



The Planet Youth survey: **Monaghan**

What our young people say about
living in Monaghan 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 **Monaghan** 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

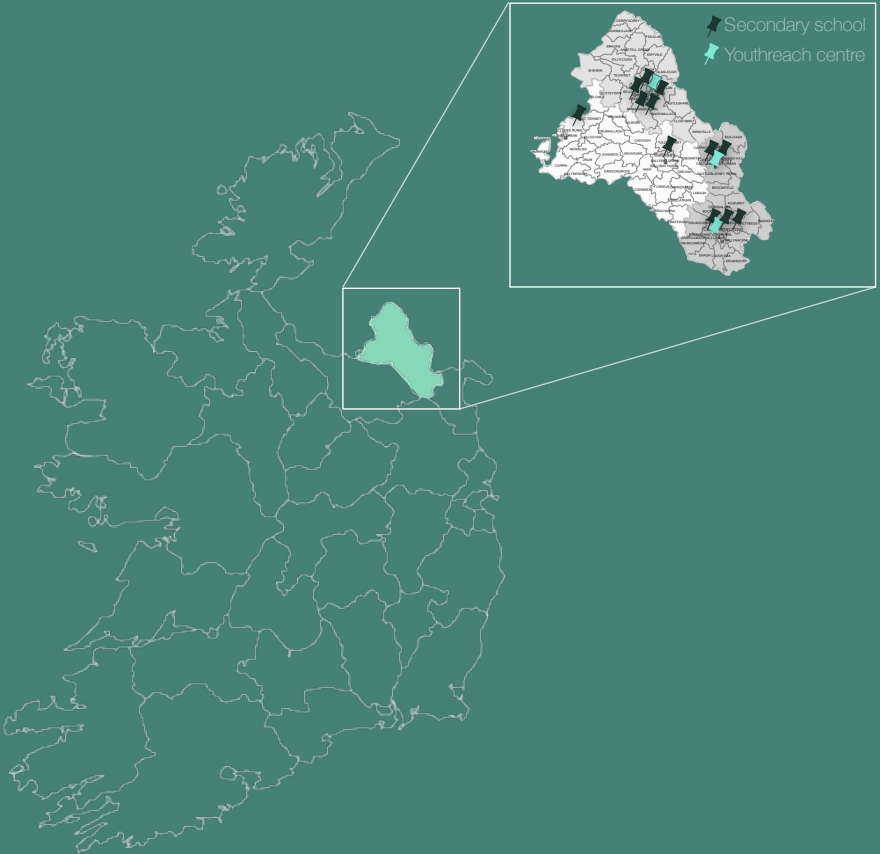
Read more on:
planetyouthpartner.ie



PARTNER *Cavan Monaghan*

Survey Respondents

Planet Youth: Monaghan 2023



**977 young people
aged 15-16**

**49% males
48% females
3% other***

**From 13 secondary
schools & 5
YouthReach centres
across the county**

* Non-binary, transgender or preferred not to say

Executive Summary



- Most young people (75%) said that it's easy to receive **caring & warmth** from their parents
- Most young people (80%) say their **parents know** where they are in the evenings

FAMILY

SCHOOL

- 86% say they have **friends at school** that care about them
- Over half (56%) said they are often **bored** with their studies



- The vast majority (85%) **feel safe** in their neighbourhood
- However, just 41% young people say they want to **live in their area** in the future

COMMUNITY

WELLBEING

- Just 51% report getting 8 hours of **sleep** per night, on average, but 81% report getting 7 hours.
- 18% reported poor **mental health**, which corresponds to 4-5 students in every classroom



- 65% of males and 43% of females play **team sports** outside of school at least once a week
- Over half (54%) 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 7 report **vaping** every day, while 1 in 4 have vaped in the past month
- 40% say they have been **drunk** before
- 10% say they have used **cannabis**



Family

97%

Of parents disapprove of* cannabis use



61%

Of parents disapprove of* drunkenness



75%

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



Time with parents on weekends

72%



Often or always spend time with their parents on weekends

Time with parents on weekdays

66%

Often or always spend time with their parents on weekdays



Parental monitoring

82%



Of parents know where their teenagers are in the evenings



83% 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 (66%) say it's east to receive advice about personal matters from their parents/ carers

School

Females

49%

Are often or always bored with the studies

59%

Think the adults at their school care about them

87%

Have friends at school that care about them

Males

63%

Are often or always bored with the studies

55%

Think the adults at their school care about them

86%

Have friends at school that care about them



77%

Feel safe at school



11%

Want to change schools



5%

Do not get along with their teacher



14% of those surveyed skipped or cut class at least once in the past month



Young people who 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

85%

41%

Want to continue to live in their neighbourhood in the future

31%

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

86%

Say their parents know many of their neighbours by name

68%

Think it is good to live in their neighbourhood/community



68% 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 Monaghan wanting to live in their neighbourhood in the future increased by 8% (33-41%)

Health & Wellbeing

50%

Sleep 8 hours or more on average

78% said their mental health was "good", "very good" or "okay"

66%

Said their physical health was good

1 in 6 YOUNG PEOPLE SAID THEIR MENTAL HEALTH WAS "BAD" OR "VERY BAD"

18%

COMPARED TO JUST 5% WHO SAID THEIR PHYSICAL HEALTH WAS "BAD" OR "VERY BAD"

5%

32%

Reported self-harming at some point in their life

8%

Reported attempting suicide at some point in their life

40%

Felt they could do with help for their mental health issues



83% reported having at least one good friend

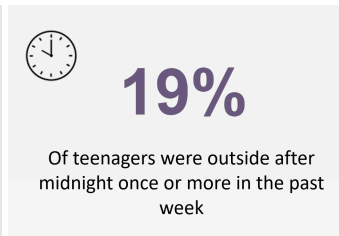
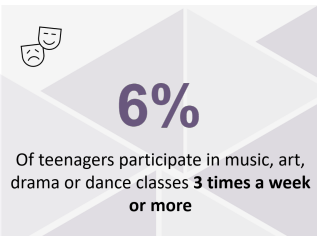
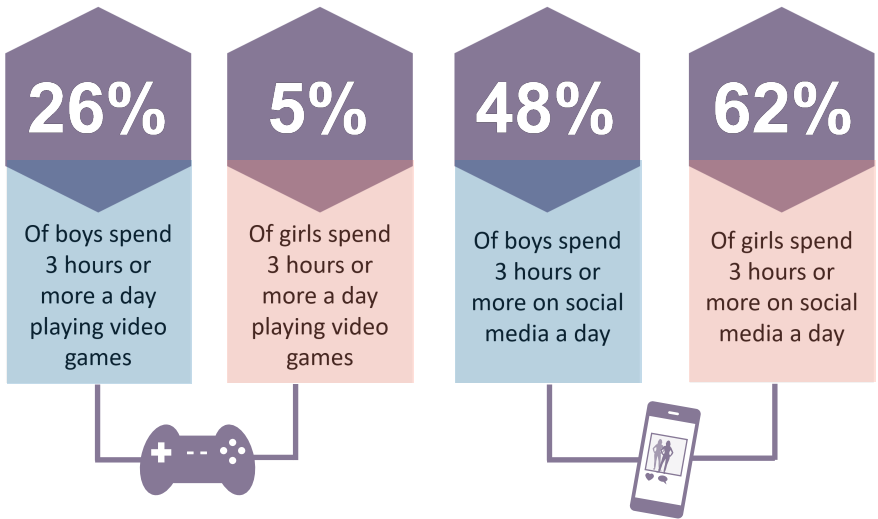


Rates of poor mental health differed by gender. For instance, the proportion self-harming was higher in females (42%) compared to males (21%), and much higher again in those who did not identify with the sex they were assigned at birth (63% e.g. trans, non-binary)



The proportion of young people saying their mental health was "bad" or "very bad" fell from 25% in 2021, to 18% in 2023

Leisure activities



TikTok (80%), Snapchat (79%), and Instagram (73%) are the most commonly used social media apps



32% of young people have been asked to send a sexually explicit or nude image of themselves online



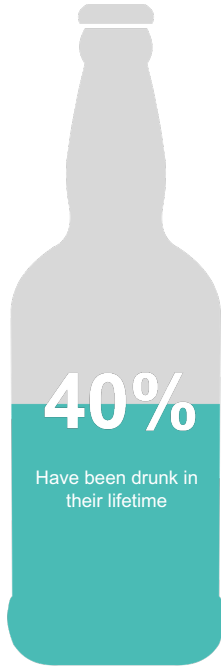
92% said people should get their 1st smartphone at age 12 or later, but 25% got their 1st smartphone before age 12.

Substance Use

31%
Tried alcohol at the
age 13 or younger

15%
Have been drunk
in the last 30 days

22%
Drink alcohol at
their own home



E-cigarettes

24%

Used an e-cigarette in
the last 30 days

13%

Use e-cigarettes
(vape) daily

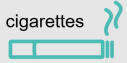
Cigarette Smoking

10%

Smoked cigarettes in
the last 30 days

4%

Smoke cigarettes
daily



Cannabis Use

10%

Have used cannabis
in their lifetime

4%

Used cannabis in the
last 30 days



Almost half of young people (44%) said most of their friends drink alcohol



Most young people are getting their vapes/e-cigarettes from their friends/schoolmates (42%), but many are also buying them from shops (28%)



Of those who have drunk alcohol (77%), most were given it by their parents (47%) but many bought it directly from shops and pubs (36%).

Resources for young people

What's available for young people & their carers?

Monaghan:

ISPCC Childline Therapeutic Support Service, Monaghan: Provides children, young people, and families with therapeutic support in response to difficulties or challenges. YWCA Building, North Road, Monaghan. Contact monaghan@ispcc.ie / 087 712 1996

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

Youth Work Ireland, Cavan & Monaghan: Provides youth activities and supports for young people in the 10-24 age range, information, after schools groups and drop-ins. Search ywim.ie

Teach Na Daoine Family Resource Centre: Provide problem-solving, practical and therapeutic supports to help children and parents addressing any difficulties they are experiencing and to achieve their self-determined goals. Oriel Way, Monaghan. Contact: 047 71398 / info@teachnadaoine.com

Foróige: Supports young people aged 8-25 years old and families through volunteer-led groups and staff-led targeted Youth Projects and services. Peace Campus Monaghan. Contact: angela.curry@foroige.ie / liam.mooney@foroige.ie / siobhan.collins@foroige.ie / amie.mcquillan@foroige.ie.

Foróige Against Bullying: Explores the issue of bullying, and helps support young people develop the skills needed to deal with it. Visit: www.foroige.ie/our-work/foroige-against-bullying

Big Brother Big Sister: 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

Clones Family Resource Centre: Provides individual programmes of family support designed to meet specific needs of parents, children and families. Unit 5, Clones Business Technology Park. Contact: 047 52919 / reception@clonesfrc.ie

Monaghan & Cavan Youth Substance Support (**MACYSS**). Support service for young people who are presenting with alcohol and other drug concerns. Phone 085 744 2857. Or visit alcoholforum.org/macyss for more info.

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

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

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?

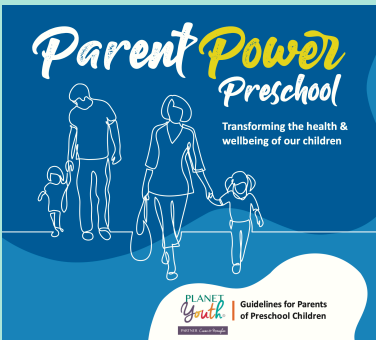


Planet Youth After School Leisure Activities

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.

The Implementation Group would like to acknowledge our **co-funders** in this project; CMETB, CYPSC Cavan, CYPSC Monaghan, Youth Work Ireland Cavan and Monaghan, Cavan County Council, Monaghan County Council, TUSLA, Cavan County Local Development, Monaghan Integrated Development, and the NE-RDATF.

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

Finally, a big thank you to all the principals, staff & pupils of the 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.

Cavan and Monaghan Planet Youth Working Group

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