

Melanie Cormier

Planet Youth





Ottawa Planet Youth Conference

The Planet Youth Guidance Program

Melanie Cormier
Planet Youth Project Manager

Planet Youth Guidance Program

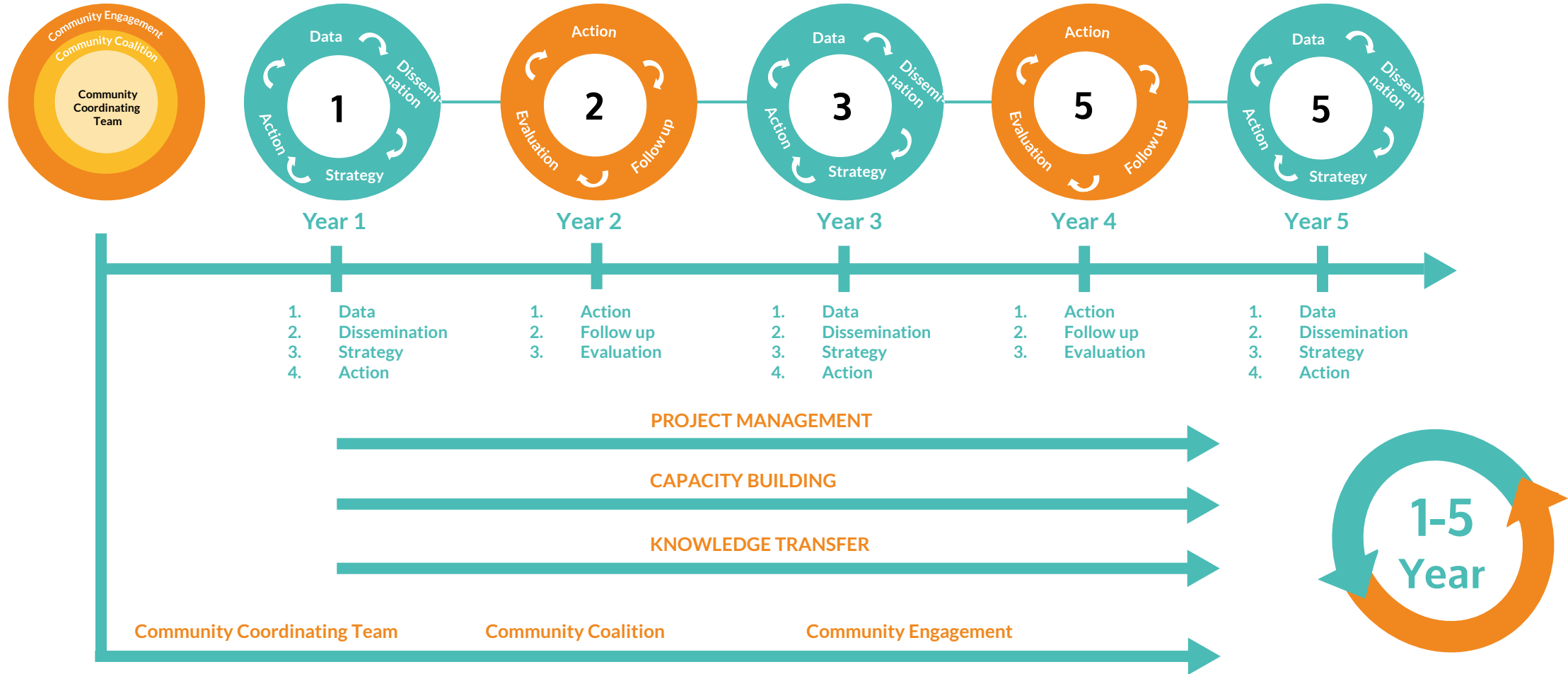


Community
Approach

Evidence
based
practice

Research -
Policy -
Practice

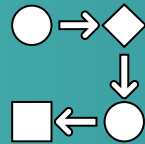
Planet Youth 5-year process



Planet Youth is with you at every step...



Dedicated
Project
Manager



Step-by-
step
guidance
from PY
team




Internatio
nal
expertise
and a
global
network
of
preventio



Creative
space to
develop
your own
ideas and
best
practices



Planet Youth Specialists:

- **Advise** on community implementation including coalition building, capacity building, and intervention and strategy development
 - **Knowledge development and training** including coalition building, data collection, using the results, creating action plans, and specialty topics such as parent engagement
 - **Data analysis and reporting**
 - **Project management**
 - **Develop** community implementation tools, resources, and support
 - **Evaluation** of the process
- 

The Planet Youth Academy

Planet Youth Academy

Home Community Toolbox Account Sign out

Welcome to the Planet Youth Academy **Melanie Cormier!**

4 Courses 28 hours 0 Posts 0 certificates 0 messages

Courses

Stream one: The Local Coalition

The Local Coalition course provides an overview and practical information on steps 1 and 2 of the Planet Youth Guidance Program.

Robin Korick

72% Complete

Continue

The Process Follow-Up

The Process Follow-Up course provides an overview and practical information on steps 3 and 4 of the Planet Youth Guidance Program.

Robin Korick

100% Complete

Continue

Stream one: Introduction to Planet Youth

Introductory course on Planet Youth. The origins of Planet Youth, the basic tenets of its methodology, what implementation is based on, and how to engage with the Planet Youth organization during the implementation.

Margret Lijó Gudmundsdóttir

100% Complete

Continue

Planet Youth Academy

Home Community Toolbox Account Sign out

The Planet Youth Practice Toolbox: The Leisure Time Domain

Much of a young person's time is spent outside the home or school, often referred to as leisure time. This time may be spent at sports centers, youth centers, after-school activities, and more. **Structured and organized leisure activities, such as sports, music, arts, and youth clubs, play a critical role within the IPM in reducing substance use among youth.** Additionally, avoiding late-night unsupervised outings helps lower the risk of engaging in risky behaviors. Providing guided, supervised activities creates a safe environment that fosters positive relationships and strengthens connections between families, schools, and young people.

Organized Leisure Time Activities | The Leisure Card | Adults' Role in Organized Activities | Education of Coaches | Ten Commandments of Sports | Actions

The Role of Organized Leisure Time Activities

Here are the three most important roles of organized leisure time activities in the IPM:

Important Socialization

Organized leisure provides a structured venue oriented for adolescents' interests and peers, fostering friendships and social skills. This socialization is critical in building a support network that can help reduce the risk of substance and promote healthy relationships.

Positive Engagement

By participating in structured activities, youth are occupied with constructive pursuits that reduce the likelihood of engaging in risky behaviors, such as substance use. Organized activities help adolescents engaged in positive experiences that contribute to their overall well-being.

Skill Development

Organized leisure activities allow adolescents to develop essential life skills, such as teamwork, leadership, and problem-solving. These skills are critical for their personal growth and future success, helping them navigate challenges in life and enhance their self-esteem.

The Leisure Card Program

The Leisure Card was launched in Reykjavík, the capital of Iceland in the year 2007.

The Leisure Card is designed for children and adolescents aged 8 to 18, existing in Reykjavík, providing annual funding of \$50 per child to support participation in leisure activities. The funding can be used to offset costs associated with participation fees and training expenses.

- **Goal:** Ensure that children and adolescents have the opportunity to engage in leisure activities, regardless of their financial or social circumstances. The program seeks to enhance equity and diversity in sports, arts, and recreational activities.
- **Eligibility:** All children 8-18 years old, registered in the activities, go into the Leisure Card database, regardless of whether the contribution is used or not, providing detailed information on participants within this age group.
- **Allocation of Funds:** Funds can be allocated through affiliated organizations of the Leisure Card. Supervisors can manage the allocation via the registration systems of the organizations where the children are enrolled.
- **The database:** All registration and management of the Leisure Card is done over the internet in Digital Reykjavík. The Leisure Card is not an electronic card but a network access to allocate payment for participation in organized activities.



Interactive learning platform

Engage with dynamic content and activities for an immersive learning experience.



Learn at your own pace

Progress through courses according to your schedule—take the time you need to master each module.



Connect with colleagues and Planet Youth

Collaborate, share insights, and grow together with a community of learners and experts. Continuously building opportunities for sharing and learning between community partners.

Training and workshops

Intro to Planet Youth

Coalition Building

Defining Success

Pre-Data Training

Interpretation of Data

Dissemination Planning

Action Planning

The Process Follow Up



Community Implementation Guidebook



1

Comprehensive Guide

A step-by-step guide to walkthrough the 10 steps of implementation that is clear and easy to understand. Walks through

2

Practical Tools

Includes examples, templates, and helpful resources to support you through the process.

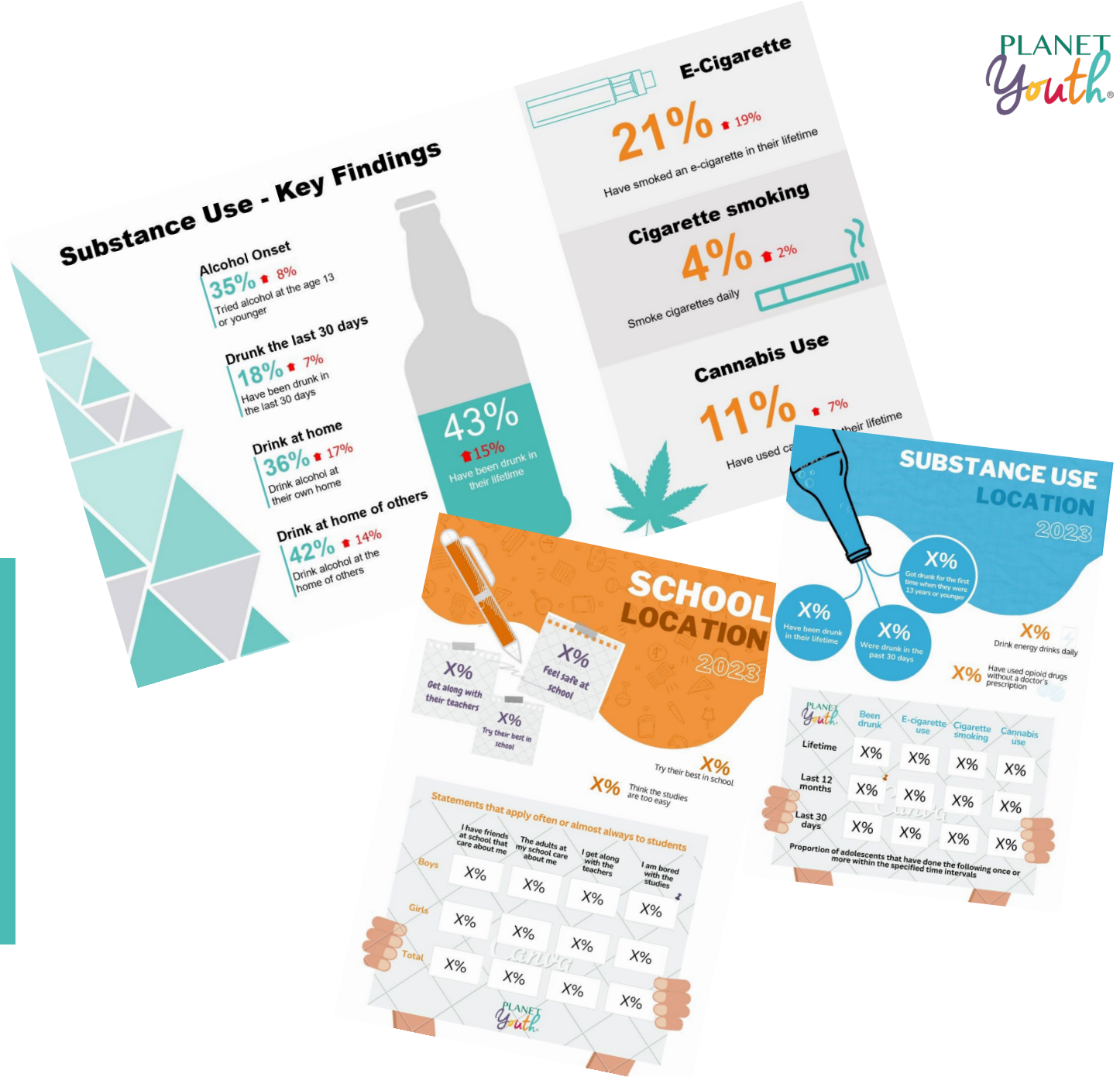
3

Answers to FAQ

Provides answers to common questions, ensuring you're never left without support.

The Planet Youth Survey

- Build understanding
- Mobilize community interest
- Guide action
- Define success



BIENNIAL SURVEY

COMMON SURVEYING AGE:
15-16 YEAR OLDS

60-70
QUESTIONS

SCHOOLS ARE THE HUB TO
REACH STUDENTS

REPORTS ARE DELIVERED
TO MUNICIPALITIES AND
SCHOOLS

DATA PROCESSED IN 6-8
WEEKS

STUDENTS SHARE
SEVERAL FACTORS IN
THEIR LIVES

The Process Follow Up

Process Follow-Up Evaluation

Municipality 1

Country
2021 - Q1
Year 2



Scorecard

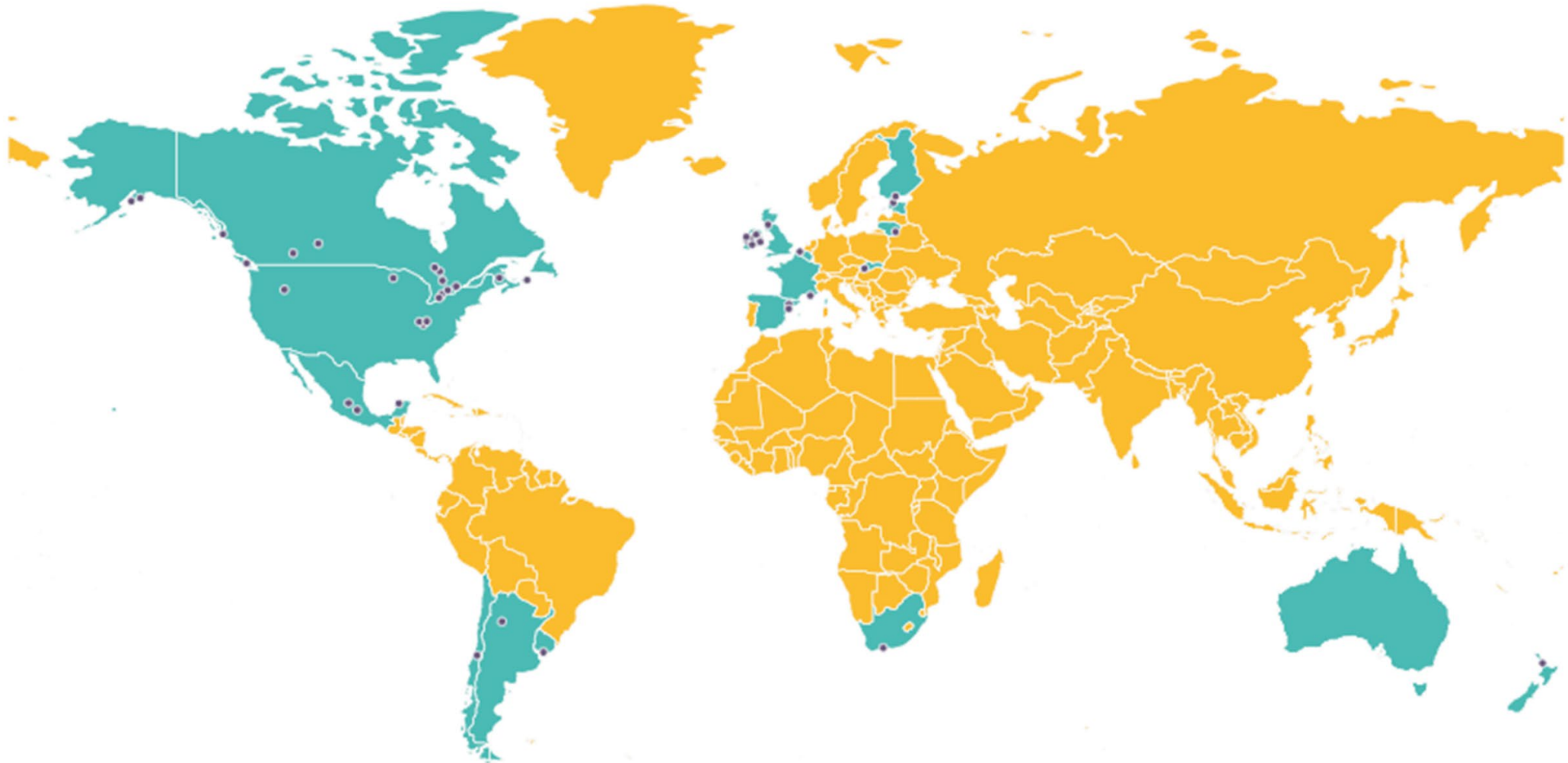
Community:
Response date:
Project year:
Data Collection Cycle



Local Team Criteria	Local Team Established?	Local Team Strength	Local Team Size	Number of Meetings	Types of Stakeholders
	✓	Good	14	16	8
Funding Criteria	Funding	Funding: Project Establishment	Funding: Implementation	Long-Term Funding	
	✓	✓	-	-	
Dissemination Criteria	Data Meetings?	# Data Meetings	Communicate Goals to the Community?		
	✓	1	-		
Goal Setting Criteria	Goals Set?	Number of Goals			
	-	-			
Community Awareness Criteria	Community Awareness	Awareness of PY Approach			
	Fair	Fair			
Strengthening Existing Activities	Strengthen Existing Activities				Year 3
	-				
New Interventions	Establish New Interventions				
	-				
Immersion	Immerse Children in New Environments	Immerse Children in activities	Immerse Children in messages		
	-	✓	✓		
New Policies/Laws	New Policies or Laws				
	-				



Planet Youth Partners





The Icelandic Prevention Model has proved its success in many countries all over the world. Our partners are the best measure of the method!



Amelia Berry

Just Say Yes Project Director, Franklin County, Kentucky, USA

“The team’s expertise, vast knowledge, accessibility and individualized attention given to our community has been invaluable to our prevention work.”



Emilija Gaidytė

Planet Youth Coordinator, Vilnius, Lithuania

“Being a part of Planet Youth is a chance to see the perspectives of consistent psychoactive substance use prevention. I am proud of representing evidence-based approach, that matches prevention quality standards.”

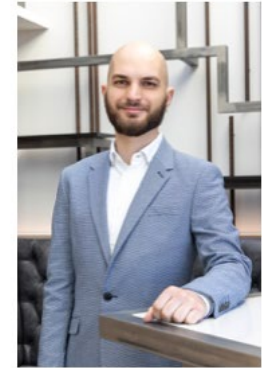


Matías García Terán

Planet Youth Coordinator, San Fernando del Valle de Catamarca, Argentina

“A big change I have noticed within my community is finally being able to make decisions based on evidence.”

The Planet Youth Core Team



Contact Information



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PlanetYouth.org



New Brunswick, Canada



THE ANNUAL PLANET YOUTH CONFERENCE 2025

PLANET
Youth®

Welcome to Reykjavík!
17th-19th March



Scan the QR Code to learn more