

GIRLS' ATTITUDES SURVEY 2022

About the Girls' Attitudes Survey

Since 2009, Girlguiding has given girls and young women a platform to speak out on the issues that matter to them through the Girls' Attitudes Survey.

In 2022, our survey asked more than 3,000 girls and young women across the UK aged, 7 to 21 how they feel about the pressures they face today, and what these mean for their happiness, wellbeing and opportunities.

They told us the pandemic will have a lasting negative impact on their wellbeing and opportunities, with notable differences across nations of the UK. We also asked them about community, gender stereotypes, safety, sexism and the climate crisis.

This snapshot focuses on the lives of girls living in Northern Ireland.



Society after the pandemic

40%

of girls and young women aged 11-21 say inequality has become worse in the last year



- Girls and young women aged 11 to 21 in Northern Ireland are worried about the long-term impact of the pandemic on their schoolwork (48%), mental health (45%) and money and income (30%). Across the UK, disabled and LGBTQ+ girls and young women are most concerned about these issues.
- 40% say inequality between different groups of people has become worse in the past year. Almost a third (32%) say gender inequality has become worse.
- Girls and young women in Northern Ireland chose women and girls' safety, mental health, and equality and inclusion as the issues most important to them. Women and girls' safety was rated as more important to girls and young women in Northern Ireland than it was in the UK as a whole.
- Only 3% of girls and young women in Northern Ireland strongly agree their government is doing enough to tackle the climate crisis.

'I'm worried about mental health declining because of the pandemic'

Young woman aged 17-21

Community and social action

63%

of girls and young women aged 11-21 have experienced discrimination



- Over the past year, girls and young women aged 7 to 21 in Northern Ireland have been active in their local communities through donating (67%), helping others (64%), fundraising (34%) and campaigning (30%).
- Seven in ten (71%) girls and young women aged 7 to 21 in Northern Ireland are part of a club or group. Three-quarters of 11 to 21-year-olds (74%) say this helps them have fun and enjoy themselves. Three in five (59%) say it helps them be more confident.
- Girls and young women in Northern Ireland are passionate about diversity and inclusion. Despite this, 63% say they've experienced discrimination (compared to 71% of girls and young women across the UK as a whole). Numbers across the UK increase for girls and young women of colour, those who are disabled, and those who are LGBTQ+.

'You need to treat people the way you want to be treated and respect people'

Girl aged 7-10

Sexism and stereotypes

77%

of girls and young women aged 11-21 see or experience sexism online and on social media



- 61% of girls and young women aged 7 to 21 in Northern Ireland agree that sports and physical activities are good for their mental health. But they continue to face barriers to taking part, including sexism (58%) and insecurities (36%).
- Shockingly, one in six (16%) girls aged 11 to 21 still say gender stereotypes hold them back at school.
- Girls and young women in Northern Ireland are more likely than ever before to identify as feminists. 49% aged 11 to 21 now say they do, compared to 37% across the UK in 2018.

'If I could change one thing to improve girls' lives, I would stop sexism'

Girl aged 7-10

Safety

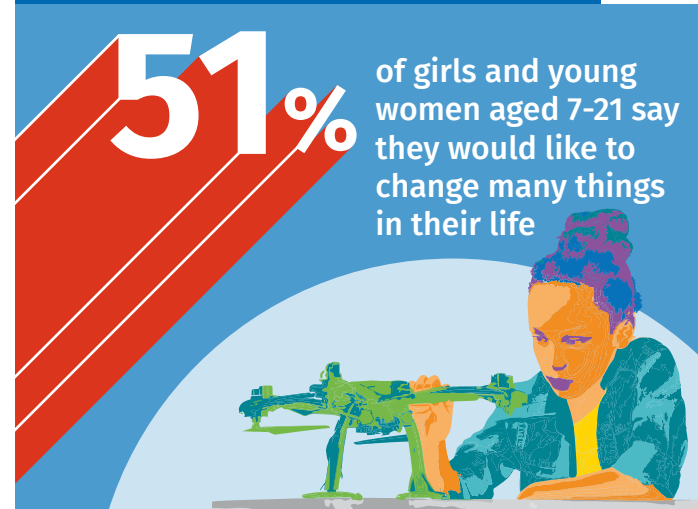


- Many girls and young women in Northern Ireland don't feel safe in their daily lives. More than a quarter (26%) say they don't feel safe online. Almost half (48%) say they don't feel safe when outside alone. And almost one in ten (9%) say they don't feel safe at school.
- Relationships and Sex Education (RSE) has a role to play in changing this. Just three in five (61%) girls aged 7 to 10 learn about respect and relationships at school, compared to 83% in the UK as a whole.
- Only a third (36%) of girls and young women aged 11 to 21 in Northern Ireland say they learn about healthy relationships at school. Only 24% have learnt about sexual harassment. This is compared to 51% and 40% respectively of girls and young women in the UK as a whole.

'I want to feel safe leaving the house and going somewhere on my own'

Girl aged 11-16

Mental health and wellbeing

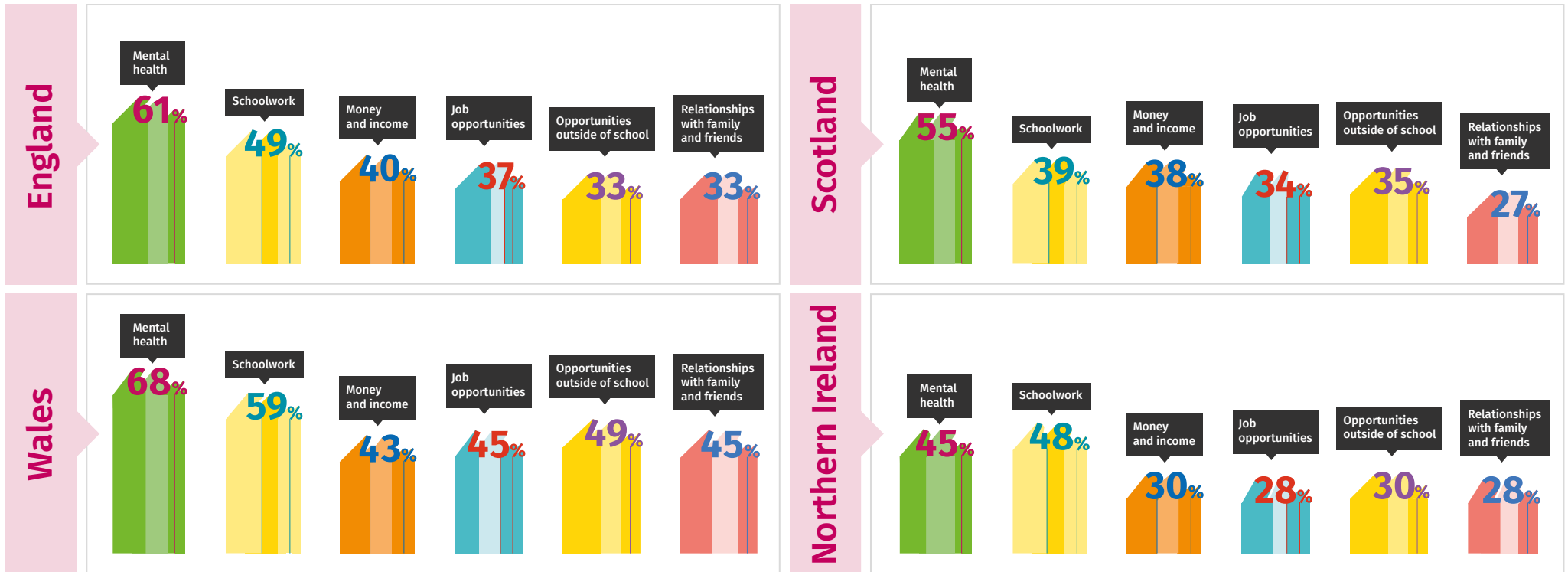


- Girls' and young women's mental health and wellbeing has improved somewhat since the pandemic, but remains low.
- 76% of girls and young women aged 7 to 21 in Northern Ireland say their life is going well and 84% agree they have a good life. Three in four (76%) aged 7 to 21 think they have a number of good qualities.
- One in five (20%) girls and young women aged 7 to 21 in Northern Ireland don't like the way they are. Girls' and young women's wellbeing in Northern Ireland is relatively similar to wellbeing across the UK.

'It's important to learn about mental health so you know how to ask for help'

Girl aged 7-10

I think the pandemic will have a long-term negative impact on my...



Methodology

- Girlguiding commissions CHILDWISE, leading specialists in research with children and young people, to do the Girls' Attitudes Survey.
- A total of 3,015 girls and young women across the UK aged between 7 and 21 took part in this year's survey in March and April 2022.

About Girlguiding

Girlguiding Ulster is one of the leading charities for girls and young women in Northern Ireland, with nearly 7,500 members. With over 500 groups meeting weekly powered by over 1,500 volunteers, we offer girls and young women a space where they can be themselves, have fun, build brilliant friendships, gain valuable life skills and make a positive difference in their communities.

To find out more visit girlguidingulster.org.uk



Thank you to players of People's Postcode Lottery for their invaluable support for our 2022 Girls' Attitudes Survey.

Scan the QR code below to read the Girls' Attitudes Survey 2022.

