



## ***Factsheet***

# **Education, leisure time, dating & problem behavior among 17-year-olds**

Key findings of the 7<sup>th</sup> wave of the Zurich Project on the Social Development of Children and Youths (z-proso)

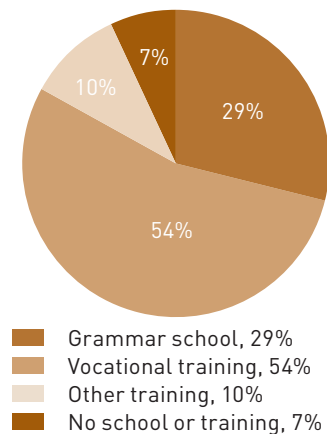
z-proso studies the long-term social development of children and youths in Zurich, Switzerland. Among others, it investigates why some children and youths become violent, but others not, and what the consequences of violence are for the victims. Over the

past 11 years, the z-proso team has repeatedly interviewed about 1,300 children and youths. Every 1 to 2 years, the youths, their teachers and (in the first years of the study) their parents provide information about several topics, including family, school,

leisure time, personal attitudes, but also violence, problem behavior and victimization. The study started when the children were 7 years old; the most recent data collection took place in 2015, at age 17. In this factsheet, we provide some key results of the study.

## Who are the z-proso youths?

In the spring of 2015, 706 of the youths (54%) who participate in z-proso reported that they were attending vocational training, whereas 384 youths (29%) were attending grammar school and 129 (10%) some other form of training. In total, 85 youths (7%) did not attend school or training.



The z-proso youths have very diverse cultural backgrounds; their parents come from all over the world. Well over half of the parents, namely around 60%, was born abroad. The world map below gives

an overview of the parents' birth countries. In total, the parents of the youths come from over 80 different countries.



## Leisure time activities

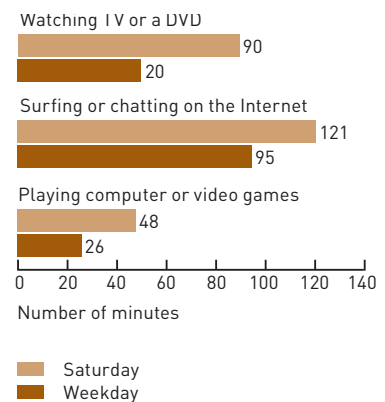
Youths spend a lot of time at school or at their vocational training. Outside of these places, the z-proso youths like to practice sports or spend time with their friends, for example meeting up with friends in the evening or going shopping with them. The 5 most popular leisure time activities are listed in the table below.

### Top 5 Leisure time activities

- 1 Meet up with friends in the evening
- 2 Practice sports (by themselves, not as part of a sports club)
- 3 Shopping with friends
- 4 Meet up with friends in a café or restaurant
- 5 Go out with friends to a bar/club

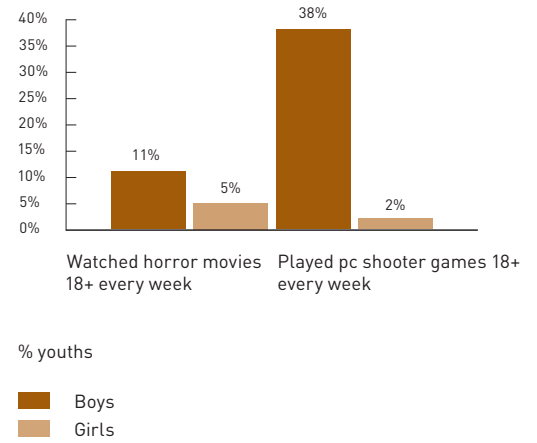


Using media such as the internet, computer games, and watching TV is also popular. As the following graph shows, media use is higher on the weekend than on weekdays. On Saturdays, the z-proso youths watch about 1 and a half hour TV, they spend 2 hours surfing or chatting on the internet and they play computer games for about 50 minutes. On weekdays, they watch TV for 50 minutes, spend 1 and a half hour on the internet and play computer games for about half an hour.



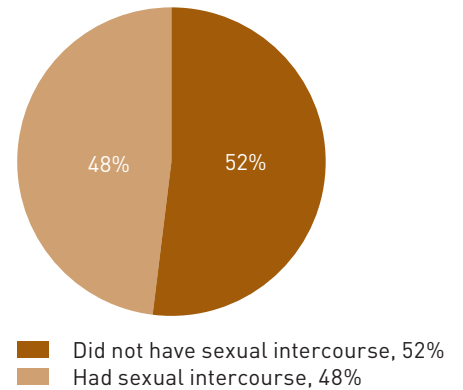
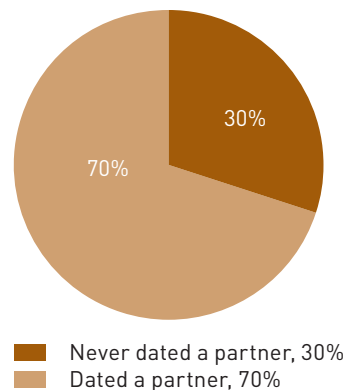
Some of the media that the youths use contain violent content. As the following graph shows, boys consume such media much more often than girls. For example, 11% of boys said they had watched horror movies intended for

adult audiences on a weekly basis, while 5% of girls had done the same. Also, whereas 38% of boys said they had played pc shooter games intended for adults on a weekly basis, only 2% of girls had done the same.



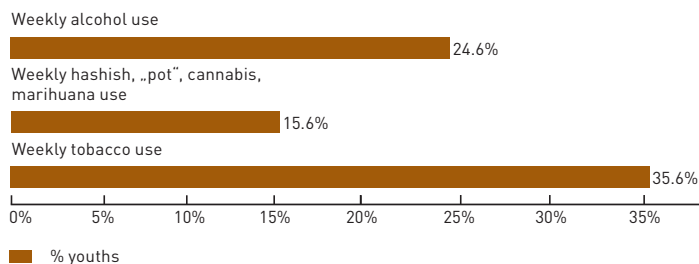
## Dating and sex

Dating and sex are important new experiences in adolescence and they are also important themes for the z-proso youths. 70% of the youths said that they were or had been involved in a romantic relationship. Slightly less than half of the respondents (48%) said that they had had sex, but the majority (52%) had not.



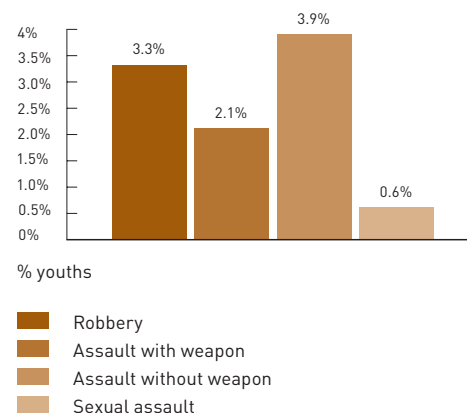
## Substance use

At age 17, most youths said that they had used substances, such as tobacco, alcohol or drugs, at some point in their lives. A small group reported that they had used substances on a weekly basis over the past year. In total, about 36% used tobacco on a weekly basis, whereas 16% smoked marihuana and 25% drank alcohol every week.



## Victimization

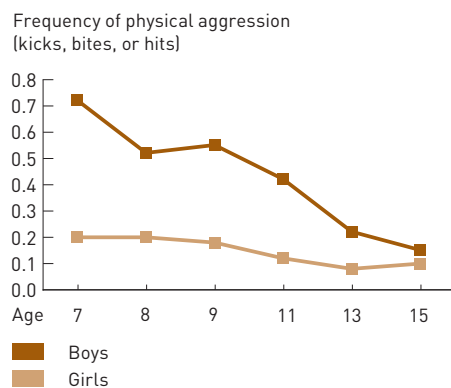
Youths are sometimes the victims of serious violence by other people, for example robbery, assault with or without weapon, and sexual assault. The graph below shows how many z-proso youths experienced these types of victimization in the past year. In total, 43 youths (3.3%) had been robbed. In addition, 28 youths (2.1%) had been assaulted and injured with a weapon and another 51 youths (3.9%) without a weapon. Finally, 8 youths (0.6%) had been forced to sexual acts.



## The development of aggression

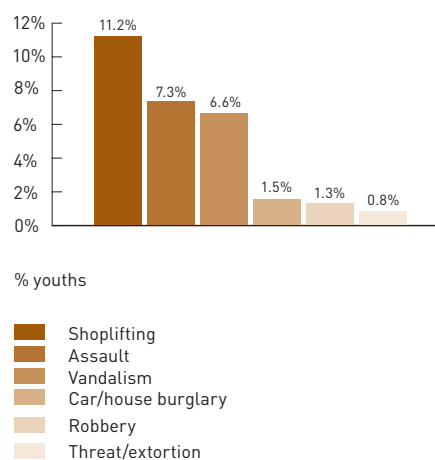
In almost every year of the z-proso study, the teachers of the youths among others rated the youths' aggressive behavior. The figure below displays the level of physical aggression (specifically: hitting, biting and kicking) from age 7 to 15. The graph shows the levels of physical aggression for boys and girls separately. The markers on the line indicate the level of aggression at a particular age. The higher the value on the scale on the left, the higher the average level of aggression at a certain age.

As the graph shows, boys had much higher rates of physical aggression at age 7 compared to girls. Thereafter, the level of aggression steadily declines for both boys and girls as they get older. The decline is stronger for boys compared to girls, so that there are almost no more differences between boys and girls at the age of 15.



## Problem behavior at age 17

The study z-proso also examines problem behavior and delinquency. Several types of these are shown in the following graph. For example, 11% of respondents said they had stolen something from a store in the past 12 months. 7% had injured another person by hitting, kicking or cutting them, and 7% had committed vandalism, such as smashing a window or damaging seats on the train. In contrast, few youths said they had committed even more serious offenses: less than 2% of respondents said they had committed a burglary, a robbery or extortion with the threat of violence.



## Acknowledgements

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### MASTHEAD

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