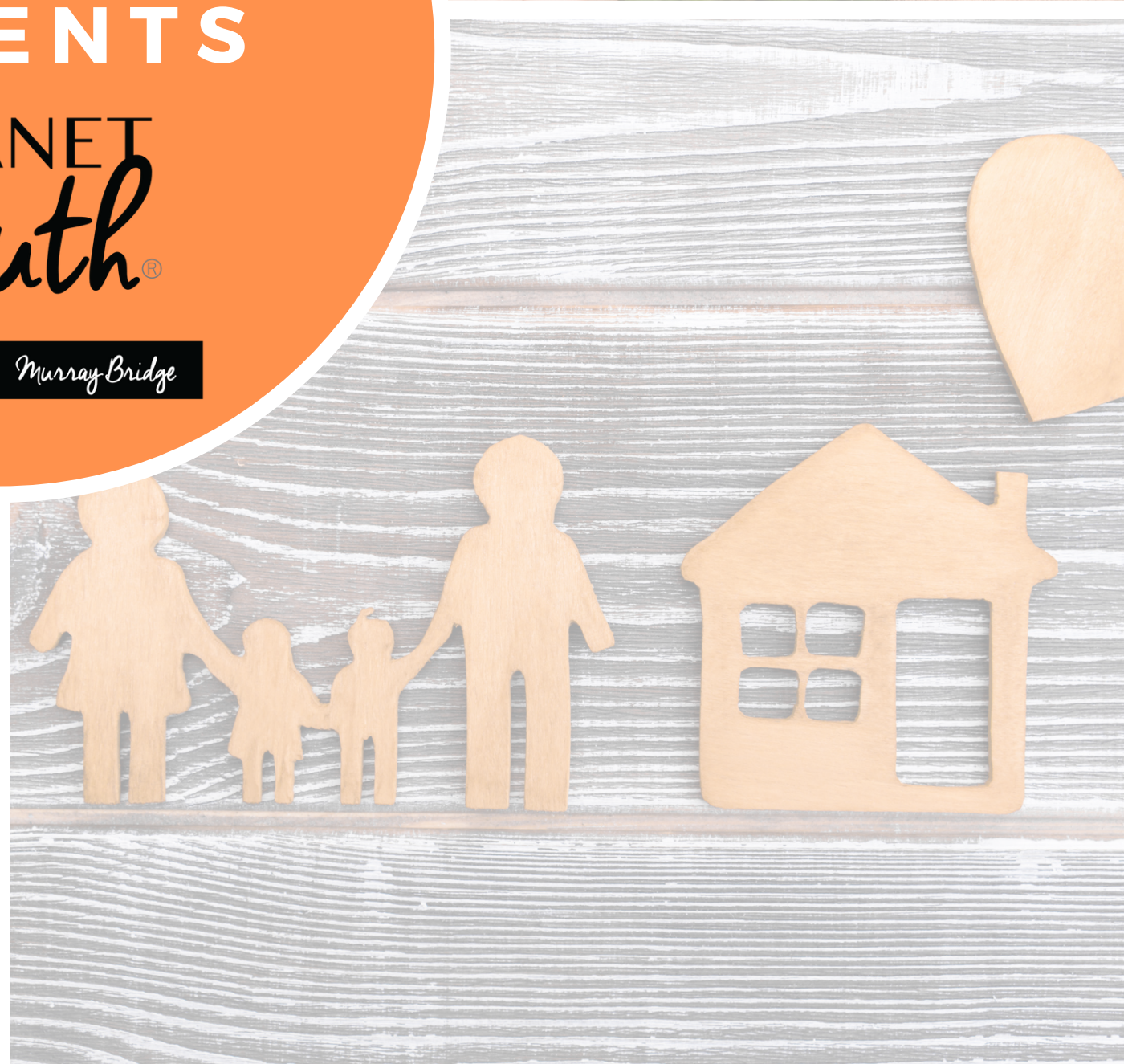




**GUIDELINES
FOR
PARENTS**

PLANET
Youth[®]

PARTNER *Murray Bridge*



49 %

Mental health has become a lot worse from COVID-19

45 %

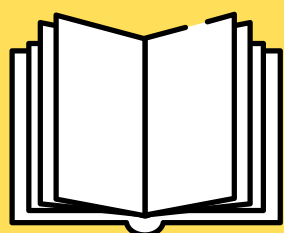
Spend 3 hours or more each on social media

61 %

are happy

47 %

are bored with school work



81 %

easy to get caring and warmth from parents



29 %

used e-cigarettes once or more in their lifetime

19 %

of teenagers who agree somewhat or strongly that it is important to drink so you are not left out of a peer group

79 %

Proportion of adolescents who have consumed alcohol once or more in their lifetime.



35 %

Tried alcohol by 13 years old

ABOUT PLANET YOUTH

Planet Youth is an evidence-based health project that originated in Iceland. It is being trialed in the Murray Bridge council area and its aim is to improve the health and happiness of young people in their communities and assist them in achieving their potential. It is a community approach to drug prevention.

The first Planet Youth Survey was conducted in 2019, among Year 10 students in 3 high schools in our local council area.

Planet Youth data will be used for things such as;

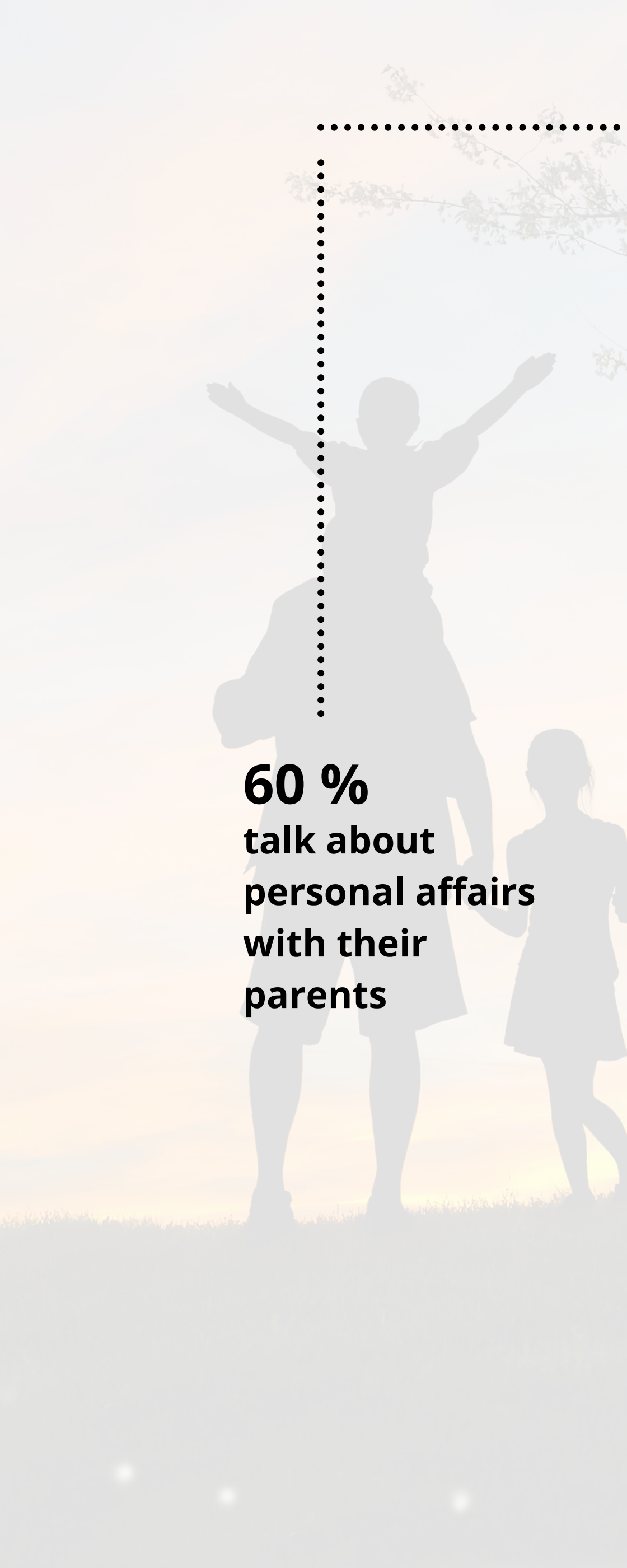
- Applying for community grants - like sporting equipment, music workshops, art programs
- Empowering the community with evidence based knowledge about our young people - through governing council meetings, community information sessions
- Some marketing - such as this parent guideline for example
- To help guide the Local Drug Action Team, Community Action Plan so that the benefits are seen locally.
- Activities that prevent Alcohol and other drug harm

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. **65%** reported spending time with their parents often or always on working days and weekends and **74%** stated that their parents know where they are in the evenings.

Having shared interests, regular family mealtimes, family activities and meetings creates an 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.



60 %
talk about
personal affairs
with their
parents

SCREEN TIME GUIDELINES

The Planet Youth survey showed us that **55%** 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.



55 %

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

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 their first of year High School as it will become increasingly important once your child gets older. Talk to your child about their online life and be a good role model with your own screen use.



GO TO SLEEP GUIDELINES

The Planet Youth survey showed that more than 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

The suggested guideline for sleep are:

YEAR 7	09:00PM
YEAR 8	09:30PM
YEAR 9	09:45PM
YEAR 10	10:00PM
YEAR 11	10:15PM
YEAR 12	10:45PM

Interests, hobbies & sports

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 well-being 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.

16 %

Girls who play sport with a club or team three times a week or more



33 %

Boys who play sport with a club or team three times a week or more



SUBSTANCE USE

The Planet Youth survey showed us that **35% of our children have tried alcohol by the time they turn thirteen.**

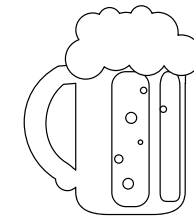
Nearly a third of young people reported that they drink alcohol at the home of others, and 42% stated they drink alcohol at home.

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.

There is no evidence to support the view that parental supply of alcohol protects our children from adverse drinking outcomes.

Results from the survey showed us that **17% of young people in Murray Bridge have used a water pipe/bong once or more in their lifetime.**

There is no safe level of drug use. Use of any drug always carries some risk. It's important to be careful when taking any type of drug.



36 %

Proportion of adolescents that drink alcohol at the home of others



42 %

Proportion of adolescents that drink alcohol at home



22 %

used Cannabis once or more in their lifetime

WANT TO KNOW MORE?

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