

PLAY IN IRELAND

Children & young people's survey summary report

PlayBoard NI and the National Childhood Network surveyed children and young people to explore the importance of play in their lives. Our survey asked what activities they like to do when they are playing, and what, if anything, stops them from playing as much as they would like to.

The survey was completed online by 144 children and young people aged up to 18 years old and living in the Republic of Ireland.

Key findings from the survey include:

- 93% of children and young people said that play was an important part of their lives.
- With regards to what children and young people like to play, 67% like to be active with 40% enjoying wheeled play. 42% enjoy playing in natural spaces, 38% enjoy creating and making things during play, 49% enjoy hanging out with friends whilst 27% enjoy tech-based play.
- Children and young people report playing most often at home - in the garden (47%) and indoors (44%), with play parks at 42%.
- When asked why play was so important:
 - 81% said it made them happy, 70% said play was fun whilst 39% said play was important for making friends.
 - 50% said play helped them to keep physically active, with 38% enjoying the opportunity play gave them to be outdoors in fresh air.
 - As well as helping them to be active, 35% of children and young people highlighted the role of play in helping them to learn and develop knowledge and skills, with 35% saying it helped them relax.
- In relation to what prevents children and young people from playing as much as they'd like, 49% stated that they did not have enough time for play; 41% said there were very few places for them to play where they live with 23% highlighting that they had very few other children to play with in their area. Traffic concerns were highlighted by 17%, who said that increased traffic prevented them from playing in their local area and on the streets near to their home. Not being able to play results in children feeling bored (50%) and sad (23%).
- As part of the survey, children and young people were also asked what would help them to be able to play more often. More time to play was identified by 43%; 52% identified a need for more spaces or places to play in their local area (with 38% identifying a need for safer spaces to play); whilst 37% highlighted a need for easier ways to travel to, and access spaces for play.

