



WELLBEING IN LUSK CC

PLANET YOUTH FINDINGS

Planet Youth is an evidence-based public health process designed to improve the health and life outcomes for young people through directly addressing the risk and protective factors that determine behaviours.

The research focused on the following 4 domains:



FAMILY RELATIONSHIPS AND PARENTAL SUPPORT

Key Findings

64% of students spend time with their parents on the weekend

59% of students spend time with their parents on week days

73% of parents know where their children are in the evenings

31% get less than 7 hours sleep

65% Think their parents would not disapprove of them getting drunk.

34% use phones between 12am and 6am sometimes or often

34% of young people get alcohol from a parent/adult know to them.

73% Of students say it is easy to receive care and warmth from their parents

Impact on Teaching & Learning

Poor home relationships, lack of sleep, and excessive phone use hinder classroom learning. Home conflicts affect focus and emotional regulation, while inadequate sleep leads to fatigue and poor concentration. Phone use, especially at night, disrupts sleep and causes distractions. Together, these factors challenge both students and teachers, making effective learning harder.

SUPPORTS AVAILABLE



Sleep Story



Parent Line



CYPSC

CONVERSATIONS FOR HOME

- **Sleep Routines:** Create a Consistent Sleep Routine, Reduce Screen Time Before Bed, Promote Relaxing Pre-Bedtime Activities, Limit Caffeine & Sugar in the Evening, Ensure a Comfortable Sleep Environment
- **School refusal:** Understand the Root Cause, Create a Step-by-Step Return Plan, Offer Positive Reinforcement, Maintain Open Communication, Seek Professional Support if Needed

Thank You