

Growing up in the West

The lives and
lifestyles of our
young people

[VIEW REPORTS](#)

www.planetyouth.ie



What is Planet Youth?

A public health programme designed to improve long-term health and life outcomes for all our school-going population.



gretb

Bord Oideachais agus Oiliúna
na Gaillimhe agus Ros Comáin
*Galway and Roscommon
Education and Training Board*



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Comhairle Contae Mhaigh Eo
Mayo County Council

Planet Youth Survey

ENGLISH - IRELAND

Planet Youth 2018

**A survey of the lives and
living conditions of young people**

– Confidential –

PLANET
Youth
by ICSRA ©

ENGLISH - IRELAND

Planet Youth 2020

**A survey of the lives and
living conditions of young people**

– Confidential –

PLANET
Youth
by ICSRA ©

35310001

Please put the questionnaire in the envelope, seal it up and
leave it on your desk for collection.

All the questionnaires will be destroyed after processing.

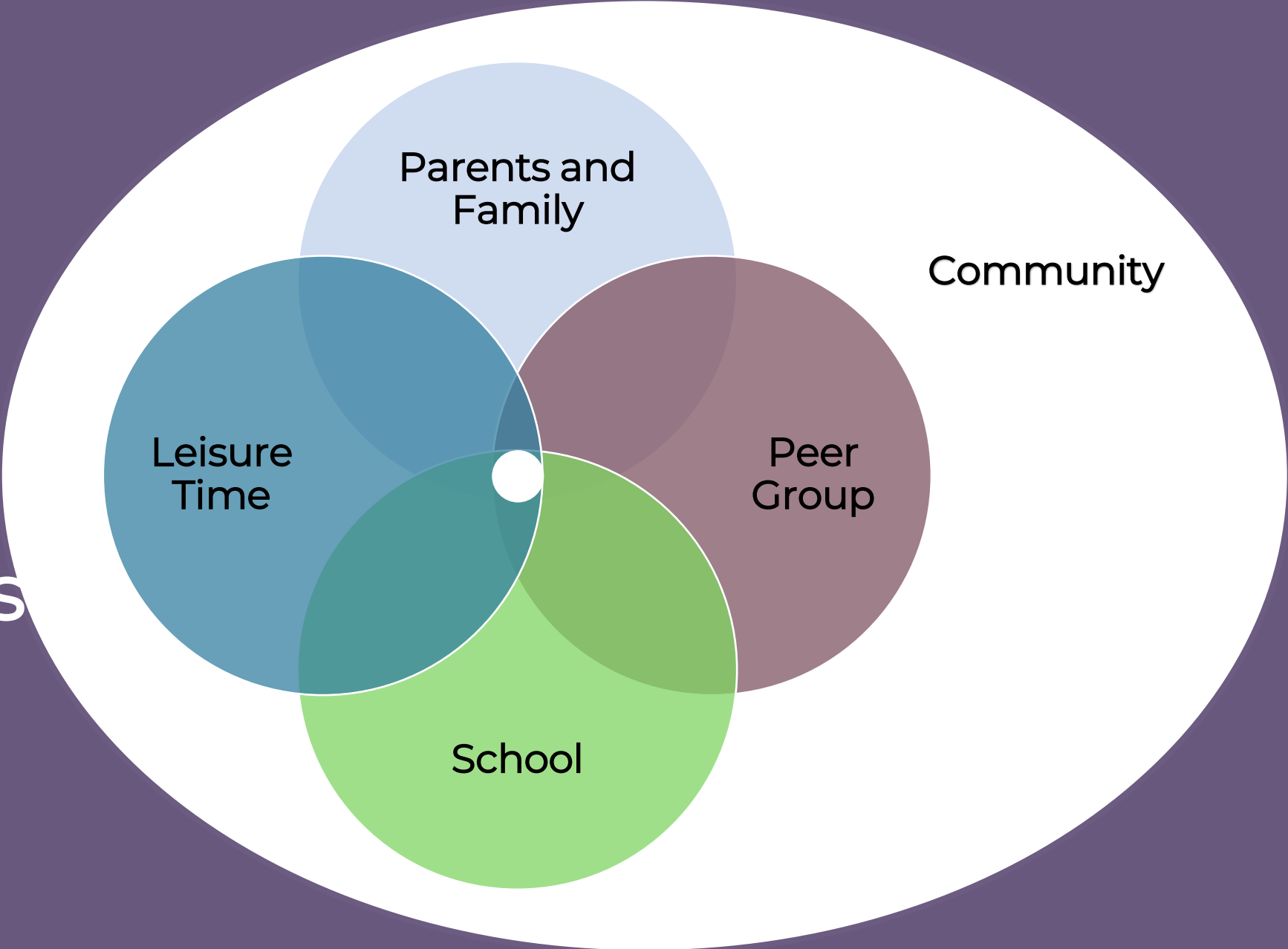
Thank you very much for your participation

© ICSRA 2020



Schools Surveys
2018, 2020, 2022

Interventions
that influence
risk and
protective
factors in
these domains



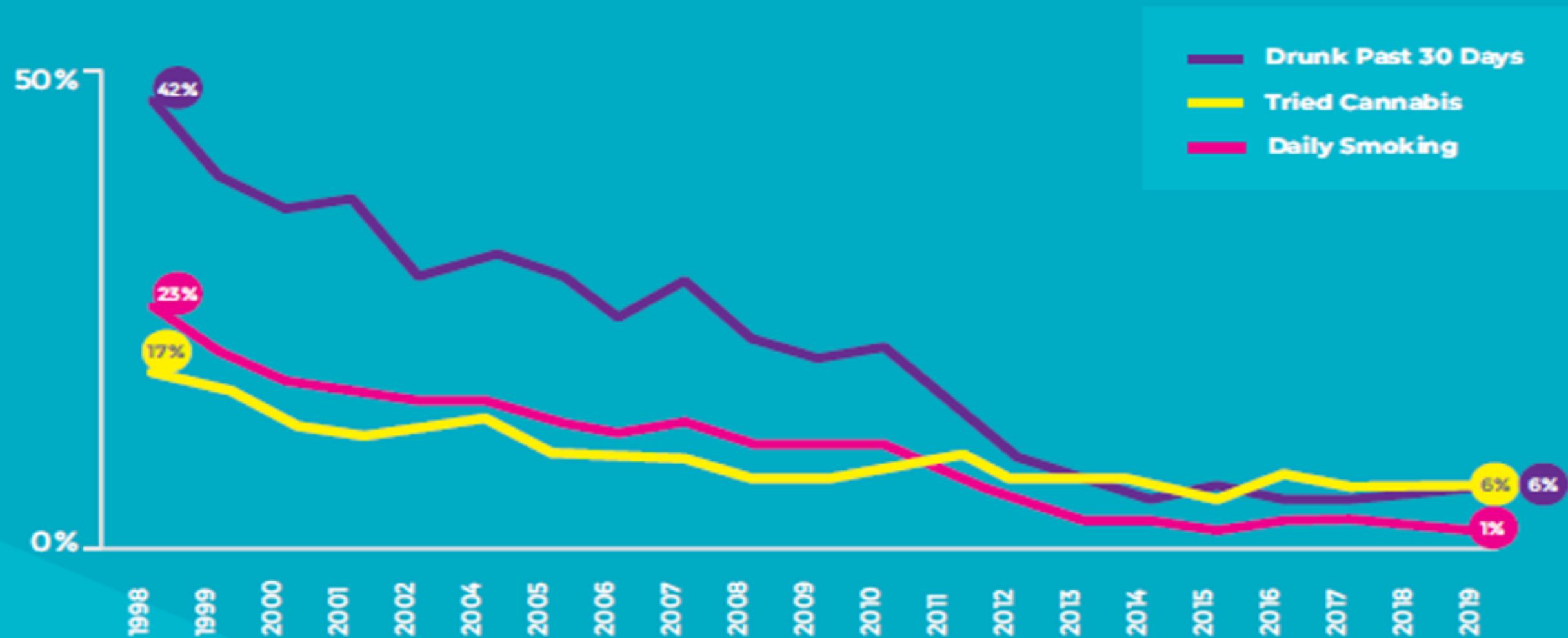






CHANGE THROUGH PRIMARY PREVENTION

SUBSTANCE USE IN ICELANDIC 15-16 YEAR OLDS (1998 - 2019)



The primary prevention approach will be used here to address many areas related to the health and wellbeing of our young people.

Including:

- Alcohol and other drugs
- Physical activity
- Excessive screen use
- Mental health
- Sleep

County reports

WESTERN REGION
Drug & Alcohol Task Force
Methúil Drugaí an tAirthair

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PARTNER Ireland

Growing up in the West
The lives of our young people

Planet Youth County Report
Mayo 2020

WESTERN REGION
Drug & Alcohol Task Force
Methúil Drugaí an tAirthair

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Planet Youth County Report
Galway 2020

WESTERN REGION
Drug & Alcohol Task Force
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Growing up in the West
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Planet Youth County Report
Roscommon 2020

Parent Power Booklet – JI Parents

About Planet Youth

Planet Youth is an evidence-based primary prevention project that provides us with the opportunity to improve the long-term health and wellbeing of our children.

Every two years, we survey all of the 15 and 16 year olds in our schools in Galway, Mayo and Roscommon, and this gives us the information we need to make positive changes for the younger children coming behind them.

This booklet has been developed to bring some of that information to parents who have children in national school and to introduce the idea of parents working together more, in order to improve outcomes for all of our children.

Having good routines in place from a young age will pay off quickly but also over time will make for happier, healthier children, teenagers and young adults.

We hope you find the booklet useful.

88%
of our teens said it's
easy to get caring
and warmth from
parents

59%
of our teens
are not getting
enough sleep

47%
of our teens spend
three hours or
more on social
media every day

64%
of our teens
reported good
physical health



Contents

Family Time

Sleep and Bedtimes

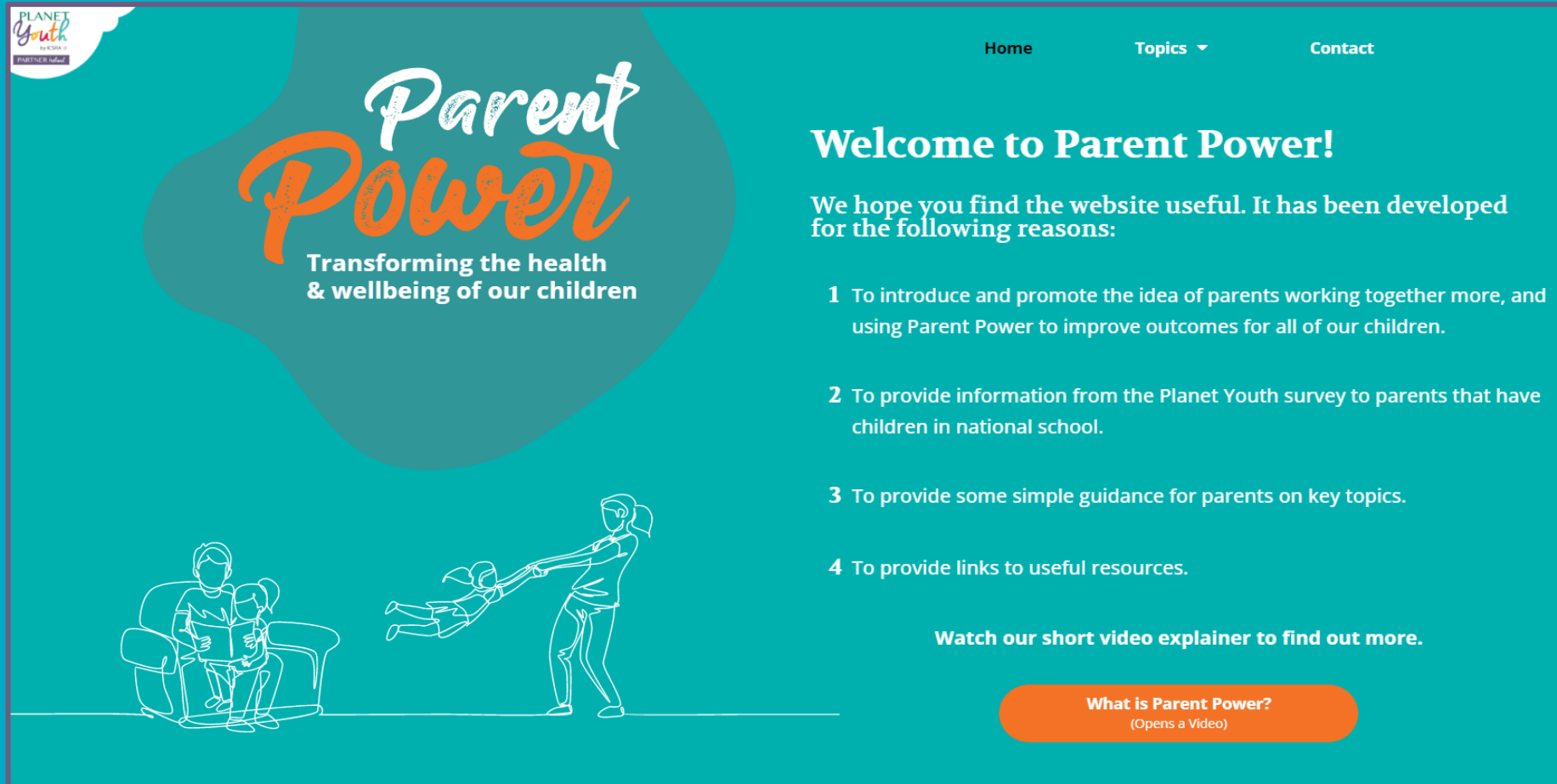
Screen Time

Sports and Hobbies

Making Changes at Home

Parents Working Together

Parent Power Website



The screenshot shows the homepage of the Parent Power website. The background is a teal-to-blue gradient. In the top left corner, there is a logo for 'PLANET Youth by KSWA in PARTNER with'. The main title 'Parent Power' is displayed in a large, stylized font, with 'Parent' in white and 'Power' in orange. Below the title, the tagline 'Transforming the health & wellbeing of our children' is written in white. At the bottom left, there are two white line-art illustrations: one of a person sitting in a chair reading to a child, and another of a person lifting a child into the air. In the top right corner, there are navigation links for 'Home', 'Topics' (with a dropdown arrow), and 'Contact'. The main content area features a 'Welcome to Parent Power!' heading, followed by a paragraph explaining the website's purpose. A numbered list of four points details the website's goals. At the bottom right, there is a call to action to watch a video explainer, accompanied by an orange button with the text 'What is Parent Power? (Opens a Video)'.

PLANET Youth by KSWA in PARTNER with

Home Topics Contact

Parent Power

Transforming the health & wellbeing of our children

Welcome to Parent Power!

We hope you find the website useful. It has been developed for the following reasons:

- 1 To introduce and promote the idea of parents working together more, and using Parent Power to improve outcomes for all of our children.
- 2 To provide information from the Planet Youth survey to parents that have children in national school.
- 3 To provide some simple guidance for parents on key topics.
- 4 To provide links to useful resources.

Watch our short video explainer to find out more.

[What is Parent Power?](#)
(Opens a Video)

Parent Guidelines Booklet – 1st Year



GUIDELINES FOR PARENTS

 **BEDTIMES**

FIRST YEAR	09:30PM
SECOND YEAR	09:45PM
THIRD YEAR	10:00PM
TRANSITION YEAR	10:15PM
FIFTH YEAR	10:30PM
LEAVING CERT YEAR	10:45PM



It is recommended that teenagers get 8 to 10 hours of undisturbed sleep per night.

SCREEN TIME & SOCIAL MEDIA

Overuse of screens and social media is not good for the health and wellbeing of young people.

The suggested guideline is to limit their use to a maximum of 2 hours per day in total. This should be after completion of homework and other activities and screens should be put away at least one hour before bedtime.

No screens in bedrooms after bedtime.

WWW.PLANETYOUTH.IE

ABOUT PLANET YOUTH

Planet Youth is an innovative public health project being adopted in counties Roscommon, Mayo and Galway. Its aim is to improve the **health and happiness of young people** in our communities and assist them in achieving their full potential.

The latest Planet Youth Survey was conducted amongst 4,478 15-16 year olds in all of the secondary schools in Roscommon, Mayo and Galway during December 2020.

88%

Easy to get Caring and Warmth from parents



48%

Exercise 3 times a week or more



14%

out after midnight



59%

not getting enough sleep



18%

Get alcohol from parents



74%

happy in their lives

86%

feel safe in their community

32%

reported self-harm once or more



33%

Tried alcohol by **13**

20%

Drunk last month



17%

have tried Cannabis



50%

spend 3 hours or more on social media daily



FAMILY TIME

The Planet Youth survey had some really positive findings related to family life and the relationships that our teenagers have with their parents. 88% stated that it's easy to receive caring and warmth from their parents. Teens report spending a lot of time with their parents and 88% stated that their parents know where they are in the evenings.

Having shared interests, regular family mealtimes, family activities and family meetings creates enjoyable time and space to chat with and listen to our teenagers. As they get older, it is important to maintain good quality communication with them and to stay connected, interested and engaged in what's happening in their lives.

As parents, we are the most important role models for our teens so it is important that we set a good example with our own behaviours.

88%

Easy to get Caring and Warmth from parents



SCREEN TIME GUIDELINES

The Planet Youth survey showed us that 50% of our young people are spending 3 hours a day or more on social media. We know that too much screen time impacts upon homework and hobbies and can be detrimental to good mental health. Screen use should be kept to a maximum of **2 hours per day** after homework and other activities are completed.

Screens should be off at least one hour before bed and kept out of bedrooms after bedtime.

If you can have these guidelines in place from first year they will become increasingly important as your child gets older. Talk to your child about their online life and be a good role model with your own screen use.

50%
spend 3 hours
or more on
social media
daily



BEDTIME GUIDELINES

The Planet Youth survey showed us that half of our young people are not getting enough sleep. The suggested guidelines for bedtime are:

FIRST YEAR	09:30PM
SECOND YEAR	09:45PM
THIRD YEAR	10:00PM
TRANSITION YEAR	10:15PM
FIFTH YEAR	10:30PM
LEAVING CERT YEAR	10:45PM

Sleep is just as important to your child's development and well-being as nutrition and physical activity. It is recommended that teenagers get a minimum **8 to 10 hours** of undisturbed sleep per night. For example; a first year that has to get up at 07.30am should be asleep by 09.30pm in order to get their 10 hours of sleep.





INTERESTS, HOBBIES & SPORTS

It is important that young people are encouraged to keep engaging in quality supervised, structured activities that interest them as they get older.

Physical activity is important for good health and wellbeing but not every child is interested in sports. Other hobbies and interests that provide opportunities to get involved in their community outside of school allow our children to further develop their social skills and build emotional resilience.

Good quality supervised and structured activities are also a known protective factor against substance use and anti-social behaviour.

53%

Exercise
3 times a
week or
more



20%

Drunk in
the last
month



17%

Lifetime
cannabis
use



SUBSTANCE USE

As your child gets older, they will become more and more curious about alcohol and other drugs.

The survey showed us that 42% of our children were drunk in the previous year and that 33% have tried alcohol by the age of thirteen. 61% of the children that reported using cannabis had also tried alcohol by thirteen.

Use of alcohol or drugs at a young age can impair brain development and will increase the chances of developing a dependency later in life. It also increases the likelihood of other risky behaviours.

PARENTAL SUPPLY OF ALCOHOL

Teens that get alcohol from their parents are over **3.5 times more likely** to have been drunk in the last month.

As well as getting alcohol from parents, nearly a third of all teenagers reported that they were doing their drinking at a friend's house.

The evidence is clear that the best thing we can do as parents is to defer any alcohol use for as long as possible. By agreeing, as parents collectively, to not give any alcohol to other children in our homes we can make a big difference to the long-term health and wellbeing of our young people.

18%

get alcohol
from a parent



10%

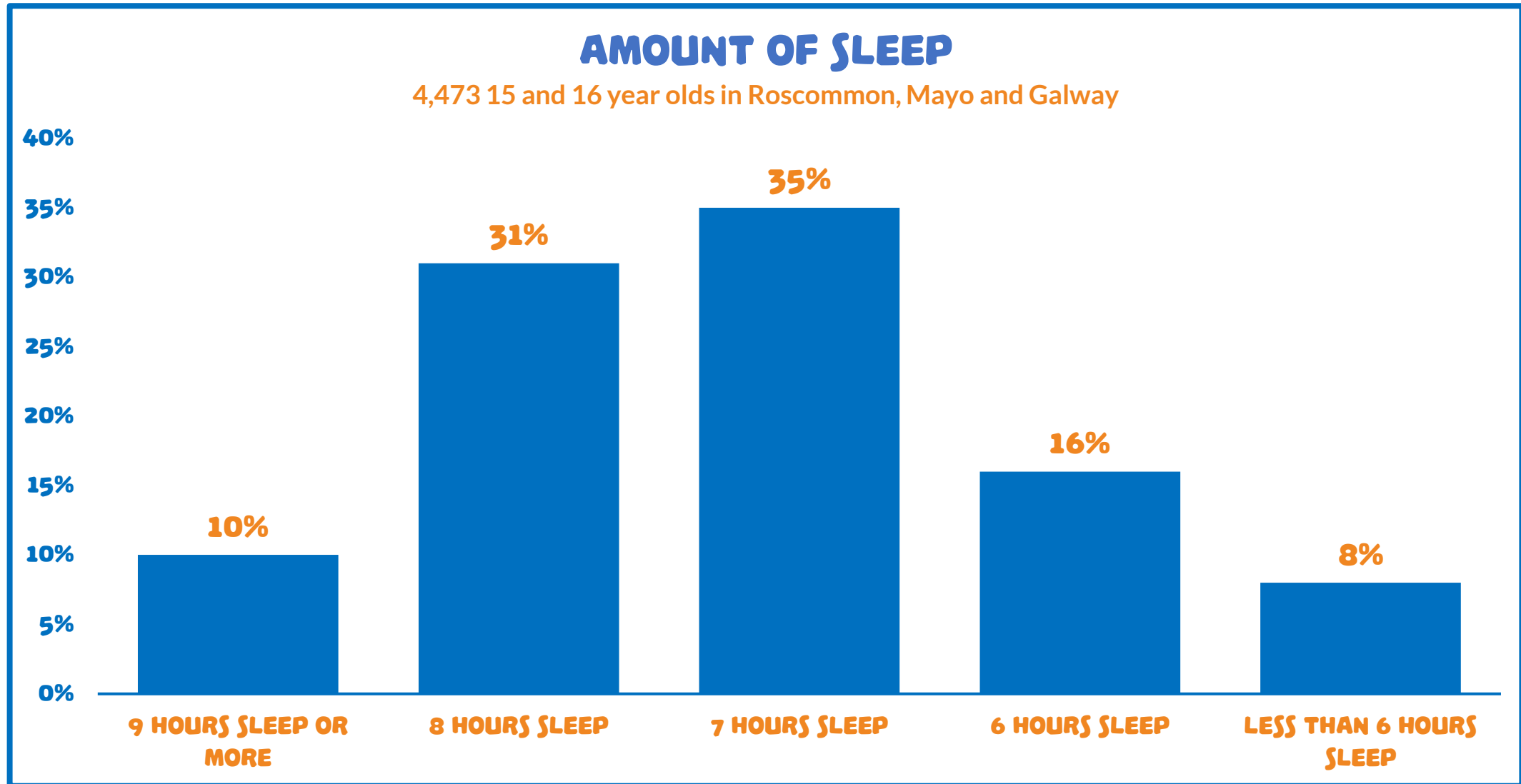
get alcohol
from a friend's
parent



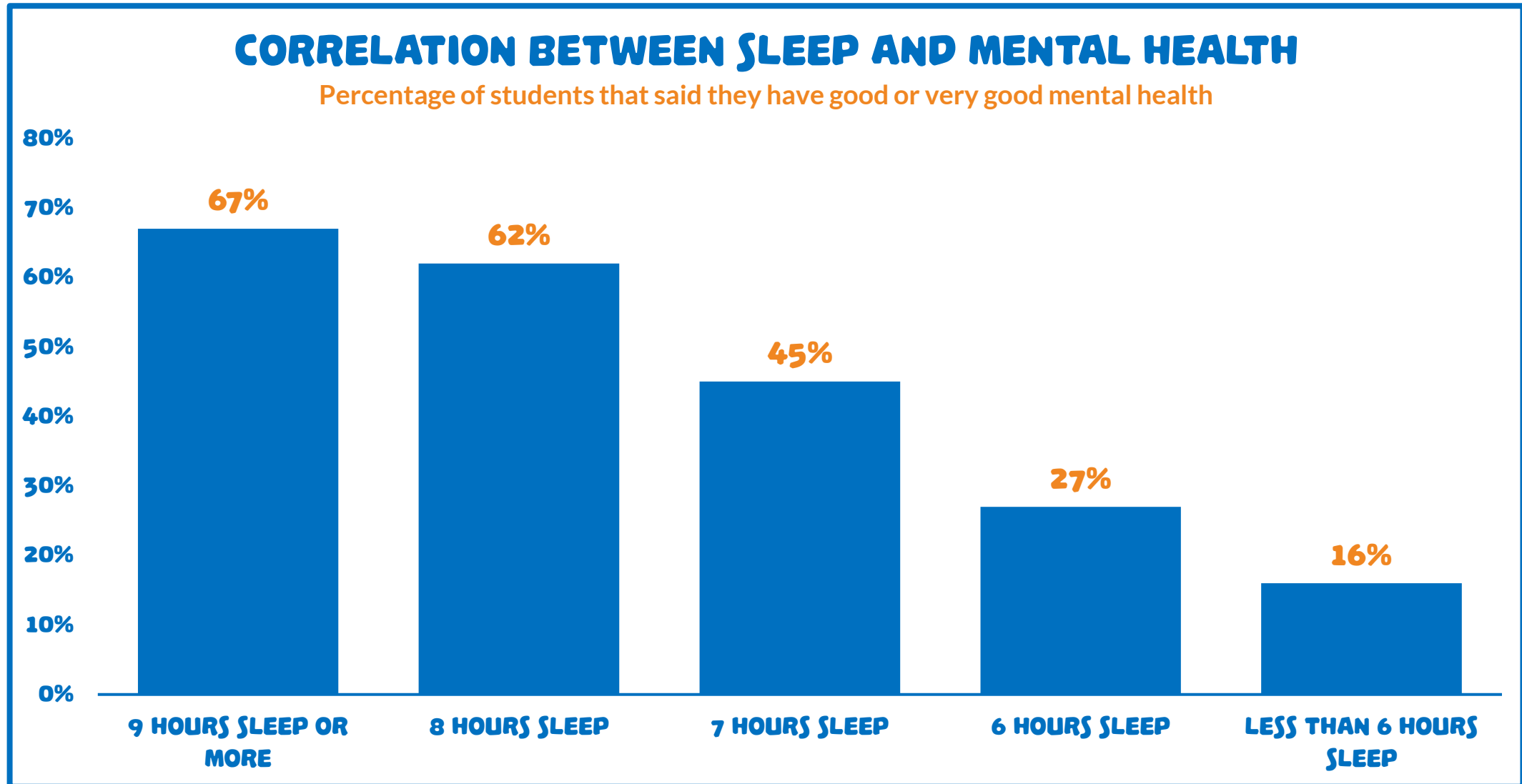
A pair of feet is shown from a top-down perspective, resting on a white, wrinkled bedsheet. The feet are positioned in the lower half of the frame. The background is a bright blue sky with a single, large, fluffy white cloud in the upper half. The word "Sleep" is written in a white, sans-serif font, centered horizontally between the feet and the cloud.

Sleep

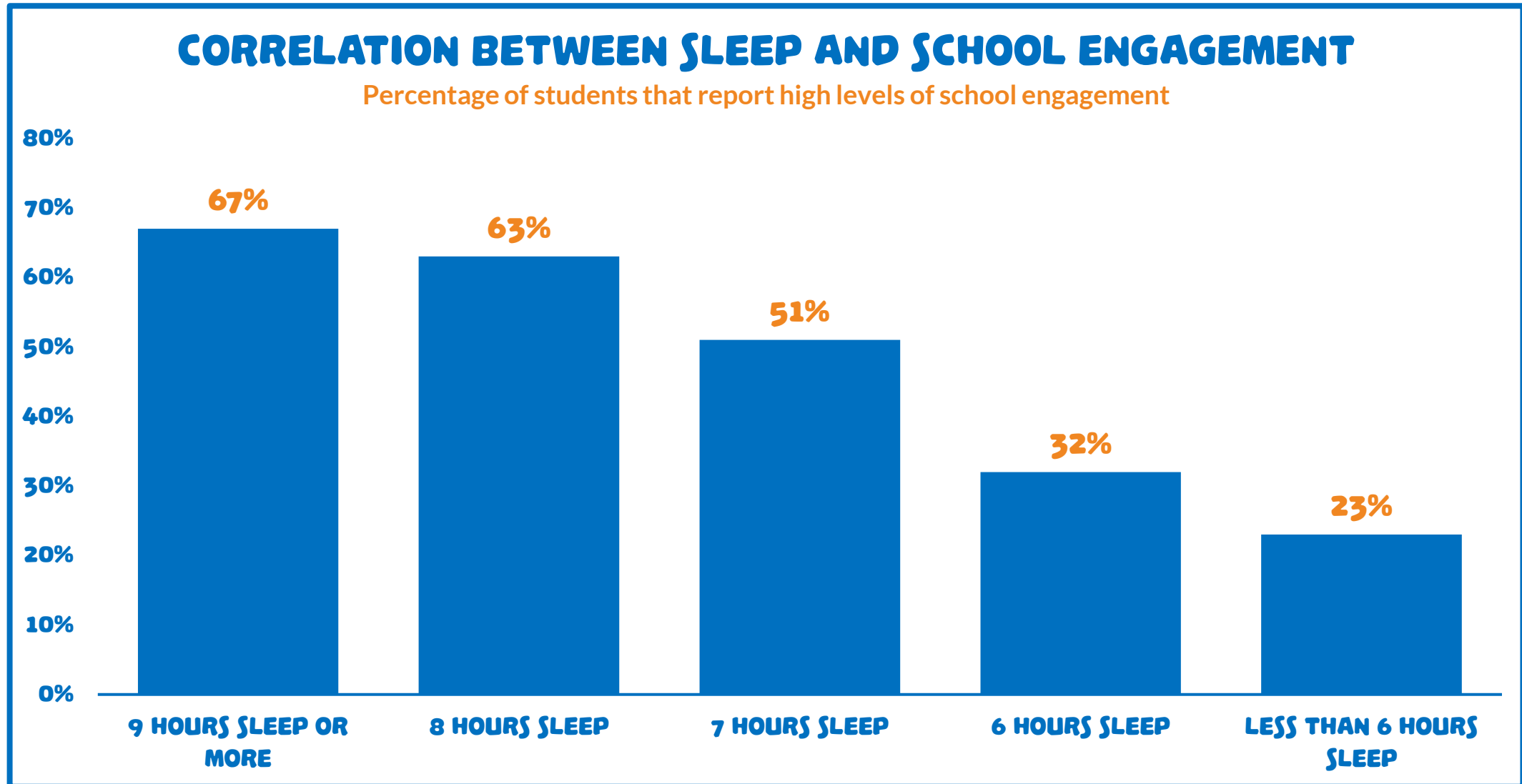
FINDINGS FROM THE 2020 PLANET YOUTH SURVEY



FINDINGS FROM THE 2020 PLANET YOUTH SURVEY



FINDINGS FROM THE 2020 PLANET YOUTH SURVEY



THE 2022 PLANET YOUTH SURVEY

HOW MANY HOURS DO YOU SLEEP ON AVERAGE EVERY NIGHT?

WHAT TIME DO YOU USUALLY GO TO BED ON A SCHOOL NIGHT?

WHAT TIME DO YOU USUALLY GET TO SLEEP ON A SCHOOL NIGHT?

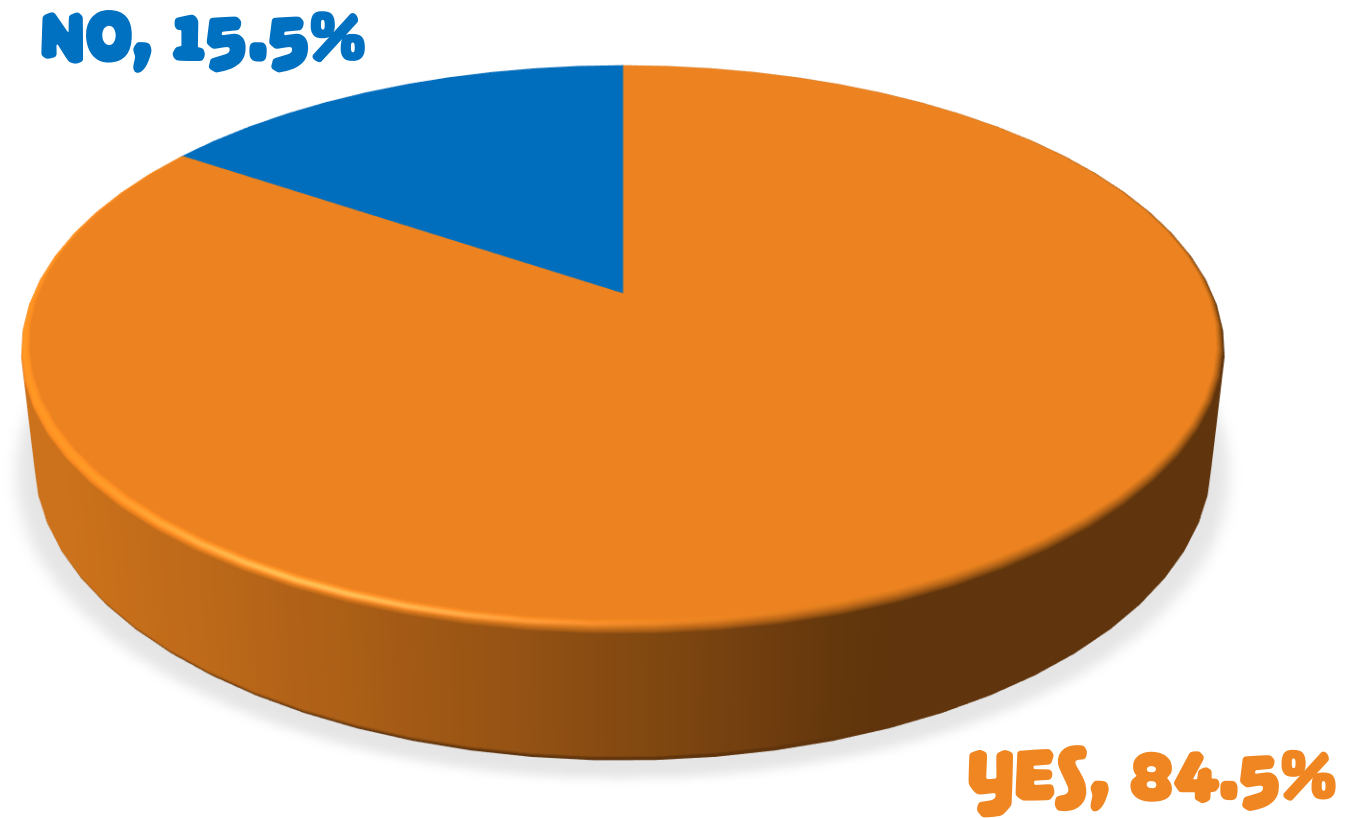
WHAT TIME DO YOU USUALLY GET UP ON A SCHOOL DAY?

DO YOU EVER FEEL TIRED DURING THE SCHOOL DAY?

DO YOU EVER FALL ASLEEP DURING THE SCHOOL DAY?

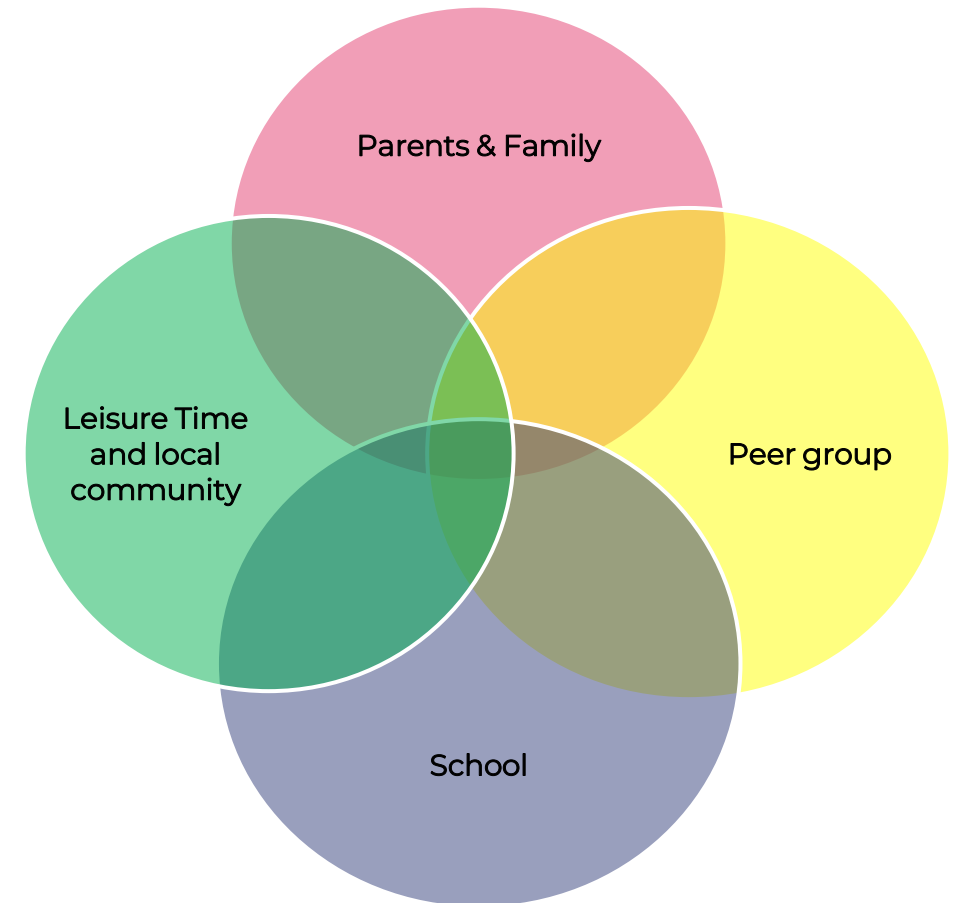
DO YOU HAVE A PHONE IN YOUR BEDROOM AT NIGHT?

DO YOU HAVE A PHONE IN YOUR BEDROOM AT NIGHT?



Working together

- Get involved
- Get to know other parents
- Attend school events
- Have common boundaries
- Share information



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info@planetyouth.ie



WRDATF Regional Drug & Alcohol Awareness Week 2022



Teenagers and new cannabis products:
what parents need to know



Thursday 17th Nov. 2022



7.00 PM



Online

Book your place now: www.wrdatf.ie Awareness Week