

YOUNG PERSONS' BEHAVIOUR AND ATTITUDES SURVEY

KEY FINDINGS 2022-2023

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 eighth round of the YPBAS. The results are based on responses from 7,498 pupils, collected in the period September 2022 - March 2023.

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, 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:

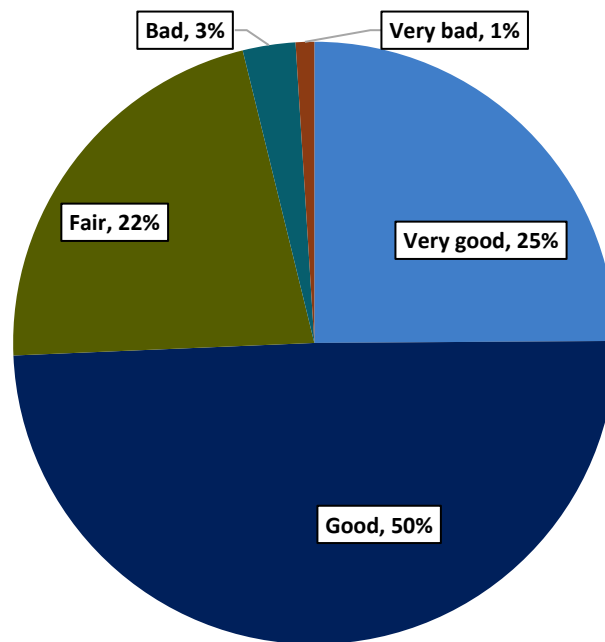
<https://www.nisra.gov.uk/publications/young-persons-behaviour-and-attitude-survey-2022>

Key Findings

Health

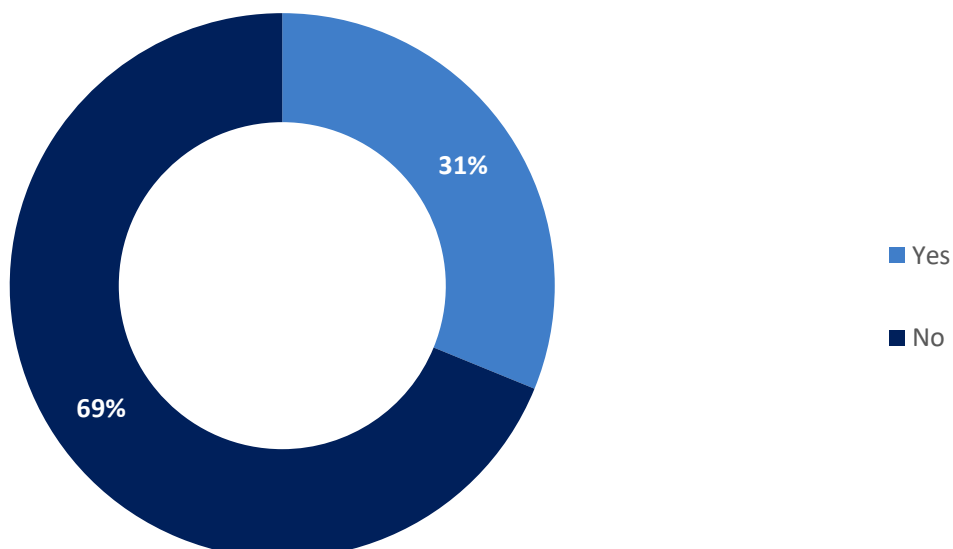
Three quarters of young people (75%) felt that, in general, their health was good or very good. Only 3% felt that their general health was bad or very bad (Figure 1).

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



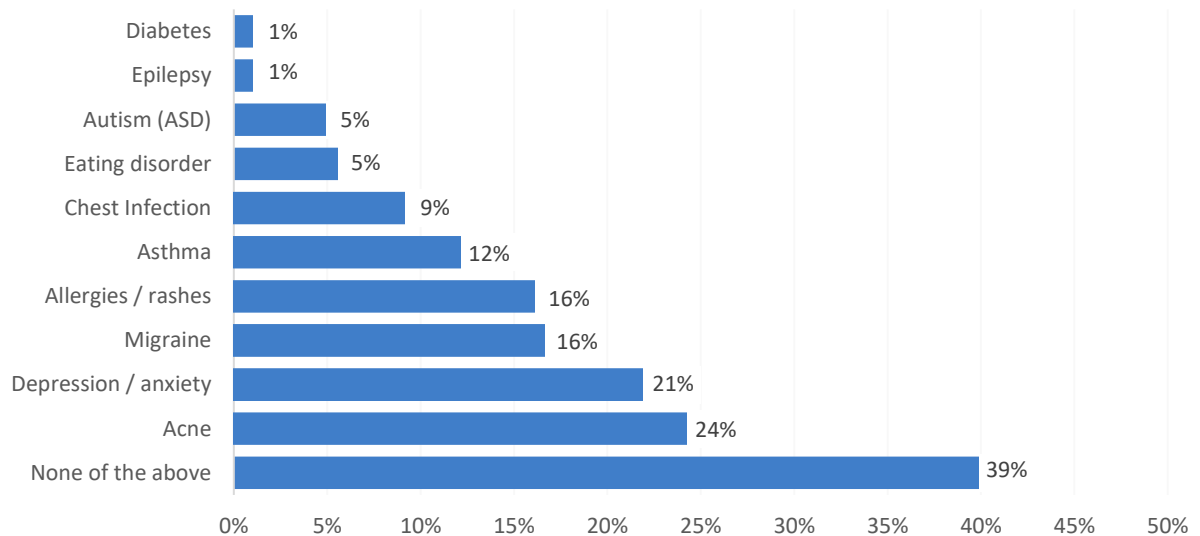
Just over 3 in 10 young people (31%) stated that they had a physical or mental health condition or illnesses, lasting or expected to last, for 12 months or more (Figure 2).

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



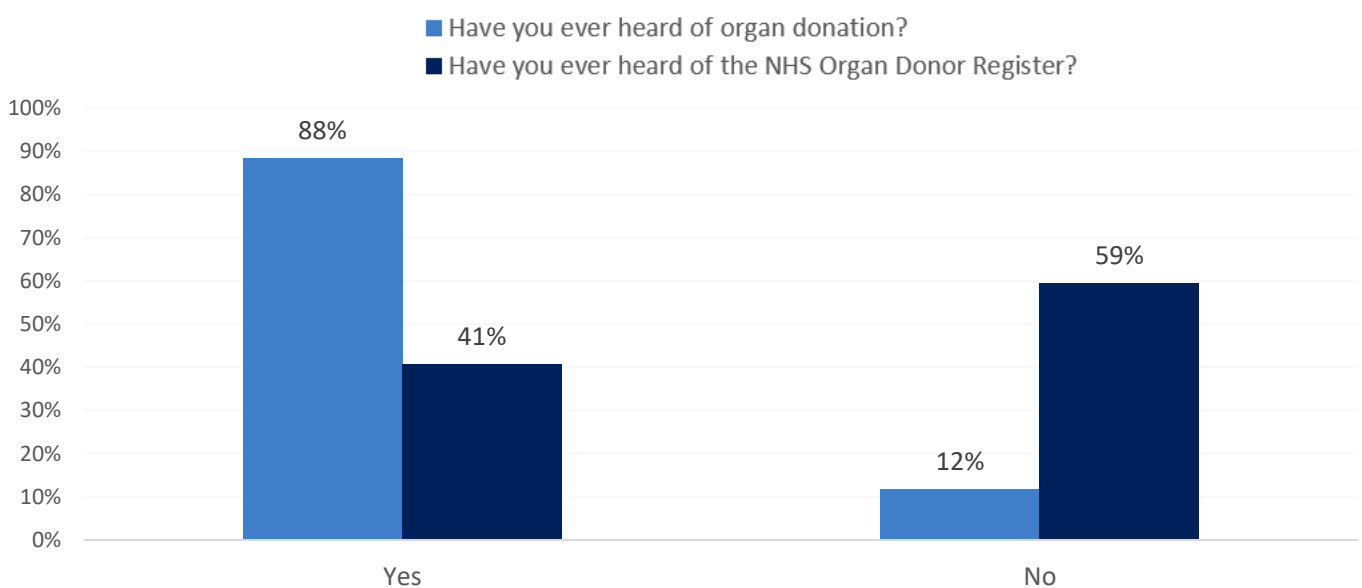
The most-commonly reported conditions or disorders that young people said they had in the last 12 months were acne (24%), depression/anxiety (21%), migraine (16%) and allergies/rashes (16%) (Figure 3).

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



Most young people (88%) had heard of organ donation, however only 41% had heard of the NHS Organ Donor Register (Figure 4). Only 2% had put their name on the Organ Donor Register.

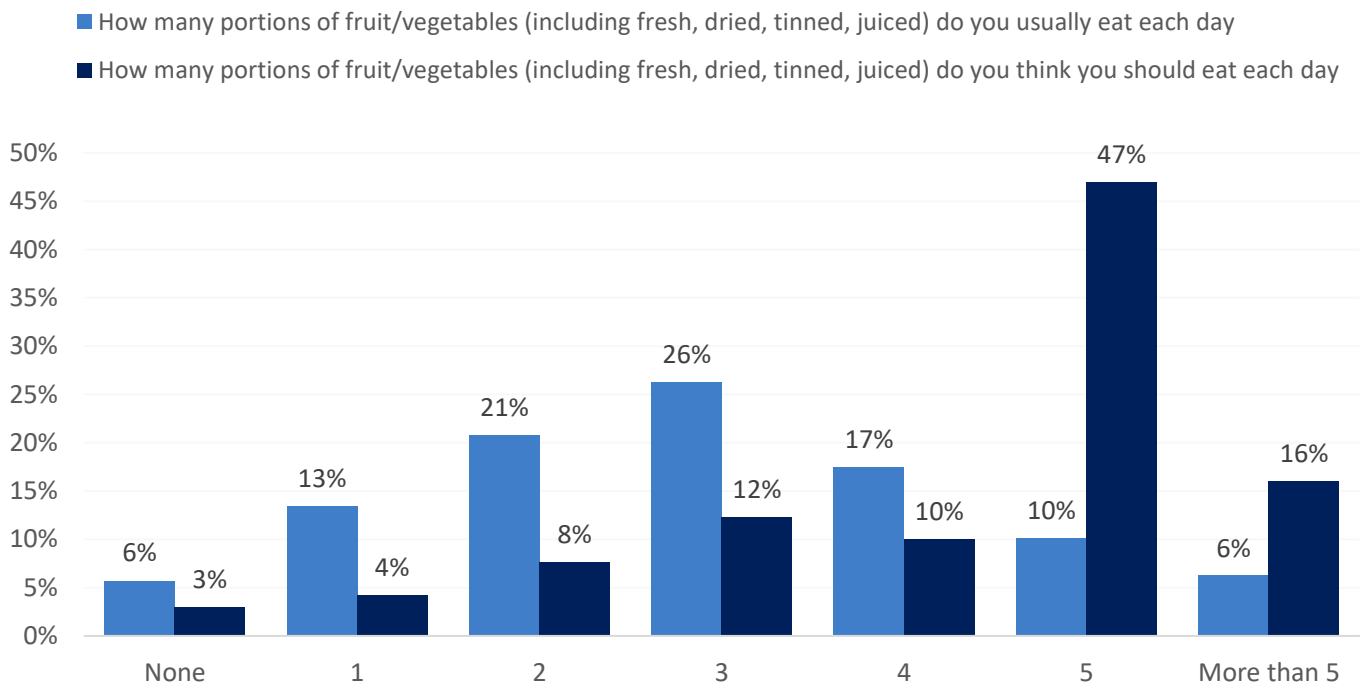
Figure 4: Have you ever heard of organ donation or the NHS Organ Donor Register?



Lifestyle

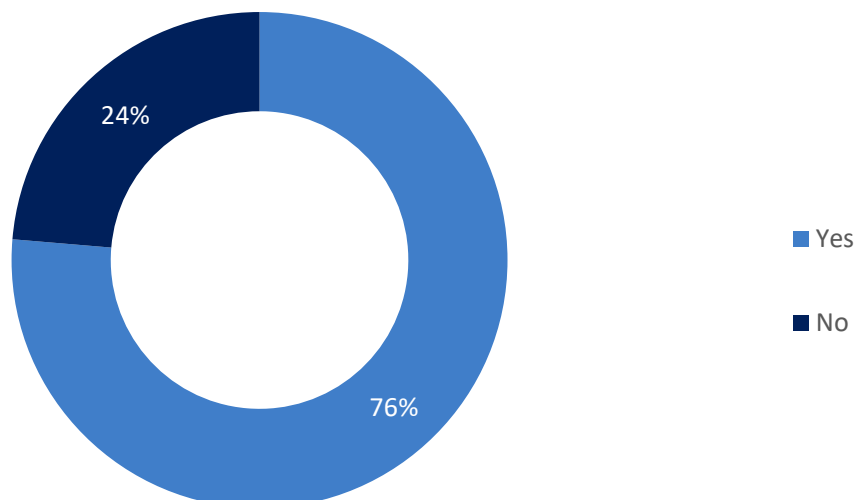
Over three fifths of young people (63%) thought that they should be eating 5 or more portions of fruit or vegetables each day to be healthy. However, only 16% recorded that they usually eat 5 or more portions of fruit or vegetables each day (Figure 5).

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



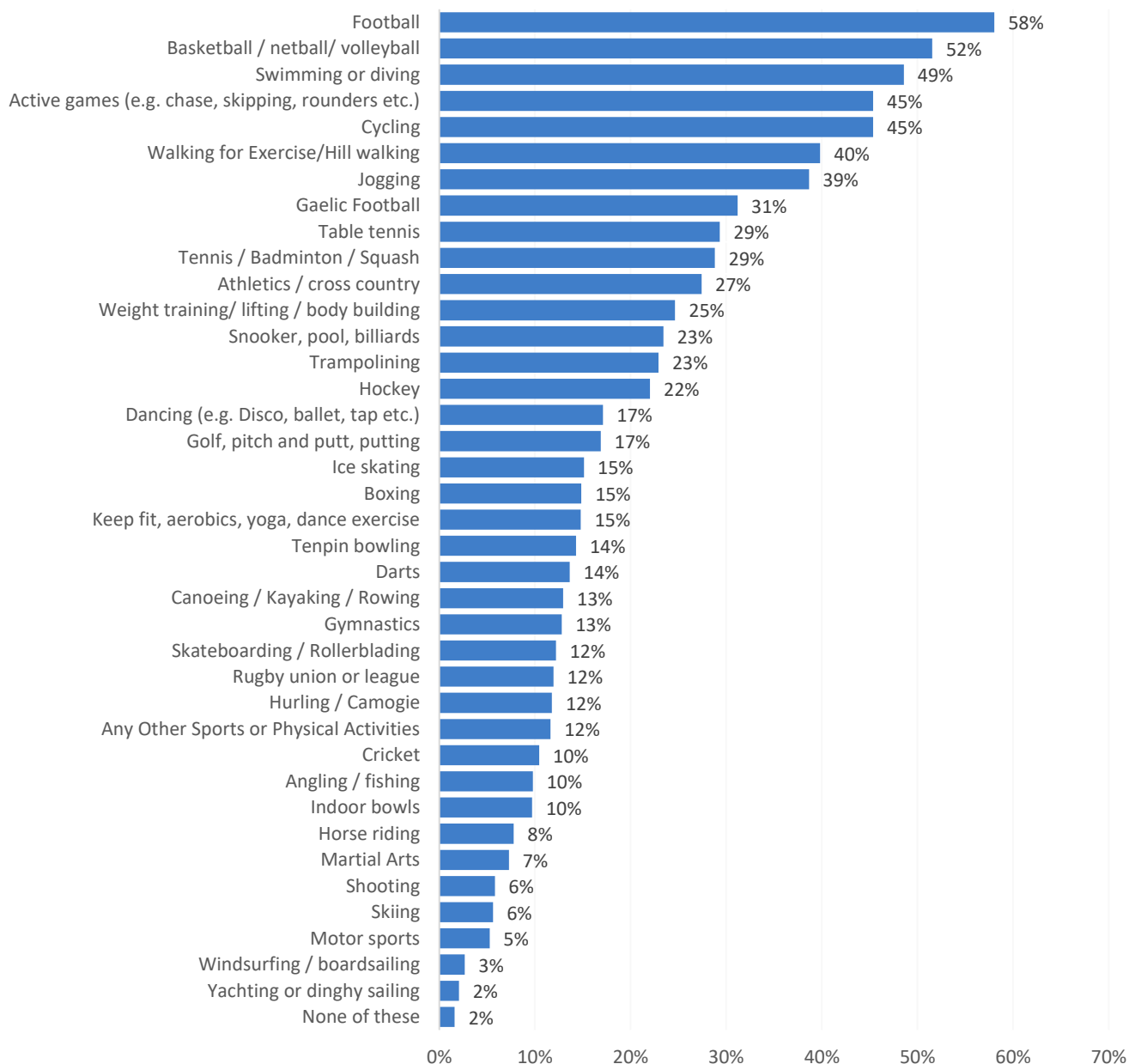
Over three quarters of young people (76%) felt that there is always a food option in school which is healthy (Figure 6).

Figure 6: Is there always a food option available in school, which you consider to be healthy?



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 football (58%), Basketball/Netball/Volleyball (52%), swimming or diving (49%), active games such as chase, skipping or rounders (45%), Cycling (45%) and GAA 43% (Gaelic football = 31% and Hurling/ Camogie = 12%) (Figure 7).

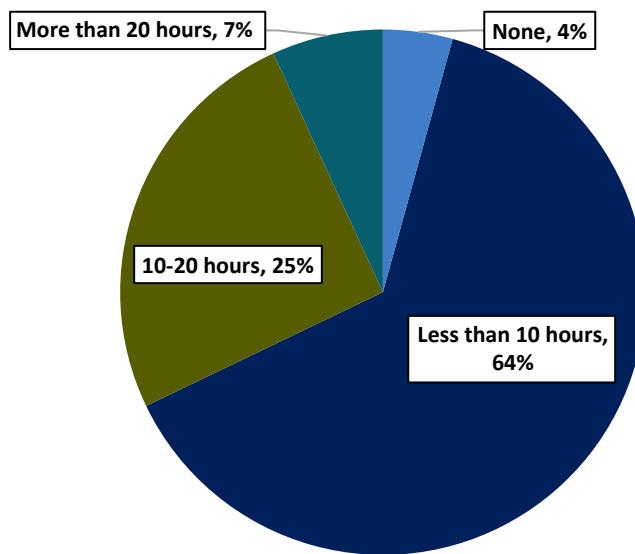
Figure 7: In the last 12 months, which, if any, of the following sports or physical activities have you done?



Just over 3 in 10 young people (32%) estimated that they had spent 10 hours or more watching TV, DVDs or streamed content in the previous week (Figure 8). In 2019 the corresponding figure was 24%.

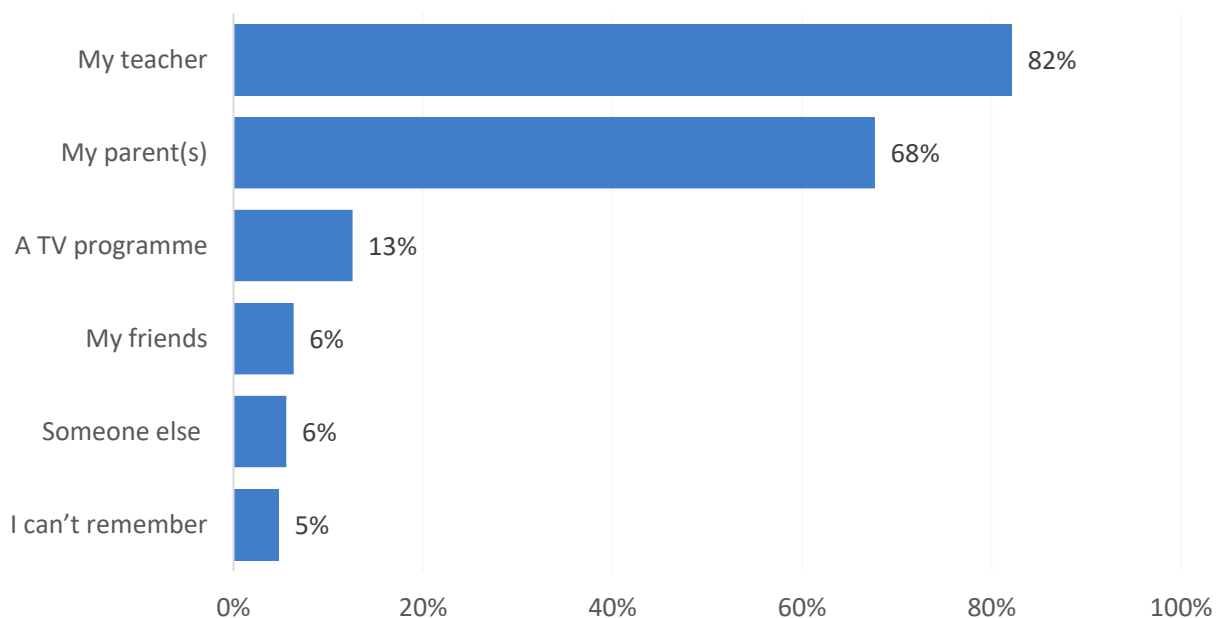
When asked how much time respondents spent playing computer or console games in the previous week, nearly one quarter of respondents (24%) estimated that they had spent 10 hours or more. A similar proportion was recorded in 2019 (21%).

Figure 8: Watching TV, videos, DVDs (including streamed content such as Netflix, YouTube, etc)



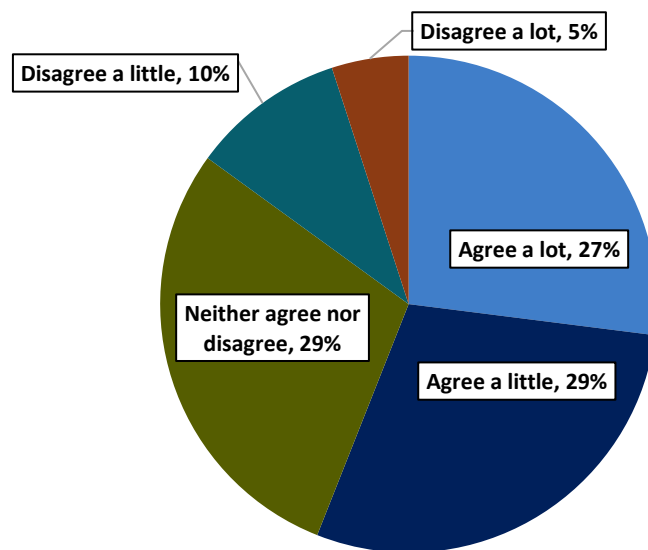
Almost all young people (98%) reported that they use the internet at home every, or almost every day. In the last 12 months, 86% have been taught about staying safe online, citing teachers (82%) and parents (68%) as the main providers of this teaching (Figure 9).

Figure 9: Who has taught you about staying safe online?



The vast majority of young people (98%) use social media sites or apps, such as Facebook, Instagram, SnapChat, Twitter, TikTok or Whatsapp. Most said that they use social media daily or most days (89%). Over half of young people (56%) feel that their social media accounts are a true reflection of themselves (Figure 10).

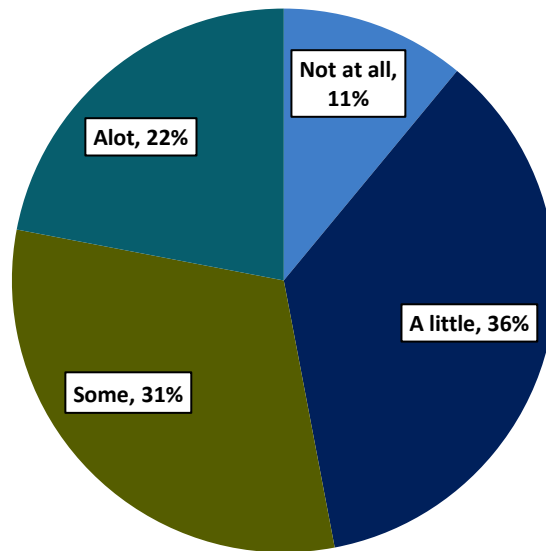
Figure 10: My social media accounts are a true reflection of myself



Education

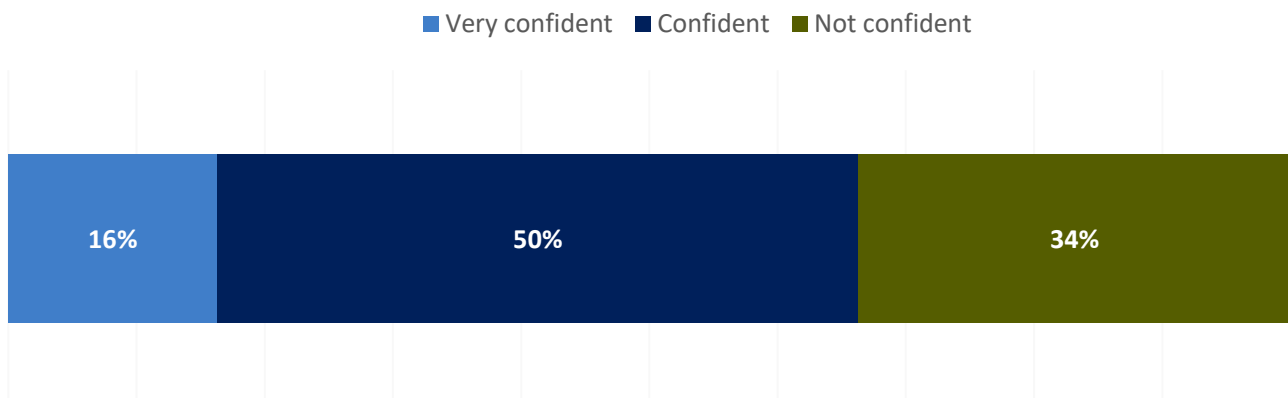
Around three quarters of young people (74%) like school a lot or a little. Just over one in five young people (22%) said they felt stressed a lot by the schoolwork that they have to do (Figure 11).

Figure 11: How stressed do you feel by the schoolwork you have to do?



One in ten young people in Years 11 and 12 (10%) sometimes attend lessons at places other than their own school. Nearly two thirds of young people (64%) in Years 11 and 12 chose subjects with a career in mind.

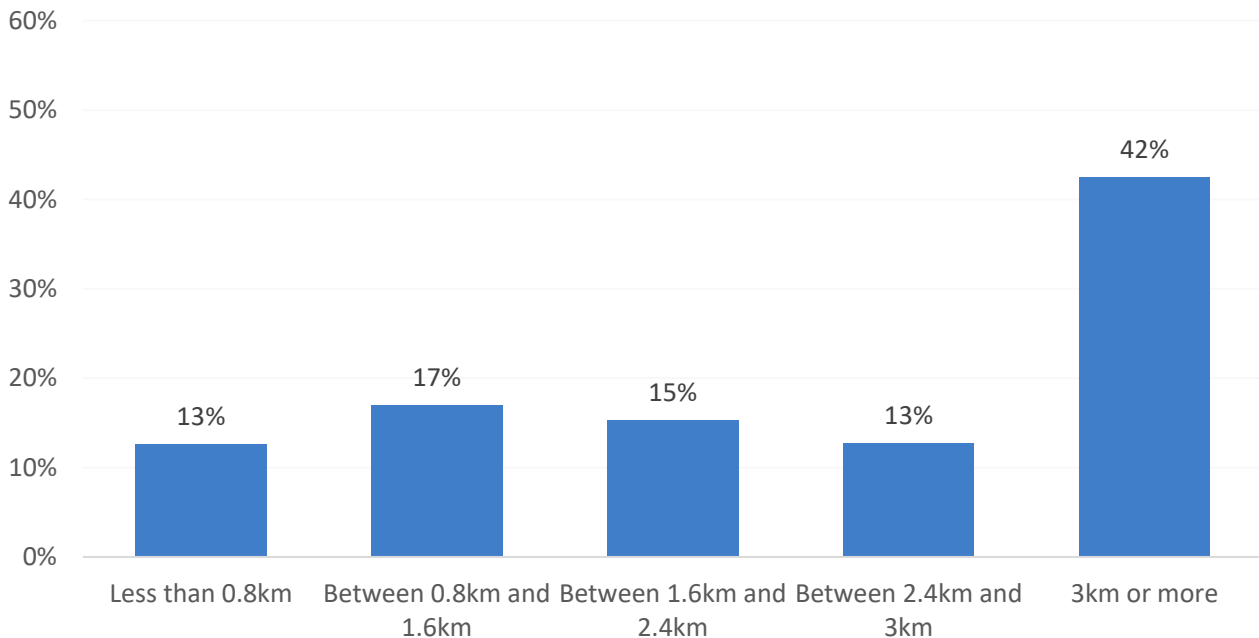
Figure 12: How confident do you feel about making decisions about your career?



Two thirds of young people in year 11 and 12 (66%) felt either very confident or confident about making decisions about their career (Figure 12).

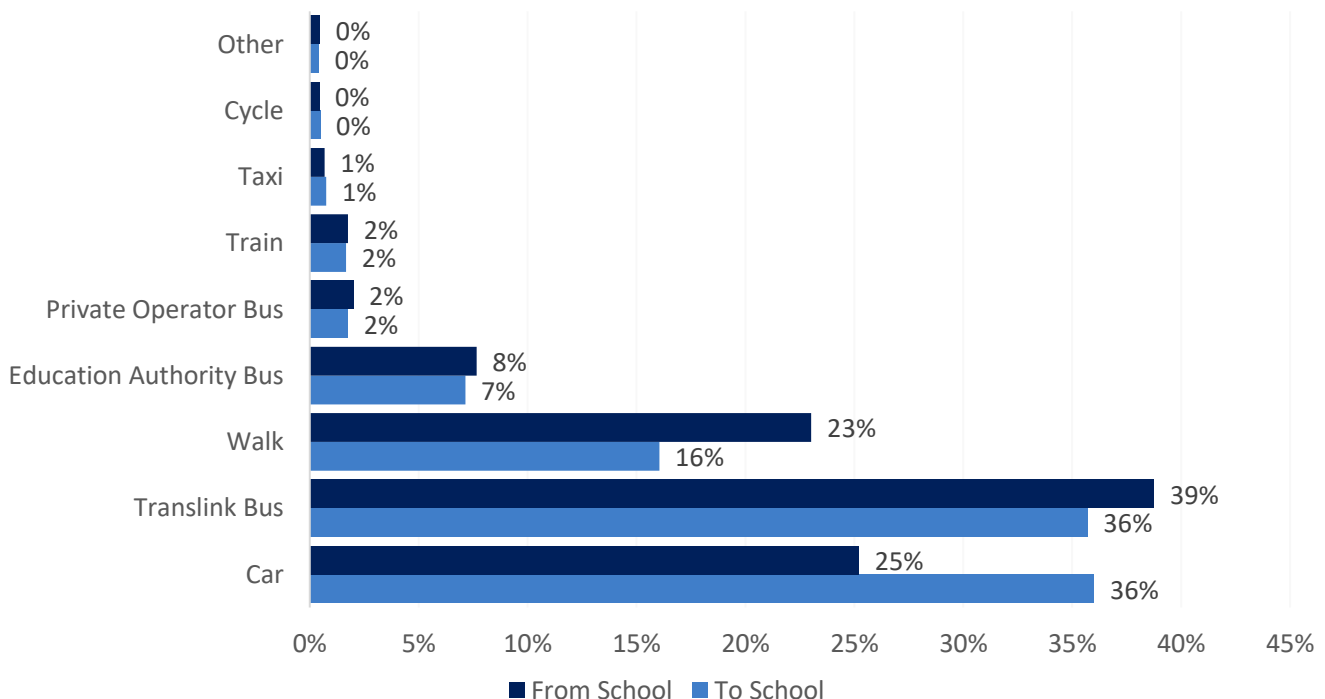
Over four in ten young people (42%), stated that their daily journey to school is 3km or more (Figure 13).

Figure 13: How far is it from home to school?



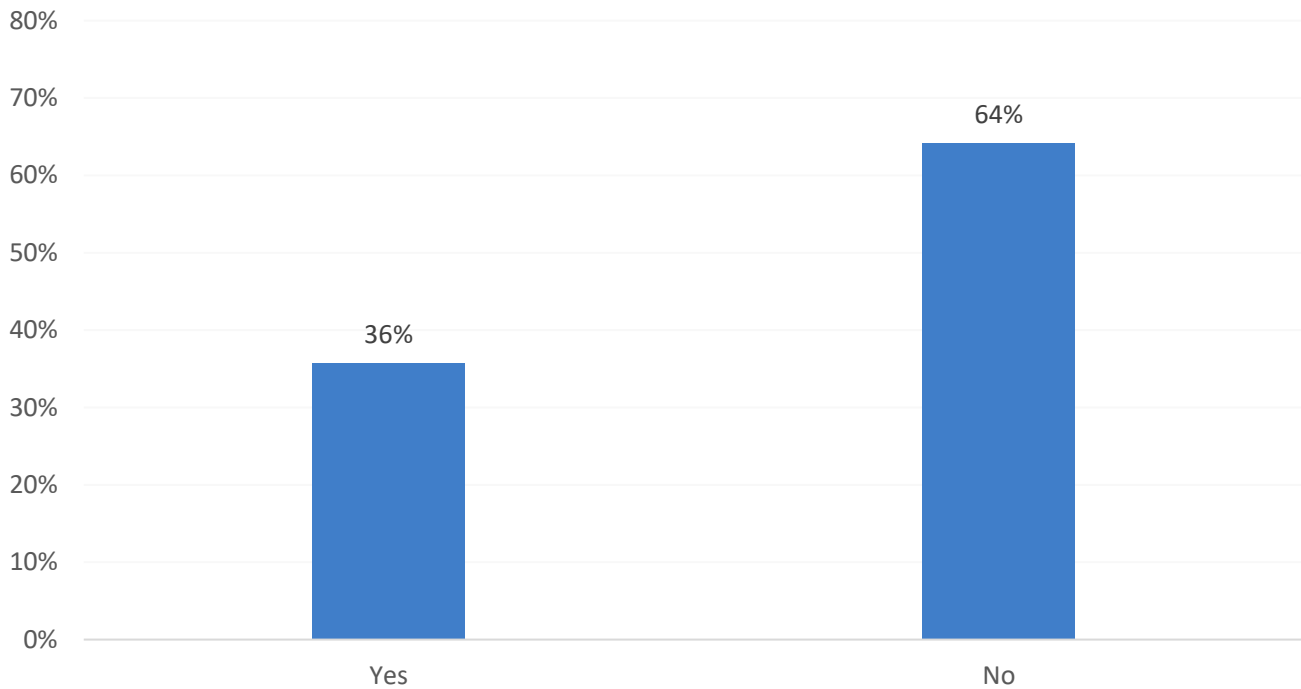
36% of pupils reported that they travelled to school by car and the same percentage (36%) by Translink bus, while 16% usually walk to school. In contrast, 39% travel home by Translink bus, 23% walk home and one quarter (25%) travel home from school by car (Figure 14).

Figure 14: How do you usually travel most of the way to and from school?



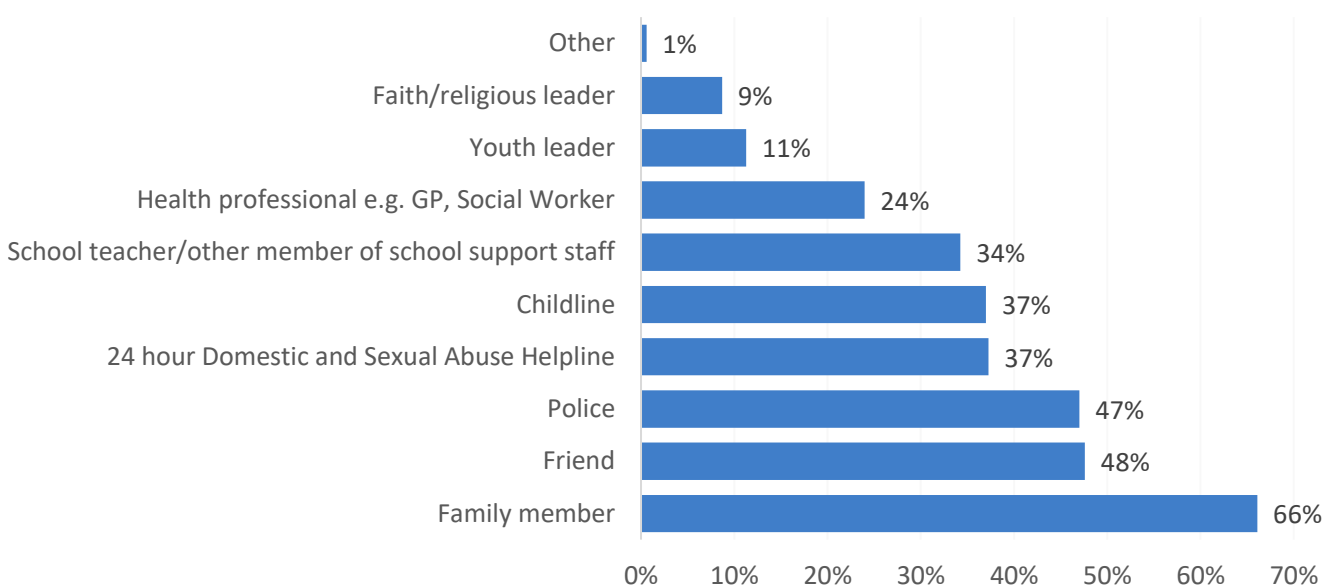
When asked if respondents knew the speed limit outside their school 36% said that they did (Figure 15).

Figure 15: Do you know the speed limit outside your school?



Almost three in ten of Year 11 and 12's (29%) 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 (66%), a friend (48%), or Police (47%) (Figure 16).

Figure 16: If you wanted to discuss concerns regarding domestic violence/abuse, who would you contact?



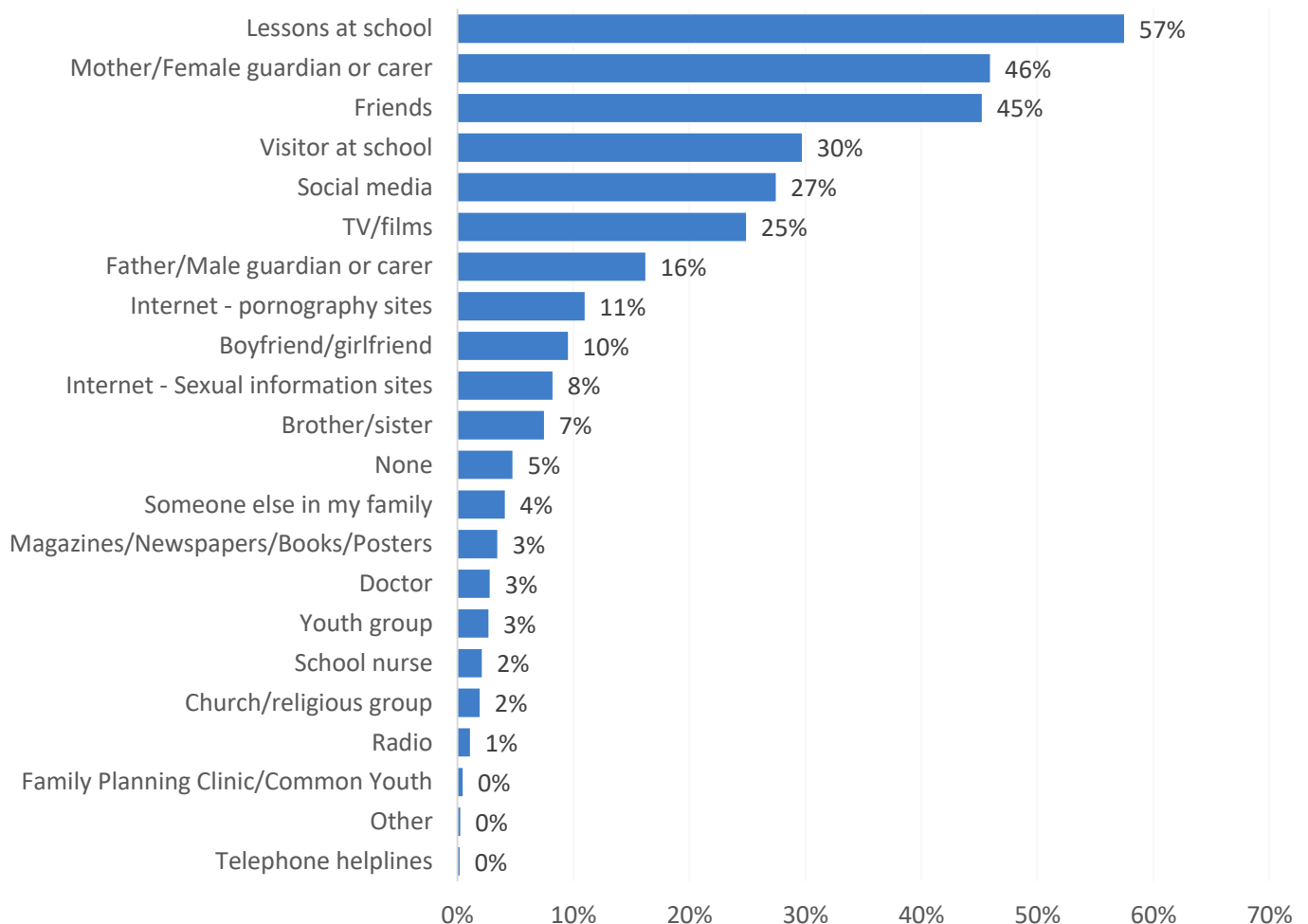
Relationships

Almost half of young people (49%) reported that they had ever had a boyfriend or girlfriend.

When asked about sexual experience nearly two thirds of young people (64%) stated that they have no experience, while 4% claimed to have had sexual intercourse.

The most common sources stated by the young people where they learnt about sexual matters and relationships were lessons at school (57%), followed by their Mother/Female Guardian or carer (46%), their friends (45%) and visitors at school (30%) (Figure 17).

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

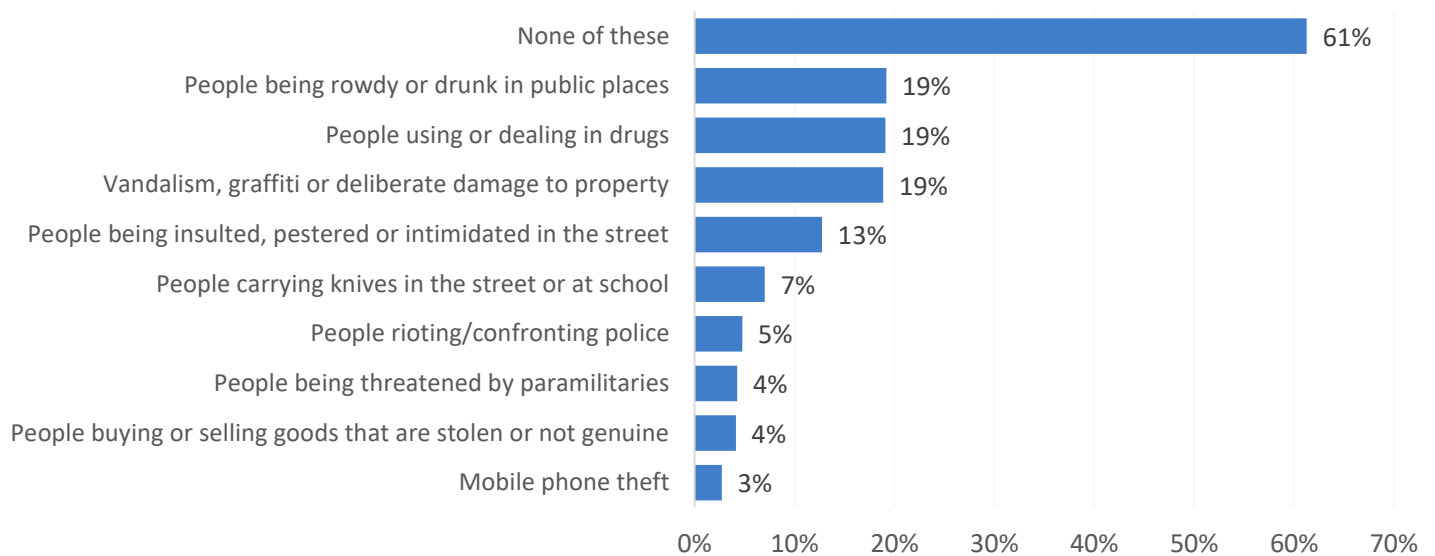


Personal Safety

The vast majority of young people (95%) feel safe in the area in which they live.

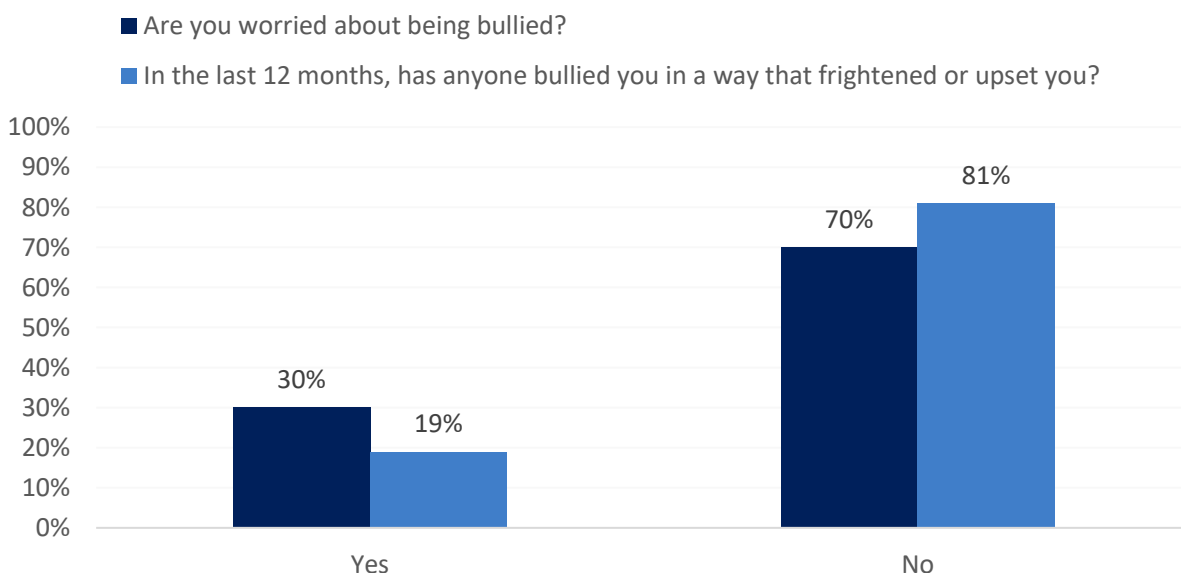
Six in ten young people (61%) did not think that there were any problems relating to personal safety in their area. The most common issues that were cited by young people as problems in their area were ‘people being rowdy or drunk in public places’, ‘people using or dealing in drugs’ and ‘vandalism / graffiti or deliberate damage to property’ (all 19%). The next most common problem was ‘people being insulted, pestered or intimidated in the street’ (13%) (Figure 18).

Figure 18: Which of the following, if any, do you think is a problem in the area in which you live?



Three in ten young people (30%) were worried about being bullied and nearly one fifth (19%) reported that they had been bullied in a way that frightened or upset them in the last 12 months (Figure 19).

Figure 19: Are you worried about being bullied / In the last 12 months, has anyone bullied you in a way that frightened or upset you?

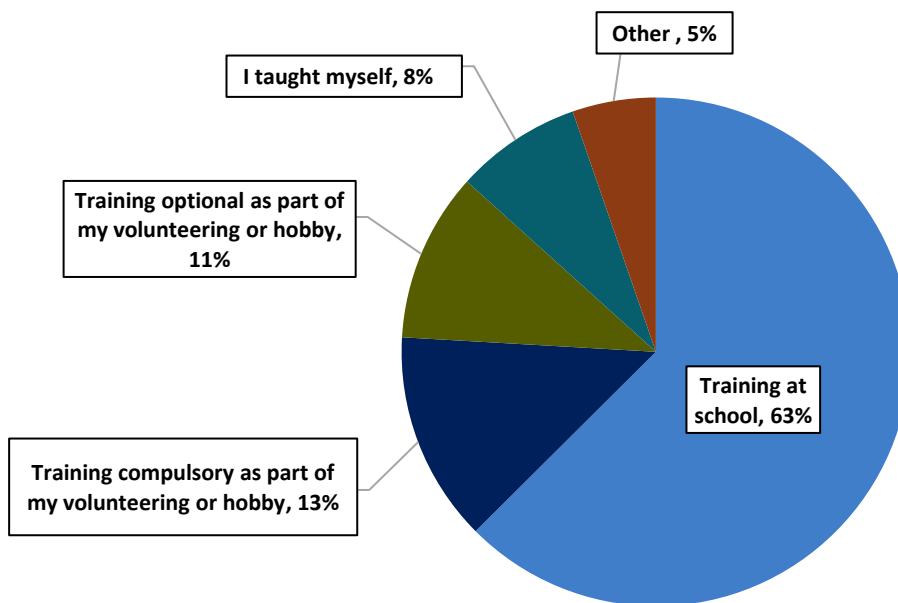


CPR and AED Training

Half of young people (50%) said they had training in CPR or learned CPR in some other way.

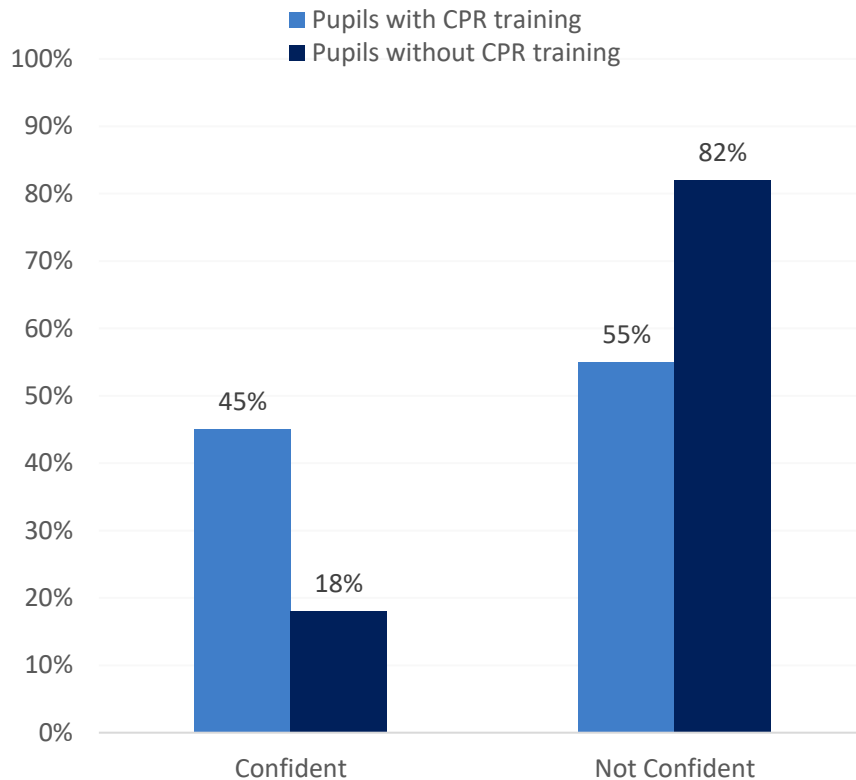
Nearly two thirds of this training (63%) was most recently received at school, whilst nearly one quarter (24%) was training received through a hobby or volunteering commitment (Figure 20).

Figure 20: 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, just under half (45%) would be confident in performing CPR on someone who has collapsed and stopped breathing. In contrast, just 18% of those who had not received any CPR training felt that they would be confident performing CPR in the same situation (Figure 21).

Figure 21: How confident would you be in performing CPR on someone who has collapsed and stopped breathing?

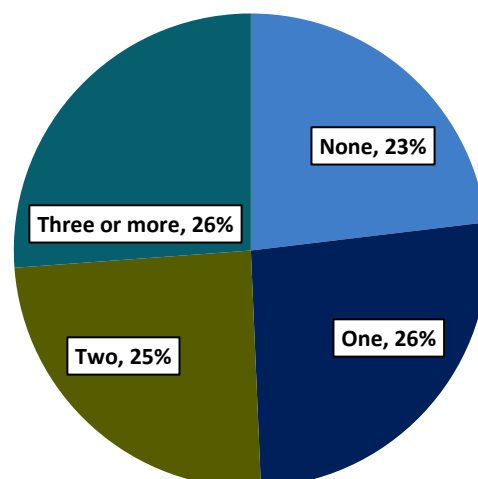


Nearly one fifth of young people (19%) said they had been shown how to use or been trained in the use of an AED.

Care in the Sun

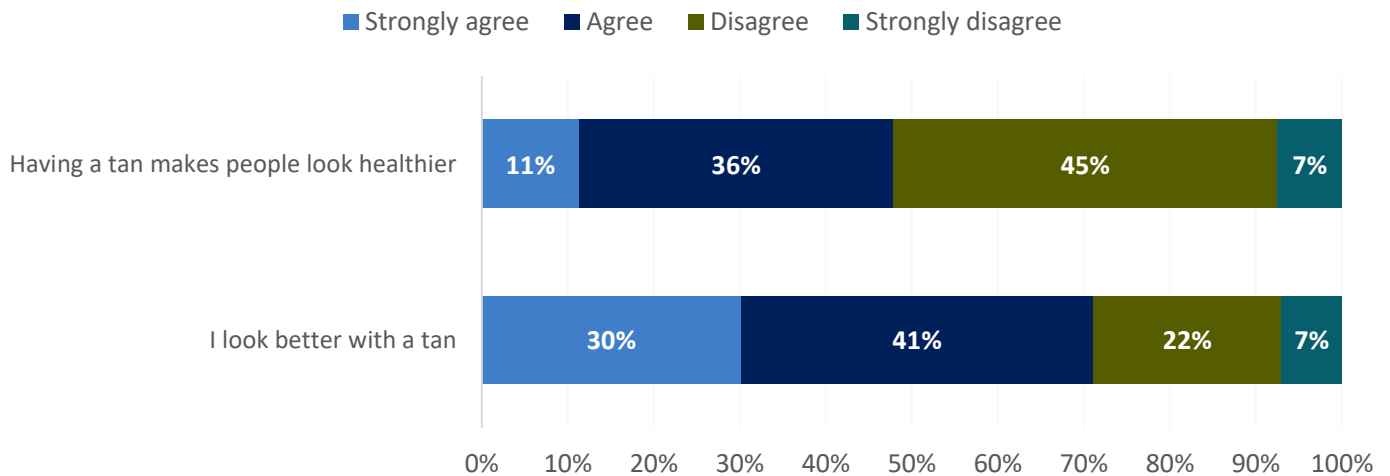
27% of young people do not use sunscreen when sunbathing in Northern Ireland. More than three quarters of young people (77%) reported having sunburn on at least one occasion in the previous year (Figure 22).

Figure 22: In the past year how many times have you had sunburn?



Just over seven in ten young people (71%) feel that they look better with a tan and almost half (48%) think that a tan makes them look healthier (Figure 23).

Figure 23: I look better with a tan / Having a tan makes people look healthier



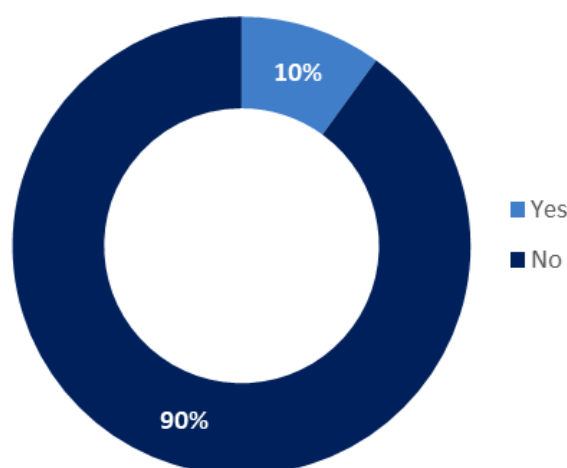
More than one quarter of young people (27%) have used fake tan and in 76% of these cases, the main reason for using fake tan was to look better.

Only a very small proportion of young people (3%) have ever used a sunbed (by this we mean indoor tanning machines. We do not mean spray tanning devices or sun loungers).

Communication

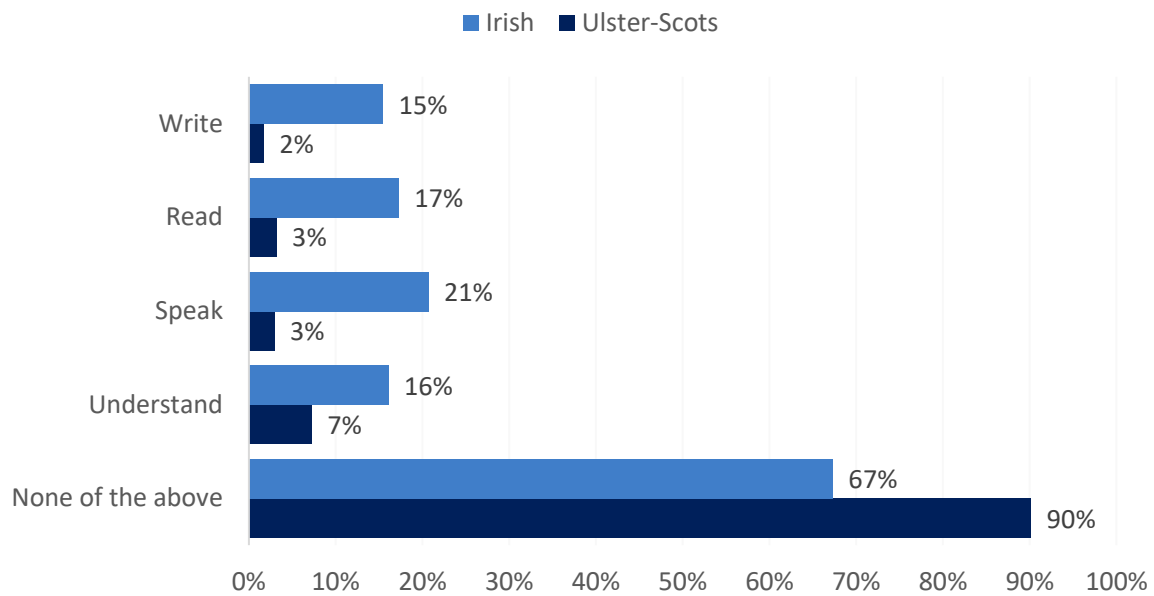
One in ten young people (10%) know how to communicate in sign language (Figure 24).

Figure 24: Do you know how to communicate in Sign Language?



One third of young people (33%) reported they can understand, speak, read and or write Irish to some level. One in ten young people (10%) said they can understand, speak, read and or write Ulster-Scots to some level (Figure 25).

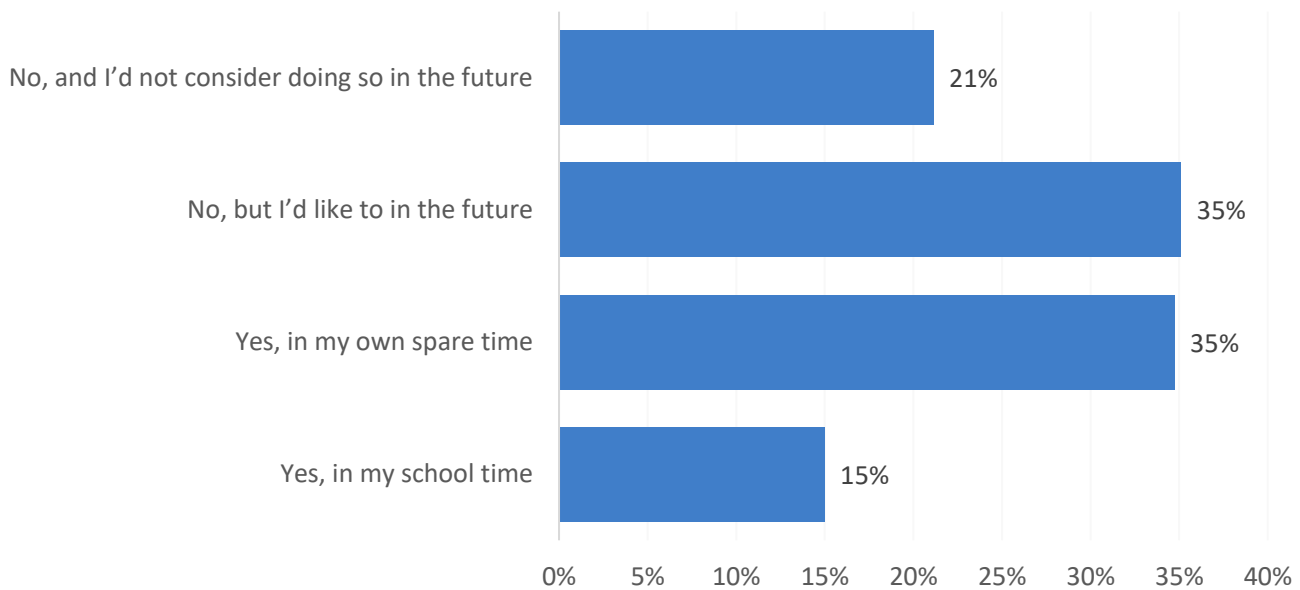
Figure 25: Can you understand, speak, read or write Irish or Ulster-Scots, to some level?



Volunteering

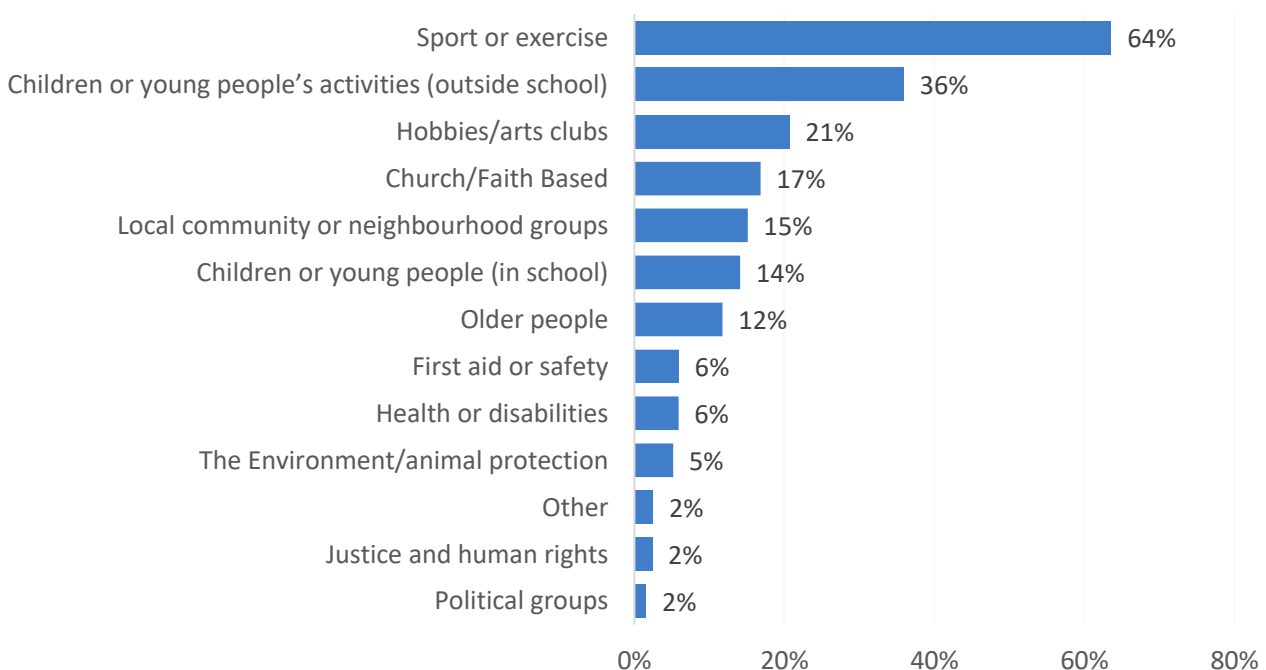
Half of young people (50%) have given up some of their time to volunteer in the last 12 months (Figure 26). Of those who have volunteered, 39% of respondents had done so at least once a week.

Figure 26: 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' (64%), 'children or young people's activities – inside or outside of school' (50%), 'hobbies/arts clubs' (21%) and 'church/faith based' volunteering (17%) (Figure 27).

Figure 27: 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-2022>

[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-2022>

[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 2022 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-2022>

Contacts

We welcome feedback from users. For more information about the data used in this publication, please contact the following:

Media Queries:

E-mail: dof.pressoffice@finance-ni.gov.uk

Telephone: 028 9081 6895 or 028 9081 6724

Out of hours please contact the Duty Press Officer: 028 9037 8110

Contact details:

Central Survey Unit,
Northern Ireland Statistics and Research Agency,
Colby House,
Stranmillis Court,
Belfast
BT9 5RR

E-mail: csu@nisra.gov.uk

Telephone: 02890 255118