Volunteer Scotland

Young People and Volunteering in Scotland - 2022



6th June 2023

Agenda

- Welcome and introductions
- Scottish Government Youth Policy introduction
- YPiS Presentation and Questions
- Panel session
- Summing up and close

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1 Research overview

2 Trends in youth volunteer participation

3 Youth volunteering demographics

4 Formal youth volunteering activities

5 Routes into formal youth volunteering

6 Benefits of formal youth volunteering

7 Encouragements to engage in youth volunteering

8 Evidence into action

Research overview

Background

- 1,533 secondary school pupils (11-18).
- 24 local authorities.
- Complete online in school September to December 2022.
- Weighted by key demographic factors to ensure sample is representative of Scottish young people.
- Analysis by deprivation (Scottish Index of multiple deprivation quintiles) is based on the pupils home postcode and not the postcode of the school attended.
- Survey results supplemented with secondary data sources:
  - ✓ Children, War and Mental Health – Charlie Waller
  - ✓ Child and Adolescent Mental Health Services current waiting times - CAMHS
  - ✓ How is the current Cost of Living Affecting you? - Young Scot
  - ✓ And more

Definitions

Formal volunteering: formal volunteering is where unpaid help is undertaken through a group, club, charity or other organisation, to help other people or to help a cause or the environment.

• **Informal volunteering**: refers to unpaid help given as an individual (not through an organisation) directly to people who are not relatives.

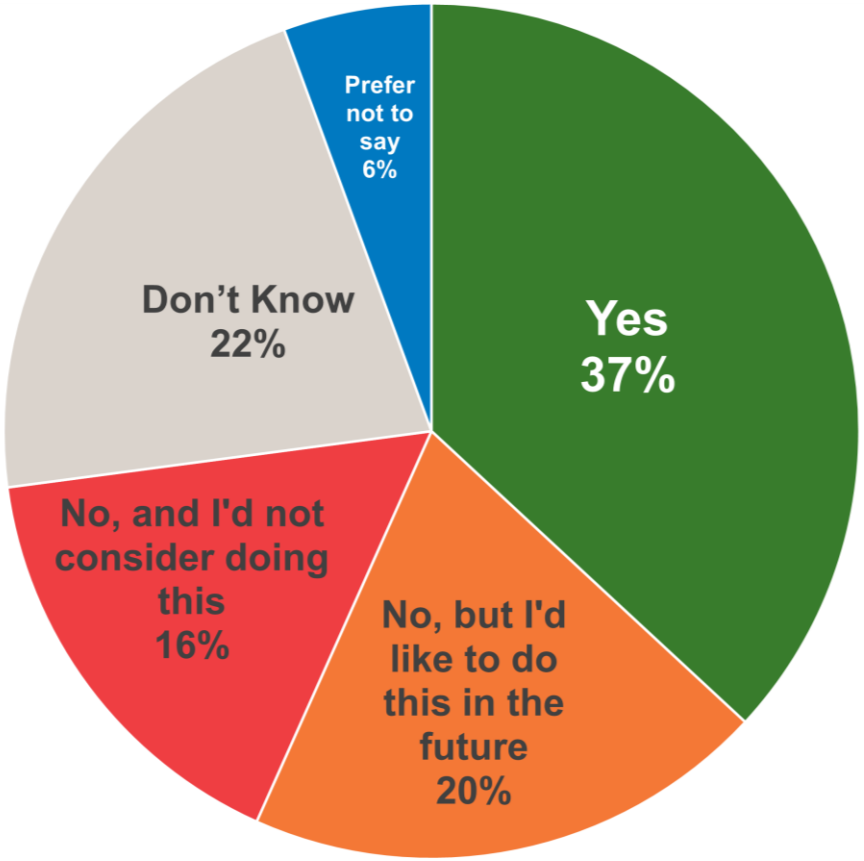
• **Non-volunteers:** refers to young people who don't volunteer either formally or informally.

• **'Total Volunteering'**: refers to the total number of young people who have volunteered: formally + informally + both

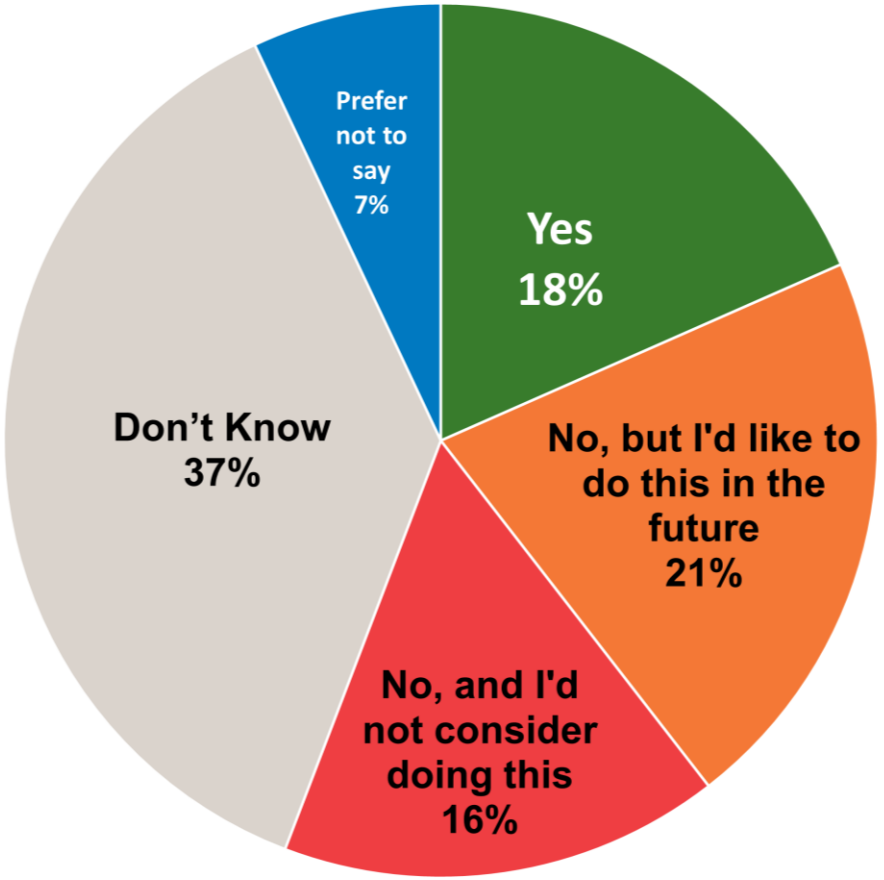
Total Formal Volunteering': refers to the total number of young people who have formally volunteered: In school + Outside school + both

Youth volunteer participation 2022

Formal volunteering

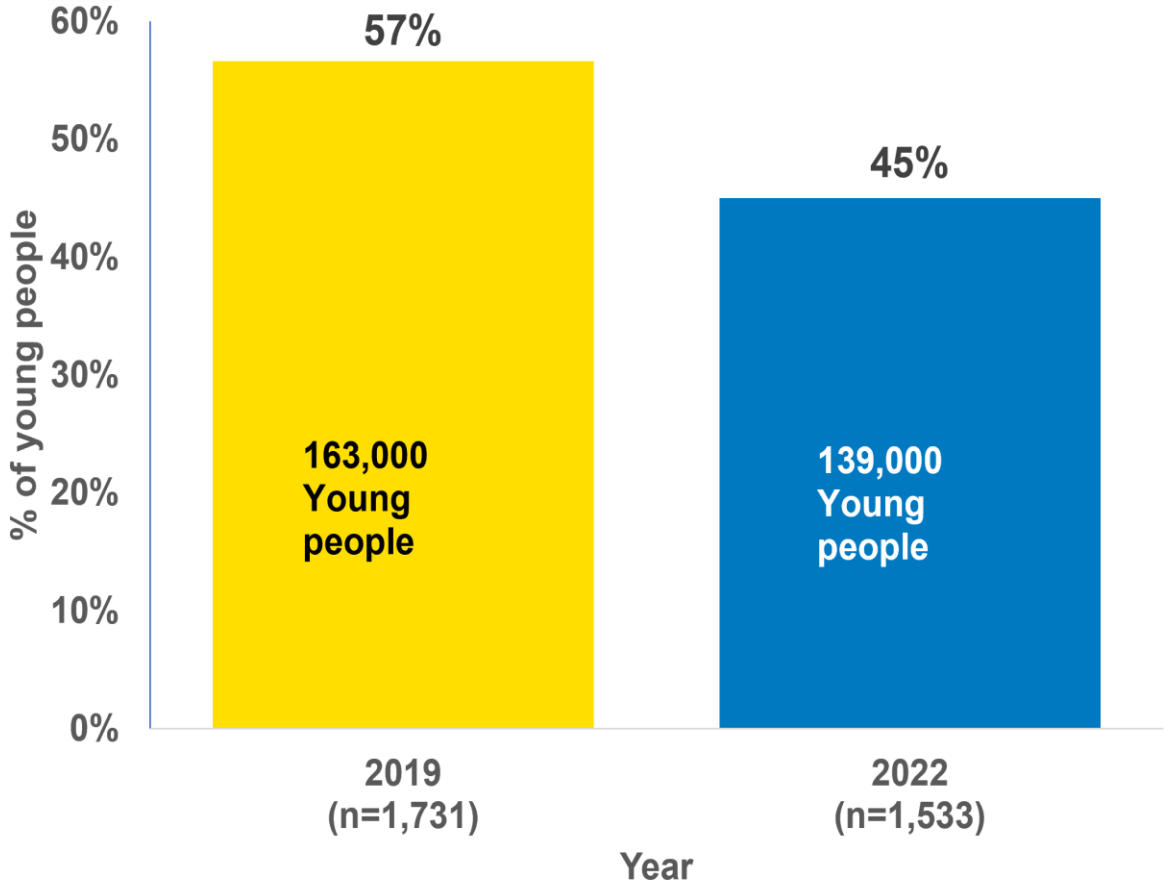


Informal volunteering

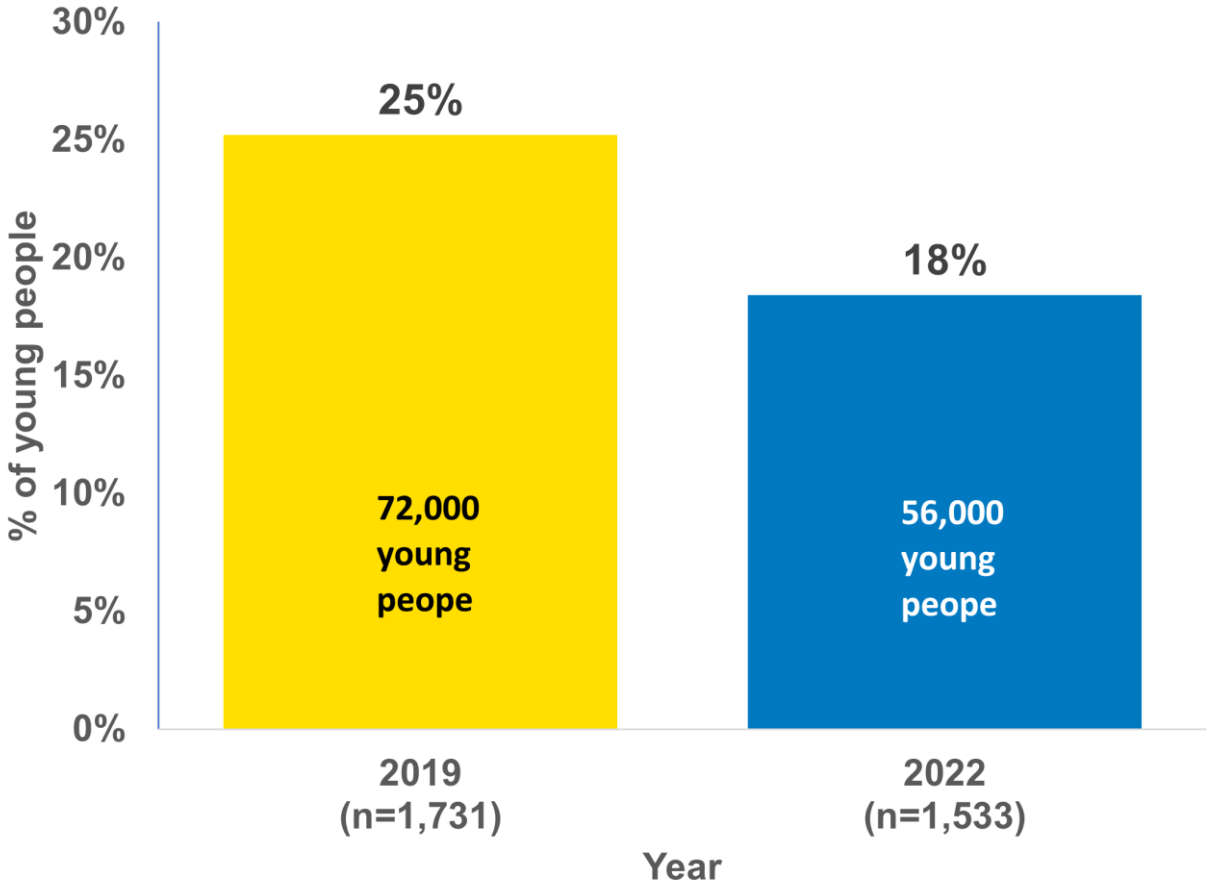


Trends in youth volunteer participation

Total youth volunteering

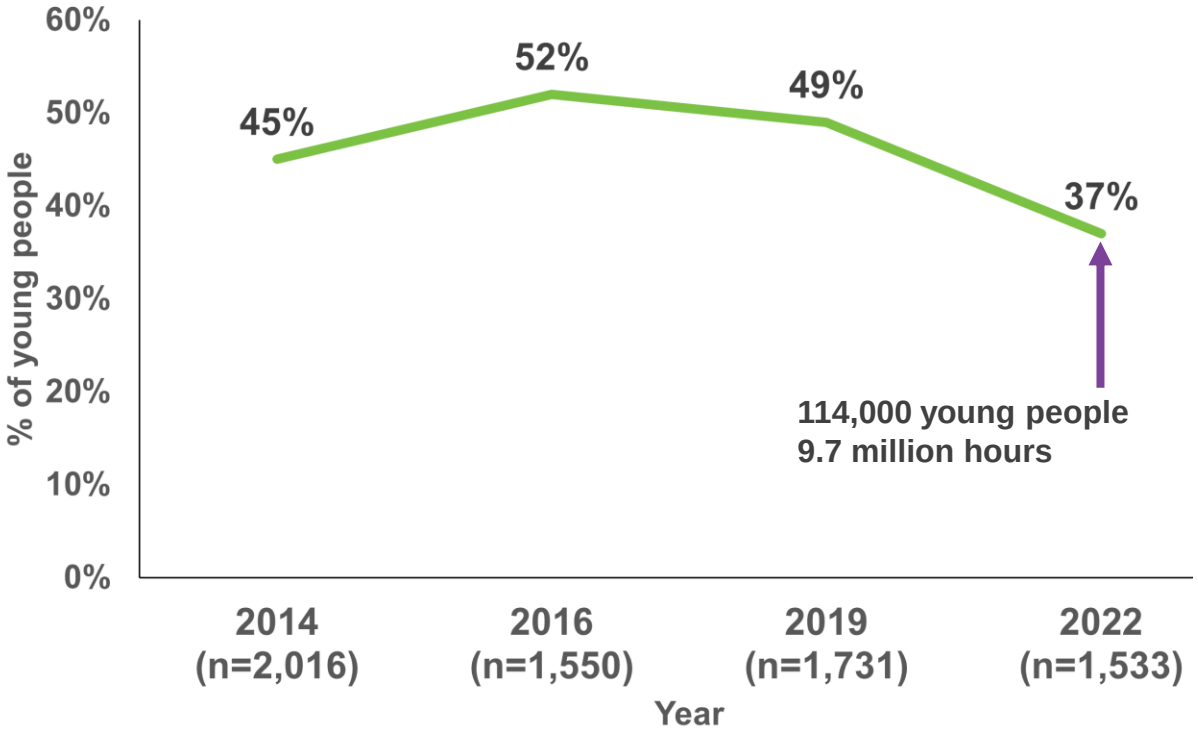


Total informal youth volunteering

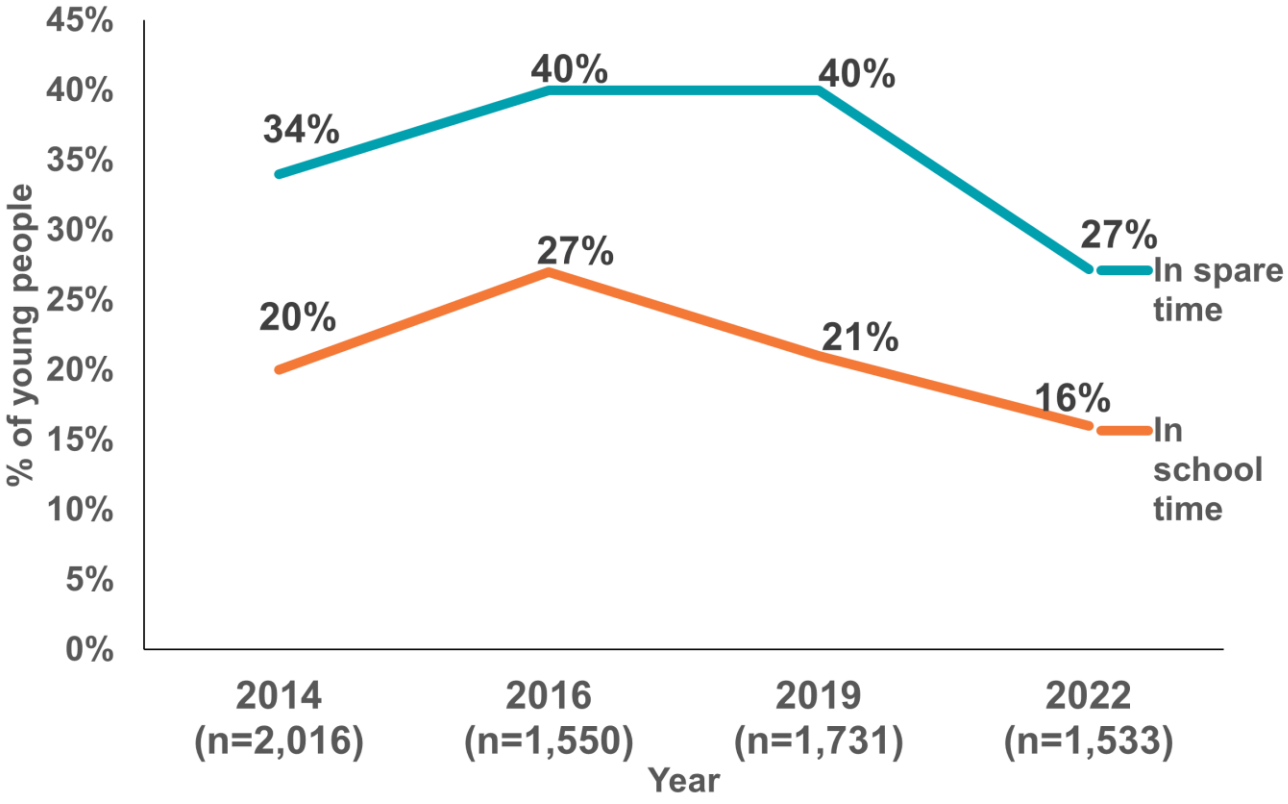


Trends in youth volunteer participation

Total formal volunteering



Formal volunteering in and out of school



Youth volunteering demographics[2]

Age



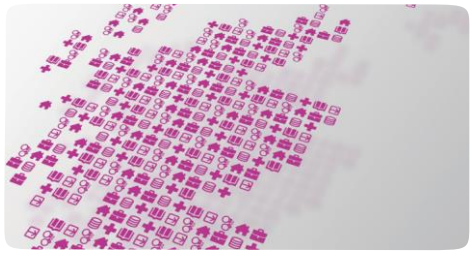
Formal:

- Age 11-12 - 22%
- Age 17-18 - 68%

Informal:

- Age 11-12 - 16%
- Age 17-18 - 22%

Deprivation



Formal:

- SIMD Q1 - 28%
- SIMD Q5 - 38%

Informal:

✓ no appreciable variation by deprivation

Disability



Formal:

- LTHC[1] - 48%
- No LTHC- 39%

Informal:

- LTHC - 28%
- No LTHC - 18%

Faith groups



Formal:

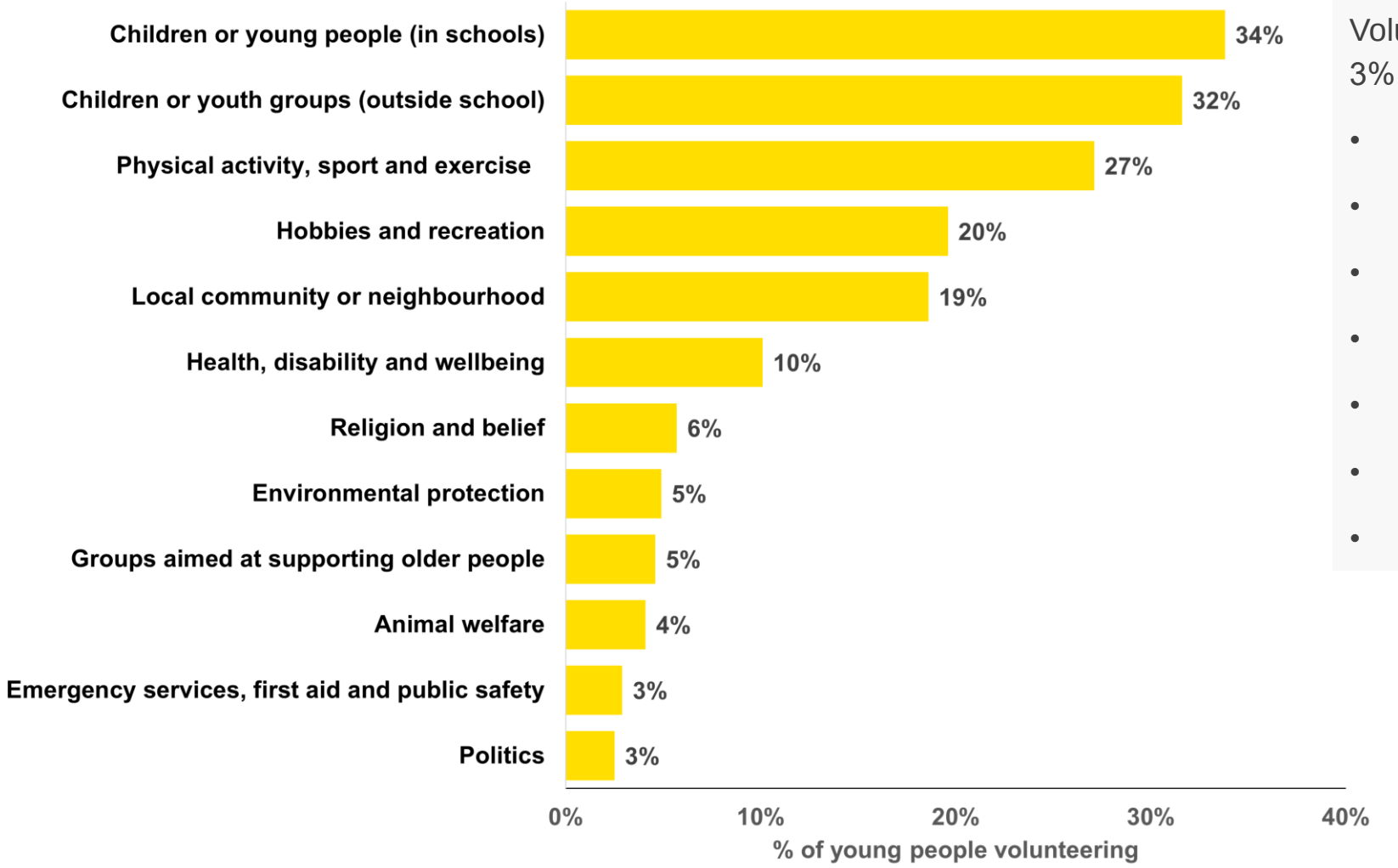
- Christian - 43%
- Other faith groups - 32%

Informal:

- Non Christian - 23%
- Christian - 19%

1. Long term health conditions – A physical or mental health condition, illness or disability lasting or expected to last 12 months or more.
2. No (statistically significant differences) in formal and informal participation rates for gender, ethnicity and urban / rural.

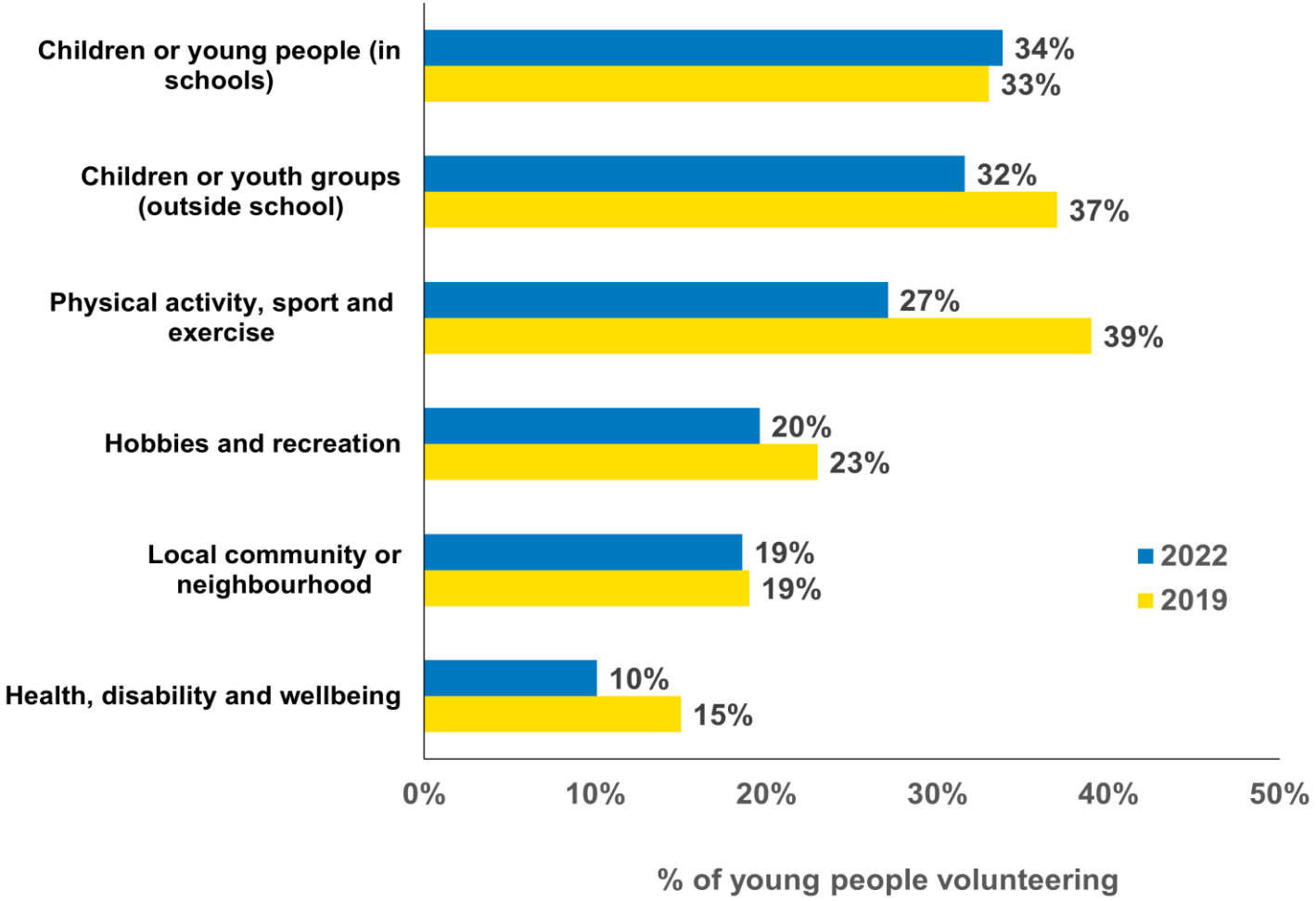
Formal youth volunteering activities 2022



Volunteering activities undertaken by less than 3% of young people and those who don't know:

- Don't know: 6%
- Trade unions, justice and human rights: 2%
- Online volunteering: 2%
- Culture and heritage: 2%
- Charity work – unspecified: 1%
- Retail / shop work: 1%
- Other: 2%

Formal youth volunteering activities 2022 v. 2019 (top 6)



Physical activity, sport and exercise experienced the biggest percentage point decrease in youth volunteering – 12%.

In 2019 this area had the highest youth volunteer participation rate at 39%.

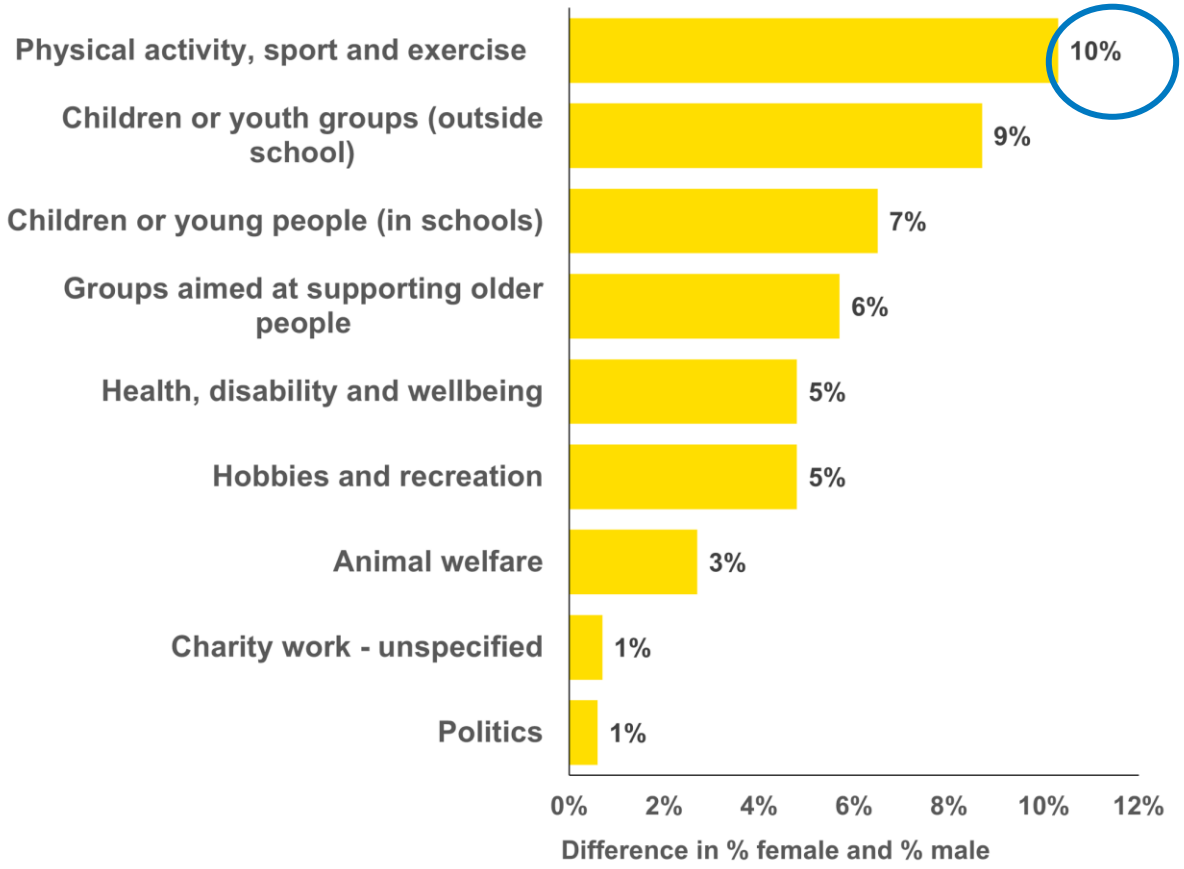
By 2022 this had declined to 27% - now third ranked in popularity.

Other activities/areas with a decline in young people volunteering between 2019 - 2022 include:

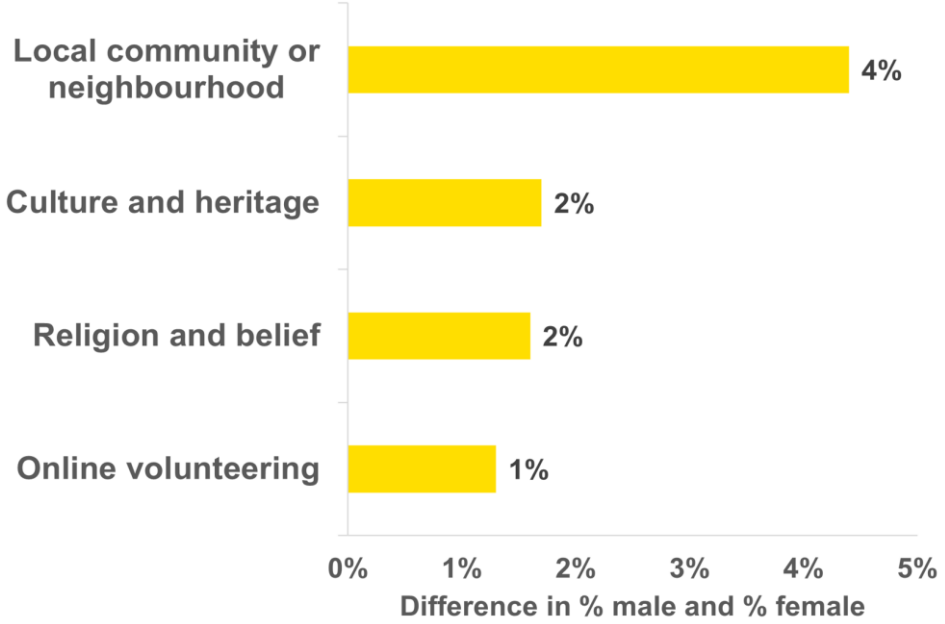
- Children or youth groups (outside school) – down 5 percentage points, from 37% to 32%.
- Health, disability and wellbeing – down 5 percentage points, from 15% to 10%.
- Hobbies and recreation – down 3 percentage points, from 23% to 20%.

Formal Youth volunteering activities 2022 - Gender

Activities with higher female participation

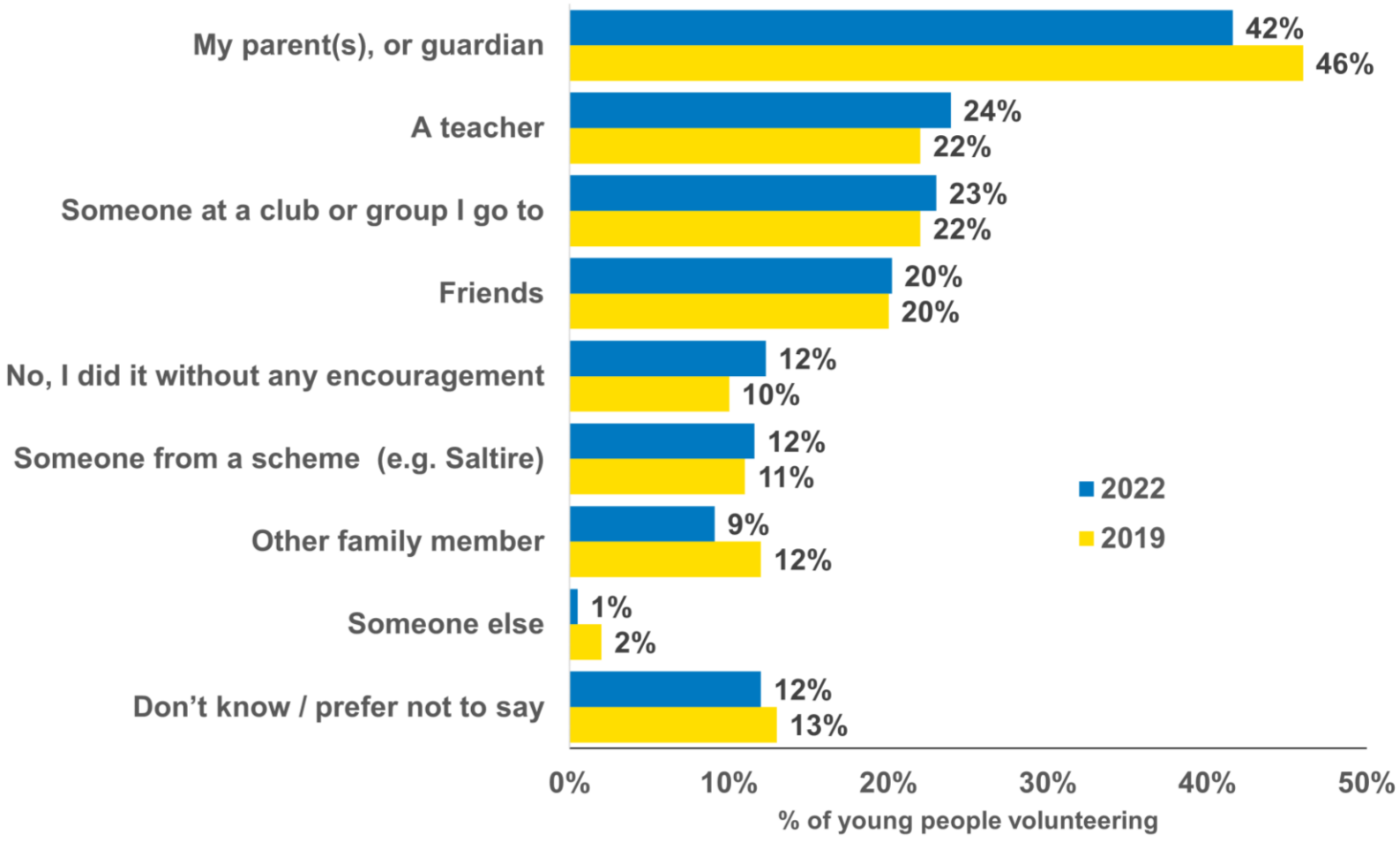


Activities with higher male participation



Males and females have equal formal volunteer participation in: Emergency services, first aid and public safety; Environmental protection; Don't know; Other; Trade unions, justice and human rights; and Retail / shop work

Routes into formal youth volunteering 2022 v 2019

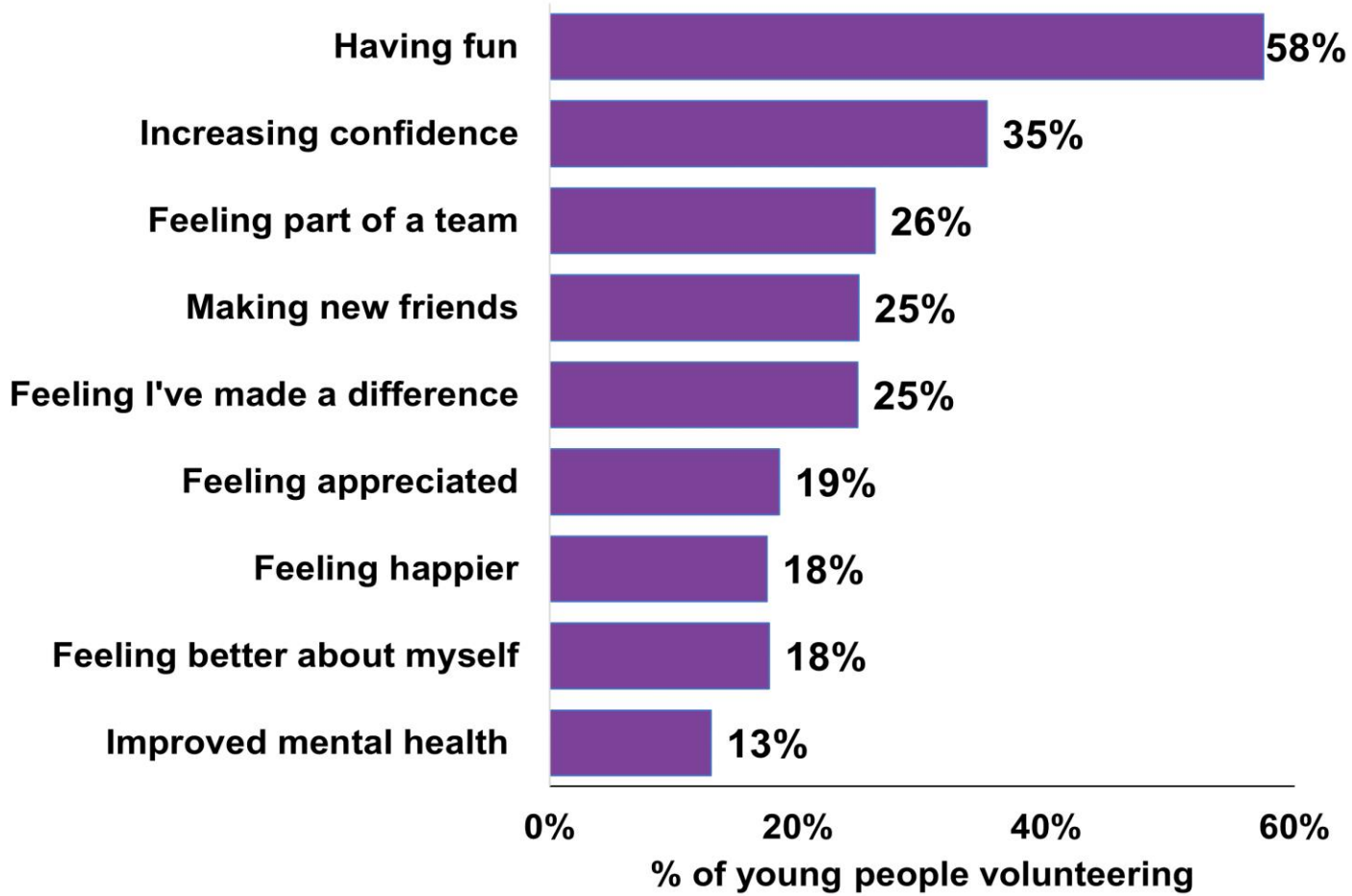


The biggest change between 2019 and 2022 was a four percentage point decrease in young people who were influenced to start volunteering by their parents or guardians.

There is a positive trend in young people undertaking volunteering without any encouragement, doubling from 6% in 2006 to 12% in 2022.

With 12% of young people being encouraged into formal volunteering by schemes we would suggest a review of the Saltire Awards, reflecting on the program's success to date in promoting youth volunteering and how this can be extended further.

Wellbeing benefits of formal youth volunteer participation

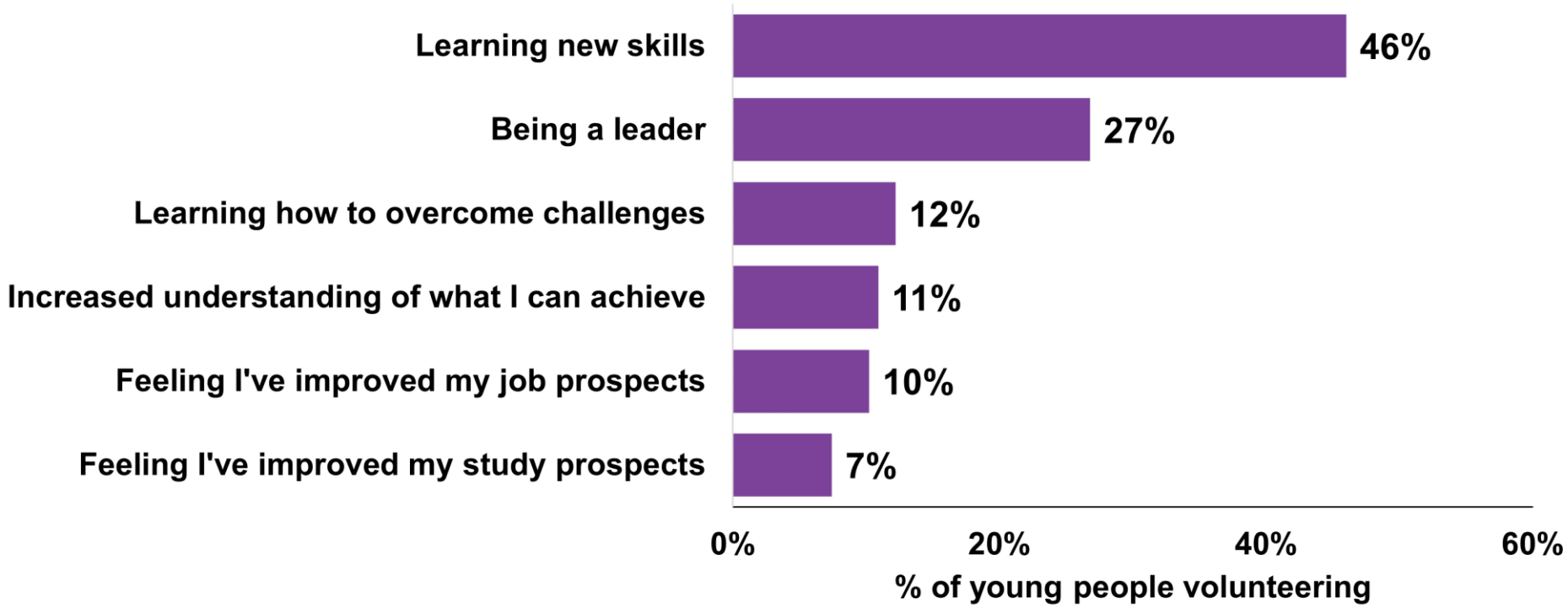


Other wellbeing benefits citied by young people include:

- Feeling less lonely or isolated – 10%
- Improved physical health – 10%
- Increased trust in others – 10%
- Don’t know – 8%
- None of these – 4%
- Prefer not to say – 2%

Inclusion of volunteering in the national curriculum could help young people reflect on the benefits from their volunteering.

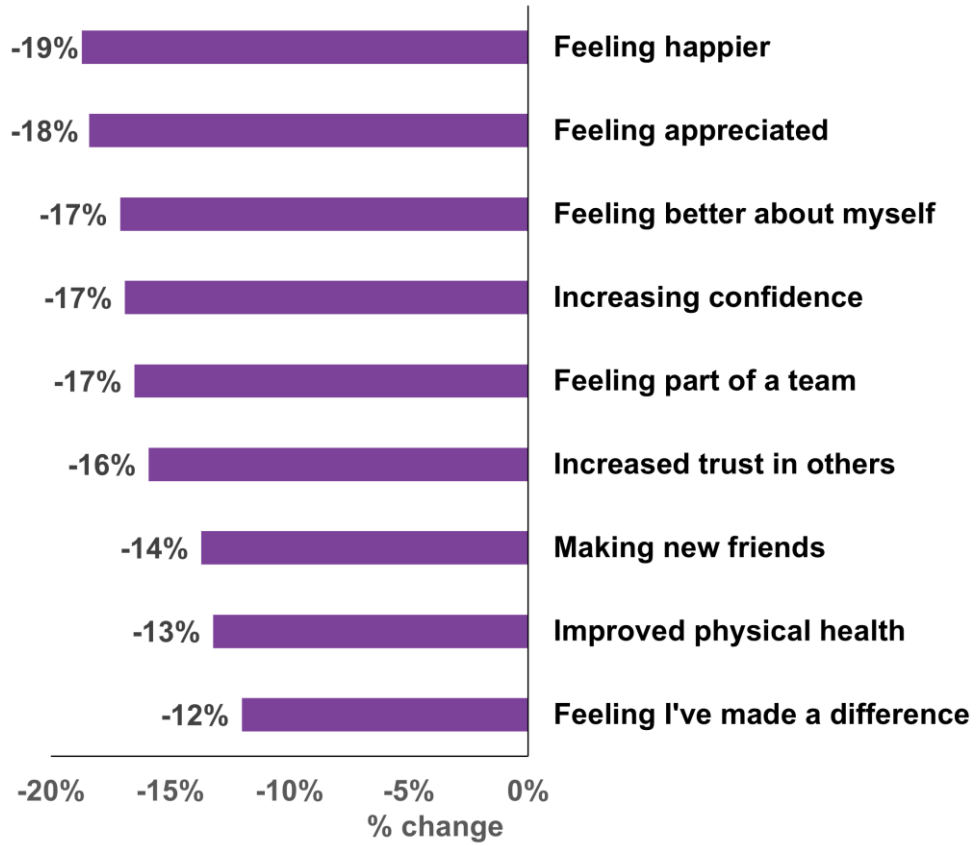
Career benefits of formal youth volunteer participation



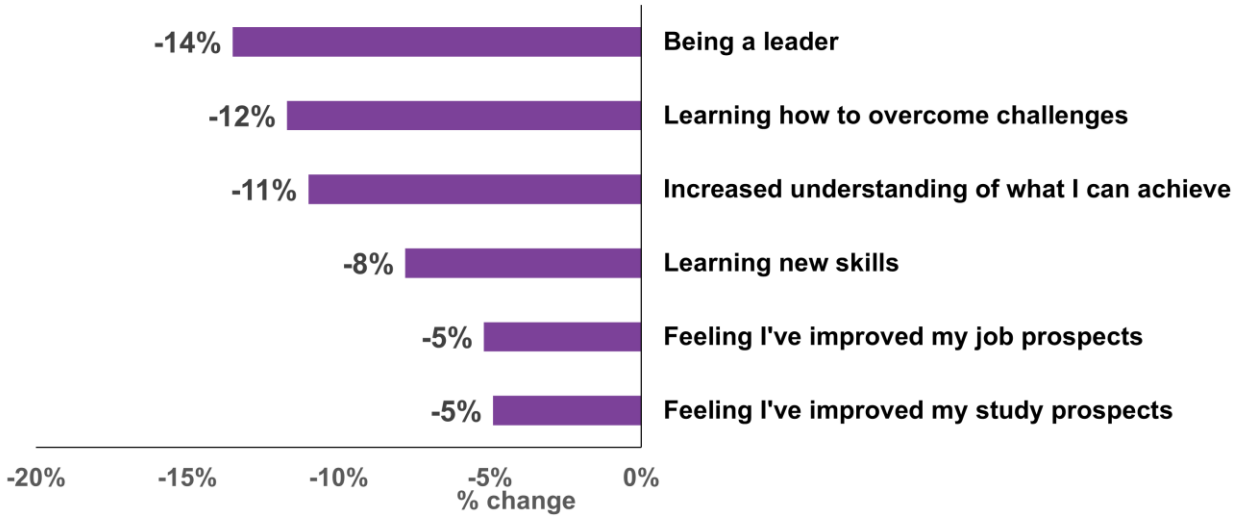
From the range of self-identified career benefits that young people derive from formal volunteering, there appears to be an opportunity to explore the role of schools, education establishments (formal and non-formal) and Skills Development Scotland in promoting the career benefits of volunteering when preparing young people for their transition into adulthood.

Changes in benefits from volunteering 2022 v. 2019

Changes in wellbeing benefits (Top 9)



Changes in career benefits

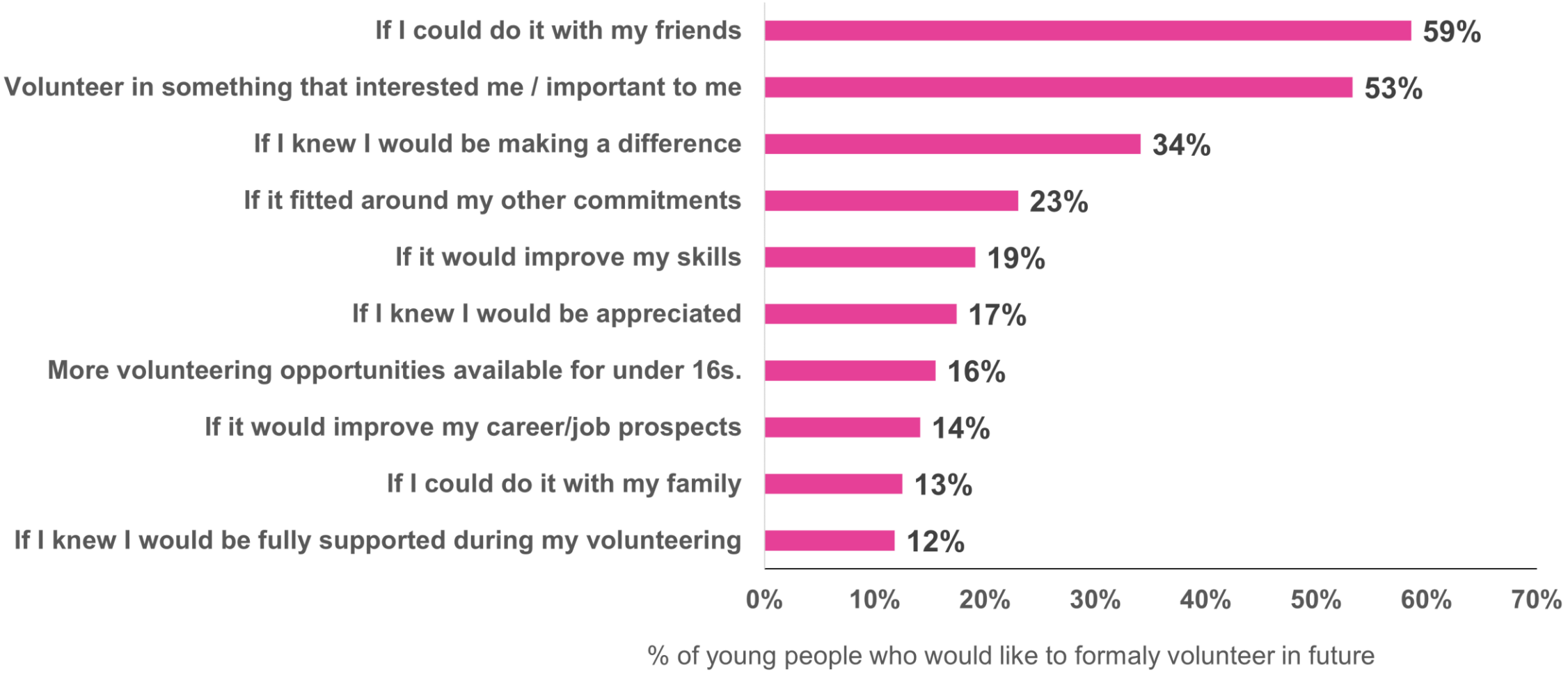


The decrease in the proportion of young people citing wellbeing and career benefits is concerning. There are emerging hypotheses for this, including:

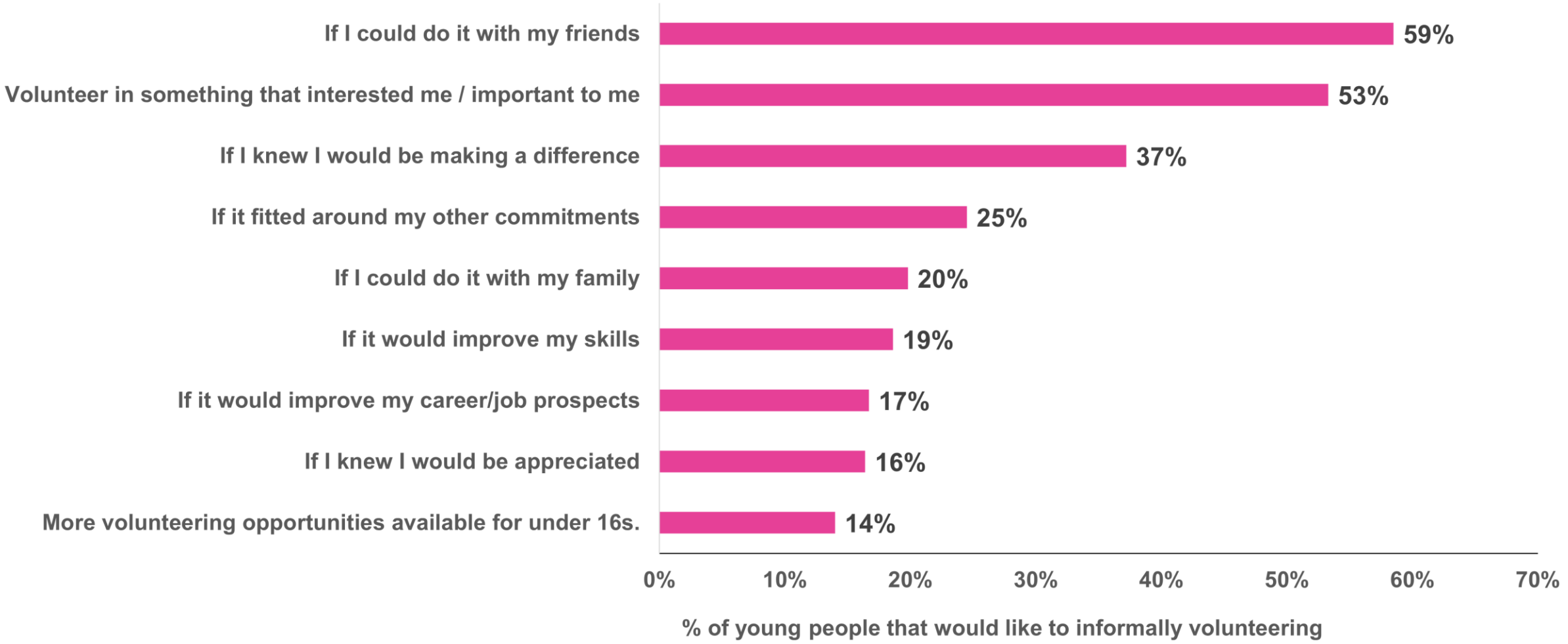
- The mental health impact of COVID-19 may have compromised young people's ability to derive health and wellbeing benefits from volunteering;
- The possibility that the 'young' volunteering roles during COVID-19 were more limited, with less scope to derive wellbeing and career benefits.

This area would benefit from additional research.

Encouragements to engage in formal youth volunteering



Encouragements to engage in informal youth volunteering



Encouragements to engage in youth volunteering

Young people also citied the following encouragements to engage in volunteering:

- Formally - If I knew I would be fully supported during my volunteering
- If I could try volunteering to see if I liked it
- If I could volunteer close to where I live
- If there was more help available to find out about volunteering opportunities
- If someone asked me to do something
- Don’t know
- Prefer not to say

We feel there are real opportunities to increase both formal and informal volunteering through:

- The inclusion of volunteering in the national curriculum to ensure that young people fully understand volunteering, what it entails and its benefits
- A campaign could debunk some of the concerns young people have around formal volunteering, for example the time commitment involved the support that will be provided.
- Volunteering involving organisations offering taster sessions so young people can experience volunteering.

Summary of key findings

1. 12 percentage point decrease in youth formal volunteer participation between 2019 and 2022, equivalent to **114,000 young people contributing 9.7 million hours.**
2. The formal volunteering participation rate for young people aged 17-18 was a remarkable 68%, which is much higher than those aged 11-16. This shows how resilient formal volunteering has been for those of school-leaving age.
3. Girls and boys were equally likely to volunteer, both formally and informally, in 2022. Historically, girls' participation has been higher than boys.
4. For the first time girls are volunteering more than boys in physical activity, sports and exercise.
5. Young people living in the 20% most deprived areas of Scotland (quintile 1) were less likely to volunteer formally than those in quintiles 2-5. For informal volunteering there was no significant variation across quintiles.
6. Young people with a long-term health condition have higher formal and informal participation rates than those without. This is counter-intuitive and is the reverse of volunteering by disabled adults.
7. Faith groups – volunteering by young people of Christian faith has declined dramatically – formal volunteering down 17 percentage points and informal volunteering down 15 percentage points.
8. Decrease in the proportion of young people citing wellbeing and career benefits, an area for concern.
9. The most important 'influencer' in encouraging young people to start volunteering or do more volunteering is the ability to volunteer with a friend. This may reflect the greater insecurity amongst young people and the comfort of engaging in volunteering with friends rather than on their own.
10. Real opportunities to increase formal and informal youth volunteering participation by incorporating the influencing factors into policy and future recruitment campaigns.

QUESTIONS

Panel Session

- **Matt Sellar, Volunteering Matters**
- **Mark Armstrong, Young Enterprise Scotland**
- **Taegan Lewis, #IWill Ambassador**



Summing up and close

- Thank you
- Volunteers’ Week
- The Power of Youth Day
- Joint Briefing

Joint Briefing - Evidence into action

Joint policy briefing with Youthlink Scotland to all MSPs and stakeholders highlights 6 key policy recommendations:

1. That volunteering should become a core part of the Scottish curriculum to ensure all young people can experience the benefits of volunteering.
2. Investment in high quality supported volunteering opportunities – focus on youth work to ensure all can participate.
3. Explore the role of schools, education establishments (formal and non-formal) and Skills Development Scotland in promoting volunteering when preparing young people for the transition into adulthood.
4. Undertake a review of the Saltire Award - reflecting on its success in promoting youth volunteer participation and providing opportunities for young people to reflect on the personal benefits of volunteering.
5. Recognise the role of youth work in raising attainment and achievement.
6. Support dedicated research into why volunteering is more accessible for young people with long-term health conditions, which could then inform specific actions in the National Transition to Adulthood Plan.

Read more here https://www.volunteerscotland.net/policy/policy-publications#Briefings

Use of this evidence in Scotland's Volunteering Action Plan

THANK YOU

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