

























Growing up in the West

Planet Youth Mayo 2022

Trends	34% ^{+16%} Reported drunkenness has increased to 	17% ^{+11%} Daily vaping rates have increased to 	53% ^{-5%} Parental disapproval of drunkenness has decreased to 	43% ^{+28%} Outside after midnight rates have increased to	
	81% ^{+7%} Parental support with personal matters has increased to	16% ^{-2%} Pupils reporting poor mental health has decreased to 	6% ^{-1%} Daily smoking rates have decreased to 	11% ^{-5%} Lifetime cannabis use has decreased to 	
Substance Use	34% reported being drunk in the last month 	17% are daily vapers 	30% do their drinking in a friend's home	11% have tried cannabis 	Teenagers whose parents disapprove of drunkenness are almost three times less likely to get drunk.
	10% get alcohol from a friend's parent 	3% reported that a family member has experienced drug-related intimidation	24% get alcohol from a parent 	18% reported being drunk by the age of 14	6% are daily smokers 
Family Time	93% 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		81% of teenagers reported that it is easy to get advice on personal matters from their parents/carers 	
Screen Time	60% 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 		16% of boys and 25% of girls reported being bullied online 	
Wellbeing Indicators	33% reported self-harm once or more 	56% 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		62% of boys and 46% of girls reported their mental health as good or very good 
Leisure Time	61% 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		62% 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	87% of pupils report they have friends at school that care about them 	73% 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 	12% of girls and 18% of boys reported using pornography as a source of information to learn about sex 