



The Planet Youth survey: Cavan

What our young people say about living in Cavan in 2023

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About the Survey

Planet Youth is an evidence-based substance misuse prevention programme, developed in Iceland. It involves surveying young people aged 15-16 (**research phase**), and subsequently using this youth-reported information to design preventative interventions at the community level (**intervention phase**). The model also aims to understand more general risk and protective factors for the health and wellbeing of young people.

Iceland has had considerable success in reducing substance use related problems among its young people aged 15-16 with the Planet Youth model. Between 1997 and 2022, Iceland has observed:

- A halving of the proportion of young people who used cannabis
- An 8-fold reduction the proportion of 15-16-year-olds regularly getting drunk
- An increase in regular sports participation from 25% to 41%

Many international communities have adopted the Planet Youth model to reduce substance misuse and improve wellbeing among young people.

This report describes the results of the Planet Youth survey conducted in **Cavan** in September **2023**. Between 2020 and 2021, all secondary schools and Youthreach centres in Cavan and Monaghan were invited to participate in the survey, and all agreed. Within these, all 15-16 year olds post-Junior cycle were invited to participate. In 2023, 86% of Cavan students and 92% of Monaghan students in participating school completed the survey. This survey is therefore **highly representative** of all 15-16-year-olds in the area.

This 2023 survey is the second in a **3-part survey series** (2021, 2023 & 2025) conducted in the same schools. Students complete the anonymous survey on a tablet during school time, which takes approximately 1 hour.

The aims of this survey are to :

- Appraise and analyse adolescents' health behaviour and wellbeing
- Identify protective and risk factors for our young people
- Guide evidence-based policy to promote the health and wellbeing of children and young people

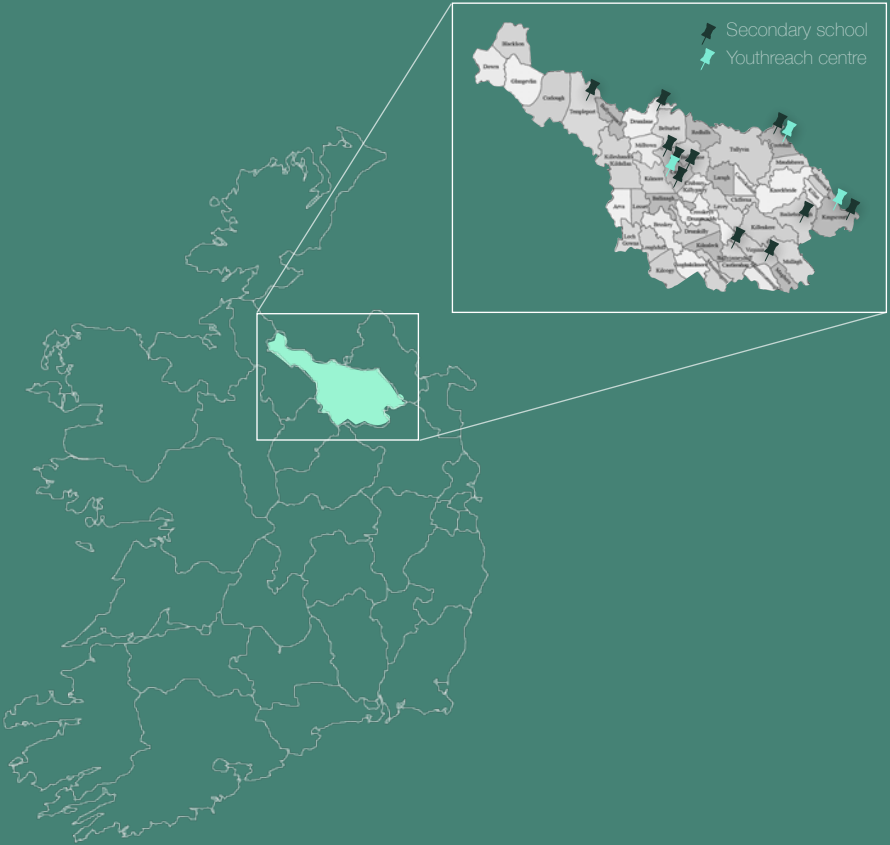


Read more on:
planetyouthpartner.ie

PARTNER *Cavan Monaghan*

Survey Respondents

Planet Youth: Cavan 2023



**893 young people
aged 15-16**

**48% males
48% females
4% other***

**From 11 secondary
schools & 3
YouthReach centres
across the county**

* Non-binary, transgender or preferred not to say

Executive Summary



- Most young people (69%) said that it's easy to receive **caring & warmth** from their parents
- Most young people (83%) say their **parents know** where they are in the evenings

FAMILY

SCHOOL

- 85% say they have **friends at school** that care about them
- Roughly half said they are often **bored** with their studies



- The vast majority (84%) **feel safe** in their neighbourhood
- However, less than 1 in 3 young people wish to **live in their area** in the future

COMMUNITY

WELLBEING

- Just 46% report getting 8 hours of **sleep** on average, but 76% report getting 7 hours.
- 1 in 5 reported poor **mental health**, which corresponds to 4-5 students in every classroom



- 60% of males and 44% of females play **team sports** outside of school at least once a week
- Over half are on **social media** for 3+ hours per day
- 1 in 5 said they were **out past midnight** at least once in the past week

LEISURE

SUBSTANCE USE

- 1 in 5 report **vaping** every day, while 1 in 3 have vaped in the past month
- 45% say they have been **drunk** before
- 13% say they have used **cannabis**



Family

94%

Of parents disapprove of* cannabis use



52%

Of parents disapprove of* drunkenness



69%

Of students say it is easy to receive caring and warmth from their parents



Time with parents on weekends

69%



Often or always spend time with their parents on weekends

Time with parents on weekdays

60%

Often or always spend time with their parents on weekdays



Parental monitoring

83%



Of parents know where their teenagers are in the evenings



78% reported eating a meal with their parents/ caregivers at least 3 times a week



Young people that spend time with parents on the weekends are less likely to use alcohol, cannabis or e-cigarettes



Most young people (60%) say it's easy to receive advice about personal matters from their parents/ carers

School

Females

54%

Are often or always bored with the studies

49%

Think the adults at their school care about them

85%

Have friends at school that care about them

Males

59%

Are often or always bored with the studies

56%

Think the adults at their school care about them

84%

Have friends at school that care about them



71%

Feel safe at school



9%

Want to change schools



5%

Do not get along with their teacher



12% of those surveyed skipped or cut class at least once in the past month



Young people that felt the adults at their school cared about them were less likely to use alcohol, cannabis or e-cigarettes

Community

Feel safe in their neighbourhood

84%

31%

Want to continue to live in their neighbourhood in the future

28%

Think there is a great deal of social life available in their community

84%

Say their parents know many of their neighbours by name

56%

Think it is good to live in their neighbourhood/community

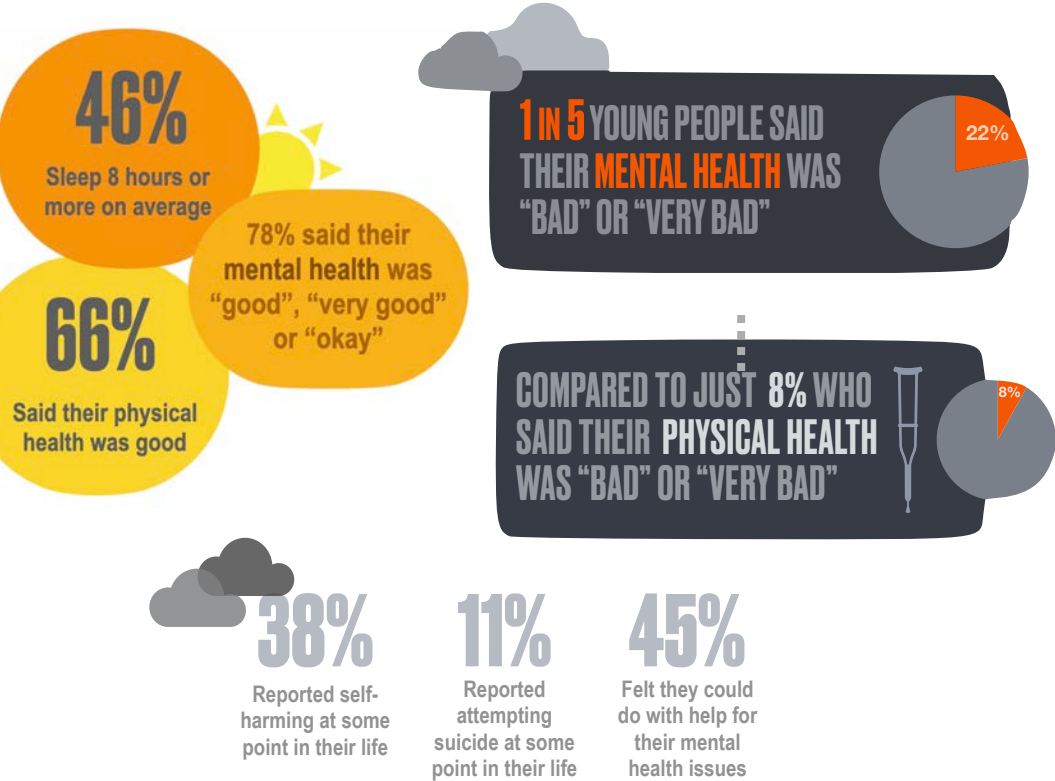


56% of young people said they cannot do much in their community due to lack of transport



Between 2021 and 2023, the proportion of respondents in Cavan wanting to live in their neighbourhood in the future increased by 4%

Health & Wellbeing



83% reported having at least one good friend

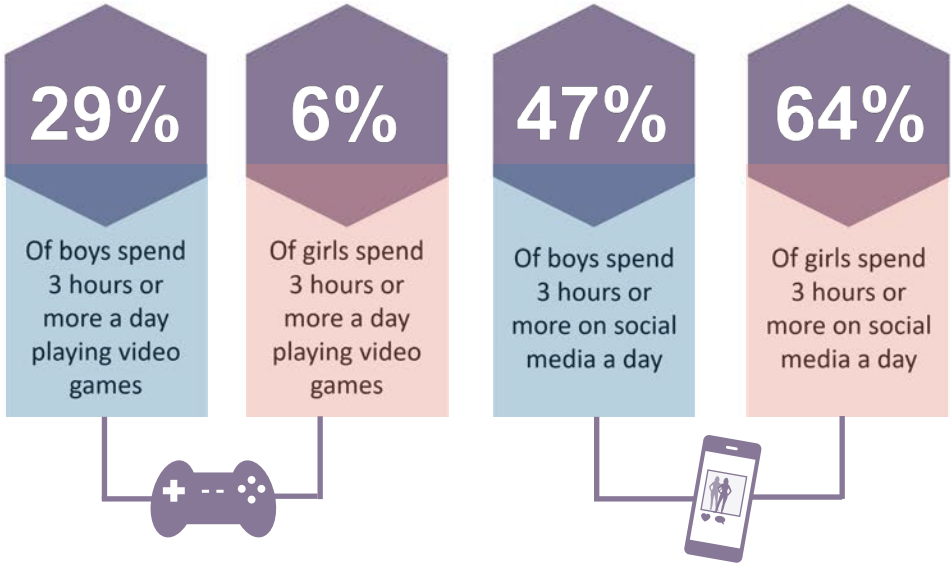


Rates of poor mental health differed by gender. For instance, the proportion self-harming was higher in females (47%) compared to males (24%), and much higher again in those who did not identify with the sex they were assigned at birth (77% e.g. trans, non-binary)



The proportion of young people reporting poor mental health fell from 29% in 2021, to 22% in 2023

Leisure activities



Snapchat (78%), TikTok (77%) and Instagram (71%) are the most commonly used social media apps



36% of young people have been asked to send a sexually explicit or nude image of themselves online



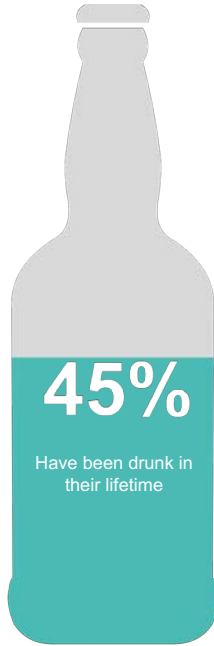
91% said people should get their 1st smartphone at age 12 or later, but 32% got their 1st smartphone before age 12.

Substance Use

38%
Tried alcohol at the age 13 or younger

21%
Have been drunk in the last 30 days

25%
Drink alcohol at their own home



E-cigarettes

32%

Used an e-cigarette in the last 30 days

21%

Use e-cigarettes (vape) daily

Cigarette Smoking

15%

Smoked cigarettes in the last 30 days

7%

Smoke cigarettes daily



Cannabis Use

13%

Have used cannabis in their lifetime

6%

Used cannabis in the last 30 days



Over half of young people said most of their friends drink alcohol



Most young people (38%) are getting their vapes/e-cigarettes from their friends/schoolmates, but many are also buying them from shops (29%)



Of those who have drunk alcohol (77%), most were given it by their parents (55%) but many bought it directly from shops and pubs (50%)

Resources for young people

What's available for young people & their carers?

Cavan:

YouThrive: Early intervention youth mental health service based in Cavan and Monaghan for ages 12-25 with mild and emerging mental health difficulties. Peace Campus Monaghan & outreach services across Cavan & Monaghan. Contact: 042 9674915 / youthrive@hse.ie

Resilience Integration Programme: to support young people up to 18 years from Ukraine and other war-torn countries to avail of Resilience Support

SOSAD Cavan: Offers support and services for people who are struggling with suicidal ideation, self harming, depression, bereavement, stress and anxiety, or if you simply need to talk. Drop in Hope, 26 Bridge St, Townparks, Cavan (10am-3pm, Mon-Fri). Contact: 049 432 6339 / cavan@sosadireland.ie

Bounce Back youth services: Provide voluntary and targeted youth activities and supports for young people 10 -24 yrs. Programmes include, after-schools groups and drop-ins, drugs education and prevention, 1:1 support, LGBTI+ youth groups, music groups & more. Contact: Belturbet Youth Hub, 087 3501287 (West Cavan)/ Adult Education Centre, Ballyjamesduff, 087 7684757 (Southeast Cavan)

Focus Family resource centre: Actively working with individuals, families and the community to make a difference by creating a warm, caring non-judgemental service that meets ever-changing needs through listening, support, education and advocacy. Portaliffe Centre, Killeshandra. Contact: 049 4364065 / focusfrc@gmail.com

Teach Oscail family resource centre: Offers support and parenting programmes to families struggling with a variety of challenges at home. Young people between 16 and 24 can access a Level Up programme which assists those currently out-of-education or unemployed to access tailored programmes. 31 Church Street, Cavan Town. Contact: 049 4372730 / info@teachoscaillfrc.ie

Foróige: Supports young people aged 8-25 years old and families through volunteer-led groups and staff-led targeted Youth Projects and services.

Cavan 365 Project. Youth diversion project. Tullacmongan Resource Centre, Cavan Town / Bailieborough Courthouse. Contact: ciara.mcpillips@foroige.ie / lisa.oneill@foroige.ie / sharon.ivers@foroige.ie / alma.mccabe@foroige.ie

Youth Education Training Initiative. Tullacmongan Resource Centre / Bridge St, Cavan. Contact: cassandra.taaffe@foroige.ie

Cavan Town UBU Youth Project. Bridge St Youth & Community Centre, Cavan. Contact aisling.traynor@foroige.ie / colette.greene@foroige.ie

Big Brother Big Sister scheme: pairs adult volunteers with young people who are looking for friendship and support from someone with a bit more life experience. Visit: www.foroige.ie/our-work/ for more

Cavan Traveller Movement: Works in solidarity with the settled community to promote Traveller rights, and to create a safe space for Travellers to come together, share ideas and discuss issues impacting the community. Contact: 049 4356156 / 0871753007

Cavan and Monaghan Rainbow Youth Project: Gives support, info & training for LGBTI+ young people in Cavan and Monaghan. Contact: info@camry.ie / 087 2193904 / www.facebook.com/CAMrainbowyouth

Monaghan & Cavan Youth Substance Support (**MACYSS**). Support service for young people who are presenting with alcohol and other drug concerns. Visit alcoholforum.org/macyss or phone 085 744 2857

Cavan & Monaghan Drug and Alcohol Service (**CAMDAS**): Offers a range of free and confidential support services to adults experiencing drug/ alcohol problems. Email info.cavan.monaghan@mqi.ie / Phone: 0494379160

If anyone is experiencing a **serious mental health crisis**, visit a GP or contact an out-of-hours GP service like NEDOC (1850 777 911). If in **immediate risk of harm**, visit A&E or phone 112/999

Nationally:

Mental Health

Teenline: National active listening service for teens. Open 24/7 (call 1800 833 634 / free text childline: 50101)

Text HELLO to 50808: Free, anonymous, 24/7 text and whatsapp service providing everything from a calming chat to immediate support (<https://www.textaboutit.ie>)

Jigsaw: Mental health support for 12-25 year olds. Offer 1:1 chats with trained staff [jigsaw.ie/talk-online/live-chat/](https://www.jigsaw.ie/talk-online/live-chat/) and live discussions with other young people on mental health, moderated by a Jigsaw clinician [jigsaw.ie/talk-online/group-chats/](https://www.jigsaw.ie/talk-online/group-chats/)

Pieta House: offers counselling in centres and have a 24/7 crisis helpline for people of all ages who are feeling suicidal or are self-harming (Call 1800 247 247 or text “help” to 51444)

Samaritans: provides emotional support to anyone in emotional distress, struggling to cope, or at risk of suicide (freephone 116 123 / text 087 260 9090 / email jo@samaritans.ie)

Alcohol & Drugs

Drugs Helpline: 1800 459 459 or see information on www.drugs.ie or www.askaboutalcohol.ie

Family Addiction Support Network: 087 904 6405 / email: info.fasn@gmail.com / visit: www.fasn.ie

HSE Primary Care Addiction Services (Cavan/Monaghan: phone 049 435 3190)

Other helplines

Parent Line: 1890 929 277 / www.parentline.ie

Women’s Aid: 1800 341 900

National Rape Crisis: 1800 778 888 or email counselling@rcc.ie

National LGBT+ helpline: 1890 929 539 / <https://lgbt.ie>

Money Advice & Budgeting Service: <https://mabs.ie> / 0818 07 2000

Initiatives

What's been done in the area off the back of this study?

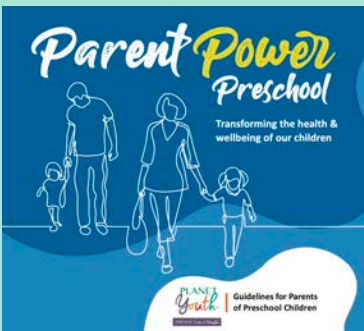


Planet Youth After School Leisure Activities

A lack of options for leisure activities was identified by our young people. A project was designed which provided increased sporting, social & cultural after-school opportunities for young people in their local communities in safe, healthy spaces. This initiative is rolled out by youth service providers. It encourages youth participation, fosters better relationships between current providers and young people, and signposts young people to programmes and supports in the community.

Local Creative Youth Partnership

Opportunities for creative learning was identified as a significant gap by our young people. In response to this, The Cavan & Monaghan Education & Training board has been awarded a “Local Creative Youth Partnership”. This national initiative supports creative, out-of-school activities for the hardest to reach children, with the range of activities open to everything from traditional and visual arts to coding and tech.



Parent Power

The Parent Power Booklet provides guidance on areas such as sleep, bedtime & playtime for early-years educators and parents. This builds on the National Early Childhood Curriculum Framework for children Birth to Six (Aistear). It also covers other key issues that emerge in parenting such as birthday parties, bedtime routines and dealing with exclusion. The project will help build parents confidence and empower them to parent.

Acknowledgments

The Planet Youth model was developed by the **Icelandic Centre for Social Research and Analysis (ICSRA)** at Reykjavik University. It is a collaborative programme and involves a broad range of stakeholders, all of whom have contributed to the development of this project.

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A huge thank you goes to the staff who acted as **survey coordinators** in the schools and Youthreach centres. It was a big undertaking. The survey could not have happened without you. Thanks also to the local **youth support services** who kindly offered additional care to participants if required, namely Youth Work Ireland, MACYSS, Foróige, and ISPC.

A special acknowledgement to Lisa Gavillet, Dr. Niamh Dooley and Professor Mary Cannon for assistance with the layout and design of this report.

Finally, a big thank you to all the principals, staff & pupils of the 25 post-primary schools and Youthreach Centres for facilitating the survey. Without your support and the support of our funders and partners, Planet Youth would not be possible.

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