



NESTLÉ FAMILY MONITOR

MAKE SPACE FOR YOUNG PEOPLE

An examination of what 11-18 year olds do with their time when they are out of school and their views on the new concept of Make Space clubs



great clubs for young people

The Nestlé Family Monitor is a series of research studies into family life in Britain. This report has been produced especially for the Make Space Campaign which is being supported by the Nestlé Trust and run by Kids' Clubs Network.

CONTENTS

Foreword	3
The Report	
Background	4
Introduction	4
Key findings	5
What happens nowadays	5
Teen lifestyles	6
Going back to an empty house	7
Hanging around with nothing to do	7
Getting bored and into trouble	7
Feeling safe	8
Parents and teenagers	8
Living in Britain today	8
The young adults – 17 to 18s	9
Interest in the Make Space club concept	10
The essentials for the ‘place to be’	11
Opening times	12
The role of the new place	12
Implications	14
Appendices	
Technical details	15



FOREWORD



'Make Space for Young People' is one of the most important studies undertaken for the Nestlé Family Monitor. It examines in detail what young people of secondary school age do out of school and looks, in particular, at the problem of boredom and its links with anti-social behaviour, sometimes crime.

The second part of this report tests a solution to the problem of those young people who often have 'nowhere to go' and 'nothing to do'. 'Make Space' is an exciting concept of contemporary clubs for 11 to 16 year olds developed by Kids' Clubs Network, the out of school childcare charity.

In this research, the concept of 'Make Space' clubs is explored and the needs of young people established. 'Listening to young people' will be a key phrase for the Make Space team.

Based on the findings of this research, summarised in this report, a network of contemporary, new-style clubs will be established. I am proud that the Nestlé Trust will be supporters of this campaign. If you would like to know more about the Make Space concept, please contact the campaign office at the address on the back page.

A handwritten signature in blue ink that reads "Alastair Sykes". The signature is written in a cursive, slightly slanted style.

Alastair Sykes
Chairman and Chief Executive
Nestlé UK Ltd.



MAKE SPACE FOR YOUNG PEOPLE

An examination of what 11-18 year olds do with their time when they are not in school and their views on the new concept of Make Space Clubs.

BACKGROUND

Kids' Clubs Network believes that there is a major gap in the provision of out of school facilities for young people. This lack of provision leads to a significant minority of young people getting into trouble, being alienated from the rest of the community, a concern to parents and potentially a danger to themselves.

This belief is supported by information from sources such as NACRO, 'Making a difference: Preventing Crime through Youth Activity', March 2000 and Communities That Care, but Kids' Clubs Network recognised that there were no statistical data available on what teenagers do after school, at the times when they are believed to be most likely to be getting into trouble and causing concern to parents and communities.

INTRODUCTION

This comprehensive research programme was devised by Kids' Clubs Network and Nestlé UK Ltd to find out what young people do with their time when they are not at school. The appeal of the concept of a 'place to be', the 'Make Space' concept, for teenagers was also investigated. The objective was to identify whether there was a need for a new type of club for young people and what form this should take.

The Make Space concept can be described as:-

- A dynamic place offering social opportunities, activities and development for young people in a safe environment.
- Open daily for young people between the ages of 11-16 after school and during school holidays until 9pm (depending on local need).
- Chill-out, activity and quiet spaces will form core services.
- Advice for young people on personal relationships, social and health issues
- Membership based clubs to access Make Space facilities. Usually fee paying, depending on local need.
- Consultation from beginning to end with young people.

Two research studies were commissioned. MORI conducted a nationally representative quantitative self-completion study among 605 young people aged 11-18 years (all still at school or college) and 298 of their parents.



BMRB then carried out a qualitative study of 10 mini group discussions with young people also all at school or college and parents, as well as six depth interviews with youth professionals (professionals working with young people in the community such as youth workers). The research programme ran through June/July/August 2002 and this summary reports on both surveys.

This report has been written by Kids' Clubs Network based on the MORI and BMRB research findings.

KEY FINDINGS

- **Six out of ten teenagers and eight out of ten parents think there is not enough for young people to do in the area within which they live.**
- **One in four young people hang around with nothing to do when they are not in school - a time which they are found to be most likely to get into trouble.**
- **Eight out of ten teenagers are bored at some time or other providing more of an opportunity for getting into trouble.**
- **At some point in time, one out of two parents do not know exactly where their teenagers are, whom they are with or what they are doing when they are not in school.**
- **Around seven in ten parents and young people think that young people commit crimes because there is not enough for them to do.**
- **One in three teenagers go home to an empty house and may be more likely to get into trouble as a consequence.**
- **There is a high level of interest in the Make Space Clubs - eight out of ten teenagers are interested in the concept.**
- **Young people are particularly interested in the Make Space's club 'Chill out area' (80% interested), potential 'Trips and events' (77% interested) and the 'Sports area and facilities' (74% interested).**

WHAT HAPPENS NOWADAYS

Our qualitative research indicated that both young people and parents complained of a lack of dedicated facilities for teenagers. Provision for young people varies by area and some teenagers are better served than others, but in no area are teenagers thought to be particularly well served by facilities specifically for them.

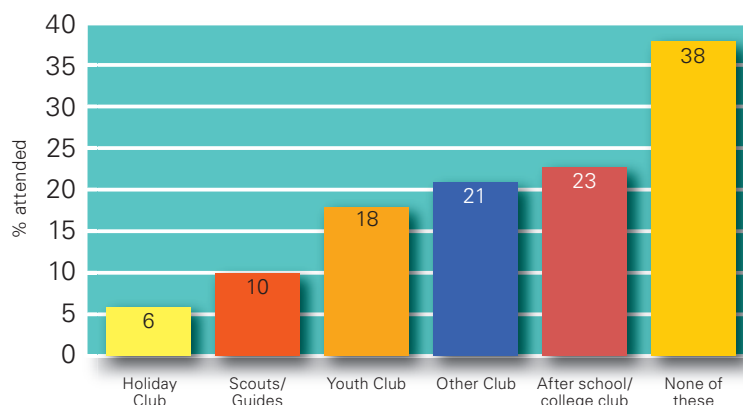
The MORI research indicates that over half of all teenagers have attended some kind of after school club in the last year, mostly provided by the school, especially sports and homework clubs. Half of young people are involved in some kind of sport after school. However, these clubs or activities tend to close at 5.30 or 6pm. There is little for teenagers to do after that. Only one in five young people go to 'youth' clubs, which, though open till around 8pm or 9pm, do not open every day of the school week.



Group respondents highlighted that where facilities do exist they are expensive, too far away, or only open for limited periods of time because of funding cutbacks. As a result young people feel cooped up at home and family conflict often results. Alternatively, young people 'hang out' with their friends outside, sometimes in places that are not appropriate and where there is little to do.

Chart 1 Attending Clubs

Q During the past 12 months have you attended any of the following?



Base: All young people 11 - 18 years (605)

Source: Nestlé Family Monitor/MORI

TEEN LIFESTYLES

BMRB's research found that young peoples' activities are fluid and unstructured. The favourite activity is hanging out with their friends. They enjoy being in each other's company, doing nothing in particular. However this activity is sometimes limited by fears of other people. There are fears from dangerous adults and other young people, particularly about muggings and thefts of personal property, especially mobile phones.

'The younger teenagers hang around the streets, but there isn't anything to do. When I was at school, there was nothing to do.'

(16-17 year old girls BC1C2 Stockport).

'Our friend got mugged from school. She was walking through an alley and some local boys robbed her phone.'

(14-15 year old girls BC1C2 Birmingham).

After school, young people go home after which many go out again. The four out of ten who go to a sports or homework club after school, then go home, and like their peers, come out again. While at home, they watch TV (90%), eat a snack or meal (90%), listen to music (86%), do homework (84%) and use their mobile phone (67%). Older teenagers put off homework to after 7pm.

Two thirds of young people are hanging around with nothing to do for at least some of the time.



GOING BACK TO AN EMPTY HOUSE

One third of young people go home to an empty house. Three quarters of those who go home to an empty house do so between 3.30pm and 5.30pm. The study results also indicate that those who are more likely to get into trouble are those who go home to an empty house.

HANGING AROUND WITH NOTHING TO DO

One in four young people hang around with nothing to do before school, after school or at sometime in the evening. This proportion is higher for those who go home to an empty house. And once again, those who get into trouble are more likely to be hanging around with nothing to do (30%) from 3.30pm to 7pm. 41% complain that they often find they have nothing to do in the evening from 5.30pm onwards (compared with 49% at the weekends and 44% in the holidays).

GETTING BORED AND INTO TROUBLE

It was apparent from our focus groups and depth interviews that boredom is a condition very familiar to young people, and is understood by the parents of young people. It results from their having nothing to do and is particularly acute during the school holidays.

Boredom can also occur when young people are made to do what they do not want to do (for example at school). We have found that boredom is linked to getting into trouble - from minor misbehaviour to seriously anti-social behaviour e.g. vandalism, harassment, under-age drinking and use of illegal drugs. By testing the boundaries laid down by those in authority young people create a sense of excitement which they enjoy. This gives them a 'buzz'.

'They are bored so they experiment with the drink and all that. You see the kids going to the clubs... they can get booze quite easily... it's excitement, they are young teenagers and they want basically excitement. The buzz they call it, that's the buzz.'

Youth worker

The more bored they become the more likely they are to have got into trouble. 44% of young people get into some kind of trouble (probably not very serious). 59% of those who get into trouble are 12 and 13 years old.

'They get bored of football so then they go and mess around and tease people. Or they tease the girls and then they'll run off and smash some windows.'

(14-15 year old girls BC1C2 Birmingham)

Being bored is typical of a young person's condition. 82% are bored at some time. 54% claim they get bored at school, especially the younger



ones (60% of the 11/12 year olds get bored during school hours). 20% are bored in the early and late evening, 26% get bored in the holidays, 16% get bored at the weekend and 34% from 5.30pm onwards.

FEELING SAFE

The quantitative element of the research concluded that feeling safe is related to familiarity and confidence in the streets. Young people who hang around town centres, shopping centres and estates feel safer after dark than other children.

Our MORI survey found that 43% of young people do not feel safe after dark and 38% think that it is not safe for them to do what they want nowadays after school. Younger children and girls are least likely to feel safe.

PARENTS AND TEENAGERS

Half of young people think that their parents worry about what they do after school, and the younger the children are, the more likely they are to think their parents worry.

But parents need to worry, as, at some point, 49% do not know either exactly where their children are, or whom they are with or what they are doing after school, at the weekends or during the holidays. This increases to 60% for parents of 15 to 16 years olds. This is even though 81% of parents claim to be happy with what their children are doing after school.

LIVING IN BRITAIN TODAY

The older the child is, the less likely they are to believe that the neighbourhood within which they live is safe. Coupled with this, six in ten think there is not enough for young people to do in the area where they live – rising to 75% for 15/16 year olds. Those who ‘strongly agree’ that there is not enough for young people to do are found to be more likely to be interested in the new Make Space concept.

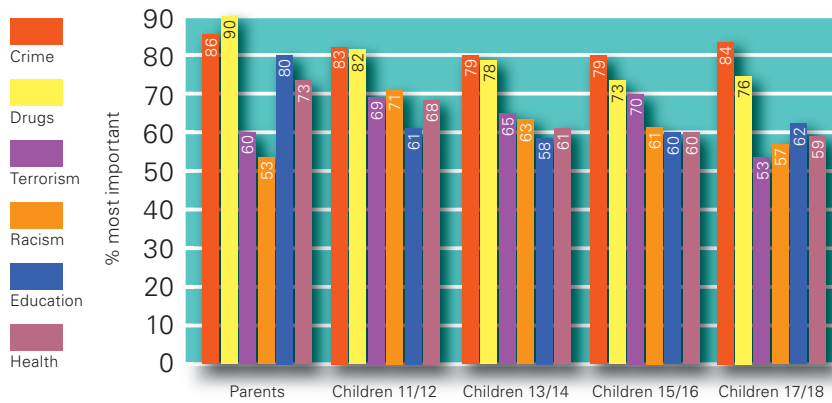
Two thirds of young people “agree” that young people commit crimes because they have nothing to do and nowhere to go. Parents also “agree” that there is not enough for young people to do in their area (79%) and that young people commit crimes as a result of this (70%).

Crime and drugs top the young people’s list of issues facing Britain today (81% and 78%) followed by terrorism and racism (67% and 65%). Young people nowadays live in a more multicultural environment than their parents and are also seem to be more engaged by the new threat of terrorism (perhaps because of 9/11) than adults. Health is an issue for 64% of young people and education for 60% reflecting adult concerns. Drugs (90%) and crime (86%) are also the foremost issues for parents, followed by education (80%) and health (73%).



Chart 2 The most important issues facing Britain today by parents and children by age

Q What would you say is the most important issue facing Britain today?



Base: All young people 11 - 18 years (605)

Source: Nestlé Family Monitor/MORI

Parents worry less about their own child getting involved with drugs (64%), than they worry about young people in general (93%). The qualitative research revealed that parents believe that getting in with the wrong crowd leads to petty crime, vandalism, alcohol, drugs and under-age sex.

THE YOUNG ADULTS - 17 TO 18s

The research confirmed that 11 to 18 is not a homogeneous age group. The older the child the stronger the desire for autonomy. By 17, many young people have become largely integrated into the adult world and many are regularly using leisure clubs, pubs and clubs. None of these are legitimately available to younger teenagers.

'And you don't do any sports at the at the sports centre unless you are a member and you have got to be 16 to be a member. So you can't really do anything'

(13-14 year old boys BC1C2 Norfolk)

Many of the over 16s already follow an adult lifestyle. They are therefore least in need of this proposed new dedicated facility, especially one which does not offer alcohol (for those aged 18) and requires them to mix with those from the younger age groups.

17/18s are found to be less likely than other teenagers to get bored – indeed one quarter (23%) claim never to get bored. This may be because there are more options open to them and they have more control over their lives.

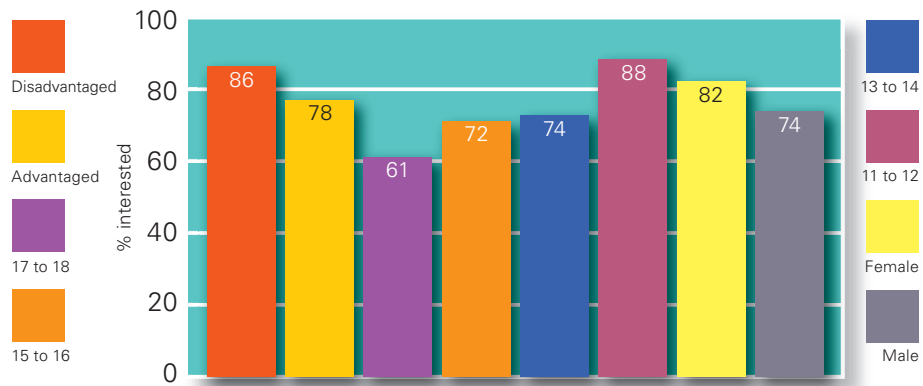


INTEREST IN THE MAKE SPACE CLUB CONCEPT

Eight out of ten of the young people are interested in the new concept, particularly girls and the younger children.

Chart 3 Interest in Make Space concept by age and sex

Q Overall, how interested, if at all, would you be in going to this new type of place after school/college if it were available and open in your area?



Base: All young people 11 - 18 years (605)

Source: Nestlé Family Monitor/MORI

Parents of children aged 11-16 are just as enthusiastic as the young people. Parents views on the new concept mirror those of their children, viewing the place as ideal for their child to be happy and relaxed resulting in less crime.

Whilst parents are more interested in their children using the new facility to work and do their homework in the quiet area or become involved in the various activity based options, children are more interested in the 'Chill out zone'.

With regard to funding, more than four fifths (88%) of parents think the government should help pay for the set-up costs and the initial development of such a place.

Parents believe that they would be willing to get involved in a place like this by donating items (69%), fund raising (41%), supervising outings or trips (30%), supervising generally (26%) or contributing their professional services such as decorating, accountancy, etc (25%). Parents who claim to be 'very interested' in the idea of the Make Space club, are found to be more willing to become involved and offer their services in this way.

On average, parents anticipate paying £4.05 for a child to attend such a place for a three-hour session after school and £8.36 for a full day session during the school holiday.



THE ESSENTIALS FOR THE 'PLACE TO BE'

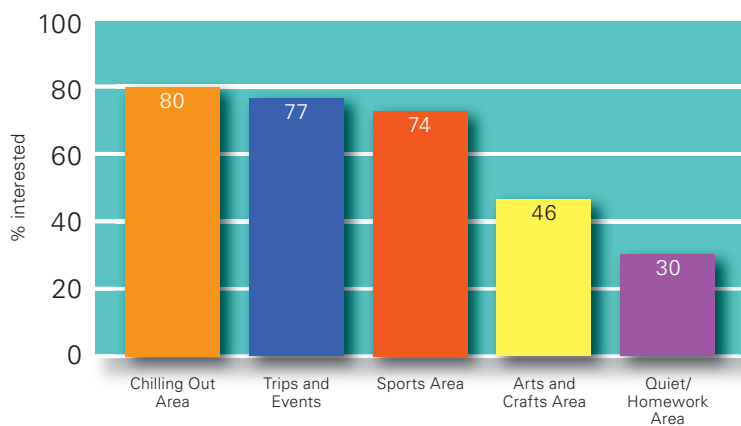
Focus group respondents pointed out that the most important element of the Make Space club concept is an informal and comfortable space where young people can relax and meet their friends (the 'Chill Out' space) plus an outdoor space where they can chat with their friends or play sports. For girls and older teens, an outdoor space is seen as an extension to the indoor relaxing space where they can hang out with friends.

'A little seating area inside where people can go ... where there's soft spongy seats and things like that where you can just sit down and talk to people'

(14-15 year old girls BC1C2 Birmingham)

Chart 4 The relative appeal of the elements proposed for the Make Space concept.

Q How interested, if at all, would you be in each of the following activities at this new place to go after school/college?



Base: All young people 11 - 18 years (605)

Source: Nestlé Family Monitor/MORI

The group discussions with young people revealed that a range of sports facilities is desirable, ideally chosen so that there is something for everyone. These can include contemporary sports as well as traditional sports. Other facilities on the young peoples' 'wish list' are art, dance, drama and music, IT facilities, including access to the Internet, and a quiet area for those who want to take time-out on their own.

'We want a motor bike course, like a bike, motorcycle, mountain bikes and stuff like that...'

(13-14 year old boys BC1C2 Norfolk)

Young people in the groups were adamant that the provision of food and drink is essential for any place to be used by teenagers. Snacks and soft drinks rather than proper meals have the greatest appeal.

Young people in the quantitative survey were presented with a list of different areas and planned activities and asked to indicate their level of interest in each on a four-point scale (ranging from 'very interested' to 'not interested at all').



Young people are most interested in the, Chill Out area (80%), Trips and Events (77%), Sports Areas and Facilities (74%), Arts and Creative (46%) and a Quiet/homework area (30%).

Girls are more enthusiastic about all of the areas in the new place, with the exception of the sports area, where the boys are keener. These areas offer all of the things that young people like to do now, although they are currently limited by time and money, and they cannot do these things in a dedicated place of their own.

Within the 'Chill Out Zone' young people show the most interest in meeting friends (89%), listening to music (81%) and relaxing (76%).

Most popular within the 'Sports area' are facilities for outdoor sports (78%) and indoor sports (78%).

'The Quiet/homework area' appears the least popular among young people with the only activity of real interest being the Internet (71%).

Music (67%), graffiti art (62%) and making things (59%) emerge as the most popular sections within the 'Arts and Creative area'.

And finally, within 'Trips and Events', young people appear most interested in visits to theme parks (88%), concerts and gigs (77%) and sporting events (74%).

Younger children (under 15) are found to be far more enthusiastic about the planned activities – particularly those aged 11 and 12.

OPENING TIMES

Demand for this new place is highest during the weekends (62%) and school holidays (58%). Significant proportions however claim they would be most likely to visit during school days between the hours of 3.30pm – 5.30pm (32%), 5.30pm – 7.00pm (43%) and after 7.00pm (42%).

THE ROLE OF THE NEW PLACE

Providing a space where young people can meet with current friends and make new friends is viewed as important by substantial majorities (86% and 76% respectively). Seven in ten also want to be allowed to get involved with decisions about this new place (71%).

This new space is also viewed as a valuable place where they can receive support, with six in ten saying it is important that it provides someone whom they can talk to about their problems. Seven in ten feel it is important that they are provided with encouragement and extra support in general.



The qualitative study highlighted that, while the young people want to be involved in deciding the activities and in helping design what the place looks like, there is general agreement that adult supervision is required. This would take the form of young adult facilitators who are in tune with youth culture, and who could win the trust and respect of those using the place. Parents and youth professionals stipulated that these adults would also have to be professionally trained. In turn, the young people do not want their parent intruding into their place.

'Like young people controlling it so they like understand everything... and they are not too strict or anything.'

(14-15 years BC1C2 Birmingham)

Young people, particularly girls and those aged 11 or 12 'agree' that the new place sounds like a place they would be happy (83% and 85% respectively).

Also, this is a place where young people 'agree' they are less likely to be bored (77%), sounds like the sort of place they have been looking for (62%), will be able to do things they can't do now (63%), will lead to less crime (58%) and less bullying (51%).

'If there's people not bored, then they won't go ...people's houses and stuff. So I think it would stop an awful lot of trouble really round certain areas.'

(14-15 year old girls BC1C2 Birmingham)

Parents feel that it is important that those who work there should ask young people what they would like to do (93%).

'It would be better if they asked you what you thought because if its somewhere you've designed you're more likely to go than if it's someone else's idea.'

(16-18 year old girls C2DE Bradford)

However parents seem to be expecting support during exam time (86%) – a facility which is not of particular interest to young people. Parents also believe the staff in the new place should provide encouragement and extra support for the child (84%), provide the parent with feedback (84%), understand the needs of working parents (82%) and be there for their child (80%) or the parent to talk to (80%).

The qualitative research shows that parents understand the need for the Chill Out area but are also very enthusiastic about the idea of their children being able to get involved in activities.



Parents, however, acknowledge the benefits of the new place as somewhere for their child to go with their friends (85%), and also enable them to make new friends (82%). They also view it as a place where their child would be safe (78%) and be somewhere they would experience lots of different things (76%).

Parents and youth professionals taking part in our qualitative exercise could also see longer-term benefits. The place would help the young people develop their social skills, interests and talents, and it would give them exposure to new ideas, activities and places, and ultimately help them grow into positive, motivated adults. Such improved development would lead to increased aspirations on the part of the young people to achieve more skills and a more rewarding and rewarded place in society.

'If people are going to invest money to make it better for teenagers, get better jobs, that's really what it's about, to give them a better life.'

(Parent of 16–18 years old DE Liverpool)

IMPLICATIONS

- There was a sense that giving young people a place of their own sends a strong signal that they are valued by the community.
- The location would vary with the area, and must be easily accessible by public transport.
- The young people would need to be consulted about all aspects of the place in order to balance the needs of the young people for a dedicated place, and the realities of available premises, such as schools.



TECHNICAL APPENDIX

MORI

MORI conducted a nationally representative quantitative self-completion study in 35 secondary schools among 605 secondary school pupils aged 11-18 years and 298 of their parents. Fieldwork was conducted across England between June and July 2002. The data has been weighted to reflect the national profile of school children.

BMRB

10 mini group discussions with young people and 6 depth interviews with community professionals working with young people. Quotas were set for age and social class of child.

The groups were split by school year.

Year 7	(11-12 years)	Boys	C2D	Liverpool
Year 8	(12-13 years)	Girls	C2D	Croydon
Year 9	(13-14 years)	Boys	BC1C2	Peterborough
Year 10	(14-15 years)	Girls	BC1C2	Birmingham
Year 11	(15-16 years)	Boys	DE	Stoke on Trent
Lower Sixth	(16-17 years)	Girls	BC1C2	Stockport
Upper Sixth	(17-18 years)	Boys (and girls)	C2D(E)	Bradford

3 group discussions with parents of young people

Parents of 11-13 years old	Mixed sex	C1C2	Stockport
Parents of 14-15 years old	Mixed sex	C2D	Croydon
Parents of 16-18 year old	Mixed sex	DE	Birmingham

6 depth interviews with community professionals

Community youth worker/youth club worker	4 interviews
Policeman with youth remit	1 interview
Connexions PA	1 interview

Fieldwork took place between 23rd July and 13th August 2002.





NESTLÉ FAMILY MONITOR

Nestlé Family Monitor number fifteen is part of a series of research studies into family life in Britain. Previous studies are:

- Number one: *Attitudes to Christmas (November 1997)*
Number two: *A Study of the Family in Today's Society (February 1998)*
Number three: *The School Summer Holiday – at home and going away (July 1998)*
Number four: *Health Issues and the Family (January 1999)*
Number five: *A Study of the Family in Today's Society (March 1999)*
Number six:
 - 1) *Aspects of Education in Britain Today*
 - 2) *Reading and the Family*
 - 3) *Art and the Family (June 1999)*
Number seven:
 - 1) *Teenage Pregnancy*
 - 2) *School Meals (February 2000)*
Number eight: *Mapping Britain's Moral Values (March 2000)*
Number nine:
 - 1) *Sport and the Family*
 - 2) *Nutrition and Lifestyle of the over 50s (July 2000)*
Number ten: *Charitable Giving and Volunteering (December 2000)*
Number eleven: *Lifelong Learning (April 2001)*
Number twelve: *Money in the Contemporary Family (July 2001)*
Number thirteen: *Eating and Today's Lifestyle (December 2001)*
Number fourteen: *Hard Times: A Study of Pensioner Poverty (June 2002)*

For further information on the Nestlé Family Monitor please contact Katie Griffiths on 020 8686 3333 or write to her at the address below or visit our website at www.nestlefamilymonitor.co.uk

For further information on the Make Space campaign, please contact the helpline at 020 7522 6960, visit the website at www.makespace.org.uk or e-mail information@makespace.org.uk



Good Food, Good Life