

# Growing up in the west

## County Report: Mayo

### Prevalence of substance use in young people

**45%**

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



**26%**

reported being drunk in the last month



**15%**

reported lifetime cannabis use



**2%**

reported lifetime use of ecstasy



**8%**

reported lifetime use of tranquillisers



**23%**

reported drinking in pubs or clubs



**26%**

reported drinking in the homes of friends

### Family Factors

**92%**

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



**95% and 97%**

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



**74%**

disapproving strongly of drunkenness

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



### Peer Group Effects

**30%**

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



**27%**

thought that their friends got drunk in the last month.

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.



**13%** for smoking and **8%** for cannabis

### Extracurricular Activities



**39%**

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

**54%**

exert themselves physically three times a week or more



**29%**



report one hour or less of physical activity per week

Teenagers who are active in a sports club or team in Mayo 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

**87%**

of participants feel safe in school and only



**6%**

reported getting on badly with teachers

**48%**



reported getting 7 hours of sleep or less

Those teenagers out after midnight were **five times** more likely to use



**43%**



reported more than 3 hours per day on social media

**70%** of boys and **51%** of girls reported their mental health as good or very good



**21%**



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

more likely to report drunkenness and **three times** as likely to use cannabis.