



PLANET YOUTH

George

Planet Youth Guidance Program: Background Context

Evidence

Community

Dialogue



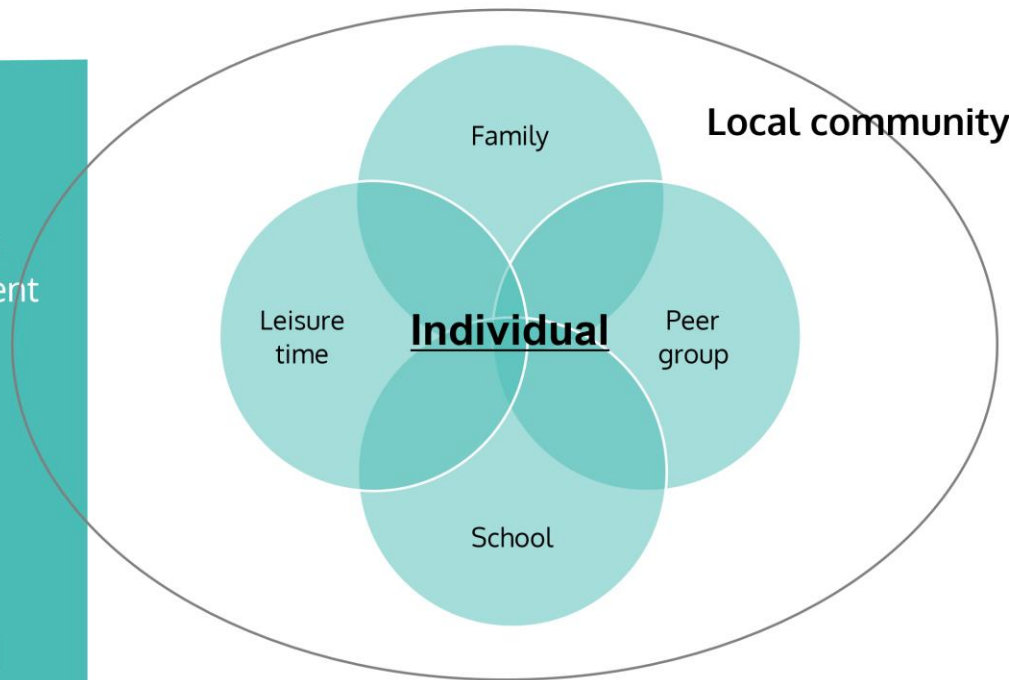
In the 1990s, Planet Youth ranked comparatively high on adolescent alcohol, tobacco, and other harmful drug use as evidenced by results from the European School Project on Alcohol and Drugs (ESPAD). In 1999, the rate of ever-smoking tobacco among 10th-grade youth in Iceland was 56% and 69% on average 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.

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.



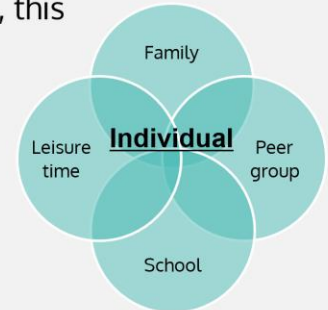
The four domains

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.

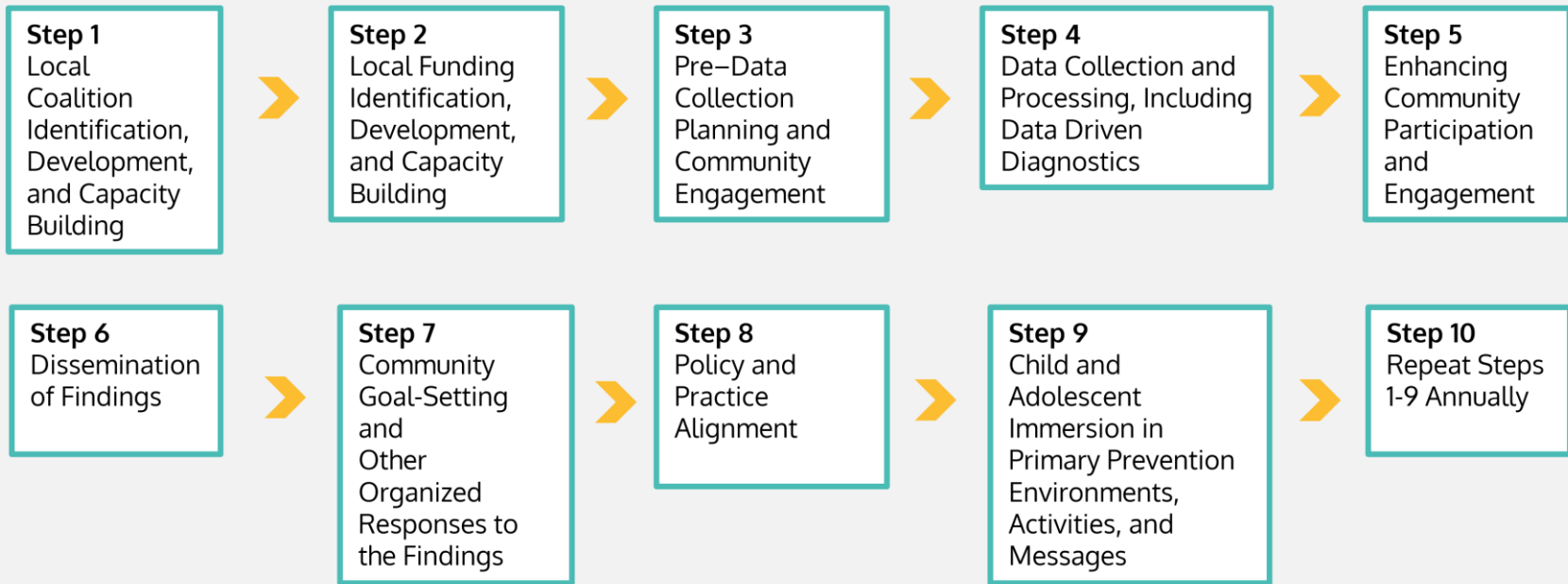
4

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 students in 8th and 9th grade that attended school on the day of the survey. In 2023, 18 schools in George, South Africa took part in the survey.

The surveys were conducted in March - April 2023. The total response rate for George was 92%.

175 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 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.

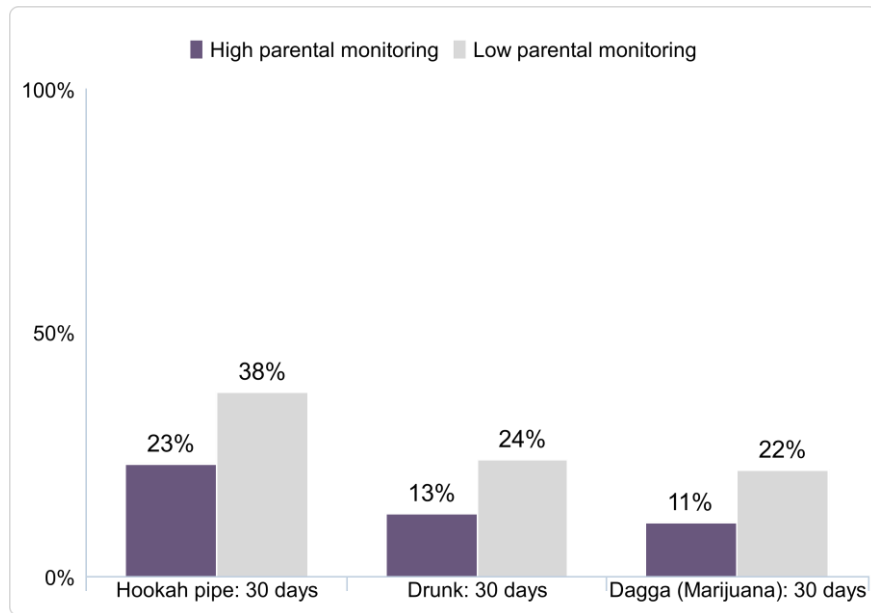


Interpret Cross Tabulations

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 hookah pipe in the last 30 days, used cannabis (dagga) in the last 30 days, and have become drunk once or more in the last 30 days compared on level of parental monitoring.

The dark bars show the percentage of adolescents who report high parental monitoring and who have used hookah pipe in the last 30 days, used cannabis (dagga) in the last 30 days, and have become drunk in the last 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 light bars show the percentage of adolescents who report low parental monitoring and who have used hookah pipe in the last 30 days, used cannabis (dagga) in the last 30 days, and have become drunk 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.

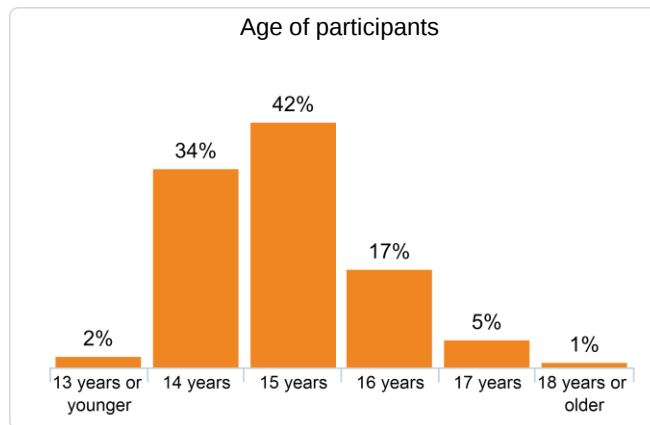
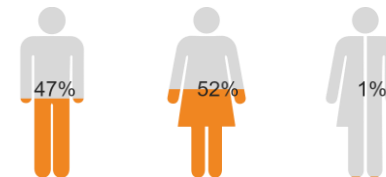


Cross tabulation example. Proportions of adolescents who have used hookah pipe in the last 30 days, used cannabis (dagga) in the last 30 days, and have become drunk in the last 30 days once or more in their lifetime by level of parental monitoring

Number of Participants

2023

	George
Boy	3 006
Girl	3 366
Non-conforming or other	62
Total	6 434



SUBSTANCE

Substance Use

36%

Tried alcohol at the age 13 or younger

15%

Have been drunk in the last 30 days

12%

Drink alcohol at their own home

13%

Get alcohol from a family member



Cigarettes

11%

Smoked a cigarette in the last 30 days



E-cigarettes

16%

Smoked an e-cigarette in the last 30 days



Hookah Use

44%

Have used a hookah pipe in their lifetime

26%

Used a hookah pipe in the last 30 days



Marijuana Use

25%

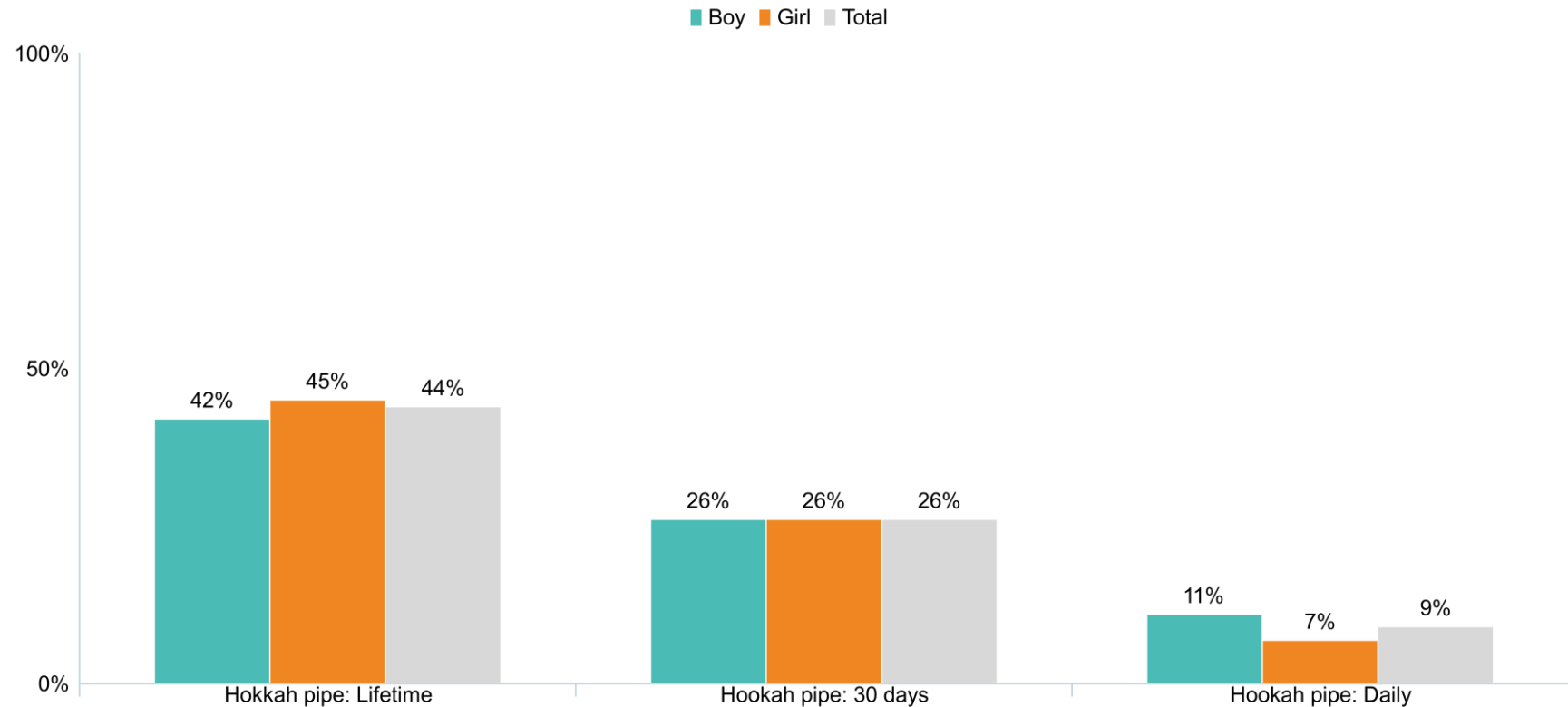
Have used marijuana / dagga in their lifetime

13%

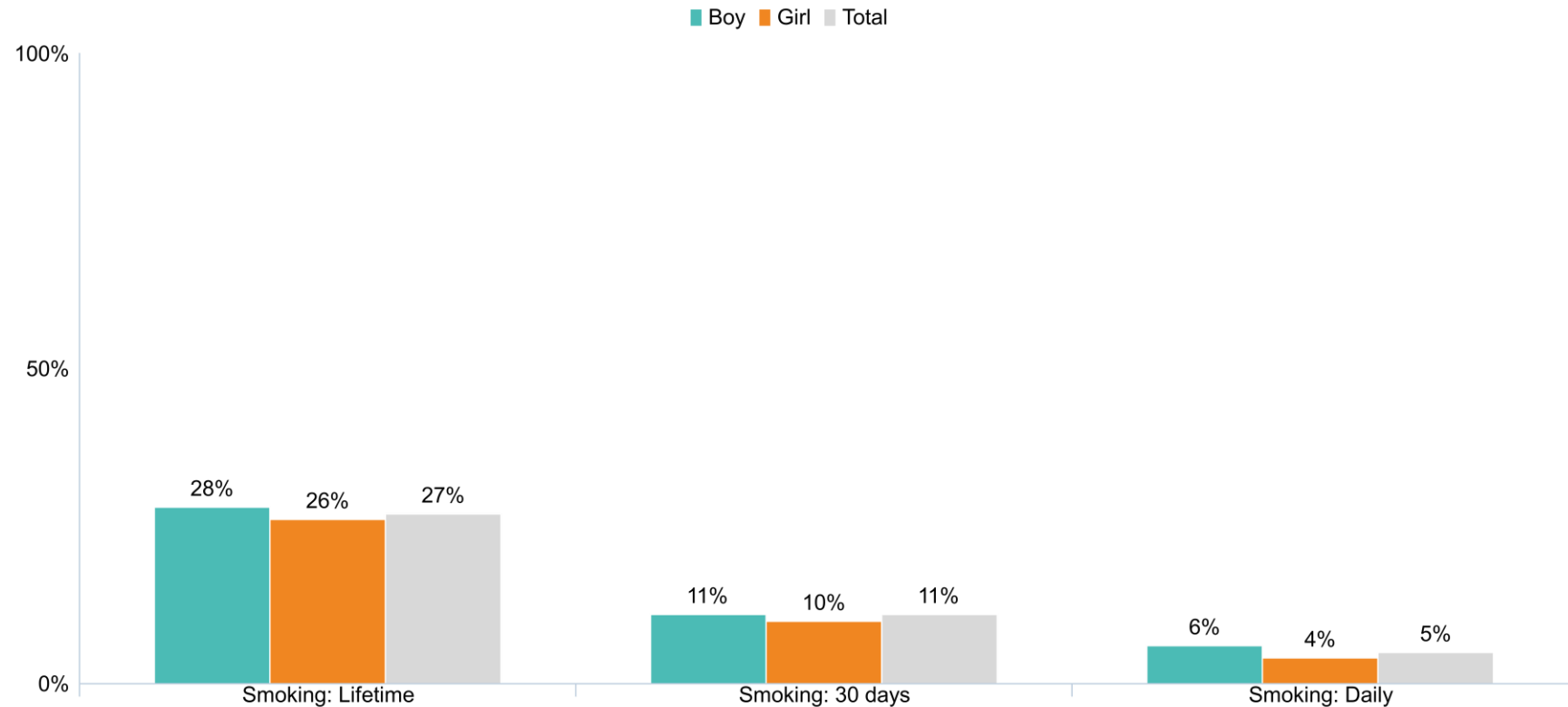
Used marijuana / dagga in the last 30 days



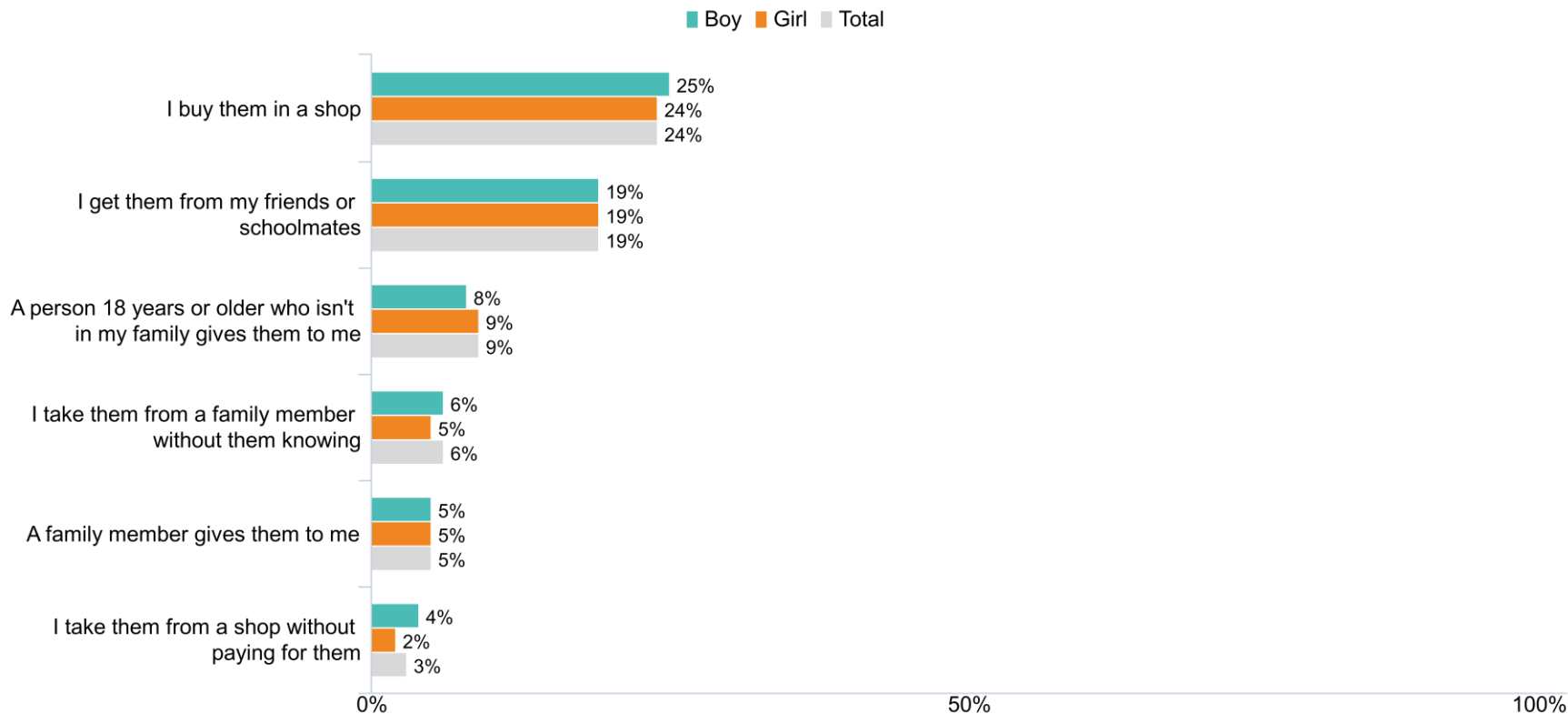
Adolescents in George that have used hookah pipe



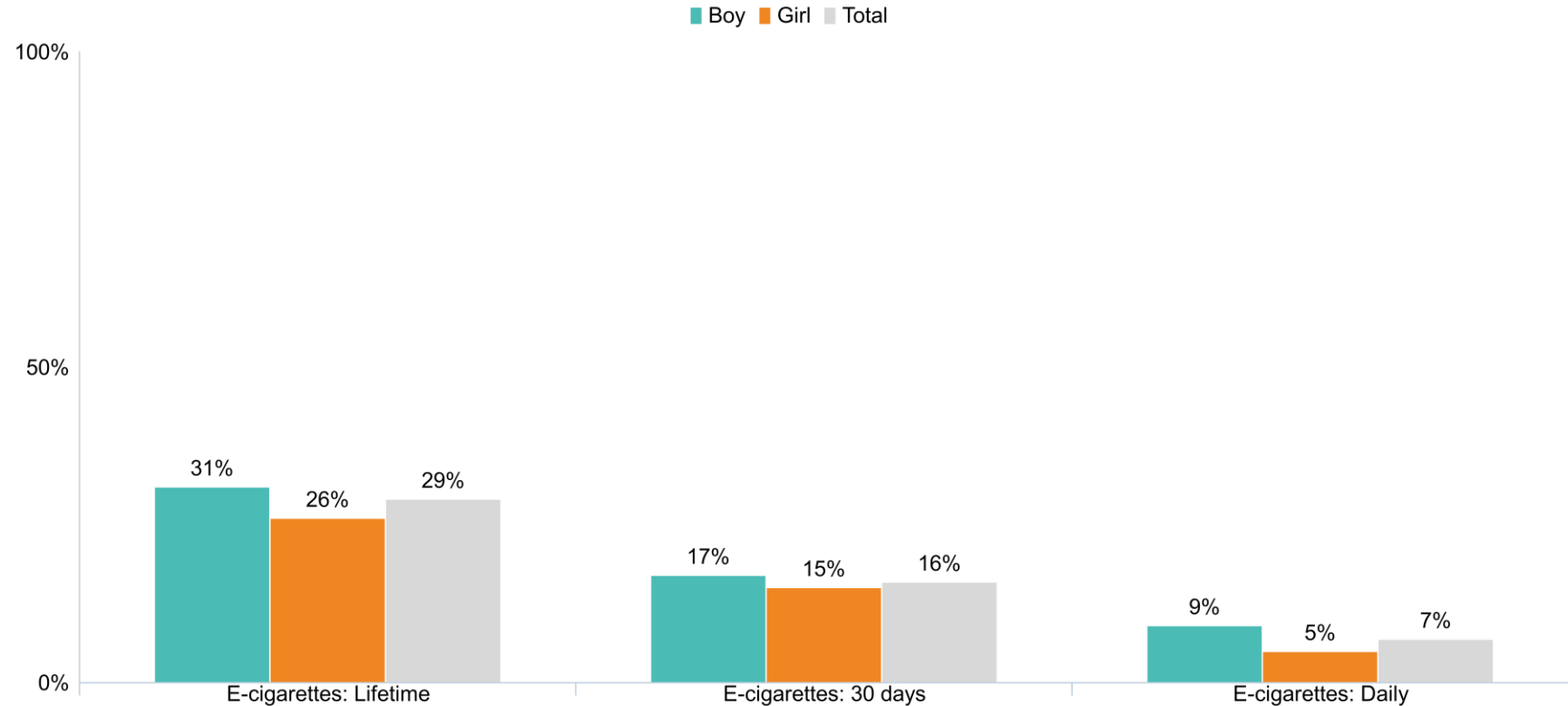
Adolescents in George that have smoked cigarettes



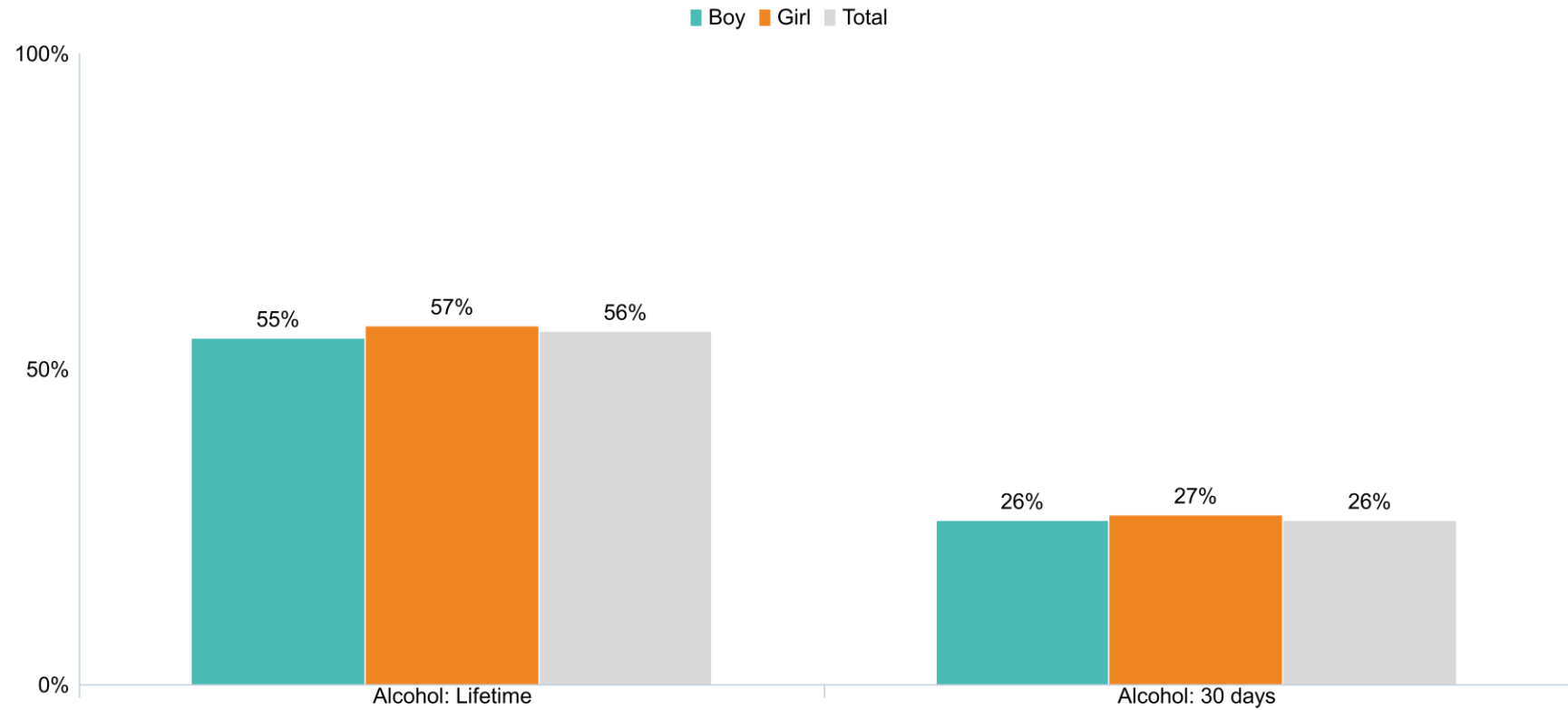
Proportion of adolescents in George that report getting their cigarettes or hookah pipe flavours **sometimes** or **often** the following way



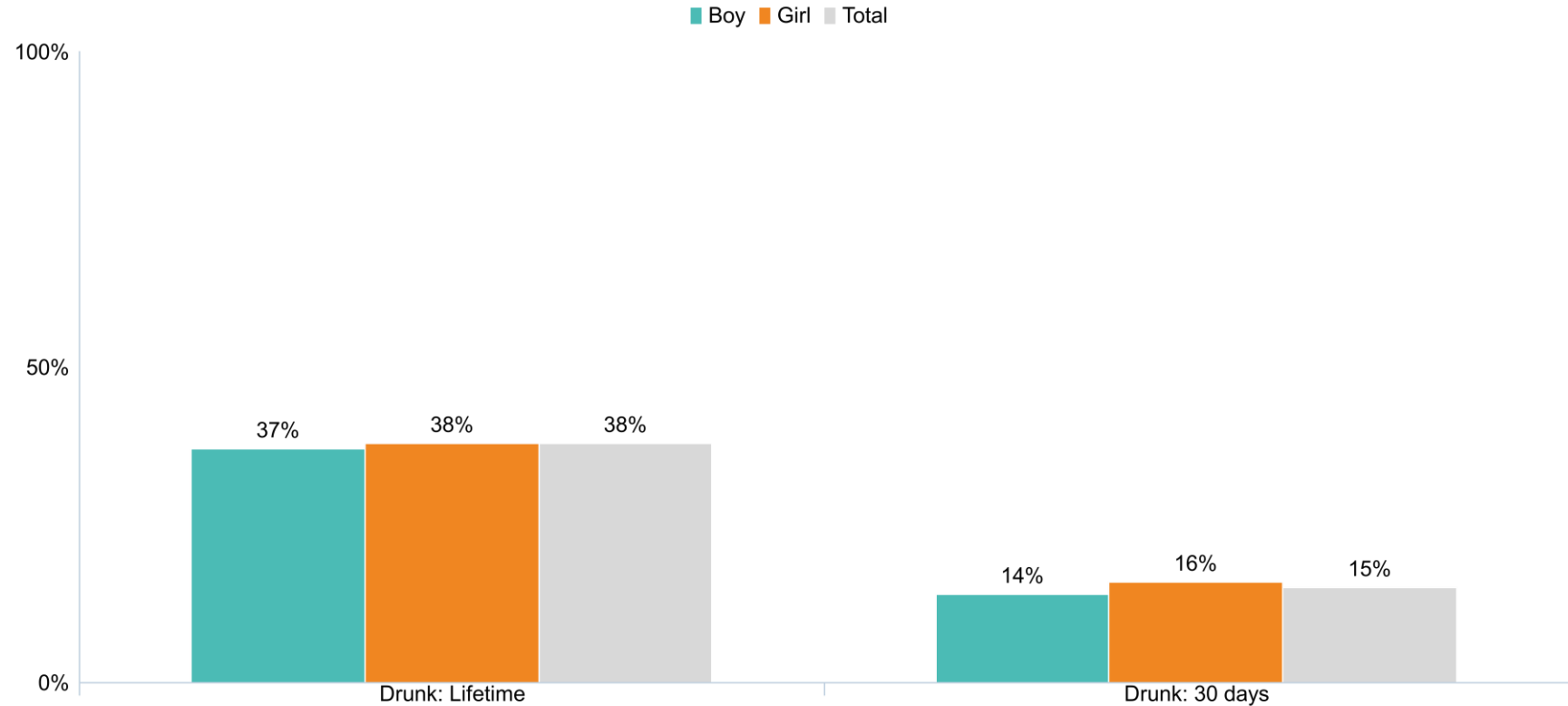
Adolescents in George that have used e-cigarettes



Adolescents in George that have drank alcohol

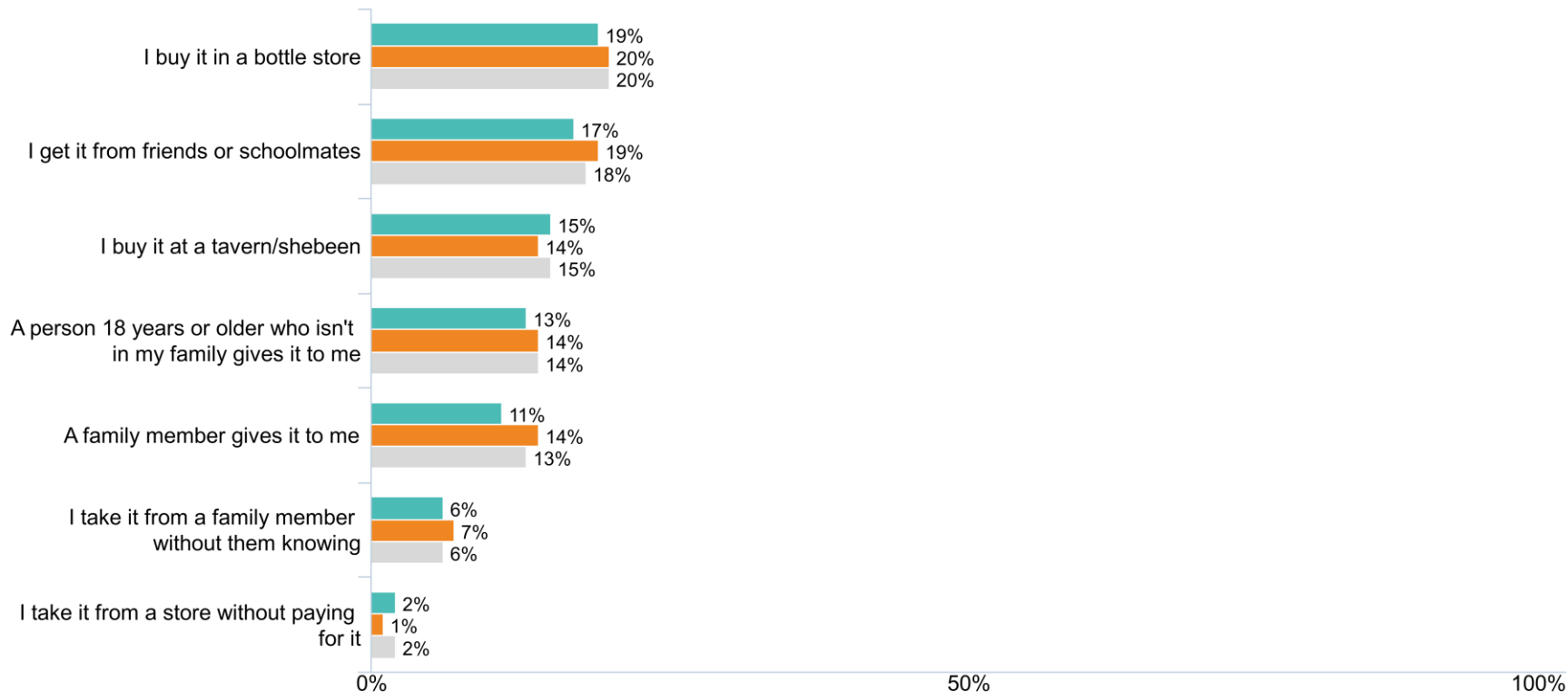


Adolescents in George that have been drunk

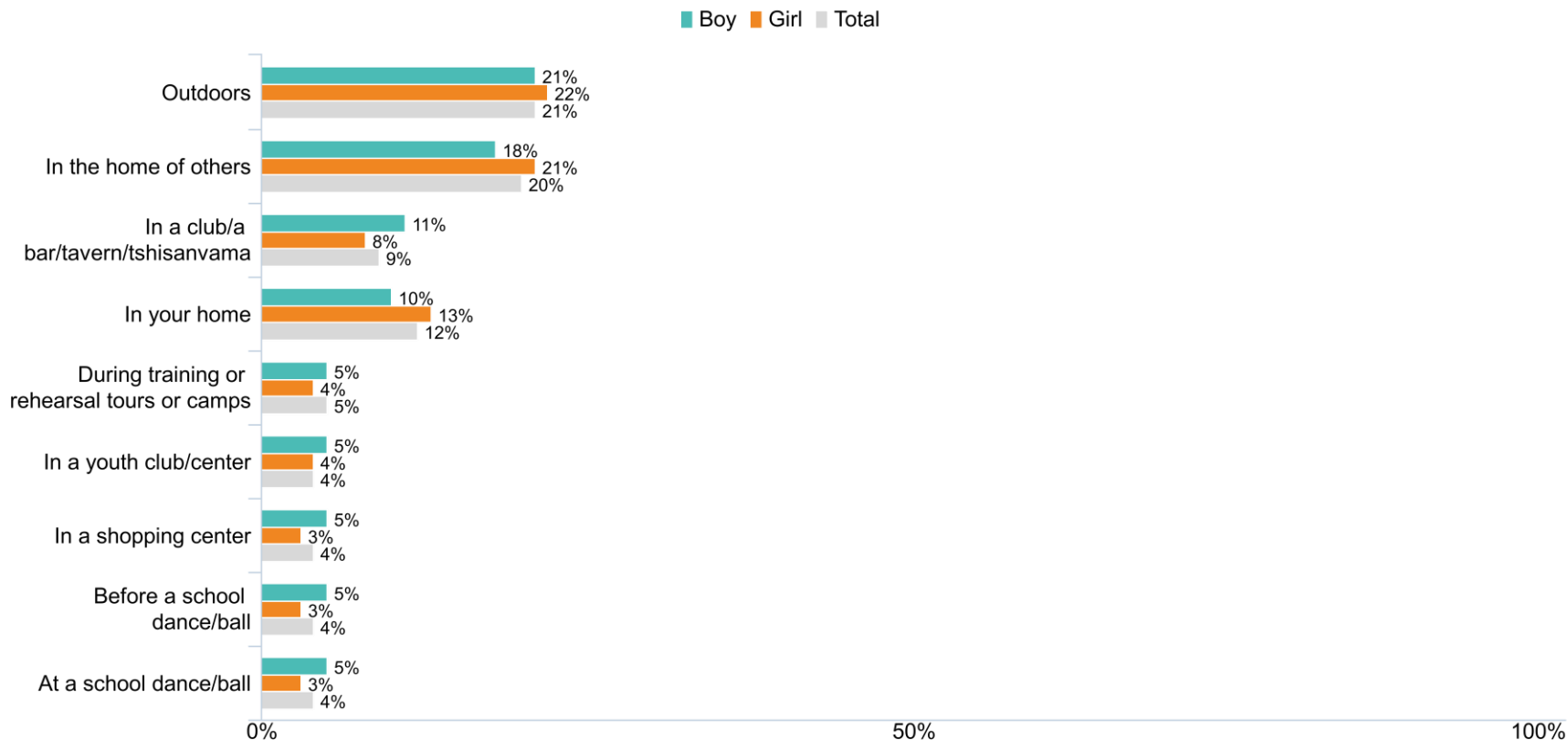


Adolescents in George that report getting their alcohol **sometimes** or **often** the following way

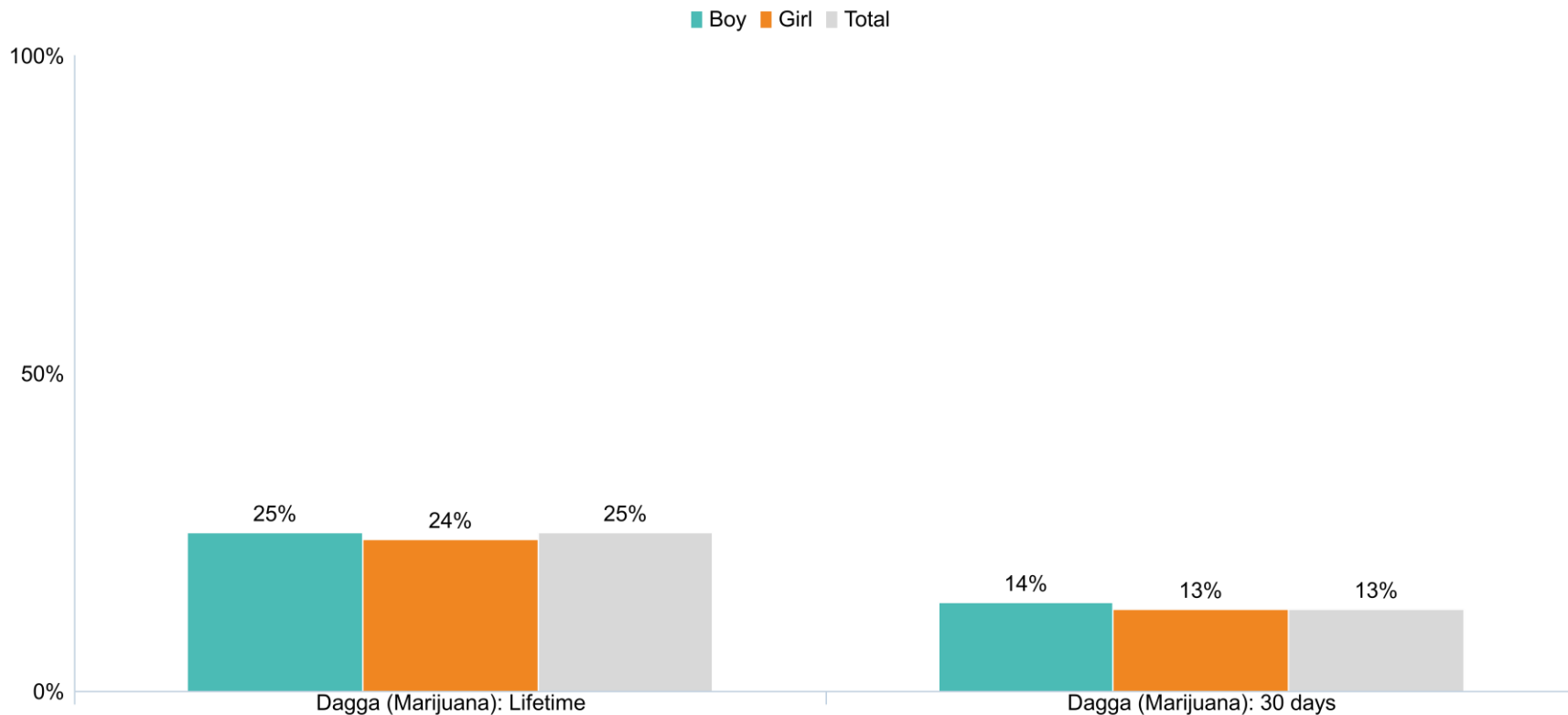
■ Boy ■ Girl ■ Total



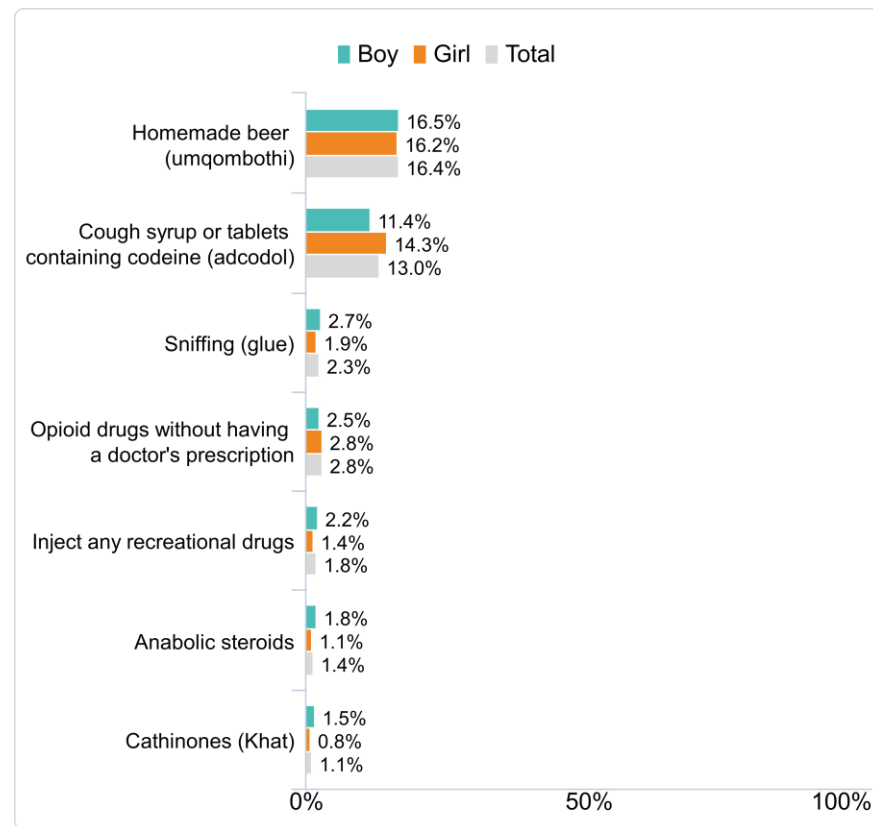
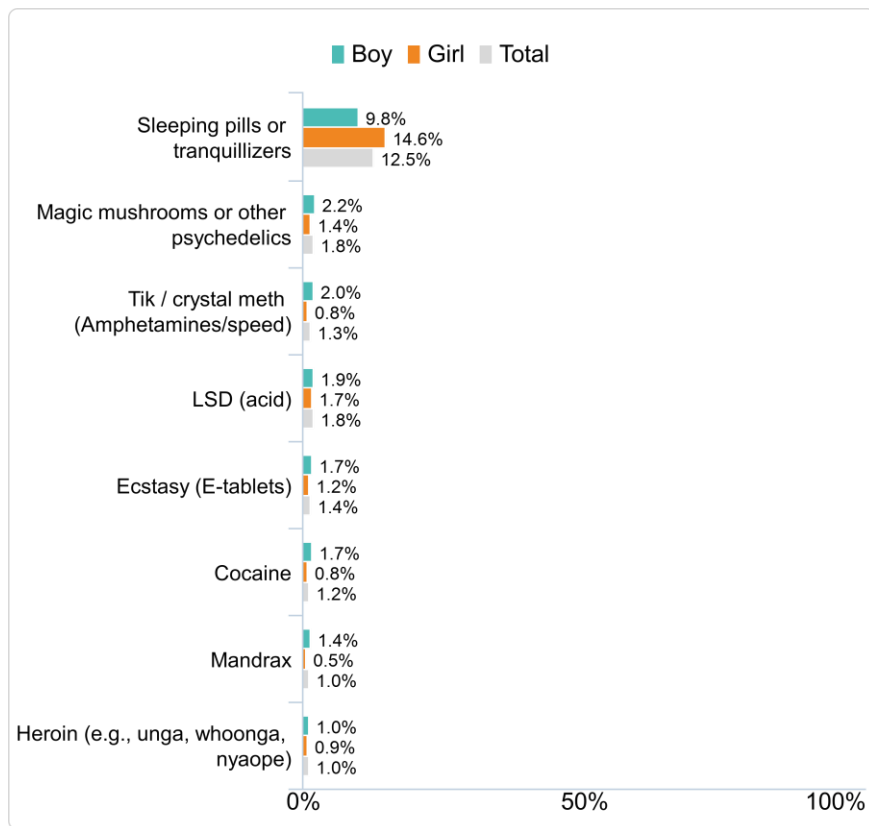
Adolescents in George who drink alcohol **sometimes** or **often** in the following places



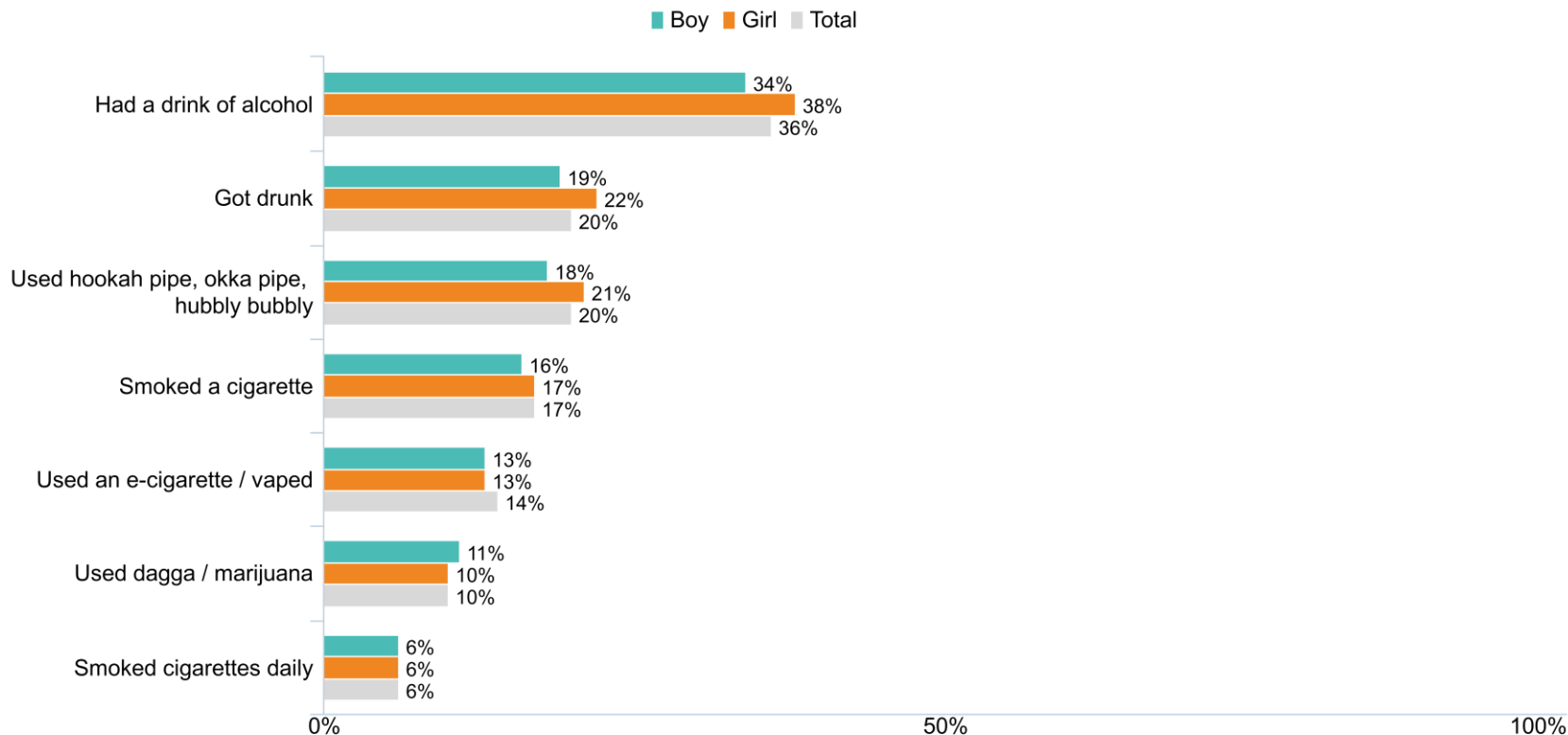
Adolescents in George that have used marijuana (dagga)



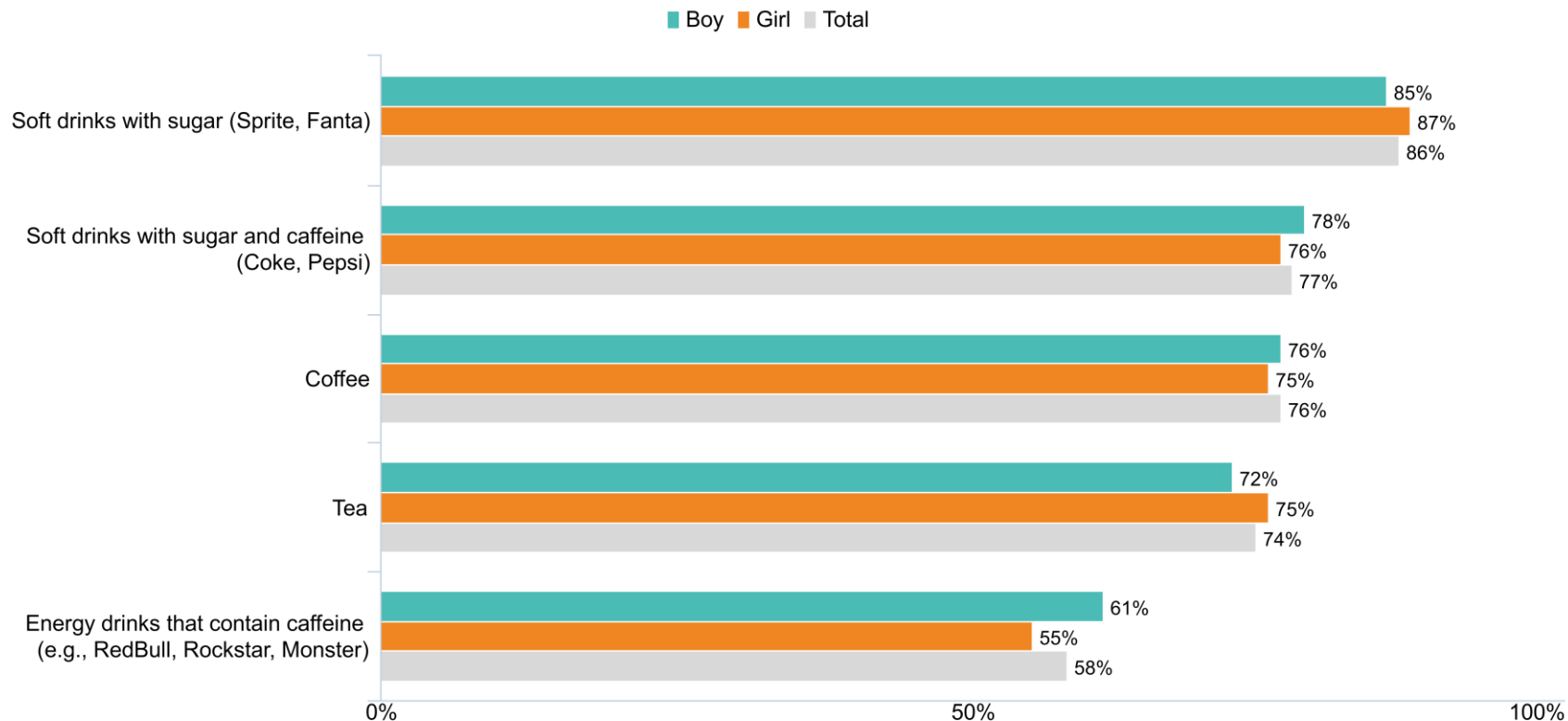
Adolescents in George that have used the following



Adolescents in George that did the following for the first time when they were **13 years old or younger**



Proportion of adolescents in George who drink **one or more** drinks of the following on a daily basis



FAMILY

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Family

Protective Factors

84%

Of parents disapprove of* hookah pipe use



83%

Of parents disapprove of* drunkenness



80%

Say it is easy* to receive caring & warmth from their parents



PLANET
Youth®

*Disapprove of: they won't allow it, or they discourage it

*Easy: rather or very easy

Time with parents on weekends

59%



Often or always spend time with their parents on weekends

Parental support



57%

Of students say it is easy* to discuss personal matters with their parents

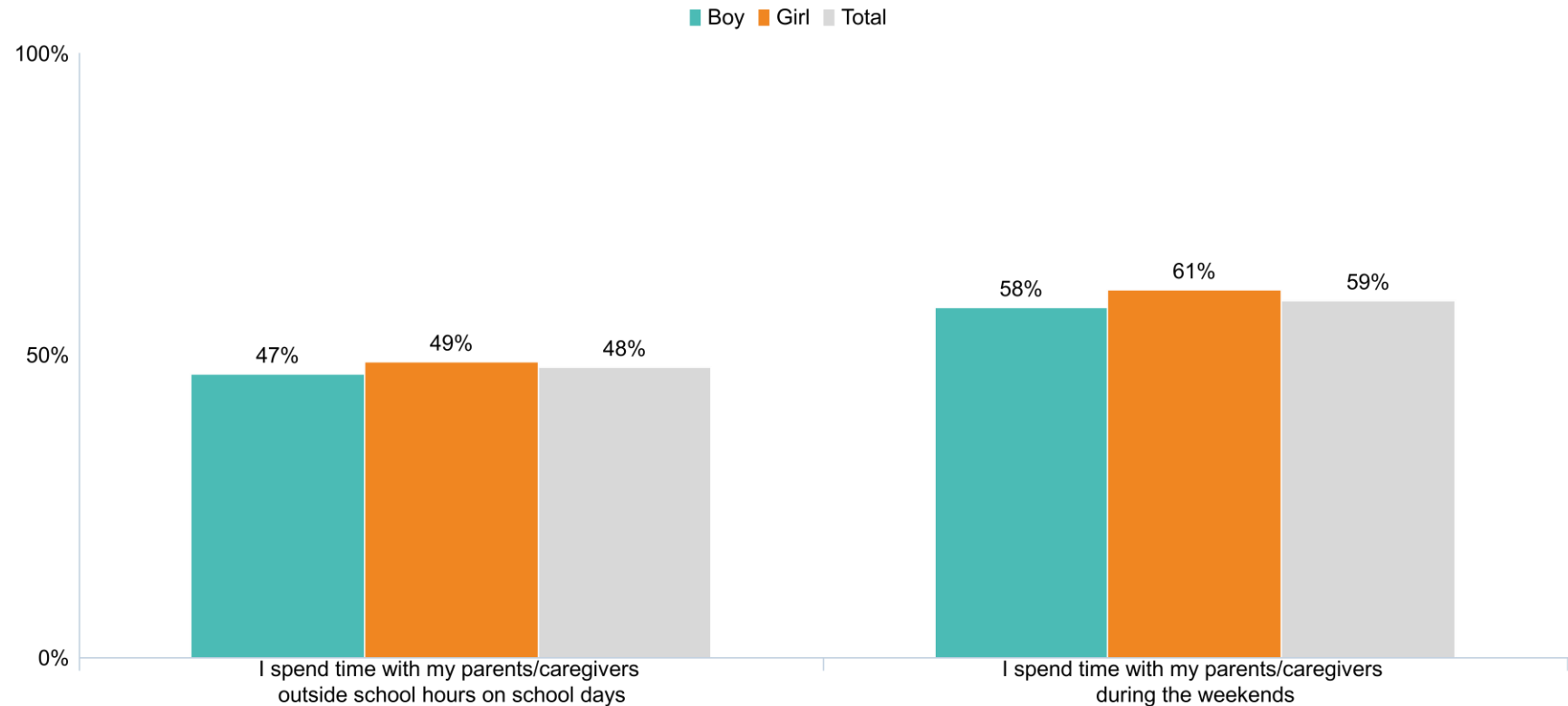
Parental monitoring

82%

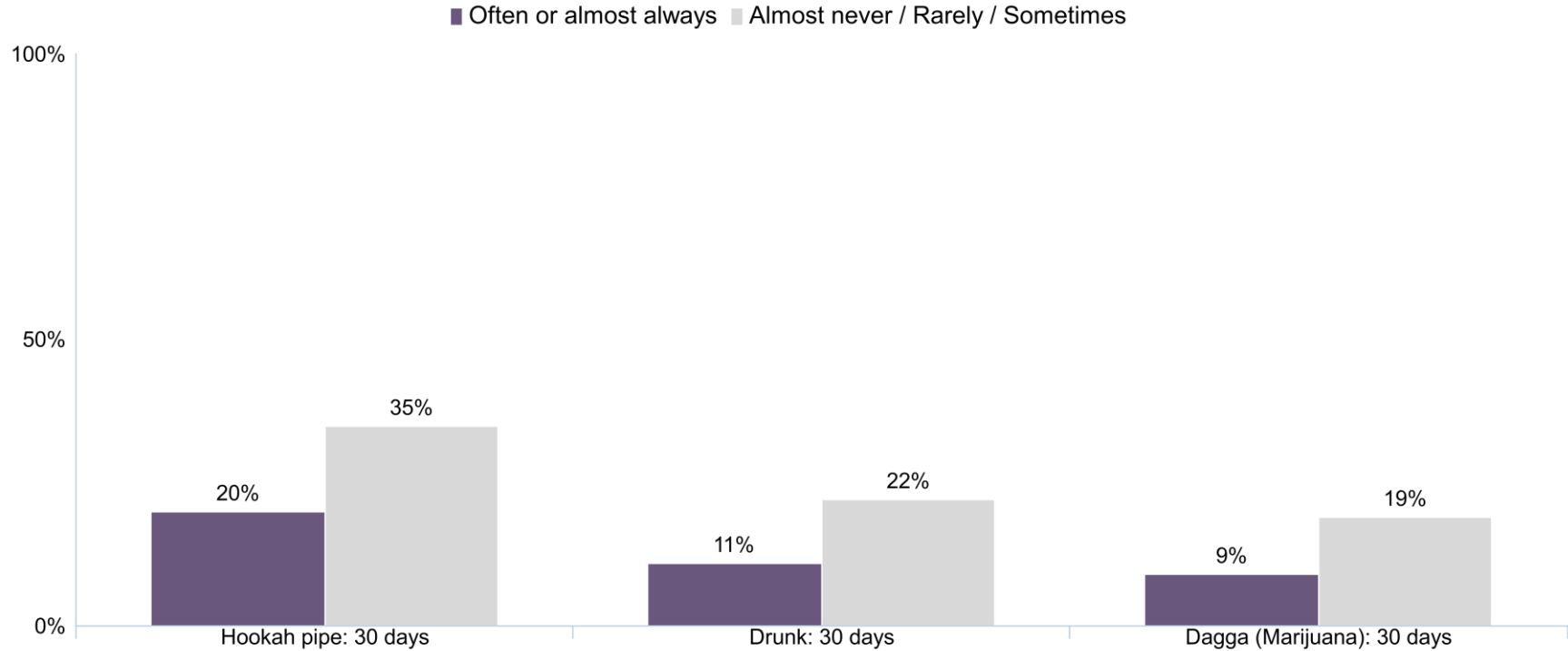


Of parents know where their teenagers are in the evenings

Adolescents in George that spend time with their parents **often** or **always** on school days and weekends



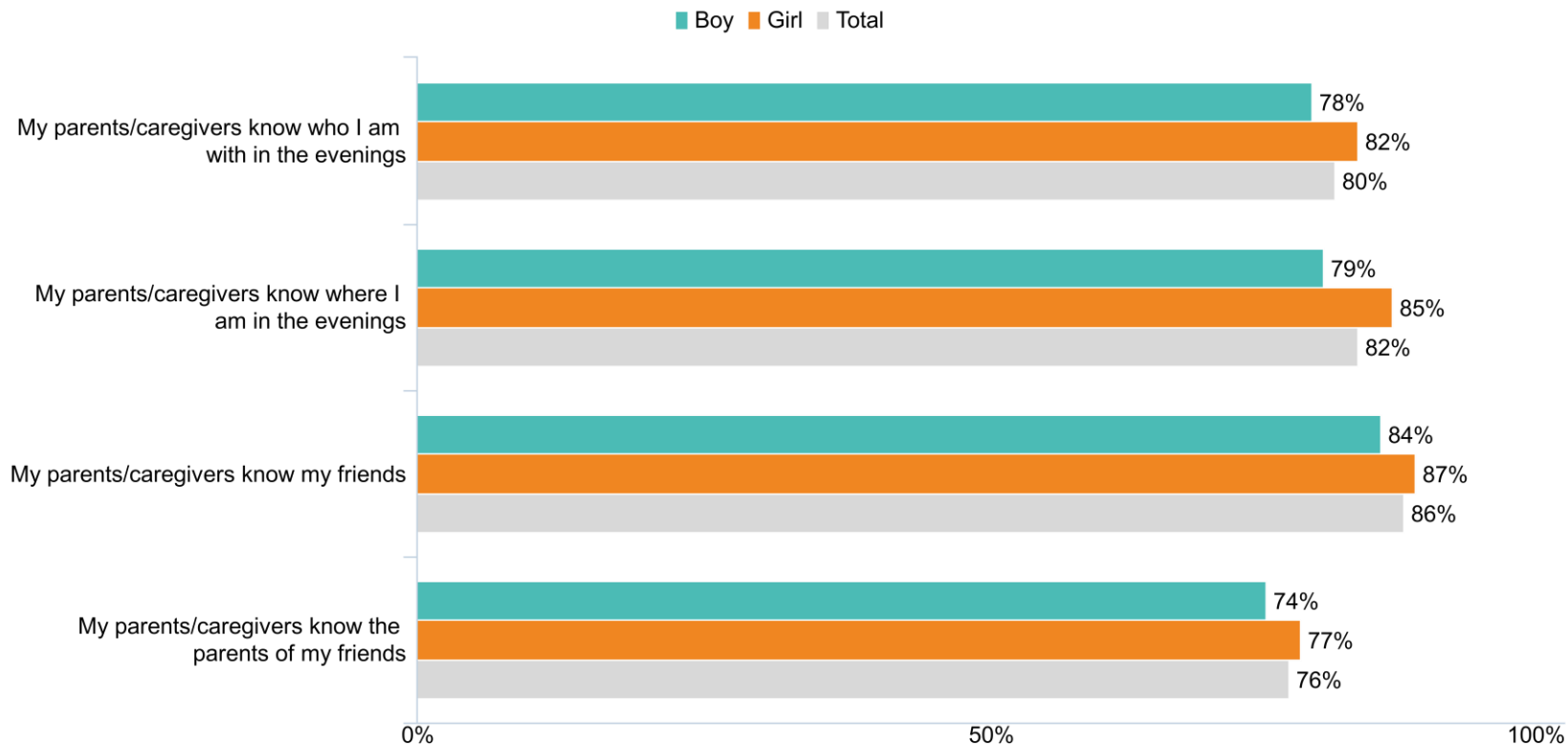
Substance use associated with parents spending time with adolescents on the weekends



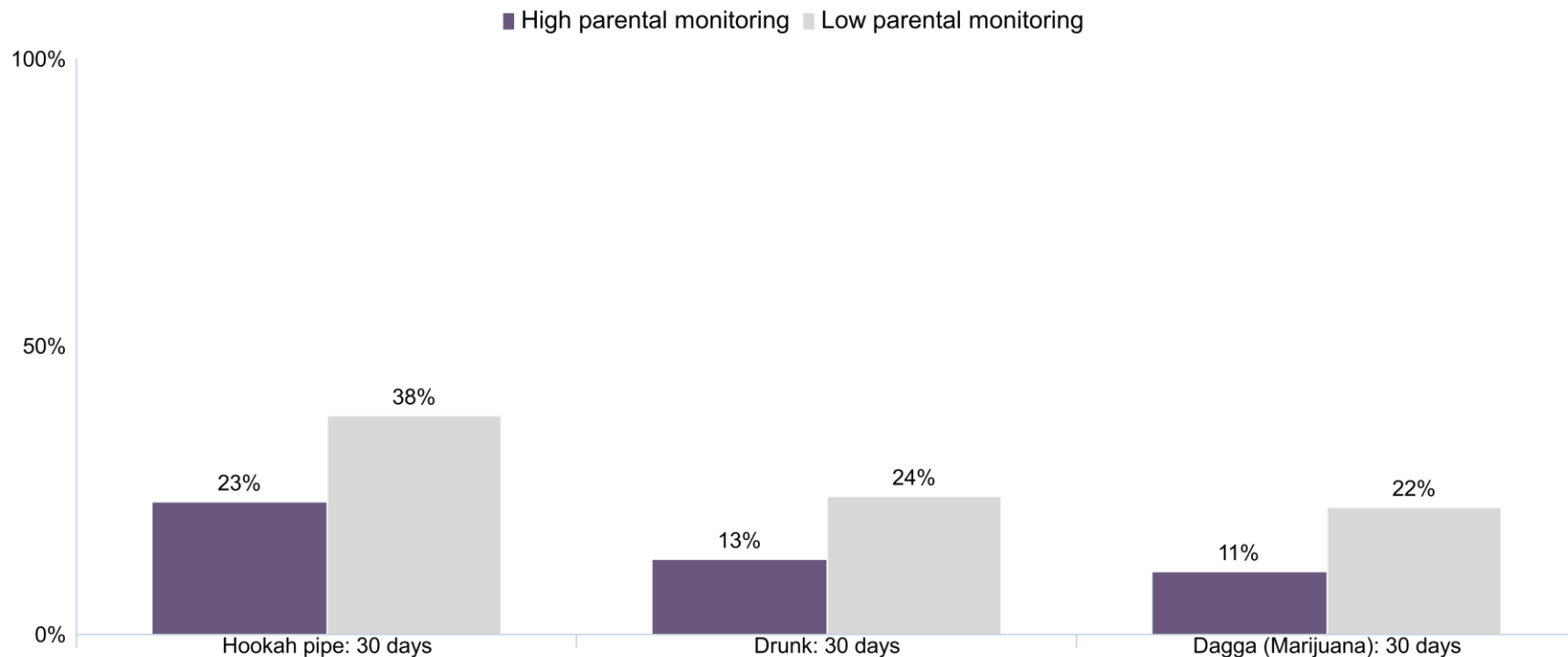
Dark bars represent those who spend **lots** of time with their parent/s

Light bars represent those who spend **little** time with their parent/s

Adolescents in George with **high level** of parental monitoring



Substance use associated with parents knowing adolescent's whereabouts in the evening



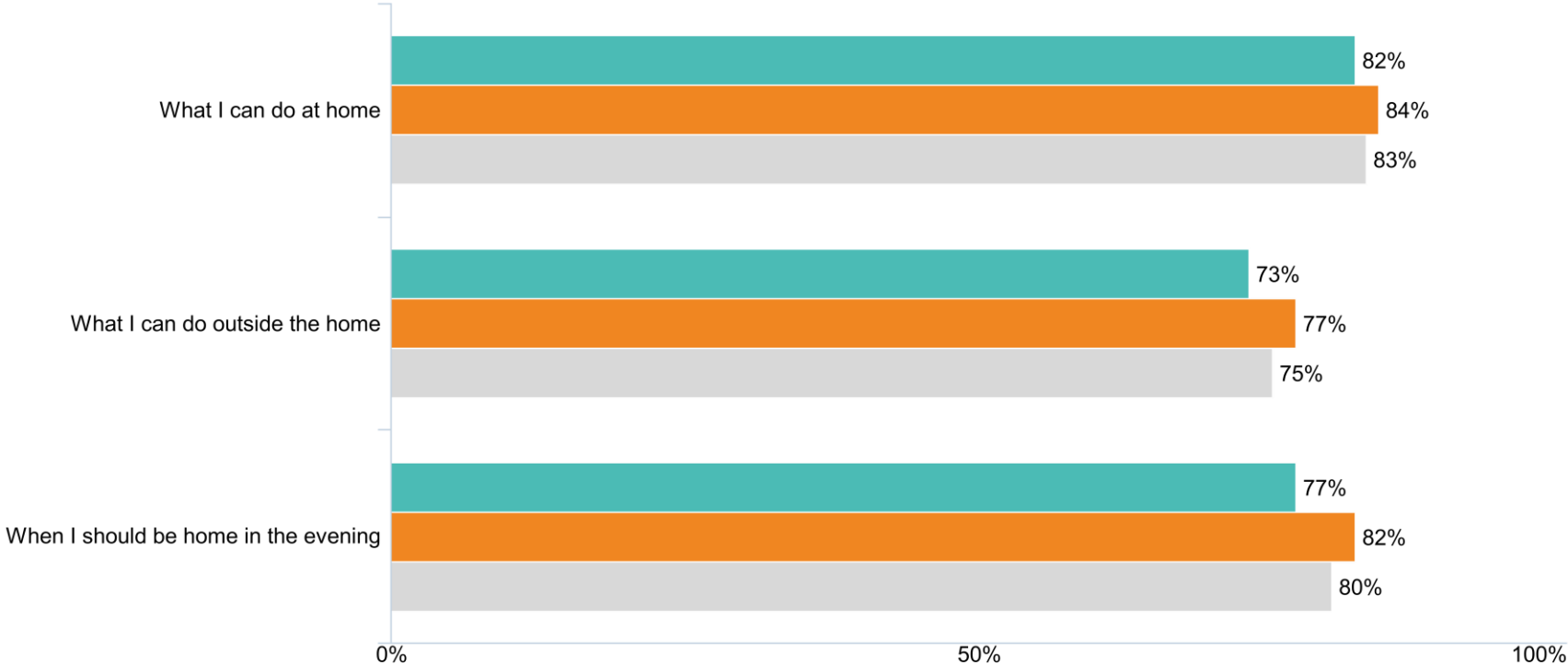
Dark bars represent those with **high parental monitoring** - parents know their whereabouts in the evenings most of the time

Light bars represent those with **low parental monitoring** - parents rarely know their whereabouts in the evenings

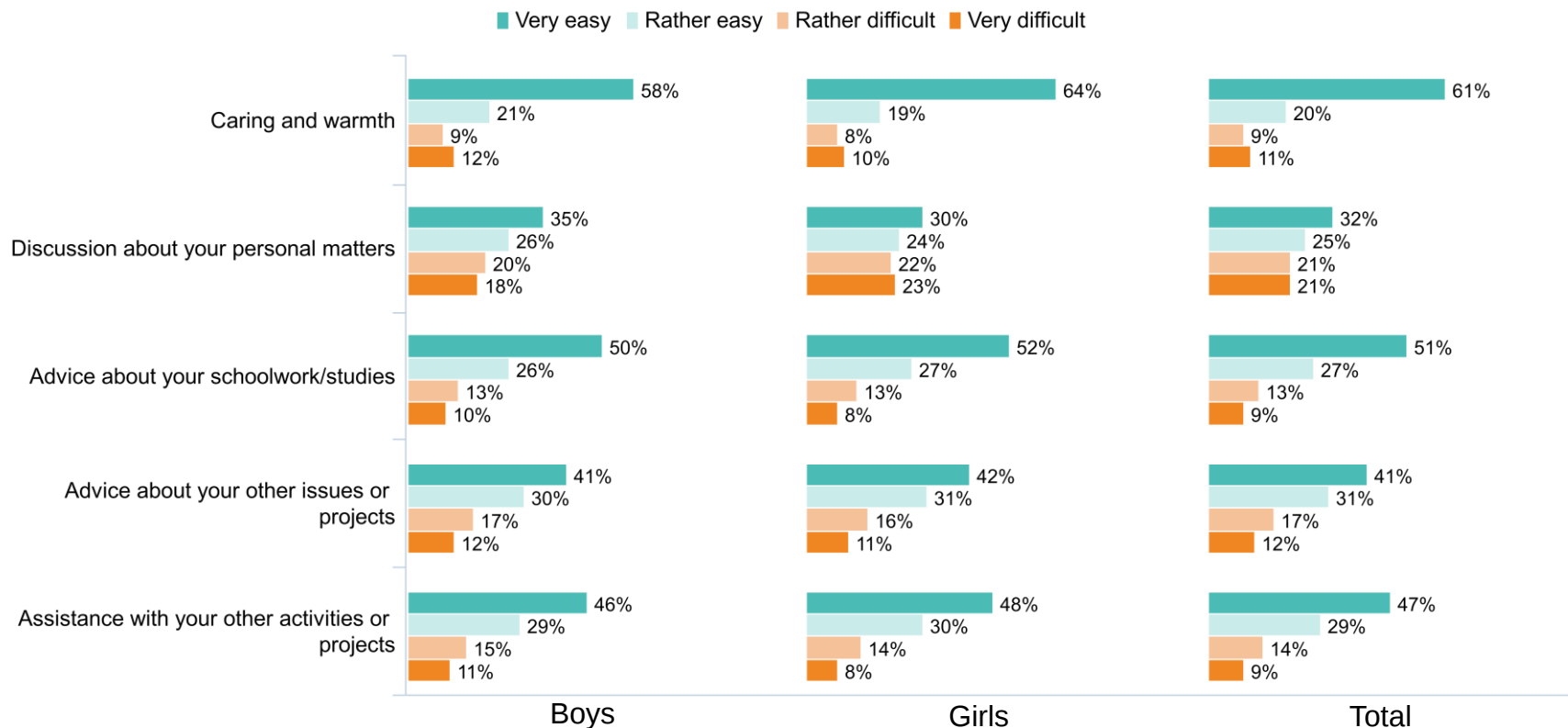
Adolescents in George whose parents set definite rules



■ Boy ■ Girl ■ Total

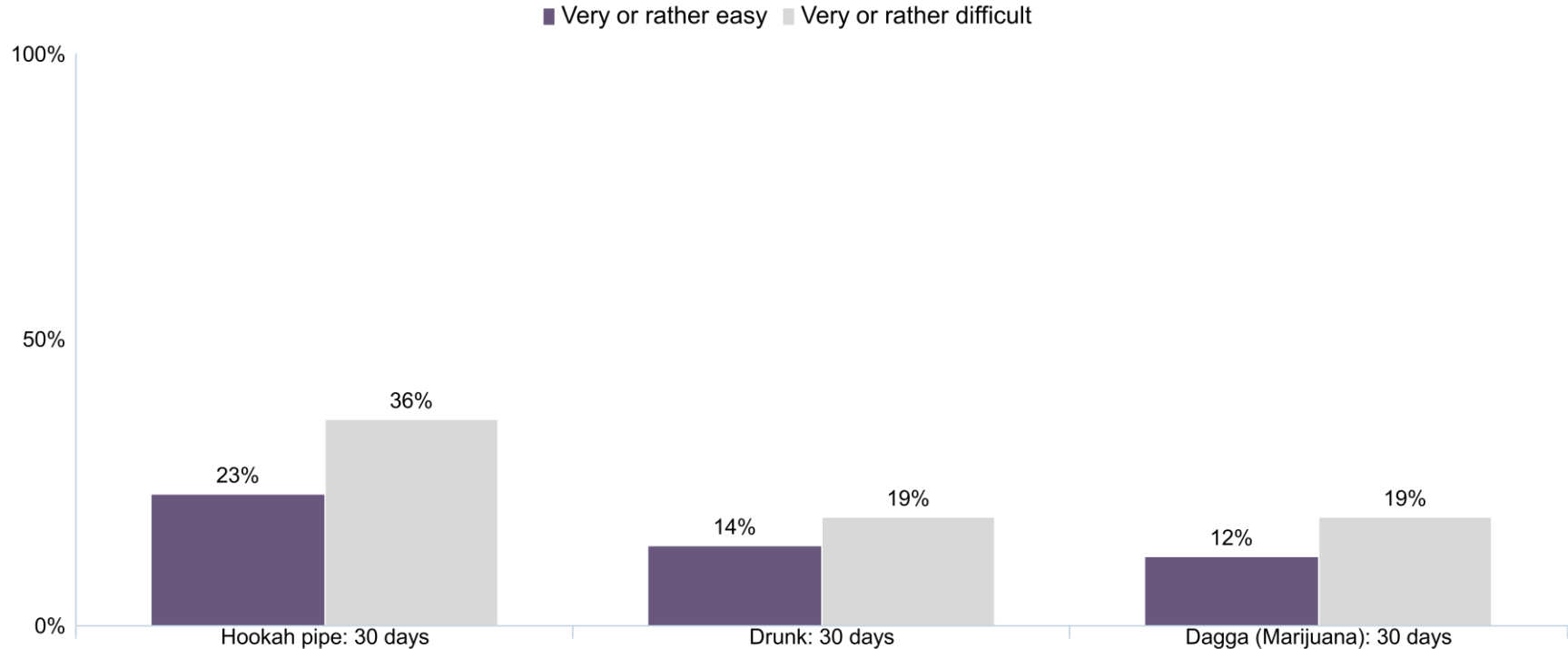


Adolescents in George report how easy or difficult it is to receive the following parental support



Substance use associated with parental care.

How easy or difficult is it to receive caring and warmth from parents?

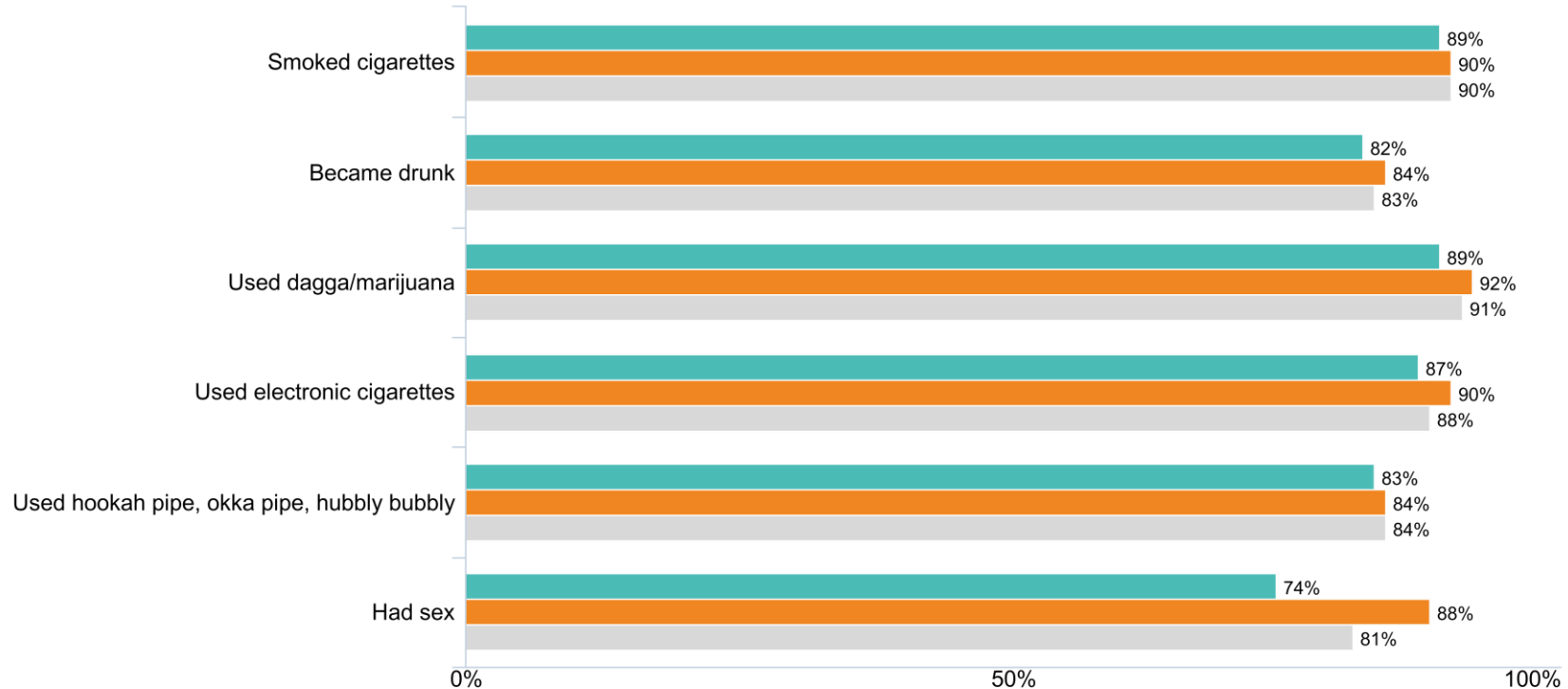


Dark bars represent those who find it **easy** to receive caring and warmth from parents

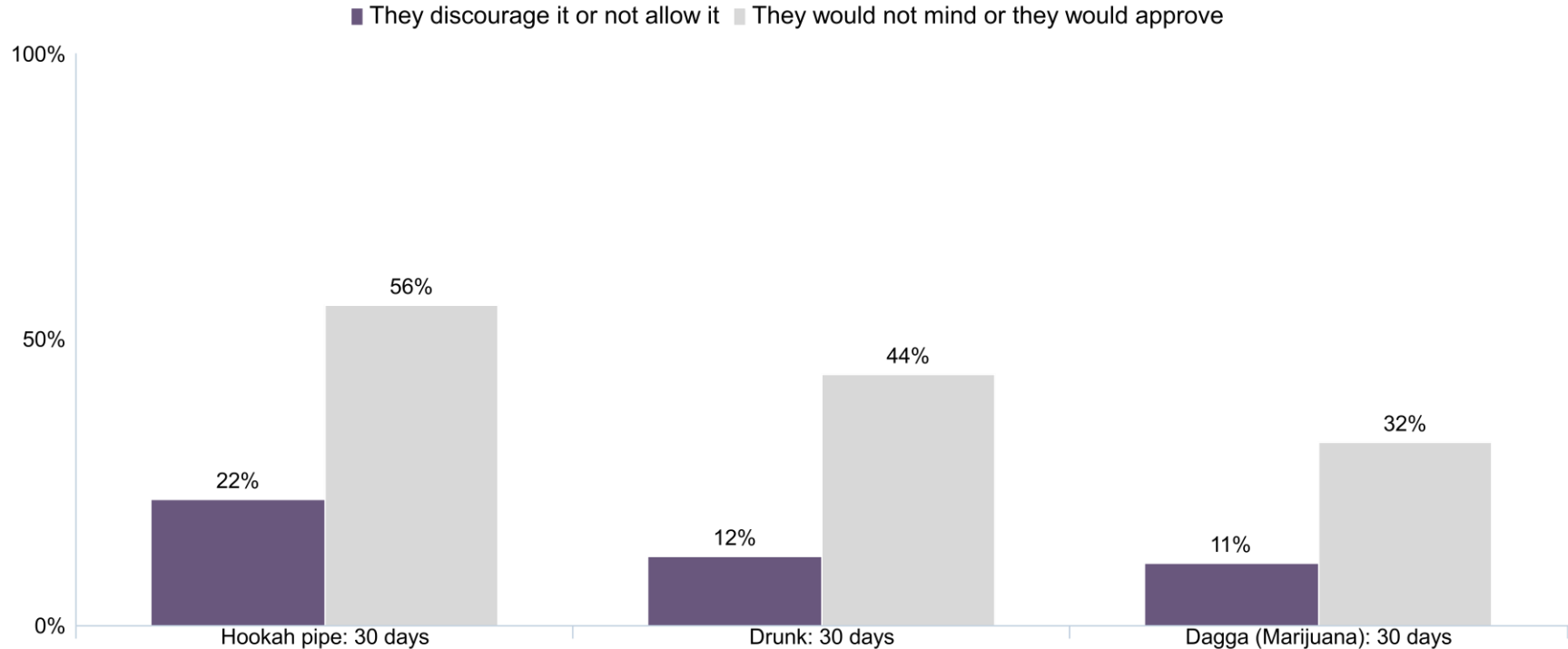
Light bars represent those who find it **difficult** to receive caring and warmth from parents

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

■ Boy ■ Girl ■ Total



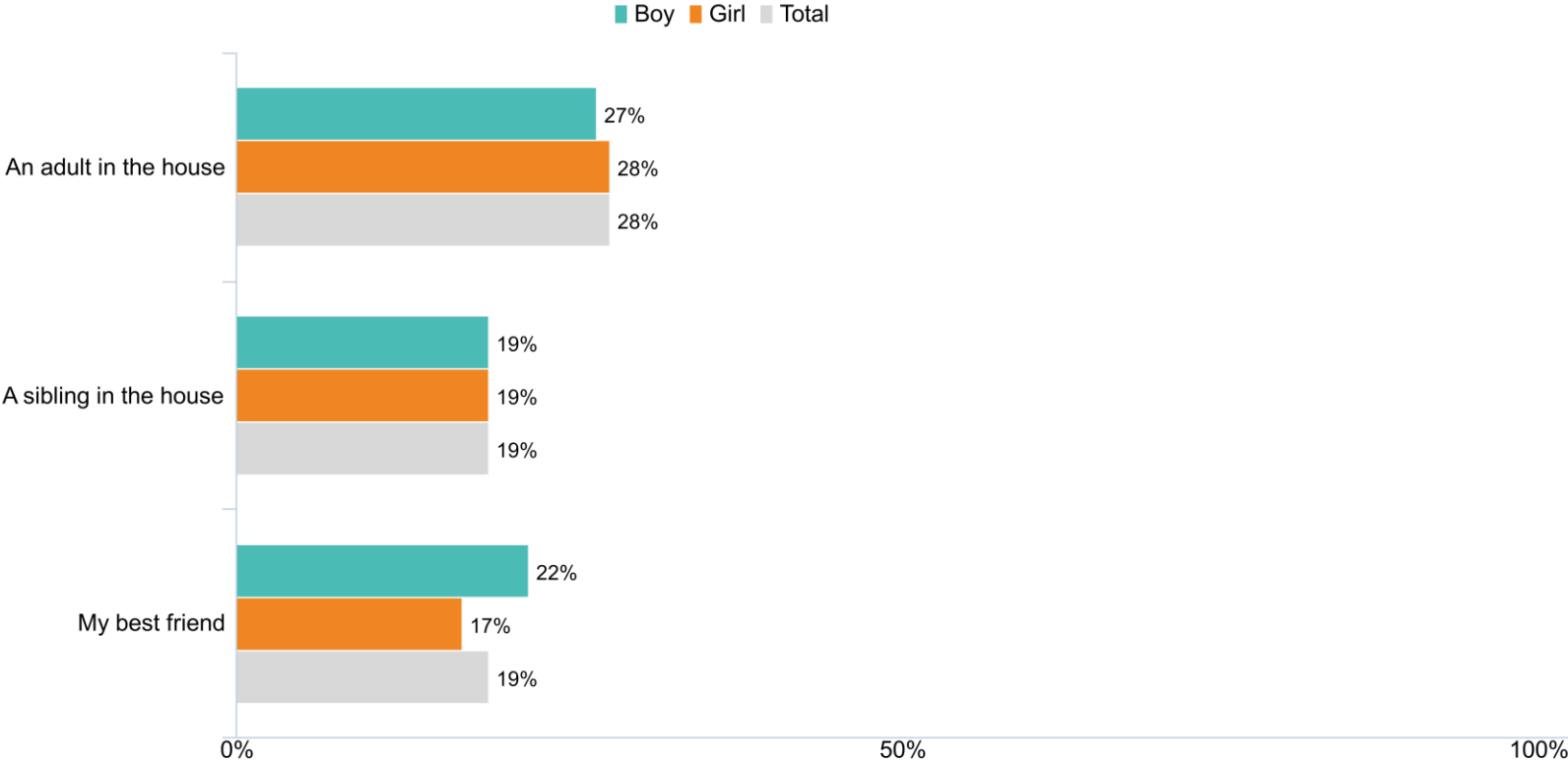
Substance use associated with perceived parental reactions to becoming drunk



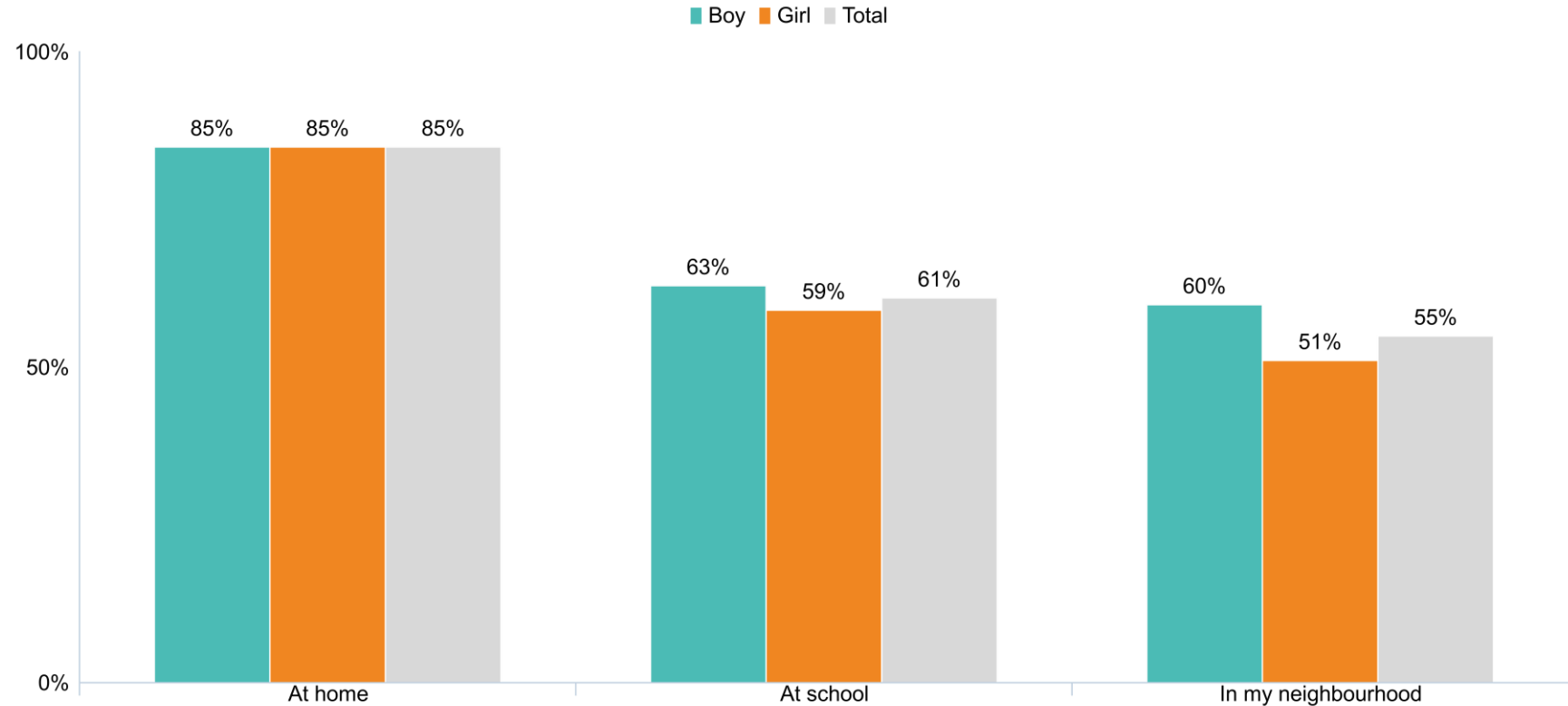
Dark bars represent those who have parents that are **against** them becoming drunk

Light bars represent those who have parents that **don't mind** them becoming drunk

Adolescents in George that report the following people get drunk at least once a week



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



SCHOOL

School

Females

16%

Are often or always bored
with the studies

61%

Think the adults at their
school care about them

74%

Have friends at school
that care about them



Males

24%

Are often or always bored
with the studies

57%

Think the adults at their
school care about them

68%

Have friends at school
that care about them

61%

Feel safe at school



18%

Want to change
schools

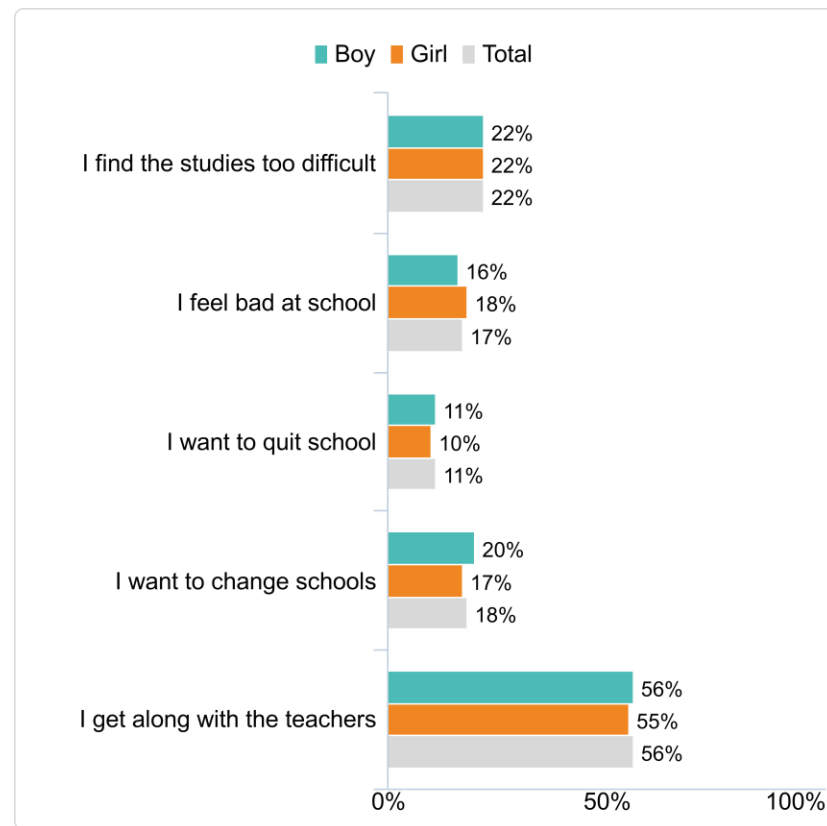
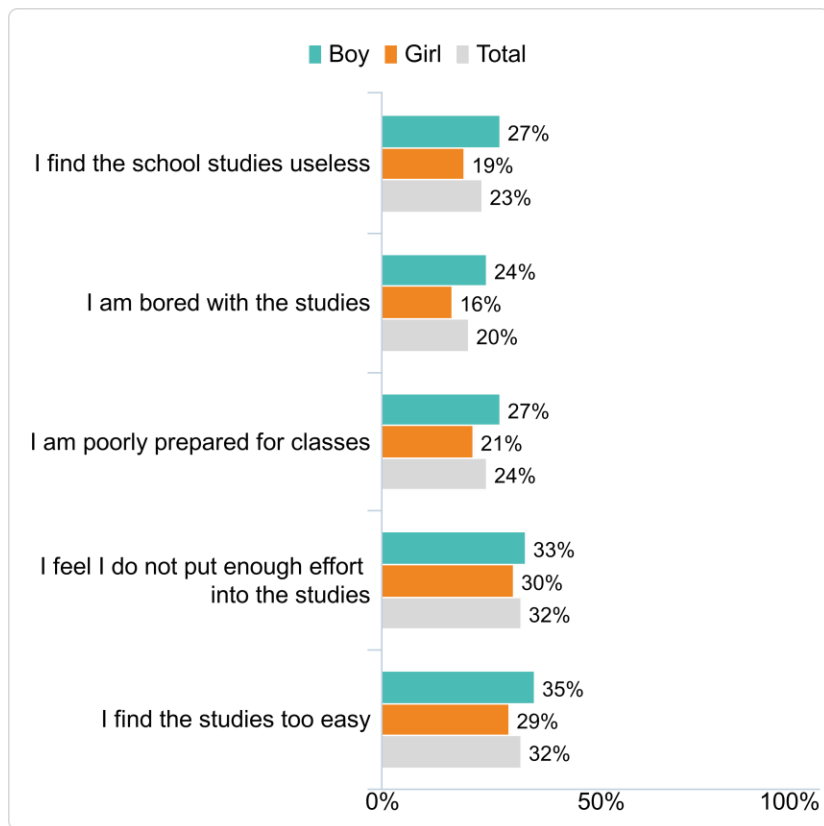


56%

Get along with
their teacher

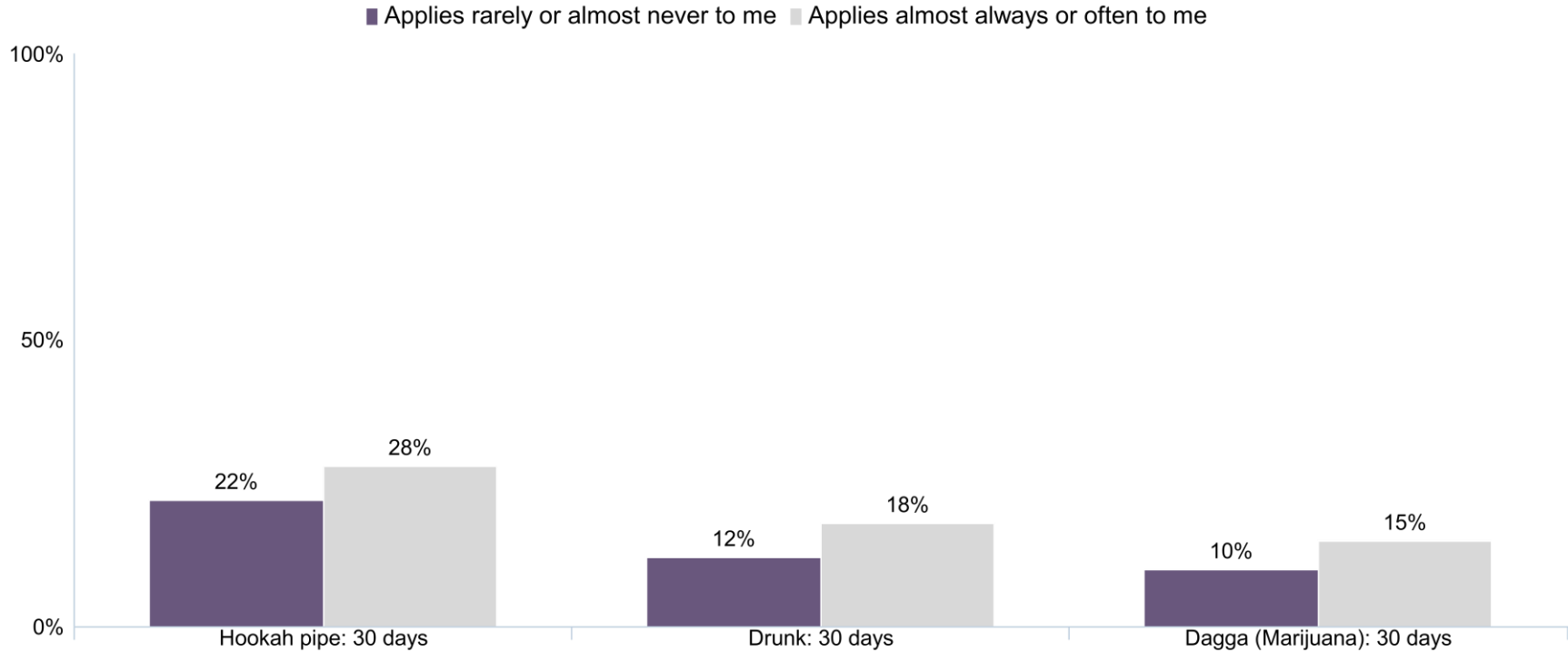


Adolescents in George to who the following school/study attitude applies



Substance use associated with attitude towards school

"I find schoolwork useless"

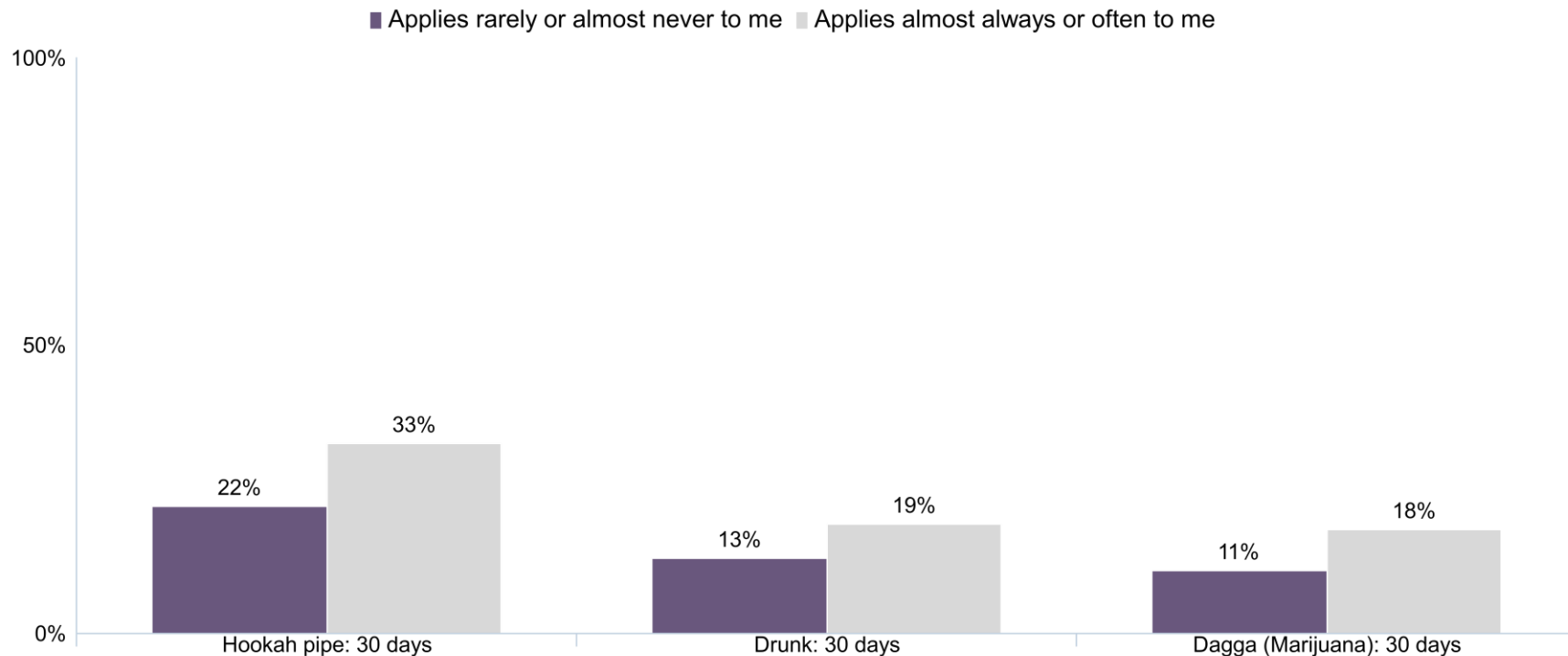


Dark bars represent those who **don't** find schoolwork useless

Light bars represent those who **find** schoolwork useless

Substance use associated with attitude towards school

"I want to change schools"

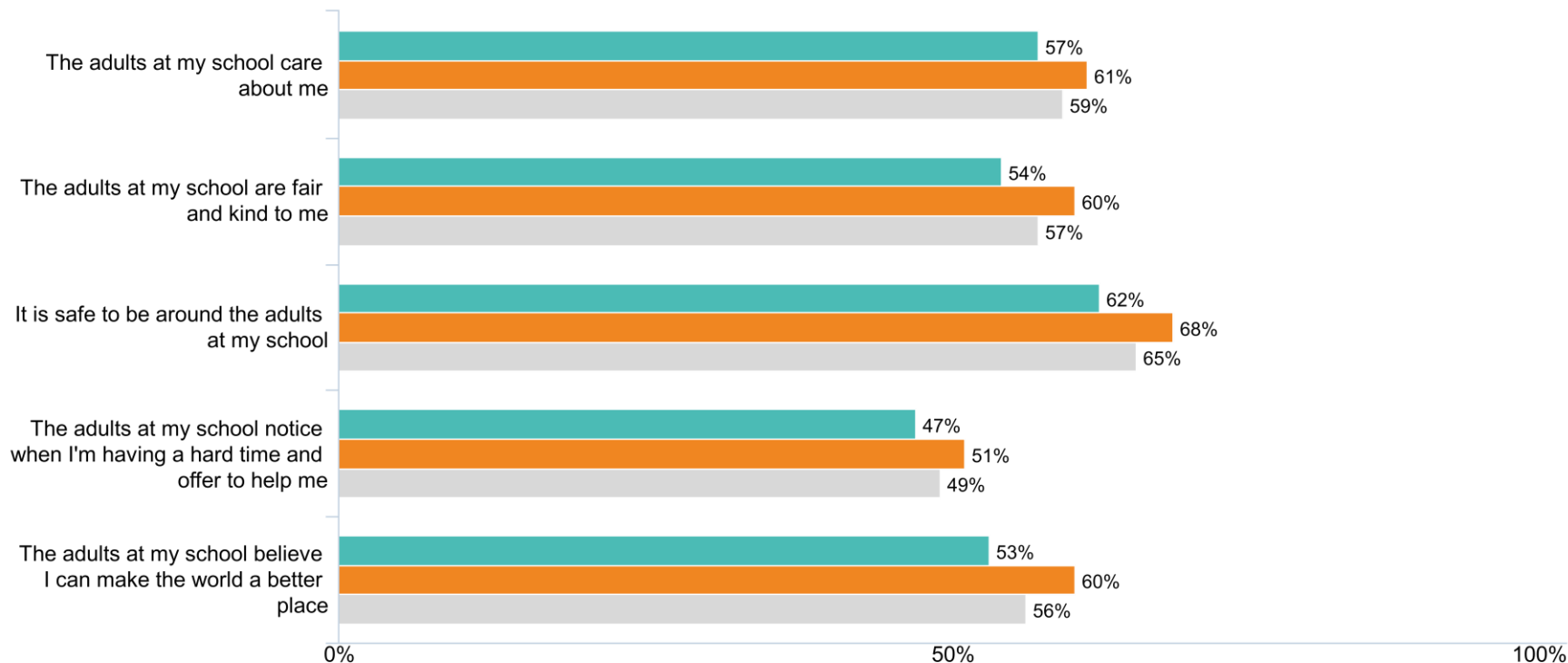


Dark bars represent those who **don't** want to change schools

Light bars represent those who **want** to change schools

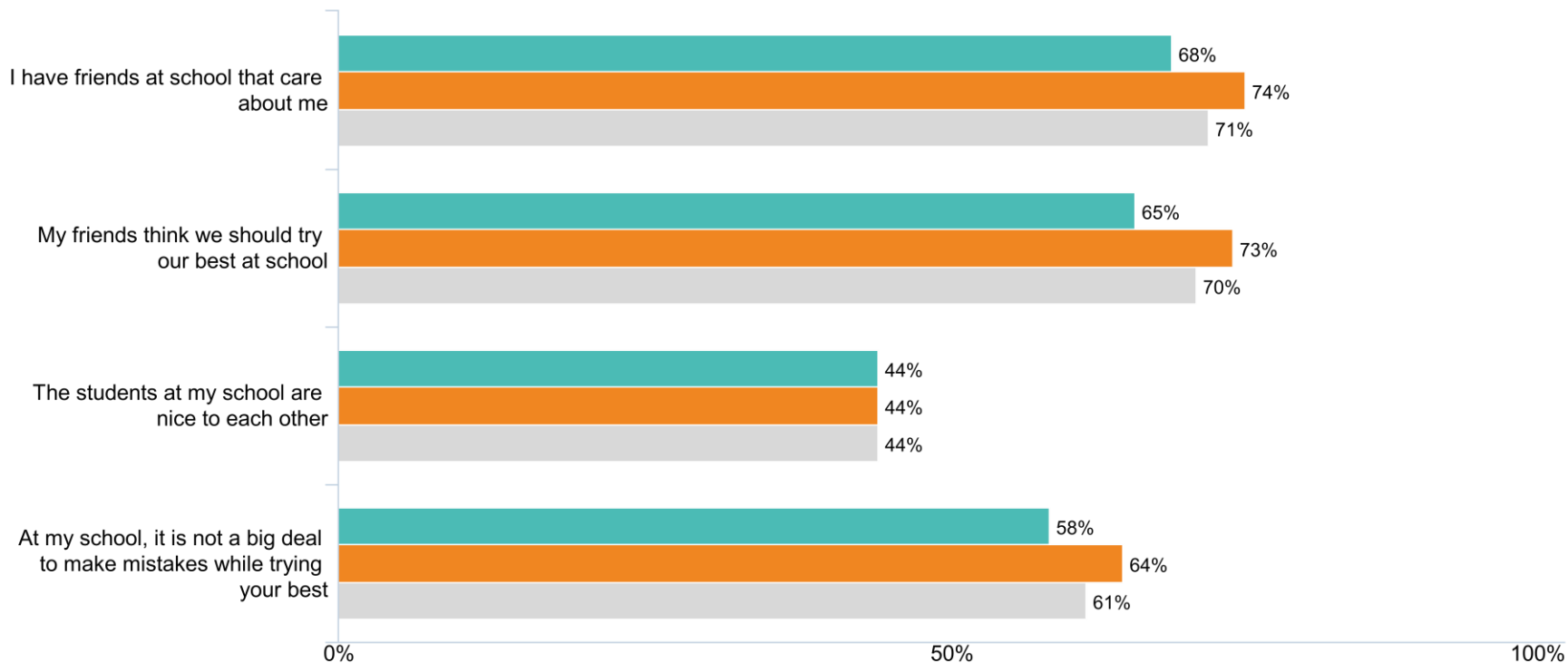
Adolescents in George who **agree** or **strongly agree** with the following statements about adult support in school

■ Boy ■ Girl ■ Total



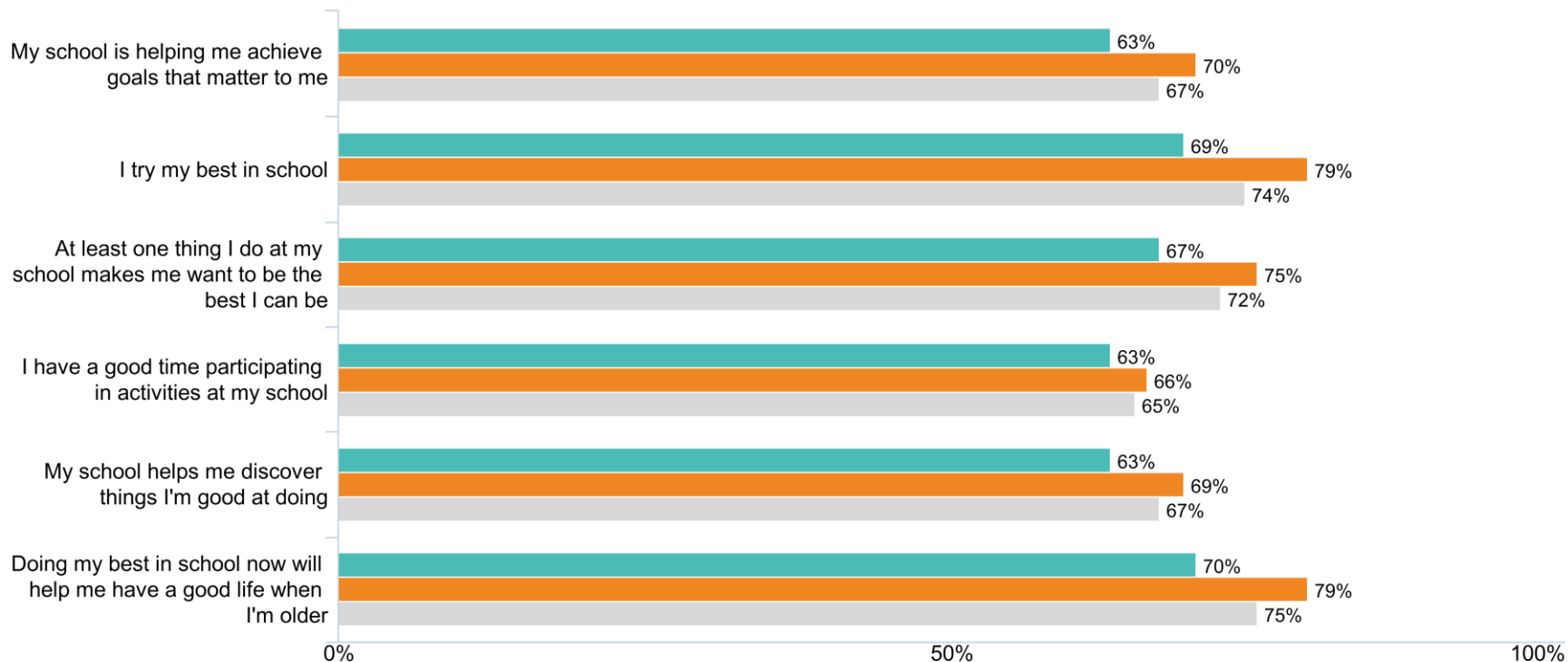
Adolescents in George that **agree** or **strongly agree** with the following statements about peer environment in school

■ Boy ■ Girl ■ Total



Adolescents in George that **agree** or **strongly agree** with the following statements about school activities and efforts

■ Boy ■ Girl ■ Total



LEISURE

Leisure Time

Protective factors Risk Factors

34%

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



19%

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



15%

Of boys
participate in art,
drama or music
classes four times
a week or more



18%

Of girls
participate in art,
drama or music
classes four times
a week or more



25%

Of teenagers do physical activity
4 times or more a week for
60 minutes or longer

25%



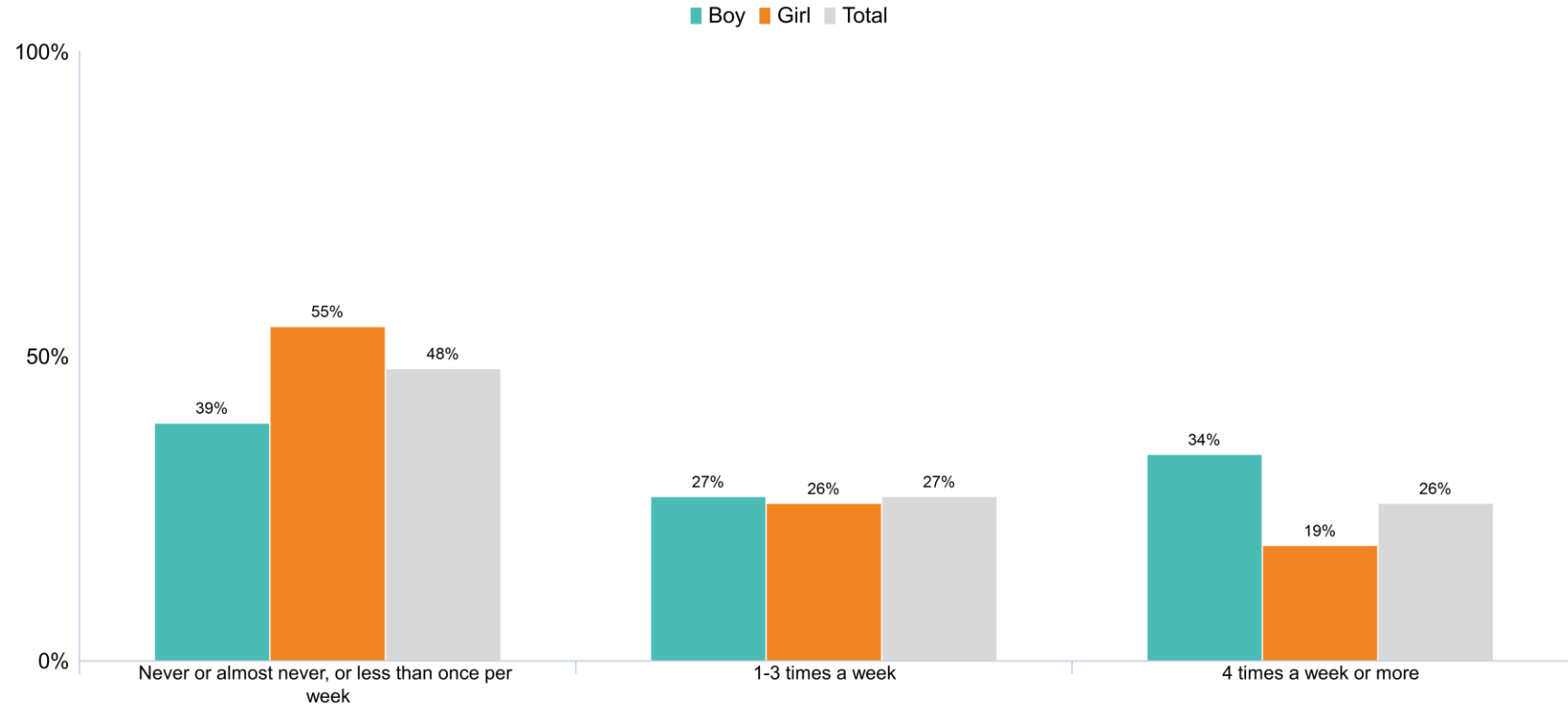
Of teenagers were outside
after 10h00 pm once or more
in the past week



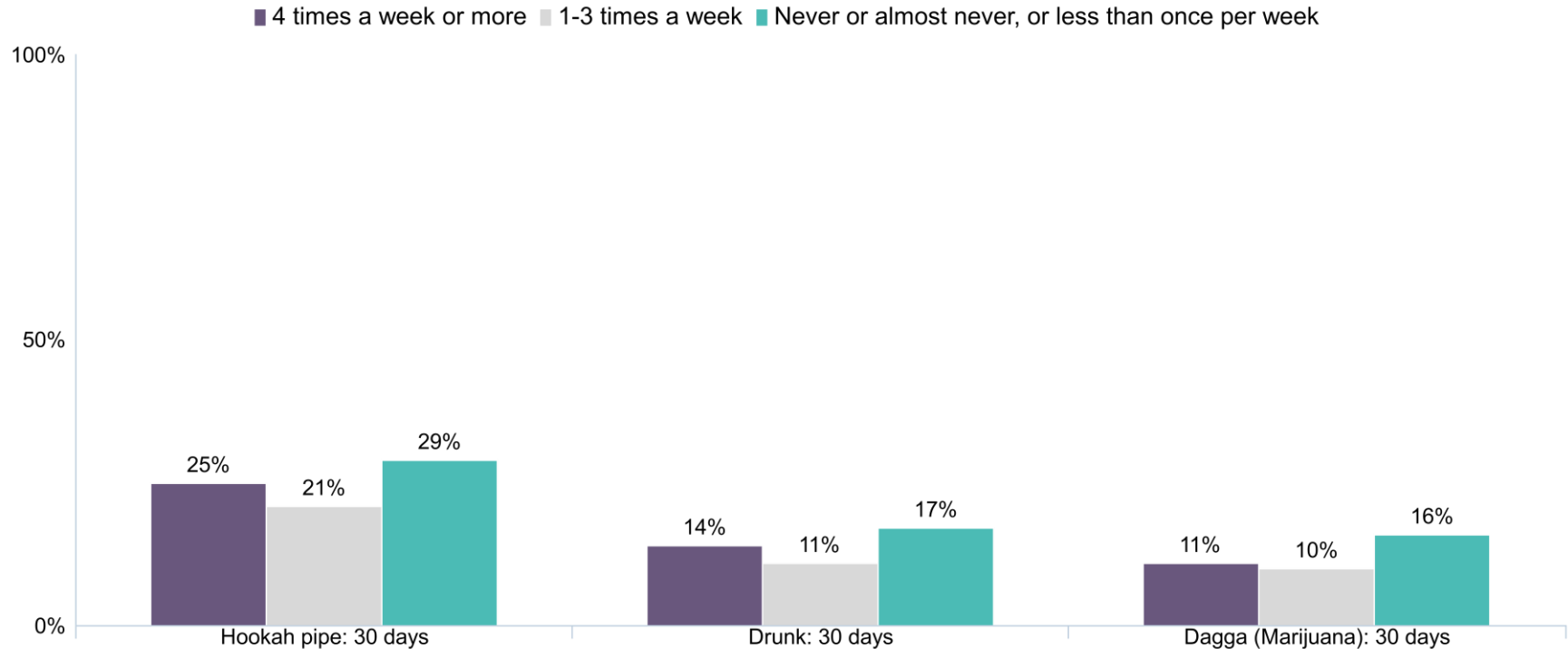
13%

Of teenagers hang out with friends in a
shopping mall or in stores downtown
once a week or more

Proportion of adolescents in George who participate in sports with a club or a team outside of school



Substance use associated with sport participation with a club or a team

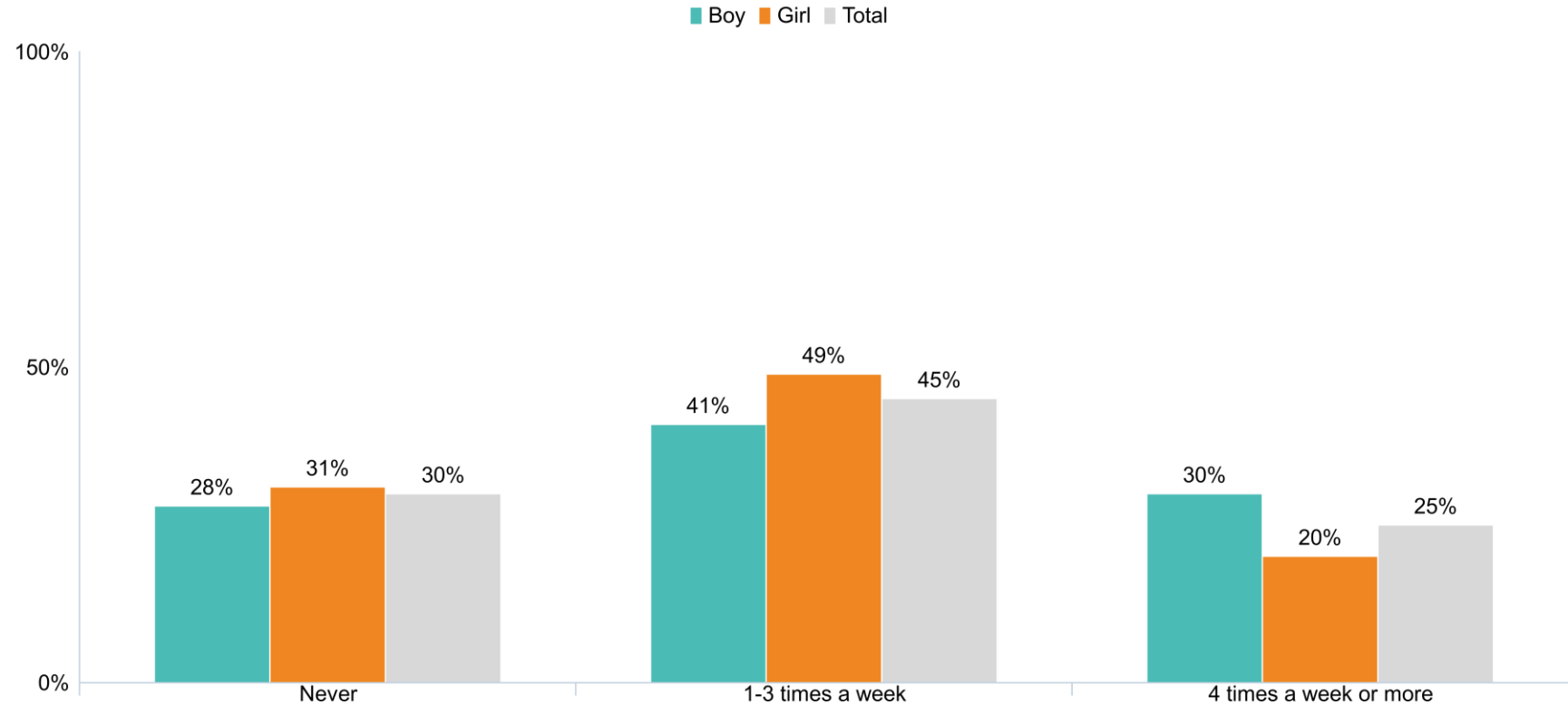


Purple bars (1st bar) represent those who participate sports with a club or a team **4 times a week or more**

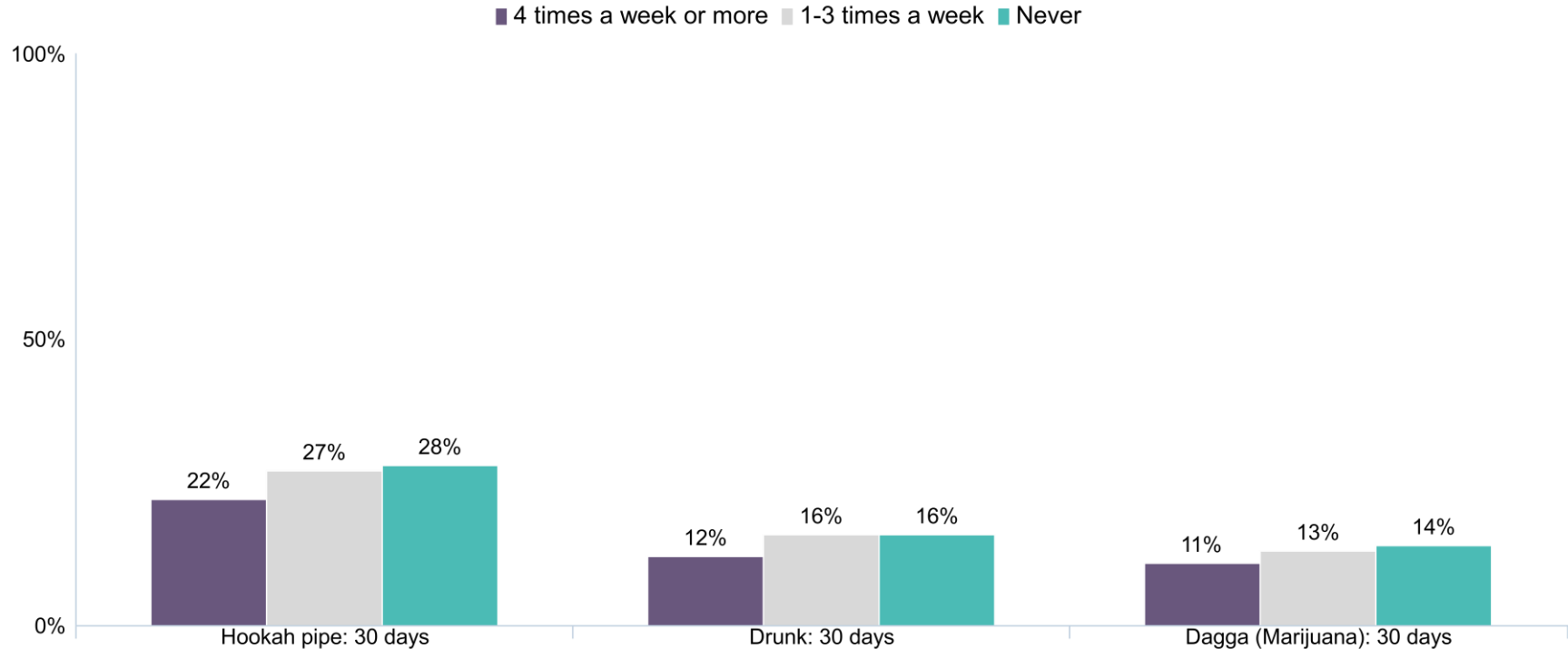
Grey bars (2nd bar) represent those who participate sports with a club or a team **1-3 times a week**

Teal bars (3rd bar) represent those who participate sports with a club or a team **less than once a week, almost never or never**

Number of days per week adolescents in George do physical activity of 60 minutes or more



Substance use against physical activity in the previous week

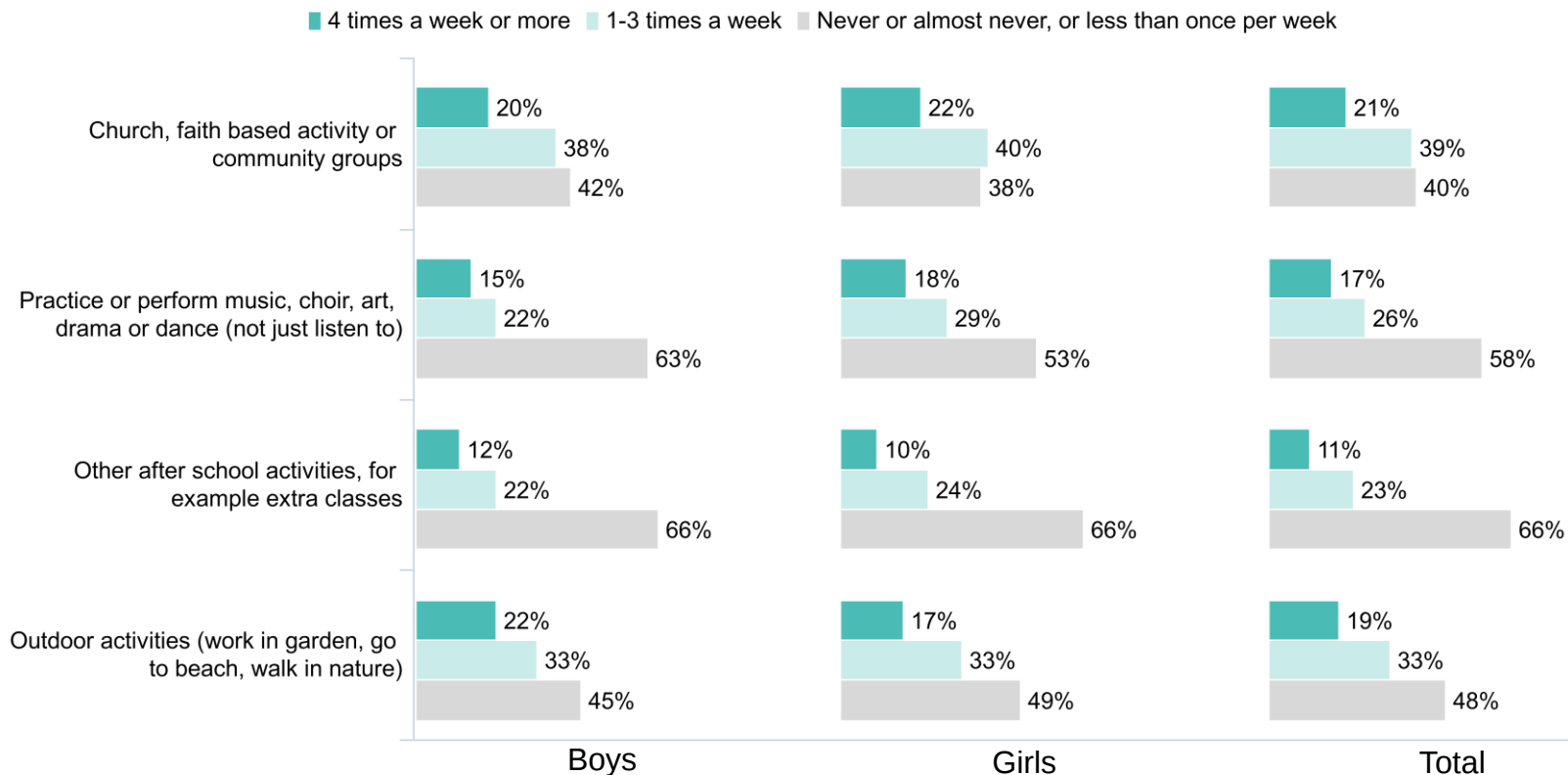


Purple bars (1st bar) represent those who do physical activity: **4 times a week or more**

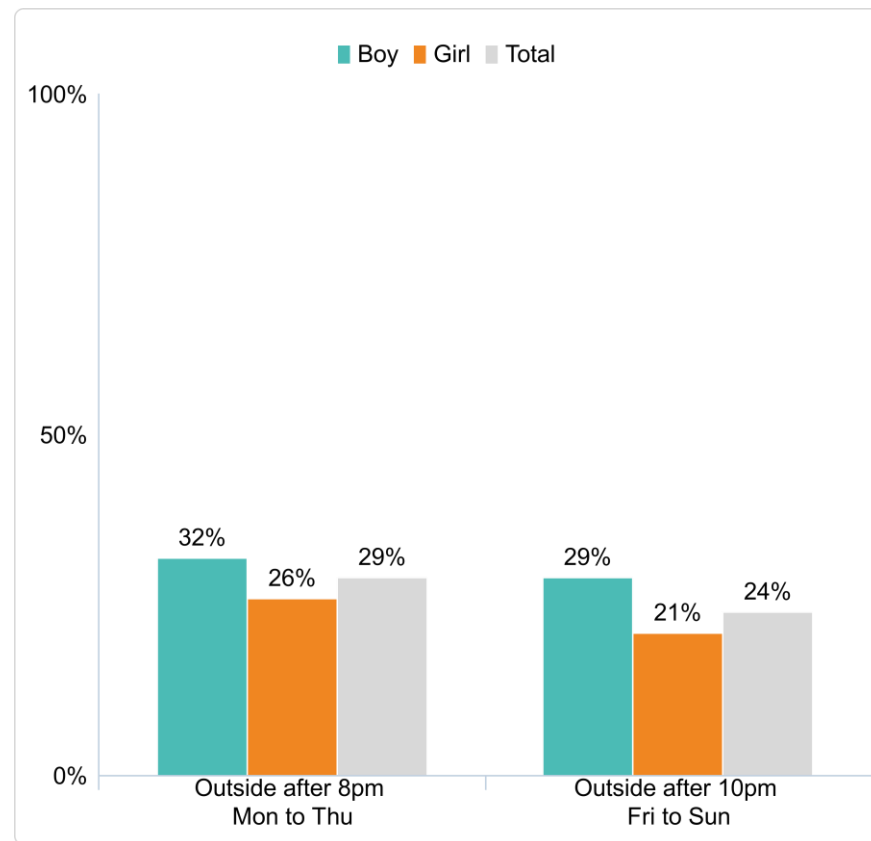
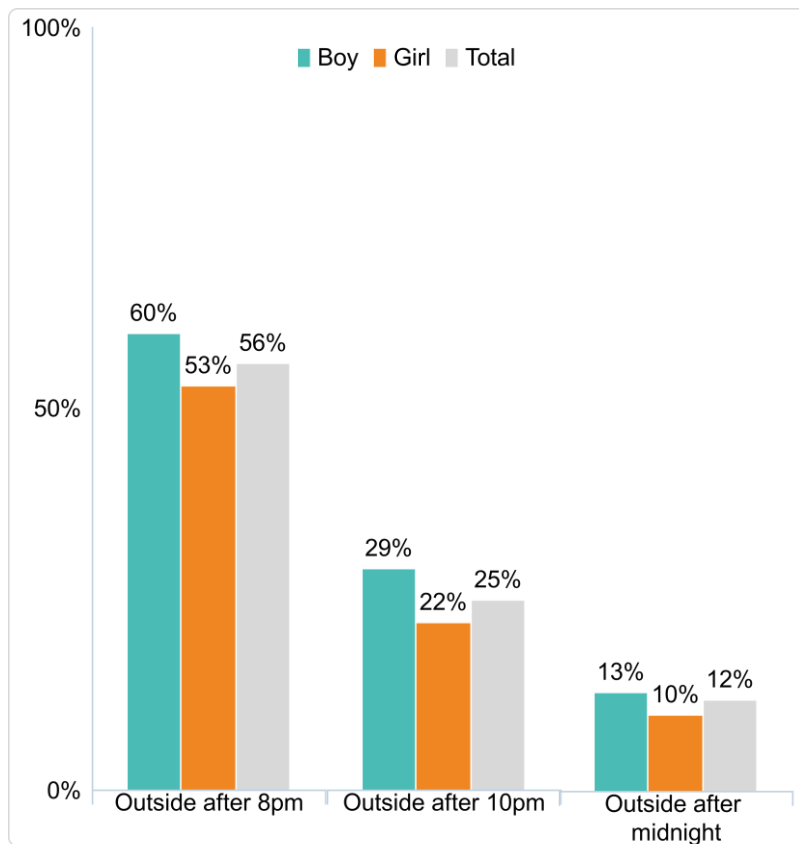
Grey bars (2nd bar) represent those who do physical activity: **1-3 times a week**

Teal bars (3rd bar) represent those who do physical activity: **never**

Adolescents in George who participate in other after school activities

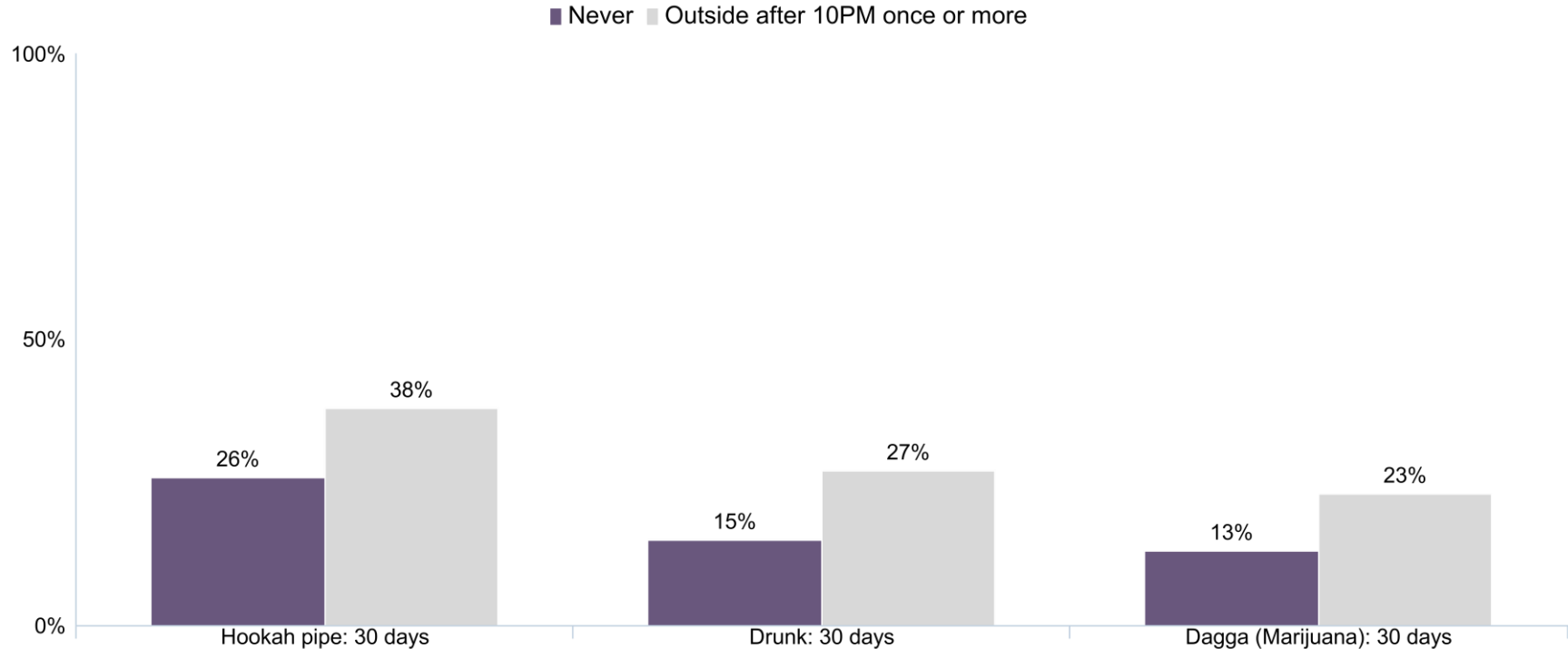


Returned home **once or more** at the following times in the previous week



Substance use associated with late outside hours.

Being outside after 10h00 pm once or more in the past week



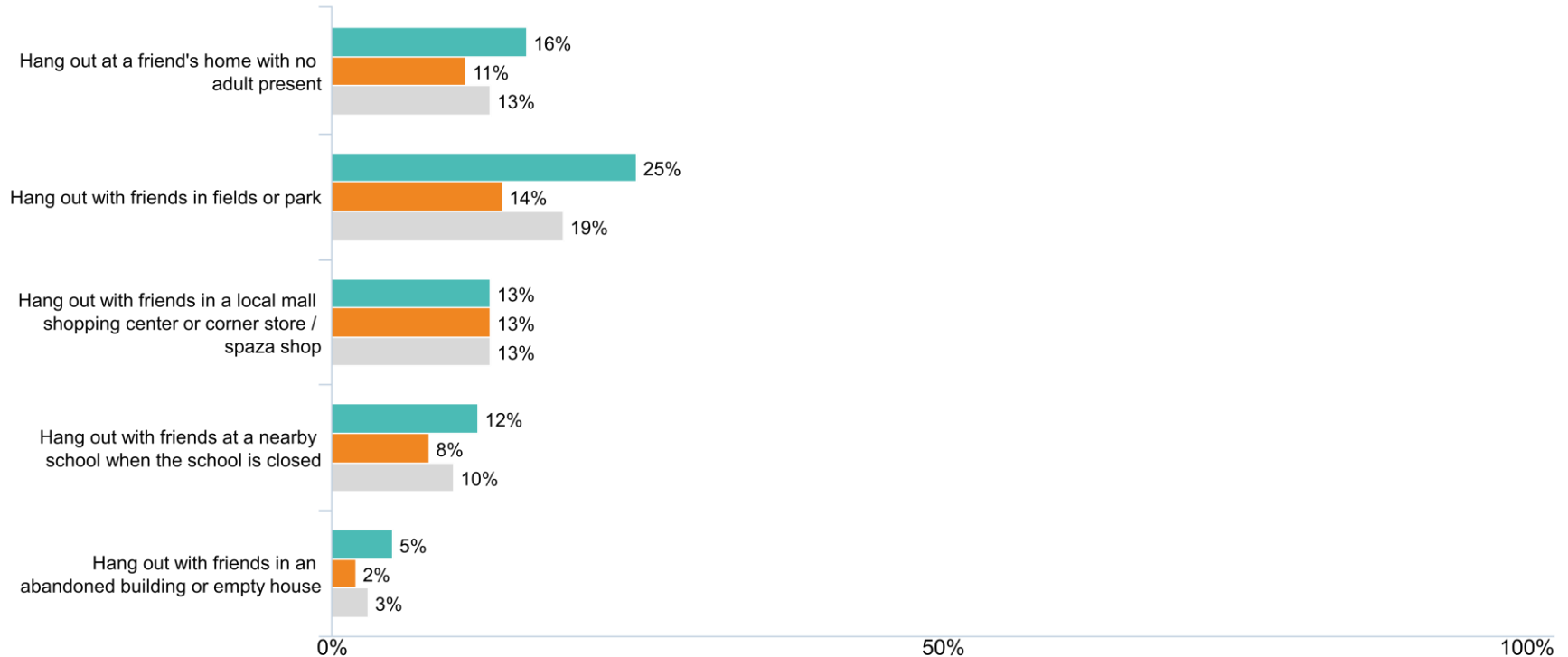
Dark bars represent those who **never** returned home after 10h00 pm in the previous week

Light bars represent those who **once or more** returned home after 10h00 pm in the previous week

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



■ Boy ■ Girl ■ Total



PEER

Peer Group Effects

Adolescents who use
substances due to
peer pressure

13%

Drink Alcohol



15%

Use a Hookah Pipe



10%

Use Marijuana (dagga)



12%

Vape

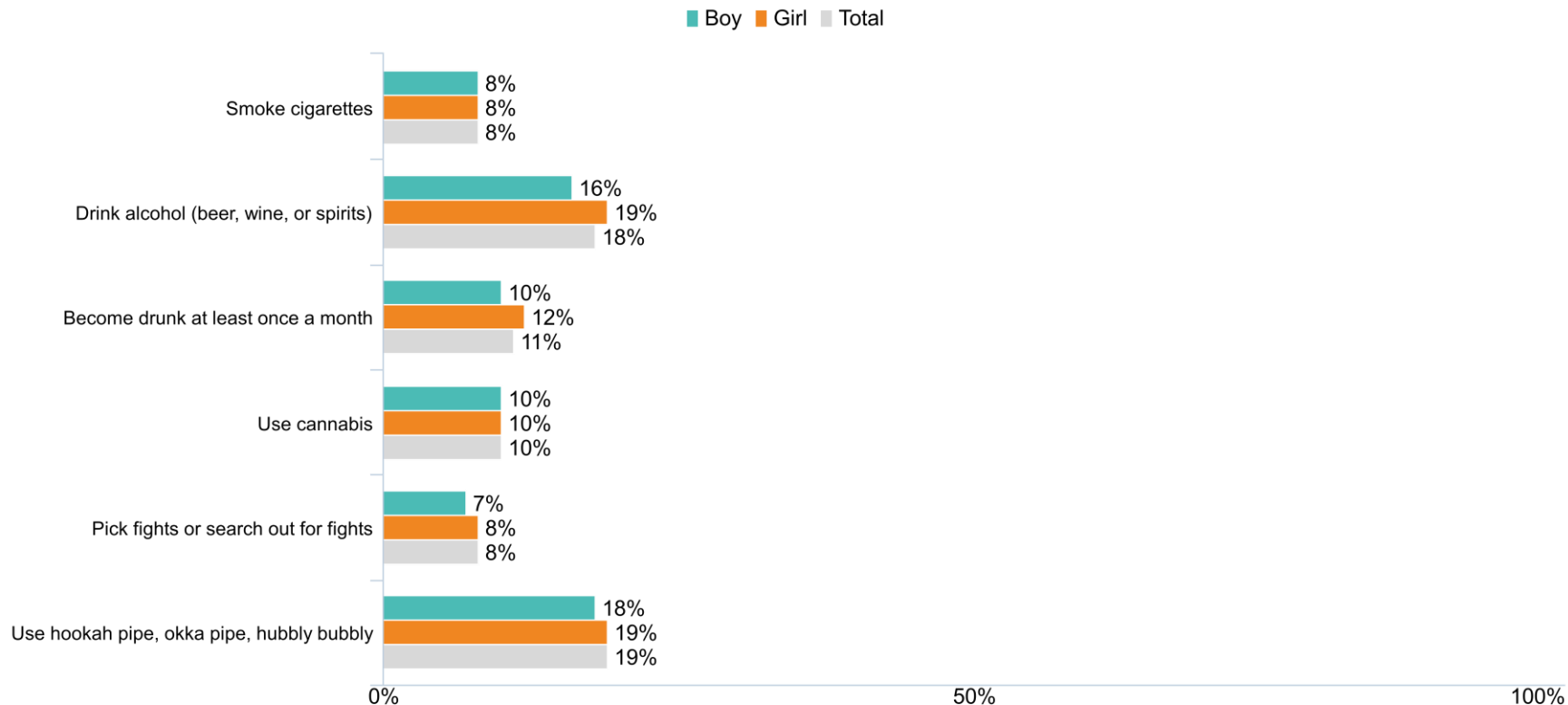


11%

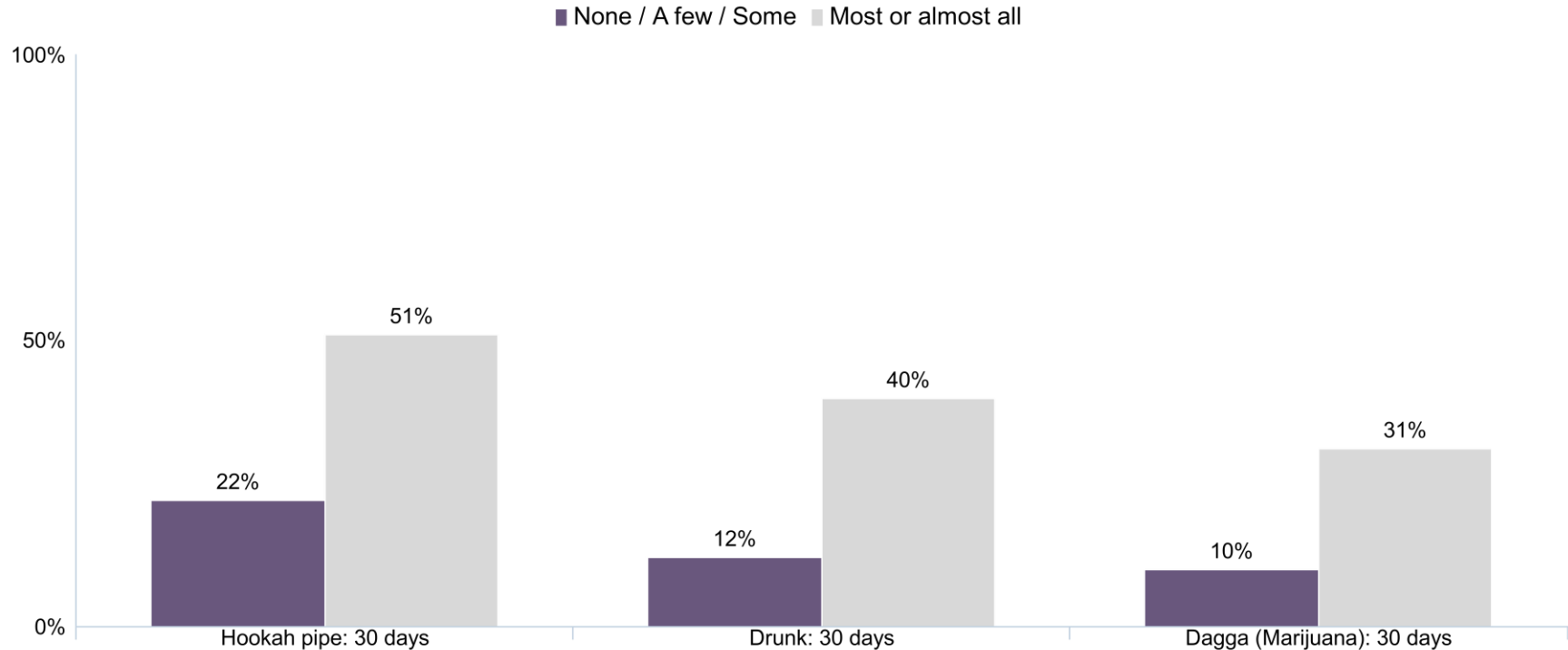
Smoke Cigarettes



Adolescents in George that report **most** or **almost all** of their friends do the following:



Substance use against perceived level of peer monthly drunkenness

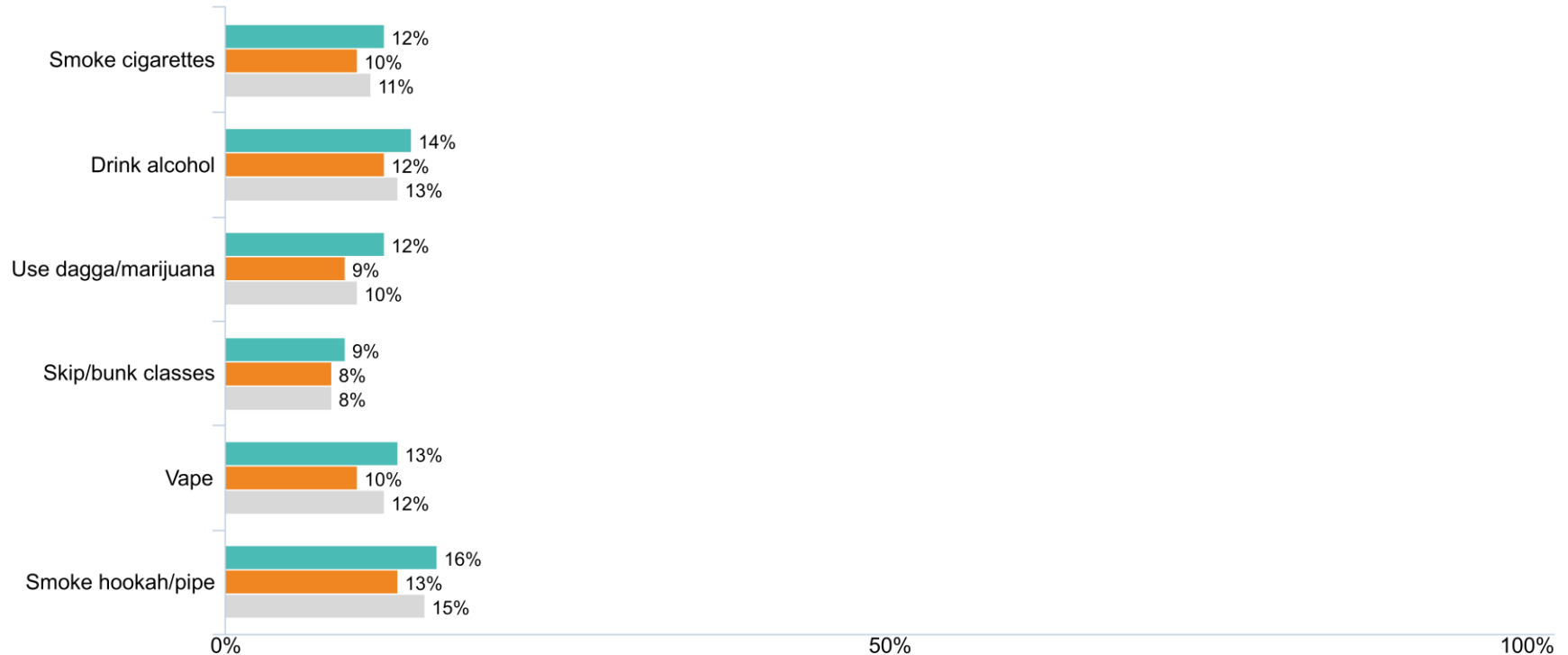


Dark bars represent those who say **none / a few / some** of their friends get drunk on a monthly basis

Light bars represent those who say **most / almost all** of their friends get drunk on a monthly basis

Adolescents in George 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

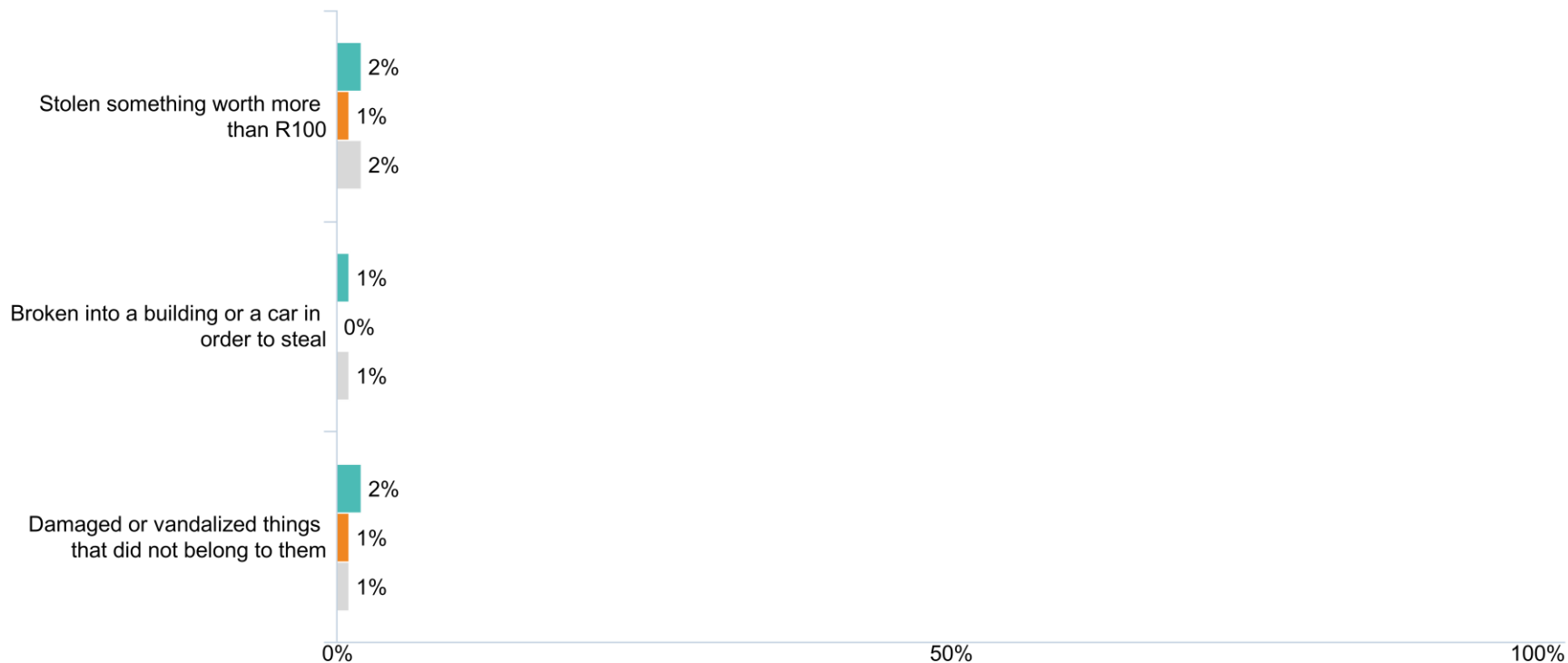
■ Boy ■ Girl ■ Total



Adolescents in George who say **most or almost all** of their friends have done the following in the past 12 months

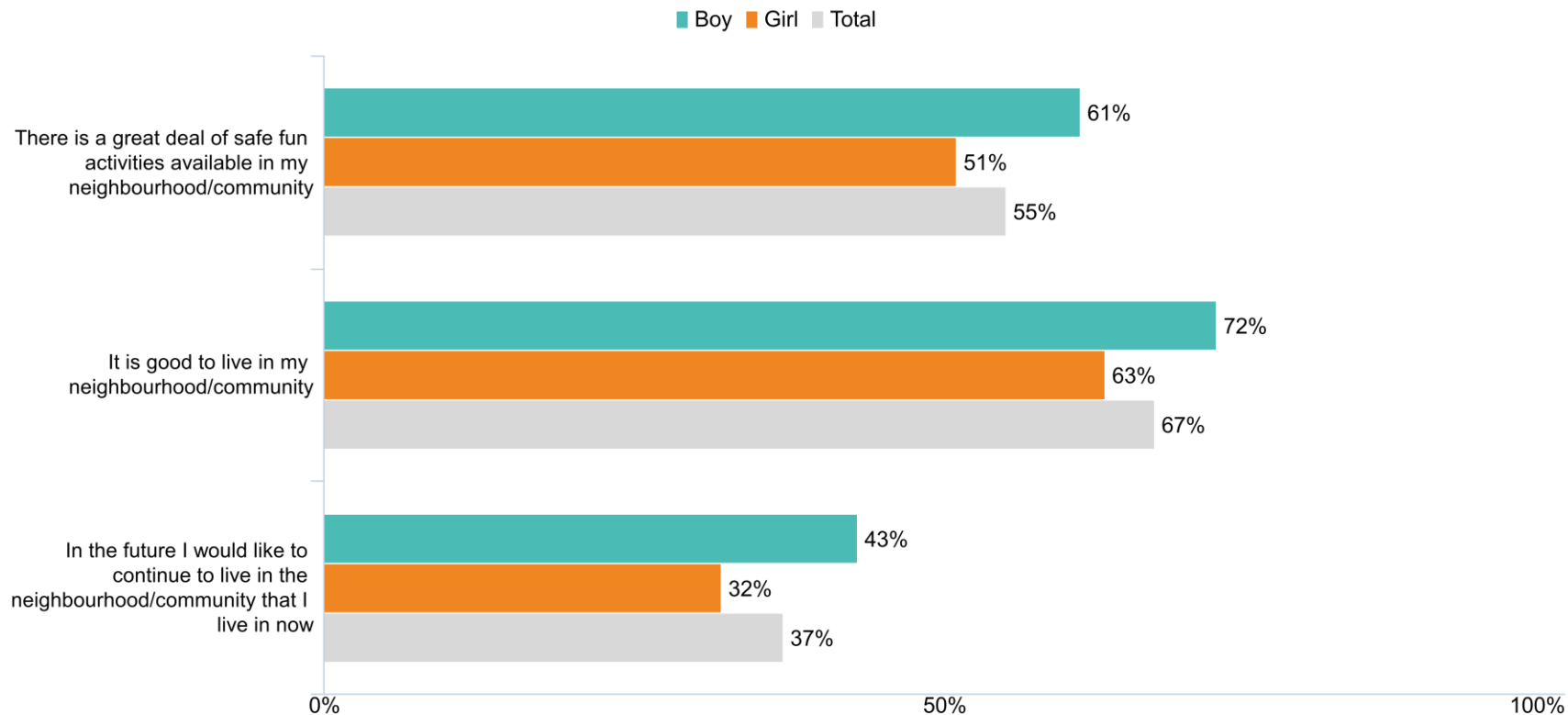


■ Boy ■ Girl ■ Total



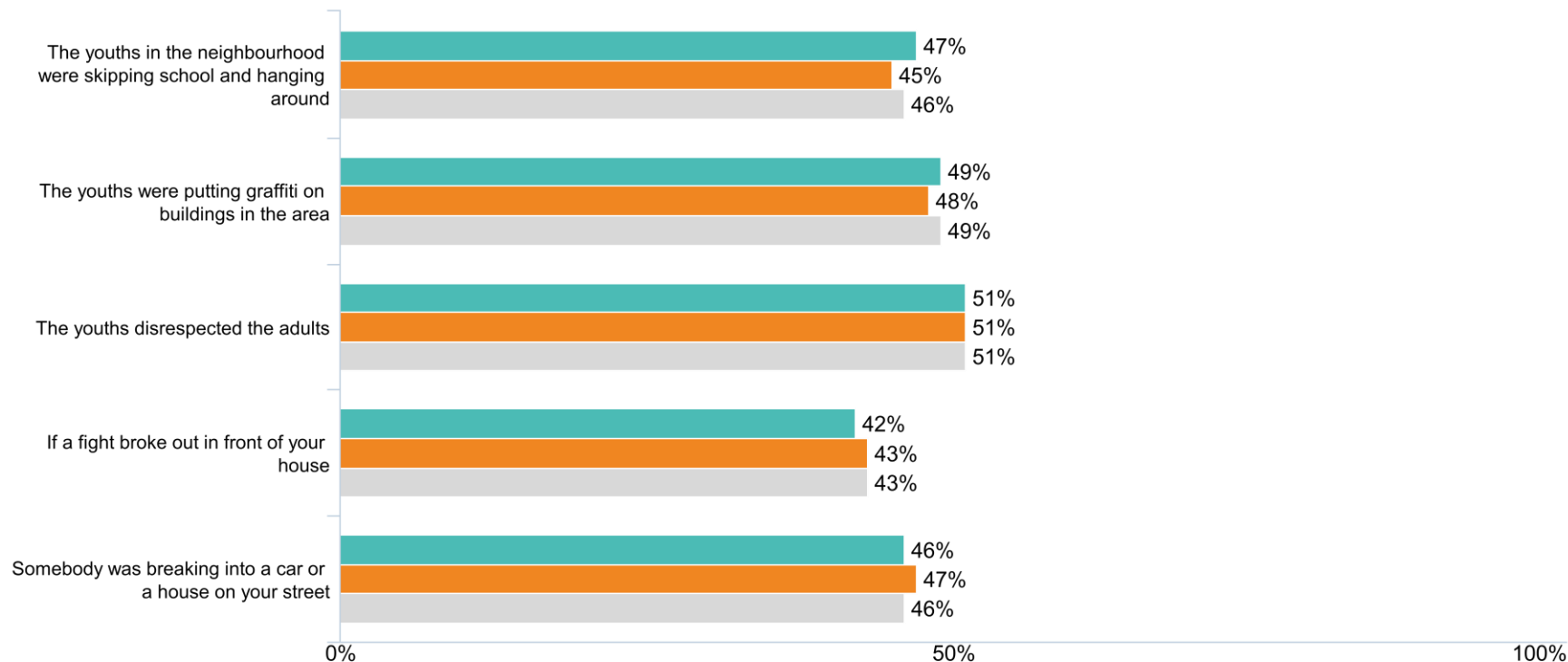
COMMUNITY

Adolescents in George that **strongly agree** or **agree** to the following statements:



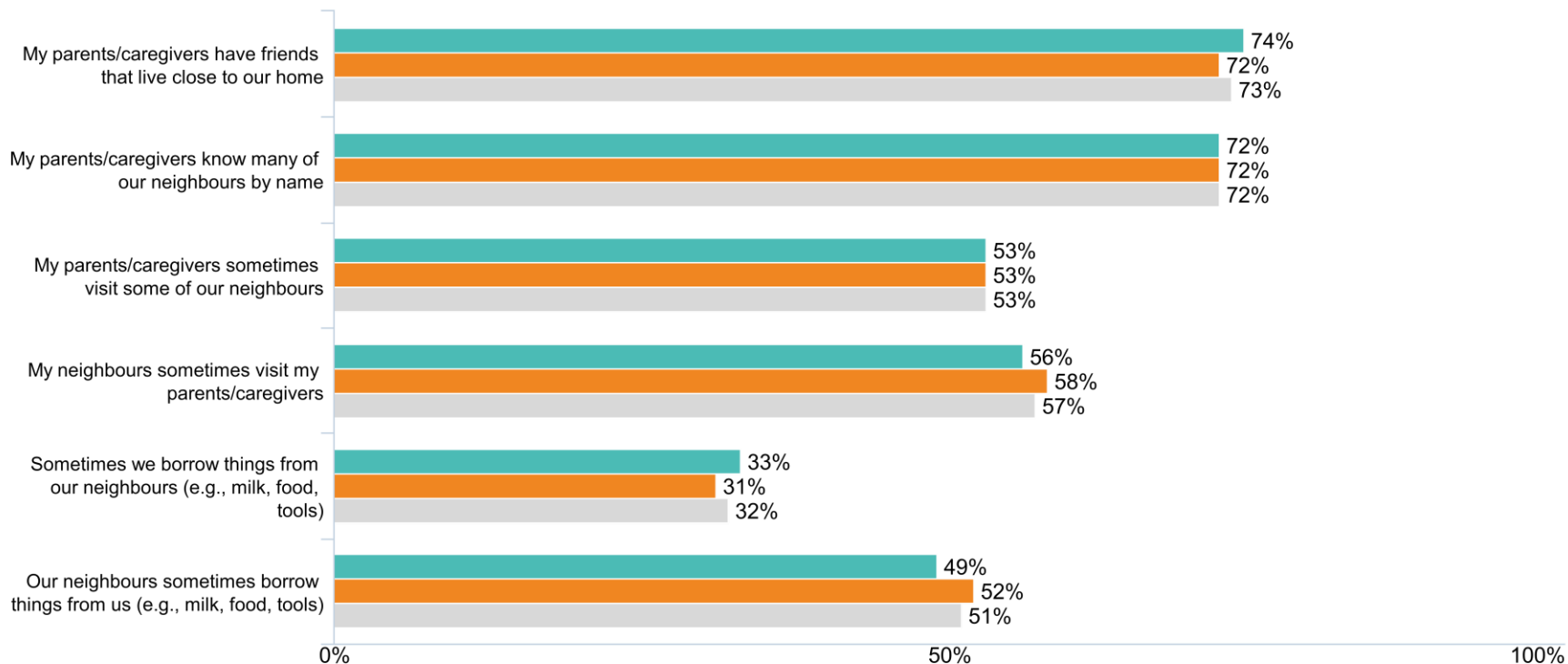
Adolescents in George who report that it is **very** or **quite likely** that their neighbours would do something in the following situations

■ Boy ■ Girl ■ Total

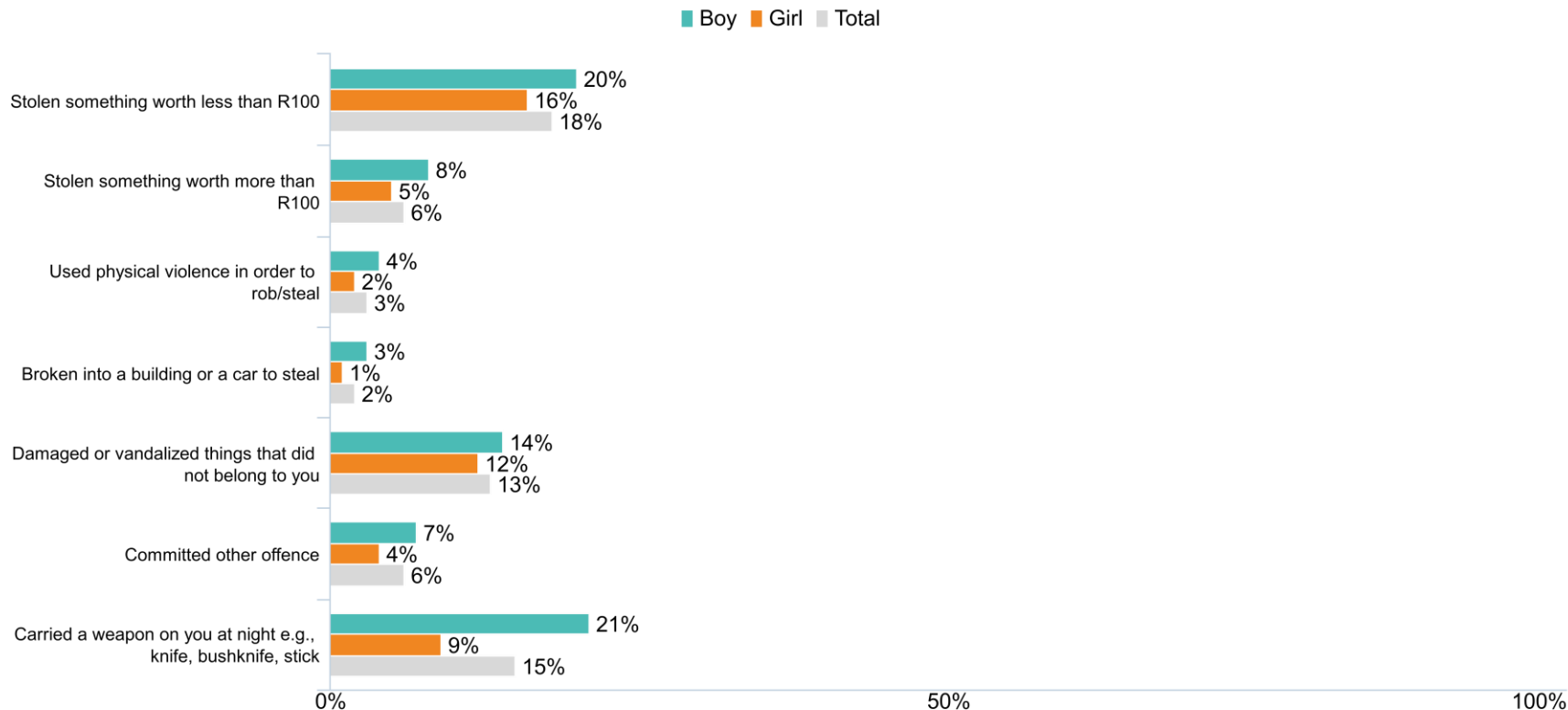


Adolescents in George who report that it is **very** or **quite likely** that their neighbours would do something in the following situations

■ Boy ■ Girl ■ Total



Adolescents in George who report having done the following **once or more** in the past 12 months



WELLBEING

Wellbeing


Females


Males



Sleep 8 hours or more on average

68%



Very good or good mental health

71%



Very good or good physical health

79%



Always or often felt calm and relaxed

63%



Sleep 8 hours or more on average

69%



Very good or good mental health

78%



Very good or good physical health

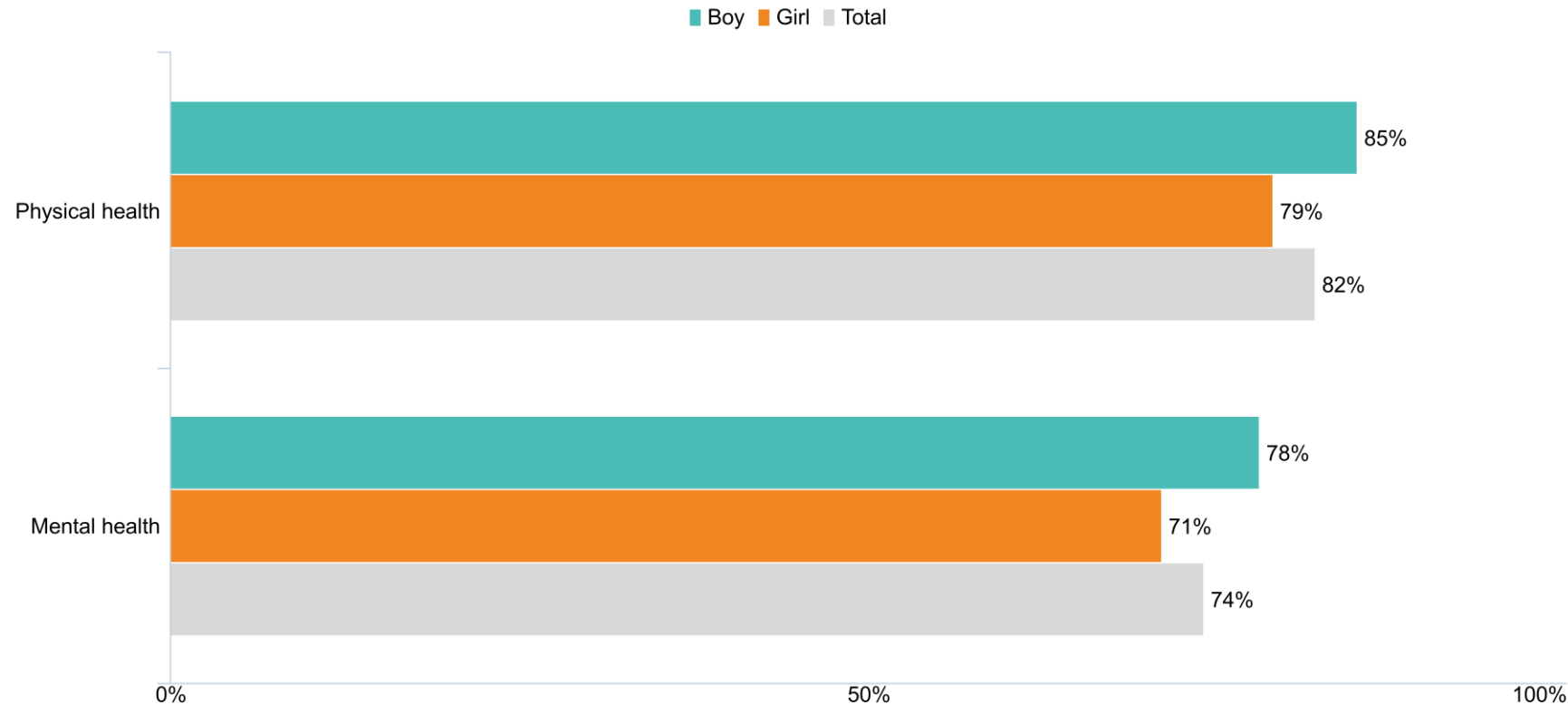
85%



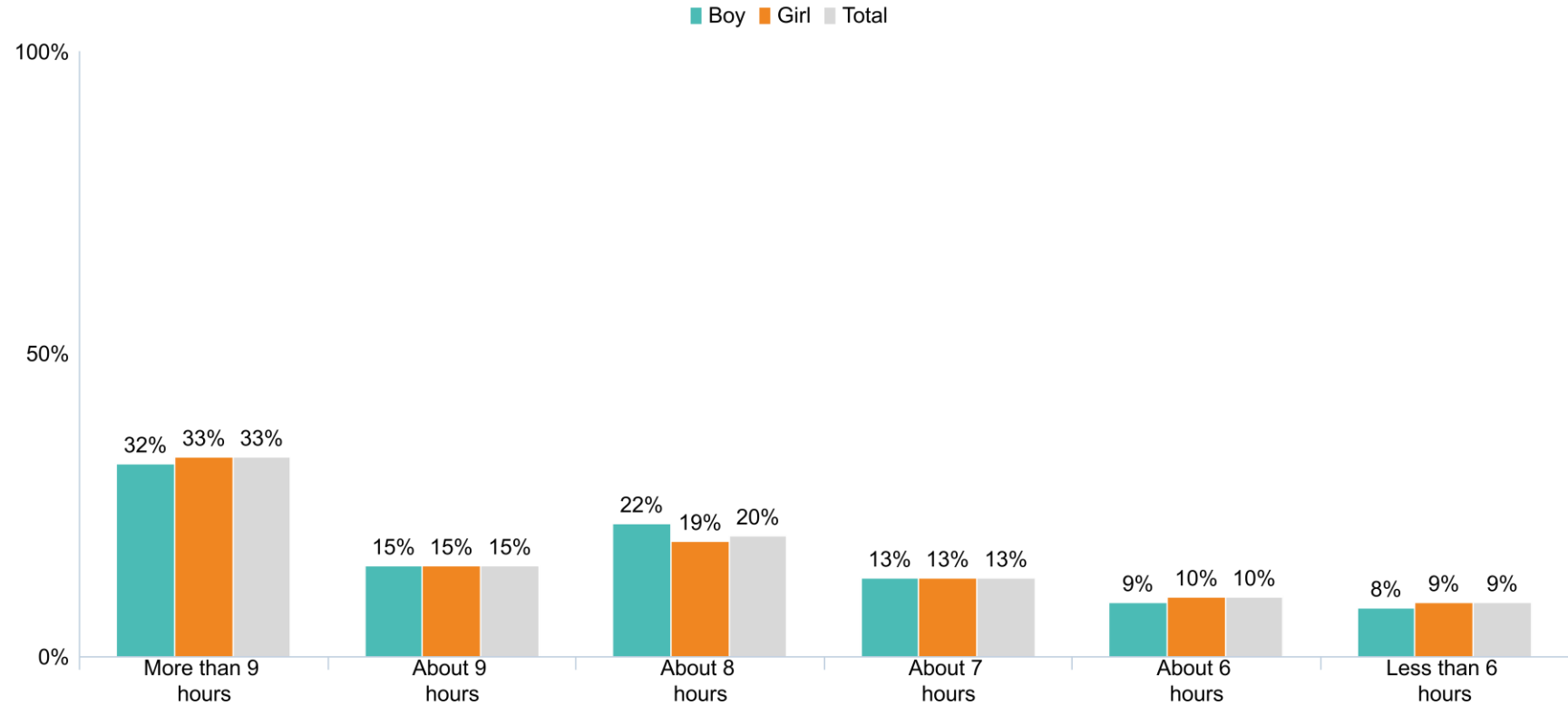
Always or often felt calm and relaxed

74%

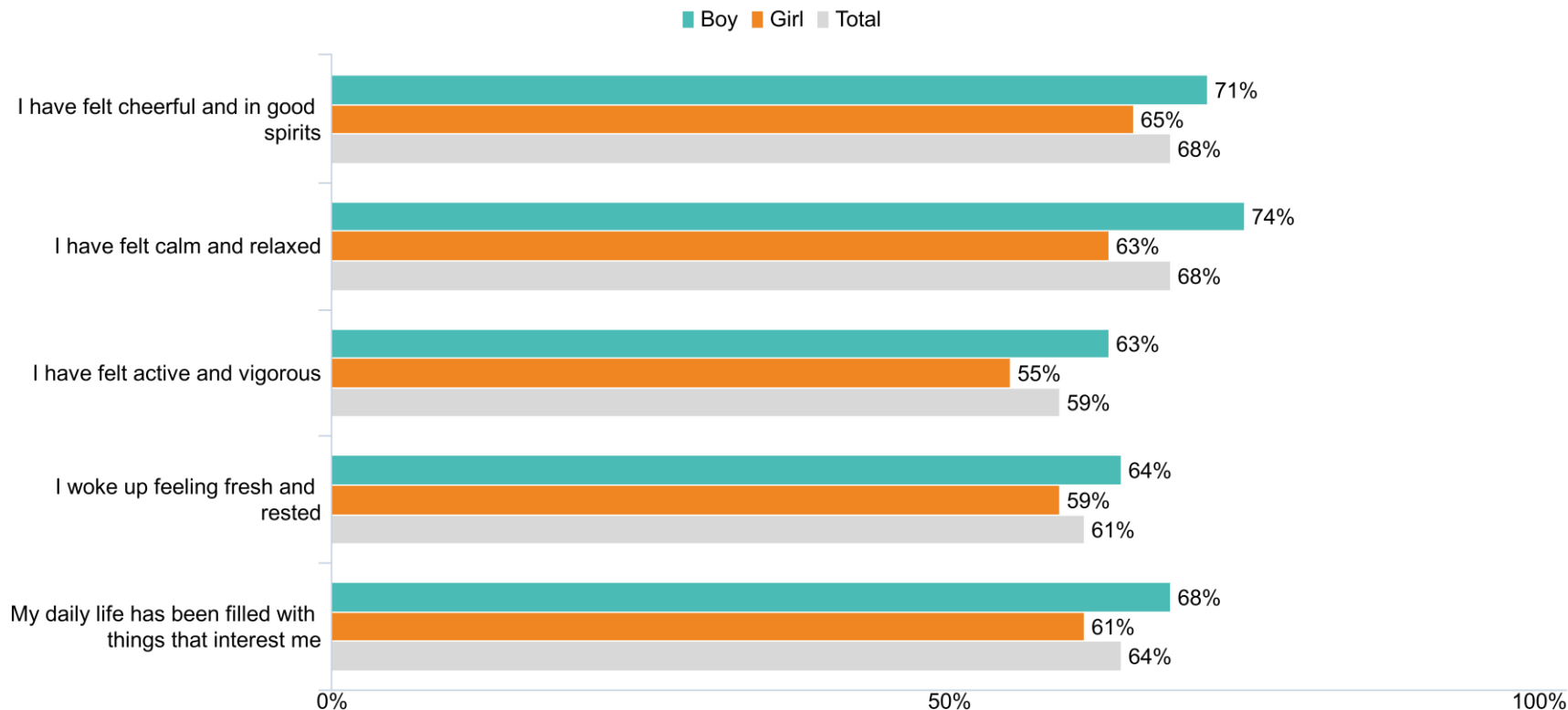
Adolescents in George who rate their physical health and mental health as **good** or **very good**



Average number of sleeping hours of adolescents in George

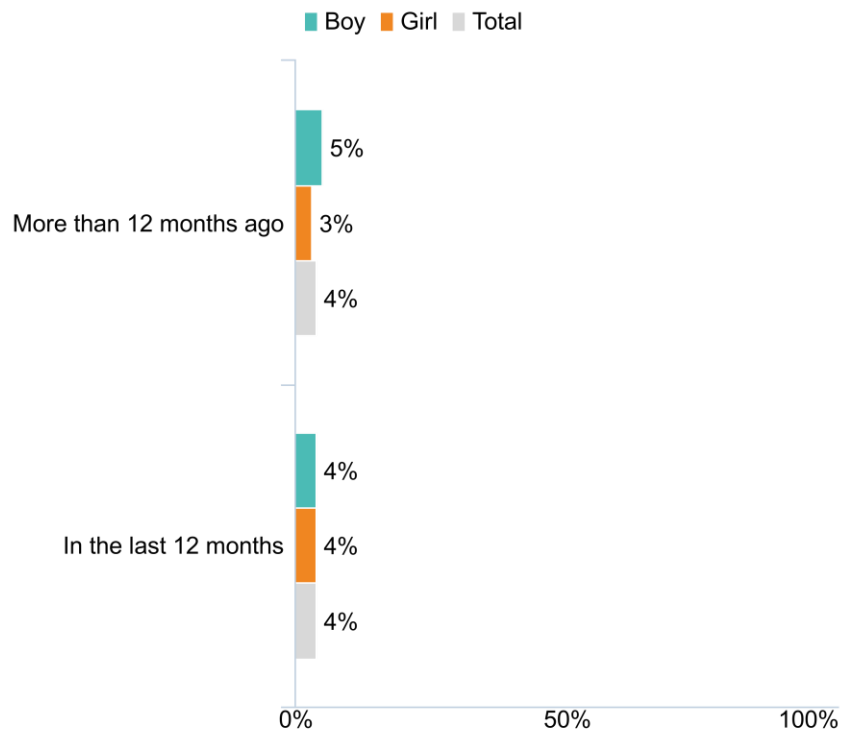


Proportion of adolescents in George that report the following statements applied to them **all of the time** and **most of the time** in the last 2 weeks



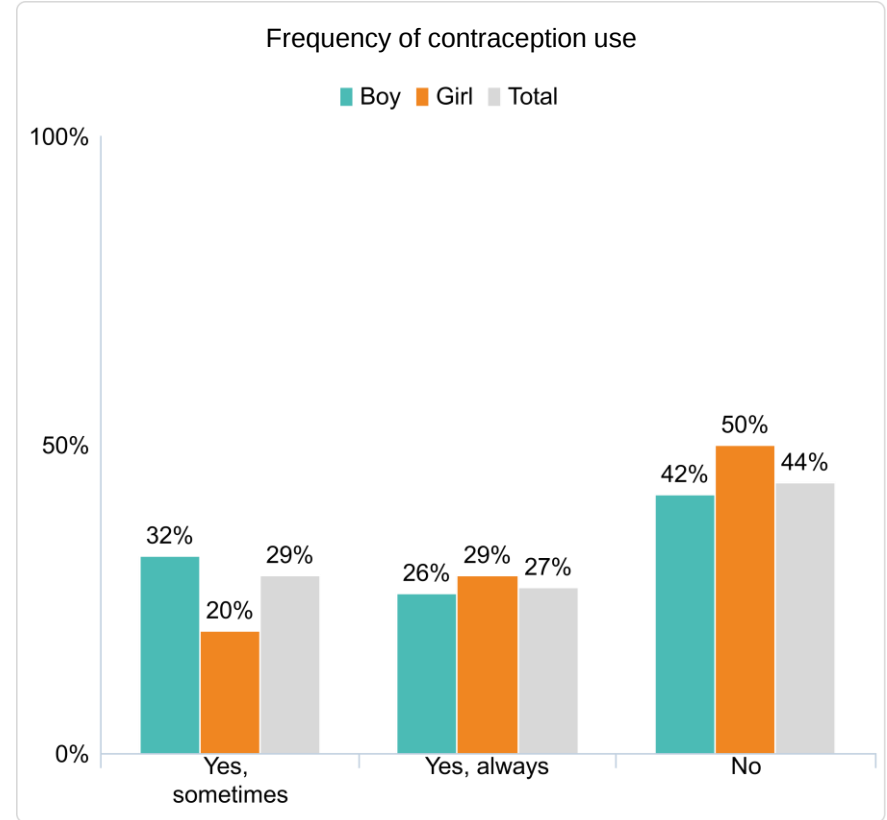
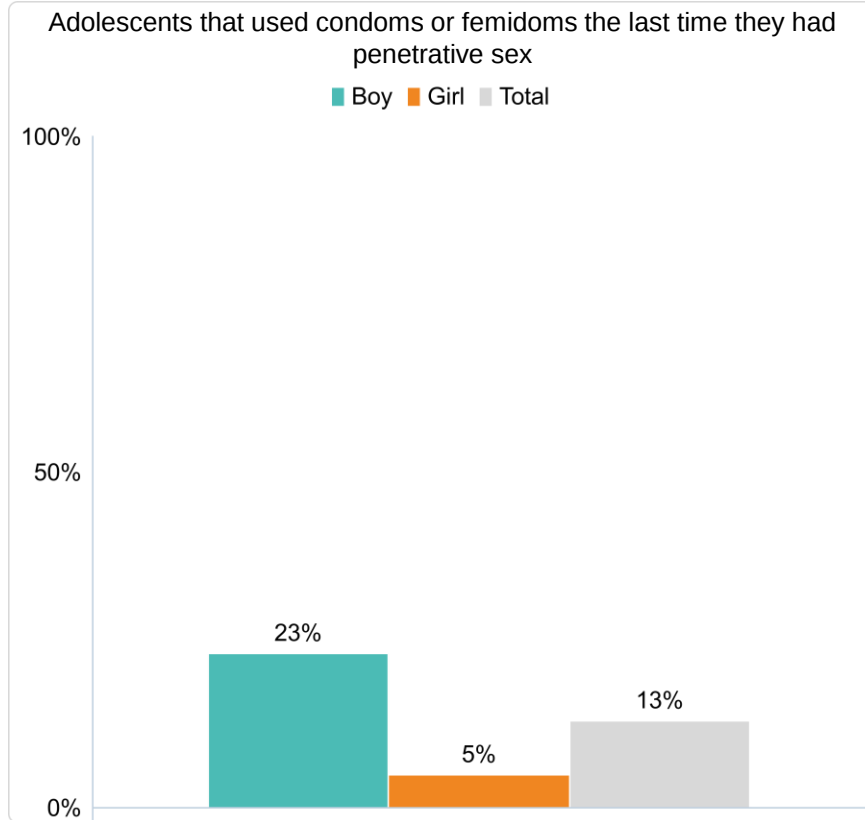
Adolescents in George and their responses to HIV questions

The last time adolescents in George tested for HIV

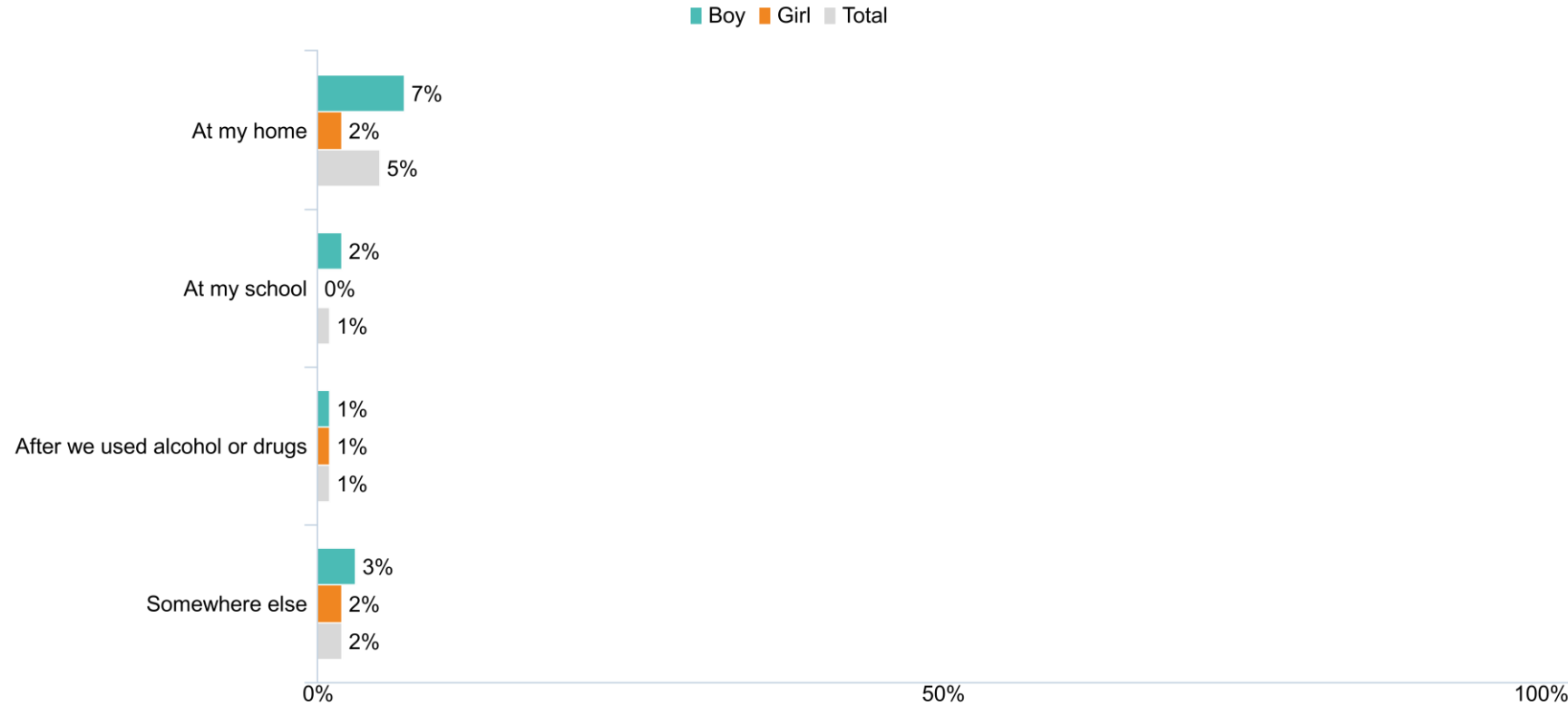


	Boy	Girl	Total
Positive, HIV +ve	10%	9%	10%
I am using ARVs	39%	58%	47%

Adolescents in George and contraception use



Adolescents in George who say they have been raped at the following locations





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