

"Boys think I can't play football because I'm a girl." **Girl, 7**



WE DISCOVER, WE GROW

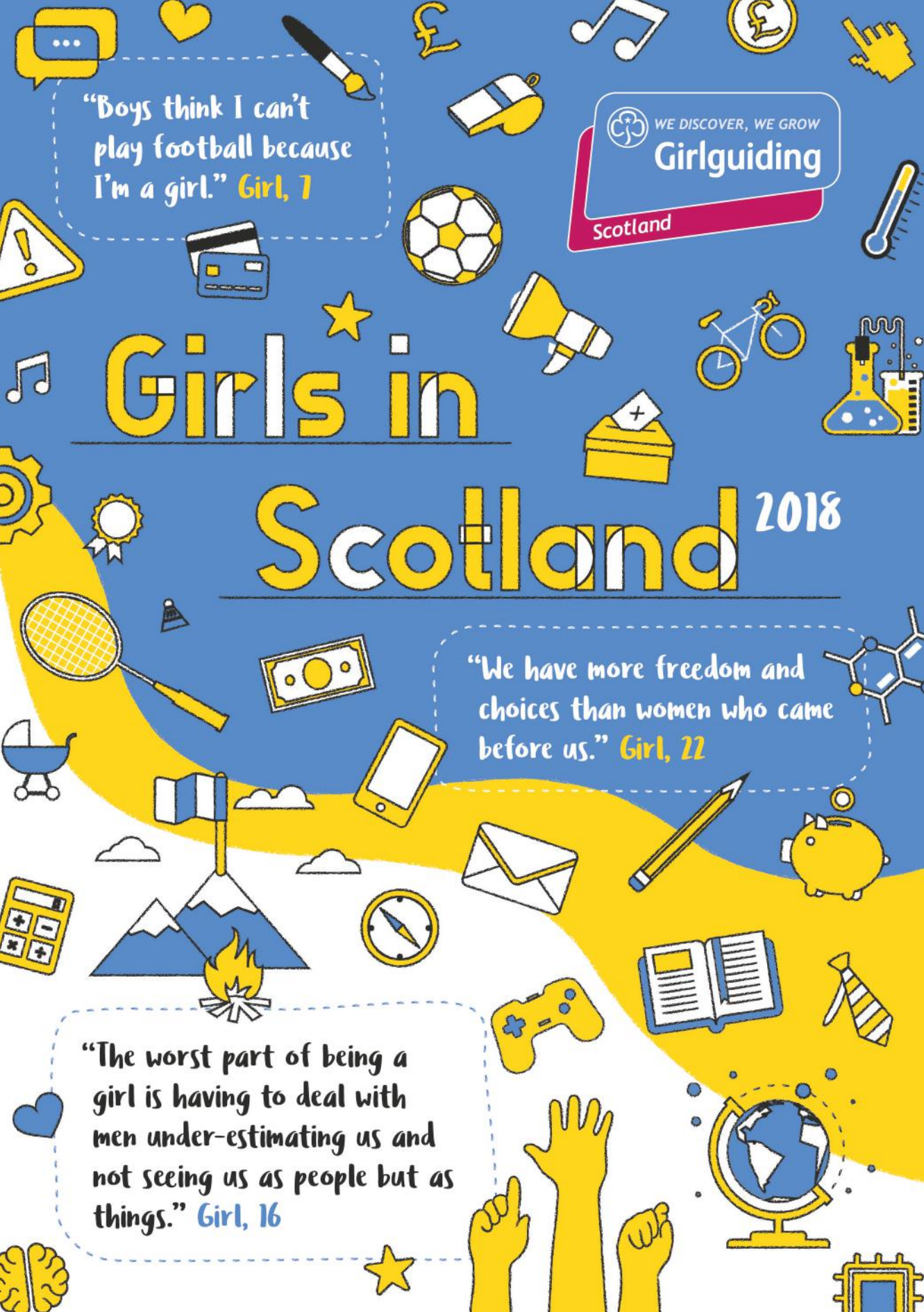
Girlguiding

Scotland

Girls in Scotland 2018

"We have more freedom and choices than women who came before us." **Girl, 22**

"The worst part of being a girl is having to deal with men under-estimating us and not seeing us as people but as things." **Girl, 16**



Foreword

Welcome to our first Girls in Scotland survey - our research exploring what it means to be a girl growing up in Scotland today.

As the leading organisation for girls and young women in the country, Girlguiding Scotland is committed to empowering every girl to realise her potential through fun, adventure and advocacy.

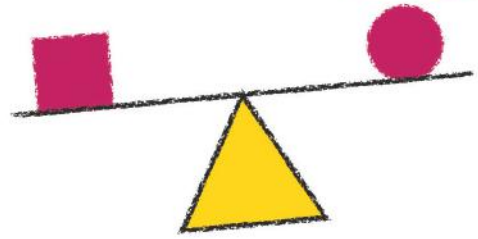
We've pushed for meaningful change to help create a more equal future for every generation of girls.

With more than 100 years' experience we've seen first-hand how girls' lives have changed - and how they've stayed the same - through the decades. Throughout our long history, we've pushed for meaningful change to help create a more equal future for every generation of girls and we're proud to be continuing this work today.

The Girls in Scotland survey, conducted by Childwise, asked for the views and experiences of over 500 girls and young women age 7-25 from across the country.



The findings highlight the ongoing impact of gender inequality on girls' everyday lives.



The findings highlight the ongoing impact of gender inequality on girls' everyday lives and their aspirations for the future, with a staggering eight in ten saying they feel they are treated differently because they are girls.

They show a generation faced with a wide range of challenges & demands - from the pressure to achieve at school to the unrealistic expectations about how girls should look and behave.

Worryingly the research shows a steep decline in girls' confidence and wellbeing as girls get older: while two in five girls age 7-11 described themselves as 'very happy' this falls to just one in five among girls age 18-25.

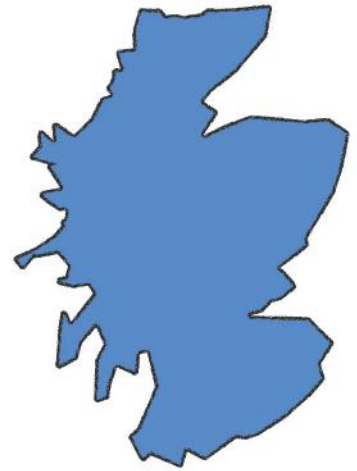
83% of girls said they wouldn't work for an employer that pays women less than men.

A staggering 8 in 10 girls say they feel they are treated differently because they are female

More encouragingly, the figures reveal a generation of girls who are aware of the challenges facing them but also hopeful for their future. While 45% of girls said they thought getting a good salary or becoming a leader in their job would be harder because they are female, nine in ten said they still expected equality in the workplace. 83% of girls said they wouldn't work for an employer that pays women less than men.

We hope this research will inform and motivate decision-makers, teachers, youth-workers and everyone with a stake in girls' lives, challenging us all to work harder to achieve a more equal future.

my Life



My life as a girl...

What's it really like to be a girl growing-up in Scotland today? How does this affect the way girls interact with family and friends, how they view their place in the world and how comfortable they feel being themselves?

Girls told us there were many good and bad things about being a girl today; while they celebrated the progress that has been made so far, their experiences show there is still a long way to go before girls feel truly equal in their everyday lives.

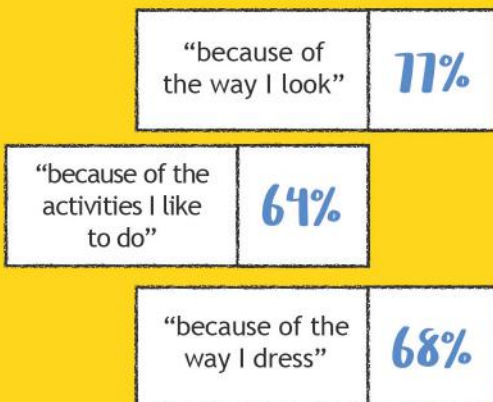
"People assume all girls like dolls and girly stuff - but not everyone does!"

Girl, 10

11% of girls age 12-25 say they are treated differently 'because I'm a girl'

28% of girls age 12-25 say this happens often or always

Girls age 12-25 also say they are treated differently...



33% (7-25)

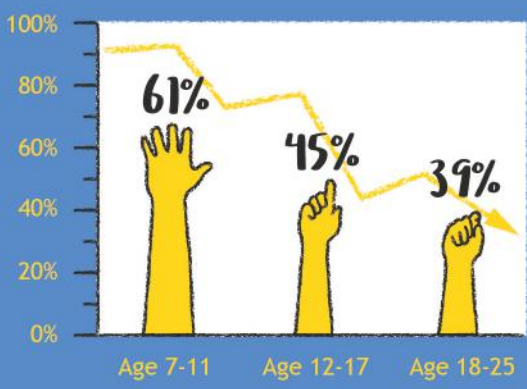
say:
“my family treats
me differently
because I’m a girl”



“Boys think girls
are soft.” **Girl 9**

“People think I can’t do the same
things a boy can do.”
Girl, 11

Girls who strongly agree that they
can do anything a boy can do:



28% (7-25)

said they had to do
more housework
“because I’m a girl”



46%

said they felt they would
have more freedom to
go out on their own if
they were a boy



33% (7-25)

said they feel or felt
like they had to play
with certain toys or
wear certain clothes
because of their
gender



20%

said the rules were
different for boys than
girls in their family.



Girls told us
they felt they
had to change
how they behave
to fit in when
they are:



At school: 78%

Online: 68%

With my friends: 59%

With my family: 50%

My Place in the World



We wanted to find out how girls feel about the area where they live and how they engage with their community.

Transport



"The best thing about being a girl is we make close friends for life." **Girl, 11**



55%

of girls said public transport in their area could be better



The best thing about being a girl is making a change in the world and being able to be a positive role model."

Girl 15



10%

said transport in their local area was so poor it was hard for them to get around





Youth Groups

19% of girls age 7-25 are part of a youth group like Brownies and Guides

This is highest among younger girls, with

46% of girls age 7-11 saying they take part in such a group

Community Facilities

We asked girls if their community has facilities and activities for young people



34%
said it
has lots

42%
said it
has some

23%
said it has
few or none



Volunteering

37% (12-25)
say they volunteer in
their local community

70%
of girls who volunteer
said they do so weekly



My Wellbeing & Personal Safety

What are the forces that shape girls' sense of wellbeing and safety? How do girls navigate the pressures and demands of everyday life and where do they turn for support when things get tough?

Girls told us they face a wide range of pressures in everyday life and don't always feel comfortable seeking support or know where to turn for help. Worryingly girls' happiness appears to decline as they get older; while 40% of girls age 7-11 describe themselves as very happy most of the time, this drops to just 19% of girls age 18-25.

"The best thing about being a girl is being able to be myself and not trying to be someone else,"

Girl, 10

"We can do good things like football, swimming, reading - anything we like" Girl 9

If you're happy and you know it...

Girls' happiness appears to drop sharply as they get older.

age 7-11

age 12-17

age 18-25



40%

25%

19%

Girls who "feel very happy most of the time"

15% (7-25)

say they feel unhappy most of the time.



Girls' Safety



We asked girls how safe they felt in their everyday lives.

18%

said they felt unsafe going to the park by themselves.



12%

said they felt unsafe going to school, college or university by themselves.



What do girls worry about in their everyday lives?

What other people think: 54%

Pressure to do well at school: 51%

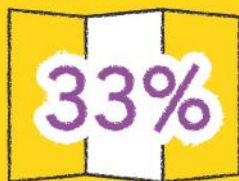
Pressure to look a certain way: 40%

Getting on with friends: 34%

Pressure to have the latest clothes, phone etc: 24%

"Men stare at me" Girl, 8

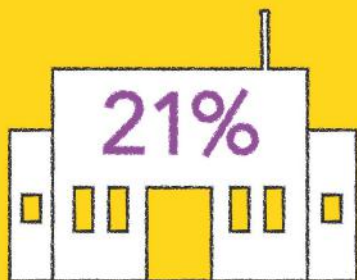
Girls age 13-25 experience sexual harassment when they are:



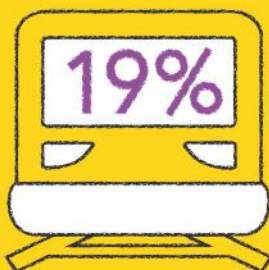
Out and about in my community: 33%



On social media: 27%



At school, college or university: 21%



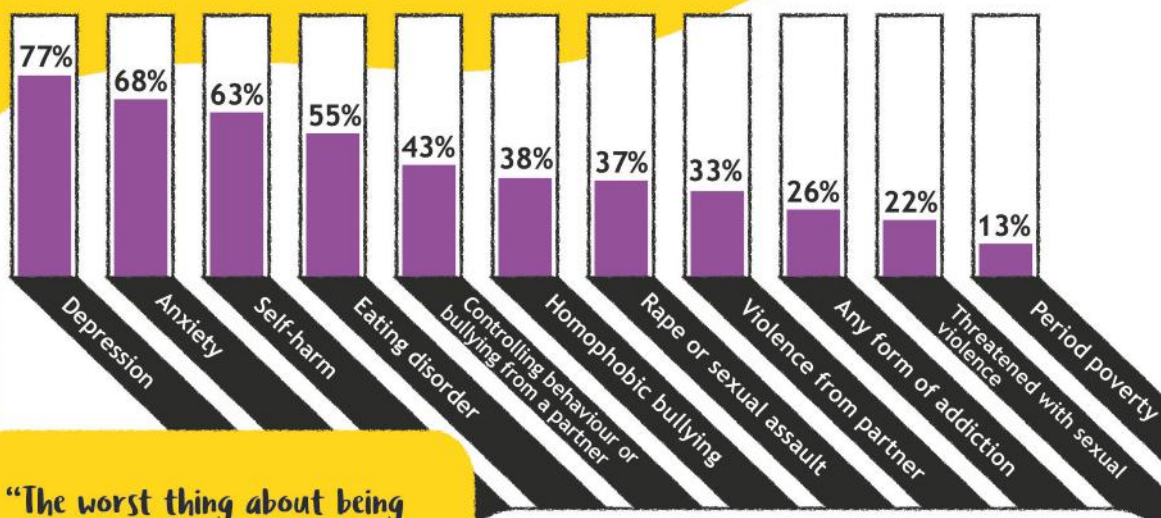
On public transport: 19%



While playing sports or exercising: 10%

Girls who know another girl their age who has experienced the following:

13-25 yrs



"The worst thing about being a girl is always being in fear of being raped or drawing the wrong attention." **Girl, 18**

"The worst thing about being a girl is you have to wear dresses. One time on the bus someone looked up this girl's skirt at her underwear. And she was only in P2!" **Girl, 7**

A level playing field?

Girls said they play a sport or exercise:

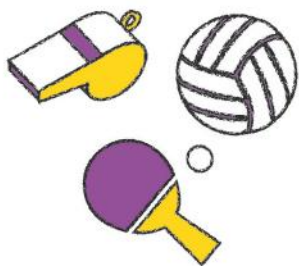
"at least once a week"

Age 7-11:

Age 18-25:

91%

53%



"every day"

Age 7-11:

Age 12-17:

Age 18-25:

42%

21%

8%

What do girls do to relax?



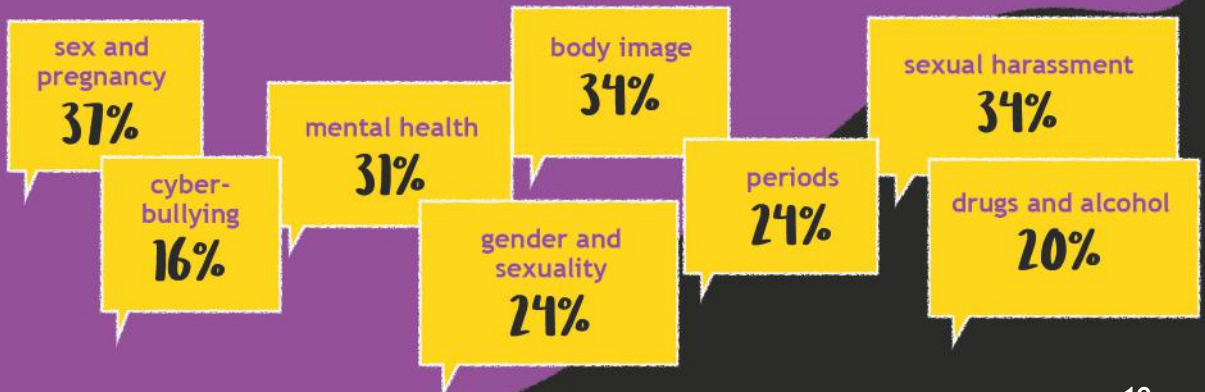
Where's the help?

GIRLS AGED 13-25 said they know where to go for information & support on:



Let's talk about it

GIRLS AGED 13-25 said they felt uncomfortable talking with a trusted adult about:



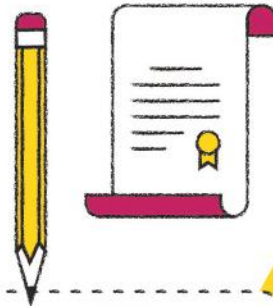
My Education & Skills

What role does education play in girls' everyday lives and how does it shape their choices for the future?



Most girls told us they had a positive experience of school overall, but they felt significant pressure to achieve and highlighted areas where they wanted more information and support.

Worryingly, 8 in 10 girls said they learn little or nothing about consent or healthy relationships in personal and social education, while they also highlighted a desire to see the achievements of women celebrated in the curriculum.



Where are the women? (12-25)

Girls told us they learnt about the achievements of women in:

History, modern studies and citizenship

66%



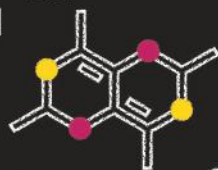
English

57%



Science, technology, engineering and maths

43%



91%

said they would like to see or have seen more women represented in these subjects

Girls' experiences at school (7-25)

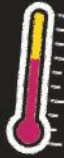
What do girls worry about at school? (7-25)



59% worry about schoolwork



46% worry about being bullied at school



64% feel pressured to succeed at school

But encouragingly...

72% of girls enjoy most or all of their classes

59% of girls felt they could speak to a teacher or staff member if they felt worried or sad



"People say I'm not allowed to play sports 'cos I'm a girl." **Girl, 10**

We asked girls age 12-25 what subjects they would like to be taught more about while at school:



55%

money management and finances



47%

resilience and mental well-being



39%

social and interpersonal skills



35%

options after school, including information about alternatives to university



20%

politics, citizenship and voting



Let's talk about sex education!



We learned a lot about this



We learned a little about this

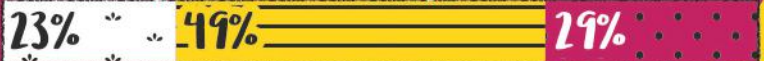


We didn't learn about this

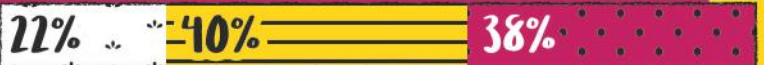
78% of girls said they learn or learnt little or nothing about consent

We asked girls (13-25) what they learned in personal and social education:

Healthy relationships



Consent



Gender Equality



Sexual Harassment and Abuse



Online Pornography



"The worst thing about being a girl is the harassment you get from men - the way that they think they can talk to you in any way they want, and can talk about 'tapping' or 'shagging' you any time they want." **Girl, 24**

Next steps?

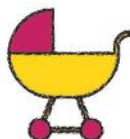
We asked girls about their plans for further / higher education (12-25)

56% would consider a modern apprenticeship

Girls said they would be most interested in doing a modern apprenticeship in:



39%
Health and social care



31%
Childcare

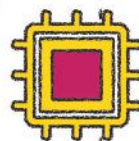


33%
Creative industries

“The best thing about being a girl is you have the freedom to choose what you’d like to do with the rest of your life. I decided to do a modern apprenticeship and it’s changed my life.” **Girl, 20**

but only 19%

said they would consider an apprenticeship in IT



and only 10%

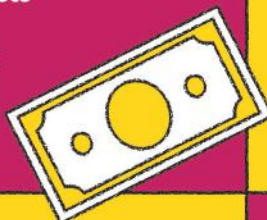
said they’d consider an apprenticeship in engineering



Girls' views on university & college (12-25)

66%

worry about living costs while studying



74%

going to university or college is important for their career



77%

free tuition would make them more likely to go to university or college



62%

worry about getting into debt while studying



64%

going to university or college is worth the cost



My Voice & Future

"The worst thing about being a girl is being told you can't do male jobs."

Girl, 17

This section explores what the future looks like for girls growing up today. Do they believe they can look forward to a truly equal future and do they see any barriers standing in their way?

"The best thing about being a girl is having a voice and the power to make change." Girl, 18

64% feel they have the same career opportunities as young people growing up in the rest of the UK.

Girls' worries about the future

We asked girls what sort of things they worry about in the future:



Girls' voices



69%

of girls thought political parties should ensure half of their candidates are female

“Girls aren’t seen as important or may be brushed over as [we’re] not seen to have a proper voice yet!”

Girl, 18

80%

said they thought this would encourage more girls & young women into politics

57%

said politicians had little or no understanding of the issues affecting them and girls their age

Only 14% (7-25)

said they would consider becoming a councillor, MSP or an MP

“The worst thing about being a girl is inequality. Like having to worry about lower wages and how having children could impact my career.” Girl 25

“The worst thing about being a girl is always having to work harder than men to achieve the same goals.” Girl, 22

Getting to Equal

86%

of girls say they expect to split childcare and housework equally with their future partner

91%

of girls said they expect to have the same career opportunities and to be paid the same salary as men

83%

of girls said they wouldn’t take a job with a company if they knew most or all of the female employees are paid less than men

62%

of girls said they would like to be a leader in their chosen job but 45% said they thought this would be harder because they are female

54%

of girls said they would like to run their own business one day but 32% said they thought this would be harder because they are female



Methodology

Girlguiding Scotland commissioned **CHILDWISE**, leading specialists in research with children and young people, to conduct a survey into the lives of girls in Scotland today, looking at the particular challenges they face, their interests, and how they feel about their lives.



A total of 540 girls and young women aged between 7 and 25 took part in the survey. The questionnaire was adapted to be suitable for different age groups, 7 to 11, 12 to 17 and 18 to 25 years. Fieldwork took place during April to June 2018.

The majority of interviews were completed online, with 7 to 17 year olds doing this in school, while the older age group were interviewed via an online panel (a small number of top-up interviews for 7 to 17 year olds were also carried out via this panel). Additional face to face interviews were carried out with young women who were not in education, employment, or training (NEET), to ensure that this potentially marginalised group was fully represented.

Sample Details

The tables below show the actual numbers of responses by age, area, and ethnicity. Data was weighted at analysis to correct any imbalance in the final sample across the age range.

TOTAL	7-9 yrs	10-11 yrs	12-14 yrs	15-17 yrs	18-21 yrs	22-25 yrs
540	105	102	78	98	64	93

AREA		
URBAN	SUBURBAN	RURAL
160	160	220

ETHNICITY		
WHITE	MINORITY	DK/NA
364	51	125

About Girlguiding Scotland



We're the leading organisation for girls and young women in Scotland with around 50,000 young members and 11,500 volunteers. We support girls to take on new challenges, learn new skills and realise their potential, all while having fun and making new friends in a safe, girl-only space.

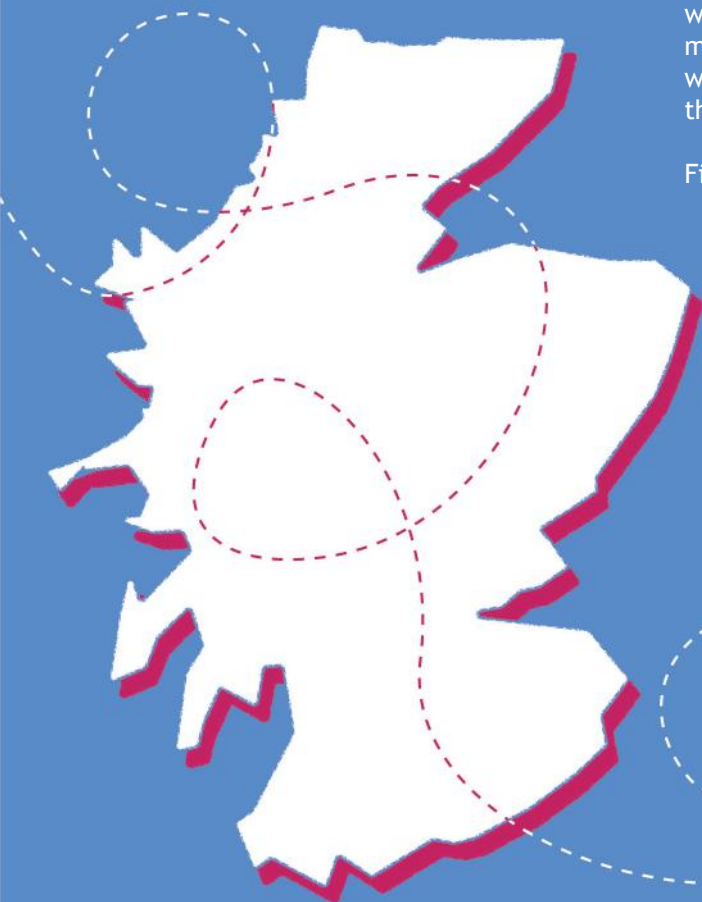
Our new programme, packed with new badges and activities, aims to equip girls with the skills they need for life - with activities in everything from bushcraft to mindfulness, inventing to campaigning.

We're not only committed to supporting girls to develop their skills and confidence, but empowering them to speak out and take action in their communities and beyond.



We know that when girls use their voice they can make real and meaningful change. That's why we campaign on the issues our young members tell us matter to them and why we're working hard to make sure Scotland is the best possible place to be a girl.

Find out more at girlguidingscotland.org.uk





Girlguiding Scotland is the operating name of The Guide Association Scotland, Scottish charity number SC005548.

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