

Hafnarfjörður

13.03.24

Preventions

Stella Björg Kristinsdóttir

professional director of leisure activities and prevention



Hafnarfjörður

1997

- **42% of kids in 10th grade had been drunk in the past 30 days.**
- **23% smoke daily**
- **17% lifetime cannabis use**

- **Preventions then**

Direct education to children on the dangers of substances



The Icelandic model

The focus is on parents and society around the children

Forvarnanálgun á Íslandi undanfarin 20 ár



Risk and Protective factors

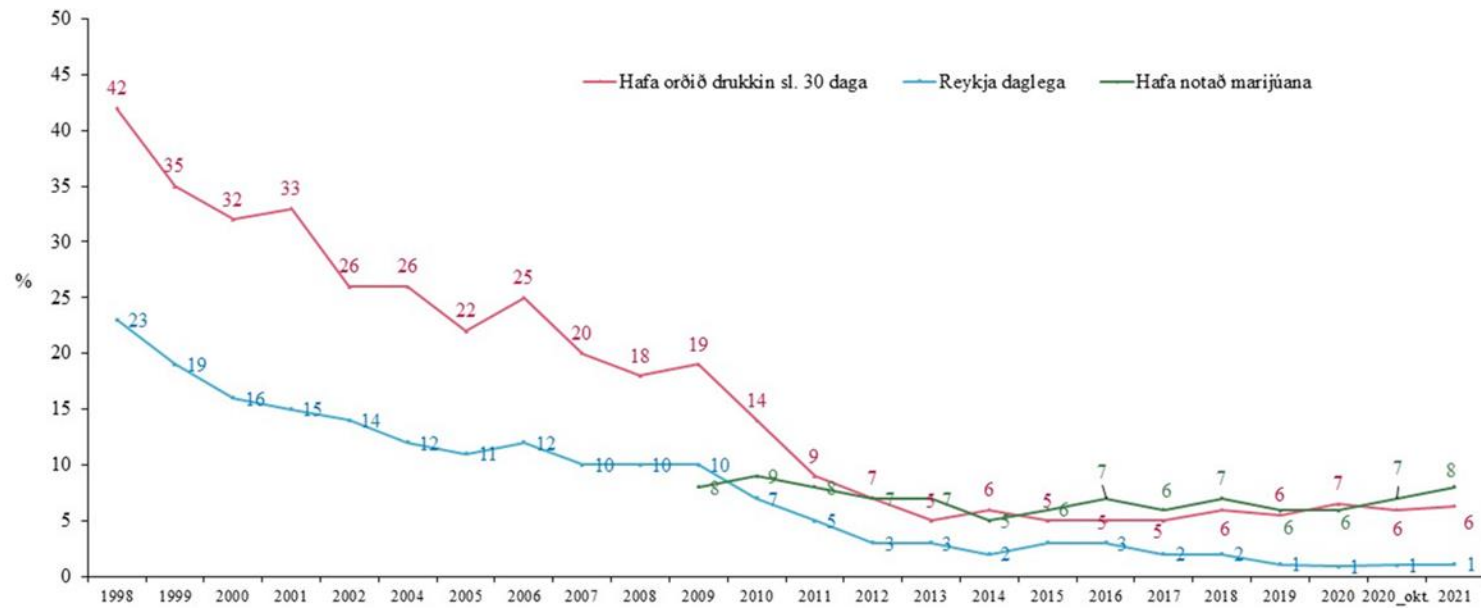
Major domains of intervention

- Family
- **Leisure time**
- Peer group
- School



Did it work

Þróun á notkun vímuefna meðal 10. bekkinga á Íslandi árin 1998 - 2021





Hafnarfjörður

Preventions and leisure time



Hafnarfjörður

A municipality can provide strong support for children's environment

- A good variety of leisure activities and sports.
- Quality youth work and strong community centers.
- Easy access to sports and activities.
- Ensuring equal opportunities and participation for all
- Support parents and educate



Leisures centers in Hafnarfjörður

9 School's run by the municipality and two private schools.

Leisure centers in alla of our schools

1. Áslandsskóla – Trölllaheimar/Ásinn
2. Hraunvallaskóla – Hraunsel / Mosinn
3. Hvaleyrarskóla – Holtasel / Verið
4. Engidalsskóli – Álfakot / Dalurinn
5. Setbergsskóla – Krakkaberg/Setrið
6. Lækjarskóla – Lækjasel/Vitinn
7. Skarðshlíðarskóla Skarðssel / Skarðið
8. Öldutúnsskóla Selið / Aldan
9. Víðistaðaskóla Hraunkot /Hraunið

Barnaskóli Hjallastefnunar

Nú framsýn menntun



Leisure and youth department

- In all schools there is a leisure centre!
 - After school program for age 6-10 years
 - Organized leisure activities for age 11-13 years
 - Youth center for age 13-16 years

The director of the youth center is in the school's management team we look at the child's day as a whole



The street lighthouse

Group from the social center walks/drives around the neighbourhoods on Friday nights

The street lighthouse is in contact with the parent walk and can help them

The aim is to minimize the trouble among the teenagers after hourse and they work with the **parentan walk!**

Now we have the street lighthouse working with other municpatilies in the capital aria



Á skólatíma 1. september til 1. maí

12 ára börn og yngri

mega lengst vera úti til kl. 20

*13 – 16 ára börn mega
lengst vera úti til kl. 22*

1. maí til 1. september

12 ára börn og yngri

mega lengst vera úti til kl. 22

13 – 16 ára börn mega



Sports and leisure activities

It is important to have a good selection of sports and leisure activities

Sports clubs in Hafnarfjordur are 25

- The sports clubs have an agreement with the municipality of Hafnarfjörður and receive grants to support youth and adolescent activities.
- We work together to maintain professional sports and leisure activities.
- We collaborate with the leisure bus and educational programs to make all sports accessible.



Leisure Bus

Collaborative project between sports clubs and leisure centers.

- All children in the 1st to 4th grade are offered after-school shuttle services to sport and leisure practices starting at 15:00 and 16:00.
- Departs from all leisure centers
- Employees from the after school program goes with the bus for safety
- We provide better service to families and the best part - Shorten children's working day
- And we make better use of sports facilities
- It is free



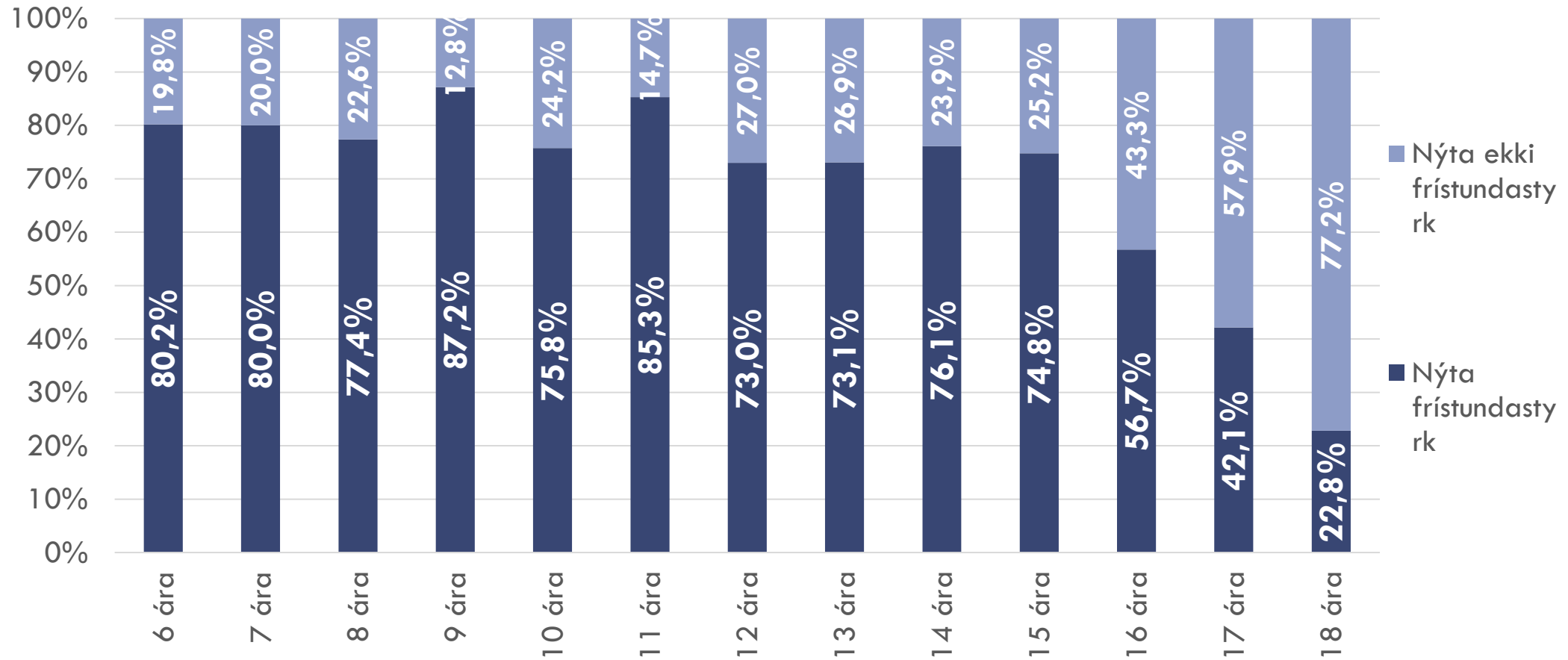
Frístundastyrkur – Leisure activity grants

- 4.750 kr. pr. month – most 57.000
- You can apply for a leisure grant from the age of 6 until 18 years old



Notkunarhlutfall eftir aldri 2023

In Hafnarfjörður, there is a strong participation in sports and leisure activities



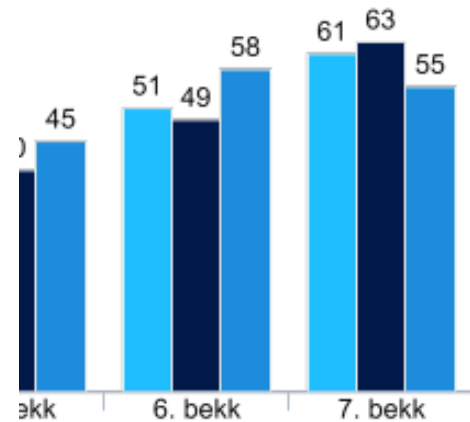
5.-7.bekkur 75-85% practice sports

3 - Hafnarfjörður - Strákar
 1 - Hafnarfjörður - Strákar
 3 - Hafnarfjörður - Strákar

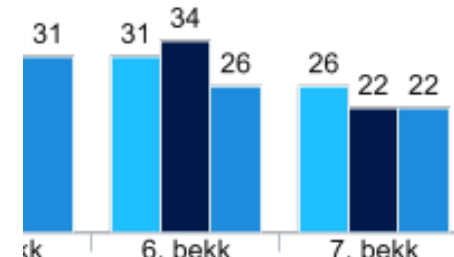
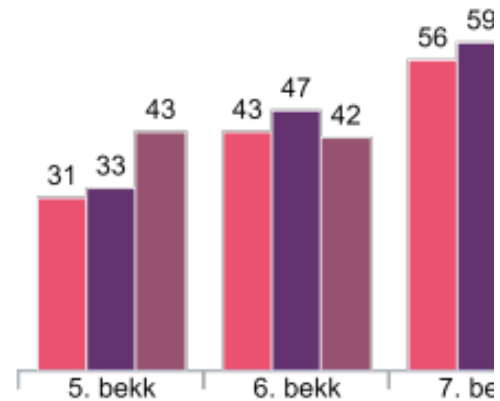
2019 - Hafnarfjörður - Stelpur
 2021 - Hafnarfjörður - Stelpur
 2023 - Hafnarfjörður - Stelpur

- Hafnarfjörður - Strákar
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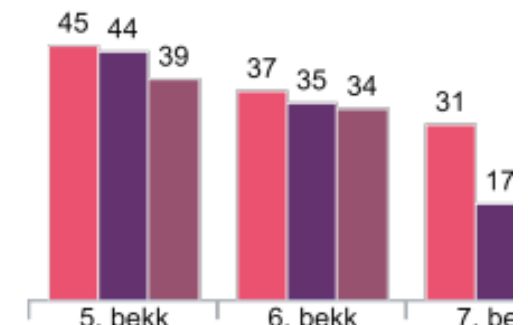
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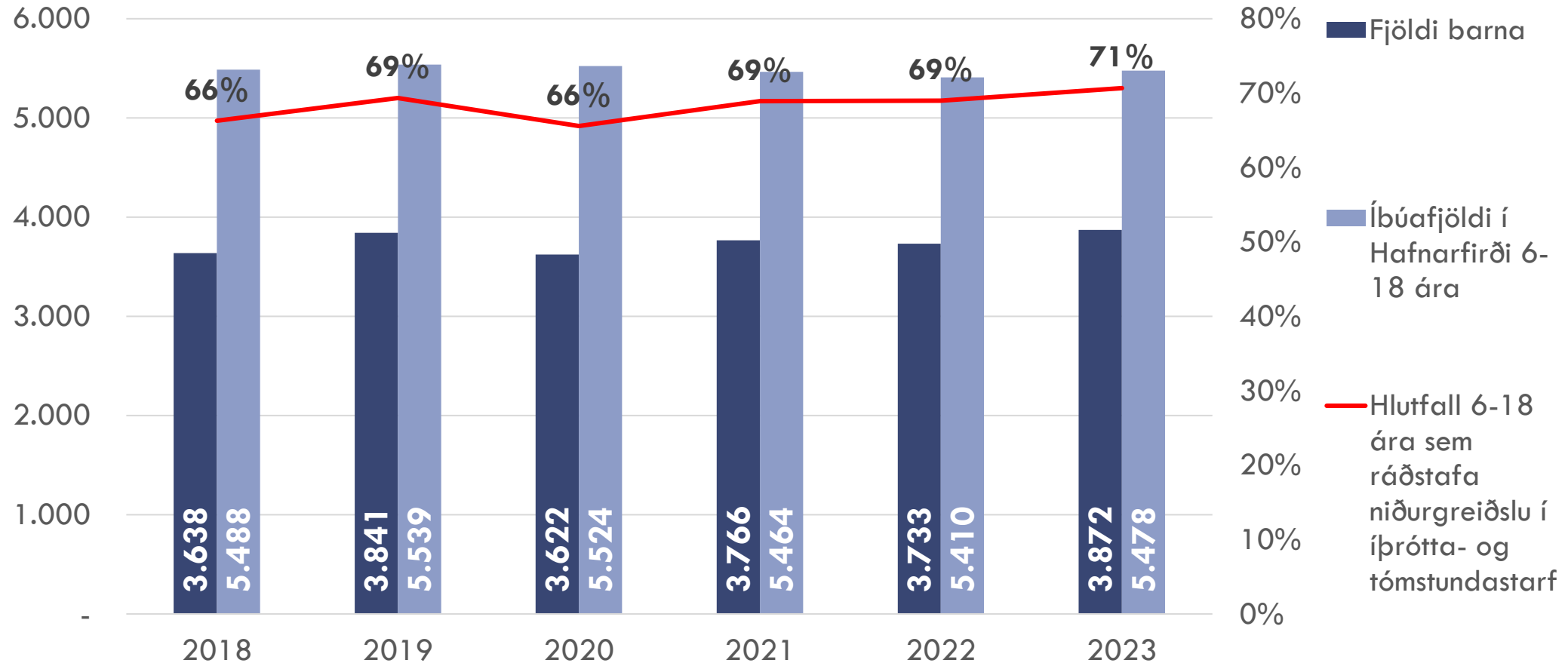
Íll stráka og stelpna í 5., 6. og 7. bekk sem æfa íþróttir (æfa eða keppa) þrjú sinnum í viku eða oftar, árin 2019, 2021 og 2023.



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Fjöldi barna sem nota styrkinn



What we are currently focusing on

Increased access for children with special needs or disabilities

Improved access and inclusion for children with diverse cultural background

Personal service to help

How do I know what is available

Parental Involvement: Encourage parents from diverse backgrounds to be involved

Íþróttir og tómstundir

Þjónusta > Íþróttir og útivera

Í Hafnarfirði er fjölbreytt íþrótt- og tómstundastarf í boði. Hægt er að sía framboðið eftir aldri.

[Skráningarform fyrir upplýsingar á vef](#)

Sjá allt 02 03 04 05 06 07 08 09 10 11 12 13 14 15

16 ára og eldri Sumarnámskeið Vetur

Badminton

Badmintonfélag Hafnarfjarðar býður uppá badmintonæfingar fyrir alla aldurshópa yfir vetrartímann í Íþróttahúsinu við Strandgötu í Hafnarfirði.

06 07 08
09 10 11
12 13 14
15 16 ára og eldri

Nánar

Ballet - Listdanskóli Hafnarfjarðar

Ballettækni hjá Listdanskóla Hafnarfjarðar hefur verið frá upphafi skólans og hafa margir nemendur frá okkur haldið áfram í framhaldsnám í dansi bæði hérlendis og erlendis. Við leggjum mikla áherslu á góða tæknigetu og líkamsburð, gott tóneyra og tjáningu.

06 07 08

Blak

Blak er frábær íþrótt fyrir unga sem aldna. Æfingar eru fyrir byrjendur og lengra komna. Hvetjum alla til að prófa skemmtilega hreyfingu í frábærum félagsskap.

10 11 12
13 14 15

Nánar

Family - it does not work if we dont have the parents with us

- Educate parents, children through school, sports clubs, social clubs
- It is important to educate parents on what is preventive
 - Participation in sports and leisure activities
 - Parents should know where their teenagers are and with whom
 - Apply the outside hour rules for youth
 - To spend time with your teenagers
 - To participate in parents activities in school and to partake in the parental walk
- When parents, the school and others who work with children unite in working on projects that lead to healty lives of children and youth. **We are most likely to succeed.**



Challenges

- Maintain the success
- Mental health
- New generation of parents
- Technology

