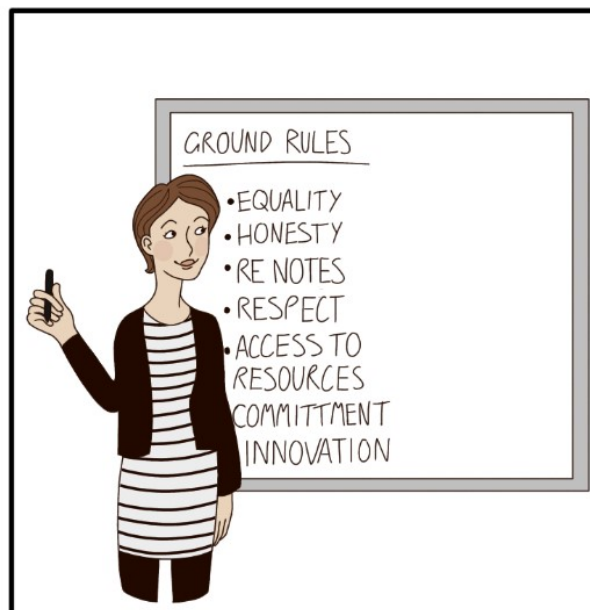


THE YOUTH IN ICELAND MODEL GROUP IS A DIVERSE GROUP OF INDIVIDUALS



THE GROUP DISCUSSES THE CONTROVERSIAL CURFEW SUGGESTION



THE GROUP LAYS DOWN SOME GROUND RULES FOR HEADING FORWARD



LUNCH BREAK!



# "LANGUAGE MATTERS"

BY MILLIE STRACHAN

LANGUAGE IS SO POWERFUL-ESPECIALLY WHEN DISCUSSING ALCOHOL AND OTHER DRUGS AND THE PEOPLE WHO USE THEM.



STIGMATISING LANGUAGE REINFORCES NEGATIVE STEREOTYPES. "PERSON-CENTRED" LANGUAGE FOCUSES ON THE PERSON, NOT THEIR SUBSTANCE USE.



FOR EXAMPLE...

TRY THIS...

PERSON WITH  
A DEPENDENCE  
ON...

INSTEAD  
OF THIS...

ADDICT  
JUNKIE  
DRUGGIE  
ALCOHOLIC

IT IS A SIMPLE AND EFFECTIVE WAY OF SHOWING YOU RESPECT A PERSON'S AGENCY, DIGNITY AND WORTH.



OUR ATTITUDES TOWARDS AOD USE AND HOW WE RESPOND RESTS ON THE CONCEPTS AND LANGUAGE WE USE.





ANOTHER EXAMPLE...

TRY THIS...

PERSON WHO  
HAS STOPPED  
USING DRUGS

INSTEAD  
OF THIS...

CLEAN  
SOBER  
DRUG-FREE

WORDS LIKE 'ADDICT', 'CLEAN'  
AND 'DIRTY' REINFORCE  
NEGATIVE STEREOTYPES AND  
ENCOURAGE JUDGEMENT,  
BLAMING AND SHAMING.



FEAR OF BEING  
LABELLED AS A 'DRUG  
USER' CAN AND DOES  
PREVENT PEOPLE  
FROM ACCESSING  
TREATMENT AND  
SUPPORT. USE OF  
SUCH LANGUAGE ALSO  
CONTRIBUTES TO  
POORER TREATMENT  
OUTCOMES.



BEING MINDFUL ABOUT THE WORDS  
WE USE IS NOT ABOUT BEING  
POLITICALLY CORRECT.  
LANGUAGE IS A TOOL TO  
EMPOWER CLIENTS AND FIGHT  
STIGMA.



WHAT IS CONSIDERED 'PERSON-CENTRED'  
DEPENDS ON  
THE INDIVIDUAL AND THE CONTEXT. WHAT IS  
IMPORTANT IS THAT WE ARE RESPECTFUL AND  
'PERSON-CENTRED' IN OUR APPROACH.



# THE JOURNEY



I REALISE NOW THAT THERE IS NO SUCH THING AS PACKING LIGHT FOR ICELAND DURING WINTER.



I MET PAT AT THE BUS STOP...



...AND AFTER A TEARFUL GOODBYE FROM MY PARENTS...



... IT WAS TIME TO HEAD FOR THE AIRPORT!



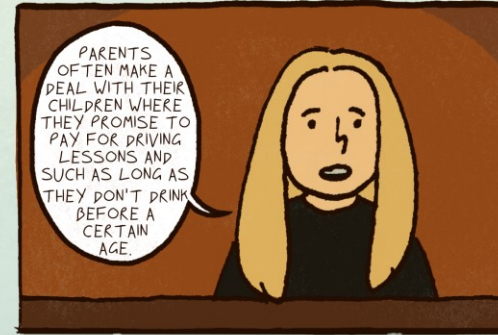
# MONDAY



ON OUR FIRST DAY WE SET OUT TO EXPLORE THE CITY AND MAYBE EVEN GET AN INTERVIEW WITH A LOCAL ASKING WHAT THEY KNEW ABOUT ICELANDIC CULTURE AROUND ALCOHOL AND SUBSTANCE USE. OUR FIRST STOP WAS THE TOURIST OFFICE.



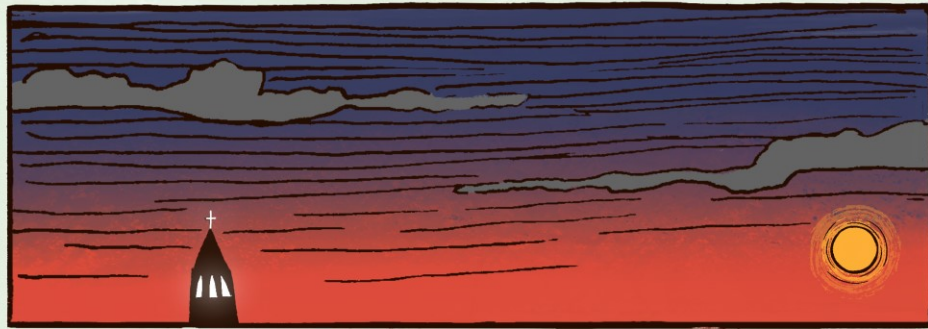
EWAN, IN HIS 40S, HAD MOVED SCOTLAND TO ICELAND AROUND 20 YEARS AGO. HE DESCRIBED THE DIFFERENCE BETWEEN SCOTTISH AND ICELAND CULTURE.



A COLLEAGUE OF EWAN'S, 23, DESCRIBED HOW HER GENERATION DIDN'T START DRINKING UNTIL THEIR VERY LATE TEENS.



WE ALSO VISITED THE TOWN HALL AND A LOCAL SCHOOL BUT WERE NOT ABLE TO SPEAK TO MANY PEOPLE. THE PEOPLE WE DID SPEAK TO HOWEVER WERE UNAWARE OF PLANET YOUTH, DESPITE NOTICING A CULTURAL SHIFT.



LATER THAT EVENING WE DECIDED TO HEAD INTO TOWN TO A LOCAL BAR TO TRY AND INTERVIEW SOME LOCALS WHERE WE MET MAGNUS AND MIKAEL, BOTH 18, WHO, RATHER THAN DRINKING ALCOHOL, WERE DRINKING SOFT DRINKS AND PLAYING CARDS.



WE BOTH HAD DEALS WITH OUR PARENTS NOT TO DRINK BEFORE 20 BUT THIS DIDN'T LAST. WE DON'T DRINK ON SCHOOL NIGHTS BUT WE DO OFTEN GET DRUNK AT THE WEEKEND.



HE ALSO SAID IF I USED DRUGS IT WOULD RUIN OUR FATHER/SON RELATIONSHIP AND THIS IS NOT SOMETHING I WANTED.

THEY BOTH DESCRIBED A CULTURE WHERE IT WAS UNCOMMON TO DRINK BEFORE 17, BUT INTERESTINGLY SAID IT WAS VERY COMMON TO GET REGULARLY DRUNK AT THE WEEKEND AFTER 17.

MIKAEL TALKED ABOUT HOW HIS FATHER WORKS IN MENTAL HEALTH CARE AND HAD WARNED HIM AGAINST THE DANGERS OF SUBSTANCE USE SO HE WAS VERY ANTI-SUBSTANCE USE BECAUSE OF THIS.

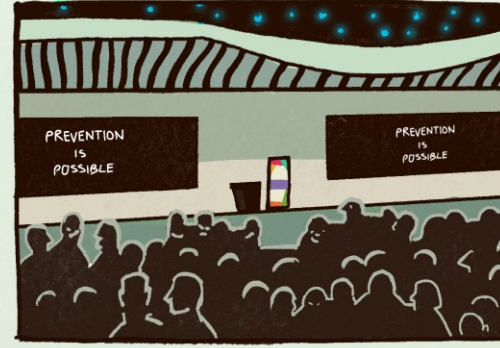


ALTHOUGH THE BOYS WERE NOT AWARE OF PLANET YOUTH THEY DID SAY THEY FILLED OUT SURVEYS AT SCHOOL EVERY YEAR ABOUT ALCOHOL AND SUBSTANCE USE, AND IN ANOTHER INTERESTING INSIGHT, SAID THAT QUITE A FEW STUDENTS LIED ON THESE SURVEYS SUGGESTING THAT THERE ARE STILL IMPROVEMENTS THAT NEED TO BE MADE TO THE PLANET YOUTH MODEL.



WEDNESDAY

PLANET YOUTH CONFERENCE, DAY 1



FINALLY IT WAS THE DAY OF THE CONFERENCE. WE HEADED OVER TO THE GRAND REYKJAVIK HOTEL WHERE THE CONFERENCE WAS BEING HOSTED AND MET PLANET YOUTH'S PARTNERS FROM ALL OVER THE WORLD.



FIRST WE WERE WELCOMED TO THE CONFERENCE BY THE DIRECTOR OF ICSRA, JON SIGFUSSON...



... AND THEN THE MAYOR OF ICELAND, DAGUR B. EGGERTSSON, OPENED THE CONFERENCE WITH A FEW WORDS.



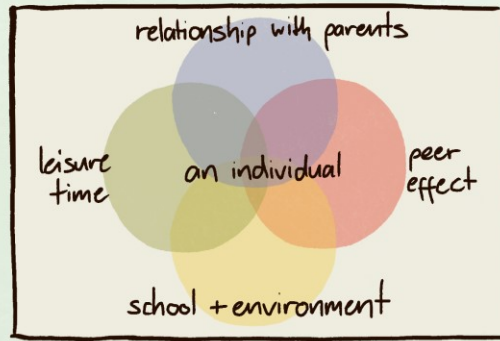
INGA DORA SIGFUSSDOTTIR, ICSRA'S RESEARCH DIRECTOR GAVE US A DETAILED INTRODUCTION TO PLANET YOUTH AND THEIR ICELANDIC MODEL.



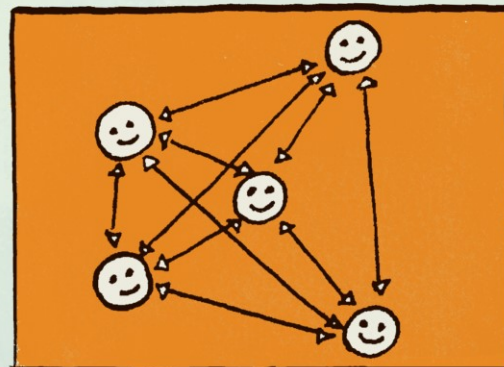
NEXT ICSRA'S LEAD SCIENTIST, ALFGEIR KRISTJANSSON TALKED ABOUT PRIMARY PREVENTION AS A BUILDING BLOCK...



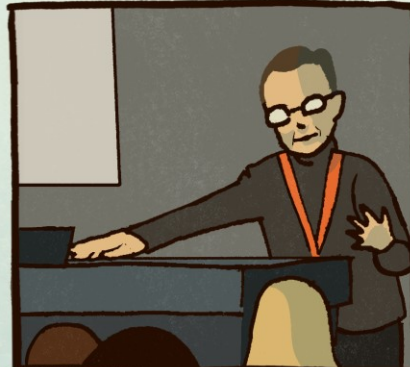
... AND THEN IT WAS TIME FOR LUNCH! WE WERE JOINED BY JEROEN DE GREEF FROM THE NETHERLANDS BRANCH OF PLANET YOUTH.



AFTER LUNCH THE PROJECT MANAGER OF PLANET YOUTH REYKJAVIK, SIGRIDUR ARNDIS JOHANNSDOTTIR TALKED TO US ABOUT THE REYKJAVIK EXPERIENCE.



ICSRA'S MUNICIPALITY PREVENTION SPECIALIST, GISLI ARNI EGGERTSSON'S TALK TIED IN WITH THE PREVIOUS TALK'S EMPHASIS ON THE ROLE OF THE COMMUNITY.



AFTER A BREAK, HÅKAN LEIFMAN, REGIONAL DIRECTOR OF NORDIC COUNTRIES, TALKED ABOUT ASSESSING COMMUNITY INFRASTRUCTURE.



NEXT, SENIOR ADVISOR FOR ICSRA AND PROFESSOR OF PSYCHOLOGY, HARVEY MILKMAN DISCUSSED PLANET YOUTH AND DEVELOPMENT OF THE BRAIN FROM A SCIENTIFIC POINT OF VIEW.

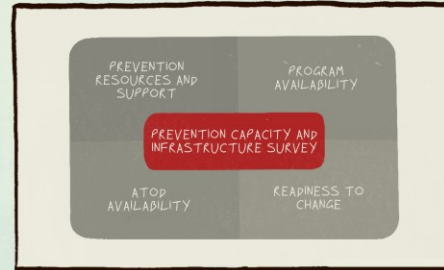


FINALLY, MICHEAL J. MANN, ICSRA COMMUNITY INTERVENTION SPECIALIST, TALKED ABOUT THE STEP BY STEP IMPLEMENTATION AND HOW THE PLANET YOUTH METHODOLOGY IS DIFFERENT.

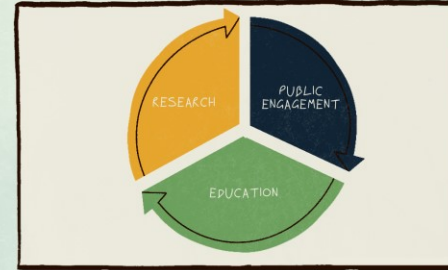




AFTER LUNCH WE LEARNED ABOUT THE MODEL IN CHILE (HUMBERTO SORIANO), GUINEA-BISSAU (GEIR GUNNLAUGSSON) AND SPAIN (PATRICIA ROS GARCIA)...



... PLANET YOUTH DOWN UNDER: THE AUSTRALIAN EXPERIENCE - CRAIG MARTIN...



... AND THE ROLE OF UNIVERSITIES FROM CARLOS IBANEZ, ONE OF THE FIRST COORDINATORS FOR PLANET YOUTH IN CHILE.



AFTER HER TALK ON PLANET YOUTH IN LITHUANA WE MANAGED TO GET AN INTERVIEW WITH DRYDIS BJORK ASGEIRSDOTTIR - SENIOR SCIENTIST FOR ICSRA AND CHAIR OF PSYCHOLOGY AT REYKJAVIK UNIVERSITY.



AFTER LUNCH, HREFNA SIGURJONSDOTTIR, DIRECTOR OF HOME AND SCHOOL TALKED ABOUT THE NATIONAL PARENTS ASSOCIATION.



MARIANO MONTENEGRO, DIRECTOR OF THE COLUMBO PLAN EXPLAINED HOW THE COLUMBO PLAN CONTRIBUTES TO PLANET YOUTH MODEL.



FINALLY, PALL RIKHARDSSON DICUSSED GETTING STARTED AS A PLANET YOUTH COMMUNITY AND JON SIGFUSSON WRAPPED UP THE CONFERENCE.



FOR OUR FINAL NIGHT IN ICELAND WE WENT TO THE "ÍSLENSKI BARINN" AND ENJOYED OURSELVES KNOWING WE HAD LOTS OF INFORMATION TO BRING BACK TO DUNDEE!



# EXTRAS!

BONUS THINGS WE GOT TO DO ON THE TRIP



ON TUESDAY WE DID THE "GOLDEN CIRCLE TOUR" WHICH TOOK US OUTSIDE OF REYKJAVIK. WE GOT TO BATHE IN ICELAND'S OLDEST HOT POOL "THE SECRET LAGOON"...



... THEN WE VISITED FRIDHEIMER TOMATO GREENHOUSE FOR A UNIQUE TOMATO THEMED LUNCH WHERE WE ALSO SAW ICELANDIC HORSES. AFTERWARDS WE SET OFF TO DO MORE SIGHTSEEING.



NEXT WE VISITED GULLFOSS WATERFALL, THE GEOTHERMAL AREA OF GEYSIR WITH ITS ERUPTING GEYSERS AND THEN WE FINISHED THE DAY AT THINGVELLIR NATIONAL PARK, WHERE THE TECTONIC PLATES MEET.



THE MEETINGS FOR THE YOUTH IN ICELAND PROJECT HAVE OFFICIALLY BEGUN! AFTER INTRODUCTIONS AND ICEBREAKERS IT'S VERY CLEAR THE GROUP IS VERY DIVERSE IN EXPERIENCE AND EXPERTISE.



FIRST WE DISCUSSED SURVEYS AND LISTENING TO YOUNG PEOPLE.



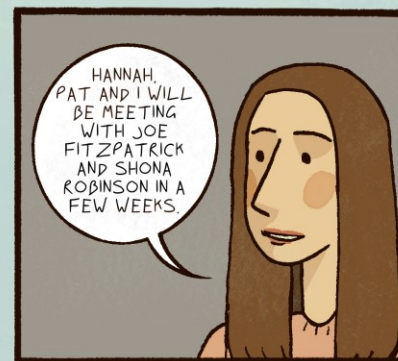
NEXT WE DISCUSSED THE CONTROVERSIAL CURFEW IN THE ICELANDIC MODEL.



LUNCH TIME!



AFTERWARDS, THE GROUP CAME UP WITH PROJECT GROUND RULES.



FINALLY, WE TALKED ABOUT PLANS FOR FUTURE MEETINGS AND INVITING OTHERS WHO ARE INTERESTED.





FEBRUARY'S MEETING WAS BIGGER THAN USUAL, WITH PEOPLE FROM ORGANISATIONS ALL OVER DUNDEE ATTENDING AND EVEN MEMBERS OF PLANET YOUTH. HANNAH AND TESSA DID THE INTRODUCTIONS.



HOW DO YOU ENGAGE WITH PARENTS?

WE WORK DIRECTLY WITH SCHOOLS AND THE PARENTS' GROUPS

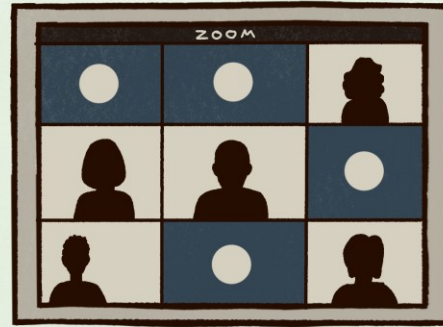
MARGRÉT LILJA GUDMUNDSDOTTIR, DATA SPECIALIST AT ICSRA AND LECTURER AT REYKJAVIK UNIVERSITY, GAVE US A GENERAL INTRODUCTION TO PLANET YOUTH AND ANSWERED SOME QUESTIONS.



HOW DO YOU BREAK DOWN BARRIERS FOR CERTAIN YOUNG PEOPLE?

WHEREVER POSSIBLE WE LOOK AT ACTIVITIES FOR EVERYBODY. "IT TAKES A VILLAGE TO RAISE A CHILD"

NEXT, EMMET MAJOR, FROM PLANET YOUTH IRELAND, TOLD US ABOUT HOW THE MODEL IS ADAPTED FOR IRELAND AND WE FINISHED WITH A GROUP DISCUSSION.



DUE TO THE CORONAVIRUS PANDEMIC THE MEETINGS HAVE BEEN MOVED ONLINE.

TODAY WE ARE JOINED BY CATHY MACDONALD, FORMER CRISIS NEGOTIATOR, TO GIVE US A SESSION IN COMMUNICATIONS.

**INFORMATION**

DATES, TIMES,  
THE  
STRUCTURE OF  
DESIRED  
CHANGE, NEW  
RULES OF THE  
OFFICE

**EMOTION**

AN ESSENTIAL  
PART OF  
COMMUNICATION,  
IF SOMEONE  
REACTS IN A  
NEGATIVE WAY  
IT IS  
IMPORTANT TO  
INTERVENE

**VALUES, BELIEFS,  
NEEDS, WANTS**

LETTING  
SOMEONE VENT  
IS A GOOD WAY  
OF LEARNING  
WHAT MAKES  
SOMEONE TICK  
AND MAKES IT  
EASIER TO  
COMMUNICATE  
WITH THEM

THE FOUNDATIONS OF COMMUNICATION - PEOPLE NEED TO FEEL UNDERSTOOD AND RESPECTED, SO WE SHOULD LISTEN FOR/CONVEY THESE THREE THINGS WHEN COMMUNICATING WITH PEOPLE.



NEXT WE LEARNED SOME HELPFUL TACTICS SUCH AS SUMMARISING AND PARAPHRASING.



USING "YOU, WE, I" WHEN COMMUNICATING. EXAMPLE: YOUR WORKMATE CREATES FRICTION.



SIGNPOSTING TO GIVE INDICATION OF WHERE THE CONVERSATION IS GOING.



# MEETING 7

AUGUST 2020



AFTER INTRODUCTIONS TESSA UPDATES US ON WHAT'S HAPPENED SINCE THE LAST MEETING.



SARAH ANDERSON, WHO HAS JUST JOINED THE GROUP, IS WORKING WITH SCHOOLS IN DUNDEE USING ELEMENTS OF THE ICELANDIC MODEL.



PAT WANTS TO GET THE PROJECT ON THE MOVE NOW.



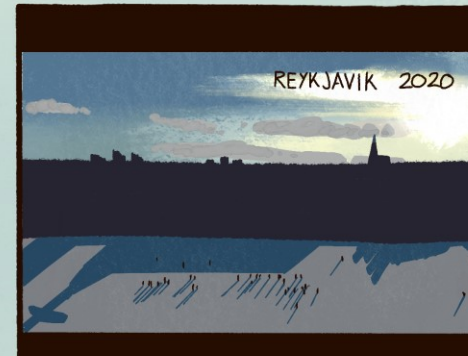
SIMON IS NOT SO SURE BUT LAURA AGREES WITH HIM.



AUDREY MAY, HEAD OF EDUCATION, AGREES WITH PAT.



OVER THE NEXT FEW MONTHS WE WILL BE DISCUSSING HOW TO MOVE FORWARD IN TERMS OF FUNDING ETC.



WE FINISHED OFF BY WATCHING THE SHORT FILM THAT LONNIE, THE VIDEOGRAPHER, PUT TOGETHER OF THE TRIP TO ICELAND IN MARCH.



SINCE THE LAST MEETING AUDREY HAS DECIDED A LOCAL HIGH SCHOOL CLUSTER WILL BE INVOLVED.



GRANT SAYS WINNING SCOTLAND WILL BE TAKING FORWARD IMPLEMENTATION OF PLANET YOUTH WORK



AND RICK ADDED THEY HAD RECEIVED AN EMAIL FROM WEST DUNBARTONSHIRE ADP.



LEANNE BLACKWELL FROM POLICE SCOTLAND PROVIDED AN UPDATE ON THE SIDESTEP PROJECT.



ON THE TOPIC OF FILMING SIMON NOTED THERE WAS A NEED TO IDENTIFY THE TARGET AUDIENCE.



REVATI CAMPBELL FROM THE SYP GIVES AN OVERVIEW OF THEIR REPORT ON THE ICELANDIC MODEL.



TESSA FINISHED THE MEETING OFF BY THANKING REVATI AND MORAG FOR ATTENDING AND ALSO INVITED THEM TO FUTURE MEETINGS.