

Two out of three participated in the 4th round of the MyLife-study last year.

This year's face-to-face interviews were conducted on Teams in May and June. It seemed to be a good solution for all.

For the last time, the MyLife survey is conducted after the autumn holidays. We hope as many as possible will participate!

Thank you very much for your contribution!



Photo: colourbox.com



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All answers count!

You can complete this year's questionnaire even if you have not participated in previous years.

Each response is valuable!

There are no right or wrong responses.

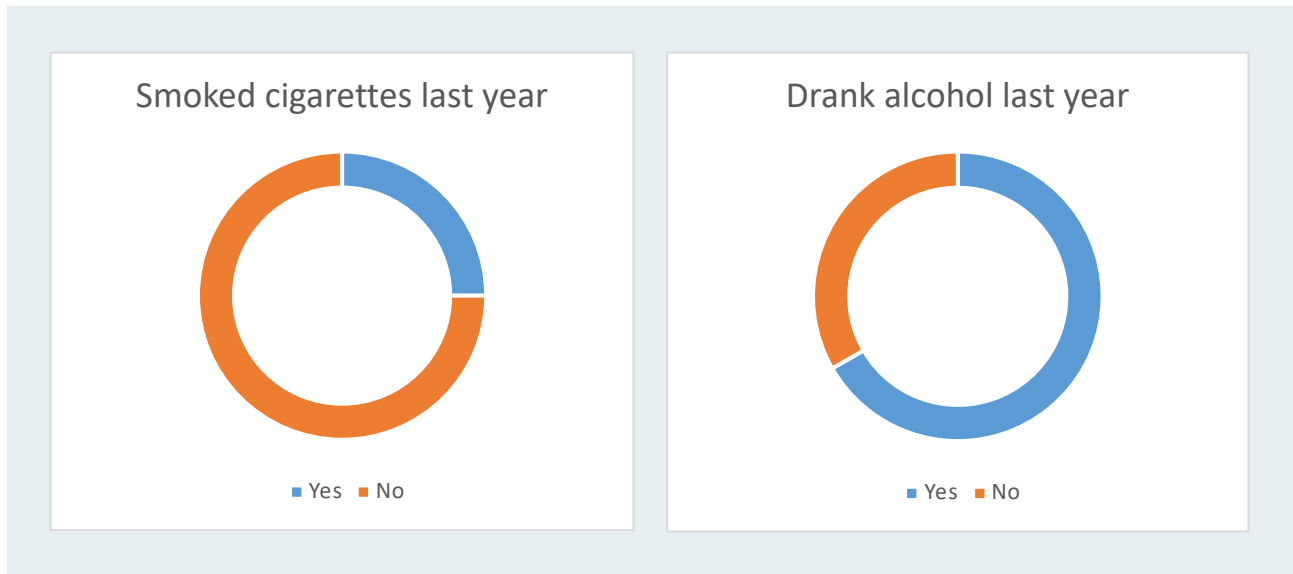
It is important that you answer as truthfully as possible.

Completing the survey is entirely voluntary.

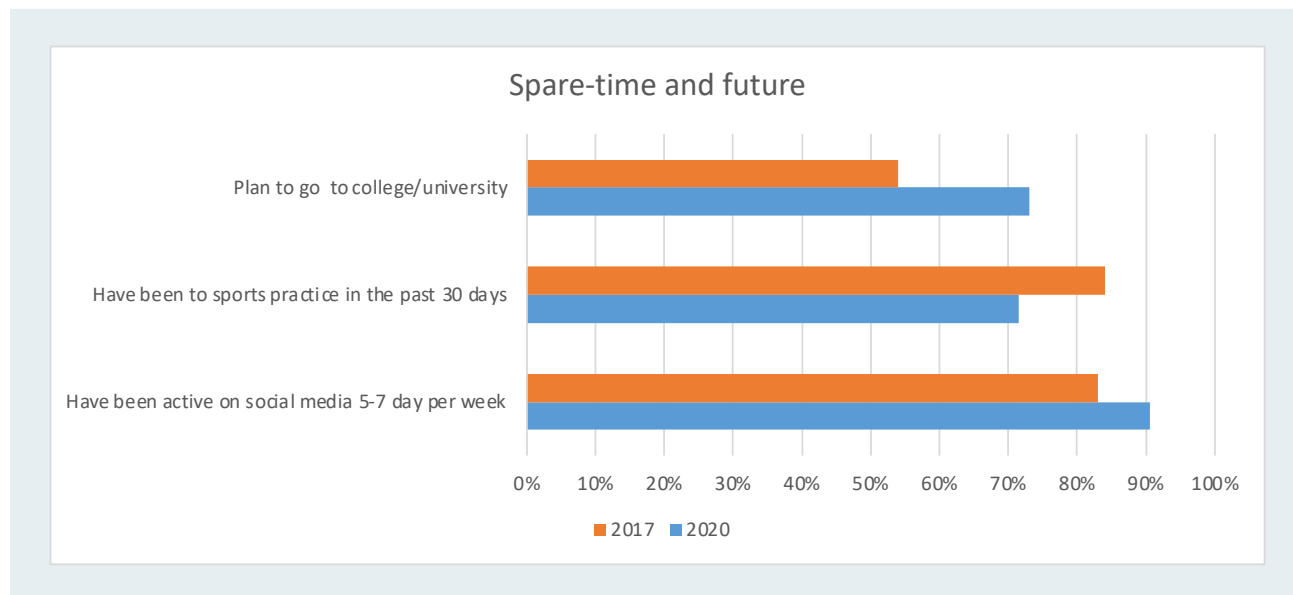
You can always skip those questions you don't wish to answer.

Key results from the MyLife-study in the autumn of 2020

Last year was marked by the Covid-19 pandemic, but many results still showed the same development as we have seen in previous years.



25 % of the participants reported that they had smoked cigarettes in the last year. This includes those who have only taken one puff. About one in three had not consumed alcohol last year.



About three out of four plan to continue with higher education. A majority stated that they had good grades in the previous semester: 66 % earned a 4 or higher in math, and over 80 % earned a 4 or higher in Norwegian and English.

Most were a little worried about how it would go with homeschooling during the pandemic.

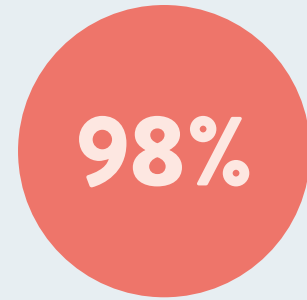
The pandemic lockdown likely affected many behaviors. For example, 29 % had not attended sports practice in the previous month, up from 20 % in 2019 and 16 % in 2017. As before, almost everyone (91 %) reported that they were on social media between 5-7 days a week.

MyLife-study 2017 – 2020

Five years have passed since you agreed to participate in the MyLife-study. At that time you were between 13 and 15 years old and were students in middle schools, but now you are five years older.

Of the 3512 invited students, nearly all (97.5 %) have participated in at least one of the four questionnaire rounds of the MyLife-study since 2017!

We are very grateful that so many of you have responded and hope that as many as possible will take part in the final round in a few weeks.



New times, new knowledge



Photo: colourbox.com

Habits change with time. It is important to gain new knowledge that applies to adolescents who grow up today. Thanks to you, we get to know more about changes in behaviors such as smoking and alcohol use among young people. We also get to better understand negative and positive aspects of social media use and gaming; we gain insights

into why young people exercise, how they perceive education, or how they cope with mental health challenges.

This knowledge is important for making sure that growing up in Norway becomes even better.

Follow us!

At <https://www.fhi.no/mittliv> you will find an overview of all scientific articles based on the MyLife-study. The list is updated as new articles are published.

As we get more publications, you will be able to see the study covered in debates and in articles in the media.



Photo: colourbox.com

What happens now?

After the autumn holidays, you will be contacted directly by text message and e-mail with an explanation of how to participate.

- You are asked to answer in an online form. Everyone who responds to the form will receive a gift card of 250,-.
- Check text messages and emails for messages from the MyLife-study.

When the survey is complete

We will continue to send you newsletters at least once a year. You can reserve yourself from receiving the newsletter. We collect contact information in the *Common contact register*. Read also more on how you can reserve yourself against us contacting you on our website. Here you also get information on how you can withdraw your participation from the survey.

iPhone

Three lucky participants each won their iPhone 11 Pro in December! Everyone who agreed to participate in the survey in 2017 were included in the draw.



For more information about the survey, you can contact us at

Phone: +47 406 45 748

E-mail: mittliv@fhi.no

You can read more here: www.fhi.no/mittliv



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