



Íslenska æskulýðsrannsóknin

Kynning á niðurstöðum grunnskólakönnunar ÍÆ 2026 í Reykjavík

Skóli og menntun

Heilsa og vellíðan

Öryggi og vernd

Lífsgæði og félagsleg staða

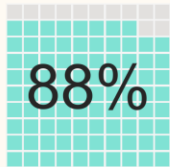
Þátttaka og félagsleg tengsl

Ragný Þóra Guðjohnsen, dósent og faglegur stjórnandi ÍÆ
5. október 2026

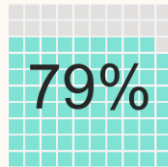
MENNTUN

4. og 5. bekkur

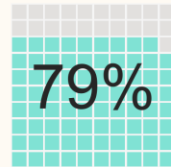
Telja mikilvægt
að leggja sig
fram í námi



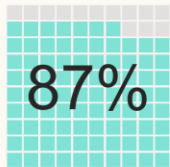
Finnst gaman í
skólanum



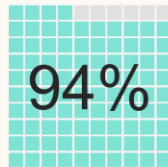
Finnst gaman að
lesa í frítíma



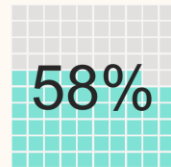
Líður vel í
kennslustundum



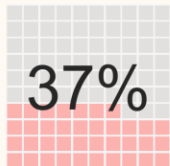
Líður vel í
frímínútum



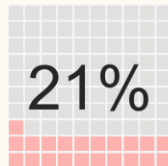
Geta leitað til
fullorðins í
skólanum



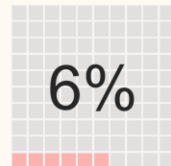
Oft truflandi
hávaði í
kennslustund



Oft þreytt í
skólanum



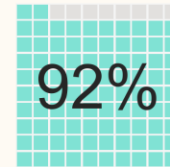
Oft skilin
útundan í
skólanum



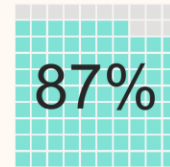
MENNTUN

6.-10. bekkur

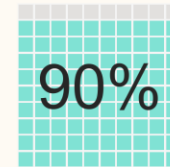
Mikilvægt að
leggja sig fram
við námið



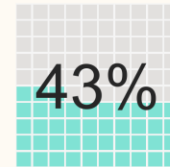
Líkar vel í
skólanum



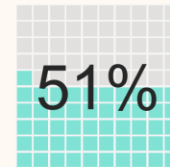
Líður vel í
kennslustundum



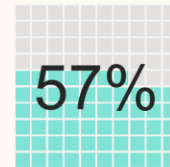
Geta leitað til
fullorðins í
skólanum



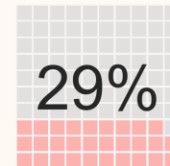
Lesi sér til
ánægju vikulega
eða oftar



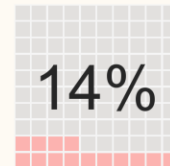
Finnst tekið
mark á
hugmyndum
nemenda



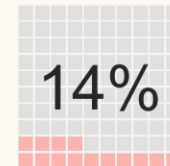
Oft þreytt í
skólanum



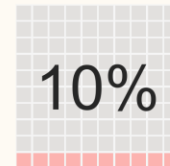
Upplifa mikið
álag vegna
námsins



Upplifa sig
útundan í
skólanum

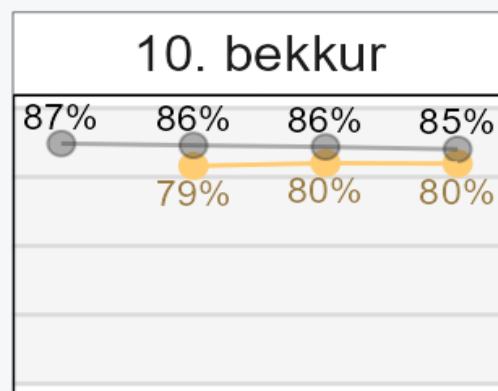
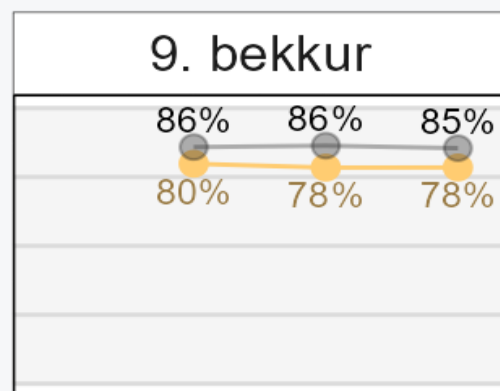
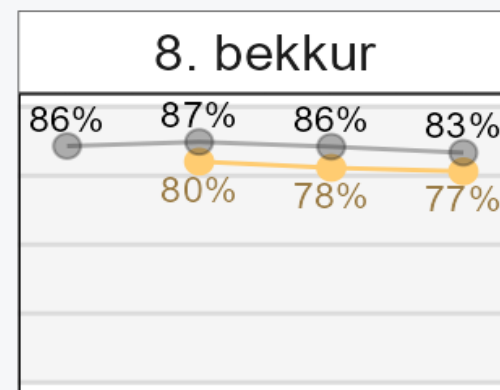
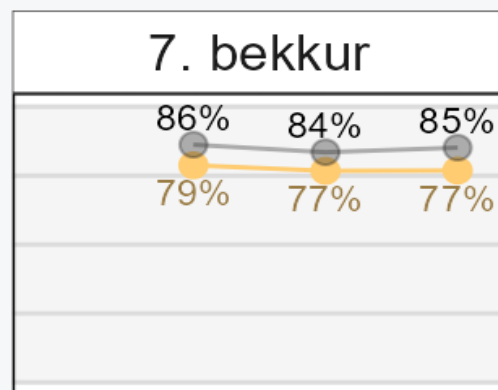
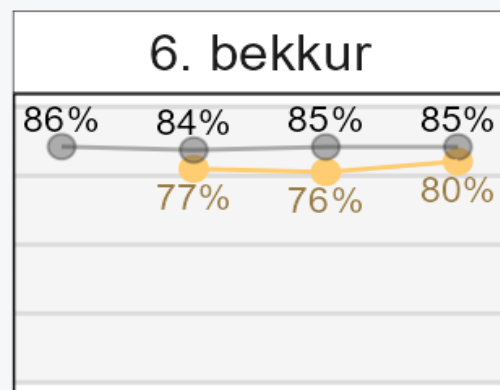


Hafa skrópað
síðastliðnar
tvær vikur



Íslenska aðaltungumál á heimilinu

Íslenska aðaltungumál á heimili



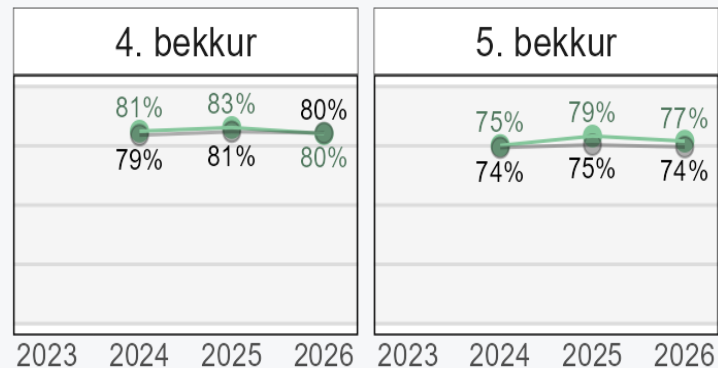
2023 2024 2025 2026

2023 2024 2025 2026

2023 2024 2025 2026

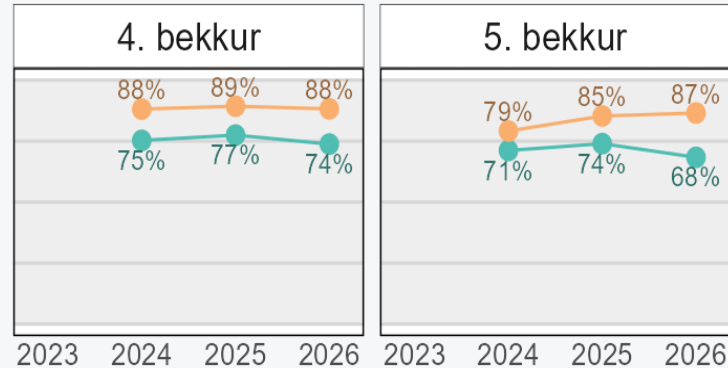
Gaman í skólanum/Líkar vel í skólanum

Finnst gaman í skólanum



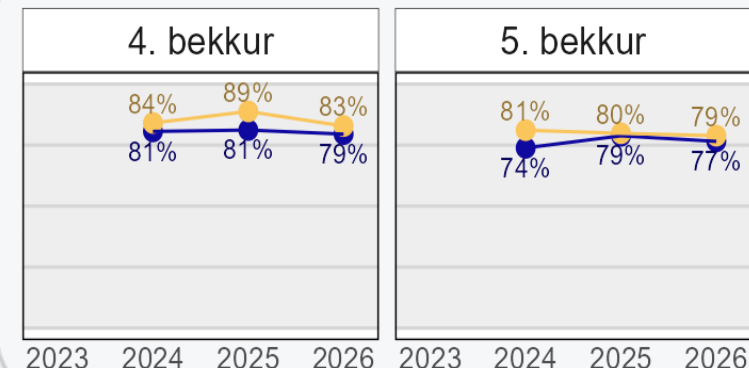
● Reykjavík ● Önnur sveitarfélög

Finnst gaman í skólanum



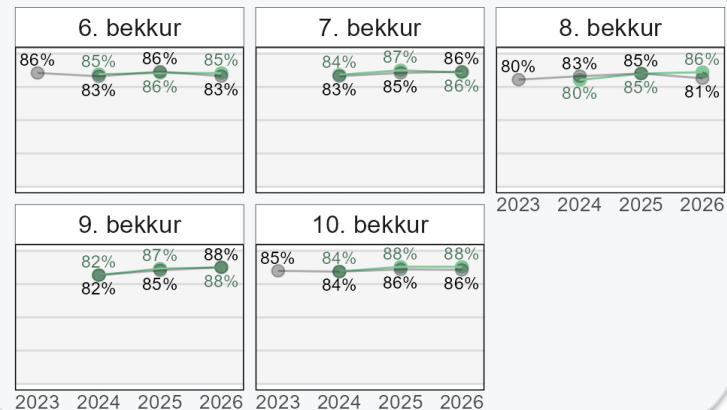
● Strákar ● Stelpur

Finnst gaman í skólanum



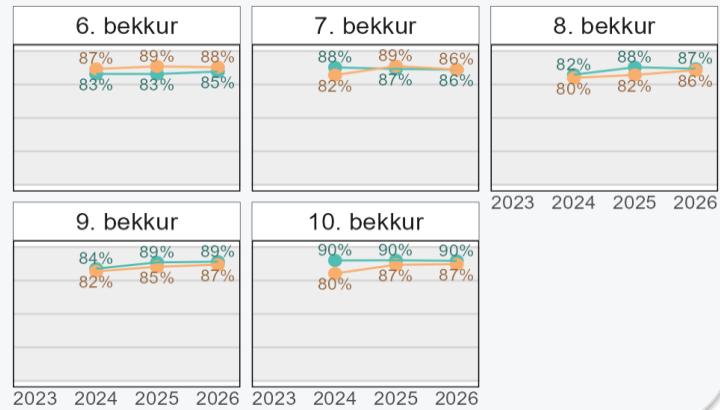
● Íslenskur uppruni ● Erlendur uppruni

Líkar vel í skólanum



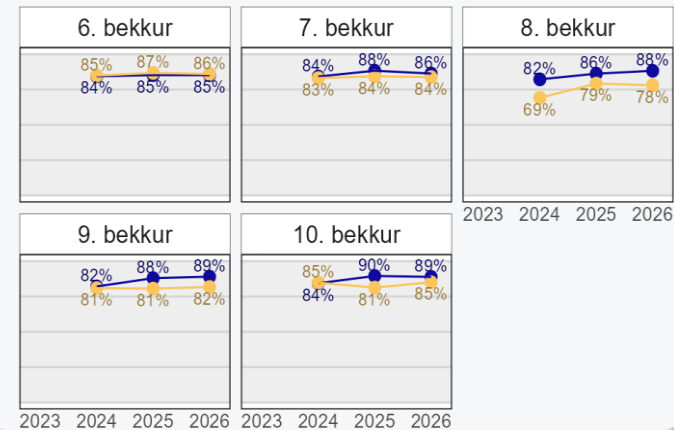
● Reykjavík ● Önnur sveitarfélög

Líkar vel í skólanum



● Strákar ● Stelpur

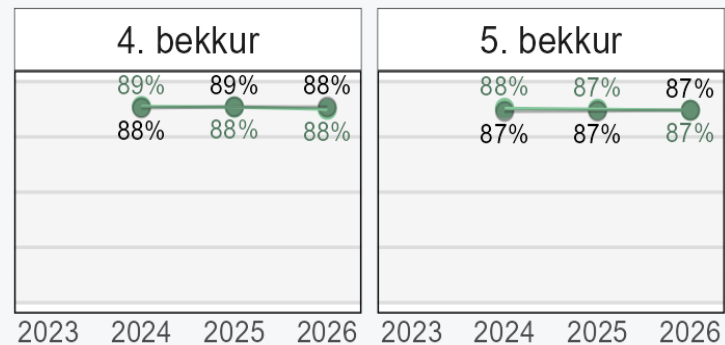
Líkar vel í skólanum



● Íslenskur uppruni ● Erlendur uppruni

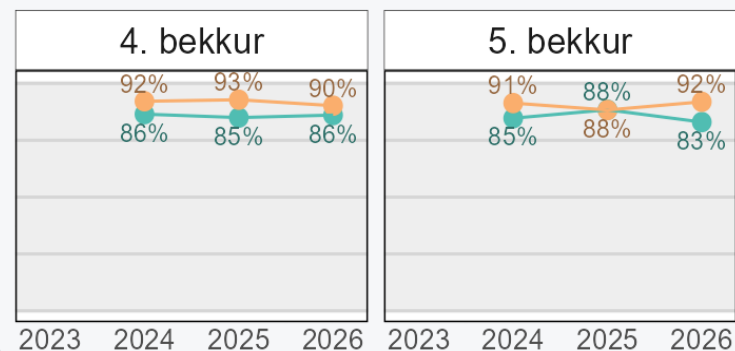
Líður vel í kennslustundum

Líður vel í kennslustundum



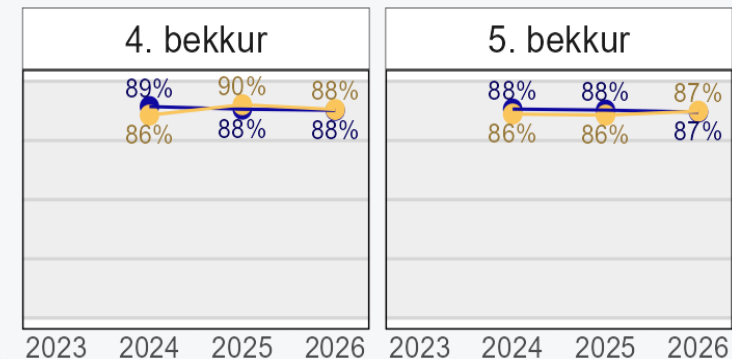
● Reykjavík ● Önnur sveitarfélög

Líður vel í kennslustundum



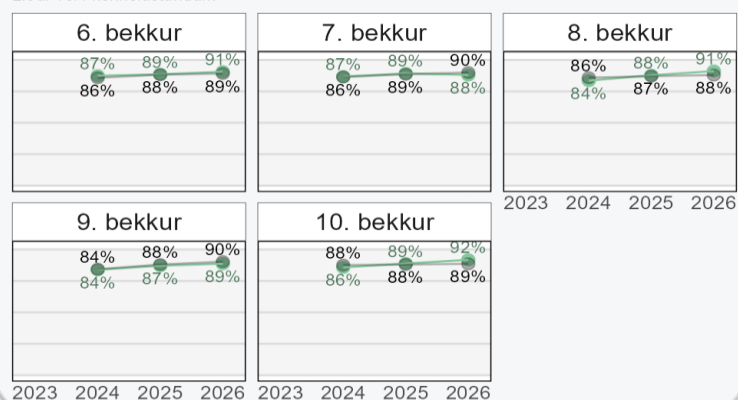
● Strákar ● Stelpur

Líður vel í kennslustundum



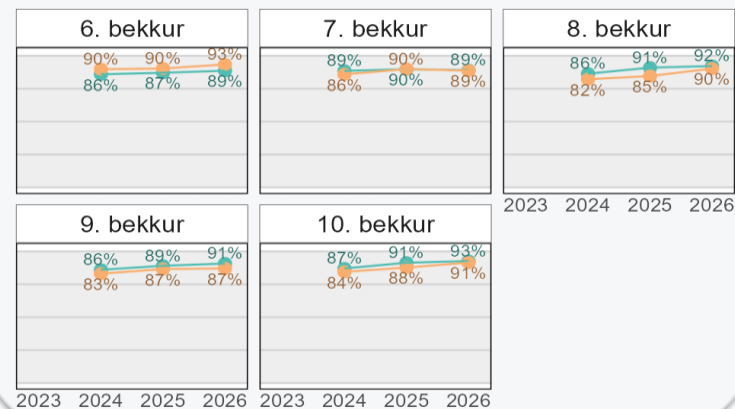
● Íslenskur uppruni ● Erlendur uppruni

Líður vel í kennslustundum



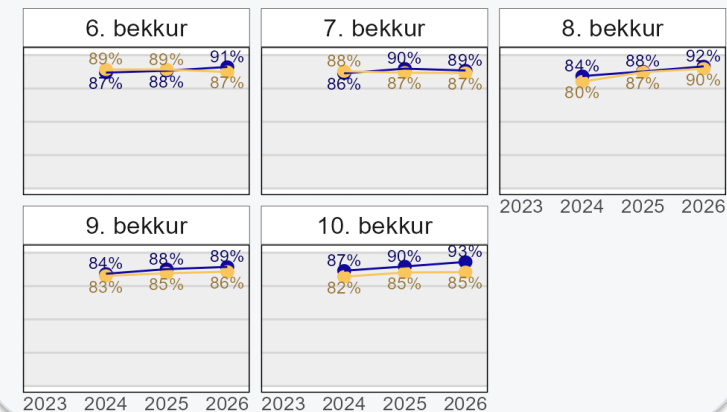
● Reykjavík ● Önnur sveitarfélög

Líður vel í kennslustundum



● Strákar ● Stelpur

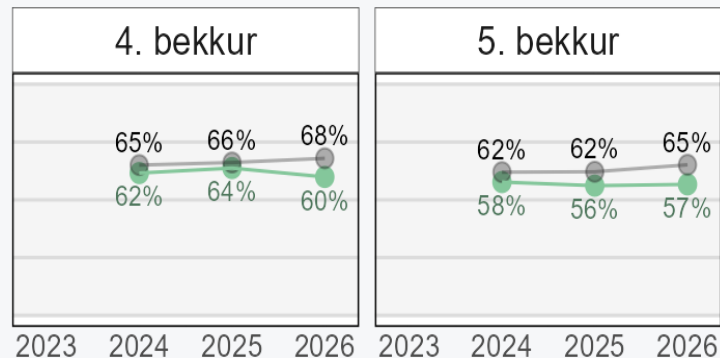
Líður vel í kennslustundum



● Íslenskur uppruni ● Erlendur uppruni

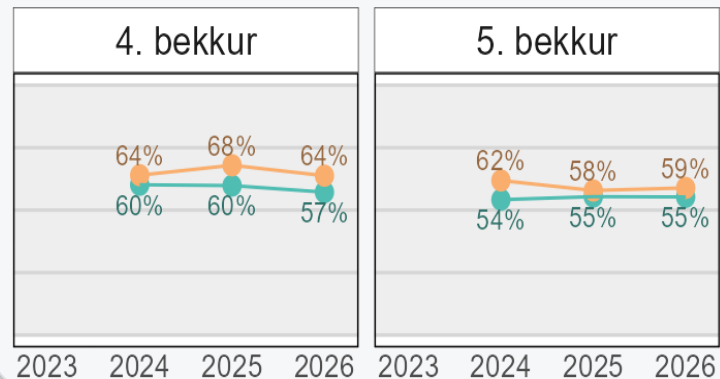
Fullorðinn í skólanum sem gott er að tala við

Fullorðinn í skólanum sem gott er að tala við



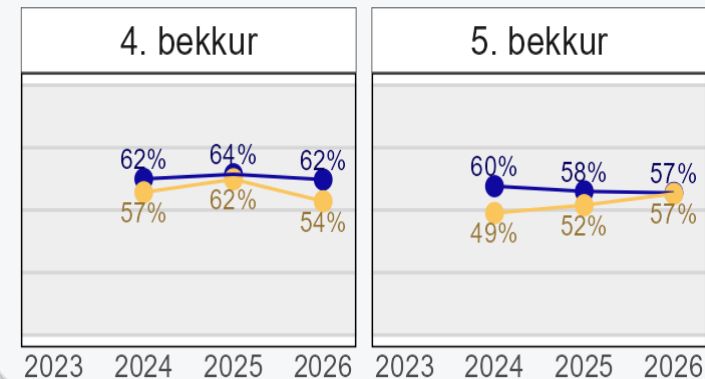
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Fullorðinn í skólanum sem gott er að tala við



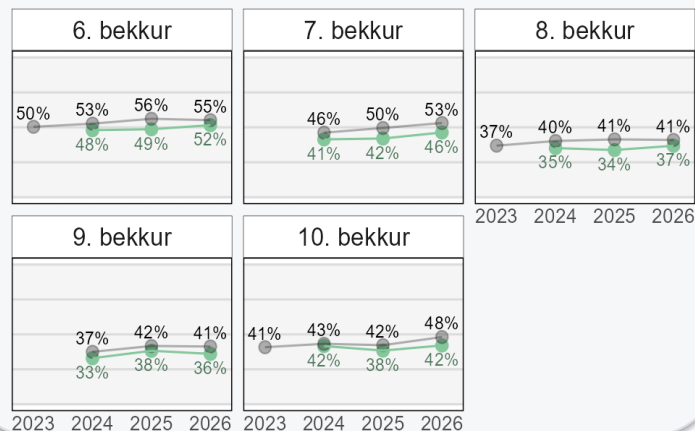
● Strákar ● Stelpur

Fullorðinn í skólanum sem gott er að tala við



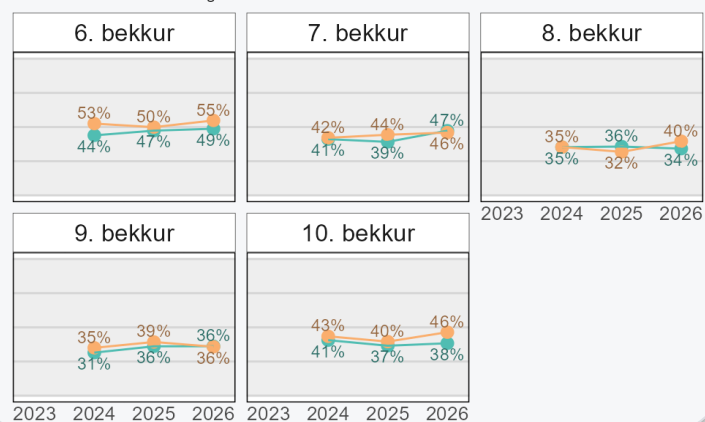
● Íslenskur uppruni ● Erlendur uppruni

Fullorðinn í skólanum sem gott er að tala við



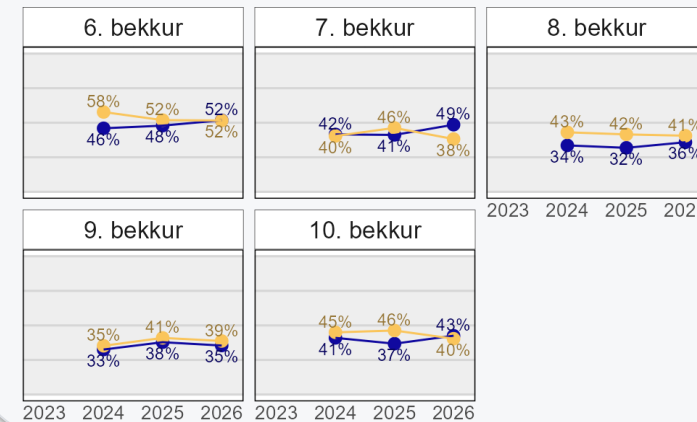
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Fullorðinn í skólanum sem gott er að tala við



● Strákar ● Stelpur

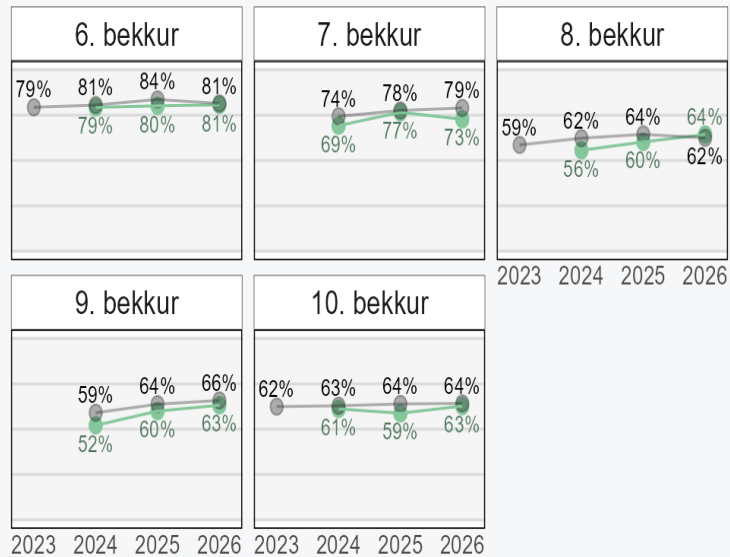
Fullorðinn í skólanum sem gott er að tala við



● Íslenskur uppruni ● Erlendur uppruni

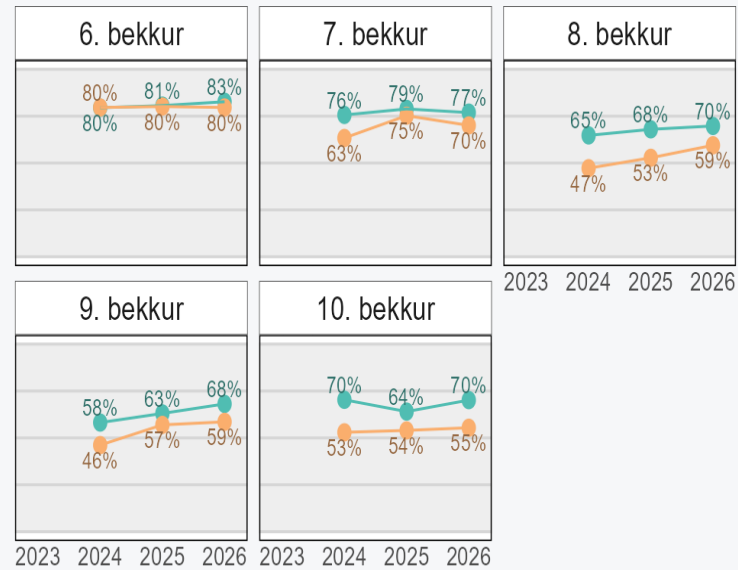
Bera traust til kennara

Bera traust til kennara



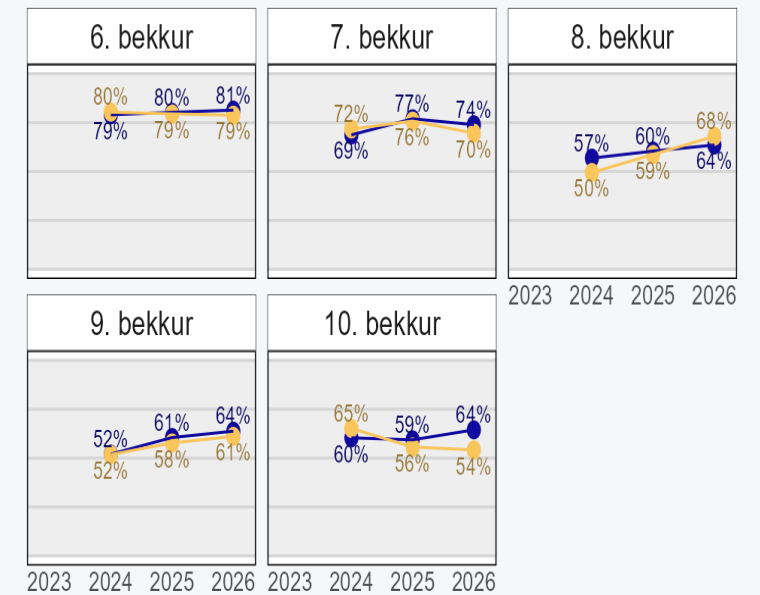
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Bera traust til kennara



● Strákar ● Stelpur

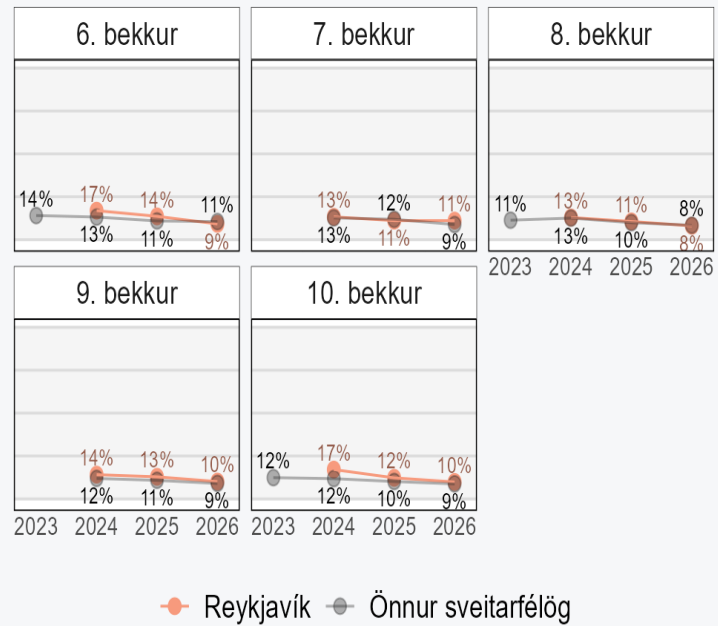
Bera traust til kennara



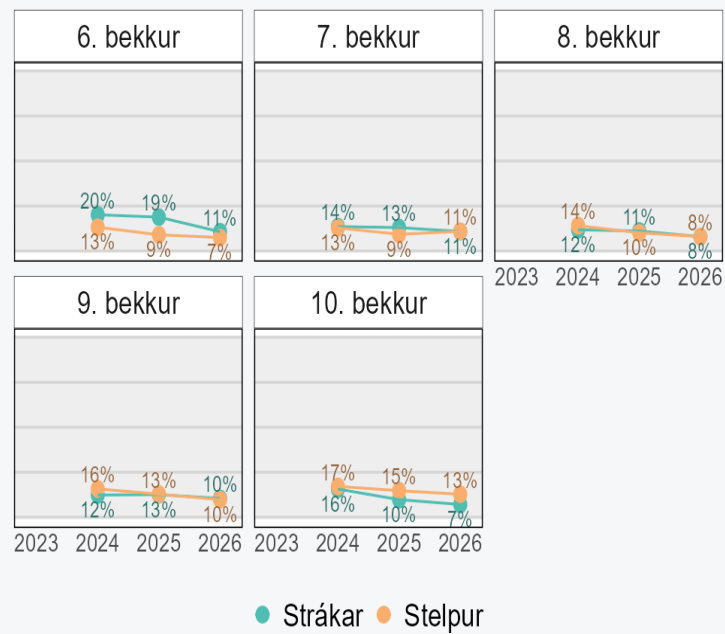
● Íslenskur uppruni ● Erlendur uppruni

Skrópað í skólanum heilan dag sl. 2 vikur

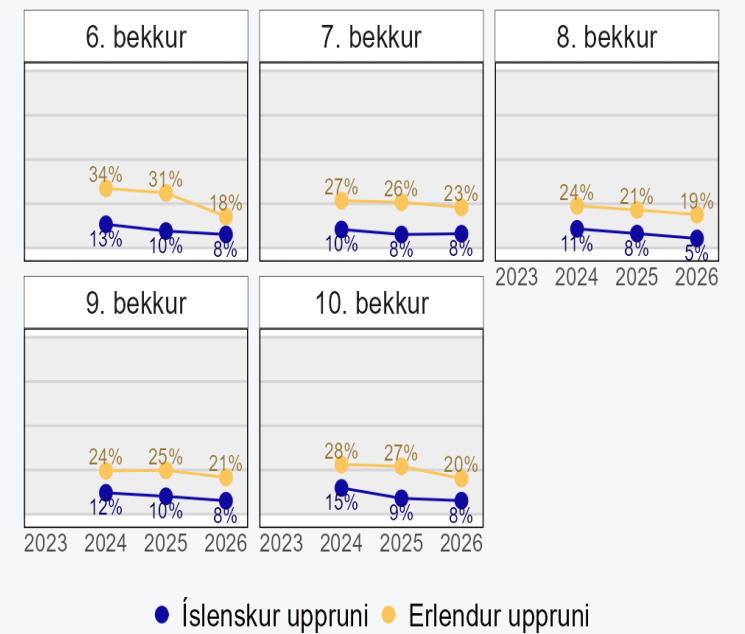
Hafa skrópað heilan dag



Hafa skrópað heilan dag



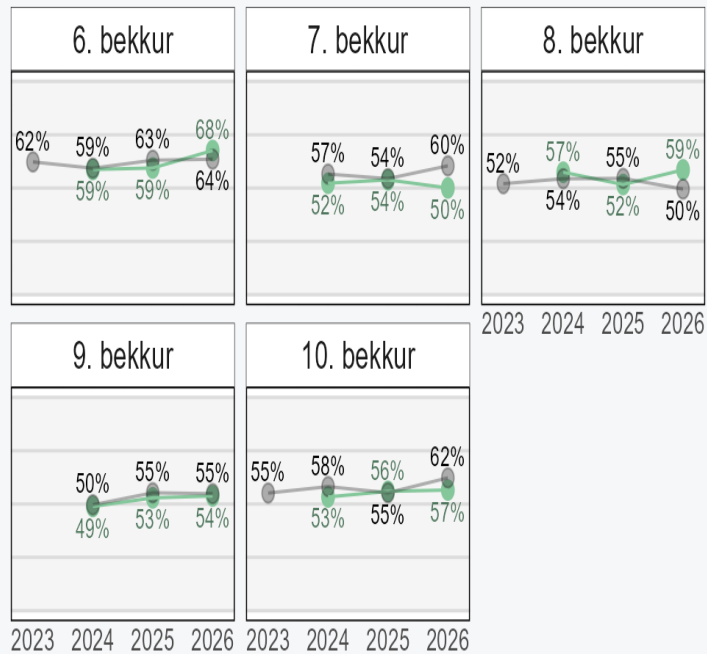
Hafa skrópað heilan dag



Finnst tekið mark á hugmyndum nemenda í skólanum

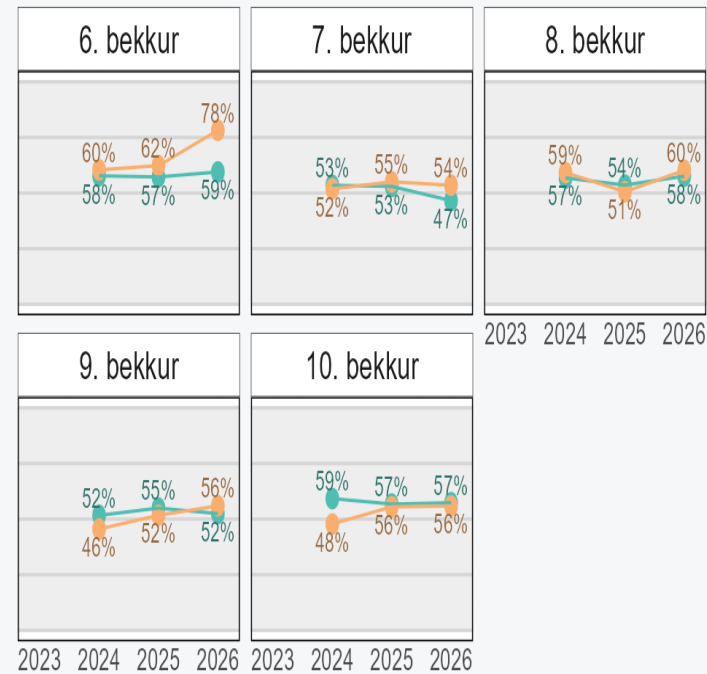
Sammála eða mjög sammála

Finnst tekið mark á hugmyndum nemenda í skólanum



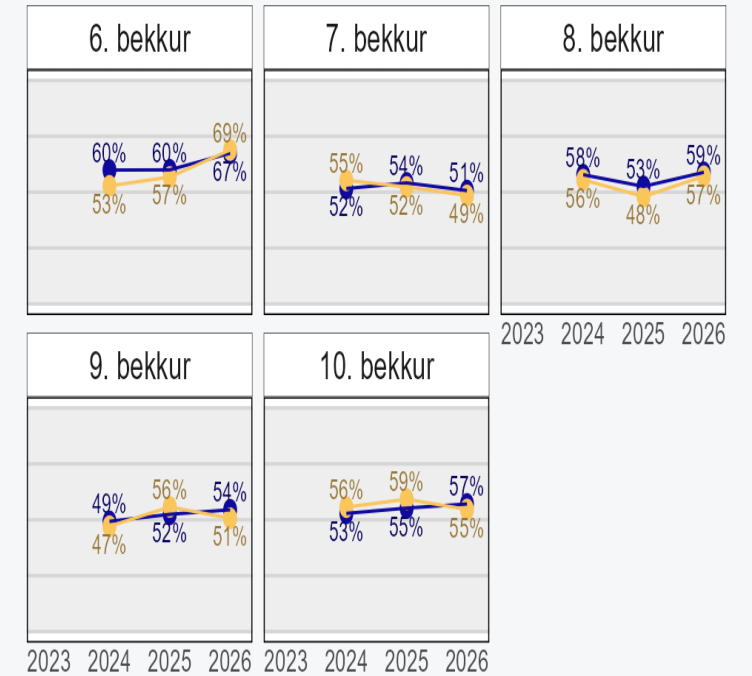
Reykjavík Önnur sveitarfélög

Finnst tekið mark á hugmyndum nemenda í skólanum



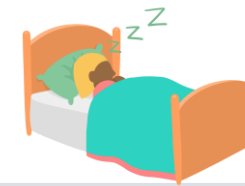
Strákar Stelpur

Finnst tekið mark á hugmyndum nemenda í skólanum

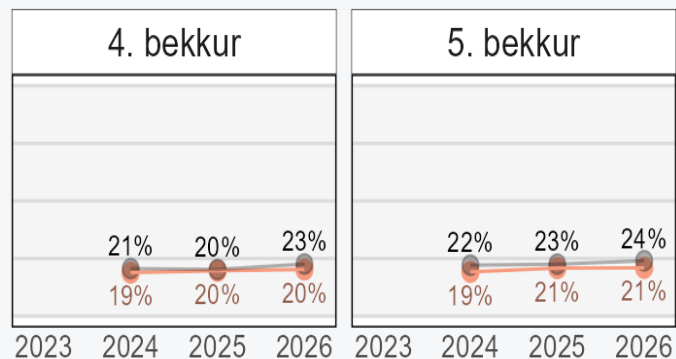


Íslenskur uppruni Erlendur uppruni

Oft þreytt í skólanum

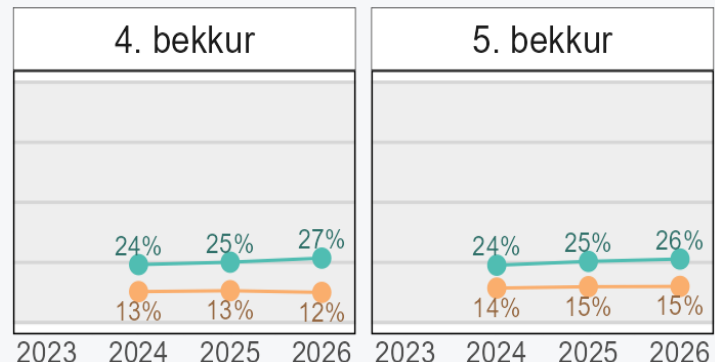


Oft þreytt í skólanum



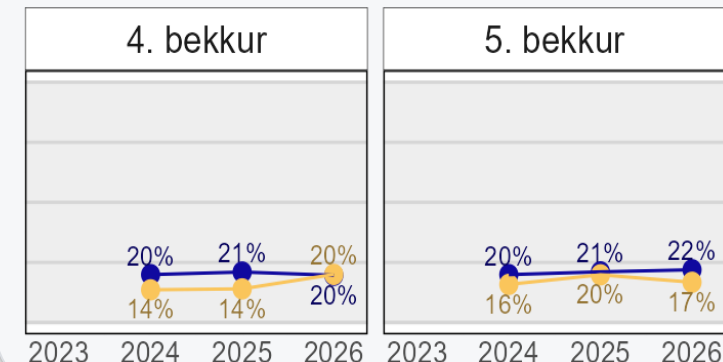
—●— Reykjavík —●— Önnur sveitarfélög

Oft þreytt í skólanum



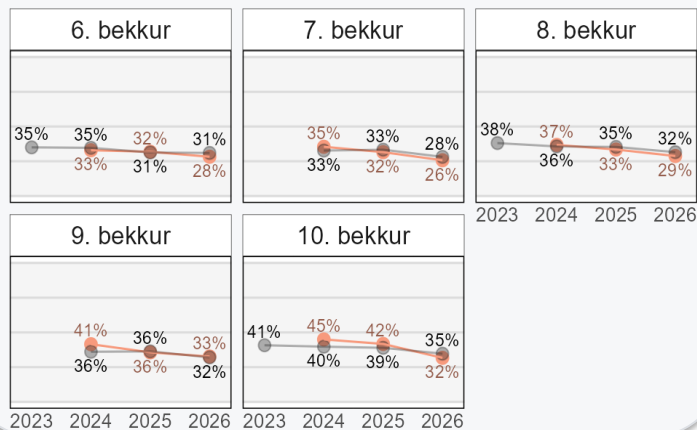
—●— Strákar —●— Stelpur

Oft þreytt í skólanum



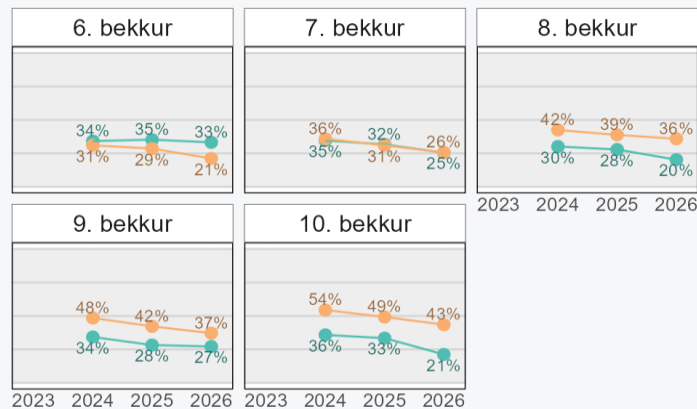
—●— Íslenskur uppruni —●— Erlendur uppruni

Oft þreytt í skólanum



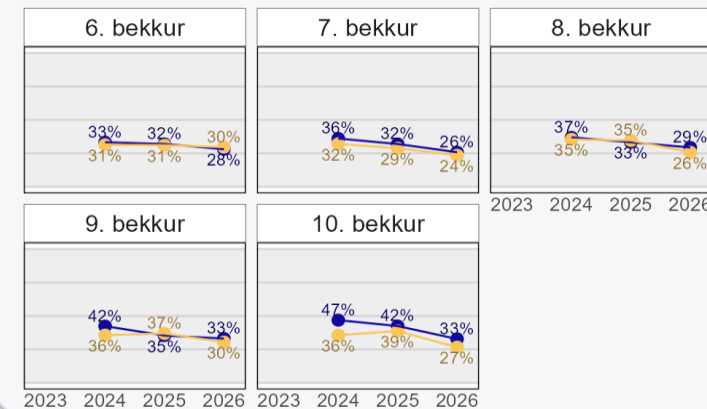
—●— Reykjavík —●— Önnur sveitarfélög

Oft þreytt í skólanum



—●— Strákar —●— Stelpur

Oft þreytt í skólanum

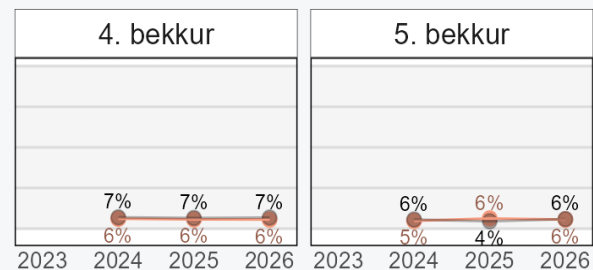


—●— Íslenskur uppruni —●— Erlendur uppruni

Upplifa sig utangarðs/útundan í skólanum

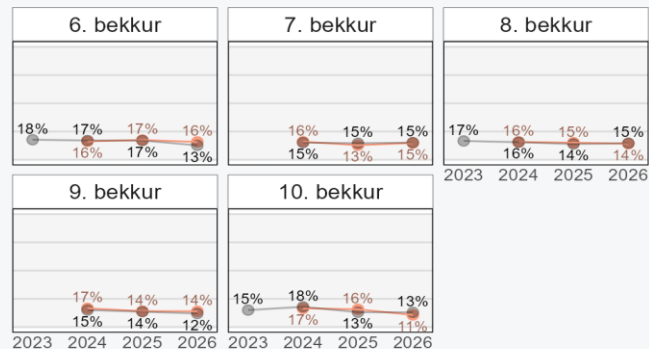
Mjög sammála eða Sammála

Útundan í skólanum



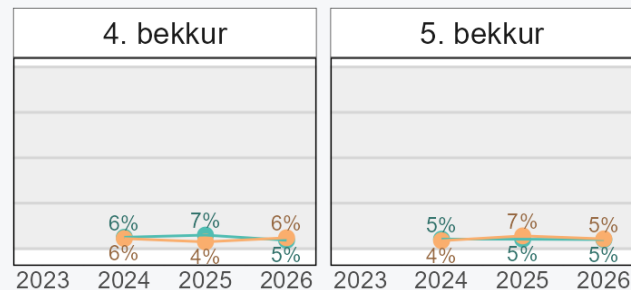
Reykjavík Önnur sveitarfélög

Upplifa sig utangarðs í skólanum



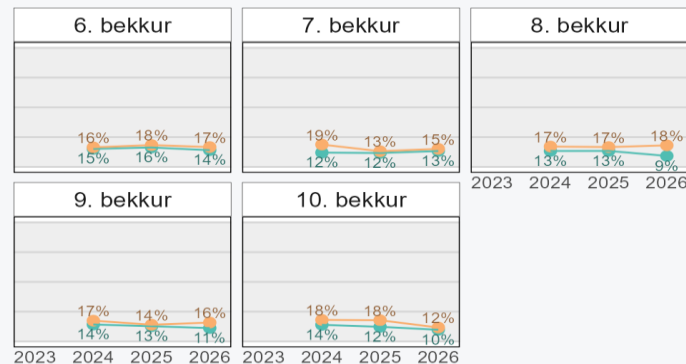
Reykjavík Önnur sveitarfélög

Útundan í skólanum



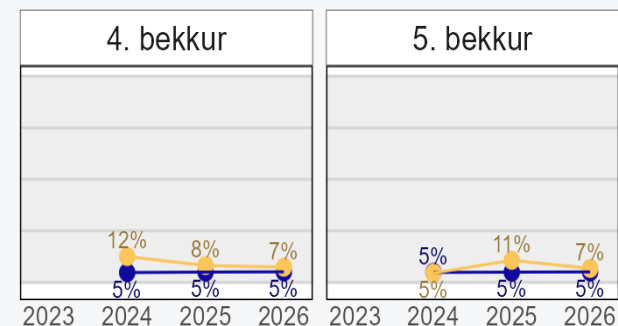
Strákar Stelpur

Upplifa sig utangarðs í skólanum



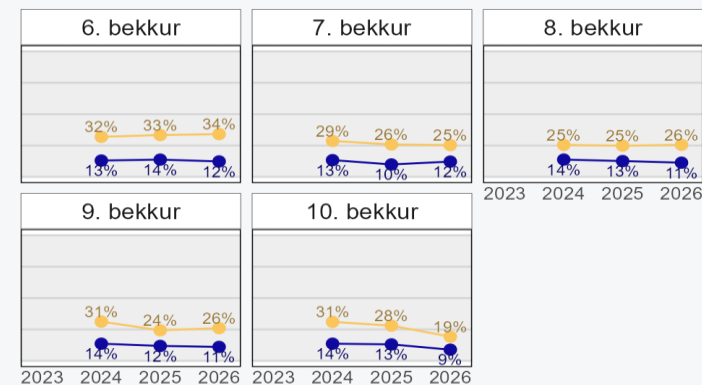
Strákar Stelpur

Útundan í skólanum



Íslenskur uppruni Erlendur uppruni

Upplifa sig utangarðs í skólanum

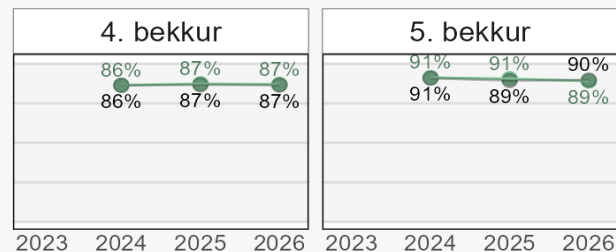


Íslenskur uppruni Erlendur uppruni

Fær aðstoð við heimanám

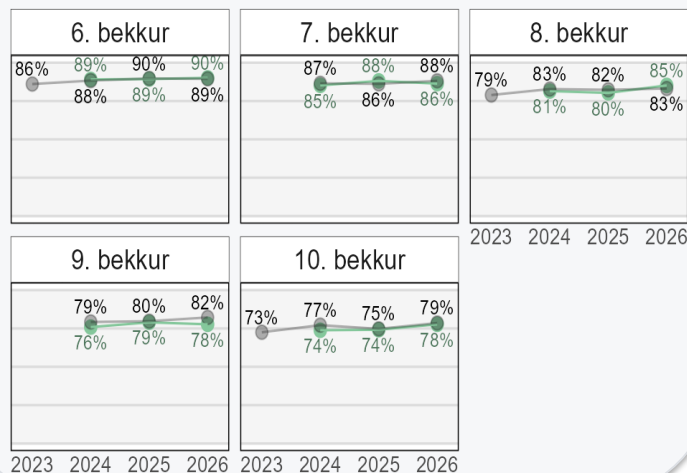
Allaf eða Oftast

Fær aðstoð við heimanám



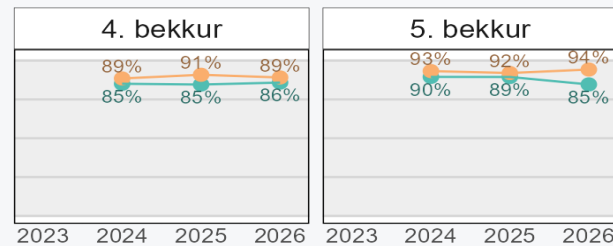
● Reykjavík ● Önnur sveitarfélög

Geta fengið aðstoð við heimanám



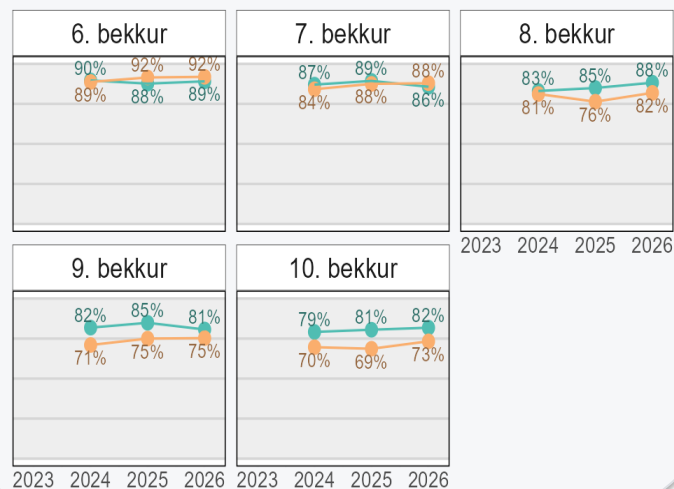
● Reykjavík ● Önnur sveitarfélög

Fær aðstoð við heimanám



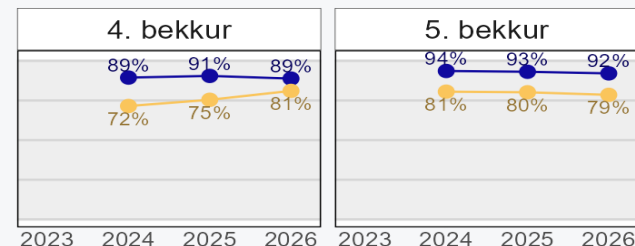
● Strákar ● Stelpur

Geta fengið aðstoð við heimanám



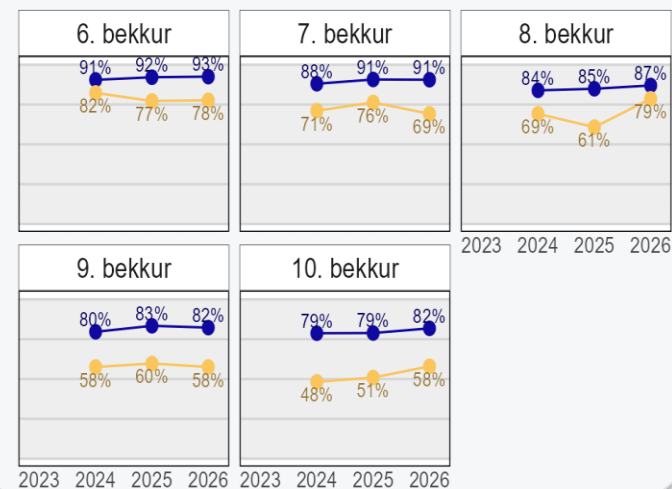
● Strákar ● Stelpur

Fær aðstoð við heimanám



● Íslenskur uppruni ● Erlendur uppruni

Geta fengið aðstoð við heimanám

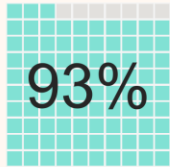


● Íslenskur uppruni ● Erlendur uppruni

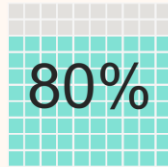
HEILSA OG VELLÍÐAN

4. og 5. bekkur

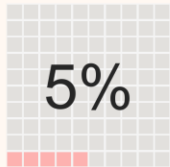
Eru ánægð með lífið



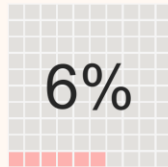
Hreyfa sig mikið



Tíð líkamleg óþægindi



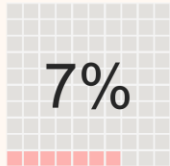
Tíð andleg vanlíðan



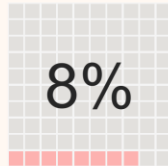
Upplifa að minnsta kosti tvö einkenni oft.



Finna oft fyrir depurð



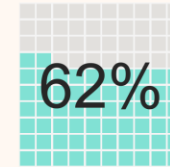
Finna oft fyrir kvíða



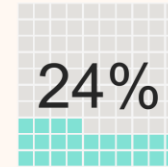
HEILSA OG VELLÍÐAN

6.-10. bekkur

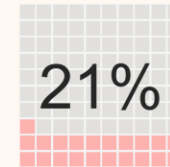
Eru ánægð með lífið



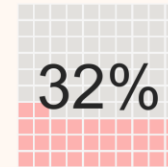
Hreyfa sig 60 mínútur á dag



Tíð líkamleg óþægindi

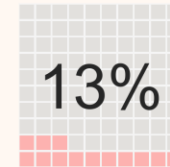


Tíð andleg vanlíðan



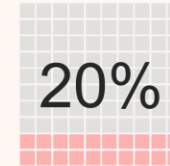
Upplifa að minnsta kosti tvö einkenni oft en einu sinni í viku

Hafa stundað sjálfsskaða

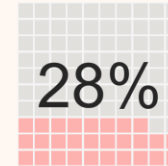


Aðeins spurt í 10. bekk

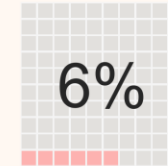
Depurð oft en einu sinni í viku



Kvíði oft en einu sinni í viku



Orkudrykkir 5 sinnum í viku eða oft

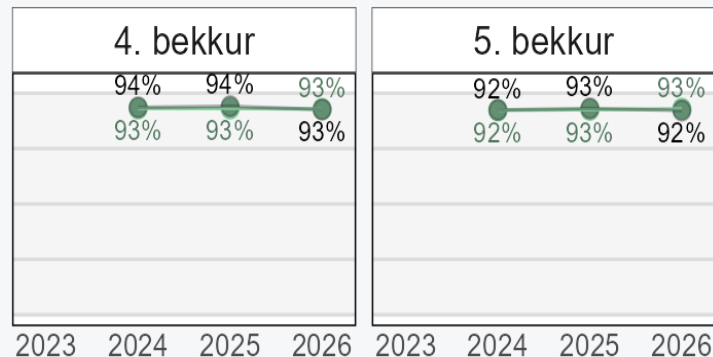


6., 8. og 10. bekkur



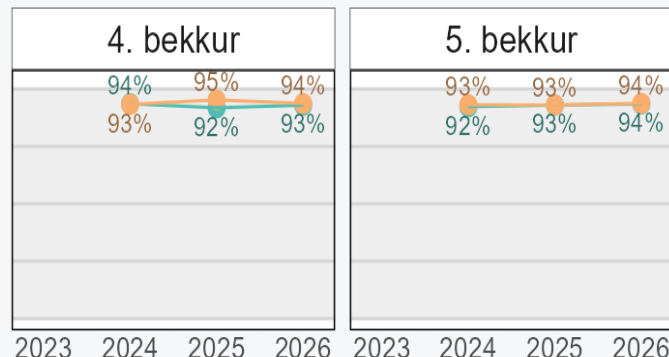


Eru ánægð með lífið



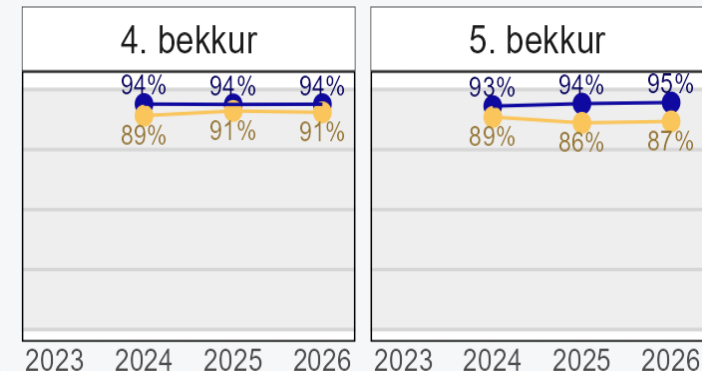
● Reykjavík ● Önnur sveitarfélög

Eru ánægð með lífið



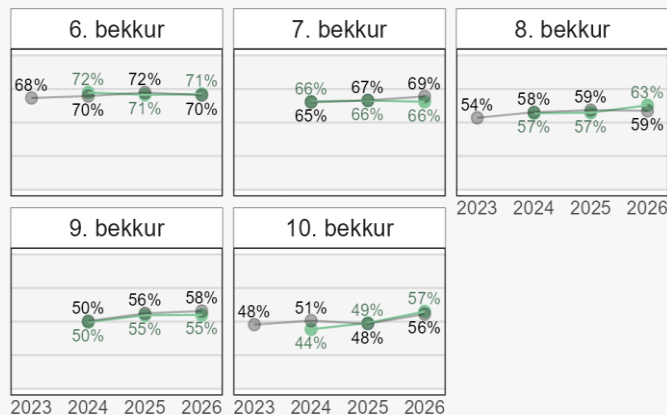
● Strákar ● Stelpur

Eru ánægð með lífið



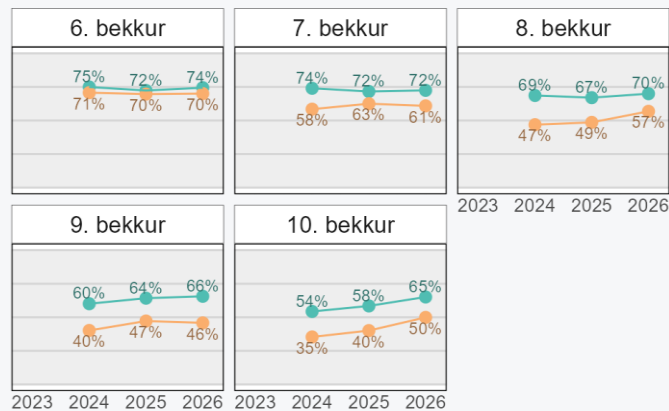
● Íslenskur uppruni ● Erlendur uppruni

Lífsánægja



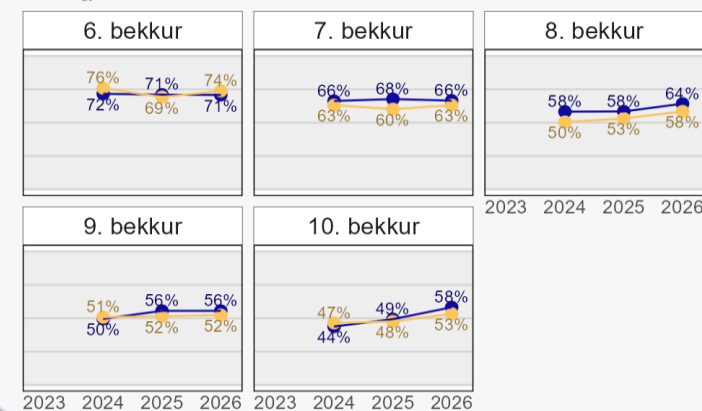
● Reykjavík ● Önnur sveitarfélög

Lífsánægja



● Strákar ● Stelpur

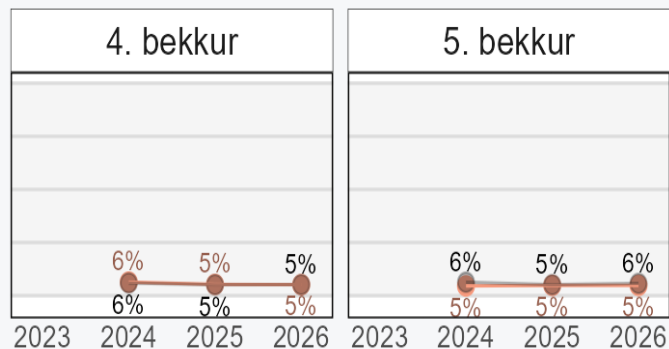
Lífsánægja



● Íslenskur uppruni ● Erlendur uppruni

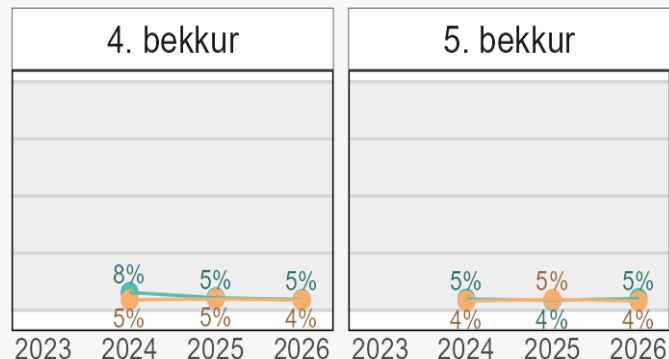
Tíð líkamleg óþægindi sl. sjö daga

Tíð líkamleg óþægindi



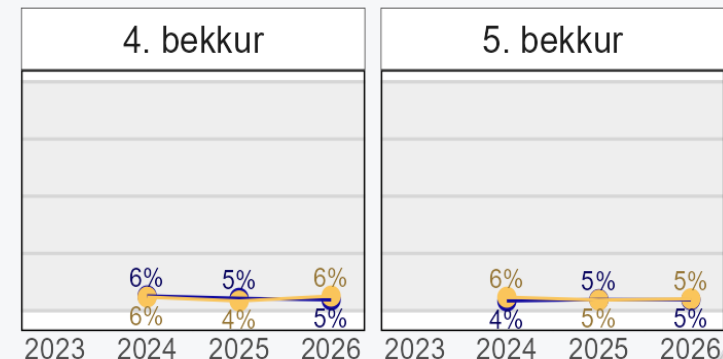
— Reykjavík — Önnur sveitarfélög

Tíð líkamleg óþægindi



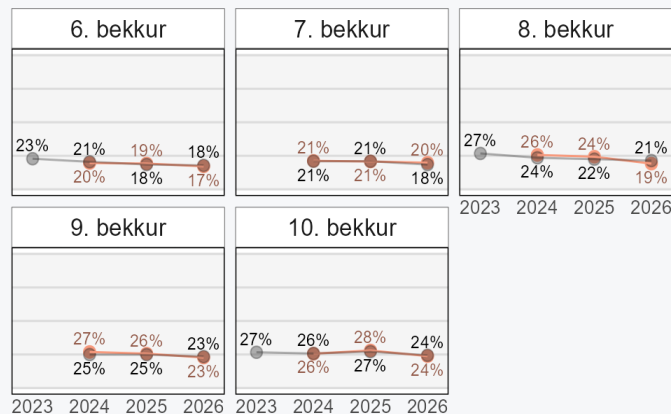
— Strákar — Stelpur

Tíð líkamleg óþægindi



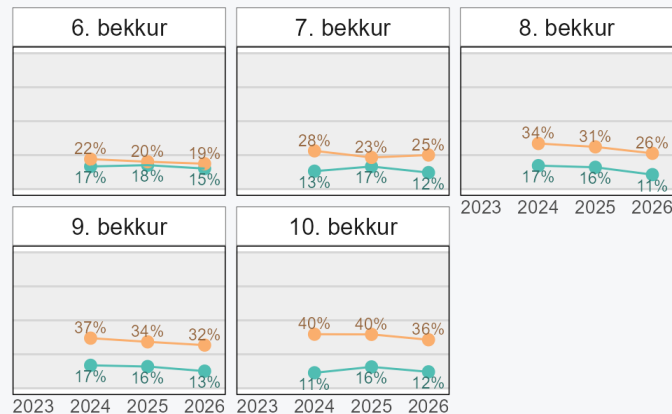
— Íslenskur uppruni — Erlendur uppruni

Tíð líkamleg óþægindi



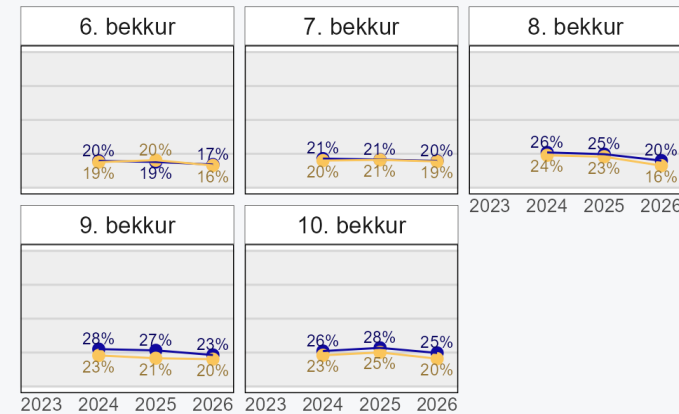
— Reykjavík — Önnur sveitarfélög

Tíð líkamleg óþægindi



— Strákar — Stelpur

Tíð líkamleg óþægindi



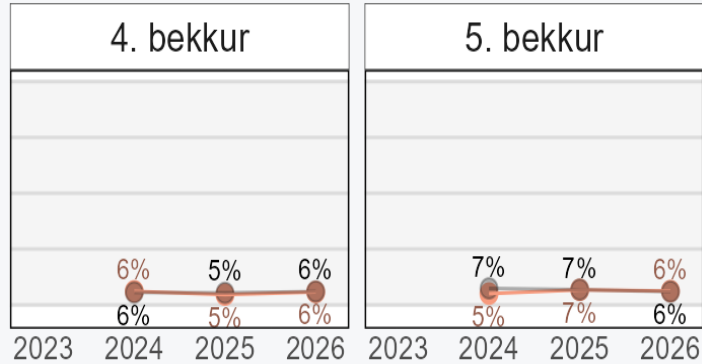
— Íslenskur uppruni — Erlendur uppruni

Tíð andleg vanlíðan sl. 7 daga

Tvennt af eftirtöldu oft: Depurð, kvíði og þirringur (4.-5. bekkur): Tvennt af eftirtöldu oft en vikulega sl. 6 mánuði: Kvíði, depurð, þirringur og erfiðleikar með svefn

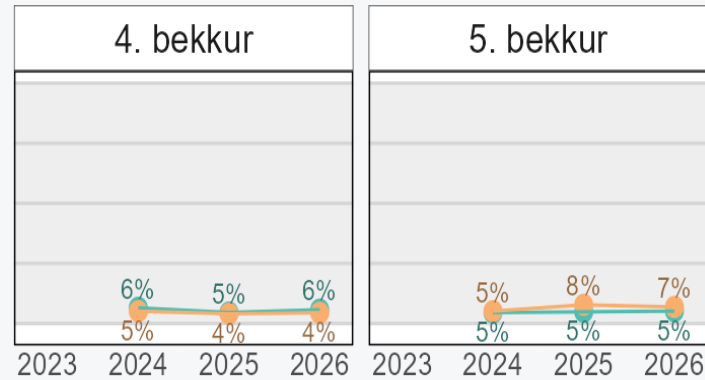


Tíð andleg vanlíðan



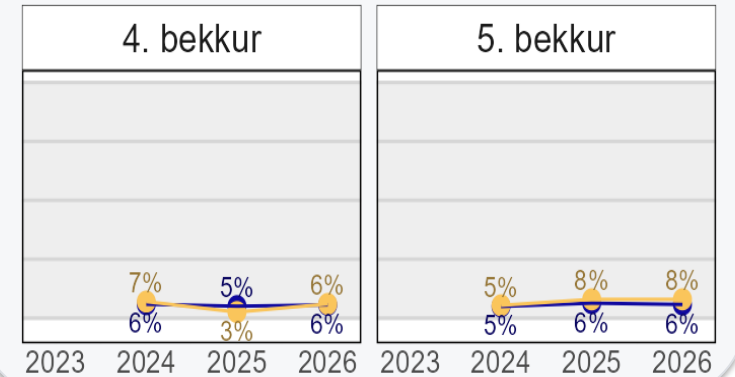
Reykjavík Önnur sveitarfélög

Tíð andleg vanlíðan



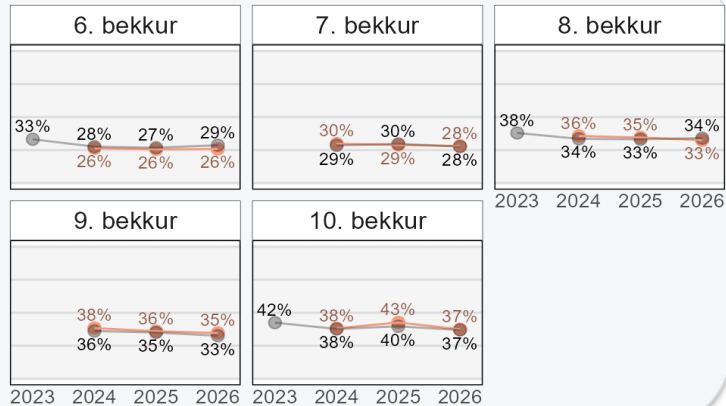
Strákar Stelpur

Tíð andleg vanlíðan



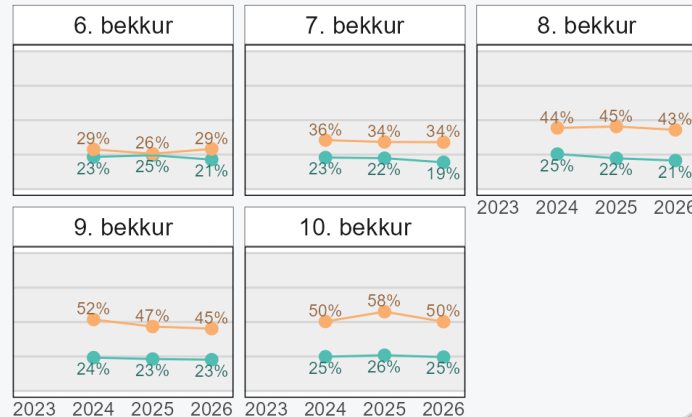
Íslenskur uppruni Erlendur uppruni

Tíð andleg vanlíðan



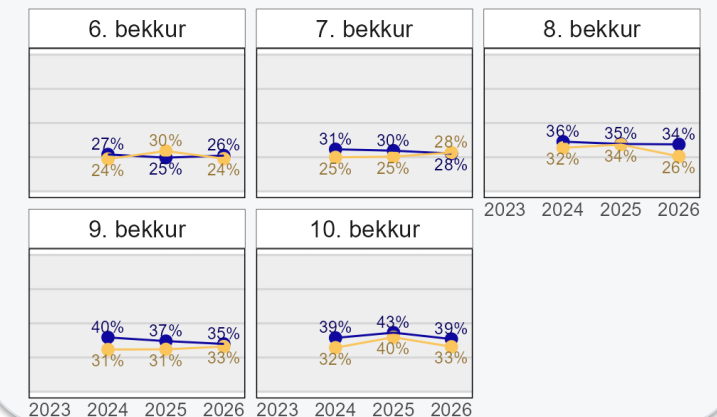
Reykjavík Önnur sveitarfélög

Tíð andleg vanlíðan



Strákar Stelpur

Tíð andleg vanlíðan

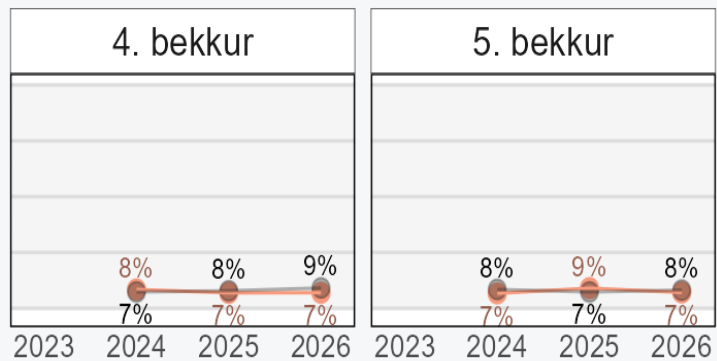


Íslenskur uppruni Erlendur uppruni

Depurð

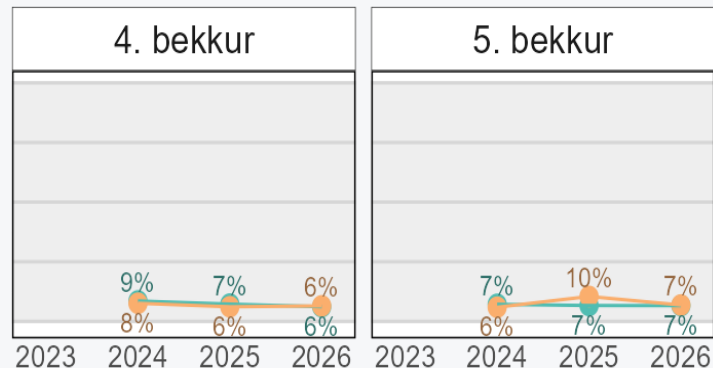


Hafa oft fundið fyrir depurð



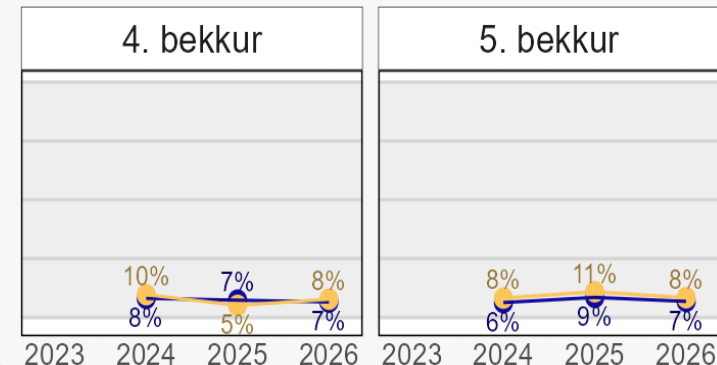
Reykjavík Önnur sveitarfélög

Hafa oft fundið fyrir depurð



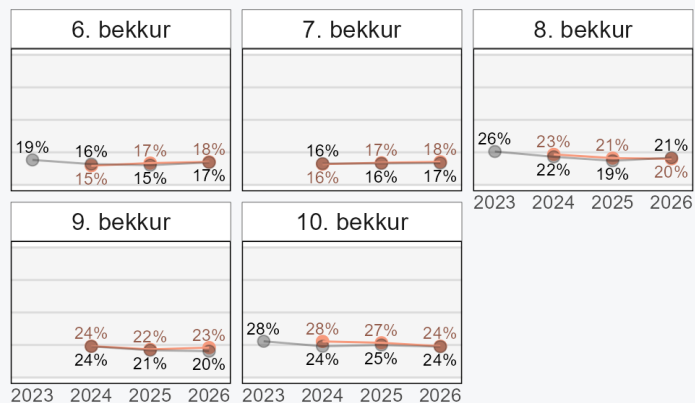
Strákar Stelpur

Hafa oft fundið fyrir depurð



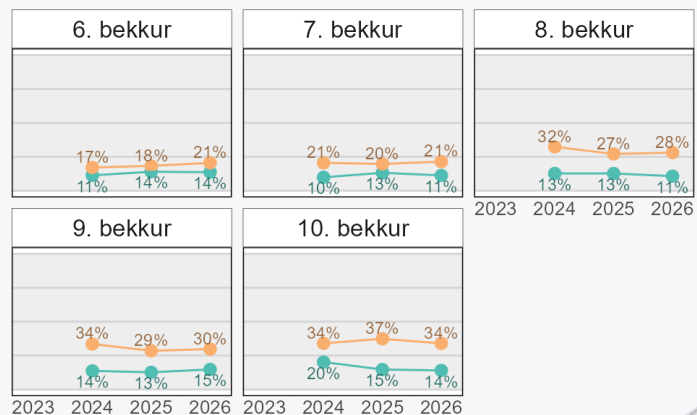
Íslenskur uppruni Erlendur uppruni

Depurð vikulega eða oft



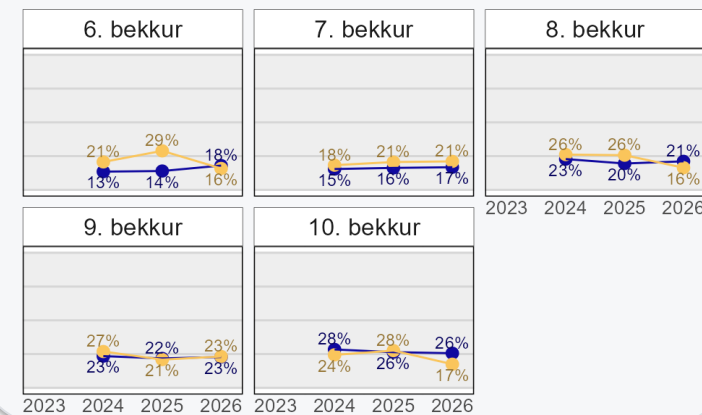
Reykjavík Önnur sveitarfélög

Depurð vikulega eða oft



Strákar Stelpur

Depurð vikulega eða oft

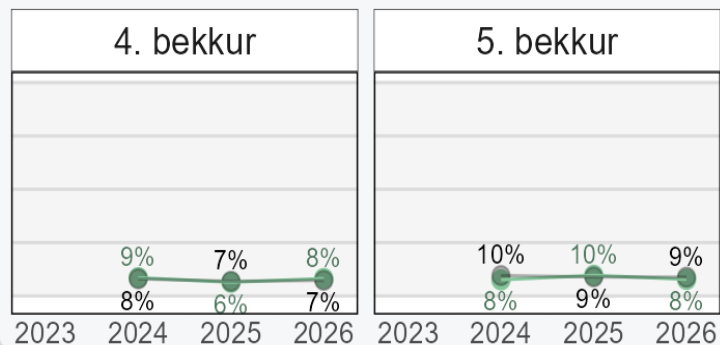


Íslenskur uppruni Erlendur uppruni

Kvíði

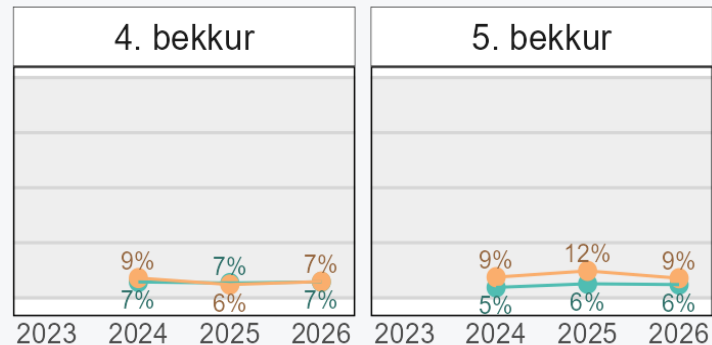


Hafa oft fundið fyrir kvíða



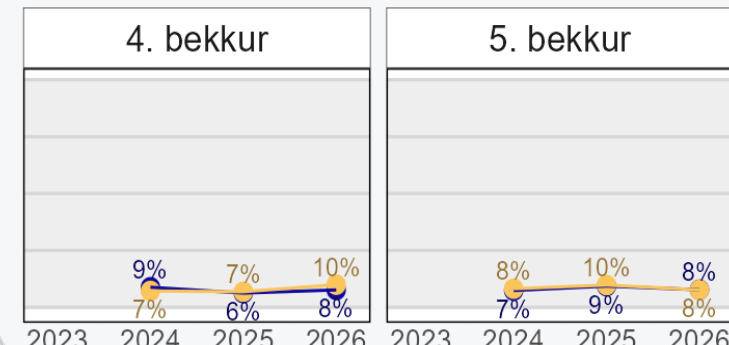
Reykjavík Önnur sveitarfélög

Hafa oft fundið fyrir kvíða



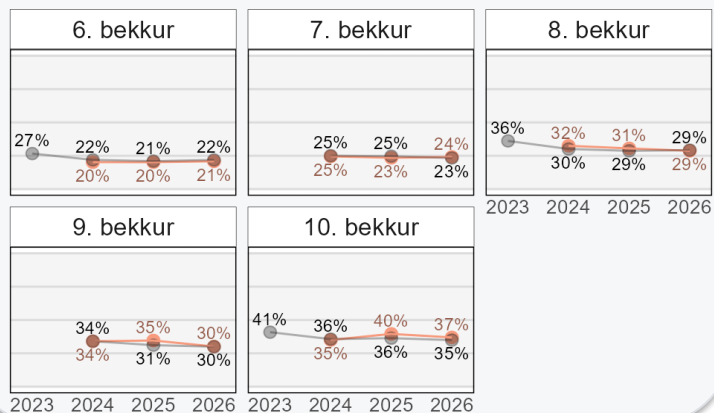
Strákar Stelpur

Hafa oft fundið fyrir kvíða



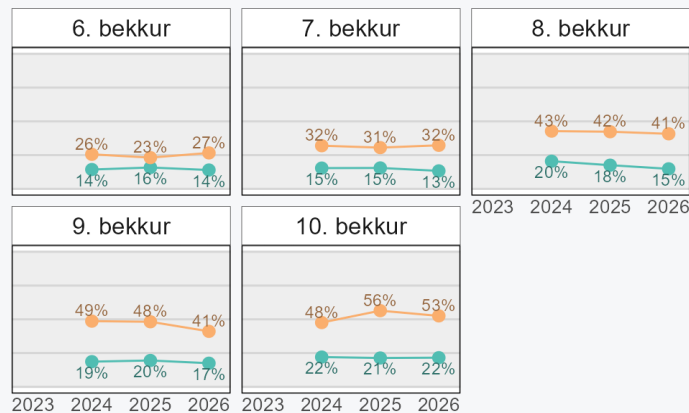
Íslenskur uppruni Erlendur uppruni

Kvíði vikulega eða oftar



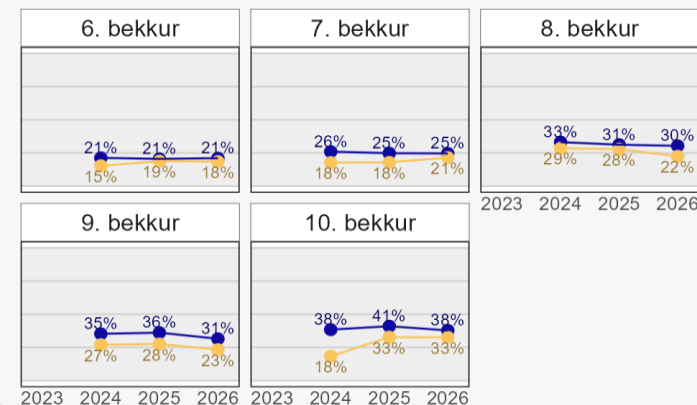
Reykjavík Önnur sveitarfélög

Kvíði vikulega eða oftar



Strákar Stelpur

Kvíði vikulega eða oftar



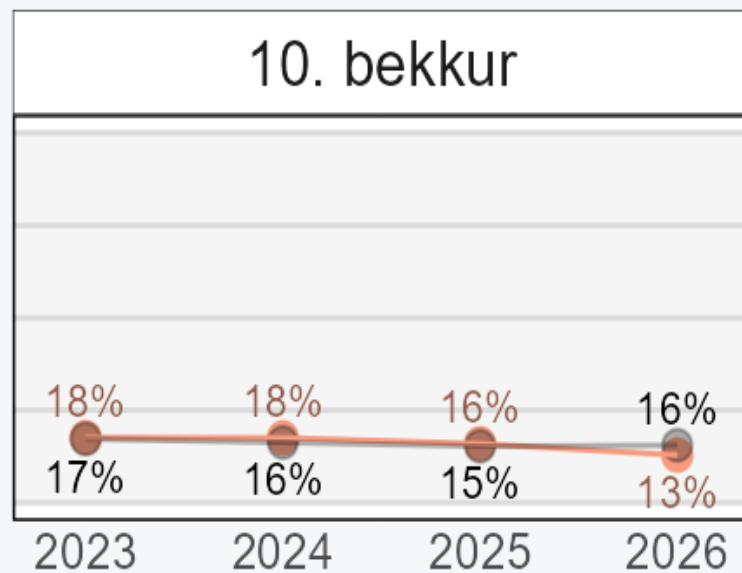
Íslenskur uppruni Erlendur uppruni

Sjálfskaði

Einu sinni eða Oftar en einu sinni sl. 12 mánuði

Hafa stundað sjálfsskaða

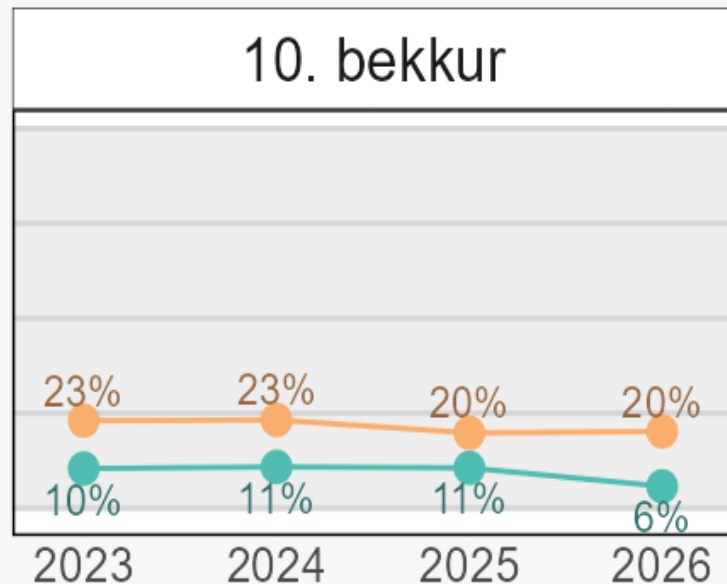
10. bekkur



Reykjavík Önnur sveitarfélög

Hafa stundað sjálfsskaða

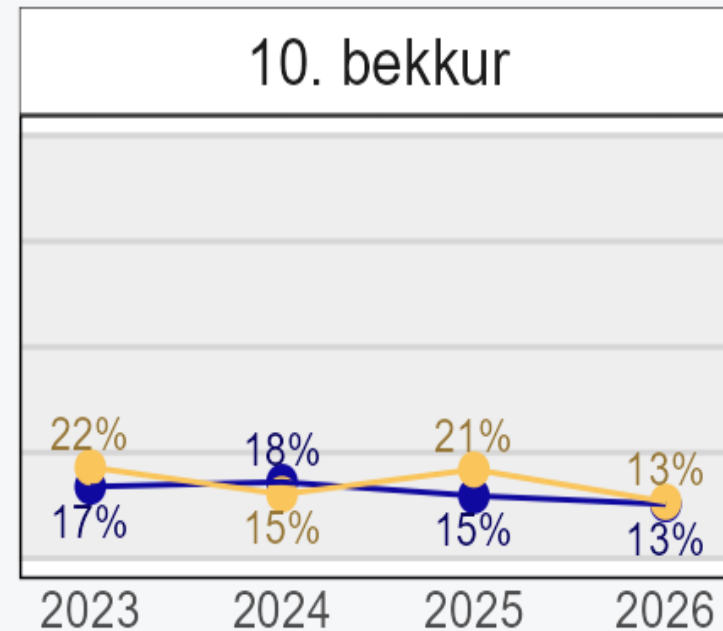
10. bekkur



Strákar Stelpur

Hafa stundað sjálfsskaða

10. bekkur

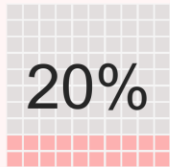


Íslenskur uppruni Erlendur uppruni

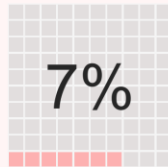
ÖRYGGI OG VERND

4. og 5. bekkur

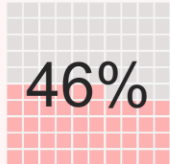
Orðið fyrir
einelti



Orðið fyrir
einelti á
netinu



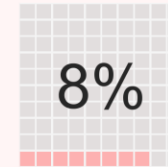
Nota
samfélagsmiðla
oft



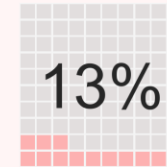
ÖRYGGI OG VERND

6.-10. bekkur

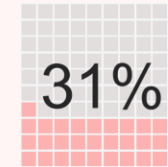
Orðið fyrir
einelti



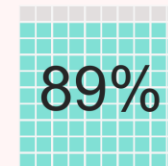
Hafa tekið þátt
í einelti



Lent í
slagmálum eða
orðið fyrir
líkamsárás

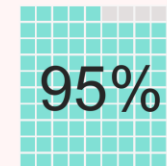


Örugg í sínu
hverfi



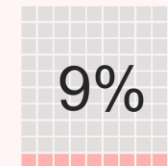
7.-10. bekkur

Örugg á eigin
heimili



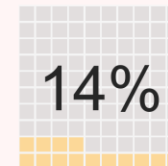
7.-10. bekkur

Horfa á klám
vikulega eða
oftar



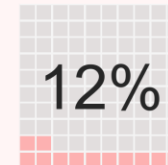
9. og 10. bekkur

Kynferislega
virk



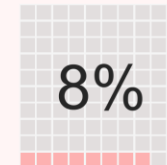
9. og 10. bekkur

Reynsla af
heimilisofbeldi



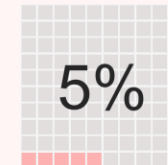
8.-10. bekkur

Kynferðislegt
ofbeldi/áreiti
af hálfu
fullorðins



8.-10. bekkur

Kynferðislegt
ofbeldi af
hálfu unglings



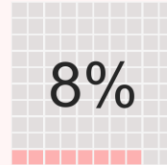
8.-10. bekkur



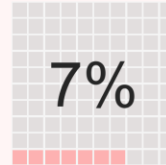
VÍMUEFNI

9. og 10. bekkur

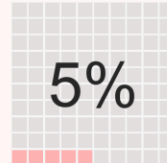
Áfengi
undanfarna 30
daga



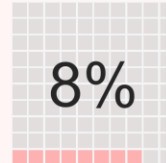
Drukkin um ævi



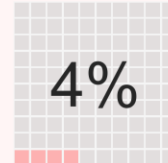
Nikótínþúðar
undanfarna 30
daga



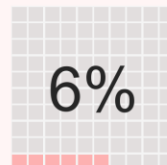
Rafrettur
undanfarna 30
daga



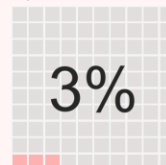
Sígarettur
undanfarna 30
daga



Kannabis um ævi



Spice um ævi

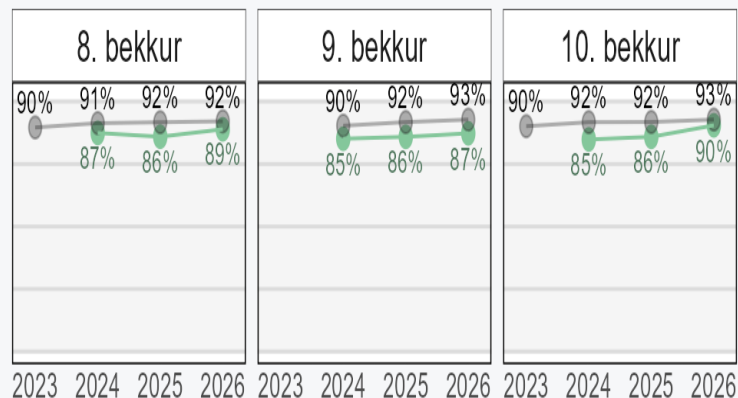


Örugg í sínu hverfi

Mjög sammála eða Sammála

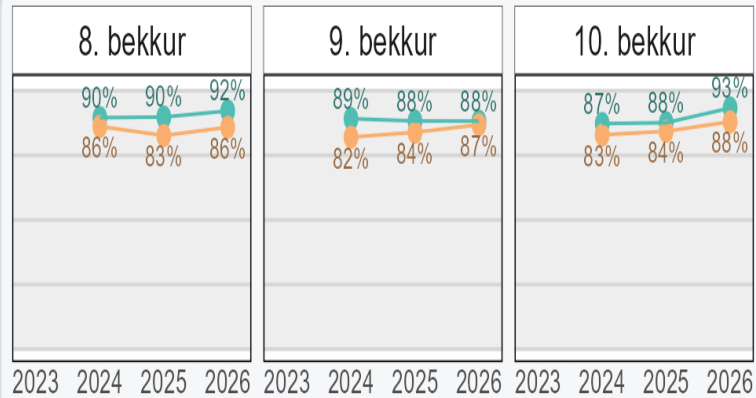


Örugg í sínu hverfi



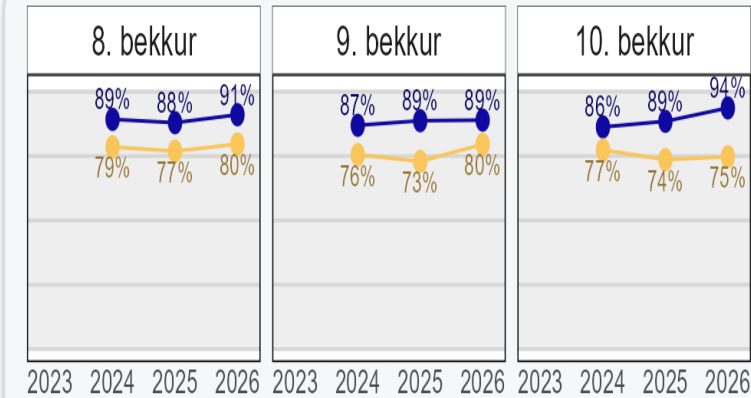
Reykjavík Önnur sveitarfélög

Örugg í sínu hverfi



Strákar Stelpur

Örugg í sínu hverfi

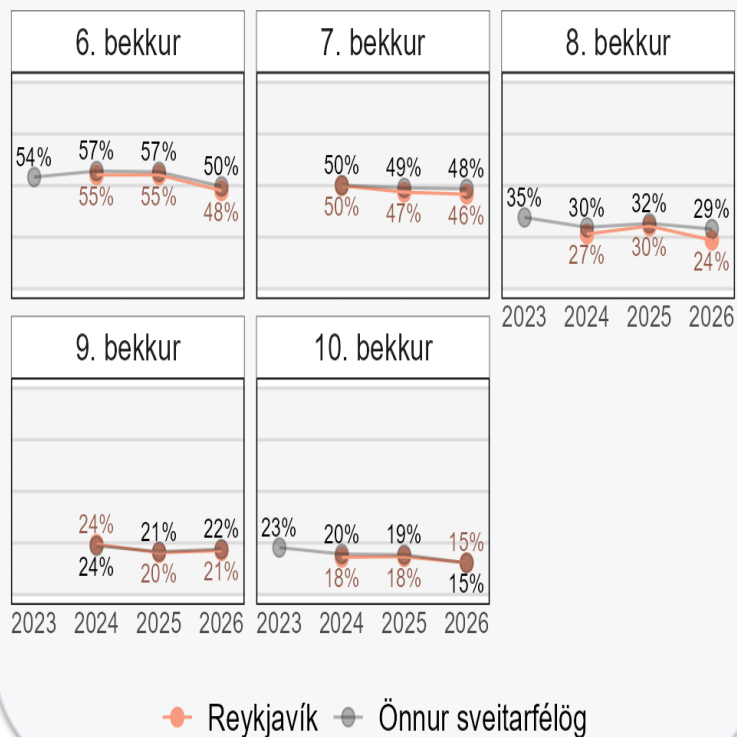


Íslenskur uppruni Erlendur uppruni

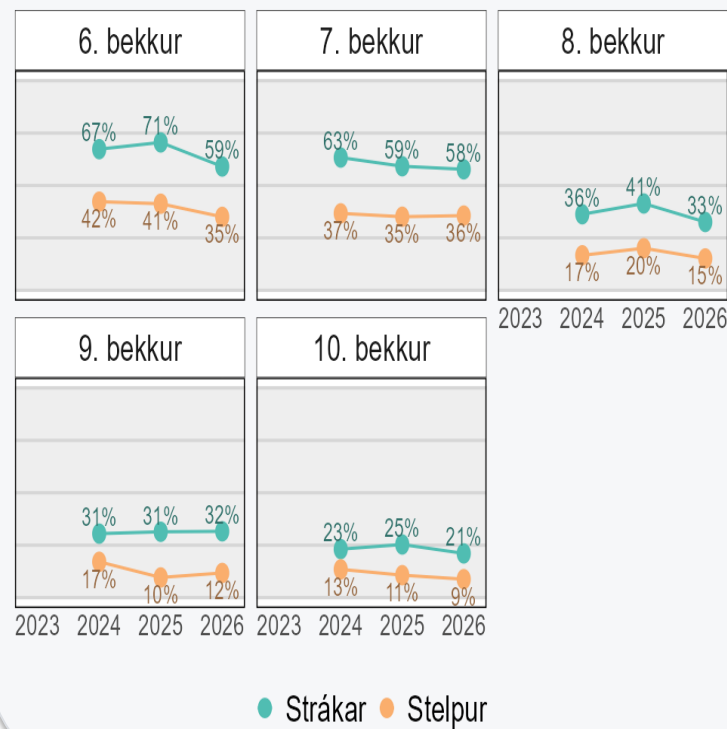


Lent í slagsmálum eða orðið fyrir líkamsárás sl. 12 mánuði

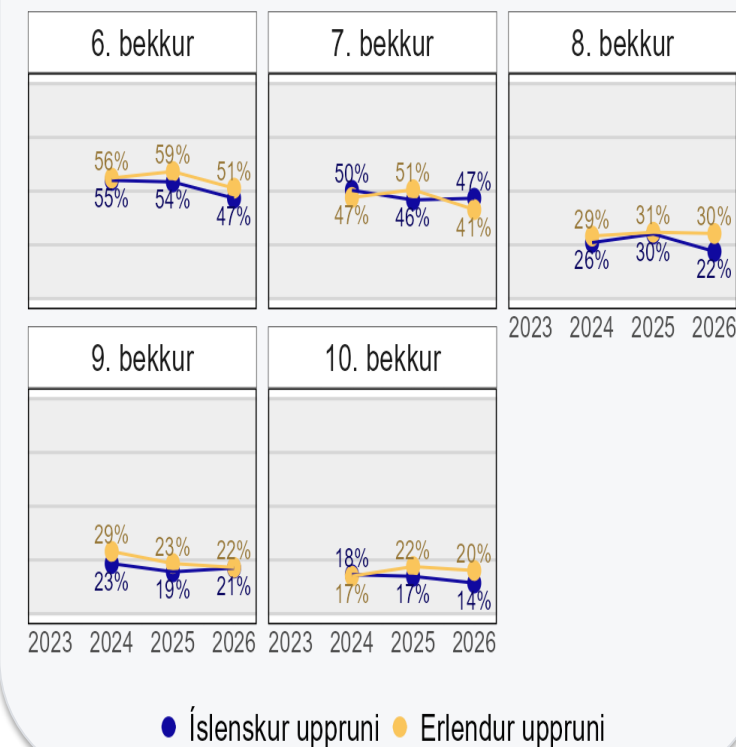
Slagsmál eða líkamsárás



Slagsmál eða líkamsárás

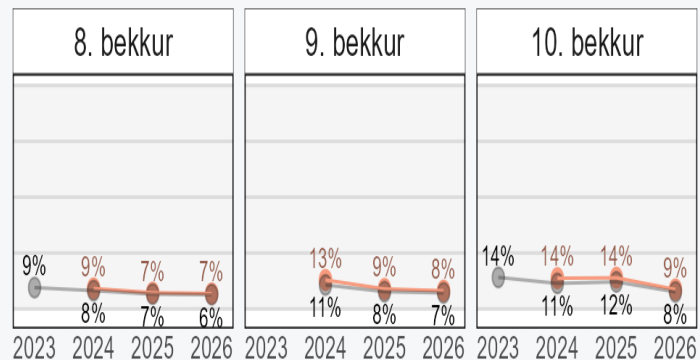


Slagsmál eða líkamsárás



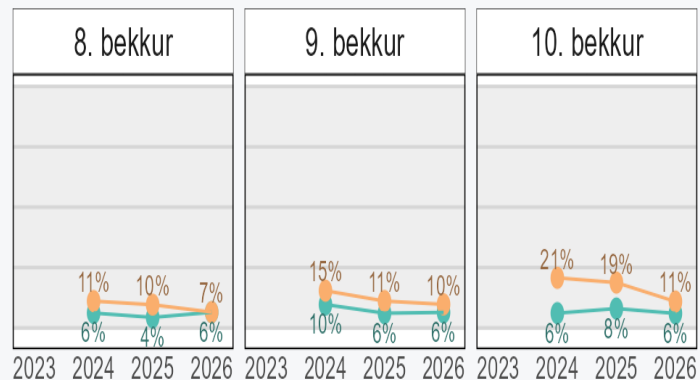
Kynferðislegt ofbeldi / áreiti af hálfu fullorðinna

Kynferðislegt ofbeldi/áreiti af hálfu fullorðins



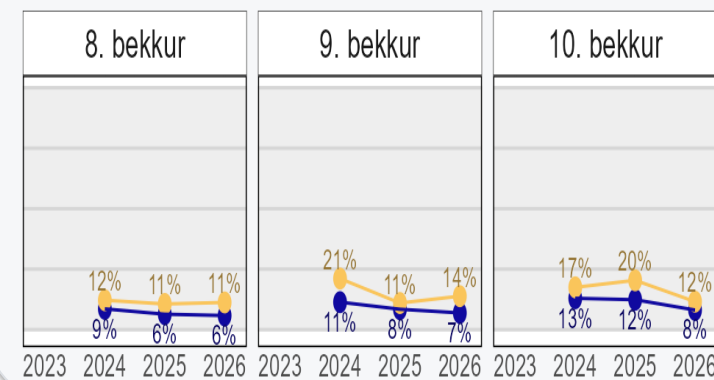
Reykjavík Önnur sveitarfélög

Kynferðislegt ofbeldi/áreiti af hálfu fullorðins



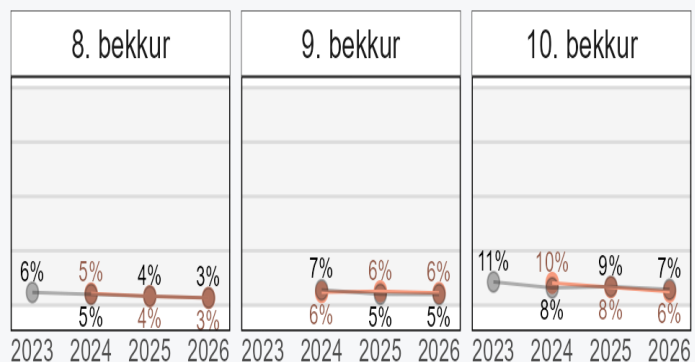
Strákar Stelpur

Kynferðislegt ofbeldi/áreiti af hálfu fullorðins



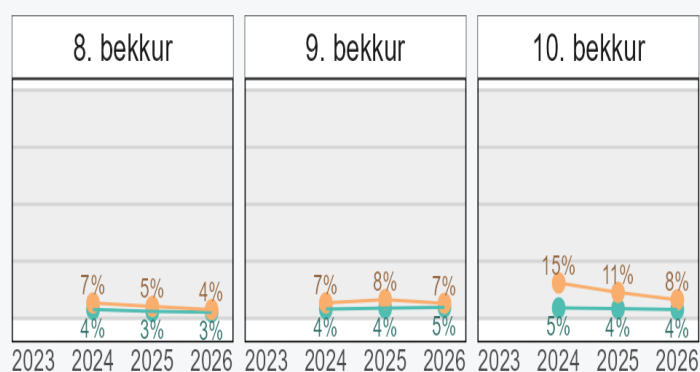
Íslenskur uppruni Erlendur uppruni

Kynferðislegt ofbeldi af hálfu unglings



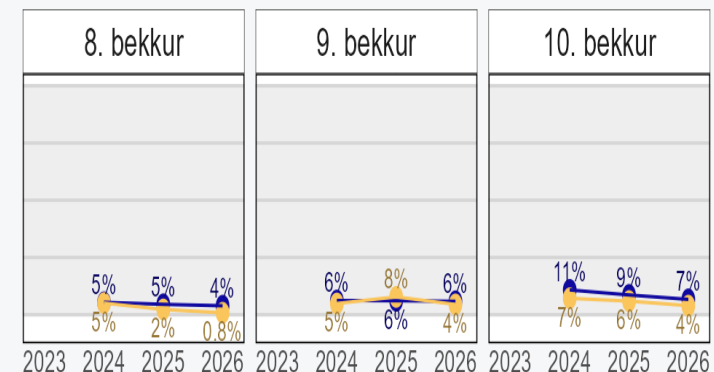
Reykjavík Önnur sveitarfélög

Kynferðislegt ofbeldi af hálfu unglings



Strákar Stelpur

Kynferðislegt ofbeldi af hálfu unglings

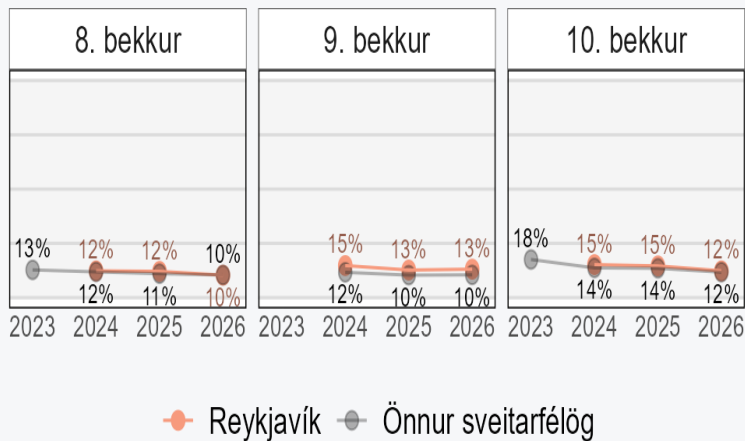


Íslenskur uppruni Erlendur uppruni

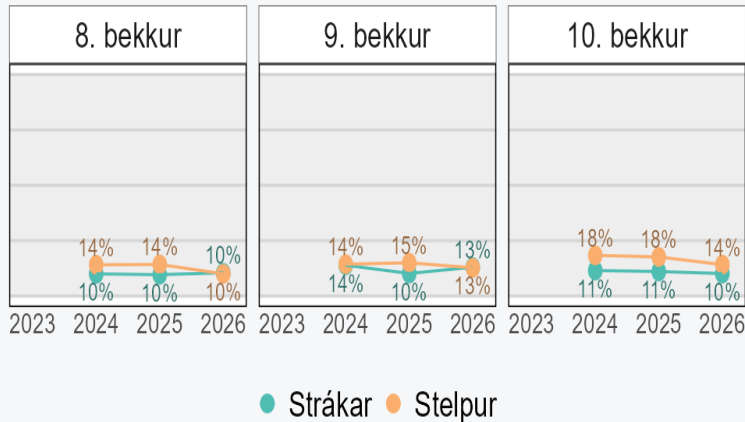


Reynsla af heimilisofbeldi

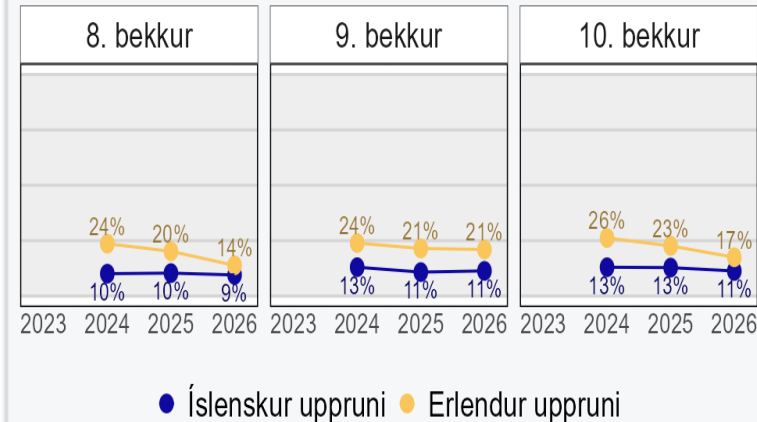
Reynsla af heimilisofbeldi



Reynsla af heimilisofbeldi



Reynsla af heimilisofbeldi



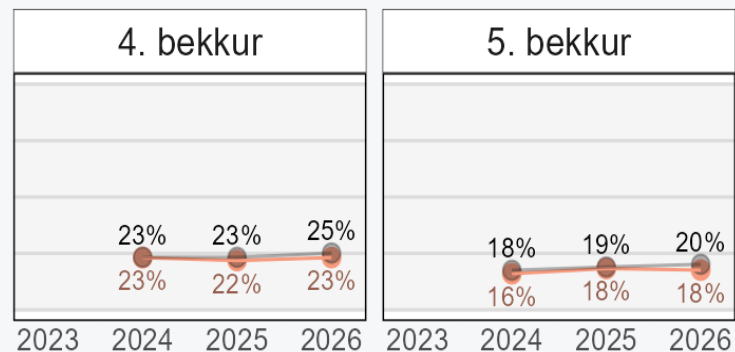


Einelti og einelti á netinu

Oft/Stundum (4.-5. bekk);

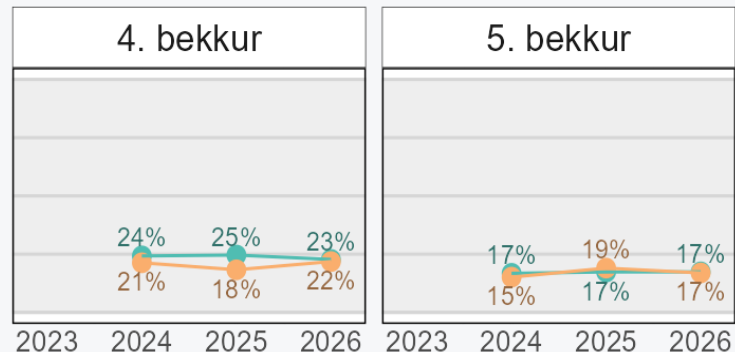
2 eða 3 sinnum í mánuði, Um það bil einu sinni í viku eða Nokkrum sinnum í viku (6.-10. bekk)

Orðið fyrir einelti



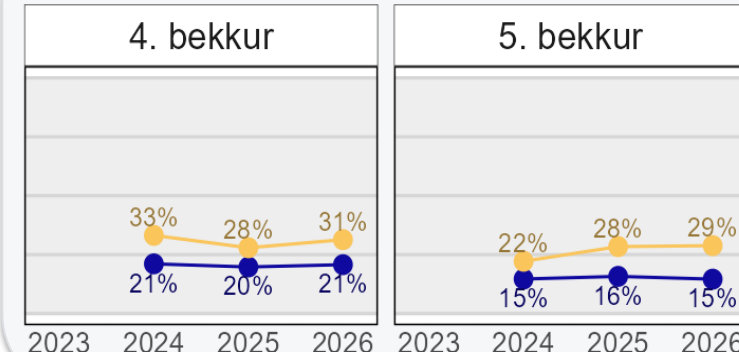
— Reykjavík — Önnur sveitarfélög

Orðið fyrir einelti



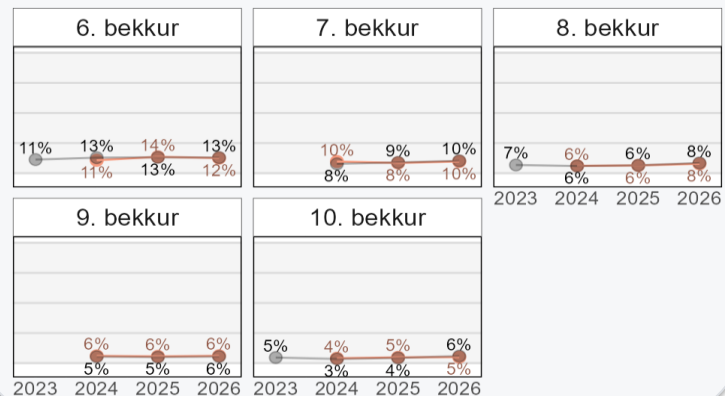
— Strákar — Stelpur

Orðið fyrir einelti



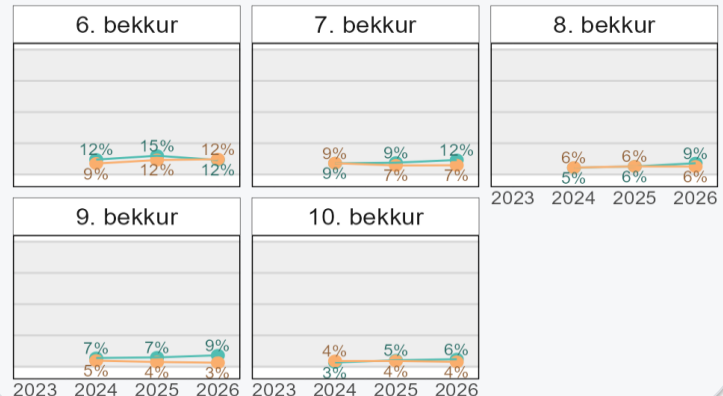
— Íslenskur uppruni — Erlendur uppruni

Hafa orðið fyrir einelti



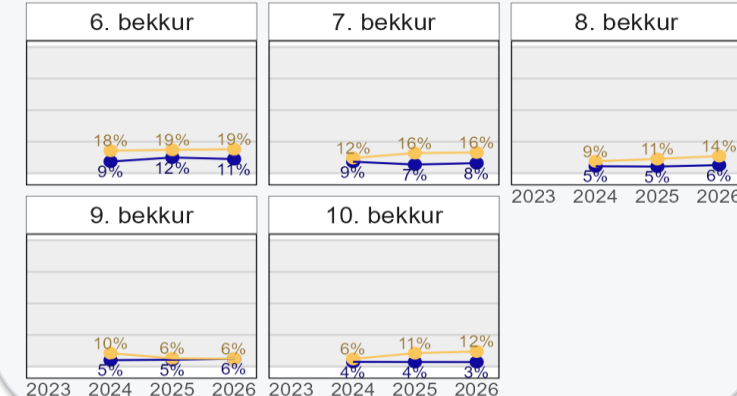
— Reykjavík — Önnur sveitarfélög

Hafa orðið fyrir einelti



— Strákar — Stelpur

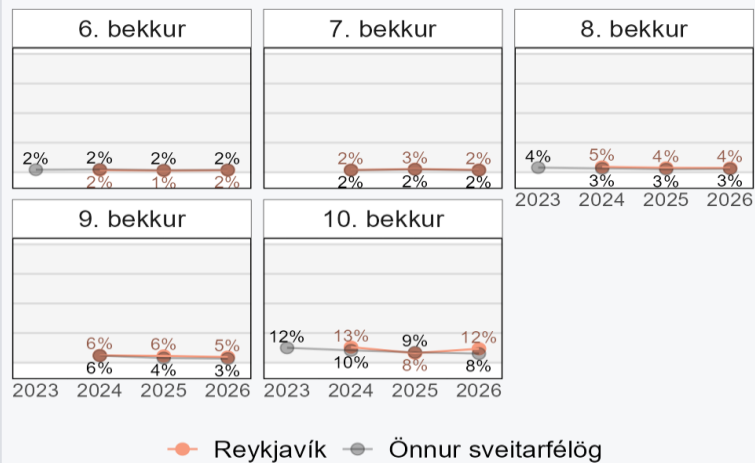
Hafa orðið fyrir einelti



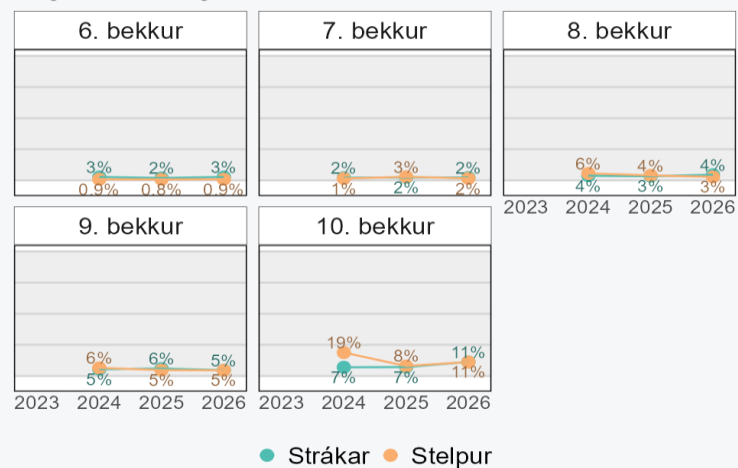
— Íslenskur uppruni — Erlendur uppruni



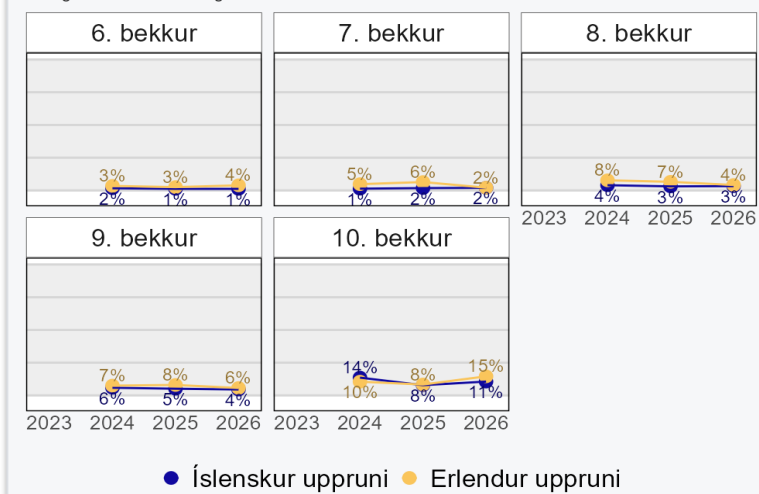
Áfengi undanfarna 30 daga



Áfengi undanfarna 30 daga



Áfengi undanfarna 30 daga

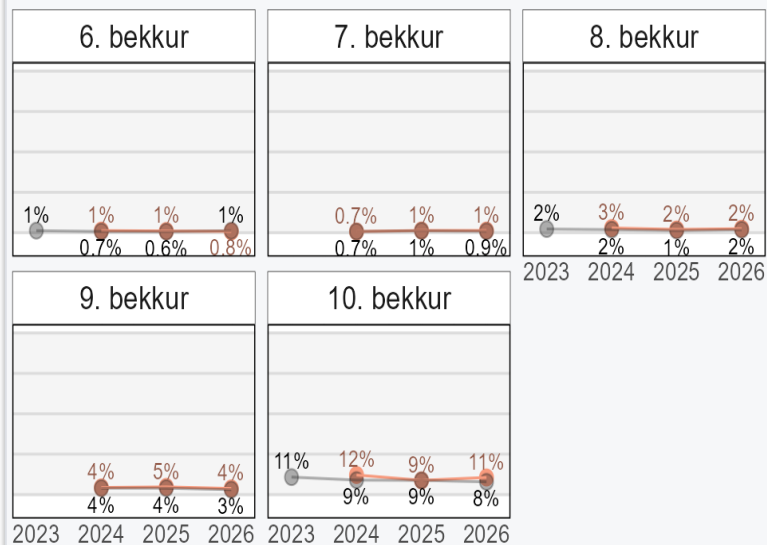


Orðið drukkin sl. 30 daga

Einu sinni; 2-3 sinnum; 4-10 sinnum; oftar en 10 sinnum

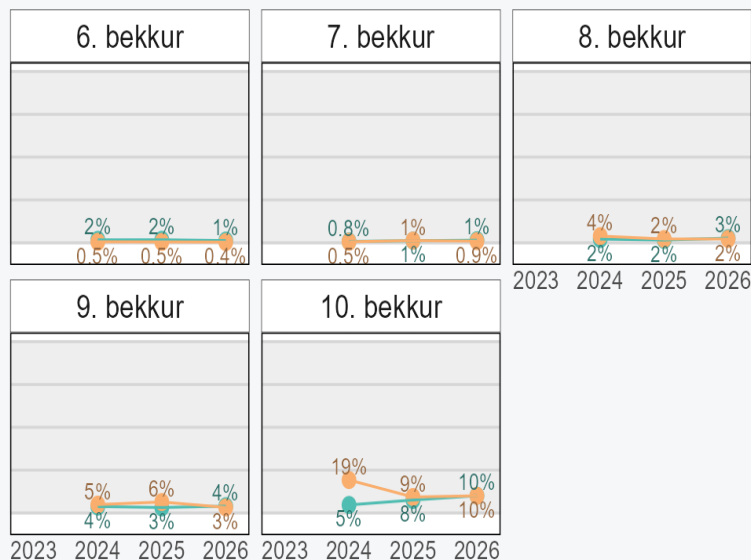


Orðið drukkin um ævi



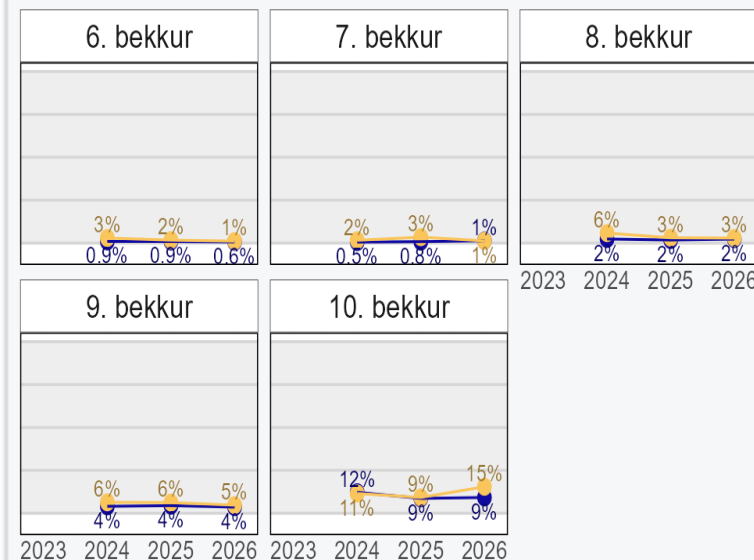
Reykjavík Önnur sveitarfélög

Orðið drukkin um ævi



Strákar Stelpur

Orðið drukkin um ævi

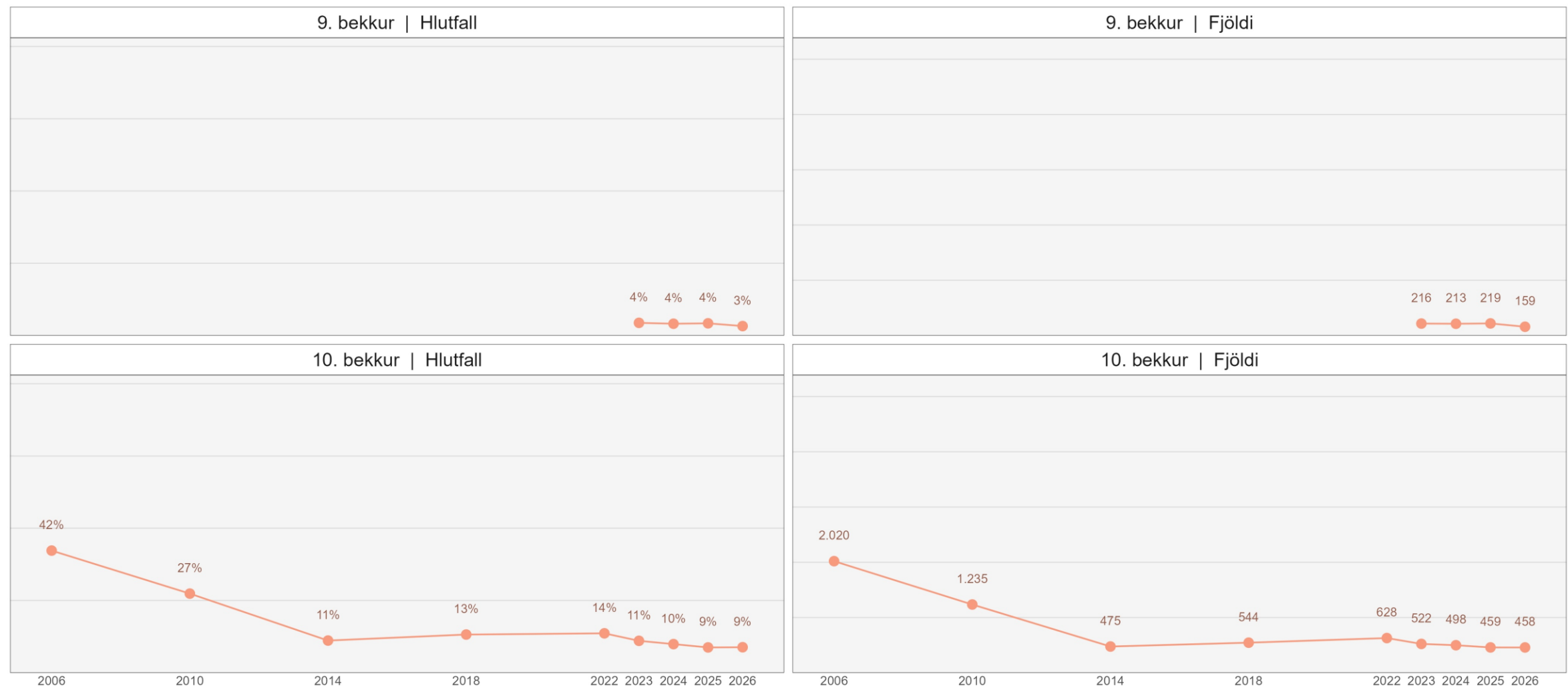


Íslenskur uppruni Erlendur uppruni

Ölvun um ævi í 9. og 10. bekk á landsvísu



Ölvun um ævi

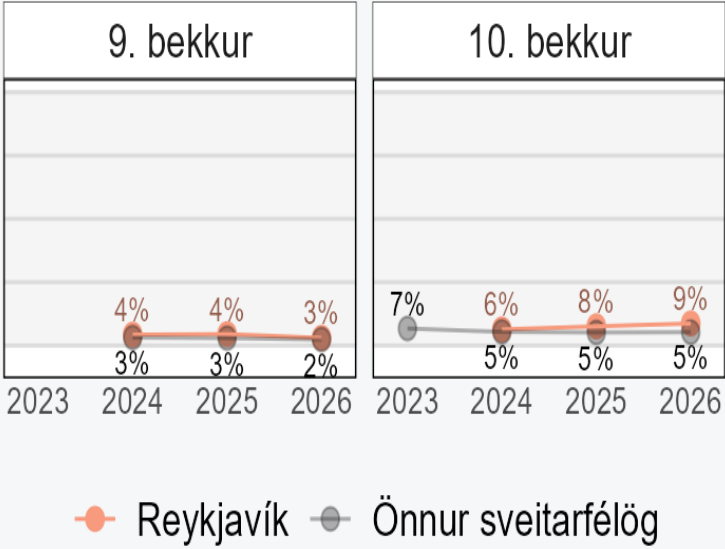


Kannabis um ævi

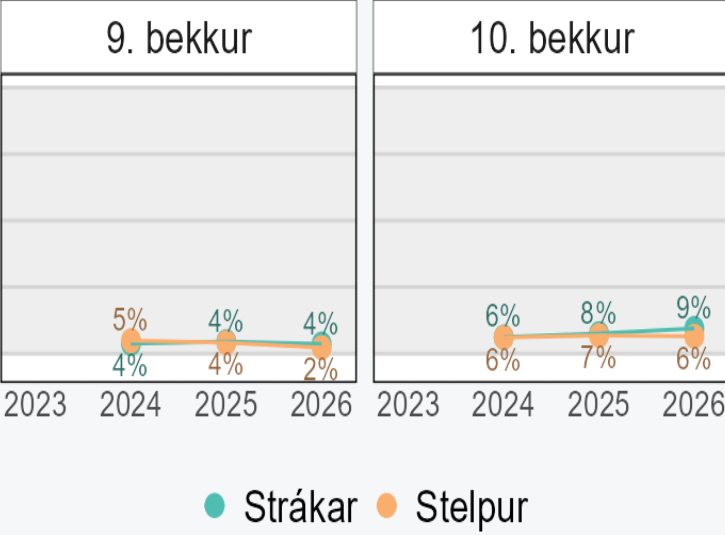


Uppruni

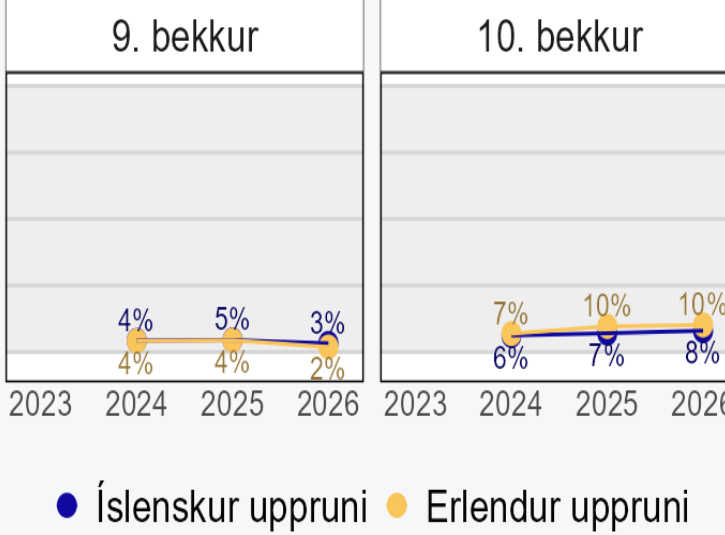
Kannabis um ævi



Kannabis um ævi



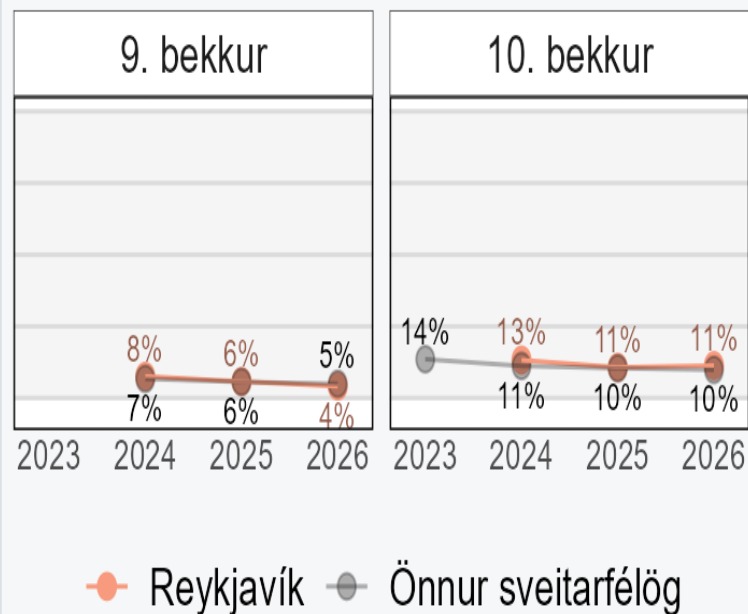
Kannabis um ævi



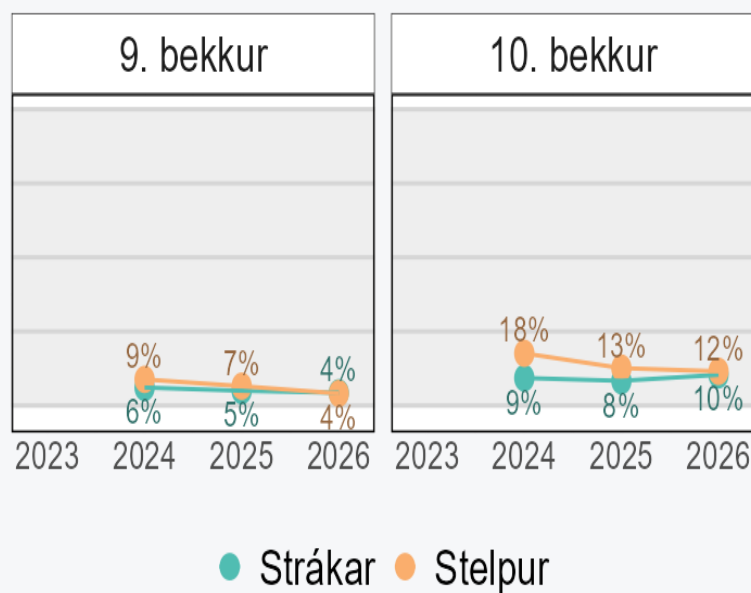
Rafrettur undanfarna 30 daga



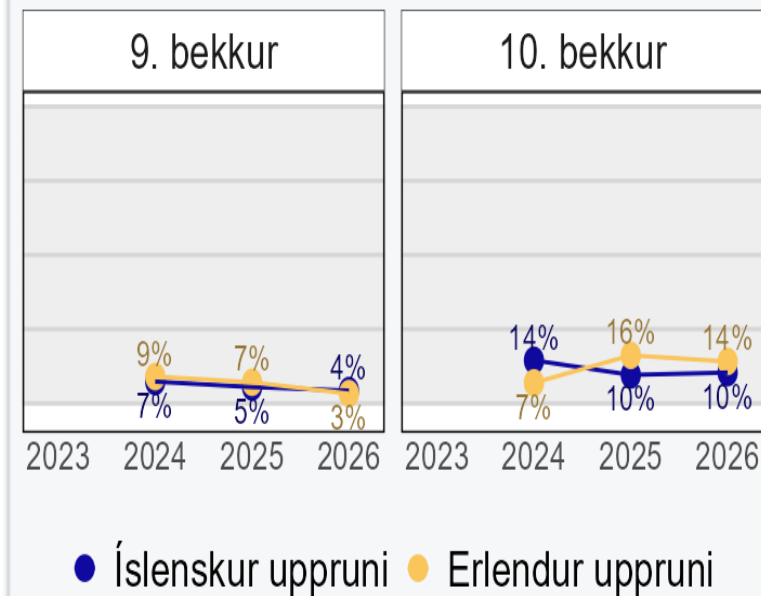
Rafrettur undanfarna 30 daga



Rafrettur undanfarna 30 daga



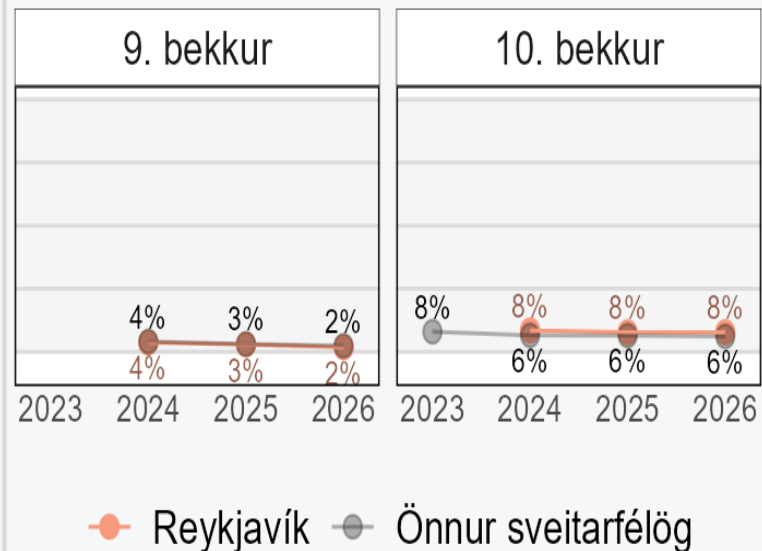
Rafrettur undanfarna 30 daga



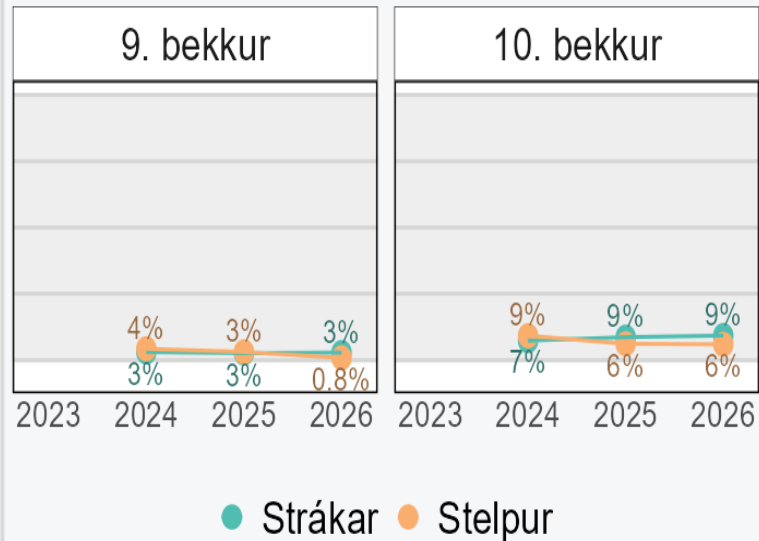
Nikótínþúðar undanfarna 30 daga



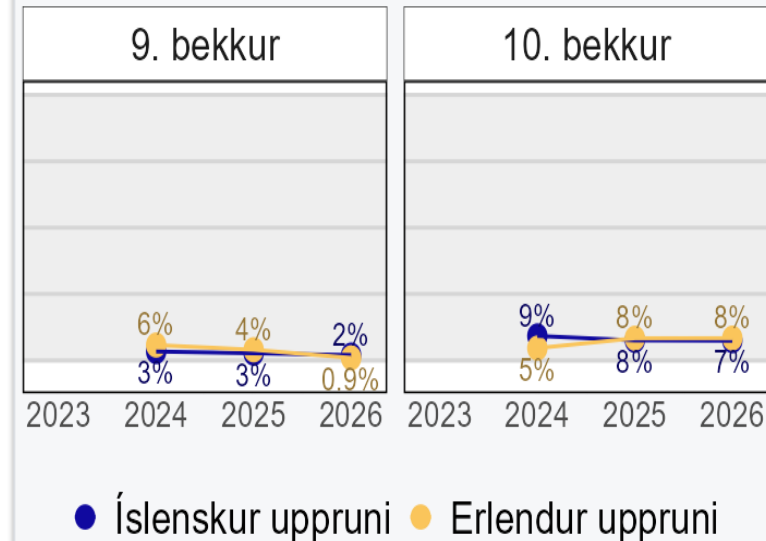
Nikótínþúðar undanfarna 30 daga



Nikótínþúðar undanfarna 30 daga



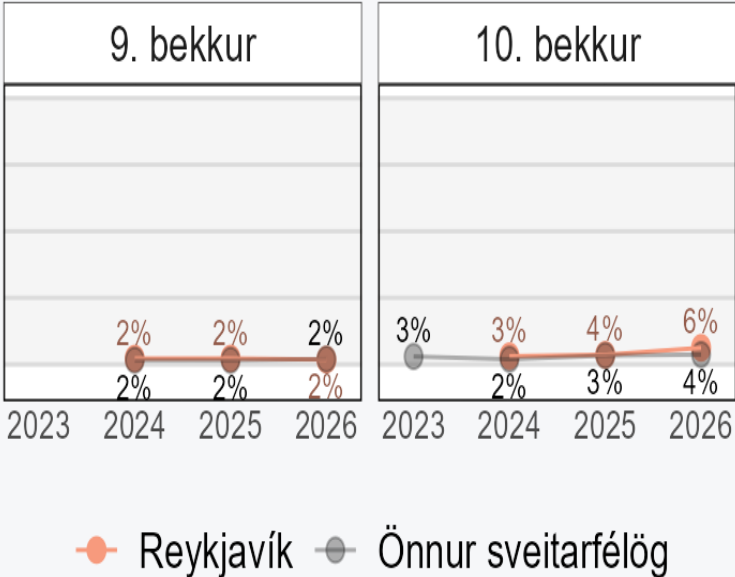
Nikótínþúðar undanfarna 30 daga



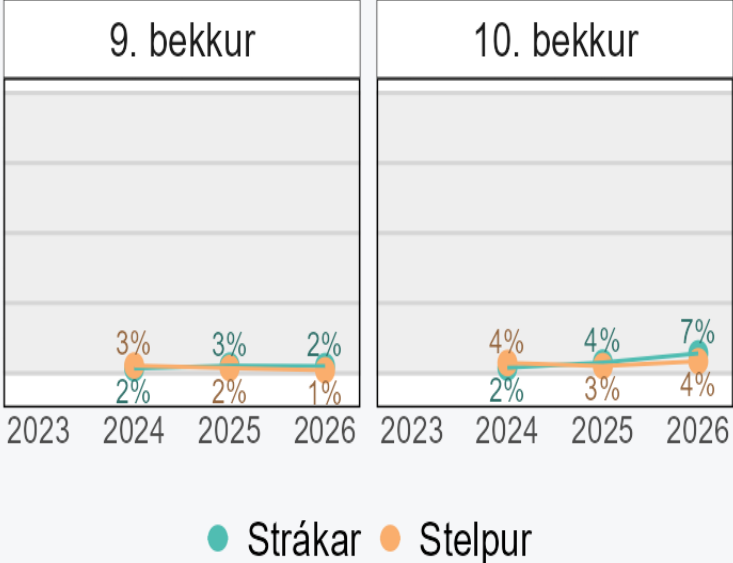
Sígarettur undanfarna 30 daga



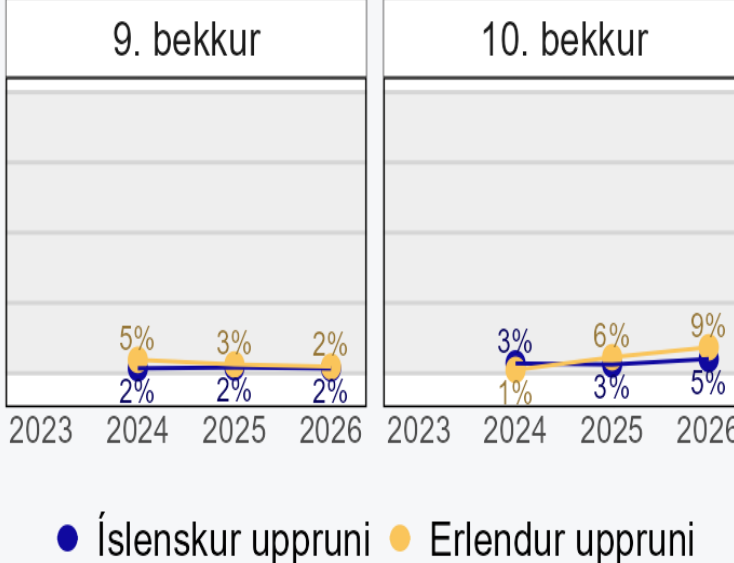
Sígarettur undanfarna 30 daga



Sígarettur undanfarna 30 daga

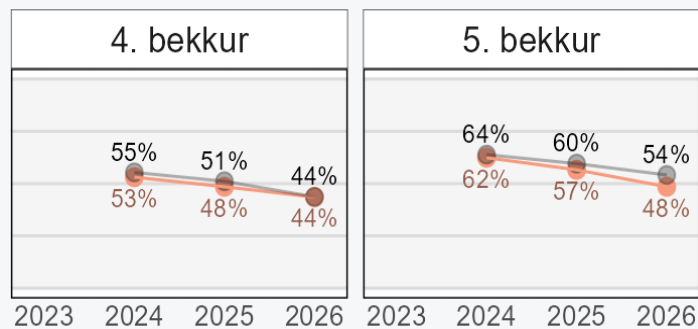


Sígarettur undanfarna 30 daga



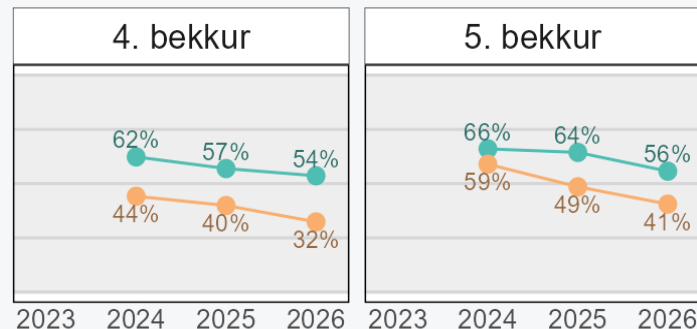


Samfélagsmiðlanotkun



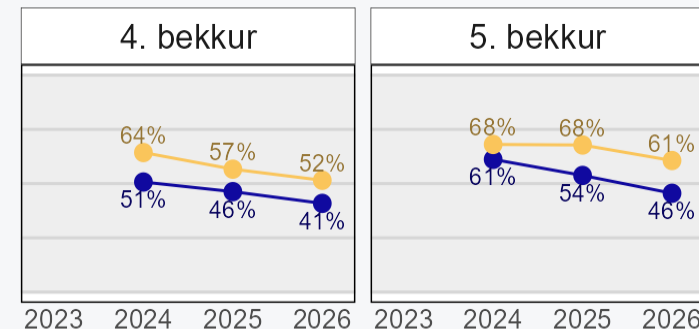
— Reykjavík — Önnur sveitarfélög

Samfélagsmiðlanotkun



● Strákar ● Stelpur

Samfélagsmiðlanotkun

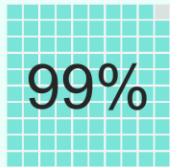


● Íslenskur uppruni ● Erlendur uppruni

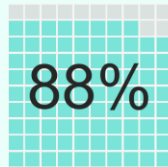
ÞÁTTTAKA OG FÉLAGSLEG TENGSL

4. og 5. bekkur

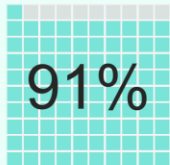
Eiga einn eða fleiri góða vini



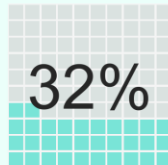
Finnst gaman að bjóða vinum heim



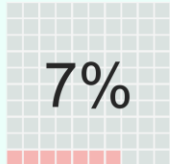
Stunda eina eða fleiri íþróttir



Stunda listnám



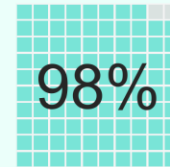
Oft einmana



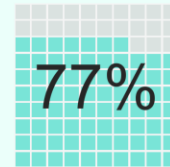
ÞÁTTTAKA OG FÉLAGSLEG TENGSL

6.-10. bekkur

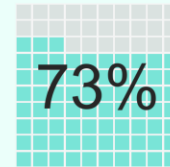
Eiga einn eða fleiri góða vini



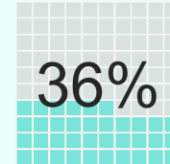
Eiga auðvelt með að eignast nýja vini



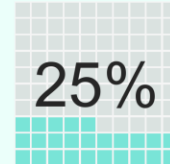
Gaman að bjóða vinum heim



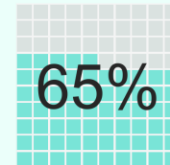
Sækja félagsmiðstöð reglulega



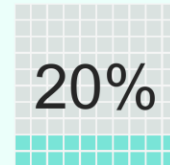
Taka þátt í nemendaráðum eða öðrum ráðum



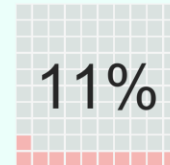
Eru í reglulegum íþróttum



Stunda reglulegt listnám

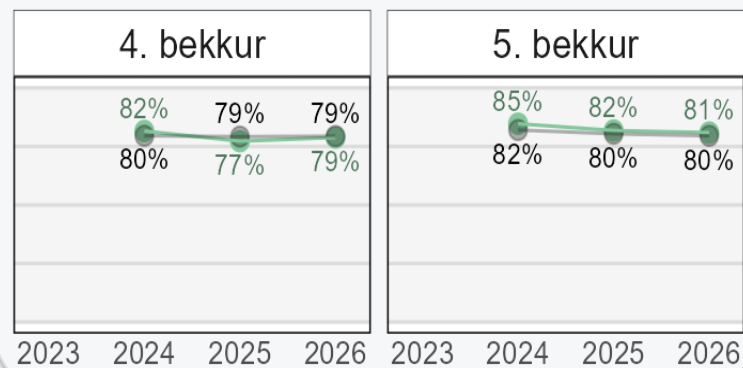


Oft einmana



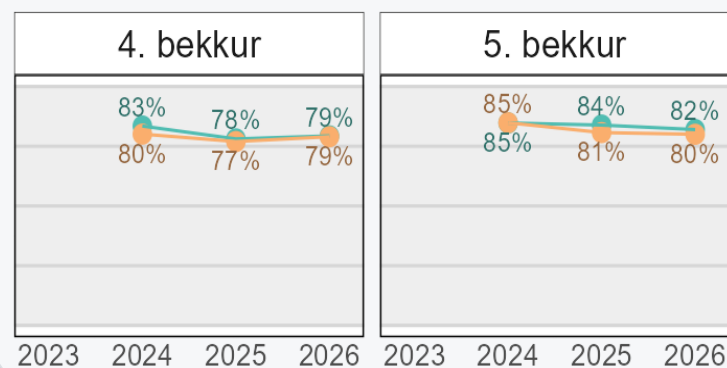
Regluleg hreyfing

Hreyfa sig mikið



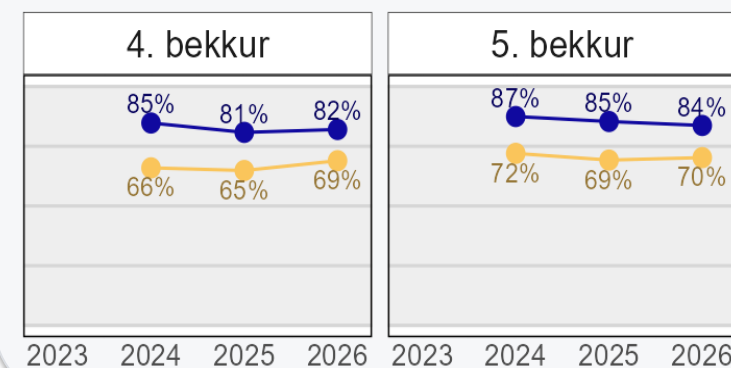
Reykjavík Önnur sveitarfélög

Hreyfa sig mikið



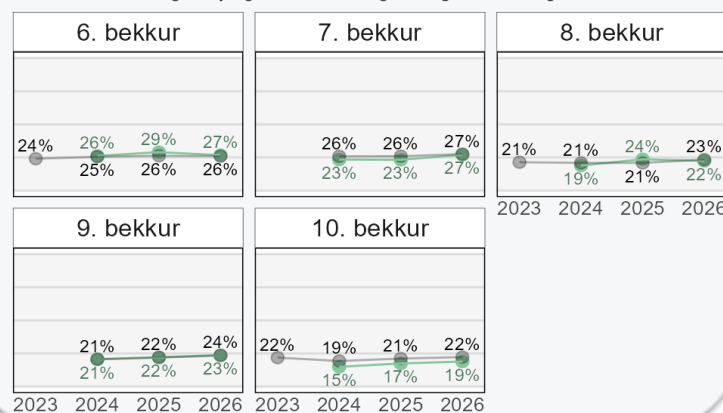
Strákar Stelpur

Hreyfa sig mikið



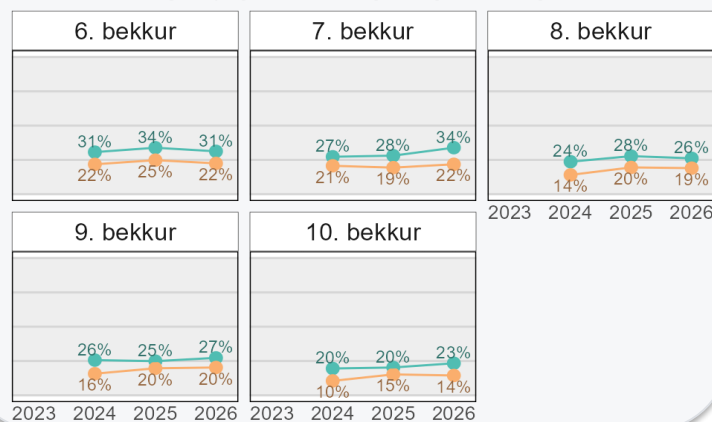
Íslenskur uppruni Erlendur uppruni

Hafa stundað líkamlega hreyfingu 60 mín eða lengur á dag síðustu 7 daga



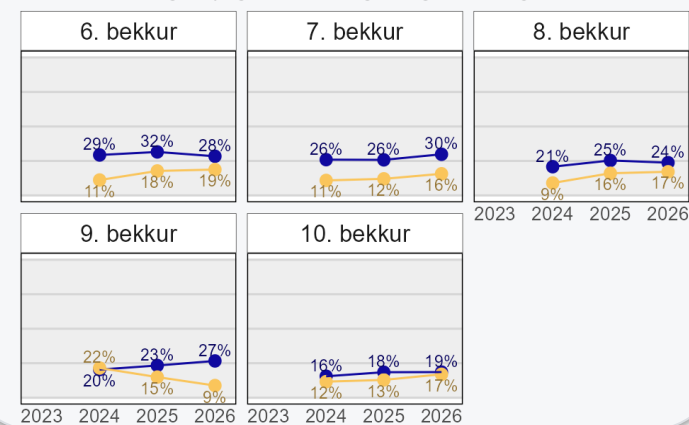
Reykjavík Önnur sveitarfélög

Hafa stundað líkamlega hreyfingu 60 mín eða lengur á dag síðustu 7 daga



Strákar Stelpur

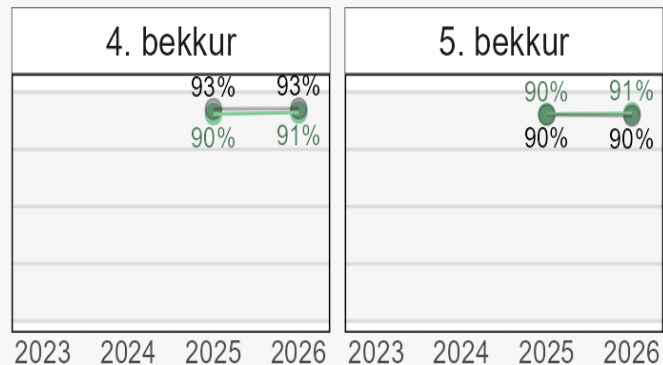
Hafa stundað líkamlega hreyfingu 60 mín eða lengur á dag síðustu 7 daga



Íslenskur uppruni Erlendur uppruni

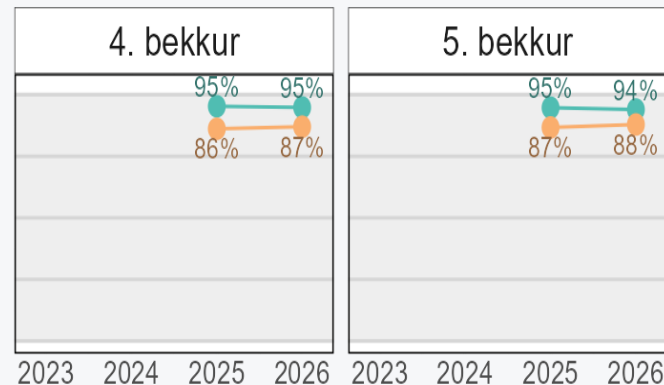
Reglulegar íþróttir

Æfa íþróttir



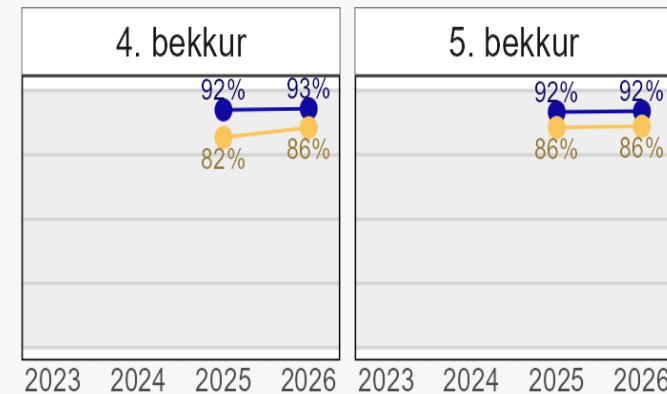
● Reykjavík ● Önnur sveitarfélög

Æfa íþróttir



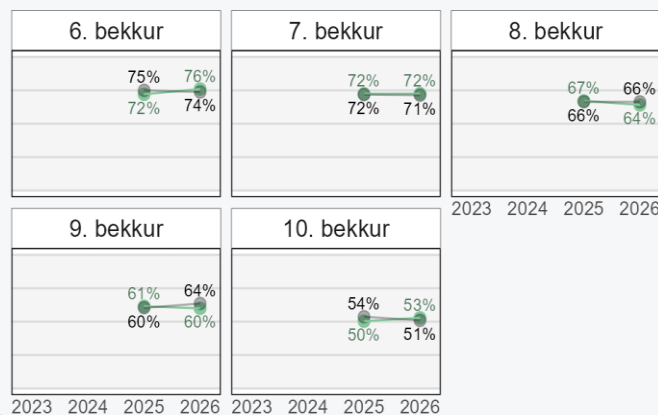
● Strákar ● Stelpur

Æfa íþróttir



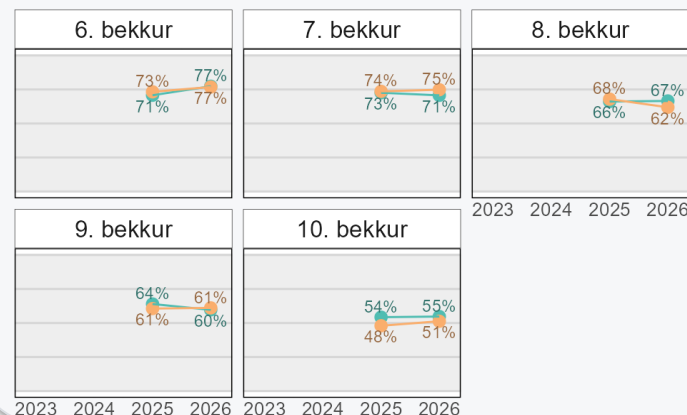
● Íslenskur uppruni ● Erlendur uppruni

Reglulegar íþróttir



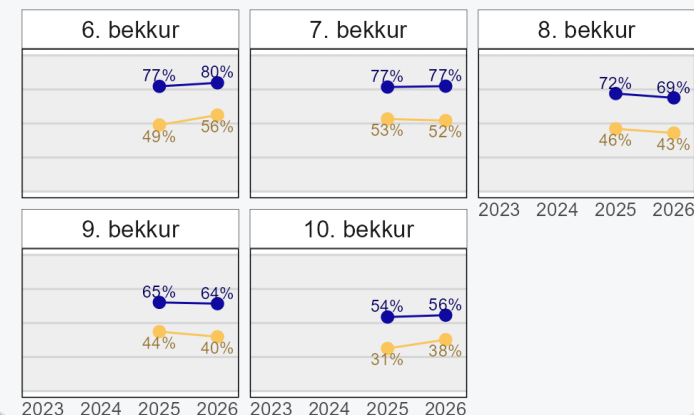
● Reykjavík ● Önnur sveitarfélög

Reglulegar íþróttir



● Strákar ● Stelpur

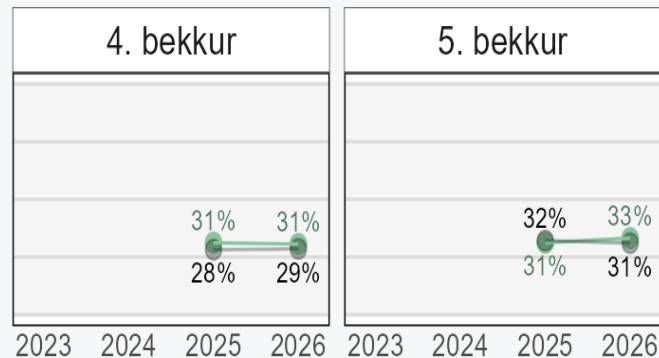
Reglulegar íþróttir



● Íslenskur uppruni ● Erlendur uppruni

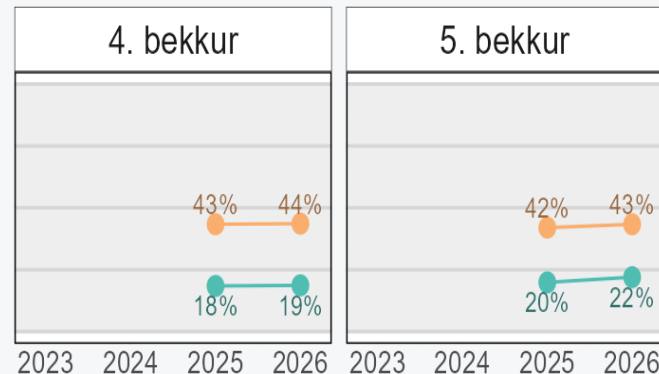
Reglulegt listnám

Stunda listnám



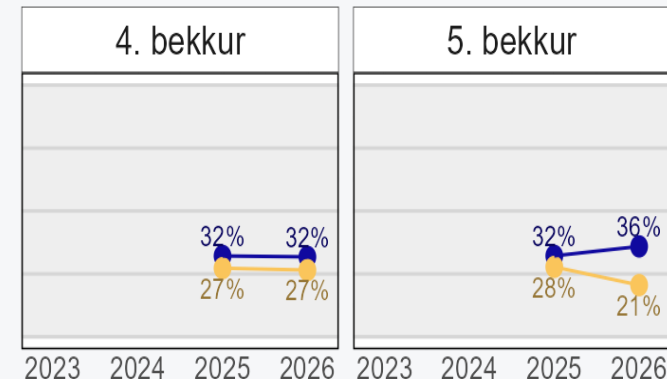
● Reykjavík ● Önnur sveitarfélög

Stunda listnám



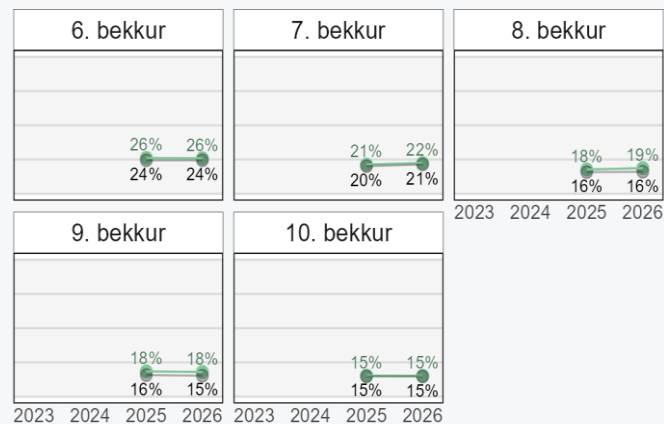
● Strákar ● Stelpur

Stunda listnám



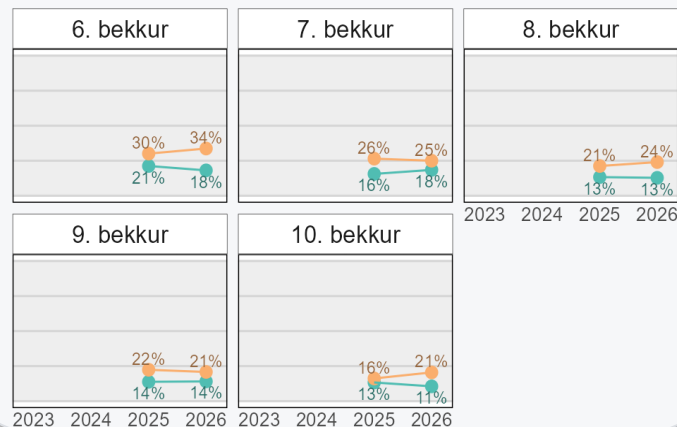
● Íslenskur uppruni ● Erlendur uppruni

Reglulegt listnám eða listastarf



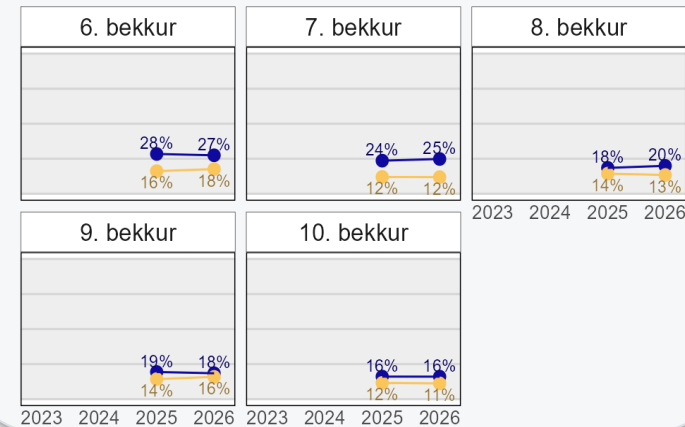
● Reykjavík ● Önnur sveitarfélög

Reglulegt listnám eða listastarf



● Strákar ● Stelpur

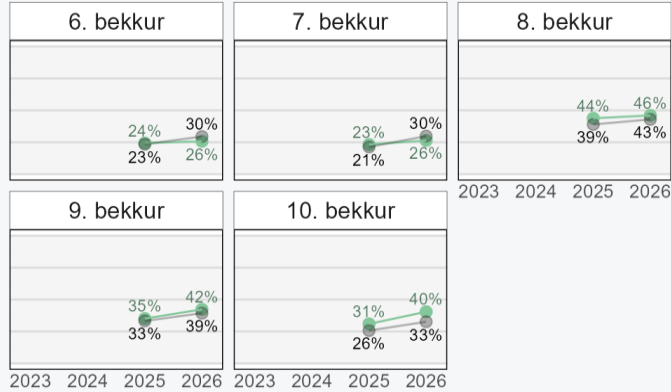
Reglulegt listnám eða listastarf



● Íslenskur uppruni ● Erlendur uppruni

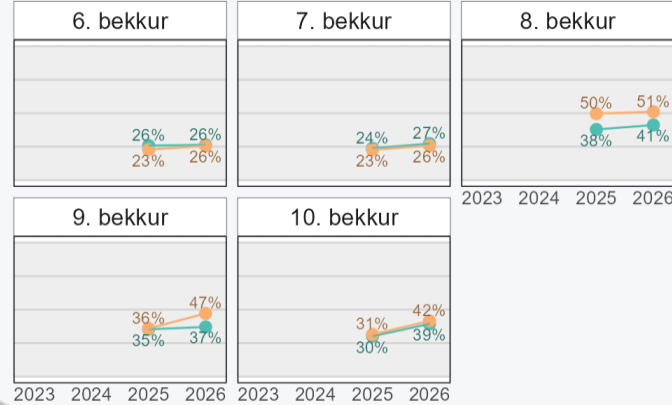
Þátttaka í félagsmiðstöðvarstarfi og ráðum í skólanum

Sækja félagsmiðstöð reglulega



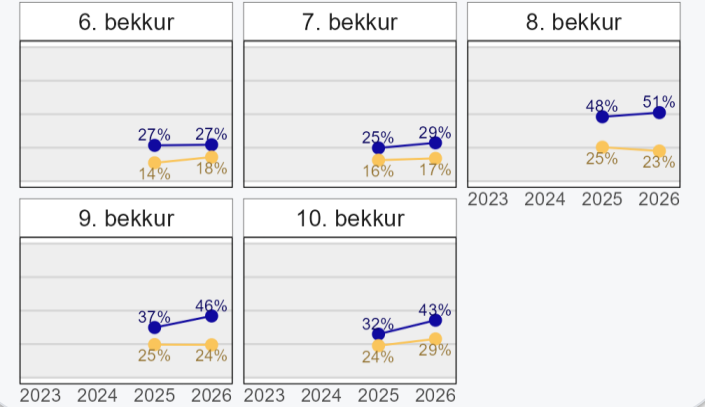
Reykjavík Önnur sveitarfélög

Sækja félagsmiðstöð reglulega



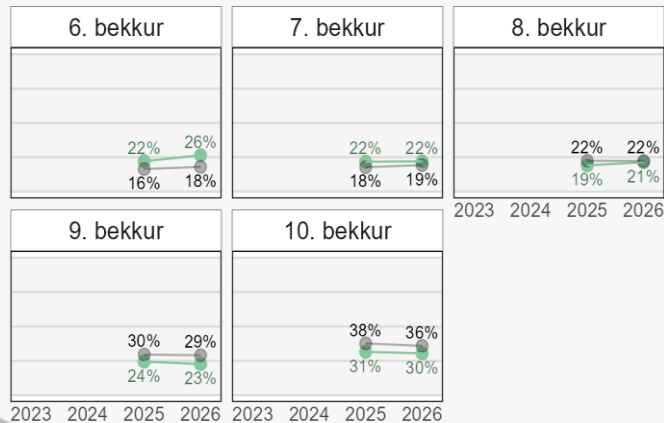
Strákar Stelpur

Sækja félagsmiðstöð reglulega



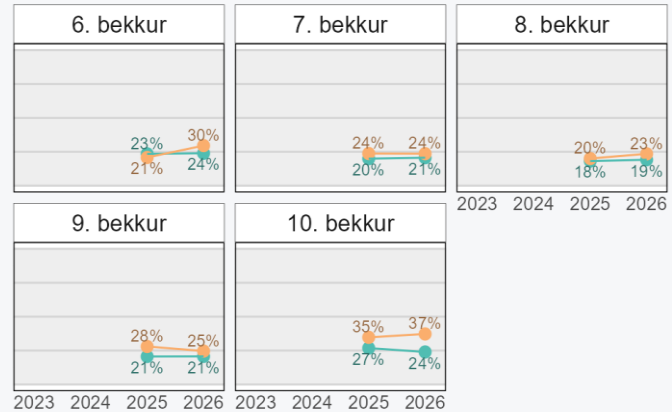
Íslenskur uppruni Erlendur uppruni

Nemenda, ungmenna-, eða réttindaráð



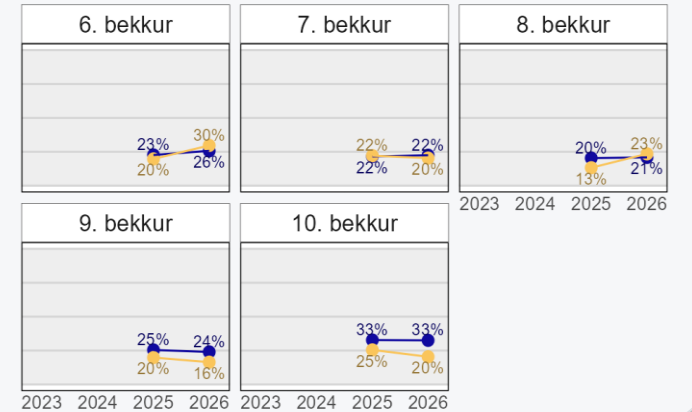
Reykjavík Önnur sveitarfélög

Nemenda, ungmenna-, eða réttindaráð



Strákar Stelpur

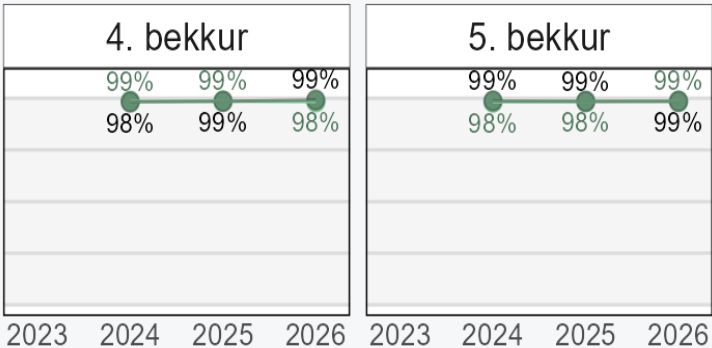
Nemenda, ungmenna-, eða réttindaráð



Íslenskur uppruni Erlendur uppruni

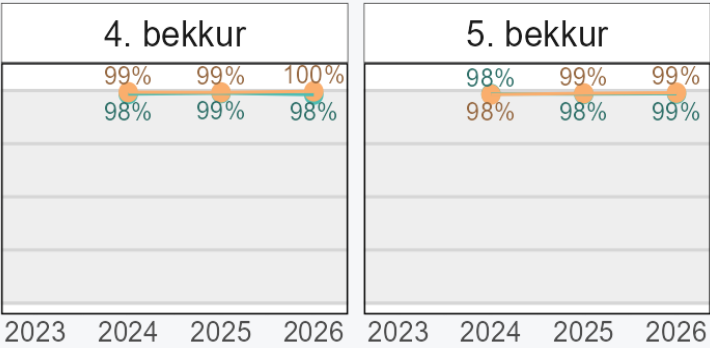
Eiga vini

Eiga einn eða fleiri góða vini



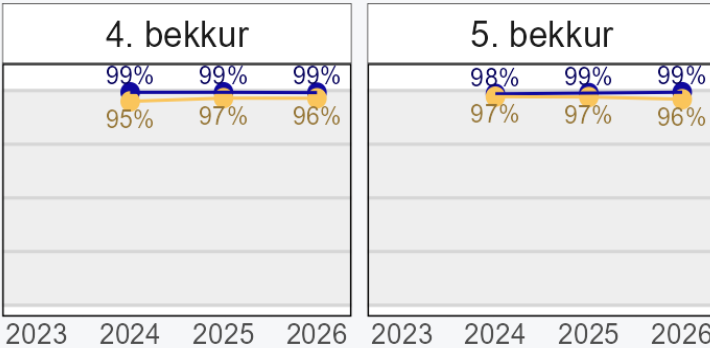
● Reykjavík ● Önnur sveitarfélög

Eiga einn eða fleiri góða vini



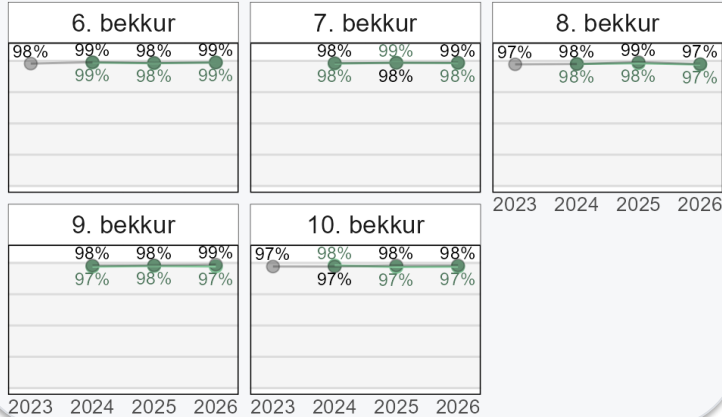
● Strákar ● Stelpur

Eiga einn eða fleiri góða vini



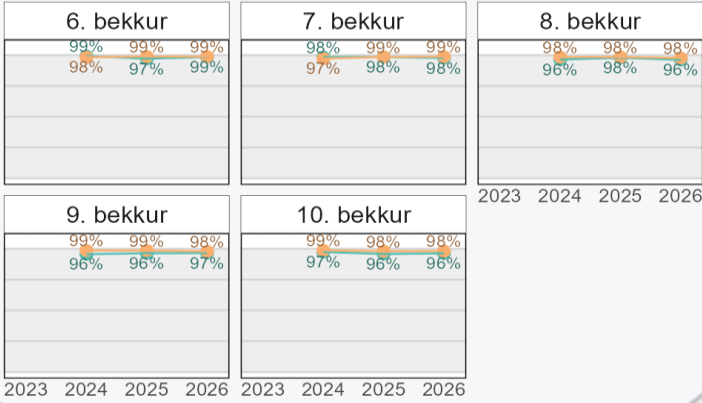
● Íslenskur uppruni ● Erlendur uppruni

Eiga góða vini eða góðar vinkonur



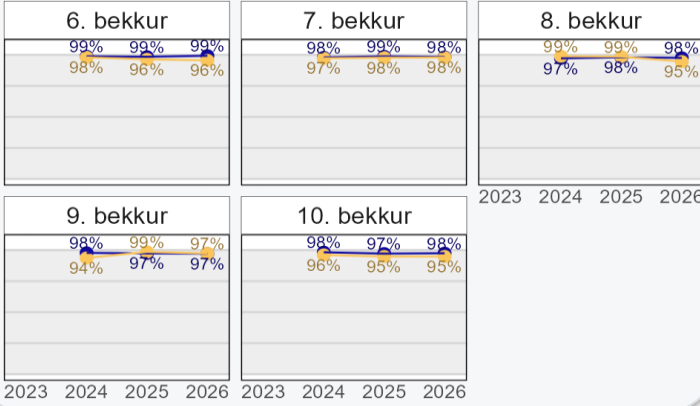
● Reykjavík ● Önnur sveitarfélög

Eiga góða vini eða góðar vinkonur



● Strákar ● Stelpur

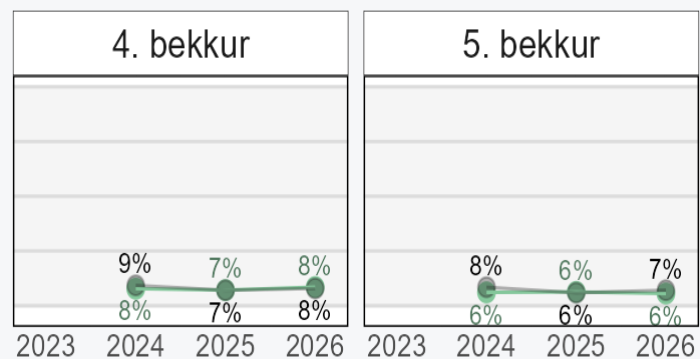
Eiga góða vini eða góðar vinkonur



● Íslenskur uppruni ● Erlendur uppruni

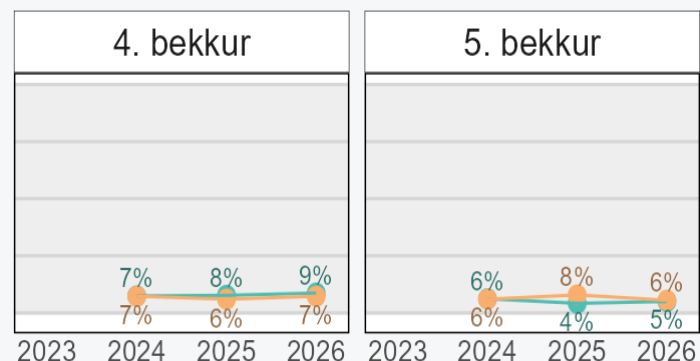
Oft einmana

Oft einmana



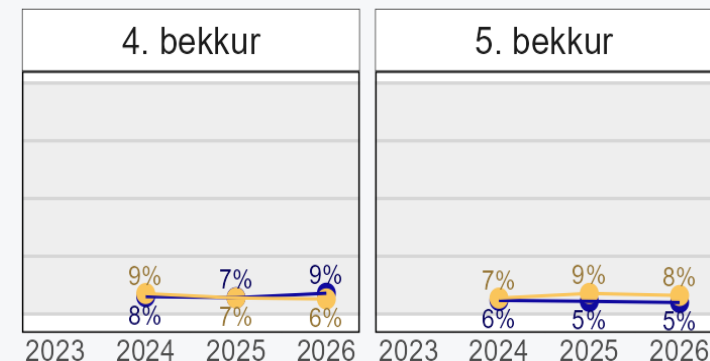
● Reykjavík ● Önnur sveitarfélög

Oft einmana



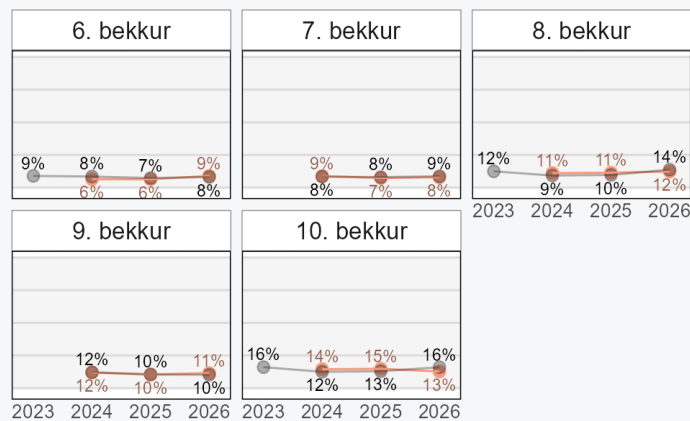
● Strákar ● Stelpur

Oft einmana



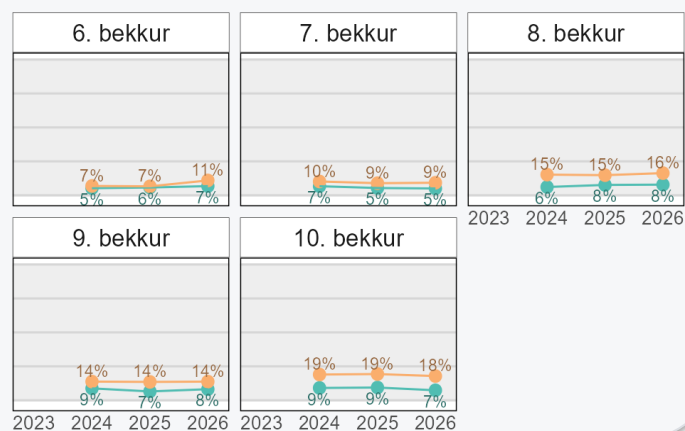
● Íslenskur uppruni ● Erlendur uppruni

Oft einmana



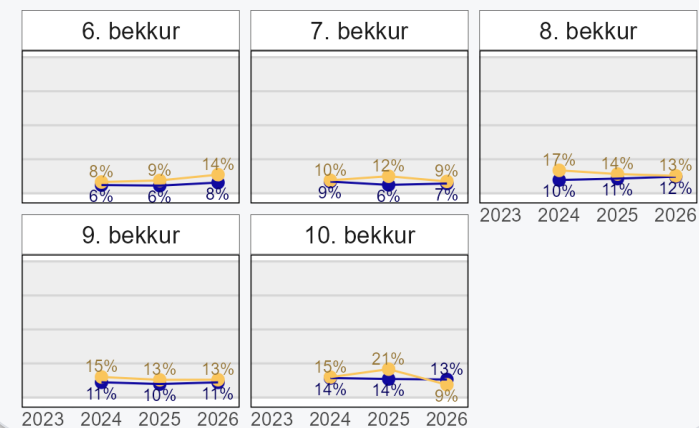
● Reykjavík ● Önnur sveitarfélög

Oft einmana



● Strákar ● Stelpur

Oft einmana

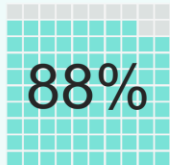


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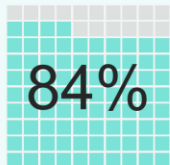
LÍFSGÆÐI OG FÉLAGSLEG STAÐA

4. og 5. bekkur

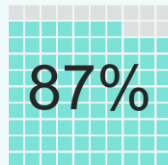
Fá aðstoð við heimanám



Geta talað við foreldra sína um áhyggjur



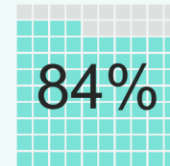
Gera skemmtilega hluti með foreldrum



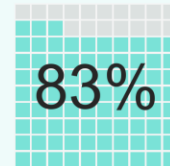
LÍFSGÆÐI OG FÉLAGSLEG STAÐA

6.-10. bekkur

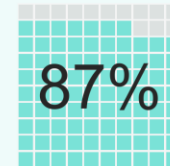
Upplifa fjárhagsstöðu heimilis góða



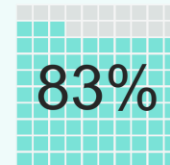
Geta fengið aðstoð við heimanám



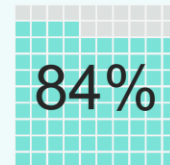
Með góða aðstöðu til náms heima



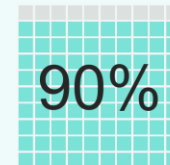
Gera skemmtilega hluti með foreldrum



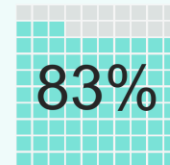
Auðvelt með að tala við að minnsta kosti annað foreldri



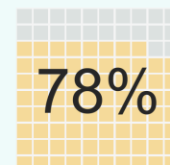
Upplifa stuðning fjölskyldu



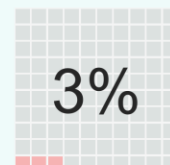
Borða oftast kvöldmat með fjölskyldu



Íslenska aðaltungumál á heimili



Unnu 10 tíma eða meira með skóla síðastliðna viku



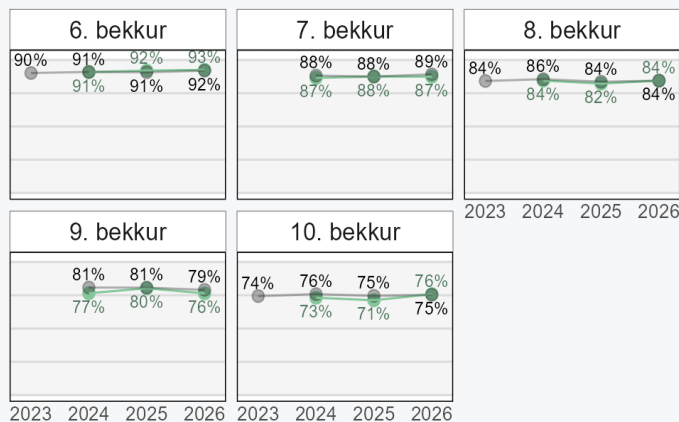
8.-10. bekkur



Samvera fjölskyldu

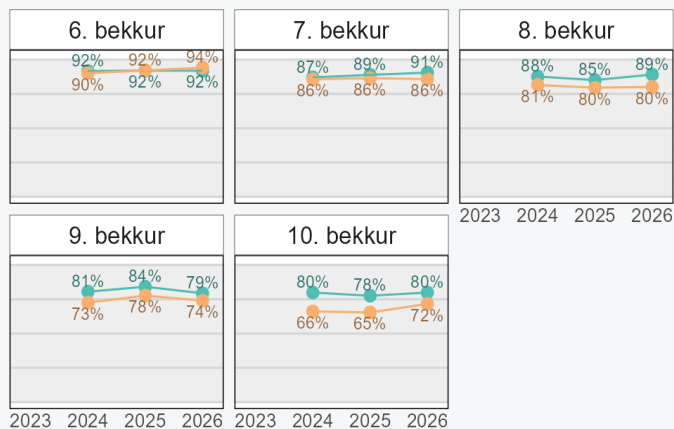
Á hverjum degi eða 4-6 kvöld í viku

Kvöldmatur með fjölskyldu



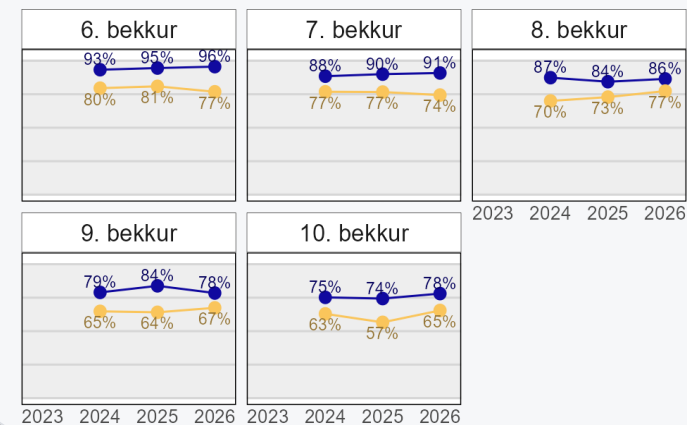
Reykjavík Önnur sveitarfélög

Kvöldmatur með fjölskyldu



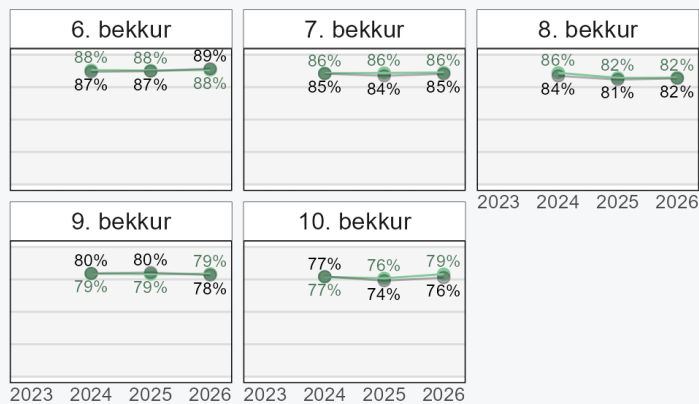
Strákar Stelpur

Kvöldmatur með fjölskyldu



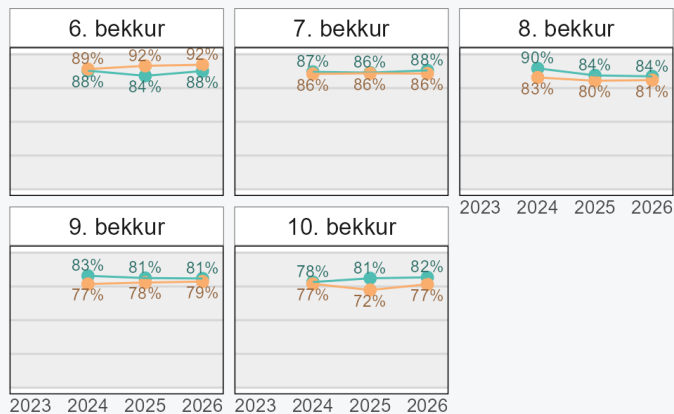
Íslenskur uppruni Erlendur uppruni

Skemmtilegt með foreldrum



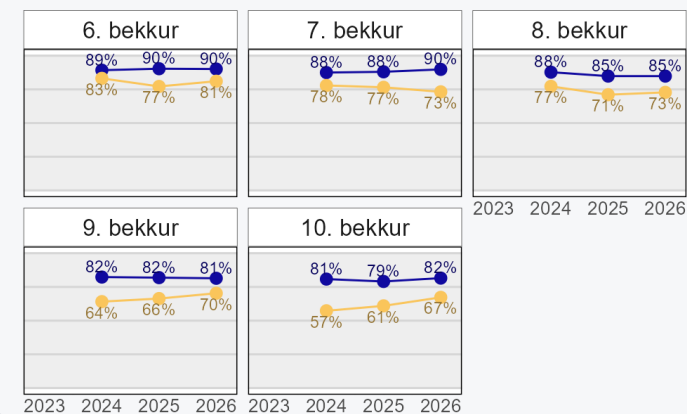
Reykjavík Önnur sveitarfélög

Skemmtilegt með foreldrum



Strákar Stelpur

Skemmtilegt með foreldrum

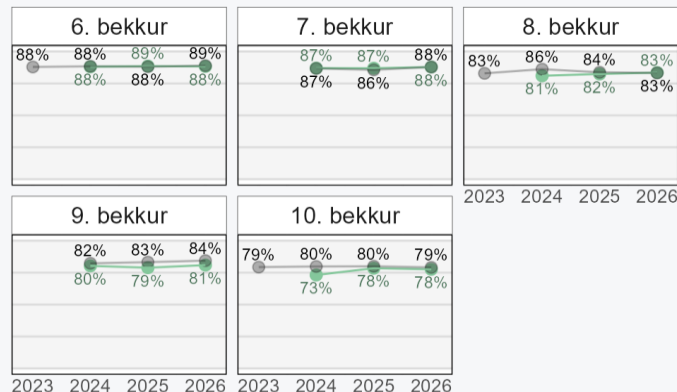


Íslenskur uppruni Erlendur uppruni

Fjárhagsleg staða fjölskyldu

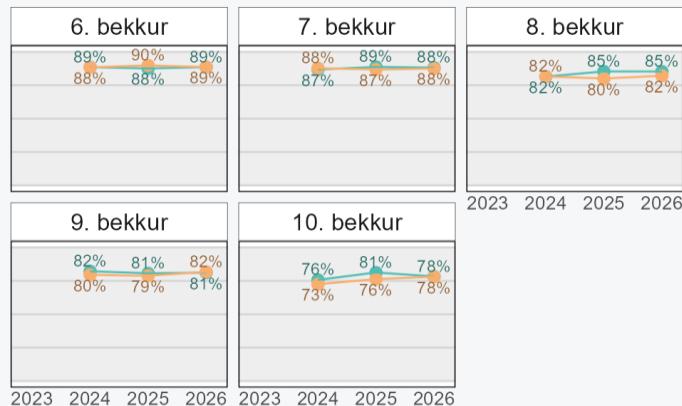


Meta fjárhagsstöðu heimilis góða



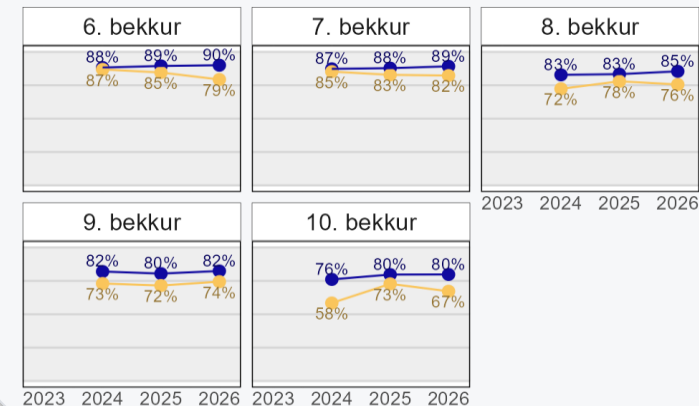
● Reykjavík ● Önnur sveitarfélög

Meta fjárhagsstöðu heimilis góða



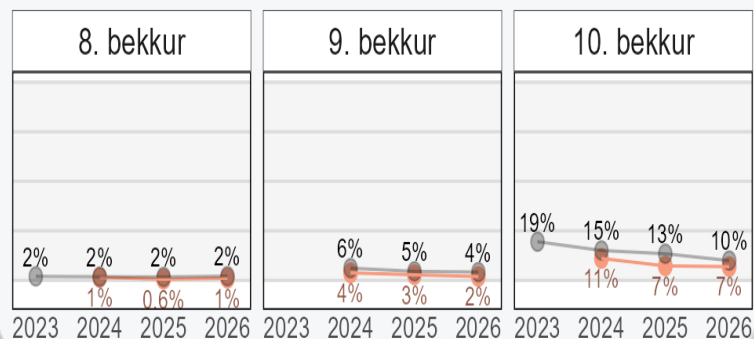
● Strákar ● Stelpur

Meta fjárhagsstöðu heimilis góða



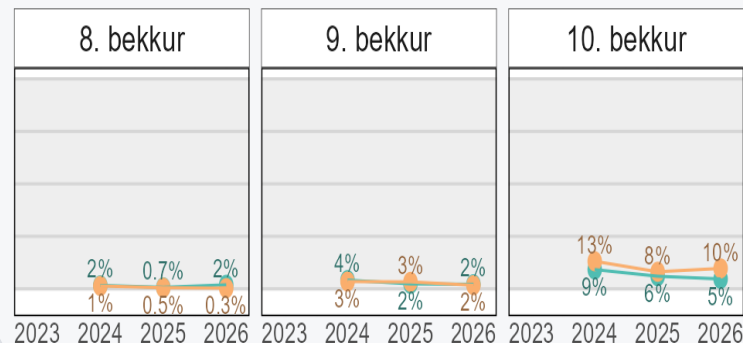
● Íslenskur uppruni ● Erlendur uppruni

Unnu 10 tíma eða meira með skóla síðastliðna viku



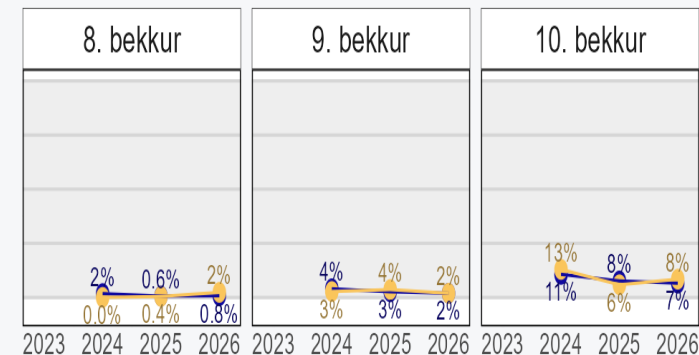
● Reykjavík ● Önnur sveitarfélög

Unnu 10 tíma eða meira með skóla síðastliðna viku



● Strákar ● Stelpur

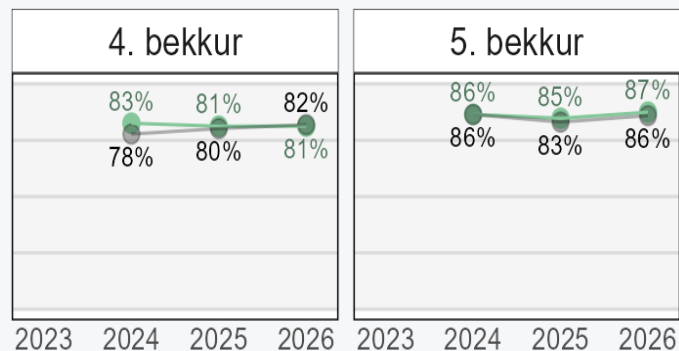
Unnu 10 tíma eða meira með skóla síðastliðna viku



● Íslenskur uppruni ● Erlendur uppruni

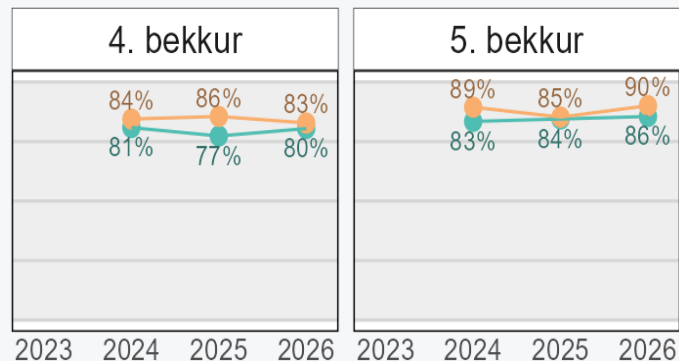
Stuðningur foreldra og fjölskyldu

Geta talað við foreldra þegar þeim líður illa



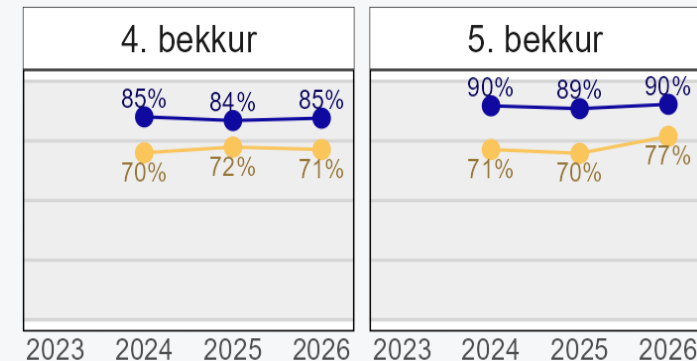
Reykjavík Önnur sveitarfélög

Geta talað við foreldra þegar þeim líður illa



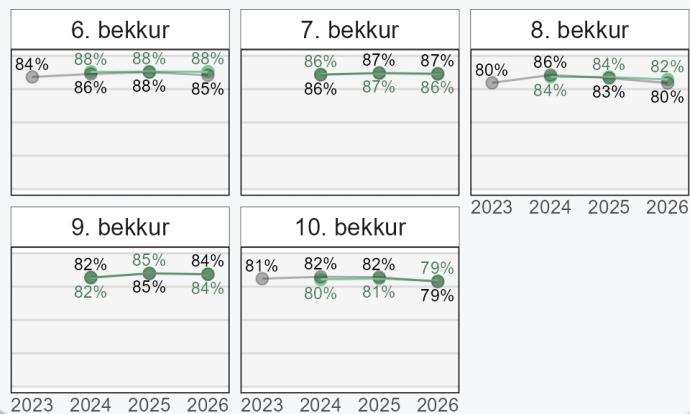
Strákar Stelpur

Geta talað við foreldra þegar þeim líður illa



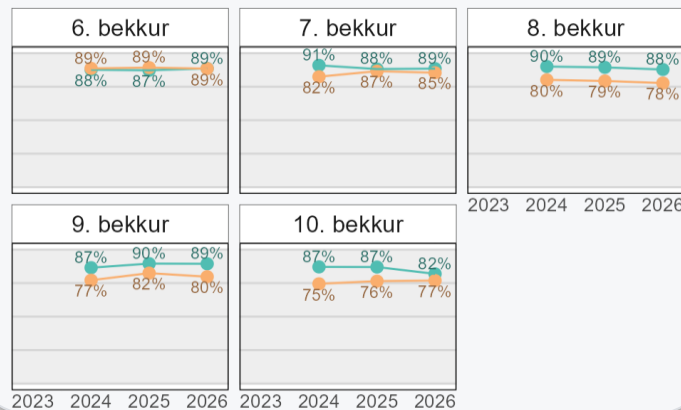
Íslenskur uppruni Erlendur uppruni

Geta rætt vandamál við að minnsta kosti annað foreldri



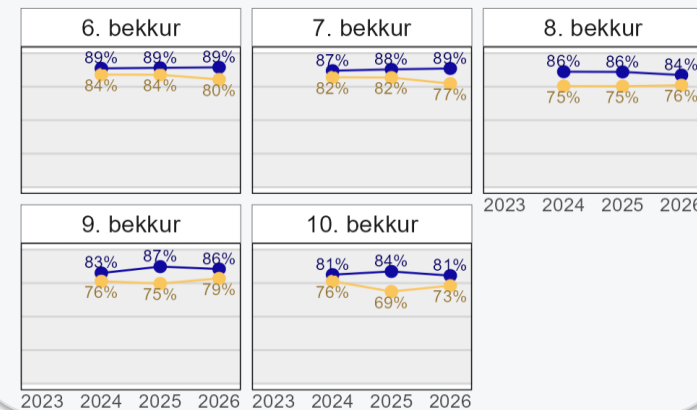
Reykjavík Önnur sveitarfélög

Geta rætt vandamál við að minnsta kosti annað foreldri



Strákar Stelpur

Geta rætt vandamál við að minnsta kosti annað foreldri



Íslenskur uppruni Erlendur uppruni

Algengar mýtur

1

Gögn verða að vera frá sama skólaári til að nýtast

- Niðurstöður er hægt að nýta mun lengur en á sama skólaári því mynstur í niðurstaðna breytast ekki svo hratt

2

Þegar mælingar sýna lækkun milli ára, t.d. í áfengisneyslu – þá getum við slakað á forvörnum

- Það þarf alltaf að sinna forvörnum. Þegar fram koma breytingar í mælingum eru það vísbendingar en þegar til að mynda þrjár mælingar sýna breytingar getum við verið nokkuð viss um að þær séu til staðar

Niðurstöður mælinga sýna ...

- Horfa þarf heildstætt á niðurstöður, setja þær í samhengi við það sem hefur verið að gerast í samfélaginu, fjölgun landsmanna, fjölmennning, breytt viðhorf og hegðun

Reykjavík: Samantekt

-  **Sterkir verndandi þættir**
 - Flestir búa við góð tengsl og stuðning bæði í skólastarfi og heima
-  **Lífsánægja aukist en vanlíðan mælist enn há, sérstaklega meðal stúlkna**
 - Andleg vanlíðan; depurð, kvíði, þreyta og sjálfsskaði kalla á áframhaldandi athygli, sér í lagi hjá stúlkum
-  **Auka þarf almenna reglulega hreyfingu**
 - Hreyfing minnkar jafnt og þétt eftir því sem grunnskólabörn eldast
-  **Upplifun af öryggi í sveitarfélagi og heima hátt en ofbeldi í lífi ákveðins hóps barna**
 - Upplifun af öryggi mikið (90%+) bæði í sveitarfélagi og heima en börn með fjölbreyttan tungumála og menningarbakgrunn upplifa sig síður örugg
 - Dreigið hefur úr ofbeldi en óásættanlegt að meira en helmingjur drengja í 6. og 7. bekk hafi lent í slagsmálum eða orðið fyrir líkamsárás
 - Að minnsta kosti tíunda hvert barn hefur horft upp á heimilisofbeldi og 7% hafa orðið fyrir því sjálf
 - Í yngri bekkjum hafa 20%+- orðið fyrir einelti oft eða stundum og svo lækkar það smám saman með hækkandi aldri. Mun fleiri með fjölbreyttan tungumála- og menningarbakgrunn hafa orðið fyrir einelti
-  **Virk þátttaka**
 - Styðja virkni og félagsstarf allra hópa og hlusta eftir rödd barna og ungmenna
-  **Ólík mynstur eftir kyni og uppruna**
 - Í gögnunum koma gjarnan fram ólík mynstur eftir kyni og uppruna sem skerpir á mikilvægi þess að muna að hóparnir eru margir og mismunandi og heildartölur segja ekki alla söguna
-  **Forvarnir**
 - Fylgjast þarf áfram með nikótín- og vímuefnanotkun; styðja virkni og félagsstarf allra og að hlustað sé eftir rödd barna og ungmenna

Áherslan fram á við

Sterkur grunnur hefur verið lagður ★
skýr merki um hópa sem þurfa markvissari stuðning



Viðhalda því sem gengur vel ★
beina stuðningi fyrr og markvissar að þeim börnum sem standa ver að vígi

