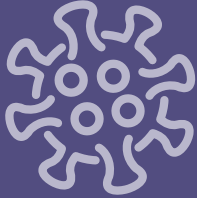


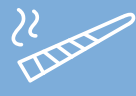






















Growing up in the West

Planet Youth Galway 2020

COVID19	56% of teenagers reported that COVID 19 has impacted negatively on their mental health 	60%  Reported being more lonely
Substance Use	41% of 15-16 year-olds reported being drunk once or more in the last year 	18%  have tried cannabis
	20%  reported being drunk in the last month	25%  do their drinking in a friend's home
	 15% get alcohol from their parent	8% get alcohol from a friend's parent
	Teenagers whose parents are less disapproving of drunkenness are more than twice as likely to get drunk	
Family Time	87%  reported that it is easy or very easy to receive caring and warmth from their parents/carers	71%  often or always spend time with their parents/carers at the weekends
	86%  of parents/carers know where their teen is on Saturday evenings	
Screen Time	47%  of teenagers spend 3 hours or more on social media daily	38% of girls and 
	24%  of boys reported being bullied online	Those that have been bullied online are over 3 times more likely to report poor mental health 
Wellbeing Indicators	59%  of 15-16 year olds are not getting the recommended amount of sleep	33%  reported self-harm once or more
	38%  Only 56% of boys and  of girls reported their mental health as good or very good	
Leisure Time	66%  reported good or very good physical health	13%  were outside after midnight in the last week
	Teenagers that report hanging out in the streets are 6 times more likely to have used cannabis 	
School Experience	83%  reported feeling safe in school	Pupils who are getting 8 hours sleep or more are almost three times more likely to report high levels of school engagement 
	36% of boys and 24% of girls reported using pornography as a source of information to learn about sex 	25% of teenagers have sent a sexually explicit image through social media 