



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

### Key Findings

72% feel Supported in education from their parents	87% have friends in school
67% try their best in school	Only 28% feel they get support if having a bad time
70% Feel doing well in school will help in adult life	17% want to leave school
59% enjoy participating in school	33% get 8 hours sleep

**Impact on Teaching & Learning**

Feeling supported, good attendance, and a positive attitude enhance teaching and learning. Support boosts confidence, regular attendance ensures continuity, and a positive mindset fosters engagement, creating a productive classroom environment.

### SUPPORTS AVAILABLE

Study Skills	Guidance

### CONVERSATIONS FOR HOME

- **Study Skills:** Help Them Set Small, Achievable Goals, Create a Dedicated Study Space, Encourage Time Management, Make Learning Fun & Relatable, Praise Effort, Not Just Results, Remove the phone device/put on airplane mode
- **Guidance Department:** Academic Support, Career Guidance, Personal Counseling, Mental Health Support, Social Skills Development, Study Skills and Exam Preparation, Crisis Intervention, Referrals to External Services, Support for Special Needs, Transition Support

*Thank You*