

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 (%)

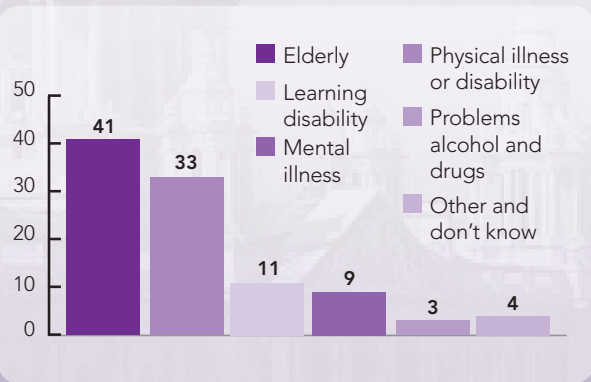
Reasons	Male	Female
Boys can't be victims	49	57
Males seen as abusers not victims	76	82
If abuser female and victim male – viewed as 'conquest' for male	41	37

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? (%)

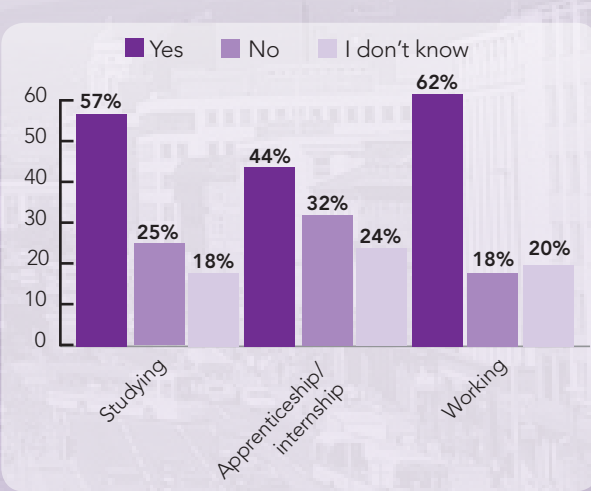
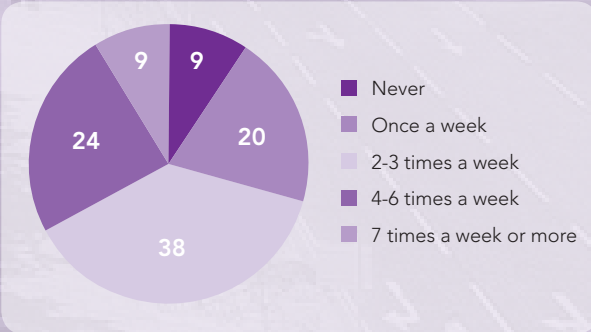


Figure 2: How many times in a normal week do you spend at least 60 minutes on sport or physical activity? (%)



Who took part in the 2015 YLT survey?

All young people living in Northern Ireland who celebrated their 16th birthday in February and March 2015 were invited to take part in the survey. Of the 1,156 16 year olds who responded:

- 85% completed a paper survey and 15% completed online.
- 41% were male and 58% were female.
- 18% said they lived in a big city or its outskirts, 41% a small city or town and 41% in a village or in the countryside.
- 53% attended a grammar school, 33% a secondary school, 9% a planned integrated school and 5% another type of school.
- 77% lived with both parents, 16% lived only with their mother, 2% lived only with their father and 4% lived with their mother some time and father some time.
- 11% of respondents said they had a long-standing physical or mental health condition.
- 9% of respondents reported being young carers.
- 70% regarded themselves as belonging to a particular religion - 40% Catholic, 27% Protestant, while 4% belonged to other religions. 30% indicated that they did not belong to a religion.
- 7% of males and 16% of females had been sexually attracted to a person of the same sex at least once.
- 30% said their families were financially either very well-off or well-off, while 14% said their families were not at all well-off or not well-off. However, the majority (51%) described their family's financial situation as average.

Community Relations

Table 1: Respondents who feel the 'definitely' or 'probably' have a sense of belonging to their neighborhood and Northern Ireland by religion (%)

	Protestant	Catholic	None
Neighbourhood	85	84	64
Northern Ireland	89	73	67

While overall a sense of neighbourhood belonging was strong (78%), it was weakest among those respondents with no religious affiliation. However, young people in rural areas (83%) felt a greater sense of local belonging than those from urban areas (75%).

40% of Protestant compared to 26% of Catholic respondents felt a 'definite' sense of belonging to Northern Ireland.

Religious affiliation continues to be associated with perceptions of safety in specific locations.

Table 2: Respondents who feel very/quite safe in specific premises, by religion (%)

Event Held In	Protestant	Catholic	None
GAA Club	38	94	48
Orange Hall	78	20	40
Catholic Secondary School	52	96	62
Protestant Secondary School	92	54	69

Over three quarters of respondents (77%) felt they were not at all prejudiced against people of minority ethnic communities. However, only half indicated that they felt favourable towards them, with 42% feeling neither favourable nor unfavourable. Respondents' friends came completely or mostly from the same religious background (84%) and the same race or ethnic origin (88%).

Community Relations

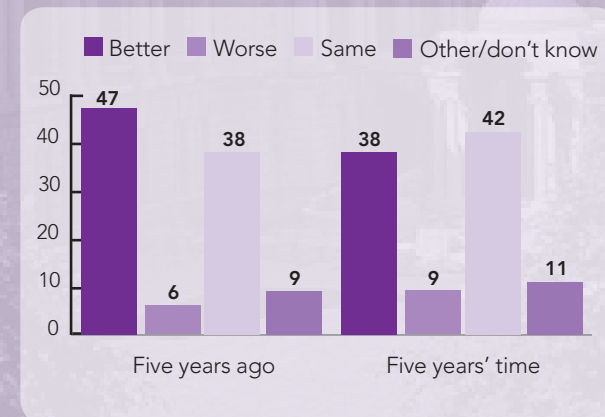
Table 3: Which of these best describes the way you think of yourself, by religion (%)

	Protestant	Catholic	None
British	49	2	29
Irish	2	72	18
Ulster	2	<1	2
Northern Irish	47	21	44
Other/Don't know	1	4	8

National identity was more important to Catholics (65%) than Protestant respondents (54%) while only 30% of those aligned with no religion felt it was important.

Over three quarters of YLT respondents (79%) continue to feel that religion will always make a difference to how people in Northern Ireland feel about each other. While only 9% of respondents felt that community relations will be worse in 5 years' time, less than 40% feel it will be better.

Figure 3: Perceptions of community relations over time (%)



Shared Education

Nearly half of respondents (47%) were in favour of Government plans for greater sharing in education, 24% were unfavourable and 29% were neither favourable/unfavourable.

When deciding on potential changes in education, most respondents felt Government should prioritise widening subject choice irrespective of school (84%), while least important should be saving money (22%).

Just over half of young people (51%) had joined with other schools to share facilities or do classes.

Table 4: Respondents' involvement in and enjoyment of shared education (%)

I have done projects with other schools	70
I enjoyed doing shared projects	75
I have shared facilities with other schools	38
I enjoyed sharing facilities	58
I have participated in shared classes	55
I enjoyed participating in shared classes	65

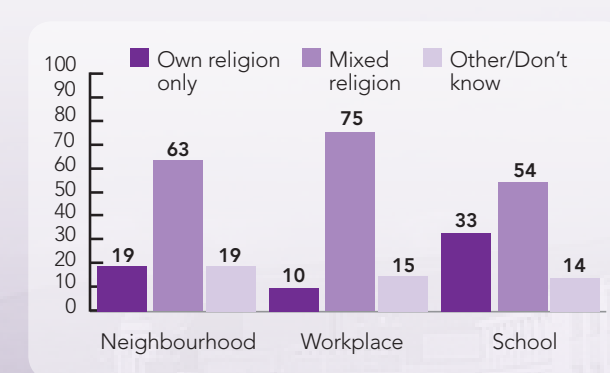
Table 5: How do you think you would feel if your school did get together with other schools to do projects or classes or share facilities? (%)

I WOULD enjoy doing shared projects	68
I WOULD enjoy sharing classes	60
I WOULD enjoy sharing equipment	60

The four things that young people would like most about getting together with different schools were making new friends (92%); doing classes they didn't normally get to do (88%); being with young people from a different ethnic background (81%); being with young people of a different religion (79%).

Mixing and Integration

Figure 4: Would you prefer to live, work or send your children to school in a mixed religion environment or with people of your own religion only? (%)



Participating in Sport

Respondents were asked to name the three sports or physical activities they engaged in. The size of text reflects the number of respondents who said they engaged in the activity.

Figure 5: Sports and activities respondents are involved with:

