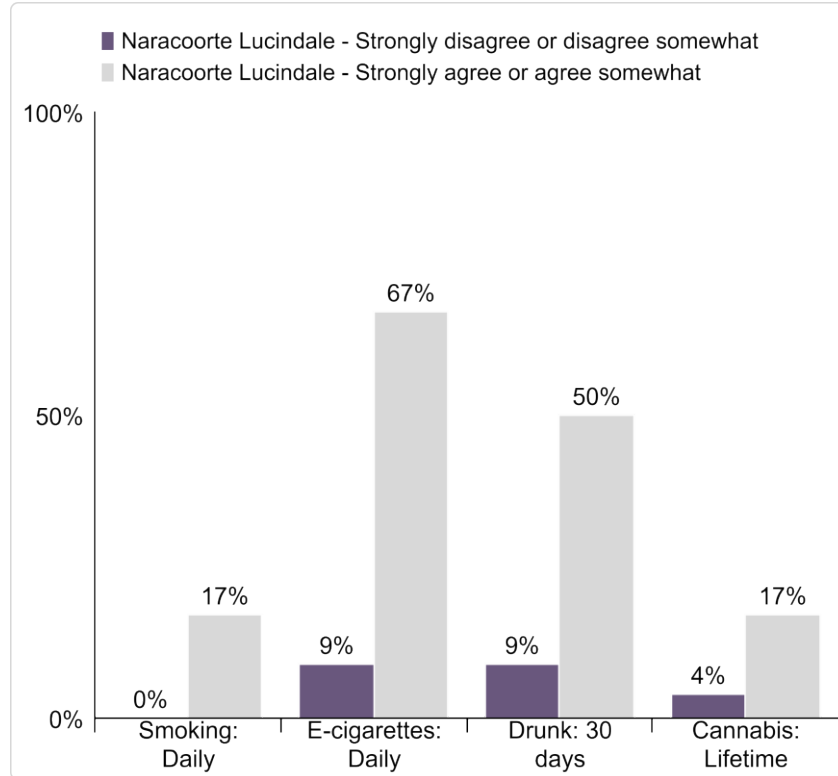
Proportion of adolescents in Naracoorte Lucindale who **strongly agree** or **agree somewhat** that it is necessary to do the following in order not to be left out of the peer group



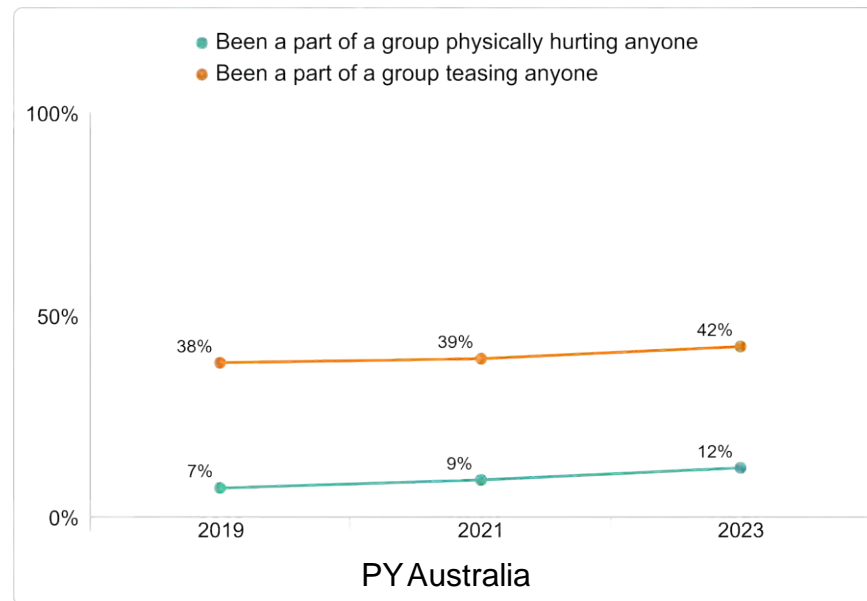
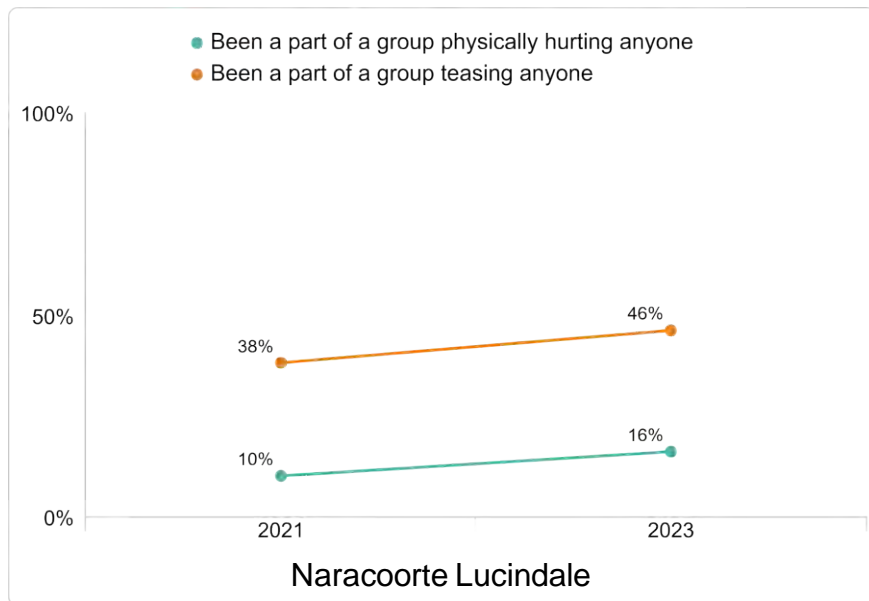
	Naracoorte Lucindale			PY Australia		
	Use cannabis	Drink alcohol	Smoke cigarettes	Use cannabis	Drink alcohol	Smoke cigarettes
2023	5%	15%	8%	8%	15%	8%
2021	12%	27%	15%	8%	15%	8%
2019	-	-	-	12%	18%	9%

Substance use against peer acceptance

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

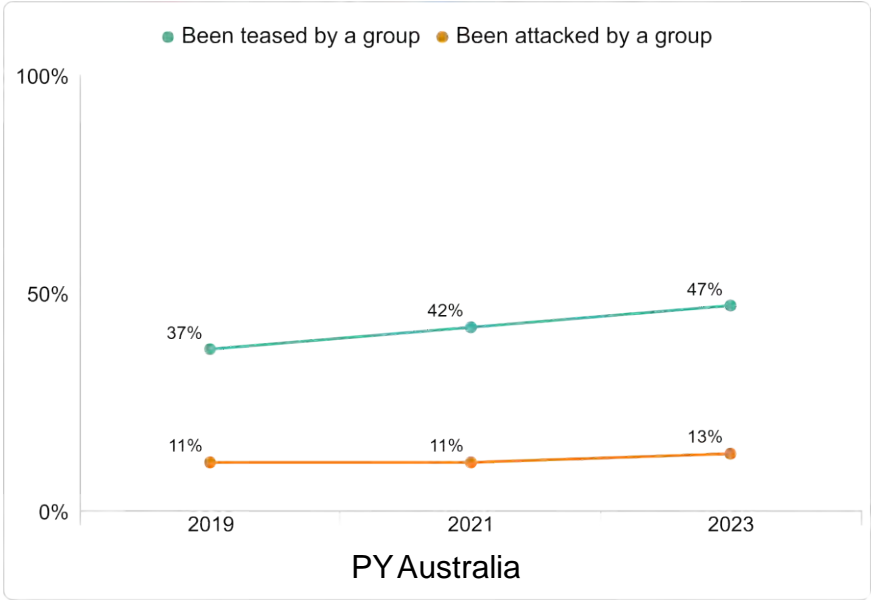
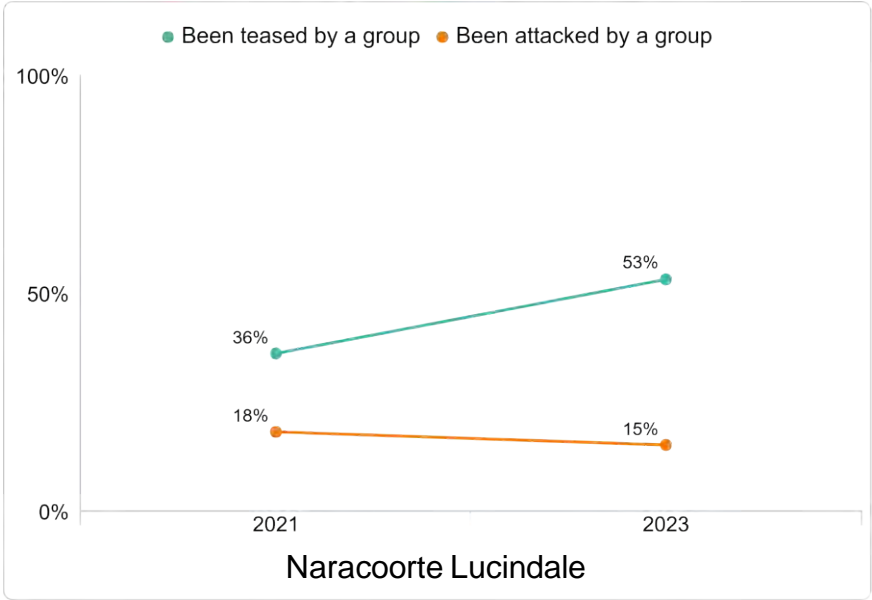


Proportion of adolescents in Naracoorte Lucindale who report having been part of a group teasing anyone or hurting anyone once or more in the last 12 months



	Naracoorte Lucindale		PY Australia	
	Been a part of a group physically hurting anyone	Been a part of a group teasing anyone	Been a part of a group physically hurting anyone	Been a part of a group teasing anyone
2023	16%	46%	12%	42%
2021	10%	38%	9%	39%
2019	-	-	7%	38%

Proportion of adolescents in Naracoorte Lucindale who report having been teased by a group or attacked by a group once or more in the last 12 months



	Naracoorte Lucindale		PY Australia	
	Been attacked by a group	Been teased by a group	Been attacked by a group	Been teased by a group
2023	15%	53%	13%	47%
2021	18%	36%	11%	42%
2019	-	-	11%	37%

SCHOOL

School

Females

33%

Are often or always bored
with the studies

81%

Intend to complete
year 12

69%

Feel safe at school
often or almost always



Males

44%

Are often or always bored
with the studies

53%

Intend to complete
year 12

78%

Feel safe at school
often or almost always

15%

Skipped school once
or more in the last
30 days



11%

Want to change
schools

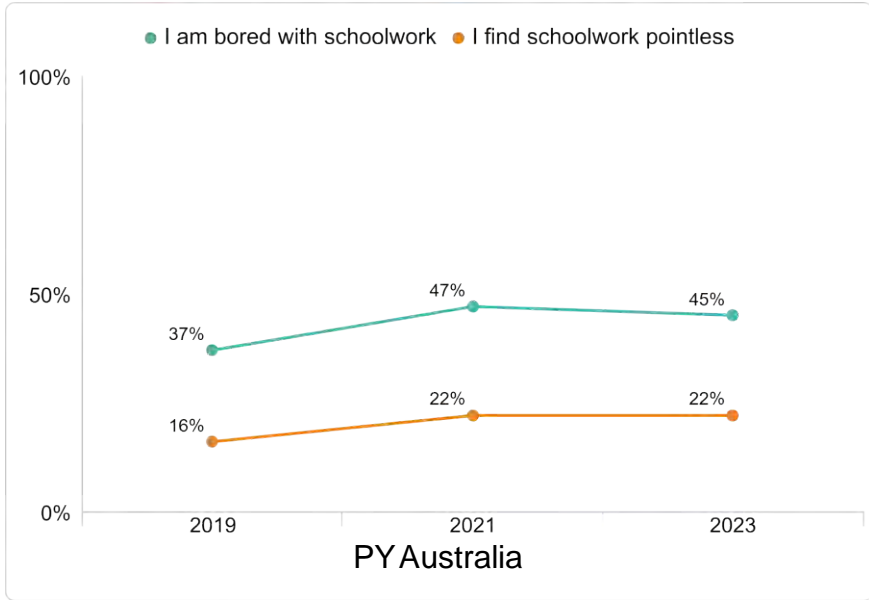
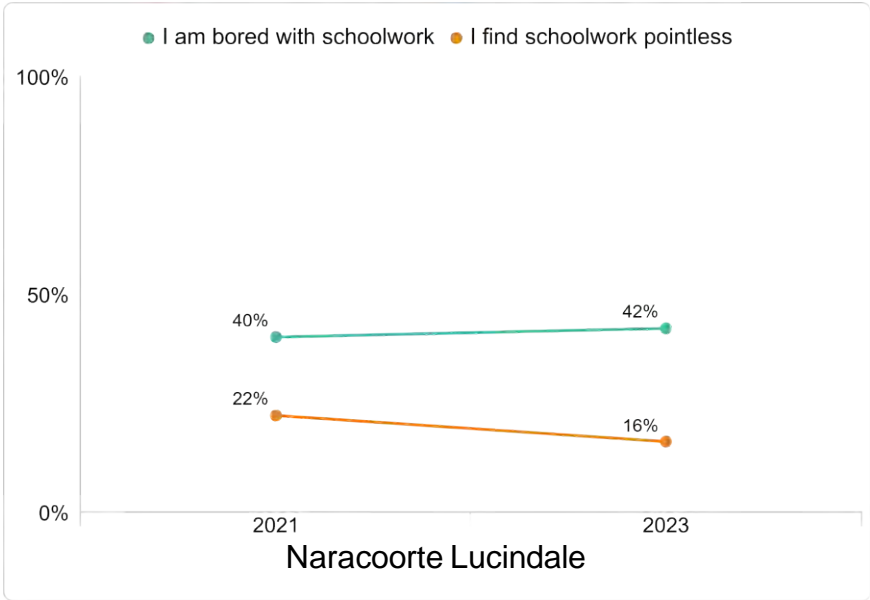


13%

Get on badly with
their teacher

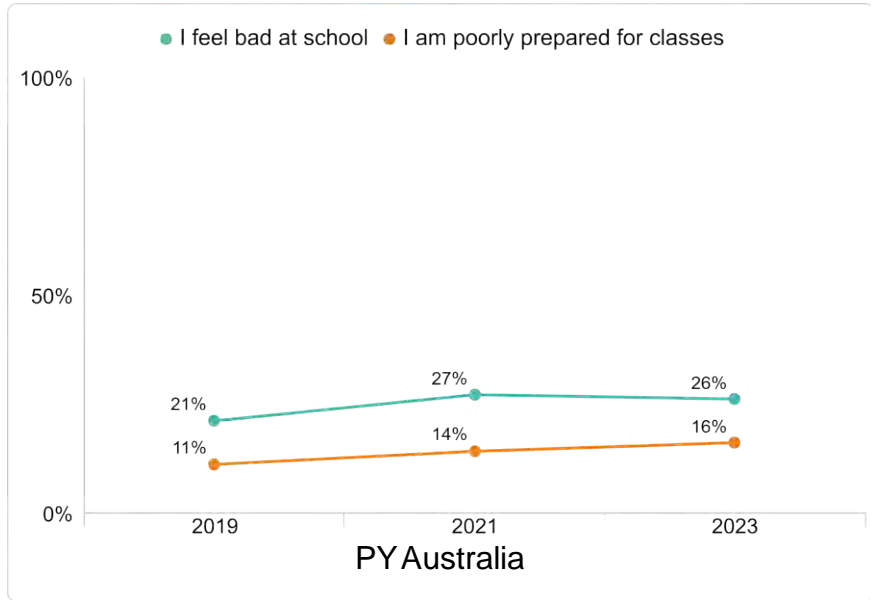


Proportion of adolescents in Naracoorte Lucindale who report that the following school/study attitude applies **often** or **almost always** to them



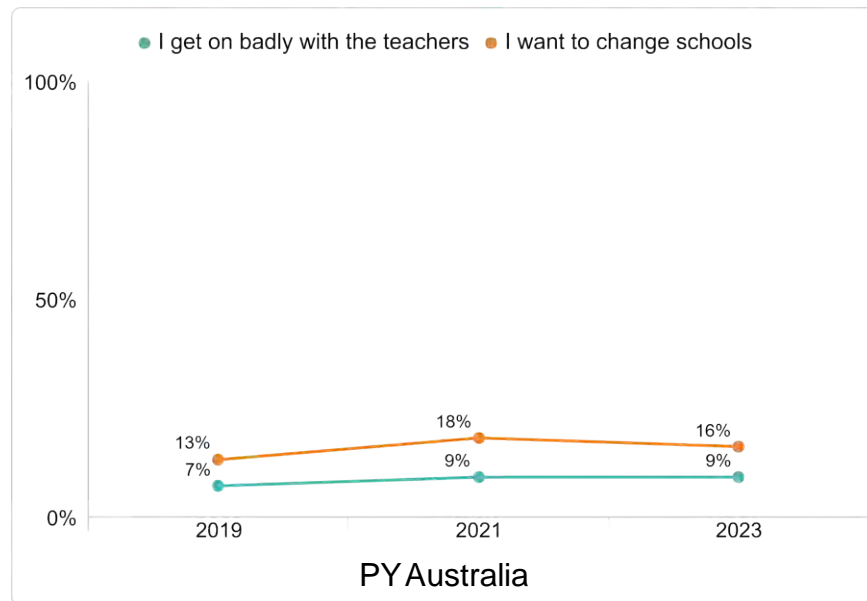
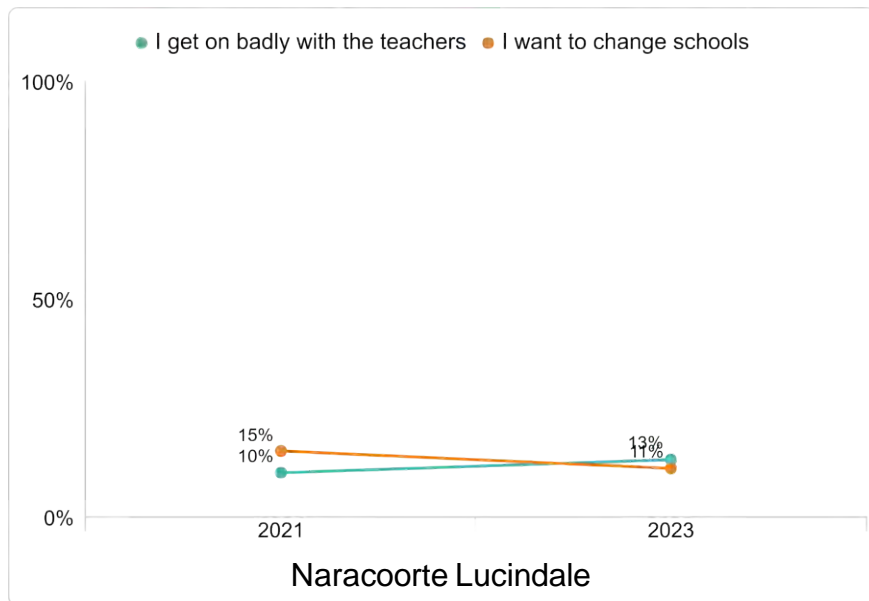
	Naracoorte Lucindale		PY Australia	
	I am bored with schoolwork	I find schoolwork pointless	I am bored with schoolwork	I find schoolwork pointless
2023	42%	16%	45%	22%
2021	40%	22%	47%	22%
2019	-	-	37%	16%

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



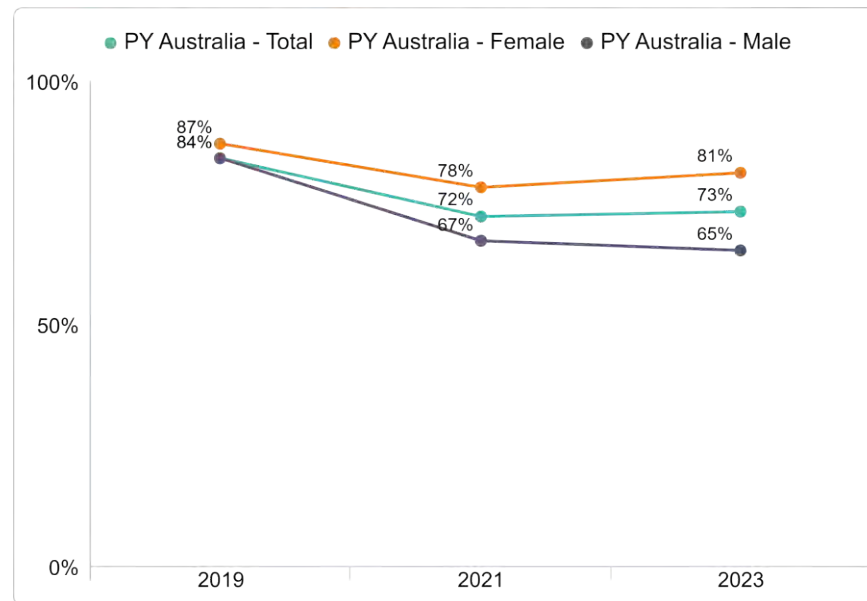
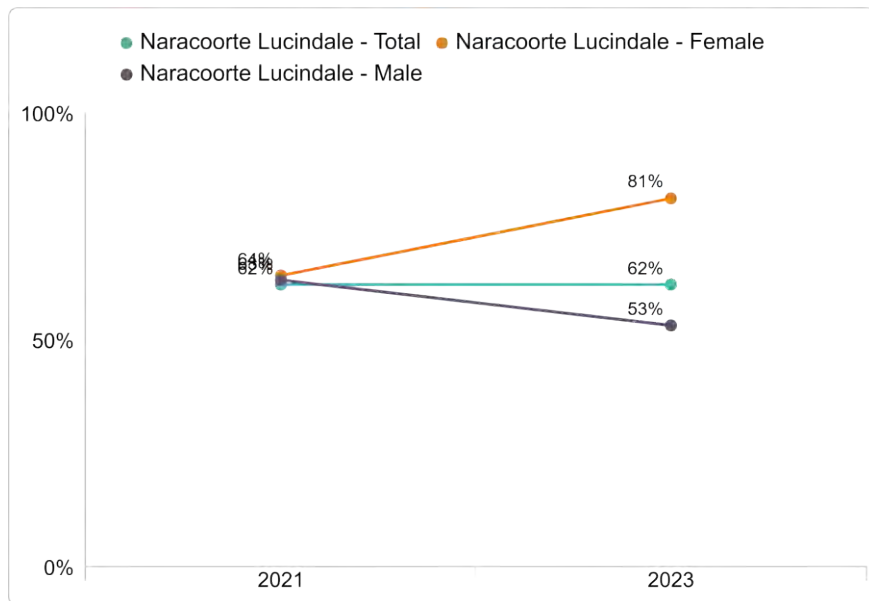
	Naracoorte Lucindale		PY Australia	
	I feel bad at school	I am poorly prepared for classes	I feel bad at school	I am poorly prepared for classes
2023	15%	11%	26%	16%
2021	25%	18%	27%	14%
2019	-	-	21%	11%

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



	Naracoorte Lucindale		PY Australia	
	I get on badly with the teachers	I want to change schools	I get on badly with the teachers	I want to change schools
2023	13%	11%	9%	16%
2021	10%	15%	9%	18%
2019	-	-	7%	13%

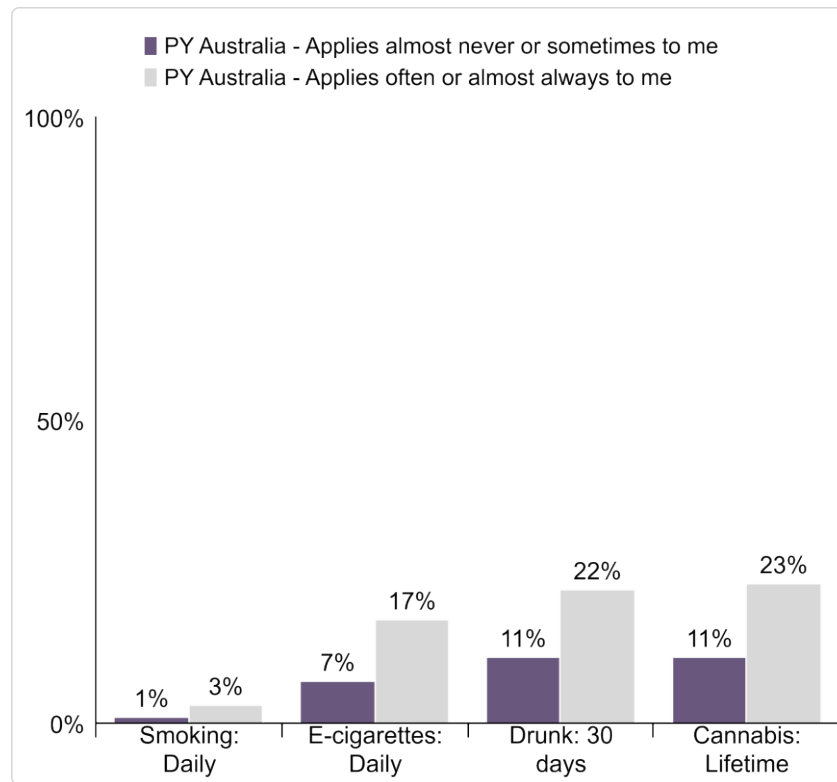
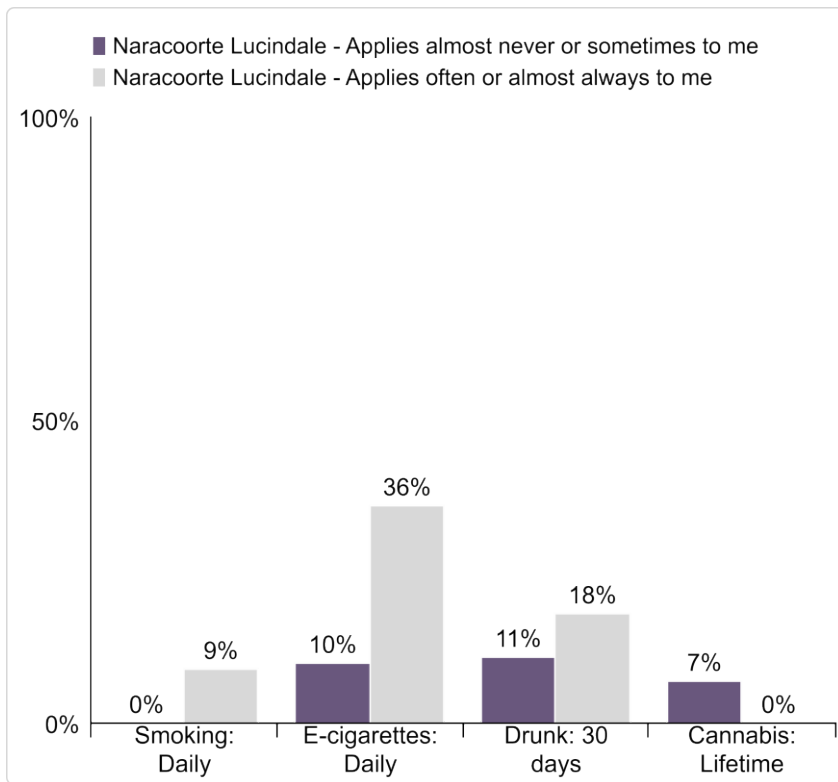
Proportion of adolescents in Naracoorte Lucindale who report that they intend to complete Year 12



	Naracoorte Lucindale			PY Australia		
	I intend to complete Year 12			I intend to complete Year 12		
	Total	Female	Male	Total	Female	Male
2023	62%	81%	53%	73%	81%	65%
2021	62%	64%	63%	72%	78%	67%
2019	-	-	-	84%	87%	84%

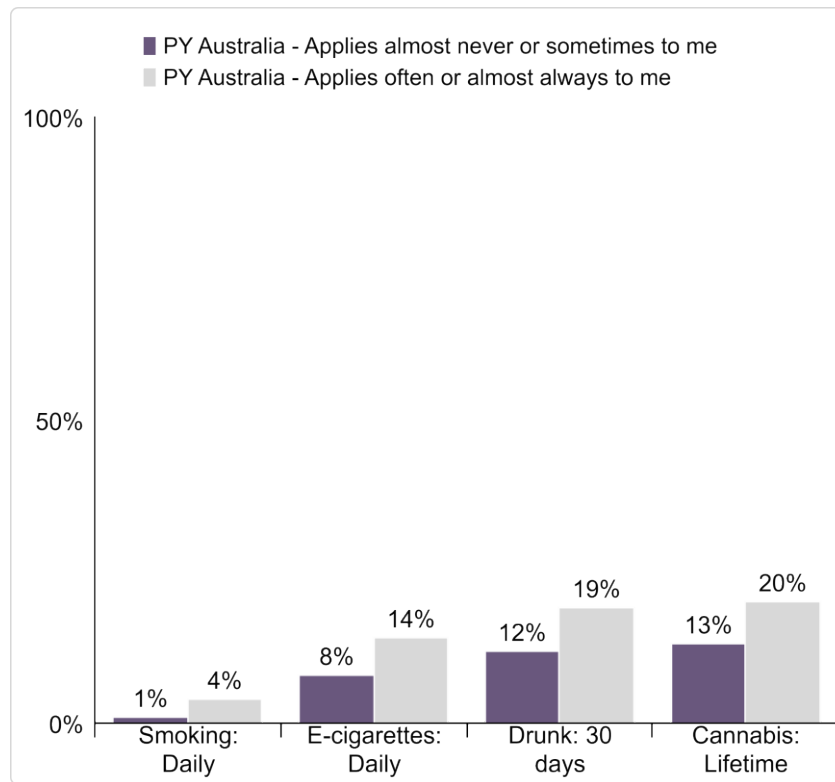
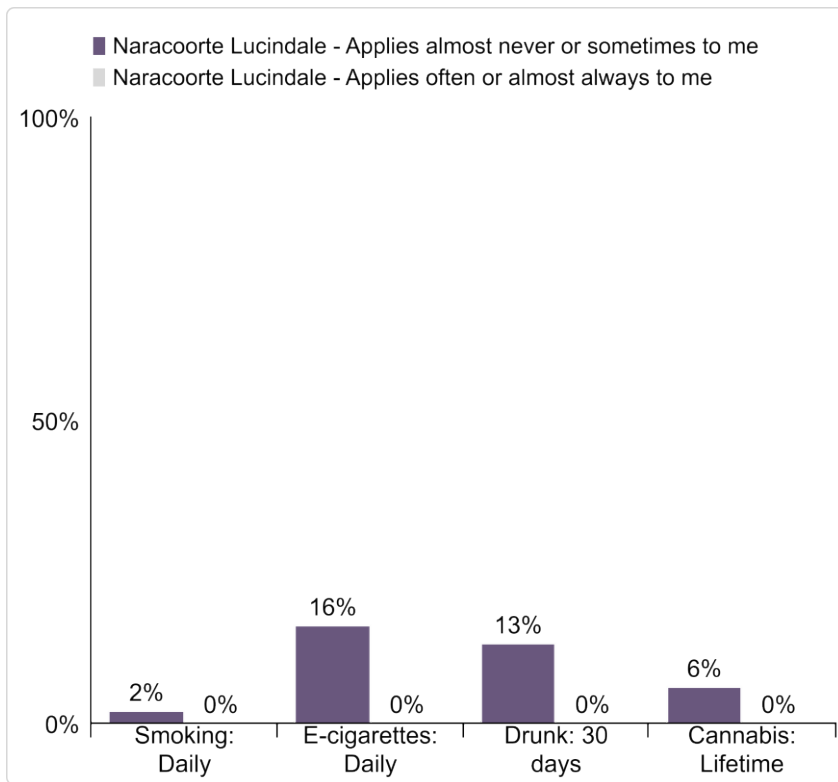
Substance use against attitude towards school

"I find schoolwork pointless"

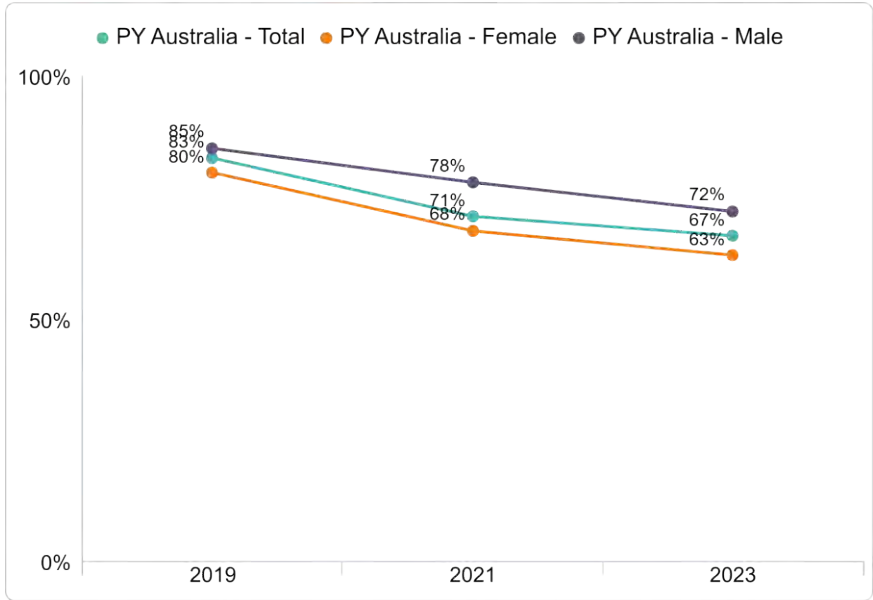
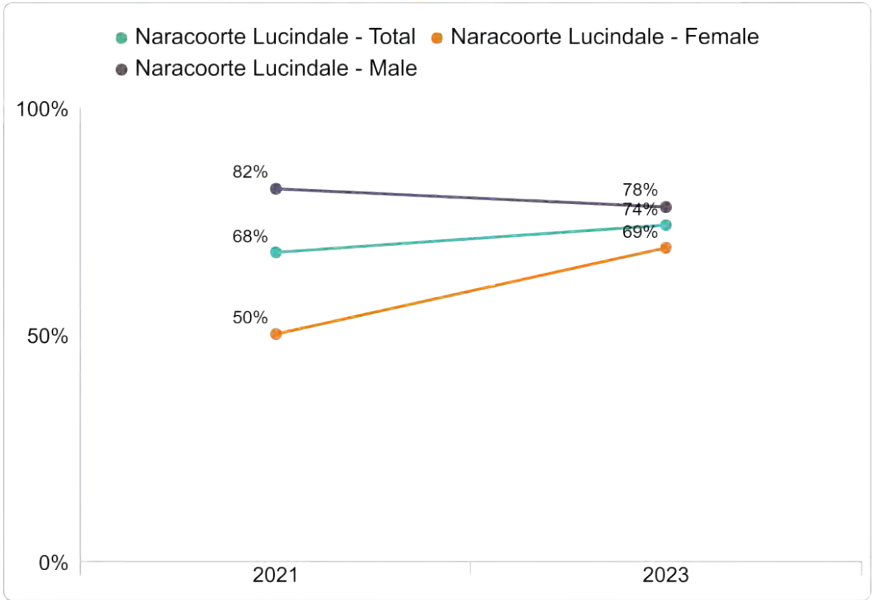


Substance use against attitudes towards school

"I want to change schools"

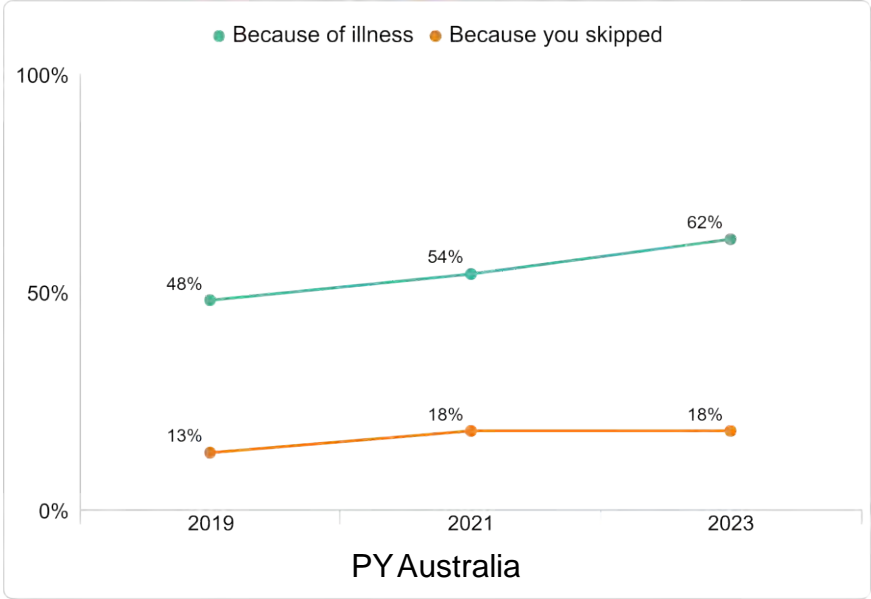
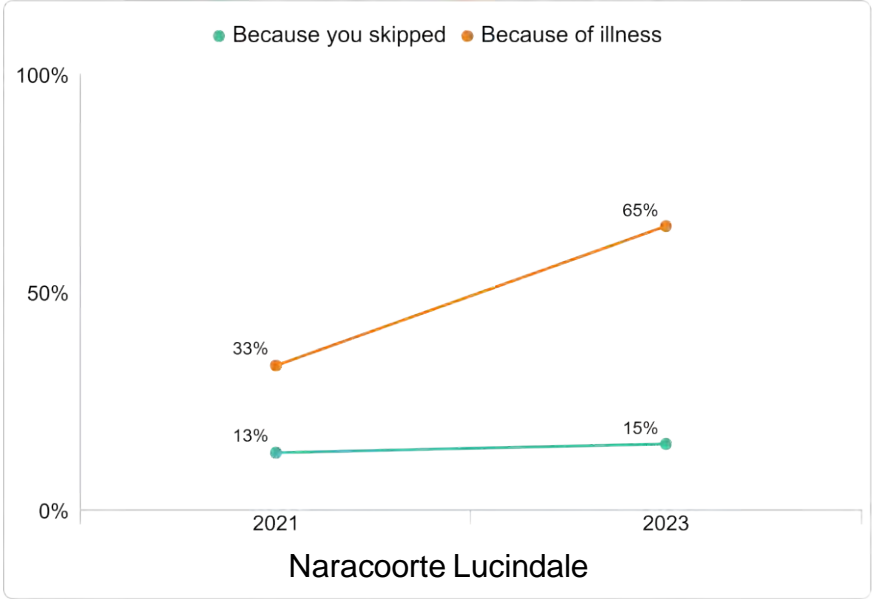


Proportion of adolescents in Naracoorte Lucindale who report feeling safe at school **often** or **almost always**



	Naracoorte Lucindale			PY Australia		
	I feel safe at school			I feel safe at school		
	Total	Female	Male	Total	Female	Male
2023	74%	69%	78%	67%	63%	72%
2021	68%	50%	82%	71%	68%	78%
2019	-	-	-	83%	80%	85%

Proportion of adolescents in Naracoorte Lucindale who have missed school **once or more** in the last 30 days because of illness and because they skipped



	Naracoorte Lucindale		PY Australia	
	Because you skipped	Because of illness	Because you skipped	Because of illness
2023	15%	65%	18%	62%
2021	13%	33%	18%	54%
2019	-	-	13%	48%

LEISURE

Leisure activities

42%

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



23%

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



66%

Of boys spend 3 hours or more on social media a day



46%

Of girls spend 3 hours or more on social media a day



54%

Of teenagers participate in any organised leisure activities

13%



Of teenagers were outside after midnight once or more in the past week

12%

Girls

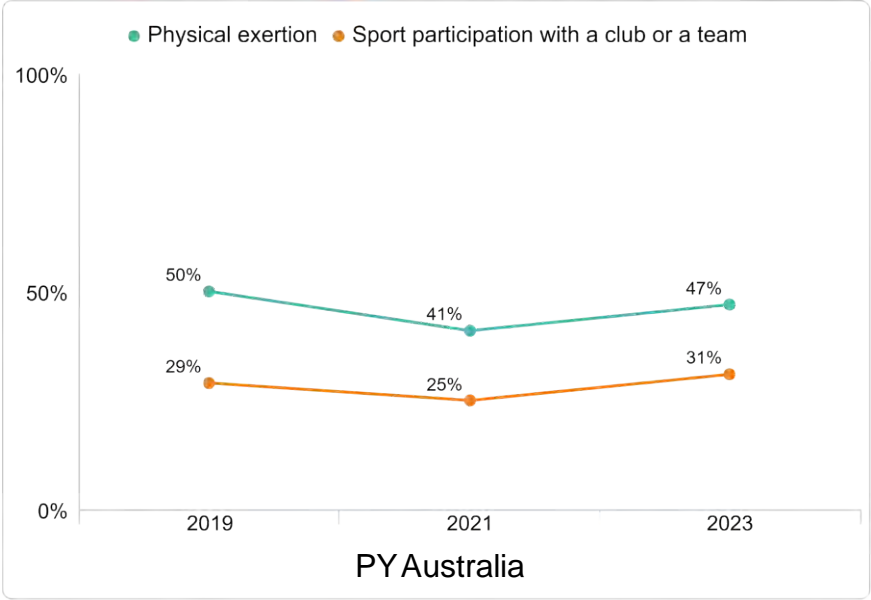
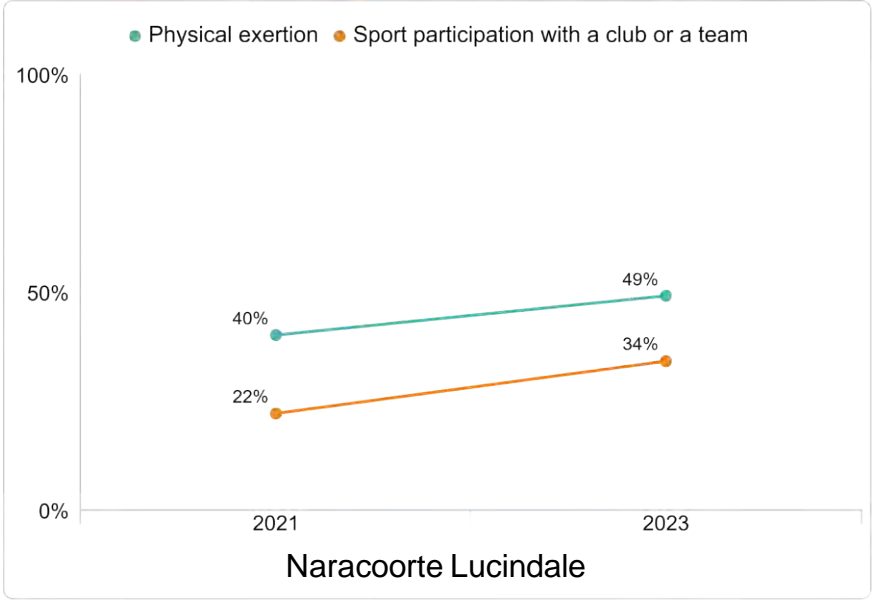


11%

Boys

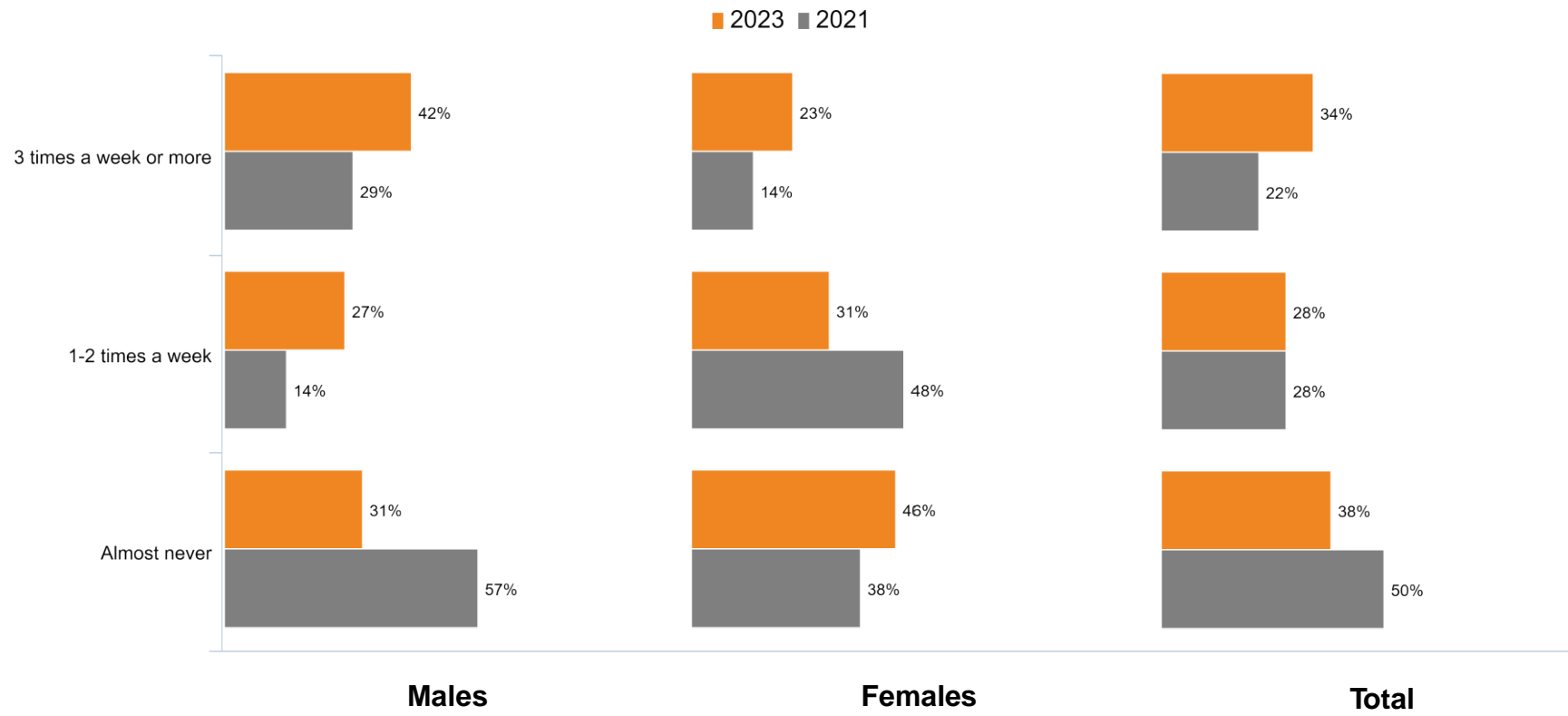
Of teenagers play video games for 3 hours or more a day

Proportion of adolescents in Naracoorte Lucindale who play sports with a club or a team **3 times a week or more**, or exert themselves physically **3 times a week or more**



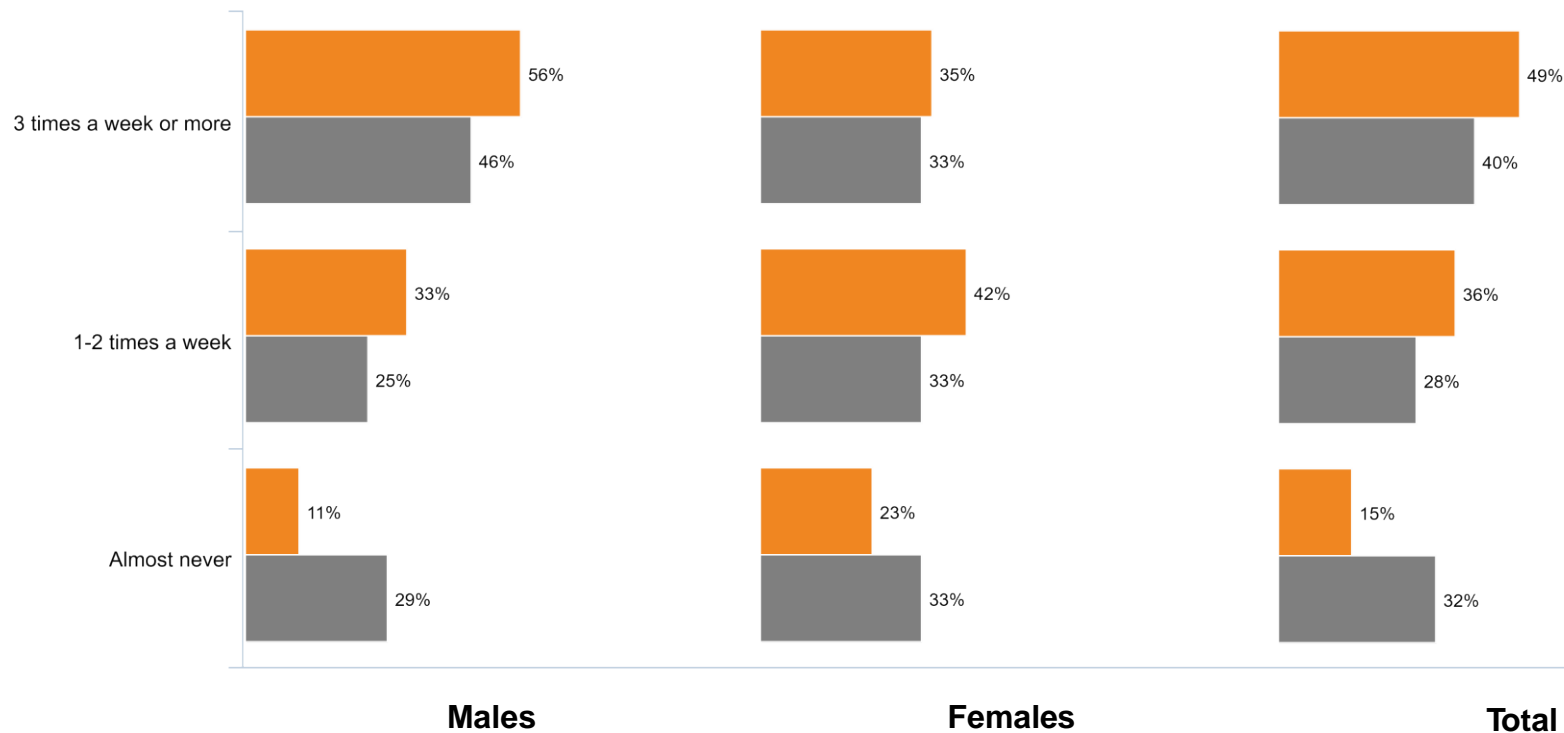
	Naracoorte Lucindale		PY Australia	
	Physical exertion	Sport participation with a club or a team	Physical exertion	Sport participation with a club or a team
2023	49%	34%	47%	31%
2021	40%	22%	41%	25%
2019	-	-	50%	29%

Proportion of adolescents in Naracoorte Lucindale who participate in sports with a club or a team

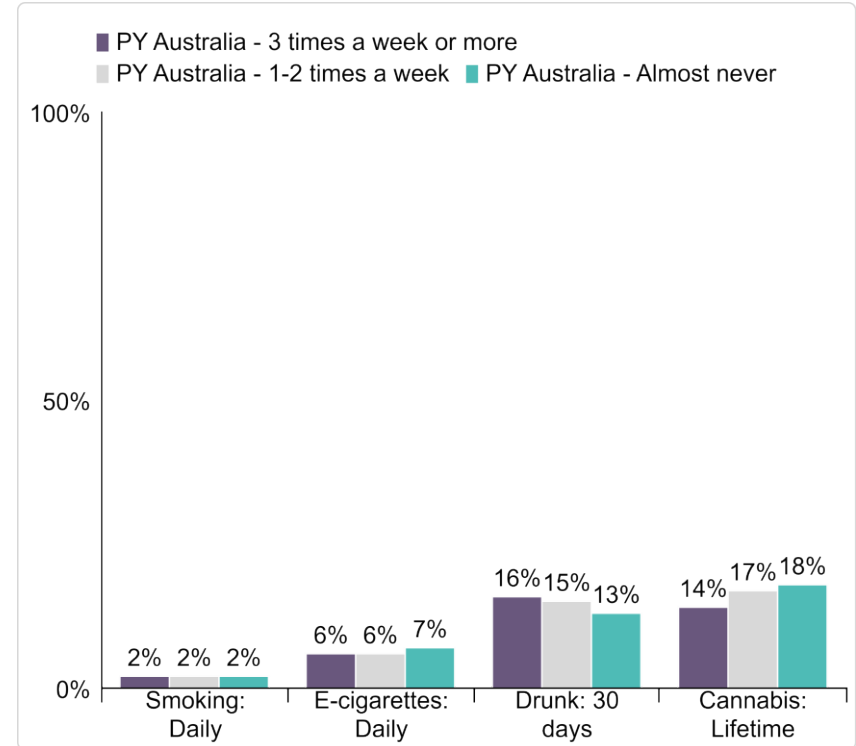
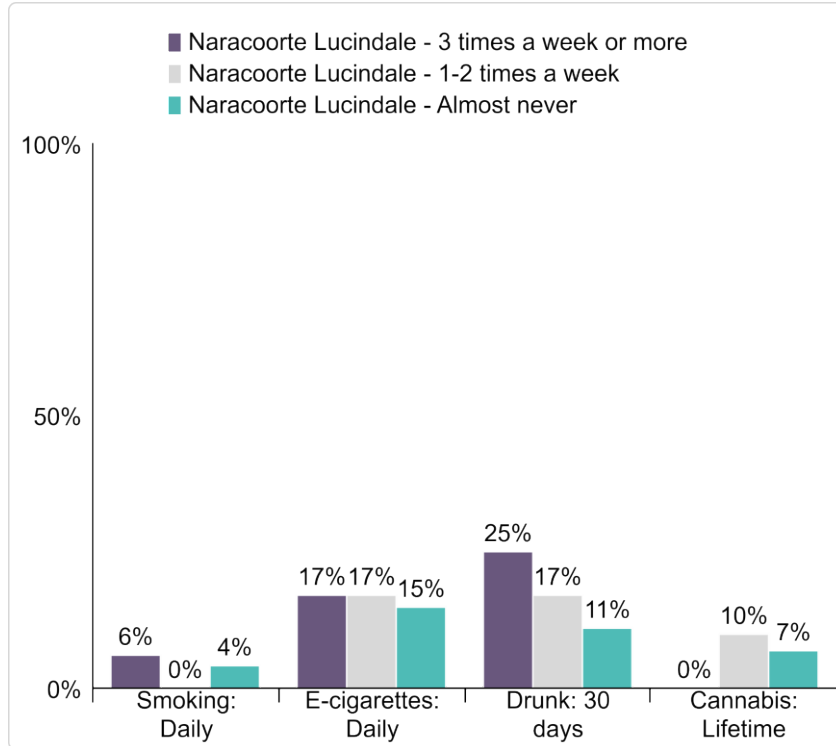


Proportion of adolescents in Naracoorte Lucindale who exert themselves physically

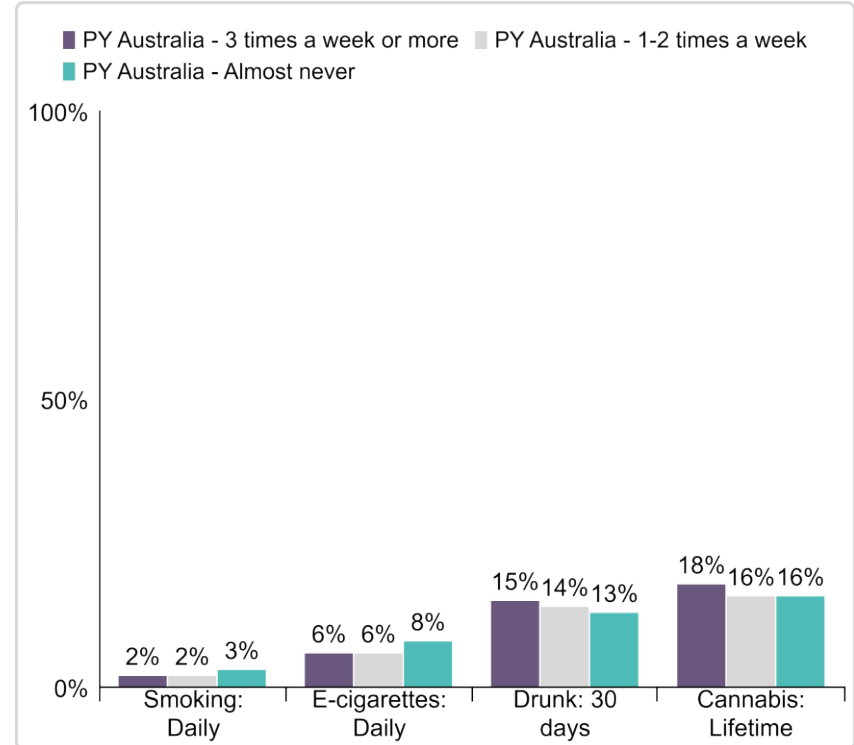
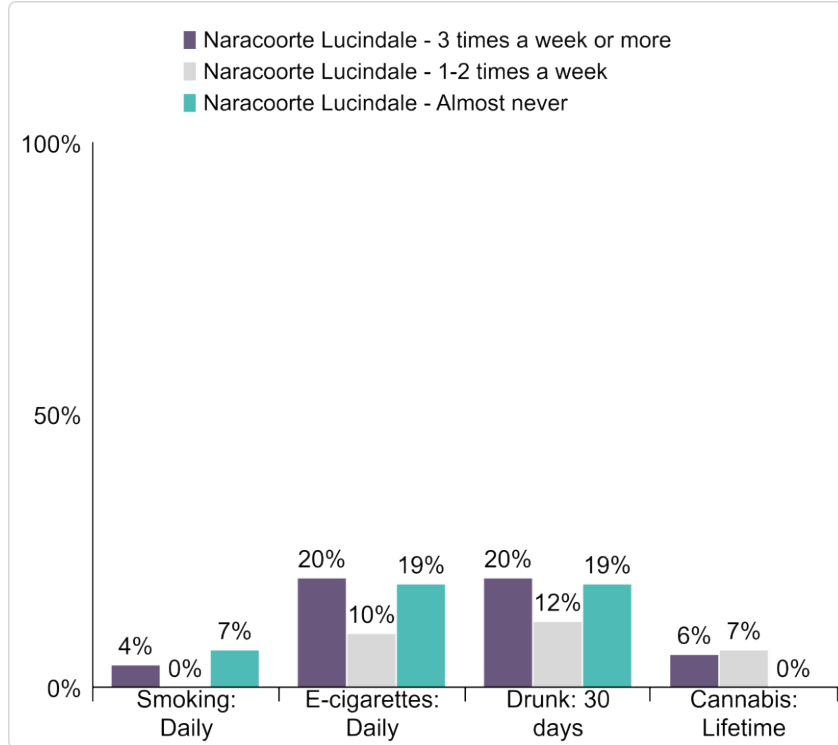
2023 2021



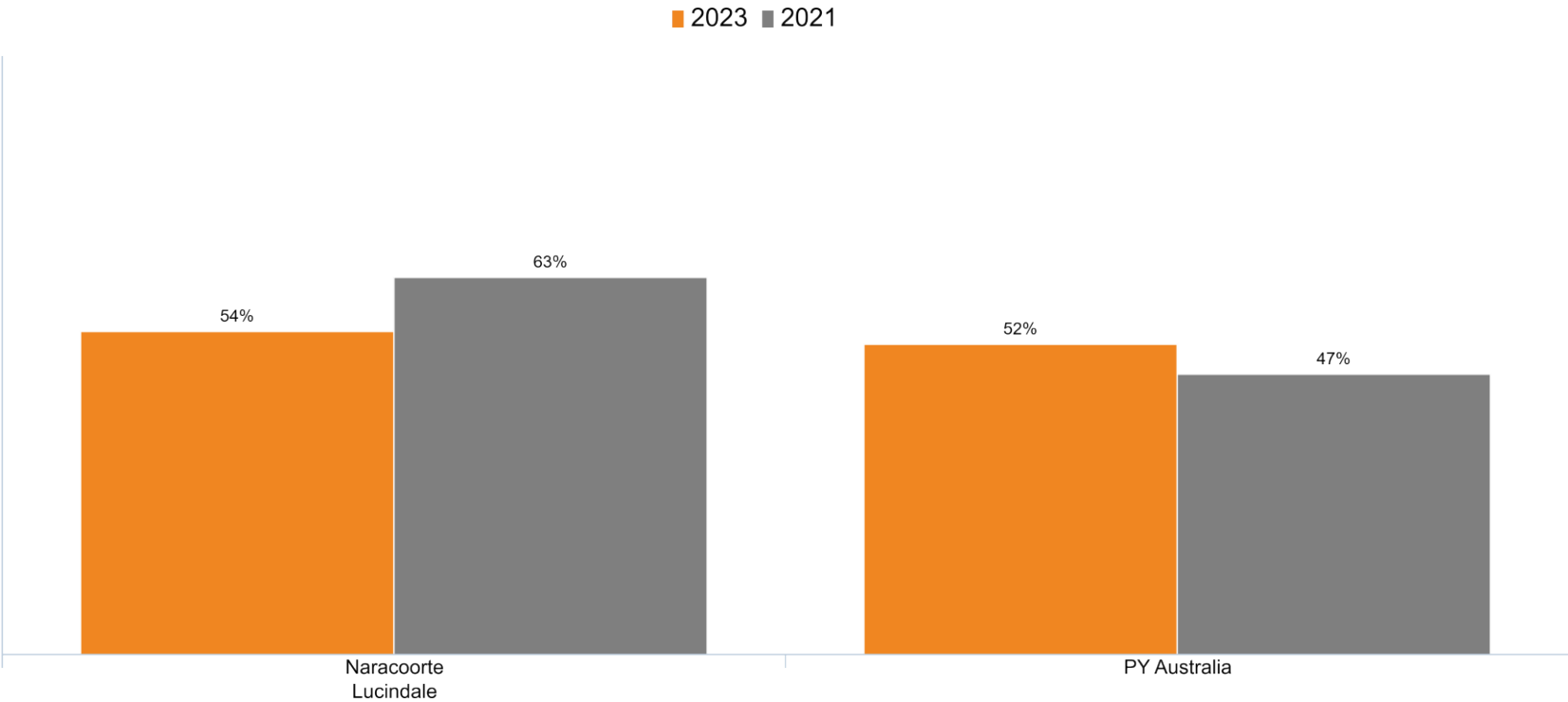
Substance use against sports participation with a club or team



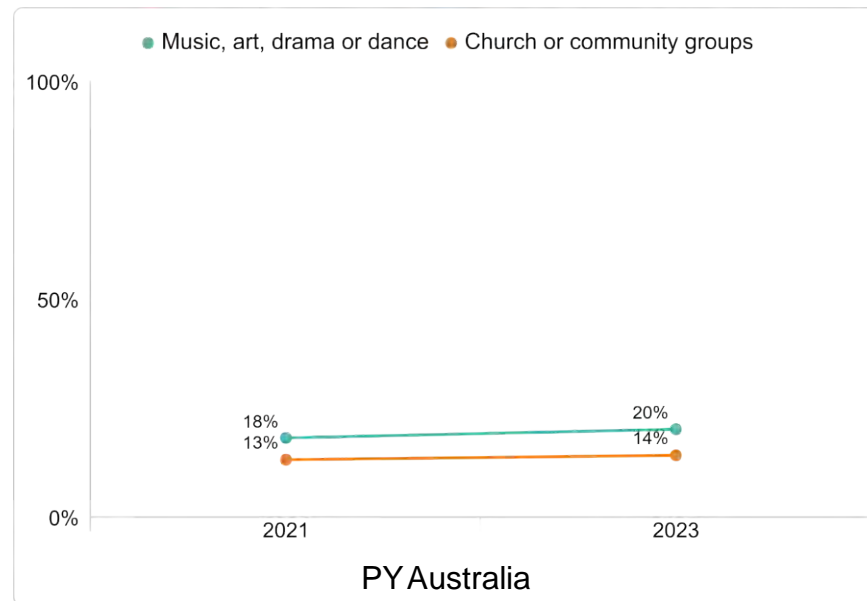
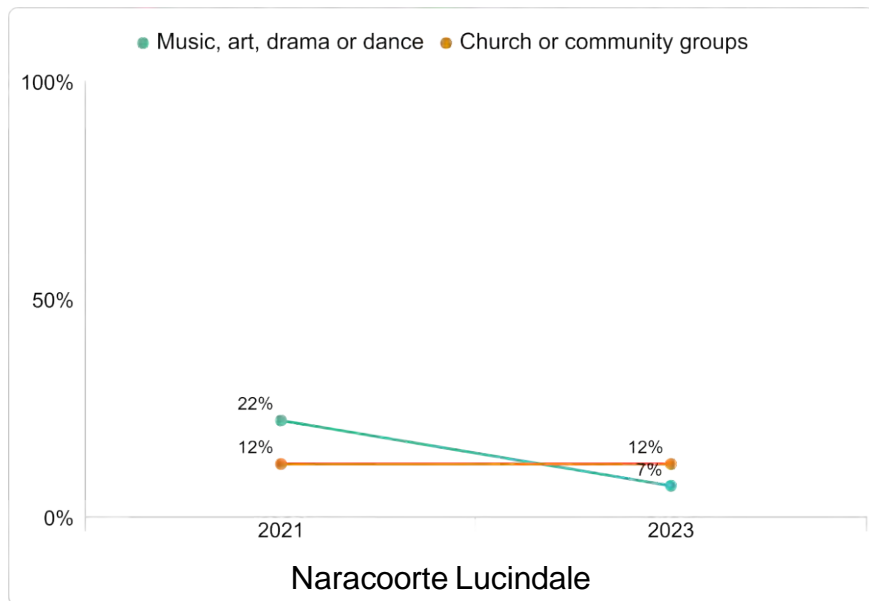
Substance use against how many times a week adolescents exert themselves physically



Proportion of adolescents in Naracoorte Lucindale who participate in at least one organised leisure activity a week



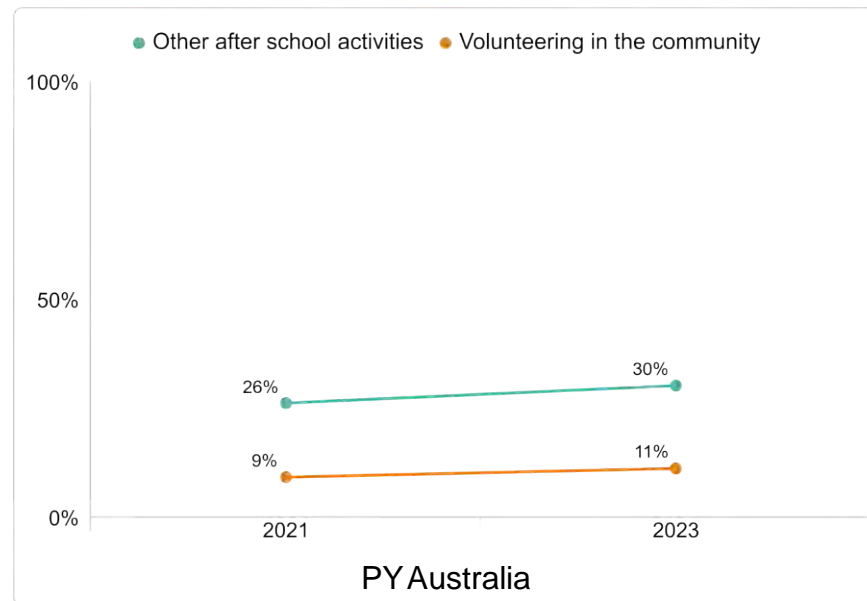
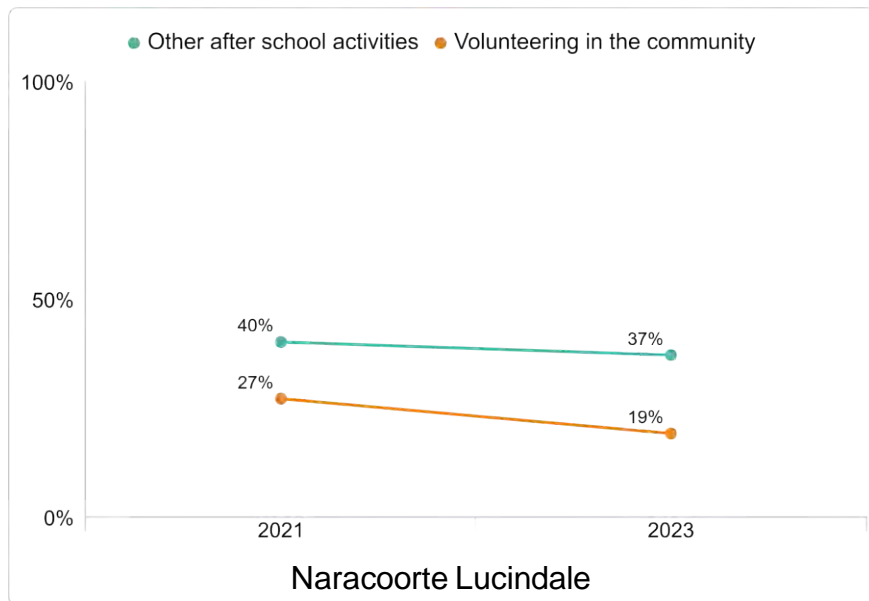
Proportion of adolescents in Naracoorte Lucindale who participate in the following organised leisure activities **once a week or more**



	Naracoorte Lucindale		PY Australia	
	Music, art, drama or dance	Church or community groups	Music, art, drama or dance	Church or community groups
2023	7%	12%	20%	14%
2021	22%	12%	18%	13%

*These questions were not asked in 2019

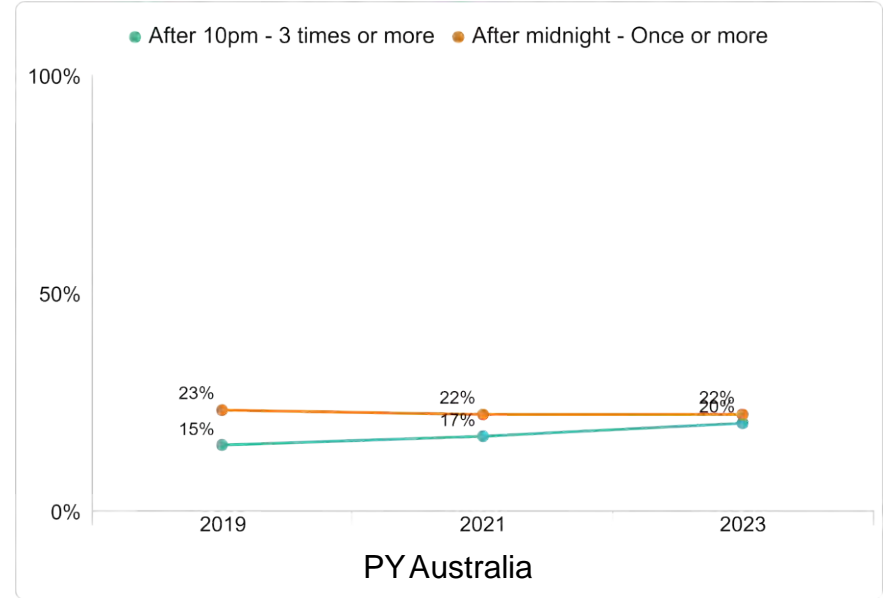
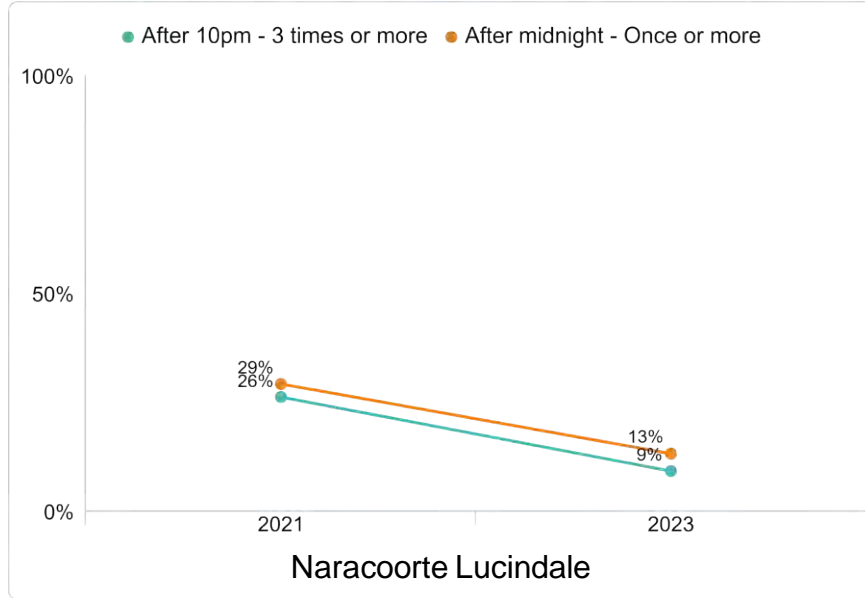
Proportion of adolescents in Naracoorte Lucindale who participate in the following organised leisure activities **once a week or more**



	Naracoorte Lucindale		PY Australia	
	Other after school activities	Volunteering in the community	Other after school activities	Volunteering in the community
2023	37%	19%	30%	11%
2021	40%	27%	26%	9%

*These questions were not asked in 2019

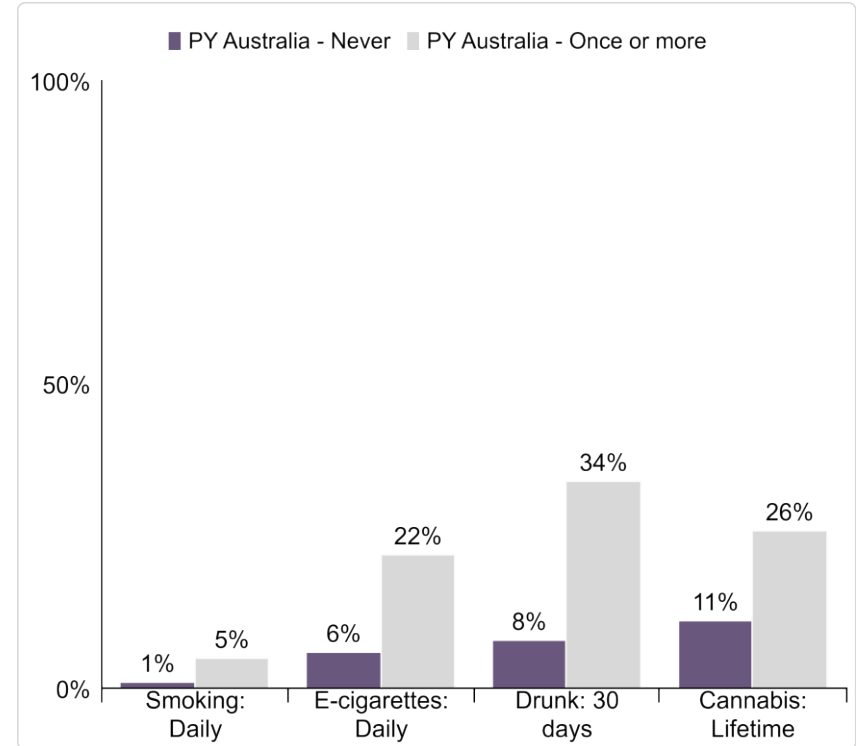
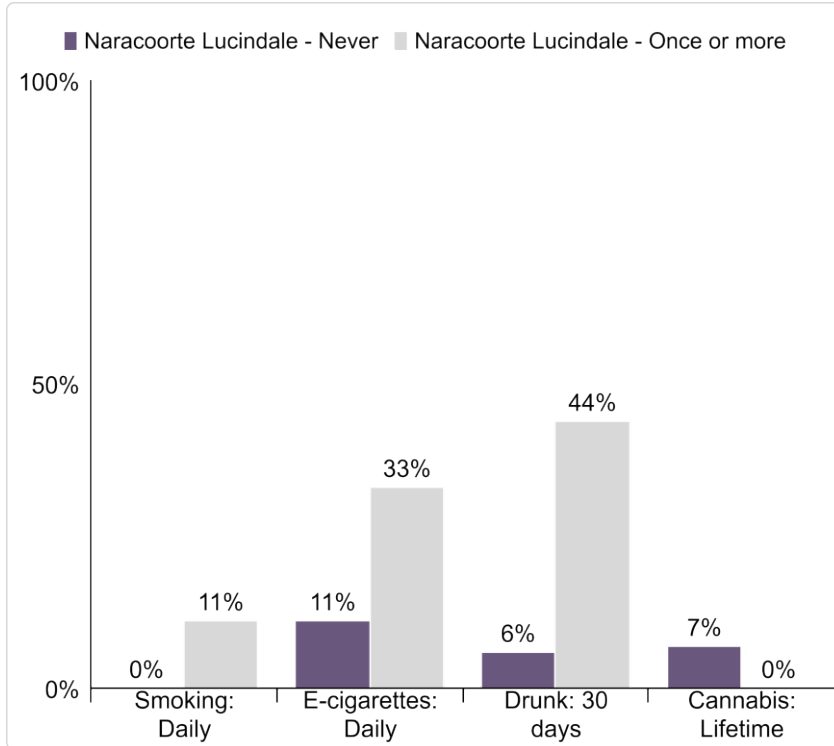
Proportion of adolescents who were out late in the previous week



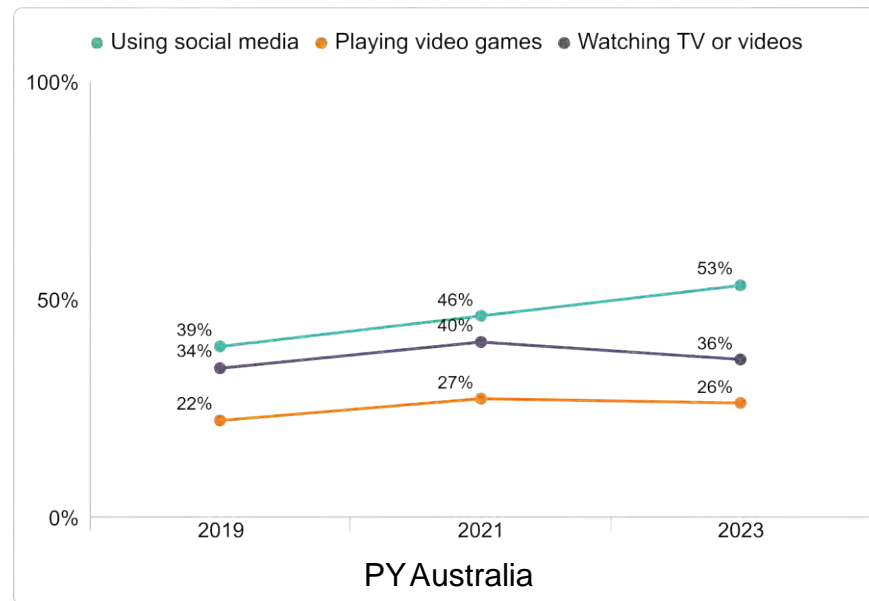
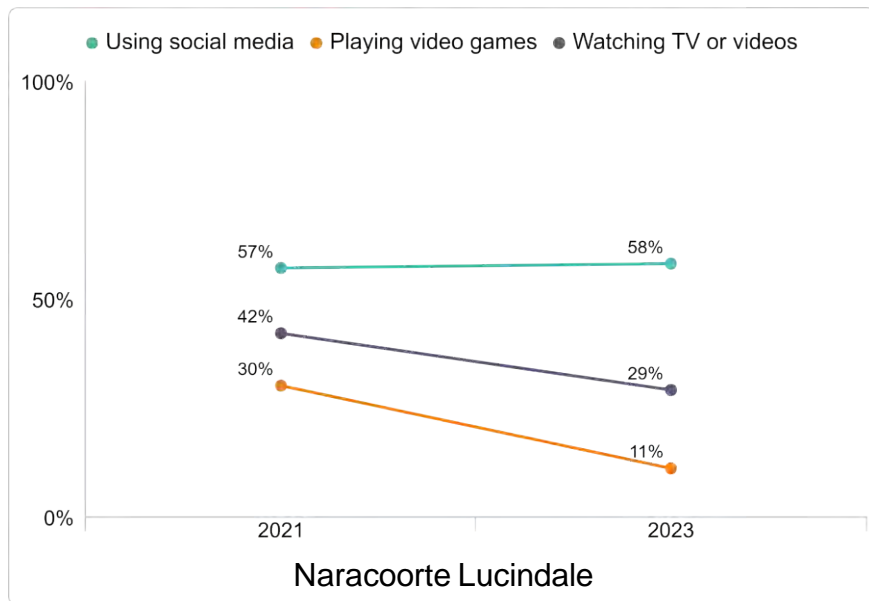
	Naracoorte Lucindale		PY Australia	
	3 times or more	Once or more	3 times or more	Once or more
	After 10pm	After midnight	After 10pm	After midnight
2023	9%	13%	20%	22%
2021	26%	29%	17%	22%
2019	-	-	15%	23%

Substance use against leisure time

Being outside after midnight once or more in the past week

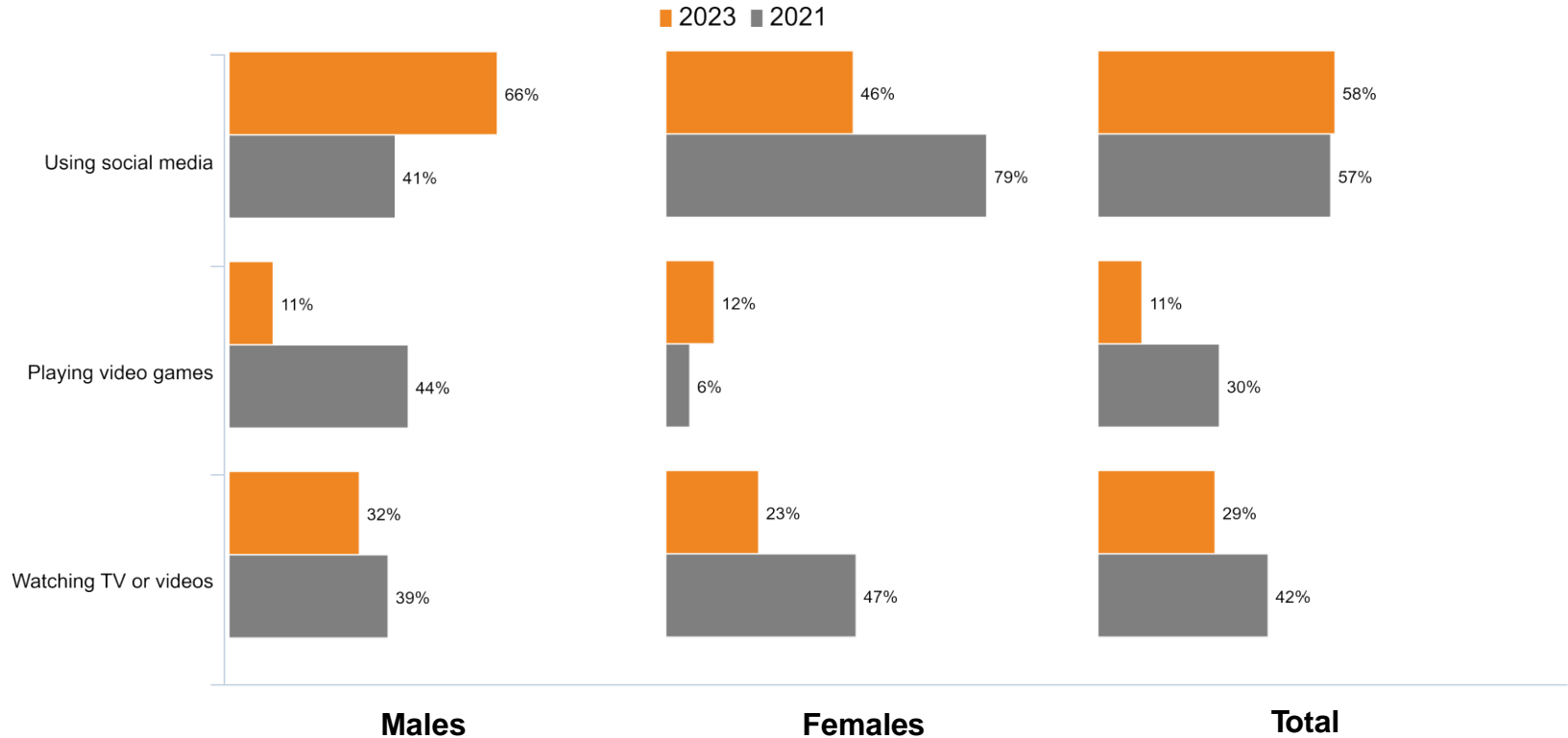


Proportion of adolescents in Naracoorte Lucindale who report spending **3 hours or more** each day on the following screen based activities

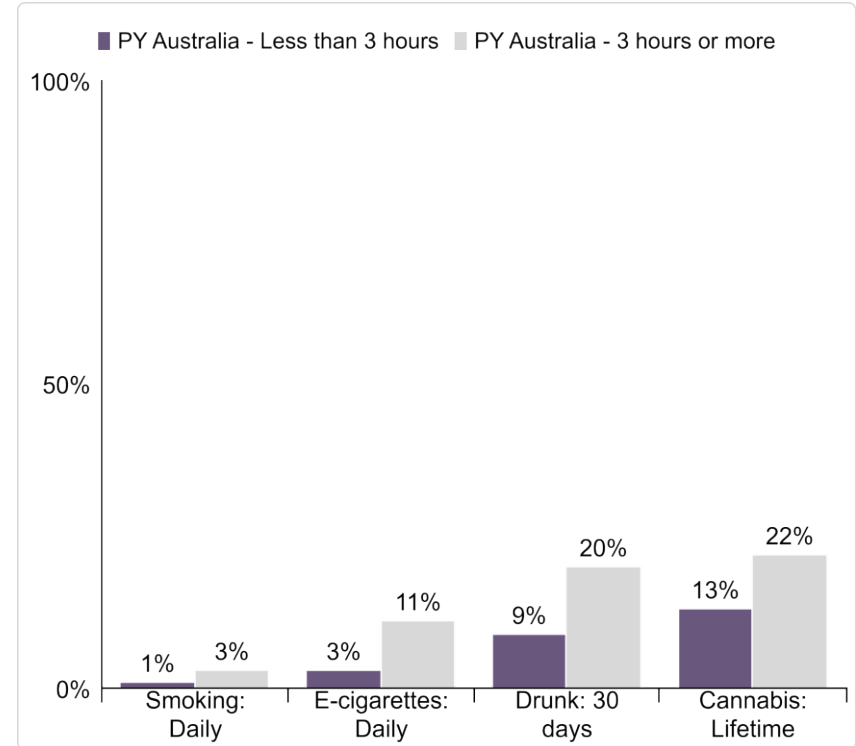
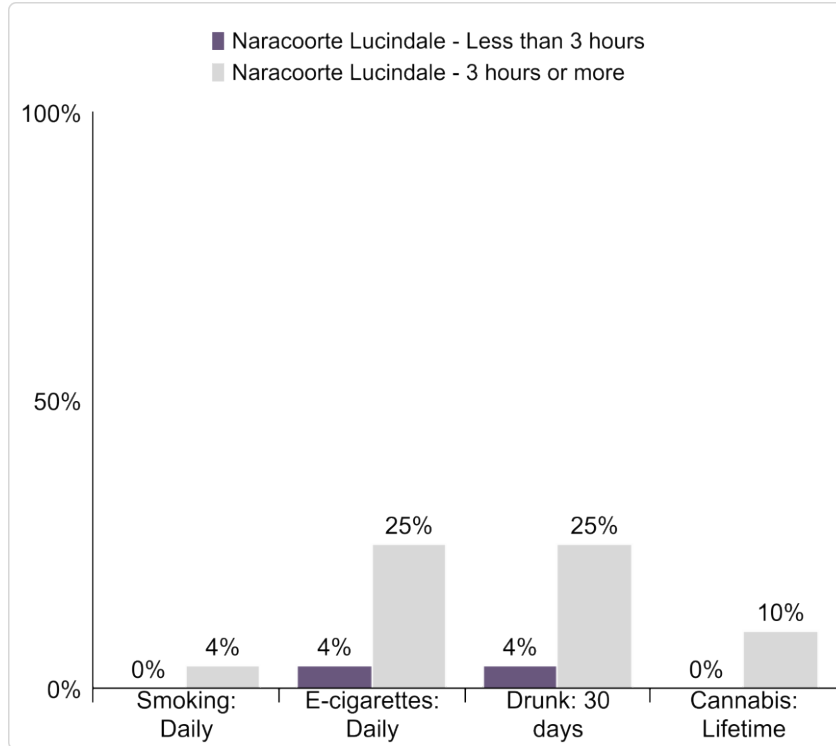


	Naracoorte Lucindale			PY Australia		
	3 hours or more			3 hours or more		
	Using social media	Playing video games	Watching TV or videos	Using social media	Playing video games	Watching TV or videos
2023	58%	11%	29%	53%	26%	36%
2021	57%	30%	42%	46%	27%	40%
2019	-	-	-	39%	22%	34%

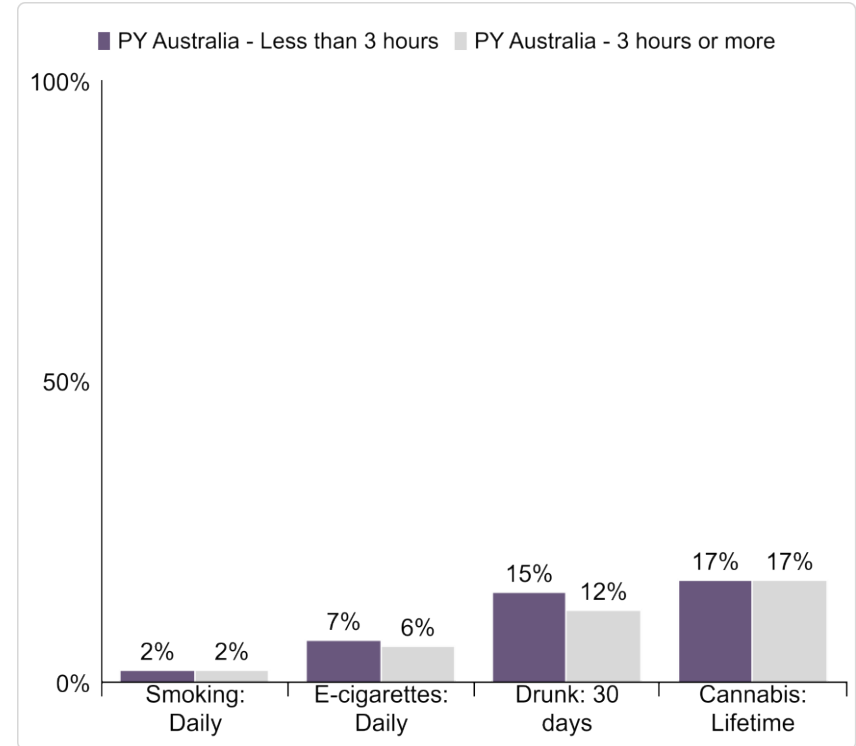
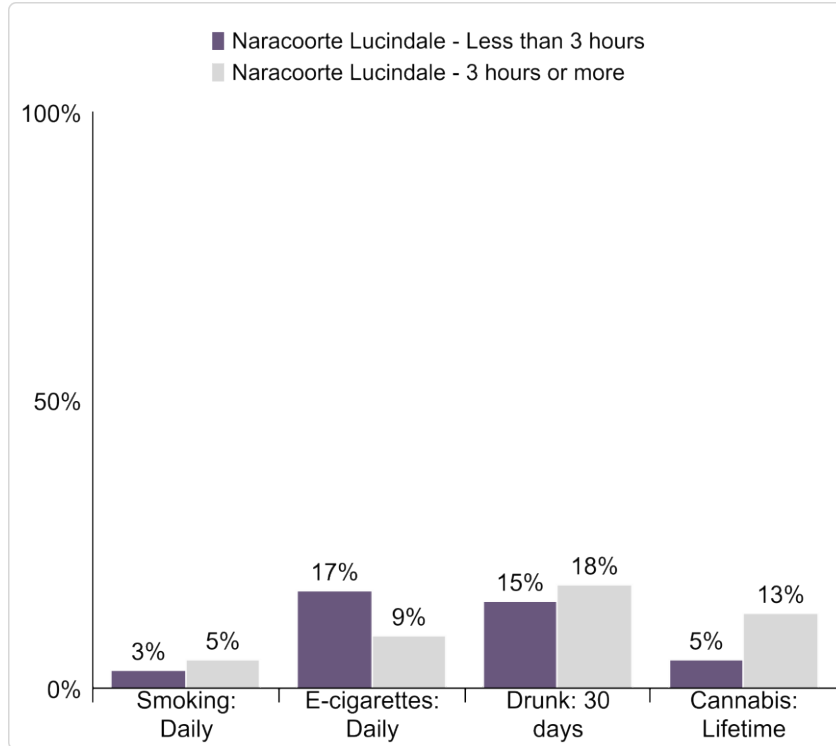
Proportion of adolescents in Naracoorte Lucindale who report spending **3 hours or more** each day on the following screen based activities



Substance use against time spent on social media

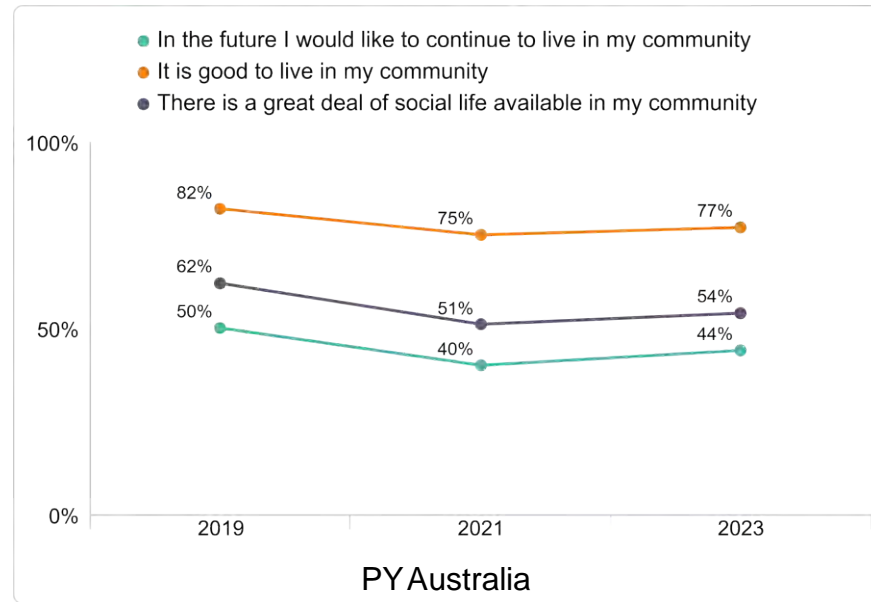
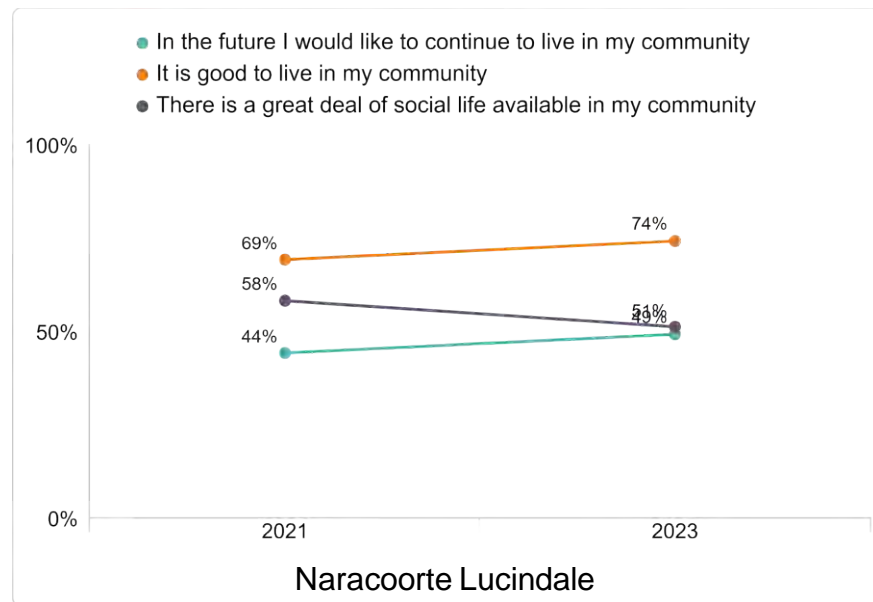


Substance use against time spent playing video games



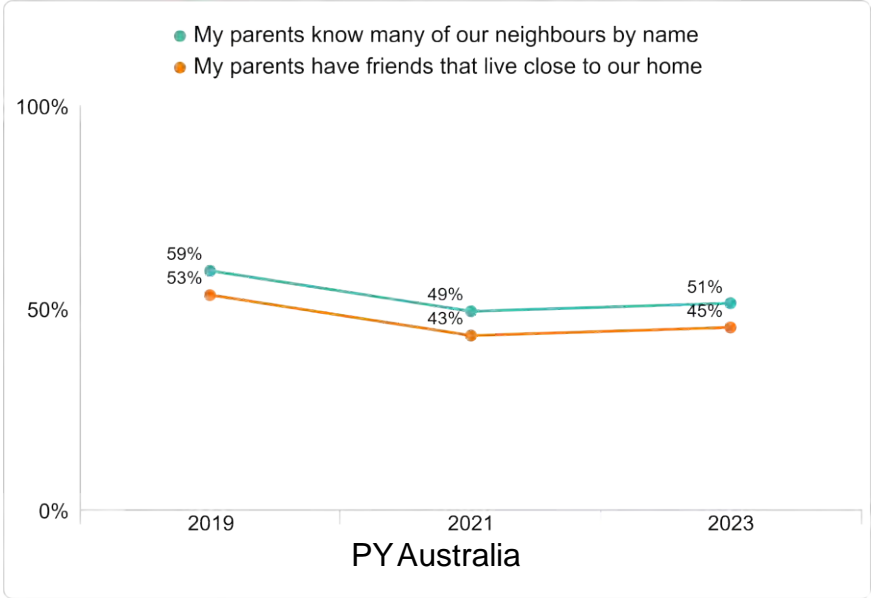
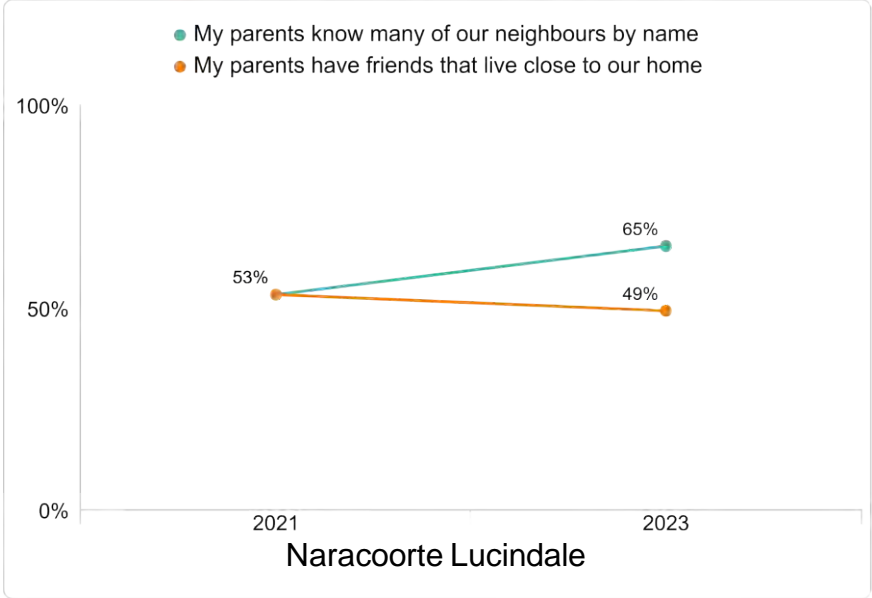
COMMUNITY

Proportion of adolescents in Naracoorte Lucindale who **strongly agree** or **agree somewhat** with the following statements



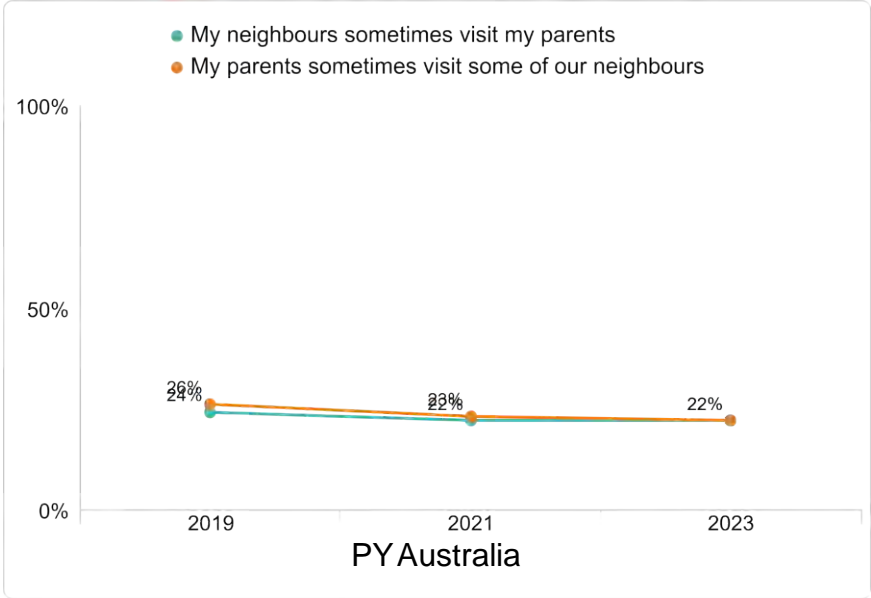
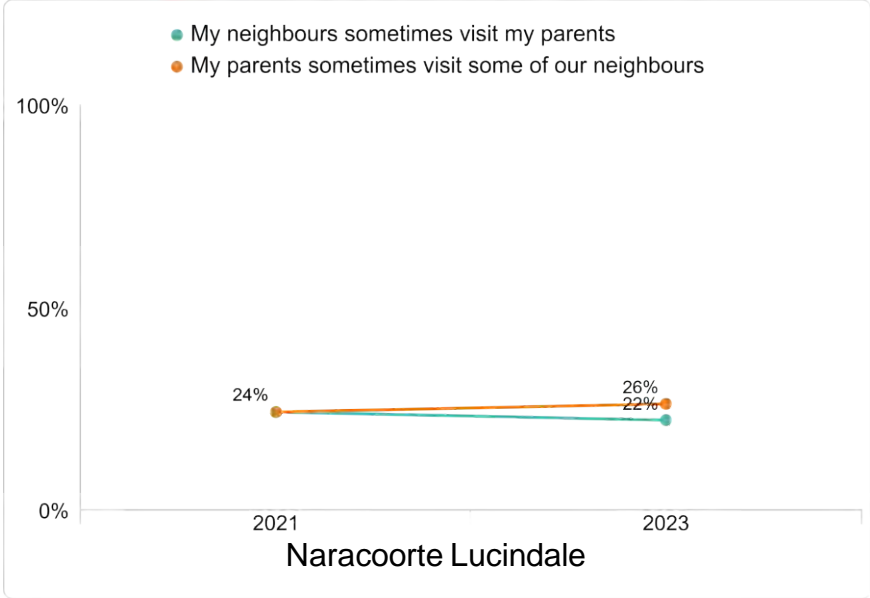
	Naracoorte Lucindale			PY Australia		
	In the future I would like to continue to live in my community	It is good to live in my community	There is a great deal of social life available in my community	In the future I would like to continue to live in my community	It is good to live in my community	There is a great deal of social life available in my community
2023	49%	74%	51%	44%	77%	54%
2021	44%	69%	58%	40%	75%	51%
2019	-	-	-	50%	82%	62%

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



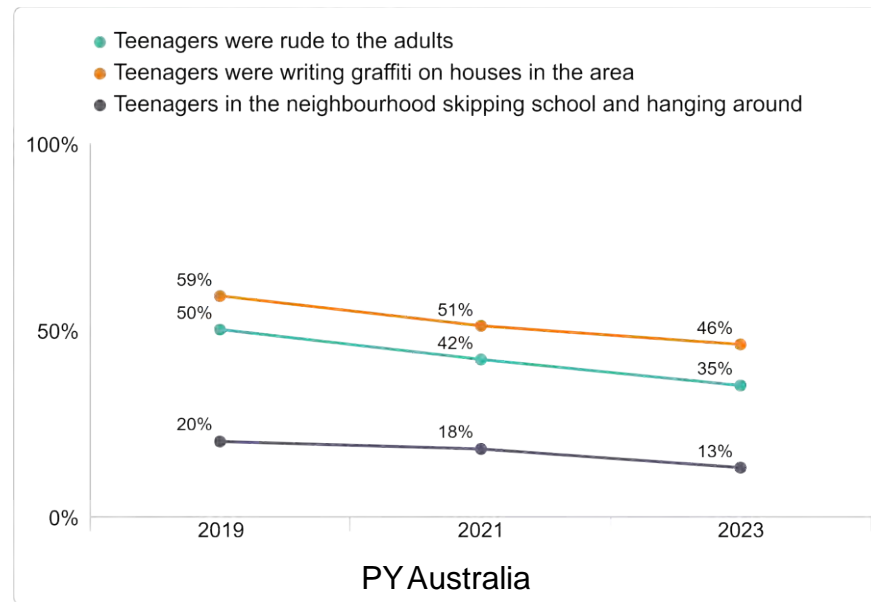
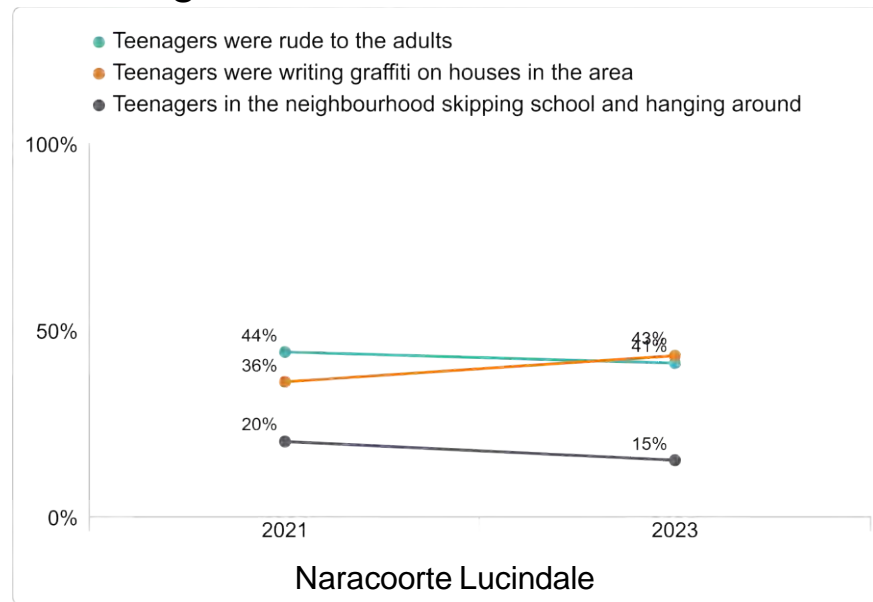
	Naracoorte Lucindale		PY Australia	
	My parents know many of our neighbours by name	My parents have friends that live close to our home	My parents know many of our neighbours by name	My parents have friends that live close to our home
2023	65%	49%	51%	45%
2021	53%	53%	49%	43%
2019	-	-	59%	53%

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



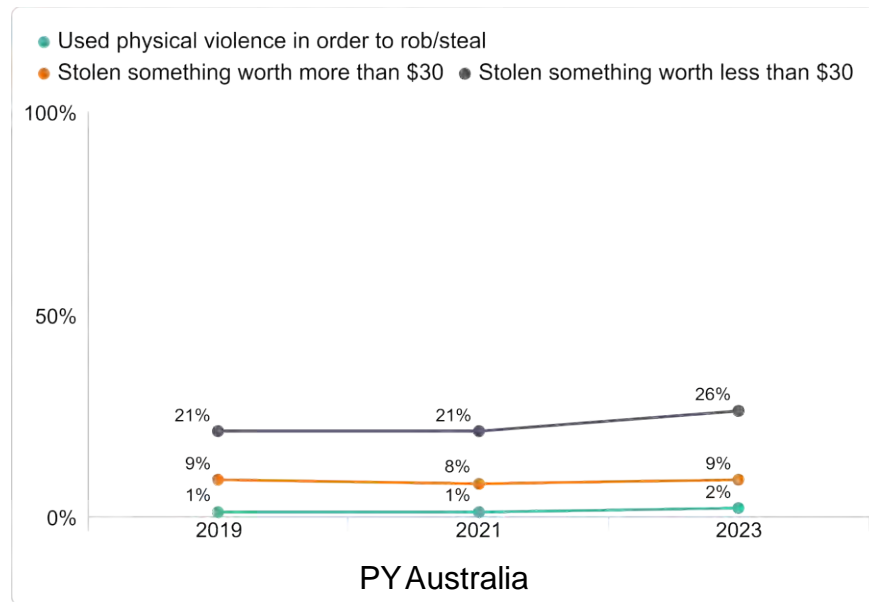
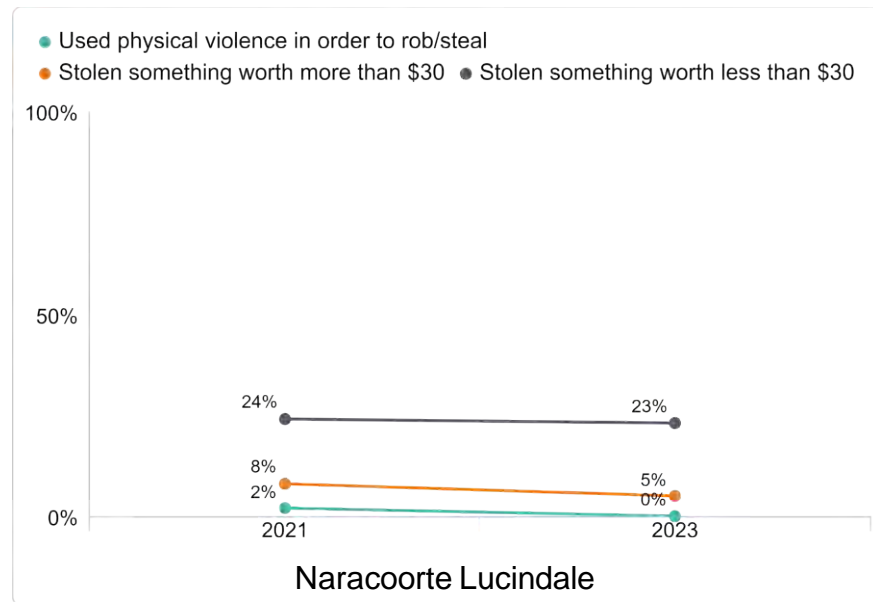
	Naracoorte Lucindale		PY Australia	
	My neighbours sometimes visit my parents	My parents sometimes visit some of our neighbours	My neighbours sometimes visit my parents	My parents sometimes visit some of our neighbours
2023	22%	26%	22%	22%
2021	24%	24%	22%	23%
2019	-	-	24%	26%

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



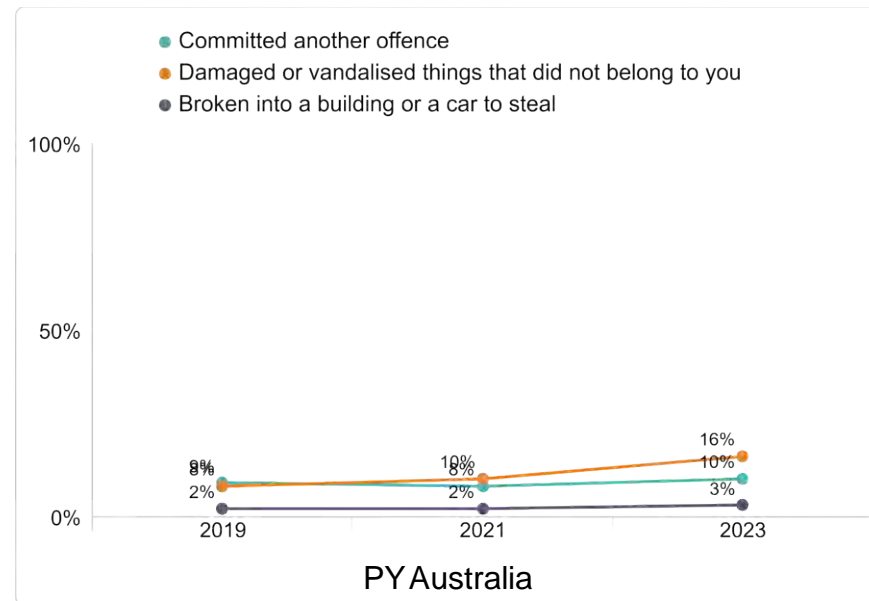
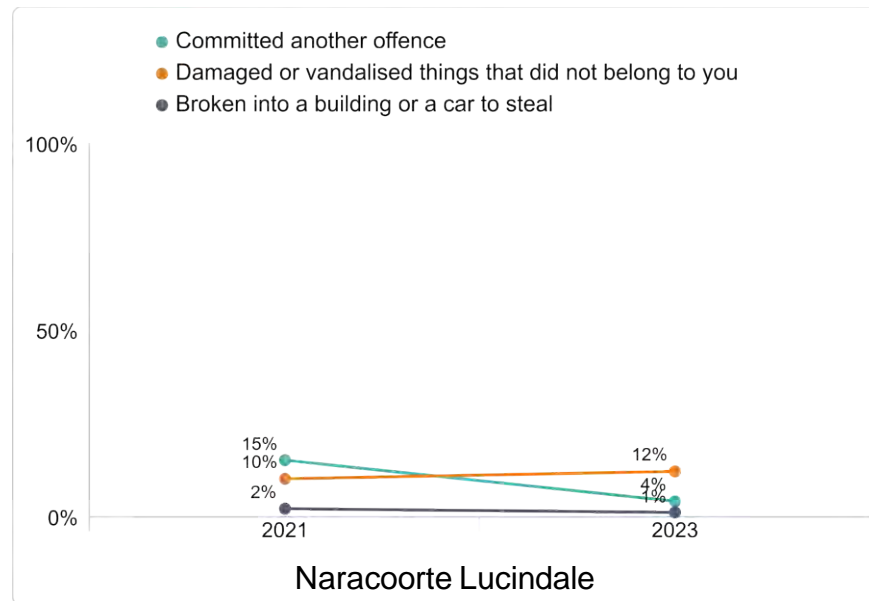
	Naracoorte Lucindale			PY Australia		
	Teenagers were:			Teenagers were:		
	Rude to adults	Writing graffiti on houses in the area	Skipping school and hanging around	Rude to adults	Writing graffiti on houses in the area	Skipping school and hanging around
2023	41%	43%	15%	35%	46%	13%
2021	44%	36%	20%	42%	51%	18%
2019	-	-	-	50%	59%	20%

Proportion of adolescents in Naracoorte Lucindale who report having done the following once or more in the last 12 months



	Naracoorte Lucindale			PY Australia		
	Used physical violence in order to rob/steal	Stolen something worth more than \$30	Stolen something worth less than \$30	Used physical violence in order to rob/steal	Stolen something worth more than \$30	Stolen something worth less than \$30
2023	0%	5%	23%	2%	9%	26%
2021	2%	8%	24%	1%	8%	21%
2019	-	-	-	1%	9%	21%

Proportion of adolescents in Naracoorte Lucindale who report having done the following once or more in the last 12 months



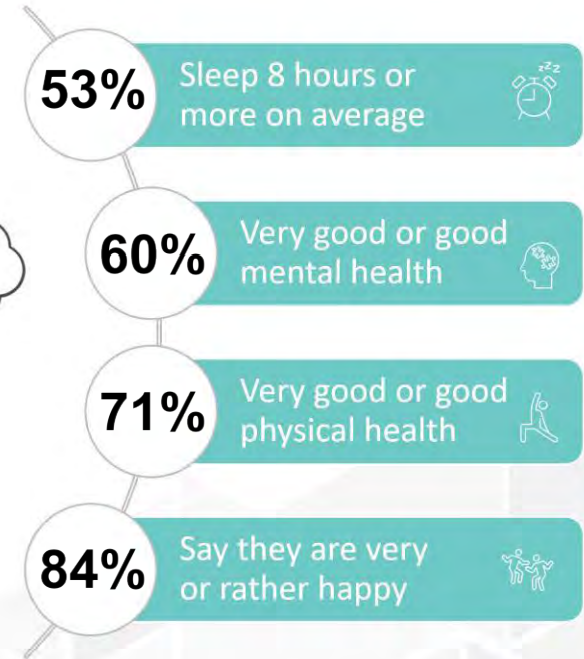
	Naracoorte Lucindale			PY Australia		
	Committed another offence	Damaged or vandalised things that did not belong to you	Broken into a building or a car to steal	Committed another offence	Damaged or vandalised things that did not belong to you	Broken into a building or a car to steal
2023	4%	12%	1%	10%	16%	3%
2021	15%	10%	2%	8%	10%	2%
2019	-	-	-	9%	8%	2%

WELLBEING

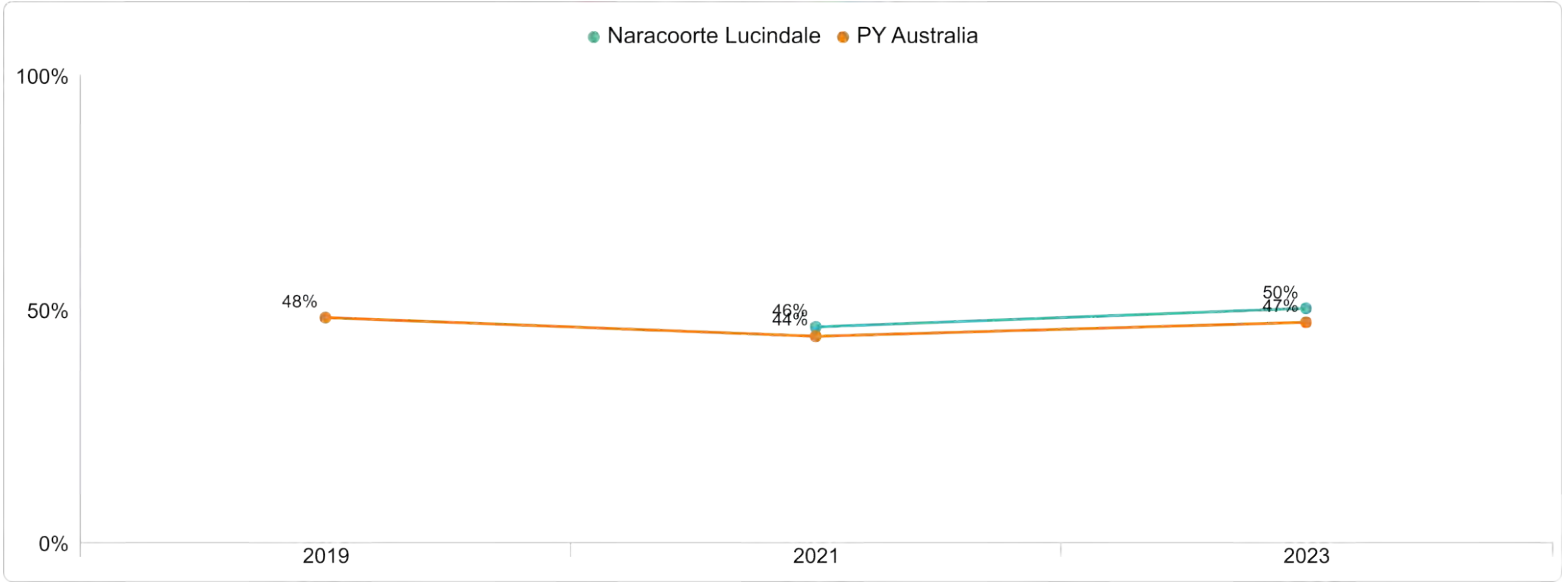
Wellbeing


Females


Males

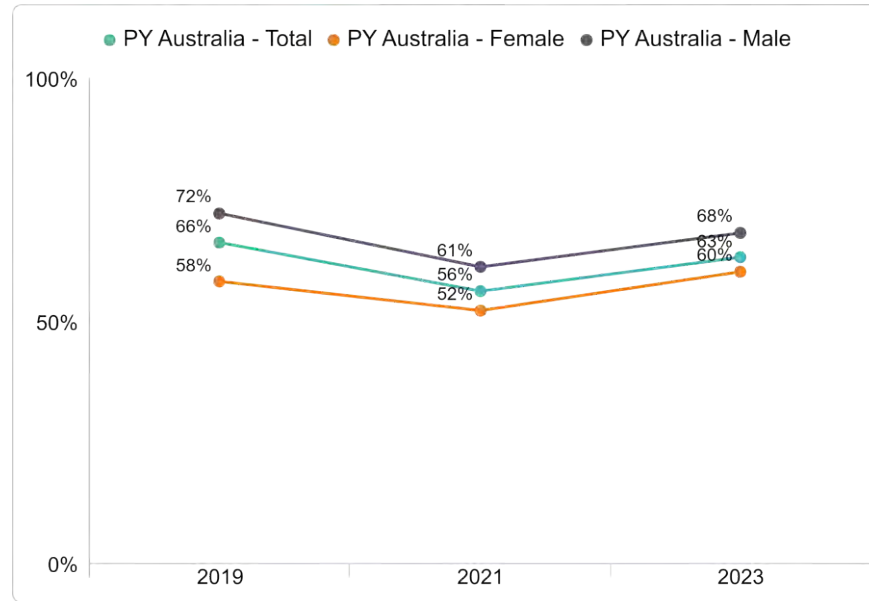
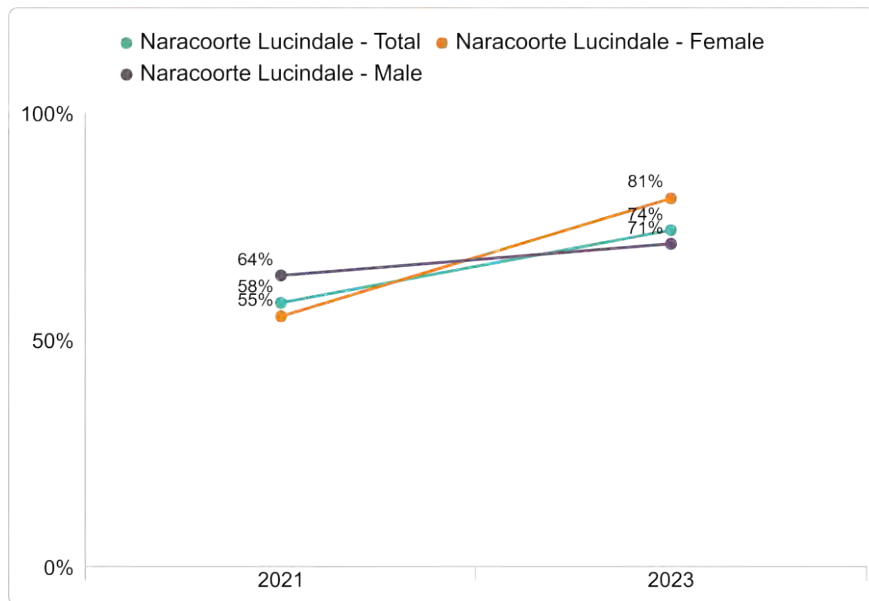


Proportion of adolescents in Naracoorte Lucindale who report sleeping on average **8 hours or more** a night



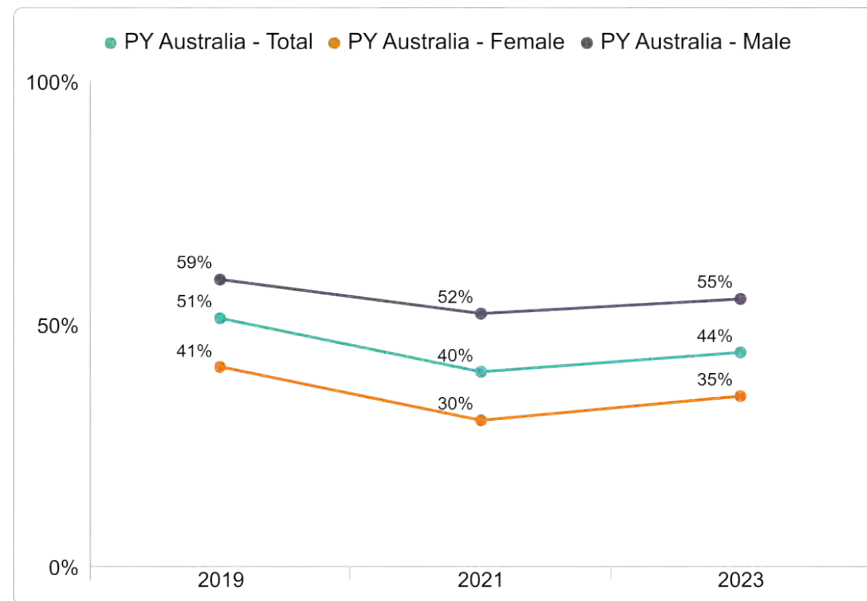
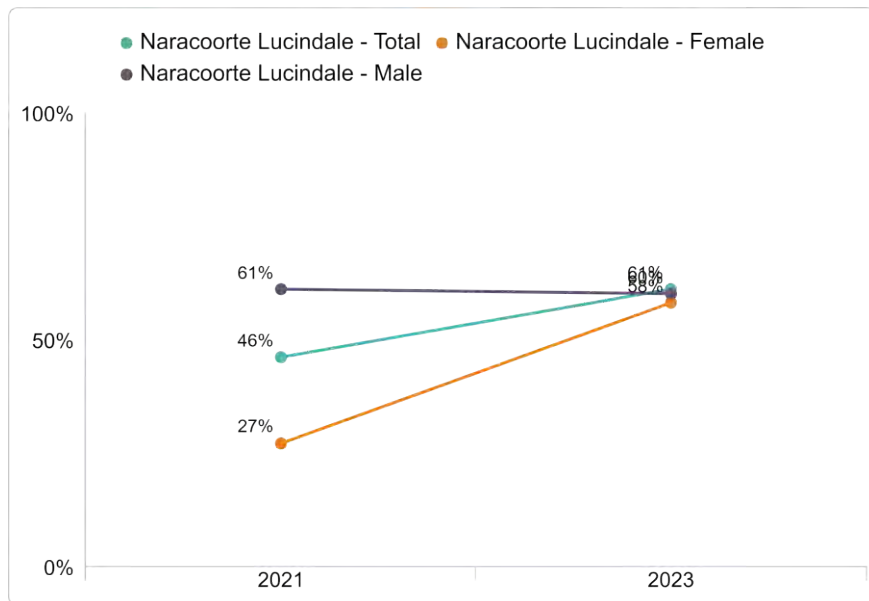
	Naracoorte Lucindale	PY Australia
2023	50%	47%
2021	46%	44%
2019	-	48%

Proportion of adolescents in Naracoorte Lucindale who rate their physical health as **good** or **very good**



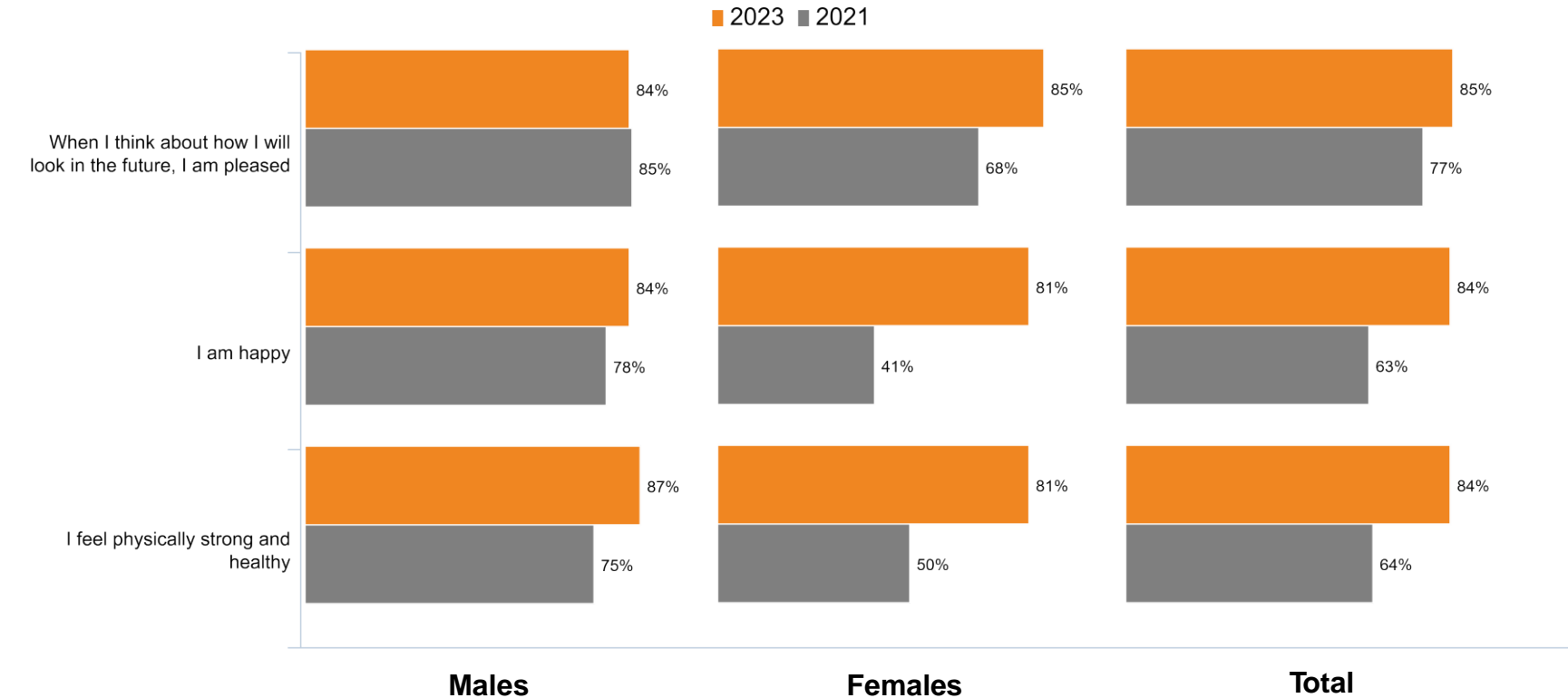
	Naracoorte Lucindale			PY Australia		
	Total	Female	Male	Total	Female	Male
2023	74%	81%	71%	63%	60%	68%
2021	58%	55%	64%	56%	52%	61%
2019	-	-	-	66%	58%	72%

Proportion of adolescents in Naracoorte Lucindale who rate their mental health as **good** or **very good**

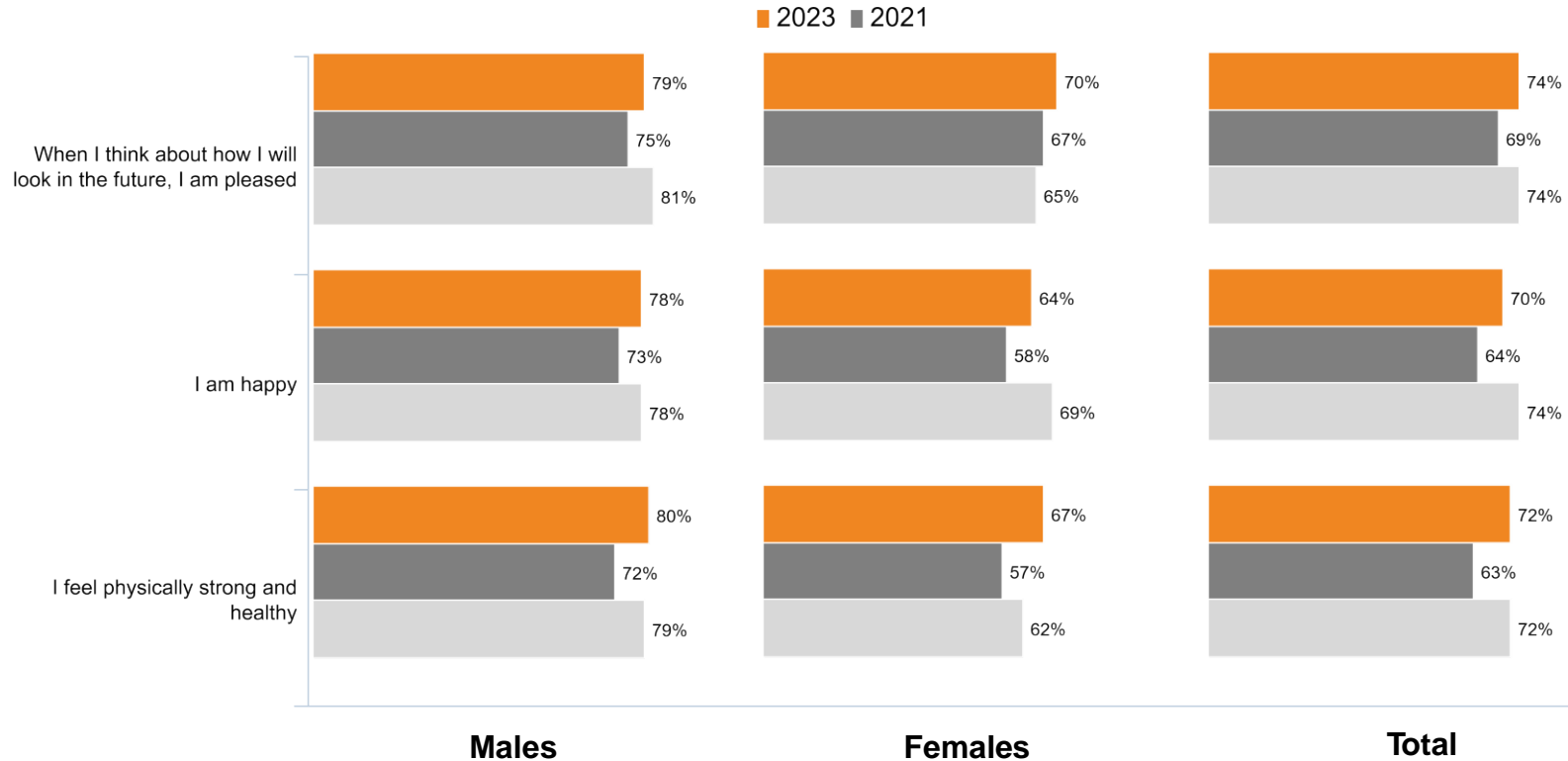


	Naracoorte Lucindale			PY Australia		
	Total	Female	Male	Total	Female	Male
2023	61%	58%	60%	44%	35%	55%
2021	46%	27%	61%	40%	30%	52%
2019	-	-	-	51%	41%	59%

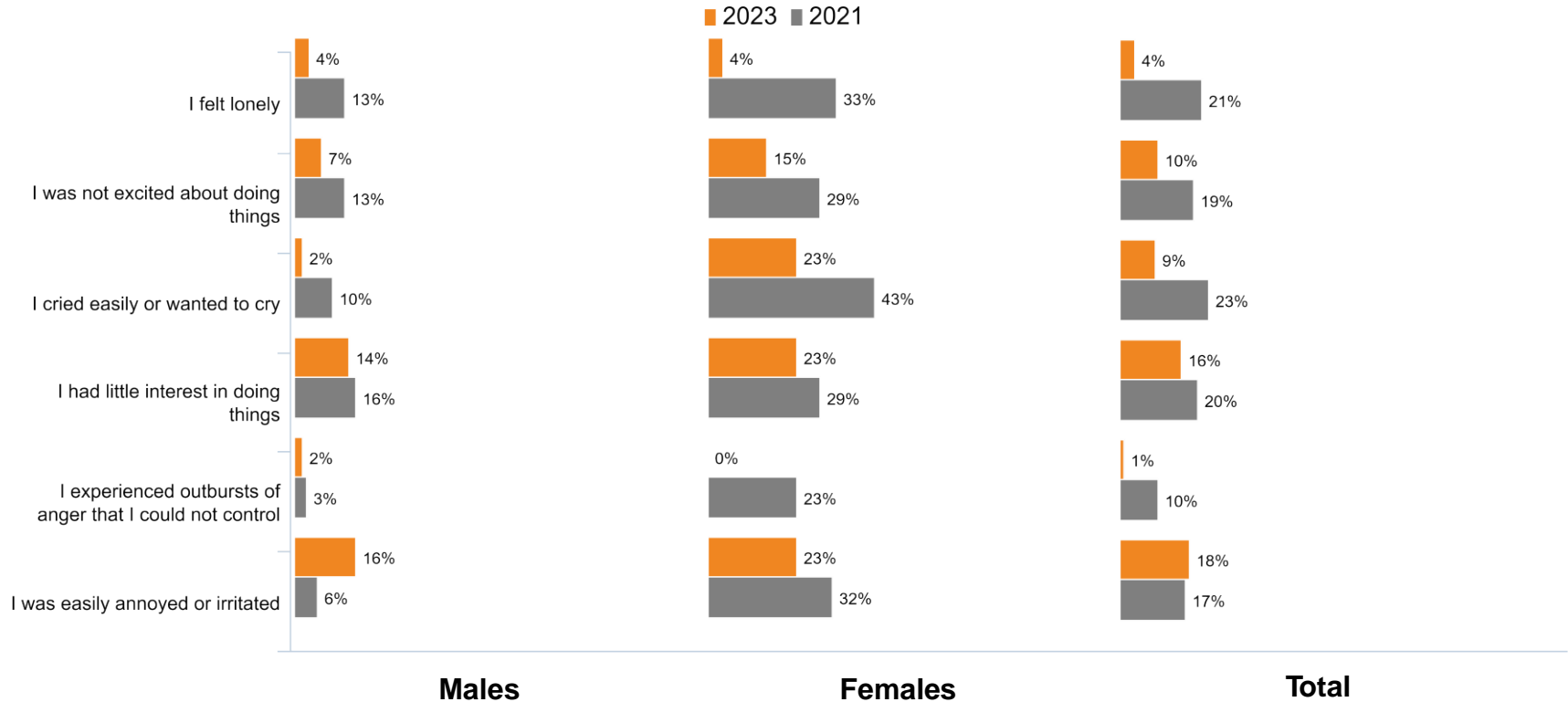
Proportion of adolescents in Naracoorte Lucindale who report that the following statements apply **rather** or **very well** to them



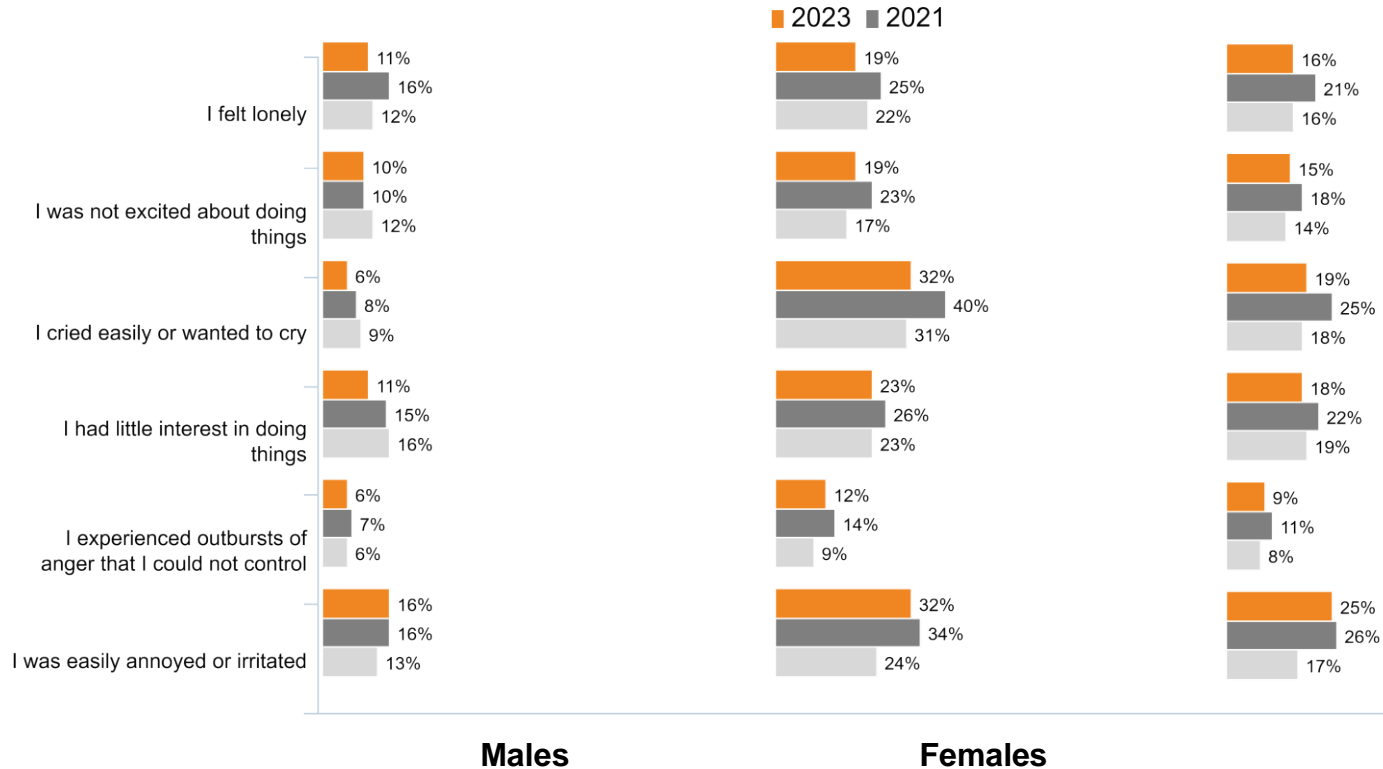
Proportion of adolescents in PY Australia who report that the following statements apply **rather** or **very well** to them



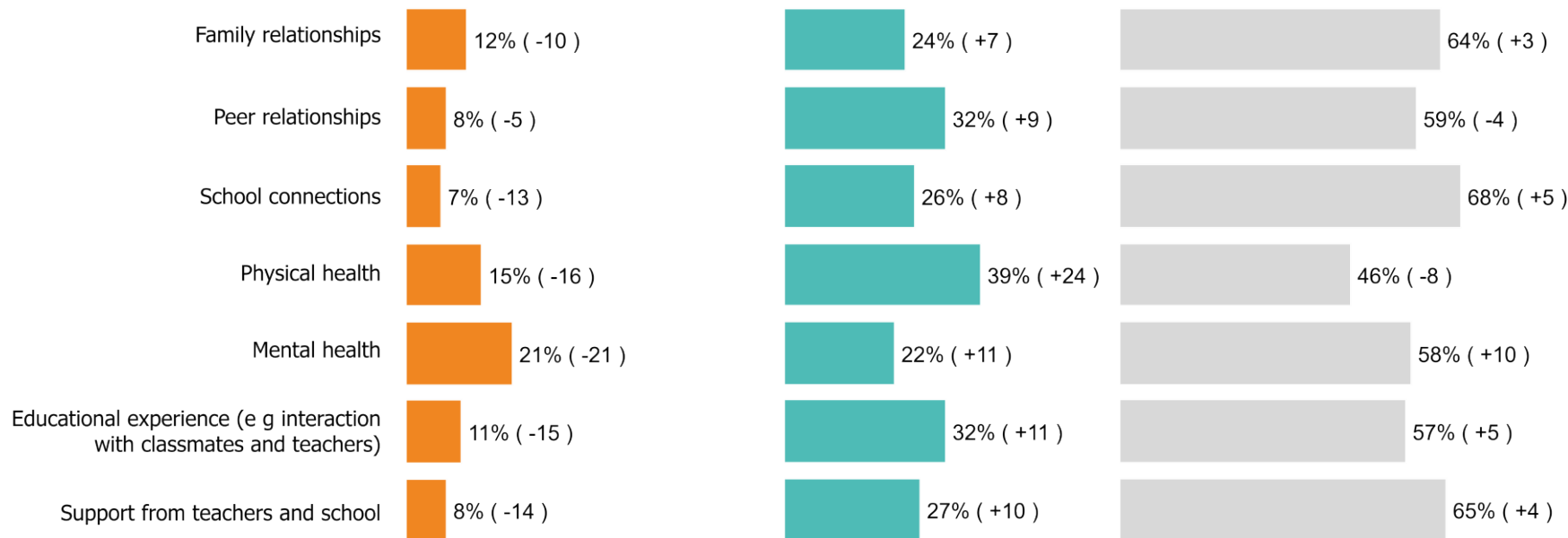
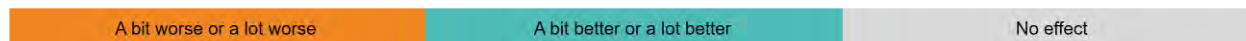
Proportion of adolescents in Naracoorte Lucindale who report experiencing the following mental and physical discomforts **often** in the previous week



Proportion of adolescents in PY Australia who report experiencing the following mental and physical discomforts **often** in the previous week



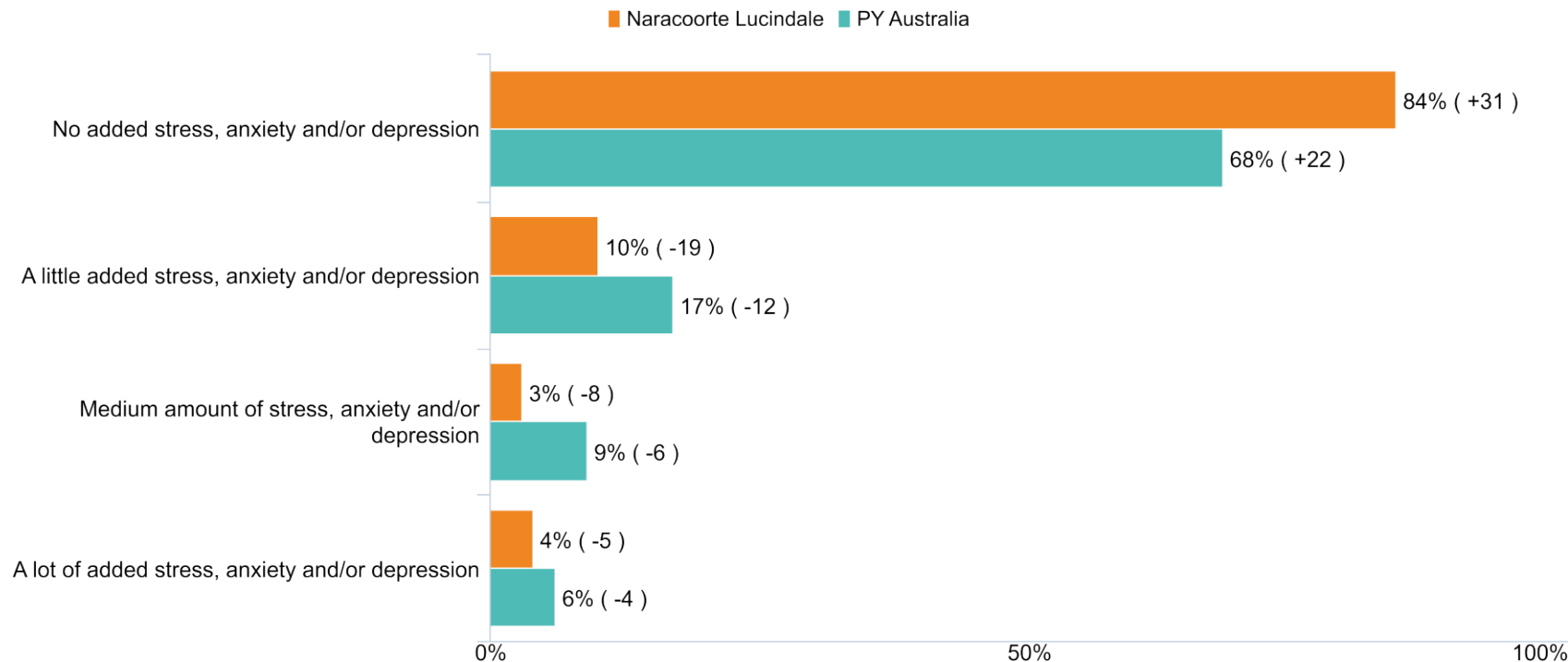
Proportion of adolescents in Naracoorte Lucindale who rated how COVID-19 has affected the following areas of their life



Percentage point increase (+) or decrease (-) from 2021 shown in parentheses

*This was first measured in 2021

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



Percentage point increase (+) or decrease (-) from 2021 shown in parentheses

*This was first measured in 2021

Planet Youth - survey 2

- Designed & developed 26 sponsorship boards for LC football clubs.
- Messaging with QR code to SMLC website/Planet Youth page – resources for parents are accessible.
- We engaged the 26 Football Clubs – they all said yes to playing a part.
- Designed dl size note pads with QR code, - diverse locations around the LC.



Planet Youth - survey 2

- Key points
- There is no safe level of alcohol for adolescents.
- Initiative is a direct response to data
- Designed to be a “container for change”, opens up a wider discussion around youth drinking.
- Message targets risk factor –adult/parent permissive culture.
- Signage located at sites where parents/caregivers/adults congregate.
- Initiative has the backing of local leaders, SAPOL & clubs.
- QR code on signage leads to educative resources and tools for councils, parents & caregivers.

What happened



Supplying teenagers with alcohol?

Drug Dealer.



www.smlc.org.au

- The President of the Western Football League wrote in a public statement
- “As a league we support and get behind this campaign to end underage drinking and the supply of alcohol to young people. We need to be leaders on and off the field. Let’s be the leaders to stop exposure to alcohol to our young stars. We are all role models on and off the field. Younger players look up to us so let us teach them that drinking at a young age shouldn’t be encouraged.”

Parent Resources



Downloadable Resources

-  [Planet Youth - Teenage Party Strategies](#)
-  [Planet Youth - Alcohol and Adolescent Brain Development](#)
-  [Planet Youth - Sleep Guidelines Parent Resource](#)
-  [PY Guidelines for Parents 2019](#)
-  [Planet Youth - Alcohol - Print 1](#)
-  [Planet Youth - Bedtime screentime - Print 2](#)
-  [Planet Youth - Kids at night - Print 3](#)
-  [Planet Youth - Vaping Fact Sheet](#)



www.planetyouth.org