

HEY PARENTS



PARTNER Limestone Coast

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 about their lifestyles, and the data highlights that alcohol, cannabis use and vaping are an issue for our young people in the Limestone Coast.

FACT: 43% of Limestone Coast 15-year-olds have tried alcohol by the time they turned 13.

Substance Use- Key Findings

Alcohol Onset

43%

Tried alcohol at the age 13 or younger

Been drunk in the last 30 days

38%

Have been drunk in the last 30 days

Drink at home

56%

Drink alcohol at their own home

Drink at home of others

55%

Drink alcohol at the home of others

66%

Have been drunk in their lifetime



E-Cigarette

30%

Have smoked an e-cigarette in their lifetime

Cigarette smoking

4%

Smoke cigarettes daily



Cannabis Use

22%

Have used cannabis in their lifetime



As a parent, what can you do?

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

Take action by:

- Getting to know the parents of your child's friends
- Make a commitment to not allowing teenage children to drink alcohol. Anywhere.

For more information about Planet Youth in the Limestone Coast – www.smlc.org.au

