

YOUNG PERSONS' BEHAVIOUR AND ATTITUDES SURVEY

KEY FINDINGS 2019-2020

Introduction

NISRA was commissioned by a consortium of government departments and public bodies to conduct a study of the behaviour and attitudes of young people in Northern Ireland. The Young Persons' Behaviour and Attitudes Survey (YPBAS) is a school-based survey carried out among 11-16 year olds and covers a wide range of topics relevant to the lives of young people today.

This report provides a summary of the key findings from the seventh round of the YPBAS. The results are based on responses from 8,118 pupils, collected in the period September 2019 - February 2020.

All figures published in these findings are weighted estimates. More information on the weighting applied to these results can be found in the Technical Report which accompanies this release.

Due to rounding, the percentages in the charts may not always add up to 100%. Where two or more categories are combined together the sum of the combined proportions may not equal the sum of the individual proportions in the charts or tables due to rounding.

The Technical Report and links to more in depth analysis carried out by the responsible departments are available at:

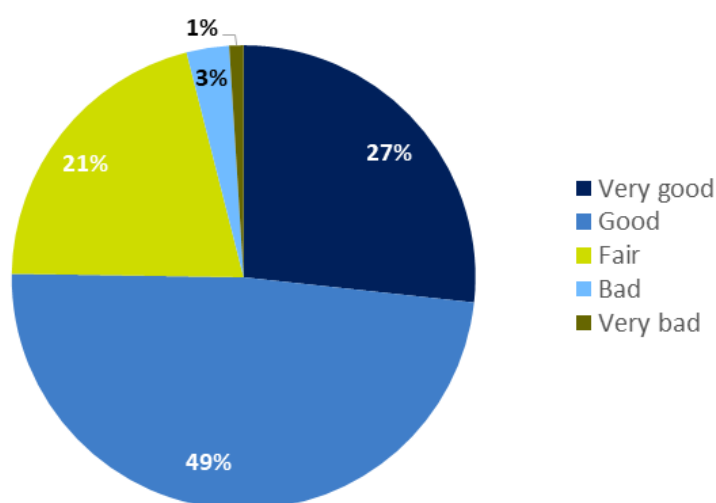
<https://www.nisra.gov.uk/publications/young-persons-behaviour-and-attitude-survey-2019>

Key Findings

Health

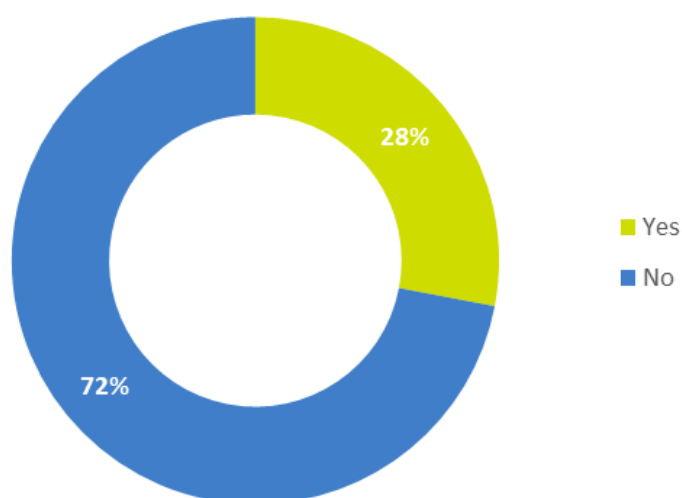
Three quarters of young people (75%) felt that, in general, their health was good or very good. Only 4% felt that their general health was bad or very bad (Figure 1).

Figure 1: In general, how would you say your health is?



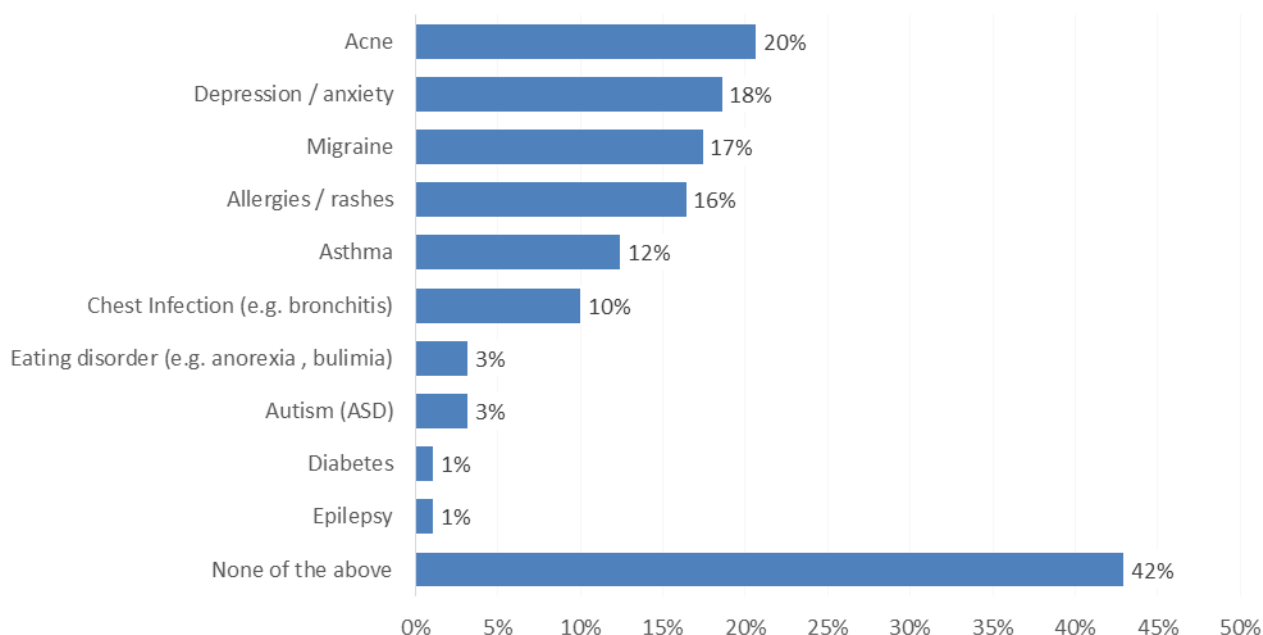
More than one quarter of young people (28%) stated that they had a physical or mental health condition or illnesses, lasting or expected to last, for 12 months or more (Figure 2).

Figure 2: Do you have any physical or mental health conditions or illnesses, lasting or expected to last, for 12 months or more?



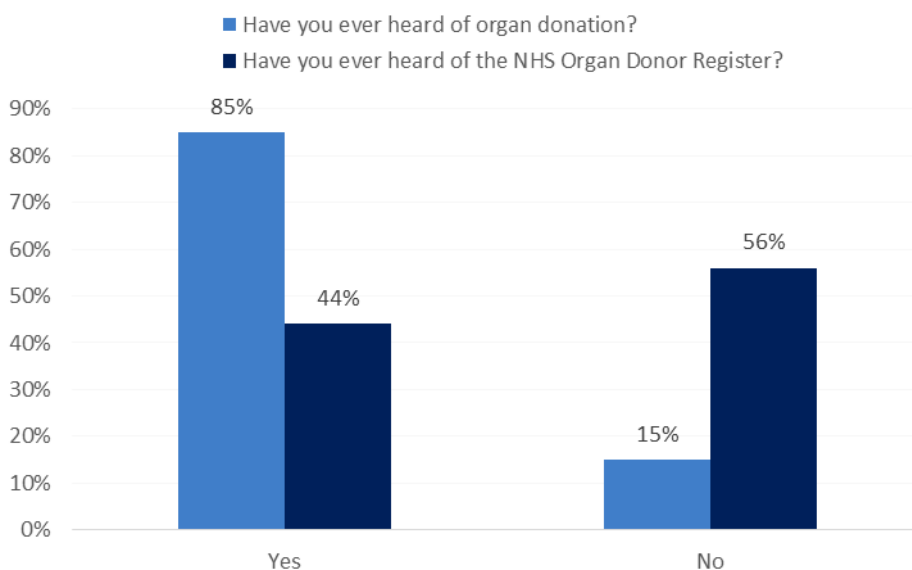
The most commonly reported conditions or disorders that young people said they had in the last 12 months were acne (20%), depression/anxiety (18%), migraine (17%) and allergies/rashes (16%) (Figure 3).

Figure 3: In the last 12 months, which, if any of the following conditions/disorders have you had?



Most young people (85%) had heard of organ donation, however only 44% had heard of the NHS Organ Donor Register (Figure 4). Only 2% had put their name on the Organ Donor Register.

Figure 4: Have you ever heard of organ donation or the NHS Organ Donor Register?

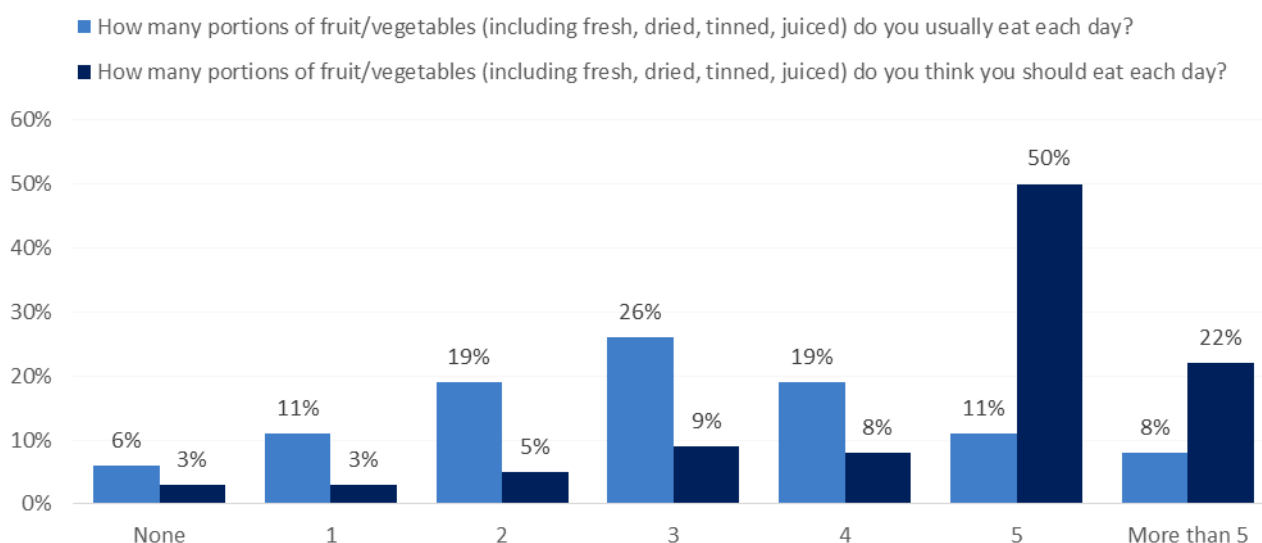


Seven out of ten young people (70%) thought that you needed to be at least 18 to join the Organ Donor Register and just 12% thought that you could join the register before the age of 16.

Lifestyle

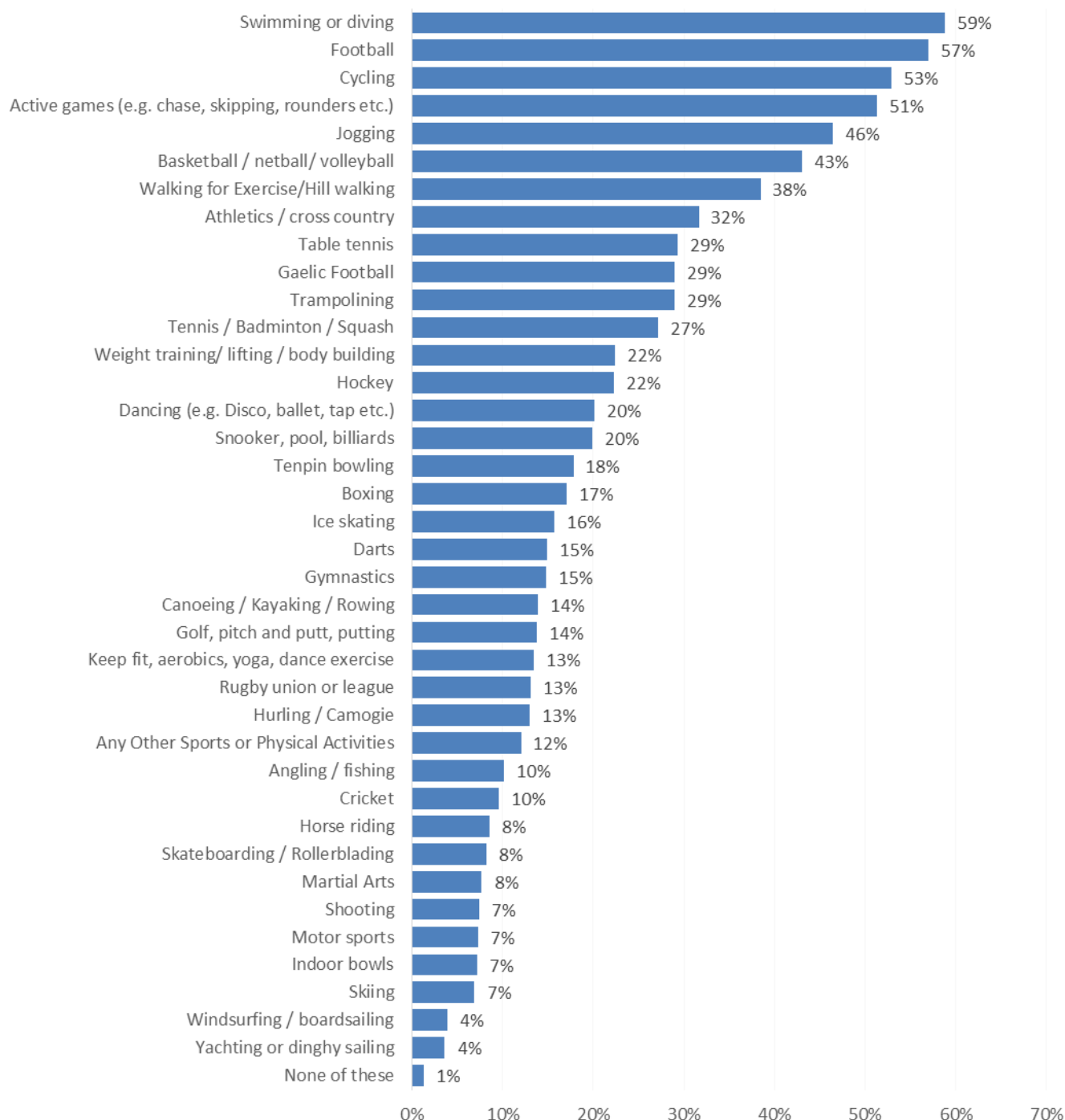
Although almost three quarters of young people (72%) thought that they should be eating 5 or more portions of fruit or vegetables each day to be healthy, only 19% usually ate 5 or more portions of fruit or vegetables each day (Figure 5).

Figure 5: How many portions of fruit or vegetables do you usually eat / should you eat each day?



The vast majority of young people (95%) said they enjoy doing sport or physical activity. The most common sports or physical activities carried out by the young people in the last 12 months were swimming or diving (59%), football (57%), cycling (53%), active games such as chase, skipping or rounders (51%) and jogging (46%) (Figure 6).

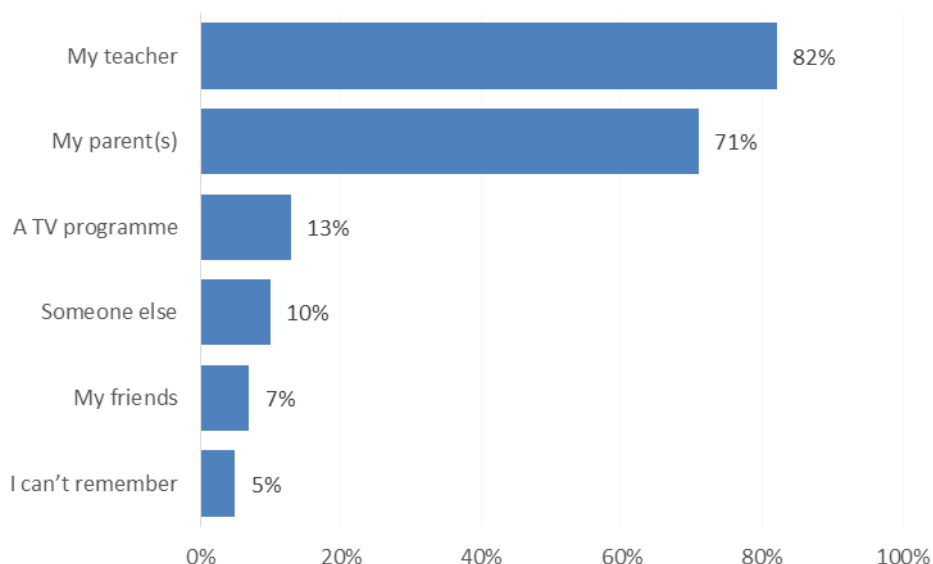
Figure 6: In the last 12 months, which, if any, of the following sports or physical activities have you done?



Almost one quarter of young people (24%) estimated that they had spent more than 10 hours watching TV, DVDs or streamed content in the previous week. A slighter lower proportion (21%) estimated that they had spent more than 10 hours playing computer or console games in the previous week.

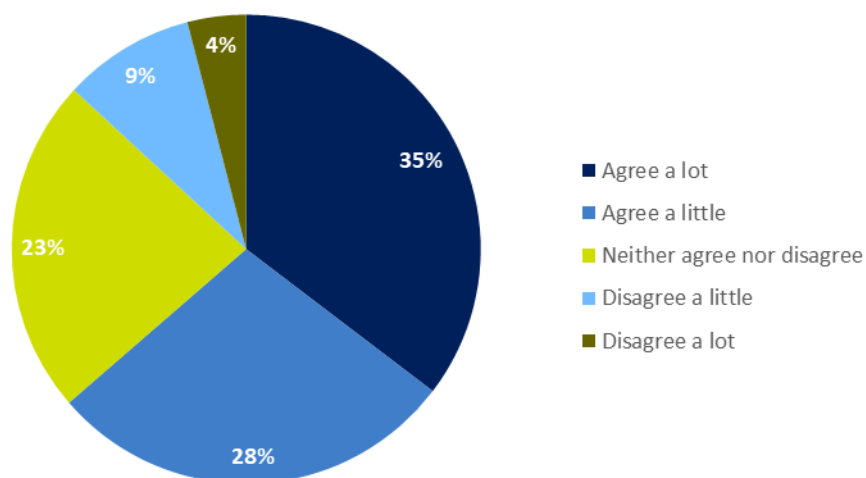
Almost all young people (97%) reported that they use the internet at home every, or almost every day. In the last 12 months, 89% have been taught about staying safe online, citing teachers (82%) and parents (71%) as the main providers of this teaching (Figure 7).

Figure 7: Who has taught you about staying safe online?



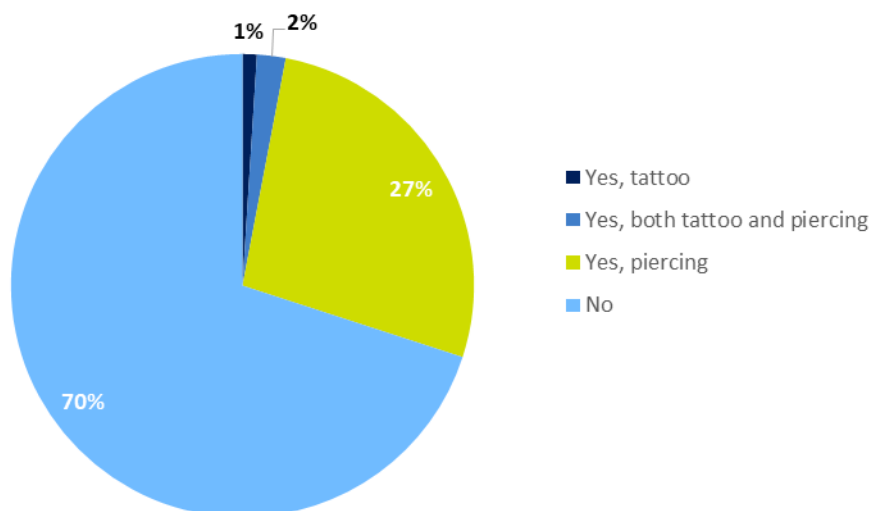
The vast majority of young people (96%) use social media sites or apps, such as Facebook, Instagram, SnapChat, Twitter or Whatsapp. Most said that they use social media daily or most days (85%), with one in ten (10%) estimating that they spend over 20 hours a week on social media sites or apps. Just under two thirds of young people (63%) feel that their social media accounts are a true reflection of themselves (Figure 8).

Figure 8: My social media accounts are a true reflection of myself



Slightly more than one quarter of young people (28%) reported having a piercing other than earlobes, and 3% have a tattoo (Figure 9).

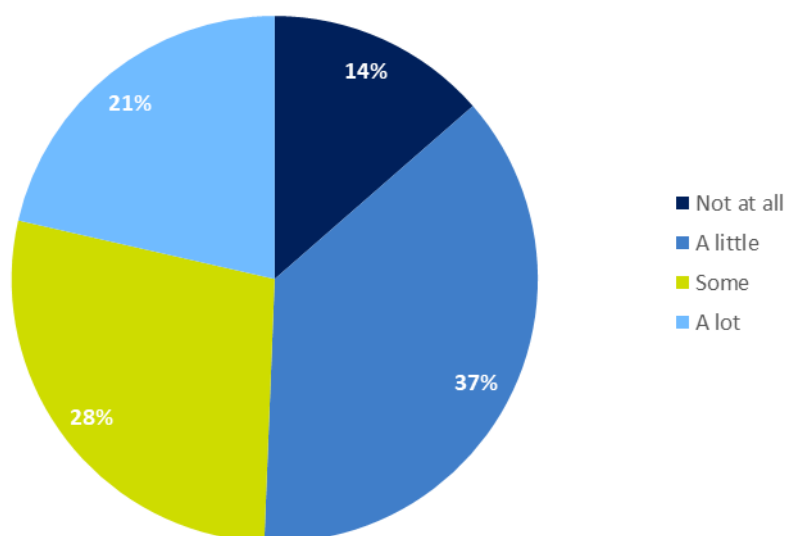
Figure 9: Have you had a tattoo or piercing (other than earlobes)?



Education

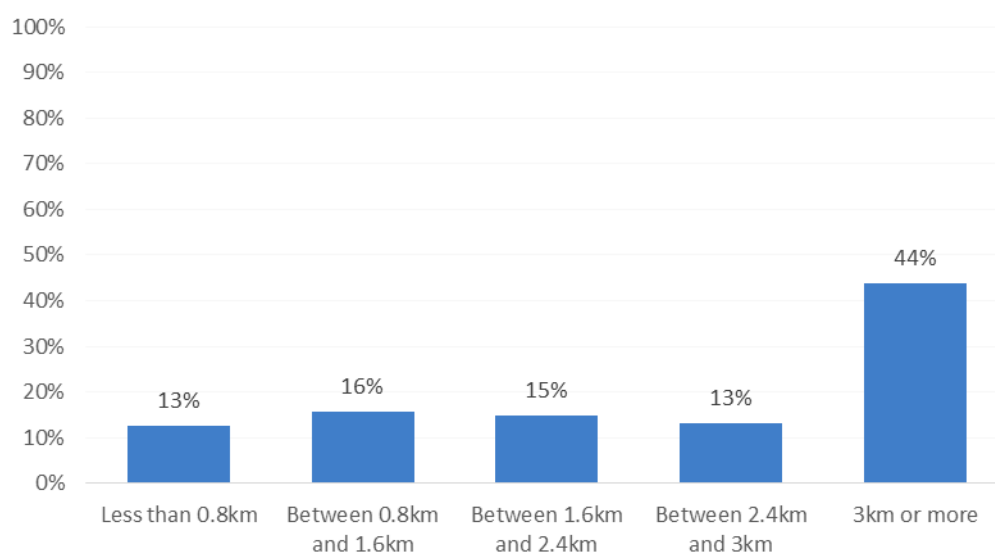
More than three quarters of young people (78%) like school a lot or a little. Just over one in five young people (21%) said they felt stressed a lot by school or the school work that they have to do (Figure 10).

Figure 10: Do you feel stressed by school or the school work you have to do?



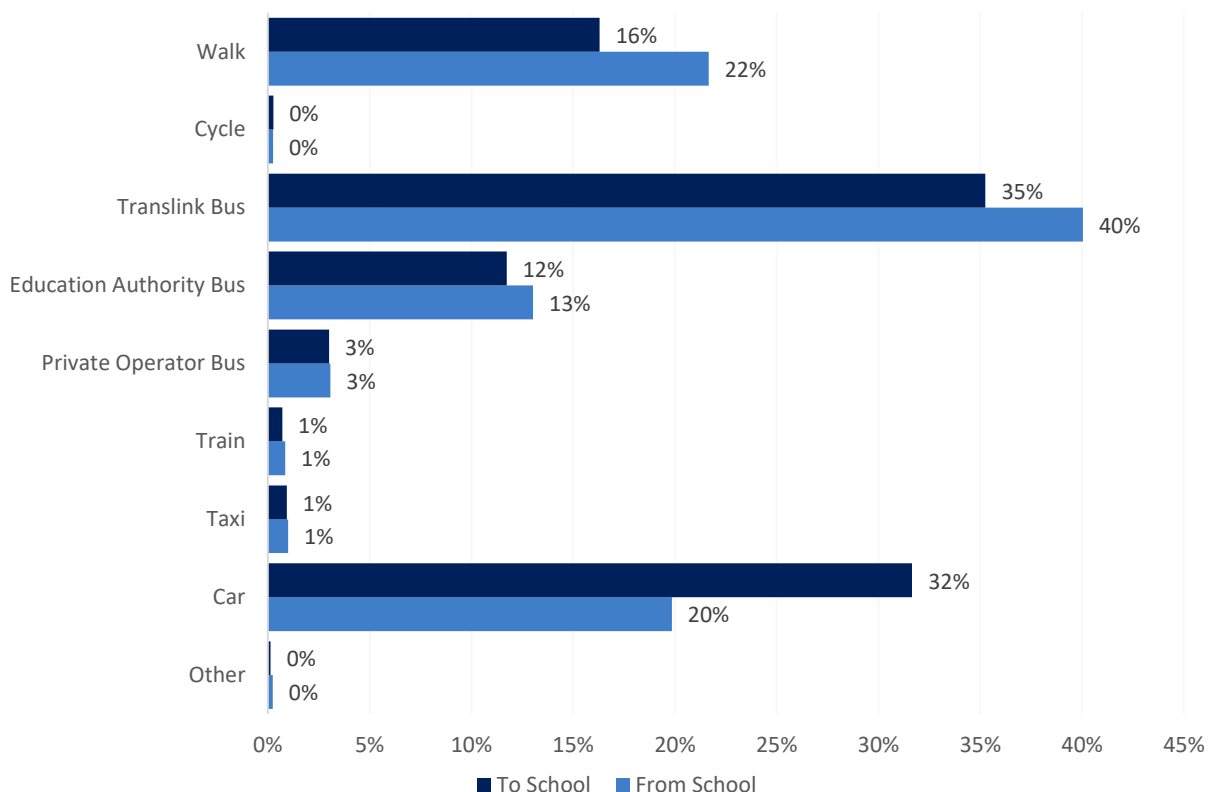
For over four in ten young people (44%), the daily journey to school is 3km or more (Figure 11).

Figure 11: How far is it from home to school?



Half of young people (50%) travel to school by bus, almost one third (32%) get there by car and 16% usually walk to school. In contrast, more than half (56%) travel home by bus, 22% walk home and just one fifth (20%) travel home from school by car (Figure 12).

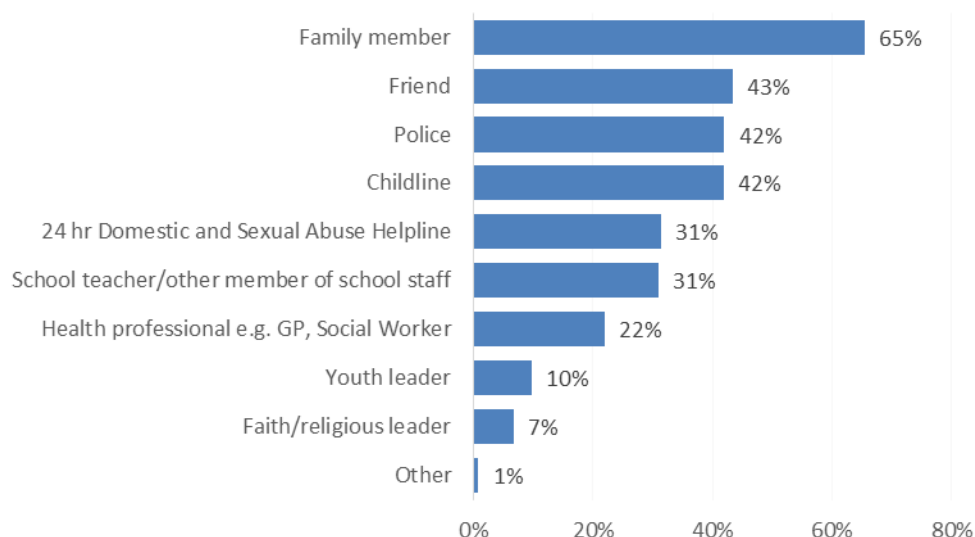
Figure 12: How do you usually travel most of the way to and from school?



One in ten young people in Years 11 and 12 (10%) sometimes attend lessons at places other than their own school.

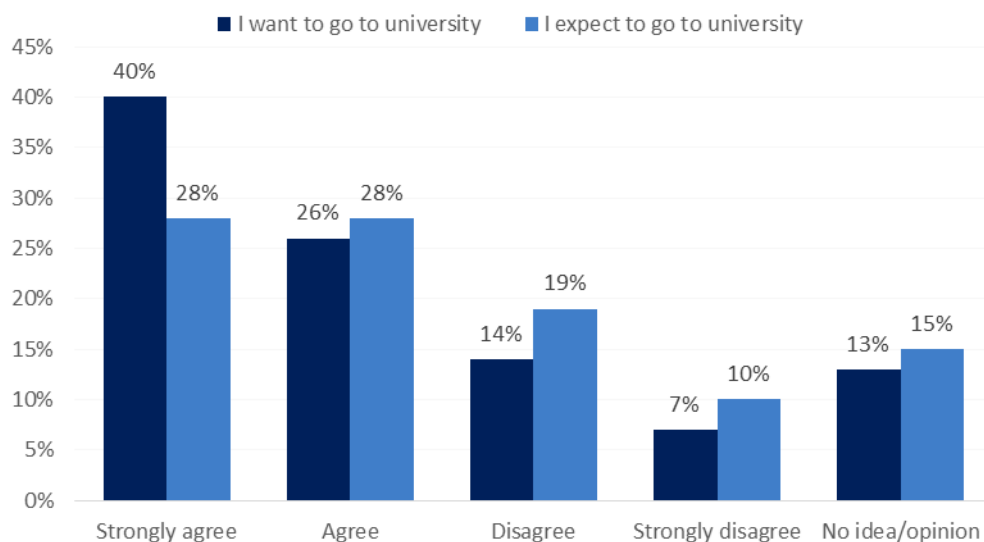
Three out of ten young people (30%) said that awareness sessions on the subject of domestic violence/abuse were provided at their schools. If they wanted to discuss concerns regarding domestic violence/abuse, the most common people or organisations they would contact were a family member (65%), a friend (43%), the Police (42%) or Childline (42%) (Figure 13).

Figure 13: If you wanted to discuss concerns regarding domestic violence/abuse, who would you contact?



Two thirds of young people (66%) in Year 11 and 12 want to go to university, however only 56% actually expect to go to university (Figure 14).

Figure 14: Do you want to go to university? / Do you expect to go to university?

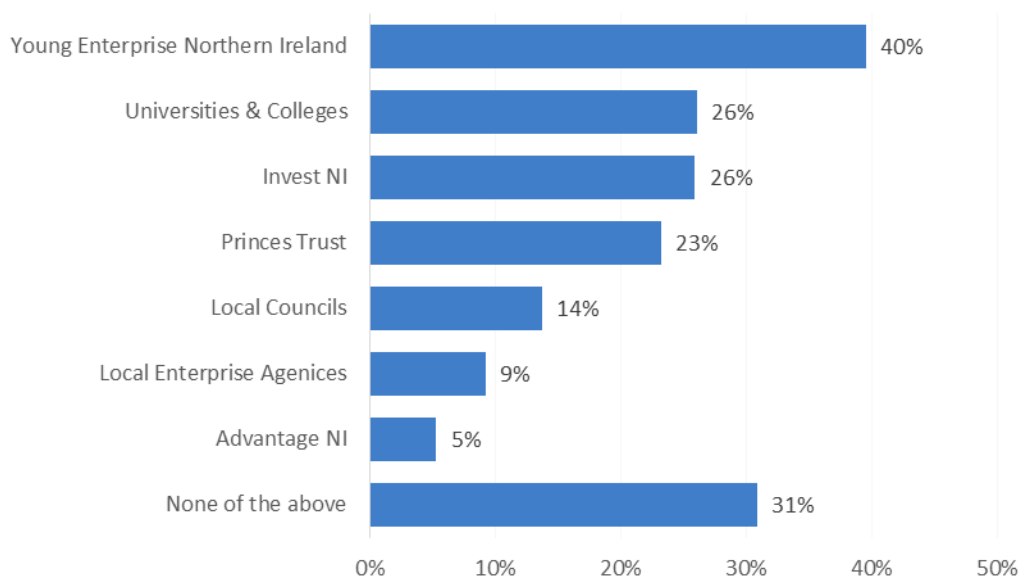


Approximately six in ten young people (61%) in Years 11 and 12 chose subjects with a career in mind.

Just over two thirds of young people in Year 11 and 12 (67%) feel confident making decisions about their career but one third (33%) do not.

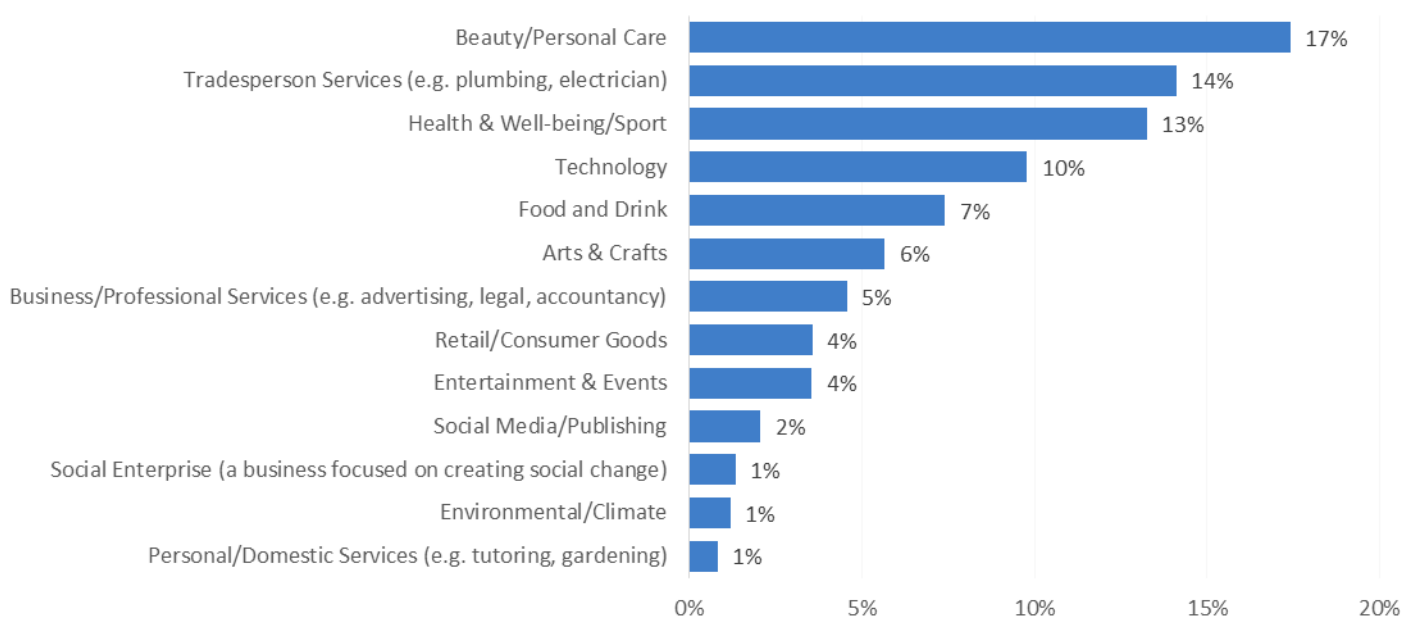
Almost six out of ten young people in Year 11 and 12 (58%) would be interested in starting their own business at some time in the future. Some 69% of these young people said that they were aware of at least one of the listed organisations below who were available to help them start their own business (Figure 15).

Figure 15: Are you aware that support is available, to help you start your own business, from any of the following organisations?



Of the 30% of young people in Year 11 and 12 who had a business idea, the most popular categories for their business were beauty / personal care (17%), tradesperson services (14%), health and wellbeing / sport (13%) and technology (10%) (Figure 16).

Figure 16: Which category does your business idea fall into?



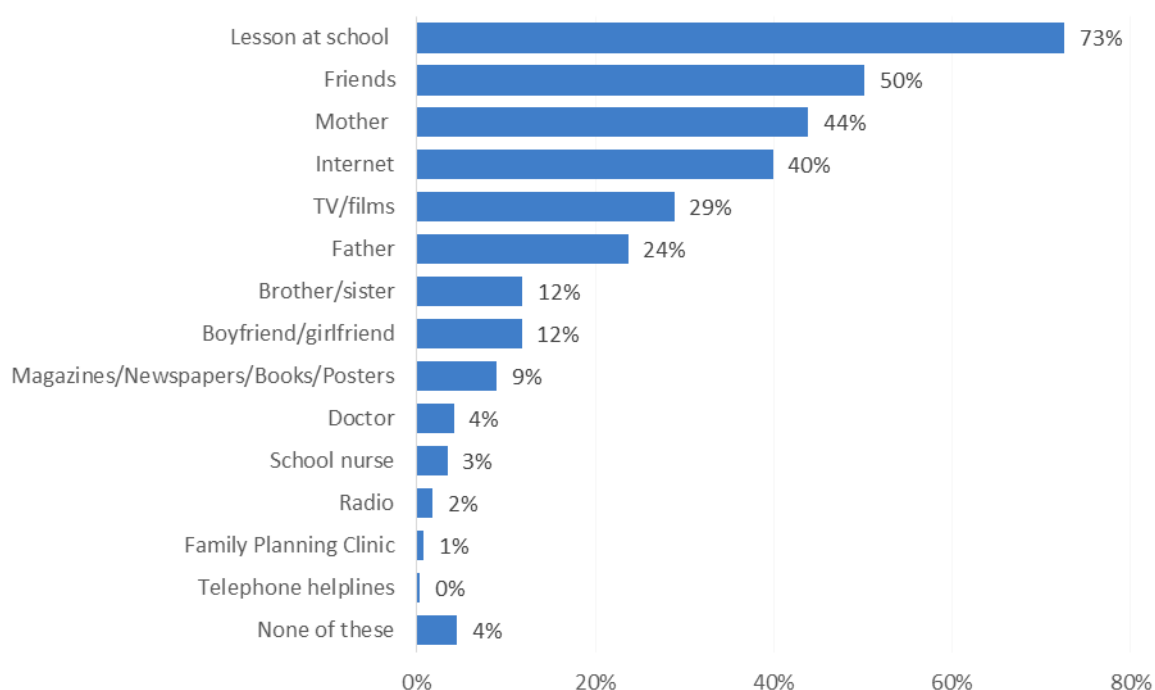
Relationships

Almost half of young people (46%) reported that they had a boyfriend or girlfriend at some point.

Nearly two thirds of young people (64%) have had no sexual experience and just 3% have experienced sexual intercourse.

The most common sources stated by the young people where they learnt about sexual matters and relationships were lessons at school (73%), followed by friends (50%), their mother (44%) and the internet (40%) (Figure 17).

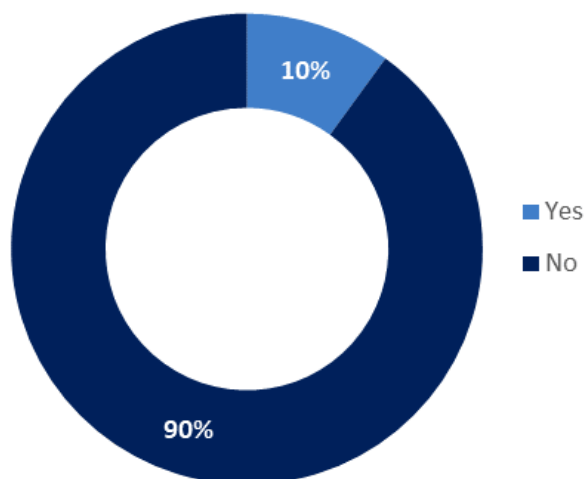
Figure 17: From which, if any, of the following did you learn about sexual matters and relationships?



Substance Use

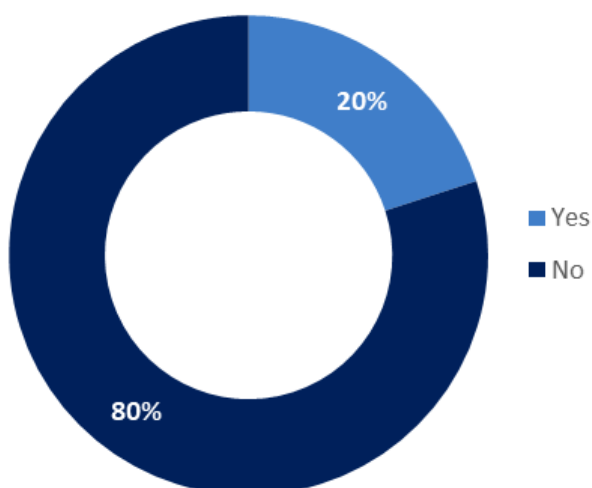
One in ten young people (10%) said they had smoked tobacco (Figure 18). Only 3% of young people report that they had smoked tobacco in the last week.

Figure 18: Have you ever smoked tobacco?



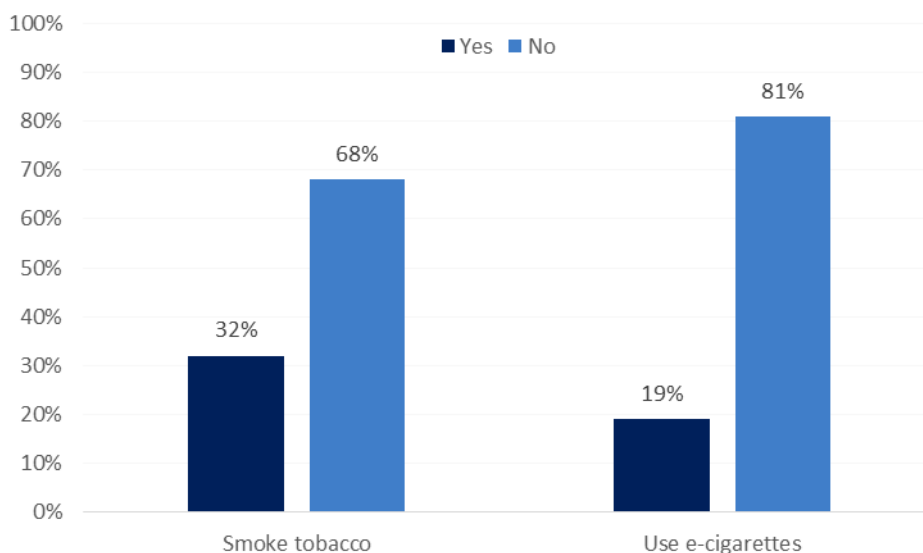
One in five young people (20%) said they had used an e-cigarette (Figure 19). Only 5% of young people report that they had used e-cigarettes in the last week.

Figure 19: Have you ever used e-cigarettes?



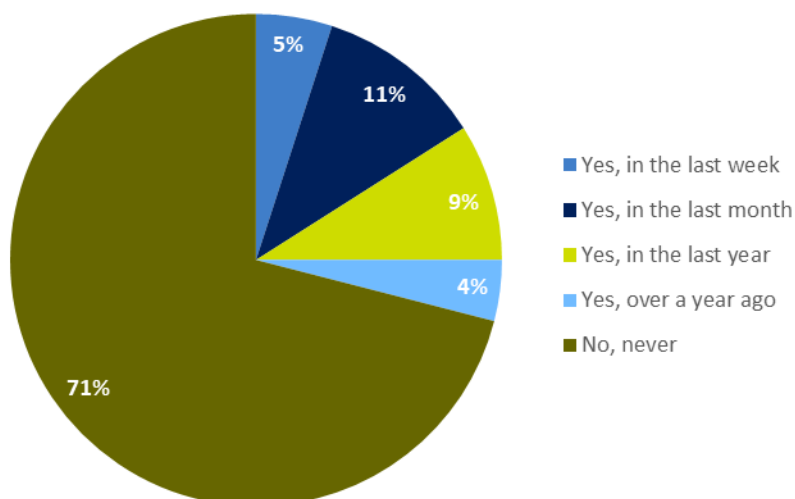
Almost one third of young people (32%) stated that an adult in their household smokes tobacco and almost one fifth (19%) said that an adult in their household uses e-cigarettes (Figure 20).

Figure 20: Do any adults in your household smoke or use e-cigarettes?



Overall, 71% of young people said that they had never taken an alcoholic drink. A very small proportion of young people (5%) said that they had consumed an alcoholic drink in the previous week (Figure 21).

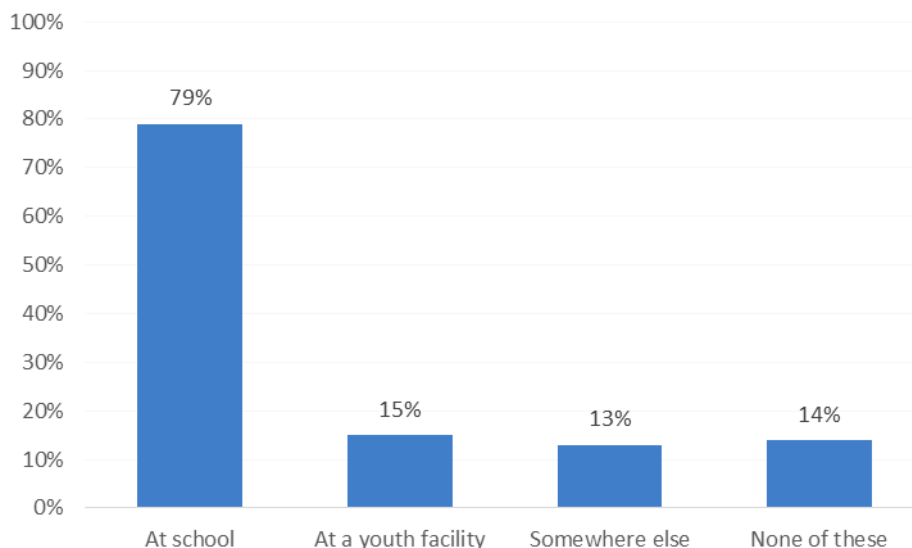
Figure 21: Have you ever taken an alcoholic drink (not just a taste or a sip)?



More than three quarters of young people (76%) stated that an adult in their house drinks alcohol.

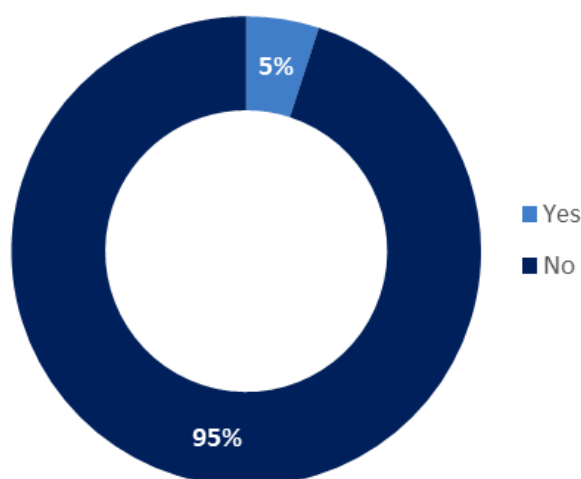
The vast majority of young people (86%) reported they had received some type of education on the use of alcohol at school, at a youth facility or somewhere else in the last school year (Figure 22). Some 71% of these young people felt that the education they have received has made them less inclined to drink alcohol.

Figure 22: Have you had any type of education on the use of alcohol?



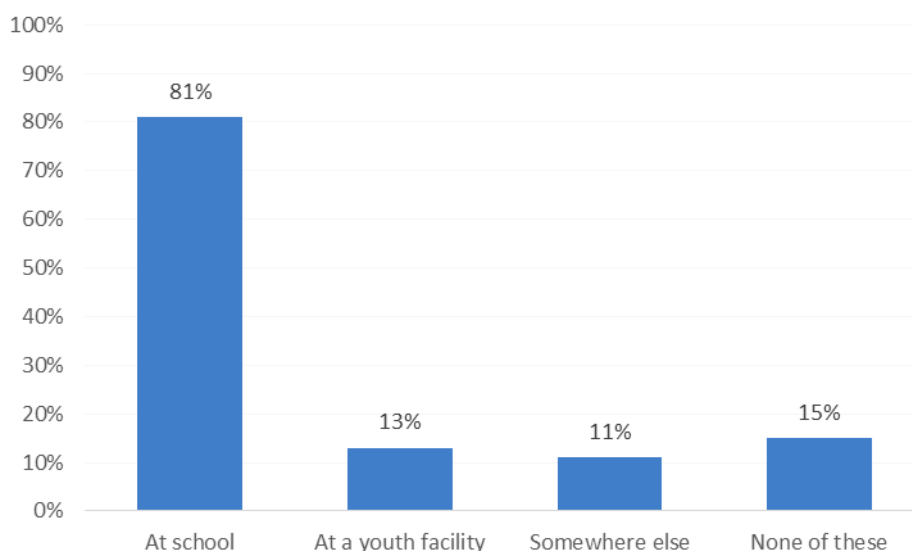
Only 5% of young people said that they have ever used or taken drugs that were listed (Figure 23). A very small proportion (2%) reported that an adult in their household takes drugs.

Figure 23: Have you ever used or taken any of the drugs listed before (even if only once)?



Again, the vast majority of young people (85%) said they had received some type of education at school, at a youth facility or somewhere else on the use of drugs including solvents in the last school year (Figure 24). Most of these young people (91%) stated that the education they have received has made them less inclined to take drugs or solvents.

Figure 24: Have you had any type of education on the use of drugs, including solvents in school?

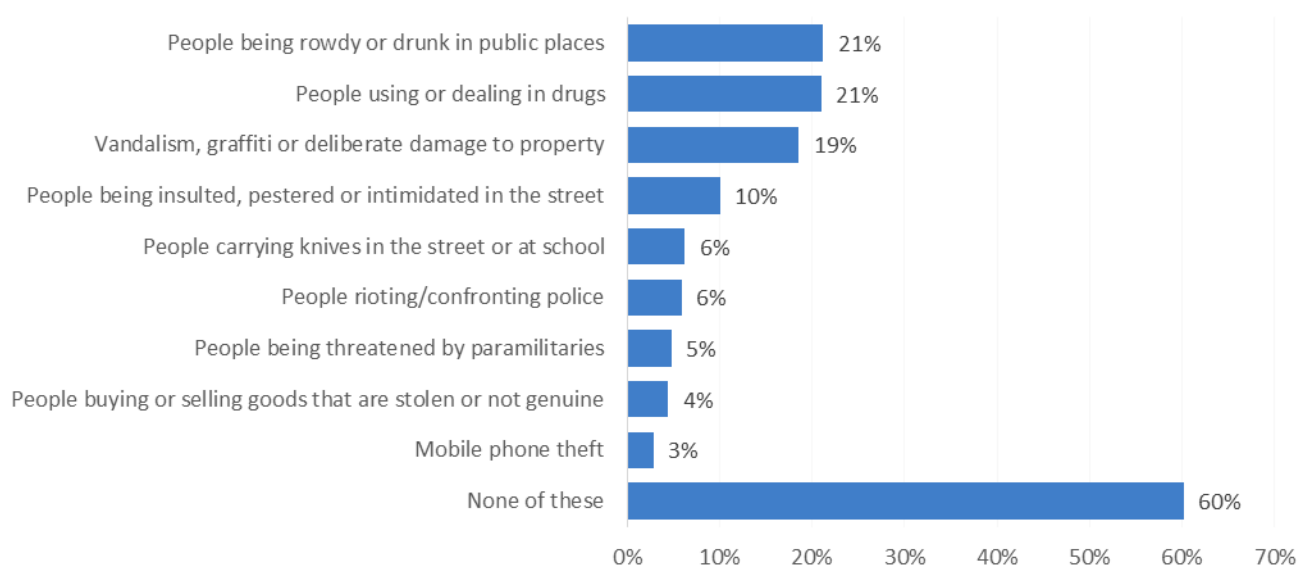


Personal Safety

Practically all young people (95%) feel safe in the area in which they live.

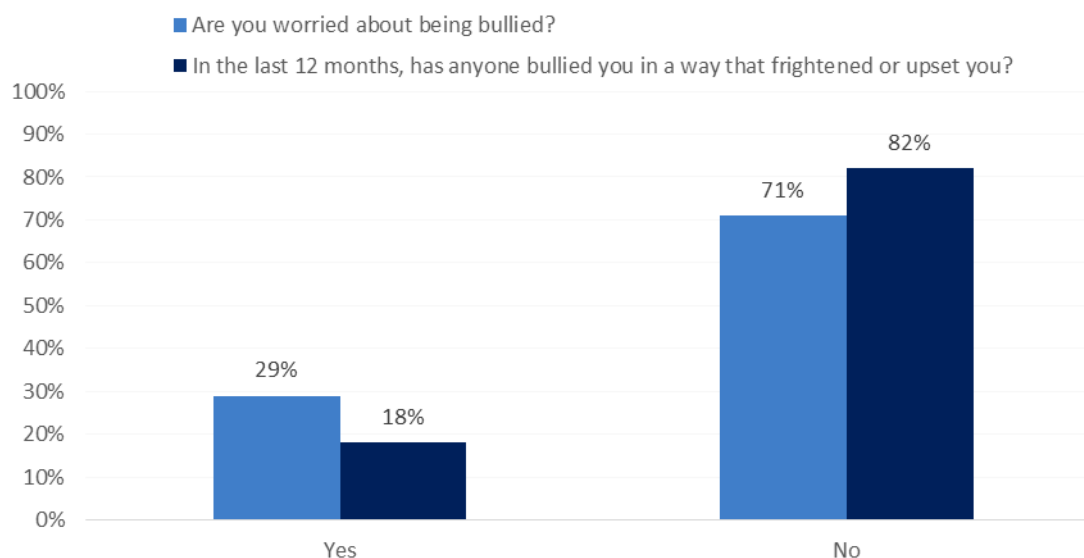
Six in ten young people (60%) did not think that there were any problems relating to personal safety in their area. The most common issues that were cited by young people as problems in their area were people being rowdy or drunk in public places and people using or dealing in drugs (both 21%), vandalism, graffiti or deliberate damage to property (19%) and people being insulted, pestered or intimidated in the street (10%) (Figure 25).

Figure 25: Which of the following, if any, do you think is a problem in the area in which you live?



Almost three in ten young people (29%) were worried about being bullied and nearly one fifth (18%) reported being bullied in a way that frightened or upset them in the last 12 months (Figure 26).

Figure 26: Are you worried about being bullied / In the last 12 months, has anyone bullied you in a way that frightened or upset you?

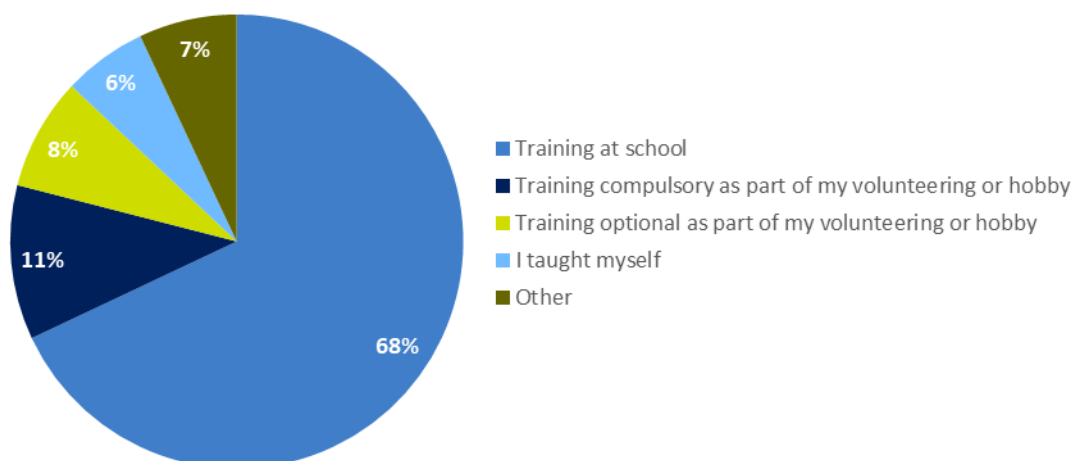


CPR and AED Training

More than six in ten young people (63%) said they had training in CPR or learned CPR in some other way.

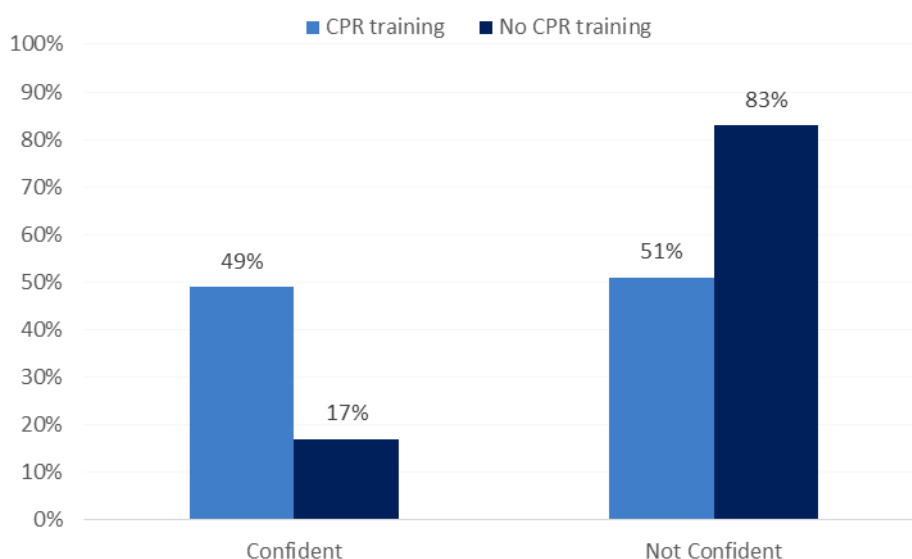
Just over two thirds of this training (68%) was most recently received at school, whilst approximately one fifth (19%) was through a hobby or volunteering commitment (Figure 27).

Figure 27: Which of these best describes how you most recently had any type of training in CPR?



Of those young people who had received CPR training, almost half (49%) would be confident in performing CPR on someone who has collapsed and stopped breathing. In contrast, just 17% of those who had not received any CPR training would be confident performing CPR in the same situation (Figure 28).

Figure 28: How confident would you be in performing CPR on someone who has collapsed and stopped breathing?

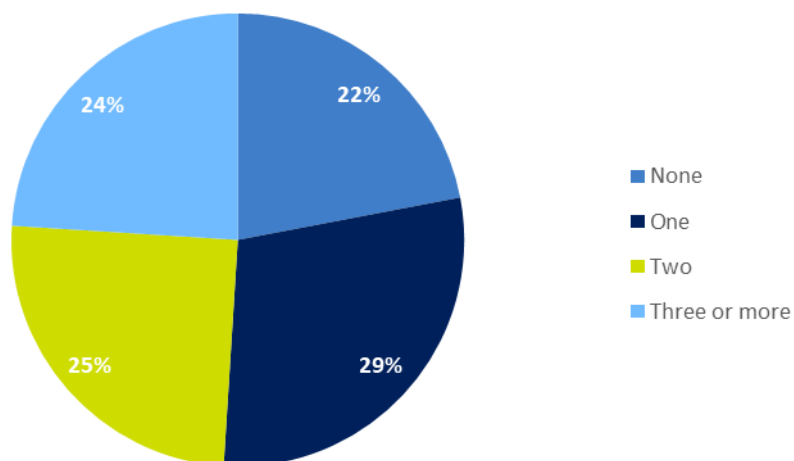


One fifth of young people (20%) said they had been shown how to use or been trained in the use of an AED.

Care in the Sun

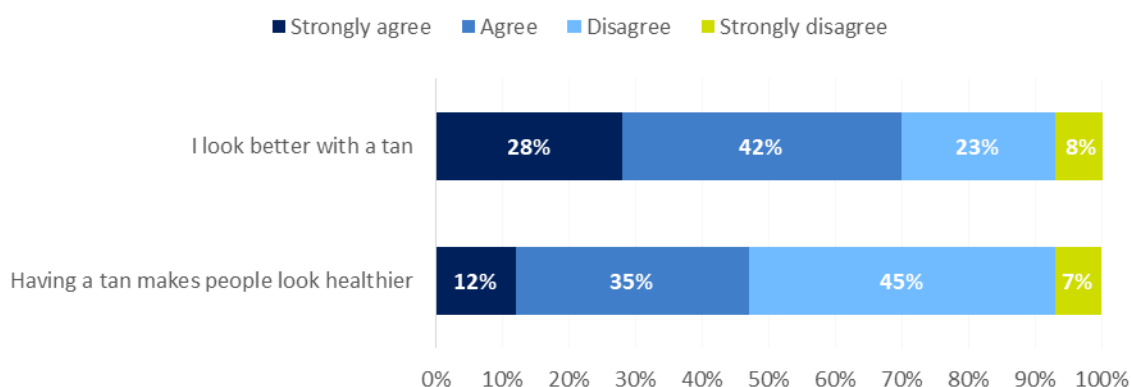
Almost half of young people (48%) do not use sunscreen when sunbathing in Northern Ireland. More than three quarters of young people (78%) reported having sunburn on at least one occasion in the previous year (Figure 29).

Figure 29: In the past year how many times have you had sunburn?



Seven out of ten young people (70%) agreed that they look better with a tan and almost half (47%) think that a tan makes them look healthier (Figure 30).

Figure 30: I look better with a tan / Having a tan makes people look healthier



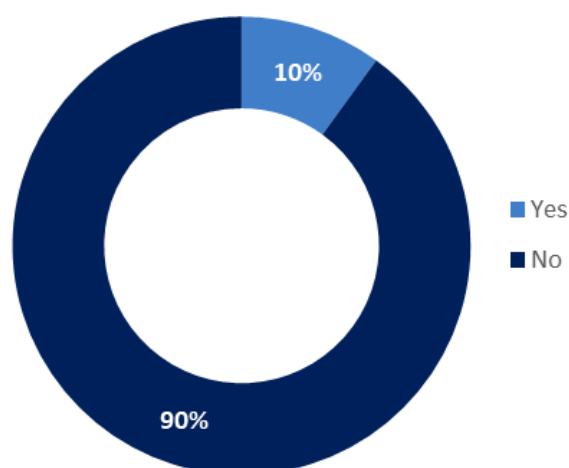
More than one quarter of young people (28%) have used fake tan and in two thirds of cases (67%) the main reason for using fake tan was to look better.

Only a very small proportion of young people (3%) have ever used a sunbed.

Communication

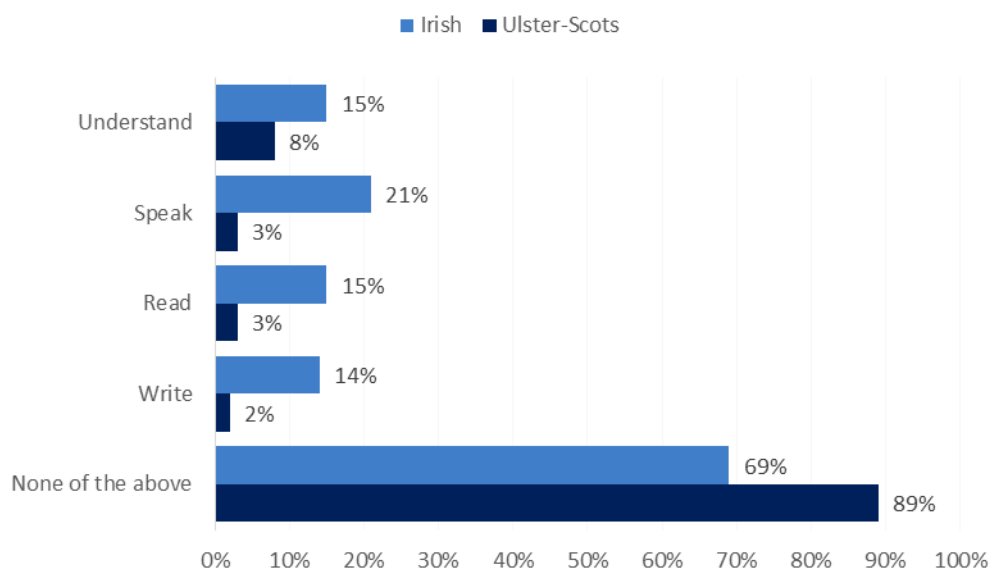
One in ten young people (10%) know how to communicate in sign language (Figure 31).

Figure 31: Do you know how to communicate in Sign Language?



Almost one third of young people (31%) reported they can understand, speak, read or write Irish to some level. Just over one in ten young people (11%) said they can understand, speak, read or write Ulster-Scots to some level (Figure 32).

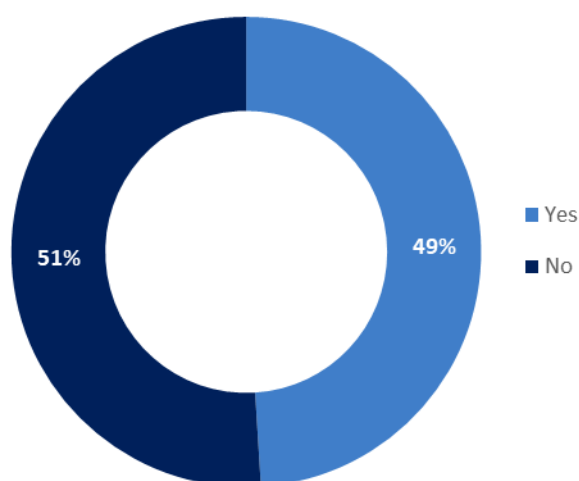
Figure 32: Can you understand, speak, read or write Irish or Ulster-Scots, to some level?



Volunteering

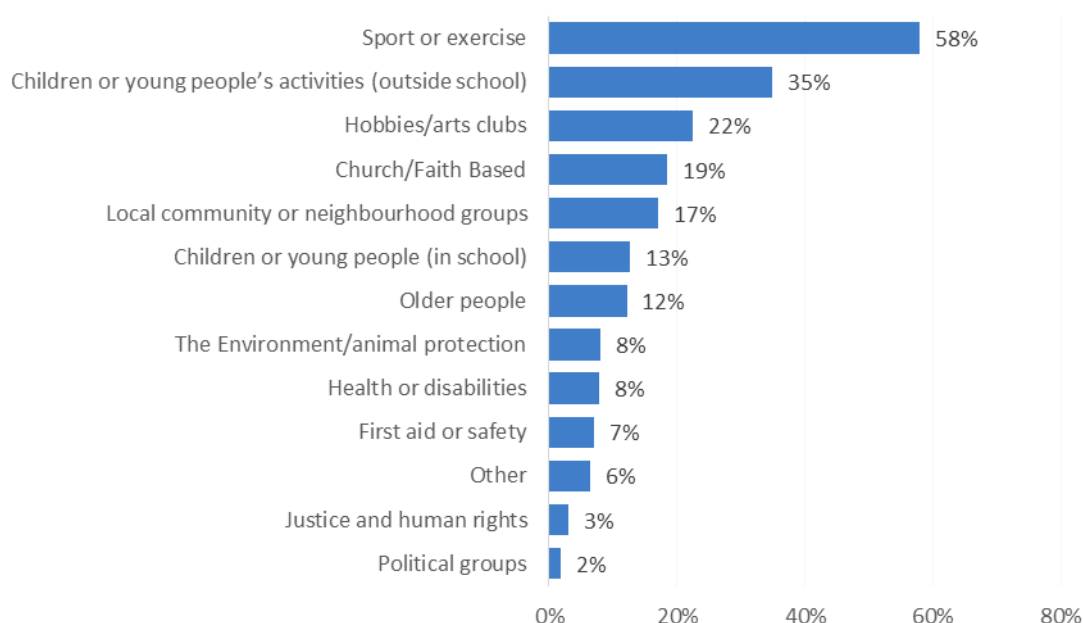
Approximately half (49%) of young people have given up some of their time to volunteer in the last 12 months (Figure 33). Of those, two fifths (40%) volunteer at least once a week.

Figure 33: Thinking back over the last 12 months, have you given up any of your time to volunteer or help out with things like clubs, campaigns or organisations?



The most popular areas in which young people said they volunteered were sport or exercise (58%), children or young people's activities (35%), hobbies/arts clubs (22%) and church/faith based (19%) (Figure 34).

Figure 34: Which of these areas have you been volunteering in?



Further Information

NISRA would like to thank most sincerely the schools who agreed to participate in the survey and the many young people who provided the data for this report.

NISRA would also like to thank its dedicated group of survey interviewers who managed the data collection process.

Results and Tables

Each figure quoted in the report is also supported by an Excel spreadsheet which provides confidence intervals for each estimate. These can be found at the following webpage:

<https://www.nisra.gov.uk/publications/young-persons-behaviour-and-attitude-survey-2019>

Technical Report

The technical report includes further details on the sampling method, questionnaire design, data collection mode, fieldwork, weighting, sampling error and confidence intervals. This can be found at the following webpage:

<https://www.nisra.gov.uk/publications/young-persons-behaviour-and-attitude-survey-2019>

Previous Publications

Results from previous rounds of the survey can be found at the following webpage:

<https://www.nisra.gov.uk/publications/ypbas-publications>

Related Links

As departments release their own in depth analysis from the 2019 Young Persons' Behaviour and Attitude Survey, these will be linked to from the following webpage:

<https://www.nisra.gov.uk/publications/young-persons-behaviour-and-attitude-survey-2019>

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