

Action for Children Children's worries

8th - 20th March 2019



Total

Overall, how happy or unhappy are you in life usually?

Unweighted base	2082
Base: All UK children aged 11 to 18	2082
Very happy	18%
Fairly happy	61%
Fairly unhappy	11%
Very unhappy	3%
I don't know	4%
I prefer not to answer	2%
Net: Happy	79%
Net: Unhappy	15%

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Total

For the next question, please choose as many answers as you like...

Which of these do you think are important for you to feel happy?

Unweighted base	2082
Base: All UK children aged 11 to 18	2082
Feeling loved and cared for by my family	79%
Having good relationships with my friends	78%
Being able to do hobbies I enjoy (e.g. sport)	58%
Having free time to myself where I don't have to do anything in particular	66%
Spending time on my favourite electronic devices (e.g. x-box, tablet, phone etc.)	55%
Feeling safe to spend time outdoors in the area where I live	48%
Being treated fairly/ with respect and feeling I have a say in things that affect me	68%
Being comfortable with who I am and the way I look	62%
Something else	5%
I don't know	2%
Nothing in particular is important to me to feel happy	2%

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Total

For the next question, please choose only one answer...

Which ONE of these do you think is most important for you to have a good relationship with your parent(s)/ carer(s)?

	Unweighted base
	2082
Base: All UK children aged 11 to 18	2082
Being able to talk to them openly about my worries without feeling judged	16%
My parent(s)/carer(s) setting clear rules and teaching me right and wrong	3%
Patience and forgiveness from them when I make mistakes	6%
Feeling loved and cared for by them	30%
Being supported and encouraged by them to do well in and outside of school	9%
Being treated fairly/ with respect and feeling I have a say in things that affect me	16%
Receiving physical affection from them (e.g. hugs)	3%
Spending time together doing the things I enjoy	10%
Something else	1%
I don't know	4%
Nothing in particular is important to me to have a good relationship with my parent/ carer	3%

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Total

For the next question, please choose as many answers as you like...

By "children", we mean people aged 0 to 18 and by "childhood", we mean life during the ages of 0 to 18.

In general, which of these do you think stop children from having a good childhood nowadays?

	Unweighted base
	2082
Base: All UK children aged 11 to 18	2082
Not feeling safe enough to play/ spend time outside where they live	36%
Too much pressure from school (e.g. homework, exams etc.)	60%
Threats to safety through technology and social media (e.g. not knowing who I'm talking to, people using my information in a harmful way, people knowing my location etc.)	38%
Not being listened to or having a say in things that affect them	43%
Being bullied (e.g. online, at school, outside of school etc.)	61%
Family arguments and disagreements	41%
Poor mental health	42%
Too much pressure to fit in and to look a certain way	55%
Families not having enough money to live comfortably	43%
Too much time spent on electronic devices and social media	35%
Something else	2%
I don't know	3%
Nothing in particular stops children from having a good childhood nowadays	1%

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For the next question, please choose as many answers as you like...

Which of these do you worry about?

	Unweighted base
	2082
Base: All UK children aged 11 to 18	2082
Being bullied (e.g. online, at school, outside of school etc.)	22%
Having disagreements/ falling out with my friends	39%
Pressure from school (e.g. homework, exams etc.)	53%
The physical and/ or mental health of my family and/ or friends	29%
Being a victim of crime online and when using technology (e.g. not knowing who I'm talking to, people using my information in a harmful way, people knowing my location etc.)	14%
Being a victim of crime when I am out (e.g. knife crime, terrorism, robbery etc.)	27%
My own mental health	29%
My own physical appearance (i.e. what I look like)	37%
Family arguments and disagreements	27%
"FOMO" (i.e. feeling that people are always doing more exciting or interesting things than me)	24%
My family not having enough money to live comfortably	27%
Something else	3%
I don't know	3%
I do not worry about anything in particular	7%
I prefer not to answer	2%

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For the next question, please choose as many answers as you like...

Which of these worries do you cover up from your parent(s)/ carer(s)?

	Unweighted base
	1844
Base: All UK children aged 11 to 18 that worry about something listed	1832
Being bullied (e.g. online, at school, outside of school etc.)	7%
Having disagreements/ falling out with my friends	15%
Pressure from school (e.g. homework, exams etc.)	20%
The physical and/ or mental health of my family and/ or friends	10%
Being a victim of crime online and when using technology (e.g. not knowing who I'm talking to, people using my information in a harmful way, people knowing my location etc.)	4%
Being a victim of crime when I am out (e.g. knife crime, terrorism, robbery etc.)	6%
My own mental health	21%
My own physical appearance (i.e. what I look like)	19%
Family arguments and disagreements	8%
"FOMO" (i.e. feeling that people are always doing more exciting or interesting things than me)	13%
My family not having enough money to live comfortably	13%
Something else	1%
I don't know	9%
I do not ever try to cover up my worries from my parent(s)/ carer(s)	31%
I prefer not to answer	3%

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For the next question, please choose as many answers as you like...

Thinking about things that you worry about...

In which of these ways do your worries impact on your day-to-day life?

My worries affect...

	Unweighted base
	1900
Base: All UK children aged 11 to 18 that have worries	1892
...my ability to focus my mind on what I am doing	40%
...my ability to make friends	24%
...my confidence to leave the house alone	17%
...whether I go to social events	26%
...whether I get a good night's sleep	35%
...my ability to be open with my parent(s)/carer(s)	26%
...my ability to shake negative feelings	37%
...my energy to get on with things	30%
...something else	3%
I don't know	10%
My worries do not impact on my day-to-day life	15%

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For the next question, please choose as many answers as you like...

Which of these do you see your parent(s)/ carer(s) feeling worried about?

	Unweighted base
	2082
Base: All UK children aged 11 to 18	2082
Our family having enough money to live comfortably	41%
Whether I/ me and my siblings are happy	49%
Whether I/ me and my siblings are doing well at school/ college	50%
My future opportunities (e.g. having a good career, being able to do the things I enjoy, affording a house etc.)	50%
Physical health of themselves or other people	29%
Mental health of themselves or other people	25%
Family arguments and disagreements	22%
My safety (online and offline)	44%
Something else	3%
I don't know	8%
I never see my parent(s)/ carer(s) feeling worried	6%

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Total

Now please think about when you see that your parent(s)/ carer(s) are worried...

How often, if at all, does seeing you parent(s)/ carer(s) feeling worried, make you feel worried?

	Unweighted base	1963
	Base: All UK children aged 11 to 18 that see their parents feeling worried	1962
Always (i.e. every time I see my parent(s)/ carer(s) worrying, I also worry)		12%
Often		19%
Sometimes		40%
Rarely		19%
Never		4%
I don't know		7%
Net: Ever worry		89%

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For the next question, please choose as many answers as you like...

Now thinking about current events going on in the world...

Which of these current events do you worry about?

Unweighted base	2082
Base: All UK children aged 11 to 18	2082
Brexit	38%
How the UK is being run by politicians	32%
Services people use in the UK (e.g. schools, hospitals, transport etc.)	29%
Global politics (e.g. Trump, Russia, refugees etc.)	35%
Terrorism	49%
The environment	48%
People not being treated equally (e.g. sexism, racism, homophobia etc.)	41%
People suffering because they don't have enough money (e.g. homelessness, having to use food banks etc.)	50%
The future of the UK economy (i.e how much money people will have and whether there will be enough jobs)	32%
Something else	3%
I don't know	7%
I do not worry about any current events	9%

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As a reminder, by "childhood", we mean life during the aged of 0 to 18.

Overall, do you think childhoods today are better or worse than when your parent(s)/ carer(s) were a child, or do you think they are about the same?

Unweighted base	2082
Base: All UK children aged 11 to 18	2082
Childhoods today are better	23%
About the same	26%
Childhoods today are worse	34%
I don't know	18%

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Total

For the following question, by "brighter future", we mean having better opportunities in life such as the chance of having a good career, being able to do the things they enjoy, affording a house etc.

In general, do you think children today do or do not have a brighter future compared to when your parent(s)/ carer(s) were your age, or do you think this is about the same?

Unweighted base	2082
Base: All UK children aged 11 to 18	2082
Children today do have a brighter future compared to when my parent/ carer was my age	29%
About the same	27%
Children today do not have a brighter future compared to when my parent/ carer was my age	25%
I don't know	19%

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Total

For the next question, please choose as many answers as you like...

Thinking generally about children today...

Which of these do you want to be different for children today?

	Unweighted base
	2082
Base: All UK children aged 11 to 18	2082
More opportunities to get a good job	48%
More chance to do hobbies and have fun	38%
Safer streets/ lower risk of crime (e.g. knife crime, gang related crime etc.)	58%
Less pressure from school (e.g. homework, exams etc.)	55%
Less use of social media/ devices	30%
Less pressure to fit in with friends	38%
Less pressure around physical appearance	50%
More free time to themselves where they don't have to do anything in particular	36%
More services that support children and families who need help (e.g. children's centres, family support, youth support etc.)	35%
Safer online environment	40%
Something else	3%
I don't know	6%
I do not want anything in particular to be different for children today	3%

Cell Contents (Column Percentages)