



Parent involvement

Key element of the Icelandic Preventive Model

Margrét Lilja Guðmundsdóttir
Icelandic Center for Social Research and Analysis (ICSRA)
Reykjavik University

For the Youth Day 2019

ICSRA-team and university teacher from 1999 – present Reykjavik University / Sport Science Department since 2006



First and foremost Mother of two, raised within the Icelandic Youth model





There is no manual

Why research based?

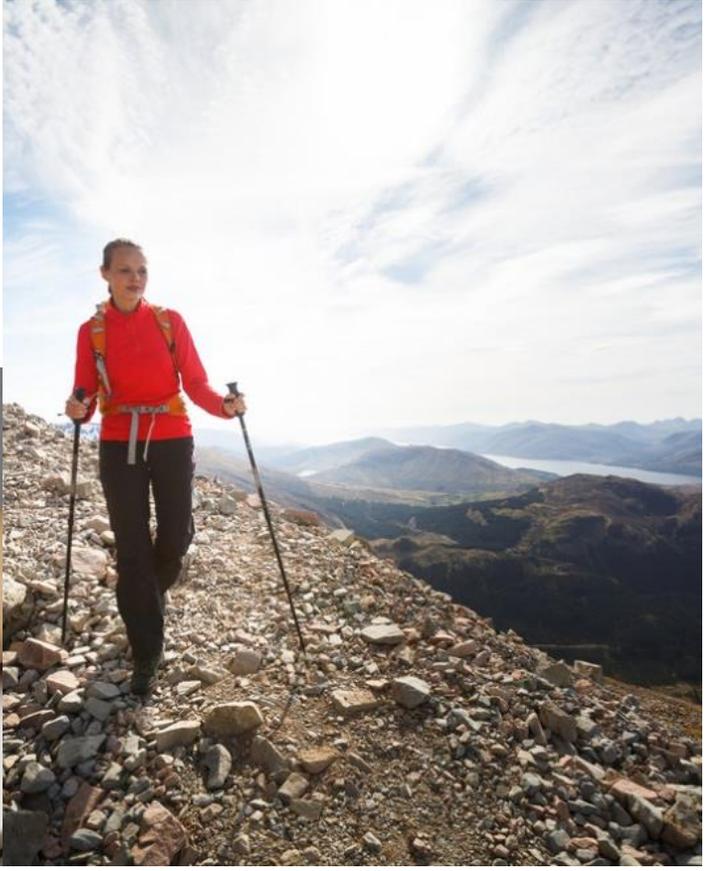
- Medicine
- Engineering
- Tourism
- Fisheries
- Pharmaceutical industries

- Children's lives, health and well-being



Quick fix

Build activities on research



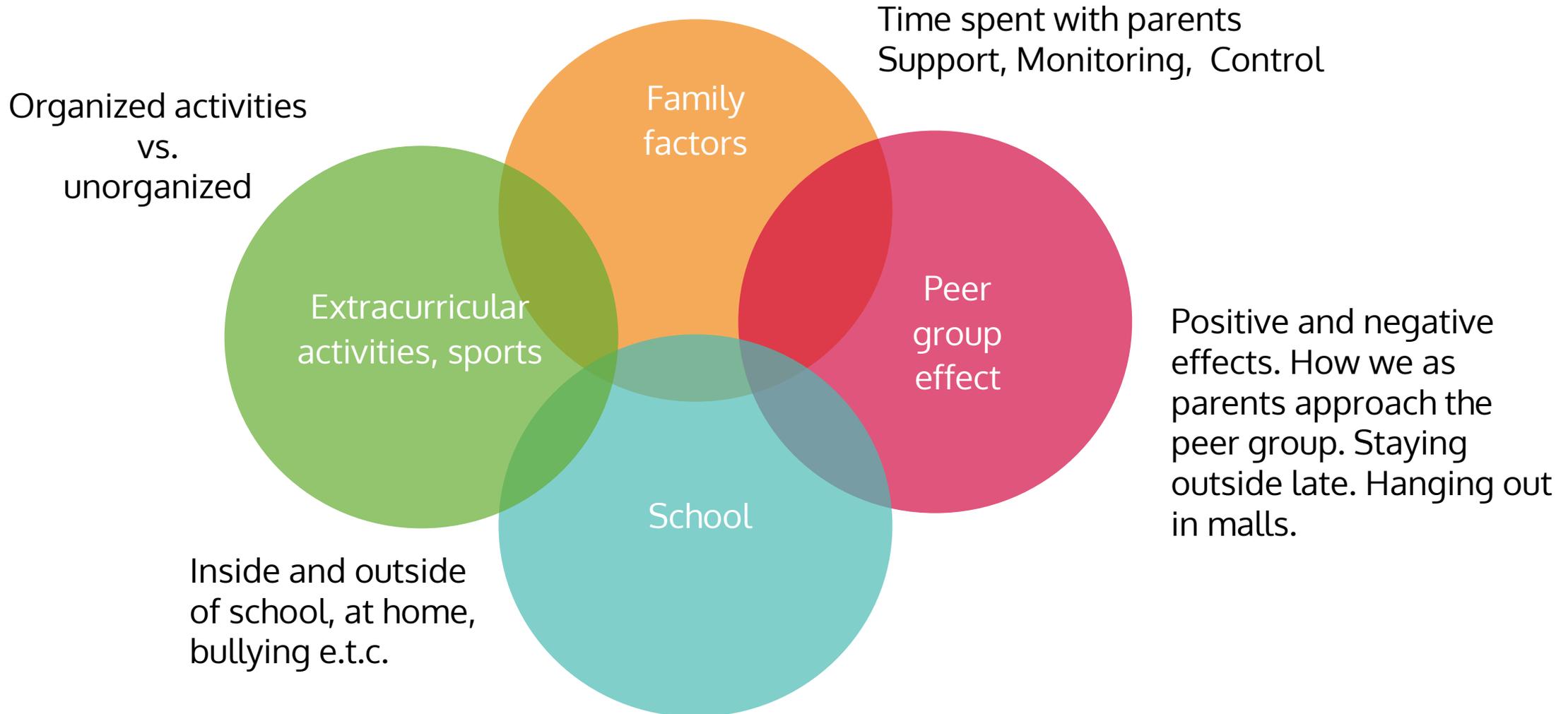
Reykjavik in the summer of 1997





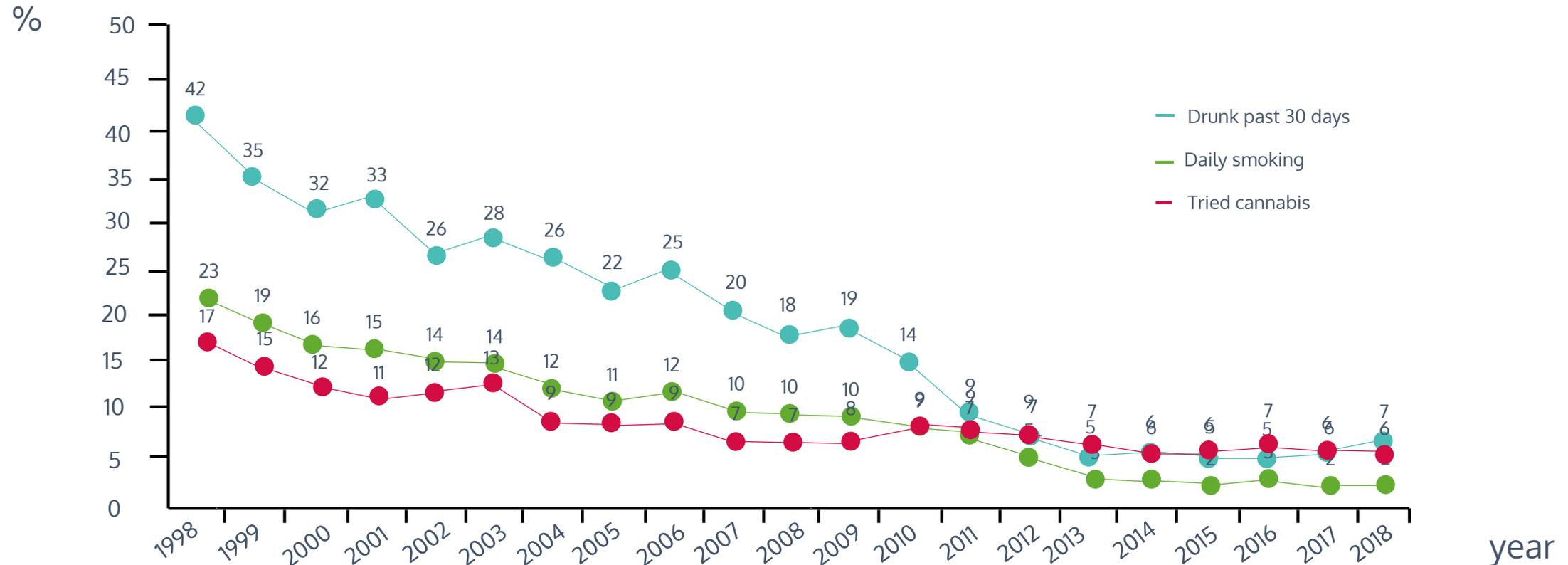


The Icelandic Prevention Model



Based on the Icelandic Prevention Model

From highest to lowest in substance use – 15/16 year old students



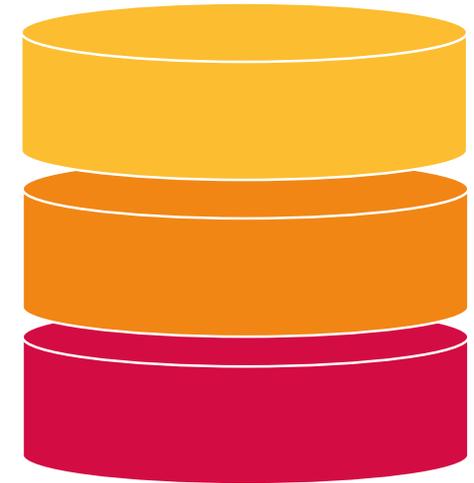
Youth in Iceland database 1992 - 2019

1992

Data collections in schools

- 10 – 13 year old (since 2000) Primary school
- 14 – 16 year old (since 1992) Primary school
- 16 – 20 year old (since 1992) High-school

- Whole population – not sample sized



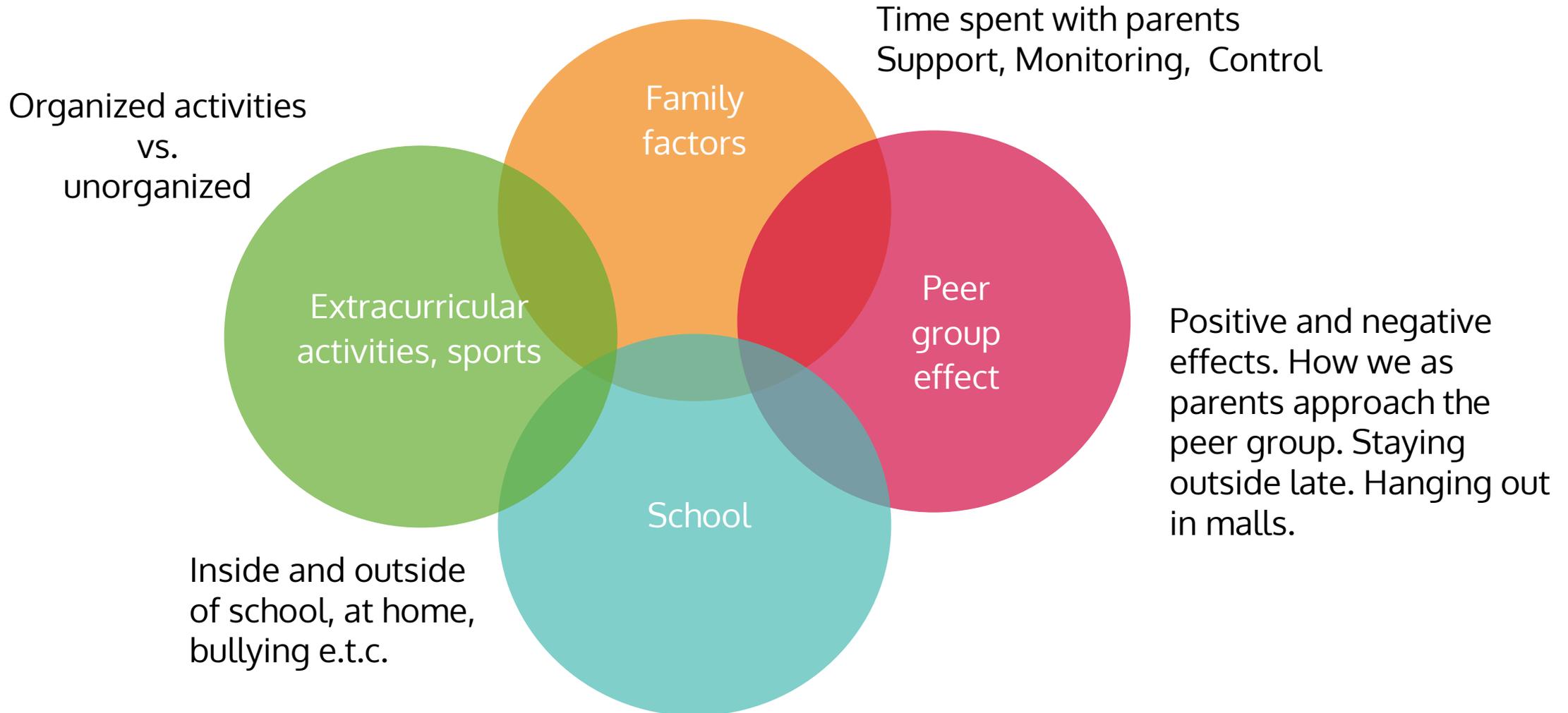
What did we learn?

The year is 1997

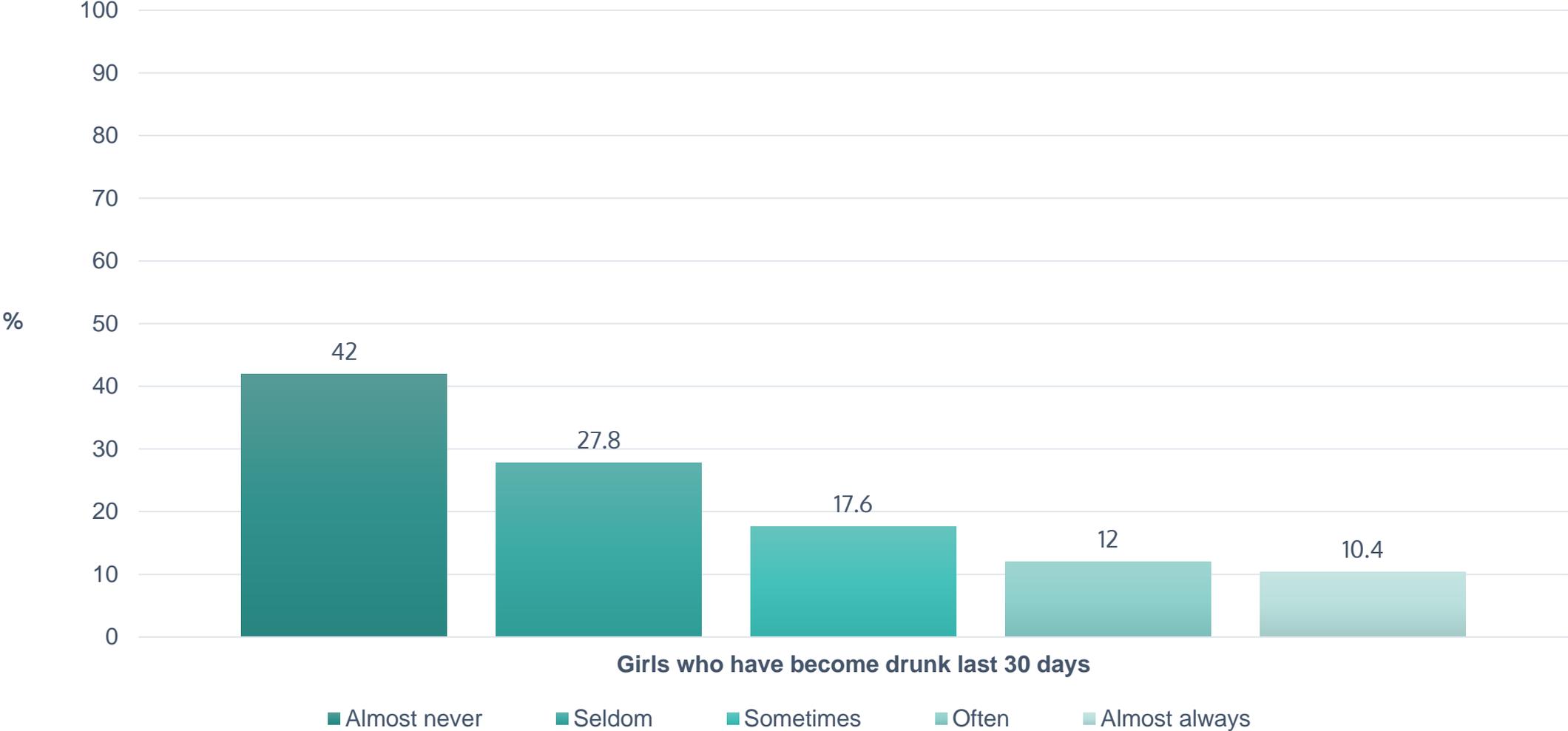
At this point in time research had already showed us that **certain circumstances and behaviour** in the lives of adolescents were strongly connected with substance use

We tried to establish the risk and protective factors

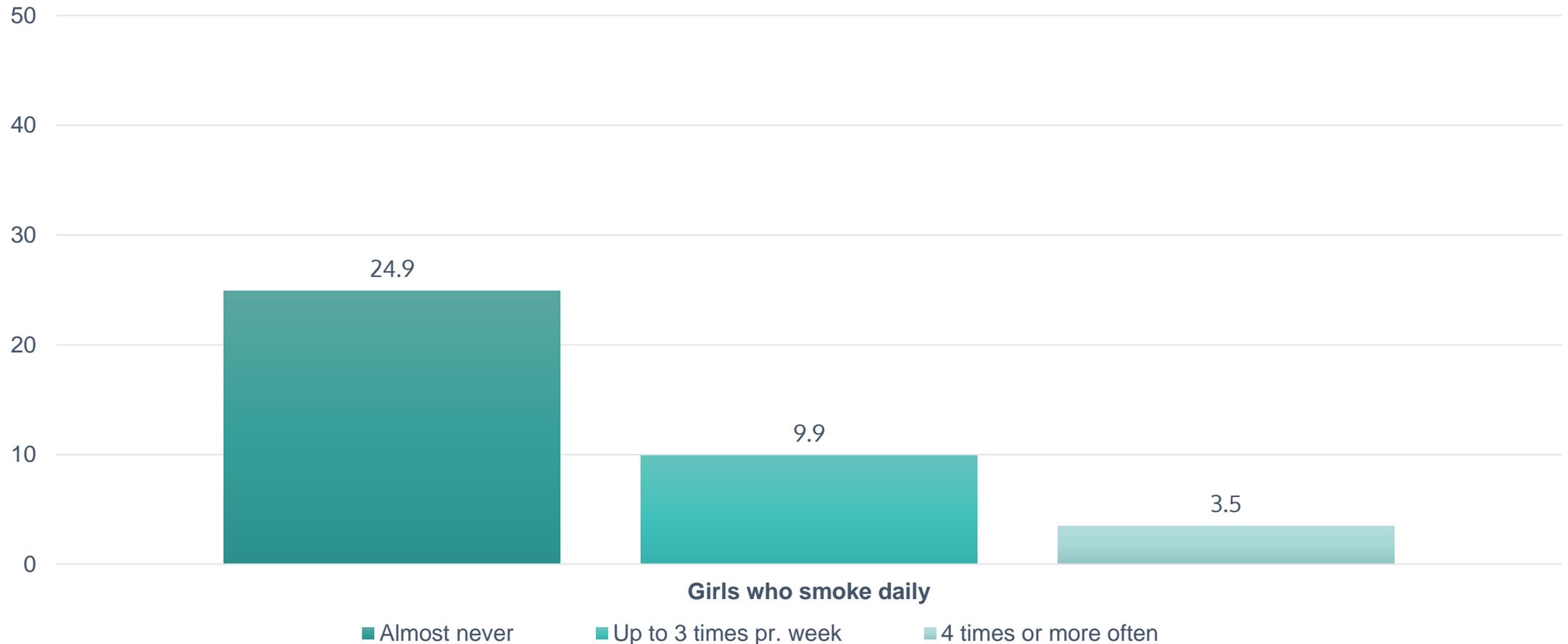
And analysing deeper



Strong connection between drinking alcohol and time spent with parents



Strong connection between smoking and participation in sports



Quote from NIH*

“Underage drinking is a leading public health problem.

People who reported starting to drink before the age of 15 were four times more likely to report meeting the criteria for alcohol dependence at some point in their lives”

* National Institute of Health

Our focus is primary prevention

- 1** Primary prevention, preventing the development of substance use before it starts
- 2** Secondary prevention, that refers to measures that detect substance use
- 3** Tertiary prevention efforts that focus on people already abusing substances

How were the findings used?

Examples of local/community actions

- Research as a basis before deciding on any actions
- Strengthen parent organizations and co-operation
- Support young people at risk inside schools
- Form co-operative work groups against drugs
- Support active NGOs'
- Support extracurricular activities / sports



Parents role is a key

Not about the quality but about the quantity of time

- From the *Prevention day* in Iceland

What would you like to do more often with your family?

"Families should eat dinner together"

"Just sit and talk about things"

"All hours spent together are important"

Why?

"It strengthens our bond and makes us better friends"

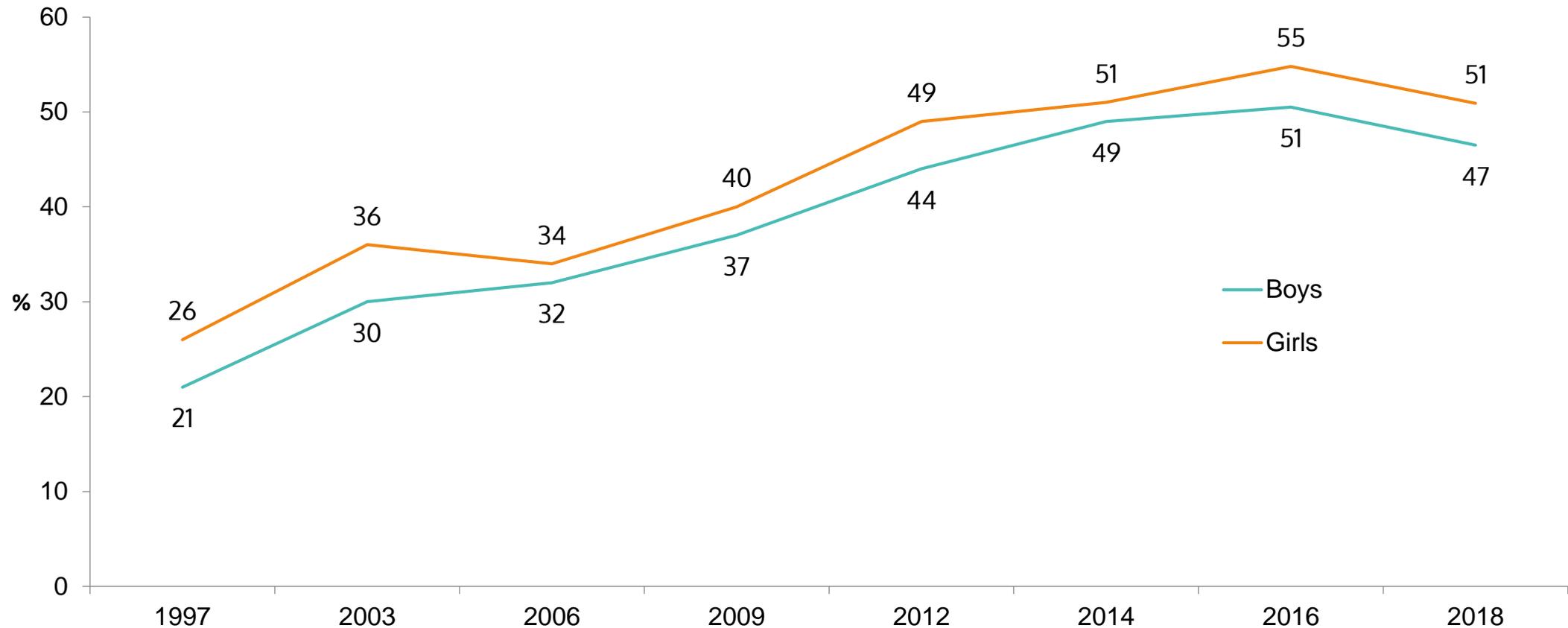
"It makes us feel that we have a role"

"We need our parents advise to make important decisions"

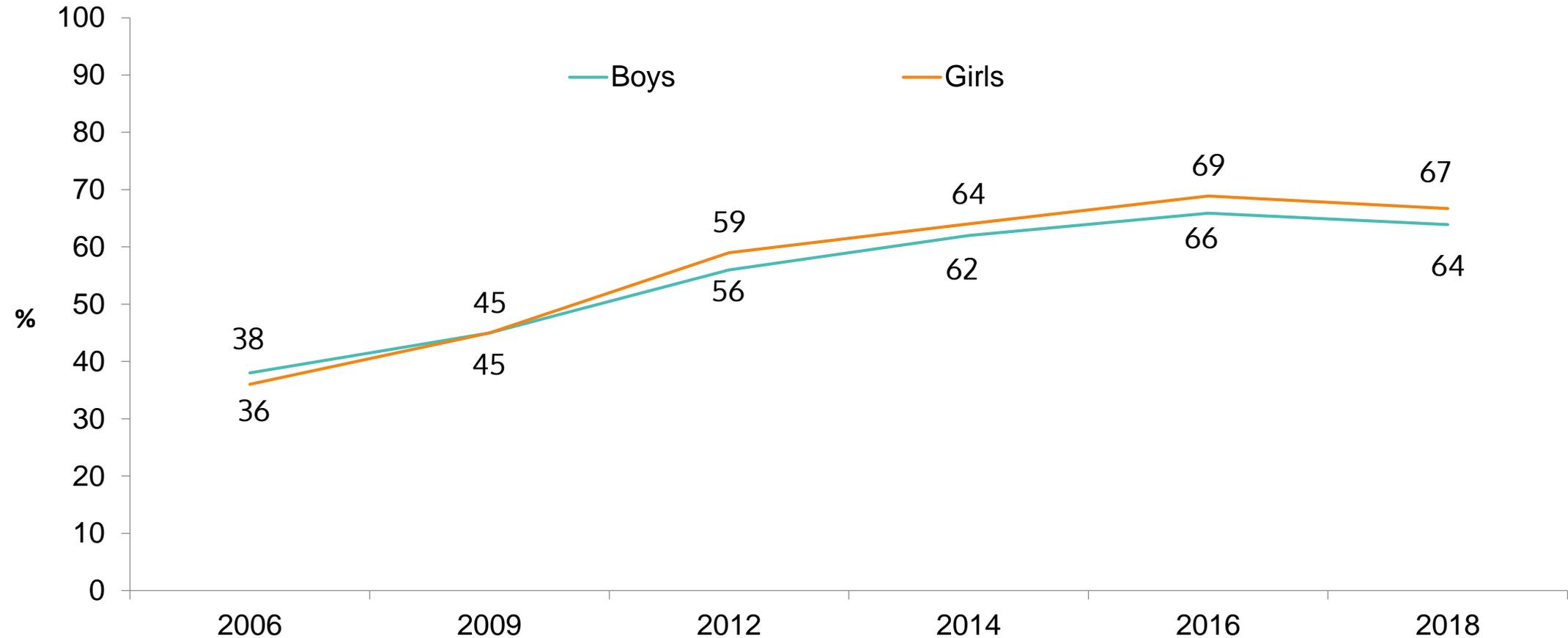
"Family is the best"



Often or almost always with their parents outside school hours on weekdays (percentage of students in grades 9 and 10)

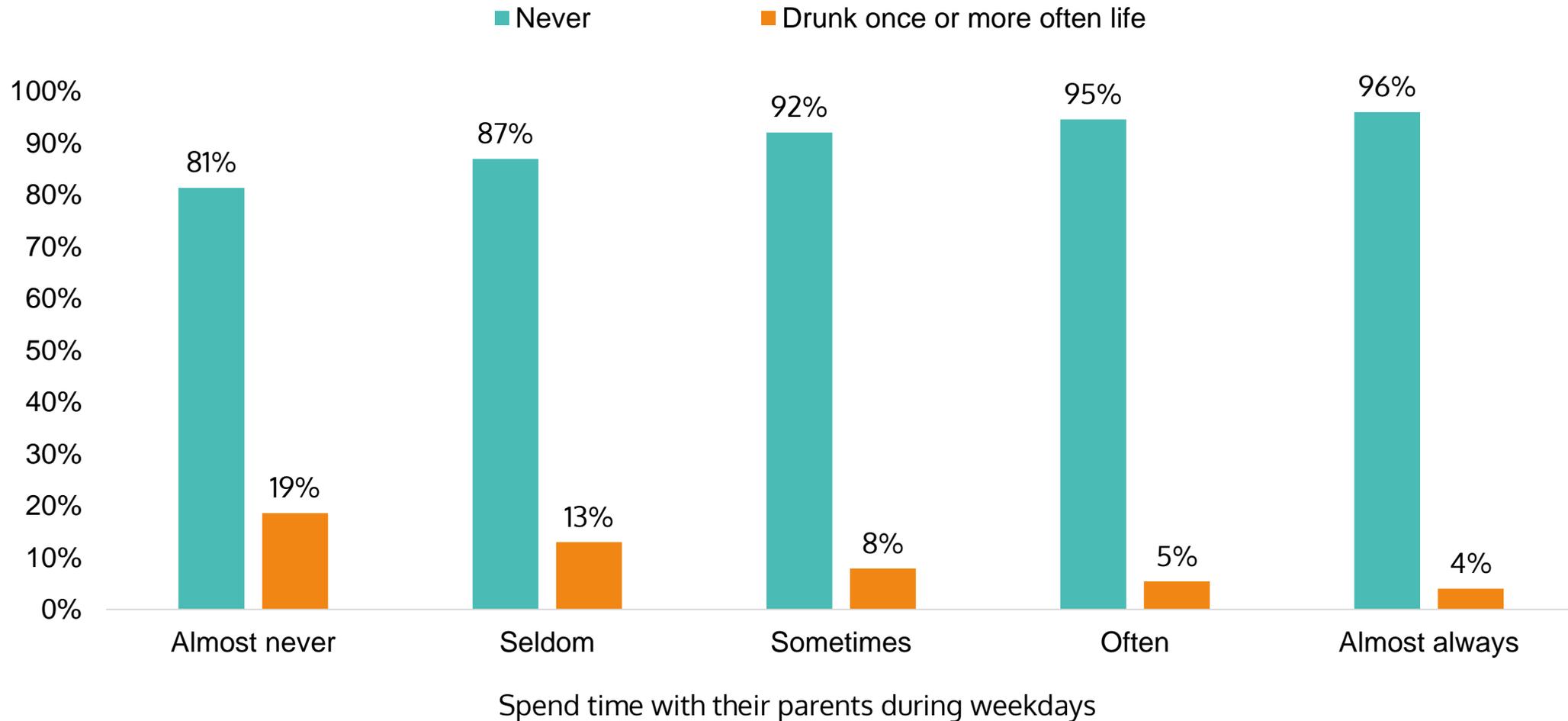


Often or almost always with their parents on weekends (percentage of 9th and 10th grade students)



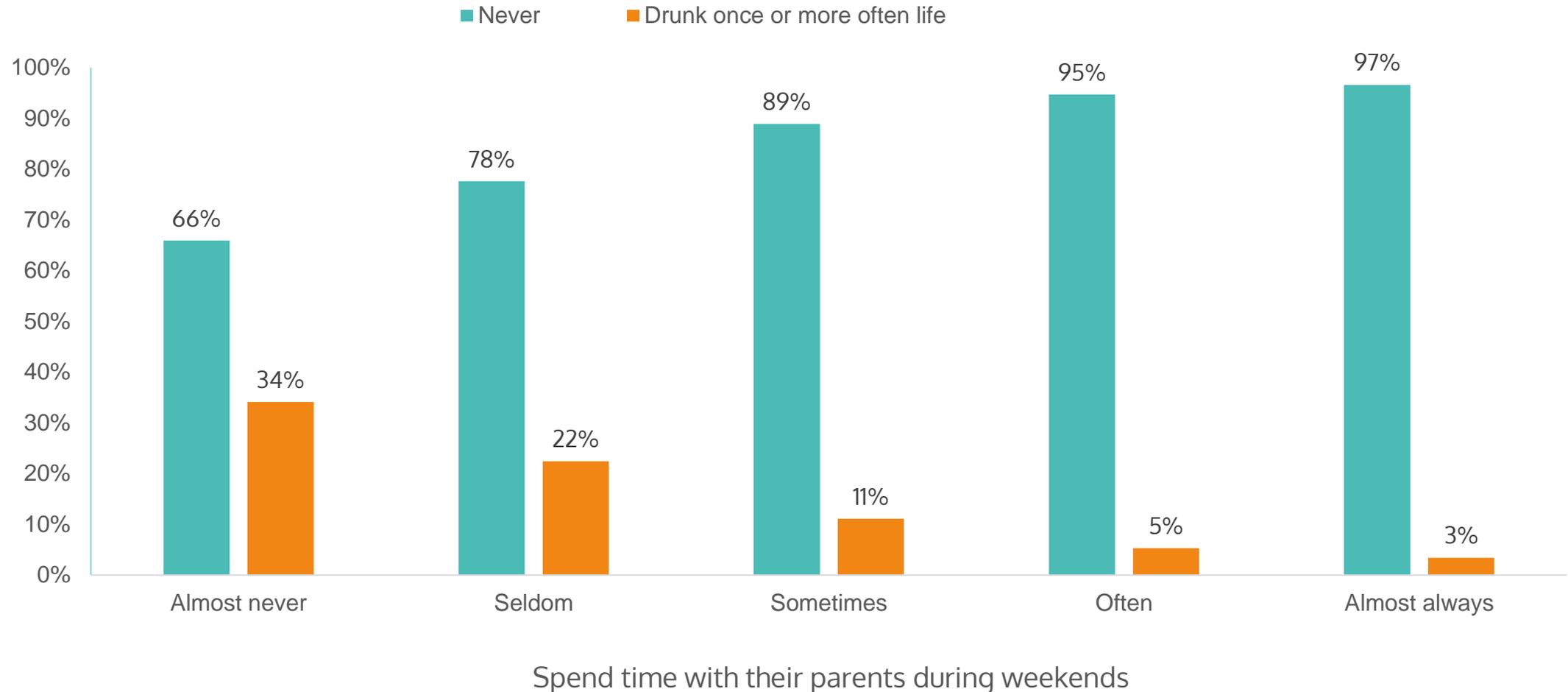
Drunk once or more – lifetime

I spend time with my parents during weekdays (9th and 10th grade year 2018)

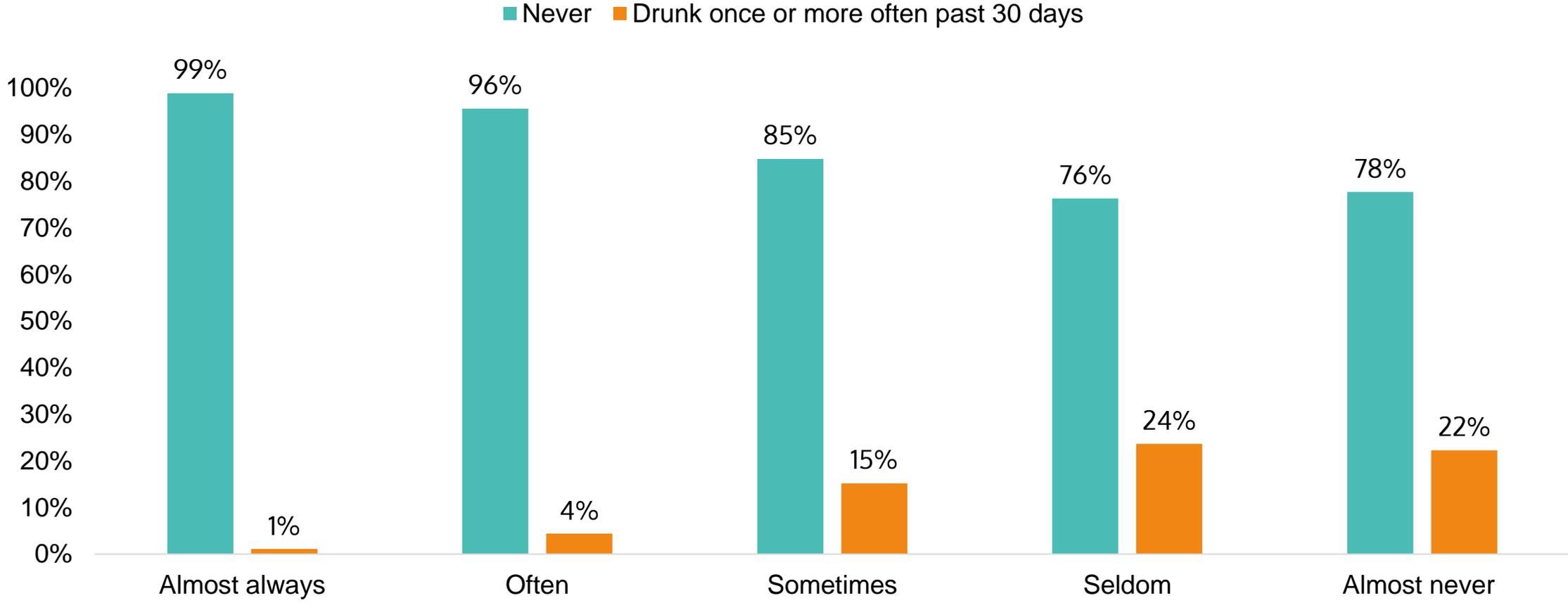


Drunk once or more – lifetime

I spend time with my parents during weekends (9th and 10th grade year 2018)

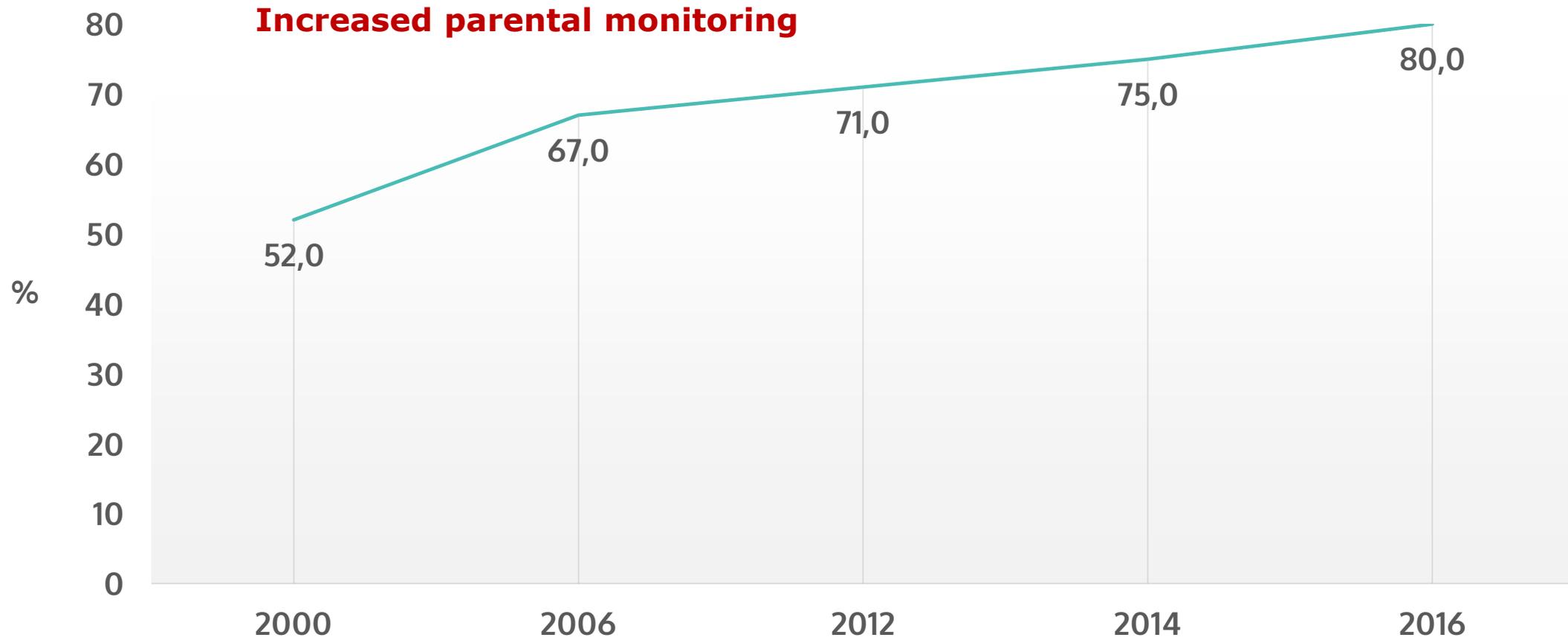


Drunk once or more often past 30 days My Parents know where I am during Saturday nights (9th and 10th grade year 2018)

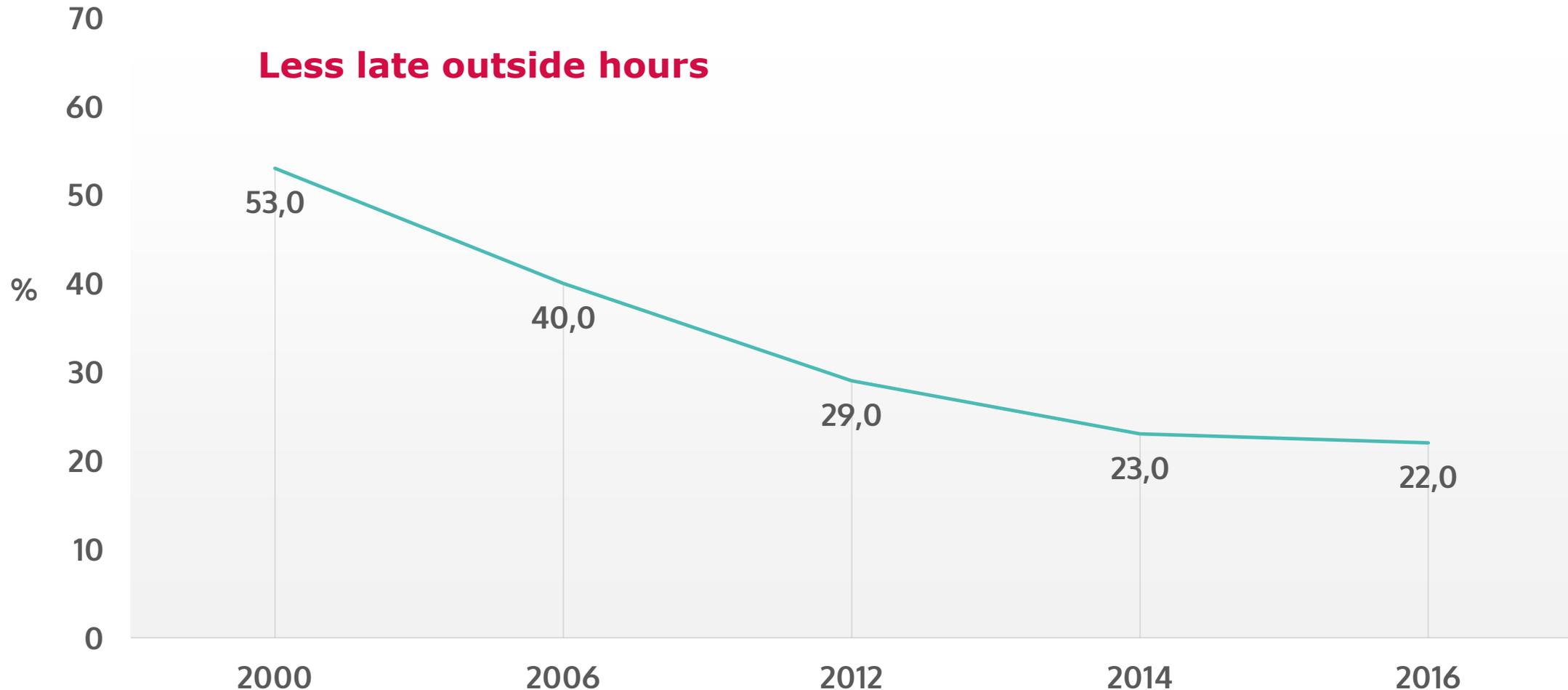


My parents know where I am during Saturday nights

"My parents know where I am in the evenings" (applies very or rather well to me) 9th and 10th grade



Rates of students in 9th and 10th grade who have been outside after 10 pm, 3 times+ in the past week



Aim

- To change the actual **behaviour** of youth and not only their **attitudes**
- Change the **life-style environment** of our children so that they would be in **lesser risk** of substance use

Let's keep in mind

- Time - We don't change things over night
- Aim - Find the goal
- Not a project - It's about changing the way we think and then act in a different way



Thank you !



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