



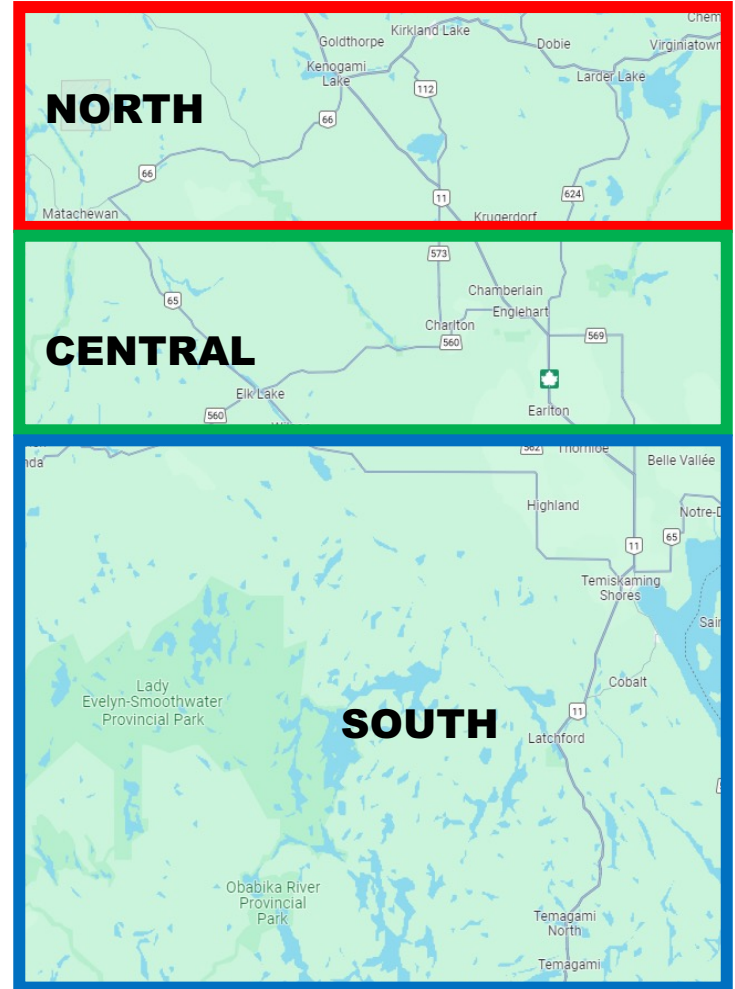
PLANET YOUTH

Central Timiskaming

This report contains data from students who identified as living in **Central-Timiskaming**



Timiskaming District



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.

Evidence

Community

Dialogue



ICELAND Then



42%

Drunk in the past 30 days



23%

Smoke daily



17%

Lifetime cannabis use



37%

Time spent with parents
during weekends



25%

Sport participation 4x a
week or more

VS

ICELAND Now

PLANET
Youth®



6%



1%



6%



72%



41%

Then = 1997-2000

Now = 2023

Domains of intervention

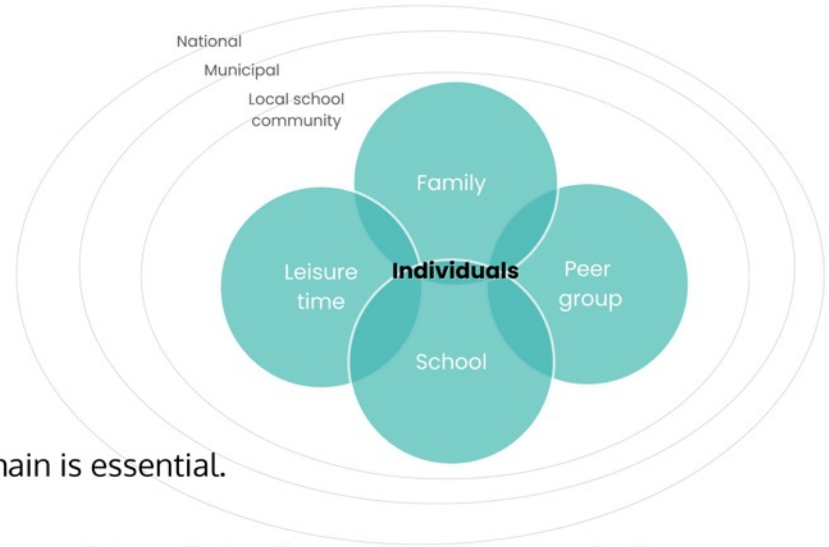
Building a strong community around children is the healthiest and the most cost-effective way to promote their well-being in the future.

Such a task takes time, effort, and the commitment of key stakeholders focusing on four major domains of the environment surrounding children and adolescents.

Understanding the risk and protective factors of each domain is essential.

Here are some examples:

- **Parents and family:** Time spent with parents, parental support, parental monitoring (know where they are and with whom), parental co-communication and collaboration
- **School environment:** School engagement and commitment to studies, school well-being (positive school climate), school safety (e.g., bullying and other violence)
- **Leisure time:** Participation in organized recreational and extracurricular activities (e.g., sports, youth clubs, scouts, drama club, etc), late outside hours, prevent unsupervised gatherings such as parties
- **Peer group:** Decrease engagement with substance using friends, parents knowing friends and parents of friends (social capital)



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 Five Guiding Principles of 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 the neighborhood/ 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 longterm intervention and efforts to marshal adequate community resources.



The 10 core steps of the Icelandic Prevention Model



Step 1
Local coalition
identification,
development,
and capacity
building



Step 2
Funding
identification,
development,
and capacity
building



Step 3
Pre-data
collection
planning and
community
engagement



Step 4
Data
collection and
processing,
including data
driven
diagnostics



Step 5
Enhancing
community
participation
and
engagement



Step 6
Dissemination
of findings



Step 7
Community
goal setting
and other
organized
responses to
the findings



Step 8
Policy and
practice
alignment



Step 9
Adolescent
immersion in
primary
prevention
environments
activities, and
messaging



Step 10
Reflect on the
work that has
been completed
and build upon
it by repeating
the steps again
in a new cycle



Method and Data collection

Participants were grade 10 and grade 11 students that attended school on the day of the survey. In 2023, 5 schools across Timiskaming District, Ontario took part in the survey.

The surveys were conducted in November 2023. The total response rate for Timiskaming District was 83%.

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

Data was collected with an online questionnaire using the Alchemer platform. 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



		Female	Male	Non-binary or other*	Total
2023	Central Timiskaming	45	43	0	88
	Timiskaming District	260	287	8	555

*Non-binary or other represents all respondents who did not self-identify as either female or male

Central Timiskaming

2023



WELLBEING

39% Sleep on average 8 hours or more a night



25%

Of **girls** say their mental health is good or very good



40%

Of **boys** say their mental health is good or very good



49% Of **girls** say their physical health is good or very good



67% Of **boys** say their physical health is good or very good



LEISURE

51% Spend on average 3 hours or more on social media a day



20%

Spend on average 3 hours or more playing video games a day



26%

Play sports with a club 3 times a week or more

31%

Stayed outside after midnight once or more in the past week



SUBSTANCE

30%

Were drunk in the past 30 days



45%

Sometimes or often drink in the home of others



17%

Use e-cigarettes daily



25%

Used cannabis in the last 30 days



7%

Smoke cigarettes daily



SCHOOL

60% Often or always feel safe at school

59% Think the adults at school care about them

22%

Feel bad at school



75%

Have friends at school that care about them



69%

Get along with their teacher often or always



SUBSTANCE USE

Substance Use

44%

Tried alcohol at the age 13 or younger

30%

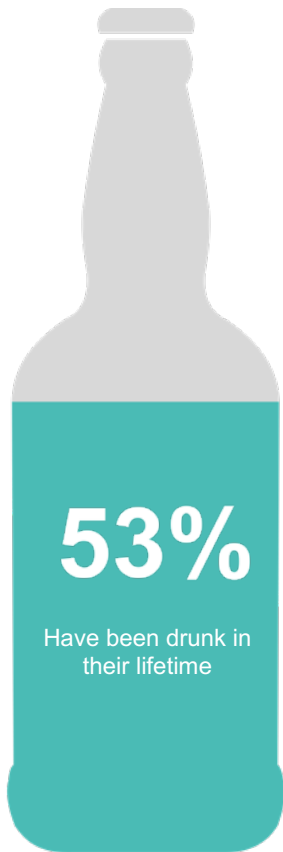
Have been drunk in the last 30 days

47%

Drink alcohol at their own home

50%

Get alcohol from a family member



E-cigarettes

39%

Used an e-cigarette in their lifetime

17%

Use e-cigarettes (vape) daily

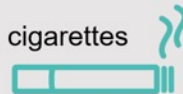
Cigarette Smoking

31%

Have smoked a cigarette in their lifetime

7%

Smoke cigarettes daily



Cannabis Use

35%

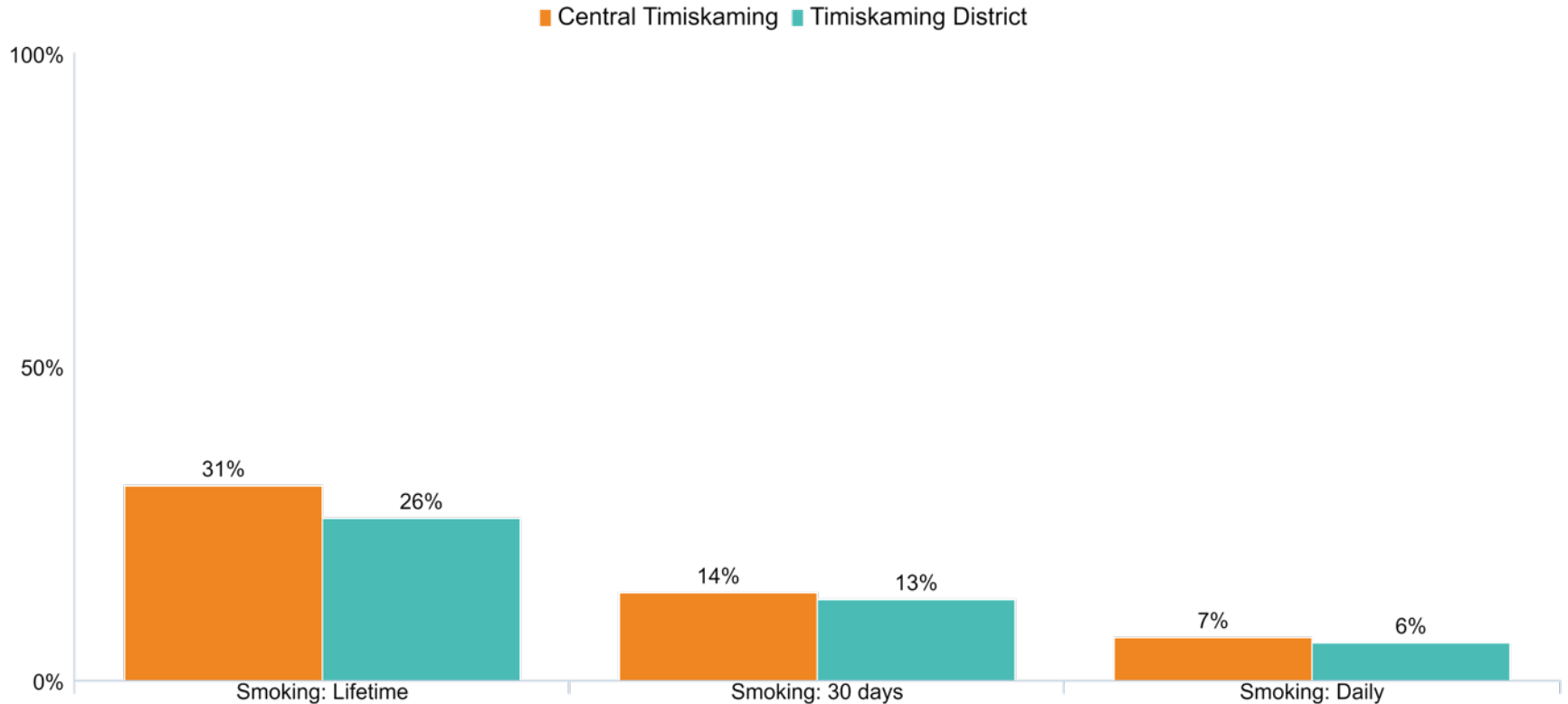
Have used cannabis in their lifetime

25%

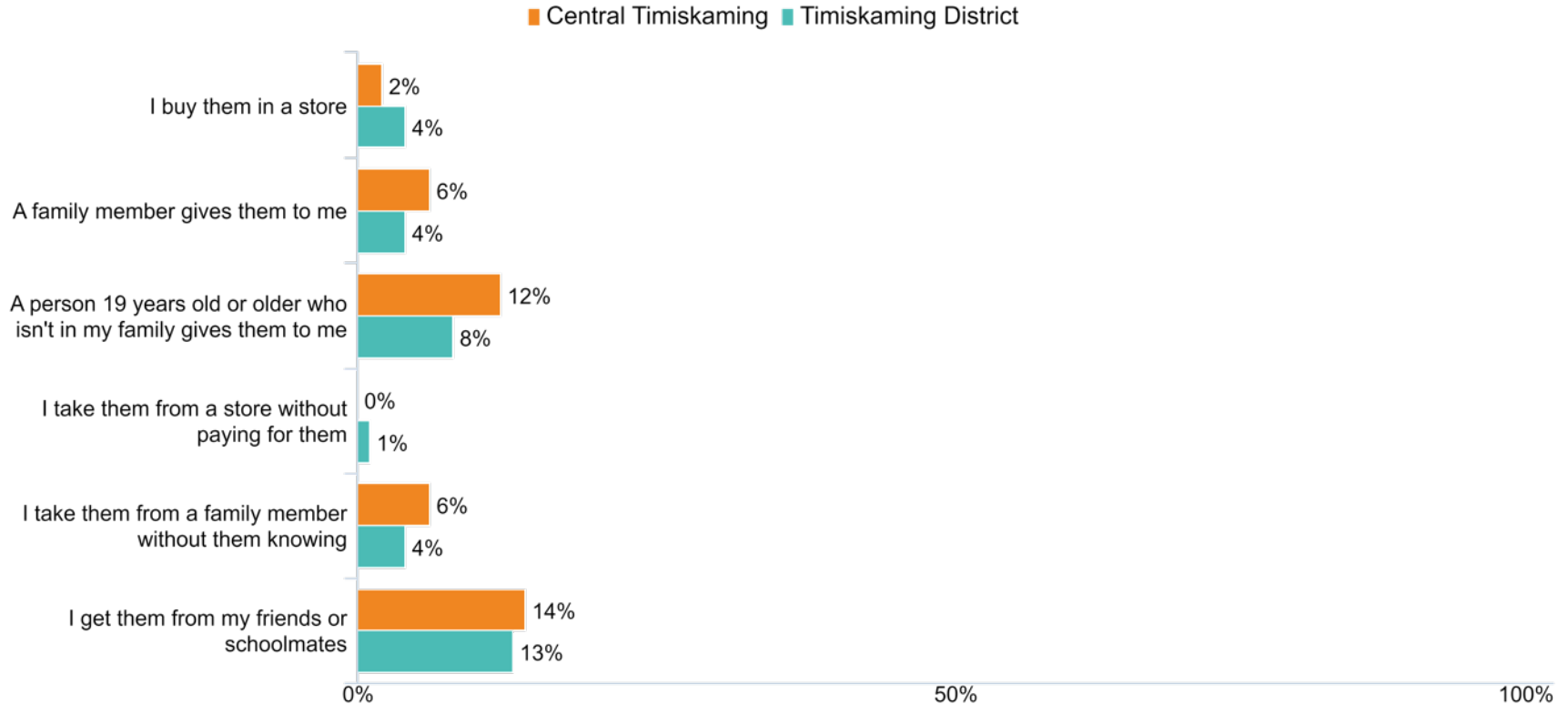
Used cannabis in the last 30 days



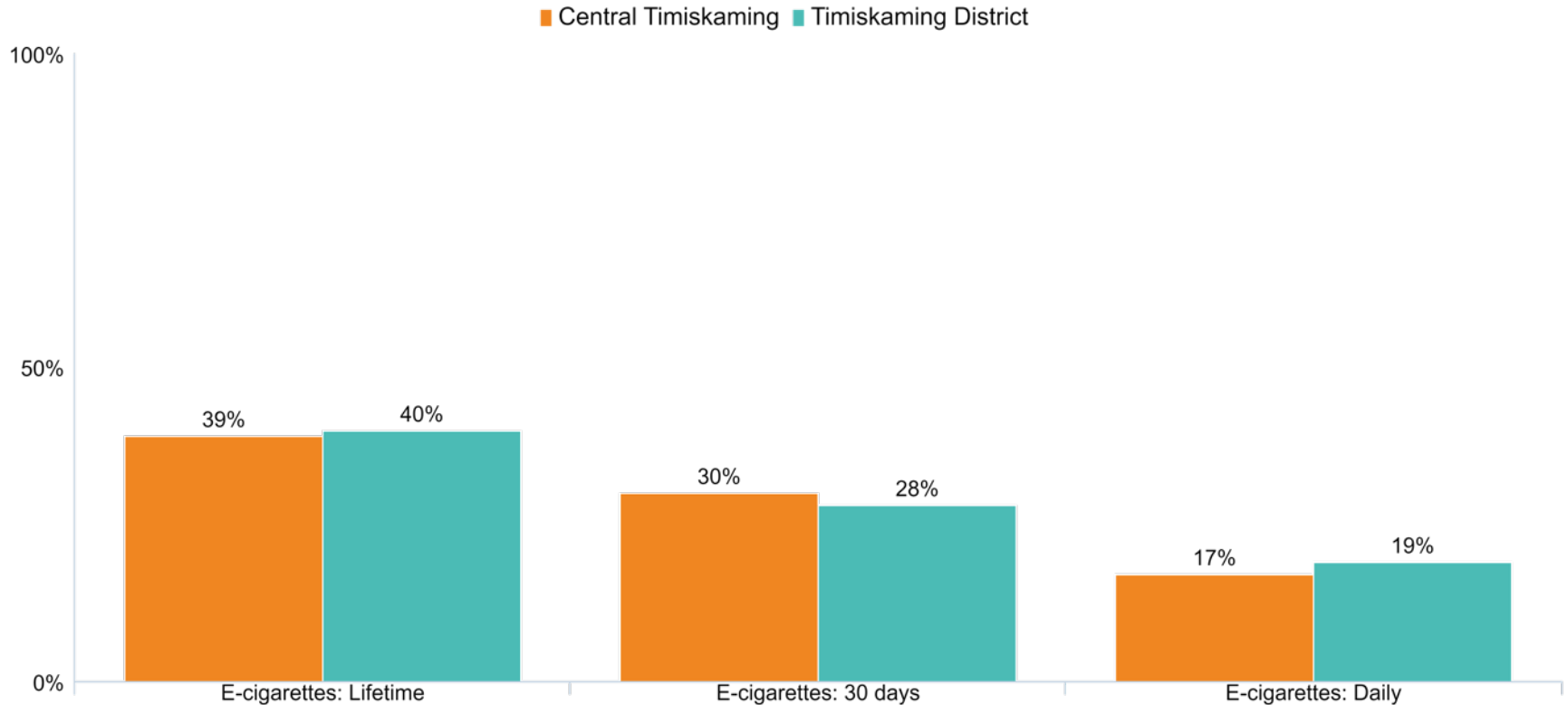
Proportion of adolescents in Central Timiskaming who have smoked cigarettes once or more in their lifetime, in the last 30 days, and smoke on a daily basis



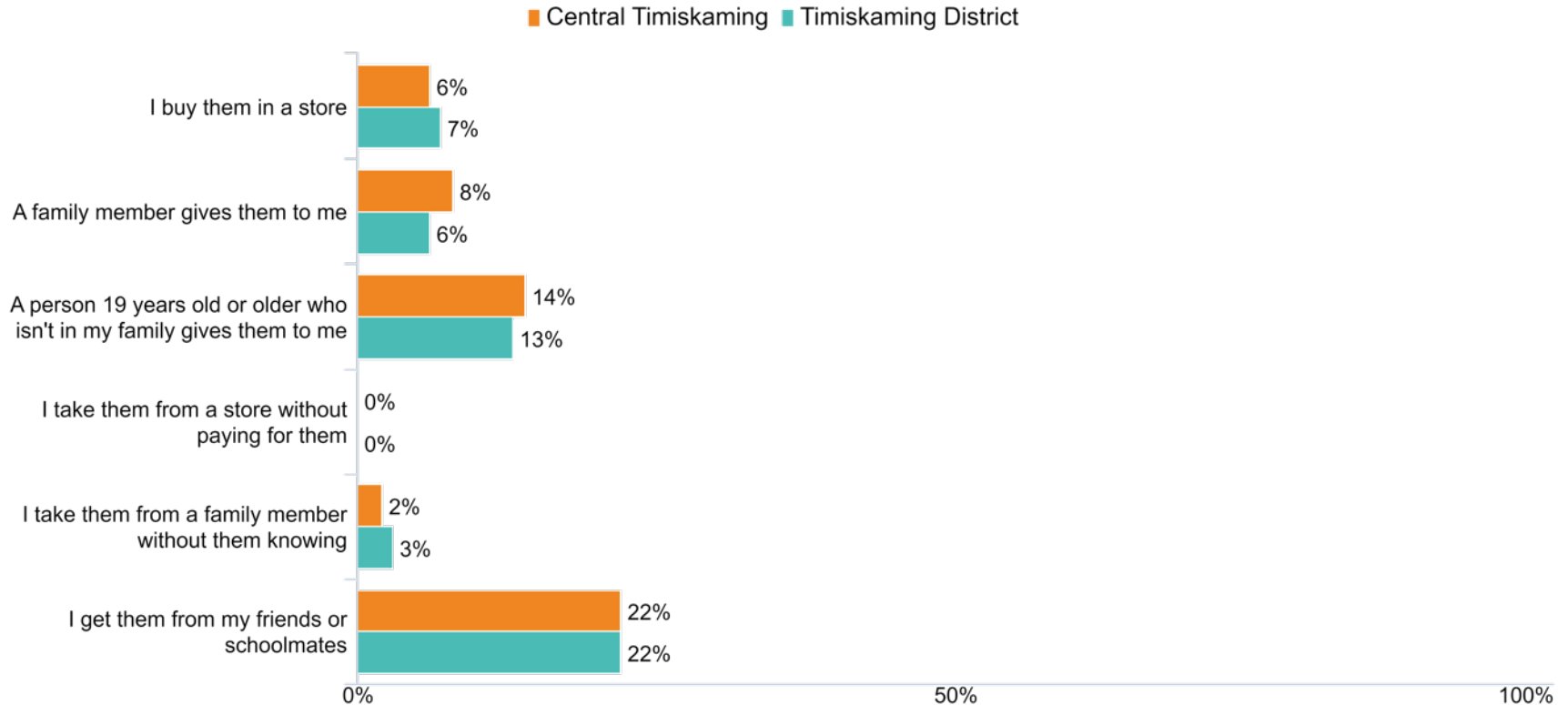
Proportion of adolescents in Central Timiskaming who report getting their cigarettes **sometimes** or **often** the following way



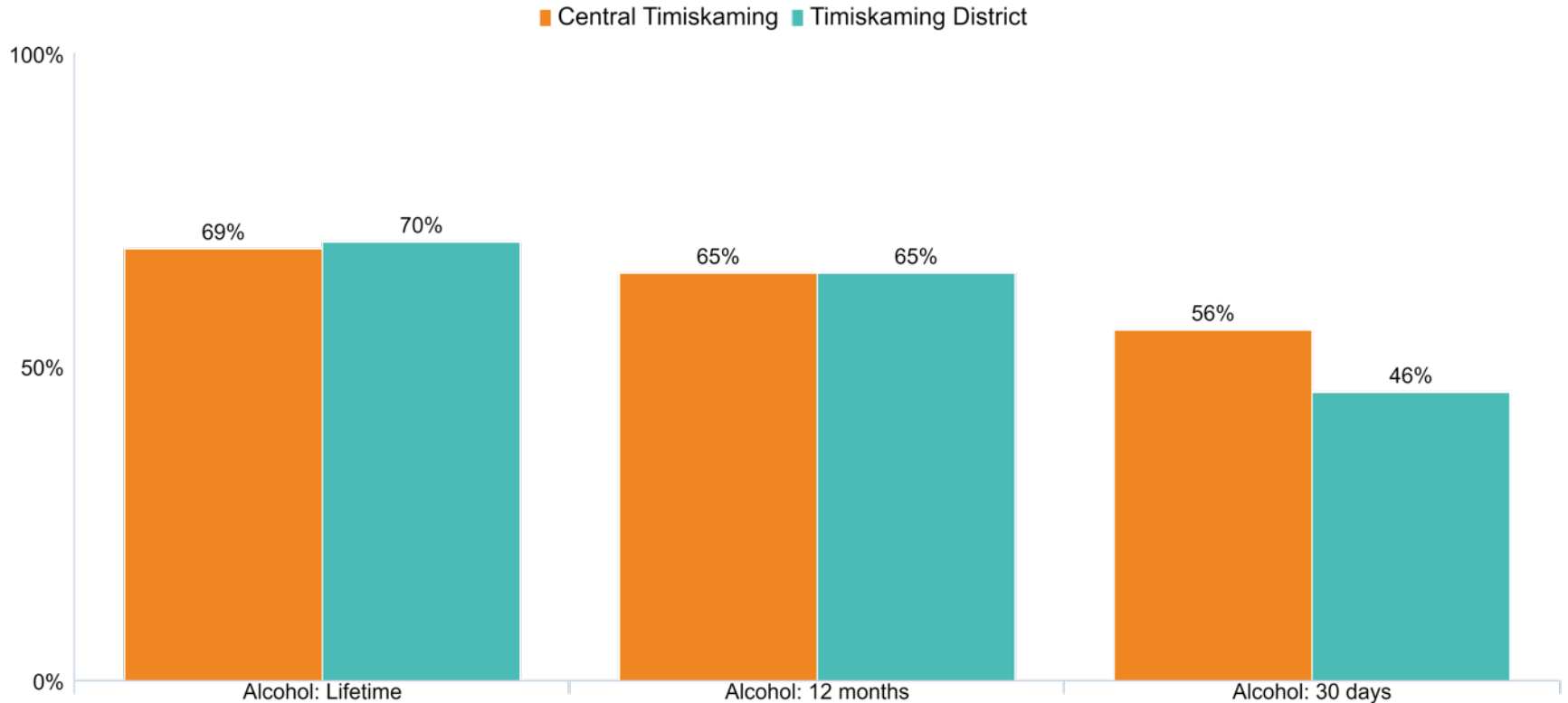
Proportion of adolescents in Central Timiskaming who have used e-cigarettes once or more in their lifetime, the past 30 days, and use e-cigarettes on a daily basis



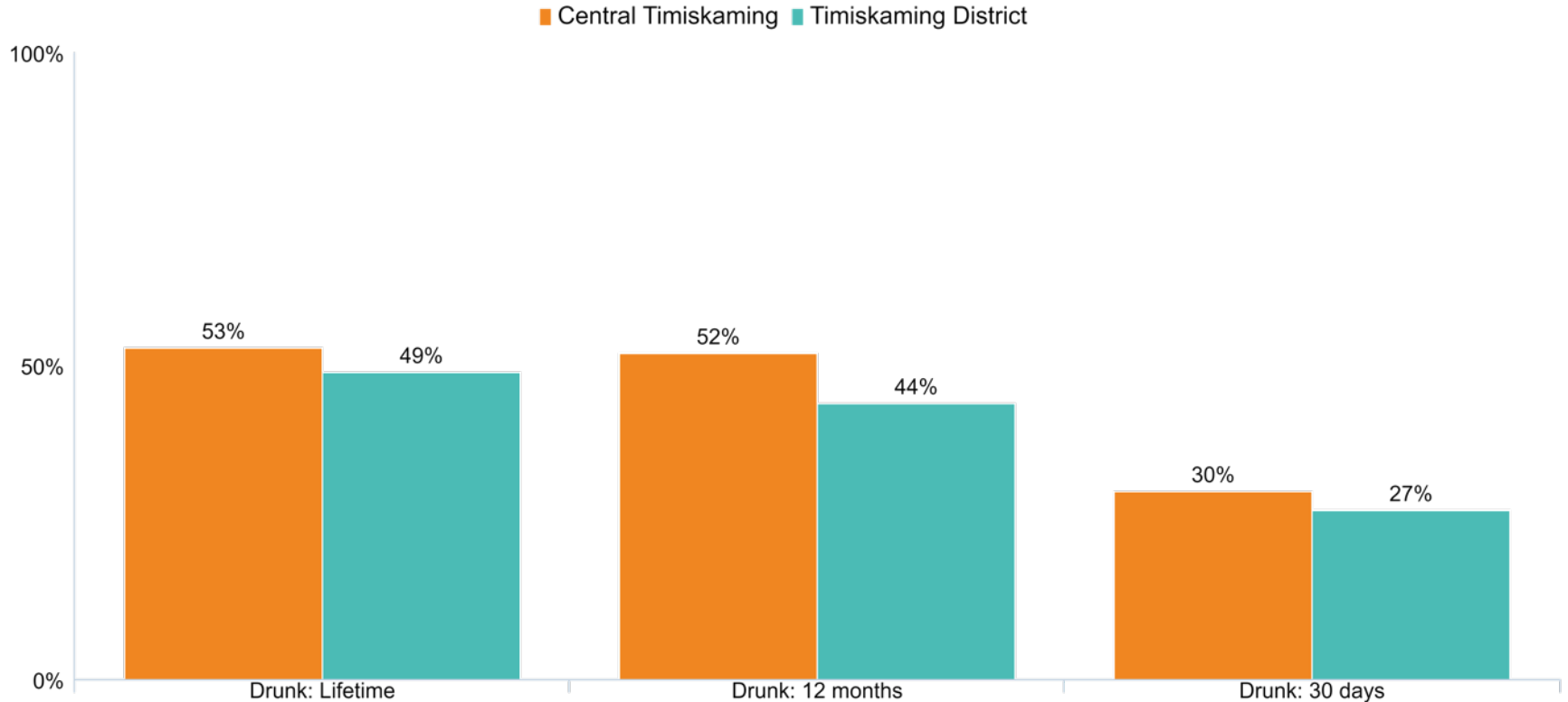
Proportion of adolescents in Central Timiskaming who report getting their electronic cigarettes or vaping products **sometimes** or **often** the following way



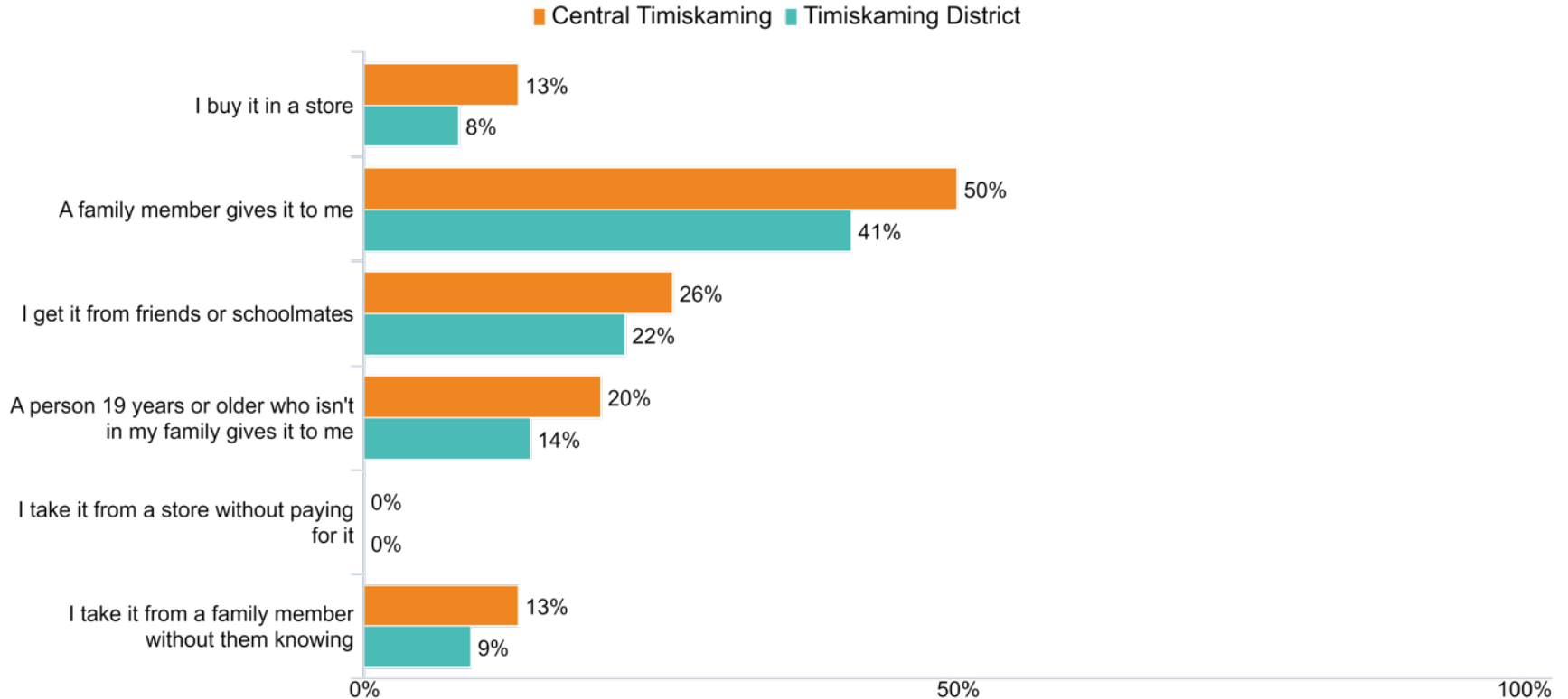
Proportion of adolescents in Central Timiskaming who have consumed alcohol once or more in their lifetime, the past 12 months, and in the past 30 days



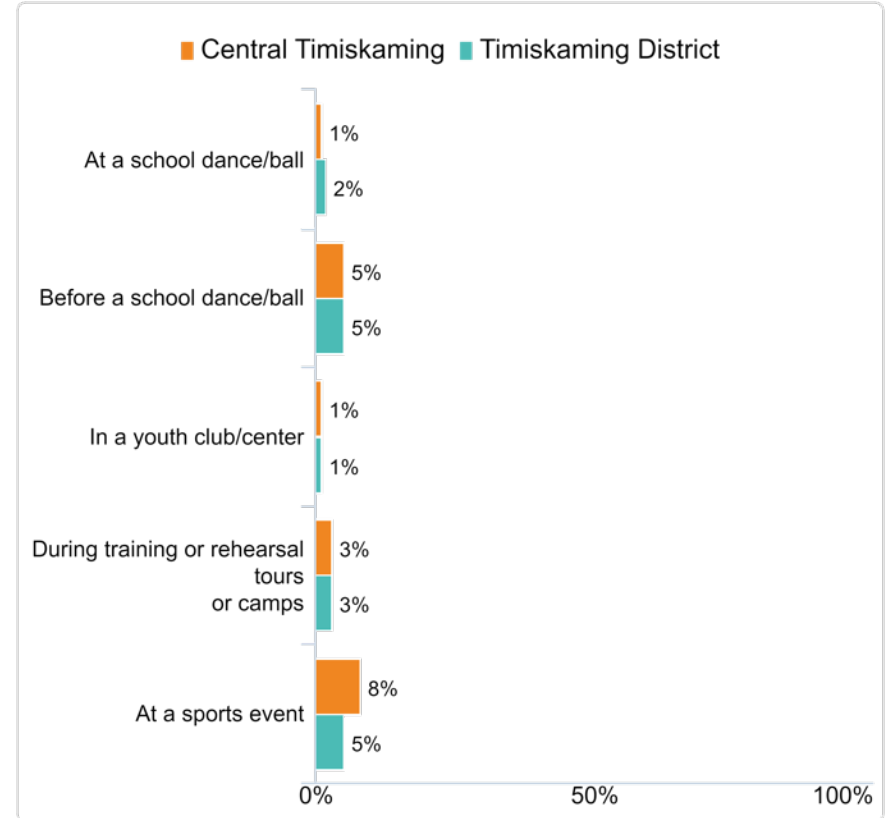
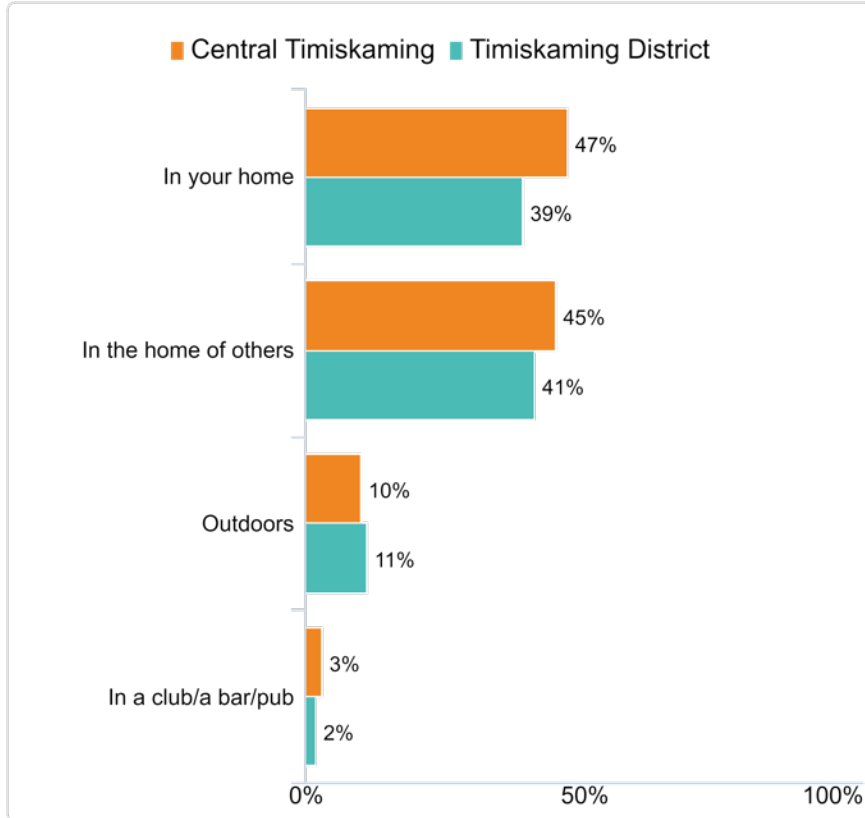
Proportion of adolescents in Central Timiskaming who have been drunk once or more in their lifetime, the past 12 months, and in the past 30 days



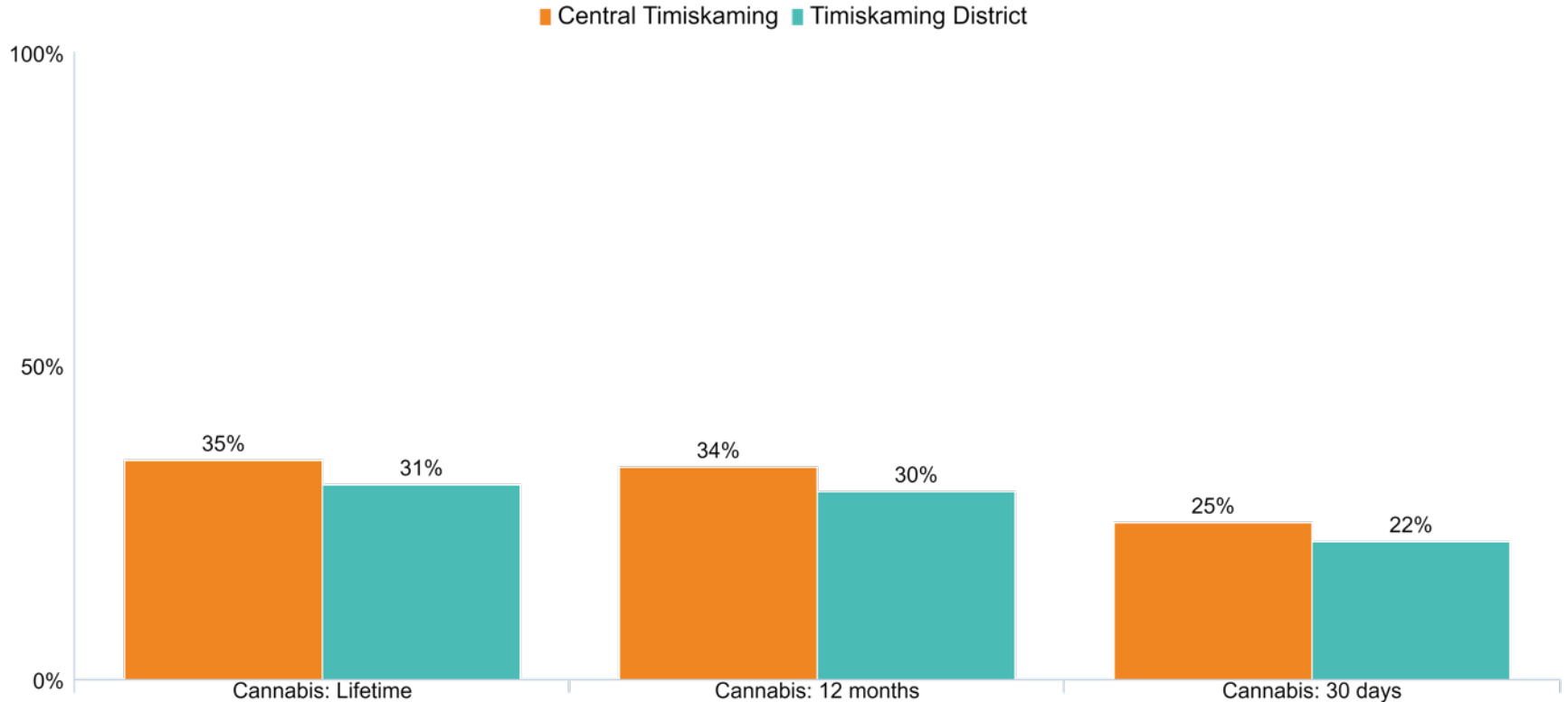
Proportion of adolescents in Central Timiskaming who report getting their alcohol **sometimes** or **often** the following way



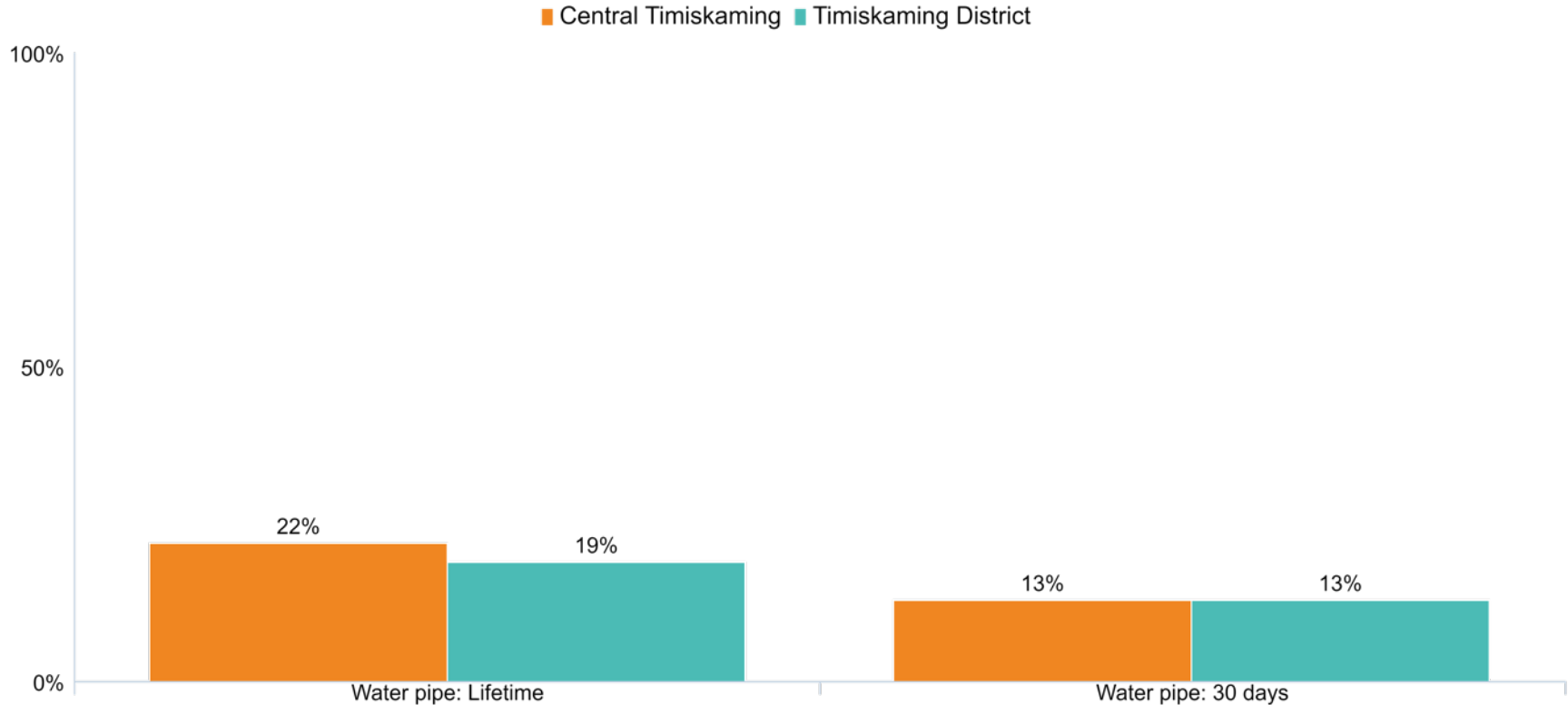
Proportion of adolescents in Central Timiskaming who drink alcohol **sometimes** or **often** in the following places



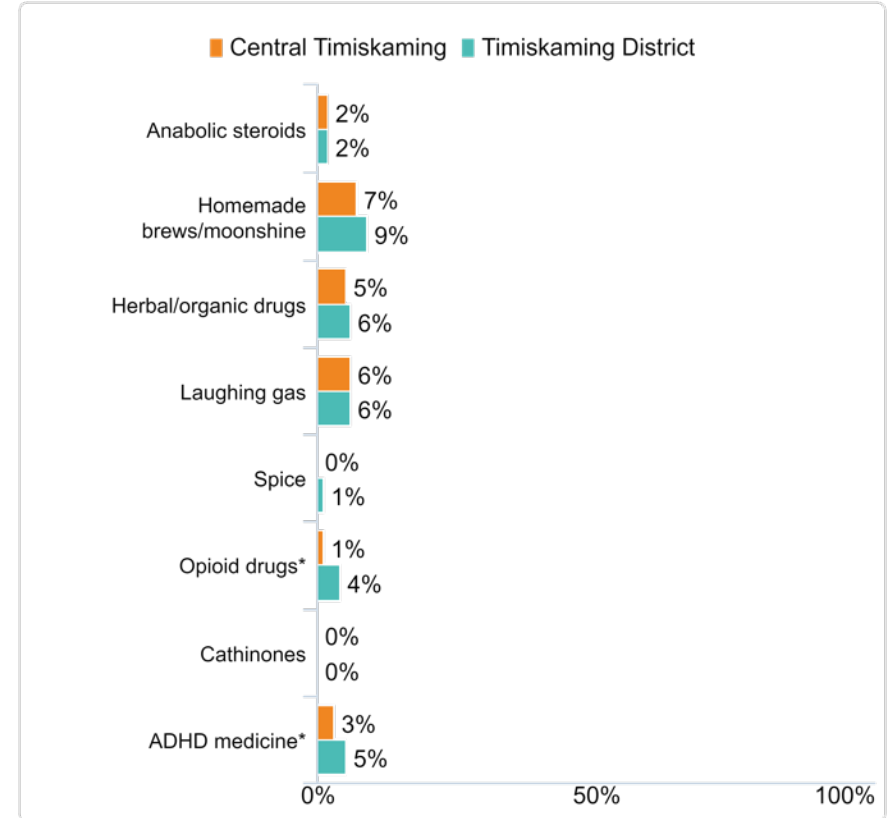
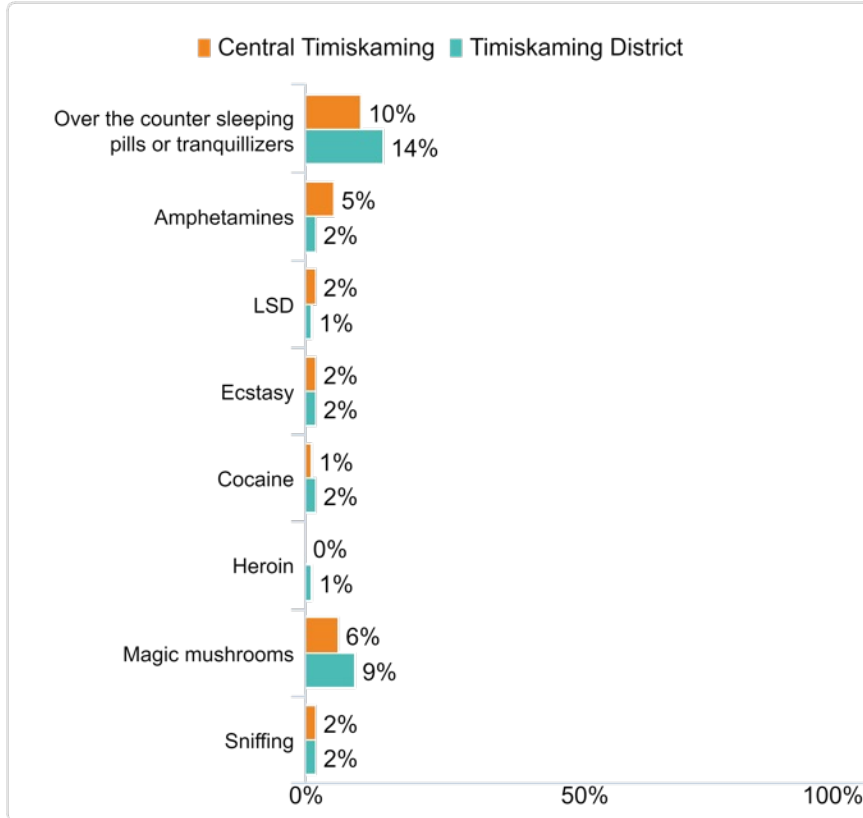
Proportion of adolescents in Central Timiskaming who have used cannabis once or more in their lifetime, the past 12 months, and in the past 30 days



Proportion of adolescents in Central Timiskaming who have used water pipe / hookah / bong once or more in their lifetime and in the past 30 days

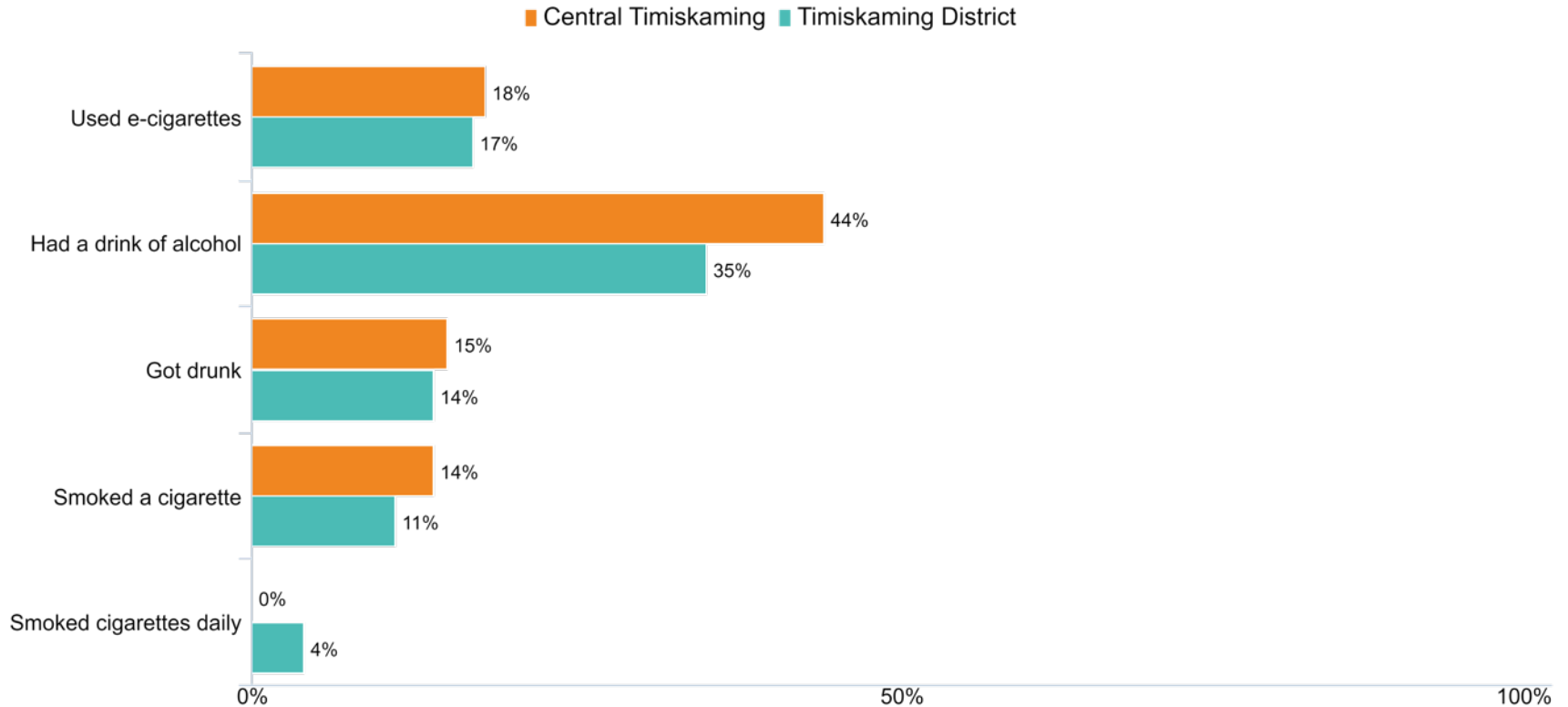


Proportion of adolescents in Central Timiskaming who have used the following substances once or more in their lifetime

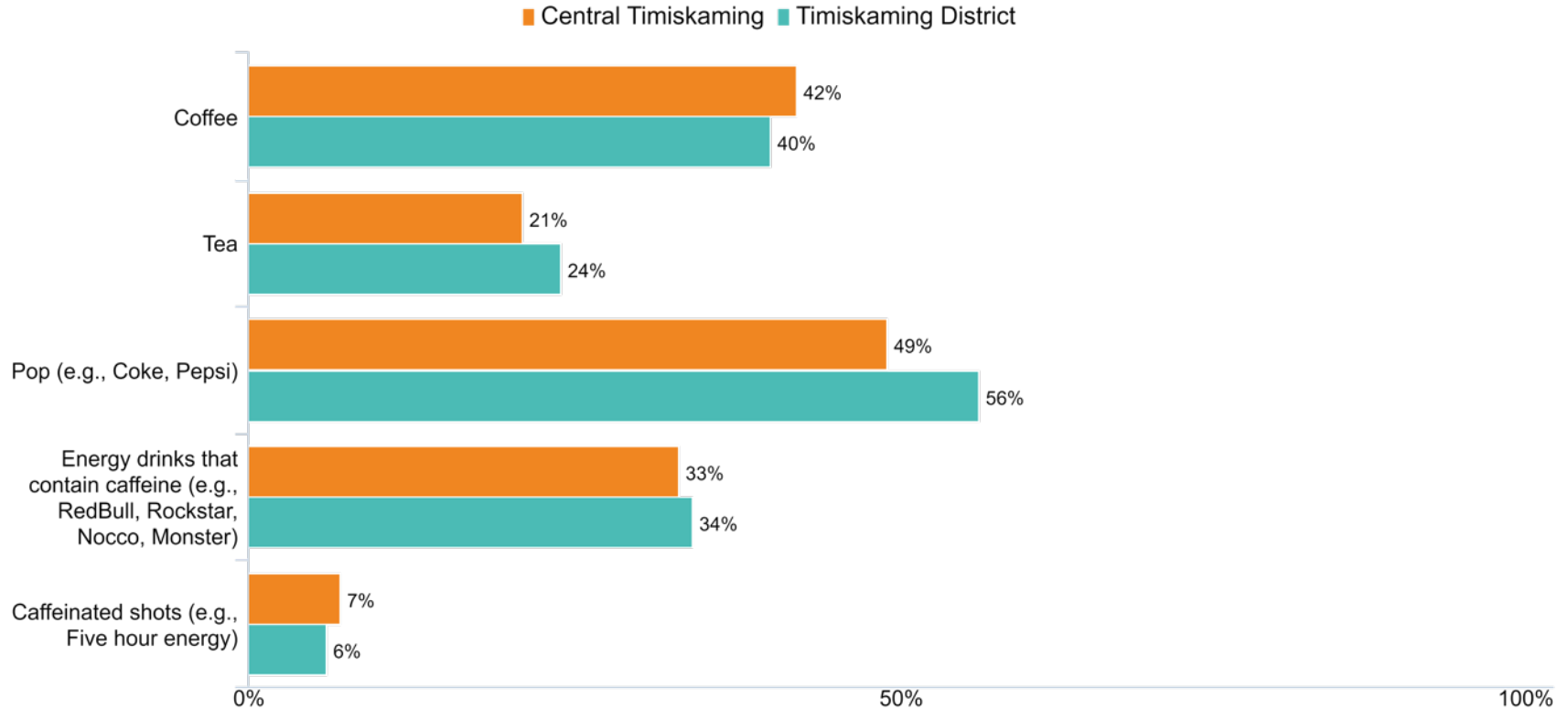


*Without a doctor's prescription

Proportion of adolescents in Central Timiskaming who did the following for the first time when they were **13 years old or younger**



Proportion of adolescents in Central Timiskaming who drink at least one drink of the following every day



FAMILY

Family

78%

Of parents disapprove of* cannabis use



53%

Of parents disapprove of* drunkenness



82%

Of students say it is easy to receive caring and warmth from their parents



Time with parents on weekends

66%



Often or always spend time with their parents on weekends

Time with parents on weekdays

60%

Often or always spend time with their parents on weekdays



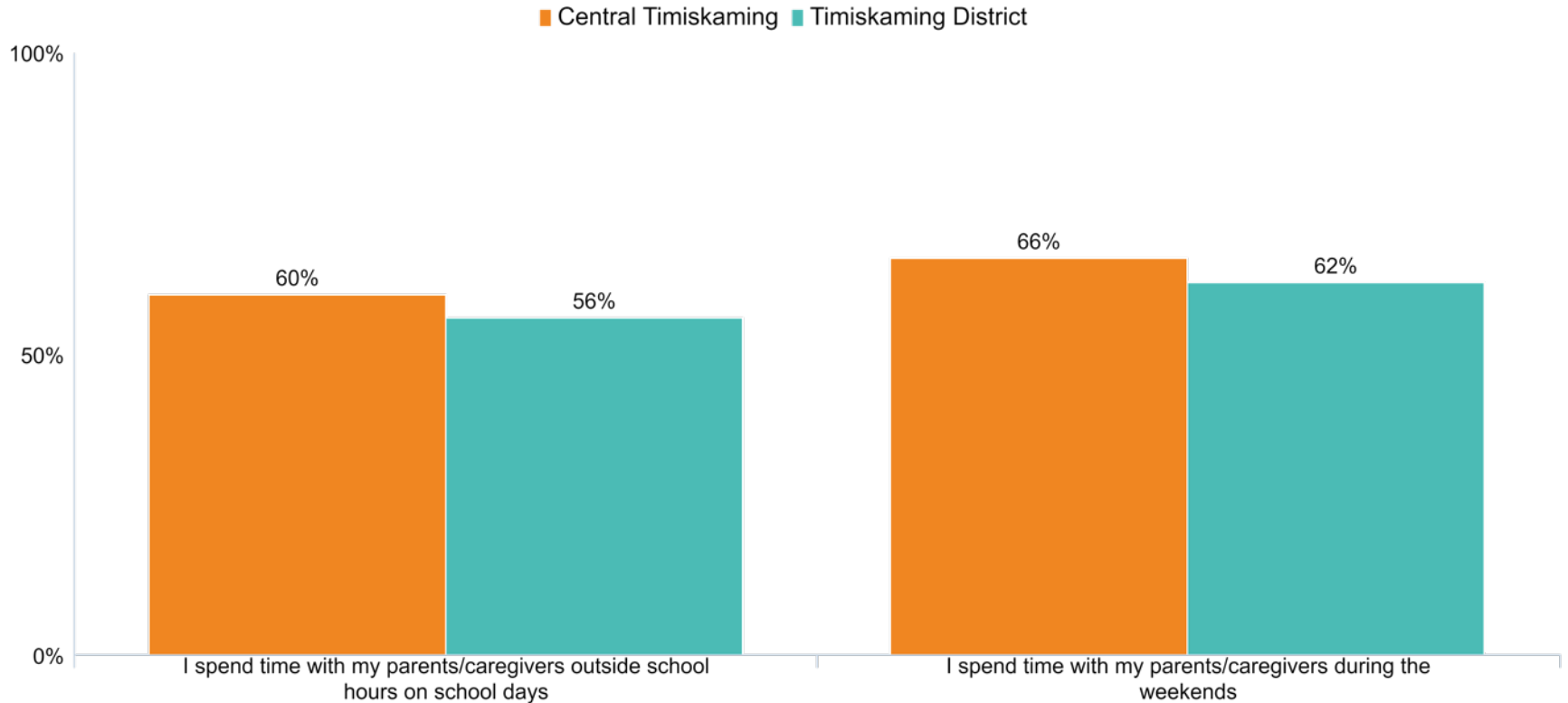
Parental monitoring

83%

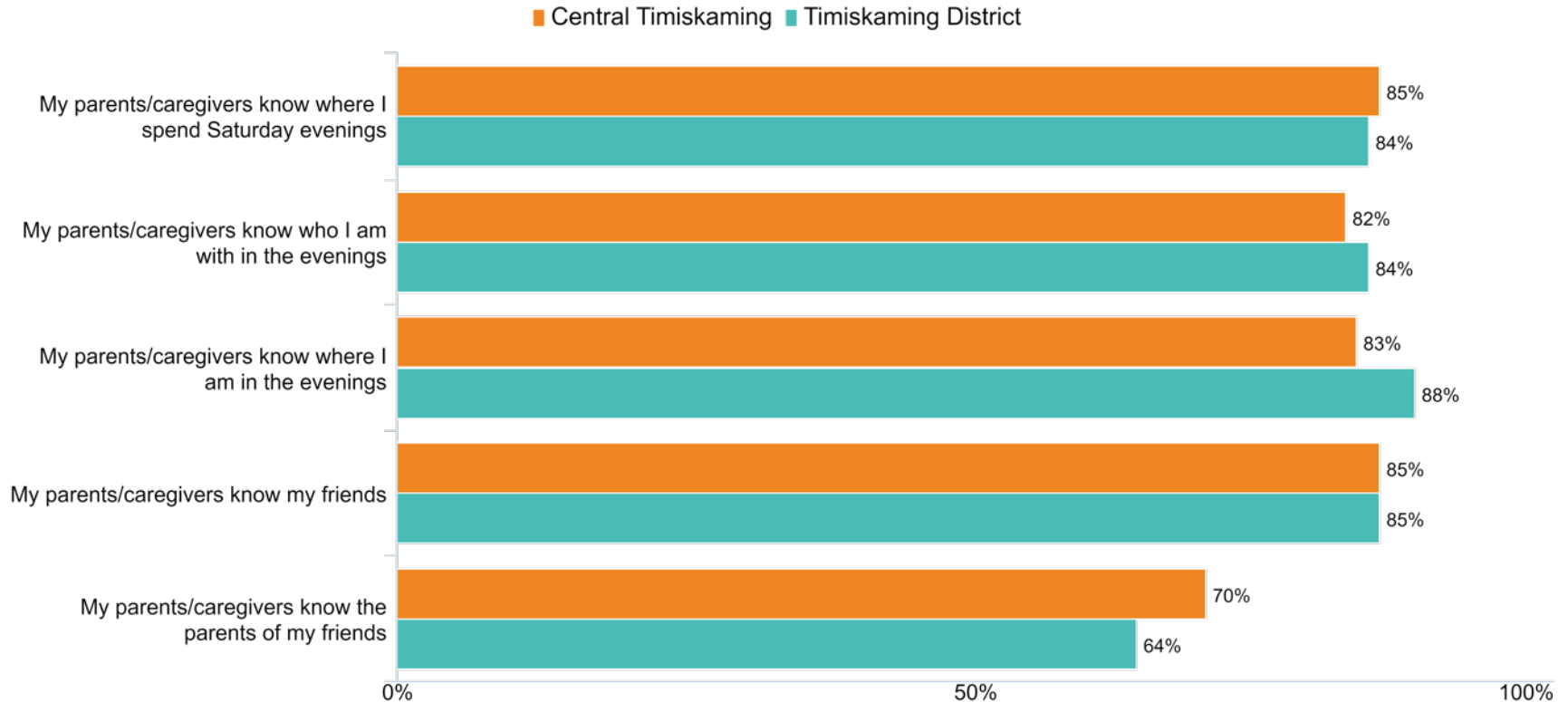


Of parents know where their teenagers are in the evenings

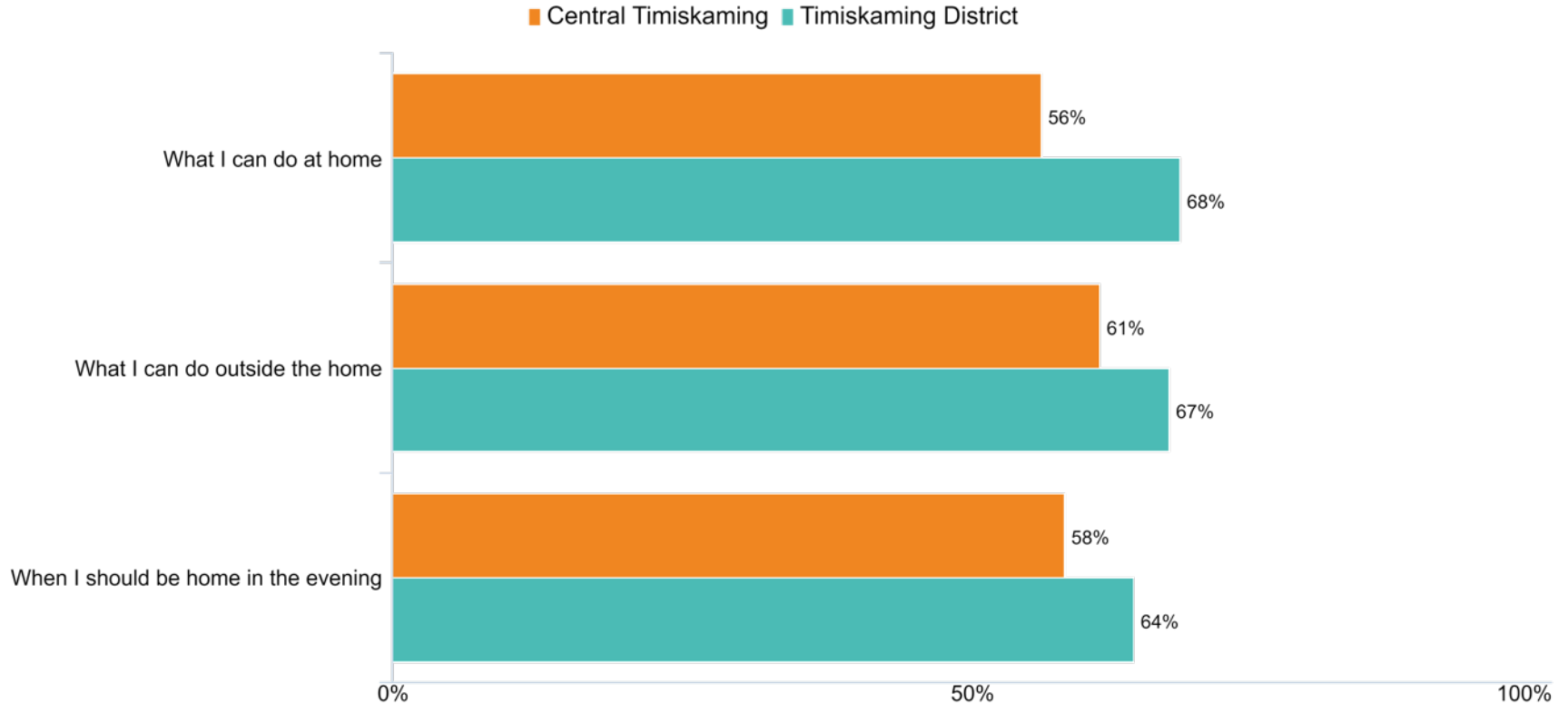
Proportion of adolescents in Central Timiskaming who spend time with their parents **often** or **always** on school days and weekends



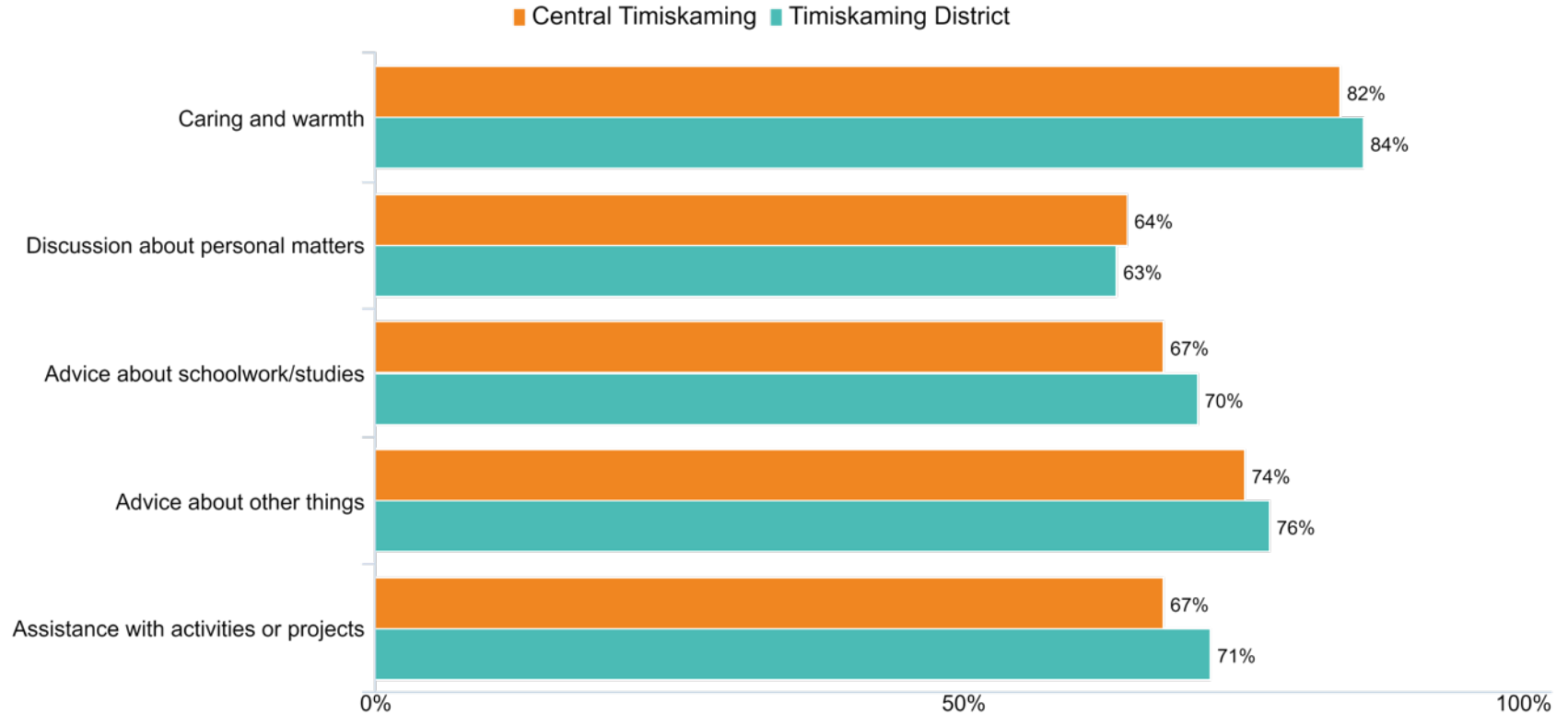
Proportion of adolescents in Central Timiskaming who report the following parental monitoring applies **rather well** or **very well** to them



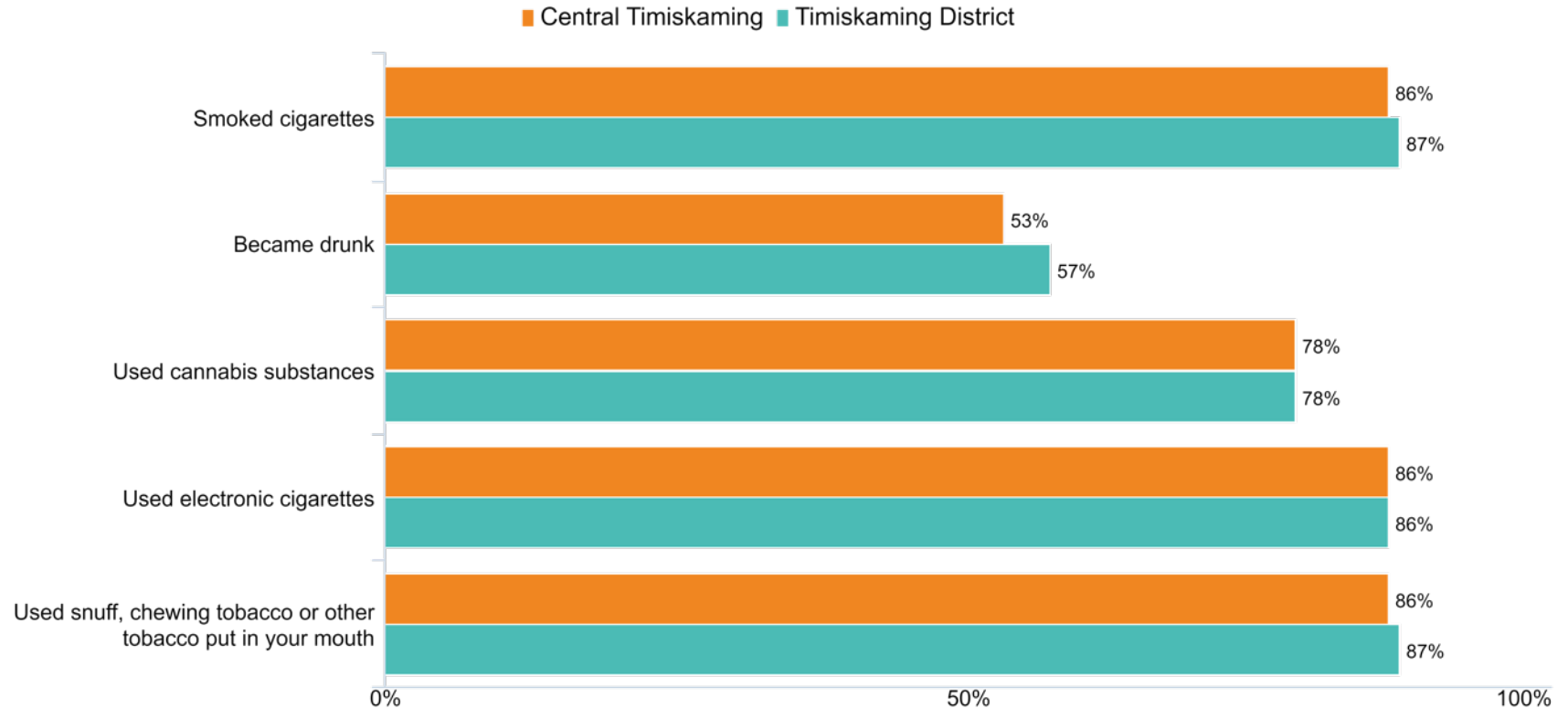
Proportion of adolescents in Central Timiskaming who say the following parental rules apply **rather well** or **very well** to them



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



Perceived parental reactions to substance use. Student perceptions of parents that would **not allow** or they would **discourage** the following substance use



SCHOOL

School

Females

22%

Are often or always bored
with the studies

64%

Think the adults at their
school care about them

71%

Have friends at school
that care about them



Males

33%

Are often or always bored
with the studies

53%

Think the adults at their
school care about them

79%

Have friends at school
that care about them

60%

Feel safe at school



21%

Want to change
schools

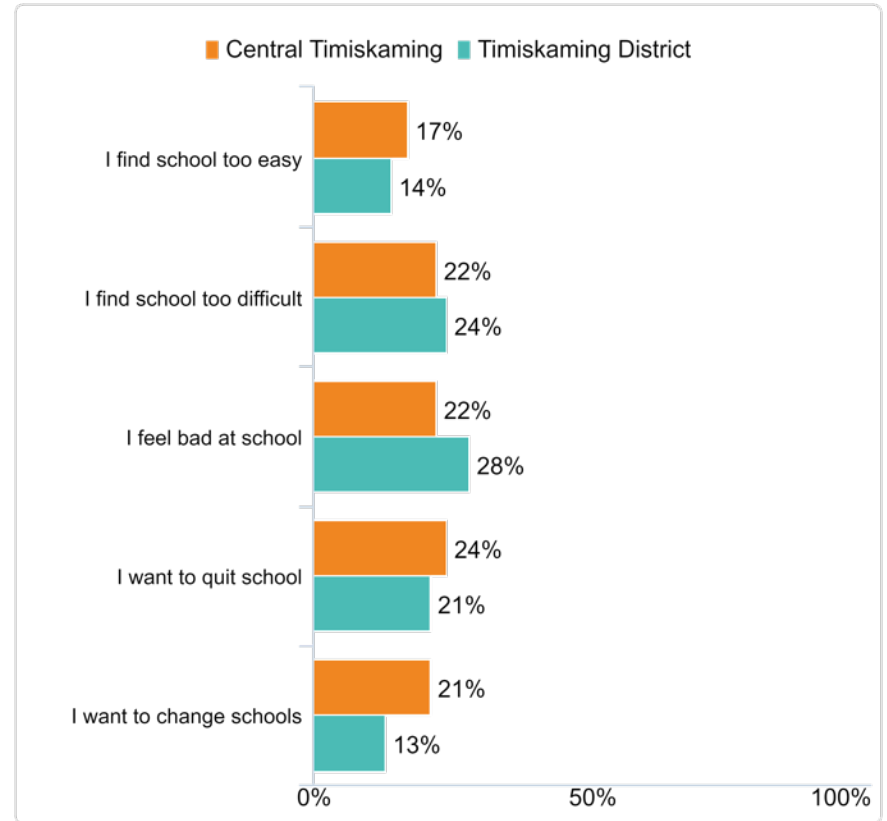
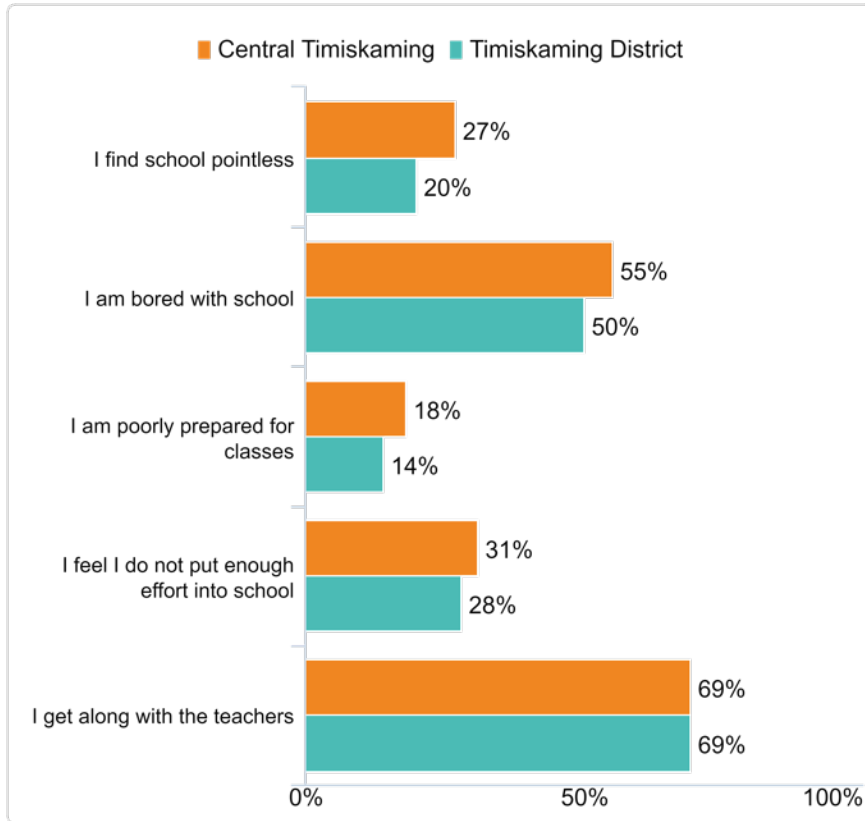


69%

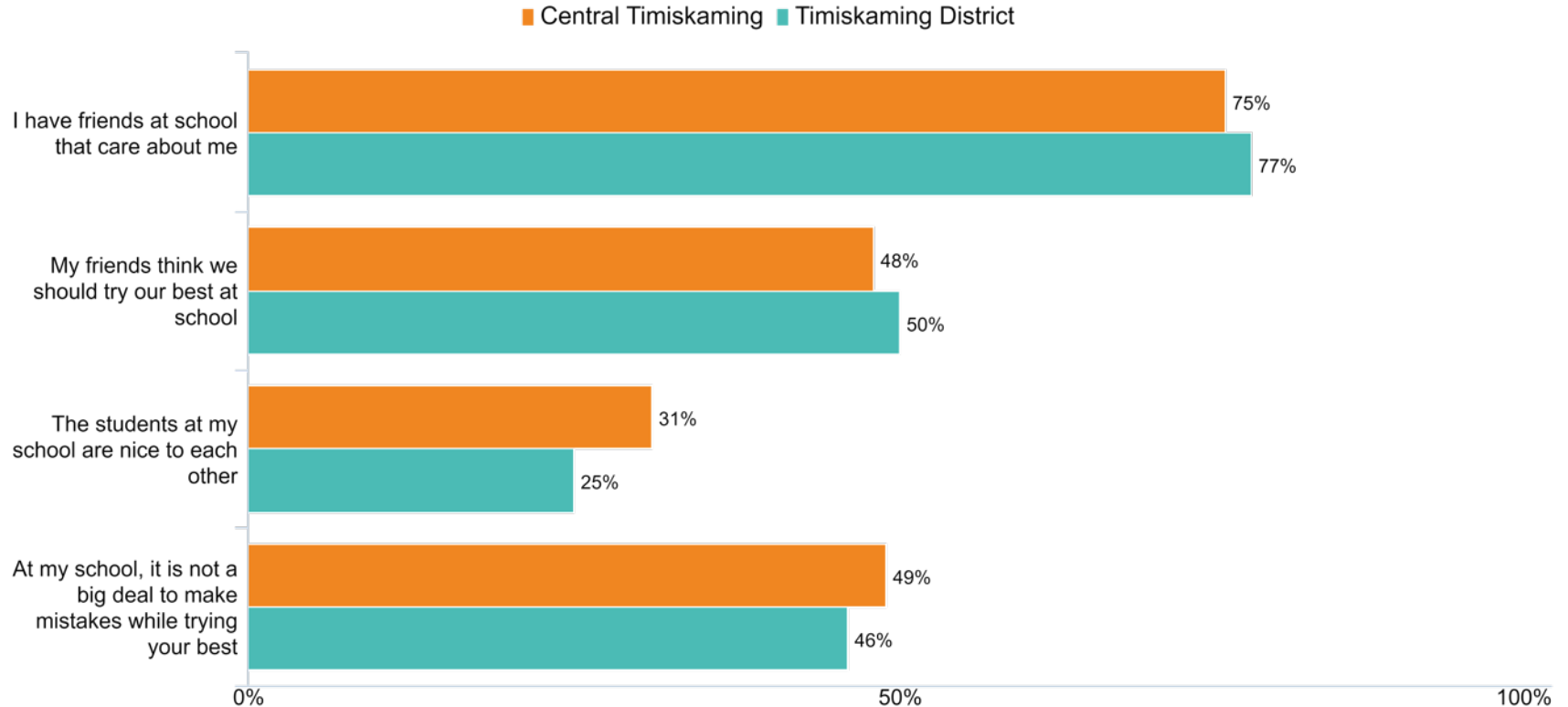
Get along with
their teacher



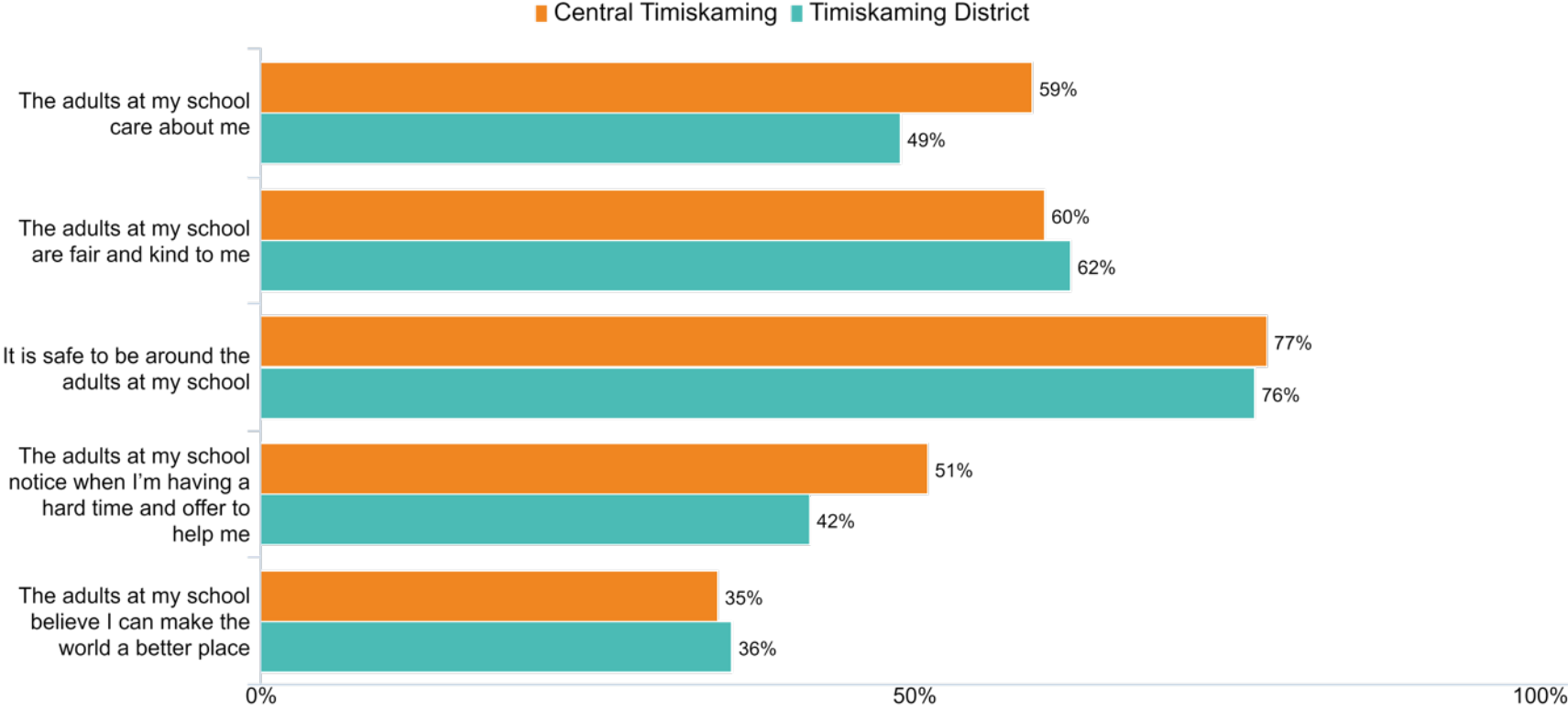
Proportion of adolescents in Central Timiskaming who report that the following school/study attitude applies **often** or **almost always** to them



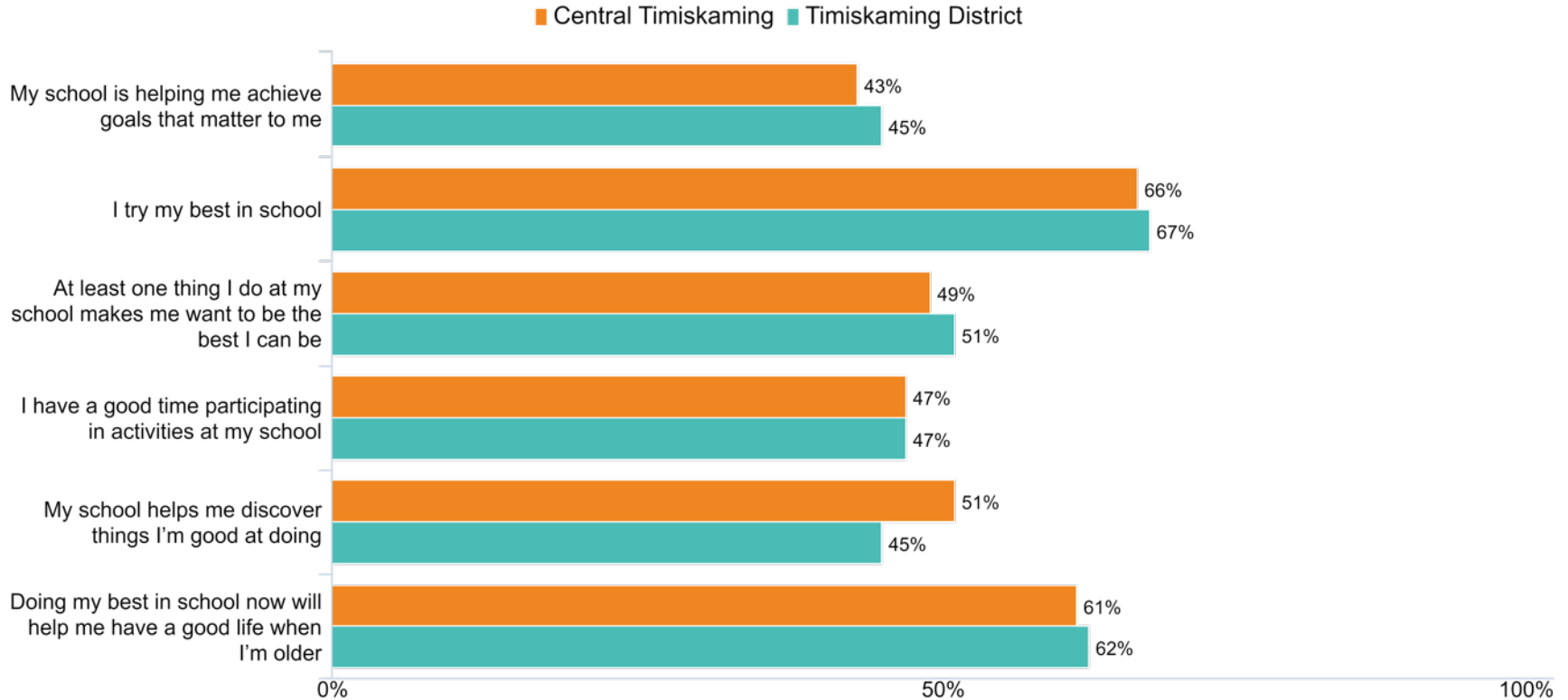
Proportion of adolescents in Central Timiskaming that **agree** or **strongly agree** with the following statements about peer environment in school



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



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



LEISURE

Leisure activities

21%

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



31%

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



37%

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



64%

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



21%

Of teenagers were outside after 10 PM three times or more in the past week

31%



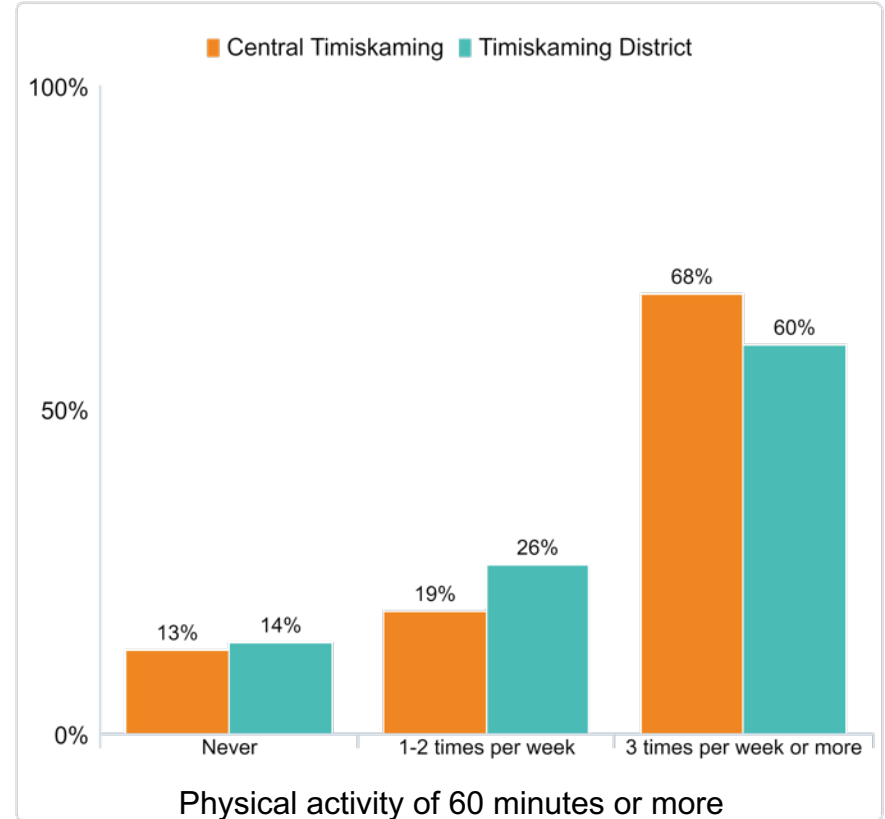
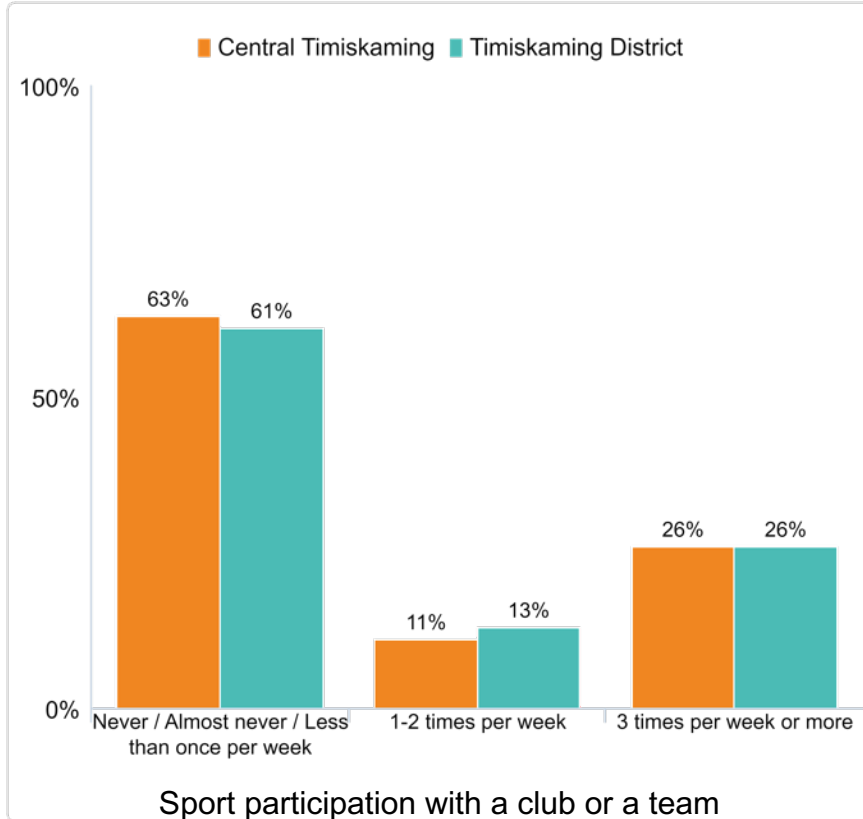
Of teenagers were outside after midnight once or more in the past week



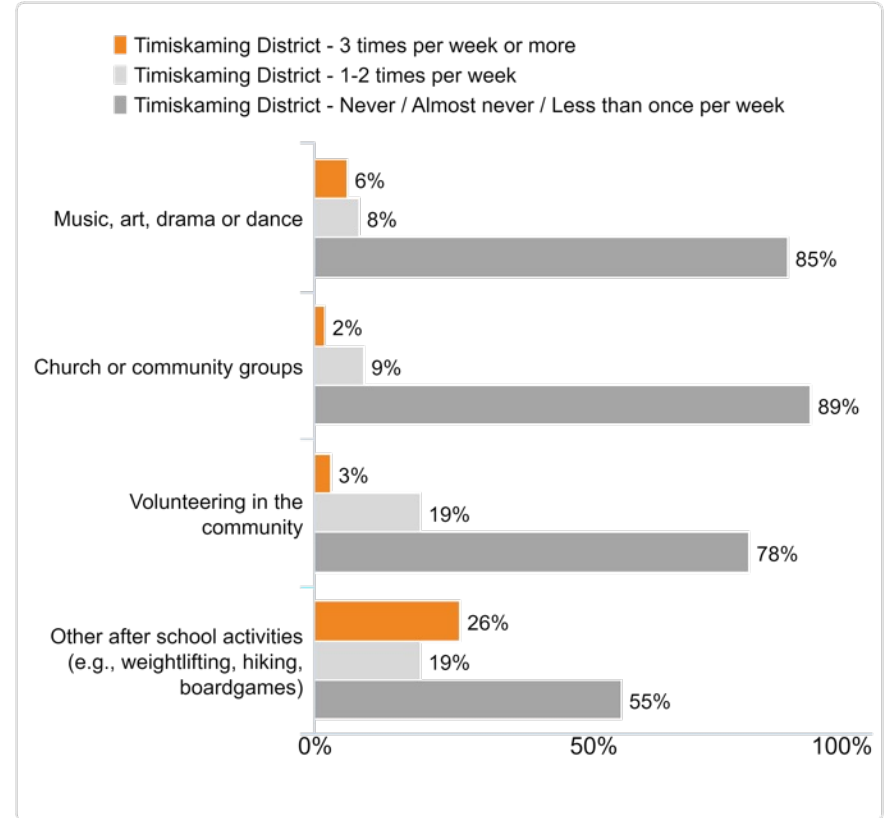
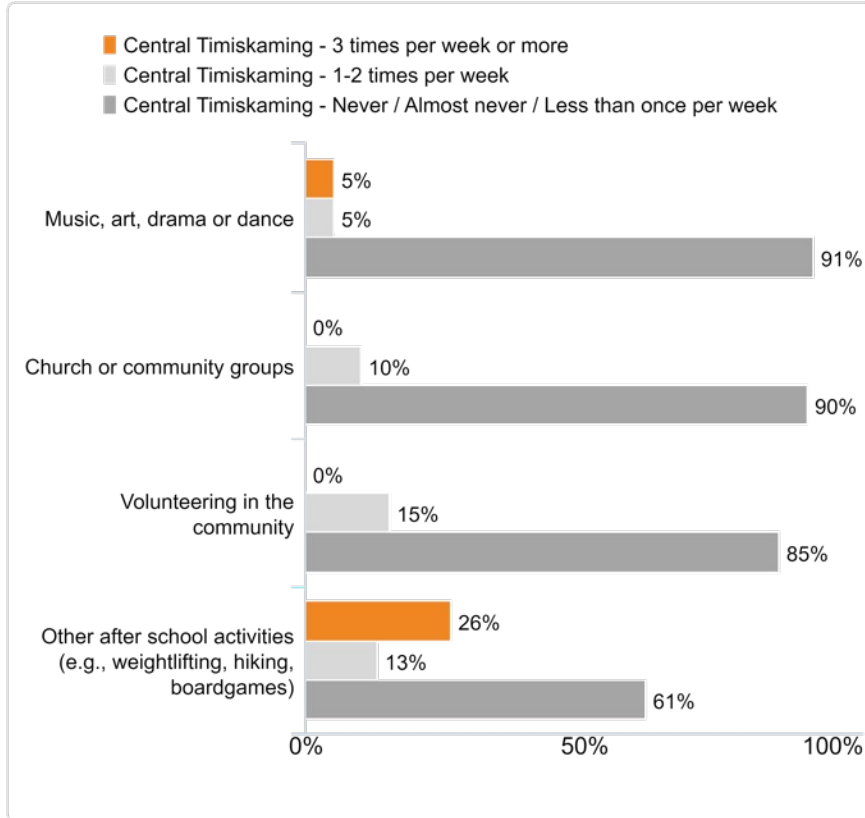
15%

Of teenagers do not participate in any organised out-of-school activities supervised by adults

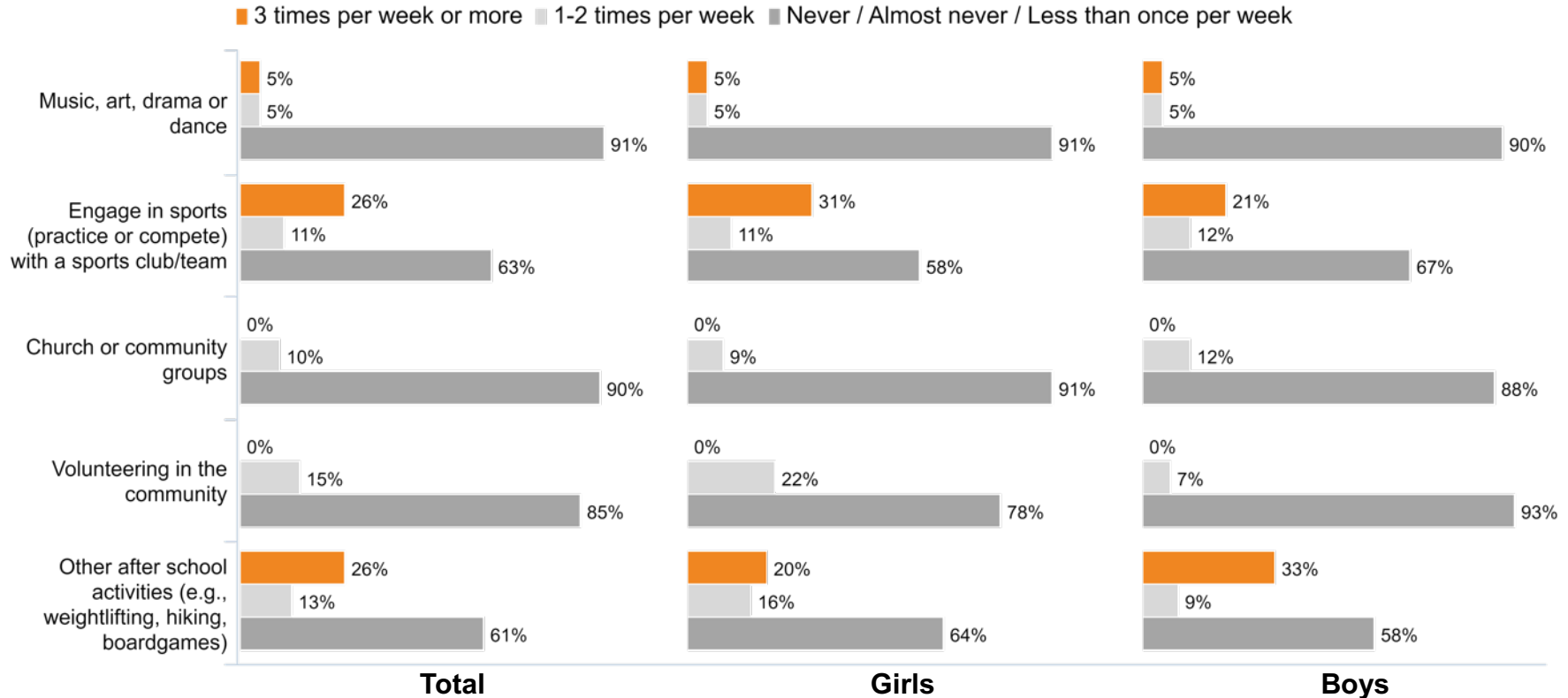
Number of times a week adolescents in Central Timiskaming participate in sports with a club or a team outside of school, and do physical activity of 60 minutes or more



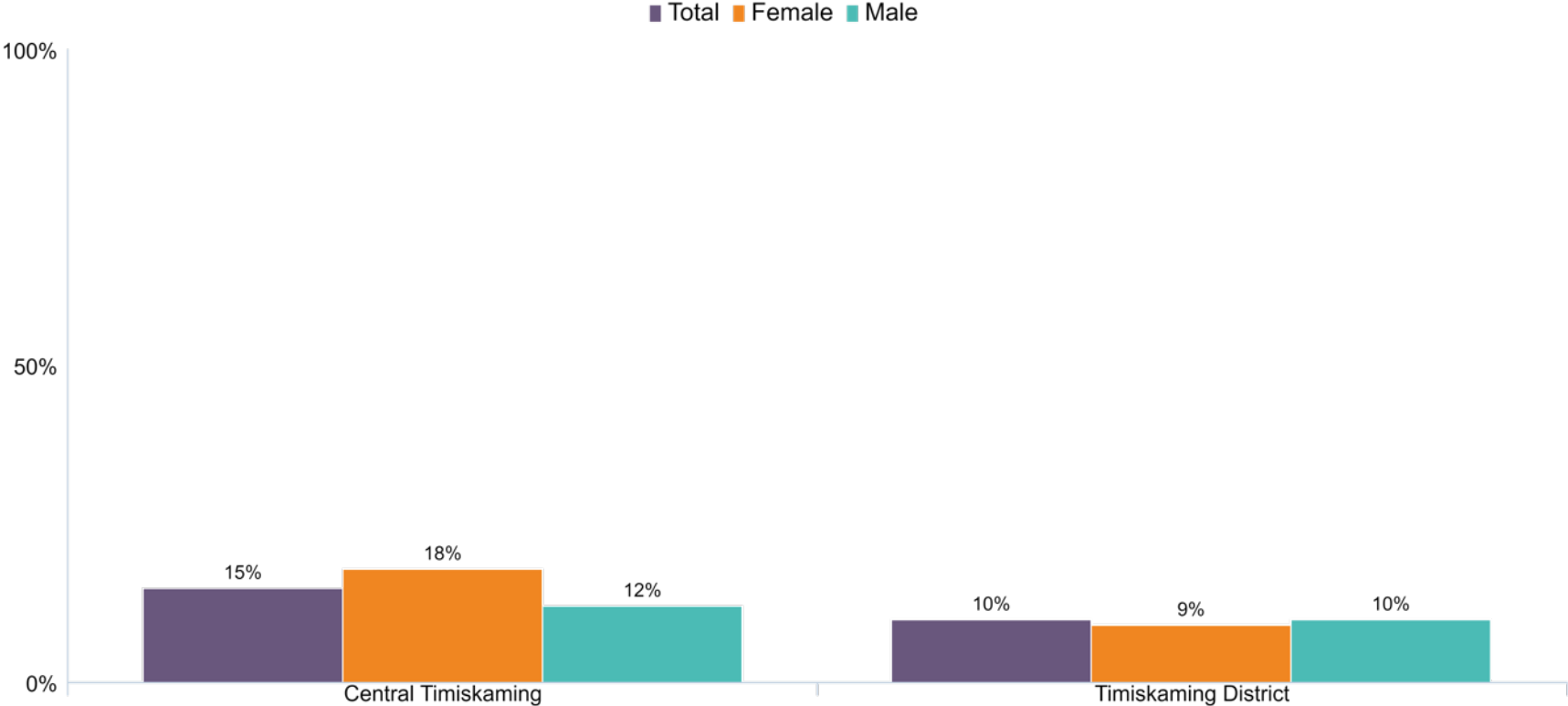
Number of times a week adolescents in Central Timiskaming participate in the following out-of-school activities that are supervised by adults



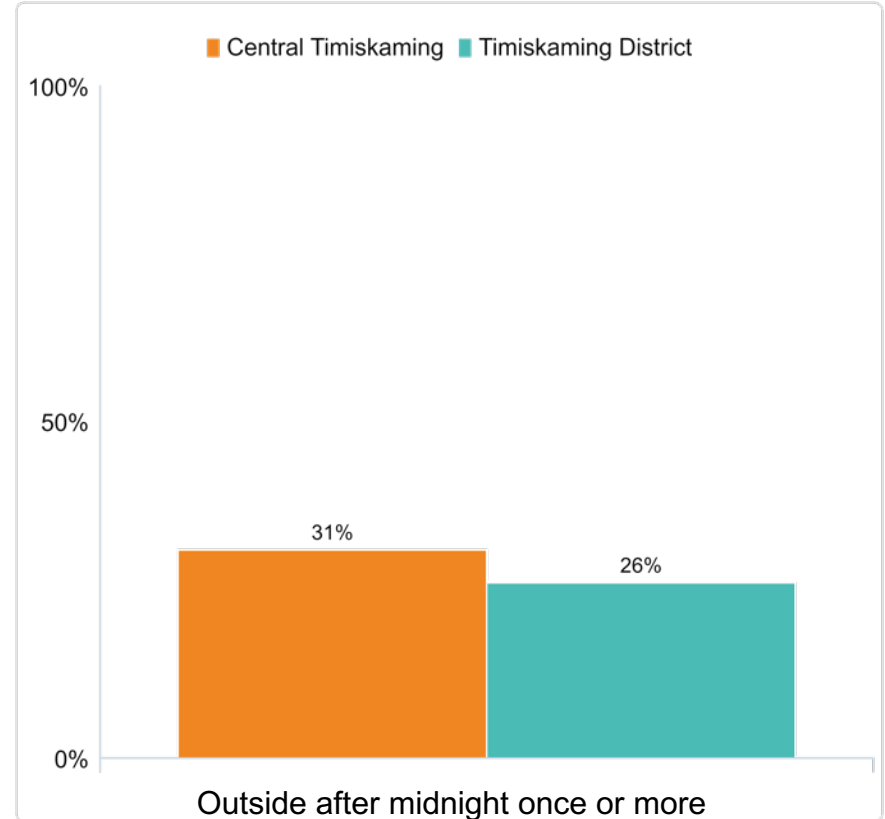
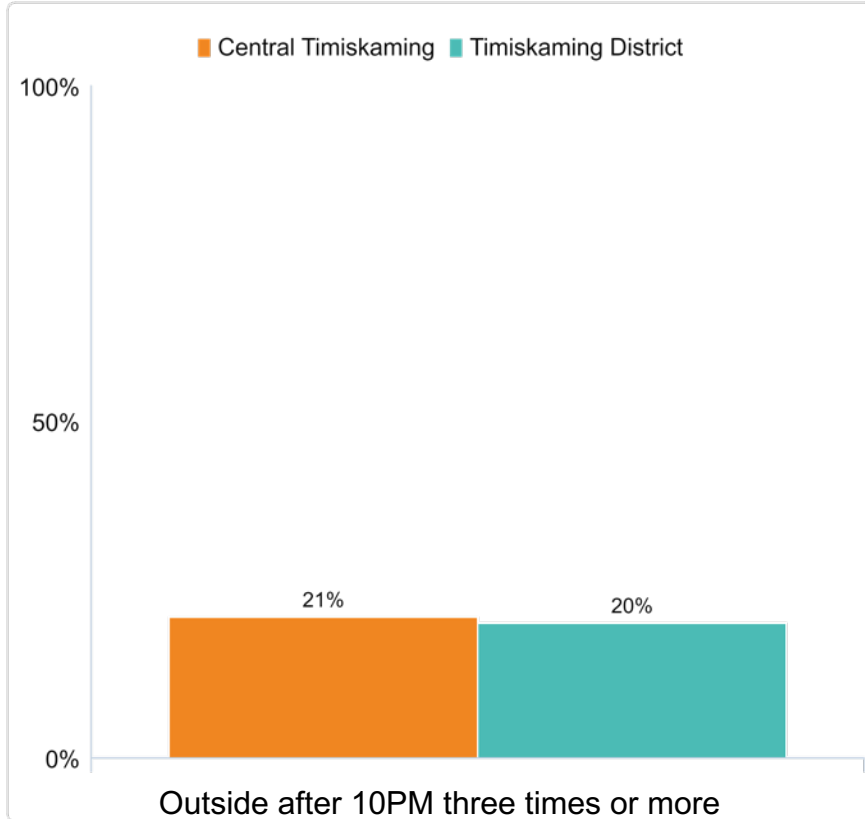
Number of times a week adolescents in Central Timiskaming participate in the following out-of-school activities that are supervised by adults



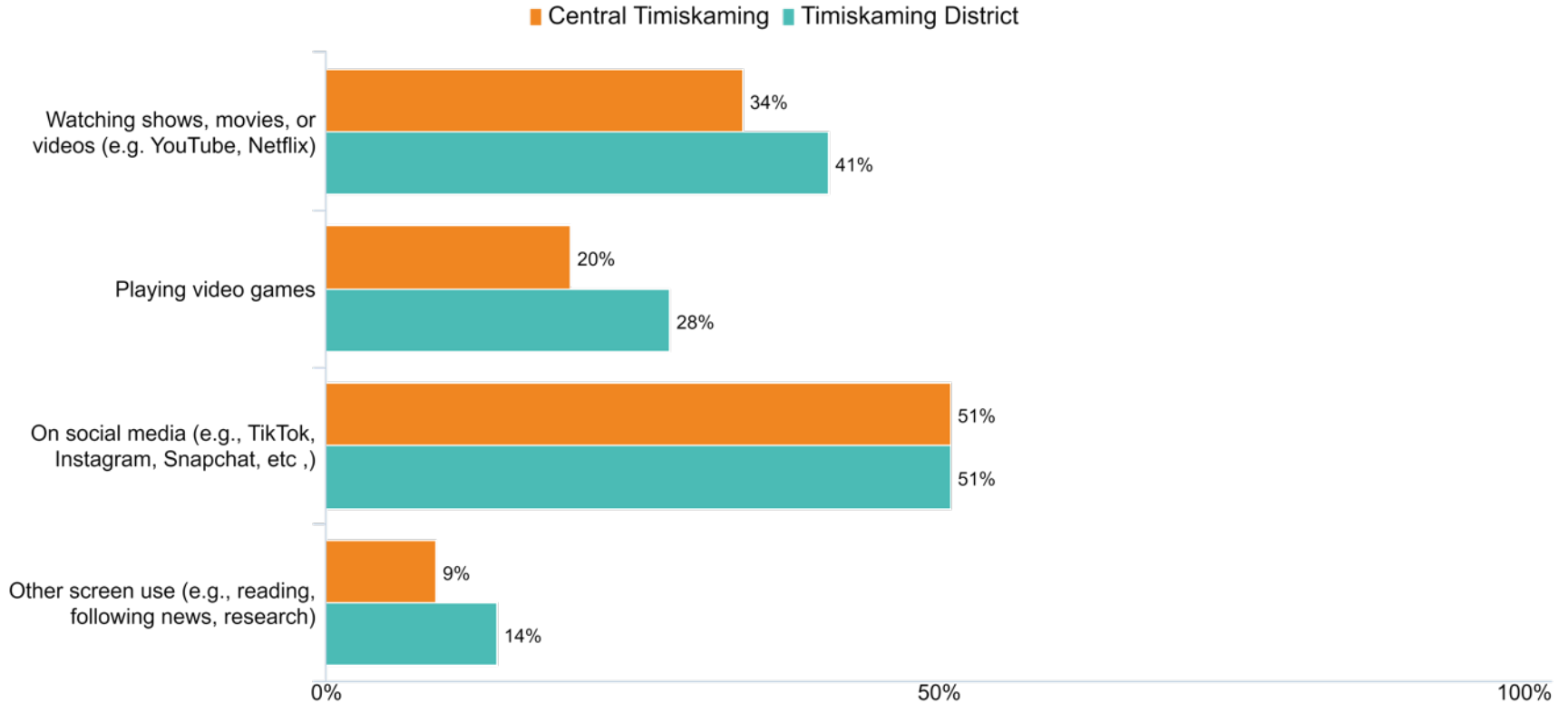
Proportion of adolescents who **do not** participate in any organised out-of-school activities that are supervised by adults



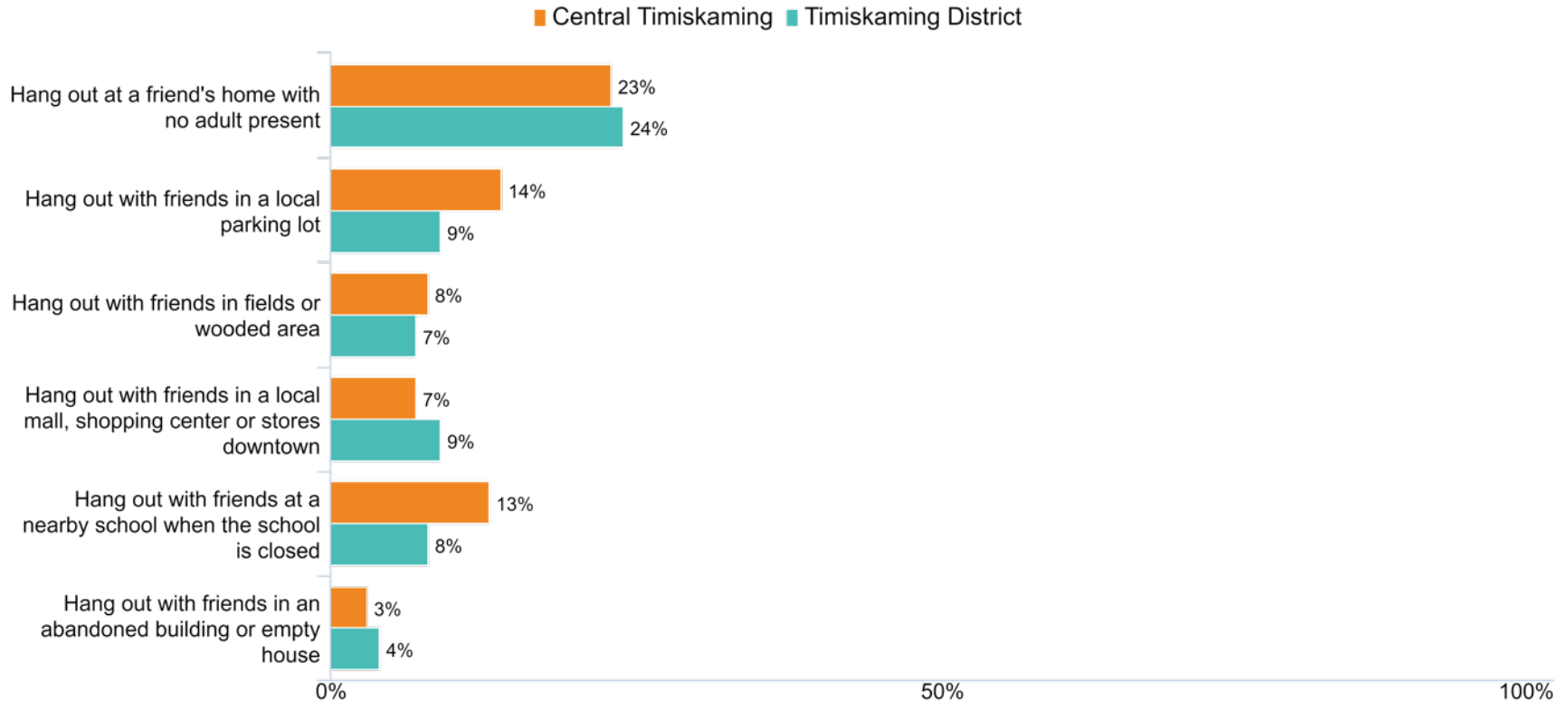
Late outside hours in the previous week



Proportion of adolescents who spend **3 hours or more** a day on the following screen based activities



Proportion of adolescents in Central Timiskaming that hang out at the following locations without adult supervision **once a week or more**



PEER GROUP

Peer Group Effects

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

14%

Drink Alcohol



15%

Smoke Cigarettes



15%

Use Cannabis



18%

Vape

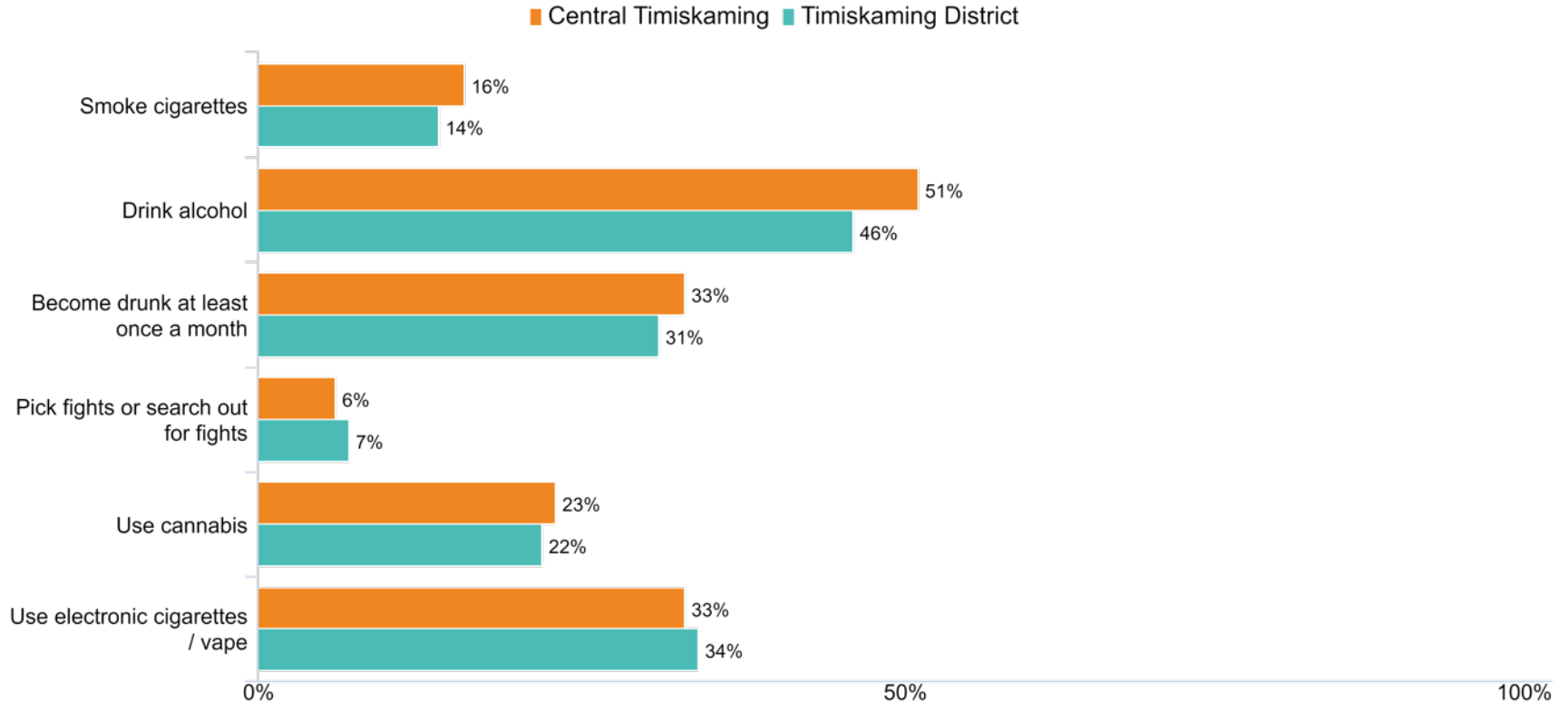


15%

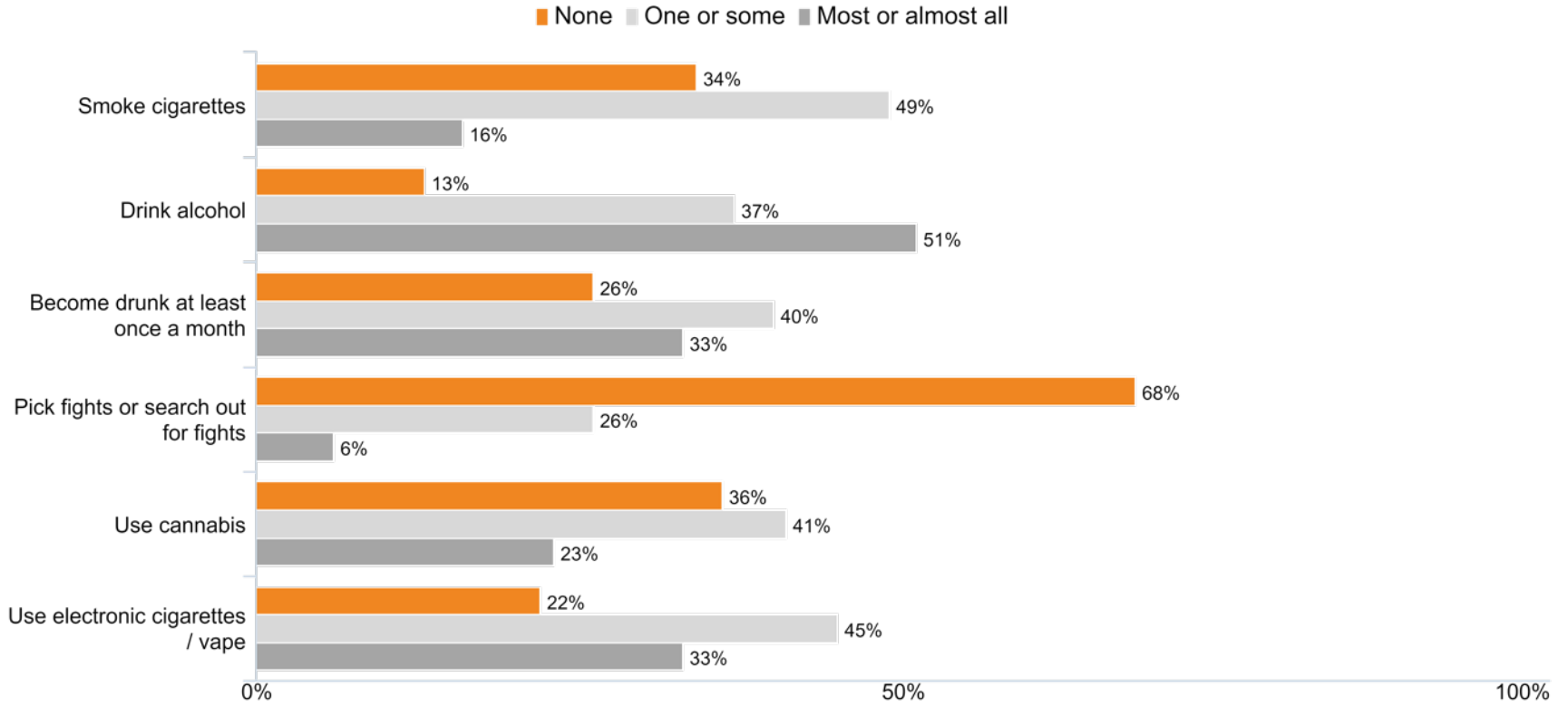
“Skip” or “Cut” Classes



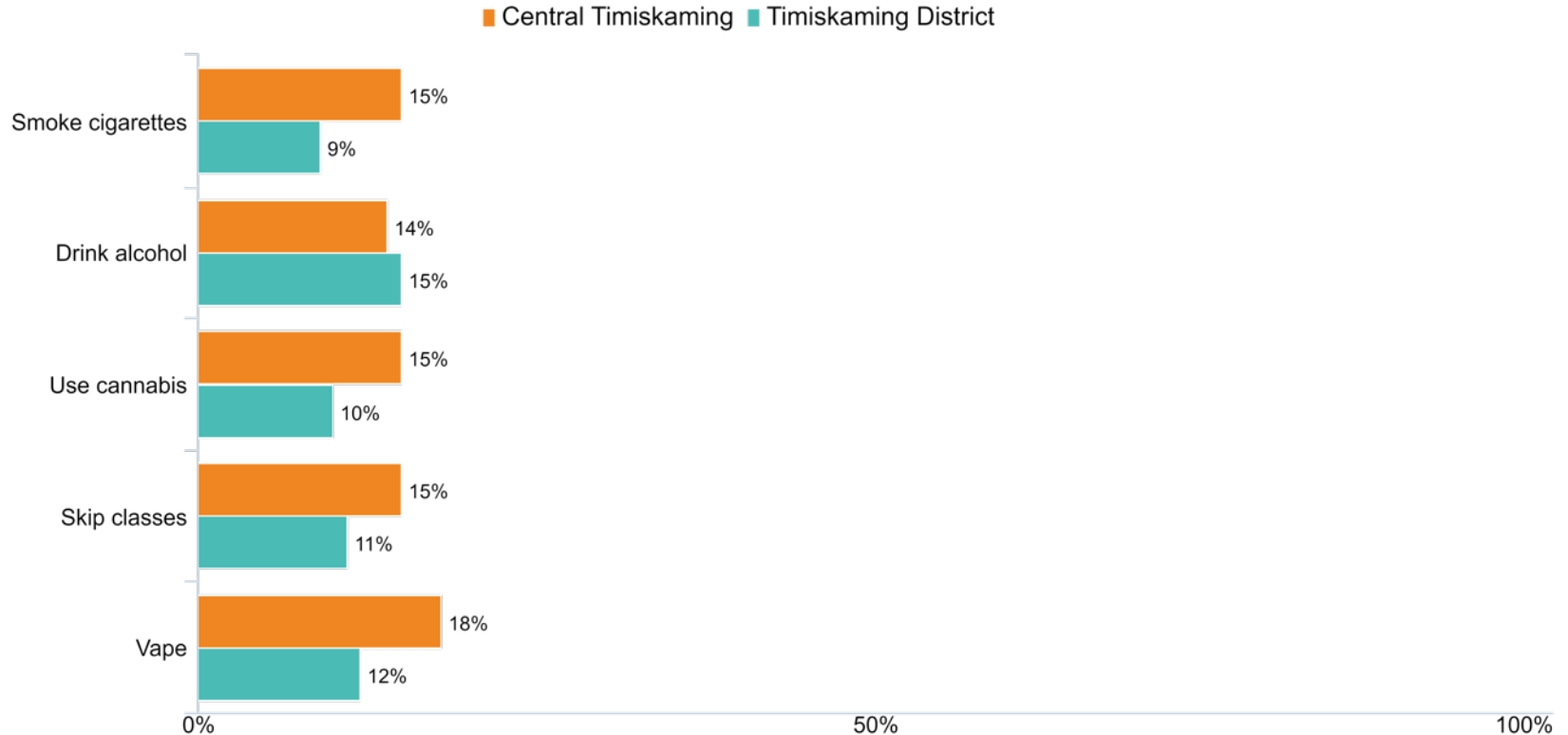
Proportion of adolescents in Central Timiskaming who report **most** or **almost all** of their friends do the following:



Proportion of adolescents in Central Timiskaming who report how many of their friends do the following:



Proportion of adolescents in Central Timiskaming 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



COMMUNITY

Community

Feel safe in their
neighbourhood

62%

30%

Want to continue to live
in their neighbourhood in
the future

31%

Think there are a great
deal of activities for youth
available in their
neighbourhood

48%

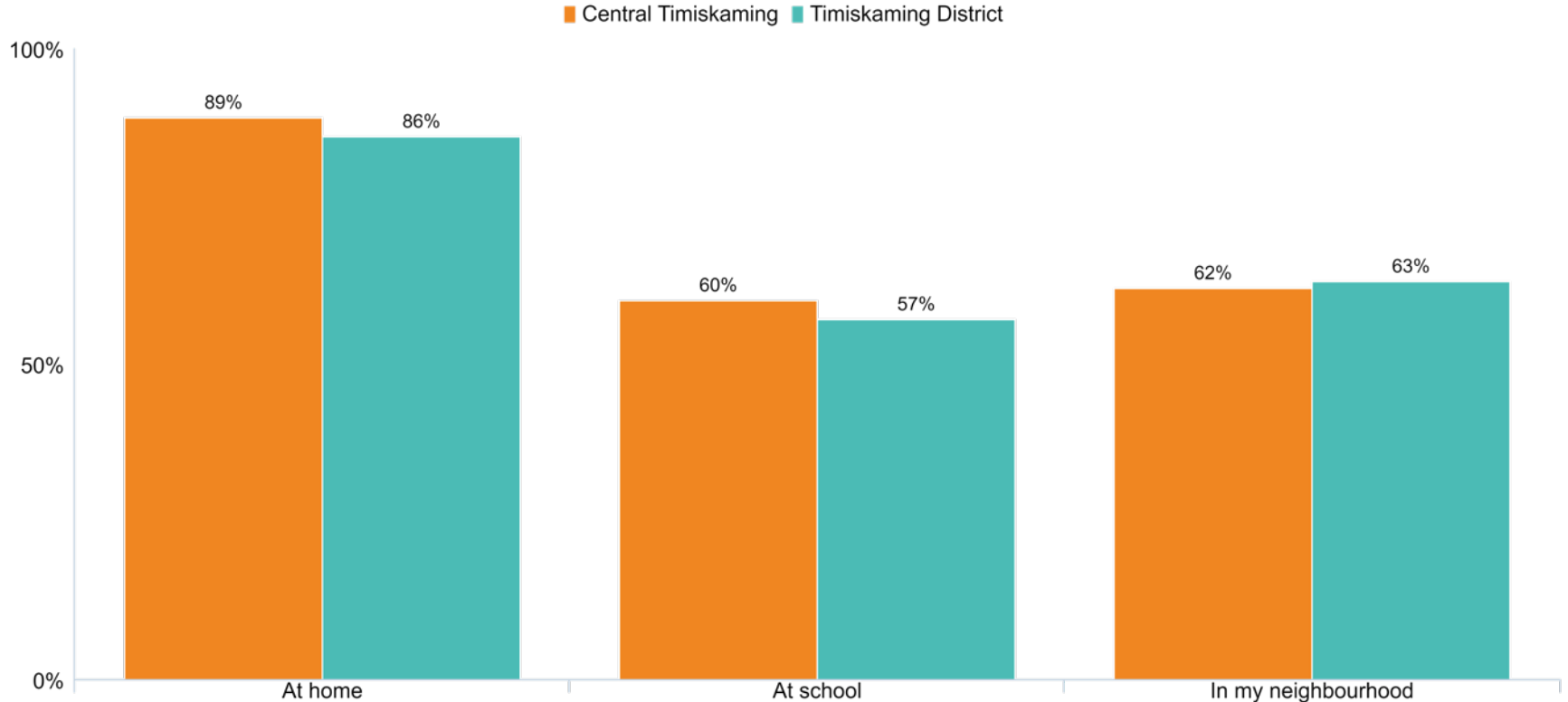
Think it is good to live in their
neighbourhood/community

80%

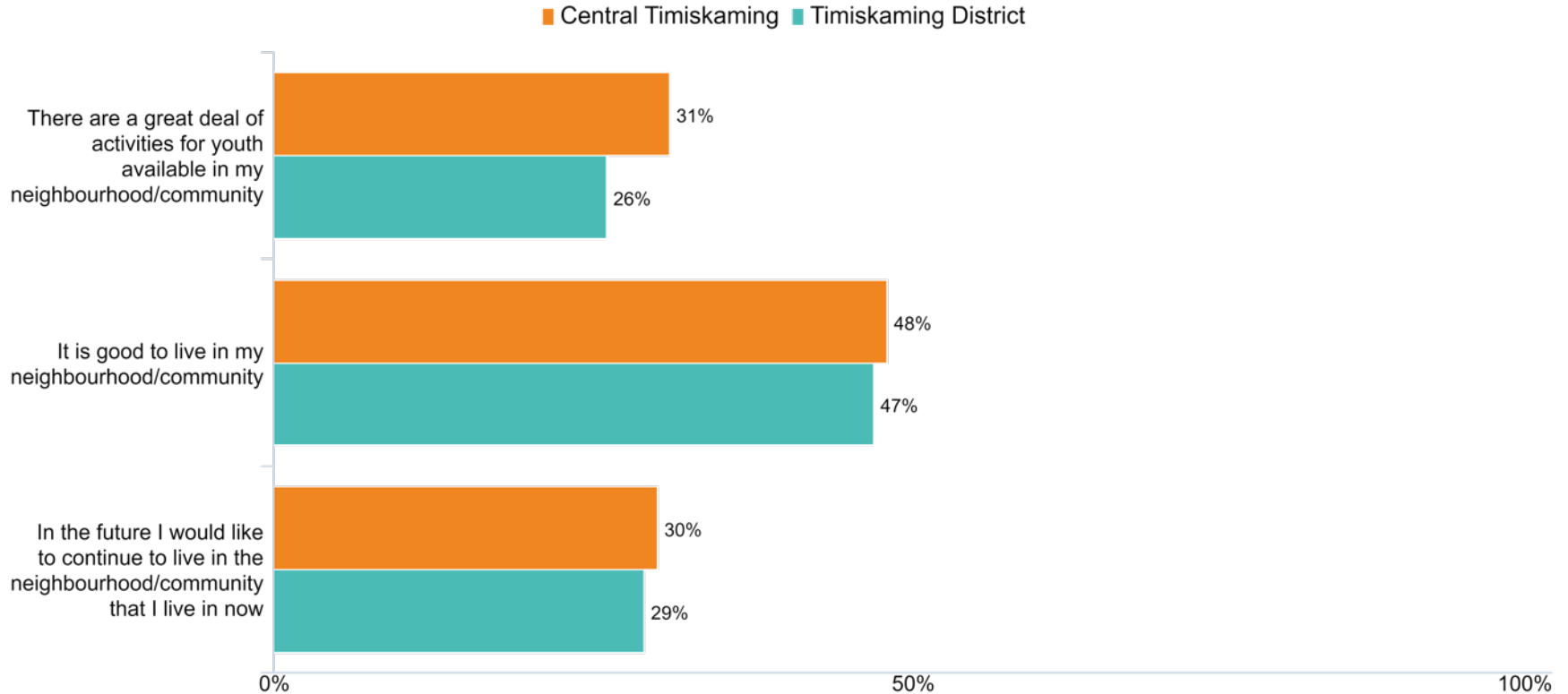
Say their parents know
many of their neighbours
by name



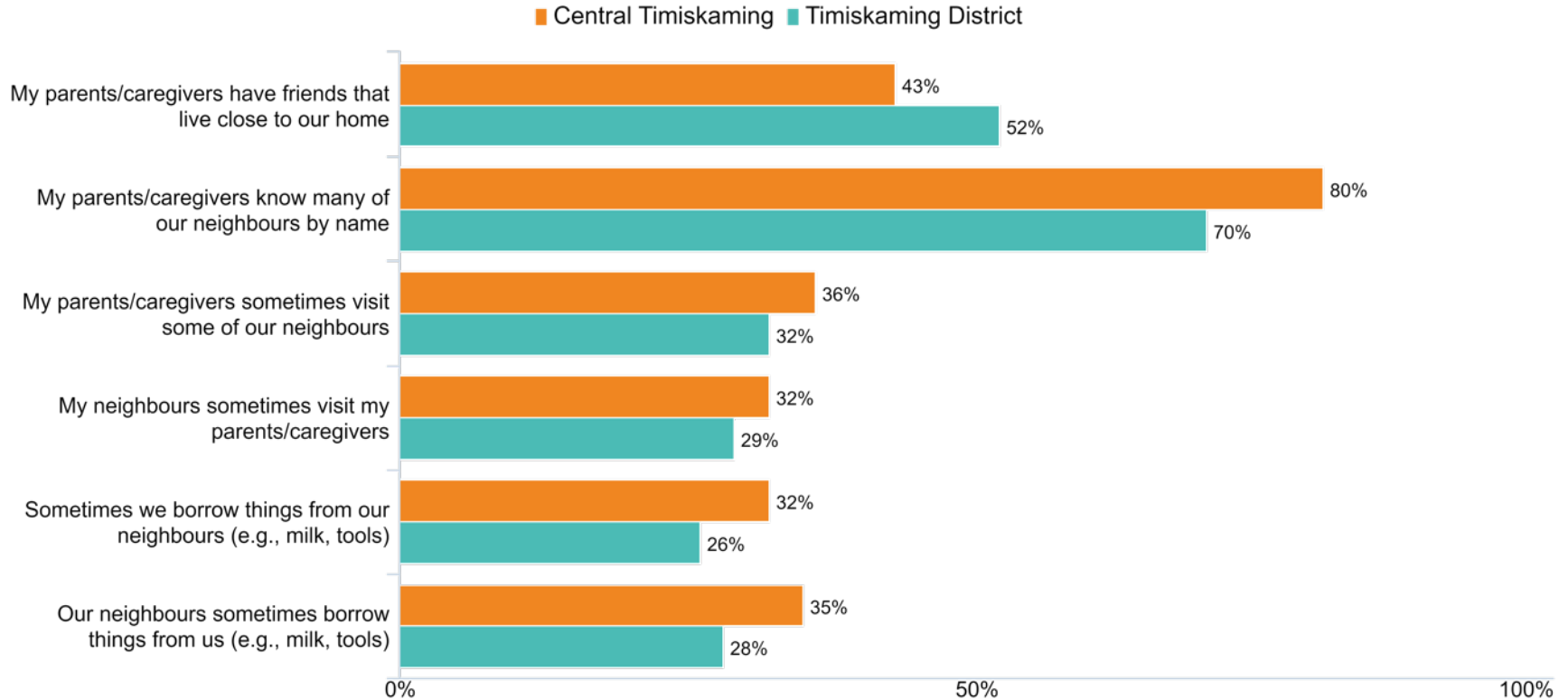
Proportion of adolescents in Central Timiskaming who report feeling safe at the following locations **often** or **almost always**



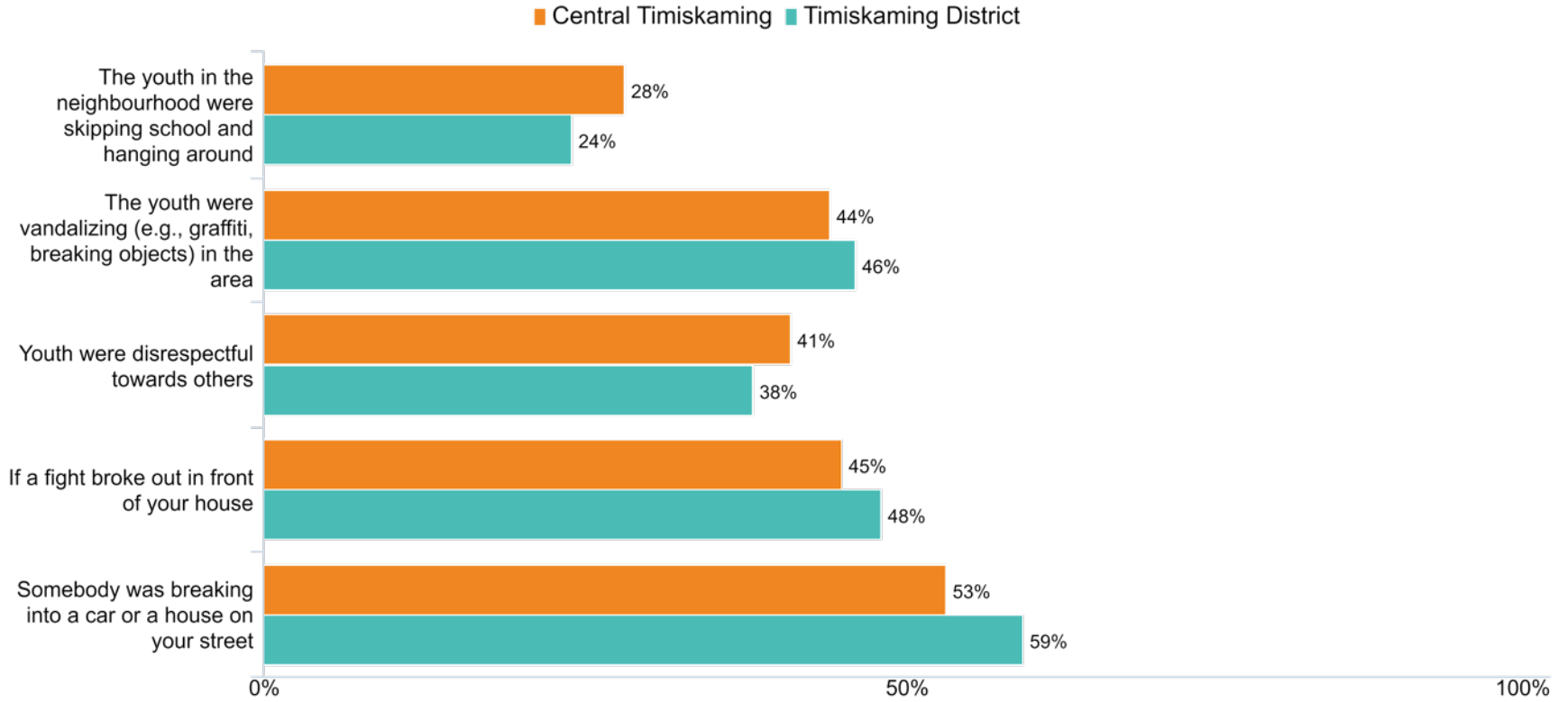
Proportion of adolescents in Central Timiskaming who **strongly agree** or **agree** to the following statements:



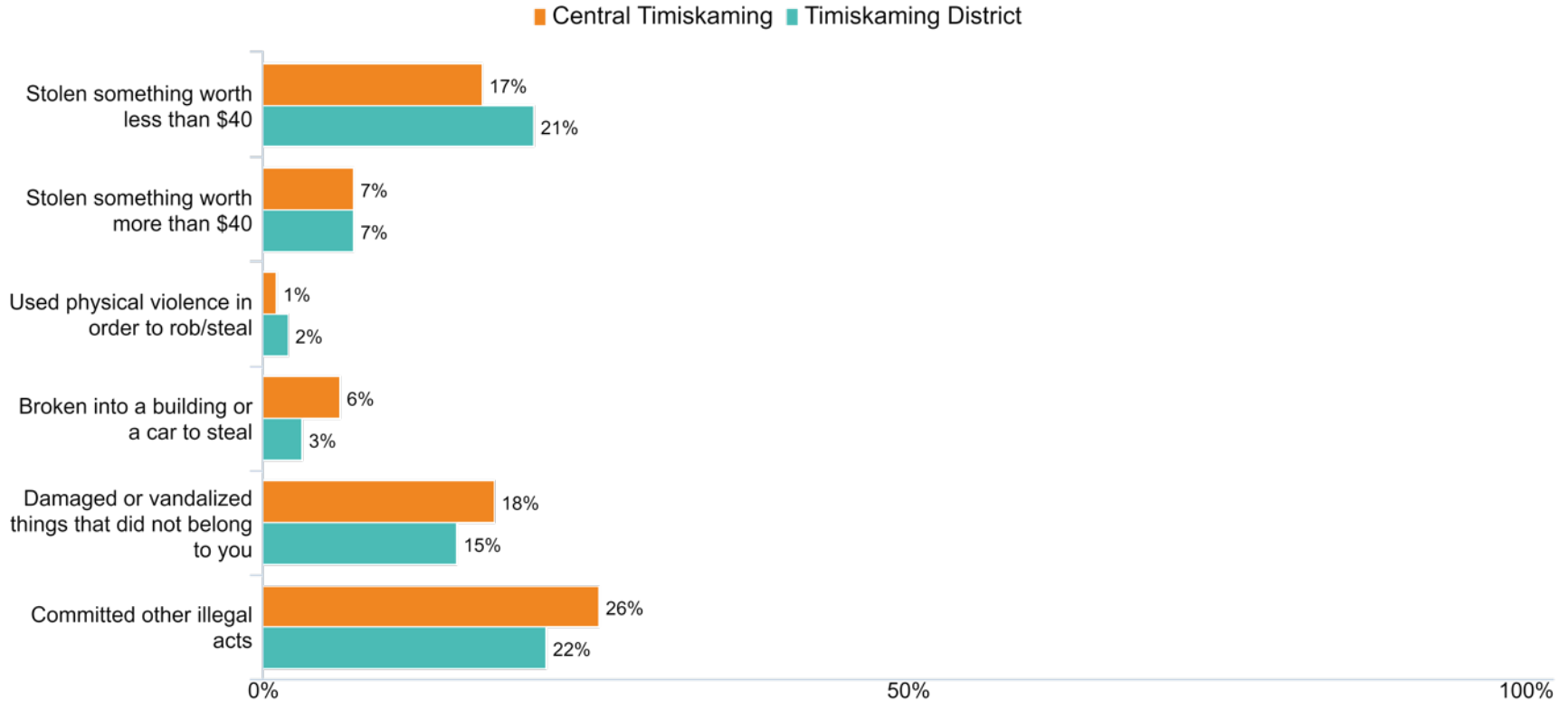
Proportion of adolescents in Central Timiskaming who say the following statements apply to them **very well** or **rather well**



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



Proportion of adolescents in Central Timiskaming who report having done the following **once or more** in the past 12 months

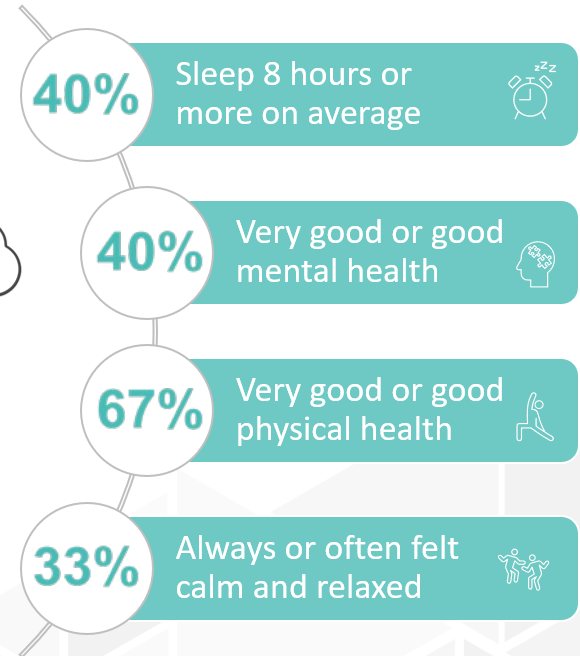


WELLBEING

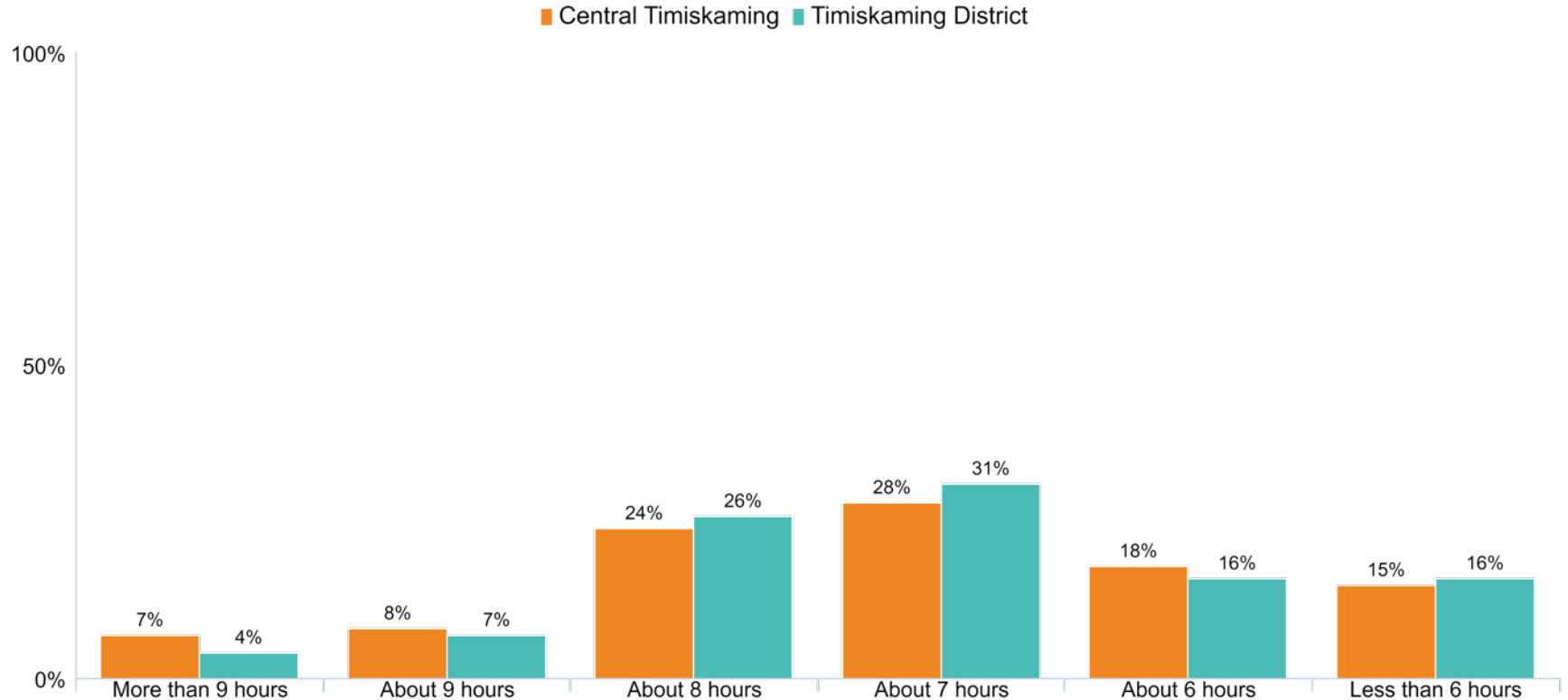
Wellbeing


Females

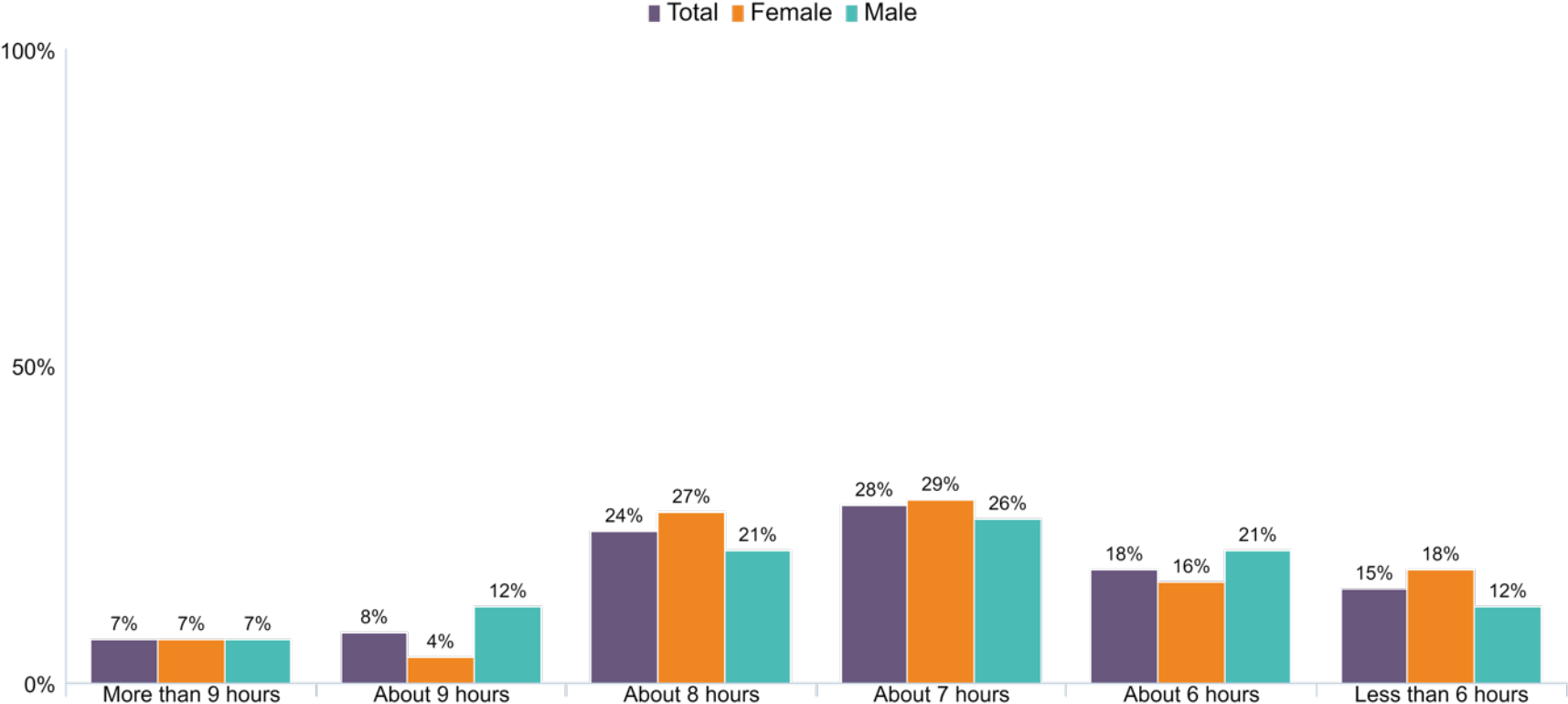

Males



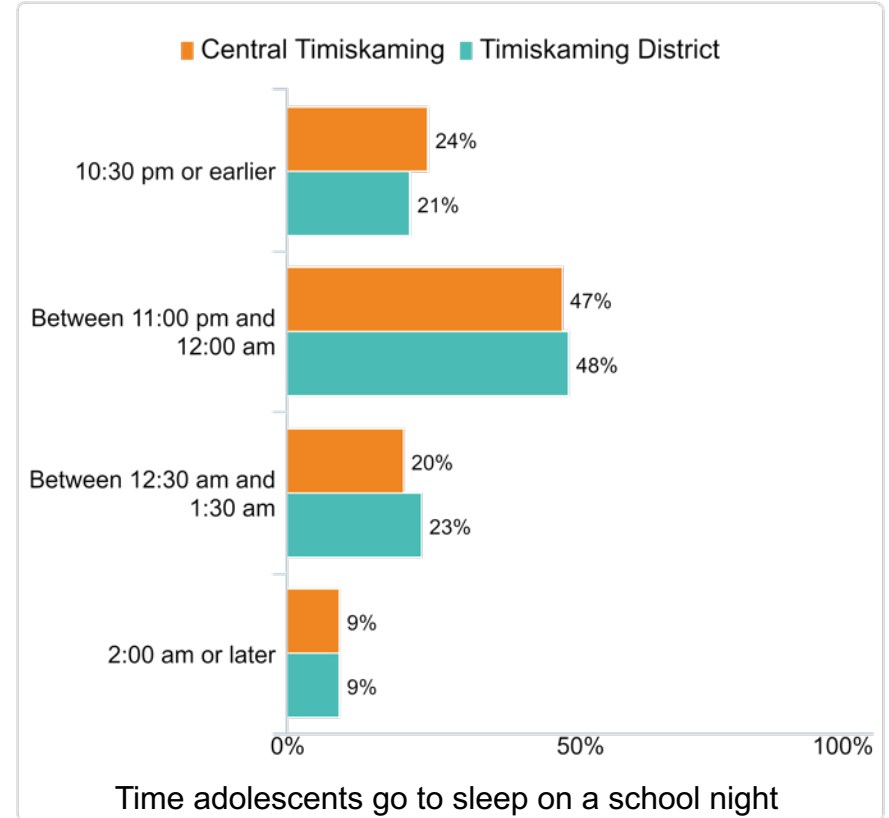
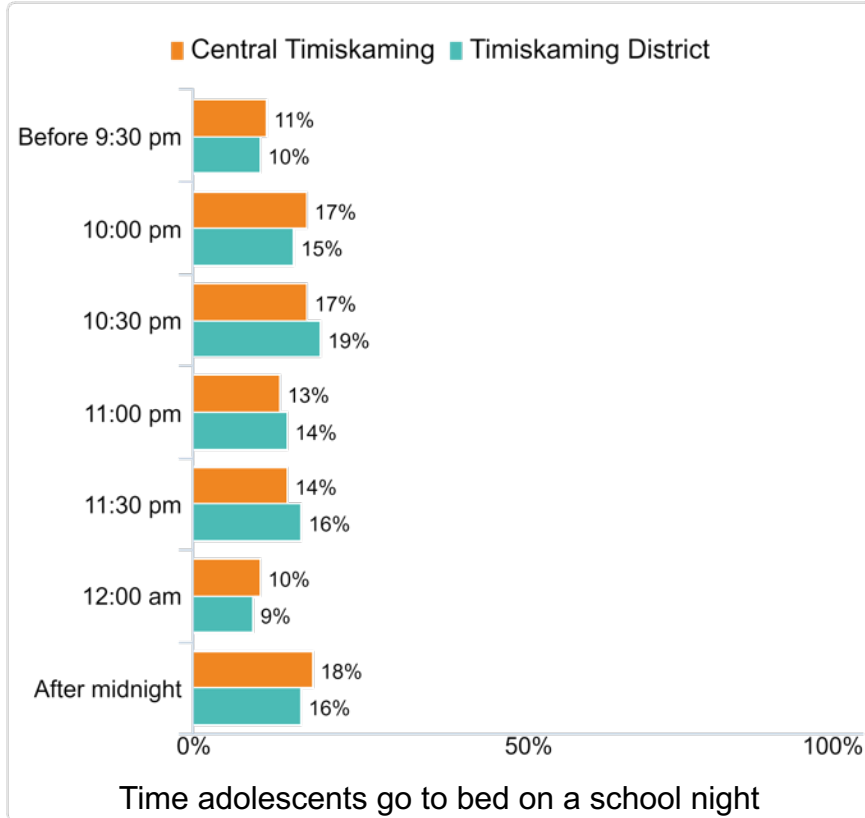
Sleep - Average number of sleeping hours of adolescents in Central Timiskaming



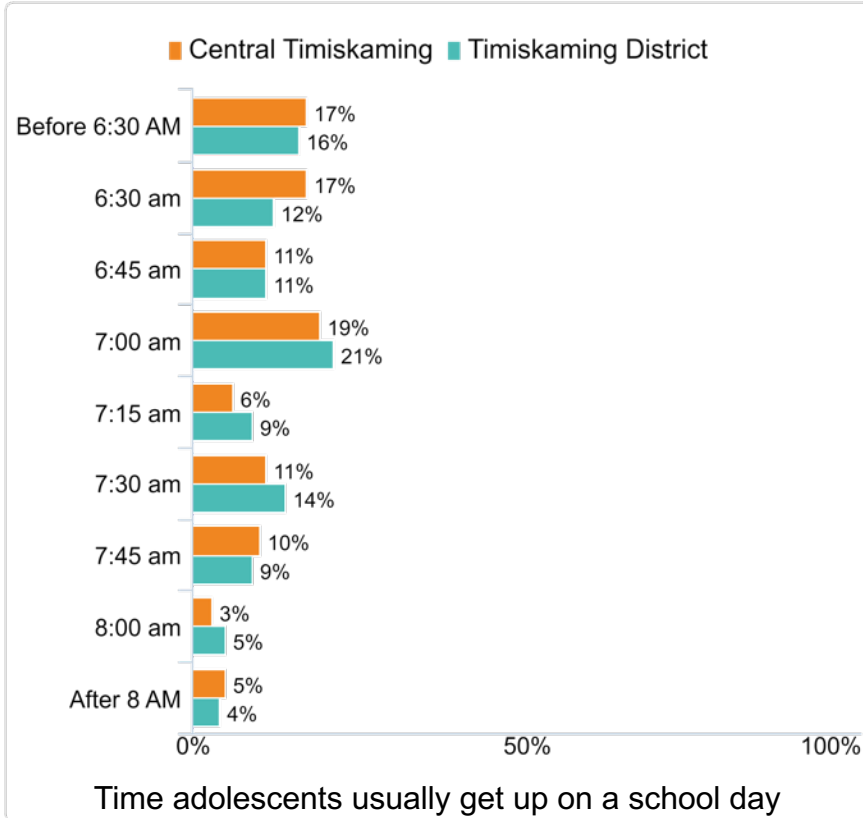
Sleep - Average number of sleeping hours of adolescents in Central Timiskaming



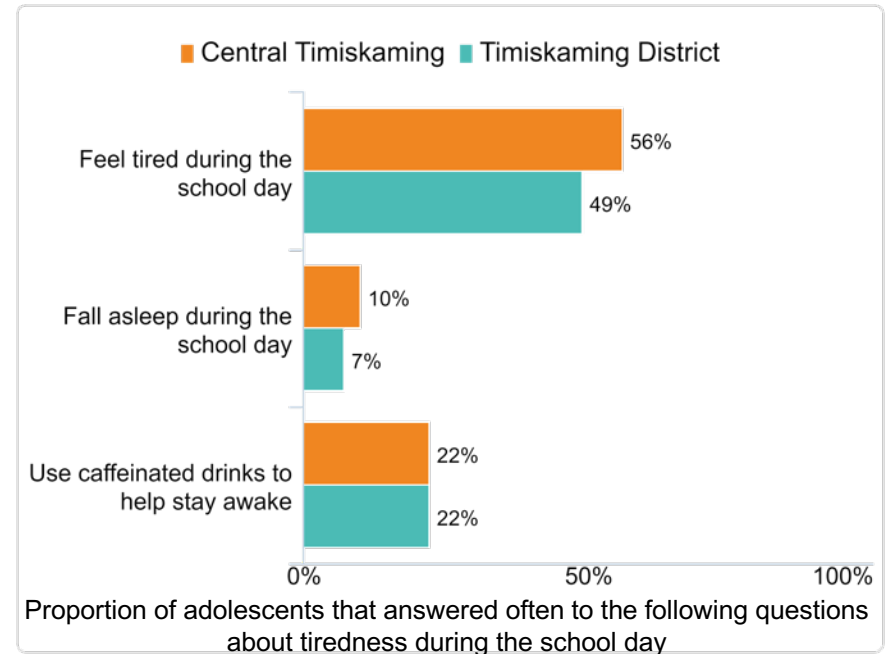
Sleep - The usual time adolescents in Central Timiskaming go to bed, and go to sleep on a school night



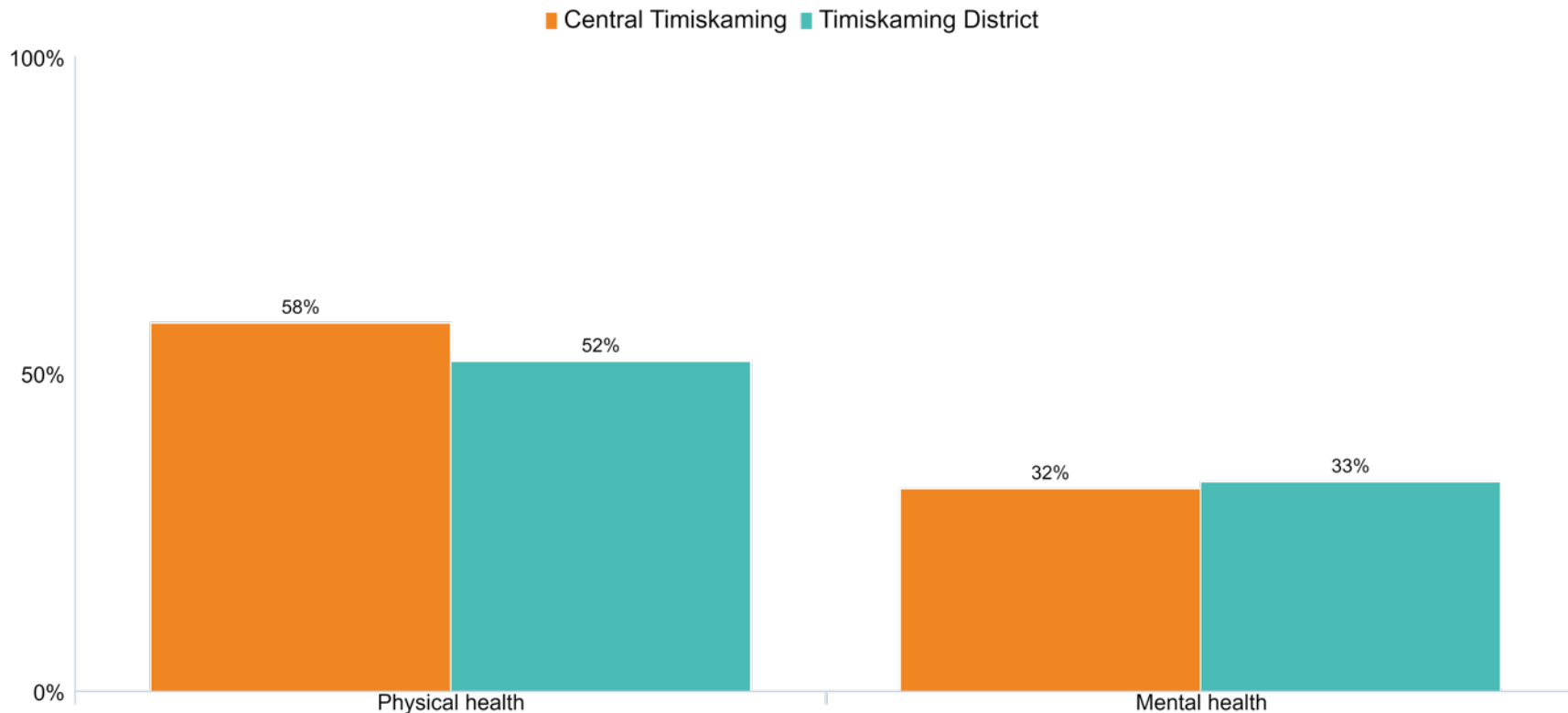
Sleep - The usual time adolescents in Central Timiskaming get up on a school day, and say the statements about tiredness **often** apply to them



91% Have a phone in their bedroom at night



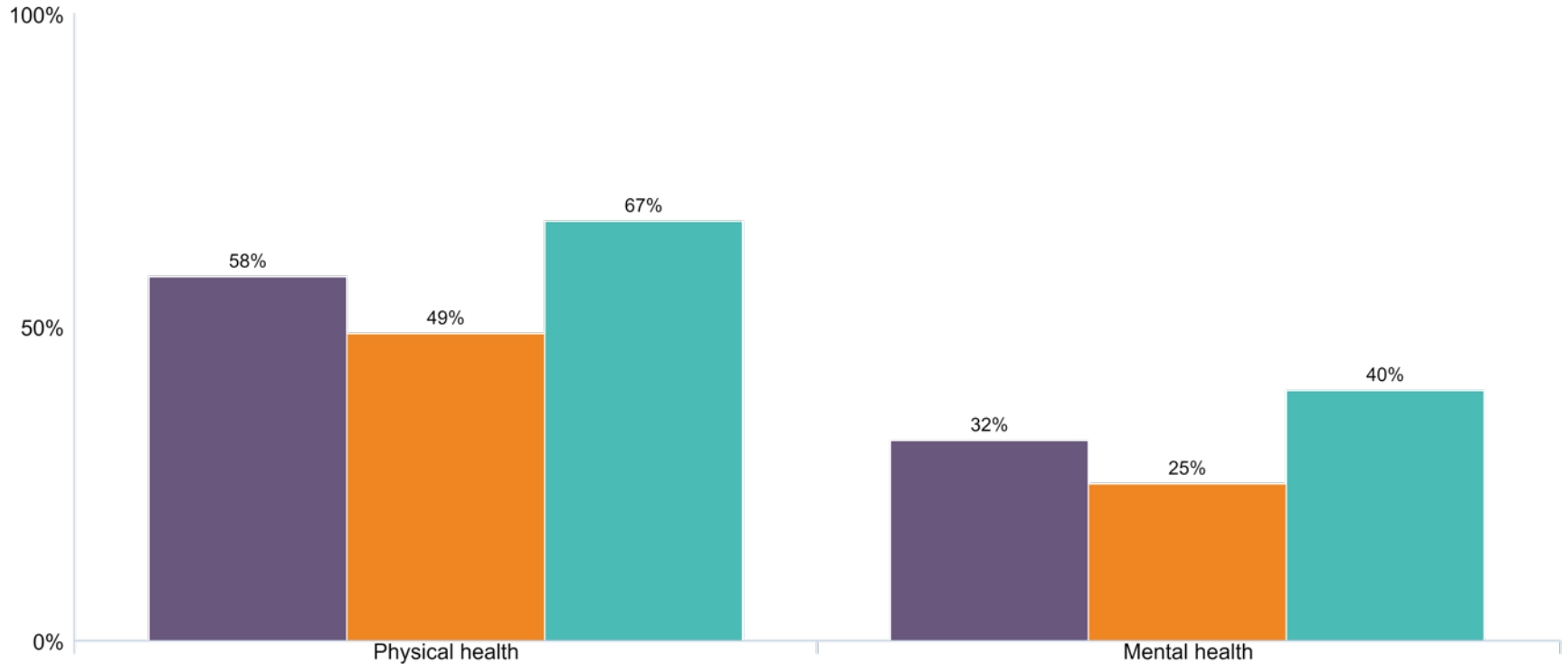
Proportion of adolescents in Central Timiskaming who rate their physical health and mental health as **good** or **very good**



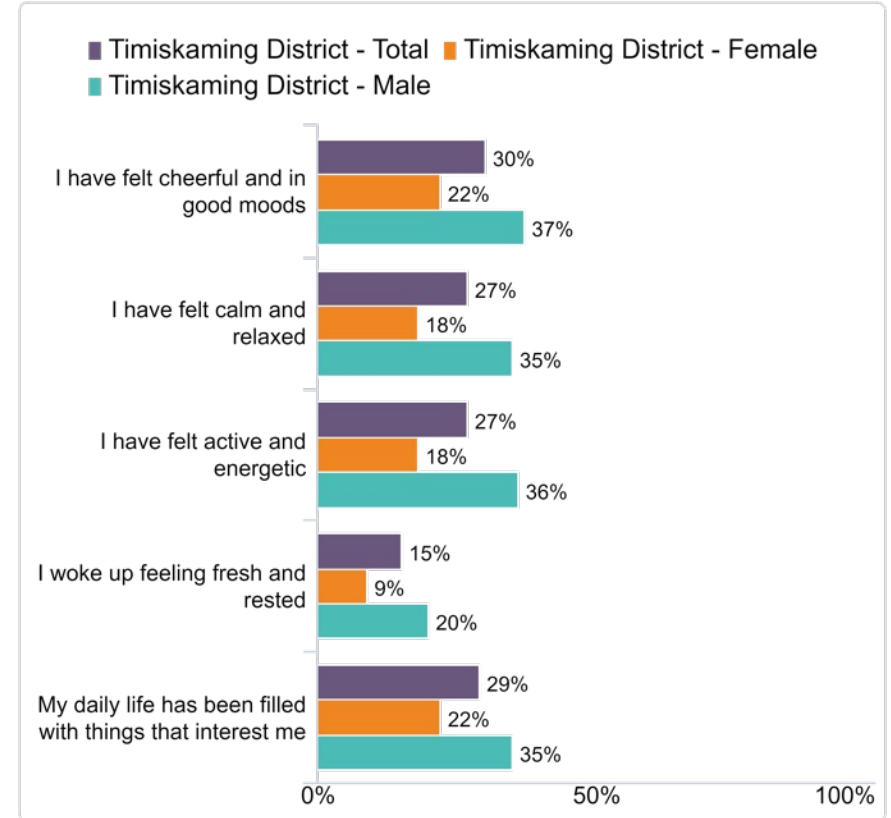
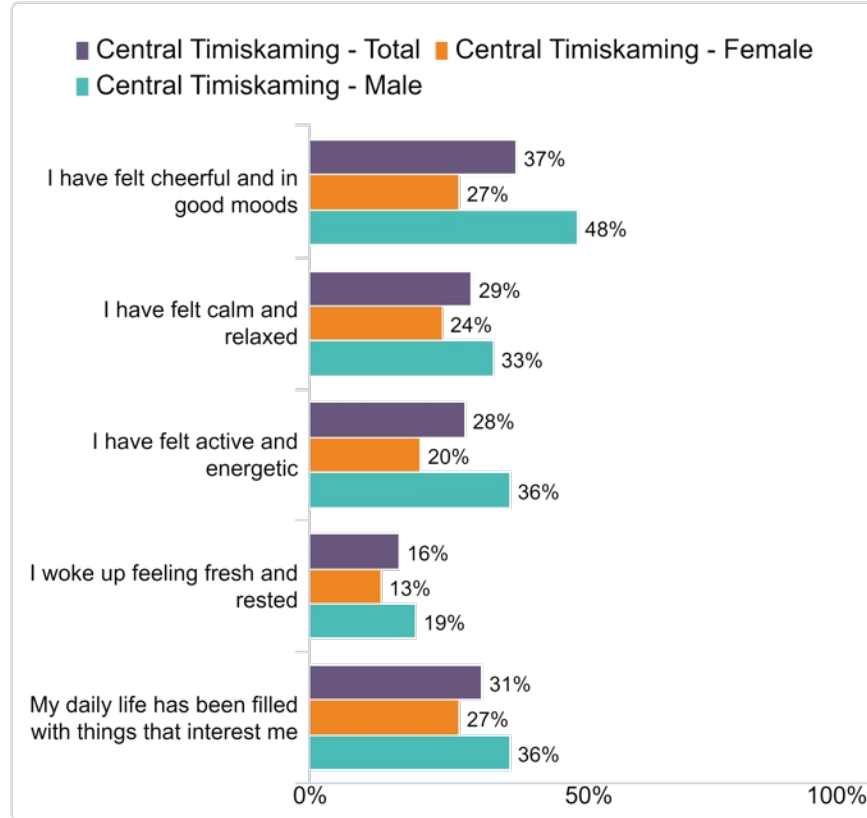
Proportion of adolescents in Central Timiskaming who rate their physical health and mental health as **good** or **very good**



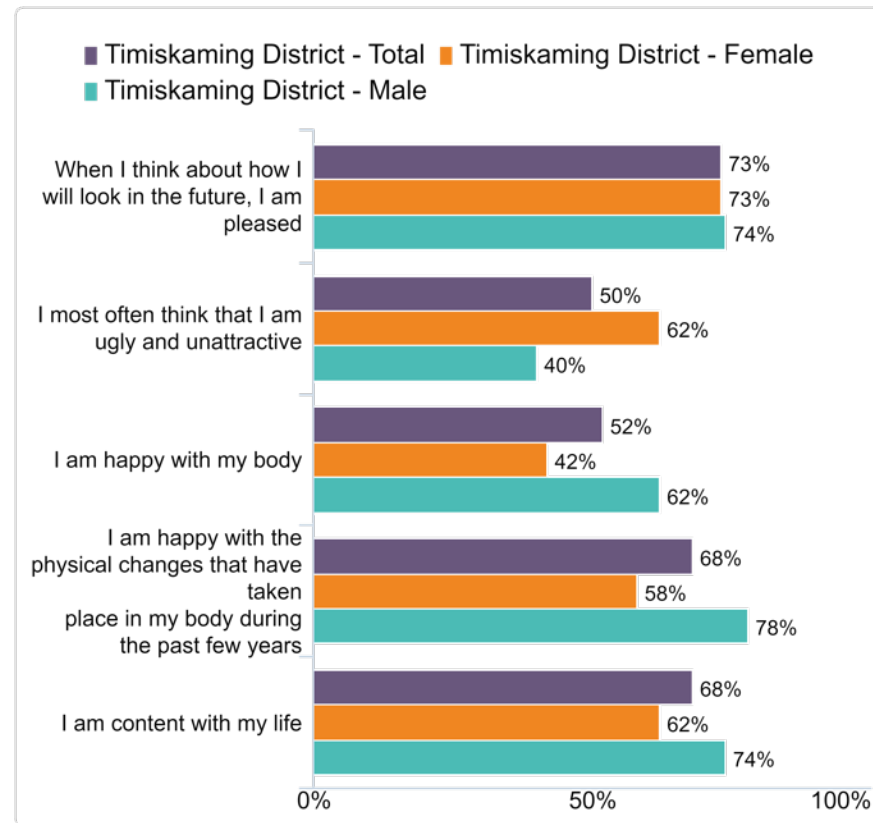
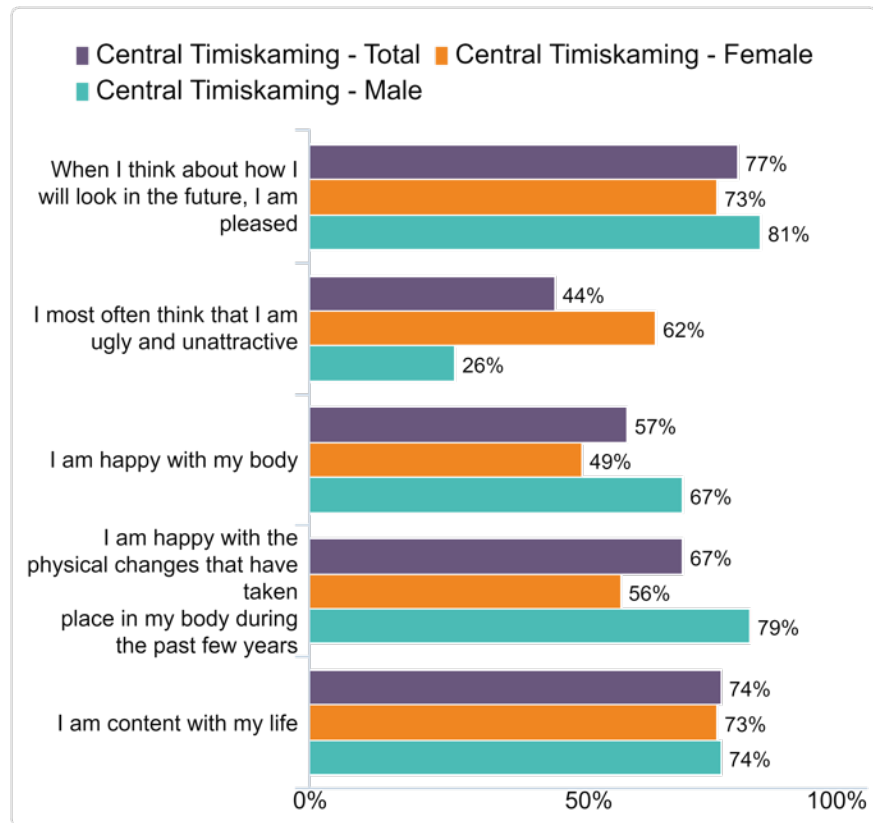
■ Total ■ Female ■ Male



Proportion of adolescents in Central Timiskaming that report the following statements applied to them **all of the time** and **most of the time** in the last 2 weeks



Proportion of adolescents in Central Timiskaming that report the following statements applied to them **rather** or **very well**



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