



# NEXT STEPS

LEARNING FROM YOUR GENERATION



## WELCOME BACK. IT'S BEEN A WHILE...

A STUDY FOLLOWING  
**16,000**  
PEOPLE IN ENGLAND

IT ALL BEGAN IN  
**2004**  
WHEN YOU WERE  
IN YEAR 9

[NEXTSTEPSSTUDY.ORG.UK](http://NEXTSTEPSSTUDY.ORG.UK)

# NEXT STEPS IS BACK. AND IT'S BIGGER AND BETTER THAN EVER.

Next Steps is one of the biggest and most important studies of your generation anywhere in the world. It began following 16,000 young people born in 1989–90, who were in Year 9 in 2004 at state or independent secondary schools across England.

Just recently, Next Steps received funding for another survey when you are 25 to find out what your lives are like now. We hope to continue following you throughout your adult lives, building a complete picture of what life is like for your generation.

From the time you turned 14, the study has gathered information on a number of different aspects of your lives, including family,

friends, health, housing, education, jobs, how you spend your spare time, your neighbourhoods, and your hopes for the future.

As you get older, we will continue to ask you about those things, as well as your careers, finances, whether or not you get married or have children, and your attitudes and beliefs.

All this information helps researchers understand:

- how our experiences as teenagers affect how we turn out later on
- how things like health, wealth, family, education and employment are linked
- how these aspects of life vary for different people and across generations.

## MANAGEMENT AND FUNDING

From 2004 to 2013, the Department for Education ran Next Steps. In 2013, the Centre for Longitudinal Studies at University College London began managing the study. We run other similar surveys – following people born in 1958, 1970 and 2000–01. Find out more at [www.cls.ioe.ac.uk](http://www.cls.ioe.ac.uk).

An organisation called the Economic and Social Research Council funds the study. It is one of seven independent research funders in the UK. Find out more at [www.esrc.ac.uk](http://www.esrc.ac.uk).





FOLLOWING THE  
GENERATION BORN IN

1989-90

## YOUR LIVES HAVE CHANGED. SO HAVE WE.

Life for the Millennial generation – born between 1980 to 2000 – has been full of changes.

### **Technology has changed.**

The first major advances in the internet, social media and new technology were all during your lifetime.

### **Society has changed.**

You grew up with globalisation and cultural diversity, but also greater inequality than your parents' generation.

### **The economy has changed.**

You entered the workforce during the worst economic recession since the Great Depression.

### **And so we've changed too.**

When it started, Next Steps was designed to study young people's experiences through secondary school, and into further education, training or the workforce. But your lives and the world around you have changed in important ways. So now Next Steps is focused on understanding what your adult lives are like, both now and in the future.

## YOU'RE THE VOICE OF YOUR GENERATION

Each of you brings something unique to Next Steps, and together, you represent the diversity of your generation. That's why we need people from all different backgrounds to take part. Without you, the picture isn't complete.

You also bring something unique to the story of Britain. Studies like Next Steps have been following different generations since 1946.



**FIND OUT MORE AT...**  
[nextstepsstudy.org.uk](http://nextstepsstudy.org.uk)

# HERE'S HOW IT WORKS

## START...

### THE FIRST SURVEY



In 2004, around 16,000 of you took part in the first survey of Next Steps.

### KEEPING IN TOUCH



As you went through secondary school, you were surveyed every year because your lives were changing quickly. As you get older, we'll get in touch less often.

### TAKING PART



We would like everyone to take part in every survey, but the choice is yours. If you miss a survey, you can always take part next time.

### HAVEN'T TAKEN PART IN A WHILE?

Even if you haven't taken part for several years, you can still participate at age 25. There's still a lot we can learn from how you've changed since Year 9 or 10, even if we don't have all the details of your life in between.

### WHAT WE ASK YOU



We ask you about things that are relevant to your lives. When you were younger, we asked you about school, friends, family and your hopes for the future. As you get older, we'll ask you about things like work, health, whether you have children, and your plans for retirement.

### YOUR FAMILY



We also talk to the important people in your lives. When you were at school we spoke to your parents. As you get older, we may ask to speak to people like your partner or children (if you have them).

THE NEXT SURVEY  
WILL START IN  
**2015**

WHEN YOU ARE

**25**  
YEARS OLD

## DATA SECURITY



All the information you give us is then separated from your name, contact information and any other details that may identify you.

## KEEPING YOUR DATA SAFE

We have security measures in place to ensure that no one else can access your name or contact information. We keep these personal details separate from the other information you give us, so you can't be identified from your answers. All the information we collect is treated in accordance with the Data Protection Act 1998.

## COMPLETING THE PICTURE



Your anonymised information is put together with the information from all the other study members to provide a complete picture of your generation.

## LEARNING FROM YOUR GENERATION



Researchers use the information to learn how people's experiences in early life affect their choices and outcomes later on.

**...REPEAT!**

## THE NEXT SURVEY

The next survey will be in 2015 when you are 25 – a point in your lives when many face big decisions about careers, housing, families or finances.

A company called NatCen will be conducting the survey this time around. We'd like you to do the survey online, but you can choose to be interviewed over the phone or in person if you prefer. We'll be in touch nearer the time to let you know more.

## UPDATE YOUR CONTACT DETAILS

We need complete, up-to-date contact info for everyone, including email, phone number and address. Please update your information on the website, or using the change of details card that came with this booklet.

**FIND OUT MORE AT...**  
[nextstepsstudy.org.uk](http://nextstepsstudy.org.uk)

# WHAT WE'VE LEARNED FROM YOU...



## ...AND HOW IT'S MADE A DIFFERENCE

Next Steps plays an important role in identifying what factors can influence children and young people's chances in life.

Government, teachers, charities and others use what we learn from you to develop services and policies that help improve people's education, development and wellbeing. These pages list just a few of the things we've learned and how they've helped make a difference.

By taking part in Next Steps, you're helping make life better for people your age, as well as younger generations.

## IMPORTANCE OF FAMILY

Findings from Next Steps have shown that those of you who got on with your parents and had strong family support also had better mental health and did better in school. Family support also affected whether or not you liked school, and whether or not you applied to university.

AT AGE 16-17 NEARLY

**50%**

OF YOU WOULD TALK TO YOUR FAMILY IF THINGS WERE TROUBLING YOU



## DID YOU KNOW?

Half of young people who ate a meal with their family six or seven times a week gained eight or more A\*-C GCSEs, compared to less than a third of teenagers who never ate with their families.



**25%**

OF YOU WOULD TALK TO A FRIEND AT SCHOOL



# 10,000

FEWER PUPILS ARE  
BULLIED DAILY SINCE  
YOU WERE IN YEAR 9

AT AGE 14 ALMOST

# 50%

OF YOU REPORTED  
BEING BULLIED

## BULLYING

Bullying can be very harmful to young people's wellbeing. Next Steps has played a major part in understanding the risks of bullying. At age 14, almost half of you reported being bullied, but it was girls, young people with special educational needs and those living in care who were most likely to be affected.



## HELPING THE NEXT GENERATION

Findings from Next Steps have been used in several anti-bullying campaigns and initiatives, as well as in guidance for teachers and schools about how to stop bullying. A recent study has shown that secondary school pupils today are less likely to be bullied than your generation.



FIND OUT MORE AT...  
[nextstepsstudy.org.uk](http://nextstepsstudy.org.uk)

# WHAT WE'VE LEARNED FROM YOU...



## EDUCATION

Next Steps has helped shed light on the factors that influence young people's performance at school.

Findings have shown that poverty and disadvantage can affect educational achievement. Pupils from disadvantaged backgrounds did less well in school than their more advantaged peers, and were also more likely not to be in education, employment or training by age 17.

However, Next Steps has also shown that this is partly due to the fact that disadvantaged young people are less likely to believe in their own ability and have lower aspirations for their futures.



Aspirations, self-belief and behaviour explain a quarter of the educational attainment gap between rich and poor pupils.



Next Steps has helped identify what types of young people are most likely to struggle at school. This helped schools target their support at those who needed it most.

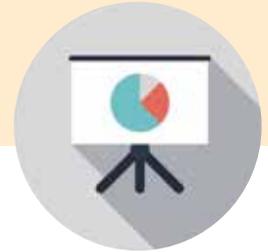


Findings from Next Steps were used in setting up the Educational Maintenance Allowance, a scheme to help young people from low-income families with the costs of travel, books or equipment for school or college.



Only 40% of your generation had a job at age 18, compared to 74% of the generation born in 1958.





## CASE STUDY: HOW YOU'VE HELPED IMPROVE VOCATIONAL EDUCATION FOR YOUNG PEOPLE

After finishing school, some people choose to continue their education or training. But for many years, practical qualifications and apprenticeships – referred to as ‘vocational’ education – have not been successful in helping young people get the secure jobs they want.

In 2011, the Department for Education asked Professor Alison Wolf to investigate vocational education in the UK, and recommend how to improve it for future generations. Professor Wolf used information from Next Steps to show that your generation was actively seeking work, but that around a third to a half of you struggled to find appropriate courses and jobs, and as a result changed occupations frequently and spent periods of time not in work, education or training.

Based on these findings, Professor Wolf was able to make 27 specific recommendations of how to improve practical education and training opportunities for young people that will help them to get jobs with good opportunities for progression.

The government has committed to acting on **all** of the recommendations in Professor Wolf’s report.

**IF WE ARE GOING TO GIVE ALL OUR YOUNG PEOPLE THE OPPORTUNITIES THEY DESERVE WE MUST GET IT RIGHT. THANKS TO PROFESSOR WOLF WE NOW HAVE A GUIDE TO GET US THERE.”**

— Michael Gove, Former Secretary of State for Education

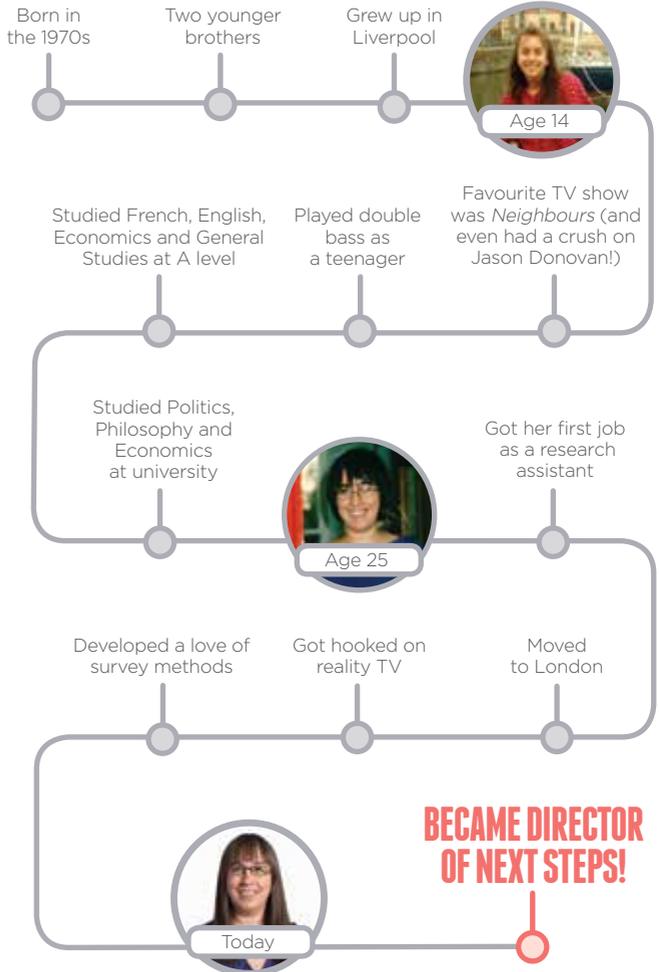
# MEET THE TEAM

## LISA CALDERWOOD

Director of Next Steps

Lisa is the Director of Next Steps. She's responsible for all the big decisions about the study, in particular deciding what topics we cover at each survey.

Lisa has specialised in managing surveys for studies like Next Steps for 15 years. She is interested in improving the methods we use to collect information from study members.



# THE WIDER TEAM

Managing a study this big requires many different jobs – including researchers, survey specialists, data managers and communications staff. Marie, Matt and Mandy put together the questions we ask you.

Mary, George, Denise and Tony work on keeping your contact information up to date and secure. Sarab takes care of your survey answers, and Lorraine and Morag use it to find out more about your generation.

## EMMA SAVILLE

Communications Officer

Emma is responsible for providing study members with information about Next Steps. She puts together the mailings we send you, and keeps the website up to date.

Born in the 1980s in Keighley, West Yorkshire

One younger sister and one older half brother

Grew up in Sheffield



Age 14

Favourite TV show was *Buffy the Vampire Slayer*

Liked travelling and making cakes as a teenager

Studied Biology, English Language, Psychology and General Studies at A level



Age 25

Got really into action films

Joined a semi-pro salsa group

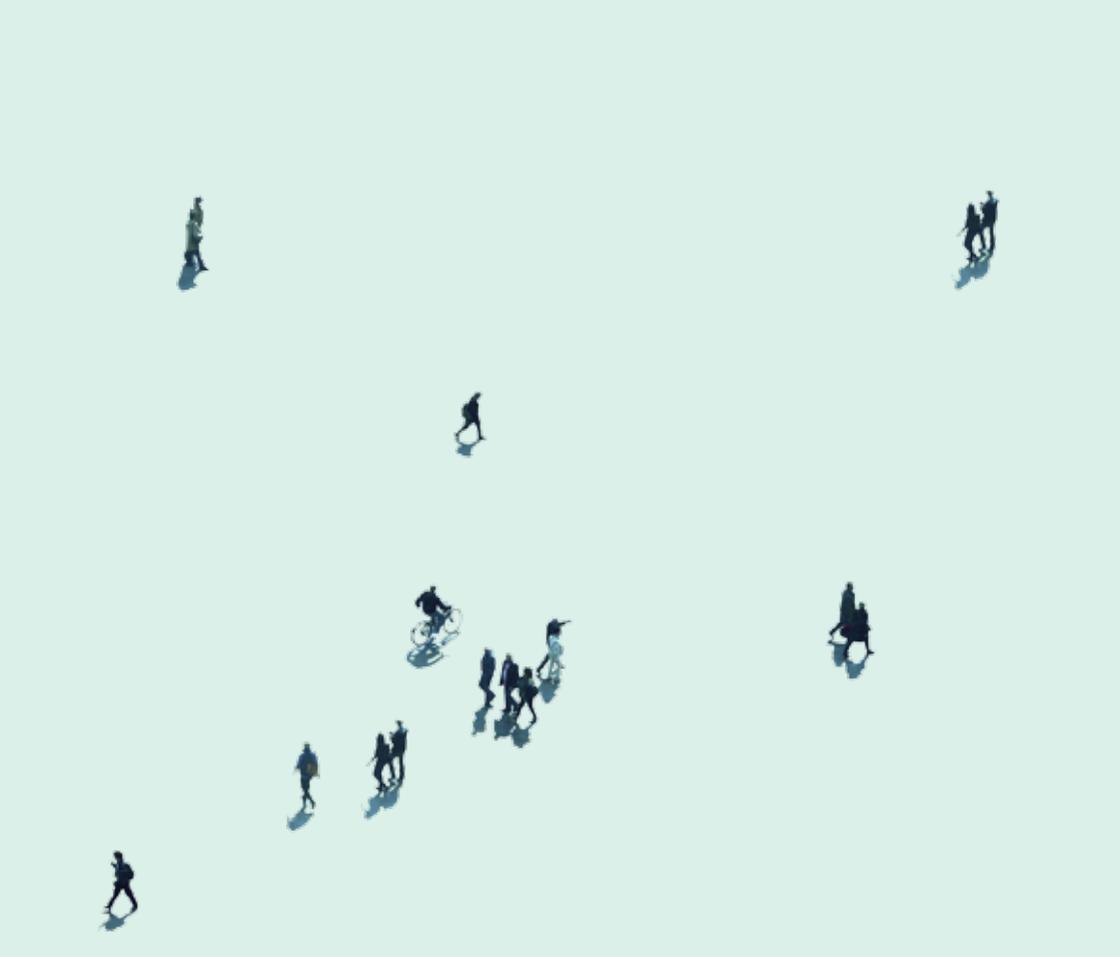
Moved to London



Today

**BECAME COMMUNICATIONS OFFICER FOR NEXT STEPS!**

**FIND OUT MORE AT...**  
[nextstepsstudy.org.uk](http://nextstepsstudy.org.uk)



**FREEPOST RTHR-TUGG-UTCR**  
Next Steps  
Centre for Longitudinal Studies  
Institute of Education  
20 Bedford Way  
London  
WC1H 0AL



Freephone: 0800 977 4566



Email: [nextsteps@ioe.ac.uk](mailto:nextsteps@ioe.ac.uk)  
Web: [www.nextstepsstudy.org.uk](http://www.nextstepsstudy.org.uk)  
Facebook: [www.facebook.com/nextstepsstudy](http://www.facebook.com/nextstepsstudy)  
Twitter: [@nextstepsstudy](https://twitter.com/nextstepsstudy)