

September 2023

Dear Parents / Carers,

Planet Youth is an evidence-based, international programme, started in Iceland and now in many other countries around the world. The aim is to decrease and delay substance use among young people in our community. Planet Youth considers a wide range of factors which influence young people's wellbeing. During September your child in S4 will be asked to complete a survey that focusses on different parts of their lives and well-being along with their attitudes to alcohol, tobacco, and drugs.

The survey gives us insight into the challenges facing young people in the local community. The results will then be shared with parents / carers, school staff and those who provide services for young people. This approach requires the whole community to come together and address issues young people are facing. To support this approach, we encourage parents and carers to sign up to join the **local parents' group** using the QR code below and the Planet Youth in Highland team will be in touch.

Pupils in 4th year will complete a survey, including questions on their health, behaviour, substance use and well-being. The survey will be completed during school hours, taking 40 - 60 minutes to complete. This is an anonymous and confidential survey. Pupils will never be asked their name or any personal identification details during the survey.

If you have any questions, please contact your child's school.

Yours sincerely

Planet Youth in Highland team.



For further information on Planet youth in Highland please visit:
<https://shorturl.at/lmBNV>