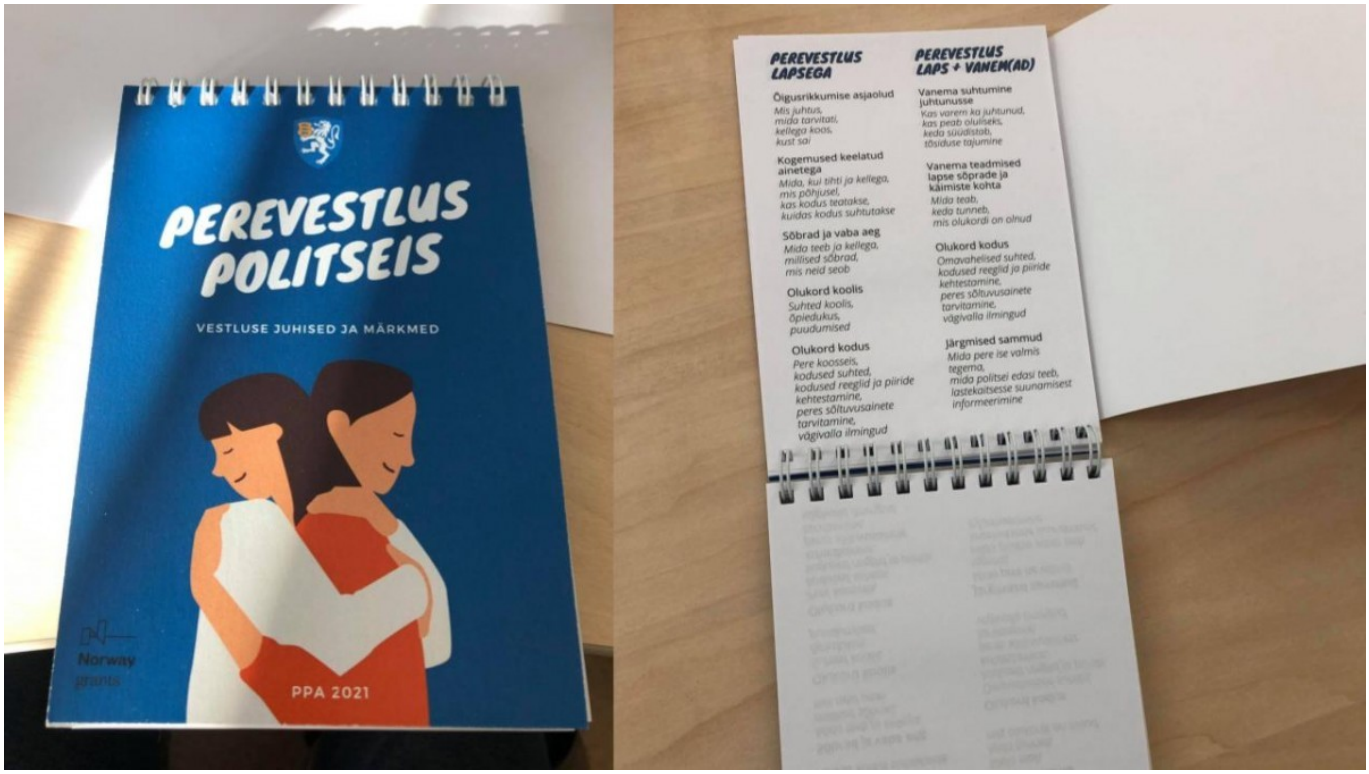
My First Time Getting Caught



Over the past twenty years, the proportion of 15- and 16-year-old students who have used an illicit drug at least once in their lives has steadily increased. Studies show that young people who use drugs more frequently are also more likely to commit offences or engage in risky sexual behaviour.

As part of the programme, the police sought to develop a brief intervention for minors caught with illegal substances for the first time. A family discussion format was developed to assess the young person's need for support and empower their parents. A discussion guide, including a list of warning signs, has since been completed and introduced into use.

The project team included representatives of the Police and Border Guard Board, the Ministry of the Interior, the Ministry of Social Affairs, the National Institute for Health Development, the Ministry of Education and Research, child protection specialists from Nõmme and Saku, and the Estonian Youth Work Centre.

Project duration: 2020

The project was implemented as part of the Innovation Programme.

Read more (in Estonian):
Minu esimene vahelejäämine - lõpuesitlus.pdf | 1.19 MB | pdf

Last updated on 30.09.2025