What has happened so far in MyLife

- MyLife administered its second round of electronic questionnaires during the Fall semester of 2018. There were 2,587 students who answered the survey. Participation rate was 81%!
- This Spring semester we visited the schools for the fourth time and completed face-to-face interviews with 80 students. This is 70% of all who participated in the initial set of interviews in 2015
- We are thrilled with the effort you, your schools, and your parents have invested in this study!

LOYAL PARTICIPANTS AND GOOD SUPPORTERS

- Many more have responded than what is usual for repeated surveys of this kind
- Schools, teachers, and contact persons are our invaluable partners. In almost half of the schools participation rates exceeded 90%, and in one school it was 100%!
- Those of you who participated in the study showed both great loyalty and interest. As many as 7 in 10 completed questionnaires, even when you had to do it on your own using your computer, laptop, or smartphone

**PARTICIPATION 2018**

Grade 9 and 10: 85%
Graduated 10th grade: 72%
Who are you?

• **You are youth!** You agreed to participate in the MyLife study for five years. You were between 12 and 15-years old when the survey started in 2017 and will be between 17 and 19-years old when it ends in 2021.

• **You come from all over the country!** You are from Troms, Trøndelag, Møre and Romsdal, Rogaland, and Buskerud. 2/3 of you live in the cities and 1/3 live in the country. Some of you attend large, and some of you attend small schools.

• **You are many!** 3512 students from 33 schools (55% girls and 45% boys) are part of the survey questionnaire arm, while 120 students from 6 schools are part of the interview study arm.
MyLife 2018
KEY FINDINGS

Results shown for all participants, by gender and year of birth

- **Percentage of students who plan to continue with higher education**
- **Percentage of students who exercised once a week or more**
- **Average hours per week spent on computer games**
- **Average hours per week spent on social media**
- **Percentage of students who have been alcohol intoxicated during last year**
- **Percentage of students who smoke daily**
What now?

• Questionnaire-based surveys for 2019 will take place after the Fall break
  • Some of you are currently being interviewed for the fourth time. The next round of our face-to-face interviews will be during the Spring semester 2021

• For those of you who are not graduating 10th grade this summer, the study will be administered the same way as before

REMEmBER!

• There are no right or wrong answers
  • It is important to answer as truthfully as possible

• Your parents, teachers, or friends will never know how you answered
  • It is very important that you check your email and SMS for messages from the MyLife team!

• You are very welcome to complete the questionnaires next year
  • If your contact info has changed, please send us an update at: mittliv@fhi.no

• You are free to decide whether to continue with study participation or not
  • You are free to decide whether to continue with study participation or not

FOR 10TH GRADE STUDENTS ONLY

• Those of you who are about to graduate 10th grade will be contacted directly via SMS or email with further instructions
  • It is very important that you check your email and SMS for messages from the MyLife team!

• You will be asked to complete computerized surveys on your own time, outside of school
  • If your contact info has changed, please send us an update at: mittliv@fhi.no

• You will receive a gift card worth 200 NOK as a “thank you” for your time and effort

You can contact us by:
• Phone: +47 406 45 748
• Email: mittliv@fhi.no

You can also read more about the study at:
www.fhi.no/studier/mittliv