

Sport, culture and the internet: Are Australian children participating?

Australian Social Policy Conference
Sydney , 17 September 2013

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Overview of presentation

- Benefits to children of participating in sport and cultural activities
- Data on Australian children's participation in these activities based on the type of community in which they live
- Reasons children access the internet at home and data on their access based on the type of community in which they live
- Possible reasons behind the data & implications



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Benefits for children of participating in sport

- Physical development & competence
- Longer & better quality of life, reduced risk of disease
- Those active as children are more likely to be active adults
- Higher social competence, more self control & greater wellbeing cf non-participating peers
- Range of experiences – different roles within teams, learning with others, communication , working towards common goals
- Sense of belonging & connection with peers



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Benefits of participating in cultural activities

- Emotional & creative expression
- Developing mastery ➔ ability to persist with tasks
- Challenge perceptions about their world, themselves & what they can achieve
- Self confidence, self awareness, social skills & communication, collaboration & problem solving esp if done with others
- Dance for eg 🕺 physical & psychological wellbeing



Benefits of participating in a variety of activities

- Mental health and wellbeing
- Opportunities for leadership, setting goals, developing initiative & sense of identity
- Build networks with a diversity of people ➔ social inclusion
- Build networks with non-parental adults ➔ others who can support children's development in a range of areas



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Benefits of participating in a variety of activities

- Participating in **combination** of activity types appears to provide benefits above those related to participation in **one** type of activity
- Longitudinal research with 12 – 14 yr olds suggests those who participated in a variety of activities had **higher levels** of :
 - Academic self concept
 - General self concept
 - Social self concept



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Benefits for disadvantaged young people

- WA research with adolescents suggests participation in sports & cultural activities is especially beneficial to those from more economically disadvantaged backgrounds
- Young people interviewed for *Making a difference* research highlighted the value of these activities as they provided opportunities to meet other young people on an 'equal footing'



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Who's participating in Australia? Data source

- ABS's 2012 Survey of Children's Participation in Cultural and Leisure Activities
- Conducted throughout Australia as a supplement to Labour Force Survey
- Info collected from adult in household on children aged 5 to 14
- TSF commissioned ABS to provide data using **Index of Relative Socioeconomic Advantage & Disadvantage**
 - ➔ help understand extent if participation varies according to type of community



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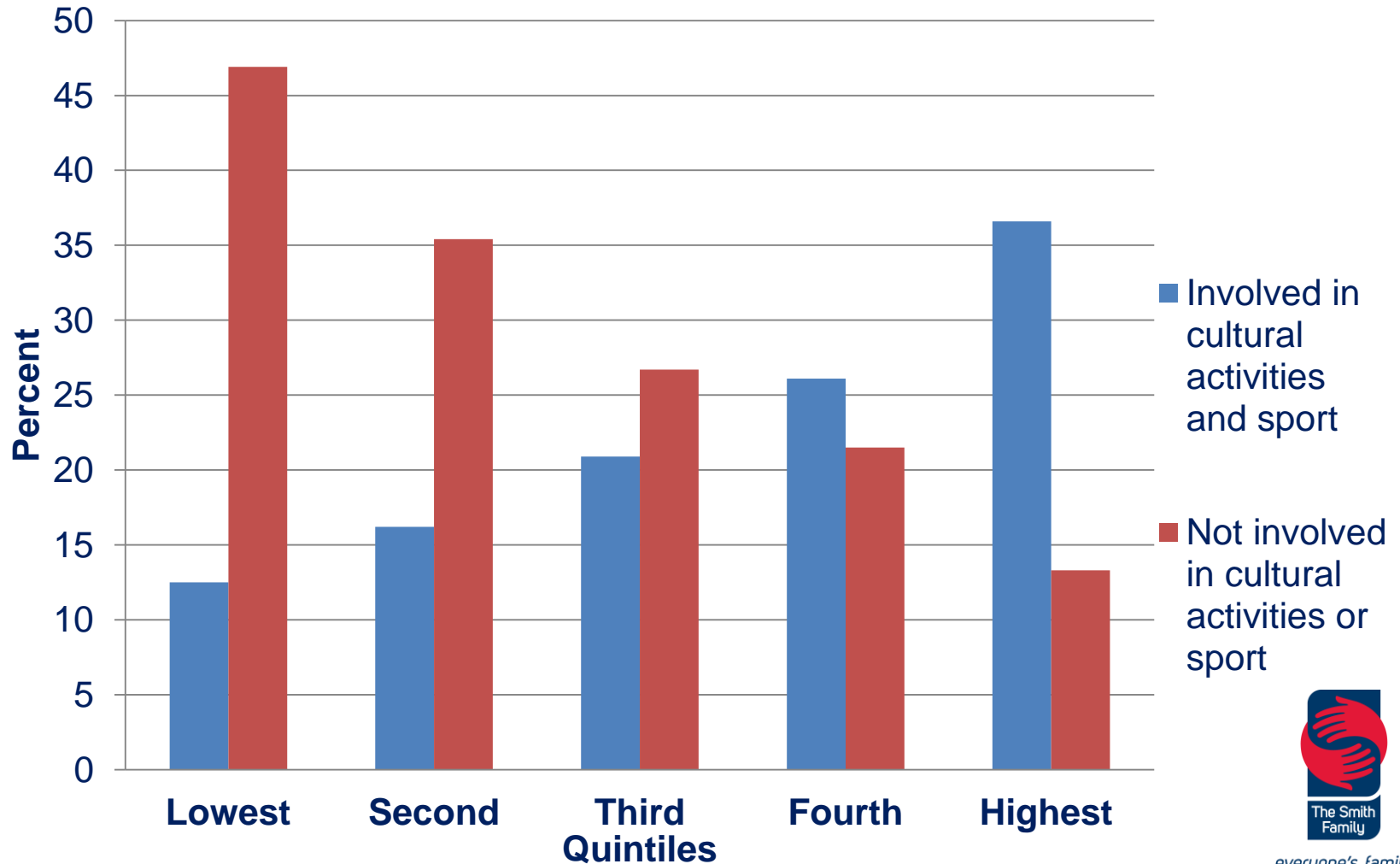
Participation in sport & cultural activities

Children 5 – 14 yrs, organised sporting &/or cultural activities outside school hours in last 12 months

	Involved in cultural activities & sport	Involved in cultural activities only	Involved in sport only	Not involved in cultural activities or sport
Type of community	PROPORTION (%)			
Lowest quintile Most disadvantaged	12.5	10.2	30.3	46.9
2 nd quintile	16.2	12.9	35.4	35.4
3 rd quintile	20.9	13.0	39.4	26.7
4 th quintile	26.1	12.5	39.9	21.5
Highest quintile Most advantaged	36.6	11.4	38.6	13.3
Total pop 5–14 yrs	23.1	12.1	37.1	27.7

Who's participating in Australia?

Participation of children aged 5 – 14 yrs in organised sporting and/or cultural activities outside school hours in last 12 months



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How many children are not participating?

- In the most disadvantaged communities, around **208,000** children didn't participate in sport or cultural activities
- In the second quintile **205,000** didn't participate in either
- Across Australia **773,000** children didn't participate in either



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Attendance at cultural venues & events

	No cultural venues or events	One cultural venue or event	Two cultural venues or events	Three cultural venues or events
Type of community	Proportion %			
Lowest quintile Most disadvantaged	41.6	27.0	17.3	14.2
2nd quintile	36.7	28.6	19.0	15.7
3rd quintile	28.4	27.9	27.2	16.5
4th quintile	23.8	26.0	27.4	22.8
Highest quintile Most advantaged	18.2	25.1	28.3	28.3
Total population aged 5–14 yrs	29.0	26.9	24.2	19.9

How many children are not participating?

- In the most disadvantaged communities, **184,000** children didn't attend any cultural venues or events
- In the second quintile **212,000** didn't participate in either
- Across Australia **809,000** children didn't participate in either



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Children's use of the internet at home

- Most common use is educational activities
- 85% of children under 14 who use the internet at home do so for educational purposes
- For 12 to 14 yr olds figure is 94%
- Other common uses are playing online games (69%), listening to or downloading music (47%), social network sites (22%)



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Children accessing internet at home

Type of community	Internet accessed at home		Internet not accessed at home	
	%	Number ('000)	%	Number ('000)
Lowest quintile Most disadvantaged	67.8	299.8	31.9	141.2
Second quintile	76.7	443.8	23.0	133.1
Third quintile	80.7	422.2	19.2	100.6
Fourth quintile	86.3	566.7	13.6	89.1
Highest quintile Most advantaged	90.5	526.1	9.5	55.1
Total population 5–14 yrs	81.2	2260.9	18.7	521.4



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Possible reasons for lower participation


- Families in these communities tend to have less discretionary income ➔ Costs of fees, uniforms, equipment, transport, internet are prohibitive
- Families may lack knowledge, confidence or time to support participation – maybe juggling complex care & employment responsibilities
- Families maybe less aware of benefits associated with participation or these may have to take lower priority
- Disadvantaged communities less likely to have adequate & well maintained sport & rec facilities; public transport may be poorer; fewer local clubs with volunteers

Recap

- Sport & cultural activities help children physically, socially, emotionally & cognitively
 - Main reason children use the internet at home is for education
- However,
- **Half** of the children living in Aust's most disadvantaged communities didn't participate in **any** organised sport/cultural activities outside of school hrs in the last 12 months
 - **2 in 5** children in these communities didn't visit a library, art gallery, museum outside of school hrs in the last 12 months
 - **3 in 10** children in these communities didn't access the internet at home in the last 12 months



Conclusion

- Substantial evidence of benefits to children of participation – these are not ‘nice to haves’ but critical for development & wellbeing
- Significant numbers of children not participating – likely that some children missing out in all areas
- Compelling case for additional efforts aimed at  participation of children, esp those living in disadvantaged communities
- Multiple responsibilities & responses – inc all levels of gov, sporting & cultural clubs & institutions, philanthropy, NGOs

Questions

