

# Parent Power Ballinasloe



# Parent Support Champions



PARENTING  
SUPPORT  
CHAMPIONS  
PROJECT

**TÚSLA**  
An Ghníomhaireacht um  
Leanai agus an Teaghlach  
Child and Family Agency

## Who we are:

People from different agencies around the country who work in a parenting capacity in the community.

We promote parenting, family wellbeing, Tusla's Parenting Support Strategy and Tusla's parenting 24/7 website  
[www.tusla.ie/parenting-24-seven](http://www.tusla.ie/parenting-24-seven)

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## What we do:

Enhance parental participation in their children's care and education.

Enhance parental participation in the planning, delivery and evaluation of services.

Promote the 7 key messages:

- Parent-Child Relationship is key
- Role-modelling
- Buy well - Eat well - Sleep well
- A positive parenting style works
- Child Safety
- Name it, Tame it
- Good Social Networks

# Consultation with Parents in Galway City and County

Presents key  
messages  
from  
questionnaire  
and focus  
groups

## IN THEIR OWN WORDS

FEEDBACK FROM CONSULTATION  
WITH PARENTS ACROSS GALWAY  
CITY AND COUNTY

2019

## WHAT PARENTS SAID, WHAT PARENTS WANT

2019

## Growing up in the West

The lives and  
lifestyles of our  
young people

[VIEW REPORTS](#)

[www.planetyouth.ie](http://www.planetyouth.ie)





# VISION

All young people are active, healthy and happy, connected to their families and communities, and **achieving their full potential.**



The image shows the cover of a document titled 'PLANET YOUTH STRATEGY & IMPLEMENTATION FRAMEWORK'. The cover has a teal and white color scheme. On the right side, there is a photograph of two young women with their arms raised in celebration. The text is arranged on the left side of the cover. At the top right, there are two logos: the 'WESTERN REGION Drug & Alcohol Task Force' logo and the 'PLANET Youth by ICSRA' logo. Below these logos, the title 'PLANET YOUTH' is written in large, bold, white letters. Underneath the title, the subtitle 'STRATEGY & IMPLEMENTATION FRAMEWORK' is written in smaller, bold, white letters. Below the subtitle, the location 'Galway, Mayo & Roscommon' is written in a smaller font. At the bottom, there is a quote by Albert Einstein: "The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking." - Albert Einstein.

**PLANET YOUTH**

**STRATEGY & IMPLEMENTATION FRAMEWORK**

Galway, Mayo & Roscommon

"The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking." - Albert Einstein

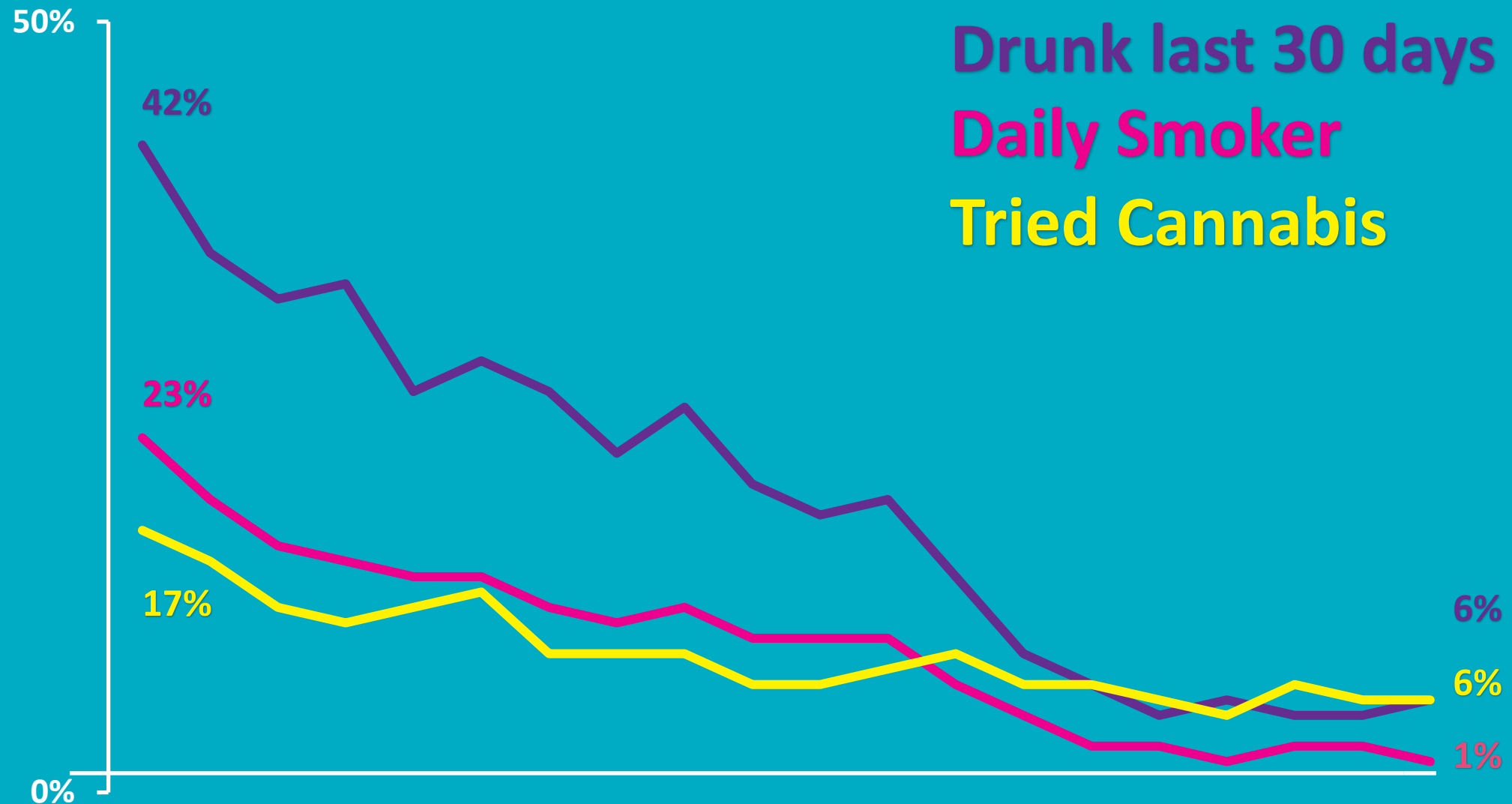
**WESTERN REGION**  
Drug & Alcohol Task Force  
*Méitheal Drugaí an Iarthair*

**PLANET Youth**  
by ICSRA®

**PARTNER Ireland**

# CHANGE THROUGH PRIMARY PREVENTION

SUBSTANCE USE IN ICELANDIC 15-16 YEAR OLDS (1998 - 2019)



# Planet Youth Survey

ENGLISH - IRELAND

## Planet Youth 2018

A survey of the lives and  
living conditions of young people

– Confidential –



ENGLISH - IRELAND

## Planet Youth 2020

A survey of the lives and  
living conditions of young people

– Confidential –



35310001

Please put the questionnaire in the envelope, seal it up and  
leave it on your desk for collection.

All the questionnaires will be destroyed after processing.

Thank you very much for your participation

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# First-year Parents



### GUIDELINES FOR PARENTS

#### BEDTIMES

FIRST YEAR	09:30PM
SECOND YEAR	09:45PM
THIRD YEAR	10:00PM
TRANSITION YEAR	10:15PM
FIFTH YEAR	10:30PM
LEAVING CERT YEAR	10:45PM

It is recommended that teenagers get 8 to 10 hours of undisturbed sleep per night.

#### SCREEN TIME & SOCIAL MEDIA

Overuse of screens and social media is not good for the health and wellbeing of young people.

The suggested guideline is to limit their use to a maximum of 2 hours per day in total. This should be after completion of homework and other activities and screens should be put away at least one hour before bedtime.

No screens in bedrooms after bedtime.

[WWW.PLANETYOUTH.IE](http://WWW.PLANETYOUTH.IE)

### STEPUP TO SECONDARY SCHOOL

ABOUT RESOURCES NEWS CONTACT US

PLANET Youth by KIPA PARTNER school

## Helping students and parents with the move from primary school to secondary school

#### STUDENT AND PARENT TOPICS

- HOW SCHOOL WORKS
- SKILLS FOR SCHOOL
- TOP TIPS FROM OLDER STUDENTS
- YOU, THE STUDENT
- FRIENDSHIP & FEELINGS
- STAYING HEALTHY
- CHALLENGES OF COVID-19
- YOU, THE PARENT

## ABOUT PLANET YOUTH

Planet Youth is an innovative public health project being adopted in counties Roscommon, Mayo and Galway. Its aim is to improve the health and happiness of young people in our communities and assist them in achieving their potential.

The first Planet Youth Survey was conducted amongst 4,480 15-16 year olds in all of the secondary schools in Roscommon, Mayo and Galway during October 2018.

**91%**

Easy to get Caring and Warmth from parents



**53%**

Exercise 3 times a week or more



**17%**

out after midnight



**50%**

getting 8 hours or more sleep



**46%**

Drunk in their Lifetime



**82%**

happy in their lives

**89%**

feel safe in their community

**23%**

report their mental health bad/ very bad



**30%**

Tried alcohol by 13

**26%**

Drunk last month



**18%**

have tried Cannabis



**45%**

have 3hrs or more of social media screen time per day



## FAMILY TIME

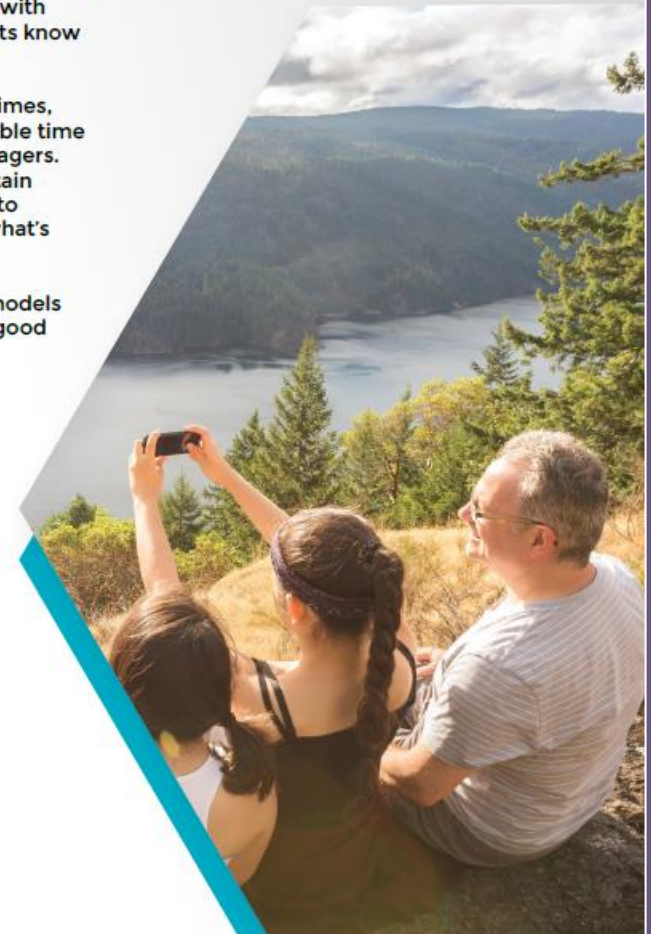
The Planet Youth survey had some really positive findings related to family life and the relationships that our teenagers have with their parents. 91% stated that it's easy to receive caring and warmth from their parents. Teens report spending a lot of time with their parents and 90% stated that their parents know where they are in the evenings.

Having shared interests, regular family mealtimes, family activities and meetings creates enjoyable time and space to chat with and listen to our teenagers. As they get older, it is important to maintain good quality communication with them and to stay connected, interested and engaged in what's happening in their lives.

As parents, we are the most important role models for our teens so it is important that we set a good example with our own behaviours.

**91%**

Easy to get Caring and Warmth from parents





## SCREEN TIME GUIDELINES

The Planet Youth survey showed us that 45% of our young people are spending 3 hours a day or more on social media. We know that too much screen time impacts upon homework and hobbies and can be detrimental to good mental health. Screen use should be kept to a maximum of 2 hours per day after homework and other activities are completed.

Screens should be off at least one hour before bed and kept out of bedrooms after bedtime.

If you can have these guidelines in place from first year they will become increasingly important as your child gets older. Talk to your child about their online life and be a good role model with your own screen use.

# 45%

have 3hrs or more of social media screen time per day



## BEDTIME GUIDELINES

The Planet Youth survey showed us that half of our young people are not getting enough sleep. The suggested guidelines for bedtime are:

FIRST YEAR	09:30PM
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SECOND YEAR	09:45PM
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THIRD YEAR	10:00PM
------------	---------

TRANSITION YEAR	10:15PM
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FIFTH YEAR	10:30PM
------------	---------

LEAVING CERT YEAR	10:45PM
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Sleep is just as important to your child's development and well-being as nutrition and physical activity. It is recommended that teenagers get a minimum 8 to 10 hours of undisturbed sleep per night. For example; a first year that has to get up at 07.30am should be asleep by 09.30pm in order to get their 10 hours of sleep.





## INTERESTS, HOBBIES & SPORTS

It is important that young people are encouraged to keep engaging in quality supervised, structured activities that interest them as they get older.

Physical activity is important for good health and wellbeing but not every child is interested in sports. Other hobbies and interests that provide opportunities to get involved in their community outside of school allow our children to further develop their social skills and build emotional resilience.

Good quality supervised and structured activities are also a known protective factor against substance use and anti-social behaviour.

53%

Exercise  
3 times a  
week or  
more



26%

Drunk in  
the last  
month



46%

Drunk  
in their  
Lifetime



## ALCOHOL

The Planet Youth survey also showed us that 30% of our children have tried alcohol by thirteen.

As your child gets older, they will become more and more curious about alcohol as well as other drugs. The evidence is clear that the best thing we can do as parents is to defer any alcohol use for as long as possible. Use of alcohol at a young age can impair brain development and will increase the chances of developing a dependency later in life.

Nearly a third of the teenagers reported that they were doing their drinking at a friend's house.

By agreeing, as parents collectively, to not give any alcohol to other children in our homes we can make a positive difference to the long-term health and wellbeing of our young people.

# First-class Parents

## Parent Power Ballinasloe

- **Parents working together**
- **Agreeing on common themes and goals**
- **Will help prevent problems ever arising**


**Six more years of national school**  
**Six additional years of secondary school**  
**Area-based networks**



# Home and School - Iceland

**1-4 CLASS  
6-9 YEARS OLD**


## PARENT'S AGREEMENT






1. AGREE COMMON BEDTIMES AND BE ATTENTIVE OF YOUR CHILD'S SLEEP REQUIREMENTS.
2. GET INVOLVED IN YOUR CHILD'S SCHOOLWORK, LEISURE ACTIVITIES AND SPORTS.
3. TALK TO YOUR CHILD ABOUT THEIR SCHOOLDAY AND THEIR SCHOOLWORK. PROVIDE SUPPORT AND A GOOD ENVIRONMENT FOR ATTENDING TO HOMEWORK.
4. BE AWARE OF BULLYING, INFORMING SCHOOL AND/OR PARENTS IF THERE IS SUSPICION THAT A CHILD IS A VICTIM OR PERPETRATOR OF BULLYING.
5. GET TO KNOW YOUR CHILD'S FRIENDS AND CLASSMATES AND THEIR PARENTS.
6. BUILD YOUR CHILD'S CONFIDENCE AND TEACH THEM TO RESPECT OTHER CHILDREN AND SCHOOL STAFF.
7. ENCOURAGE A HEALTHY CLASS ENVIRONMENT BY TAKING PART IN SCHOOL AND CLASS ACTIVITIES AND ENSURING EQUALITY IN INVITES TO BIRTHDAY PARTIES.
8. MAKE SURE THAT ALL CHILDREN ONLY HAVE ACCESS TO MOVIES, VIDEO GAMES AND ONLINE MATERIALS AT HOME THAT SUIT THEIR AGE AND DEVELOPMENT.
9. EDUCATE YOUR CHILD ON THE USE OF SMART DEVICES, COMPUTERS AND THE INTERNET, AGREE SPECIFIC AGES AND RULES FOR USE.
10. WORK TOGETHER AND WITH THE SCHOOL WHEN ANY DISCIPLINE ISSUES ARISE.
11. INSTILL EMPATHY AND OPEN-MINDEDNESS INTO YOUR CHILD AND TEACH THEM TO BE RESPECTFUL OF OTHER PEOPLE'S CULTURE.
12. OTHER...

WE THE PARENTS OF THE CHILDREN IN \_\_\_\_\_ CLASS/GROUP \_\_\_\_\_ (SCHOOL)  
AGREE TO BE INVOLVED IN THE EDUCATION OF OUR CHILDREN AND TO RESPECT THE ABOVE STANDARDS

PARENTS AND GUARDIANS SIGNATURES

 **Helmili og skóli**  
Landsesmiðkennsla

- Bedtimes
- Screen rules and ages
- Internet safety
- Supporting each other
- Getting to know each other
- Supporting the school
- Helping with homework
- Setting aside time
- Birthday parties
- Age appropriate gaming
- Bullying
- Other...



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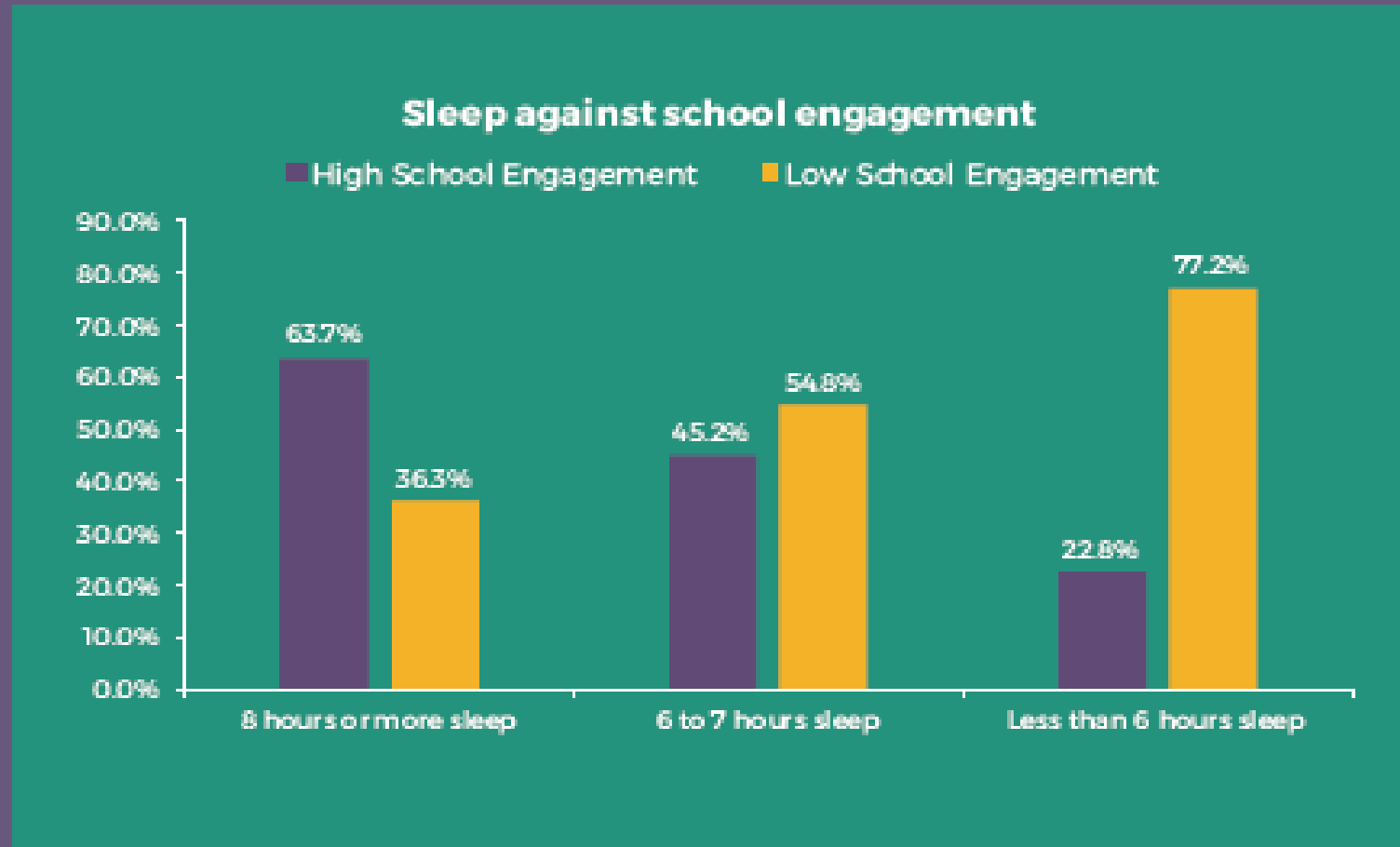
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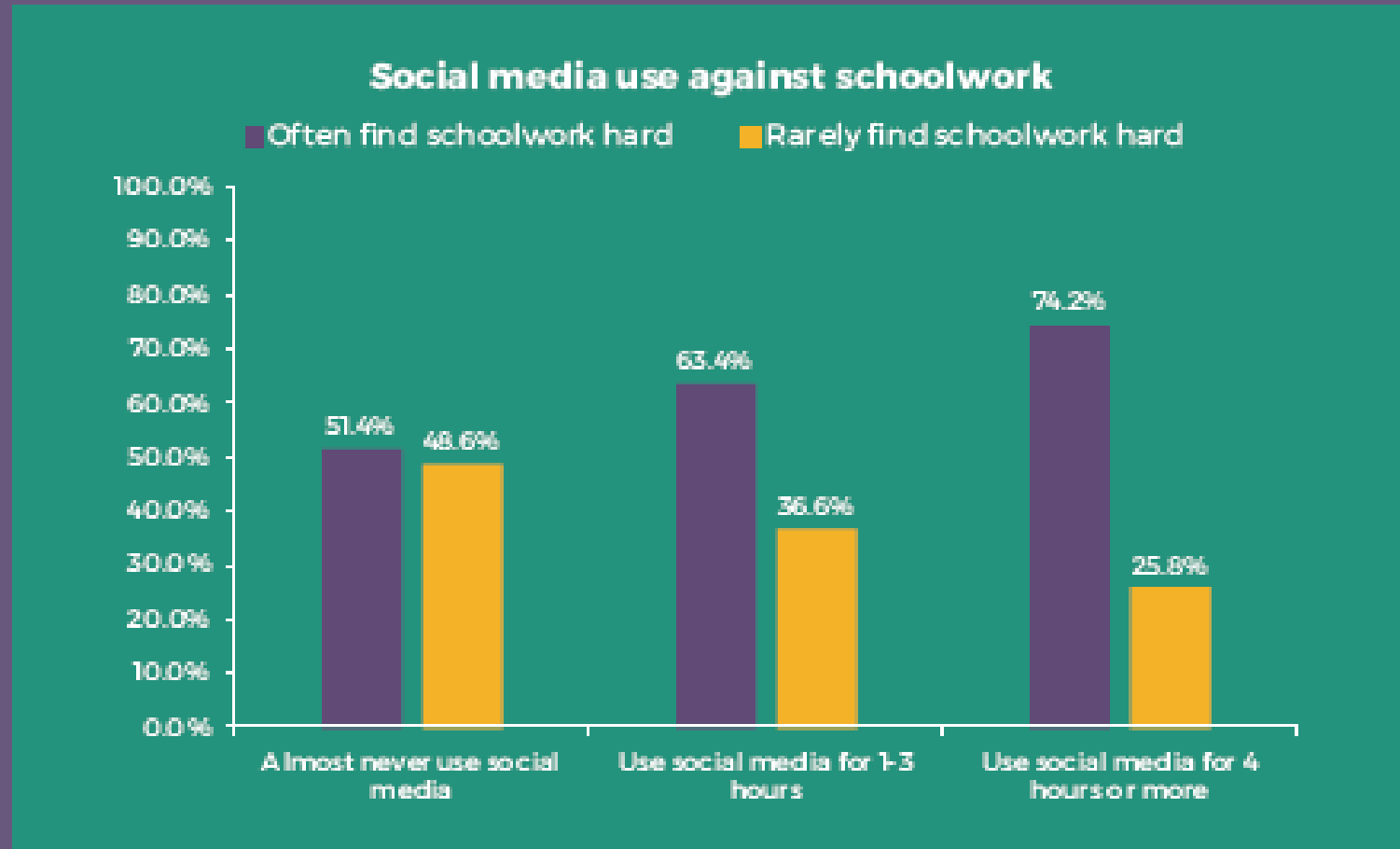
# Planet Youth Survey - issues



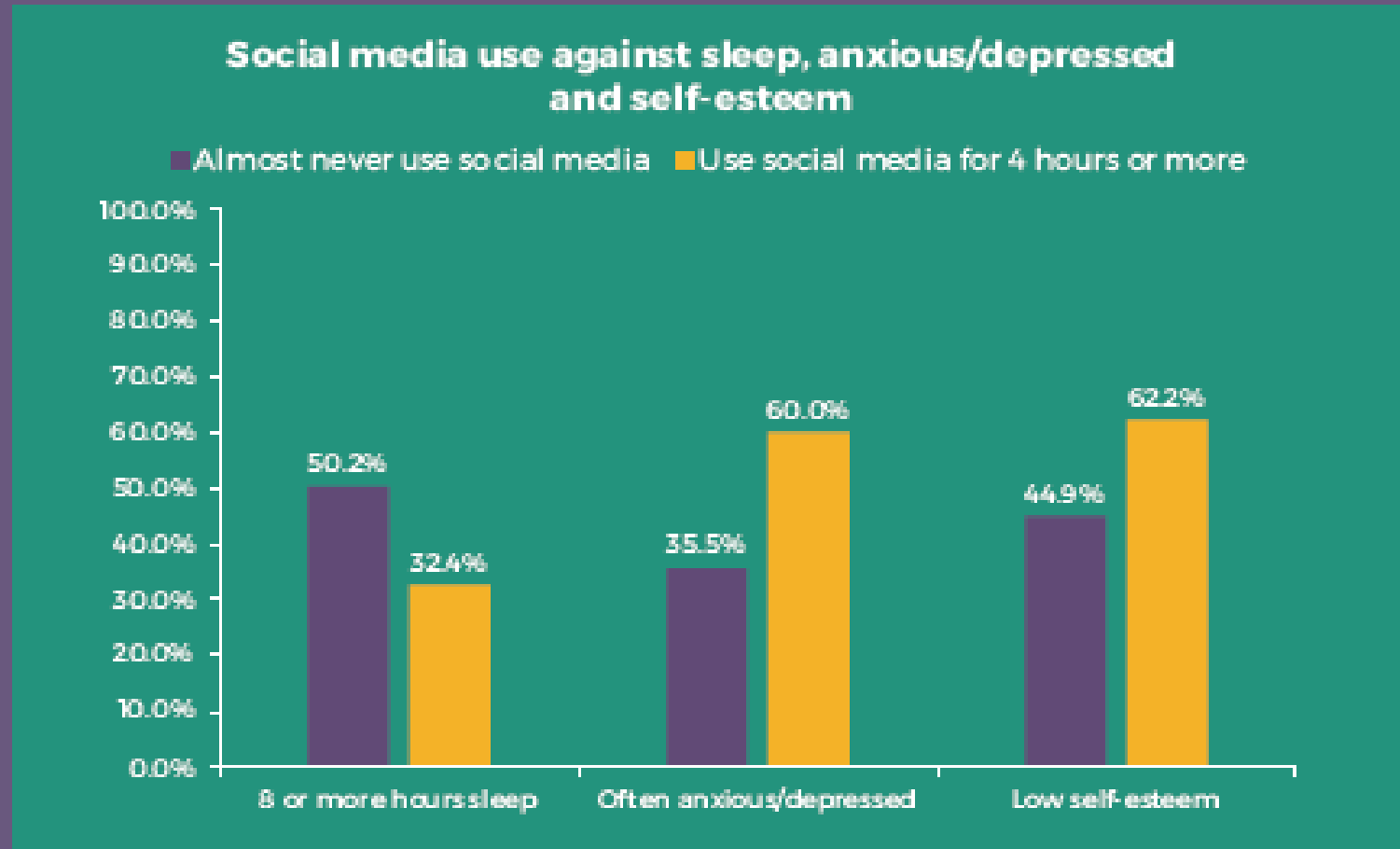
# Planet Youth Survey - issues



# Planet Youth Survey - issues



# Planet Youth Survey - issues



# First-Class Parents

## Parent Power Ballinasloe

### Today's Workshop

20 minute discussion in facilitated groups. Two questions:

1. What do you think of what you just saw? The information on sleep and screen time and so on.
2. When we come back together in September, what are the top five things you think we should be looking at?



First-Class Parents

# Parent Power Ballinasloe

Break into discussion groups

# First-Class Parents

## Parent Power Ballinasloe

- Three sessions during your first-class year. One each term.
- First one will be in September to move the project along and discuss some materials. Materials that you decide upon.
- The second two sessions will be based on your ideas and what you would like to see.
- We'll decide together after that – based on feedback.

## Growing up in the West

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lifestyles of our  
young people

[VIEW REPORTS](#)

info@planetyouth.ie

