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## LIFE AND HEALTH

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Young people value a healthy life. They feel that sound habits are important and they have abilities to make choices in life to achieve them. Young people have the opportunities to do sports and exercise and they feel they are in good health. They feel they receive sufficient preventive health care and support in special situations.

### Indicators

- Number of young people
- Migration
- Foreign-background residents' duration of stay in Finland
- Physician appointments in primary health care
- School health care
- Disability
- Entitlement to special refunds on medicines
- Self-perceived health
- Mental wellbeing
- Sports and exercise habits
- Self-perceived sufficient rest
- School lunches
- Smoking
- Alcohol consumption

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## SELF DEVELOPMENT

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Young people have the opportunity to try new things and to express themselves, to do things they are interested in, and thereby to develop their abilities and skills. Their social interaction skills and their ability to learn are strengthened through education. Young people and their skills have a good chance to be noticed in their community. They feel people believe in their abilities and skills and support them. They express themselves, which fact can also be seen in the cityscape, in the public debate and in various contexts.

### Indicators

- Screen time
- Learning skills
- Life skills acquired at school
- Using the public library

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## MANAGING THE FUTURE

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Young people are aware of what they want in life, and they have a positive idea of the future. They have abilities to make choices and search for their own place in life. They have the opportunity to integrate flexibly into education and working life and into adequate independent housing and livelihood. When needed, they receive support in varying situations. They have the chance to become independent, and the situation of homeless young people improves.

### Indicators

- Educational qualification
- 16-18 olds studying at secondary level
- 20-24 olds studying at tertiary level
- School appreciation
- Discontinuation of secondary level education
- Working students
- Transition from school to further education and employment
- Unemployment
- Youth not in employment or education
- Income distribution
- Risk of poverty
- Indebted youth
- Social assistance
- Housing conditions
- Student and youth housing
- Homelessness

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## SECURITY

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Young people have the ability to join groups and communities and live freely without fears of mental or physical harassment or violence. They are able to encounter their own fears and to struggle for a constructive solution in problematic situations. Young people find Helsinki a safe place to live and move about, and they are given sufficient protection.

### Indicators

- Self-perceived safety in neighbourhoods and the city centre
- Threats of violence
- Bullying at school
- Youth in emergency placement

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## EMOTIONS AND INTERACTION

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Young people are capable of empathy, love, sorrow, longing, happiness, hatred and fury. They are able to express and process emotions, and they receive support if needed. Young people understand the significance of feelings in social intercourse and society. Their social identity and self-image are strengthened, their feelings of loneliness decreases, and their relationship to their parents works.

### Indicators

- Family status
- Youth living with a single parent
- Youth living alternatively with parents
- Child protection
- Relationship to parents
- Friends
- Togetherness in school
- Affinity to peer groups

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## ACTIVE CITIZENSHIP

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Young people have moral and social skills and the ability to make assessments and choices in everyday situations. They have the readiness to function creatively and to strive towards a goal to the benefit of others, and they have experienced that they can receive support to that end when needed. They are able to influence matters that matter to themselves. They have the chance to belong to groups that are important to themselves and they feel their activities and they themselves are valuable.

### Indicators

- Voting at Ruuti elections
- Helsinki municipal elections
- Participation in activities at school
- Civic participation

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## EQUALITY

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The self-picture of young people and everybody's human dignity are respected, and social equity is supported. Young people feel they are able to act, and they see the uniqueness and human dignity of others. They live their lives with dignity in a society where people are not discriminated due to age, ethnicity, religion, belief, opinion, state of health, handicap, sexual orientation or other personal reasons.

### Indicators

- Entrance to education after comprehensive school
- Sexual harassment and violence

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## NATURE AND SUSTAINABILITY

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Young people have the opportunity to spend time in nature and experience its variety. Sustainable habits are a natural part of everyday life. They are aware of the global meaning of sustainable development, they understand what nature's variety means and how economy and consumption relate to it.

### Indicators

- Educational establishments for sustainable development
- Ways of travelling in the city