



## Planet Youth Survey 2020

Dear Student,

Between the 23rd of November and the 4th of December 2020, a survey on the lives of young people in the west of Ireland will be conducted among students who completed their Junior Certificate earlier this year.

Those third-year students, who are now in Transition Year / Fourth year / Fifth Year, will be invited to complete an **anonymous** questionnaire that includes questions about their lifestyles, behaviours and health. The survey will take about 45 minutes and will be done in a classroom setting.

The Planet Youth questionnaire has been used in Iceland since 1998 and now forms part of an International evidence-based model used for policy making and informing practical primary prevention activities by those working to improve the health, wellbeing and lives of young people. You can find information on the project at [www.planetyouth.ie](http://www.planetyouth.ie).

The Planet Youth questionnaire and primary prevention model is being adapted for use in Ireland and we are using it in all schools in Galway, Mayo and Roscommon. The survey questionnaire asks about things like physical and mental health and wellbeing, relationships with friends and family, sports participation and extra curricular activities, internet use, social life, bullying, abuse, future expectations, sleep and stress along with other important factors. This year there will also be some questions about COVID19.

The survey will use an **anonymous** questionnaire. The information gathered from the questionnaires cannot be traced back to individual students, and you are specifically asked not to write your name or any other identification on your questionnaire. Each student will get a blank envelope to put it in on completion.

All the questionnaires will be sent to the main research centre in Iceland for data processing and will conform with Icelandic data processing regulations. All questionnaires are destroyed once the data has been processed. The Irish data is returned to the research team in Ireland for further analysis.

You do not have to fill out any part of the questionnaire that makes you feel uncomfortable or that you think you should not answer. We will use the information collected to improve the health and well-being of young people in our communities in Ireland.

If, for any reason, **you do not wish** to participate in the survey, please sign this form and return it to your year head by Friday the 20th of November.

Your name (please print)

Date:

---

If you require more information please contact Emmet Major at [emmet.major@wrdatf.ie](mailto:emmet.major@wrdatf.ie)

This project has been approved by the Research Ethics Committee of the Royal College of Physicians of Ireland.





## Suirbhé Planet Youth 2020

A chara,

Déanfar suirbhé idir 23 Samhain agus 4 Nollaig 2020 ar leas daoine óga in Iarthar na hÉireann a rinne an Teastas Sóisearach níos luaithe i mbliana.

Comhlánfaidh daltaí san Idirbhliain/Ceathrú Bliain/Cúigiú Bliain ceistneoir **anaithnid** a bhfuil ceistanna air faoina sláinte, a n-iompair agus a slite maireachtála. Tógfaidh sé isteach is amach le 40 nóiméad an suirbhé a líonadh agus déanfar sa seomra ranga é.

Tá an tionscadal *Planet Youth* in úsáid san Íoslainn ón mbliain 1998 agus is clár atá bunaithe ar fhianaise é atá á úsáid anois in go leor tíortha eile. Baineann siad siúd a bhíonn ag obair chun sláinte agus leas daoine óga a fheabhsú úsáid as an eolas a bailíodh sna suirbhéanna seo le haghaidh cinntí a dhéanamh faoi ghníomhaíochtaí coiscthe. Is féidir tuilleadh eolais a fháil faoin tionscnamh ag [www.planetyouth.ie](http://www.planetyouth.ie).

Tá ceistneoir Planet Youth curtha in oiriúint lena úsáid in Éirinn agus úsáideann muid é i ngach scoil i gcontaetha na Gaillimhe, Mhaigh Eo agus Ros Comáin. Tá ceistanna ann faoi shláinte agus leas fisiciúil agus intinne, caidrimh le cairde agus leis an teaghlach, rannpháirtíocht i spóirt agus gníomhaíochtaí eischuraclaim, úsáid idirlín, saol sóisalta, bulaíocht, mí-úsáid, ionchais maidir leis an todhchaí, codladh agus strus mar aon le fachtóirí tábhachtacha eile. Tá ceistanna breise ann i mbliana maidir le COVID-19.

Ceistneoir **anaithnid** atá i gceist leis an suirbhé. Ní féidir an t-eolas a bhailítear ó na ceistneoirí a nascadh le haon dalta faoi leith, a n-iarrtar go sonrach orthu gan a n-ainmneacha a scríobh ná aon chomhartha aitheantais eile a chur ar a gceistneoirí. Tabharfar cludach litreach folamh do gach dalta scoile le n-úsáid nuair atá an suirbhé críochnaithe acu.

Nuair a bheidh na ceistneoirí comhlánaithe, seolfar na ceistneoirí ar ais chuig an bpríomhionad taighde san Íoslainn chun na sonraí a phróiseáil, agus beidh an próiseas sin comhlíontach le rialacháin na hÍoslainne maidir le próiseáil sonraí. Scriostar gach ceistneoir a luaithe is a phróiseáil na sonraí. Seolfar sonraí na hÉireann ar ais chuig an bhfoireann taighde in Éirinn le haghaidh tuilleadh anailíse.

Ní gá duit páirt a ghlacadh sa suirbhé, agus sa chás go bhfuil ceistanna ann a bhfuil tú míchompordach fúthu nó a cheapann tú nár cheart dóibh iad a fhreagairt, ní gá duit iad a fhreagairt. Bainfidimid úsáid as an eolas a bhailítear chun sláinte agus leas daoine óga inár bpobal a fheabhsú.

**Mura mian leat páirt a ghlacadh sa suirbhé seo**, sínigh an fhoirm seo le do thoil agus seol ar ais í chuig do cheann ranga faoin Aoine, 20 Samhain.

Ainm an Dalta (bloclitreacha)

Dáta:

Má tá tuilleadh eolais uait, déan teagmháil le Emmet Major ag [emmet.major@wrdatf.ie](mailto:emmet.major@wrdatf.ie)

Tá an tionscadal seo faofa ag an gCoiste um Eitic Thaighde de chuid Choláiste Ríoga Lianna na hÉireann.

