

Welcome!

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PLANET
Youth®

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Growing up in the West

The lives and
lifestyles of our
young people

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What is Planet Youth



A public health programme.

Designed to improve health and life outcomes for our school-going population.

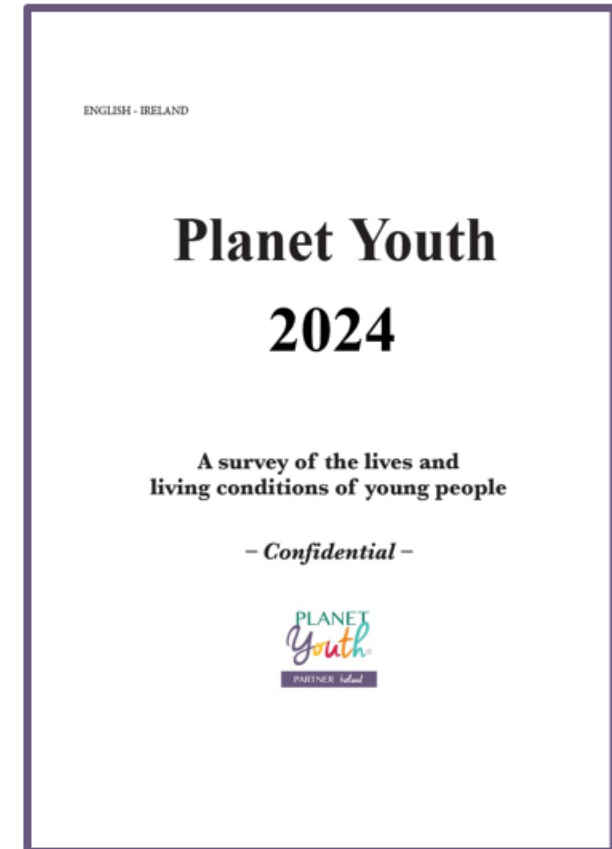
Based on the Icelandic Prevention Model.

Evidence-based



Detailed surveys are conducted, every two years, in all secondary schools in Mayo, Roscommon, and Galway, with 5,000 15 and 16 year olds.

The information gathered is then used to make improvements for our younger children.

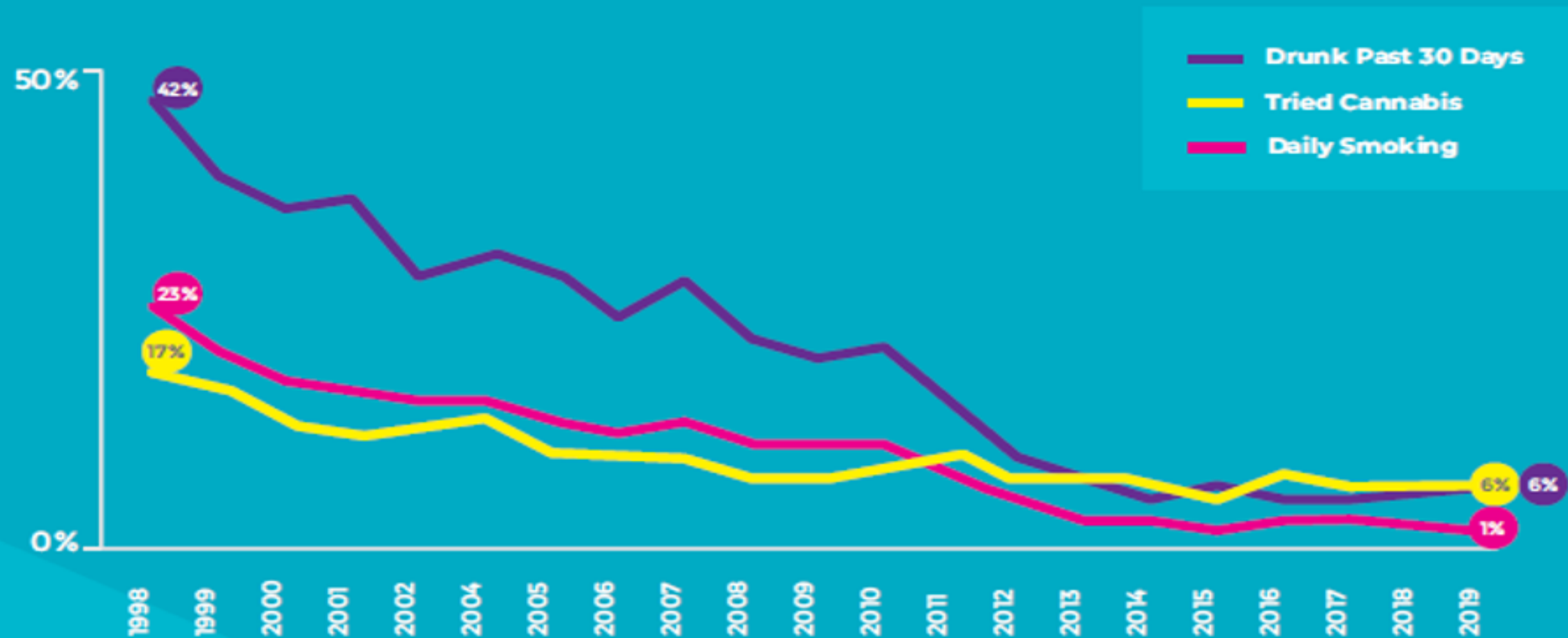




Schools Surveys 2018, 2020

CHANGE THROUGH PRIMARY PREVENTION

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





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
Ros Comáin
Roscommon
County Council



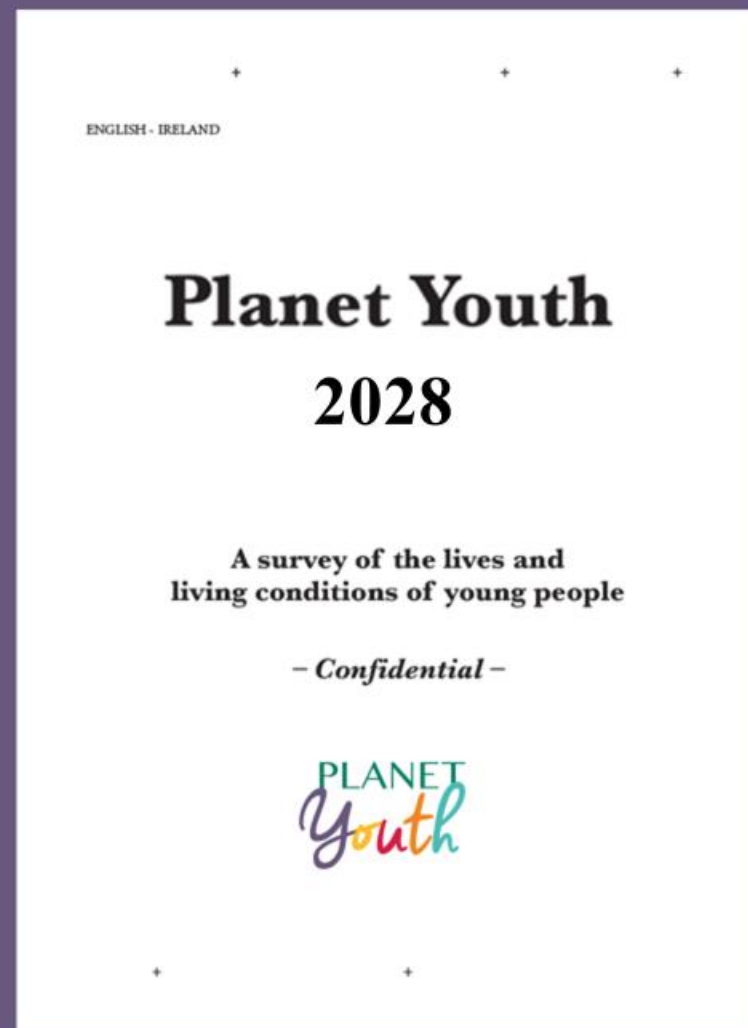
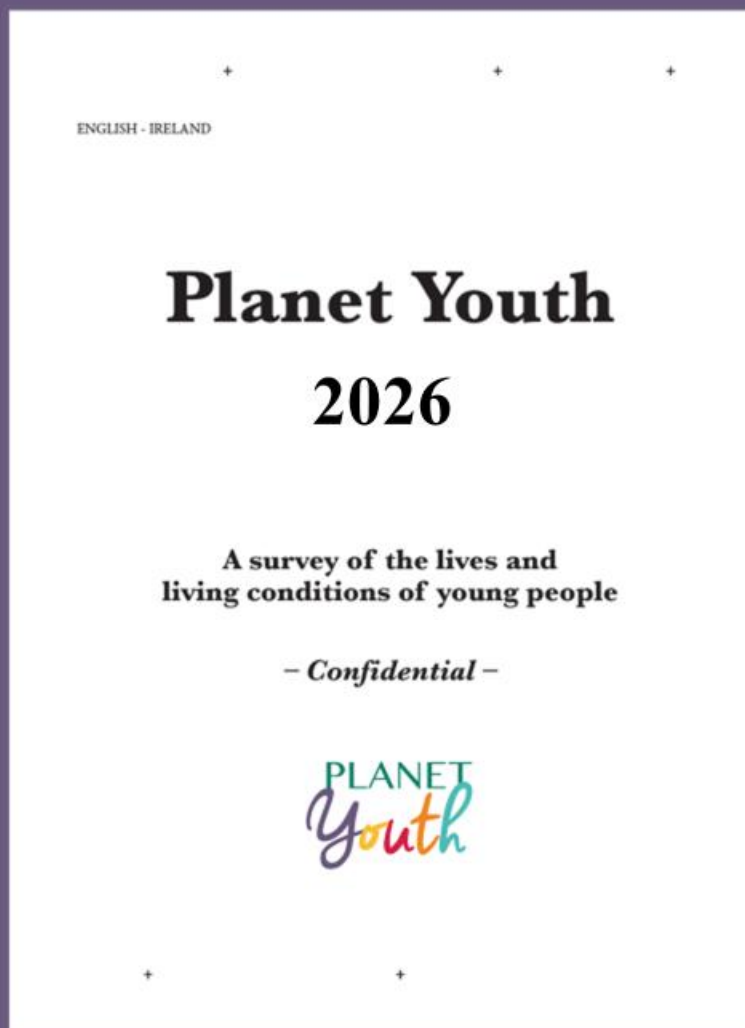
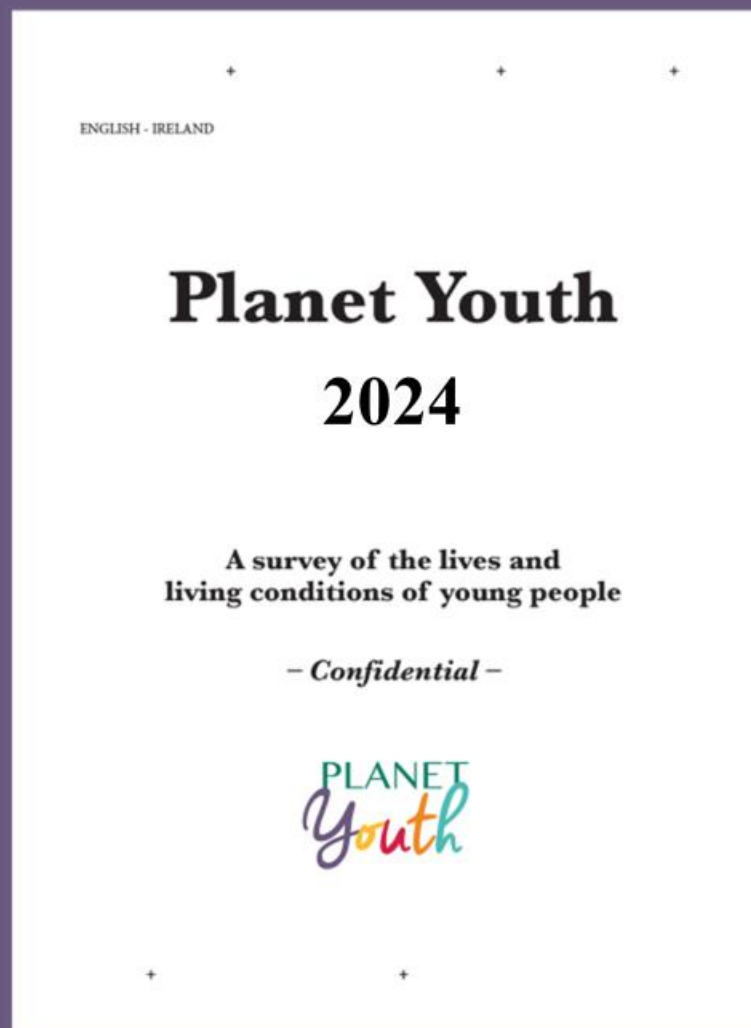
Comhairle Contae Mhaigh Eo
Mayo County Council

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

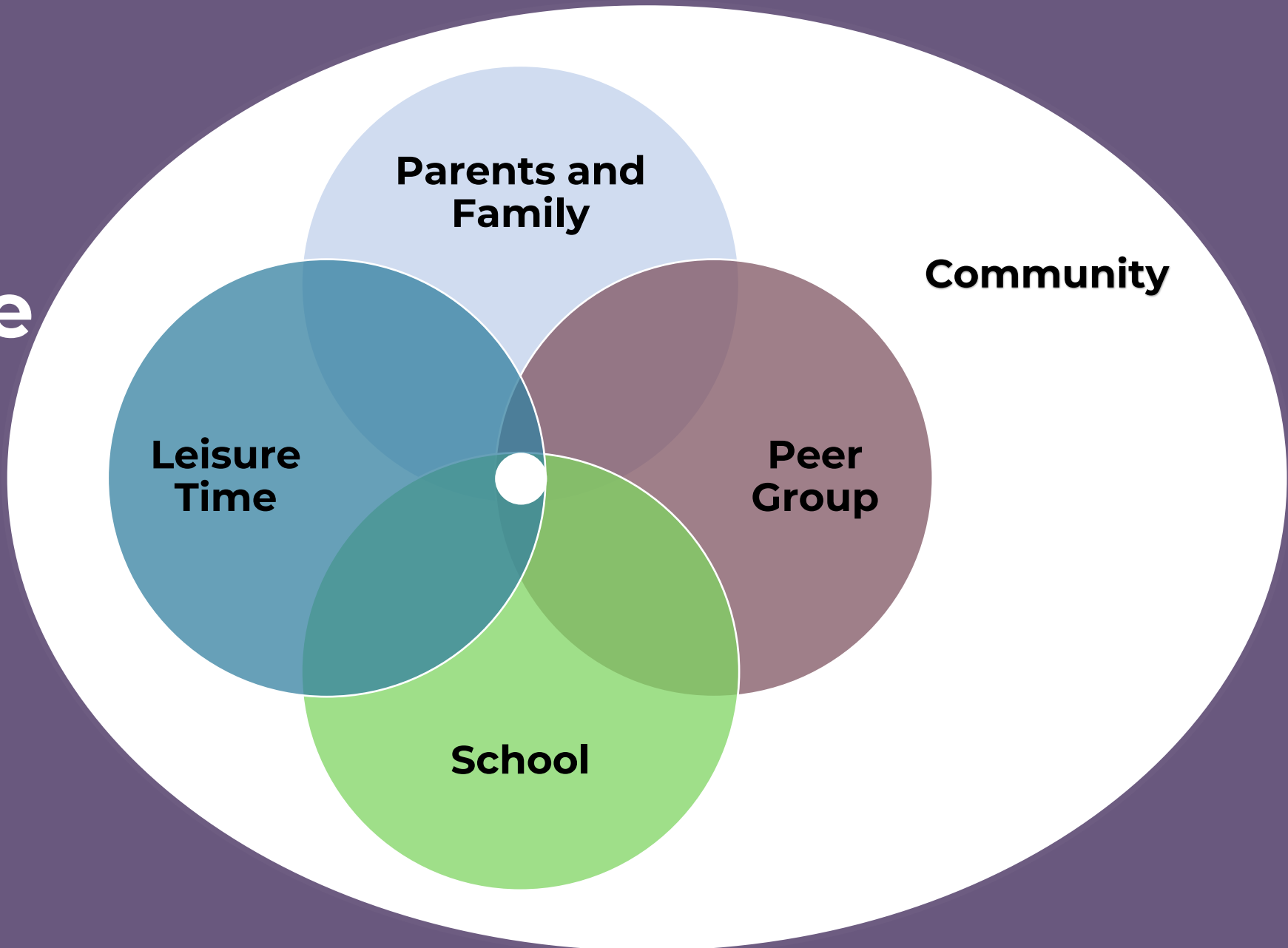
Including:

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

Planet Youth Surveys – Phase 2



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









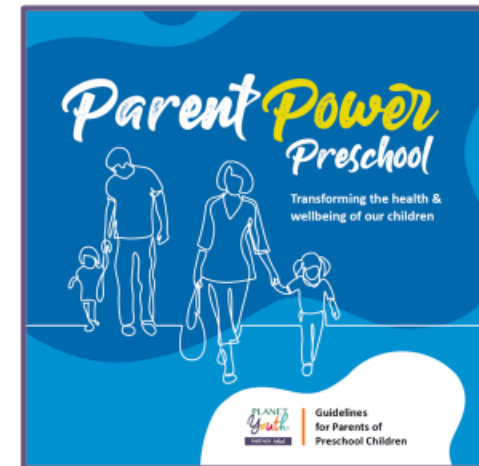
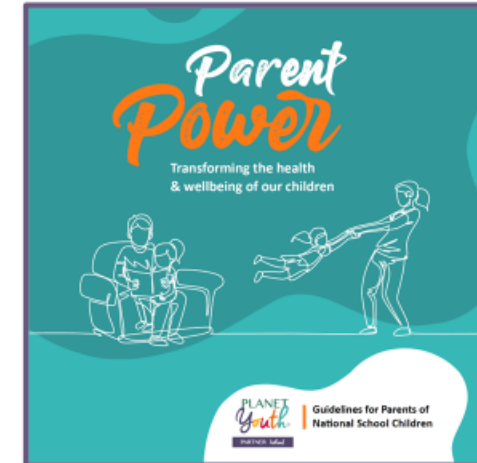
Information for parents



Parent 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 .

There is a bedtimes fridge magnet and sticker that accompanies the booklets.

There is also a newly developed booklet for parents that have children in preschool.



Parent Power – Distribution



Parent Power

First Year Parent Booklet



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:



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 or our teens so it is important that we set a good example with our own behaviours.



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

55%

Don't get enough sleep



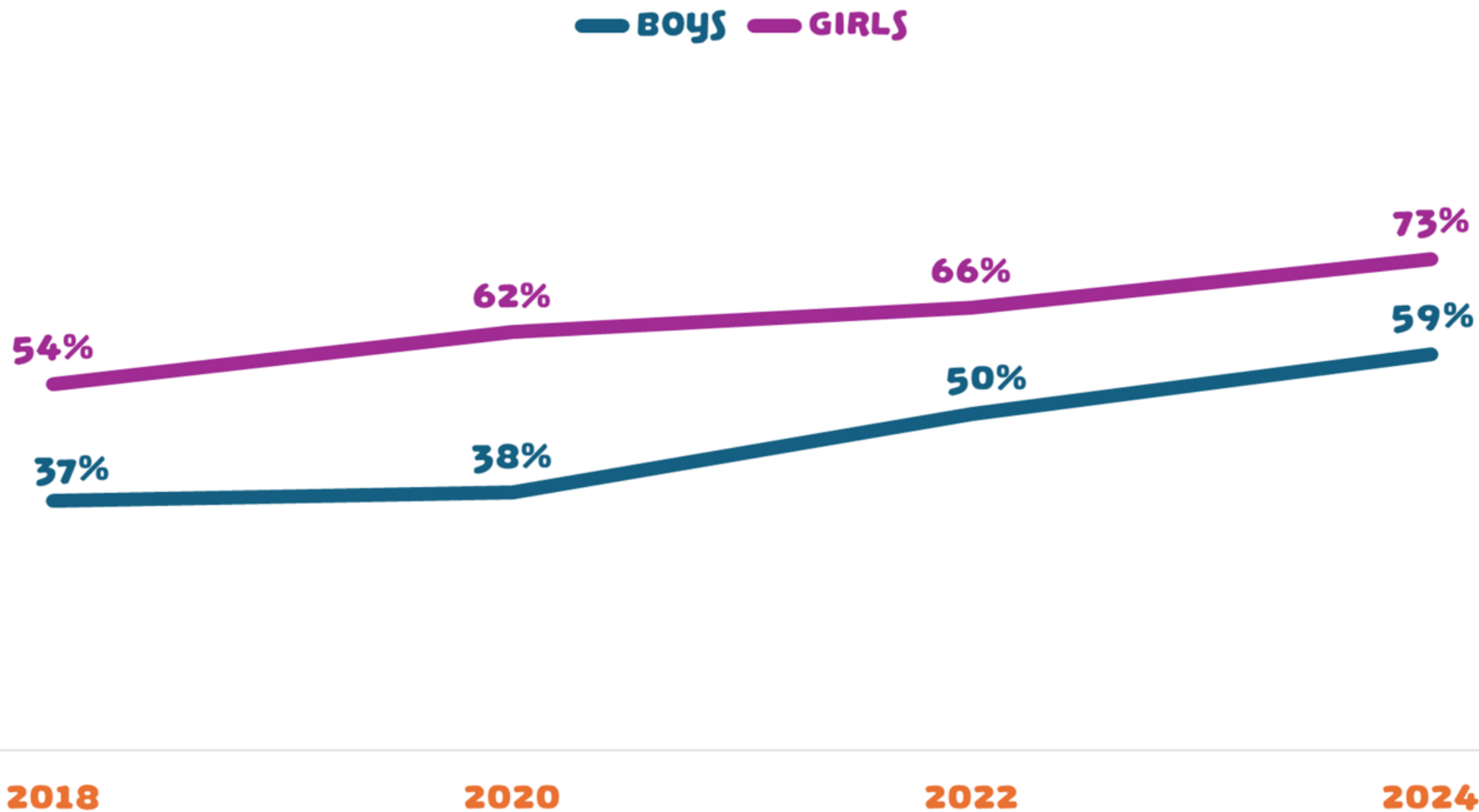
The Planet Youth survey revealed that over half of our young people are not getting enough sleep. The suggested guidelines for bedtime are:

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



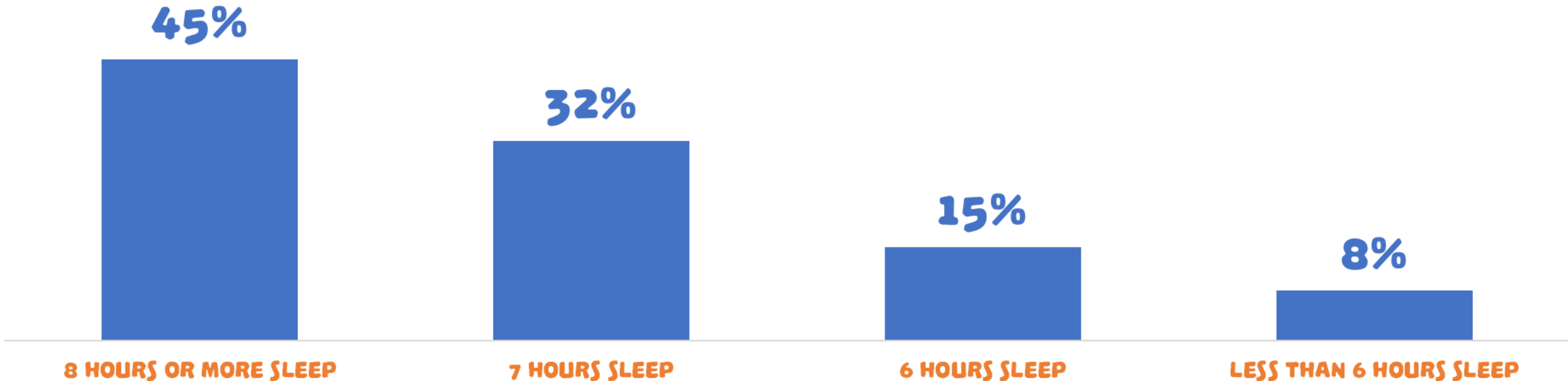
It is recommended that teenagers get a minimum 8 to 10 hours of undisturbed sleep per night. For example, a first year that has to get up at 07.30am should be asleep by 09.30pm in order to get their 10 hours of sleep. No child should have a phone in their bedroom at night, a regular alarm clock is enough.

TEENS THAT SPEND 3 HOURS OR MORE EACH DAY ON SOCIAL MEDIA



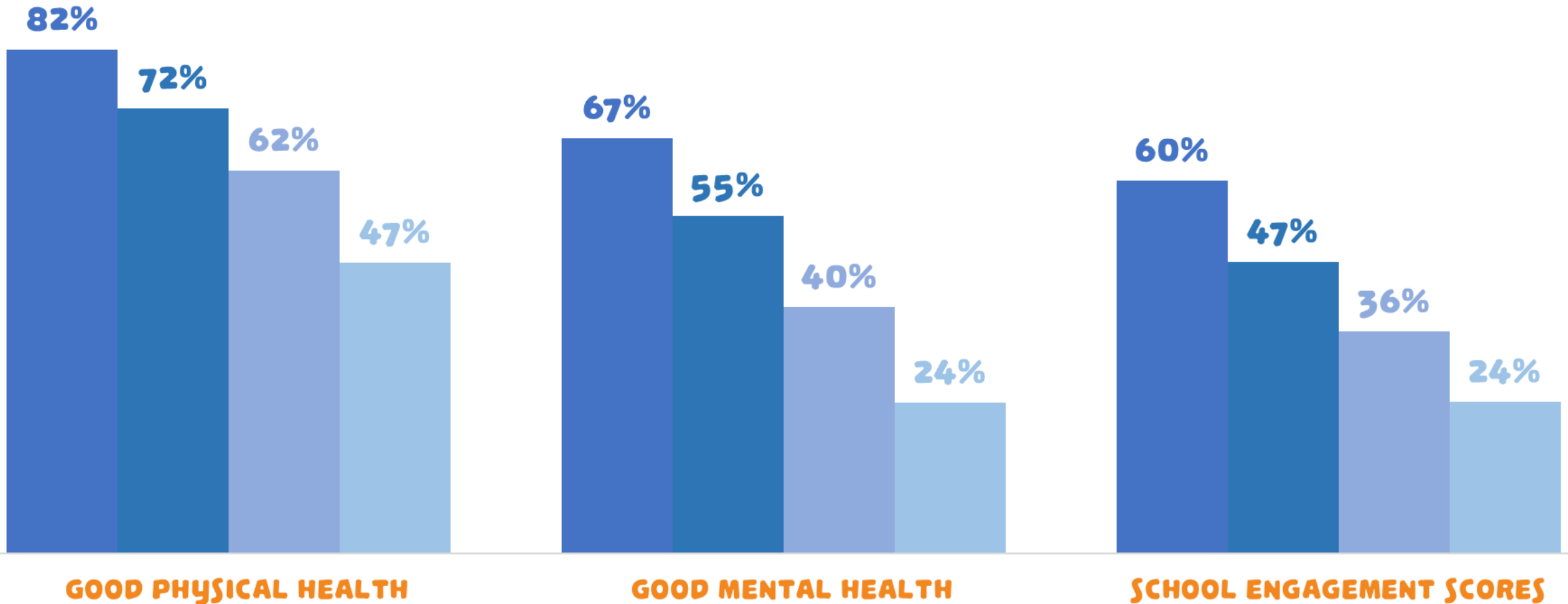
HOW MUCH SLEEP DO TEENS GET?

4,975 15 AND 16 YEAR OLDS IN ROSCOMMON, MAYO AND GALWAY

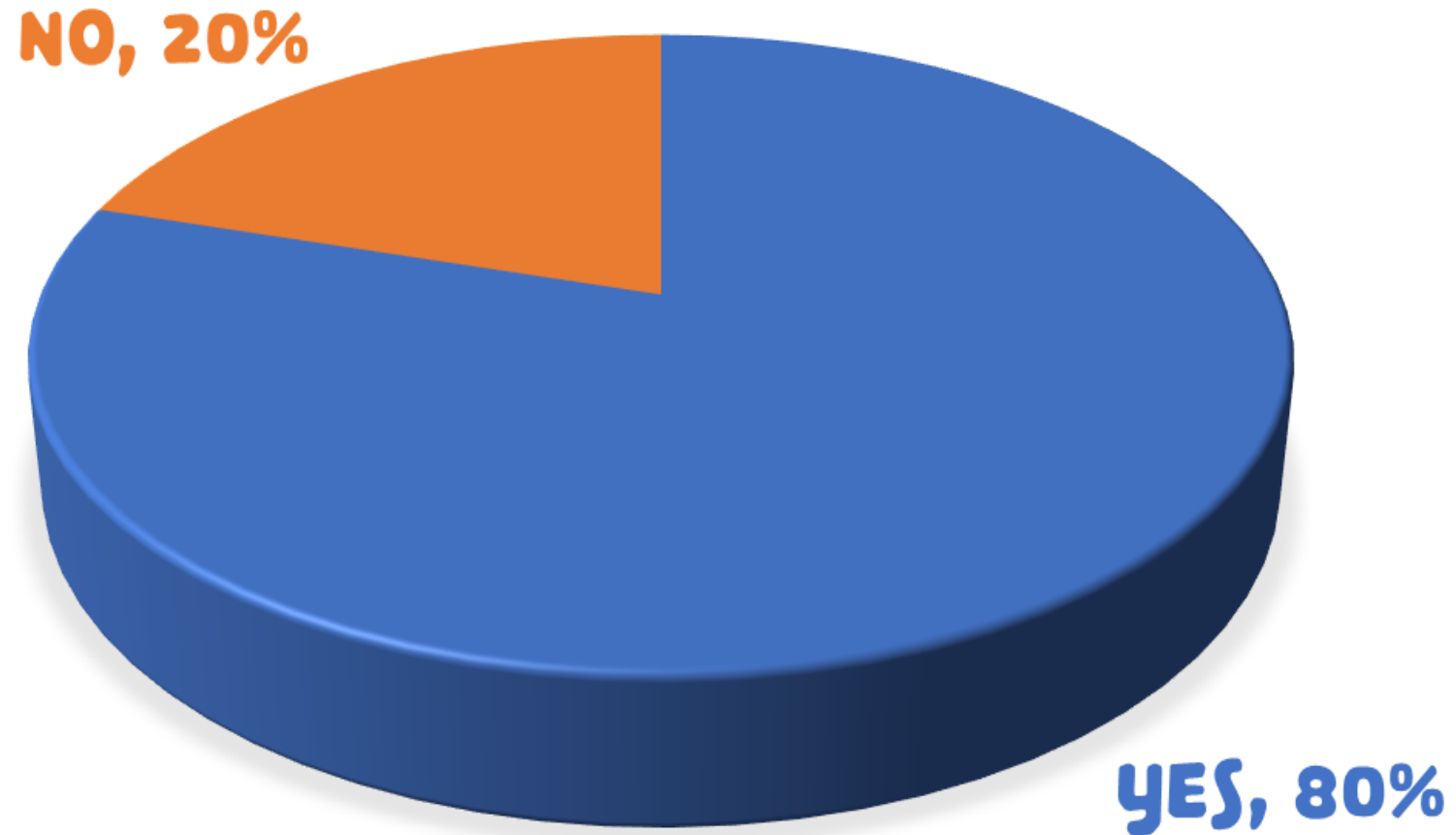


THE IMPORTANCE OF SLEEP

■ 8 HOURS OR MORE SLEEP ■ 7 HOURS SLEEP ■ 6 HOURS SLEEP ■ LESS THAN 6 HOURS SLEEP



DO YOU HAVE A PHONE IN YOUR BEDROOM AT NIGHT?



Working together



- **Phones handed up and always charged overnight in the kitchen or hallway**
- **8.00pm in first year, 8.30pm in second year, discuss after that**
- **Apps can be helpful, Google Family Link, Apple Screen Time**
- **WebWise is a good Irish site for information**

Working together



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

Parent Power

First Year Parent Booklet

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 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



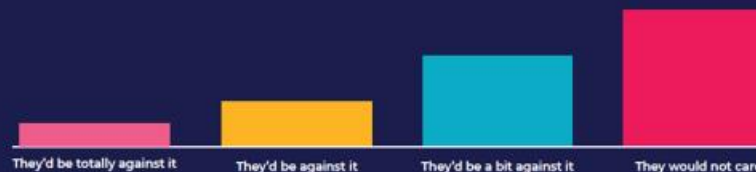
27%

Regularly
drink at a
friend's home



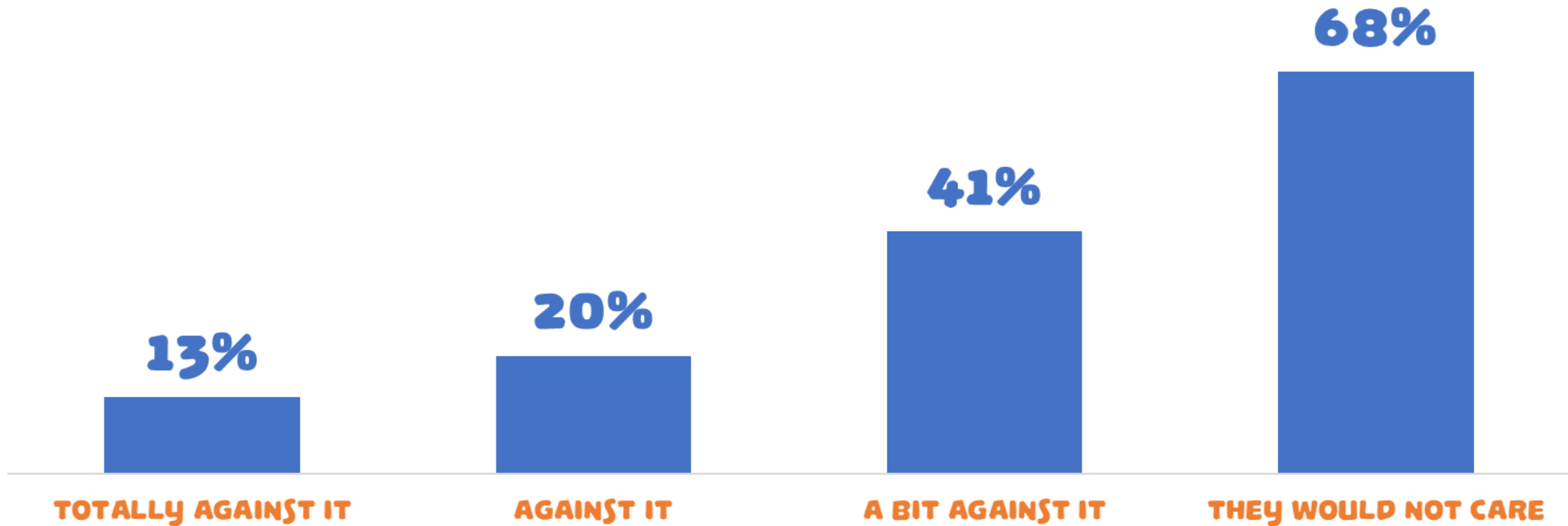
OF THE 31% OF PUPILS THAT WERE DRUNK IN THE LAST MONTH

How would your parents react if you got drunk?



PERCEIVED PARENTAL TOLERANCE FOR GETTING DRUNK

PUPILS THAT GOT DRUNK IN THE LAST MONTH



Summary - Key Messages



- **To delay/defer alcohol use for as long as possible.**
- **Support teens as much as possible with sleep routines and sleep hygiene and keep phones out of bedrooms at nighttime.**
- **Work together as parents and communicate.**

Parent supports



- **School**
- **Family Resource Centres**
- **CYPSC**
- **Tusla PPFS website**
- **NPCPP website**
- **Drug and Alcohol Family Support**

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



STUDENT AND PARENT TOPICS



HOW SCHOOL WORKS



SKILLS FOR SCHOOL



TOP TIPS FROM OLDER STUDENTS



YOU, THE STUDENT



FRIENDSHIP & FEELINGS



STAYING HEALTHY

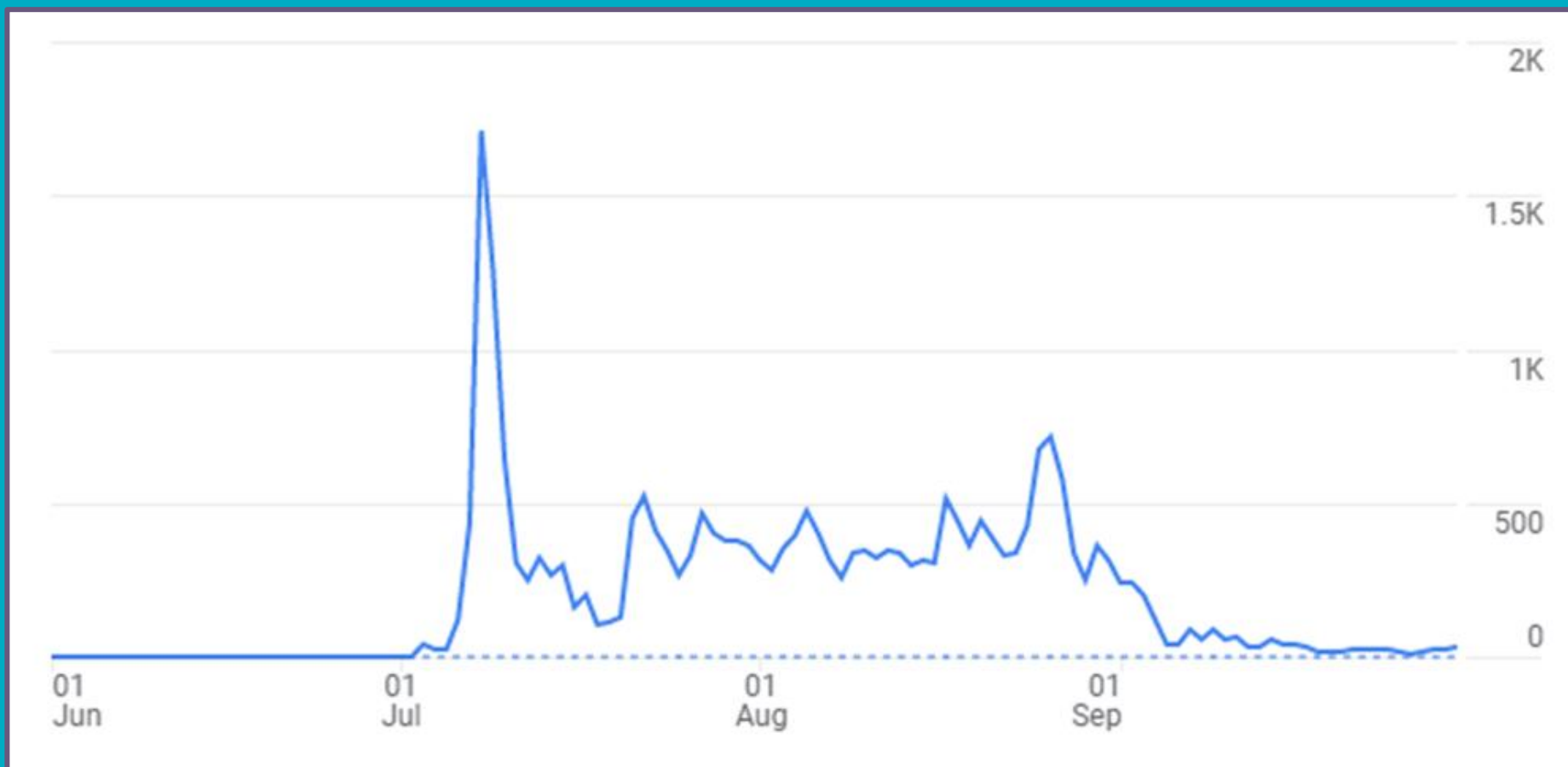


HYGIENE



YOU, THE PARENT


Site Traffic – Summer



Site Traffic – Most visited pages


1. How-school-works/
2. How-school-works/timetable/
3. Skills-for-school/
4. Top-tips-from-older-students/
5. About/
6. You-the-parent/
7. You-the-student/
8. Friendship-feelings/
9. How-school-works/lockers/
10. Staying-healthy/
11. Resource/colour-code-your-timetable/
12. Challenges-of-covid-19/
13. Skills-for-school/planning-your-time/
14. Skills-for-school/communication/

Area Reports




WESTERN REGION
Drug & Alcohol Task Force
Míthéalt Drugaí an Iarthair

Galway City
Planet Youth Report
2025

The cover for Galway City features a photograph of a group of people standing on a wooden structure over the ocean. The bottom half of the cover is a solid purple color.


WESTERN REGION
Drug & Alcohol Task Force
Míthéalt Drugaí an Iarthair

Galway County
Planet Youth Report
2025

The cover for Galway County features a photograph of a group of people standing on a grassy cliff overlooking a large body of water. The bottom half of the cover is a solid purple color.

WESTERN REGION
Drug & Alcohol Task Force
Míthéalt Drugaí an Iarthair

County Mayo
Planet Youth Report
2025

The cover for County Mayo features a photograph of people on surfboards in the ocean. The bottom half of the cover is a solid green color.

WESTERN REGION
Drug & Alcohol Task Force
Míthéalt Drugaí an Iarthair

County Roscommon
Planet Youth Report
2025

The cover for County Roscommon features a photograph of people in a blue inflatable boat on the water. The bottom half of the cover is a solid blue color.

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