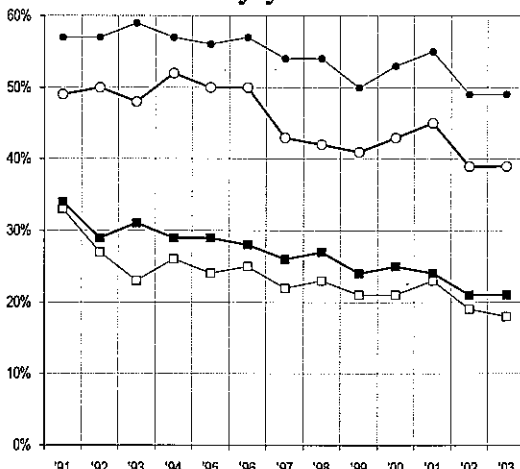


# TRENDS: Young people's worries (1991-2003)\*

## Their health, the way they look and school problems

The charts presented below are drawn from data from surveys across the UK carried out by the Schools Health Education Unit between 1991-2003 and report on the findings from over 250,000 young people.

### The way you look



Data from 1991 - 2003 reveal that, since the early 1990s fewer young people report worrying about 'the way they look' although it is still reported to be the main concern for around 50% of 14-15 year old females.(●)

From the mid-1990's a downward trend, of those reporting this problem area, can be seen. During the early part of this period nearly 60% of 14-15 year old females have reported being worried 'quite a lot/a lot' about their appearance. This appears to have dropped by 10%. The older females have remained consistently above the younger females.

A similar trend is shown for 12-13 year old females.(○) During the early part of this period nearly 50% reported being worried 'quite a lot/a lot' about their appearance. This has dropped to around 40%.

Figures from the males show a similarly declining trend with percentages ranging from around 30% in the early 1990s to the current 20%. 14-15 year old males(■) have consistently remained above the 12-13 year old males(□) in reporting their concerns about their appearance.

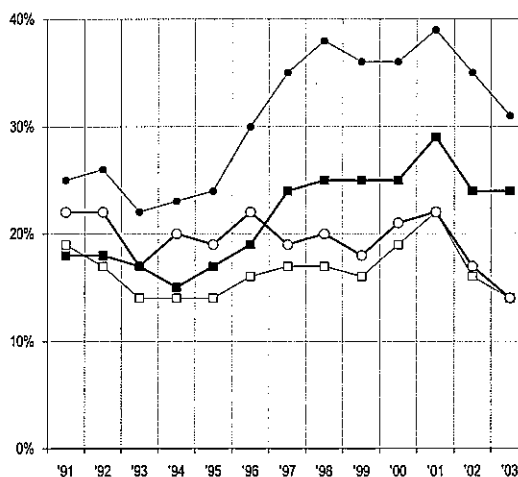
### Health problems

Data from 1991 - 2003 reveal that, since the early 1990s if anything, slightly fewer young people report worrying 'quite a lot/a lot' about health problems. Females consistently worry more than males about this problem.

The figures for the 12-13 year old females range from 27% (1991/2001) to 18% (2003). Percentages for 14-15 year old females range from 28% (2000/01) to 22% (2003)

The figures for the 12-13 year old males range from 23% (1991) to 12% (1997). Percentages for 14-15 year old males range from 17% (1992/2000/01) to 13% (1994/99/03).

### School problems



Data from 1991 - 2003 reveal that, since the early 1990s more young people report worrying about school problems. From the mid-1990's an upward trend can be seen from the 14-15 year olds which has been as high as 29% (2001) for males and 39% (2001) for females. Data from 1996 onward show that at least 30% of 14-15 year old females(●) reported worrying 'quite a lot/a lot'.

Figures from the younger males(□) suggest there has been an increasing trend to worry more but the 12-13 year old females(○) appear no more concerned now about school problems than they were in the 1990s.

### TRENDS REPORT\*

A new report 'Trends: Young People and Emotional Health and Well Being incorporating Bullying 1983-2003' show trends over a twenty year period and provide factual information for those interested in the healthy development of young people.

The report covers 10 topics including: keeping problems to yourself; sharing problems with others; worrying 'quite a lot/a lot' about the featured problems; worrying about the 'way you look'; self-esteem; locus of control; life satisfaction; bullying; safety.

The accumulated data from 1983-2003 are from the hundreds of school surveys the Schools Health Education Unit support each year, involving tens of thousands of young people. This databank is a valuable resource of information and provides many opportunities for research.

However, each annual sample of survey schools represents a different combination of regions within the UK, and is not a random sample selected for the purposes of providing a nationally representative picture.

Our confidence in the representative nature of the data is based on:

- ▷ its year on-year consistency
- ▷ comparison, where possible, with data derived from surveys using carefully selected national samples

The 'Trends' reports are based on data from 329,408 young people between the ages of 12-13 and 14-15. This is the total number, from 1983-2003. Please note that numbers of pupils answering individual questions may be different to the sample size.

Further details about other 'Trends' reports, including Alcohol, Smoking and Food Choices, can be found at [www.sheu.org.uk/pubs](http://www.sheu.org.uk/pubs) or Tel. 01392 667272.

Each report, 40 printed A4 pages - comb bound, costs £10 including p&p.