

Planet Youth

MON THRU NIGHT
living our best lives
NON STOP YOUNG TOGETHER

PLANET YOUTH BLUE MOUNTAINS NEWS

NOVEMBER 2021

Original Planet Youth design by 14 year old Thomas of Katoomba & St Columbus Catholic College.

Together we can help our young people live their best lives.

Would you like us to do a Planet Youth Info Session for your school or group?

Planet Youth Blue Mountains is an international community-based project that aims to improve the wellbeing of young people, strengthen their social environment and protect them from alcohol and drug use.



Planet Youth conducts regular in-depth research with young people to understand their attitudes, behaviours and social environment so there is a wealth of insight and information to share that can help parents and schools support young people to live their best lives.

If you would like us to organise a session to share this information and start a conversation in your community, online or face-to-face, we'd love to hear from you!

Did you know, teenagers actually do listen to their parents?!

The Planet Youth survey of nearly 400 Blue Mountains Year 10 students revealed that what parents say about drunkenness and cannabis use has a direct impact on their teenager's substance use. Students who believed their parents wouldn't care if they were drunk, were twice as likely to have been drunk in the past month. And those who thought their parents wouldn't care if they used cannabis were three times more likely to be cannabis users.

There is a lot parents can do to protect young people from substance use.

Find out more at... www.planetyouthbm.net.au

What's On

NOVEMBER-DECEMBER

- Parent & Community Info Sessions available

FEBRUARY 2022

- Parent Information booklets & PYBM speakers available for School Info Sessions

MARCH-APRIL 2022

- Planet Youth Blue Mountains Student Survey # 2

Helpful Info

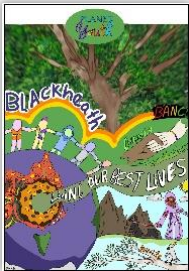
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Planet Youth Poster Competition Winners Announced!

Thank you to everyone who entered the PYBM design competition! We received wonderful entries from talented young people across the Mountains and one from overseas to remind us of the global impact of Planet Youth! Congratulations to our three winners: Stephanie from Mountains Christian College, Thomas from St Columbus and Hayley from Blaxland High; and our Highly Commended recipients: Tamsyn and Callie from Winmalee High. We look forward to sharing your creativity as part of Planet Youth BM.



Design by Stephanie



Design by Hayley

Join the PYBM Parents & Carers Facebook Group...

If you would like to learn more about Planet Youth and connect with other Blue Mountains parents and carers about how to support your pre-teen or teenager's wellbeing, please join the [Planet Youth BM Parents & Carers](#) private Facebook group. You can also find out more about Planet Youth at www.planetyouthbm.net.au and follow Planet Youth BM on Facebook [@PlanetYouthBM](#) and Insta [@planet.youth.bm](#) or get in touch with us to organise an info session for your school or community group.