



# Wait Awhile

## EXECUTIVE SUMMARY DOCUMENT

---

This executive summary highlights the findings of two surveys that looked into the experiences of girls aged 13-16 and women aged 50 and over in the United Kingdom. The main focus is on looking at similarities and differences found between the two age groups, but the summary also looks at any conclusions that can be drawn based on ethnicity.

### TEENAGERS POLL

Sample size: 1266  
Fieldwork dates: 31st October - 27th November 2018  
Methodology: Girls aged 13-16 across the UK were interviewed online

### OVER 50s POLL

Sample size: 1259  
Fieldwork dates: 10th October - 19th December 2018  
Methodology: Women aged 50 and over across the UK were interviewed online

### Time spent on social media

- **Out of the statements provided, girls aged 13-16 were most likely to say yes to having missed out on a real-life experience because of the time they spend on social media (42%).**
- When asked why they had done so the most popular reason given was that they wanted to do it, with nearly half of girls (47%) saying so.
- 28% of girls said they regret it a lot and as many as 57% saying they regret this a little. Only 14% said they did not regret it at all.
- BAME girls are slightly more likely to say they've missed out on a real-life experience because of the time they spend on social media (50%) than white girls (40%).
- No major differences regarding ethnicity were found when looking at reasons why girls have done so or when asked if they regret doing it.

### School work

- **Out of the statements provided, women aged 50 and over were most likely to say yes to not taking school work seriously in order to fit in as a teenager (42%).**
- Of those who said they had done so, 37% said they regret it a lot, 53% said they regret it a little and merely 10% said they do not regret it at all.
- No major differences could be found when looking at ethnicity.

### Sexual relationships

- Slightly more women aged 50 or over (27%) than said they had gone further in a sexual relationship than they were comfortable with as a teenager than girls aged 13-16 (16%).
- As many as 79% of women said they regret doing it (30% a lot and 49% a little) and 77% of girls said they regret doing it (42% a lot and 35% a little).
- When girls were asked why they had done so, the most popular answer of the options provided was that friends in real life had encouraged them (38%).
- BAME girls were slightly more likely to say they had gone further in a sexual relationship than they were comfortable with (19%) than white girls (14%).
- No major differences could be found when looking at results based on the ethnicity of women aged 50 or over.

### Sharing personal sexually explicit material

- 16% of girls aged 13-16 said they had shared personal sexually explicit material (such as picture or text messages) about themselves with someone while only 3% of women aged 50 or over said they had done so as a teenager.
- 39% of girls said they had done so because they wanted to, 31% because friends in real life encouraged them and 25% because friends online encouraged them.
- The majority of girls said they regret sharing sexually explicit material about themselves - 46% said they regret it a lot and 34% said they regret it a little.
- 11% of girls aged 13-16 said they had shared personal sexually explicit material about someone else, while only 2% of women said they had done so as a teenager.
- 36% of girls said they had done so due to friends in real life encouraging them, 29% said they wanted to do it and 21% said friends online encouraged them.
- Just over half (51%) of girls say they regret sharing sexually explicit material about someone else and 32% said they regret it a little. Only 14% said they did not regret it at all.
- BAME girls are slightly more likely to say they have shared explicit materials about themselves (22% BAME vs 14% white) or of others (15% BAME vs 10% white) than white girls.
- Similarly, despite figures for both groups being very low, BAME women were more likely than white women to say both that they had shared sexually explicit material about themselves (8% BAME vs 1% white) or of others (6% BAME vs 1% white) with someone.

### Taking antidepressants

- More girls aged 13-16 (15%) said they had taken antidepressants because of the stress and anxiety they were facing than women aged 50 or over had done as teenagers (8%).
- BAME women were more likely to say they had taken antidepressants as a teenager (15%) than white women (7%).
- Slightly more BAME girls (19%) said they had taken antidepressants than white girls (14%).
- Just over half of teenagers (51%) said they had done so because they wanted to do it with 32% saying they had done so because their family encouraged them to do it.
- 48% of both teenagers and women said they did not regret taking antidepressants at all.
- The sample size here was too small to make robust conclusions based on ethnicity as to why girls took them and whether girls or women regret taking them.

## Changing appearances

- Only 8% of girls aged 13-16 say they've permanently changed their appearance by getting tattoos.
- Even fewer (6%) of girls aged 13-16 said they have permanently changed their appearance by getting cosmetic plastic surgery for non-medical reasons. BAME girls were slightly more likely to say they had done so (9%) than white girls (5%).
- When looking at women aged 50 or over, merely 5% said they had got tattoos as a teenager and even fewer (3%) had changed their appearance permanently by getting cosmetic plastic surgery for non-medical reasons as a teenager.
- Despite figures being low, BAME women were slightly more likely to say that they had gotten tattoos as a teenager (9%) than white women (5%). Similarly, BAME women were slightly more likely to say that they had had cosmetic surgery for non-medical reasons as a teenager (7%) than white women (2%).
- The sample size here was too small to make robust conclusions as to whether they regret doing the above and why they had done so.

## Spending time with people from another race, culture or religion

- Overall, girls aged 13-16 are more likely to do all of the activities listed with people from another race, culture or religion than women aged 50 and over.
- Both BAME girls aged 13-16 and BAME women aged 50 and over are more likely to do all of the activities listed with people from another race, culture or religion than white women of the same age groups.

## *Girls aged 13-16 compared to women aged 50 and over*

- Girls are a lot more likely to say that they go to school with (85%), than women are to say they work (42%) with, people from another race, culture or religion.
- Girls are also more likely than women to say both that they spend time at the houses of, or at their own house with, people from another race, culture or religion.
- There is no significant difference between whose house is in question, whether it's their own house or the house of the person from another race, culture or religion.
- Girls again are more likely to say they spend time with people from another race, culture or religion outside of school than women are to say that they do outside of work - 72% of girls say they do this compared to 46% of women.

- The majority of both groups say they have not had romantic relationships with people from another race, culture or religion. Yet, girls (22%) are slightly more likely to say they have had a romantic relationship with someone from another race, culture or religion than women (17%).

	Yes		No		Don't know	
	Girls	Women	Girls	Women	Girls	Women
Go to school / work with them	85%	42%	14%	55%	1%	4%
Spend time with them at my house	59%	43%	39%	55%	1%	2%
Spend time with them at their house	60%	41%	38%	58%	3%	2%
Spend time with them outside school/work or our homes, such as by going shopping or to the cinema	72%	46%	27%	51%	2%	3%
Have romantic relationships with them	22%	17%	73%	80%	4%	3%

### *White women compared to BAME women*

- Only 37% of white women aged 50 and over say they go to work with people from another race, culture or religion, whereas 61% of BAME women say they do.
- 72% of BAME women aged 50 and over say they spend time at their house with, and 73% say they spend time at the houses of people from another race, culture or religion.
- In comparison, only 36% of white women aged 50 or over spend time at their house with, and 33% at the houses of, people from another race, culture or religion.
- BAME women aged 50 and over are much more likely to say they spend time with people from another race, culture or religion outside work or homes (76%) than white women (39%).
- BAME women aged 50 and over are also much more likely to say they have romantic relationships with people from another race, culture or religion (44%) than white women (11%).

### *White girls compared to BAME girls*

- BAME girls are slightly more likely to say they go to school with people from another race, culture or religion (89%) than white girls (84%), although both figures are high.

- 71% of BAME girls aged 13-16 and over say they spend time at their house with, and 74% say they spend time at the houses of people from another race, culture or religion.
- In comparison, only 56% of white girls spend time at their house with, and 55% at the houses of, people from another race, culture or religion.
- 84% of BAME girls and 68% of white girls spend time with people from another race, culture or religion outside their school or homes.
- More BAME girls say they have romantic relationships with people from another race, culture or religion (37%) than white girls (18%).

### Teasing others

- Overall, very few girls aged 13-16 and women aged 50 and over said that they have teased other girls or women because of any of the reasons given as options.
- This being said, for all the options provided, girls are more likely to say they have teased other girls than women are to say they have teased other women.
- Out of the options provided, both girls aged 13-16 and women aged 50 and over are most likely to tease others due to their height or weight.

### Teenage girls compared to older women

- Nearly all girls and women said they had not teased others due to the colour of their skin or for wearing religious dress. Only 5% of girls and 3% of women said they had done the former, and only 6% of girls and 4% of women the latter.
- Girls were more likely than women to say they've teased others by suggesting they are linked to terrorism groups or activities, however numbers for both groups here too were very low with only 6% of girls and 2% of women saying they'd done so.
- Girls were more also likely than women to tease others by making comments about their height or weight (19% vs. 10%), their sexuality (12% vs. 4%) or their mental health (14% vs. 5%).

	Yes		No		Don't know	
	Girls	Women	Girls	Women	Girls	Women
Their height or weight	19%	10%	79%	89%	2%	1%

The colour of their skin	5%	3%	94%	97%	1%	<1%
Them wearing religious dress (e.g. headscarves, burkas or niqabs)	6%	4%	94%	95%	1%	1%
Suggesting they are linked to terrorism groups or activities	6%	2%	93%	98%	1%	<1%
Sexuality (e.g. by using words such as gay in a negative way)	12%	4%	87%	95%	1%	1%
Mental health (e.g. by using words such as crazy in a negative way)	14%	5%	84%	93%	2%	1%

#### *White women compared to BAME women*

- BAME women aged 50 and over are more likely to say they've teased other women by making comments about their mental health (12%) than white women (4%).
- BAME women aged 50 and over are more likely to say they've teased other women because of their height or weight (19%) than white women (7%).
- BAME women aged 50 and over are slightly more likely to say they've teased other women over the colour of their skin (7%) than white women (2%), although figures for both are very low.

#### *White girls compared to BAME girls*

- BAME girls are more likely to tease other girls by making comments about their height or weight (26%) than white girls (17%).
- No other major differences could be found when comparing white and BAME girls on whether they had teased other girls due to various reasons.