

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 Scotland.



Society after the pandemic

51%

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 Scotland are worried about the long-term impact of the pandemic on their mental health (55%), schoolwork (39%) and money and income (38%). Across the UK, disabled and LGBTQ+ girls and young women are most concerned about these issues.
- 51% in Scotland say inequality between different groups of people has become worse in the past year, compared to 40% in the UK as a whole. A third (33%) say gender inequality has become worse.
- Girls and young women in Scotland chose mental health, women and girls' safety, and equality and inclusion as the issues most important to them.
- Only 3% of girls and young women in Scotland 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

64%

of girls and young women aged 7-21 have experienced discrimination



- Over the past year, girls and young women aged 7 to 21 in Scotland have been active in their local communities through helping others (53%), donating (52%), fundraising (33%) and campaigning (25%).
- Seven in ten (72%) girls and young women aged 7 to 21 in Scotland are part of a club or group. Almost three-quarters of 11 to 21-year-olds (73%) say this helps them have fun and enjoy themselves. Two-thirds (65%) say it helps them be more confident.
- Girls and young women in Scotland are passionate about diversity and inclusion. 64% say they've experienced discrimination. 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

78%

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



- 54% of girls and young women aged 7 to 21 in Scotland agree that sports and physical activities are good for their mental health. But they continue to face barriers to taking part, including sexism (59%) and insecurities (41%).
- Almost one in five (18%) girls aged 11 to 21 in Scotland still say gender stereotypes hold them back at school, compared to 21% in the UK as a whole.
- Girls and young women in Scotland are more likely than ever before to identify as feminists. 54% 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

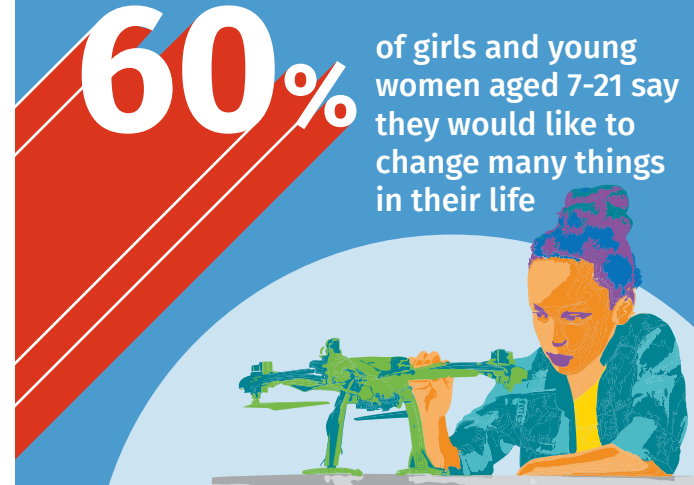


- Many girls and young women in Scotland don't feel safe in their daily lives. A quarter (23%) say they don't feel safe online. Over two in five (43%) say they don't feel safe outside alone. And one in five (19%) say they don't feel safe at school.
- Relationships, sexual health and parenthood (RSHP) education has a role to play in changing this. More than four in five (85%) girls aged 7 to 10 learn about respect and relationships at school.
- However, under half (40%) of girls and young women aged 11 to 21 in Scotland say they learn about healthy relationships at school. Only 29% 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

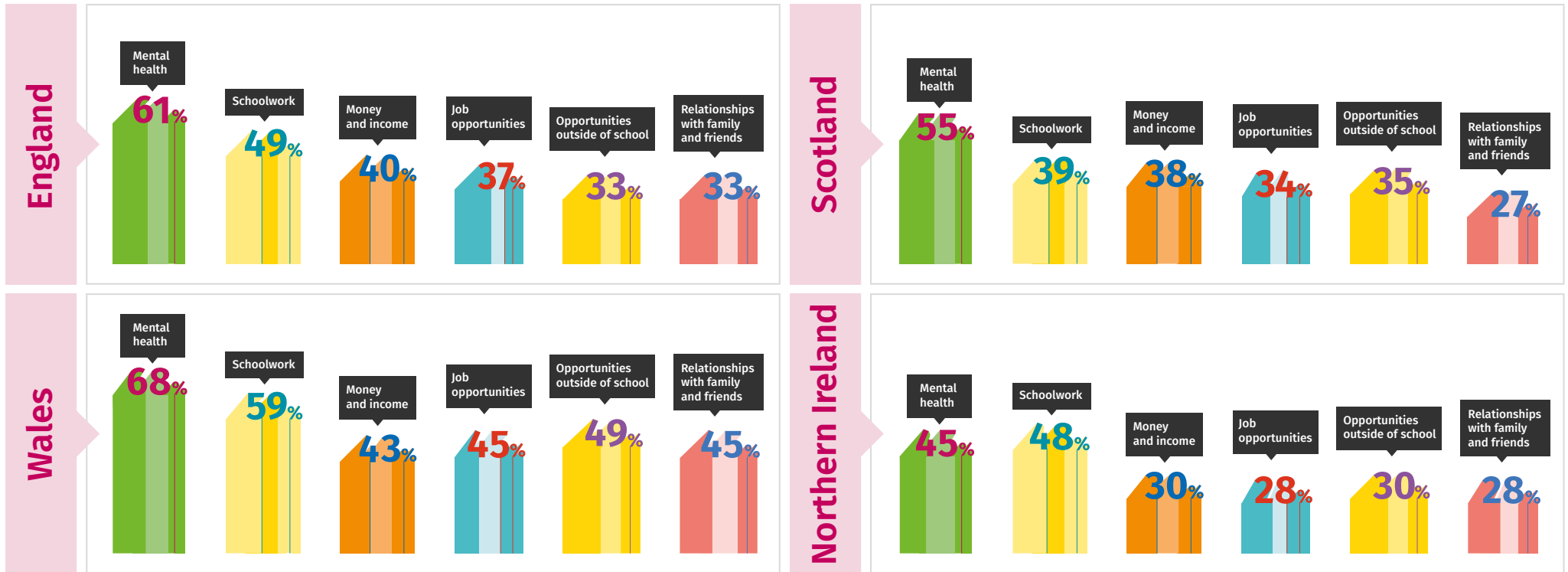


- Girls' and young women's mental health and wellbeing has improved somewhat since the pandemic, but remains low.
- 74% of girls and young women aged 7 to 21 in Scotland say their life is going well and 76% agree they have a good life. Four in five (81%) aged 7 to 21 think they have a number of good qualities.
- A fifth (19%) of girls and young women aged 7 to 21 in Scotland say they don't like the way they are. Just 21% of young women aged 17 to 21 are completely happy with their appearance.

'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 Scotland is Scotland's leading charity for girls and young women, helping nearly 40,000 young members grow in confidence, reach for the stars, have fun and be a powerful force for good.

To find out more visit girlguidingscotland.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.

