Summary

This report is based on data from CAN's national school survey, which is conducted annually among students in grade 9 and in the second year of upper-secondary school. The primary aim of the study is to monitor trends in young people's experiences of alcohol, drugs, doping, tobacco/nicotine, and gambling (ANDTS). The report also presents differences in use between boys and girls, as well as between younger and older students.

Below are ANDTS-specific summaries of recent developments. As an introduction, Figure 1 provides an overview of past year ANDTS use according to the 2025 survey. Among upper-secondary students (grade 11), alcohol was the substance most commonly reported, with 67 percent stating that they had consumed alcohol during the past 12 months. This was followed by tobacco/nicotine and gambling. In comparison, past-year use of drugs and anabolic-androgenic steroids (AAS) appears relatively uncommon. The pattern among ninth-grade students is similar, except that alcohol and tobacco/nicotine were reported by equally large proportions (36 percent each).

Tobacco/nicotine is the substance with the earliest onset. In 2025, one quarter of ninth-grade students reported having used such products before the age of 14. Specifically, 21 percent mentioned vapes and 12 percent snus (Swedish snus and nicotine pouches). Alcohol followed, with 16 percent reporting early initiation. Until 2017, the proportion reporting early initiation of alcohol and tobacco/nicotine products declined. Since then, however, the share reporting early initiation of snus has increased (from
4 to 12 percent), as has the share reporting early initiation of alcohol (from 11 to 16 percent).

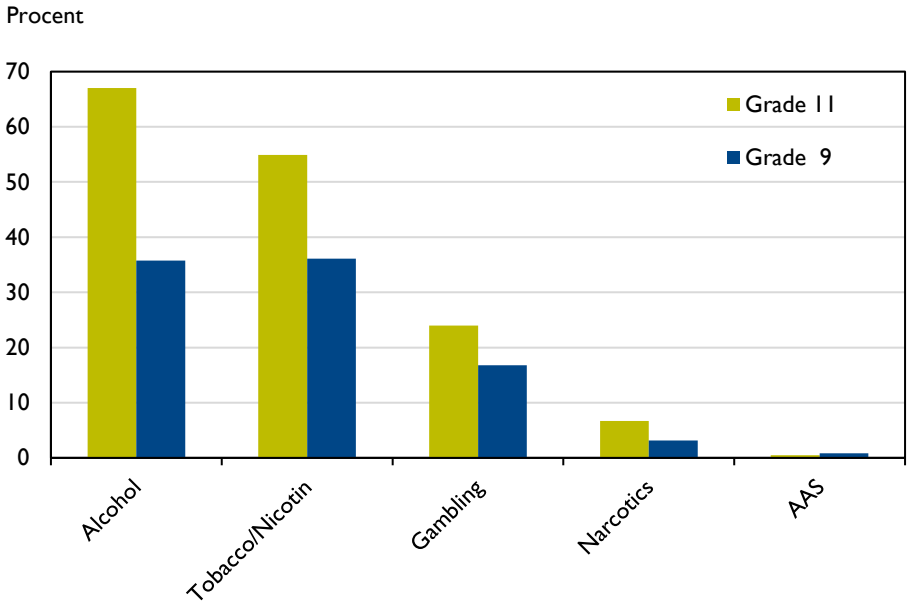


Figure 1. Proportion of students who used ANDTS during the past 12 months, by grade level. Percent. 2025. (Results are ordered according to grade 11 students.)

Alcohol

Taken together, the consumption measures monitored indicate that alcohol use among Swedish school-aged youth has declined over an extended period. However, this downward trend levelled off roughly ten years ago in both grades. Over the past two years, a slight decrease in the proportion of consumers has re-emerged in both cohorts. In the current survey, 36 percent of ninth-grade students and 67 percent of second-year upper-secondary students reported having consumed alcohol during the past 12 months. Annual consumption, measured in litres of pure (100%) alcohol, amounted to 0.9 litres in grade 9 and 2.6 litres in upper-secondary year 2.

Among students classified as alcohol consumers, long-term trends likewise show reductions in annual consumption, heavy episodic drinking, and self-reported alcohol-related problems. In recent years, however, a slight increase in these consumption measures has been observed among consumers.

The most commonly reported problems experienced in connection with alcohol use were damaged belongings or clothing, arguing/quarrelling, and being photographed or filmed in an embarrassing or offensive situation. Differences between girls and boys were evident in the types of problems reported. For example, a larger proportion of girls than boys stated that alcohol use had caused problems in their relationships with parents and friends. Among boys, it was more common to report driving a motor vehicle or being involved in a physical fight in connection with drinking.

Tobacco and nicotine

Cigarette smoking has declined markedly among Swedish school-aged youth over a long period. In recent years, this decline has continued among ninth-grade students, while it has levelled off among upper-secondary students. In the 2025 survey, 7 percent of ninth graders reported smoking—an historically low figure. Among upper-secondary students, 19 percent reported smoking.

The use of snus has increased in both grades over the past decade, with the rise being particularly pronounced among girls. In the 2025 survey, however, this upward trend levelled off, and a small, non-significant decline was observed. In 2025, 14 percent of ninth-grade students and 27 percent of second-year upper-secondary students reported using snus. Nicotine pouches is the product predominantly used by adolescents.

Over a ten-year period, vaping has become more common. Use remained relatively stable until 2022, after which it rose sharply. Since then, usage has declined across all groups except among girls in upper-secondary school. In 2025, 14 percent of ninth graders and 21 percent of upper-secondary students reported vaping in the past month.

Overall, the proportion of youth using tobacco or nicotine today is roughly the same as it was ten years ago. Use increased in 2022 and then declined, particularly among ninth-grade students. In 2025, 21 percent of ninth graders and 36 percent of upper-secondary students reported having used tobacco or nicotine during the past month.

Illicit drugs

Overall, several of the indicators used to measure use of illicit drugs point to a downward trend in recent years. This pattern is most evident among boys, for whom illicit drug use has declined for several consecutive years in both grades. Among girls, the trend is less pronounced, but levels have decreased over the past two years. In 2025, 5 percent of ninth-grade students reported having used illicit drugs at least once. The prevalence was more than twice as high among upper-secondary students, 12 percent of whom reported ever having done so. This represents the lowest level recorded among upper-secondary students since data collection began in 2004.

With respect to the frequency of use among students who have used illicit drugs, data from the past decade indicate a stabilization. From a longer-term perspective, however, the number of times students, who reportedly used illicit drugs, have used drugs has increased. This increase is most evident among ninth graders. On average, today's ninth-grade students with reported drug use have used drugs twice as many times as their counterparts 30 years ago.

In both grades, cannabis was the most commonly used substance among those who reported illicit drug use. The survey also includes separate questions on whether students have used prescription drugs classified as narcotics without a

doctor's prescription. The purpose of this question is to capture non medical use of controlled medications. If students who reported using such prescription drugs without prescription were also classified as having illicit drug use, the proportion of ninth graders who have ever used drugs in the current survey would increase from 5 to 9 percent. Among upper-secondary students, the corresponding proportion would rise from 12 to 15 percent.

Non-medical use of prescription drugs

In the survey three types of prescription drugs, classified as narcotics, are included. Questions regarding the use of central nervous system stimulants (CNS) were introduced into the survey in 2019, while questions on pain-relieving medications have been included since 2015. In contrast, the use of sleep and sedative medications has been monitored since 1989. Trends can therefore be most reliably assessed by examining the use of sleep and sedative medications. Over the past ten years, the non-prescribed use of sleep or sedative medications has ranged between 3 and 6 percent in both grades. The trend was slightly upward until 2022 in grade 9 and until 2023 in the second year of upper-secondary school.

When all three categories of drugs are combined, the total proportion of students engaging in non-medical use of prescription drugs, during the past 12 months, amounted to 4 percent in both grades in 2025.

Sniffing, inhalation and nitrous oxide

The prevalence of students who have sniffed or inhaled substances has remained relatively stable over the past ten years. In 2025, 3 percent of students reported having sniffed/huffed at some point, and 1 percent stated that they had done so during the past 12 months. Gender differences are virtually nonexistent.

Since 2022, the survey has also included separate questions on the use of nitrous oxide. At that time, 6 percent of ninth-grade students reported having used nitrous oxide at least once. By 2025, this share had decreased to 3 percent. Among upper-secondary students, the prevalence declined from 17 to 7 percent. In the most recent measurement, approximately 2 percent reported using nitrous oxide during the past year. Overall, use is roughly equally common among boys and girls. A special analysis conducted in 2022 showed that nitrous oxide use was more prevalent in metropolitan areas and that it was clearly associated with the consumption of alcohol, illicit drugs, and tobacco.

Doping

Lifetime prevalence of anabolic–androgenic steroid (AAS) use has remained relatively stable over the past decade and has not exceeded 1 percent in any grade level. In this year's survey, 1.0 percent of ninth-grade students and 0.6 percent of upper-secondary students reported having used AAS at least once. The behavior is more common among boys and appears to be linked, to some extent, to

students with lower socioeconomic status. No differences were observed between types of municipalities. It is evident that students who used AAS within the past 12 months also reported comparatively extensive use of other substances during the same period, particularly illegal drugs.

Gambling

Despite a slight decrease between 2024 and 2025 in the proportion of boys who gambled for money during the past 12 months, gambling among boys in ninth grade and upper secondary school remains at a high level. Forty percent of boys in upper secondary school and nearly 30 percent of boys in ninth grade had gambled for money during the past 12 months. The same conclusion applies to having spent more than 100 SEK on gambling during the past month and to the proportion exhibiting risky gambling behavior. In contrast, gambling among girls occurs at significantly lower levels than among boys and has remained more stable over time.

A European comparison

From a Swedish perspective, comparative data show that Swedish students have the highest prevalence of nitrous oxide use among the Nordic countries. This prevalence is also considered high in a broader European context. Swedish students report the lowest prevalence of cannabis use in the Nordic region, and it is low from a European perspective as well. The proportion who have gambled for money during the past 12 months is also low compared with other Nordic and European countries. Regarding alcohol consumption, cigarette smoking, and vaping, Swedish students do not differ from their Nordic peers. It should be noted that the Nordic countries generally report levels below the European average. Two exceptions, however, are the high levels of alcohol use among Danish students and gambling among Icelandic students.