

‘Growing up in Dunoon’

What do our parents/
carers and children and
young people say?

What does our Dunoon data tell us?



Dunoon Grammar School - 2023

WELLBEING

41%

Sleep on average 8 hours or more a night



17%

Of **girls** say their mental health is good or very good



45%

Of **boys** say their mental health is good or very good



45%

Of **girls** say their physical health is good or very good



67%

Of **boys** say their physical health is good or very good



LEISURE

59%

Spend 3 hours or more daily on social media



18%

Participate in art, drama, or musical instrument classes **once** a week or more



17%

Play sports with a team **3 times** a week or more

13%

Stayed outside after midnight once or more in the past week



SUBSTANCE

16%

Were drunk in the past 30 days



17%

Say most of their friends become drunk at least once a month



21%

Use e-cigarettes daily



22%

Have tried cannabis in their lifetime



5%

Smoke cigarettes daily



SCHOOL

55%

Often or always feel safe at school

49%

Think the adults at school care about them

40%

Feel unhappy at school



82%

Have friends at school that care about them



61%

Get along with their teacher often or always



ADULT'S RESPONSES

What is good about growing up in Dunoon?



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- Strong sense of (small) community
- Safe place to raise a family
- Quiet/ not too busy
- Freedom
- Networks of support – being close to family, having friends, knowing who your children are friends with, making friends for life
- The people
- Access to Gaelic education
- Outdoors/ access to water/ outdoor activities
- Clubs
- Clean environment/ the nature
- Easy access to Greenock and Glasgow
- Nothing
- Being away from people



CHILDREN'S RESPONSES

What is good about growing up in Dunoon?

- ▶ Freedom to play outdoors
- ▶ Not too busy
- ▶ Quiet
- ▶ Smaller pollution
- ▶ Less litter
- ▶ Beautiful scenery
- ▶ Know lots of people
- ▶ Lots of outdoor spaces
- ▶ Being close to the sea
- ▶ Being close to family
- ▶ Seeing grandparents
- ▶ Living close to school
- ▶ Safe



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ADULT'S RESPONSES

What improvements can be made for young people growing up in Dunoon?



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- Somewhere in town for teens to go (after school and weekends)
- Wider range of (supervised/ free/ affordable/ non-religious) activities (i.e., a youth club)
- Improved signposting to activities/opportunities available – not only shared on social media
- Free use of green spaces (and forest around school) – make better use of community playgrounds and improve playparks
- Opportunities to continue to live and work in the area after leaving school
- Better transport links – particularly to rural areas
- Shops with clothes and school essentials for kids



CHILDREN'S RESPONSES

What improvements can be made for children and young people?

Rural schools

- ▶ Need more children to play with
- ▶ More clubs like drama and gymnastics
- ▶ Swimming in our village

Urban schools

- ▶ More shops
- ▶ Tween friendly things to do
- ▶ More sports facilities (indoor)
- ▶ Fix roads and pavements
- ▶ A bridge to get to Glasgow quicker
- ▶ An outdoor pool



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ADULT'S RESPONSES

What concerns do you have for your child and other young people?



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- Drugs and alcohol use/ addiction
- Vaping
- Issues with social media
- Using the internet
- Lack of mental health support
- Not enough to do for those 11+ / lack of opportunities/ services/ clubs
- Boredom
- More accessible walking/cycling routes
- Costs of having to study / move away
- Peer pressure
- Other people
- Social isolation/ making friends (too much online/tech interactions)
- Bullying/ cyber bullying
- Mobile phones
- Not being allowed to play sport during school breaks
- Jobs to support retainment
- Xenophobia



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What worries do you have about growing up?

Urban schools

- ▶ Road safety
- ▶ No university
- ▶ Bullying
- ▶ Not being used to living in a city
- ▶ Smoking/vaping
- ▶ Irresponsible teenagers



Planet Youth

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NHS
Highland
na Gàidhealtachd

ADULT'S RESPONSES

What age should a child have a mobile phone?

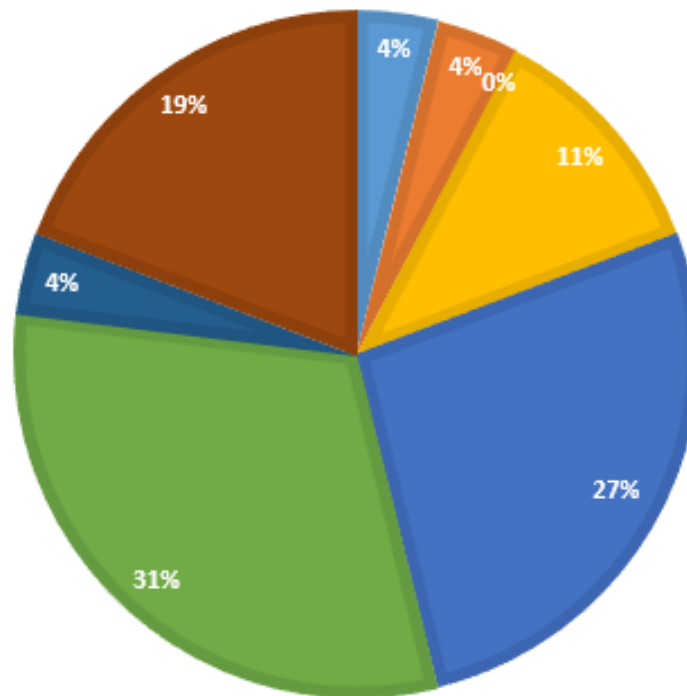


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WHAT AGE SHOULD A CHILD HAVE A MOBILE PHONE?

■ Under 8 ■ 8 ■ 9 ■ 10 ■ 11 ■ 12 ■ 13 ■ 14+



Most adults
said age 12.



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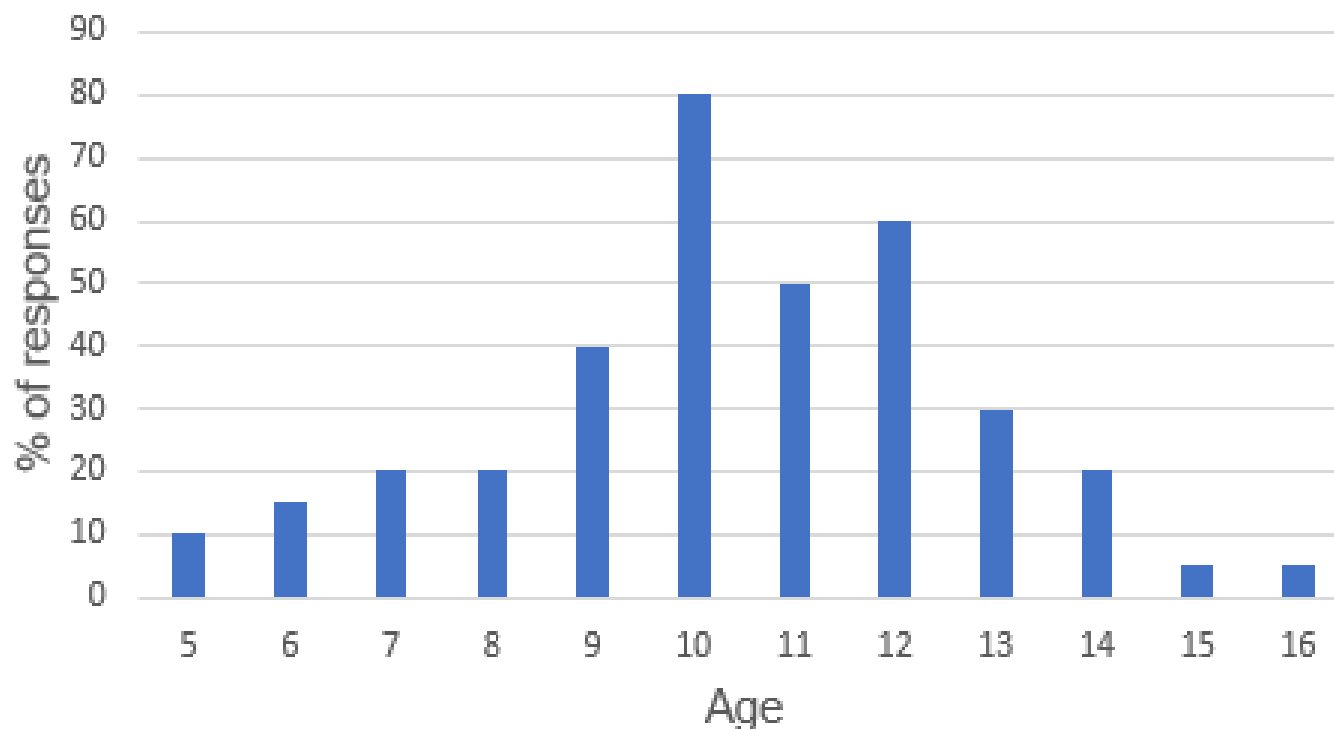
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CHILDREN'S RESPONSES

What age should a child have a mobile phone?



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Most children said age 10.



ADULT'S RESPONSES

What age should a child/young person have access to social media, e.g. Snapchat?

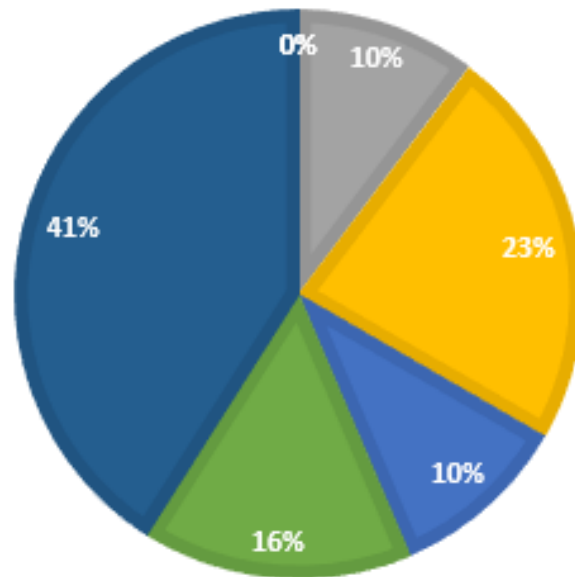


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WHAT AGE SHOULD YOUR CHILD HAVE ACCESS TO SOCIAL MEDIA, E.G. SNAPCHAT?

Under 10 10 11 12 13 14 15+



Most adults
said age
15+.



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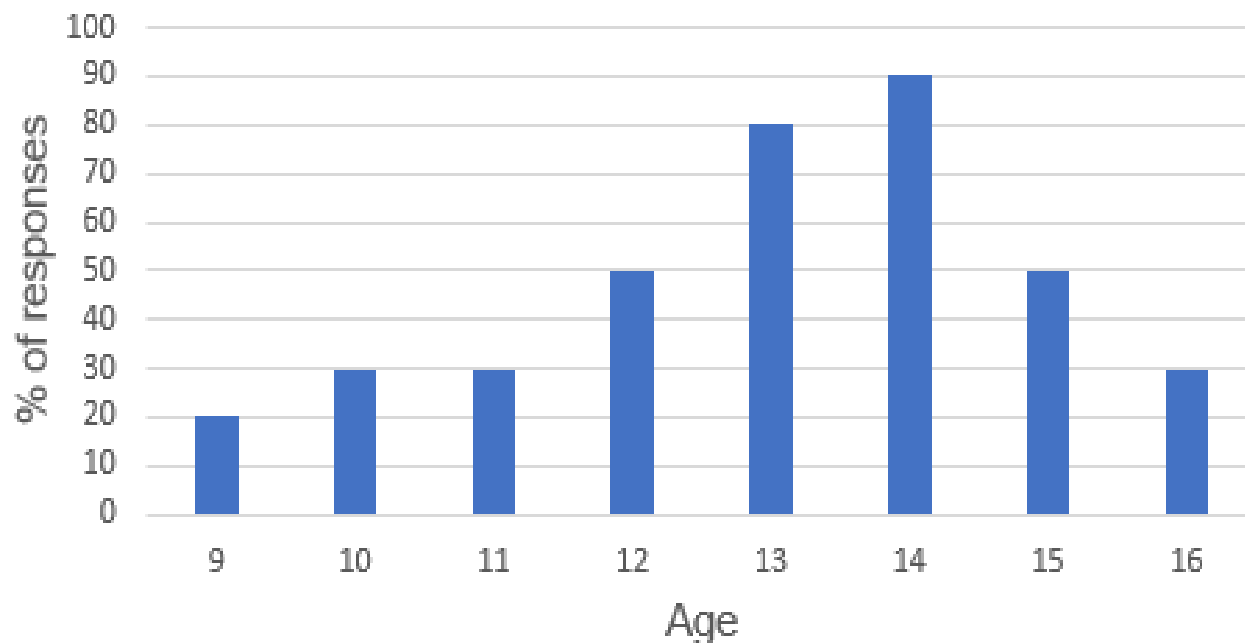
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CHILDREN'S RESPONSES

What age should a child/young person have access to social media, e.g. Snapchat?



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Most children said age 14.



ADULT'S RESPONSES

What time should a 10-year-old go to bed?

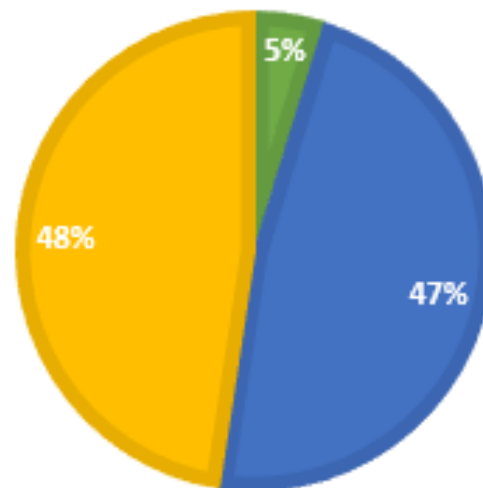


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WHAT AGE SHOULD A 10 YEAR OLD GO TO BED?

■ 8pm ■ 8.30pm ■ 9pm

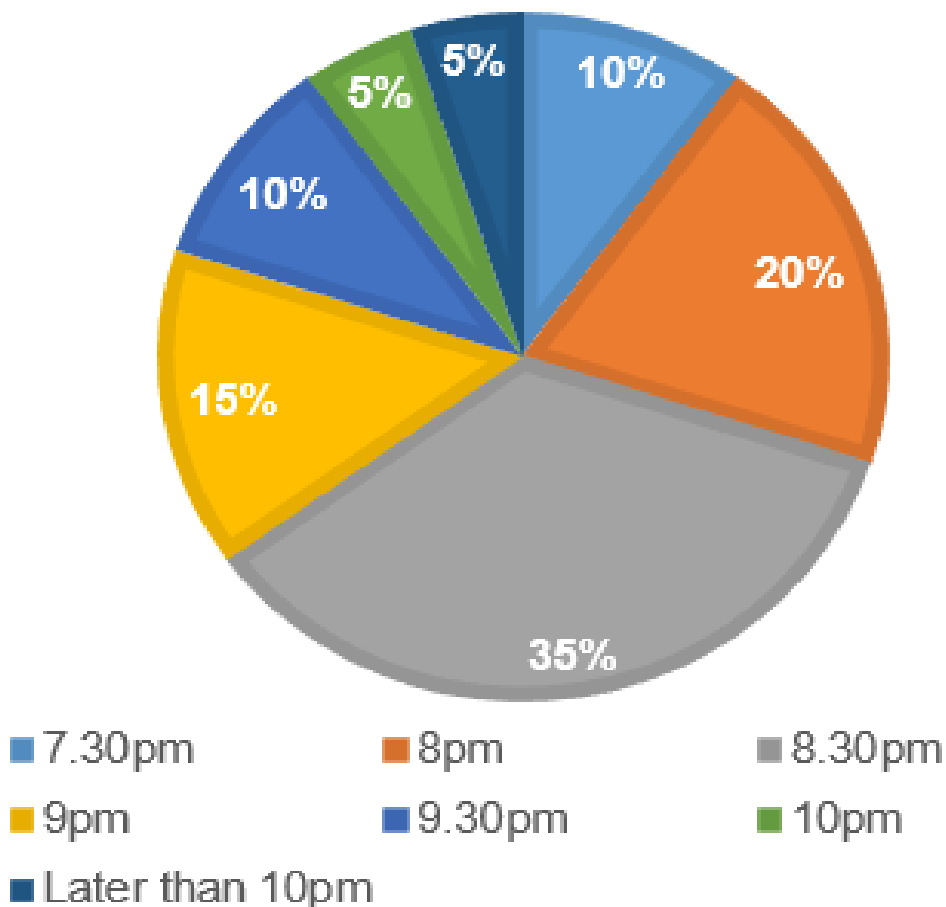


Most adults said between 8.30 and 9pm.



CHILDREN'S RESPONSES

What time should a 10-year-old go to bed?



**Most
children said
8.30pm.**



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ADULT'S RESPONSES

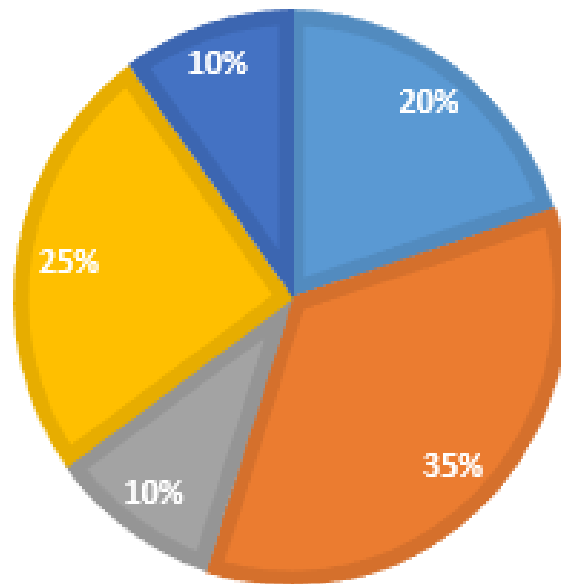
How much screen free time should a child/young person have before bed?



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■ 3 hours ■ 2 hours ■ 2 hours 30 mins ■ 1 hour ■ 1 hour 30 mins ■ No screen free time



**Most adults
said 2 hours.**

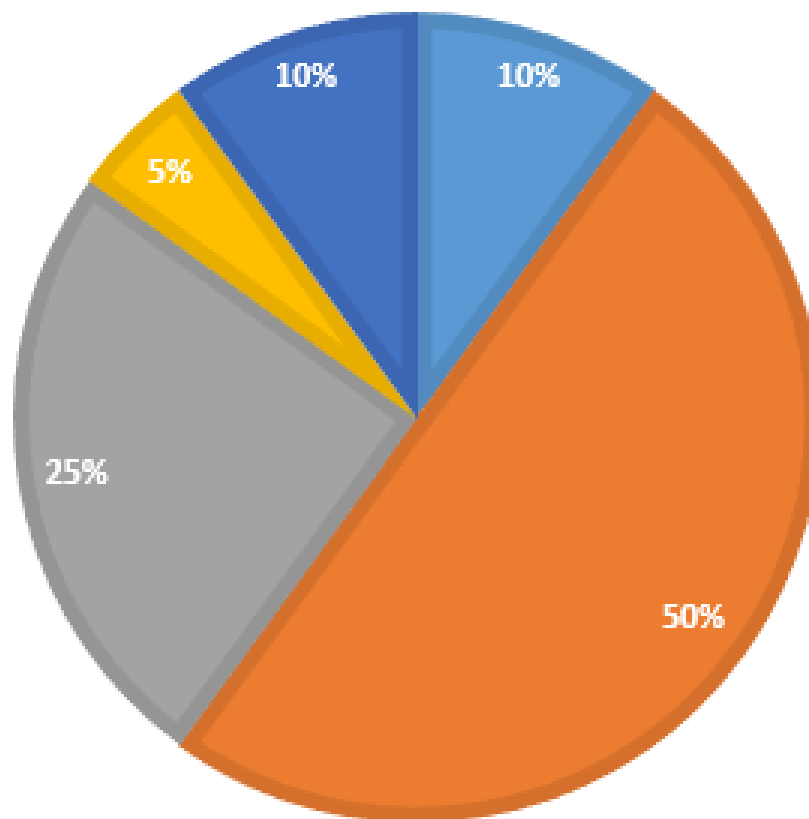


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CHILDREN'S RESPONSES

How much screen free time should a child/young person have before bed?



■ 30 mins ■ 1 hour ■ 2 hours ■ 3 hours ■ No screen free time



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**Most
children 1
hour.**



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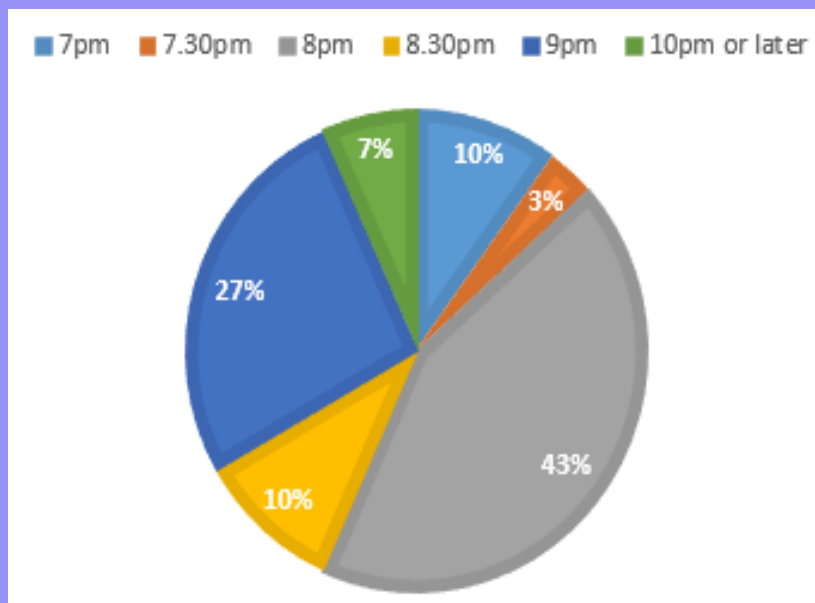
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ADULT'S RESPONSES

What time should 13-year-olds be expected to return home at night?



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The majority of adults said 8pm.
About 25% said this could be later during the summer.



CHILDREN'S RESPONSES

What time should 13-year-olds be expected to return home at night?

- ▶ 7pm – This means you have been out for a long time but you need time for dinner and homework
- ▶ It depends when it gets dark
- ▶ 8pm so you can spend time with your family
- ▶ Earlier on a school night than a weekend night



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The majority of pupils said between 9pm and 9.30pm.

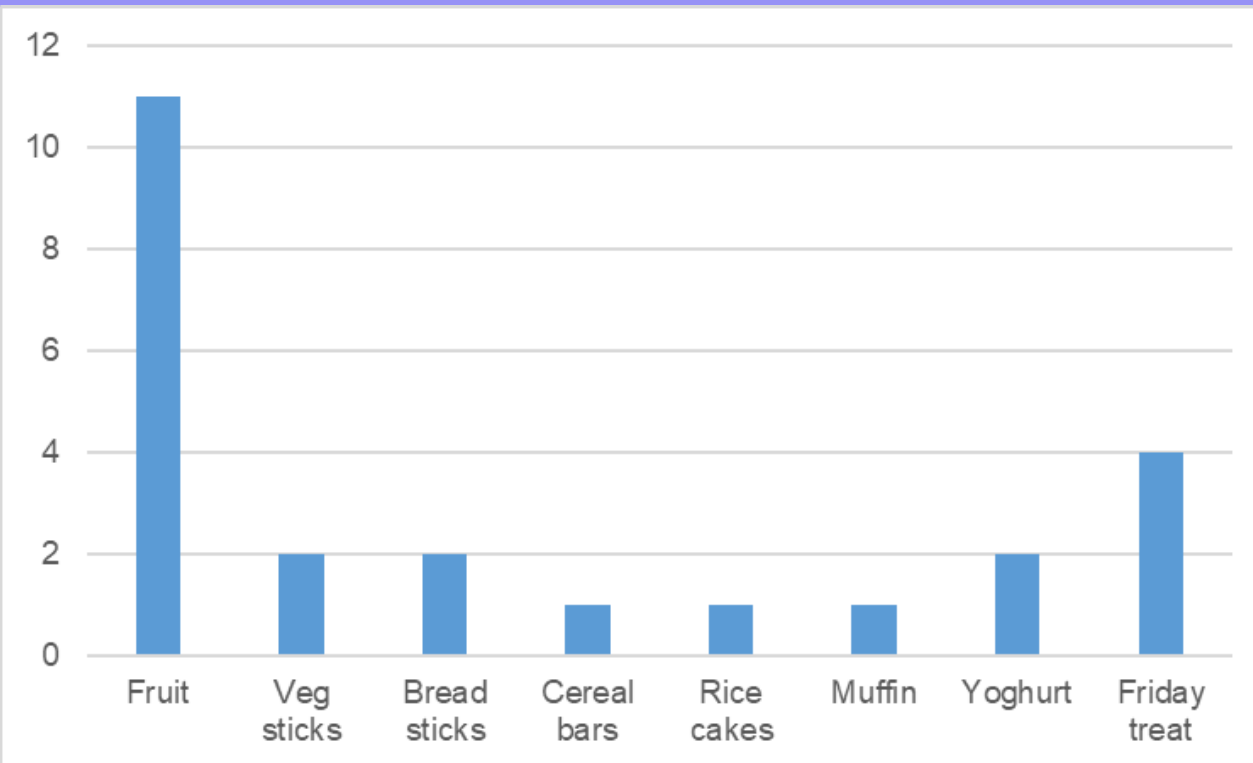


ADULT'S RESPONSES

What is a suitable snack for a primary school child?



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Fruit is the most popular.



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CHILDREN'S RESPONSES

What is a suitable snack for a primary school child?



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Crisps and fruit are most popular.



ADULT'S RESPONSES

What makes a healthy lunch box?

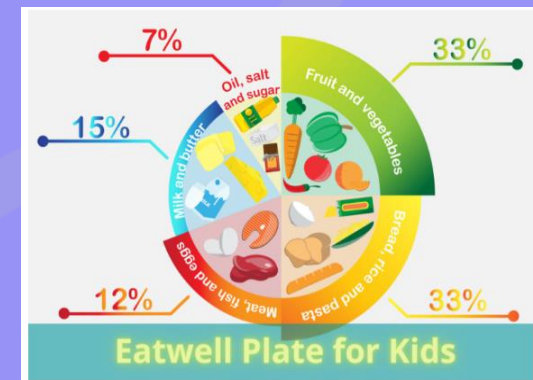
All parents commented on the need for a balanced diet that included protein, carbs, calcium, iron and less processed foods.

A few parents commented that the lunch box should contain food you know your child eats.

The occasional treat was also noted by a few parents.



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CHILDREN'S RESPONSES

What makes a healthy lunch box?

Sandwich or wrap

Veg sticks

Fruit

Smoothie

Pasta

Yoghurt



Water

Crisps

A little treat 😊



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ADULT'S RESPONSES

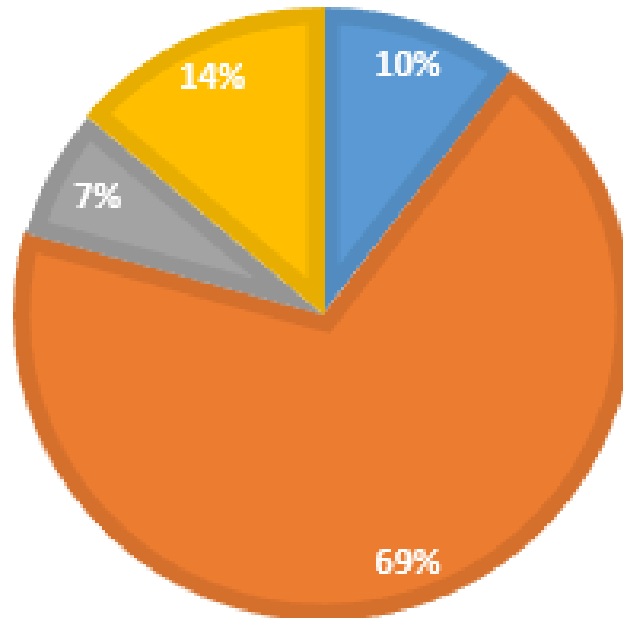
How much sleep does a teenager need daily?



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■ Less than 8 hours ■ 8 - 9 hours ■ 9 - 10 hours ■ More than 10 hours



Most adults
said 8 – 9
hours.

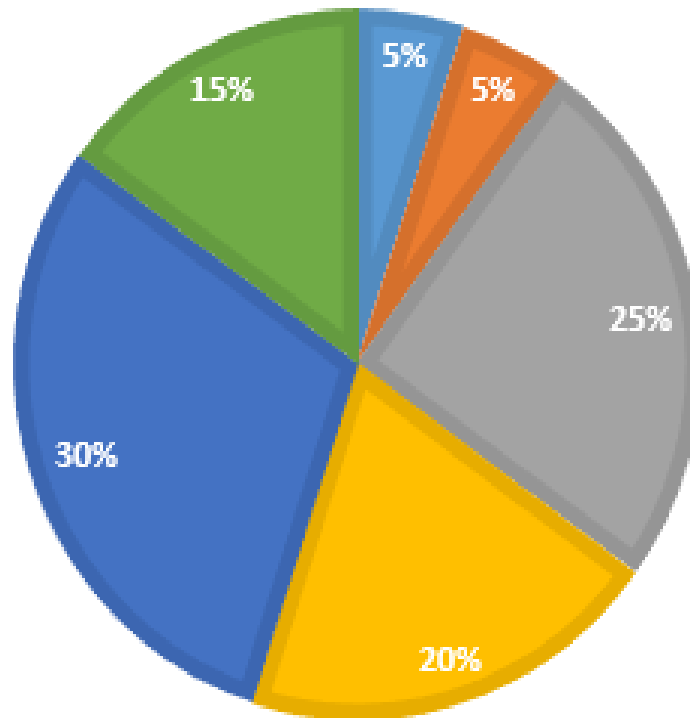


CHILDREN'S RESPONSES

How much sleep does a teenager need daily?



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Most children said 10 hours.

■ Less than 7 hours ■ 7 hours ■ 8 hours ■ 9 hours ■ 10 hours ■ More than 10 hours

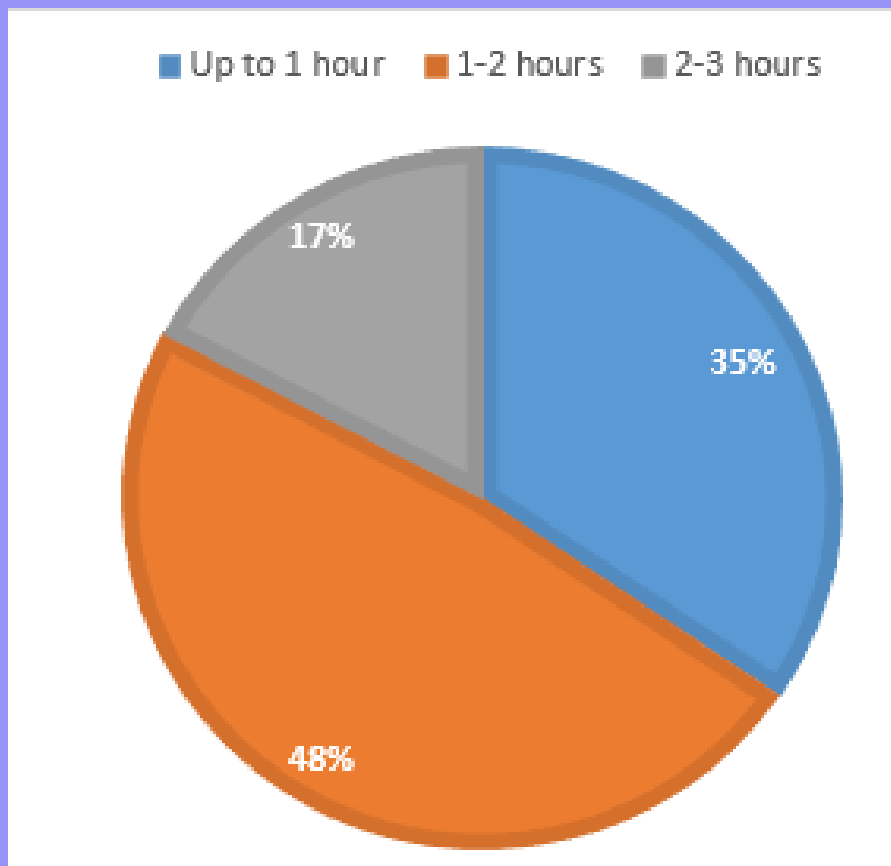


ADULT'S RESPONSES

How much physical activity should young people aged 5-18 do to keep healthy? *per day



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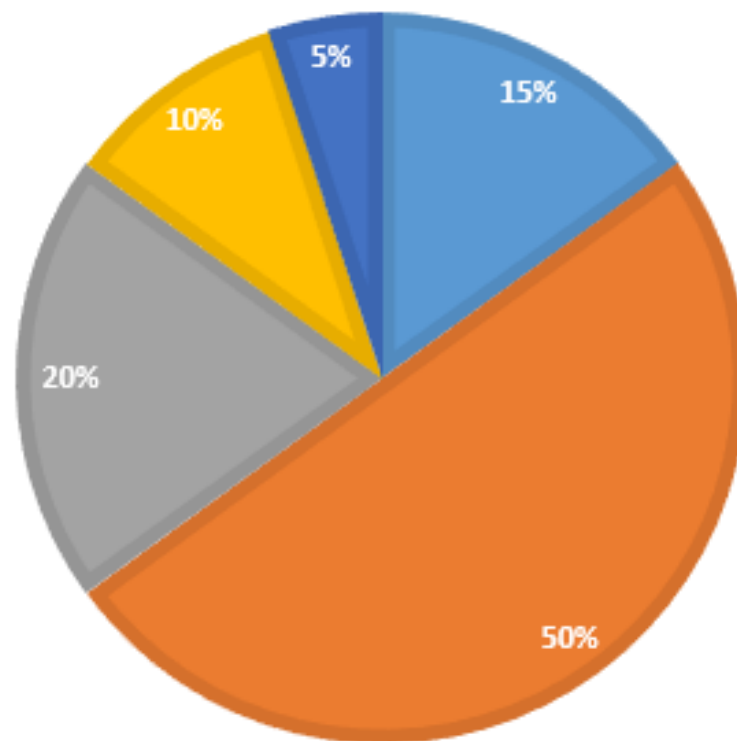


Most adults
said 1 – 2
hours.



CHILDREN'S RESPONSES

How much physical activity should young people aged 5-18 do to keep healthy? *per day



■ 1 hour ■ 2 hours ■ 3 hours ■ 4 hours ■ 5 hours

**Most
children said
2 hours.**



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ADULT'S RESPONSES

What supports good mental health in children and young people?



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- Positive relationships (family, friends and school)
- Love
- Open conversations
- Time spent with parents
- Parents not being under stress
- Talking
- Being outside/fresh air
- Feeling listened to
- Stability
- Alone time
- Access to counselling
- Positive coping strategies
- Limited screen time
- Not living in poverty
- Exercise
- Boundaries
- Good mental health in family



CHILDREN'S RESPONSES

What supports good mental health in children and young people?

- ▶ Humour/jokes
- ▶ Reading a book
- ▶ Playing outside
- ▶ Spending time with family and friends
- ▶ Sleeping
- ▶ Pets
- ▶ No social media/phones
- ▶ Hugs
- ▶ Eating a meal
- ▶ Talking to people
- ▶ Playing football and sports
- ▶ Cleaning and organising
- ▶ Treats
- ▶ Being creative
- ▶ Listening to music
- ▶ Colour in or draw
- ▶ Play video games
- ▶ Watch TV
- ▶ Going to school



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ADULT'S RESPONSES

How do we tackle the growing culture of vaping amongst our children and young people?

- Ask them!
- Ban it
- Raise prices in line with cigarettes
- Quality education
- Better enforcement
- Make them less available
- Educate parents/carers



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CHILDREN'S RESPONSES

How do we tackle the growing culture of vaping amongst our children and young people?

- ▶ Don't sell them in shops
- ▶ Adverts and posters about why it is bad for you
- ▶ Ban them for everyone that's born after 2005
- ▶ Make it criminal/illegal
- ▶ Don't let young people be exposed to vaping
- ▶ Put warnings on packaging like they do with cigarettes
- ▶ Stop having fruit flavours, this encourages young children, make it taste disgusting
- ▶ Be a role model and not vape when older as younger children might see this as being appropriate



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ADULT'S RESPONSES

At what age should your child access the following everyday?

Most adults said...



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Mobile phone

11

Ranged from never-16

Make up

13

Ranged from 8-16

iPad/ tablet

8-9

Ranged from <5-15

Polished nails

16

Ranged from
whenever-16

Gaming device

10

Ranged from 8-18

Self-tan

16

Ranged from
never-18



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CHILDREN'S RESPONSES

At what age should your child access the following everyday?



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Most children said...

Mobile
phone

12

Make up

13

iPad/
tablet

5

Polished nails

10

Gaming
device

10

Self-tan

14

