

# Emmet Major

**Adapting the  
Icelandic  
Prevention  
Model for use  
in an Irish  
context**



Planet Youth in Ireland  
**Conference**





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## Growing up in the West

The lives and lifestyles of our young people

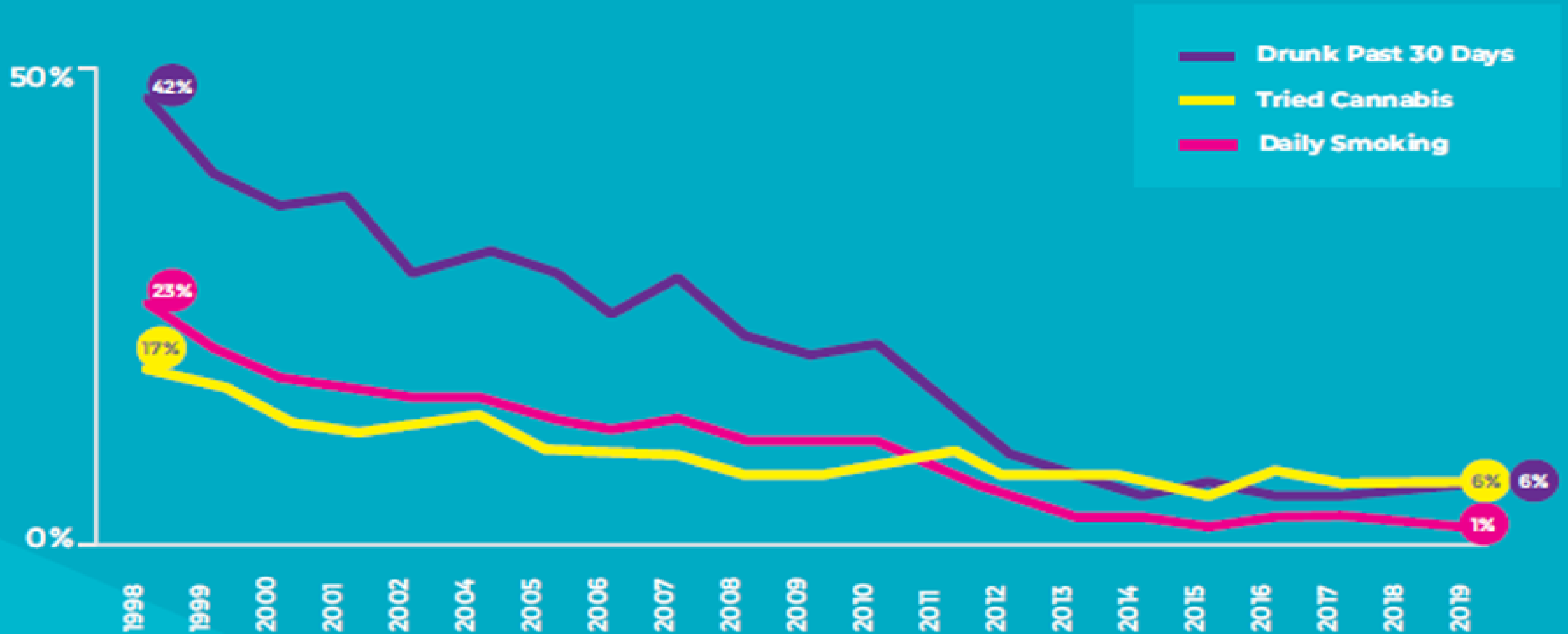
[VIEW REPORTS](#)

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



# CHANGE THROUGH PRIMARY PREVENTION

SUBSTANCE USE IN ICELANDIC 15-16 YEAR OLDS (1998 - 2019)



# Planet Youth Survey

ENGLISH - IRELAND

## Planet Youth 2018

A survey of the lives and  
living conditions of young people

– Confidential –

PLANET  
Youth  
by ICSRA ©

ENGLISH - IRELAND

## Planet Youth 2020

A survey of the lives and  
living conditions of young people

– Confidential –

PLANET  
Youth  
by ICSRA ©

ENGLISH - IRELAND

## Planet Youth 2022

A survey of the lives and  
living conditions of young people

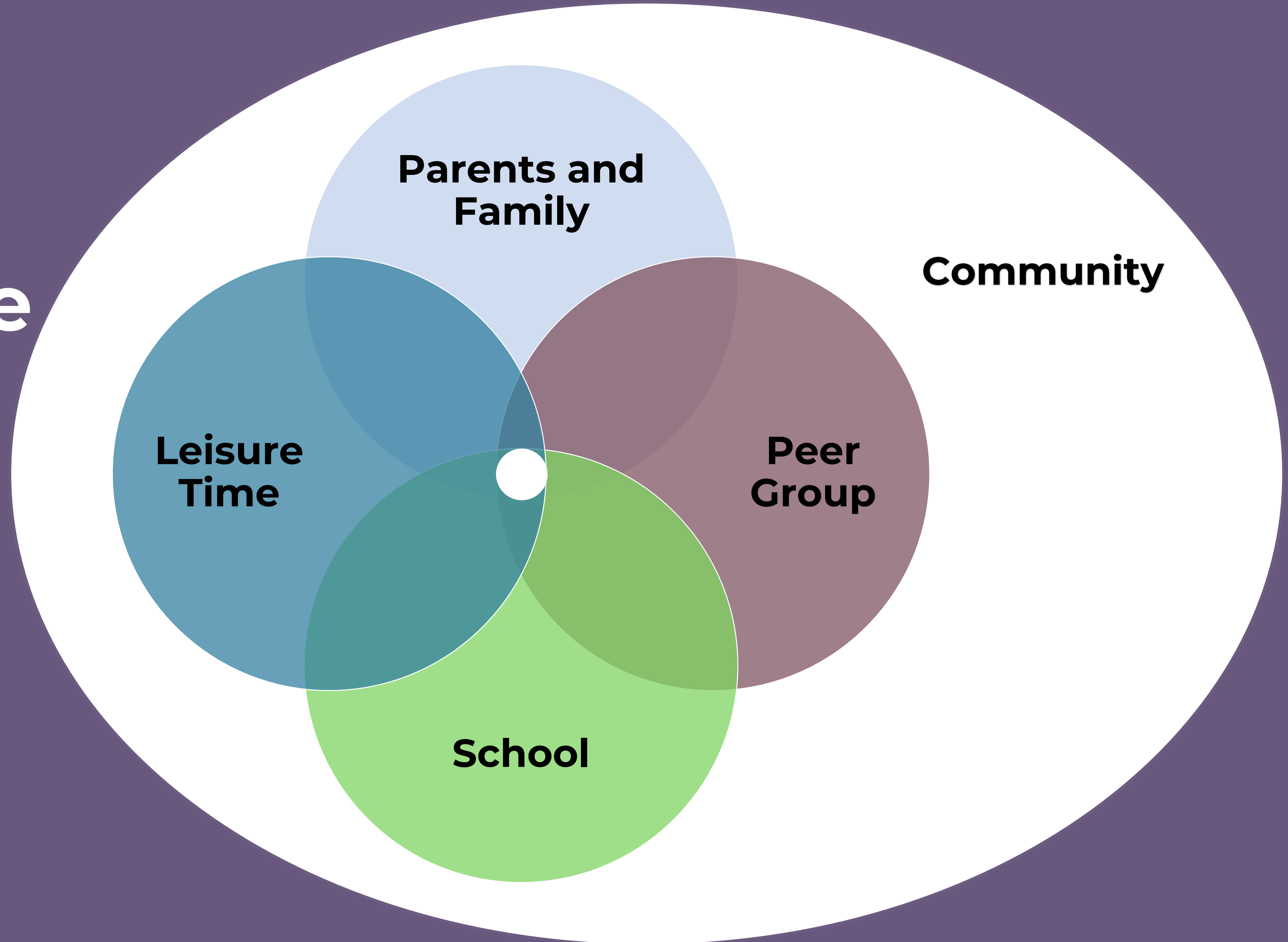
– Confidential –

PLANET  
Youth  
by ICSRA ©



# Schools Surveys 2018, 2020, 2022

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





**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 Mhaigh Eo  
Mayo County Council









# Guidelines for Parents- 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)



# Guidelines for Parents- 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 4,339 teenagers that participated throughout the region in the November 2022 Planet Youth survey told us that:



## FAMILY TIME

This was the third 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 92% 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. 79% 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 for 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



# Guidelines for Parents- First year parent booklet

## SCREEN TIME GUIDELINES

The Planet Youth survey showed us that 58% 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 after bedtime.**

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.

**58%**  
spend 3 hours  
or more on social  
media daily and



**83%** have a phone  
in their bedroom  
at night

**56%**  
don't get  
enough  
sleep



## BEDTIME GUIDELINES

The Planet Youth survey showed us 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 |

Sleep is just as important to your child's development and well-being as nutrition and physical activity. 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.



# Guidelines for Parents- First year parent booklet



**30%**  
Drunk in the last month 

**19%**  
Regularly get alcohol from parents 

**ALCOHOL**

As our children get older, they become more curious about alcohol and other drugs. They will also increasingly ask parents for access to alcohol for use at or before parties and events.

The survey shows us that teenagers that are given alcohol by their parents are twice as likely to have been drunk in the last month.

Use of alcohol or drugs at a young age can impair brain development and will increase the chances of developing a dependency later in life. The best thing we can do for our children is to defer all substance use for as long as possible.

**INTERESTS, HOBBIES & SPORTS**

It is important that young people are encouraged to keep engaging in quality supervised, structured activities that interest them as they get older.

**Physical activity is important for good health and wellbeing** but not every child is interested in sports. Other hobbies and interests that provide opportunities to get involved in their community outside of school allow our children to further develop their social skills and build emotional resilience.

Good quality **supervised** and structured activities are also a known protective factor against substance use and anti-social behaviour.

**50%**  
Exercise 3 times a week or more 



# Parent Power


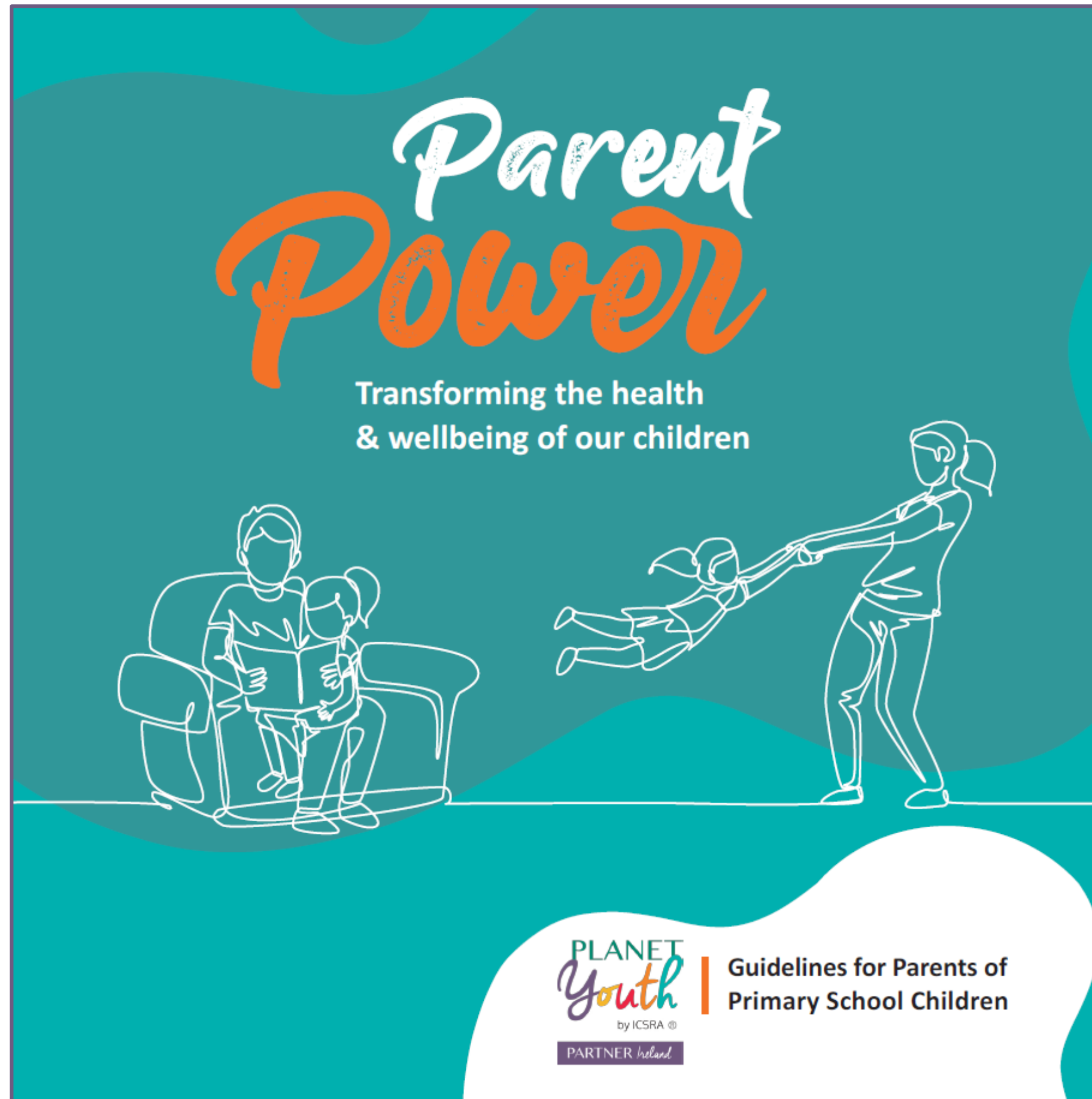


PARENTING  
SUPPORT  
CHAMPIONS  
PROJECT



PARTNER Ireland

# Parent Power – Junior infant parent 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 – Junior infant 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 in national school and to introduce the idea of parents working together more, in order to improve outcomes for all of our children.

Having good routines in place from a young age will pay off quickly but also over time will make for happier, healthier children, teenagers and young adults.

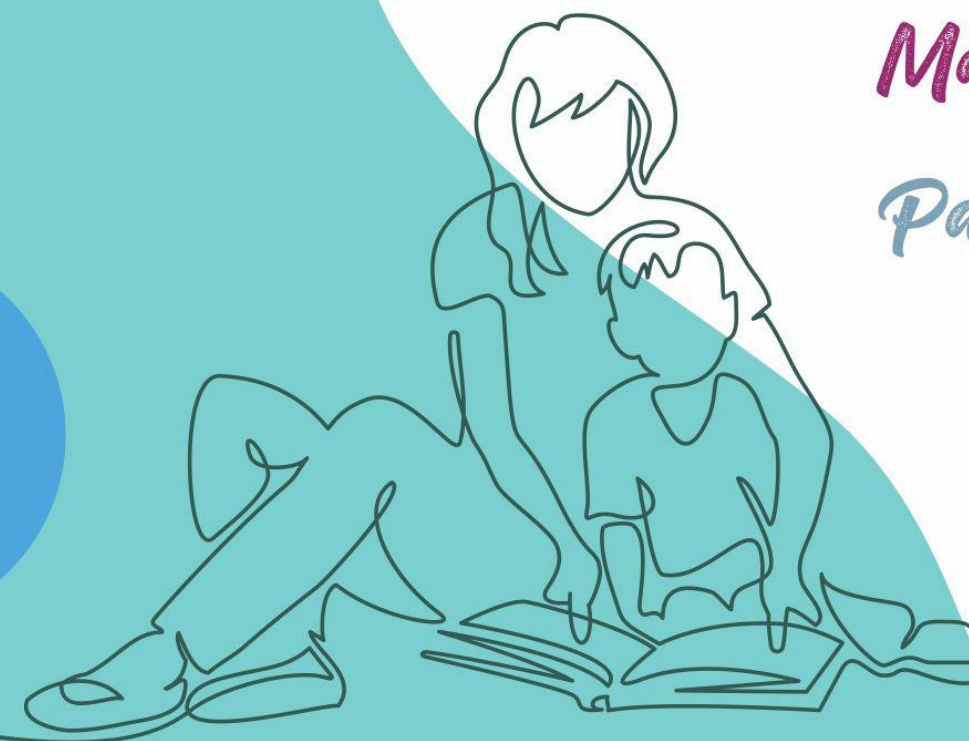
We hope you find the booklet useful.

**88%**  
of our teens said it's  
easy to get caring  
and warmth from  
parents

**59%**  
of our teens  
are not getting  
enough sleep

**47%**  
of our teens spend  
three hours or  
more on social  
media every day

**64%**  
of our teens  
reported good  
physical health



## Contents

*Family Time*

*Sleep and Bedtimes*

*Screen Time*

*Sports and Hobbies*

*Making Changes at Home*

*Parents Working Together*



# Parent Power website

PLANET Youth  
by KCSA II  
PARTNER Ireland

Home Topics Contact

## Parent Power

Transforming the health & wellbeing of our children

### Welcome to Parent Power!

We hope you find the website useful. It has been developed for the following reasons:

- 1 To introduce and promote the idea of parents working together more, and using Parent Power to improve outcomes for all of our children.
- 2 To provide information from the Planet Youth survey to parents that have children in national school.
- 3 To provide some simple guidance for parents on key topics.
- 4 To provide links to useful resources.

Watch our short video explainer to find out more.

[What is Parent Power?](#)  
(Opens a Video)

PLANET Youth®  
PARTNER Ireland





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Western Region Design &  
Construction  
Unit 6 Galway  
Parkmore  
Galway  
H91 W30F

LYNX TRANSPORT  
24 Hour  
Nationwide Delivery  
www.lynx.ie 091 10

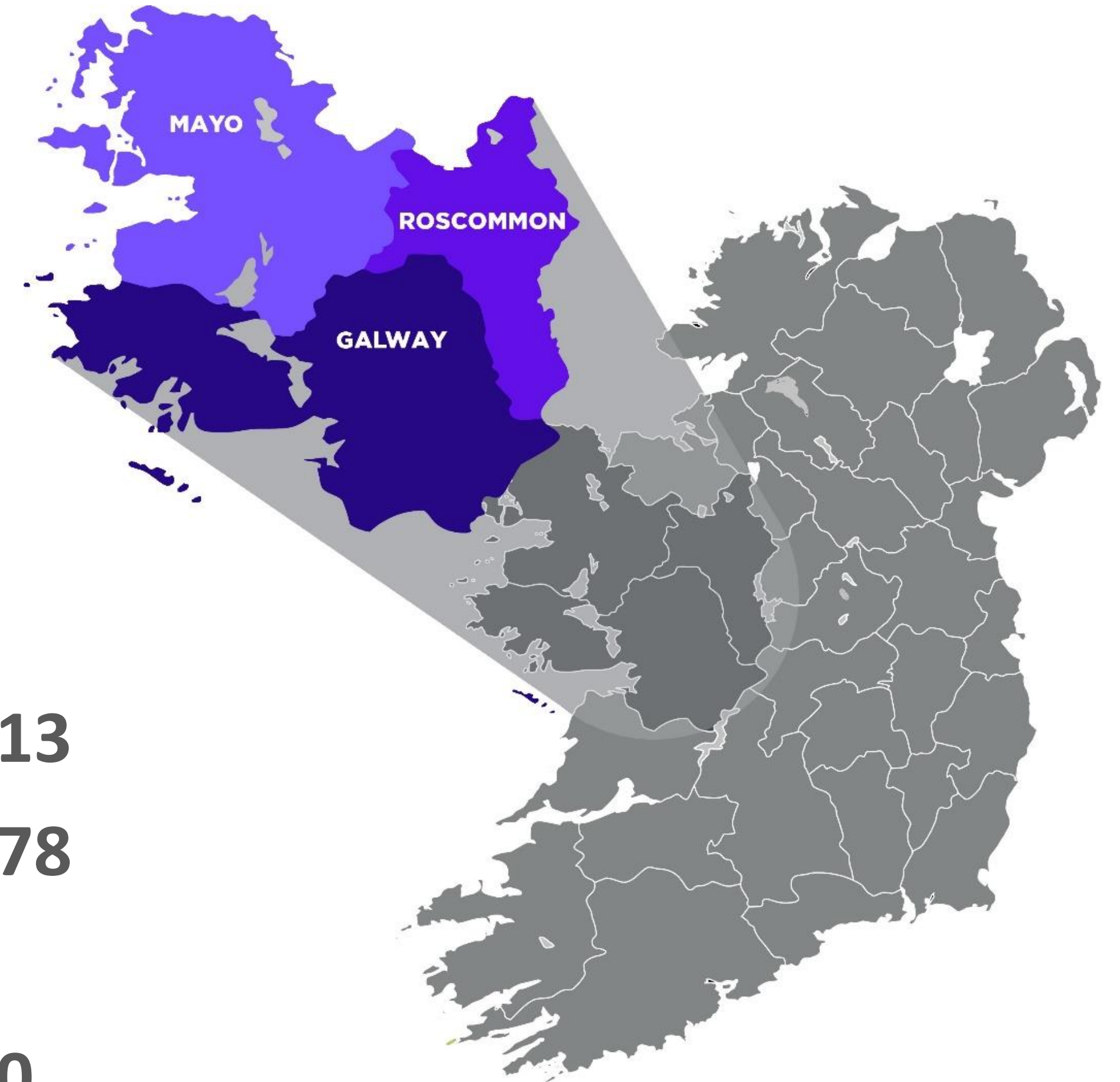
Western Reg  
Alcohol Task  
Unit 6 Galway  
Park  
Parkmore  
Galway  
H91 W30F

48x240

# Parent Power – Distribution – 440 schools



# Demographics



|                             |                   |                |                    |
|-----------------------------|-------------------|----------------|--------------------|
| • Total Population          |                   | <b>453,413</b> |                    |
| • Total Population Under 18 |                   | <b>117,278</b> |                    |
| • Pre-School Age            | <b>(0-5yrs)</b>   | <b>33,410</b>  |                    |
| • Primary School Age        | <b>(6-12yrs)</b>  | <b>49,614</b>  | <b>450 Schools</b> |
| • Secondary School Age      | <b>(13-18yrs)</b> | <b>34,254</b>  | <b>91 Schools</b>  |

# Step Up Website – June 2020



**Helping students and parents  
with the move from primary  
school to secondary school**

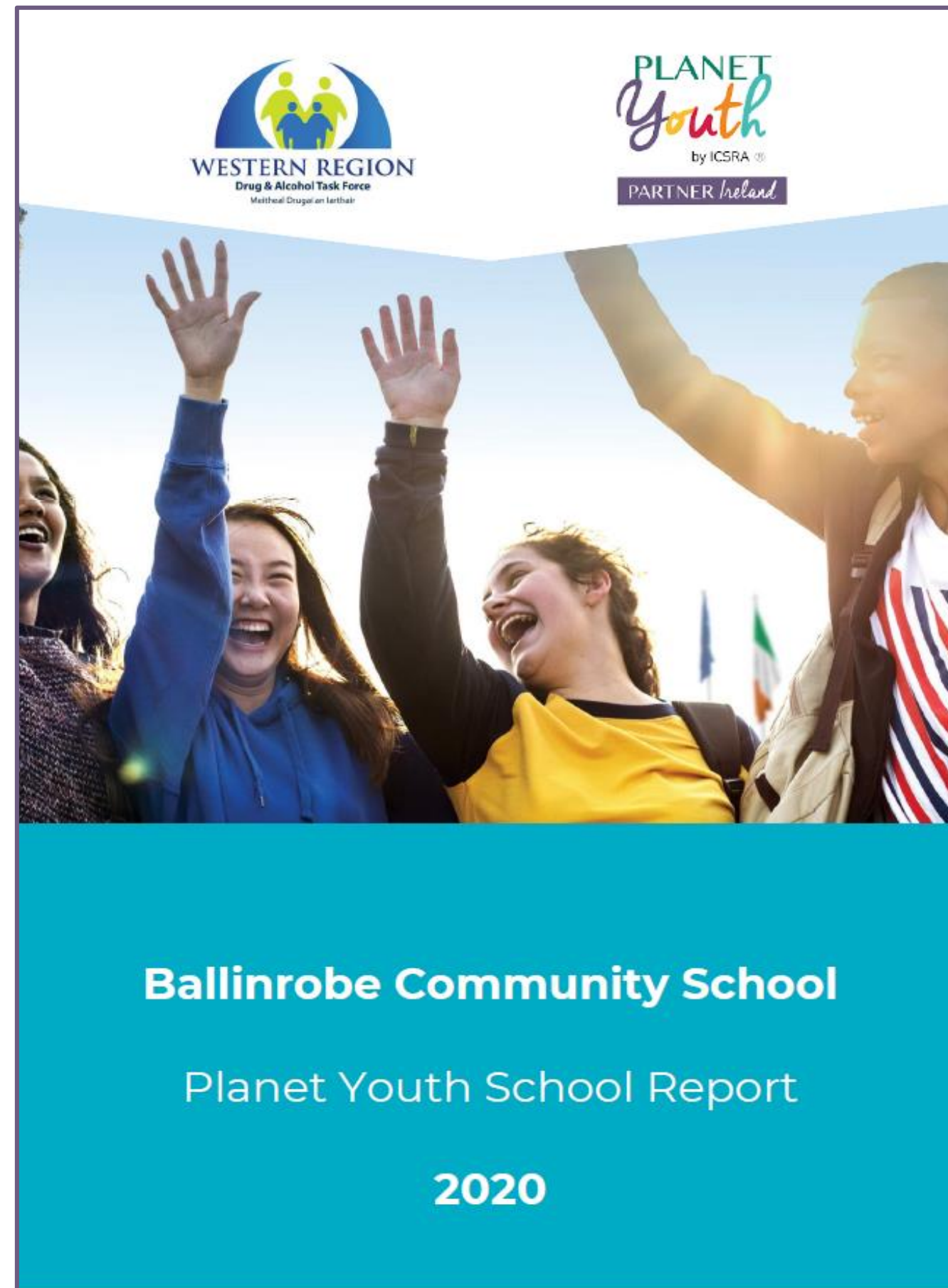


**WESTERN REGION**  
Drug & Alcohol Task Force  
Meitheal Drugai an Iarthair



PARTNER *Ireland*

# School Reports



# School Reports

Growing up in the West – Planet Youth School Report

**SCHOOL**

**67%** try their best in school **87%** 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**

**SUBSTANCE USE**

**50%** reported being drunk once or more in the last year **35%** have tried cannabis **43%** reported being drunk in the last month **40%** drink in a friend's home

**23%** get alcohol from their parent **20%** get alcohol from a friend's parent **Teenagers** whose parents are less disapproving of drunkenness are more than twice as likely to get drunk

**PEER GROUP BEHAVIOUR**

**33%** were teased by a group in the last year **70%** Have friends in school that care about them

**LEISURE TIME**

**45%** reported good or very good physical health **36%** 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**

**SCREEN TIME AND ONLINE BEHAVIOUR**

**82%** spend 3 hours or more on social media daily **33%** reported being bullied online once or more **Those** that have been bullied online are over **3 times** more likely to report **poor mental health**

**WELLBEING INDICATORS**

**64%** are not getting the recommended amount of sleep **35%** reported their mental health as good or very good **58%** reported self-harm once or more

**SEXUAL HEALTH**

**54%** have been asked to send a sexually explicit image online **26%** have sent a sexually explicit image online **24%** reported receiving information in school regarding their sexual health

Growing up in the West – Planet Youth School Report

## Contents

- 1 Introduction** page 4
  - Planet Youth School Report
  - Planet Youth
  - Data
  - Risk and protective factors
  - Domains of intervention
  - Demographics, gender differences and cross-tabulations
  - How to interpret the cross-tabulations
- 2 Survey** page 6
  - Survey document
  - Survey methodology
- 3 Survey Results** page 8
  - School
  - Substance use
  - Peer group behaviour
  - Leisure time
  - Screen use and online behaviour
  - Wellbeing indicators
  - Sexual health
  - Gender differences
  - Cross tabulations
- 4 Conclusion** page 24
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# New teaching website – The Facts – May 2021

**THEFACTS**  
SPHE - CSPE - RSE - PLANET YOUTH SURVEY

HOME ABOUT CONTACT

1 Select your County      2 Choose the Topic      3 Learn the Facts

Select Your County

GALWAY      ROSCOMMON      MAYO

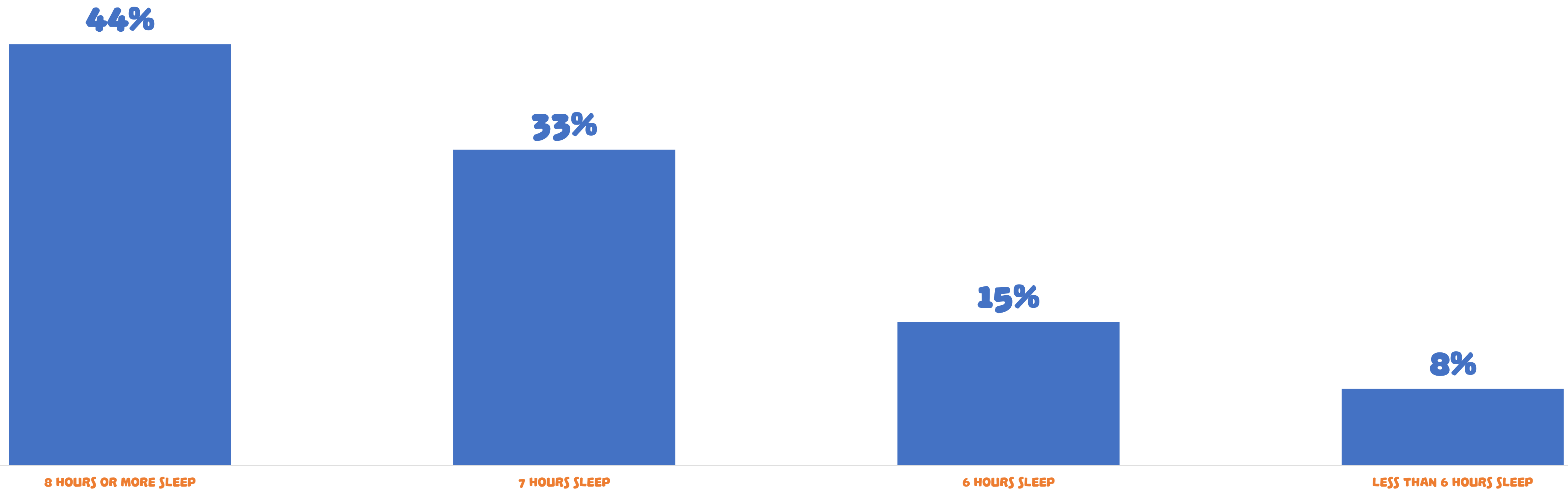
**The Facts**

This website has been developed for use as a teaching resource. Its purpose is to provide teachers with up-to-date and local information that will help inform discussion in the classroom and support the delivery of modules within the SPHE curriculum.



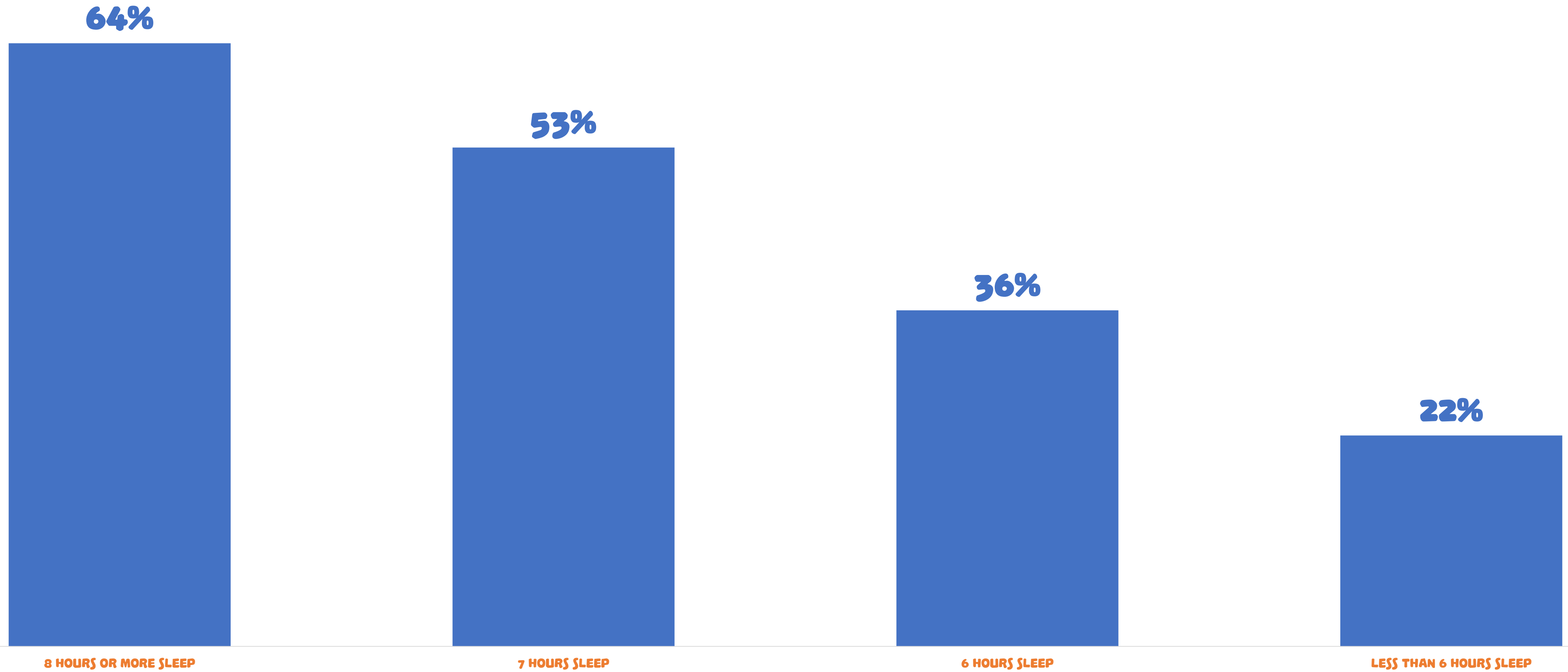
# HOW MUCH SLEEP DO OUR TEENS GET?

AVERAGE SLEEP PER NIGHT



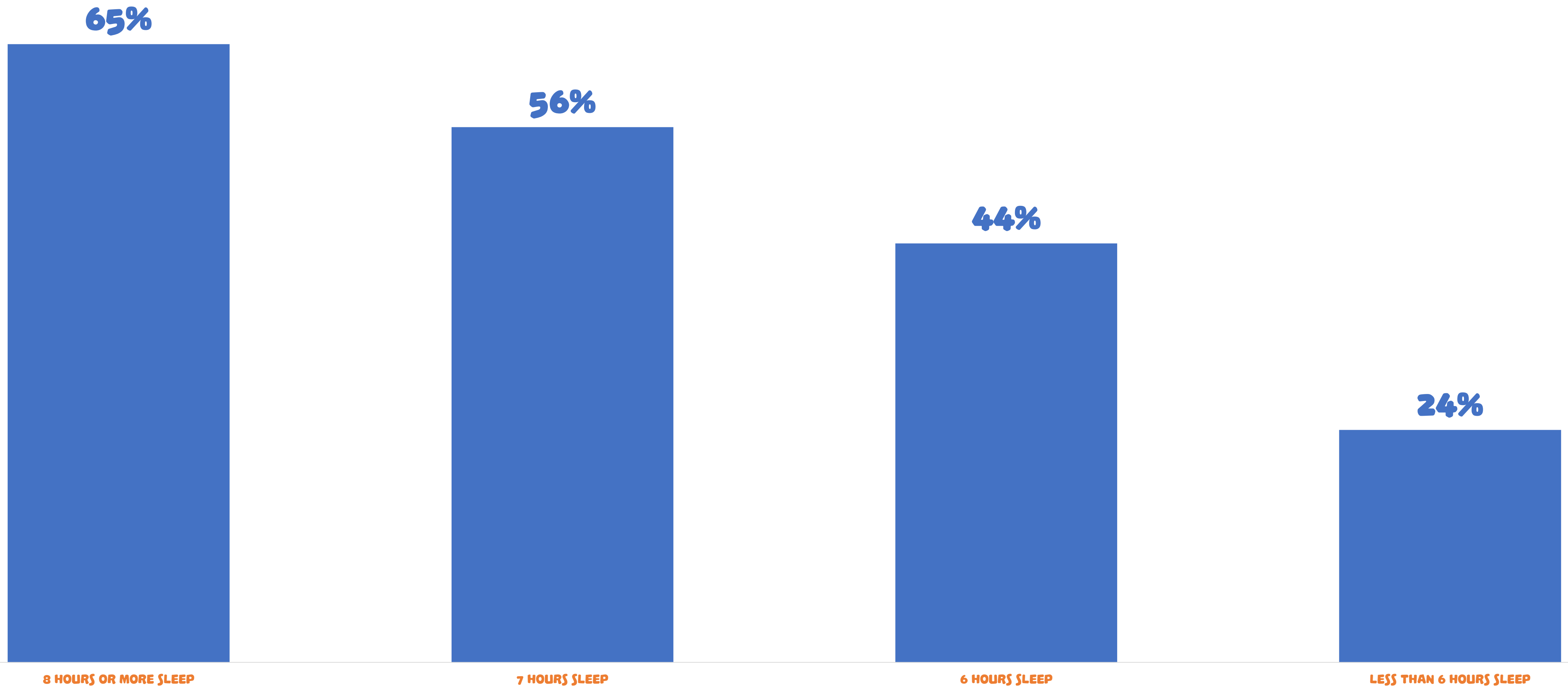
# SLEEP AND MENTAL HEALTH

PERCENTAGE OF STUDENTS THAT SAID THEY HAVE GOOD OR VERY GOOD MENTAL HEALTH



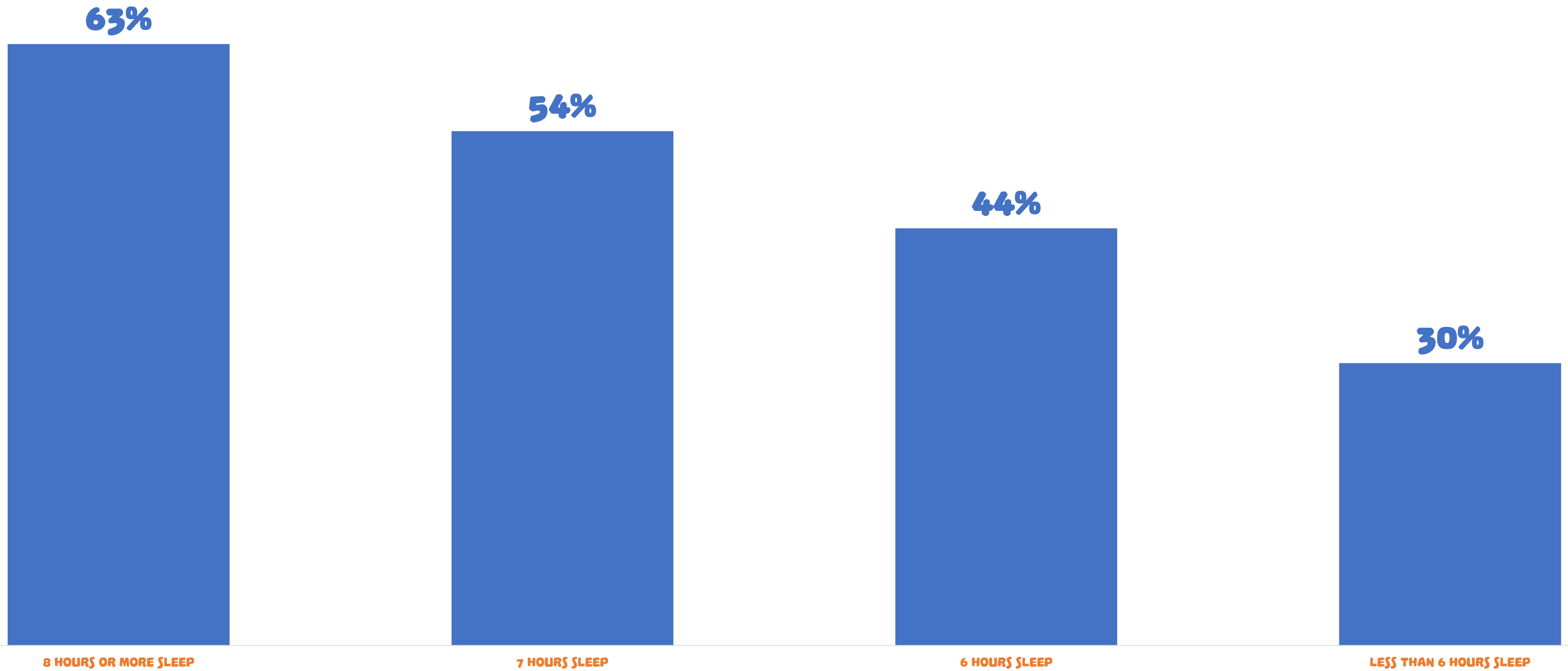
# SLEEP AND WELLBEING

PERCENTAGE OF STUDENTS THAT HAVE HIGH WELLBEING SCORES



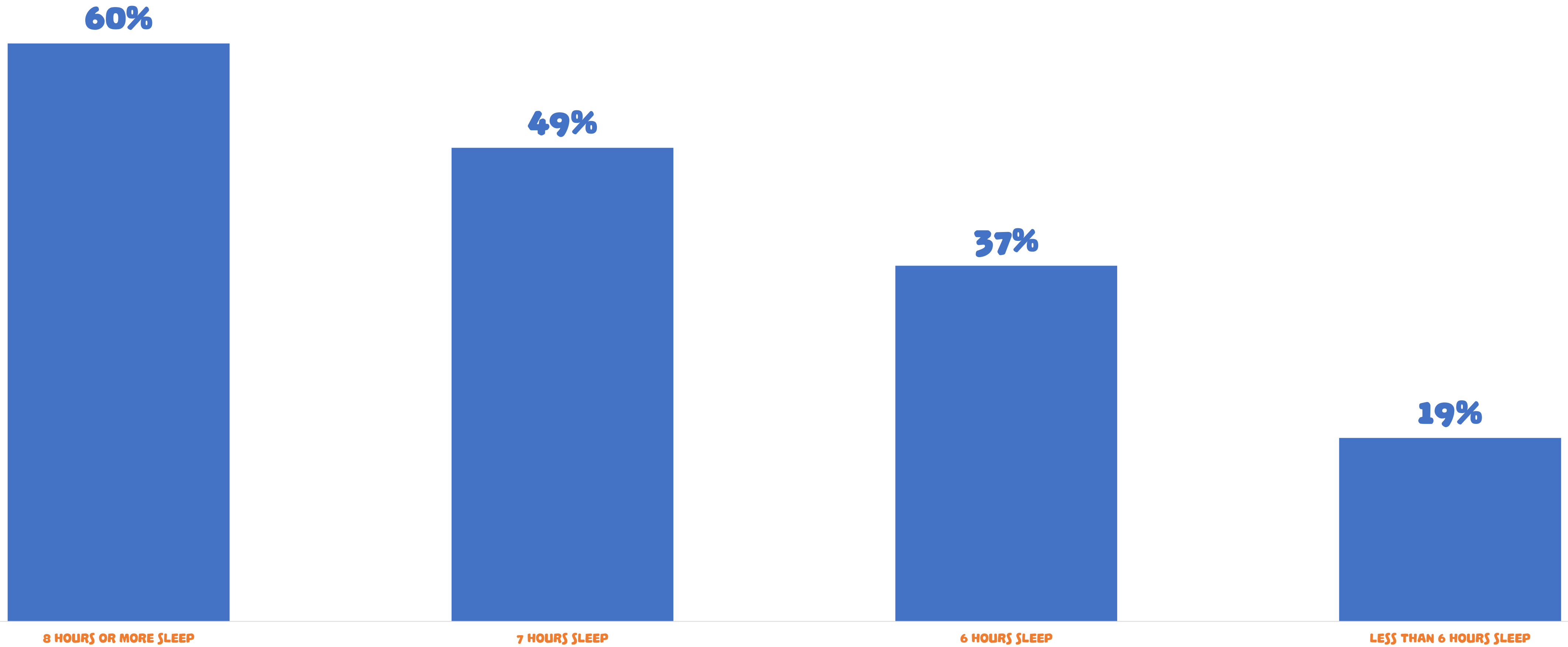
# SLEEP AND SCHOOL ENGAGEMENT

PERCENTAGE OF STUDENTS THAT HAVE HIGH SCHOOL ENGAGEMENT SCORES

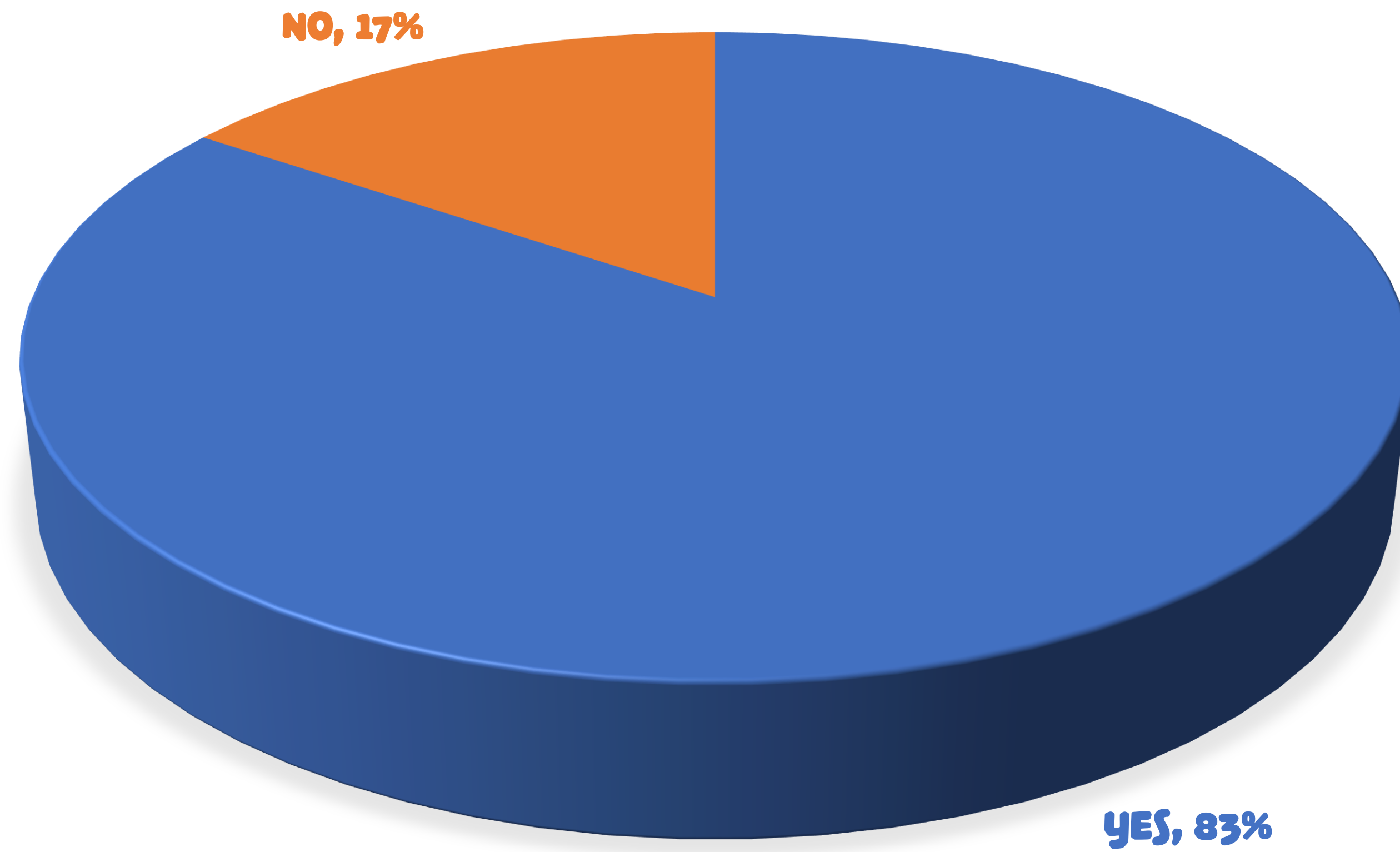


# SLEEP AND STRESS

PERCENTAGE OF STUDENTS THAT HAVE LOW STRESS SCORES



# DO YOU HAVE A PHONE IN YOUR BEDROOM AT NIGHT?



# The Facts – Teaching module on sleep

**THEFACTS**  
SPHE - CSPE - RSE - PLANET YOUTH SURVEY

HOME ABOUT CONTACT

## The Importance of Sleep

This teaching module has been developed in response to the findings of the 2020 and 2022 Planet Youth surveys. These surveys highlighted a very significant issue related to lack of sleep for our teens and the dramatic impact this is having on their wellbeing.

CSPE, PE and SPHE provide the main pillars for building a school's wellbeing programme, yet the topic of sleep is not given a lot of attention within these curricula.

This short module explores the topic and science of sleep, asks the students to reflect on their own sleep practices, and examines some ideas to improve the amount and quality of sleep they are getting.

We hope schools find it of use and can find room for it as part of their overall wellbeing programme.

### Lesson 1: About Sleep

|  |  |
|--|--|
| <b>Presentations</b>                         | <b>Teaching Plan</b>                         |
| <a href="#">Download Presentation (PPTX)</a> | <a href="#">Download Teaching Plan (PDF)</a> |
| <a href="#">Download Presentation (PDF)</a>  |  |

*Please note: the PDF version of the presentation does not contain teaching notes.*





# Sleep teaching module for schools – Lesson 1

## The importance of sleep

Lesson 1

### About sleep



Version 1 2023



**WESTERN REGION**  
Drug & Alcohol Task Force  
Meitheal Drugaí an Iarthair



# Sleep teaching module for schools – Video 1



**WESTERN REGION**  
Drug & Alcohol Task Force  
Meitheal Drugai an Iarthair



PARTNER *Ireland*

# Sleep teaching module for schools – Lesson 2

## THE IMPORTANCE OF SLEEP

LESSON 3

### HOW CAN I IMPROVE MY SLEEP?

PLANET  
Youth



WESTERN REGION  
Drug & Alcohol Task Force  
Meitheal Drugai an Iarthair

PLANET  
Youth®

PARTNER Ireland

# Sleep teaching module for schools – Video 2



**WESTERN REGION**  
Drug & Alcohol Task Force  
Meitheal Drugai an Iarthair



PARTNER *Ireland*

# Step Up Website – June 2020



**Helping students and parents  
with the move from primary  
school to secondary school**

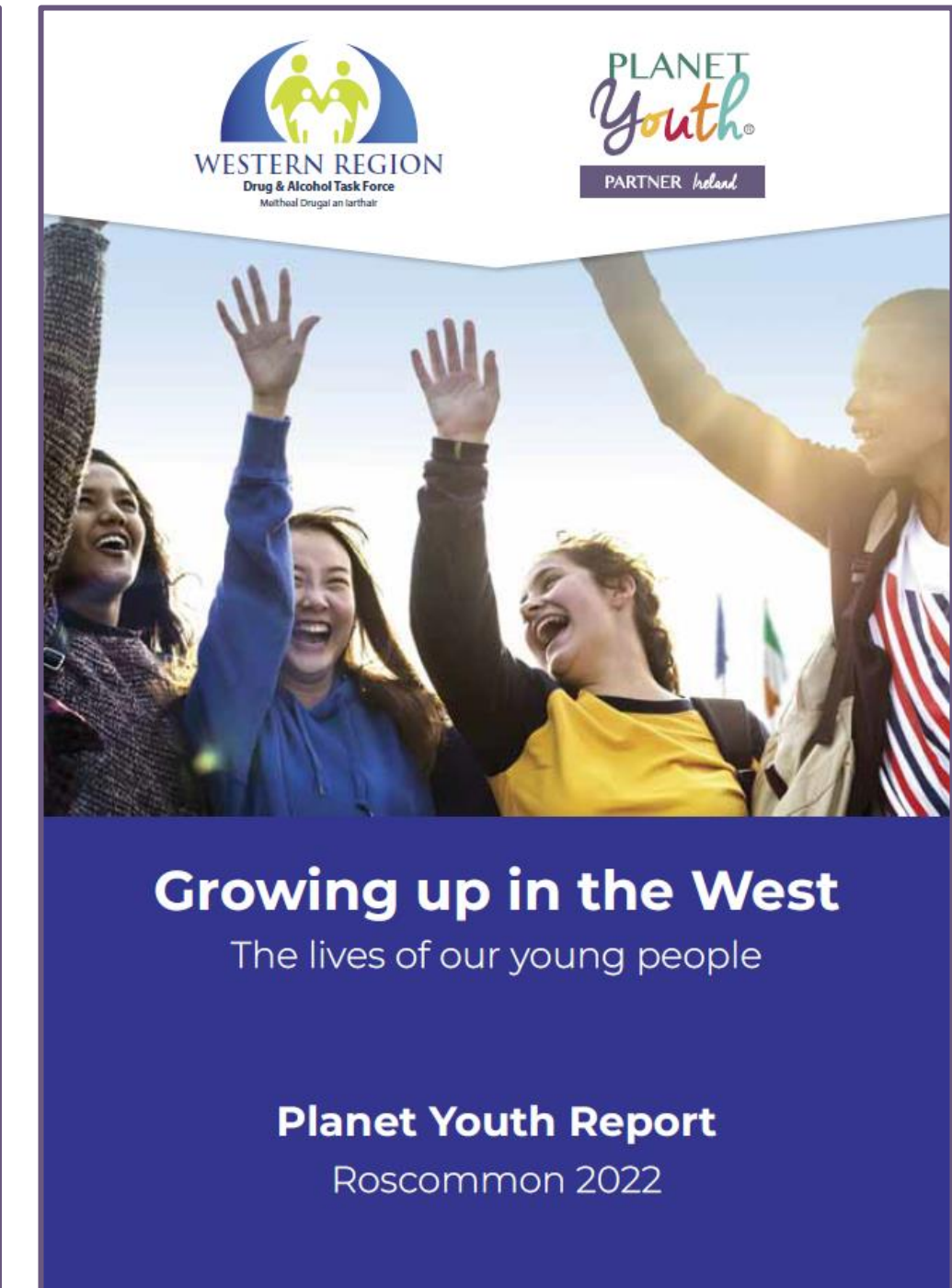


**WESTERN REGION**  
Drug & Alcohol Task Force  
Meitheal Drugai an Iarthair

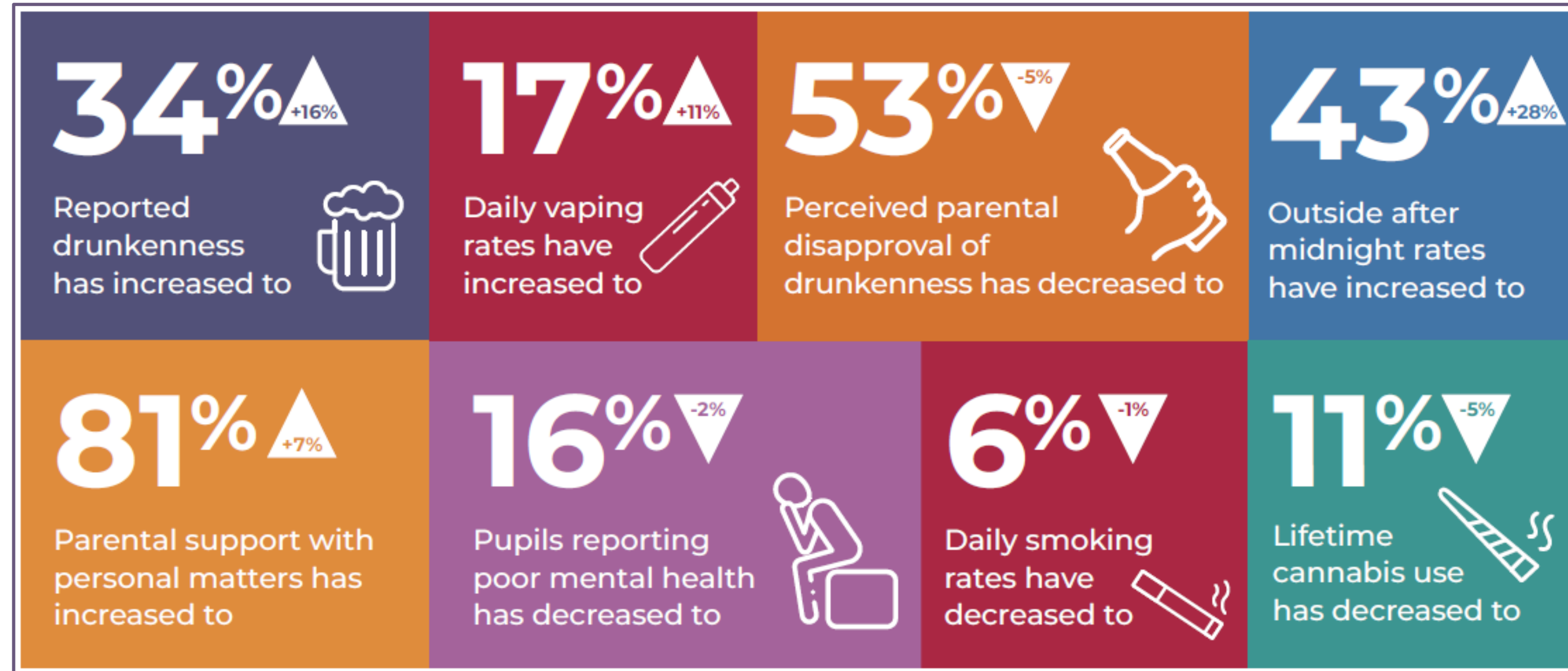


PARTNER *Ireland*

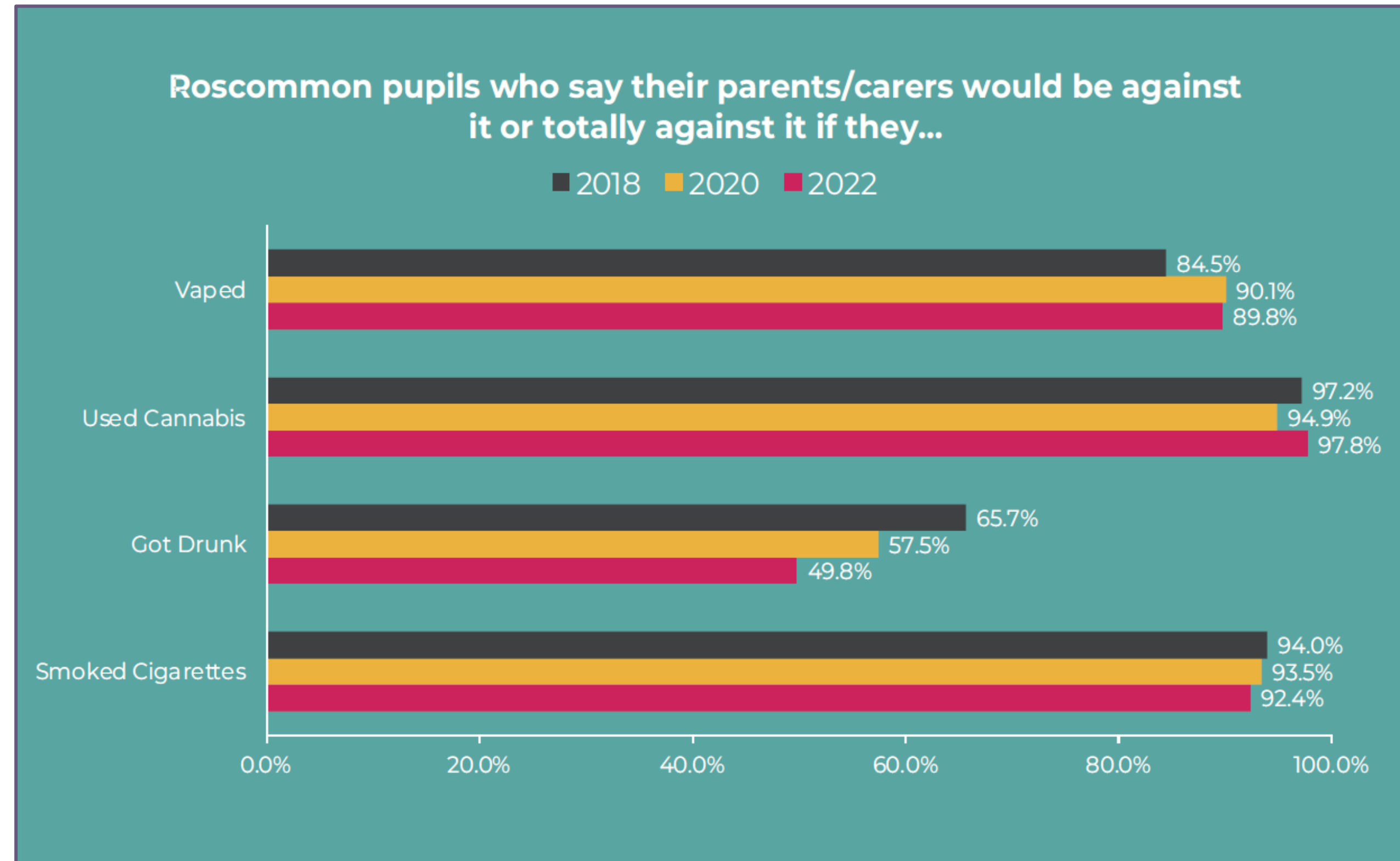
# Municipal reporting



# Trends

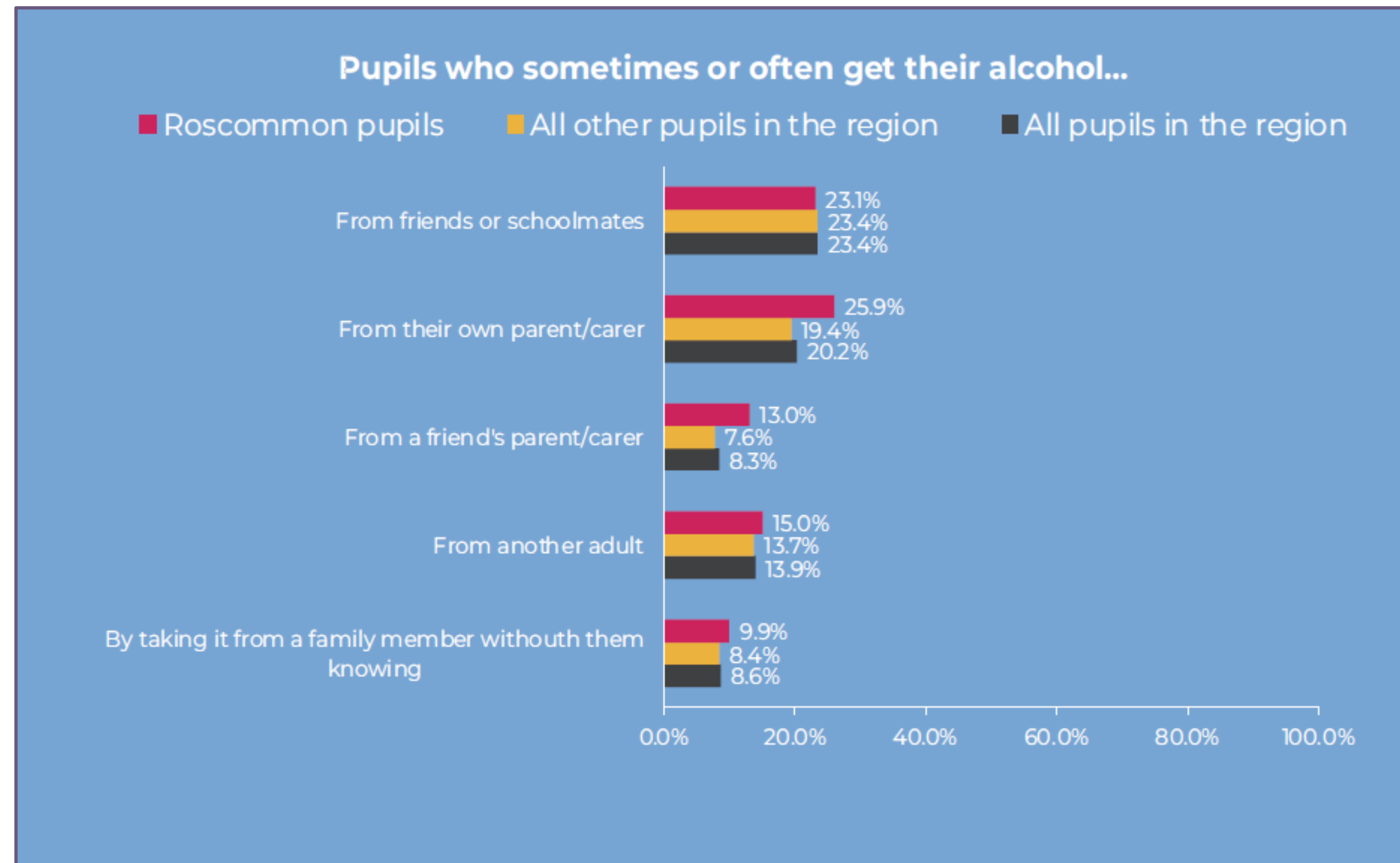


# Trends

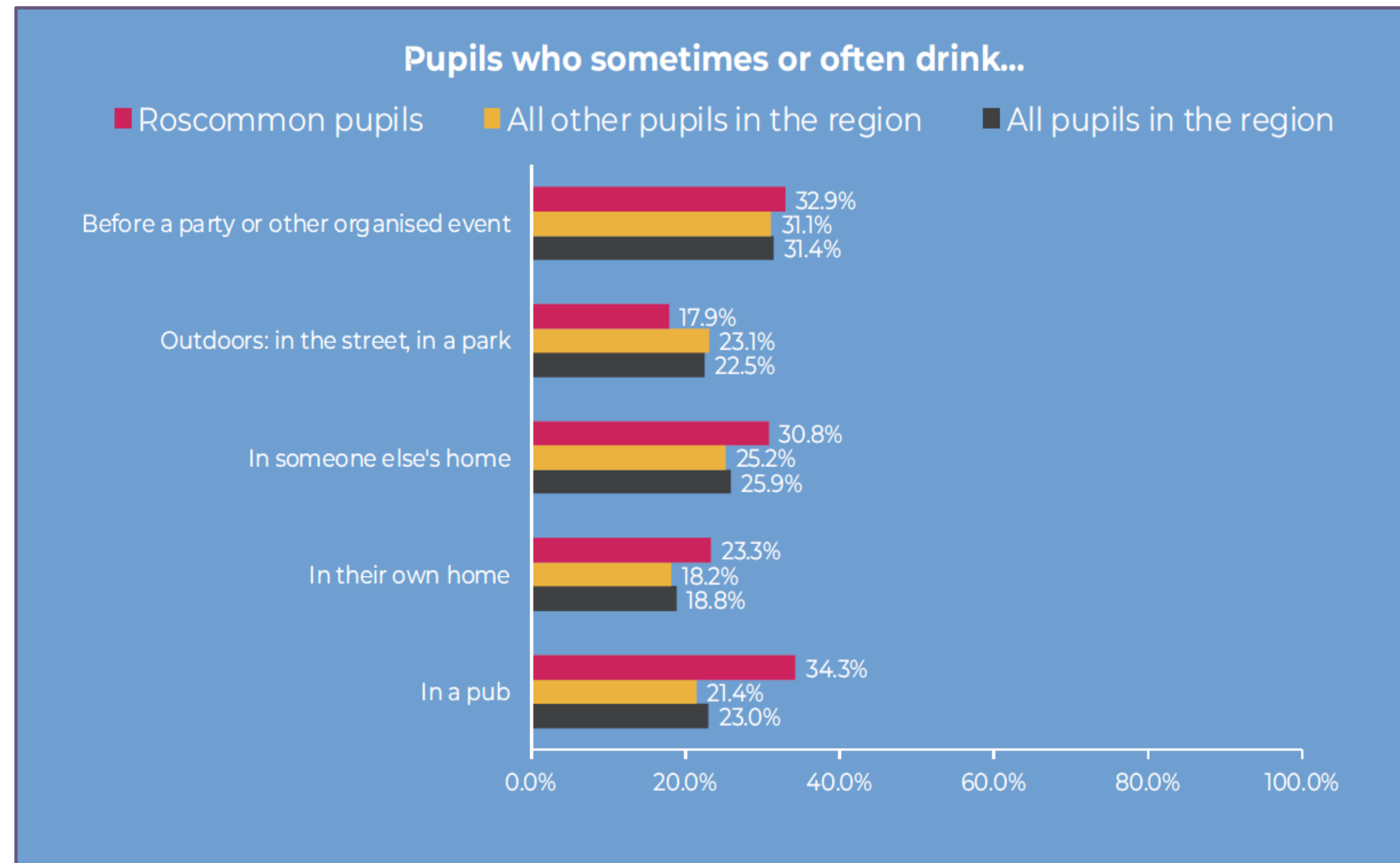




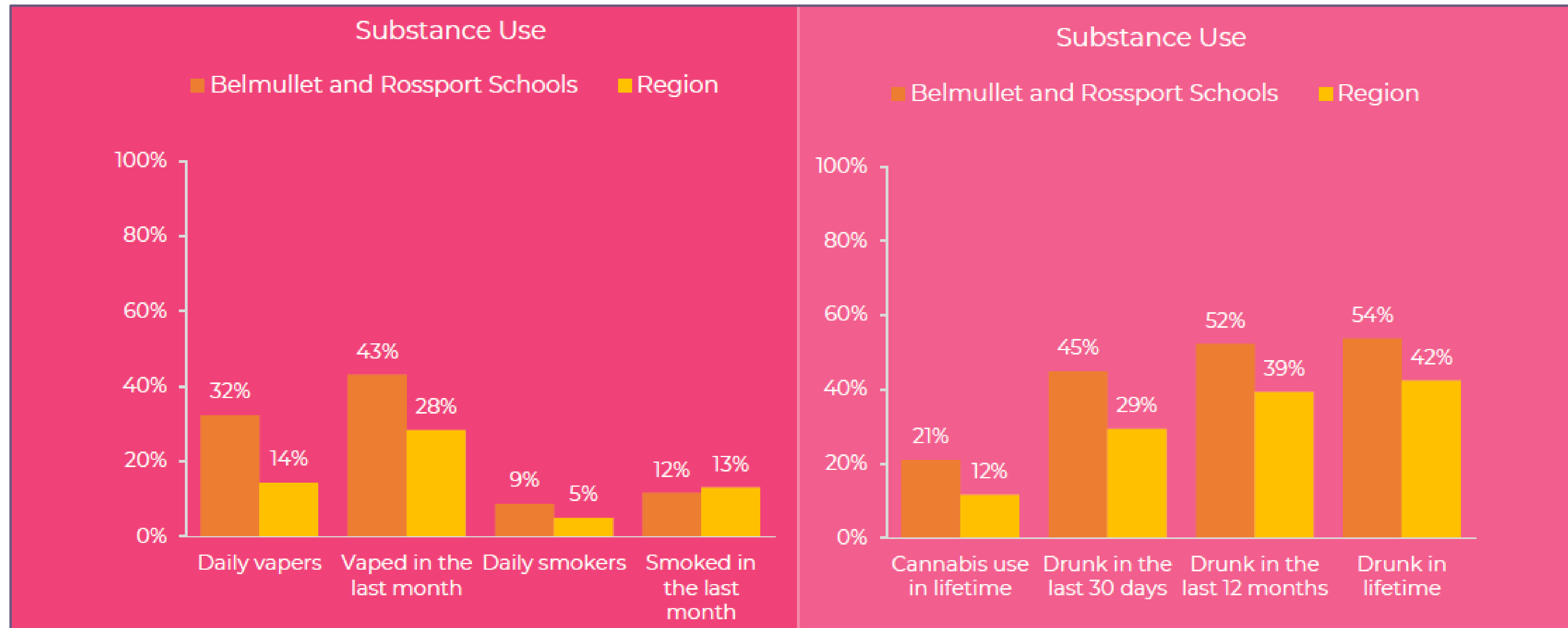
# Compelling local data



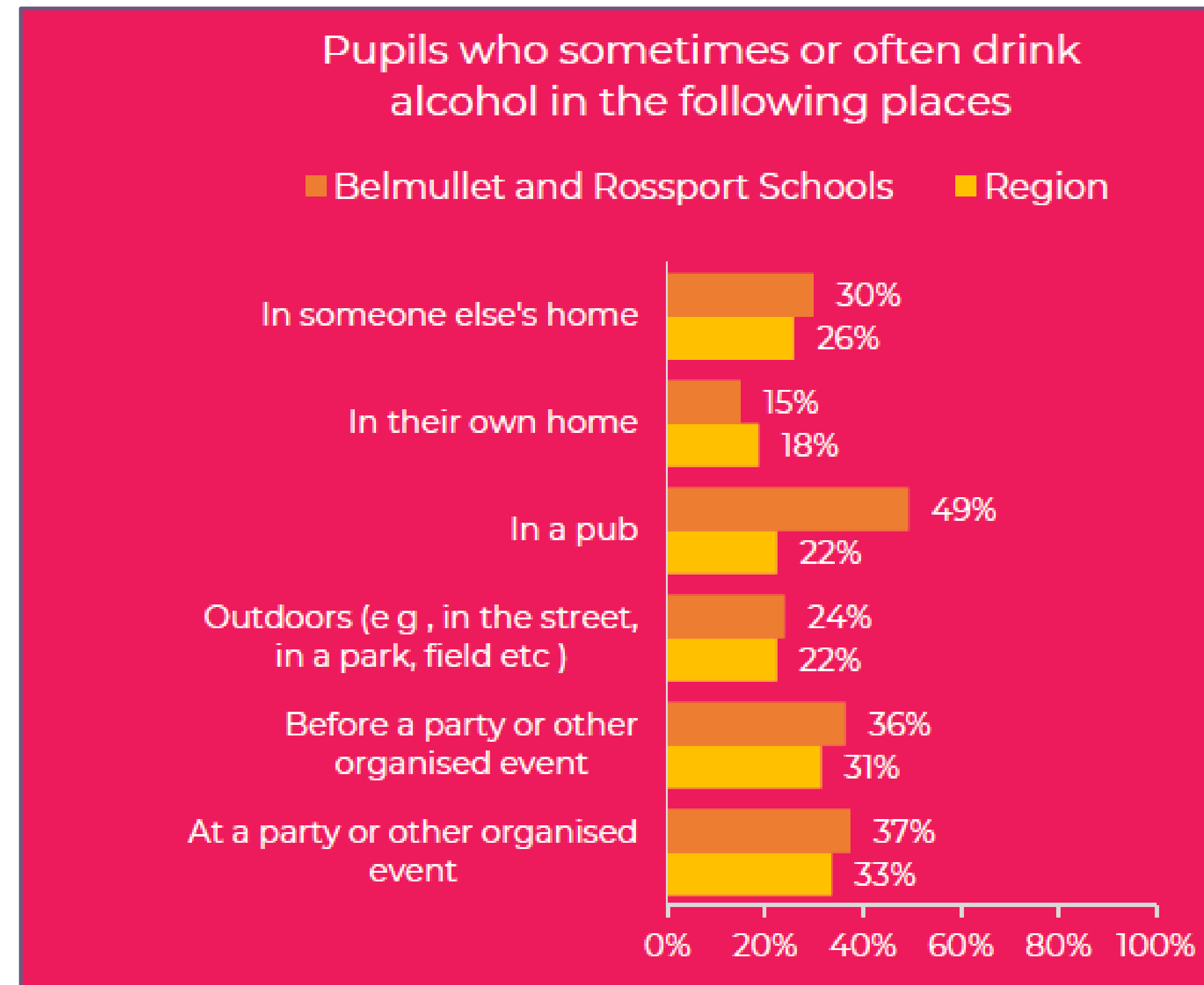
# Compelling local data



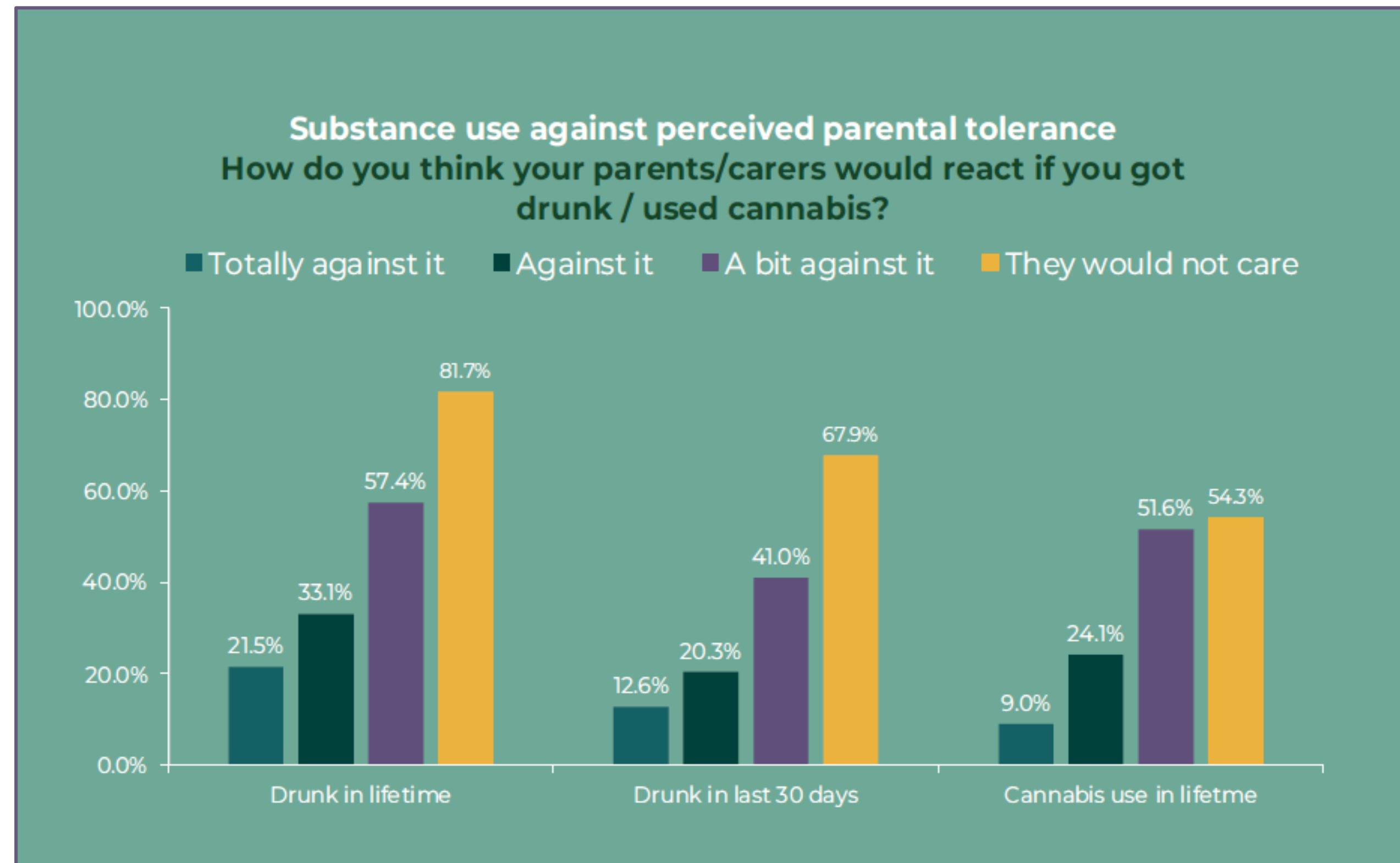
# Compelling local data



# Compelling local data



# Cross tabulations





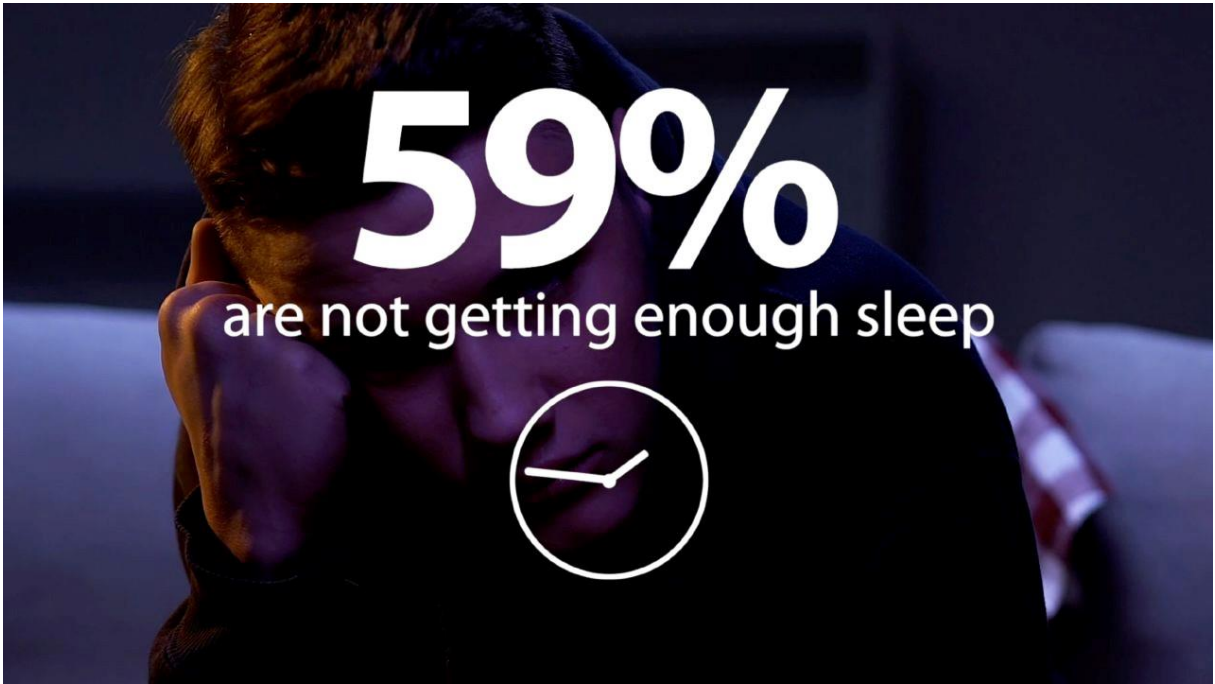
# Social Media and Video

**Alcohol**

**Sleep**

**Screen Use**

**Physical Activity**





# Alcohol – short 30 sec video for social media use



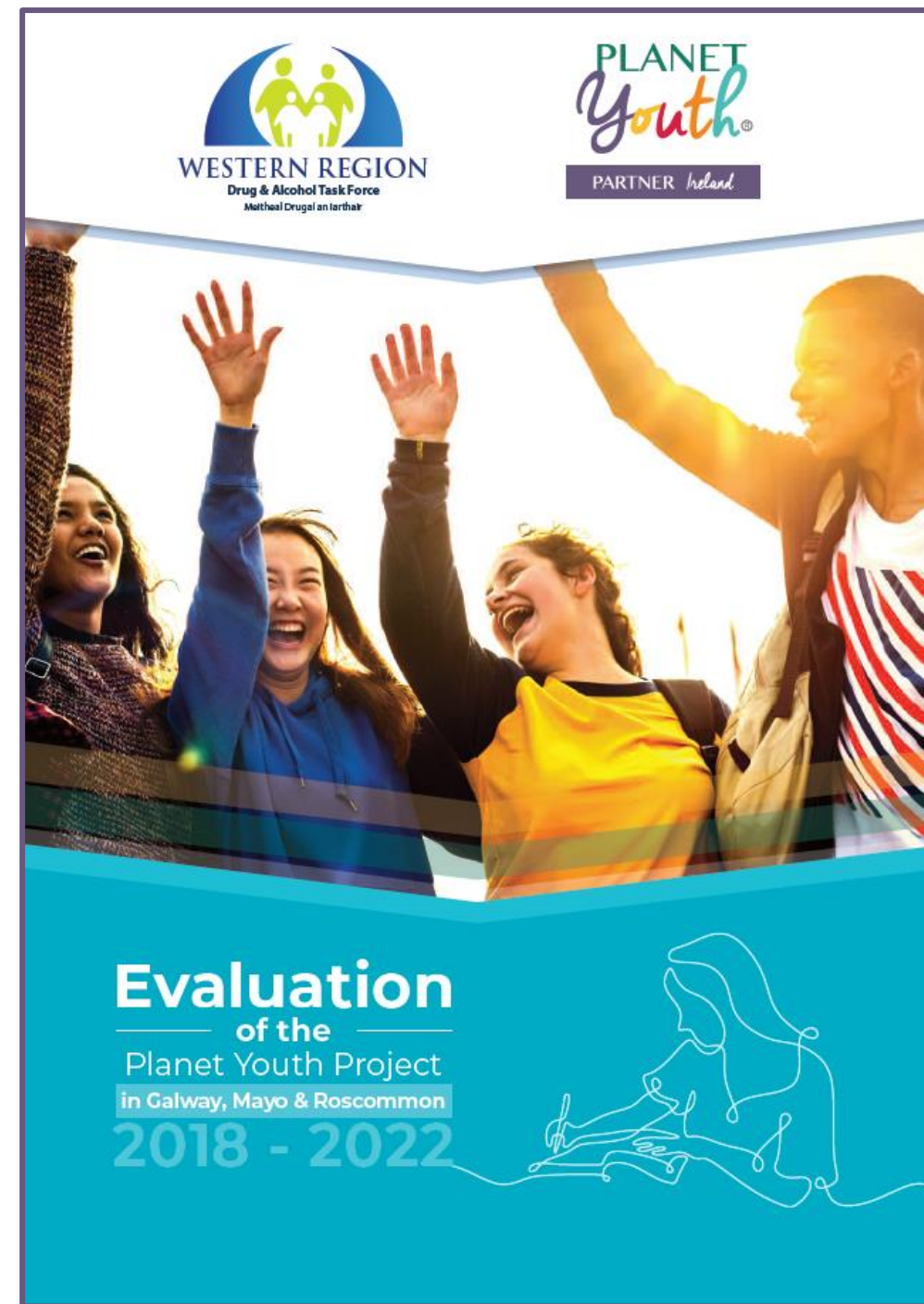


# Sleep – short 30 sec video for social media use





# Evaluation report (2018 – 2022)



Evaluation of the Planet Youth Project in Galway, Mayo & Roscommon 2018 - 2022

## 5 KEY FINDINGS

In this section we present a summary of the key findings of the research with each of the key stakeholder groups, including Regional and County Committees, Schools, Parents and Key Individuals/Stakeholders involved in the design, planning and implementation of the Planet Youth project.

### 5.1 Summary of findings from Regional and County Committees

Feedback from the committee surveys showed there is a need to make structures more effective with the idea of thematic groups mentioned by many respondents. The link between County and Regional Committees causes some confusion. Respondents felt that the membership also needs to be reviewed. There is a good understanding of the Planet Youth data and the Icelandic model, but less so on how to develop it into actions.

The respondents noted that the overwhelming strength of the Planet Youth project is the data, and it is used by organisations for funding applications, research, developing workplans, lobbying and advocacy and developing policies. The strong links made with parents were also noted.

Weaknesses identified include lack of resources, culture of the organisations towards prioritising primary prevention work, and keeping Planet Youth on the agenda. The majority recorded that Planet Youth's success in data collection was not matched by implementation actions. Suggestions to strengthen Planet Youth were:

- Commitment from agencies (HSE, Tusla, Local Authorities) to include early intervention, evidence based practice in their programmes
- Reconfigure County Committees into thematic groups, allowing the Regional Committee to focus on oversight
- Clarify what success in 2024/5 would look like and adhere to that
- Additional resources to allow lobbying and engagement with national policy
- A coordinator/administrator in each county
- Input from An Garda Síochána on drug use and/or youth safety approaches

### 5.2 Summary of findings from schools

All schools reported that the students reacted positively or very positively to the Planet Youth survey, and that the results were fed back to the school in an understandable way. The schools shared the results with school management and staff in all cases, with slightly over half also sharing them with the Parents Associations/Councils. Only 5 schools shared the results with all parents. Less than a third of schools shared results with the students who had been the subject of the survey. Less than half organised a meeting of stakeholders to plan how to respond to the Planet Youth results, which may indicate a need for a more strategic approach for schools.

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Evaluation of the Planet Youth Project in Galway, Mayo & Roscommon 2018 - 2022

## 6 RECOMMENDATIONS

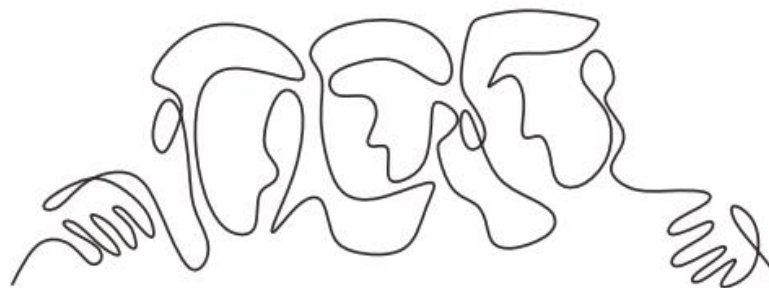
Arising from the research undertaken in this evaluation of the Planet Youth Project, the following recommendations are made:

### 6.1 Funding

- Additional funding is needed for the Planet Youth project in order that extra staff can be employed. The current model of one coordinator for the 3 counties is not sufficient to sustain the project. Options could include individual county coordinators or division of the workload by additional staff with roles of coordinator, data analyst, administrator, and social media/website manager.
- Increased funding to deliver outputs of Planet Youth and allow for additional work on creating initiatives for use by schools, parents, peers, leisure time and local community.

### 6.2 Structures

- Restructure the committees to make them more effective. There is a need to adopt a thematic structure whereby there are a number of groups regionally looking at themes and these feed into the overarching regional committee. Themes would include key areas such as schools, peers, parents, leisure time and local community etc.
- Capacity building for committee members to ensure full value from the members is achieved.



### 6.3 Role clarification

- It is important to be clear on the role and mission of Planet Youth. Does it continue its work on generating data, and then informing and promoting the data, or does it implement primary prevention measures.

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Evaluation of the Planet Youth Project in Galway, Mayo & Roscommon 2018 - 2022

## 7 CONCLUSION

The many strengths of the Planet Youth project were evident from this evaluation. It is clear that it merits ongoing support and expansion in order to build on the invaluable work completed to date. Despite funding constraints, it achieved significant impacts and with sufficient resources it could make a real and lasting impact on young people growing up in the West of Ireland.

The WRDATF is a suitable location for Planet Youth and it can grow and develop from here in the next round of the project. The feedback from this evaluation points to the value of exploring the possibilities of moving Planet Youth into existing structures that will give it a stronger statutory footing, which can be revisited at a later stage.



The many strengths of the Planet Youth project were evident from this evaluation. It is clear that it merits ongoing support and expansion in order to build on the invaluable work completed to date.

The success of the data gathering was lauded by all but work in the next round of the project can be focussed more on the implementation of preventative actions and developing interventions within all four domains: schools, parents, peers, leisure time and local community.

Ensuring all agencies and organisations are aware of the data and how to use it for preventative actions can be expanded in the next round. All of this development is contingent on additional funding and resources to allow for staff time to complete this work.

This evaluation, whilst limited in resources and time, gives an insight into the Planet Youth project from the point of view of all stakeholders, agencies, parents and schools. It will be valuable to complete an outcomes evaluation at a later date to see how the project has impacted on young people themselves. As other Planet Youth projects emerge in different parts of the country, linking with them will be beneficial to ensure a consistent approach, and to grow the impact of the project at a national level. This will help to ensure the cultural change needed toward investment in the primary preventative approach.

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# Working groups

## 6.2 Structures

- Restructure the committees to make them more effective. There is a need to adopt a thematic structure whereby there are a number of groups regionally looking at themes and these feed into the overarching regional committee. Themes would include key areas such as schools, peers, parents, leisure time and local community etc.
- Capacity building for committee members to ensure full value from the members is achieved.



# Working groups

- Peer working group
- Leisure time working group
- School working group
- Parent and Family working group
- Research and Data working group

# Modifications to the questionnaire

- Sleep
- Attitudes to substance use harms
- New school experience questions
- Diet
- Scales for resilience and stress
- Access to facilities for young people

# Secondary uses of data

- Supporting funding applications
- Informing agency work plans
- Local economic and community planning
- National public health applications
- Academic publications
- Inform-YSP – Suicide prevention research
- ISSDA Data Archive



Drug & Alcohol Task Force  
Meitheal Drugaí an Iarthair

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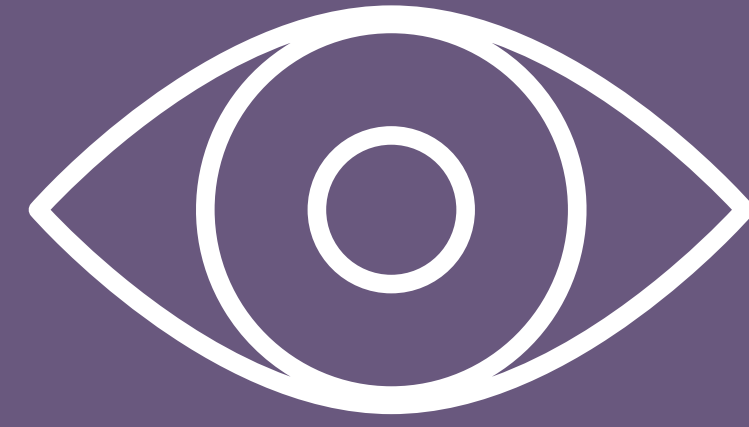
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# What is Planet Youth?



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

# VISION



All young people are active, healthy and happy, connected to their families and communities, and **achieving their full potential**

The image shows the cover of a report titled 'Planet Youth Strategy & Implementation Framework'. The cover has a white background with a large teal diagonal stripe on the left side. At the top left, there is a logo for the 'WESTERN REGION Drug & Alcohol Task Force' with the Gaelic text 'Meitheal Drugaí an Iarthair' below it. To the right of this is the 'PLANET Youth by ICSRA' logo, with 'PARTNER Ireland' written below it. The main title 'PLANET YOUTH' is written in large, bold, white letters on the teal stripe. Below it, the subtitle 'STRATEGY & IMPLEMENTATION FRAMEWORK' is also in white. Underneath the subtitle, the location 'Galway, Mayo & Roscommon' is listed. At the bottom of the teal stripe, there is a quote: "The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking." - Albert Einstein. The right side of the cover features a photograph of two young women with their arms raised in the air, smiling joyfully against a bright, sunlit background.

**WESTERN REGION**  
Drug & Alcohol Task Force  
Meitheal Drugaí an Iarthair

**PLANET Youth**  
by ICSRA ©  
PARTNER Ireland

# PLANET YOUTH

## STRATEGY & IMPLEMENTATION FRAMEWORK

Galway, Mayo & Roscommon

"The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking." - Albert Einstein

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

**Including:**

- **Alcohol and other drugs**
- **Physical activity**
- **Excessive screen use**
- **Mental health**
- **Sleep**



# CHANGE THROUGH PRIMARY PREVENTION

SUBSTANCE USE IN ICELANDIC 15-16 YEAR OLDS (1998 - 2019)





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# Thank you!

