

## **ESPAD Monaco 2019**

### **European School Survey Project on Alcohol and other Drugs**

Use of psychoactive substances and non-substance addiction among  
lycée students in Monaco

## **Acknowledgements**

Monegasque Institute of Statistics and Economic Studies would like to thank all of those who helped to make this survey possible, first and foremost the lycée students who agreed to respond, and the management, administrative staff and teachers from the Department of Education, Youth and Sport, who enabled it to take place under optimal conditions.

Monegasque Institute of Statistics and Economic Studies would also like to thank the French Monitoring Centre for Drugs and Drug Addiction (OFDT), and particularly Stanislas Spilka for his valuable assistance in making the ESPAD Monaco survey a success, as well as Eric Janssen and Olivier Le Nézet for their help with preparing and analysing the data.

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## INTRODUCTION

The European School Survey Project on Alcohol and Other Drugs (ESPAD)<sup>1</sup> has been carried out every four years since 1995 in some 30 European countries, and since 2007 in Monaco. It asks teenagers in school about their health behaviours using a procedure and questionnaire common to all participating countries. The survey therefore makes it possible to compare the use of psychoactive substances (particularly tobacco, alcohol and cannabis) and addictive behaviours among teenage school students in these countries.

In addition to questions on the use of psychoactive substances, the ESPAD questionnaire also looks at other types of use and addictive behaviours, thereby offering a broader overview of health behaviours in this population.

The ESPAD target population is students who are in their sixteenth year when the survey is conducted, as this is the age at which mandatory education ends in the majority of European countries. In participating countries, samples representing each education authority are surveyed, but due to its many specific features (not least relating to its size), the scope of the study in Monaco differs from that in other countries. When the Principality first took part in the project in 2007, a decision was taken not to restrict the survey solely to students aged 16 at the time of the survey, as set out in the European protocol, but to expand it to all lycée (upper secondary school) students, in order to give a more comprehensive picture of the situation in Monaco. In addition, the Monaco survey does not use sampling, all students are surveyed. Furthermore, to comply with the European methodological constraints and to ensure that the survey is representative of 16-year-old students, 16-year-old students attending a collège (lower secondary school) were included in ESPAD Monaco.

In Monaco, therefore, the survey was carried out among all secondary school (lycée and collège) students aged 16 or older and attending state-run or private schools in the Principality.

(IMSEE) has been responsible for carrying out ESPAD in Monaco since 2015, and it does so with support from the Department of Education, Youth and Sport and under the supervision of the French Monitoring Centre for Drugs and Drug Addiction (OFDT), which is the scientific lead for the project in Monaco at the European level.

The most recent ESPAD survey was carried out among all students falling under its scope who were in attendance at any of the secondary schools (state-run or private) in the Principality on 4 April 2019.

A total of 1,369 students from Year 10 (Troisième) to Year 13 (Terminale) completed an anonymous questionnaire in the classroom at the same time. Only those students aged 16 in Year 10 were asked to complete the questionnaire. Since the small number of students concerned does not provide a good representation of all Year 10 students, however, this group has not been included in the analysis. As such, to ensure proper representation, the rest of this document focuses on lycée students only.

This report provides an overview of the use of legal and illicit psychoactive substances and other, non-substance use among lycée students in Monaco. It also looks at the accessibility of substances and at how these behaviours are perceived, and presents changes in levels of use since 2007.

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<sup>1</sup> [www.espad.org](http://www.espad.org)

## 1. CONTEXT USE INDICATORS

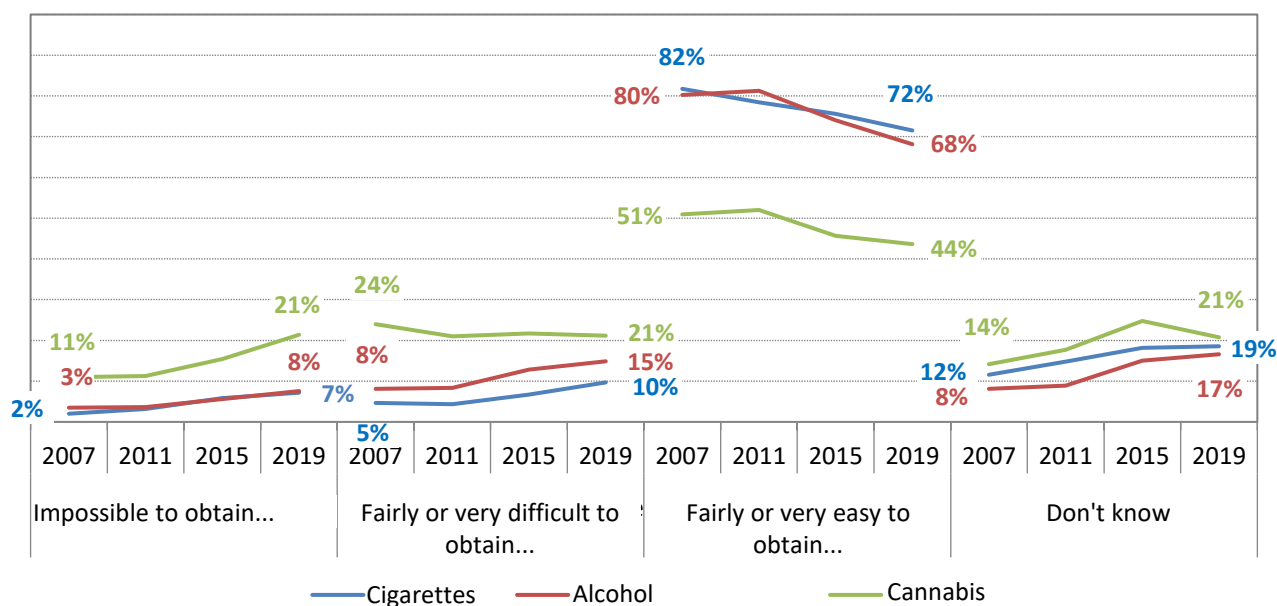
Before examining use among lycée students specifically, it would seem useful to consider the general context and the environment in which some factors may be conducive to the use of psychoactive substances by this population. We expand on these aspects in this section.

In addition to measuring the level of psychoactive substance use among lycée students, the ESPAD survey allows for an assessment of a number of factors relating to exposure to these substances and to perceptions of how harmful they are. Perceived availability, perceptions around the risks of use and types of behaviour (sociability, for example) are all factors that can lead to experimentation with substances. Assessing these context indicators is therefore important in order to properly understand and study levels of use.

### 1.1 Some substances are perceived as more easily available than others

Since 2007, substances have appeared increasingly less available over time in the eyes of lycée students. This is particularly true of alcohol, perceived as ‘fairly easy’ or ‘very easy’ to obtain by 68% of lycée students in 2019, compared with 80% in 2007. Nonetheless, since the ESPAD Monaco survey was first carried out, tobacco and alcohol have been seen as the easiest substances to obtain, far ahead of cannabis (Figure 1).

**Figure 1: Perceived availability of substances, 2007–2019**



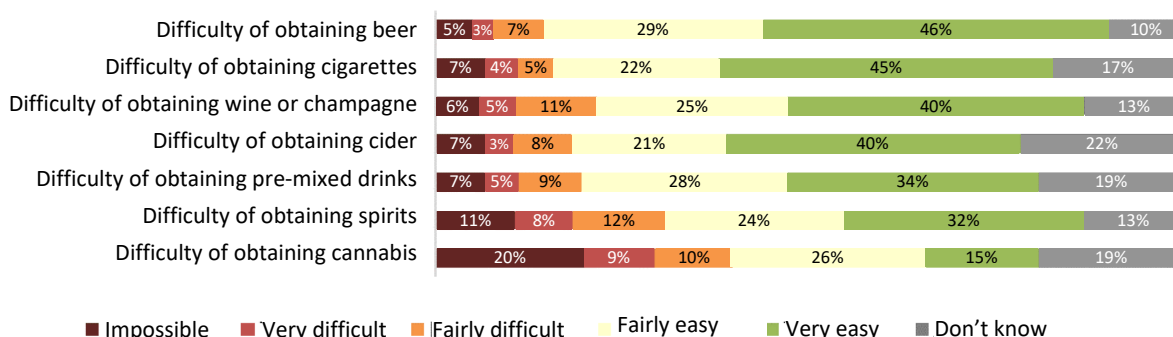
Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Notes to aid interpretation:

- In 2019, 21% of lycée students said that they thought it would be impossible to obtain cannabis (this figure was 11% in 2007);
- 15% of lycée students said that they thought it would be fairly or very difficult to obtain alcohol (this figure was 8% in 2007);
- 72% of lycée students said that they thought it would be fairly or very easy to obtain cigarettes (this figure was 82% in 2007).

In 2019, beer and cigarettes were the substances that lycée students in Monaco believed were most easily available (Figure 2), with 46% believing that it was very easy to obtain beer, and 45% that it was very easy to obtain cigarettes. Cannabis, on the other hand, is perceived as much harder to get hold of by teenagers, with just 15% believing that it would be very easy to obtain.

**Figure 2: Perceived availability of substances in 2019**



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

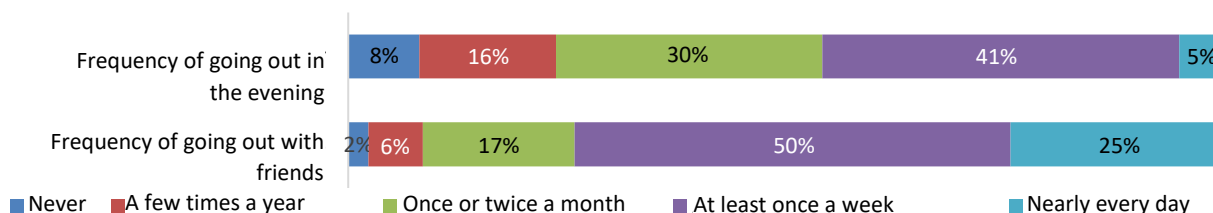
### 1.2 Socialising in the evening and with friends: a common activity

Going out to entertainment venues (bars, nightclubs) and socialising with peers in general may lead to more exposure to psychoactive substances. Consequently, the proximity and significance of the entertainment available may play a role in the use of these substances by lycée students.

In 2019, 46% of teenagers said that they went out in the evening at least once a week, with 5% doing so almost every day. In addition, three quarters of lycée students in Monaco went out with friends weekly, and a quarter of these said that they went out ‘almost every day’ (Figure 3).

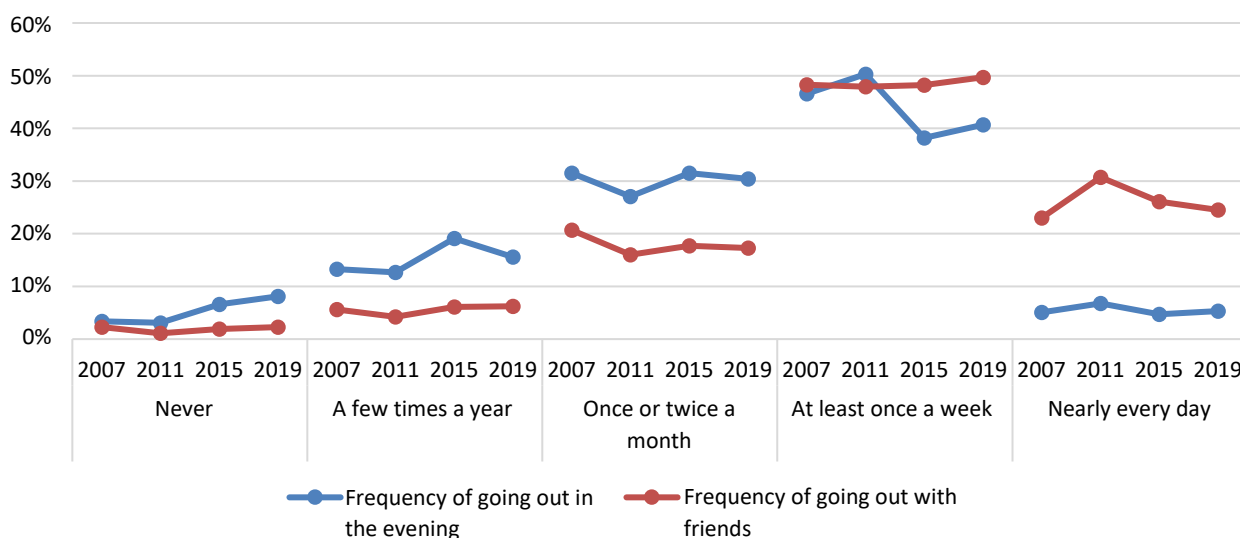
These figures have tended to increase very slightly in recent years, particularly in terms of the number of students going out ‘at least once a week’, while the proportion of teenagers who go out in the evening more frequently has remained stable (Figure 4).

**Figure 3: Frequency of going out in the evening (nightclubs, cafés, parties, etc.) and with friends (shopping centres, streets parks, etc.), 2019**



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

**Figure 4: Change in the frequency of going out in the evening (nightclubs, cafés, parties, etc.) and with friends (shopping centres, streets parks, etc.), 2007–2019**



Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Notes to aid interpretation:

- In 2019, 8% of lycée students said that they never went out in the evening (up from 7% in 2015) and 2% said that they never went out with friends (2% in 2015);
- 5% of lycée students said that they went out in the evening nearly every day (exactly the same proportion as in 2015) and 25% said that they went out with friends nearly every day (26% in 2015).

### 1.3 Behaviours perceived as more or less harmful; others are not well understood

Regular consumption of other illicit drugs (cocaine, ecstasy, amphetamines, etc.) as well as high consumption of tobacco (one or more packs of cigarettes per day) are perceived as the most risky behaviours by teenagers in Monaco (Table 1). Consumption of alcohol, even on a daily basis, appears to be considered much less harmful by lycée students, with almost half believing that one or two drinks nearly every day posed a ‘moderate’ risk. These perceptions are similar to those reported in previous surveys. On the other hand, it appears that there is a lack of knowledge regarding the risks of consuming some substances, reflected in a higher proportion of students answering ‘Don’t know’. This was true, for example, of synthetic cannabinoids (probably because most teenagers are not aware of these substances).

**Table 1: Perception of risk associated with substance consumption in 2019**

		No risk	Slight risk	Moderate risk	High risk	Don't know
Tobacco	Smoking cigarettes occasionally	10.8%	47.2%	29.5%	11.5%	1.0%
	Smoking one or more packs of cigarettes a day	0.8%	1.0%	11.7%	85.8%	0.7%
	Trying e-cigarettes once or twice	51.1%	37.8%	7.2%	2.3%	1.6%
Alcohol	Having 1 or 2 alcoholic drinks nearly every day	5.9%	24.9%	46.6%	21.1%	1.5%
	Having 4 or 5 alcoholic drinks nearly every day	1.2%	2.8%	18.7%	76.0%	1.3%
	Having 5 or more alcoholic drinks every weekend, or nearly every weekend	2.0%	7.5%	32.9%	55.4%	2.2%
Cannabis	Trying cannabis once or twice	26.3%	40.8%	17.2%	12.3%	3.4%
	Smoking cannabis occasionally	7.2%	32.0%	39.4%	18.2%	3.1%
	Smoking cannabis regularly	1.5%	5.9%	21.7%	68.4%	2.5%
Other substances	Trying cocaine once or twice	3.4%	17.1%	30.1%	41.0%	8.4%
	Trying ecstasy once or twice	4.7%	23.9%	33.0%	28.6%	9.8%
	Trying amphetamines once or twice	4.2%	21.5%	29.1%	28.5%	16.7%
	Trying synthetic cannabinoids once or twice	7.6%	26.0%	27.8%	20.7%	17.9%
	Taking cocaine regularly	0.6%	0.5%	3.5%	88.9%	6.5%
	Taking ecstasy regularly	0.5%	1.2%	8.4%	82.2%	7.6%
	Taking amphetamines regularly	0.5%	1.3%	7.9%	76.1%	14.2%

Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

## 2. USE OF PSYCHOACTIVE SUBSTANCES BY LYCÉE STUDENTS IN MONACO

### 2.1 Overview of all use by lycée students in 2019 and trends

In 2019, alcohol was by far the most commonly consumed substance: more than nine out of ten students had already experimented with it, and a large majority of those had consumed alcohol within the last year or within the last month (Table 2). In addition, more than one in two teenagers had already experienced alcohol intoxication. In addition, more than half of lycée students said that they had already smoked one cigarette in their lifetime, more than 60% had tried electronic cigarettes, and 13.3% smoked on a daily basis. More than a third of teenagers had tried cannabis, the most widespread illicit substance, and 4.5% used it regularly. Finally, nearly one in ten lycée students (8.2%) reported that they had tried at least one illicit substance other than cannabis during their lifetime.

*Table 2: Use of psychoactive substances by lycée students in 2019*

Substance	Use	2019
Tobacco	Experimentation with cigarettes	55.3%
	Used cigarettes in the last month	26.0%
	Used cigarettes daily	13.3%
Electronic cigarettes	Experimentation	63.1%
	Used in the last month	39.7%
Alcohol	Experimentation	92.1%
	Used in the last year	84.9%
	Used in the last month	64.4%
	Regular (used at least 10 times in the last month)	9.7%
Intoxication	Experimentation	53.7%
	Within the last month	36.5%
Binge drinking	Repeated (at least three times in the last month)	11.1%
	Regular (at least ten times in the last month)	1.9%
	Experimentation	38.4%
Cannabis	Used in the last year	31.1%
	Used in the last month	15.8%
	Regular (used at least 10 times in the last month)	4.5%
Other illicit drug <sup>2</sup>	Experimentation	8.2%

*Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies*

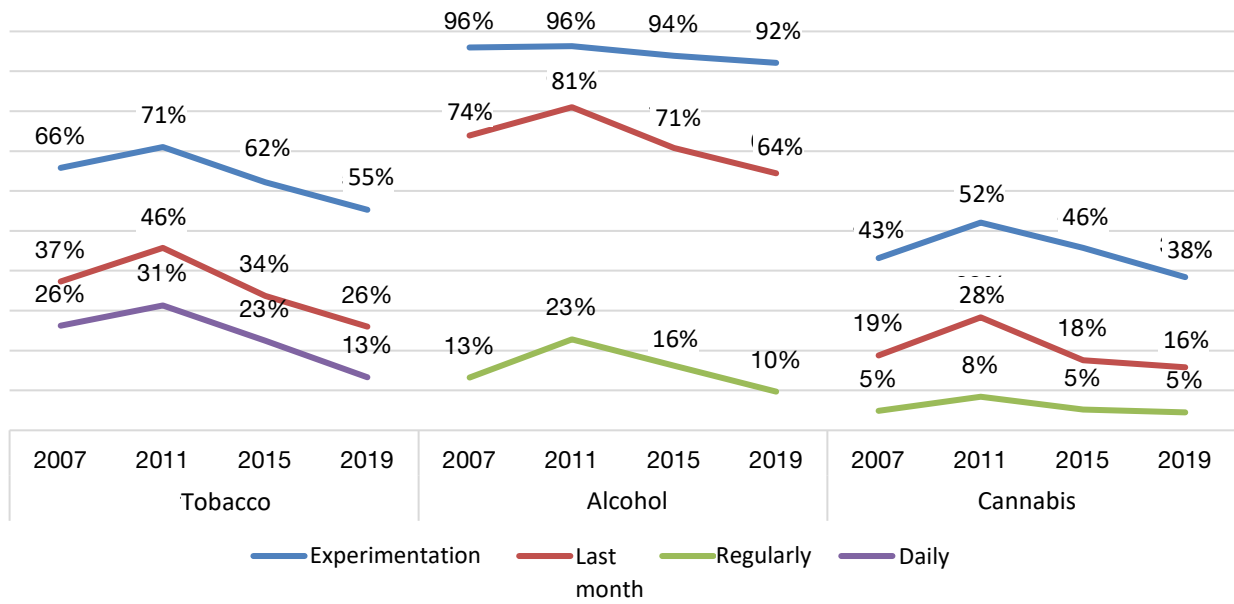
The 2019 survey showed that levels of use increase with school year (and thus indirectly with age), particularly with regard to recent consumption of alcohol (which rose 20 points between Year 11 (Seconde) and Year 13). Recent and daily tobacco use follows the same trend. On the other hand, levels of lifetime use of these two substances stop increasing in later school years, since first experiments with them likely occurred earlier. Experimentation with cannabis increases in later school years while the proportions of students who used cannabis in the last month or who use it regularly stabilise during the lycée years.

While overall consumption of tobacco, alcohol and cannabis increase with age, these levels have nonetheless been trending downwards over the last 12 years (Figure 5). All levels of consumption for all substances fell between 2007 and 2019. For example, recent use of alcohol and tobacco has dropped 10 points since 2007. The biggest change relates to daily use of tobacco, which declined by half over the period, from 26% to 13% of lycée students. Only regular use of cannabis has been stable, reported by around 5% of students in recent years.

<sup>2</sup> Ecstasy, cocaine, crack, amphetamines, methamphetamines, inhalants, LSD, heroine, magic mushrooms, GHB, drugs injected using a syringe.



**Figure 5: Use of tobacco, alcohol and cannabis, 2007–2019**



Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

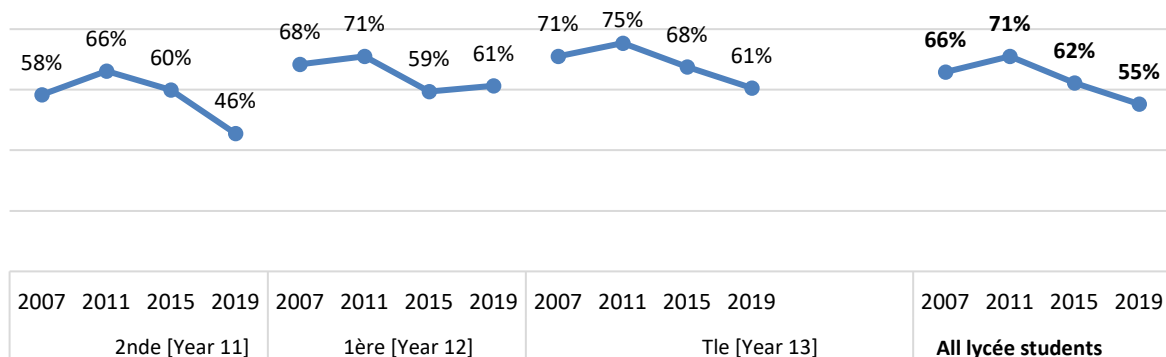
Notes to aid interpretation:

- In 2019, 55% of lycée students said that they had used tobacco during their lifetime (this figure was 62% in 2015);
- 26% of lycée students said that they had smoked tobacco within the last 30 days (this figure was 34% in 2015);
- 13% of lycée students said that they smoked every day (this figure was 23% in 2015).

## 2.2 Tobacco use falling, e-cigarettes becoming more popular

More than half of lycée students have been reporting that they have tried tobacco since the first ESPAD Monaco survey was carried out in 2007 (Figure 6). However, this proportion has declined over time, reaching its lowest ever level in 2019 (55%). Up until 2011, experimentation with cigarettes increased at a regular rate with school year, but in 2015, there was a leap in the rate of experimentation between Year 12 (Première) and Year 13 classes (+9 points). In 2019, this phenomenon was observed earlier, between Year 11 and Year 12, and involved an even more significant leap (+16 points).

**Figure 6: Trend in experimentation with cigarettes according to school year, 2007–2019**

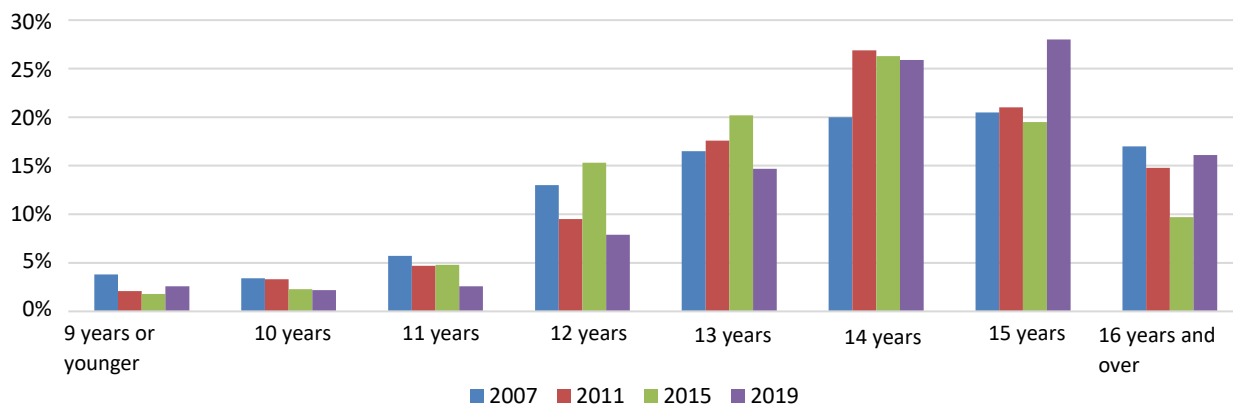


Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

The age at which students experiment with tobacco, which has been stable for several years, rose in 2019. Since 2011, the peak age for experimentation had been 14 years, but in 2019, most lycée students were 15 when they

first tried cigarettes (Figure 7). These results nonetheless highlight the widespread use of tobacco among students at collège and at the beginning of lycée. More than 30% of those who had already used tobacco during their lifetime tried it at the age of 13 years or younger.

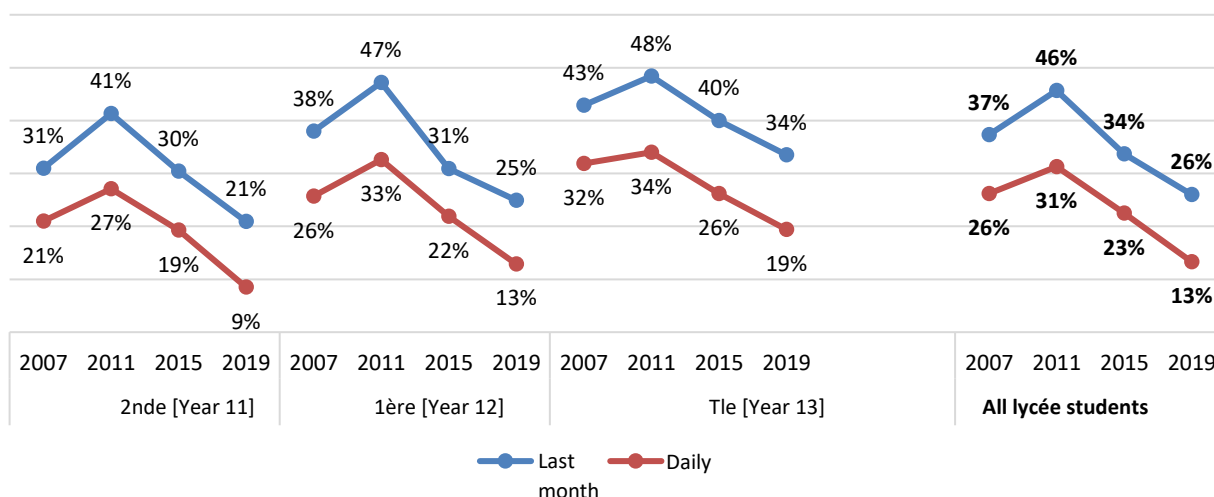
**Figure 7: Age at which students experimented with cigarettes, 2007–2019**



Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Recent use of tobacco (at least once in the last 30 days) was reported by 26% of lycée students in 2019 and daily use by half that number (Figure 8). These figures have fallen sharply from those in previous years, both in individual school years and overall. Levels of tobacco use are thus the lowest that have been observed since the 2007 survey. Recent and daily use of tobacco rise with each school year at lycée, and slightly more markedly between Year 12 and Year 13. In particular, the number of students reporting that they had used tobacco in the last month increased by nine points between these two classes in 2019 (as in 2015) while the share of daily smokers rose to a slightly lesser extent. An upwards trend in the proportion of ‘occasional smokers’ is thus more evident towards the final years of lycée.

**Figure 8: Trend in use of cigarettes within the last month and daily according to school year, 2007–2019**



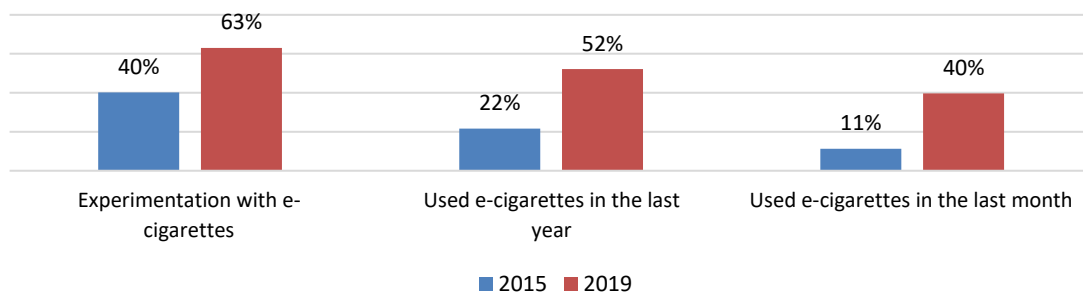
Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Notes to aid interpretation:

- In 2019, 21% of Year 11 students said that they had used tobacco during the last month (this figure was 30% in 2015) and 9% said they smoked every day (19% in 2015);
- 26% of all lycée students said that they had smoked tobacco within the last 30 days (this figure was 34% in 2015) and 13% said they smoked every day (23% in 2015).

The 2010s saw a significant boom in a substance that can be used in a similar way to tobacco: electronic cigarettes (or e-cigarettes). These devices allow users to inhale an aromatic liquid which may contain nicotine. Using e-cigarettes may be part of an attempt to stop smoking or may be purely recreational. This trend has been noted in the teenage population through previous ESPAD surveys. The results of the 2019 survey showed a significant rise in the use of electronic cigarettes by lycée students in Monaco: while 40% reported having already used e-cigarettes in 2015, this figure had risen to 63% in 2019. There were also more regular users than non-users in 2019. Use within the last year saw a particularly sharp increase, rising from 22% in 2015 to 52% in 2019 (Figure 9), an increase of 30 points.

**Figure 9: Use of e-cigarettes, 2015–2019**

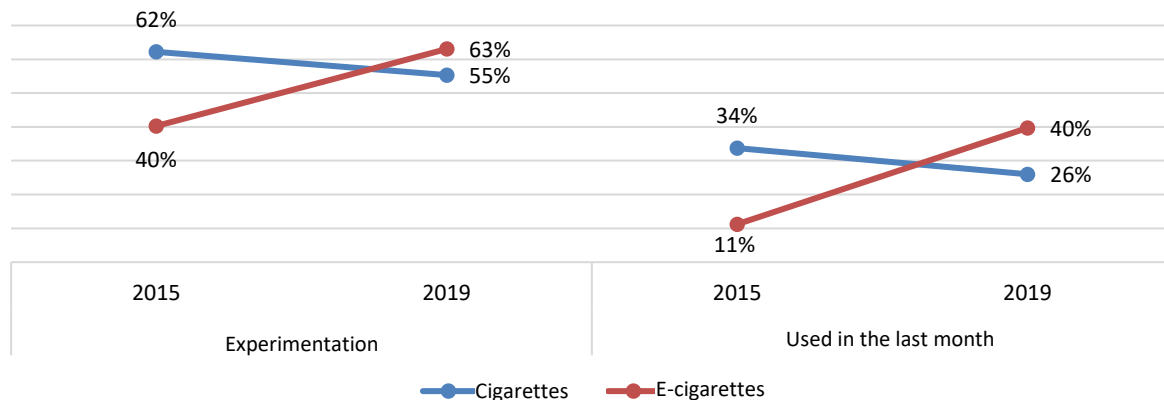


Sources: ESPAD Monaco 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Between 2015 and 2019, use of tobacco (cigarettes) and electronic cigarettes moved in opposite directions: while there was a sharp decline in the use of tobacco, at the same time the use of electronic cigarettes increased to an even greater extent (Figure 10).

In addition, more than half of lycée students who used electronic cigarettes in 2019 had experimented with them without ever having smoked beforehand (Table 3).

**Figure 10: Use of cigarettes and e-cigarettes, 2015–2019**



Sources: ESPAD Monaco 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

**Table 3: Relationship between tobacco and first use of an e-cigarette in 2019**

I had never smoked tobacco	56.6%
I occasionally smoked tobacco	31.6%
I regularly smoked tobacco	11.7%

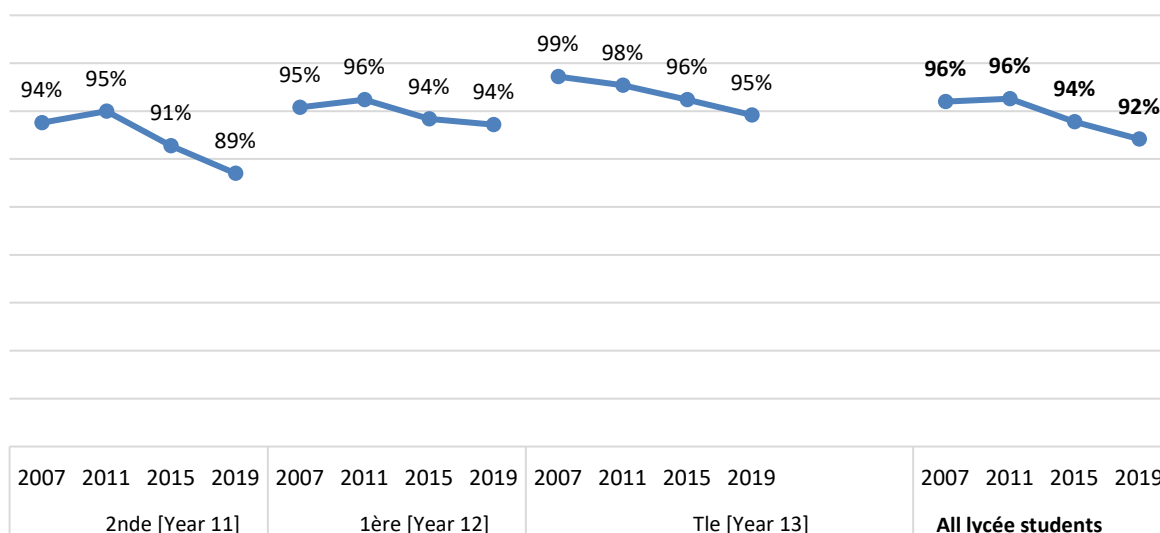
Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

### 2.3 Alcohol continues to be the most widespread substance

Alcohol continues to be the substance that lycée students in Monaco most commonly experiment with: more than 90% of them have reported that they have already consumed it during their lifetime in successive ESPAD surveys. This overwhelming majority suggests that experimentation begins well before students reach lycée. There has, however, been a decline in this proportion over the years, regardless of school year (Figure 11). Alcohol consumption increases over the course of the years at lycée. In 2019, there was a marked rise in the rate of experimentation between Year 11 and Year 12.

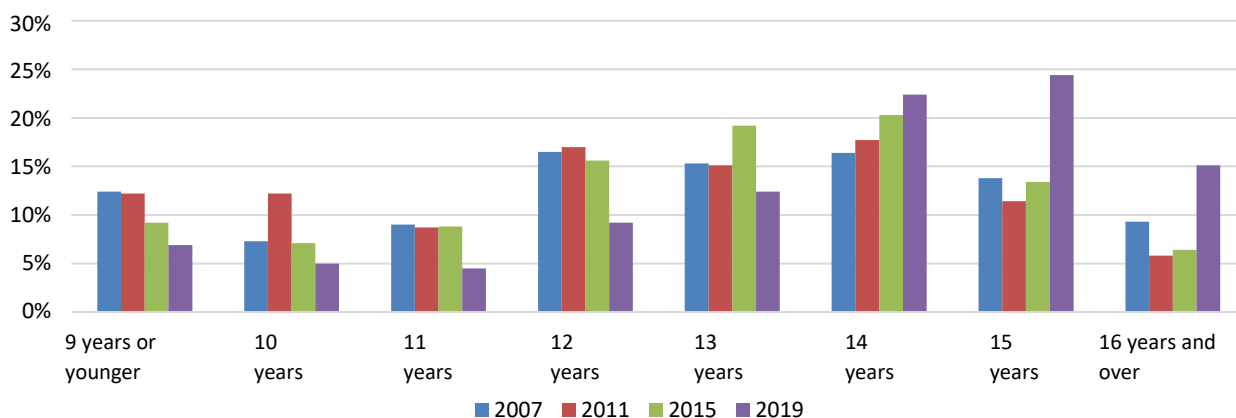
While the average age at which students first experimented with alcohol rose sharply in 2019, as it did for tobacco (a quarter experiment at the age of 15), it can be seen that alcohol experimentation still begins early (from primary school) and accelerates during collège (Figure 12).

Figure 11: Trend in experimentation with alcohol according to school year, 2007–2019



Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

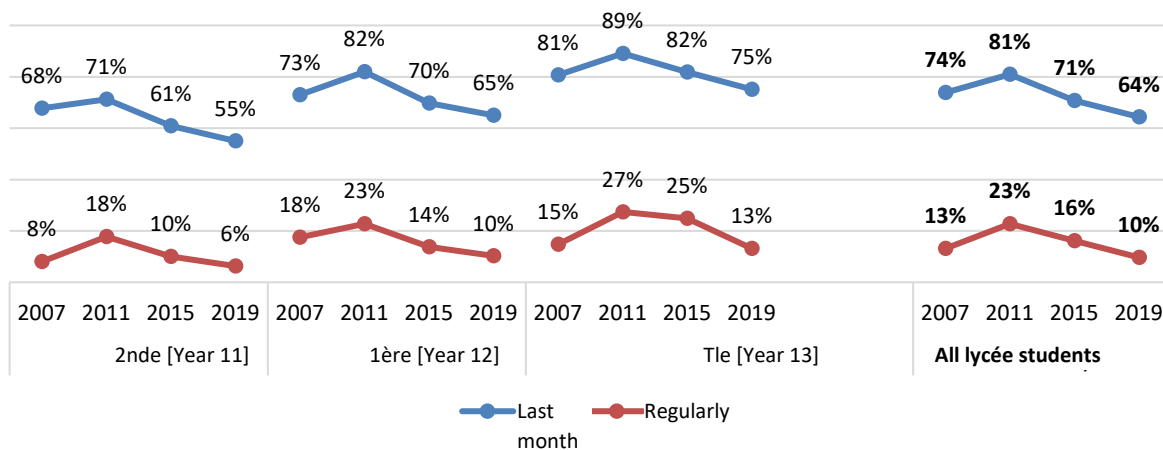
Figure 12: Age at which students experimented with alcohol, 2007–2019



Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

In 2019, 64% of lycée students said that they had had an alcoholic drink within the last 30 days. Among students in Year 13, this figure was 75% (Figure 13). Regular consumption of alcohol (at least ten times in the last month) was reported by 10% of lycée students (13% in Year 13). These indicators are also in decline compared with previous surveys. Recent consumption of alcoholic drinks rises sharply with school years: in 2019, rates increased by 10 points with each move up to the next school year. The same applies to regular use, which increases continually throughout the years at lycée, doubling between Year 11 and Year 13. However, the decline observed in 2019 was particularly noticeable among Year 13 students, with regular consumption of alcoholic drinks by this group falling by 12 points compared with 2015 (from 25% to 13%).

Figure 13: Alcohol consumption within the last month and regular consumption according to school year, 2007–2019



Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Notes to aid interpretation:

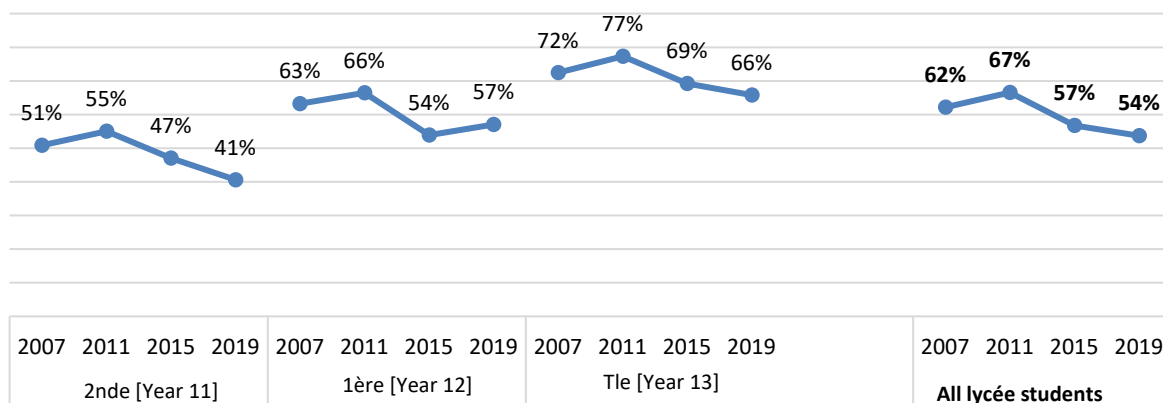
- In 2019, 55% of Year 11 students said that they had consumed alcohol during the last month (this figure was 61% in 2015) and 6% said they drank regularly (10% in 2015);
- 64% of all lycée students said that they had drunk alcohol within the last 30 days (this figure was 71% in 2015) and 10% said they drank regularly (16% in 2015).

In parallel with this establishment of alcohol consumption during the lycée years, behaviours around alcohol become more intense in terms of both alcohol intoxication and binge drinking. More students experience

intoxication for the first time in Year 13 than in Year 12, and the figure in Year 12 is higher than in Year 11 (Figure 14). More than half of lycée students have experienced intoxication during their lifetime: in 2019, this figure was 54%, compared with 57% in 2015.

In 2019, 38% of lycée students were 16 when they first experienced intoxication (36% were 15), showing that this is something which begins during the years at lycée.

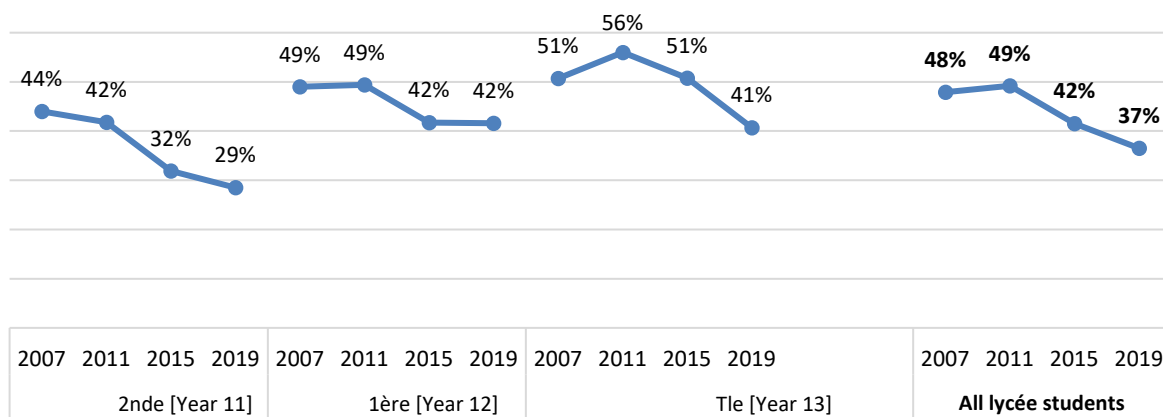
**Figure 14: Trend in experimentation with intoxication according to school year, 2007–2019**



Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Binge drinking refers to having drunk at least five alcoholic drinks in a single session during the month prior to the survey. Between 2007 and 2019, binge drinking fell by more than 10 points among lycée students in Monaco (Figure 15). More than a third of students had engaged in binge drinking in 2019, and there was a leap in the figures between Year 11 and Year 12.

**Figure 15: Trend in binge drinking within the last month according to school year, 2007–2019**



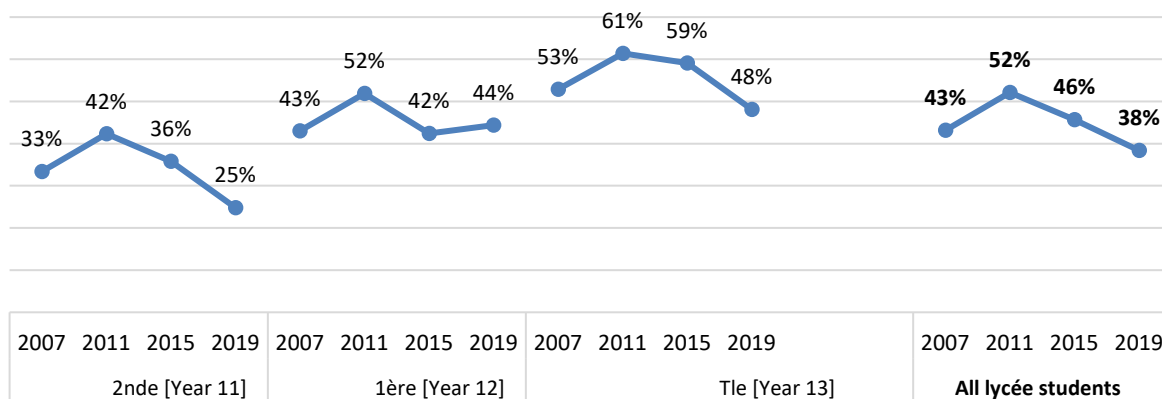
Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

## 2.4 Cannabis: occasional use is on a downward trend, while regular use remains stable

Cannabis is the best known and most widely used illicit substance among this population. In 2019, nearly four in ten lycée students (38%) said that they had used it during their lifetime, although this proportion has decreased in recent years: the figure was one in two students in 2011 (Figure 16). As with alcohol and tobacco, experimentation with cannabis increases very quickly with school year, with a particular leap between Year 11 and Year 12 in 2019 (+20 points). The lycée years appear to be conducive to the spread of cannabis, with levels of experimentation almost doubling between Year 11 and Year 13.

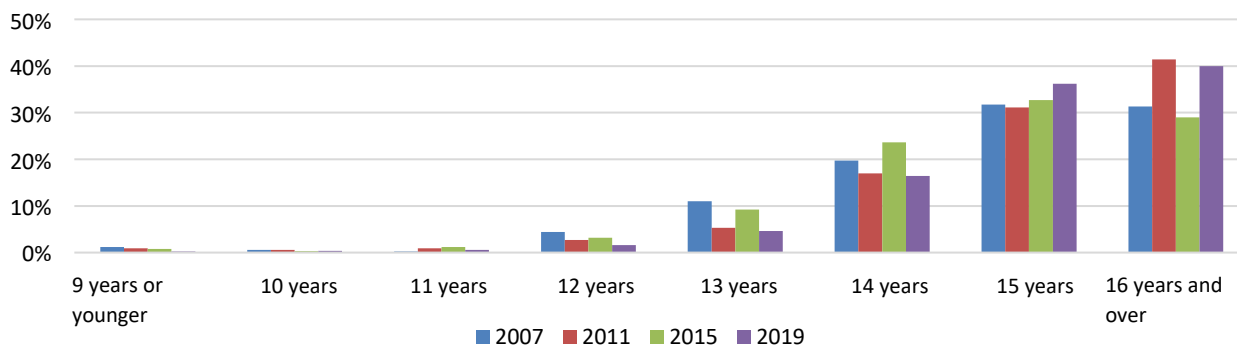
In 2019, 40% of the lycée students who had already used cannabis had tried it at age 16 or older. Once again, there has been a rise in the age at which students first experiment with the substance compared with 2015, when more students tried cannabis at age 15 (Figure 17).

**Figure 16: Trend in experimentation with cannabis according to school year, 2007–2019**



Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

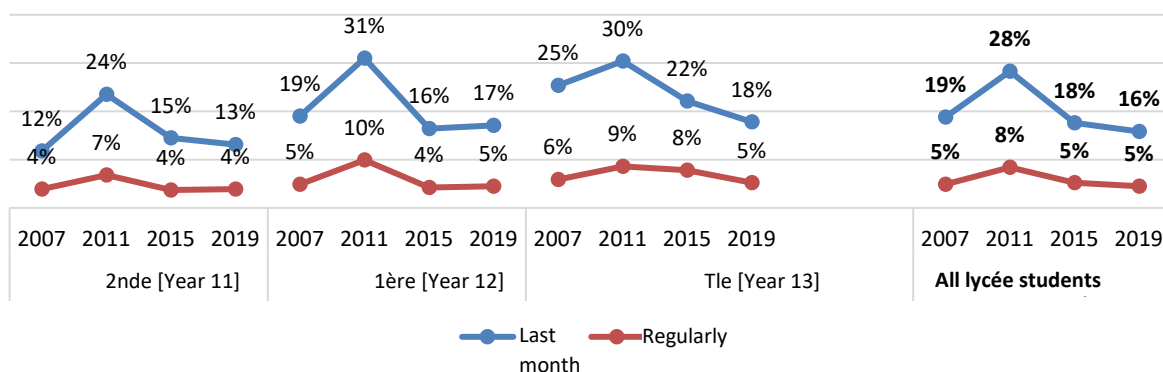
**Figure 17: Age at which students experimented with cannabis, 2007–2019**



Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

In 2019, 16% of lycée students reported having used cannabis within the last month, which is overall the lowest level since 2007 (Figure 18). Recent use increases with each school year, but is relatively consistent over the final years, to such an extent that levels were comparable between Year 12 and Year 13 in 2019. Less than 5% of respondents said that the regularly used cannabis (at least ten times a month) in 2019. This proportion has remained stable or even declined very slightly compared with 2015 (-0.7 points). The long series since 2007 shows that the share of regular cannabis users appears to be established at around 5% of the lycée population. It is worth noting, however, that the number of those reporting very high consumption (40 times a month or more) increased from 20 to 25 between 2015 and 2019.

**Figure 18: Trend in use of cannabis within the last month and regularly according to school year, 2007–2019**



Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

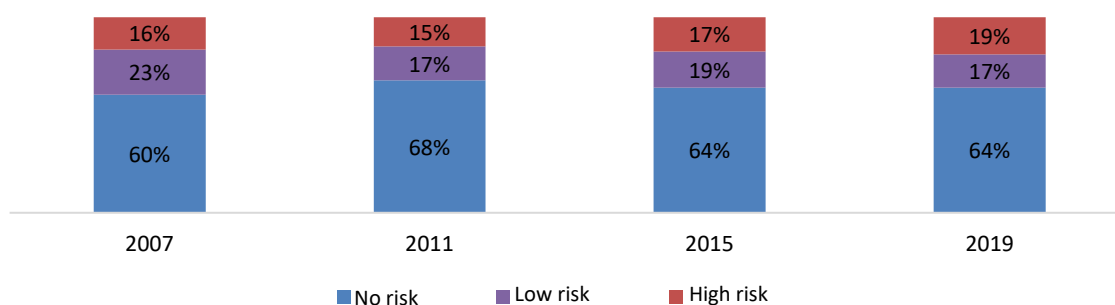
Notes to aid interpretation:

- in 2019, 13% of Year 11 students said that they had used cannabis during the last month (this figure was 15% in 2015) and 4% said they used it regularly (4% in 2015);
- 16% of all lycée students said that they had used cannabis during the last 30 days (this figure was 18% in 2015) and 5% said they used it regularly (5% in 2015).

Beyond the frequency with which a substance is used, some specific behaviours are signs of problem use or dependence (such as smoking before midday, smoking alone, noticing problems with memory). Effectively, problem use is not solely linked to a high frequency of use. The risk of cannabis dependence can be understood using a scale of problem use developed by the OFDT: the Cannabis Abuse Screening Test (CAST).<sup>3</sup> This scale measures users' level of risk compared with the responses given to certain questions on the ESPAD survey. These responses are coded and a score is calculated (for respondents who have reported using cannabis within the last 12 months). Depending on the total score obtained, users are defined as presenting no risk, a low risk or a high risk of dependence.

Among lycée students who reported having used cannabis within the last 12 months in 2019, 19% appeared to present a high risk of problem use or dependence on this substance. This figure has been increasing since 2011 (Figure 19). Comparing the number of at-risk users to the total lycée population in 2019, around 6% of teenagers may be dependent on cannabis, a slightly higher proportion than those who reported being regular users (established at around 5%).

Figure 19: Risks of cannabis dependence (calculated using CAST scores) among users within the last year, 2007–2019



Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Experimentation with illicit substances other than cannabis (cocaine, ecstasy, etc.) continues to be reported by a minority of teenagers (around 8%) and had changed little in 2019 compared with previous years. Around 4% of lycée

<sup>3</sup> The full methodology is available at: <https://www.ofdt.fr/BDD/publications/docs/eisasst9.pdf>



students had tried cocaine, a figure that has remained stable since 2015. Some 3% had tried magic mushrooms in 2019 and 2% had tried ecstasy. These figures are very slightly down (by less than 1 point) compared with 2015.

## 2.5 Emerging user profiles

In 2019, 93% of lycée students had already experimented with at least one of alcohol, tobacco or cannabis. Of these, 35.9% had experimented with just one of these substances, and 34.8% had tried all three (Table 4).

Nearly three quarters of regular users,<sup>4</sup> accounting for 21.2% of the lycée student population, only use one of the three substances, primarily tobacco. Less than 1% regularly use alcohol, tobacco and cannabis.

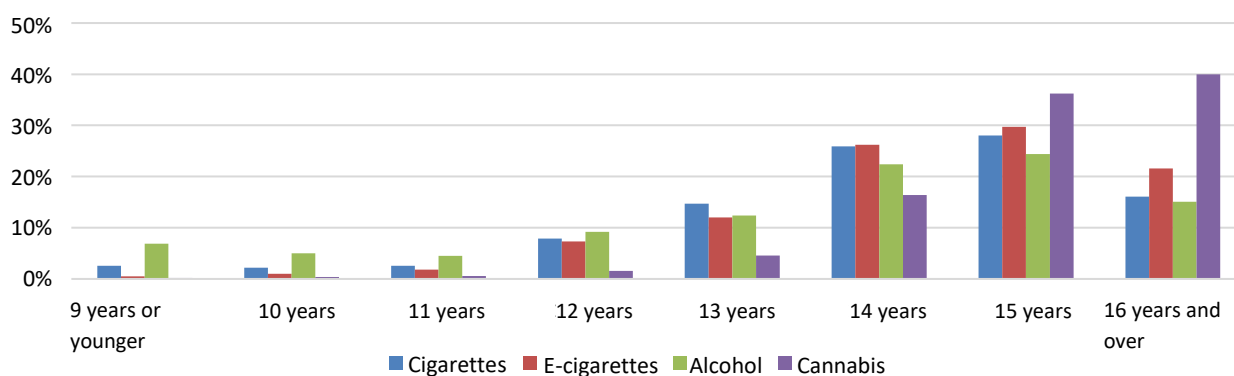
**Table 4: Comparison of experimentation and regular consumption involving tobacco, alcohol and cannabis in 2019**

	Experimented	Consume regularly
No substances	7.0%	78.8%
1 substance	35.9%	15.7%
2 substances	22.3%	5.0%
All 3 substances	34.8%	0.5%

Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Experimentation with alcohol occurs at an earlier age than experimentation with other substances: in 2019, nearly four in ten lycée students had already tried alcoholic drinks by the age of 13. Cannabis is the substance with the oldest age of experimentation, with around three quarters of lycée students first trying it at age 15 or older (Figure 20).

**Figure 20: Age at which students had experimented with tobacco, e-cigarettes, alcohol and cannabis, 2019**



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

While alcohol is by far the most common substance with which teenagers experiment, tobacco is the one that is most commonly used on a regular basis: 13.3% of lycée students smoked cigarettes regularly in 2019 (Table 5). Regular use of alcohol and cannabis (more than ten times a month) was reported by 9.7% and 4.5%, respectively, of the lycée population.

**Table 5: Proportion of lycée students who used tobacco, alcohol and cannabis, 2019**

	Alcohol	Tobacco	Cannabis
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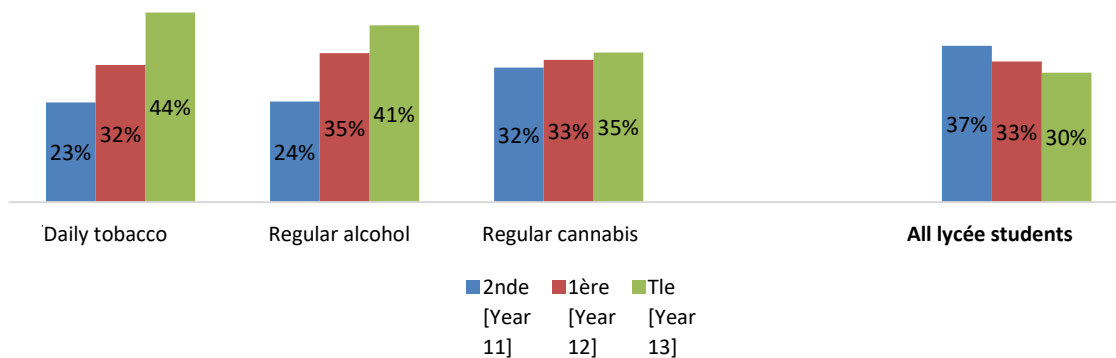
<sup>4</sup> Regular use means at least ten instances of use within the last month for alcohol and cannabis, or daily use of tobacco (at least one cigarette per day).

Experimenting	92.1%	55.3%	38.4%
used in the last year	84.9%	n/a	31.1%
used in the last month	64.4%	26.0%	15.8%
regular users (daily users for tobacco)	9.7%	13.3%	4.5%

Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Students in Year 13 more commonly reported regular use of psychoactive substances than those in other school years, particularly in the case of tobacco: in 2019, 44% of all daily smokers were in Year 13. These students also accounted for 41% of regular alcohol drinkers (Figure 21).

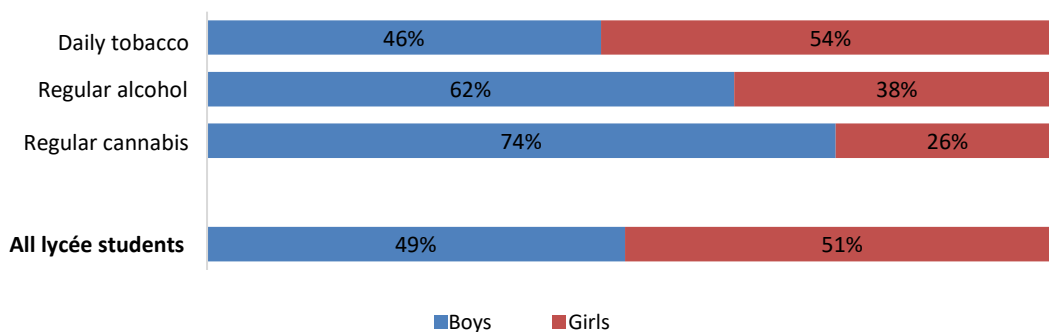
**Figure 21: Regular users of tobacco, alcohol and cannabis by school year, 2019**



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

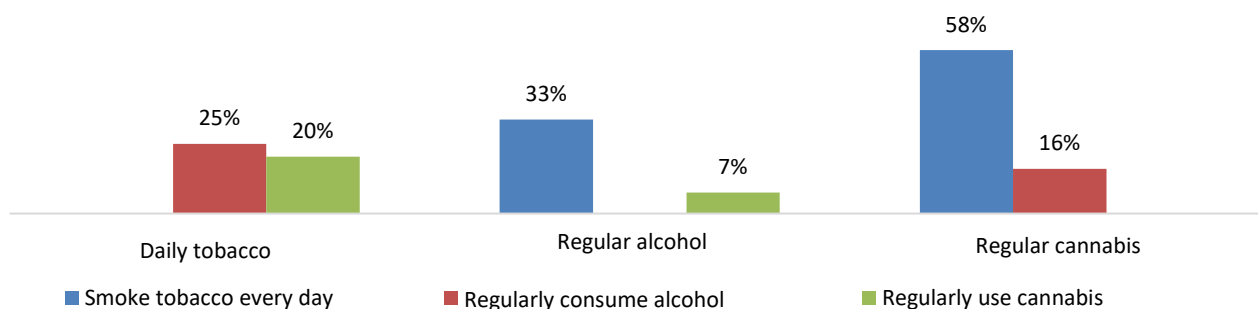
While the majority of those who reported smoking daily were female (53.8% of the total in 2019), frequent cannabis smoking is primarily a male activity: three quarters (73.7%) of regular cannabis users were boys (Figure 22). In addition, some uses may be linked: most regular cannabis smokers (57.9%) are daily cigarette smokers, and a third of regular alcohol drinkers are daily smokers (Figure 23).

**Figure 22: Regular users of tobacco, alcohol and cannabis by gender, 2019**



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

**Figure 23: Linked uses by regular users, 2019**



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Notes to aid interpretation:

- in 2019, 25% of daily smokers also consumed alcohol regularly and 20% smoked cannabis regularly

Overall, the use of psychoactive substances – and particularly of tobacco – is declining, but:

- At the same time, there has been a significant boom in electronic cigarettes since 2015
- Use increases substantially between Year 11 and Year 13, which shows that these substances are widespread among the lycée population
- There has been little change in regular use of cannabis
- A non-negligible (and rising) proportion of cannabis users demonstrate certain risky behaviours that may lead to substance dependence

Among regular users, it was noted that:

- Most are in Year 13
- More girls than boys use tobacco, but far more boys than girls use cannabis
- Some linked uses emerged; there is primarily a link between daily smoking and cannabis use

### 3. OTHER NON-SUBSTANCE USE AMONG LYCÉE STUDENTS IN MONACO

Beyond the use of psychoactive substances, which has now been tracked for several years, the issue of non-substance addiction now demands attention. This stems at least in part from the development of information technology, which has led to the expansion of Internet use in daily life and an increase in the number of screens and connected devices.

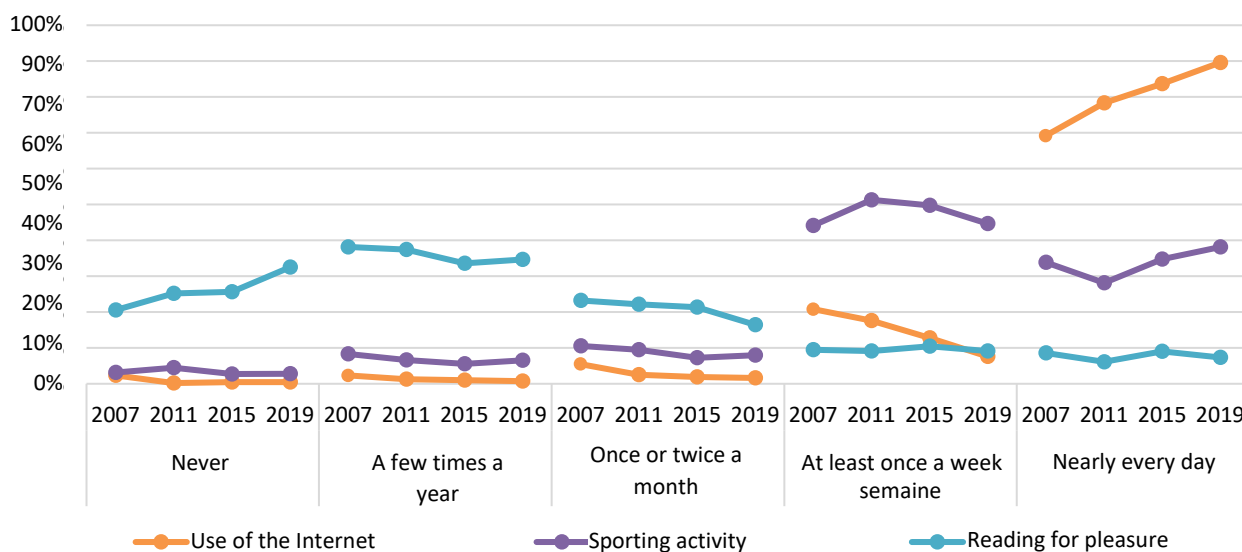
As with the use of psychoactive substances, non-substance addictions (see Definitions) are behaviours that can result in problems or even a dependence.

This section seeks to describe the use of the Internet and social media, as well as gambling and games of chance, by lycée students in Monaco.

#### 3.1 The Internet and social media are an integral part of daily life

In 2019, the Internet was ubiquitous among the lycée student population: nine out of ten respondents said that they used the Internet ‘nearly every day’. Daily Internet use has seen the most significant rise in recent years: this figure was around 20 points lower in 2007 (Figure 24). For the purposes of comparison, 83% of lycée students took part in sport at least once a week or even once a day in 2019 (up 5 points compared with 2007). On the other hand, reading for pleasure (i.e. not books for school) is an activity which a growing number of lycée students no longer engage in.

**Figure 24: Frequency with which students used the Internet, took part in a sporting activity or read for pleasure, 2007–2019**



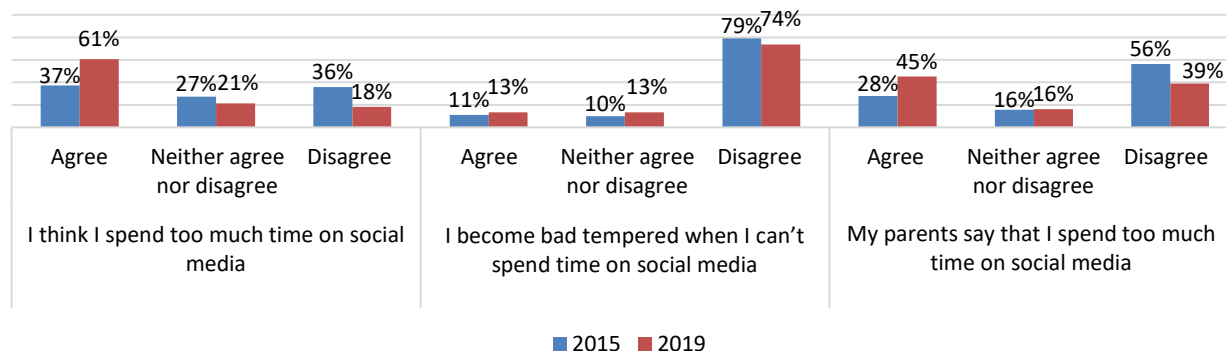
Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Notes to aid interpretation:

- In 2019, 32% of lycée students said that they never read books for pleasure (this figure was 26% in 2015), 3% said that they never took part in a sporting activity (3% in 2015) and 1% said that they never used the Internet (1% in 2015);
- 7% of lycée students said that they read nearly every day (this figure was 9% in 2015), 38% said that they took part in a sporting activity nearly every day (35% in 2015), and 90% used the Internet nearly every day (84% in 2015).

Even more than the Internet in general, social media is used heavily by teenagers. In addition to measuring the use of substances or certain behaviours, ESPAD can also be used to assess the perceptions of those involved, and the perception of social media use by lycée students changed between 2015 and 2019. In 2015, 37% of lycée students agreed with the statement that they spent too much time on social media. This figure had risen to 61% in 2019 (Figure 25). Similarly, the proportion of those who said that their parents told them they spent too much time on social media rose from 28% to 45% between the two survey years.

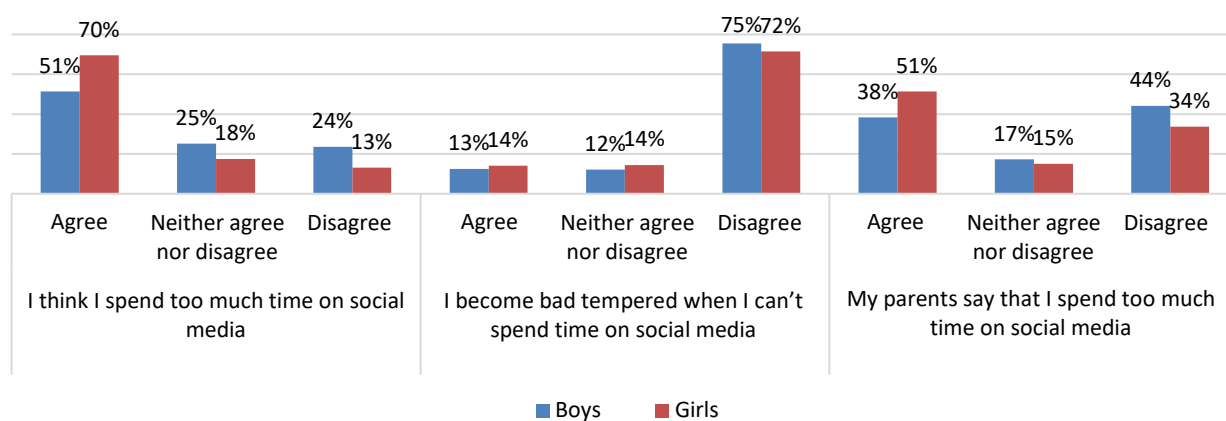
**Figure 25: Changes in perception of social media use from 2015 to 2019**



Sources: ESPAD Monaco 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Perception of social media use varies by gender (Figure 26). In 2019, more girls agreed that they spent too much time on social media (70% compared with 51% of boys). Parents' perceptions also showed a difference between the genders, with boys more likely to disagree with this statement.

**Figure 26: Perception of social media use by gender, 2019**

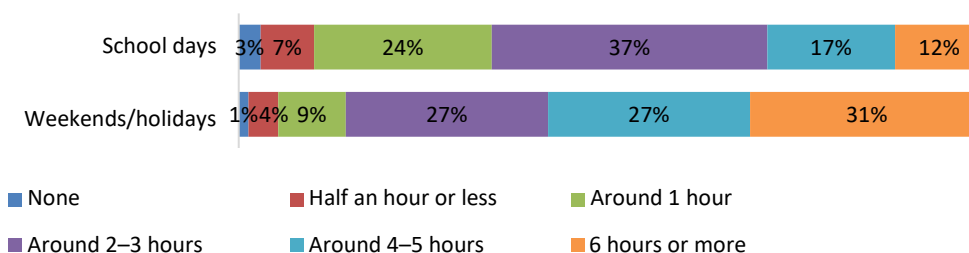


Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

This perception of use is largely confirmed by the parts of the survey devoted to time spent on social media by teenagers. In 2019, around two thirds of the lycée student population reported spending more than two hours a day on social media over the last week, on school days. At weekends or during holidays, more than half of students spent at least four hours a day communicating via social media, and 31% spent six hours or more (Figure 27).

Unlike the trends observed for other addictions (involving substances), there was no notable difference between the various school years in time spent on social media.

**Figure 27: Number of hours spent on social media during the week, 2019**



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

By contrast, gaming (video games and slot machines) did not see the same rapid increase as Internet or social media use over the period 2007 to 2019. With regard to video games, the proportion of lycée students reporting that they ‘never’ engaged in this practice has even risen in recent years.

### 3.2 Gambling for money: a practice on the rise

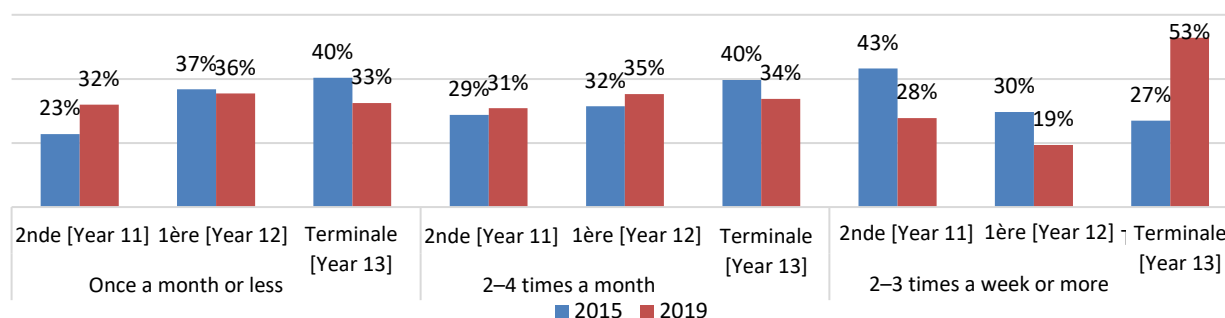
In 2019, 21.3% of lycée students reported having gambled for money at least once in the last 12 months, the majority on an ‘occasional’ basis (once a month or less). This proportion of gamblers rose by more than 2 points compared with 2015 (Table 6). The frequency with which students gamble for money varies according to school year, and has also changed in recent years (Figure 28). In 2015, gambling frequency increased with school year among those who gambled up to four times a month; conversely, ‘very regular’ (two to three times a week or more) gamblers were most common among students in Year 11 than in other classes (43%). In 2019, more than half (53%) of very regular gamblers were in Year 13, and the prevalence of gambling at other frequencies did not increase linearly with school year.

**Table 6: Change in proportion of gamblers among lycée students between 2015 and 2019**

	2015	2019
Have not gambled for money during the last 12 months	80.8%	78.7%
Have gambled for money during the last 12 months:	19.2%	21.3%
Once a month or less	10.6%	13.2%
2-4 times a month	5.7%	5.3%
2-3 times a week or more	2.9%	2.8%
<b>TOTAL</b>	<b>100%</b>	<b>100%</b>

Sources: ESPAD Monaco 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

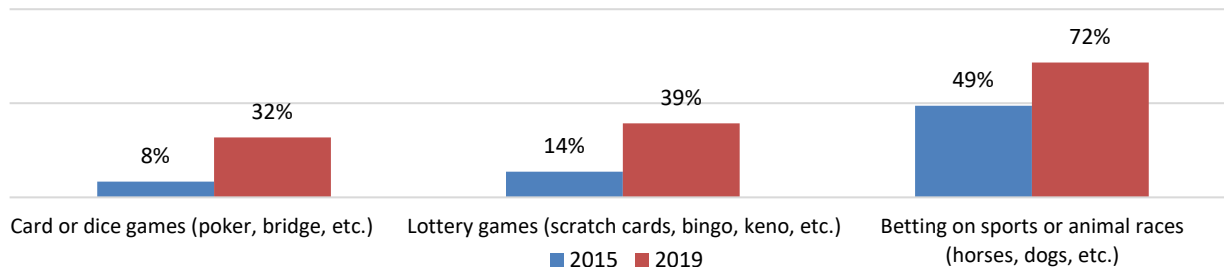
**Figure 28: Changes in frequency of gambling for money by gamblers according to school year between 2015 and 2019**



Sources: ESPAD Monaco 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

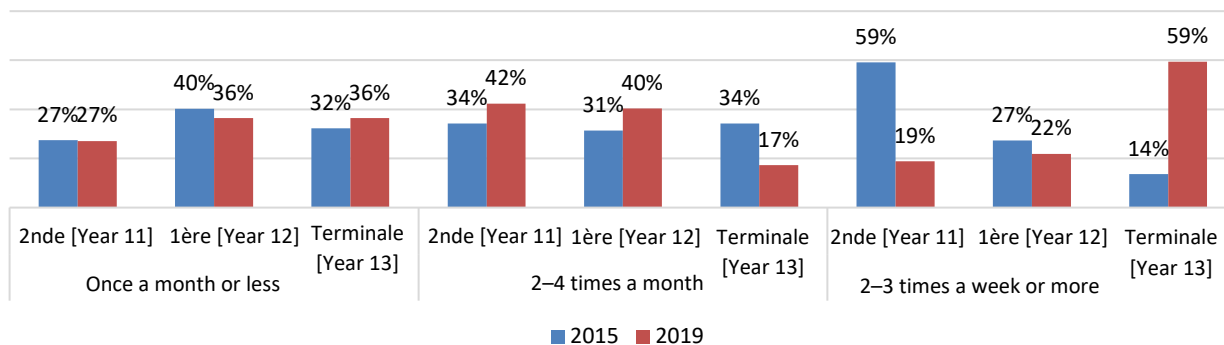
Sports betting was the most common gambling activity, followed by scratch-card lottery games, in both 2015 and 2019 (Figure 29). With regards to sports betting, as with gambling in general, the most dedicated gamblers (betting two to three times a week) in 2019 were primarily students in Year 13, while in 2015, students in Year 11 were most strongly represented in this category (Figure 30).

**Figure 29: Changes in types of gambling engaged in by gamblers between 2015 and 2019**



Sources: ESPAD Monaco 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

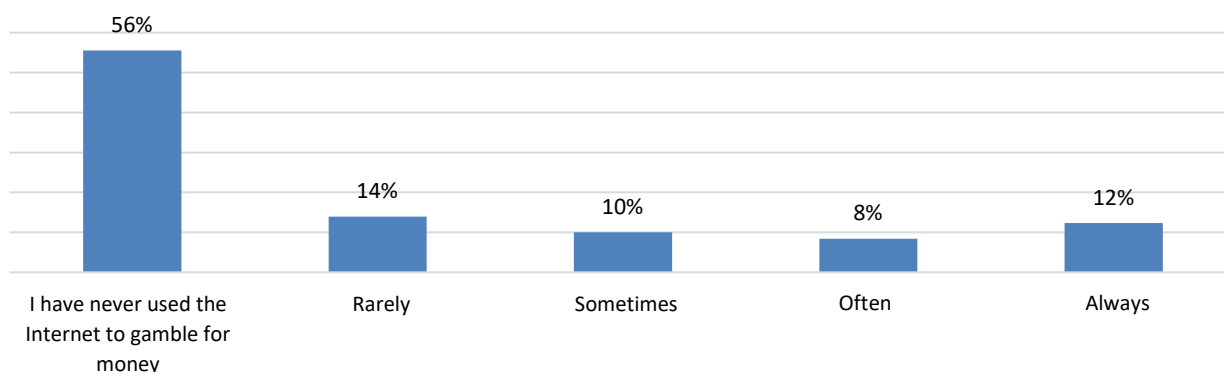
**Figure 30: Changes in frequency of sports betting by gamblers according to school year between 2015 and 2019**



Sources: ESPAD Monaco 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Use of the Internet was far from routine among lycée students who had gambled for money during the year: the majority of these students (56%) had in fact never used the Internet to gamble (Figure 31). This result reflects the type of gambling most common among teenagers (sports betting, etc.). This is something that they mostly engage in away from the Internet (generally in newsagents).

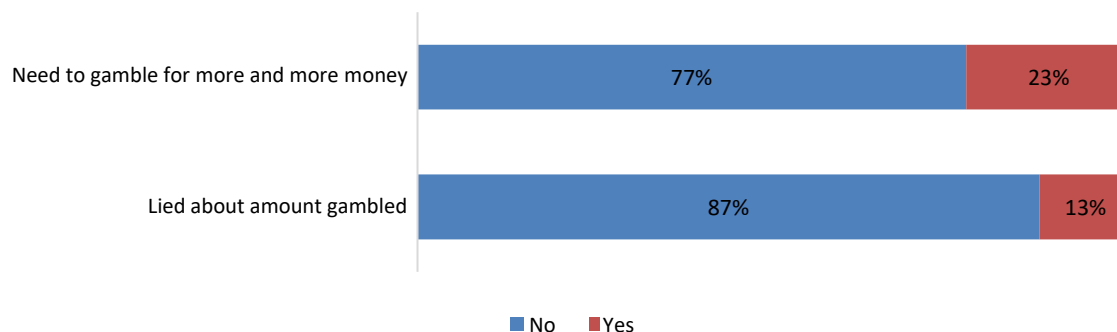
**Figure 31: Frequency of Internet use by gamblers, 2019**



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

In 2019, 23% of all gamblers said that they had previously felt the need to gamble for more and more money, and 13% had previously lied about the amounts they had gambled (Figure 32).

**Figure 32: Risk behaviours by gamblers, 2019**



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

- In 2019, the Internet and social media were a ubiquitous presence in teenagers' lives
- Use of the Internet soared much more than any other activity over the period from 2007 to 2019
- The majority of lycée students think that they spend too much time on social media (with girls more likely to agree with this statement)
- Nevertheless, the majority of pupils spend several hours every day on social media, and this increases at weekends and during holidays
- Gambling has not increased to the same extent as social media use, but more students are gambling for money
- Most gambling takes the form of sports betting (including betting on horse racing)



## 4. USES DIFFER BY GENDER

### 4.1 Use of psychoactive substances according to gender

There are differences, sometimes quite pronounced, between girls and boys studying at lycées in Monaco. The extent of these gender gaps can be illustrated using the sex ratio.<sup>5</sup>

Comparing use by gender in 2019 shows strong polarisation in the case of some substances (Table 7): for example, many more girls than boys use tobacco (sex ratio <1) while cannabis use is predominantly male, especially with regard to regular use (sex ratio of 3). While alcohol appears to be a common substance among both girls and boys in terms of experimentation or occasional use, regular consumption and significant binge drinking is more frequently encountered among boys. Experimentation with illicit drugs other than cannabis, which continues to be reported by only a very small number of lycée students, is more prevalent among boys.

**Table 7: Use of psychoactive substances among lycée students by gender and sex ratio, 2019**

Substance	Use	Total	Boys	Girls	Sex ratio <sup>5</sup>
Tobacco	Experimentation with cigarettes	55.3%	50.2%	60.1%	<b>0.8</b>
	Used cigarettes in the last month	26.0%	24.2%	27.8%	<b>0.9</b>
	Used cigarettes daily	13.3%	12.5%	14.0%	<b>0.9</b>
Electronic cigarettes	Experimentation	63.1%	63.6%	62.5%	<b>1.0</b>
	Used in the last month	39.7%	40.8%	38.5%	<b>1.1</b>
Alcohol	Experimentation	92.1%	90.6%	93.4%	<b>1.0</b>
	Used in the last year	84.9%	83.0%	86.8%	<b>1.0</b>
	Used in the last month	64.4%	65.9%	63.1%	<b>1.0</b>
	Regular (used at least 10 times in the last month)	9.7%	12.3%	7.3%	<b>1.7</b>
Intoxication	Experimentation	53.7%	52.7%	54.7%	<b>1.0</b>
	Within the last month	36.5%	40.5%	32.8%	<b>1.2</b>
Binge drinking	Repeated (at least three times in the last month)	11.1%	12.8%	9.5%	<b>1.3</b>
	Regular (at least ten times in the last month)	1.9%	2.7%	1.1%	<b>2.5</b>
	Experimentation	38.4%	41.7%	35.3%	<b>1.2</b>
Cannabis	Used in the last year	31.1%	34.9%	27.6%	<b>1.3</b>
	Used in the last month	15.8%	20.7%	11.3%	<b>1.8</b>
	Regular (used at least 10 times in the last month)	4.5%	6.8%	2.3%	<b>3.0</b>
Other illicit drug	Experimentation	8.2%	9.4%	7.2%	<b>1.3</b>

<1: girls use more than boys

>1: boys use more than girls

=1: difference between boys and girls is statistically insignificant

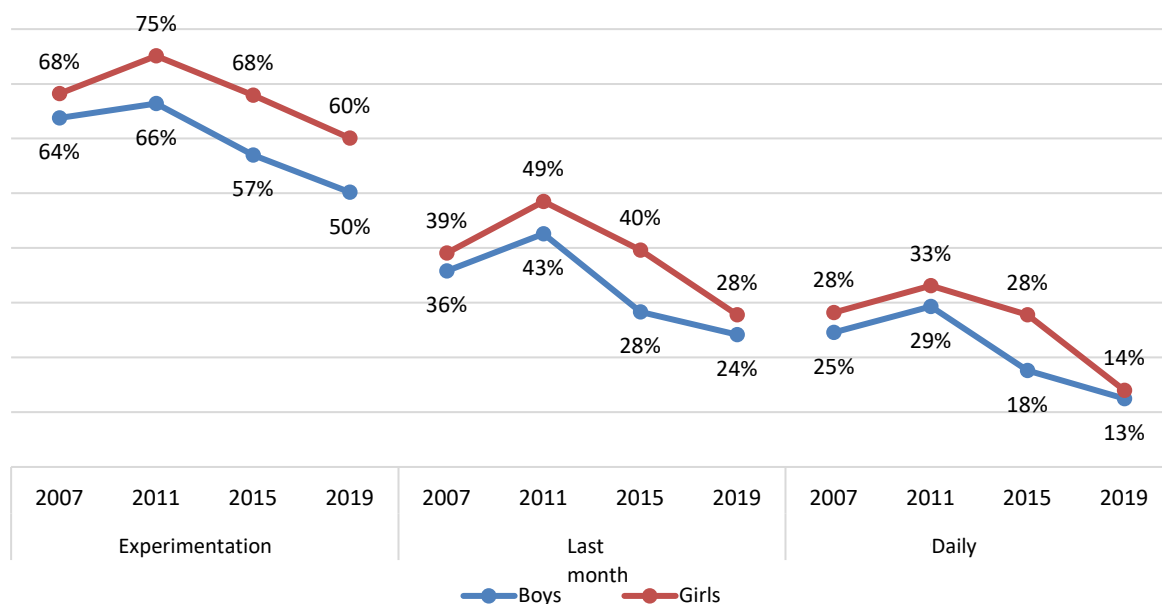
Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Use of tobacco, which is more prevalent among girls, has trended downwards over the course of the ESPAD surveys, regardless of gender (Figure 33). This trend seems to have accelerated particularly fast among girls in recent years. While levels of experimentation have evolved in parallel since 2011 (the rate of experimentation is 10 points higher among girls), recent and daily use by girls fell sharply between 2015 and 2019, approaching the

<sup>5</sup> The sex ratio is the ratio of boys to girls. A sex ratio higher than 1 indicates that more boys are affected than girls, and the reverse is true for a sex ratio below 1.

levels seen among boys. Cigarette use in the last month dropped by 12 points among girls between the last two surveys (compared with 4 points for boys) and daily tobacco use fell by half, from 28% to 14%, among girls. The significant drop in daily use of cigarettes between 2015 and 2019 noted above (see 2.2) may be attributed to girls.

**Figure 33: Change in cigarette use by gender, 2007–2019**



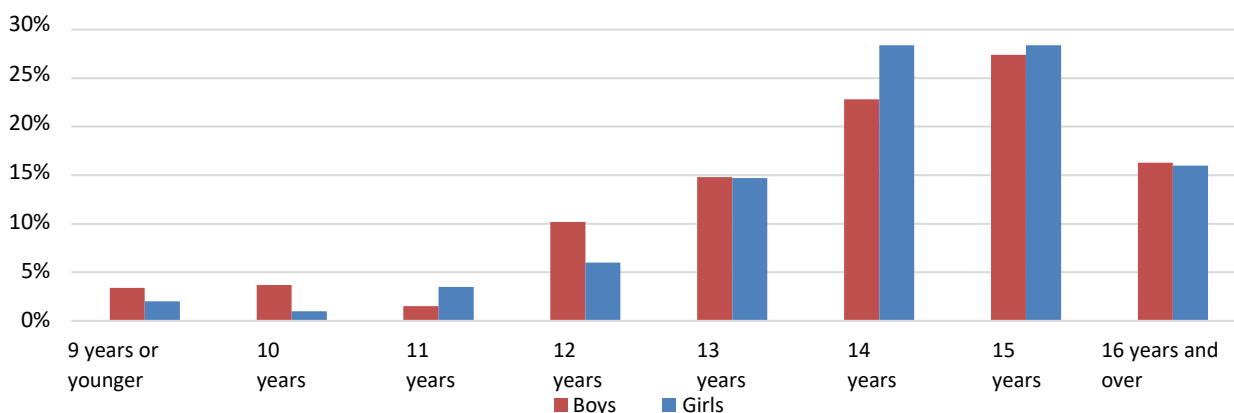
Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Notes to aid interpretation:

- In 2019, 60% of girls said that they had used tobacco during their lifetime (this figure was 68% in 2015), 28% said they had used it in the last month (40% in 2015) and 14% that they smoked every day (28% in 2015);
- 50% of boys said that they had used tobacco during their lifetime (this figure was 57% in 2015), 24% said they had used it in the last month (28% in 2015) and 13% that they smoked every day (18% in 2015).

While tobacco use is more prevalent among girls at the lycée level, it is boys who experiment with tobacco at an earlier age: in 2019, for example, 34% of them had already tried tobacco at the age of 13 or younger, compared with 27% of girls (Figure 34). The proportion of those experimenting increases with age, reaching a peak at 15 years for boys and 14 years for girls.

**Figure 34: Age at which students had experimented with cigarettes by gender, 2019**

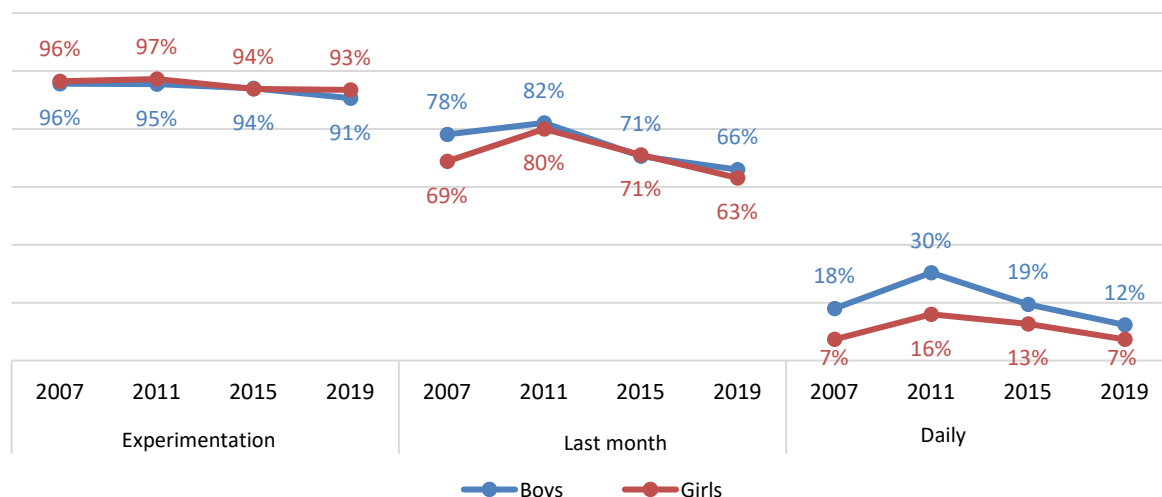


Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Among lycée students, experimentation with alcohol is fairly consistent across the two genders, and this has held true since the early years of observations through ESPAD surveys (Figure 35). Recent alcohol consumption (in the

last 30 days) has also been similar between boys and girls since 2011. These behaviours appear to be well established during students' years at lycée. On the other hand, regular alcohol consumption has remained more common among boys over the years, but the gap with girls has been closing, falling from 14 points in 2011 to 5 points in 2019.

**Figure 35: Changes in alcohol consumption by gender, 2007–2019**



Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Notes to aid interpretation:

- In 2019, 93% of girls said that they had consumed alcohol during their lifetime (this figure was 94% in 2015), 63% said they had consumed it in the last month (71% in 2015) and 7% that they consumed it regularly (13% in 2015);
- 91% of boys said that they had consumed alcohol during their lifetime (this figure was 94% in 2015), 66% said they had consumed it in the last month (71% in 2015) and 12% that they consumed it regularly (19% in 2015).

The age at which students first experimented with alcohol varied by gender in 2019. A notable proportion of boys said that they had tried alcohol before the age of 10 years old (10% in 2019). While levels of experimentation were comparable between the ages of 10 and 13, it can be seen that girls experimented at a higher rate at the ages of 14 and 15 years (Figure 36).

**Figure 36: Age at which students had experimented with alcohol by gender, 2019**

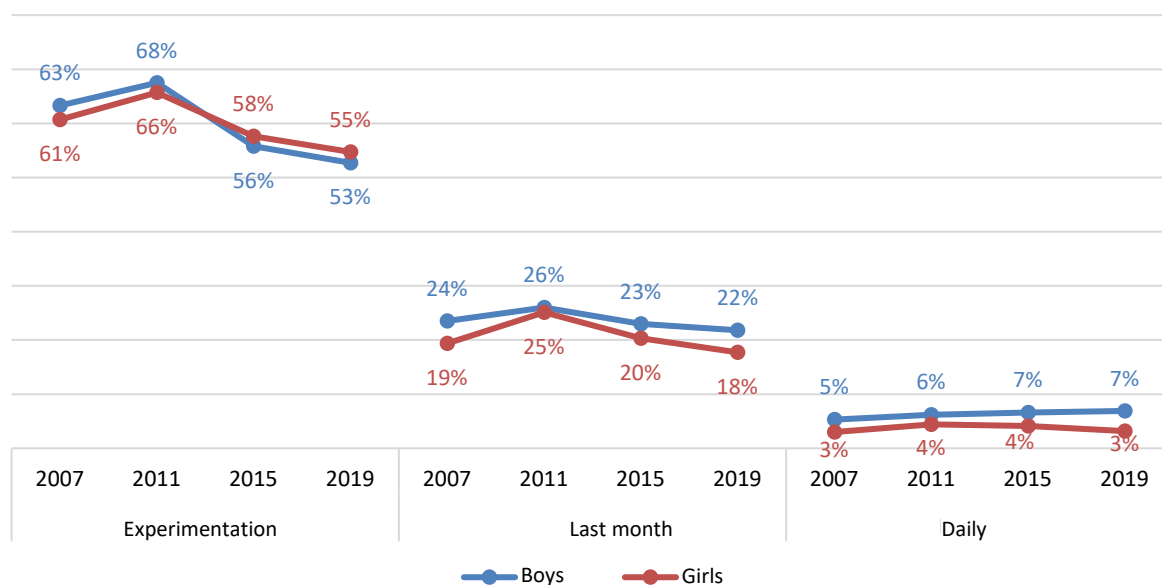


Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

With alcohol being a substance that is widely consumed by lycée students regardless of gender, behaviours related to intoxication are found in boys and girls. While levels of experimentation have been very similar across both

sexes since 2007, there has been a slight reversal of trends since 2015: the proportion of girls reporting that they had been intoxicated during their lifetime is now slightly higher than that of boys (Figure 37). However, more boys than girls reported having been intoxicated in the last month or regularly becoming intoxicated.

**Figure 37: Changes in intoxication by gender, 2007–2019**



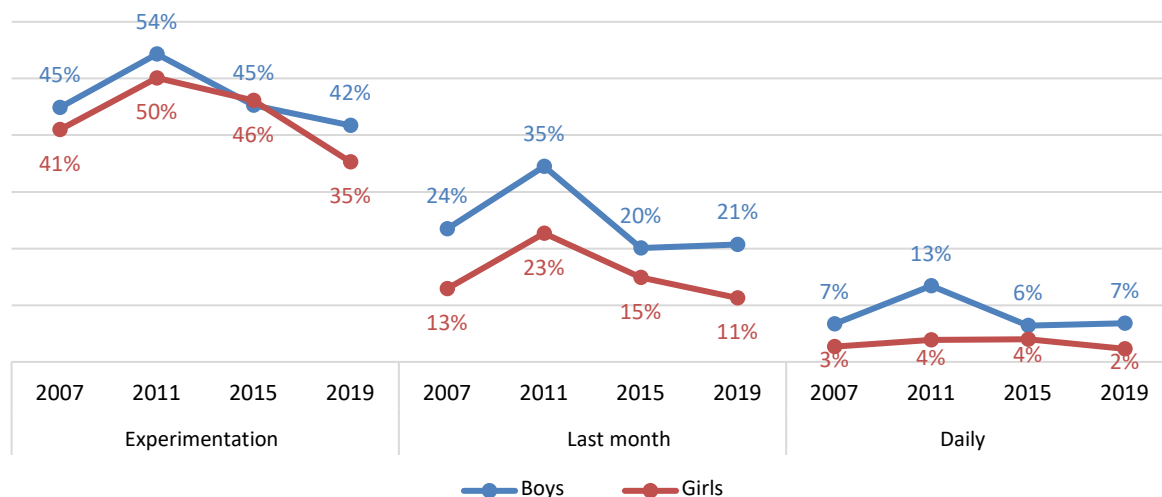
Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Notes to aid interpretation:

- In 2019, 55% of girls said that they had been intoxicated during their lifetime (this figure was 58% in 2015), 18% said they had been intoxicated in the last month (20% in 2015) and 3% that they became intoxicated regularly (4% in 2015);
- 53% of boys said that they had been intoxicated during their lifetime (this figure was 56% in 2015), 22% said they had been intoxicated in the last month (23% in 2015) and 7% that they became intoxicated regularly (7% in 2015).

Cannabis use, which remains much more prevalent among boys, has not seen the same changes according to gender over recent years. Levels of experimentation fell among all lycée students to reach the lowest point ever in 2019 (Figure 38). However, while use by girls has dropped continuously since 2011, including both recent and regular use, among boys these levels have stayed stable and even increased slightly between 2015 and 2019. Cannabis use by boys appears to have reached a consistent level in recent years. This trend can also be seen in the lycée student population as a whole (see 2.4), despite the reduction observed among girls.

**Figure 38: Change in cannabis use by gender, 2007–2019**



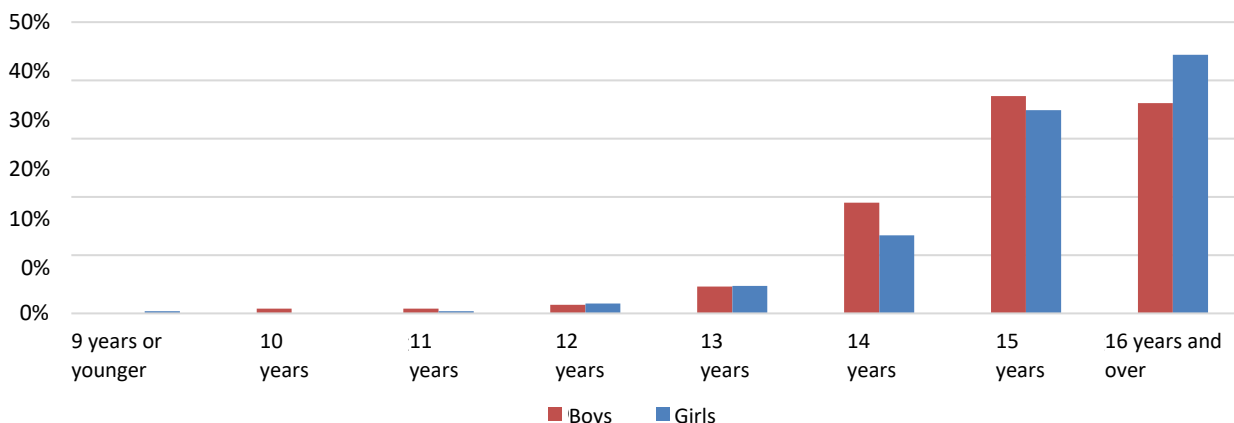
Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Notes to aid interpretation:

- In 2019, 35% of girls said that they had used cannabis during their lifetime (this figure was 46% in 2015), 11% said they had used it in the last month (15% in 2015) and 2% that they used it regularly (4% in 2015);
- 42% of boys said that they had used cannabis during their lifetime (this figure was 45% in 2015), 21% said they had used it in the last month (20% in 2015) and 7% that they used it regularly (6% in 2015).

Overall, boys experiment with cannabis earlier than girls. In 2019, most girls were 16 when they first tried cannabis, while most boys were 15 (Figure 39).

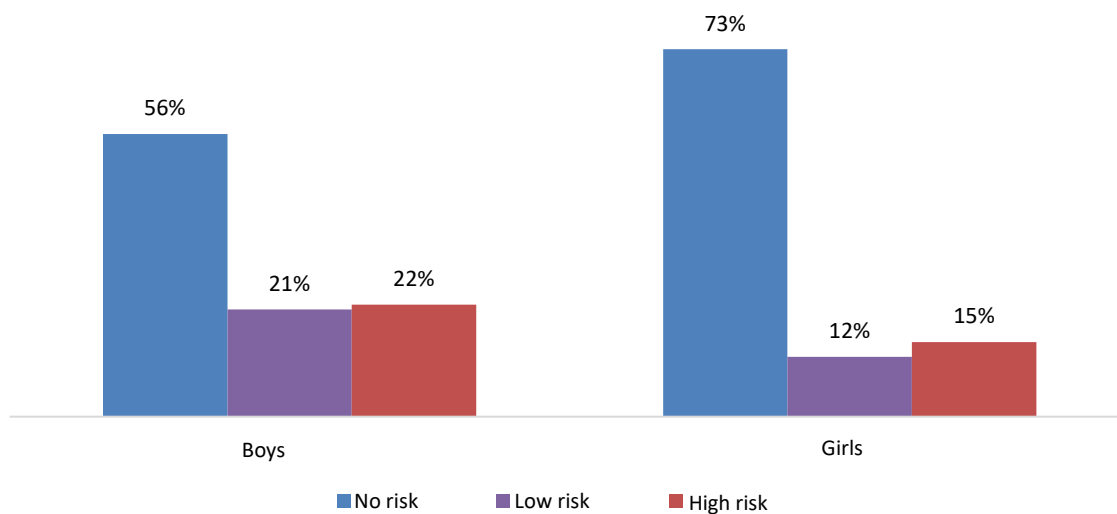
**Figure 39: Age at which students had experimented with cannabis by gender, 2019**



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

Among teenagers who had used cannabis within the last 12 months, boys were at a much higher risk of developing cannabis dependency or problem use according to their CAST scores (Figure 40). Nearly three quarters of girls at lycée, meanwhile, reported use that could be described as posing 'no risk' under this measure.

**Figure 40: Risks of cannabis dependence (calculated using CAST scores) among users by gender, 2019**

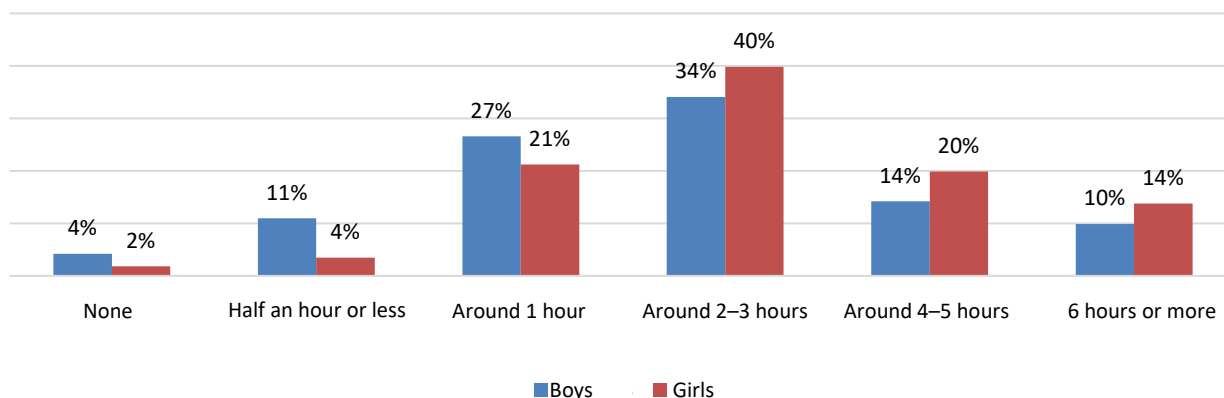


Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

## 4.2 Other non-substance use by gender

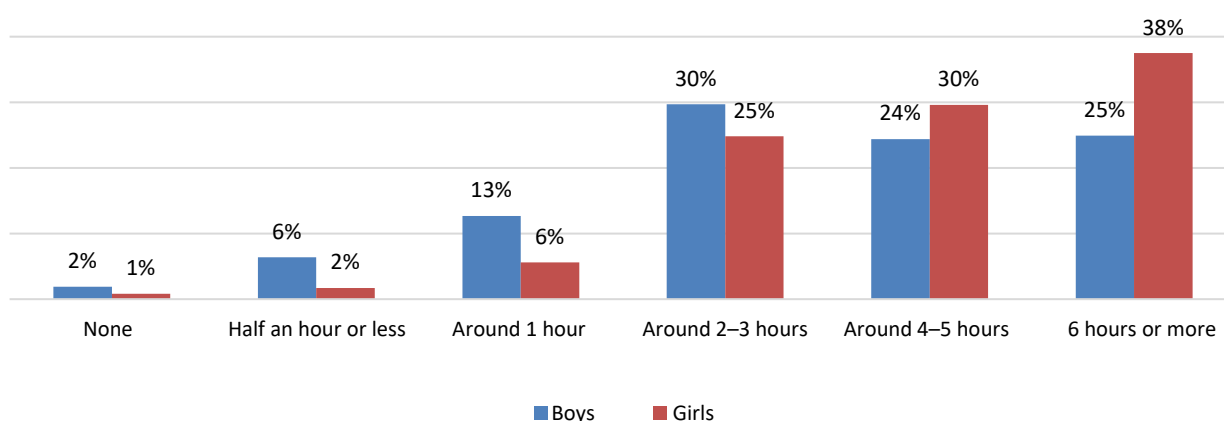
Time spent using social media on the Internet varies significantly between the genders. In 2019, such use was higher among girls, both on school days (Figure 41) and at weekends and during holidays (Figure 42).

**Figure 41: Number of hours spent on social media during the week on school days by gender, 2019**



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

**Figure 42: Number of hours spent on social media during the week at weekends and during holidays by gender, 2019**



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

In 2019, 20% of all lycée students who reported having gambled for money at least once during the year were girls. Gambling for money appears to be much more prevalent among boys.

**Table 8: Gender breakdown of non-gamblers and gamblers, 2019**

	Boys	Girls	Total
Have not gambled for money during the last 12 months	40.3%	59.7%	100%
Have gambled for money during the last 12 months	79.9%	20.1%	100%

Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

## 5. POINTS OF COMPARISON WITH FRANCE

In Monaco, many more lycée students experiment with substances, whether tobacco, alcohol or cannabis, than in France (Table 9). Conversely, fewer students in the Principality report regular use of these substances than in France.

There are also differences between the two countries in terms of use by gender. While experimentation with alcohol remains higher among lycée students in Monaco regardless of gender, cigarette use is more common among girls in the Principality than in France (Figure 43). Girls in Monaco are, however, less likely to be regular cannabis users than their French peers.

**Table 9: Use of psychoactive substances by lycée students in Monaco (2019) and France (2018)**

Substance	Use	Monaco	France	Comparison
<b>Tobacco</b>	Experimentation with cigarettes	55.3%	53.0%	H
	Used cigarettes in the last month	26.0%	27.3%	=
	Used cigarettes daily	13.3%	17.5%	L
<b>Electronic cigarettes</b>	Experimentation	63.1%	52.1%	H
	Used in the last month	39.7%	16.6%	H
<b>Alcohol</b>	Experimentation	92.1%	85.0%	H
	Used in the last year	84.9%	77.4%	H
	Used in the last month	64.4%	62.1%	=
	Regular (used at least 10 times in the last month)	9.7%	16.7%	L
<b>Intoxication</b>	Experimentation	53.7%	49.5%	H
	Within the last month	36.5%	43.2%	L
<b>Binge drinking</b>	Repeated (at least three times in the last month)	11.1%	16.8%	L
	Regular (at least ten times in the last month)	1.9%	3.7%	L
	Experimentation	38.4%	33.1%	H
<b>Cannabis</b>	Used in the last year	31.1%	26.5%	H
	Used in the last month	15.8%	17.3%	=
	Regular (used at least 10 times in the last month)	4.5%	6.2%	L
<b>Other illicit drug</b>	Experimentation	8.2%	8.1%	=

**H:** significant difference, higher in Monaco

**L:** significant difference, lower in Monaco

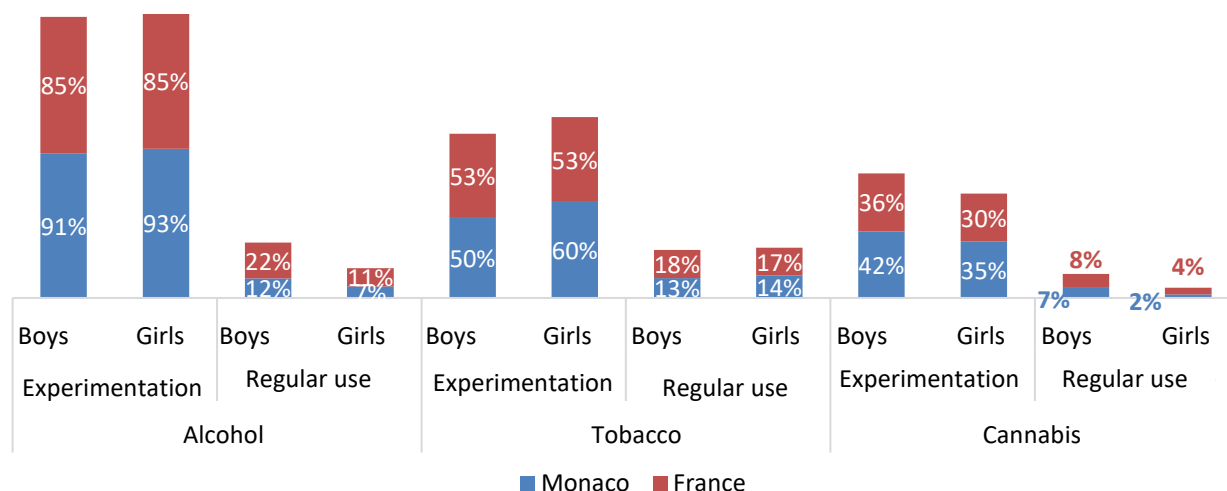
**=:** statistically insignificant difference

*Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies / OFDT EnCLASS survey 2018*

In France, the rates of alcohol experimentation are similar for boys and girls (85%), while in Monaco the rate is 2 points higher among girls (Figure 43). As for regular alcohol consumption, the difference between the sexes is more pronounced in France, where twice as many boys as girls report regular use (22% compared with 11%). Experimentation with tobacco is also at similar levels for girls and boys among French lycée students (53%), while in Monaco, the rate is 10 points higher for girls. While more students in Monaco than France have tried cannabis, regular use appears to be higher in France. In both countries, cannabis users are more likely to be boys than girls.



Figure 43: Use of alcohol, tobacco and cannabis by sex in Monaco (2019) and France (2018)



Sources: ESPAD Monaco 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies / OFDT EnCLASS survey 2018

Notes to aid interpretation:

- In Monaco, 91% of boys said that they had consumed alcohol during their lifetime (this figure was 85% in France), and 93% of girls said they had used it (85% in France);
- 12% of boys said that they consumed alcohol regularly (this figure was 22% in France) and 7% of girls said they were regular drinkers (11% in France).

Moreover, it is worth noting that in France, geographical criteria can produce differences in substance use by teenagers. For example, alcohol consumption at the age of 17 is significantly lower in the Provence-Alpes-Côte d’Azur (PACA) region than in the nation as a whole, while cannabis use in the region is higher overall.<sup>6</sup>

<sup>6</sup> Source: ESCAPAD 2017 survey; OFDT

## CONCLUSION

The Principality's participation in ESPAD since 2007 provides an overview of the use of addictive substances by lycée students in the Principality spanning more than a decade and highlighting emerging trends and changes. In parallel, and in a bid to adapt to changes in substances and types of use, the survey now includes new and equally important areas of study relating to non-substance use.

Taken overall, these aspects provide a comprehensive picture of the lycée student population in the Principality and their health behaviours.

The national results of the ESPAD 2019 survey highlight first and foremost a downward trend in tobacco, alcohol and cannabis use.

Use of tobacco, which is more prevalent among girls, is falling, with a 10-point decline in the number of daily smokers compared with 2015. However, more than half of pupils surveyed had already experimented with this substance, and 26% smoke every month. At the same time, use of electronic cigarettes has soared: more than a third of students reported having used e-cigarettes during the last month, a figure which has quadrupled since 2015 and applies regardless of gender.

Alcohol continues to be the most widely used substance by far: more than 90% of lycée students have tried it and nearly two thirds reported having consumed it within the last month. It is also the substance perceived as most available by this population, half of whom said that they had been intoxicated in their lifetime and a third of whom reported an episode of binge drinking within the last month. One in ten lycée students said that they had consumed alcohol more than ten times in the last month.

While cannabis use has been trending downwards overall, it is clear that this development is linked to a gender divide, with a strong decline in use among girls which has unfortunately been offset by the reverse trend among boys. Frequent and risky use of cannabis remains stable and is even increasing: around 5% of lycée students are regular users, a similar figure to that found in previous surveys. The proportion of individuals who may be at risk of dependency linked to problem use of cannabis has risen sharply in recent years.

Among lycée students:

- 13.3% smoke every day, while 55.3% said that they had only experimented with tobacco;
- 64.4% consume alcohol at least once a month and 92.1% have tried it;
- 15.8% use cannabis at least once a month and 38.4% have tried it.

In addition, the 2019 survey sought to analyse so-called non-substance use. The study and understanding of this phenomenon remains a real challenge, given the rapid development and widespread accessibility of new technologies, as well as the resulting exposure to screens.

The Internet in general, and social media in particular, are now used on a daily basis by nine in ten lycée students, while other activities, such as reading for pleasure or taking part in sport, are stagnating or even declining. Lycée students report spending several hours a day on the Internet and social media, including during the week, increasing their use during 'rest' periods (weekends and holidays), although they are very clear-sighted about this excess use. This perceptiveness could be the key to raising awareness about limiting use.

Another type of 'virtual' use appears to be becoming popular: gambling for money, and primarily sports betting. More than one in five lycée students in Monaco took part in such activities in 2019, a proportion which is rising for, almost paradoxically, an activity that takes place via channels other than the Internet.

In conclusion, there has been an overall reduction in the consumption of alcohol, tobacco and cannabis by lycée students in the Principality, illustrating a positive trend in the use of these three main substances.

Nonetheless, this trend must not obscure the fact that there has been an increase in other practices, nor the dangers that continue to be associated with these addictive behaviours during adolescence, a period of physical, physiological and psychological development which makes people vulnerable to developing risky behaviours. Use at an early age, regular use, the type of use and the environment in which substances are used, the need to use substances to have fun, the trivialisation of certain substances, the accessibility of some substances and a lack of knowledge around risks are all factors which influence the consequences of using substances, the degree of addiction which can result and, conversely, the ability to quit.

As such, the aim of monitoring all of these indicators, some of which have been observed over a long period, is to provide a public health management tool, and to offer health care professionals, teachers and parents a clear and objective view of the use of psychoactive substances and non-substance addiction among teenagers in the Principality.

In addition to the scientific and statistical work involved in conducting this survey and analysing the results, the Monegasque Institute of Statistics and Economic Studies hopes to provide stakeholders with the right information and to enable them to better understand the mechanisms of addiction in order to strengthen the implementation of effective addiction information and prevention measures.

## NOTES ON METHODOLOGY

### ESPAD

The European School Survey Project on Alcohol and Other Drugs (ESPAD) is a survey carried out every four years. It was initiated at the European level in 1995 by the Swedish Council for Information on Alcohol and Other Drugs (CAN), with support from the Council of Europe (Pompidou Group). The survey targets students in their sixteenth year, the age at which mandatory education ends in the majority of European countries. Students are surveyed using a standardised methodology and a self-administered questionnaire common to all participating countries. It thus offers an excellent basis for comparing behaviours around the use of tobacco, alcohol and drugs by young Europeans aged 16 years, and the ability to look back over a long period.

The most recent ESPAD survey was carried out in 2018–2019 and covered 35 countries.

In Monaco, the survey was conducted on 4 April 2019 by Monegasque Institute of Statistics and Economic Studies, with the OFDT providing scientific supervision. This is the fourth time in a row that the Principality has participated in ESPAD.

### Scope

The ESPAD 2019 was carried out simultaneously in all of the Principality's schools (state-run and private). It covered every single student in attendance at those schools on the day of the survey. In Monaco, a decision was taken not to restrict the survey solely to students aged 16 at the time of the survey (i.e. those born in 2003), as set out in the European protocol, but to expand it to all lycée (upper secondary school) students, in order to give a more comprehensive picture of the situation in Monaco. However, to comply with the methodological constraints of the European survey, students born in 2003 and attending school at one of Monaco's collèges (lower secondary schools) were also included in the survey. The latter have not been included in the analysis in this report: to be representative of all Year 10 students, it would have been necessary to survey all students in this year, regardless of their age, and this was not done.

Participation in the ESPAD survey is subject to passive consent: the students' parents were informed of the survey by letter several days in advance and had the opportunity to refuse permission for their child to take part. In addition, on the day of the survey, students were able to refuse to answer the questionnaire, in which case they would be invited to leave the room.

In 2019, 1,369 students took part in the questionnaire, giving a participation rate of nearly 90%. Of all of these respondents, 430 were born in 2003 (so aged 16) and belonged to the target population covered by the European ESPAD report. Ultimately, 1,291 useable questionnaires were retained for analysis.

**Table 10: Number of student responses retained for analysis by survey year, school year and sex**

	2nde [Year 11]	1ère [Year 12]	Terminale [Year 13]	Total
<b>2007</b>	<b>420</b>	<b>351</b>	<b>427</b>	<b>1,198</b>
Boys	242	178	243	663
Girls	178	173	184	535
<b>2011</b>	<b>402</b>	<b>396</b>	<b>433</b>	<b>1,231</b>
Boys	196	200	192	588
Girls	206	196	241	643
<b>2015</b>	<b>431</b>	<b>435</b>	<b>426</b>	<b>1,292</b>
Boys	225	230	220	675
Girls	206	205	206	617
<b>2019</b>	<b>473</b>	<b>426</b>	<b>392</b>	<b>1,291</b>
Boys	224	207	201	632
Girls	249	219	191	659

Sources: ESPAD Monaco 2007, 2011, 2015, 2019; Department of Education, Youth and Sport; Monegasque Institute of Statistics and Economic Studies

## Data confidentiality and retention

The aim of the ESPAD survey transfer procedures are to guarantee the anonymity and confidentiality of the project in the Principality's educational establishments. The survey materials are therefore stored in a secure location and the questionnaires distributed to students are filled in anonymously by the latter. Once collected, the completed questionnaires from all classrooms are brought together. From this point on, it is impossible to trace the class or school to which the responding student belongs.

Moreover, while the ESPAD Monaco questionnaire does not contain any personal data, the Data Protection Authority of Monaco was notified of the survey in advance, with an explanation of how the survey would be conducted and of the strictly anonymous nature of the questionnaire, the processing of which would not enable a student to be identified directly or indirectly.

Completed anonymous questionnaires are sent to a data entry provider, which enters the responses into a digital file. The documents are then archived for a year before being destroyed.

## Data cleaning and processing

The Monegasque database of responses returned by the data entry provider is checked and the sent to the European ESPAD body, which conducts initial data cleaning (removal of blank lines or lines containing abnormal information). In 2019, this procedure removed a total of eight responses.

The cleaned data was subsequently consolidated by OFDT and Monegasque Institute of Statistics and Economic Studies, and pooled with data from previous ESPAD Monaco surveys. The database of compiled responses formed the working foundation for this report. It was processed in several ways, including recoding and the construction of analysis variables (creation of use variables), with a view to presenting the results in accordance with the indicators traditionally used in epidemiology and thereby describing the development of trends in use since the first survey in 2007.

## Definitions

- **Addictions** are brain disorders defined by dependency on a substance or activity with harmful consequences. Addictions can involve tobacco (nicotine), alcohol, cannabis, opiates (heroin, morphine), cocaine, amphetamines and synthetic derivatives. Among non-substance addictions, only pathological gambling (games of chance and for money) is clinically recognised as a behavioural dependence in the international diagnostic classifications (DSM-5).
- Products or substances defined as **psychoactive** are those that act on the psyche by changing the way the brain functions, in other words they affect mental activity, sensations, perceptions and behaviour. Broadly speaking, many substances have a psychoactive effect (coffee, for example), but they are not all problematic. In a narrower sense, psychoactive substances are those where use may be problematic. Psychoactive substances are usually classified into three categories: sedatives, stimulants and hallucinogens.
- **Non-substance addictions** or behavioural addictions can be defined as follows: 'focusing on a sole (or highly prevalent) interest, which becomes a genuine need rather than a desire, and the continuation of this behaviour despite negative consequences for social or emotional life or on one's health [...]' (Reynaud et al. 2016).

- **Binge drinking** refers to having drunk at least five or six drinks in a single session, depending on age (young people/adults). Binge drinking is classified as within the last month (at least once during the 30 days preceding the survey), repeated (at least three times in the month preceding the survey) or regular (at least ten times in the month preceding the survey). Those considered to have reported a binge drinking episode are those who responded positively to the following question: *'In the last month, have you ever drunk five (or six) drinks in a single session?'*
- The following consumption indicators are used in this report:
  - **Experimentation** (or use during lifetime), which refers to the fact of having tried a product at least once during the respondent's lifetime;
  - **Recent use**, which means at least one instance of use in the last 30 days;
  - **Regular use**, meaning at least ten instances of use for alcohol or cannabis, or daily use of tobacco (at least one cigarette per day).

	Tobacco	Alcohol	Cannabis
<b>Experimentation</b>	Tried at least once during lifetime		
<b>Recent use</b>	At least one instance of use in last 30 days		
<b>Regular use</b>	At least one use per day (daily use)	At least ten instances of use in last 30 days	

Note: the concept of use during lifetime covers both users and people who have simply tried the substance or who have given up using it; this indicator therefore illustrates how widespread the substance is within the population rather than its use.

- The **Cannabis Abuse Screening Test (CAST)** is a scale for identifying problematic use of cannabis. It was developed by the French Monitoring Centre for Drugs and Drug Addiction (OFDT). Based on several of the ESPAD questions, the CAST results in the calculation of a score that can identify three levels of risk among users:
  - Users with no risk (score of less than 3);
  - Users with a low risk of dependence (score between 3 and 6);
  - Users with a high risk of dependence (score equal to or more than 7).

### More information:

Monegasque Institute of Statistics and Economic Studies (IMSEE): <https://www.monacostatistics.mc/>

European School Survey Project on Alcohol and Other Drugs (ESPAD): <http://www.espad.org/>

French Monitoring Centre for Drugs and Drug Addiction (OFDT): <https://www.ofdt.fr/>

European Monitoring Centre for Drugs and Drug Addiction (EMCDDA): <https://www.emcdda.europa.eu/>

Interministerial Mission for Combating Drugs and Addictive Behaviours (MILDECA): <https://www.drogues.gouv.fr/>

'The A to Z of substances and addictions' (OFDT): <https://www.ofdt.fr/produits-et-addictions/de-z/>

Alcohol, tobacco and cannabis use among French school students in 2018 – Tendances No. 132 – June 2019 (OFDT): <https://en.ofdt.fr/publications/tendances/alcohol-tobacco-and-cannabis-use-among-school-students-2018-tendances-132-june-2019/>

« Les addictions sans produit : état des lieux » [Non-substance addictions: an overview] (OFDT): [https://bdoc.ofdt.fr/doc\\_num.php?explnum\\_id=23789](https://bdoc.ofdt.fr/doc_num.php?explnum_id=23789)

Full methodology for the Cannabis Abuse Screening Test (CAST) (OFDT): <https://www.ofdt.fr/BDD/publications/docs/eisasst9.pdf>

« Les drogues à 17 ans : analyse régionale – Enquête ESCAPAD 2017 » [Drug use in 17-year-olds: regional analysis – ESCAPAD 2017 survey] (OFDT): <https://www.ofdt.fr/publications/collections/rapports/rapports-d-etudes/rapports-detudes-ofdt-parus-en-2018/les-drogues-17-ans-analyse-regionale-enquete-escapad-2017/>

« Qu'est-ce qu'une addiction ? [What is an addiction?](MILDECA): <https://www.drogues.gouv.fr/comprendre/l-essentiel-sur-les-addictions/qu-est-ce-qu-une-addiction>

« Jeunes, addictions & prévention » [Young people, addictions & prevention] (MILDECA): <https://www.drogues.gouv.fr/publication/dossier-mildeca-jeunes-addictions-prevention>