



Northern Ireland Young Life and Times Survey

Preview of the 2009 results

Dirk Schubotz

- **Dirk Schubotz (YLT Director)**
 - Background
 - Community Relations
- **Wendy Osborn (OBE, Director VDA)**
 - Volunteering
- **Maeve Hully (CEO, Patient Client Council)**
 - Attitudes to Mental Health Services
- **Dirk Schubotz**
 - Children's and YP's rights, 'Credit Crunch'
 - Future plans, feedback

Sample

- Invited: all young people living in Northern Ireland who receive Child Benefit and celebrated their 16th birthday in February and March 2009
- Postal questionnaire sent out in November 2009
- Online version of questionnaire
- One follow-up ten days later
- respondents

Response rate

- 857 responded (response rate 22%)
 - paper completions (80%)
 - online (20%)
- £500 prize draw (5x£100.00 cash)
- £10 gift vouchers for first 100 online respondents

| | % | | |
|--------|--------------|---------|----------|
| | Not well-off | Average | Well-off |
| Online | 19 | 18 | 27 |

Subject areas covered

- **Three main areas:**

- **Volunteering** (funded by Volunteer Development Agency)
- **Mental and emotional health** (funded by Patient Client Council)
- **Children's and young people's rights** (funded by OFMDFM)

- **Other areas:**

- **Community relations and minority ethnic groups**
- **'Credit Crunch'**
- **Background questions**



2009 Young Life and Times Survey Background

Background

| | | % |
|------------------|---------------------------|-----------|
| Gender | Male | 39 |
| | Female | 61 |
| Religion | Catholic | 44 |
| | Protestant | 37 |
| | Other/no religion | 19 |
| Education | Planned integrated | 7 |
| | Grammar | 51 |
| | Secondary | 36 |
| | Other | 5 |

Background

| | | |
|------------------------------------|--|-----------|
| Sexual attraction | Opposite sex attracted | 86 |
| | Same/both sex attracted | 10 |
| Respondents living with | Both their parents | 76 |
| | Mother only | 19 |
| | Father only | 3 |
| | Mother at some time and father at some time | 2 |
| Family financial background | Well off | 25 |
| | Average | 57 |
| | Not well off | 18 |

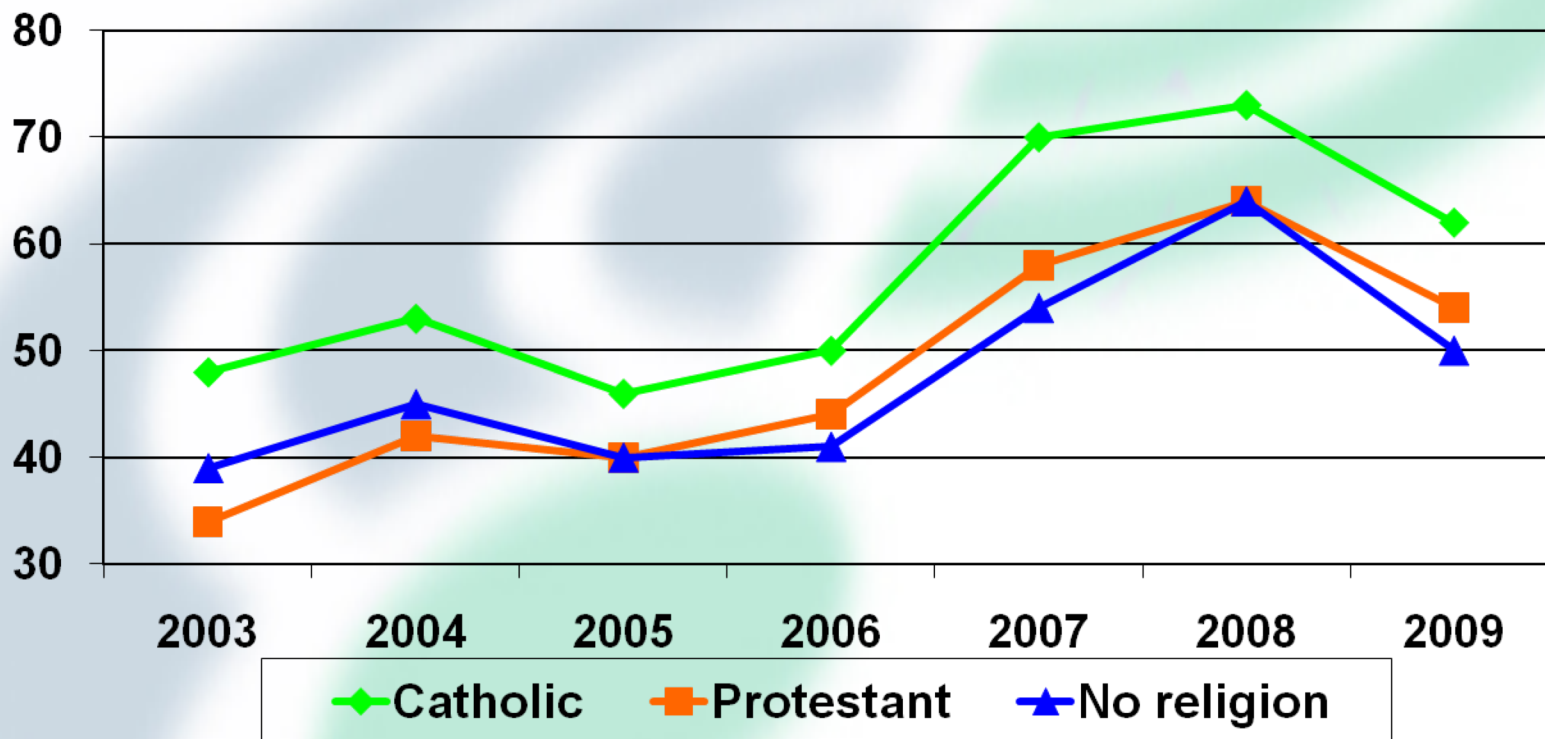


2009 Young Life and Times Survey

Community relations

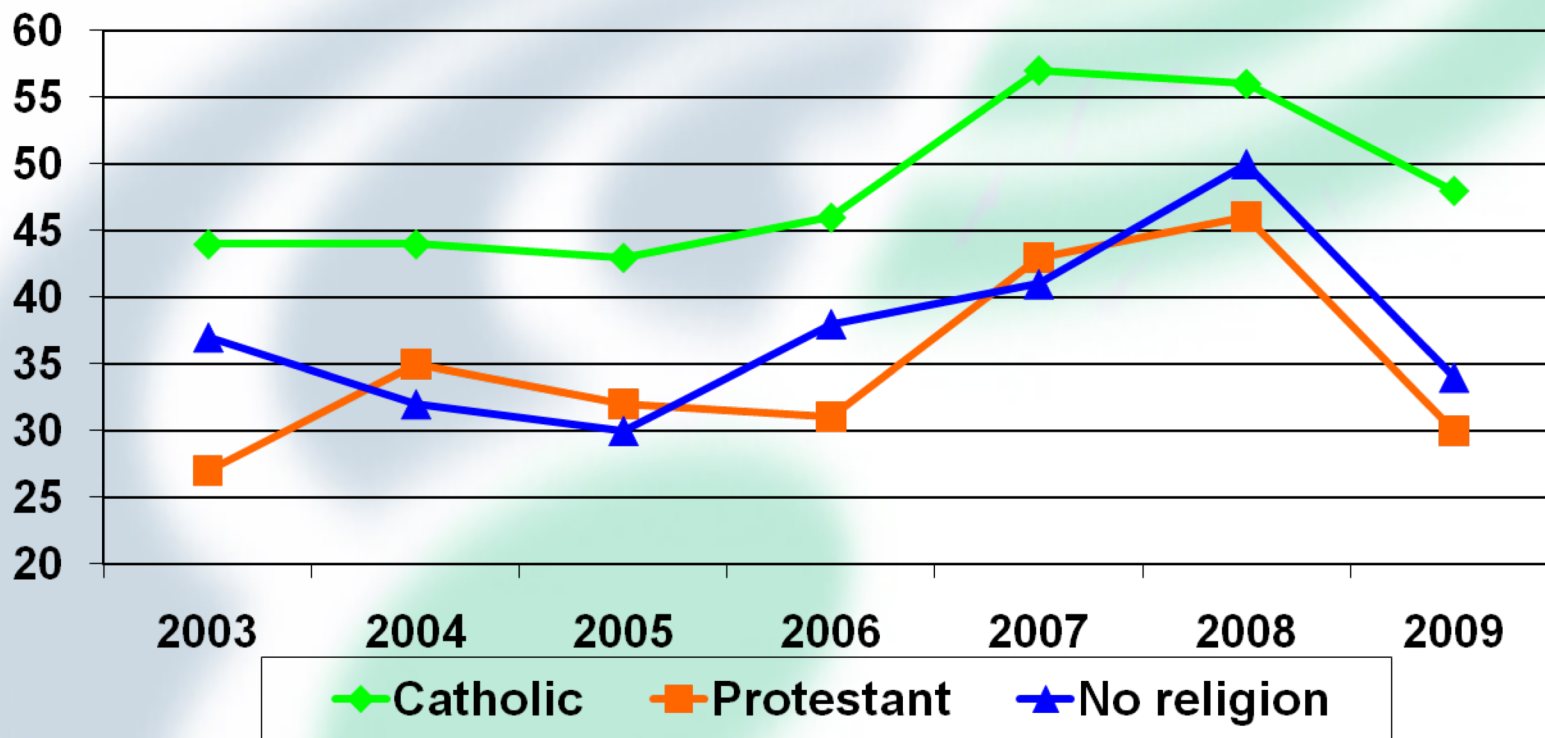
Community relations

Respondents saying relations between Catholics and Protestants are better now than 5 years ago (%)



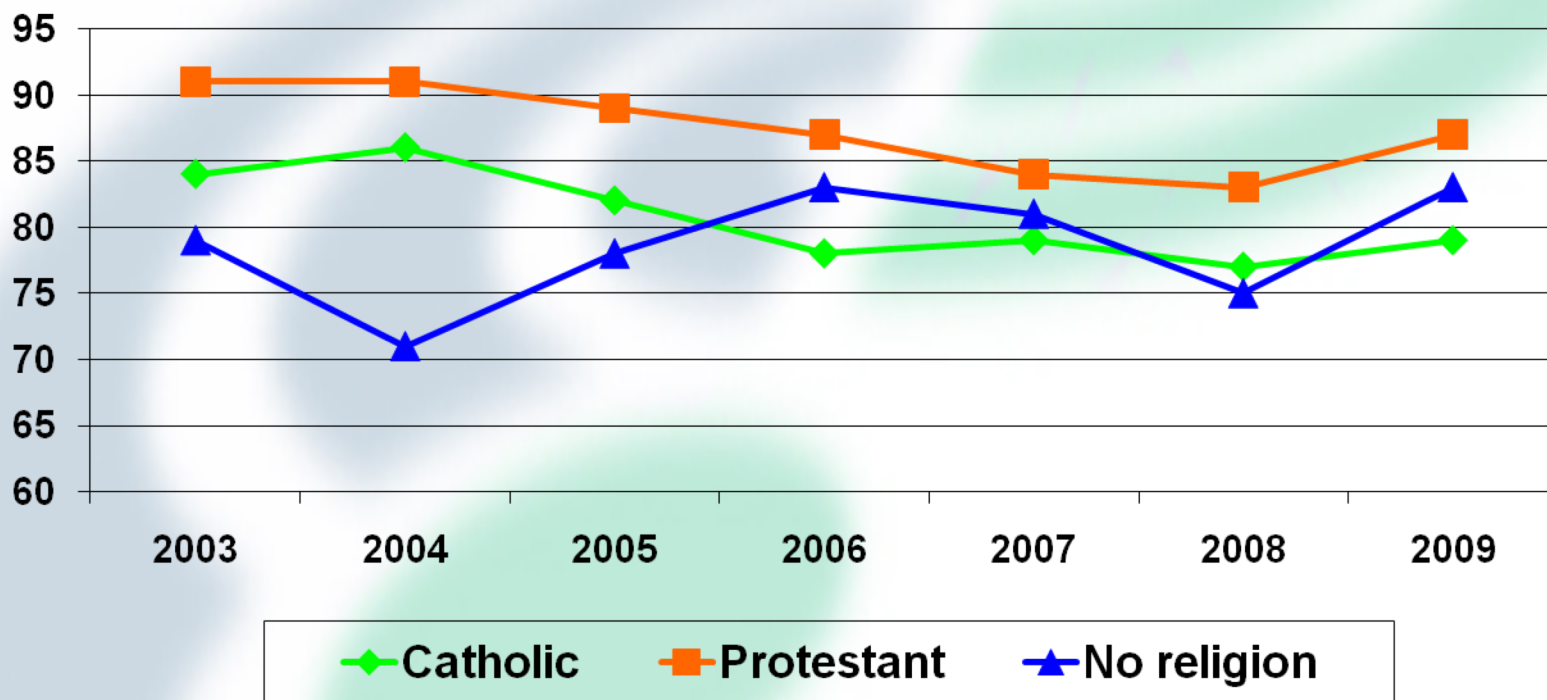
Community relations

Respondents saying that relations between Catholics and Protestants will be better in 5 years than now (%)

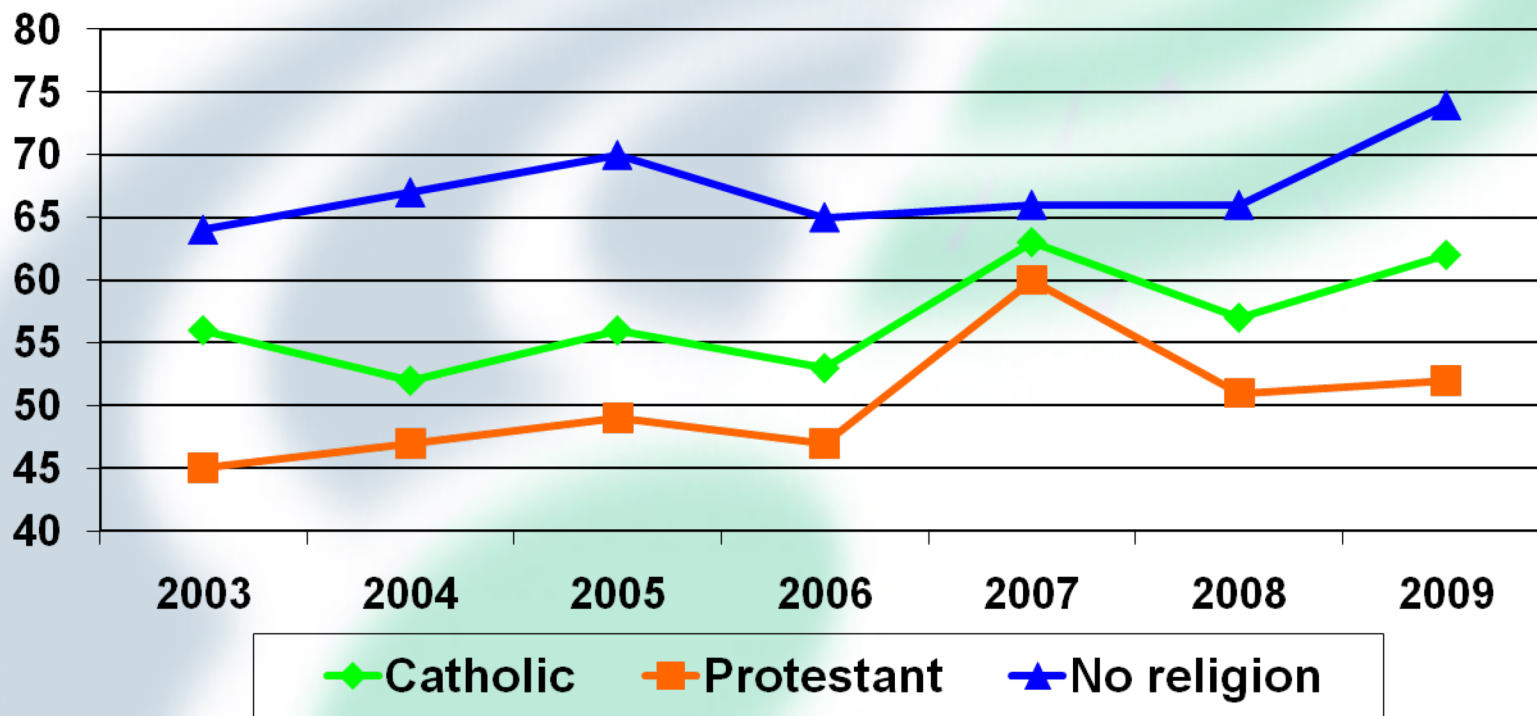


Community relations

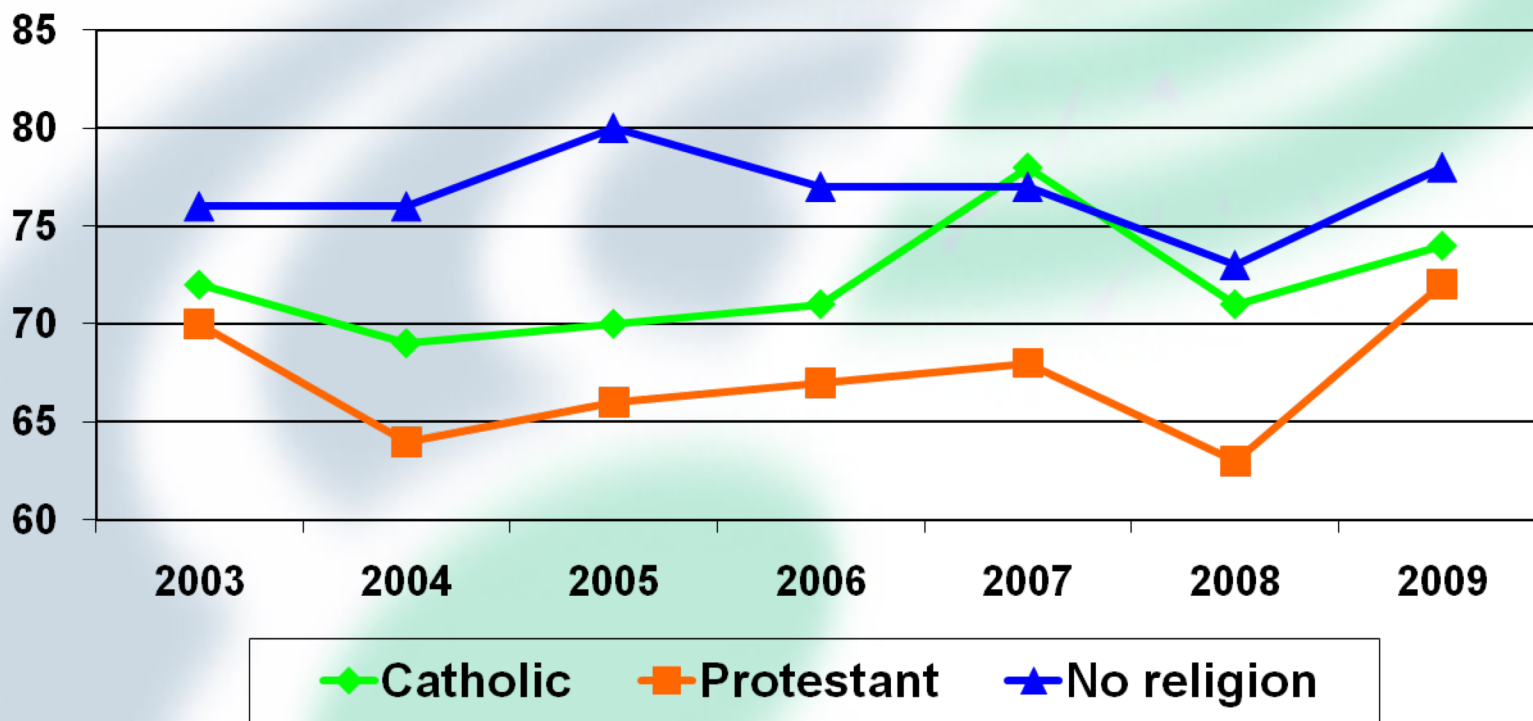
Respondents saying that religion will always make a difference to the way people feel about each other in Northern Ireland



Respondents saying they prefer to live in religiously mixed neighbourhoods (%)

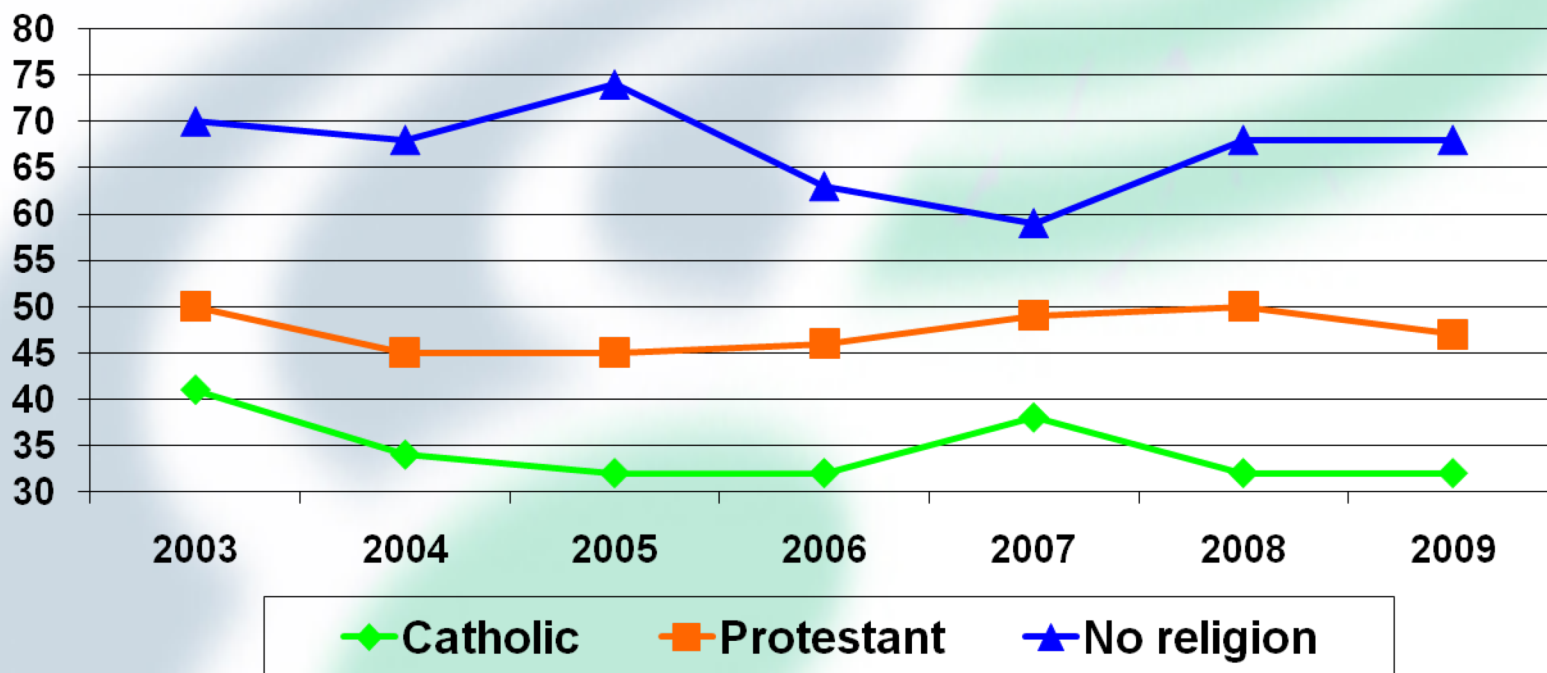


Respondents they prefer to work in religiously mixed workplaces (%)



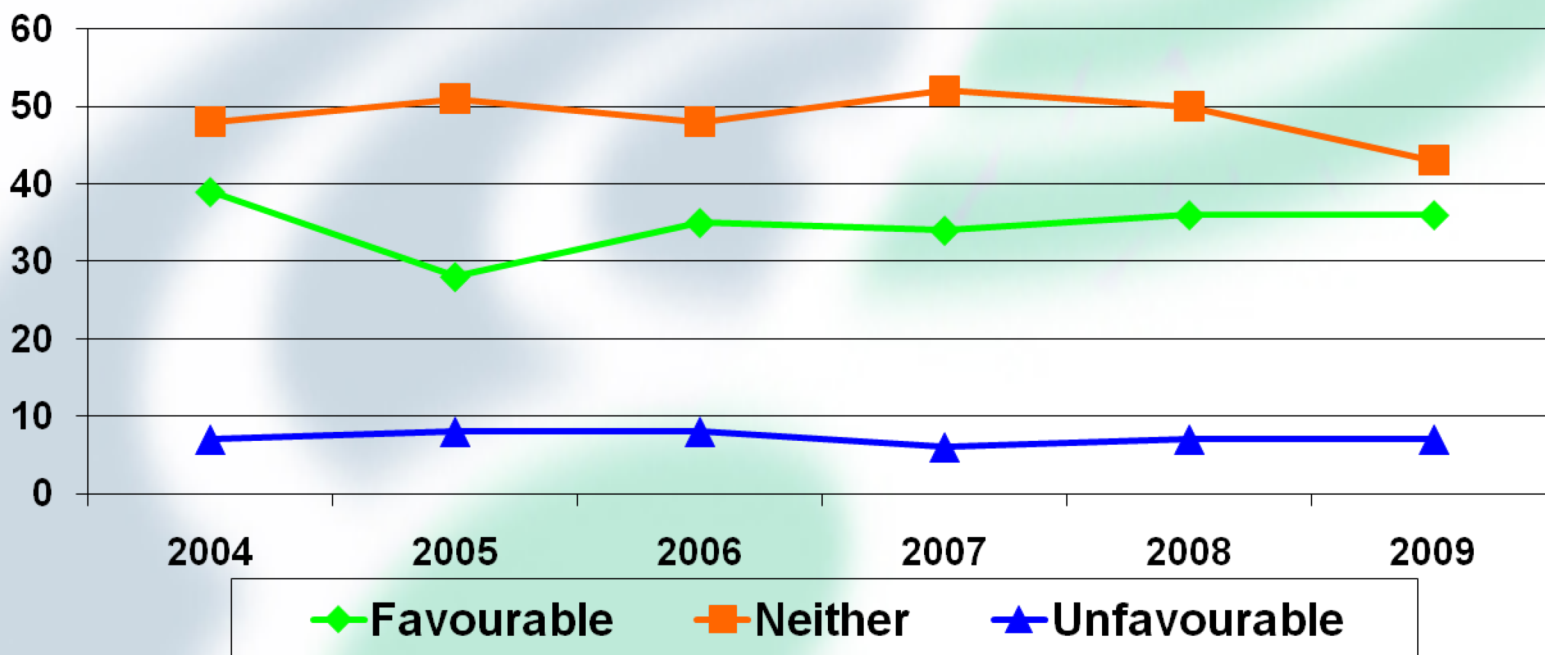
Community relations

Respondents they would prefer to send their children to religiously mixed schools (%)



Community relations

How favourable or unfavourable do you feel about people from minority ethnic communities? (%)



2009 Young Life and Times Survey

Volunteering



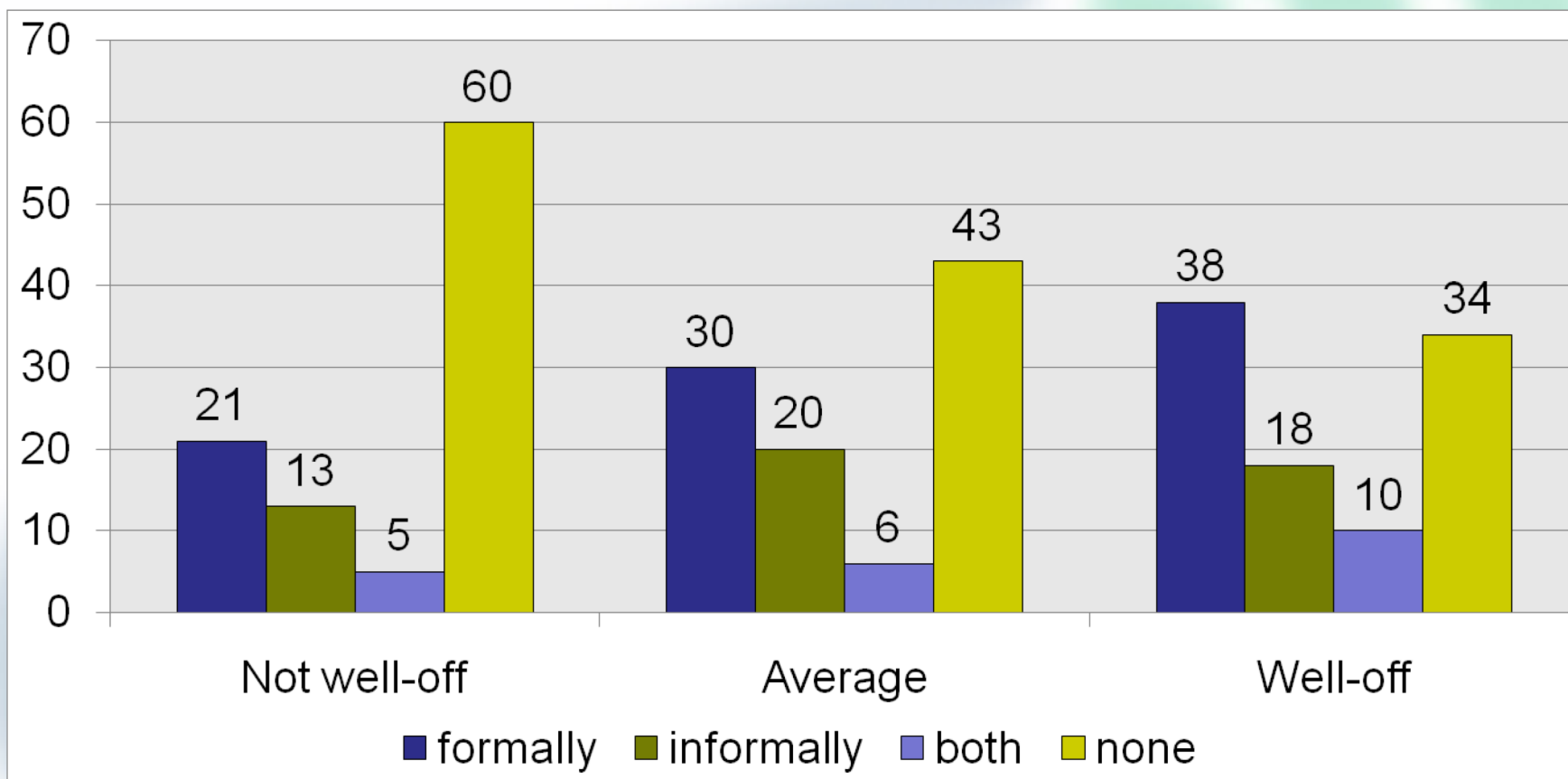
Have you ever volunteered in the past 12 months?

- For one or more than one organisation 30%
- informally (not for an organisation) 17%
- Both for an organisation as well as informally 7%
- No, I have not volunteered 45%

Volunteering – by gender

| | % | | |
|------------------------------------|------|--------|-----|
| | Male | Female | All |
| Volunteered formally or informally | 50 | 58 | 55 |
| Not volunteered | 50 | 42 | 45 |

| | % | | |
|------------------------------------|------|--------|-----|
| | Male | Female | All |
| Volunteered formally | 31 | 41 | 37 |
| Not volunteered or informally only | 67 | 59 | 63 |

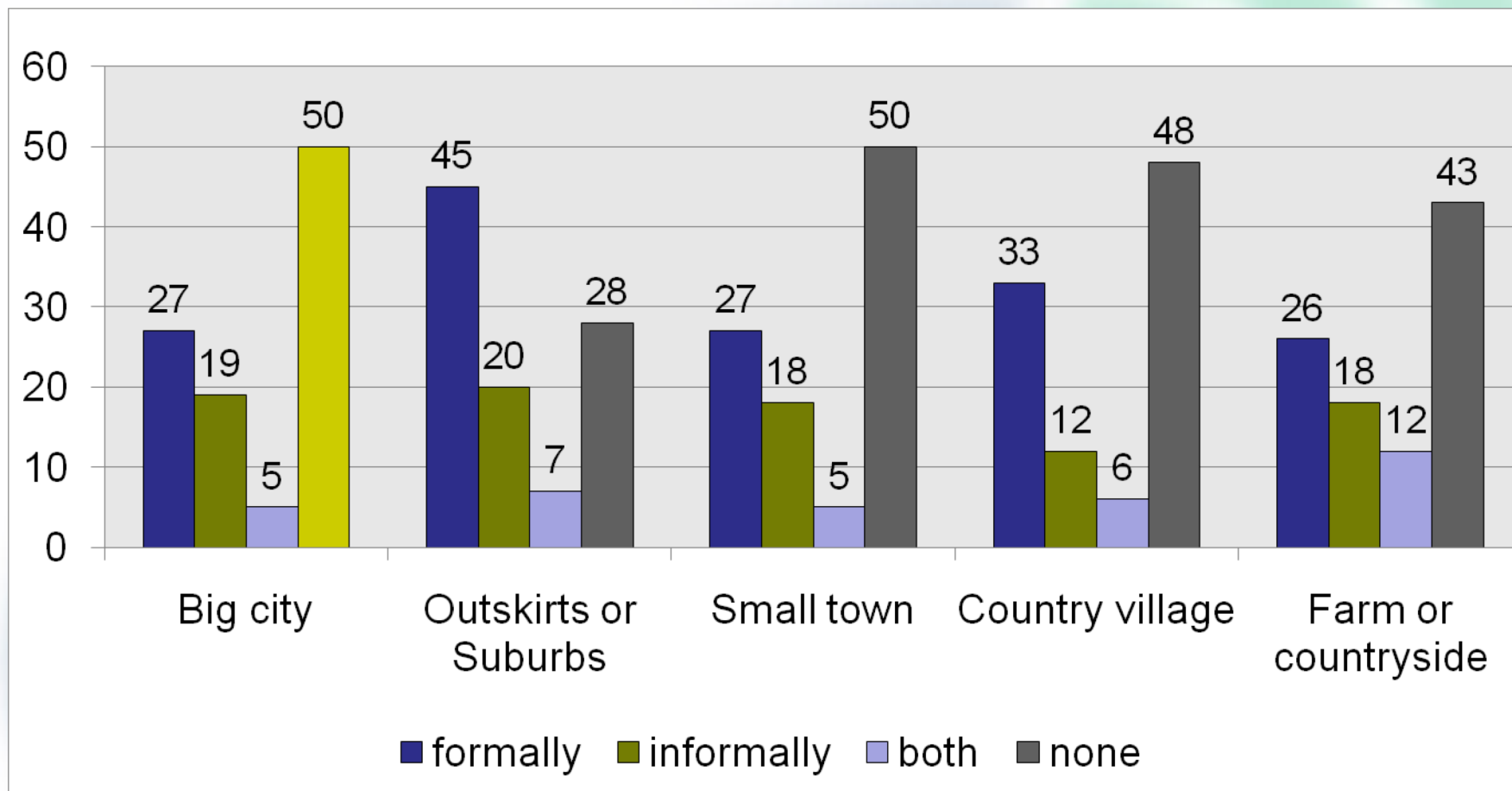


Volunteering – by school type

| | % | | | |
|------------------------------------|------------|---------|-----------|-----|
| | Integrated | Grammar | Secondary | All |
| Volunteered formally or informally | 51 | 67 | 40 | 55 |
| Not volunteered | 49 | 33 | 60 | 45 |

| | % | | | |
|------------------------------------|------------|---------|-----------|-----|
| | Integrated | Grammar | Secondary | All |
| Volunteered formally | 27 | 47 | 26 | 38 |
| Not volunteered or informally only | 73 | 53 | 74 | 62 |

Volunteering – by area



Volunteering – Activities

- Organising or helping to run an activity or event.....75%
- Helping in church or a religious organisation.....46%
- Visiting people, befriending or mentoring people.....41%
- Coaching in a sport.....29%
- Practical help (e.g. shopping, gardening,
building, meal on wheels).....26%
- Looking after a property or a pet for someone
who is away.....16%
- Improving the environment (e.g. wildlife
conservation or picking up litter).....12%
- Secretarial, administration or clerical work.....10%
- Other.....18%

Volunteering

Approximately how many hours have you spent volunteering in the past 4 weeks?

- | | |
|----------------------|-----|
| • Less than one hour | 19% |
| • 1-5 hours | 42% |
| • 6-10 hours | 26% |
| • More than 10 hours | 14% |

Reasons for volunteering

| | |
|---|-----|
| It helps me get on in my career / build up my CV..... | 73% |
| I wanted to improve things / help people..... | 64% |
| I thought it would give me a chance to learn new and/or use existing skills..... | 59% |
| I was asked to help..... | 43% |
| I wanted to meet people / make friends..... | 42% |
| My friends / family also volunteered..... | 33% |
| The cause was really important to me..... | 23% |
| It's part of my religious belief or philosophy of life to help people..... | 23% |
| Other..... | 11% |
| Don't know / I can't remember..... | <1% |

Reasons for NOT volunteering

- I have too many other commitments
(e.g. work, at school, at home).....54%
- I've never thought about it.....36%
- I wouldn't know how to find out about getting
involved in voluntary activities.....30%
- None of my friends are volunteering.....13%
- I feel haven't got the right skills or experience
to be able to help.....11%
- I am already doing enough.....10%
- I think I am too young..... 5%
- It's not a cool thing to do.....2%
- Other.....4%

Volunteering and community relations

| | % | |
|-------------------|--------------------|---|
| | Network of friends | Contact with people from different community background |
| Increased | 57 | 42 |
| Remained the same | 38 | 52 |
| Decreased | <1 | <1 |
| Don't know | 4 | 5 |

2009

Young Life and Times Survey

Attitudes to mental health services

Mental and emotional health

Have you in the past year had any serious personal, emotional, behavioural or mental health problem for which you felt you needed professional help?

| | % | | |
|---|------|--------|-----|
| | Male | Female | All |
| Yes, but I did not try to get professional help | 8 | 12 | 11 |
| Yes, and I did ask for professional help | 8 | 10 | 9 |
| No, I have had few or no problems | 79 | 71 | 74 |
| I have had, or now have, serious problems, but have never felt the need for professional help | 5 | 6 | 6 |

Mental and emotional health

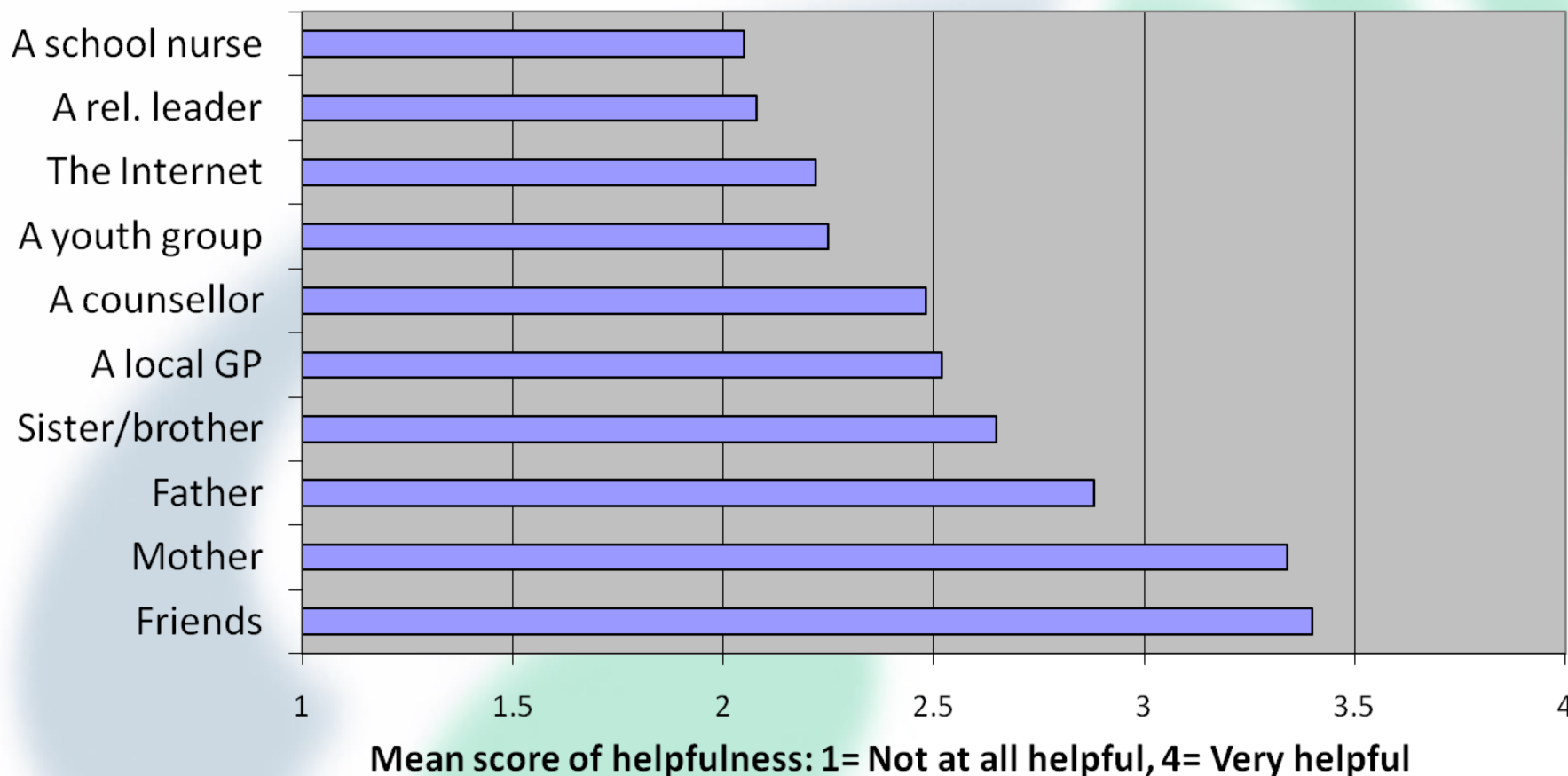
Have you in the past year had any serious personal, emotional, behavioural or mental health problem for which you felt you needed professional help?

| | | % | | |
|---|--------------|---------|----------|--|
| | Not well-off | Average | Well-off | |
| Yes, but I did not try to get professional help | 14 | 10 | 12 | |
| Yes, and I did ask for professional help | 18 | 9 | 5 | |
| No, I have had few or no problems | 57 | 77 | 78 | |
| I have had, or now have, serious problems, but have never felt the need for professional help | 11 | 4 | 6 | |

Causes of emotional problems

| | % Male Female All | | |
|--|--------------------------------|----|----|
| My appearance or body shape | 28 | 64 | 50 |
| Having too much homework | 34 | 53 | 45 |
| Having to cope with criticism from family and teachers | 31 | 41 | 37 |
| Not being confident with opposite sex | 17 | 21 | 20 |
| Being in debt | 11 | 16 | 14 |
| Thinking about suicide | 9 | 15 | 12 |
| Being concerned that I drink too much | 9 | 7 | 8 |
| Thinking I may be gay | 5 | 5 | 5 |
| Being pressurised to take drugs | 6 | 4 | 5 |
| Something else | 13 | 15 | 14 |
| None of the above | 30 | 12 | 19 |

Helpful sources of support



Attitudes to mental health services

Respondents agreeing:

- Doctors and nurses respect right to confidentiality.....80%
- There are very **few** services for young people.....39%
- It is easy to talk to school nurses and health visitors.....17%
- Voice of young people **not** heard by health professions 40%
- I could get help from services in an emergency.....60%
- Young people able to influence health care delivery.....32%

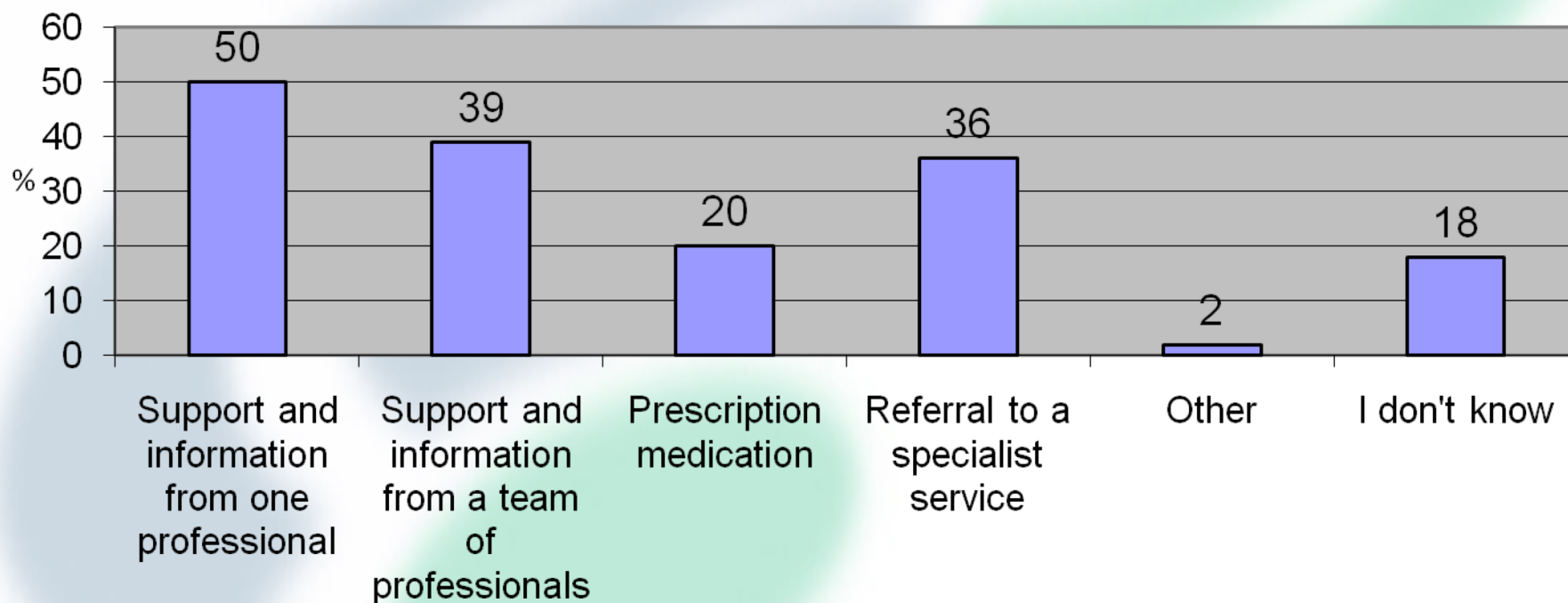
Attitudes to mental health services

Respondents agreeing:

- **No** support in health service for families with young person with mental health problems.....22%
- There are suitable activities and facilities in the local community.....37%
- Young people have difficulty talking about their own emotional or mental health issues.....42%
- There are lots of organisations that can help.....45%

Attitudes to mental health services

Preferred professional response to mental and emotional health problems (%)



2009 Young Life and Times Survey

Children's and young people's rights

UNCRC

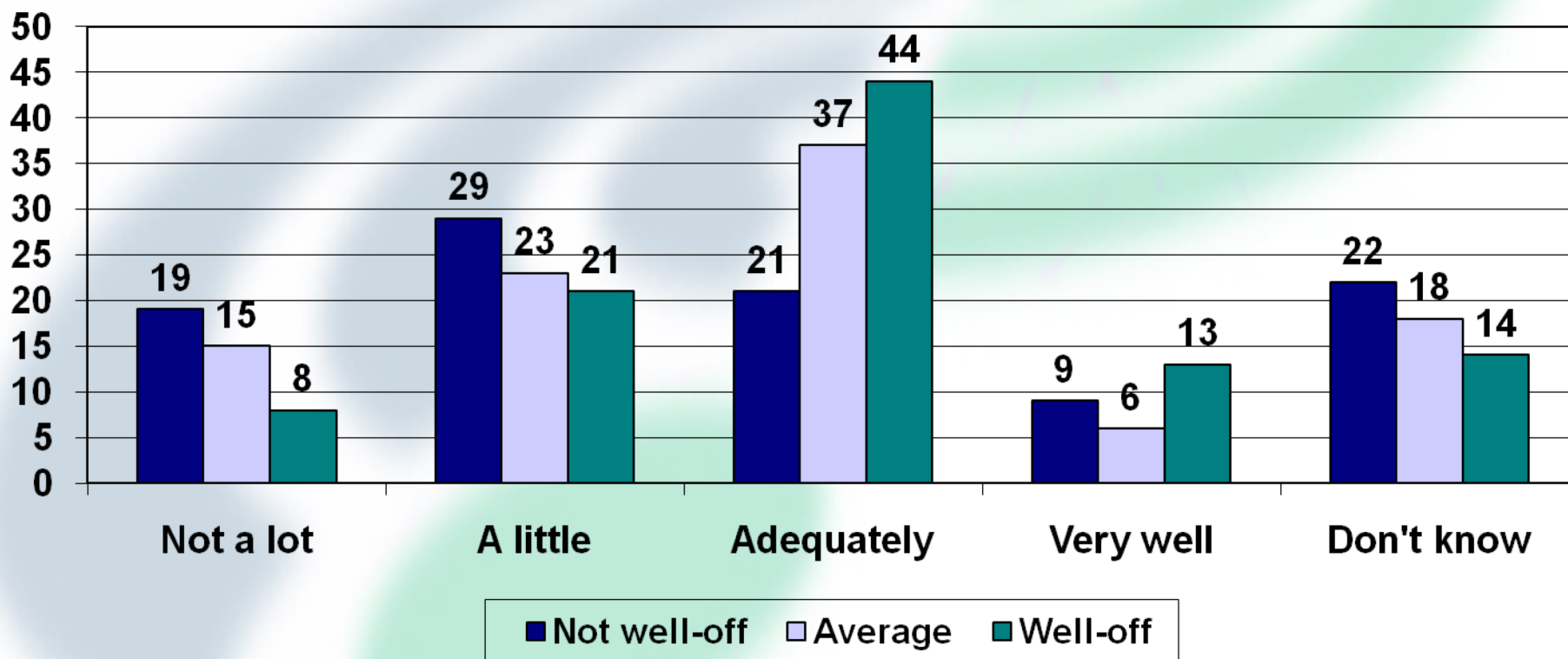
Have you heard about the UNCRC?

- Yes: 33%
- No: 64%
- Don't know: 4%

How much do you know about it?

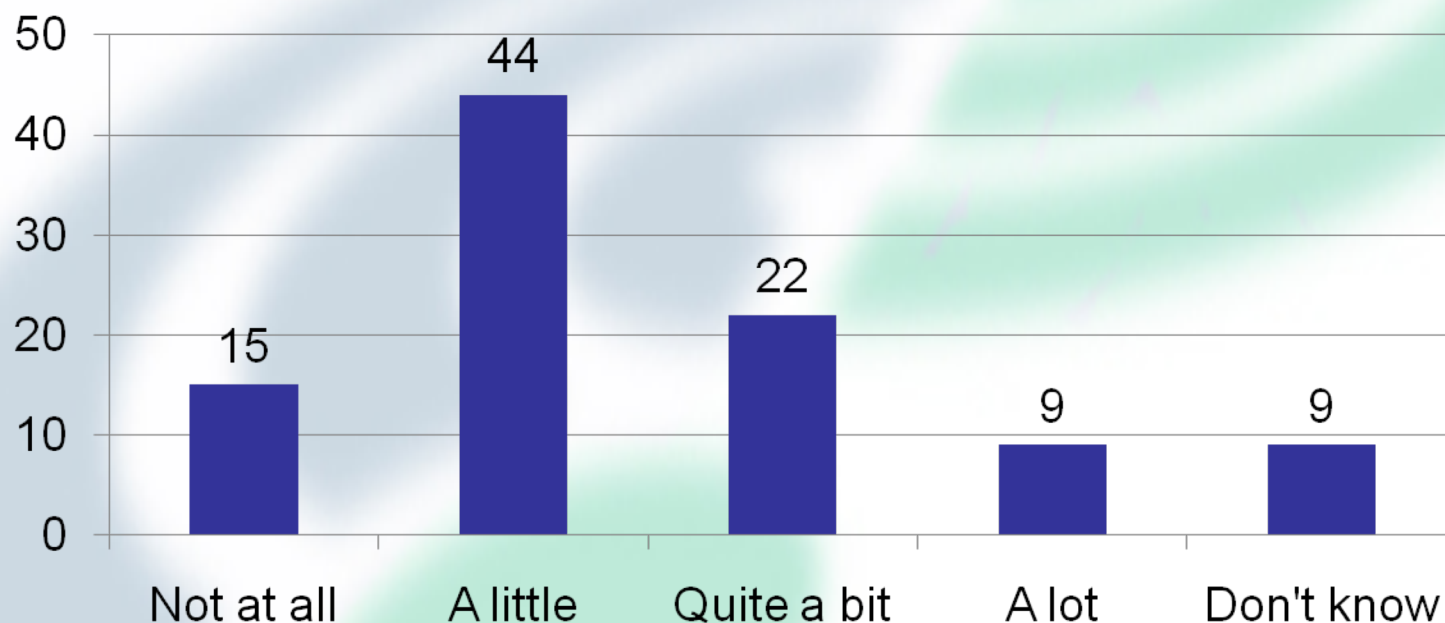
- A lot 8%
- A little 77%
- Nothing 14%
- Don't know <1%

How well does the government protect your rights as a young person (%)?



‘Credit Crunch’

To what extent has the recent economic crisis (‘credit crunch’) affected you and your family (%)?



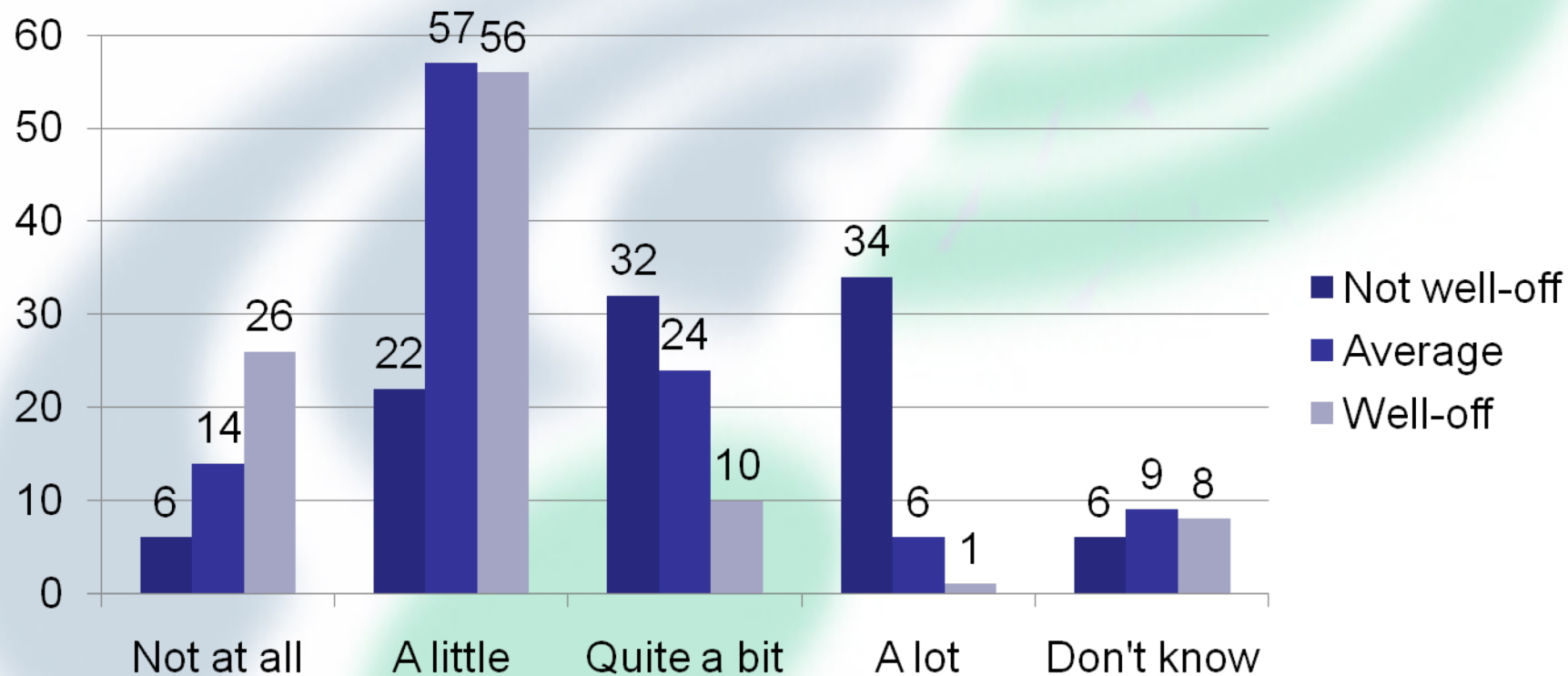
‘Credit Crunch’

Most common responses:

- parent(s) lost job
- Respondent lost/can't find part time job
- Cuts in spending for ‘luxurious’ goods (going out, entertainment, gaming etc.)
- Cuts in spending on house keeping

'Credit Crunch'

To what extent has the recent economic crisis ('credit crunch') affected you and your family (%)?





2009 Young Life and Times Survey

Forthcoming projects



- Research Update on Volunteering (1st June)
- Full project report on mental health of 16-year olds
- Follow-up of 'credit crunch issue'
- Update on ARK in Schools website with new material
- 2010 YLT survey