

# Planet Youth Surveys

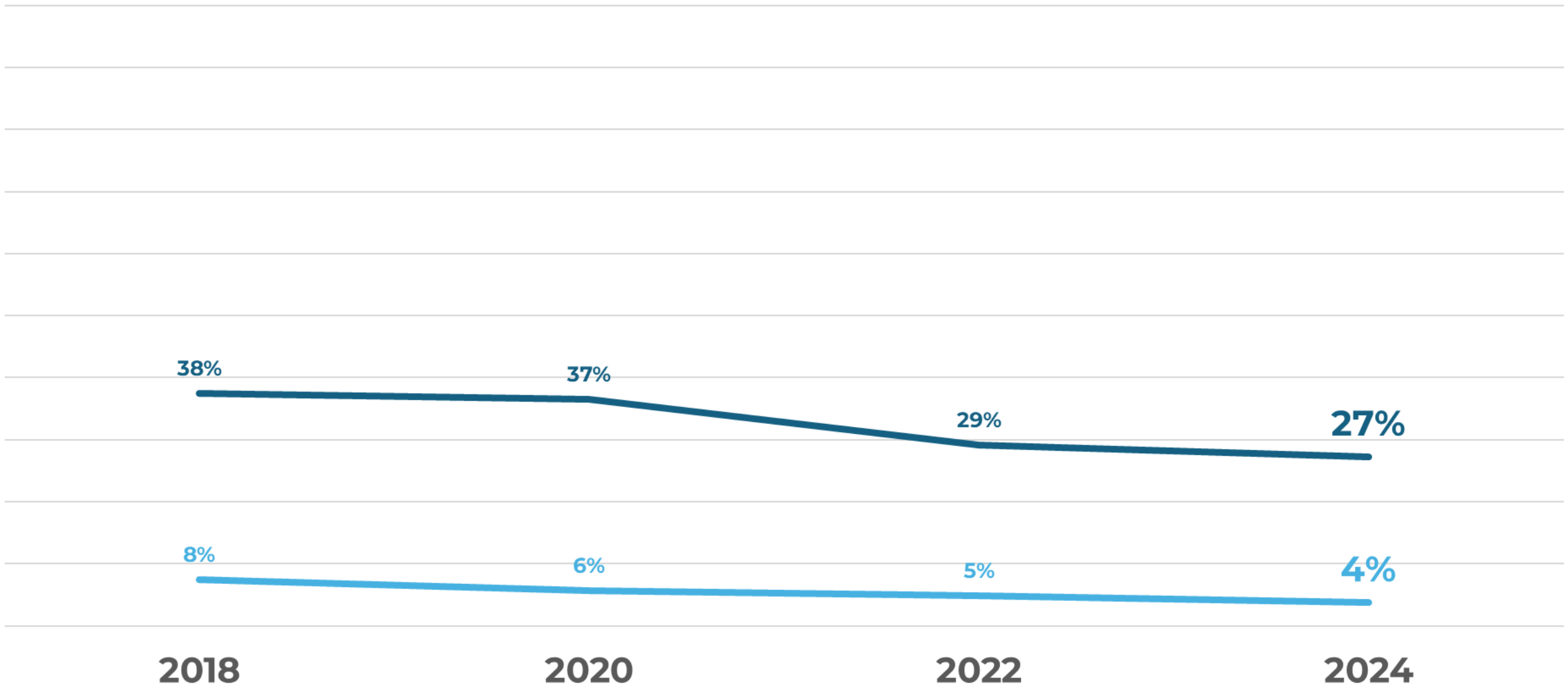
## Regional Trend Data 2018 - 2024

15 and 16 years-olds only in all 90 schools and centres  
Galway, Roscommon, and Mayo

2018	n=4,495
2020	n=4,484
2022	n=4,339
2024	n=5,079

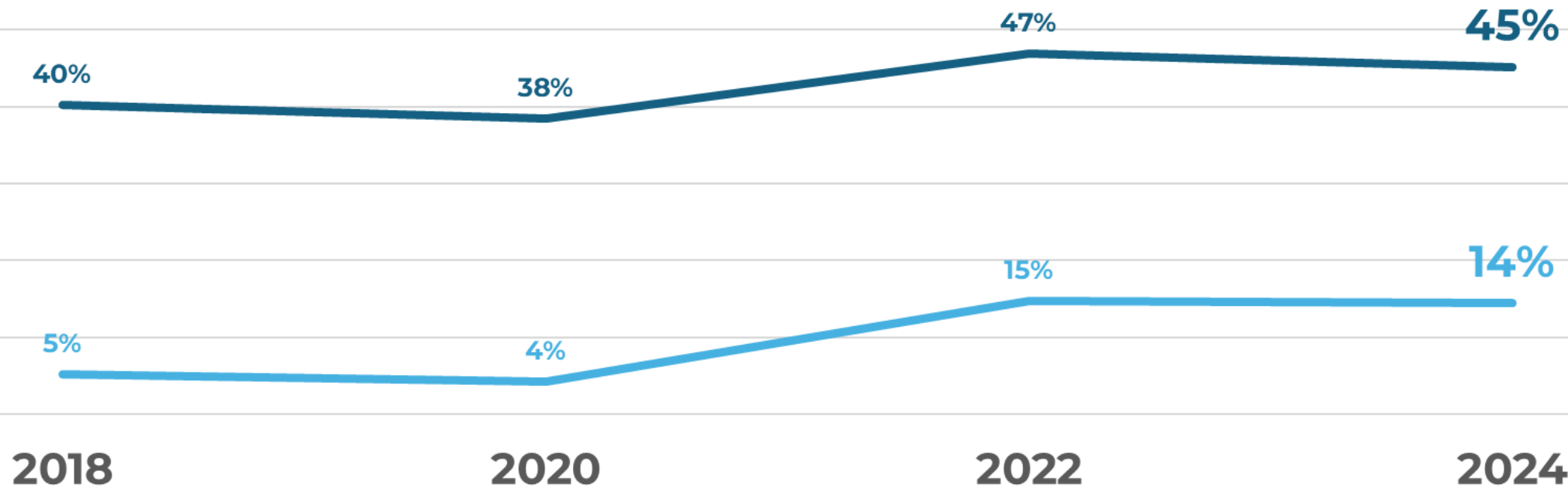
# Pupils that reported the following substance use

— Lifetime smoking — Daily smoking



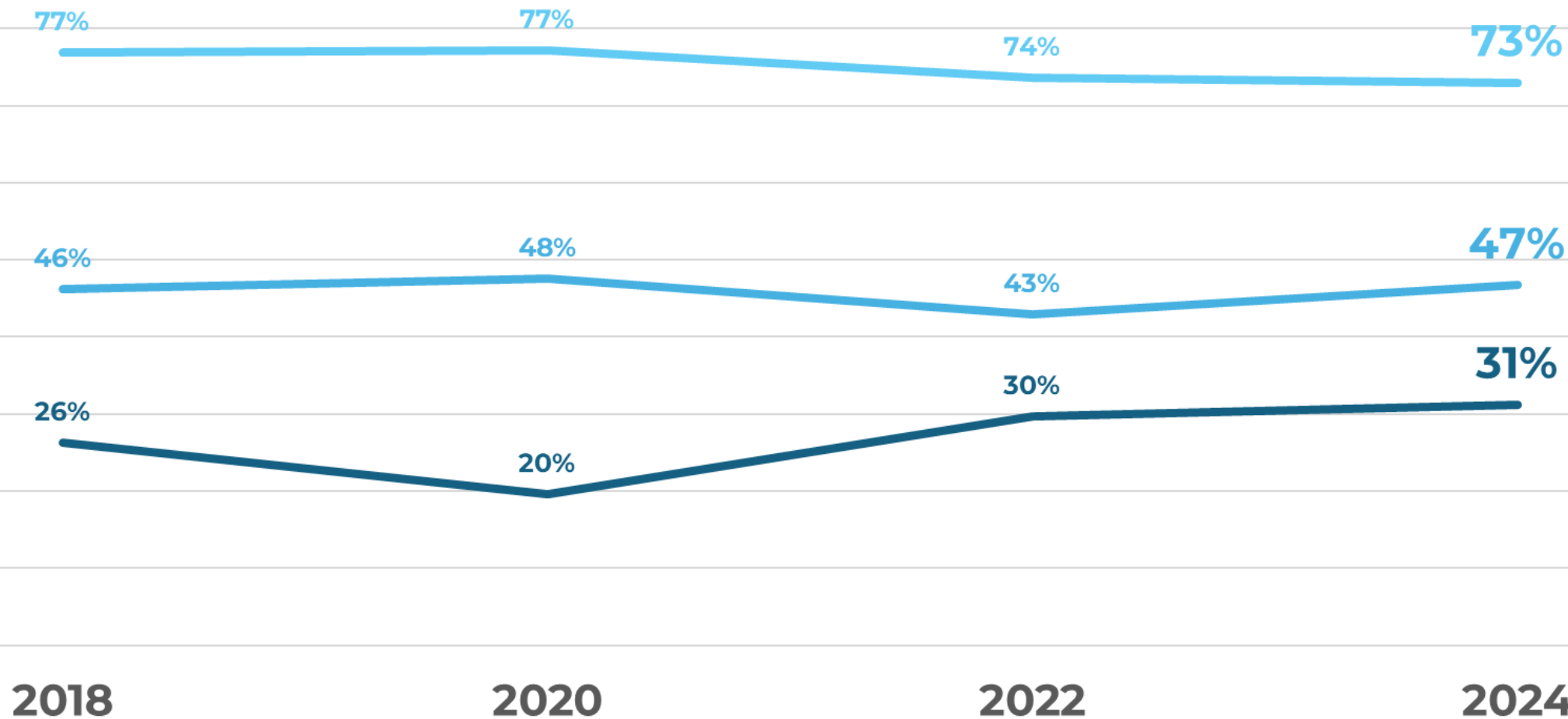
# Pupils that reported the following substance use

— Lifetime vaping — Daily vaping



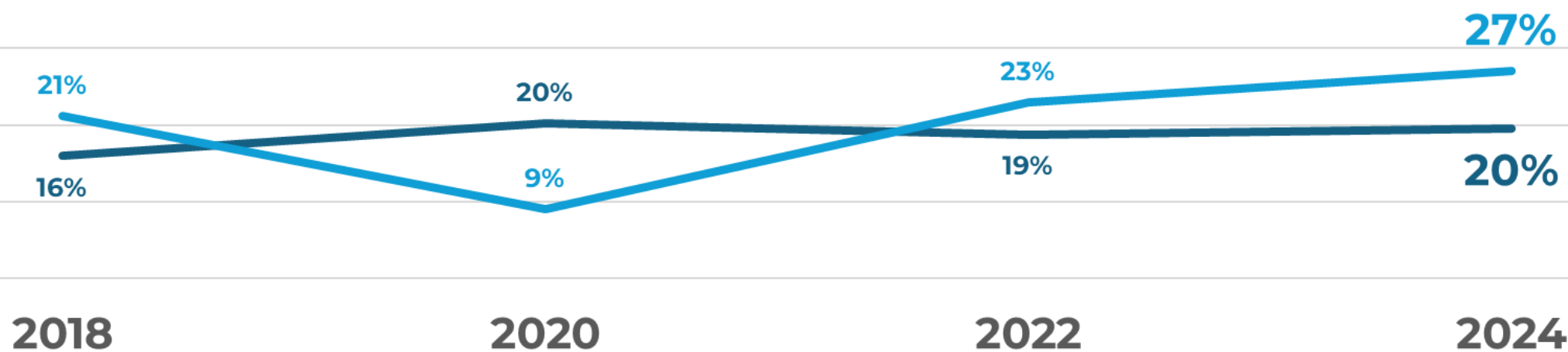
# Pupils that reported the following substance use

— Tried alcohol in lifetime — Drunk in lifetime — Drunk in the last 30 days



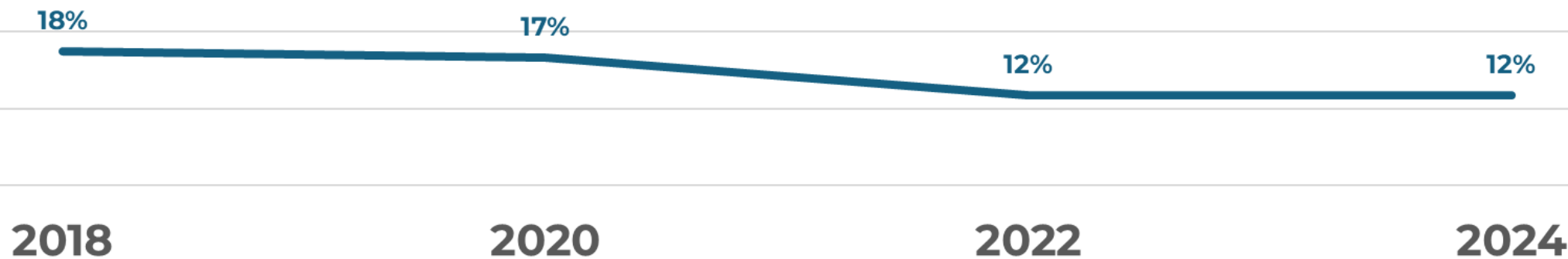
# Pupils who sometimes or often drink in the following places

— In their own home — In the pub

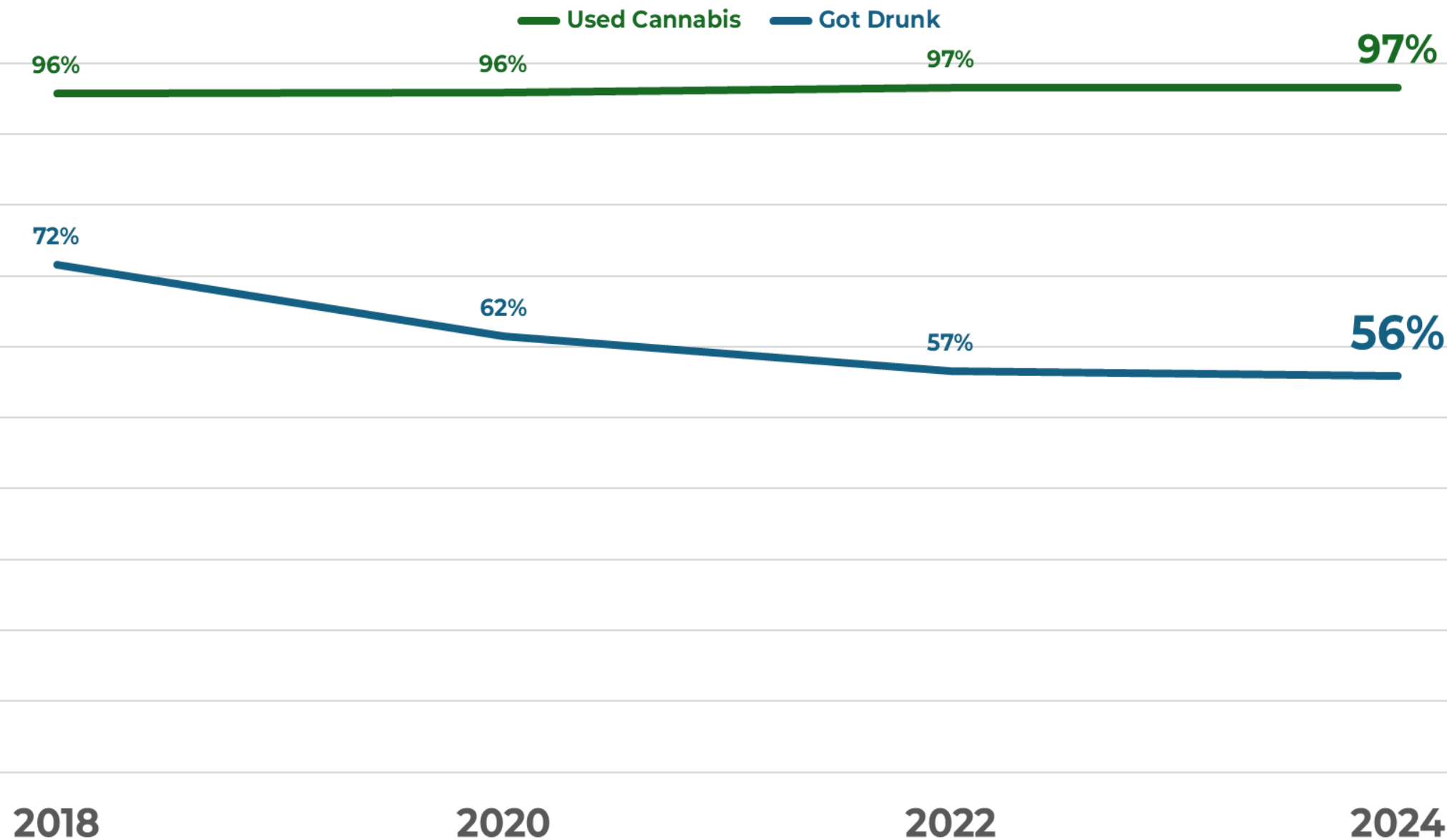


# Pupils that reported the following substance use

— Lifetime cannabis use

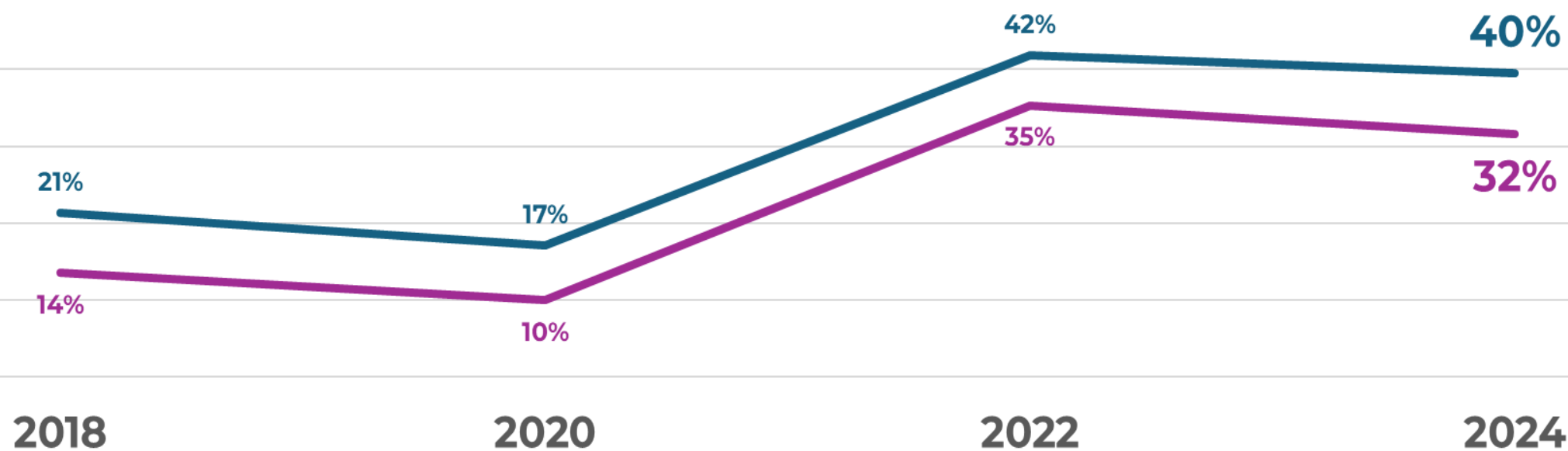


# My parents would be against it, or totally against it, if I



# Pupils outside after midnight once or more in the last week

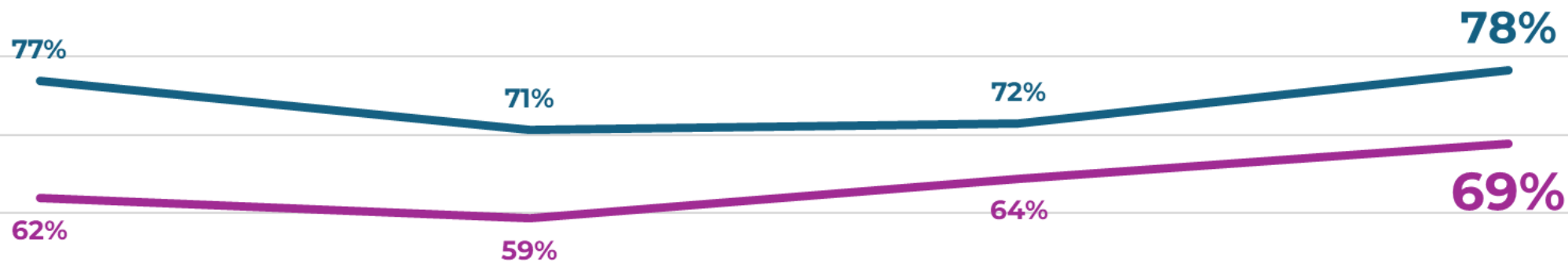
Boys Girls





# Pupils that report their physical health as good

Boys Girls



2018

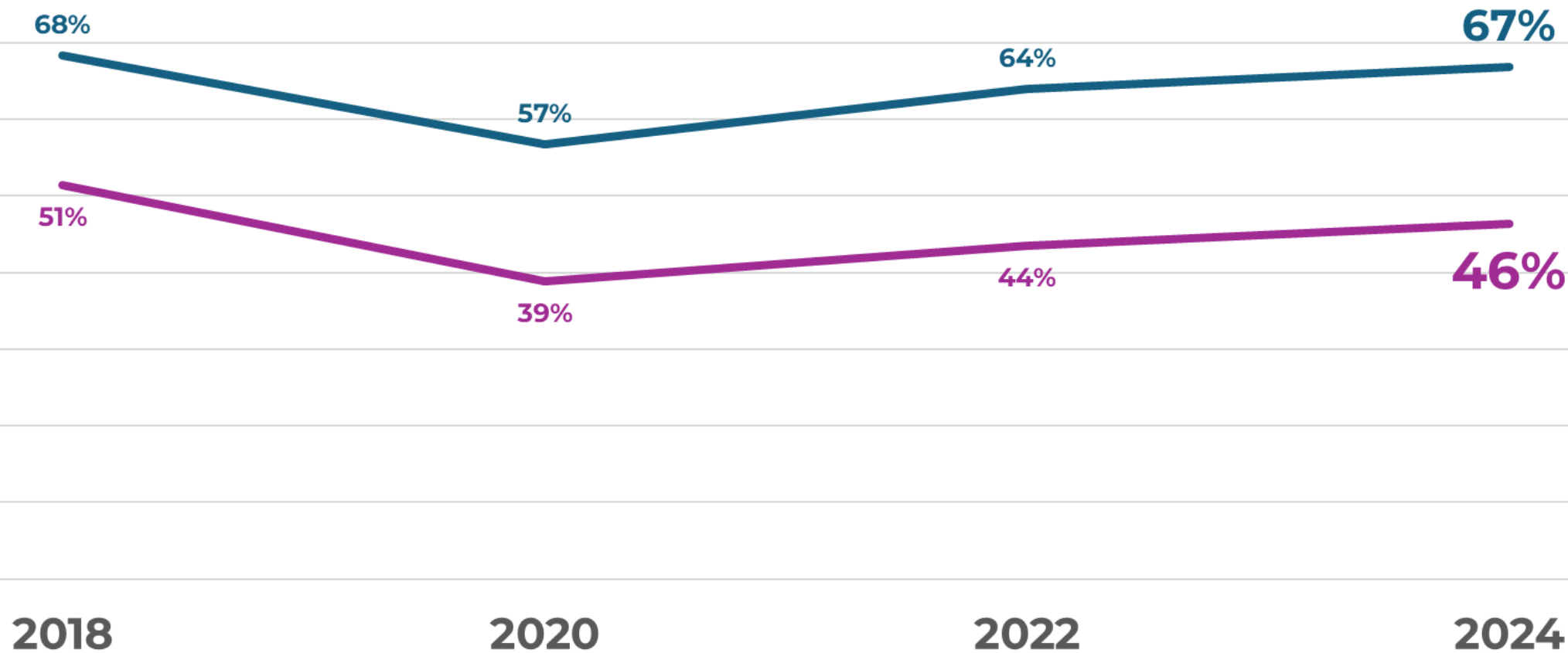
2020

2022

2024

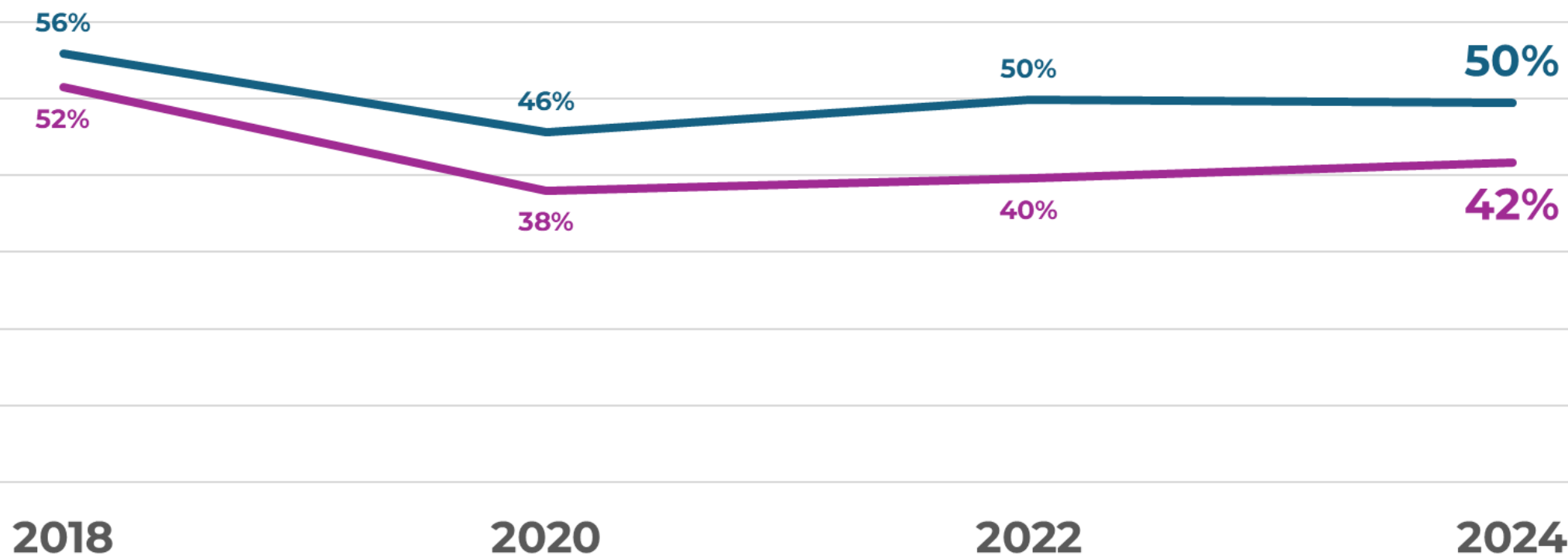
# Pupils that report their mental health as good

Boys Girls



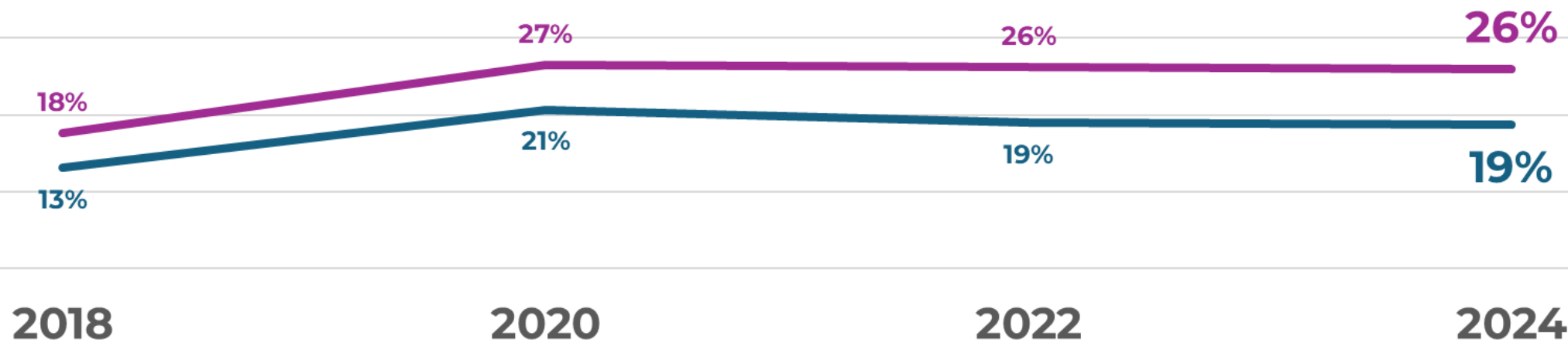
# Pupils that report getting 8 hours or more sleep

Boys Girls



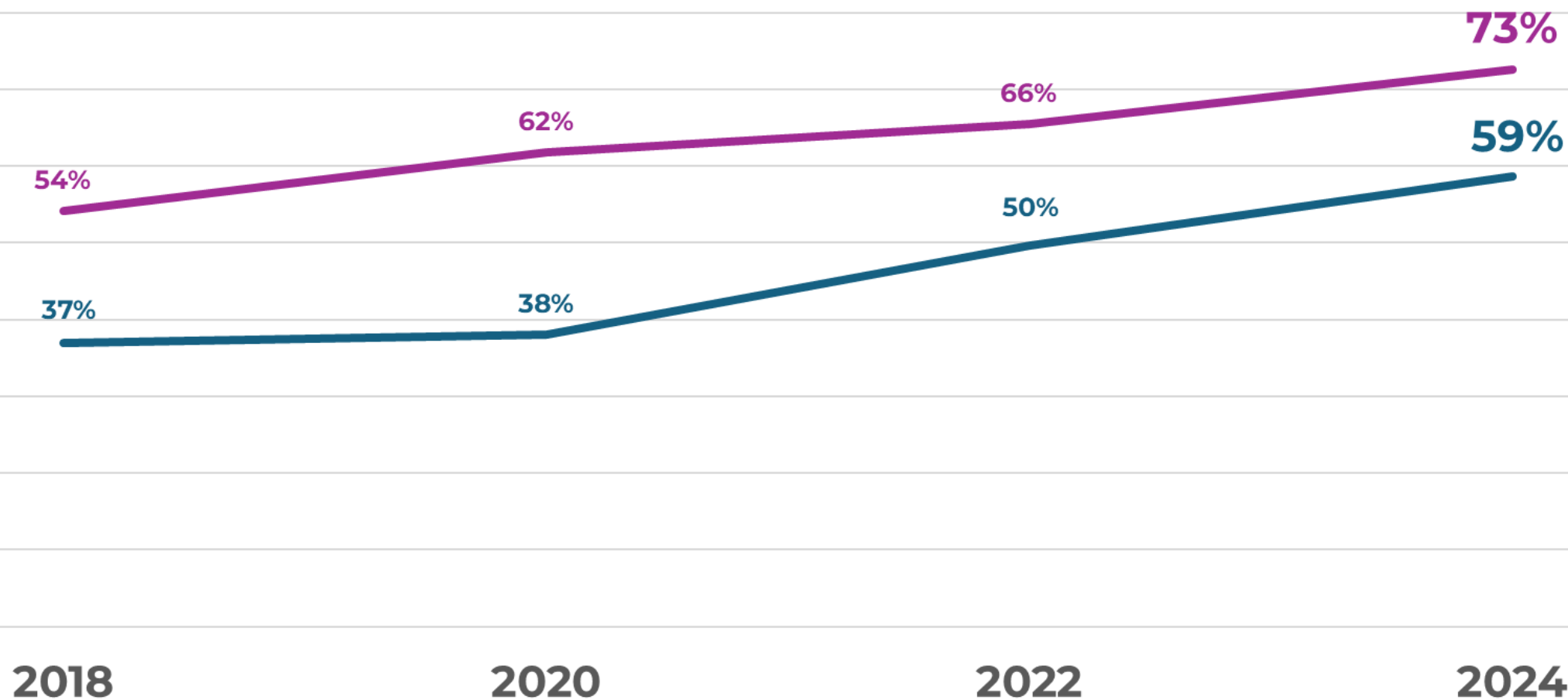
# Pupils that report getting 6 hours or less sleep

Boys Girls



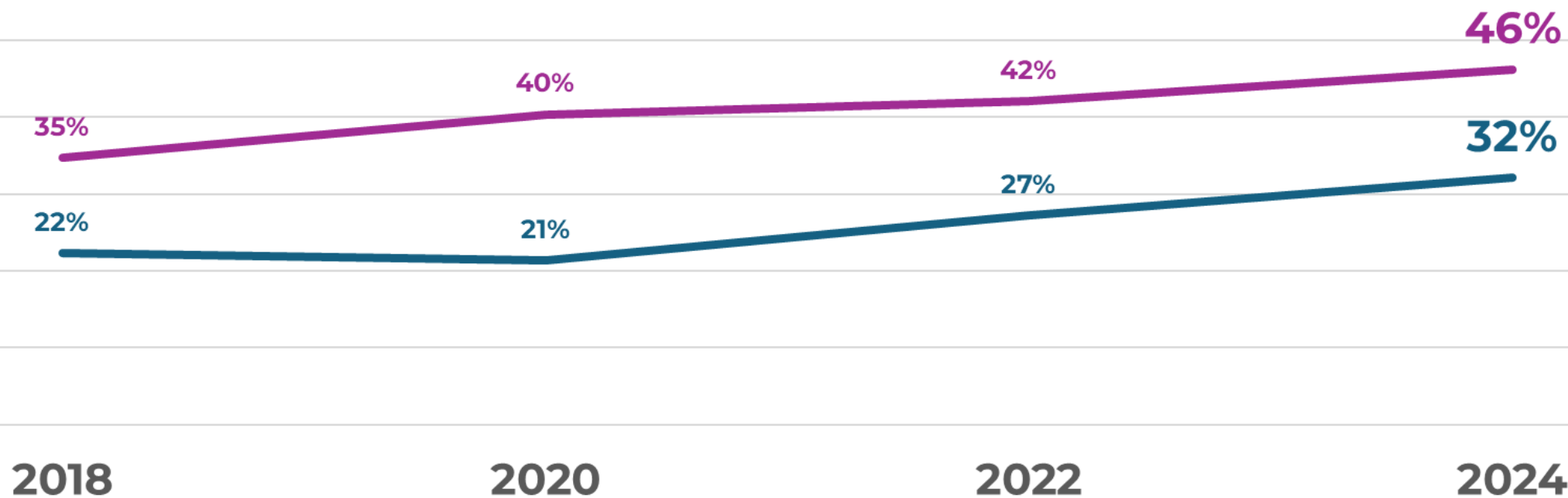
# Pupils that spend 3 hours or more each day on social media

Boys Girls



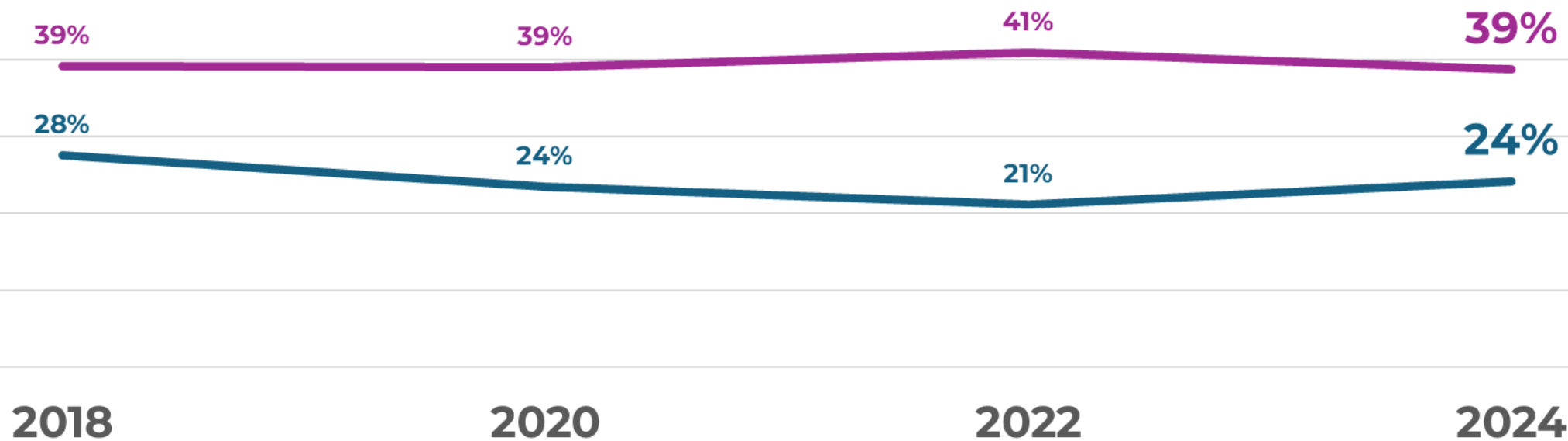
# Pupils that spend 4 hours or more each day on social media

Boys Girls



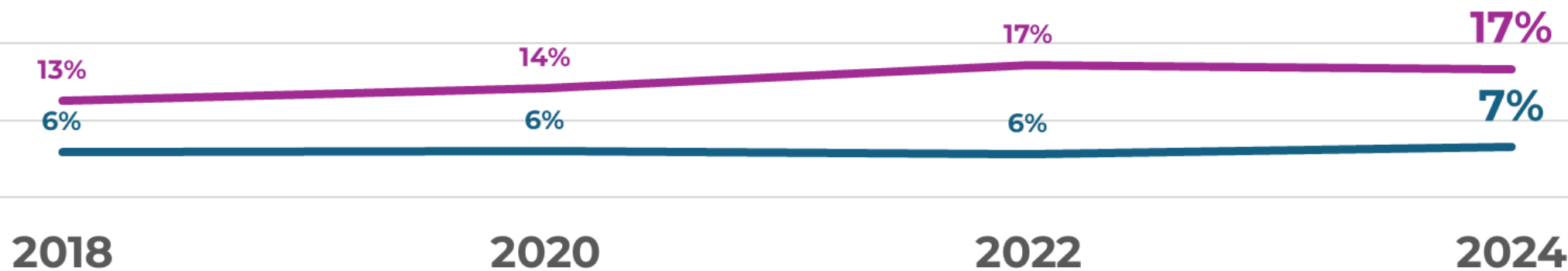
# Pupils that report self-harm in their lifetime once or more often

Boys Girls



# Pupils that report self-harm in their lifetime five times or more often

Boys Girls





# Pupils who say it's easy or very easy to receive the following from parents

— Caring and warmth — Advice about personal matters

