

PLANET
Youth



A Planet Youth Webinar



Supporting your teen when they're feeling socially excluded

A webinar for parents of teenagers

With

Dr Malie Coyne

Clinical Psychologist and Author



Drawing on her clinical expertise, Planet Youth findings, and her own parenting experience, Malie will discuss why belonging is vital for young people and how exclusion can affect self-esteem and mental health. She will share compassionate, practical strategies to help parents strengthen communication, support resilience, and navigate the challenges of peer rejection in today's technology-driven world.

Parents will leave with reassurance, tangible tools, and the opportunity to have their questions answered.

Monday the 10th of November

19.00 – 20.15

Register at: <https://bit.ly/40K0DUn> or



For event details and registration go to:

<https://wrdatf.ie/training-awareness-week.php>



DRUG & ALCOHOL AWARENESS WEEK

WRDATF NOVEMBER 10 - 14TH 2025

Monday 10 11AM The European Drug Report 2025

2.30PM Cannabis & Pregnancy

7PM Support our Teens When They're Feeling Socially Excluded

Tuesday 11 10:30AM Substance Use and Intergenerational Trauma

1PM Target; Test; Hook; Trap:

3PM Introduction to the WRDATF Parent Hub

Wednesday 12 10AM DRIVE Project

11AM Silent Voices – Ending the Omerta

12.30PM The Student Voice on Higher Education

1PM Information Session on Spiking & Family Support

3PM Neurodiversity and Substance Use

Thursday 13 10AM Recovery for Family Members impacted by Substance Use

2PM Reducing Alcohol Harm - A practical guide for groups and organisations

7PM The Importance of Sleep for our Teens

Friday 14 9.30AM WRDATF Drug & Alcohol Health-Based Needs Assessment Stakeholders Consultation

Keep an eye on our website and social media for additional events

More Information



www.wrdatf.ie

What is Planet Youth

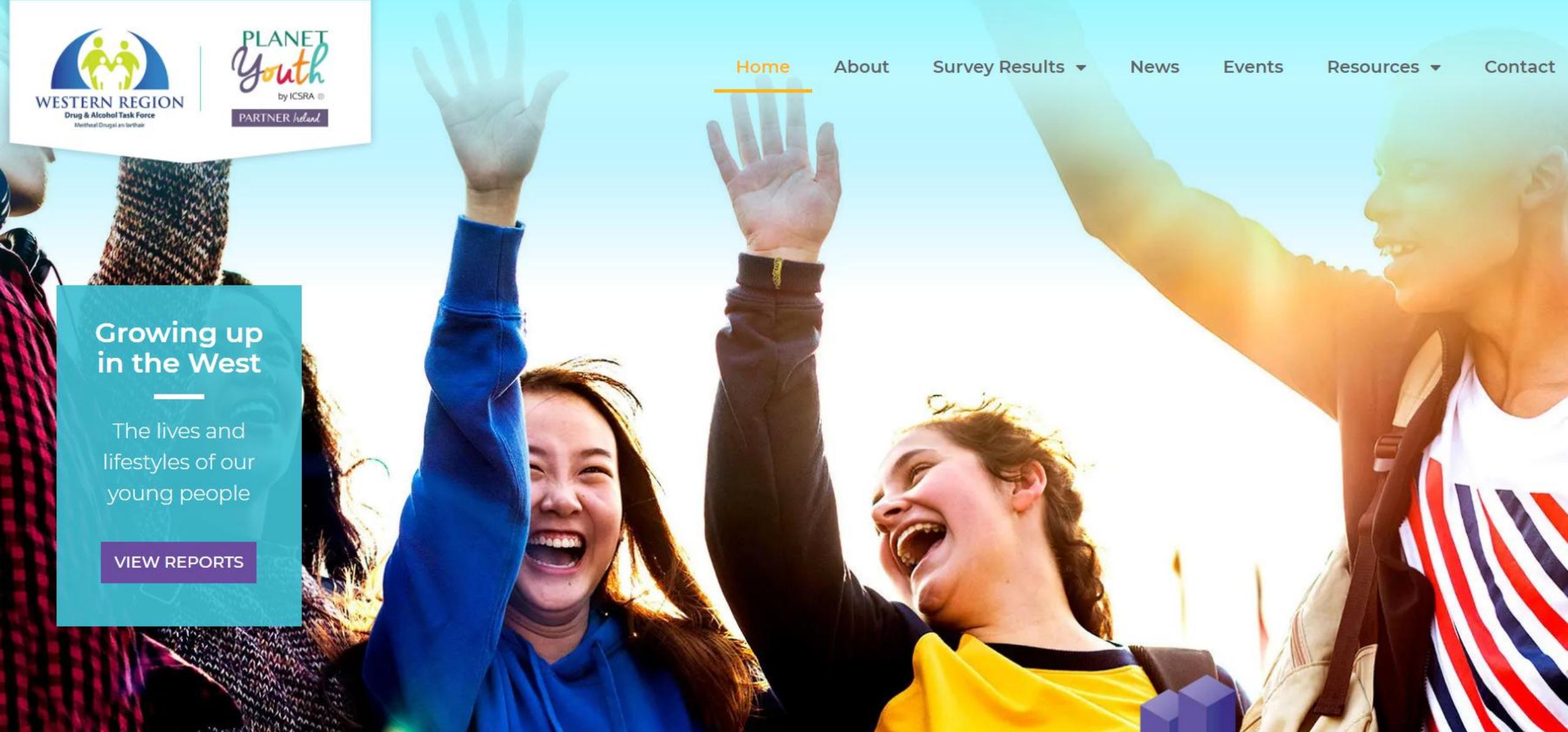


An interagency project, led by the WRDATF.

A public health project, based on the Icelandic Prevention Model, designed to improve health and life outcomes for our school-going population.

Growing up in the West

The lives and
lifestyles of our
young people

[VIEW REPORTS](#)

west.planetyouth.ie





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

TÚSLA
An Gníomhaireacht um
Leanaí agus an Teaghlaach
Child and Family Agency



HSE
Feidhmeannacht na Seirbhise Sláinte
Health Service Executive

**ROS
COM
MON**
Comhairle Contae
Ros Comáin
Roscommon
County Council



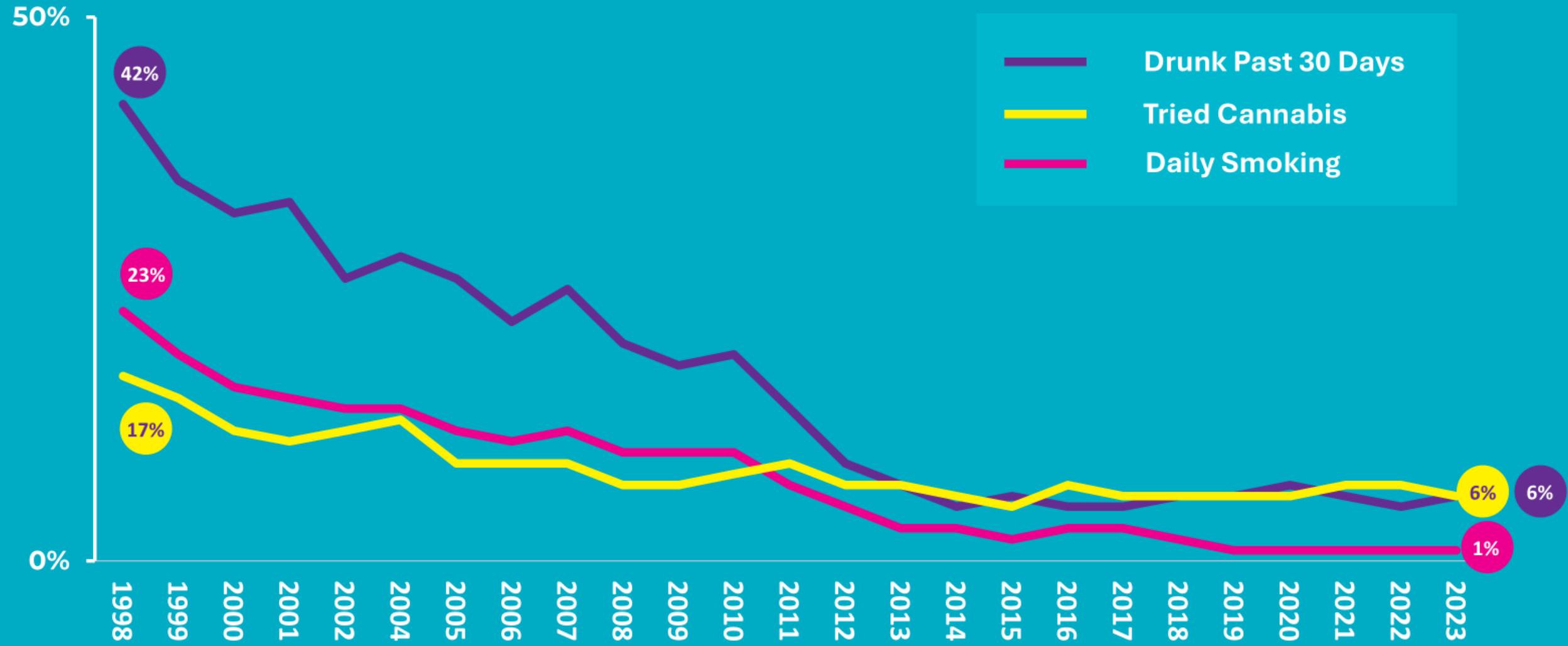

Comhairle Chontae na Gaillimhe
Galway County Council



Comhairle Contae Mhaigh Eo
Mayo County Council

CHANGE THROUGH PRIMARY PREVENTION

SUBSTANCE USE IN ICELANDIC 15-16 YEAR OLDS (1998 – 2023)

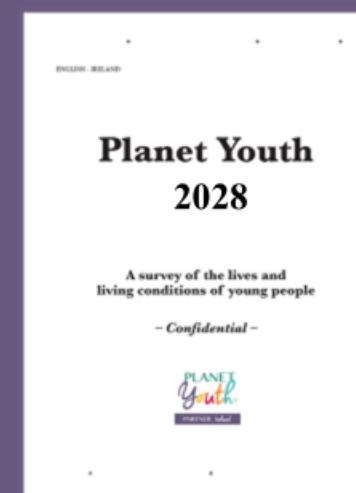
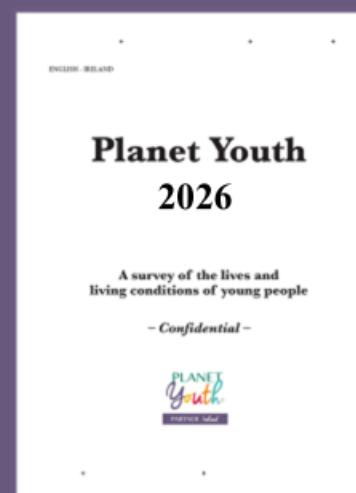
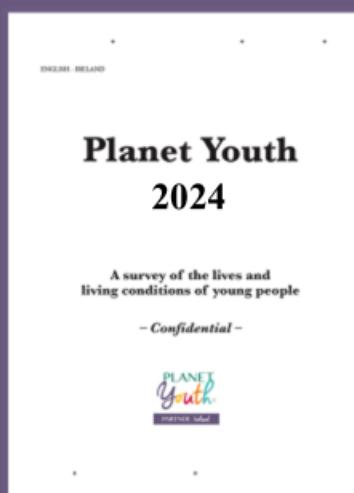
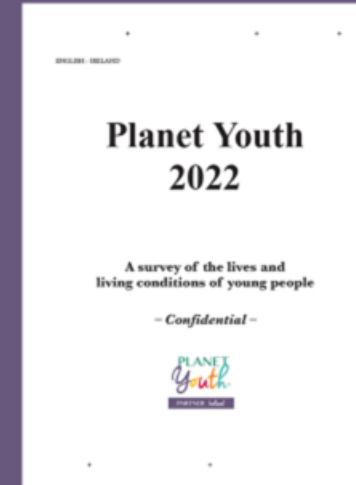
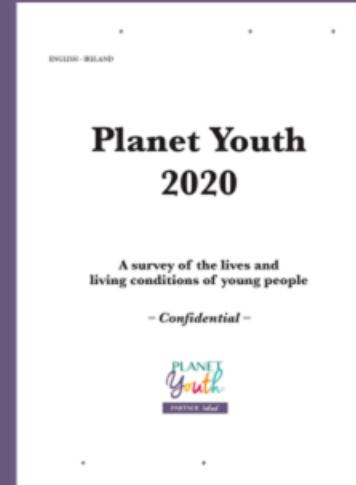
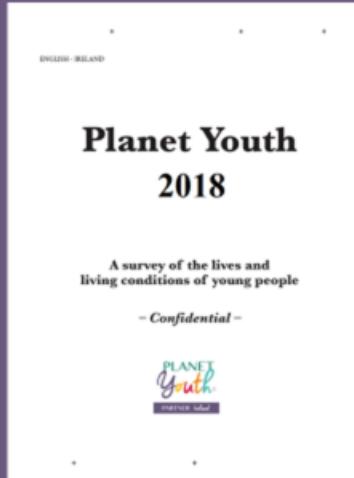


The primary prevention approach will be used here to address many areas related to the health and wellbeing of our young people.

Including:

- **Alcohol and other drugs**
- **Excessive screen use**
- **Poor mental health**
- **Lack of sleep**

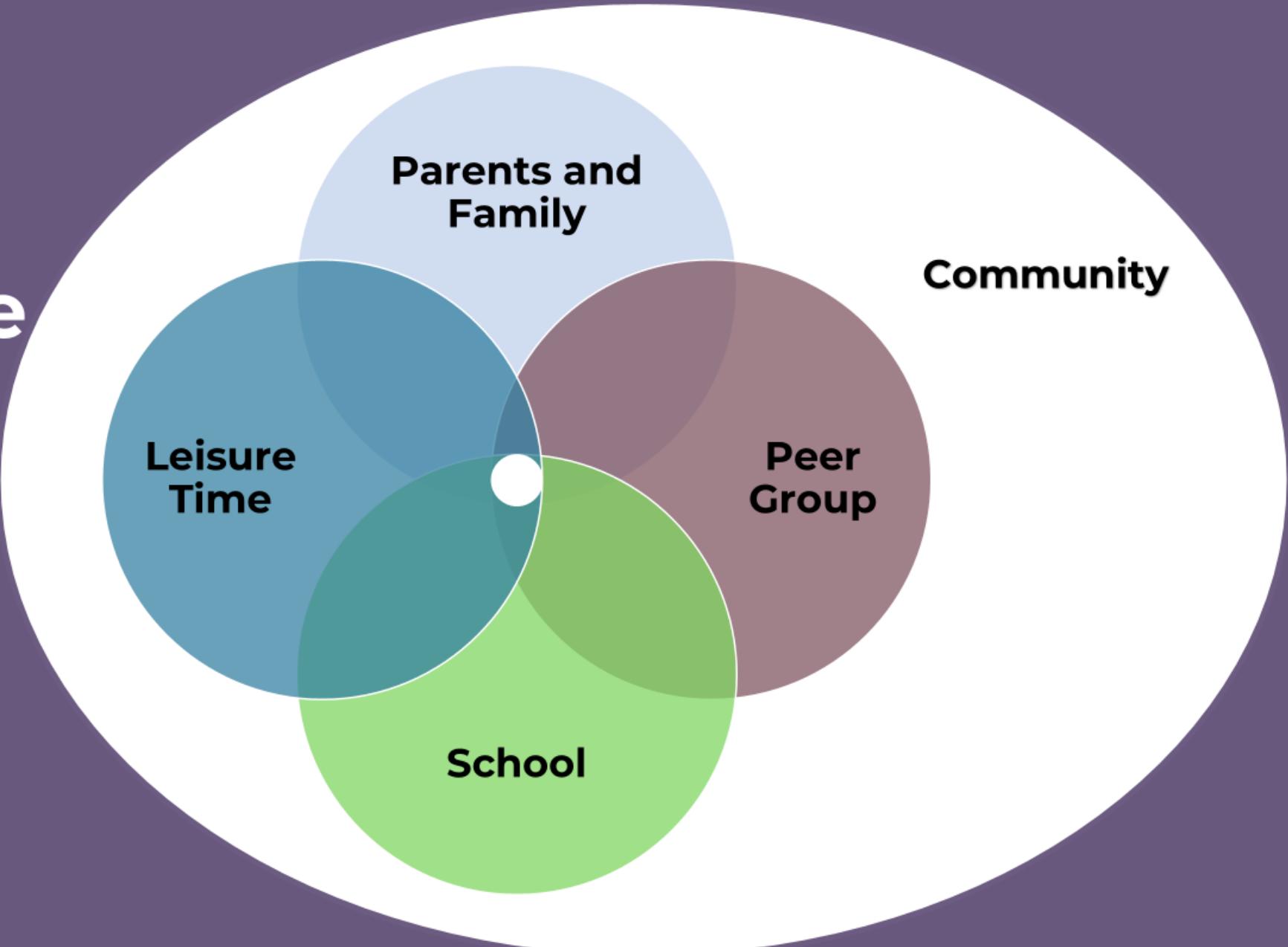
Biennial surveys





**Schools
Surveys
2018 2020**

**Preventative
actions
that influence
risk and
protective
factors in
these
domains**









Municipal Reporting



Galway City
Planet Youth Report
2025



Galway County
Planet Youth Report
2025

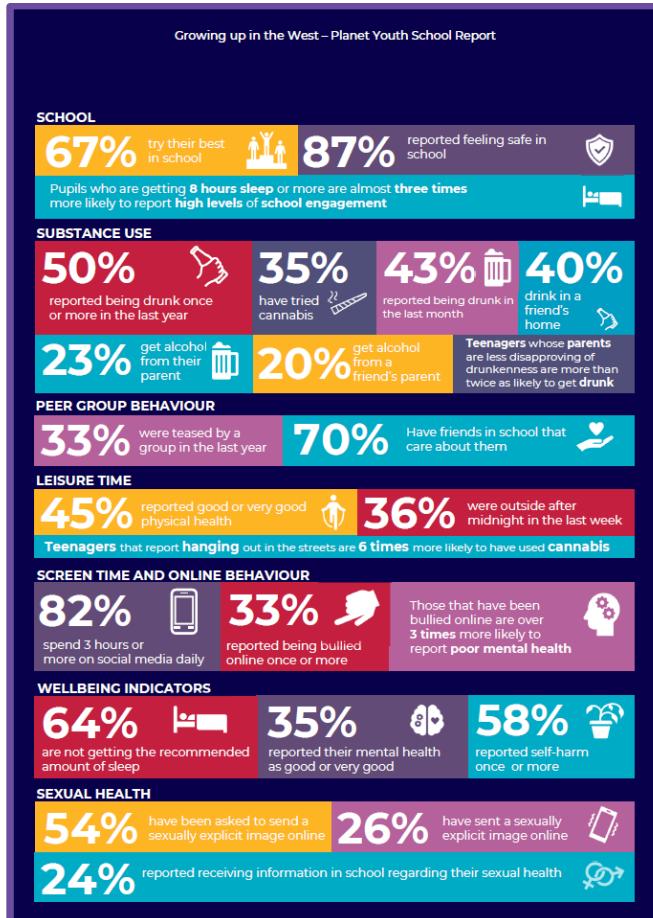


County Mayo
Planet Youth Report
2025



County Roscommon
Planet Youth Report
2025

Municipal Reporting

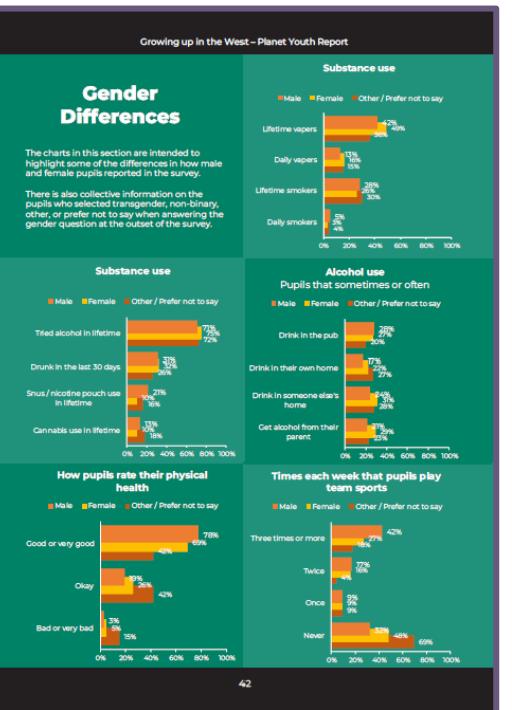
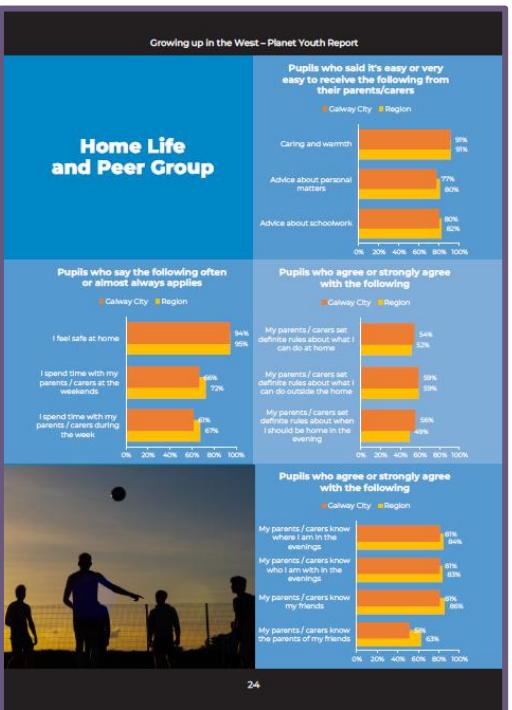
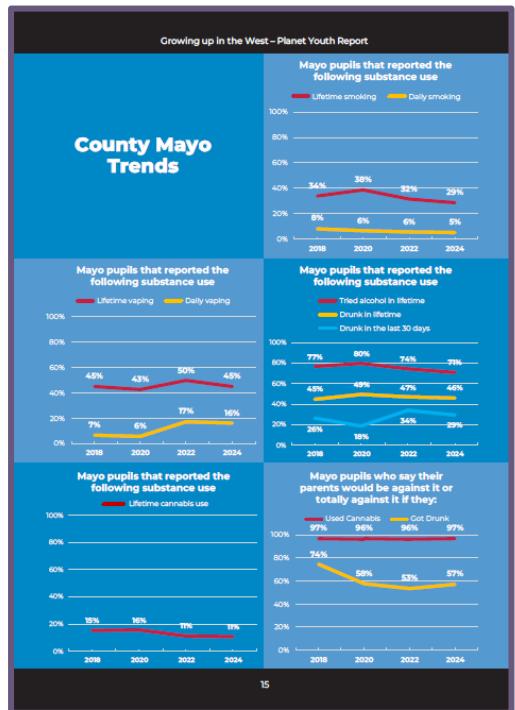


Growing up in the West – Planet Youth School Report

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▪ Planet Youth	
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▪ Demographics, gender differences and cross-tabulations	
▪ How to interpret the cross-tabulations	
2 Survey	page 6
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▪ Survey methodology	
3 Survey Results	page 8
▪ School	
▪ Substance use	
▪ Peer group behaviour	
▪ Leisure time	
▪ Screen use and online behaviour	
▪ Wellbeing indicators	
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Local data



Local trends



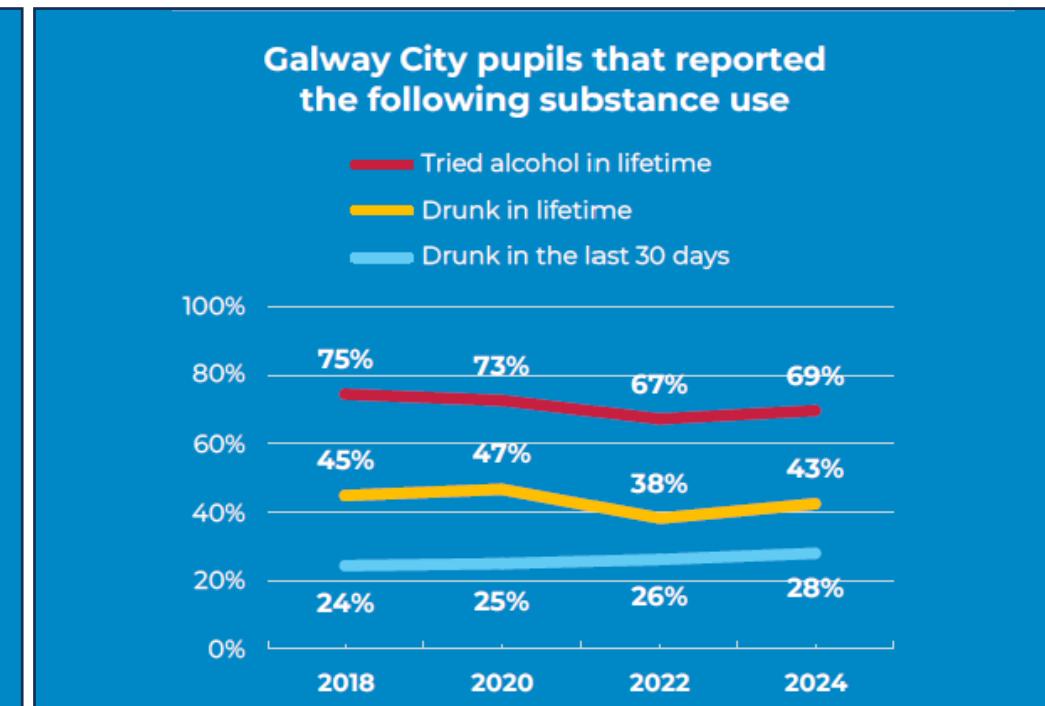
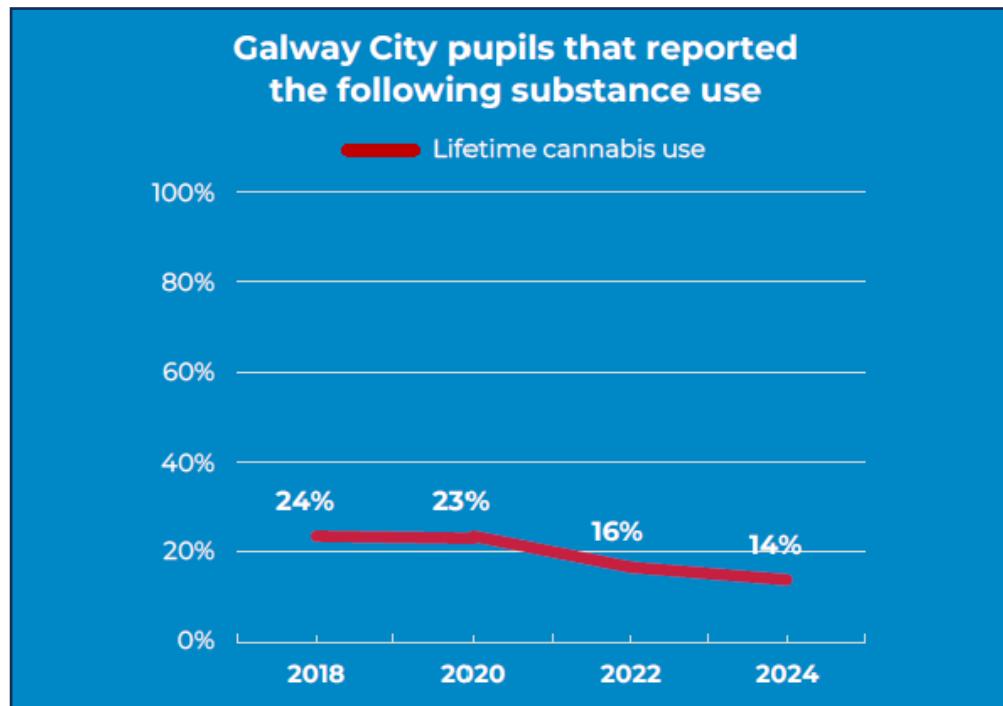
PARTNER *heland*



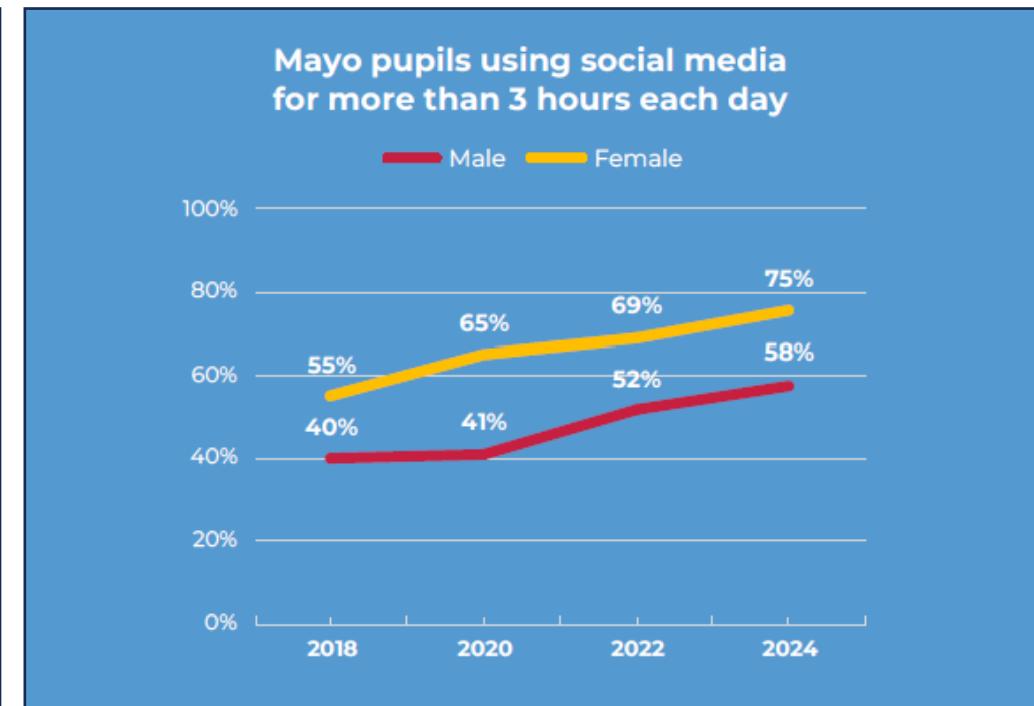
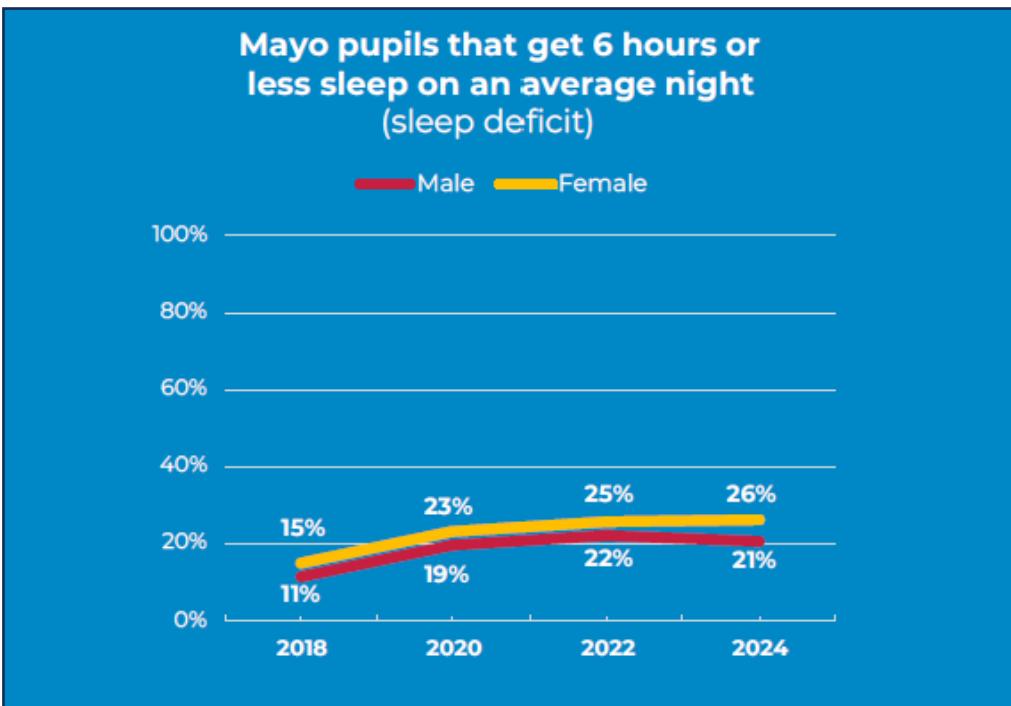
Local trends



PARTNER *heland*



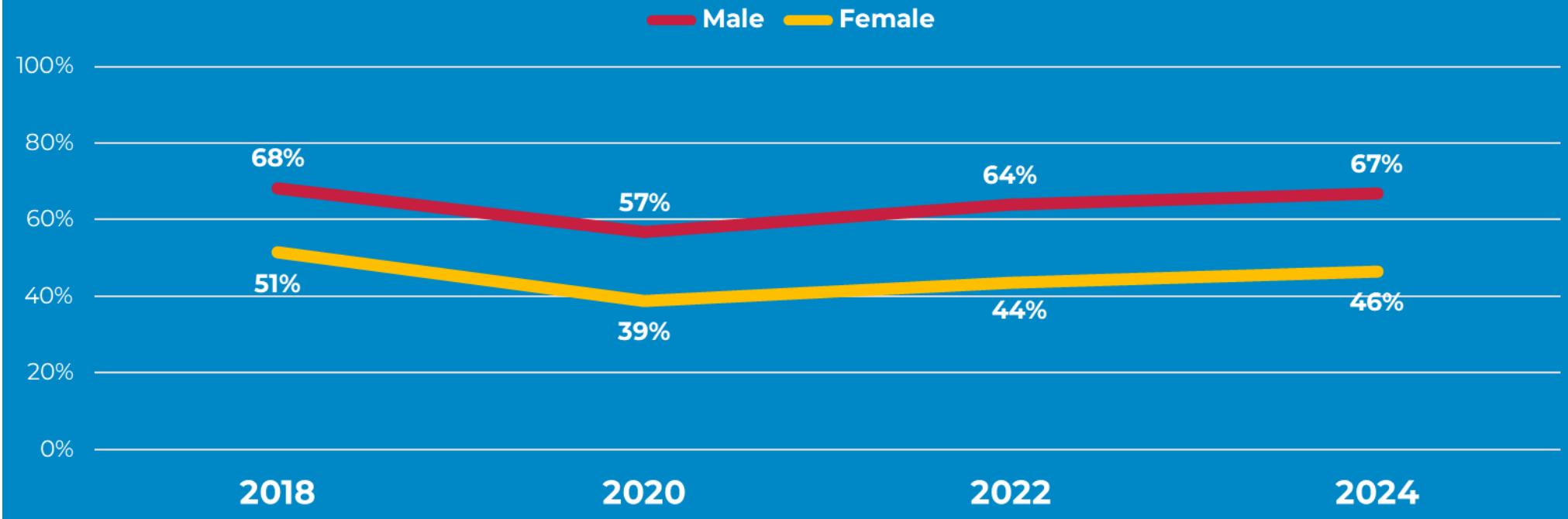
Local trends



Regional trends



Pupils that report their mental health as good



Step Up Website



STEPUP
TO SECONDARY SCHOOL

**Helping students and parents
with the move from primary
school to secondary school**

An illustration of a student sitting at a desk, viewed from behind. The student is wearing a red shirt and striped pants. On the desk is a computer monitor, a globe, and several books. A backpack is on the floor next to the desk. The background is a blue pattern of school-related icons like books, pens, and graduation caps.

The Facts Website



THEFACTS
SPHE - CSPE - RSE - PLANET YOUTH SURVEY

HOME ABOUT CONTACT

1 Select your County 2 Choose the Topic 3 Learn the Facts

Select Your County

GALWAY ROSCOMMON MAYO

The Facts

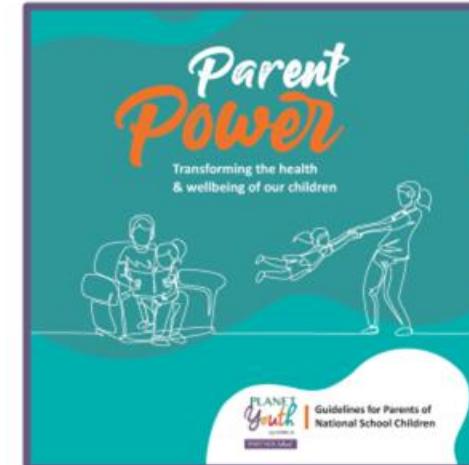
This website has been developed for use as a teaching resource. Its purpose is to provide teachers with up-to-date and local information that will help inform discussion in the classroom and support the delivery of modules within the SPHE curriculum.

Information for parents



Literature is developed to highlight these issues. Booklets are printed after each survey and distributed every year, across the region, to the incoming first-year parents and the incoming junior-infant parents.

The Parent Power booklet, materials, and associated website, are for the parents with children in junior infant class.

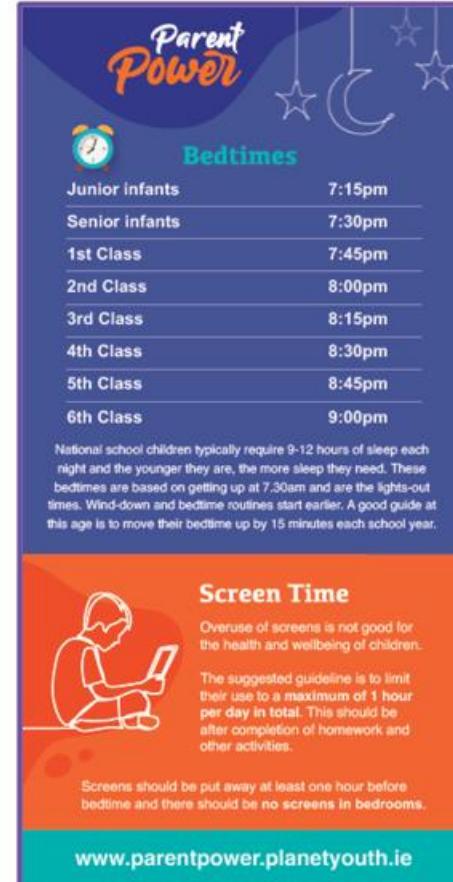
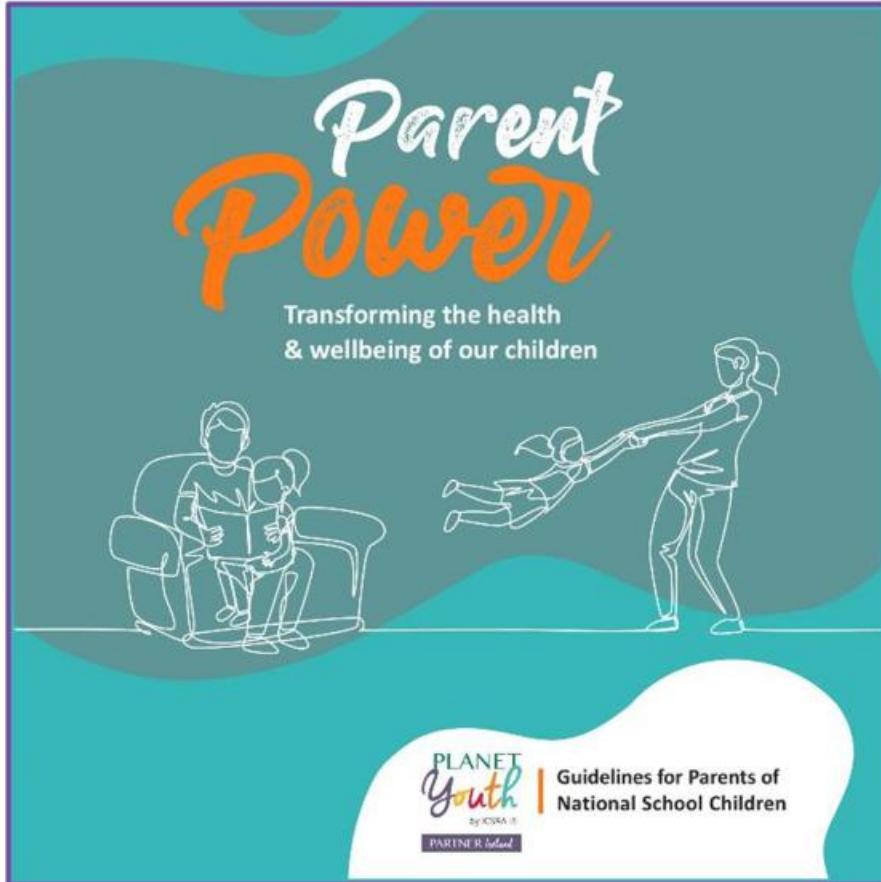


Booklet distribution



Parent Power

National School Booklet



Parent Power

First Year Parent Booklet



GUIDELINES FOR PARENTS

BEDTIMES

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

IT IS RECOMMENDED THAT TEENAGERS GET 8 TO 10 HOURS OF UNDISTURBED SLEEP PER NIGHT

Teenagers getting the recommended amount of sleep report greater resilience and better mental health.

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



Parent Power

First Year Parent Booklet



PARTNER Ireland

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 starting post-primary school and we hope you find it useful.

The 5,079 teenagers that participated throughout the region in the November 2024 Planet Youth survey told us that:

A 4x5 grid of colored boxes containing statistics and icons. The colors are yellow, teal, pink, and orange. Each box contains a percentage, a description, and a small icon. The icons represent various health and social behaviors.

Category	Percentage	Description	Icon
Parental warmth	91%	Easy to get caring and warmth from parents	Two hands holding a heart
Social media	66%	Spend 3 hours or more on social media daily	Smartphone icon
Bedroom phones	80%	Have a phone in their bedroom at night	Phone icon
Leisure	35%	Out after midnight	Moon and stars icon
Sleep	55%	Not getting enough sleep	Bed icon
Health	73%	Report good physical health	Person icon
Community	86%	Feel safe in their community	Community icon
Self-harm	33%	Reported self-harm once or more	Person icon
Exercise	61%	Exercise 3 times a week or more	Person running icon
Drinking	31%	Drunk last month	Beer mug icon
Vaping	14%	Are daily vapers	Vape icon
Drugs	12%	Have tried Cannabis	Cannabis leaf icon
Alcohol	28%	Tried alcohol by 13	Alcohol bottle icon

FAMILY TIME

This was the fourth Planet Youth survey, and it had some really positive findings related to family life and the relationships that our teenagers have with their parents. 91% stated that it's easy to receive caring and warmth from their parents. Teens also report spending a lot of time with their parents and 84% stated that their parents know where they are in the evenings.

As they get older, it is important to maintain good quality communication with our teens and to stay connected, interested and engaged in what's happening in their lives. The survey showed that we are doing well here too, as 80% of our teens said that it's easy to talk to their parents or carers about personal matters.

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 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.

91%
Easy to get caring and warmth from parents

A photograph of a family of four walking along a grassy path. A woman in a black top and blue jeans is on the right, a man in a white t-shirt and blue shorts is on the left, and two young children are in the middle. They are walking away from the camera towards a stone wall and a body of water.

Parent Power

First Year Parent Booklet



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.

34%

Play team sports 3 times a week or more



61%

Exercise 3 times a week or more



14%

Are daily vapers



4%

Are daily smokers



5%

Used cannabis in the last month



16%

Have tried nicotine pouches



VAPING, SMOKING, NICOTINE POUCHES AND CANNABIS

Daily smoking and monthly cannabis use rates have decreased slightly since the last survey. However, daily vaping rates remain high at 14% and the use of nicotine pouches has become common also.

The use of nicotine is unsafe for teenagers as it is a substance that is highly addictive and can harm adolescent brain development.

Using nicotine in adolescence can affect the parts of the brain that regulate attention, learning, mood, and impulse control. It may also increase the risk of future addiction to other drugs. Additionally, vaping or inhaling any substance can cause harm to the lungs and respiratory tract.

Experimentation with vapes is not uncommon in first-year, so talk to your teen about why vaping is harmful for them, and set a good example by being nicotine free.

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73%
Have tried alcohol 

31%
Drunk in the last month 

ALCOHOL AND PARENTS

Alcohol is the most commonly used substance among young people in Ireland. As our teenagers get older, they will increasingly ask parents for access to alcohol to use before or at parties and events. These requests can start as early as second year and become more common by transition year.

Use of alcohol at a young age can impair brain development and will increase the chances of developing a dependency later in life. This is in addition to increasing the risk of other alcohol-related harms. The best thing we can do for our teenagers is to try and defer all alcohol use until they are 18 years of age.

The Planet Youth survey shows us just how important parental attitude and parental alcohol supply is when it comes to adolescent binge drinking. Teenagers that get alcohol from a parent are getting drunk at two and a half times the rate of those that don't. Introducing alcohol to teenagers at home, in the pursuit of teaching them to drink responsibly, may have the opposite effect.

The chart opposite clearly shows the importance of parental disapproval. Parents don't have to be at one end of the scale or the other, every conversation and effort made to defer alcohol use is important.

25%
Regularly get alcohol from their parent 

27%
Regularly drink at a friend's home 



OF THE 31% OF PUPILS THAT WERE DRUNK IN THE LAST MONTH

How would your parents react if you got drunk?

Reaction	Percentage
They'd be totally against it	10%
They'd be against it	20%
They'd be a bit against it	30%
They would not care	40%

Parent Power

First Year Parent Booklet



SCREEN TIME GUIDELINES

The Planet Youth survey showed us that 66% 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 at night.

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.



66%
Spend 3 hours or more on social media daily



80% have a phone in their bedroom at night

BEDTIME GUIDELINES

The Planet Youth survey revealed that over 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



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. No child should have a phone in their bedroom at night, a regular alarm clock is enough.

Parent Power

First Year Parent Booklet



THE IMPORTANCE OF SLEEP

The Planet Youth survey has shown us just how little sleep our teens are getting. This is a significant problem because sleep plays a critical role in a teenager's development, it is every bit as important as nutrition and physical activity.

Without sufficient quality sleep, every aspect of a teen's life becomes more challenging. Physical health and mental health are affected, school becomes harder, self-esteem, resilience, and emotional development are impacted, and small problems often appear insurmountable.

Don't underestimate the importance of helping your teenager to get sufficient, good quality sleep. That could just be improving their sleep environment, but good sleep hygiene, limited screen time, reduced caffeine, and a consistent sleep routine can all help also.

By creating a sleep positive culture in your home, you will be helping your teenager optimise their potential in many aspects of their development, health and wellbeing.

HOW MUCH SLEEP DO OUR TEENS GET?

45% Get 8 hours or more sleep



32% Get 7 hours sleep



15% Get 6 hours sleep

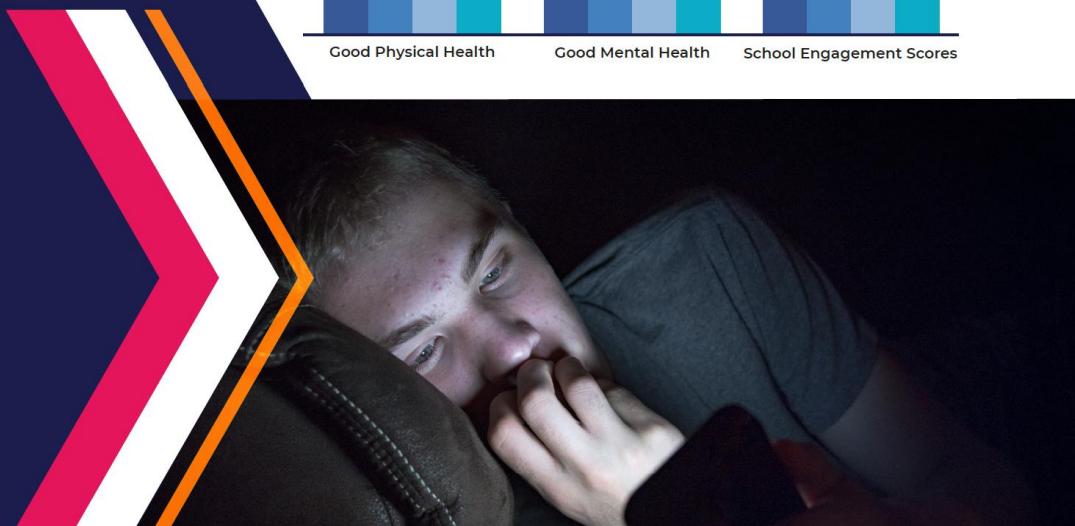
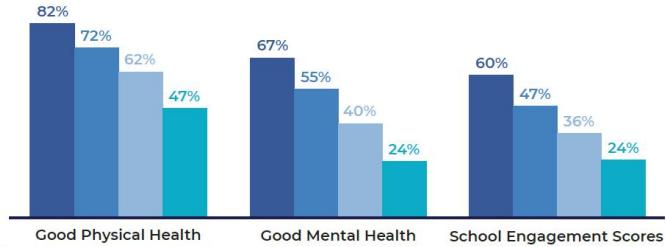


8% Get less than 6 hours sleep



THE IMPORTANCE OF SLEEP

■ 8 hours or more sleep ■ 7 hours sleep ■ 6 hours sleep ■ Less than 6 hours sleep

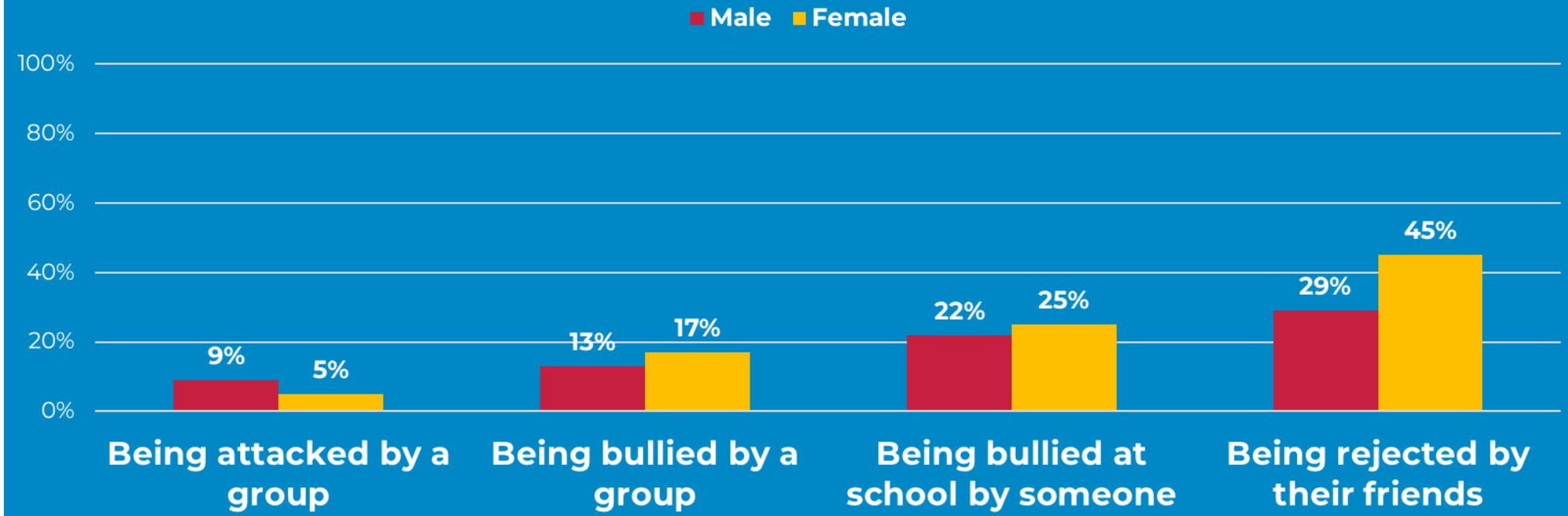


Bullying and Exclusion



Bullying and Exclusion

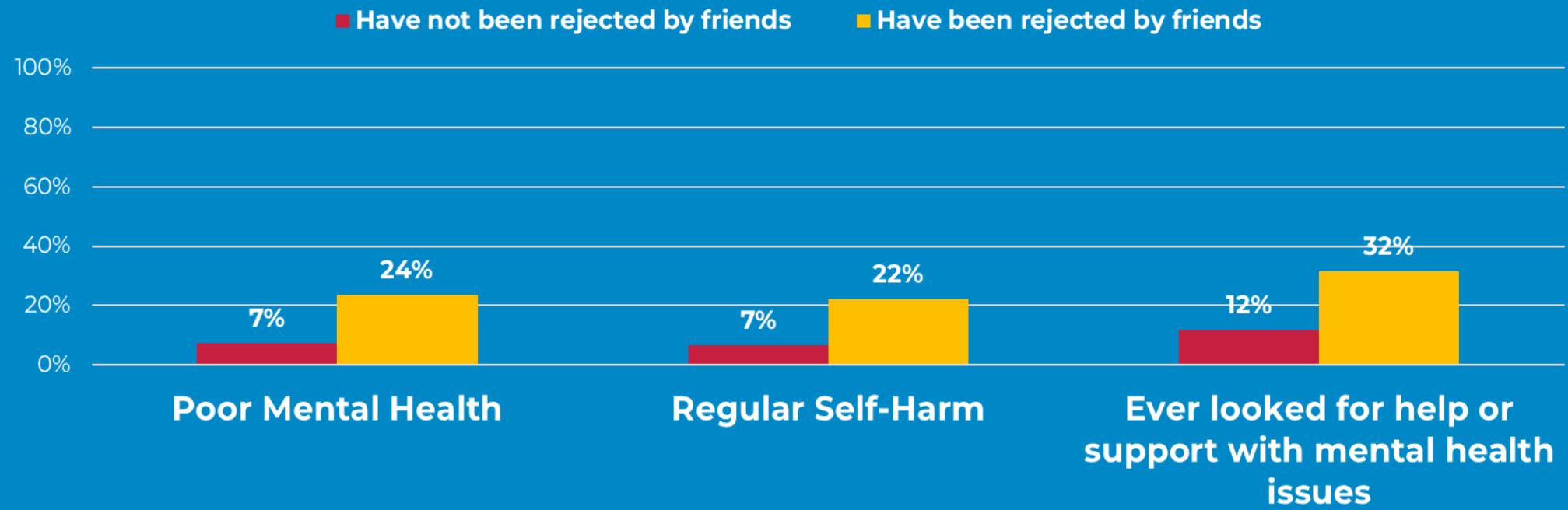
Pupils that report the following



Correlations



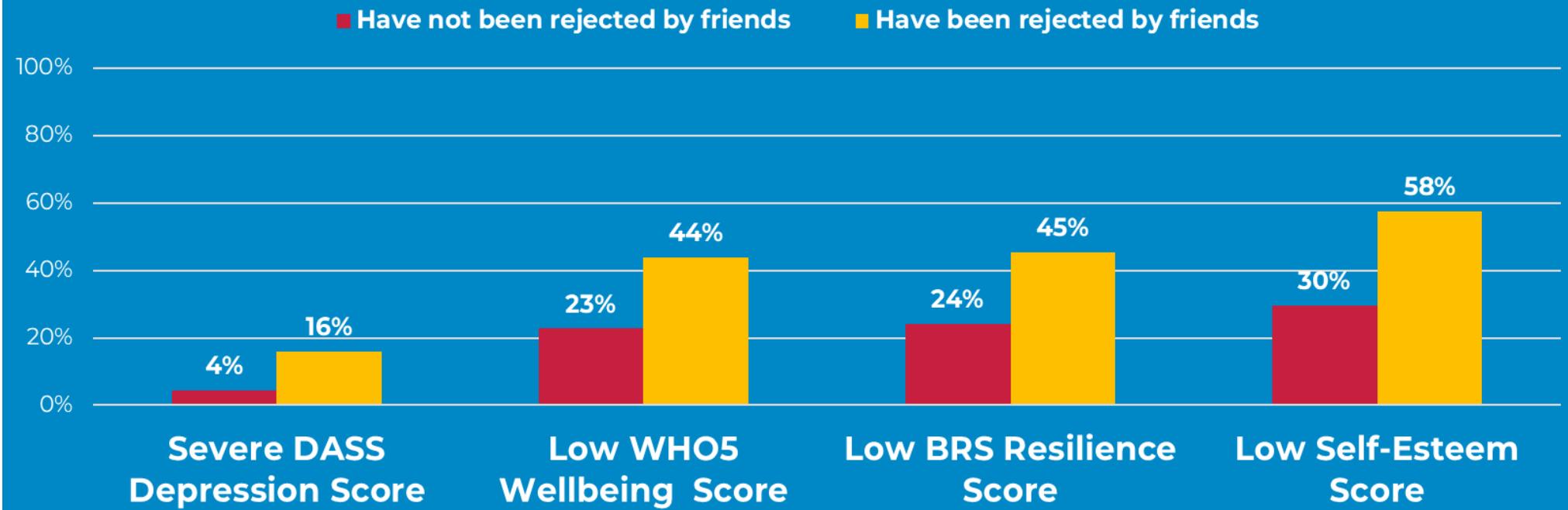
Mental health correlated against Being rejected by friends



Correlations



Wellbeing indicators correlated against Being rejected by friends

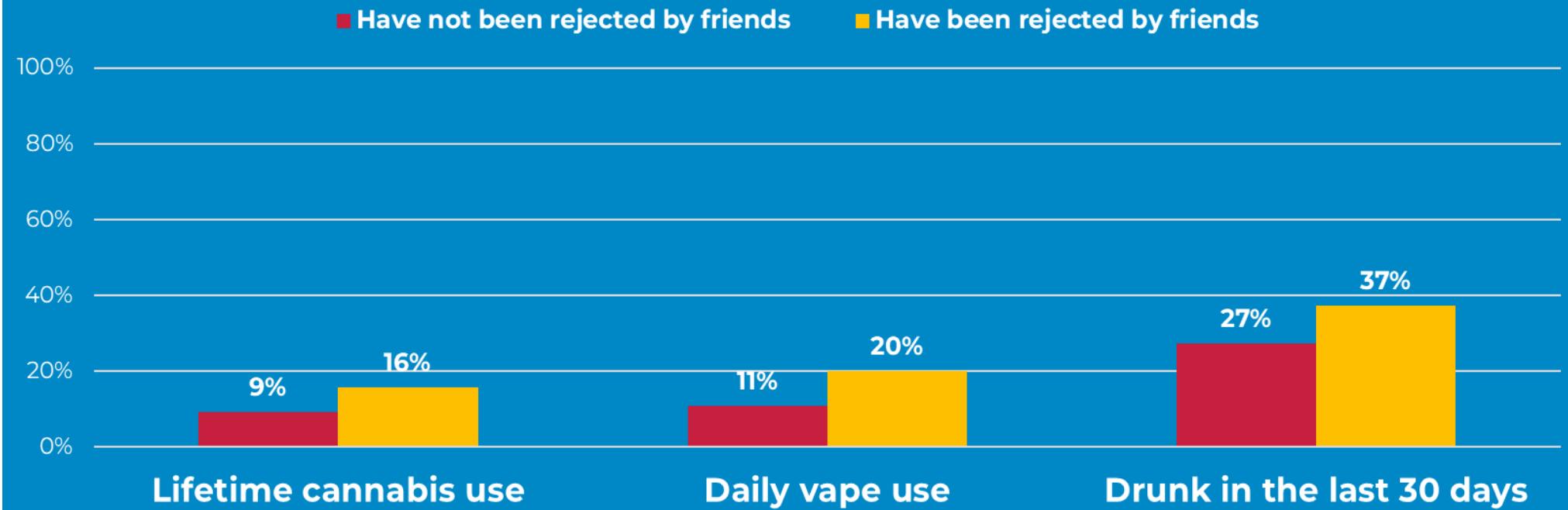


Correlations



PARTNER Ireland

Substance use correlated against Being rejected by friends



Neurodivergent teens



PARTNER *heland*

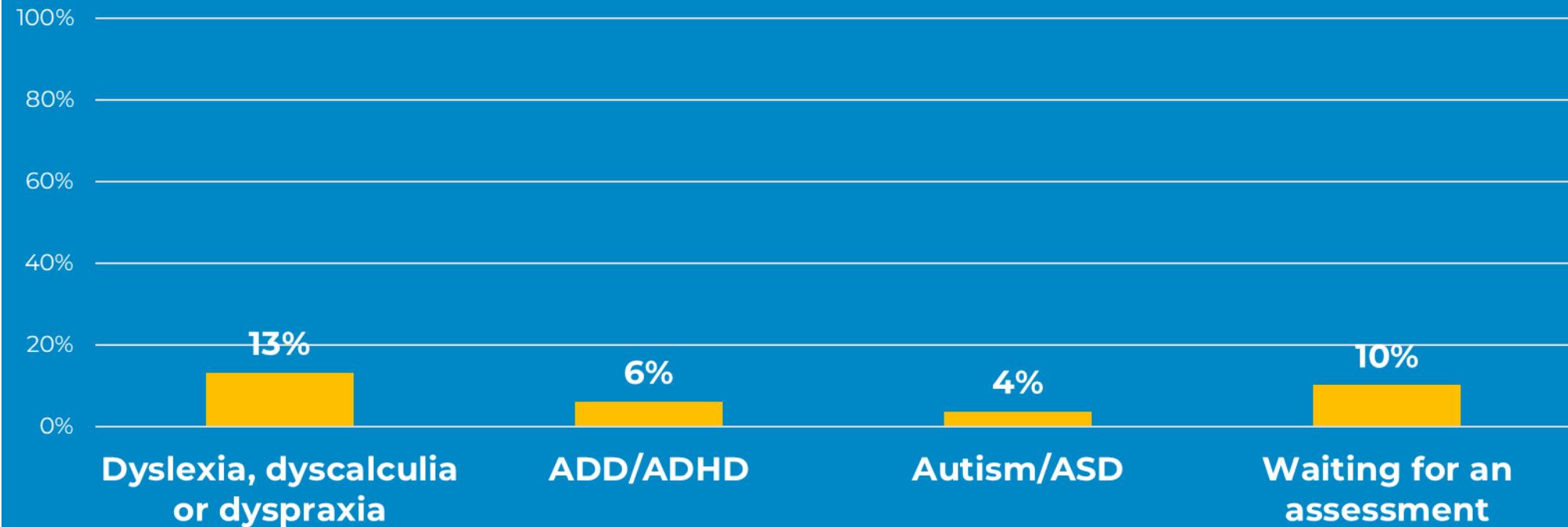
18) Have you been diagnosed with any of the following?

	Yes	No
Dyslexia, dyscalculia or dyspraxia	()	()
ADD/ADHD	()	()
Autism/ASD	()	()
I'm waiting for an assessment for one of the above	()	()

Neurodivergent teens



Have you been diagnosed with any of the following?

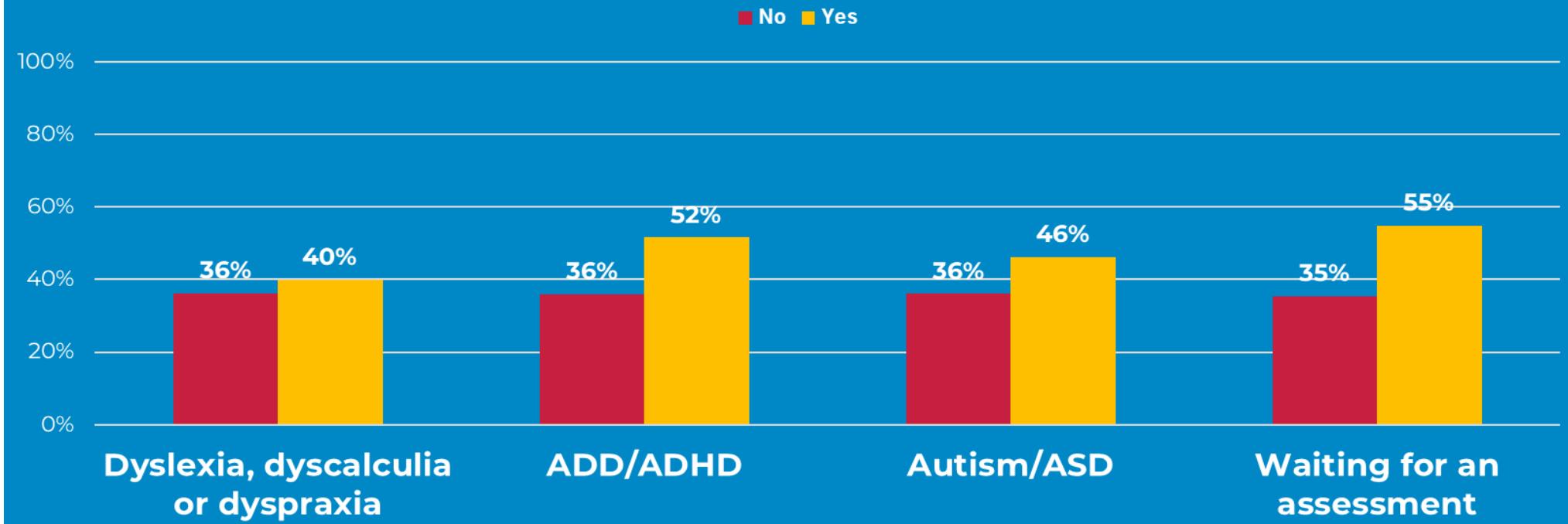


Correlations



PARTNER *heland*

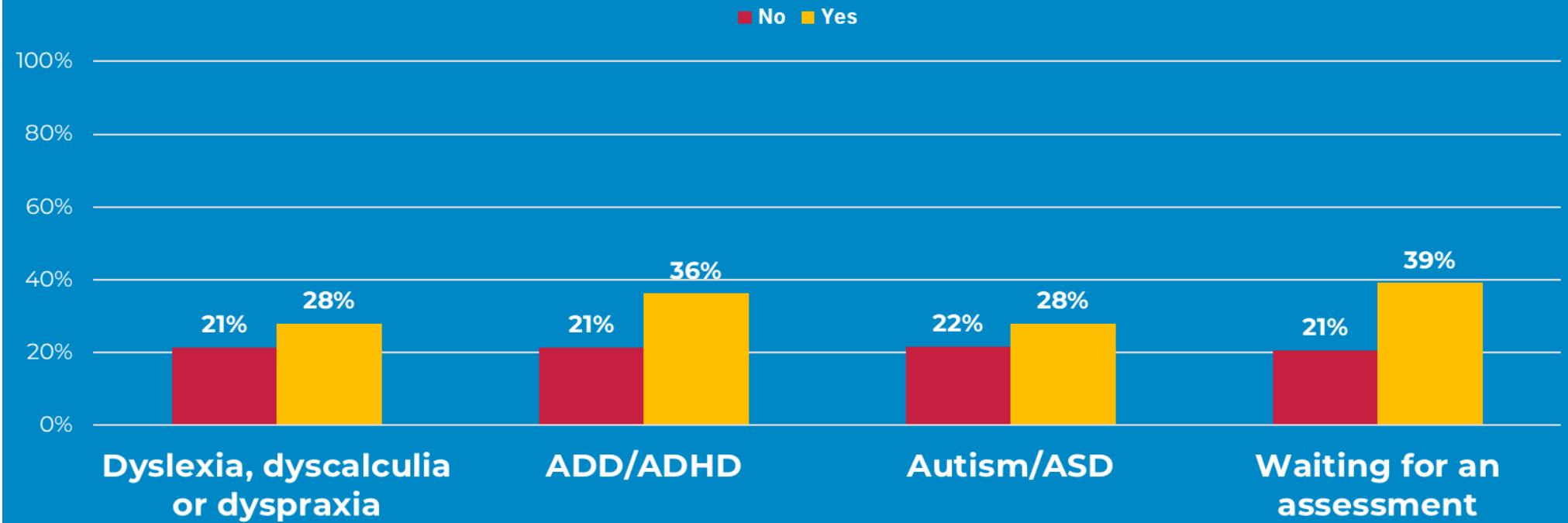
Neurodivergence correlated against being rejected by friends



Correlations



Neurodivergence correlated against Sleep deficit





A WRDATF Planet Youth Webinar



Neurodivergent Teens and Sleep

A webinar for the parents of teenagers

With
Lucy Wolfe

Sleep Consultant and Author



A webinar for parents that explores the complicated topic of neurodiversity and sleep.

Covering some of the ways that parents can support their teens to better understand and prioritise their sleep.

Thursday the 26th of February

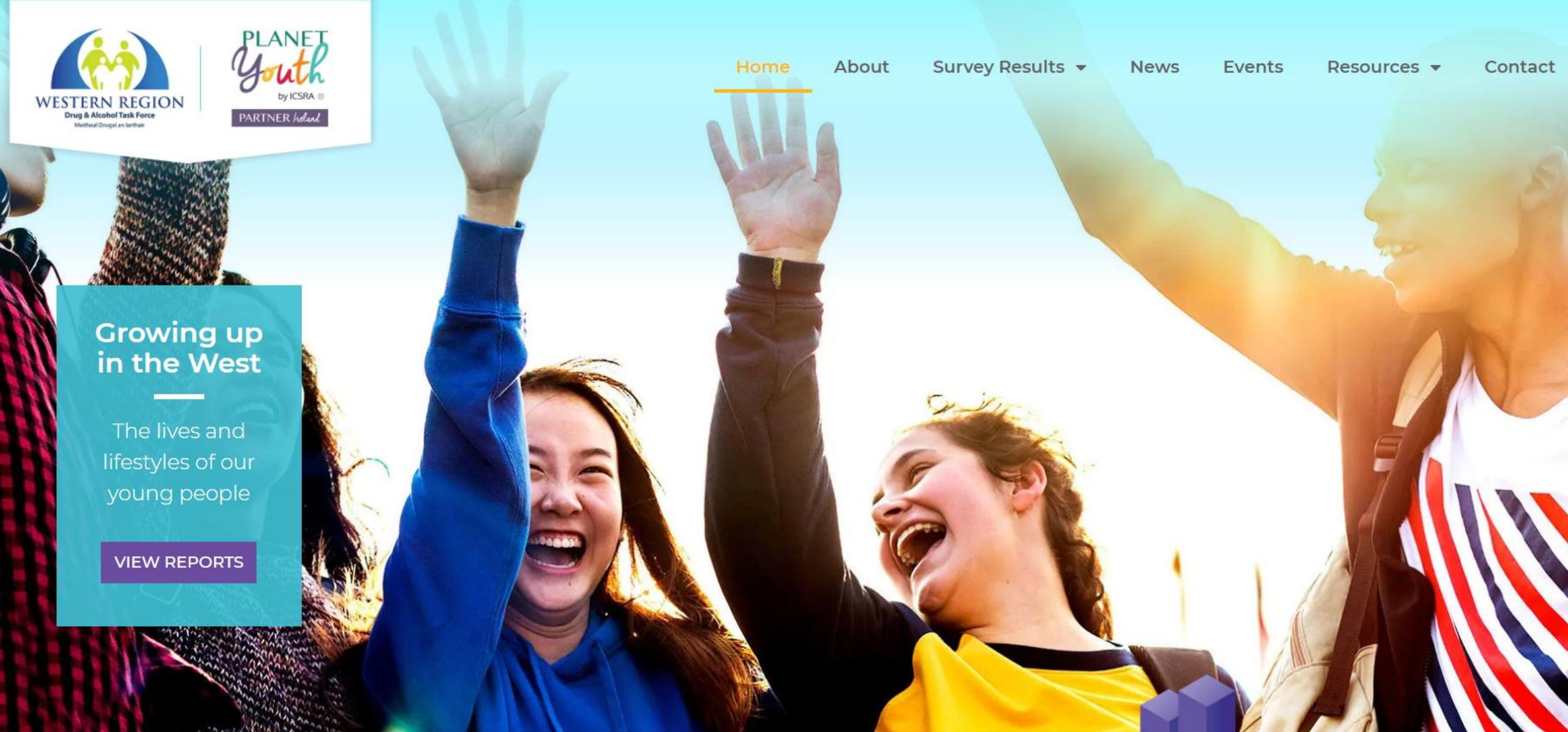
19.00 – 20.15

Register [here](#): or use the QR code



Growing up in the West

The lives and
lifestyles of our
young people

[VIEW REPORTS](#)

west.planetyouth.ie

