

PLANET  
youth

# What is Planet Youth?



**A public health programme designed to improve long-term health and life outcomes for all our school-going population.**



**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



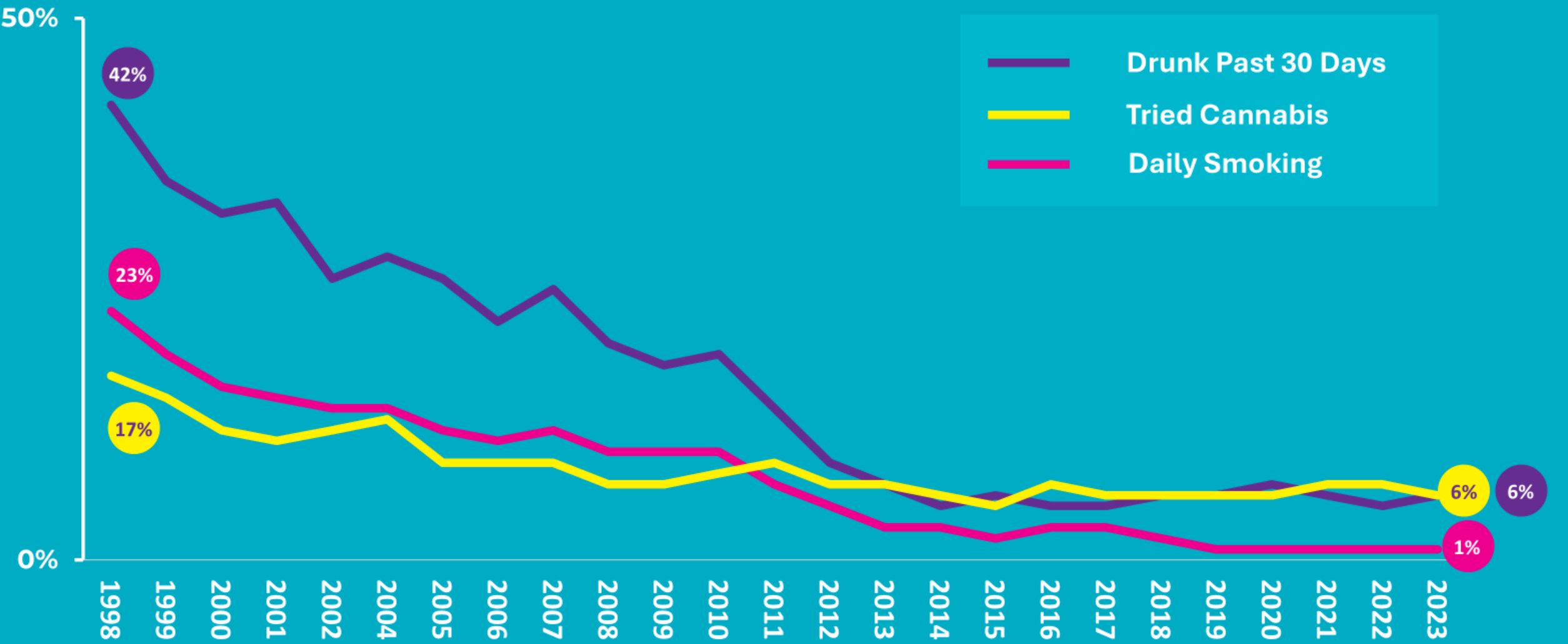
Comhairle Chontae na Gaillimhe  
Galway County Council



Comhairle Contae Mhaigh Eo  
Mayo County Council

# CHANGE THROUGH PRIMARY PREVENTION

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

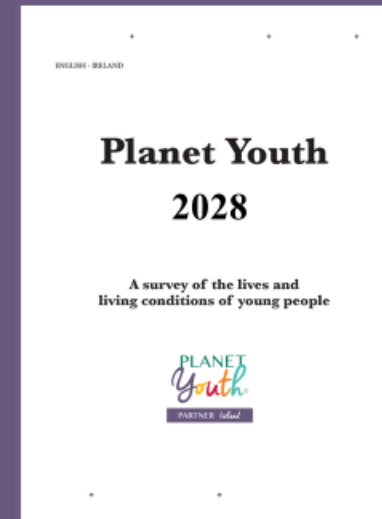
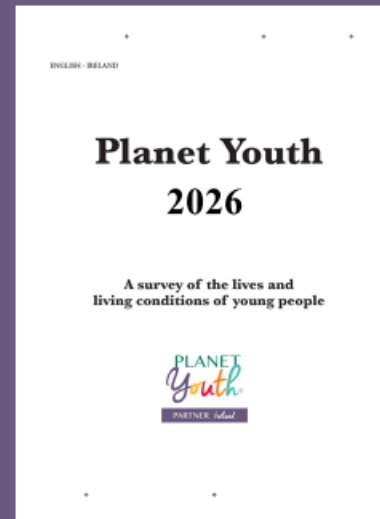
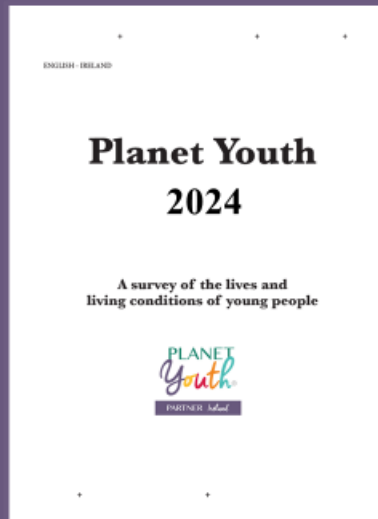
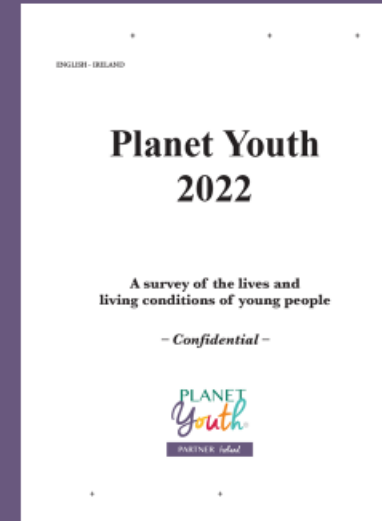
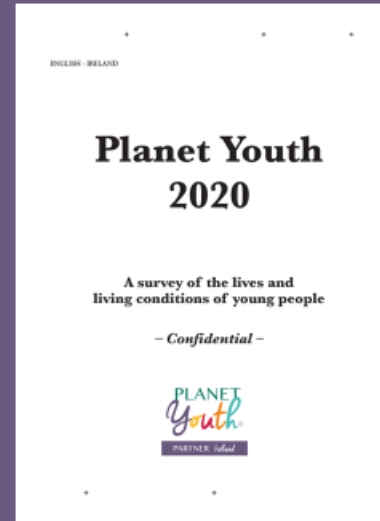
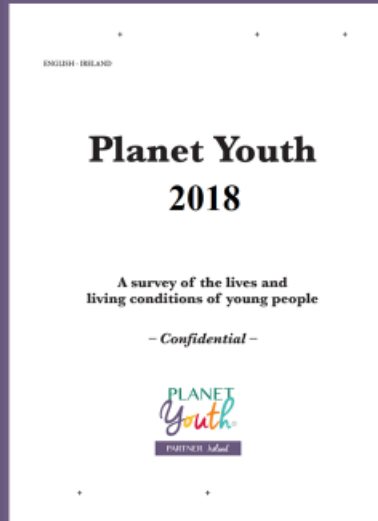


**The primary prevention approach will be used here to address many areas related to the health and wellbeing of our young people.**

**Including:**

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

# Planet Youth Surveys – every two years

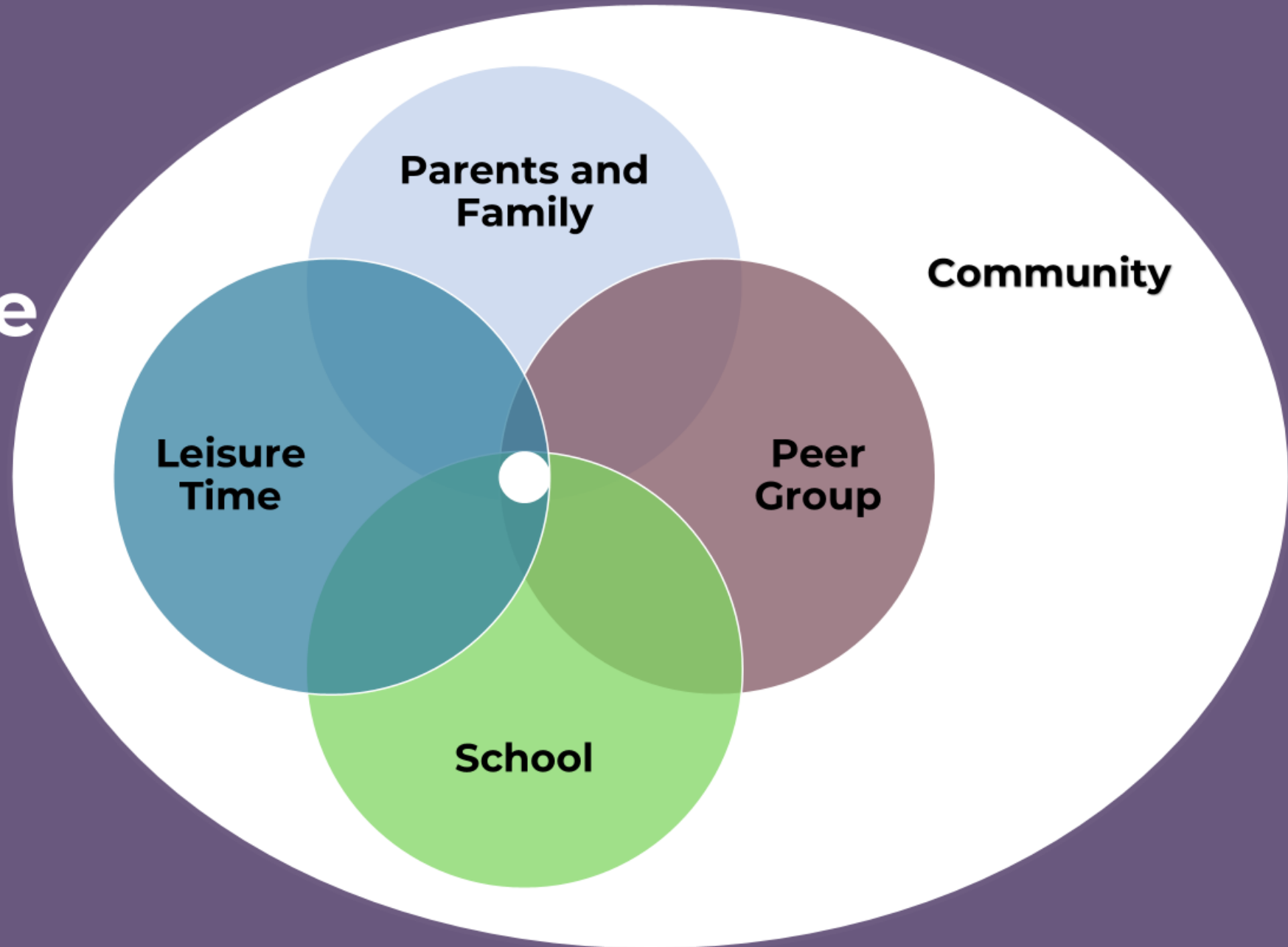




**All 91 of our schools  
are included**

**Over 5,000 students  
participate**

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



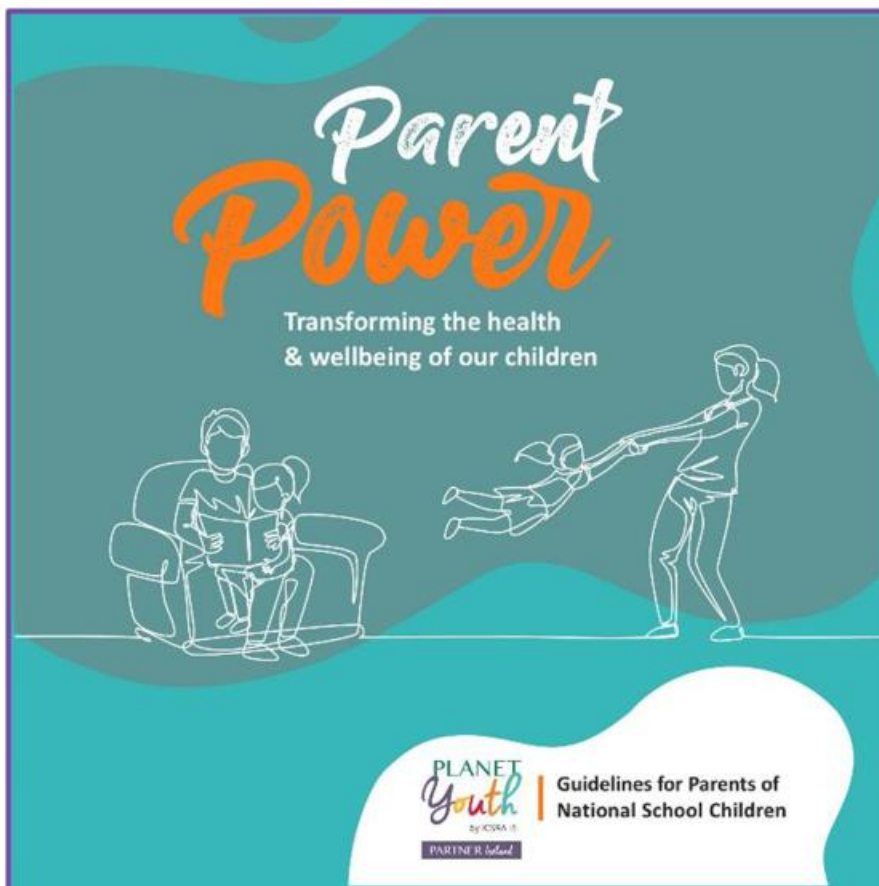






# Parent Power

## National School Booklet







### Bedtimes

|                |        |
|----------------|--------|
| Junior infants | 7:15pm |
| Senior infants | 7:30pm |
| 1st Class      | 7:45pm |
| 2nd Class      | 8:00pm |
| 3rd Class      | 8:15pm |
| 4th Class      | 8:30pm |
| 5th Class      | 8:45pm |
| 6th Class      | 9:00pm |

National school children typically require 9-12 hours of sleep each night and the younger they are, the more sleep they need. These bedtimes are based on getting up at 7.30am and are the lights-out times. Wind-down and bedtime routines start earlier. A good guide at this age is to move their bedtime up by 15 minutes each school year.



### Screen Time

Overuse of screens is not good for the health and wellbeing of children.

The suggested guideline is to limit their use to a maximum of 1 hour per day in total. This should be after completion of homework and other activities.

Screens should be put away at least one hour before bedtime and there should be no screens in bedrooms.

[www.parentpower.planetyouth.ie](http://www.parentpower.planetyouth.ie)

# Parent Power

## First Year Parent Booklet



**GUIDELINES FOR PARENTS**

**BEDTIMES**

|                                    |                                |                                      |
|------------------------------------|--------------------------------|--------------------------------------|
| <b>FIRST YEAR</b><br>09:30 PM      | <b>SECOND YEAR</b><br>09:45 PM | <b>THIRD YEAR</b><br>10:00 PM        |
| <b>TRANSITION YEAR</b><br>10:15 PM | <b>FIFTH YEAR</b><br>10:30 PM  | <b>LEAVING CERT YEAR</b><br>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](http://WWW.PLANETYOUTH.IE)

# Parent Power

## First Year Parent Booklet





# 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:

91%

Easy to get caring and warmth from parents



66%

Spend 3 hours or more on social media daily



35%

Out after midnight



55%

Not getting enough sleep



80%

Have a phone in their bedroom at night



25%

Get alcohol from parents



56%

Report good mental health



73%

Report good physical health

86%

Feel safe in their community

33%

Reported self-harm once or more



61%

Exercise 3 times a week or more



31%

Drunk last month



14%

Are daily vapers



12%

Have tried Cannabis



28%

Tried alcohol by 13

### 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.

91%

Easy to get caring and warmth from parents



# 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



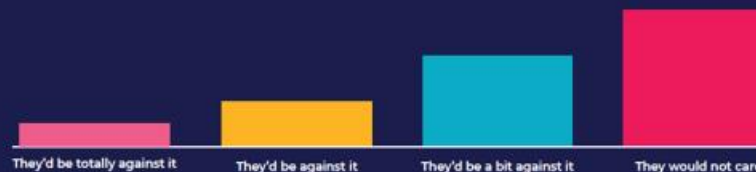
27%

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 SUBSTANCE USE

MY PARENTS WOULD BE TOTALLY AGAINST IT OR AGAINST IT IF I:

97%



USED CANNABIS

94%



SMOKED CIGARETTES

90%



VAPED

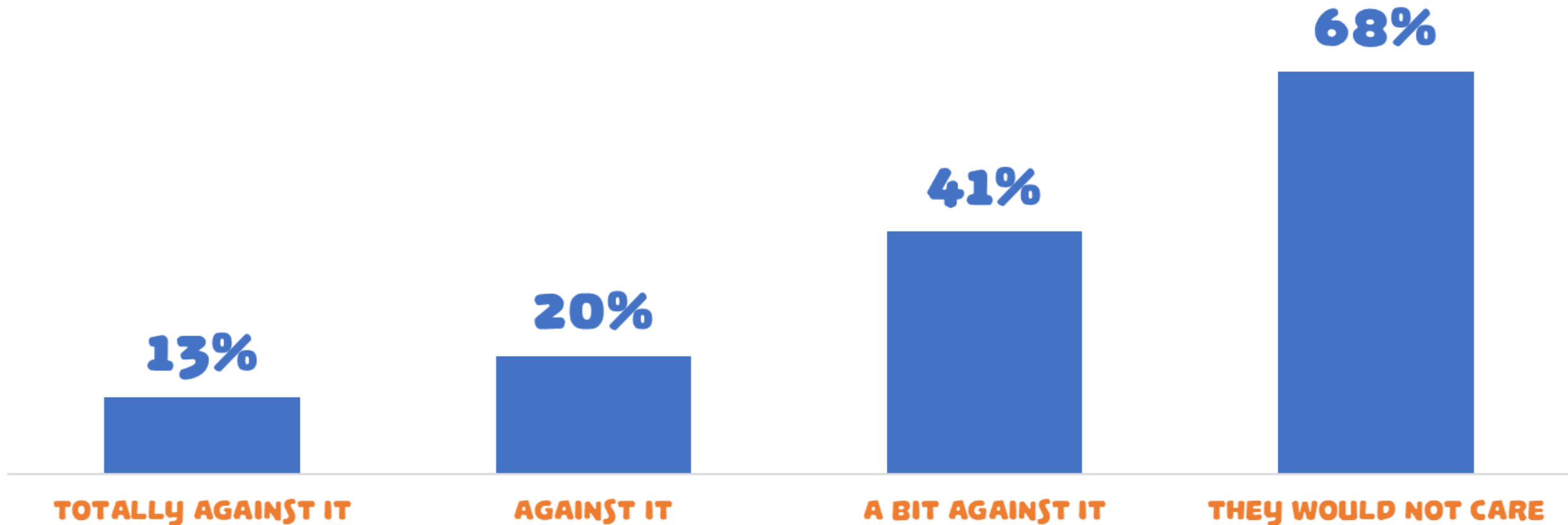
57%



GOT DRUNK

# PERCEIVED PARENTAL TOLERANCE FOR GETTING DRUNK

PUPILS THAT GOT DRUNK IN THE LAST MONTH



# 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:

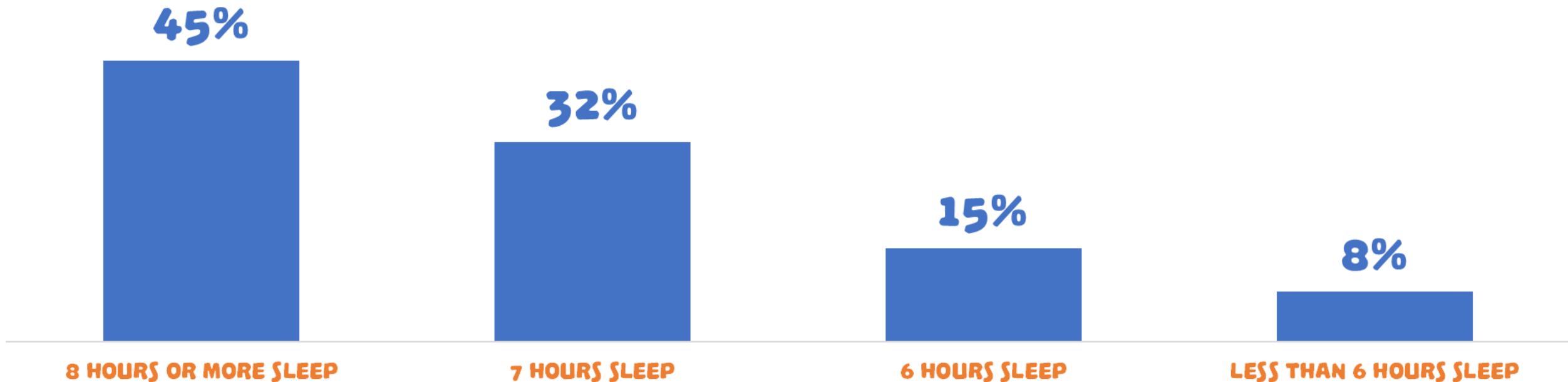
|                   |         |
|-------------------|---------|
| FIRST YEAR        | 09:30PM |
| SECOND YEAR       | 09:45PM |
| THIRD YEAR        | 10:00PM |
| TRANSITION YEAR   | 10:15PM |
| FIFTH YEAR        | 10:30PM |
| LEAVING CERT YEAR | 10:45PM |



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.

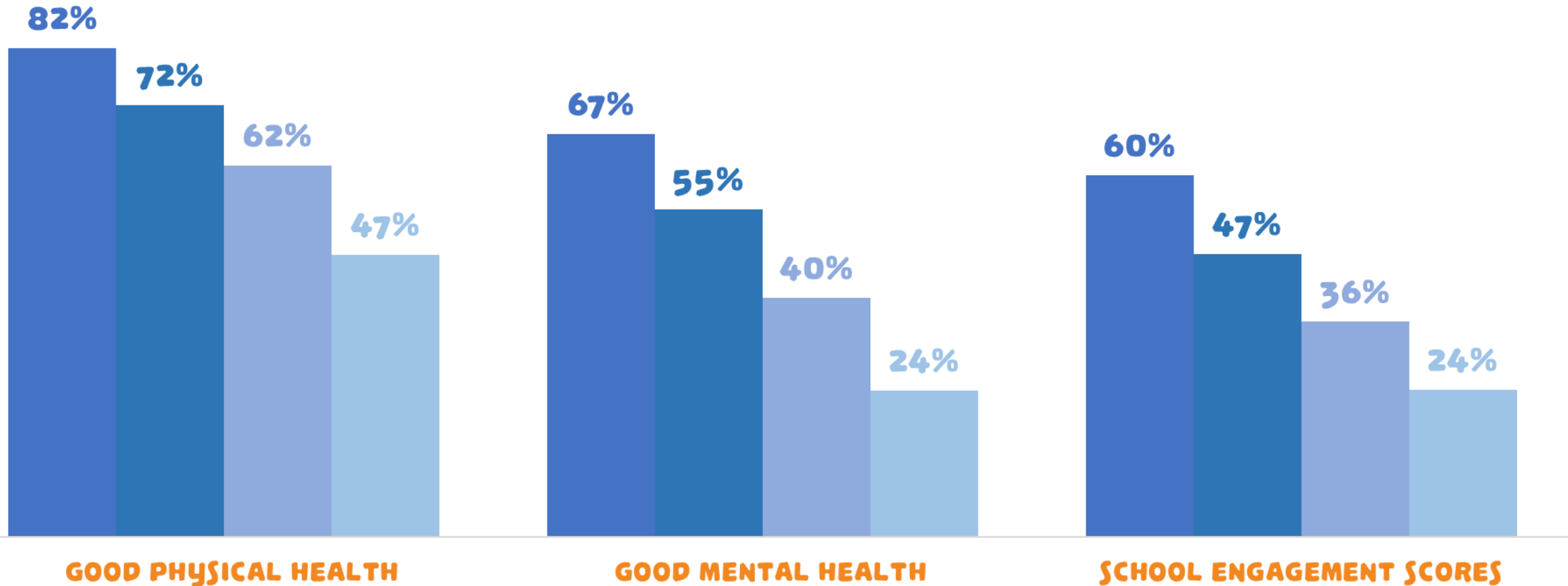
# HOW MUCH SLEEP DO TEENS GET?

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

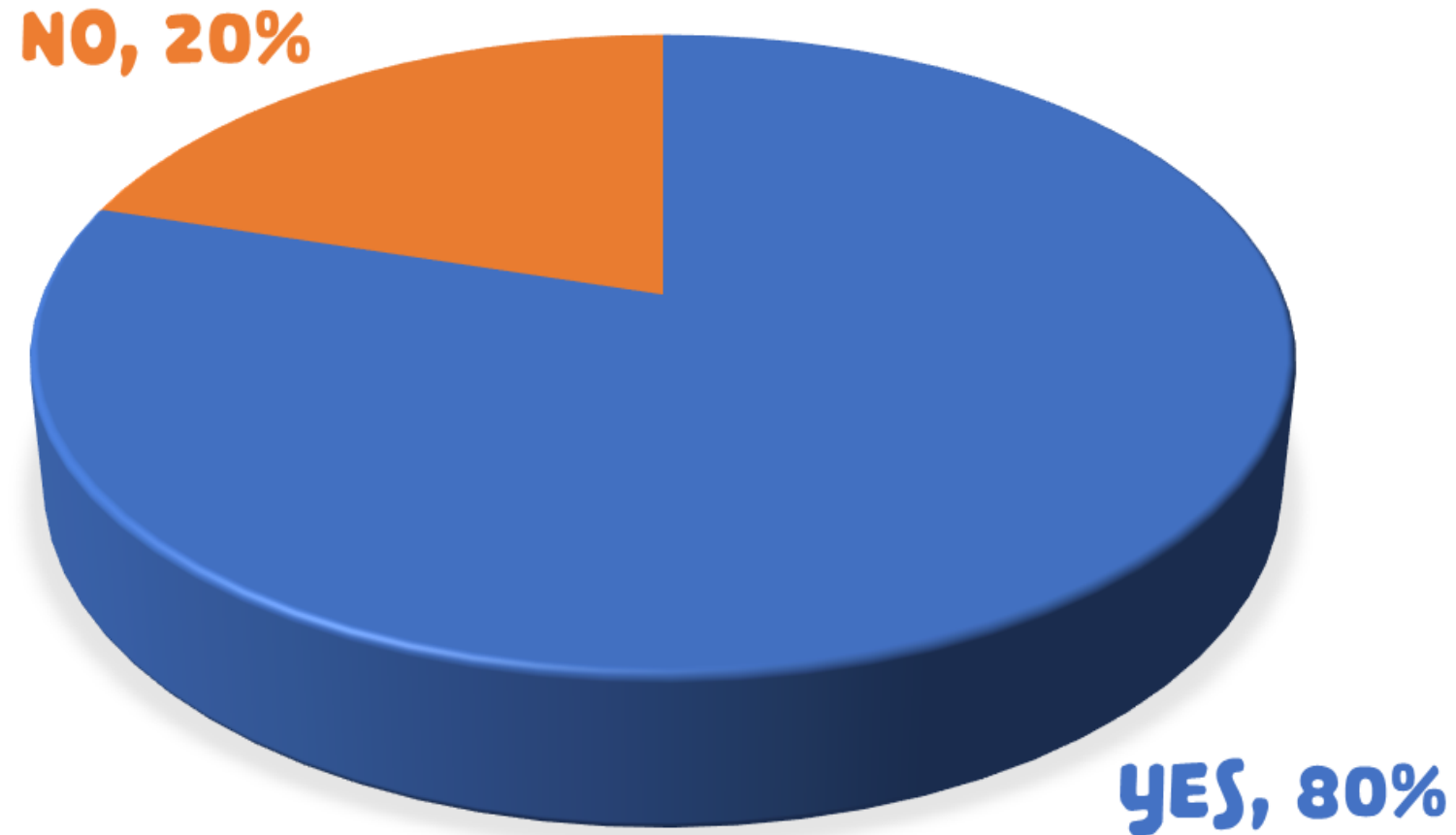


# THE IMPORTANCE OF SLEEP

■ 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**

# Parenting supports



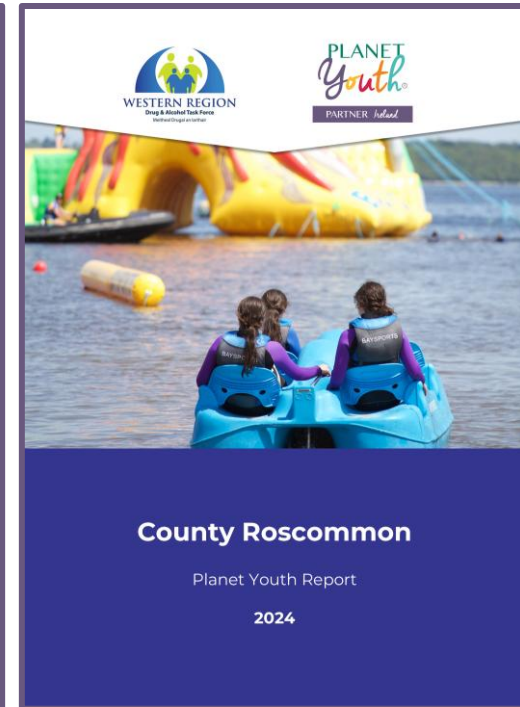
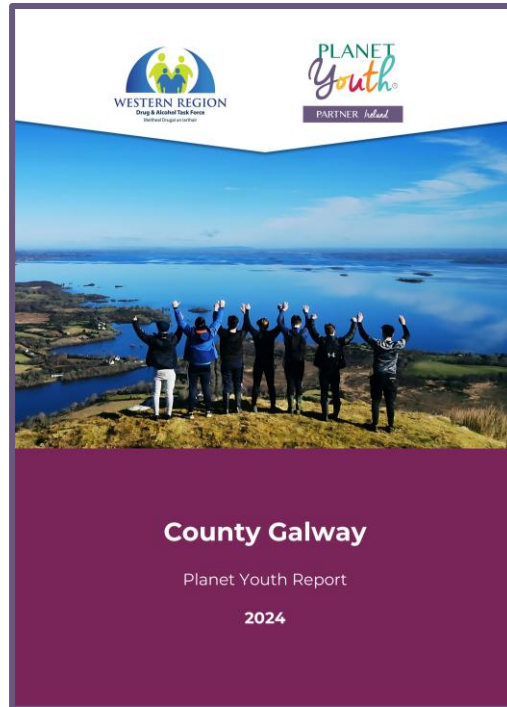
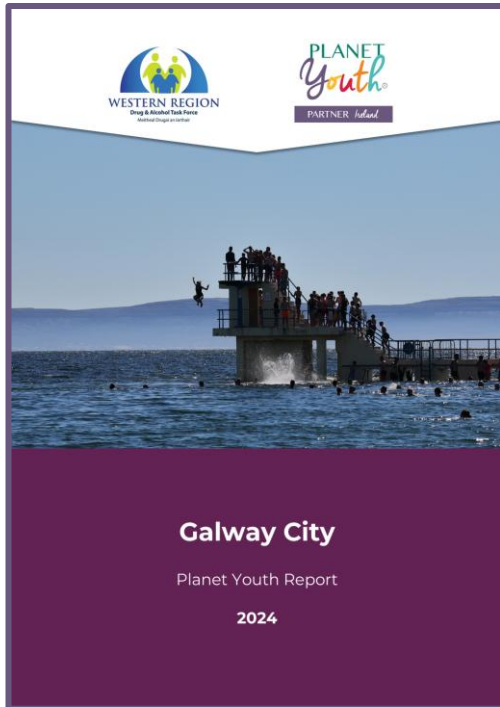
- **Mayo Parenting**
- **Family Resource Centres**
- **Tusla PPFS website**
- **CYPSC**
- **Drug and Alcohol Family Support**

# 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.

# County, City and Area Reports



## Growing up in the West

The lives and  
lifestyles of our  
young people

[VIEW REPORTS](#)

# west.planetyouth.ie



## A Planet Youth Webinar



# The importance of sleep for our teenagers

A webinar for parents that explores the importance of sleep, the reasons behind typical sleep challenges, and how parents can practically support their teenagers to understand and prioritise their sleep.

**With Lucy Wolfe**  
Sleep Consultant and  
Author



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**November**