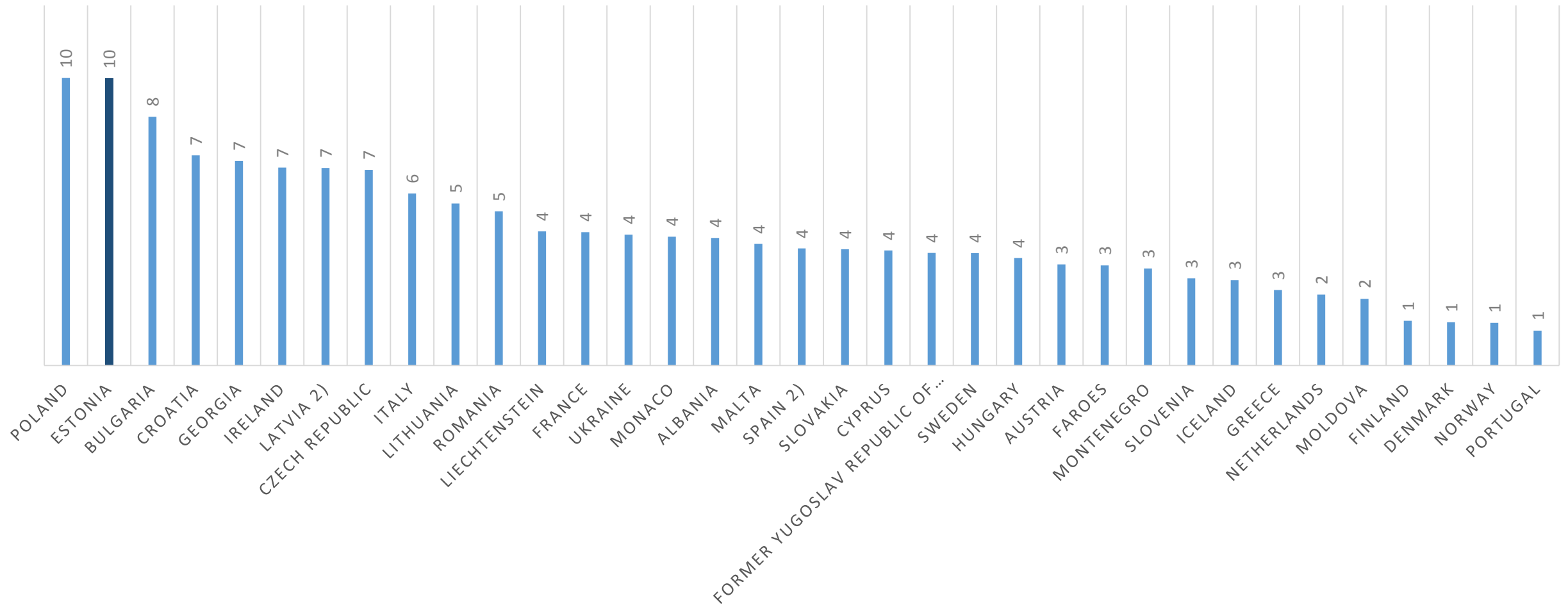


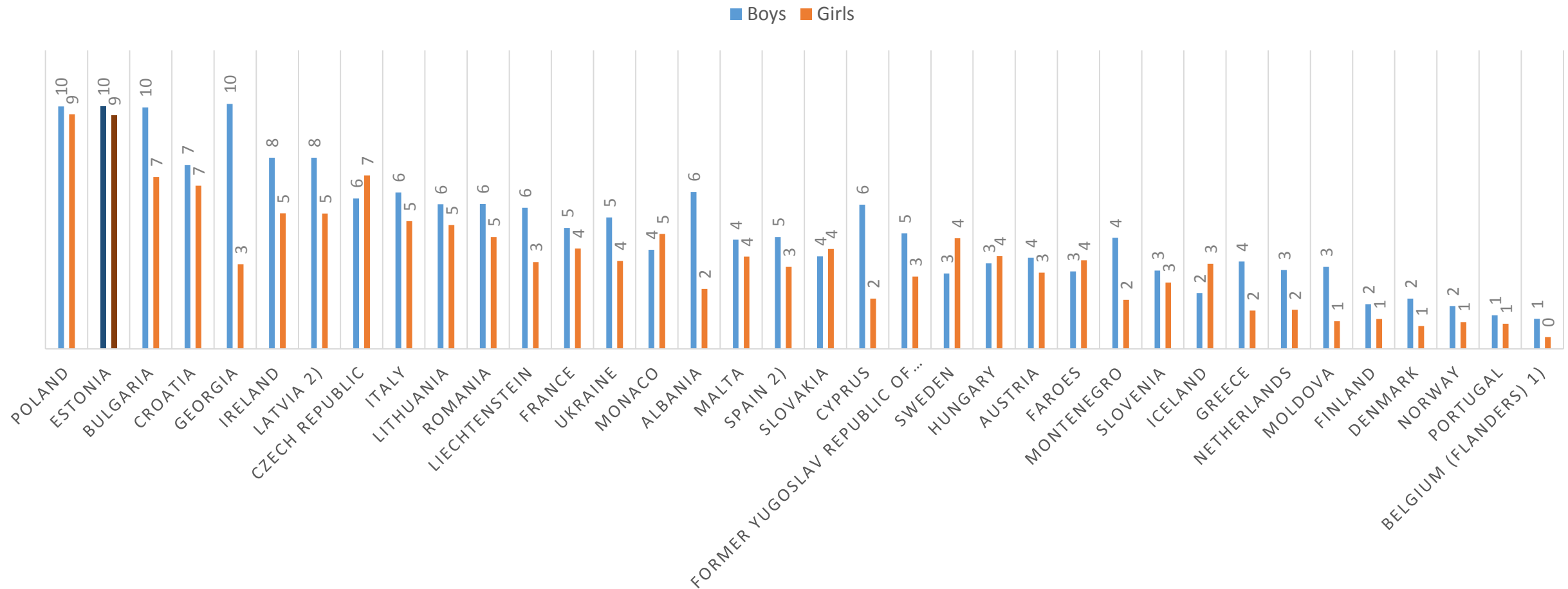
NPS and high numbers of use among Estonian youth

Anna Markina,
University of Tartu

Lifetime use of new psychoactive substances, % ESPAD 2015



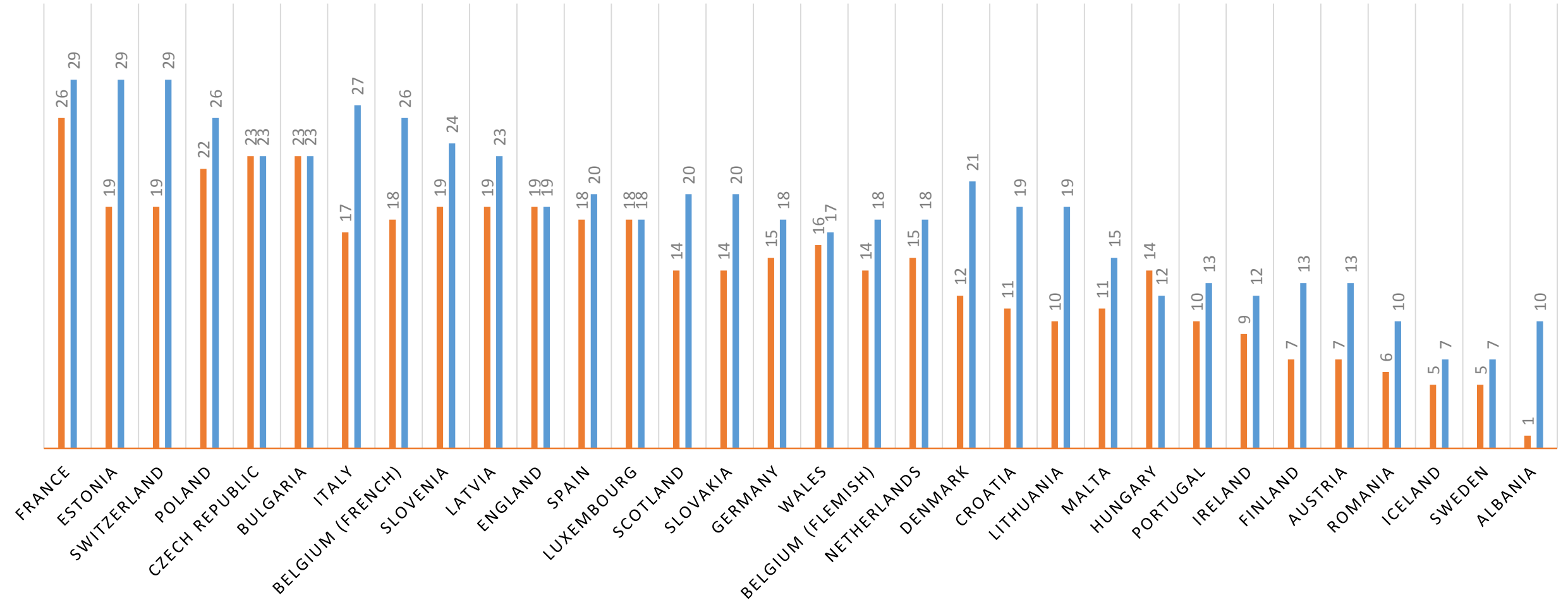
Lifetime use of new psychoactive substances by gender, % ESPAD 2015



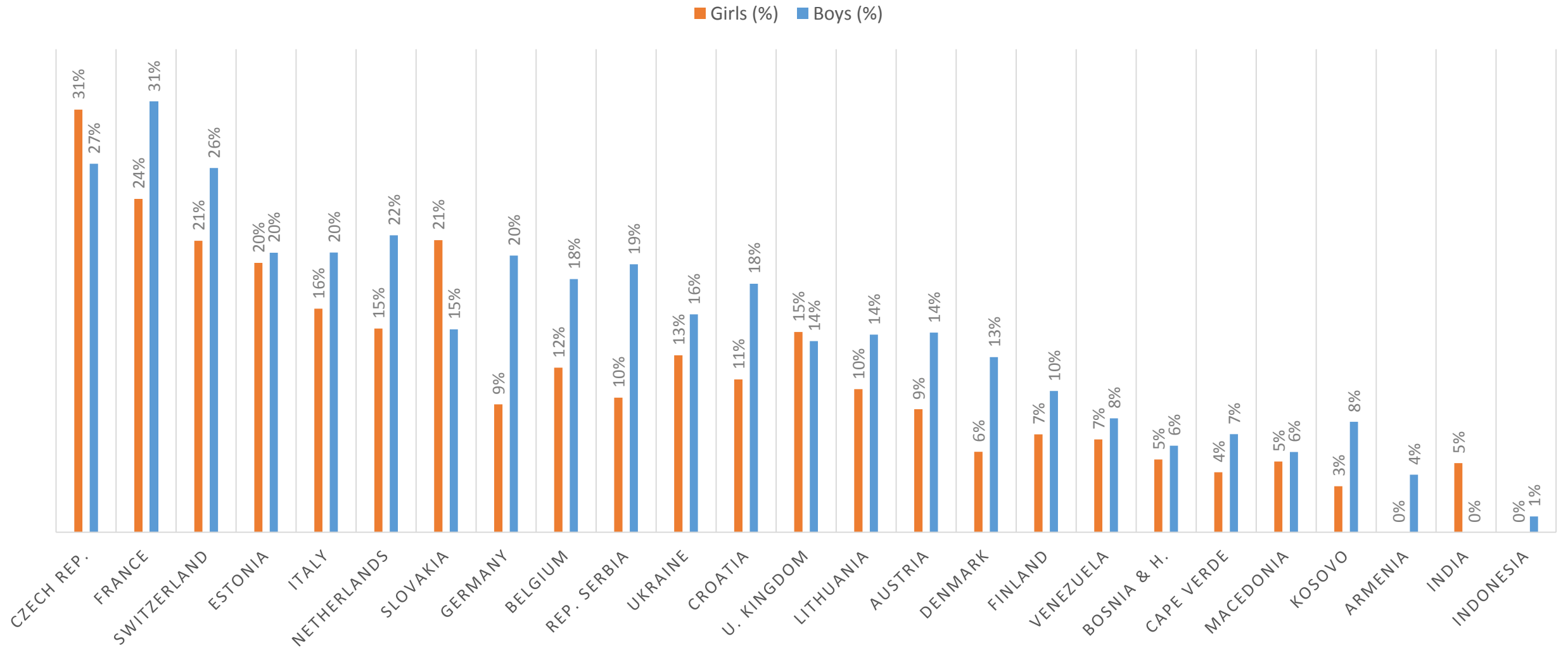
15-year olds who have ever used cannabis

HBSC, 2013/14

Girls (%) Boys (%)



15-years old who have ever used cannabis ISRD-3 (2013-2015)

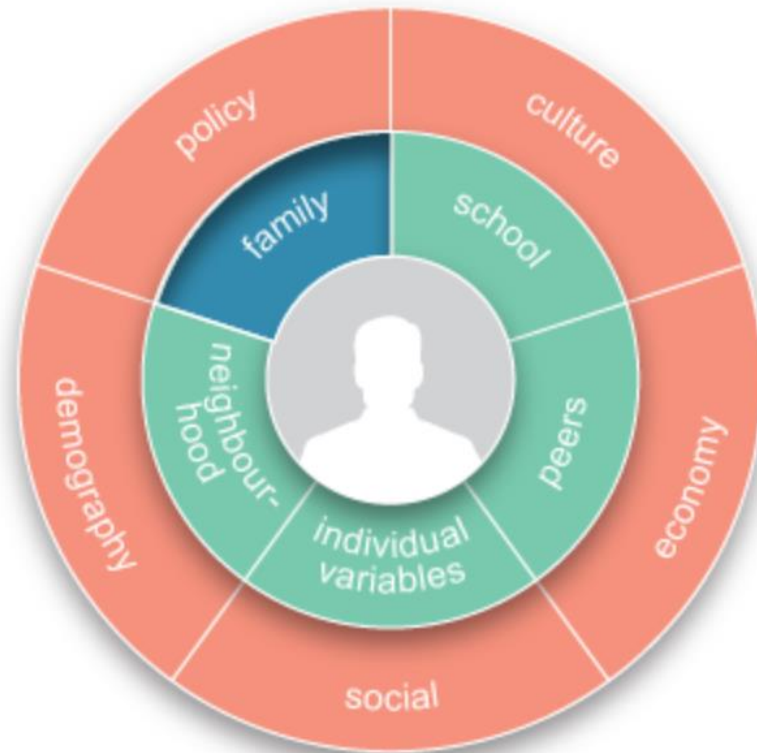


Drug use is associated with delinquency

ISRD-3:

- 45% of school children who reported ever using cannabis in their life time also reported committing at least one delinquent act during last year. While only 15% of non-users reported such deed.
- 18% of school children who reported ever using cannabis in their life time also reported dealing drugs, while only 0.5% of kids who never tried cannabis reported drug dealing.

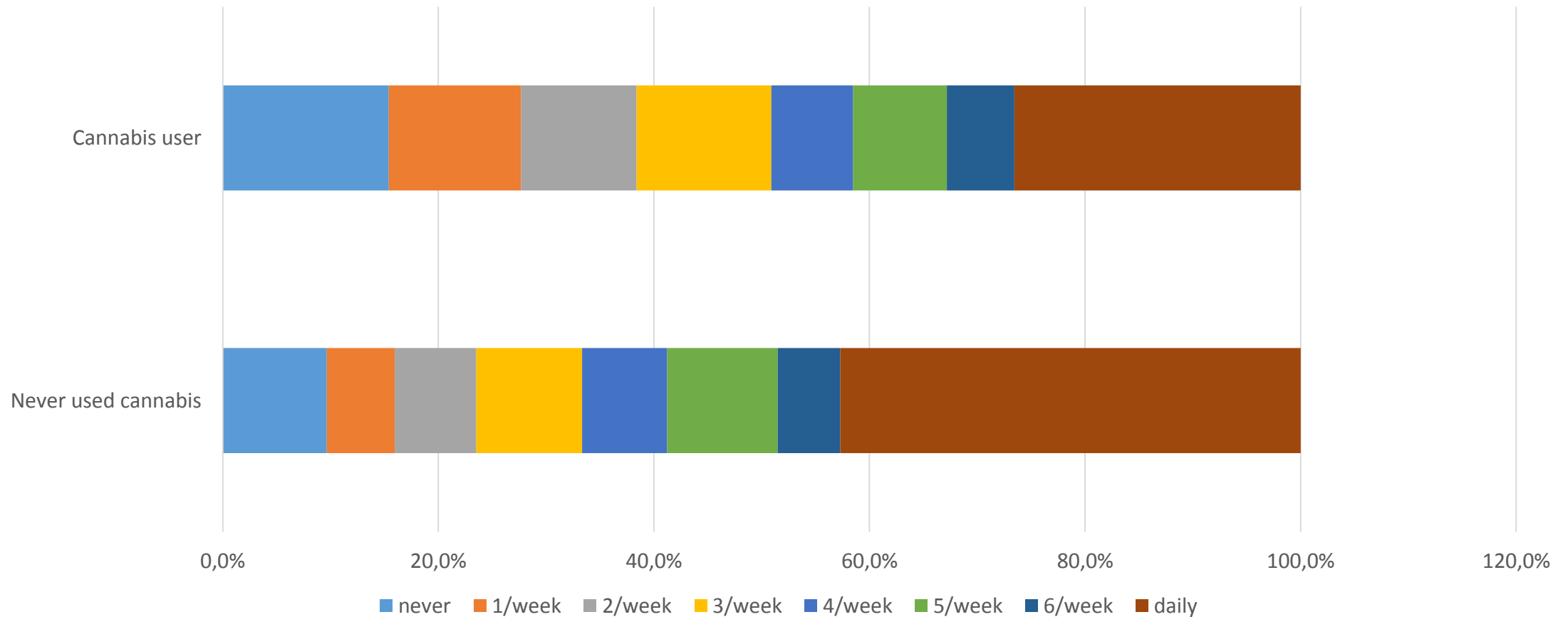
Risk/protective factors for substances use



Family related risk/protective factors

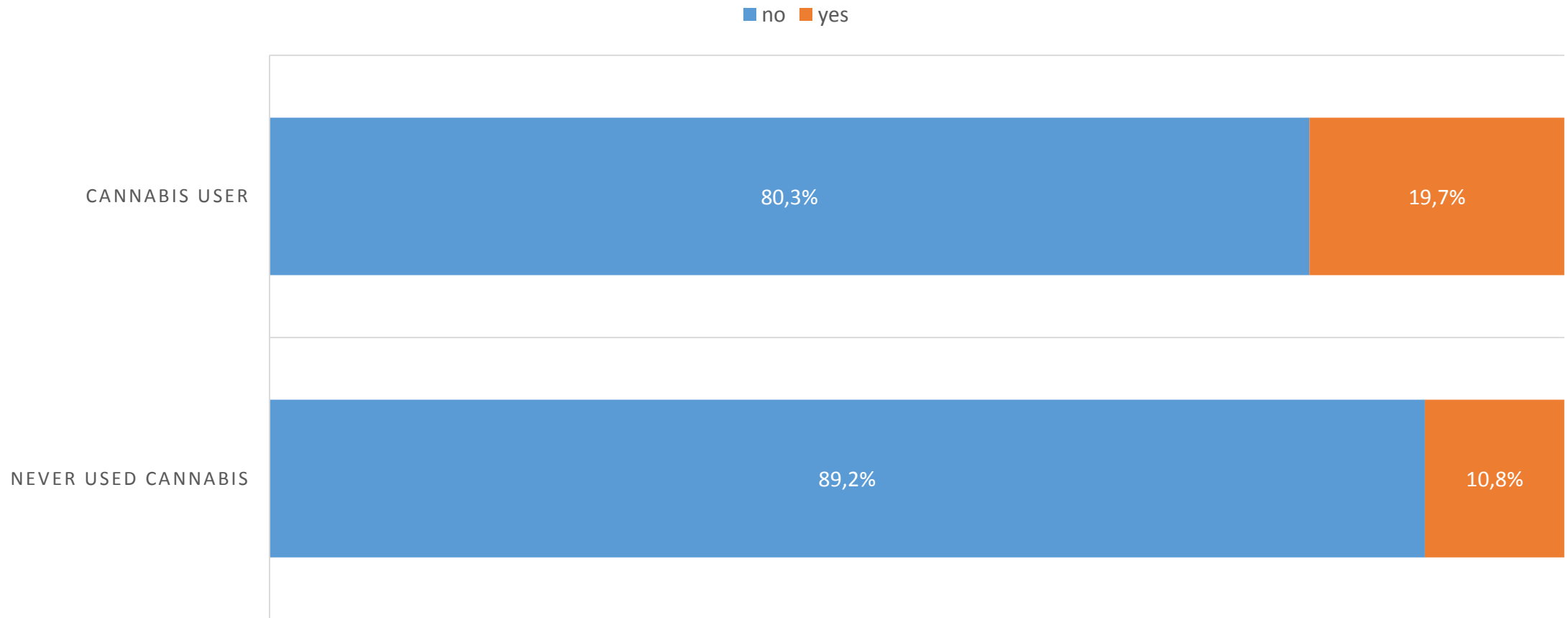
- Bonding with parents (attachment, emotional support)
- Parental supervision
- Time spent together
- Parental skills
- Conflict/violence in family
- Parents' addiction

How often has dinner together with parents ISRD-3, Estonia



Parent has alcohol or drug problem

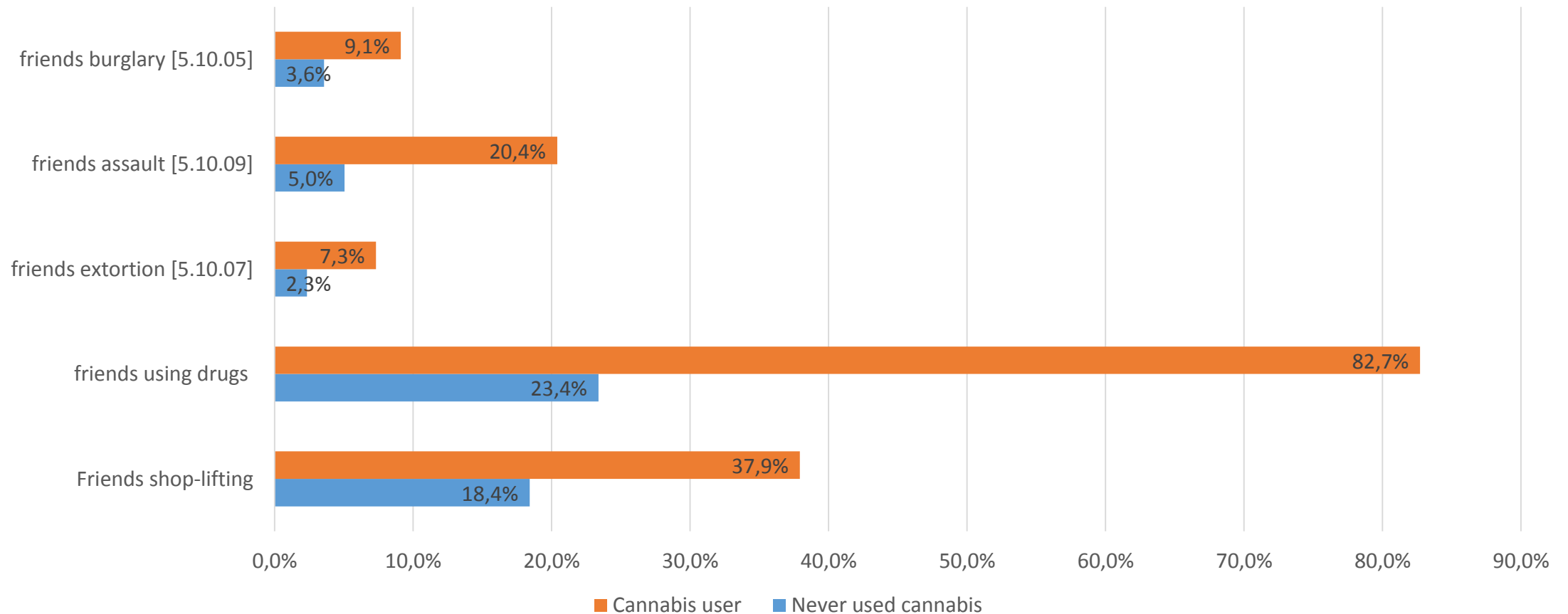
ISRD-3, Estonia



Peer-related/lifestyle risk factors

- Delinquent peers
- Unstructured free time
- Youth gang member

Friends doing unlawful things ISRD-3, Estonia

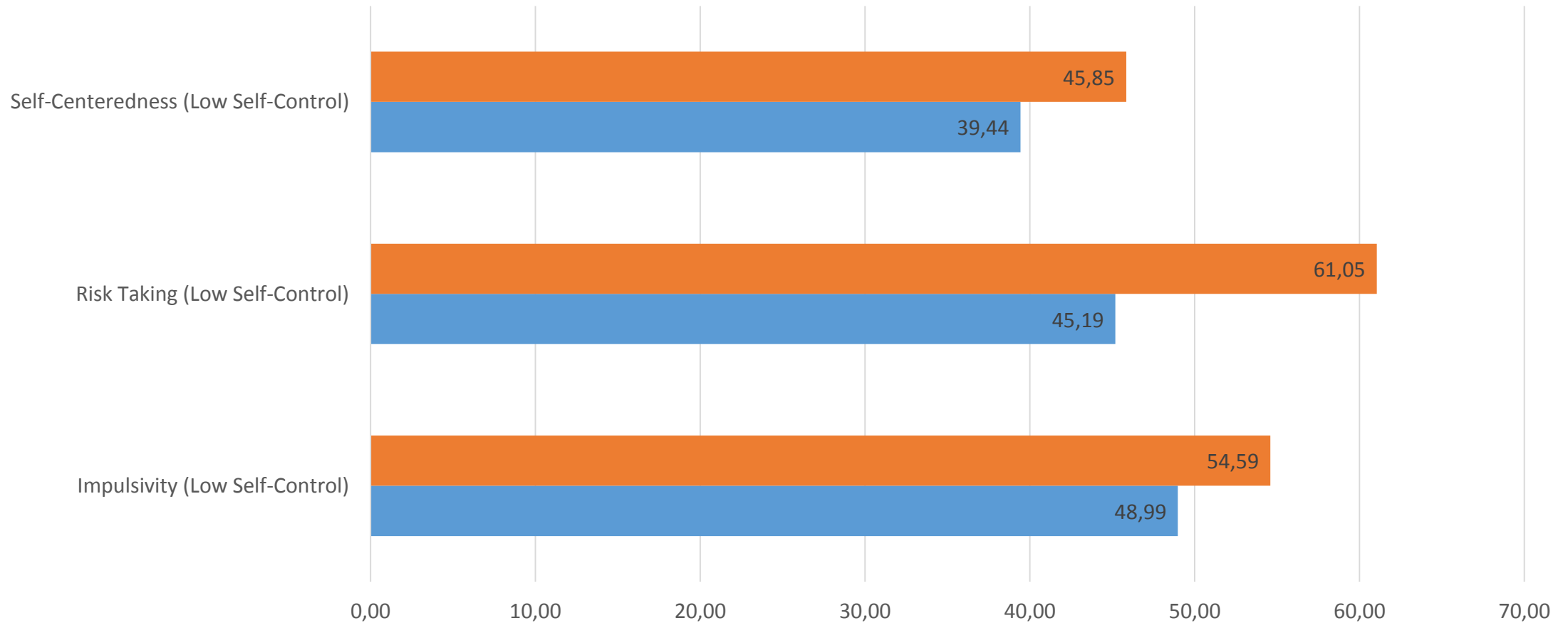


Individual-related risk and protective factors

- Risk: low self-control
 - Impulsivity
 - Risk propensity
 - Self-centeredness
- Protective: pro-social values

Dimensions of self-control (scale 0-100)

ISRD-3, Estonia



Conclusions

- The use of NPS in Estonia is high but same goes for other substances such as inhalants and cannabis
- Drug use is associated with delinquency
- Use of drugs is influenced by various risk and protective factors
- The goal of preventive interventions shall be strengthening of protective and reducing influence of risk factors
- Intervention shall target both, girls and boys equally