



Mount Gambier and District Council of Grant Councils

Planet Youth is an international evidence-based primary prevention model, developed by the Icelandic Centre for Social Research and Analysis (ICSRA) at Reykjavik University. The model uses a whole population approach and offers the opportunity to improve health and life outcomes for young people in many areas.

It works by directly targeting the risk and protective factors that determine their substance use behaviours and enhancing the social environment they are growing up in, by targeting 4 domains that are critical to a child's environment.

Read more about the Planet Youth program via their website – www.planetyouth.org

In 2019, City of Mount Gambier and District Council of Grant region was one of five Australian sites selected for the Planet Youth trial by the Alcohol and Drug Foundation, with the program coordinated by local drug action team Substance Misuse Limestone Coast (SMLC).

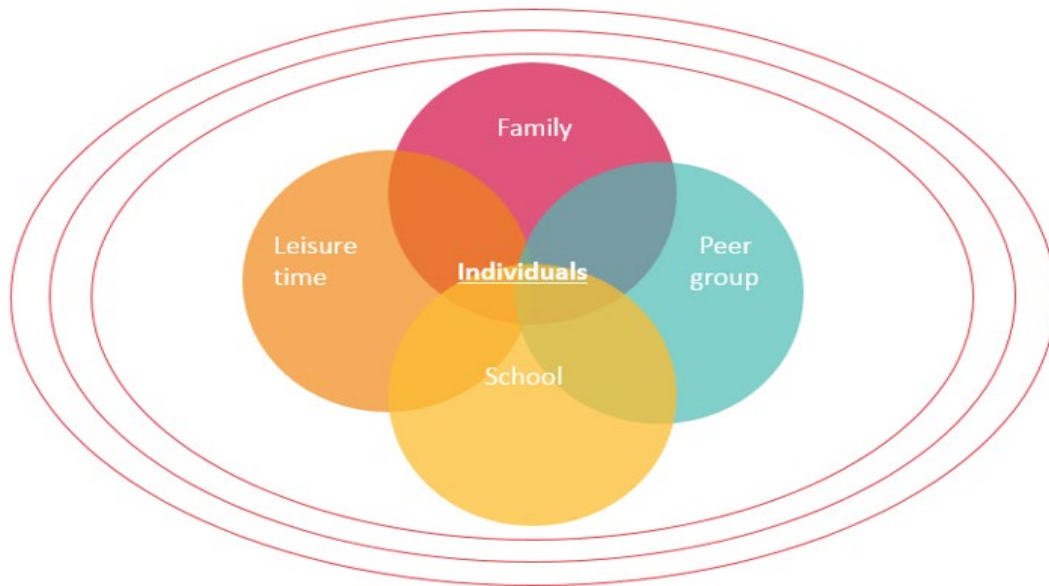
The global early intervention model in 2021 expanded to include a further 8 secondary schools with 470 Limestone Coast students participating in the Term 3 survey.

Year 10 Students from four schools in the Grant and Mount Gambier council areas participated in the first Planet Youth survey, which asked questions around substance use, mental health, physical health, family and school experience and social media and gaming habits. This year, students were also asked about the impact of Covid-19 on their schooling and general health.

Domains of Intervention: The Planet Youth model uses a whole of population approach and offers the opportunity to improve health and life outcomes for local young people. Funded by the Federal Department of Health and Wellbeing SA, it works by directly targeting the risk and protective factors in each of these 4 domains, aiming to enhance the social environment they are growing up in.

Recent evidence in child and adolescent health research suggests that building a strong community around children is the healthiest and most cost-effective way to promote their well-being for the future. However, such a task takes time, effort, and the mutual commitment of key stakeholders in focusing attention on four major domains of the environment surrounding children and adolescents.

PLANET YOUTH DOMAINS IN AUSTRALIA



Substance Use -Key Findings

Alcohol Onset

31% ↑ 2%

Tried alcohol at the age 13 or younger

Been drunk in the last 30 days

15% ↑ 3%

Have been drunk in the last 30 days

Drink at home

35% ↑ 12%

Drink alcohol at their own home

Drink at home of others

35% ↑ 7%

Drink alcohol at the home of others



E-Cigarette

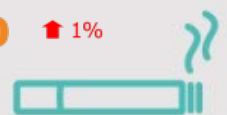
23% ↑ 7%

Have smoked an e-cigarette in their lifetime

Cigarette smoking

2% ↑ 1%

Smoke cigarettes daily



Cannabis Use

14% ↑ 1%

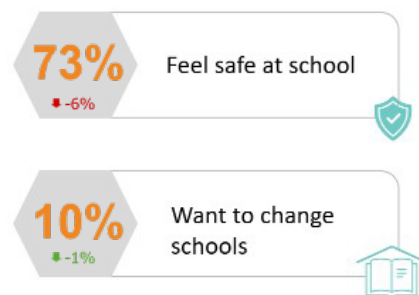
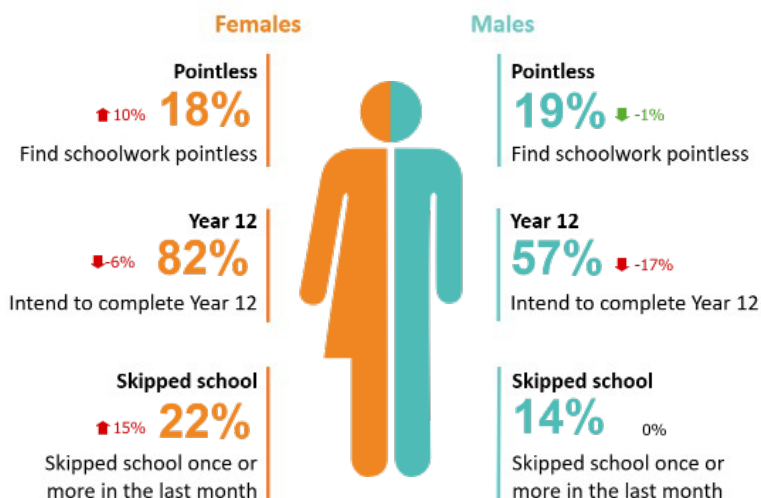
Have used cannabis in their lifetime



**Please note this data is comparable to 2019*

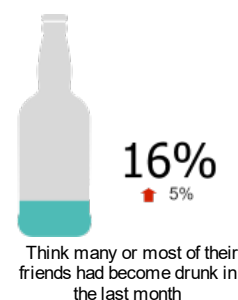
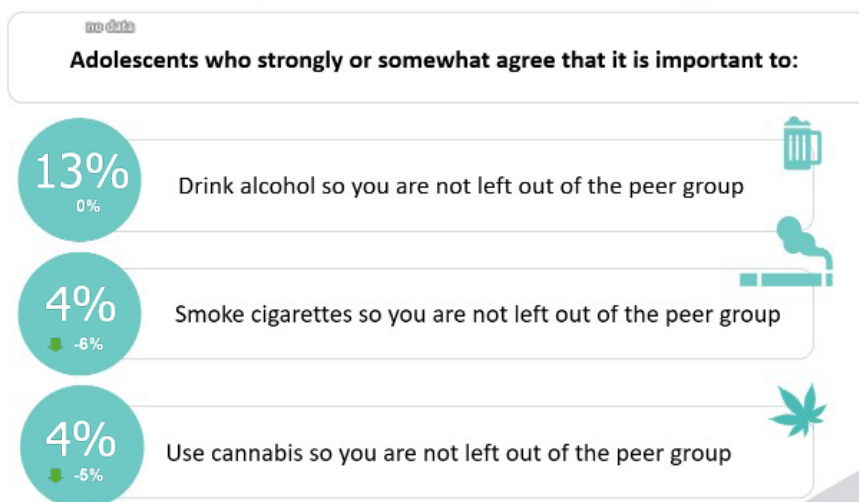
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School – Key Findings



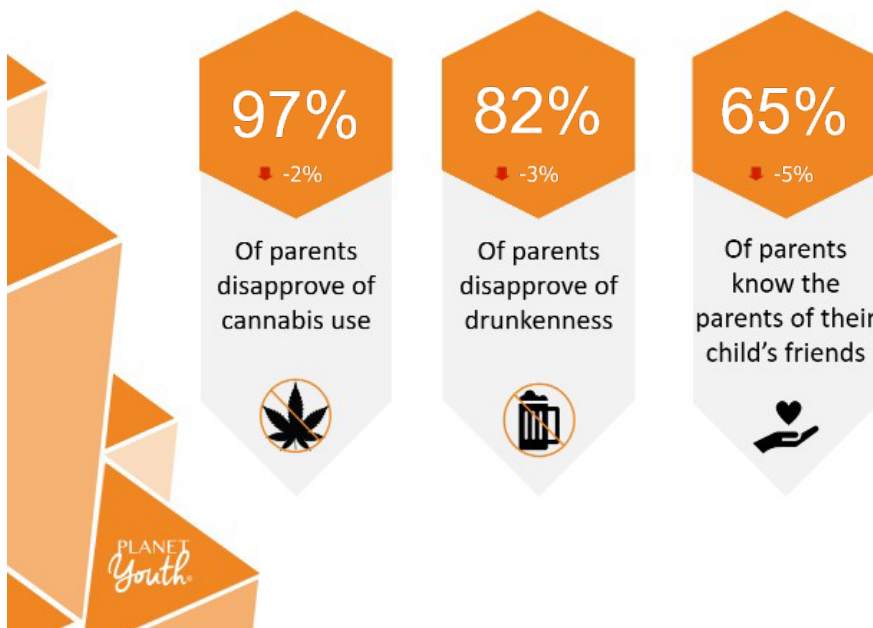
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Peer Group Effects – Key Findings



Notes: _____

Family – Key Findings



Time with parents - Boys

60% ↓ -7%



Of boys spend time with their parents on weekends

Time with parents - Girls

63% ↓ -3%

Of girls spend time with their parents on weekends



Parental monitoring

92% ↓ -3%

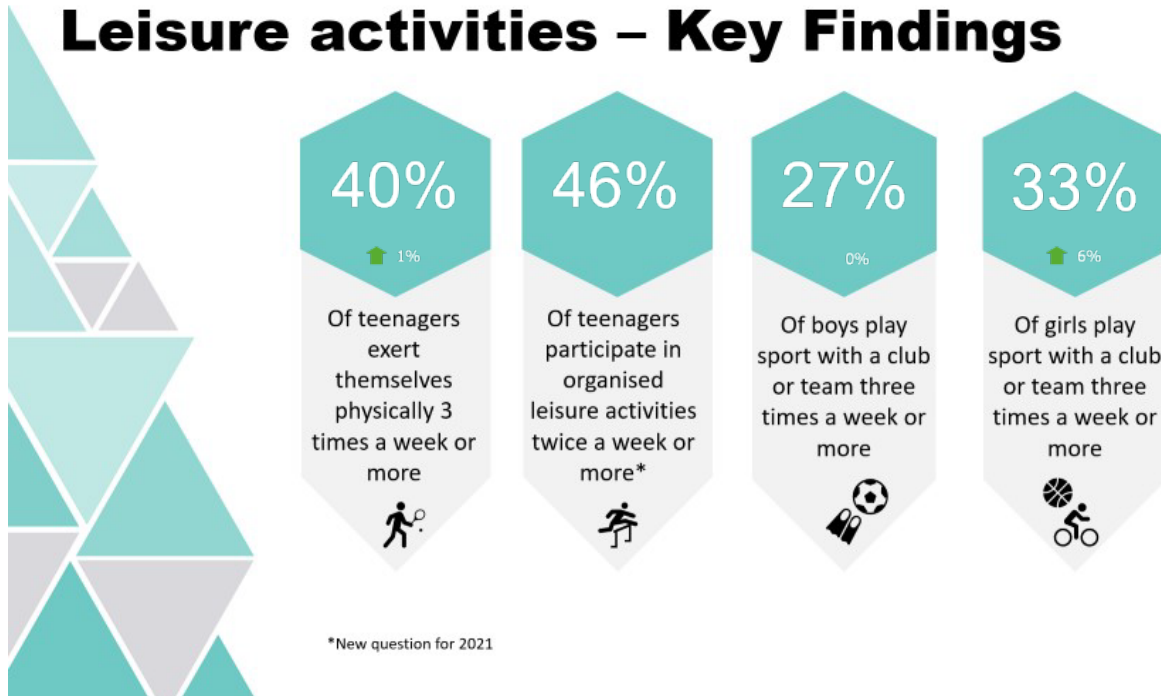


Of parents know where their teenagers are in the evenings

Notes: _____

Leisure activities – Key Findings

PLANET Youth



Notes: _____

PLANET YOUTH STAKEHOLDERS

Planet Youth is founded on partnerships, collaboration, and community involvement. Key groups and agencies that have a role to play include:

Parents	Schools
Community Organisations	Local Government
SAPOL	Sporting Associations
Recreational Organisations	Government Departments
Drug Action Teams	Non-Government Organisations
Young People	Voluntary Organisations
Philanthropic	Health Services & Councils

Each stakeholder contributes to Planet youth in their own way, and effective implementation requires a wide range formulating prevention activities.

Some activities will require leadership and resourcing from national and local organisations. Others will be based on day-to-day actions.

Stakeholders decide how they can develop prevention activities to reduce risk and increase protective factors that are within their scope of influence.

EXAMPLES OF PREVENTION ACTIVITIES

Prevention activities are more likely to succeed when they are systematic, evidence-based and collaborative. While the need for prevention is increasingly recognised, it often occurs in an ad hoc manner. Planet Youth and SMLC urges all stakeholders - from national and local government to public bodies, schools and community-based organisations – to play their part in prioritising prevention in an integrated and holistic way. The following are examples of prevention activities:



- Attend parent meetings in schools that use local survey findings to demonstrate the preventative impact of family factors on AOD use.
- Provide original parent educational programs related to the impacts of AOD on adolescents
- Increase the amount of time parents spend together with children each week
- Increase parental monitoring to ensure parents are consistently aware of where adolescents are, who they are with, and what they are doing.
- Increase adolescent perceptions of quality and value of time spent with family members by setting aside routine daily or weekly family time.
- Use clear and consistent parental messages about expectations related to AOD.



Peer Group

- Improve adult and adolescent knowledge and understanding of the impact of peer influences on AOD use.
- Improve parent knowledge of their children's friends/friends' families.
- Increase associations with prosocial peers and decrease associations with peers using AOD
- Decrease AOD access through peers.



Leisure Time and Local Community

- Increase opportunities for structured leisure time activities and make accessible to all young people. e.g. Leisure vouchers
- Support simple messaging to parents about harms of alcohol use for young people.
- Increase the number and variety of structured leisure time activities available to reflect a wide range of young people's interests. Increase funding for structured leisure time activities.
- Provide safe and healthy places for young people to spend time with each other.
- Adults involved in the delivery of leisure time activities to be supported and be suitably accredited.
- Use clear and consistent parental messages about expectations related to AOD on websites and signage



School

- Conduct parent meetings in schools that use local survey findings to demonstrate the preventive impact of family factors on AOD use.
- Increase the number of positive communications between parents and school staff – Catching students doing something “right”.
- Use parent, school and community meetings to discuss planet youth survey results regarding wellbeing of young people, including internet use, screen times, social media and smart phones.
- Ensure comprehensive, continued and evidence-based AOD education is part of the curriculum for all secondary years. Additionally evidence-based AOD education has a whole school approach, and has clear educational outcomes, e.g. Our Futures (formerly Climate Schools).
<https://ourfutures.education/>