



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:

<p>Family</p> <p>Parents are a significant protective factor</p>	<p>Leisure Time</p> <p>The importance of participation in team sports / arts / drama.</p> <p>Perception of local community</p>	<p>School</p> <p>Young people's experience of school;</p> <p>Attitude towards and engagement in education.</p>	<p>Peer Group</p> <p>Friends in school. Influence of peers on mental health / alcohol use / substance use</p>
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PEER GROUP SUPPORT

Key Findings

22% Have been drunk in the last 30 days	34% think themselves unattractive
14% Drink alcohol at their own home	62% have positive self attitude
21% Used e-cigarettes in the last 30 days, 10% vape daily	40% have self harmed in their lifetime
15% Have used cannabis in their lifetime	7% Used cannabis in the last 30 days

Impact on Teaching & Learning

Mental health issues, substance misuse, and self-harm can disrupt teaching and learning by affecting students' concentration, motivation, and emotional stability. This can lead to distractions, behavioral problems, and hinder academic performance and peer relationships. Educators need to offer support and create a nurturing environment for these students.

SUPPORTS AVAILABLE



Jigsaw



HSE



PIETA

CONVERSATIONS FOR HOME

- **Substance misuse:** Have Open, Honest Conversations, Know Their Friends, Set Clear Boundaries, Encourage Healthy Coping Strategies, Be a Role Model
- **Mental Health:** Open Conversations, Routine & Structure, Encourage Self-Care, Model Positive Coping Skills, Know When to Seek Help, Promote Physical Activity, Limit Screen Time

Thank You