

Planet Youth Report 1



‘improving health outcomes by understanding
the lived experiences of young people in North Dublin’

An overview of the first health and wellbeing survey
of nearly 3000 young people in North Dublin



This is a project of the North Dublin Regional DATF in conjunction with many partners who made this report possible including the HSE for funding the Prevention Coordinator position, the DPU in the Department of Health for funding the SLA with ICSRA, Fingal CYPSC for early funding, Definitive Solutions for sponsoring IT equipment and technical support, Fingal Leader Partnership for resources for print and videos and the RCSI for academic oversight and RCPI for ethical approval.

We are hugely grateful to the parents, schools and other education centres who facilitated the data collection and finally the real drivers of this project are the thousands of young people across Fingal who participated in Planet Youth and will continue to be leaders as we move into developing follow up actions.

The North Dublin Regional Drug & Alcohol Task Force members and Planet Youth team would like to thank the many partners that made this stage of the project possible and continue to be collaborators and champions for Planet Youth and young people in North Dublin. There are far too many to name here and we look forward to working together with all our community stakeholders now that we move into the important business of responding to the findings

Citation:

NDRDATF (2022) 'improving health outcomes by understanding the lived experiences of young people in North Dublin': North Dublin Risk and Protective Factors Planet Youth Report 1; Dublin. Ireland. Merlin Press.

For more information: www.ndublinrdtf.ie or www.planetyouthpartner.ie Ph: 01-22 33 493

Chairpersons Introduction

It brings me great pleasure to formally welcome you to the launch of Planet Youth North Dublin and this first report 'Improving health outcomes by understanding the lived experience of young people in North Dublin'. We have the biggest youth population in the state in Fingal so it is only fitting that the Task Force is putting such an emphasis on prevention. As a parent living in the area it was very heartening to see the high levels of parental warmth and support reported by young people and some of the other very positive findings in the report. This is an incredible data set that our Task Force members and Planet Youth partners hope will inform many linked interventions and plans to improve the health and wellbeing of young people and their families in Fingal into the future.

I would like to formally thank all of our partners for making this important project possible and not least the many young people who took the time to illustrate what life is really like as a young person growing up in North Dublin and indeed the schools and parents who supported the process. I must commend our Coordinator Brid Walsh for her perseverance in driving this project, securing resources and establishing a Prevention Coordinator post which David Creed has excelled in. David is already working on local implementation despite many challenges including the Covid-19 pandemic. The Task Force staff team is second to none and it is with great pride that I commend them all for work on this and the other services that we have in place in the region.

The Task Force and all of its members remain committed to improving the quality of life for all who live in North Dublin and we are grateful for and look forward to collaborating with our many partners to do just that into 2022 and beyond.



Minister Darragh O'Brien /Chairperson, North Dublin Regional DATF

Acknowledgements

It is a great testament to our many partners that we are in a position to launch Planet Youth North Dublin and this first report. From the outset, I need to thank my counterpart Michéal Durcan the Regional DATF Coordinator in the West for inviting us to attend their Planet Youth workshops and trainings with ICSRA. Having already completed the process before us this was hugely helpful in informing our own roll out here in North Dublin and we are very grateful for that.

Indeed we had no shortage of willing partners. Current Mayor Cllr Seana O Rodaigh along with Nicola Garvey and Dr Bobby Smyth were pivotal in championing the project following the training in Iceland. We had real buy-in from staff and members of the Task Force, SÁMH and Planet Youth networks and too many community partners to name. This was supported by resources from the HSE in CHO-9, Minister Frank Feighan, CYPSC, Fingal Leader Partnership and others along the way.

Nearly 3000 young people completed the digital health and wellbeing classroom study. Local IT company, Definitive Solutions sponsored IT equipment with CEO Peter Meade personally overseeing the IT processes to make sure no young people were disadvantaged or excluded because of IT issues. Professor Mary Cannon and Dr Emmet Power our academic leads were so helpful in navigating the challenging ethical approval process and providing insights into the data. We were lucky to have proactive parents, schools and education centres to support the participation of young people. We were inspired by the thousands of young people who shared their lived experience in the anonymous digital survey. It is their work that gives us this data on a huge range of health and wellbeing indicators for young people in the region which will help to shape plans to improve outcomes for others in the future.

Finally I need to formally acknowledge our Prevention Coordinator David Creed. David took up his role well into 2021 and was faced with a mammoth task to coordinate the digital survey in the grip of Covid restrictions. This report would not be possible without his energy, commitment and hard work and he is already busier than ever as he now works to engage local partners and involve young people in developing community responses to the findings.

The Task Force is incredibly grateful to all collaborators and champions for young people's positive health and wellbeing in North Dublin and we look forward to future collaborations



Brid Walsh

Regional DATF Coordinator, North Dublin

TABLE OF CONTENTS

Chairpersons Introduction	3
Acknowledgements	4
Section 1: Executive Summary 6	
Executive summary	7
Section 2: About Planet Youth	9
2.1 About Planet Youth	10
2.2 Guiding Principles:	11
2.5 Structures to Support Planet Youth North Dublin	12
1. North Dublin Planet Youth Oversight Committee:	13
2. PY Research Advisory Group:	13
3. PY Technical Group:	13
4. PY Local Implementation Network:	14
5. PY Cluster Groups:	14
5. Transition Year Group:	14
6. SAMHs	14
Section 3: Survey	15
3.1 Survey	16
Data Report:	17
3.2 Survey Results:	18
Surveys	19
Section 4: Recommendations	40

Section 1:

Executive Summary

Section 1: Executive summary

This report marks the formal launch of Planet Youth North Dublin after a long period of planning and preparation. It is not a polished action plan nor an outline of strategy. It is however an overview of the first ever baseline data source of health and wellbeing indicators for a large population sample of young people in Fingal. This will be captured every two years and changes (if any) measured. The purpose of this first report is to provide a real-time picture of current risk and protective factors in our youth population. This is an important reference point for agencies and community stakeholders who are interested in improving health outcomes for young people in Fingal. It marks a key milestone in our efforts to provide an evidence base to inform future plans to improve the health and wellbeing of families and young people in the area.

The data was captured digitally in classroom settings in secondary schools and alternative education settings at the end of 2021. Students who participated were in third, transition or 5th year. There was a battery of over 75 questions specifically designed to capture key health and wellbeing indicators including Covid related impacts. Nearly 3000 completions were analysed (This report captures data extrapolated from 2677 returns after spoiled or incomplete submissions were removed) This represents over 75% of the target population. This means it is a representative sample of the lived experience of the population of young people in the region. Furthermore the data was collected at the end of 2021 and extrapolated in real-time. The survey was anonymous and no personally identifiable information was captured. It was conducted with ethical approval from the RCPI and overseen by Professor Mary Cannon and Dr Emmet Power in the RCSI.

This document presents key findings. While we have provided context where required, the intention is to engage relevant partners in a process to examine the data, extrapolate meanings and develop responses. This will form a prevention strategy to strengthen or 'nudge up' the identified protective factors and reduce the identified risk factors. Every two years this process will be repeated to measure changes in outcomes over time.

During the planning and consultation phase that follows the formal launch of Planet Youth North Dublin the full data set will be examined and with key partners. Not all of the possible variations have been presented in this report for practical reasons.

Based on the general data presented later in the report there are some emerging areas of note that will warrant further analysis with relevant stakeholders during the post report phase.

It is important to recognise that this report is the foundation of a wider programme. It is intended to provide a robust base line to inform linked responses. No one agency or partner has the expertise or remit to respond to all risk factors and protective factors that are revealed in the data. Therefore, it will be important to provide a consultative process for relevant partners to discuss, evaluate and review the findings in the context of their current and potential role in responding to the evidence. That will be an important and necessary next step.

There is far more rich data available than was feasible to present in this report. To capitalise on the full potential of the data, the Planet Youth team intend to secure a part time researcher to mine the data and produce targeted reports and analysis focusing on key themes.

An encouraging protective factor that has emerged is the sense of protection and caring that most young people reported from their parents. This is an important finding in identifying existing protective factors and building on them. Similarly there were high levels of positivity expressed towards teachers. With home and school life key areas of influence parents and teachers will be important community allies to support improved outcomes.

Unsurprisingly given the data was gathered in the context of Covid-19, the data for mental health and wellbeing indicators is of concern and warrants further analysis in conjunction with the HSE and other partners. Young peoples mental health was adversely impacted by Covid-19 and this is starkly reflected in most mental health indicators captured in the report.

In general it seems that attitudes and perceptions about risk directly impact on consumption levels of harmful substances. Where there is a lower perception of risk or harm there appears to be a correlating increase in consumption levels. This strengthens the need for health promotion initiatives that target parental, youth and community perceptions on harm. There are existing partners and initiatives well placed to progress health promotion and other strategies to respond to this.

Youth vaping has emerged as a specific risk behaviour. Whilst there is a robust anti tobacco strategy in place and indeed it is a named priority for Healthy Ireland; vaping seems to require a focus in terms of health promotion and consistent and accurate messaging in relation to harm at community level.

High levels of use of over-the-counter painkillers were reported. In the second data collection in 2023, the question may need revision to provide more context Social Media, screen time and sleep while not unexpected emerged as issues that require focus Nitrous oxide lifetime use at 6% when cross tabulated with recent use infers that usage is associated with specific social events rather than regular use but may need further attention.

Pro social activities and community facilities are linked to protective factors. Availability seems to an issue.

The level of substances sourced via the internet is notable as is drug debt intimidation among cannabis users.

In any event, it will be important that young people themselves who provided the data that informed these findings are involved throughout the lifetime of this project in the coming years as key collaborators in the development of responses.

The Prevention Coordinator has already begun work to establish sustainable structures to facilitate this including the development of a specific Transition Year programme.

Section 2: About Planet Youth

2.1 About Planet Youth

Planet Youth is an international primary prevention model, developed by the Icelandic Centre for Social Research and Analysis (ICSRA) at Reykjavik University. It was initially developed to reduce recognised high substance use rates amongst young people in Iceland. The model uses a whole population approach to improve health and life outcomes for young people across a number of aspects of their lives. It works by directly targeting the risk and protective factors that determine their substance use behaviours and by enhancing the social environment they are growing up in. By reducing the known risk factors and strengthening the known protective factors the problems associated with adolescent substance use can be reduced or stopped before they even arise.

The three pillars of the model are:

- 1. Evidence-based practice**
- 2. Using a community-based approach**
- 3. Creating and maintaining a dialogue between research, policy and practice**

In Iceland the model has produced great results through having a consistent focus on local community work, cross-disciplinary collaboration, and investment. It is important to note that while we remain true to the three pillar process; post survey interventions are likely to be different in Ireland to reflect our unique cultural and demographic profile.

There are currently three Planet Youth sites in Ireland, each delivered by Regional Drug & Alcohol Task Forces in conjunction with relevant partners. The first in the Western RDAF (Roscommon, Galway, Mayo) and then North Dublin and the North East (Cavan/Monaghan).

Meaningful prevention takes time so the Planet Youth process is a long term commitment for us that centres on gathering evidence on the lived experience of young people in the region and then using a community based approach to respond to the findings. The evidence is gathered using an anonymous data collection instrument in the form of a digital survey with more than 70 carefully targeted questions that capture health and wellbeing indicators across a range of risk and protective factors.

In North Dublin we conducted our first survey at the end of 2021. This was later than planned because of the huge disruption that Covid-19 placed on schools and students. We conducted the study digitally in classroom settings in secondary schools and alternative learning settings. The anonymous data was then collated and analysed to develop a huge data set (nearly 3000 young people which represents 75% of the target population (14 to 16 year olds) in the region. The data has been captured in real time and is presented to inform evidence based planning around health and wellbeing for young people and families in the region.

For practical reasons this report is a summary overview of the key findings from the data rather than an exhaustive analysis of the vast array of data and cross tabulations some of which may be revisited to inform future planning processes.

The study will be repeated every 2 years to measure changes (if any) over time. The study received ethical approval from the RCPI which was overseen by Prof Mary Cannon and Dr Emmet Power in the RCSI.

The overview of findings is presented under key themes and there are a number of broad recommendations.

2.2 Guiding Principles:

The Planet Youth approach is based on five principles that provide guidance on how this community intervention process should be implemented.

The Five Guiding Principles of Planet Youth Guidance Model

1

Apply a primary prevention approach that is designed to enhance the social environment.

2

Integrate researchers, policy-makers, practitioners, and community members into a unified team dedicated to solving complex, real world problems.

3

Engage and empower community members to make practical decisions using local high-quality, accessible data and diagnostics.

4

Emphasise community action and embrace schools as a natural hub of community efforts to support child and adolescent health, learning, and life success.

5

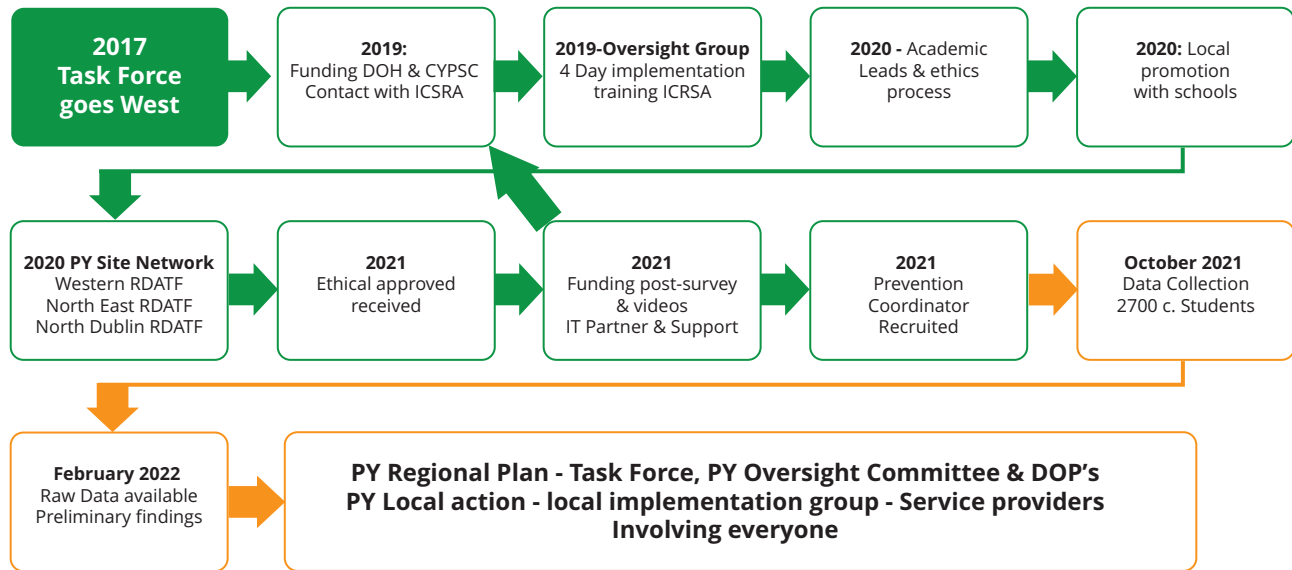
Match the scope of the solution to the scope of the problem, including emphasising long-term intervention and investment when marshalling resources.



2.3 North Dublin Planet Youth Background

Following an invitation from the Western Regional Drug and Alcohol Task Force which was the first agency to implement Planet Youth in Ireland; the North Dublin RDATF team attended a seminar with ICRSA in Galway in 2017 and a number of follow up trainings and workshops to learn more about the implementation process. On the foot of this the Task Force developed a proposal for its implementation in North Dublin with a view to starting implementation after the first data collection in the West in 2018 as at the time the Task Force was in an extensive change management process. In 2019 an application for funding was approved and the contract with ICRSA signed. We brought together a number of experts and champions to support its development in North Dublin some of whom attended the international site training and implementation seminars in Iceland in February just before Covid-19 arrived in March 2020. This delayed the work considerably.

The chart below outlines the steps that preceded the first data collection and formal launch of Planet Youth in North Dublin



2.4 Rationale

The Task force reviews data collected and submitted to the HRB each year by services who work with people living in the region that seek treatment for alcohol and/or other drugs. On reviewing data it noticed an upward trend in young people under the age of 25 seeking support for substance use (mainly cannabis). It is important to note that this is not prevalence. It relates to treatment episodes. Given the high youth population in the area; this was of concern and it became clear that more needed to be known about the risk and protective factors that were influencing these rates. Planet Youth with its emphasis on large population samples and data informed approaches represented a good fit in terms of lifting the lid to provide a real time insight into indicators of risk within our population of young people and furthermore the opportunity to collaborate with community partners to nudge the identified protective factors upwards and support strategies to reduce the risk factors.

The added benefit of a well-established process with longitudinal measurement systems (every 2 years) was also considered. Furthermore, colleagues in the West had by now completed their first survey which provided them with a huge population sample of health and wellbeing indicators for young people that was being widely used by partner agencies to inform their own plans. This spurred the implementation in North Dublin. In a parallel process, colleagues in the North East Regional DATF in conjunction with the CMETB had begun their process at the same time meaning which was beneficial in terms of shared learning as we proceeded through the stages of implementation

2.5 Structures to Support Planet Youth North Dublin

It was important to have robust structures in place to support the project at each level. To that end we established a number of key structures each with a specific remit that required an appropriate area of specific expertise to implement and sustain various aspects of the project from preparation to data collection to planning and everything in between.

A short summary of these structures is outlined below;

1. North Dublin Planet Youth Oversight Committee
2. PY Research Advisory Group
3. PY Technical Group
4. PY Local Implementation Network
5. Cluster Group and TY group
6. SÁMHs

1. North Dublin Planet Youth Oversight Committee:

The remit of this multi agency group is to provide overarching oversight and support throughout the lifetime of the project. It has a particular focus in supporting the planning processes in relation to post survey strategy at regional level

NAME	ROLE & ORGANISATION
Simon McCabe	DDETLB - Chairperson
Brid Walsh	HSE Regional DATF Coordinator, North Dublin
David Creed	Prevention Coordinator, North Dublin RDATAF
Ellen O Dea	HSE, Head of Service, Health & Wellbeing, CHO-9
Dr Emmet Power	Adolescent Psychiatrist & research fellow
Professor Mary Cannon	Consultant Psychiatrist, RCSI Medicine & Health Sciences, Beaumont Hosp
Dr Gerry McCarney	HSE Consultant Psychiatrist (Adolescent)
Dr Bobby Smyth	HSE Consultant Psychiatrist (Adolescent)
Rafe Costigan	Senior Community Officer, Fingal County Council
Nicola Garvey	Deputy Principal, Malahide Community School
Sandra Moore	JIGSAW – Regional Manager, Balbriggan, North Dublin
Eilish Harrington	CEO, Fingal Leader Partnership
Cllr Seána O'Rodaigh	Fingal County Council (Skerries) / teacher
Una Caffrey	Coordinator, Fingal CYPSC
Aoife Heffernan	DDETLB Education Training Board

2. PY Research Advisory Group: The remit of this group is to provide professional and academic expertise and guidance in the pre planning, ethical approval and post survey analysis and dissemination processes.

NAME	ROLE & ORGANISATION
Dr Emmet Power	Adolescent Psychiatrist & research fellow
Professor Mary Cannon	Consultant Psychiatrist, RCSI Medicine & Health Sciences, Beaumont Hosp
Dr Gerry McCarney	HSE Consultant Psychiatrist (Adolescent)
Dr Bobby Smyth	HSE Consultant Psychiatrist (Adolescent)
Brid Walsh	HSE Regional DATF Coordinator, North Dublin
David Creed	Prevention Coordinator, North Dublin RDATAF

3. PY Technical Group: the Remit of this group is to troubleshoot, plan and guide the technical aspects of the digital survey delivery every 2 years in particular the IT implications within schools/centres.

NAME	ROLE & ORGANISATION
Brid Walsh	HSE Regional DATF Coordinator, North Dublin
Peter Meade	Definitive Solutions
David Creed	Prevention Coordinator, North Dublin RDATAF
Nicola Garvey	Deputy Principal Malahide Community School

4. PY Local Implementation Network: the remit of this group is to bring key agencies together to plan local interventions that respond directly to the key findings from the survey

NAME	ROLE & ORGANISATION
David Creed	Prevention Coordinator, North Dublin RDATE
Siobhan Maher	Family Support Specialist, North Dublin RDATE
Ger Scott	Crosscare, Manager Swords Youth Service
Nicola Garvey	Schools rep (Estuary Cluster) Malahide Community School
Eamonn Mullen	Foroige, Interim Manager, Balbriggan Youth Service
Funmi Olufnmilayo	HSE Health and Wellbeing, Health Promotion officer
Louise O'Neill	Aster Family Resource Centre, Manager, Balbriggan
Tadhg O'Neill	Foroige, Senior Youth Officer, Coastal Youth Service, Lusk
Karen Murray	Schools Rep Balbriggan Cluster - Adrgillen CC
Leah Walshe	Fingal County Council, Community Officer
Sandra Moore	Jigsaw, Manager, North Dublin Service, Balbriggan

5. PY Cluster Groups: the remit of these groups is to provide a forum for schools in geographic areas to work together on responding to the health and wellbeing indicators in their respective areas and support youth engagement in the project through schools. The cluster groups are chaired by the Prevention Coordinator

Estuary Cluster Group	Balbriggan Cluster Group	Coastal Cluster Group
Malahide Community School	Ardgillan Community College Balbriggan	Skerries Community School
Portmarnock Community School	Balbriggan Community School	Donabate Community School
Malahide Portmarnock Educate Together	Bremore Education Together	St Josephs Community School, Rush
St Finians Community School Swords	Glór na Mara	Rush Youthreach
Swords Community School	Balbriggan Youthreach	
Swords Youthreach		

5. Transition Year Group: this is a group of young people in Transition Year who will drive the Planet Youth Transition year programme. For sustainability the membership of this group will change over time as new students enter transition year. It is supported within the participating schools and

6. SÁMHs – These groups are community networks across north dublin that engage in coproduction with professional and local members. While pre-existing the Planet Youth project they are key channel for the delivery of local actions linked to Planet Youth

Section 3:

Survey

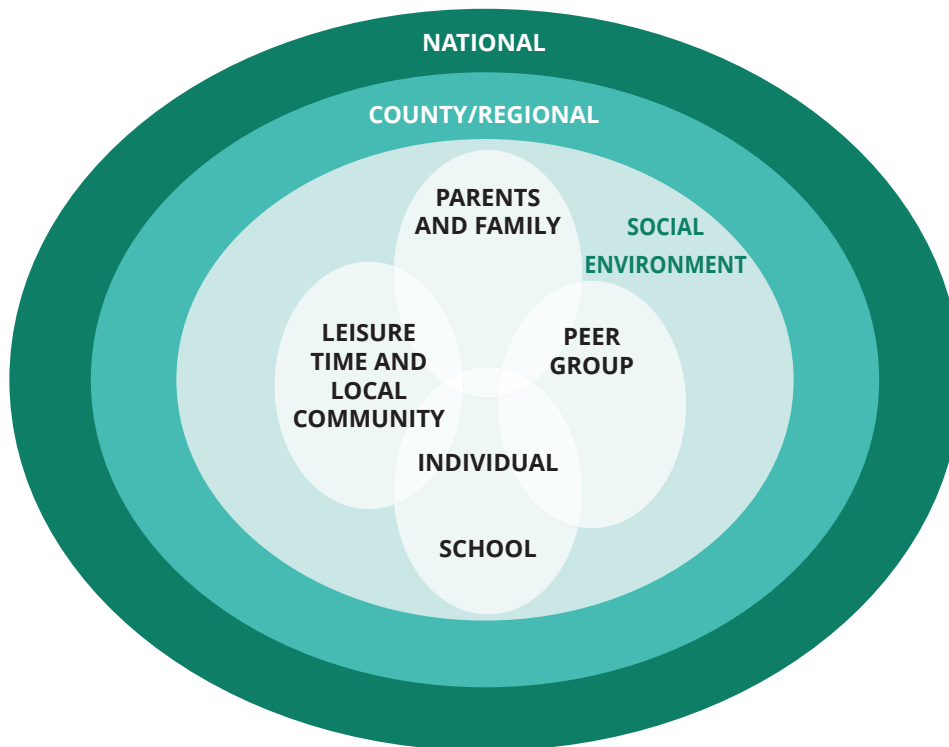
3.1 Survey

In the Planet Youth approach, the risk and protective factors are defined within four major domains of intervention. The first action of Planet Youth is to survey the young people in 3rd year, transition year and 5th year to reach 15 and 16 year olds in schools and education centres across the whole community.

The survey asks over 70 multi-choice questions under four life domains:

- Parents and family,
- Leisure time and local community,
- Peer group
- School.

These domains are considered in the overall social environment in which young people live which are further influenced by regional and national context and policies.



Data Process:

The first action of the Planet Youth process is to collect data under the four domains noted above from young people in the area through the use of a whole population survey. The PY population target age range is young people between the ages of 14 and 16 years. The process considers the school to be the ordinary community hub for this age group, so engages with local schools in the completion of the survey. In North Dublin fifteen secondary schools participated in the data collection yielding a 76% completion rate amounting to almost 3000 young people.

Survey Methodology:

The Planet Youth survey questionnaire is a standardised instrument that is used in each Planet Youth community. The questions asked and the document layout are the same from country to country; this enables the prompt return of data to each community. In Ireland, prior to the administration of this first Planet Youth survey, the questions in the document were localised to be more suitable in an Irish context. All surveys are completely anonymous and were carried out electronically.

- The Planet Youth survey is administered via an online questionnaire amongst the 14 to 16

yearolds in the target community. This survey was undertaken between mid October and mid November 2021.

- An ethical review was conducted and approval granted by the Royal College of Physicians of Ireland (RCPI).
- Localisation of the survey was completed through consultation with agencies and youth groups.
- Principals of all of the post primary schools and Youthreach Centres in the area were approached in advance of the survey to explain the Planet Youth project and the purpose of the survey.
- A support services information booklet was developed for parents and students and issued in advance of the survey completion day. The booklet contained information about Planet Youth and contact details of support services.
- All students and parents were given copies of information about the survey and links to informational videos and were invited to opt out if they so wished.
- A support services card was developed to be issued alongside the surveys in order to ensure participants had access to contact details of support services if required.
- Meetings were held with each school to discuss the data collection process and to ensure that schools had the necessary IT support to complete the survey. Test were carried out on the IT systems in the schools to ensure that the survey could be accessed and completed in full.
- The unique school identification code was supplied to each school on the selected survey date.
- The surveys were completed online by the students using either the IT equipment of the school or through using IT tablets that were supplied specifically for that purpose.
- The completed surveys were automatically uploaded to each unique school identification code file for processing at the Icelandic Centre for Social Research and Analysis (ICSRA).
- The results and dataset returned electronically to NDRDATE.

The survey was conducted during class hours, taking approximately 50 minutes to complete. The online survey is constructed in such a way that students could not to write their names or any other identifying information anywhere on the questionnaire. When finished, students were reminded to press confirm to ensure that their survey was uploaded to the ICSRA platform. The total number of returned survey forms collected in North Dublin was 2,677 which represents 76.4% of the potential number of young people in that whole population age profile.

Data Report:

The data from the survey was analysed by the team in Reykjavik University. The full dataset from the survey was presented to the North Dublin oversight committee to help inform the planning of responses to issues and concerns identified within the survey. The Planet Youth data allows the opportunity to improve the health and wellbeing of young people and to improve the social environment they are growing up in. This is achieved through sharing the data with all youth and healthcare services in the area who can use that data to advise planning programmes and interventions.

Additionally, each school that takes part in the survey is provided with a copy of their own school report that gives an insight into the general health and wellbeing of their pupils, together with some other factors of interest at the school level.

3.2 Survey Results:

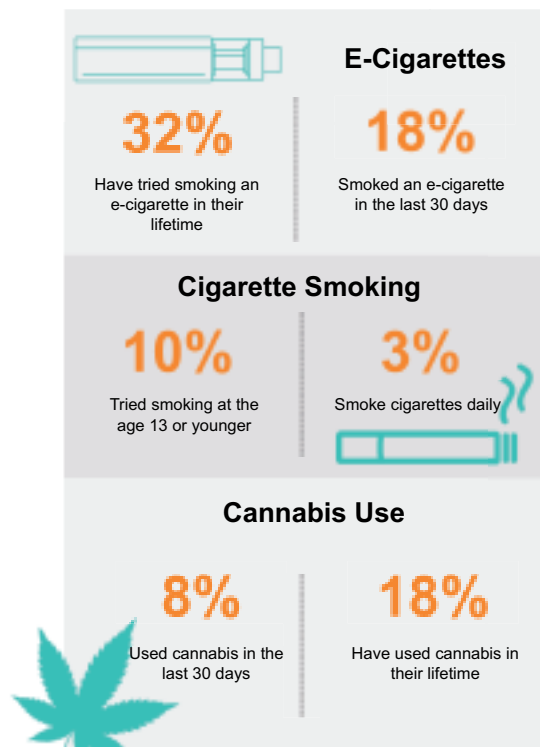
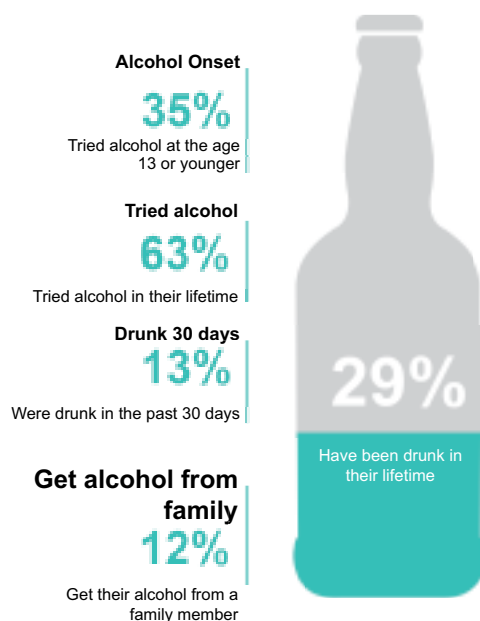
During October and November of 2021, 15 education centres (mainly schools) facilitated their young people to engage in the Planet Youth survey. After any spoiled returns and incomplete submissions were removed there were 2677 completed submissions which informed the report.

	Boy	Girl	Other*	TOTAL
North Dublin	1,384	1,142	59	2,677

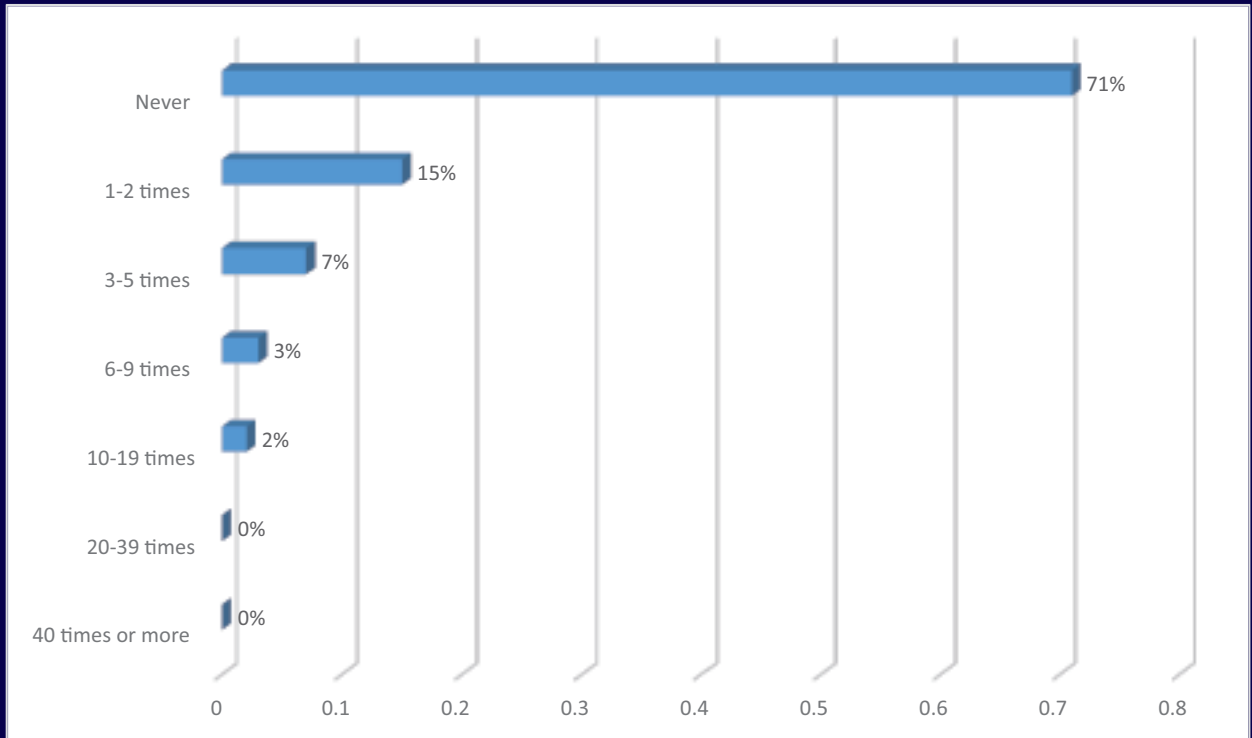
Key Findings from the Survey

Overall the results of the data survey show that the prevalence of substance use among the 14 – 16 year olds in North County Dublin (Fingal) is in line with the results of other national and European studies on substance use (ESPAD). The data shows the current prevalence of alcohol, vaping and cannabis use among the group surveyed. It illustrates attitudes in relation to harms or risks associated with alcohol use and vaping indicating normalisation of use.

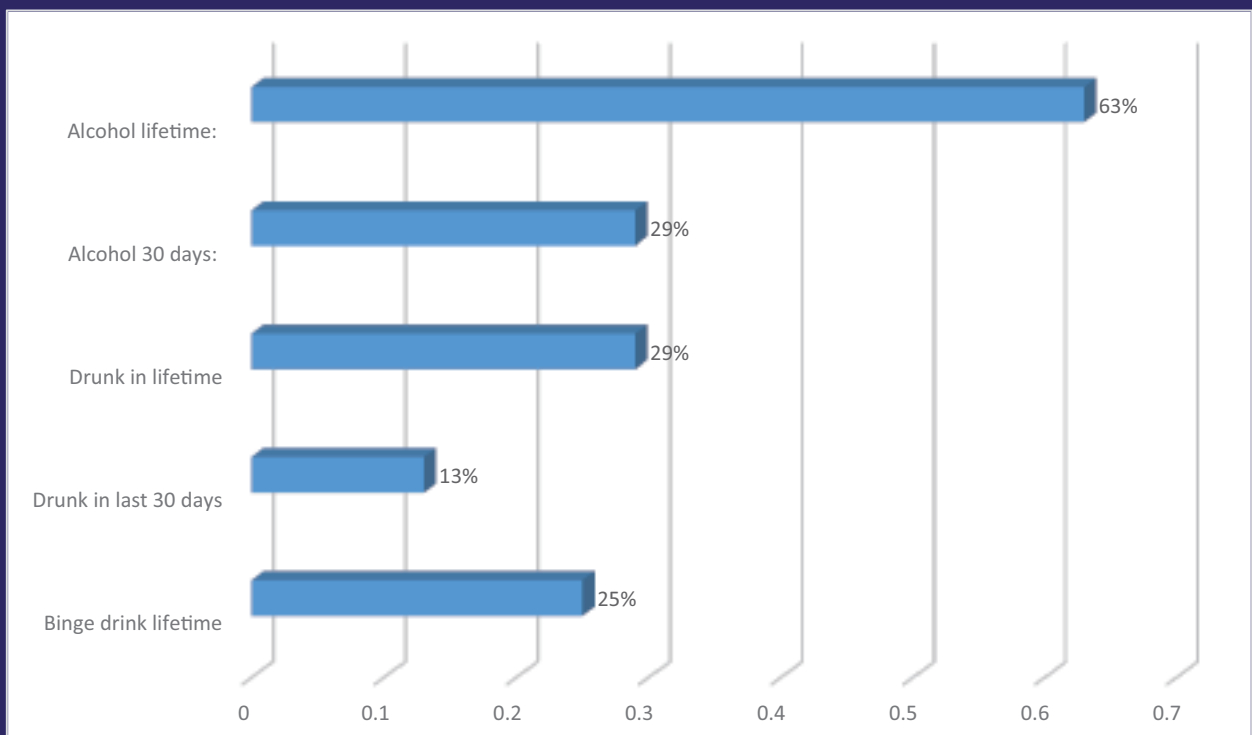
Substance Use - Key Findings



Frequency of alcohol consumption by young people in the last 30 days

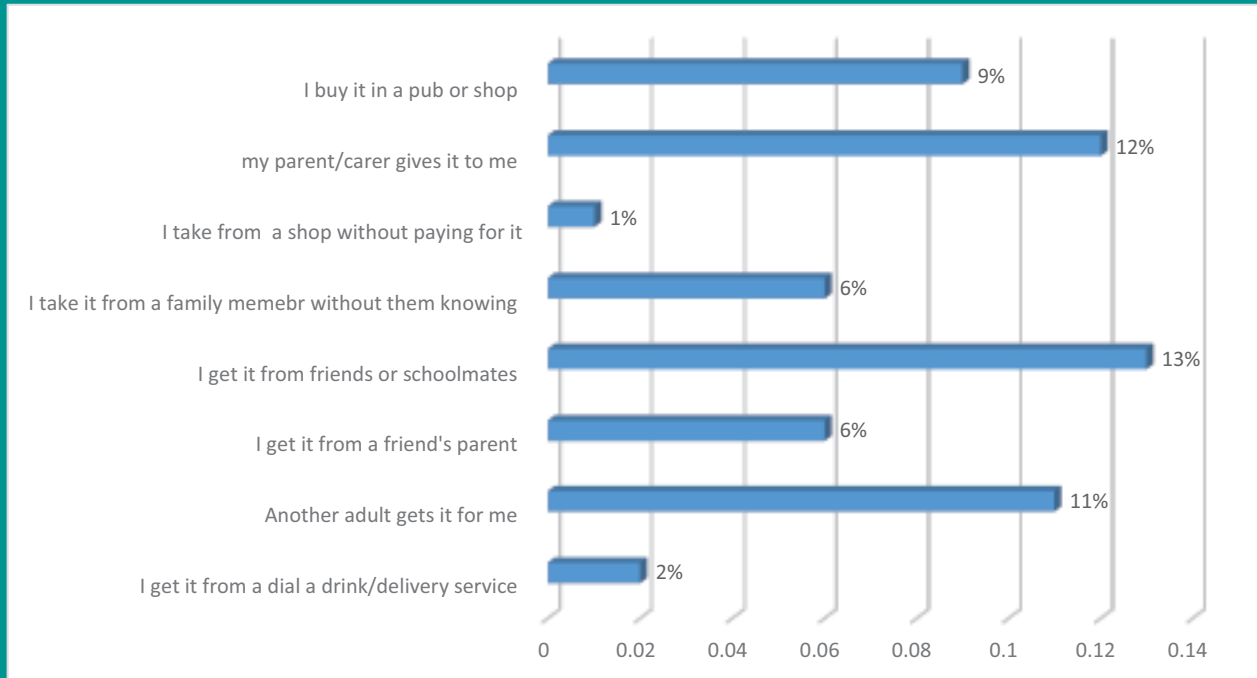


Frequency of use of alcohol; reporting being drunk; binge drinking

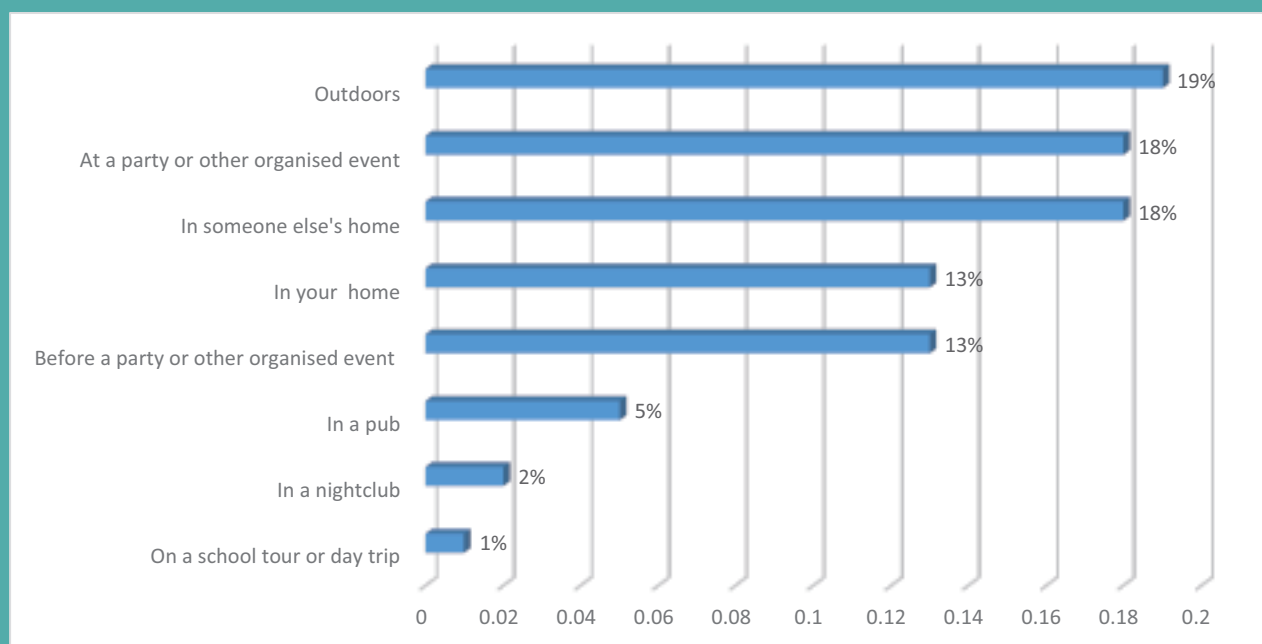


How Young people obtain alcohol.

Percentage of adolescents in North Dublin that report getting their alcohol sometimes or often the following way



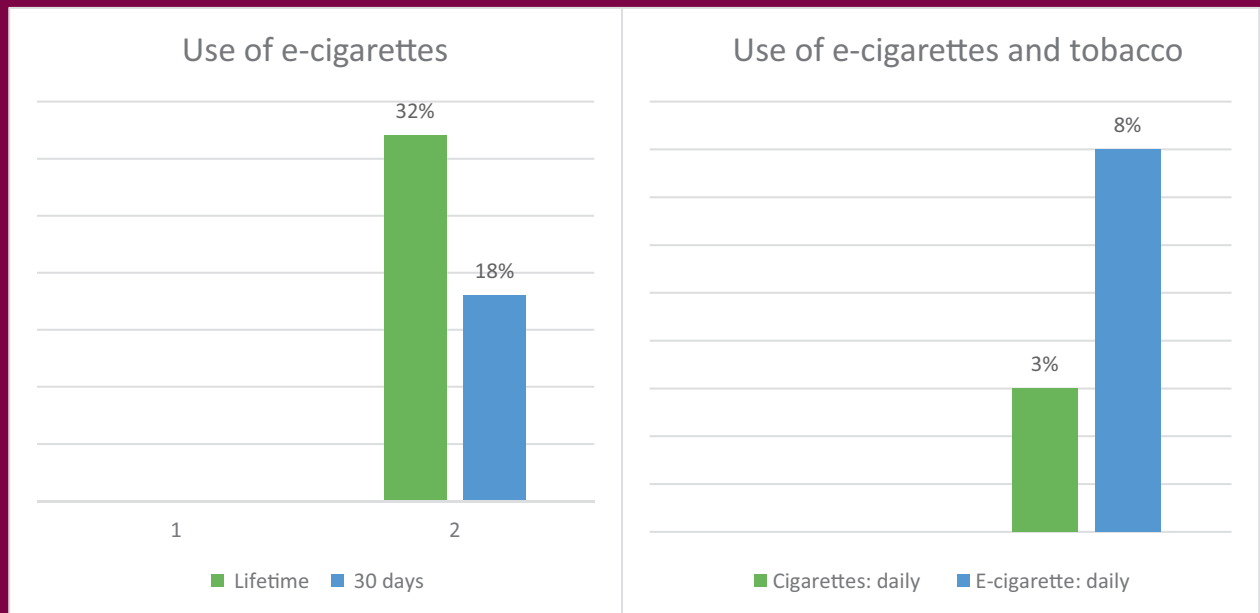
Percentage of adolescents who drink alcohol sometimes or often in the following places



Use of Vapes /e-cigarettes

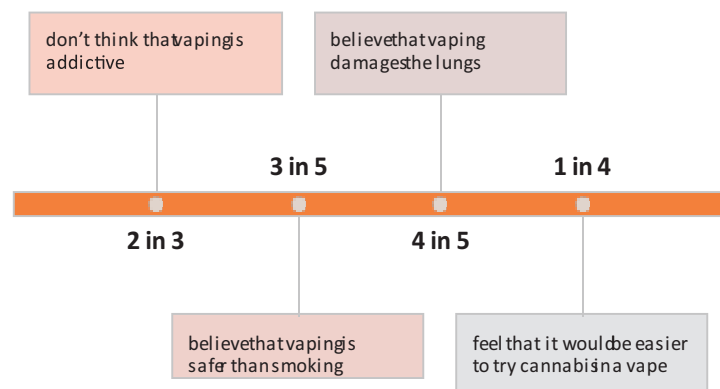
Percentage of adolescents who have used electronic cigarettes

Percentage of adolescents who smoke tobacco daily compared with those who vape daily.



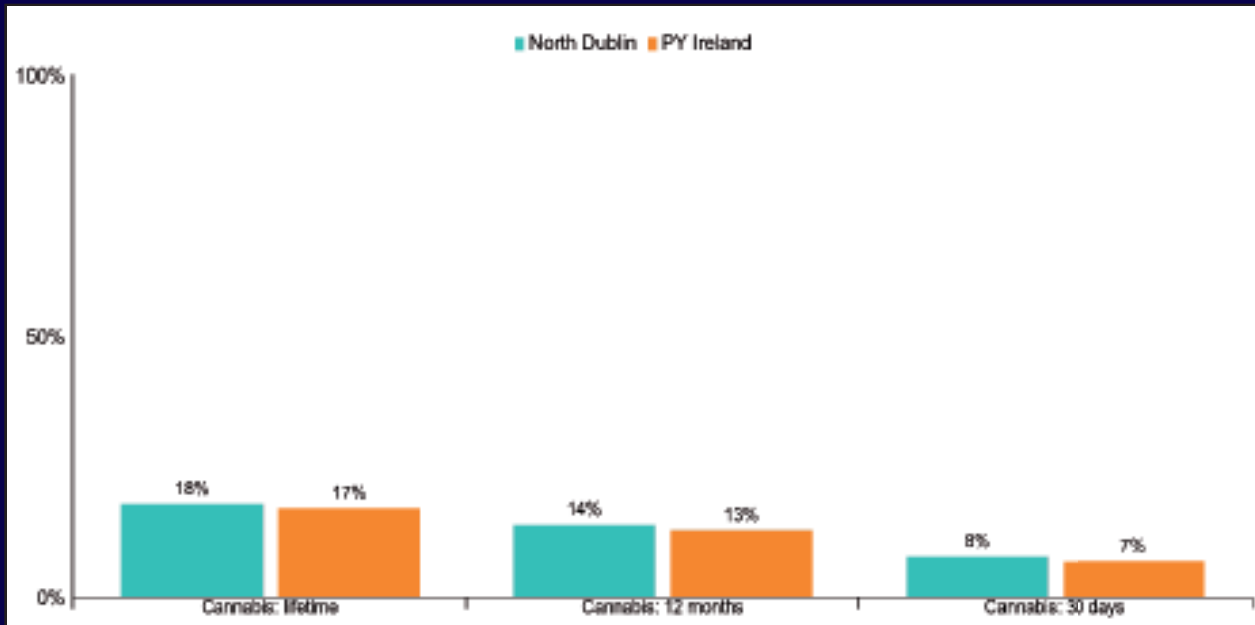
Attitude of adolescents to vaping

Vaping Attitudes

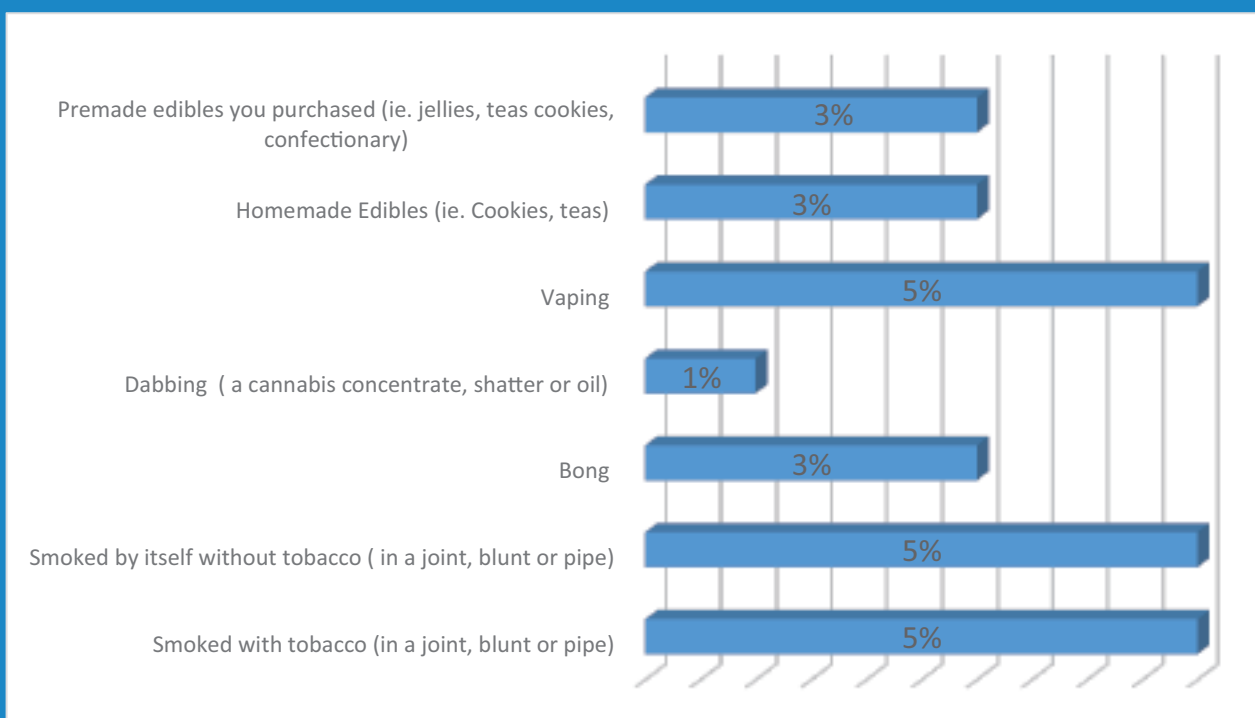


Use of Cannabis:

Percentage of adolescents in North Dublin who have used cannabis once or more in their lifetime, in the last 12 months, and in the last 30 days



Percentage who report having used cannabis in the following forms:

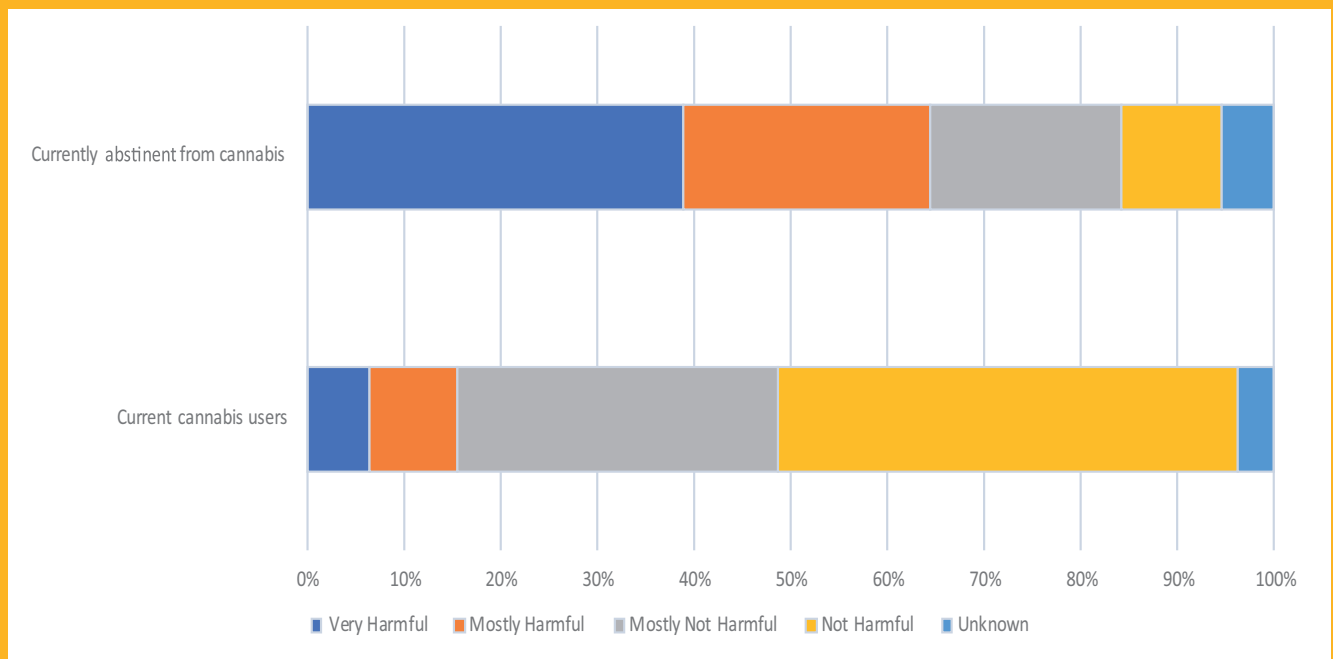


Relationships between lifetime use and current use of cannabis

**43% of lifetime
cannabis users are
current users**

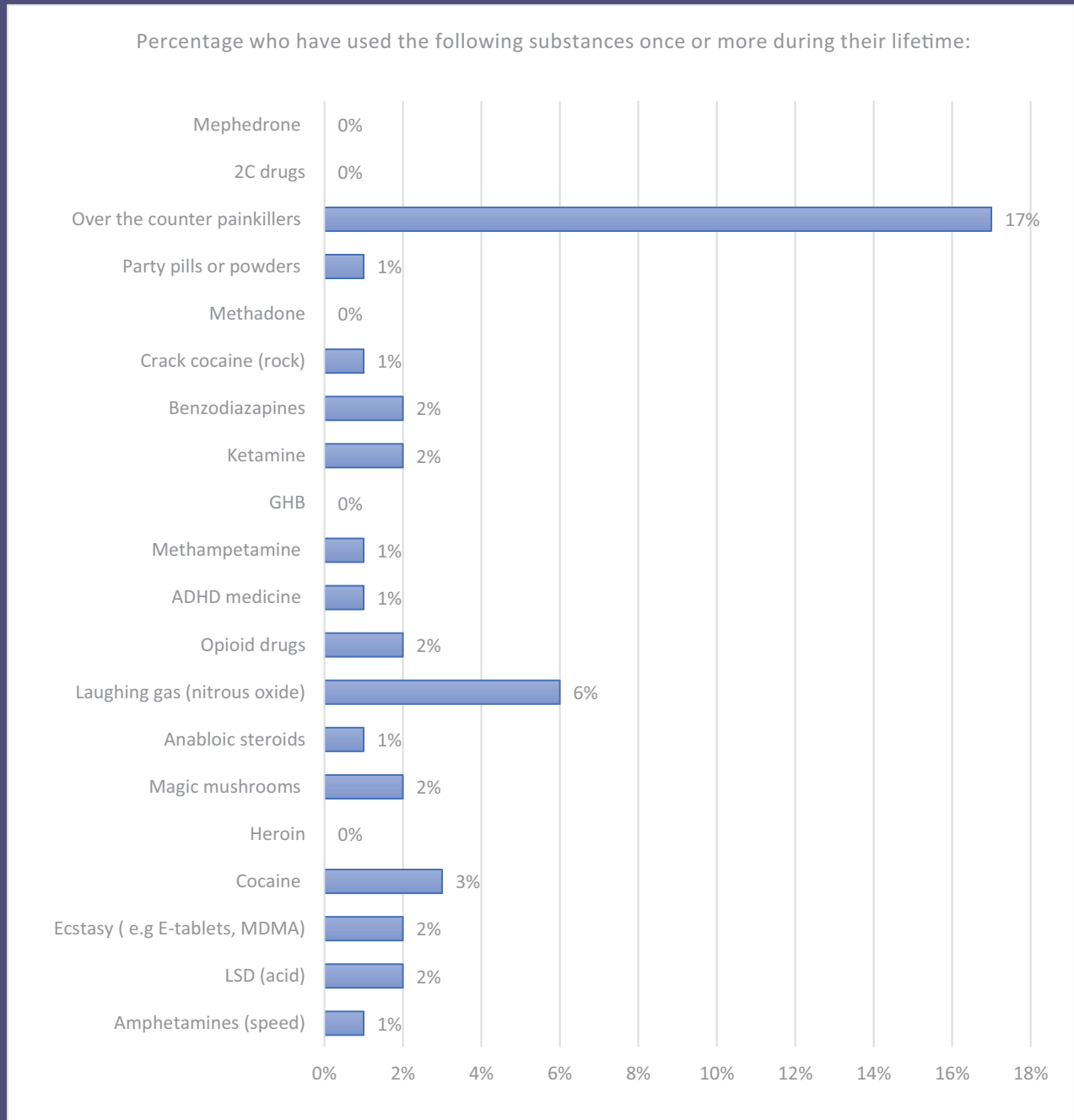
**52% of past 12
month cannabis
users are current
users**

Perceptions of harm from cannabis and current cannabis use status



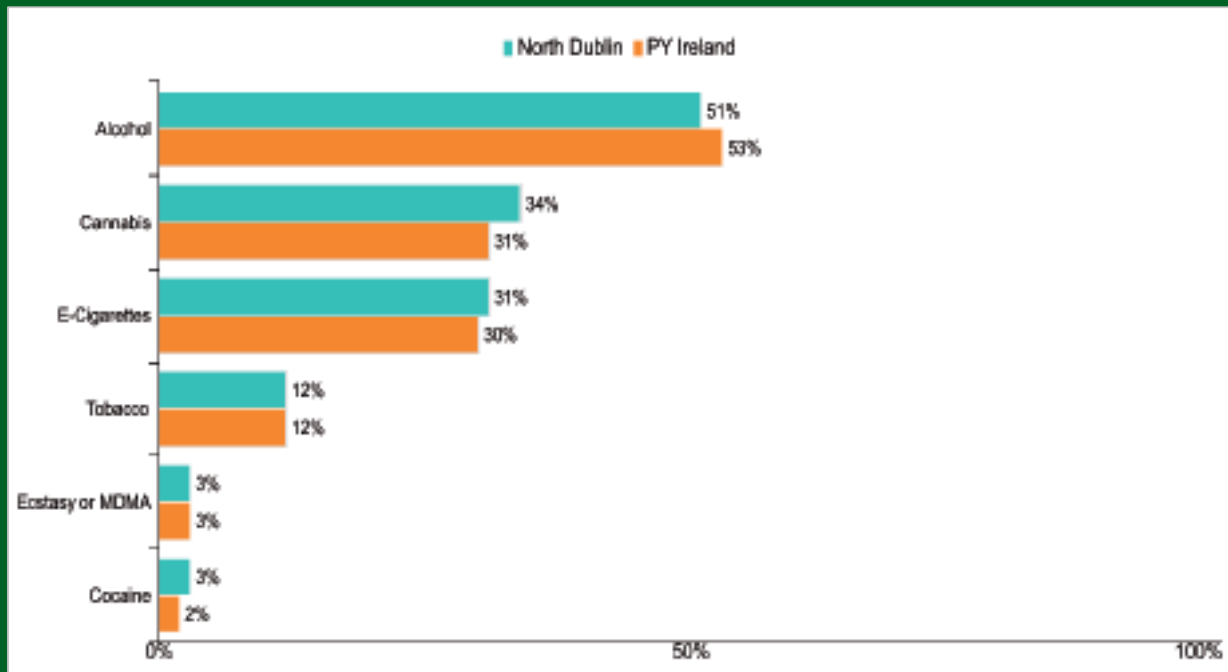
Use of Other Substances:

Percentage who have used the following substances once or more during their lifetime:

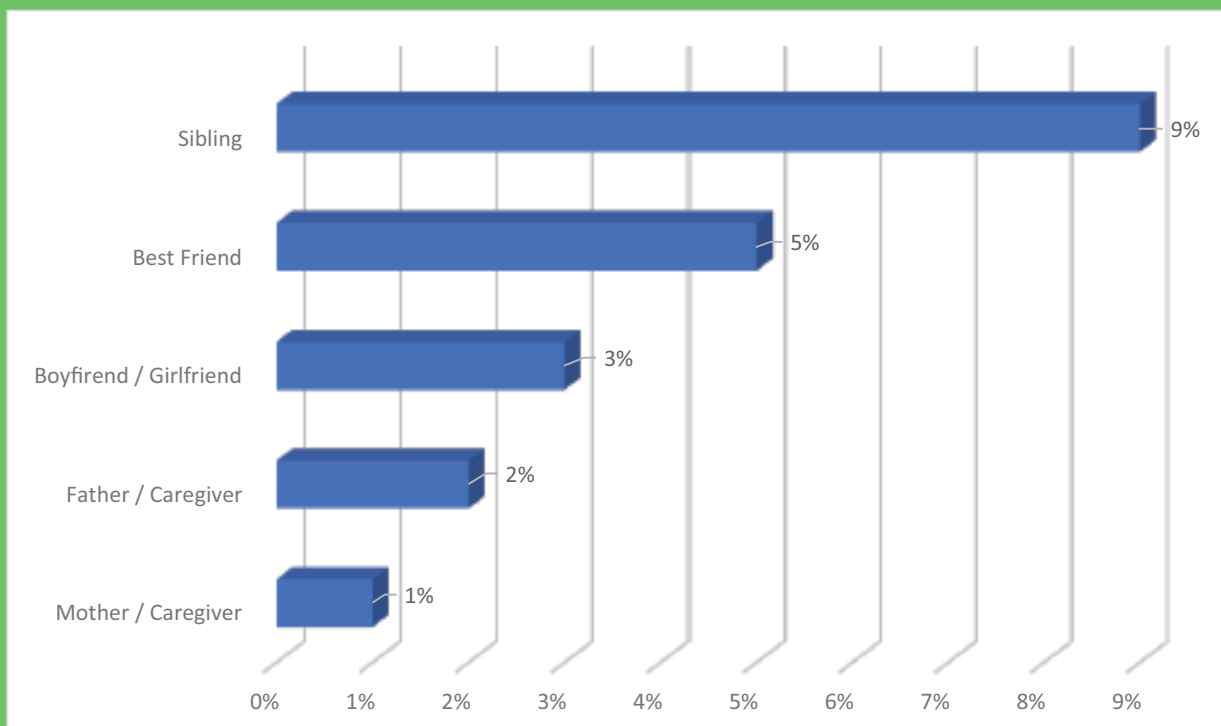


Attitude to substance use:

Percentage of adolescents who believe the use of the following substances is **mostly not harmful** or **not harmful**

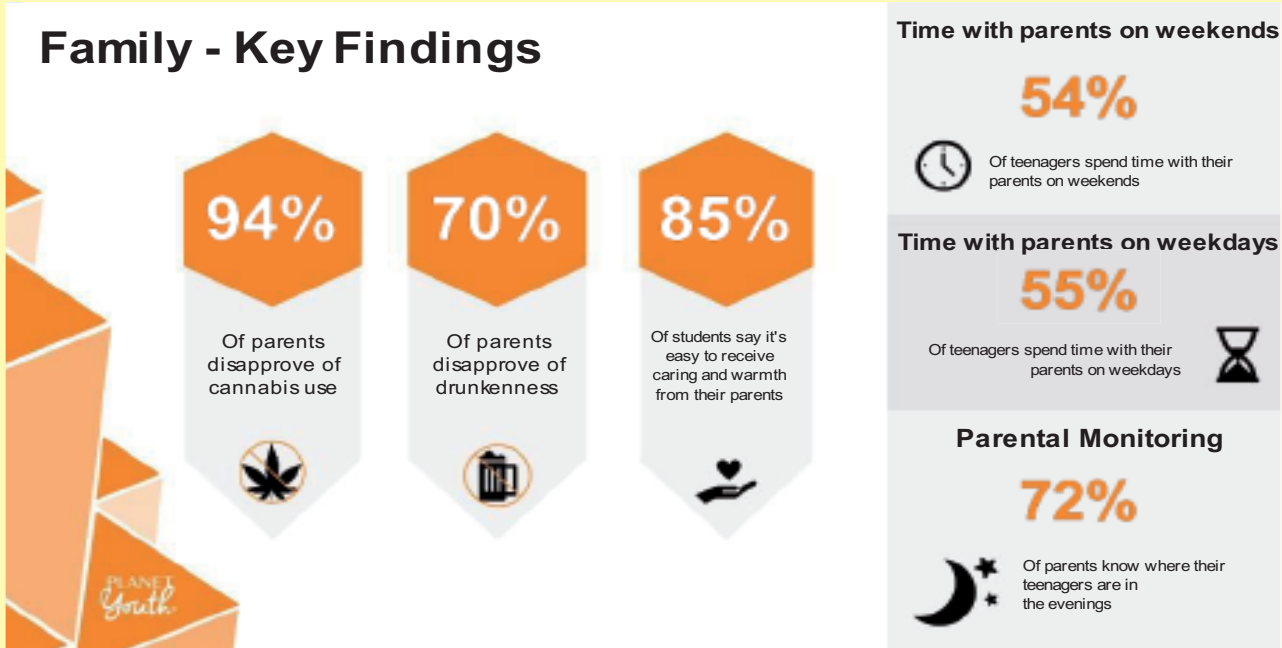


Percentage of adolescents in North Dublin who report the following people use cannabis on weekly or more frequent basis

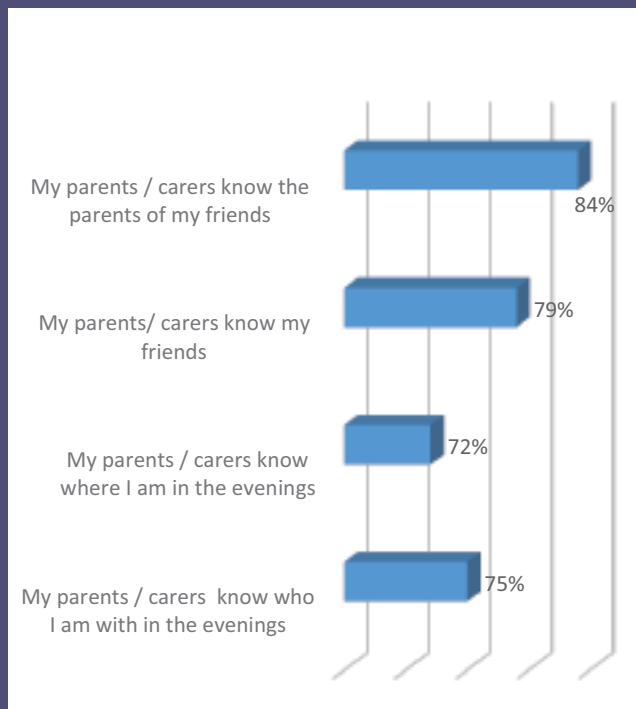
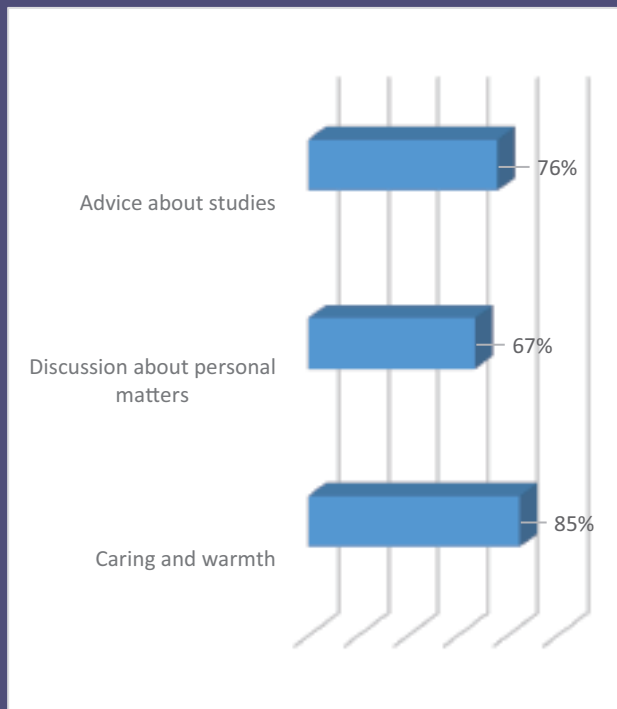


Family Factors:

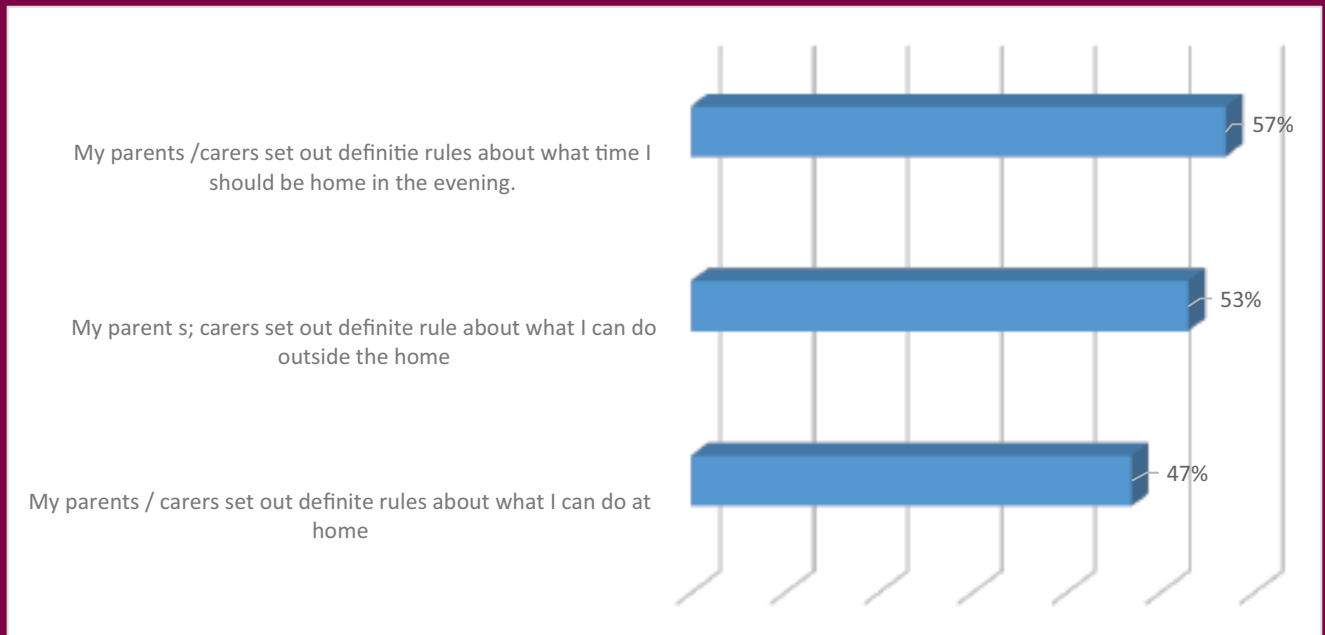
Planet Youth looks to identify both protective factors and risk factors in the lives of young people. The data report shows that family support is a key protective factor. The good news is that the level of care, support and warmth received from parents rates very highly across the North Dublin area. This suggests a very strong base to work from and gives confidence to parents and the communities that young people have good role models.



Percentage of adolescents who agree or strongly agree that the following parental rules apply to them

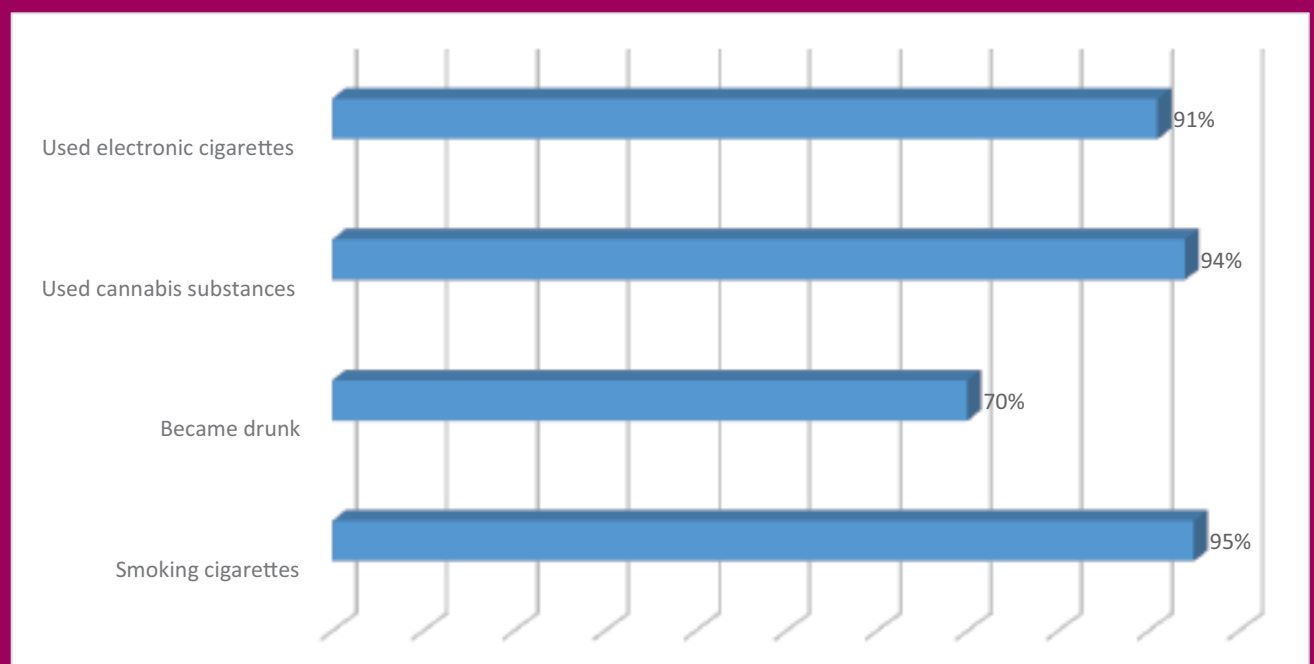


Percentage who **agree** or **strongly agree** that the following parental rules apply to them.



The perceived attitude of parents in relation to the use of alcohol and other substances suggests a high preference against the use of such substances. Equipping parents with accurate information about the risks and potential harm associated with substance use may strengthen this protective factor.

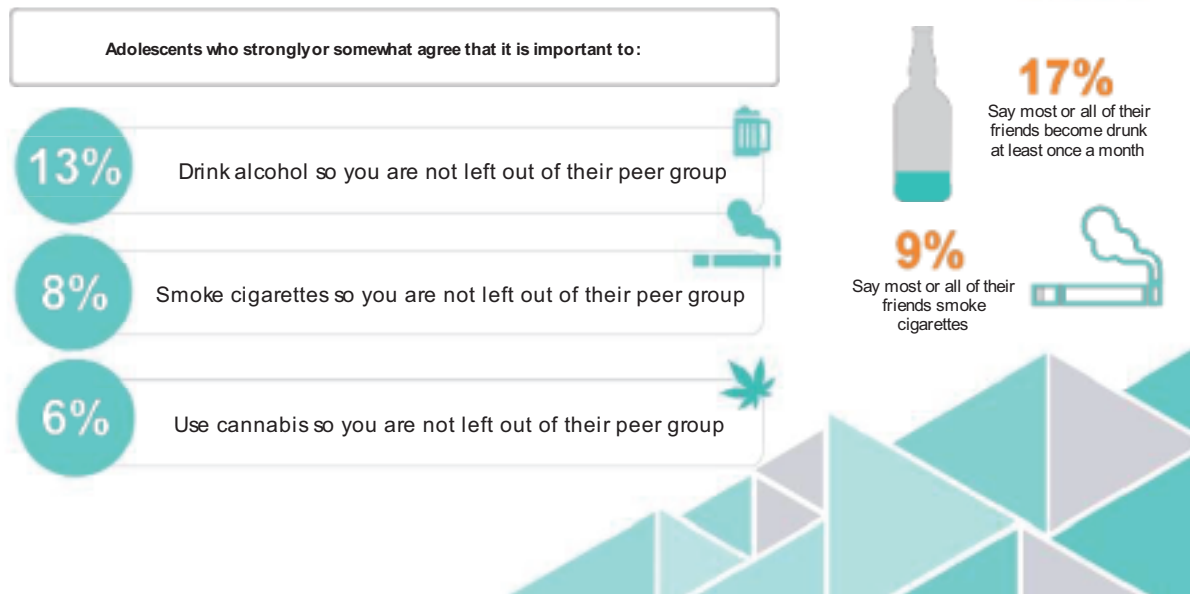
Perceived parental reactions to substance use. Student perceptions that their parents are **against** or **totally against** the following substance use



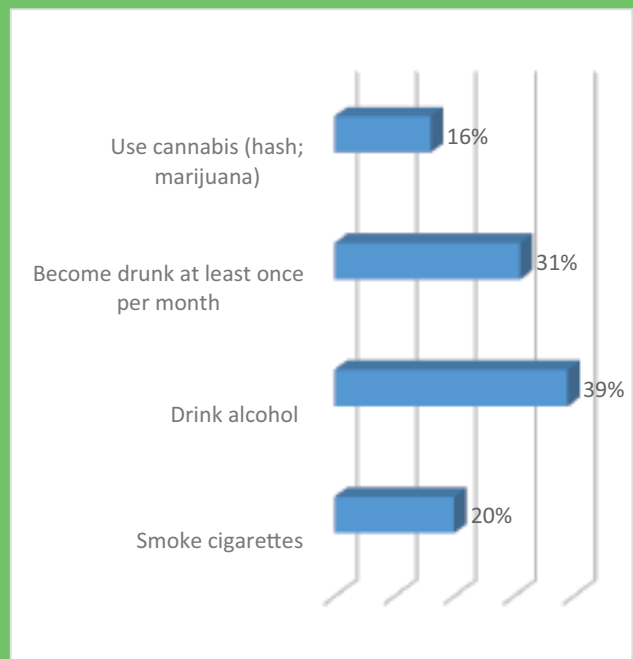
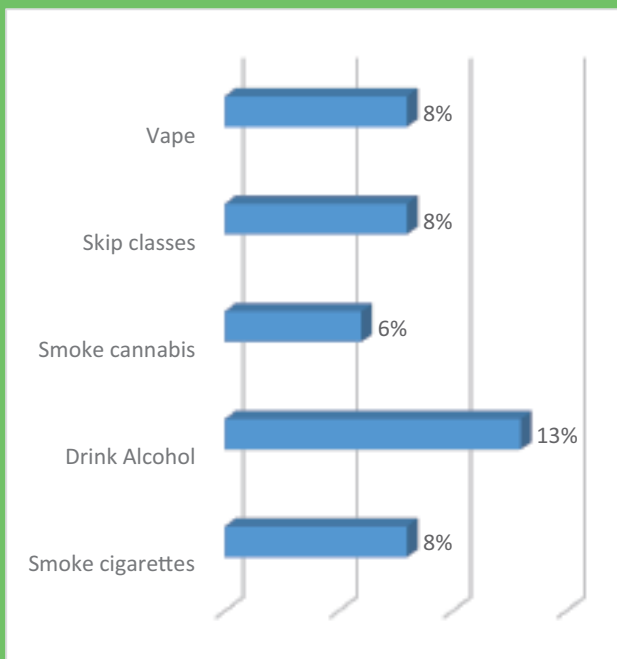
Peer Group:

During the early adolescent years the peer group is an important factor for young people. As young people explore and become more aware of their own identity they also seek out like minded peers with whom they form influential peer relationships. In that stage of development young people may be influenced to behave in a certain way in order to fit into their peer group, or feel accepted by that group. The Planet Youth survey asked questions about the influence of peers in substance use behaviour.

Peer Group- Key Findings

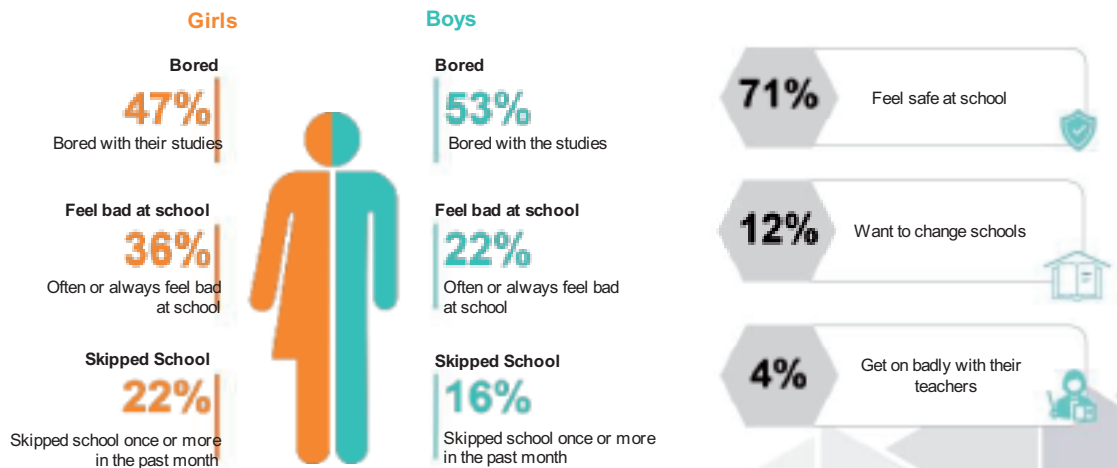


Percentage of adolescents in North Dublin who report that some/most/almost all of their friends:

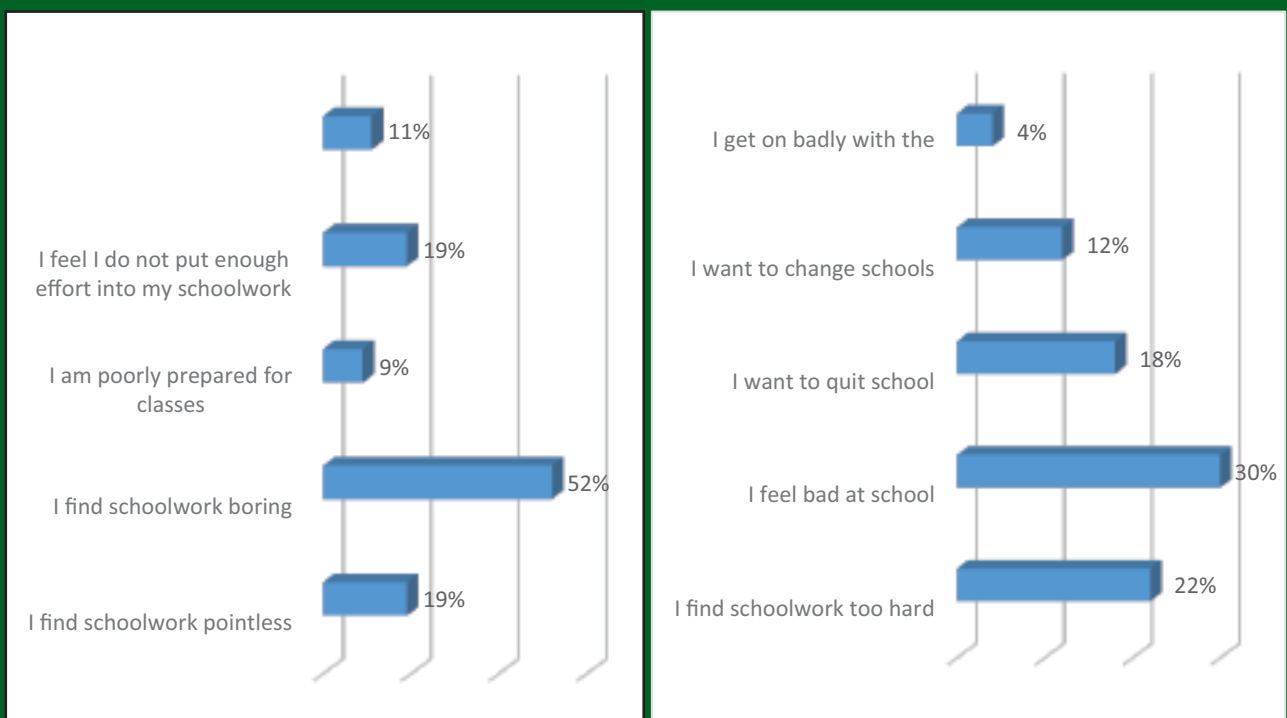


School Findings:

School- Key Findings

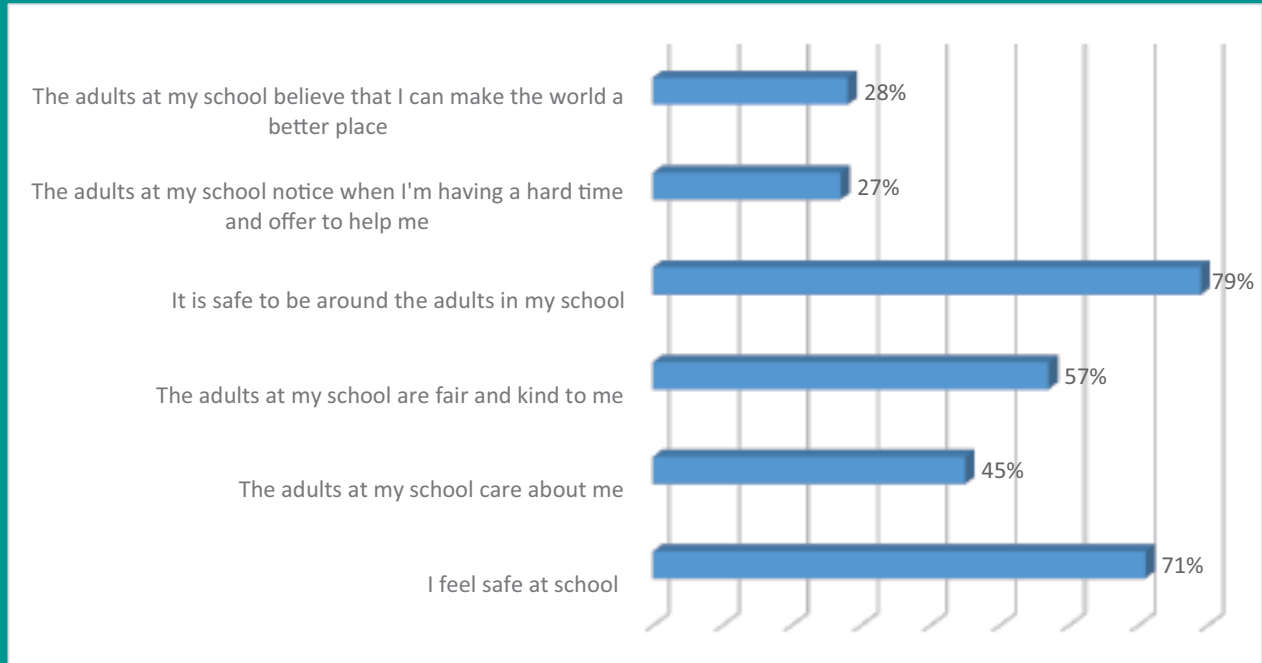


Percentage of adolescents in North Dublin who report that the following school/study attitude applies often or almost always to them

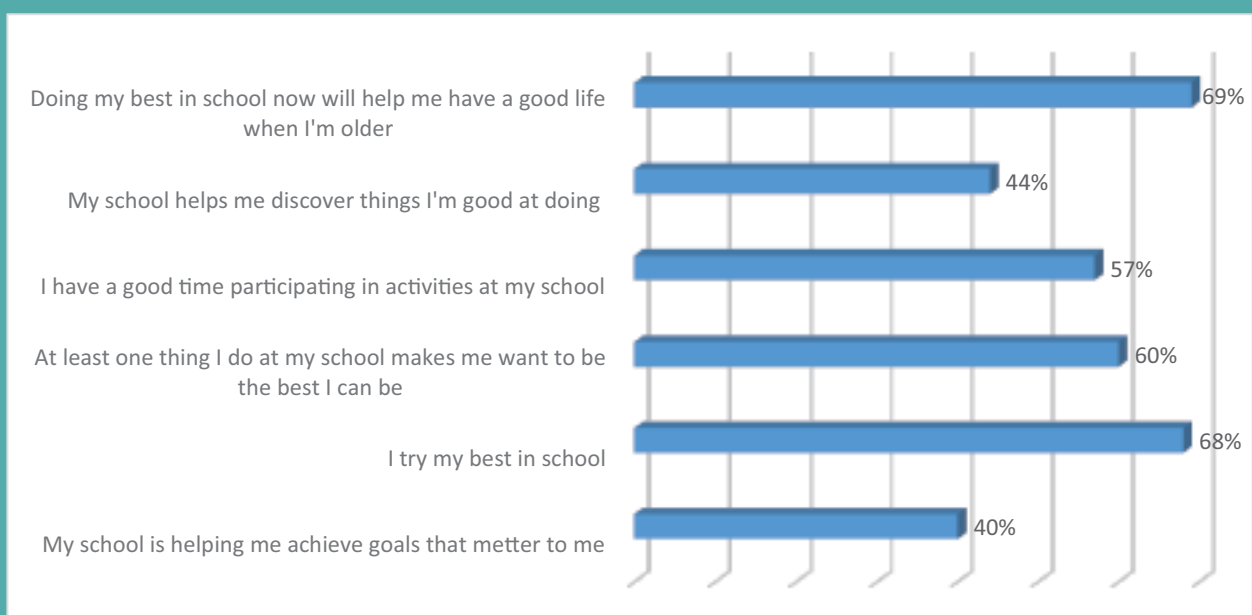


How Young people obtain alcohol.

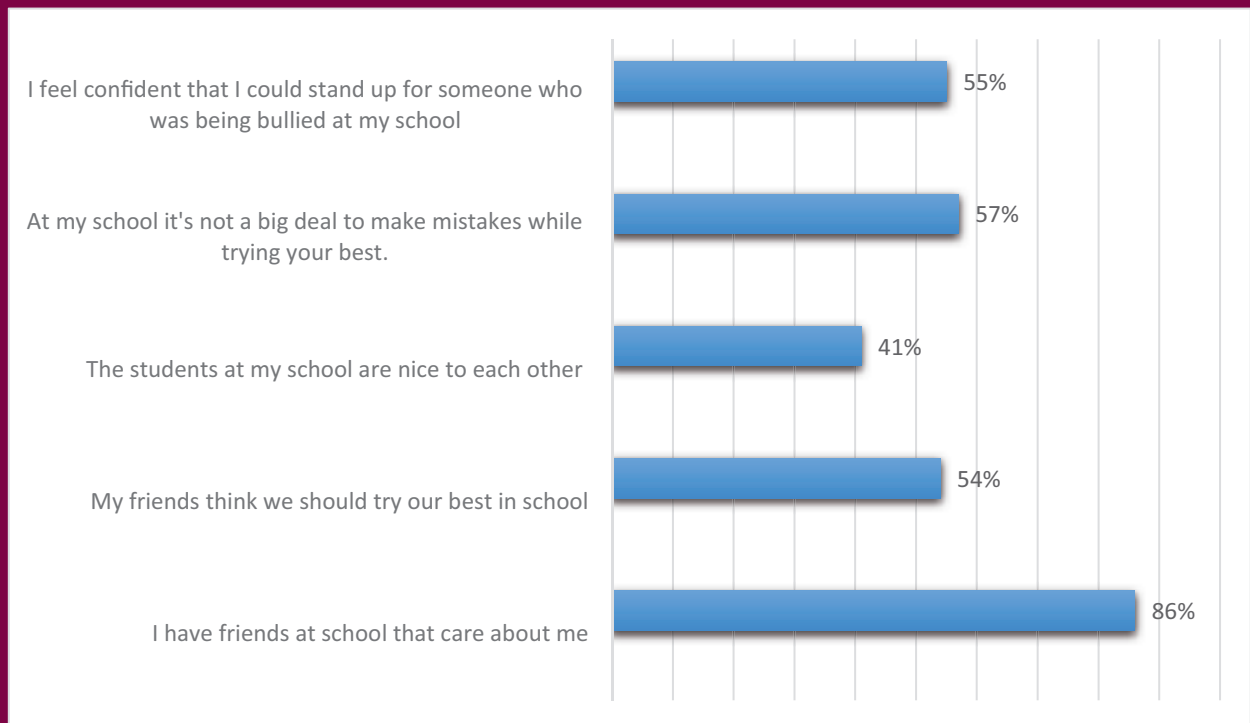
Percentage of adolescents that **agree** or **strongly agree** with the following statements about adult support at school



Percentage of adolescents that **agree** or **strongly agree** with the following statements about school activities and engagement



Percentage of adolescents that agree or strongly agree with the following statements about the peer environment in school



Leisure time and activities



Community Engagement Health

Percentage of adolescents in North Dublin who have used cannabis once or more in their lifetime, in the last 12 months, and in the last 30 days

57 % play sports outside of school at least once a week

44% exercise within guidelines

63% rate their physical health as good or very good

37% rate their mental health as good or very good

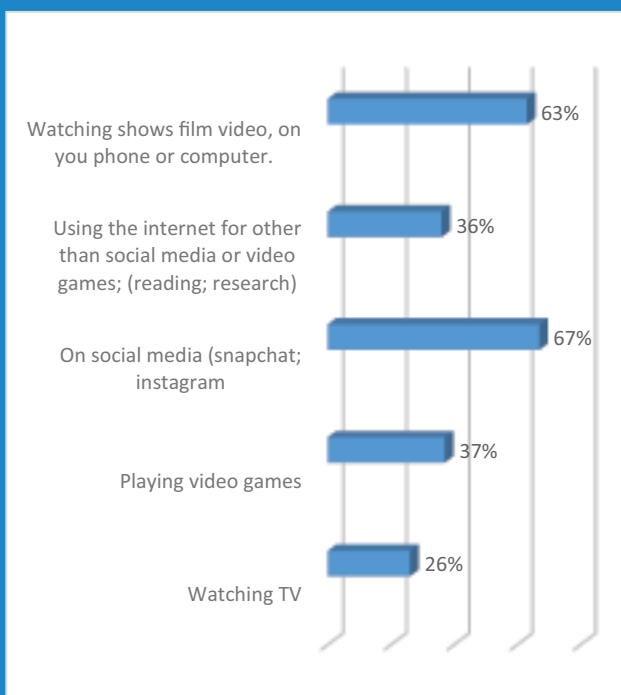
20% participate in the arts extracurriculars

4% volunteer at least once per week

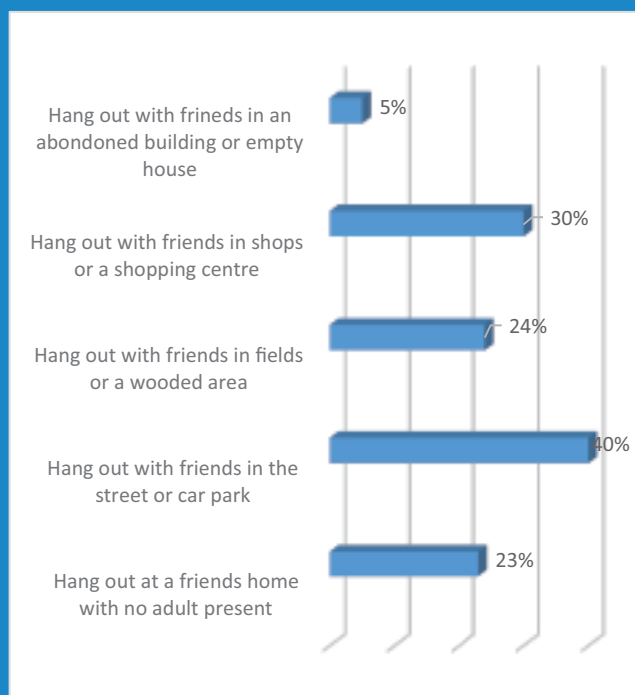
17% take part in organised youth work

1/2 spend about 2 hours or more day on social media

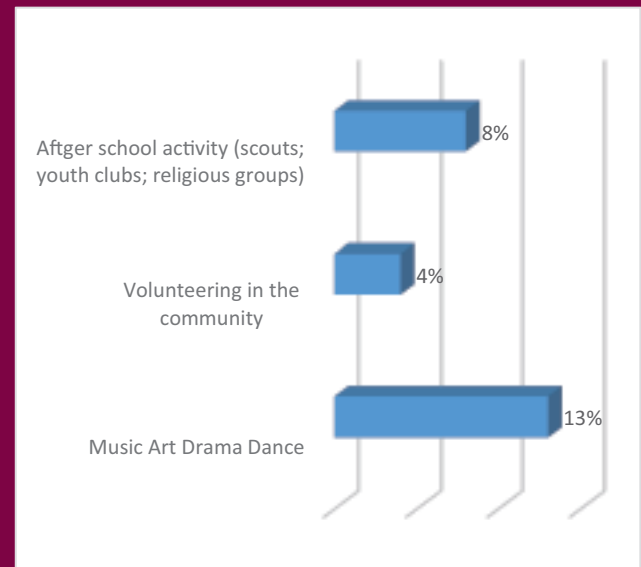
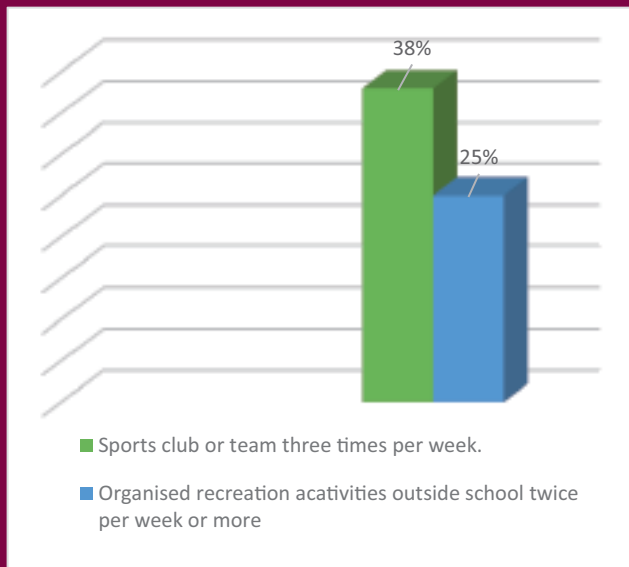
Proportion of adolescents who spend on average hours or more a day on the following activities



Percentage of adolescents who do the following once a week or more

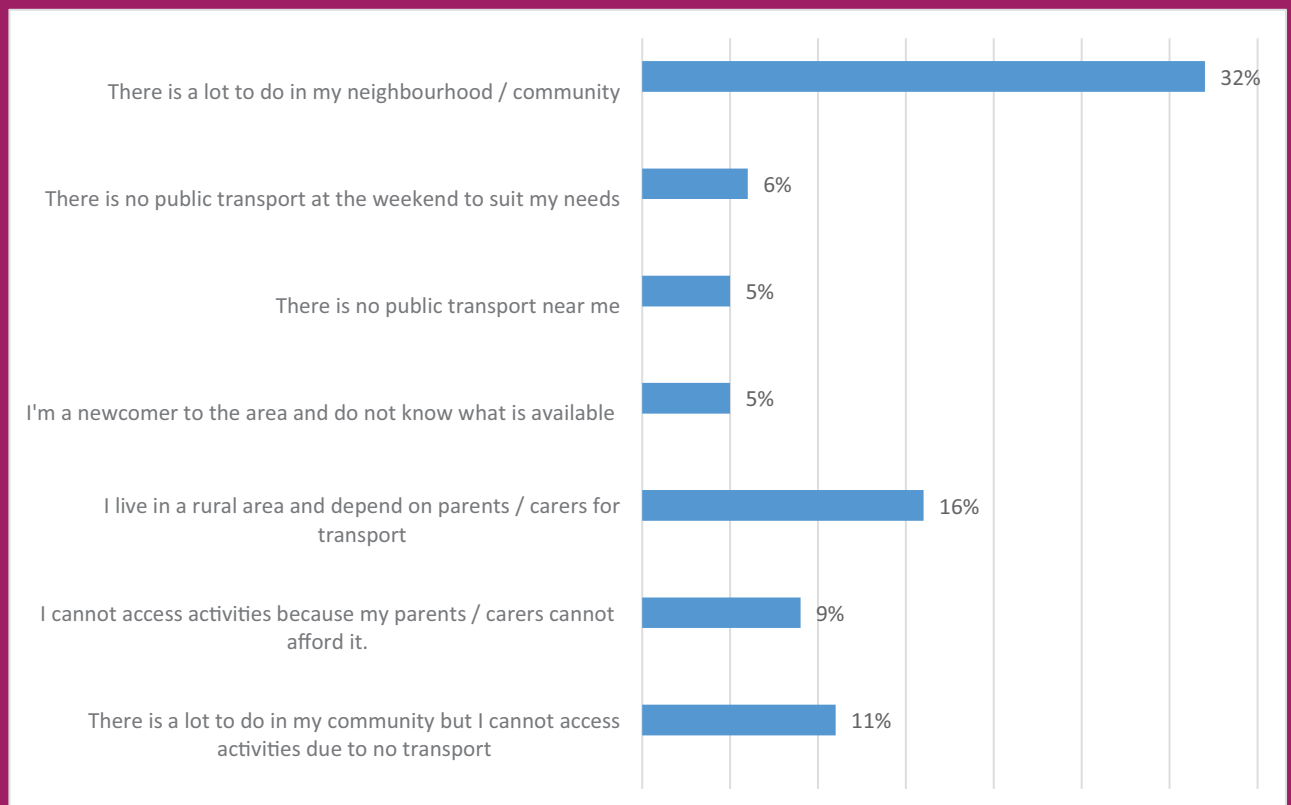


Percentage of adolescents who participate in the following out-of-school activities **twice per week or more**



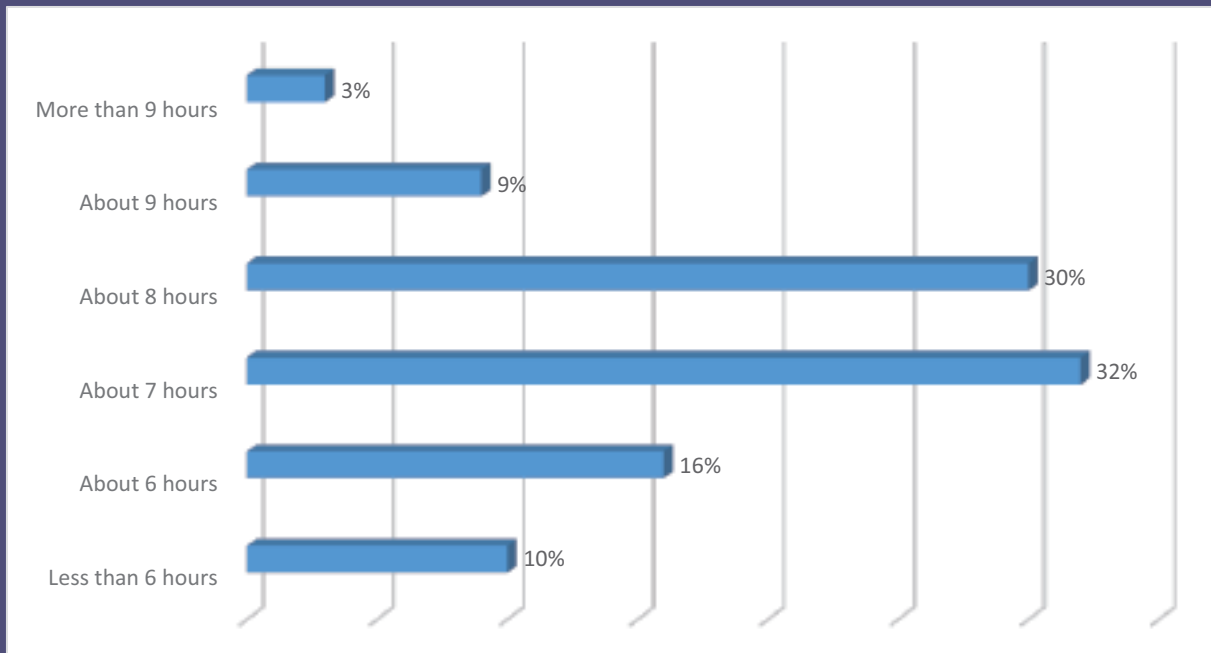
Facilities in the community:

Percentage of adolescents who agree or strongly agree to the following statements

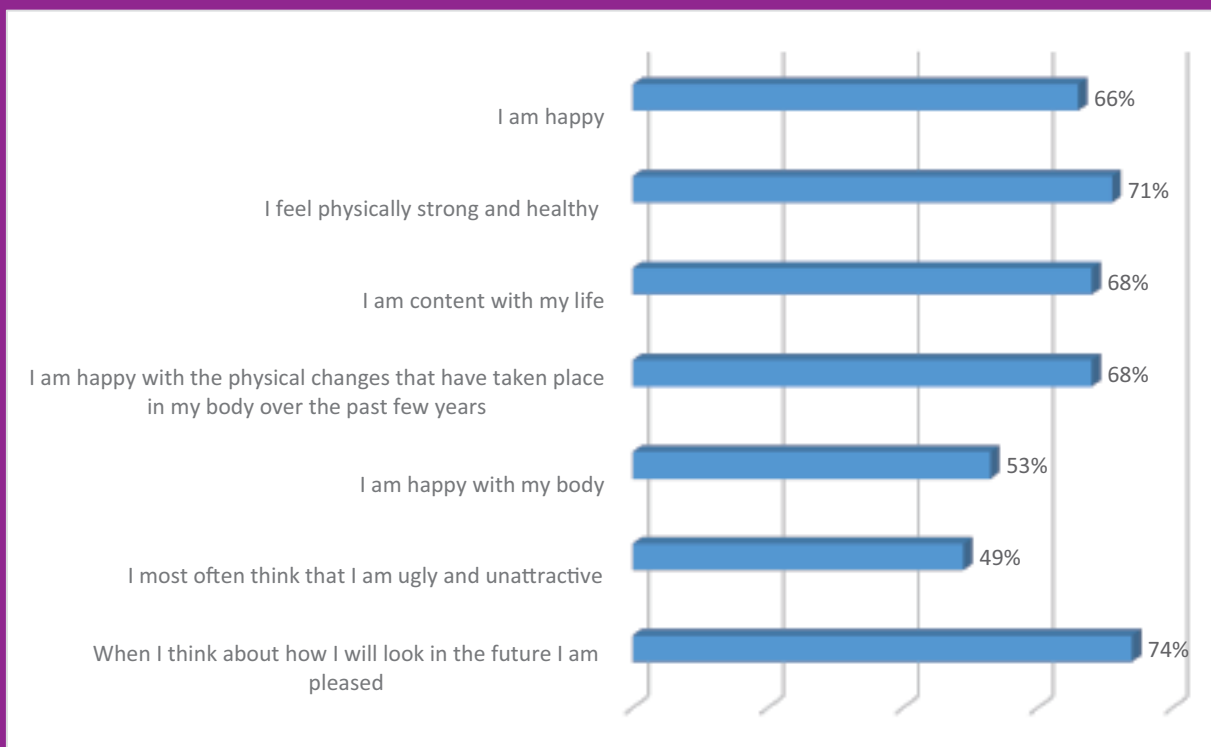


Wellbeing indicators:

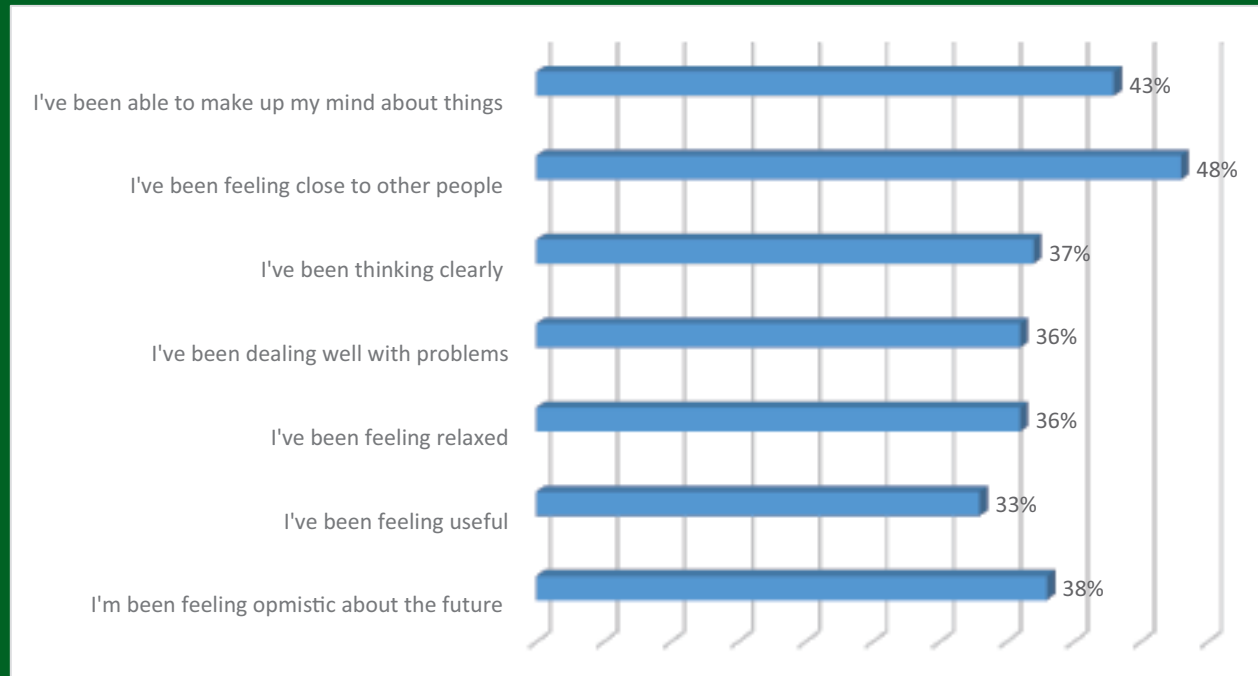
Average number of hours of sleep among adolescents



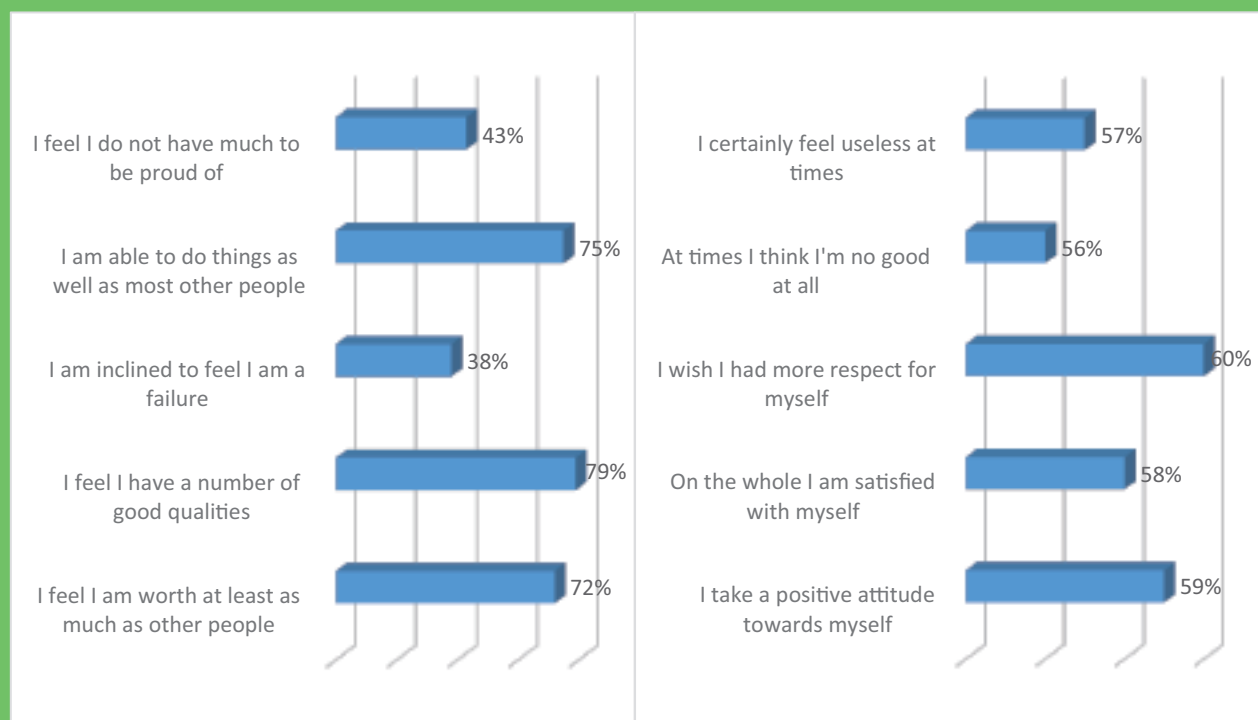
Percentage of adolescents who say the following statements apply **very** or **rather well** to them



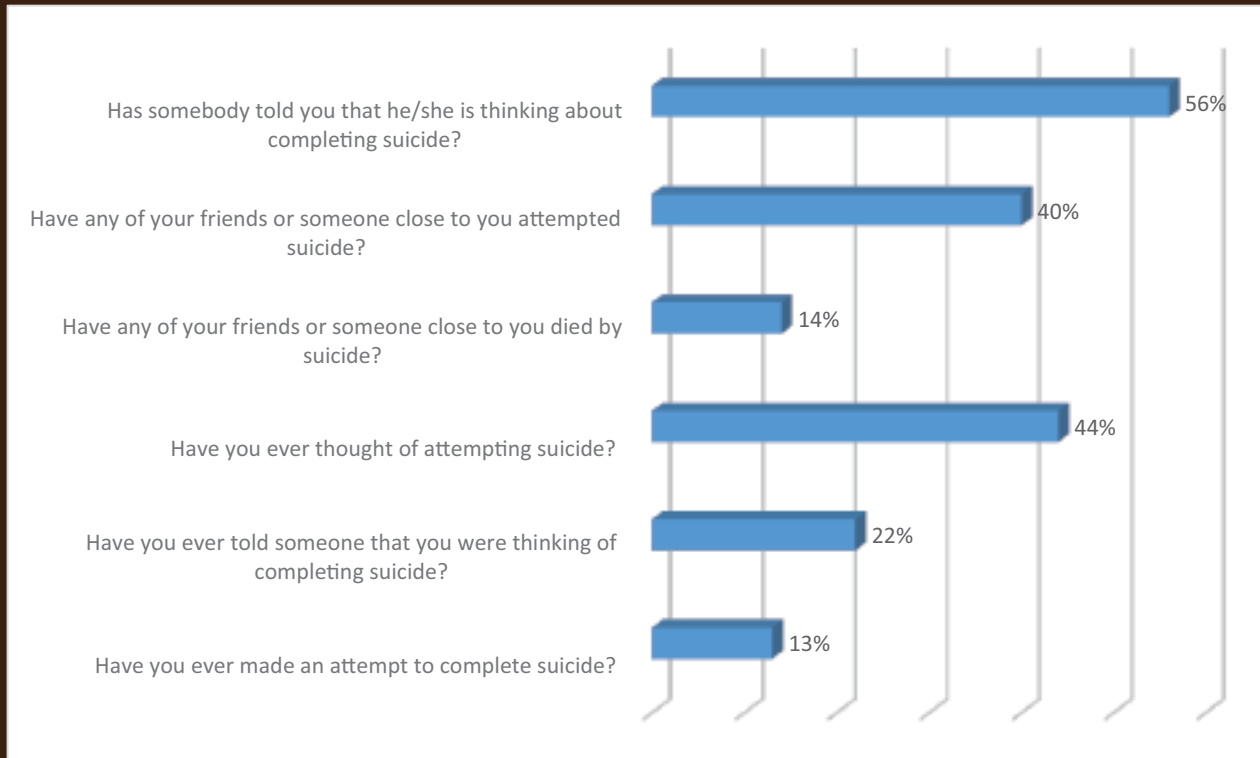
Percentage of adolescents in North Dublin who say the following statements applied ofte or all of the t me to them the past 2 weeks



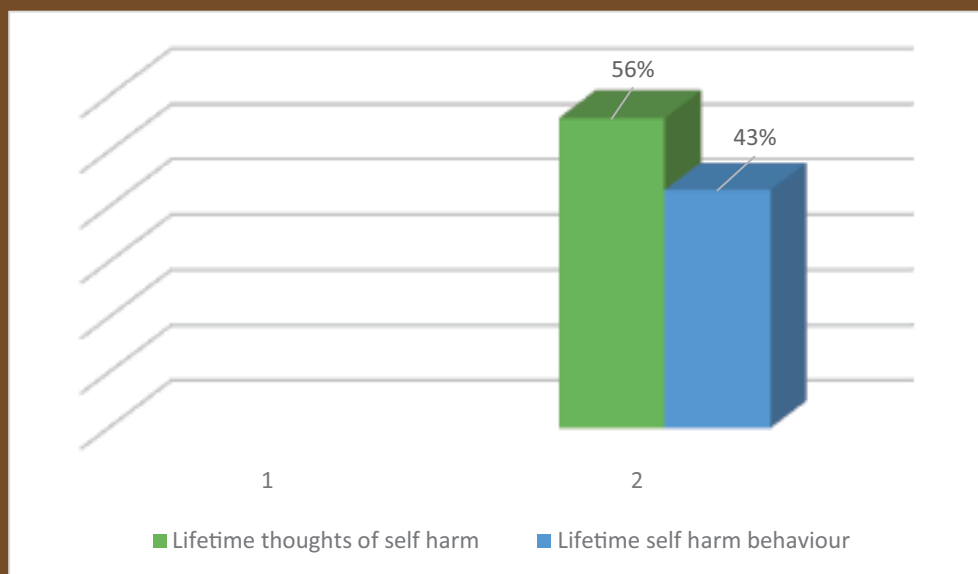
Percentage of adolescents in North Dublin who **agree** or **strongly agree** to the following statements



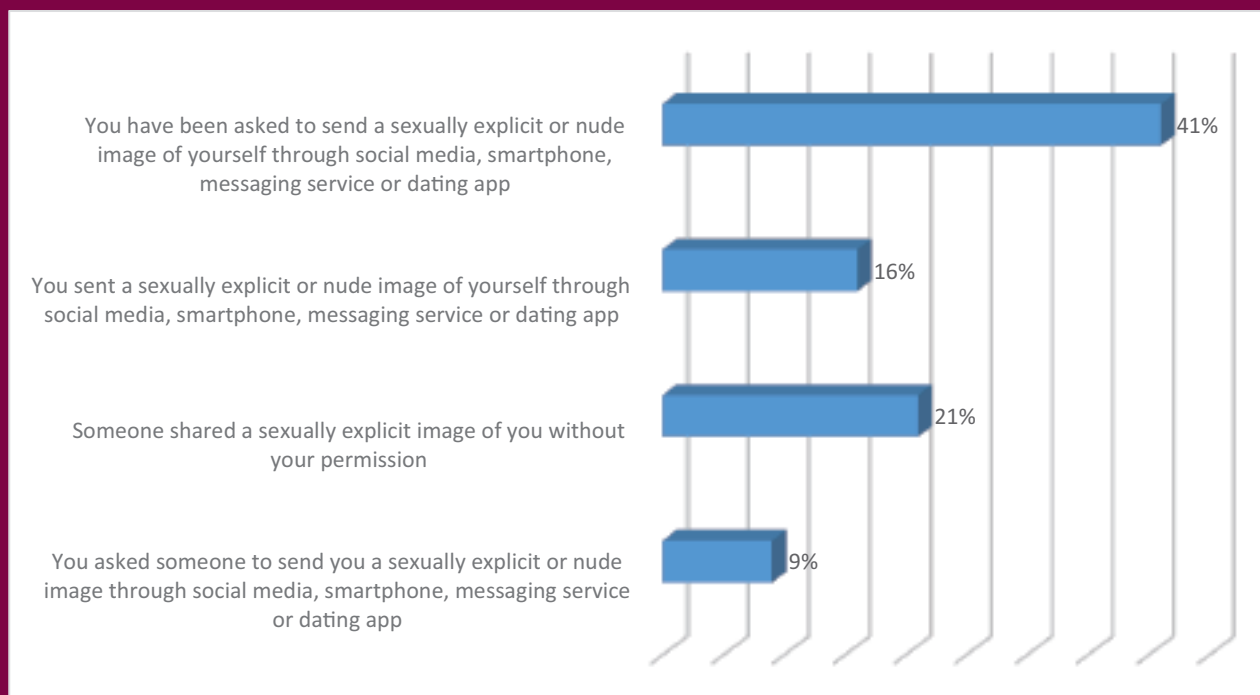
Percentage of adolescents in North Dublin who say the following statements apply to them



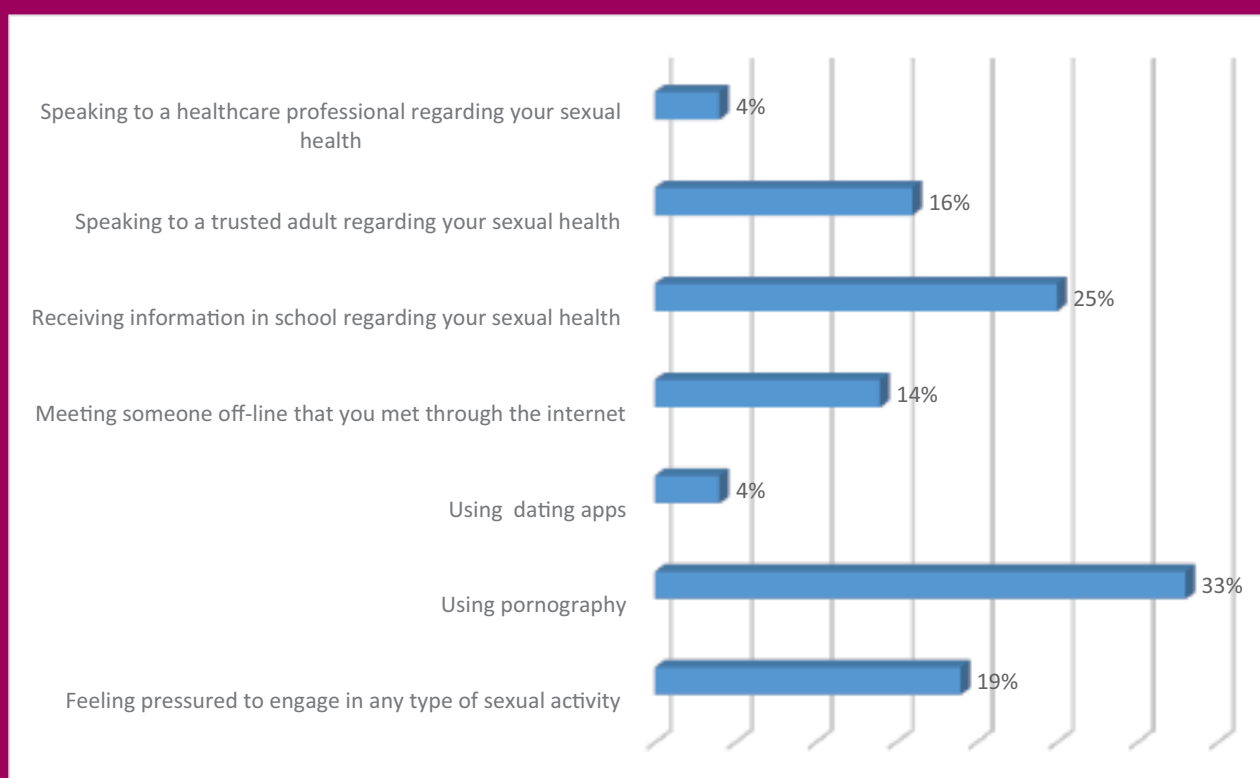
Percentage of adolescents who have thought about harming themselves on purpose and who have harmed themselves on purpose



Percentage of adolescents who have been asked to send, have sent or received sexual explicit or nude images through social media, a smartphone messaging service, or dating app

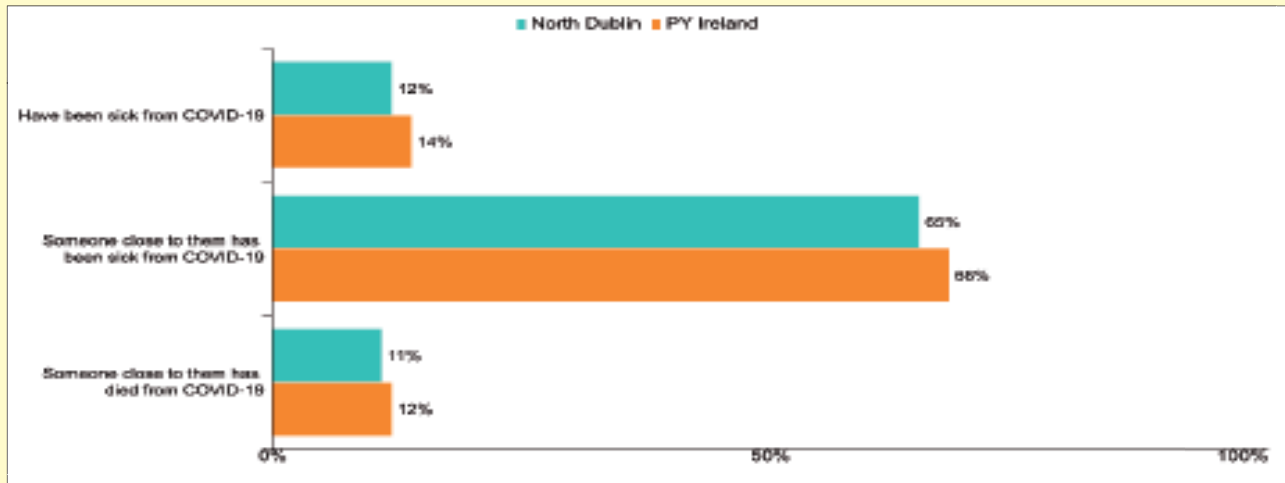


Percentage of adolescents who report the following applied to them once or more in the past 12 months

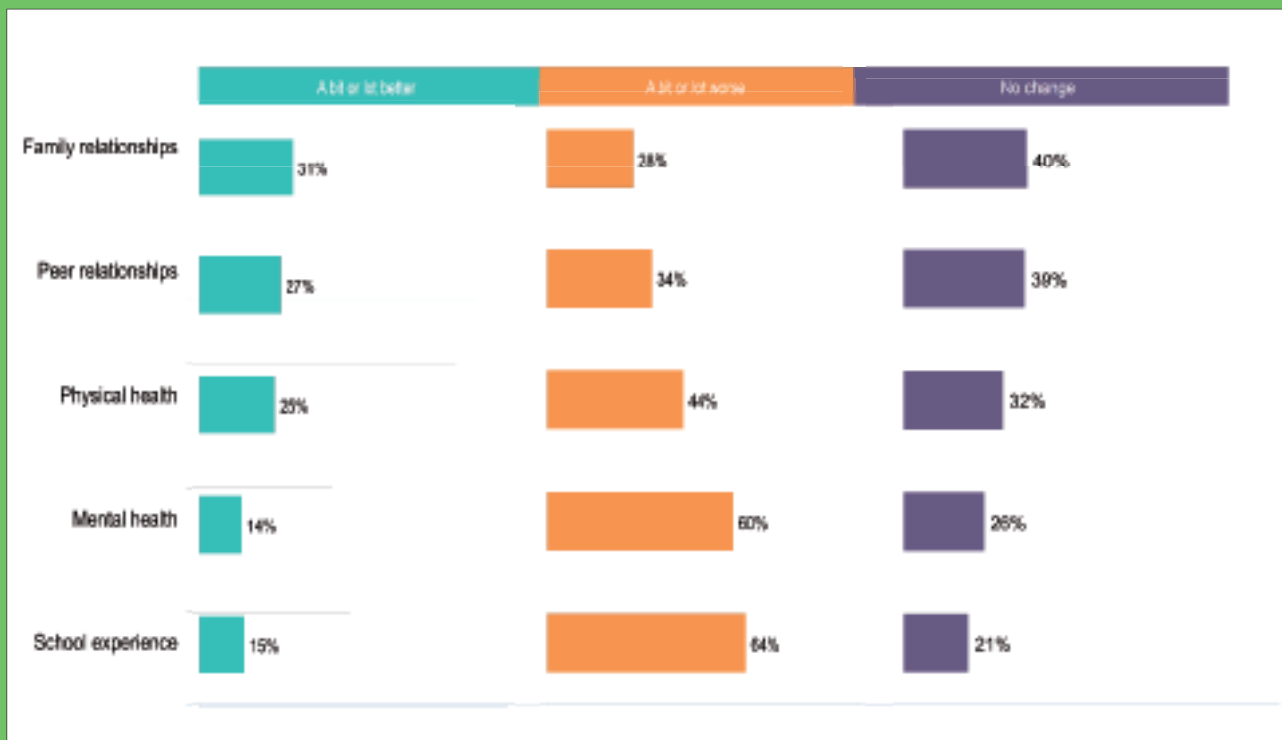


Note that the charts showing Covid 19 related data show the percentages for North Dublin in green and for the combined percentages for both the North Dublin and Cavan Monaghan Planet Youth sites in orange. This shows context of the data across a wider population sample.

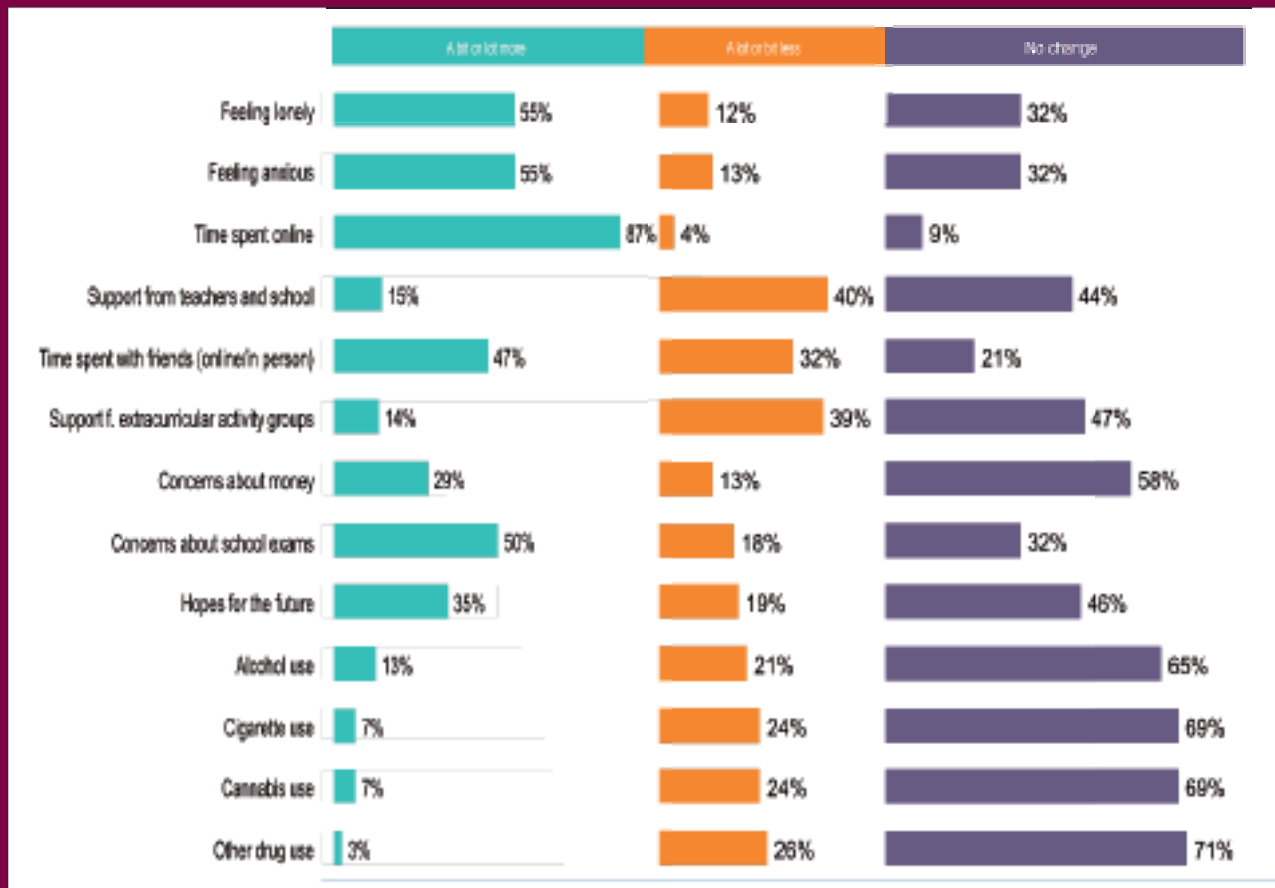
Percentage of adolescents who report they have been sick from COVID-19, or anyone close to them has been sick or died from COVID-19



Percentage of adolescents in North Dublin who report that some/most/almost all of their friends:



Adolescents in North Dublin report how COVID-19 affected the following areas of



Section 4: Recommendations

Recommendations

- The data presented in this report is not accompanied by a detailed analysis intentionally. The Planet Youth team recognise the importance of involving all stakeholders with a remit for young people and families in the region in the process of analysis and reviewing the findings in the context of their current and potential role in responding to the evidence. Following the formal launch of Planet Youth in North Dublin and this report, this planning process will begin.
- There is far more rich data available than was feasible to present in this report. To capitalise on the full potential of the data, the Planet Youth team intend sourcing a part time researcher to mine the data and produce targeted reports and analysis focussing on key themes to support partner agencies with their efforts to improve outcomes for young people. This data has been developed on the foot of input by nearly 3000 young people which came with a promise of their continued involvement in the process including the development of responses to the findings. Mechanisms for the meaningful and sustainable inclusion of young people throughout the life time of this project is important and has already begun.
- An encouraging protective factor that emerged is the sense of protection and caring that most young people reported from their parents. This is an important finding in identifying existing protective factors and building on them. Similarly, there were high levels of positivity expressed towards teachers. With home and school life core areas of influence for young people strategies that include parents and teachers as allies should be incorporated into planning processes.
- Unsurprisingly given the data was gathered in the context of Covid-19, the data for mental health and wellbeing indicators is of real concern and warrants further analysis in conjunction with the HSE and other partners. Further mining of the data to look at cross-tabulations will be useful in this regard.
- In general it seems that attitudes and perceptions about risk correlate with consumption levels of harmful substances. This strengthens the need for health promotion initiatives that target parental, youth and community perceptions. There are existing partners and initiatives well placed to progress health promotion and other strategies to respond to this which will need to be considered in planning processes.
- Vaping has emerged as a specific risk behaviour in the data that is prevalent. Whilst there is a robust anti-tobacco strategy in place and indeed it is a named priority for Healthy Ireland; vaping seems to require further attention in terms of health promotion and consistent and accurate messaging in relation to harm at community level.
- The usefulness of the data depends on the quality of the instruments used. consideration may be given to strengthening one or two of the questions in the next data collection to eliminate perceived ambiguity and strengthen the findings.
- There are a number of indicators that warrant a deeper examination including Mental health and wellbeing indicators. This was not possible in the time frame for the presentation of this high level report but should be progressed.
- Community collaboration will be important in terms of developing linked responses. The SAMH groups and youth focussed networks such as CYPSC will be important forums for this.

NOTES





PARTNER *Ireland*



NORTH DUBLIN

Regional Drug & Alcohol Task Force



North Dublin
Community Care Service



North Dublin Regional Drug & Alcohol TAsk Force

33-34 Main St, Malahide Co Dublin, K36 EE72

68 Main St, Applewood, Swords, Co Dublin, K67 KF72

Unit 7, Floor 2 & 3, Sarsfield House, Georges Hill, Balbriggan, Co Dublin, K32 FW31

Tel: 01-22 33 493 • www.ndublinrdtf.ie • samh@ndublinrdtf.ie