



# Key Findings from Cohort '08 at 13

10<sup>th</sup> July 2023

**Fás Aníos in Éirinn**  
Growing Up in Ireland

# Background

- Longitudinal study with two cohorts (currently)
- Cohort '08: multiple home visits since 9 months, including:
  - Age 9 survey in 2017
  - Special Covid-19 survey (online) in Dec 2020 (age 12 years)
- **Age 13 survey in 2022 conducted by phone and online due to pandemic**
- Shorter survey but captured core information on:
  - Education/school
  - Physical health
  - Socio-emotional well-being and relationships
  - Family circumstances

# About this report

- First report to be published under the ‘new’ DCEDIY/CSO framework
  - But completed under the ‘old’ ESRI/TCD/DCEDIY/CSO framework
- Presents a first look at results from Cohort ‘08 at age 13 in key areas
- Draws on phone interviews with the 13-year-old and their Primary Caregiver
- Groups of 13-year-olds contrasted using a set of socio-demographic characteristics:
  - family income quintile
  - family type (one or two parents)
  - maternal education
  - child gender

The background features several overlapping, curved, organic shapes in shades of teal, light green, and yellow. The shapes are layered, with some appearing in front of others, creating a sense of depth and movement. The overall aesthetic is clean and modern.

Family and  
Home

# Primary Caregivers

- Almost all Primary Caregivers were the child's mother
- 30% were educated to at least degree level
  - Diploma 42%; Leaving Cert 15%; Junior Cert or less 12%
- 18% represented one-parent families
- One-parent families were much more likely to be in the lowest family income quintile
  - 38% versus 16% for two-parent families

# Housing



## Accommodation issues:

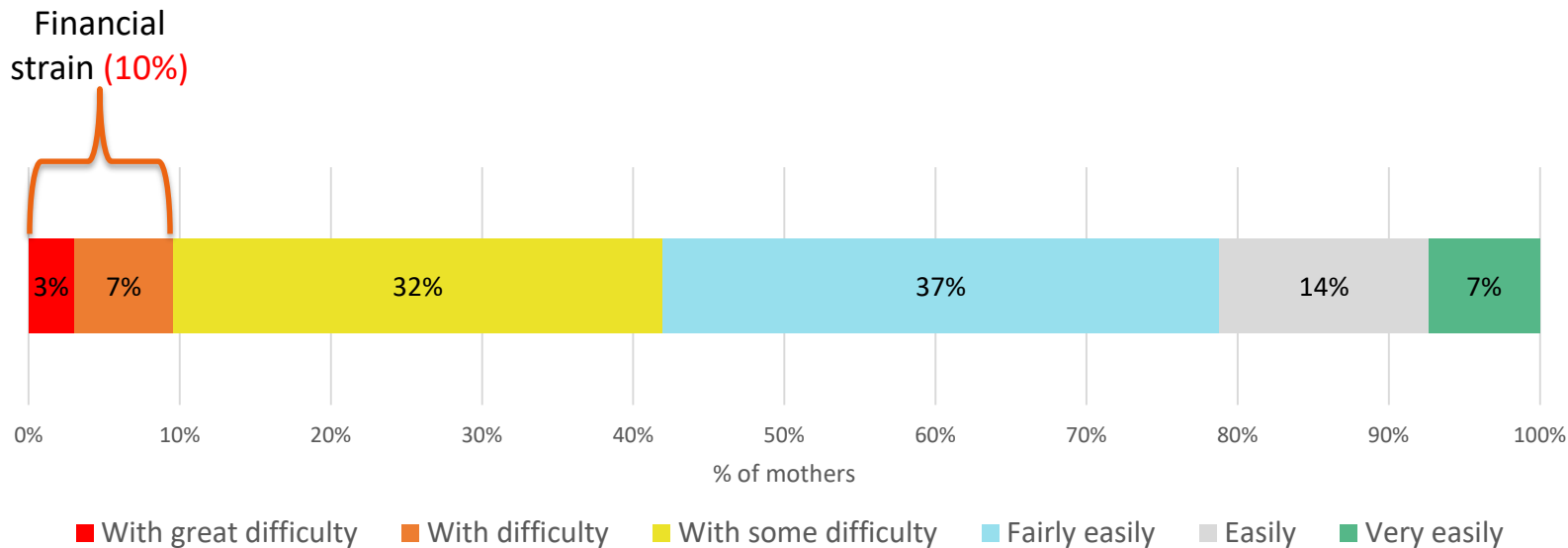
28% of families reported an issue such as a lack of space or leaks/damp

## Renters were more likely to have an issue:

- 54% local authority / voluntary body
- 38% private rental
- 21% owner-occupiers

One-parent families were much more likely to be in rented housing

# Ease or difficulty making ends meet



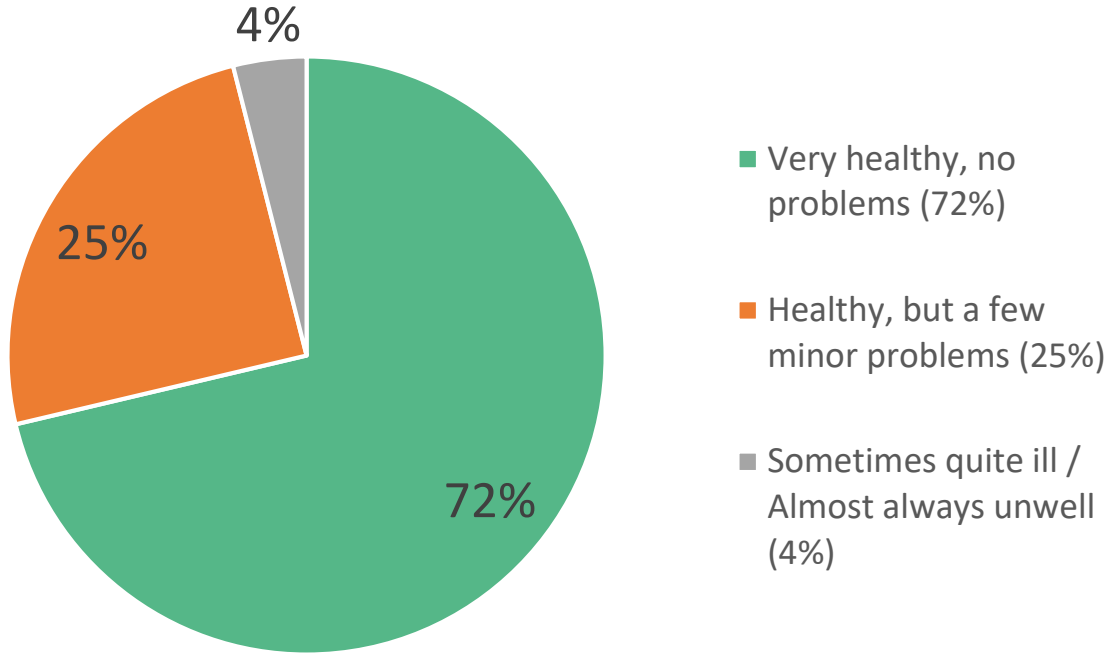
One-parent families were much more likely to experience financial strain: 21% versus 7%

The image features a white background with several overlapping, curved, organic shapes in shades of teal, green, and yellow. The shapes are layered, with some appearing in front of others, creating a sense of depth and movement. The colors are vibrant and naturalistic. The text 'Physical Health' is centered within the green and yellow areas.

Physical  
Health

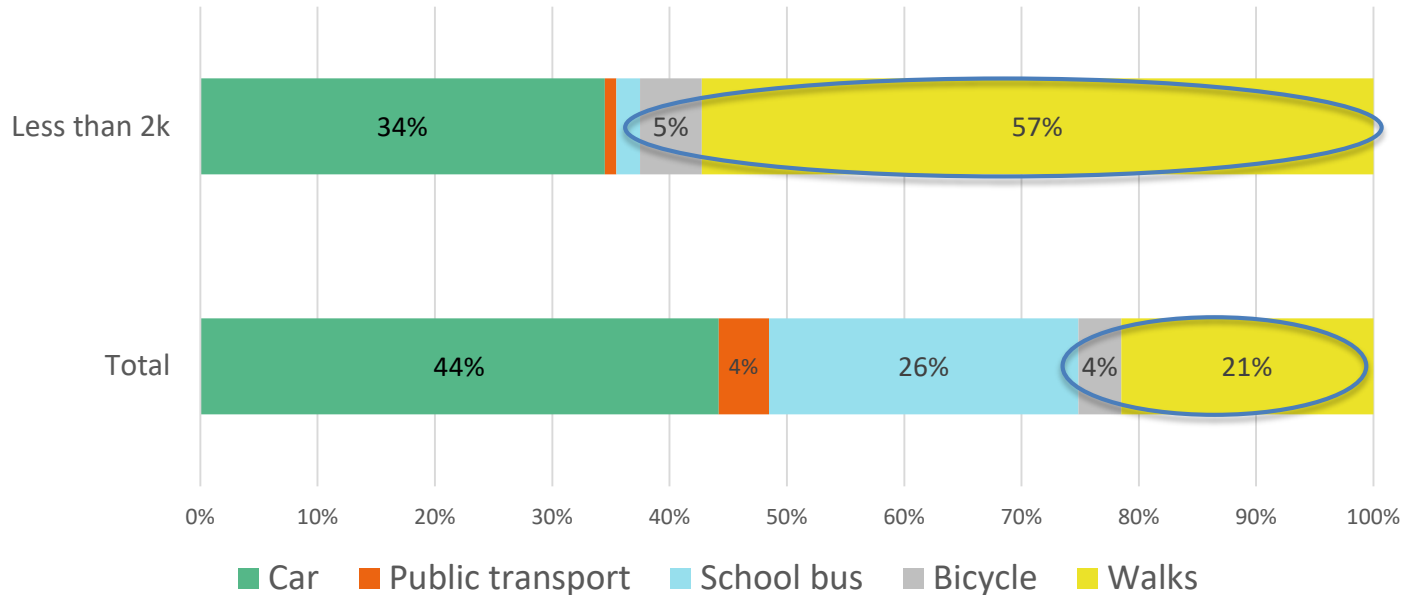


# Overall physical health



While most 13-year-olds had 'no problems' (72%), this represented a decline since age 9 (79%)

# Active commuting to school



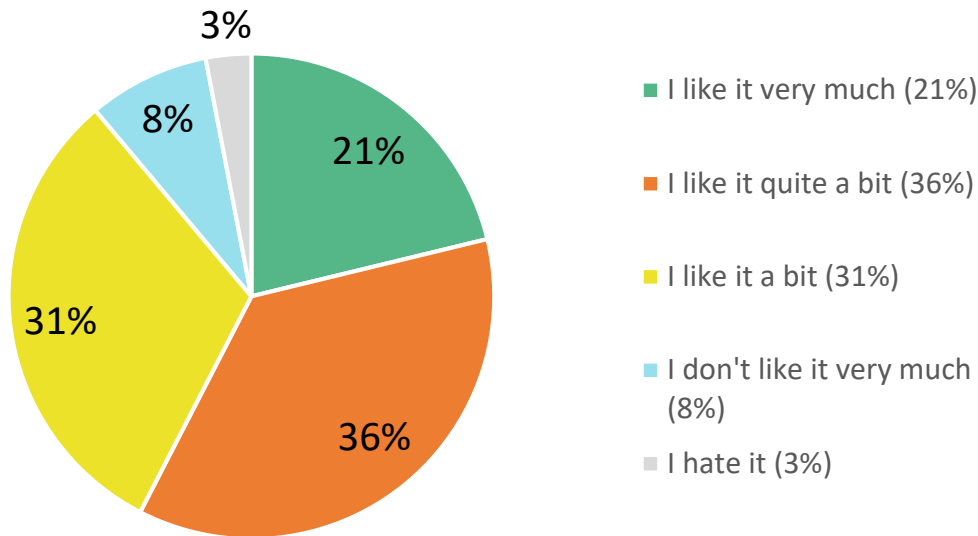
Overall, one-quarter of 13-year-olds had an 'active commute' – this increased to 62% if school was less than 2km away

**Context:** Only 23% of 13-year-olds met WHO guidelines for 60 mins of physical activity every day – and girls (18%) were less likely than boys (28%)

An abstract graphic design featuring several overlapping, curved, organic shapes in shades of teal, green, and yellow. The shapes are layered, with some appearing in front of others, creating a sense of depth and movement. The word "Education" is centered within the composition, overlaid on the green and yellow shapes.

Education

# Attitudes to school



## Adjusting to secondary school:

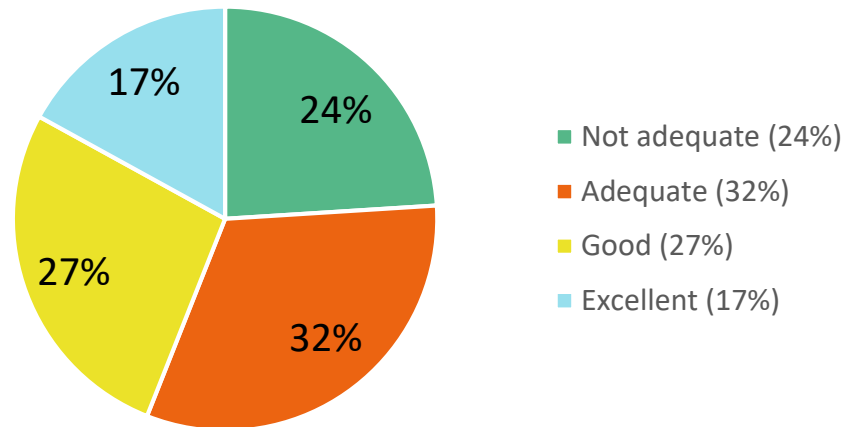
- Most transitioned to secondary school during the pandemic
- 46% 'strongly agreed' they were settling in well and 50% 'agreed'

Just over half of 13-year-olds liked school 'very much' or 'quite a bit' (57%)

# Receipt of educational support

- 19% of 13-year-olds received educational support *in or through* school
  - e.g. ‘resource teaching/learning support’ (15%)
- 11% received support *outside of* school
  - e.g. ‘extra/private tuition’ and ‘psychological/behavioural support’ (4% each)
- 24% in total received some support

Among Young People receiving educational support, nearly a quarter of mothers said it was ‘not adequate’

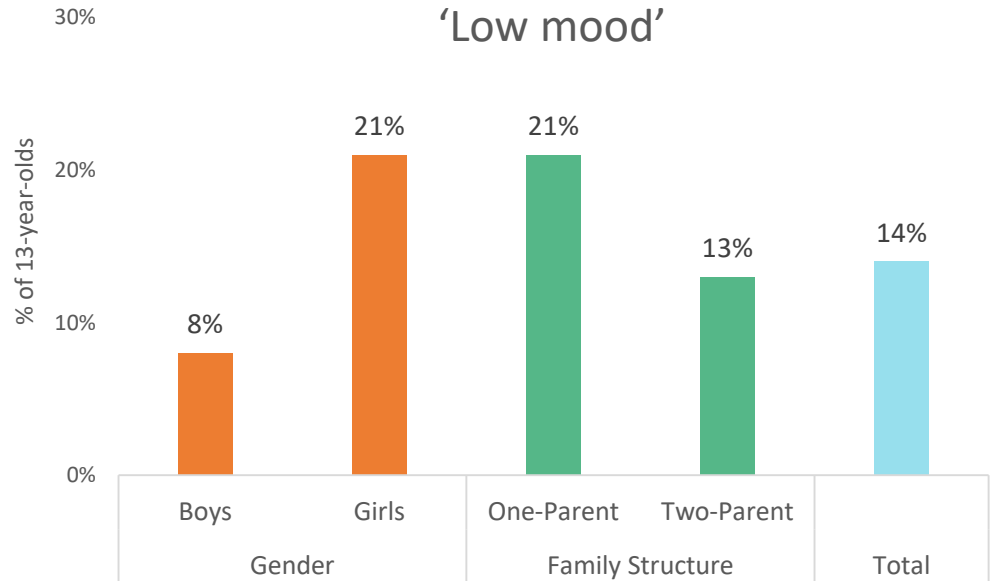




# Feelings and Relationships

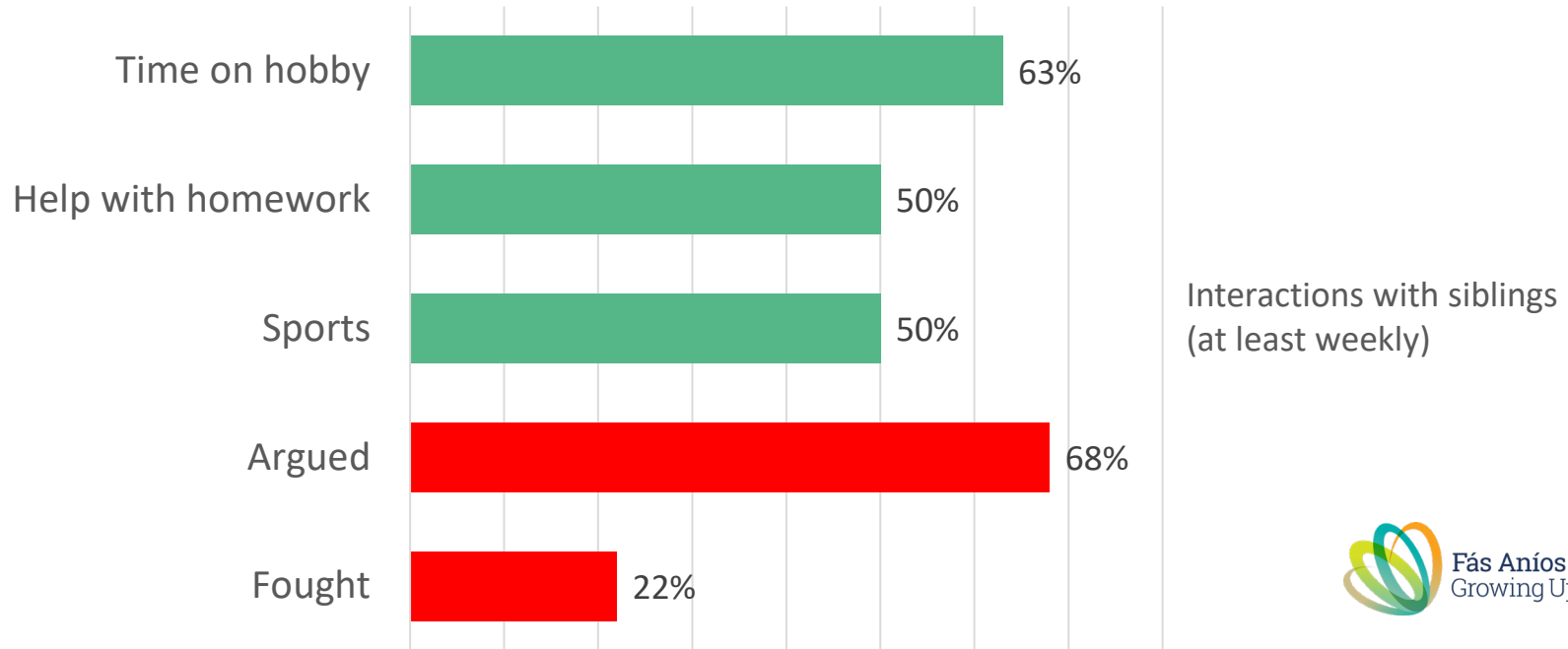
# Mental Wellbeing (MHI-5)

- Using a short, self-report measure, 14% of 13-year-olds were classified as 'low mood'
- This rate was much higher for girls and 13-year-olds in one-parent families



# Relationships with siblings

- 89% of 13-year-olds had at least one sibling living at home
- New details on sibling interactions for this wave

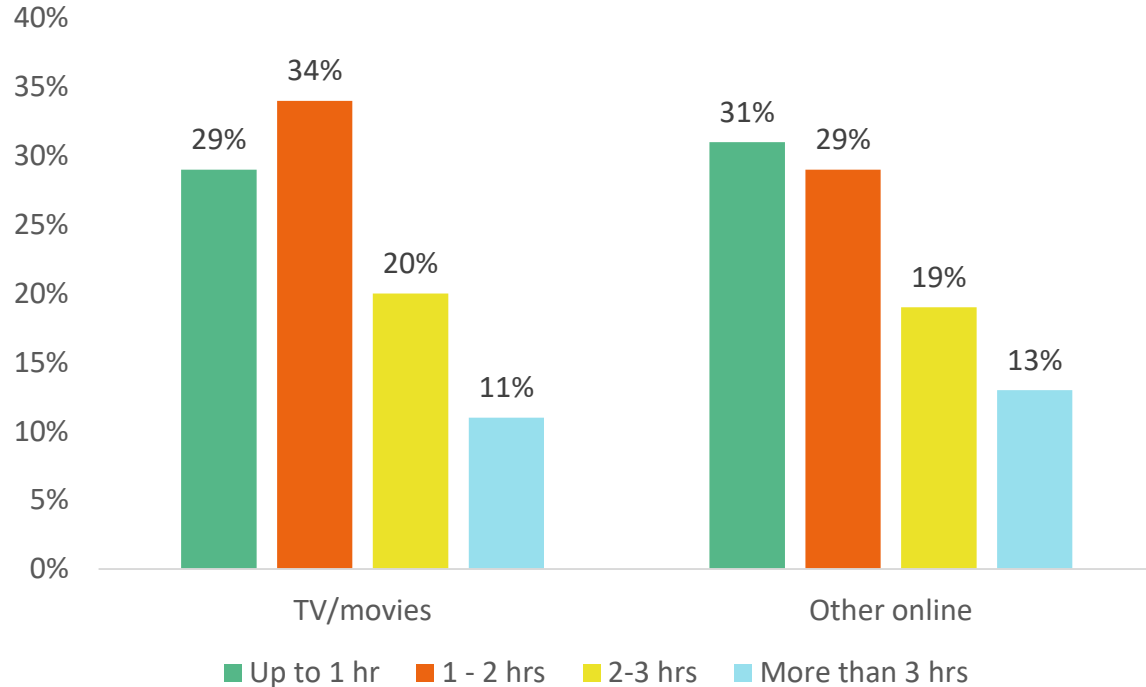




The image features a white background with several overlapping, curved, organic shapes in shades of teal, green, and yellow. The shapes are layered, with some appearing in front of others. The word "Activities" is centered in a dark grey, sans-serif font within a green area.

Activities

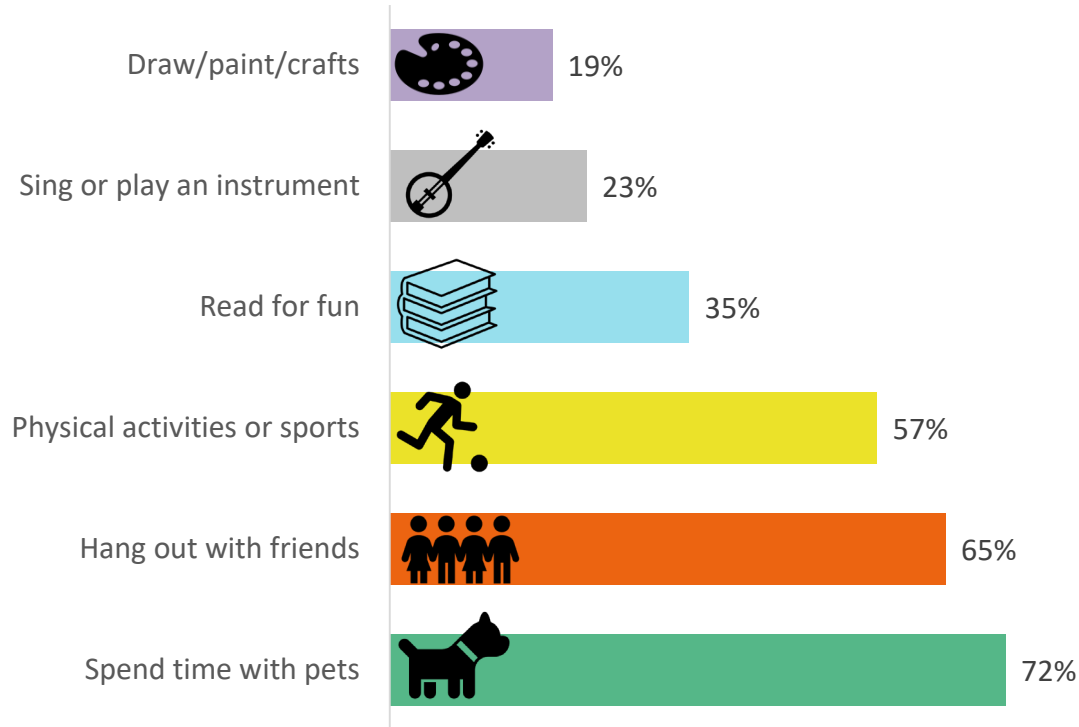
# Screen time (week day)



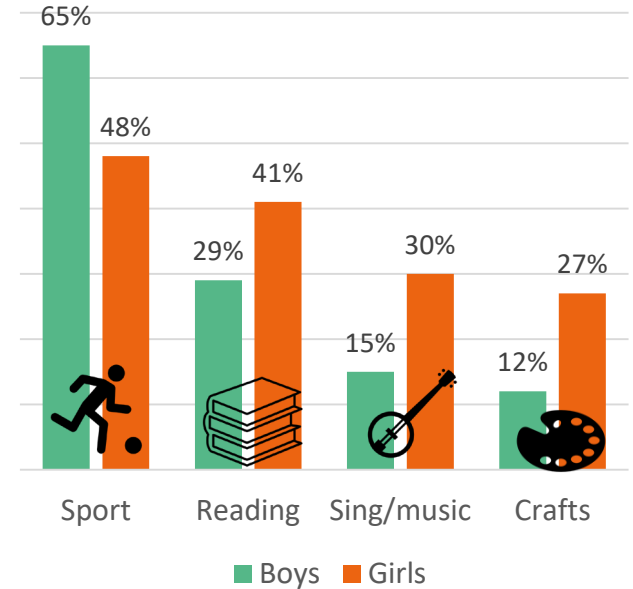
- Most 13-year-olds spent an hour or more watching TV and/or other online activities
- 40% spent no time gaming (not shown)

# Activities to have fun or relax

Activities (at least 3 times per week)



Gender differences



# Acknowledgments

- Co-authors: Eoin McNamara, Brendan Duggan, Adam Nolan, Desmond O'Mahony, Emer Smyth
- Thank you to all the Young People, their parents and school principals who took part
- Former ESRI staff and interviewers
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- Colleagues in DCEDIY
- Members of the governance structures (Steering Group, REC)