

PLANET YOUTH - WORKING WITH COMMUNITIES TO REDUCE RISK TAKING BEHAVIOUR IN CHILDREN AND ADOLESCENTS



The Planet Youth health improvement model is designed to provide community stakeholders with up to date, local data that can help influence the creation of social environments where all young people can feel safe, nurtured and have equal opportunities to make good health choices. It focusses on the 4 key domains of family, peer group, leisure time and school.



Data obtained via the Planet Youth surveys is used to create detailed community reports that are shared with the school guidance team to inform PSE lessons and then shared with a Community Action group who use it to create a local action plan

1

To reduce substance use in young people

Drugs and Alcohol priority - Moving on.

2

To improve mental health and build resilience in young people

Health and Wellbeing priority - Moving on

3

STOP BULLYING

To reduce bullying/ build healthier relationships

Child Protection priority - Moving on

4

To improve access to activities

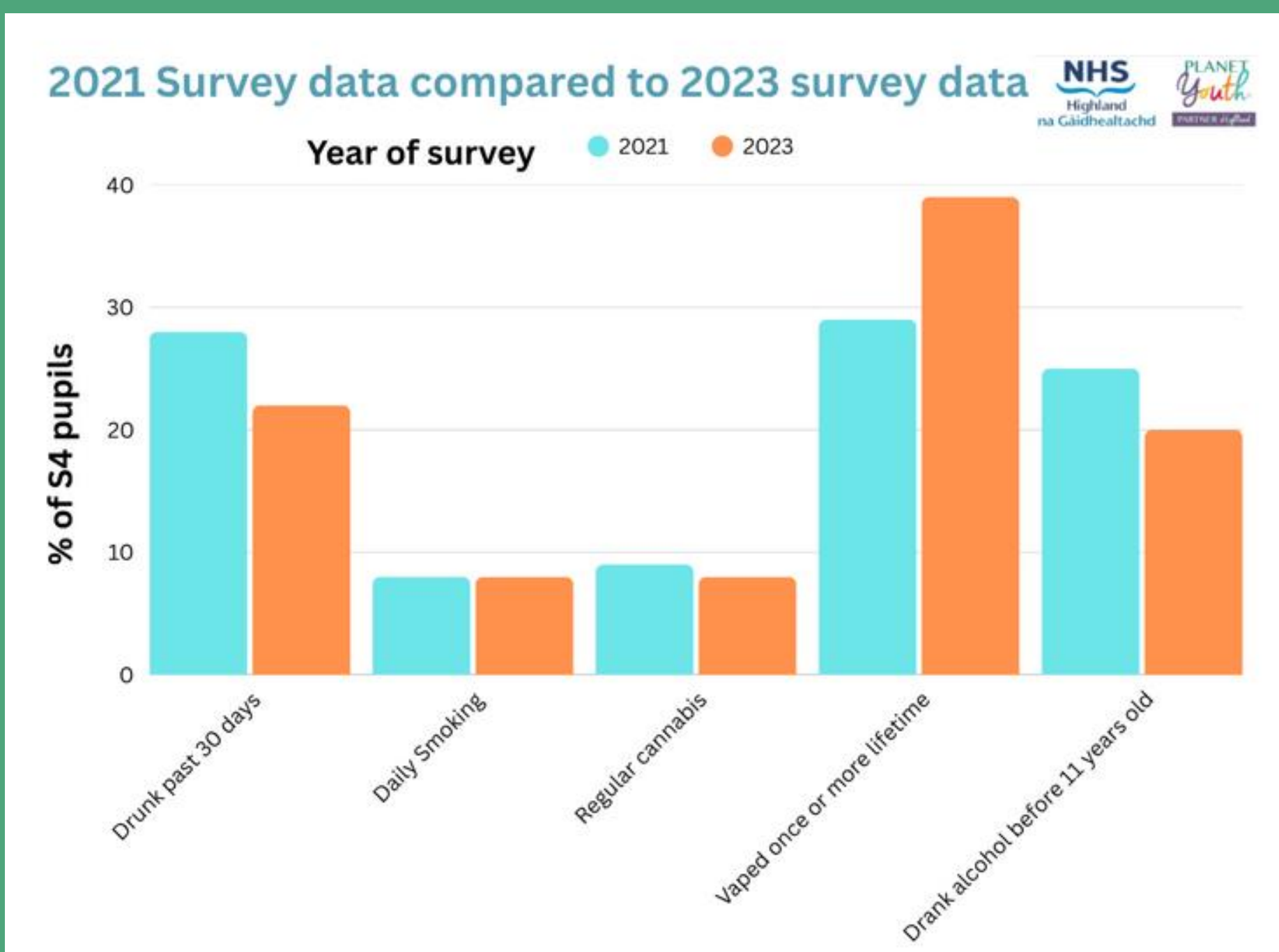
Health and Wellbeing priority - Moving on

5

To improve communication and partnership working within communities

Rights and participation priority - Moving on

Data allows us to review the % of young people taking part in a range of risk-taking behaviours including substance use and if these numbers are rising or falling.



Following a 2 year pilot, this year Planet Youth is now extending to work with 13 Secondary schools and their associated schools' group.

- Tain Royal Academy

Dornoch Academy

Golspie High School

Invergordon Academy

Alness Academy

Dingwall Academy

Lochaber High School
- Thurso High School

Wick High School

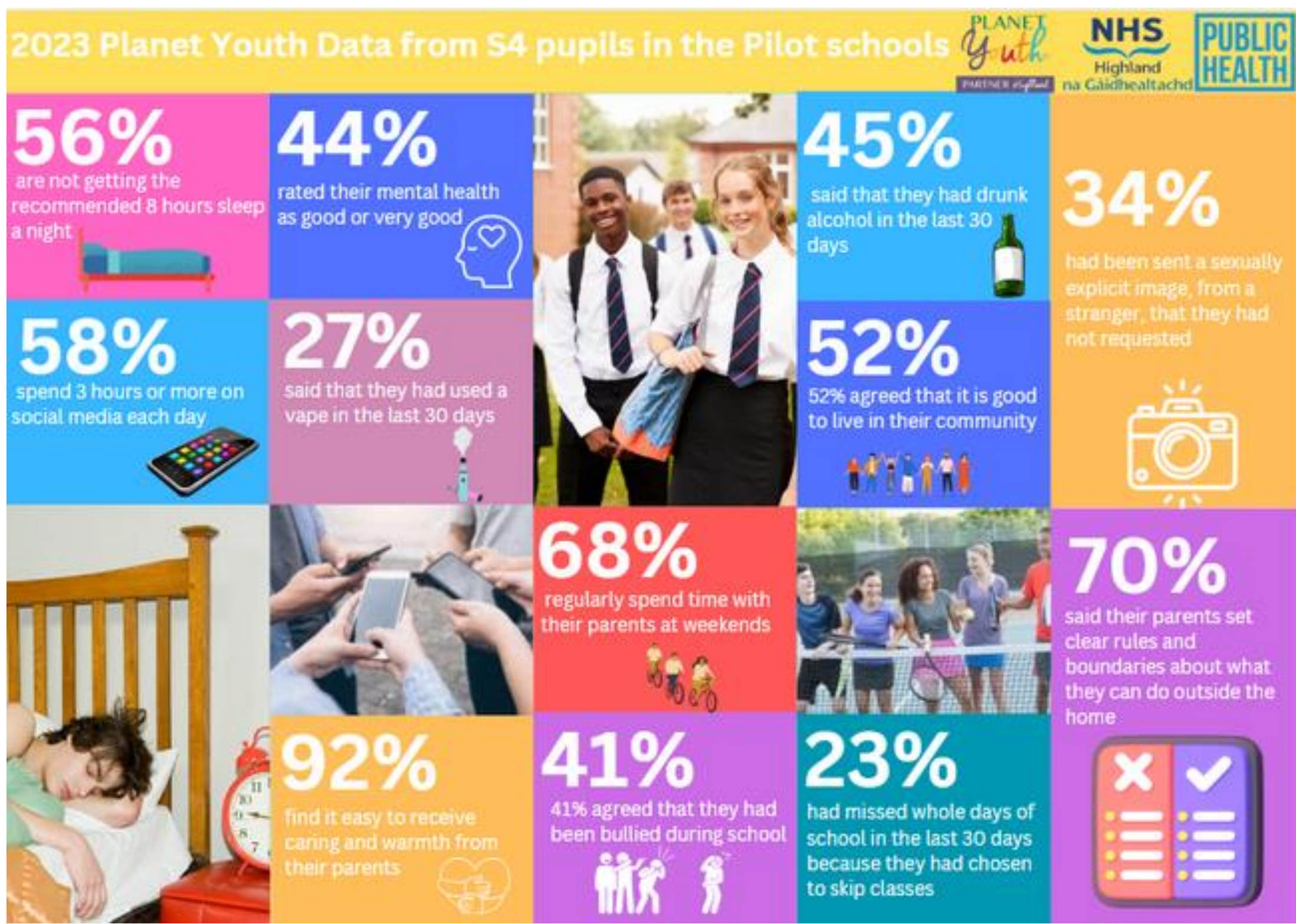
Nairn Academy

Culloden Academy

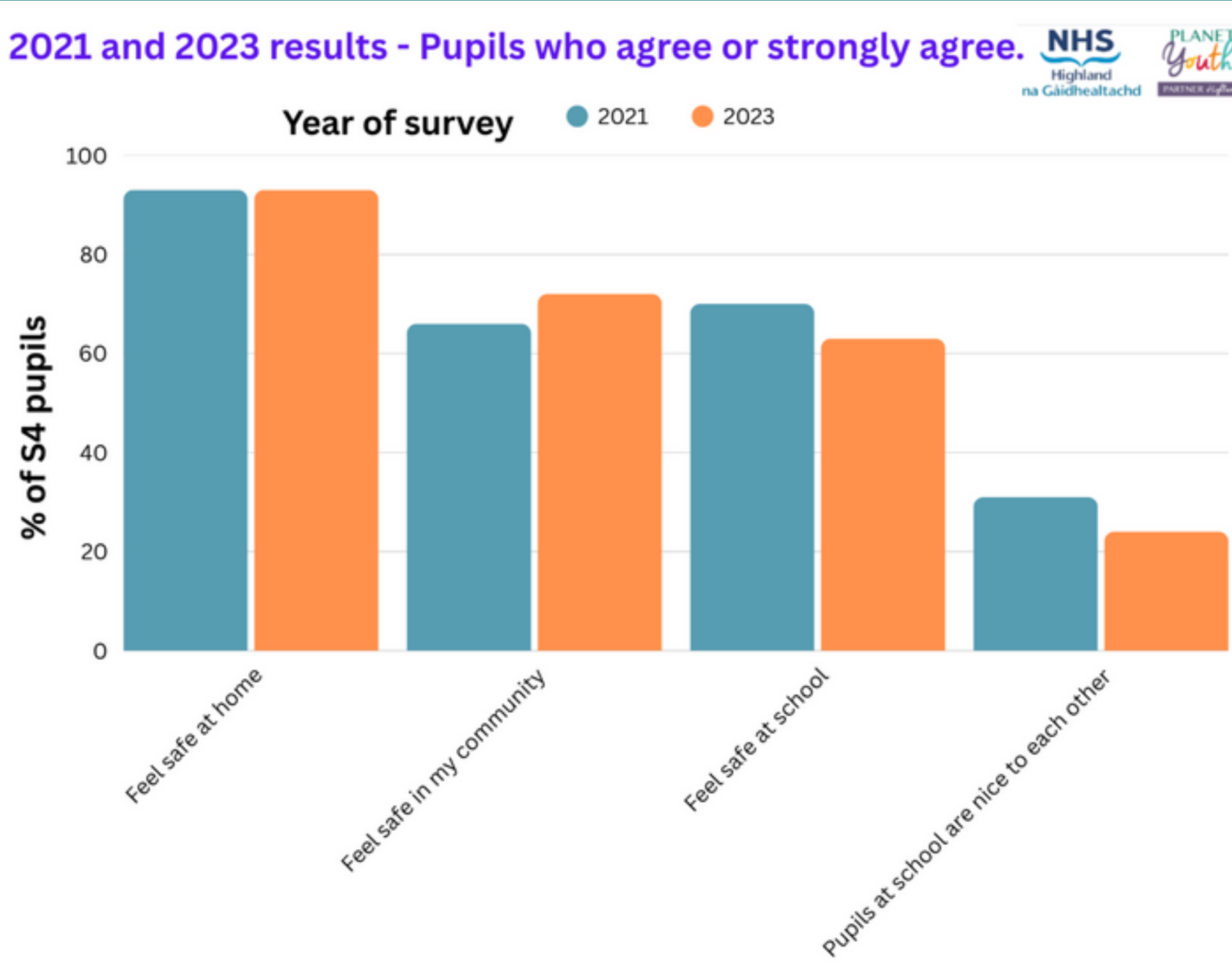
Inverness High School

Plockton High School

Data from the 2023 Planet Youth surveys (Highland wide)



Pupils rated their feelings of safety in the home, the community and in school



School was the one area where this % had decreased – possibly due to the final graph showing ratings around pupils being nice to one another in school

We focus on working with communities to increase protective factors and reduce risk factors.

STRENGTHEN

PROTECTIVE FACTORS

- Positive relationships with peers and trusted adults
- Parental monitoring and support
- Setting clear boundaries and rules
- Engagement in healthy recreational activities
- Feeling safe and engaged with school
- Opportunities to experience success and achievement
- Adequate sleep
- Safe and supportive community
- Sense of belonging and self-worth
- Delaying use of any substances
- Good role models
- Social Media age restrictions - and monitoring/ limiting usage

REDUCE

RISK FACTORS

- Bullying and toxic relationships
- Family Conflict
- Peers involved in risk taking behaviours
- Early substance use (vapes, alcohol, tobacco or drugs)
- Parental substance use
- Lack of boundaries or rules around risk taking behaviours and substance use
- Sensation seeking
- Low mental health
- Lack of opportunities to realise what they are capable of
- Unlimited access to smartphones/ Social Media

Parents and carers are key partners in this approach and we will be launching the **Speakeasy Programme** later in 2025, with some 'taster sessions' on offer already.

