

Dear parents/guardians

Yet another school year is over. The beginning of the school year was characterized by restrictions due to Covid, but during the spring semester school and leisure activities have been returning to normal. [A questionnaire from February 2022](#) responded to by our pupils in the 8th – 10th grades indicates that they are mostly doing well despite difficult condition. We have also achieved good results in health promotion/sports and prevention work through solidarity and cooperation with parents.

Now that the Covid restrictions have been lifted, it is important to take good care of the children and the parents and other caregivers form a tight support system for the children. We want to urge parents/guardians of children in preschool and primary school to be vigilant in their important preventive roles. The adventures of summer, with more free time, can bring various dangers to children and teenagers. It is of great importance that parents keep in mind the protective factors in the lives of children and teenagers.

We would like to point out those protective factors;

1. Parents and children spending time together.
2. Good and sufficient sleep.
3. Caring parents and clear boundaries.
4. That parents know their children's friends and their friend's parents.
5. The importance of children's participation in organized afterschool activities/leisure activities.
6. To respect [outdoor time rules](#).
7. A clear stance against any consumption of alcohol, drugs, tobacco, nicotine pillows, e-cigarettes and caffeine drinks.
8. Cooperation, trust and participation in parent cooperation, e.g. class agreements, parent councils and parent walks.



These are aspects that parents need to respect and keep in mind in the upbringing of children of all ages.

Research indicates that the main challenges we face are, for example, not respecting children's outdoor rules. It is also a concern that fewer children value their mental health as good or very good. Growing number of children say they are not getting enough sleep and it is therefore of importance to stick to outdoor rules and set a [limit for children's use of smart devices and computers](#).

For all social media the age limit is at least 13 years. It is important to respect those age limits and thus prevent our children from being participants in digital communities for which they have neither maturity nor age. Let children of all ages take part in the adventures of the summer with us, discuss these issues with them and limit the use of screens.

The number of teenagers in the 10th grade that has experienced alcohol intoxication has decreased slightly since February 2021, as has the consumption of cannabis. The research results of R&G show that the consumption of nicotine pillows and energy drinks that contain caffeine is a significant cause for concern. Research also shows that there is a considerable use of pornography and pornographic selfies, although this has decreased among students in the upper grades of primary school, which is a very positive development at the same time as it is important to completely oppose it.

Research shows that with the protective factors in mind, we can jointly tackle big challenges with good results.

With summer greetings

Health and prevention team of Reykjavík City's Department of Education and Youth