

The Planet Youth project



Maximising the Impact of the Planet Youth Survey in Schools

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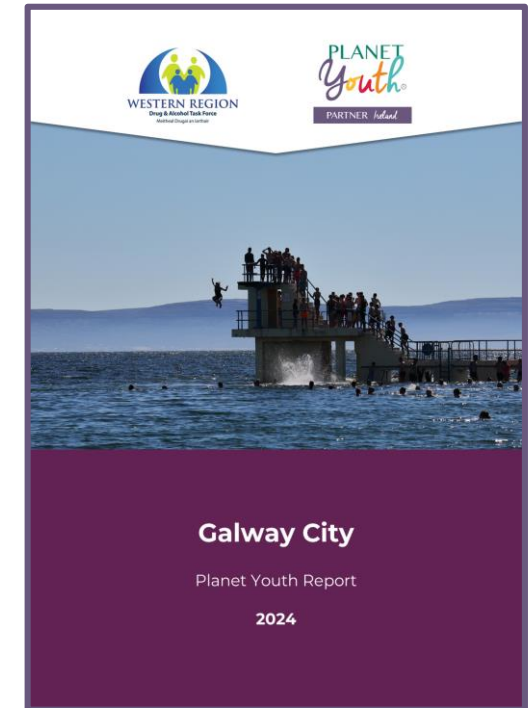
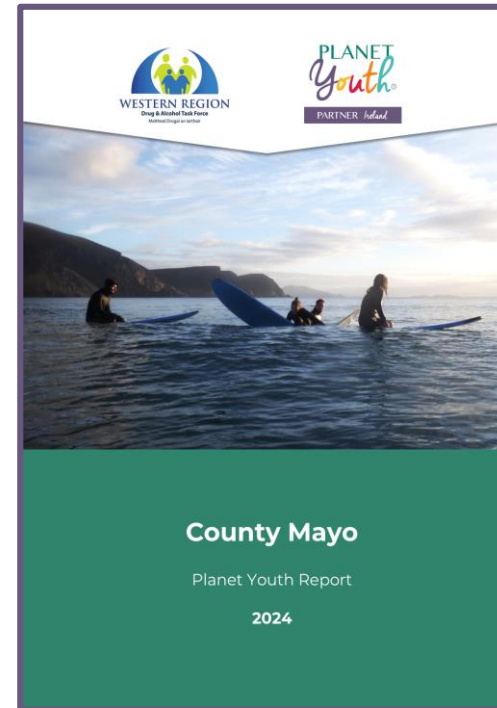
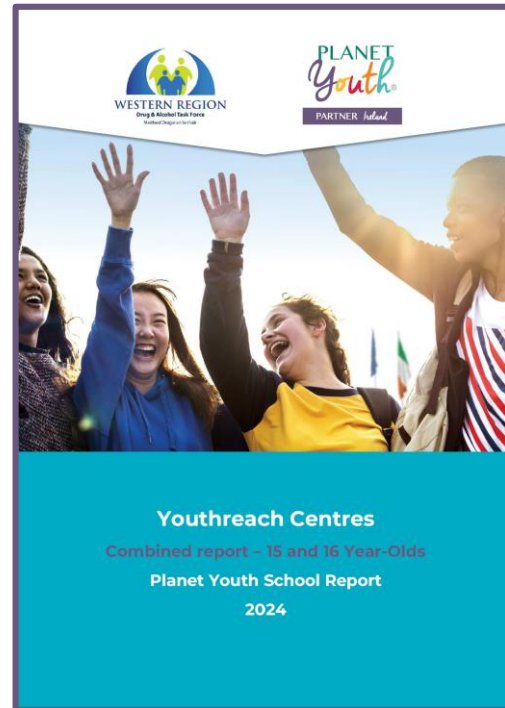
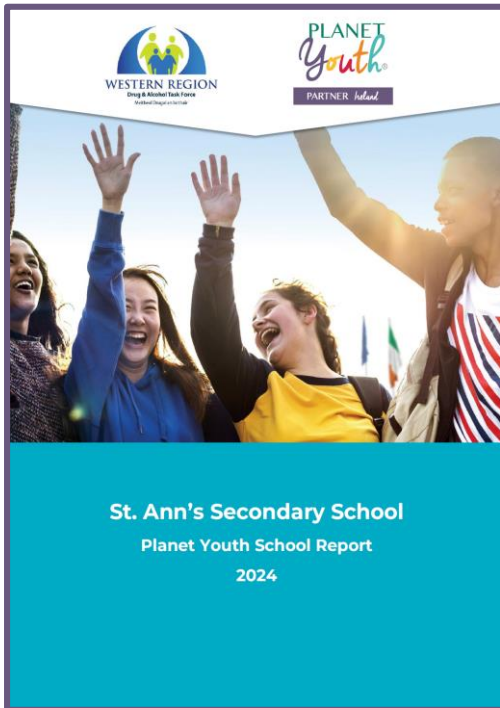
Why use the Planet Youth Survey in education settings?



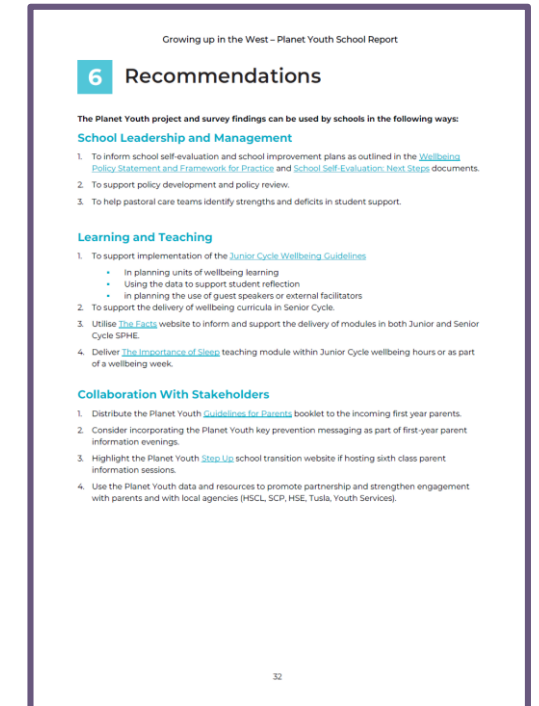
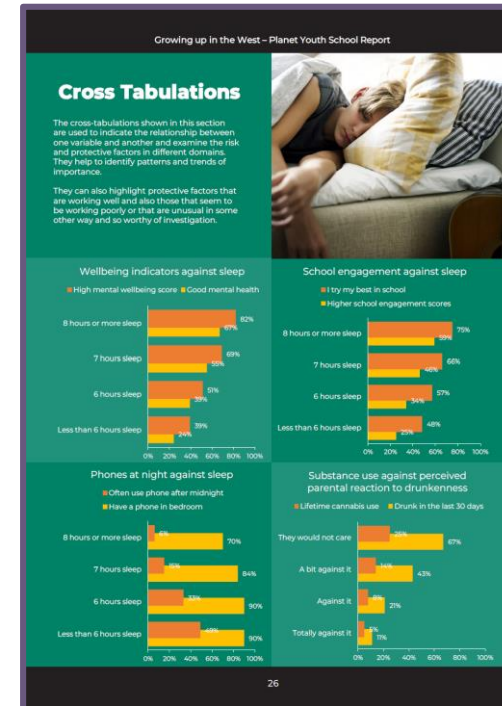
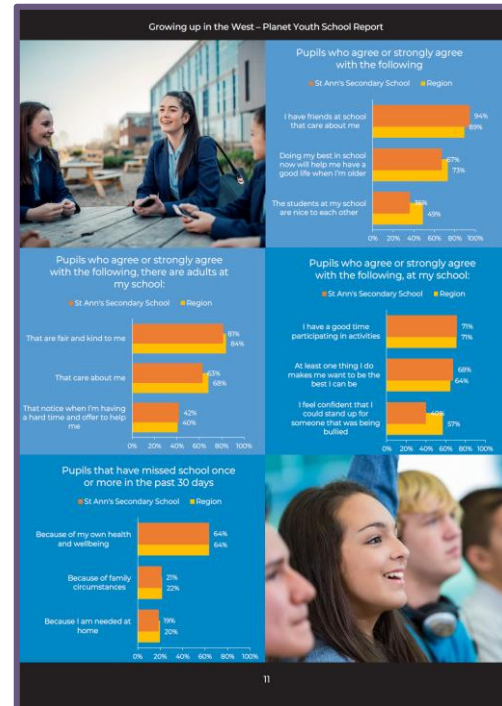
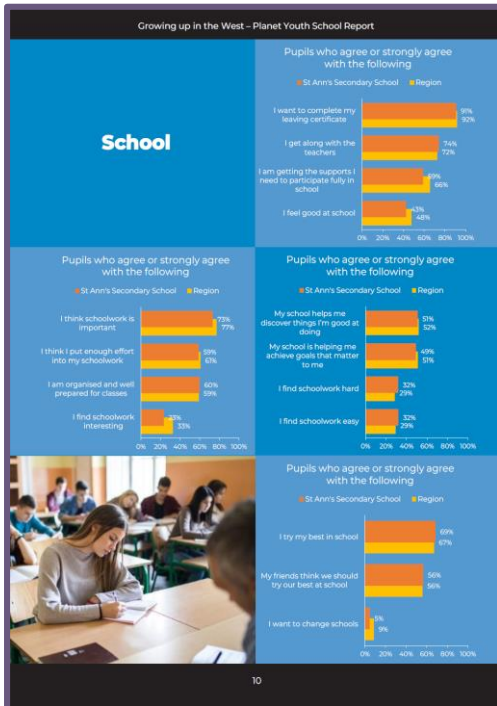
The **Planet Youth Survey** is part of the Irish adaptation of the **Icelandic Prevention Model** and provides:

- **Rich data** on student wellbeing, behaviour, and risk factors.
- **Insights into trends** in sleep, substance use, mental health, smart device usage, school engagement, and many other areas.
- **Practical recommendations** tailored to school communities.
- **Cross-tabulations** that provide further insight.

School and Area Reports



School and Area Reports



SPHE Website - TheFacts

THEFACTS
SPHE - CDE - RSE - PLANET YOUTH SURVEY


HOMEABOUTCONTACT

1Select your
County

2Choose the
Topic

3Learn the
Facts


Select Your County



GALWAY

ROSCOMMON

MAYO



The Facts
This website has been developed for use as a teaching resource. Its purpose is to provide teachers with up-to-date and local information that will help inform discussion in the classroom and support the delivery of modules within the SPHE curriculum.

CD

GALWAY

2,509 Galway students took part

51 Galway schools took part

The survey took place in November 2022

Sleep

Bullying

Cyber Bullying

Screen Time

Substance Use

Friendship

Physical Health

Mental Health

Being Connected

Peer Pressure

Sexting

Sexual Health

Sleep teaching module on TheFacts site

The Importance of Sleep

This teaching module has been developed in response to the findings of the 2020 and 2022 Planet Youth surveys. These surveys have highlighted a very significant issue related to lack of sleep for our teens and the dramatic impact this is having on their wellbeing.

CSPE, PE and SPHE provide the main pillars for building a school's wellbeing programme, yet the topic of sleep is not given a lot of attention within these curricula.

This short module explores the topic and science of sleep, asks the students to reflect on their own sleep practices, and examines some ways they could improve the amount and quality of sleep they are getting.

We hope schools find the module of use and can find room for it as part of their overall wellbeing programme.

Lesson 1: About Sleep

Presentations

[Download the PowerPoint version \(PPTX\)](#)

[Download the PDF version \(PDF\)](#)

Please note: the PDF version of the presentation does not contain slide notes.

Teaching Plan

[Download the Teaching Plan \(PDF\)](#)



How Schools Have Used Planet Youth Reports – cont'd

SPHE & RSE Curriculum Development

- Data informs teaching on substance use, relationships, and digital wellbeing.

Selecting External Speakers & Interventions

- Schools use findings to choose **relevant guest speakers** (e.g., on vaping, mental health).

Focusing on 'One Good Adult' Initiatives

- Encouraging strong **student-adult relationships** in the school community.

Provision Mapping

- Aligning **student support services** based on identified needs.

Schools Subgroup

The Planet Youth **Schools Subgroup** is composed of **school leaders, wellbeing coordinators, guidance counsellors, HSCL, programme coordinators etc from throughout Connacht** working to:

- **Better utilise** Planet Youth school reports.
- Examine both the **content of the data** and the **recommendations** provided.
- Share **best practice** examples of how schools are already using the reports effectively.

Conclusion – Making the most of the Planet Youth Data

The **Schools Subgroup** is committed to:

- Maximising **the impact of the survey** on student wellbeing.
- Using **evidence-based strategies** to drive meaningful change.
- Encouraging a **collaborative approach** across schools.

"Together, with this rich data we can create a healthier, more supportive and more tailored school environment for our students."