



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.

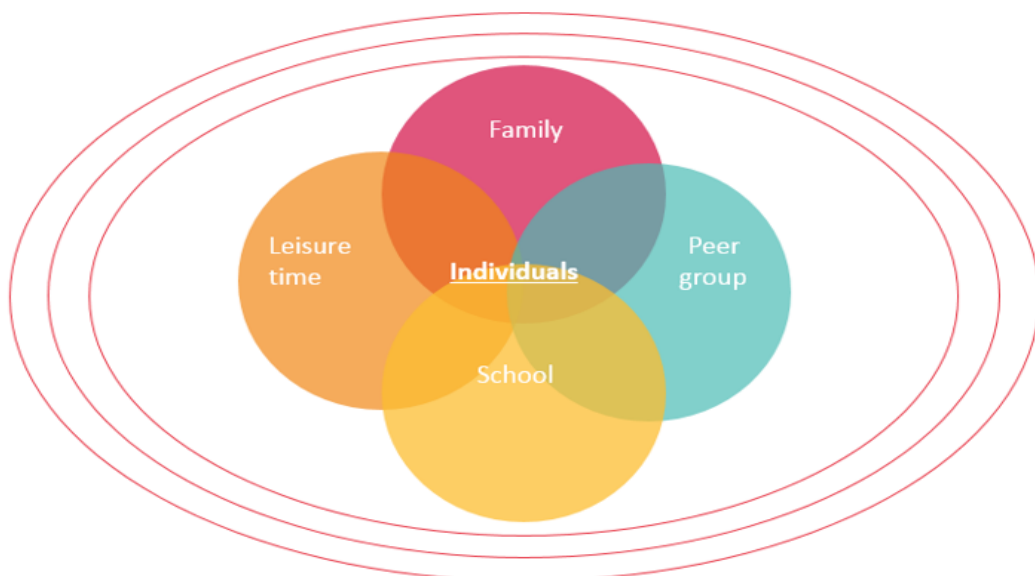
Read more about the Planet Youth program via their website – www.planetyouth.org

In 2019, The Limestone Coast was one of five 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).

In November 2019, students aged 15 from four schools in the Grant and Mount Gambier council areas participated in the first Planet Youth survey, which asked questions around drug and alcohol use, mental health, sleep patterns and social media and gaming habits.

The survey results were announced by the Planet Youth team from Iceland's Reykjavik University at a community information session at Mount Gambier City Hall on Wednesday 26th February, 2020.

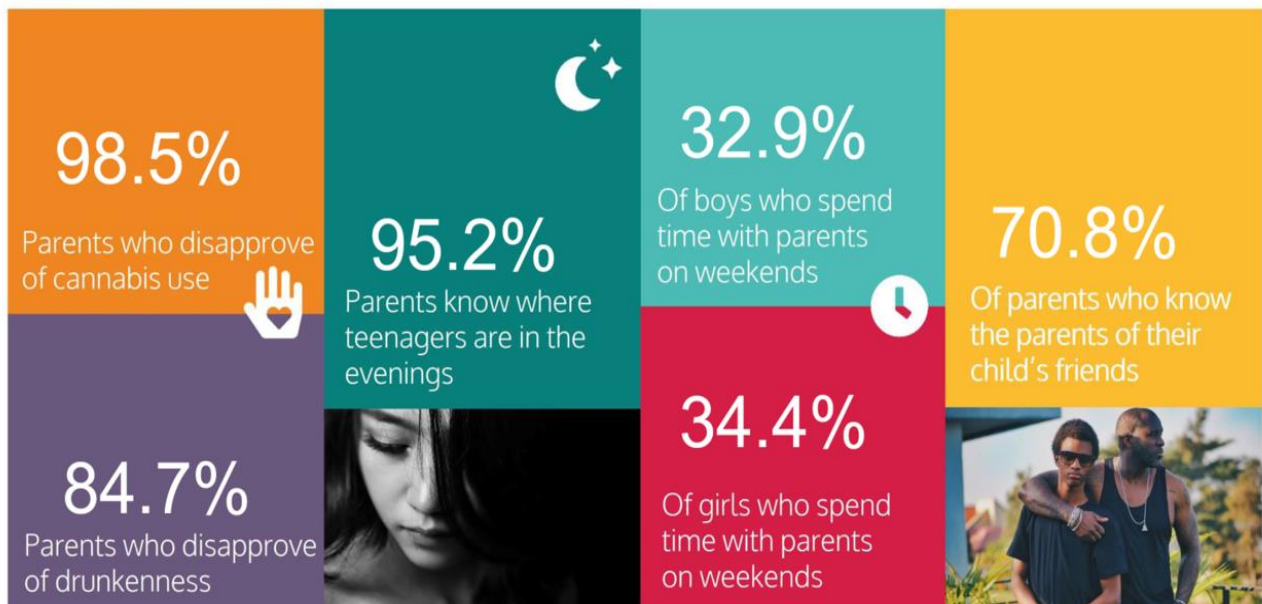
Planet Youth domains in Australia



Substance use – Key Findings



Family – Key Findings



Leisure activities - Key findings



School - Key findings



Opportunities/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:



School

Conduct parent meetings in schools that use local survey findings to demonstrate the preventive impact of family factors on AOD use.

Use parent, school and community meeting to discuss planet youth survey results regarding wellbeing of young people, including internet use, screen times, social media and smart phones.

Conduct parent meetings in schools that use local survey findings to describe local peer norms related to AOD use among community adolescents.

Increase the number of positive communications between parents and school staff – Catching students doing something “right”.

Ensure comprehensive and continued best practice age appropriate AOD education is part of the curriculum, and also offered to all school staff, not just teachers. e.g. Climate Schools



Leisure Time and Local Community

Increase opportunities for structured leisure time activities and make accessible to all young people. e.g. Leisure vouchers

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 suitable accredited.

Reduce the number of unstructured and unmonitored leisure time hours available to young people.

Support simple messaging to parents about harms of alcohol use for young people.



www.smlc.org.au