

Pathways to Progress

Supporting collaboration between
parents, schools and support services
to achieve better life and health
outcomes for young people.



North Dublin
Planet Youth
**Pathways to
Progress**



Purpose of Pathways to Progress

The purpose of creating this resource is to give parents / guardians an insight into the Planet Youth process, to share some of the learnings from the data and to highlight evidence based supports that are available to respond to issues identified. Planet Youth is a Public Health process focused on building the protective factors for young people's health and wellbeing while mitigating against the risk factors. You as parents are key stakeholders in that work.

Every two years the Planet Youth team gathers anonymous data on the health and wellbeing of young people in North Dublin. We look at risk factors (things that make it more likely for young people to have problems in the future) and protective factors (things that help protect young people from future problems). Parents are a key protective factor. One of the great things that came out of the last survey in October 2021 was that 86% of young people noted that they receive care, warmth and support from their parents. That clearly highlights that you as parents are very significant adults in the lives of your young people. You are a protective factor and you are doing a good job.

This resource gives an overview of the origin and nature of the process, where it came from, how it works, who is involved, and what we have learned from the data already collected. Building protective factors around young people needs collaboration between the adults in their lives. The resource has links to evidence informed resources that can be accessed by parents, schools, support services and the wider community.

Content:

- A sample of the highest concerns for our young people identified from the 2021 survey.
- Information and tips on key areas such as good communication with young people, mental health and wellbeing and substance use prevention.
- Each topic has live links through QR codes to evidence informed articles and resources related to that topic. Use your smartphone to scan the QR codes for immediate access to the resources.

Planet Youth

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 model, developed by the Icelandic Centre for Social Research and Analysis ICSRA at Reykjavik University, adopts a whole population approach.

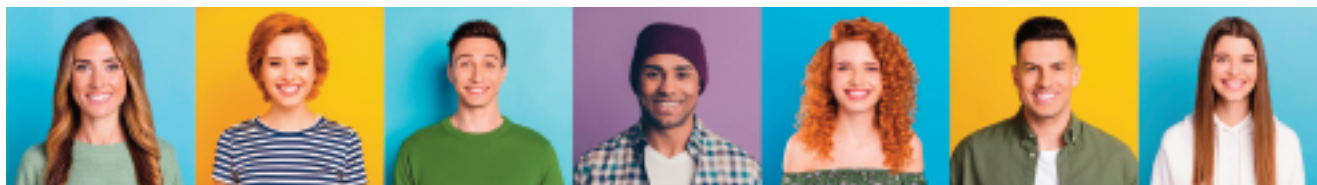
The model has three pillars:

- **Evidence-based practice**
- **Using a community-based approach**
- **Creating and maintaining a dialogue between research, policy and practice**

Pathways to Progress draws on the findings of the first Planet Youth survey carried out in October 2021.

A total of **2,766** young people, aged between 14 and 16 years old, from across the community participated in the study. The survey asked 70 multiple-choice questions under four life domains:

- **Parents and family**
- **Leisure time and local community**
- **Peer groups**
- **School**



Core Message

The Planet Youth process reaffirms that all adults who have a supportive role in young people's lives play a part in building the protective factors around young people. Adults working in collaboration with services and policy makers can affect positive change in the environment in which young people live and grow up.

Protective factors:

- Family connections
- Positive peer relationships
- School
- Involvement in sport / extra-curricular activities (arts, drama, interest groups)
- Engagement / volunteering in community groups

Risk Factors:

- Isolation
- Negative peer influence
- Lack of opportunity to engage in extra-curricular activities.
- Difficult home environment



86%
receive care
and warmth



67%
receive support
on personal
matters



76%
receive support
in education



Key Findings

When we look at the findings in relation to the presence of Protective Factors (things that make it less likely for young people to develop problems) we can see some trends.

Protective Factors

69%
feel safe
in their
community



79%
of young people's
friends are known
to their parents.

62%
have good
physical
health

76%
receive advice
on studies
from parents

54%
spent time
with parents
/ guardians
at weekends



86%
have
friends
in school

38%
involved in
club or team
sports 3 times
per week

48%
feel close
to other
people

13%
involved in
music, art
or drama

74%
are positive
about the
future

Key Findings

When we examined the presence of risk factors (things that make it more likely for young people to have problems down the line) these were trends that emerged.

Risk Factors

58%
get fewer
than 7 hours
sleep

23%
smoked
cigarettes in
their lifetime

43%
have self
harmed in
their lifetime

32%
have tried
vapes in
their lifetime

13%
were drunk
in the last
30 days

43%
feel they
have nothing
to be proud of



18%
have tried
cannabis
in their
lifetime

35%
have tried
alcohol before
the age of 13



13%
were drunk
in the last
30 days

67%
spend at
least 2 hours
on social media
per day

Key Findings

General Health

Physical activity is good for both physical and mental health and so is a strong protective factor.

54%
of girls engage
in physical
activity three
times per week.

73%
of boys engage
in physical
activity three
times per week.

32%
of girls are
involved in a club
or team sport
three times
per week

45%
of boys are
involved in a club
or team sport
three times
per week.

62%
have good
physical health

It is recommended that teenagers engage in moderate to vigorous physical activity for 60 minutes every day.



Key Findings

When we examined the findings in relation to health and wellbeing we can see some diverse experiences reported by young people.

Wellbeing

62%
have good
physical
health

74%
are positive
about the
future

38%
have good
mental
health

68%
feel content
with their
life

36%
deal well
with
problems

78%
feel they
have good
qualities

37%
think
clearly

59%
have a good
attitude to
themselves

48%
feel
close to
people

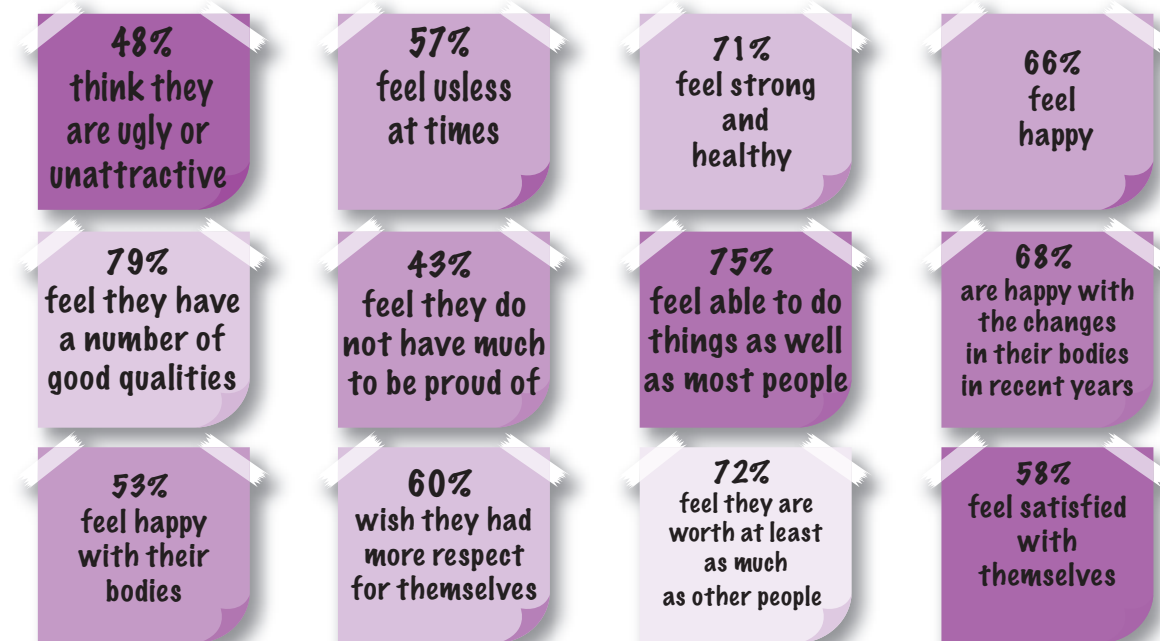


Key Findings

Mental Health

Our mental health is an important factor affecting how we function in our daily lives. Positive mental health contributes to our overall wellbeing and is experienced when we can realise our own abilities, cope with the normal stresses of life, work productively and fruitfully, and contribute to our community.

The data shows some challenges / risk factors for young people's mental health.



Resilience:

Building resilience is a common theme today. It means helping people to build self-confidence, self-esteem and a strong sense of their own worth and value as human beings.

Click on the QR code to read
**Ginsburg 7 Cs
for Resilience**



Risk Factors

Sleep

The data report identified some risk factors that parents can address directly. These included the amount of sleep young people are getting, screen time, and harmful coping mechanisms.

Good sleep hygiene is an important protective factor as poor sleep affects young people's ability to engage in other aspects of life.

Click on the QR code to read
**HSE SleepTips
and Self-Help:**



Click on the QR code to read
**Jigsaw's Sleep and
Mental Health
resources:**



58%
get less than
7 hours sleep

67%
spend 2 hours
or more on
social media

Evidence suggests that lengthy screen use can lead to:

- obesity as a result of being sedentary while on devices
- sleep problems because device screens produce light that suppresses production of melatonin in the brain, making it difficult for many people to "turn off" their brains and fall asleep and
- chronic neck and back problems from posturing

Click on the QR code to read
HSE Screen Time Advice



Click on the QR code
to watch
**Technology use
at home video**



Help Seeking

The data shows that 67% of young people who responded said that they get support from parents / guardians on personal matters. This is an important protective factor in help seeking behaviour among young people. It can mitigate against risky coping mechanisms such as self harming. Over half of the respondents said that they had thought of self harming at some stage in their life time.

Where to find help

Below is a list of some of the youth counselling supports in the north Dublin area. Knowing where to look can make it easier for parents to be able to assist their young people when they seek help.

Click on the QR code to read
<https://www2.hse.ie/mental-health/services-support/supports-services/>
(Contains a comprehensive list of services)



Click on the QR code to read
<https://ndublinrdtf.ie/samh-youthcounselling/>



Click on the QR code to read
<https://www.pieta.ie/>



Click on the QR code to read
<https://jigsaw.ie/location/north-fingal/>



Click on the QR code to read
<https://www.facebook.com/SkerriesYouth-Support-Services/>



Click on the QR code to read
crosscare swords



67%
get support
on personal
matters from
parents /
guardians





Substance Use and Awareness

As your child gets older, they may become more curious about alcohol and other drugs. The survey showed us that 35% of our children have already tried alcohol by age of 13 years and 63% have tried alcohol in their lifetime.

The use of alcohol and other substances affect the brain and central nervous systems. These substances can affect the development of the brain in young people up to their mid twenties.

Key Data Findings

35%
tried alcohol
at age 13
or younger

13%
were drunk
in the
past 30 days

63%
tried alcohol
in lifetime

29%
get alcohol
from a family
member, or
another adult

32%
have tried
vapes in
their lifetime

10%
have tried
cigarettes
by age 13

18%
have used
cannabis
in lifetime

8%
used cannabis
in the last
30 days

Click on the QR code to watch
*Know the Score: Drugs,
Brain & Dependency -
YouTube*



Young people whose parents give them alcohol are over 3.5 times more likely to have been drunk in the last month and are 5 times more likely to develop problematic alcohol use as young adults. Nearly a third of teenagers (29%) reported that they get alcohol from their parents, extended family and other adults.

The evidence is clear that the best thing we can do as parents is to defer any alcohol use for as long as possible. If parents and other adults avoid giving alcohol to children in the home this can make a big difference to the short and long-term health and wellbeing of our children.

Click on the QR code to read
Alcohol-HSE. ie



51%
consider alcohol
not harmful

34%
consider cannabis
not harmful

68%
consider vapes
not addictive

Key concerns

The data showed that there is a lack of awareness about the harm that can be caused through the use of substances, in particular alcohol, cannabis and vapes.

We know that cannabis is addictive and can cause harm to the brain. For detailed information please click on the QR code.

The popularity of vapes / e-cigarettes has increased dramatically over the past few years. Medical research and evidence is only recently showing the harms associated with the use of vapes. The HSE can confirm that most vapes contain varying levels of chemical nicotine which is addictive.

Click on the QR code to read
cannabisbooklet.pdf
(hse.ie)



Click on the QR code to watch
Know the Score:
Cannabis - YouTube



Click on the QR code to watch
Video Vaping



Planet Youth Process

Planet Youth is an ongoing process. It is designed to ensure that we continue to learn from the lived experience of our young people. Repeating the survey every two years keeps us up to date with changing trends, needs and concerns. Following each survey parents, schools, and support services review the action plan in the light of the latest data report and make amendments to the priorities as necessary.

Pathways to Progress will be amended after each survey to ensure that parents have an insight into the current concerns for young people, and that you have a reference point to support you as parents.



Acknowledgements

The Planet Youth Oversight Committee wish to acknowledge the work done by the Implementation Subgroup in the production of this resource. We wish in particular to thank **Gail Nicolson** and **Olufunmilayo Fatunbi** members of the HSE Health and Wellbeing team, **Nicola Garvey** the Planet Youth schools liaison person and **David Creed** Prevention Co-ordinator for their work to create this publication.

Thanks also to the Department of Rural and Community Development who provided a grant towards the production of Pathways to Progress and the related videos.

This resource gives all partner stakeholders, schools and parents access to evidence informed information that will help us to work together to nudge up protective factors for young people. With each new round of data collection and analysis North Dublin Planet Youth will be in a position to update this resource keeping it relevant and active.

Stakeholders / supporters

Planet Youth is a programme of the North Dublin Regional Drug and Alcohol Task Force. Like most of our programmes it relies on the goodwill, expertise and collaboration of many partners. There are far too many to reference individually.

Some key partners which made this particular resource possible include the Fingal Leader Partnership, **Ellen O'Dea** and the team in HSE Health & Wellbeing for all the advice, guidance and support, **Minister Joe O'Brien** for commitment to the community arm of the work, **Nicola Garvey** our Schools Liaison.

North Dublin Planet Youth Oversight Committee

NAME	ROLE & ORGANISATION
Brid Walsh	Regional DATF Coordinator, North Dublin
David Creed	Prevention Coordinator, North Dublin RDATF
Simon McCabe	Chairperson (DDLETB- Education Training Board)
Ellen O'Dea	HSE, Head of Service, Health & Wellbeing, CH0-9
Arnie Sweetman	Manager, Swords Youth Substance Use Inclusion Team
Dr Gerry McCamey	Consultant Psychiatrist (Adolescent) HSE
Dr Bobby Smyth	Consultant Psychiatrist (Adolescent) HSE
Professor Mary Cannon	Consultant Psychiatrist, RCI University of Medicine & Health Sciences Beaumont Hospital
Dr Emmet Power	Adolescent Psychiatrist & Research Fellow
Nicola Garvey	Deputy Principal, Malahide Community School
Sandra Moore	JIGSAW - Regional Manager, North Dublin
Eilish Harrington	CEO, Fingal Leader Partnership
Cllr Seana O 'Rodalgh	Fingal County Council (Skerries) / teacher
Una Caffrey	Coordinator, Fingal CYPSC
Irene Griffin	Youth Mental Health Coordinator, HSE, CH0-9
Aoife Heffernan	Education Training Board
Rafe Costigan	Senior Community Officer, Fingal Co Council

Contact details for local services:

Pieta Santry:	01 883100
SAMH free youth Counselling across North County Dublin	086 781 5072
CrosscareTeen Counselling	01 557 4705
Fingal Families free Confidential support if you are concerned about someone elses substance use	01 223 3493
SASSY: (Substance Abuse Service Specific to Youth)	01 778 5980
Jigsaw North Fingal	01 960 3020
Skerries Youth Support Service	089 616 7222

*Click on the QR code to watch
Planet Youth
Promotional Video 1*





Rialtas
na hÉireann
Government
of Ireland

Tionscadal Éireann
Project Ireland
2040

Funded by the Department of
Rural and Community Development



Dublin Rural
LEADER
Growth, Sustainability & Inclusion



The European Agricultural Fund
for Rural Development:
Europe investing in rural areas





North Dublin Regional Drug & Alcohol Task Force

33-34 Main St, Malahide Co Dublin, K36 EE72

68 Main St, Applewood, Swords, Co Dublin, K67 KF72

Unit 7, Floor 2 & 3, Sarsfield House, Mill Street, Balbriggan, Co Dublin, K32 FW31

Tel: 01-22 33 493 • www.ndublinrdtf.ie • samh@ndublinrdtf.ie