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Planet Youth Galway County 2022

Trends	28% <sup>+9%</sup> Reported drunkenness has increased to 	12% <sup>+9%</sup> Daily vaping rates have increased to 	57% <sup>-6%</sup> Parental disapproval of drunkenness has decreased to 	39% <sup>+26%</sup> Outside after midnight rates have increased to	
	80% <sup>+8%</sup> Parental support with personal matters has increased to	15% <sup>-4%</sup> Pupils reporting poor mental health has decreased to 	4% <sup>-2%</sup> Daily smoking rates have decreased to 	10% <sup>-6%</sup> Lifetime cannabis use has decreased to 	
Substance Use	28%  reported being drunk in the last month	12%  are daily vapers	25%  do their drinking in a friend's home	10%  have tried cannabis	Teenagers whose parents disapprove of drunkenness are almost <b>three times less likely</b> to get drunk.
	6%  get alcohol from a friend's parent	3%  reported that a family member has experienced drug-related intimidation	20%  get alcohol from a parent	15%  reported being drunk by the age of 14	4%  are daily smokers
Family Time	91%  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 <b>four times more likely</b> to report high self-esteem scores		80%  of teenagers reported that it is easy to get advice on personal matters from their parents/carers	
Screen Time	55%  of teenagers spend <b>3 hours or more</b> on social media daily	Those that have been bullied online are almost <b>twice as likely</b> to report poor mental health 		14%  of boys and 24%  of girls reported being bullied online	
Wellbeing Indicators	32%  reported self-harm once or more	56%  of teenagers are not getting the recommended amount of sleep	Teenagers not getting the recommended amount of sleep are <b>twice as likely</b> to report poor mental health		65%  of boys and 43%  of girls reported their mental health as good or very good
Leisure Time	62%  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 <b>4 times more likely</b> to have been drunk in the last month		59%  agree there are suitable activities for them in their area	Teenagers that report hanging out in the streets weekly are <b>6 times more likely</b> to have used cannabis
School Experience	88%  of pupils report they have friends at school that care about them	72%  report that they get along with their teachers			
Sexual Health and Behaviour	18%  of teenagers have had a <b>sexually explicit image</b> shared online without their permission	10%  of girls and 20%  of boys reported using <b>pornography</b> as a source of information to learn about sex			