



Growing up in the West

The lives of our young people

Planet Youth Report

Mayo 2022

CONTENTS

1	EXECUTIVE SUMMARY	page 2
2	INTRODUCTION	page 6
	Planet Youth	page 6
	Five Principles of the Icelandic Prevention Model	page 6
	Planet Youth Mayo Report	page 7
	Additional Reports	page 7
3	SURVEY	page 8
	Survey Instrument	page 8
	Survey Methodology	page 8
	How To Interpret the Cross-Tabulations	page 9
4	SURVEY RESULTS	page 10
	Number of Participants	page 10
	Trends	page 11
	Substance Use	page 17
	Family Time	page 25
	Screen Time	page 29
	Wellbeing Indicators	page 35
	Leisure Time	page 41
	School Experience	page 47
	Sexual Health and Behaviour	page 51
5	CONCLUSION	page 55
6	KEY MESSAGES	page 57
7	RECOMMENDATIONS	page 58
8	ACKNOWLEDGEMENTS	page 59

1 EXECUTIVE SUMMARY

Planet Youth is the local implementation, in Galway, Mayo and Roscommon, of the Icelandic Prevention Model (IPM). The IPM is an evidence-based primary prevention model, developed by researchers, community workers and policy makers in Iceland.

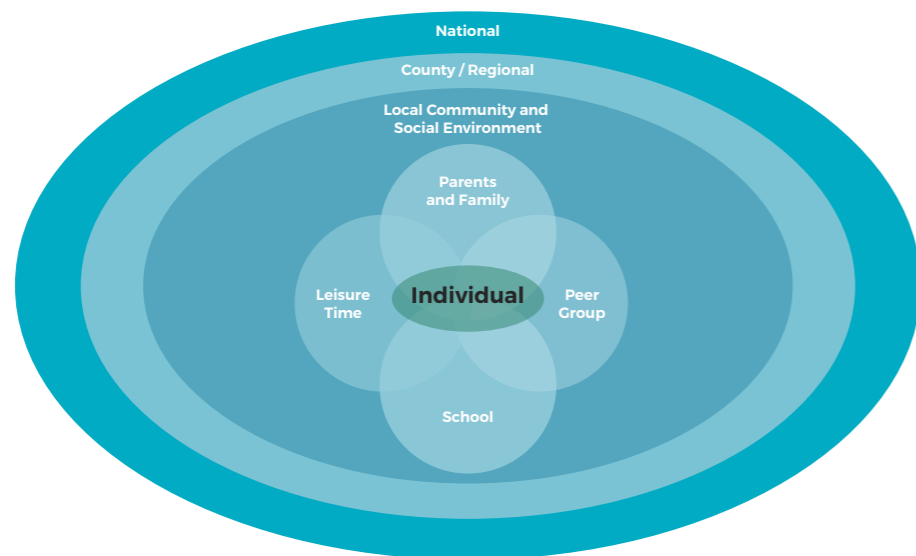
The model's whole population approach offers an opportunity to improve health outcomes for young people in many areas of their lives. It works by isolating and directly targeting the risk and protective factors that determine their substance use behaviours and enhancing the social environment they are growing up in. By developing targeted interventions that seek to reduce the identified risk factors and strengthen the identified protective factors the problems associated with adolescent substance use can be reduced or prevented before they arise. Other health and life outcomes can be improved using the same preventative approach and utilising the Planet Youth data.

Data

The model relies on the data derived from biennial cross-sectional surveys that are conducted using the Planet Youth questionnaire. This comprehensive lifestyle questionnaire is administered to the 15-16 year olds in all schools in the participating community. There are questions on their substance use, physical health, mental health, physical activity, family and school experience, internet use, bullying and many other categories. There are 92 primary questions in the current Planet Youth questionnaire and a total of 1,972 variables; all of which can be examined and cross-tabulated.

Risk and protective factors

The survey results provide the information for planning, selecting key factors requiring attention, designing suitable interventions, and tracking trends and changes in young people's behaviours and wellbeing over time. The main risk and protective factors lie within the domains of intervention outlined in the diagram below.



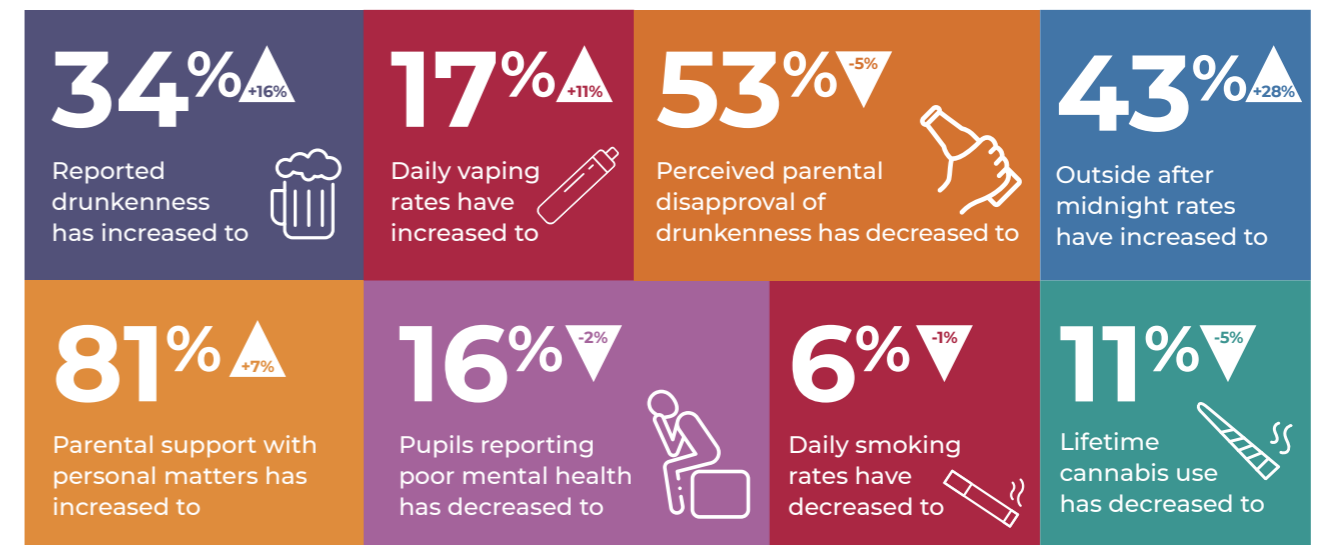
Major domains of intervention

Survey

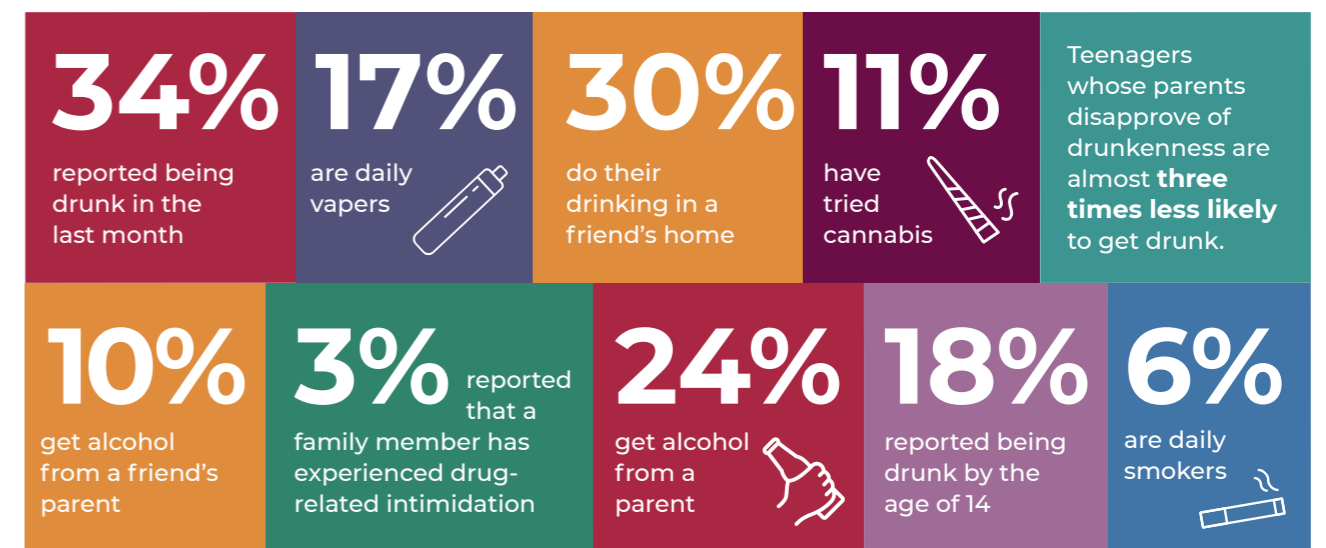
In November 2022 all the pupils in County Mayo that had returned to school after completing their Junior Certificate were invited to complete the Planet Youth questionnaire. This report summarises the findings from this third Planet Youth survey and is based upon 1,280 15 and 16 year-olds attending the 26 post-primary schools and 3 Youthreach centres in County Mayo.

Key Findings

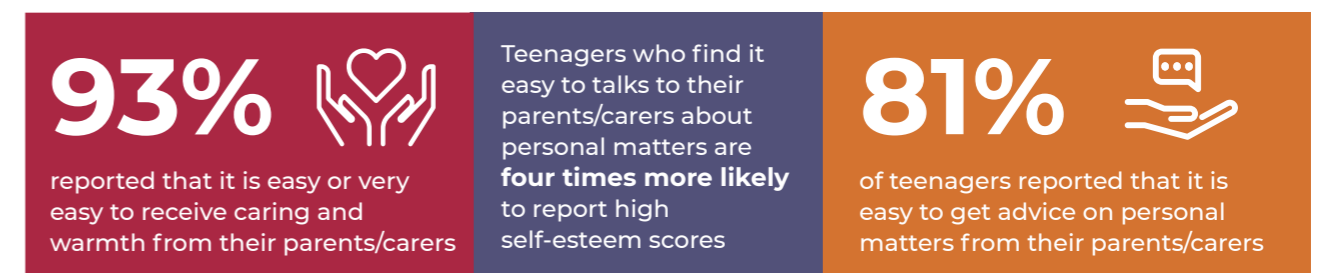
Trends



Substance Use



Family Time



Screen Time



Wellbeing Indicators



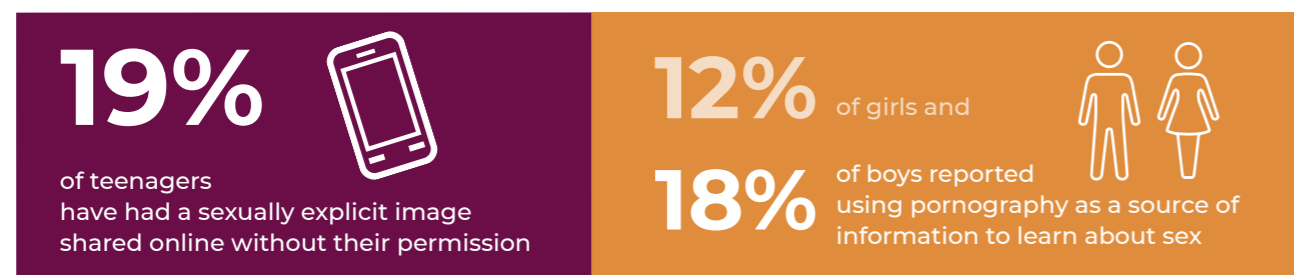
Leisure Time



School Experience



Sexual Health and Behaviour



Key Messages

Substance Use

- Parental tolerance of teenage drunkenness has shown a notable increase over the three Planet Youth surveys and teenagers whose parents are more tolerant of drunkenness are almost three times more likely to get drunk.
- One of the most common places for teenagers to get drunk is at a friend's house, enabled by a parent or carer. Those in parental roles can make a significant difference to the long-term health and wellbeing of our children by agreeing not to supply alcohol to teenagers in our homes.
- There is an increase in daily and lifetime vaping rates. The use of vaping products is unsafe for teenagers. Most vaping products contain nicotine and nicotine is a substance that is highly addictive and can harm adolescent brain development.

Family Time

- Parental support is a protective factor for positive mental health. Those pupils that report it is easy to talk to their parents about personal matters are three times more likely to report positive mental health.
- Having shared interests, regular family mealtimes, and family activities creates enjoyable time and space to chat with and listen to our teenagers. As they get older, it is important to maintain good quality parental support by communicating with them and staying connected, interested and engaged in what's happening in their lives.

Screen Time

- There is a significant increase in teenagers use of social media and this latest Planet Youth survey highlighted that most of our teenagers now have a phone in their bedroom at night.
- Teenagers that have phones in their bedrooms at night report lower self-esteem and poorer mental health and school engagement. Screens should be off at least one hour before bed and kept out of bedrooms after bedtime.

Wellbeing Indicators

- Over half of our teenagers are reporting seven hours or less of sleep every night and these teenagers are reporting poorer mental health and school engagement when compared to the teenagers sleeping longer.
- Undisturbed sleep is important for development and between 8 and 10 hours is what is recommended.

Leisure Time

- Unsupervised leisure time correlates with higher levels of substance use. Teenagers that report hanging out in the streets regularly are 6 times more likely to use cannabis and teens that spend unsupervised time at a friend's home are four times more likely to get drunk.
- It is important that teenagers have access to a range of quality supervised, structured activities as they get older. Participation in supervised activities is a protective factor for substance use and promotes physical and mental wellbeing.

Sexual Health and Behaviour

- Pornography use is associated with unsafe sexual health practices and can create misleading expectations about sexual relationships. One sixth of our teenagers use pornography to learn about sex and a similar number of teenagers report having sexually explicit images shared online without their consent.
- Relationships and Sexuality Education needs to be prioritised within the Junior Cycle Wellbeing Guidelines and in the SPHE curricula to better inform teenagers in matters of sexual health and behaviour.

2 INTRODUCTION

Planet Youth

Planet Youth is the local implementation, in Galway, Mayo and Roscommon, of the Icelandic Prevention Model (IPM). The IPM is an evidence-based primary prevention model, developed by researchers, community workers and policy makers in Iceland, in order to reduce substance use rates amongst young people. The model uses a whole population approach and works by directly targeting the risk and protective factors that determine substance use behaviours and enhancing the social environment that children are growing up in. By reducing the known risk factors and strengthening the known protective factors, the problems associated with adolescent substance use can be reduced or prevented before they arise. Whilst the Icelandic prevention model was developed in order to reduce substance use rates amongst young people, the primary prevention approach offers the opportunity to improve health and life outcomes for young people in many areas. The model is founded upon three pillars:

1. Evidence-based practice
2. Using a community-based approach
3. Creating and maintaining a dialogue between research, policy and practice

The model has demonstrated that it is possible to develop evidence-based interventions to promote and facilitate social capital at the local community level, in order to decrease the likelihood of adolescent substance use, by strengthening the supportive role of parents and schools and the network of opportunities around them.

The evidence for community-based approaches and participatory stakeholder dialogue is derived from a validated survey of adolescent behaviours and attitudes. The same Planet Youth survey document, with local contextual modifications, is used in all the countries adopting the Planet Youth approach and is repeated at biennial intervals.

The prevention model continuously links local-level data collection from the survey with local-level reflection and action to increase social capital suitable to the needs of the community. The data guides the development of suitable interventions that reduce the identified risk factors and strengthen the protective factors for young people.

Five Principles of the Icelandic Prevention Model

1. Apply a primary prevention approach that is designed to enhance the social environment.
2. Emphasise community action and embrace public schools as the natural hub of neighbourhood and area efforts to support child and adolescent health, learning, and life success.
3. Engage and empower community members to make practical decisions. using local, high quality, accessible data and diagnostics.
4. Integrate researchers, policy makers, practitioners, and community members into a unified team dedicated to solving complex, real-world problems.
5. Match the scope of the solution to the scope of the problem, including emphasising long-term intervention and efforts to marshal adequate community resources.

Planet Youth Mayo Report

The Western Region Drug and Alcohol Task Force conducted the third detailed Planet Youth survey, on the experiences of teenagers living in their communities in County Mayo, during November 2022. The target population was all of the 15 and 16 year-old post-Junior Cycle pupils in every post-primary school and centre in the county. The Planet Youth survey is repeated biennially amongst this cohort in order to assess changing trends and behaviours.

Each of the 26 post-primary schools and 3 Youthreach centres in the county were invited to take part and all of them participated. A total of 1,633 pupils at all ages completed the online survey. A total of 1,527 records were returned in the dataset after data verification and quality checks.

This report is based on the 1,280 15- and 16-year-olds within those records. The 247 records that are excluded from the report are older pupils, pupils who are in Ireland for a foreign exchange year, and pupils who are here as Ukrainian refugees. This County Mayo report is intended to reflect the experiences of the pupils who grew up in the county and who have attended national and post-primary schools in the locality. The experiences of the other pupils are included within the Planet Youth reports that go to the schools and will be part of further analyses of the extended dataset.

Additional Reports

A series of additional thematic, area-based, and agency-specific reports will also be developed from the Planet Youth dataset for use by agencies in the region.

Additionally, access to the Planet Youth 2018 and 2020 datasets is available, for research and teaching purposes, through the Irish Social Sciences Data Archive (ISSDA) at University College Dublin. The Planet Youth 2022 dataset will be added to the archive in Summer 2023.

3 SURVEY

Survey Instrument

The Planet Youth International core questionnaire is a standardised survey that is used in many communities around the world.

In Ireland, prior to the administration of this third Planet Youth survey, the questions in the instrument were modified and localised to be more suitable in an Irish context and Irish language and Ukrainian language versions were also produced. This third survey was the first time that the survey was administered in an online format. The two previous surveys were conducted in 2018 and 2020 in paper-based form.

Additionally, with this third Planet Youth survey, some non-core questions from the International questionnaire were removed and new ones were introduced. These revisions will allow the Planet Youth project and partner agencies to gather valuable insights that will help further the overall aim of the project in improving the health and wellbeing of our young population.

New and modified areas of questioning included:

- School experience
- Access to alcohol and drugs
- Barriers to accessing hobbies and sports
- Additional wellbeing indicators for resilience and stress
- Additional questions on sleep and tiredness
- Help-seeking behaviour for mental health issues
- Attitudes to substance use and ease of access to cannabis
- Gambling
- Diet

Survey Methodology

This third survey of the three initially planned Planet Youth surveys was conducted in November 2022. The pupils that were targeted for inclusion were all those who had returned to school after completing the Junior Cycle in June 2022. The survey was administered online and all the 15 and 16 year-olds in the region were invited to participate.

The sequence of events related to the administration of the survey are detailed below:

1. An ethical review was conducted and approval granted by the Royal College of Physicians of Ireland (RCPI).
2. Localisation and modification of the latest online survey instrument was completed via consultation with local agencies and youth groups. The survey was then set up on the Alchemer online survey platform.
3. Principals of all the post primary schools and the Youthreach Centres in County Mayo were approached in advance of the survey to explain the Planet Youth project and the purpose of the survey.
4. A support services card was developed to be issued alongside the surveys to ensure participants had access to contact details of support services if required.
5. All students and parents were given copies of information about the survey and were invited to opt out if they so wished.

6. Support services cards and blank sample questionnaires were delivered to each school.
7. Each school appointed a coordinator for their in-house survey, and they all attended an online training to ensure consistency of the survey's online administration.
8. The surveys were conducted in November 2022 by the in-school coordinators using school devices. WRDATF staff visited schools in the region that had insufficient devices or internet access to conduct the survey themselves.
10. All final survey records were checked for quality, cleaned and parsed by Planet Youth in Reykjavik and the results and datasets were returned to Ireland in February 2023.

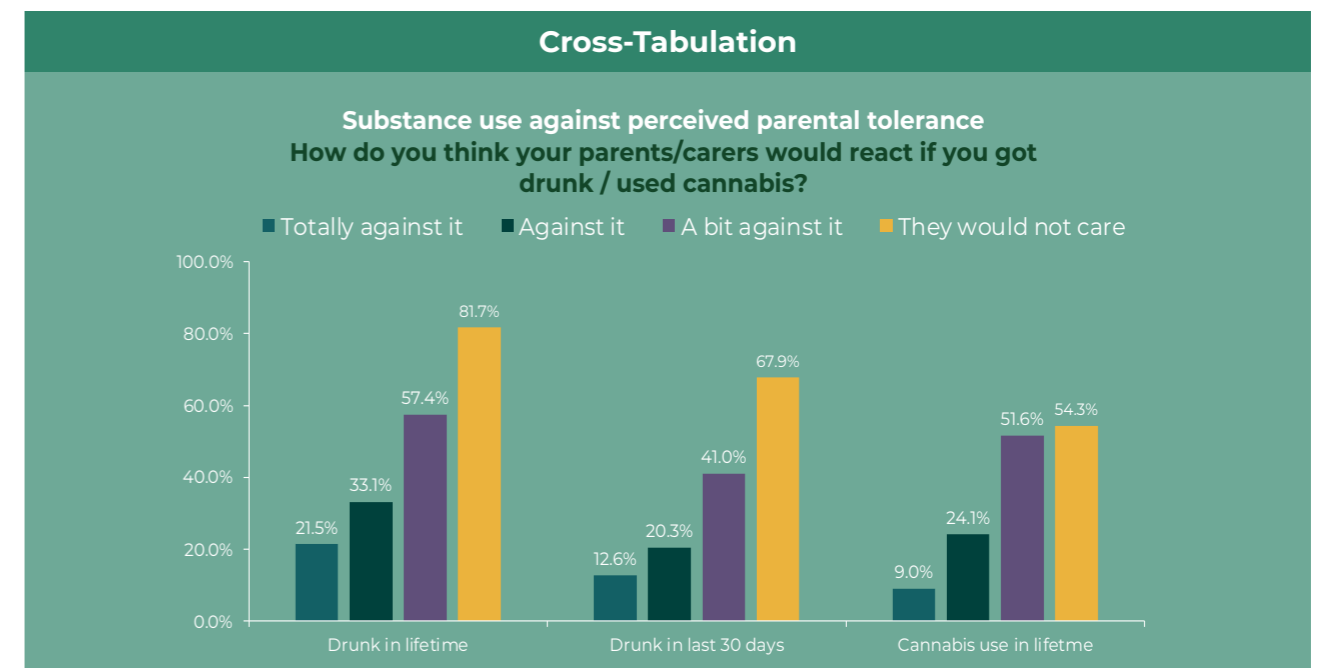
The survey was conducted during class hours, taking approximately 40 minutes to complete. Students were again informed of the purpose of the survey, and they were also informed of the purpose of the support services card.

To ensure survey accuracy, some records were eliminated as part of the data cleansing process in Reykjavik. The criteria for elimination included insufficiently complete records, reporting the use of a fictitious drug or reporting to have tried some substance 40 times or more.

How To Interpret the Cross-Tabulations

The cross-tabulations shown in this document are used to indicate the relationship between one variable and another. Cross-tabulations can demonstrate the effect and importance of different risk and protective factors. This is a method of quantitatively analysing the relationship between multiple variables by examining correlations within the data that may not be readily apparent otherwise.

Cross-tabulations are used throughout the survey findings to examine the risk and protective factors in different domains. They can highlight factors that are working well and also those that seem to be working poorly or that are unusual in some other way and so worthy of investigation.



Cross-tabulation example. Proportion of teenagers that reported lifetime drunkenness, became drunk in the last 30 days and have used cannabis once or more in their lifetime compared against parental tolerance of substance use.

The light green bar in this example shows the substance use behaviours of the teenagers whose parents are most disapproving of substance use, contrasted against the increasing consumption behaviours of those teenagers whose parents are more tolerant of substance use.







4 SURVEY RESULTS

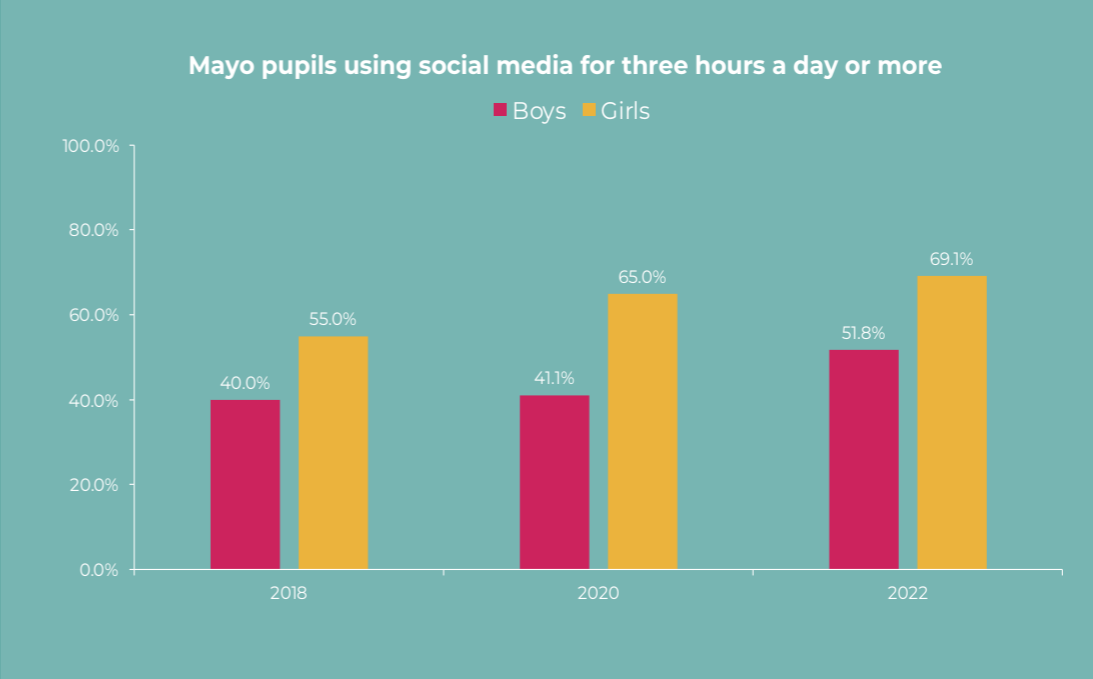
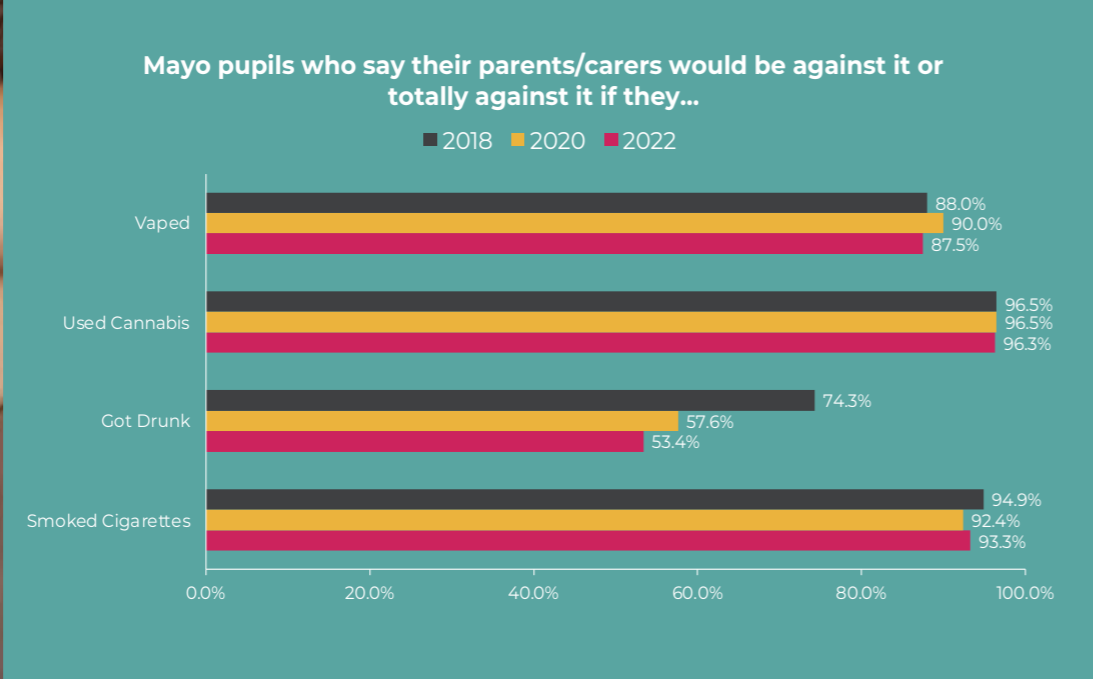
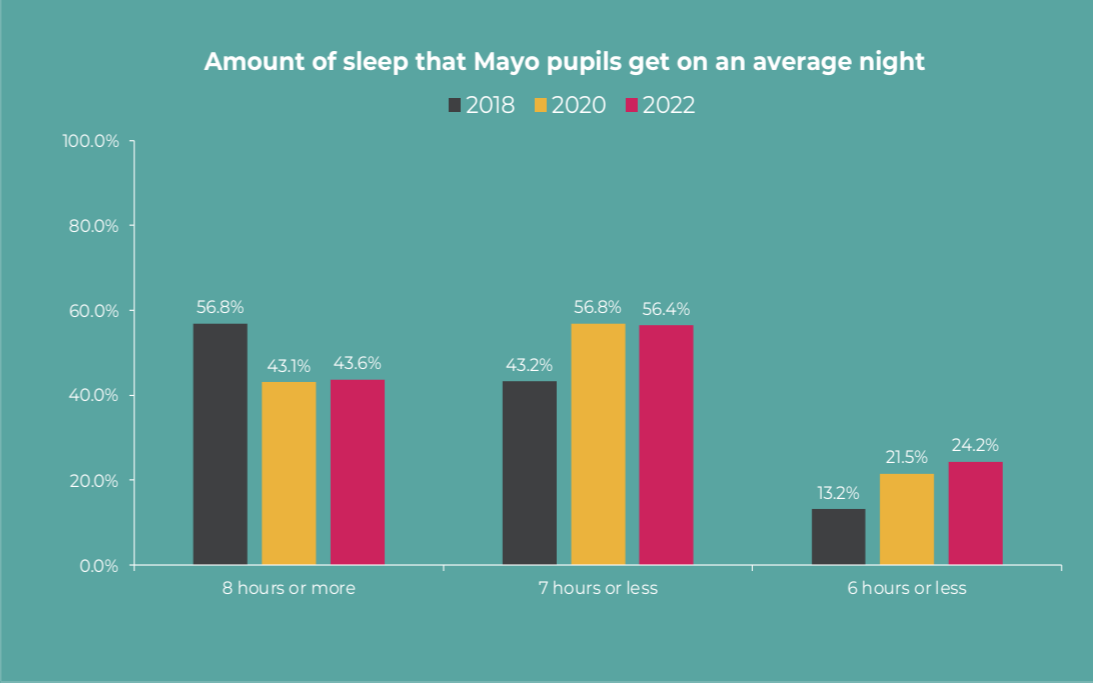
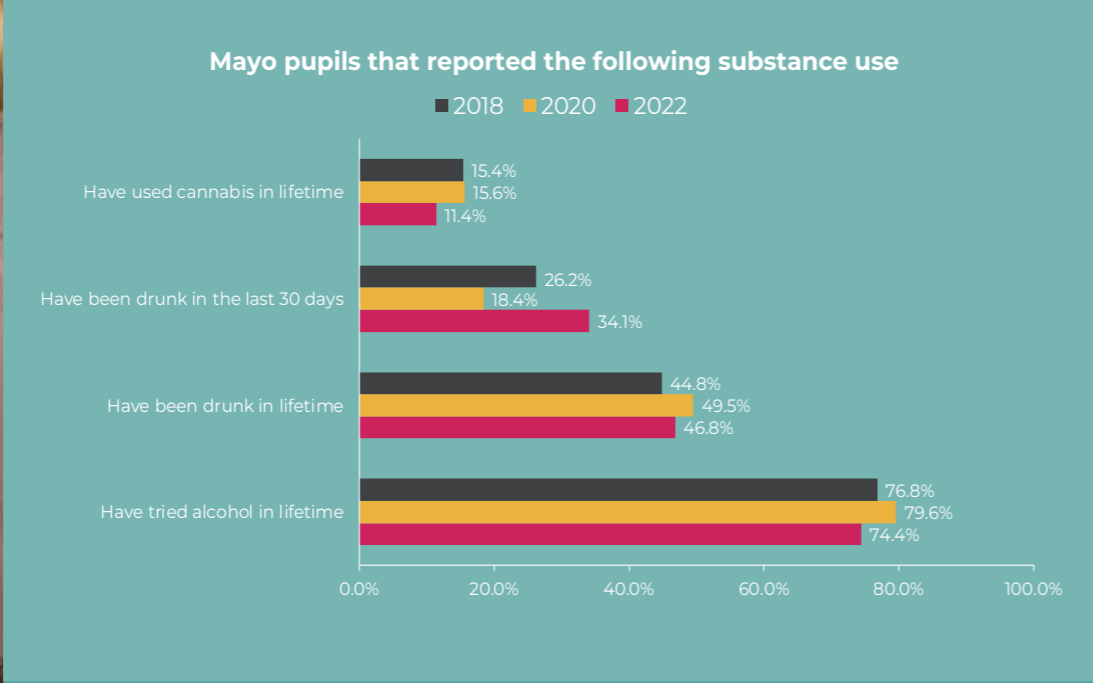
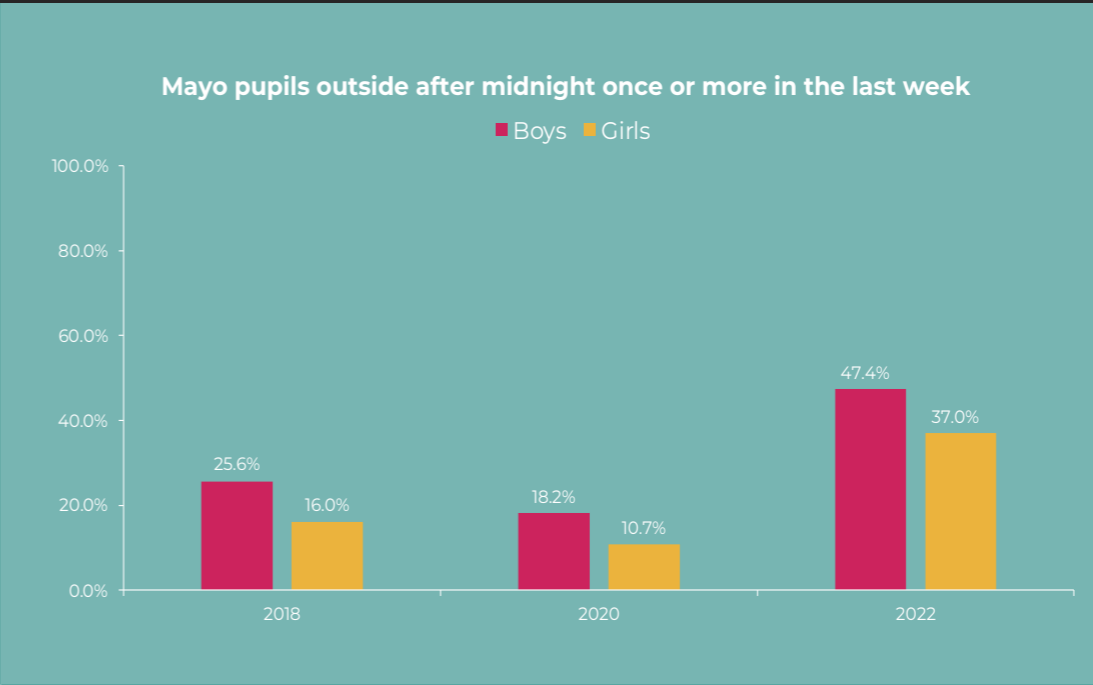
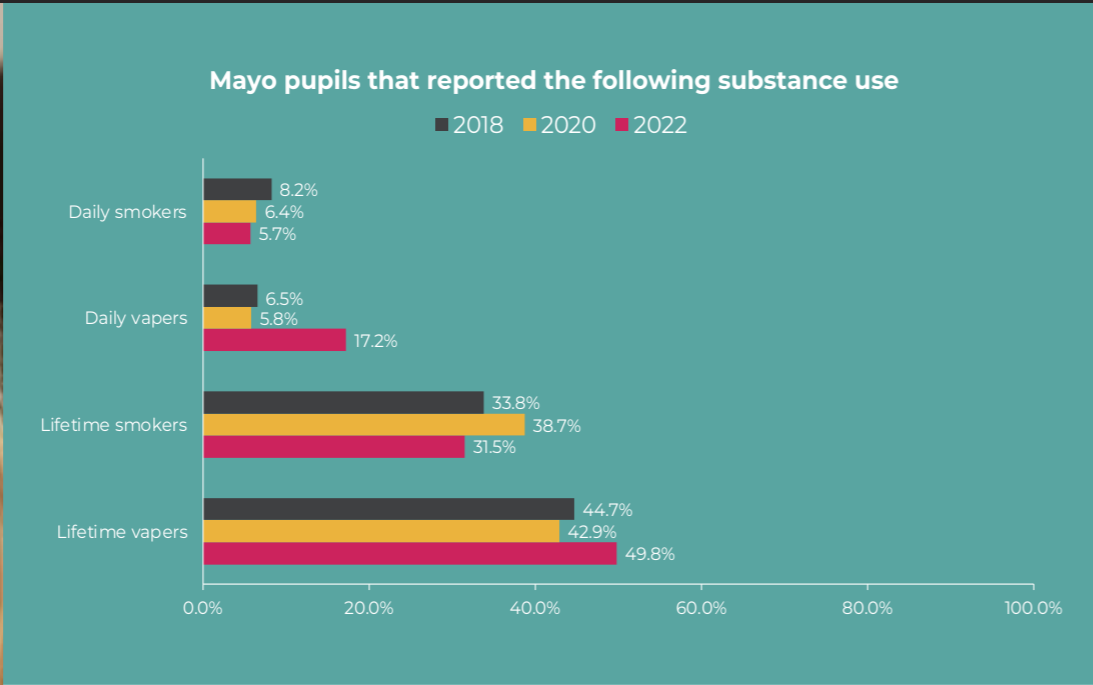
Number of Participants

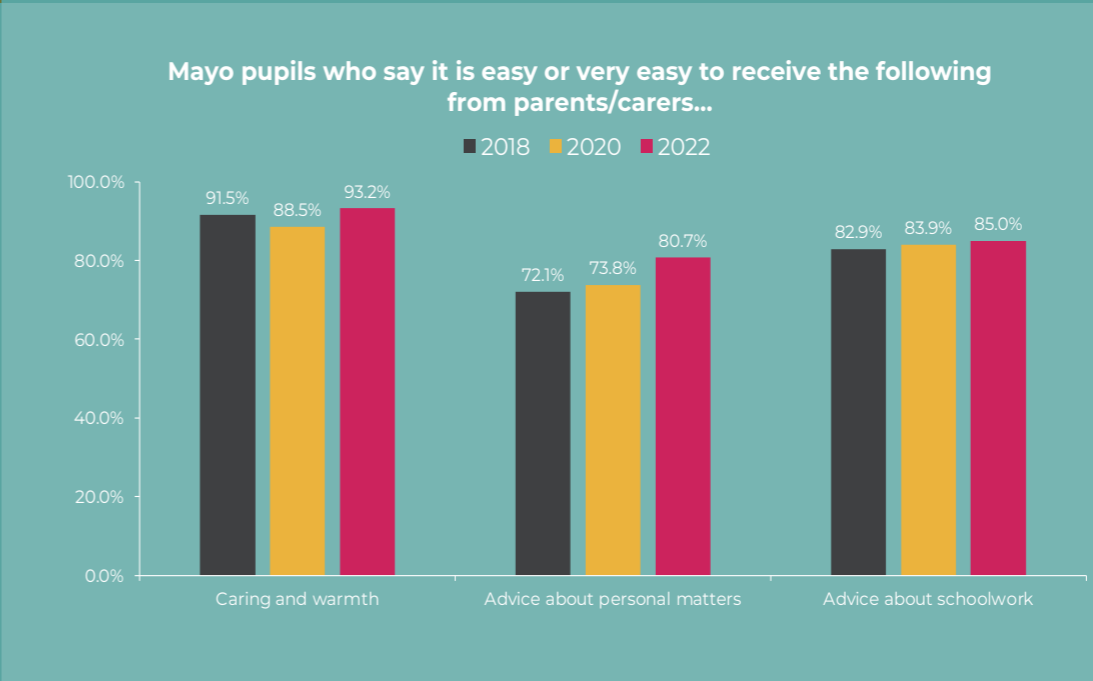
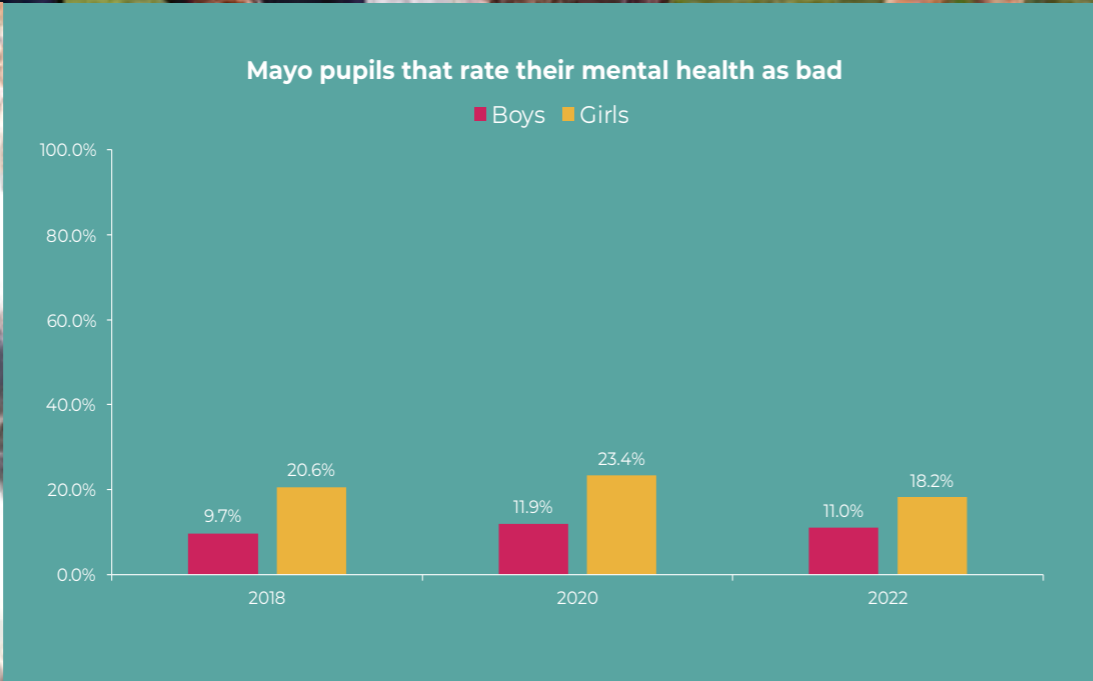
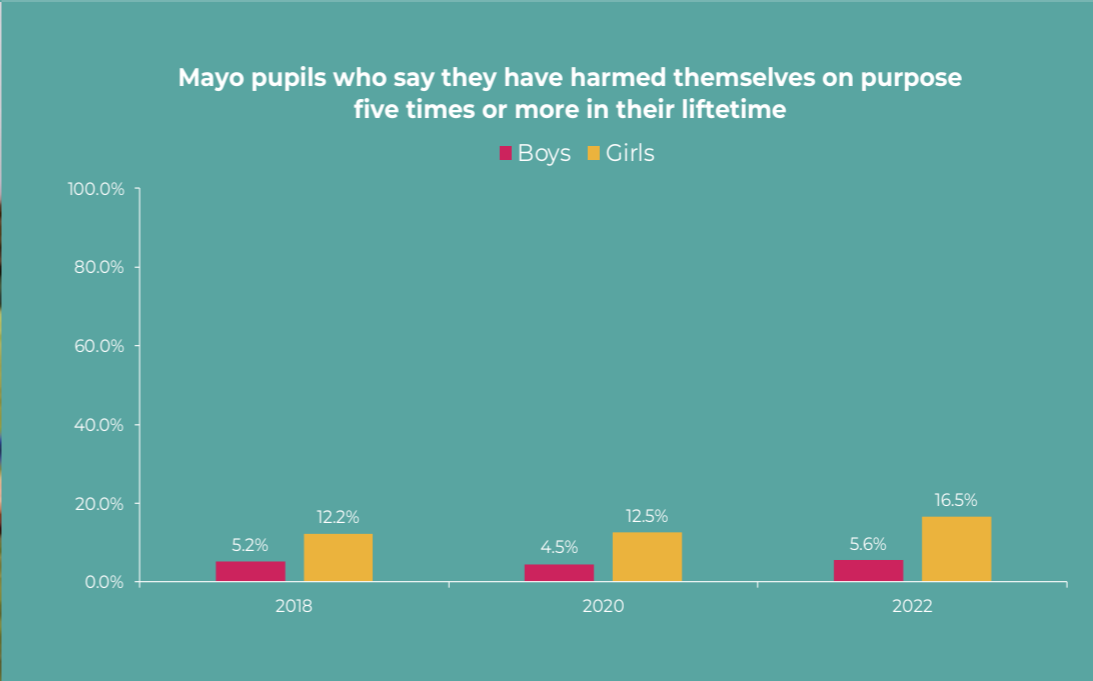
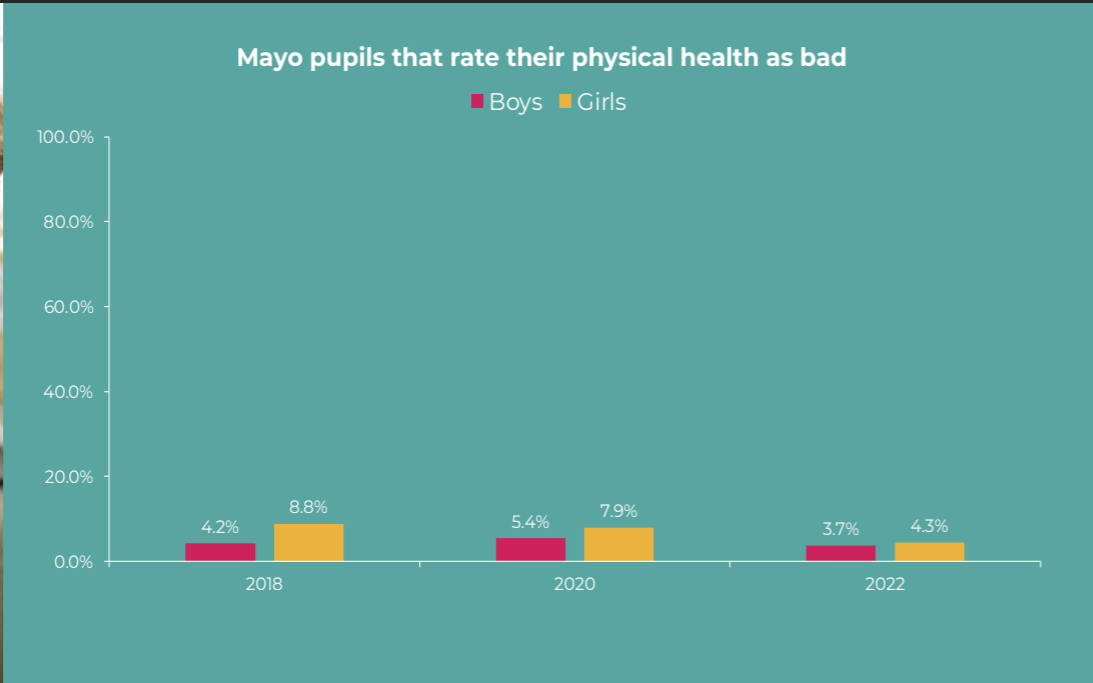
	Male	Female	Non-Binary	Prefer not to say	Total
Mayo pupils	662	584	21	13	1,280
All other pupils in the region	1,465	1,511	46	37	3,059
All pupils in the region	2,127	2,095	67	50	4,339

TRENDS

KEY FINDINGS

<p>34%▲ +16%</p> <p>Reported drunkenness has increased to</p> 	<p>17%▲ +11%</p> <p>Daily vaping rates have increased to</p> 	<p>53%▼ -5%</p> <p>Perceived parental disapproval of drunkenness has decreased to</p> 	<p>43%▲ +28%</p> <p>Outside after midnight rates have increased to</p>
<p>81%▲ +7%</p> <p>Parental support with personal matters has increased to</p>	<p>16%▼ -2%</p> <p>Pupils reporting poor mental health has decreased to</p> 	<p>6%▼ -1%</p> <p>Lifetime smoking rates have decreased to</p> 	<p>11%▼ -5%</p> <p>Lifetime cannabis use has decreased to</p> 





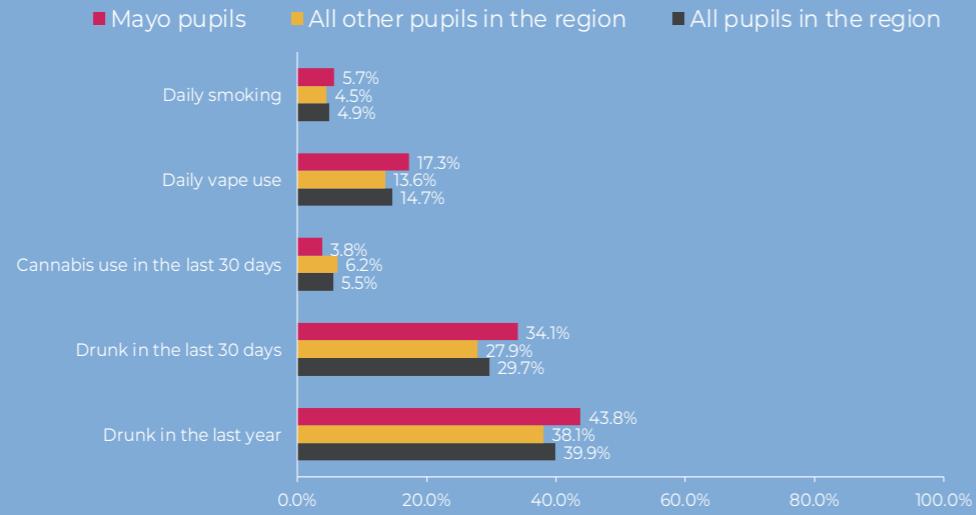
SUBSTANCE USE

KEY FINDINGS

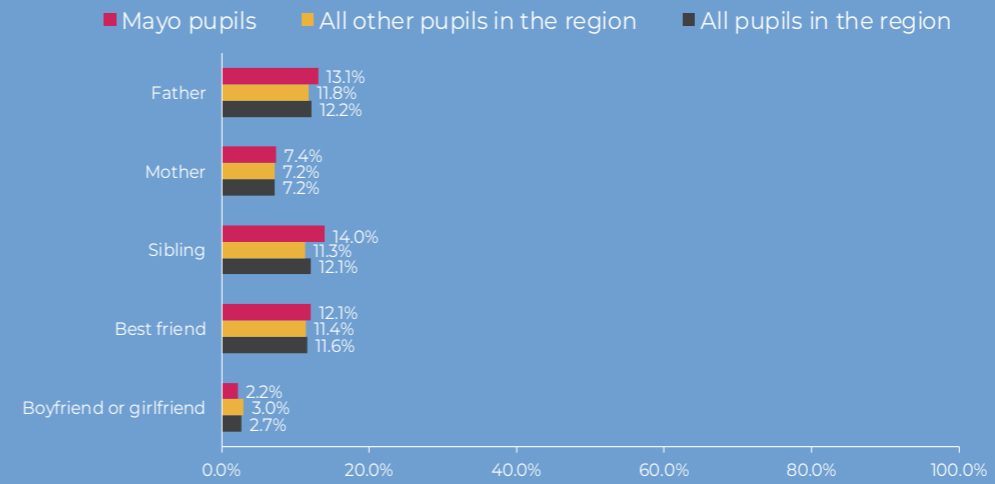




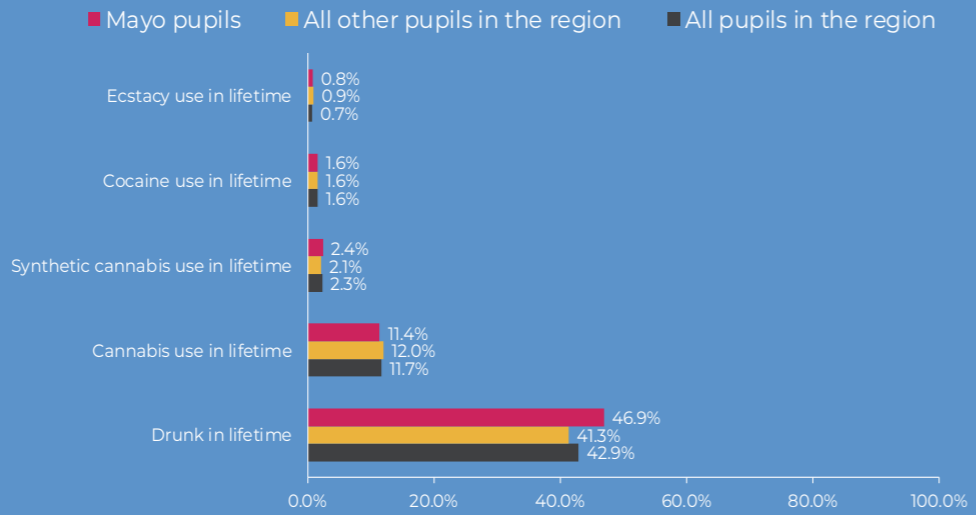
Pupils who report the following substance use



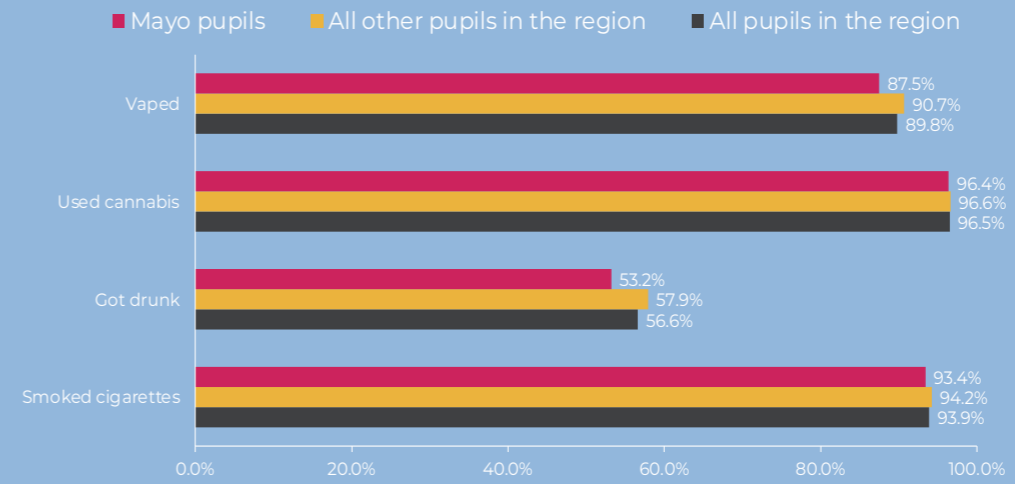
Pupils who say the following people become drunk at least once each week



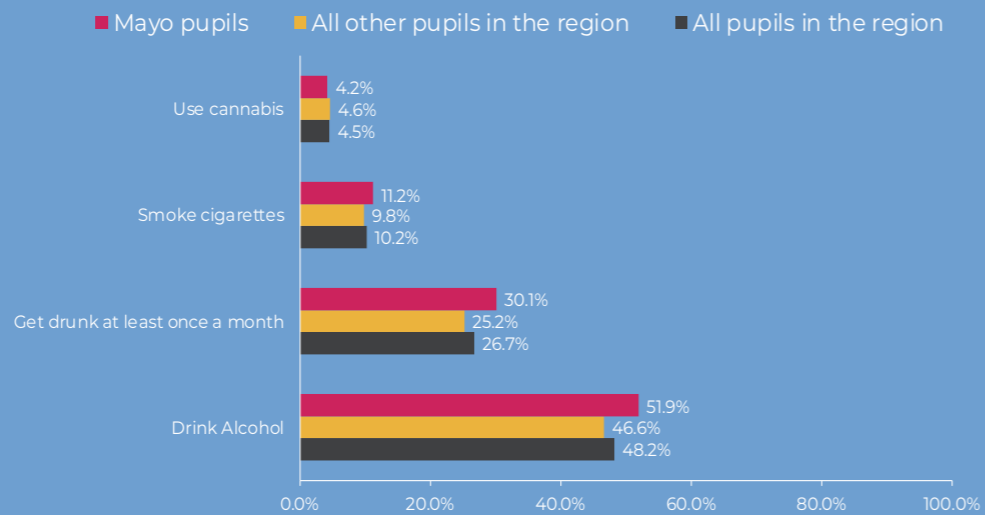
Pupils who report the following substance use



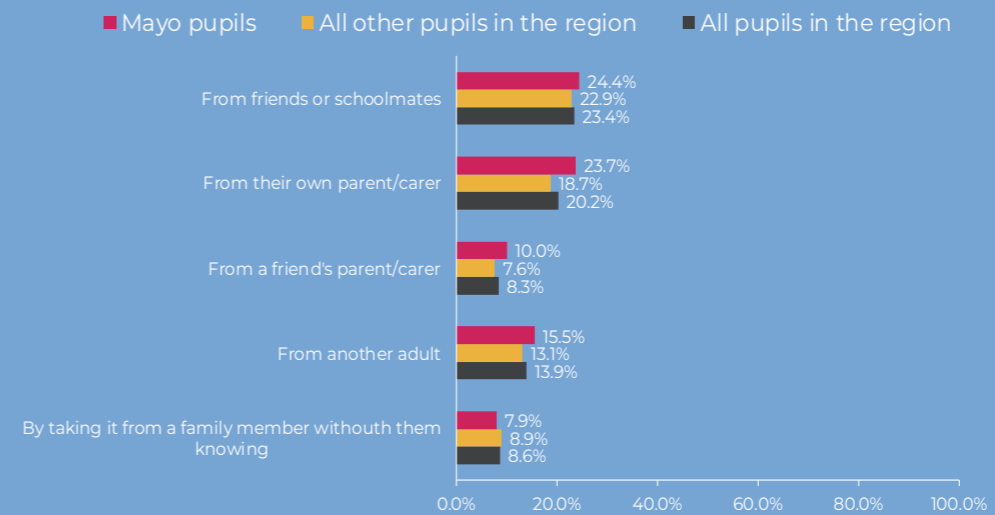
Pupils who said their parents/carers would be against it or totally against it if they...

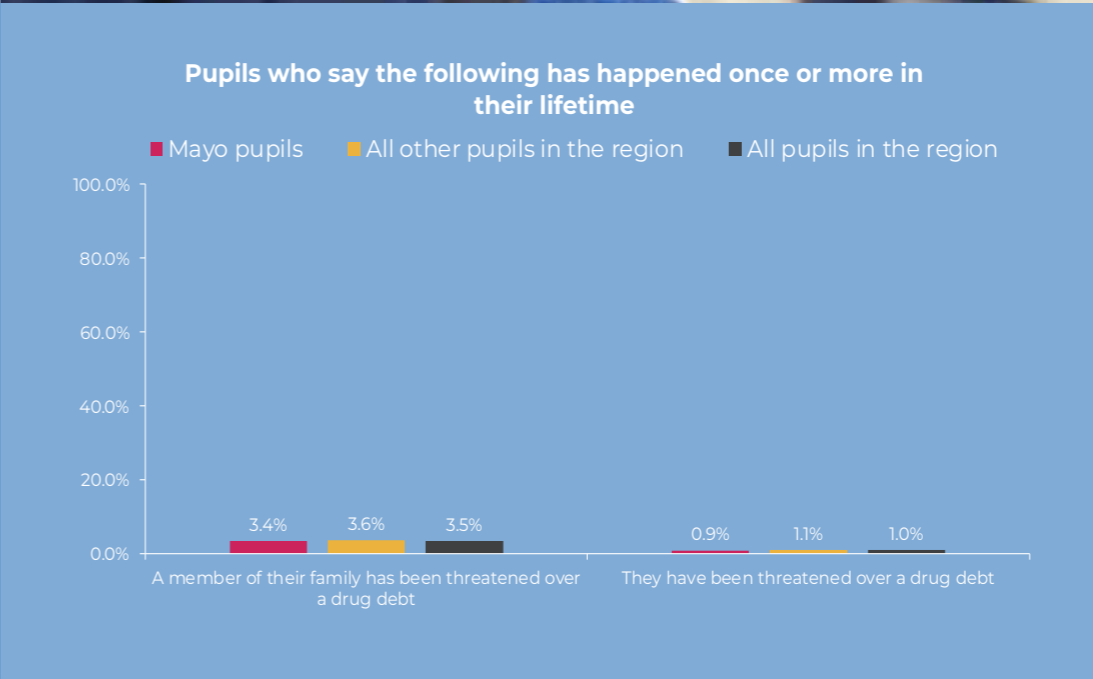
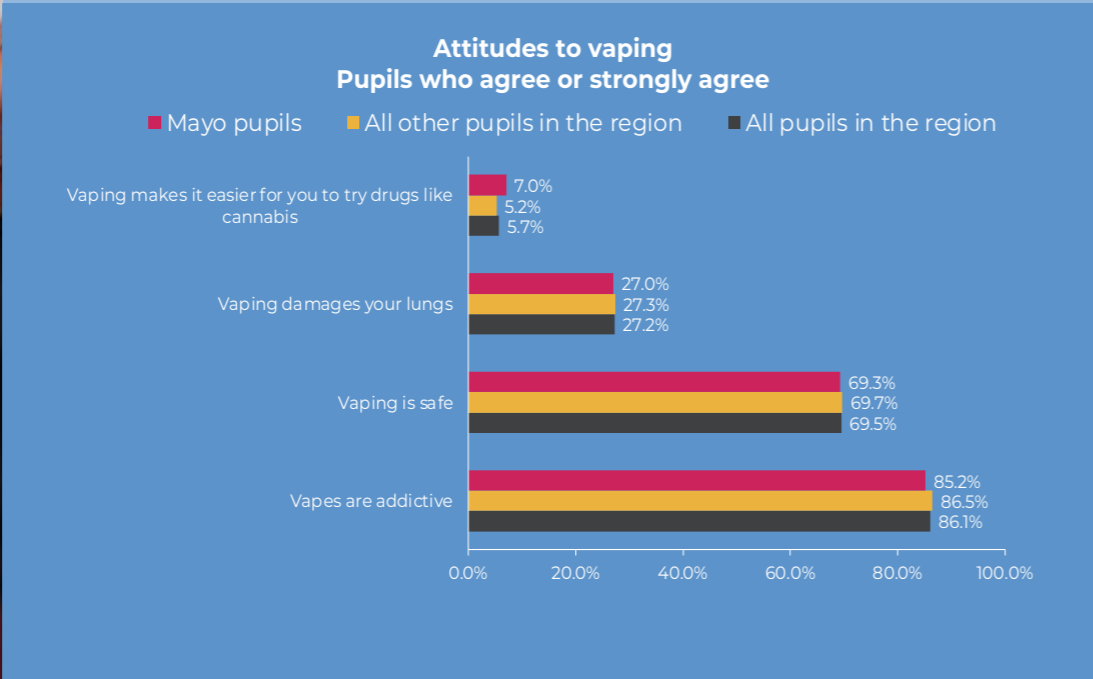
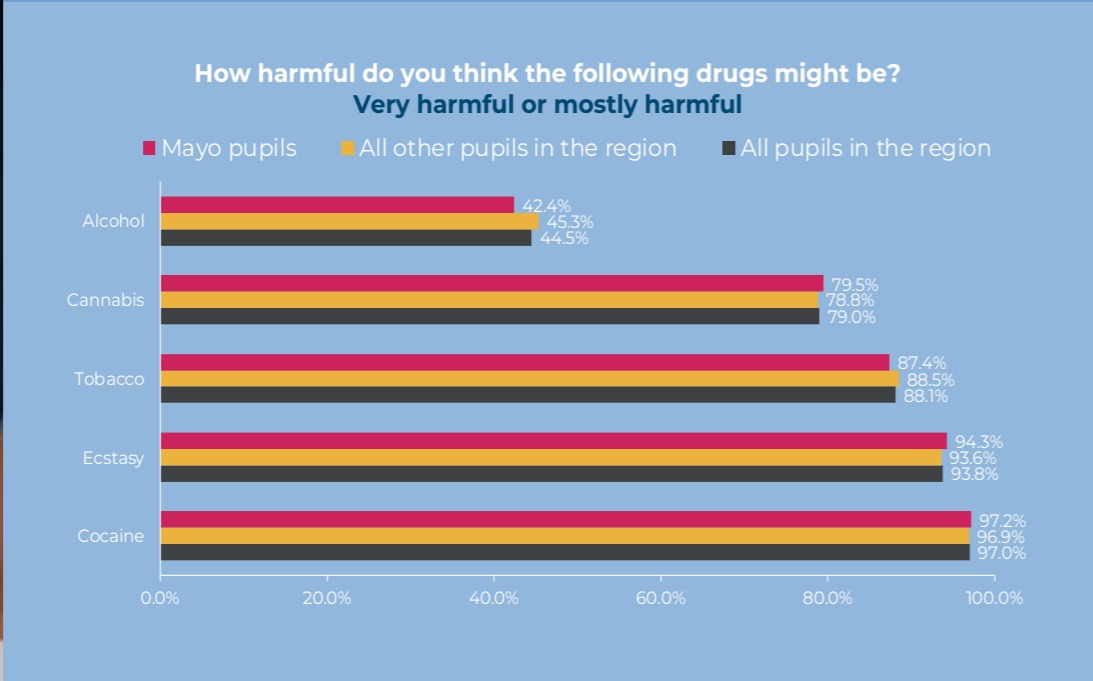
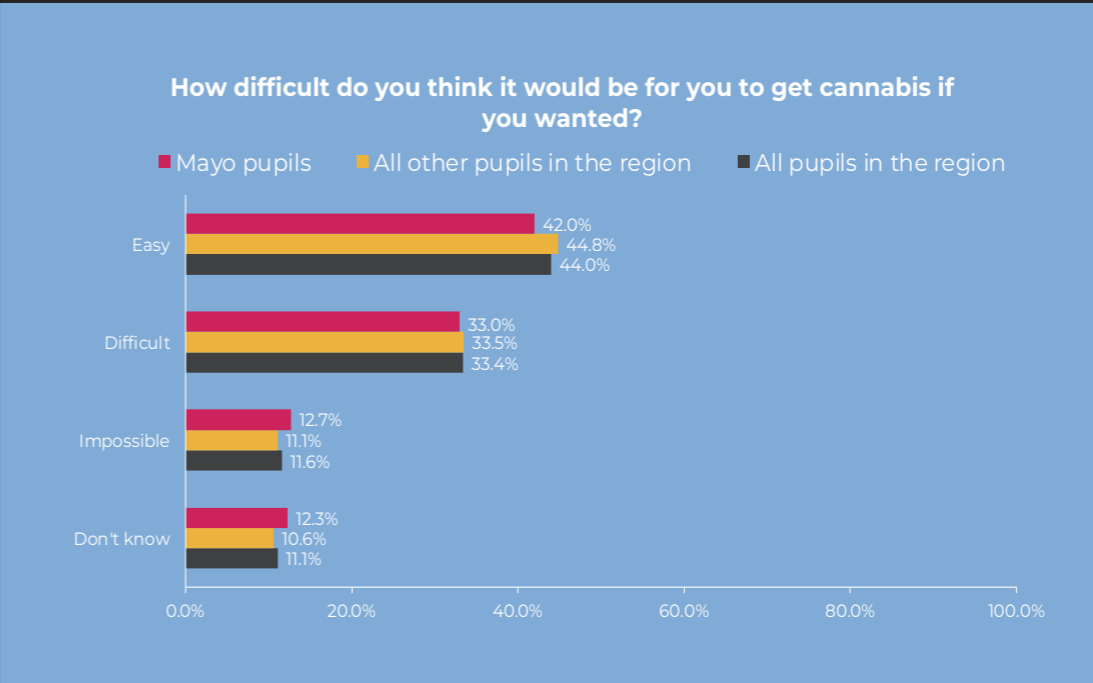
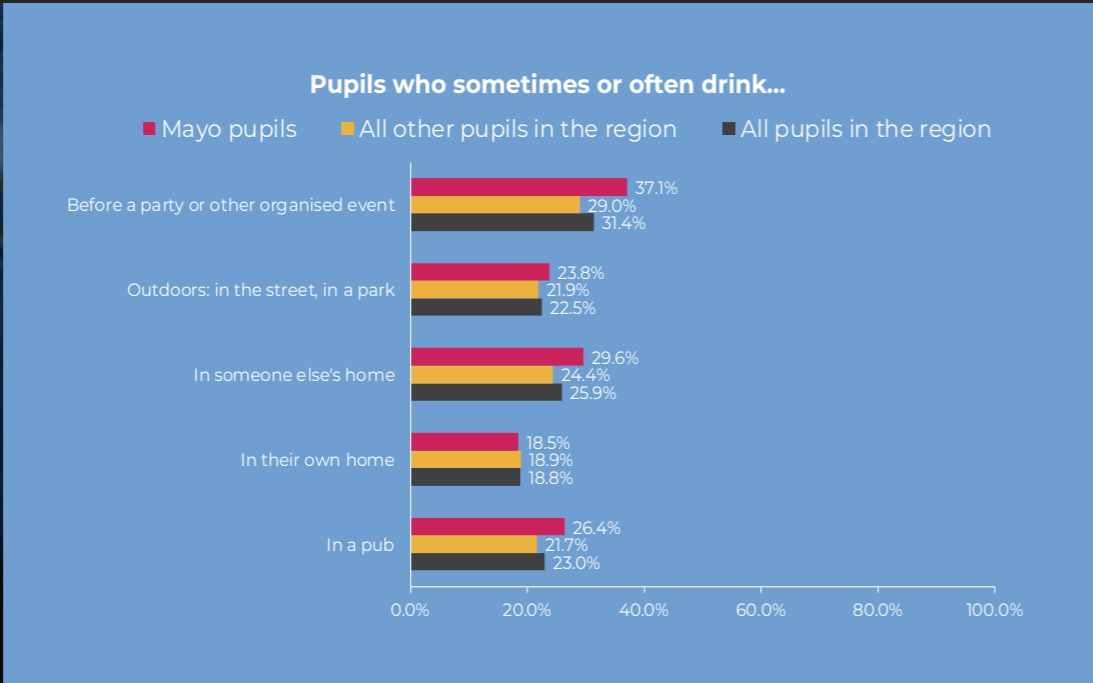


Pupils who think that most or almost all of their friends...



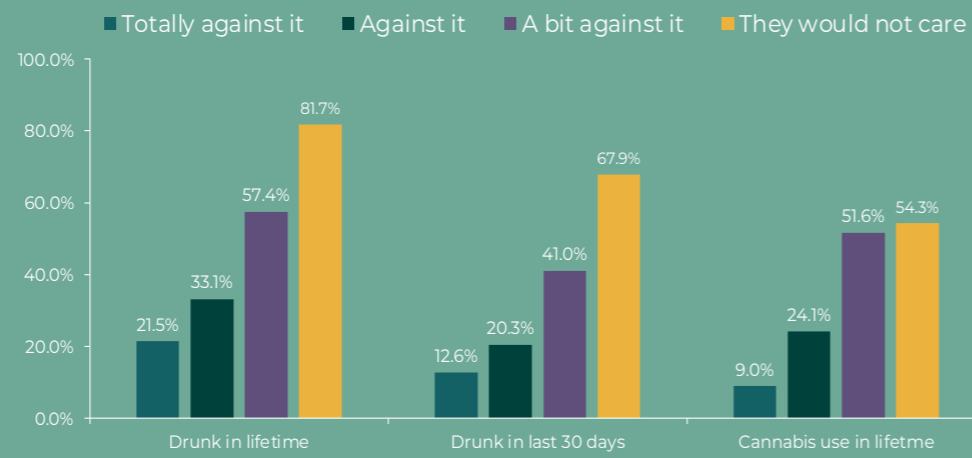
Pupils who sometimes or often get their alcohol...



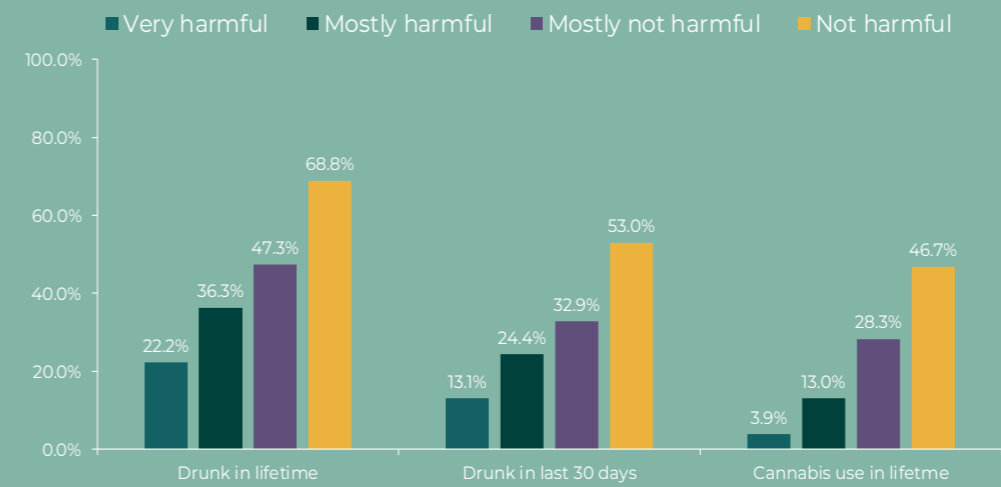


Cross Tabulations

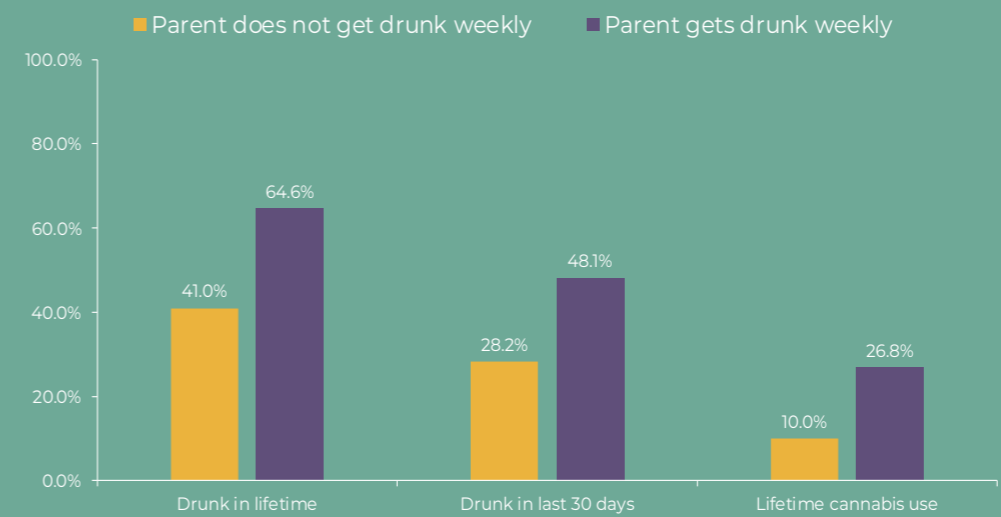
Substance use against perceived parental tolerance
How do you think your parents/carers would react if you got drunk / used cannabis?



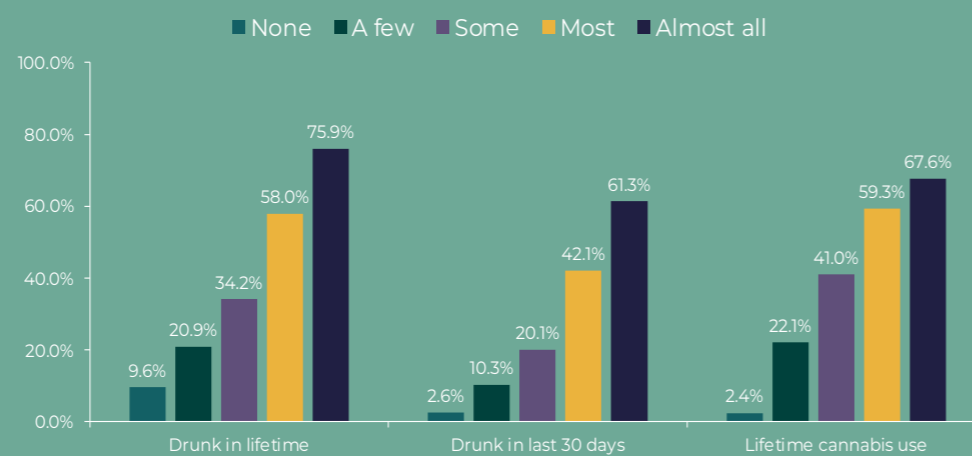
Substance use against perceived substance related harm
How harmful do you think alcohol/cannabis might be?



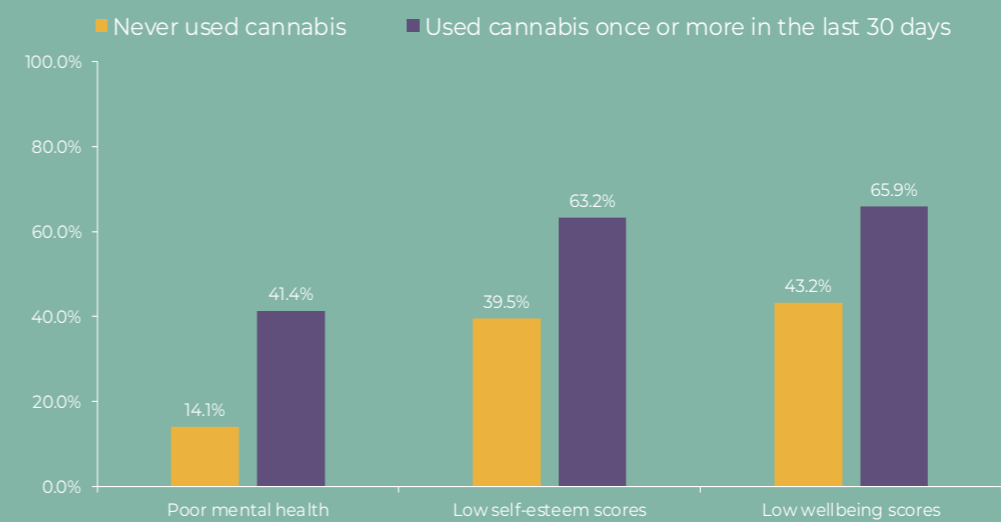
Substance use against my father or mother gets drunk weekly



Substance use against perceived peer alcohol/cannabis use
How many of your friends do you think drink alcohol/use cannabis?



Cannabis use against mental health, self-esteem and wellbeing



FAMILY TIME

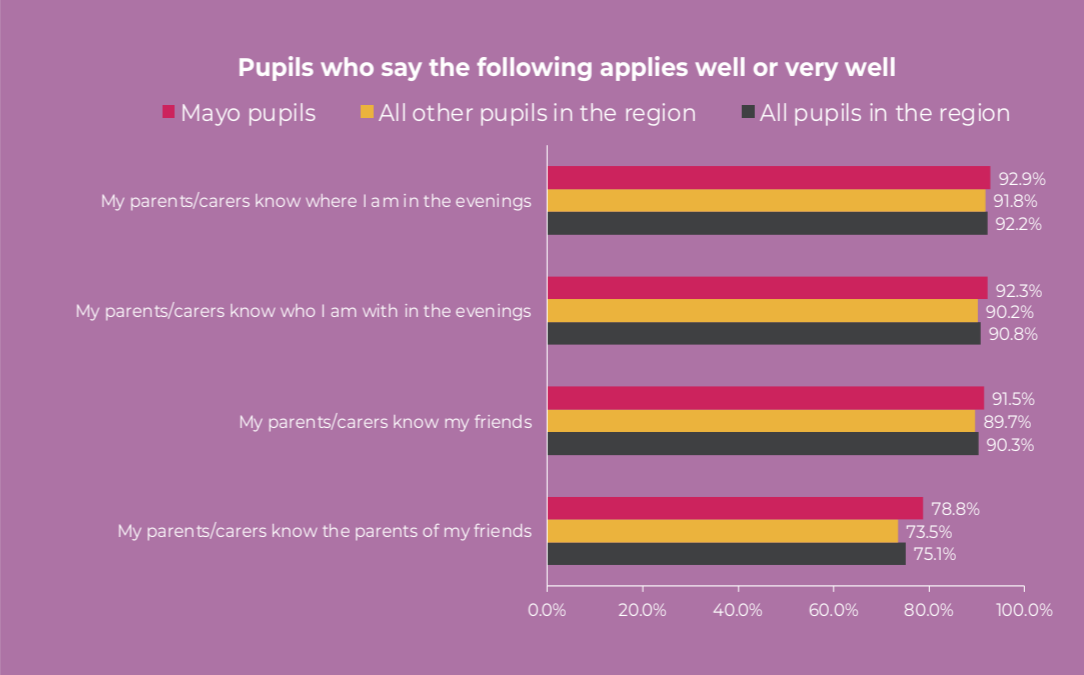
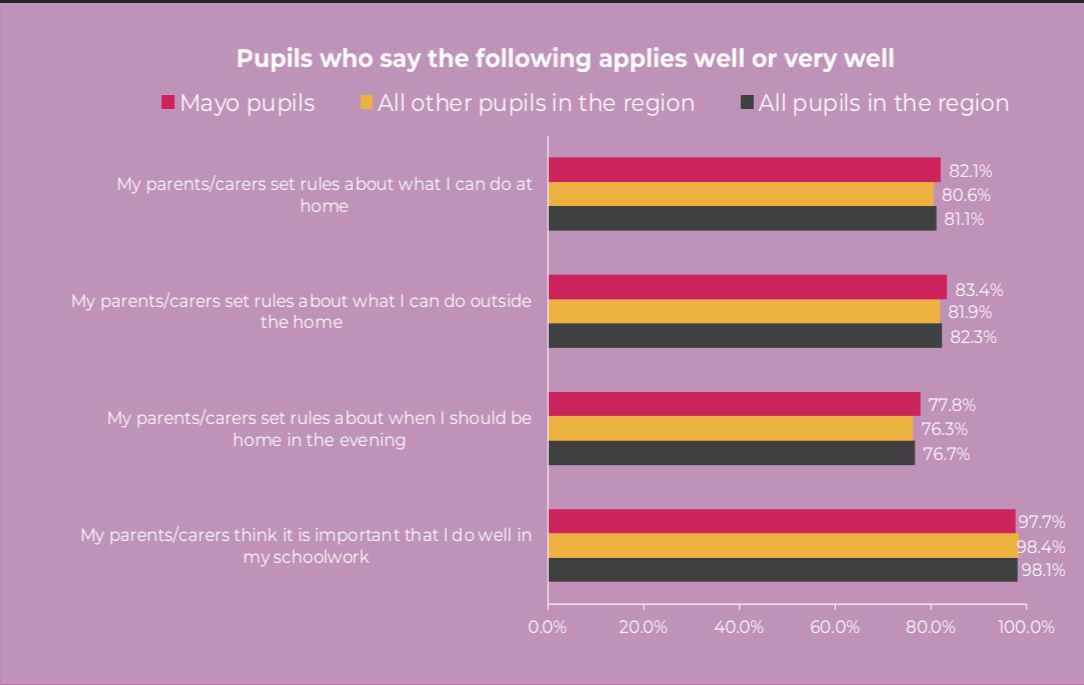
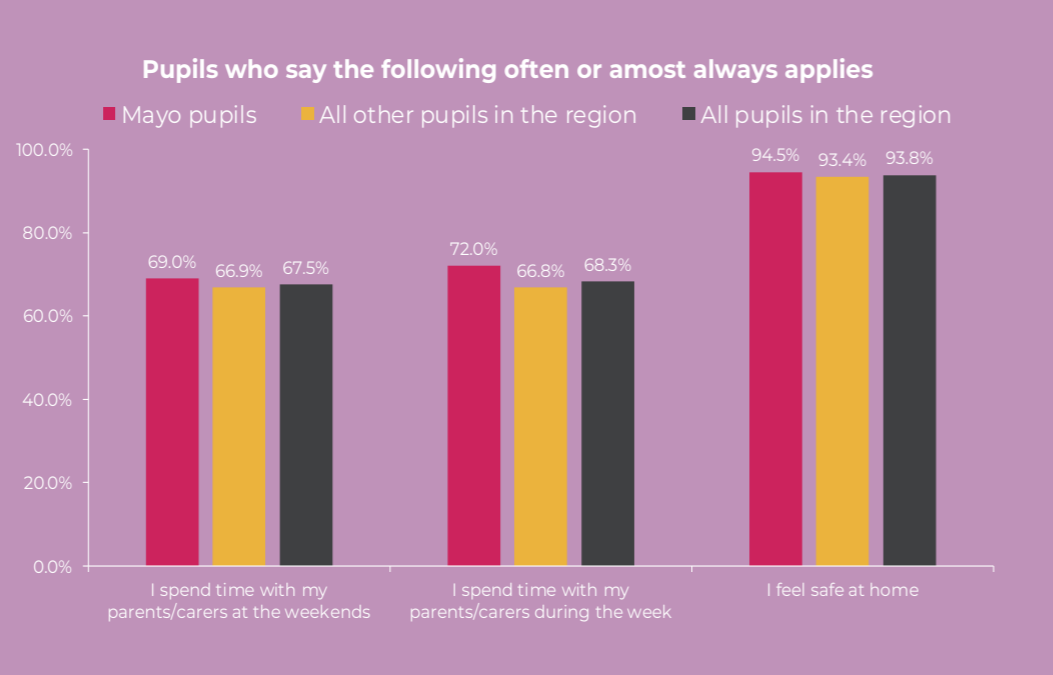
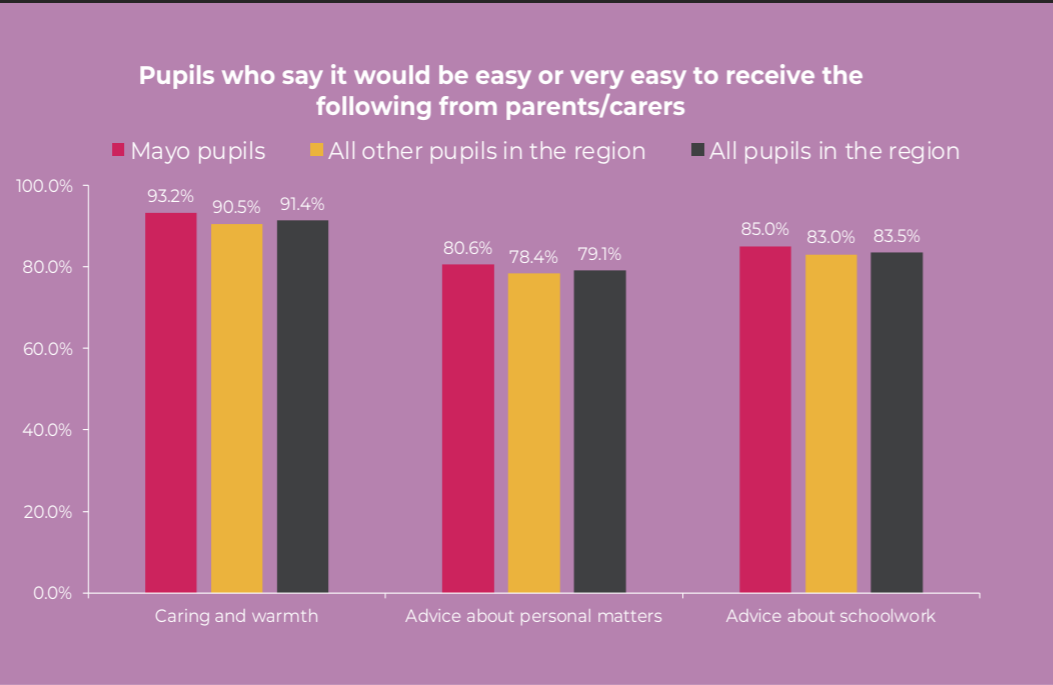


KEY FINDINGS

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

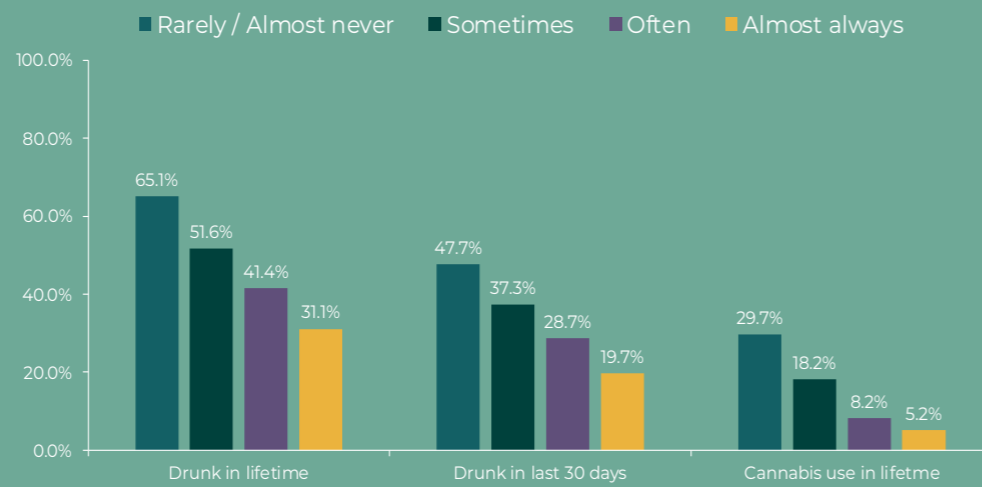
81% 
of teenagers reported that it is easy to get advice on personal matters from their parents/carers



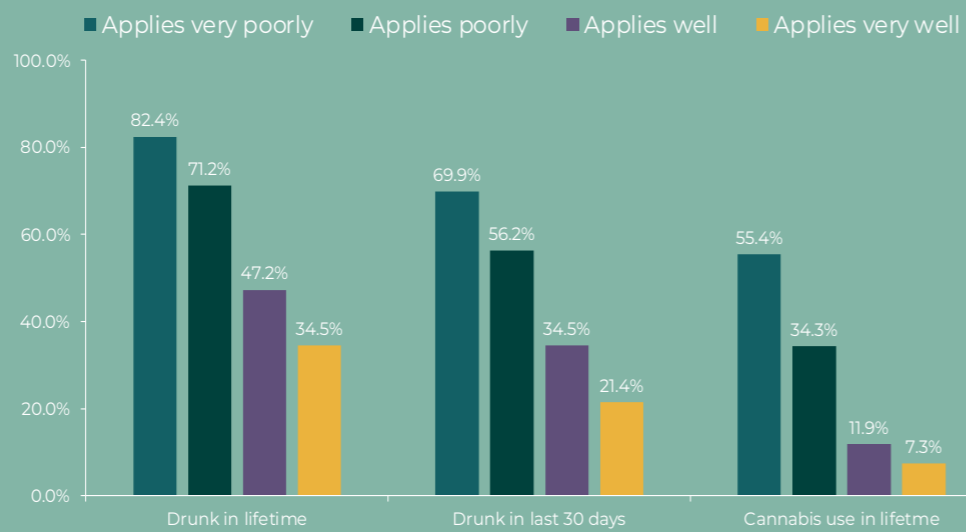
Cross Tabulations



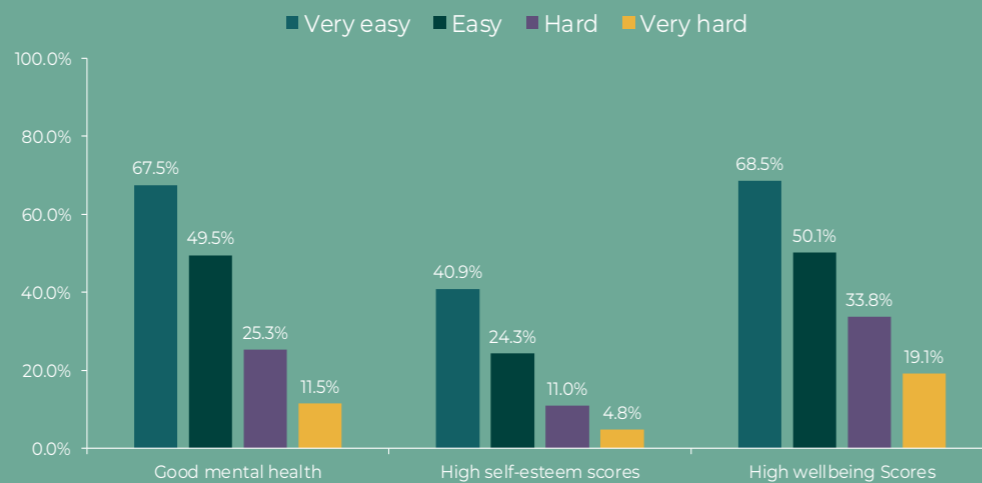
Pupils that spend time with their parents/carers at the weekends against substance use



Pupils whose parents/carers know where they are in the evenings against substance use



How easy or hard pupils find it to discuss personal matters with their parents/carers against wellbeing indicators



SCREEN TIME



KEY FINDINGS

60%

of teenagers spend **3 hours or more** on social media daily

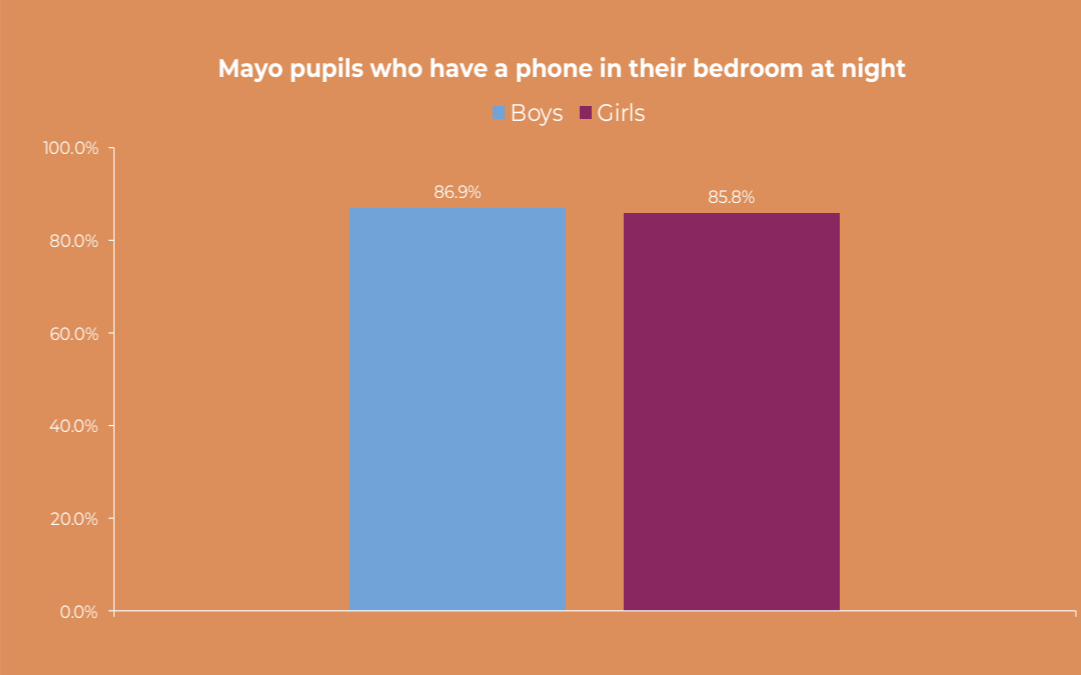
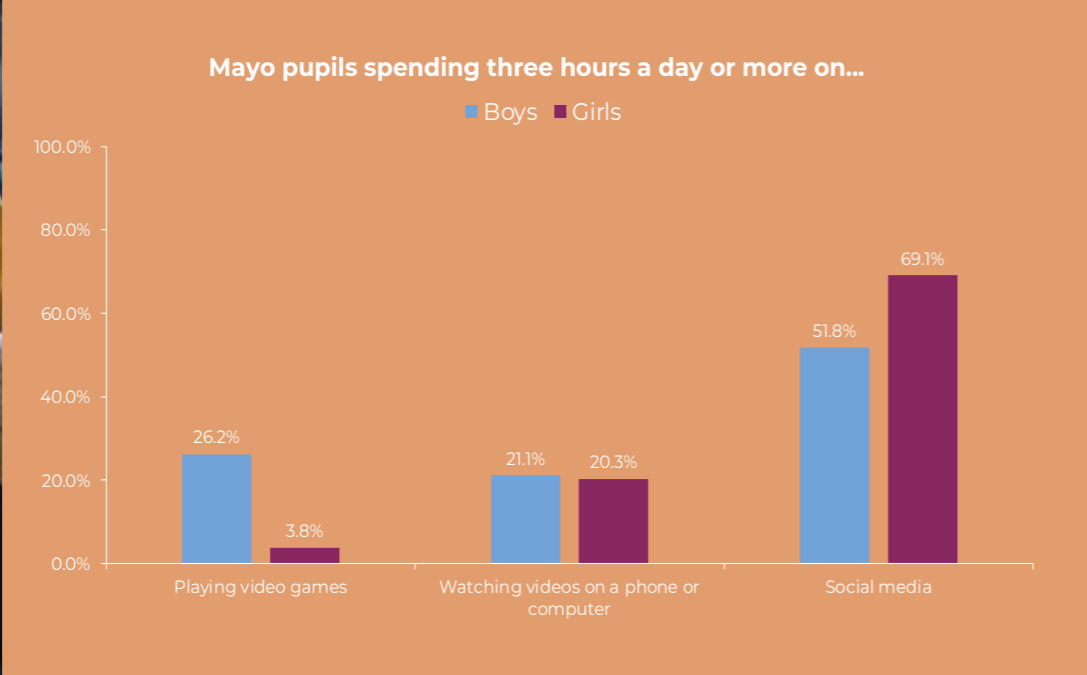
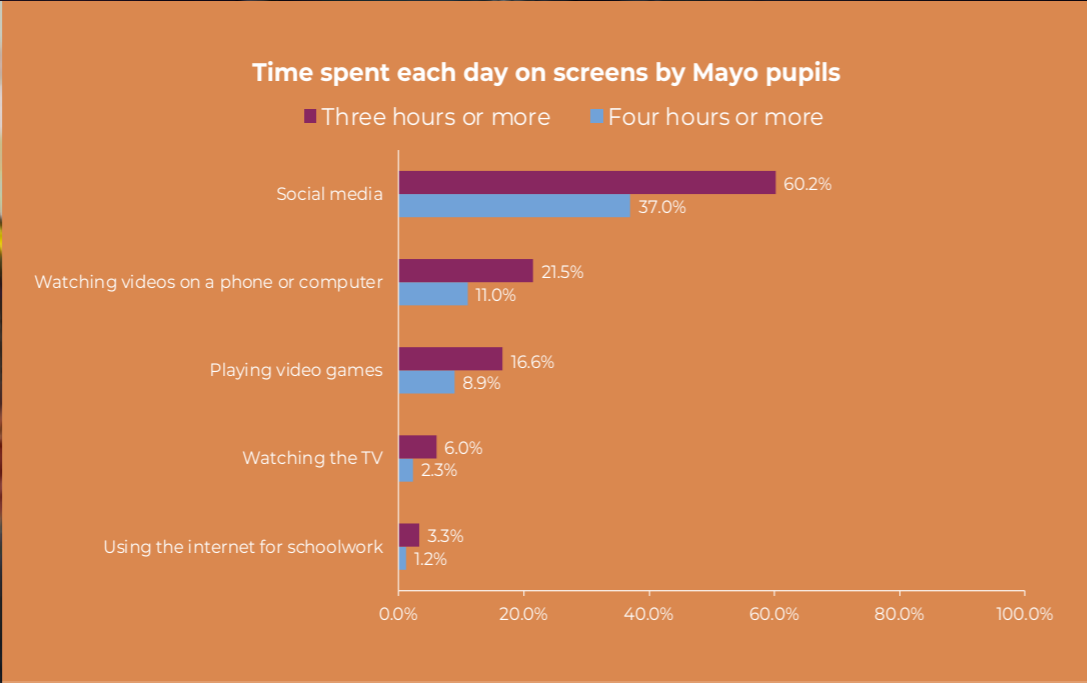
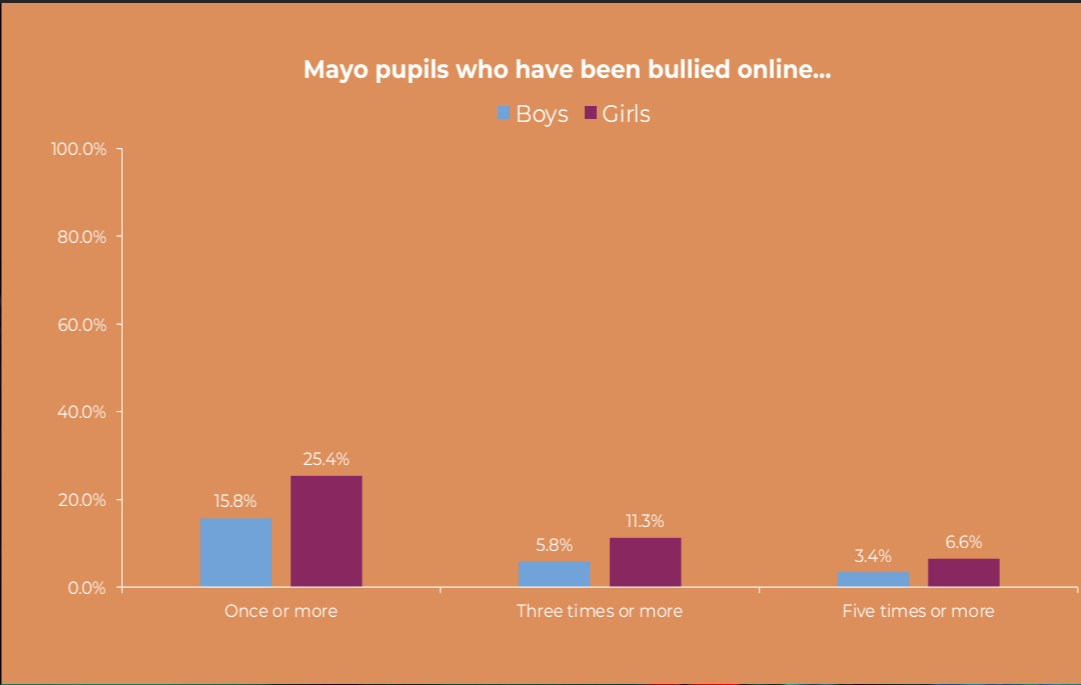


Those that have been bullied online are almost **twice as likely** to report poor mental health



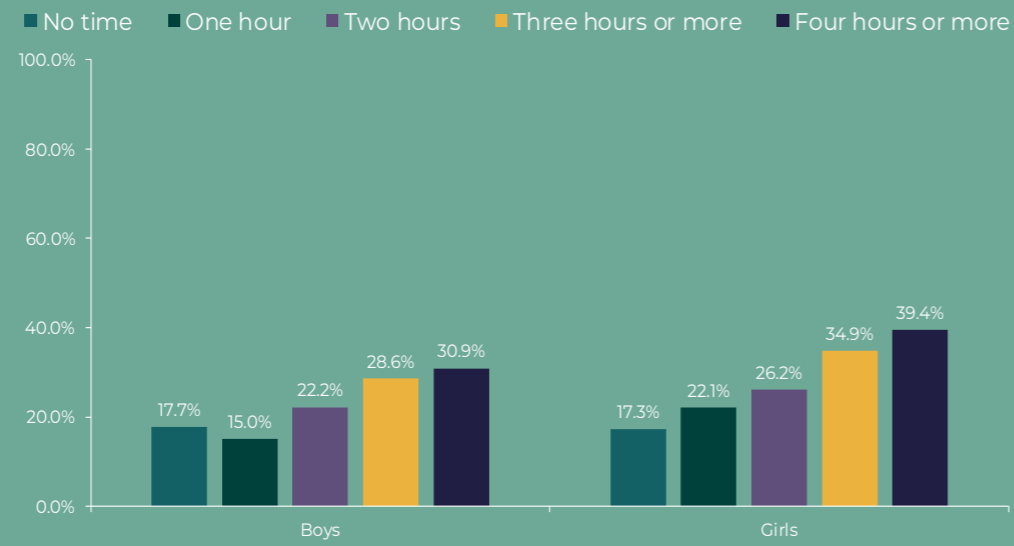
25%

16% of boys and **25%** of girls reported being bullied online

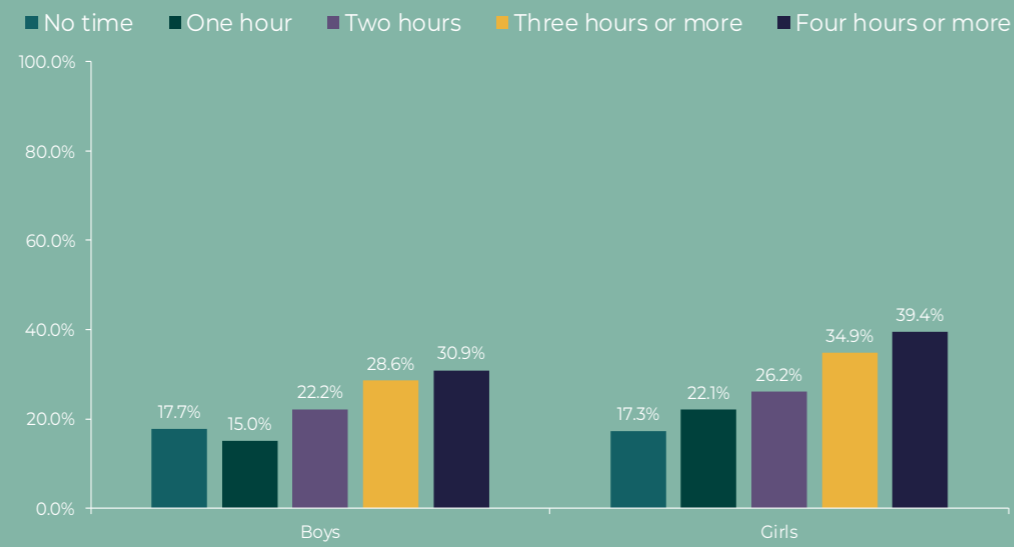


Cross Tabulations

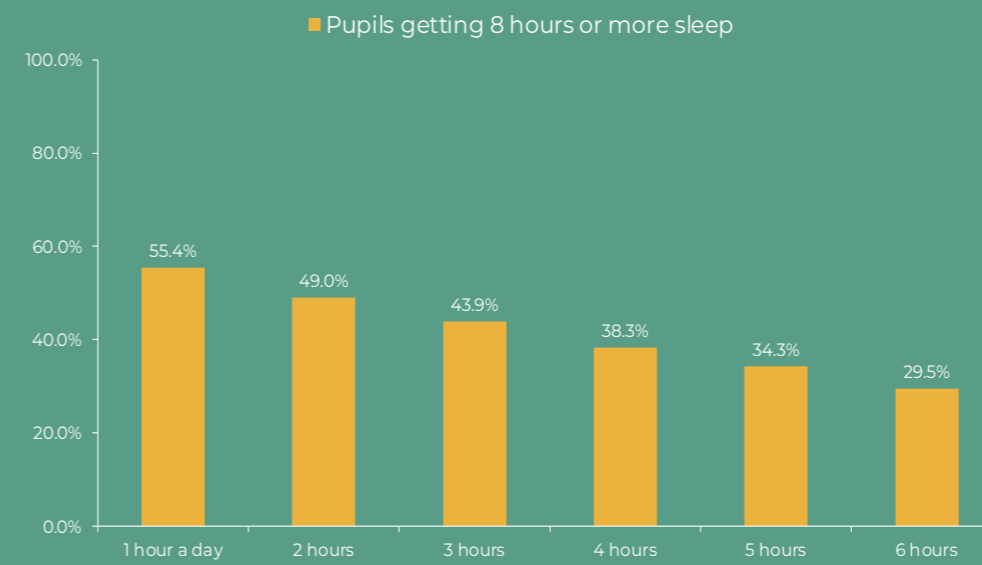
Pupils that often or always find their schoolwork hard against time spent daily on social media



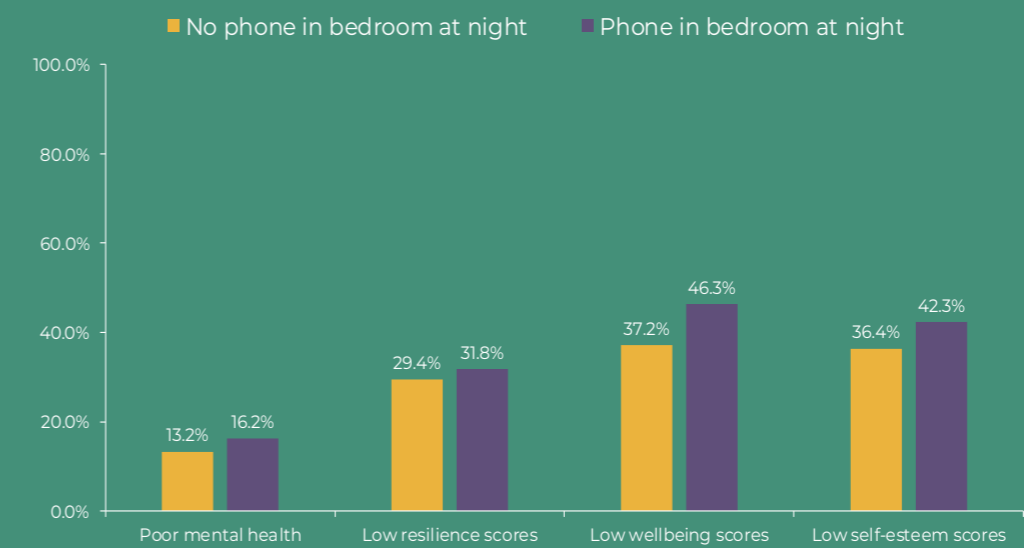
Pupils that have been bullied online once or more against time spent daily on social media



Sleep against daily time on social media



Pupils that have a phone in their bedroom at night against wellbeing indicators



WELLBEING INDICATORS

KEY FINDINGS

33%

reported self-harm once or more



56%

of teenagers are not getting the recommended amount of sleep



62%

of boys and



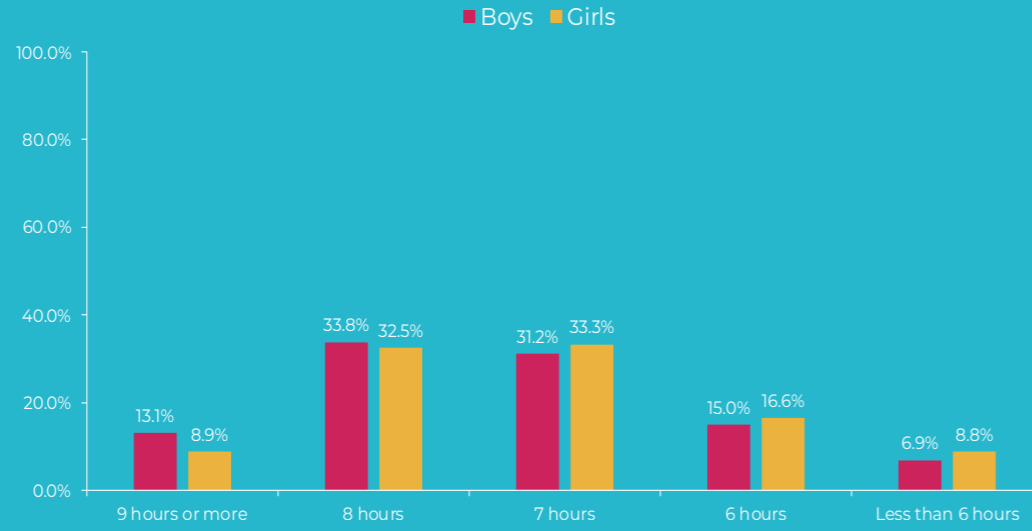
46%

of girls reported their mental health as good or very good

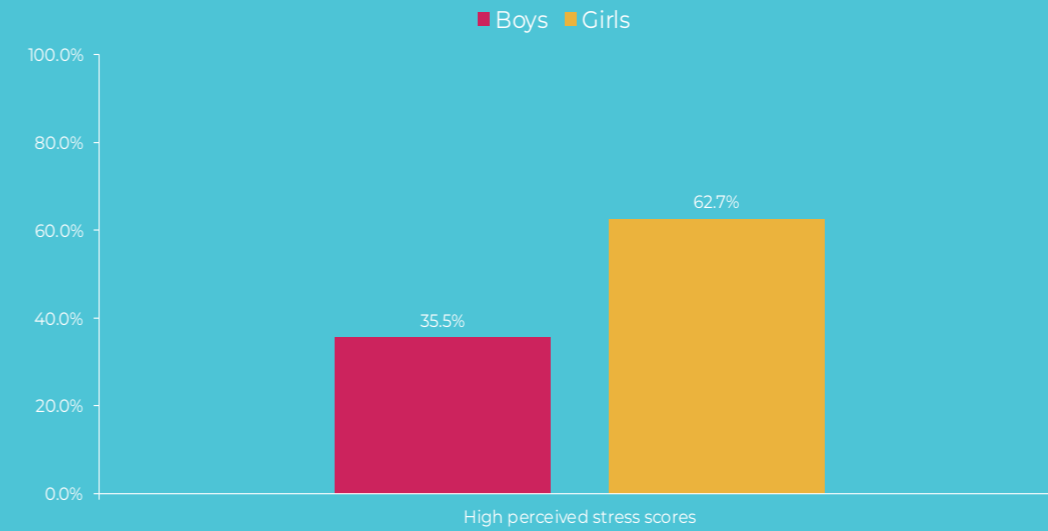
Teenagers not getting the recommended amount of sleep are **twice as likely** to report poor mental health

Wellbeing Indicators

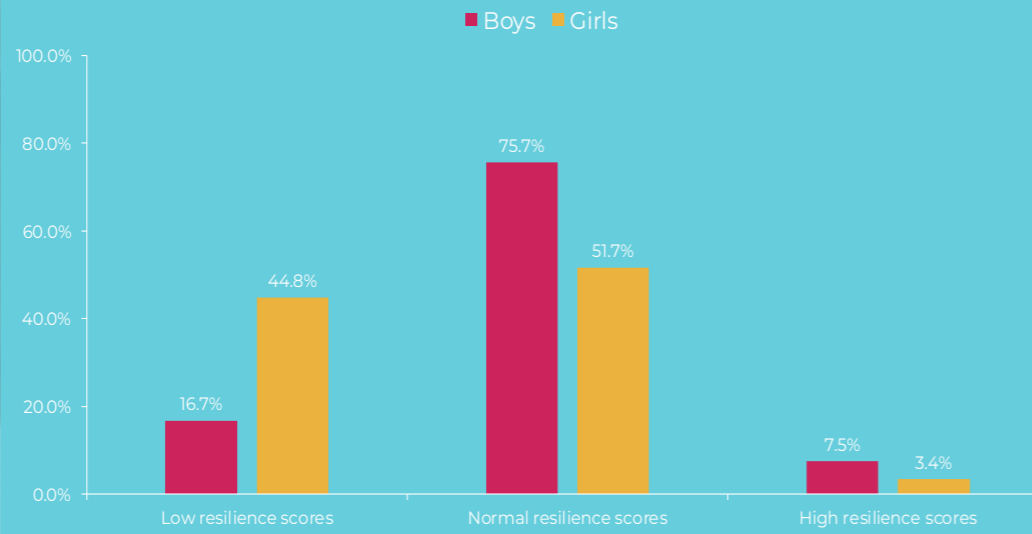
Amount that Mayo pupils sleep on an average night



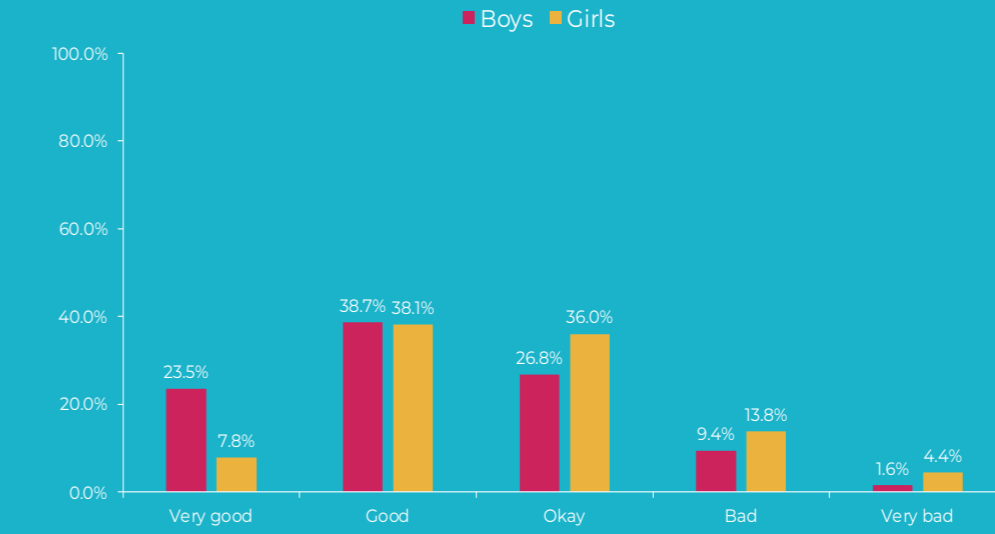
How Mayo pupils rate for perceived stress scores



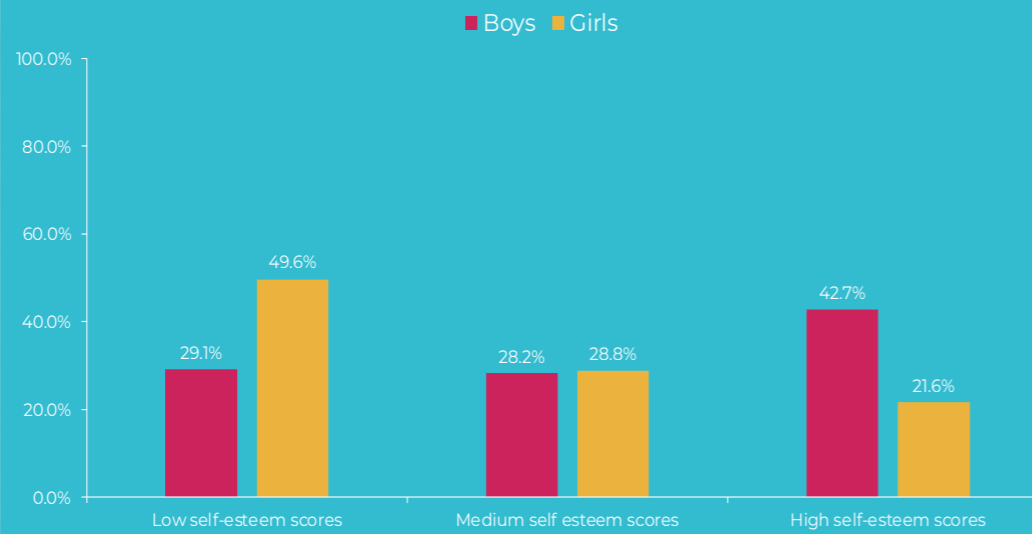
How Mayo pupils rate for resilience scores

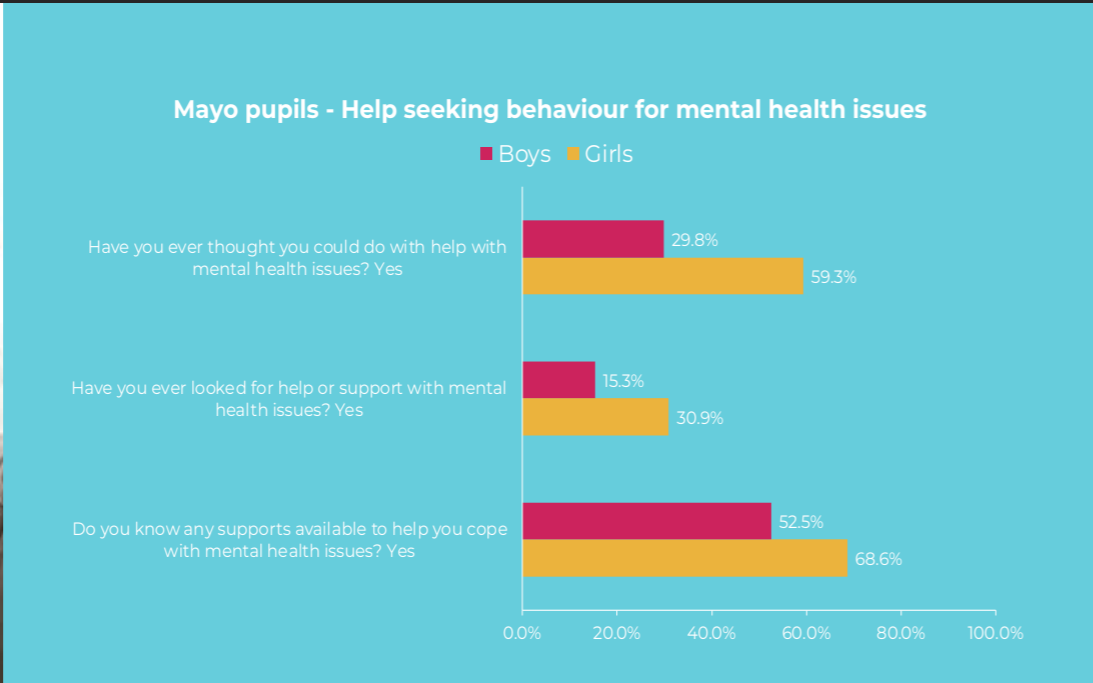


How Mayo pupils rate their mental health

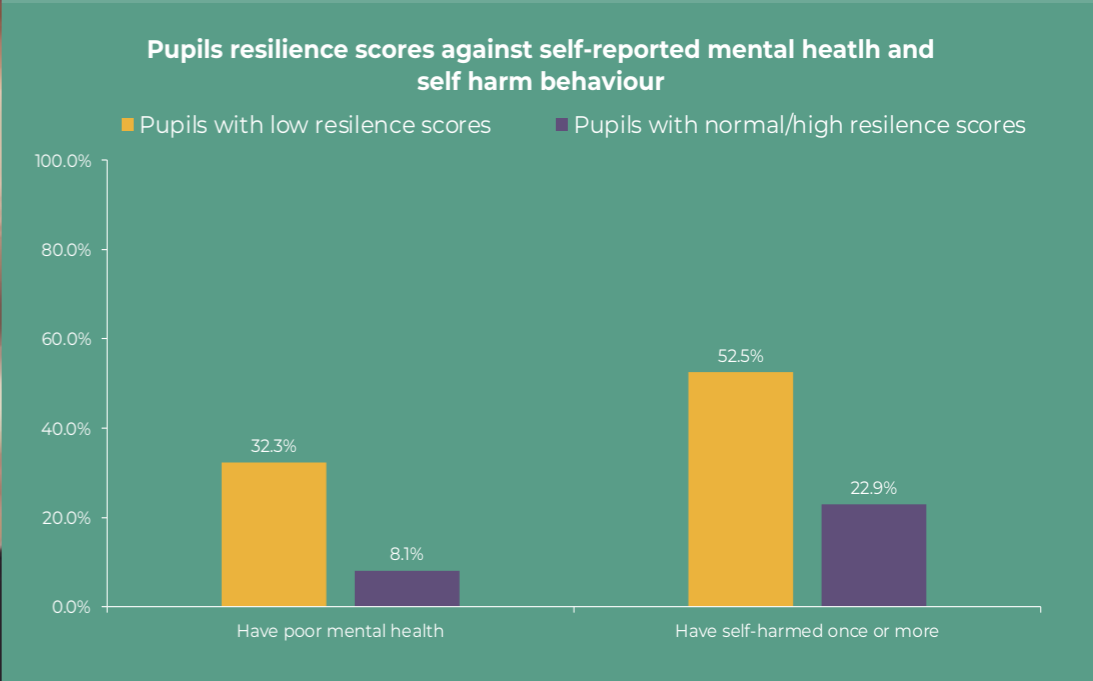
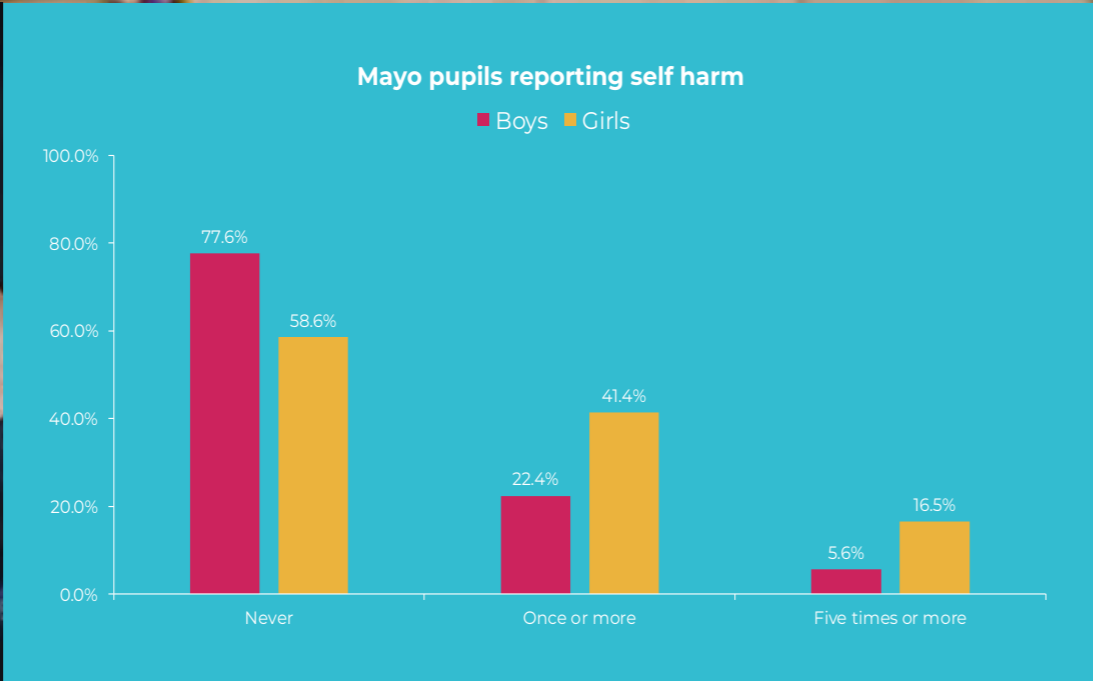
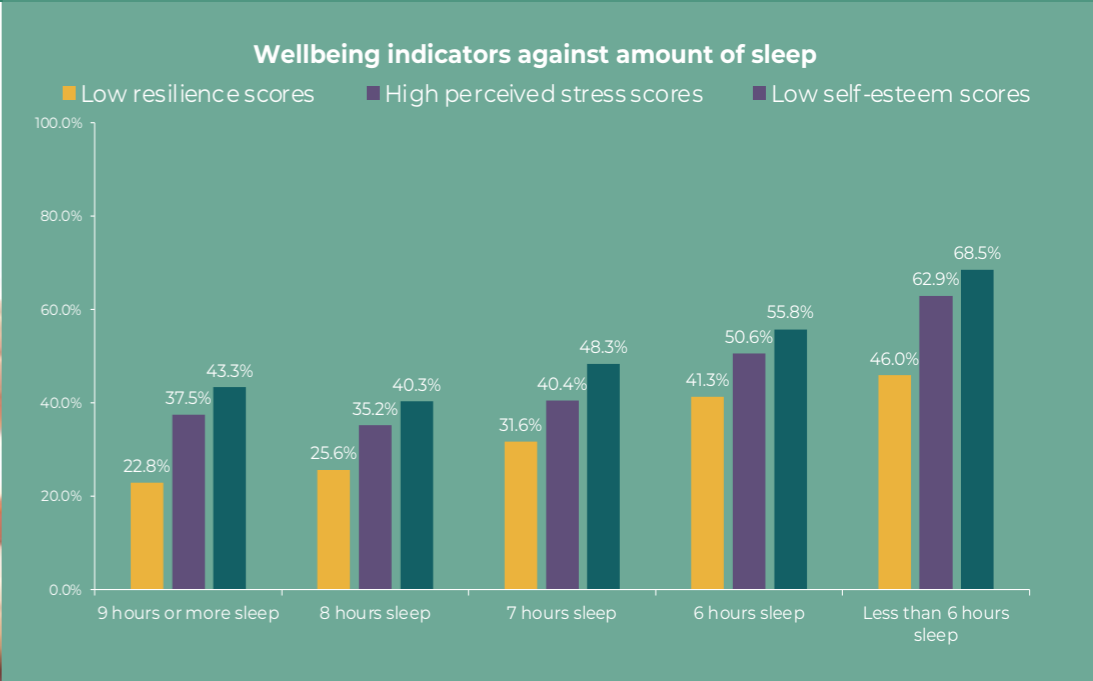
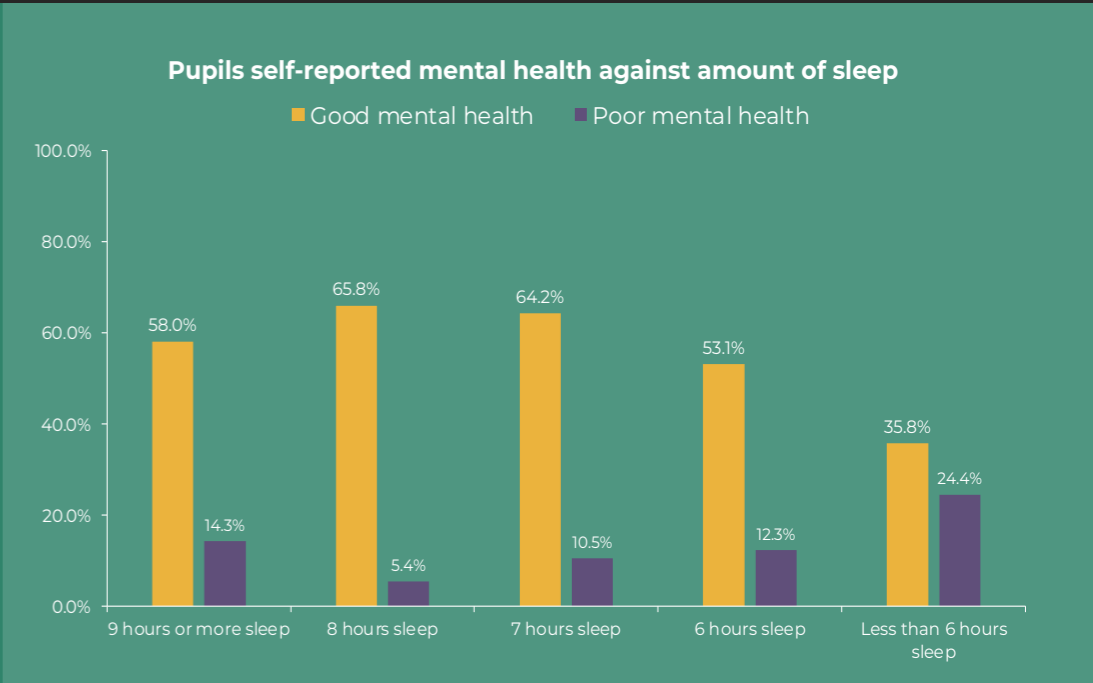


How Mayo pupils rate for self-esteem scores





Cross Tabulations



LEISURE TIME



KEY FINDINGS

61% 

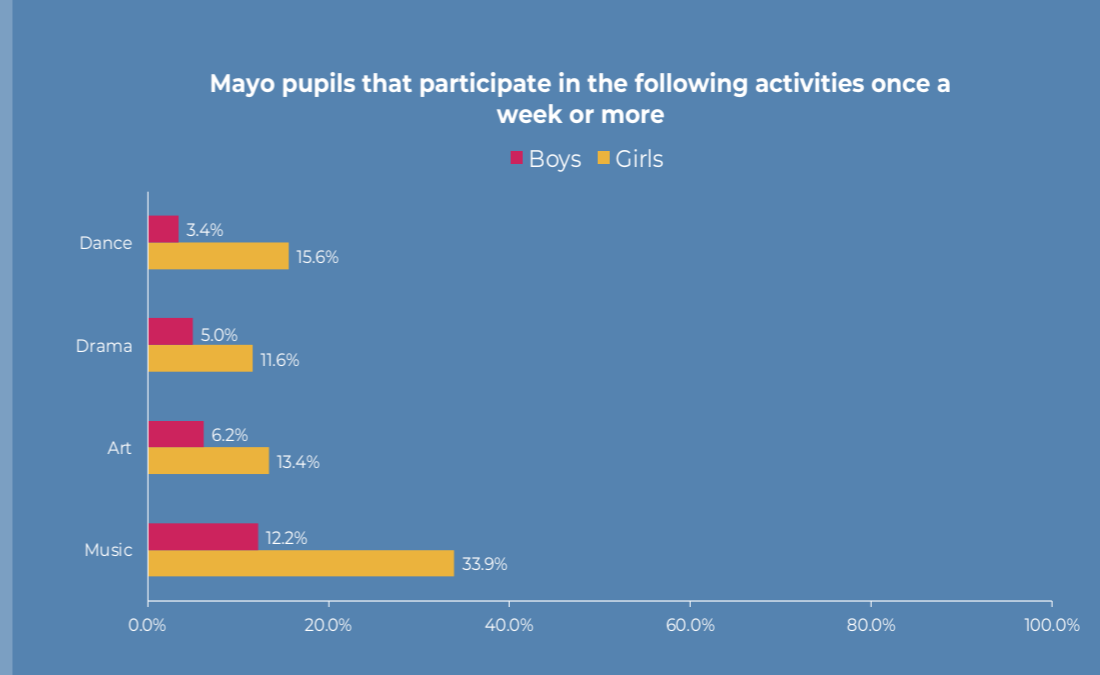
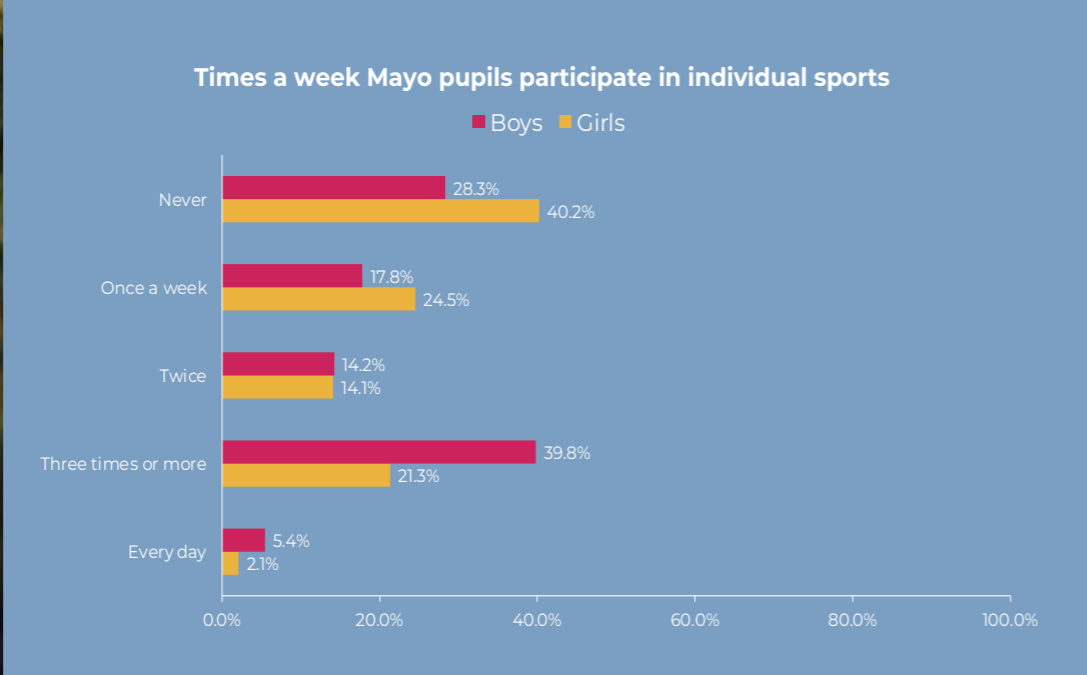
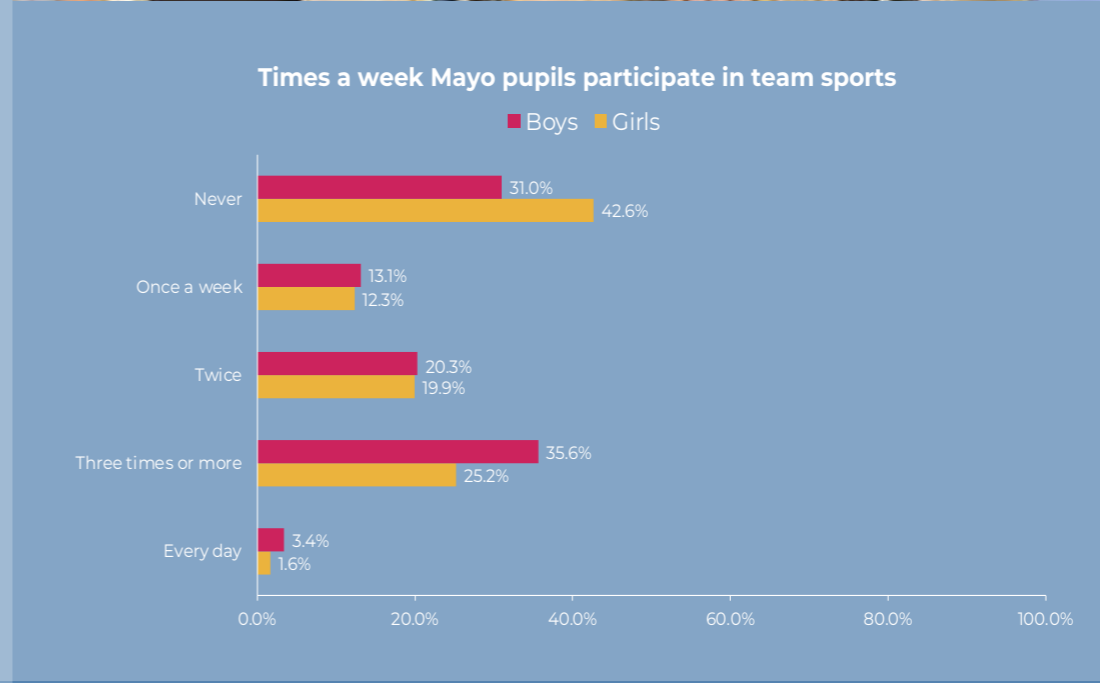
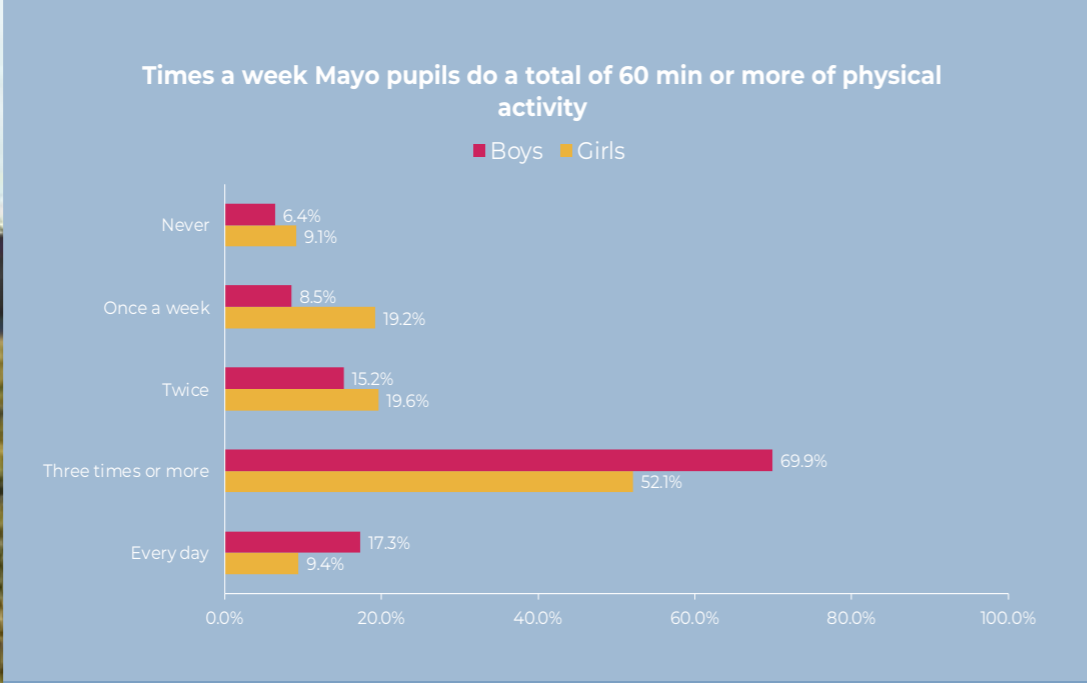
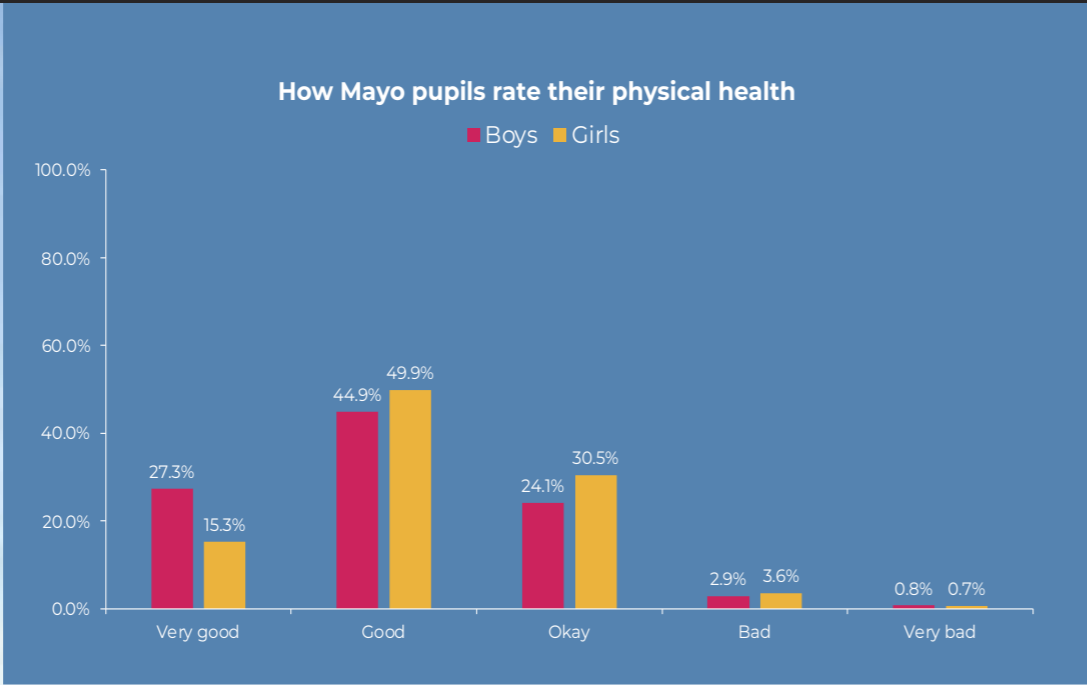
of pupils report doing 60 minutes of physical activity three times a week or more

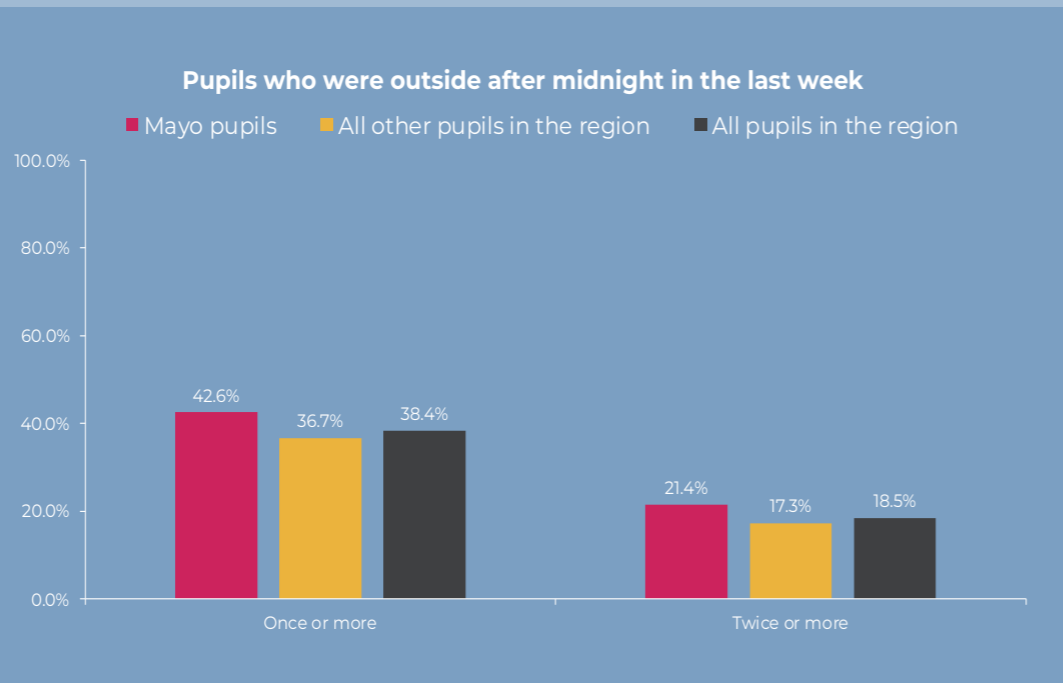
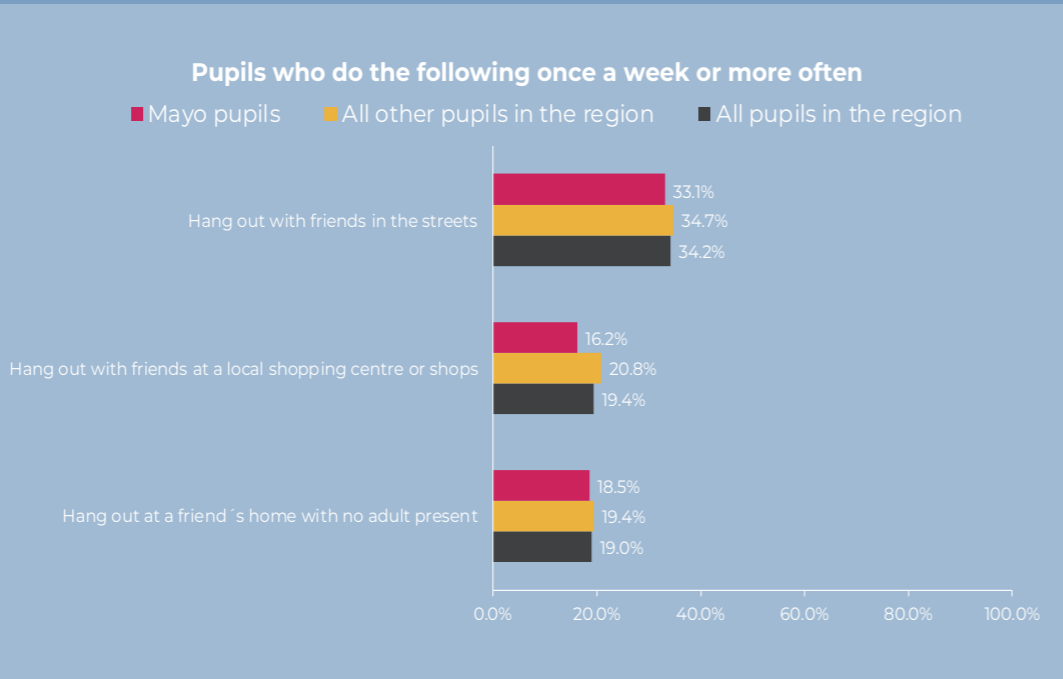
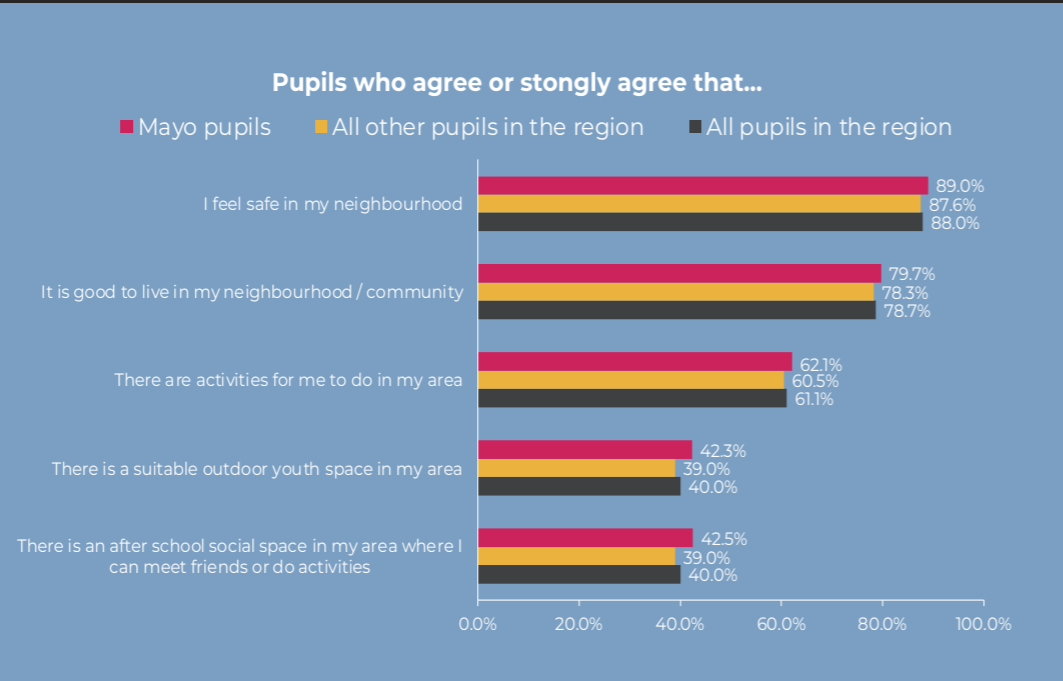
Teenagers that report hanging out unsupervised at a friend's home once a week or more are almost **4 times more likely** to have been drunk in the last month

62%

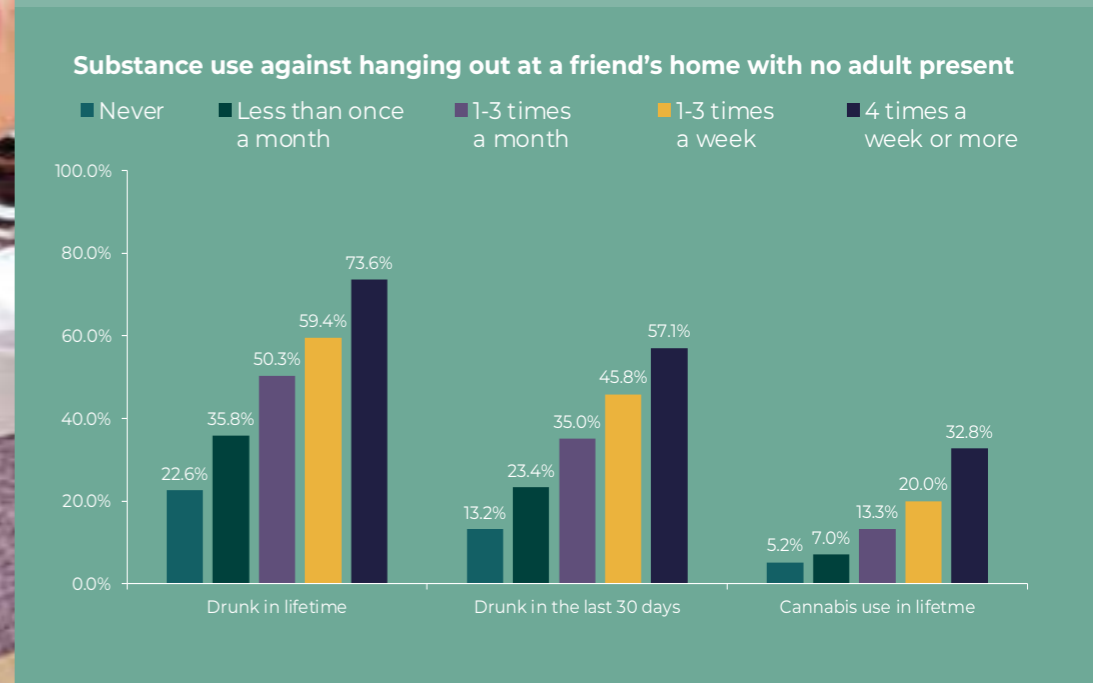
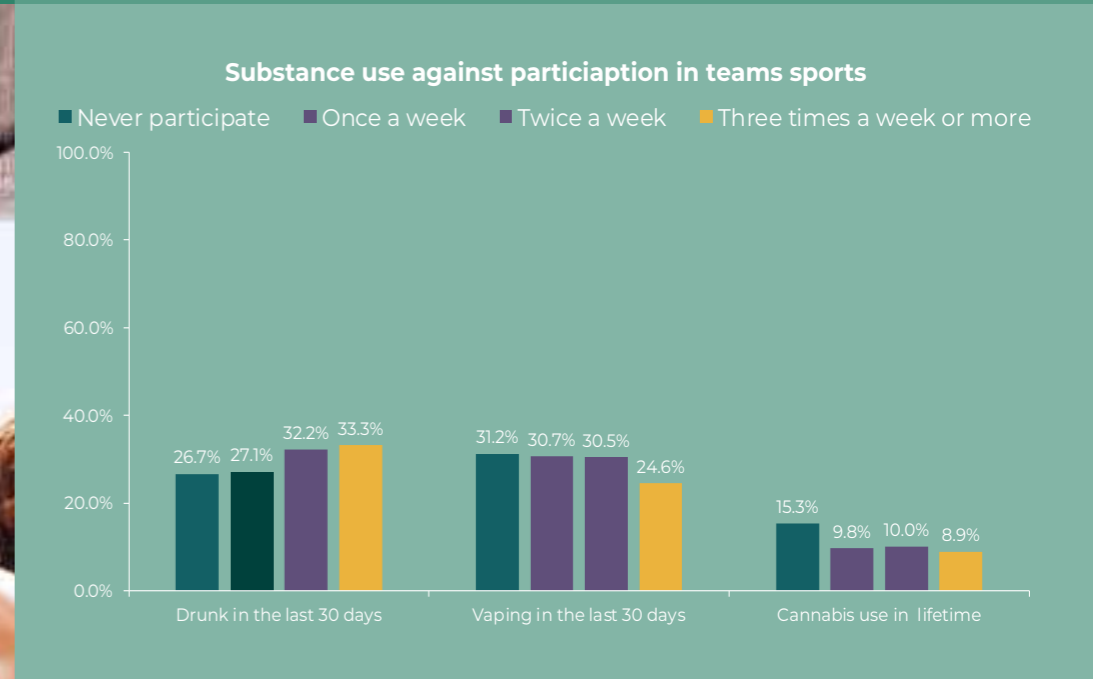
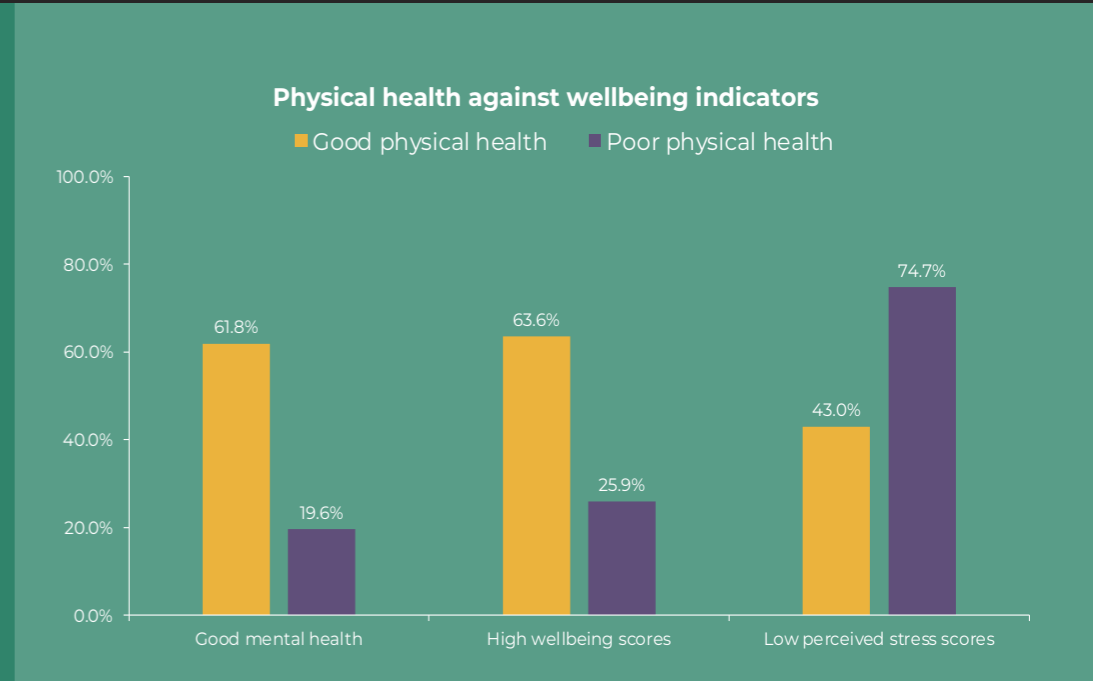
agree there are suitable activities for them in their area

Teenagers that report hanging out in the streets weekly are **6 times more likely** to have used cannabis



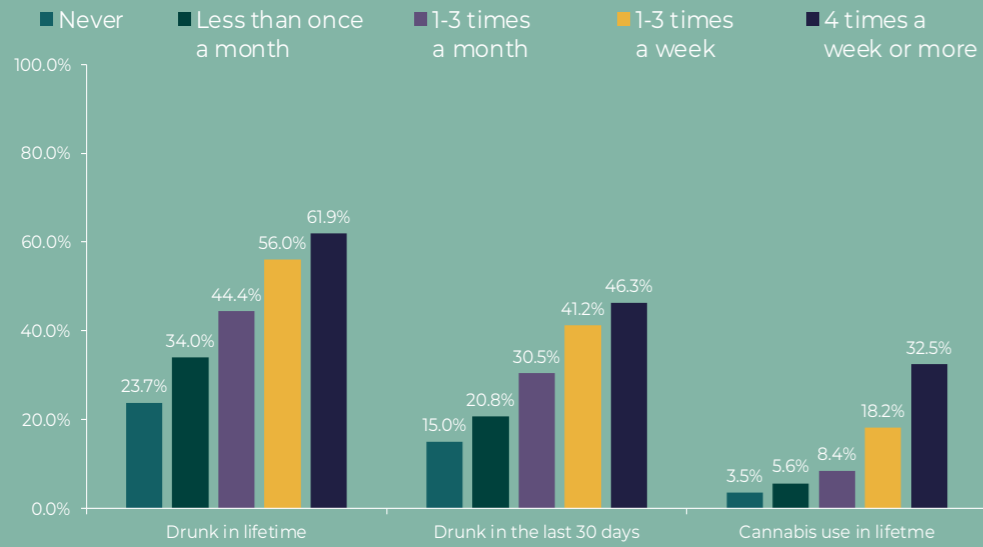


Cross Tabulations

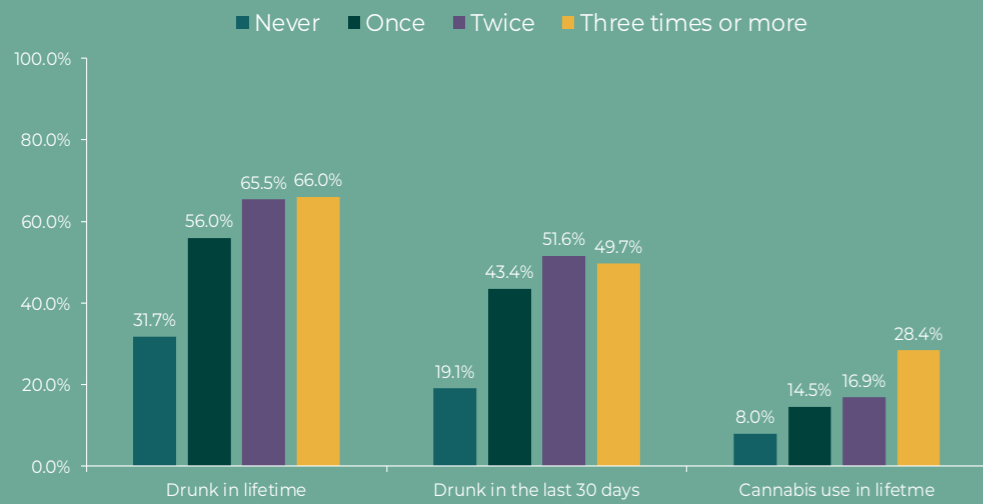


SCHOOL EXPERIENCE

Substance use against hanging out with friends in the streets



Substance use against being outside after midnight in the last week



KEY FINDINGS

87%

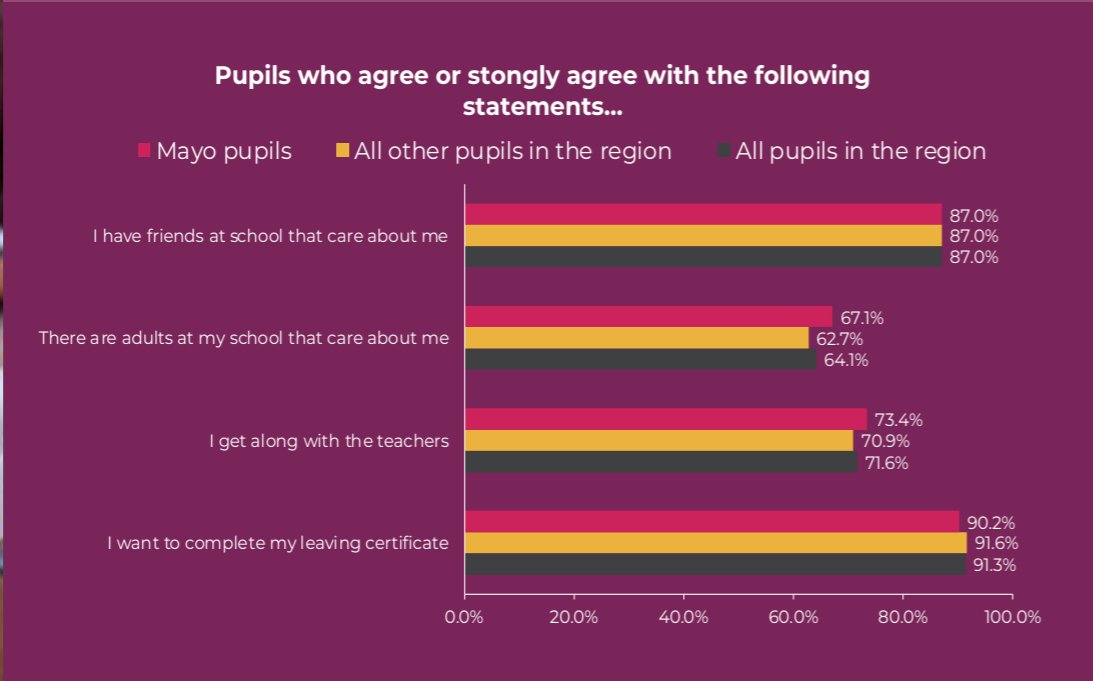
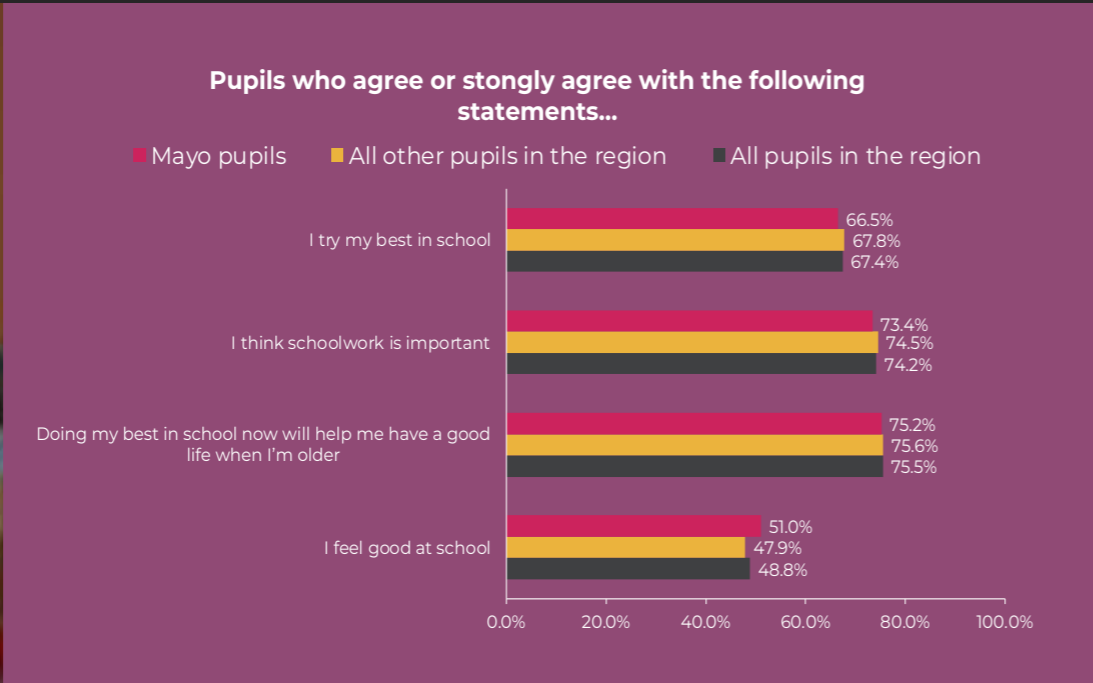
of pupils report they have friends at school that care about them



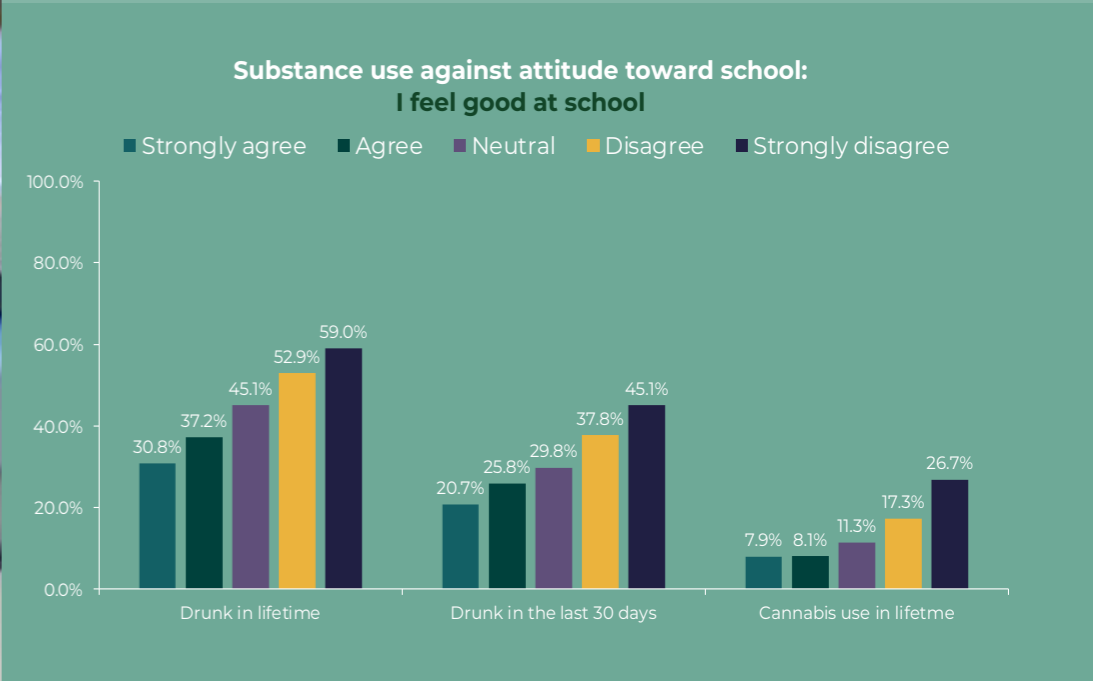
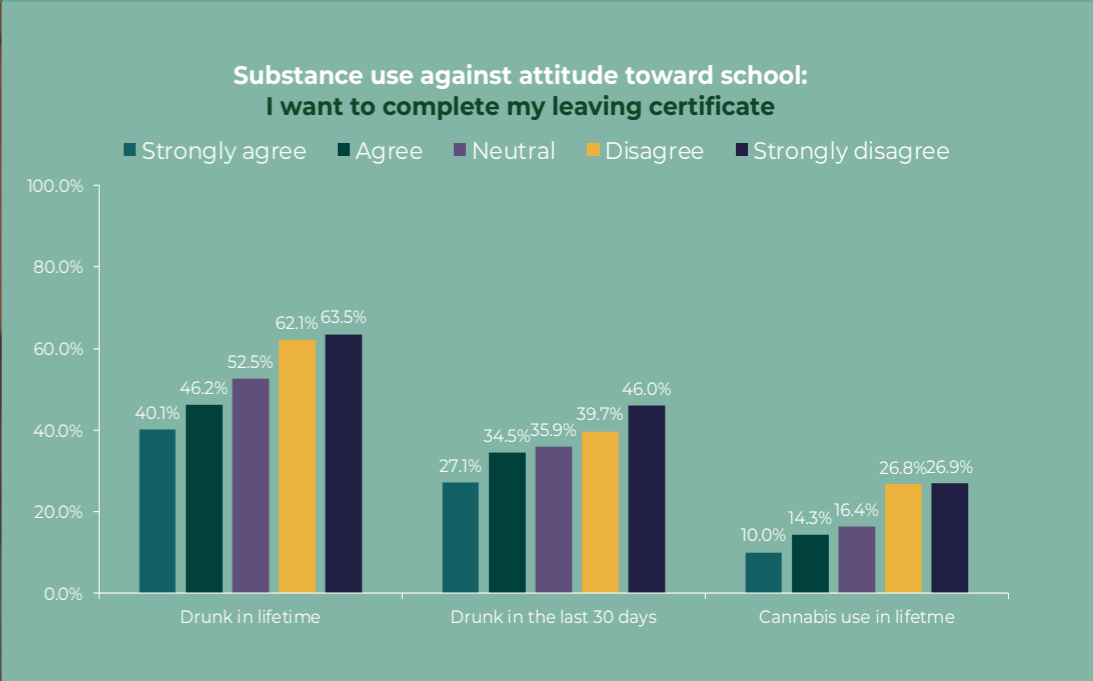
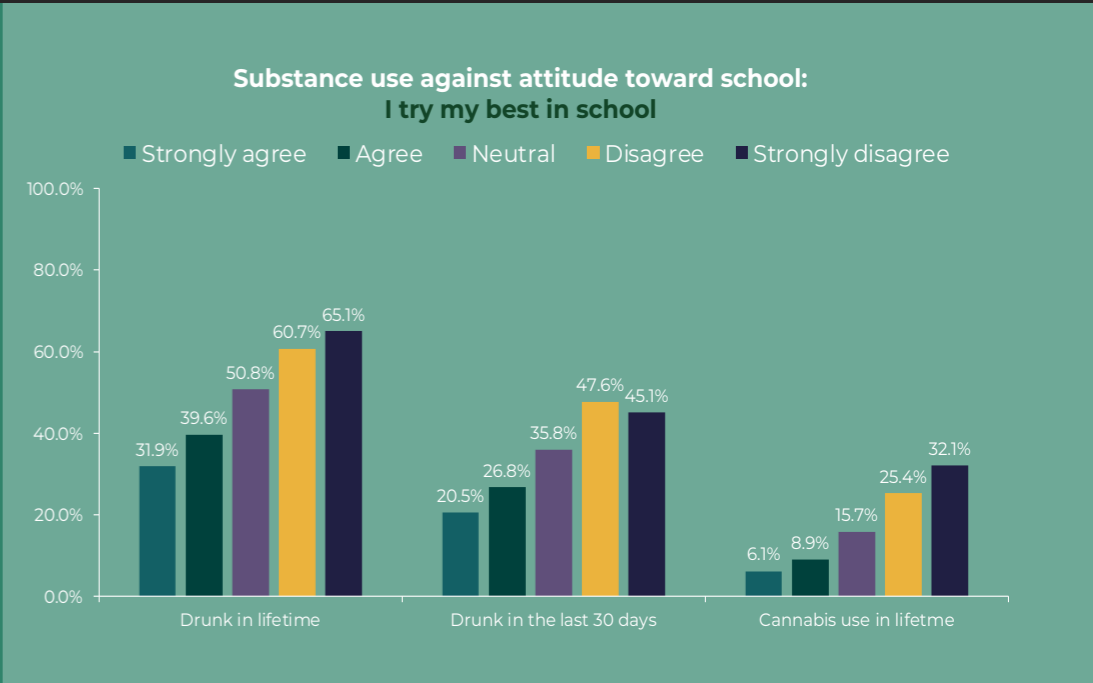
73%

report that they get along with their teachers






Cross Tabulations

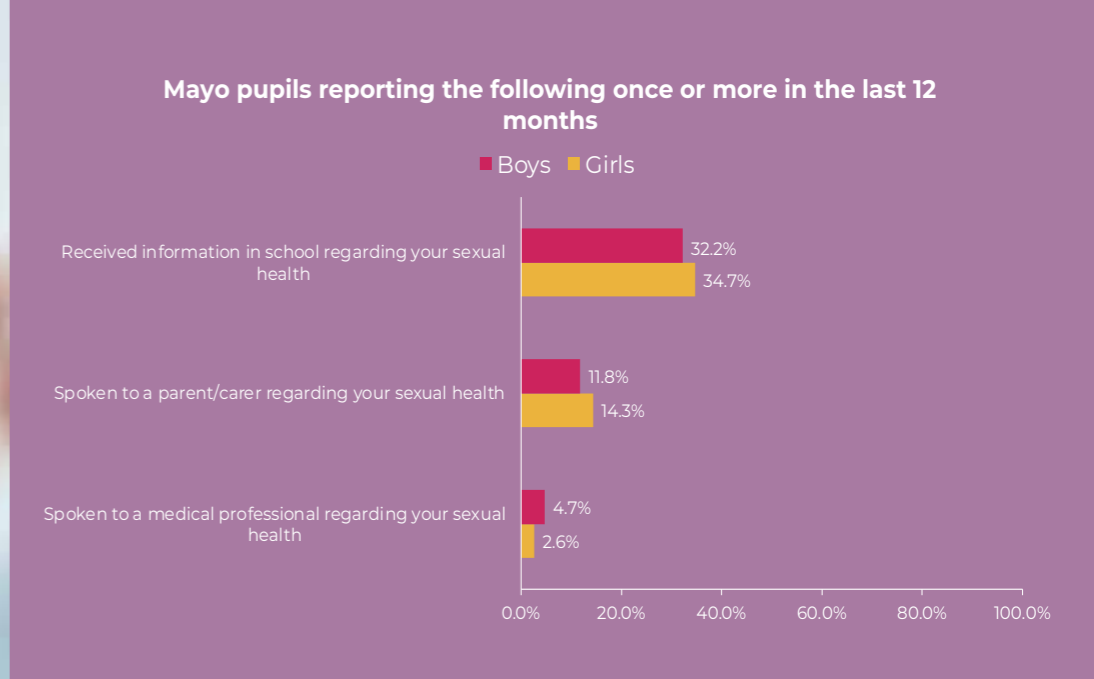
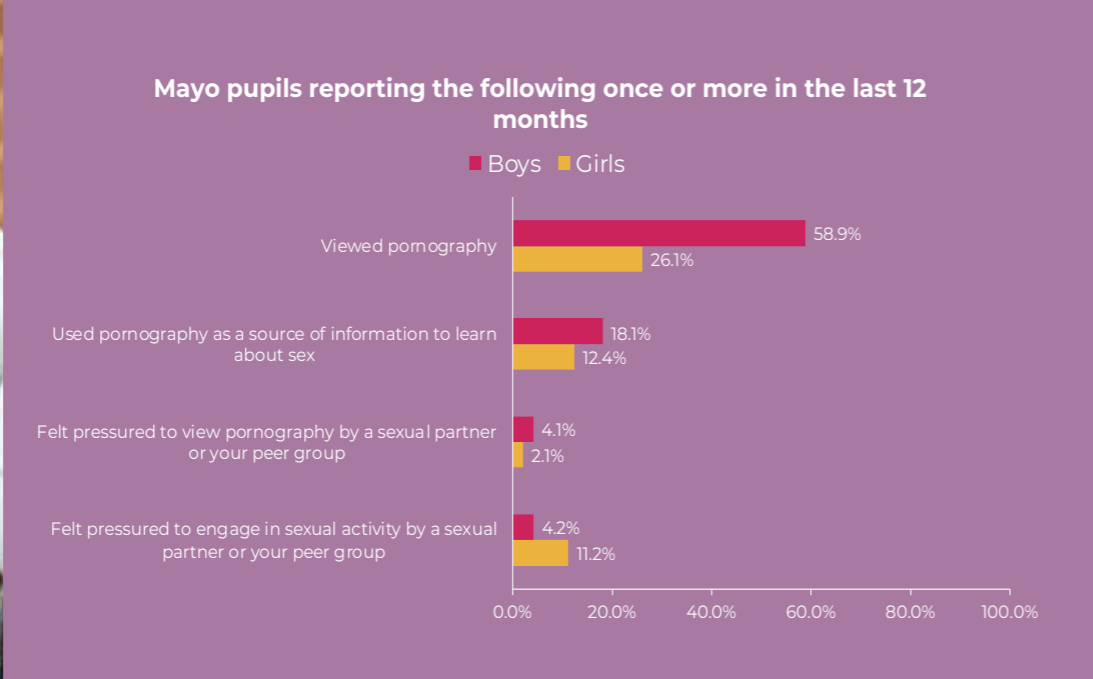
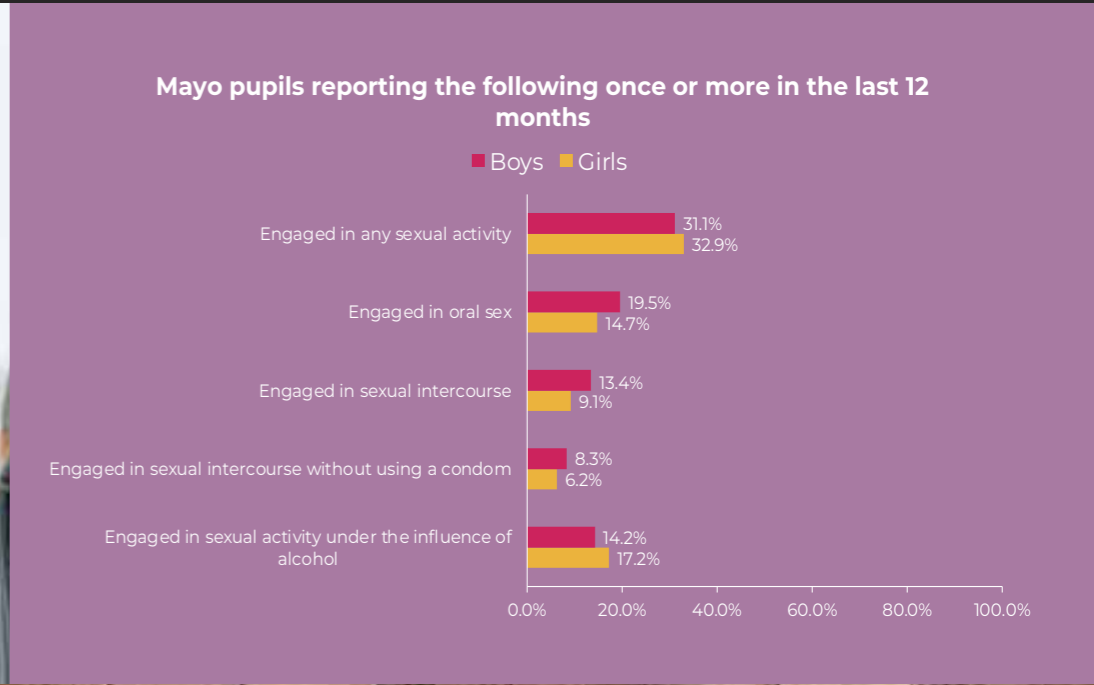
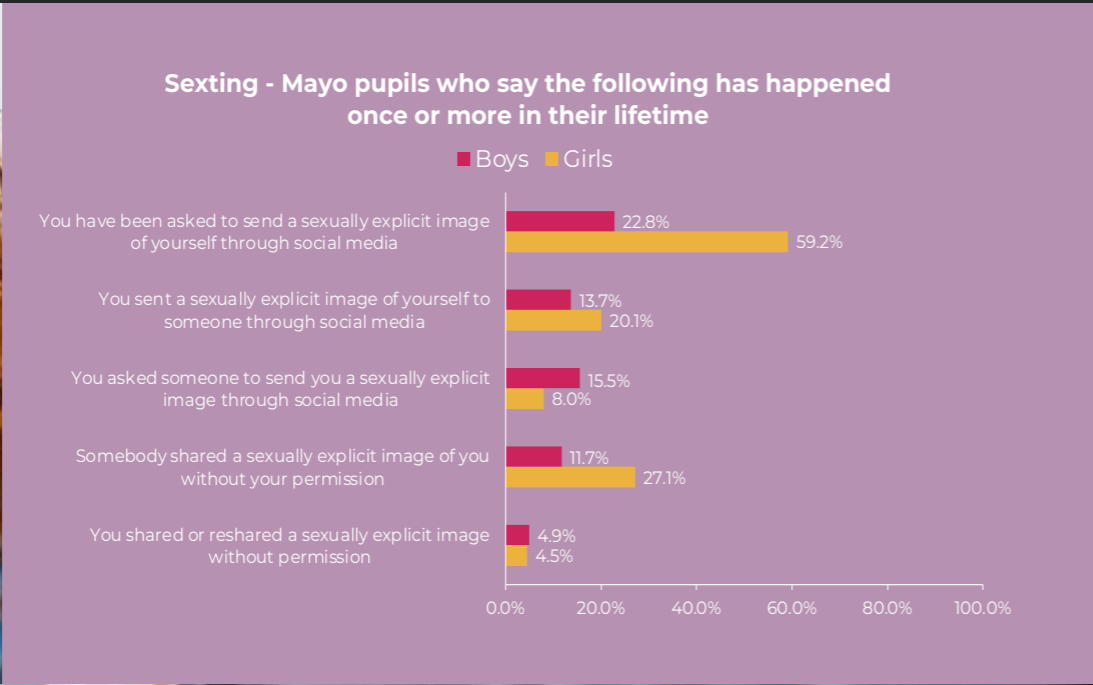


SEXUAL HEALTH AND BEHAVIOUR

KEY FINDINGS

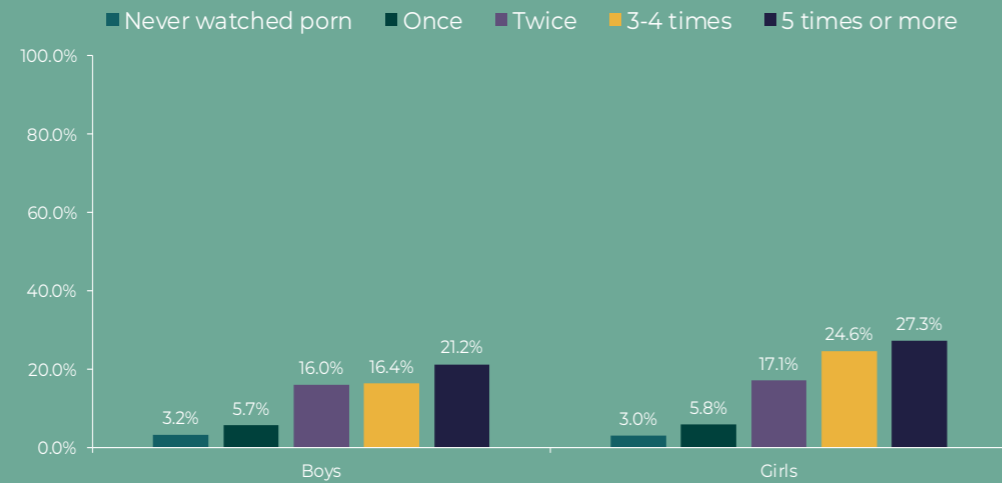
19% 
of teenagers
have had a sexually explicit image
shared online without their permission

12% of girls and 
18% of boys reported
using pornography as a source of
information to learn about sex

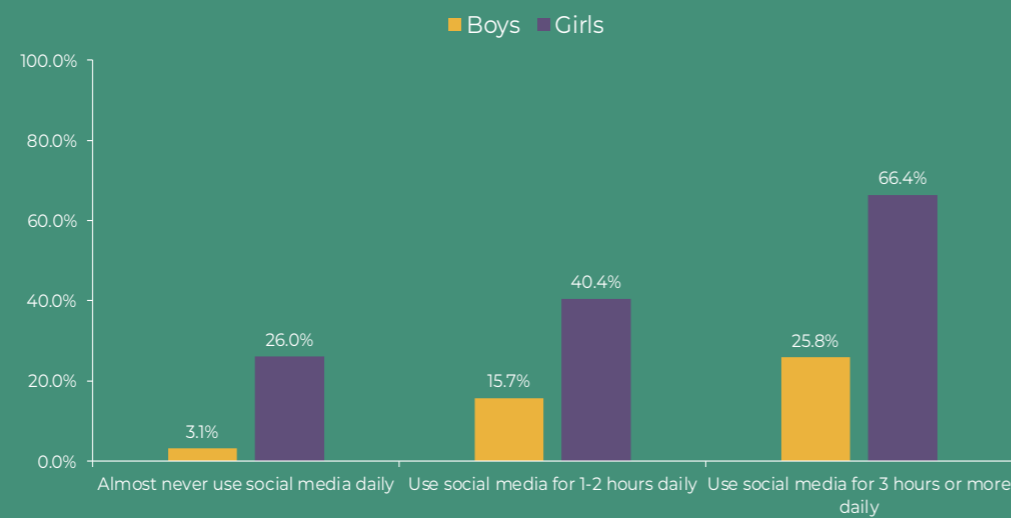


Cross Tabulations

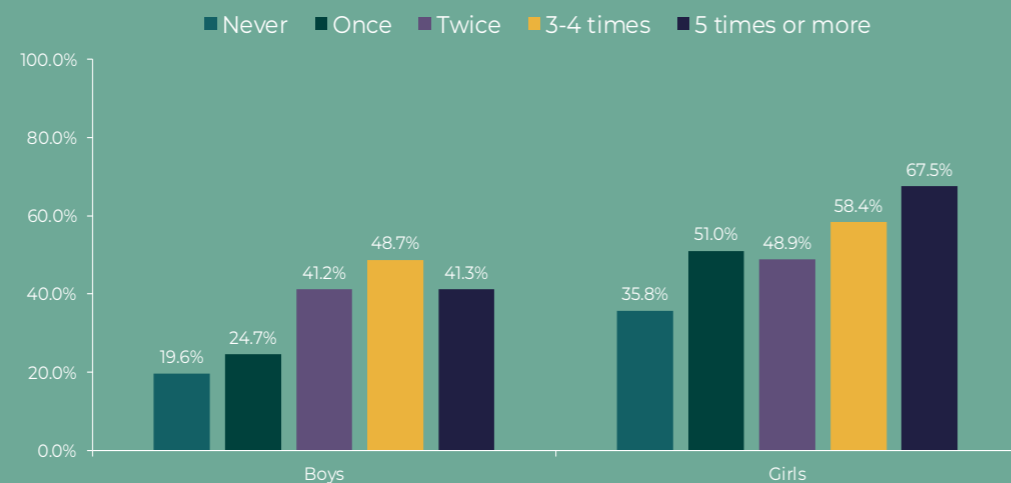
Pupils that have asked for sexually explicit images to be sent to them against how often they viewed pornography in the last 12 months



Pupils who have been asked to send sexually explicit images against time spent on social media



Pupils who have self harmed against the number of times someone has shared a sexually explicit image of them without their permission



5 CONCLUSION

The survey highlighted rates of adolescent drunkenness that are not reflected in other international studies such as the European Schools Project on Alcohol and Drugs (ESPAD) and Health Behaviour in School-Aged Children (HBSC). Also apparent is an increase in perceived parental tolerance of drunkenness and the number of young people that report being outside after midnight. Use of cannabis has decreased since the last survey, as have daily smoking rates, however vaping rates have increased substantially.

The primary prevention model provides us with the opportunity to help address some of these issues. Through the development of data-informed interventions that influence and improve the risk factors in the lives of our young people, we can seek to improve their long-term health and life outcomes. The model specifies that interventions are applied in the four domains of Parents and Family, Peer Group, Leisure Time and School.

Parents and Family

Parents who provide emotional support, set clear rules and expectations, and monitor their teenager's activities are more likely to have teenagers who exhibit healthy behaviours and have lower rates of substance use. Another key protective factor is a sense of parent and family connectedness.

One of the key parenting factors that has improved over the three surveys is the ease with which our young people can discuss personal matters with their parents. This survey illustrates the majority of our teenagers have good relationships with their parents and carers and report high levels of happiness and safety in their homes and communities. It also shows high levels of parental support and monitoring.

On a less positive note, there is a worrying increase in teenager's perception of parental tolerance of drunkenness, and this is closely correlated with increased underage alcohol use.

Peer group

Peer groups play a crucial role in shaping teenage substance use behaviours. It is evident in the data that teenagers are far more likely to use substances, and adopt other risky behaviours, if that is what their friends are doing.

In the survey, our young people report very positive findings around friendships, peer support, and positive peer influence, particularly about having friends that care about them.

There are opportunities to build on these positive findings and empower teenagers with the necessary knowledge and skills to strengthen their positive peer relationships. Additionally, it is important to create supportive environments that encourage healthy behaviours and reduce the risk of substance use among teenagers.

Leisure Time

We see in the latest data that young people with unstructured leisure time, such as those hanging out unsupervised at a friend's house or hanging out in the streets, are at much higher risk for increased substance use. The same applies to the teenagers that are outside after midnight and the number of teens outside after midnight has increased dramatically since the last survey.

Another item of concern in the latest survey is the increase in time spent on social media by our young people and the lack of sleep closely associated with this. Sleep deficit is being experienced by over half of our teenagers and these teens are doing measurably worse across all wellbeing indicators. Lack of sleep is closely associated with poor mental and physical health.

The correlation in the data between physical and mental health is very strong and further underlines the importance of providing young people opportunities to keep involved in structured activities.

It is essential to recognise the role that leisure time plays in shaping the development of young people and to provide them with opportunities to engage in meaningful and fulfilling activities that will benefit their overall wellbeing. Policymakers have a role to support the provision of accessible supervised leisure activities and youth infrastructure that promote healthy behaviours and reduce the risk of substance use among teenagers.

School

Most of our young people report being happy and safe in their schools, getting on with their teachers, and school engagement is high. Where we see young people that are not reporting this, such as those that want to leave school early, those with lower school engagement rates, or those that are skipping school, this can be a risk factor for substance use behaviours.

Our schools in the region are receiving their own individual Planet Youth reports that give a more thorough insight into the school experience of their student population. This will help them inform the work that is done within the Junior Cycle Wellbeing Guidelines and in the SPHE curricula for Junior and Senior Cycle.

6

KEY MESSAGES

Substance Use

- Parental tolerance of teenage drunkenness has shown a notable increase over the three Planet Youth surveys and teenagers whose parents are more tolerant of drunkenness are almost three times more likely to get drunk.
- One of the most common places for teenagers to get drunk is at a friend's house, enabled by a parent or carer. Those in parental roles can make a significant difference to the long-term health and wellbeing of our children by agreeing not to supply alcohol to teenagers in our homes.
- There is an increase in daily and lifetime vaping rates. The use of vaping products is unsafe for teenagers. Most vaping products contain nicotine and nicotine is a substance that is highly addictive and can harm adolescent brain development.

Family Time

- Parental support is a protective factor for positive mental health. Those pupils that report it is easy to talk to their parents about personal matters are three times more likely to report positive mental health.
- Having shared interests, regular family mealtimes, and family activities creates enjoyable time and space to chat with and listen to our teenagers. As they get older, it is important to maintain good quality parental support by communicating with them and staying connected, interested and engaged in what's happening in their lives.

Screen Time

- There is a significant increase in teenagers use of social media and this latest Planet Youth survey highlighted that most of our teenagers now have a phone in their bedroom at night.
- Teenagers that have phones in their bedrooms at night report lower self-esteem and poorer mental health and school engagement. Screens should be off at least one hour before bed and kept out of bedrooms after bedtime.

Wellbeing Indicators

- Over half of our teenagers are reporting seven hours or less of sleep every night and these teenagers are reporting poorer mental health and school engagement when compared to the teenagers sleeping longer.
- Undisturbed sleep is important for development and between 8 and 10 hours is what is recommended.

Leisure Time

- Unsupervised leisure time correlates with higher levels of substance use. Teenagers that report hanging out in the streets regularly are 6 times more likely to use cannabis and teens that spend unsupervised time at a friend's home are four times more likely to get drunk.
- It is important that teenagers have access to a range of quality supervised, structured activities as they get older. Participation in supervised activities is a protective factor for substance use and promotes physical and mental wellbeing.

Sexual Health and Behaviour

- Pornography use is associated with unsafe sexual health practices and can create misleading expectations about sexual relationships. One sixth of our teenagers use pornography to learn about sex and a similar number of teenagers report having sexually explicit images shared online without their consent.
- Relationships and Sexuality Education needs to be prioritised within the Junior Cycle Wellbeing Guidelines and in the SPHE curricula to better inform teenagers in matters of sexual health and behaviour.

7 RECOMMENDATIONS

The primary prevention model provides us with the evidence and the opportunity to improve health outcomes for our young people through the development of preventative interventions that incrementally improve the social environment they are growing up in.

The model specifies that these interventions are applied in the four major domains of Parents and Family, Peer Group, Leisure Time, and School. Recommendations in each of these domains are listed in this section.

Parents and Family



- 1 CYPSC members in the region should use the Planet Youth findings to inform the development of their work plans.
- 2 Services should support parents to implement the key messages within the Planet Youth Guidelines for Parents booklet.
- 3 Parents should delay the initiation of alcohol use among teenagers until 18 years of age, in line with WHO guidelines, and agree not to supply alcohol to other teenagers in their homes.

Peer Group



- 1 Youth services in the region should use the Planet Youth findings to support funding applications and service development.
- 2 Comhairle na nÓg and other youth fora in the region should use the Planet Youth findings to challenge the social norms related to substance use amongst their peers.
- 3 Youth services should utilise the Planet Youth findings to design and develop programmes that promote and enhance resilience in young people.

Leisure Time



- 1 The Education and Training Boards should expand the development of area-based youth clubs catering for all ages.
- 2 The Education and Training Boards should utilise all available funding schemes available for youth services to increase opportunities for structured leisure time activities.
- 3 Mayo LCDC and Mayo County Council should use the Planet Youth findings to increase the variety of external youth spaces to enhance young people's sense of safety in their local area.
- 4 Mayo County Council and Mayo PPN should engage with community facilities to increase the range and variety of dedicated youth hang-out spaces such as youth cafes.

School



- 1 **National Schools:** Distribute the Parent Power booklets annually to all incoming junior infant parents.
- 2 **Post-Primary Schools:** Distribute the Planet Youth Guidelines for Parents booklet annually to all incoming first year parents.
- 3 **Post-Primary Schools:** When conducting first-year parent information meetings communicate the key messages outlined in the Planet Youth Guidelines for Parents booklet.
- 4 **Post-Primary Schools:** Utilise the Planet Youth school reports and The Facts website to support SPHE and Wellbeing curriculum delivery.
- 5 **Post-Primary Schools:** Use the Planet Youth school reports and The Facts website to inform educational programmes that focus on resilience and peer support.

8 ACKNOWLEDGEMENTS

We would like to thank the members of the Planet Youth Mayo Steering Committee for their help with the new report and their support in bringing Planet Youth Mayo to where it is today.

The WRDATF would like to acknowledge our co-funders in this project; Mayo County Council, Tusla, Mayo CYPSC and the HSE.

A huge thank you goes to the staff who acted as survey coordinators in the schools and centres. It was a big undertaking, particularly given the shift over to the new online format. The survey could not have happened without you.

Thanks go to the support services who kindly offered additional care to participants if required, namely Childline, Pieta House, Galway Rape Crisis Centre and Jigsaw.

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Finally, a big thank you to all the principals of the 26 post-primary schools and 3 Youthreach centres in County Mayo for facilitating the survey. Without your support Planet Youth Mayo would not be possible.



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Comhairle Contae Mhaigh Eo
Mayo County Council

