



SUBSTANCE  
USE  
IN FINLAND

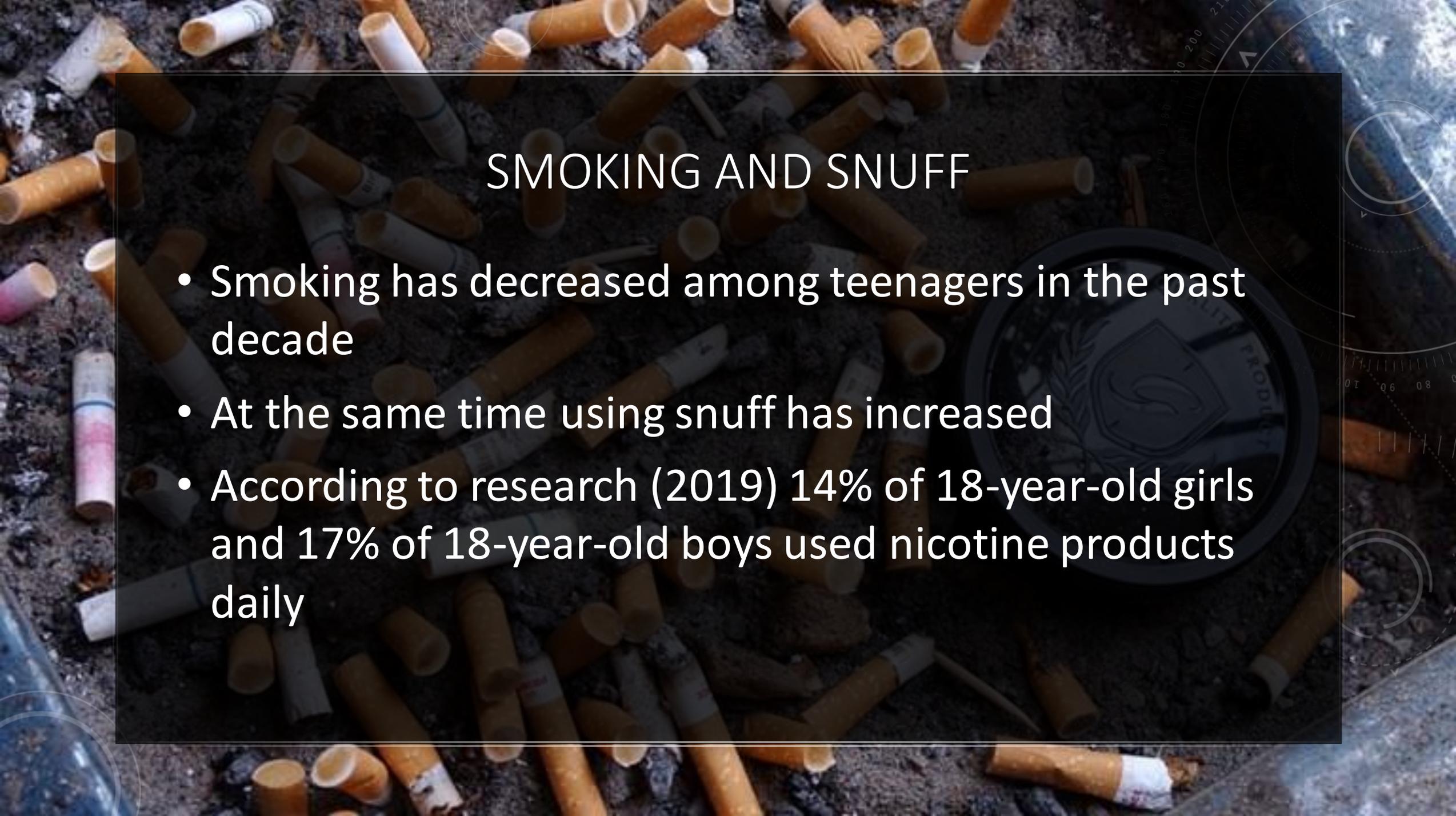
# WHAT DOES THE LAW SAY?

- Alcohol: 18 years, heavy alcohols 21 years
- Buying cigarettes: 18 years
- Selling snuff is illegal, using is not
- Illicit drug use, cannabis and other narcotics are illegal
- There has been a lot of discussion about cannabis and it's possible legalisation



# ALCOHOL

- Adolescents' alcohol use has been reduced in the 21st century.
- Reasons may be for example changes in adults' attitudes and modern communication technology
- Girls' and boys' drinking habits are very similar
- Finnish adolescents drinking is on average level in Europe
- <https://www.uptodate.com/contents/calculator-alcohol-consumption-screening-audit-questionnaire-in-adults-patient-education> Audit test

The background of the slide is a close-up photograph of numerous discarded cigarette butts and a lighter. The butts are scattered across a dark, textured surface, likely ash or a tray. Some butts are lit, with glowing orange tips, while others are completely smoked. A portion of a lighter is visible in the upper right corner. The overall scene is dimly lit, emphasizing the texture of the ash and the colors of the cigarette filters.

## SMOKING AND SNUFF

- Smoking has decreased among teenagers in the past decade
- At the same time using snuff has increased
- According to research (2019) 14% of 18-year-old girls and 17% of 18-year-old boys used nicotine products daily

# CANNABIS AND OTHER DRUGS

- Cannabis tryouts have increased (quadrupled): almost 9 % of the 8-9th graders have tried cannabis
- There is a large group of people in Finland that speak for Cannabis legalisation and it has affected adolescents
- Trying out drugs has increased among adolescents
- Using medicines for intoxicating purposes (=illicit drug use)
- 5 % of population have tried heavy drugs

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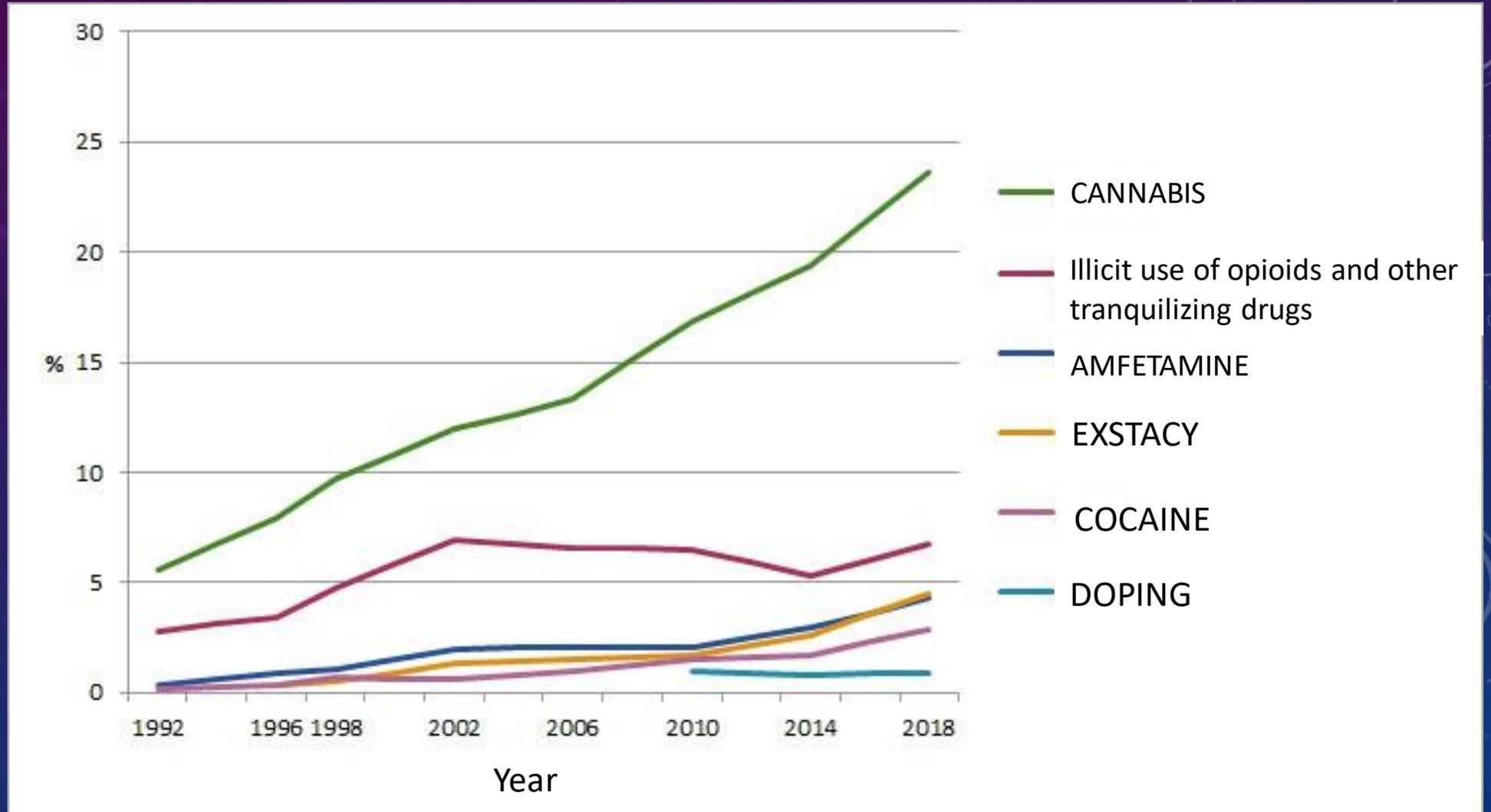
## STATISTICS

Of 14-15 year-old Finns:

- 9.6% Excessive use of alcohol at least once a month
- 5,6% smokes daily
- 10% of boys and 6% of girls have tried cannabis
- 5 % of young people in Finland suffer from substance use disorder

# STATISTICS

- Cannabis and other drugs; amount of 15 to 69-year-olds that have tried at least once in their lifetime during the years 1992-2018, %*



# THINGS THAT I HAVE WITNESSED THROUGH MY OWN EYES

- Social media (snapchat) allows underaged to get narcotics and alcohol more easily
- Young people don't think cannabis as a narcotic
- In my work I have to monitor the drug abuse and alcohol abuse of teenagers
- Teenagers say that it is not hard to get "stuff" - on the contrary they say it is easy
- An adult agrees to buy alcohol to a minor

# CAMPAIGNS IN FINLAND

- Be the coach, not team mate- Do not deliver alcohol to minors!
- Smoke-free-Finland
- Be drug free! <https://irtihuumeista.fi/>
- Sober towards summer!
- <https://www.youtube.com/watch?v=4Ck0xnESljU>



# HOW TO GET HELP

- Go to a health care center
- A-clinic organisation
- Different organisations on the internet



# Qualities of a Good Nurse

- » Flexible
- » Trustworthy
- » Kind-Hearted
- » Responsible
- » Meticulos



## THINGS REQUIRED FROM A NURSE

- Ability to notice, that there is a problem
- Direct to right kind of care
- Patience
- Respect

# REFERENCES

- <https://paihdelinkki.fi/fi/tietopankki/vanhemmille/kun-kotona-puhutaan-paihteista/asiaa-nuorten-paihteidenkaytosta>
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- Statistical yearbook of alcohol and drug statistics 2018. National Institute for Health and Welfare  
[http://www.julkari.fi/bitstream/handle/10024/137332/SVT\\_Paihdetilastollisen%20vuosikirja%202018%20%2822.1.2019%29%20web.pdf?sequence=1&isAllowed=y](http://www.julkari.fi/bitstream/handle/10024/137332/SVT_Paihdetilastollisen%20vuosikirja%202018%20%2822.1.2019%29%20web.pdf?sequence=1&isAllowed=y)