

DRUGS, HOW TO HELP YOUTH?

Ene Tomberg, Tallinn City Government



12.06.2015

Signatuur või osakond

Youth in Europe – A Drug Prevention Program

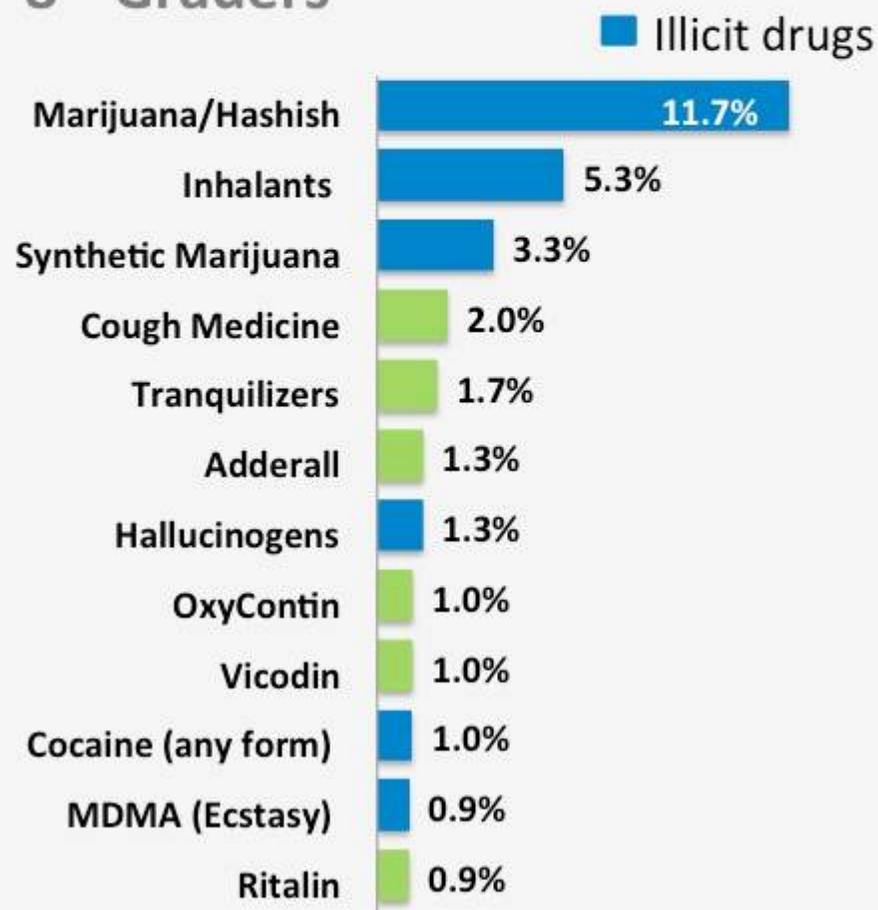
- Initiated in 2005
- Programme is based on primary prevention in the field, started in Iceland in 1998.
- Programme outcome is evidence-based, result orientated activities focus on the reduction of early drug-use among youth.
- Main elements: community based data collection, co-operation of researchers, politicians and practitioners and evidence-based activities/services.
- The Patron of the programme is the President of Iceland Mr Olafur Ragnar Grimsson.

Methodology

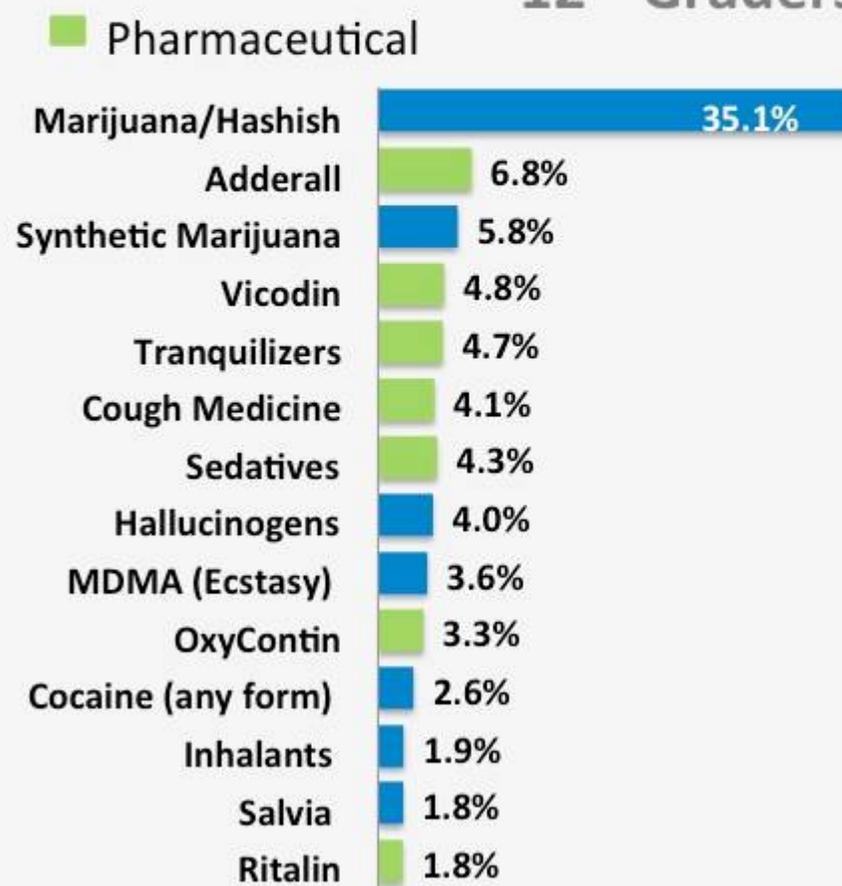
- **Standardised questionnaire with 70 questions**
- **Sample group is comprised of 3,139 students of Tallinn schools, aged 15 to 16.**
- **Participants: 23 Estonian-language, 21 Russian-language, and 6 vocational schools.**
- **The survey was conducted from October to November, 2014.**
- **Implemented by the school nurses of Tallinn School Health Care Foundation (SA Tallinna Koolitervishoid).**
- **Total number of participants in various cities: 10,561.**

Top Drugs among 8th and 12th Graders, Past Year Use

8th Graders

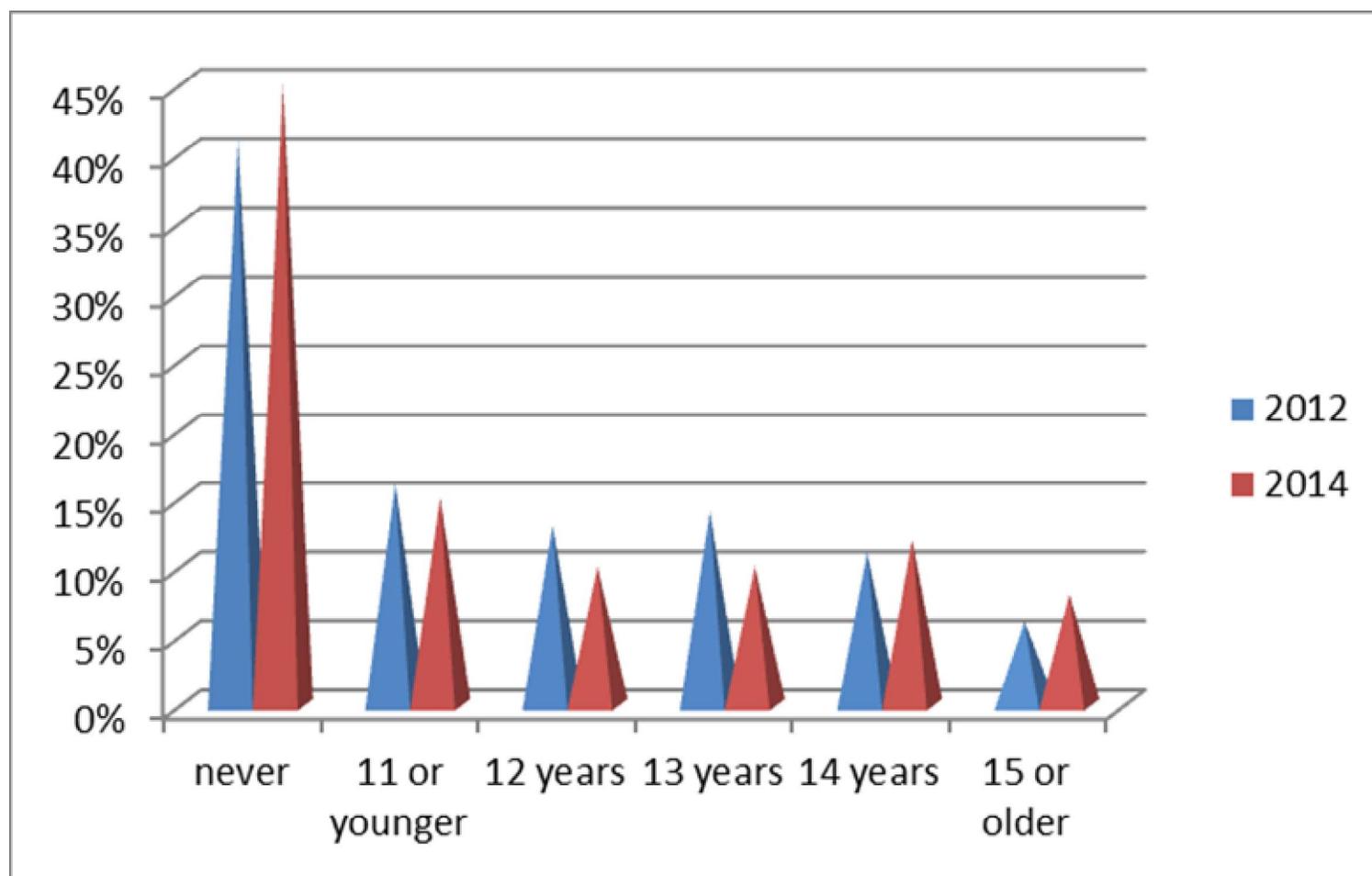


12th Graders

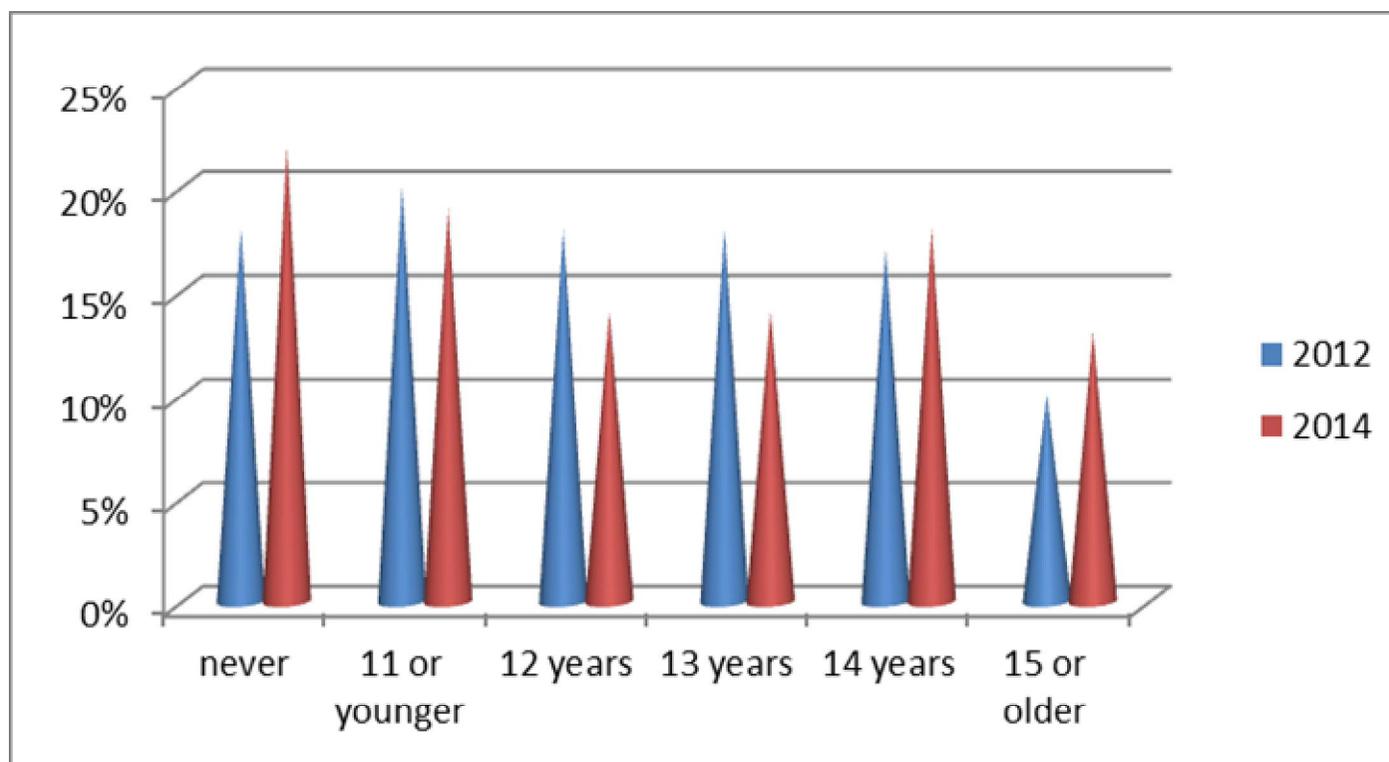


* Only 12th graders surveyed about sedatives use

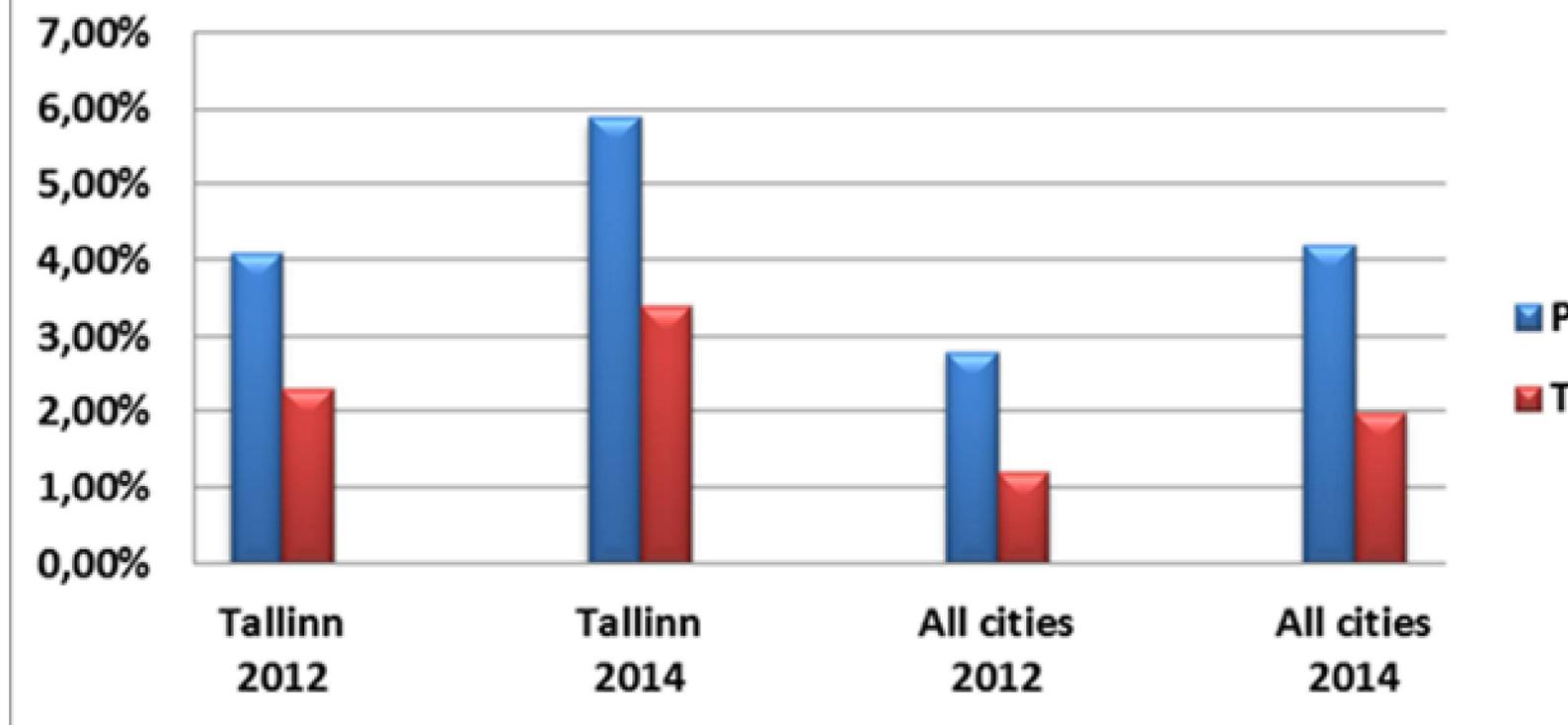
Tried a cigarette for the first time

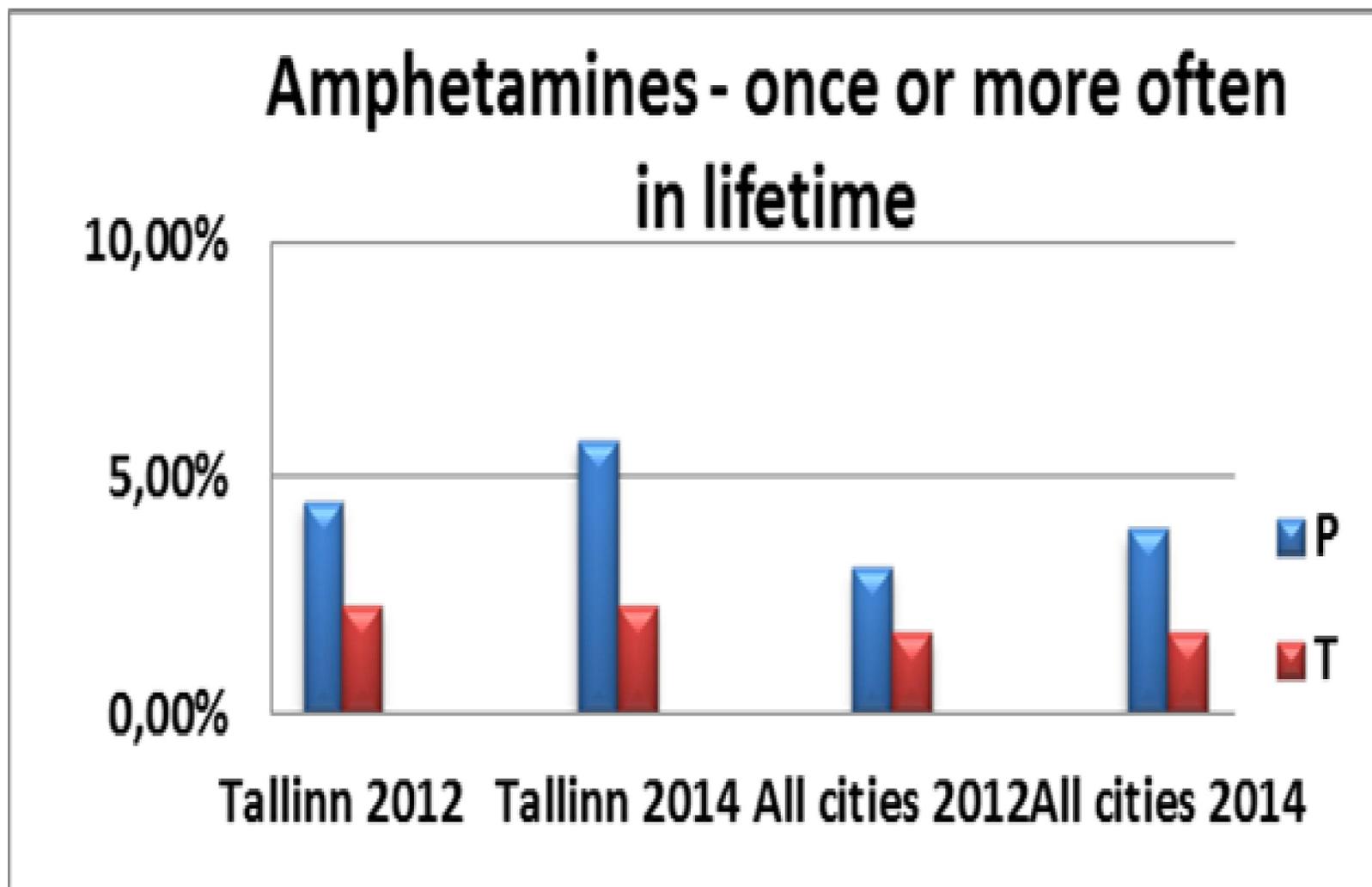


First time use of alcohol



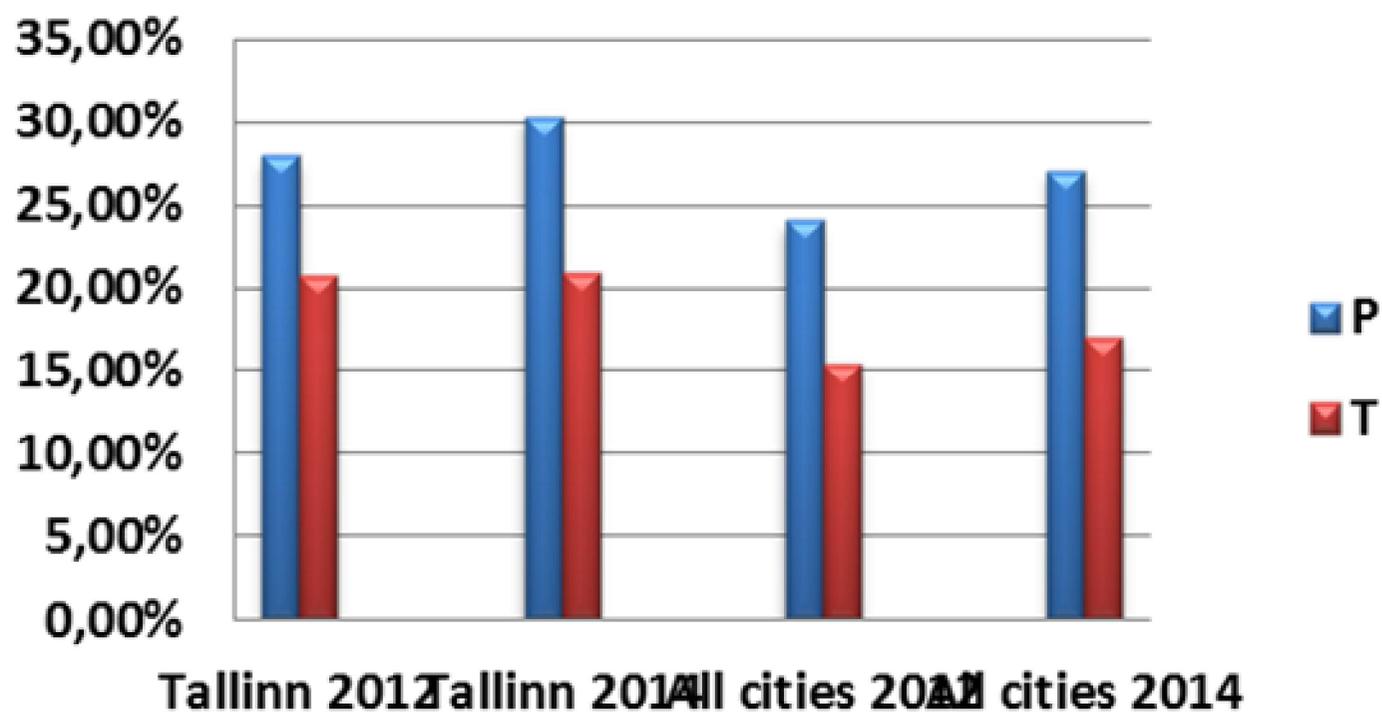
Ecstasy - once or more often in lifetime





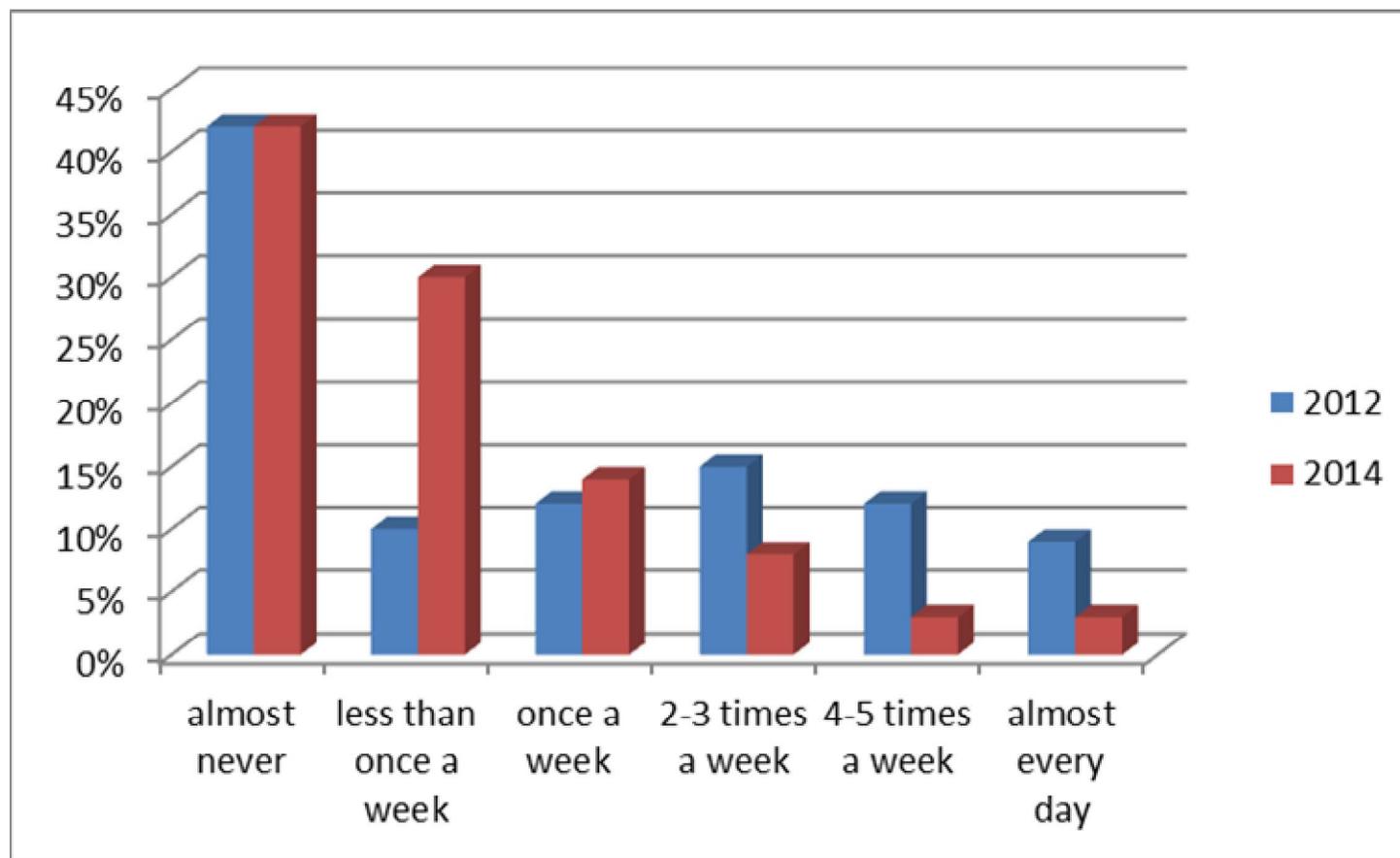
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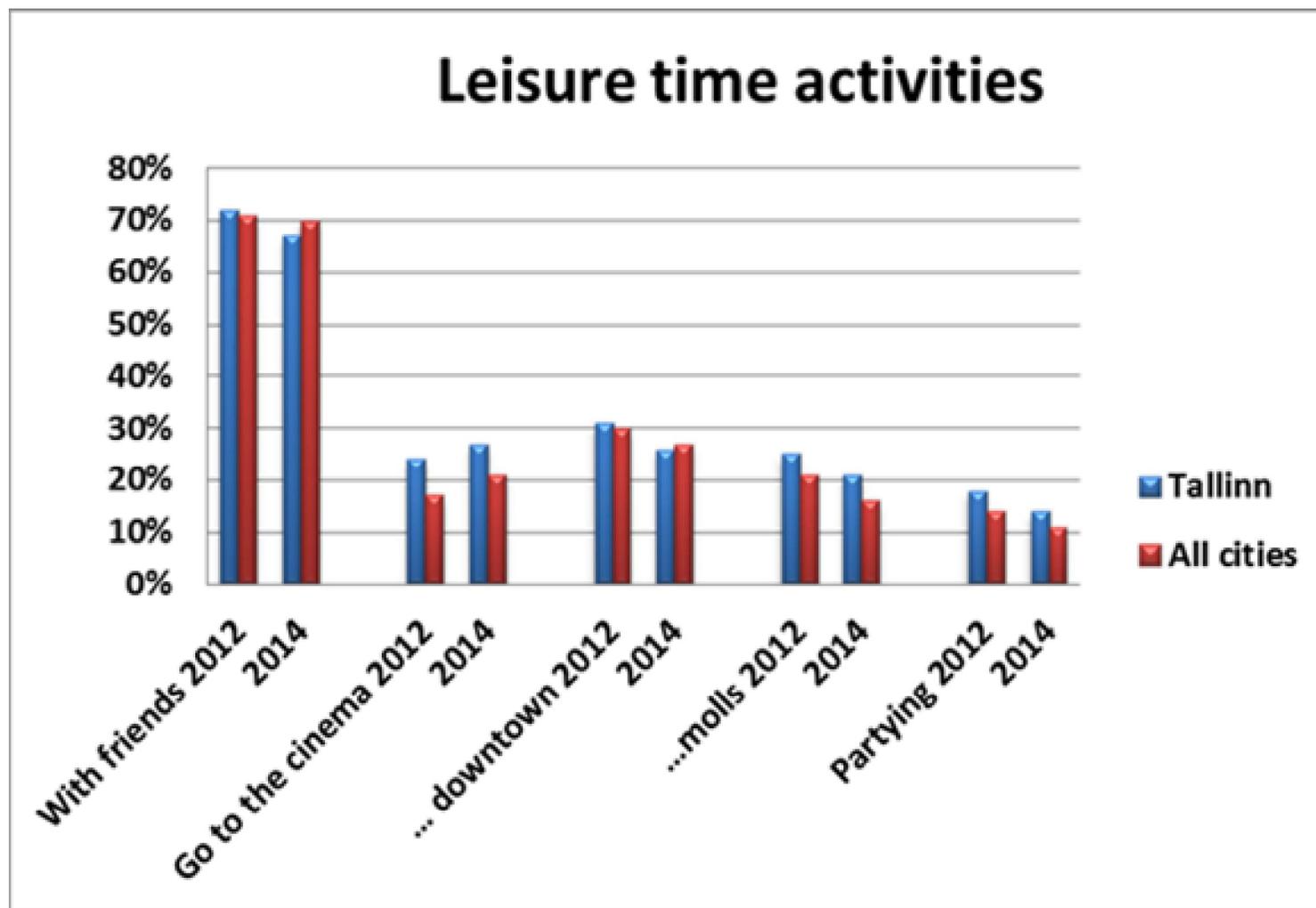
Cannabis - once or more during lifetime



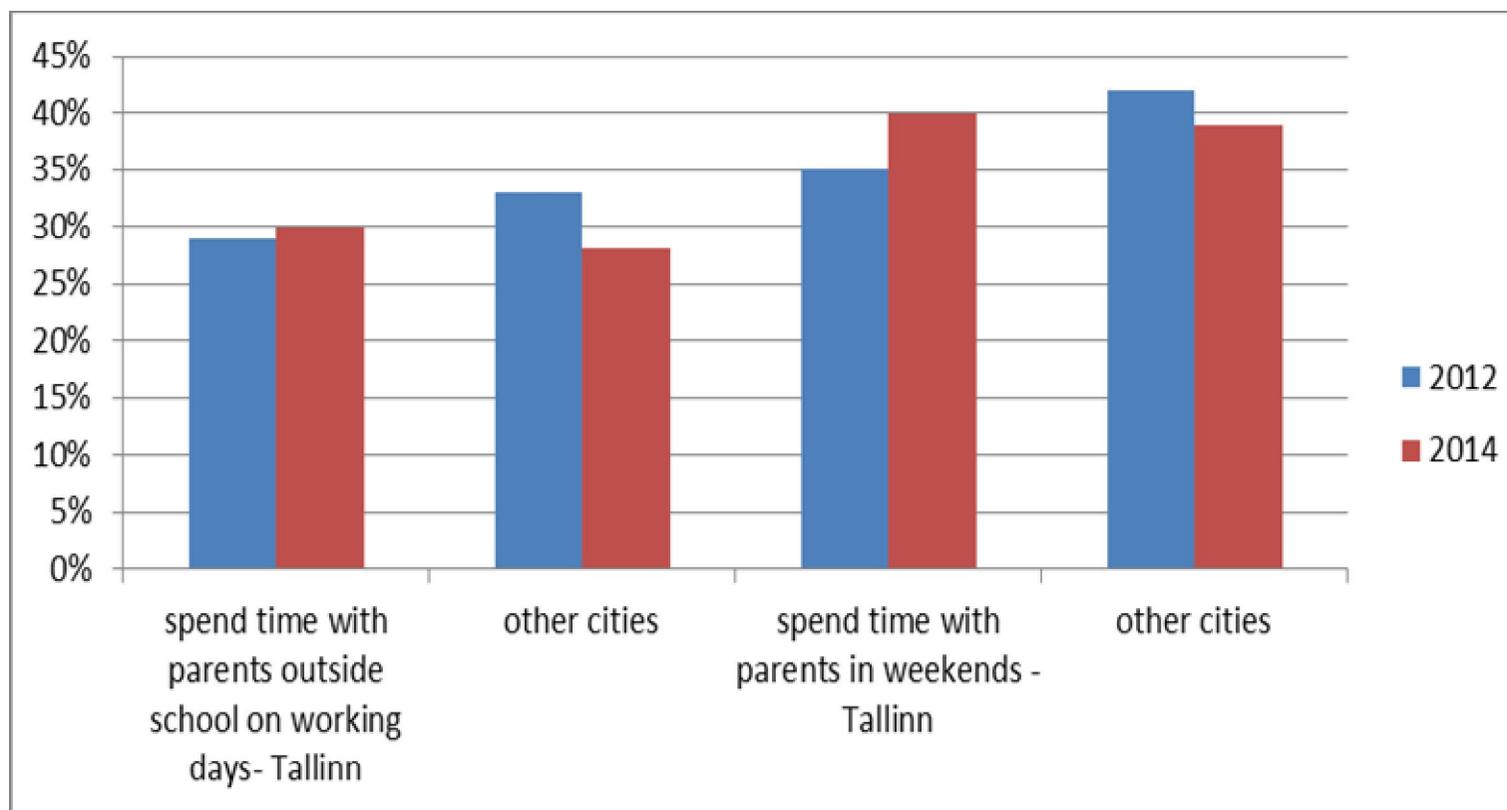
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Participation in organised leisure activities

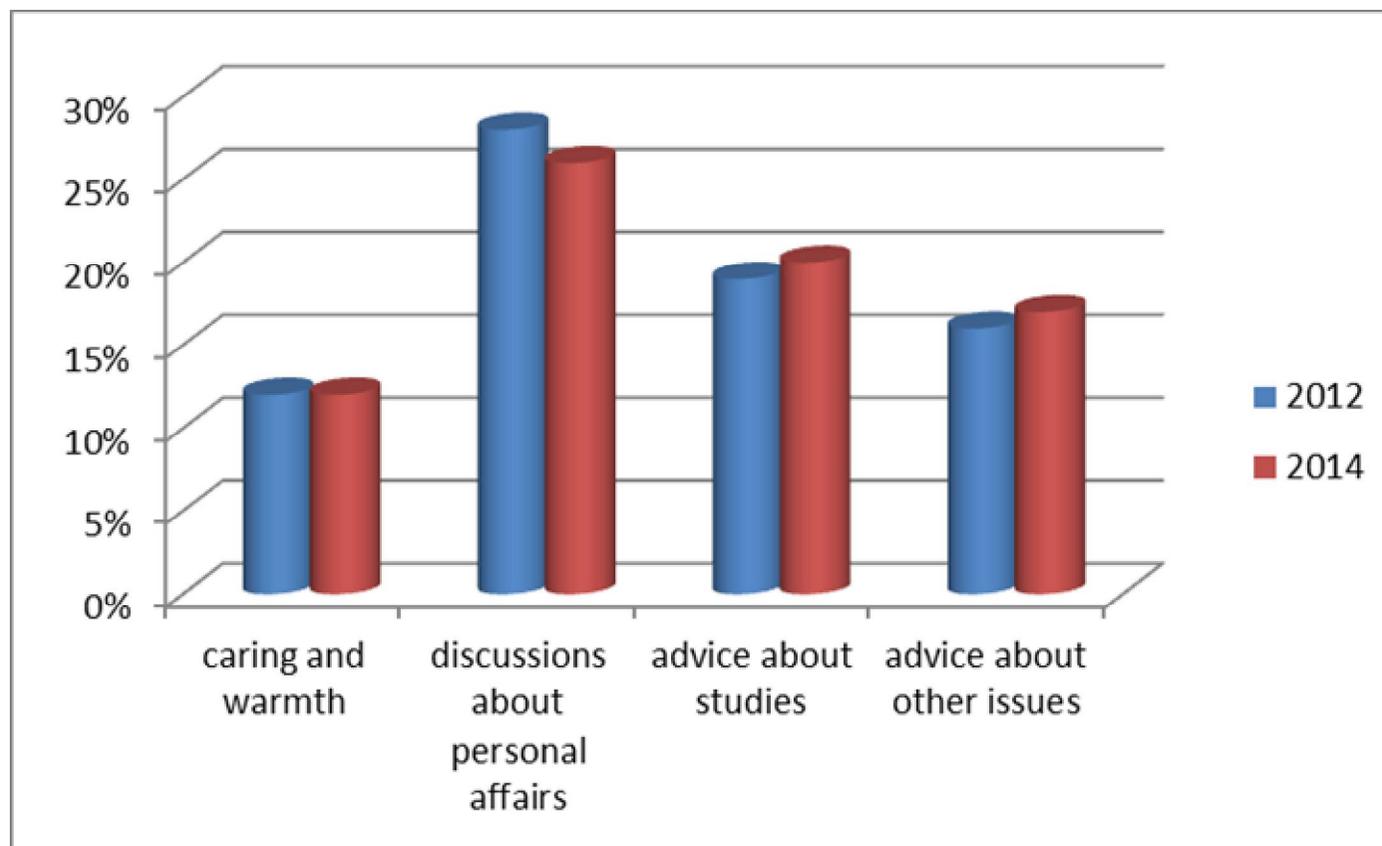




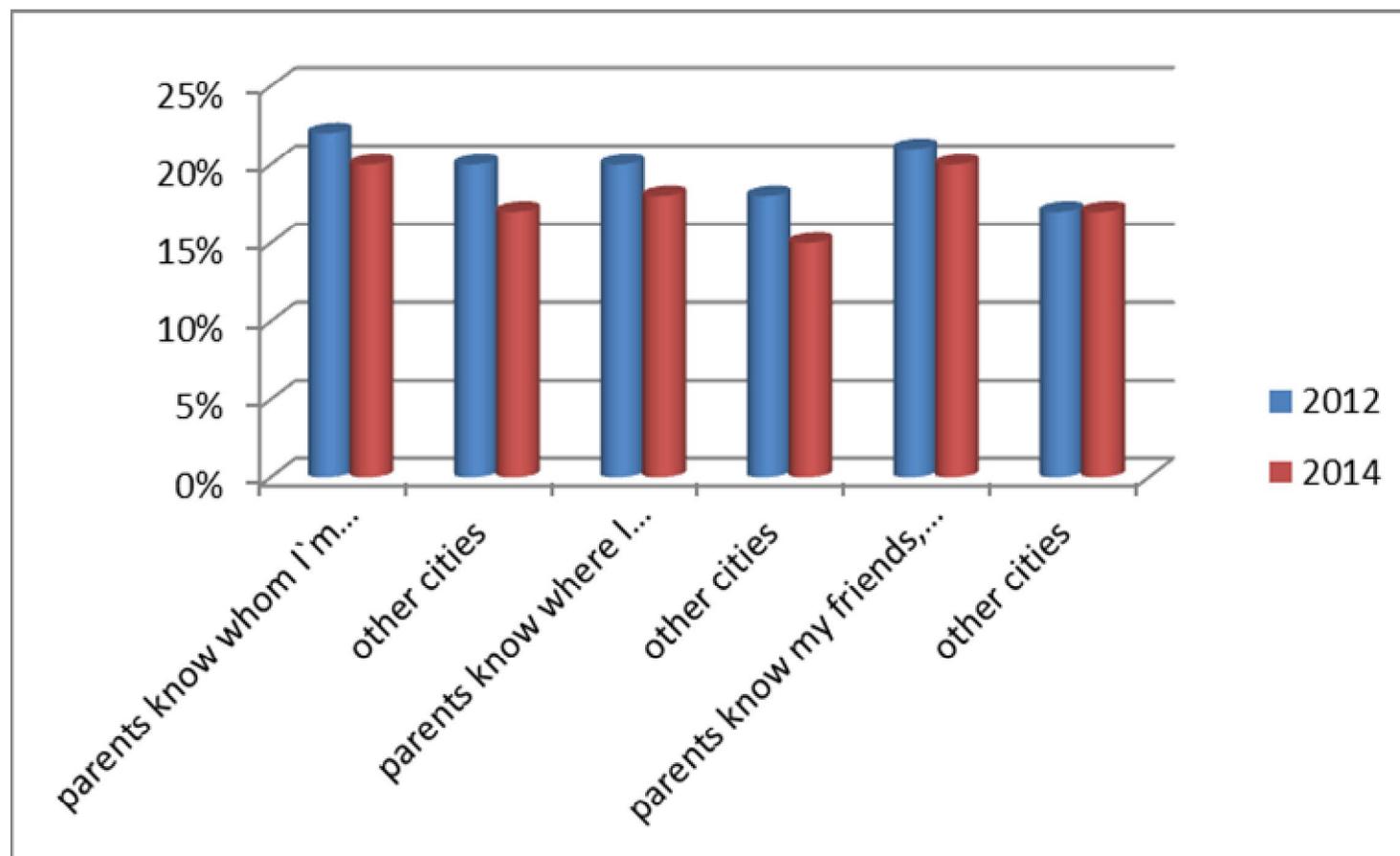
Spending time with parents



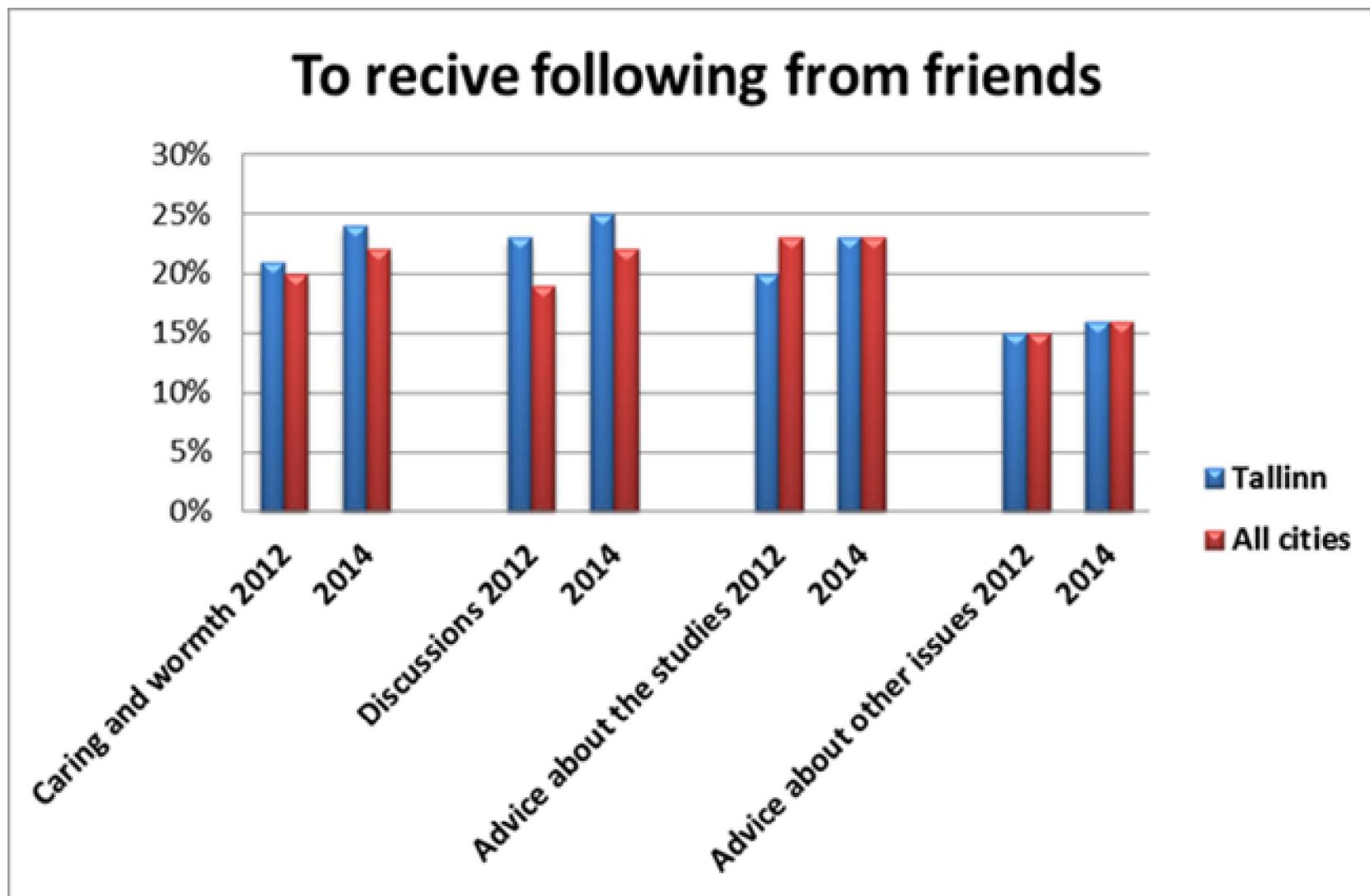
I expect from my parents....



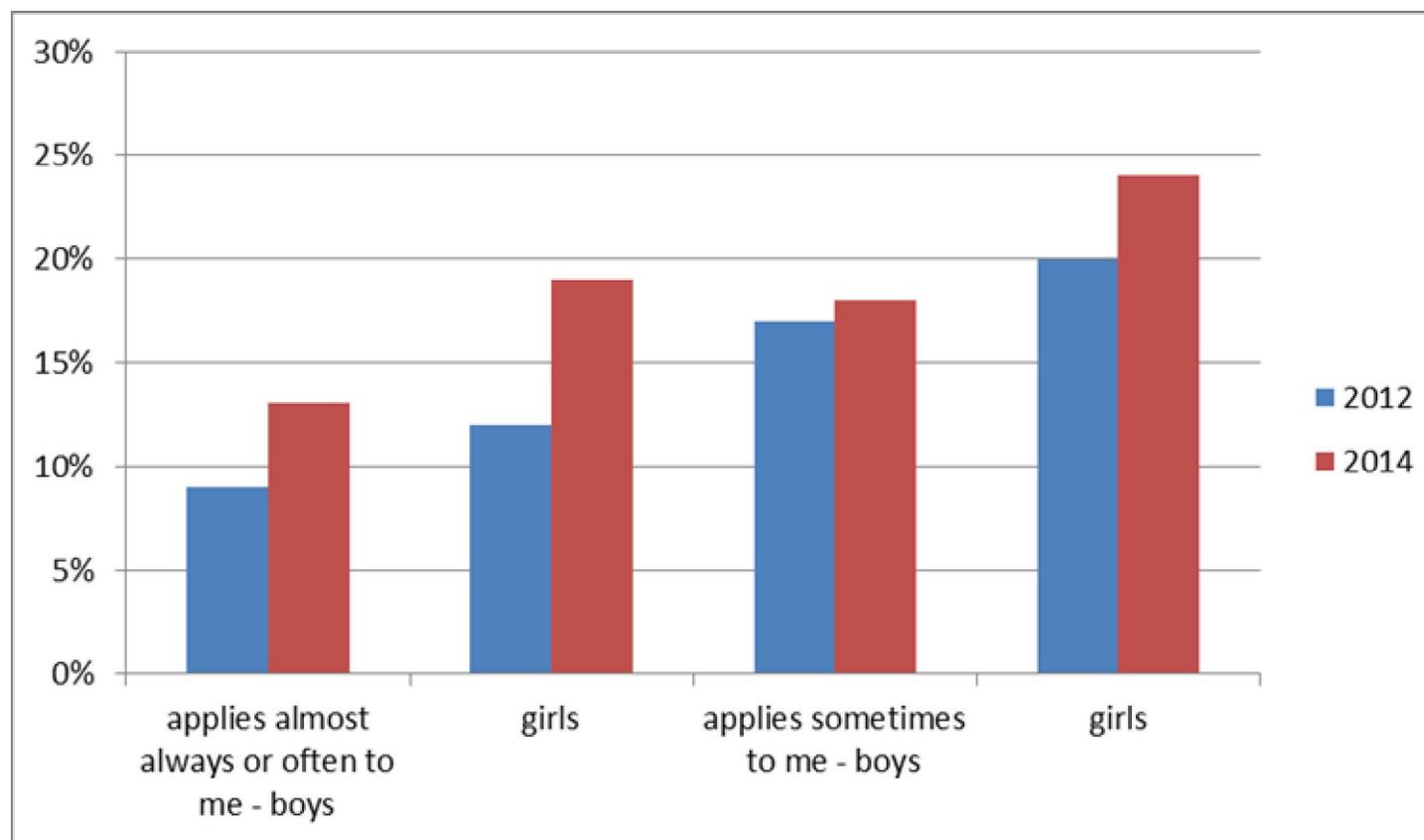
The parents know...



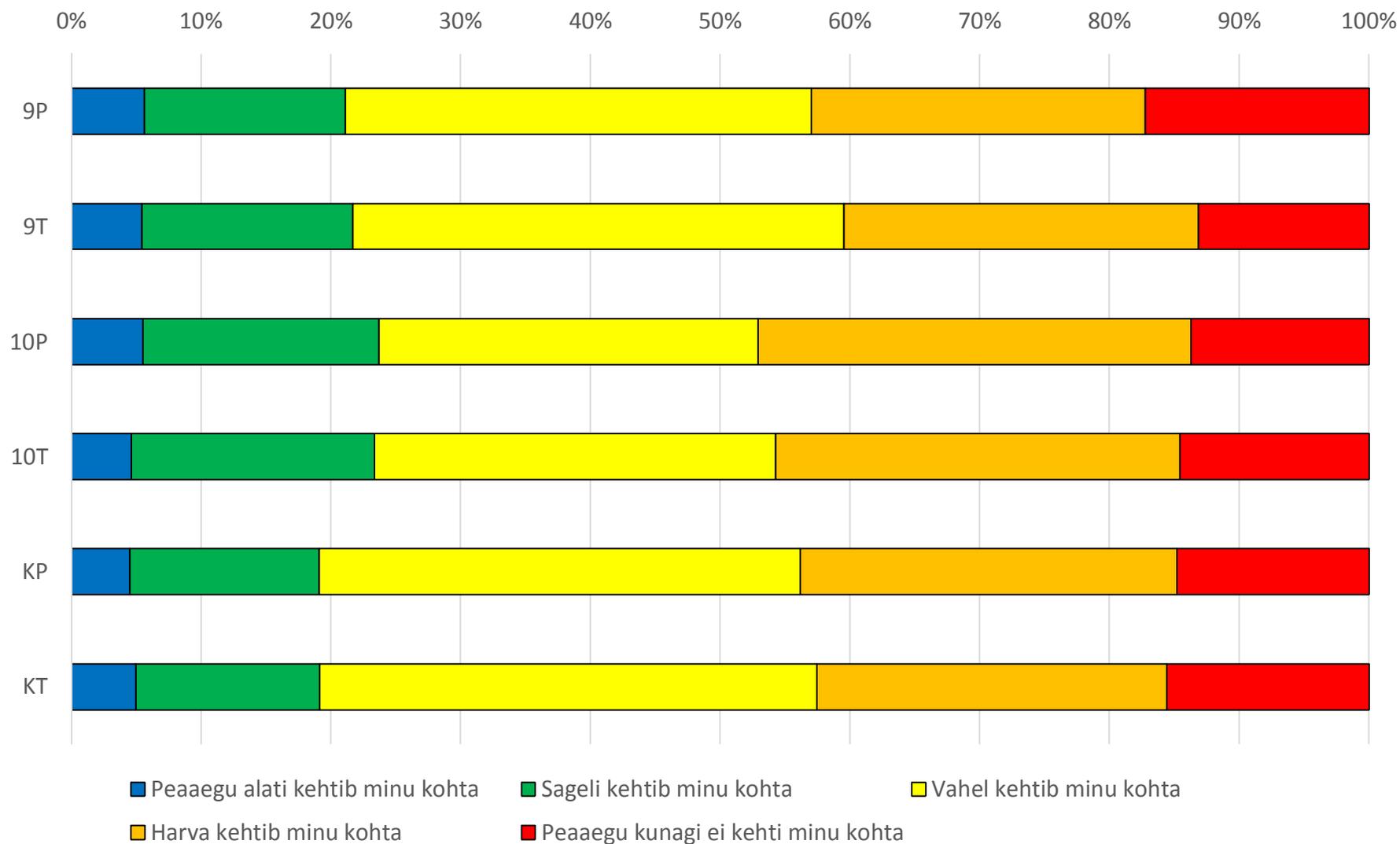
To receive following from friends



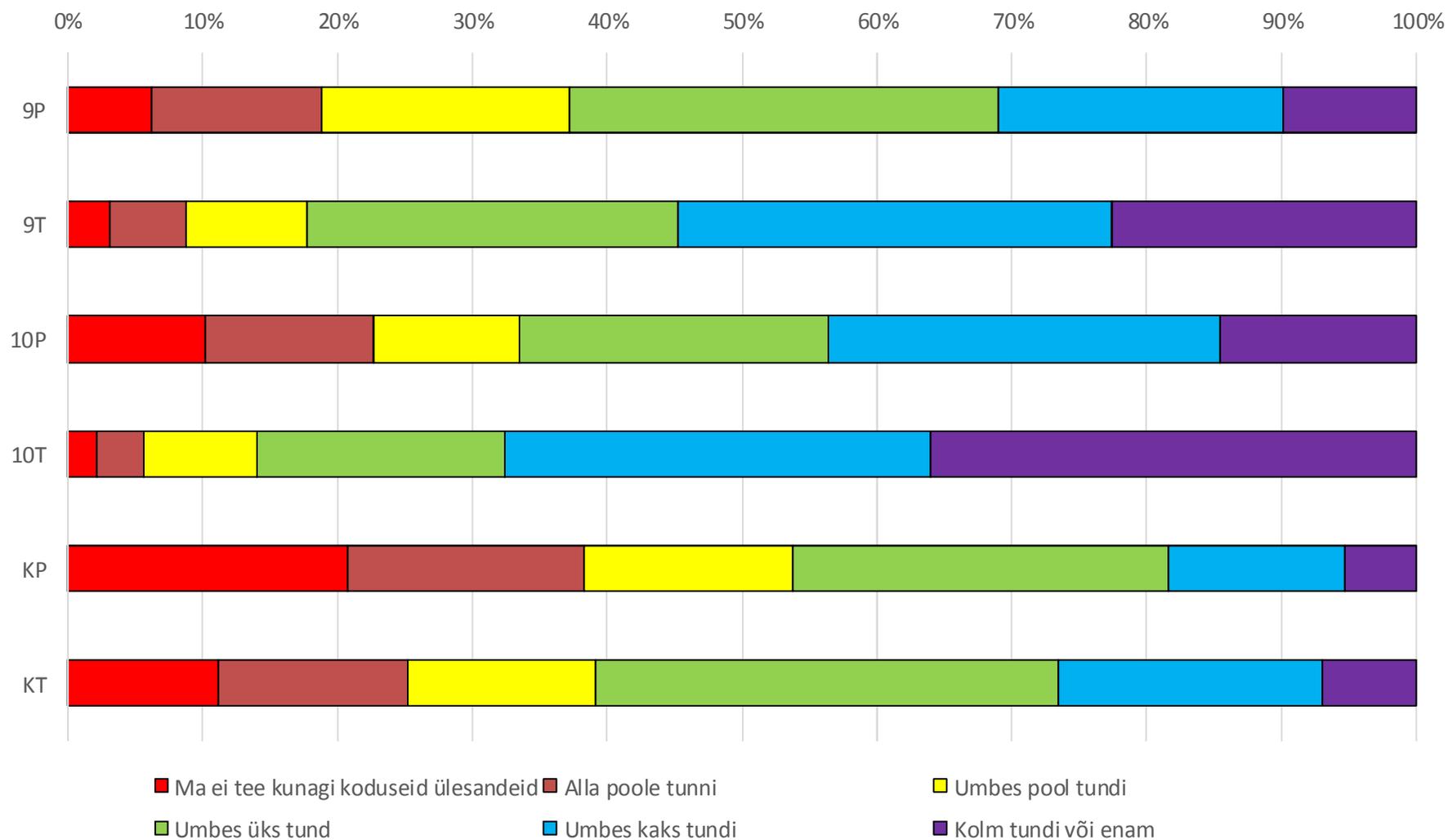
I feel bad at school....



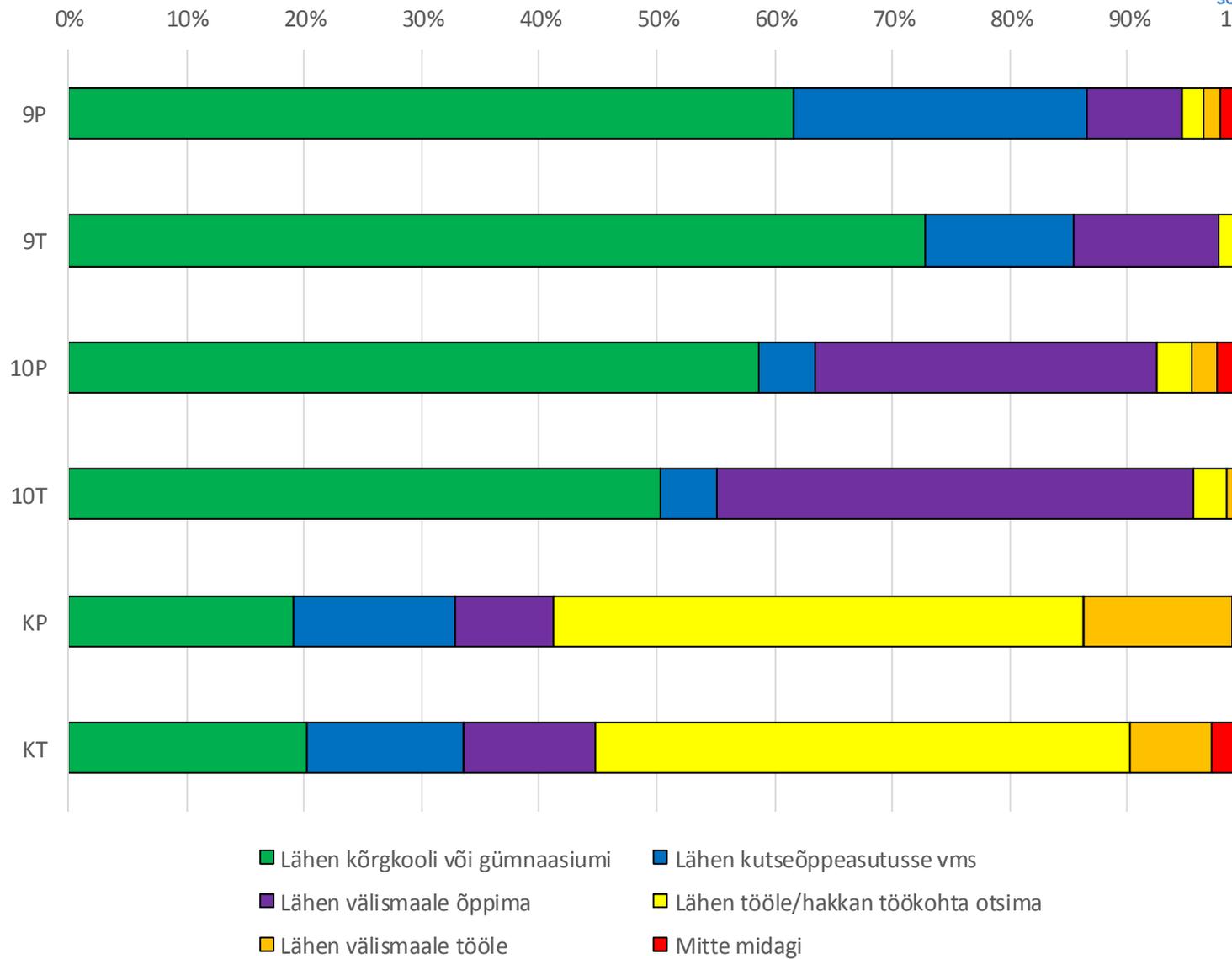
Agreement with the statement: Studying is too hard



Time spent on homework



Plans after graduation



Main components of effective drug prevention:

- **Activities have a clear objectives**
- **Activities are long-term**
- **Working with age-appropriate knowledge, skills and behaviour (information about drugs needs to be compounded by the ability to recognise feelings, discuss the feelings with the others and to make social decisions),**
- **Activities correspond to the developmental and cultural needs of the youth**
- **Activities use interactive methods, such as discussion, group works, role plays, peer learning.**
- **Activities discuss misconceptions held by the youth about the drug use of their peers.**
- **Programmes are extensive and include the whole region.**

Rahvastiku tervise arengukava 2009-2020

Mobile youth work - Sports and Youth Board

- **Objective – empowered youth with improved contacts with the network.**
- **Contacts are established during street work, followed by guidance and counselling, support, individual work.**
- **Work with groups and community, i.e. activities and workshops carried out at various community events, information works among the specialists and the population.**
- **Group work – preventive workshops on health behaviour, team work, entrepreneurship.**
- **Various youth events – movie nights, street dance events, etc.**
- **5,980 contacts were established through various events in 2014.**

Project: Knowledge saves lives

Carried out by MTÜ Lasnamäe Huvikool

Objectives:

- Increase youth awareness about the problems related to drugs, alcohol and tobacco.
- Development of coping skills at risk situations
- Responsible attitude towards one's own health.
- Development of information seeking skills related to risk behaviour topics.

45 trainings in 10 schools in 2015, including approx. 900 students.

Project: Cannabis and assertiveness

MTÜ Pisasjad

Objectives:

- Improved mental health awareness among youth
- Increased knowledge of the impact of cannabis to mental health
- Training for the main methods of assertiveness
- Reduced stigmatism related to mental health disorders
- Prevention of mental health disorder related complaints, alleviation and early intervention.

Training carried out in 10 schools for 250 young people between the ages of 14 and 18.



ÕPILASSEMINAR

KUIDAS MAAILMAS ELLU JÄÄDA? VOL.2

TALLINNA NOMME GÜMNAASIUMIS
29. OKTOOBRIKELL 13.00-17.00

TEEMAD

KUIDAS HOIDA INSPIRATSIOONI (TUULI VELLAMA)
MURED ALLPOOL NABA (KÄRT MAANAS-LUHAYEE)
SEKSSUAALTERVIS (SIRLE BLUMBERG)
LASTE VIGASTUSTE ÄRAHOID (LAGLE SUUROK)
ÕNNETUS EI HÕUA TULLES (MARTIN RÄNI)

PÄRAST TUTVUSTAVAD LOENGUID OOTAVAD TEID
HUVITAVAD JA HARIYAD TÖÖTOD

KÕIKIDELE OSALEJATELE KA VÄIKE KEHAKINNITUS
SEMINAARIL OSALEMINE ON TASUTA

LISAINFO WWW.NOEL.EE



Signa

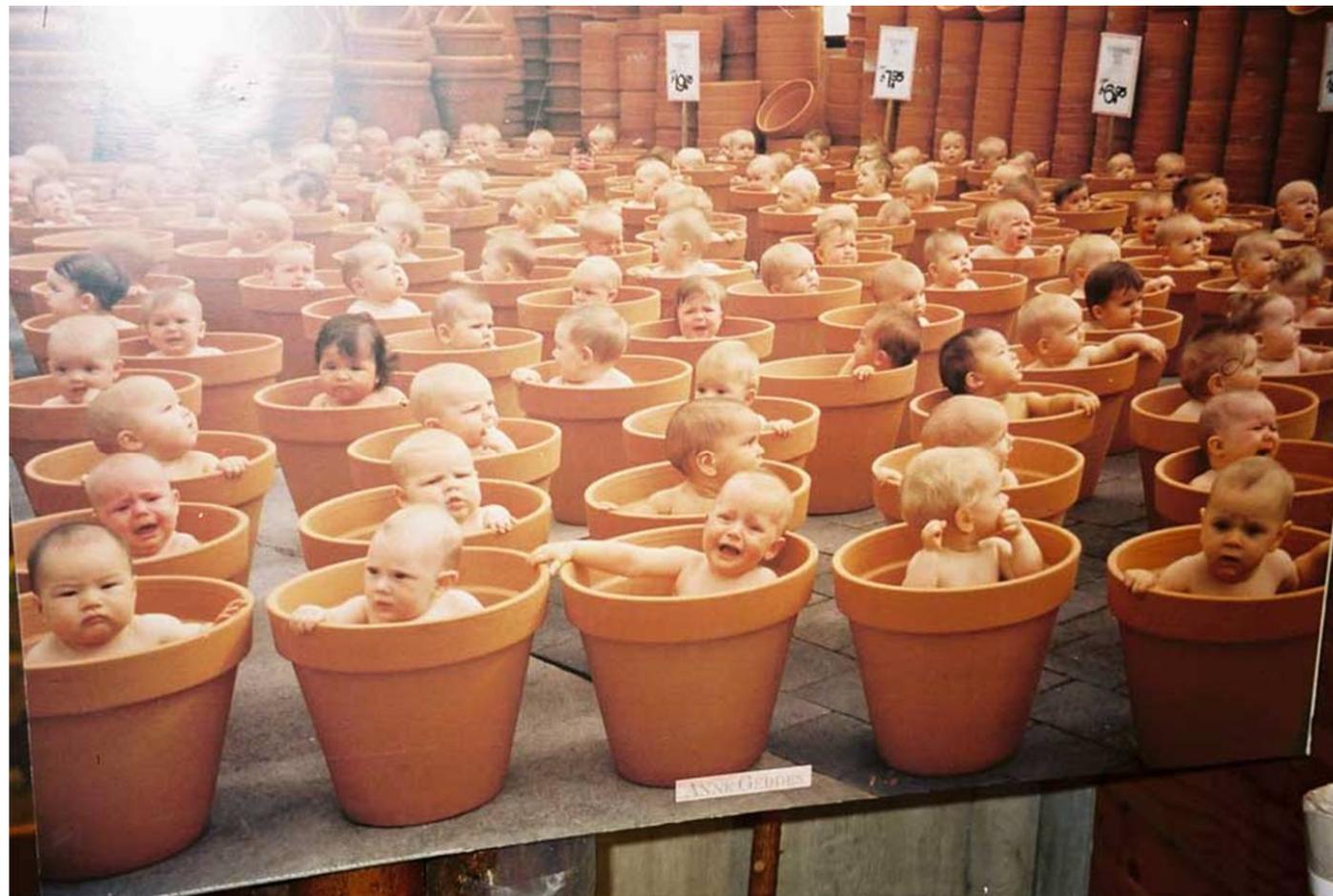




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We need to get an early start....



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