



Young People in Scotland Survey 2019

Analysis of volunteering – full results

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Key points to cover

- Methodology
- Key findings
- Formal volunteering – the facts
- Formal volunteering – explaining the success story
- Formal volunteering – factors influencing future participation
- Informal volunteering – the facts
- Youth vs. adult volunteering – understanding the differences
- Youth volunteering and inclusion

Methodology

IPSOS Mori Survey (2019):

- Repeat of Young People in Scotland (YPiS) surveys in 2014 and 2016.
- Representative sample of over 1,700 young people in Scotland.
- Aged 11-18 years (but core years are 12-17 years).
- 60 state-sector secondary schools across 26 local authorities.
- Self-completion survey: Sept – Nov 2019.
- Conducted in mixed ability classes such as personal and social education
- Large representative dataset - allows for robust sub-group analysis.
- Informal volunteering questions introduced for the first time.

Further information on the methodology is provided in the separate 'Technical Note'

Methodology

Youth cohorts not included in survey¹:

- Young people in private secondary education (4.6%).
- Exclusions from state schools (c. 3.8%).
- Those in special schools (c. 0.9%).
- Youths aged 16 – 18 who have left school (17.8%).



The volunteering participation rate amongst 11-18-year-olds could be higher or lower than recorded in the YPiS survey due to the above groups not being included. However, VS believes the impact of this is marginal and does not affect the overall findings from the YPiS survey. See further discussion in the Technical Note.

¹ See 'Technical Note' for relevant data sources



YOUNG PEOPLE VOLUNTEERING **KEY FINDINGS**

Key findings – formal volunteering



- **Current engagement:**
 - 49% of young people formally volunteer – almost double the adult level of 26%
 - c.140,000 secondary school pupils
 - 11 million hours p.a.
- **Future engagement:** 21% of ‘non-volunteers’ would like to volunteer in the future.
- **Growth:** evidence that the strong growth trend in youth volunteering (2009 – 2016) has now plateaued:
 - 33% in 2009 (Being Young in Scotland, 2009).
 - 45% in 2014 (YPiS, 2014).
 - 52% in 2016 (YPiS, 2016).
 - 49% in 2019 (YPiS, 2019).
- **Sectors:** sport, children, hobbies and recreation dominate young people’s volunteering.
- **Frequency:** 60% of young volunteers volunteered regularly (at least once a month) and 15% occasionally (less than once a month). Other evidence suggests that volunteering benefits are directly linked to ‘regularity’.

Key findings – formal volunteering



- **Intensity:** however, young people spend much less time volunteering than adults:
 - 54% of young volunteers provided <1 hour in last 4 weeks (vs. 24% of adults)
 - 24% of young volunteers provided > 5 hours in last 4 weeks (vs. 42% of adults)
- **'Influencers':** parents/guardians are most likely to encourage or help young people into volunteering (46% of young volunteers) , followed by teachers (22%), someone at a club or group the young person attended (22%) and friends (20%).
- **Benefits:** career benefits are important – especially skills development (for 54% of youth volunteers). However, wellbeing, social capital & altruistic benefits tend to be cited more frequently than career benefits.
- **Gender:** Girls are more engaged in formal volunteering than boys – 53% compared to 45%.
 - Gender stereo-types are evidenced, especially for volunteering with children and young people (inside and outside school) where girls' volunteering participation is 10% higher than boys.
 - However, it is encouraging to see balanced gender participation for volunteering in physical activity and sport – both boys and girls at 39% (a sea-change from 2014 when the respective rates were 57% and 31%, although the overall decline in youth volunteering in physical activity and sport is disappointing).

Key findings – informal volunteering

- **Current engagement:**
 - 25% of young people volunteered informally at least once in the last year
 - This is 11% lower than the adult level of 36%.
 - The high proportion of ‘don’t knows’ (31%) tends to understate the true participation rate.
 - c. 72,000 secondary school pupils
- **Future engagement:** 23% of ‘non-volunteers’ would like to volunteer in the future, which is encouraging.
- **Gender:** boys are slightly more engaged in informal volunteering than girls – 27% compared to 25%
 - This is a reversal of gender engagement in formal volunteering.
 - However, for ‘non-volunteers’ 28% of girls would like to volunteer in the future compared to only 18% of boys.
- **Age:** informal volunteering participation increases by age – from 19% for 12-year-olds to 29% for 18-year-olds.
- **Frequency:** 62% of young volunteers volunteered regularly (at least once a month) and 17% occasionally (less than once a month). This is a similar profile to the frequency for formal youth volunteering.

Key findings - inclusion

- **Deprivation:** Formal volunteering participation in SIMD Q1 is much higher for young people compared to adults – 45% vs. 20%. In contrast, informal volunteering participation in SIMD Q1 is much lower for young people compared to adults – 20% vs. 32%
- **Disability:** Volunteering is highest amongst those with a physical or mental health condition of at least 12 months for both formal volunteers (55% vs. 50%) and informal volunteers (31% vs 25%) – a major finding.
- **Rurality:** Volunteering participation is highest in rural areas compared to urban for both formal (52% vs. 48%) and informal volunteering (30% vs. 24%), which is the same trend as in adult volunteering.
- **Ethnicity:** volunteering participation is highest for young people of white ethnicity compared to other ethnicities for both formal (50% vs. 47%) and informal volunteering (27% vs. 24%), which is the same trend as in adult volunteering.
- **Gender:** girls are more engaged than boys in formal volunteering (53% vs 45%), the same as for adult volunteering. For informal volunteering, boys are more engaged than girls (27% vs 25%).



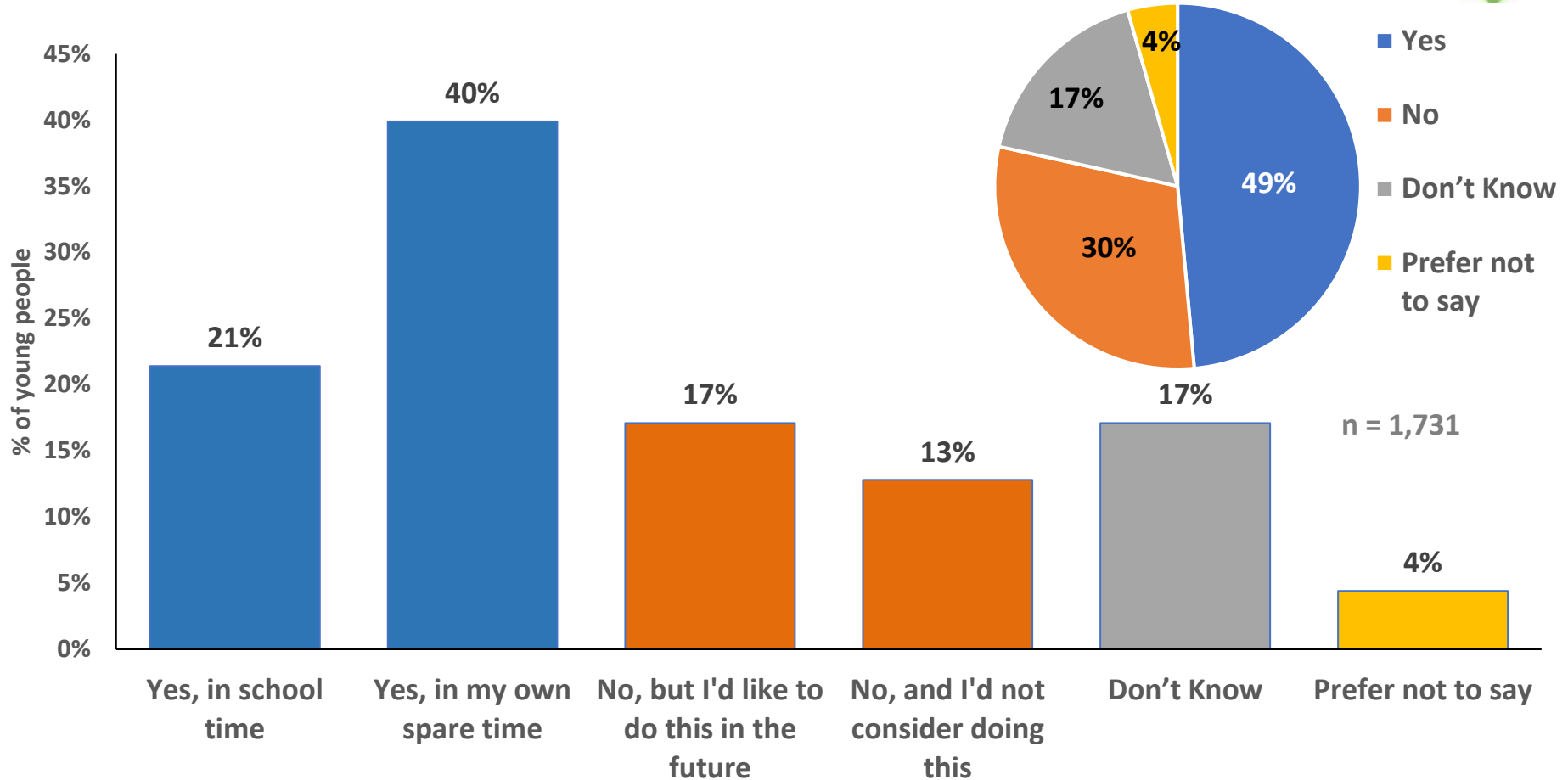
YOUNG PEOPLE VOLUNTEERING

FORMAL VOLUNTEERING – THE FACTS

Volunteer
Scotland

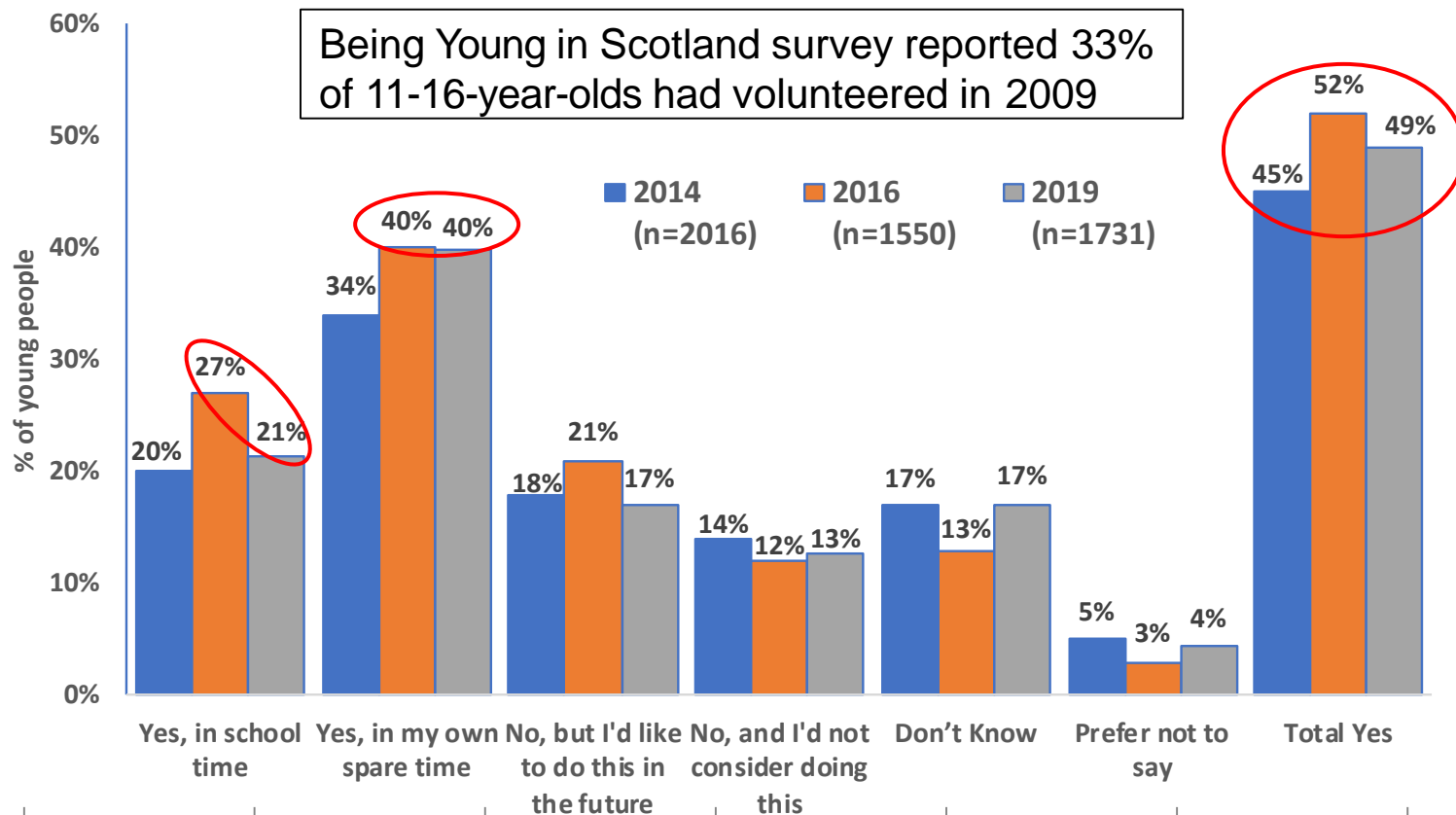


Formal volunteering participation



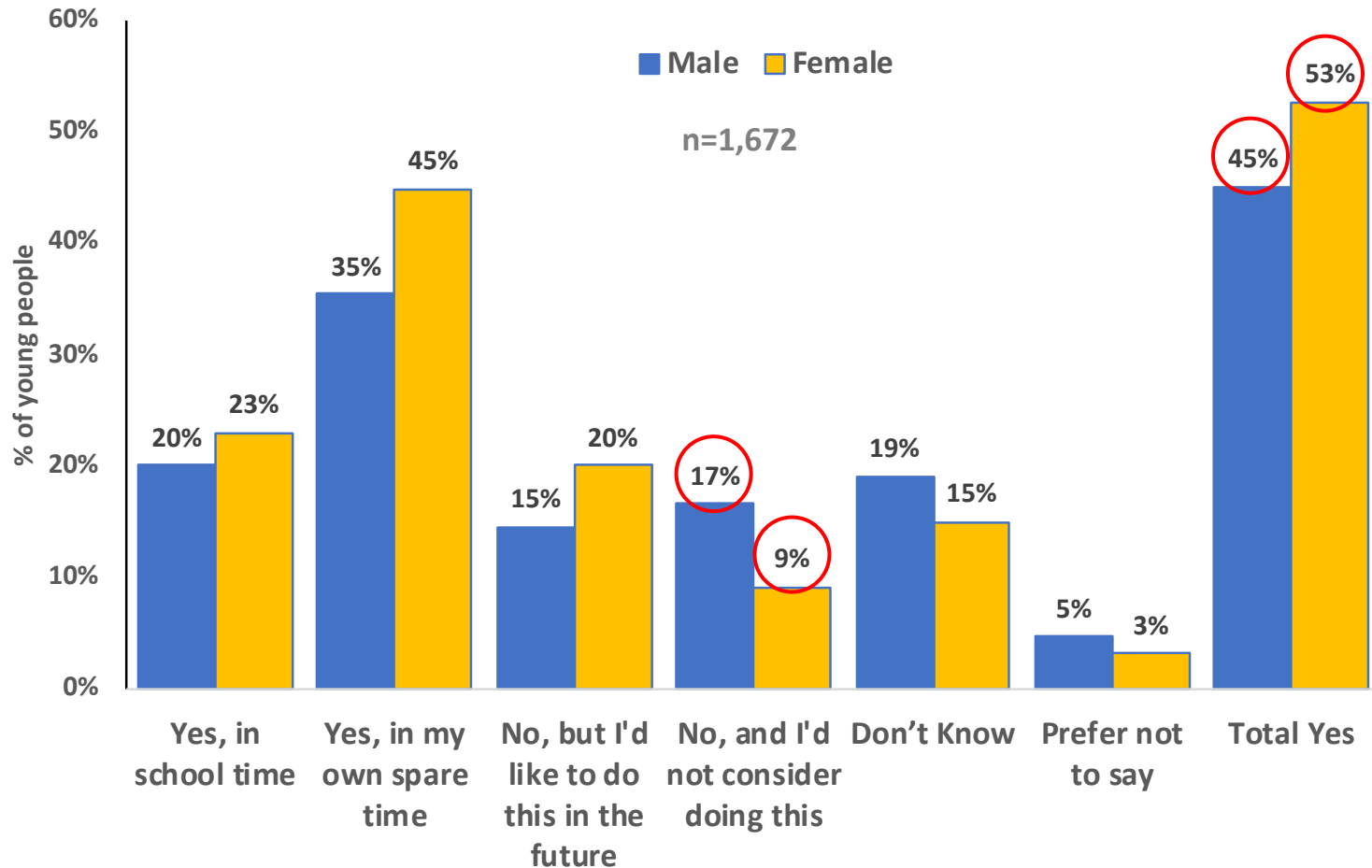
- 49% of young people have formally volunteered at least once in the last year, with the majority doing so in their spare time = c.140,000 young people in total.
- 13% of young people volunteer in both their own time and in school time.

Trend in formal volunteering: 2014 to 2019



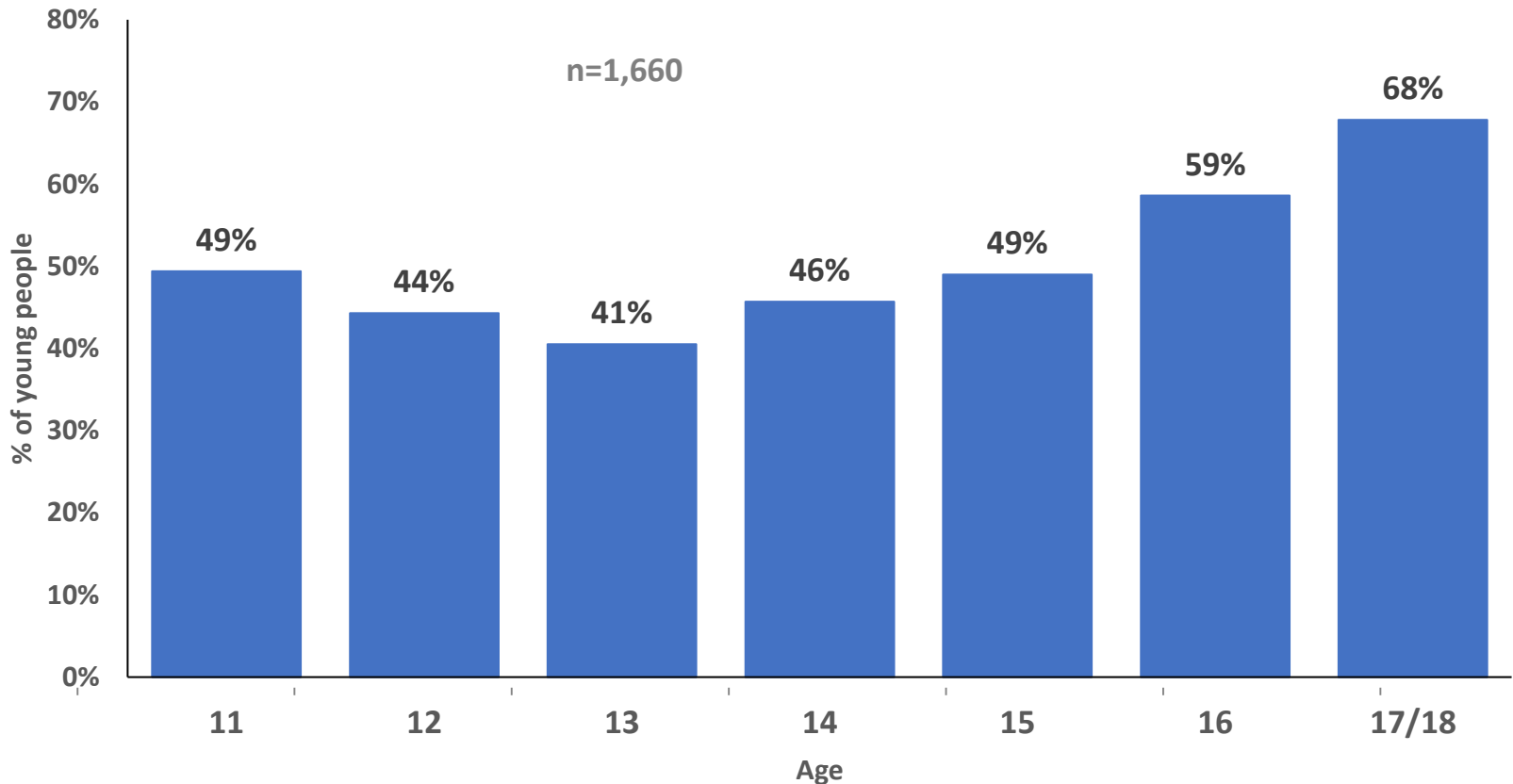
- While there has been a small decrease in formal youth volunteer participation from 52% in 2016 to 49% in 2019, the increase from 45% in 2014 to 49% in 2019 is statistically significant.
- There has been a 6% decrease in formal volunteering in school time between 2016 and 2019, while at the same time volunteering outside school has remained stable at 40%.

Levels of formal volunteering: by gender



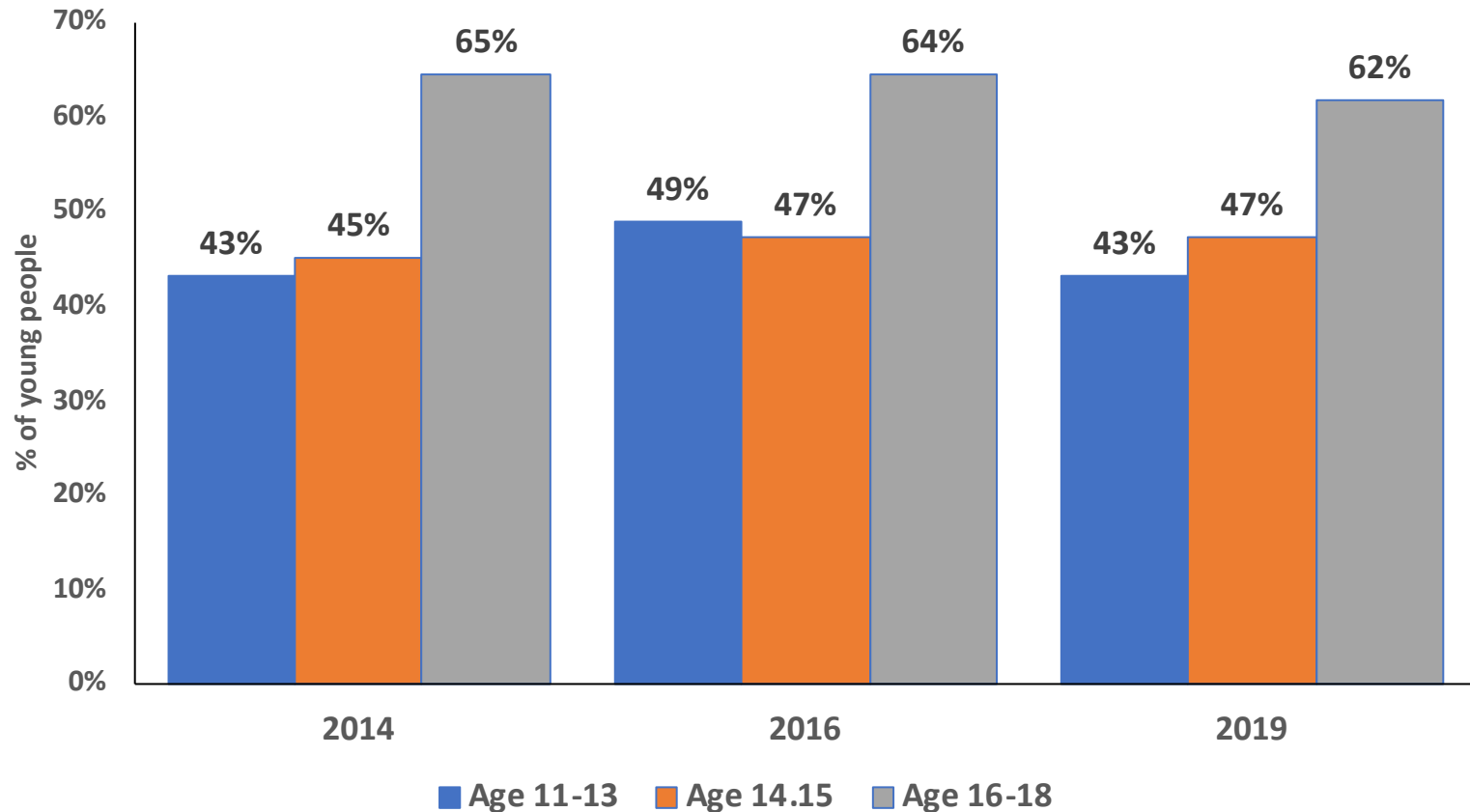
- Girls are more engaged in formal volunteering than boys – 53% compared to 45%.
- For 'non-volunteers', 17% of boys expressed no interest in formal volunteering compared to only 9% of girls.

Levels of formal volunteering: by age



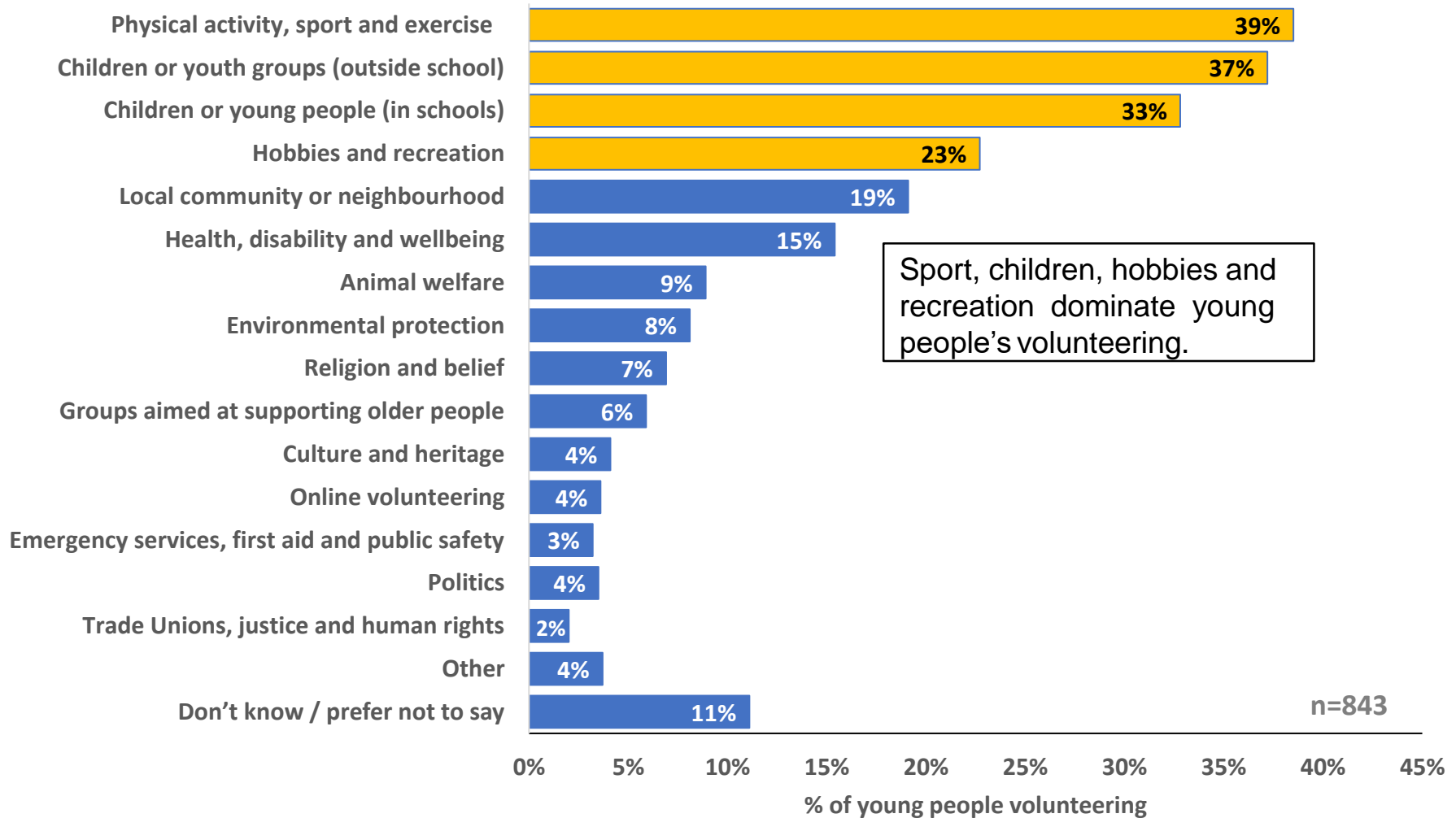
- Formal volunteer participation increases towards school-leaving age.
- Reason for relatively strong engagement amongst 11-12-year-olds is unknown.

Levels of formal volunteering: by age (2014-2019)

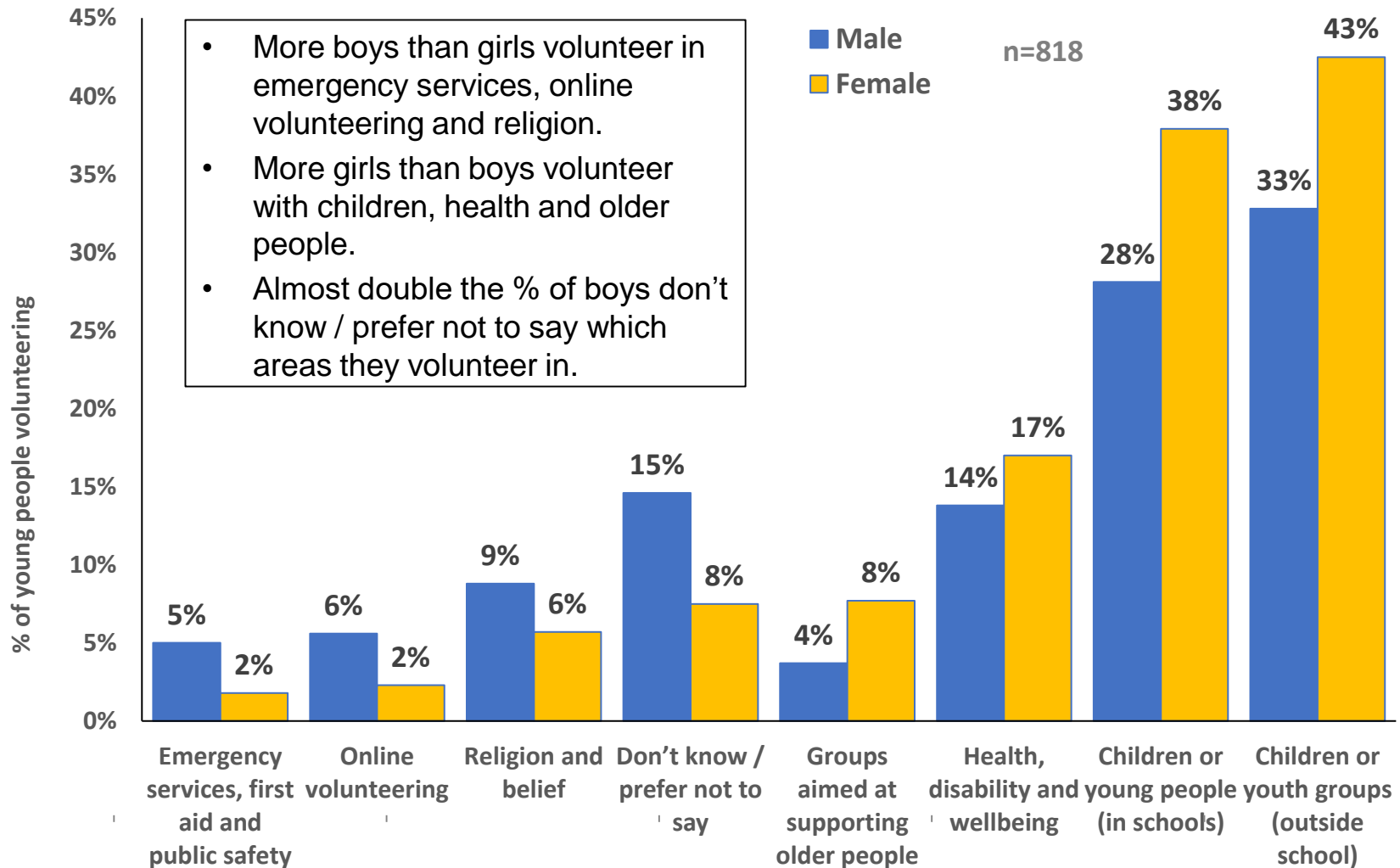


- For 2014 – 2019 formal volunteer participation is much higher for those of school-leaving age.
- In 2016 the relatively strong engagement for 11-13-year-olds is unknown. This is the only year where participation rates for 11-13-year-olds is higher than 14-15-year-olds.

Young people volunteer formally in the following areas:







Gender variations by type of formal volunteering (selected examples)

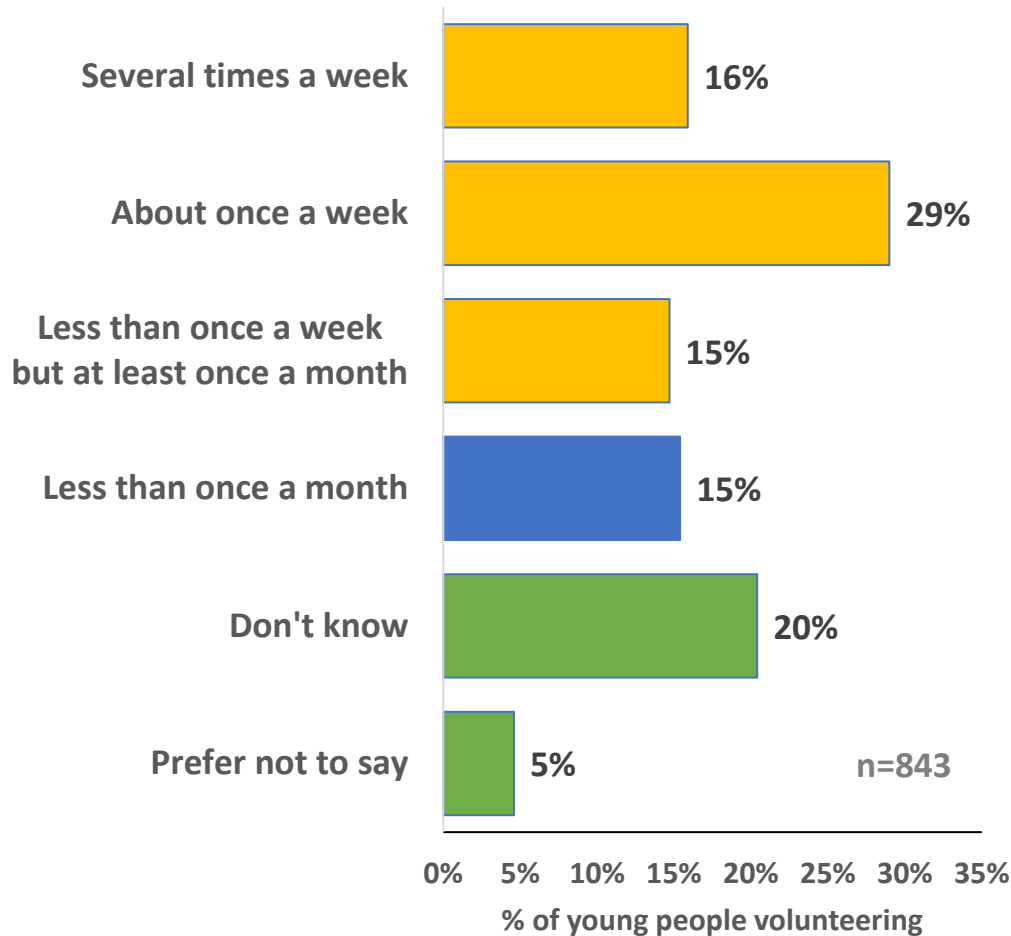



Gender variations by type of formal volunteering are reducing: 2014 -2019


Selected examples


	<p>In 2014 53% of boys volunteered in sports compared to only 31% of girls, a difference of 23%. By 2019 the same proportion of boys and girls volunteer in sports (39%).</p>
	<p>In 2014 only 6% of boys and 5% of girls volunteered with local community or neighbourhood groups, by 2019 this has increased to 19% of boys and 20% of girls.</p>
	<p>43% of girls volunteered with children or young people (in schools) in 2014 compared to only 23% of boys, a difference of 20%. By 2019 the difference has halved, with 38% of girls and 28% of boys volunteering in this area.</p>
	<p>13% of boys volunteered with children outside of school in 2014 compared to 37% of girls, a difference of 23%. By 2019 the difference has more than halved, with 33% of boys and 43% of girls volunteering in this area.</p>

Frequency of formal volunteering

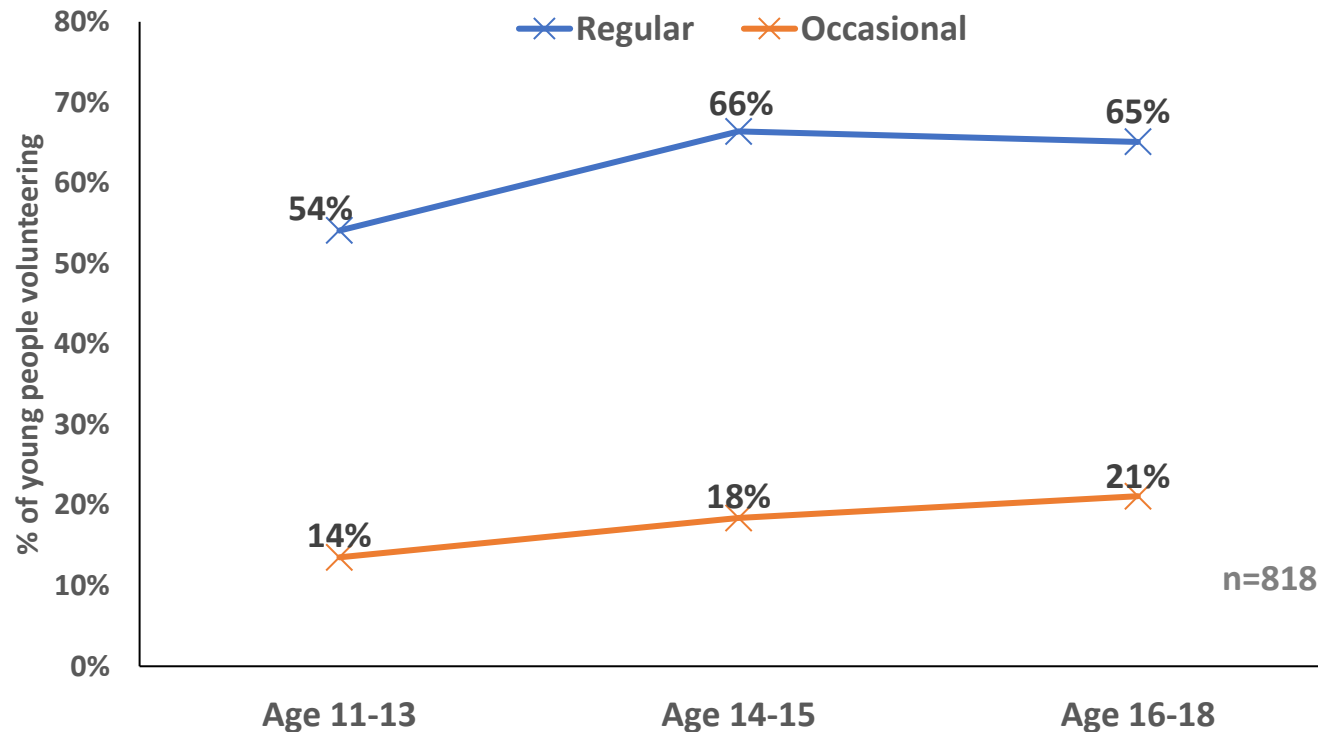


 60% of young volunteers are volunteering formally on a **regular basis** (at least once a month).

 15% of young volunteers are volunteering formally on an **occasional basis** (less than once a month).

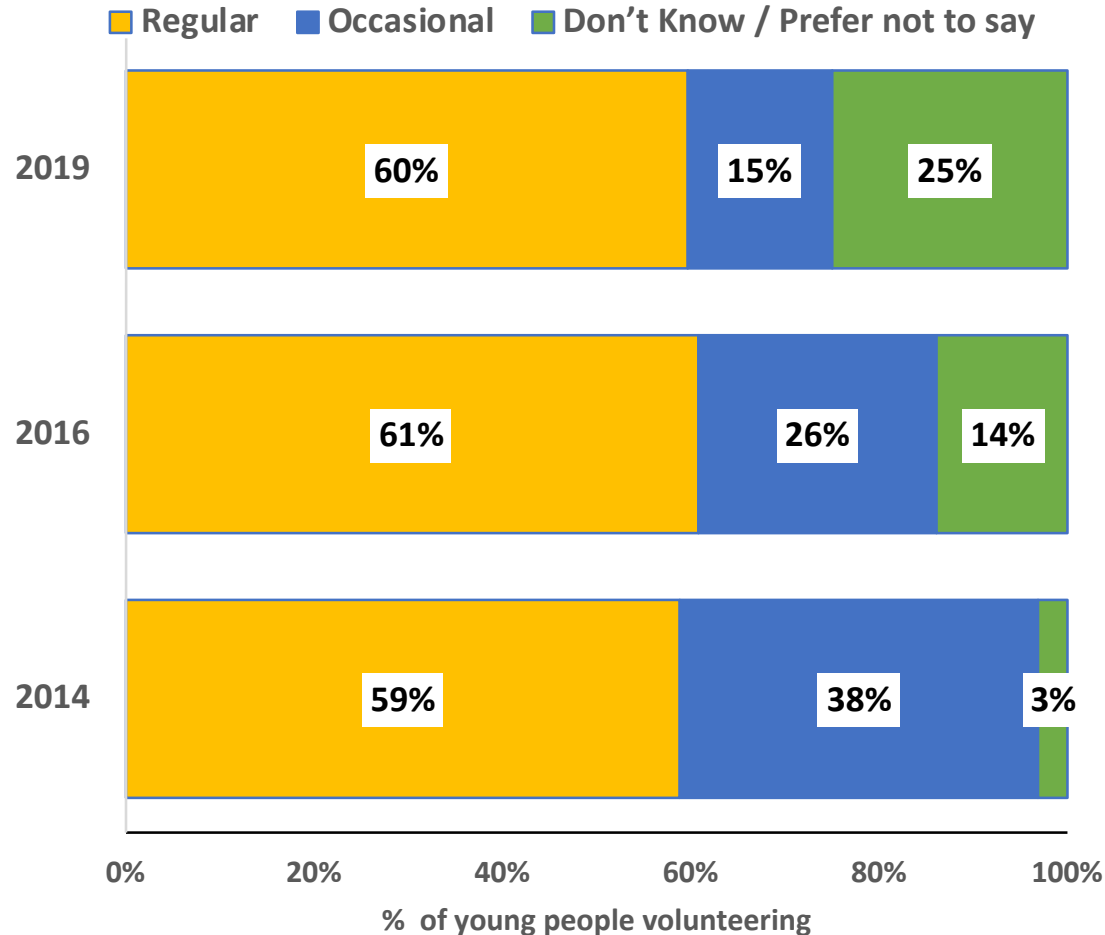
 25% don't know or prefer not to say how often they formally volunteer.

Frequency of formal volunteering: by age



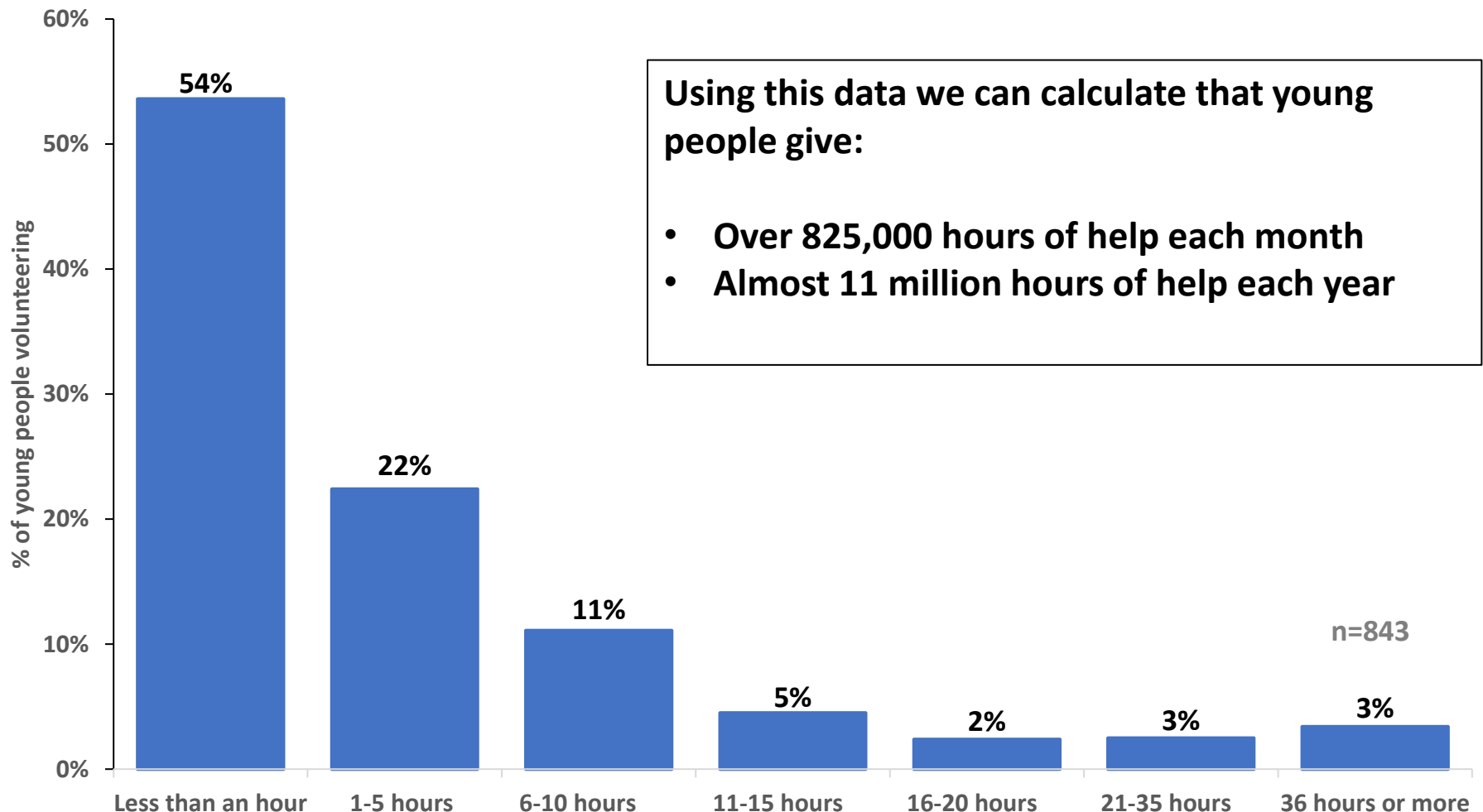
- 16-18-year-olds formally volunteer the most regularly (at least once a month), which has been a consistent finding for 2014 - 2019.
- Occasional formal volunteering (less than once a month) decreases with age.
- Reasons for increased volunteering:
 - drive to build experience, skills & CV
 - more volunteering opportunities for post-16 age group?

Frequency of formal volunteering: 2014 - 2019



- The % of young people volunteering on a regular basis has remained consistent between 2014 and 2019 with a 1% increase.
- The % of young people who don't know or prefer not to say how often they volunteer has increased significantly from 3% in 2014 to 25% in 2019.

Intensity of formal volunteering - hours volunteered (in past 4 weeks)





YOUNG PEOPLE VOLUNTEERING

FORMAL VOLUNTEERING – EXPLAINING THE SUCCESS STORY

Volunteer
Scotland

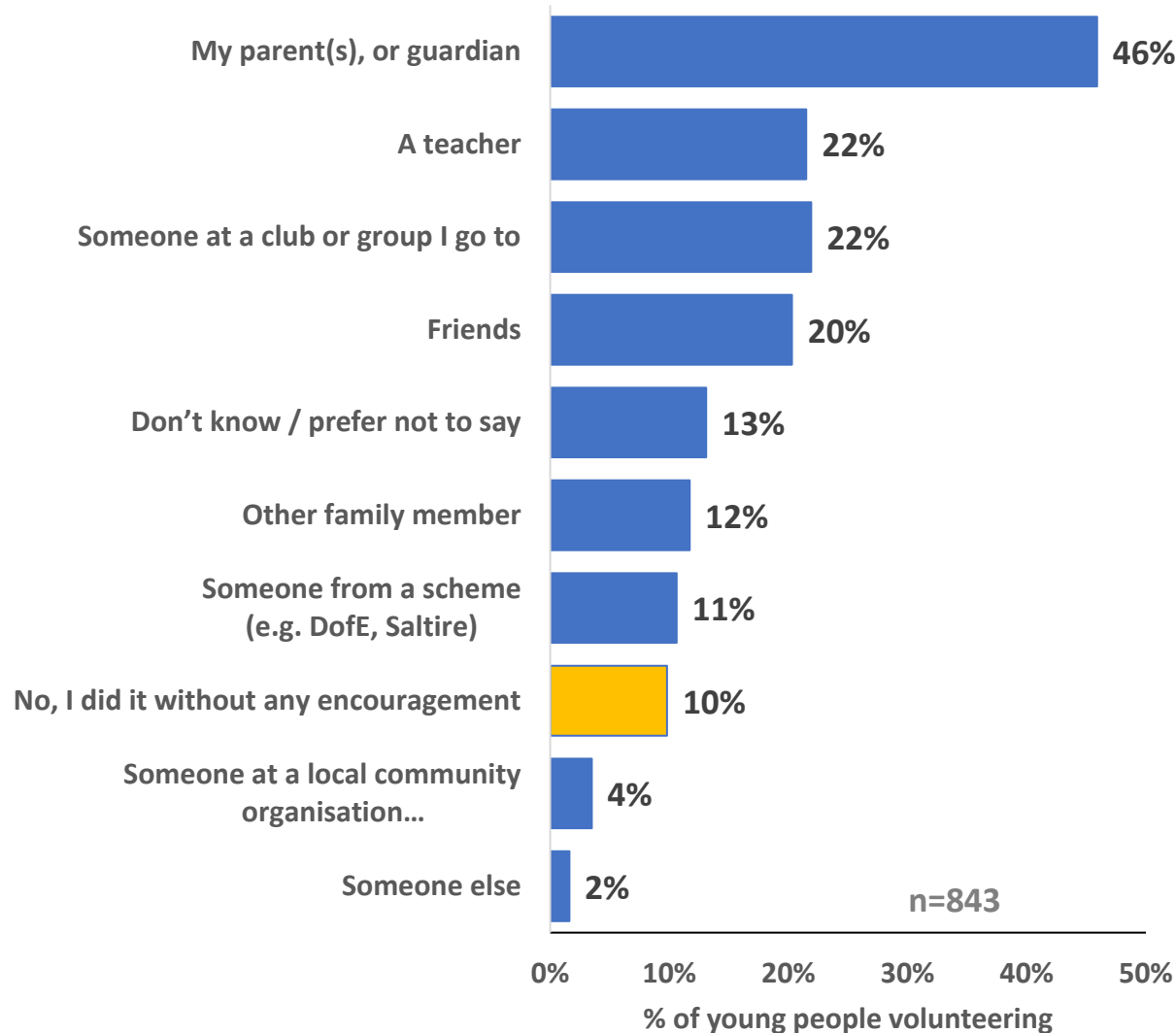


Why is volunteering participation higher for young people?

Possible explanations

- **'Influencers'**: parents, teachers & friends
- **Self-interest**: skills, experience and CV
- **Jobs market**: increasingly limited employment opportunities for young people
- **Incentives**: awards & recognition
- **Targeted support**: e.g. Project Scotland, The Prince's Trust, Third Sector Interface Network, etc.

Routes into Formal volunteering: 'Influencers'



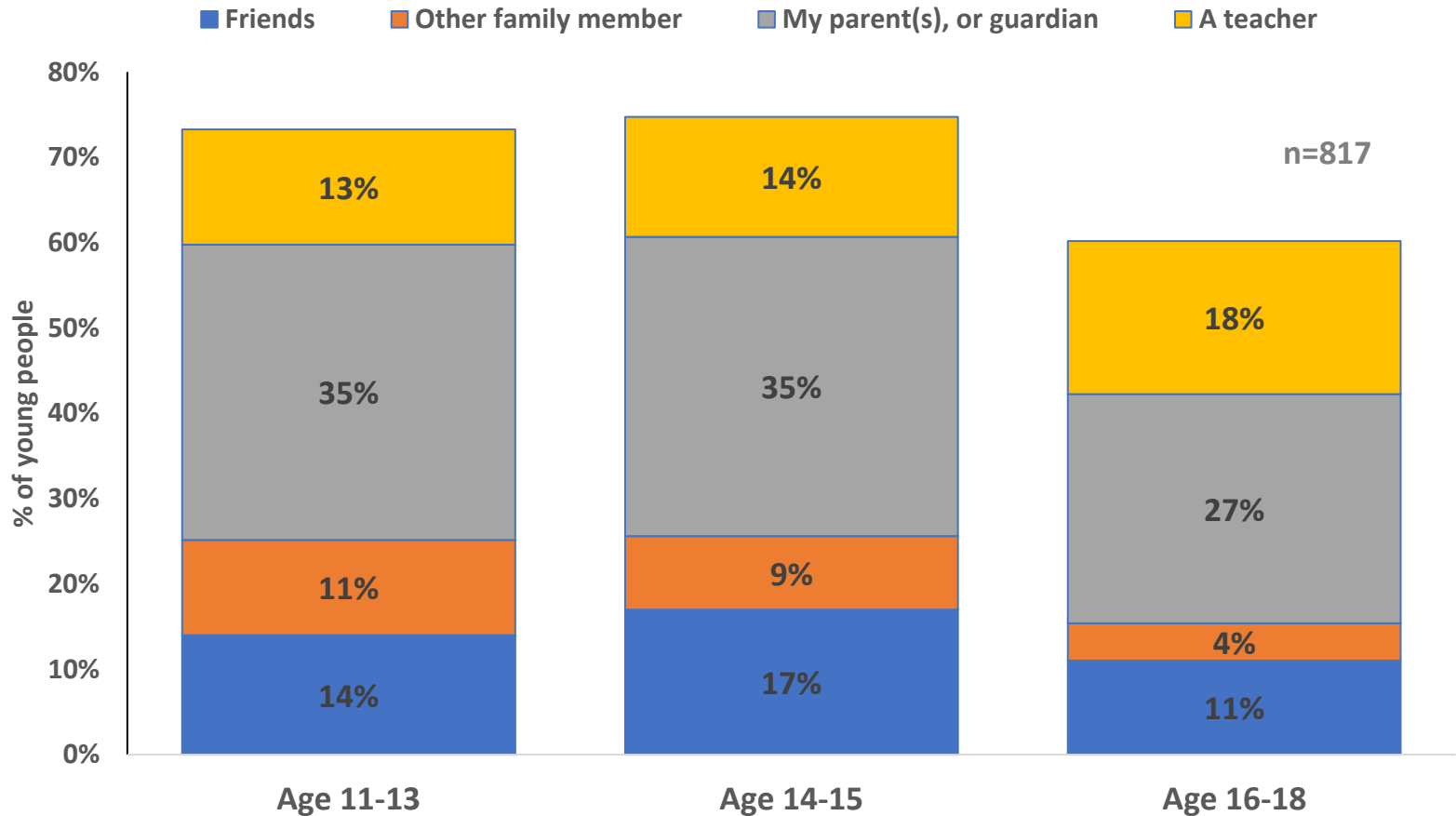
- Parents/guardians are most likely to help young people into volunteering, followed by teachers and then someone at a club or group the young person attended.

- 10% of young people start formally volunteering on their own initiative.

Routes into Formal volunteering by age

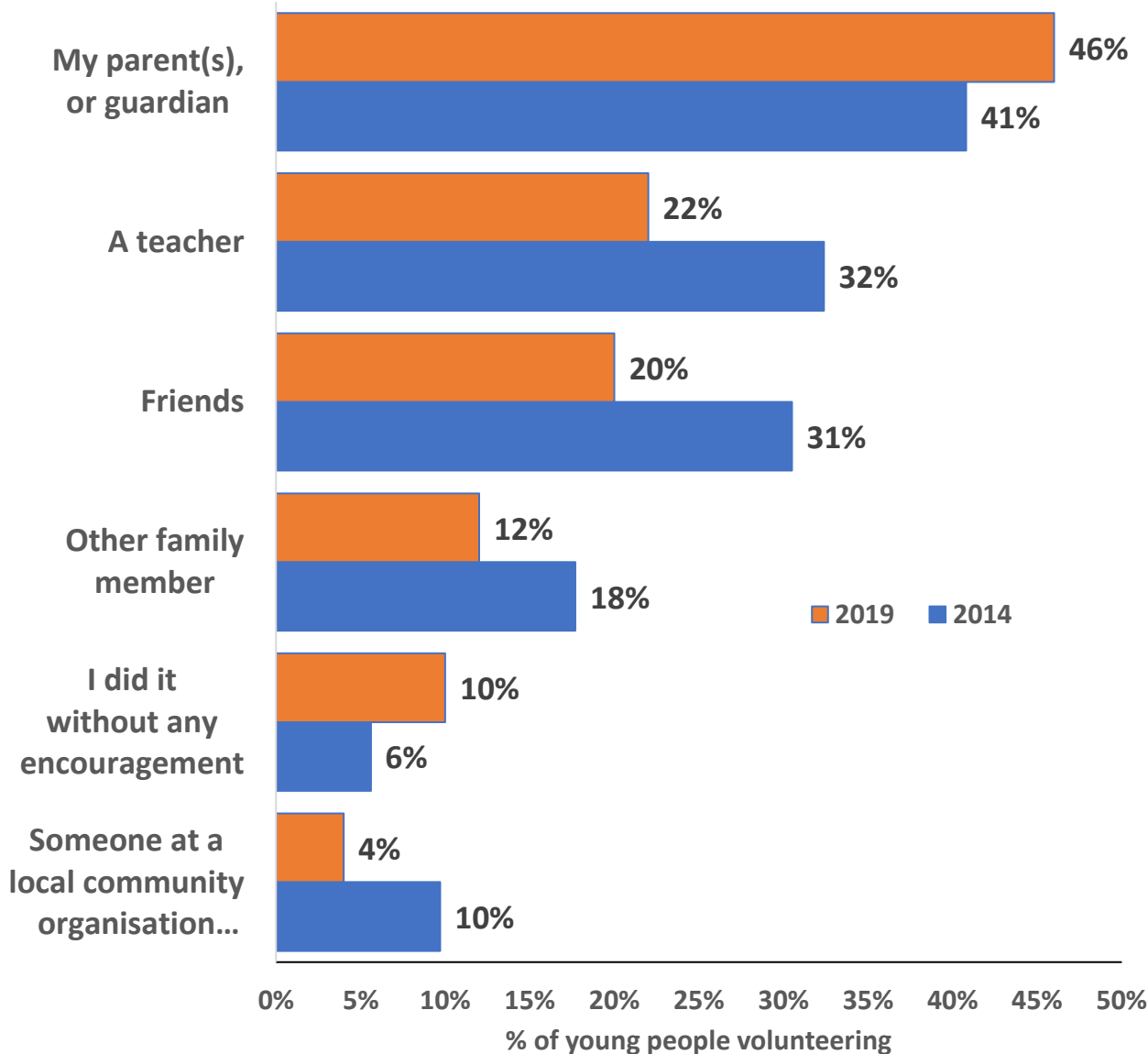


- Selected 'Influencers' -



- Parents or guardians have greatest influence with 11-15-year-olds.
- Teachers have greatest influence with 16-18-year-olds.

Routes into Formal volunteering: 'Influencers' (selected examples 2014 & 2019)



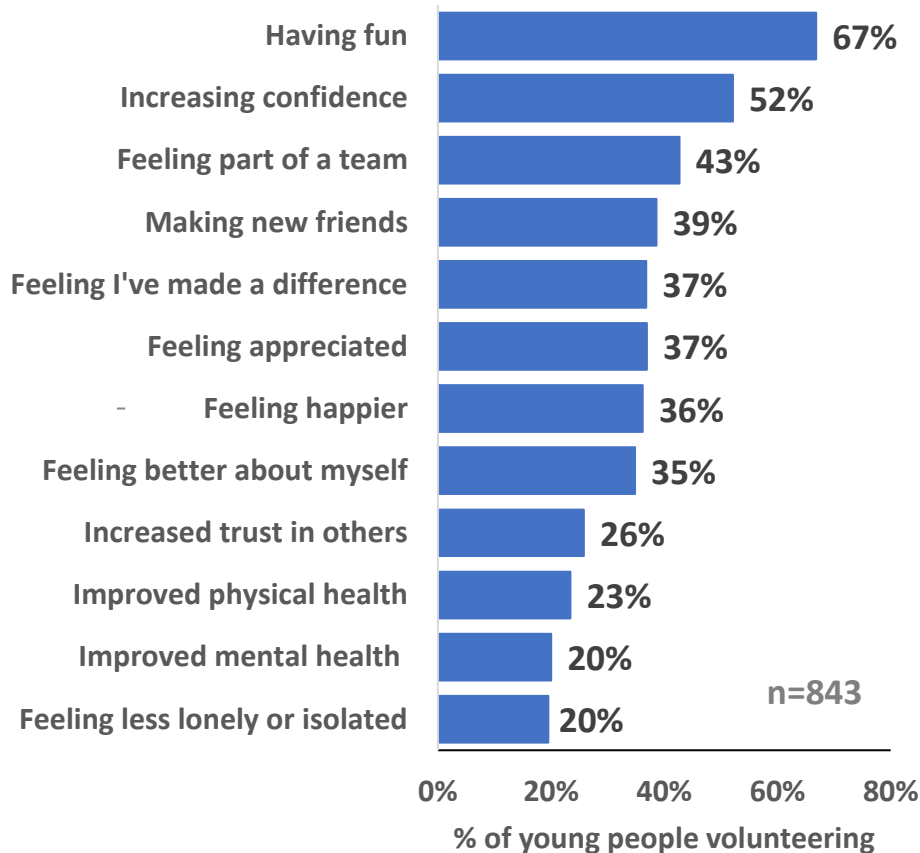
Parents or guardians have the greatest influence in both 2014 and 2019.

The influence of teachers, friends, other family members and someone at a local community organisation have less influence in 2019 than in 2014.

More young people are undertaking volunteering on their own, without any encouragement in 2019 than in 2014.

Benefits from formal volunteering

Wellbeing & altruism benefits



Career benefits



- Career benefits are important – especially skills development.
- However, wellbeing, social capital & altruistic benefits are cited more frequently.
- Where the response categories are comparable between years the same trend is evident in 2014 -2019.
- This highlights the importance of volunteering in enhancing self-efficacy.



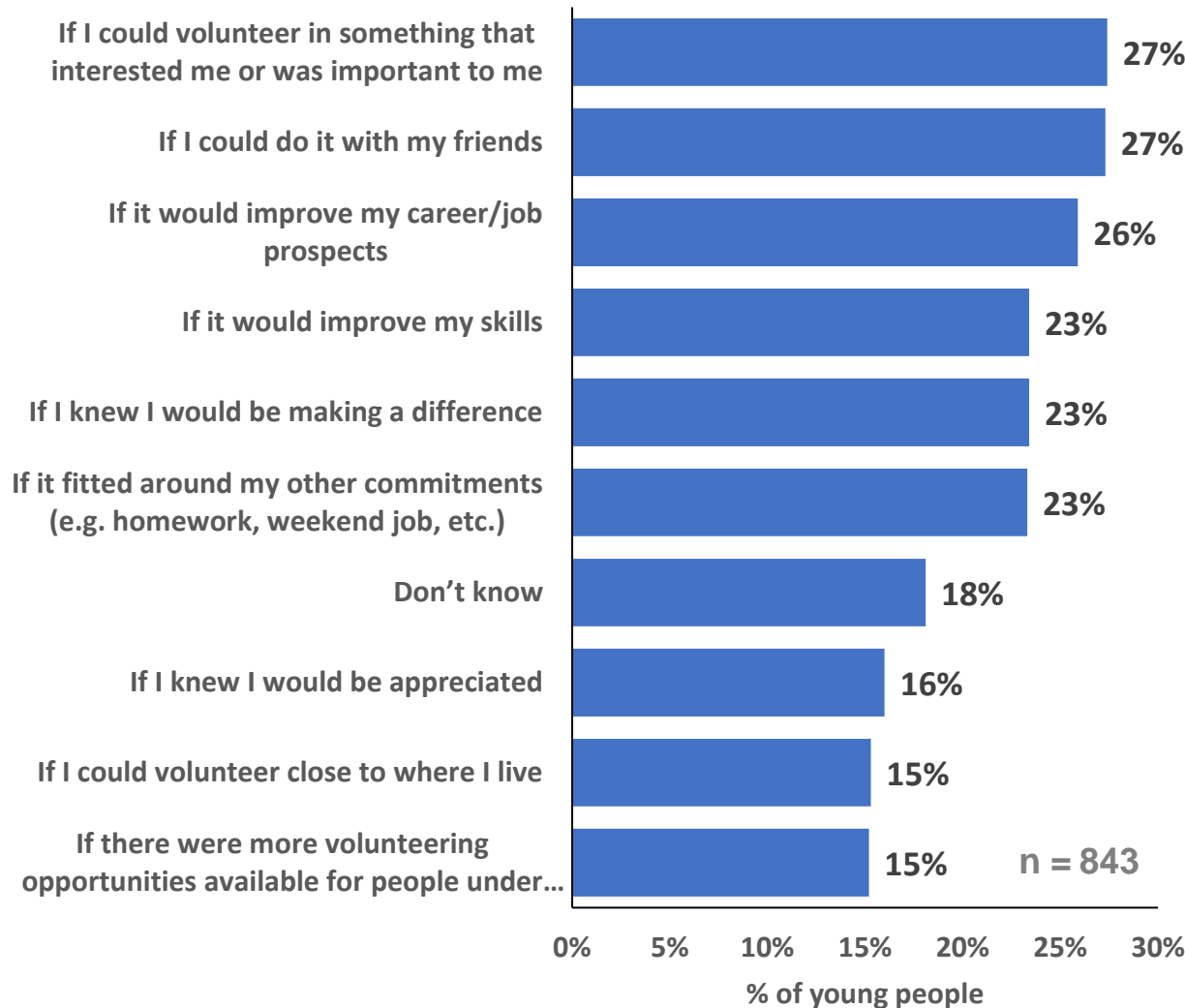
YOUNG PEOPLE VOLUNTEERING

FORMAL VOLUNTEERING – FACTORS INFLUENCING FUTURE PARTICIPATION

Volunteer
Scotland



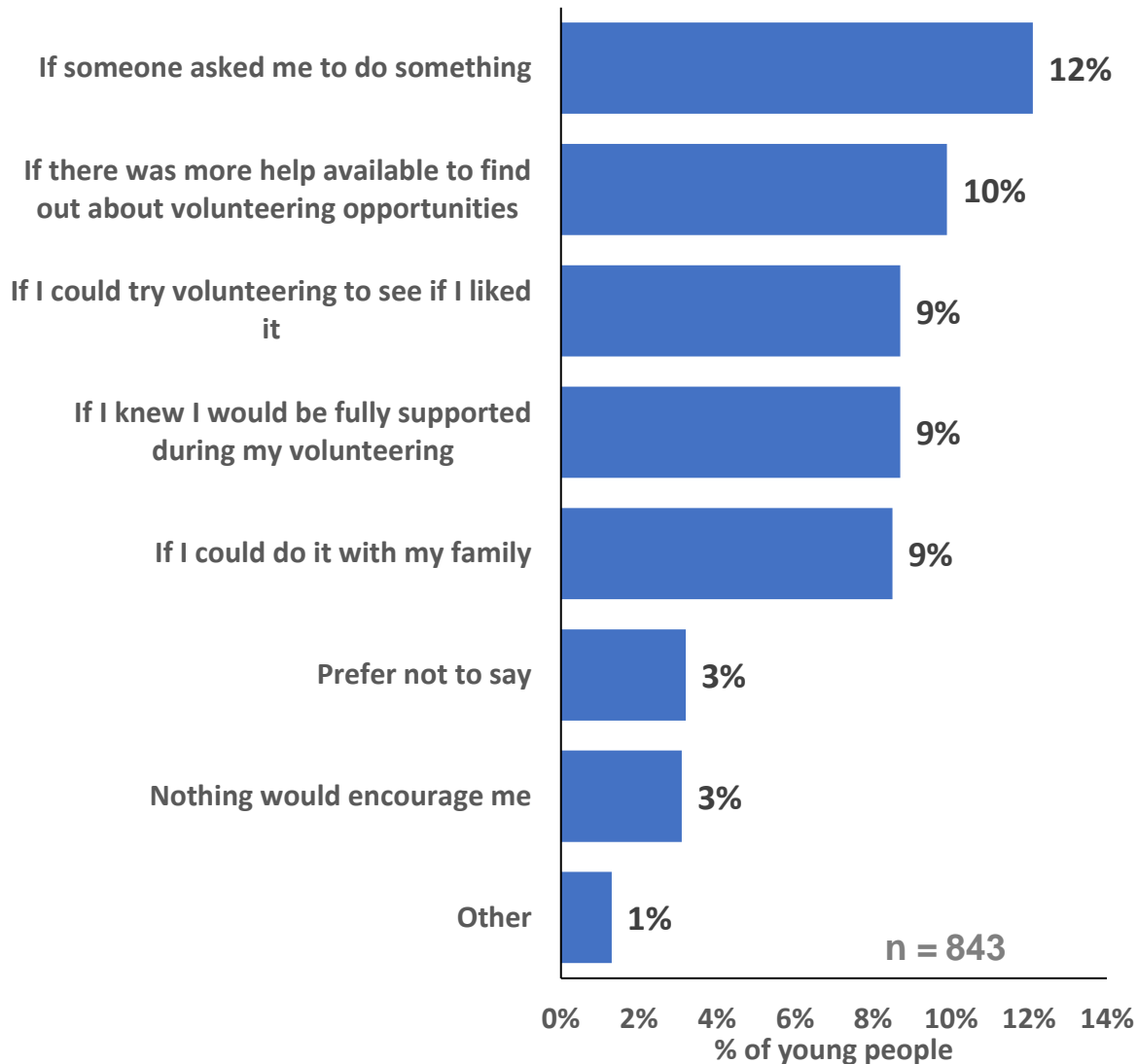
Formal Volunteering – ‘Influences’ (Top 10)



•‘If I could volunteer in something that interested me or was important to me’ and volunteering with friends would encourage the highest proportion of young people to start volunteering or volunteer more

•The response categories in 2014, 2016 and 2019 differ, which does not allow for a time series comparison.

Formal volunteering – ‘Influences’ (Bottom 8)







- 12% of young people would volunteer more or start volunteering if someone asked them to get involved.

- Only 3% of young people responded that ‘nothing would encourage me’.


- The response categories in 2014, 2016 and 2019 differ, which does not allow for a full time series comparison.


Formal volunteering – ‘Influences’ by age and gender

	<p>16-18-year-olds (22%) are more interested in being able to volunteer close to where they live than younger age groups (14% for 11-13-year-olds).</p>
	<p>11-13-year-olds (11%) are more interested in being able to volunteer with their family than older age groups (4% of 16-18-year-olds)</p>





	<p>More girls want to volunteer with their friends (32%) than boys (22%)</p>
	<p>7% of boys said that nothing would encourage them compared to 2% of girls.</p>

Volunteering – ‘Influences’ for formal, informal and non-volunteers

	<p>Informal volunteers are more interested in volunteering in something that interested or is important to them (31%) than formal volunteers (27%) and non-volunteers (20%).</p>
	<p>More non-volunteers (26%) don't know what would encourage them to volunteer than formal volunteers (18%) and informal volunteers (11%). Is there an opportunity to promote the benefits of volunteering to young non-volunteers?</p>

	<p>Improving skills is a key influence for formal (24%), informal (23%) and non-volunteers (24%).</p>
	<p>Formal volunteers (26%) are more influenced by improving their career / job prospects than informal volunteers (24%) and non-volunteers (23%).</p>

Formal volunteering – Benefits vs ‘Influences’

	<p>23% of young people formally volunteering would be influenced to do more volunteering if it would improve their skills. However, more than half (54%) of young formal volunteers benefited from gaining new skills.</p>
	<p>27% of young people formally volunteering would be encouraged to volunteer more if they could volunteers alongside their friends. However, 39% of young formal volunteers benefited from volunteering by making new friends.</p>
	<p>16% of young people formally volunteering would be encouraged to do more if they knew it would be appreciated. However, 37% of young formal volunteers cited feeling appreciated as a benefit from their volunteering.</p>
	<p>26% of young people formally volunteering would be encouraged to do more if volunteering improved their career and job prospects. While only 15% of young formal volunteers cited improved job and career prospects as a benefit from their volunteering. This may be due to the early stage that young people in secondary school are at in their career development. Benefits of gaining new skills (54%), being a leader (40%), overcoming challenges (24%) and increased confidence (52%) may all benefit young people in their career path in the future, when they leave school.</p>



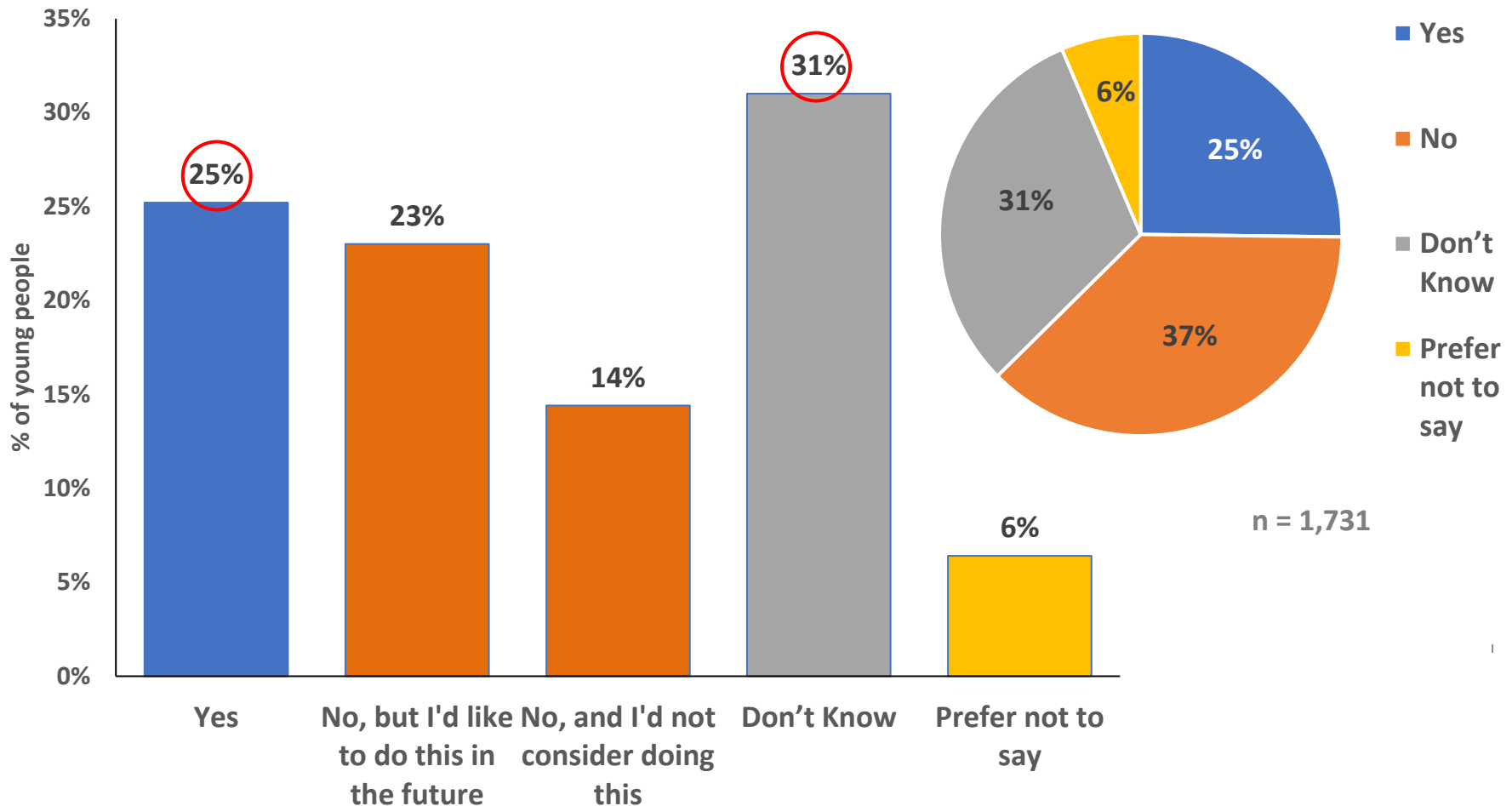
YOUNG PEOPLE VOLUNTEERING

INFORMAL VOLUNTEERING – THE FACTS

Volunteer
Scotland

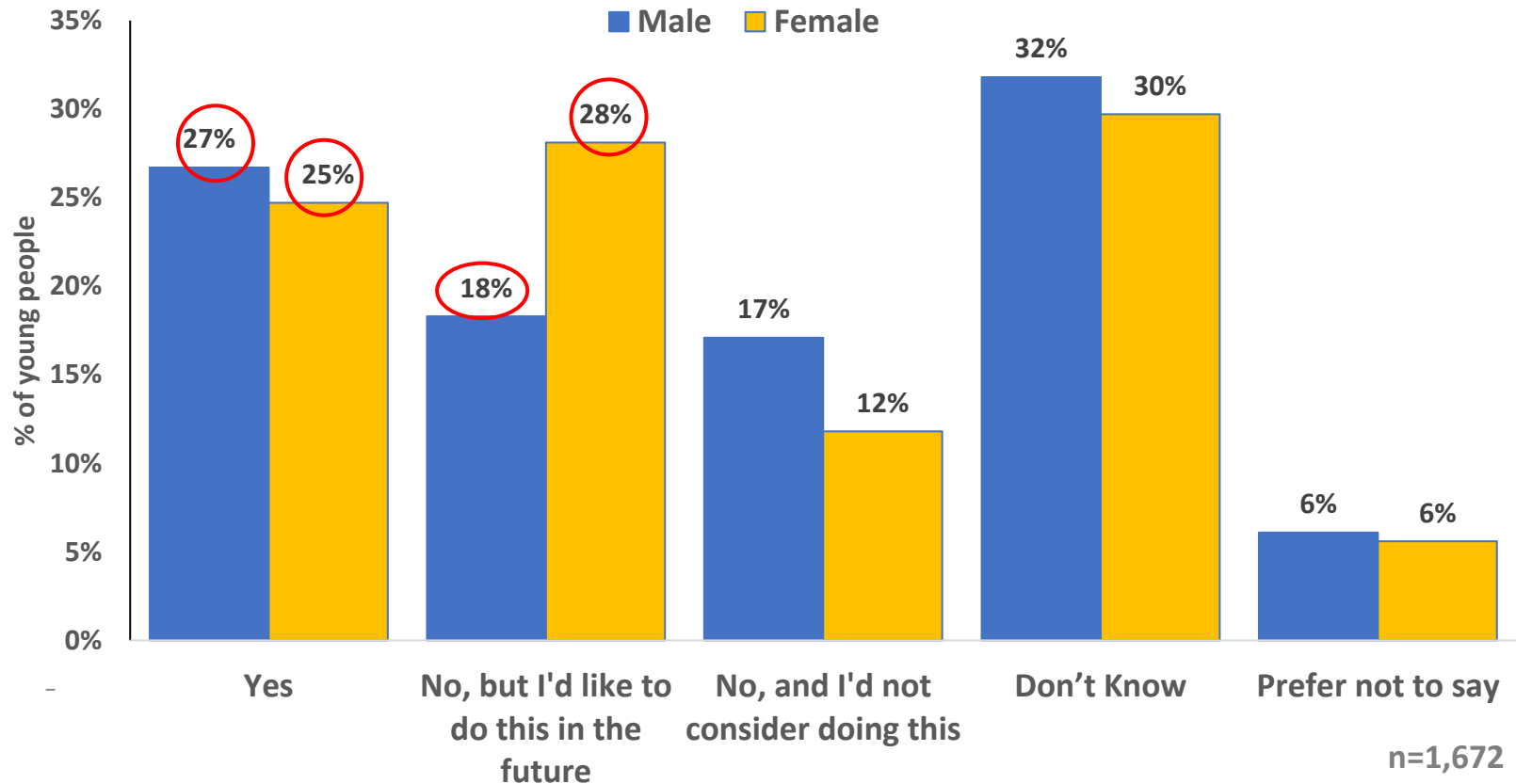


Levels of informal volunteering



- 25% of young people have informally volunteered, = c. 72,000 young people in total
- Almost a third of young people don't know if they've volunteered informally

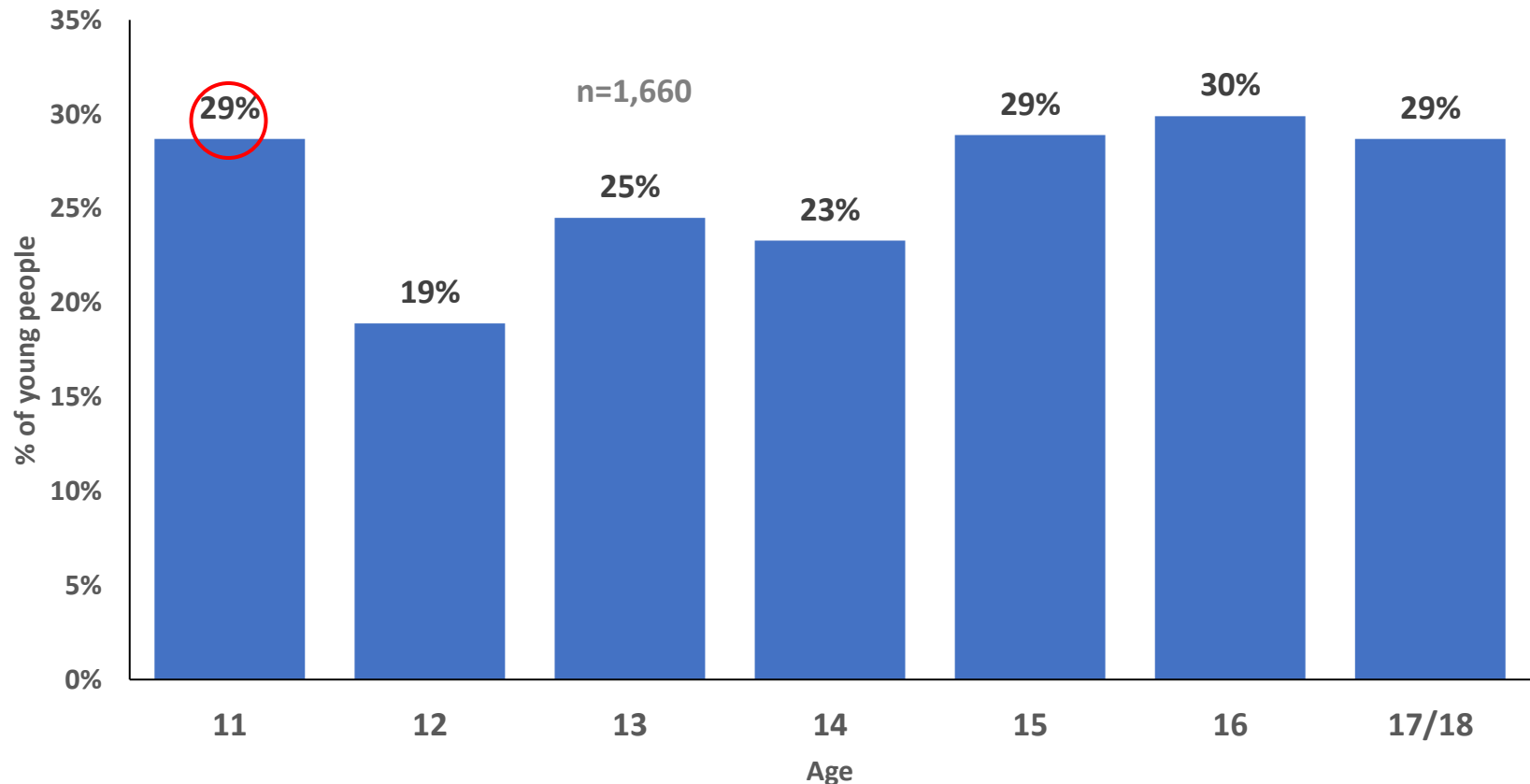
Informal volunteering participation: by gender



- Boys are slightly more engaged in informal volunteering than girls – 27% compared to 25%.
- However, for 'non-volunteers' 28% of girls would like to volunteer in the future compared to only 18% of boys.

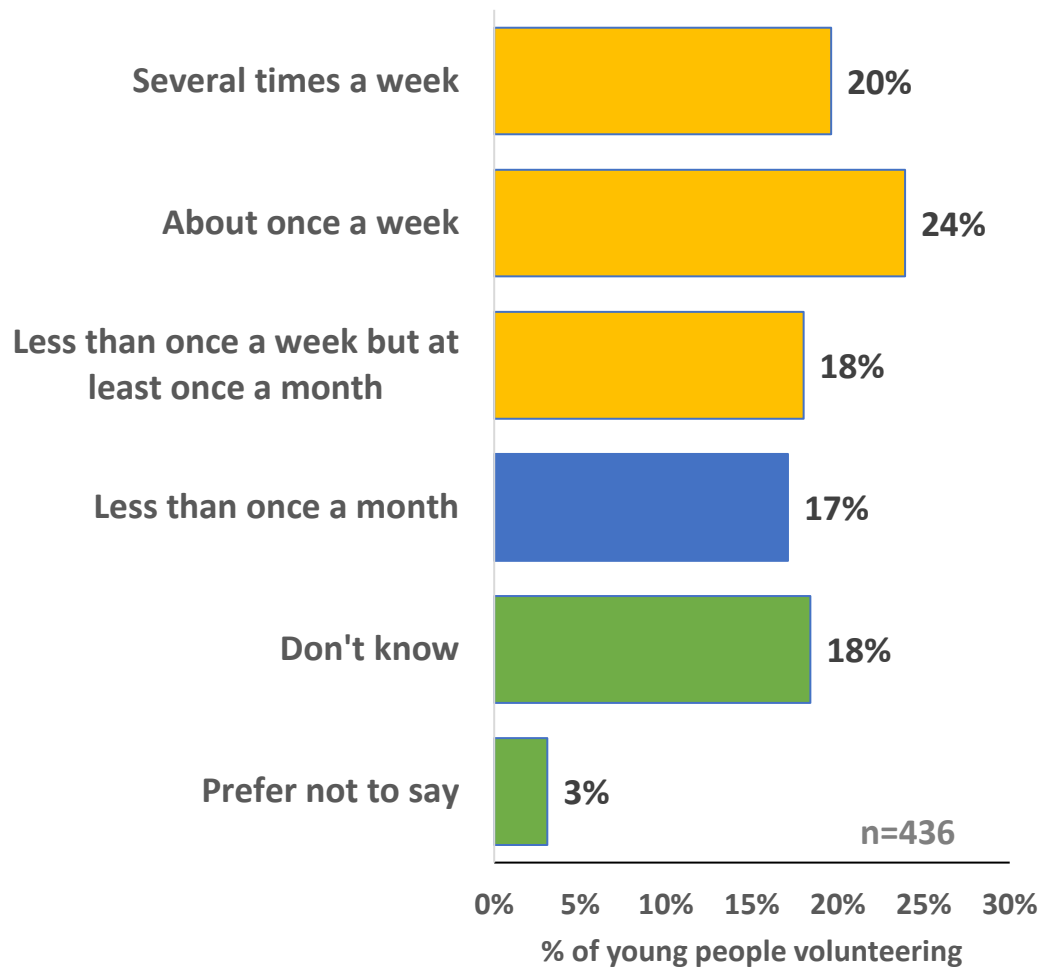
*Excludes young people who identify in another way or prefer not to say, both groups have a lower participation rate which reduces the overall participation rate to 25%.


Informal volunteering participation: by age





- Informal volunteer participation does not follow the same trend of increasing formal volunteer participation with age.
- Why are both formal and informal volunteer participation rates high for 11 year-olds?

Frequency of informal volunteering

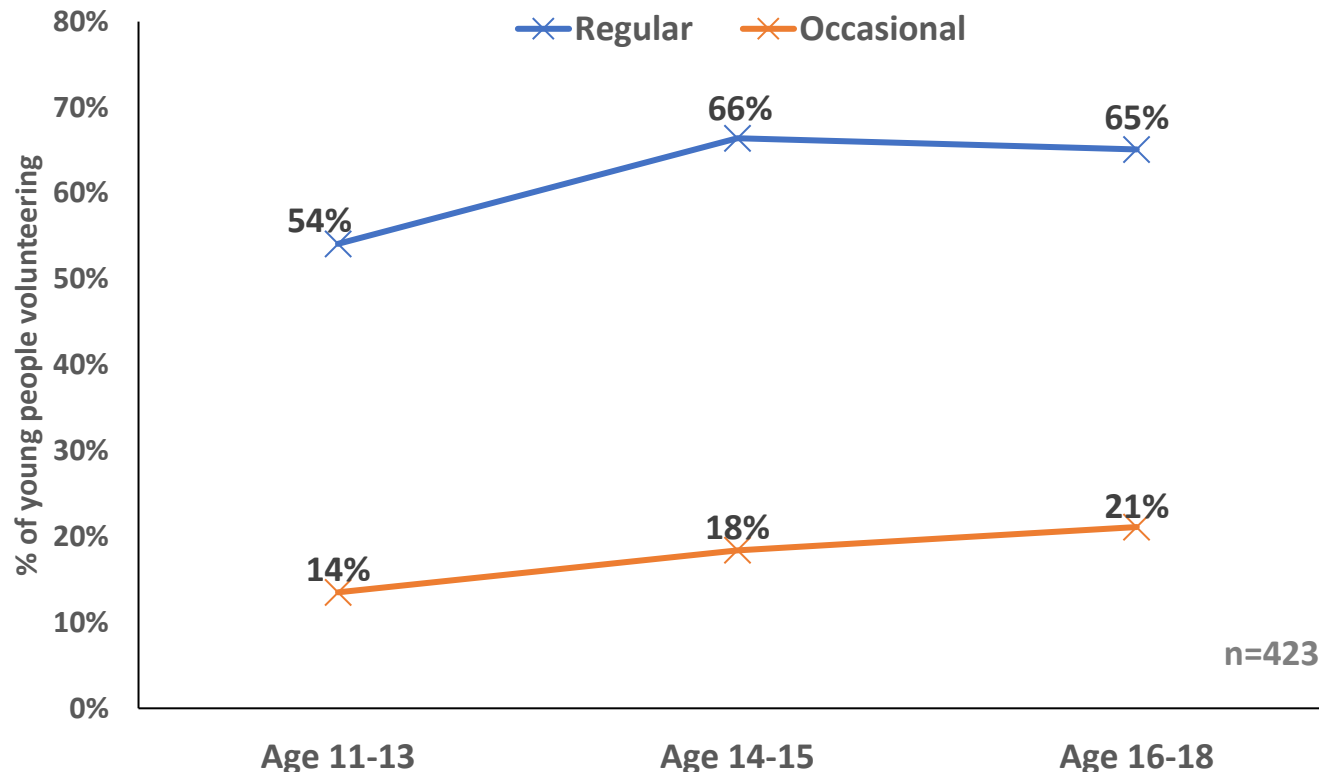


 62% of young volunteers are volunteering informally on a **regular basis** (at least once a month).

 17% of young volunteers are volunteering informally on an **occasional basis** (less than once a month).

 21% don't know or prefer not to say how often they informally volunteer.

Frequency of informal volunteering by age



- Regular informal volunteering is higher for 14-18-year-olds compared to 11-13-year-olds.
- Occasional informal volunteering also increases by age, unlike formal volunteering.

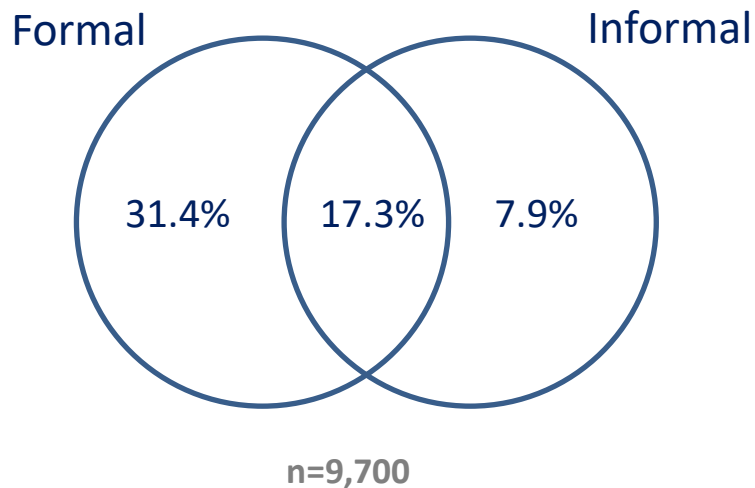


YOUNG PEOPLE VOLUNTEERING

YOUTH vs. ADULT VOLUNTEERING – UNDERSTANDING THE DIFFERENCES

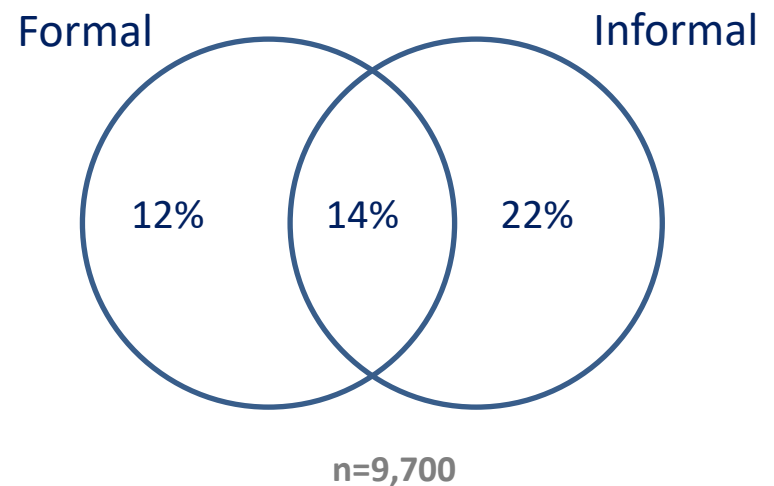
Total volunteer participation

Youth volunteering



Formal vol. participation rate = **49%**
Informal vol. participation rate = **25%**

Adult volunteering SHS 2018



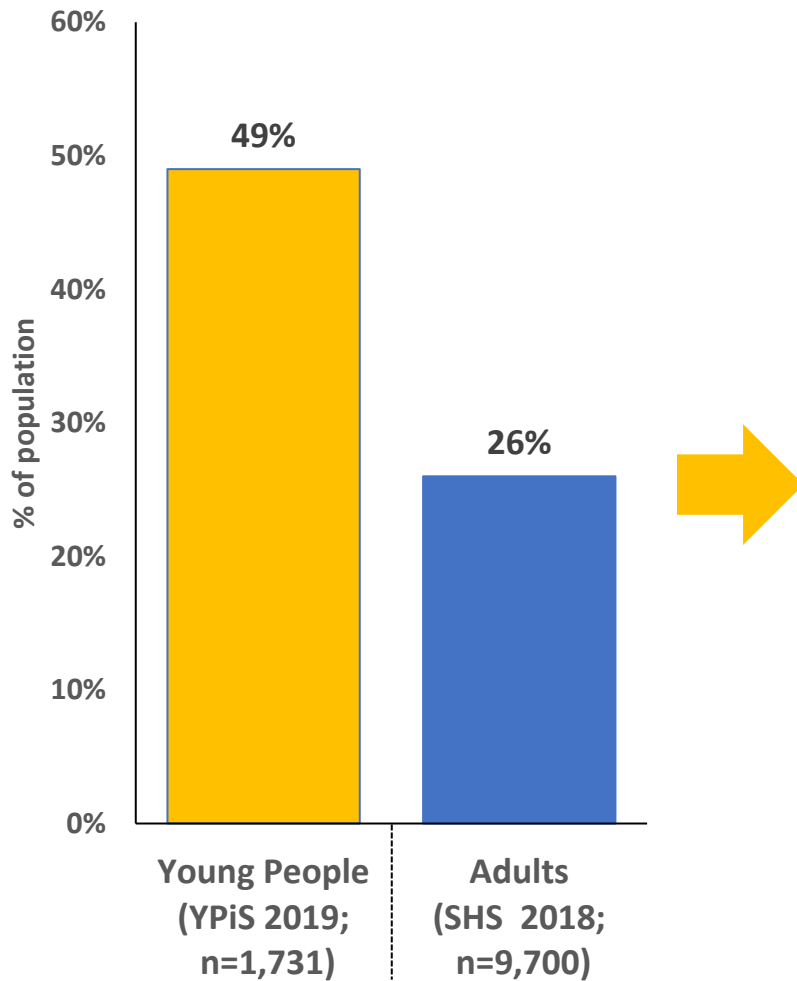
Formal vol. participation rate = **26%**
Informal vol. participation rate = **36%**

- Formal volunteer participation for young people is almost double the adult rate.
- Informal volunteer participation is 11% higher for adults than young people.

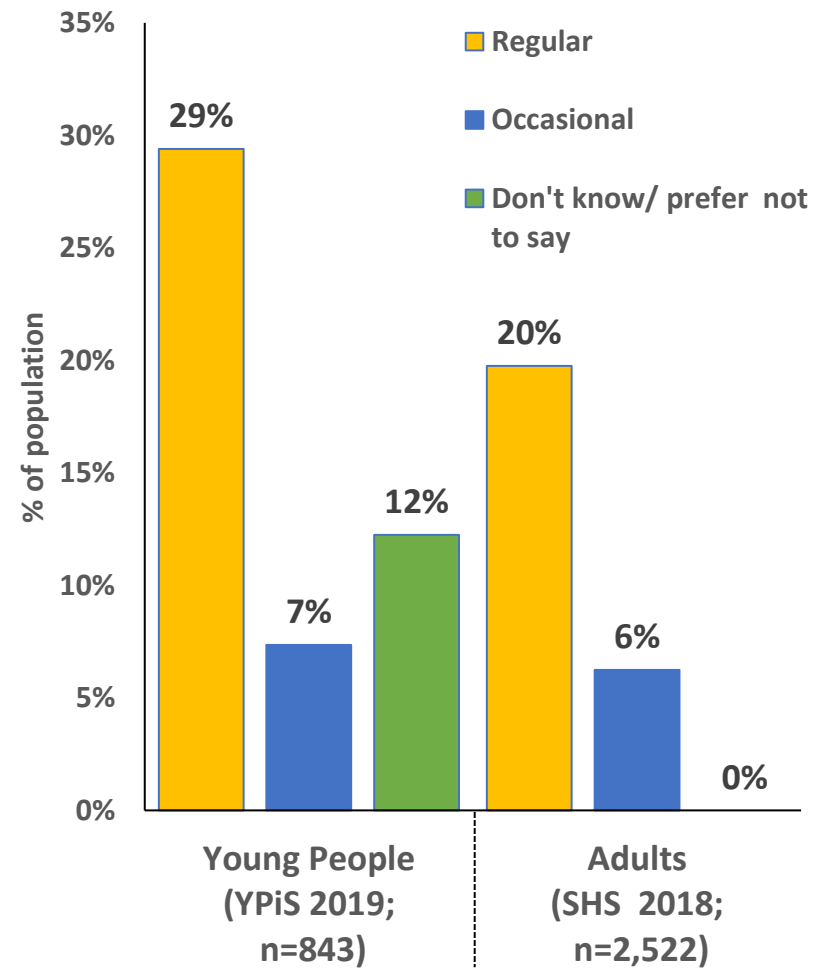
Formal volunteering participation

Young people vs. adults

Formal Volunteering participation

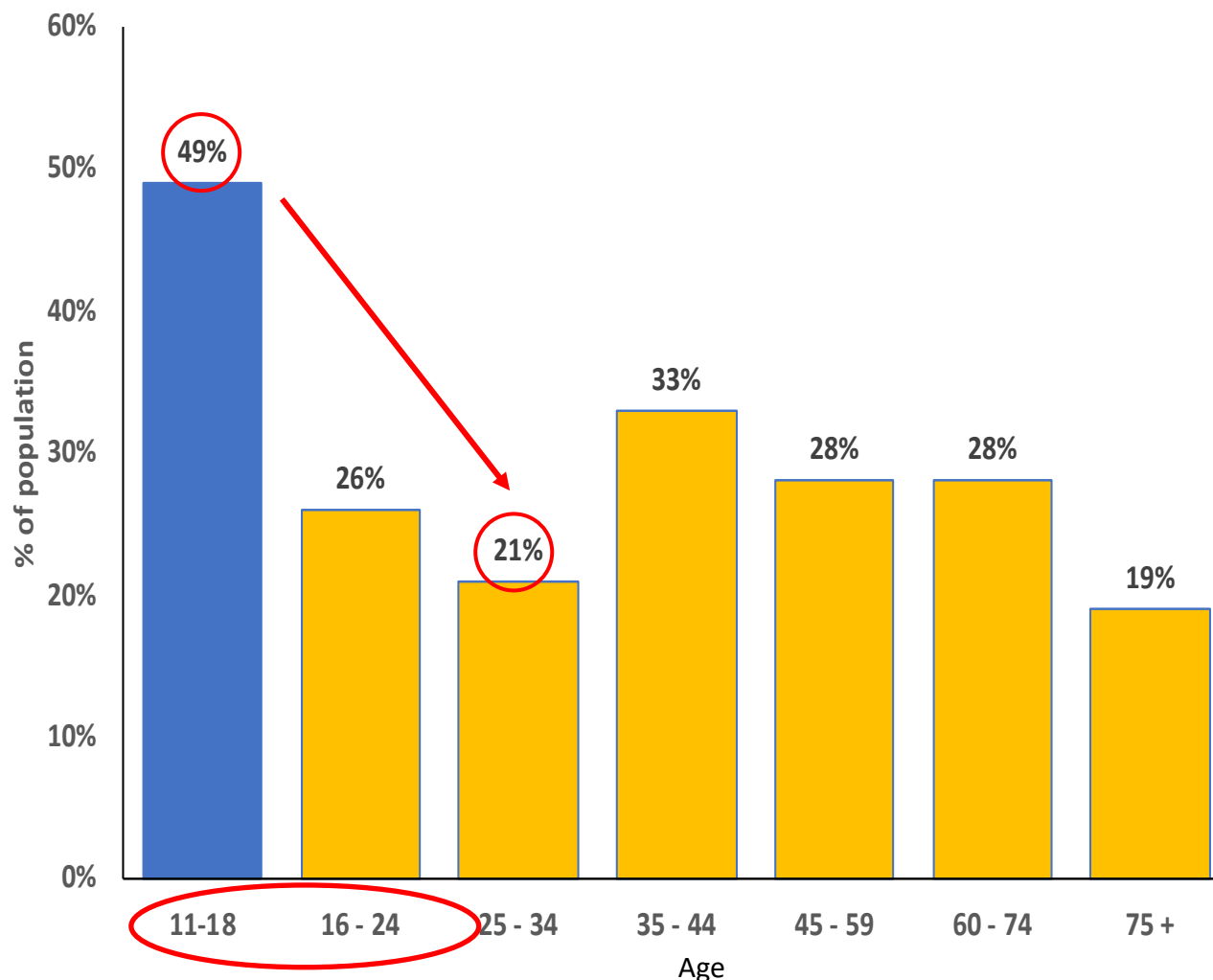


Regular vs. occasional formal volunteering



Trend in formal volunteering by age

Youth vs. adult formal volunteer participation



- Formal volunteering participation is significantly higher for young people than adults.
- This trend is evident in each of the survey years 2014-2019.

See separate 'Technical Note'
on age cohort coverage

Possible explanations for drop-off in formal volunteering

- Absence of the 'ASK' factor when young people leave home and education.
- Demand for skills / CV building reduces when in employment.
- Lack of time – increased career / personal responsibilities in adulthood (yet, adult volunteering is highest for 35 – 44 age group in the 2018 Scottish Household Survey, which is usually the busiest time of people's lives).
- Peer pressure/influence – perhaps volunteering is less appealing for young adults.

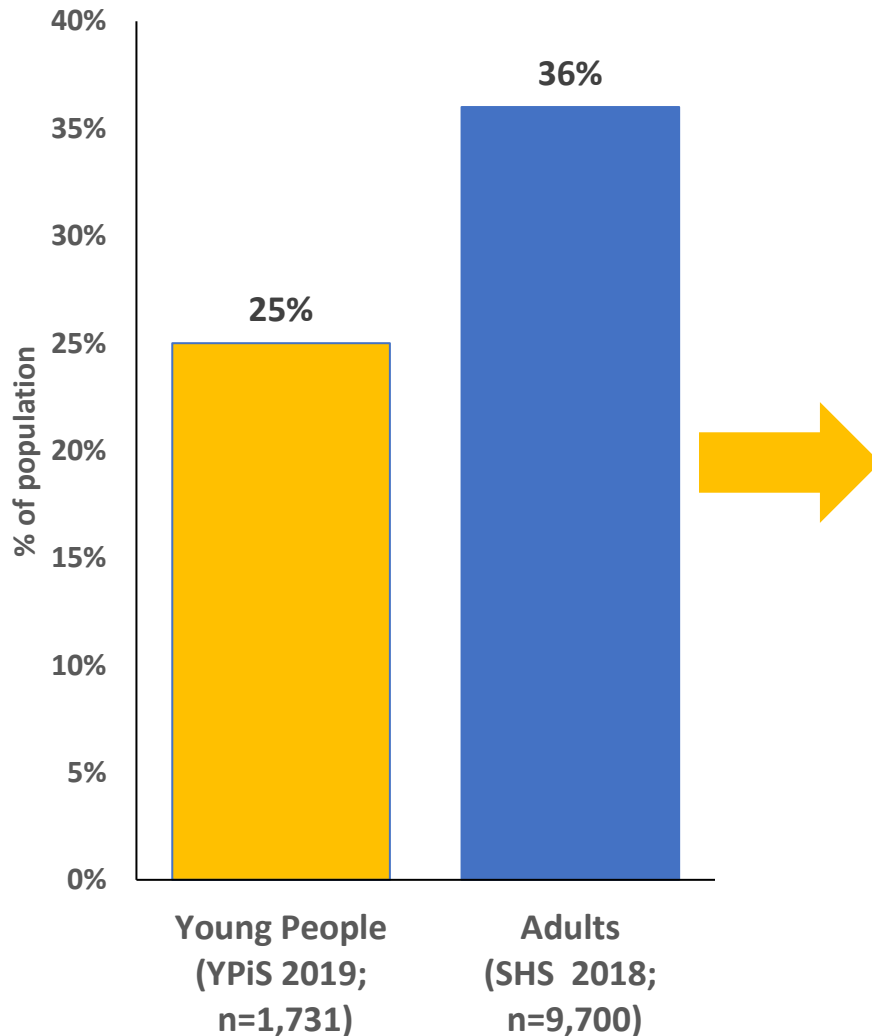


Addressing the drop-off: Can the 'good practice' lessons from youth volunteering be used to grow adult volunteering?

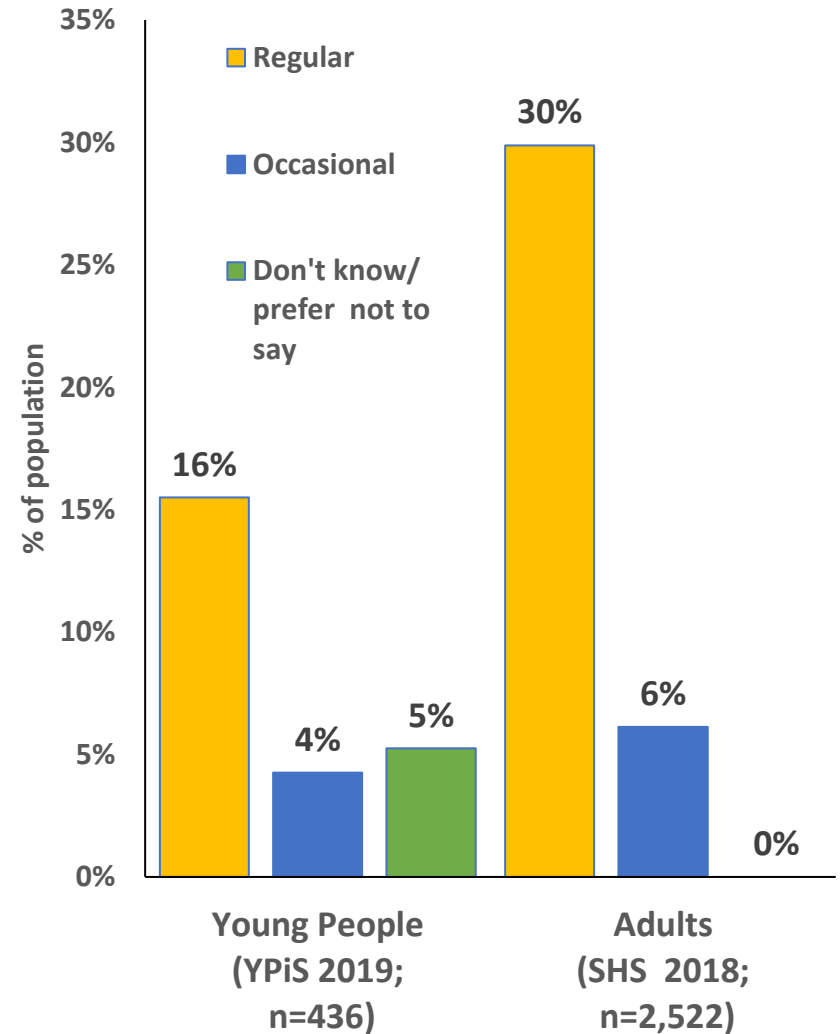
Informal volunteering participation

Young people vs. adults

Informal Volunteering participation

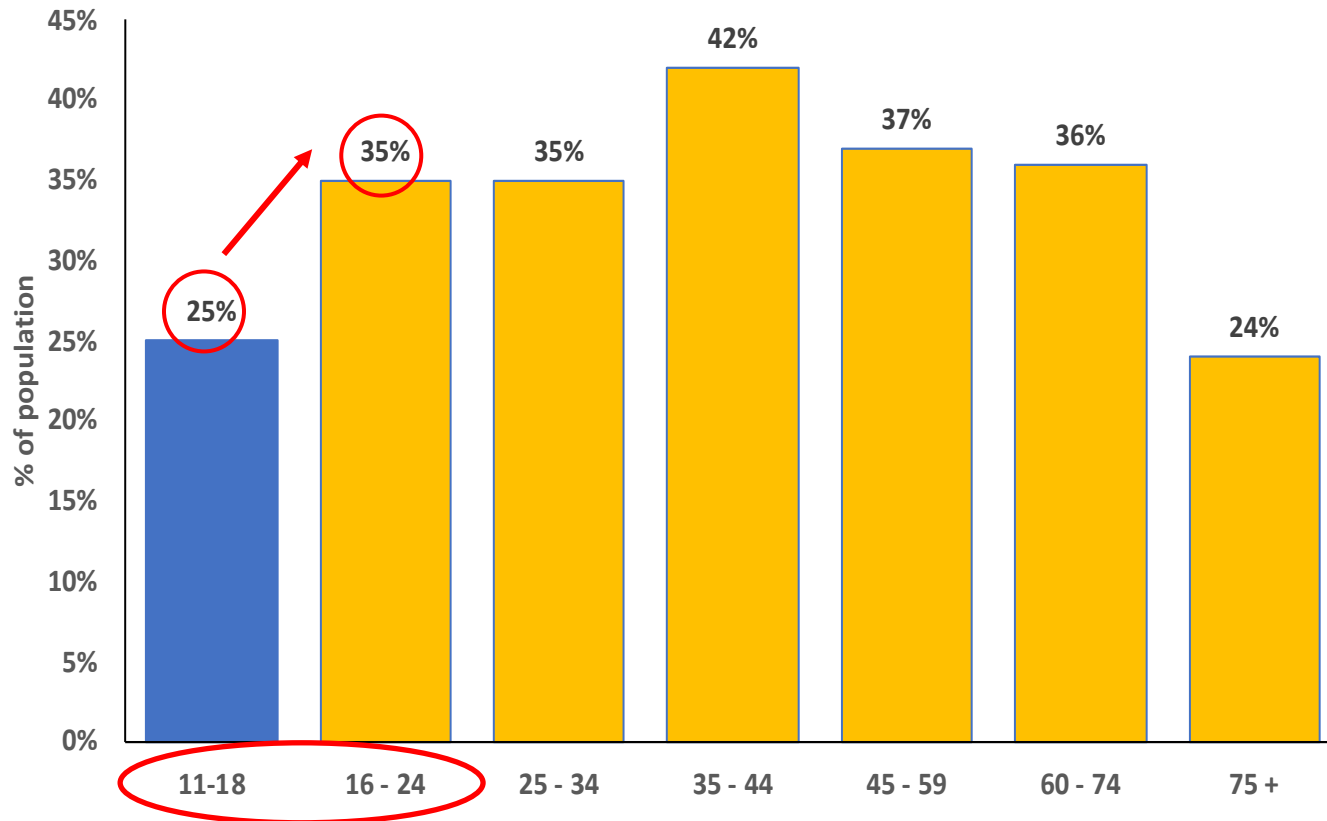




Regular vs. occasional informal volunteering



Trend in informal volunteering by age

Youth vs. adult informal volunteer participation

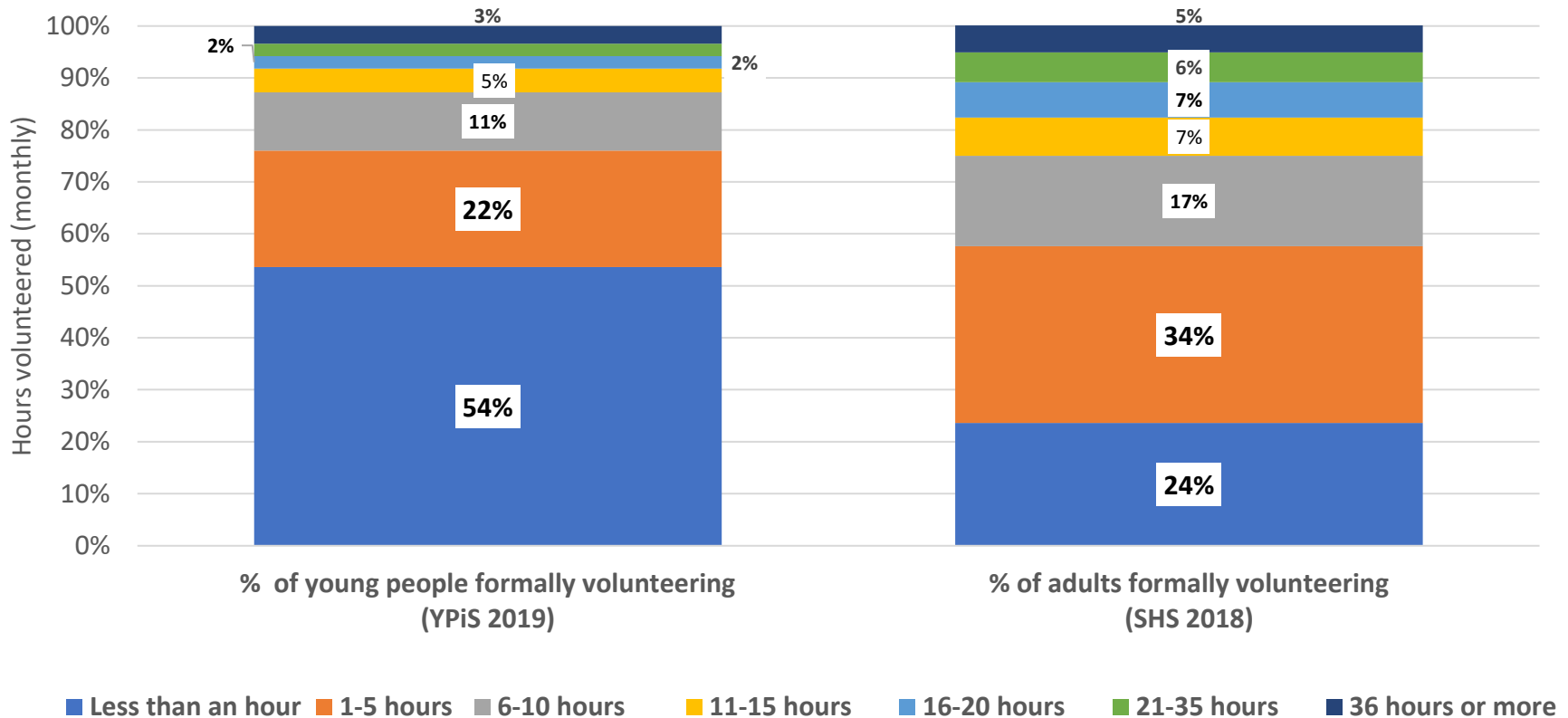


 YPiS, 2019; n=1,731
 SHS, 2018, n=9,700

- Unlike formal volunteering, informal volunteering is higher for adults than for young people.
- This is the first year that informal volunteering has been included in both the SHS and YPiS.

See separate 'Technical Note'
on age cohort coverage

Intensity of formal volunteering - hours volunteered (in past 4 weeks)



Young people spend much less time volunteering than adults:

- 54% of young volunteers provided <1 hour in last 4 weeks (vs. 24% of adults)
- 24% of young volunteers provided > 5 hours in last 4 weeks (vs. 42% of adults)



YOUNG PEOPLE VOLUNTEERING

HOW INCLUSIVE IS YOUTH VOLUNTEERING?

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Inclusive volunteering: key findings



Deprivation:

- Formal volunteering participation in SIMD Q1 is much higher for young people compared to adults – 45% vs. 20%
- In contrast, informal volunteering participation in SIMD Q1 is much lower for young people compared to adults – 20% vs. 32%

Disability:

- Volunteering is highest amongst those with a physical or mental health condition of at least 12 months for both formal volunteers (55% vs. 50%) and informal volunteers (31% vs 25%) – a major finding.
- This is counter-intuitive and at variance with adult volunteering. Equivalent SHS formal volunteering 2018 data are 24% vs. 28%).

Rurality:

- Volunteering participation is highest in rural areas compared to urban for both formal (52% vs. 48%) and informal volunteering (30% vs. 24%), which is the same trend as in adult volunteering.

Inclusive volunteering: key findings

Religion:

- Formal volunteering participation is highest for those of Christian faith (60%) and lowest for 'other faiths' (43%). For those with no religion it is 47%.
- Informal volunteering participation follows a similar trend with the respective rates being 34%, 23% and 25%.

Ethnicity:

- Volunteering participation is highest for young people of white ethnicity compared to other ethnicities for both formal (50% vs. 47%) and informal volunteering (27% vs. 24%), which is the same trend as in adult volunteering.

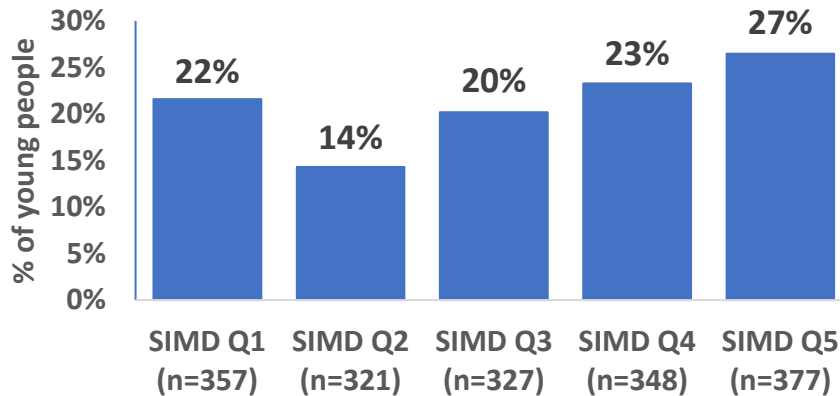
Gender:

- Girls are more engaged than boys in formal volunteering (53% vs 45%), the same as for adult volunteering.
- For informal volunteering, boys are more engaged than girls (27% vs 25%). This is an important finding as adult female participation (37%) in informal volunteering is higher than for males (34%).

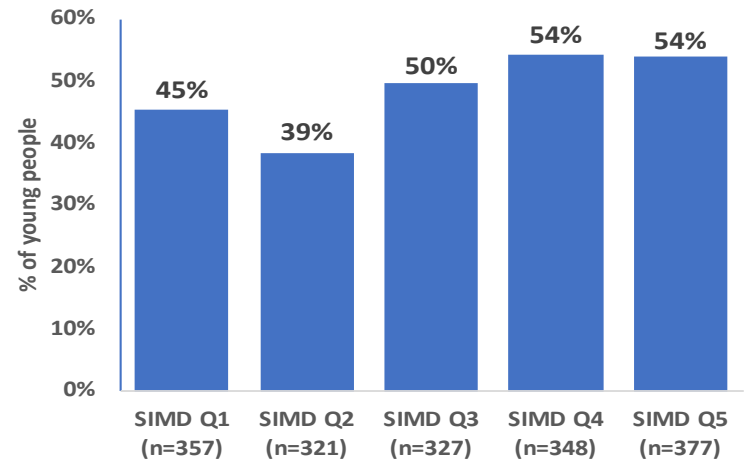
Formal volunteering by deprivation

(Based on Scottish Index of Multiple Deprivation - SIMD Q*)

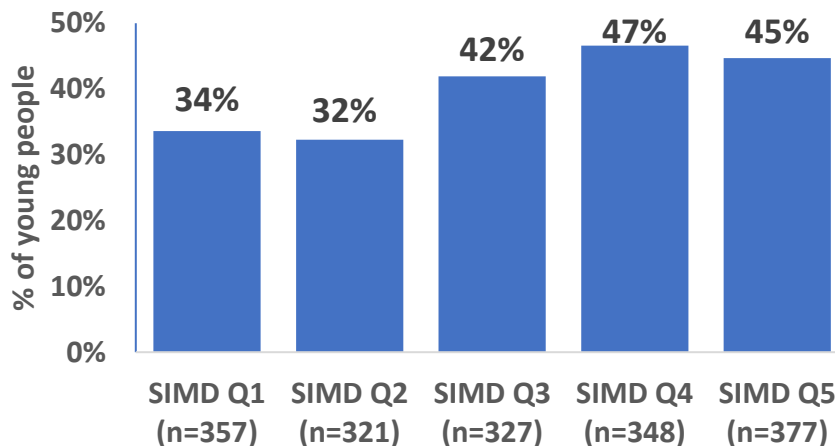
Volunteer in school time



Total that volunteer



Volunteer in spare time

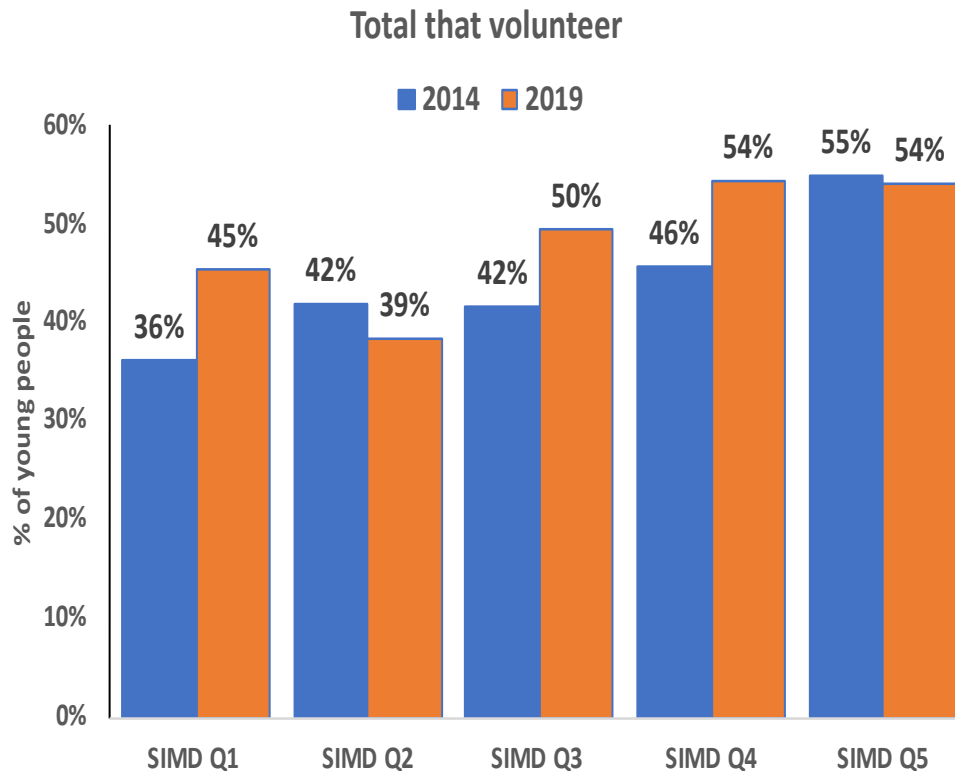


Deprivation data based on postcode of pupils.

*SIMD Q ranks areas in Scotland on a scale of:
1 - Most deprived 20% of the population;
to
5 - Least deprived 20% of the population.

Formal volunteering by deprivation (2014 & 2019)

(Based on Scottish Index of Multiple Deprivation - SIMD Q*)



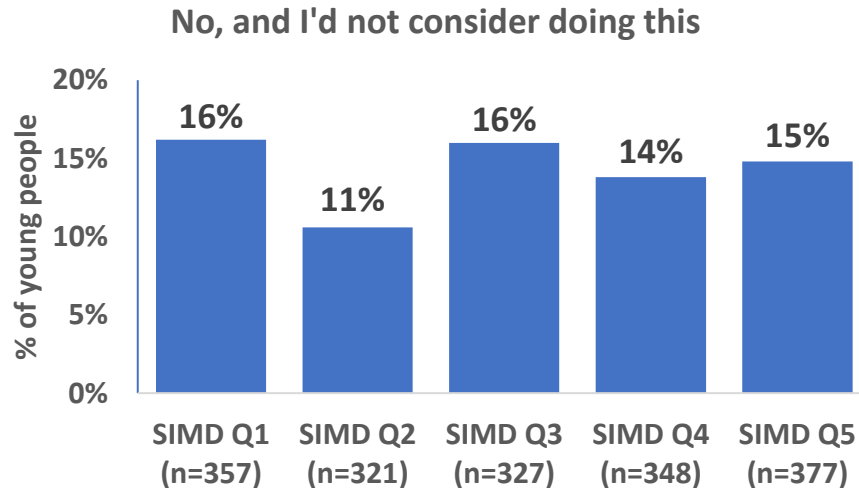
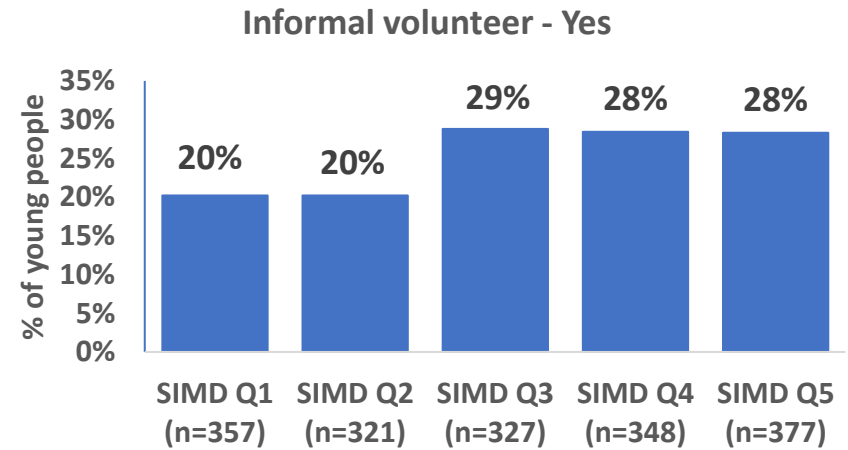
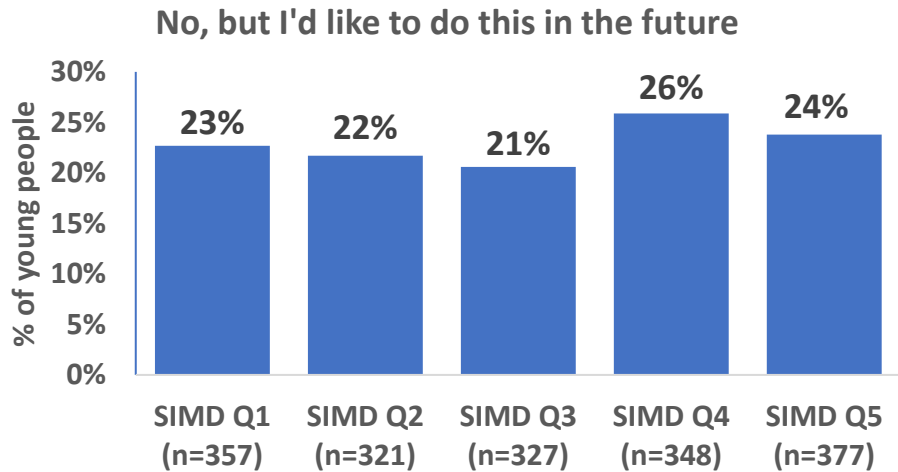
- In 2014 formal volunteer participation increases as deprivation decreases, the same trend we see with adult participation rates.
- In 2019 participation rates fall between SIMD Q1 and SIMD Q2, before increasing.

Deprivation data based on postcode of pupils.

***SIMD Q** ranks areas in Scotland on a scale of:
1 - Most deprived 20% of the population;
to
5 - Least deprived 20% of the population.

Informal volunteering by deprivation

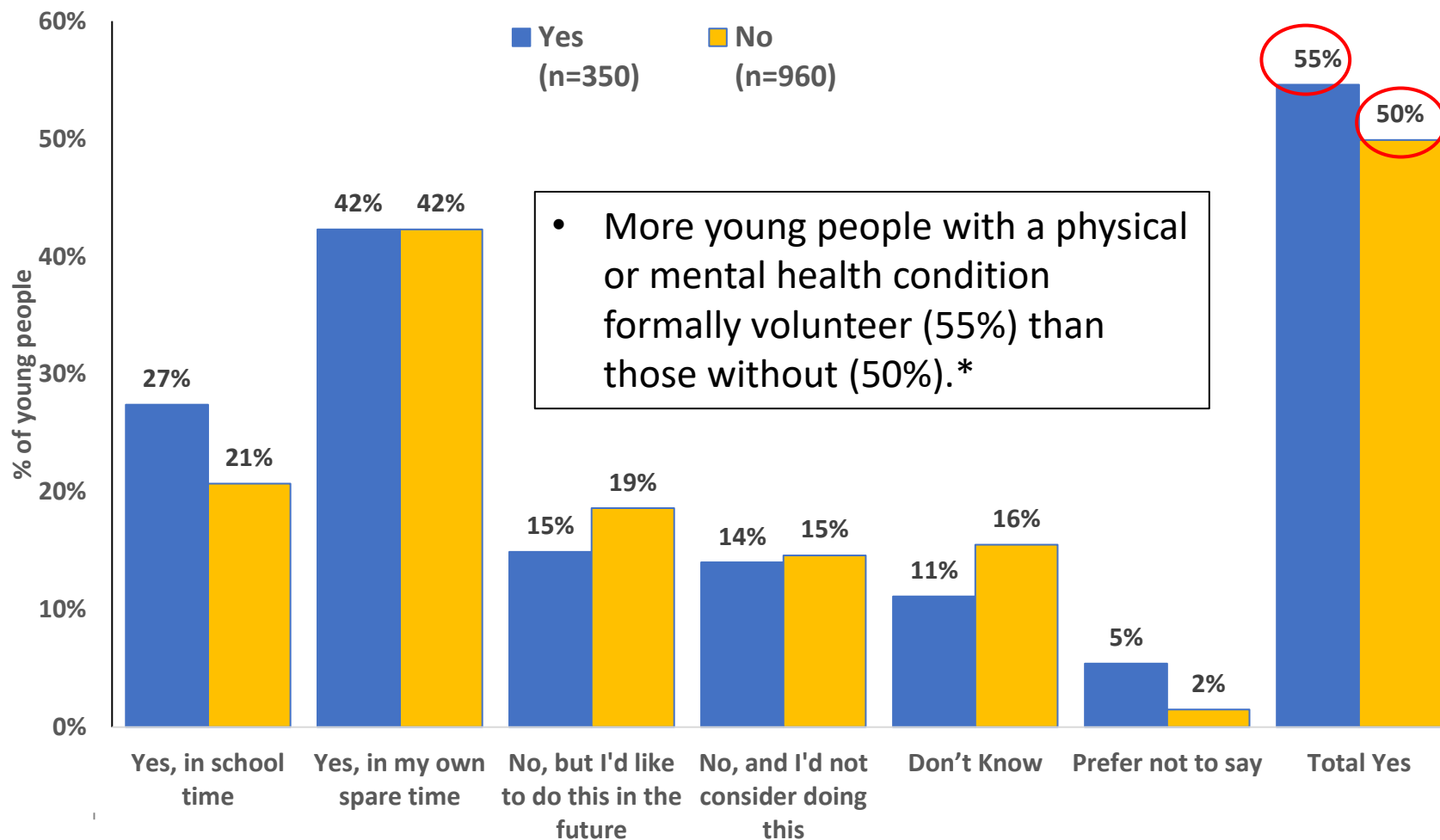
(Based on Scottish Index of Multiple Deprivation - SIMD Q*)



Deprivation data based on postcode of pupils.

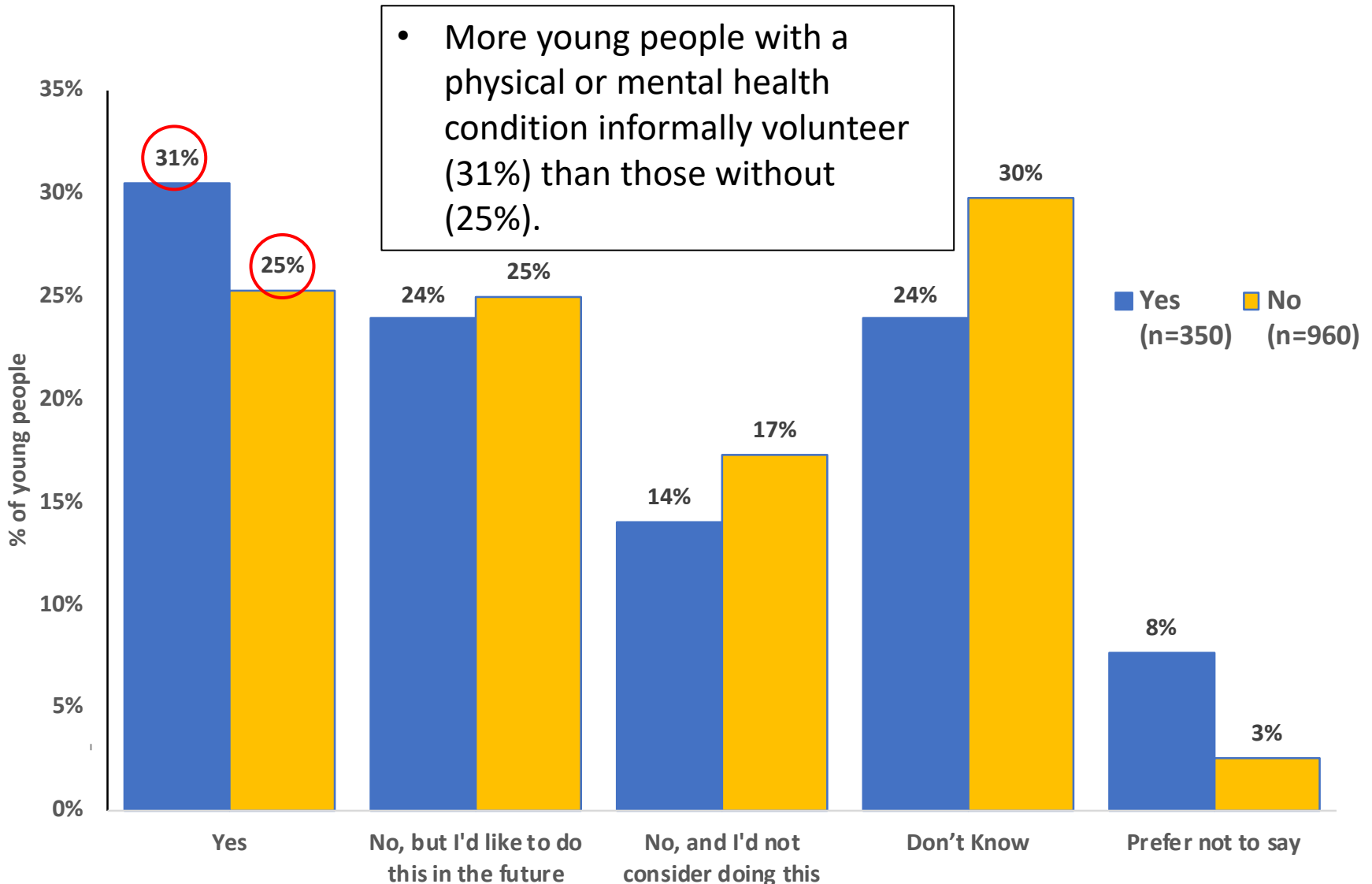
*SIMD Q ranks areas in Scotland on a scale of:
 1 - Most deprived 20% of the population;
 to
 5 - Least deprived 20% of the population.

Formal volunteering by physical or mental health condition

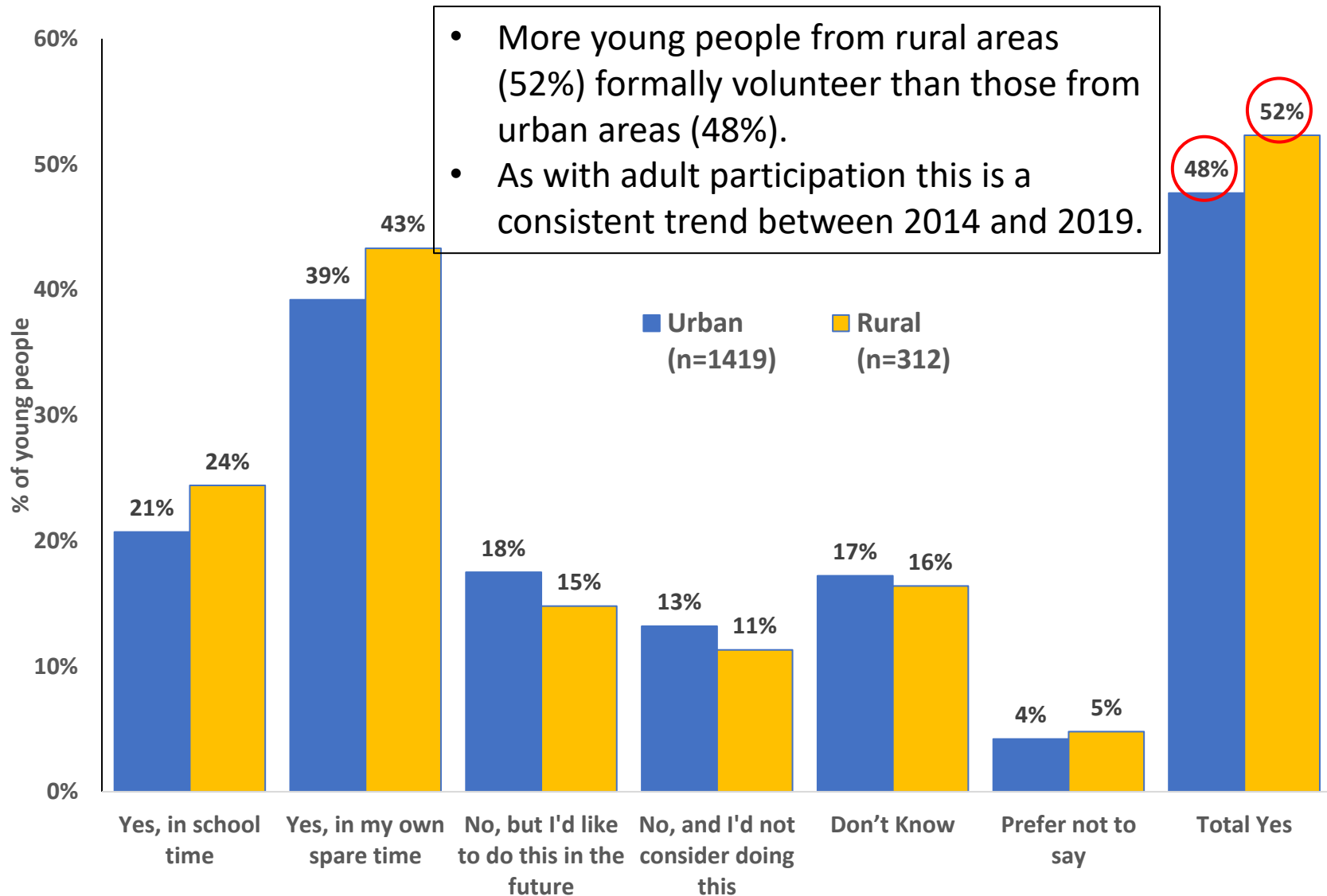


*These rates exclude young people who don't know if they have a health condition or preferred not to say. Both these groups have a lower volunteering participation rate which reduces the overall participation rate to the overall rate of 49%.

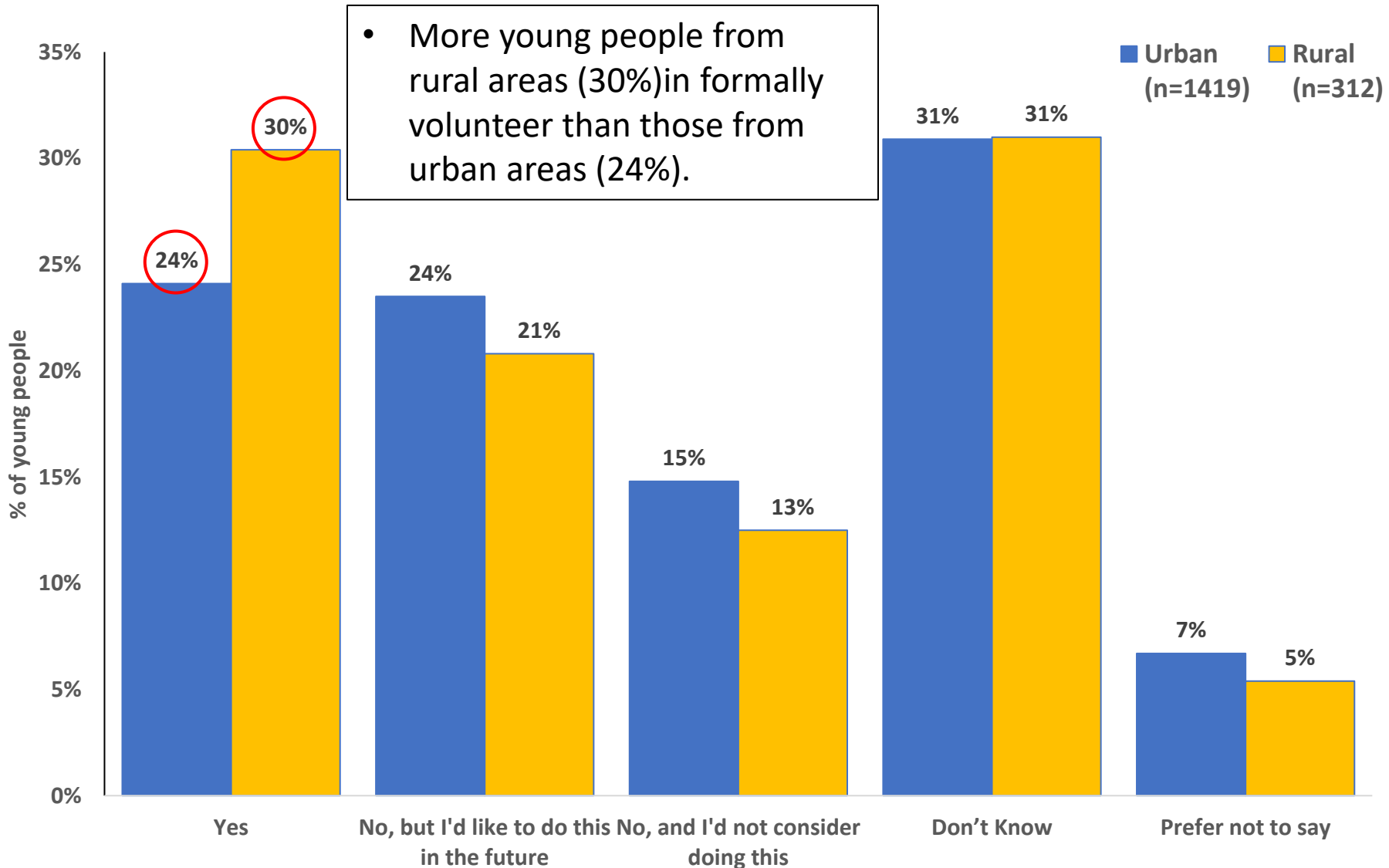
Informal volunteering by physical or mental health condition



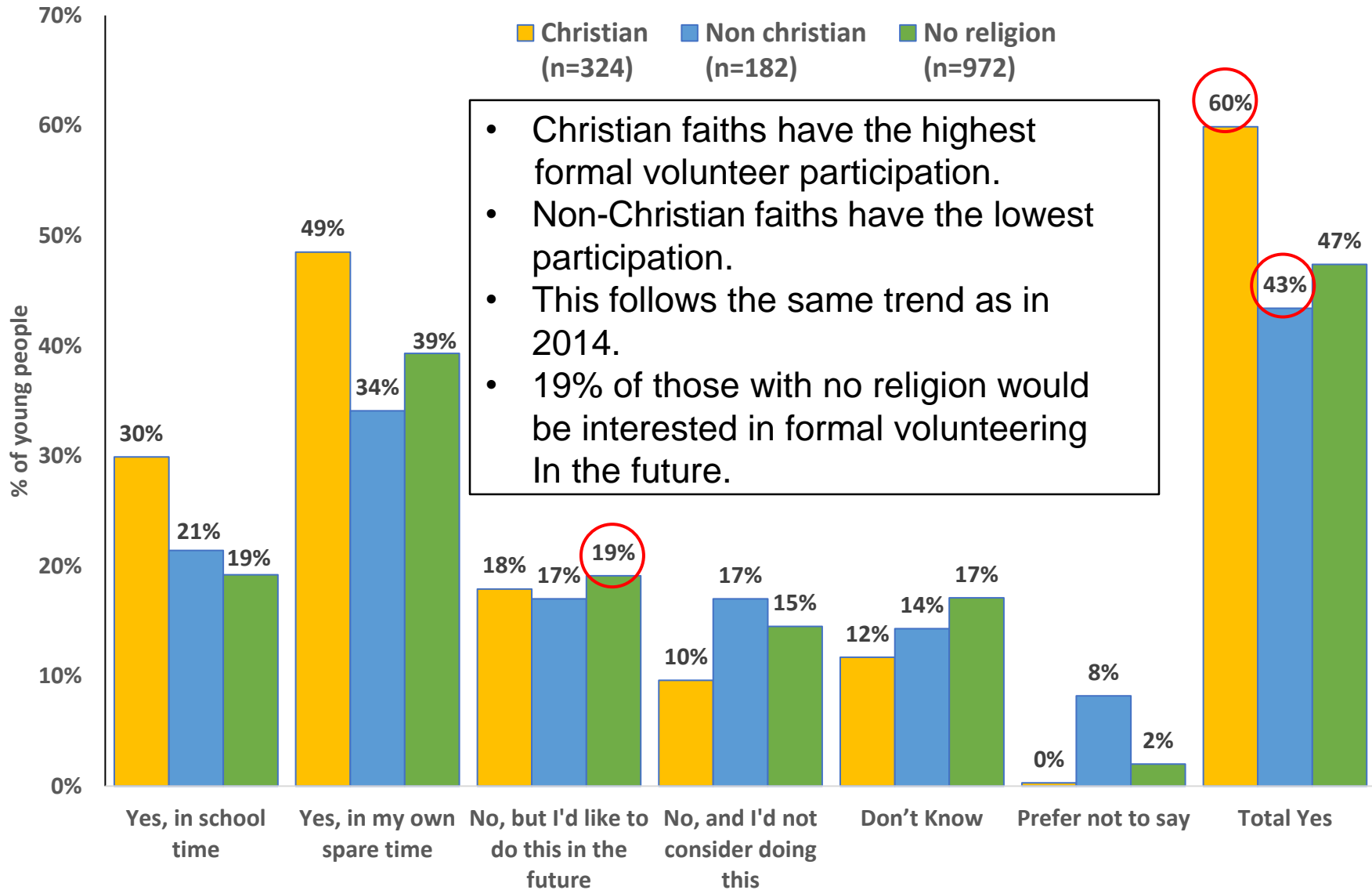
Formal volunteering by urban/rural



Informal volunteering by urban / rural

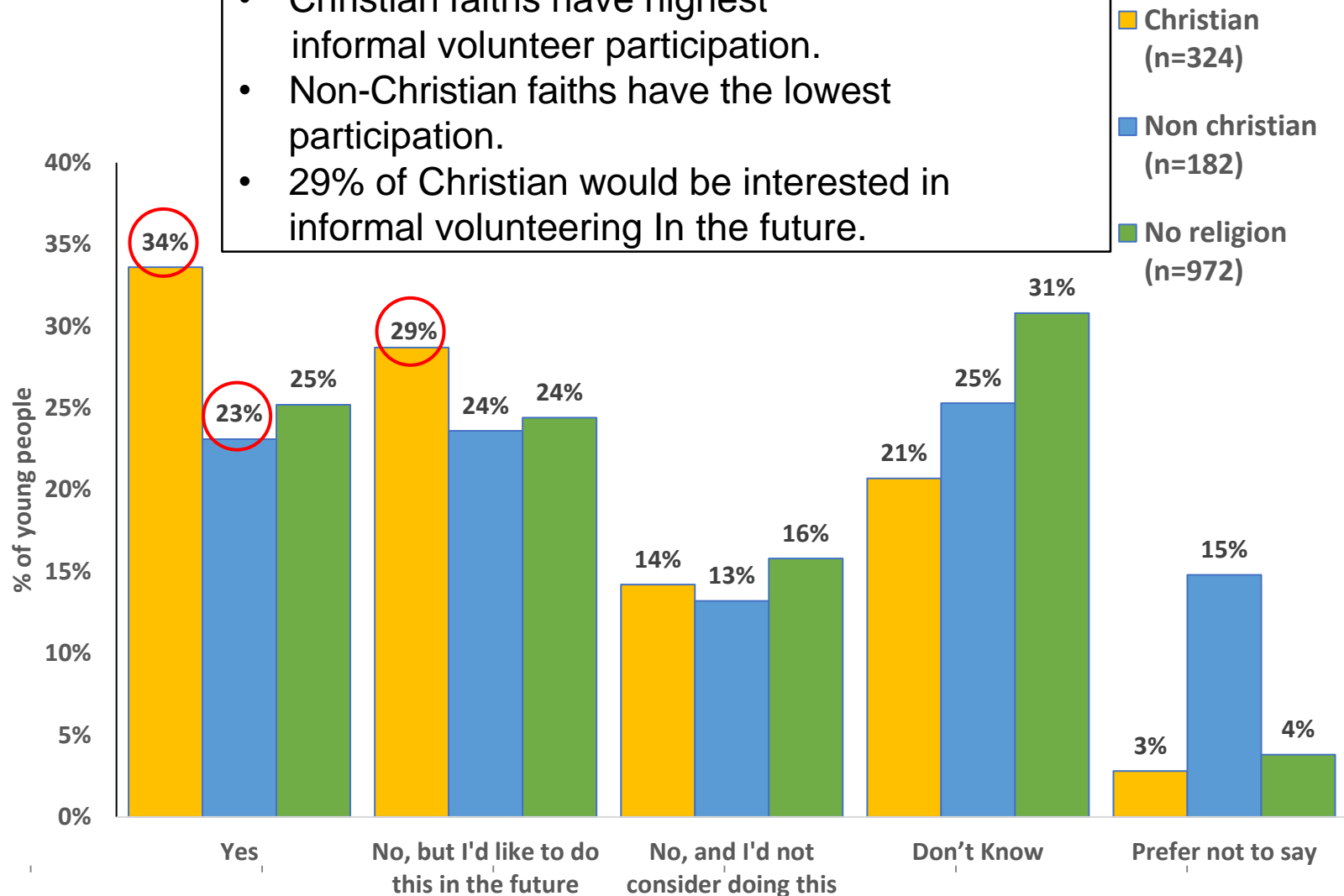


Formal volunteering by religion

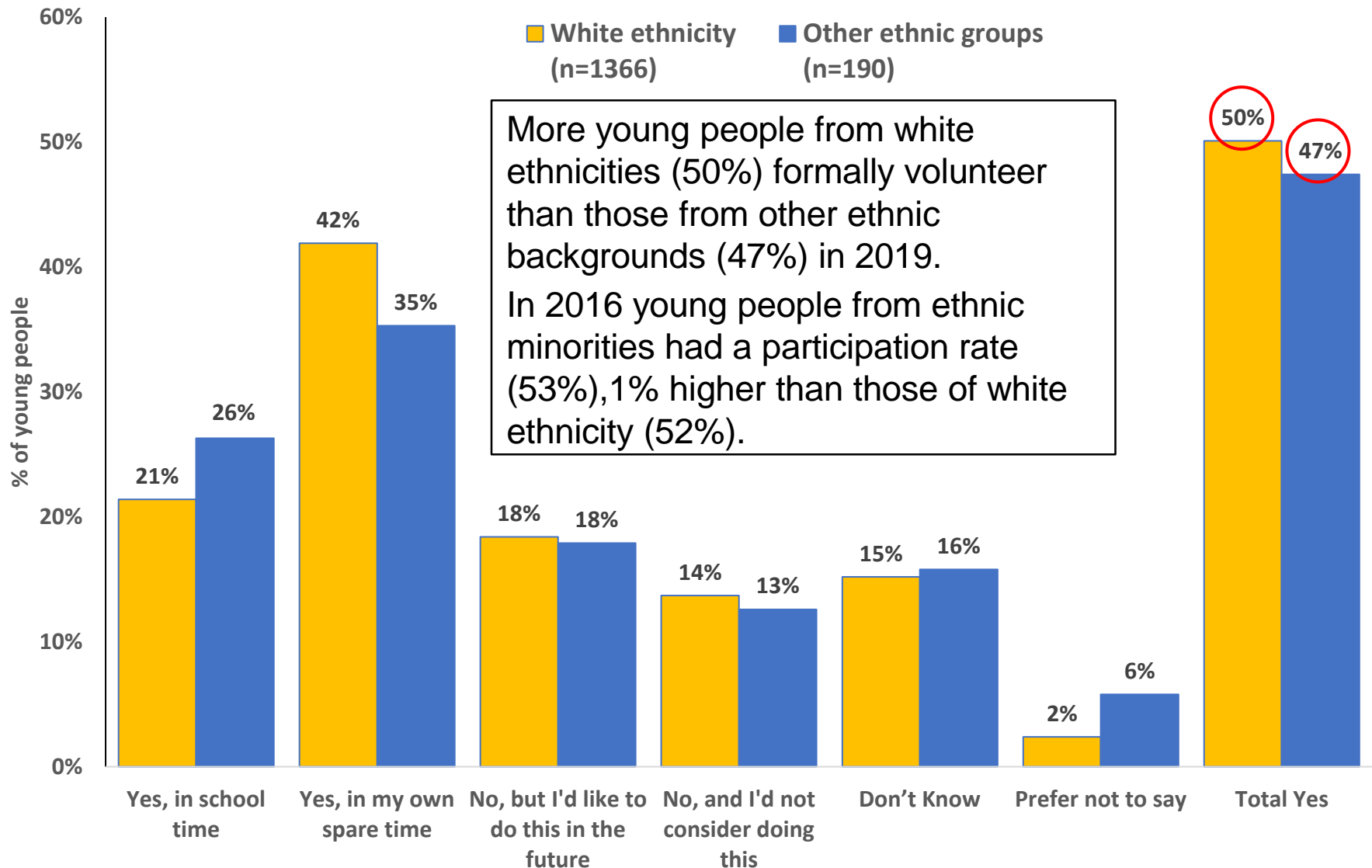


Informal volunteering by religion

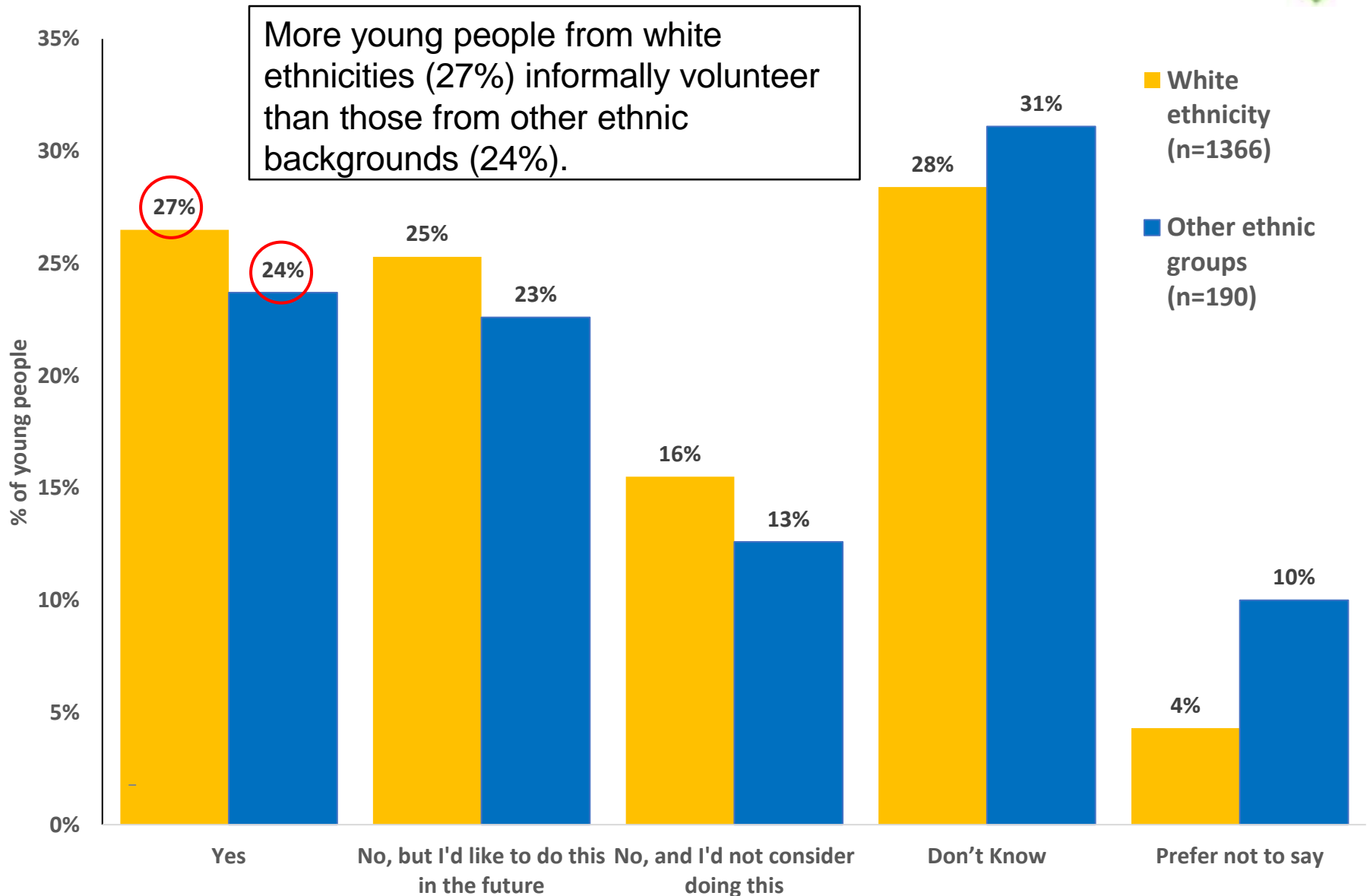
- Christian faiths have highest informal volunteer participation.
- Non-Christian faiths have the lowest participation.
- 29% of Christian would be interested in informal volunteering in the future.



Formal volunteering by ethnicity



Informal volunteering by ethnicity



Relevant sources



Links to Data tables and Technical Note for the YPiS 2019 Report

<https://www.volunteerscotland.net/for-organisations/research-and-evaluation/publications/young-people-and-volunteering-in-scotland-2019/>

Young People and Volunteering in Scotland 2016, Volunteer Scotland, Jan 2017

<https://www.volunteerscotland.net/for-organisations/research-and-evaluation/publications/young-people-and-volunteering-in-scotland-2016/>

Young People and Volunteering in Scotland 2014, Volunteer Scotland, Mar 2015

<https://www.volunteerscotland.net/for-organisations/research-and-evaluation/publications/young-people-and-volunteering-in-scotland-2014/>

Scottish Household Survey 2018, Scottish Government, Sept 2019

<https://www.gov.scot/publications/scotlands-people-annual-report-results-2018-scottish-household-survey/>

Scottish Household Survey – Cross-sectional analysis for 2016 and 2018, Volunteer Scotland

<https://www.volunteerscotland.net/for-organisations/research-and-evaluation/publications/scottish-household-survey-cross-sectional-analysis/>

Summary statistics for schools in Scotland – No. 10, 2019

<https://www.gov.scot/publications/summary-statistics-schools-scotland-no-10-2019-edition/>