

Growing up in the West

Planet Youth Galway 2020

COVID19	56% of teenagers reported that COVID 19 has impacted negatively on their mental health 	60% Reported being more lonely 		
Substance Use	41% of 15-16 year-olds reported being drunk once or more in the last year 	18% have tried cannabis 	20% reported being drunk in the last month 	25% do their drinking in a friend's home 
	 15% get alcohol from their parent	8% get alcohol from a friend's parent	Teenagers whose parents are less disapproving of drunkenness are more than twice as likely to get drunk	
Family Time	87% reported that it is easy or very easy to receive caring and warmth from their parents/carers 	71% often or always spend time with their parents/carers at the weekends 	86% of parents/carers know where their teen is on Saturday evenings 	
	47% of teenagers spend 3 hours or more on social media daily 	38% of girls and 24% of boys reported being bullied online 	Those that have been bullied online are over 3 times more likely to report poor mental health 	
Wellbeing Indicators	59% of 15-16 year olds are not getting the recommended amount of sleep 	33% reported self-harm once or more 	Only 56% of boys and 38% of girls reported their mental health as good or very good 	
	 66% reported good or very good physical health		 13% were outside after midnight in the last week	Teenagers that report hanging out in the streets are 6 times more likely to have used cannabis 
School Experience	83% reported feeling safe in school 	Pupils who are getting 8 hours sleep or more are almost three times more likely to report high levels of school engagement 		
Sexual Health and Behaviour	36% of boys and 24% of girls reported using pornography as a source of information to learn about sex 	25% of teenagers have sent a sexually explicit image through social media 		