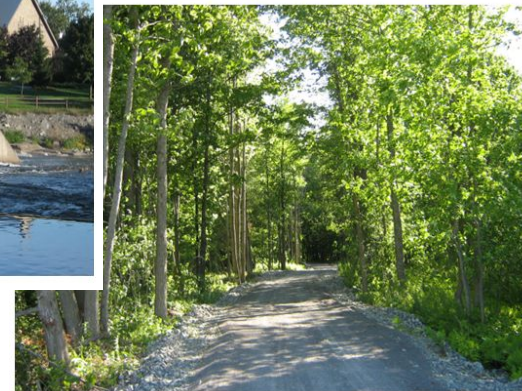




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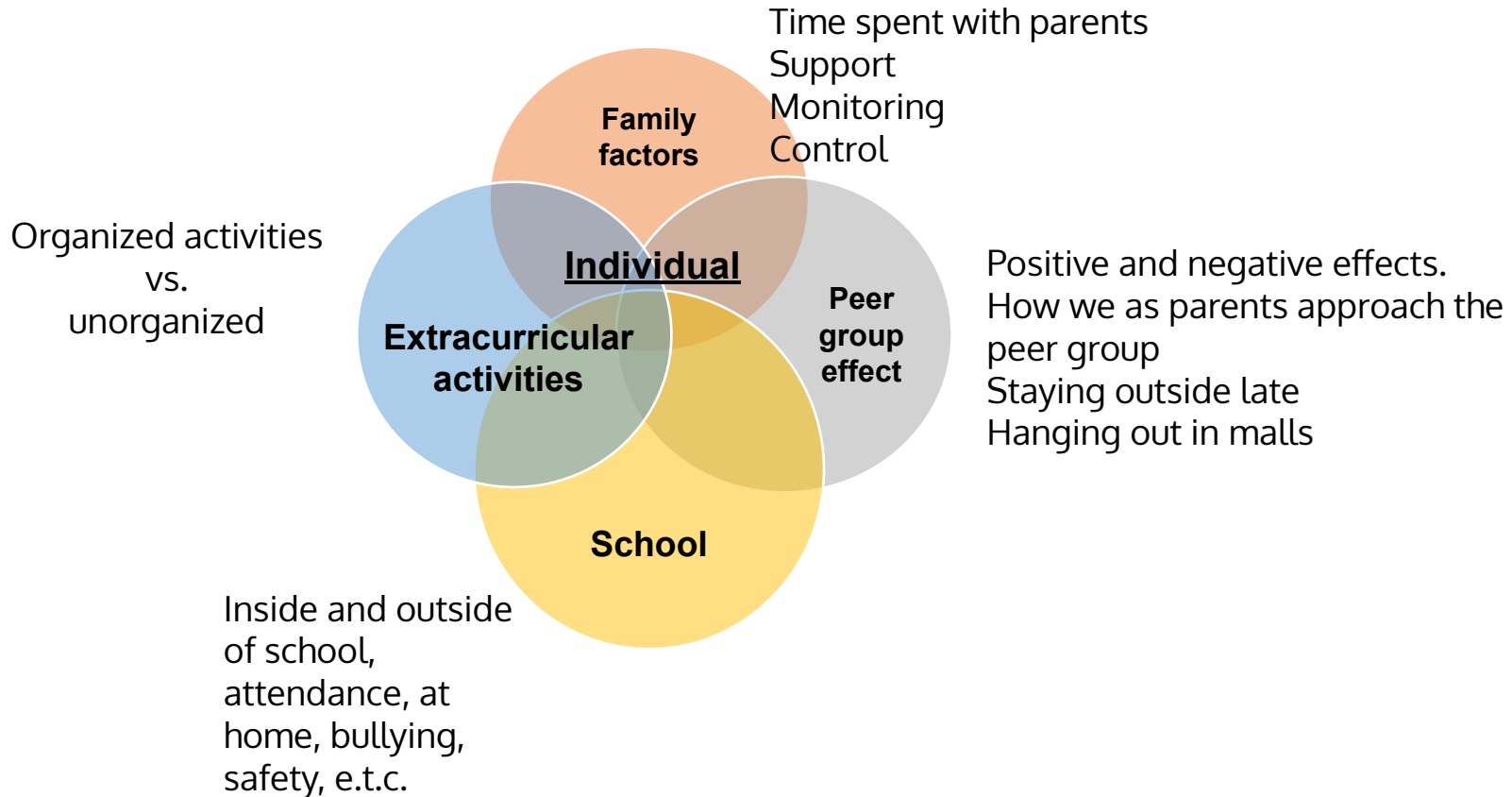


Planet Youth Lanark County Update March 2023

Planet Youth evolved in Iceland as a response to significant use by youth use of harmful substances.

- Traditional primary use prevention: “This stuff is harmful, bad for you. Don’t use it.”
- Based on their own research and a review of global literature, ICSRA (The Icelandic Centre for Social Research and Analysis) developed a community-based approach to deter substance use
- Planet Youth - identify factors that contribute to healthy development and wellbeing and engage stakeholders in developing a network of supports.

The Icelandic prevention model - Four Domains





ICELAND

PLANET
Youth®

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%



Then = 1997-2000

Now = 2022

The Five Guiding Principles of The Planet Youth Guidance Model

1

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

3

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

2

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

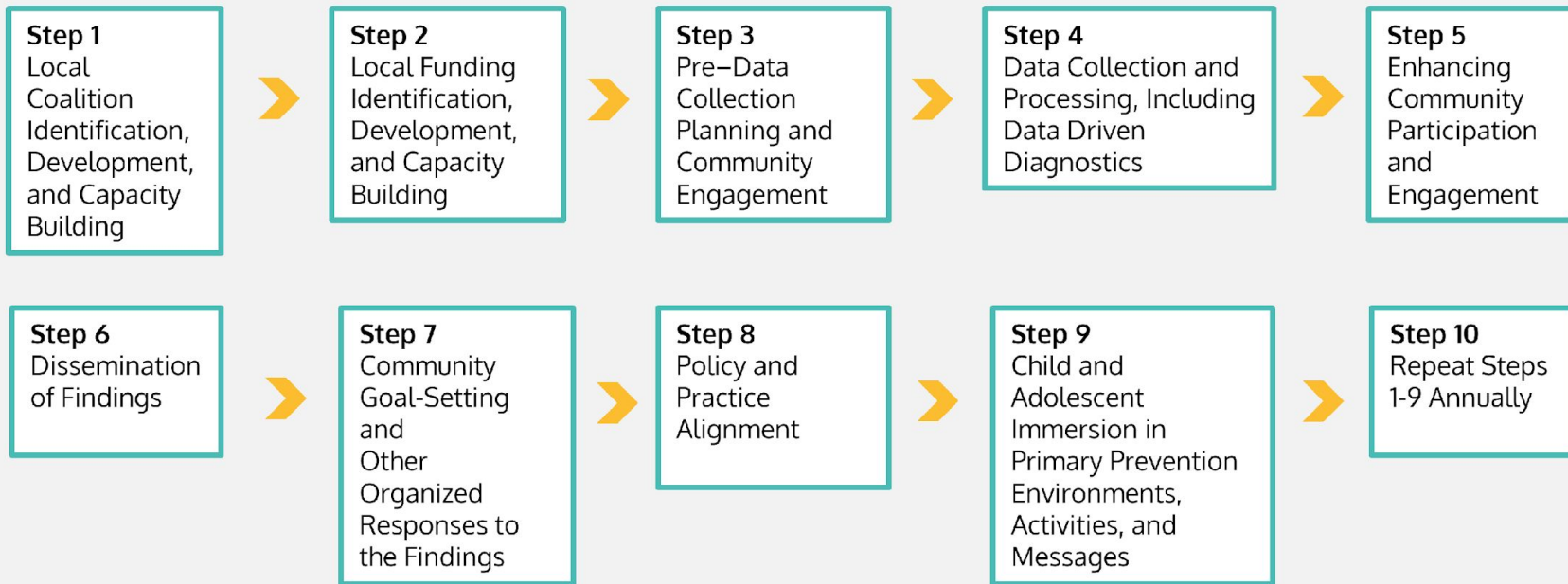
4

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

5

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

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



Method and Data collection

Participants were high school students that attended school on the day of the survey. In 2022, 7 schools across 4 regions in Lanark took part in the survey.

The surveys were conducted from February to March 2022. The total response rate for Lanark was 70%.

Using a process developed by ICSRA data was collected with an online questionnaire in the Alchemer software. The survey was conducted during classroom hours. Participation was voluntary, and students were free to answer the survey in whole or in part, to skip any question at will, and to change their mind about participation at any time.



Substance Use

29%

Tried alcohol at the age 13 or younger

20%

Have been drunk in the last 30 days

24%

Drink alcohol at their own home

19%

Get alcohol from a family member



E-cigarettes

40%

Have smoked an e-cigarette in their lifetime

28%

Smoked an e-cigarette in the last 30 days

Cigarette Smoking

10%

Tried cigarette smoking at the age 13 or younger

7%

Smoke cigarettes daily



Cannabis Use

23%

Have used cannabis in their lifetime

14%

Used cannabis in the last 30 days



Family - Key Findings

92%

Of parents disapprove of cannabis use



74%

Of parents disapprove of drunkenness



88%

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



*Disapprove of = are totally or very much against

Time with parents on weekends

62%



Of teenagers often or always spend time with their parents on weekends

Time with parents on weekdays

49%

Of teenagers often or always spend time with their parents on weekdays



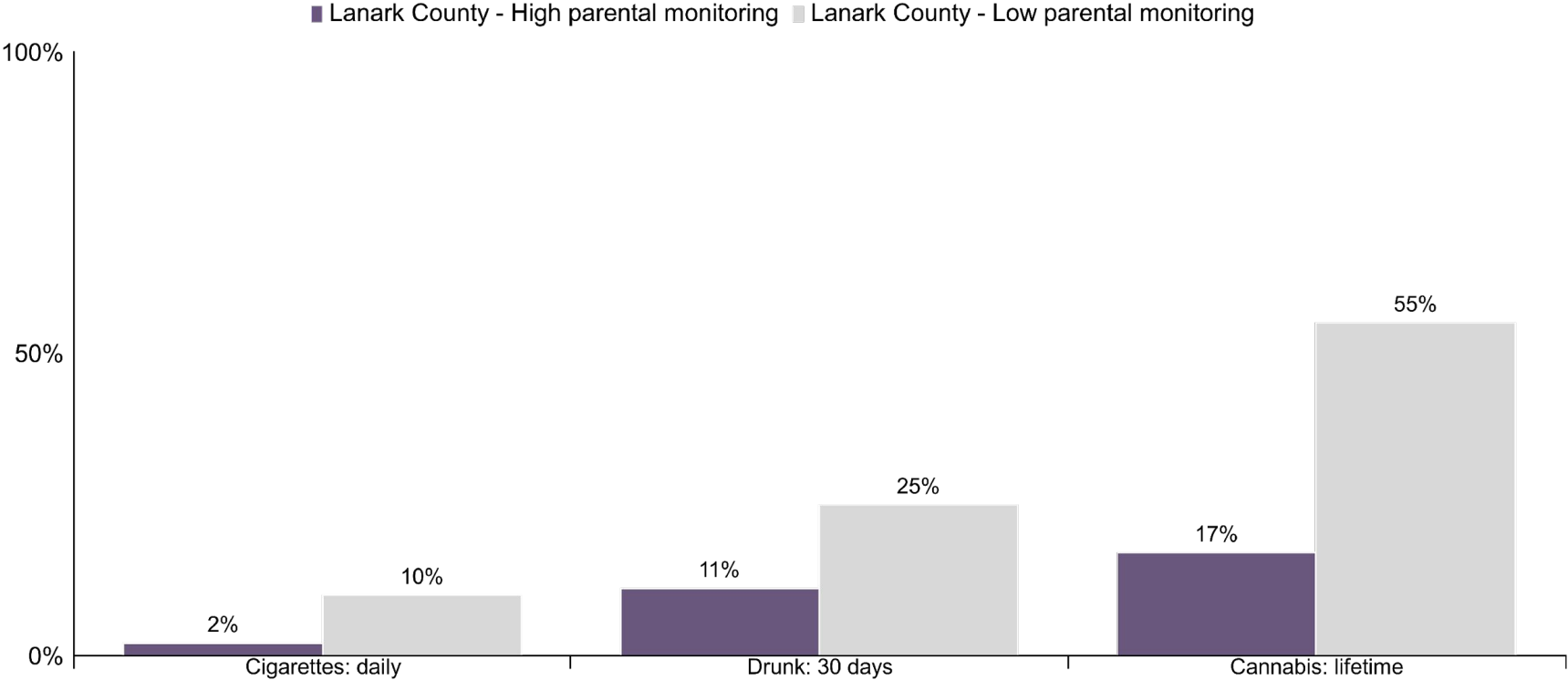
Parental Monitoring

92%



Of parents know where their teenagers are in the evenings

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



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

13%

Drink Alcohol



5%

Smoke Cigarettes



10%

Use Cannabis



6%

Vape

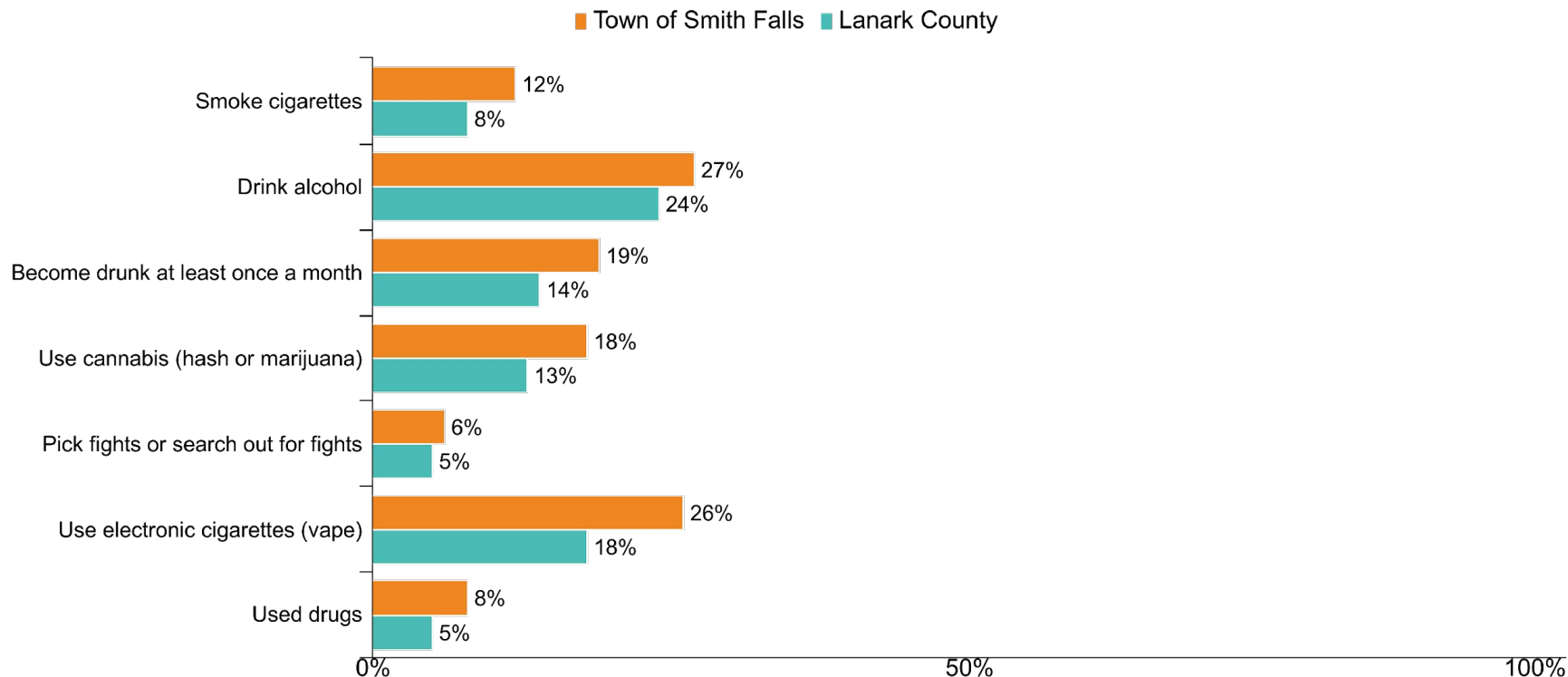


11%

"Skip" or "Cut" Classes



Proportion of adolescents in Town of Smith Falls who report that most/almost all of their friends:



School- Key Findings



Girls

Bored

33%

Are often or always bored with the studies

Feel Bad

34%

Often or always feel bad at school

Skipped School

26%

Skipped school once or more in the past month



Boys

Bored

33%

Are often or always bored with the studies

Feel Bad

22%

Often or always feel bad at school

Skipped School

26%

Skipped school once or more in the past month

69%

Feel safe at school



16%

Want to change schools



74%

Get along with the teachers



Leisure activities

48%

Of boys spend
3 hours or
more a day
playing video
games



11%

Of girls spend
3 hours or
more a day
playing video
games



29%

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



74%

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



15%

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

24%



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



21%

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

Wellbeing


Females


Males



Next Steps -

- We will continue to reach out to municipalities, school boards and youth organizations to share the data from the 2022 survey.
- We invite you to visit <https://planetyouthlanark.ca/> and read the survey findings for The Town of Smiths Falls.
- You will receive an invitation to an upcoming Planet Youth goal setting workshop. We are hoping to have councillors or staff representatives from each municipality present.



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