



PARTNER *Lanark County*



Presentation by: David Somppi
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May 11, 2023

WHAT IS PLANET YOUTH

- Planet Youth (PY) is a population-wide primary prevention process designed to have a long-term impact in communities by reducing youth substance use.
- Instead of discussing the facts and faults of alcohol, tobacco, and other drug use with adolescents, Planet Youth treats society as “the patient.”

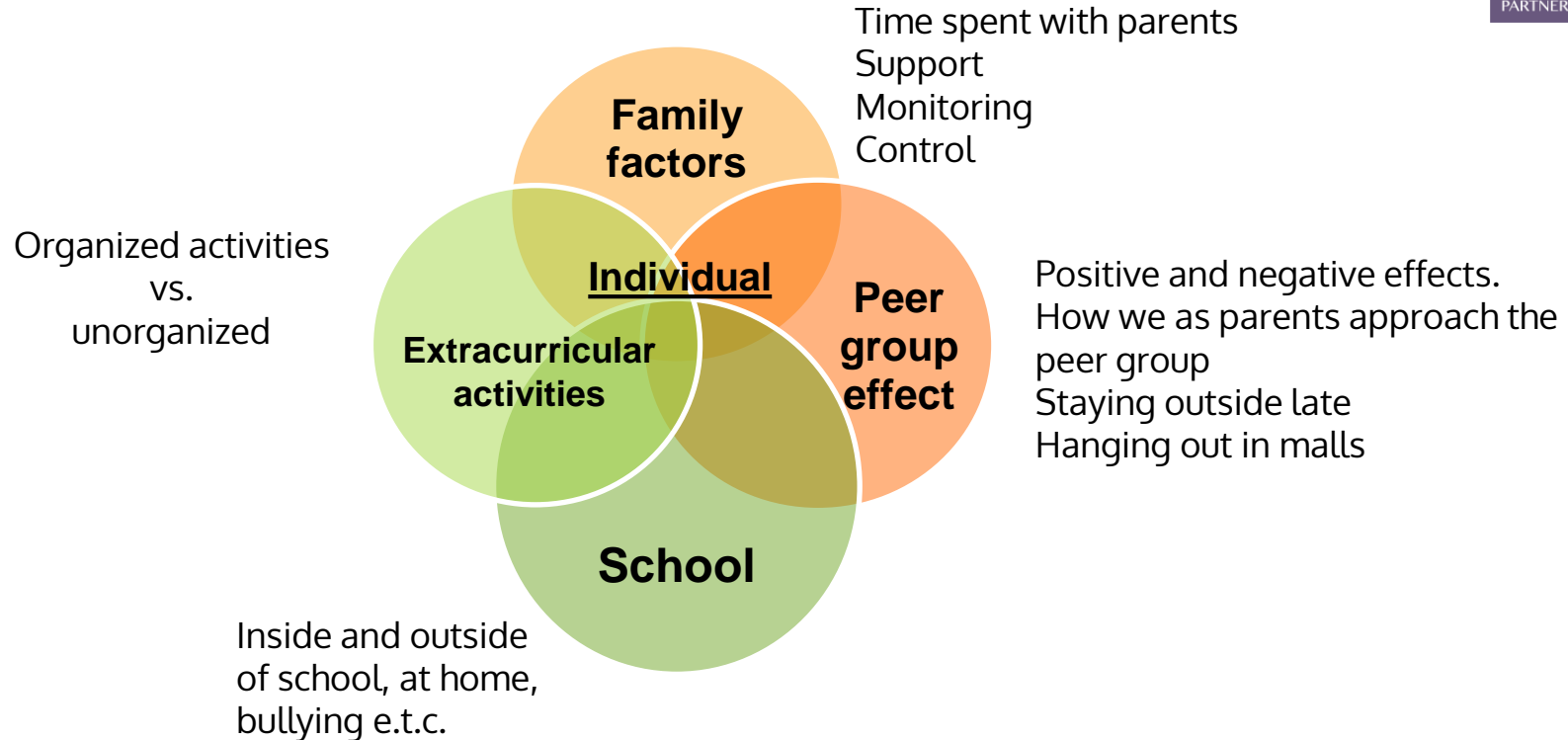


WHY IS LOCAL DATA IMPORTANT?

- Data allows community stakeholders to understand the situation in the community.
- To take informed actions to increase protective factors, decrease risk factors, and ultimately change the environment of children and youth.



The Icelandic prevention model



Then

VS

Now



42%

Drunk in the past 30 days

5%



23%

Smoke daily

1%



17%

Lifetime cannabis use

7%



37%

Time spent with parents during weekends

74%



25%

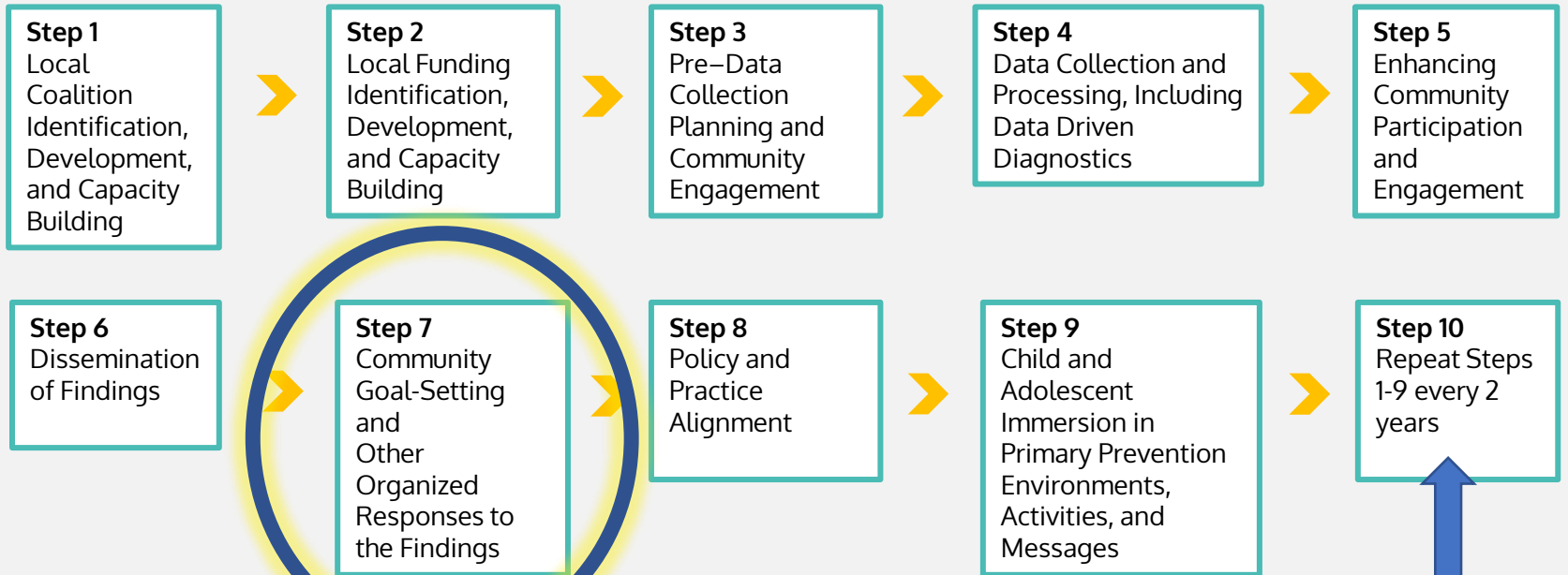
Sport participation 4x a week or more

41%



More than 100 peer reviewed publications available at <https://planetyouth.org/the-method/publications/>

The Planet Youth Guidance Program: The 10 core steps of the Icelandic Prevention Model



June 1 workshop
see next page

This is an
ongoing process



PARTNER Lanark County

Planet Youth Lanark County GOAL SETTING WORKSHOP

When: Thursday, June 1, 2023 from 9am - 11am

Where: Zion United Memorial Church, 37 Franklin St., Carleton Place.
We look forward to a lively discussion so we encourage you to join us in person if possible. A zoom link will be available if you want to attend online.

Who: Youth, parents, school staff, youth leaders, community organizations, municipal staff & councils - open to all.

Why: Come to participate in a workshop to develop goals, strategies and an action plan based on a 2022 survey of Lanark County grade 10 students. An expert (with 20+ years experience) in using Planet Youth surveys to develop effective community action plans will lead the workshop.

Please bring your own water bottle.

Note: We encourage all who attend to screen yourself prior to attending, and if experiencing any symptoms and are feeling well enough, attend virtually instead.

Please Register Here:

<https://planet-youth-goal-setting-workshop.eventbrite.ca>
or visit: www.planetyouthlanark.ca



PARTNER Lanark County

Detailed reports for Smiths Falls and each Lanark County municipality www.planetyouthlanark.ca

Participate (in person if possible) in the June 1 goal setting workshop

Please use your network to encourage broad community attendance

Follow and share updates as they appear on

Planet Youth Lanark County on Facebook

www.planetyouthlanark.ca



January 20, 2020

The first County to implement Planet Youth in Canada



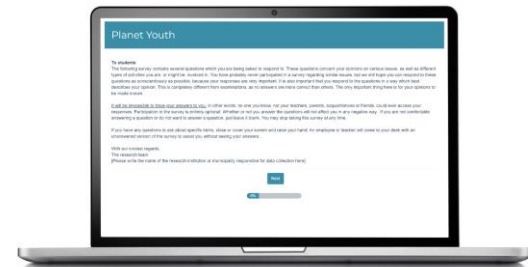
Lanark County in Ontario became the first county to launch the Planet Youth model for substance-use prevention in youth in Canada . The launch took place on January 20 in Carleton Place.

The Planet Youth Lanark County (PYLC) is collaborating with the Catholic District School Board of Eastern Ontario and the Upper Canada District School Board to conduct student surveys in the English language high schools . Survey reports, for each municipality, will allow communities to understand their own risk and protective factors. The surveys will be conducted among grade 10 students and it's anticipated that those surveys will start to roll out in schools this March .

March 2020



1st Survey February 2022



Substance Use

33%

Tried alcohol at the age 13 or younger

12%

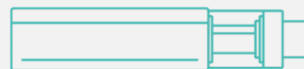
Have been drunk in the last 30 days

21%

Drink alcohol at their own home

20%

Get alcohol from a family member



E-cigarettes

28%

Have smoked an e-cigarette in their lifetime

19%

Smoked an e-cigarette in the last 30 days

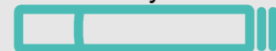
Cigarette Smoking

8%

Tried cigarette smoking at the age 13 or younger

3%

Smoke cigarettes daily



Cannabis Use

21%

Have used cannabis in their lifetime

12%

Used cannabis in the last 30 days



Family - Key Findings

89%

Of parents disapprove of* cannabis use



75%

Of parents disapprove of* drunkenness



87%

Of students say it's easy to receive caring and warmth from their parents



*very much against or totally against

Time with parents on weekends

63%



Of teenagers often or always spend time with their parents on weekends

Time with parents on weekdays

57%

Of teenagers often or always spend time with their parents on weekdays



Parental Monitoring

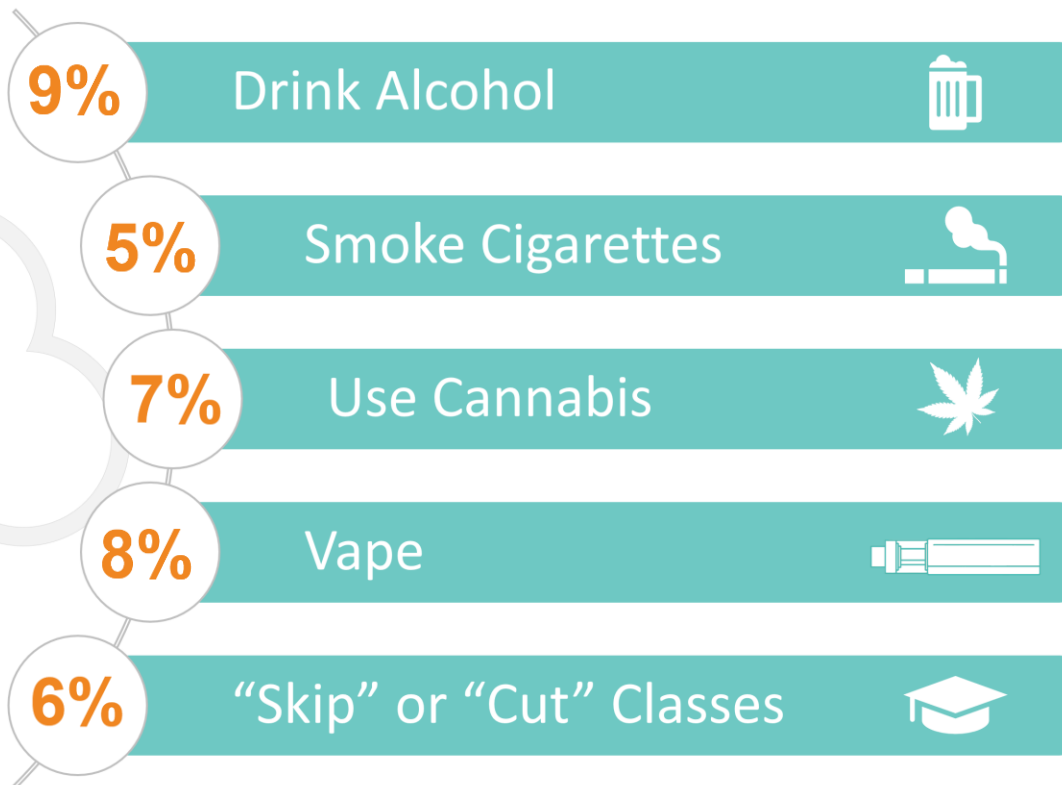
91%



Of parents know where their teenagers are in the evenings

Peer Group Effects

Adolescents who agree or strongly agree that they need to do the following in order not to be left out of the peer group



School- Key Findings

Girls

Bored

31%

Are often or always bored with the studies

Feel Bad

28%

Often or always feel bad at school

Skipped School

21%

Skipped school once or more in the past month



Boys

Bored

45%

Are often or always bored with the studies

Feel Bad

24%

Often or always feel bad at school

Skipped School

18%

Skipped school once or more in the past month

67%

Feel safe at school



14%

Want to change schools

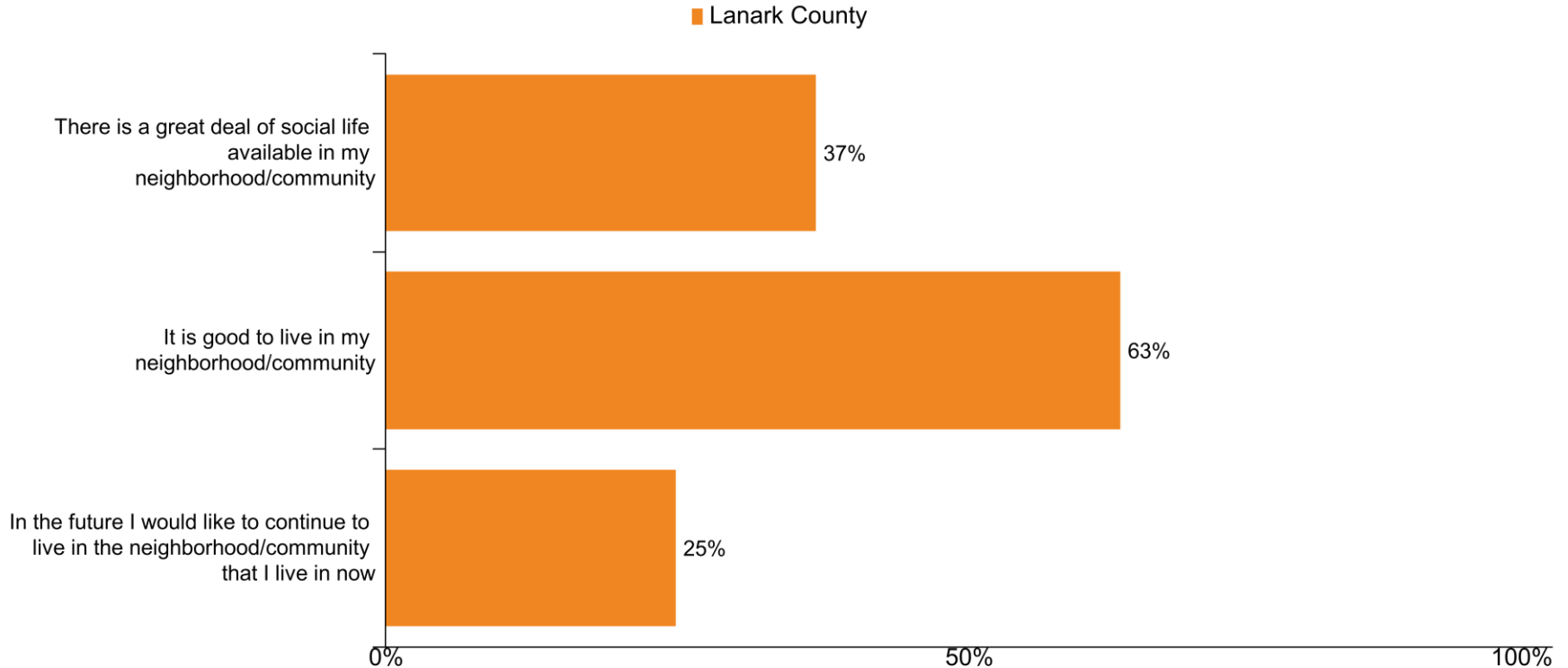


72%

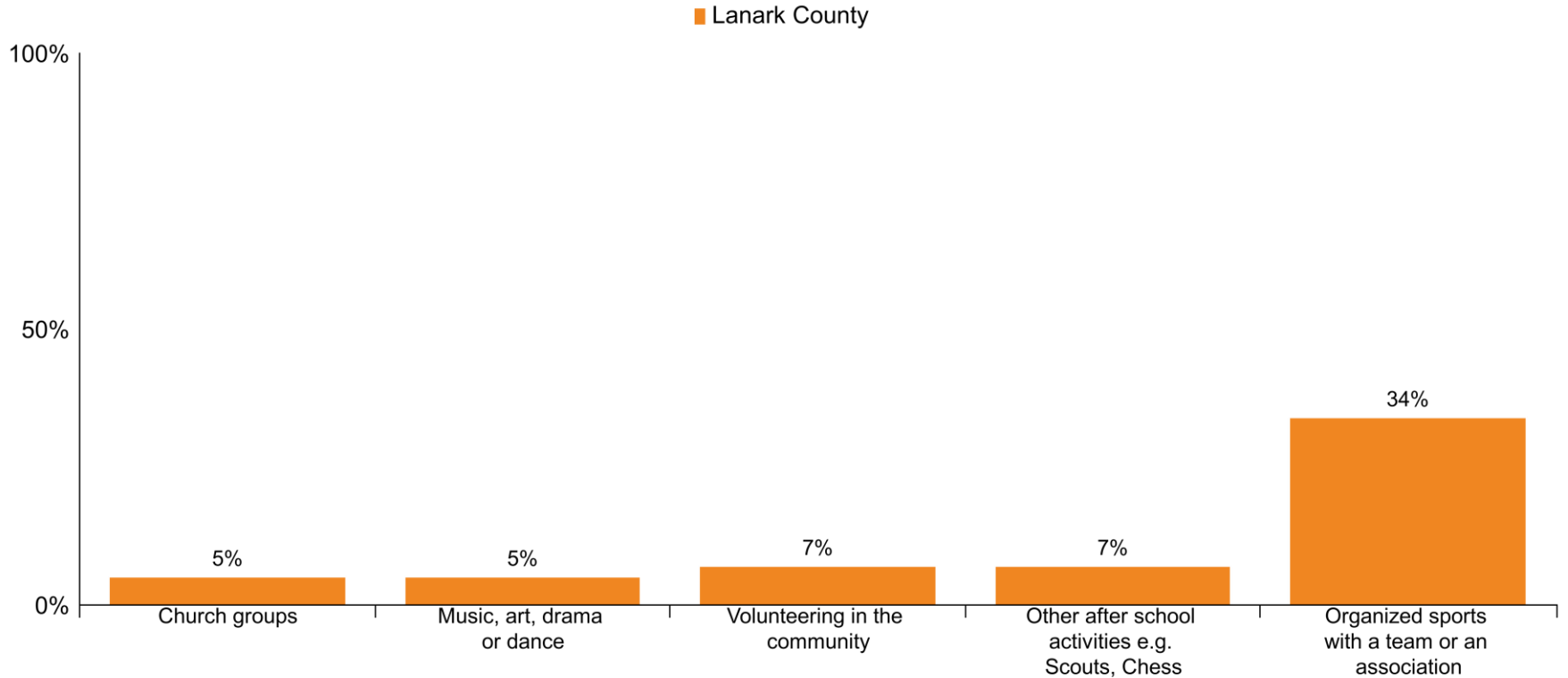
Get along with the teachers



Proportion of adolescents in Lanark County who agree or strongly agree to the following statements



Proportion of adolescents in Lanark County who take part in organized recreational/extracurricular activities twice per week or more



Leisure activities

54%

Of boys spend 3 hours or more a day playing video games



9%

Of girls spend 3 hours or more a day playing video games



29%

Of boys spend 3 hours or more on social media a day



66%

Of girls spend 3 hours or more on social media a day



16%

Of teenagers were outside after 10 PM three times or more in the past week

19%



Of teenagers were outside after midnight once or more in the past week

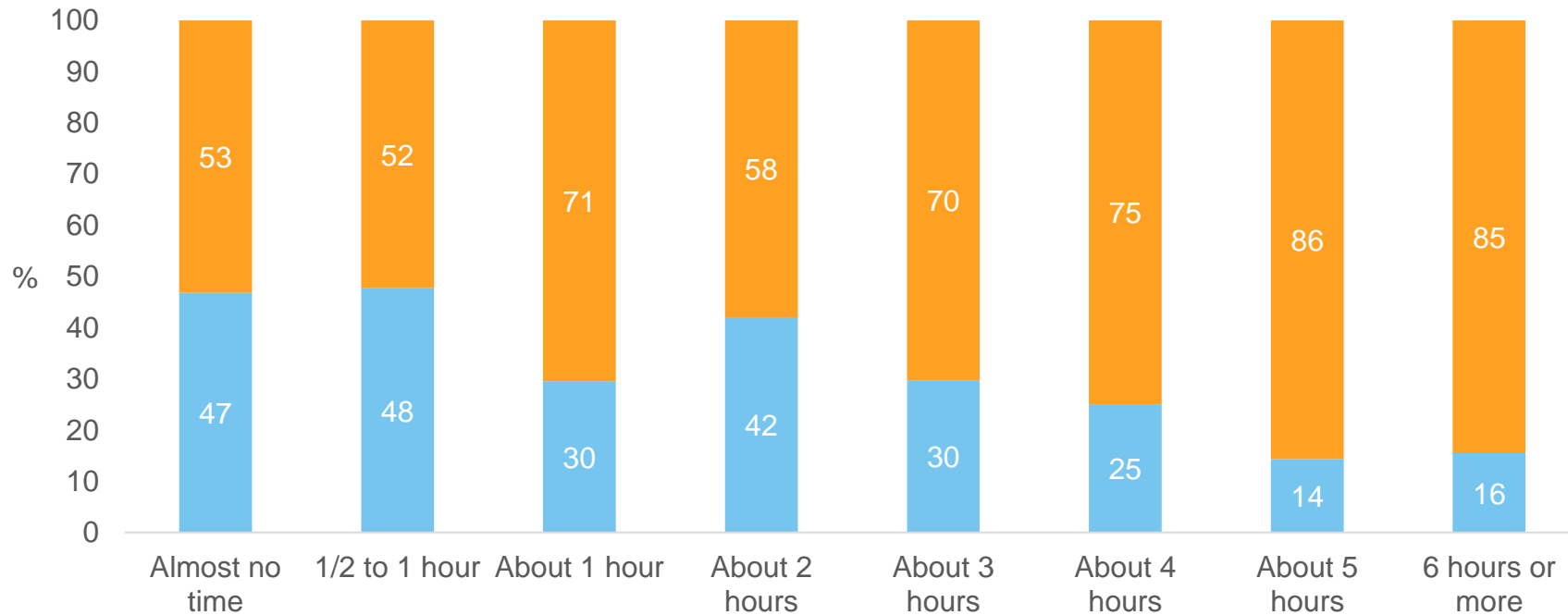


25%

Of teenagers play sports with a club or a team three times a week or more

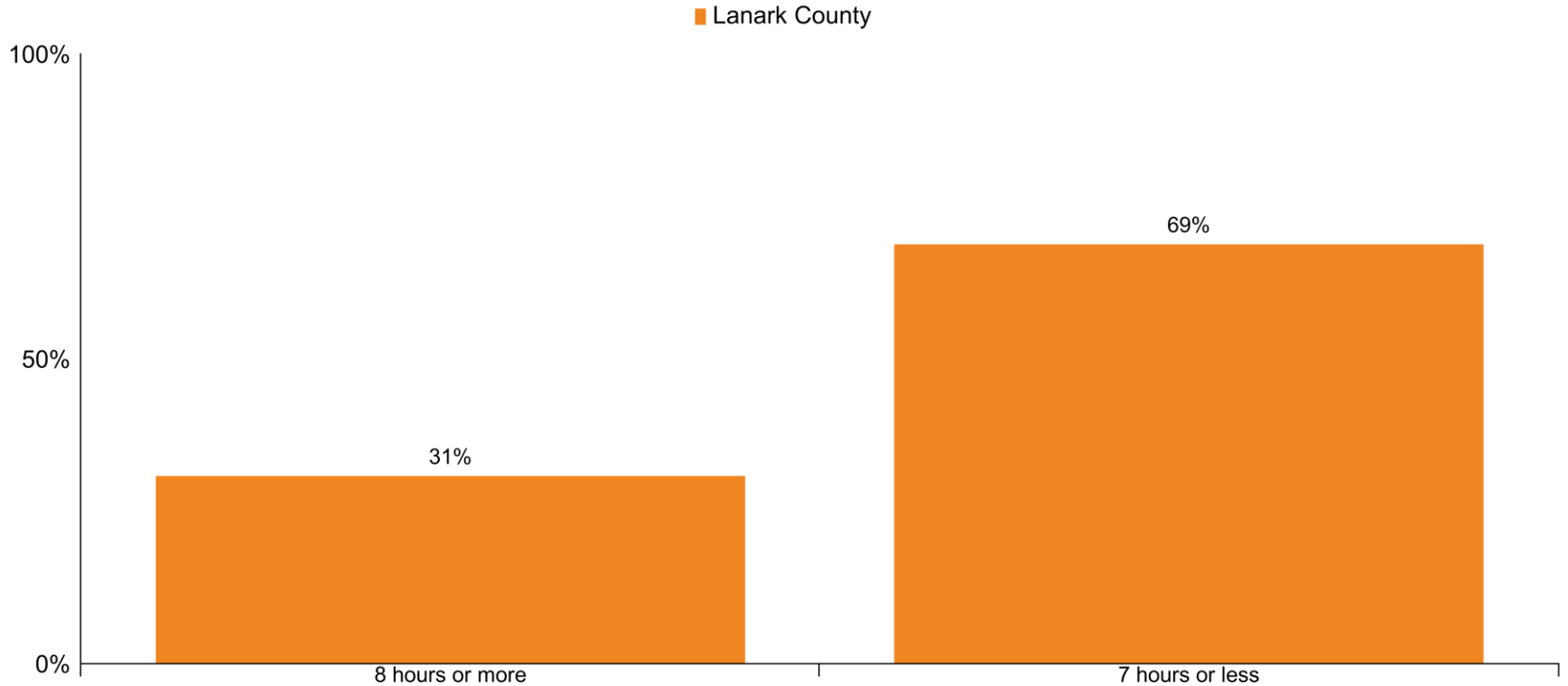
How many hours do you sleep on average every night?

■ 8 hours or more ■ 7 hours or less



Screen time – Social media Vs Sleep

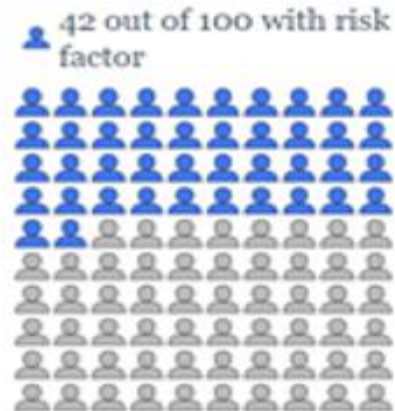
Proportion of adolescents in Lanark County who report sleeping on average 8 hours or more a night, or 7 hours or less a night



Mental Health, Resilience & Sleep

I am happy - 7 hours or less of sleep

I am happy - 8 hours or more of sleep



Mental Health, Resilience & Sleep

I used cannabis during last 30 days
8 hours or more of sleep



I used cannabis during last 30 days
7 hours or less of sleep



Opportunities to Work Together

- Planet Youth Lanark County is dedicated to encouraging broad community collaboration in the interests of the youth we are serving
- Discussions in late 2022 suggest interest in Leeds & Grenville
- An Ontario wide Icelandic Model Community of Practice formed prior to the pandemic.
- Public Health Agency of Canada is receiving funding in the 2023 federal budget “for a new community-based program to prevent substance use among young people;”
 - Program design to be released later this year
 - <https://www.budget.canada.ca/2023/report-rapport/chap2-en.html>
- We have a solid start. The next step is community goal setting.
 - Please participate and promote attendance at the June 1 meeting



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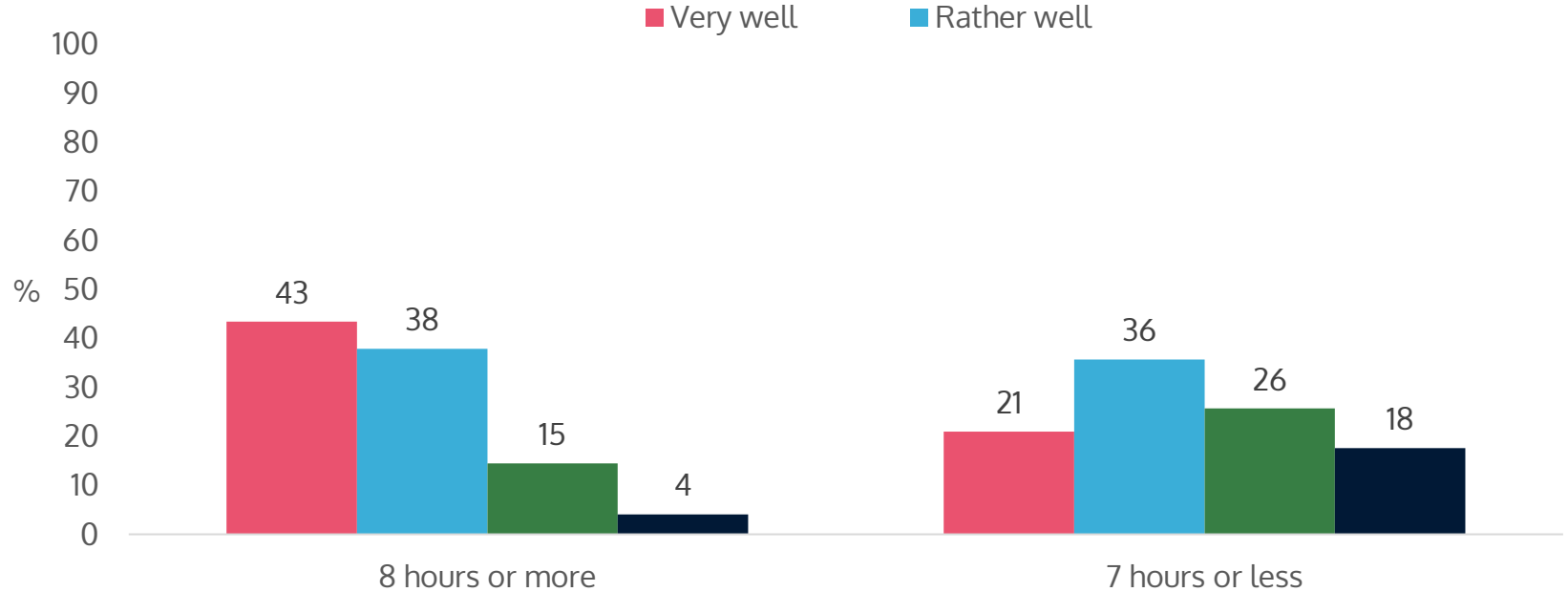
info@planetyouthlanark.ca

Society Evolves At The Speed Of Relationships

Relationships Are Built At The Speed of Trust

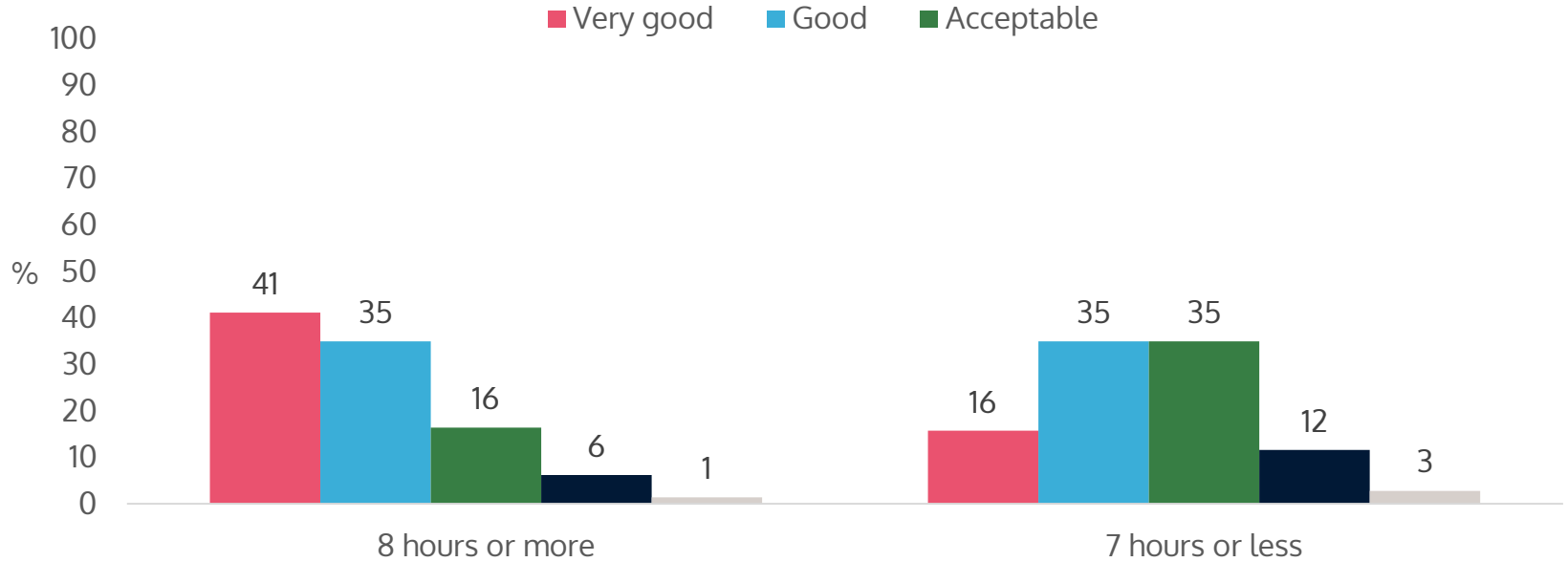
More Detailed Content

How do the following statements apply to you? I am happy



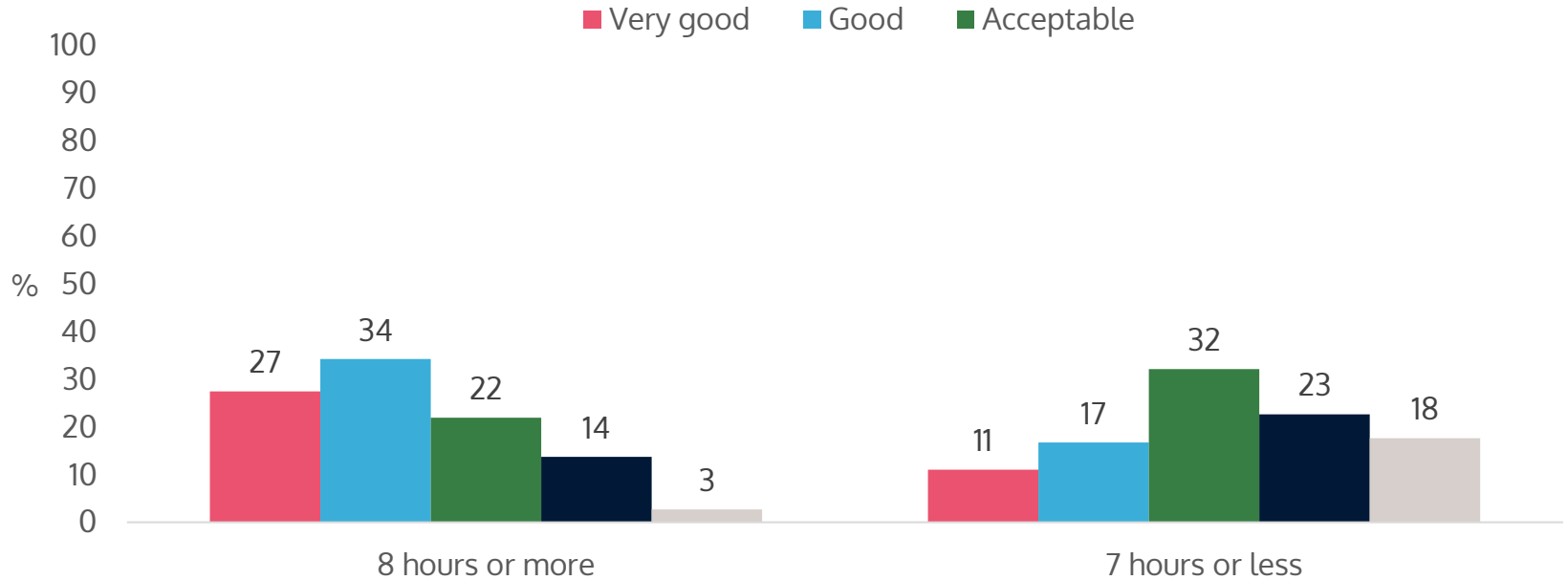
Sleep vs Feeling Happy

How would you rate your **Physical health**



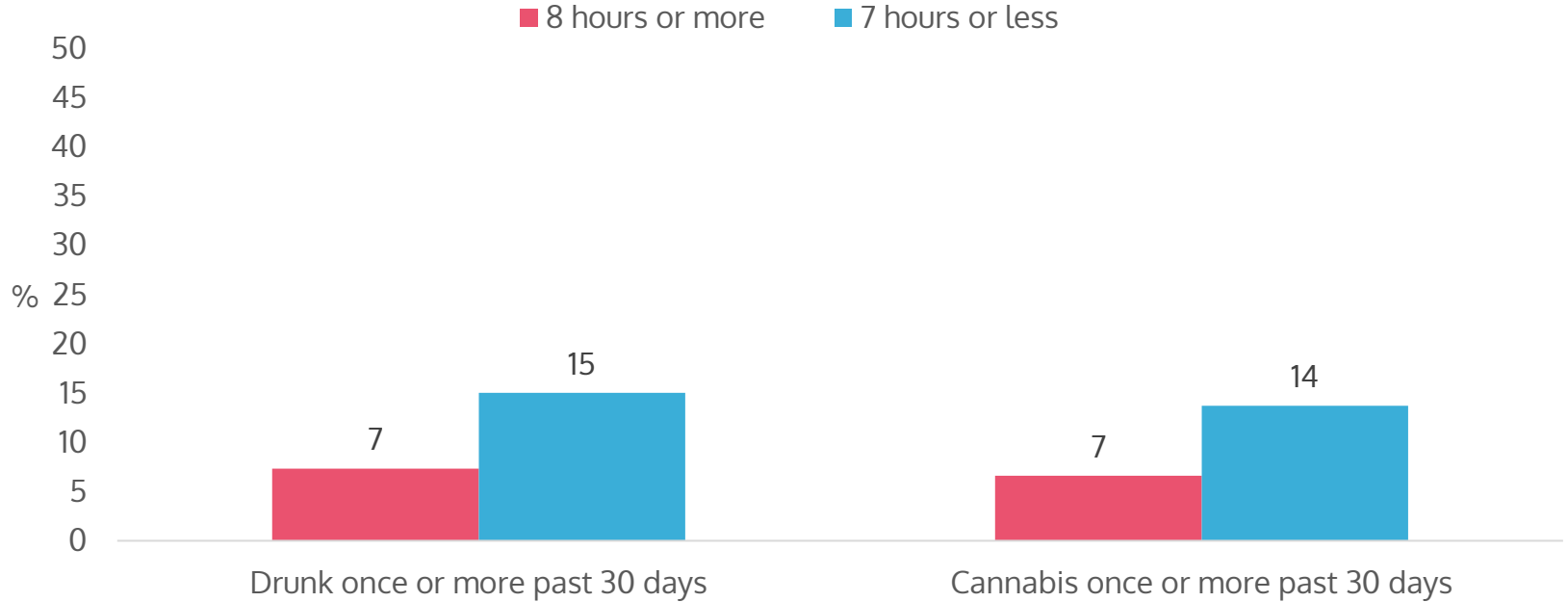
Sleep vs Self-Rated Physical Health

How would you rate your **Mental health**



Sleep vs Self-Rated Mental Health

How many hours do you sleep on average every night?



Substance use versus Sleep

How many hours do you sleep on average every night?

■ 8 hours or more ■ 7 hours or less

