



**GUIDELINES  
FOR PARENTS**

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PLANET  
*Youth*

# ABOUT PLANET YOUTH

Planet Youth is an evidence-based public health project being trialled in two Limestone Coast Council areas, City of Mount Gambier and District Council of Grant. 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 year 10 students in 4 high schools in both Council areas during November 2019.

**46%**

Sleep on average 7 hours or less a night



**53%**

Spend 3 hours or more each day on social media



**19%**

are out after midnight once or more each week

**29%**

drunk in their lifetime

**77%**

are happy

**75%**

exert themselves physically 3x week or more



**16%**

used e-cigarettes once or more in their lifetime

**87%**

easy to get caring and warmth from parents



**29%**

tried alcohol by 13

**79%**

intend on completing year 12



**23%**

drink alcohol at home

**27%**

drink alcohol at the home of others

# FAMILY TIME

The Planet Youth survey had some really positive findings relating to family life and the relationships that our teenagers have with their parents. 67% reported spending time with their parents often or always on working days and weekends and 95% 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.

## 87%

Easy to get  
Caring and  
Warmth from  
parents



# SCREEN TIME GUIDELINES

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The Planet Youth survey showed us that 53% of young people are spending 3 hours a day or more on social media. We know that too much screen time impacts on sleep, homework and hobbies and can be detrimental to good mental health. Screen time 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 High School, 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.

# 53%

Have 3 hours or more of social media screen time per day





# GO TO SLEEP GUIDELINES

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The Planet Youth survey showed that about half of our young people are not getting enough sleep.

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 of 9-11 hours of undisturbed sleep per night.

For example, a year 7 that gets out of bed at 7:00am should be asleep by 9:00pm in order to get their 10 hours of sleep.

Visit [www.sleephealthfoundation.org.au](http://www.sleephealthfoundation.org.au)

The suggested guidelines for sleep times are:

**YEAR 7**                      **09:00<sub>PM</sub>**

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**YEAR 8**                      **09:30<sub>PM</sub>**

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**YEAR 9**                      **09:45<sub>PM</sub>**

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**YEAR 10**                    **10:00<sub>PM</sub>**

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**YEAR 11**                   **10:15<sub>PM</sub>**

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**YEAR 12**                   **10:45<sub>PM</sub>**





## INTERESTS, HOBBIES & SPORT

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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.

**30%**

girls exert themselves physically 3x week or more



**45%**

boys exert themselves physically 3x week or more



# ALCOHOL

The Planet Youth survey showed us that **29% of our children have tried alcohol by the time they turn 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 delay and defer any alcohol use for as long as possible. Use of alcohol during adolescence can impair brain development and will increase the chances of developing a dependence later in life.

Nearly a third of young people reported that they drink alcohol at the home of others, and 23% stated they drink alcohol at home. **There is no evidence to support the view that parental supply of alcohol protects our children from adverse drinking outcomes.**

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

**11%**

drunk in the  
last month



**29%**

drunk in  
their lifetime



# E-CIGARETTES

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The use of e-cigarettes is unsafe. Most e-cigarettes contain nicotine, and nicotine is a highly addictive substance. While it can take decades for health effects of tobacco smoking to become apparent, vaping can have more immediate harmful effects to the respiratory system.

Using nicotine in adolescence can also affect the parts of the brain that regulate attention, learning, mood, and impulse control. Using a substance in adolescence also increases the risk of future addiction to other drugs.

Talk to your young people about why vaping is harmful.

For more information on Planet Youth contact:

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For more information on parenting all ages [raisingchildren.net.au](http://raisingchildren.net.au)

# 16%

used e-cigarettes  
once or more in  
their lifetime

