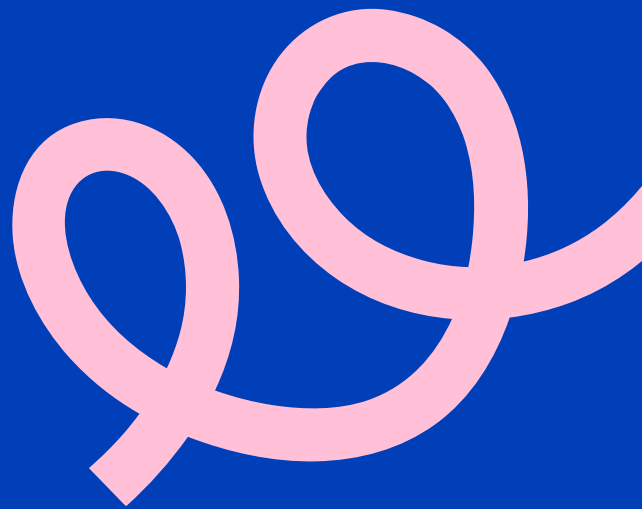
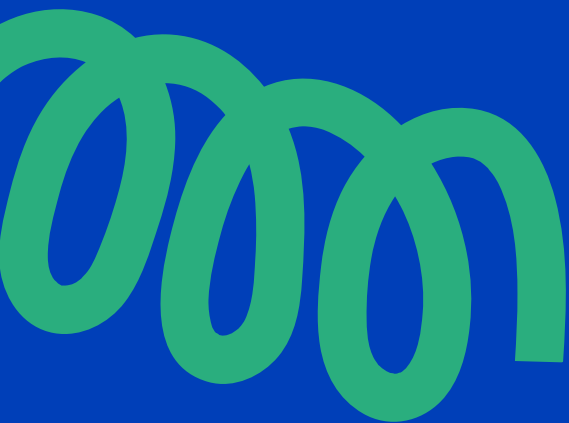


# Planet Youth Tipperary

Results of survey

## 2024

What young  
people say about  
living in Tipperary



PLANET  
Youth®

PARTNER *Tipperary*

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# About the Survey

Planet Youth is the local adaptation and implementation of the Icelandic Prevention Model (IPM). The IPM is an evidence-based primary prevention model, developed by researchers, community workers and policy makers in Iceland. Active in many countries globally, it is an adaptable system that aims to reduce substance use and improve wellbeing among adolescents. In 2024, County Tipperary adopted the Planet Youth programme which includes a survey and intervention stage.

The questions in the survey ask about six domains of a young person's life (home, school, health & wellbeing, leisure, substance use and community) and seeks to determine risk and protective factors in each of those domains. Risk and protective factors are features that can either protect a young person, build capacity and good mental health, or lead to poor mental health and increased risk of developing a substance use disorder.

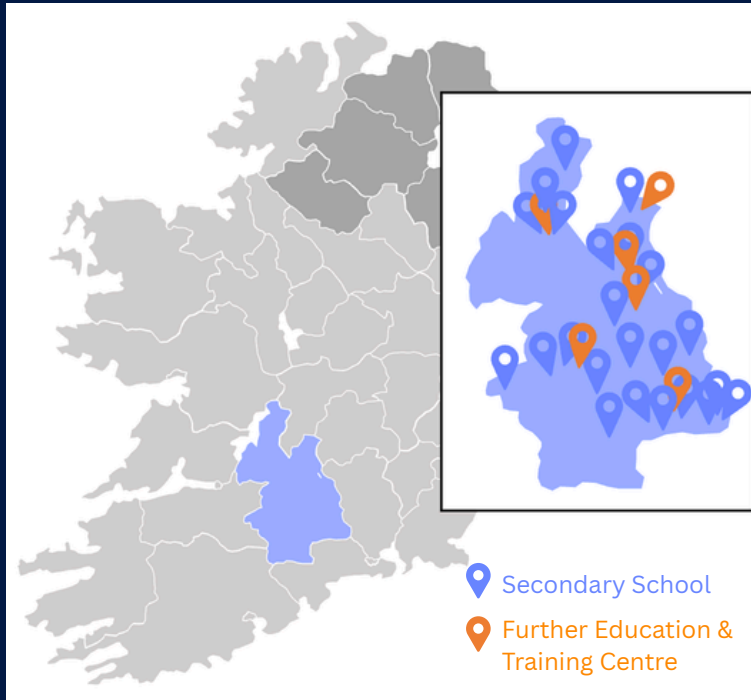
In 2024, all 30 secondary schools in the county were invited to partake in the first of three Planet Youth surveys, as were the 6 further education and community training centres. A total of 77% of secondary schools and 100% of further education and training centres agreed to take part. Of the eligible students in those institutions, 87% students completed the survey between 4th November and 2nd December 2024. The survey was anonymous and was completed during school time. Subsequent surveys will take place in 2026 and 2028 with intervening years used to identify actions based on the data.

This report is a summary of the 2024 data which provides local communities and county-wide organisations with data that can be used to develop community actions in relation to youth spaces, transport, mental health and more. The survey questions included in this report are listed in the [Appendix](#).





# Who took the survey?

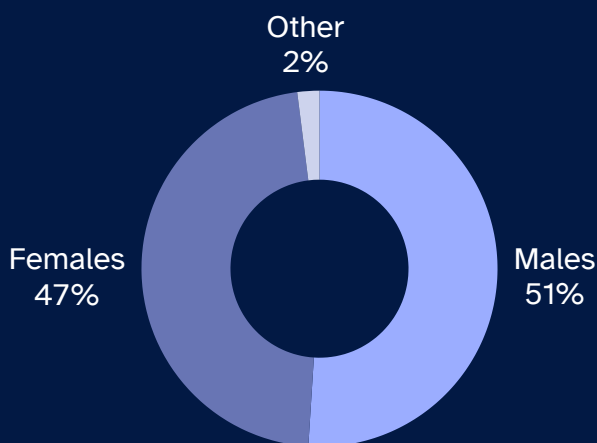


**1,596 adolescents** from **23 secondary schools** across County Tipperary completed the survey in 2024.

**133 students** from **6 further education and training** centres and **8 NEET** individuals also completed the survey. Their responses are summarised in a separate section of this report (P21) due to differences in age and behavioural profiles.

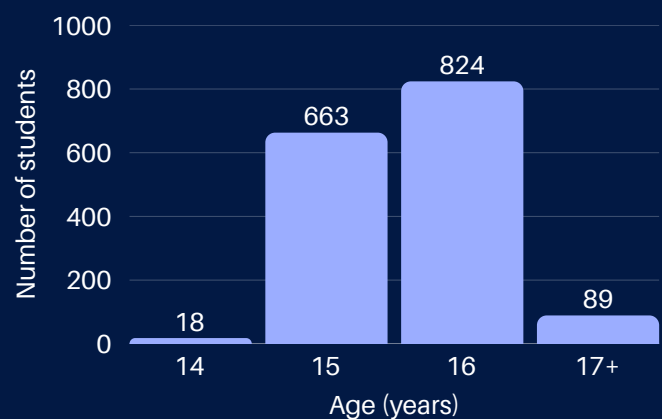
Before reading the results of the survey, it is important to understand who is represented in this sample of 1,596 young people. The vast majority were in Transition Year (87%) and had sat the Junior Certificate several months before (85%). The genders and ages of the sample are shown below.

## Gender



2% of participants identified as transgender, non-binary, other, or selected "prefer not to say"

## Ages



93% of participants were aged between 15 & 16

Adolescents from a range of **family** and **social** backgrounds took part in this survey. Below, we describe some of the important sources of diversity in our young participants.



## Financial Difficulties

A small % of adolescents said their parents didn't always have enough money to pay for **food** (6%) or **bills** (11%). However, a higher proportion said their parents didn't always have enough to pay for **clothes and school uniforms** (15%) or **sports and registration fees** (19%).

## Ethnic Diversity



**78%** described their ethnic/cultural backgrounds as White Irish, **10%** as another White background and **12%** identified as an ethnic minority (Asian, African, Middle Eastern, Traveller, Roma, or Other).

## Access

Most people (97%) said they had access to **reliable transport** to get to school, after-school activities, medical appointments and shopping.

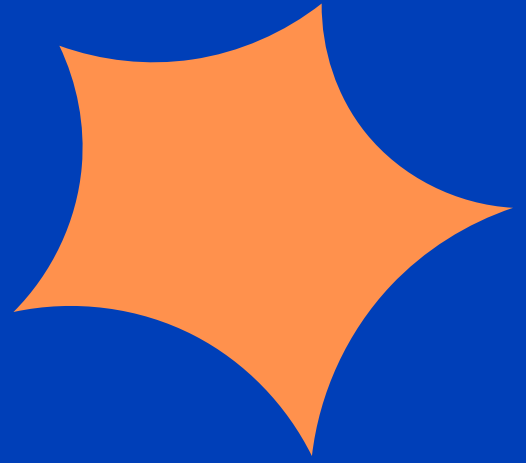


# 28%

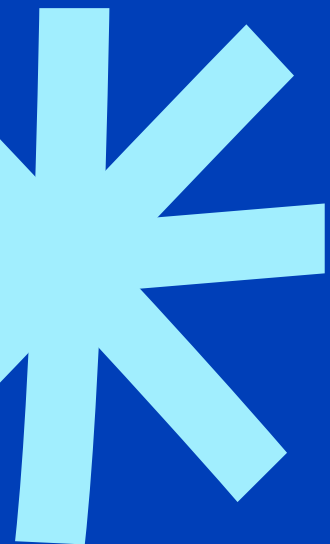


## Young caregivers

reported providing **care or support** to a family member or loved one due to their physical or mental health condition, disability, addiction, or other challenge



# Results



# Home life

Many habits are formed at home. Here we focus on the relationship between adolescents and their parents/carers, including time spent together and rule-setting.

## Family Time

72% of teens “often” or “very often” spend time with their parents at the **weekends**. 69% do so on **weekdays**. 2-3% said they never spend time with their parents.



92% said it was easy to receive **caring and warmth** from their parents and 83% said it was easy to get **advice** about personal matters



Roughly half said they eat a **meal with parents/carers** every day (49%), while 77% do so 4+ days in the week.



Roughly half of teens said their parents set **rules** about what they can do **in the home** (51%) and **outside** the home (57%), with 48% having a definite **time** they need to be home in the evenings.

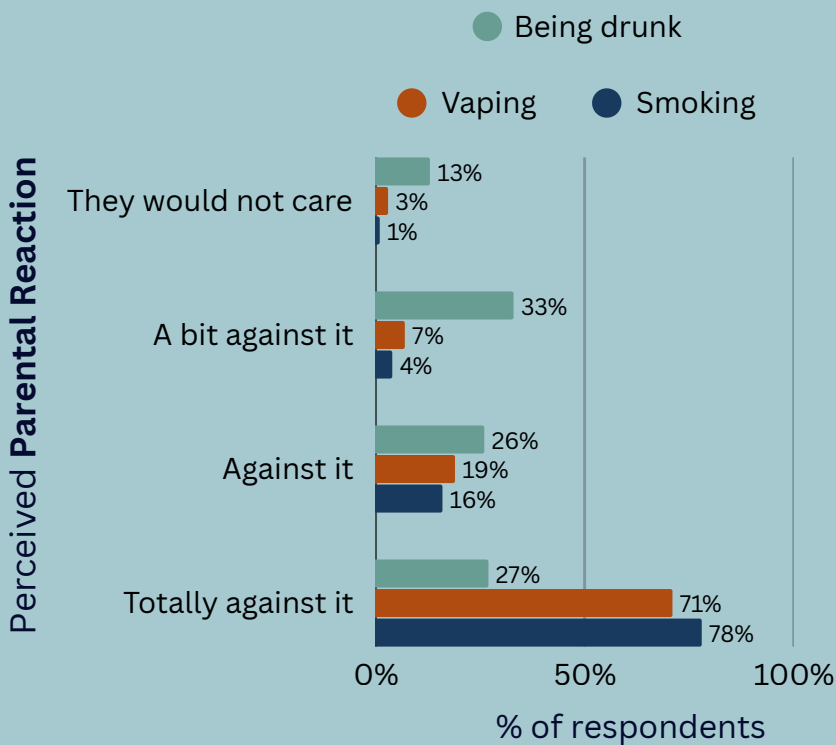


5% of respondents said they **felt safe** at home sometimes, rarely or never.



This survey found that **6%** often spent time outside the home because they **don't get on** with other family members, with an additional **11%** of adolescents doing this sometimes.

# Parental attitudes matter



We asked young people *How do you think your parent/carer would react if you... smoked?... vaped?...etc.*

Very few said their parents “would not care” if they vaped (3%) or smoked (1%). Only 53% said their parents were “against” (26%) or “totally against” (27%) them being drunk. Most felt their parents were “a bit against” drunkenness.

**The more “against it” they perceived their parents to be, the less likely young people were to use that substance.** For instance lifetime vaping rates ranged from 63% in those who felt their parents would not care if they vaped, to 36% who felt their parents were totally against it (not shown in graph).

## Parent health

**11%** of adolescents in Tipperary said that their parent had a **drinking** or **drug problem** at some point in the young person’s life, and **9%** said their parent had experienced a **mental illness**.

Young people whose parents had experienced mental illness were almost **3 times more likely** to say their own mental health was bad (28%), compared to those who said their parents did not have a mental illness (10%).

## Violence at home

**12%** said they had witnessed **physical violence** in their home, where an adult was involved, and **15%** said they had witnessed **psychological violence** in their home where an adult was involved.

Young people who witnessed physical or psychological violence in the home were over **3 times more likely** to say their mental health was bad (27%), compared to those who said they did not witness physical or psychological violence (8%).

The information above illustrates the **relevance** of parent wellbeing and behaviour to the mental health of the child.

It’s important to remember that parent-child associations are complex and may capture common **genetic** risks, the transfer of **learned behaviours**, **attachment** quality, **trauma**, and many other **social factors**. Interventions to support teens may also need to take the household and community into consideration.

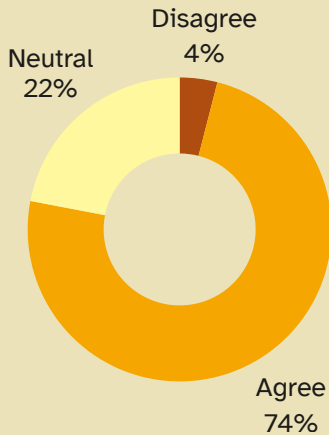


# School life

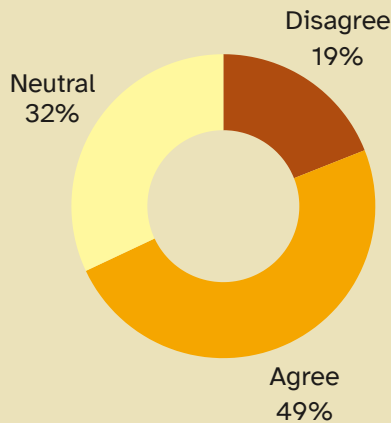


Adolescents spent a large portion of their waking hours at school, and enjoying school is a key predictor of general wellbeing at this age. Secondary school students in Tipperary generally reported positive experiences in school...

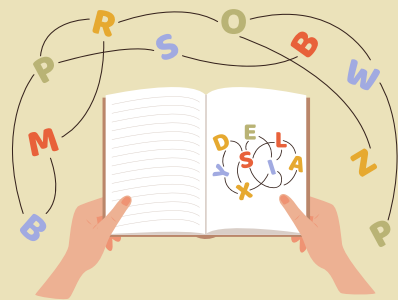
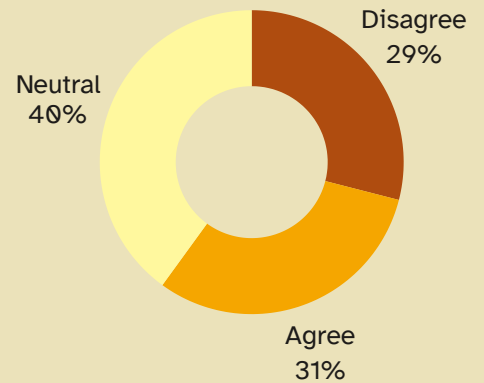
## I get along with the teachers



## I feel good at school

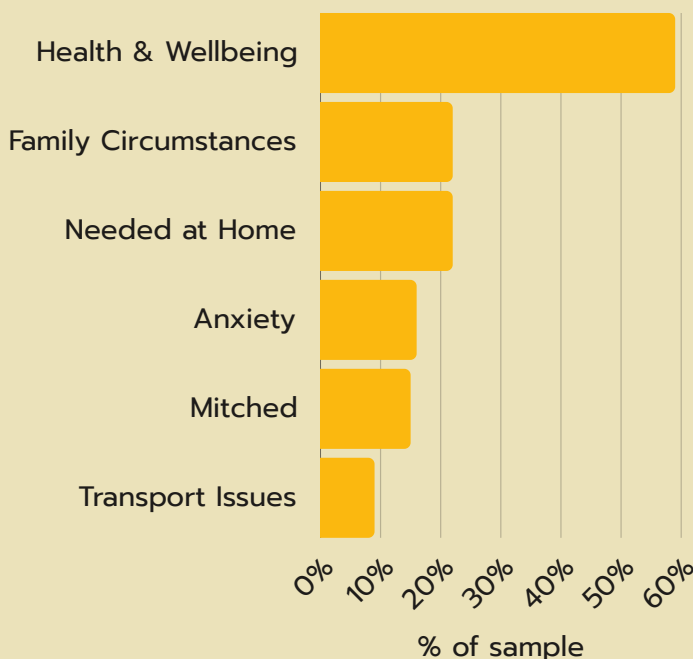


## Schoolwork is interesting



29% of respondents said they found schoolwork **hard**. **Learning difficulties** or **neurodivergence** may account for some of these responses. 19% of respondents in Tipperary said they had been diagnosed with at least one of the following: **dyslexia**, **dyscalculia** or **dyspraxia** (14%), **ADHD** (6%), or **autism** (4%).

### Reasons for school absence



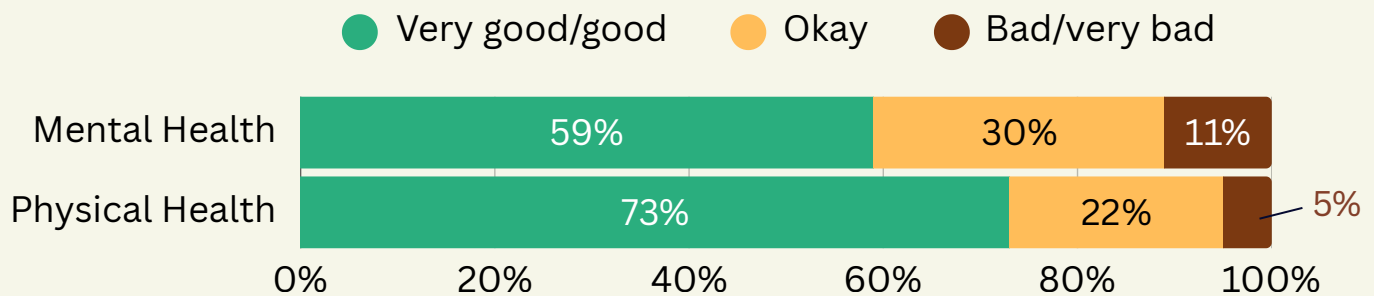
## School Absence

The **average** amount of school missed in the past month was **3.1 days**. Over a third of the sample had missed 3+ days in the past month (39%).

The graph to the left shows 59% of respondents missed at least one day of school in the past month due to health and wellbeing, 22% due to family circumstances and 16% due to anxiety.

# Health & Wellbeing

Most adolescents in Tipperary rated both their mental and physical health as good (or very good). However, over twice as many young people reported bad **mental** health (11%) than reported bad **physical** health (5%).



## Mental health support

When asked “Have you ever thought you **could do with help** with mental health issues?” 38% of adolescents said yes. However, when asked if they ever **looked** for help or support for a mental health issue, only 18% said yes.

Among teens in Tipperary that looked for help, 64% said the help was available in a **timely manner** when they needed it.



## Self-harm & suicide

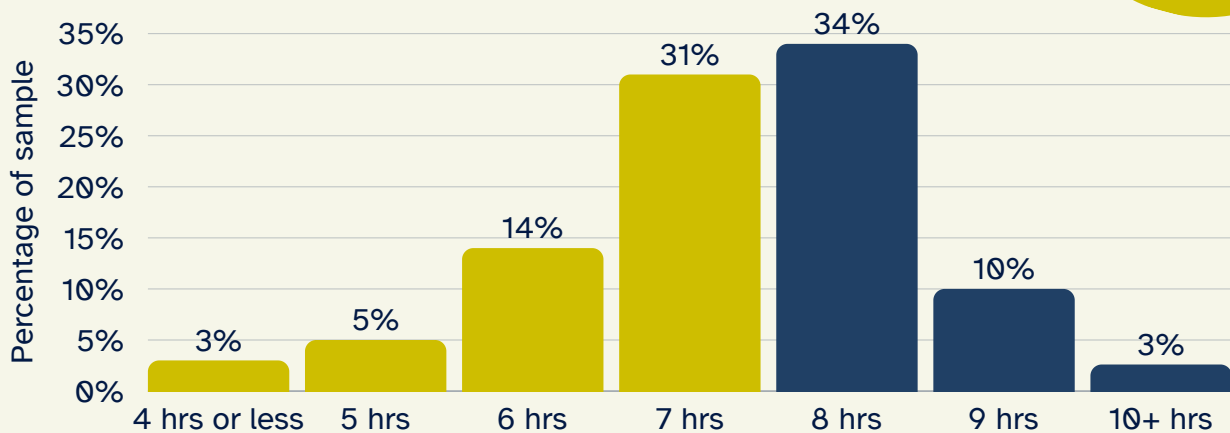
Over **1 in 4** adolescents in this sample said they had harmed themselves on purpose (28%). **1 in 4** said that a **friend or someone close** to them had attempted suicide (25%), and **6%** said they had **attempted suicide** at some point in their lifetime.

There were strong **gender differences in mental health**, but not in physical health: 68% of males reported their mental health as good, compared to just 51% of females. Conversely, almost twice as many females as males said their mental health was bad (14% vs 8%). Reports of ever **self-harming** were significantly higher in females (34%) compared to males (21%). This gender gap in adolescent mental health and self-harm is supported by other research from Ireland, UK and the US [see references [1-3](#)].



**Sleep** affects emotional wellbeing and cognitive functioning, and is particularly important during development. It is recommended that adolescents get **8-10 hours** sleep [4].

The graph below shows that roughly half of the sample (**47%**) said they get **8+ hrs sleep** a night on average (blue). This leaves **53%** who get 7 hours sleep or less (yellow). The % who got 7 hours or less sleep was only slightly higher in females (54%) compared to males (52%).



Sleep is often **displaced** by other activities like screen use or socialising. Below shows some of the activities that may be in competition with sleep:

**84%**

have a phone in their bedroom at night



**17%**

often use their phones between midnight and 6am



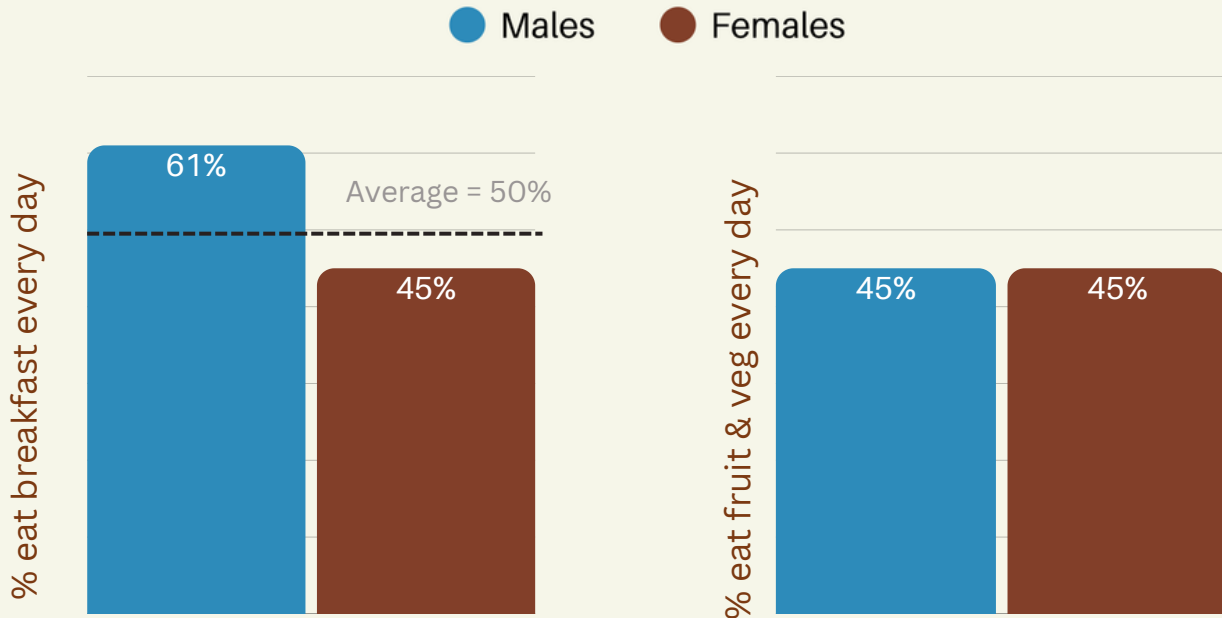
**30%**

Outside past midnight at least 1 night in the past week



## Diet

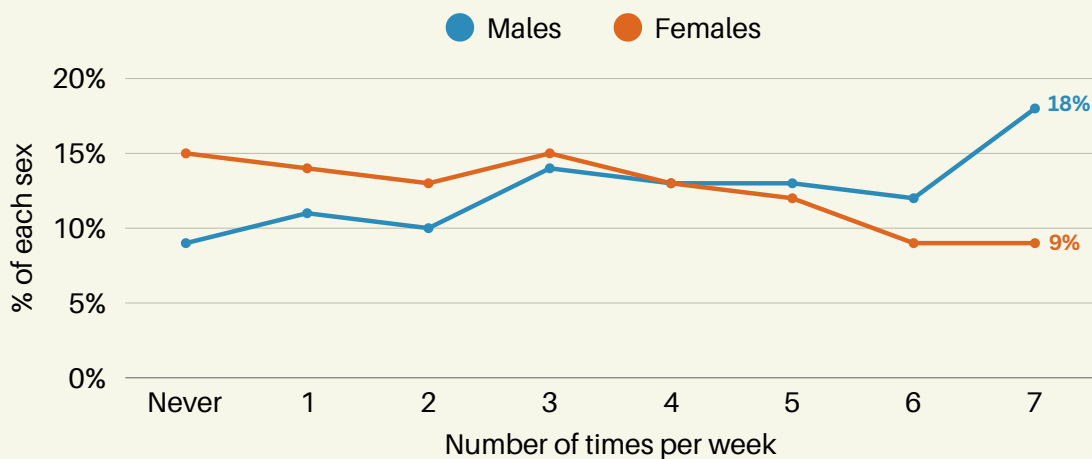
Half of respondents said they eat breakfast everyday (50%), and a similar percentage said they ate fruit and vegetables every day (45%). Males were more likely to eat breakfast everyday but both males and females were equally likely to eat fruit and veg everyday.



## Physical activity

According to the Health Service Executive and World Health Organisation, adolescents should be doing at least **1 hour per day** of moderate intensity activity (e.g. where breathing rate is raised).

Just **14%** of adolescents said they engaged in an hour of physical activity every day that raised their breathing rate (18% of males; 9% of females).



# Hobbies & Leisure



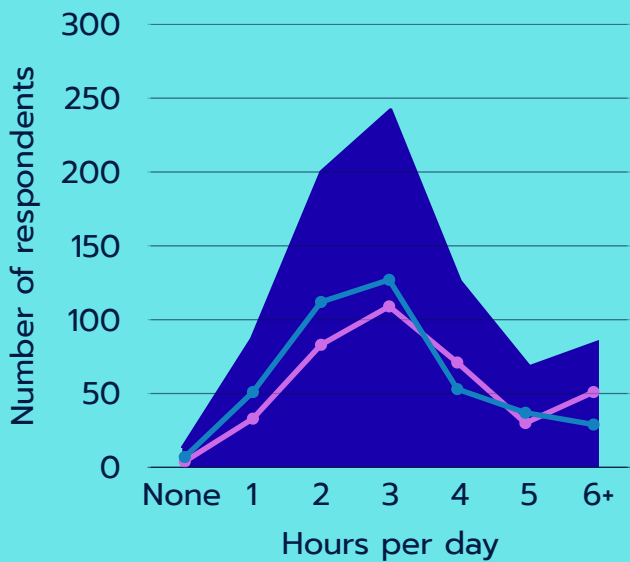
The majority of adolescents (64%) play a **team sport** and 76% do an **individual sport** (swimming, running, etc) outside of school at least once a week.



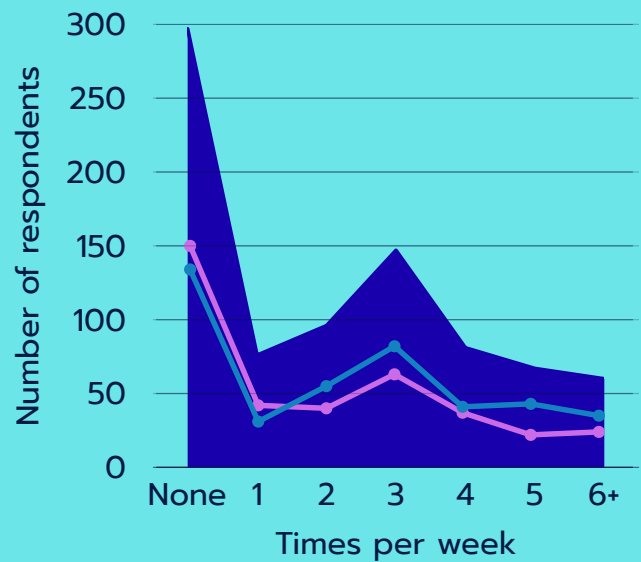
Most adolescents (30%) spend 3 hours per day on **social media**, with 19% spending 5+ hours per day on it (21% of females, 16% of males).

Significantly more males reported playing **video games** at least once per week (84%) compared to females (33%).

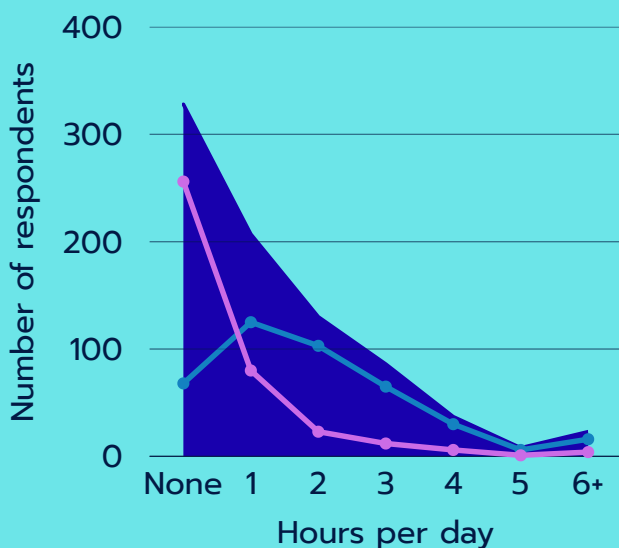
## Social Media



## Team Sports



## Video Games



- Full sample
- Males
- Females

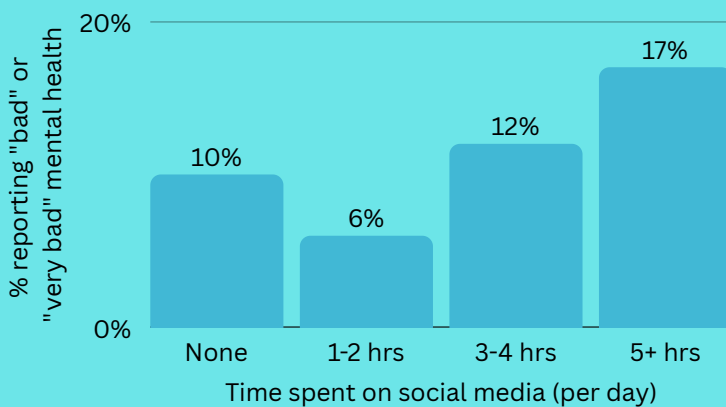


# Social media & mental health

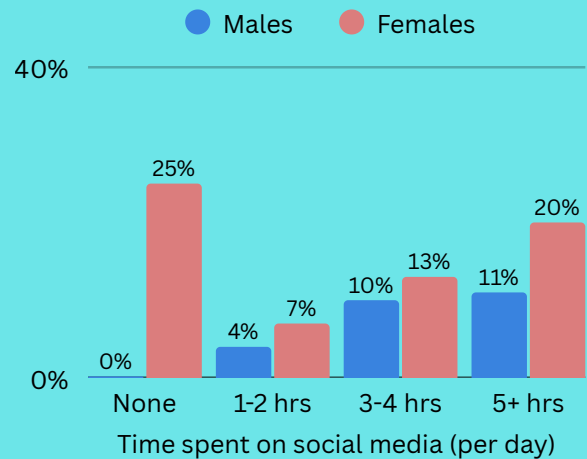
The graphs below show that the relationship between time spent on **social media** and **mental health** is not simple.

The more time spent on social media the more likely young people were to rate their mental health as bad, however those who spent **no time** on social media reported higher rates of bad mental health (10%) than those who spend 1-2 hours on it. This supports the **“Goldilocks Hypothesis”** which suggests that *some* social media use may be beneficial but very low or high levels may be harmful [5]. When we split by gender, we only observed this pattern in females. The relationship between social media use (types of content, specific apps, etc.) and teenage mental health is an active area of international research.

## All respondents



## Split by gender



46%

said social media made them feel less **happy about how they look** (60% of females, 34% of males)

15%

said they were **bullied online** in the past year (19% of females, 11% of males)

26%

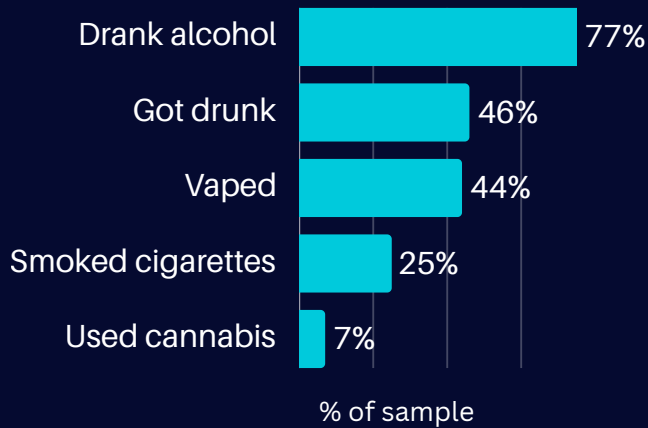
said they were asked to send a **sexually explicit image** of themselves via social media in the past year (40% of females, 13% of males)

# Substance use

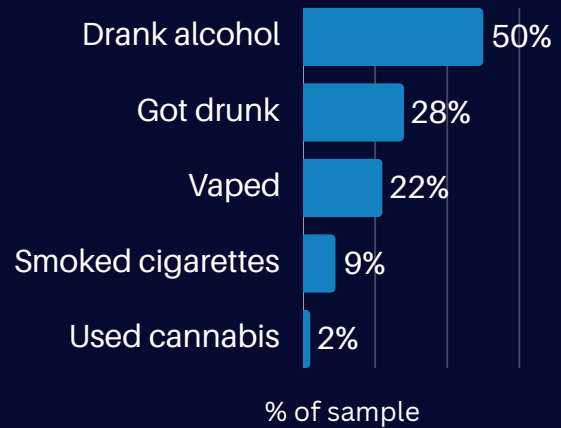


Adolescents were asked if they had **ever** used various substances (alcohol, cigarettes, etc.). If they said yes, they were asked if they had used them in the **past month**. The graphs below show the proportion who used these substances at least once in these timeframes:

## IN LIFETIME

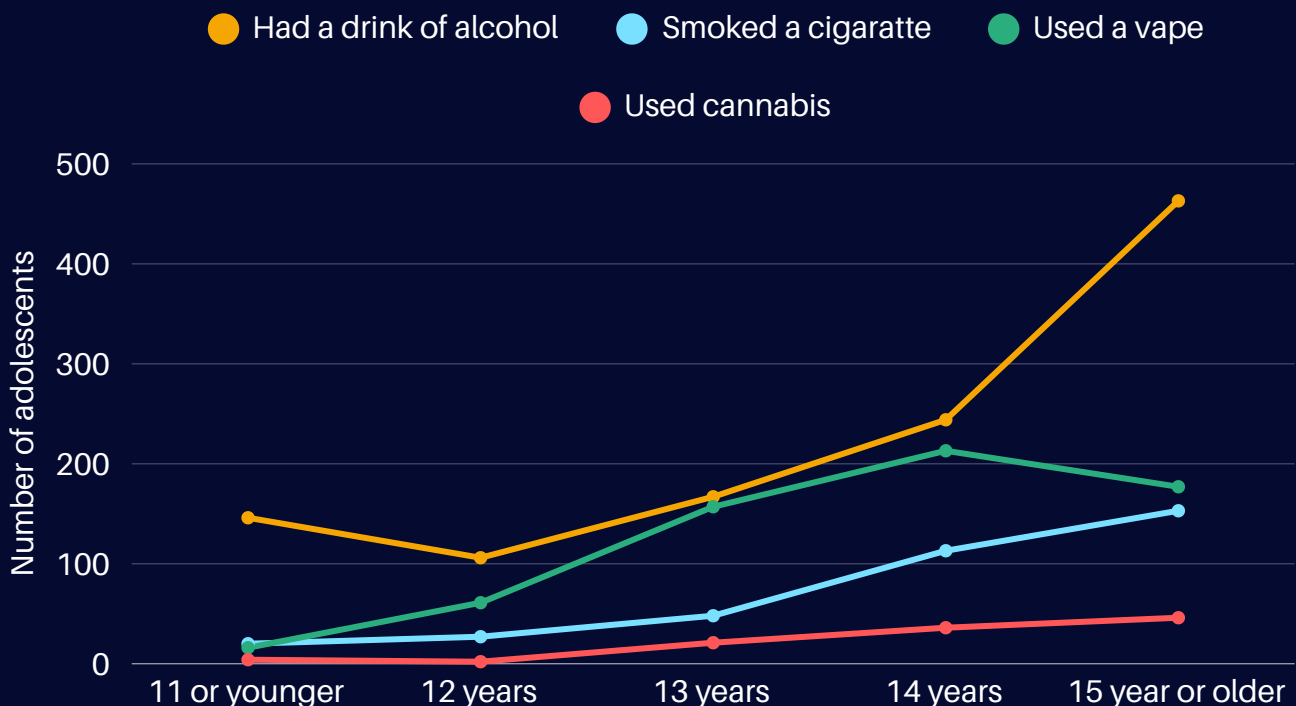


## IN PAST 30 DAYS



## When does it start?

We asked adolescents when they used each substance for the first time. We might expect the likelihood of having used a substance increases linearly the older a child gets, but two substances do not conform to this trend: (1) A portion of the sample (13%) had **alcohol** at 11 or younger and (2) The peak age for onset of **vaping** was 14 years old. Over 1 in 3 adolescents (34%) said they started vaping at age 14 specifically, while 72% reported vaping at 14 years or younger.



## Other substances



Just **7%** of adolescents reported using cannabis at some point in their lifetime. However, many more (37%) said that it would be **easy to get** cannabis if they wanted it. The prevalence of lifetime cannabis use was similar in males (7%) and females (6%). Among those who had used cannabis, the most common ways of using it were smoking it **with tobacco** and **vaping** it (as opposed to using a bong, smoking it without tobacco, dabbing and edibles).

**Less than 1%** of adolescents in Tipperary reported ever using **cocaine** (0.8%; 11 individuals).

## National Comparison

How does Tipperary compare with other regions in Ireland in terms of teenage substance use? The Planet Youth survey has been carried out across many other counties. We have limited data from each county to secondary school students aged 15-16 since 2023 to maximise comparability. We've used a traffic light system to show counties with the **lowest** to the **highest** rates of use for each substance.



Region & year of survey	Lifetime alcohol	Lifetime vaping	Lifetime smoking	Lifetime cannabis
Tipperary 2024	77%	44%	23%	7%
Wicklow 2024	70%	38%	21%	13%
Galway City 2024	69%	43%	25%	14%
Galway County 2024	74%	46%	27%	11%
Mayo 2024	71%	44%	28%	11%
Roscommon 2024	78%	44%	26%	10%
North Dublin 2023	66%	39%	19%	17%
Cavan 2023	76%	47%	28%	9%
Monaghan 2023	76%	40%	23%	9%
<b>National Average</b>	<b>73%</b>	<b>43%</b>	<b>24%</b>	<b>11%</b>

# Community



**84%** of respondents in Tipperary said that they often **felt safe** in their neighbourhood, leaving **16%** who only felt safe “sometimes” or less often.

**54%** said that there were **activities** available to them, and **40%** said there was a suitable outdoor youth space in the area they live. For 16% of the sample, there were activities available but they could not access them due to **lack of transport**.

## Community safeguarding

The community plays a vital role in keeping young people safe. They can do so by making sure public health policies are followed, limiting access to spaces where risky behaviours take place, and providing alternative activities.



Among teens who had vaped in Tipperary, **41%** said they had bought their vapes directly **from shops** and **19%** (112 individuals) said they did so often.

This is despite it being illegal to sell vapes to minors since December 2023.



**35%** of teens in the sample said they **drank outdoors**, such as on a street, or in a park/field (17% rarely, 11% sometimes, 7% often) .

62% of the full sample said their **parents** had provided them with alcohol (16% often; 20% sometimes; 26% rarely).



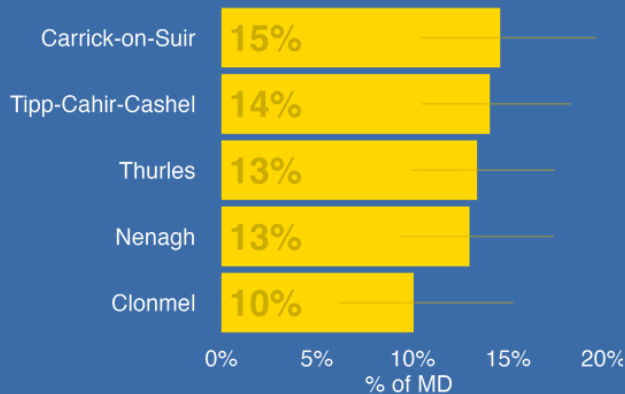
41% indicated that there was a suitable after-school **social space** where they could meet friends or do activities while 31% indicated that there wasn't.

The proportion agreeing that there was a suitable space **ranged across municipal districts** from 33% to 47%.

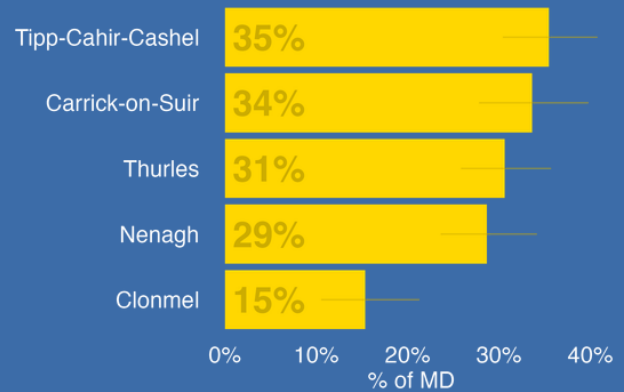
# Differences by region

Communities can have an influence on some adolescent behaviours, for instance via the community-level enforcement of state laws. Below we split several adolescent behaviours by municipal district (MD). Details of the MDs in Tipperary are provided in the table at the bottom of the page.

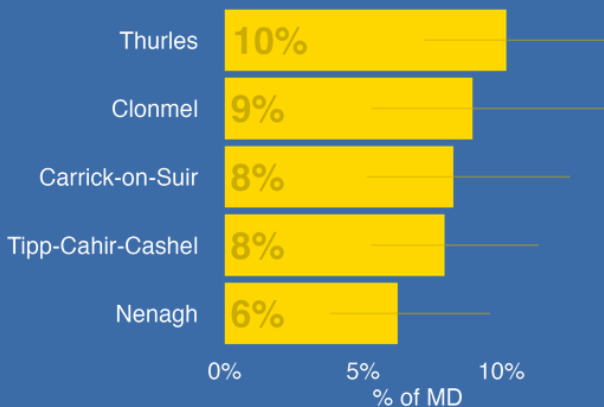
## Buys vaping products in a shop “sometimes” or “often”



## Drinks alcohol in a pub “sometimes” or “often”



## Placed a bet in bookies (in-person) in past year



These three graphs suggest that there is **variation** across municipal districts in the enforcement or adherence to certain laws.

There are a few important **caveats** to this data: (1) the MD refers to the school (not the home) MD of the respondent, (2) young people may travel to other regions to buy substances and place bets, (3) many of the differences between MDs are not statistically significant\*

Municipal District	Areas in MD	Number of respondents in this survey
Clonmel (Borough District)	Clonmel, Ballyclerahan, Colman, Killaloan, Kilsheelan, Knockgraffon, Lisronagh, etc.	201
Tipperary Cahir Cashel	Cahir, Cashel, Tipperary, Ardfinnan, Ballybacon, Clogheen, Derrygrath, Kilcommon, Kilcoran, Killadrieffe, Newcastle, etc.	378
Carrick-on-Suir	Carrick-on-Suir, Ardsallagh, Ballysheehan, Cloneen, Crohane, Farranrory, Fethard, Kilvemnon, Magorban, Newtown, etc.	288
Nenagh	Nenagh, Ballina, Ballymackey, Borrisokane, Newport, Terryglass, etc.	324
Thurles	Thurles, Templemore, Roscrea, Borrisoleigh, Kilrush, Inch, Kilcooly, etc.	405

\* The thin horizontal lines behind each bar are known as 95% confidence intervals. These reflect our level of confidence in the point estimate (i.e. the length of the bar). When comparing MDs we should take the mean percentage in to account (e.g. 10%) but also the range of the confidence interval.

# Key Findings

HOME



- Perceived **parent attitudes** toward teen substance use is linked with their teen's actual substance use (P8)
- Less than half of teens reported eating **fruit** or **vegetables** every day (P11)



## SUGGESTED ACTIONS

Parents should be aware of their **words** and **behaviours** at home around substance use, which may influence their child's likelihood of substance use.

Consumption of **fruit & vegetables** should be increased. Access and encouragement could be increased across multiple settings (home, community, school)

**Females** reported poorer **mental health** and higher rates of self-harm than males (P10). While the reasons for this are unclear, we noticed females reported more adverse experiences online (P14) and were less likely to achieve recommended daily **exercise** targets (P12)



WELLBEING

## SUGGESTED ACTIONS

Further **research** is needed into what interventions work for improving mental health and reducing self-harm in adolescent girls.

Community- and school-level initiatives can improve the retention of **girls in sport**. These may include improving team bonding activities within community groups and increasing the diversity of extra-curricular activities available in schools.

SUBSTANCES



- Compared to other counties, **Tipperary** showed high rates of lifetime alcohol use by age 15-16 (P16)
- While rates of lifetime **vaping** were moderate relative to other counties, these are high by international standards [6]. The peak age to start vaping was 14 years old in Tipperary (P15)



## SUGGESTED ACTIONS

Many adolescents reported getting their **vapes from shops** (P17). More could be done to enforce the law around sale of vapes to minors on a national, regional and community level.

Over 1 in 3 teens (37%) said it would be **easy to access cannabis** if they wanted to (P16). This presents a clear objective for **Gardaí**, **community** organisations and **parents** to restrict access to cannabis in communities and online.

## LEISURE



On average, teens in Tipperary spend more time per week on **social media** (14% of hours in the week) than they do playing **team sports** (1%), watching **shows or movies** alone (8%) or with their families (8%) or playing **video games** (9%)\*

There is **not a simple relationship** between time on social media and mental health (P14)


**SUGGESTED ACTIONS**

Purposefully having **phone-free breaks**, for example during meals, before bed, or while outdoors, may help boost teen wellbeing. Parents can set realistic boundaries for the whole family like tech free hours and using device settings to manage screen time. Parents, teachers and young people can visit [webwise.ie](https://www.webwise.ie) for tips to help navigate social media pressures and maintain online wellbeing.

The Planet Youth study offers an ideal vehicle with which to test whether the Department of Education's introduction of **phone pouches** changes the amount of time students spend on social media and whether this in turn improves wellbeing.

19% of secondary school students in Tipperary said they had been diagnosed with a neuro-developmental condition such as **ADHD, autism, dyslexia** or **dyscalculia** (P9)



## SCHOOL


**SUGGESTED ACTIONS**

As awareness of these conditions grows, diagnosis rates rise. National and regional educational authorities need to ensure schools and students have sufficient learning and social **supports** for neurodiverse adolescents. These may include Special Needs Assistant posts, sensory breakout rooms or alternative teaching methods.

## COMMUNITY



- **Drinking outdoors** was quite common in Tipperary with over 1 in 3 teens in this sample doing so (35%; P17)
- Roughly 1 in 3 teens (31%) in Tipperary felt there was no after-school **social space** in their area (P17)
- Just 1 in 7 teens were getting recommended levels of **physical activity** (P12)


**SUGGESTED ACTIONS**

Providing **safe spaces** in the community for young people such as free sports facilities and youth cafes may help to reduce boredom, prevent experimentation with substances and increase in-person meaningful engagement with peers.

# Seldom-heard young people

In addition to secondary school students, 141 young people whose voices are seldom reflected in school-based surveys also took part. These included 133 from **further education** and **training** centres, and 8 individuals not in education, employment or training (**NEET**). These are considered seldom-heard voices due to their exclusion from international school-based surveys such as HBSC\*.

Before comparing measures of wellbeing and substances between this group and the main sample of secondary school students, it's important to note that this seldom-heard group are **older** and more likely to have **more complex** educational, social or health needs. They are also a much **smaller group** so these prevalence estimates should be interpreted with caution.

	Seldom heard group (N = 141)	Mainstream secondary school students (N = 1596)
Gender	39% male; 56% female; 5% other	51% male; 47% female; 2% other
Age	26% aged 14-16; 74% aged 17+	94% aged 14-16; 6% aged 17+
Ethnic minority <sup>1</sup>	22%	11%
Food insecurity <sup>2</sup>	24%	6%
Learning difficulty <sup>3</sup>	46%	15%



1. Ethnic minority included the following racial/ethnic groups: Traveller, Roma, African, Asian, Middle Eastern, or Other.

2. Food insecurity was captured by responses “often”, “sometimes”, “rarely” or “never” to the question “My parents/carers have enough money to pay for the following” (as opposed to “always”).

3. Learning difficulties were captured by respondent indicating they had a diagnosis of ADHD/ADD, dyslexia, dyspraxia or dyscalculia. We excluded autism as it not a learning disability in the context of school-based learning.

\* HBSC: Health Behaviour of School-Aged Children

The table below shows that the seldom heard group had **higher rates** of **health** problems (mental and physical), **self-harm**, **suicide** attempt and **substance** use. An Irish study demonstrated that many of these differences remain statistically significant even after accounting for demographic factors (e.g. age, gender; [1]). However, the seldom-heard group also had high rates of **getting along with teachers** suggesting that many young people in further education and training centres have positive experiences there.

	Seldom-heard group	Mainstream secondary school students
Gets along with teachers*	<b>80%</b>	74%
Feels good at school*	<b>40%</b>	48%
Rated mental health as “bad” or “very bad”	<b>36%</b>	11%
Rated physical health as “bad” or “very bad”	<b>13%</b>	5%
Has sought professional support for mental health	<b>52%</b>	18%
Has self harmed	<b>61%</b>	28%
Has made suicide attempt	<b>47%</b>	6%
Friend (or someone close to them) died by suicide	<b>39%</b>	12%
Has smoked cigarettes	<b>74%</b>	25%
Has used cannabis	<b>55%</b>	7%

These findings have important **implications** for the provision of health and wellbeing supports in further education and training centres. There is a clear need for **suicide prevention** training for both students and staff, in addition to initiatives to address **substance-use** (e.g. smoking cessation help) and ongoing **mental health support**.

\* These questions were not asked of NEET individuals

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## Implementation partner



## Academic partner



This report was created by RCSI researchers Dr Niamh Dooley, James Qin, Oran Fitton and Rian O'Connell, in collaboration with Planet Youth study coordinators in Tipperary.

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# Appendix Survey Questions

The questions analysed in this report are shown below. These are just **some of the questions** asked in the survey. Also provided are (a) the **response options**, which may have been combined into groups or dichotomised for the purpose of reporting (b) the **number of individuals** who chose each response option and (c) the number of individuals who **did not answer** the question. When calculating percentages throughout the report, only those who answered the question were considered. This table includes secondary school students only (total N = 1,596 ).

	Question	Response Options	Number of individuals	Number of non-responders
1	How would you describe your gender?	Male; Female; Trans-gender; Non-binary; Other; Prefer not to say	815; 743; 10; 14; 5; 7	2
2	How old are you now?	14; 15; 16; 17; 18; 19 or older	18; 663; 824; 85; 4; 0	2
3	What school year are you in now?	3rd; TY; 5th; 6th; LCA/QQI; NEET	4; 1381; 174; 5; 24; 4	4
4	Did you sit the Junior Certificate earlier this year?	Yes; No, another year	1348; 236	12
5	What is your ethnic/cultural background?	White Irish; Any other white background; Traveller; Roma; Middle Eastern; African; Asian; Other	1236; 179; 24; 7; 16; 18; 28; 85	3
6	Food:My parents/carers have enough money to pay for the following:	Never; Rarely; Sometimes; Often; Always	13; 2; 10; 70; 1485	16
7	Bills:My parents/carers have enough money to pay for the following:	Never; Rarely; Sometimes; Often; Always	14; 7; 22; 123; 1406	24
8	Clothes & school uniforms:My parents/carers have enough money to pay for the following:	Never; Rarely; Sometimes; Often; Always	8; 11; 44; 180; 1330	23
9	Sports and registration fees:My parents/carers have enough money to pay for the following:	Never; Rarely; Sometimes; Often; Always	27; 19; 59; 190; 1272	29
10	Does your family have access to reliable transport to get to school, after school activities, medical appointments and shopping?	No; Yes	52; 1534	10
11	Do you provide care or support to a family member or loved one due to their physical or mental health condition, disability, addiction, or other	No; Yes	1139; 435	22
12	I spend time with my parents / carers during the week:How does the following apply to you?	Never; Rarely; Sometimes; Often; Very often	41; 117; 323; 592; 490	33
13	I spend time with my parents / carers at the weekends:How does the following apply to you?	Never; Rarely; Sometimes; Often; Very often	31; 102; 297; 557; 564	45
14	Caring and warmth:How easy or hard would it be for you to receive the following from your parents/carers?	Very easy; Easy; Hard; Very hard	888; 538; 94; 25	51
15	Advice about personal matters:How easy or hard would it be for you to receive the following from your parents/carers?	Very easy; Easy; Hard; Very hard	703; 535; 220; 79	59

	Question	Response Options	Number of individuals	Number of non-responders
16	Eat a meal with your parents or carers:How many times a week do you do the following?	Never; Once; Twice; 3 times; 4 times; 5 times; 6 times; 7 times or more	65; 64; 95; 99; 109; 156; 127; 684	197
17	My parents / carers set definite rules about what I can do at home:To what extent do you agree or disagree with the following statements?	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly agree	60; 224; 466; 630; 178	38
18	My parents / carers set definite rules about what I can do outside the home:To what extent do you agree or disagree with the following statements?	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly agree	57; 185; 429; 687; 197	41
19	My parents / carers set definite rules about when I should be home in the evening:To what extent do you agree or disagree with the following statements?	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly agree	54; 274; 467; 566; 190	45
20	I feel safe at home:To what extent do the following statements apply to you?	Never; Rarely; Sometimes; Often; Very often	9; 14; 60; 257; 1210	46
21	I spend time outside the home because family members are always doing their own thing:How well do the following apply to your home circumstances?	Almost never; Rarely; Sometimes; Often; Almost always	873; 236; 150; 54; 31	252
22	Got drunk:How do you think your parents/carers would react if you did any of the following?	They would not care; A bit against it; Against it; Totally against it	195; 490; 382; 397	132
23	Vaped:How do you think your parents/carers would react if you did any of the following?	They would not care; A bit against it; Against it; Totally against it	41; 101; 276; 1048	130
24	Smoked cigarettes:How do you think your parents/carers would react if you did any of the following?	They would not care; A bit against it; Against it; Totally against it	21; 65; 235; 1150	125
25	Parent/carer had/has a drinking problem:Have any of these things ever happened to you?	No; Yes	1345; 149	102
26	Parent/carer had/has a drug problem:Have any of these things ever happened to you?	No; Yes	1442; 49	105
27	Parent/carer had/has a mental illness:Have any of these things ever happened to you?	No; Yes	1352; 138	106
28	Witnessed physical violence in your home where an adult was involved:Have any of these things ever happened to you?	No; Yes	1313; 180	103
29	Witnessed psychological violence in your home where an adult was involved:Have any of these things ever happened to you?	No; Yes	1262; 227	107
30	I get along with the teachers:To what extent do you agree or disagree with the following statements?	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly Agree	26; 42; 347; 940; 225	16
31	I feel good at school:To what extent do you agree or disagree with the following statements?	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly Agree	94; 214; 508; 640; 128	12

	Question	Response Options	Number of individuals	Number of non-responders
32	I find schoolwork interesting:To what extent do you agree or disagree with the following statements?	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly Agree	121; 330; 632; 444; 54	15
33	I find schoolwork hard:To what extent do you agree or disagree with the following statements?	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly Agree	77; 393; 642; 395; 69	20
34	Dyslexia, dyscalculia or dyspraxia:Have you been diagnosed with any of the following?	No; Yes	1236; 195	165
35	ADD/ADHD:Have you been diagnosed with any of the following?	No; Yes	1301; 76	219
36	Autism/ASD:Have you been diagnosed with any of the following?	No; Yes	1316; 61	219
37	Because of my own health and wellbeing:How many whole days were you absent from school during the last 30 days?	None; 1 day; 2 days; 3 days; 4 days; 5 days or more	628; 281; 237; 138; 66; 190	56
38	Because of transport issues:How many whole days were you absent from school during the last 30 days?	None; 1 day; 2 days; 3 days; 4 days; 5 days or more	1248; 77; 15; 17; 4; 7	228
39	Because going to school makes me feel anxious:How many whole days were you absent from school during the last 30 days?	None; 1 day; 2 days; 3 days; 4 days; 5 days or more	1159; 106; 50; 22; 19; 32	208
40	Because I am needed at home:How many whole days were you absent from school during the last 30 days?	None; 1 day; 2 days; 3 days; 4 days; 5 days or more	1080; 132; 74; 44; 23; 40	203
41	Because of family circumstances:How many whole days were you absent from school during the last 30 days?	None; 1 day; 2 days; 3 days; 4 days; 5 days or more	1077; 154; 70; 28; 12; 41	214
42	Because I skipped a school day (mitched/bunked):How many whole days were you absent from school during the last 30 days?	None; 1 day; 2 days; 3 days; 4 days; 5 days or more	1177; 82; 41; 27; 13; 39	217
43	How would you rate your physical health?	Very good; Good; Okay; Bad; Very bad	499; 596; 335; 65; 14	87
44	How would you rate your mental health?	Very good; Good; Okay; Bad; Very bad	317; 589; 460; 145; 29	56
45	Have you ever thought you could do with help with mental health issues?:Support with mental health issues	No; Yes	919; 555	122
46	Have you ever looked for help or support with mental health issues?:Support with mental health issues	No; Yes	1200; 265	131
47	Was help available in a timely manner when you needed it?:Support with mental health issues	No; Yes; Not applicable	87; 171; 1200	138
48	During your lifetime have you harmed yourself on purpose? ( e g , cutting, scratching, burning, preventing wounds from healing, punching)	Never; Once; Twice; 3-4 times; 5 times or more often	1076; 139; 65; 59; 152	105

	Question	Response Options	Number of individuals	Number of non-responders
49	Have any of your friends (or someone else close to you) attempted suicide? :Does any of the following apply to you?	No; Yes	1124; 374	98
50	Have you ever attempted suicide?:Does any of the following apply to you?	No; Yes	1387; 90	119
51	Eat breakfast:How many times a week do you do the following?	Never; Once; Twice; 3 times; 4 times; 5 times; 6 times; 7 times or more	177; 90; 138; 82; 65; 76; 81; 714	173
52	Eat fruit and vegetables:How many times a week do you do the following?	Never; Once; Twice; 3 times; 4 times; 5 times; 6 times; 7 times or more	44; 47; 83; 106; 145; 186; 150; 632	203
53	Do a total of 60 min or more of physical activity, which is enough to raise your breathing rate:How many times a week do you	Never; Once; Twice; 3 times; 4 times; 5 times; 6 times; 7 times or more	194; 192; 180; 223; 196; 191; 169; 222	29
54	How many hours do you sleep on average every night?	4 hours; 5 hours; 6 hours; 7 hours; 8 hours; 9 hours; 10 hours or more	47; 82; 223; 491; 533; 152; 39	29
55	Do you have a phone in your bedroom at night?	No; Yes	258; 1301	37
56	How often do you use your phone between midnight and 6am?	Never; Rarely; Sometimes; Often; Very often; Not applicable	268; 477; 278; 168; 86; 258	61
57	How many evenings, in the last week, were you outside after midnight?	None; One; Two; Three; Four; Five; Six; Seven	1082; 219; 138; 41; 22; 14; 7; 19	54
58	Play team sports (GAA, soccer, etc ):How many times a week do you	Never; Once; Twice; 3 times; 4 times; 5 times; 6 times; 7 times or more	648; 143; 219; 213; 144; 93; 45; 53	38
59	Do an individual physical activity (swimming, running, etc ):How many times a week do you	Never; Once; Twice; 3 times; 4 times; 5 times; 6 times; 7 times or more	444; 313; 255; 191; 101; 95; 62; 87	48
60	Using social media (e g Snapchat, Instagram, TikTok):How much time on average do you spend each day on the following?	None; 1 hour; 2 hours; 3 hours; 4 hours; 5 hours; 6 hours or more	22; 153; 348; 418; 262; 159; 207	27
61	Playing video games:How much time on average do you spend each day on the following?	None; 1 hour; 2 hours; 3 hours; 4 hours; 5 hours; 6 hours or more	643; 376; 238; 132; 63; 30; 71	43
62	Social media makes me feel less happy with how I look:These questions are about how you view your body	Strongly disagree; Disagree; Agree; Strongly agree	188; 561; 502; 139	206
63	You were bullied online by someone:How often has the following happened in the last 12 months?	Never; Once; Twice; 3-4 times; 5 times or more	1210; 115; 33; 35; 31	172
64	You have been asked to send a sexually explicit image of yourself through social media:How often has the following happened in the last 12 months?	Never; Once; Twice; 3-4 times; 5 times or more	1043; 107; 63; 89; 112	182
65	How often have you had a drink of alcohol in your lifetime?	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 20-39 times; 40 times or more	343; 265; 259; 187; 208; 104; 128	102
66	How often have you vaped in your lifetime?	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 20-39 times; 40 times or more	816; 180; 69; 50; 43; 41; 261	136

	Question	Response Options	Number of individuals	Number of non-responders
67	How often have you smoked cigarettes in your lifetime?	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 20-39 times; 40 times or more	1129; 150; 56; 29; 29; 24; 81	98
68	How often have you used cannabis products in your lifetime?	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 20-39 times; 40 times or more	1373; 44; 20; 8; 8; 6; 15	122
69	How often have you had a drink of alcohol during the last 30 days?	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 20 times or more	734; 454; 179; 50; 28; 23	128
70	How often have you vaped in the last 30 days?	Never; Less than once a week; Less than once a day; 1-5 times a day; 6-10 times a day; 11-20 times a day; More than 20 times a day	1132; 98; 28; 34; 22; 23; 117	142
71	How many cigarettes on average have you smoked in the last 30 days?	None; Less than 1 cigarette per week; Less than 1 cigarette per day; 1-5 cigarettes per day; 6-10 cigarettes per day; 11-20 cigarettes per day; More than 20 cigarettes per day	1353; 82; 16; 20; 7; 6; 9	103
72	How often have you used cannabis products during the last 30 days?	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 20 times or more	1445; 11; 4; 4; 2; 4	126
73	Had a drink of alcohol:At what age did you do any of the following for the first time?	Never; 11 years old or younger; 12 years; 13 years; 14 years; 15 or older	306; 146; 106; 167; 244; 463	164
74	Smoked a cigarette:At what age did you do any of the following for the first time?	Never; 11 years old or younger; 12 years; 13 years; 14 years; 15 or older	1055; 20; 27; 48; 113; 153	180
75	Used a vape:At what age did you do any of the following for the first time?	Never; 11 years old or younger; 12 years; 13 years; 14 years; 15 or older	788; 16; 61; 157; 213; 177	184
76	Used cannabis:At what age did you do any of the following for the first time?	Never; 11 years old or younger; 12 years; 13 years; 14 years; 15 or older	1300; 4; 2; 21; 36; 46	187
77	How difficult do you think it would be for you to get cannabis if you wanted?	Very difficult; Fairly difficult; Fairly easy; Very easy; Dont know	402; 292; 353; 181; 235	133
78	Smoked it with tobacco:In what forms have you used cannabis before?	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 20-39 times; 40 times or more	1393; 41; 6; 6; 5; 0; 16	129
79	Smoked it without tobacco:In what forms have you used cannabis before?	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 20-39 times; 40 times or more	1415; 28; 3; 3; 1; 1; 13	132
80	Vaped it:In what forms have you used cannabis before?	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 20-39 times; 40 times or more	1404; 26; 11; 6; 3; 2; 15	129

	Question	Response Options	Number of individuals	Number of non-responders
81	Bong:In what forms have you used cannabis before?	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 20-39 times; 40 times or more	1430; 18; 3; 2; 0; 0; 10	133
82	Dabbing concentrate/oil:In what forms have you used cannabis before?	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 40 times or more	1450; 5; 0; 2; 0; 4	135
83	Edibles/gummies:In what forms have you used cannabis before?	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 20-39 times; 40 times or more	1436; 15; 3; 3; 1; 1; 5	132
84	I feel safe in my neighbourhood:To what extent do the following statements apply to you?	Never; Rarely; Sometimes; Often; Very often	27; 47; 181; 535; 757	49
85	There are activities for me to do in my area:To what extent do you agree or disagree with the following statements?	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly agree	115; 275; 324; 672; 177	33
86	There is a suitable outdoor youth space in my area:To what extent do you agree or disagree with the following statements?	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly agree	144; 366; 425; 514; 115	32
87	There are activities for me to do in my area but I cannot access them due to no transport:To what extent do you agree or disagree with the following statements?	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly agree	350; 647; 319; 185; 64	31
88	I buy them in a shop:How do you usually get your vaping products?	Never; Rarely; Sometimes; Often; Not applicable	346; 54; 73; 112; 816	195
89	My parent/carer gives it to me:How do you usually get the alcohol you drink?	Never; Rarely; Sometimes; Often; Not applicable	410; 283; 214; 171; 343	175
90	Outdoors (e g , in the street, in a park, field etc ):Where do you drink alcohol?	Never; Rarely; Sometimes; Often; Not applicable	695; 181; 129; 72; 343	176
91	There is an after school social space in my area where I can meet friends or do activities:To what extent do you agree or disagree with the following statements?	Strongly disagree; Disagree; Neither agree nor disagree; Agree; Strongly agree	149; 335; 444; 496; 149	23
92	Have any of your friends (or someone else close to you) died by suicide?:Does any of the following apply to you?	No; Yes	1319; 176	101

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This report was created by RCSI researchers Dr Niamh Dooley, James Qin, Oran Fitton and Rian O’Connell, in collaboration with Planet Youth study coordinators in Tipperary.

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