



**NORTH DUBLIN**  
Regional Drug & Alcohol Task Force



**PARTNER** *Ireland*

# Planet Youth School Reports 2023

## Balbriggan Cluster Area

A resource for Teachers and Parents



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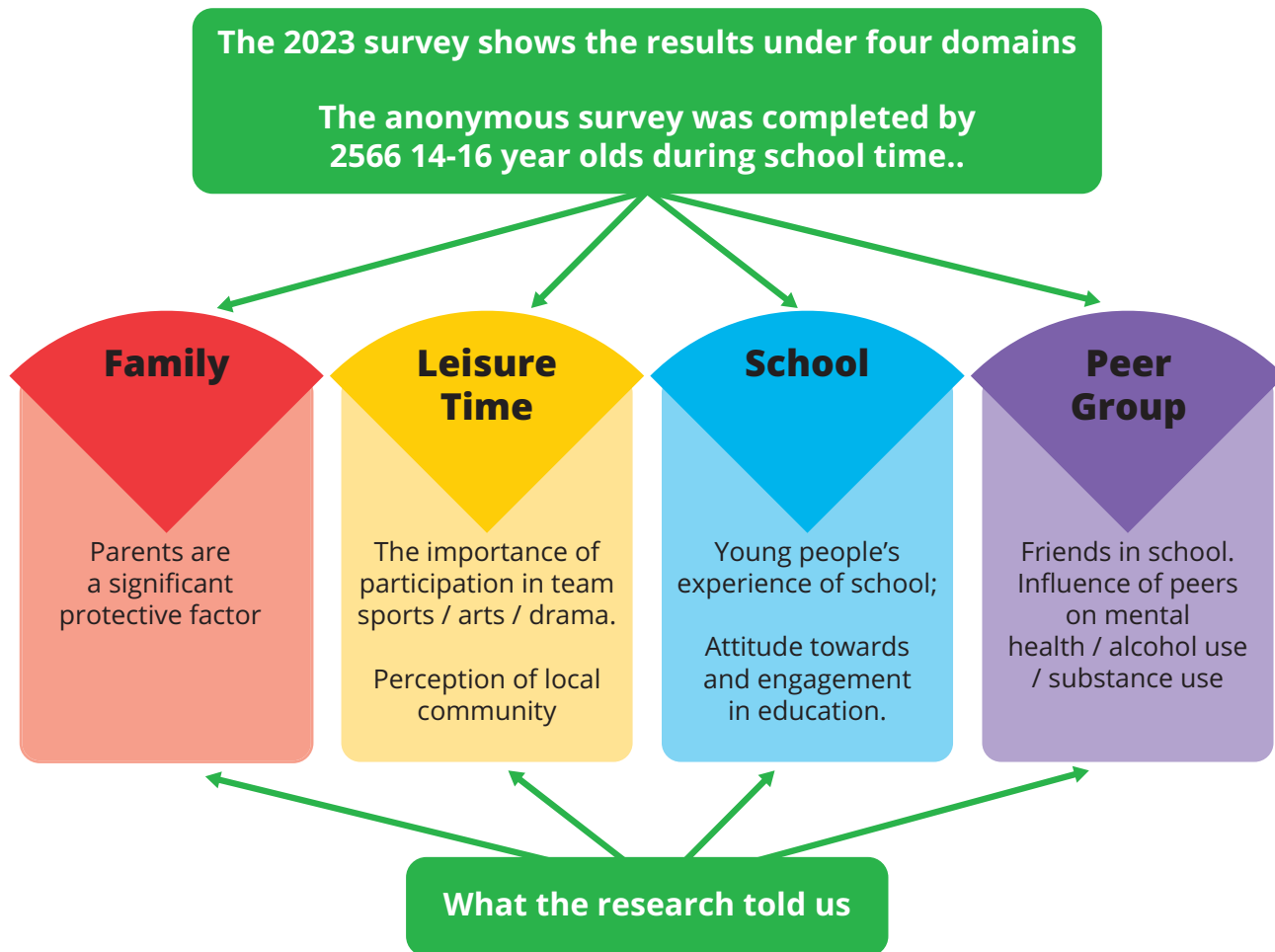
**PARTNER** *Ireland*

# Planet Youth School Reports 2023 Balbriggan Area Cluster



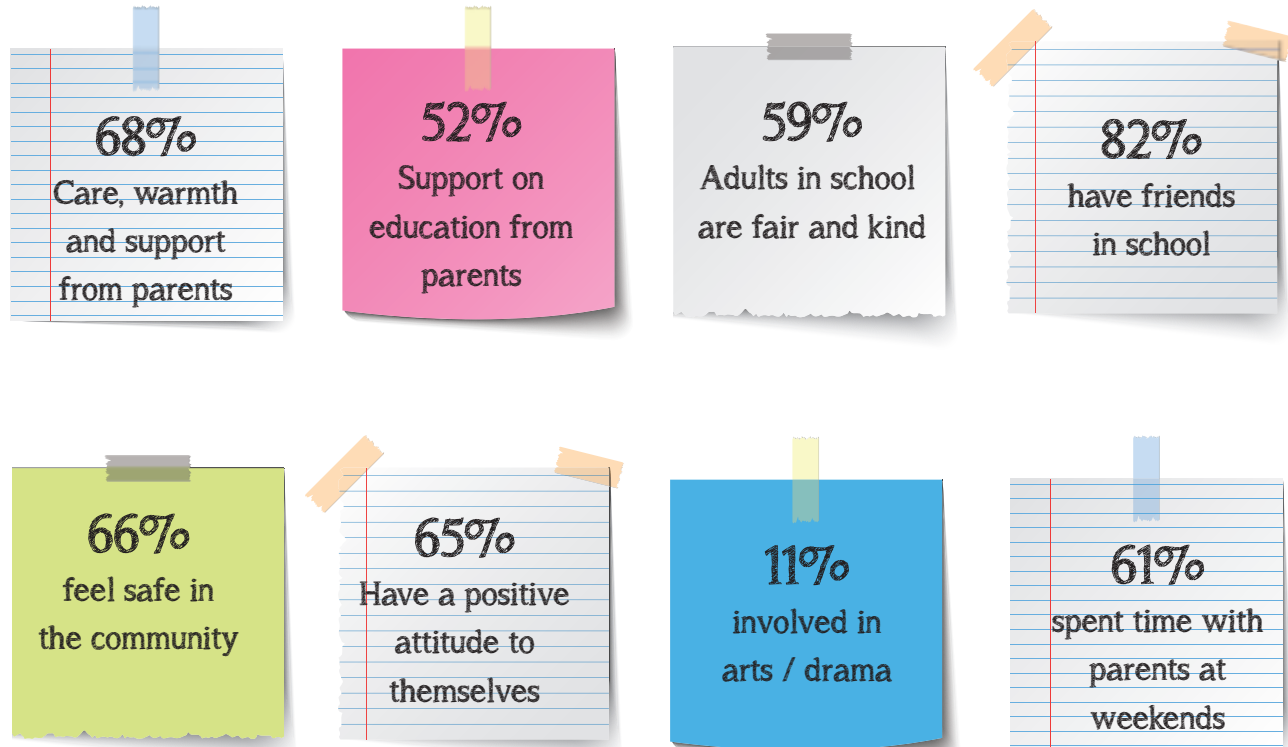
## About Planet Youth:

Planet Youth is an evidence-based public health process designed to improve the health and life outcomes for young people through directly addressing the risk and protective factors that determine behaviours.



## Key Findings:

Positive relationships and connection with others provide the core protective factor for young people. Those relationships include family, peers and the school community.



## Key Wellbeing Findings:

Protective factors are things that make it less likely for young people to have problems as they go through the teen years into young adulthood. It can also mean that they manage challenges that do come along.

Risk factors are the opposite, so are things that make it more likely for young people to have problems or experience issues as they grow towards adulthood, which they may find difficult to manage.

### Protective Factors

**30%** get 8 hours sleep

**62%** report good physical health

**28%** report good mental health

**65%** have positive self attitude.

**83%** feel they have good qualities



### Risk Factors

**31%** get less than 7 hours sleep

**42%** have self harmed in their lifetime

**20%** low motivation due to internet use

**34%** use phones between 12am and 6am sometimes or often

**30%** think themselves unattractive

## Key Family Findings:

Positive relationships are a strong protective factor, and parental and family relationships are very significant.

### Protective Factors

#### Time with parents on weekends

**61%**

Often or always spend time with their parents on weekends



#### Time with parents on weekdays

**51%**

Often or always spend time with their parents on weekdays



#### Parent Monitoring

**73%**

Of parents know where their teenagers are in the evenings



### Young peoples perceived attitudes of their parents regarding substance use

**94%**

Of parents disapprove of Cannabis Use



**71%**

Of parents disapprove of drunkenness



**68%**

Of students say it is easy to receive caring and warmth from their parents



### Risk Factors

**27%**

of young people get alcohol from a parent or another adult know to them.

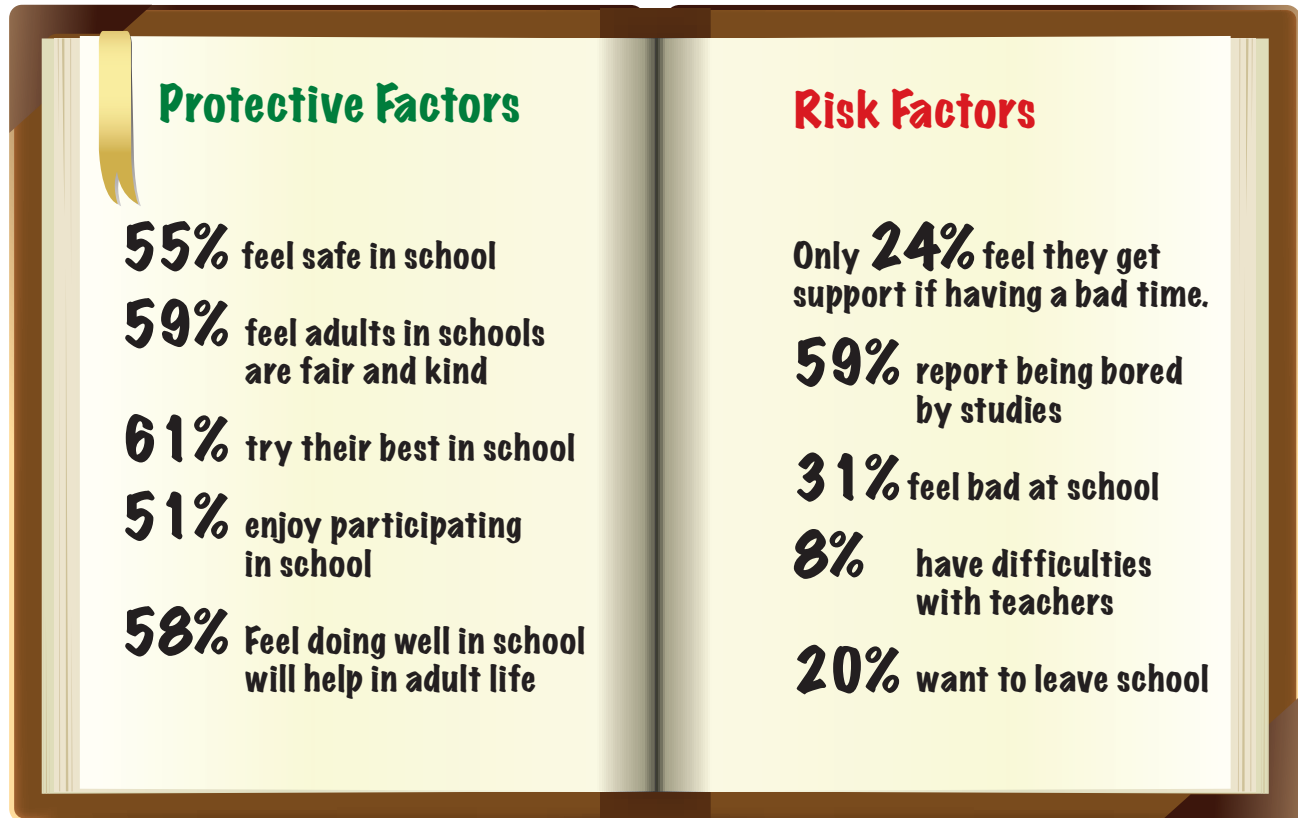
**29%**

Think their parents would not disapprove of them getting drunk.

## Key School Findings:

The survey asked questions ranging from school culture and support in school to engagement in education.

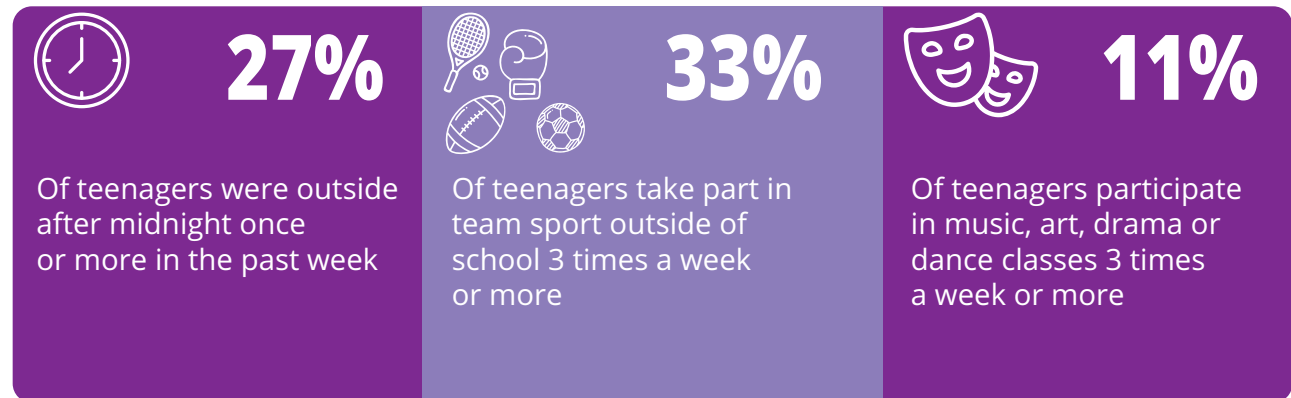
## Key Highlights:



## Key Leisure Time Findings:

Engagement in activities in a positive environment is a known protective factor, giving young people opportunity to spend time with people who share similar interests and learn new skills.

### Leisure Activities





Key Findings on alcohol and other substance use:

Alcohol



**23%**  
Tried alcohol at the age of 13 or younger

**12%**  
Have been drunk in the last 30 days

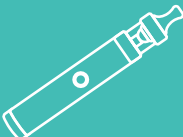
**16%**  
Drink alcohol at their own home

**12%**  
Get alcohol from a family member

**26%**  
Have been drunk in their lifetime

Other Substances


**E-Cigarettes (vapes)**



**16%** Used an e-cigarette in the last 30 days

**11%** Use e-cigarettes (vape) daily


**Cigarette Smoking**



**7%** Smoked cigarettes in the last 30 days

**1%** Smoke cigarettes daily

**Cannabis Use**

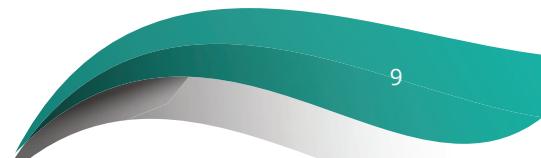


**17%** Have used cannabis in their lifetime

**8%** Used cannabis in the last 30 days



HSE Alcohol



## Recommendations:

The Planet Youth Process brings researchers, policymakers and practitioners together in a public health-process to identify the risk and protective factors that affect young people's behaviour, health and life outcomes.

The Planet Youth process does not present a set programme of education, training, workshops or activities. Programmes and activities that address risk factors are drawn from the resources, expertise and experience of services and organisations who engage in the process. Better collaboration between services to achieve common health and wellbeing goals for young people is where the magic happens.

Every adult that has a connection with a young person has a part to play in ensuring a positive community environment for young people to grow up in.

## Recommendations:

- Use this resource to get information on any theme that is of particular interest or concern to you by scanning the QR codes on that theme or by clicking on the links if you are reading this online.
- Talk to other parents about your concerns and their concerns and explore how you can respond to those concerns as a group of parents, school parent's associations, local residents associations, sport or community club.
- Consider how the school can support actions.
- Consider what services, organisations or specialist services could help (see list over).
- How can young people be engaged in the process.
- How can timely help seeking be encouraged amongst young people and parents.

## Local Services:

Family Support Service in this area include:

### Fingal Families:

<https://ndublinrdtf.ie/support-services/family-support/>

Programmes include

- PUP
- 5-Step
- Family support groups

### Aster Family Resource Centre Balbriggan.

<http://www.asterfamilysupport.ie/family-resource-centre/>

Programems include:

- Triple P
- Meitheal

### Daughters of Charity Family Therapeutic Services.

<https://www.docchildandfamily.ie/our-services>

Our work with children and families may include:

- Parenting support
- Individual support
- Group work
- Family work
- Advocacy
- Evidence based programmes

**Useful websites:****Ask about Alcohol**

Broad information about alcohol; including drinks calculator; alcohol and health; information for parents; alcohol during pregnancy;

<https://www.askaboutalcohol.ie/>

**Substance Use**

general information about substance use.

<http://www.drugs.ie>

**Know the Score**

Know the Score (video)

<https://www.youtube.com/watch?v=ZQjWGUrgxxQ>

**About Vapes**

What you need to know about vapes.

<https://www.hse.ie/eng/about/who/tobaccocontrol/resources/vaping-information-for-parents.pdf>

**Why Nicotine is Addictive**

Why nicotine is addictive.

<https://www.youtube.com/watch?v=gJwhcGAuZC4>

**Alcohol and Substance Use.**

How to talk to young people about alcohol and substance use.

<https://www2.hse.ie/living-well/alcohol/information-parents/>



**Easy Access contacts:****Fingal Children and Young Peoples Services Committee (FCYPSC):**

Houses a comprehensive list of services and resources for young people and families.

<https://www.cypsc.ie/fingal/resources.298.html>

**Fingal Children and Young Peoples Services Committee (FCYPSC):**

Key local youth mental health and addiction services in one place

[https://www.cypsc.ie/\\_fileupload/Documents/Resources/Fingal/A%20School%20Journal%20insert%2019-06-2020%20Final.pdf](https://www.cypsc.ie/_fileupload/Documents/Resources/Fingal/A%20School%20Journal%20insert%2019-06-2020%20Final.pdf)



## Survey 2023:

Every two years the Planet Youth team gathers data anonymously on the health and wellbeing of young people in North Dublin. We seek to identify the risk factors and protective factors that affect attitude and behaviour. The Planet Youth process has an interagency oversight committee, made up of key stakeholders from the statutory and voluntary sector in the areas of health, youth, family, addiction, and mental health. These stakeholders have vested interest in the survey themes and use the data to advise the promotion, and development of training resources and programmes that respond to the risk factors identified through the data.

Through October 2023 2566 young people aged between 14 and 16 years participated in the Planet Youth survey.

This resource shows highlights the key risk and protective factors affecting young people's lives in 2023.

### **Purpose of the resource:**

Based on the data report we know that there are two significant protective factors, support from parents and school engagement.

This recourse is a call to all adults in young people's lives to be part of the community of care and support for young people. Everyone has a part to play in prevention work and by working together we can ensure better health and life outcomes for our young people.

For further information or support check our website <https://ndublinrdtf.ie/>  
Or contact [David@ndublinrdtf.ie](mailto:David@ndublinrdtf.ie)





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