

2015 Isle of Man Youth Survey

Summary booklet

6 November 2015 to 15 January 2016

Commissioned by the: Isle of Man Children's Services
Partnership



Empowering young people
in the Isle of Man.

Scope

Youth Trust conducted this survey on behalf of the Isle of Man Children's Services Partnership to help the Isle of Man Government and partner agencies to better plan and target services for young people.

The survey was branded as 'The BIG Youth Survey' with a theme of 'Have Your Voice Heard'.

The survey provided a platform for young people to express their views and opinions about what life is like growing up on the Isle of Man in 2015 and comprises of questions relating to schooling, leisure, health, social attitudes, lifestyle choices and wellbeing.

Target audience

Young people living in the Isle of Man aged 11 to 18. The target audience had a potential of 5,315.

Collection

The survey was accessible between 6th November 2015 and 15th January 2016 by visiting youth.im.

Methods of publication included:

- Postcards delivered to secondary school students;
- Media releases to online, print and radio outlets;
- Extended interview on Manx Radio;
- Sponsored Facebook campaign targeting young people aged between 13 and 18;
- Posters within schools, youth clubs and IoM College.



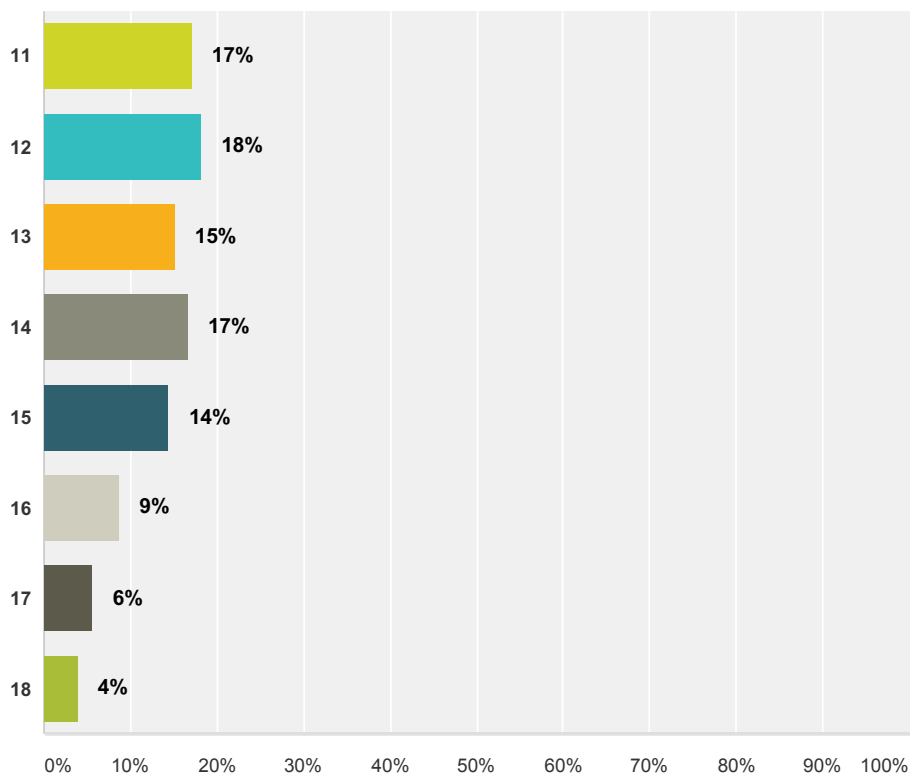
1,370 responses
from young people

18 Minutes
average to complete

26% return from
target audience

Q1 How old are you?

Answered: 1,370 Skipped: 0



Answer Choices	Responses
11	17% 235
12	18% 249
13	15% 210
14	17% 228
15	14% 198
16	9% 119
17	6% 76
18	4% 55
Total	1,370

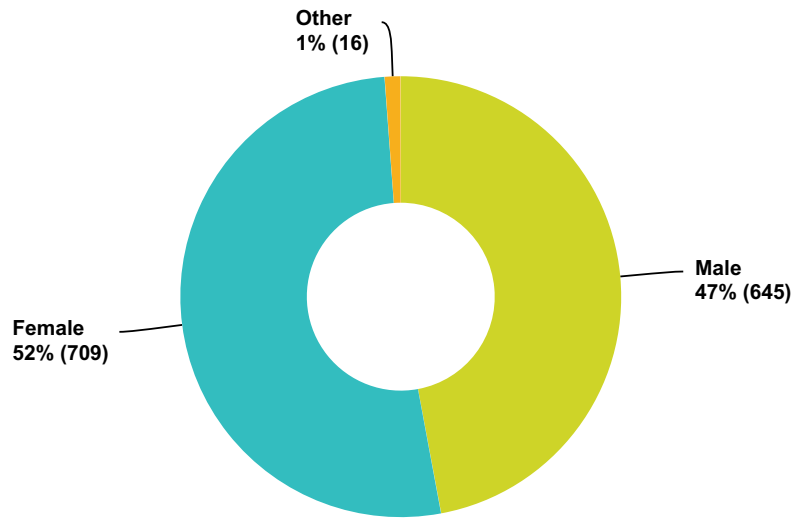
Notes

As of September 2015, the Isle of Man secondary school population stood at 5,315.

- > 37% of all young people aged 12 took part.
- > 8% of all young people aged 18 took part.

Q2 What is your gender?

Answered: 1,370 Skipped: 0



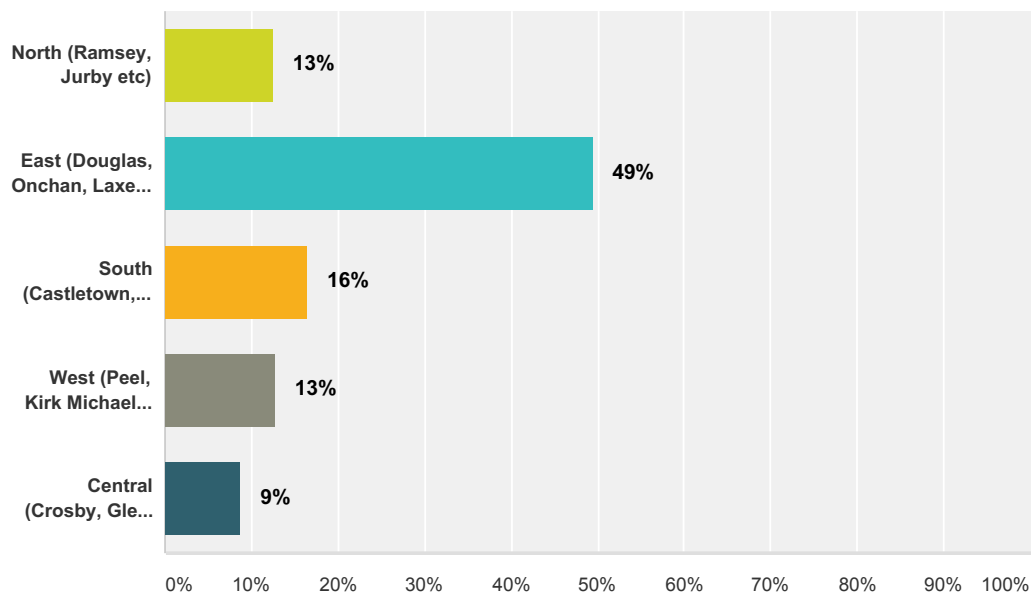
Answer Choices	Responses	
Male	47%	645
Female	52%	709
Other	1%	16
Total		1,370

Notes

Answer choice of 'other' was inspired and requested by the LGBT community.

Q3 Which area do you live in?

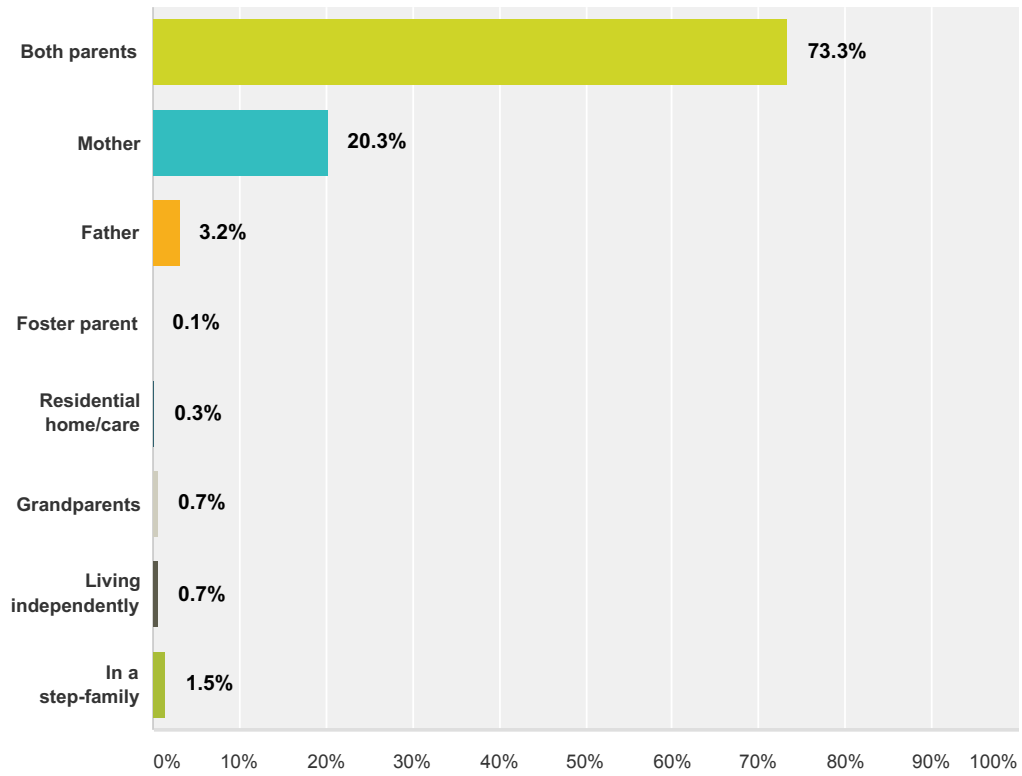
Answered: 1,370 Skipped: 0



Answer Choices	Responses
North (Ramsey, Jurby etc)	13% 173
East (Douglas, Onchan, Laxe...)	49% 677
South (Castletown, Port Erin etc)	16% 226
West (Peel, Kirk Michael etc)	13% 174
Central (Crosby, Glen Vine, Braddan, Foxdale etc)	9% 120
Total	1,370

Q4 Who do you live with most of the time?

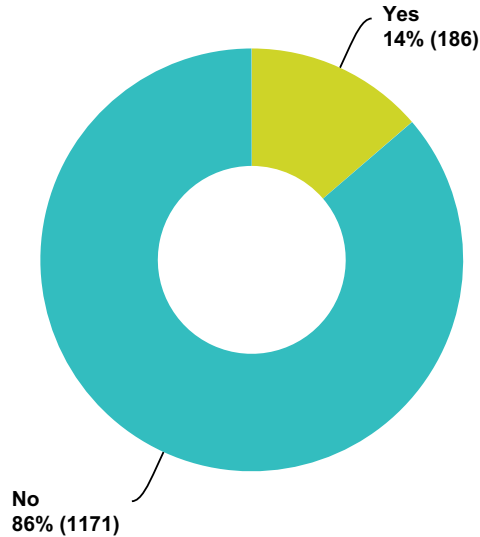
Answered: 1,370 Skipped: 0



Answer Choices	Responses	Count
Both parents	73.3%	1,004
Mother	20.3%	278
Father	3.2%	44
Foster parent	0.1%	1
Residential home/care	0.3%	4
Grandparents	0.7%	9
Living independently	0.7%	9
In a step-family	1.5%	21
Total		1,370

Q5 Do you provide extra help and care for someone? You may care for a friend or family member who due to illness, disability, a mental health problem or an addiction cannot cope without your support.

Answered: 1,357 Skipped: 13



Answer Choices	Responses
Yes	14% 186
No	86% 1,171
Total	1,357

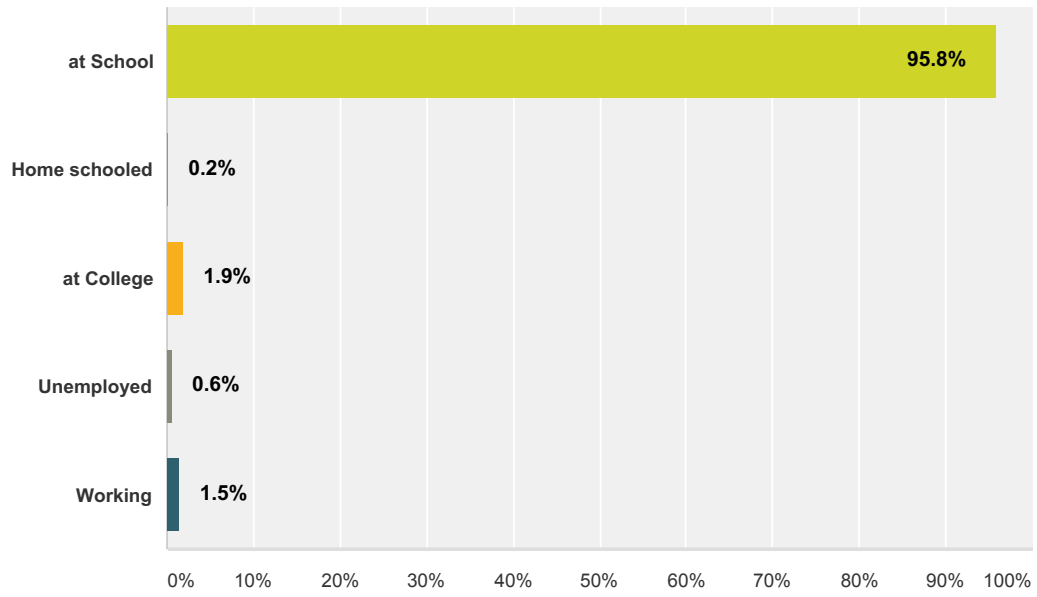
Notes

In 2013 the number of young people identifying themselves as young carers was 4.3%.

Young Carers by Crossroads Caring for Carers has been increasingly successful at contacting and working with young people who find they have additional responsibilities and need extra help and support.

Q6 Are you...

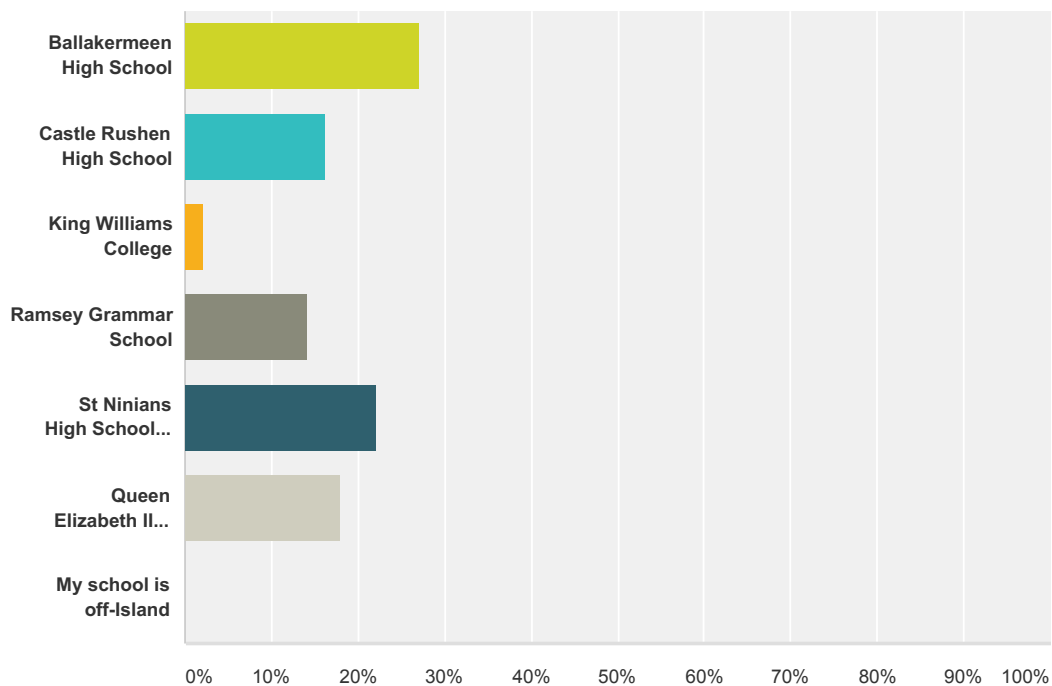
Answered: 1,370 Skipped: 0



Answer Choices	Responses	Count
at School	95.8%	1,313
Home schooled	0.2%	3
at College	1.9%	26
Unemployed	0.6%	8
Working	1.5%	20
Total		1,370

Q7 Which school do you attend?

Answered: 1,270 Skipped: 100



Answer Choices	Responses	
Ballakermeen High School	27%	346
Castle Rushen High School	16%	207
King Williams College	2%	26
Ramsey Grammar School	14%	181
St Ninians High School (including Bemahague)	22%	282
Queen Elizabeth II High School	18%	227
My school is off-Island	0%	1
Total		1,270

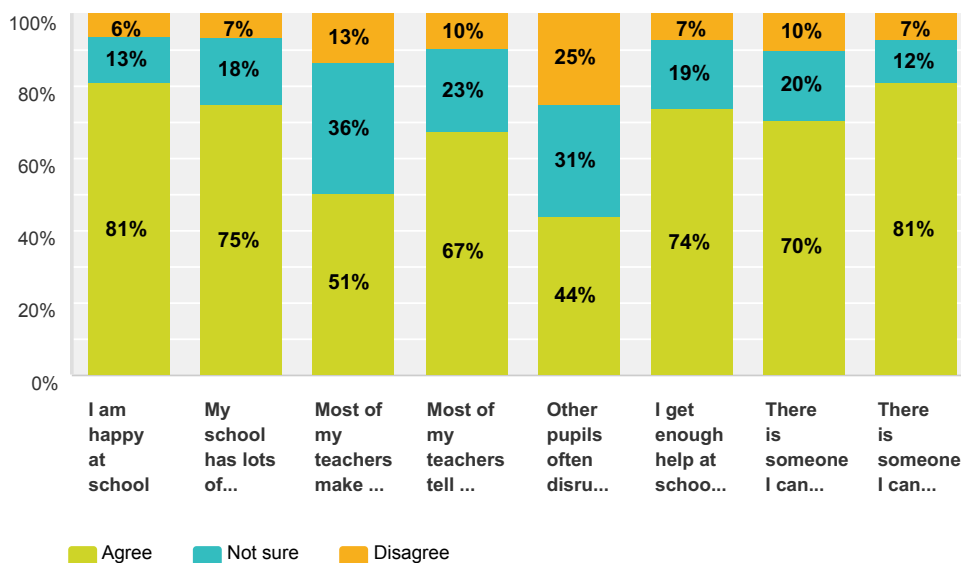
Notes

It is anticipated that most young people completed the survey at home in their own time and spent, on average, 20 minutes to complete.

The return rate for each public school against number of pupils was fairly consistent.

Q8 What do you think about these things?

Answered: 1,269 Skipped: 101



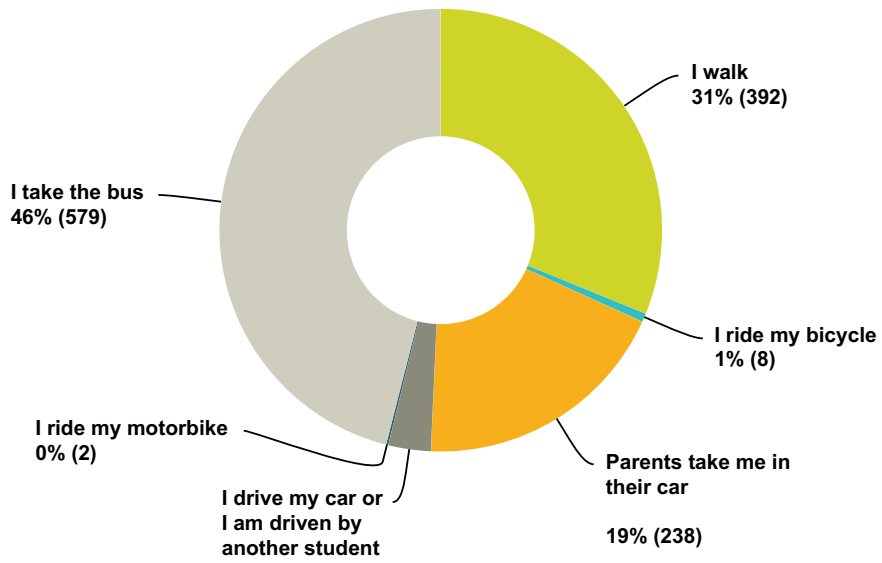
	Agree	Not sure	Disagree	Total
I am happy at school	81% 1,025	13% 168	6% 74	1,267
My school has lots of activities to take part in at lunchtime or after school	75% 940	18% 232	7% 84	1,256
Most of my teachers make my lessons fun and interesting	51% 636	36% 454	13% 167	1,257
Most of my teachers tell me how I am doing with my work	67% 848	23% 290	10% 120	1,258
Other pupils often disrupt my lessons	44% 553	31% 388	25% 313	1,254
I get enough help at school with learning	74% 925	19% 239	7% 89	1,253
There is someone I can get extra help from in school	70% 882	20% 249	10% 123	1,254
There is someone I can get extra help from at home	81% 1,018	12% 147	7% 89	1,254

Notes

Results within this question have remained within +/- 5% since 2011.

Q9 How do you travel to school most of the time?

Answered: 1,258 Skipped: 112



Answer Choices	Responses	
I walk	31%	392
I ride my bicycle	1%	8
Parents take me in their car	19%	238
I drive my car or I am driven by another student	3%	39
I ride my motorbike	0%	2
I take the bus	46%	579
Total		1,258

Q10 What would encourage you and other students to walk or ride your bicycle to school more often?

Answered: 1,069 Skipped: 301

Some of the things young people told us....

"Buses don't pick up children in a less than 1 mile vicinity around the nearest school. And that parents don't fall for it's raining or it's cold trick. Parents need to either catch the bus or do lift sharing. And we should do a day when cars are band on the roads."

"If the roads were safer and there was pavements all the way"

"If it wasn't as cold or wet (I walk in the summer)"

"I would ride my bike to school if there was somewhere to put my bike at school."

"If I lived near a friend who wanted to bike/walk with me I would, or if there was some sort of prize or monitor of who was cycling/walking the most."

"Get exercise in the morning and help prevent global warming"

"Better weather"

"If i lived close enough"

"It would be that it is far more healthy and beneficial for the environment; but it would help if there were some spaces for bike to be left. I also walk sometimes because I see it as good exercise."

"Benefits, prizes or rewards for healthy activities"

"if the weather was nice and if we had bike racks"

"Safer roads and lighter nights and morning"

"If the Isle of man was closer to the equator..."

"I do walk home from school, but only when it's dry, I don't want my school stuff ruined. Also mornings are too rushed to walk. So you want us to walk or cycle, sure we'll do that, all you have to do is make sure it's not raining before and after school. Thanx!"

"Start the school day later. This seems a typical teenager answer, however most people wake up very early to get ready for school and have breakfast etc and taking the time to walk or cycle - especially for those who live a long way from school - will make the day start extremely early. It is recognised in studies that teenagers brains struggle greatly to function early in the morning and have found that a later school day is beneficial to the students level of education and mental wellbeing. This would make teens more likely to walk/cycle and be happy about it. Enthusiasm is key when making lifestyle changes and nobody is enthusiastic at 8 on a Monday morning in the wet and windy isle of man. It's sad but true."

"If I lived closer to my school I would walk, also my school doesn't have any bike racks or area for bikes if there is anyone who would like to ride to school. Other than that not many people like to walk to school or home as in the morning they don't feel as alert and after school some are tired from the work at school."

"Maybe if we understood more how it would benefit us and the world. Buy sometimes its hard if you live a long distance from school."

"A target, if you feel as though walking to school is hard, a reason for walking to school could help you and your mind for the day ahead."

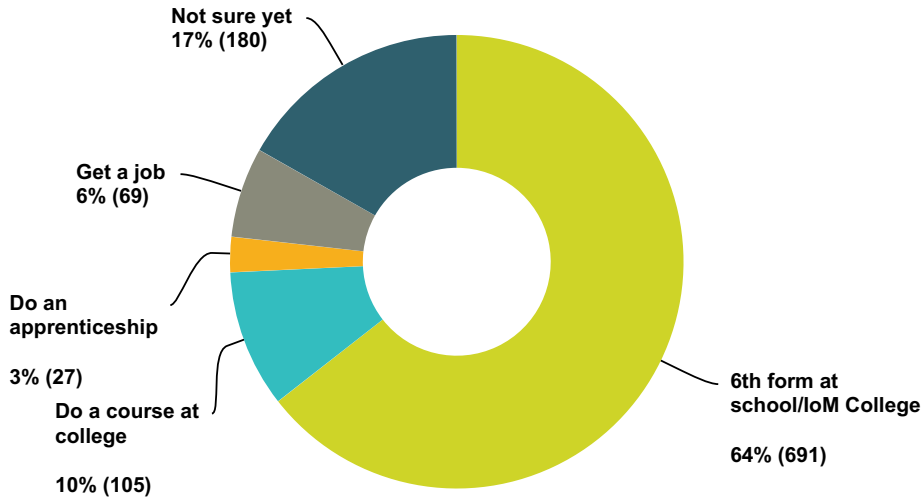
"Nothing, we're already made to pay for busses now and people still aren't encouraged to walk, bus prices would have to be really high if more people were going to walk or cycle"

"i love riding my bike and i would ride it to school but i struggle to get up early enough to do so. if the school started slightly later say 10 or 10.30 that would give me the time to get everything ready and ride to school."

"It's nothing to do with encouragement it's more the cold weather, the earlier waking time or the fact that when they arrive they would be extremely sweaty and unpleasant."

Q11 What do you want to do when you finish Year 11? Please leave blank if you are in year 12 or above

Answered: 1,072 Skipped: 298



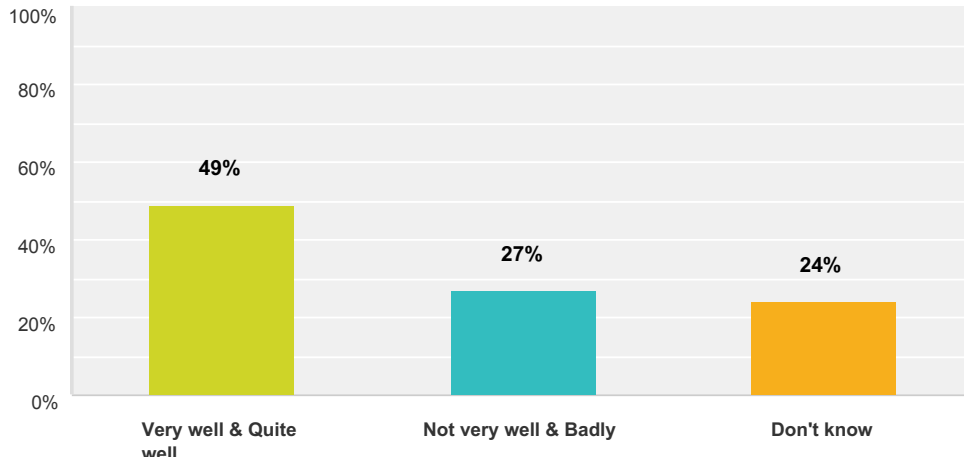
Answer Choices	Responses
6th form at school/loM College	64% 691
Do a course at college	10% 105
Do an apprenticeship	3% 27
Get a job	6% 69
Not sure yet	17% 180
Total	1,072

Notes

The number of young people thinking about going into full-time employment after finishing Year 11 has risen by over 4% however for young people aged 16+ the total figure is just 2%.

Q12 How would you rate the general behaviour of students on your school bus?

Answered: 1,228 Skipped: 142



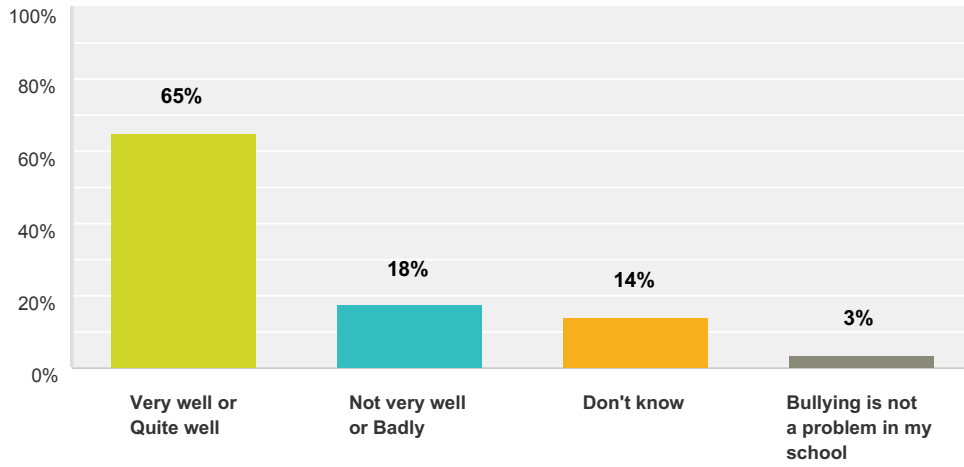
Answer Choices	Responses	Count
Very well & Quite well	49%	601
Not very well & Badly	27%	329
Don't know	24%	298
Total		1,228

Notes

Young people are reporting improved behaviours on the school bus compared to 2013 and 2011 where 'very well & quite well' was 35%.

Q13 How well does your school deal with bullying?

Answered: 1,248 Skipped: 122



Answer Choices	Responses	
Very well or Quite well	65%	811
Not very well or Badly	18%	221
Don't know	14%	173
Bullying is not a problem in my school	3%	43
Total		1,248

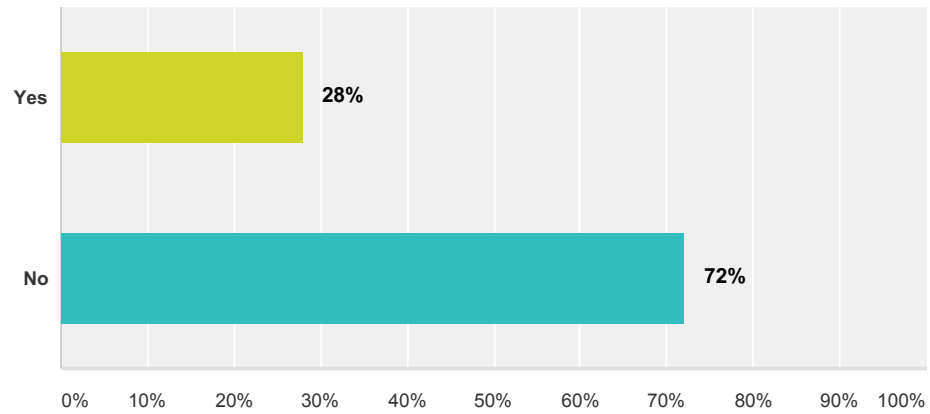
Notes

The whole school population was asked this question.

49% of young people who reported being bullied most days or every day thought their school deals with bullying either well or very well.

Q14 Have you been bullied in the past year?

Answered: 1,254 Skipped: 116



Answer Choices	Responses
Yes	28% 352
No	72% 902
Total	1,254

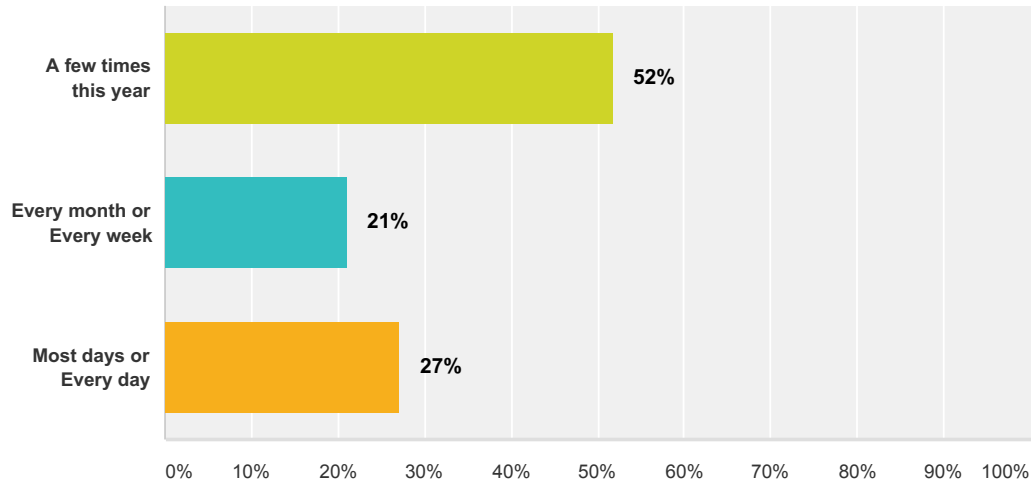
Notes

This question has remained static over the past 5 years with 28% saying they have been bullied in past year.

- > The benchmark from UK data is 33%; although it is difficult to track down official figures.
- > Numbers quoted by organisations offering help and support to victims put the figure much higher.
- > The USA Department of Education asked a similar question and their figure to 'Yes' was 22%.

Q15 How often has someone done something to bully you?

Answered: 338 Skipped: 1,032



Answer Choices	Responses	
A few times this year	52%	175
Every month or Every week	21%	71
Most days or Every day	27%	92
Total		338

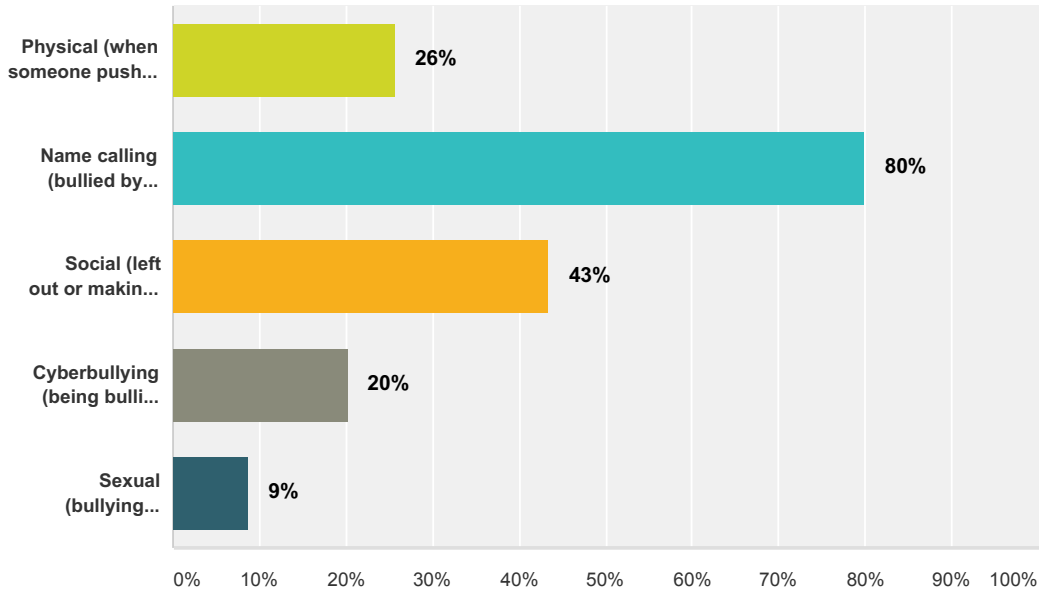
Notes

Q15 to Q20 only feature responses from those who answered 'Yes' to Q14: Have you been bullied in the past year?

- > 6% increase in persistent bullying being those that are bullied most days or every day.
- > Bullying was highest between the ages of 11 and 15.
- > Children's Services Partnership have pledged to focus particular attention on this subject.

Q16 What kind of bullying was it? Tick all that apply

Answered: 339 Skipped: 1,031



Answer Choices	Responses	
Physical (when someone pushes you, hits you or harms you in any way physically)	26%	87
Name calling (bullied by name calling regularly and it is hurtful)	80%	271
Social (left out or making plans and excluding others, etc)	43%	147
Cyberbullying (being bullied online, via mobile phone or on social networks)	20%	69
Sexual (bullying includes unwanted sexual advances/comments, sexuality, spreading sexual rumours)	9%	30
Total Respondents: 339		

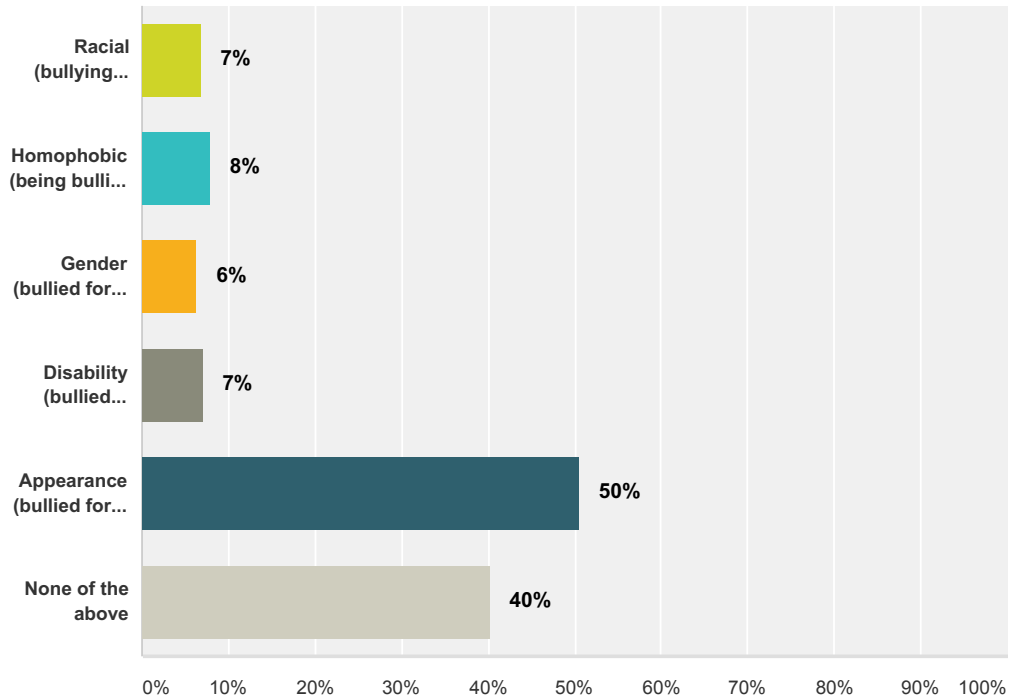
Notes

Q15 to Q20 only feature responses from those who answered 'Yes' to Q14: Have you been bullied in the past year?

The level of bullying has remained constant for the past 5 years however there is a notable decline from physical bullying while cyber bullying has risen by 8%.

Q17 Did the bullying include any of the following? Tick all that apply

Answered: 337 Skipped: 1,033



Answer Choices	Responses	
Racial (bullying because of skin colour, cultural or religious background or ethnic origin)	7%	23
Homophobic (being bullied for your sexuality, i.e. being gay, lesbian, bi or transgender)	8%	27
Gender (bullied for being a boy or a girl, or that being used against you)	6%	21
Disability (bullied because of a disability or additional needs)	7%	24
Appearance (bullied for weight, body image, clothes, etc)	50%	170
None of the above	40%	136
Total Respondents: 337		

Notes

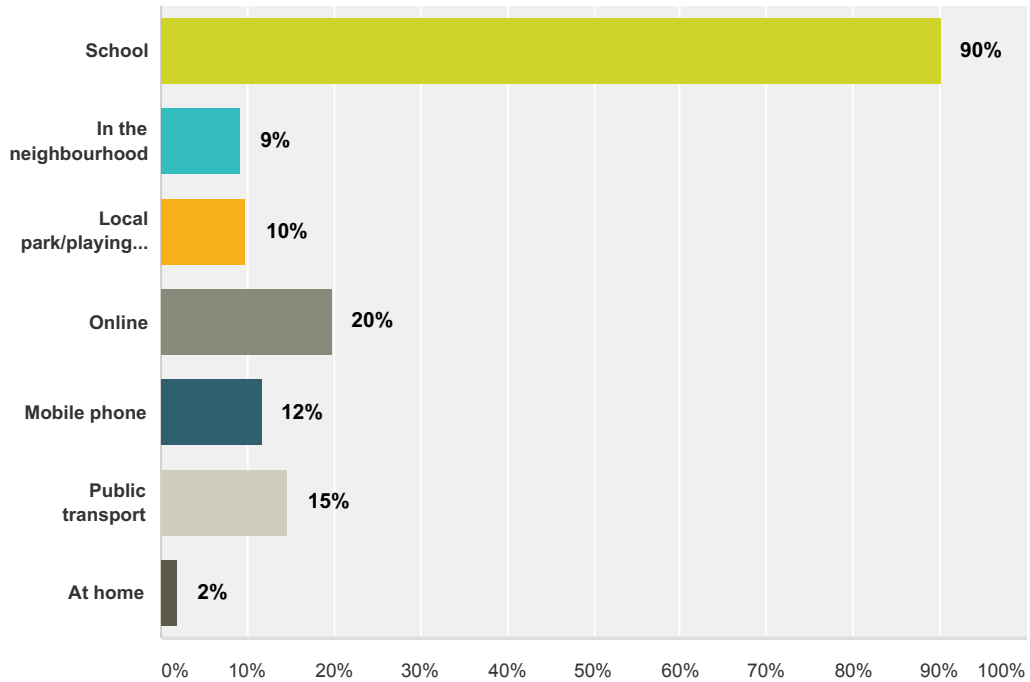
Q15 to Q20 only feature responses from those who answered 'Yes' to Q14: Have you been bullied in the past year?

Bullying because of appearance is persistently high and comments made by young people relate this category to weight.

When exploring those who reported being persistently bullied; appearance remained top of the list followed by homophobic at 14% and disability at 12%.

Q18 Where did the bullying take place?Tick all that apply

Answered: 334 Skipped: 1,036



Answer Choices	Responses
School	90% 301
In the neighbourhood	9% 31
Local park/playing field	10% 33
Online	20% 66
Mobile phone	12% 39
Public transport	15% 49
At home	2% 6
Total Respondents: 334	

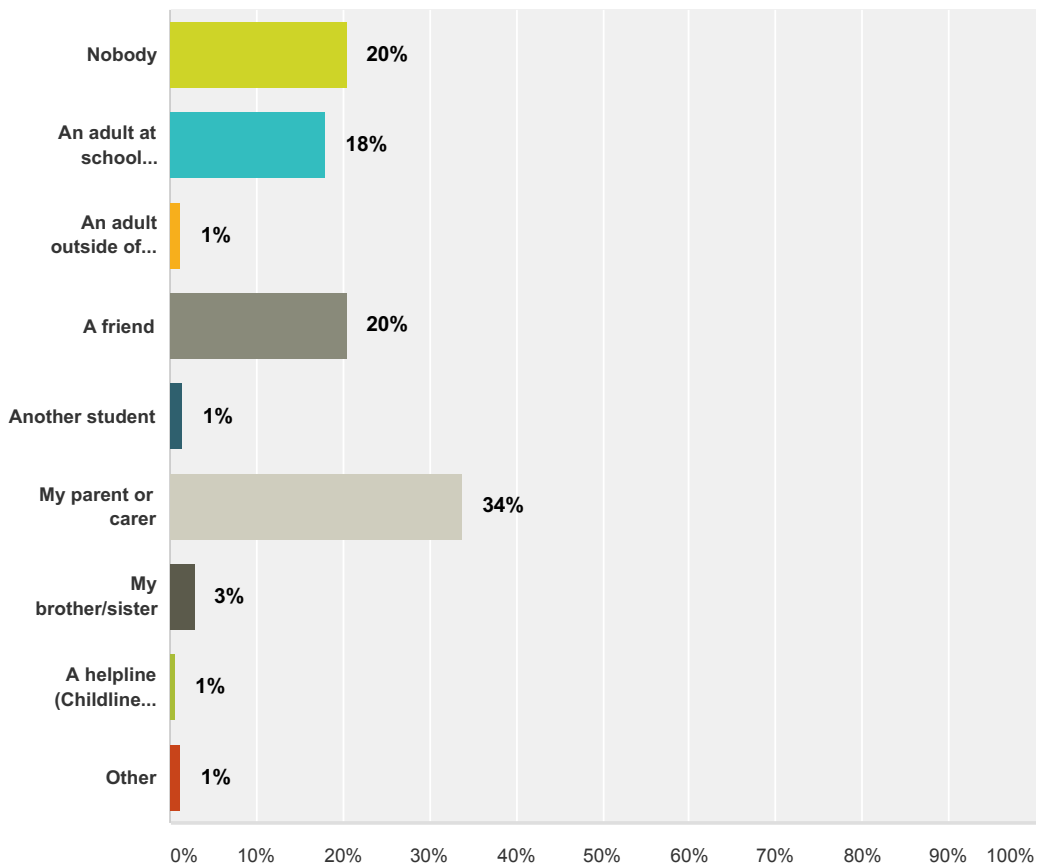
Notes

Q15 to Q20 only feature responses from those who answered 'Yes' to Q14: Have you been bullied in the past year?

Bullying on public transport has fallen by 8% and on that subject young people reported improved behaviour on school buses [Q12].

Q19 Who did you tell first that you were being bullied?

Answered: 338 Skipped: 1,032



Answer Choices	Responses
Nobody	20% 69
An adult at school (Teacher, Head of Year etc.)	18% 61
An adult outside of school (Youth Worker, Sports Coach etc.)	1% 4
A friend	20% 69
Another student	1% 5
My parent or carer	34% 114
My brother/sister	3% 10
A helpline (Childline etc.)	1% 2
Other	1% 4
Total	338

Notes

Q15 to Q20 only feature responses from those who answered 'Yes' to Q14: Have you been bullied in the past year?

20% of young people are not telling anyone about being bullied - this is also the case for those that are persistently bullied.

Q20 What could be done to help you or others who are being bullied?

Answered: 284 Skipped: 1,086

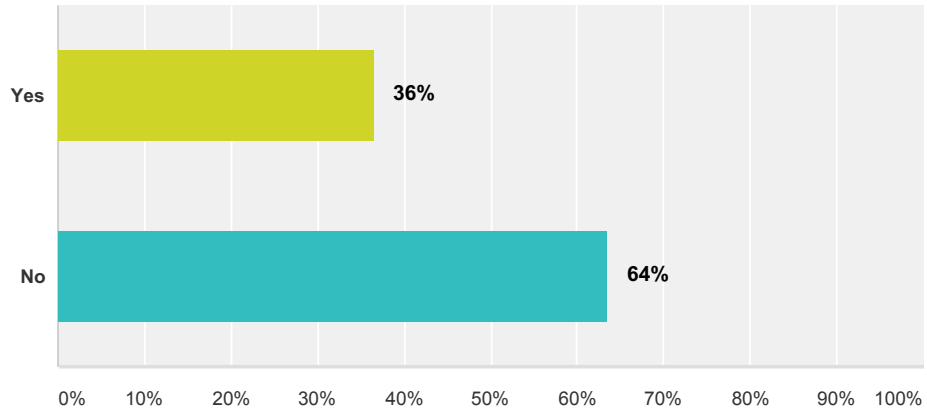
Some of the things young people told us....

Q15 to Q20 only feature responses from those who answered 'Yes' to Q14: Have you been bullied in the past year?

- "Well we have a bullying box but they empty it like 2 times a month" "don't know"
- "Create a place where people can go and 'tell' on the bullies" "tell someone because they can help you"
- "The school already has a listening service at disposal invade any student requires its use"
- "If I could talk to my parent better about stuff." "Get them more punished do more anti bullying weeks"
- "Don't argue back go straight to someone and tell them what is going on because if you argue back there getting what they want and it causes more problems so maybe there could be someone at each school you could talk to privatly."
- "It is better to get it off your chest straight away so it can be sorted at once instead of it constantly happening and getting worse. The quicker it is dealt with the easier it is for the student"
- "A support network for victims of bullying being set up,linked with the school and the schools main police officer or head teachers computer,this will make the teachers more aware of what is actually happening in the environment with the bullies picking on other students."
- "Stand up to them and tell them how you feel they may not know that they are doing it and DON'T SUFFER IN SILENCE"
- "Better involvement from teachers" "Tell someone strait away so they can deal with the problem ."
- "For me, while it was bullying and it was hurtful, I can deal with it. For others, if others in the class/year understand that people are being excluded or bullied then they can befriend them or step in to stop people hurting them. I have befriended several people in my year who are social outcasts, for want of a better word, as in they have Asperger's or something, and I think that makes quite a difference to them, especially if more people do the same."
- "have people outside of school come in and have compulsory talks with all students, as talking ta a teacher is awkward"
- "Stay away from the people who are being mean to you and others" "To look out for each other and don't bully."
- "Teachers could be stricter and more aware of what is happening. It should be dealt with quicker."
- "Put more guidelines on social media sites within school. I know there are guidelines in place regarding the school Wifi but many pupils get around this via 3G/4G on their phones. I have been bullied in school through messages on social media sites; this affected my attitude towards work at school and upset me for the whole day leaving me unable to concentrate as well as usual."
- "For people around the world to do what my teachers did" "Just ignore and tell the teacher"
- "Having a really good friend around" "I think there should be a feelings box"
- "Out of school workers to come to school for private meetings to talk to" "Just ignore it :/"

Q21 Have you seen a careers advisor? This is someone who may visit school to ask about what job you would like to do when you are older

Answered: 1,236 Skipped: 134



Answer Choices	Responses
Yes	36% 451
No	64% 785
Total	1,236

Notes

- > 100% of young people aged 15+ who want to 'get a job' after Year 11 [Q11] said they have seen a careers advisor.
- > 52% of all young people aged 15+ said they have seen a careers advisor.

Q22 If yes, what did you think about the session?

Answered: 445 Skipped: 925

Some of the things young people told us....

"I thought the session was very good"

"Slightly informative but quite boring"

"It made me think more about what I want to do when i'm older"

"Very useful and inspiring"

"It was helpful in many ways, E.g. teaching job interview tips, minimum wages, money saving, pensions... I learnt a lot from the session about the real world, but it still didn't help know what I want to do for a job. (although I know that was not what it was for and I didn't expect it to help in that area)"

"To be honest, not very helpful."

"It was good and interactive and very easy to learn from."

"Well we had one recently with Junior achievement and I found the session inspiring and I have now started thinking of different jobs and what I am able to do and the pay (Etc..)"

"Interesting gave me some more options on careers"

"good, fun and engaging."

"It was ok."

"I found them quite boring because its mainly about gas companies or electrical companies. And I'm not interested in that."

"The careers advisor is fantastic when it comes to discussing options about your future. In this session you discuss many different career paths that you can take so if one does not turn out so well you have a plan B or C. Having someone to talk to about your future is very helpful as you have someone that you can trust and take advice from."

"I thought it was helpful, although at times I was unsure of what to say and this caused some awkward silences."

"Helpful because it could give you a rough idea on what you want to be when your Older, and it would also be helpful because it could set you in the right path towards what you want to be and could make you more focused on your work(school studies) if you're not focused. So I would say it's a great idea."

"I saw one. All he did was convince everyone that working at the airport was the best job ever we didn't get told about money or skills just that working at the airport would be fun."

"I think that it was a educational visit which was interesting for me as well as others"

"It was about using ICT in work."

"Helpful, I was provided with good information"

"I had quite a good idea of what career I wanted to pursue so there wasn't much to discuss but the advisor gave me lots of information about the different ways I could go about getting a job in that area. I think this is pretty important as students need to be aware that there is multiple options after they leave school, not just university."

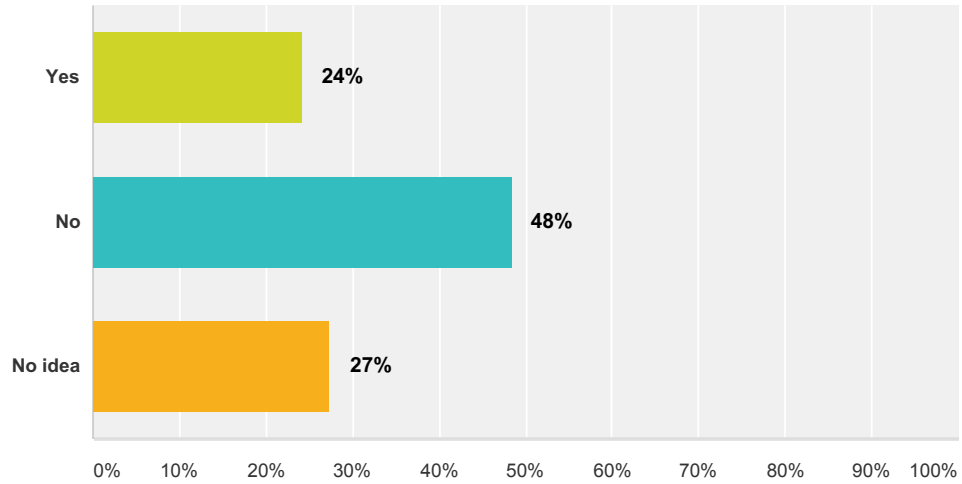
"They do not talk about the jobs that everybody is interested in. Only some people actually get to talk about their job interests"

"Eye opening to see that there are many different jobs and roles that someone does and a bit scary thinking about going into the area I world!!!"

"I loved it, it was about a all the different engineering companies on the island. The man that came in was fascinated by planes, so that is the area of engineering he works in."

Q23 Do you have a CV? Curriculum vitae is an overview of your life achievements commonly used to apply for jobs and colleges

Answered: 1,238 Skipped: 132



Answer Choices	Responses
Yes	24% 301
No	48% 599
No idea	27% 338
Total	1,238

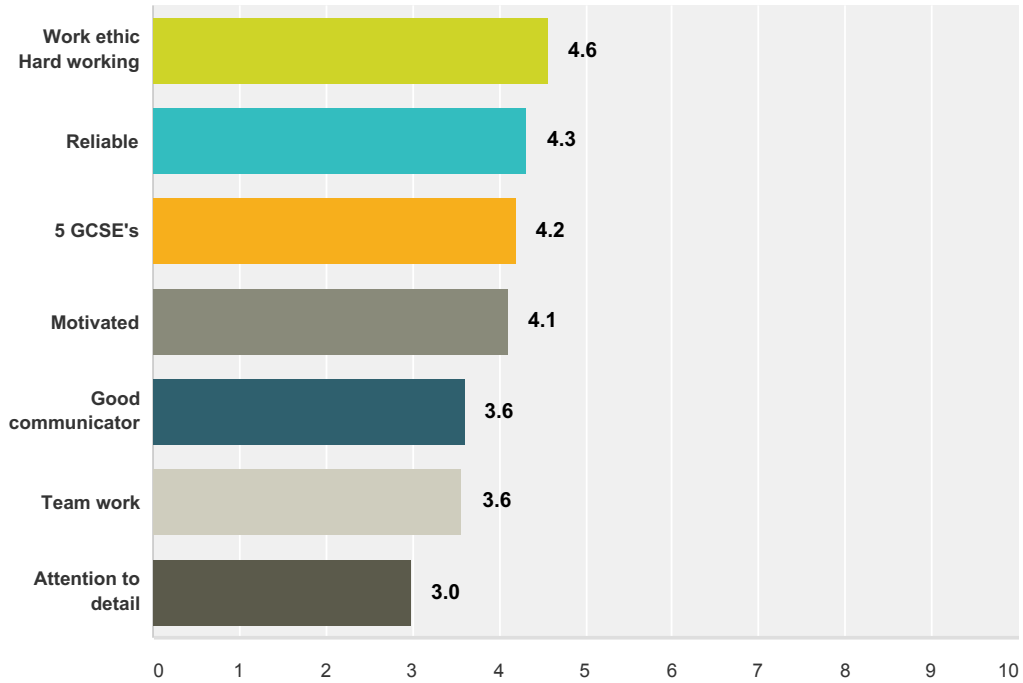
Notes

63% of young people aged 15+ said they have a CV while 7% said 'no idea'.

Secondary school curriculum covers the process of developing a CV and Junior Achievement's programme 'Get a Job' is available to all Year 11 students.

Q24 On a ranking scale, how important do you feel the following skills are to employers? Drag and drop to place skills in order from most important to least

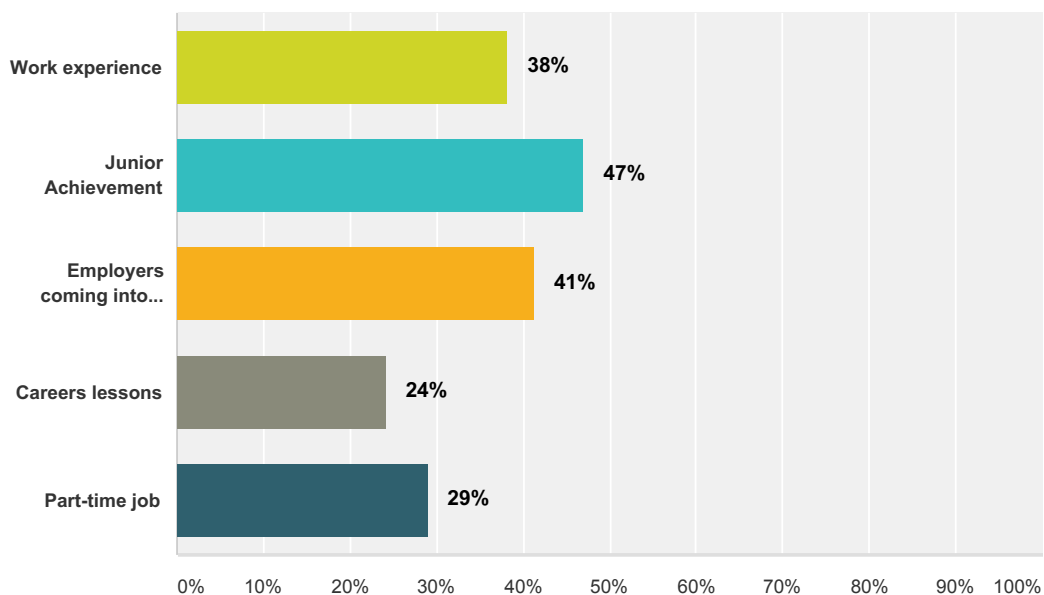
Answered: 1,200 Skipped: 170



	1	2	3	4	5	6	7	Total	Score
Work ethic Hard working	22.65% 246	18.78% 204	15.19% 165	10.96% 119	11.60% 126	10.59% 115	10.22% 111	1,086	4.57
Reliable	15.07% 162	18.88% 203	17.02% 183	14.98% 161	12.09% 130	10.98% 118	10.98% 118	1,075	4.33
5 GCSE's	23.32% 256	12.48% 137	12.57% 138	11.38% 125	10.84% 119	10.47% 115	18.94% 208	1,098	4.19
Motivated	12.36% 132	15.17% 162	16.39% 175	17.23% 184	15.07% 161	13.95% 149	9.83% 105	1,068	4.11
Good communicator	6.43% 70	11.39% 124	13.68% 149	17.26% 188	20.57% 224	18.37% 200	12.30% 134	1,089	3.62
Team work	6.58% 72	10.41% 114	14.25% 156	16.71% 183	19.91% 218	19.82% 217	12.33% 135	1,095	3.58
Attention to detail	8.41% 91	7.12% 77	7.58% 82	11.46% 124	13.49% 146	19.78% 214	32.16% 348	1,082	2.98

Q25 Have you had any contact with local businesses/workplaces? Tick all that apply

Answered: 879 Skipped: 491



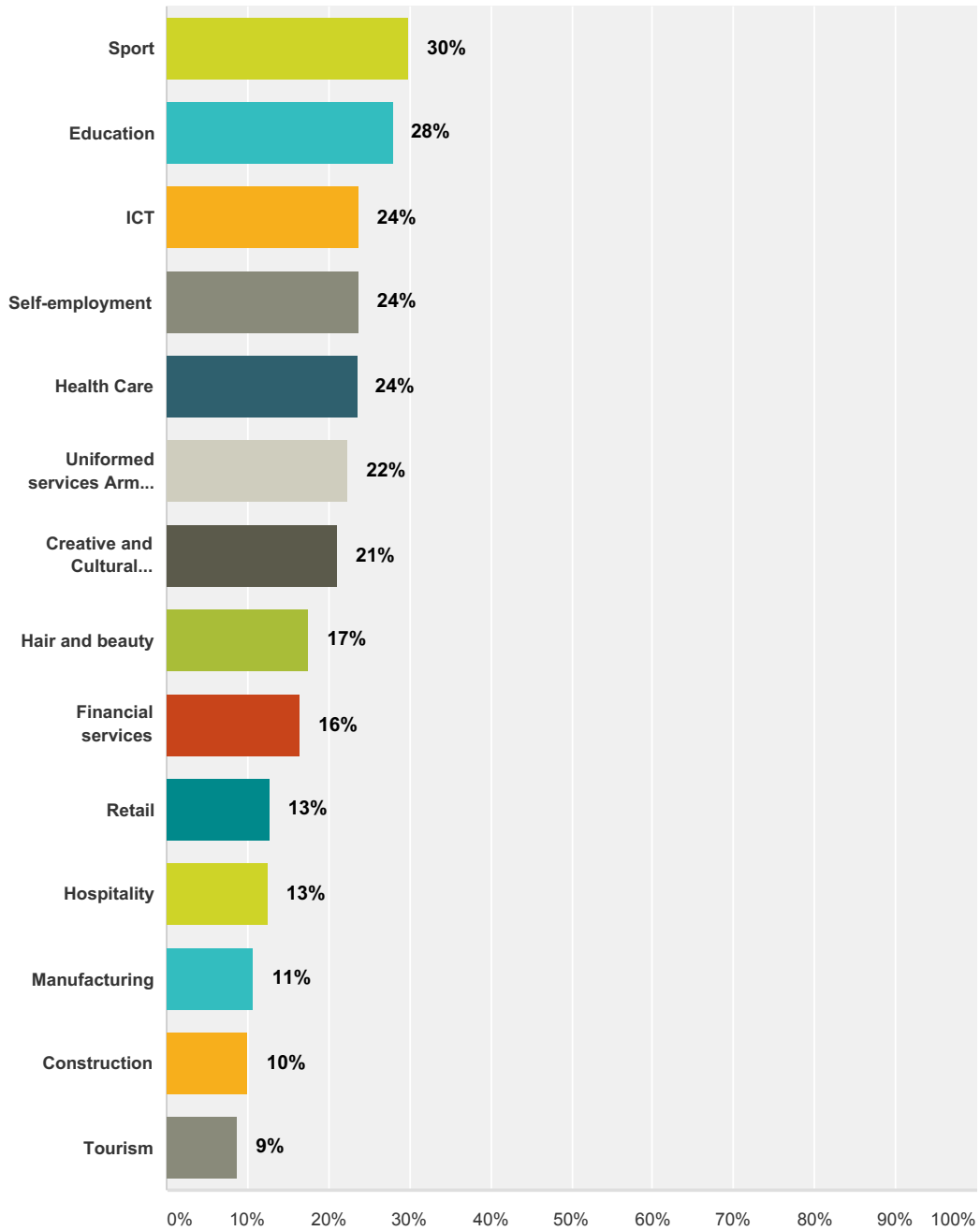
Answer Choices	Responses
Work experience	38% 336
Junior Achievement	47% 413
Employers coming into school	41% 363
Careers lessons	24% 213
Part-time job	29% 255
Total Respondents: 879	

Notes

During the academic 2014-15; Junior Achievement delivered 448 classes involving students from Year 6 to Year 13.

Q26 Would you be interested in working in any of these areas? Tick your preferred options

Answered: 1,201 Skipped: 169



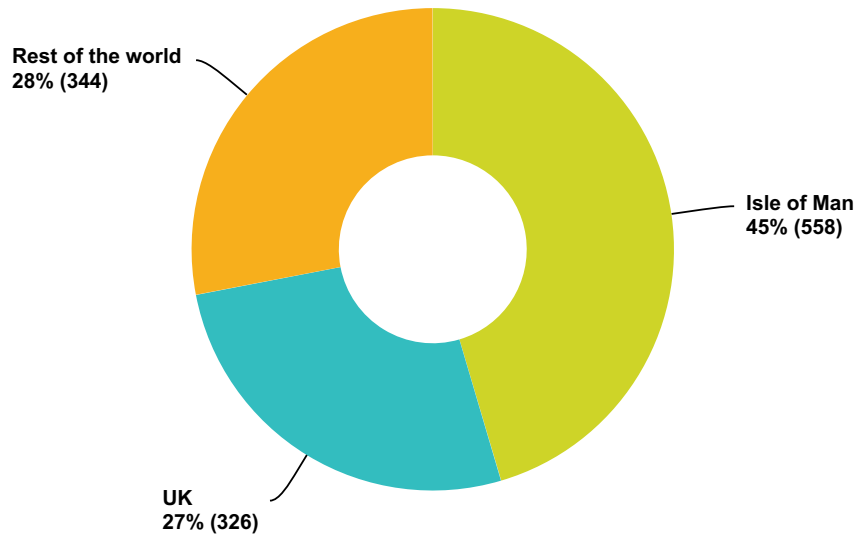
Answer Choices	Responses
Sport	30% 358
Education	28% 335
ICT	24% 287
Self-employment	24% 286
Health Care	24% 283

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Uniformed services Army, Fire, Police, RAF, Navy	22%	269
Creative and Cultural Entertainment industry	21%	254
Hair and beauty	17%	210
Financial services	16%	198
Retail	13%	154
Hospitality	13%	151
Manufacturing	11%	128
Construction	10%	121
Tourism	9%	106
Total Respondents: 1,201		

Q27 Would you like to work in the...

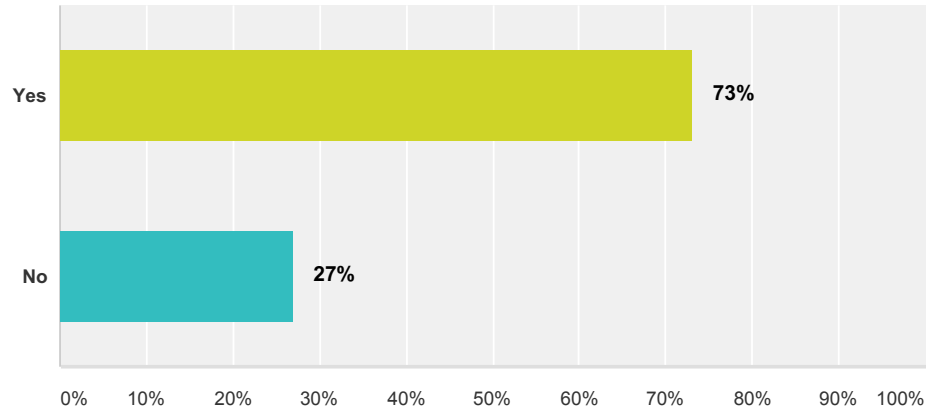
Answered: 1,228 Skipped: 142



Answer Choices	Responses	
Isle of Man	45%	558
UK	27%	326
Rest of the world	28%	344
Total		1,228

Q28 In the last 4 weeks, have you taken part in any group activity led by an adult outside of school lessons? e.g. sports, arts or a youth group

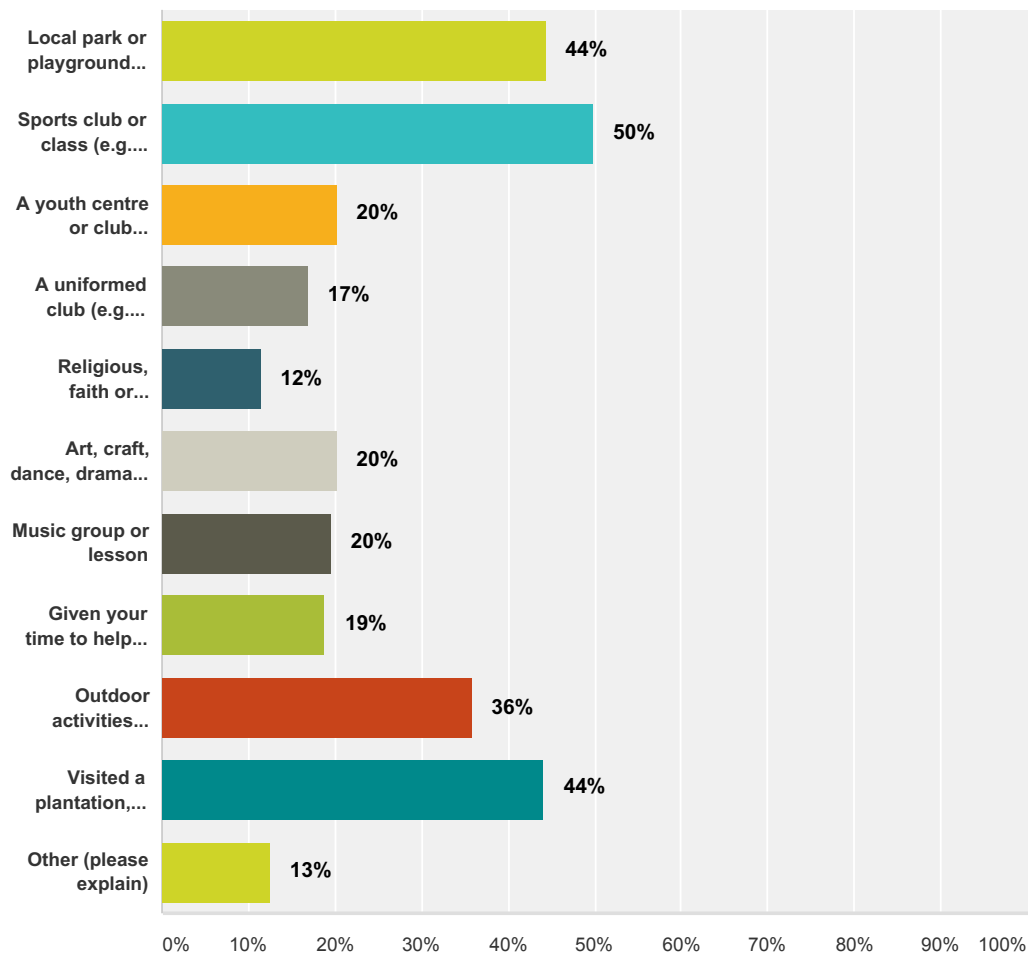
Answered: 1,210 Skipped: 160



Answer Choices	Responses	Count
Yes	73%	885
No	27%	325
Total		1,210

Q29 Which of these have you been to in your free time in the last 4 weeks?

Answered: 1,226 Skipped: 144



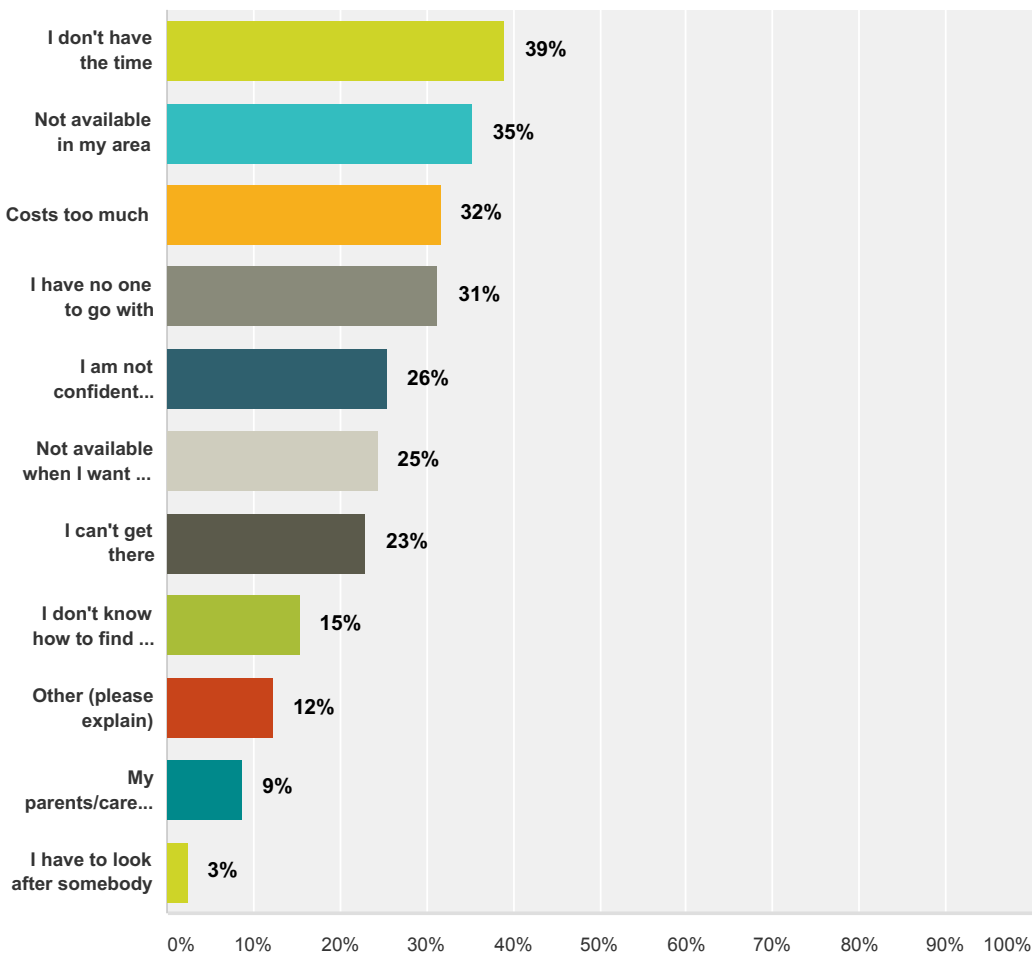
Answer Choices	Responses	Count
Local park or playground (e.g. Game of football/basket ball, skatepark)	44%	544
Sports club or class (e.g. MSR, sports club, swimming)	50%	613
A youth centre or club (e.g. Youth Arts Centre, Cafe Laare, Young Carers)	20%	248
A uniformed club (e.g. Scouts, Girlguides, Cadets)	17%	208
Religious, faith or community group	12%	141
Art, craft, dance, drama, film/video making group	20%	248
Music group or lesson	20%	241
Given your time to help a charity, or participated in some volunteering	19%	230
Outdoor activities (e.g. Mountain biking, water sports, hiking, rock climbing, angling)	36%	440
Visited a plantation, glen or beach	44%	539
Other (please explain)	13%	154
Total Respondents: 1,226		

Notes

There has been a 5% reduction in young people taking music lessons and an 11% increase in outdoor activities.

Q30 What sort of things stop you from doing any activity you would like to do?

Answered: 1,179 Skipped: 191



Answer Choices	Responses
I don't have the time	39% 460
Not available in my area	35% 417
Costs too much	32% 375
I have no one to go with	31% 369
I am not confident enough	26% 301
Not available when I want to do it	25% 289
I can't get there	23% 271
I don't know how to find out what's on offer	15% 181
Other (please explain)	12% 144
My parents/carers worry about me	9% 103
I have to look after somebody	3% 30
Total Respondents: 1,179	

Notes

Knowledge of what is available has improved by 5% however an increase of 8% of young people saying they don't have the time to participate in activities was recorded.

Q31 What do you most enjoy about the activities/clubs that you take part in?

Answered: 1,036 Skipped: 334

Some of the things young people told us....

"Getting to be creative and be myself" "I enjoy it when im away from all the worries of school it makes me relax a bit"

"Meeting people" "New friendships and improve your CV and confidence" "you form new friends"

"The clubs are fun, with mostly helpful and fun coaches/staff and I enjoy participating with my friends in an enjoyable environment"

"They are very fun and friendly" "Meet new people and feel good about what your doing"

"I enjoy synchronised swimming and life guard training best because I like being in the water and I like the gliding feeling as you swim. I love the teachers and how they make these thing fun and rewarding. I like life guard training because I like knowing hat if something happened I would have basic knowledge about what to do"

"When people I go with are nice and helpful and we have fun"

"Meeting new people and having fun all at the same time but whilst all of that is going on your also learning"

"being with my friends and not having to worry about anything"

"That i can make new friends outside of school and the knowledge that i have somewhere to turn to if school gets too much. I enjoy the relaxation to get away from the stresses of exams and schoolwork, so i can forgot my worries"

"The independence you get (when you are slightly older) ad the variation of different people from everyday."

"I play football and I enjoy playing and watching it. I play regularly with my friends and play for a club which competes in a league which is fun. I enjoy playing in a team and with friends."

"They are very fun and interactive. They keep me fit and are a good chance to socialise with my friends."

"I enjoy them because they keep me fit and also because they help me make friends all the time."

"Well, i don't go to any clubs, but i play in my band, and i like that because i create content that i like"

"With the clubs and activities i do the enjoyable part is getting to know new people and progressing my skills"

"Currently, I am not a member of any extra curricular or outside of education clubs, but from past experiences, I can say that it is largely the people I am with or the people that run the club largely determine my opinion on it. The attitude that they take is particularly important, especially with those that run the activity. If the worker is too patronising, and treats you as if you are much younger or much less intelligent than them, it can be off putting and could potentially ruin the entire experience. however, if they show too little attention or care, it could lead to a lot of confusion if the activity requires some prior explanation. but overall, the atmosphere between peers is what I enjoy most about extra curricular clubs."

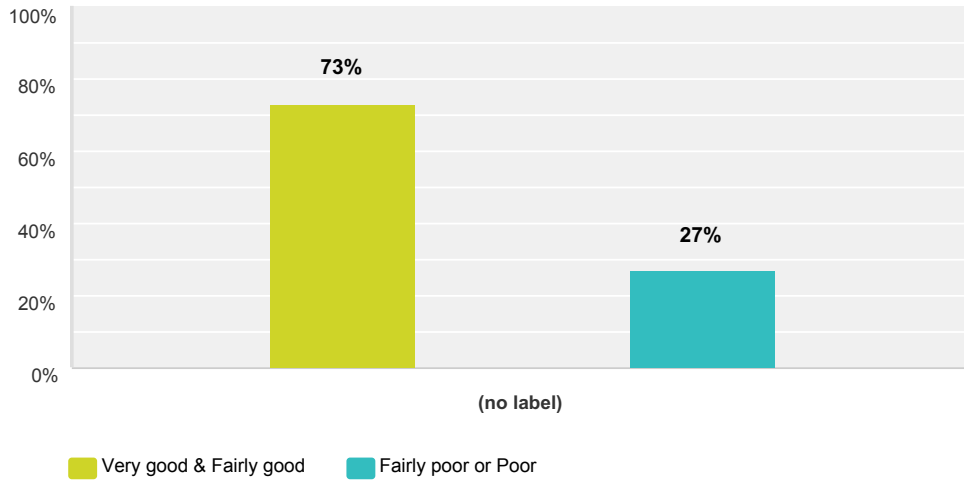
"In youth club its fun because everyone there is nice and caring" "I sometimes like walking to get a break from screens"

"I love being with my friends and having fun yet learning something new everyday. I can also do what I love and share it with my school and try and persuade them to make it a club (It never works)"

"I am able to show responsibility for the care of farm animals and learn the process of which the food we eat is produced"

Q32 Overall, what do you think of the activities and things to do in your area?

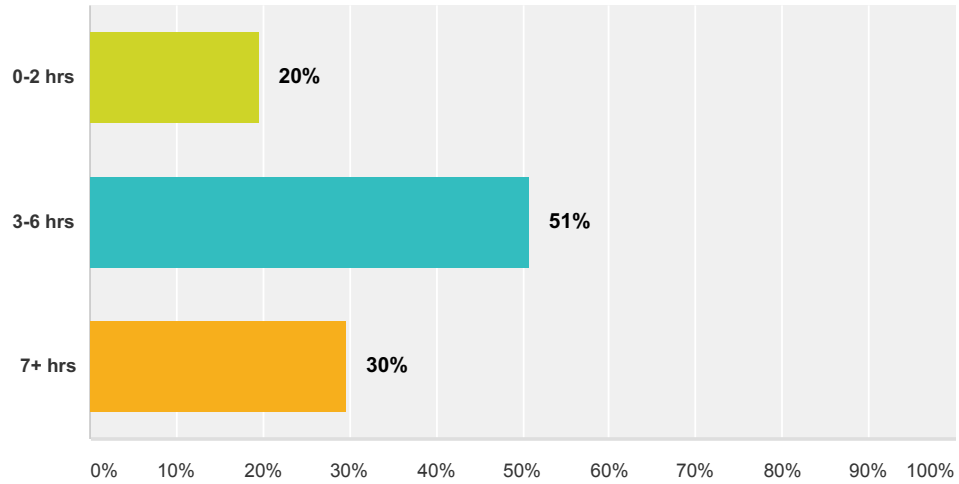
Answered: 1,217 Skipped: 153



	Very good & Fairly good	Fairly poor or Poor	Total	Weighted Average
(no label)	73% 890	27% 327	1,217	1.54

Q33 How many hours of physical activity do you do each week? e.g. running, walking or cycling to school, dance, football, hockey, swimming etc.

Answered: 1,204 Skipped: 166



Answer Choices	Responses	
0-2 hrs	20%	236
3-6 hrs	51%	612
7+ hrs	30%	356
Total		1,204

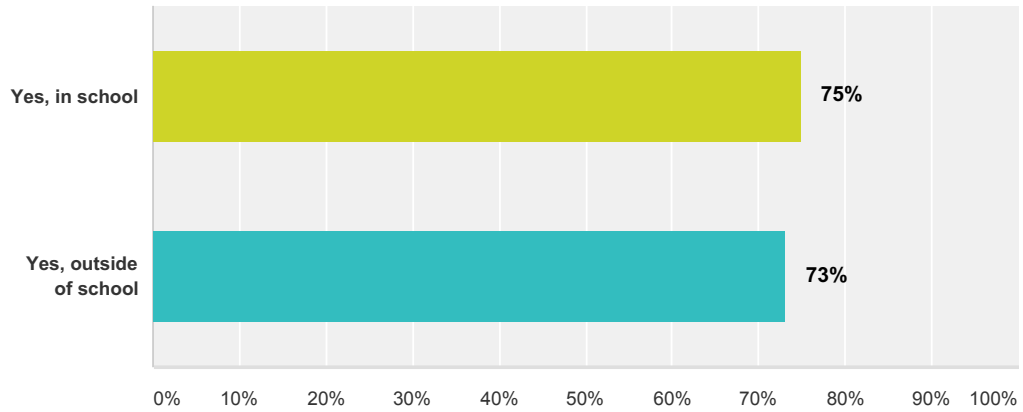
Notes

The most recent Health Survey for England reported that 21% of males and 16% of females aged 5 to 15 reached the minimum recommended physical activity (1 hour per day or 7 hours per week).

In the Isle of Man 36% of males and 27% of females aged 11 to 15 said they do 7+ hours of physical activity each week.

Q34 Did you go to any sports clubs in the past year? Tick all that apply

Answered: 984 Skipped: 386



Answer Choices	Responses
Yes, in school	75% 737
Yes, outside of school	73% 720
Total Respondents: 984	

Notes

28% of males and 16% of females of secondary school population are members of out of school sports clubs.

Q35 What activities do you do to keep fit and healthy?

Answered: 1,144 Skipped: 226

Some of the things young people told us....

"Walk to school" "cycling and running and walking" "Swimming Dancing Netball Hockey Walking"

"I do basket ball and boxing." "walk my dog and walk around the house" "Basketball netball football"

"I do any sports clubs that are available to me in school and do athletics out side of school.I do netball when its netball season.I love to stay active."

"Martial arts Irish dance" "ballet, tap, modern, running and gym." "I do dancing horse riding athlectics"

"I play football, rugby and table tennis. I also go for runs on Tuesday nights around the NSC area."

"Netball and rounders in school, I walk to and from school everyday and I do PE once a week in school."

"Cycling (usually in summer), swimming (down local pool), running (in P.E.), Gym (at lunchtimes in school)"

"I partake in the IOM archery and participate on weekends and weekdays and messing around outside with my mates planning for projects we might be proceeding with"

"I did the Manx Youth Games in May I do running and ruby on Mondays I do badminton on Tuesdays"

Cross Country Physical Basketball Kayaking
Dancing Taekwondo Swimming Exercise
Running Gymnastics Walking
Horse Riding Football Bike Riding School
Play Badminton Gym Eat Athletics Little Fitness

Q36 If it was your job to try and get teenagers to do more exercise; what would you do?

Answered: 1,086 Skipped: 284

Some of the things young people told us....

"Try and make it engaging by doing more obscure sports that might be new to the student along with popular sports that everyone likes."

"Try to make it fun for them, include their ideas"

"Not have people talk down and being bossy"

"I would do and make activities that cover all ages and I would work at the slowest person's rate."

"Explain the benefits but also offer easy and doable ways to achieve this. It's ok preaching that something needs to be done but if teenagers are not given a solution, they may not know how easy it is to get into regular exercise."

"Give out free sessions so they can try different sports."

"Set an example, show benefits"

"Put more clubs on (for a new/lower ability), advertise them more"

"Ban the Internet"

"Make it easier for them to go there and make it cheaper"

"Go for more walks and runs"

"Make it more fun for them to learn and try to talk to them directly to make them focus."

"Bring in a wider range of sports and make them cheap and as close to them as possible."

"I would explain and discuss the benefits but also provide ways in which to introduce exercise into their lives. It is ok lecturing kids for being unhealthy but if they are not shown how easy it is to sustain and develop healthy physical development, then it is just another unrealistic expectation they are being nagged about. This adds more pressure onto a student's life and will, in turn, result in more unhealthy thoughts and behaviours."

"Make it affordable - just getting to the gym costs money I find that team sports like netball are always played by those who have taken part all through school and are naturally good at it or really young people so I wouldn't purposefully play sports unless it was at the gym"

"Try and tell them that what you do in your younger years stays with you for the rest of your life. (try to motivate them.)"

"Motivation posters and going in to school and showing them what some of the offered activities are."

"I would make clubs more interesting for people are age like trampolining."

"Offer a wide range of choices, not just the typical football and netball. And make them available for all abilities for example I would like to play rugby but I can't join a club as they are too good compared to the likes of me who have never played before. Also clubs need to be available all over the island not just in Douglas"

"The one problem with my school PE is that they make us to running or whatever at a pace that we don't like they push us so hard it gives us a bad feeling towards sports in the future, so if I was teaching sport I would separate them fit from the unfit and make them do different things and reward them instead of giving them a well done or high five"

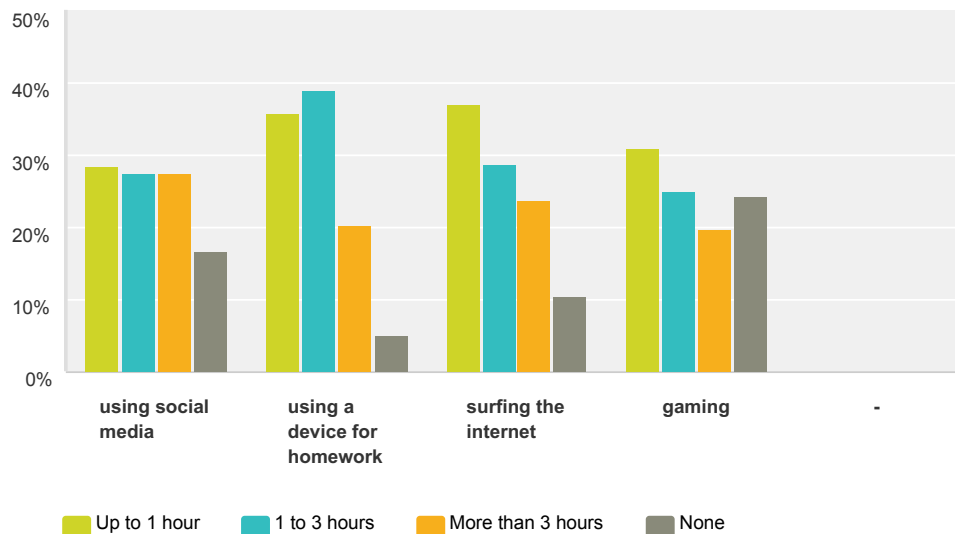
"Have more local facilities for our age group that don't cost a lot"

"Reduce the cost."

"Limit phone and laptop/computer use so everyone played outdoor more, but the weather can interfere with outdoor activities."

Q37 On a typical weekday, how much time do you spend...

Answered: 1,213 Skipped: 157



	Up to 1 hour	1 to 3 hours	More than 3 hours	None	Total	Weighted Average
using social media	28% 345	27% 332	27% 333	17% 202	1,212	1.99
using a device for homework	36% 435	39% 472	20% 246	5% 60	1,213	1.84
surfing the internet	37% 450	29% 348	24% 288	10% 127	1,213	1.85
gaming	31% 375	25% 304	20% 238	24% 295	1,212	1.85
-	0% 0	0% 0	0% 0	0% 0	0	0.00

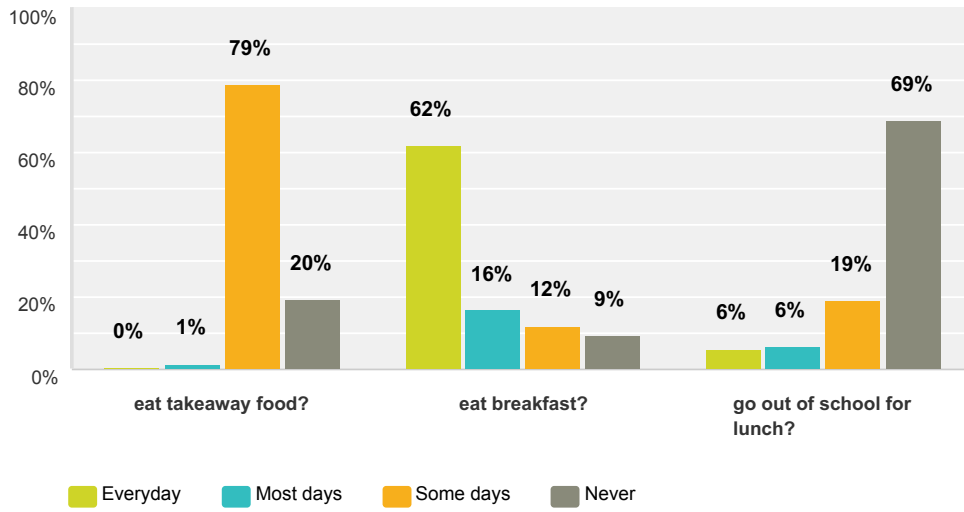
Notes

These figures are broadly similar to the latest UK data.

- > There are no gender differences on time spent using social media or using the internet.
- > Males spend significantly more time gaming with 30% saying they spend more than 3 hours a day playing computer games; for females this figure is 9%.

Q38 How often do you...

Answered: 1,209 Skipped: 161



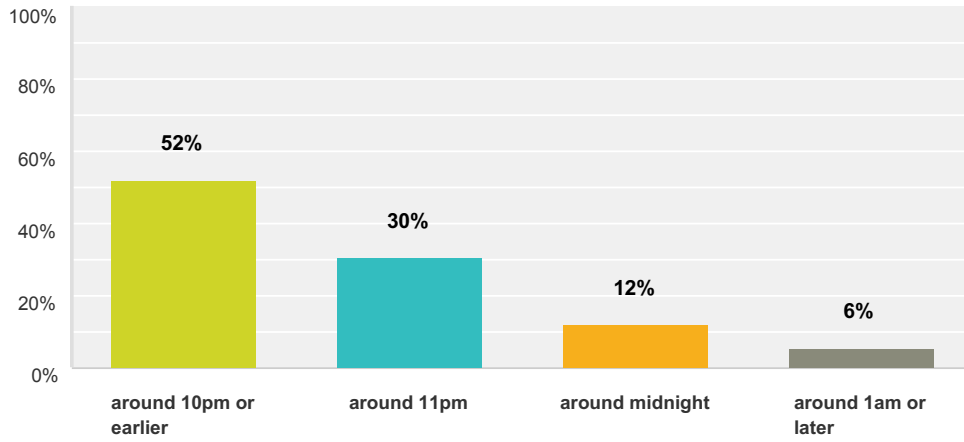
	Everyday	Most days	Some days	Never	Total	Weighted Average
eat takeaway food?	0% 4	1% 17	79% 949	20% 235	1,205	3.17
eat breakfast?	62% 746	16% 198	12% 147	9% 113	1,204	1.69
go out of school for lunch?	6% 68	6% 78	19% 227	69% 829	1,202	3.51

Notes

- > 25% of females skip breakfast vs 17% of males.
- > 14% of males go out of school for lunch vs 9% of females.

Q39 On a typical weekday, what time do you go to sleep?

Answered: 1,199 Skipped: 171



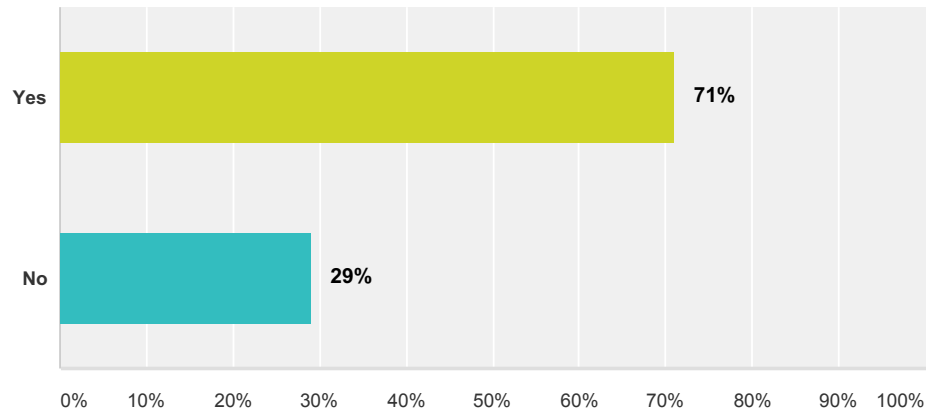
Answer Choices	Responses	Count
around 10pm or earlier	52%	624
around 11pm	30%	363
around midnight	12%	144
around 1am or later	6%	68
Total		1,199

Notes

Young people using social media on a typical weekday for more than 3 hours [Q37] are more likely to go to sleep around midnight or later compared to those who spend, at most, upto 1 hour.

Q40 Do you think you have a healthy diet?

Answered: 1,177 Skipped: 193



Answer Choices	Responses
Yes	71% 836
No	29% 341
Total	1,177

Q41 What makes you think that about your diet?

Answered: 1,079 Skipped: 291

Some of the things young people told us....

"I eat balanced meals, apart from chocolate I don't eat sweets, I tend to have large viriartes of fruit and veg"

"what im eating"

"I think I eat to many junk foods"

"I dont eat enough and I dont eat fruit or veg alot"

"I eat a lot of fruit and vegetables and hardly any sweets and I do four hours of dancing a week as well as walking my dog weekly. I also don't watch tv often and I always eat fresh food my parents have made."

"I eat a lot of junk food simply because it's fast and cheap; I would eat healthier but it costs more."

"I know what is healthy for me"

"I don't eat a lot of fatty foods anymore"

"I don't eat much junk food"

"I eat at least two pieces of fruit everyday, I have carrots and cucumber everyday for my lunch, I don't eat much junkfood"

"I eat 5 fruit and 5 veg a day"

"I don't eat at set times and when i do i don't eat much"

"I eat lots of crisps and drink sugary drinks and I don't like eating vegetables."

"I am conscious of fat and how easy it is to gain. I am scared of being fat and so restrict my diet in some areas but binge in others. I eat healthily for unhealthy reasons."

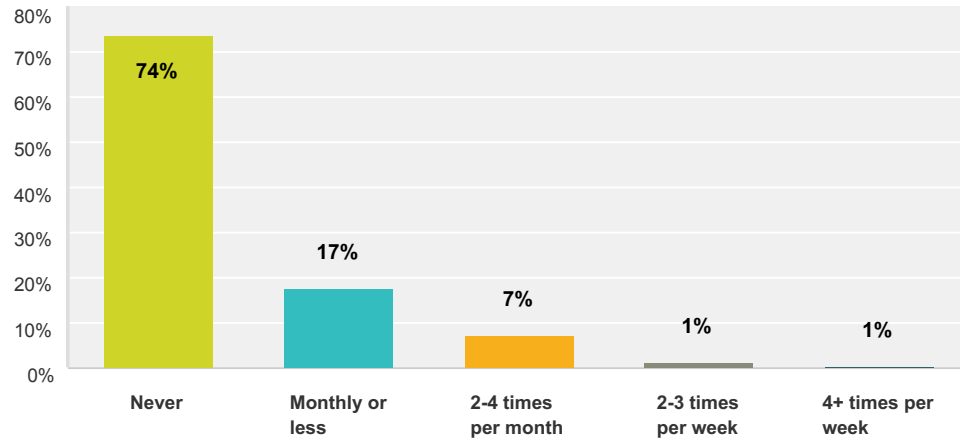
"I'm a fussy eater so eat most food regually, and also learnt about diets in science and Food tech. so know more info on diets."

"In school we learn about diets and to be healthy in PSHE,PE and Food Teachnology. I want to stay healthy to be able to be a good dancer to."

Variety of Food Eat a Mix Body Eat Takeaway
Unhealthy Food Look Weight Five a Day
Balanced Diet Bad Food Fat Eat Alot
Healthy Health Fruit Eat Healthily
Sweets Mum Makes Junk Food Calories
Cooked Dad Fatty Foods Right Amount
Fizzy Drinks Seeing

Q42 How often do you have a drink containing alcohol?

Answered: 1,192 Skipped: 178



Answer Choices	Responses	Count
Never	74%	879
Monthly or less	17%	208
2-4 times per month	7%	86
2-3 times per week	1%	13
4+ times per week	1%	6
Total		1,192

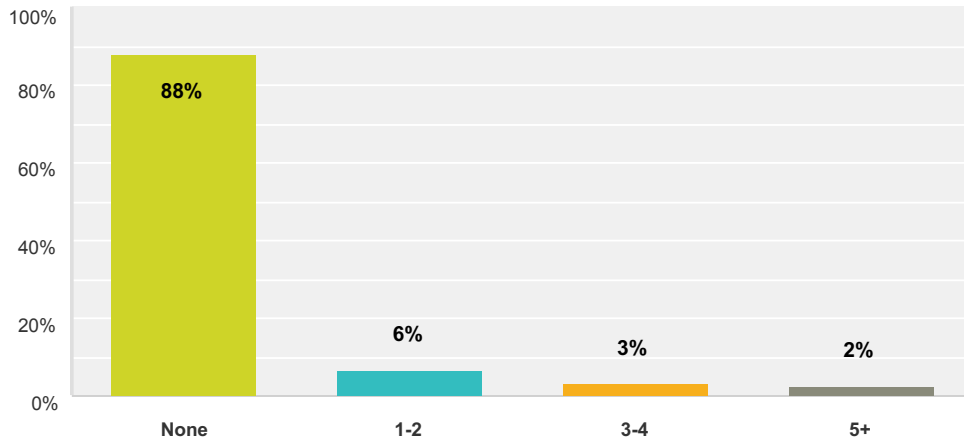
Notes

87% of males and 92% of females in the 11 to 14 age group say they have never had an alcoholic drink. This has risen from 55% since 2011.

52% of males and 34% for females in the 15 to 18 age group say they have never had an alcoholic drink. 9% of males say they drink 2 to 4 times per month vs 23% of females.

Q43 In the last 3 months, how many times have you had 6 or more alcoholic drinks in a row?

Answered: 1,188 Skipped: 182



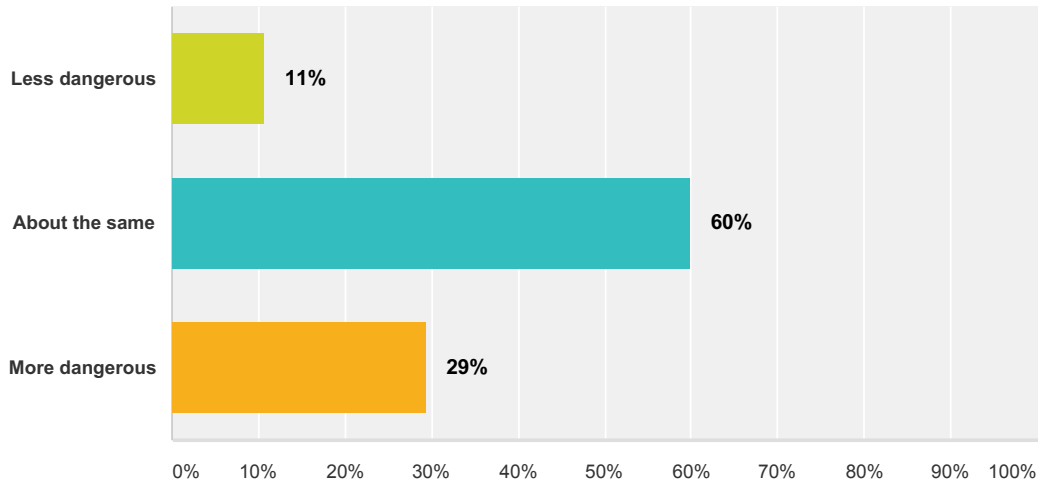
Answer Choices	Responses	
None	88%	1,045
1-2	6%	77
3-4	3%	41
5+	2%	25
Total		1,188

Notes

Figures from the last survey [2013] show that binge drinking is falling. The numbers not involved have risen by 14% and those binge drinking 1 or 2 times a month have gone down 7%. There are no significant gender differences in this area.

Q44 Do you believe that legal highs are more or less harmful to health than illegal drugs?

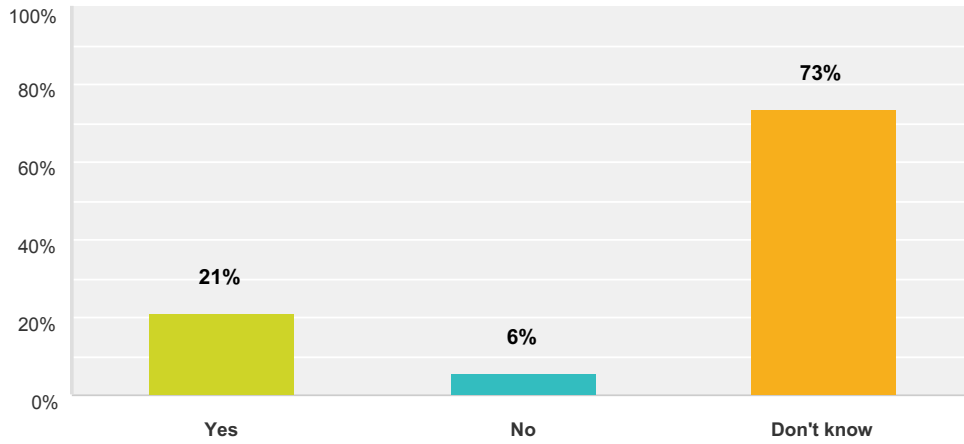
Answered: 1,162 Skipped: 208



Answer Choices	Responses
Less dangerous	11% 123
About the same	60% 697
More dangerous	29% 342
Total	1,162

Q45 In your opinion, is it easy to get hold of legal highs?

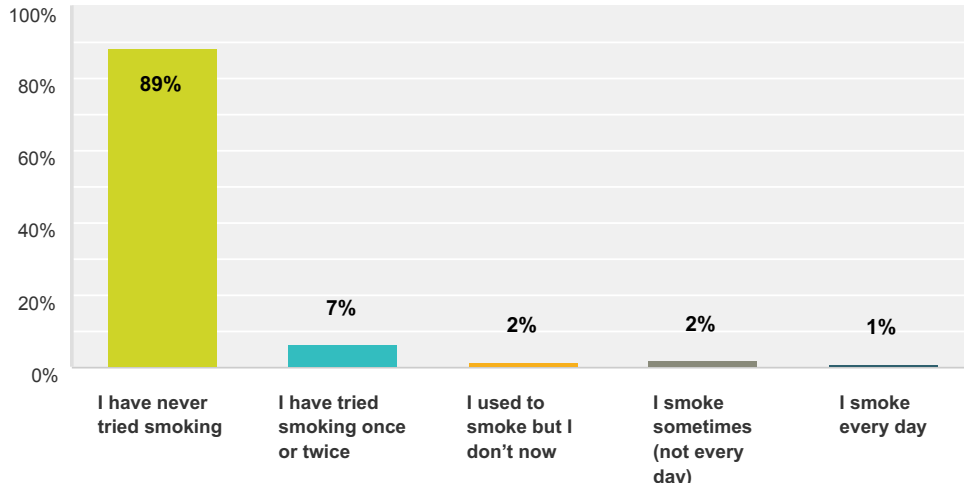
Answered: 1,173 Skipped: 197



Answer Choices	Responses	
Yes	21%	245
No	6%	68
Don't know	73%	860
Total		1,173

Q46 Which of the following best describes you? This question is about smoking tobacco, such as cigarettes and roll-ups (NOT electronic cigarettes)

Answered: 1,188 Skipped: 182



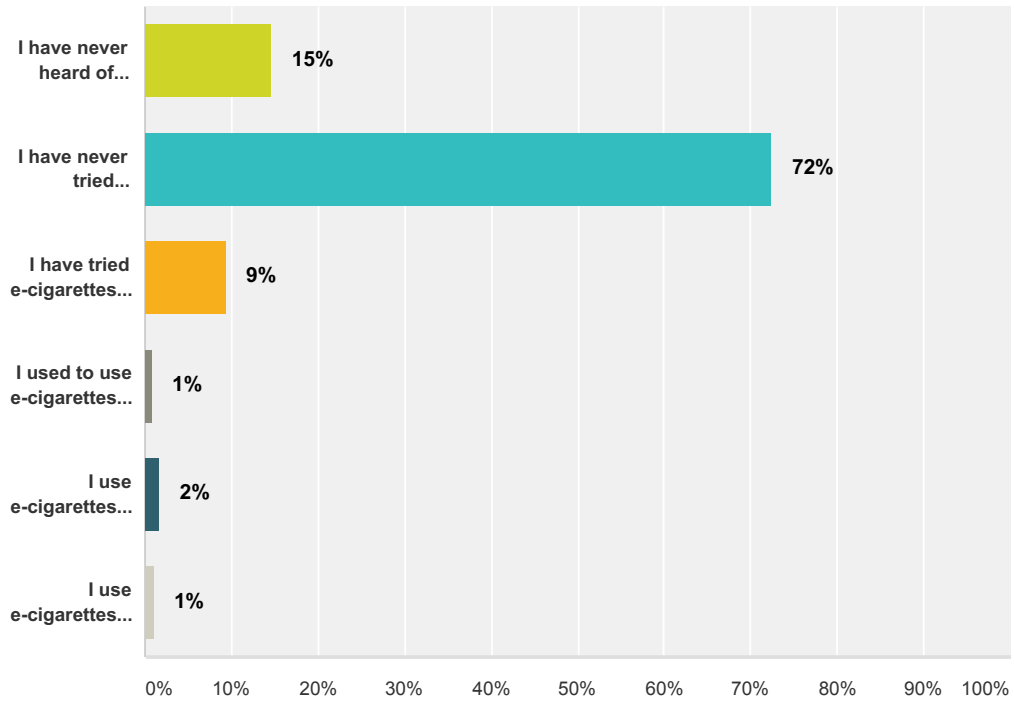
Answer Choices	Responses	Count
I have never tried smoking	89%	1,053
I have tried smoking once or twice	7%	79
I used to smoke but I don't now	2%	19
I smoke sometimes (not every day)	2%	23
I smoke every day	1%	14
Total		1,188

Notes

The number of those that have never tried smoking has increased by 8% since 2013. There are no gender differences across these questions.

Q47 Which of the following best describes you? This question is about electronic cigarettes (e-cigarettes) only.

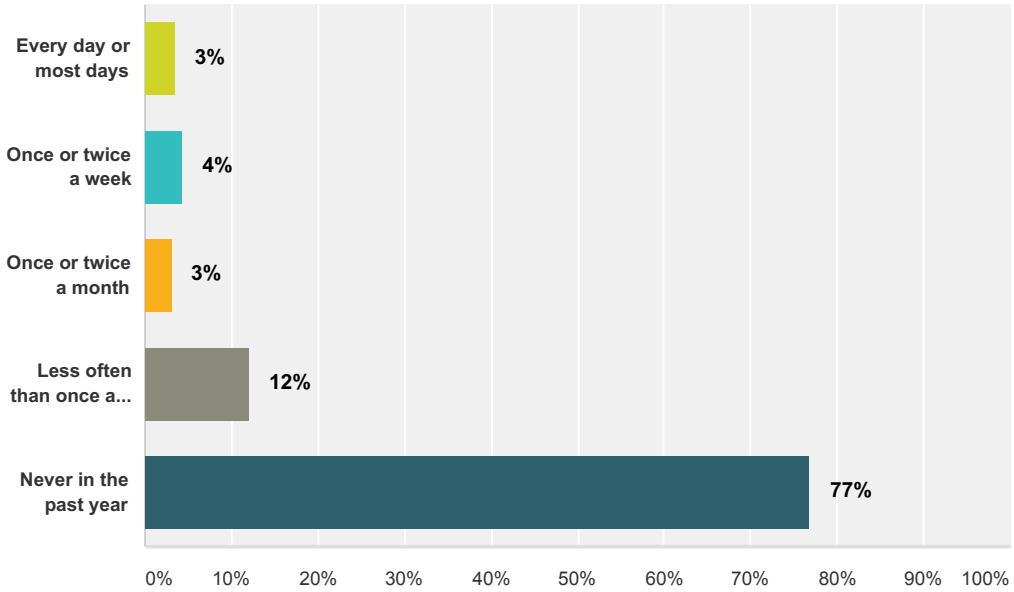
Answered: 1,188 Skipped: 182



Answer Choices	Responses
I have never heard of e-cigarettes	15% 173
I have never tried e-cigarettes	72% 861
I have tried e-cigarettes once or twice	9% 111
I used to use e-cigarettes but I don't now	1% 11
I use e-cigarettes sometimes (not every day)	2% 20
I use e-cigarettes every day	1% 12
Total	1,188

Q48 In the past year, how often were you in a car with somebody smoking? This could be your family’s car or someone else’s car.

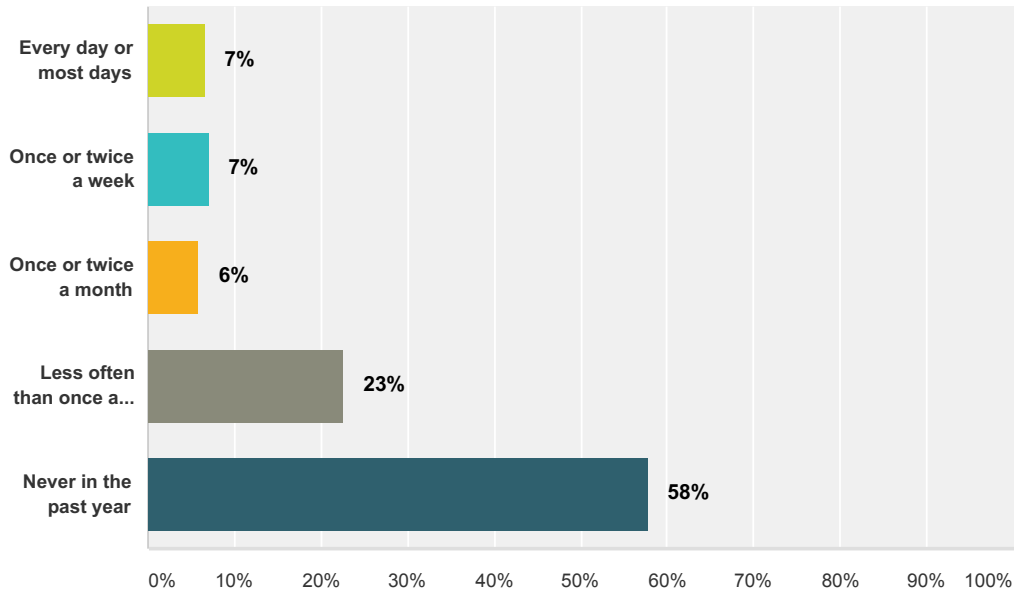
Answered: 1,184 Skipped: 186



Answer Choices	Responses	
Every day or most days	3%	41
Once or twice a week	4%	53
Once or twice a month	3%	38
Less often than once a month	12%	143
Never in the past year	77%	909
Total		1,184

Q49 In the past year, how often were you in the same room as someone smoking at home or at someone else's home?

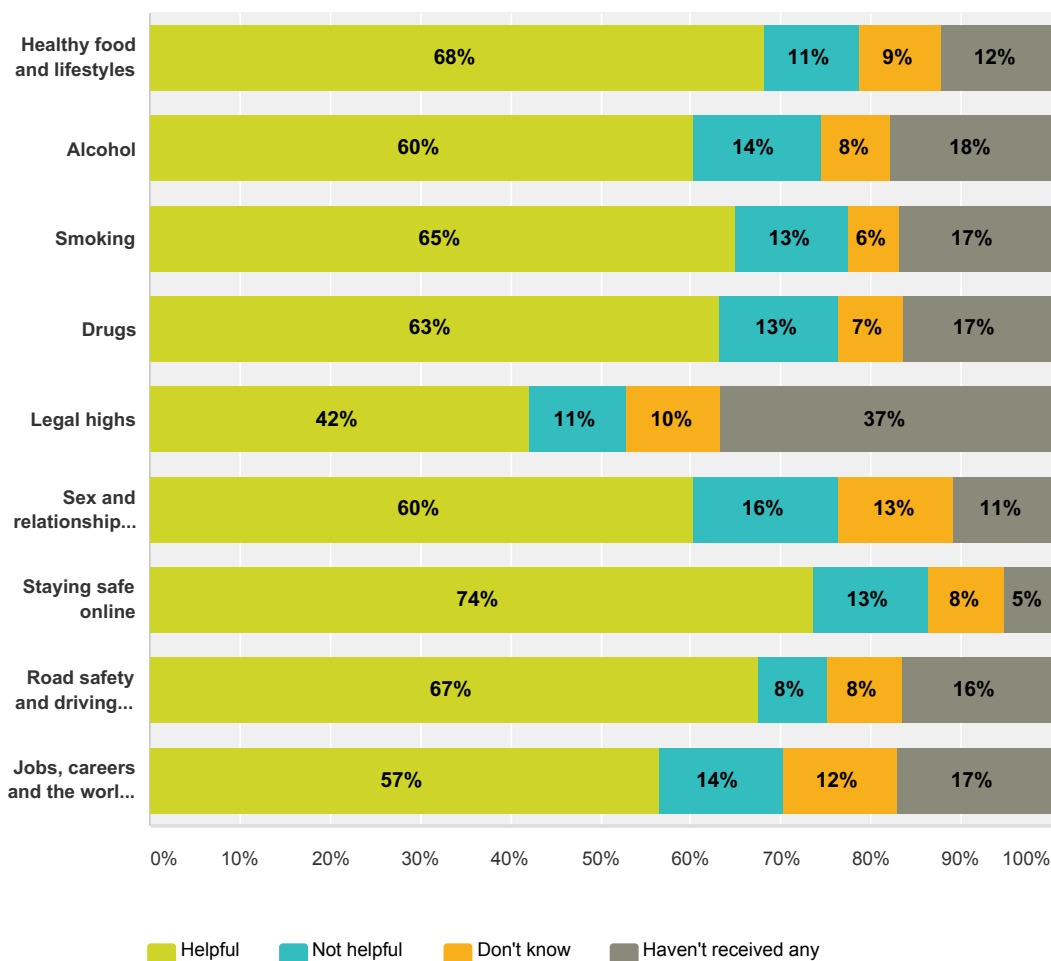
Answered: 1,186 Skipped: 184



Answer Choices	Responses	Count
Every day or most days	7%	79
Once or twice a week	7%	84
Once or twice a month	6%	70
Less often than once a month	23%	268
Never in the past year	58%	685
Total		1,186

Q50 How helpful is the information and advice you get on the things listed below?

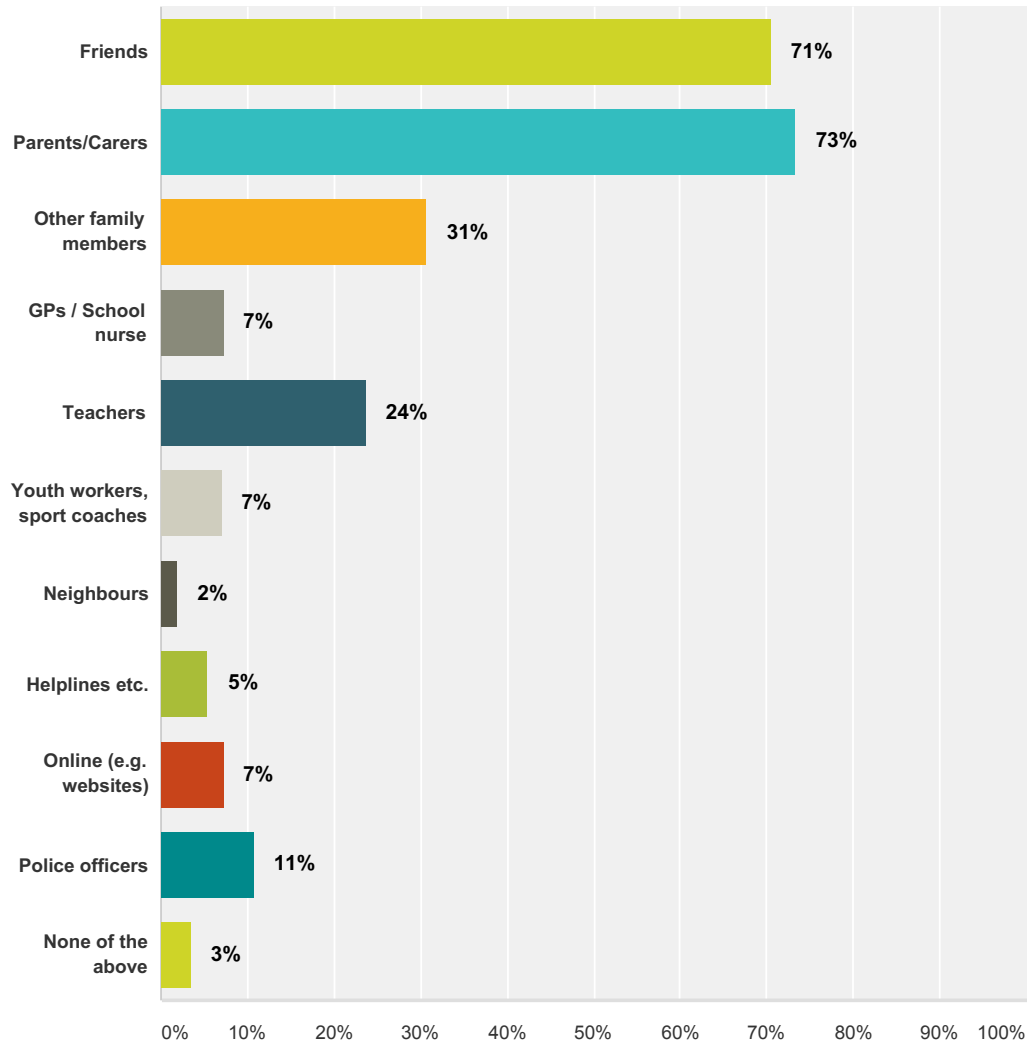
Answered: 1,160 Skipped: 210



	Helpful	Not helpful	Don't know	Haven't received any	Total	Weighted Average
Healthy food and lifestyles	68% 791	11% 122	9% 105	12% 142	1,160	1.65
Alcohol	60% 698	14% 165	8% 88	18% 207	1,158	1.83
Smoking	65% 751	13% 146	6% 65	17% 194	1,156	1.74
Drugs	63% 726	13% 151	7% 83	17% 190	1,150	1.77
Legal highs	42% 482	11% 124	10% 119	37% 419	1,144	2.42
Sex and relationships education	60% 695	16% 184	13% 147	11% 125	1,151	1.74
Staying safe online	74% 850	13% 148	8% 97	5% 61	1,156	1.45
Road safety and driving education	67% 779	8% 90	8% 96	16% 190	1,155	1.74
Jobs, careers and the world of work	57% 654	14% 160	12% 144	17% 198	1,156	1.90

Q51 Who would you choose to talk to and trust about personal things or worries? Tick all that apply.

Answered: 1,161 Skipped: 209



Answer Choices	Responses	Count
Friends	71%	820
Parents/Carers	73%	851
Other family members	31%	357
GPs / School nurse	7%	84
Teachers	24%	276
Youth workers, sport coaches	7%	82
Neighbours	2%	21
Helplines etc.	5%	63
Online (e.g. websites)	7%	86
Police officers	11%	126
None of the above	3%	40

Total Respondents: 1,161

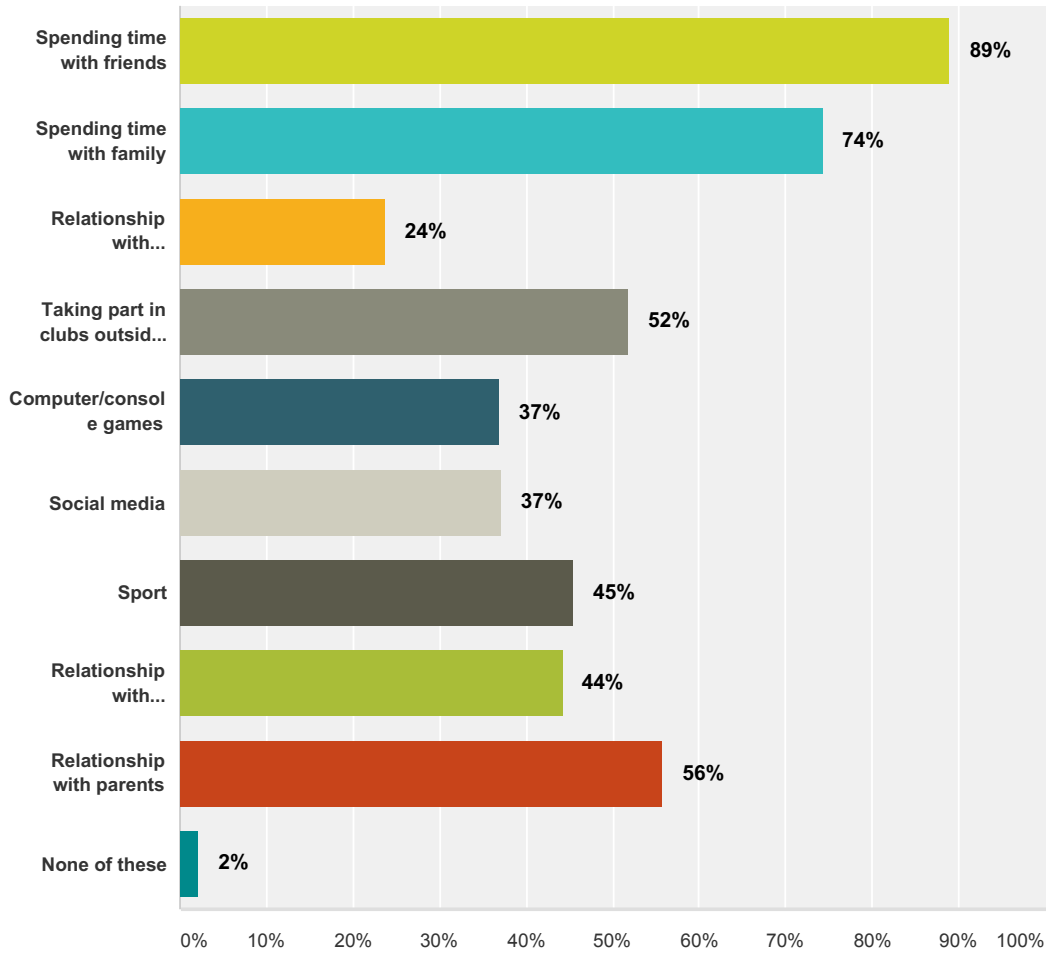
Notes

- > Helpful advice on healthy food and lifestyles improved by 8% and road safety by 12%.
- > Helpful advice on alcohol is down by 11%, smoking down by 6% and drugs education down by 11%.
- > The question about legal highs was new to this survey.

Females are significantly more likely to turn to friends whilst males more likely to talk to teachers. Females are 8% less likely to talk to Police officers.

Q52 Which things, if any, make you feel good? Tick all that apply

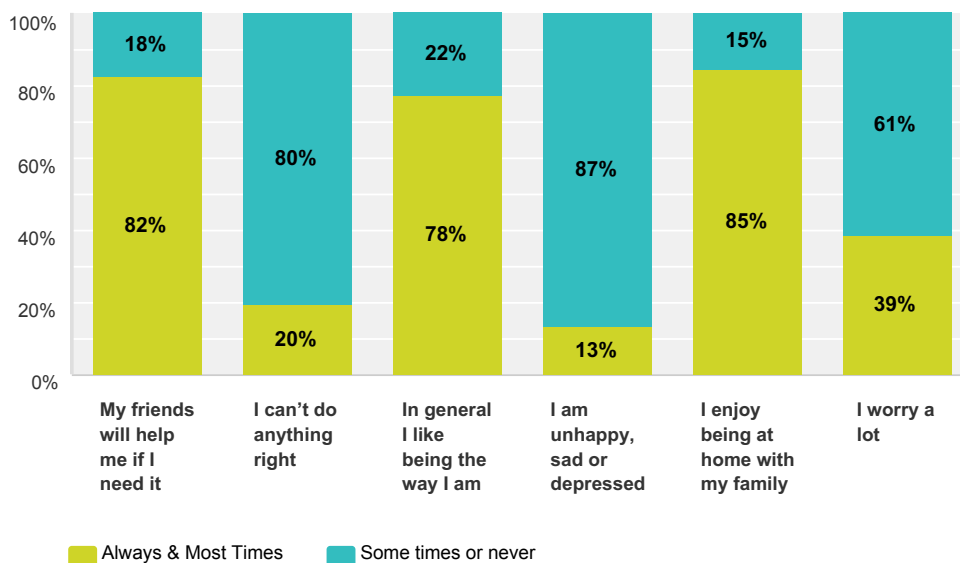
Answered: 1,168 Skipped: 202



Answer Choices	Responses	Count
Spending time with friends	89%	1,038
Spending time with family	74%	868
Relationship with boyfriend/girlfriend	24%	278
Taking part in clubs outside of school	52%	605
Computer/console games	37%	432
Social media	37%	433
Sport	45%	531
Relationship with brother(s)/sister(s)	44%	518
Relationship with parents	56%	651
None of these	2%	25
Total Respondents: 1,168		

Q53 How often do you feel like the statements below...

Answered: 1,156 Skipped: 214



	Always & Most Times	Some times or never	Total	Weighted Average
My friends will help me if I need it	82% 951	18% 204	1,155	1.35
I can't do anything right	20% 226	80% 919	1,145	2.61
In general I like being the way I am	78% 893	22% 259	1,152	1.45
I am unhappy, sad or depressed	13% 154	87% 989	1,143	2.73
I enjoy being at home with my family	85% 975	15% 176	1,151	1.31
I worry a lot	39% 446	61% 707	1,153	2.23

Q52 Notes

Spending time with friends was the most popular answer to things that make young people feel good.

- > 7% more males ranked taking part in clubs outside of school as important.
- > 57% of males said sport was important vs 36% of females.
- > The importance of computer games is again illustrated with 59% of males and 17% of females saying these activities made them feel good.

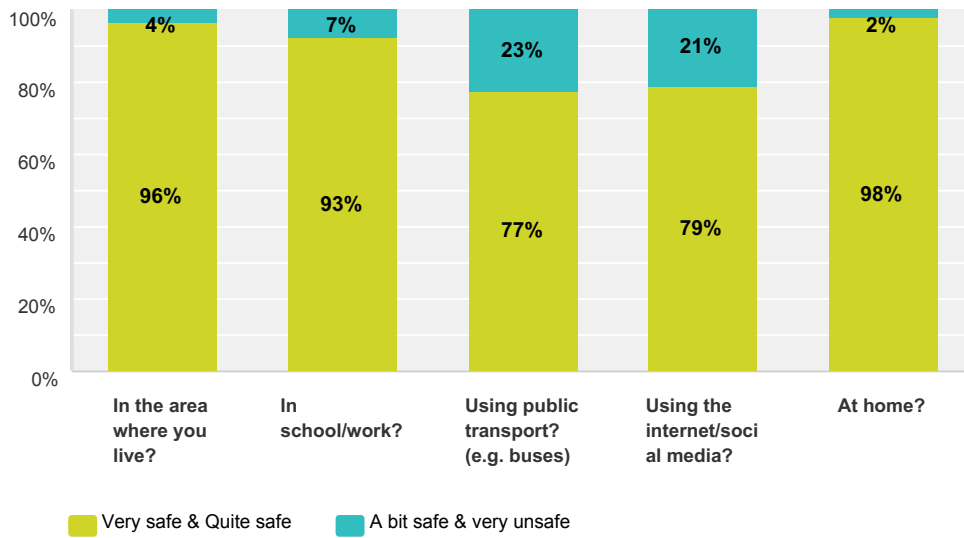
Q53 Notes

There are some significant gender differences but no significant age differences in the answers.

- > 9% more females feel they can't do anything right.
- > 13% more females are less happy with they way they are.
- > 50% more females feeling sad or depressed than males.
- > Young people who said they worry a lot are 3 times more likely to be female.

Q54 How safe do you feel...

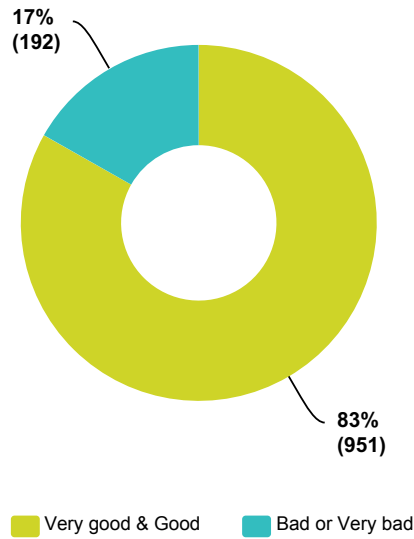
Answered: 1,151 Skipped: 219



	Very safe & Quite safe	A bit safe & very unsafe	Total
In the area where you live?	96% 1,108	4% 42	1,150
In school/work?	93% 1,061	7% 85	1,146
Using public transport? (e.g. buses)	77% 885	23% 260	1,145
Using the internet/social media?	79% 899	21% 241	1,140
At home?	98% 1,124	2% 21	1,145

Q55 How would you rate the understanding that Police officers have about the youth of today?

Answered: 1,143 Skipped: 227



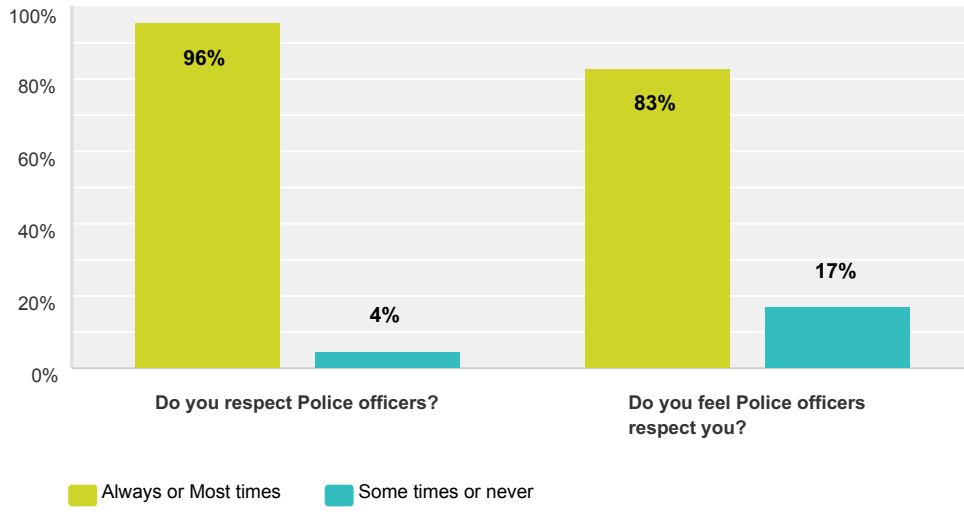
	Very good & Good	Bad or Very bad	Total	Weighted Average
Rating of Youth	83% 951	17% 192	1,143	1.34

Notes

Young people are saying the understanding Police officers have about the youth of today has improved by 5%.

Q56 How do you see your relationship with Police officers?

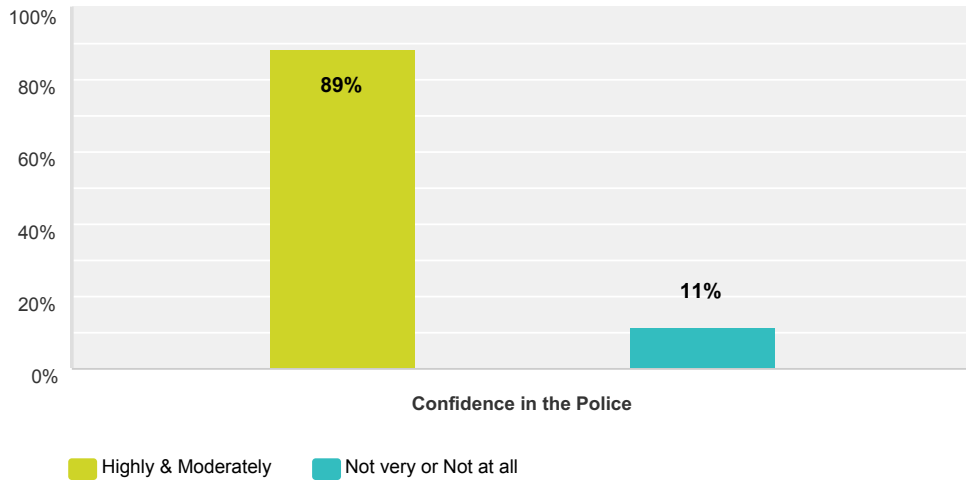
Answered: 1,151 Skipped: 219



	Always or Most times	Some times or never	Total	Weighted Average
Do you respect Police officers?	96% 1,102	4% 49	1,151	1.09
Do you feel Police officers respect you?	83% 949	17% 194	1,143	1.34

Q57 If you the needed help from local police, how confident would you be in the help they would provide?

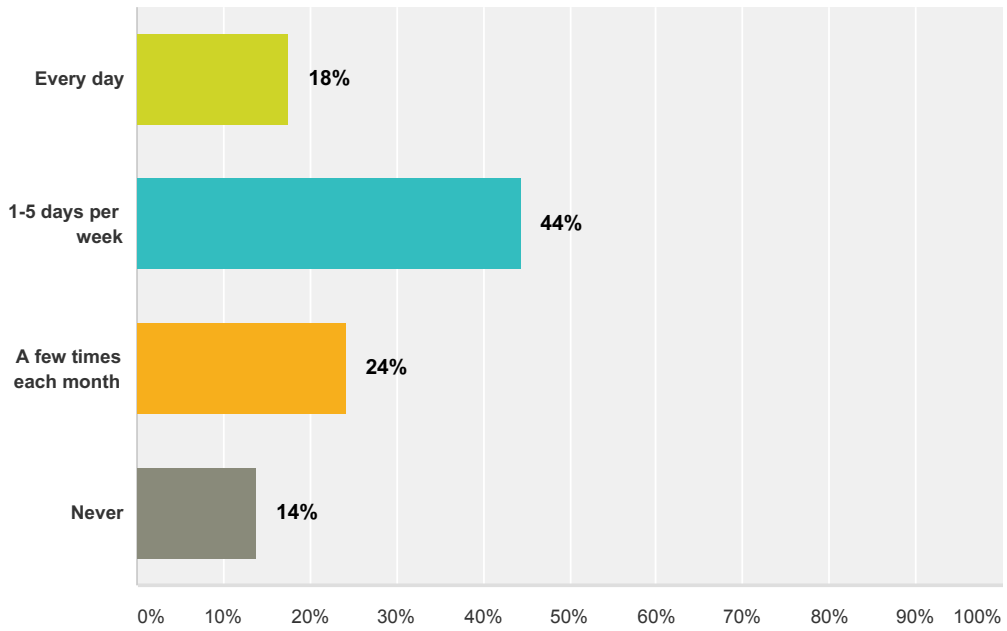
Answered: 1,151 Skipped: 219



	Highly & Moderately	Not very or Not at all	Total
Confidence in the Police	89% 1,021	11% 130	1,151

Q58 How often do you use bus services?

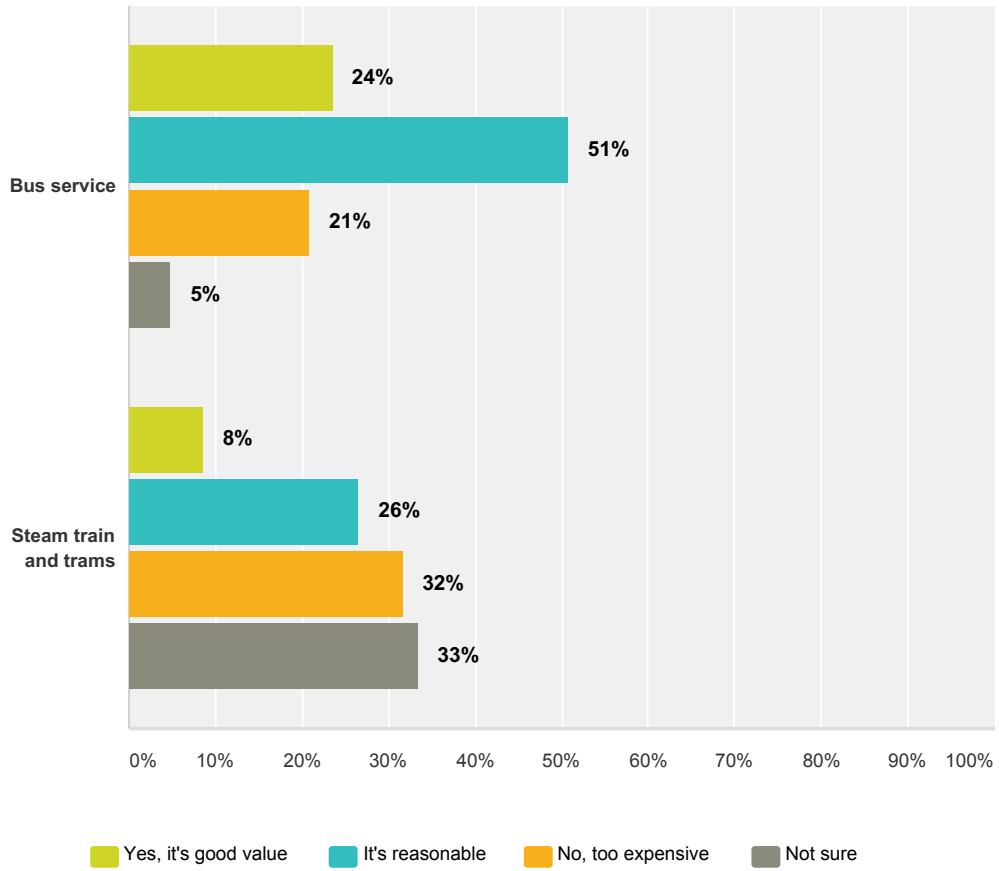
Answered: 1,148 Skipped: 222



Answer Choices	Responses
Every day	18% 202
1-5 days per week	44% 510
A few times each month	24% 278
Never	14% 158
Total	1,148

Q59 Do you believe the following services are good value for money?

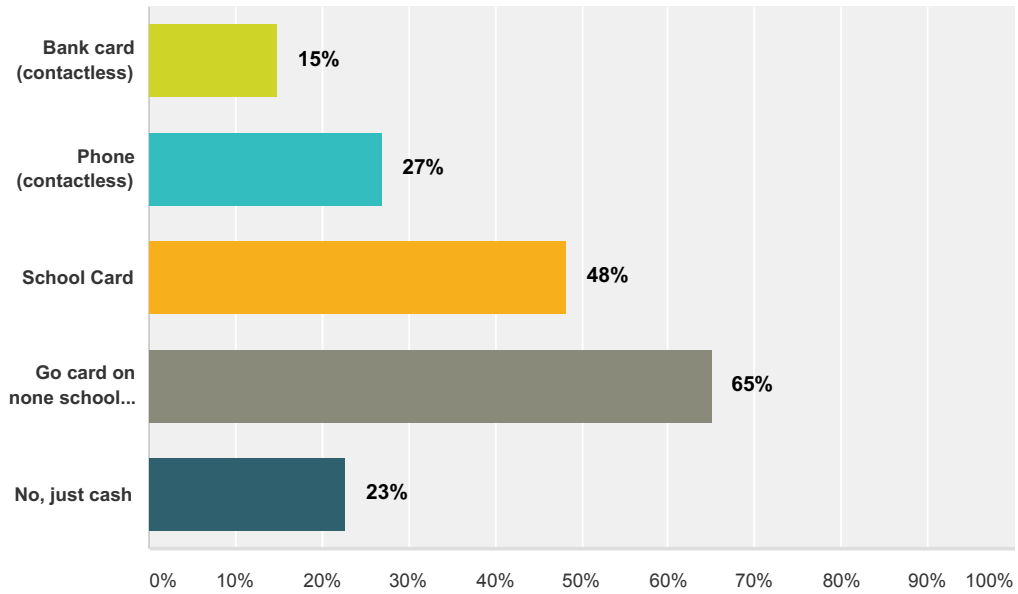
Answered: 1,148 Skipped: 222



	Yes, it's good value	It's reasonable	No, too expensive	Not sure	Total
Bus service	24% 270	51% 581	21% 238	5% 56	1,145
Steam train and trams	8% 96	26% 299	32% 358	33% 378	1,131

Q60 Would you prefer other means of payment for bus journeys? Tick all that apply

Answered: 1,134 Skipped: 236



Answer Choices	Responses
Bank card (contactless)	15% 169
Phone (contactless)	27% 306
School Card	48% 548
Go card on none school journeys	65% 739
No, just cash	23% 259
Total Respondents: 1,134	

Q61 Are there any comments you would like to make about the questions we've asked you or any issues you would like to raise?

Answered: 491 Skipped: 879

Some of the things young people told us....

"I think that the schools are great but I find that I have quite a lot of substitute teachers sometimes and I don't get the full amount of learning that I should ."

"I feel that we need to make younger people more aware of the state of the roads and how you need to be very careful when driving. Also, there needs to be more activities around the island that are more suitable and affordable for the younger generation as its leading to the behaviour and unsuitable activities that occur on the island. I think security should be more strict when it comes to clubs etc."

"I'd like to raise the issue of the respect I get from teachers. Predominantly my tutor teacher. I feel as though most of my teachers in my school are condescending and arrogant. They do not listen. Some insult other students and claim it was a "joke". I don't see why this thing is acceptable and I don't know whether you are aware of it or not but if you are not it's probably because they feel so intimidated by it. Lets take my tutor teacher for example. I won't include their name because I don't see the point in them getting into trouble for it but I just hope that there is something you can do. My tutor teacher is quite frankly unfit for their job in my opinion. They are good at teaching but the way they act is inappropriate. Because I have them as a tutor teacher they see all of the things we do in class and the way they handle it is disgraceful. They take the pupil outside, scream inches away from our face and then send us inside. It is completely disrespectful and rude. I've seen other teachers like that. Insulting the pupils. Screaming in their faces. I personally (and I think I speak for other people as well) do not like having to wipe the saliva off of my face as I enter the room after I've been shouted at for misbehaving. I hope you could bring this up or do something about this so that even if it isn't fixed while I'm at school it is fixed for the next generations so they aren't intimidated by the teachers and can speak to them."

"I feel like the Isle of Man should be more proactive in 'going green' introducing more renewable energy services. Perhaps hybrid (diesel/electric) buses or maybe buses that are solar powered and completely green. Beginning to introduce schemes to make the island a 'greener' place and sending people into schools to talk about the environmental problems we will face as the next generation and how we should help fix it. After all those in school at this moment right now will be the ones dealing with the consequences of the problems we have created and the fallout they will cause."

"Make Go Cards usable all of the time."

"We need to knock down on drug use and homophobia"

"I think that the cost of the buses are too expensive and most bus drivers aren't very friendly. I also think that Ramsey bus station needs work to make it look nicer. I also think that we get far too much homework especially around exam time when we need to revise as well and I think that there is too much pressure on us. Another point I have is that I think there should be people that go into your school and give you ideas on job careers if you have no idea what you would like to do."

"I just want to say that not much is done for the kids that prefer to stay inside, sure we are encouraged to go outside but if they're stubborn like me just simple encouraging is not going to cut it. I need a reason, motivation, I can go days without leaving the house just fine; maybe if conventions were held for the geeky gamer types they would go to them and thus attend more activities."

"I think there should be more of a focus on depression in school e.g. how to deal with it and who to talk to as I feel it is a common problem that seems to be looked over."

"Definitely needs to be more mental health support available to teenagers, in school and outside! A school nurse or counsellor who works full time would be a huge help to many students. One of my friends a few years ago developed an eating disorder and began self-harming; after me and her mum convinced her to see the school nurse, she had to wait a month for an appointment and each subsequent one? That's not right."

"We're only children after all... some need help more than others, let's look into that and support our young lives.. you only get one go at it after all."

continued....

"Speaking on a personal note. I feel that youth workers are much easier to talk to about things such as alcohol, drugs etc. I feel that as a whole you would 'get through' to more young people when talking about topics such as alcohol by not condemning it rather giving them advice on how to be safe. The Detached youth team do this brilliantly as I've had a few encounters with them slightly worse for wear. :)"

"Certainly need an exercise facility in the south of the Island which is fairly cheap and open early until late. Police officers should ALWAYS smile :)"

"Yes, I think the Isle of Man needs more indoor entertainment facilities for children and families as there is not a lot to in poor weather and evening times."

"I think that schools are really good I just believe that in life skills lessons there should be more focus on modern-day issues and information about different aspects of society such as laws that affect us and taxes and some better sex ed; not just the same lesson 'drugs are bad' 'smoking is bad' 'alcohol is bad'. It gets taught to us so many times I think almost everyone switches off the minute a teacher starts talking about them."

"I think a system could be put in place to help children and teens with problems that don't need serious help i.e. Asperger's syndrome, that would only need to help when the child needed help."

"Yes, in the morning I'm so tired I can't concentrate so I feel instead of school starting at 8:40 it should start at 8:50-9:00. Breaks are too short as well. Maybe breaks should be 30 mins Long"

"Bus journeys are too expensive and we also have to pay to get to school."

"The school buses are way too crowded sometimes and although we have brought it up with our school council nothing has been done about it."

"The school food is disgusting. I myself am vegetarian and I can say that there is not in fact a vegetarian option for every meal. If I ask for the vegetarian option I get told that there is a jacket potato on offer. The meals are gross and lack imagination they are the same every week like on Friday it's always chips and on Thursday it is always curry and it's like the meals go in rotation that there is never any new meals. The meals are also very expensive I have found it a lot easier to make my own lunch which is imaginative, vegetarian friendly and cheaper. The teachers always seem to be calling us idiots and telling us that we are stupid or that we are all lazy and will never get a job. They don't exactly fill us with confidence when we think about leaving school or the future. The no bullying policy is also not good they say no bullying but if you were to go tell a teacher they would 'interview' the individual who is doing it and tell them your name, so there is no anonymity and in some cases it can make things much worse. The school often also ignores what you say or after interviewing the individual who has denied doing anything they'll shove it to the back of their things and you won't want to go to them in the future. Once a parent/carer is involved then they seem to do anything but in my opinion to have something done you have to actually get a parent/carer involved."

"I don't really understand how this is going to help people except police officers and the bus company. Bus drivers are horrible to us so I don't really care about them and police officers never listen to anyone except themselves and their co-workers."

"I would like to say that I think my school needs to improve on how they handle bullying as my friends have been through bullying and the school haven't done much about it. They simply got them into a room and simply told them to make up? To me that is not addressing the issue and sorting it out. I think it would be very beneficial for the school to change their bullying system."

"Very reasonable questions happy to answer. One issue I would like to raise is the lack of encouragement for young people to be creative, in the sense of creating something new and original. Schools should talk more to students about their ability to bring new ideas to society and create new things. It is about new ideas and creating something 100% original to share with the World. Even if it is writing a song, creating a new product or the ability to speak your new ideas. Also, educating students more in public speaking."

"I feel having more options for children who feel like me really, Like those who feel very uncomfortable with talking about feelings to friends or family, And who feel constricted about school and free time. I personally don't know if it's just me but I don't exactly feel very safe or secure lately in my school, It's probably just me. Also with school dinner's would be a useful tool to show what other kids want out of lunchtime."

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