

# WHAT IS THE DRINKING CULTURE AT YOUR CLUB?



What is Planet Youth? Planet Youth is a ground-breaking evidence based model, developed in Iceland, designed to reduce the risk factors and increase the protective factors associated with alcohol and drug use in our young people.

The Planet Youth team surveyed local Year 10 students, and this is what we found.

**FACT: 56% of year 10's who participate with a club or team three times a week or more had been drunk in the last 30 days.**

## Leisure activities – Key Findings



48%

Of teenagers exert themselves physically 3 times a week or more



50%

Of teenagers participate in organised leisure activities twice a week or more\*



47%

Of boys play sport with a club or team three times a week or more



28%

Of girls play sport with a club or team three times a week or more



\*New question for 2021



## As a parent, what can you do? Take action by:

- Make a commitment to not allowing teenage children to drink alcohol. Anywhere.
- Being a collective voice for communicating about the importance of not allowing your children or their friends drink alcohol. Anywhere. Anytime.



For more information about Planet Youth in the Limestone Coast – [www.smlc.org.au](http://www.smlc.org.au)



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