



PARTNER Tipperary

# Planet Youth Survey 2024

## Student Information Letter

Dear Student,

This November, a survey on the lives of young people in Tipperary will be conducted in our schools.

You will be asked to complete an **anonymous** online survey that includes questions about lifestyle, behaviour and health. The survey will take about 45 minutes and will be done in a classroom setting.

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

The survey 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, future expectations, negative life events, sleep and anxiety along with other important factors.

The survey is **anonymous** and the information gathered cannot be traced back to any individual student.

All the records will be sent to the main research centre in Iceland for data processing and will conform with Icelandic data processing regulations. The data is then returned electronically to the research team in Ireland for further analysis.

You do not have to fill out any part of the survey that makes you feel uncomfortable or that you think you should not answer. The information collected will be used 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 the Planet Youth coordinator in your school, before Friday the 25<sup>th</sup> of October.

Your Name (please print):

Date:

---

---

If you require more information please contact Marian Daly at [info@planetyouthtipperary.ie](mailto:info@planetyouthtipperary.ie)

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