

ESPAD MONACO 2024 RESULTS

European School Survey
Project on Alcohol and
other Drugs

January 2025



TABLE OF CONTENTS

Introduction.....	3
1. Use of psychoactive substances among students in Monaco	4
1.1. Overview of uses among students in 2024 and trends	4
1.2. E-cigarette use outstrips tobacco use.....	5
1.3. Alcohol remains the most widely consumed product.....	8
1.4. Cannabis use at its lowest level since 2007.....	10
1.5. Various profiles and uses.....	12
2. Non-substance use among students in Monaco	14
2.1. Gambling and games of chance on the decline	14
2.2. The Internet and social media take up several hours of every day.....	15
3. Well-being and social environment of students in Monaco	17
3.1. Night-time outings are on the decrease	17
3.2. Students rate their well-being positively.....	17
3.3. Prevention in question.....	18
Conclusion	19
Notes on methodology.....	21

Introduction

The European School Survey Project on Alcohol and other Drugs (ESPAD) has been carried out every four years since 1995 in around 30 European countries, and since 2007 in Monaco. It asks teenagers in school about their health behaviours using a similar procedure and questionnaire in all participating countries. The survey therefore enables comparisons to be made between the use of psychoactive substances (particularly tobacco, alcohol, and cannabis) and addictive behaviours among teenage students in Europe.

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 among secondary school population. In 2024, questions relating to well-being and prevention are also covered.

In Monaco, the ESPAD survey is conducted by Monaco Statistics (IMSEE) with the support of the Department of Education, Youth and Sport. It concerns all teenagers aged 16 and over attending public or private schools in the Principality.

The latest Monaco ESPAD survey took place on April 10th, 2024. More than 1,300 pupils answered an anonymous questionnaire in class at the same time, which for the first time was available online.

This report provides an overview of the use of psychoactive substances and other non-substance use among senior secondary school pupils in Monaco in 2024. It also presents changes in levels of use since 2007.

1. Use of psychoactive substances among students in Monaco

1.1. Overview of uses among students in 2024 and trends

In 2024, nearly 85% of secondary school students say they have already drunk alcohol in their lives, 76.1% at least once during the year and 59.1% in the last month, making alcohol the product most widely experimented with and consumed by teenagers. Just under half of secondary school students have already been intoxicated with alcohol, and almost a third reported heavy episodic drinking (defined as drinking 5 or more glasses of alcohol on a single occasion during the month). These indicators, which are some of the highest in 2024 among Monaco's lycée students, are nonetheless trending downwards compared with the previous survey in 2019.

Tobacco consumption, which is also set to decline in 2024, is less widespread: 36.5% of the students have already experimented with cigarette and 19.9% reported smoking in the last month. Daily smoking involves 11.3% of teenagers.

Electronic cigarette use, on the other hand, is more common: more than one in two students have used one in their lifetime, the majority in the last month. The proportion of lycée students who use an electronic cigarette every day is 23.5%, or more than double that of daily cigarette smokers. Moreover, this indicator is the only one to show an increase in 2024.

Experimentation with cannabis concerned 22.1% of teenagers in 2024. Although cannabis remains the most widespread illicit substance, its recent and regular use remains marginal among the secondary school population (8.1% and 2.1% respectively). The use of cannabis is trending downwards compared with 2019. The proportion of students reporting having experimented with at least one illicit product other than cannabis¹ has fallen steadily over the ESPAD surveys, from more than 13% at the start of the observations to 8.0% in 2015 and 2019 and less than 5% in 2024.

Table 1. Use of psychoactive substances among lycée students in 2024

Product	Use	2024	Var 2019-24
Tobacco	Cigarette experiment	36.5%	↘
	Cigarette use in the month	19.9%	↘
	Daily cigarette use	11.3%	↘
E-cigarette	Experiment	52.6%	↘
	Use in the month	34.3%	↘
	Daily use	23.5%	↗
Alcohol	Experiment	84.8%	↘
	Use in the year	76.1%	↘
	Use in the month	59.1%	↘
Intoxication	Regular (at least 10 uses in the month)	7.8%	↘
	Experiment	45.6%	↘
	In the month	32.6%	↘
Heavy episodic drinking (HED)	Repeated (at least 3 times in the month)	11.1%	→
	Regular (at least 10 times in the month)	1.9%	→
	Experiment	22.1%	↘
Cannabis	Experiment	22.1%	↘
	Use in the year	16.8%	↘
	Use in the month	8.1%	↘
Other illegal drugs ¹	Regular (at least 10 uses in the month)	2.1%	↘
	Experiment	4.9%	↘

Source: Monaco Statistics – ESPAD Monaco surveys

¹ Ecstasy/MDMA, amphetamines, cocaine, crack, heroin, LSD, Hallucinogenic (magic) mushrooms, drugs that are injected using a syringe

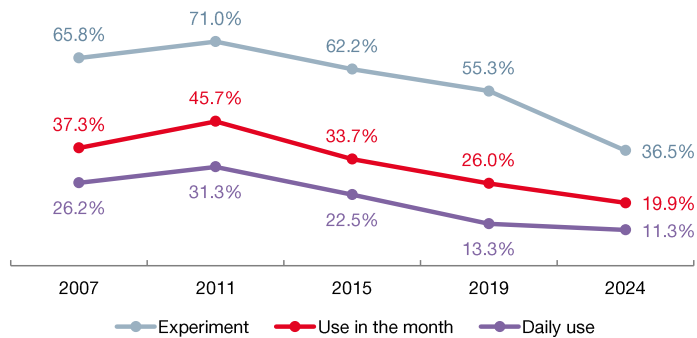
1.2. E-cigarette use outstrips tobacco use

In 2024, indicators of tobacco consumption continue to fall among the senior secondary school population. The level of experimentation has fallen particularly sharply in recent years, dropping by almost 20 points between 2019 and 2024 (Figure 1). While nearly two-thirds of teenagers had already smoked a cigarette in their lifetime in 2007, this proportion had decreased to 36.5% in 2024. Recent tobacco consumption (at least one cigarette in the last month) has also fallen sharply, from 26.0% in 2019 to less than 20% in 2024. Daily smoking, which concerns 11.3% of lycée students in 2024, has declined more modestly (-2 points compared to 2019).

Smoking for the first time is more common at the Terminale level (Year 13) in 2024 (Figure 2), reflecting a decline in the age of experimentation. In fact, the latest ESPAD surveys show that more and more pupils have never smoked a cigarette before the age of 16.

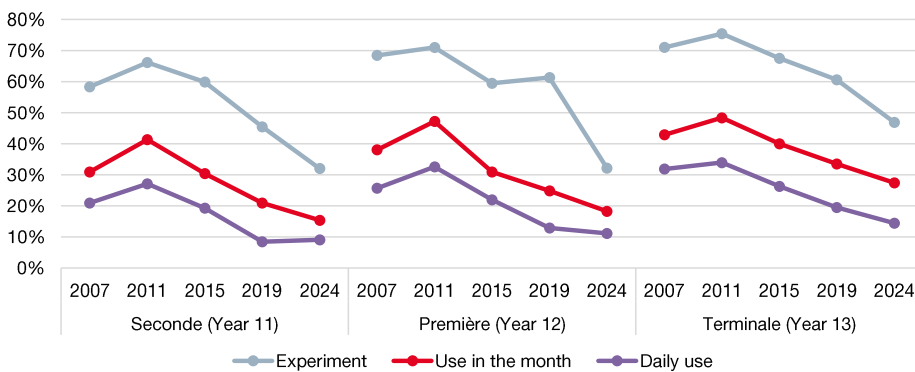
Monthly tobacco use has fallen by 6 to 7 points in each grade compared with 2019, in line with the overall trend. On the other hand, daily cigarette consumption did not follow the same trend in all classes. While the proportion of daily smokers fell among students in Terminale and Première (to a lesser extent), it rose very slightly in Seconde.

Figure 1. Change in cigarette use between 2007 and 2024



Source: Monaco Statistics – ESPAD Monaco surveys

Figure 2. Change in cigarette use by school level between 2007 and 2024



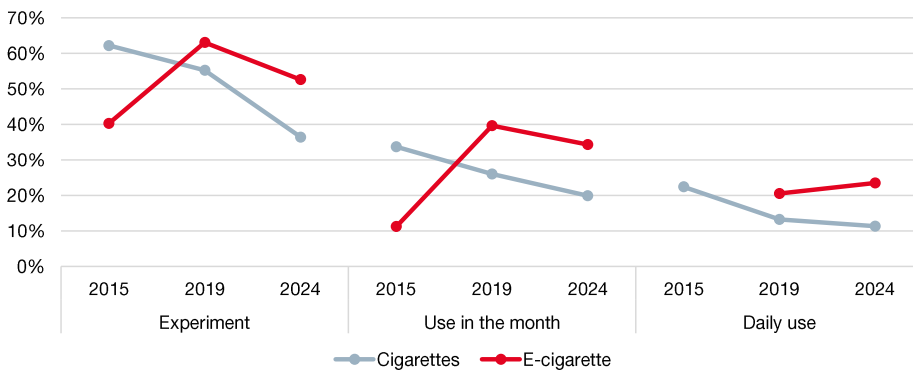
Source: Monaco Statistics – ESPAD Monaco surveys

At the same time as tobacco consumption has fallen in recent years, the use of e-cigarettes has grown significantly among Monaco's teenagers. Since 2019, e-cigarette use levels have outstripped those of tobacco (Figure 3).

In 2024, more than half of all lycée students had already used an electronic cigarette in their lifetime, and more than a third in the last 30 days.

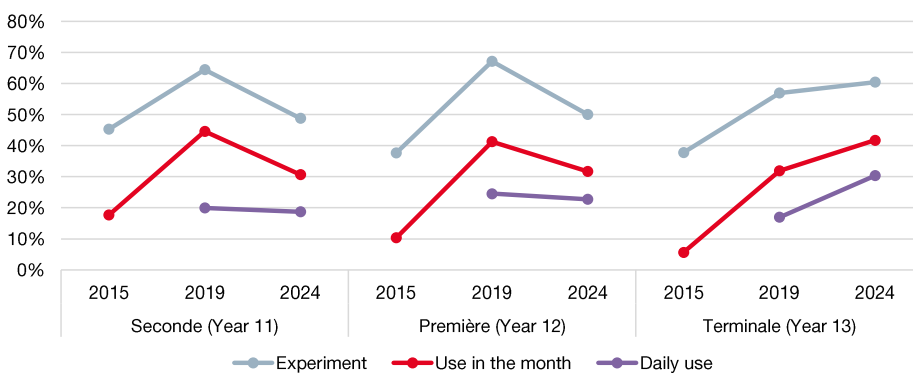
While experimentation with and recent use of e-cigarettes are down (by 10.4 points and 5.4 points respectively compared to 2019), the proportion of daily users of this device has increased by 3 points over the period. It accounts for almost a quarter of the secondary school population in 2024 (Figure 3) and reaches 30.4% among Terminale pupils, an increase of over 13 points (Figure 4). At this grade level, the other indicators relating to e-cigarettes have also risen. In Seconde and Première, the rates of experimentation and recent use are down on 2019 and are at comparable levels between these two classes. Daily use of an e-cigarette, although less common than at the end of secondary school, remained relatively constant among these students in Seconde and Première.

Figure 3. Comparative changes in the use of tobacco and e-cigarettes between 2015 and 2024



Source: Monaco Statistics – ESPAD Monaco surveys

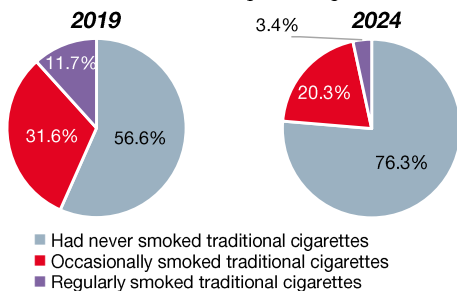
Figure 4. Change in e-cigarette use by school level between 2015 and 2024



Source: Monaco Statistics – ESPAD Monaco surveys

Furthermore, the link that could have been made between tobacco cigarettes and electronic cigarettes now seems less tenuous. In 2024, more than three quarters of lycée students who use an e-cigarette have experimented with it without ever having smoked a tobacco cigarette before, a proportion almost 20 points higher than in 2019 (Figure 5). The percentage of teenagers who smoked tobacco regularly before trying e-cigarettes is marginal in 2024.

Figure 5. Relationship with tobacco when first using an e-cigarette among users in 2019 and 2024

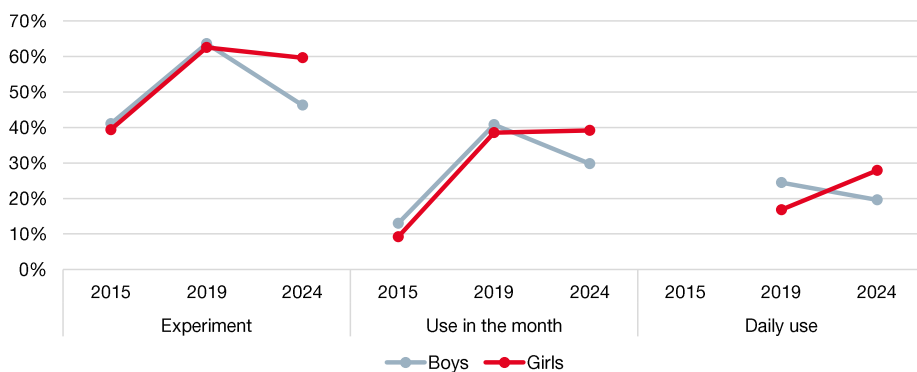


Source: Monaco Statistics – ESPAD Monaco surveys

E-cigarette use among secondary school students in Monaco, which until 2019 was equally widespread among girls and boys, has changed differently according to gender over the last five years. In fact, while the indicators of e-cigarette use have fallen below their 2019 levels among boys, they are stable or even increasing (in the case of daily use) among female lycée students (Figure 6). Thus, in 2024, girls' use levels now exceed those of boys.

In 2015 and 2019, lifetime and recent e-cigarette use were similar for both genders. Among girls, the level reached in 2019 for these indicators persists in 2024: around 6 out of 10 have experimented with e-cigarettes in their lifetime and 4 out of 10 have used one in the last month. Daily use by female students is on the rise, reaching 27.9% by 2024 compared with 19.6% in 2019. In the case of boys, less than half of them (46.2%) had already used an e-cigarette in their lifetime in 2024, compared with 63.6% five years earlier. Recent use concerns 3 boys out of 10 and daily use 2 out of 10, i.e. values around 10 points lower than in 2019.

Figure 6. Change in e-cigarette use by gender between 2015 and 2024



Source: Monaco Statistics – ESPAD Monaco surveys

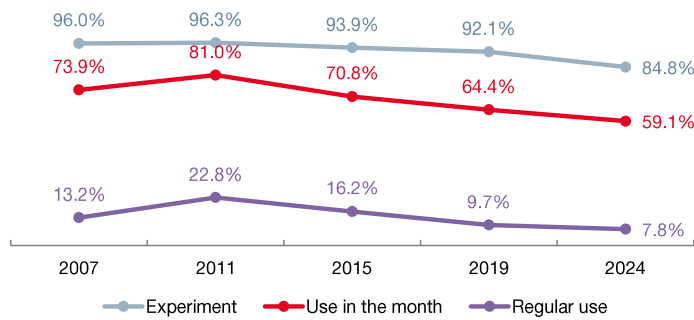
1.3. Alcohol remains the most widely consumed product

Alcohol is by far the most widely distributed and consumed substance among the teenage population. However, its use has declined over the years, whether in terms of experimentation, recent use, or regular consumption.

In 2024, alcohol-related indicators are at their lowest since the first data available for secondary school students in Monaco. The proportion of students who have already drunk alcohol in their lives thus falls below 90% for the first time since 2007: it stands at 84.8% in 2024 (Figure 7). Although this experimentation rate remains high, it is 7.3 points lower than in 2019 and more than 10 points lower than the levels observed in 2007-2011. Recent alcohol consumption (within the last month) affects 6 out of 10 lycée students overall in 2024. Less than 8% of teenagers drink alcohol regularly (at least 10 times in a month).

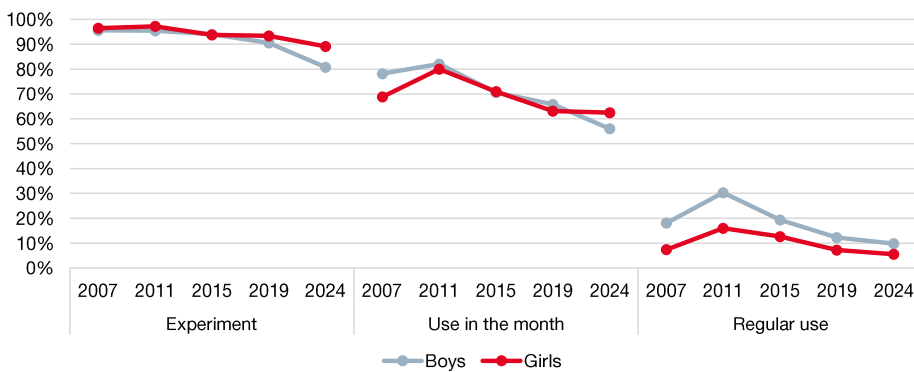
Over the recent period, the decline in alcohol experimentation has been more marked among boys: 80.8% of them reported having drunk in their lifetime in 2024, down by almost 10 points compared with 2019 (Figure 8). At the same time, experimentation has fallen by 4.3 points among girls, and still represents 89.1% of them. Alcohol consumption over the month has also fallen more sharply among boys (-9.8 points compared to 2019 versus -0.7 for girls). As a result, recent alcohol use appears to be more feminine in 2024, as does experimentation. Regular drinking, on the other hand, remains more male-dominated.

Figure 7. Change in alcohol use between 2007 and 2024



Source: Monaco Statistics – ESPAD Monaco surveys

Figure 8. Change in alcohol use by gender between 2007 and 2024



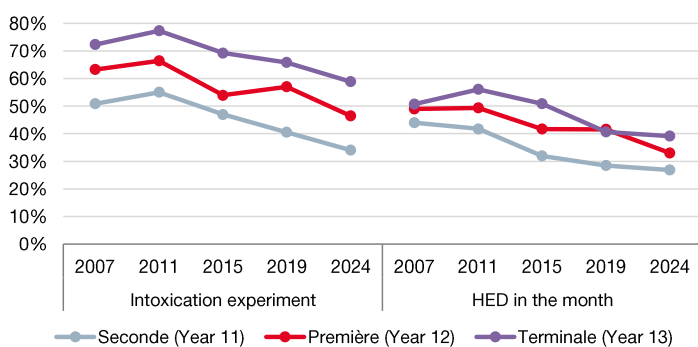
Source: Monaco Statistics – ESPAD Monaco surveys

The spread of alcoholic beverages increases with age, and therefore indirectly with the level of schooling: as a result, more alcohol is consumed in the final year of secondary school than in the previous year, which is itself higher than in the first. This trend over the lycée years is also reflected in more intense drinking behaviour.

Having been drunk in the lifetime, which concerns 45.6% of lycée students in Monaco overall in 2024, was experienced by almost 6 out of 10 students in the Terminale class (Figure 9). Just under half of Première pupils reported intoxication, and just over a third in Seconde. However, experimentation with alcohol intoxication has declined over some ten years, after accounting for around two-thirds of lycée students in 2011 and more than three-quarters of Terminale pupils that same year. Heavy episodic drinking (HED), defined as drinking at least five glasses of alcohol on a single occasion over the past 30 days, has also fallen among the student population since 2007. The variation differs according to the level of study. Between 2019 and 2024, while this practice has decreased by more than 8 points among Première pupils, it has fallen only slightly in Seconde and Terminale.

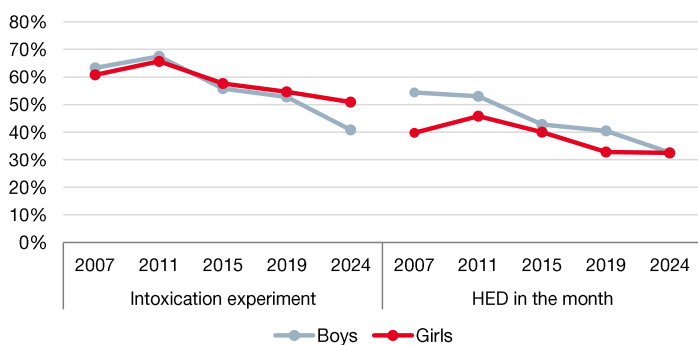
Furthermore, while boys and girls followed the same pattern of experimentation with intoxication until 2019, this indicator fell more sharply among boys in 2024 (Figure 10). Thus, 40.8% of them experimented with drunkenness, compared with 50.8% of secondary school girls. In addition, the rate of HED in the month fell in the male population between 2019 and 2024, while it remained stable in the female population, resulting in equivalent levels for both genders in 2024.

Figure 9. Change in alcohol intoxication and HED by school level between 2007 and 2024



Source: Monaco Statistics – ESPAD Monaco surveys

Figure 10. Change in alcohol intoxication and HED by gender between 2007 and 2024



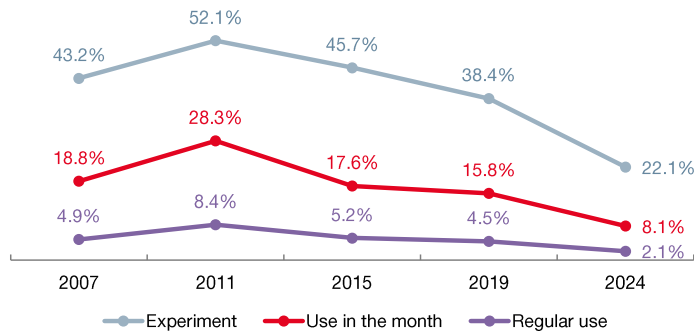
Source: Monaco Statistics – ESPAD Monaco surveys

1.4. Cannabis use at its lowest level since 2007

Indicators of cannabis use, which have been declining for several years among senior secondary school students, reached their lowest levels on record in 2024. Experimentation with this illicit product has dropped by 16.3 points compared with 2019, and therefore concerns fewer than 1 out of 4 pupils (22.1%) in 2024 (Figure 11). The rates for recent use (at least one use during the month) and regular use were halved.

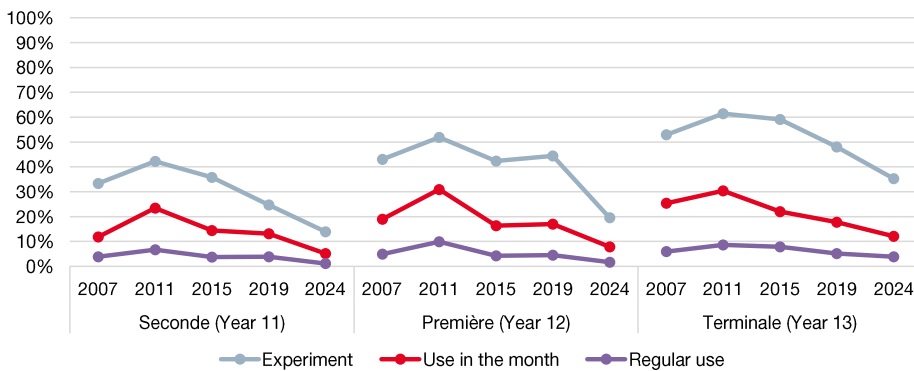
Although the decline in cannabis-related indicators has been observed for around ten years, it has accelerated particularly between 2019 and 2024, especially in terms of experimentation. As with tobacco, first use of cannabis has been occurring later since 2015. Consequently, the majority of lycée students who say they have already smoked cannabis in their lives did so at the age of 16 or over. The result is a cannabis experimentation rate that is lower than 20% in Seconde and Première levels and that reaches 35.2% in Terminale (Figure 12). The other consumption indicators also increase with the level of education, peaking at the end of secondary school. In 2024, 12.1% of Terminale students say they have smoked cannabis at least once in the last 30 days. Regular use of this substance concerns less than 4% of students in the final year of secondary school and less than 2% in other grades.

Figure 11. Change in cannabis use between 2007 and 2024



Source: Monaco Statistics – ESPAD Monaco surveys

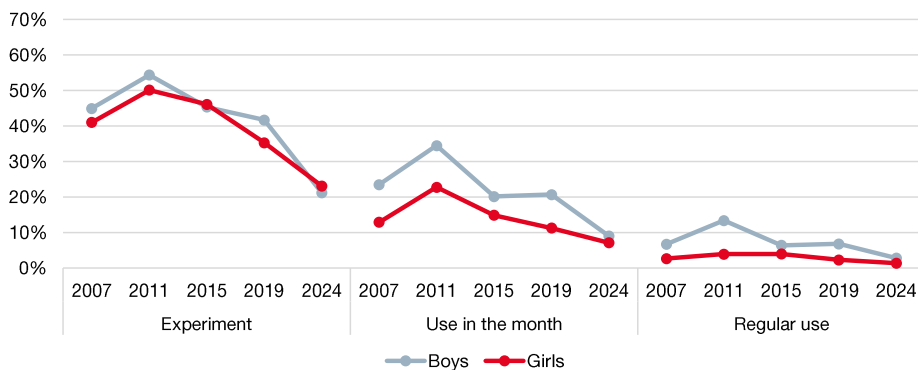
Figure 12. Change in cannabis use by school level between 2007 and 2024



Source: Monaco Statistics – ESPAD Monaco surveys

Levels of cannabis consumption have not changed in the same way for boys and girls since 2007. While smoking cannabis was generally a more masculine practice until 2019, rates of use have fallen more sharply among boys in the recent period, becoming comparable to those of girls in 2024.

Figure 13. Change in cannabis use by gender between 2007 and 2024



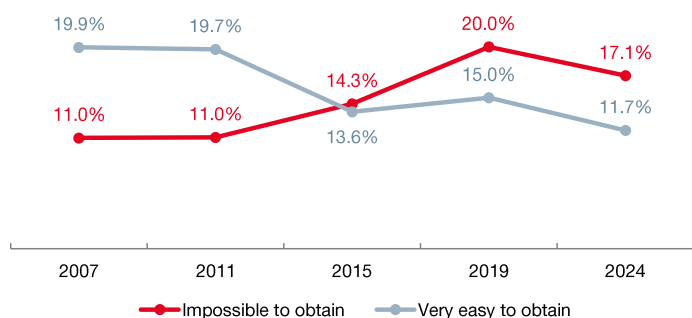
Source: Monaco Statistics – ESPAD Monaco surveys

In addition to consumption indicators, perceptions of the accessibility of cannabis and the risks associated with its use have varied considerably over time.

While this substance was considered ‘very easy to obtain’ for nearly 20% of Monaco’s lycée students in 2007, this proportion is less than 12% in 2024 (Figure 14). In contrast, the proportion of teenagers who consider that it is ‘impossible’ to obtain cannabis has risen by more than 6 points over the period. The trend in the perceived accessibility of this product has therefore reversed over time.

Meanwhile, successive surveys have shown that more and more students believe that there is a significant risk in using cannabis, starting from the very first time it is used.

Figure 14. Change in perceived accessibility of cannabis between 2007 and 2024



Source: Monaco Statistics – ESPAD Monaco surveys

1.5. Various profiles and uses

The use of psychoactive substances differs according to the profile of secondary school students in Monaco. Some uses, for example, show a strong gender polarisation (which can be seen in the sex ratio²).

Indicators of psychoactive substance consumption have generally fallen less sharply among girls than boys over the years or have even maintained their levels. Consequently, in 2024, most of the substance-use indicators concern proportionately more girls than boys.

This trend is particularly true of e-cigarette use, which has become much more feminised since 2019, especially in daily use (sex ratio of 0.7). Similarly, experimentation with any substance or practice is more common among secondary school girls in 2024. Overall, smoking also tends to be a female habit.

On the other hand, heavy or recurrent use of alcohol and cannabis is clearly male-dominated. Regular cannabis smoking in particular, although still a marginal practice among the secondary school population, concerns boys twice as much as girls (sex ratio of 2.1). The same applies to heavy episodic drinking on a regular basis over the month, which is more masculine, but concerns less than 2% of lycée students overall.

Experimentation with an illicit drug other than cannabis, which also concerns few students overall (less than 5%), also appears to be more common among boys.

Table 2. Use of psychoactive substances among lycée students by gender and sex ratio¹ in 2024

Product	Use	Boys	Girls	Sex ratio
Tobacco	Cigarette experiment	32.2%	41.1%	0.8
	Cigarette use in the month	19.0%	20.8%	0.9
	Daily cigarette use	10.3%	12.5%	0.8
E-cigarette	Experiment	46.2%	59.6%	0.8
	Use in the month	29.8%	39.2%	0.8
Alcohol	Daily use	19.6%	27.9%	0.7
	Experiment	80.8%	89.1%	0.9
	Use in the month	56.0%	62.4%	0.9
Intoxication	Regular (at least 10 uses in the month)	9.8%	5.5%	1.8
	Experiment	40.8%	50.8%	0.8
Heavy episodic drinking (HED)	In the month	32.6%	32.5%	1.0
	Repeated (at least 3 times in the month)	11.9%	10.2%	1.2
	Regular (at least 10 times in the month)	2.5%	1.4%	1.8
Cannabis	Experiment	21.2%	23.1%	0.9
	Use in the month	9.0%	7.1%	1.3
	Regular (at least 10 uses in the month)	2.8%	1.4%	2.1
Other illegal drugs	Experiment	5.3%	4.5%	1.2

<1.0: girls consume more than boys

>1.0: boys consume more than girls

=1.0: non-significant difference between boys and girls

Source: Monaco Statistics – 2024 ESPAD Monaco survey

² The sex ratio is the ratio of the percentage of boys to the percentage of girls. A sex ratio higher than 1 indicates that there are proportionately more boys than girls involved, and conversely for a sex ratio lower than 1.

Apart from the decline in rates of experimentation with alcohol, tobacco, and cannabis, successive ESPAD surveys have highlighted an increase in the proportion of lycée students in Monaco who have never used any of these three substances. This profile of 'non-experimenters', which represented less than 3% of the secondary school population in 2007, has included more and more students over the years.

In 2024, 14.4% of all lycée students surveyed had not experimented with any of the following products: alcohol, tobacco, and cannabis (Table 3). This level is almost 8 points higher than in 2019. The proportion of students who had not used any of these substances in the last month, at 39.2%, also increased in the same proportions over the period.

At the other end of the spectrum, the number of lycée students who have used tobacco, alcohol, and cannabis at some point in their lives has fallen sharply. In 2024, one pupil in five had experimented with all these products, compared with more than one in three in 2019. The proportion of adolescents who say they have used all three substances in the last month has almost halved between 2019 and 2024 (10.4% and 5.9% respectively).

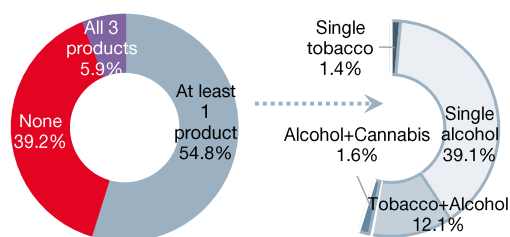
Table 3. Comparative changes in experimentation and recent consumption of tobacco, alcohol and cannabis among lycée students

Use		2019	2024	Var 2007-24
Experiment	No products among alcohol, tobacco, and cannabis	6.8%	14.4%	↗
	All three products	35.2%	19.5%	↘
Recent consumption	No products among alcohol, tobacco, and cannabis	31.9%	39.2%	↗
	All three products	10.4%	5.9%	↘

Source: Monaco Statistics – ESPAD Monaco surveys

Just over half of the students (54.8%) reported recent use of one or two products among alcohol, tobacco, and cannabis in 2024 (Figure 15). Alcoholic beverages account for a large proportion of this user profile. Almost all of them drank alcohol during the month, sometimes in combination with one of the other two substances.

Figure 15. Breakdown of recent use and associated consumptions of tobacco, alcohol, and cannabis among lycée students in 2024



Note: associated tobacco and cannabis consumption, as well as single cannabis use, which are both below 0.5%, are not shown.

Source: Monaco Statistics – 2024 ESPAD Monaco survey

2. Non-substance use among students in Monaco

2.1. Gambling and games of chance on the decline

Gambling and games of chance, whether online or in retail outlets, can take many forms (lotteries, scratch games, slot machines, etc.), and always involves a financial cost for the player. Excessive gambling can lead to problematic behaviour, sometimes with serious consequences. Their study is therefore part of the analysis of addictions without products (see Definitions and main indicators used).

In 2024, gambling activity declined among lycée students in Monaco: 12.4% of them say they have placed a bet at least once in the last twelve months (Table 4), a proportion 8.9 points lower than in 2019. For most of these gamblers, the frequency of this practice does not exceed one occasion per month. Gamblers who bet money several times a week or month therefore represent a very small proportion of the secondary school population (5.0%). Moreover, gambling is still largely a male activity: in 2024, more than 80% of all gamblers are boys.

Table 4. Change in gambling frequency among lycée students in the last 12 months

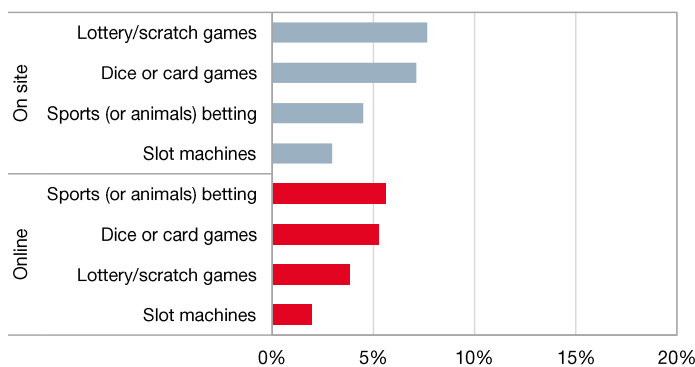
	2019	2024	Var 2015-24
Have not gambled during the year	78.7%	87.6%	↗
Have gambled during the year, of which:	21.3%	12.4%	↘
Once a month or less	13.2%	7.4%	↘
2 – 4 times a month	5.3%	3.3%	↘
2 – 3 times a week or more	2.8%	1.7%	↘

Source: Monaco Statistics – ESPAD Monaco surveys

Among the most popular games of chance played by gamblers, lottery games (which include draw games and scratch games) are the most popular in terms of physical bets, just ahead of card and dice games. Each of these games accounts for more than 7% of students in 2024 (Figure 16).

In terms of online gambling, prediction games (sports betting, animals betting) are in first place, again closely followed by card and dice games. Slightly more than 5% of lycée students are involved in these types of online gambling.

Figure 16. Types of games of chance among lycée students having gambled in 2024



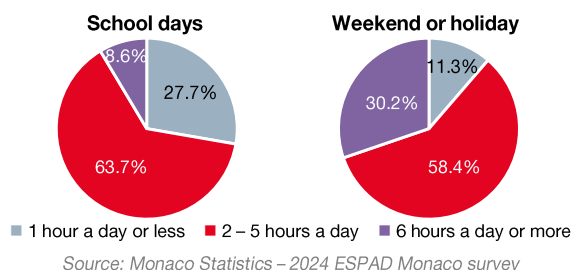
Source: Monaco Statistics – 2024 ESPAD Monaco survey

2.2. The Internet and social media take up several hours of every day

The development of information and communication technologies, of connected objects and their many applications has accelerated in recent years. The spread of the Internet and its use, which has become unavoidable, can lead to excessive use and addictive behaviour, particularly among the teenage population.

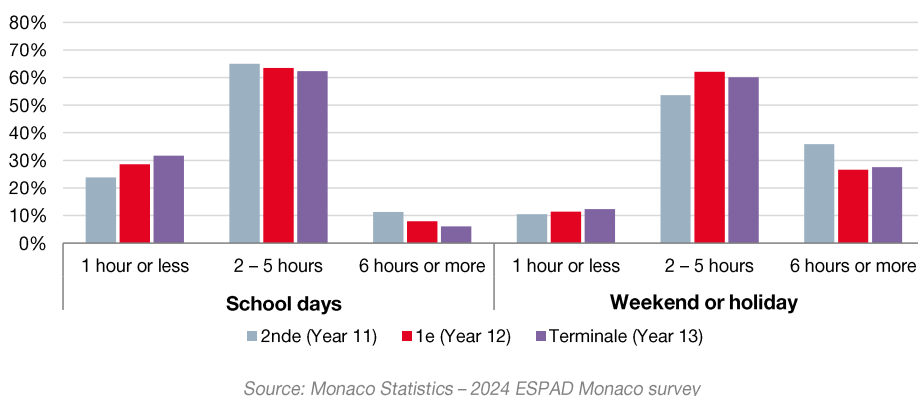
In 2024, the vast majority of pupils are on social media³ for more than two hours a day, and this use is increasing outside school days (Figure 17). On a typical weekday, 72.3% of lycée students spend at least two hours on social media, with 8.6% spending six hours or more. At weekends or during the holidays, almost 9 out of 10 pupils are on the networks for at least two hours a day, with more than 30% spending six hours or more. The amount of time spent on social networks increased in 2024, particularly in the two to five hours a day bracket (+9.6 points compared to 2019 on school days and +4.2 points during the weekend or holidays).

Figure 17. Number of hours spent on social media by lycée students in the last week in 2024



The amount of time devoted to social networking reported by secondary school students decreases slightly with their level of education, particularly between the Seconde and Première classes (Figure 18). Younger students report a greater presence on the networks, particularly at weekends and during the holidays: nearly 36% of adolescents in Seconde spend six hours or more there, compared with around 27% of those in the higher grades.

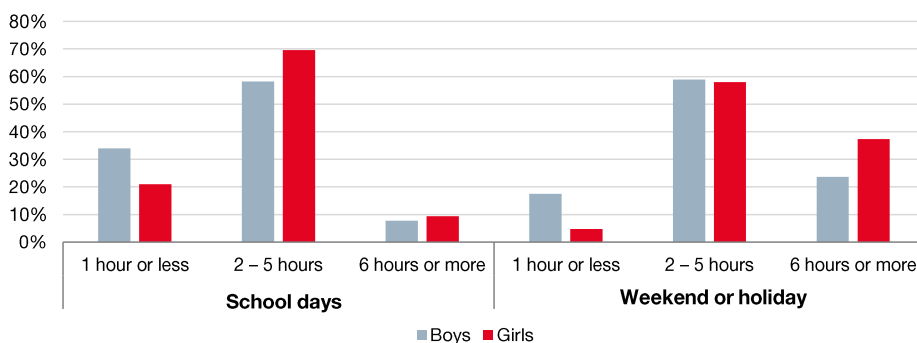
Figure 18. Number of hours spent on social media by school level in the last week in 2024



³ WhatsApp, Twitter « X », Mastodon, Tik Tok, Skype, Snapchat, Instagram, Messenger, Telegram, Facebook, blogs etc.

Moreover, there are significant gender differences in the use of social networks. Girls spent more time on them overall in 2024, both on and off school days (Figure 19). Almost 80% of female pupils spend at least two hours a day on social media on school days, and this proportion exceeds 95% at weekends or during the holidays (compared with 66.0% and 82.5% for their male counterparts). While the proportion of teenagers who are online for six hours or more on school days does not differ much according to gender, at weekends or during the holidays the volume is much higher for girls than for boys (37.3% and 23.6% respectively).

Figure 19. Number of hours spent on social media by gender in the last week in 2024



Source: Monaco Statistics – 2024 ESPAD Monaco survey

At the same time, in 2024, two-thirds of lycée students consider that they spend too much time on social networks ('rather' or 'completely agree' with this statement), a proportion that is up on 2019 (Table 5).

Table 5. Perception of the use of social media by lycée students in 2024
"I think I spend too much time on social media"

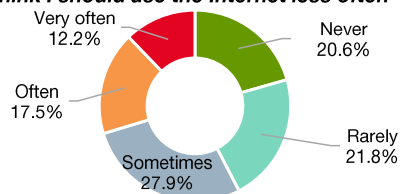
	2019	2024	Var 2015-24
Completely agree	26.9%	32.3%	↗
Somewhat agree	33.7%	35.7%	↗
Neither agree nor disagree	21.2%	17.5%	↘
Somewhat disagree	11.3%	9.5%	↘
Completely disagree	6.9%	5.0%	↘

Source: Monaco Statistics – ESPAD Monaco surveys

With regard to Internet use in general (over and above social networks), virtually 30% of the Monaco's student population think 'often' or 'very often' that they should use the Internet less frequently in 2024 (Figure 20).

Figure 20. Perception of the use of the Internet by lycée students in 2024

"I think I should use the Internet less often"



Source: Monaco Statistics – 2024 ESPAD Monaco survey

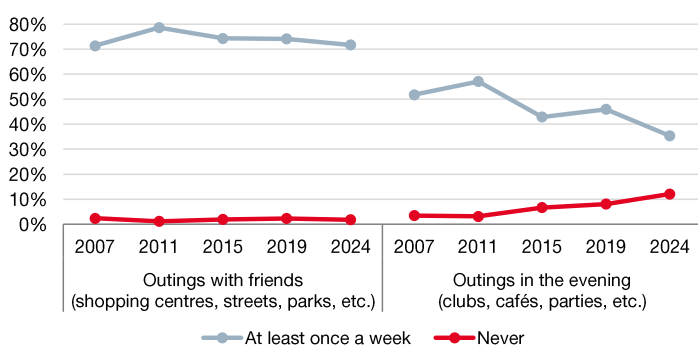
3. Well-being and social environment of students in Monaco

3.1. Night-time outings are on the decrease

Going out with peers can be a context for the use of psychoactive products, especially during adolescence. Night-time outings, particularly to places of entertainment, increase exposure to this type of substances and may encourage their use.

In 2024, almost 72% of lycée students in Monaco reported going out during the day with their friends every week (Figure 21). This proportion has fluctuated between 70 and 80% since 2007. Meanwhile, the frequency of evening outings has fallen sharply: whereas more than half of students went out in the evening at least once a week in 2007 and 2011, only 35.3% do so in 2024. At the same time, the proportion of secondary school students who say they never go out in the evening has almost quadrupled between 2007 and 2024 (from 3.4% to 12.1%).

Figure 21. Change in outing frequency among lycée students between 2007 and 2024

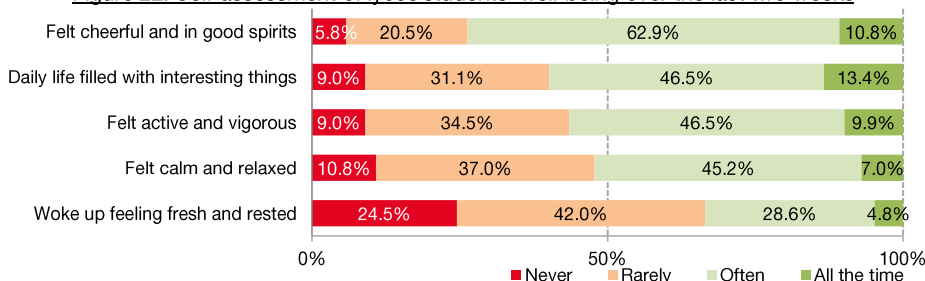


Source: Monaco Statistics – ESPAD Monaco surveys

3.2. Students rate their well-being positively

Independently of activity practices or product use, Monaco's lycée students were also asked to evaluate their perceived well-being in the latest ESPAD survey. The majority considered that their daily lives were full and interesting, and that they felt relaxed. Up to 73.7% felt cheerful and in good spirits often, or even all the time, over the last two weeks (Figure 22). However, while more than half the students feel active and full vigorous, almost a quarter reported never feeling rested when they wake up. This proportion rises to around two-thirds if we consider those who rarely feel refreshed and rested.

Figure 22. Self-assessment of lycée students' well-being over the last two weeks



Source: Monaco Statistics – 2024 ESPAD Monaco survey

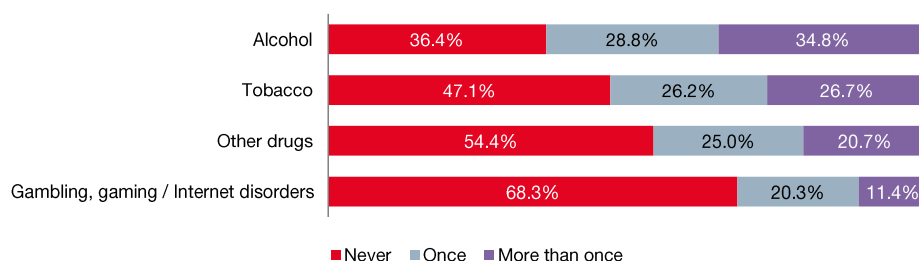
Commenté [PF1]: Mélange de passé et de présent, en choisir un

3.3. Prevention in question

In 2024, most of the lycée population in Monaco have already taken part at least once in the last two years in a prevention initiative on the dangers and risks associated with alcohol, tobacco, drugs, or gambling.

Alcohol is the most commonly mentioned topic by students in this context, with 63.6% of them having already attended this type of event, most of them at least twice (Figure 23). Tobacco prevention comes second and concerned more than half the students. 45.6% had been informed and made aware of other drugs. On the other hand, less than a third (37.7%) have already taken part in prevention activities about gambling or the dangers of using the Internet.

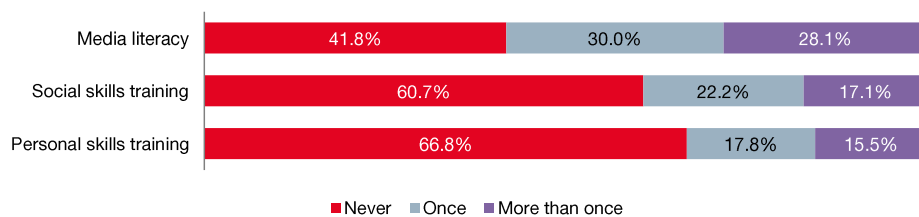
Figure 23. Frequency of participation by lycée students in awareness events/information activities in the last two years



Source: Monaco Statistics – 2024 ESPAD Monaco survey

Beyond prevention of psychoactive substances, 58.2% of the students have already participated at least once in a training in how to analyse publicity and media and to detect the intended messages in order to be less manipulated (media literacy) in 2024 (Figure 24). Social skills and personal skills trainings have involved less than a third of teenagers over the last two years.

Figure 24. Frequency of participation by lycée students in interactive training activities in the last two years



Source: Monaco Statistics – 2024 ESPAD Monaco survey

The vast majority of prevention activities in which lycée students of Monaco have taken part over the last two years took place in class (85.1%) and were usually given by a professional from outside the school (in 42% of cases).

Conclusion

The ESPAD programme, in which Monaco has been involved since 2007, represents a unique tool for observing and monitoring substance use behaviour among senior secondary school pupils in Monaco over a long period. Beyond the use of psychoactive products, for several editions, the survey has been looking at other emerging behaviours among adolescent population, particularly in relation to non-substance addictions.

In 2024, consumption of tobacco, alcohol and cannabis continues to fall among Monaco's lycée students, reaching its lowest level since the first Monegasque observation in 2007. However, these positive trends have been accompanied by the development of new uses.

Alcohol remains the substance most widely disseminated and consumed by the teenage population. Nevertheless, indicators of alcohol use are declining, continuing the trend that began a decade ago. This reduction is true for both sexes but is more marked among boys. Thus, experimentation and recent use of alcohol are more frequent among girls in 2024. This feminisation also applies to the more intense forms of drinking, in particular experimenting with alcohol intoxication and having heavy episodic drinking (HED) during the month.

The findings are similar for cannabis use, with indicators at their lowest level since 2007, regardless of the type of use, gender, or school level of the pupils. Once again, the sharper decline in consumption among boys in 2024 results in levels comparable to those for girls, or even higher for the latter. As with alcohol, secondary school girls are more likely to experiment with cannabis, while regular use tends to be more common among boys.

Indicators relating to smoking, particularly experimentation, are falling and for the first time concern a minority of students. The proportion of lycée students who have ever smoked a cigarette in their lives is down by more than 20 points compared with 2019. Recent tobacco consumption (at least once in the previous month) has also fallen. Daily smoking, on the other hand, showed a less spectacular fall of 2 points compared with 5 years ago. While tobacco consumption is falling for almost all indicators, regardless of gender or school level, daily smoking increased slightly among pupils in Seconde (Year 11) between 2019 and 2024.

The growth in e-cigarette use contrasts with this overall downward trend. In 2024, experimentation with e-cigarettes and their recent and daily use concerned a broader population than that of tobacco smokers. More than half of lycée students have already experimented with electronic cigarettes, while more than a third have used them in the previous month. However, these rates are lower than in 2019. Only the proportion of daily e-cigarette users is increasing, reaching almost a quarter of the senior secondary school population in 2024 (+3 points).

Echoing the general slowdown in use, the proportion of lycée students who have never consumed alcohol, tobacco or cannabis has increased since 2007. This rise is mirrored by a fall in the proportion of students who use all three substances. Among the latter, alcohol is more heavily involved in associated consumption than the other two substances.

The measurement of non-substance use, which becomes richer with each ESPAD edition, reveals trends that are being confirmed and new challenges that are emerging.

The practice of gambling, which had become very popular in recent years, declined in 2024 and now concerns only a small proportion of lycée students in Monaco.

On the other hand, Internet use in general and social networking in particular has accelerated among the adolescent population. By 2024, a large majority of students are spending more than two hours a day on social networks. This number of hours increases on weekends and during holidays, particularly among secondary school girls. The time devoted to social networking, which is up in 2019, is accompanied by a clear perception of this use: the proportion of students who feel they spend too much time on social media is also on the rise.

Lastly, new themes are being added to the traditional ESPAD questions, complementing the analysis of teenage use patterns. For the first time in 2024, Monaco's lycée students were given the opportunity to assess their level of well-being through various survey questions.

While most well-being indicators are positive, the issue of sleep seems to be a real challenge for this population. Waking up 'feeling refreshed and rested', in particular, seems to be a daily routine for a minority of students. Indeed, a large proportion of students consider that they never feel rested, even though some of their habits have evolved since 2007. Night-time outings, for example, are much rarer among teenagers than in the past.

The results of this latest ESPAD edition provide a better understanding of the health behaviours of teenagers in Monaco. This information can also provide added value in the context of prevention initiatives, an issue also raised for the first time among secondary school students in the 2024 questionnaire.

Notes on methodology

The ESPAD framework

The European School Survey Project on Alcohol and Other Drugs (ESPAD) is a four-yearly survey that was initiated at 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 at the time of the survey, the age at which compulsory schooling ends in most European countries.

In participating countries, sampling is carried out in the education authorities, but in view of Monaco's specific features, the scope differs from that of the other countries. The survey has thus been extended to all secondary school pupils aged 16 and over since the first participation of the Principality in 2007.

On 10 April 2024, 1,356 students were asked to complete the online questionnaire in their classroom anonymously, including those born in 2008 who were enrolled at middle school level in Monaco (Year 9 and 10). However, these students have not been included in the report's analyses, as their small numbers are not representative of the middle school student population. Only upper secondary school pupils ("lycée students") have therefore been included in the analysis for the sake of representativeness.

Confidentiality

Participation in the ESPAD survey is subject to passive consent: parents are notified by letter a few days before the survey and can object to their child taking part. Moreover, on the day of collection, students may refuse to answer the questionnaire.

The operations involved in carrying out the ESPAD survey are designed to guarantee the anonymity and confidentiality of the process in schools. In this purpose, an anonymous, one-time access code was provided to each student to connect to the secure survey platform. The IP connection addresses have not been stored at the end of the data collection, making it impossible to trace the class or school of origin of the surveyed pupils. As the questionnaire is anonymous, there is no way of identifying the respondents.

Furthermore, even if the ESPAD Monaco questionnaire does not contain any personal data, the survey was the subject of prior information to the Data Protection Authority of Monaco, specifying the purpose of the survey and the strictly anonymous nature of the questionnaire – the processing of which in no way allows the direct or indirect identification of a pupil.

Table 6. Number of students selected for analysis for each survey year by school level and gender

	2 ^{nde} (Year 11)	1 ^{ère} (Year 12)	Terminale (Year 13)	Total
2007	420	351	427	1,198
Boys	242	178	243	663
Girls	178	173	184	535
2011	402	396	433	1,231
Boys	196	200	192	588
Girls	206	196	241	643
2015	431	435	426	1,292
Boys	225	230	220	675
Girls	206	205	206	617
2019	473	426	392	1,291
Boys	224	207	201	632
Girls	249	219	191	659
2024	457	426	369	1,252
Boys	249	220	186	655
Girls	208	206	183	597

Source: Monaco Statistics – ESPAD Monaco surveys

Definitions and main indicators used

Addictions are brain pathologies defined by dependence on a substance or activity, with deleterious consequences. Addictions include tobacco (nicotine), alcohol, cannabis, opiates (heroin, morphine), cocaine, amphetamines, and synthetic derivatives.

Non-product addictions or behavioural addictions are defined as an addictive disorder linked to an activity or behaviour, without the use of any psychoactive substance. In addition to pathological gambling (games of chance and money), clinically recognised as a behavioural dependency, other excessive practices are cited as potentially leading to addiction: video games or other activities accessible via the Internet (social networking, streaming, etc.), sexual practices, compulsive buying, physical exercise, work, as well as certain eating habits.

A **psychoactive** substance is defined as a product or substance that acts on the psyche by altering the way the brain functions, i.e. mental activity, sensations, perceptions, and behaviour. In a broad sense, many products have a psychoactive effect (such as coffee, for example) but not all of them cause a problem. In a more restricted sense, psychoactive substances are those that can be problematic to use. Psychoactive substances are usually divided into three categories: sedatives, stimulants, and hallucinogens.

The following consumption indicators are used in this report:

- **Experiment** (or lifetime use), which refers to the fact of having already used a product at least once in the lifetime;
- **Recent use**, corresponding to at least one episode of use in the last thirty days;
- **Regular use**, which represents at least ten instances of use for alcohol and cannabis and corresponds to daily use for tobacco (at least on cigarette a day).

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.

Heavy episodic drinking (HED) is defined as drinking a minimum of five glasses of alcoholic beverages on one occasion. A distinction is made between HED in the month (at least once in the last 30 days), repeated HED (at least 3 times in the last month) and regular HED (at least 10 times in the last month). Those considered to have reported a HED are those who responded positively to the following question: *“In the last 30 days, how often have you drunk five or more alcoholic drinks in one sitting?”*. This term is close to the concept of binge drinking.

More information

Monaco national ESPAD reports – Monegasque Institute of Statistics and Economic Studies (IMSEE – Monaco Statistics): <https://www.monacostatistics.mc/Publications/European-School-Survey-Project-on-Alcohol-and-other-Drugs>

The European School Survey Project on Alcohol and Other Drugs: <http://espad.org/>

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

European Union Drugs Agency (EUDA): https://www.euda.europa.eu/index_en

ESPAD MONACO 2024 RESULTS
European School Survey Project on
Alcohol and other Drugs

January 2025

ISSN-L 2519-0989

