

2018 Isle of Man Youth Survey

Summary booklet

2 February 2018 to 15 April 2018

Commissioned by the: Isle of Man Government



Empowering young people
in the Isle of Man.

Scope

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

The survey was branded as 'Isle of Man 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 2018 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 5,188.

Collection

The survey was accessible between 2nd February 2018 and 15th April 2018 by visiting youth.im.

Methods of publication included:

- Postcards delivered to secondary school students;
- Media releases to online, print and radio outlets;
- Facebook campaign targeting young people on the Isle of Man;
- Posters within schools, youth clubs and IoM College.



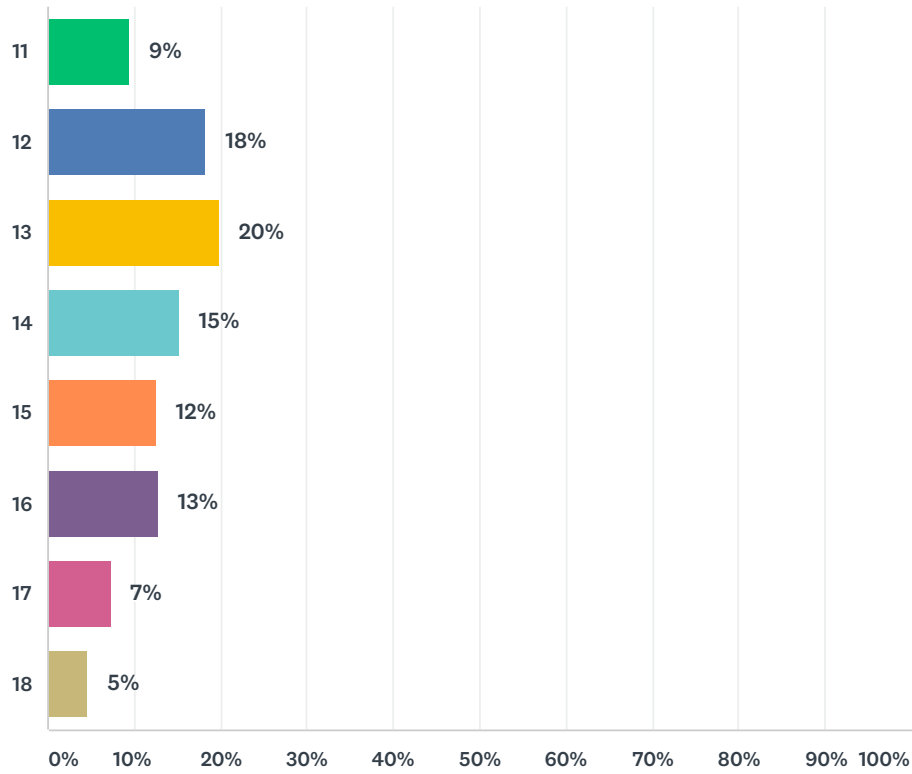
1,590 responses
from young people

18 Minutes
typical time to complete

30% return
from target audience

Q1 How old are you?

Answered: 1,590 Skipped: 0



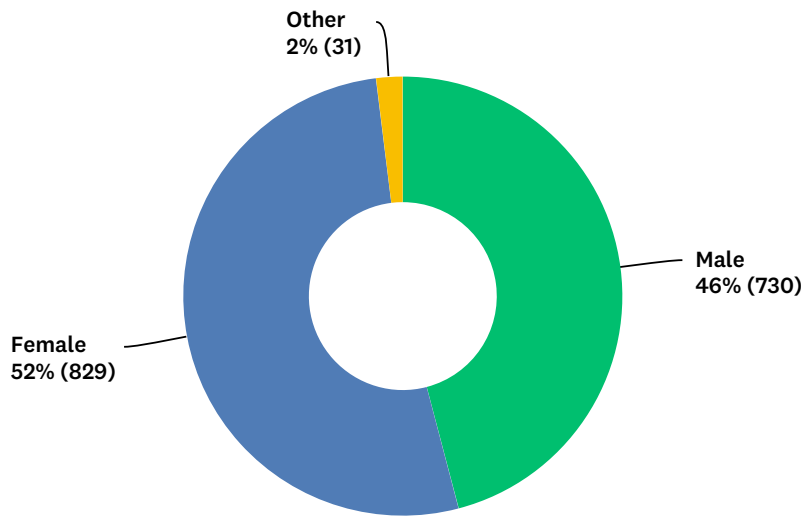
ANSWER CHOICES	RESPONSES	
11	9%	151
12	18%	289
13	20%	316
14	15%	242
15	12%	198
16	13%	203
17	7%	118
18	5%	73
TOTAL		1,590

Notes

As of January 2018, the Isle of Man secondary school population stood at 5,118.

Q2 What is your gender?

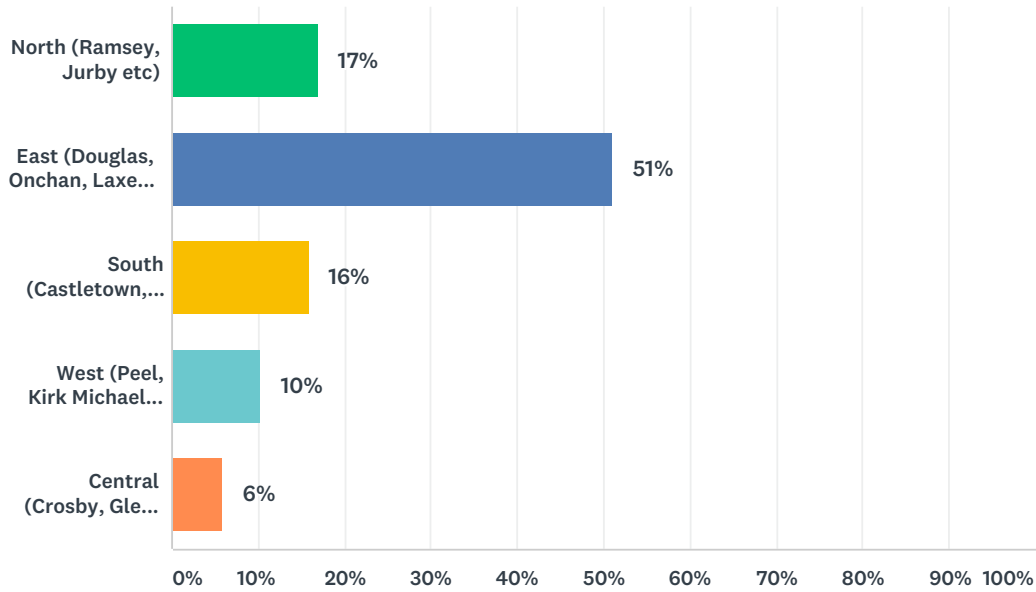
Answered: 1,590 Skipped: 0



ANSWER CHOICES	RESPONSES	
Male	46%	730
Female	52%	829
Other	2%	31
TOTAL		1,590

Q3 Which area do you live in?

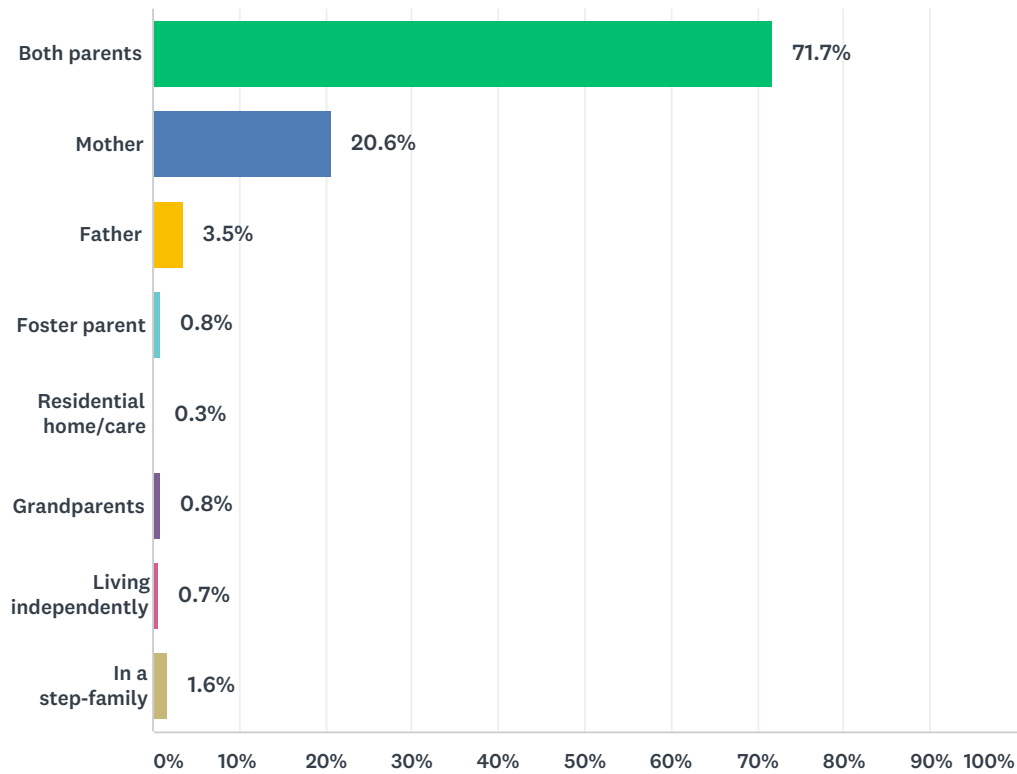
Answered: 1,590 Skipped: 0



ANSWER CHOICES	RESPONSES	
North (Ramsey, Jurby etc)	17%	271
East (Douglas, Onchan, Laxe...)	51%	811
South (Castletown, Port Erin etc)	16%	254
West (Peel, Kirk Michael etc)	10%	162
Central (Crosby, Glen Vine, Braddan, Foxdale etc)	6%	92
TOTAL		1,590

Q4 Who do you live with most of the time?

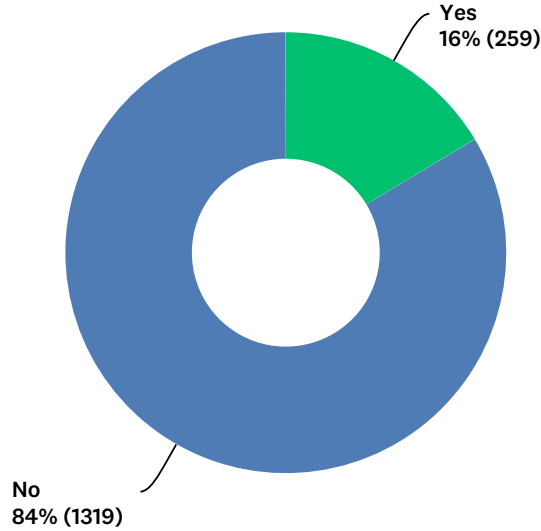
Answered: 1,590 Skipped: 0



ANSWER CHOICES	RESPONSES	
Both parents	71.7%	1,140
Mother	20.6%	328
Father	3.5%	56
Foster parent	0.8%	12
Residential home/care	0.3%	4
Grandparents	0.8%	13
Living independently	0.7%	11
In a step-family	1.6%	26
TOTAL		1,590

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: 1,577 Skipped: 13



ANSWER CHOICES	RESPONSES	
Yes	16%	259
No	84%	1,319
TOTAL		1,577

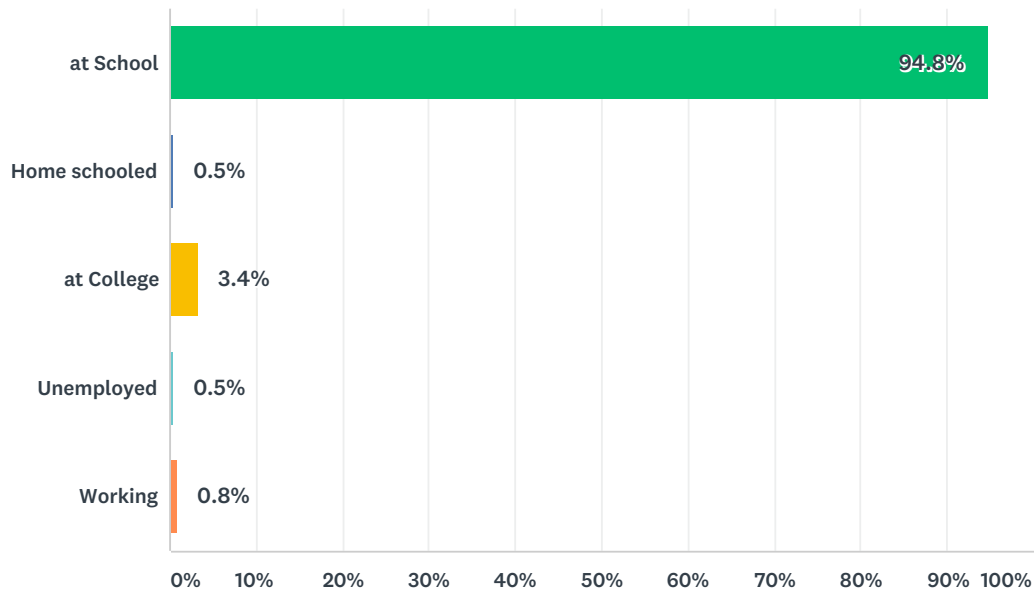
Notes

In 2015 the number of young people identifying themselves as young carers was 14%.

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

Q6 Are you...

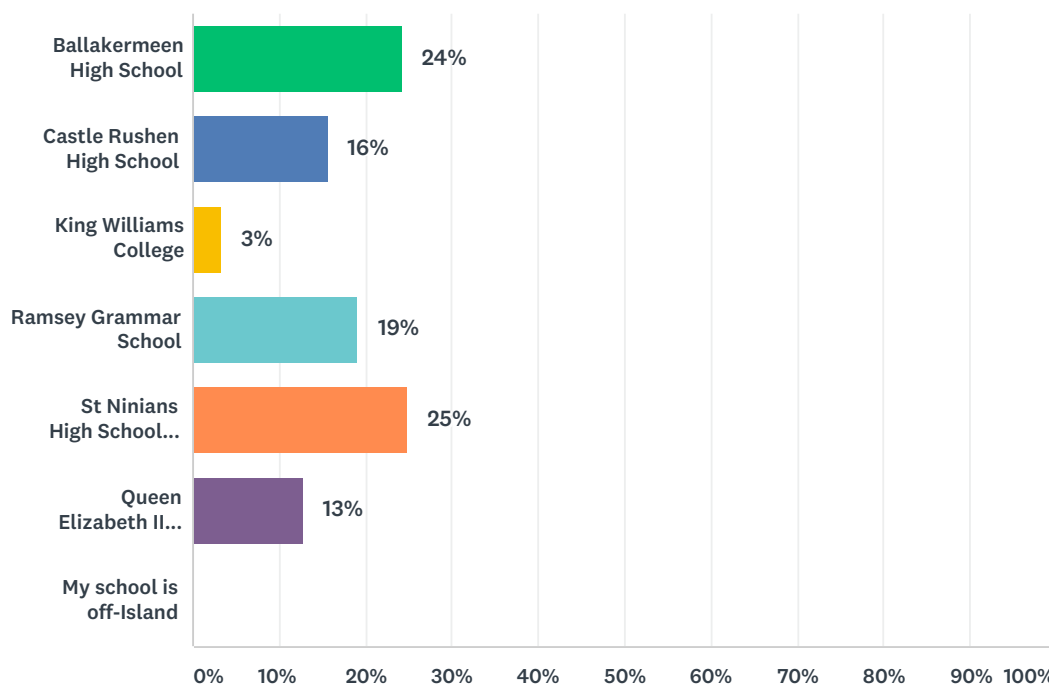
Answered: 1,590 Skipped: 0



ANSWER CHOICES	RESPONSES	
at School	94.8%	1,507
Home schooled	0.5%	8
at College	3.4%	54
Unemployed	0.5%	8
Working	0.8%	13
TOTAL		1,590

Q7 Which school do you attend?

Answered: 1,457 Skipped: 133



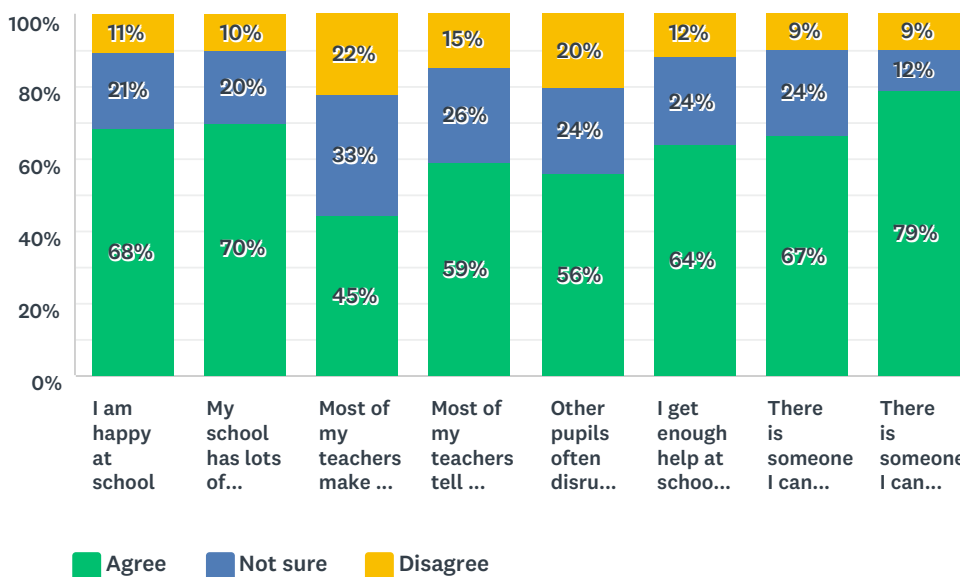
ANSWER CHOICES	RESPONSES	
Ballakermeen High School	24%	354
Castle Rushen High School	16%	230
King Williams College	3%	48
Ramsey Grammar School	19%	278
St Ninians High School (including Bemahague)	25%	362
Queen Elizabeth II High School	13%	185
My school is off-Island	0%	0
TOTAL		1,457

Notes

It is anticipated that most young people completed the survey at home in their own time or within a social club setting and spent, on average, 18 minutes to complete.

Q8 What do you think about these things?

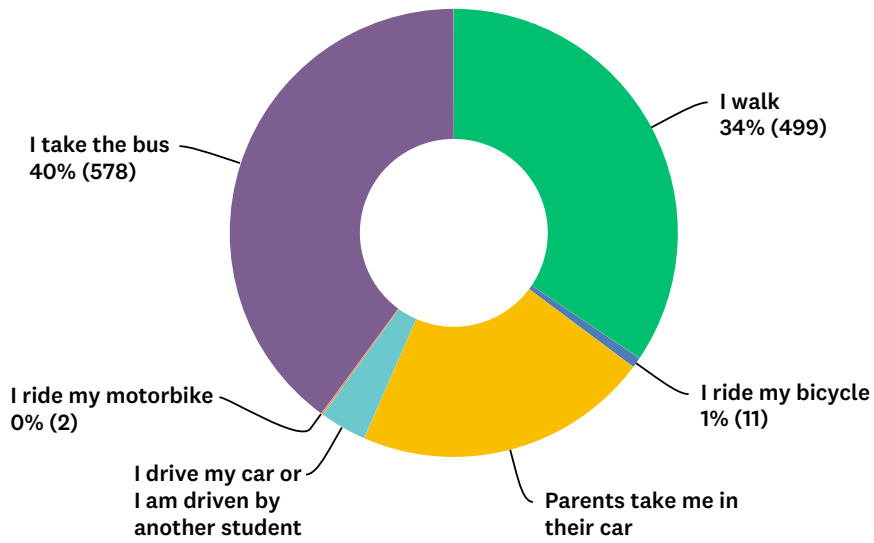
Answered: 1,453 Skipped: 137



	AGREE	NOT SURE	DISAGREE	TOTAL
I am happy at school	68% 995	21% 304	11% 154	1,453
My school has lots of activities to take part in at lunchtime or after school	70% 1,017	20% 285	10% 146	1,448
Most of my teachers make my lessons fun and interesting	45% 642	33% 481	22% 315	1,438
Most of my teachers tell me how I am doing with my work	59% 851	26% 383	15% 212	1,446
Other pupils often disrupt my lessons	56% 805	24% 347	20% 288	1,440
I get enough help at school with learning	64% 924	24% 354	12% 167	1,445
There is someone I can get extra help from in school	67% 964	24% 344	9% 137	1,445
There is someone I can get extra help from at home	79% 1,139	12% 171	9% 136	1,446

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

Answered: 1,448 Skipped: 142



ANSWER CHOICES	RESPONSES	
I walk	34%	499
I ride my bicycle	1%	11
Parents take me in their car	21%	309
I drive my car or I am driven by another student	3%	49
I ride my motorbike	0%	2
I take the bus	40%	578
TOTAL		1,448

Notes

The number of young people taking the bus to school has decreased by 6% while both walking and being taken by a parent in their car have increased by 3% each when compared to 2015.

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

Answered: 1,172 Skipped: 418

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

Environment Cycle Paths Healthy Healthier Started Later Warmer
Friends Fresh Air Weather Fun Bike Parents Walk
Merits Live Health Roads Money Reward Buses Exercise Nice Day
Cycle Lanes

"On a school day it's pretty much the only time to prepare yourself for school or to evaluate your day. This is because, when you get home you're bombarded with clubs, homework, family issues or events and many more."

"Tell them to use their legs"

"Exercise = more muscle = good"

"Stop all buses"

"I live too far away from school to do this, but if we had safe places to store bikes that would be good."

"Do it because exercise is healthy and when your healthy your happy and when your happy you give a better performance"

"More trees and nicer footpaths. I mean it would be nice if the IOM brightened up a bit weather wise, but that's not the point."

"Well, it's a matter of opinion on whether you want to do either of those things, but some people will have to take the bus or go with their parents instead."

"I would most definitely walk to school if I lived closer to it. Currently, it would take me about an hour in order to walk to school. Cycling would also take a considerable amount of time; more than taking the bus anyway! In addition to that, I am also not aware of there being anywhere at school where a bike can be left so it would certainly make cycling to school easier if there was somewhere to leave by bicycle. Another way that would make walking or cycling to school more practical would be by having school start later, giving us more time to do so however I can't see that happening anytime soon!"

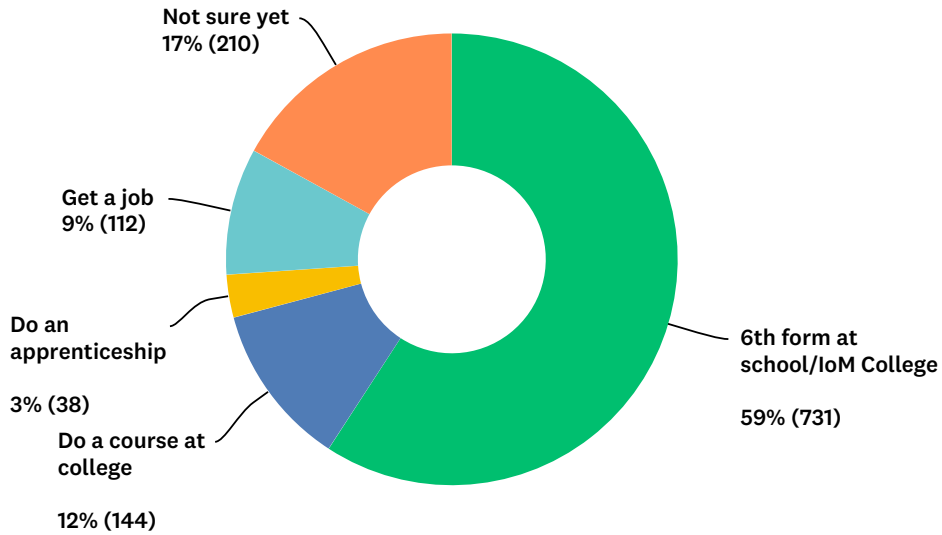
"Benefits of walking or riding your bicycle to school, such as health benefits. If someone does not have a bike then school could provide equipment like bikes to encourage pupils and make it seem like a good deal."

"Tough question. Probably other people walking as I live a while away so would take a long time but would do it if school started later and there were more of us in better weather"

Q11 What do you want to do when you finish Year 11?

Please leave blank if you are in year 12 or above

Answered: 1,235 Skipped: 355



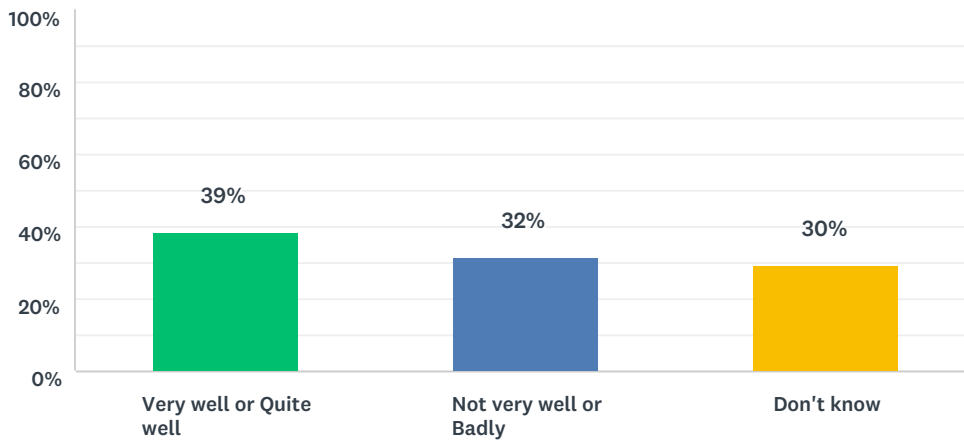
ANSWER CHOICES	RESPONSES	
6th form at school/loM College	59%	731
Do a course at college	12%	144
Do an apprenticeship	3%	38
Get a job	9%	112
Not sure yet	17%	210
TOTAL		1,235

Notes

The number of young people thinking about going into full-time employment after finishing Year 11 has risen by over 3%. Only 4% of young people aged 16+ said they were not sure yet whereas 20% of young people aged 11 to 14 said they were not sure yet.

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

Answered: 1,393 Skipped: 197



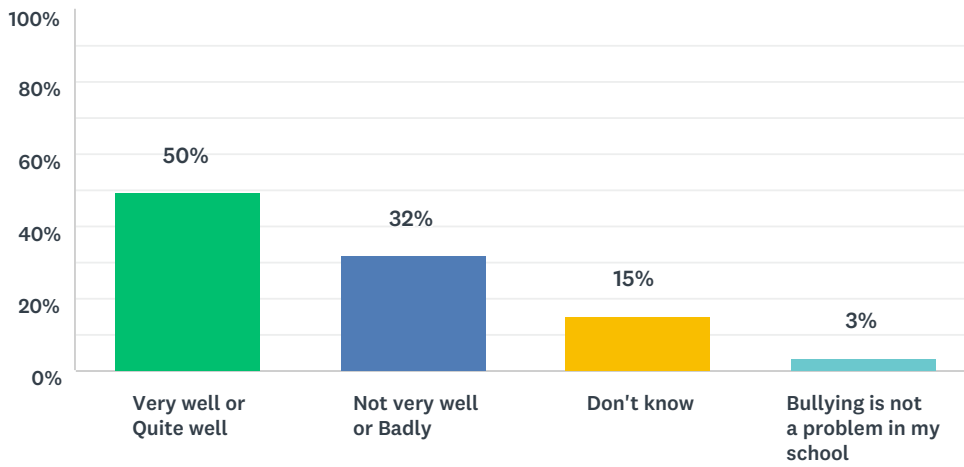
ANSWER CHOICES	RESPONSES	
Very well or Quite well	39%	538
Not very well or Badly	32%	441
Don't know	30%	414
TOTAL		1,393

Notes

Young people are reporting a decrease in behaviours on the school bus compared to 2015 where 'very well & quite well' was 49%, 'Don't know' has increased by 6% which may relate to the same decrease in the number of young people taking the bus to school as reported in Q.9.

Q13 How well does your school deal with bullying?

Answered: 1,422 Skipped: 168



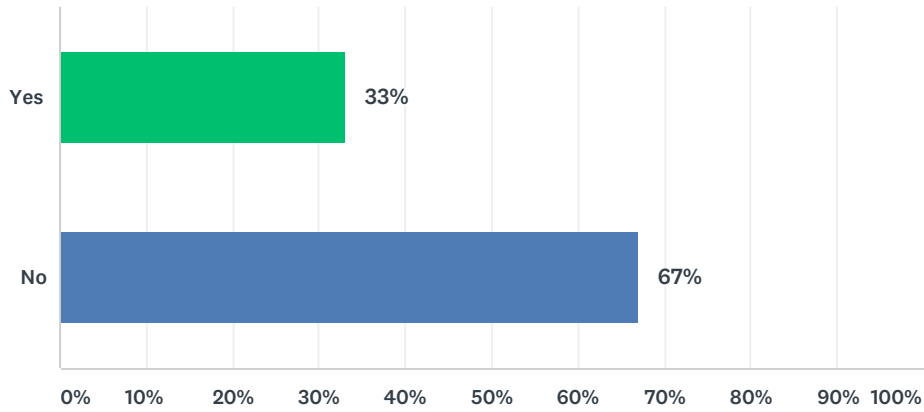
ANSWER CHOICES	RESPONSES	
Very well or Quite well	50%	705
Not very well or Badly	32%	456
Don't know	15%	212
Bullying is not a problem in my school	3%	49
TOTAL		1,422

Notes

The whole school population was asked this question.

Q14 Have you been bullied in the past year?

Answered: 1,429 Skipped: 161



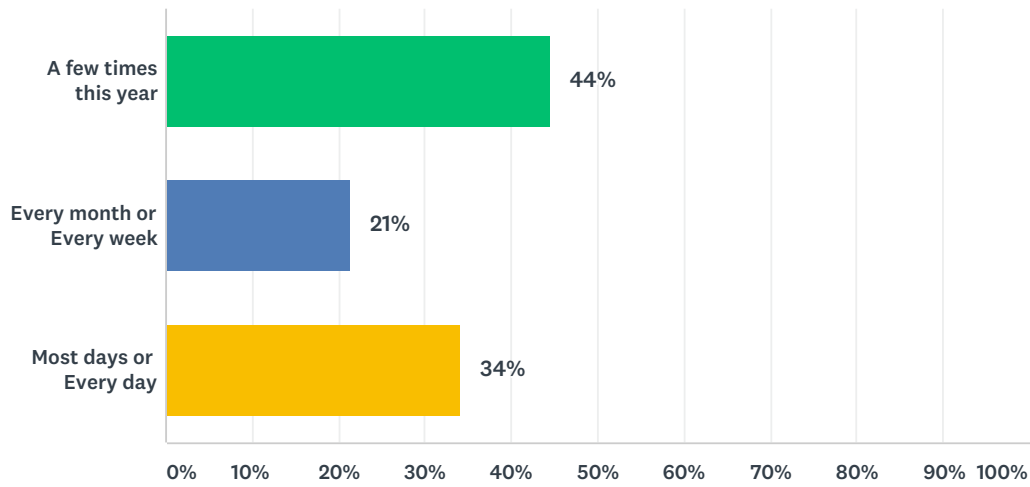
ANSWER CHOICES	RESPONSES	
Yes	33%	473
No	67%	956
TOTAL		1,429

Notes

There is a 5% increase compared to 2015 in young people saying they have been bullied in past year. UK research data from 2017 suggests 41% of young people report having been bullied in the past year.

Q15 How often has someone done something to bully you?

Answered: 445 Skipped: 1,145



ANSWER CHOICES	RESPONSES	
A few times this year	44%	198
Every month or Every week	21%	95
Most days or Every day	34%	152
TOTAL		445

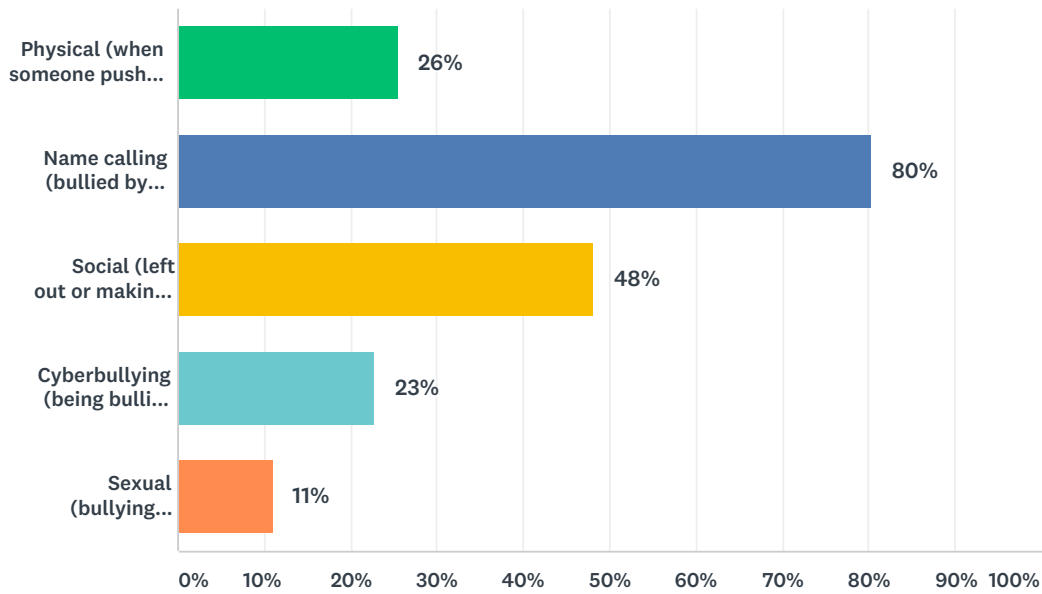
Notes

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

- > 7% increase in persistent bullying being those that are bullied most days or every day.
- > Bullying most days or every day was higher for young people aged 12 or 13 compared to other ages.

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

Answered: 447 Skipped: 1,143



ANSWER CHOICES	RESPONSES	
Physical (when someone pushes you, hits you or harms you in any way physically)	26%	114
Name calling (bullied by name calling regularly and it is hurtful)	80%	359
Social (left out or making plans and excluding others, etc)	48%	215
Cyberbullying (being bullied online, via mobile phone or on social networks)	23%	102
Sexual (bullying includes unwanted sexual advances/comments, sexuality, spreading sexual rumours)	11%	50
Total Respondents: 447		

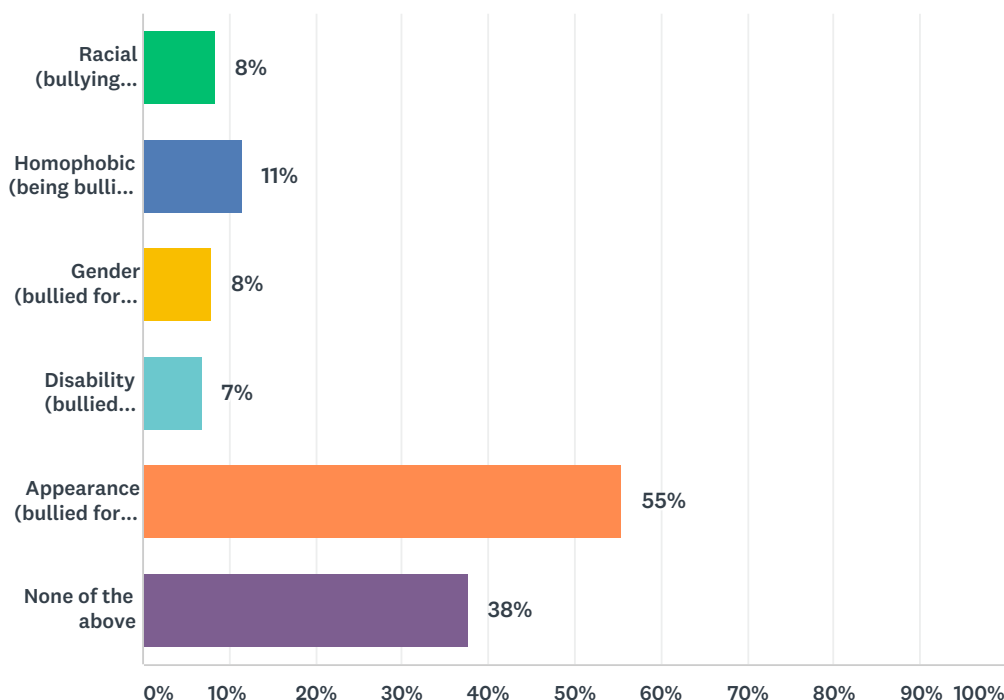
Notes

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

Physical bullying has remained at the same level since the notable decline reported in 2015. Social bullying has increased by 5% compared to 2015 while Cyberbullying and Sexual has increased by 3%.

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

Answered: 446 Skipped: 1,144



ANSWER CHOICES	RESPONSES	
Racial (bullying because of skin colour, cultural or religious background or ethnic origin)	8%	37
Homophobic (being bullied for your sexuality,i.e being gay, lesbian, bi or transgender)	11%	51
Gender (bullied for being a boy or a girl, or that being used against you)	8%	35
Disability (bullied because of a disability or additional needs)	7%	31
Appearance (bullied for weight, body image, clothes, etc)	55%	247
None of the above	38%	168
Total Respondents: 446		

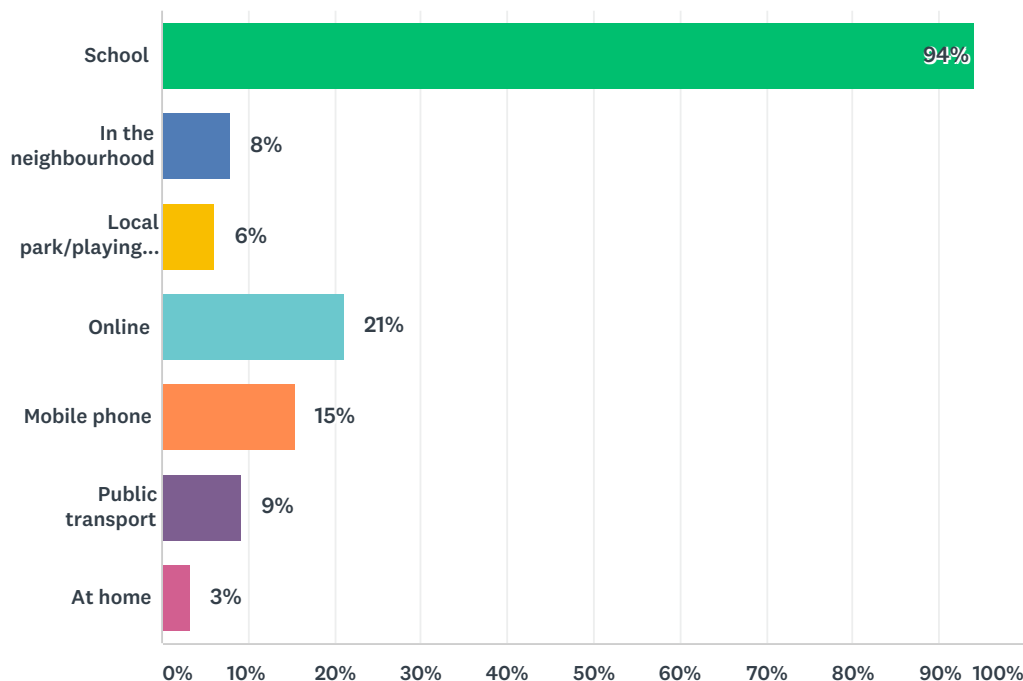
Notes

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

When exploring those who reported being persistently bullied; appearance remained top of the list with 69% followed by homophobic at 13% and gender at 11%.

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

Answered: 439 Skipped: 1,151



ANSWER CHOICES	RESPONSES	
School	94%	413
In the neighbourhood	8%	35
Local park/playing field	6%	27
Online	21%	93
Mobile phone	15%	68
Public transport	9%	40
At home	3%	15
Total Respondents: 439		

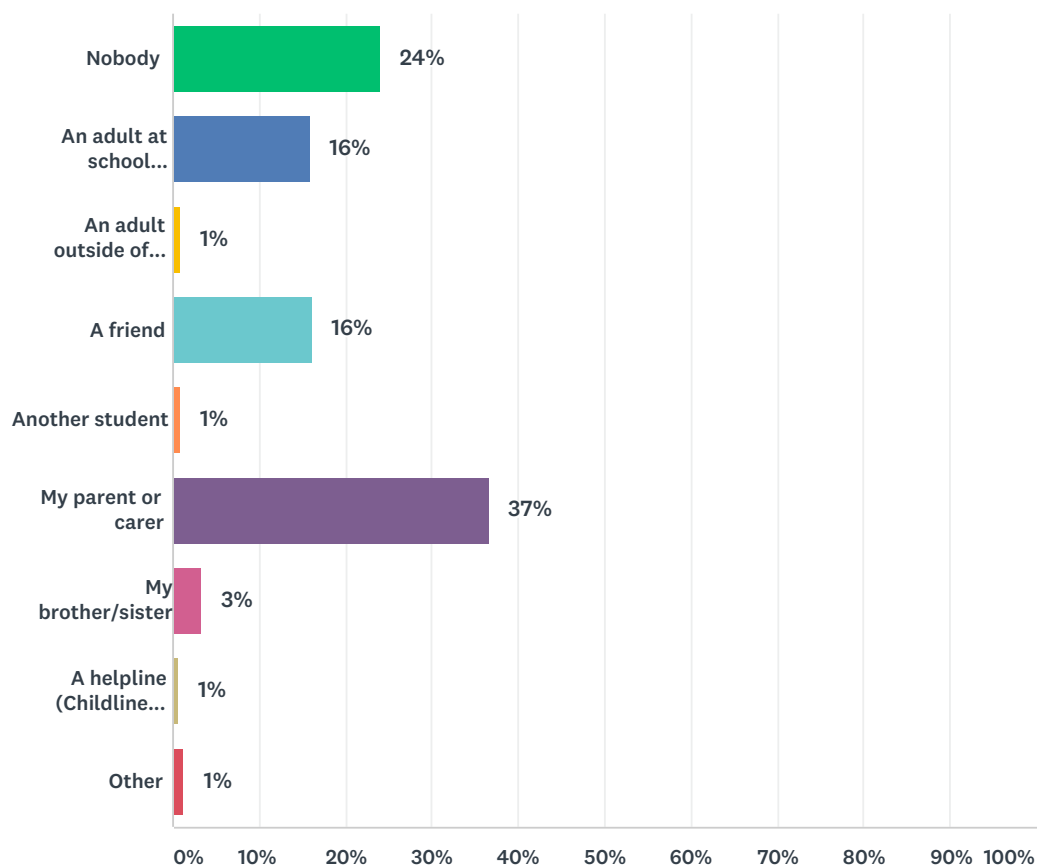
Notes

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: 447 Skipped: 1,143



ANSWER CHOICES	RESPONSES	
Nobody	24%	108
An adult at school (Teacher, Head of Year etc.)	16%	71
An adult outside of school (Youth Worker, Sports Coach etc.)	1%	4
A friend	16%	72
Another student	1%	4
My parent or carer	37%	164
My brother/sister	3%	15
A helpline (Childline etc.)	1%	3
Other	1%	6
TOTAL		447

Notes

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

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

Answered: 349 Skipped: 1,241

Notes

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

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

"encourage them to speak up about the situation so the problem can be resolved."

"Set up a system for someone to talk to an older student/teacher and get advice"

"make people more aware of the damage it can do to people because I have lost all of my confidence"

"Give punishment (detention) If they keep doing it (call parents) If they keep doing it (suspension)"

"If you are getting bullied, just smile and walk away because if you take no notice/not react the bullies will get bored and start til stop it because their not getting the reaction they're wanting"

"make a bully reporting station in the field other than the student support office"

"Teach kids that telling teachers is the best solution because the teachers should have a good punishment, which I believed is making the bullies do cleaning at school e.g. Removing gum off bins, Cleaning floors/walls, picking up litter outside or inside. Teachers should also tell the bully to speak out if they are lashing out if something is causing them to hurt others e.g. home environment,"

"If there were more safe places at lunch so you could just chill and not worry about them"

"Tell a friend then tell a teacher because if your being bullied it's not a nice felling I know your pain"

"I'm not sure maybe just the best thing is to have support about it and not to give them any reason to bully you so rise above the bully"

"be allowed to get fresh air or 5 minutes by yourself"

"You are never going to prevent bullying completely. Try and find someone to confide in so you don't feel alone, and hopefully they can guide you through a rough patch."

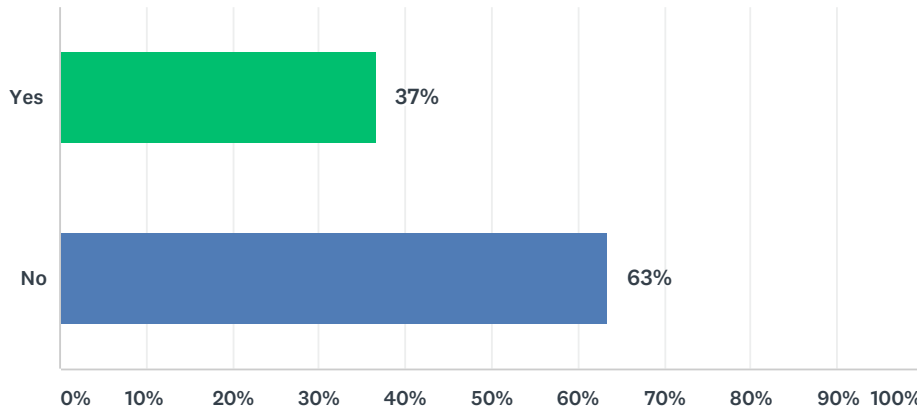
"I believe to help people who are being bullied need the security to not be scared that once you tell a teacher that they're not going to make it worse by trying to talk things out with the other student. This usually never works. I think teachers should listen to what the students have to say and it is their call on what happens next."

"Don't keep quiet and tell someone you know who can help you"

"Have a listening service or make helpline numbers clear in posters around the school building and in student planners"

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: 1,413 Skipped: 177



ANSWER CHOICES	RESPONSES	
Yes	37%	517
No	63%	896
TOTAL		1,413

Notes.

> 62% of all young people aged 15+ said they have seen a careers advisor.

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

Answered: 513 Skipped: 1,077

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

Alright Results Fun Good for People Advice Awkward Boring Knew Think
Nice Future Given Job Life Career Questions
Interesting Pointless Session Short Useful Slightly
Not Helpful Achieve Okay Unhelpful Useless

"It opened my eyes to the possibilities if I put my mind to it"

"don't really know what I want to do so I found it imformative"

"They're quite helpful because it shows you that there are many opportunities so when you know that's an option as a job when your older and you can't find anything else then that would be there to do"

"The session was informative I did learn a lot about opportunity's on the island, but it was very focused on the IOM collage I think it would benefit from looking into more opportunity's. However that was just my session."

"Seeing as we dedicated an entire school day to doing a test on what career we would be good at, I thought it helped a little, but a lot of the jobs suggested were ones I would not consider going for."

"I thought It was helpful, but didn't get enough information, and it was quite a short conversation. I would like to talk to an advisor again, but with a group of people, like my peers; to see how other people feel about there future, and what they want to do. To help me figure out what I would like to do when I leave school, and to understand more about my career future."

"it was ok but I thought it was too early for that sort of thing- maybe in sixth form but not in year 9."

"It offered me help but at the time of the careers appointment I was already well aware of what path I wanted to go down. They did help inform me of sub-categories within the subject, though, and the different courses that were available."

"I thought they were quite usefull I specially the women I had seen as she had given my a wider variety and more of a open mind to what I could do along the lines of what I wanted."

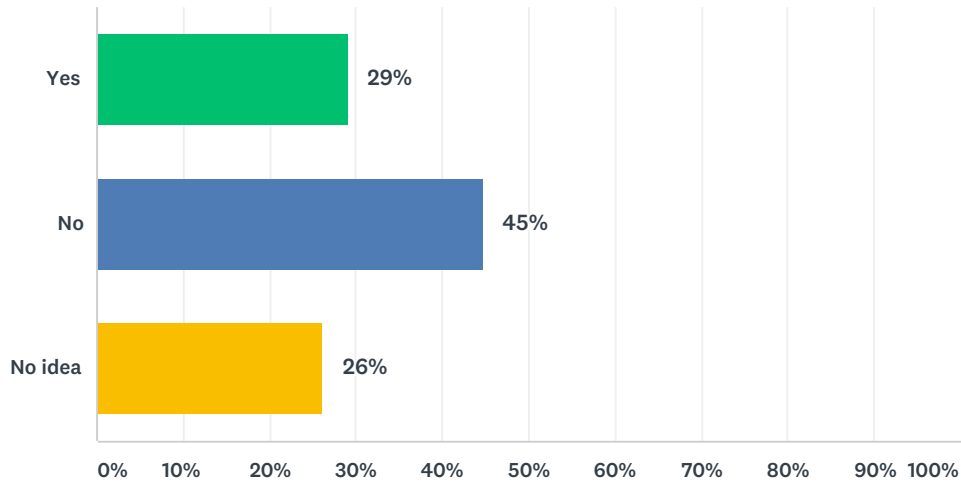
"It felt quite unorganized as it was all the schools on the island going to stands dotted around a room and did not give us enough time to go to all the places we want to"

"we only discussed one opportunity. i would of liked to discussed different job oppoertunities"

"Very helpful! I now have lots of information about the job I am heading towards now."

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

Answered: 1,423 Skipped: 167



ANSWER CHOICES	RESPONSES	
Yes	29%	415
No	45%	637
No idea	26%	371
TOTAL		1,423

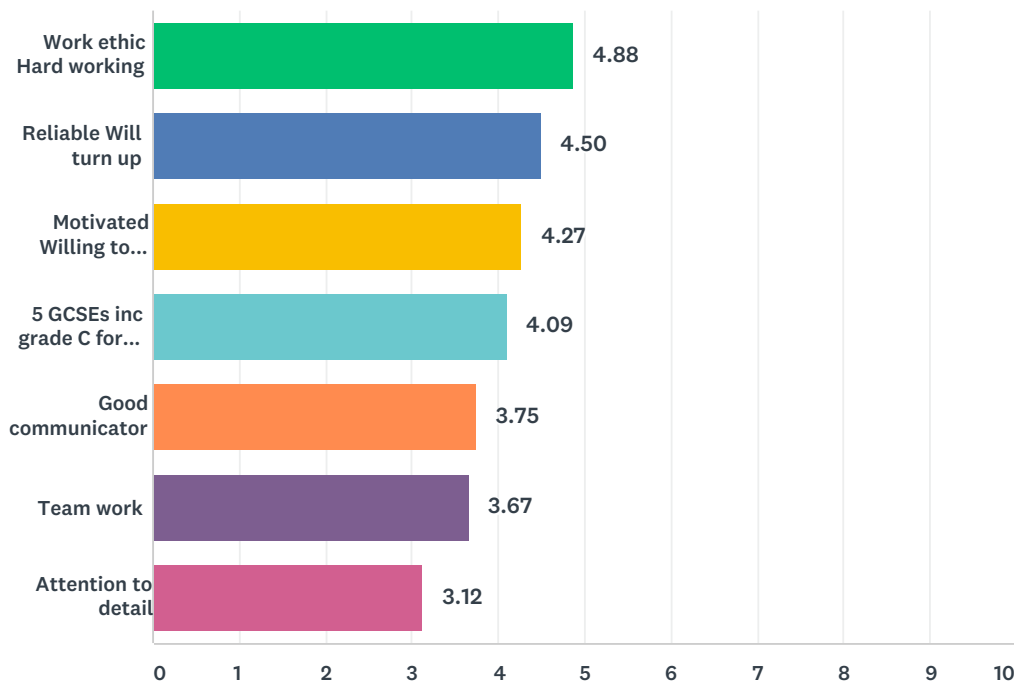
Notes

68% of young people aged 15+ said they have a CV while 8% 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?

Answered: 1,381 Skipped: 209

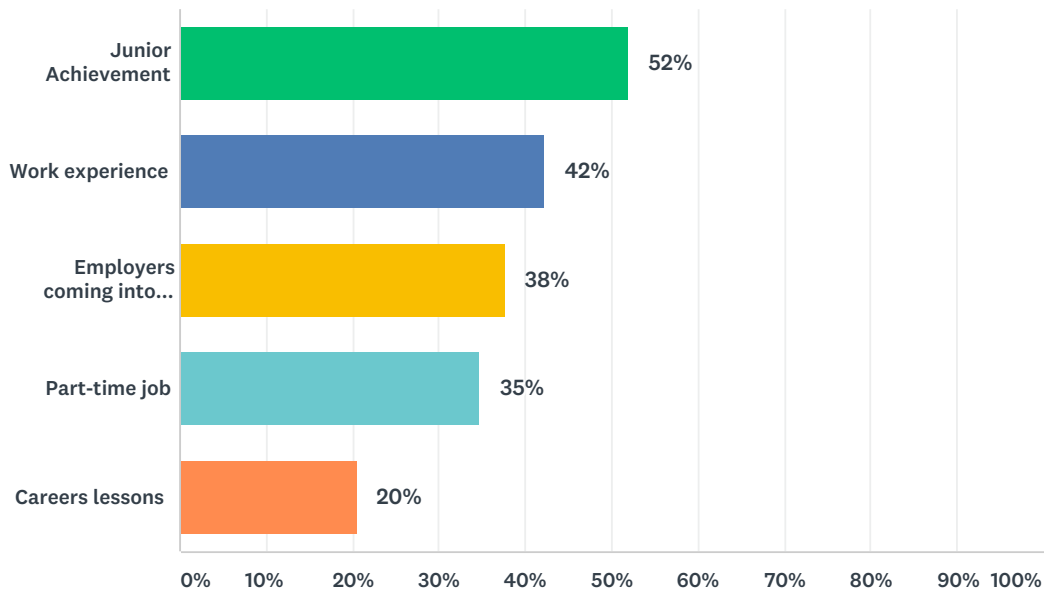


	1	2	3	4	5	6	7	TOTAL	SCORE
Work ethic Hard working	26% 298	22% 254	15% 166	12% 134	8% 93	8% 89	9% 100	1,134	4.88
Reliable Will turn up	21% 236	17% 194	17% 191	14% 160	12% 135	11% 121	10% 111	1,148	4.50
Motivated Willing to learn	14% 158	17% 196	17% 192	15% 170	16% 183	13% 151	8% 87	1,137	4.27
5 GCSEs inc grade C for Maths and English	21% 258	11% 129	14% 170	12% 146	11% 134	11% 137	19% 229	1,203	4.09
Good communicator	6% 74	13% 154	15% 171	17% 190	21% 244	16% 186	11% 125	1,144	3.75
Team work	8% 87	13% 145	14% 164	16% 182	18% 209	19% 218	13% 151	1,156	3.67
Attention to detail	7% 83	8% 90	11% 123	15% 173	13% 156	18% 216	28% 330	1,171	3.12

Q25 Have you had any contact with local businesses/workplaces?

Tick all that apply

Answered: 1,073 Skipped: 517

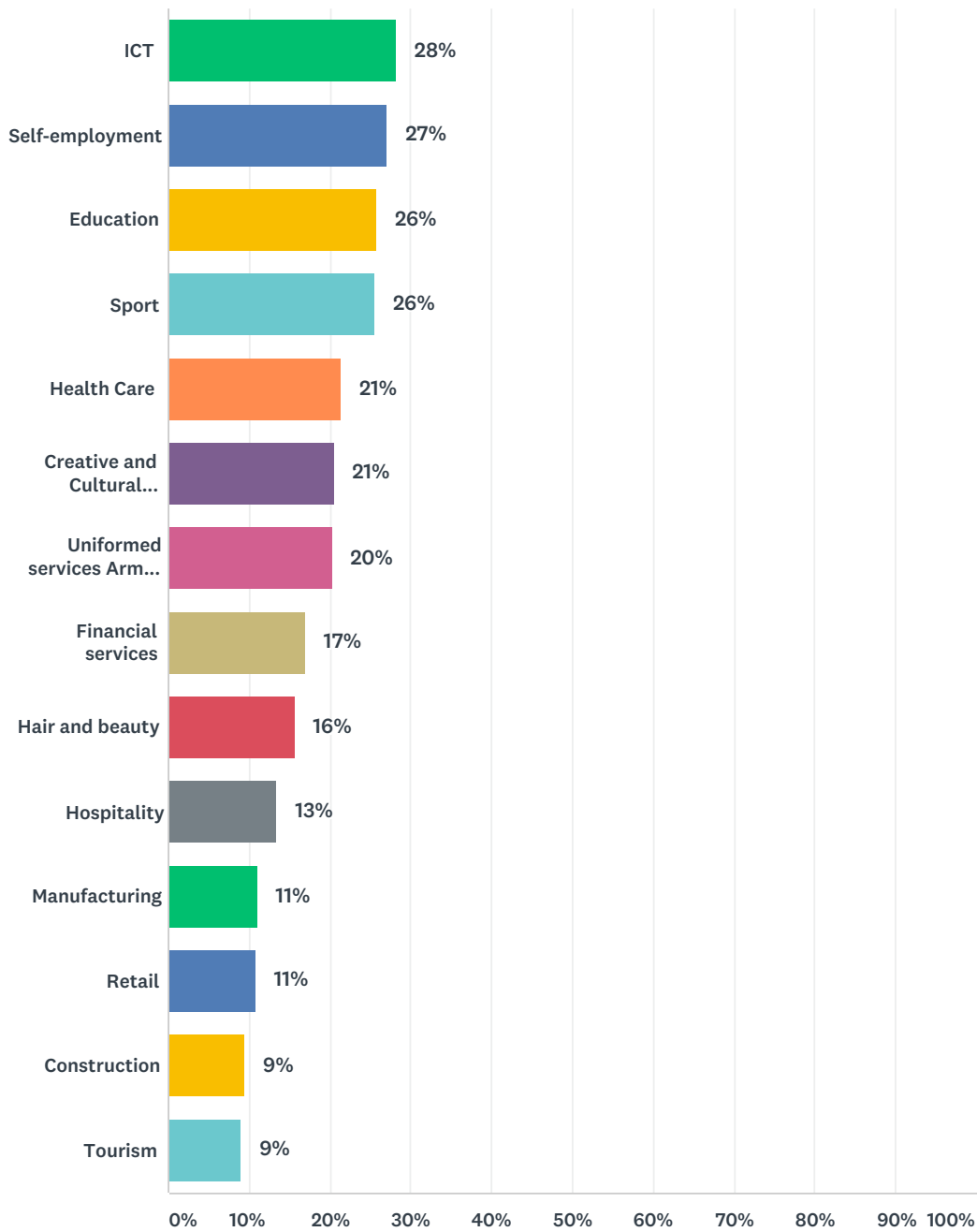


ANSWER CHOICES	RESPONSES	
Junior Achievement	52%	557
Work experience	42%	453
Employers coming into school	38%	405
Part-time job	35%	372
Careers lessons	20%	219
Total Respondents: 1,073		

Q26 Would you be interested in working in any of these areas?

Tick your preferred options

Answered: 1,345 Skipped: 245



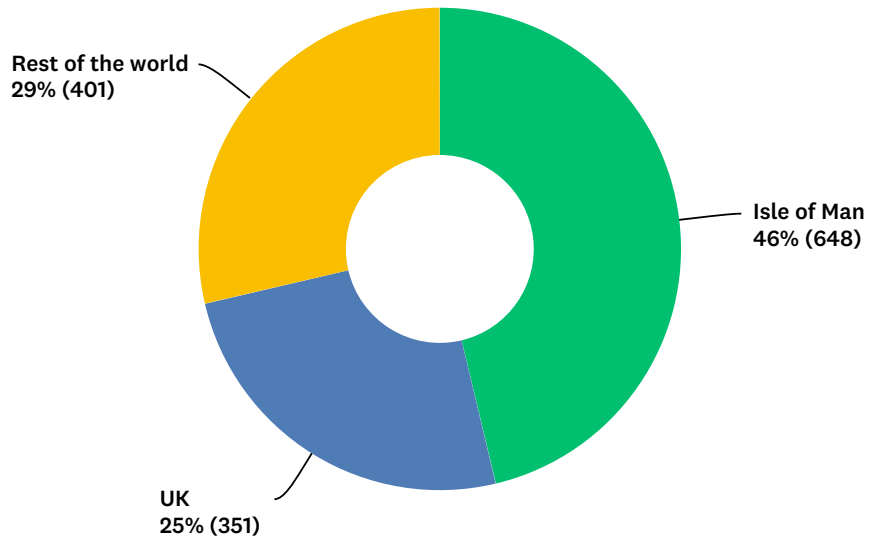
ANSWER CHOICES	RESPONSES	
ICT	28%	381
Self-employment	27%	362
Education	26%	347
Sport	26%	344
Health Care	21%	288
Creative and Cultural Entertainment industry	21%	276

Young peoples' Survey 2018

Uniformed services Army, Fire, Police, RAF, Navy	20%	272
Financial services	17%	227
Hair and beauty	16%	210
Hospitality	13%	179
Manufacturing	11%	148
Retail	11%	146
Construction	9%	126
Tourism	9%	121
Total Respondents: 1,345		

Q27 Would you like to work in the...

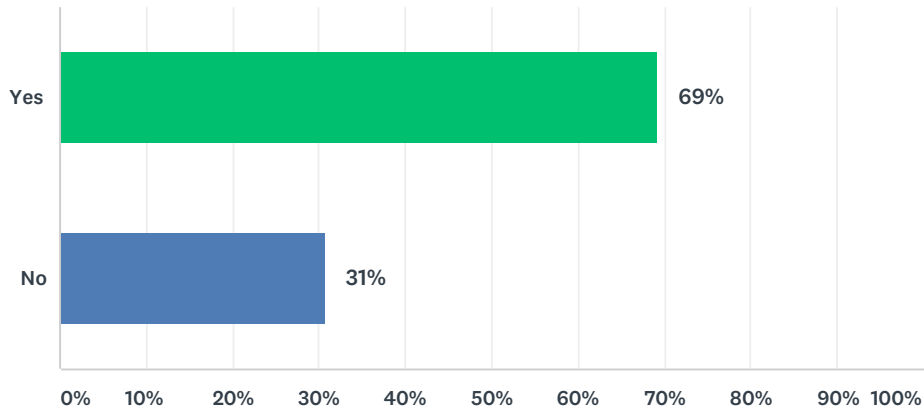
Answered: 1,400 Skipped: 190



ANSWER CHOICES	RESPONSES	
Isle of Man	46%	648
UK	25%	351
Rest of the world	29%	401
TOTAL		1,400

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

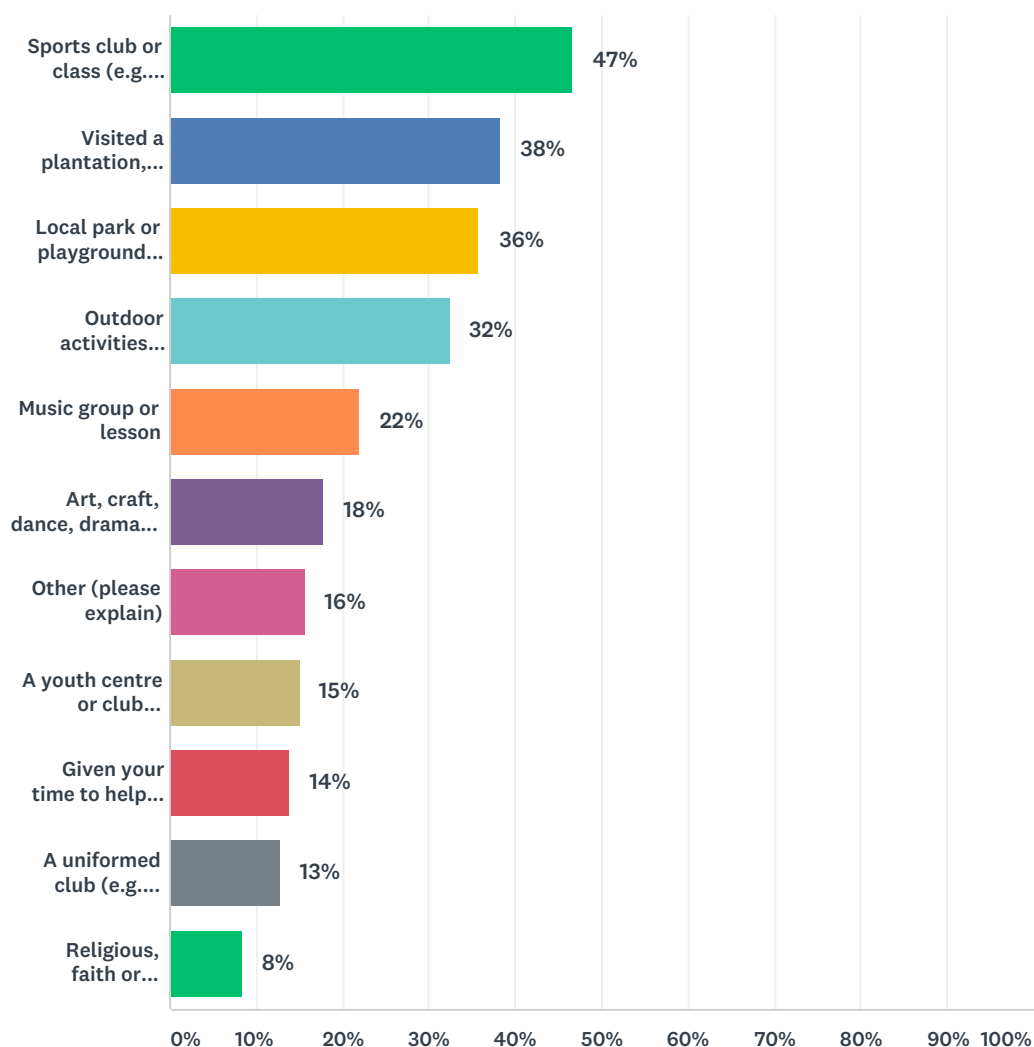
Answered: 1,384 Skipped: 206



ANSWER CHOICES	RESPONSES	
Yes	69%	957
No	31%	427
TOTAL		1,384

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

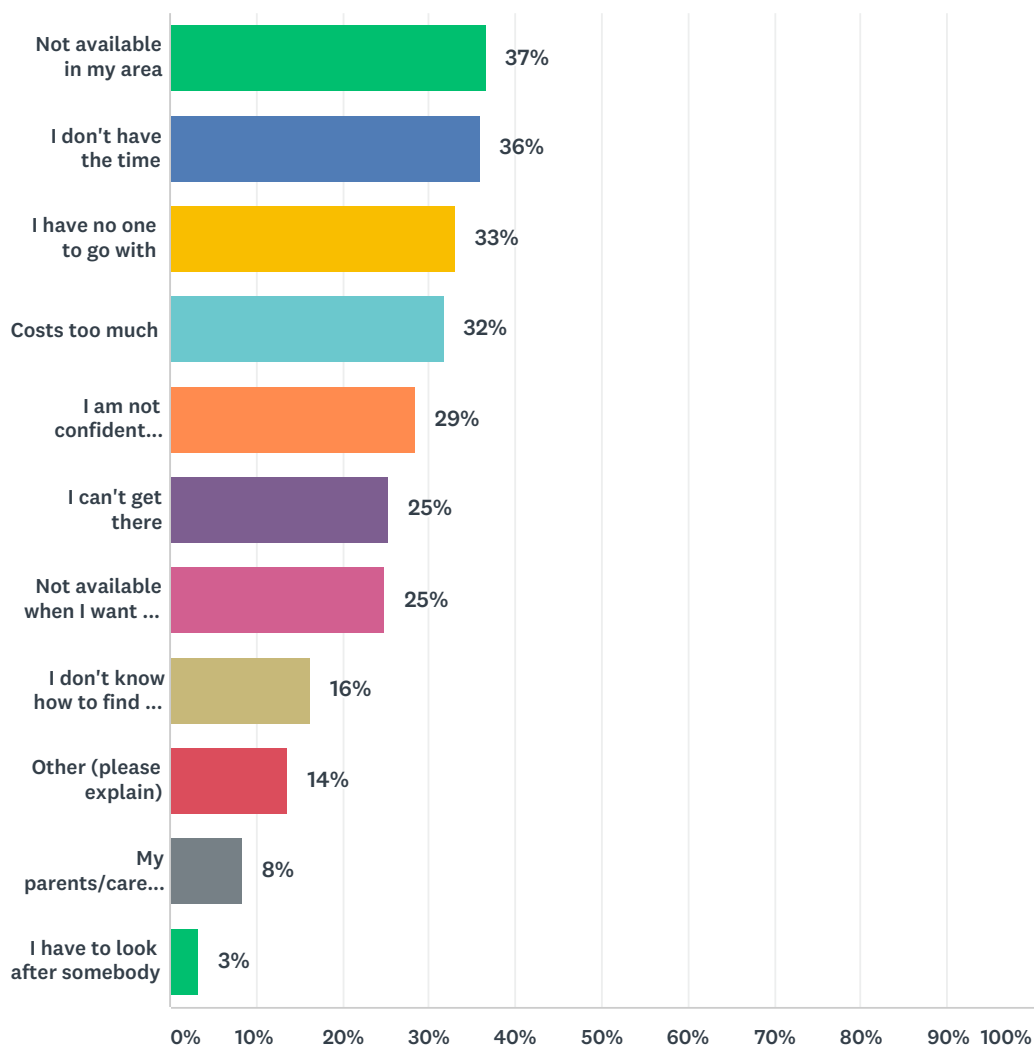
Answered: 1,396 Skipped: 194



ANSWER CHOICES	RESPONSES	
Sports club or class (e.g. MSR, sports club, swimming)	47%	652
Visited a plantation, glen or beach	38%	535
Local park or playground (e.g. Game of football/basket ball, skatepark)	36%	498
Outdoor activities (e.g. Mountain biking, water sports, hiking, rock climbing, angling)	32%	452
Music group or lesson	22%	306
Art, craft, dance, drama, film/video making group	18%	248
Other (please explain)	16%	218
A youth centre or club (e.g. Youth Arts Centre, Cafe Laare, Young Carers)	15%	211
Given your time to help a charity, or participated in some volunteering	14%	194
A uniformed club (e.g. Scouts, Girlguides, Cadets)	13%	178
Religious, faith or community group	8%	117
Total Respondents: 1,396		

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

Answered: 1,339 Skipped: 251



ANSWER CHOICES	RESPONSES	
Not available in my area	37%	490
I don't have the time	36%	483
I have no one to go with	33%	442
Costs too much	32%	426
I am not confident enough	29%	382
I can't get there	25%	338
Not available when I want to do it	25%	334
I don't know how to find out what's on offer	16%	218
Other (please explain)	14%	183
My parents/carers worry about me	8%	113
I have to look after somebody	3%	45
Total Respondents: 1,339		

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

Answered: 1,115 Skipped: 475

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

Exercise Family Nice Netball Football Freedom
Meeting New People Socialising Sport Mates Activities
School Work Friends Community Fun Youth Club Enjoy
Stress Learn Creative Love Environment Social House Gives Fit and Healthy
Team Work

"It's optional and I do it because I enjoy it. It's the constant thing in my life and it takes my mind off my troubles. It's also a chance to meet new people without the people in your school breathing down your neck."

"I get to see my friends, get some work done and help out on a Friday night getting experience when working with teenagers younger than myself"

"I enjoy that they teach me about skills I would not learn normally in school. like building a fire or cooking food."

"Socialising and feeling good about myself after- e.g. sport or volunteering"

"they are fun, and I have made many close friends because of them! I can also take part in other opportunities eg for my dance lessons I can compete away"

"Well I am a keen footballer and enjoy the physical aspects to it and toughness to it and I get a lot of relief and feel good when I improve. However I also love the social aspect of it as I get to see a lot of people I get on well with. It's also a big stress reliever as school and sixth form is both mentally physically and sometimes emotionally challenging and this relieves my stress and provides me with enjoyment"

"Music allows me to de-stress after a long day at school. Sports such as running make me feel good about myself and keep me fit. Extra curricular activities give me a break from intense revision."

"I enjoy the satisfaction of working on something hard and seeing your work payoff. For example if I'm working on my violin grade piece and am stuck I'll keep working on it and eventually improve. This is a really great feeling."

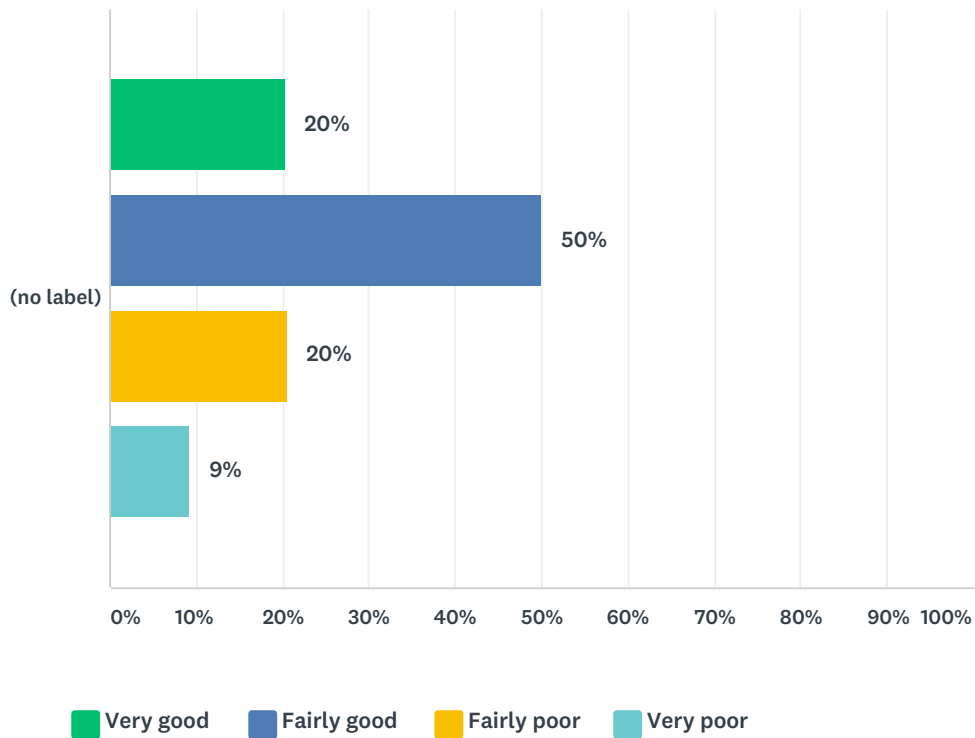
"Making new friends and all my clubs are fun"

"Friends and how nice the people are"

"Making new friends and learning new skills."

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

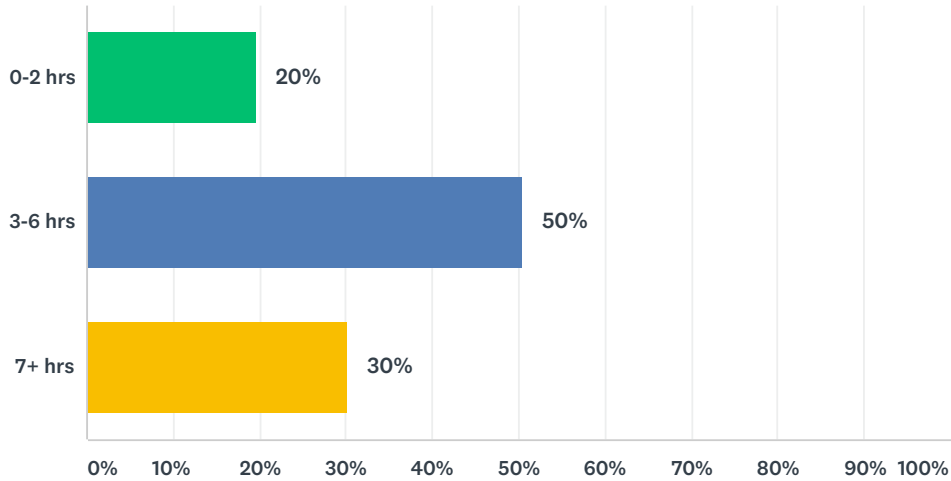
Answered: 1,376 Skipped: 214



	VERY GOOD	FAIRLY GOOD	FAIRLY POOR	VERY POOR	TOTAL	WEIGHTED AVERAGE
(no label)	20% 280	50% 688	20% 281	9% 127	1,376	2.19

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: 1,338 Skipped: 252



ANSWER CHOICES	RESPONSES	
0-2 hrs	20%	262
3-6 hrs	50%	674
7+ hrs	30%	402
TOTAL		1,338

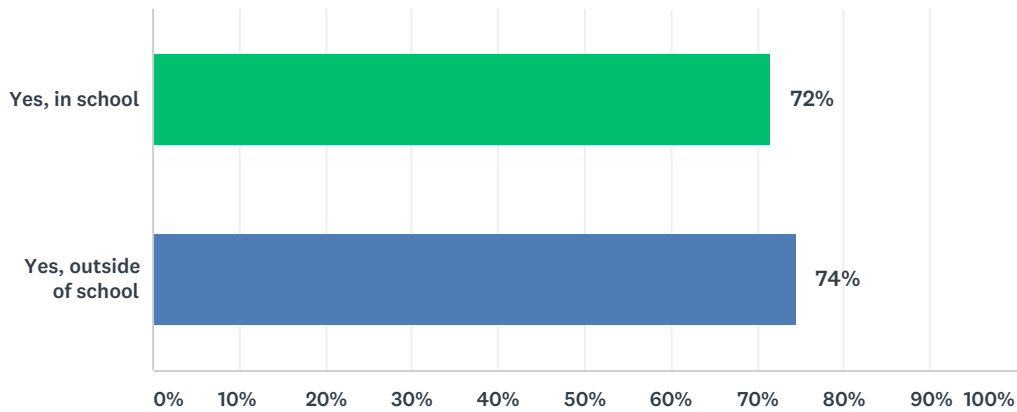
Notes

> 32% of young people aged 11 to 15 said they do 7+ hours of physical activity each week.

> Young people aged 12 were most active with 39% saying they do 7+ hours of physical activity each week while 47% said they do 3-6 hours.

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

Answered: 1,050 Skipped: 540



ANSWER CHOICES	RESPONSES
Yes, in school	72% 752
Yes, outside of school	74% 782
Total Respondents: 1,050	

Notes

- > 80% of young people aged 12 answered Yes, in school.
- > 64% of young people who said Yes, in school also said Yes, outside of school.

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

Answered: 1,250 Skipped: 340

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

Fitness Jogging Dancing Mum Swimming Kayaking School
Exercise Football Training Walking Boxing Running
Squash Gym Play Hockey Netball Eat Healthy Biking

"I do a hockey club out of school and I play all sports in school as well. I also run in my spare time or work out in the spare room (where we keep gym equipment)."

"Exercises; abs, thigh and full body/walking/dancing/yoga/stretching/online workout classes found on YouTube"

"I go for a run when I can but find it difficult to find the time and facilities to do sports alongside studies and extra-curricular classes."

"I take my dog for long walks on the beach most weekends and take her for shorter ones in the week"

"Go out mountain biking and play out with freinds and going to footy club on the weekend"

"Not much, the only form of Exercise I get is my PE double period each week."

"I like to walk from Port Erin as far as I want, for about 15-30 minutes and then I turn around and go back home. Yesterday I managed to walk 2.6 miles in 20 minutes too."

"To keep healthy I run, swim, ski, ice skate, walk, fitness. At home we always eat very healthy, for example eat vegetarian/vegan on weak days and only eat red meat on week ends."

"Working out and going to the gym after school occasionally. Walking to and from school every day"

"I play many sports, I play football in and out of school. Rugby in and out of school. Hockey out of school. I use a gym in and out of school."

"I go swimming, regular walks with the family and our dog, a run with my stepdad once a week and there are our sports lessons at school."

"I enjoy walking through glens and going on other small walks. I volunteer at the community farm. I like to help with the plants in the poly-tunnels, cleaning, and feeding animals. These activities take a lot of physical energy. I am soon going to go to a yoga class with a family member."

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

Answered: 1,171 Skipped: 419

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

"In school I would let the children vote on what sports they want to focus on for their years instead of being stuck with a naff sport that no one's interested in. I'd also come up with new ideas for our fitness session during double games. Instead of cross-country in the winter, Circuits in spring etc. It gets boring and feels like a chore"

"make the activities more fun by doing new things that people don't associate necessarily with the activities."

"I would offer opportunities especially where children spend most of their time e.g. college. I would offer the perfect timing so not too early because most teens have to wake up at 6 to so mornings are a no no and not too late where you have to go to bed at 12. I would consider that teenagers having work from colleges and schools and therefore mostly include these activities during holidays weekends and a few days on weekdays. I would encourage teens to take a few minutes off of a 2 hour lesson to just stretch out a bit instead of sitting down for the full 2 hours. I would make exercising fun instead of a tiring and painful experience. I would include different varieties of exercises. I would offer a gym in colleges so teens can go in their own time."

"fun exercises unlike running around a field for 30mins something they will want to do out of school as well"

"Offer cheap sporting facilities but make it fun but then if get better actively encourage them to pursue further"

"in my opinion teenagers should have the choice if they want to exercise or not because they might not enjoy it"

"First of I'd try to make it enjoyable at school level where everybody has to take part. I would do this as I feel there is a lot of pressure added in schools as they all want to win. However with certain students I know they don't like this and feel like the fun has been taken out of it which has made them give up. I feel like if it's fun in school it will encourage pupils to do it out of school in order to try and find the same enjoyment. This is how I would tackle it."

"Get local gyms involved, lots of teenagers today are more interested in the use of a gym. I think teenagers would do more exercise if there was an afterschool gym group or it was cheaper to use the local gym or someone to exercise with."

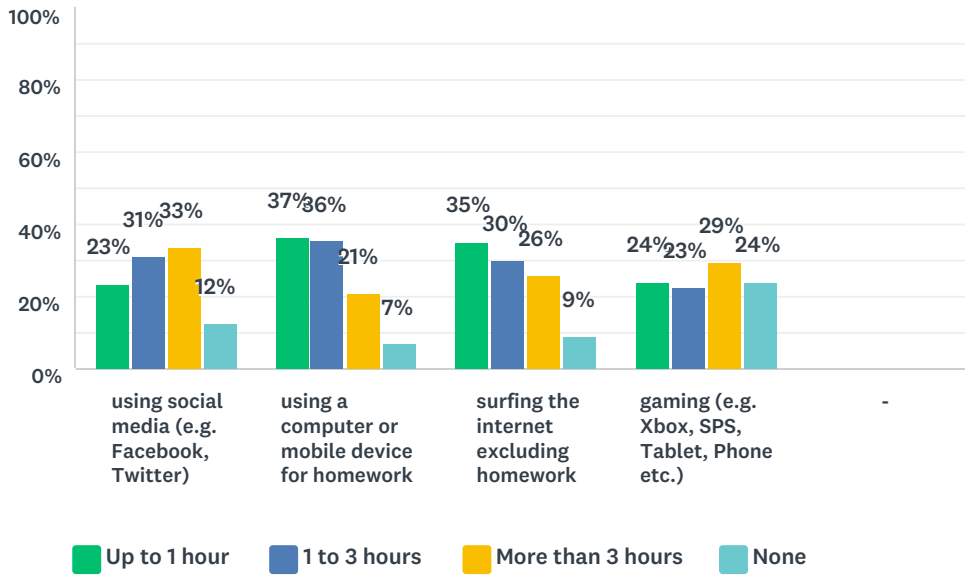
"Make some kind of fun and enjoyable place to go to where they can do activities and have fun but also so they don't get into trouble or do bad things, but most likely I'd make a place that is kind of along the lines of the old summerland as my parents say it was a really fun place to go, or even an indoor water park just something where people will enjoy."

"Make it fun: I would host gym sessions with music they'd like or a yoga session because it would help to de-stress."

"Promote a healthy lifestyle and that benefits better to the young instead of pushing for people to be well off with money but with longer lasting health and for them to take care of themselves first before anyone else."

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

Answered: 1,346 Skipped: 244



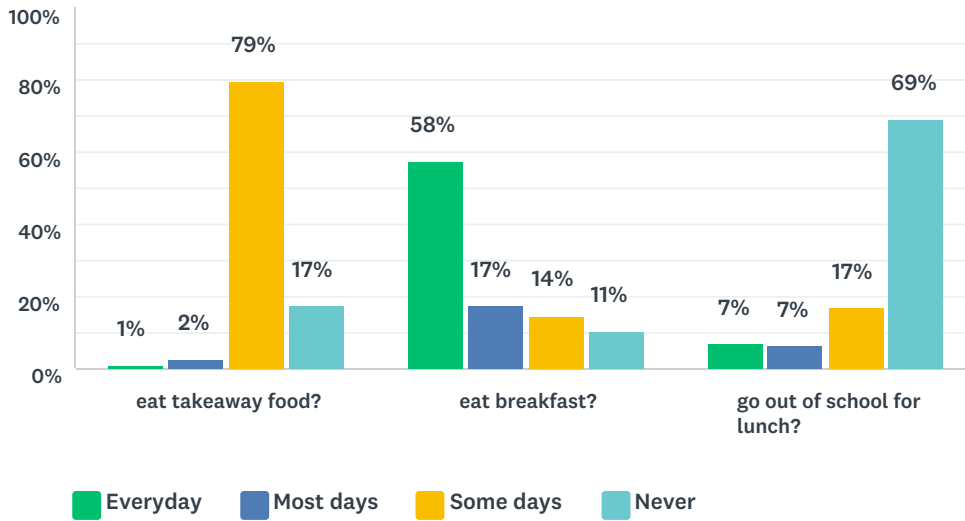
	UP TO 1 HOUR	1 TO 3 HOURS	MORE THAN 3 HOURS	NONE	TOTAL	WEIGHTED AVERAGE
using social media (e.g. Facebook, Twitter)	23% 314	31% 417	33% 449	12% 166	1,346	2.11
using a computer or mobile device for homework	37% 492	36% 481	21% 282	7% 91	1,346	1.83
surfing the internet excluding homework	35% 468	30% 401	26% 353	9% 124	1,346	1.91
gaming (e.g. Xbox, SPS, Tablet, Phone etc.)	24% 325	23% 304	29% 395	24% 322	1,346	2.07
-	0% 0	0% 0	0% 0	0% 0	0	0.00

Notes

- > Young people ages 15 to 18 are significantly 28%
- > Young people using a computer or mobile device for homework for more than 3 hours increases from 6% when aged 11 to 45% when aged 17.

Q38 How often do you...

Answered: 1,342 Skipped: 248



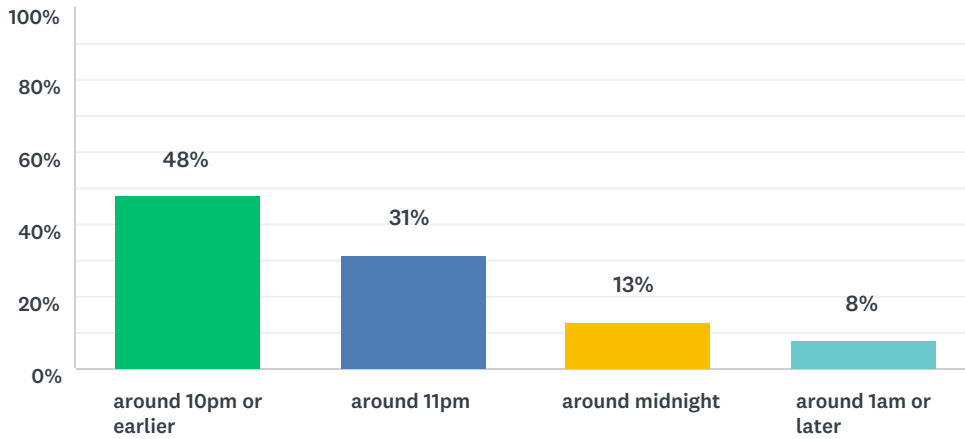
	EVERYDAY	MOST DAYS	SOME DAYS	NEVER	TOTAL	WEIGHTED AVERAGE
eat takeaway food?	1% 11	2% 30	79% 1,059	17% 233	1,333	3.14
eat breakfast?	58% 774	17% 233	14% 193	11% 141	1,341	1.78
go out of school for lunch?	7% 93	7% 89	17% 230	69% 925	1,337	3.49

Notes

- > 64% of young people aged 11 to 14 said they eat breakfast everyday.
- > 16% of young people aged 11 to 14 said they never eat takeaway food vs 19% for ages 15 to 18.

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

Answered: 1,340 Skipped: 250



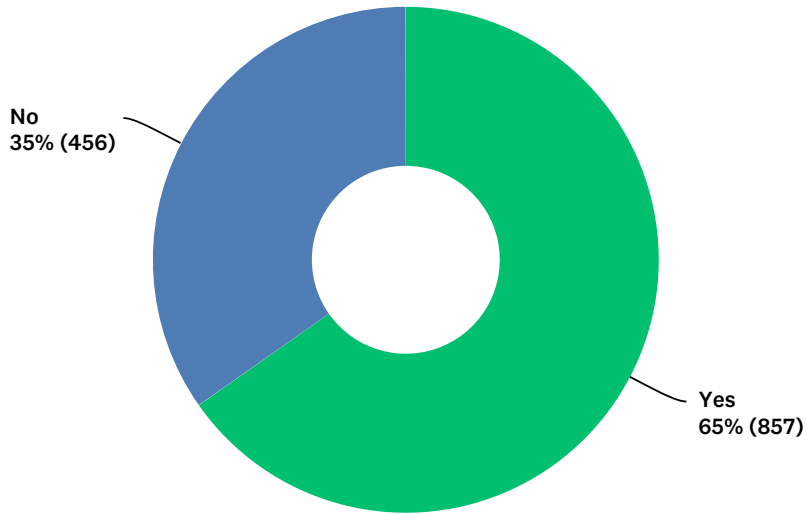
ANSWER CHOICES	RESPONSES	
around 10pm or earlier	48%	640
around 11pm	31%	419
around midnight	13%	174
around 1am or later	8%	107
TOTAL		1,340

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: 1,313 Skipped: 277



ANSWER CHOICES	RESPONSES	
Yes	65%	857
No	35%	456
TOTAL		1,313

Q41 What makes you think that about your diet?

Answered: 1,178 Skipped: 412

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

"The only reason I'm not overweight is because I do so much exercise. I eat junk food a lot and end up eating a brunch bar for breakfast most school days.

"the stuff I learn at school tell me if I am eating the correct foods for my health"

"My diet can be healthy but as I rely on my family to make me food, it may sometimes vary."

"I want to eat healthy but my family don't have time to cook it and we cant afford it"

"I don't eat and drink things like coke and crisps. I mainly drink water and I don't really snack."

"I eat to many sweets and I don't make healthy choices at school dinners"

"I swapped desserts in school for fruit and changed my dinners for plain chicken and fish."

"For one, school lunches don't seem to be the healthiest nor most appetising. I also get hungry at points during the day that aren't break or lunchtime and so get increasingly hungry and tired, meaning that I can't concentrate as well in class and when I do get the opportunity to eat, because I need energy, I end up eating foods high in sugars or fats."

"I have a smoothie every morning and have a large amount of fruit and veg with every meal. I also keep track of my water intake and eat unhealthy food in small quantities."

"when i go to the canteen and get a fizzy drink every day, and i think that is not very healthy. so now I will try to get water instead."

"because im not well educated on the topic that much i dont know how well i eat."

"I probably consume more than three average peoples calorie intake in one meal and eat high sugar foods. I just love pastry, bacon cheese turnovers are my personal fav. However, fear not, because I am actually trying to cut this out. I don't want to be fat, I want to be in peak physical condition for the laaaaddddiesss."

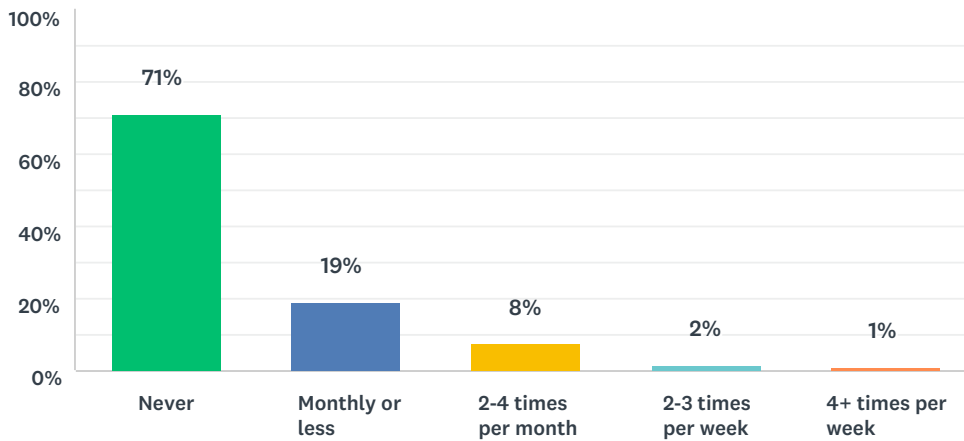
"I'm very health conscious, and enjoy reading books and articles on the basic principles of nutrition. Because of this I've come to the conclusion that the government nutrition guidelines are TERRIBLE and seriously outdated, and this is an issue. Anyway, I try to keep my sugar intake to 25g of refined sugar daily, and I don't eat any refined flour if I can help it. (I should also mention, though, that I've been anorexic and I currently am trying to fight binge eating disorder because of it.)"

"I tend to over-eat and i eat too much fatty and sugary foods, but im trying to cut down"

"I currently have a food diary. I am tracking every meal. And my family always ensure the meals we have are healthy and balanced. We eat fruit at least twice a day. I also have smoothies for breakfast sometimes. Usually, I only eat chocolate on a Friday and Saturday. We don't eat much fast food or takeaway food."

Q42 How often do you have a drink containing alcohol?

Answered: 1,314 Skipped: 276



ANSWER CHOICES	RESPONSES	
Never	71%	932
Monthly or less	19%	248
2-4 times per month	8%	100
2-3 times per week	2%	20
4+ times per week	1%	14
TOTAL		1,314

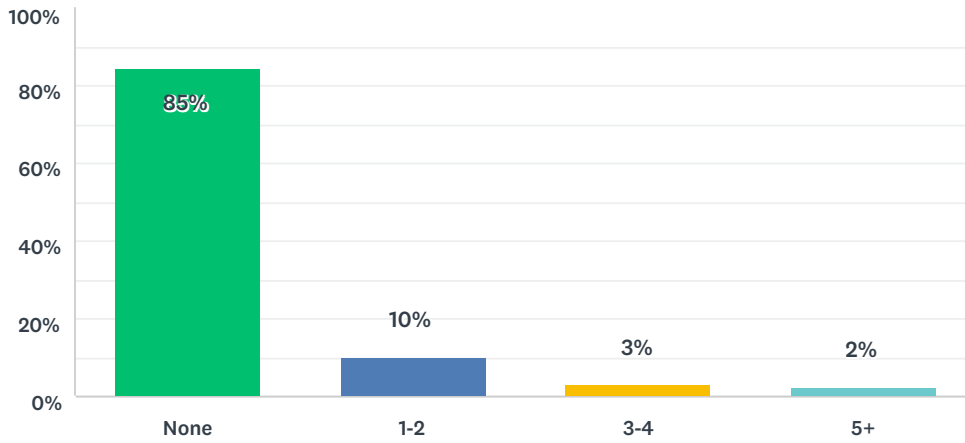
Notes

85% of males and 88% of females in the 11 to 14 age group say they have never had an alcoholic drink.

45% of males and 48% of females in the 15 to 18 age group say they have never had an alcoholic drink. Of the same age group, 18% of males say they drink 2 to 4 times per month vs 17% of females.

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

Answered: 1,309 Skipped: 281



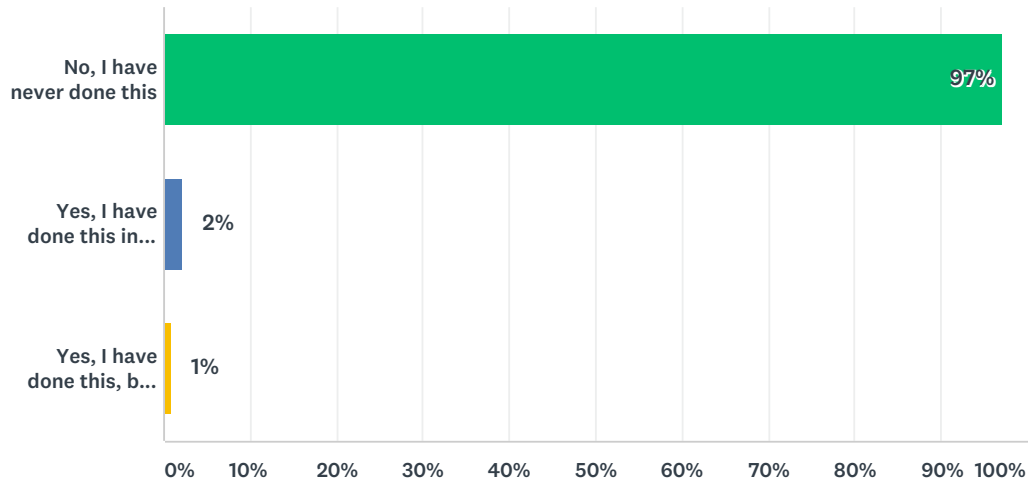
ANSWER CHOICES	RESPONSES	
None	85%	1,107
1-2	10%	132
3-4	3%	40
5+	2%	30
TOTAL		1,309

Notes

Young people reporting to have taken part in binge drinking 1 or 2 times in the past 3 months has risen by 4% since 2015. There are no significant gender differences in this area. Overall the figures remain positive when compared to the same question asked in 2013.

Q44 Have you ever used a drug or substance to get high without knowing what it was?

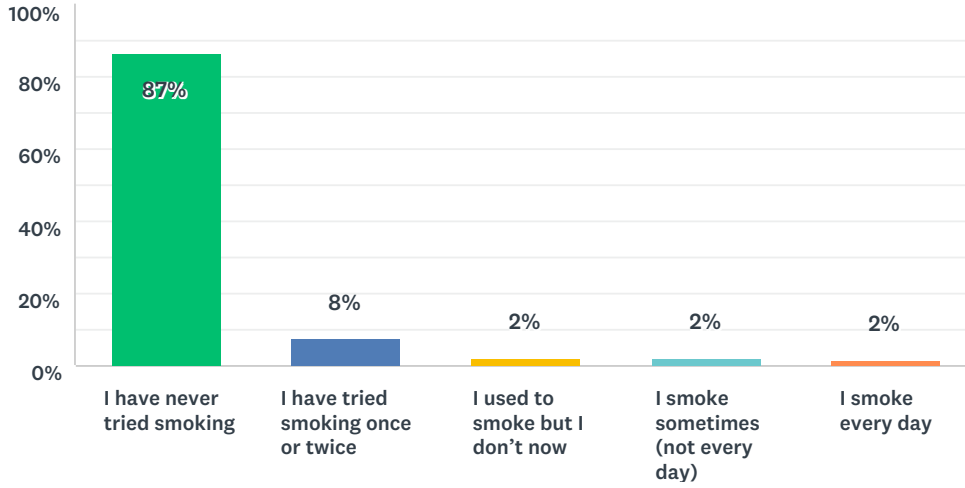
Answered: 1,306 Skipped: 284



ANSWER CHOICES	RESPONSES	
No, I have never done this	97%	1,268
Yes, I have done this in the last 12 months	2%	26
Yes, I have done this, but not in the last 12 months	1%	12
TOTAL		1,306

Q45 Which of the following best describes you? This question is about smoking tobacco, such as cigarettes and roll-ups (NOT electronic cigarettes)

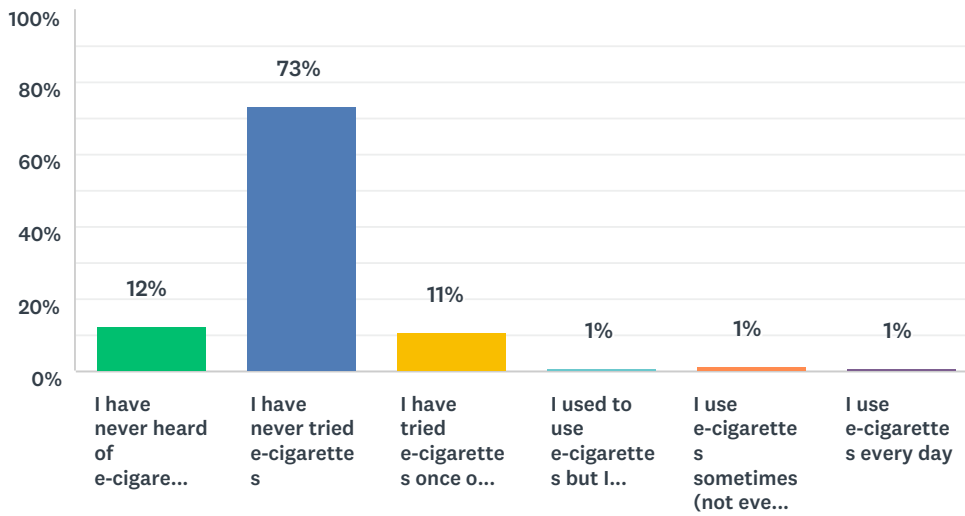
Answered: 1,304 Skipped: 286



ANSWER CHOICES	RESPONSES	
I have never tried smoking	87%	1,130
I have tried smoking once or twice	8%	101
I used to smoke but I don't now	2%	29
I smoke sometimes (not every day)	2%	23
I smoke every day	2%	21
TOTAL		1,304

Q46 Which of the following best describes you? This question is about electronic cigarettes (e-cigarettes) only.

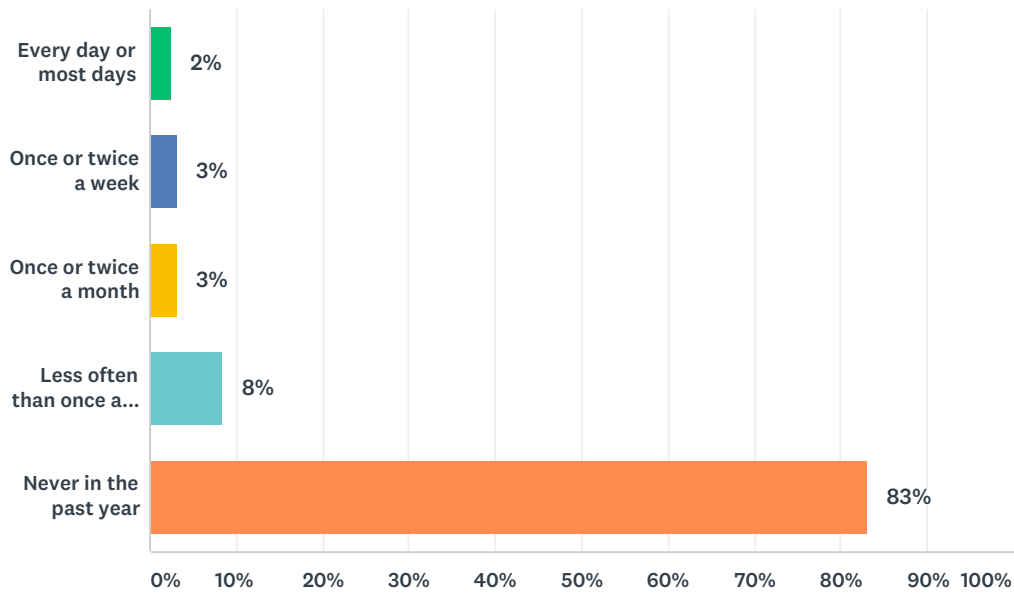
Answered: 1,303 Skipped: 287



ANSWER CHOICES	RESPONSES	
I have never heard of e-cigarettes	12%	160
I have never tried e-cigarettes	73%	957
I have tried e-cigarettes once or twice	11%	141
I used to use e-cigarettes but I don't now	1%	15
I use e-cigarettes sometimes (not every day)	1%	18
I use e-cigarettes every day	1%	12
TOTAL		1,303

Q47 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.

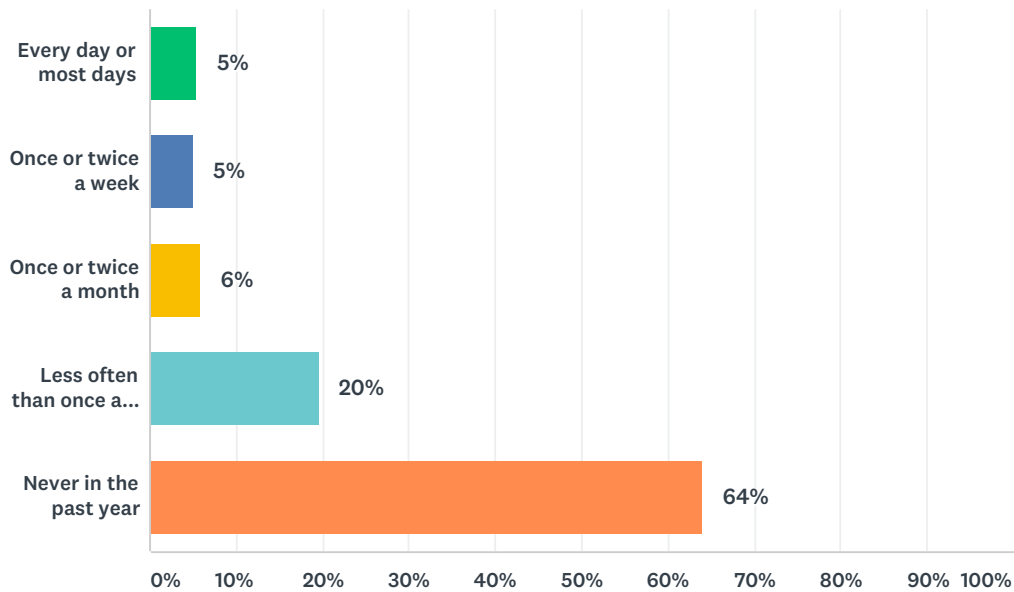
Answered: 1,304 Skipped: 286



ANSWER CHOICES	RESPONSES	
Every day or most days	2%	32
Once or twice a week	3%	41
Once or twice a month	3%	40
Less often than once a month	8%	109
Never in the past year	83%	1,082
TOTAL		1,304

Q48 In the past year, how often were you in the same room as someone smoking at home or at someone else's home?

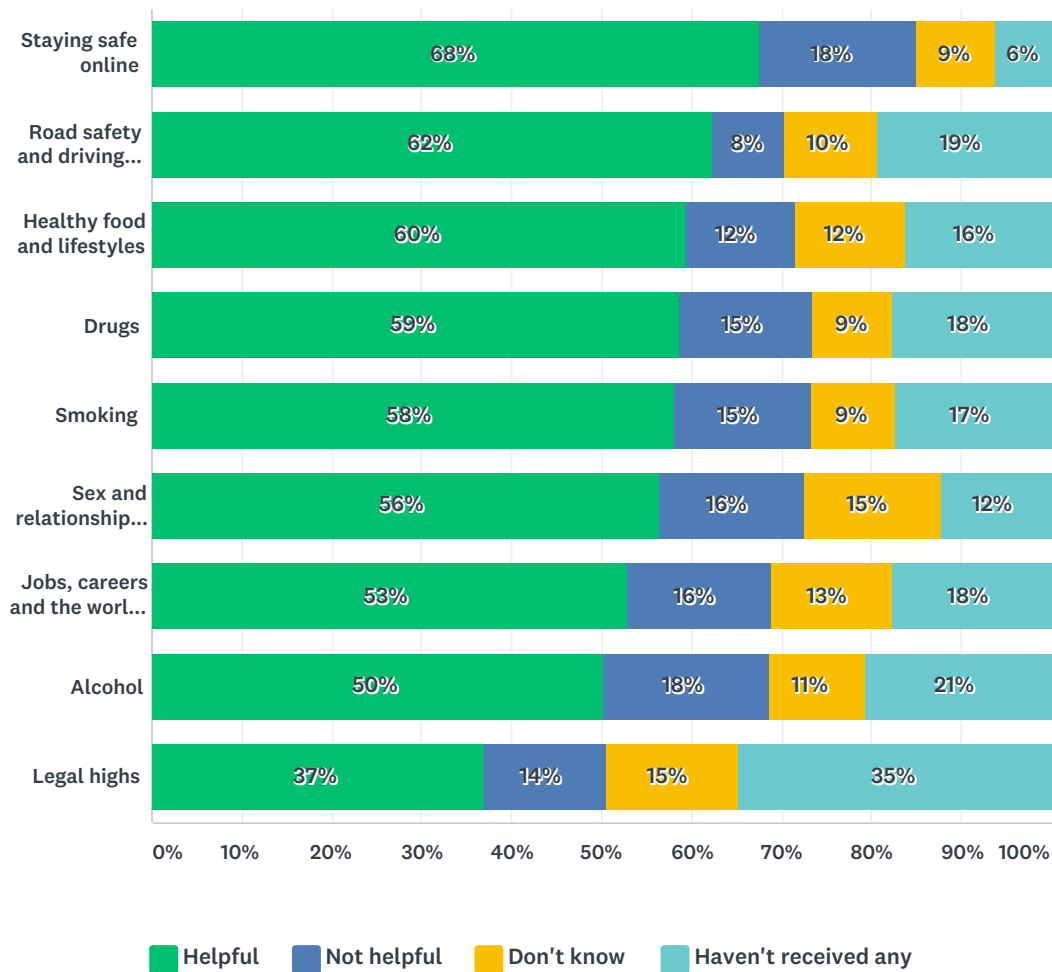
Answered: 1,308 Skipped: 282



ANSWER CHOICES	RESPONSES	
Every day or most days	5%	70
Once or twice a week	5%	66
Once or twice a month	6%	76
Less often than once a month	20%	258
Never in the past year	64%	838
TOTAL		1,308

Q49 How helpful is the information and advice you get on the things listed below?

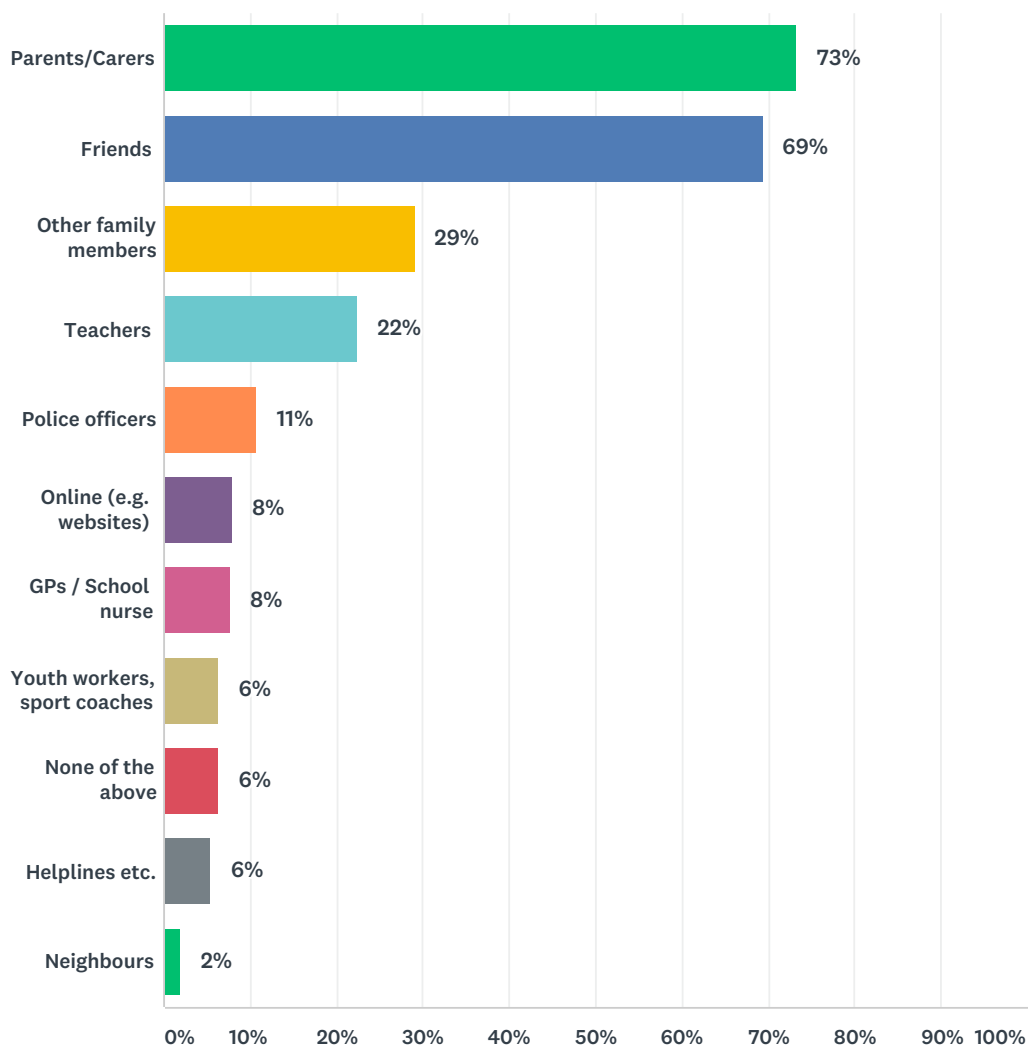
Answered: 1,288 Skipped: 302



	HELPFUL	NOT HELPFUL	DON'T KNOW	HAVEN'T RECEIVED ANY	TOTAL	WEIGHTED AVERAGE
Staying safe online	68% 864	18% 224	9% 112	6% 80	1,280	1.54
Road safety and driving education	62% 798	8% 103	10% 133	19% 248	1,282	1.87
Healthy food and lifestyles	60% 764	12% 153	12% 158	16% 209	1,284	1.85
Drugs	59% 748	15% 189	9% 112	18% 226	1,275	1.86
Smoking	58% 740	15% 192	9% 120	17% 221	1,273	1.86
Sex and relationships education	56% 721	16% 208	15% 195	12% 156	1,280	1.83
Jobs, careers and the world of work	53% 677	16% 207	13% 172	18% 226	1,282	1.96
Alcohol	50% 642	18% 234	11% 138	21% 263	1,277	2.02
Legal highs	37% 467	14% 173	15% 186	35% 439	1,265	2.47

Q50 Who would you choose to talk to and trust about personal things or worries? Tick all that apply.

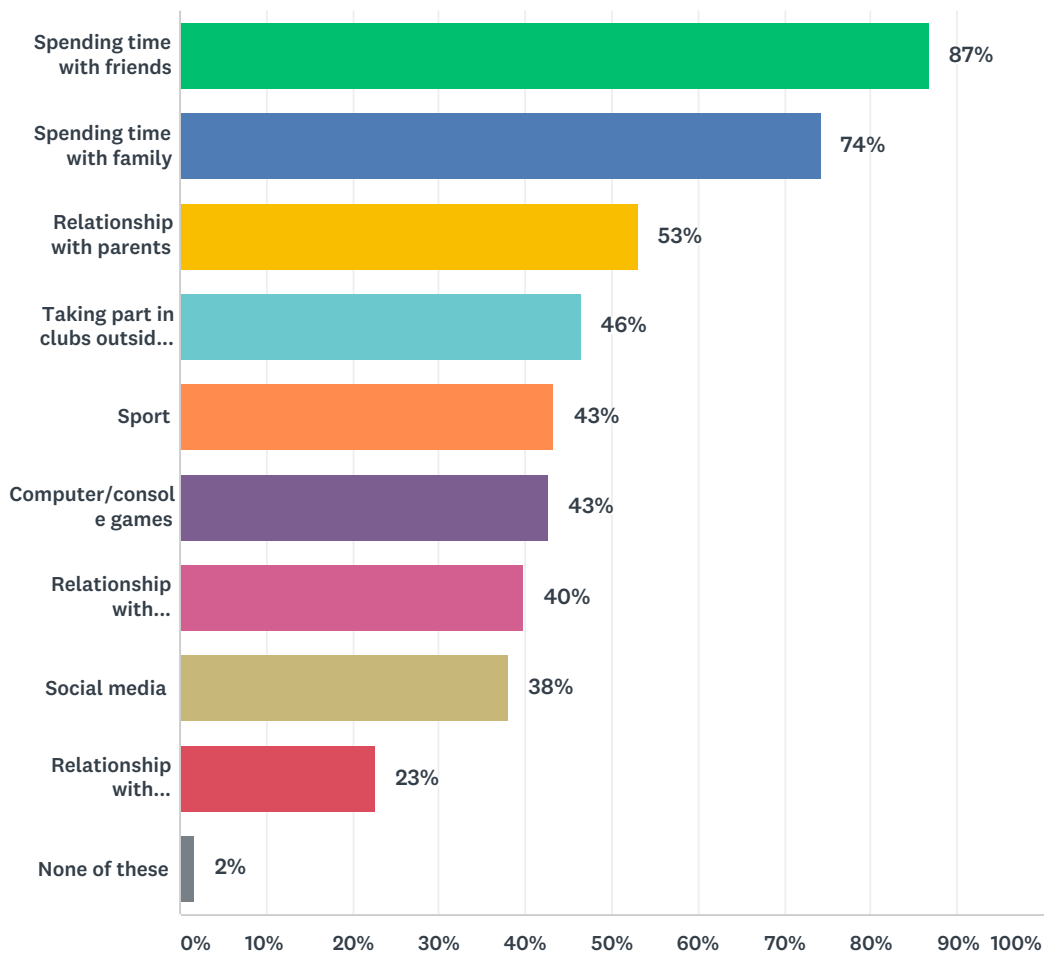
Answered: 1,285 Skipped: 305



ANSWER CHOICES	RESPONSES	
Parents/Carers	73%	942
Friends	69%	893
Other family members	29%	374
Teachers	22%	288
Police officers	11%	137
Online (e.g. websites)	8%	101
GPs / School nurse	8%	100
Youth workers, sport coaches	6%	80
None of the above	6%	80
Helplines etc.	6%	71
Neighbours	2%	23
Total Respondents: 1,285		

Q51 Which things, if any, make you feel good? Tick all that apply

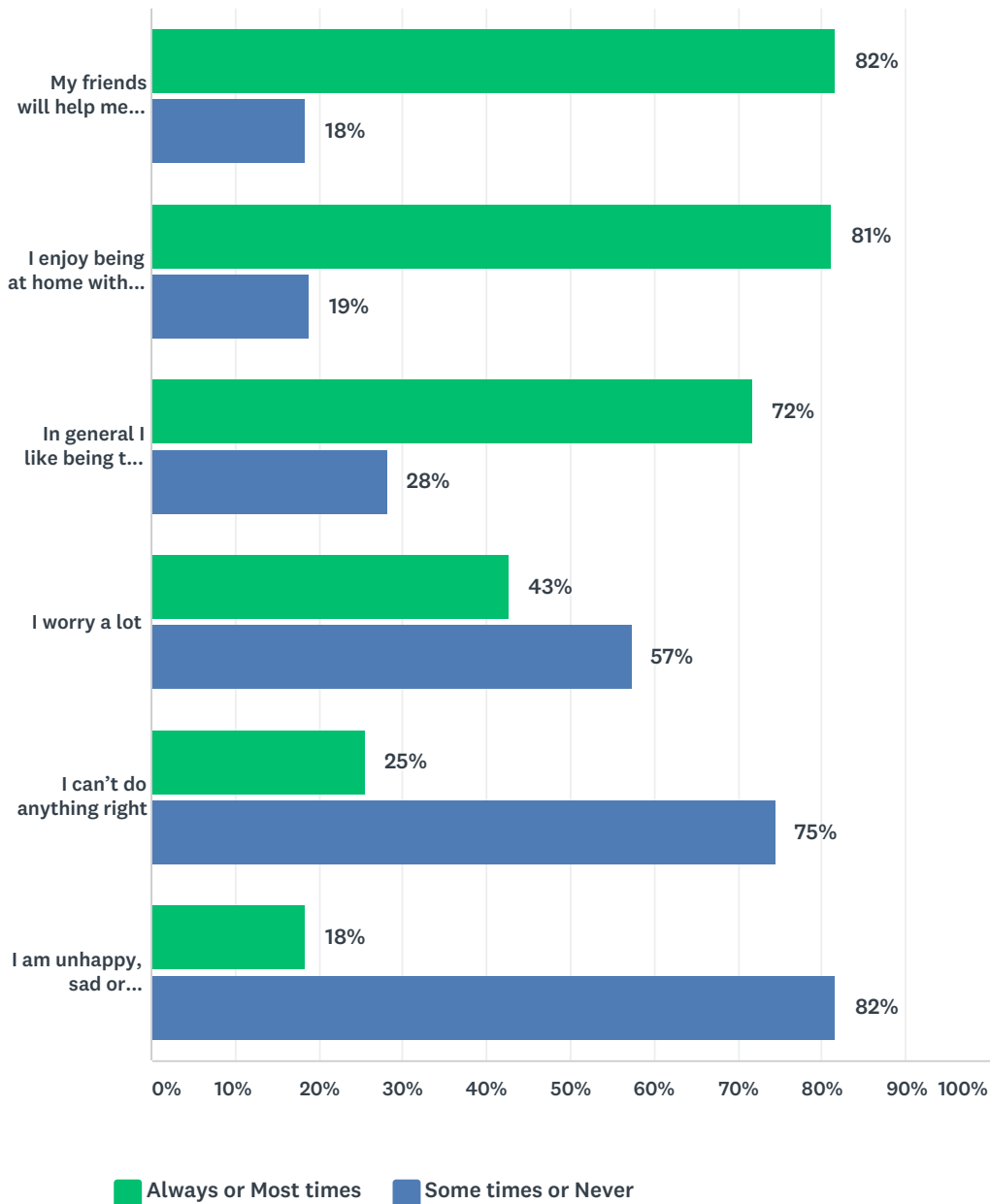
Answered: 1,293 Skipped: 297



ANSWER CHOICES	RESPONSES	
Spending time with friends	87%	1,122
Spending time with family	74%	959
Relationship with parents	53%	686
Taking part in clubs outside of school	46%	600
Sport	43%	560
Computer/console games	43%	553
Relationship with brother(s)/sister(s)	40%	513
Social media	38%	491
Relationship with boyfriend/girlfriend	23%	292
None of these	2%	21
Total Respondents: 1,293		

Q52 How often do you feel like the statements below...

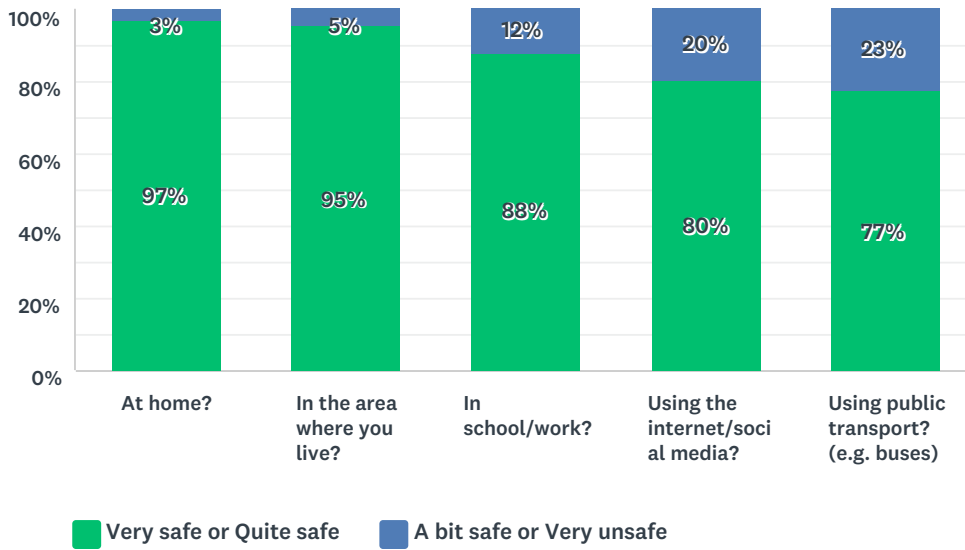
Answered: 1,288 Skipped: 302



	ALWAYS OR MOST TIMES	SOME TIMES OR NEVER	TOTAL	WEIGHTED AVERAGE
My friends will help me if I need it	82% 1,049	18% 237	1,286	1.18
I enjoy being at home with my family	81% 1,040	19% 240	1,280	1.19
In general I like being the way I am	72% 915	28% 359	1,274	1.28
I worry a lot	43% 546	57% 734	1,280	1.57
I can't do anything right	25% 325	75% 950	1,275	1.75
I am unhappy, sad or depressed	18% 235	82% 1,041	1,276	1.82

Q53 How safe do you feel...

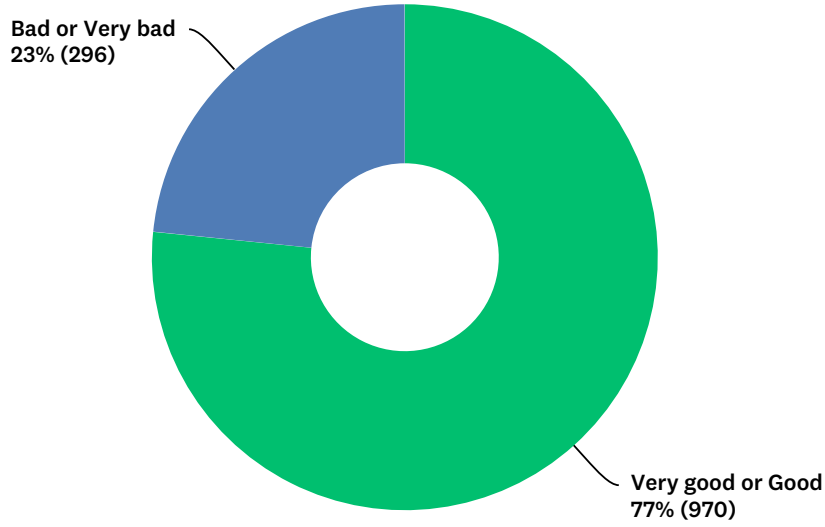
Answered: 1,276 Skipped: 314



	VERY SAFE OR QUITE SAFE	A BIT SAFE OR VERY UNSAFE	TOTAL
At home?	97% 1,235	3% 35	1,270
In the area where you live?	95% 1,216	5% 59	1,275
In school/work?	88% 1,119	12% 154	1,273
Using the internet/social media?	80% 1,020	20% 249	1,269
Using public transport? (e.g. buses)	77% 982	23% 288	1,270

Q54 How would you rate the understanding that Police officers have about the youth of today?

Answered: 1,266 Skipped: 324



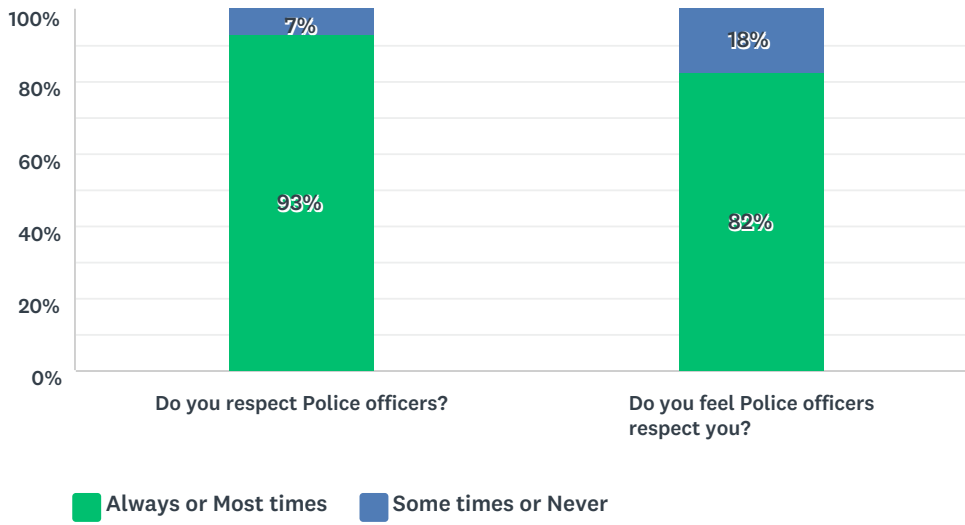
	VERY GOOD OR GOOD	BAD OR VERY BAD	TOTAL	WEIGHTED AVERAGE
Rating of Youth	77% 970	23% 296	1,266	1.23

Notes

Young people are saying the understanding Police officers have about the youth of today has decreased compared to 2015.

Q55 How do you see your relationship with Police officers?

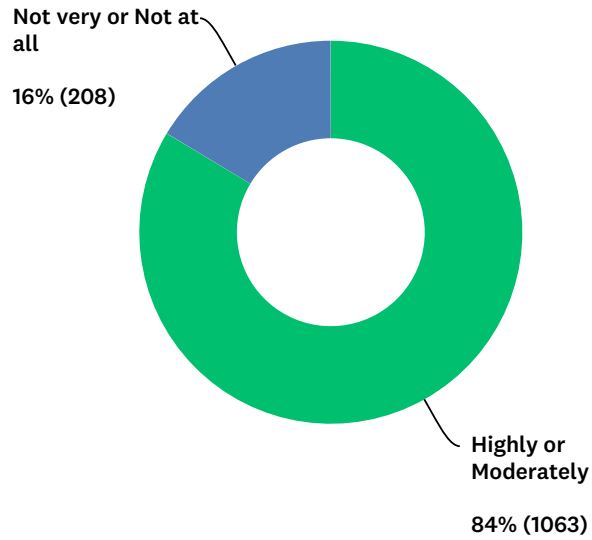
Answered: 1,271 Skipped: 319



	ALWAYS OR MOST TIMES	SOME TIMES OR NEVER	TOTAL	WEIGHTED AVERAGE
Do you respect Police officers?	93% 1,184	7% 86	1,270	1.07
Do you feel Police officers respect you?	82% 1,039	18% 224	1,263	1.18

Q56 If you the needed help from local police, how confident would you be in the help they would provide?

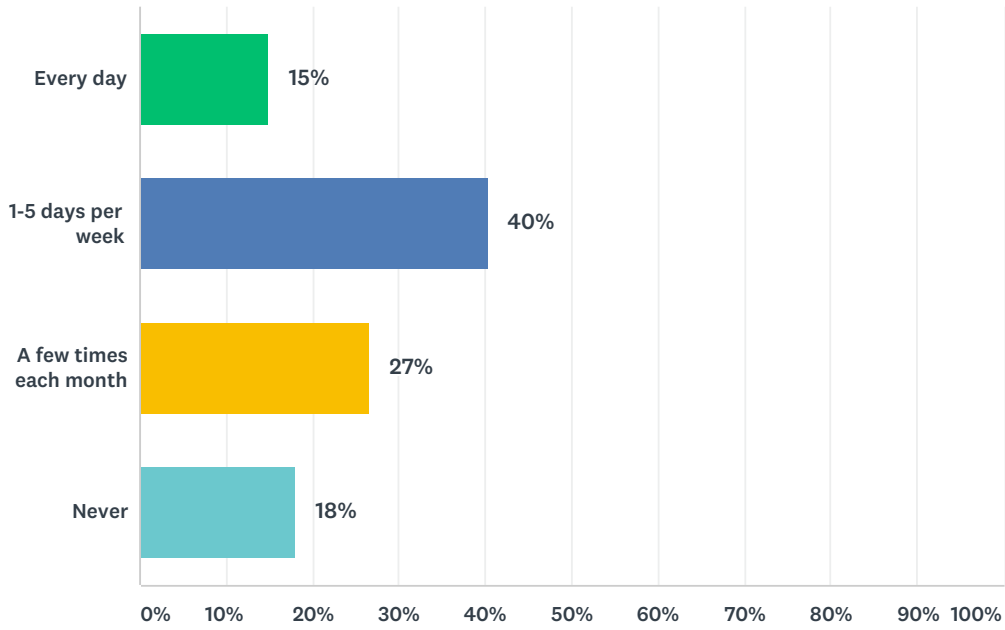
Answered: 1,271 Skipped: 319



	HIGHLY OR MODERATELY	NOT VERY OR NOT AT ALL	TOTAL
Confidence in the Police	84% 1,063	16% 208	1,271

Q57 How often do you use bus services?

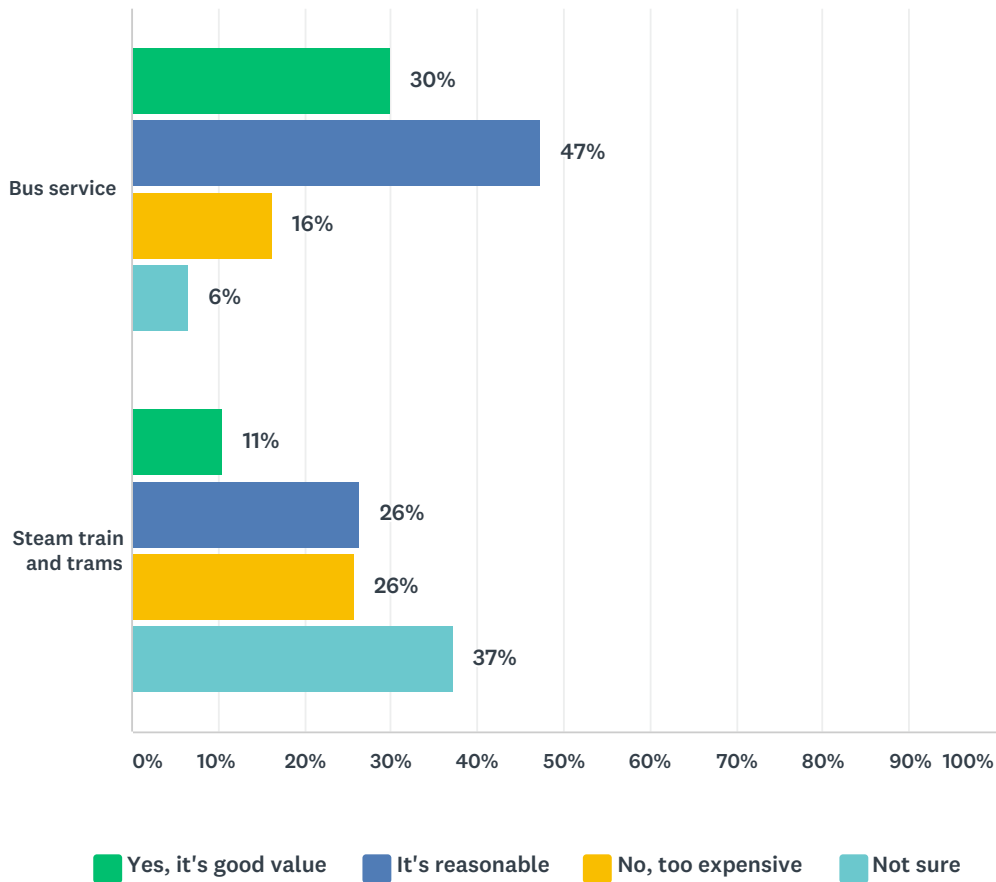
Answered: 1,272 Skipped: 318



ANSWER CHOICES	RESPONSES	
Every day	15%	190
1-5 days per week	40%	513
A few times each month	27%	339
Never	18%	230
TOTAL		1,272

Q58 Do you believe the following services are good value for money?

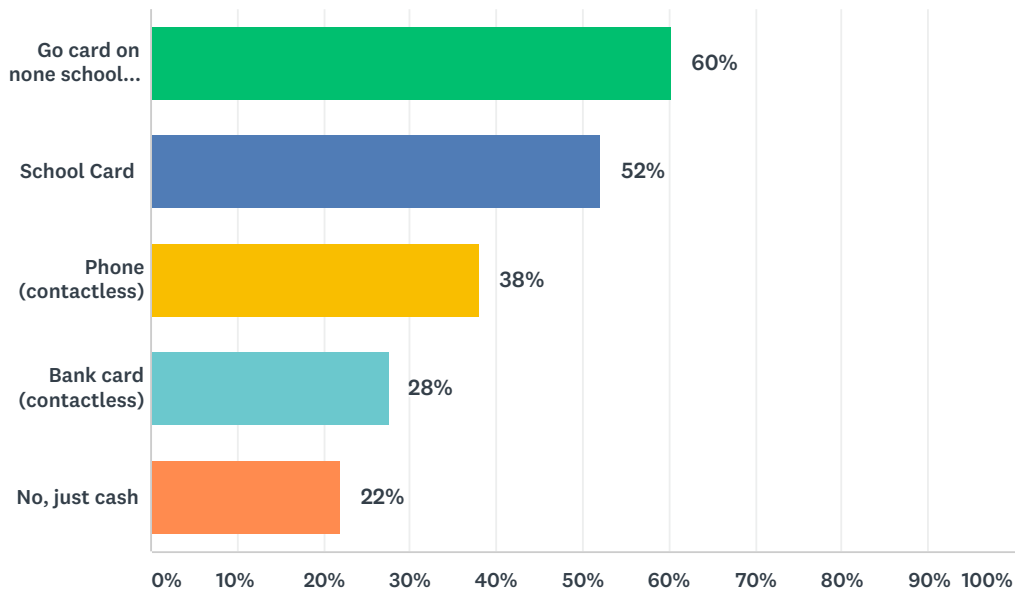
Answered: 1,269 Skipped: 321



	YES, IT'S GOOD VALUE	IT'S REASONABLE	NO, TOO EXPENSIVE	NOT SURE	TOTAL
Bus service	30% 380	47% 601	16% 207	6% 81	1,269
Steam train and trams	11% 133	26% 332	26% 324	37% 470	1,259

Q59 Would you prefer other means of payment for bus journeys? Tick all that apply

Answered: 1,252 Skipped: 338



ANSWER CHOICES	RESPONSES	
Go card on none school journeys	60%	754
School Card	52%	653
Phone (contactless)	38%	476
Bank card (contactless)	28%	347
No, just cash	22%	276
Total Respondents: 1,252		

Q60 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: 506 Skipped: 1,084

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

"Bus is too expensive it's cheaper to drive to Douglas than use the bus out of school hours. Would be good to see drugs education from police officers in Year 11 and more interaction with police in general within school. There's nowhere near enough mental health support within my school."

"Not really. But please could something be done about the lack of socialism in Glen vine! We are an are of like 300 houses and our nearest shop is 2 miles away, Our nearest park is 1.5 miles away and our nearest pub is a 1.5 miles away!!"

"I think students should be allowed to use go cards out of school hours as the fares are too expensive. I think there should also be more activities for young people in the south of the island such as an ice rink, cinema, bowling alley, skatepark or cinema."

"I think that all students on the isle of man should not have to pay to go to school or collage because I feel that if you do not live in the school area you have to a get bus to school anyway. Some times when you try and get a half on a bus and you show your collage card they some time say you will have to pay a full fair because you don't have a ID card. I am a member of the henry nobles library in Douglas and i found out that if you do not live in Douglas you have to pay 10;00 to renew your membership."

"I just feel like ther could be allot more to do on the island as there isn't allot of things to do which is causing the people of the future generacion to choose to do bad things in there childhood and I feel like if there was more to do for the younger generation (e.g. kids, teenagers and young adults) there would be less drug use and alcohol use."

"I would like it if there was a place that youths could socialize in the area of Colby as I often find that I have to get a bus elsewhere or get driven to go to a skate park or meet up with friends. I would love it if there was a green or a skate park or even a basket ball hoop so I could pass a ball around without feeling as any cars would get damaged"

"I think that parents worry about there children to much and should give them more freedom Many teenagers don't go out because there parents won't let them"

"Genuinely I think teenaged between the ages 12-18 get caught up in bad stuff (smoking) which in most cases leads to doing illegal drugs. I don't know about other but I feel like the island is really quite boring, the only thing that I really do in my free time is play on my PlayStation or go on social media. When I go out with my freinds we usually end up walking round aimlessly. I swear I have walked through town 100s of times in the last year."

"I wish there was more entertainment (shows, films) for teenagers on the island"

"There is far too much unnecessary pressure on us stemming from school and social media. From my own experience of these pressures, and not having the coping mechanism or support I needed at such a vulnerable time, I developed a mental illness and was close to death with anorexia. THERE NEEDS TO BE MORE SUPPORT AND INFORMATION. THERE NEEDS TO BE LESS PRESSURE!"

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