

Growing up in the west

County Report: Galway

Prevalence of substance use in young people

47%

of 15-16-year-olds reported being drunk more than once in their lifetime



27%

reported being drunk in the last month



19%

reported lifetime cannabis use



4%

reported lifetime use of ecstasy



10%

reported lifetime use of tranquillisers



19%

reported drinking in pubs or clubs



26%

reported drinking in the homes of friends

Family Factors

91%



reported that it is rather or very easy to receive caring and warmth from their parents

94% and 95%

feel that their parents would disapprove strongly of them smoking or using cannabis compared to



89%

of parents know where their teenager spends their Saturday evenings

67%

often or always spend time with their parents at the weekends



71%

disapproving strongly of drunkenness

Teenagers whose parents are **less disapproving** of drunkenness are more than **twice as likely** to have been drunk in the last month



Peer Group Effects

32%

agree somewhat or agree strongly that it is important to drink so that you're not left out of the peer group. This compares to



28%

thought that their friends got drunk in the last month.

14% for smoking and **9%** for cannabis

When compared to the **26%** that actually did get drunk, this is a pretty good estimate. The teenagers who indicated their friends were drunk in the last month were more than three times as likely to have been drunk themselves than those whose friends were not drunk.



Extracurricular Activities



38%

play sports with a club or team three times a week or more.

54%

exert themselves physically three times a week or more



30%



report one hour or less of physical activity per week

Teenagers who are active in a sports club or team in Galway are over

three times

less likely to smoke cigarettes than those who are not. They are also less likely to use cannabis. However, they are actually slightly more likely to get drunk.



General wellbeing, including school and social environment

85%



of participants feel safe in school and only

6%

reported getting on badly with teachers

48%



reported getting 7 hours of sleep or less

44%



reported more than 3 hours per day on social media

67% of boys and **51%** of girls reported their mental health as good or very good



16%



reported being out after midnight once or more in the last week

Those teenagers out after midnight were **five times** more likely to use cigarettes, **two and a half times** more likely to report drunkenness and **twice** as likely to use cannabis.

