



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:



LEISURE TIME SUPPORT

Key Findings

55% Of girls spend 3 hours or more on social media a day

49% Of boys spend 3 hours or more on social media a day

38% Of boys spend 3 hours or more a day playing video games

78% feel safe in the community

34% take part in team sport outside of school 3 times a week

6% participate in music, drama, art, dance classes 3 times a week

21% were outside after midnight once or more in the past week

24% have low motivation due to internet use

Impact on Teaching & Learning

Excessive social media use, low motivation, weak community involvement, and lack of extracurriculars hinder learning. Distractions reduce focus, disengagement lowers performance, and isolation limits participation. Without extracurriculars and sense of community, students miss growth opportunities, making effective education harder for all.

SUPPORTS AVAILABLE



CYPSC



Webwise

CONVERSATIONS FOR HOME

- **Community involvement:** Encourage Participation in Local Activities, Model an Active Lifestyle, Limit Screen Time, Support Their Interests, Foster Social Connections
- **Online advice:** Have Regular Conversations About Online Safety, Use Parental Controls Where Necessary, Encourage Critical Thinking, Set Screen Time Limits, Model Healthy Digital Habits, Check their devices regularly, Keep Devices out of the bedroom

Thank You