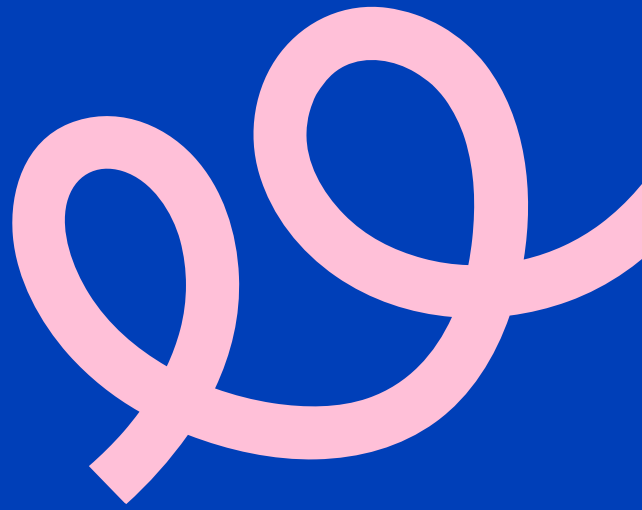
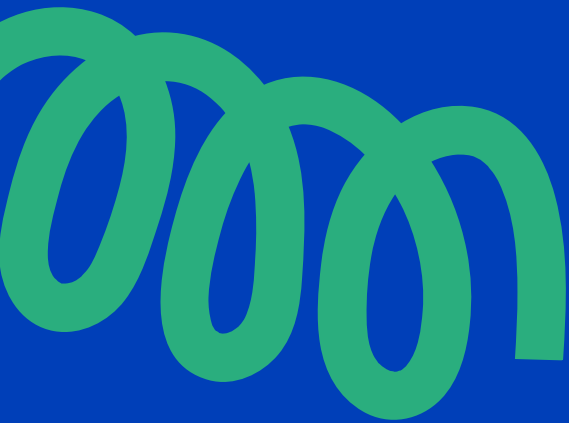


Planet Youth Wicklow

Results of survey

2024

What young
people say about
living in Wicklow



PLANET
Youth®



Table of Contents

About the survey	<u>3</u>
Results	
Home life	<u>7</u>
School life	<u>9</u>
Health & Wellbeing	<u>10</u>
Hobbies & leisure	<u>13</u>
Substance use	<u>15</u>
Community	<u>17</u>
Key findings & suggested actions	<u>19</u>
Seldom-heard young people	<u>21</u>
Acknowledgments	<u>23</u>
Appendix	<u>24</u>

About the Survey

The Icelandic Prevention Model (IPM) also referred to as “Planet Youth” was adopted by County Wicklow in 2024. Active in many countries globally, it is an adaptable system that aims to reduce substance use and improve wellbeing among adolescents.

The questions in the survey ask about six domains of 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.

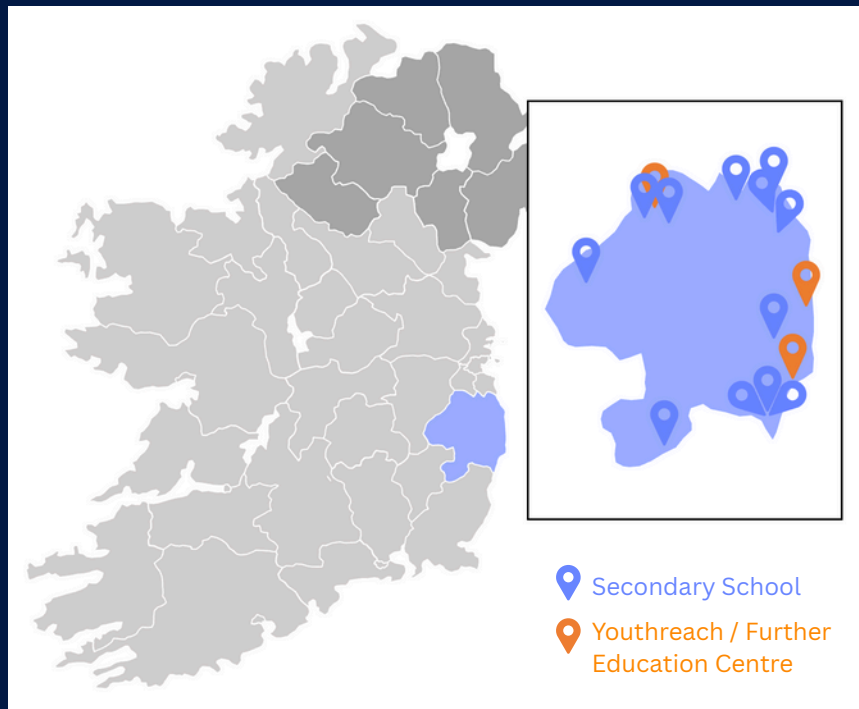
In 2024, all 22 secondary schools and 4 Youthreach centres in the county were invited to partake in first of three Planet Youth surveys. 50% of schools and 75% of Youthreach centres agreed to take part. Of the eligible students in those institutions, 72% students completed the survey between 4th November and 4th December 2024. The survey was fully 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 now 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?

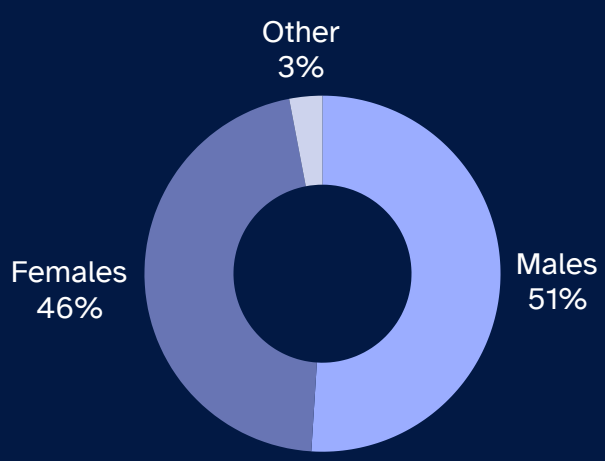


843 adolescents from **11 secondary schools** across County Wicklow completed the survey in 2024.

68 students from **3 Youthreach** centres and **5 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.

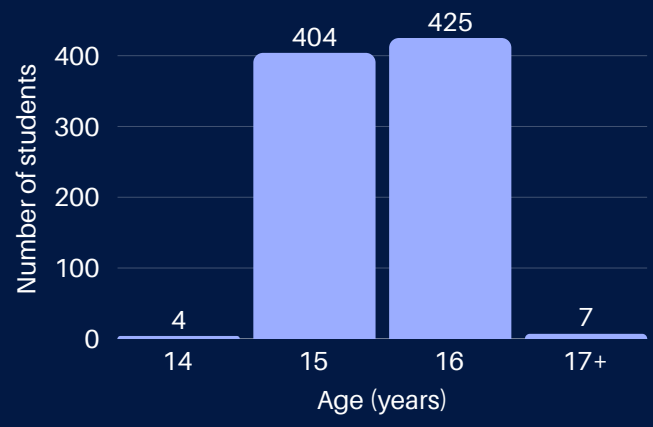
Before reading the results of the survey, it's important to understand who is represented in this sample of 843 young people. The vast majority were in Transition Year (96%) and had sat the Junior Certificate several months before (93%). The genders and ages of the sample are shown below.

Gender



3% of participants identified as transgender, non-binary, other, or selected "prefer not to say"

Ages



98% 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 this sample.



Financial Difficulties

Approximately **1 in 10** said their parents didn't always have enough money to pay for **food** (8%) or **bills** (11%). However, a higher proportion said their parents didn't always have enough to pay for **clothes and school uniforms** (16%) or **sports and registration fees** (20%).

Ethnic Diversity



81% described their ethnic/cultural backgrounds as White Irish, **8%** as another White background and **10%** 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.

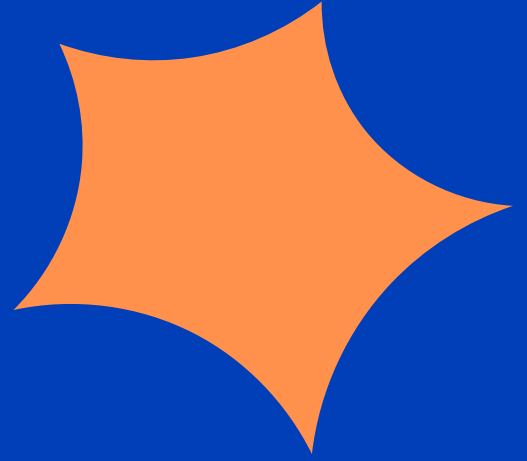


24%

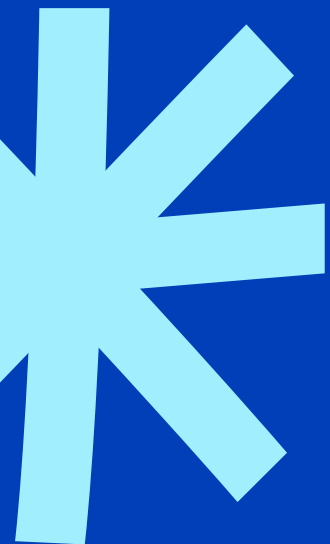


Young caregivers

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

71% of teens “often” or “very often” spend time with their parents at the **weekends**. 64% do so on **weekdays**. 2-3% said they never spend time with their parents.



90% said it was easy to receive **caring and warmth** from their parents and 79% 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.



Most parents set **rules** about what their teen can do **in the home** (54%) and **outside** the home (60%), with 49% having a definite **time** they need to be home in the evenings.

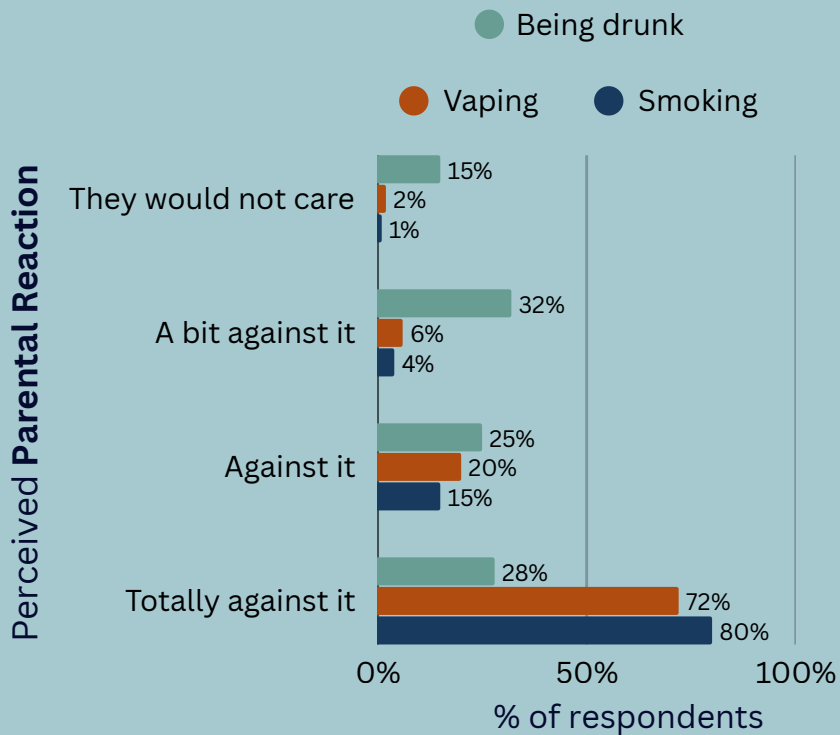


6% of respondents said they **only sometimes felt safe** at home (which includes those who sometimes, rarely and never felt safe at home)



This survey found that **8%** often spent time outside the home because they **don't get on** with other family members, with an additional **13%** 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 (2%) or smoked (1%). Only 53% said their parents were “against” (25%) or “totally against” (28%) 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 93% in those who felt their parents would not care if they vaped, to 30% who felt their parents were totally against it (not shown in graph).

Parent health

12% of adolescents in Wicklow said that their parent had a **drinking or drug problem** at some point in the young person’s life, and **12%** said their parent had experienced a **mental illness**.

Young people whose parents had experienced mental illness were **3 times more likely** to say their own mental health was bad (32%), 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 **16%** 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 **3 times more likely** to say their mental health was bad (30%), 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**. So interventions to support teens may also need to take the household and community into consideration.

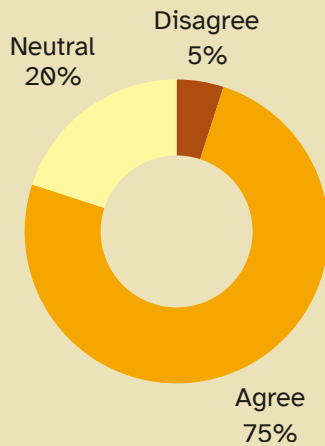


School life

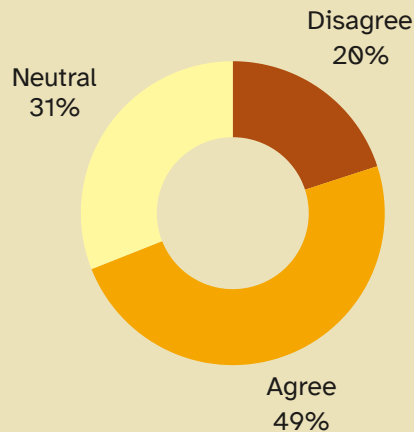


Adolescents spent a large portion of their waking hours at school, and enjoying school is a key predictor of general wellbeing at this age. Secondary school students in Wicklow generally reported positive experiences in school...

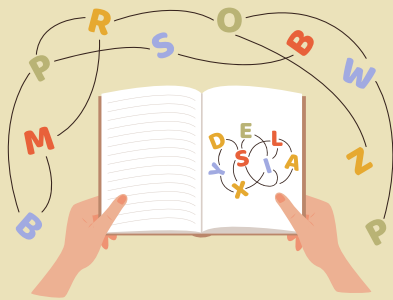
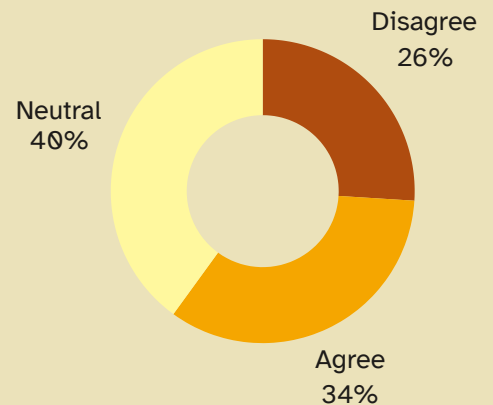
I get along with the teachers



I feel good at school

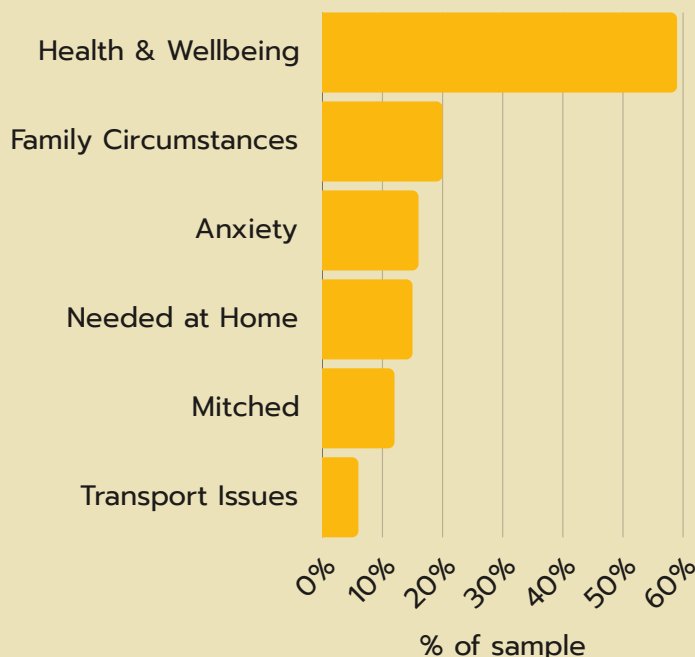


Schoolwork is interesting



27% of respondents said they found schoolwork **hard**. **Learning difficulties** or **neurodivergence** may account for some of these responses. 22% of respondents in Wicklow said they had been diagnosed with at least one of the following: **dyslexia**, **dyscalculia** or **dyspraxia** (16%), **ADHD** (9%), or **autism** (4%).

Reasons for school absence



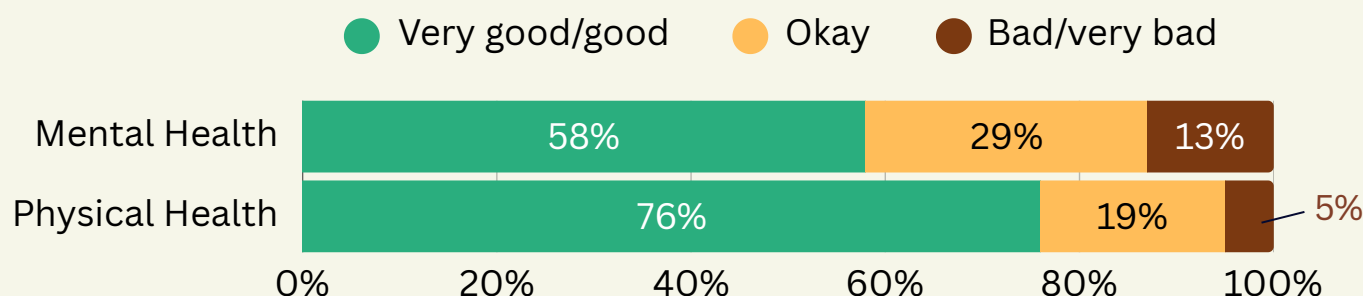
School Absence

The **average** amount of school missed in the past month was **2.7 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, 20% due to family circumstances and 16% due to anxiety.

Health & Wellbeing

Most adolescents in Wicklow rated both their mental and physical health as good (or very good). However over twice as many young people reported bad **mental** health (13%) than reported bad **physical** health (5%).



Mental health support

When asked “Have you ever thought you **could do with help** with mental health issues?” 42% of adolescents said yes. However, when asked if they ever **looked** for help or support for a mental health issue, only 20% said yes.

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



Self-harm & suicide

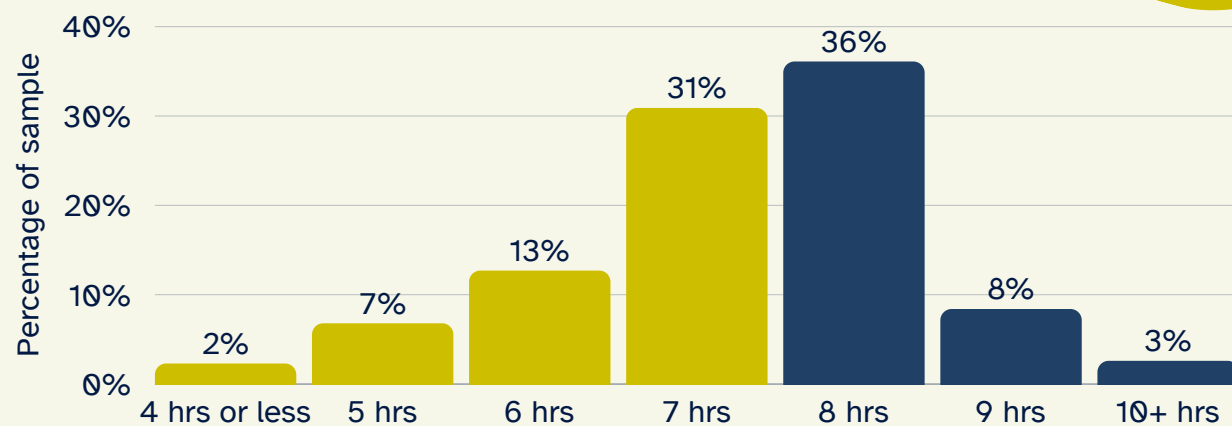
1 in 3 adolescents in this sample said they had harmed themselves on purpose (32%). **1 in 3** said that a **friend or someone close** to them had attempted suicide (33%), and **9%** said they they had **attempted suicide** at some point in their lifetime.

There were strong **gender differences** in **mental health**, but not in physical health: 72% of males reported their mental health as good, compared to just 45% of females. Conversely, twice as many females as males said their mental health was bad (15% vs 7%). Reports of ever **self-harming** were significantly higher in females (43%) compared to males (19%). This gender gap in adolescent mental health and self-harm is supported by other research from Ireland [1], UK [2] and the US [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 (55%) 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:

83%

have a phone in
their bedroom at
night



15%

often use their
phones between
midnight and
6am



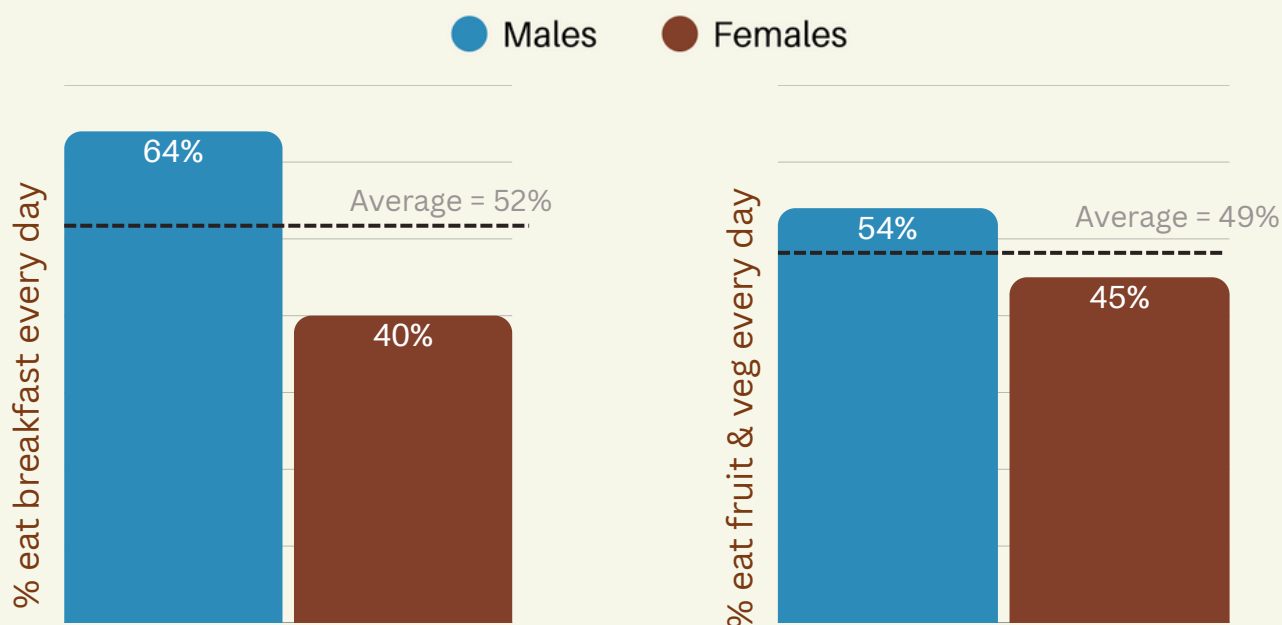
35%

Outside
past
midnight
at least 1
night in the
past week



Diet

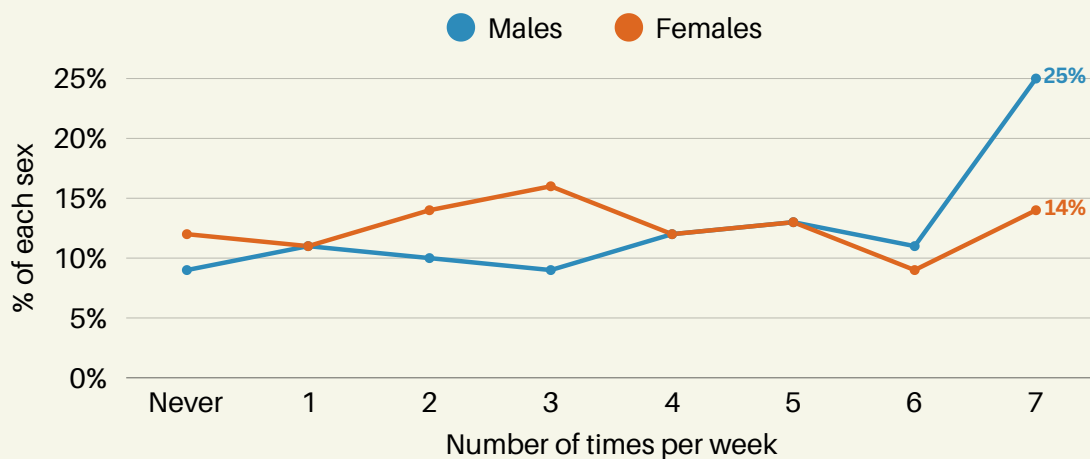
Roughly half of respondents said they eat breakfast everyday (52%), and a similar percentage said they ate fruit and vegetables every day (49%). Males were more likely to do both of these.



Physical activity

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

Less than 1 in 5 adolescents (19%) said they did an hour physical activity every day that raised their breathing rate (25% of males; 14% of females).



Hobbies & Leisure

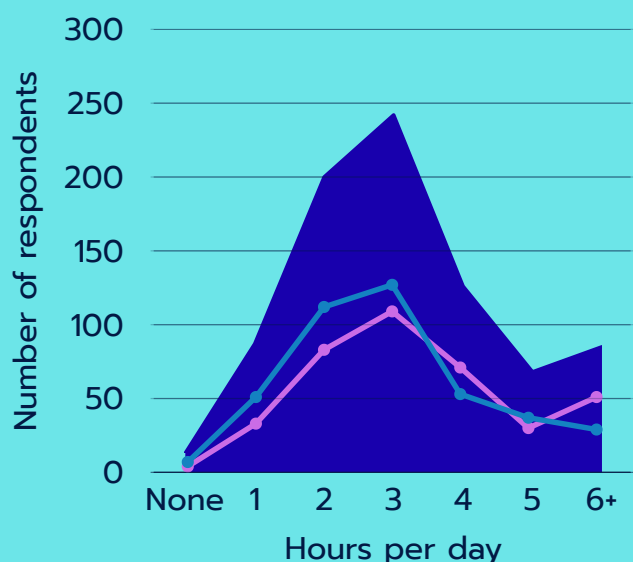


The majority of adolescents (64%) play a **team sport** and 76% do an **individual sport** (swimming, running, etc) outside of school at least once a week.

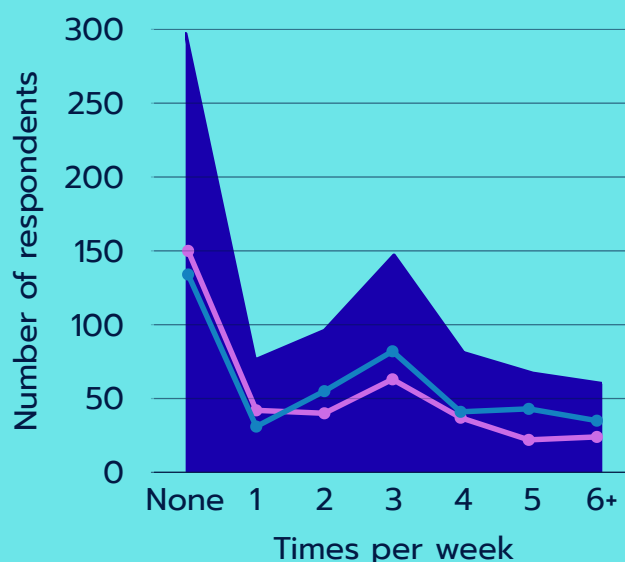


Most adolescents (30%) spend 3 hours per day on **social media**, with 19% spending 5+ hours per day on it (21% of females, 16% of males). Significantly more males reported playing **video games** at least once per week (84%) compared to females (33%).

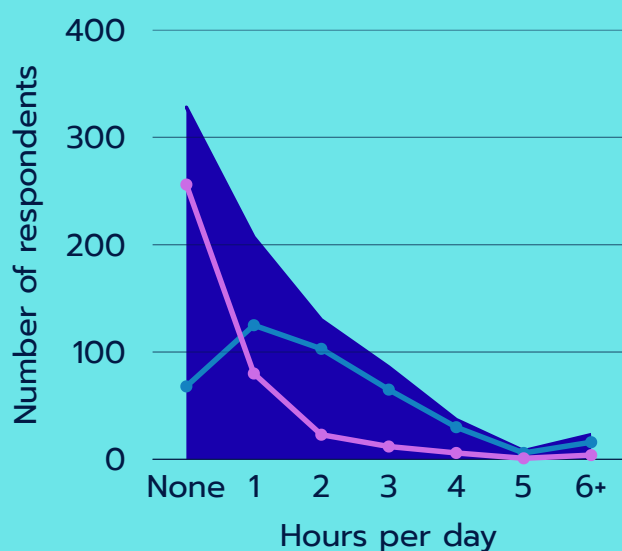
Social Media



Team Sports



Video Games



- Full sample
- Males
- Females

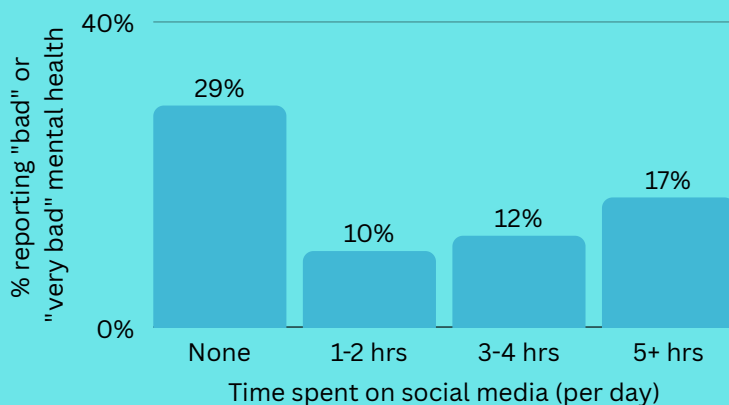


Social media & mental health

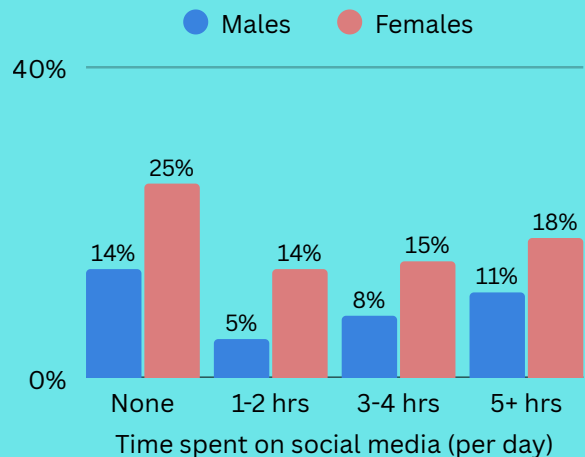
The graphs below show that the relationship between time spent on **social media** and **mental health** is not simple.

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 the highest rates of bad mental health (29%). This supports the **“Goldilocks Hypothesis”** which suggests that *some* social media use may be helpful but that very low or high levels may be harmful [5]. This pattern is particularly evident among females. Researchers do not fully understand the relationship between social media use (types of content, specific apps, etc) and teenage mental health.

All respondents



Split by gender



45%

said social media made them feel less **happy about how they look** (61% of females, 31% of males)

14%

said they were **bullied online** in the past year (19% of females, 8% of males)

24%

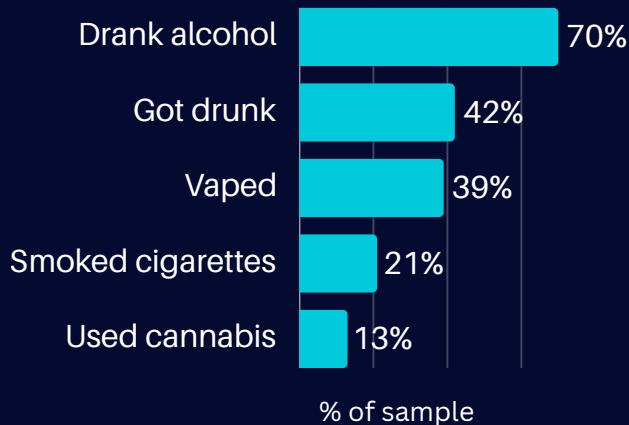
said they were asked to send a **sexually explicit image** of themselves via social media in the past year (36% of females, 13% of males)

Substance use

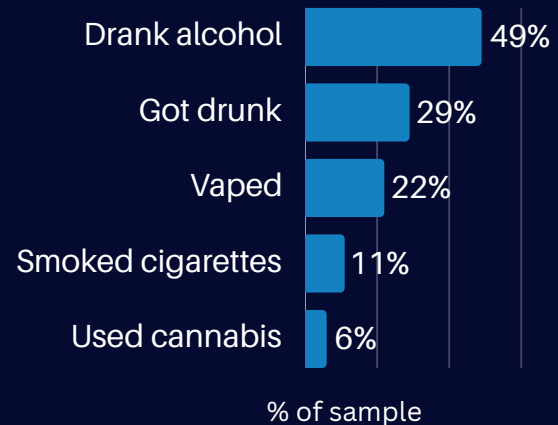


Adolescents were asked if they had **ever** used various substances (alcohol, cigarettes, etc.). If they said yes, they were asked if they had used them in the **past month**. The graphs below show the proportion who used these substances at least once in these timeframes:

IN LIFETIME

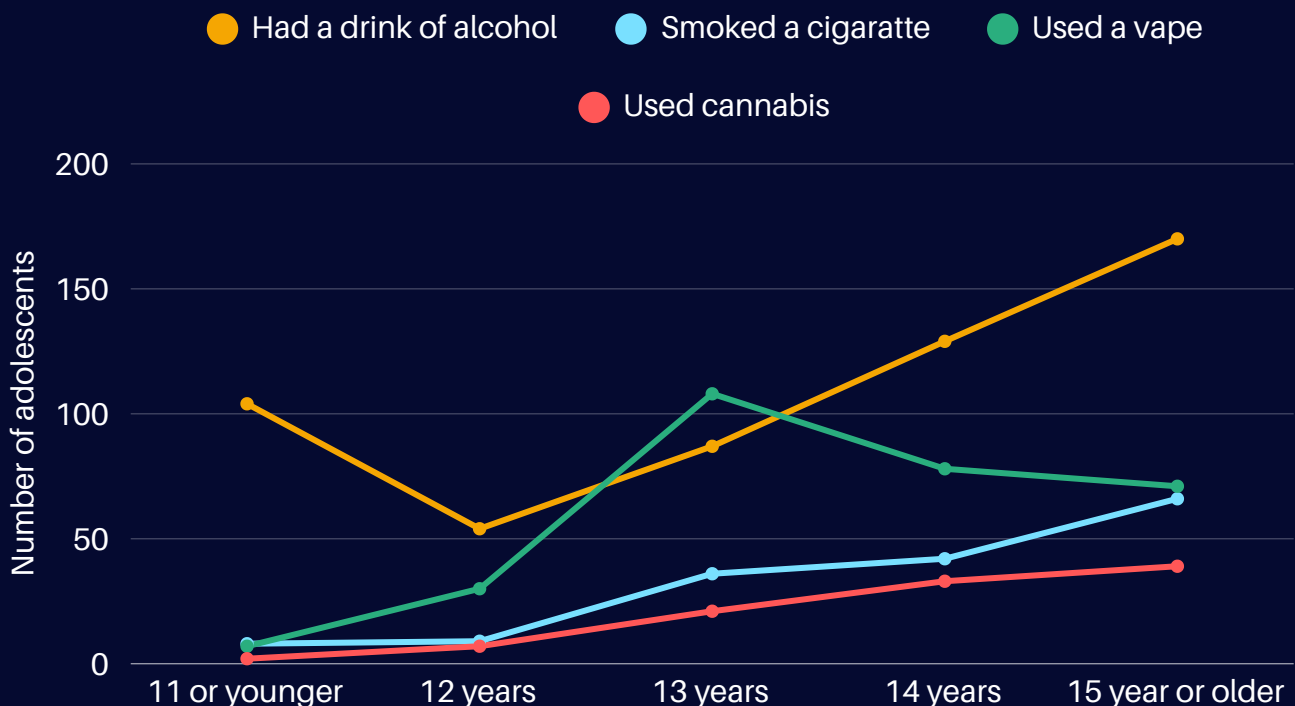


IN PAST 30 DAYS



When does it start?

We asked adolescents when they did each substance for the first time. We might expect the likelihood of having done a substance increases linearly the older a child gets, but two substances do not conform to this trend: (1) A significant portion of the sample (20%) had **alcohol** at 11 or younger and (2) The peak age for onset of **vaping** was 13 years old. Over 1 in 3 adolescents (37%) said they started vaping at age 13 specifically, while 49% reported vaping at 13 years *or younger*.



Other Substances



Roughly **1 in 10** adolescents in this sample had used cannabis at some point in their lifetime (13%). However, many more (43%) said that it would **easy to get** cannabis if they wanted it. Lifetime cannabis use was more common in males (18%) compared to females (10%). Among those who had used cannabis, the most common ways of using it were **vaping** it, smoking it **with tobacco**, and smoking it **without tobacco** (as opposed to using a bong, dabbing and edibles).

Less than 2% of adolescents in Wicklow reported ever using **cocaine** (1.7%; 13 individuals).

National Comparison

How does Wicklow 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
Wicklow 2024	70%	38%	21%	13%
Tipperary 2024	77%	44%	23%	7%
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%
National Average	73%	43%	24%	11%

Community



86% of respondents in Wicklow said that they often **felt safe** in their neighbourhood, leaving **14%** who only felt safe “sometimes” or less often.

57% said that there were **activities** available to them, and **44%** said there was a suitable outdoor youth space in the area they live. For 17% 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 Wicklow, **39%** said they had bought their vapes directly **from shops** and **19%** (51 individuals) said they did so often.

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



1 in 4 teens (26%) in the sample said they **drank outdoors** such as on a street, or in a park/field (11% rarely, 10% sometimes, 5% often) .

45% of the sample said their **parents** had provided the alcohol they drink (12% often; 16% sometimes; 17% rarely).



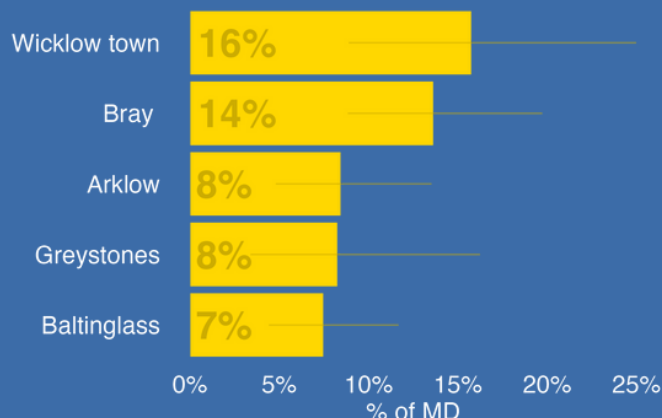
42% indicated that there was a suitable after-school **social space** where they could meet friends or do activities while 32% indicated that there wasn't.

The proportion agreeing that there was a suitable space ranged across **municipal districts** from 38-46%

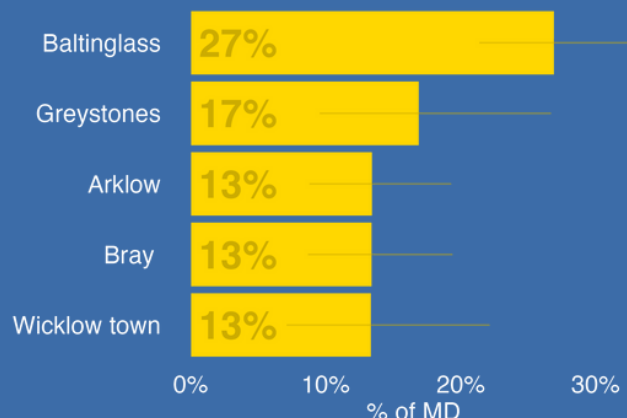
Differences by region

Here we show differences across **Municipal Districts** (MDs) in Wicklow in rates several adolescent behaviours that communities may have influence over. Details of the MDs in Wicklow are provided in the table at the bottom of the page.

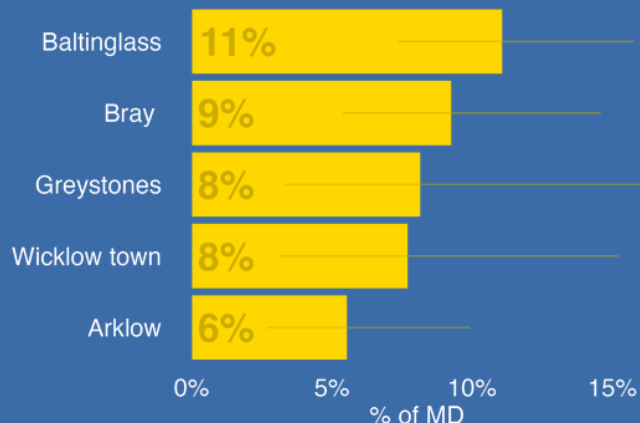
Buys vaping products in a shop “sometimes” or “often”



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, (3) many of the differences between MDs are not statistically significant*

Municipal District	Areas in MD	Number of respondents in this survey
Arklow	Arklow, Rathdrum, Avoca, Aughrim, Carnew, etc.	198
Baltinglass	Baltinglass, Blessington, Hollywood, Donard, Dunlavin, Ballyknockan, etc.	252
Bray	Bray, Enniskerry, Kilmacanogue, etc.	195
Greystones	Greystones, Delgany, Kilcoole, Newcastle, part of Newtownmountkennedy	99
Wicklow	Wicklow Town, Rathnew, Ashford, Roundwood, Glenealy, Laragh, etc.	99

* 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).
- Only half of teens reported eating **fruit** or **vegetables** every day and a similar proportion ate **breakfast** everyday (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, **Wicklow** showed lower rates of alcohol use, smoking and vaping, but one of the highest rates of **cannabis** use (P16).
- While rates of lifetime **vaping** were low relative to other counties, these are high by international standards [6]. The peak age to start vaping was 13 years old in Wicklow (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.

Almost half of the Wicklow sample (43%) 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 Wicklow spend more time per week on **social media** (13% of hours in the week) than they do playing **team sports** (1%), watching **shows or movies** alone (9%) or with their families (6%) or playing **video games** (9%)*.

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

SUGGESTED ACTIONS

The **Smartphone-Free Childhood** initiative in the UK advocates that parents should not give children smartphones before age 14, and should enforce this within networks (e.g. for all children in a friend group) to avoid children without social media being excluded.

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.

22% of secondary school students in Wicklow 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 Wicklow with over 1 in 4 teens in this sample doing so (26%; P17)
- Roughly 1 in 3 teens in Wicklow felt there was no after-school **social space** in their area (P17)
- Less than 1 in 5 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.

* These percentages are approximate and were estimated based on the average number of hours spent on each of these activities *per day* ("None", "1 hour", etc), expressed as a percentage of *the week* (168 hours)

Seldom-heard young people

In addition to secondary school students, 73 young people whose voices are seldom reflected in school-based surveys also took part in Planet Youth Wicklow. These included 68 from **further education** and **Youthreach** centres, and 5 individuals not in education, employment or training (**NEET**).

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 = 73)	Mainstream secondary school students (N = 843)
Gender	43% male; 47% female; 11% other	51% male; 46% female; 3% other
Age	40% aged 14-16; 60% aged 17+	99% aged 14-16; 1% aged 17+
Ethnic minority ¹	18%	10%
Food insecurity ²	18%	8%
Learning difficulty ³	48%	21%



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.

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** and **feeling good at school**, suggesting that most young people in Youthreach centres have positive experiences there.

	Seldom-heard group	Mainstream secondary school students
Gets along with teachers*	85%	74%
Feels good at school*	54%	48%
Rated mental health as “bad” or “very bad”	24%	13%
Rated physical health as “bad” or “very bad”	12%	5%
Has sought professional support for mental health	58%	20%
Has self harmed	58%	32%
Has made suicide attempt	36%	9%
Friend (or someone close to them) died by suicide	24%	14%
Has smoked cigarettes	64%	21%
Has used cannabis	38%	13%

These findings have important **implications** for the provision of health and wellbeing supports in further education institutes such as Youthreach centres. The need for **suicide prevention** training (for both students and staff) is evident, in addition to **substance-use treatment** (e.g. smoking cessation help) and ongoing **mental health support**.

* These questions were only asked to those still in education (i.e. secondary school, Youthreach, or other further education centre)

Acknowledgments

Many thanks to the students who completed this survey, the schools who enabled the data collection and the Planet Youth liaison workers across schools.

Also a thank you to our partners for funding Planet Youth Wicklow and their continued support:

Funding partners



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 Wicklow.

Please cite this report as:

Qin, Fitton, O'Connell & Dooley "Planet Youth Wicklow 2024 report: What young people say about living in Wicklow". Published online: 2025

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 = 843).

	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	427; 389; 7; 8; 2; 7	3
2	How old are you now?	14; 15; 16; 17; 18; 19 or older	4; 404; 425; 6; 0; 1	3
3	What school year are you in now?	3rd; TY; 5th; 6th; LCA/QQI; NEET	3; 808; 13; 3; 10; 1	5
4	Did you sit the Junior Certificate earlier this year?	Yes; No, another year	786; 46	11
5	What is your ethnic/cultural background?	White Irish; Any other white background; Traveller; Roma; Middle Eastern; African; Asian; Other	685; 70; 7; 1; 5; 8; 23; 41	3
6	Food:My parents/carers have enough money to pay for the following:	Never; Rarely; Sometimes; Often; Always	12; 1; 9; 45; 765	11
7	Bills:My parents/carers have enough money to pay for the following:	Never; Rarely; Sometimes; Often; Always	9; 4; 12; 67; 742	9
8	Clothes & school uniforms:My parents/carers have enough money to pay for the following:	Never; Rarely; Sometimes; Often; Always	10; 7; 31; 90; 692	13
9	Sports and registration fees:My parents/carers have enough money to pay for the following:	Never; Rarely; Sometimes; Often; Always	17; 9; 31; 108; 663	15
10	Does your family have access to reliable transport to get to school, after school activities, medical appointments and shopping?	No; Yes	22; 814	7
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	629; 202	12
12	I spend time with my parents / carers during the week:How does the following apply to you?	Never; Rarely; Sometimes; Often; Very often	23; 78; 199; 299; 226	18
13	I spend time with my parents / carers at the weekends:How does the following apply to you?	Never; Rarely; Sometimes; Often; Very often	17; 54; 170; 327; 251	24
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	453; 276; 66; 16	32
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	360; 284; 124; 46	29

	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	39; 40; 56; 50; 58; 69; 68; 363	100
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	30; 126; 221; 349; 96	21
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	22; 113; 196; 379; 109	24
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	26; 142; 253; 291; 109	22
20	I feel safe at home:To what extent do the following statements apply to you?	Never; Rarely; Sometimes; Often; Very often	4; 5; 29; 139; 643	23
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	465; 111; 93; 44; 14	116
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	117; 248; 195; 213	70
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	14; 43; 157; 559	70
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	10; 28; 113; 622	70
25	Parent/carer had/has a drinking problem:Have any of these things ever happened to you?	No; Yes	706; 80	57
26	Parent/carer had/has a drug problem:Have any of these things ever happened to you?	No; Yes	754; 32	57
27	Parent/carer had/has a mental illness:Have any of these things ever happened to you?	No; Yes	691; 94	58
28	Witnessed physical violence in your home where an adult was involved:Have any of these things ever happened to you?	No; Yes	689; 98	56
29	Witnessed psychological violence in your home where an adult was involved:Have any of these things ever happened to you?	No; Yes	660; 126	57
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	14; 33; 168; 483; 137	8
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	60; 114; 265; 332; 69	3

	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	68; 158; 331; 246; 32	8
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	45; 207; 355; 190; 38	8
34	Dyslexia, dyscalculia or dyspraxia:Have you been diagnosed with any of the following?	No; Yes	639; 120	84
35	ADD/ADHD:Have you been diagnosed with any of the following?	No; Yes	667; 68	108
36	Autism/ASD:Have you been diagnosed with any of the following?	No; Yes	693; 31	119
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	336; 167; 121; 63; 38; 95	23
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	697; 25; 12; 3; 3; 5	98
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	635; 56; 20; 12; 7; 22	91
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	634; 56; 31; 11; 4; 12	95
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	604; 89; 25; 12; 7; 20	86
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	662; 44; 15; 14; 6; 10	92
43	How would you rate your physical health?	Very good; Good; Okay; Bad; Very bad	282; 331; 154; 36; 3	37
44	How would you rate your mental health?	Very good; Good; Okay; Bad; Very bad	134; 336; 239; 83; 21	30
45	Have you ever thought you could do with help with mental health issues?:Support with mental health issues	No; Yes	453; 329	61
46	Have you ever looked for help or support with mental health issues?:Support with mental health issues	No; Yes	621; 156	66
47	Was help available in a timely manner when you needed it?:Support with mental health issues	No; Yes; Not applicable	54; 98; 621	70
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	536; 50; 42; 40; 116	59

	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	524; 257	62
50	Have you ever attempted suicide?:Does any of the following apply to you?	No; Yes	708; 68	67
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	83; 37; 76; 39; 36; 50; 45; 393	84
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	23; 24; 27; 51; 66; 99; 91; 369	93
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	90; 91; 94; 102; 105; 108; 83; 162	8
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	19; 56; 104; 253; 296; 69; 21	25
55	Do you have a phone in your bedroom at night?	No; Yes	138; 674	31
56	How often do you use your phone between midnight and 6am?	Never; Rarely; Sometimes; Often; Very often; Not applicable	155; 258; 150; 66; 37; 138	39
57	How many evenings, in the last week, were you outside after midnight?	None; One; Two; Three; Four; Five; Six; Seven	534; 137; 76; 30; 21; 11; 2; 7	25
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	297; 76; 96; 147; 81; 67; 22; 38	19
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	202; 157; 134; 127; 69; 44; 36; 55	19
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	14; 87; 200; 243; 126; 68; 85	20
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	329; 207; 131; 86; 37; 8; 23	22
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	108; 302; 257; 77	99
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	658; 49; 26; 14; 16	80
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	576; 55; 32; 30; 64	86
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	234; 111; 101; 95; 95; 59; 86	62
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	476; 64; 32; 15; 26; 19; 142	69

	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	620; 57; 29; 16; 23; 4; 36	58
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	671; 34; 17; 10; 18; 4; 21	68
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	396; 198; 108; 34; 24; 12	71
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	598; 60; 18; 18; 11; 11; 54	73
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	702; 46; 18; 8; 6; 3; 2	58
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	727; 28; 7; 1; 3; 7	70
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	218; 104; 54; 87; 129; 170	81
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	595; 8; 7; 36; 42; 66	89
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	463; 7; 30; 108; 78; 71	86
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	654; 2; 7; 21; 33; 39	87
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	177; 139; 205; 128; 123	71
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	705; 30; 10; 6; 6; 3; 14	69
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	711; 27; 9; 5; 6; 6; 10	69
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	697; 33; 14; 6; 3; 5; 16	69

	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	744; 14; 6; 1; 2; 1; 3	72
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	764; 4; 2; 1; 0; 0	72
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	728; 29; 9; 3; 0; 1; 2	71
84	I feel safe in my neighbourhood:To what extent do the following statements apply to you?	Never; Rarely; Sometimes; Often; Very often	16; 17; 78; 303; 404	25
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	56; 118; 184; 385; 88	12
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	72; 175; 220; 286; 74	16
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	180; 366; 143; 99; 38	17
88	I buy them in a shop:How do you usually get your vaping products?	Never; Rarely; Sometimes; Often; Not applicable	166; 31; 25; 51; 476	94
89	My parent/carers gives it to me:How do you usually get the alcohol you drink?	Never; Rarely; Sometimes; Often; Not applicable	190; 127; 124; 93; 234	75
90	Outdoors (e g , in the street, in a park, field etc):Where do you drink alcohol?	Never; Rarely; Sometimes; Often; Not applicable	329; 82; 78; 35; 234	85
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	80; 185; 216; 270; 80	12
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	673; 113	57
93	How often have you used any of the following? Cocaine	Never; 1-2 times; 3-5 times; 6-9 times; 10-19 times; 20-39 times; 40 times or more	1452; 6 ; 1; 1; 1; 0 ; 2	70

[1] Dooley, Harrington, Kirby, Owens, Solan, Staunton, McEvoy, Cannon & Arseneault (In Review). **Trends in psychological distress among adolescents in Ireland: Survey data from 2018-2023 & lived experience perspective**

[2] NHS England (2023). **Mental Health of Children and Young People in England, 2023 - wave 4 follow up to the 2017**. NHS England. Link: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2023-wave-4-follow-up>

[3] Centers for Disease Control and Prevention (2024) **Youth Risk Behavior Survey Data Summary & Trends Report: 2013–2023**. US Department of Health and Human Services, United States. Link: <https://www.cdc.gov/yrbs/dstr/pdf/YRBS-2023-Data-Summary-Trend-Report.pdf>

[4] Hirshkowitz et al. (2015). **National Sleep Foundation's sleep time duration recommendations: methodology and results summary**. Sleep Health. Link: [https://www.sleephealthjournal.org/article/S2352-7218\(15\)00015-7/fulltext](https://www.sleephealthjournal.org/article/S2352-7218(15)00015-7/fulltext)

[5] Przybylski & Weinstein (2017). **A Large-Scale Test of the Goldilocks Hypothesis**. Psychological Science. Link: https://journals.sagepub.com/doi/10.1177/0956797616678438?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%20pubmed

[6] Health Behaviour in School-aged Children study (2023), **Data browser (findings from the 2021/22 international HBSC survey) E-cigarette use: lifetime use**. Link: <https://data-browser.hbsc.org/measure/e-cigarette-use-lifetime-use/#chart>

