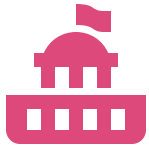


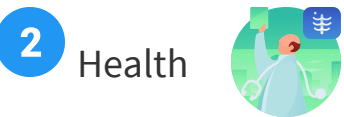
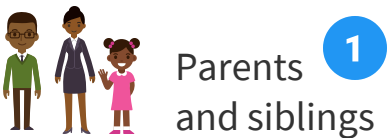
# The Lives of 17/18-Year-Olds

"I have a great deal or quite a lot of confidence in ..."



- ... the Gardaí - 74%
- ... the education system - 68%
- ... the healthcare system - 66%
- ... the social welfare system - 53%
- ... 'the Church' - 29%
- ... politicians - 13%

## Most important things in life for young people



## Everyday Discrimination

**49%** Nearly half of young people regularly felt unfairly treated

Treated with less courtesy or respect than others **36%**

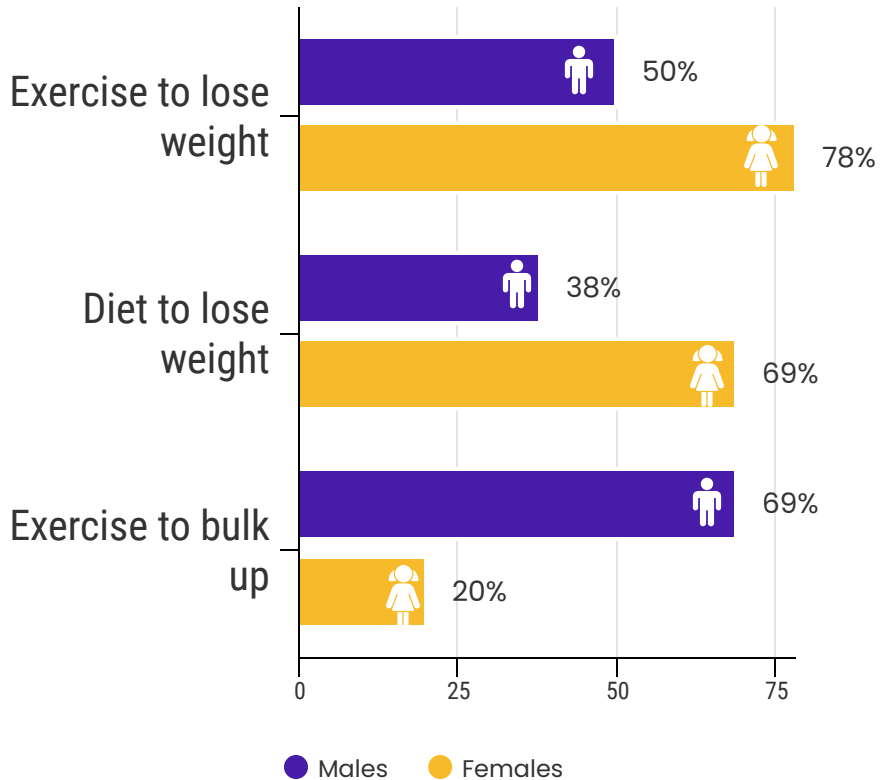


Treated as if they were not smart **29%**



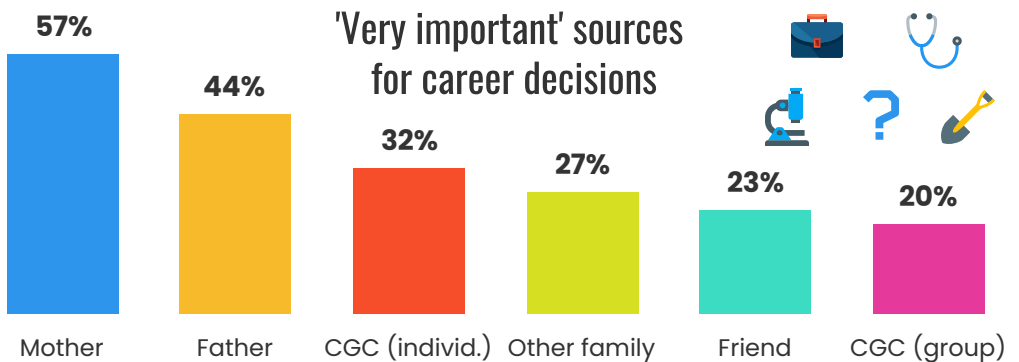
Most common reasons for discrimination were age (49%) and gender (32%).

## Exercise and diet for weight loss/gain



## Many young people were using diet and exercise in an effort to change or maintain their body shape

Young women were more likely to use diet and exercise to lose weight (or avoid weight gain), and young men were much more likely to exercise to bulk up. Those who were overweight or obese were much more likely to be using diet or exercise to lose weight.



## Consultations with parents were most often rated as 'very important' for making decisions about the future

Young people from lower socio-economic backgrounds were more likely to rate advice from career guidance counsellors (CGCs) as very important than those from 'professional' families