



**PLANET
YOUTH**
Cambridge

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.

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.

Then

VS

Now



42%

Drunk in the past 30 days

5%



23%

Smoke daily

1%



17%

Lifetime cannabis use

7%



37%

Time spent with parents during weekends

74%



25%

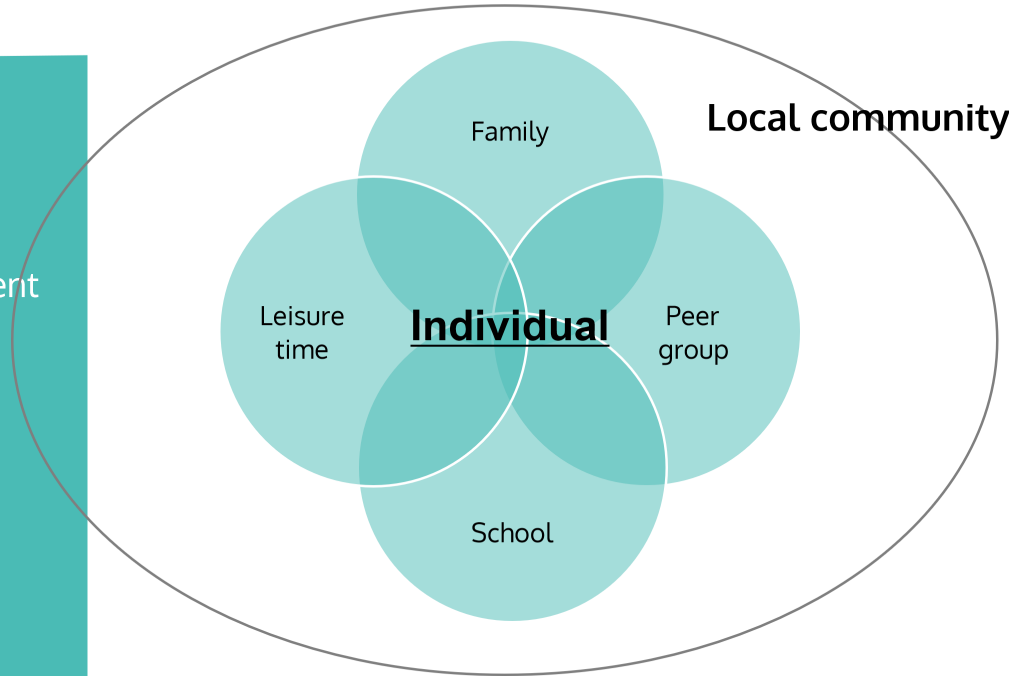
Sport participation 4x a week or more

41%



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.



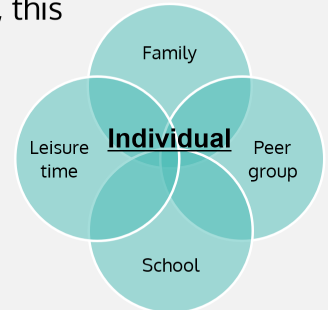
The four domains

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 The Planet Youth Guidance Program



1

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

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.

3

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

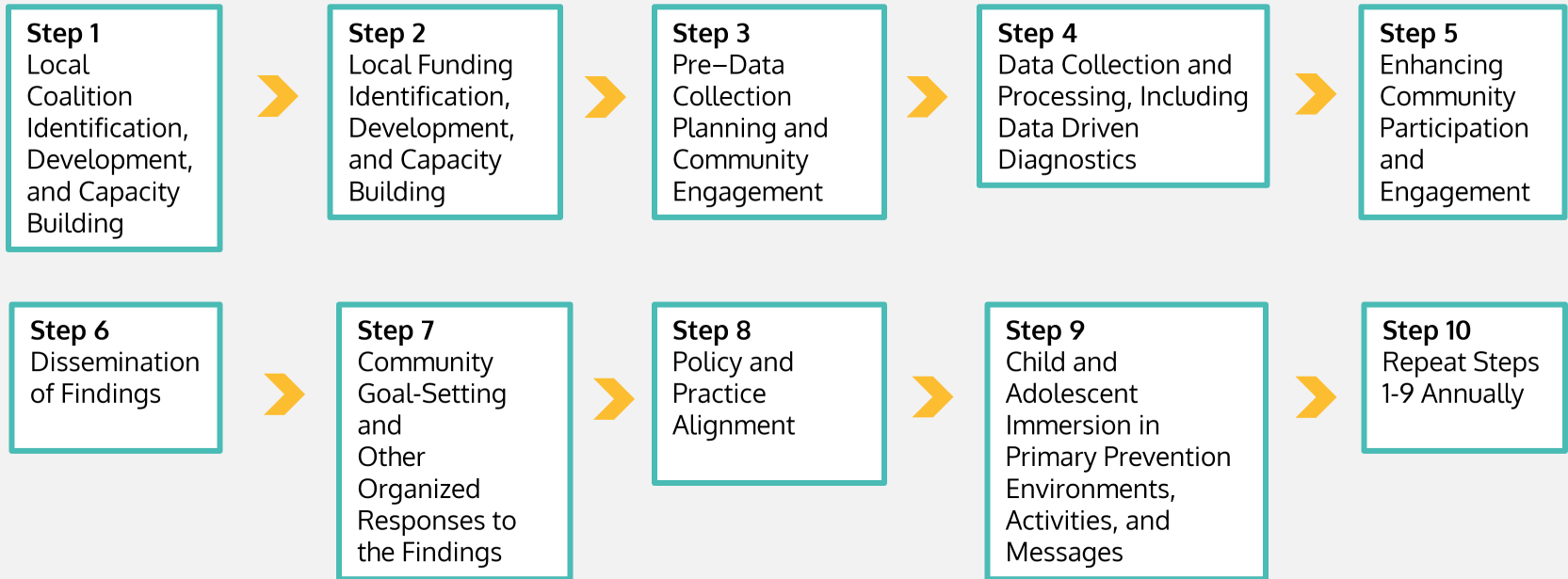
4

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 Model: The 10 core steps of the Icelandic Prevention Model

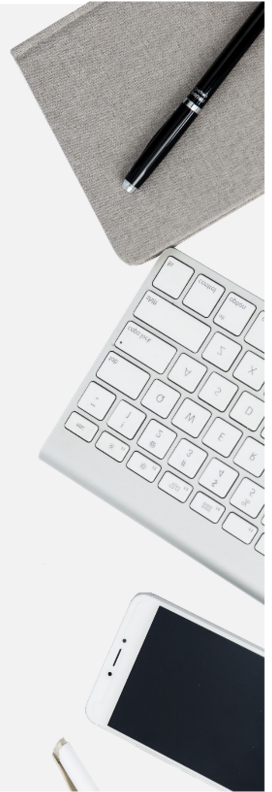


Method and Data collection

Participants were middle school and high school students that attended school on the day of the survey. In 2023, 5 schools across 4 communities in West Central Mountains, Idaho took part in the survey.

The surveys were conducted from March – April 2023. The total response rate for West central mountains was 88%.

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.



Number of participants



		Boy	Girl	Other	Total
Cambridge	2023	19	14	0	33
Idaho West Central Mountains	2023	95	88	6	189

Cambridge

FAMILY

97% Of parents know where their kids are in the evening



93%

Of **girls** think it is easy to receive caring and warmth from their parents



89%

Of **boys** think it is easy to receive caring and warmth from their parents



78% Often or always spend time with their parents on weekends



87% Of parents disapprove of drunkenness



LEISURE

17% Go hiking, climbing, walking or running 4 times a week or more



13%

Participate in art, drama, dance or music classes **once a week or more**



63% Play sports with a club **4 times a week or more**

19% Stayed outside after midnight once or more in the past week



SUBSTANCE

19%

Have been drunk in their lifetime



0%

Were drunk in the past 30 days



6%

Used e-cigarettes in the past 30 days



10%

Have used cannabis in their lifetime



15%

Have used laughing gas in their lifetime



SCHOOL

73% Often or always feel safe at school

82% Think the adults at school care about them

67% Try their best in school



76%

Have friends at school that care about them



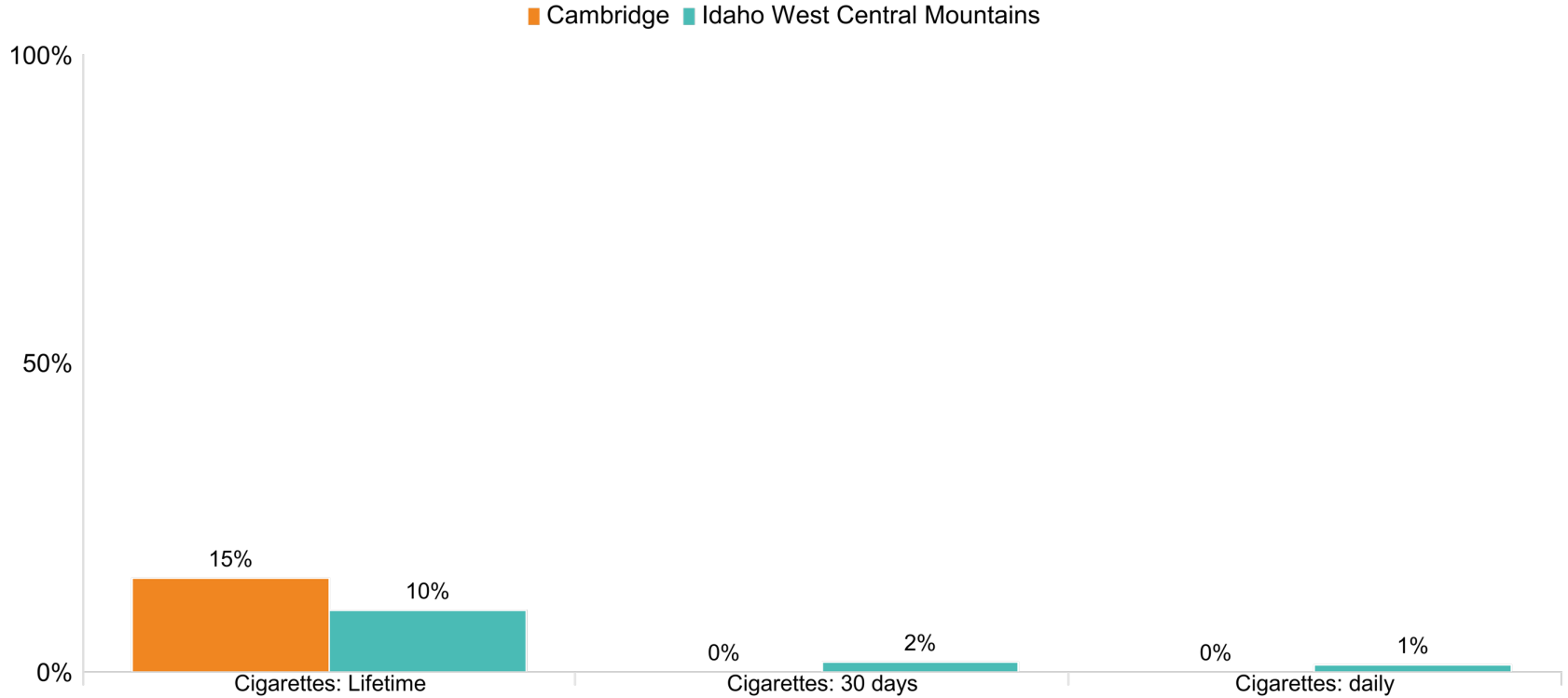
82%

Get along with their teacher often or always

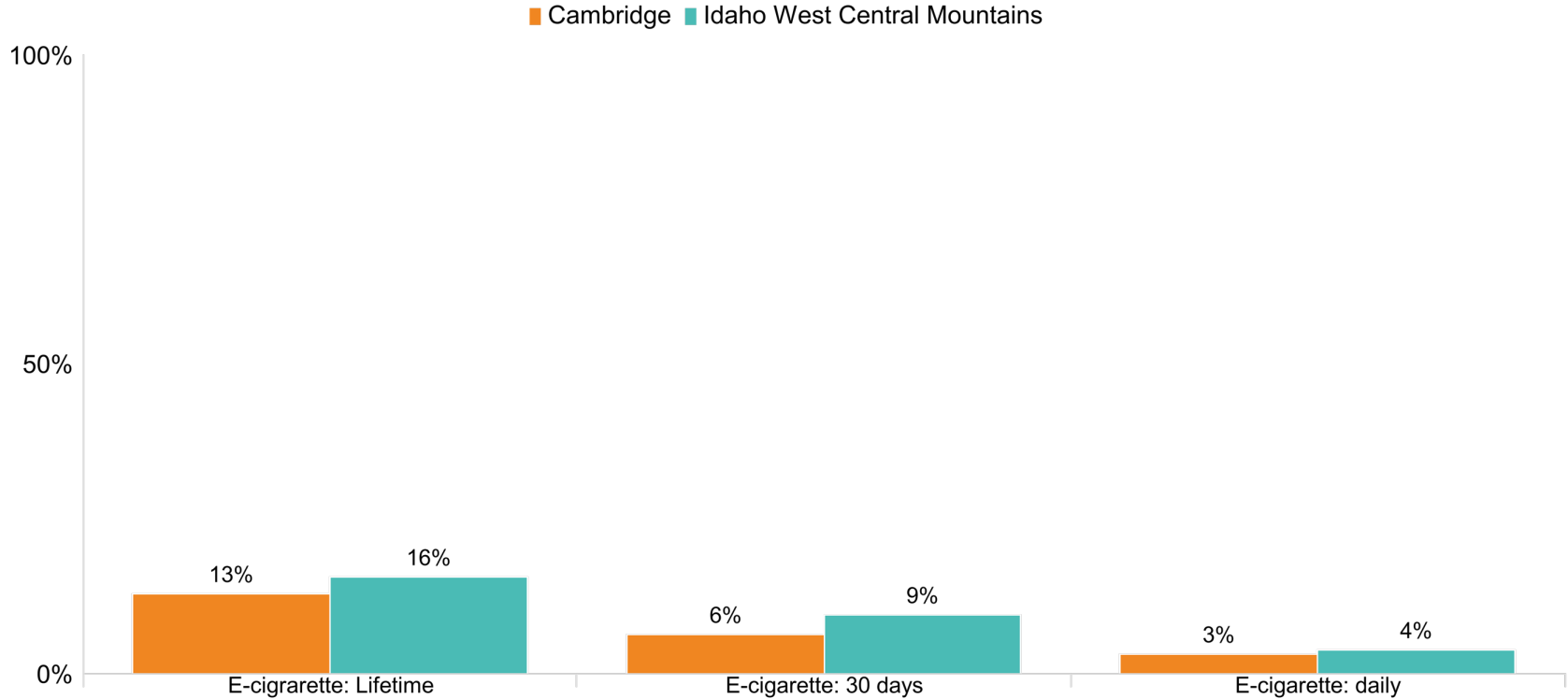


SUBSTANCE

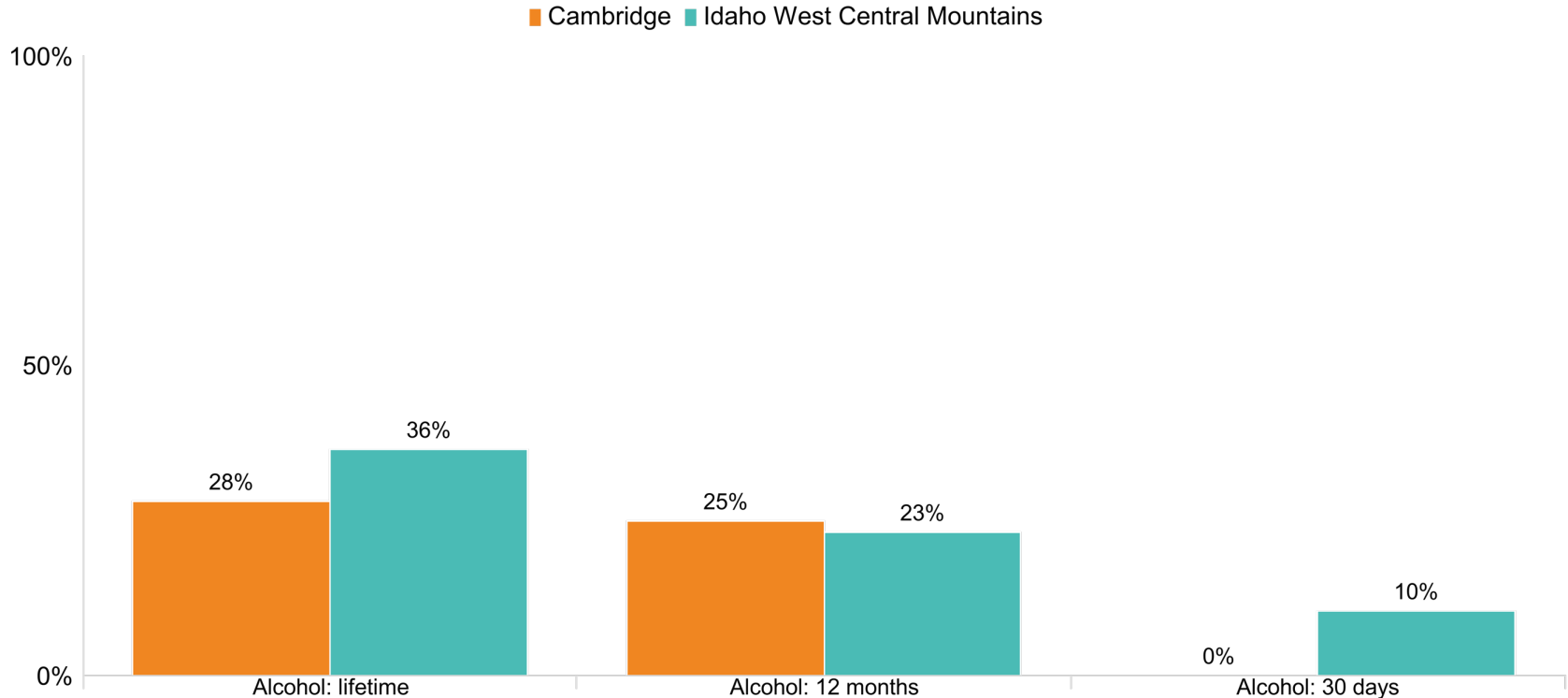
Proportion of adolescents in Cambridge who have smoked cigarettes once or more in their lifetime, in the last 30 days, and smoke on a daily basis



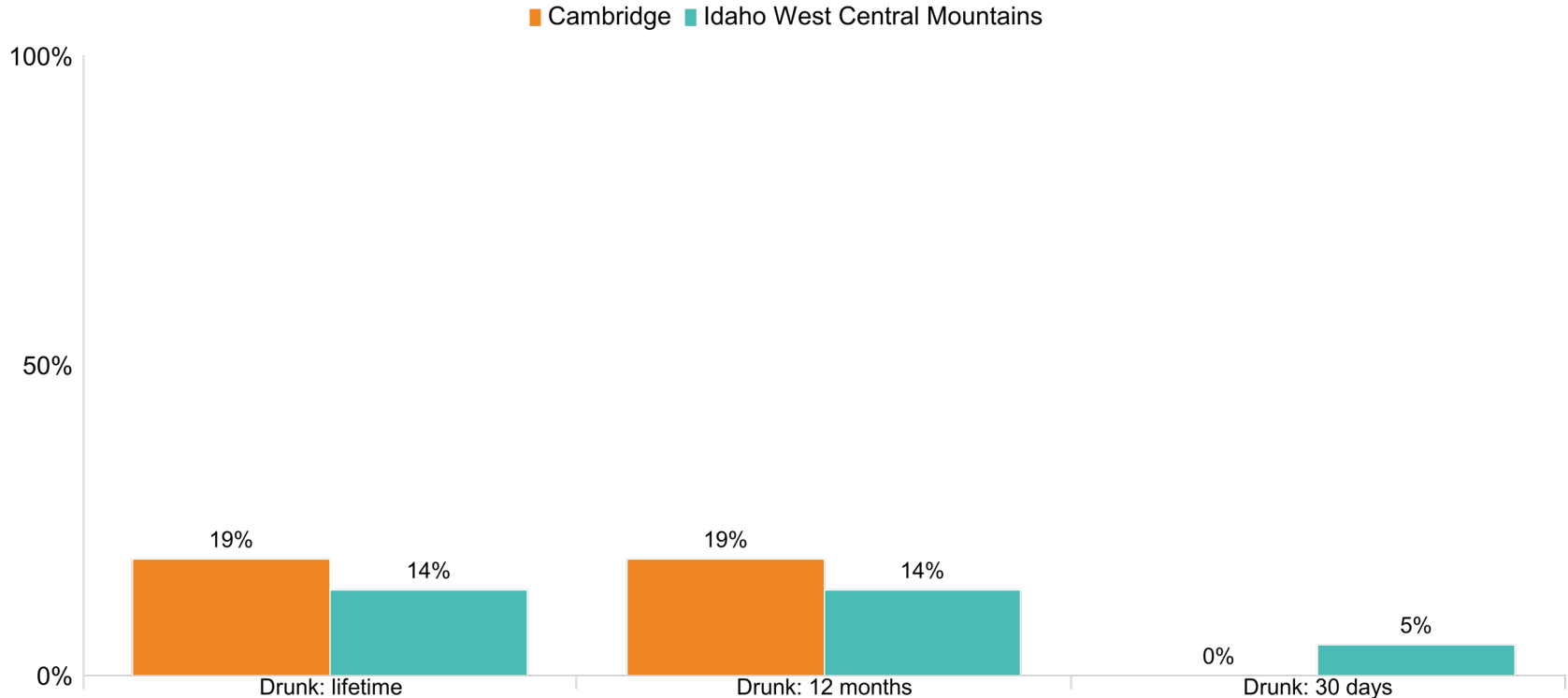
Proportion of adolescents in Cambridge who have used e-cigarettes once or more in their lifetime, in the last 30 days, and use e-cigarettes daily



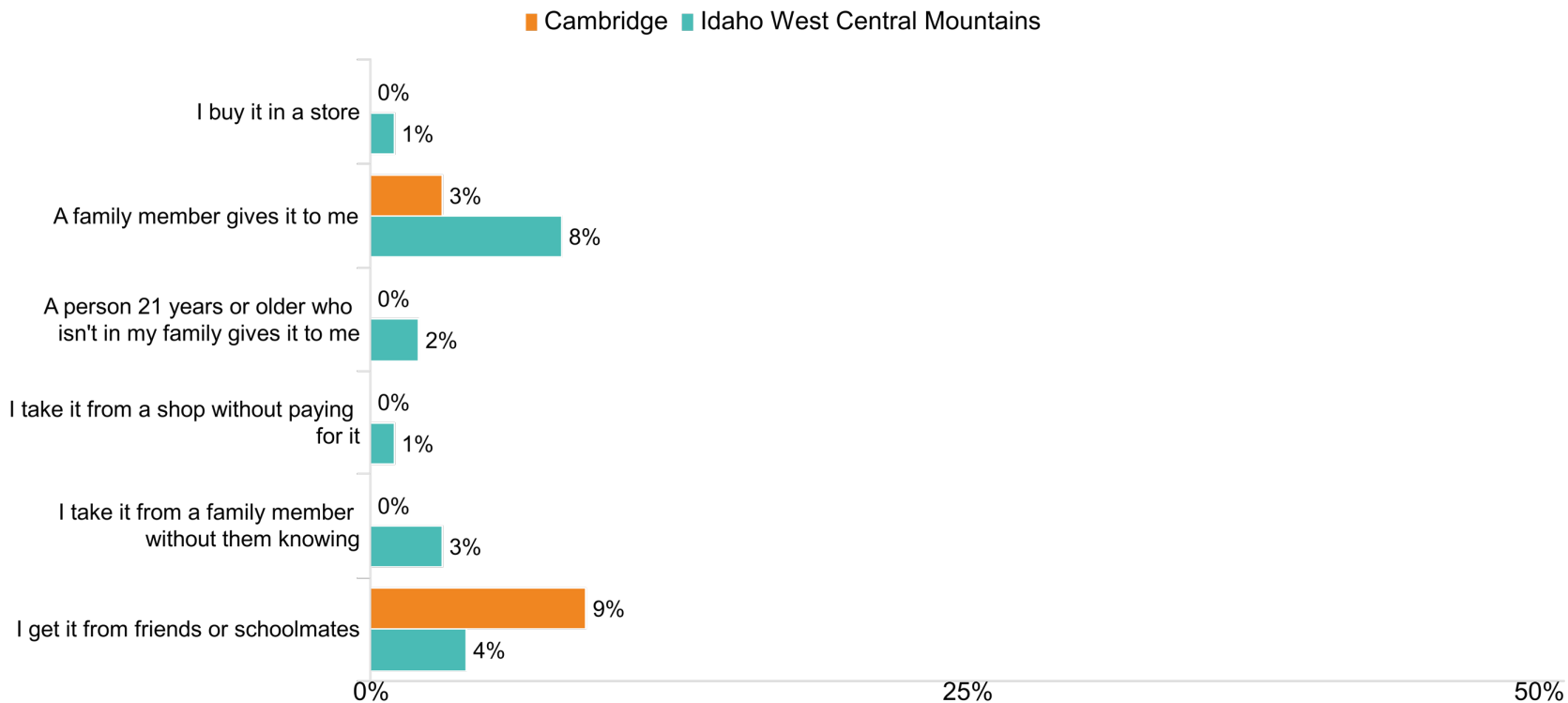
Proportion of adolescents in Cambridge who have drunk alcohol in their lifetime, last 12 months, and last 30 days



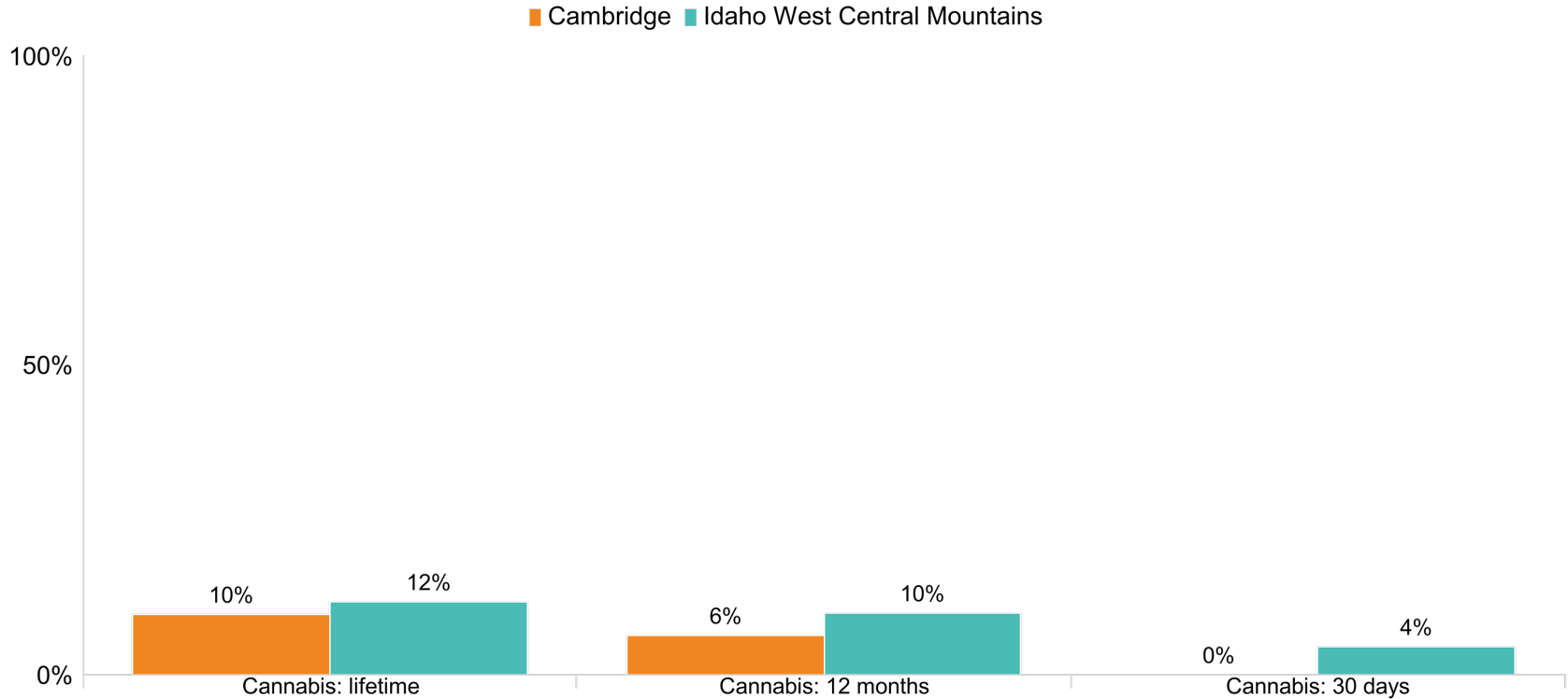
Proportion of adolescents in Cambridge who have been drunk in their lifetime, the last 12 months, and the last 30 days



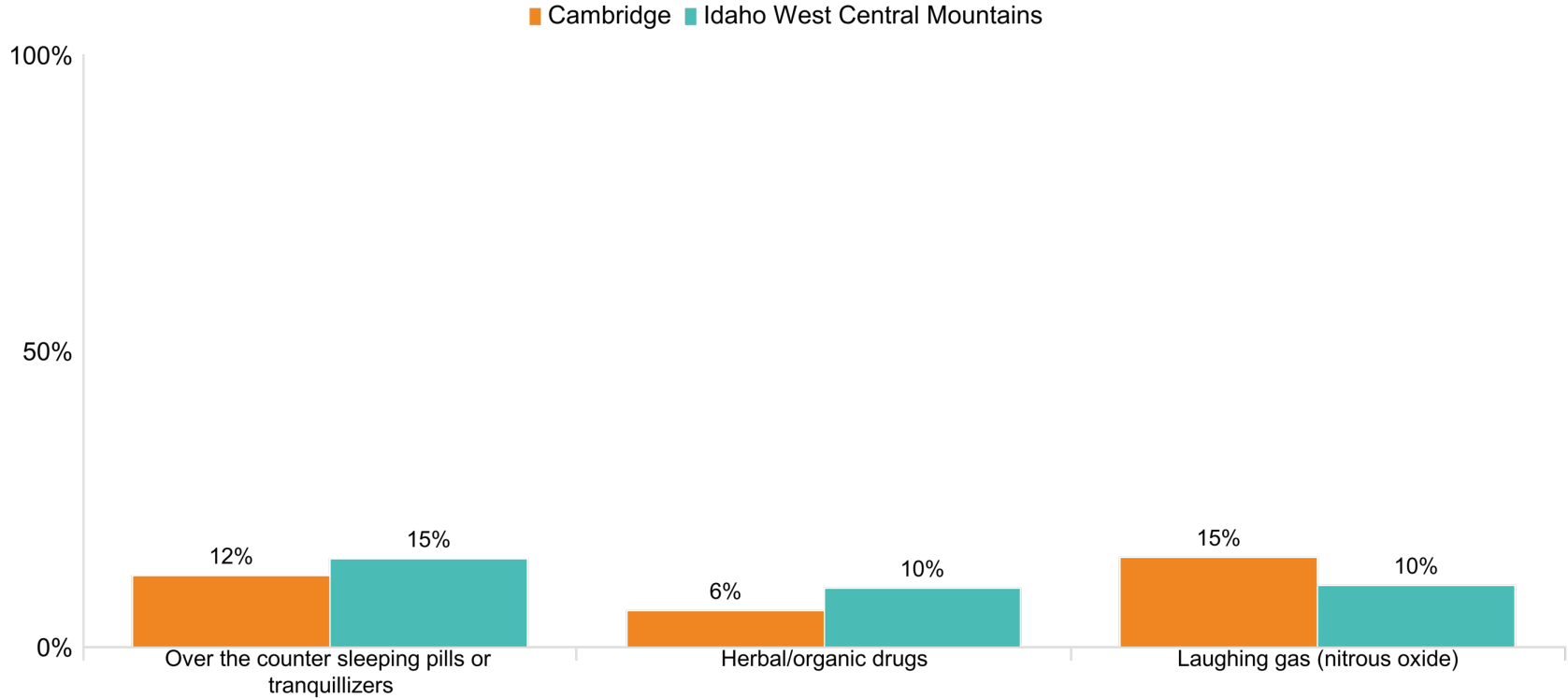
Proportion of adolescents in Cambridge that report getting their alcohol **sometimes** or **often** the following way



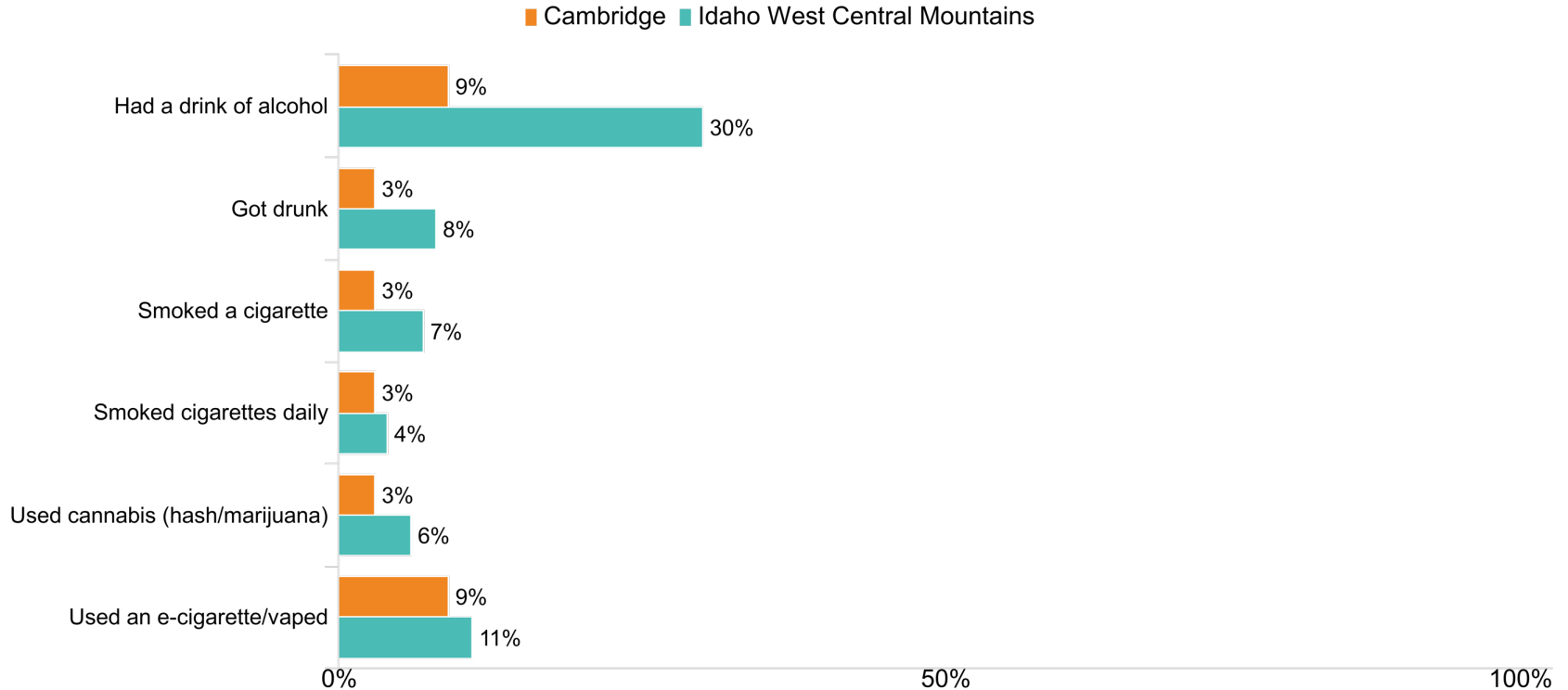
Proportion of adolescents in Cambridge who have used cannabis in their lifetime and in the last 30 days



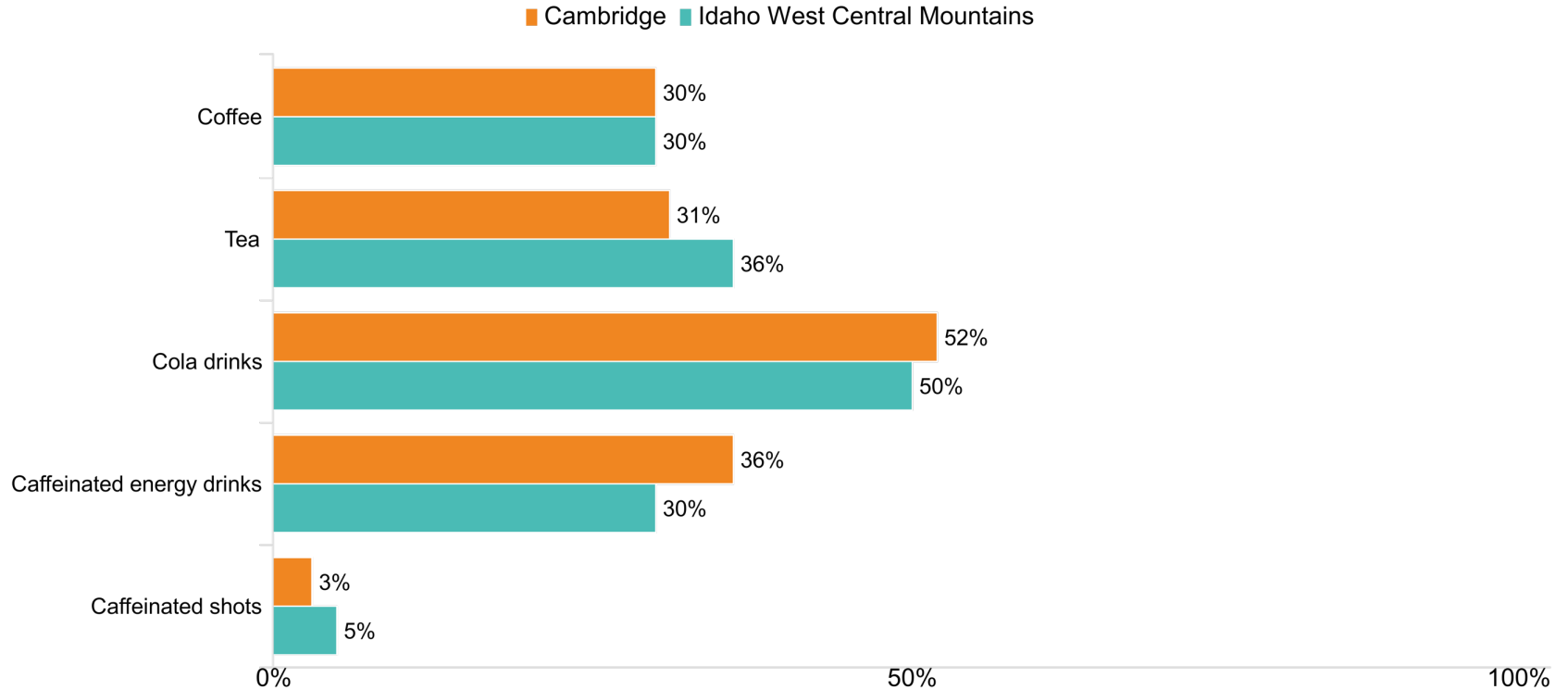
Proportion of adolescents in Cambridge who have used the following substances in their lifetime



Proportion of adolescents in Cambridge that did the following for the first time while they were **13 years old or younger**

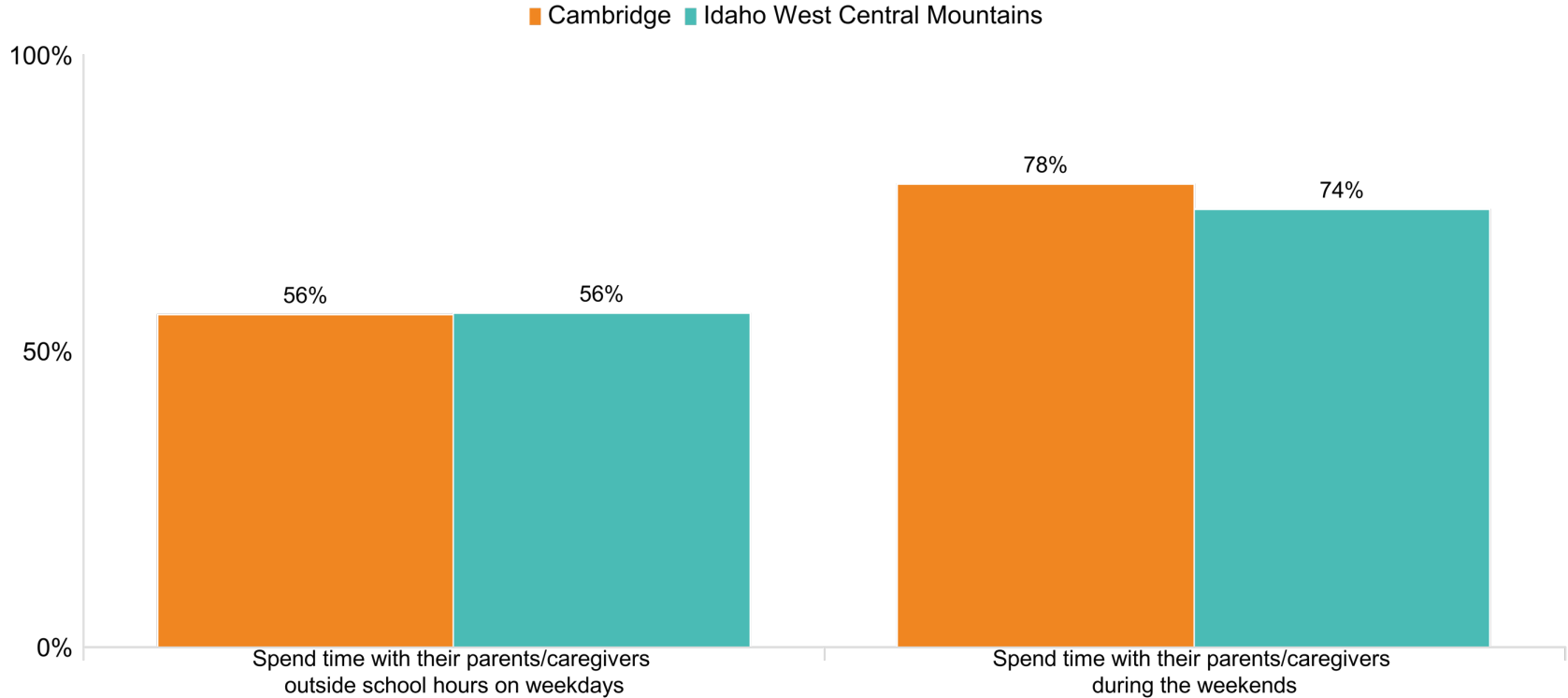


Proportion of adolescents in Cambridge who drink **one or more** drinks on a daily basis

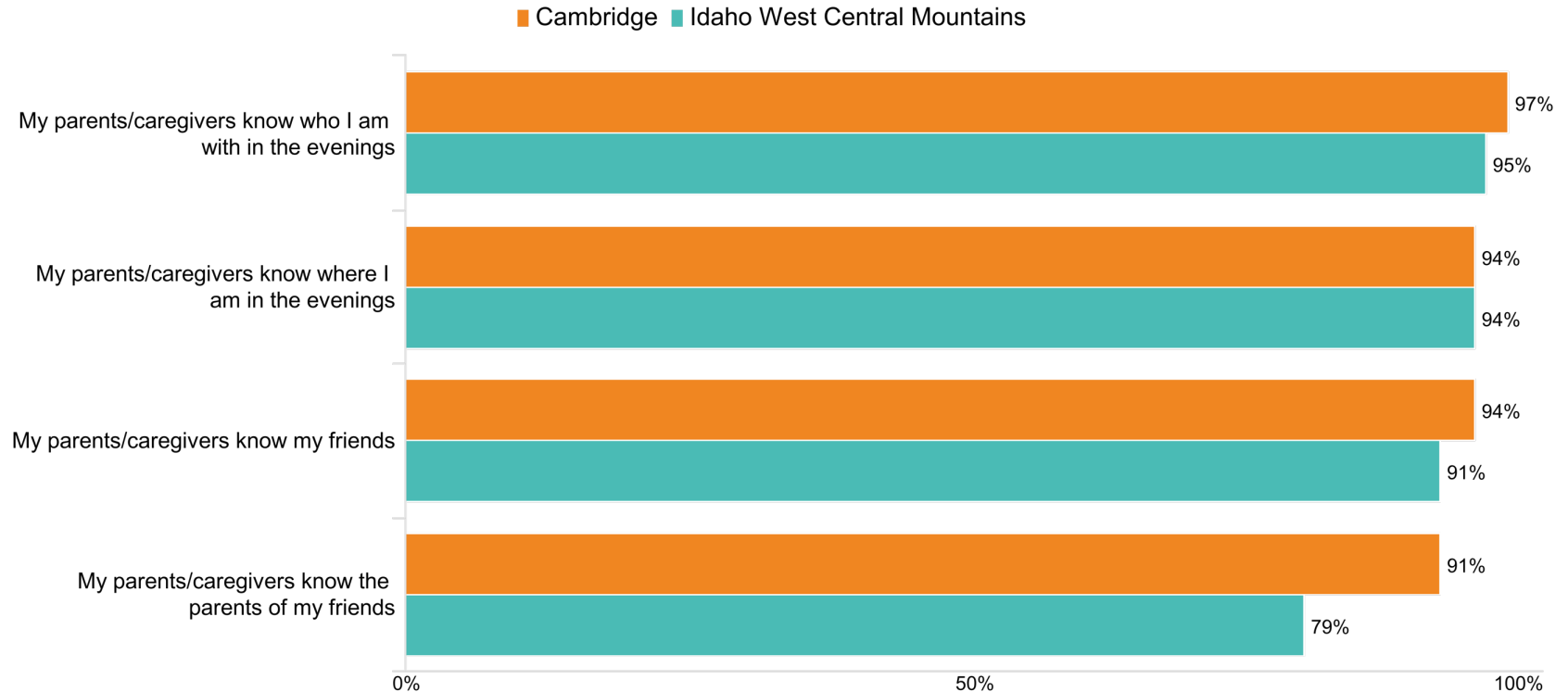


FAMILY

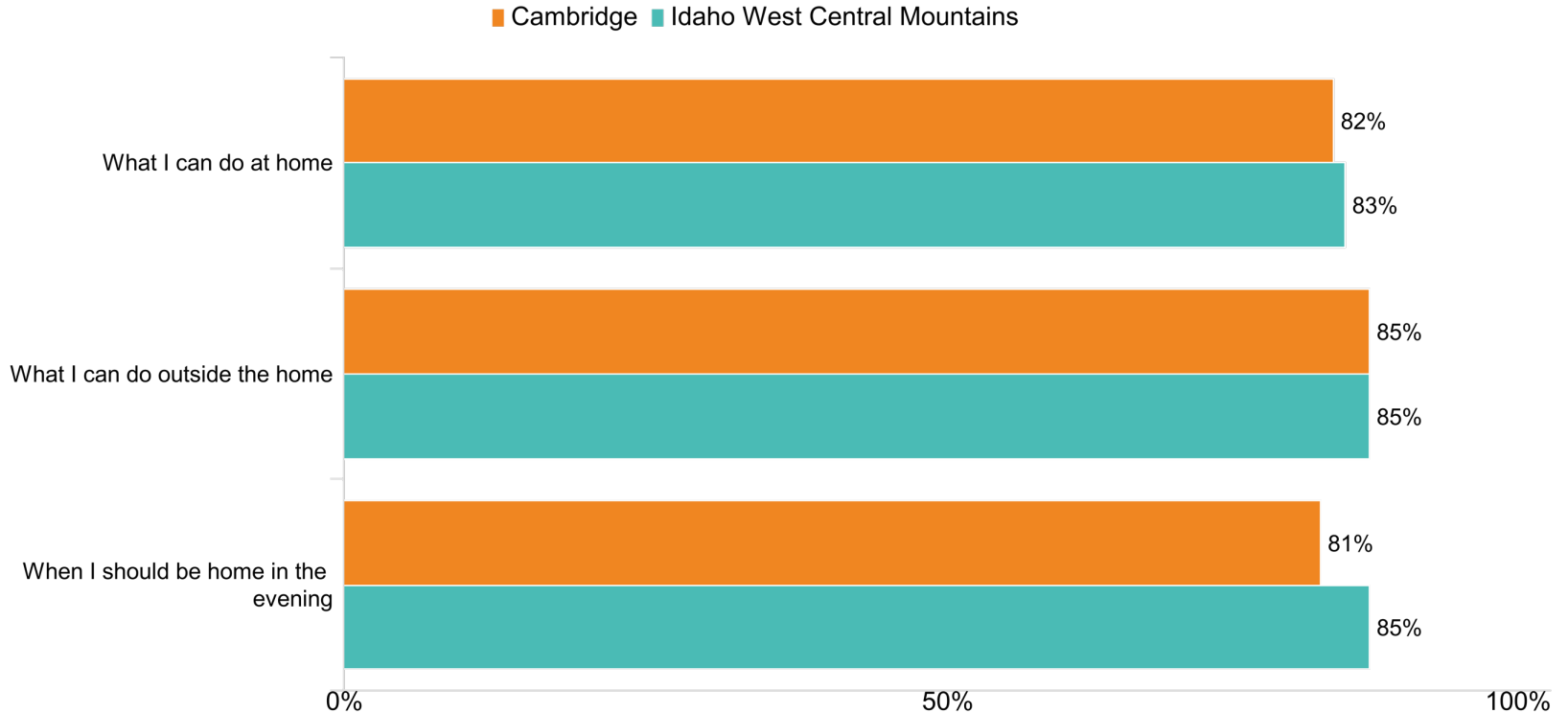
Proportion of adolescents in Cambridge who spend time with their parents **often** or **always** on school days and weekends



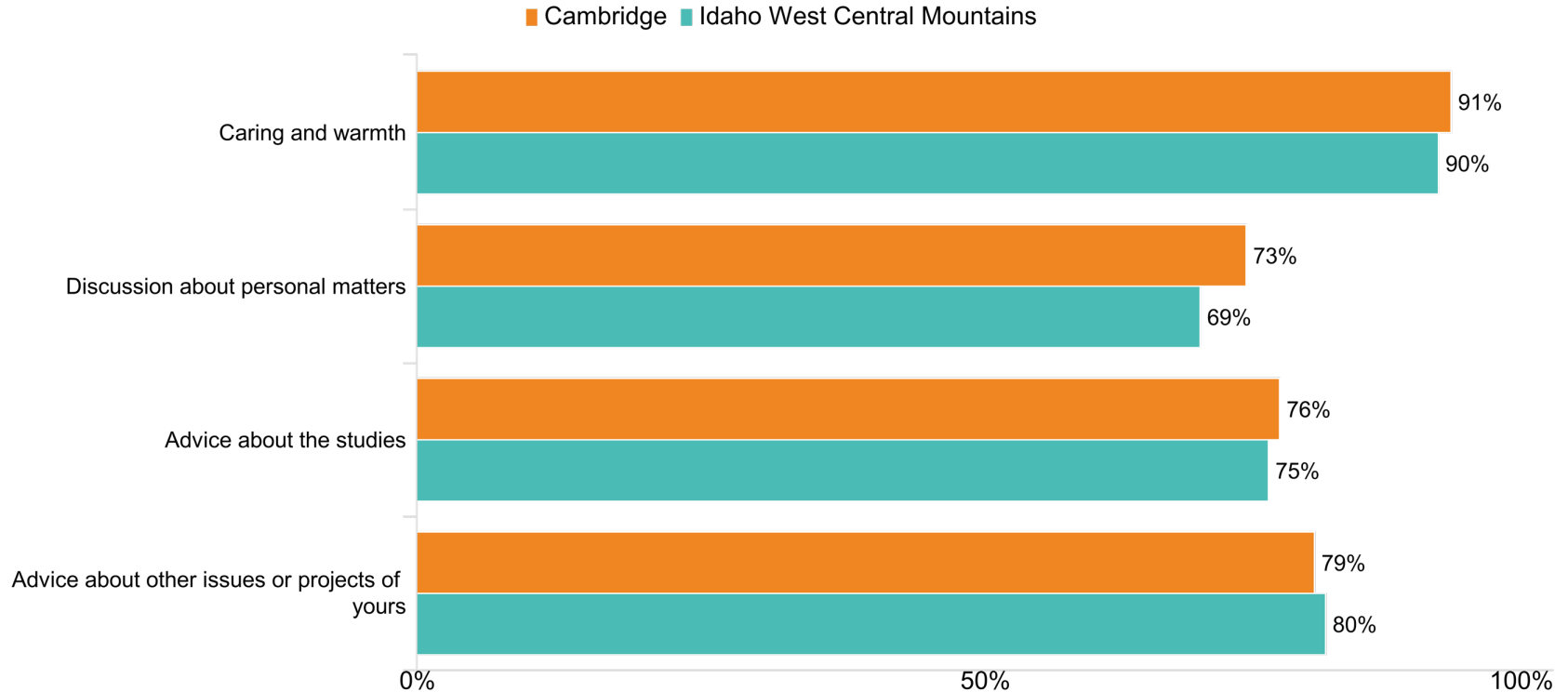
Proportion of adolescents in Cambridge who report that the following parental monitoring applies **rather well** or **very well**



Proportion of adolescents in Cambridge who report that the following parental rules apply **rather well** or **very well**



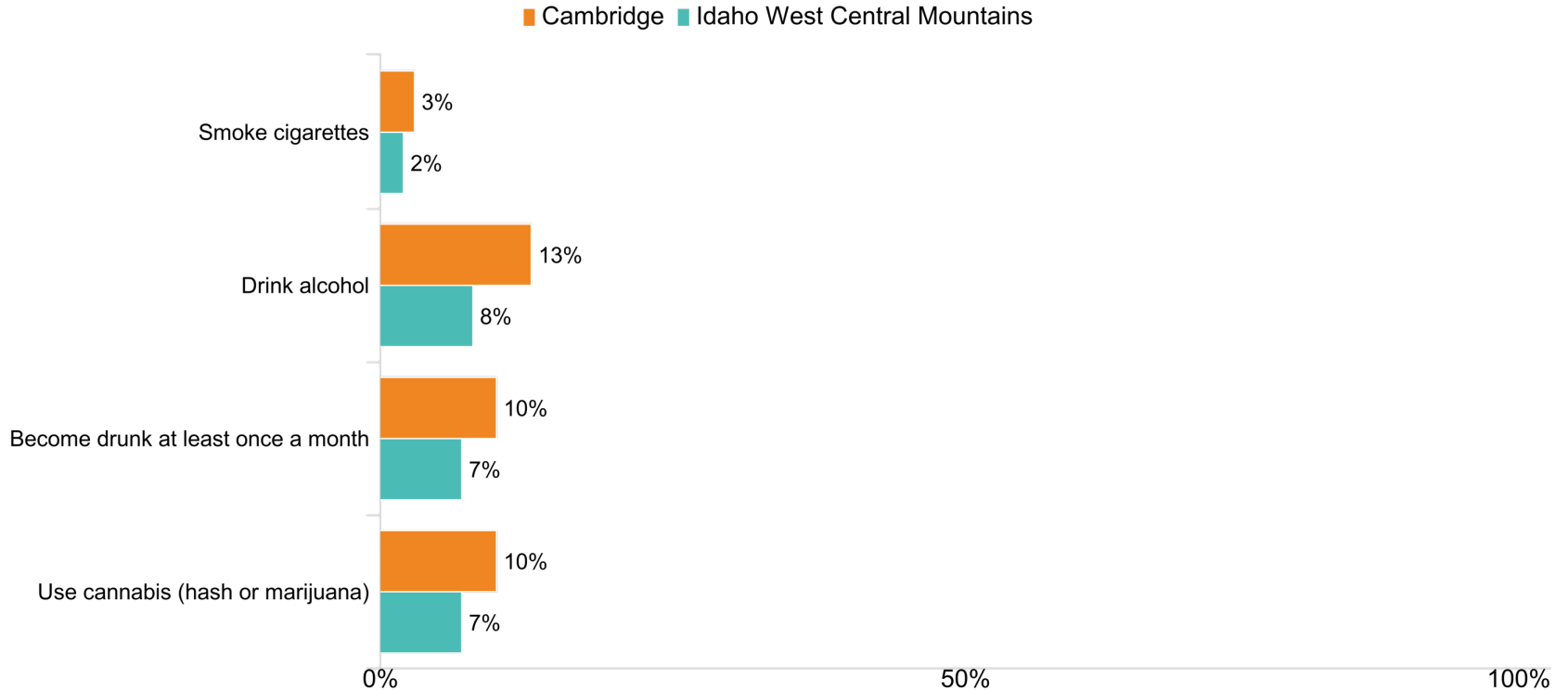
Proportion of adolescents in Cambridge who report that it is **rather easy** or **very easy** to receive the following parental support



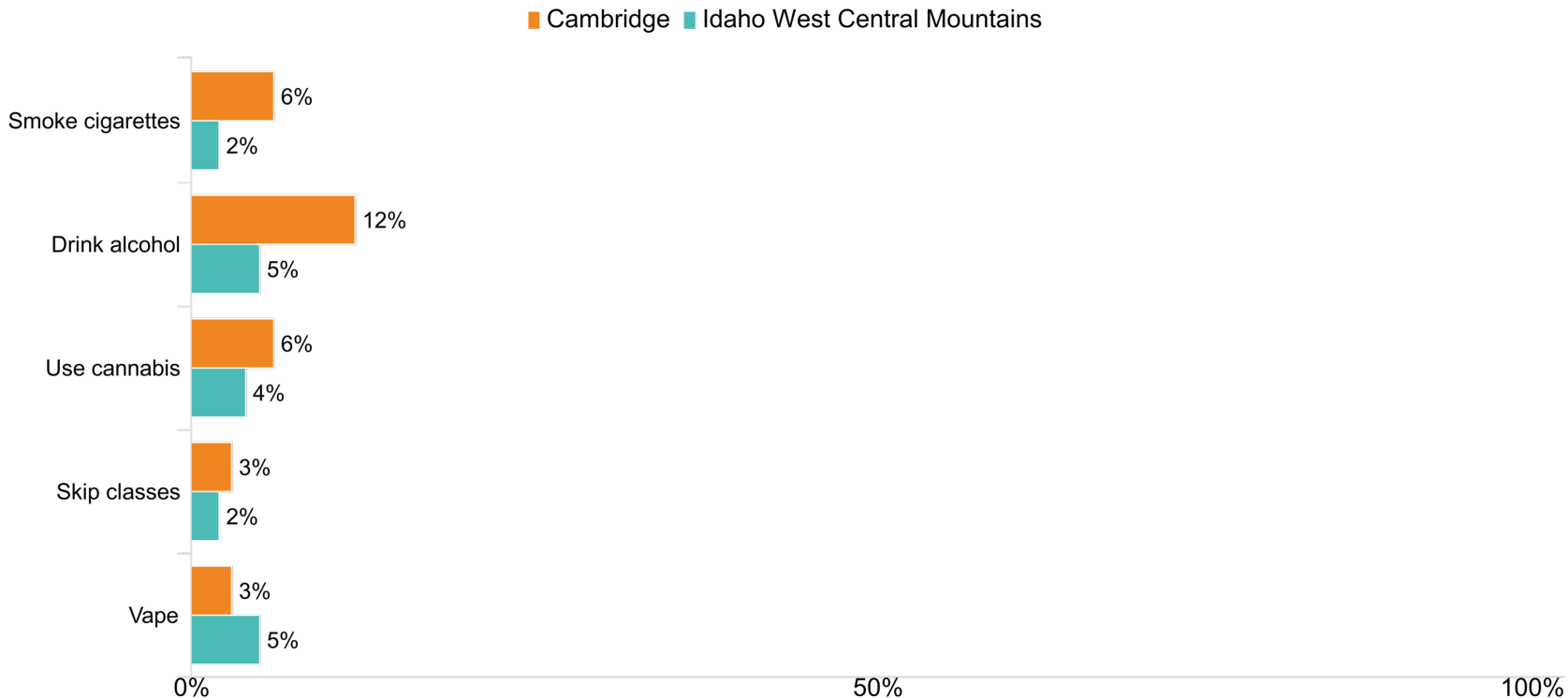
PEER

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Proportion of adolescents in Cambridge who report that **most/almost all** of their friends:

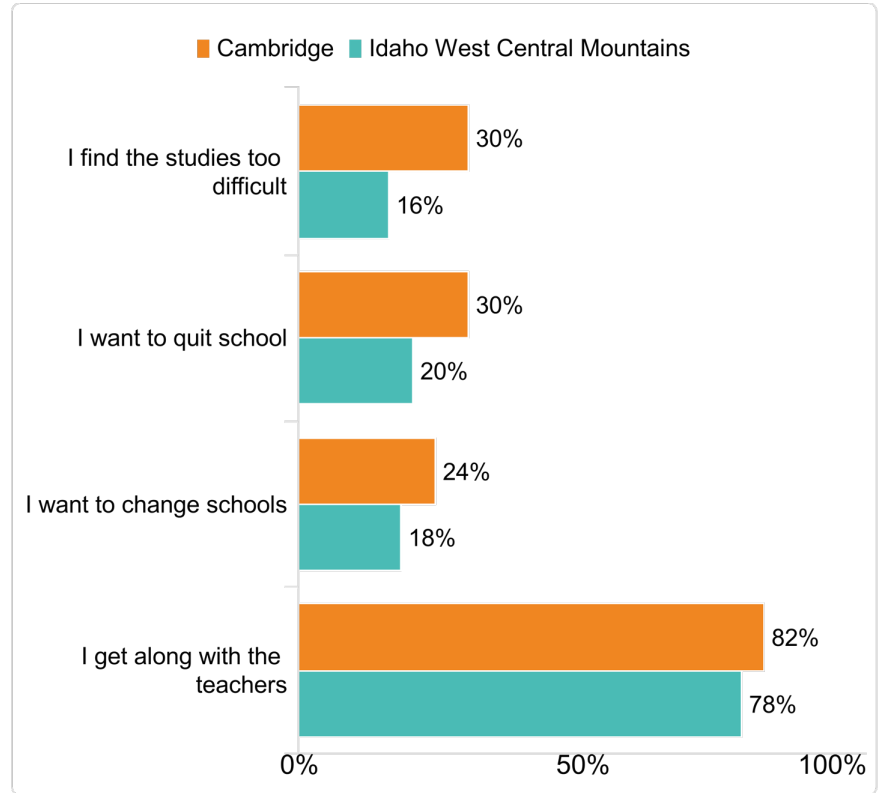
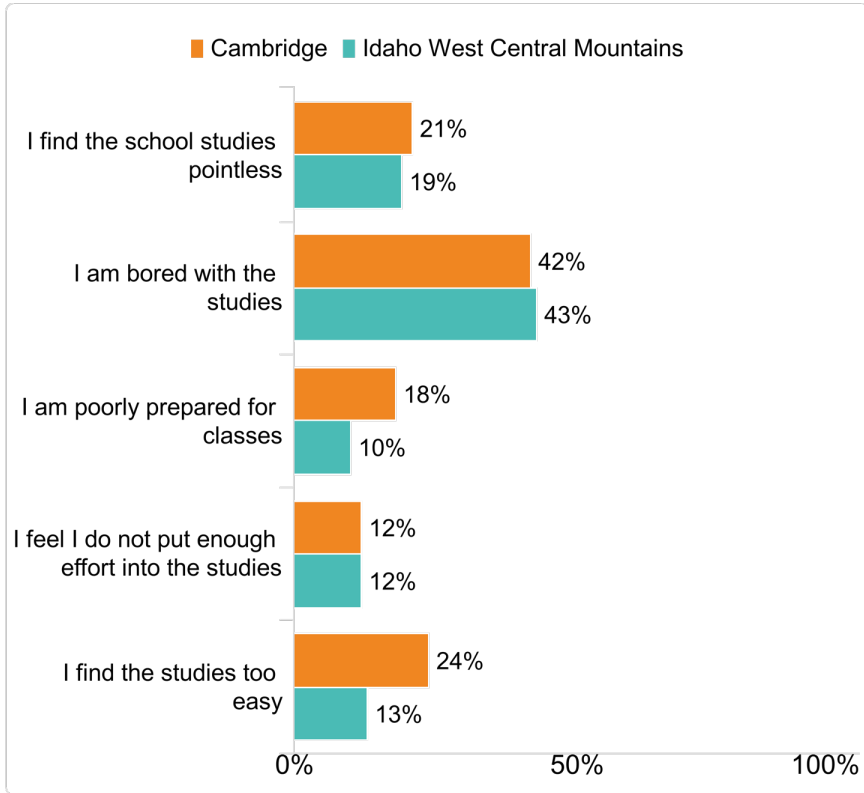


Proportion of adolescents in Cambridge who **strongly agree** or **agree somewhat** that sometimes it is necessary to do the following in order not to be left out of the peer group

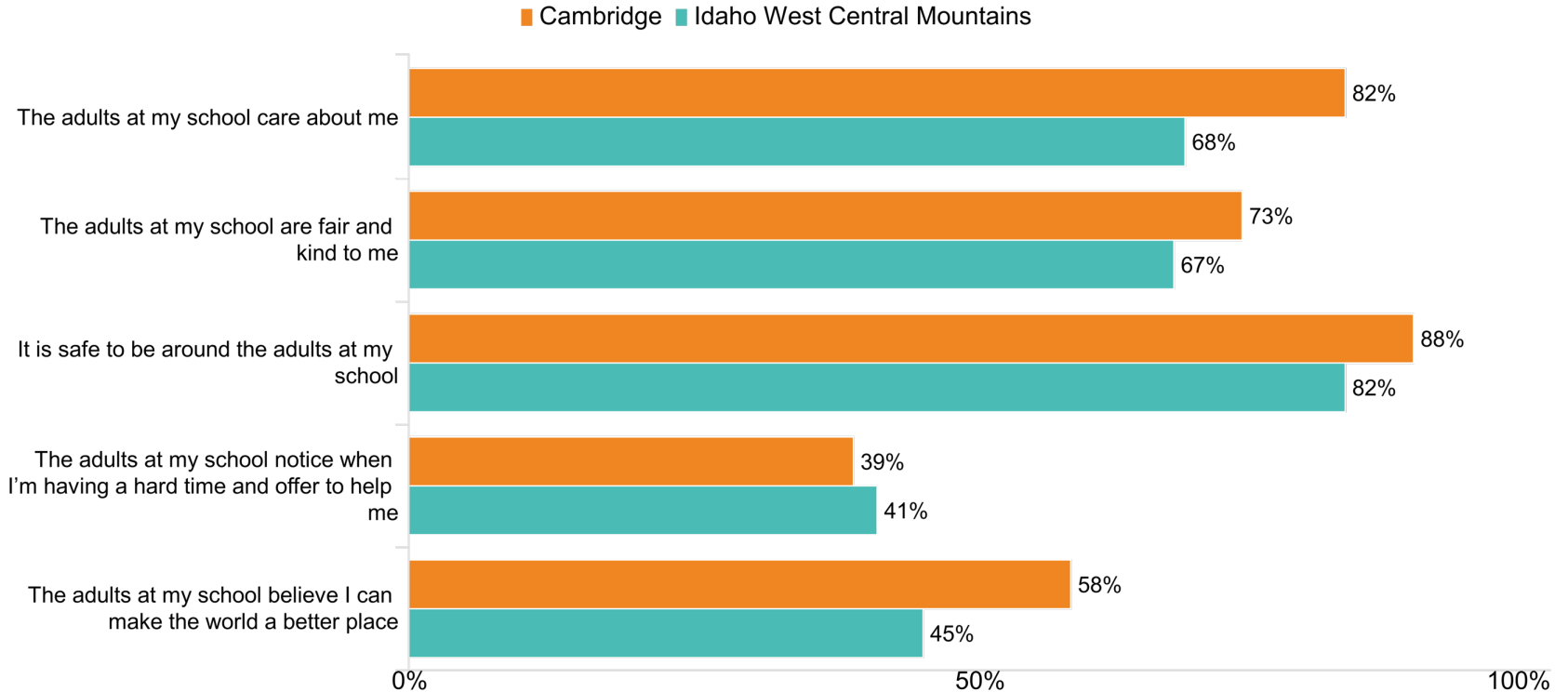


SCHOOL

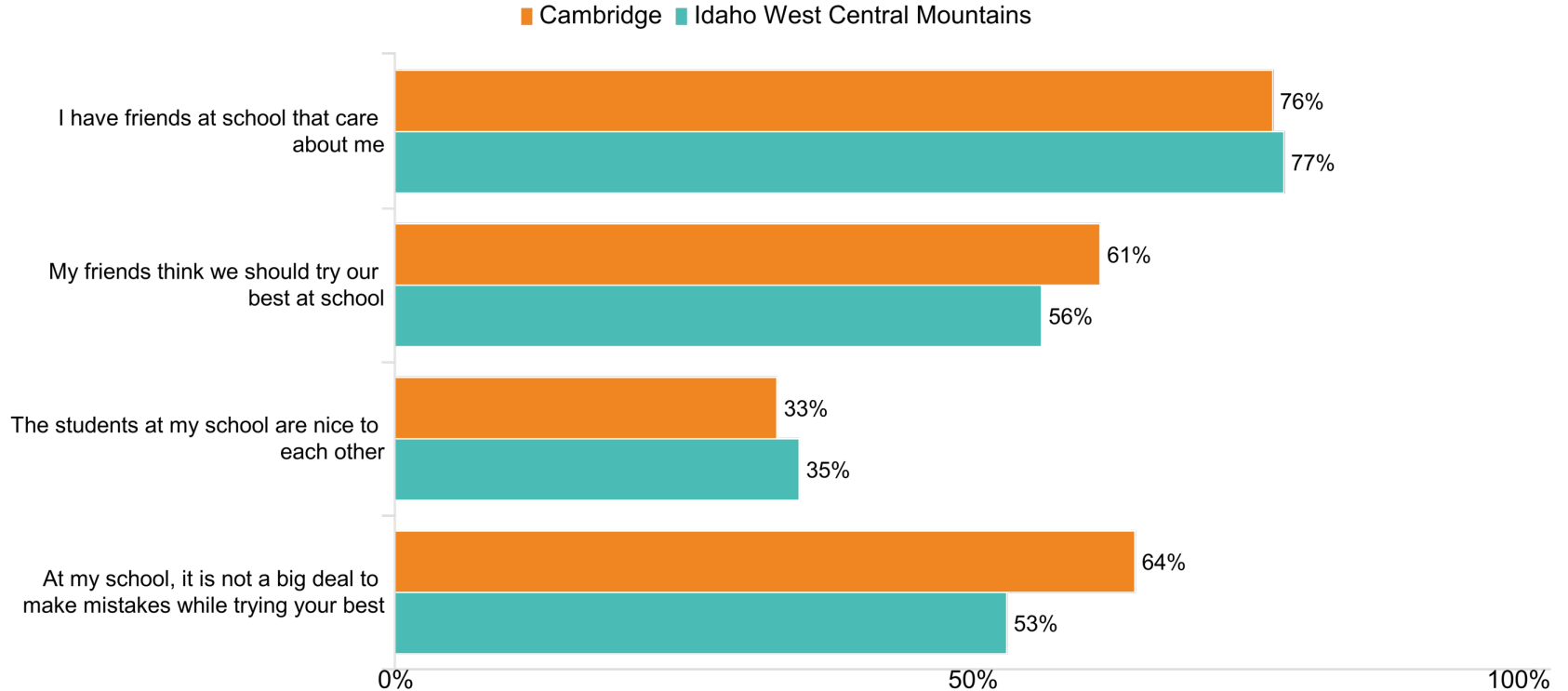
Proportion of adolescents in Cambridge who report that the following school/study attitude applies **often** or **almost always** to them



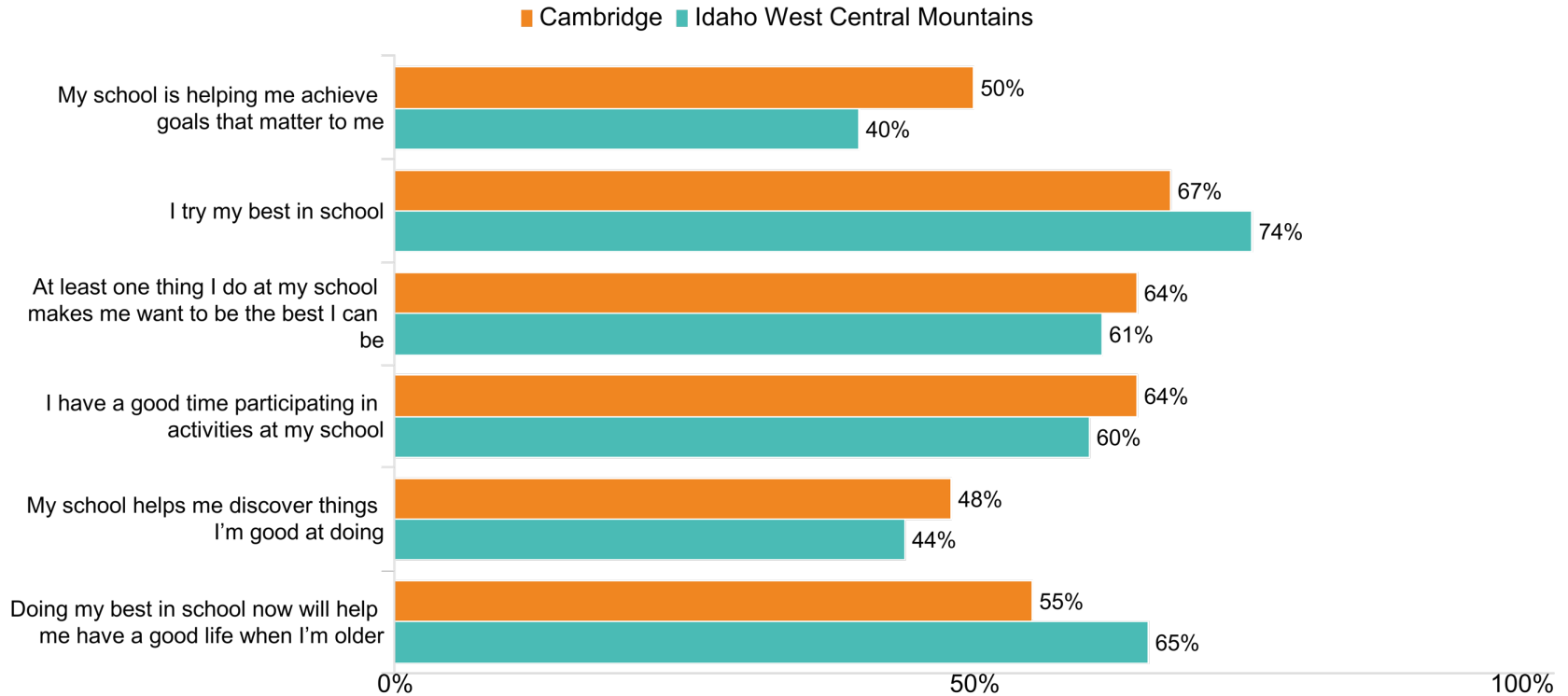
Proportion of adolescents in Cambridge that **agree** or **strongly agree** with the following statements about adult support in school



Proportion of adolescents in Cambridge that **agree** or **strongly agree** with the following statements about the peer environment at school

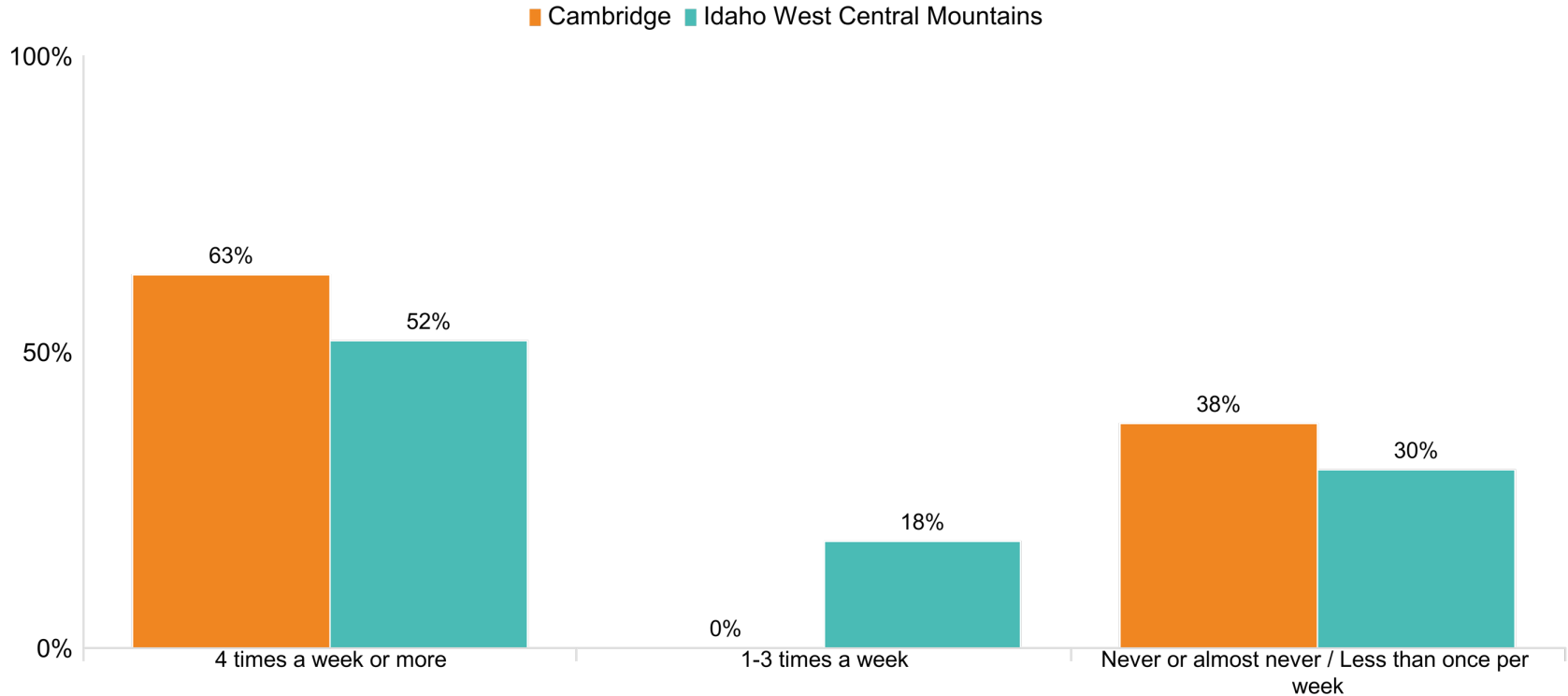


Proportion of adolescents in Cambridge that **agree** or **strongly agree** with the following statements about school activities and efforts

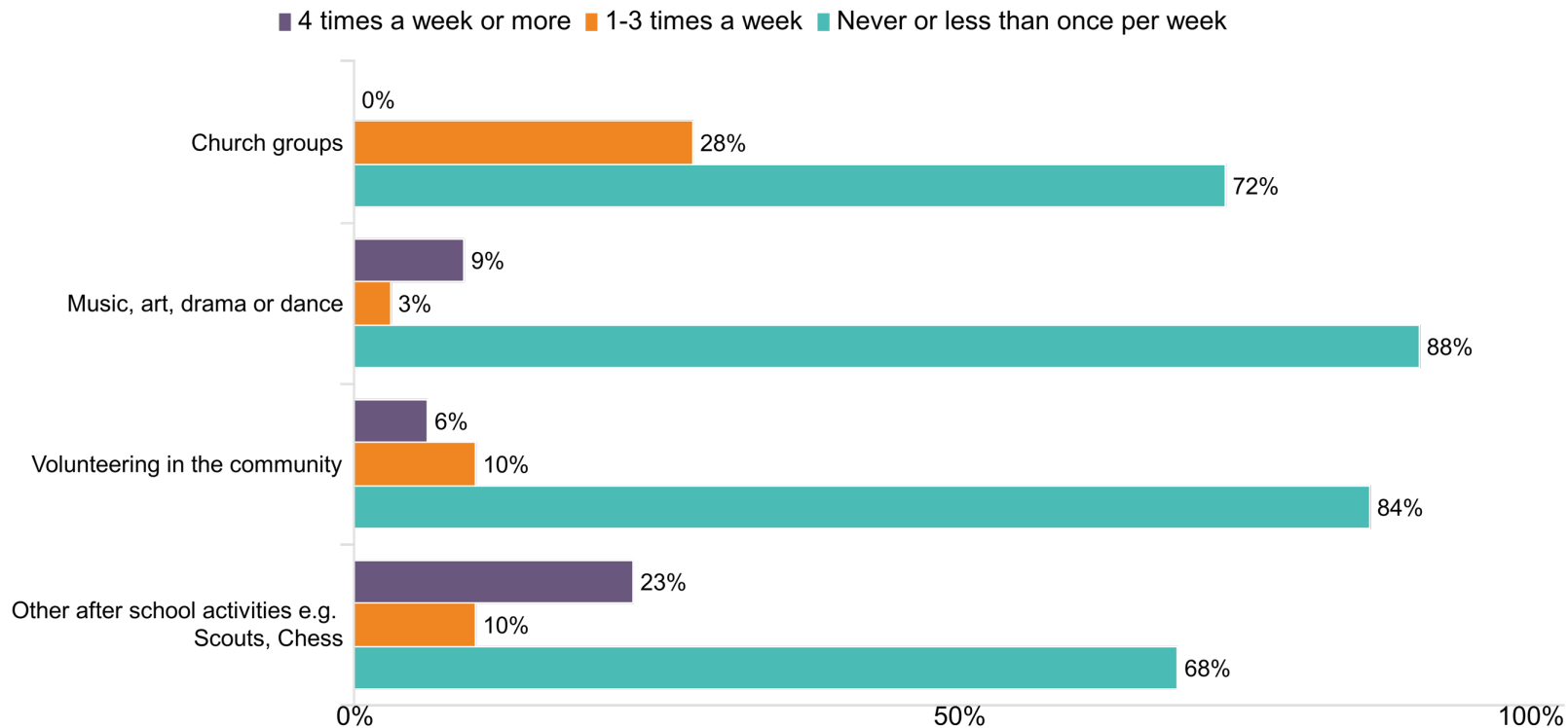


LEISURE

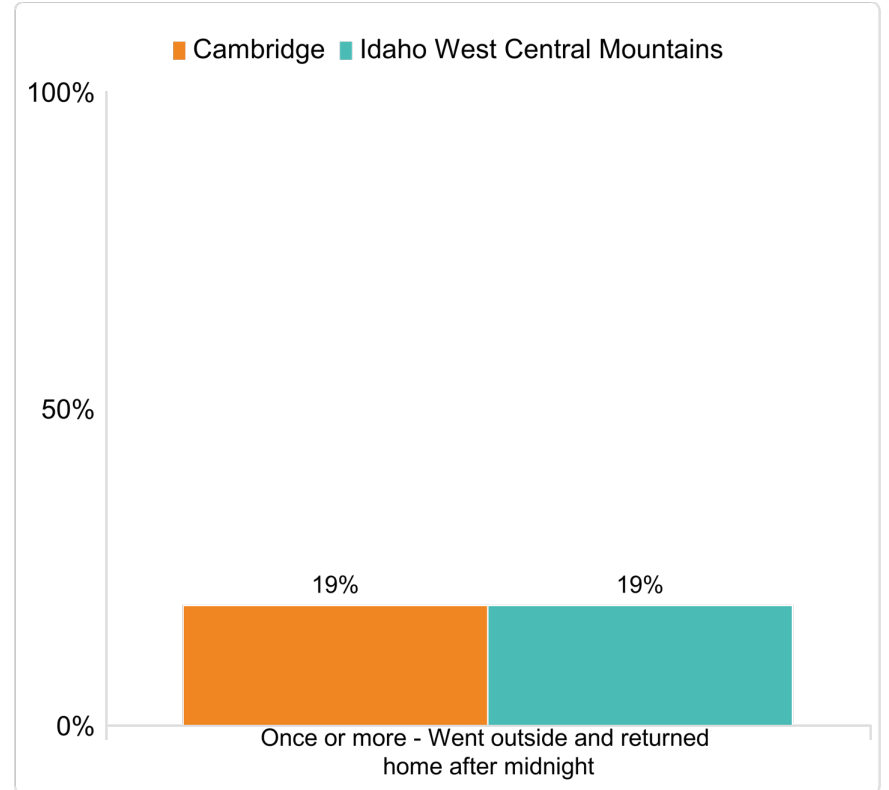
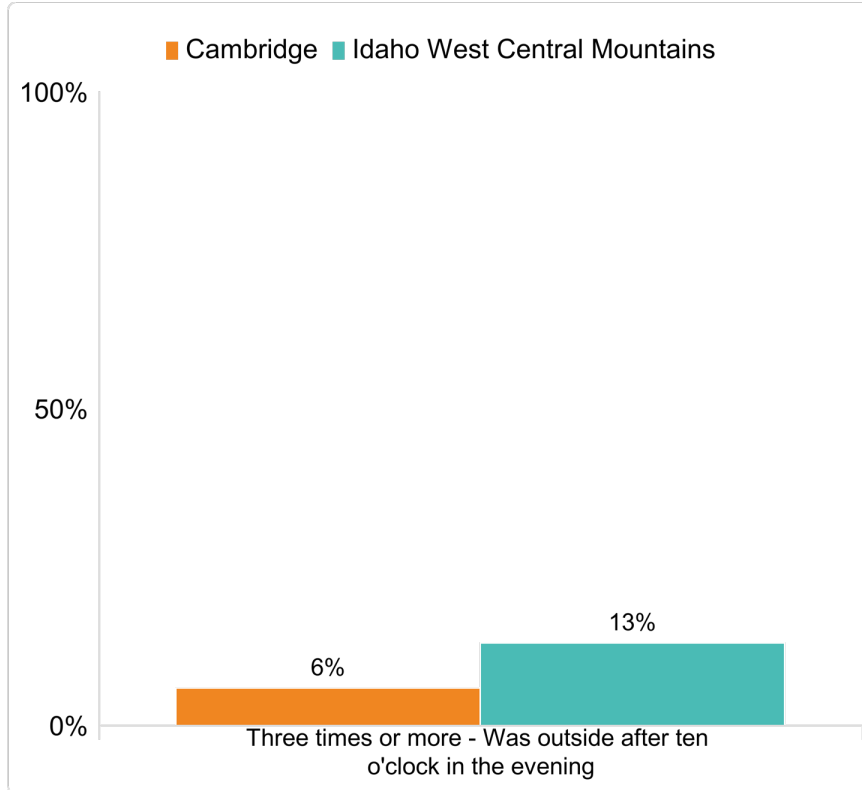
Number of days per week adolescents in Cambridge participate in sports with a club or a team outside of school



Proportion of adolescents in Cambridge that participate in the following out-of-school activities that are supervised by adults

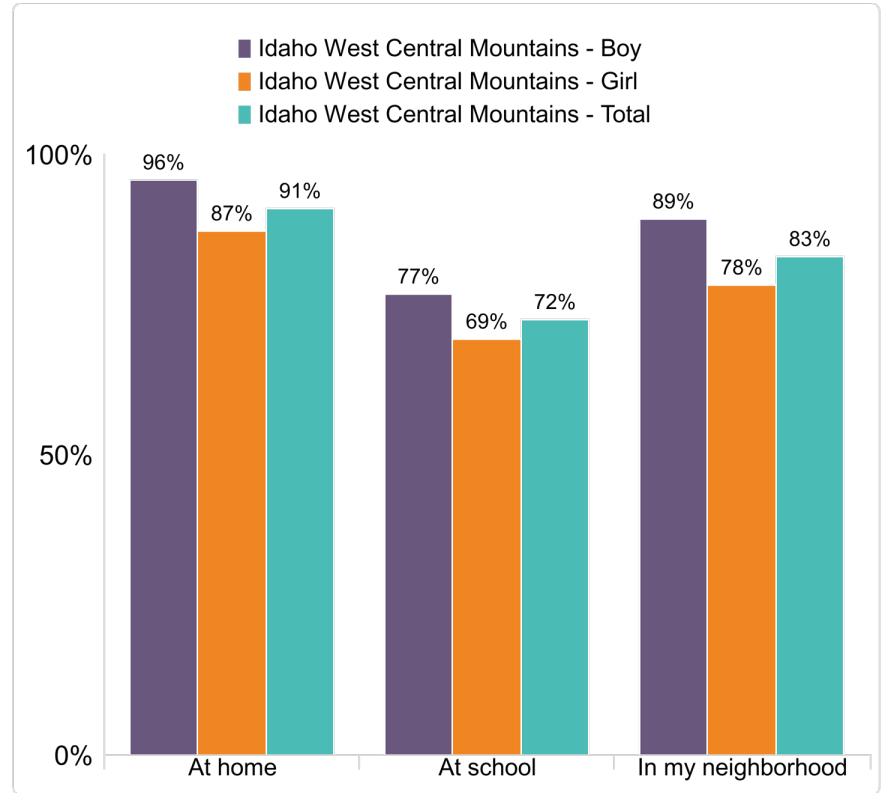
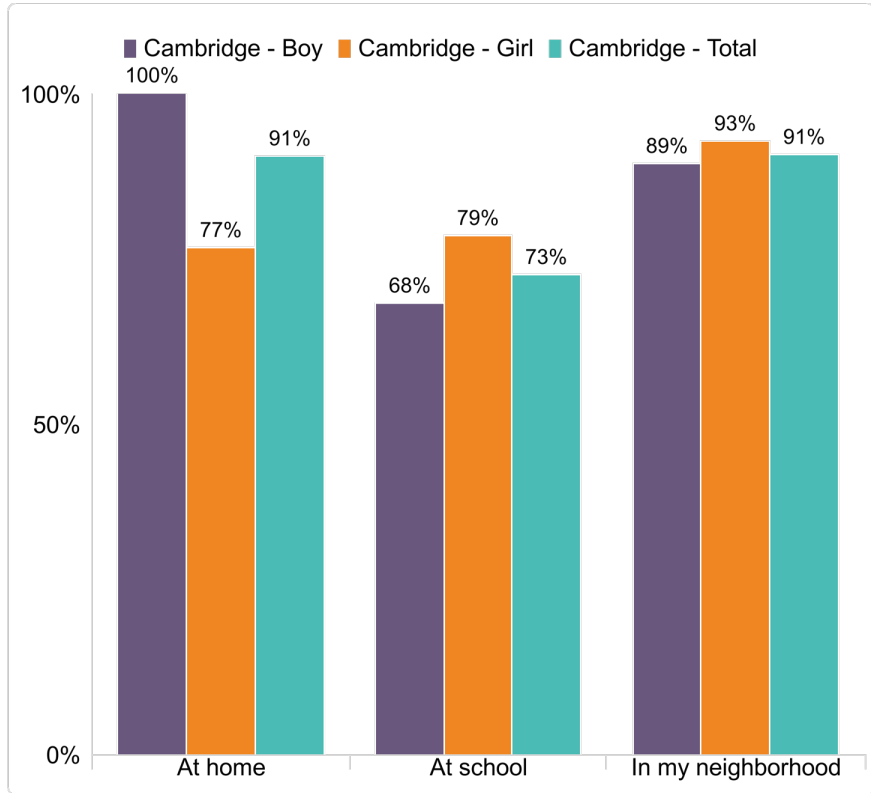


Late outside hours in the previous week



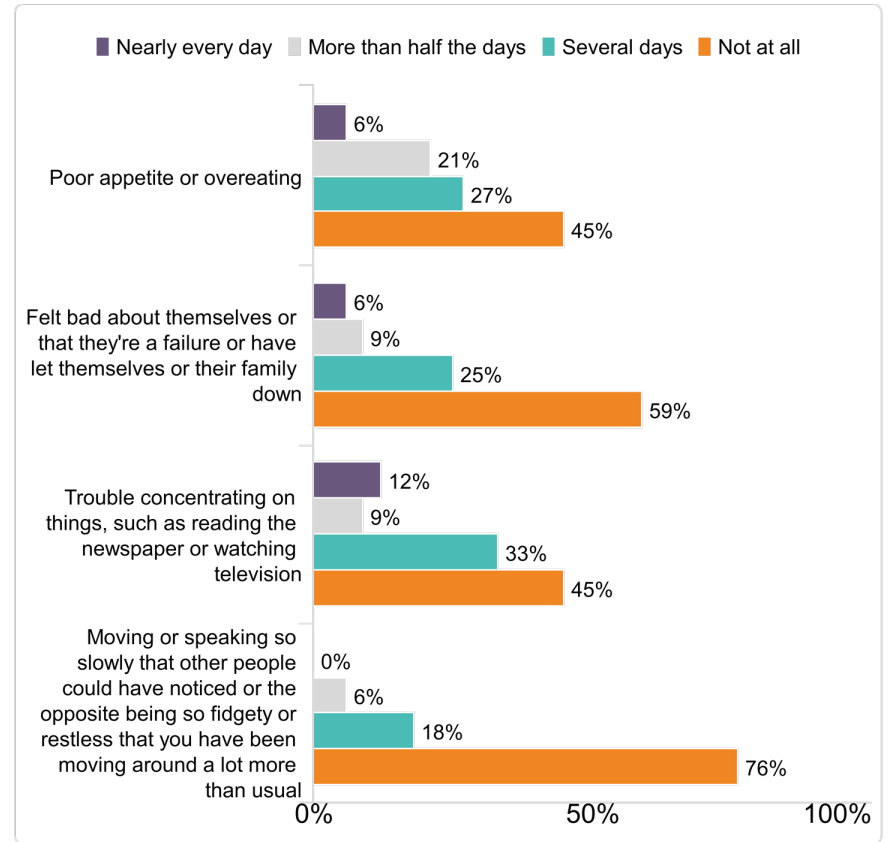
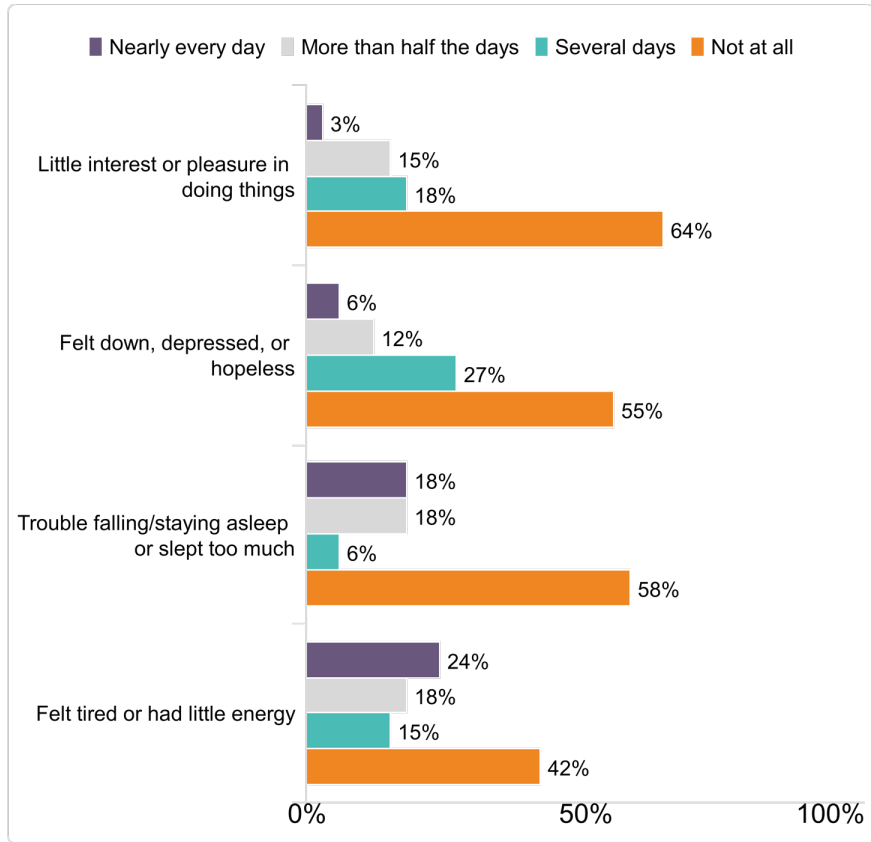
COMMUNITY

Proportion of adolescents in Cambridge who report feeling safe in the following locations **often** or **almost always**

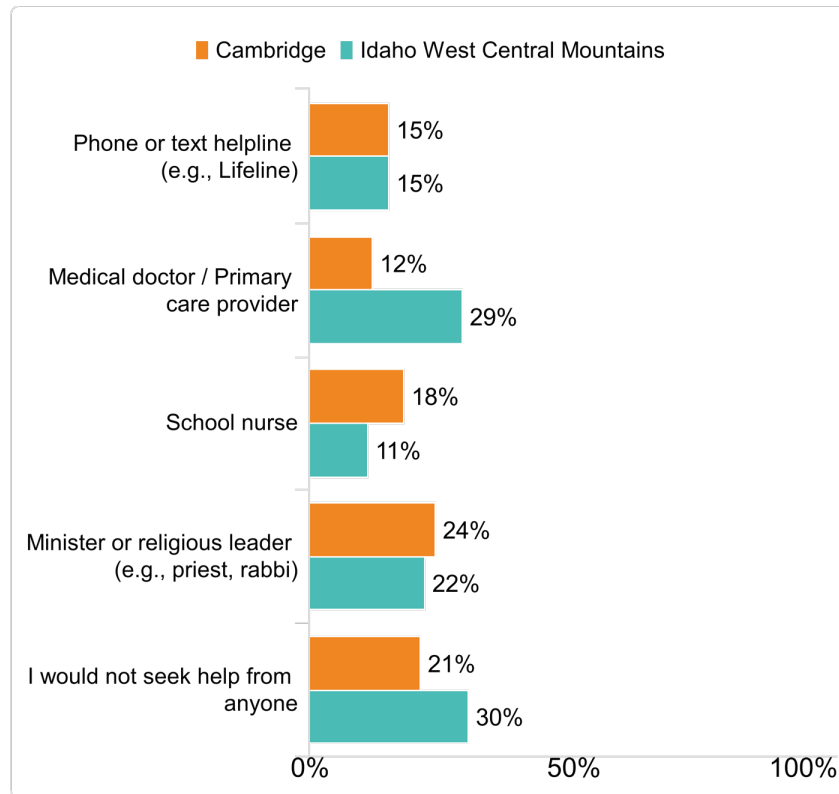
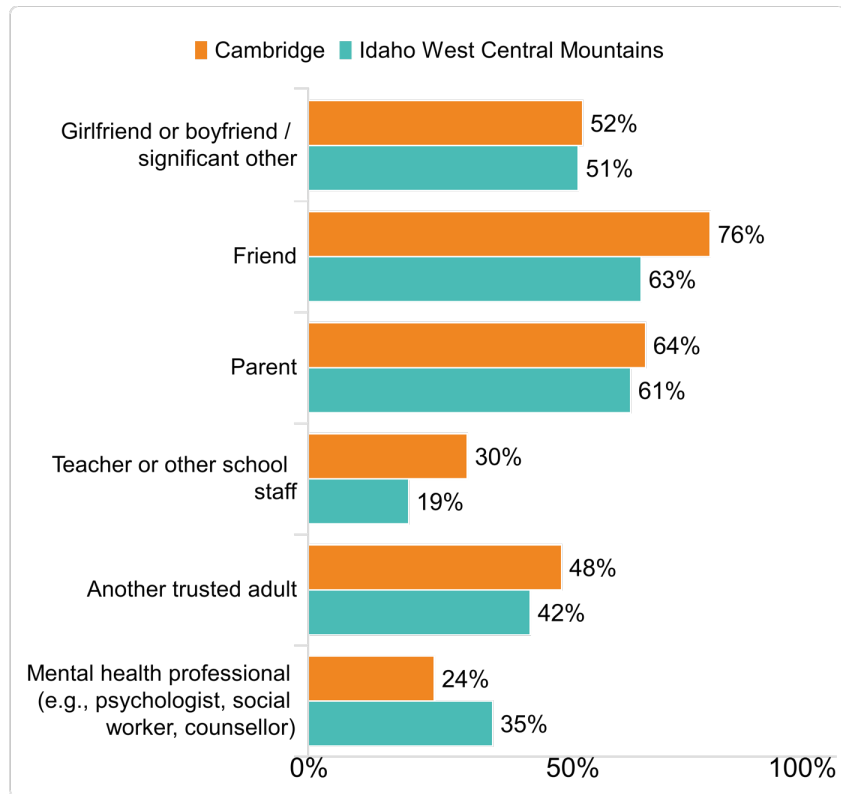


WELLBEING

Proportion of adolescents in Cambridge who report the following over the past two weeks



Proportion of adolescents in Cambridge who report that it is **likely** or **extremely likely** to seek support for emotional or personal problems from the following people



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