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Planet Youth Galway City 2022

Trends	26% ^{+1%} Reported drunkenness has increased to 	16% ^{+14%} Daily vaping rates have increased to 	67% ^{-1%} Parental disapproval of drunkenness has decreased to 	28% ^{+17%} Outside after midnight rates have increased to	
	74% ^{+8%} Parental support with personal matters has increased to	17% ^{-9%} Pupils reporting poor mental health has decreased to 	26% ^{-9%} Lifetime smoking rates have decreased to 	16% ^{-7%} Lifetime cannabis use has decreased to 	
Substance Use	26% reported being drunk in the last month 	16% are daily vapers 	18% do their drinking in a friend's home	16% have tried cannabis 	Teenagers whose parents disapprove of drunkenness are almost three times less likely to get drunk.
	7% get alcohol from a friend's parent 	5% reported that a family member has experienced drug-related intimidation	11% get alcohol from a parent 	16% reported being drunk by the age of 14	6% are daily smokers 
Family Time	87% reported that it is easy or very easy to receive caring and warmth from their parents/carers 	Teenagers who find it easy to talk to their parents/carers about personal matters are four times more likely to report high self-esteem scores	74% of teenagers reported that it is easy to get advice on personal matters from their parents/carers 		
Screen Time	56% of teenagers spend 3 hours or more on social media daily 	Those that have been bullied online are almost twice as likely to report poor mental health 	14% of boys and 20% of girls reported being bullied online 		
Wellbeing Indicators	32% reported self-harm once or more 	57% of teenagers are not getting the recommended amount of sleep 	Teenagers not getting the recommended amount of sleep are twice as likely to report poor mental health	65% of boys and 40% of girls reported their mental health as good or very good 	
Leisure Time	68% of pupils report doing 60 minutes of physical activity three times a week or more 	Teenagers that report hanging out unsupervised at a friend's home once a week or more are almost 4 times more likely to have been drunk in the last month	64% agree there are suitable activities for them in their area	Teenagers that report hanging out in the streets weekly are 6 times more likely to have used cannabis	
School Experience	86% of pupils report they have friends at school that care about them 	70% report that they get along with their teachers 			
Sexual Health and Behaviour	19% of teenagers have had a sexually explicit image shared online without their permission 	11% of girls and 20% of boys reported using pornography as a source of information to learn about sex 