

Sport and Physical Activity

Over 50% of YLT respondents indicated that in a normal week they took part in organised sports/activities outside school, with only 8% saying that they did not take part in any physical activity.

Table 6: Sports/Activities respondents take part in, by gender (%)

Sport/Physical Activity	Male	Female
Walk/cycle to school or college	38	45
PE in school/college	49	40
Organised activity outside school	61	45
Outdoor adventure activities	13	9
Other physical activity in spare time	31	29
None of these	7	9

The most important reason given for taking part in sports/physical activity was to be fit and healthy (94%), followed by having fun and meeting friends (86%) and gaining new skills (78%); the least important was to compete with others (42%), although this was important for 58% of males.

In terms of being good at sports, 69% of male respondents felt they were good/quite good compared to 52% of females.

When asked to assess their body size, nearly half (49%) of respondents felt they were about the right size; however, some gender differences in perceptions were evident:

Table 7: Perceptions of body size, by gender (%)

	Male	Female
Much/bit too thin	21	4
About right size	54	45
Much/bit too fat	22	44
Don't think about it; Don't know	2	6

Child Sexual Exploitation

The majority of respondents said they knew 'a little' (64%) or 'a lot' (17%) about the sexual exploitation of children and young people.

Respondents were asked if they felt there could be gender differences in reporting sexual exploitation. While most (58%) felt that it would be equally hard for young men and young women, nearly 30% felt that it would be harder for young men to report it.

82% said that if someone tried to take advantage of them sexually they would report it.

Table 8: Who would you report sexual exploitation to, by gender (%)

Organisation/Person	Male	Female
A friend	39	63
A parent/carer	69	70
A teacher	24	24
A youth worker	13	13
A sibling	14	25
The Police	66	56
A helpline e.g. Childline	25	27
A confidential website	10	13

Nearly 40% of respondents felt that professionals were likely to view sexual exploitation more seriously when it happened to young females.

Table 9: Why professionals might view sexual exploitation of females more seriously, by gender (%)

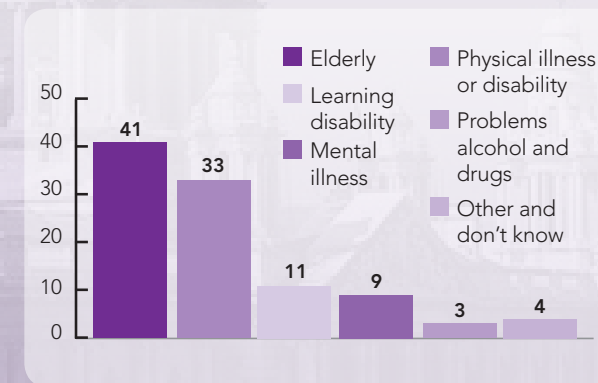
Reasons	Male	Female
Boys can't be victims	49	57
Males seen as abusers not victims	76	82
If abuser female and victim male – viewed as 'conquest' for male	41	37

Caring

When asked if they would describe themselves as young carers, 9% of 16 year olds indicated that they would and 3% said they did not know.

Care was provided to grandparents (42%); siblings (32%), father (27%); mother (11%) and others (10%).

Figure 6: Why do the people you care for need your help? (%)



While nearly half of respondents (48%) spent between 0-9 hours a week caring, 37% felt they could not quantify their caring as 'it was just part of everyday life'. In addition, 8% felt it was unpredictable as the person cared for had 'good and bad days'.

Respondents most often provided emotional care (56%) and practical care (50%).

Despite the demands placed upon them, the majority of young people enjoyed caring (75%), never missed school because of caring responsibilities (79%) and were not prevented from going out with friends (74%). Nonetheless, just over one third worried about the person they cared for when they were not with them (35%) and did not feel fully involved in decisions about their care (38%).

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 2015, 1,156 young people responded.

This leaflet provides a summary of some key findings from the 2015 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 of the participants of the survey suggested a range of subjects that could be asked in future and questions on some of these will be included in the 2016 YLT survey.

Comments on the YLT survey are welcome at any time and can be submitted via the YLT website, or via our Facebook page.

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

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2015 Young Life and Times Survey



Summary of Results

Figure 1: When they finish school/college in Northern Ireland would respondents consider working or studying outside the UK? (%)

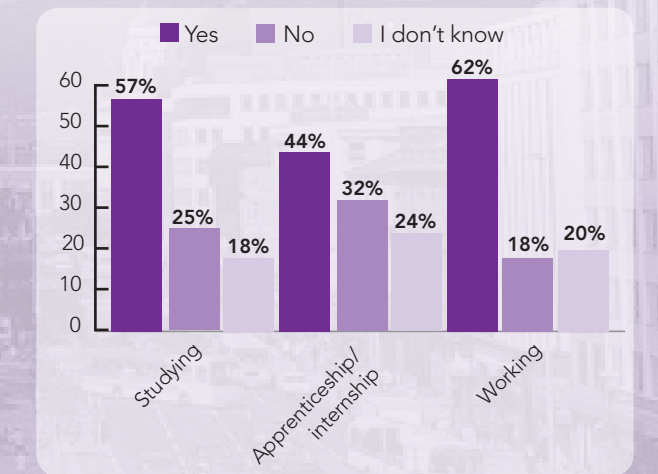


Figure 2: How many times in a normal week do you spend at least 60 minutes on sport or physical activity? (%)

