

What happened so far in the MyLife-study

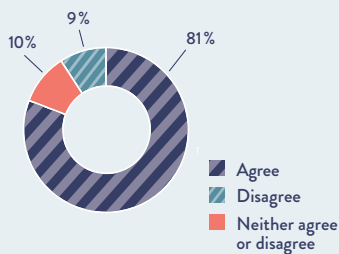


- The very first round of MyLife was completed in Autumn 2017!
- Roughly 3,000 students from more than 30 schools completed MyLife computer-based surveys
- Students from 6 schools also participated in face-to-face interviews. In total, approximately 120 students have participated in these interviews
- Many thanks to all the schools, students, and parents who contributed to this important project! You provided information invaluable for better understanding of children's health and development

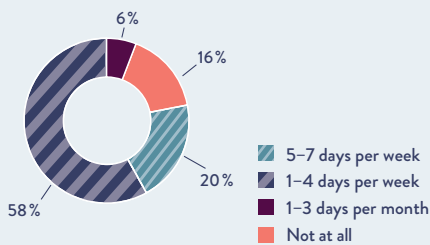
What we discovered so far

All participants

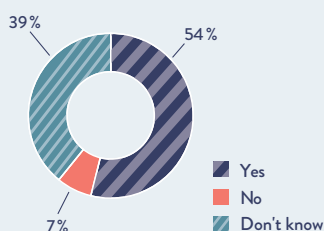
LIKE GOING TO SCHOOL



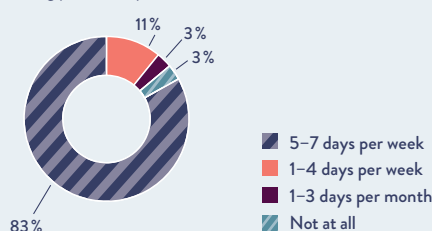
HAVE BEEN EXERCISING during past 30 days



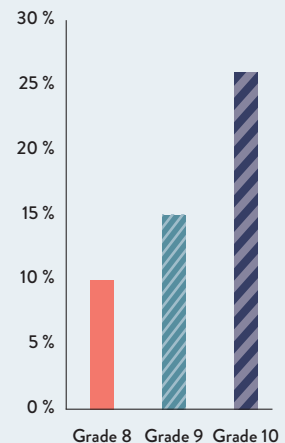
PLAN TO CONTINUE TO HIGHER EDUCATION



HAVE BEEN ON SOCIAL MEDIA during past 30 days



EVER HAD A DRINK





*Thank you
again for your
participation!
We will keep
in touch!*



REMEMBER

- There are no right and wrong answers!
- It is important to answer as truthfully as possible
- Neither your parents, teachers, or friends will know your answers!

CONTACT INFORMATION

You can learn more about the study and reach our team by

phone:
+47 406 45 748

email:
mittliv@fhi.no

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

What next?

- Those of you who participated last year will remember that this involved answering simple questions about yourself - your school, family, and friends
- For those of you who will be in 9th and 10th grade after this summer, the steps will be identical as before: You will be asked to answer computerized questions during your class time and under teacher's supervision
- For those of you who completed face-to-face interviews: You will be asked to participate in a new interview after graduating secondary school

FOR 10th GRADE STUDENTS ONLY

- Those of you who are graduating 10th grade will be contacted directly via SMS or email with further instructions
- You will be asked to complete computerized surveys on your own time
- You will receive a 200 NOK "thank you" reimbursement
- It is thus very important that you check your email and SMS for messages from MyLife team!
- If your contact info has changed, you can also send us an update at: mittliv@fhi.no