MyLife-survey 2019 begins!

• Third round of MyLife-study will start after the fall break
• 2000 students will have their questionnaires sent on mail and sms
• 1000 students will answer questions during school hours
• We highly appreciate your participation!

HOW MANY USED SUBSTANCES IN 2017 – 2018?

The large majority had never used alcohol, cigarettes, snus or cannabis. However, more than one fifth started to drink alcohol between 2017 and 2018. Far fewer initiated snus (7 %), cigarettes (5 %) or cannabis (3 %)
Last round of survey in schools!

Thank you all former and current students, teachers, principals, school nurses and our contacts at each school for your invaluable time and effort!

DATA PROTECTION

A new Personal Data Act (GDPR) was legislated in 2018. You can read more on our Privacy Policy here: https://www.fhi.no/en/about/this-is-the-norwegian-institute-of-public-health/privacy-policy/

After graduating 10th grade, we are contacting you directly on telephone or mail. We retrieve information from “Kontakt og reservasjonsregisteret” (KRR) at the Agency for Public Management and eGovernment: https://www.difi.no/fagomrader-og-tjenester/digitale-felleslosninger/kontakt-og-reservasjonsregisteret

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

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

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
• You are very welcome to complete the questionnaires even if you have not done so earlier
• You are free to decide whether to continue with study participation or not

YOUR ANSWERS MATTER!

• You are among few youths worldwide participating in a survey on attitudes towards and use of substances, your well-being and interests
• As you participate in the survey over several years, you provide particularly important information on how habits and dependencies develop
• Your answers therefore provide new knowledge on youths health, affecting decision-makers locally and nationally and international research