

Youth in Europe report 2016

Substance use and social factors

Dobele



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Table of Content

TABLES.....	4
FIGURES.....	4
INTRODUCTION.....	8
YOUTH IN EUROPE.....	8
METHODS AND DATA.....	8
THE DATA COLLECTION.....	8
THE TARGET POPULATION.....	8
INSTRUMENT.....	9
RESULTS.....	10
SUBSTANCE USE.....	12
<i>Tobacco</i>	12
<i>Alcohol consumption</i>	14
<i>Other illegal substance use</i>	16
<i>First time use of substances</i>	19
PARENTAL FACTORS.....	22
<i>Parents reactions to substance use</i>	24
<i>Substance use and parental factors - Cross tabulations</i>	26
THE PEER GROUP.....	28
<i>Substance use and peer-group</i>	28
LEISURE TIME.....	31
<i>Sports and aerobic activities</i>	33
<i>Organized or extracurricular activities</i>	34
<i>Substance use and organized sport – Cross tabulations</i>	34
<i>Substance use and organized recreational activities – Cross tabulations</i>	35
WELL-BEING IN SCHOOL.....	37
<i>Substance use and well-being in school – Cross tabulations</i>	39

Tables

TABLE 1.	PARTICIPATING STUDENTS IN EACH MUNICIPALITY 2014-2015.	10
TABLE 2.	PARTICIPATING STUDENTS IN EACH MUNICIPALITY 2015-2016.	11

Figures

FIGURE 1.	DAILY SMOKING. PERCENTAGE OF 15 – 16 YEAR 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	12
FIGURE 2.	CHEWING TOBACCO ONCE OR MORE DURING LAST 30 DAYS. PERCENTAGE OF 15 – 16 YEARS OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	12
FIGURE 3.	SNUFF ONCE OR MORE DURING LAST 30 DAYS. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	13
FIGURE 4.	WATERPIPE ONCE OR MORE OFTEN DURING LIFETIME. PERCENTAGE OF 15 – 16 YEARS OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	13
FIGURE 5.	WATERPIPE ONCE OR MORE DURING THE PAST 30 DAYS. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	14
FIGURE 6.	TRIED ALCOHOL DRINK ONCE OR MORE OFTEN IN LIFETIME. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	14
FIGURE 7.	DRUNK ONCE OR MORE IN LIFETIME. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	15
FIGURE 8.	DRUNK ONCE OR MORE OFTEN IN LAST 30 DAYS. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	15
FIGURE 9.	PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SOMETIMES OR OFTEN DRINK ALCOHOL IN THE FOLLOWING PLACES.	16
FIGURE 10.	SLEEPING PILLS OR TRANQUILIZERS ONCE OR MORE OFTEN IN LIFETIME. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	16
FIGURE 11.	CANNABIS ONCE OR MORE OFTEN IN LIFETIME. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	17
FIGURE 12.	AMPHETAMINES ONCE OR MORE OFTEN IN LIFETIME. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	17
FIGURE 13.	ECSTASY - ONCE OR MORE OFTEN IN LIFETIME. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	18
FIGURE 14.	SMELLING - ONCE OR MORE OFTEN IN LIFETIME. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	18
FIGURE 15.	AGE FOR THE FIRST TIME: SMOKED CIGARETTE. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.	19

FIGURE 16.	AGE FOR THE FIRST TIME: SMOKED CIGARETTE DAILY. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.....	19
FIGURE 17.	AGE FOR THE FIRST TIME: HAD A DRINK OF ALCOHOL. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.....	20
FIGURE 18.	AGE FOR THE FIRST TIME: GOT DRUNK. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.	20
FIGURE 19.	AGE FOR THE FIRST TIME: USED ENERGY DRINK. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.	21
FIGURE 20.	AGE FOR THE FIRST TIME: USED CANNABIS. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.	21
FIGURE 21.	HOW EASY OR HARD WOULD IT BE FOR YOU TO RECEIVE THE FOLLOWING FROM YOUR PARENTS...? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SAY IT WOULD BE RATHER OR VERY DIFFICULT.	22
FIGURE 22.	HOW WELL DOES THE FOLLOWING APPLY TO YOU...? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SAY IT APPLIES OFTEN OR ALMOST ALWAYS, BY CITY.....	22
FIGURE 23.	HOW WELL DO THE FOLLOWING STATEMENTS APPLY TO YOU...? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SAY IT APPLIES RATHER OR VERY POORLY, BY CITY.....	23
FIGURE 24.	HOW WELL DO THE FOLLOWING STATEMENTS APPLY TO YOU...? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SAY IT APPLIES RATHER OR VERY POORLY, BY CITY.....	23
FIGURE 25.	HOW WOULD PARENTS REACT IF YOU WOULD SMOKE CIGARETTES? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	24
FIGURE 26.	HOW WOULD PARENTS REACT IF YOU WOULD BECOME DRUNK? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.....	24
FIGURE 27.	HOW WOULD PARENTS REACT IF YOU WOULD SMOKE CANNABIS? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.....	25
FIGURE 28.	PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SMOKE DAILY, ANALYSED BY HOW EASY OR HARD IT WOULD BE TO RECEIVE CARING AND WARMTH FROM THEIR PARENTS.....	26
FIGURE 29.	PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT HAVE BECOME DRUNK DURING THE PAST 30 DAYS, ANALYSED BY HOW EASY OR HARD IT WOULD BE TO RECEIVE CARING AND WARMTH FROM THEIR PARENTS.	26
FIGURE 30.	PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SMOKE DAILY, ANALYSED BY HOW WELL THE FOLLOWING STATEMENTS APPLY TO THEM: MY PARENTS KNOW WHOM I AM WITH IN THE EVENINGS.	27
FIGURE 31.	PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT HAVE BECOME DRUNK DURING THE PAST 30 DAYS ANALYSED BY HOW WELL THE FOLLOWING STATEMENTS APPLY TO THEM: MY PARENTS KNOW WHOM I AM WITH IN THE EVENINGS.....	27
FIGURE 32.	HOW EASY OR HARD WOULD IT BE FOR YOU TO RECEIVE THE FOLLOWING FROM YOUR FRIENDS...? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SAY IT WOULD BE RATHER OR VERY DIFFICULT.	28

FIGURE 33.	HOW MANY OF YOUR FRIENDS SMOKE CIGARETTES? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.....	28
FIGURE 34.	HOW MANY OF YOUR FRIENDS DRINK ALCOHOL? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.....	29
FIGURE 35.	HOW MANY OF YOUR FRIENDS BECOME DRUNK AT LEAST ONCE A MONTH? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.	29
FIGURE 36.	HOW MANY OF YOUR FRIENDS SMOKE HASHISH OR MARIJUANA? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.	30
FIGURE 37.	DURING THE LAST 7 DAYS, HOW OFTEN DID YOU STAYED AT HOME FOR A WHOLE EVENING? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	31
FIGURE 38.	DURING THE LAST 7 DAYS, HOW OFTEN DID YOU GO OUTSIDE AFTER TEN O'CLOCK IN THE EVENING? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	31
FIGURE 39.	DURING THE LAST 7 DAYS, HOW OFTEN DID YOU GO OUTSIDE AND RETURNED AFTER MIDNIGHT? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	32
FIGURE 40.	HOW OFTEN DO YOU ENGAGE IN SPORTS IN A SPORTS CLUB/TEAM? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.....	33
FIGURE 41.	HOW OFTEN YOU EXERT YOURSELF PHYSICALLY SO YOU EXHAUST YOURSELF OR SWEAT? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.	33
FIGURE 42.	DO YOU TAKE PART IN ANY ORGANIZED RECREATIONAL OR EXTRACURRICULAR ACTIVITIES? PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES.	34
FIGURE 43.	PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SMOKE DAILY ANALYSED BY HOW OFTEN THEY ARE ENGAGED IN SPORTS IN A SPORTS CLUB/TEAM.	34
FIGURE 44.	PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT HAD BECOME DRUNK PAST 30 DAYS ANALYSED BY HOW OFTEN THEY ARE ENGAGED IN SPORTS IN A SPORTS CLUB/TEAM, BY CITY.	35
FIGURE 45.	PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SMOKE DAILY ANALYSED BY HOW OFTEN THEY TAKE PART IN ORGANIZED RECREATIONAL ACTIVITIES.....	35
FIGURE 46.	PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT HAD BECOME DRUNK PAST 30 DAYS ANALYSED BY HOW OFTEN THEY TAKE PART IN ORGANIZED RECREATIONAL ACTIVITIES.....	36
FIGURE 47.	HOW WELL DO THE FOLLOWING STATEMENTS APPLY TO YOU? I FIND THE SCHOOL STUDIES POINTLESS. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	37
FIGURE 48.	HOW WELL DO THE FOLLOWING STATEMENTS APPLY TO YOU? I FEEL BAD AT SCHOOL. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	37
FIGURE 49.	HOW WELL DO THE FOLLOWING STATEMENTS APPLY TO YOU? I GET ON BADLY WITH THE TEACHERS. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES, BY GENDER.	38

FIGURE 50. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SMOKE DAILY ANALYSED BY HOW WELL THE FOLLOWING STATEMENTS APPLY TO THEM: I FIND THE SCHOOL STUDIES POINTLESS. 39

FIGURE 51. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT HAD BECOME DRUNK DURING THE PAST 30 DAYS ANALYSED BY HOW WELL THE FOLLOWING STATEMENTS APPLY TO THEM: I FIND THE SCHOOL STUDIES POINTLESS. 39

FIGURE 52. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SMOKE DAILY ANALYSED BY HOW WELL THE FOLLOWING STATEMENTS APPLY TO THEM: I FEEL BAD AT SCHOOL..... 40

FIGURE 53. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT HAD BECOME DRUNK DURING THE PAST 30 DAYS ANALYSED BY HOW WELL THE FOLLOWING STATEMENTS APPLY TO THEM: I FEEL BAD AT SCHOOL. 40

FIGURE 54. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT SMOKE DAILY ANALYSED BY HOW WELL THE FOLLOWING STATEMENTS APPLY TO THEM: I GET ON BADLY WITH THE TEACHERS. 41

FIGURE 55. PERCENTAGE OF 15 – 16 YEAR OLD STUDENTS IN THE PARTICIPATING CITES THAT HAD BECOME DRUNK DURING THE PAST 30 DAYS ANALYSED BY HOW WELL THE FOLLOWING STATEMENTS APPLY TO THEM: I GET ON BADLY WITH THE TEACHERS. 41

Introduction

Youth in Europe

“Youth in Europe – A Drug Prevention Program” was initiated in 2005 and since then over thirty municipalities in fifteen countries in Europe have participated and made use of the successful methodology behind the program.

The program is based on primary prevention work initiated in Iceland in 1998. Through that work substance use has decreased more in Iceland than in any other Western country and use of substances measures lowest there amongst youth in comparison to all European countries.

“Youth in Europe” is considered by many to be the biggest health promotion project targeting youth substance abuse across Europe. This evidence-based, international programme was initiated by Icelandic Scientists, The City of Reykjavik and ECAD (European Cities Against Drugs) and is carried out in cooperation with major European cities. Taking a broadly holistic approach, its aim is to decrease the likelihood of substance use among young people.

The core elements of the project are three: community based approach, collaboration between researchers, policy makers and people in the field, and evidence based work.

The City of Reykjavík, Iceland, serves as the chair and provides management for this programme, while research is conducted by the Icelandic Centre for Social Research and Analysis (ICSRA). The President of Iceland, Ólafur Ragnar Grímsson is the patron of the program and the main sponsor is *Actavis Group*, an International pharmaceutical company that has operations all over Europe.

Methods and data

The data collection

A survey using a fully comparable core-questionnaire is administered in all the participating municipalities. A typical week is to be selected i.e. not a week following a holiday or other events scheduled the same week. Since comparable data collection is fundamental a standardised sampling frame is formed and convenience samples entirely avoided.

The target population

The target population is students of the age group 15-16 year olds, one grade according to school system in each city, normally but not necessarily the highest class in grammar school. The sample was randomly drawn in each city and the sample unit is school classes rather than entire schools or individual students. School classes were randomly selected from a list of classes in every participating city. Total population of students was used where the number of students was smaller than sample size.

In the larger communities the sample should include 2,800 individuals in each of the surveys so that the minimum number of answers 2,200 from participants could be attained or around 80% response rate. The suggested figure of at least 2,200 allows for breakdowns by two background variables (gender and other variables). Otherwise the full population of students were selected. Much effort was put in

maximizing response rates based on "The 11 steps of data collection procedures for school-based surveys among adolescents", generated by ICSRA.

Instrument

The same core-questionnaire was used in every city. The questionnaire included questions on substance use (recent and throughout life) as well as questions on a large number of social factors aimed to be able to map status of substance abuse and indicating relevant risk and protective factors in each participating city associated with drug use.

In order to ensure comparability the translation process did include translations of the final questionnaire into the language of every participating city and then a reverse translation to the original language by another interpreter. Translations and reverse translations are necessary in order to maximize comparison effects. When translating questions about substance use it is important to adjust the language of the questionnaire to the cultural context of each city (using street terms that refer to specific drug types or pharmaceutical names where and when appropriate).

Results

Table 1. Participating students in each municipality 2014-2015.

		Participating students		
City/Country		Boys	Girls	Total
Aprilia / Italy	Number:	148	140	288
	% within city	51,4	48,6	100
Baia Mare / Romania	Number:	705	858	1563
	% within city	45,1	54,9	100
Bucharest / Romania	Number:	1152	1195	2347
	% within city	49,1	50,9	100
Kaunas / Lithuania	Number:	1157	1081	2238
	% within city	51,7	48,3	100
Klaipeda / Lithuania	Number:	603	569	1172
	% within city	51,5	48,5	100
Klaksvik / Faroe Islands	Number:	35	53	88
	% within city	39,8	60,2	100
Otelu Rosu / Romania	Number:	59	74	133
	% within city	44,4	55,6	100
Petrosani / Petrosani	Number:	192	222	414
	% within city	46,4	53,6	100
Resita / Romania	Number:	257	273	530
	% within city	48,5	51,5	100
Riga / Latvia	Number:	1199	1423	2622
	% within city	45,7	54,3	100
Tallinn / Estonia	Number:	1633	1506	3139
	% within city	52	48	100
Tapa / Estonia	Number:	49	53	102
	% within city	48	52	100
Tartu / Estonia	Number:	532	668	1200
	% within city	44,3	55,7	100
Timisoara / Romania	Number:	920	979	1899
	% within city	48,4	51,6	100
Sigulda / Latvia	Number:	88	106	194
	% within city	45,4	54,6	100
Sofia / Bulgaria	Number:	497	628	1125
	% within city	44,2	55,8	100
All cities	Number total:	9226	9829	19055

Gender not stated: 60

Total number of participants: 19.248

Table 2. Participating students in each municipality 2015-2016.

Participating students				
City/Country		Boys	Girls	Total
Istanbul/Esenler/Turkey	Count	843	453	1296
	% within City	65,0%	35,0%	100,0%
Tarragona / Spain	Count	979	1079	2058
	% within City	47,6%	52,4%	100,0%
Victoria / Gozo	Count	73	86	159
	% within City	45,9%	54,1%	100,0%
Dobele / Latvia	Count	125	131	256
	% within City	48,8%	51,2%	100,0%
Santa Severina / Italy	Count	27	23	50
	% within City	54,0%	46,0%	100,0%
Vaison la Romaine / France	Count	79	95	174
	% within City	45,4%	54,6%	100,0%
Santa Maria de Feira / Portugal	Count	791	911	1702
	% within City	46,5%	53,5%	100,0%
Thessaloniki / Greece	Count	403	399	802
	% within City	50,2%	49,8%	100,0%
All cities	Number total:	3320	3177	6497

Gender not stated: 17

City not stated: 2

Total number of participants: 6516

Substance use

Tobacco

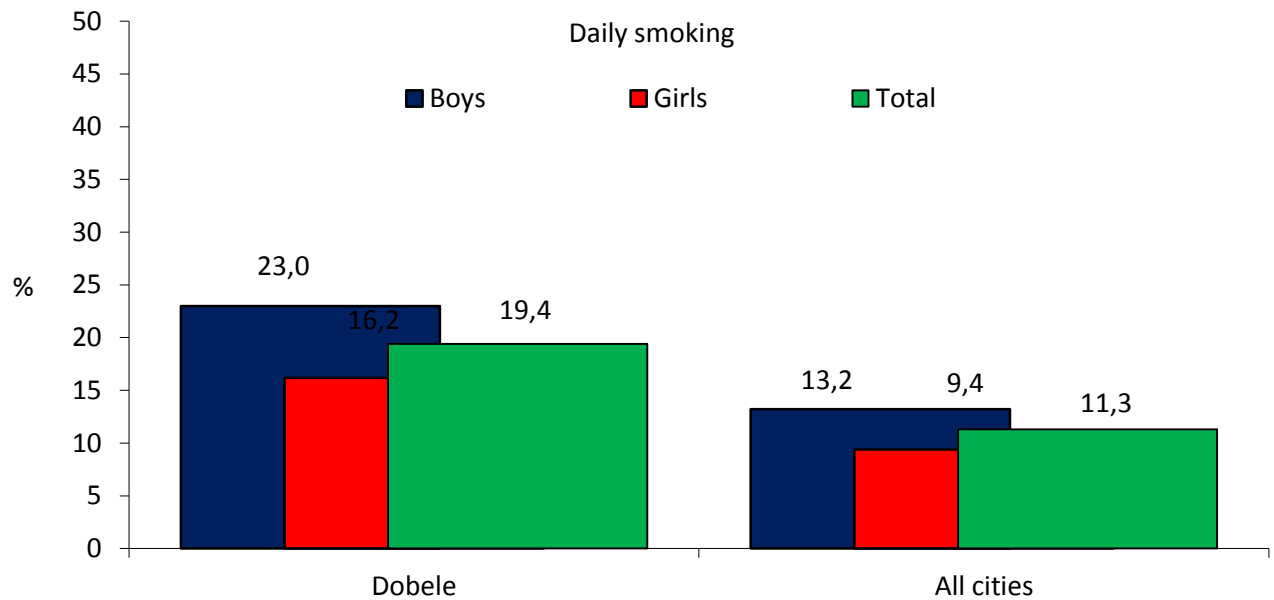


Figure 1. Daily smoking. Percentage of 15 – 16 year old students in the participating cities, by gender.

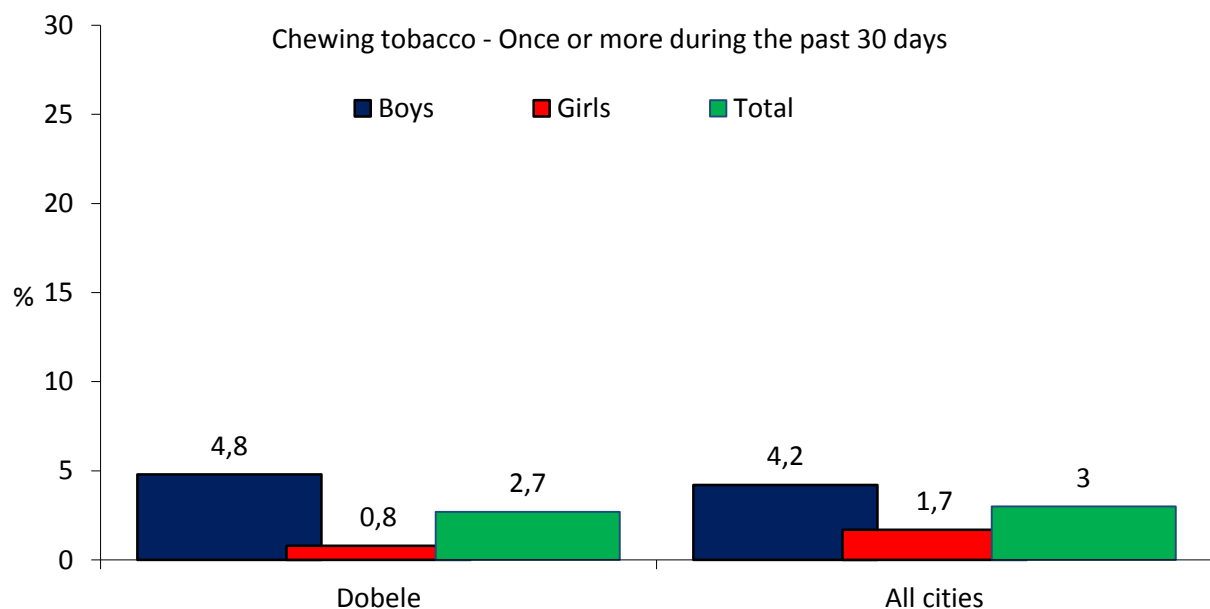


Figure 2. Chewing tobacco once or more during last 30 days. Percentage of 15 – 16 years old students in the participating cities, by gender.

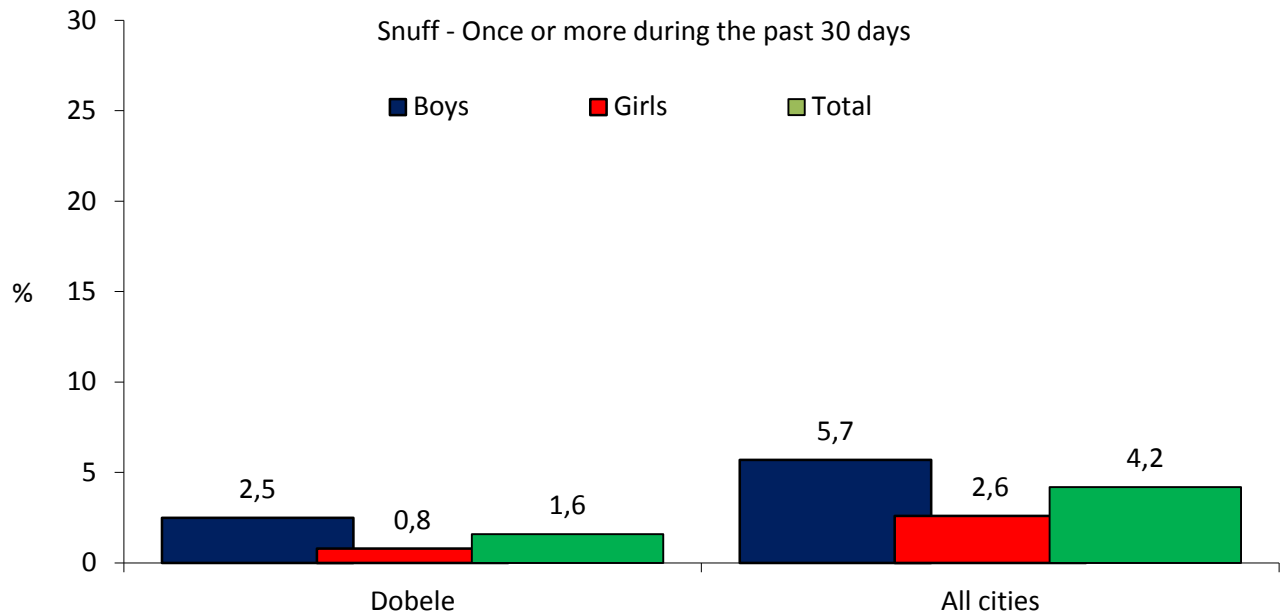


Figure 3. Snuff once or more during last 30 days. Percentage of 15 – 16 year old students in the participating cites, by gender.

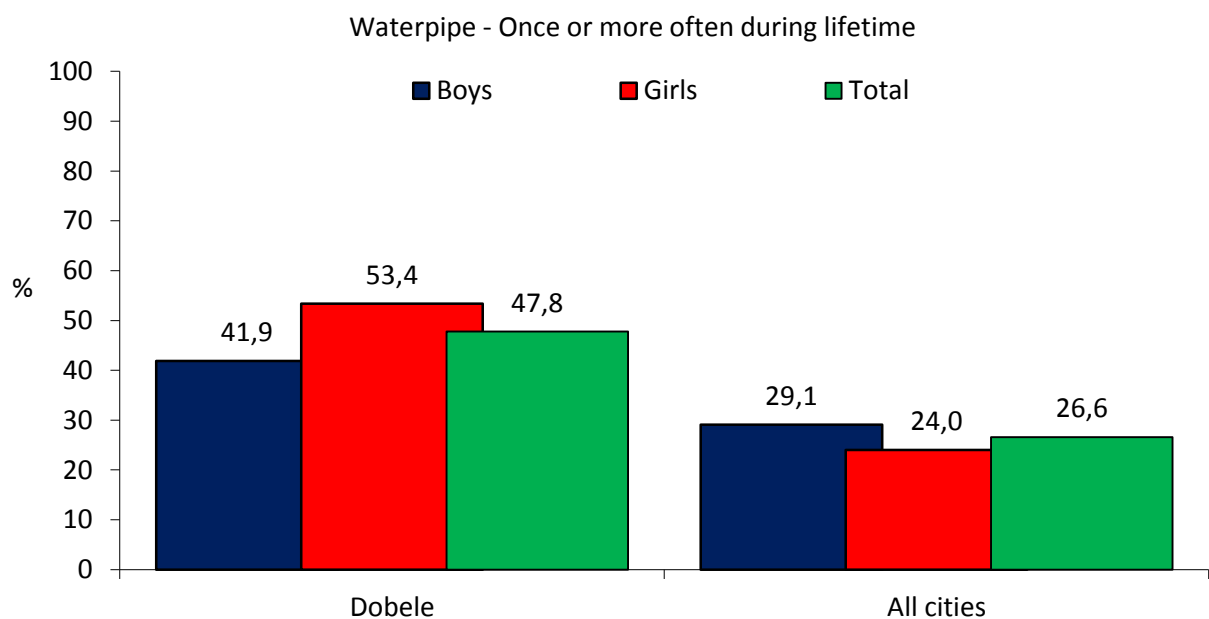


Figure 4. Waterpipe once or more often during lifetime. Percentage of 15 – 16 years old students in the participating cites, by gender.

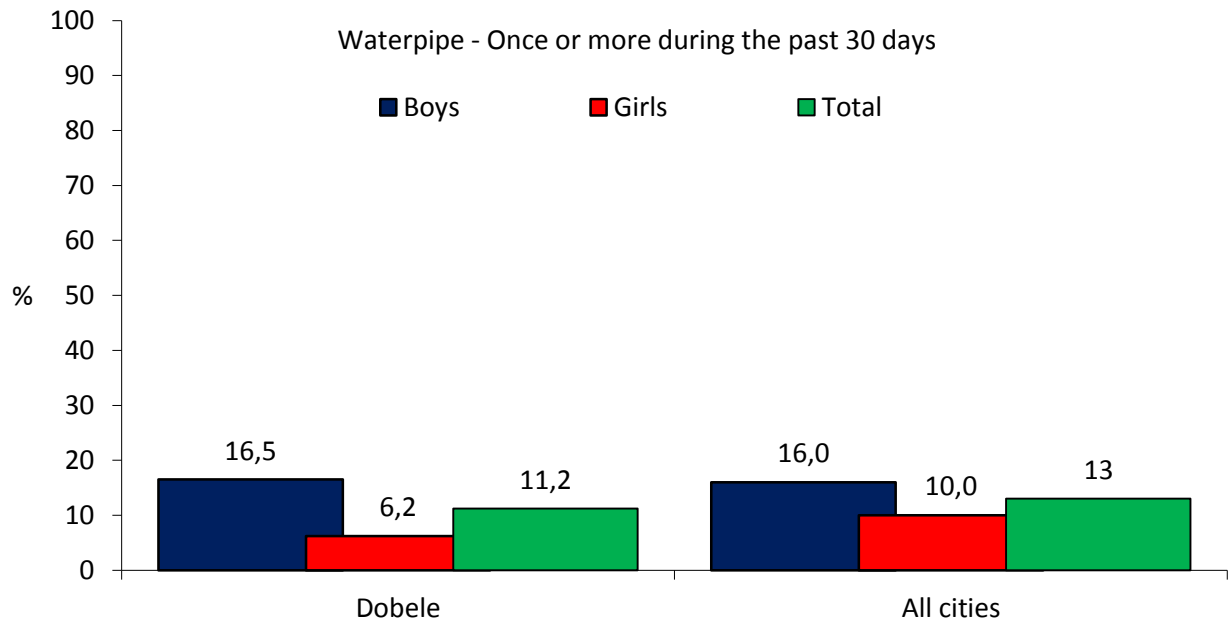


Figure 5. Waterpipe once or more during the past 30 days. Percentage of 15 – 16 year old students in the participating cities, by gender.

Alcohol consumption

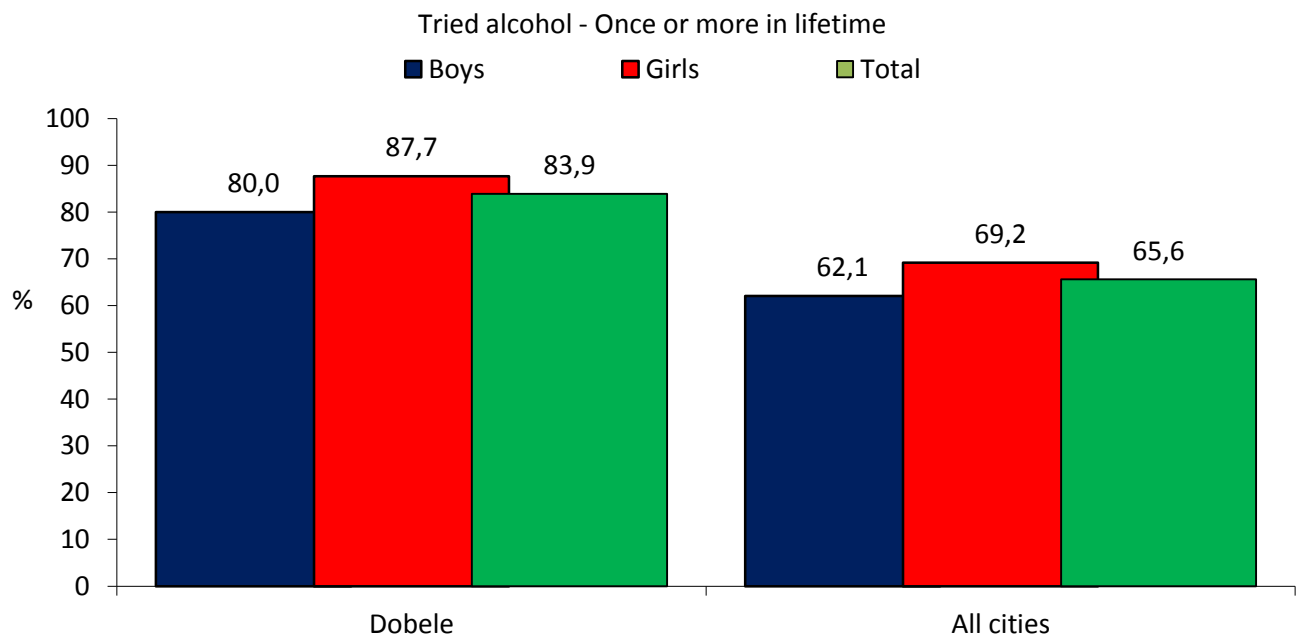


Figure 6. Tried alcohol drink once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

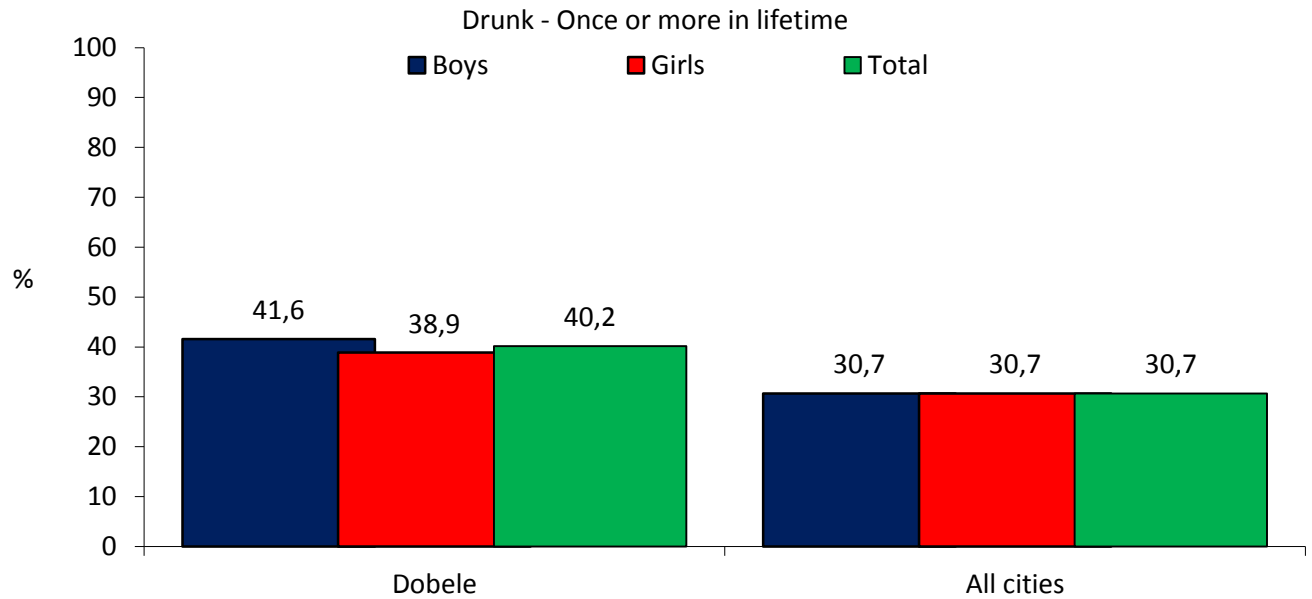


Figure 7. Drunk once or more in lifetime. Percentage of 15 – 16 year old students in the participating cites, by gender.

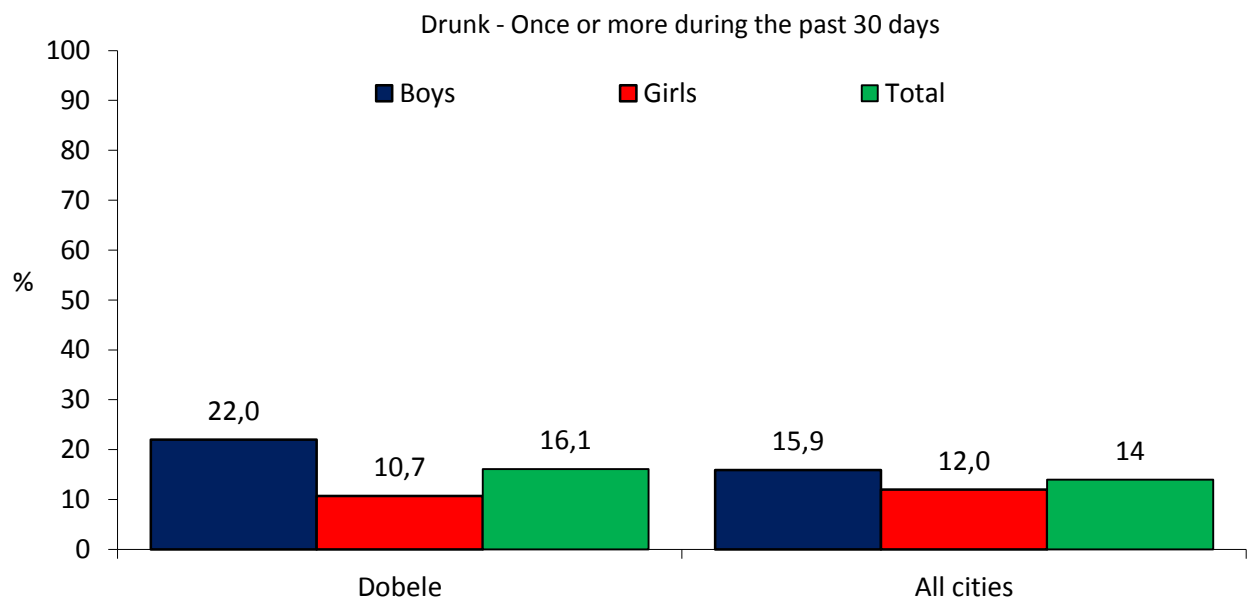


Figure 8. Drunk once or more often in last 30 days. Percentage of 15 – 16 year old students in the participating cites, by gender.

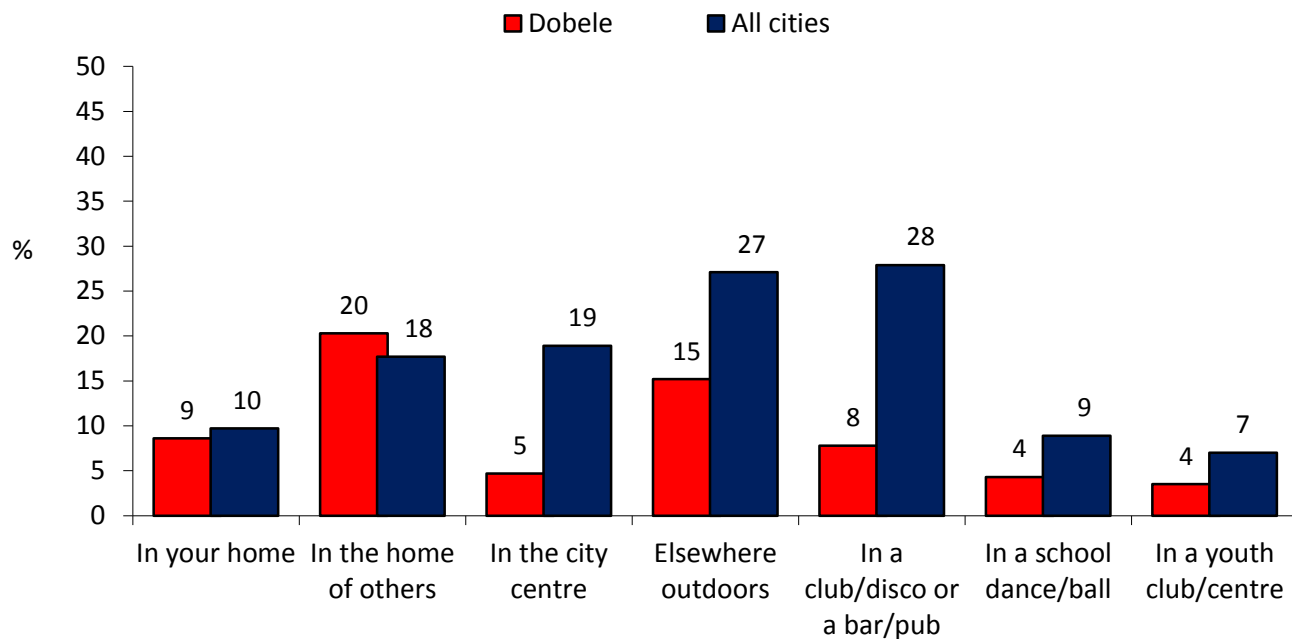


Figure 9. Percentage of 15 – 16 year old students in the participating cites that sometimes or often drink alcohol in the following places.

Other illegal substance use

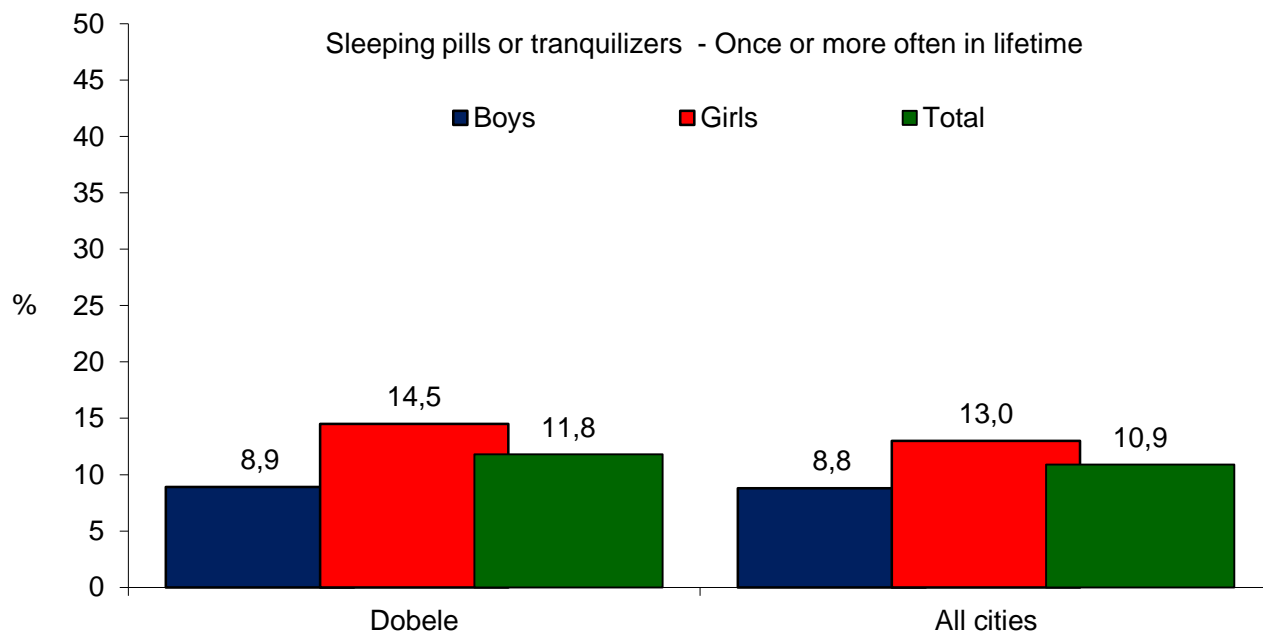


Figure 10. Sleeping pills or tranquilizers once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cites, by gender.

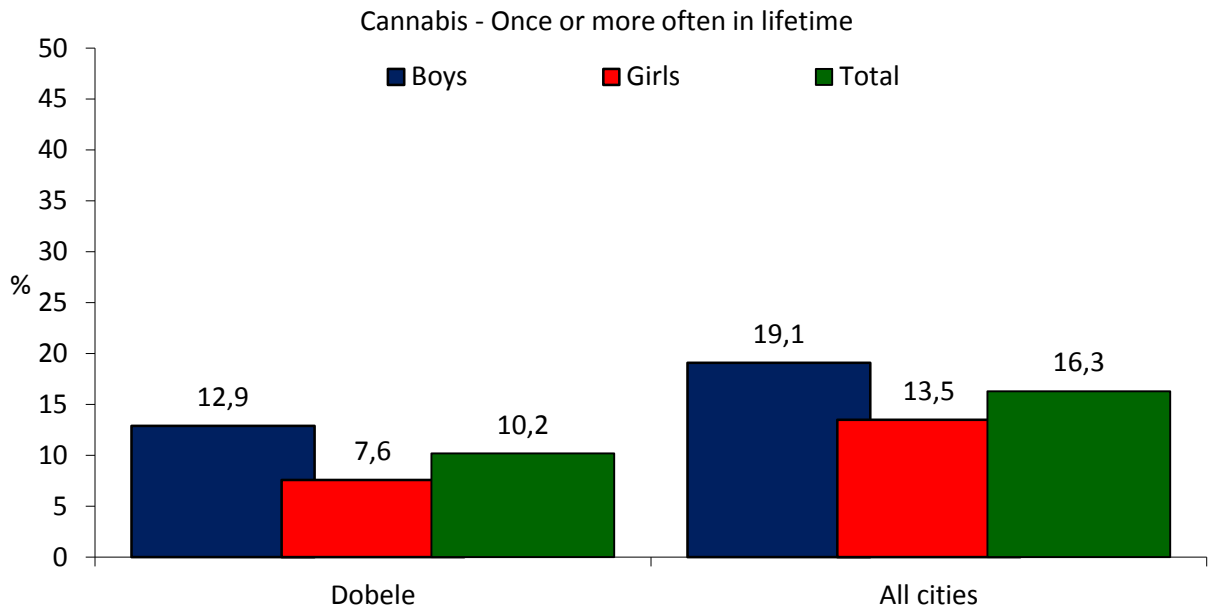


Figure 11. Cannabis once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

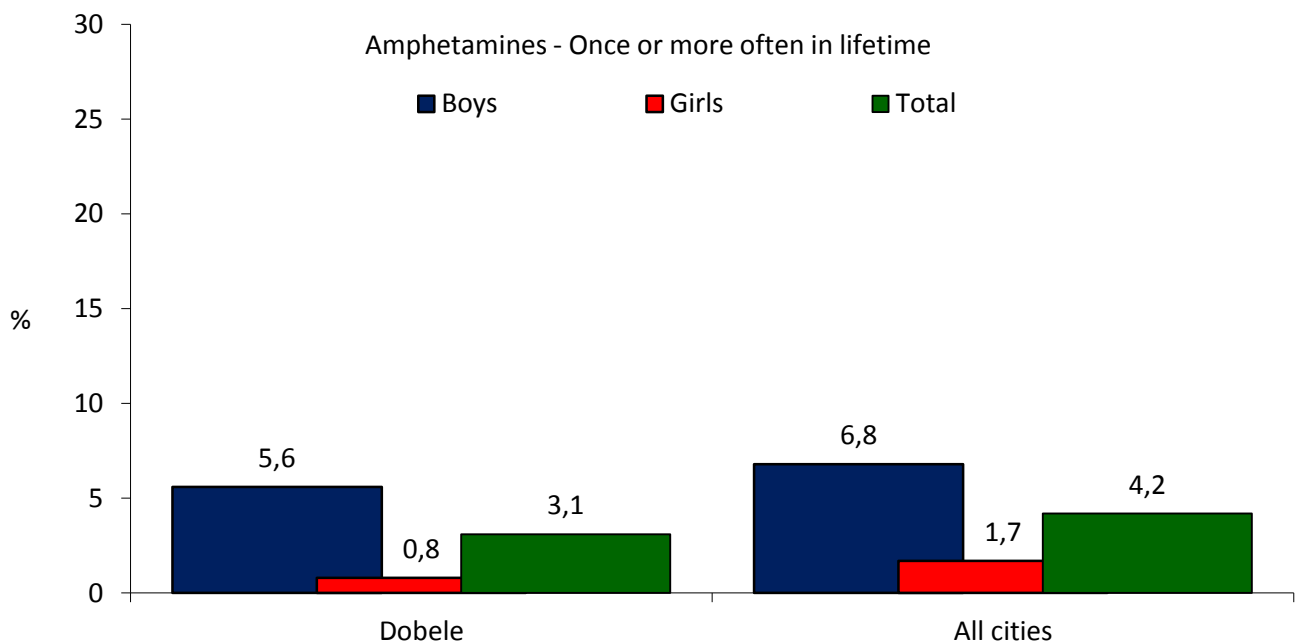


Figure 12. Amphetamines once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

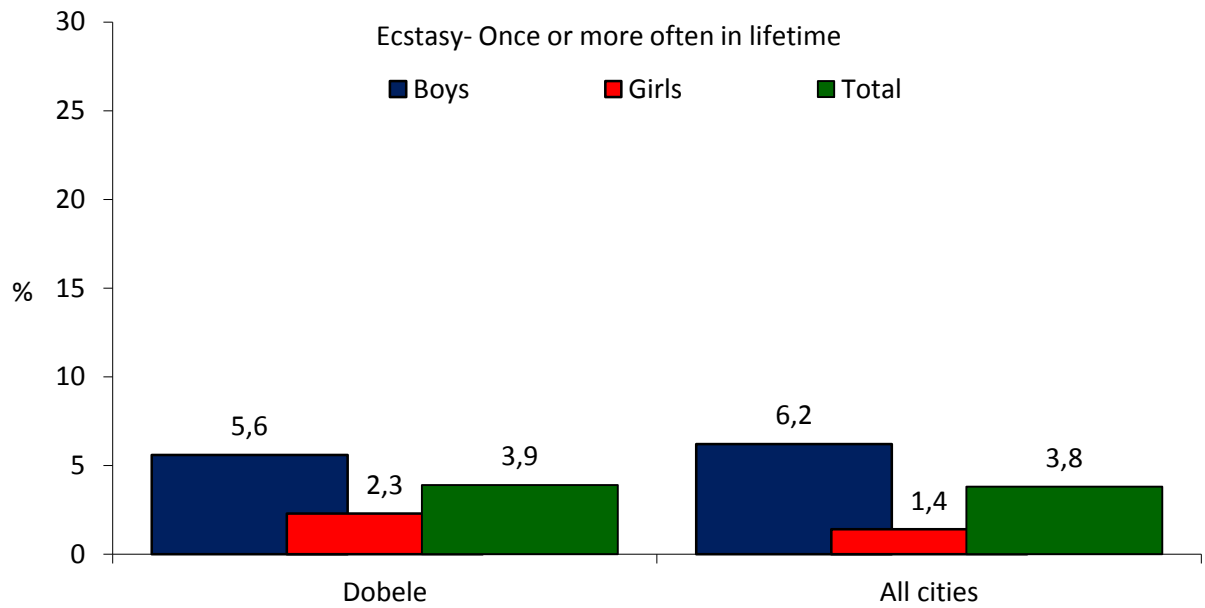


Figure 13. Ecstasy - once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

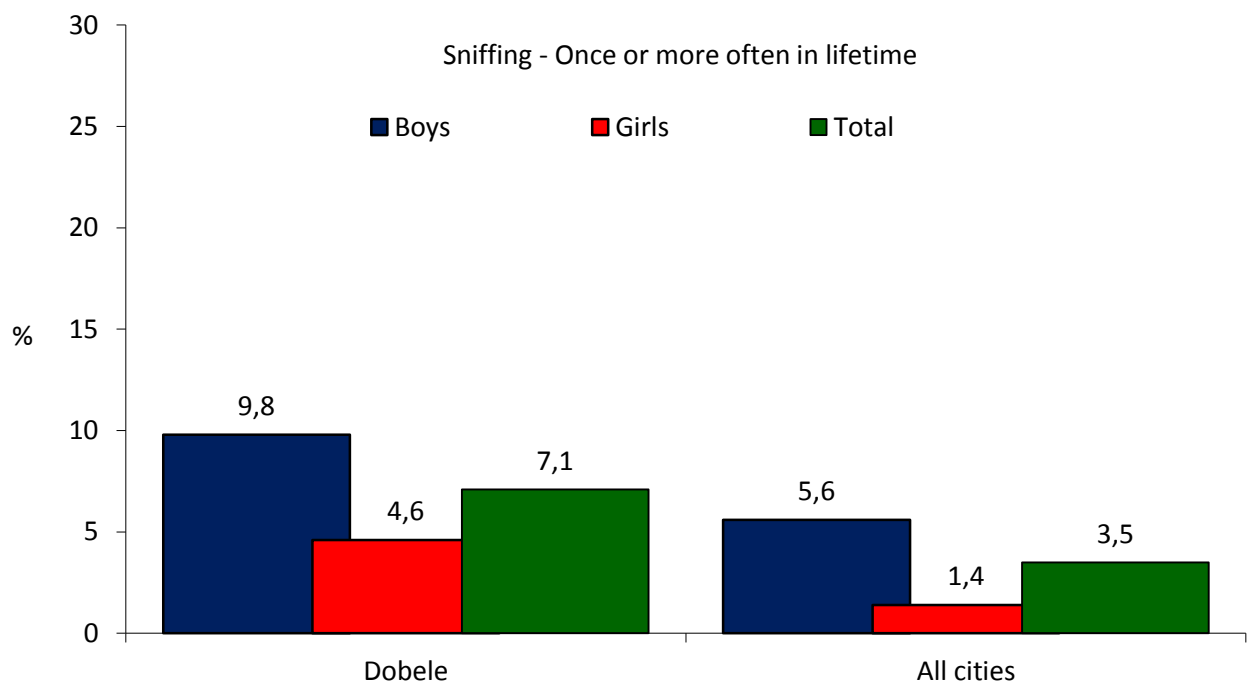


Figure 14. Sniffing - once or more often in lifetime. Percentage of 15 – 16 year old students in the participating cities, by gender.

First time use of substances

At what age (if ever) did you do any of the following for the first time: Had a drink of alcohol; got drunk; smoked cigarette; smoked cigarettes daily; used cannabis.

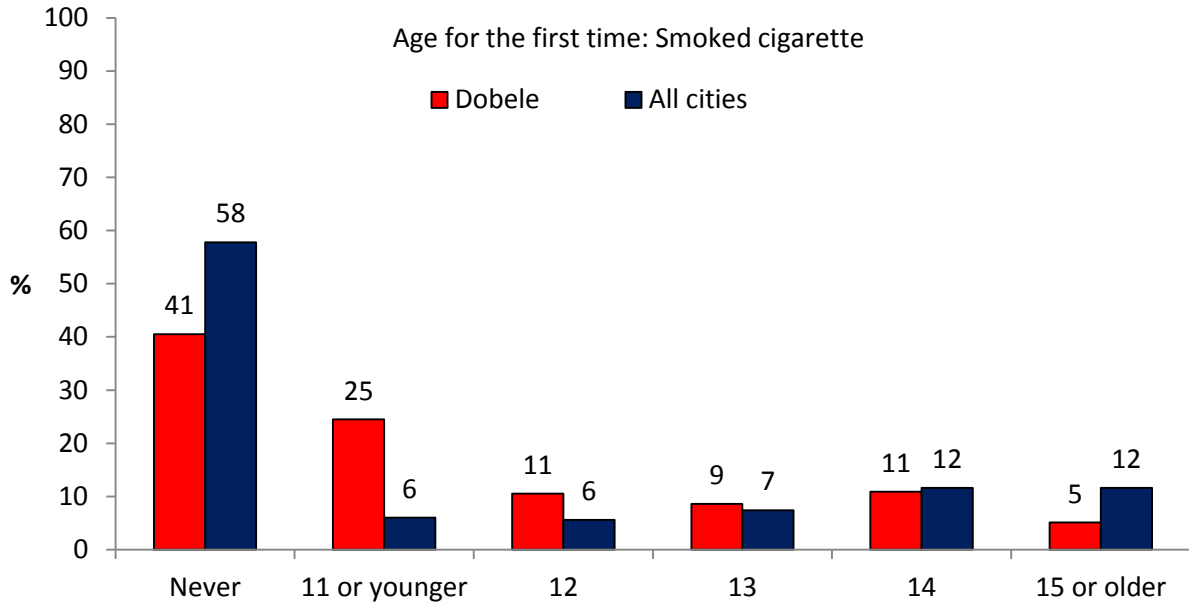


Figure 15. Age for the first time: Smoked cigarette. Percentage of 15 – 16 year old students in the participating cites.

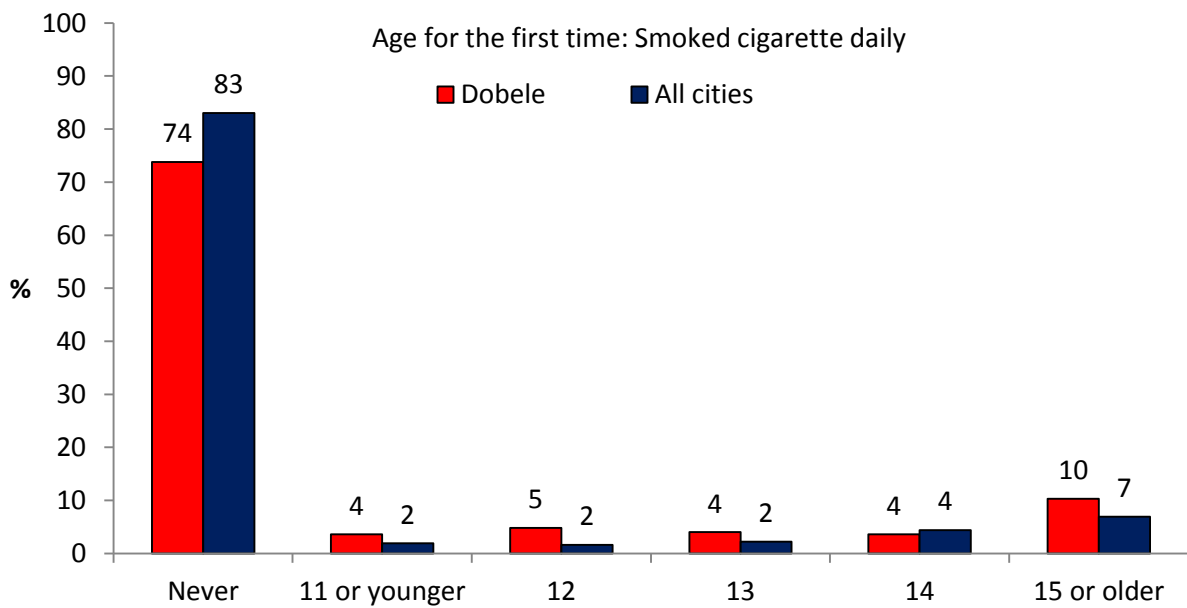


Figure 16. Age for the first time: Smoked cigarette daily. Percentage of 15 – 16 year old students in the participating cites.

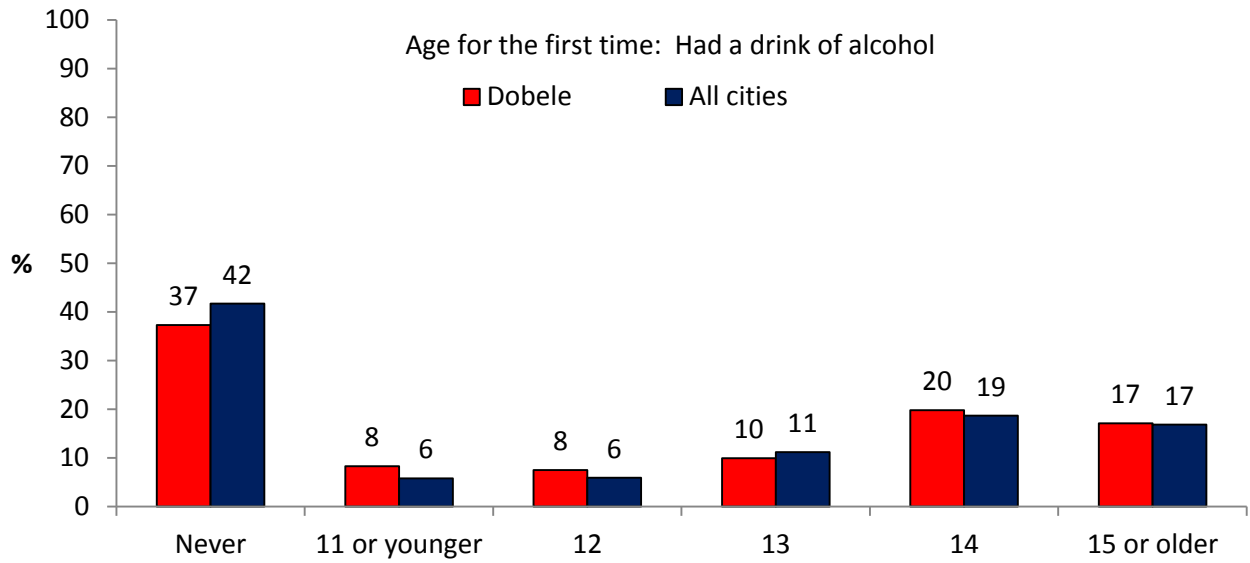


Figure 17. Age for the first time: Had a drink of alcohol. Percentage of 15 – 16 year old students in the participating cites.

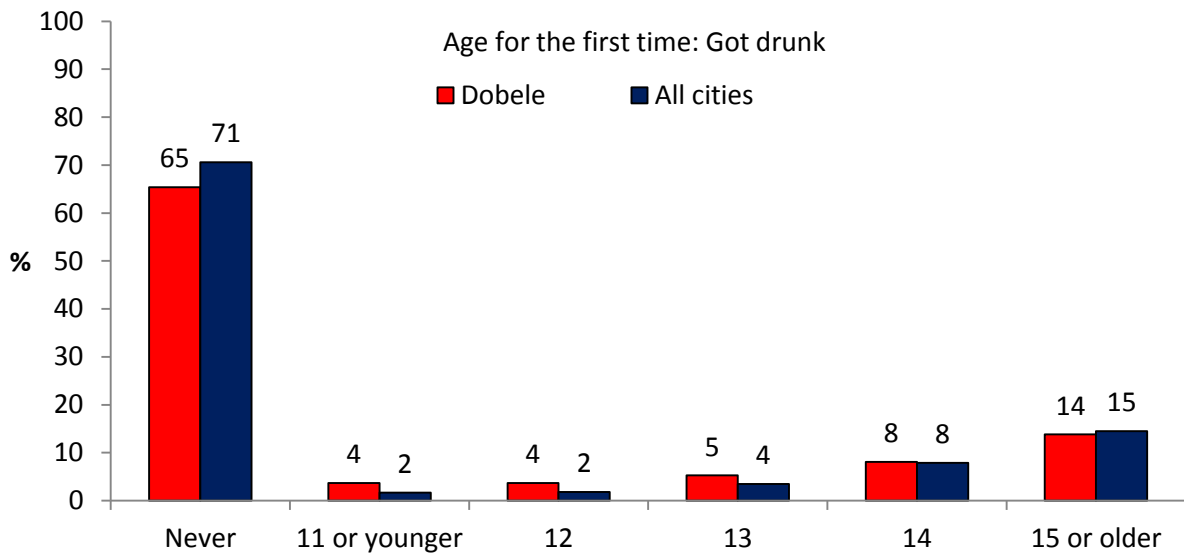


Figure 18. Age for the first time: Got drunk. Percentage of 15 – 16 year old students in the participating cites.

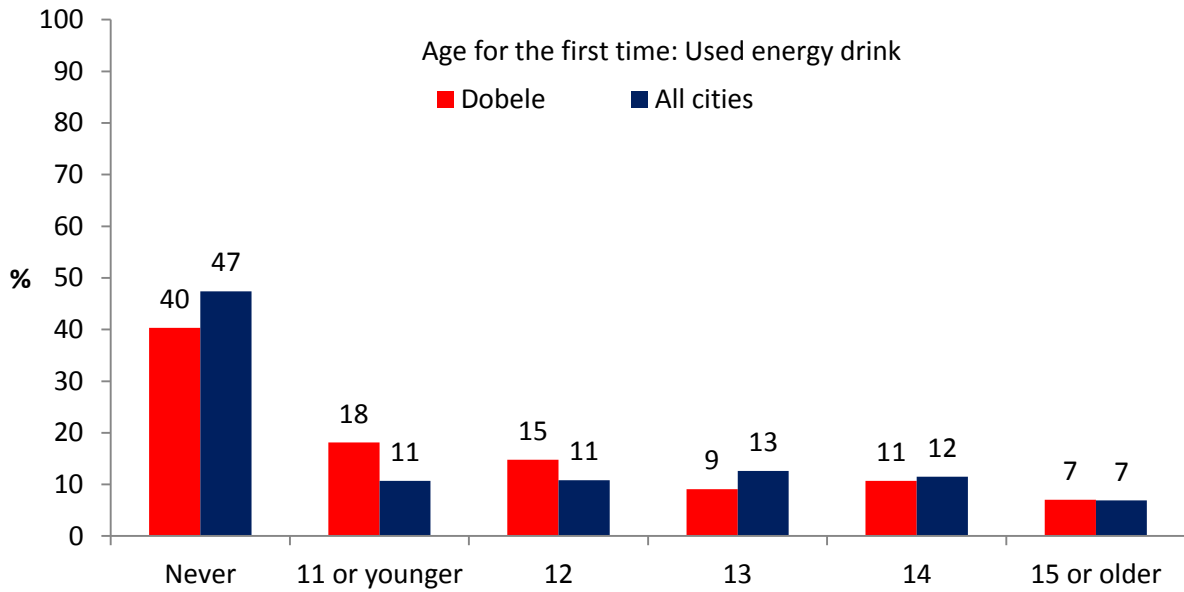


Figure 19. Age for the first time: Used energy drink. Percentage of 15 – 16 year old students in the participating cities.

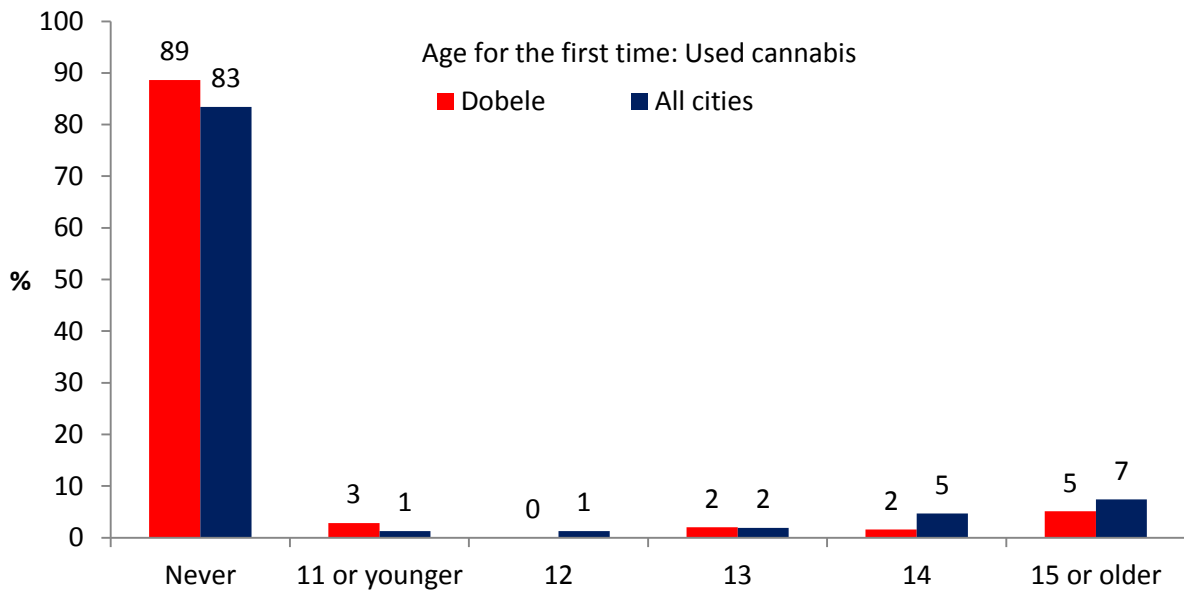


Figure 20. Age for the first time: Used cannabis. Percentage of 15 – 16 year old students in the participating cities.

Parental factors

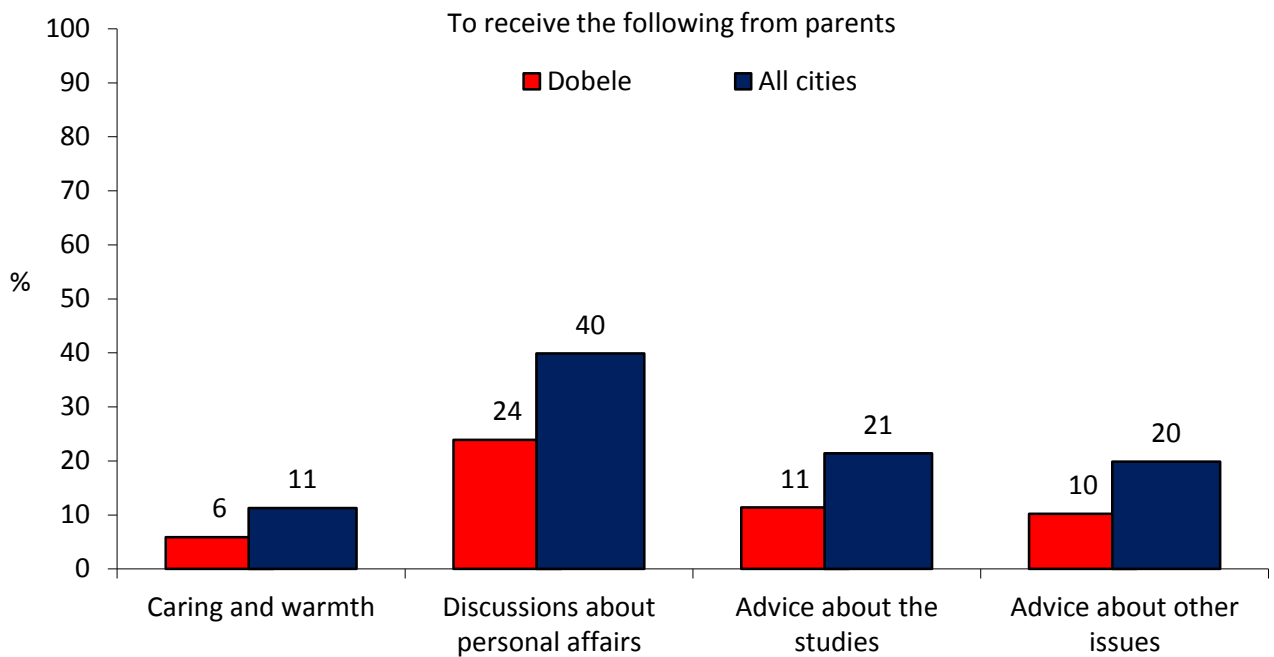


Figure 21. How easy or hard would it be for you to receive the following from your parents...? Percentage of 15 – 16 year old students in the participating cites that say it would be rather or very difficult.

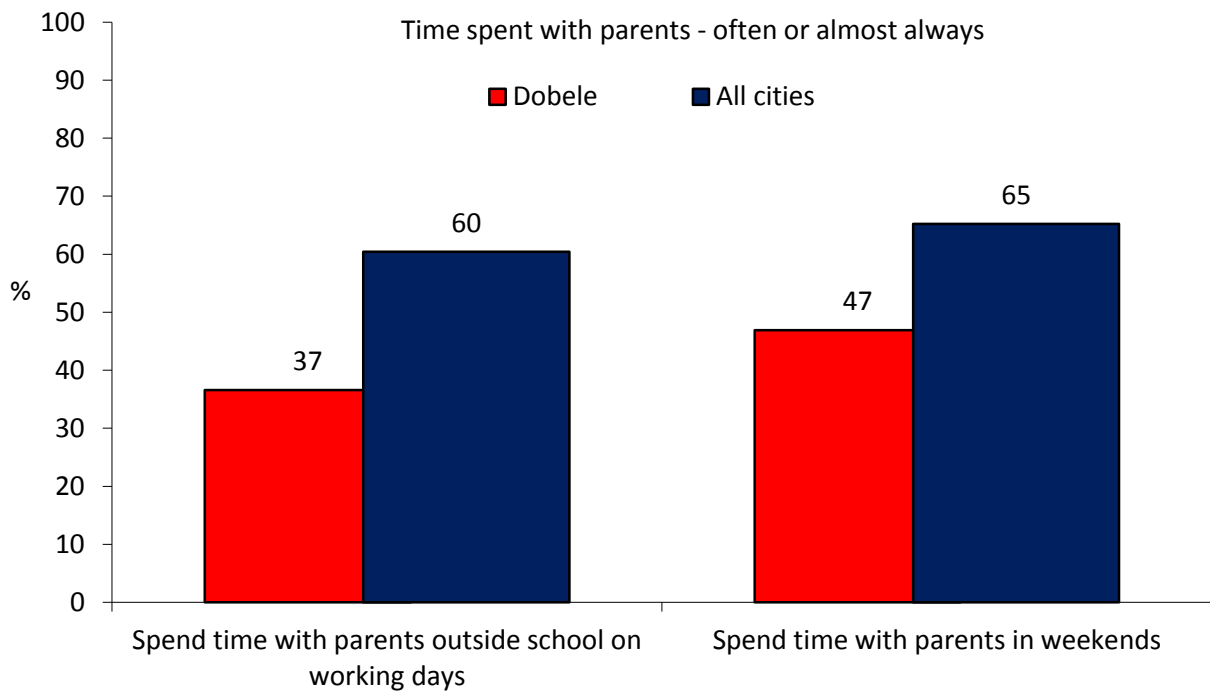


Figure 22. How well does the following apply to you...? Percentage of 15 – 16 year old students in the participating cites that say it applies often or almost always, by city.

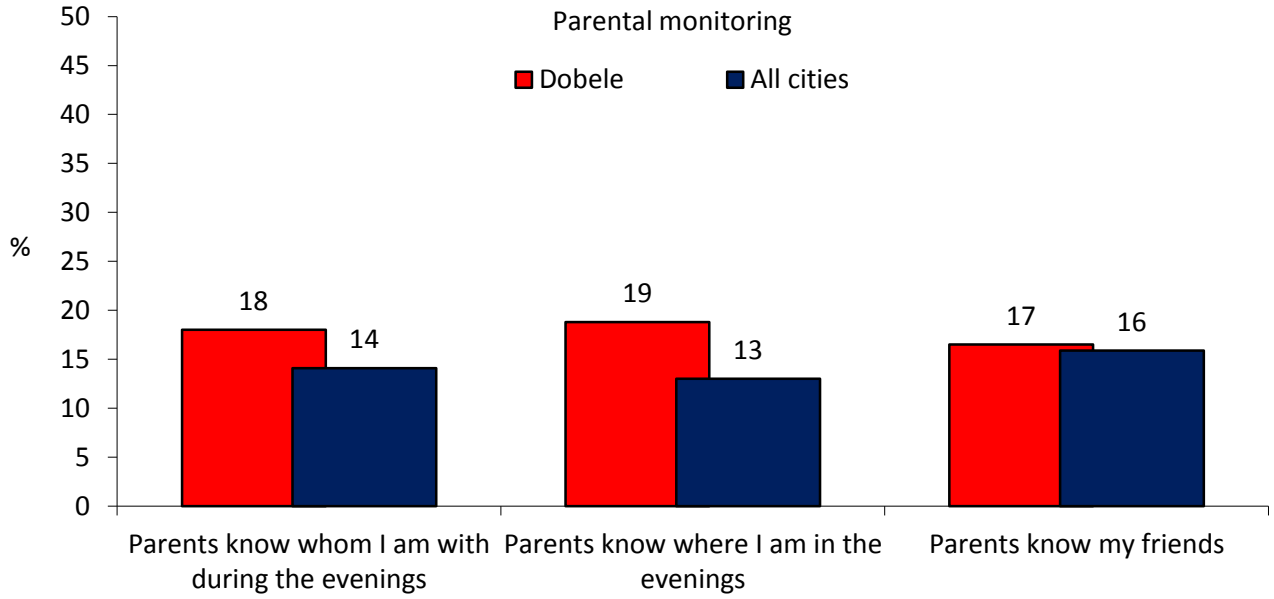


Figure 23. How well do the following statements apply to you...? Percentage of 15 – 16 year old students in the participating cites that say it applies rather or very poorly, by city.

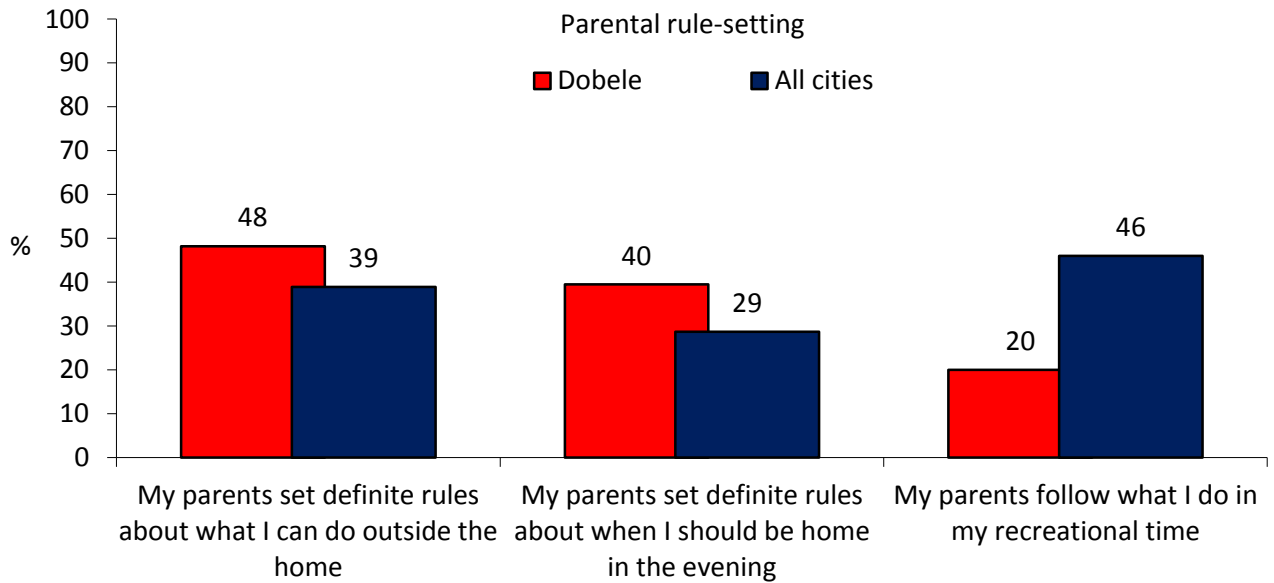


Figure 24. How well do the following statements apply to you...? Percentage of 15 – 16 year old students in the participating cites that say it applies rather or very poorly, by city.

Parents reactions to substance use

How do you think your parents would react if you did any of the following: If you would smoke cigarettes; If you would become drunk; if you would smoke cannabis.

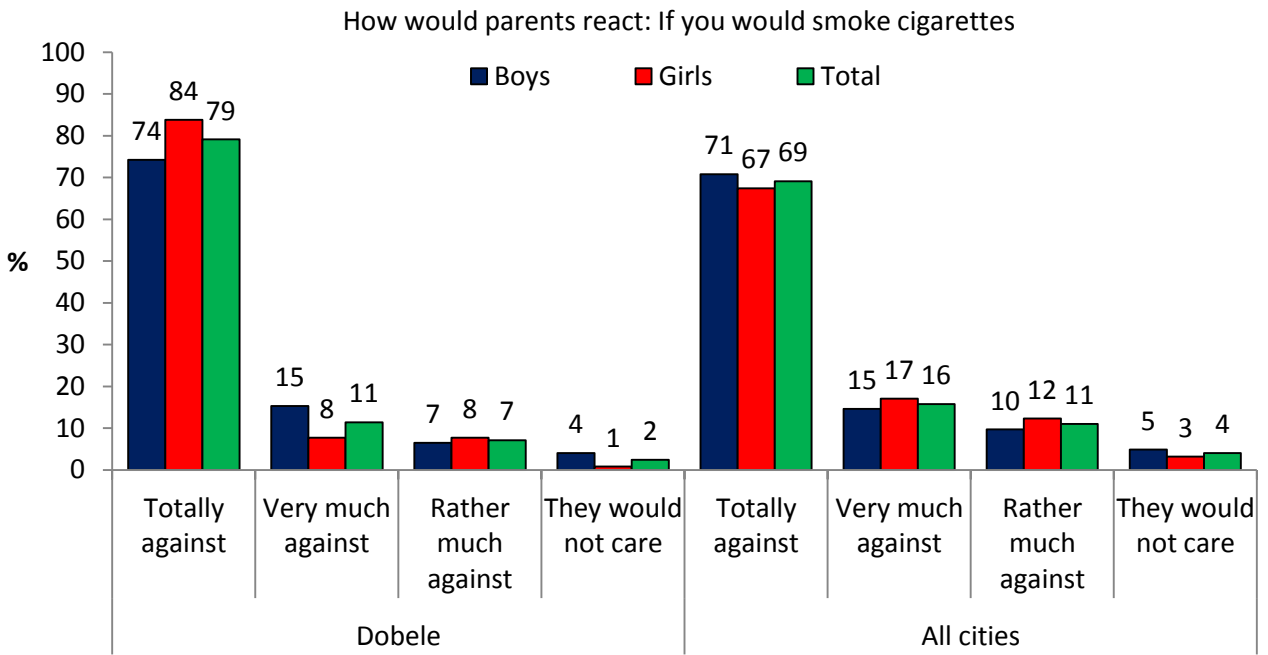


Figure 25. How would parents react if you would smoke cigarettes? Percentage of 15 – 16 year old students in the participating cites, by gender.

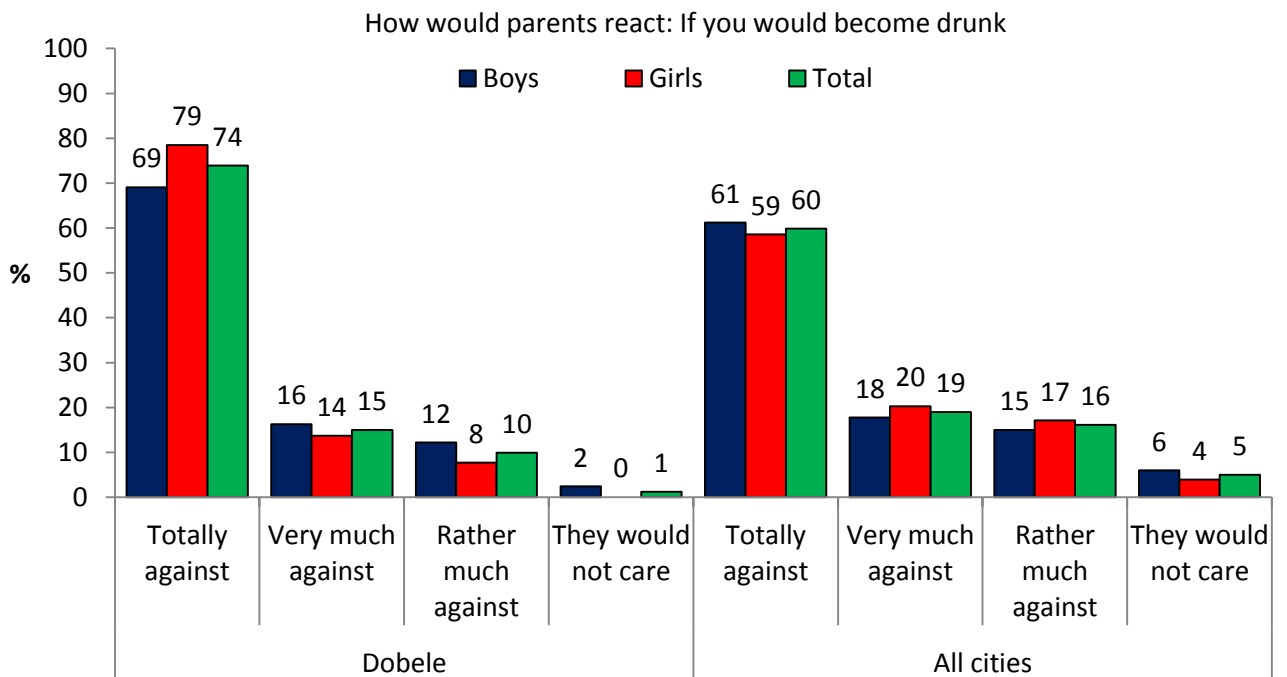


Figure 26. How would parents react if you would become drunk? Percentage of 15 – 16 year old students in the participating cites, by gender.

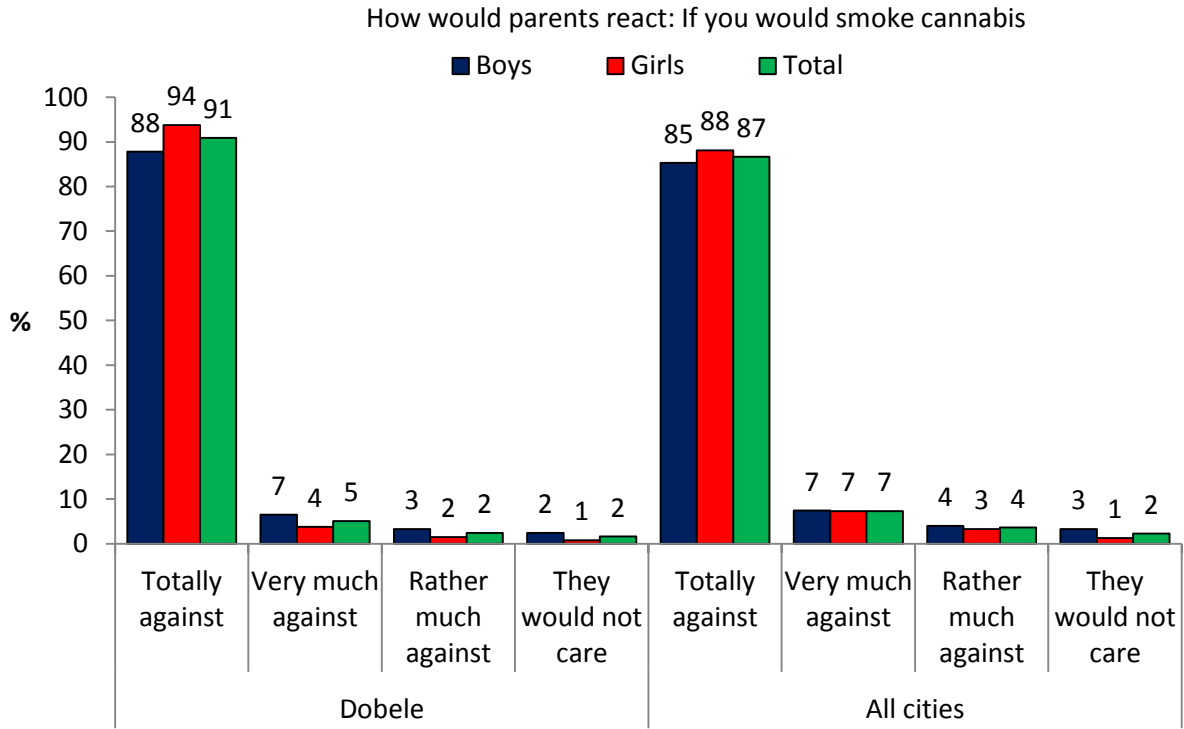


Figure 27. How would parents react if you would smoke cannabis? Percentage of 15 – 16 year old students in the participating cites, by gender.

Substance use and parental factors - Cross tabulations

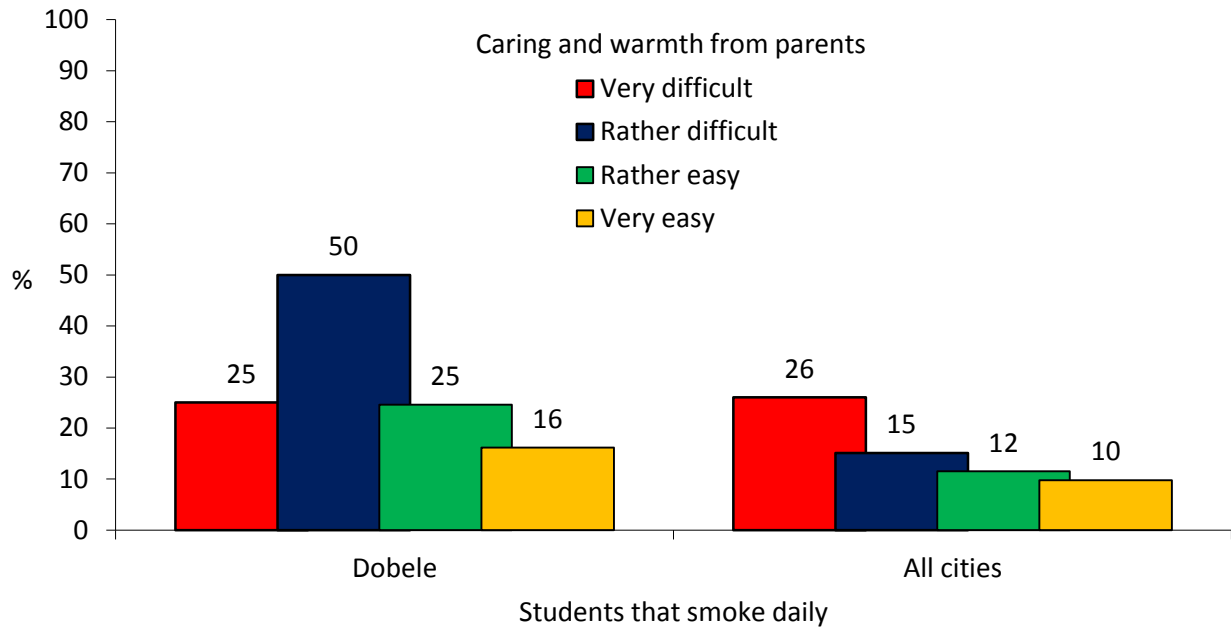


Figure 28. Percentage of 15 – 16 year old students in the participating cites that smoke daily, analysed by how easy or hard it would be to receive caring and warmth from their parents.

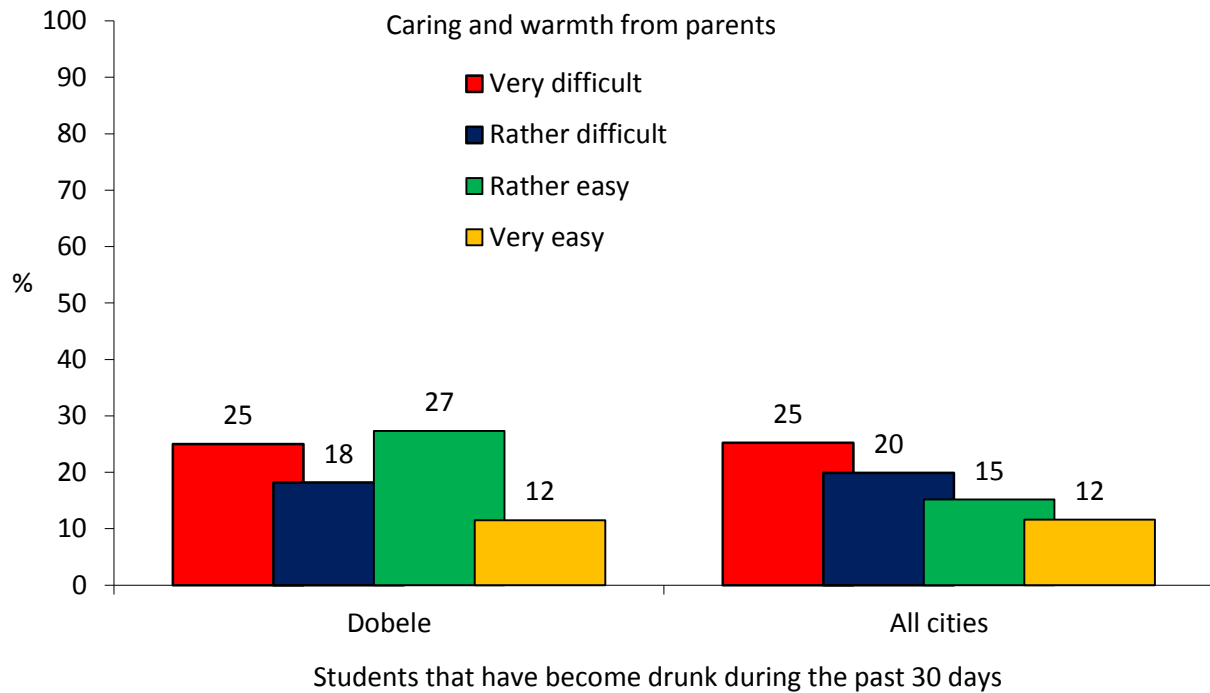


Figure 29. Percentage of 15 – 16 year old students in the participating cites that have become drunk during the past 30 days, analysed by how easy or hard it would be to receive caring and warmth from their parents.

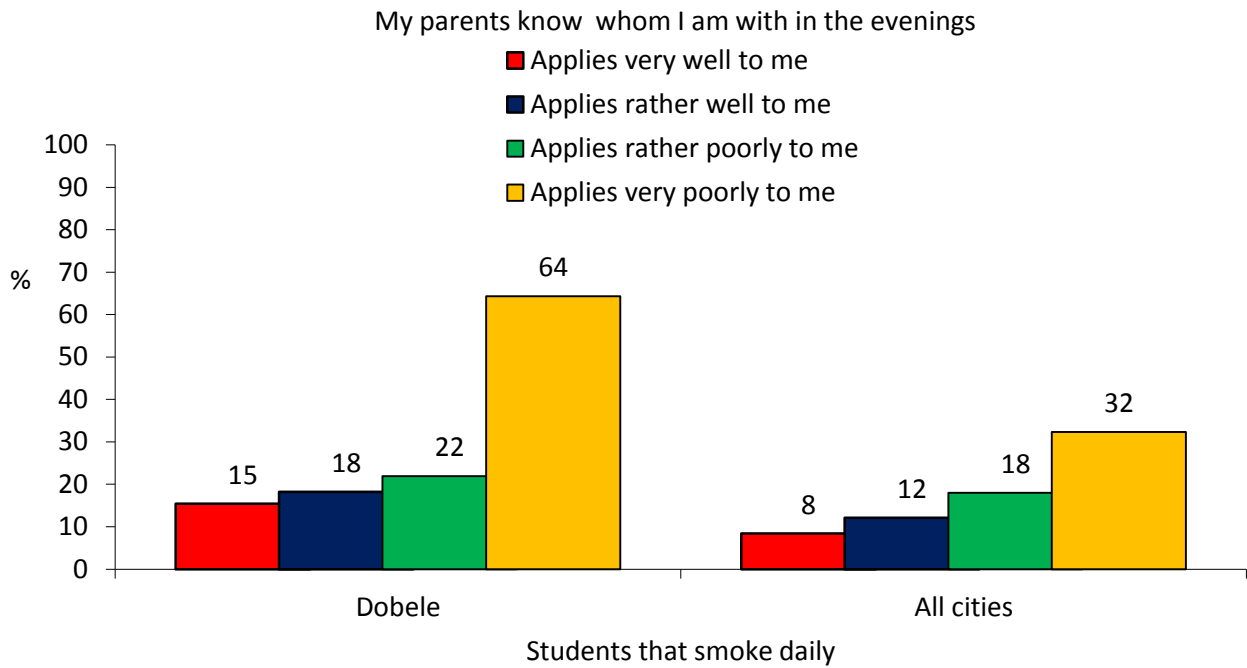


Figure 30. Percentage of 15 – 16 year old students in the participating cities that smoke daily, analysed by how well the following statements apply to them: My parents know whom I am with in the evenings.

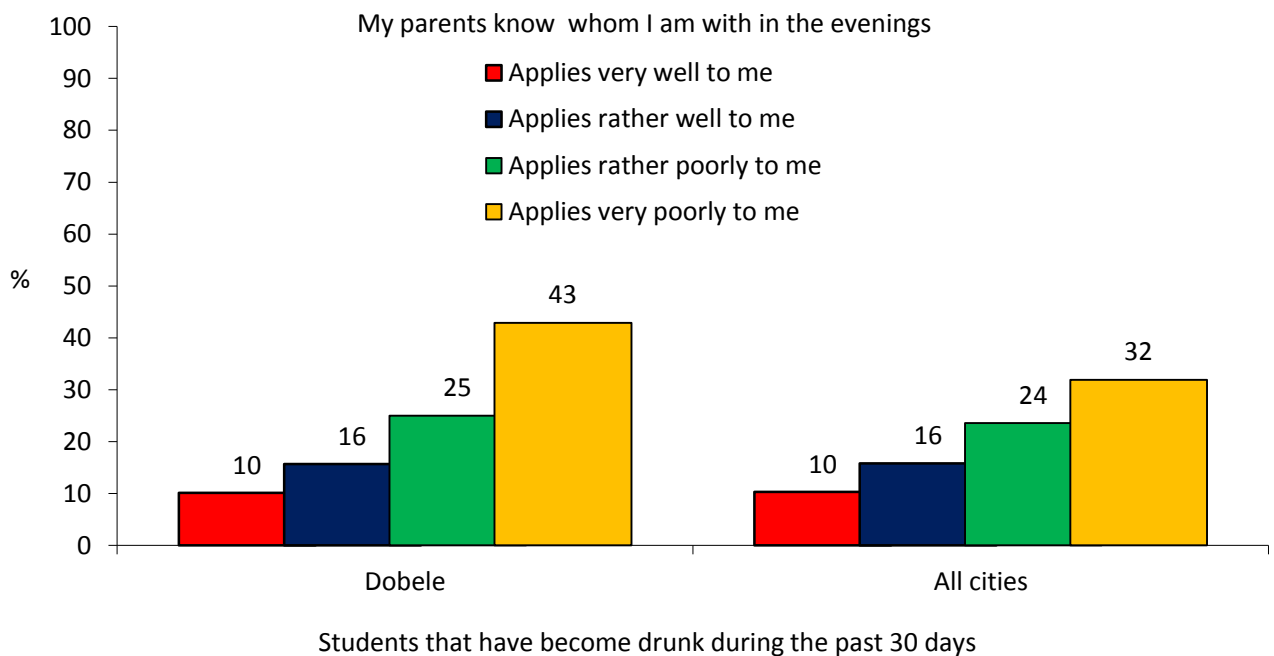


Figure 31. Percentage of 15 – 16 year old students in the participating cities that have become drunk during the past 30 days analysed by how well the following statements apply to them: My parents know whom I am with in the evenings.

The peer group

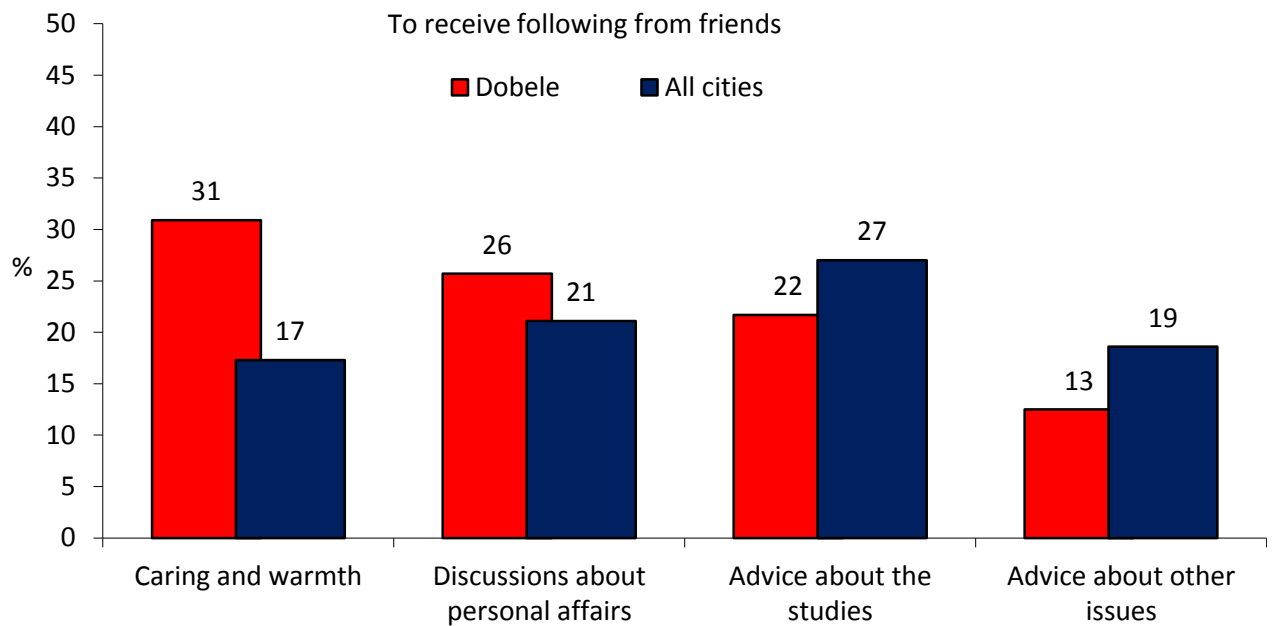


Figure 32. How easy or hard would it be for you to receive the following from your friends...? Percentage of 15 – 16 year old students in the participating cities that say it would be rather or very difficult.

Substance use and peer-group

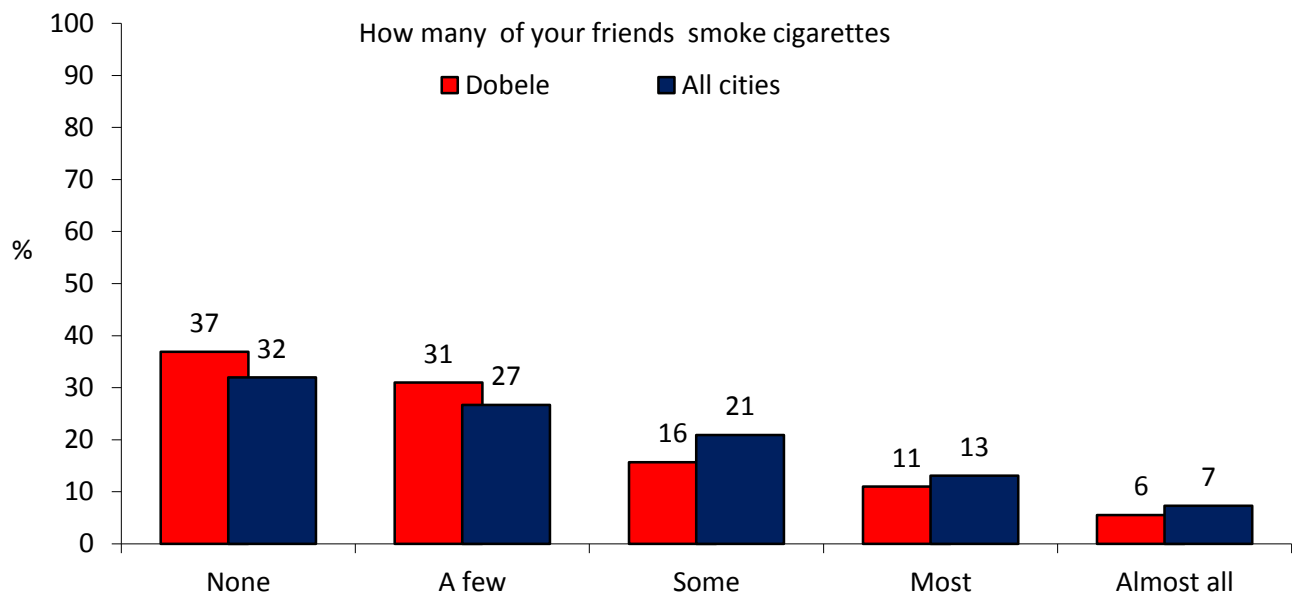


Figure 33. How many of your friends smoke cigarettes? Percentage of 15 – 16 year old students in the participating cities.

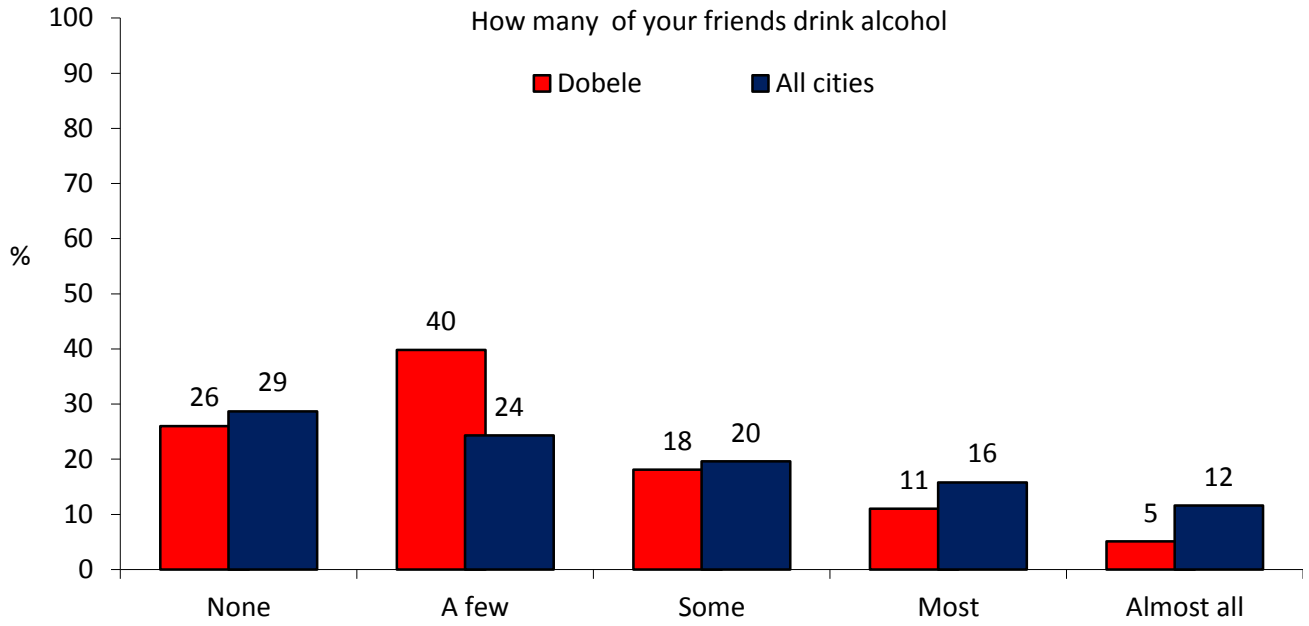


Figure 34. How many of your friends drink alcohol? Percentage of 15 – 16 year old students in the participating cities.

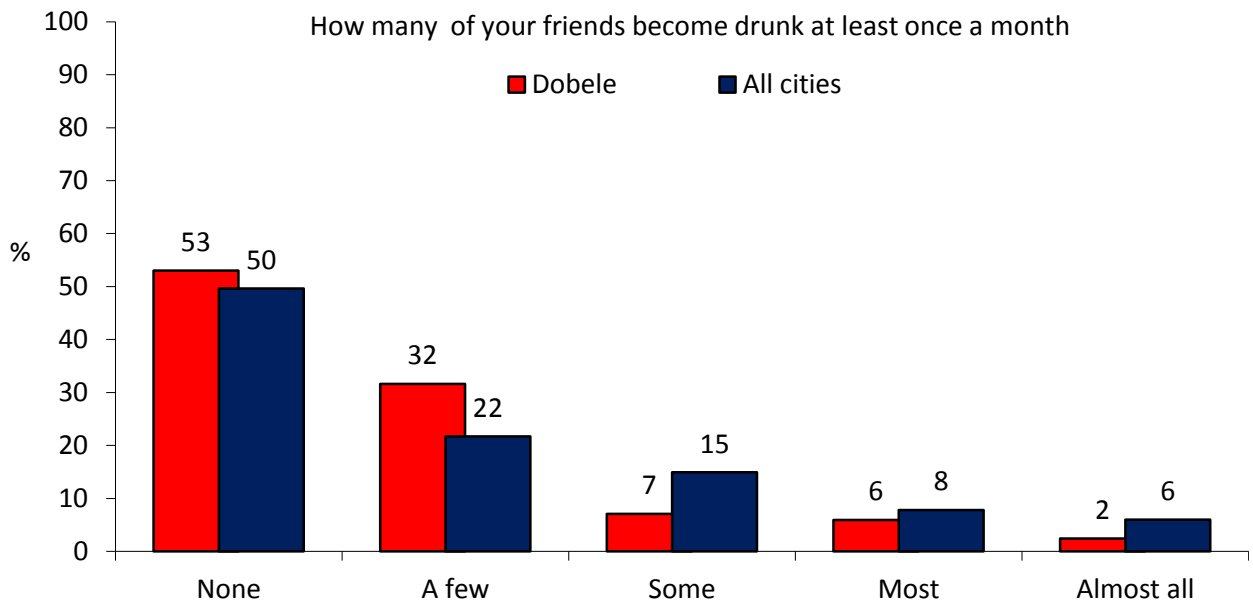


Figure 35. How many of your friends become drunk at least once a month? Percentage of 15 – 16 year old students in the participating cities.

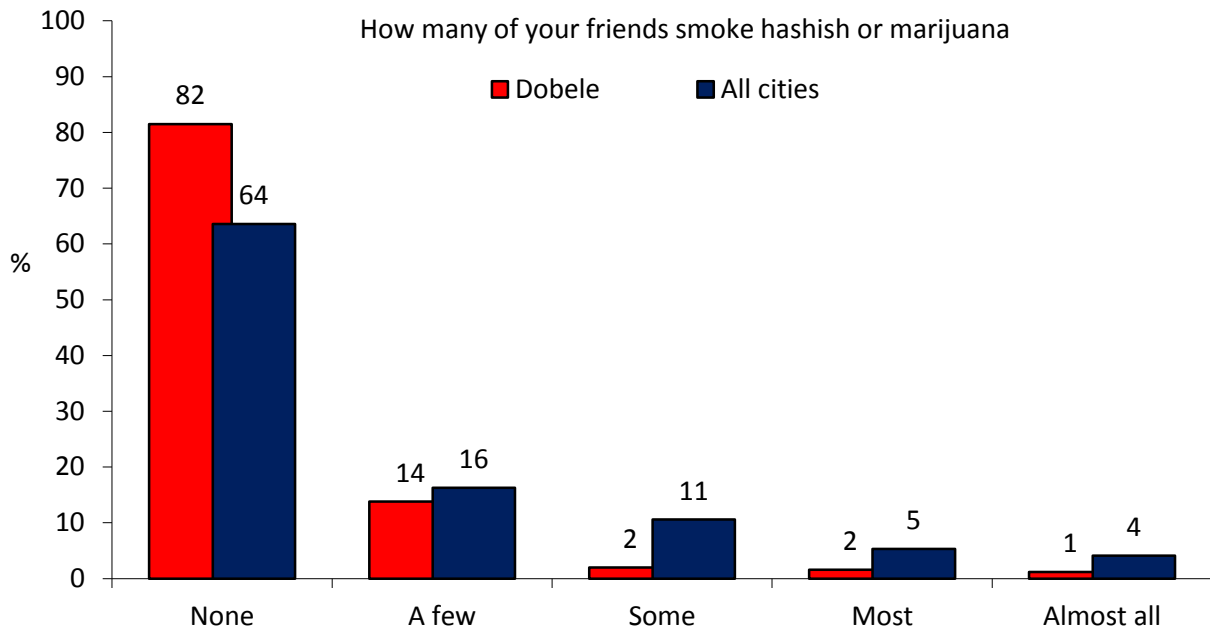


Figure 36. How many of your friends smoke hashish or marijuana? Percentage of 15 – 16 year old students in the participating cites.

Leisure time

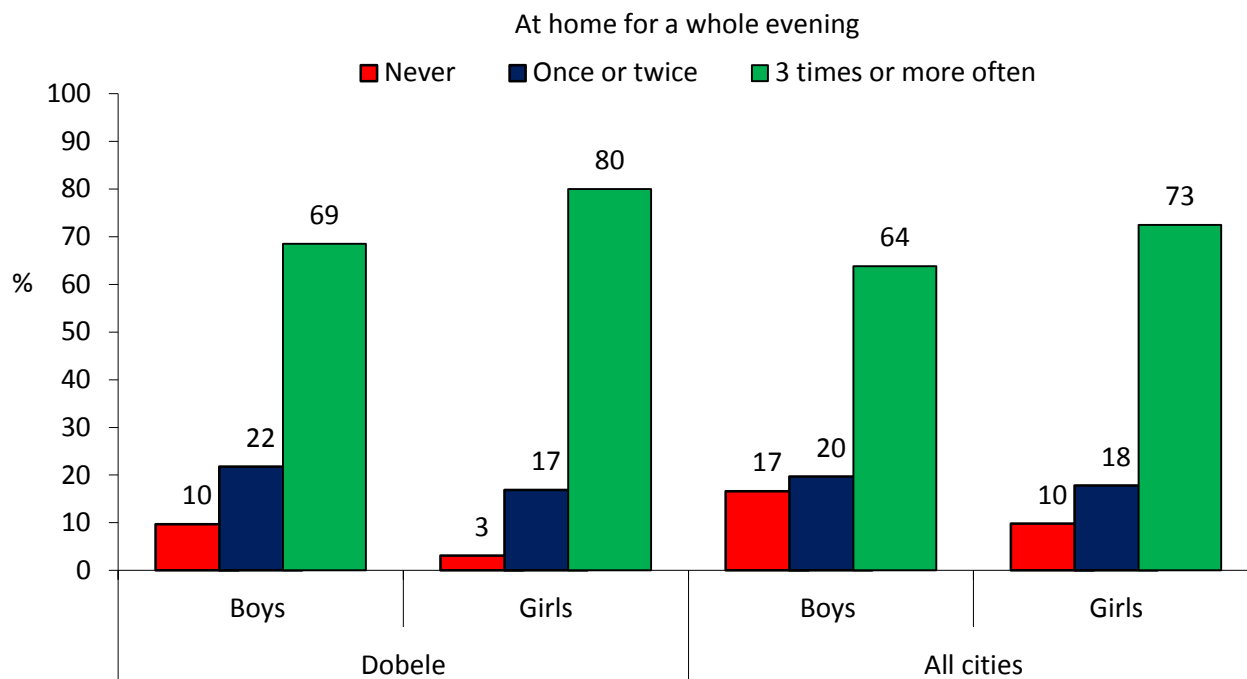


Figure 37. During the last 7 days, how often did you stayed at home for a whole evening? Percentage of 15 – 16 year old students in the participating cites, by gender.

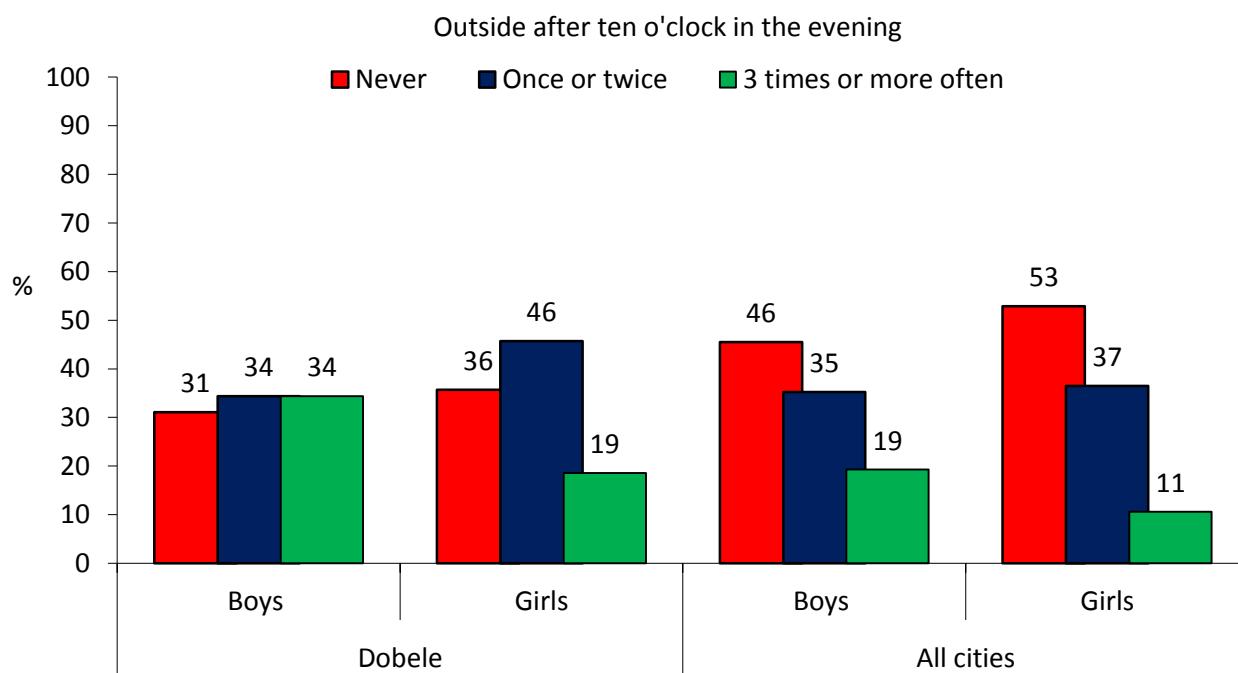


Figure 38. During the last 7 days, how often did you go outside after ten o'clock in the evening? Percentage of 15 – 16 year old students in the participating cites, by gender.

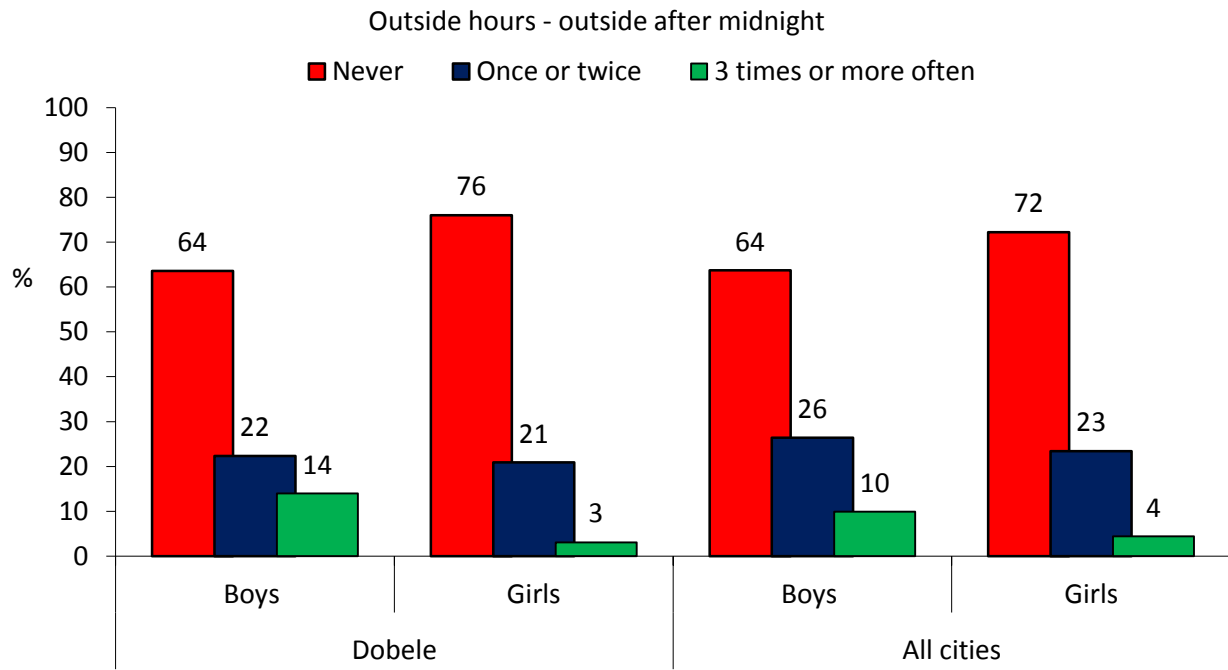


Figure 39. During the last 7 days, how often did you go outside and returned after midnight? Percentage of 15 – 16 year old students in the participating cites, by gender.

Sports and aerobic activities

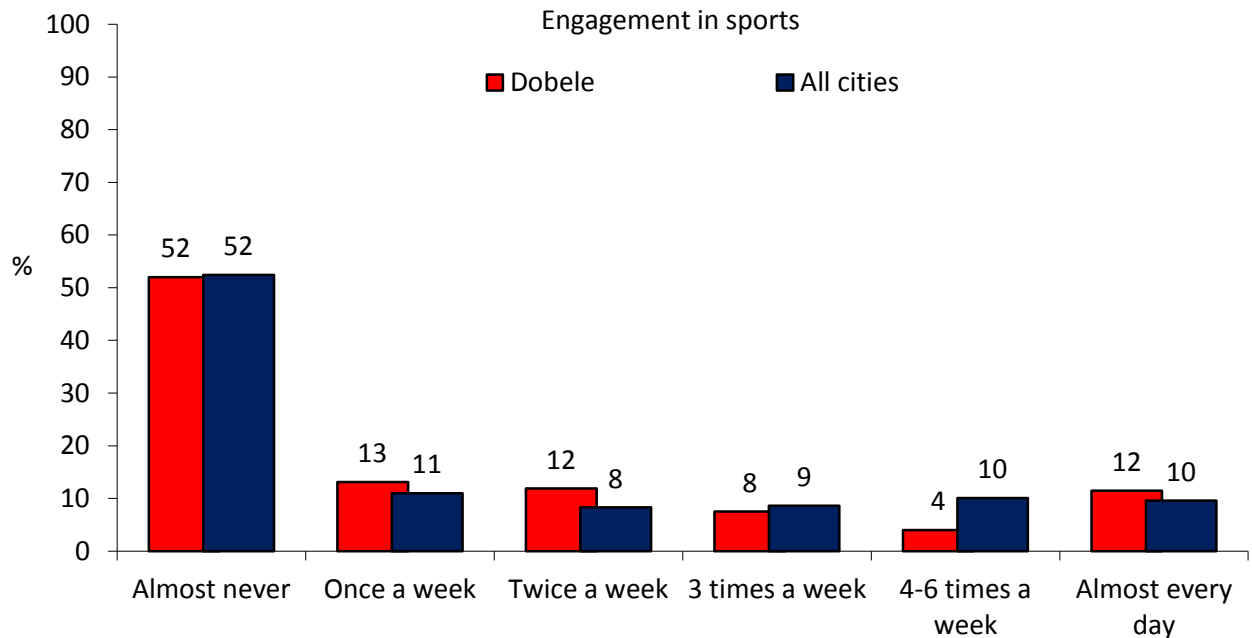


Figure 40. How often do you engage in sports in a sports club/team? Percentage of 15 – 16 year old students in the participating cites.

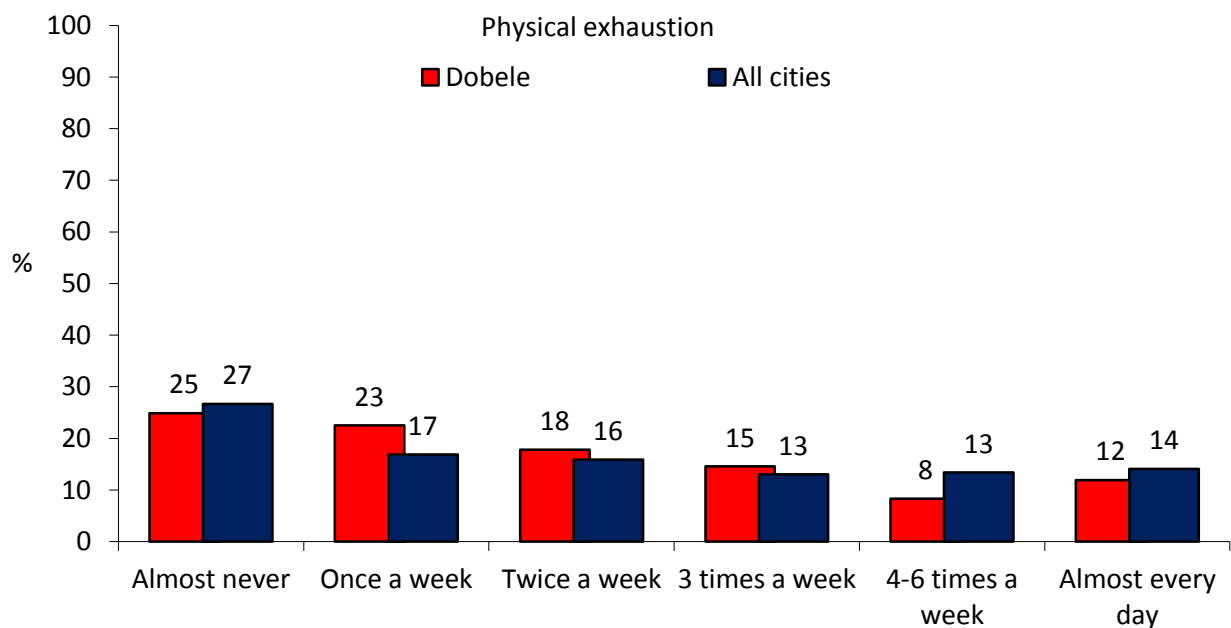


Figure 41. How often you exert yourself physically so you exhaust yourself or sweat? Percentage of 15 – 16 year old students in the participating cites.

Organized or extracurricular activities

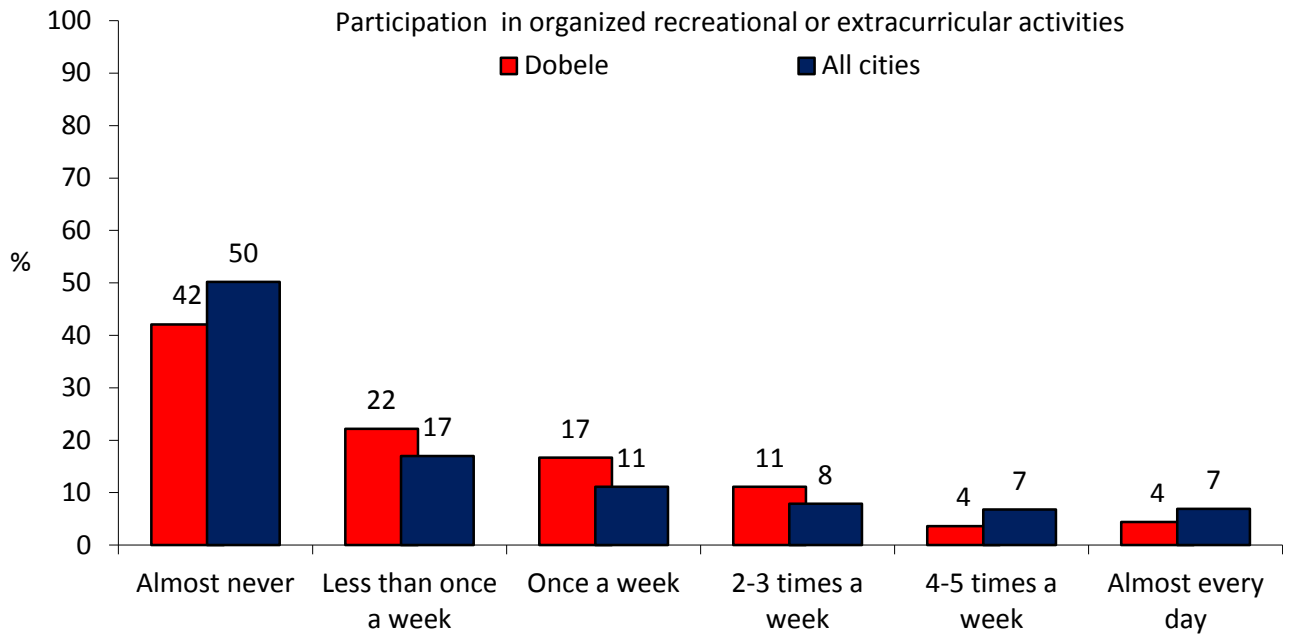


Figure 42. Do you take part in any organized recreational or extracurricular activities? Percentage of 15 – 16 year old students in the participating cities.

Substance use and organized sport – Cross tabulations

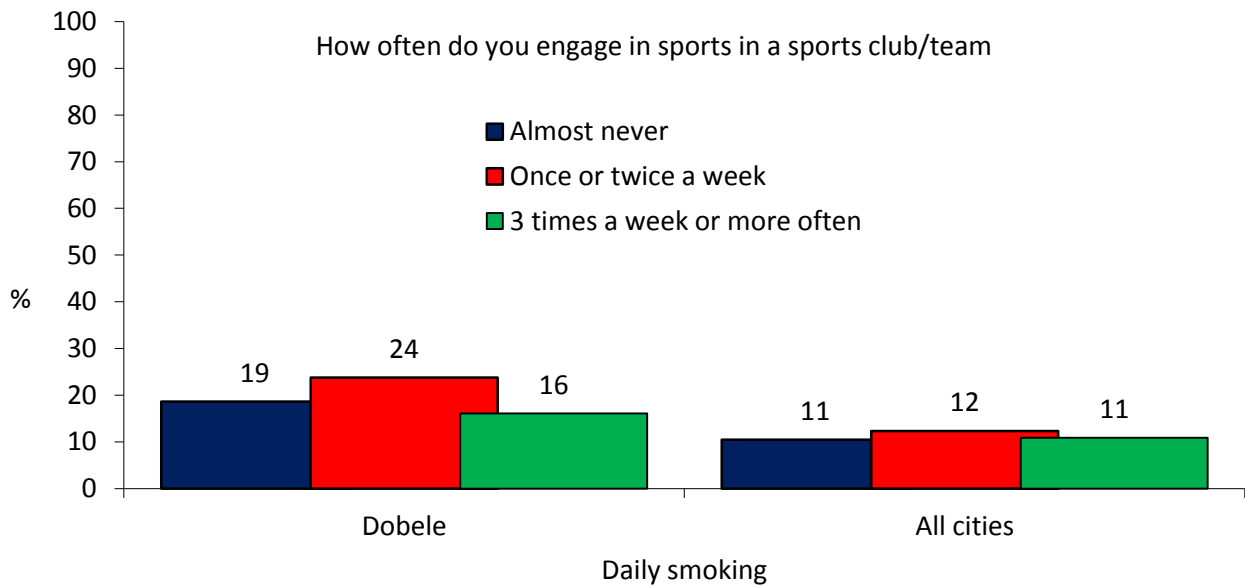


Figure 43. Percentage of 15 – 16 year old students in the participating cities that smoke daily analysed by how often they are engaged in sports in a sports club/team.

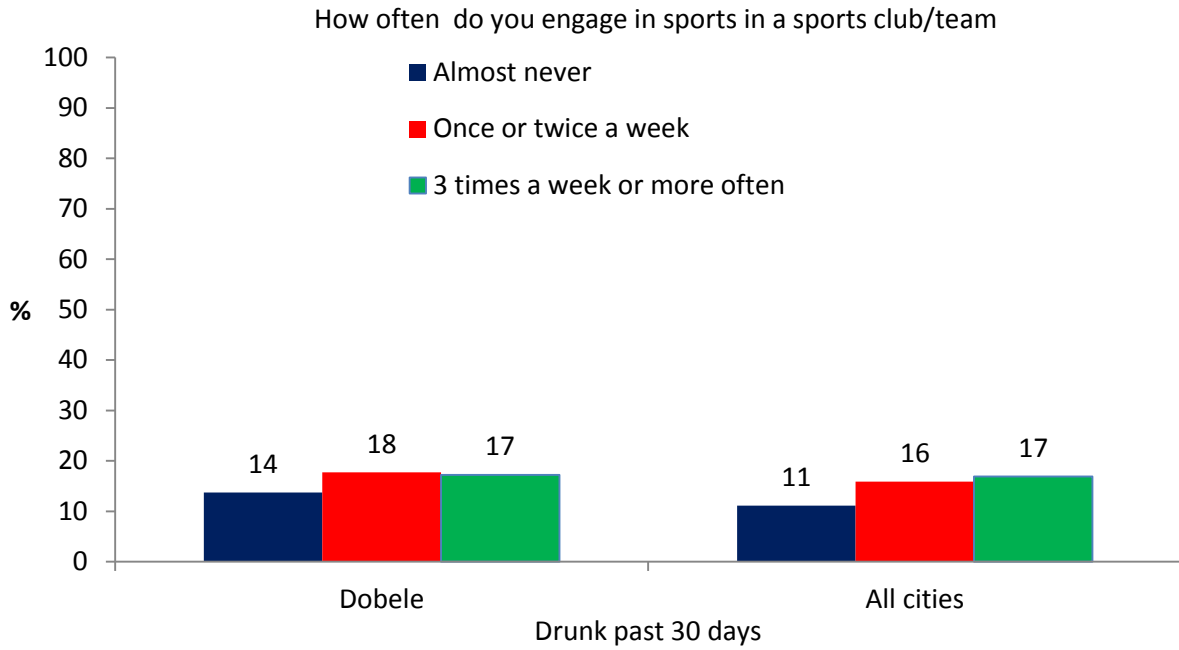


Figure 44. Percentage of 15 – 16 year old students in the participating cities that had become drunk past 30 days analysed by how often they are engaged in sports in a sports club/team, by city.

Substance use and organized recreational activities – Cross tabulations

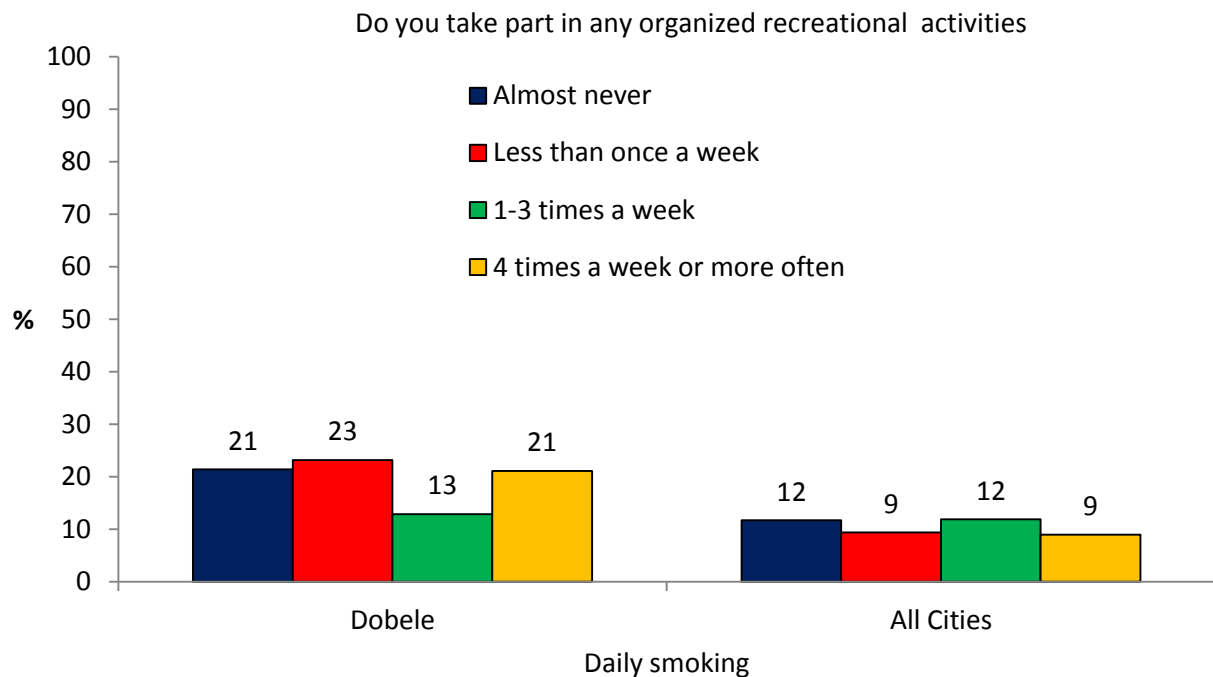


Figure 45. Percentage of 15 – 16 year old students in the participating cities that smoke daily analysed by how often they take part in organized recreational activities.

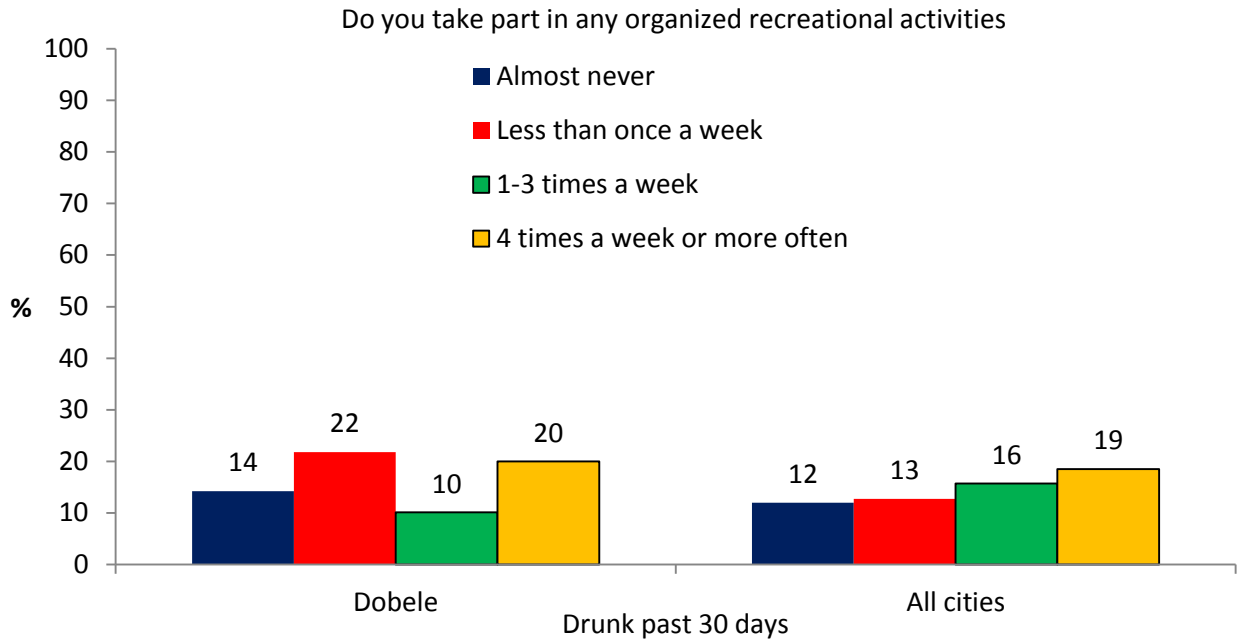


Figure 46. Percentage of 15 – 16 year old students in the participating cities that had become drunk past 30 days analysed by how often they take part in organized recreational activities.

Well-being in school

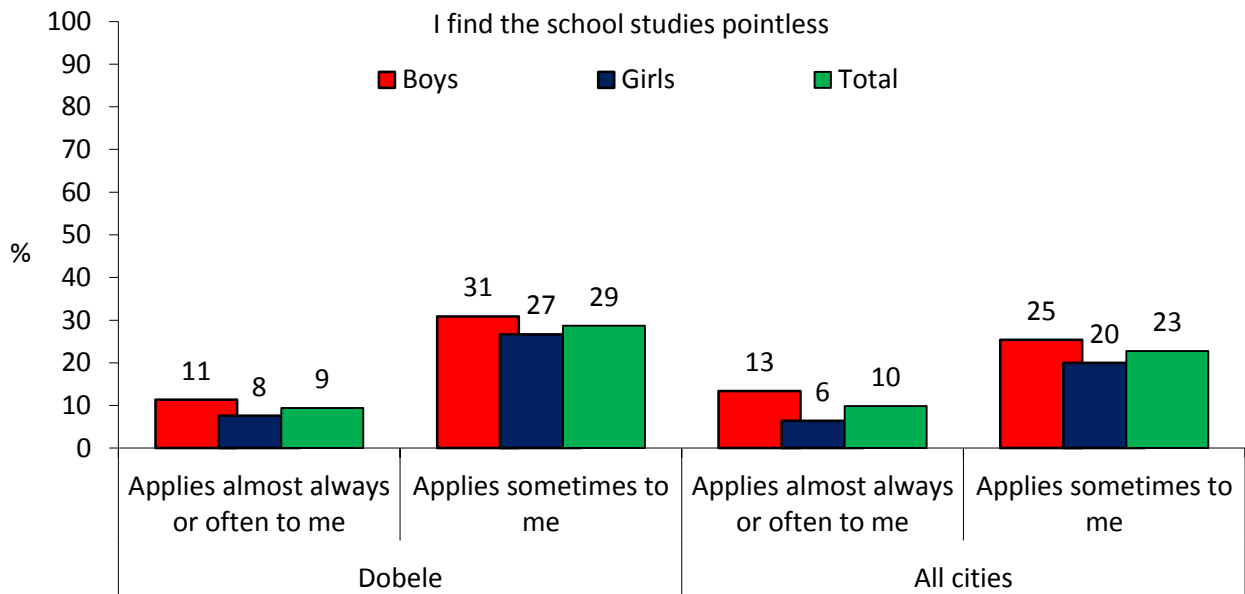


Figure 47. How well do the following statements apply to you? I find the school studies pointless. Percentage of 15 – 16 year old students in the participating cites, by gender.

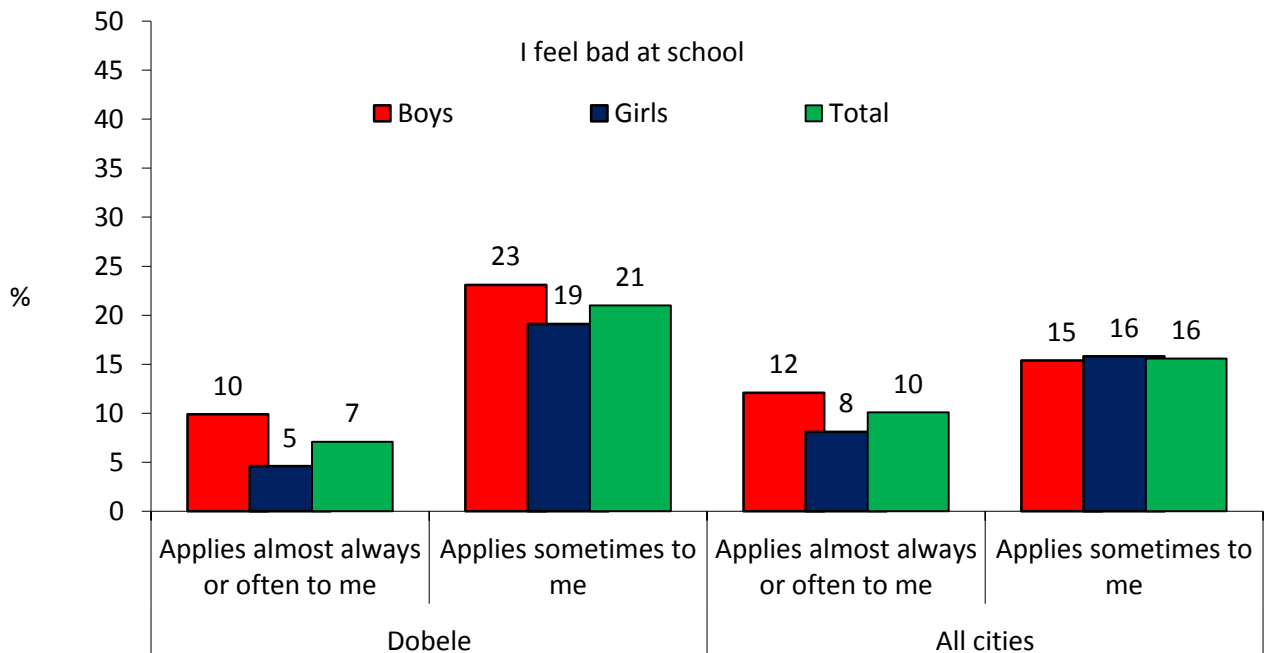


Figure 48. How well do the following statements apply to you? I feel bad at school. Percentage of 15 – 16 year old students in the participating cites, by gender.

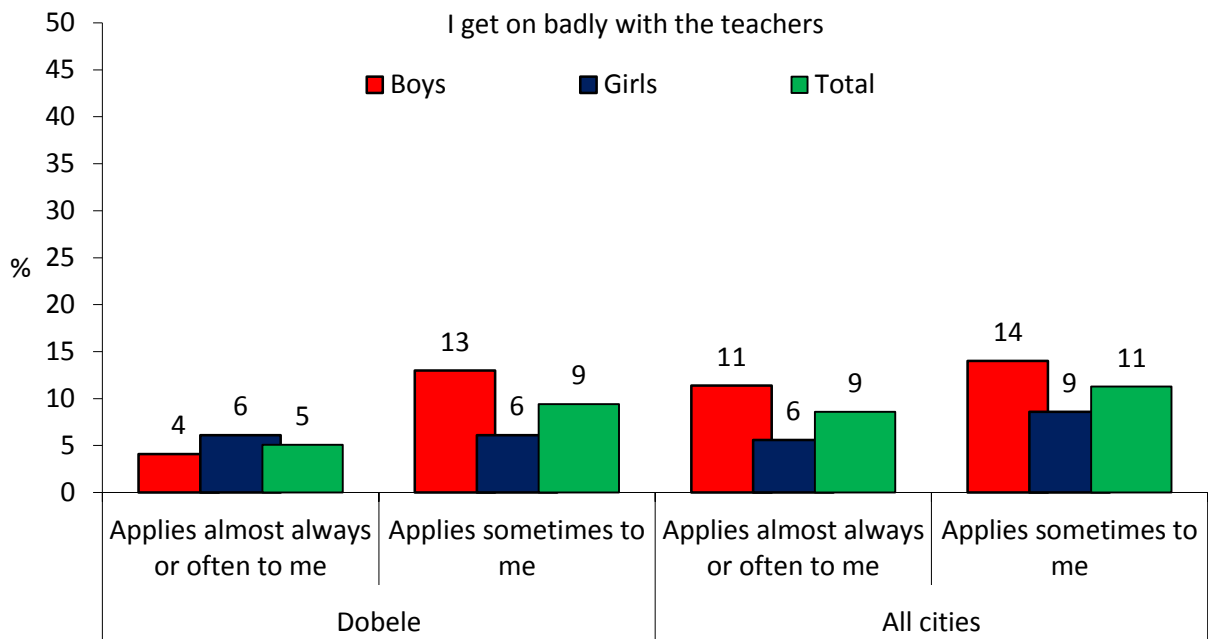


Figure 49. How well do the following statements apply to you? I get on badly with the teachers. Percentage of 15 – 16 year old students in the participating cites, by gender.

Substance use and well-being in school – Cross tabulations

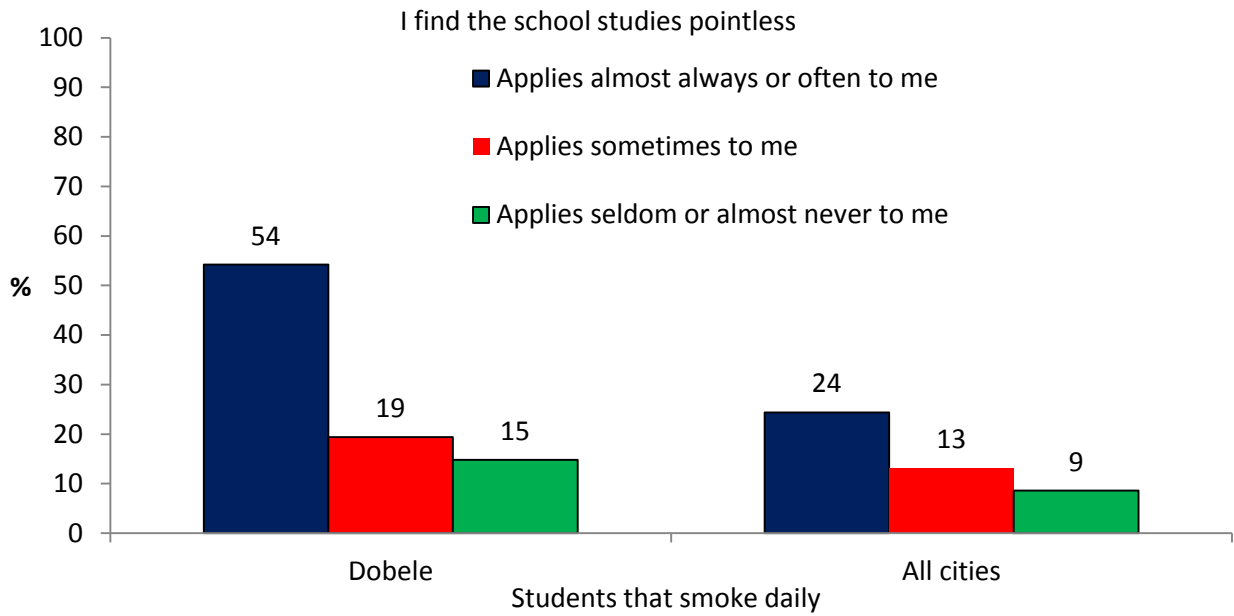


Figure 50. Percentage of 15 – 16 year old students in the participating cities that smoke daily analysed by how well the following statements apply to them: I find the school studies pointless.

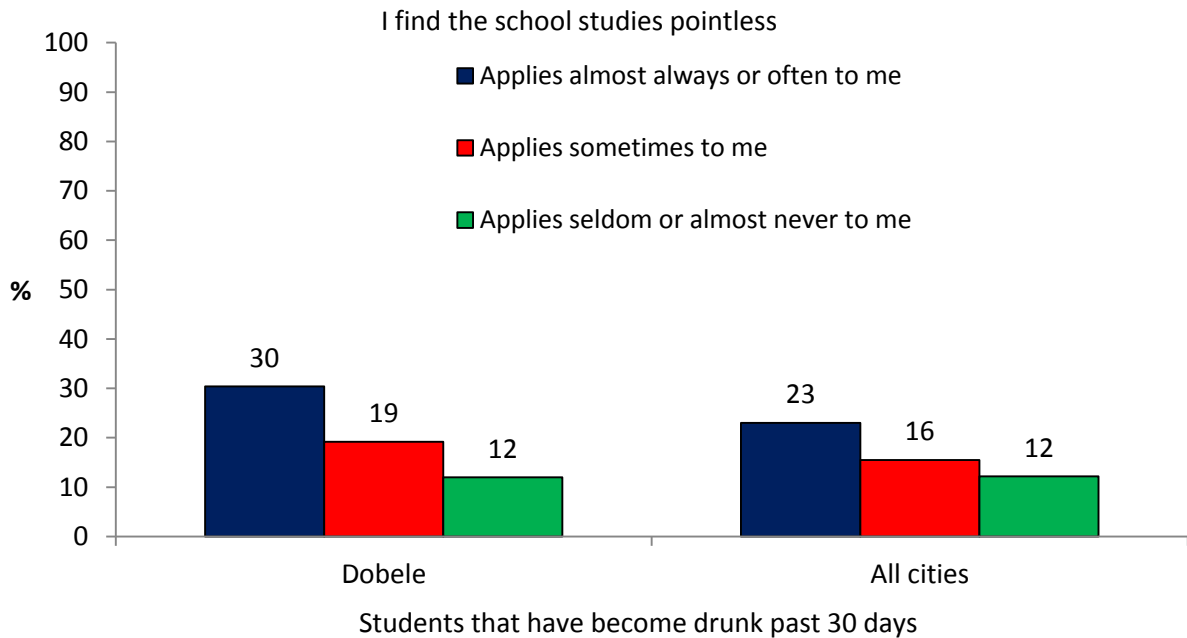


Figure 51. Percentage of 15 – 16 year old students in the participating cities that had become drunk during the past 30 days analysed by how well the following statements apply to them: I find the school studies pointless.

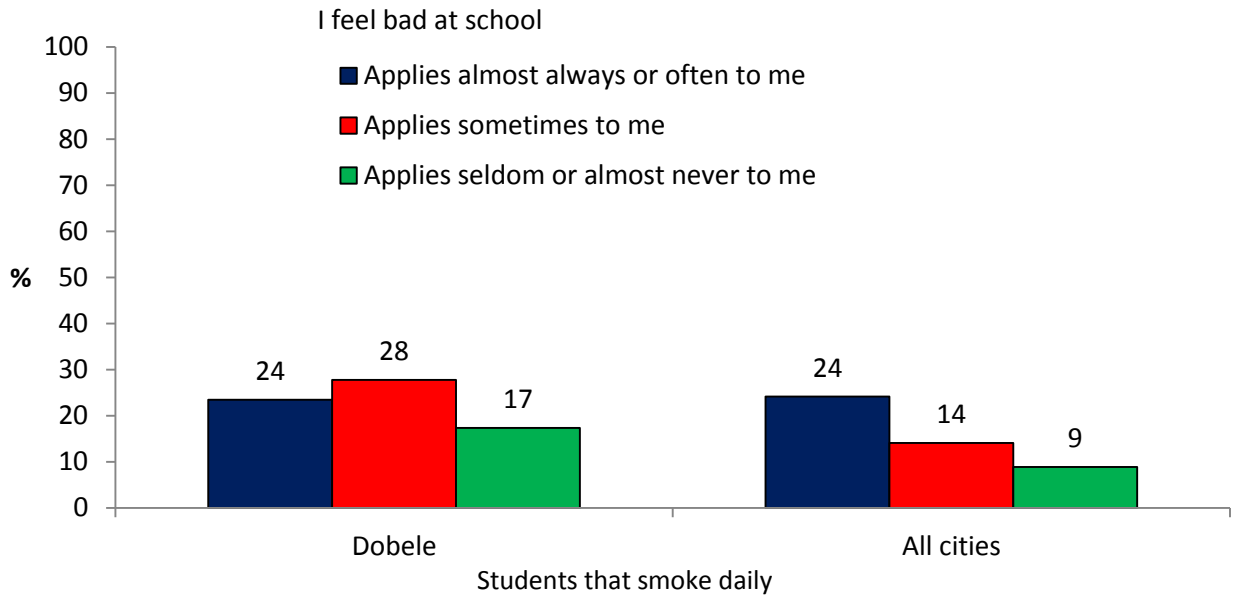


Figure 52. Percentage of 15 – 16 year old students in the participating cities that smoke daily analysed by how well the following statements apply to them: I feel bad at school.

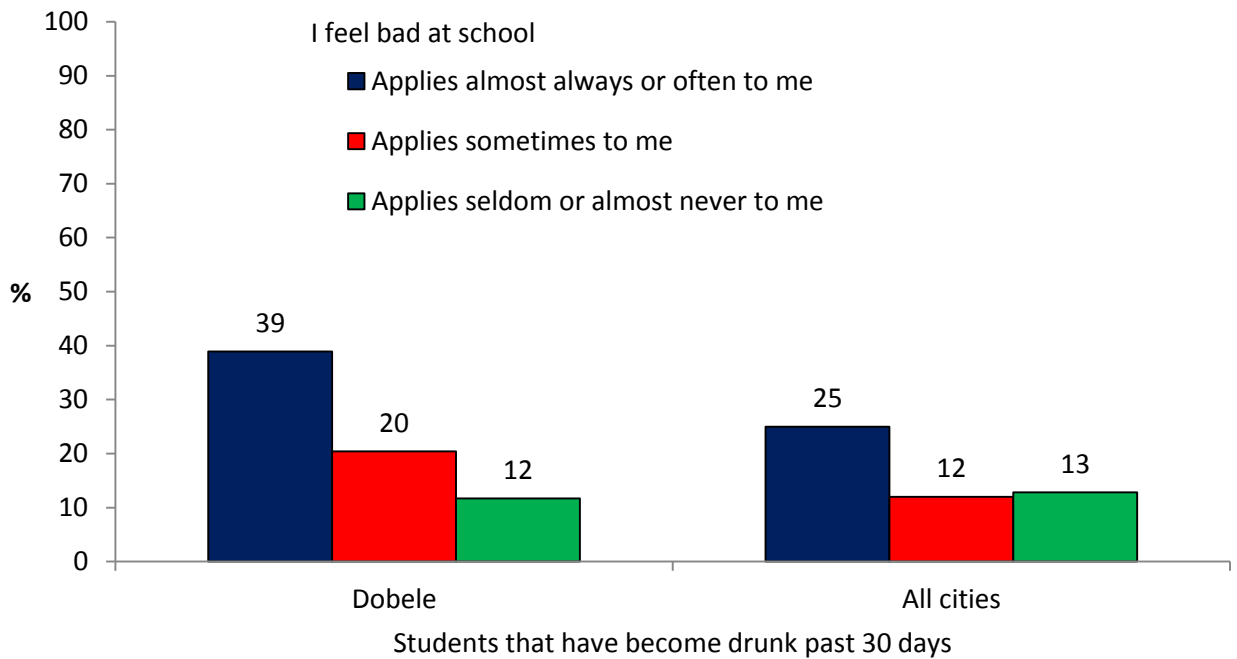


Figure 53. Percentage of 15 – 16 year old students in the participating cities that had become drunk during the past 30 days analysed by how well the following statements apply to them: I feel bad at school.

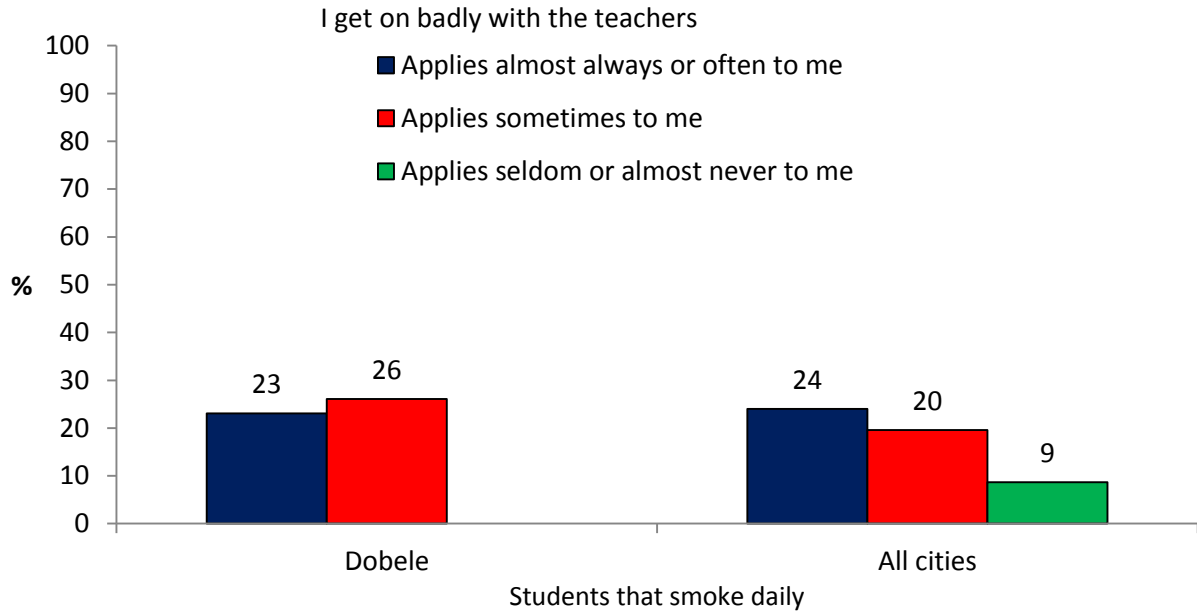


Figure 54. Percentage of 15 – 16 year old students in the participating cites that smoke daily analysed by how well the following statements apply to them: I get on badly with the teachers.

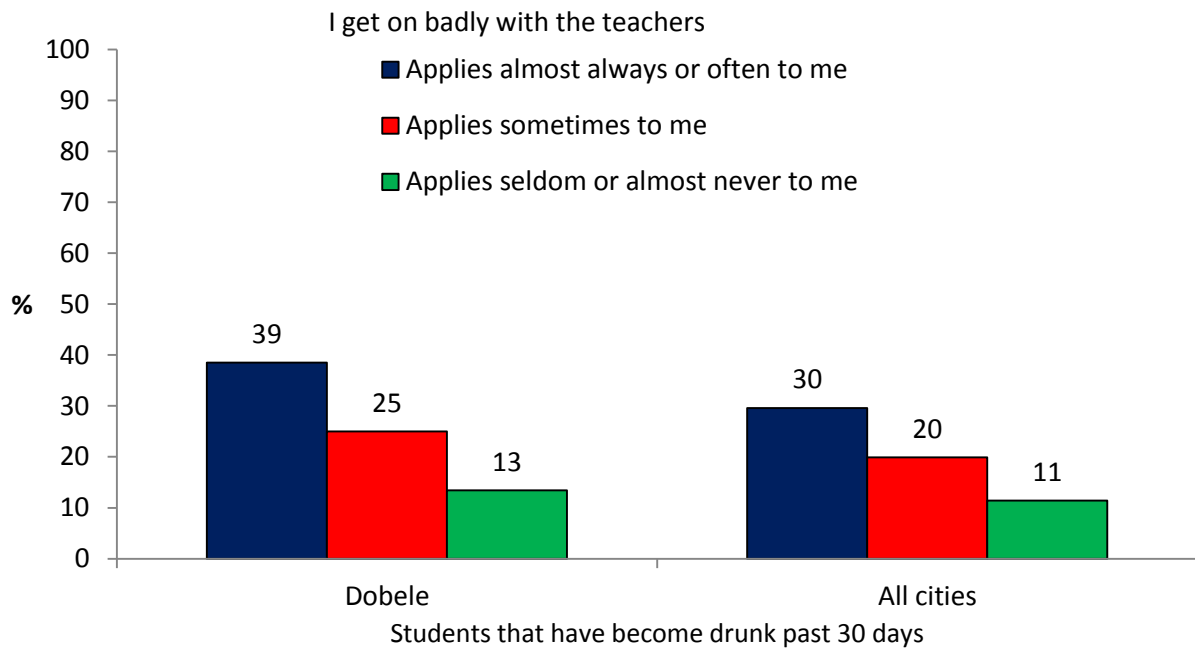


Figure 55. Percentage of 15 – 16 year old students in the participating cites that had become drunk during the past 30 days analysed by how well the following statements apply to them: I get on badly with the teachers.