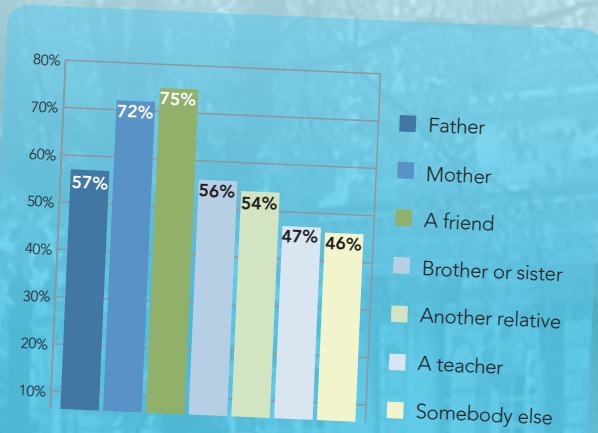


Self-injury and emotional health

42% of YLT respondents said they got stressed often or very often. By far the greatest stress factor was school. The people 16-year olds were most likely to say they could turn to when something bothered them were a friend (75%) or their mother (72%).

Figure 3: Who respondents say they are able to talk to when something bothered them (%)



Just over one quarter of 16-year olds (28%) said that they had experienced serious personal, emotional or mental health problems at some point in the past year. Yet, just over one third of these respondents had sought professional help for these problems.

13% of respondents said that they had at some point in the past seriously thought about taking an overdose or harming themselves, and 6% had thought about this in the past month. 13% of respondents said they had self-harmed – 5% had done so once and 8% more than once. The most likely reason (60%) given by these young people for doing this was that they 'wanted to punish themselves'.

69% of all YLT respondents felt that young people who injure themselves could be prevented from doing so. 84% agreed that these people feel 'hurt inside' whereas only 19% thought that people who harm themselves are mentally ill. 25% of respondents felt that these young people injured themselves in order to get attention.

Background of the YLT Survey

All too often the opinions of young people are ignored when decisions are made about many of the issues involving them.

Every year the Young Life and Times (YLT) Survey invites 16-year olds from all parts of Northern Ireland to tell us about their experiences of school, and their views on politics, community relations and other social issues. In 2013, 1,369 young people responded.

This leaflet provides a summary of key findings of the 2013 YLT survey.

More detailed results on specific issues, as well as Research Updates, are freely available on the YLT website at www.ark.ac.uk/ylt.

Many participants of the survey suggested a range of subjects that could be asked in future. Some of these questions will be included in the 2014 YLT survey.

Comments on the YLT survey are welcome any time and can be submitted via the YLT website.

ARK is a joint resource between Queen's University Belfast and the University of Ulster.

For further information contact:

Dirk Schubotz
 ARK, School of Sociology, Social Policy and Social Work
 Queen's University Belfast
 Belfast BT7 1NN
 Tel: 028 90 973 947
d.schubotz@qub.ac.uk
www.ark.ac.uk/ylt

The 2013 YLT survey was part-funded by the Office of the First Minister and Deputy First Minister, the Department of Education, and the Improving Children's Lives Initiative (ICLI) of Queen's University Belfast.

2013 Young Life and Times Survey



Summary of Results

Figure 1: Have you ever attended private tuition classes to supplement your education? (%)

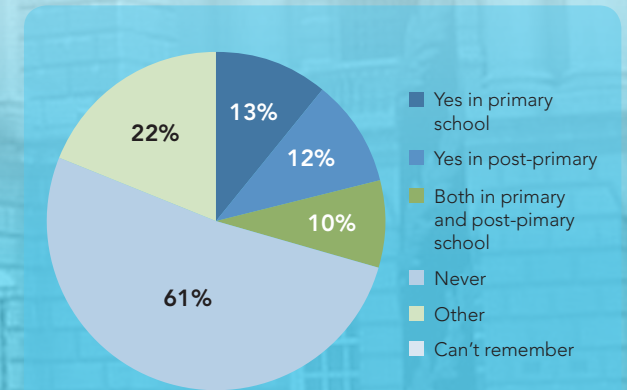
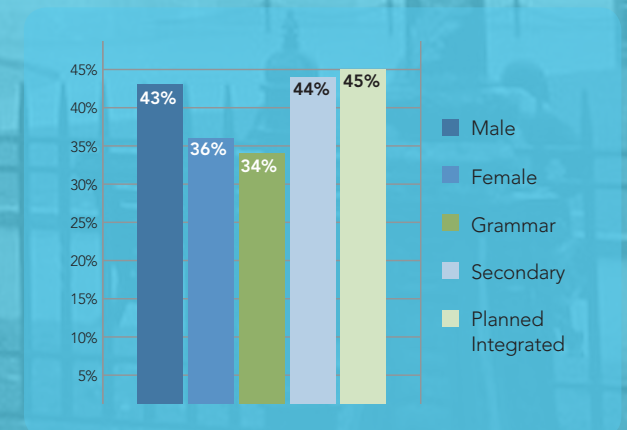


Figure 2: Proportion saying that voting age should be reduced to 16 years (%)



Who took part in the 2013 YLT survey?

All young people living in Northern Ireland who celebrated their 16th birthday in February and March 2013 were invited to take part in the survey. Of the 1,369 16-year olds that responded:

- 43% were male and 57% were female.
- 20% said they lived in a big city or its outskirts, 43% lived in a small town and 36% lived in a village or in the countryside.
- 51% attended a grammar school, 37% attended a secondary school, 7% attended a planned integrated school and 5% attended some other type of school.
- 76% lived with both their parents, 19% lived only with their mother and 2% lived only with their father. 3% lived with their mother some time and their father some time.
- 11% of respondents said they had a long-standing physical or mental health condition.
- 74% regarded themselves as belonging to a particular religion, 26% said they did not.
- 39% said they were part of the Catholic community, 37% part of the Protestant community and 24% part of neither.
- 8% of males and 11% of females had been sexually attracted to a person of the same sex at least once.
- 28% of respondents said their families were financially either very well-off or well-off. 17% said their families were not at all well-off or not well-off. The majority (53%) of respondents described their family's financial situation as average.
- Only 7% of respondents said the recent financial crisis had not affected them and their families. 46% of respondents had been affected 'a little', 28% 'quite a bit', and 10% had been affected 'a lot'.

Community Belonging

Nearly three quarters (73%) of 16-year olds said they had a sense of belonging to the neighbourhood in which they lived; however, only 14% of 16-year olds felt that they had some influence in local decisions.

Those who said they did not feel they belonged to either the Catholic or Protestant community had the weakest sense of belonging to their neighbourhood, with 54% saying they felt a sense of belonging. 16-year olds in this group were also least likely to say that they had any influence on decisions in their neighbourhood – just 7% said 'yes'.

Nearly seven in ten (69%) 16-year olds also expressed a sense of belonging to Northern Ireland, but only 8% felt that they had any influence on decisions in Northern Ireland.

Table 1: Respondents' sense of belonging to their neighbourhood and to Northern Ireland, by religious community belonging (%)

	Protestant	Catholic	Neither
Neighbourhood			
Sense of belonging	79	80	54
Influence on decisions	13	18	7
Northern Ireland			
Sense of belonging	81	64	59
Influence on decisions	7	9	8

Whilst Catholics and Protestants did not differ in their sense of belonging to their local neighbourhood, Protestants were much more likely to express a sense of belonging to Northern Ireland compared to Catholics or those who said they were neither part of the Protestant nor Catholic community, as Table 1 shows.

Respondents living in rural areas had a greater sense of belonging to their local neighbourhoods than 16-year olds from urban areas.

Community Relations

78% of YLT respondents believed that religion will always make a difference to how people in Northern Ireland feel about each other. However, 43% of respondents said they socialised very often with people from a different religious community than their own, whilst 24% said they did so sometimes. Only 11% said they never did this.

YLT asked to what extent respondents felt that public facilities in their areas were shared. The majority (93%) felt that libraries were shared, 90% felt leisure centres were shared, 73% felt that parks were shared, and almost all respondents (95%) felt that shopping centres were shared.

Only 9% of respondents said they felt unfavourable towards people from minority ethnic backgrounds. However, nearly one third (31%) of 16-year olds felt that there is a lot of prejudice in Northern Ireland towards people from minority ethnic communities, with 22% saying that there is more now than 5 years ago. Whilst only 1% described themselves as very prejudiced against minority ethnic groups, 17% said they were a little prejudiced.

Four in ten YLT respondents felt favourable towards more shared education whilst 27% felt unfavourable. In addition, 77% of respondents said they would prefer mixed workplaces, 60% said they would live in mixed neighbourhoods if they had the choice, and 52% said they would prefer to send their children to mixed religion schools.

82% of YLT respondents felt that young people could make a big contribution towards bringing the two main communities in Northern Ireland closer together, and nearly half (47%) felt that young people already made such a contribution.

As one respondent put it:

Although the Protestant and Catholic divide remains there are signs that it is improving. In terms of different cultures in Northern Ireland there has been less and less prejudice against them.