



# ‘Growing up in Dunoon’



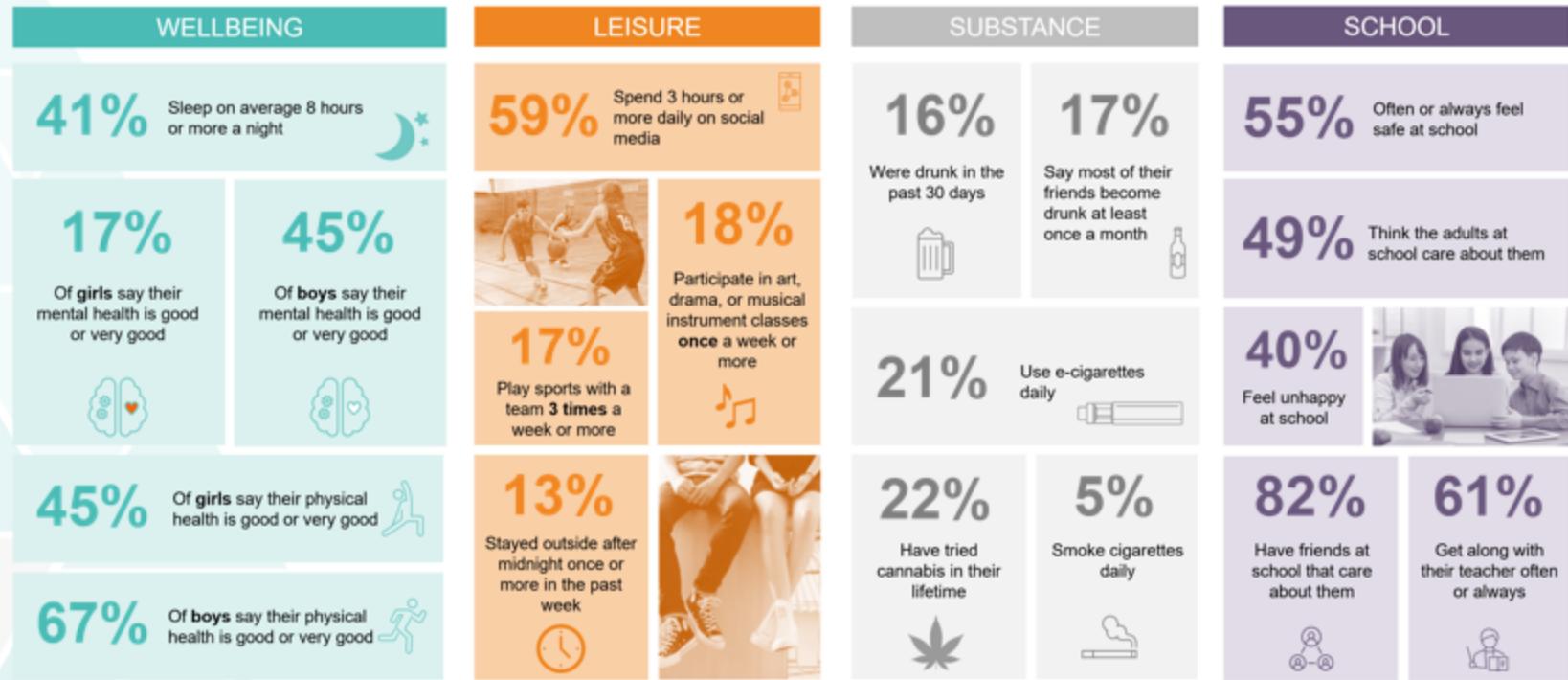
PARTNER Argyll & Bute

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



# What does our Dunoon data tell us?

## Dunoon Grammar School - 2023



## What is good about growing up in Dunoon?

- 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



PARTNER Argyll & Bute



Bute • Helensburgh • Islay • Oban • Mull • Campbeltown • Iona • Dunoon • Tiree • Lochgilphead • Seil ...



#abplace2b

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

- 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?



PARTNER Argyll & Bute



### 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



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



PARTNER Argyll & Bute



- 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



# CHILDREN'S RESPONSES

## What worries do you have about growing up?



PARTNER Argyll & Bute



### Rural schools

- ▶ None – we like where we live
- ▶ Moving to high school from my wee village school



### Urban schools

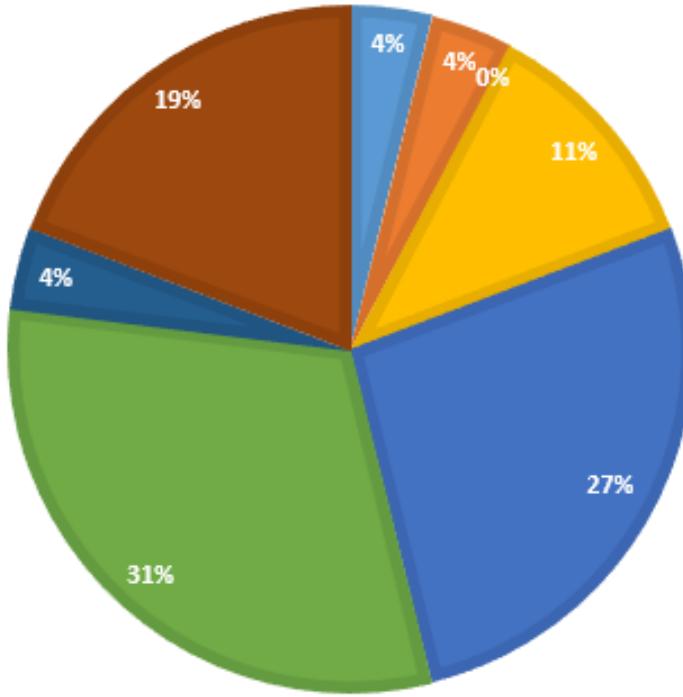
- ▶ Road safety
- ▶ No university
- ▶ Bullying
- ▶ Not being used to living in a city
- ▶ Smoking/vaping
- ▶ Irresponsible teenagers



## What age should a child have a mobile phone?

### WHAT AGE SHOULD A CHILD HAVE A MOBILE PHONE?

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



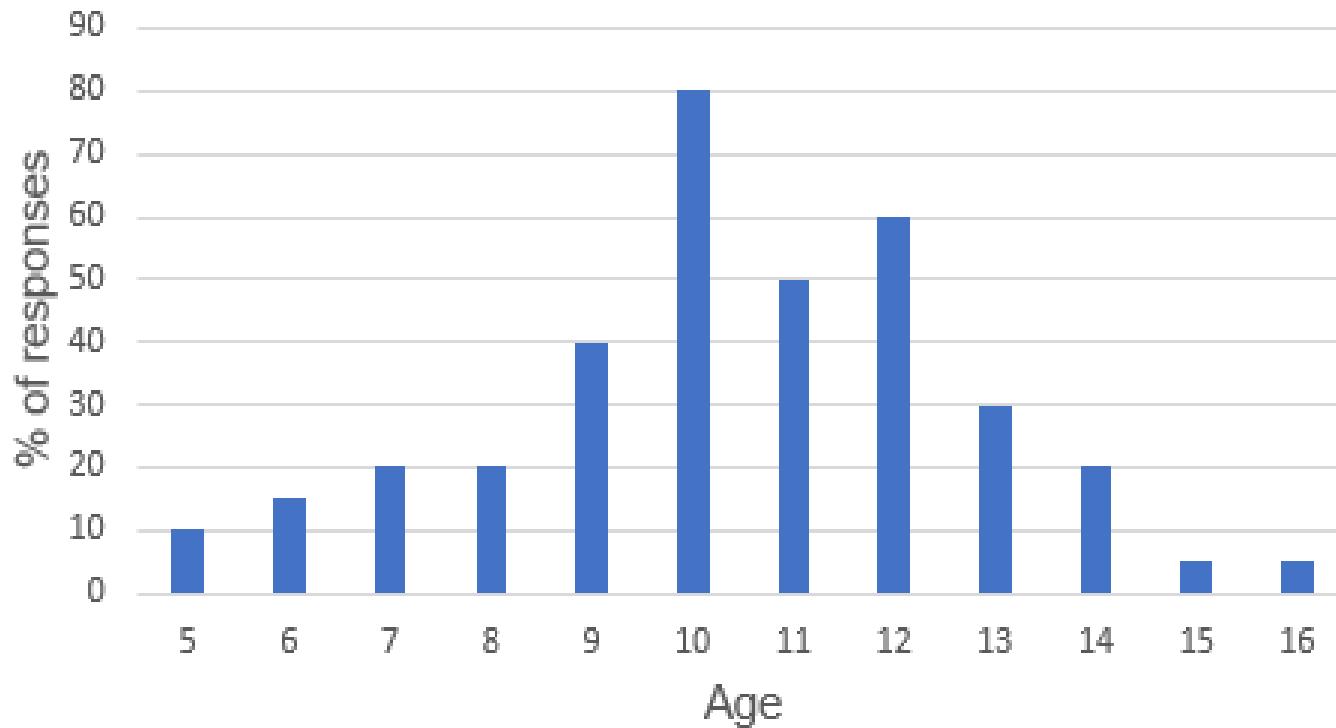
Most adults  
said age 12.

# CHILDREN'S RESPONSES

## What age should a child have a mobile phone?



PARTNER Argyll & Bute



Most children said age 10.



# ADULT'S RESPONSES

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

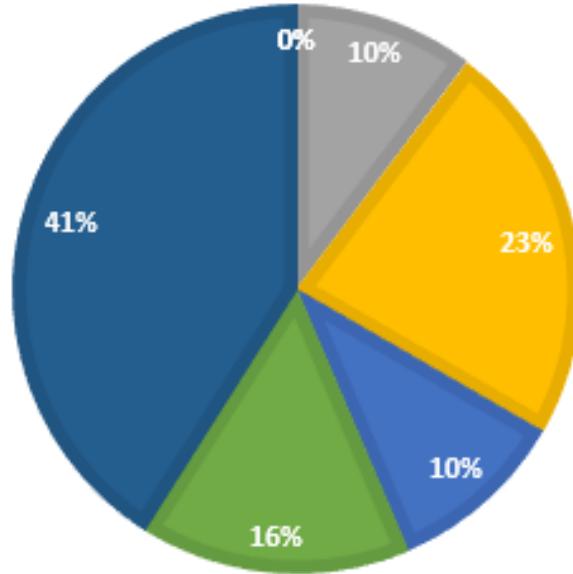


PARTNER Argyll & Bute



### 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+.

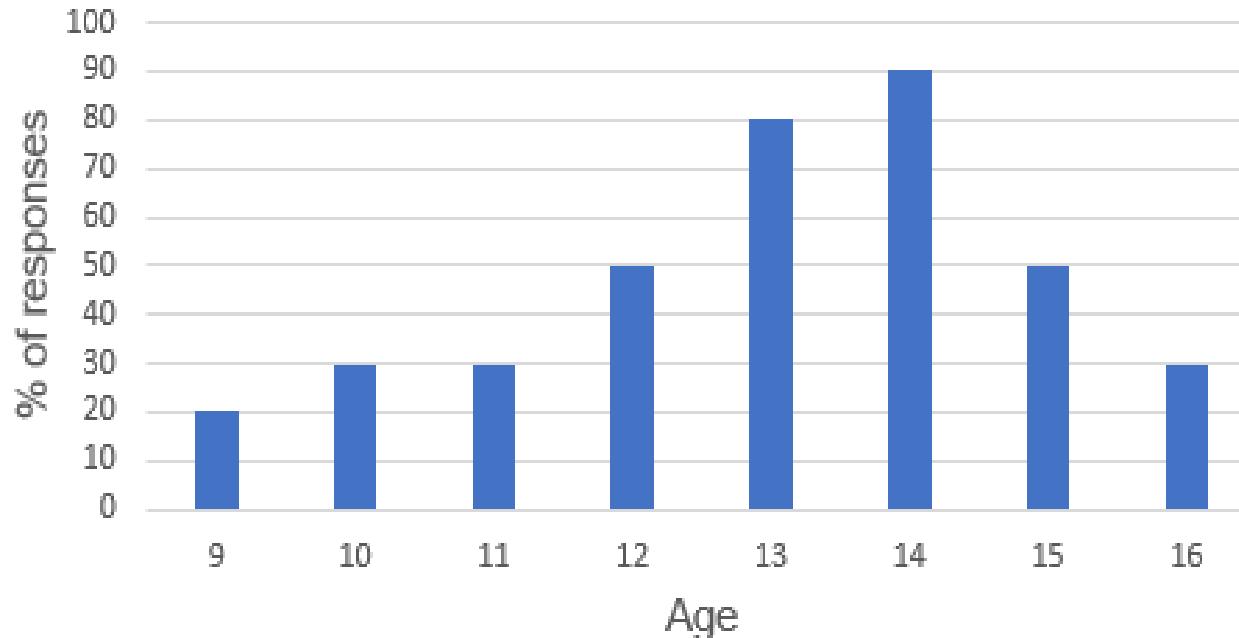


# CHILDREN'S RESPONSES

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



PARTNER Argyll & Bute



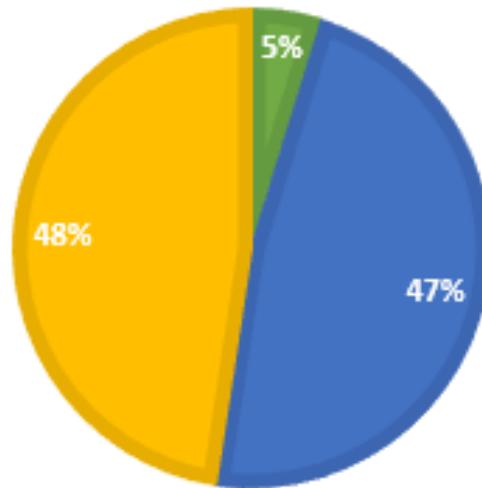
**Most children said age 14.**



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

### WHAT AGE SHOULD A 10 YEAR OLD GO TO BED?

■ 8pm ■ 8.30pm ■ 9pm



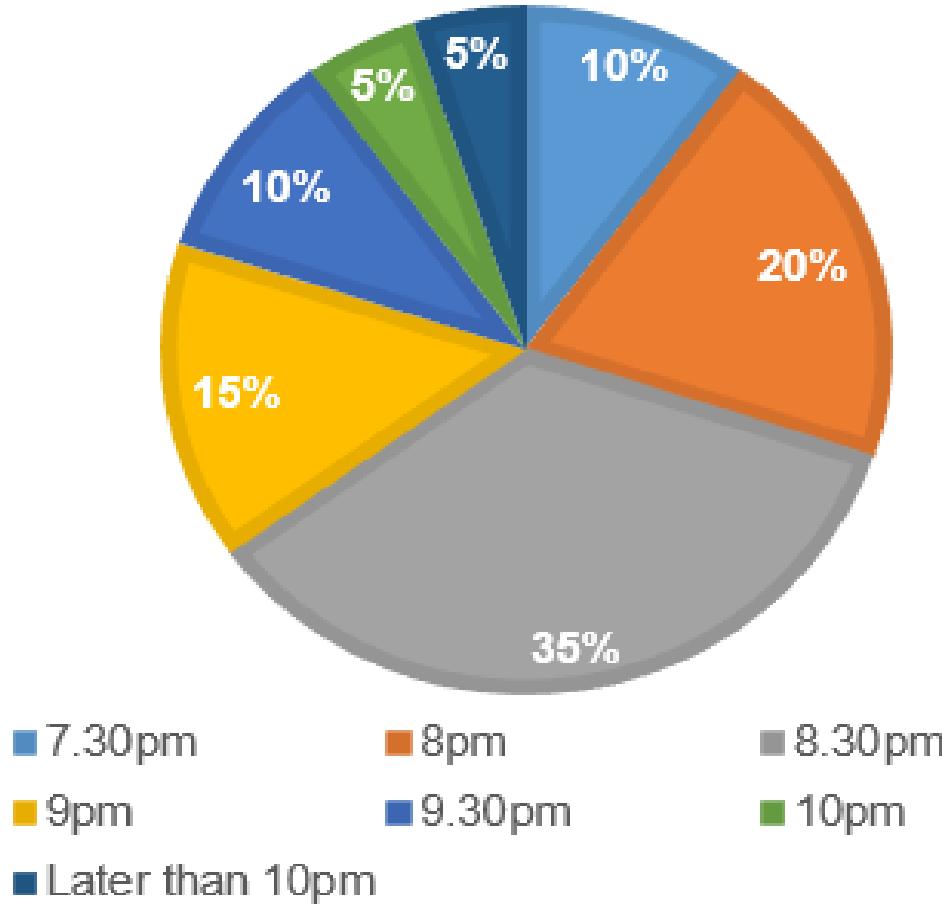
Most adults said between 8.30 and 9pm.

# CHILDREN'S RESPONSES

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



PARTNER Argyll & Bute

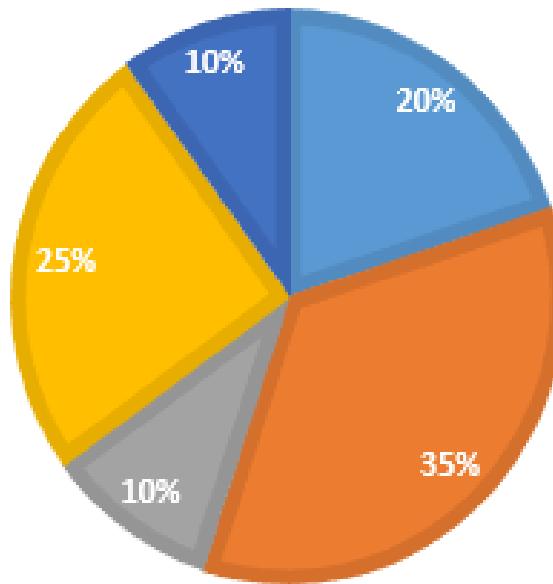


Most  
children said  
8.30pm.



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

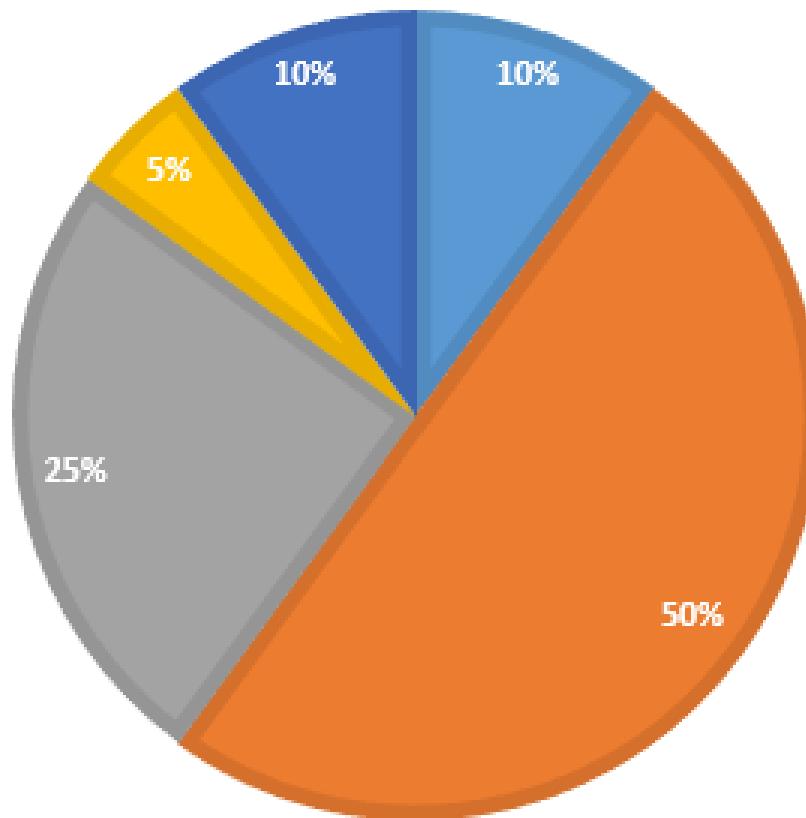
■ 3 hours ■ 2 hours ■ 2 hours 30 mins ■ 1 hour ■ 1 hour 30 mins ■ No screen free time



Most adults  
said 2 hours.

# 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



PARTNER Argyll & Bute



Most children 1 hour.



Bute • Helensburgh • Islay • Oban • Mull • Campbeltown • Iona • Dunoon • Tiree • Lochgilphead • Seil ...

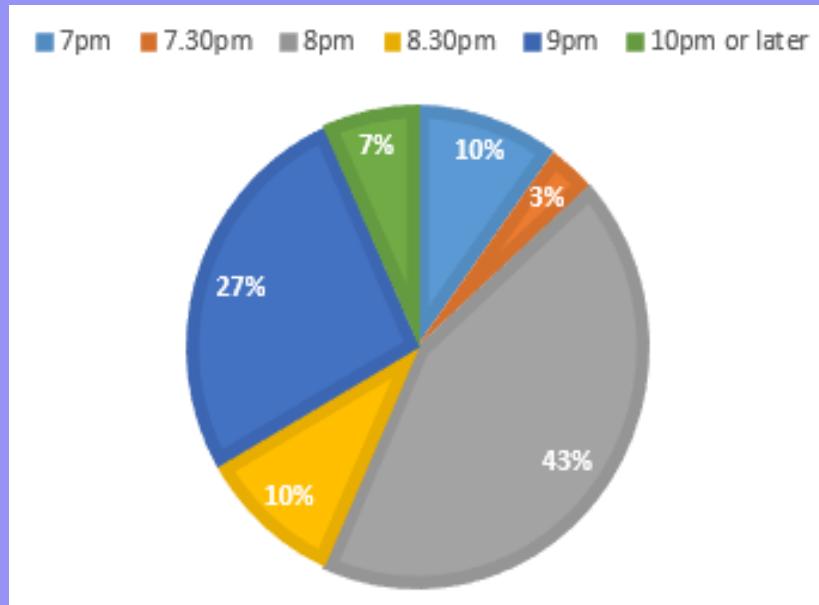
#abplace2b

# ADULT'S RESPONSES

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



PARTNER Argyll & Bute



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



Bute • Helensburgh • Islay • Oban • Mull • Campbeltown • Iona • Dunoon • Tiree • Lochgilphead • Seil ...

#abplace2b

# CHILDREN'S RESPONSES

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



PARTNER Argyll & Bute



- ▶ 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

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



# ADULT'S RESPONSES



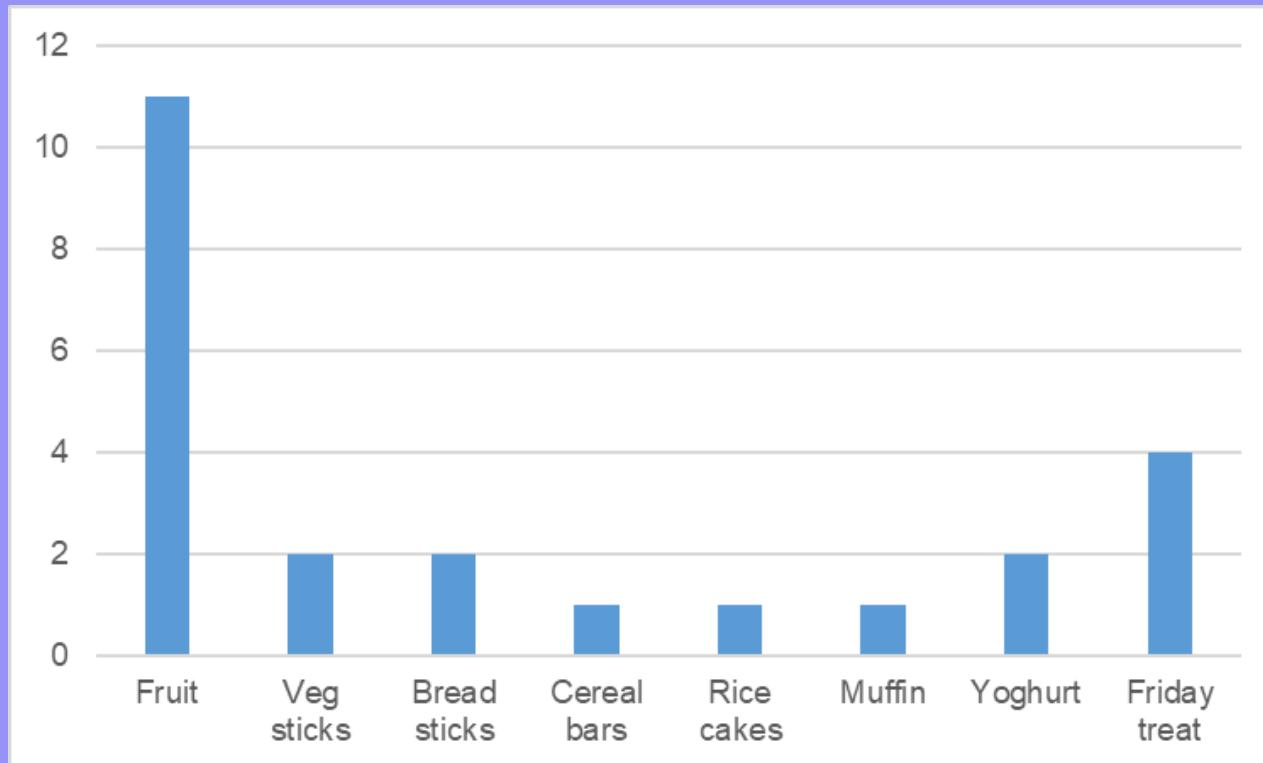
## What is a suitable snack for a primary school child?



PARTNER Argyll & Bute



Fruit is the  
most  
popular.



Bute • Helensburgh • Islay • Oban • Mull • Campbeltown • Iona • Dunoon • Tiree • Lochgilphead • Seil ...

#abplace2b

# CHILDREN'S RESPONSES

## What is a suitable snack for a primary school child?



PARTNER Argyll & Bute



Crisps and fruit are most popular.

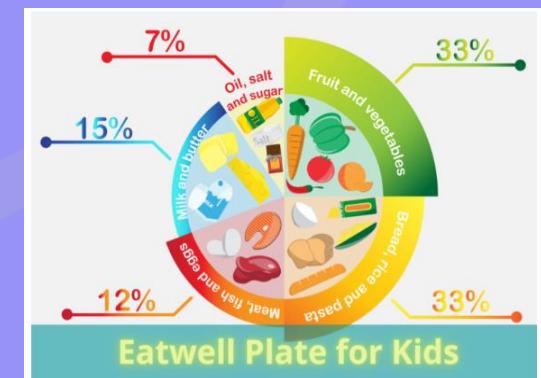


## What makes a healthy lunch box?

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.



# CHILDREN'S RESPONSES

## What makes a healthy lunch box?



PARTNER Argyll & Bute



Sandwich or wrap

Veg sticks

Fruit

Smoothie

Pasta

Yoghurt

Water

Crisps

A little treat ☺

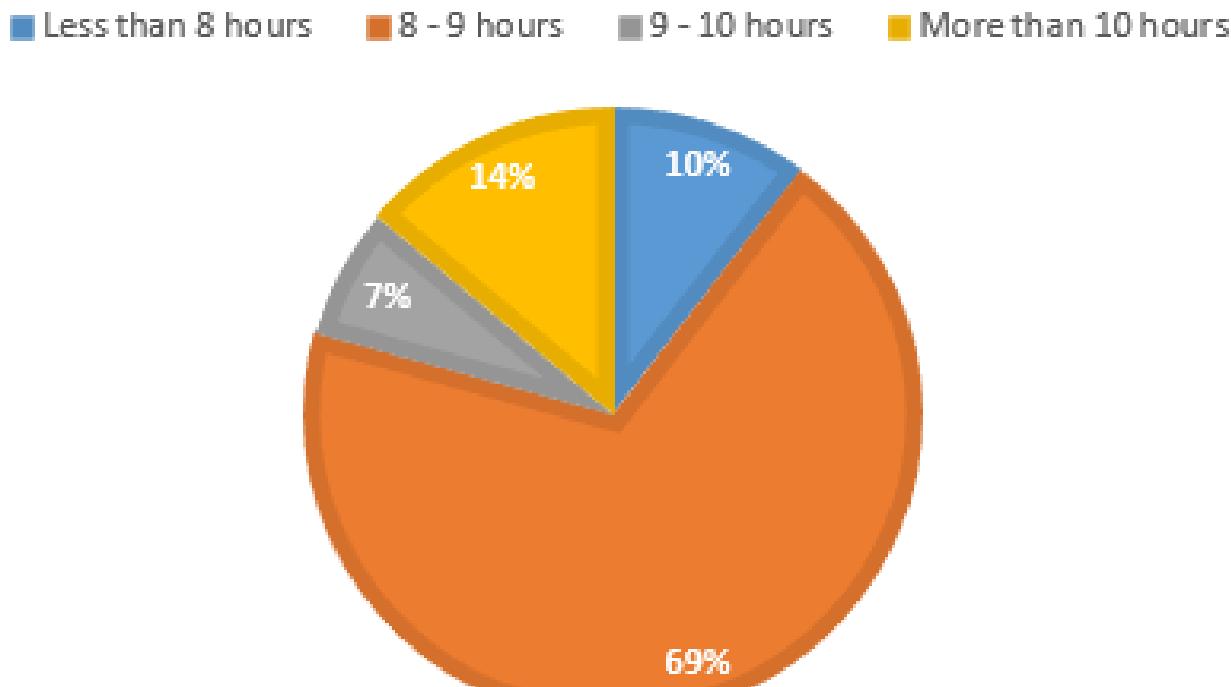


## ADULT'S RESPONSES

# How much sleep does a teenager need daily?



PARTNER Argyll & Bute



Most adults  
said 8 – 9  
hours.



Bute • Helensburgh • Islay • Oban • Mull • Campbeltown • Iona • Dunoon • Tiree • Lochgilphead • Seil ...

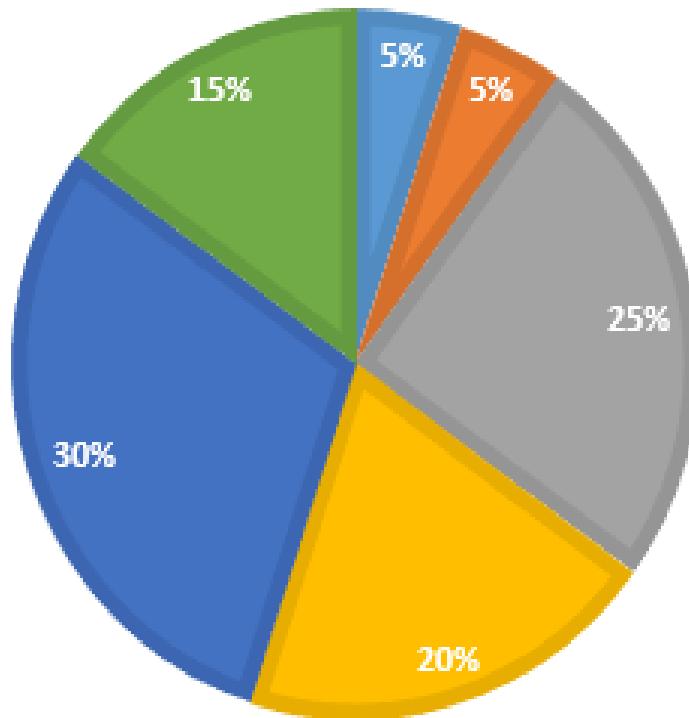
#abplace2b

# CHILDREN'S RESPONSES

## How much sleep does a teenager need daily?



PARTNER Argyll & Bute



**Most children said 10 hours.**

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



Bute • Helensburgh • Islay • Oban • Mull • Campbeltown • Iona • Dunoon • Tiree • Lochgilphead • Seil ...

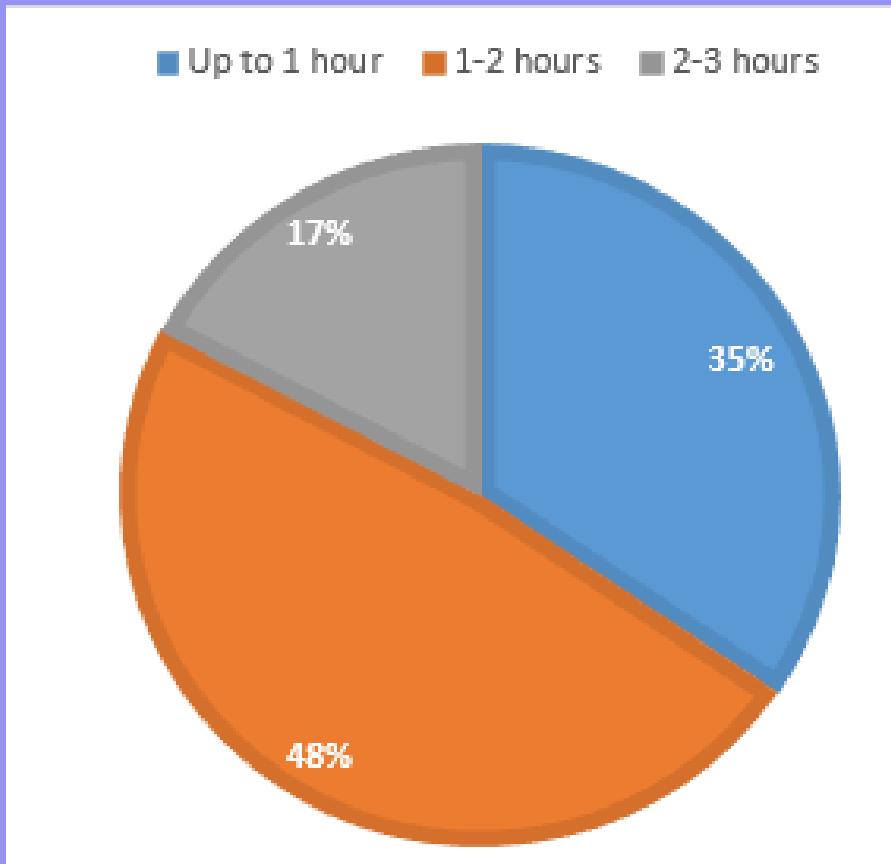
#abplace2b

## ADULT'S RESPONSES

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



PARTNER Argyll & Bute



Most adults said 1 – 2 hours.

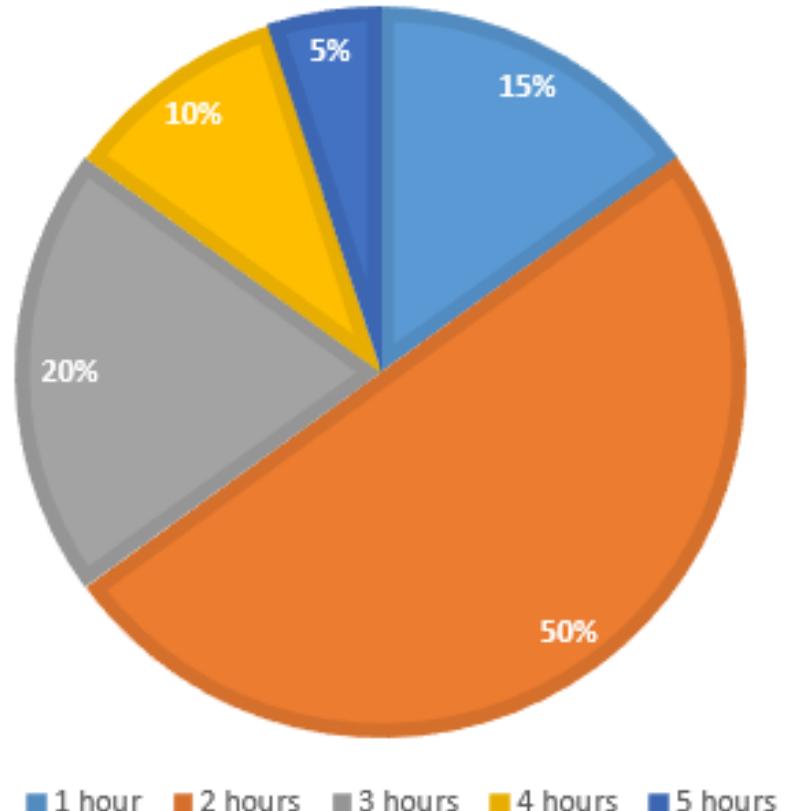


# CHILDREN'S RESPONSES

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



PARTNER Argyll & Bute



Most children said 2 hours.



Bute • Helensburgh • Islay • Oban • Mull • Campbeltown • Iona • Dunoon • Tiree • Lochgilphead • Seil ...

#abplace2b

## What supports good mental health in children and young people?



- 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

PARTNER Argyll & Bute



# CHILDREN'S RESPONSES

## What supports good mental health in children and young people?



PARTNER Argyll & Bute



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



Bute • Helensburgh • Islay • Oban • Mull • Campbeltown • Iona • Dunoon • Tiree • Lochgilphead • Seil ...

#abplace2b



# ADULT'S RESPONSES

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



PARTNER Argyll & Bute



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



Bute • Helensburgh • Islay • Oban • Mull • Campbeltown • Iona • Dunoon • Tiree • Lochgilphead • Seil ...

#abplace2b

# CHILDREN'S RESPONSES

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



PARTNER Argyll & Bute



- ▶ 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



# ADULT'S RESPONSES



PARTNER Argyll & Bute



## At what age should your child access the following everyday?

**Most adults said...**

### Mobile phone

**11**

Ranged from never-16

### iPad/ tablet

**8-9**

Ranged from <5-15

### Gaming device

**10**

Ranged from 8-18

### Make up

**13**

Ranged from 8-16

### Polished nails

**16**

Ranged from whenever-16

### Self-tan

**16**

Ranged from never-18



# CHILDREN'S RESPONSES

At what age should your child access the following everyday?



PARTNER Argyll & Bute



*Most children said...*

Mobile phone

12

iPad/ tablet

5

Gaming device

10

Make up

13

Polished nails

10

Self-tan

14

