

# How 'risky behaviours' overlap in young people: messages for prevention

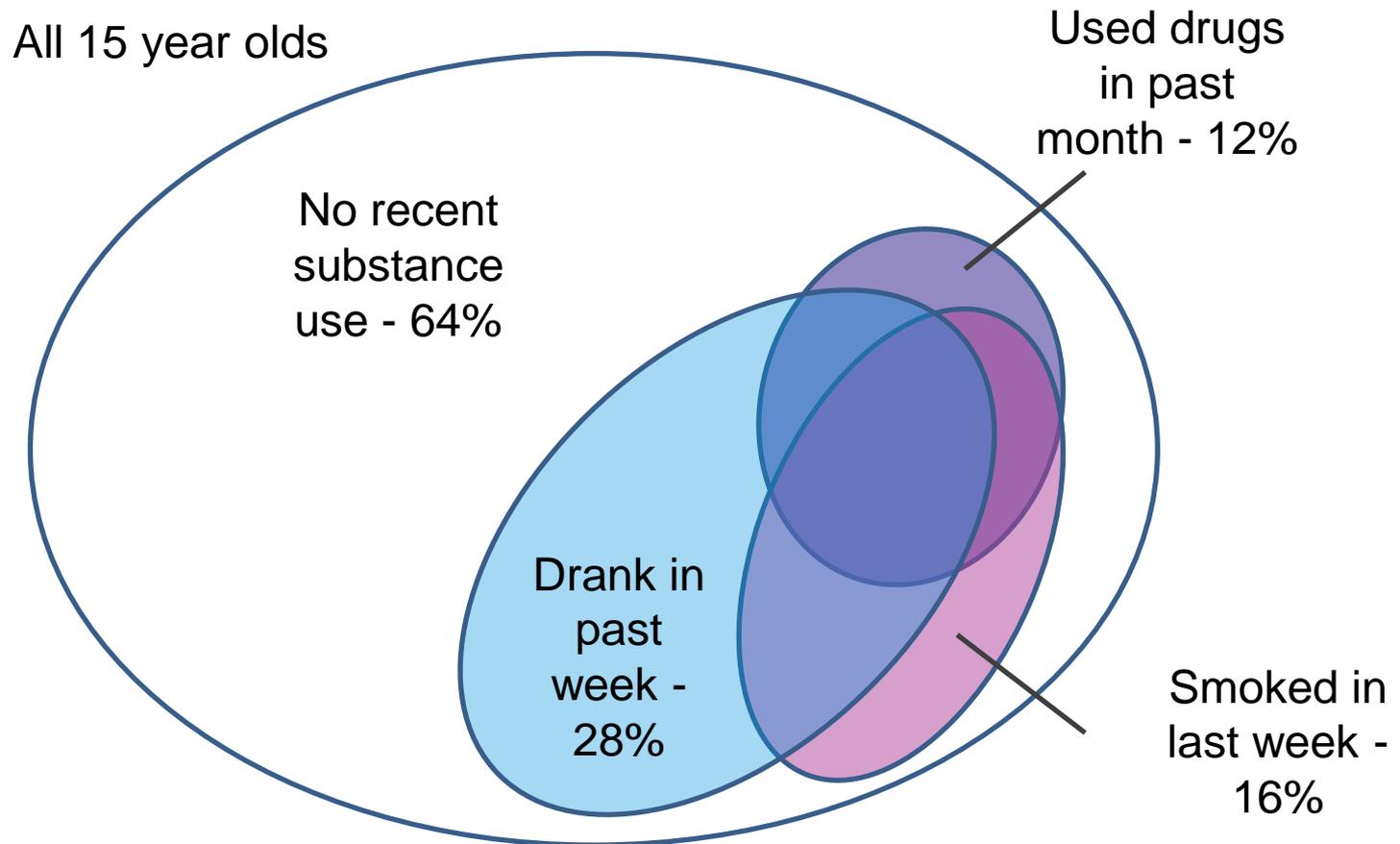
Key findings from Mentor's Thinking Prevention series of public health briefing papers



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# Smoking, drinking and drug use overlap in 15 year olds



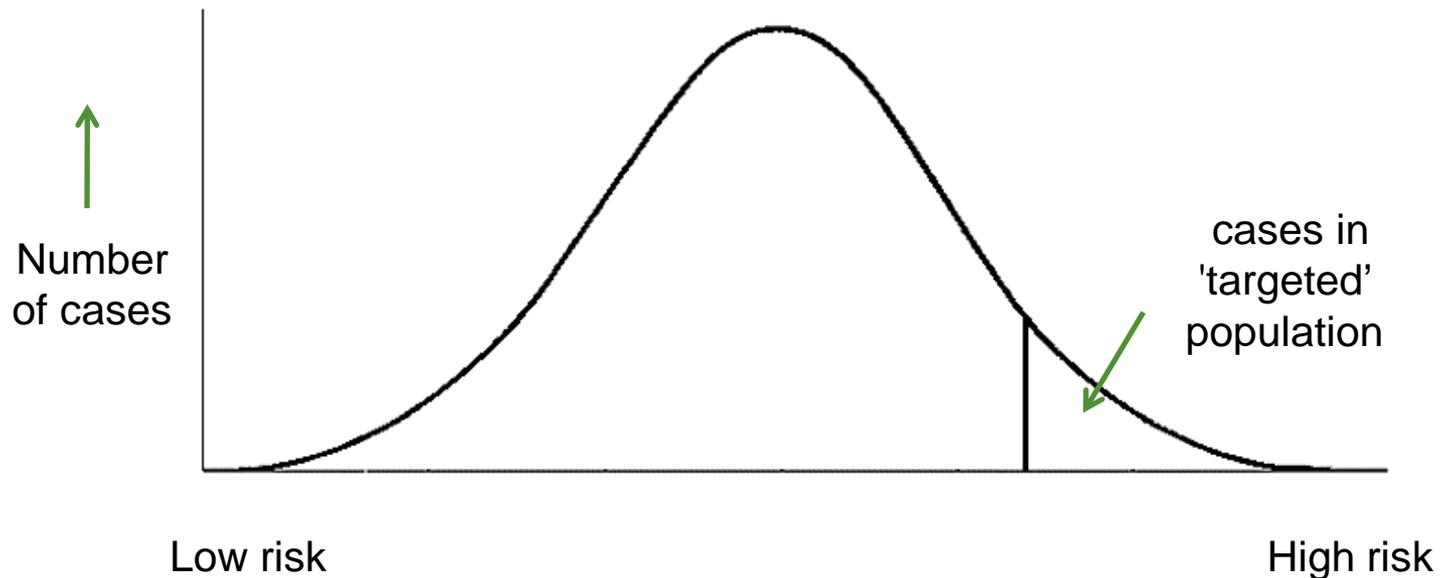
Fuller, E. (2012) Smoking, drinking and drug use among young people in England in 2011. Health and Social Care Information Centre

# There are also links with other risky behaviours



# 'High risk' vs 'Low risk'

- Understanding overlapping health risks helps in designing interventions and identifying young people at highest risk.
- But universal interventions are still needed since most harm takes place in young people at only moderate risk.



## A comprehensive prevention strategy:

- starts early and continues through childhood and adolescence;
- includes **universal approaches** such as PSHE which can help shape social norms as well as **targeted interventions** and **indicated prevention** – where there are early signs of risky behaviour or substance misuse;
- uses approaches which are **cognitive** (beliefs understanding and expectations), **developmental** (e.g. social skills), and **environmental** (measures such as minimum unit pricing);
- uses a range of settings (family, school and community).