



Planet Youth Scotland:

Introduction

In 2021, the 'Planet Youth prevention model' will be introduced to Scotland under the name of 'Planet Youth Scotland' through a partnership involving the charity [Winning Scotland](#) and five public sector organisations:

- Argyll & Bute Alcohol and Drug Partnership
- Clackmannanshire Council
- Dundee City Council
- Highland Alcohol and Drug Partnership
- West Dunbartonshire Health and Social Care Partnership

General information

What is Planet Youth?

[Planet Youth](#) is a prevention programme developed by the Icelandic Centre for Social Research and Analysis at Reykjavik University. Planet Youth instigated major improvements in the health and wellbeing of teenagers in Iceland, including a huge drop in substance use, increased physical activity levels and families spending more time together. This approach has led to young people in Iceland earning the label of '[the cleanest living teens in Europe](#)'.

Formed in 1998, Planet Youth involves annual collection of detailed data from teenagers, via anonymous surveys at school, to understand their lifestyle decisions. The surveys are analysed and reports are produced showing pupil responses on a school-by-school basis – presenting a snapshot of teenage life in the local area.

Cross-sector partnerships comprised of local groups and services are then formed to address the needs and issues raised in the survey. Partners are expected to take ownership of the issues and put in place practical, sustainable measures that make a positive difference to all local teenagers, including:

- a) Stopping or delaying 'risky' behaviours like drinking alcohol - e.g. parental awareness raising, local campaigns.
- b) Providing positive alternatives: e.g. free, regular access to sport, music or art; increased family time.

Why is Planet Youth being introduced to Scotland?

The partners (listed above) believe introducing the Planet Youth model to Scotland could help create the conditions that will allow young people to lead fulfilling lives and feel supported by their family, school and community. This in turn will empower them to make positive, informed decisions relating to their health, lifestyle and education.

About the Planet Youth Scotland project

How will it work?

Planet Youth surveys will be issued to pupils from 12 secondary schools across the five partner areas:

1. Pupils across all 12 schools will complete the Planet Youth survey in September 2021- Baldrigon will use S3 and S4 pupils
2. The survey data will be confidentially processed at the University of Reykjavik in Iceland
3. Survey reports will be produced and returned to the partners in November 2021. The reports will provide a



detailed insight into the lives and lifestyles of participating pupils.

More information on the surveys, data processing and privacy protection below.

What happens after the survey reports are returned?

A local delivery partnership, likely to include representatives from education, health, social work, community, sport, arts and other public and third sector services, will be formed. The partnership's role is to develop and implement measures that will address the needs and issues raised in the survey reports.

What might come after?

It's too early to say, but any action is likely to require a whole-community response. This may include:

- Interventions that engage young people in positive, confidence-building activities, like sport and arts.
- Actions to stop, reduce or delay 'risky' behaviours including alcohol and substance use.
- Building closer relationships between pupils and their families, their school and the wider community.

The Surveys

What are the surveys?

The surveys are designed to help us understand what our young people need to be able to thrive at home, school and in society. The surveys will delve deep into the pupils' lives, asking about topics including their use of drugs and alcohol; relationships with family and friends; sexual activity; bullying; attitudes towards school and learning; pastimes and extra-curricular interests; social media use and screen time.

Are the surveys anonymous?

The surveys are completely anonymous. This is to allow pupils to be open and truthful in their responses. It will be impossible to trace answers to any individual.

How is the survey data processed?

All of the survey data will be processed at the University of Reykjavik in Iceland by Planet Youth. Only Planet Youth's data processing team will ever see the individual responses. They are bound by European law to keep this data completely anonymous and apply a range of strict measures to protect it. Planet Youth will collate the data to create 'survey reports' summarising the key findings from the surveys.

What will be in the survey reports?

The reports will show the collective responses from the surveys. They might say, for example:

- '63% of pupils across the 12 schools get fewer than seven hours sleep per night.'
- '76% of pupils in local council area 1 take part in sport or physical activity at least once per week.'
- '37% of pupils in local High School 2 have used an e-cigarette at least once.'

The statistics above are completely fictitious and are only intended to demonstrate what may be contained within survey reports.

How will the reports be presented?



Planet Youth will provide Winning Scotland with the survey reports. There will be:

- A national report, shared with all partners, with collated findings from all 12 schools' surveys.
- Local reports for each of the five partners (e.g. if you survey three schools in your area, the collated findings for these schools will be in your local partner report).
- Individual school reports. Each of the five partners will receive individual reports from each participating school in their area. Each school will receive its own report.

Partners should decide locally who to share their reports with – e.g. delivery partners, media, councillors.

What if the survey prompts a child to ask for help or disclose private information?

Although surveys are anonymous, the sensitive and personal nature of the questions within them may cause some pupils to seek help. Winning Scotland, its partners and participating schools are working collaboratively to look after the pupils' wellbeing. They will be presented with options to seek help if they want it in advance of the survey, on the day of the survey and after the survey, at all times respecting their privacy and protecting their anonymity.

Need help or want to ask a question?

Please contact Mrs Lowe at Baldragon Academy



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