

Scottish Home Play Survey 2016

Introduction:

- The 2016 Scottish Home Play Survey gathered the experiences of parents/carers of children aged 8-12 living in Scotland
- The survey explored the amount of time children spent playing, the types and variety of play, how parents interacted with their child through play, and the barriers and concerns that surround play for Scotland's children

Active play findings

Encouragingly, **92%** of parents said that their child took part in some type of active play in the last week, including:

- **84% General active play**
- **57% Riding a bike or scooter**
- **54% Adventurous play**
- **30% Getting wet or mucky**

- However, only **32%** of children who took part in general active play did so for more than three hours across the week
- Online is not preventing children getting out and about! Children who spend more time playing per week digitally did not spend any less time playing actively.



What stops playing?

Bad weather

- **50%** of parents felt that poor weather conditions prevent their child from playing outside, where most active play occurs

What can we do?

- Promote the importance of appropriate clothing to parents, nurseries and schools.
- Provide ideas for active play indoors in wet weather.
- Campaign for culture change and establish play every day, in all weathers, as the norm

Socio-economic inequalities

- A lack of safe, outside space to play impacted on children from a lower socio-economic household. Parents from lower socio-economic groups were also more likely to be concerned about the dangers of letting their child play outside

What can we do?

- Continue to campaign to improve play spaces for children, both equipped and natural play sites, and ensure these sites are accessible and inclusive.
- Ensure children and young people are formally involved in local planning and place making initiatives.

Safety concerns:

- 'Stranger danger' (**52%** of parents)
- Bullying (**45%** of parents)
- Getting hurt (**36%** of parents)
- Becoming involved in anti-social behaviour (**32%** of parents)

What can we do?

- Promote risk benefit assessment and highlight the importance of risk and challenge in play
- Promote importance of play to parents and carers



Boredom Busters is a brand new, fun app for 8-12 year olds, designed to get children actively playing more in a variety of different ways. The app is packed full of inspirational ideas for ways to play in and around the home and allows children to share their play ideas with others

- The app helps parents promote healthy, active play via an intuitive online environment

- The fully moderated online space created by the app is designed to empower parents to encourage their children to use the app with confidence
- Boredom Busters is absolutely free and has no in-app purchases!
- To find out more about the Boredom Busters app visit:



<http://www.playscotland.org/kids-zone/>



<http://www.boredombusters.org/>

Who are Play Scotland?

Play Scotland is the national organisation for play in Scotland, working to promote the importance of play for all children and young people. It campaigns to create increased play opportunities in all communities across Scotland.

