



Youth in Iceland





Lifestyle › Health & Families

Iceland knows how to stop teen substance abuse but the rest of the world isn't listening

In Iceland, teenage smoking, drinking and drug use have been radically cut in the past 20 years. Emma Young finds out how they did it, and why other countries won't follow suit

Emma Young | Tuesday 17 January 2017 | [1 comment](#)

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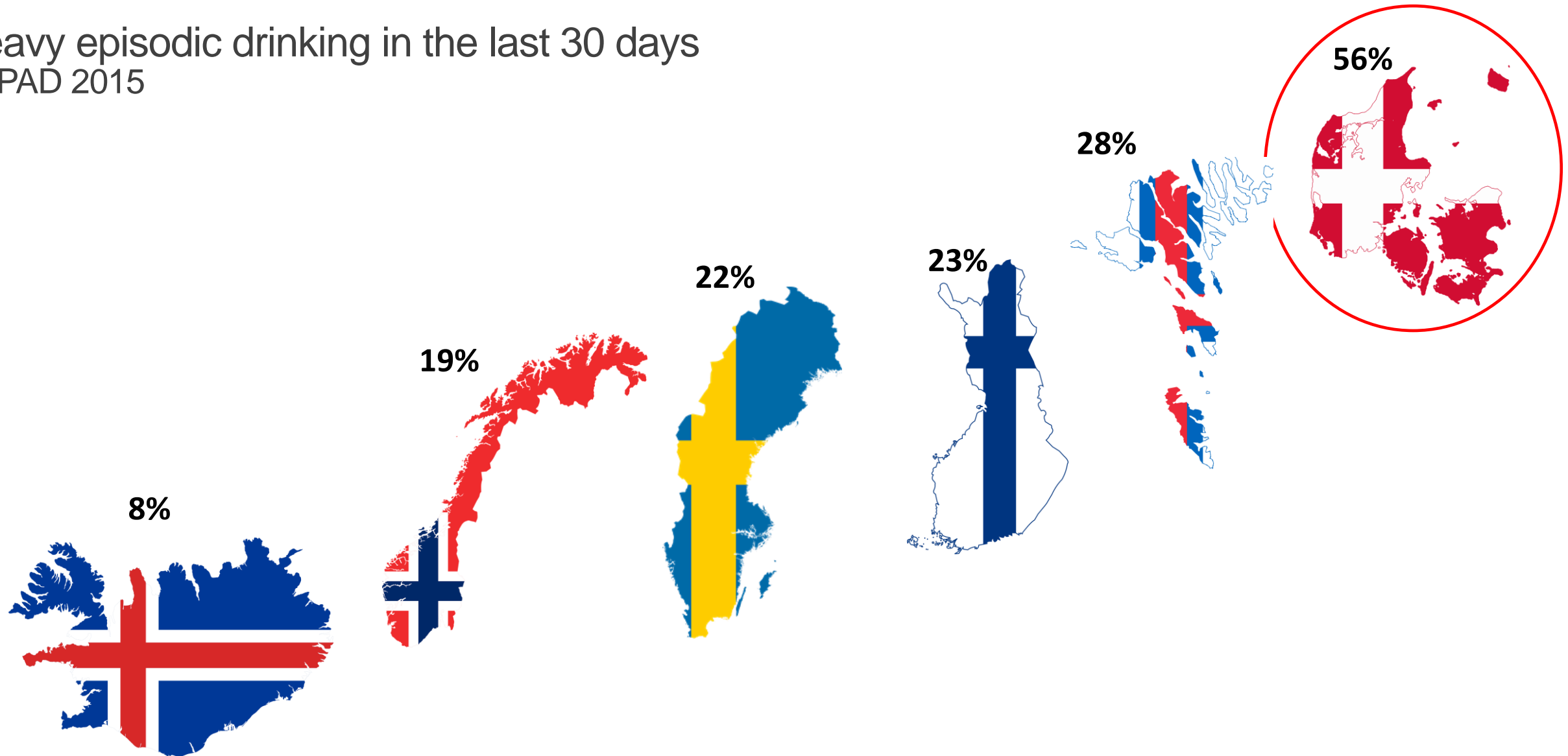
How Iceland Got Teens to Say No to Drugs

Curfews, sports, and understanding kids' brain chemistry have all helped dramatically curb substance abuse in the country.

EMMA YOUNG | JAN 19, 2017 | [HEALTH](#)



Heavy episodic drinking in the last 30 days ESPAD 2015

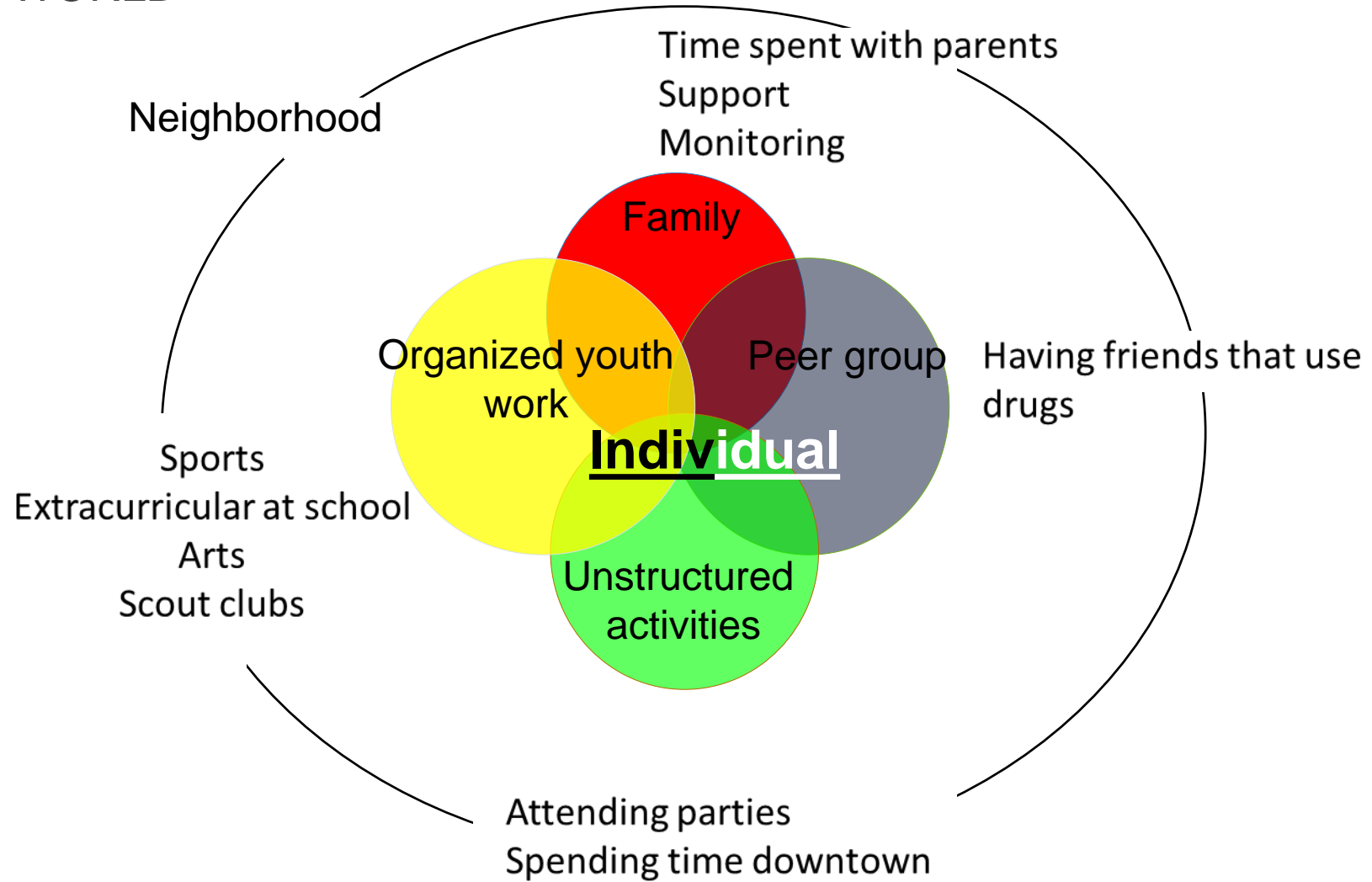


Three core elements:

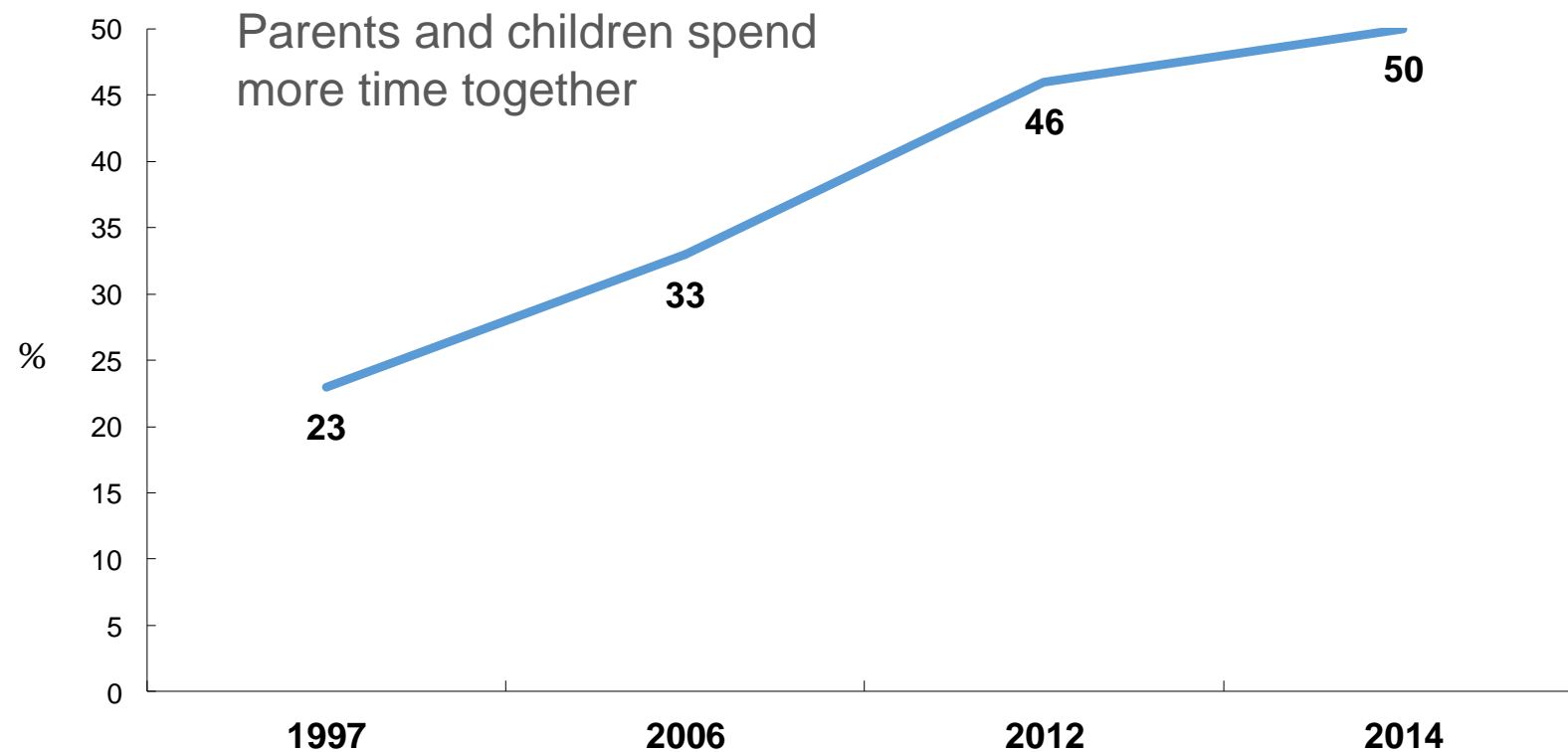
- Science base
- Community approach
- Research – policy – practice: dialogue



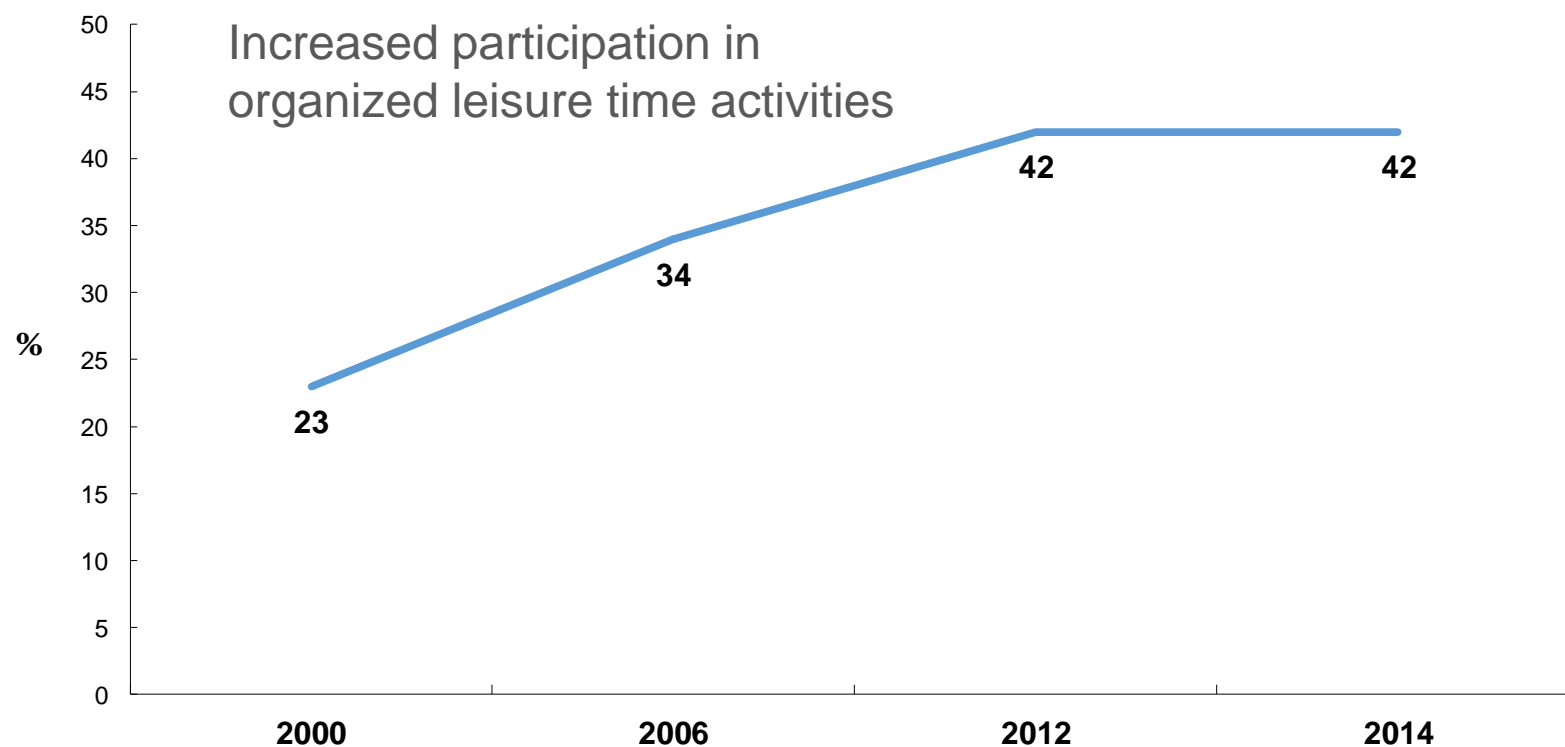
THE ADOLESCENT WORLD



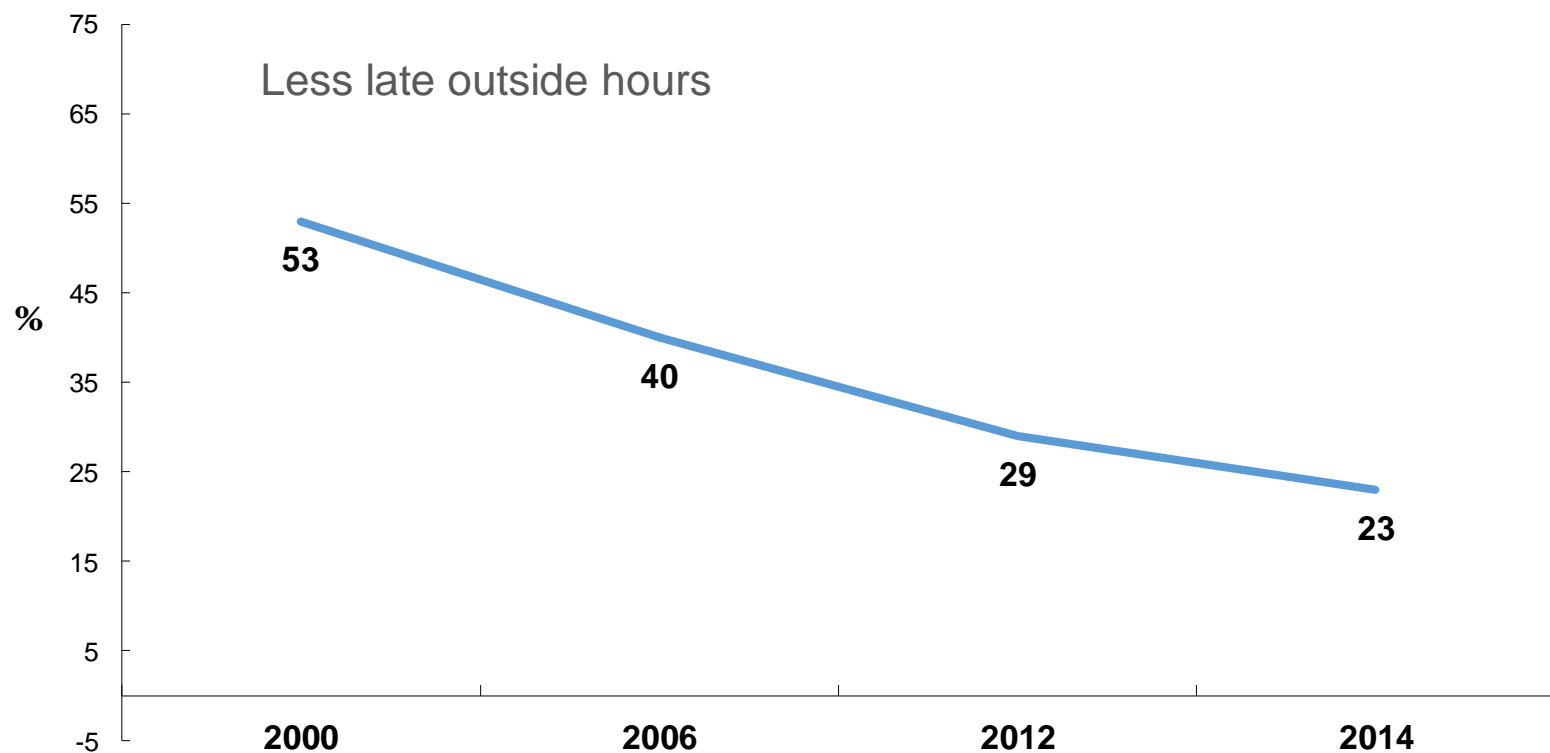
Sigfúsdóttir, I.D., Thorlindsson, T., Kristjánsson, Á. L., Roe, K. M., & Allegrante, J. P. (2009). Substance use prevention for adolescents: the Icelandic model *Health Promotion International*, 24(1), 16–25



Percentage of students in 9th and 10th grade who spend time (often/almost always) with their parents during weekdays

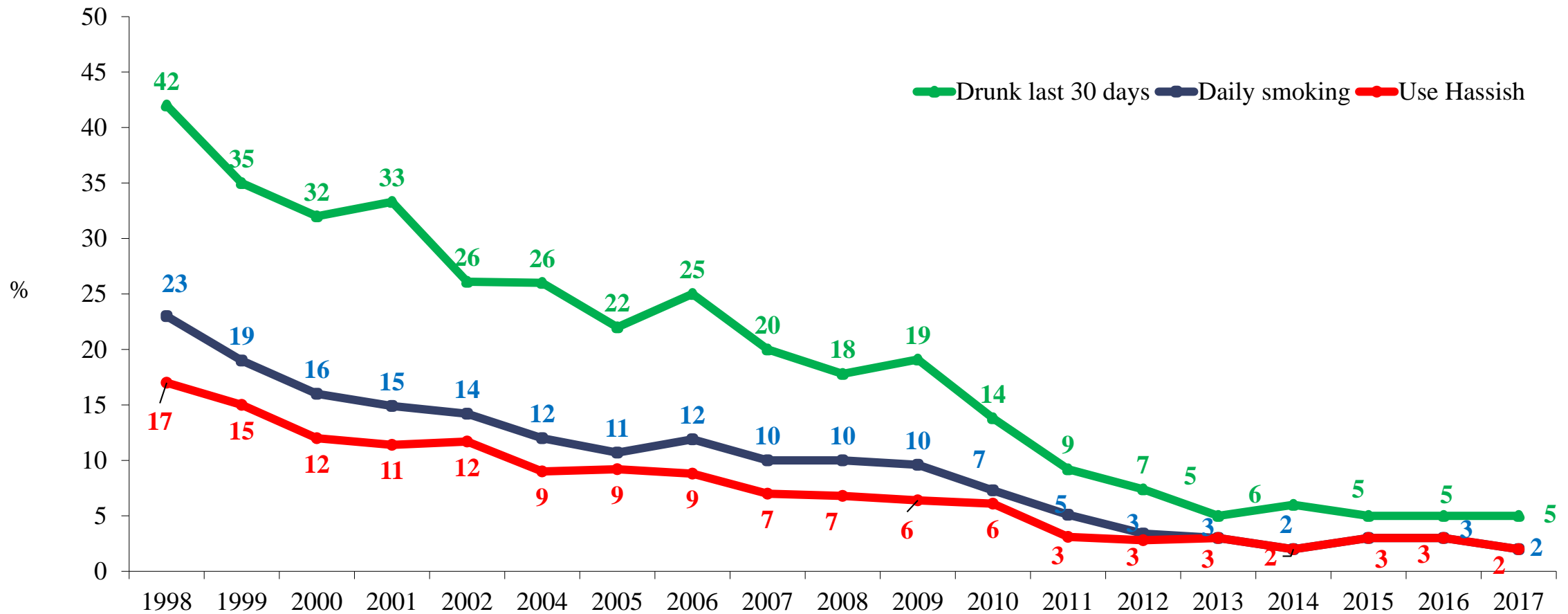


Percentage of students in 9th and 10th grade that participate in sports in a sports club four times per week or more



Percentage of students in 9th and 10th grade who have been out after 10 pm (3 times or more) in the past week

Positive development over 20 years





THANK YOU

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