

Planet Youth Homer



Homer, AK

**A
community-wide
approach to youth
wellbeing**

Data Dissemination • 2026



Today's Roadmap

- Why the Icelandic Prevention Model (IPM)
- Context: community health and what we measure
- How we collected the data
- Notable results: where we are shining, where we can grow
- Next steps



Your feedback matters!



Homer, AK



 About Us 
Who We Are

 Workgroups
What We Do

 Planet Youth Homer
Help Youth Live Their Best Lives

Planet Youth Homer

CLICK HERE to submit your responses to Planet Youth Homer Data presentations

CLICK HERE to contact Project Manager, Anna Meredith

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Planet Youth Homer Feedback Form



What's Next for PY Homer?

Data Steers Community Planning

A Community Driven Approach

WHO is involved?!





Origin Story

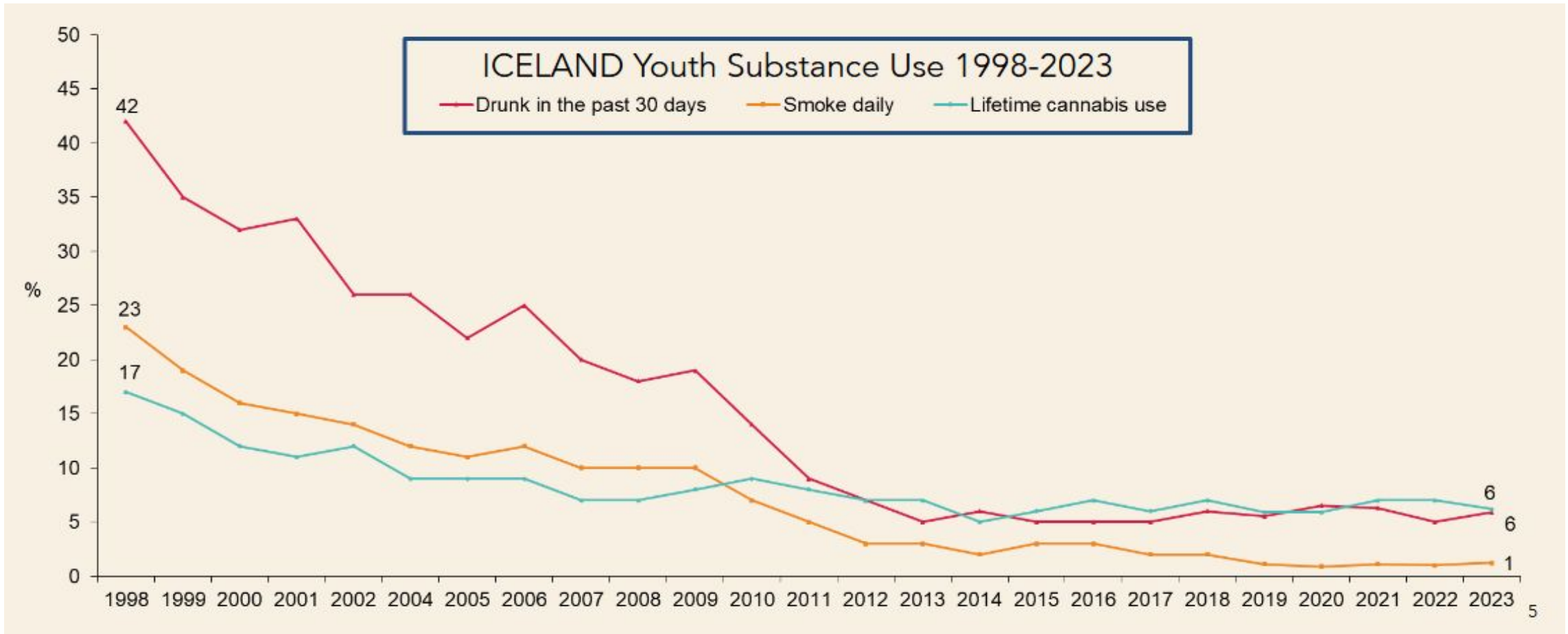
Why Planet Youth Homer started

- We wanted a clearer picture of local youth experiences
- We chose an approach that uses local data to guide local action
- Goal: strengthen protective factors and reduce risk factors over time



Why the Icelandic Prevention Model?

Evidence-based prevention at the community level



Core Elements of the Icelandic Prevention Model

Evidence-Based

Know where we stand before deciding where to go.

Community-Wide Approach

Focus on social conditions for healthy development.

Research – Policy – Practice

Keep a steady dialogue across all three.

Thinking Upstream

Proactive vs. reactive prevention



Purpose of the Survey



Learn about what life is like
for youth in our community

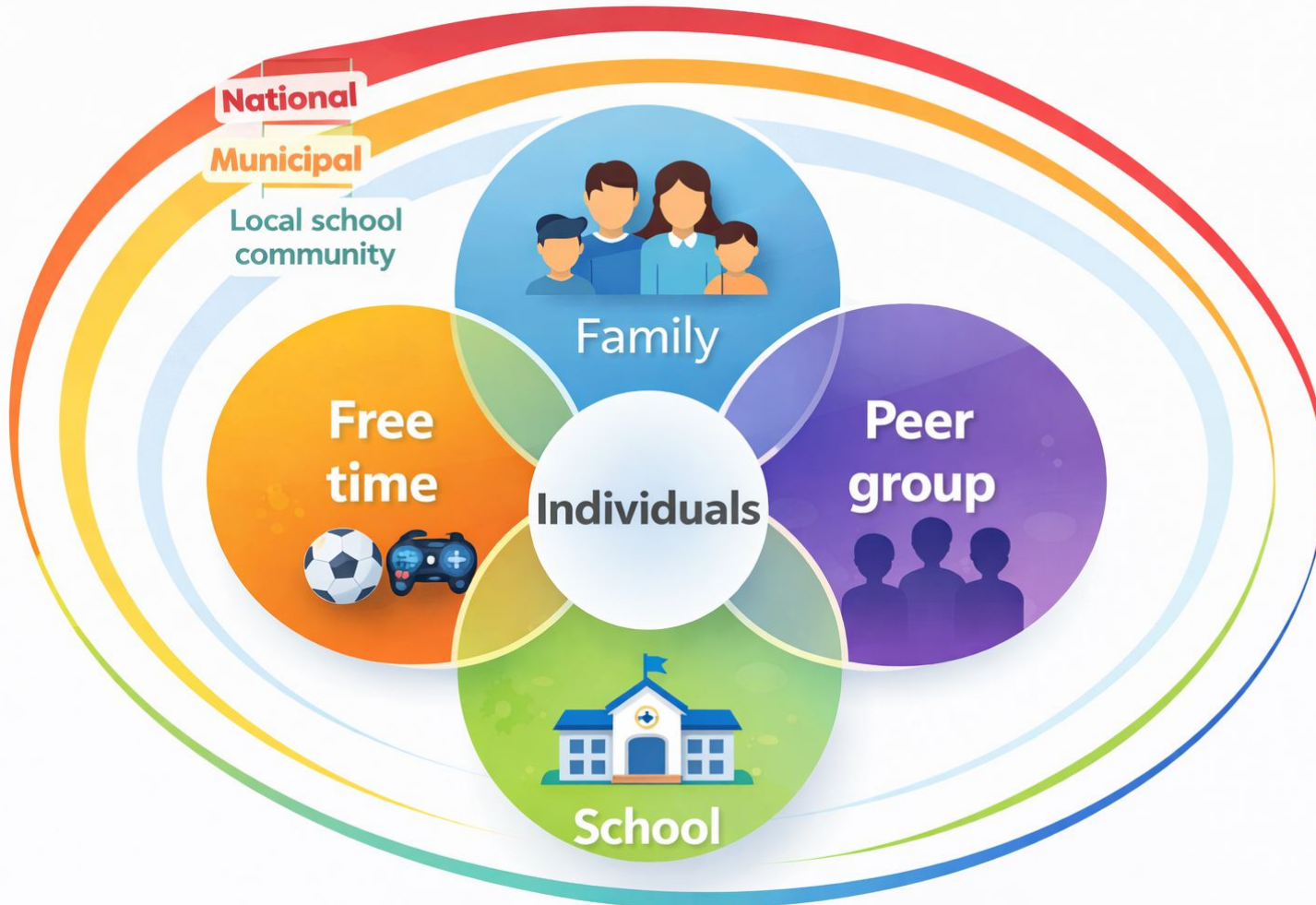


Learn where we are shining



Learn where we can grow

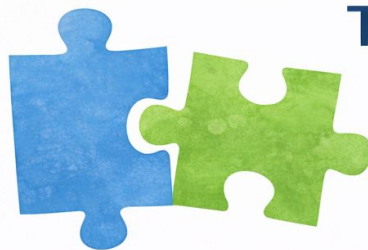
What We Measure (4 Domains)



Youth Participation

- Grades 9–11
- Public, alternative, and homeschool students
- Response rate: 54% (168 out of 312 students)

Anonymous, optional, and guardian consent required



**Think of data results
like a puzzle.**

The data gives us pieces,
but not the whole picture.

Where We Are Shining

Strengths to protect and build on



1. Community is connected and strong
2. Families are engaged and supportive
3. Schools are relationship centered
4. Youth are active during their free time
5. Substance use is low



Where We Are Shining

Strengths to protect and build on



1. Community is connected and strong

What youth like most about their community in their own words:

“Everybody is pretty open/connected and there are lots of opportunities in the area.”

“I like that everyone is willing to help out when you need it.”

“Everyone is very friendly and nice to newer I like how it is very artistic.”

– *Local youth survey respondents*

Where We Are Shining

Strengths to protect and build on



What Youth Like About Their Community



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Community

68%

Think it is good
to live in their
community



81%

Feel safe in their
community



37%

Want to continue
to live in their
community in the
future



86%

Say their family has
friends in the
community



66%

Say there are a lot of
healthy things to do
in the community
that are affordable

Where We Are Shining

Strengths to protect and build on

2. Families are engaged and supportive

- Parents know where youth are and who they're with
- Clear expectations and rules
- Youth feel safe and connected at home



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Family

90%

Feel safe at home often or always



90%

Say it is easy to feel connected to their parents

69%

Often or almost always spend time with their parents on weekends



93%

Of parents know where their teenagers are in the evenings



89%

Of parents know who their teenagers are with in the evenings



59%

Of parents set rules when their teenagers should be home in the evenings



92%

Of parents disapprove of* drunkenness



93%

Of parents disapprove of* cannabis use



Where We Are Shining



Strengths to protect and build on

3. Schools are relationship centered

- Safe at school
- Peer and adult connections at school
- Sense of purpose through school



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School



83%

Feel safe at school

38%

Are bored with the studies

84%

Get along with their teachers

Applies often or almost always to them



86%

Have friends at school that care about them



73%

Think the adults at their school care about them



9%

Want to change schools

Where We Are Shining

Strengths to protect and build on

4: Youth are active during their free time

- High participation in organized activities
- Regular physical activity
- Supervised, structured environments with caring adults

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Free Time



60%

Play sports with a club three times a week or more

31%

Participate in art, drama or music classes once a week or more

10%

Do not participate in any organized out-of-school activities supervised by adults

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Where We Are Shining

Strengths to protect and build on

5. Substance use is low



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Substance use

14%

Tried alcohol at the age 13 or younger

3%

Have been drunk in the last 30 days

18%

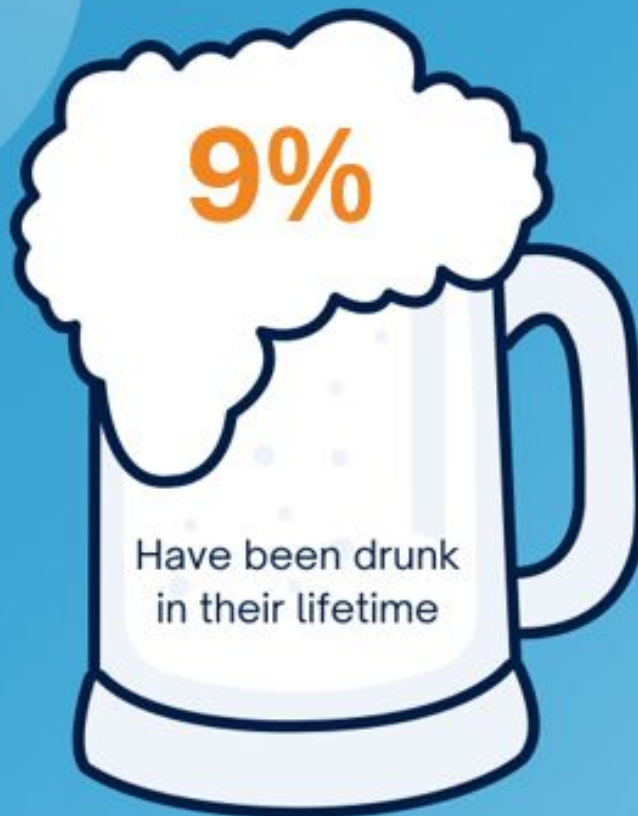
Drink alcohol in their own home*

19%

Get alcohol from a family member*

9%

Have been drunk in their lifetime



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*Out of those who have had a drink of alcohol in their lifetime



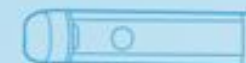
Vaping

11%

Have vaped in their lifetime

2%

Vape daily



Cigarette smoking

6%

Have smoked cigarettes in their lifetime

0.6%

Smoke cigarettes daily



Cannabis use

9%

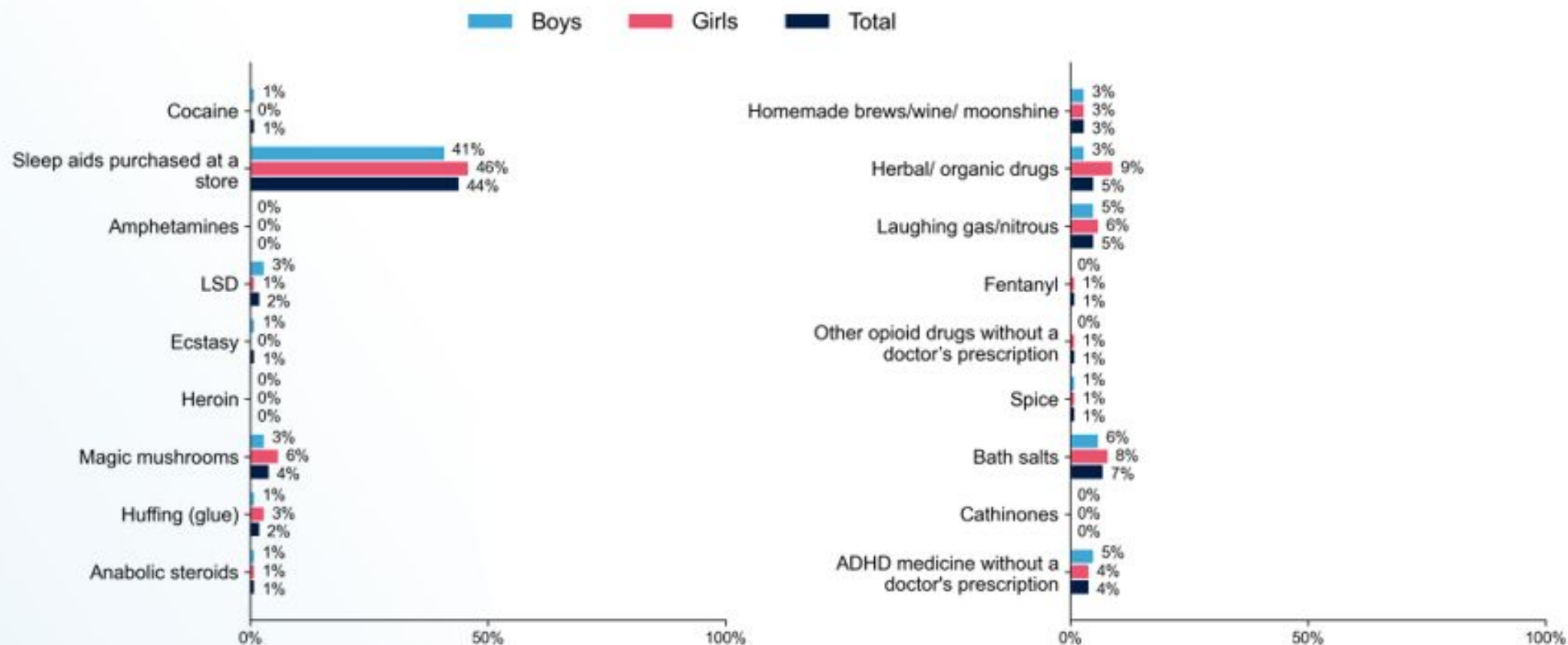
Have used cannabis in their lifetime

6%

Have used cannabis in the last 30 days



Drugs: Proportion of adolescents who have used the following substances **once or more** in their lifetime



Discussion & Feedback

With time remaining

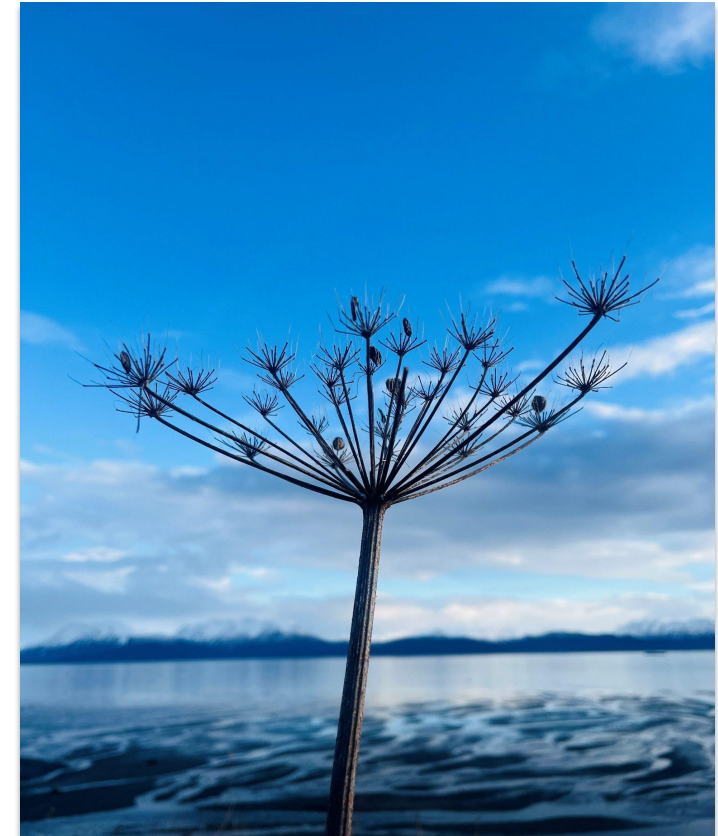
- What surprises you about this information?
- What confuses you about this information?
- What seems most important to focus action planning around?



Where We Can Grow

Opportunities to strengthen protective factors

1. Mental health and wellbeing
2. Factors influencing youth substance use
3. Sleep, fatigue, and related routines
4. Screen time



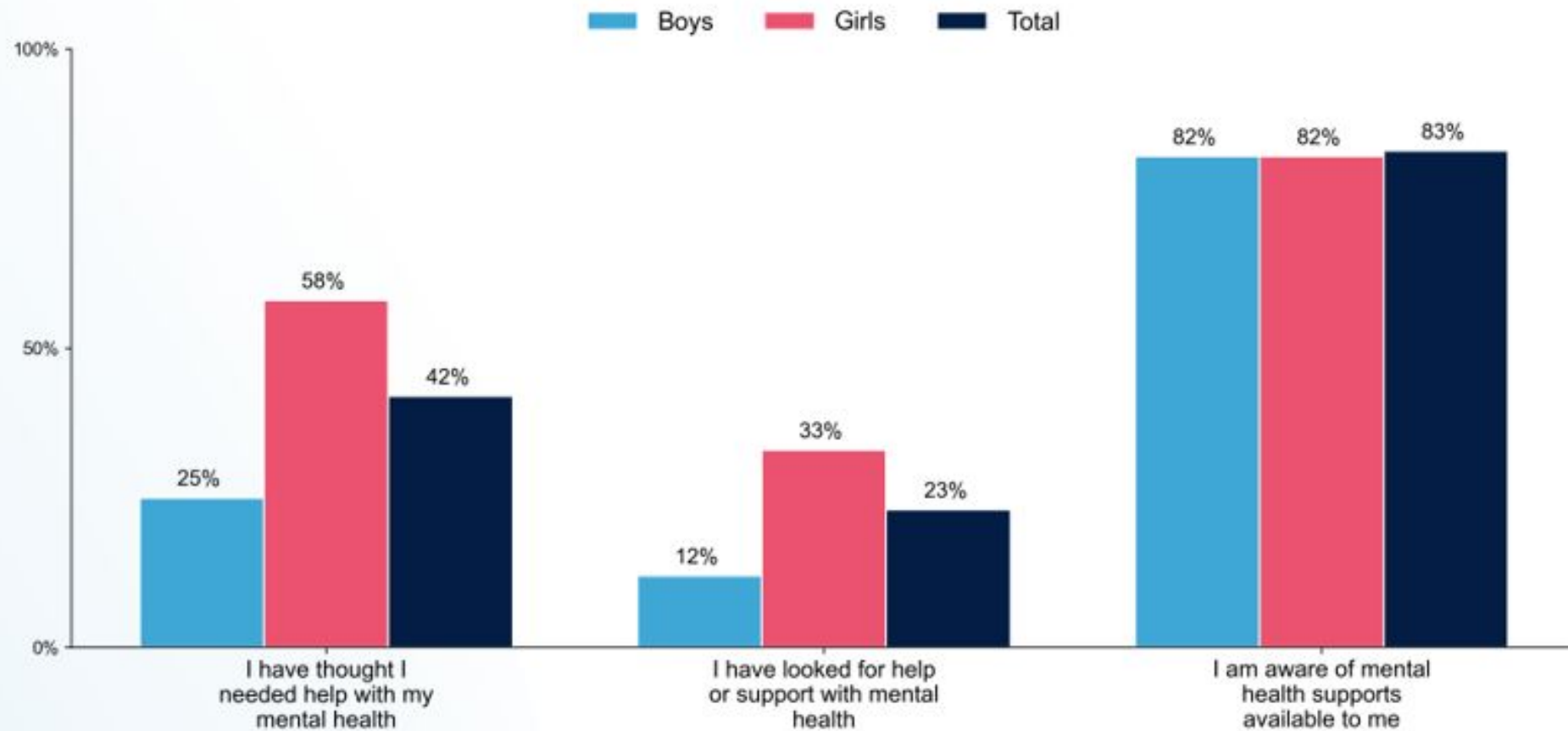
Where We Can Grow

Opportunities to strengthen protective factors

1. Mental health & wellbeing:

- Fewer girls than boys describe their mental health as good or very good
- More girls report stress and difficulty coping
- Many youth have thought they needed help, but fewer have sought it

Mental Health Support: Proportion of adolescents who report the following regarding their mental health



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Wellbeing

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59%

Of participants rate their mental health as good or very good



37%

Felt calm or relaxed most or all of the time in the last 2 weeks



52%

Sleep 8 hours or more a night



72%

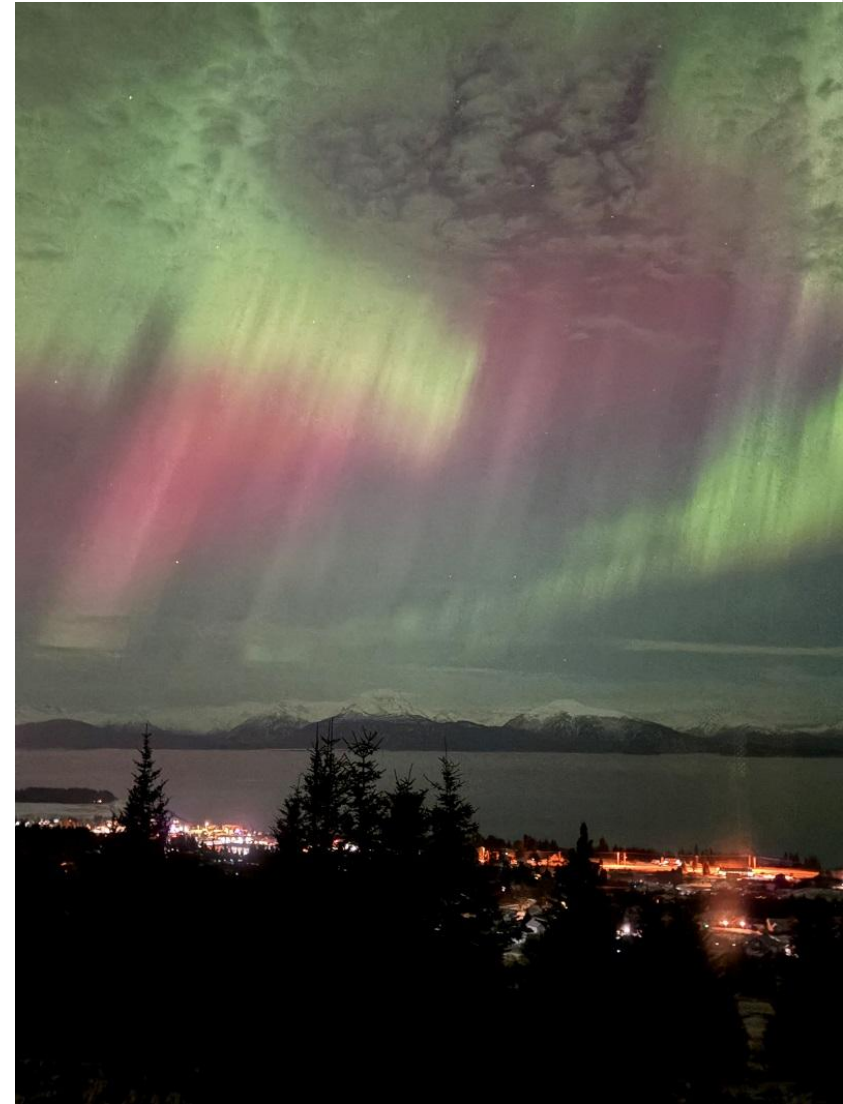
Of participants rate their physical health as good or very good

Where We Can Grow

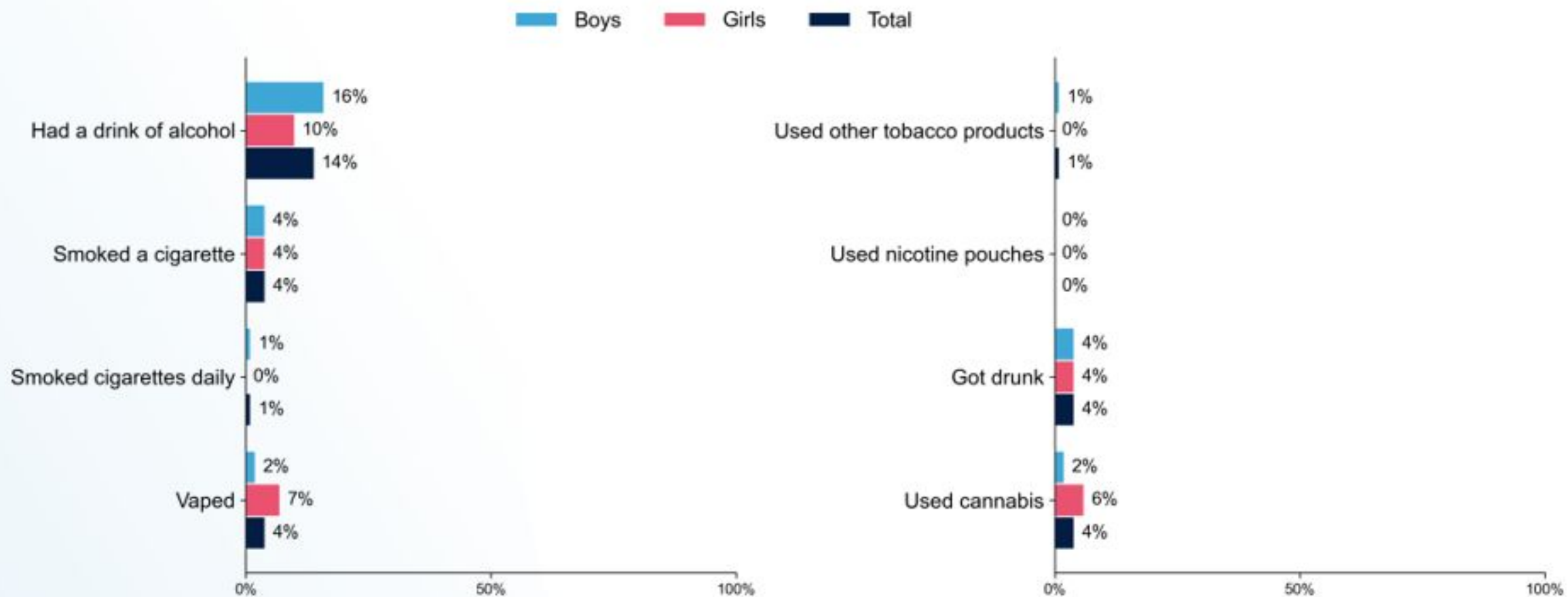
Opportunities to strengthen protective factors

2. Factors influencing youth substance use:

- Early onset of substance use (esp. alcohol)
- Time spent together as a family on the weekends



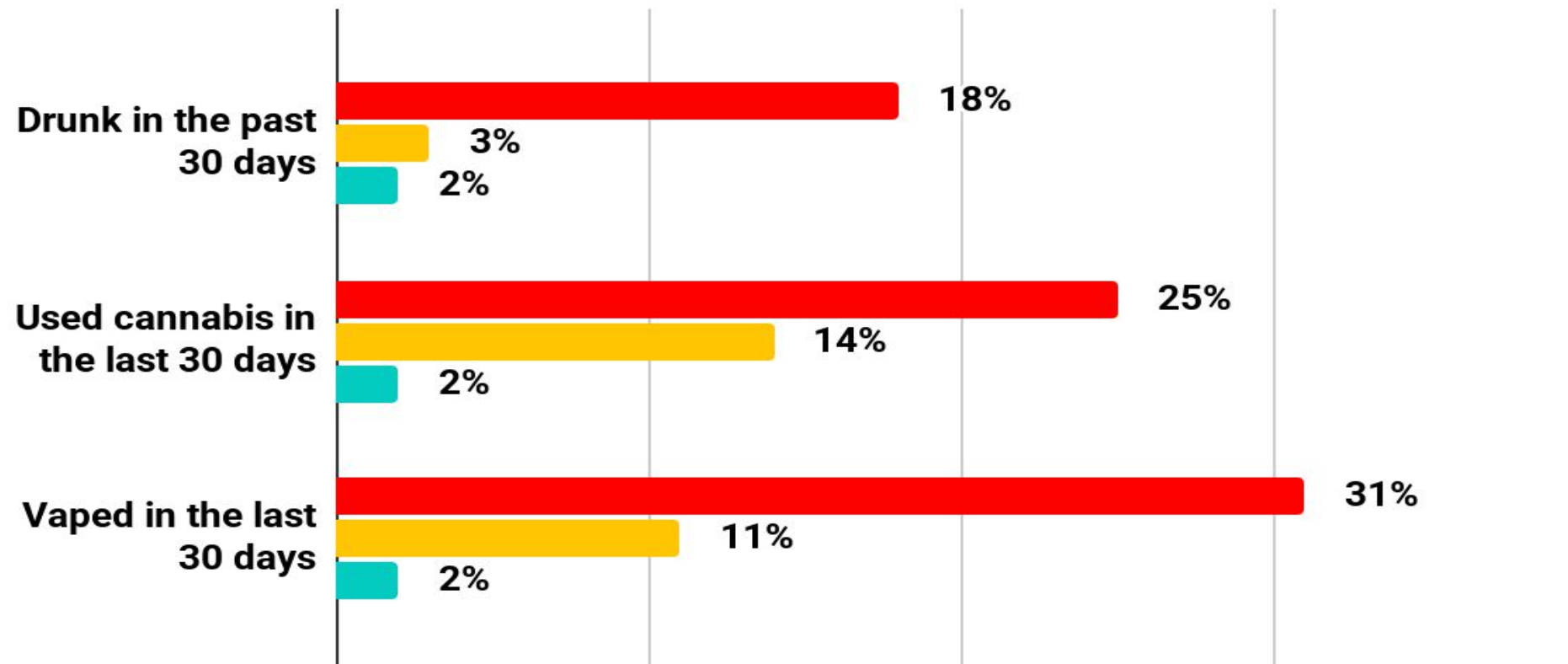
Substance-use Onset: Proportion of adolescents who did the following for the first time when they were 13 years old or younger



Factor Influencing Substance Use - Family Time on Weekends

Family Time and Recent Substance Use - I spend time with my parents/caregivers during the weekends

■ "Rarely" or "almost never" (n=21) ■ "Sometimes" (n=30) ■ "Often" or "almost always" (n=115)



Where We Can Grow

Opportunities to strengthen protective factors

3. Sleep, fatigue, and related routines:

- Nearly half of youth do not meet recommended sleep guidelines
- Many report feeling tired during the school day
- Daily energy drink use is common
- Phones are often present in bedrooms

SLEEP



52%

Sleep 8 hours or more a night

74%

Go to bed at 11 PM or earlier

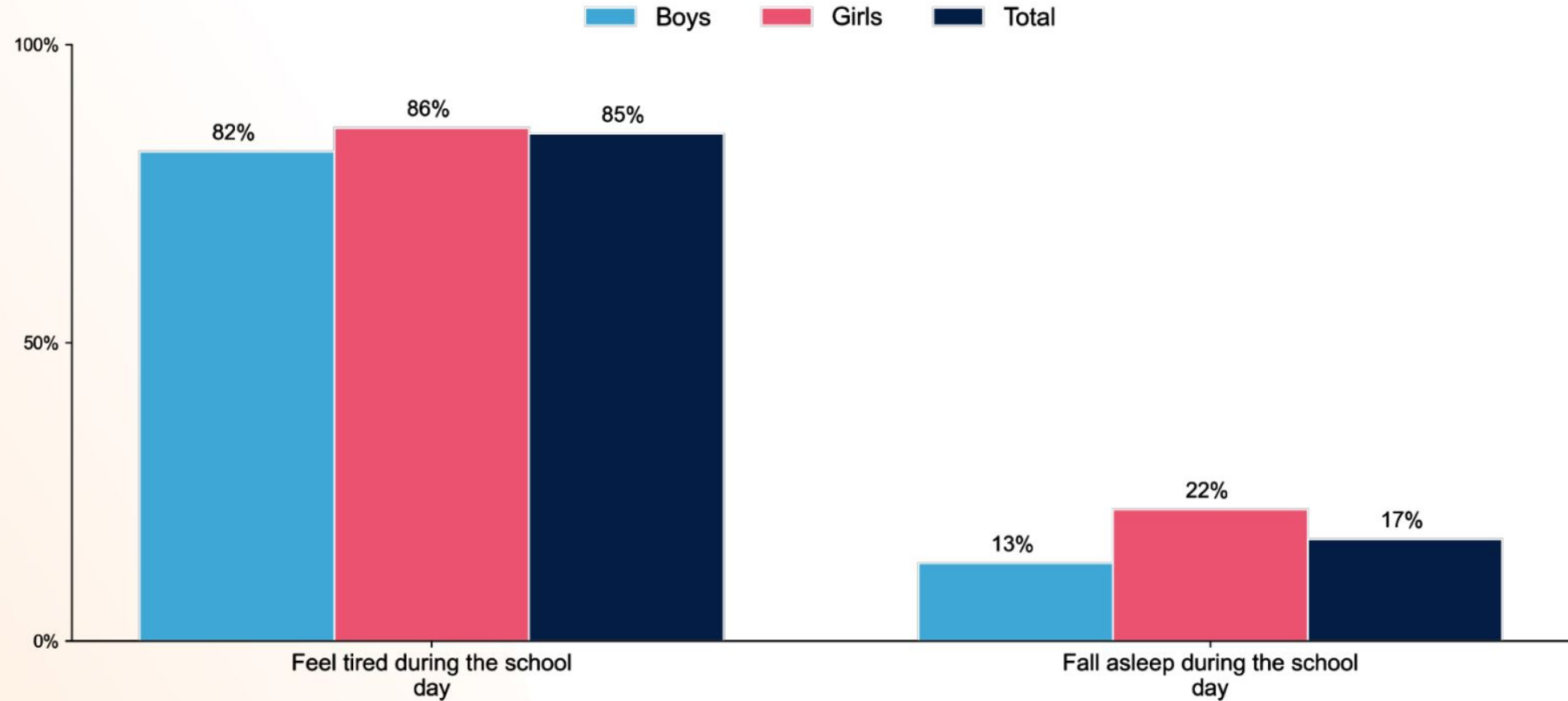
75%

Wake up at 7 AM or earlier

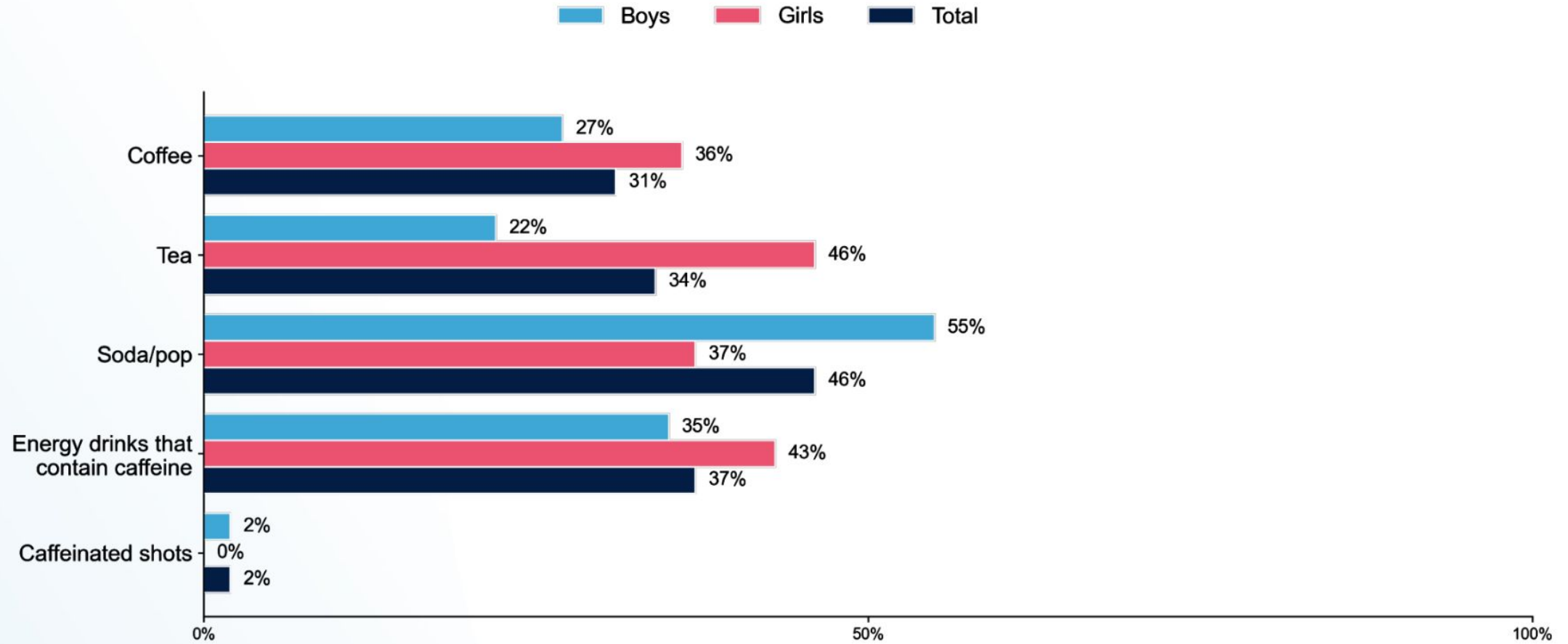
67%

Often or almost always
sleep with their phone in
their bedroom

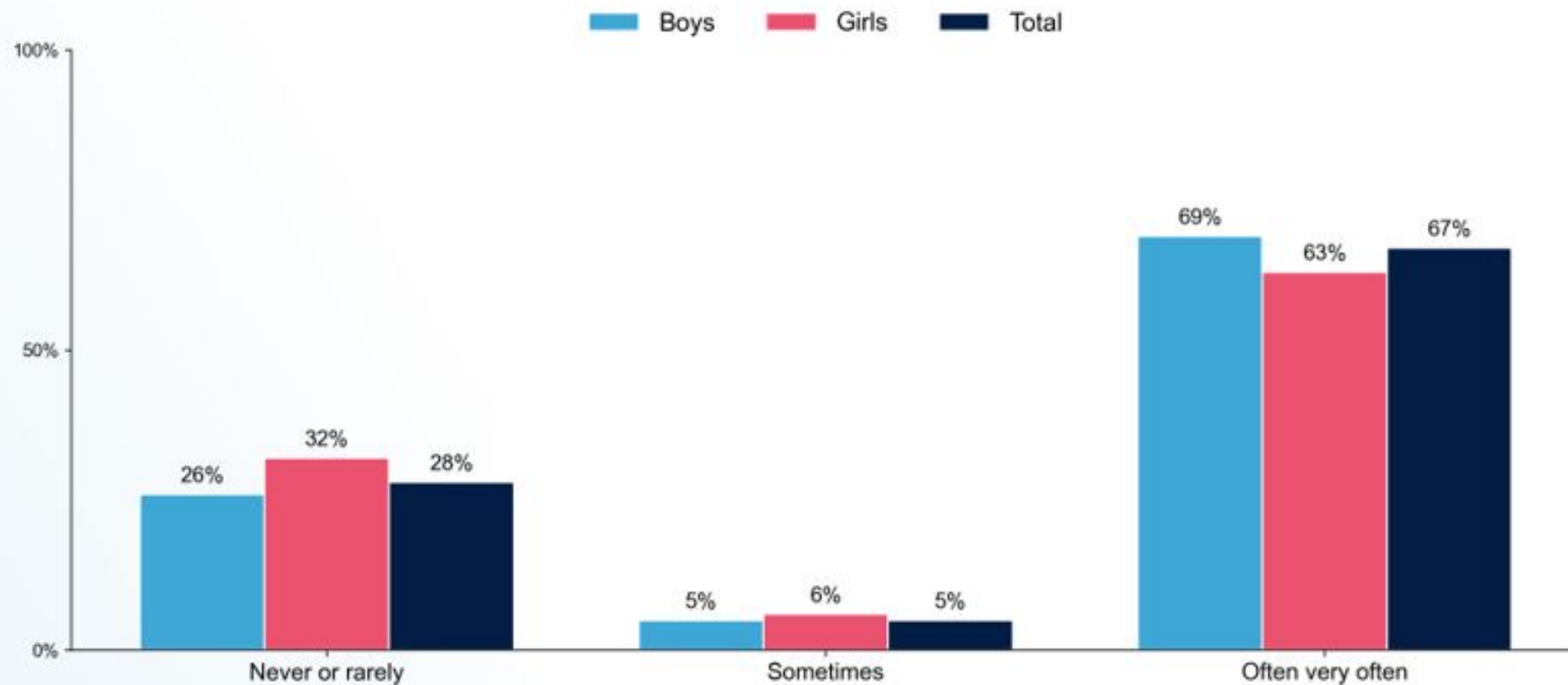
Tired at School: Proportion of adolescents who report that the following statements apply to them



Caffeine: Proportion of adolescents who drink at least one drink of the following every day



Phone Access During Sleep Hours: The frequency that adolescents report sleeping with their phone in their bedroom



Lifetime use	Once or more % n	3 or more times % n	6 or more times % n	10 or more times % n
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Sleep aids purchased at a store (i. e., Benadryl, Nyquil, Robitussin)

44%
69

28%
44

19%
30

13%
21

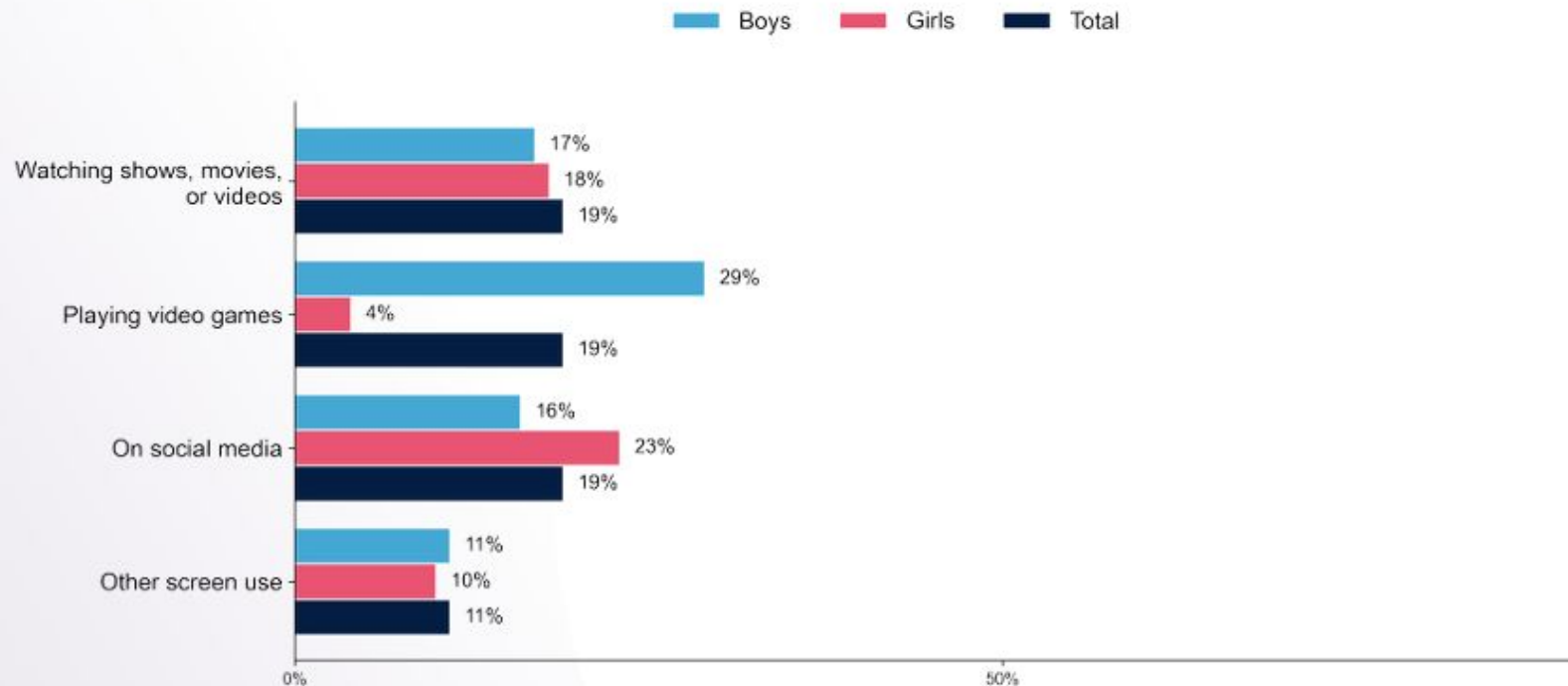
Where We Can Grow

Opportunities to strengthen protective factors

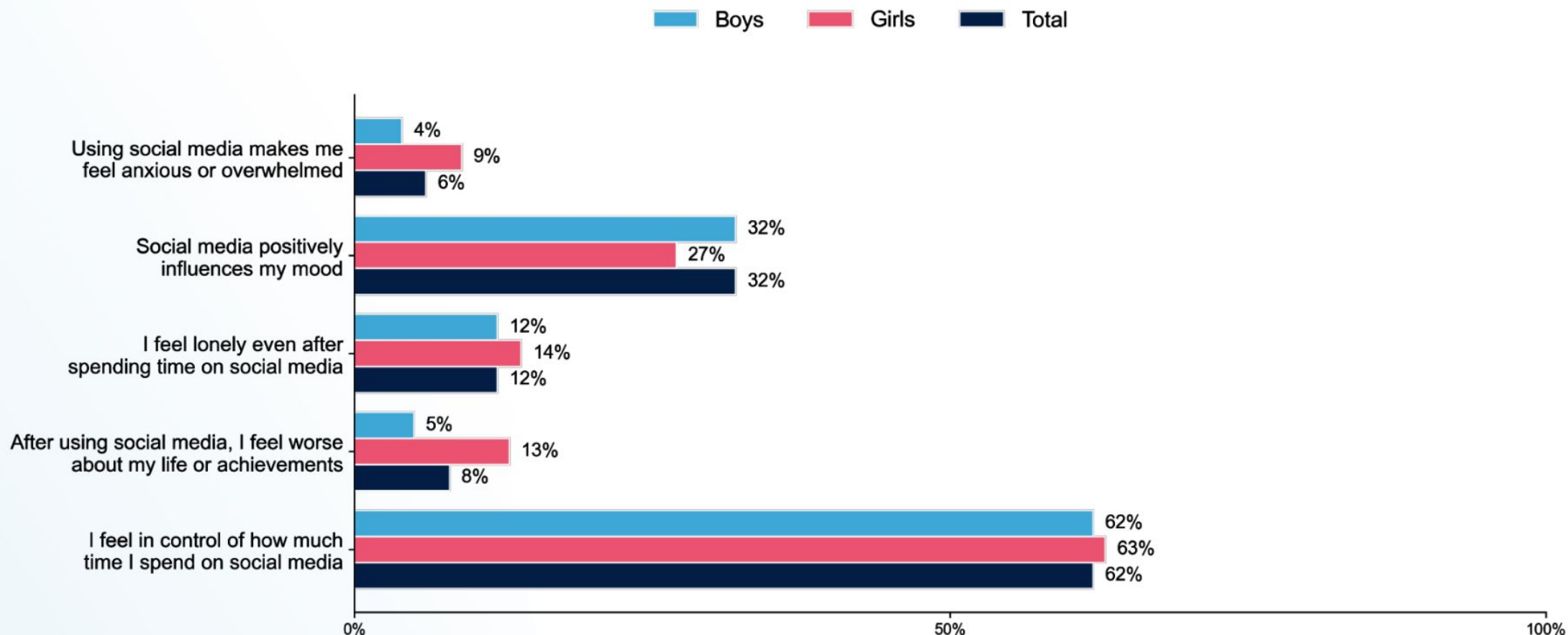


4. Screen time

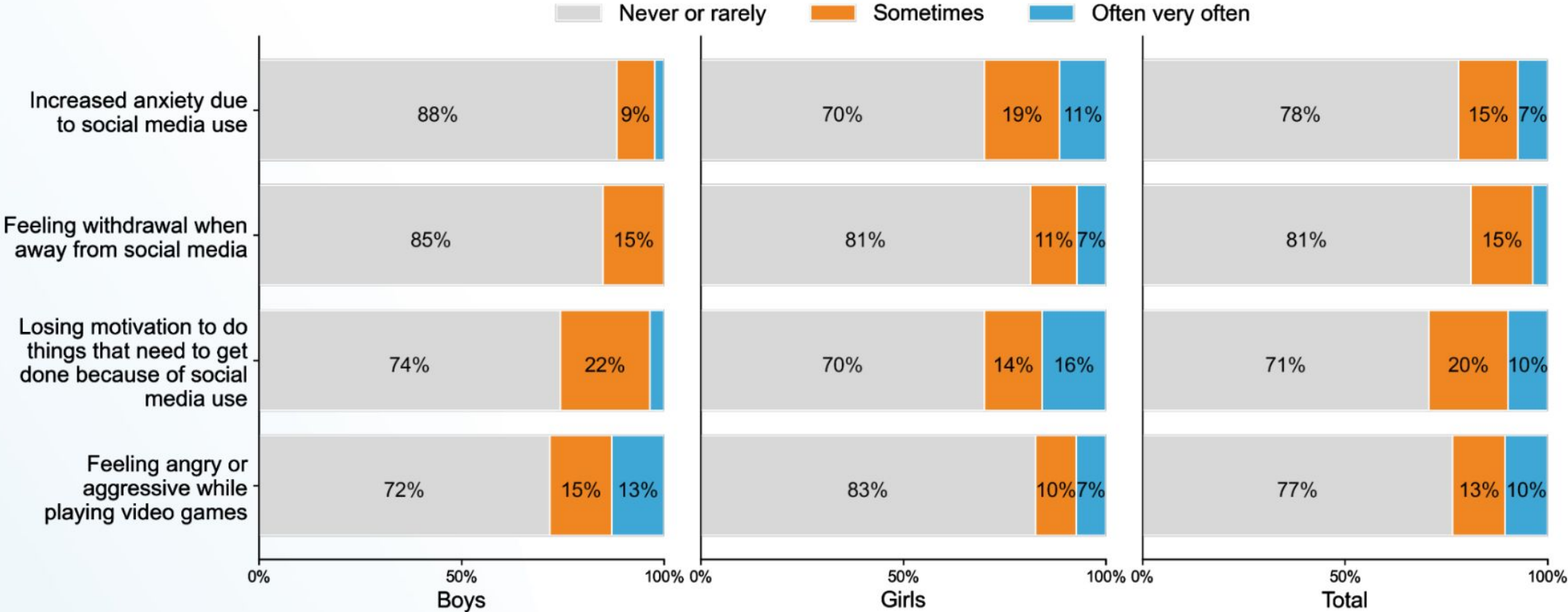
Screen Time: Proportion of adolescents spending **4 or more hours daily** engaged in the following screen-based activities



Social Media: Proportion of adolescents who report that the following statements apply to them often or very often - Part 2



Impact of Screen Time: Proportion of adolescents who have experienced the following in the last 12 months



e 96 of 99

Where We Can Grow

Youth feel our community is missing:

Activities to do

(affordable, guys volleyball, accessibility, arcade, water park)



Events for all



Teen hangout spaces



Fast food restaurants



Connection to peers

(especially for new youth)



More communication

about what's going on
in community



Where We Can Grow

What youth feel our community is missing
in their own words:

“Things to do that aren’t just walking around,
or spending money, more free spaces,
basically.”



“More places for younger groups of people
to hangout, that don’t allow illegal substances.”

– Local youth survey respondents

Discussion & Feedback

With time remaining

- What surprises you about this information?
- What confuses you about this information?
- What seems most important to focus action planning around?



What Happens Next?

- Share results publicly - we're doing this!
- Work with partners to identify priorities
- Build an action plan
- Re-measure and track change over time



Why These Results Matter



Show what is going well



Show where we need to do better

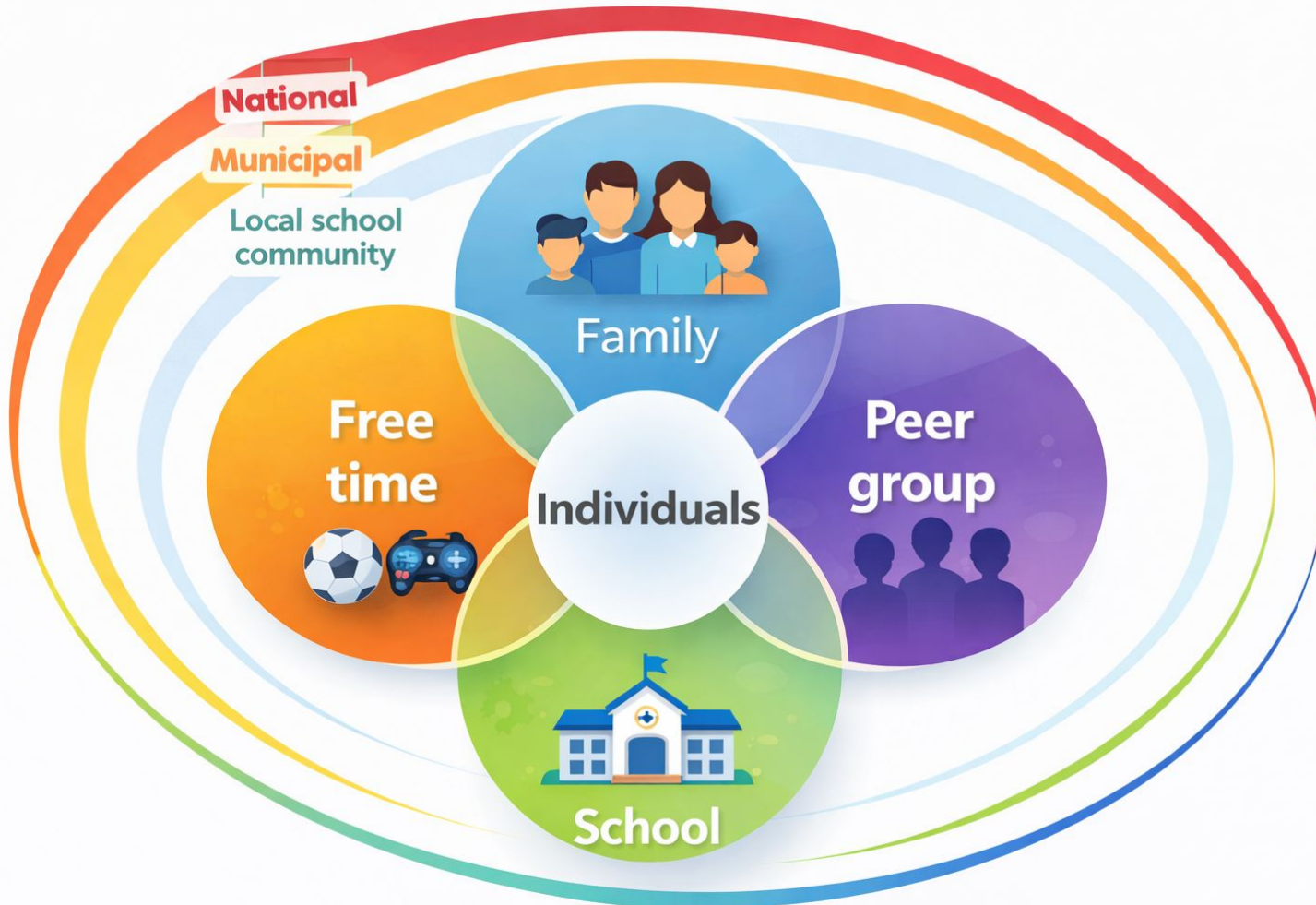


Help us act early



Help the community work together

What We Measure (4 Domains)



Your feedback matters!



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What's Next for PY Homer?

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Thank you & Next Steps

