

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

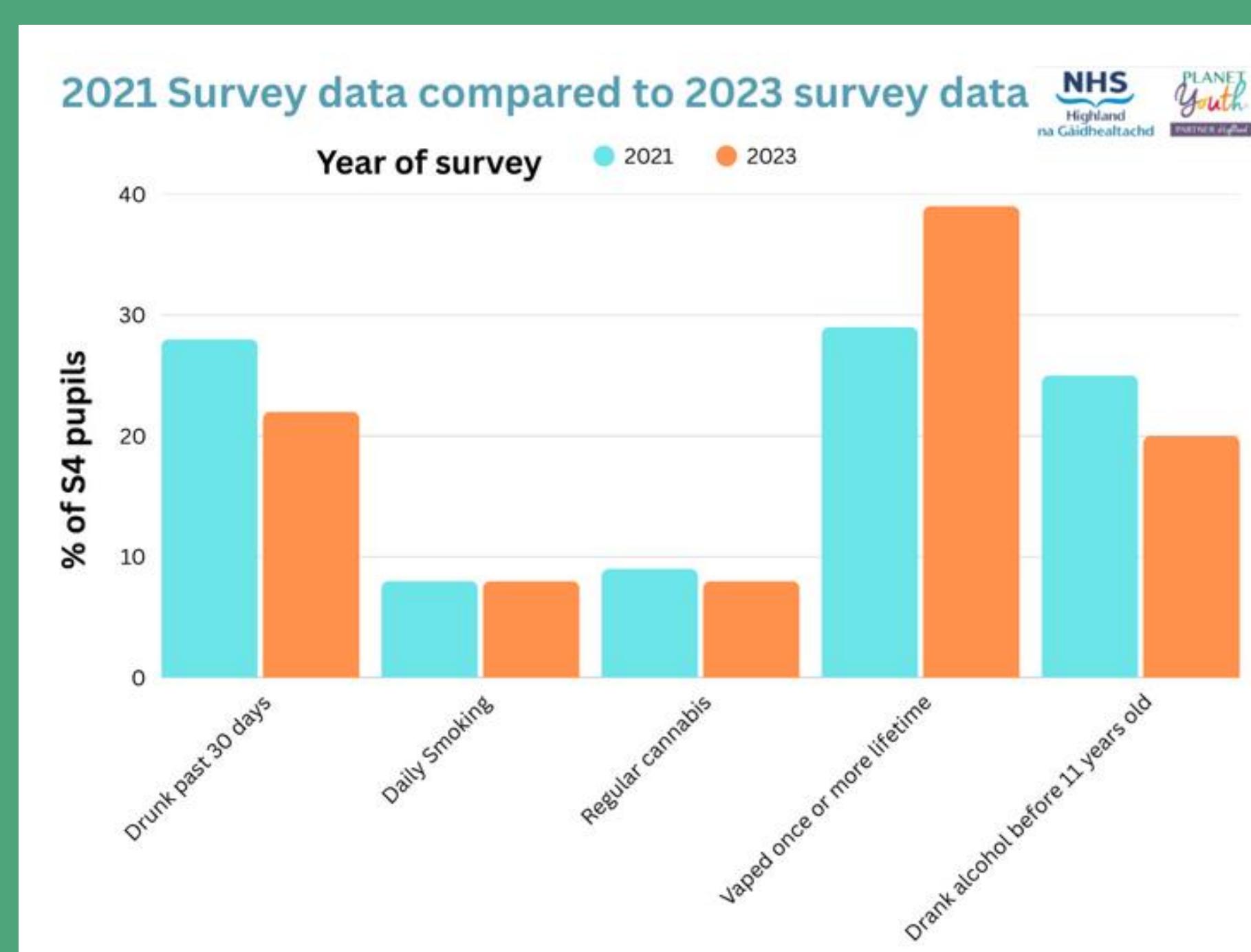
The Planet Youth health improvement model is designed to provide community stakeholders with up to date, local data that can help influence the creation of social environments where all young people can feel safe, nurtured and have equal opportunities to make good health choices. It focusses on the 4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



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.

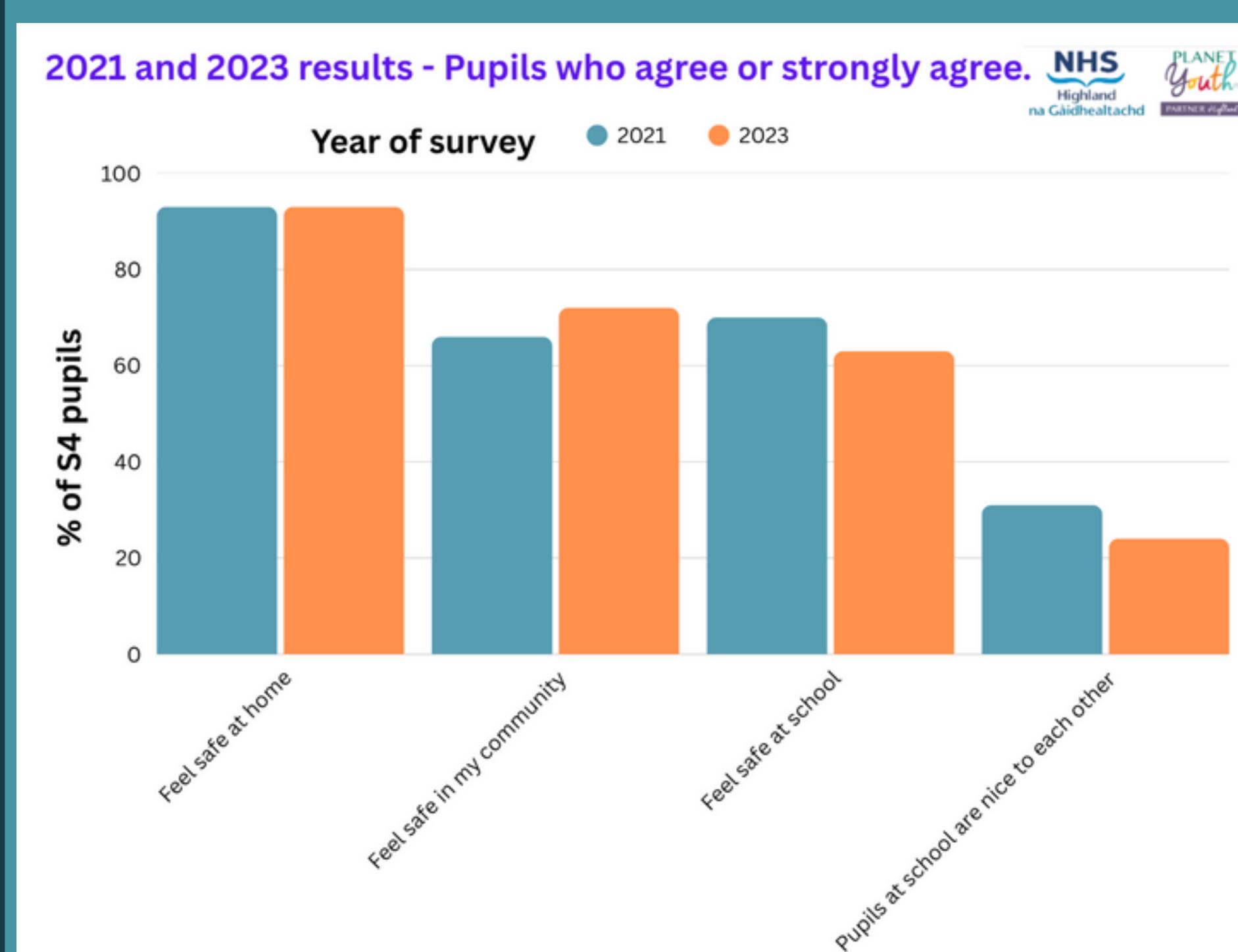
Tain Royal Academy
Dornoch Academy
Golspie High School
Invergordon Academy
Alness Academy
Dingwall Academy
Lochaber High School

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.



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.

