

Children's Worlds National Report

# **POLAND**



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## 1. Introduction

### 1.1 Context and population

#### GEOGRAPHY AND POPULATION

Poland is located in Central Europe on the coast of the Baltic Sea. The country's area covers 312.7 thousand km<sup>2</sup> which makes it the 9<sup>th</sup> largest country in Europe. By virtue of the administrative reform of 1999, the area of Poland was divided into 16 voivodships, largely based on the country's historic regions.

According to estimates produced by the Polish Central Statistical Office (GUS), at the end of 2017 Poland had a population of 38.4 million people. As regards the number of inhabitants, Poland occupies the 37<sup>th</sup> place in the world and the 6<sup>th</sup> position among the European Union countries. Women constitute nearly 52% of Poland's total population. At present the share of urban inhabitants in the country's total population has reached 60.2%.

It is estimated that at the end of 2017 there were approximately 7 million people at the pre-working age (0-17 years), which constitutes about 18% of the total population (for comparison, in 2000 this number was 24.4%). Children at the age of 8-12 years represented about 5.3% of the country's total population in 2017.

#### ETHNICITY AND RELIGION

Ethnically Poland is one of the most homogeneous states in Europe. A vast majority of the country's inhabitants (94.8%) are people who identify themselves exclusively with Polish nationality, 2.3% declare a multiple national-ethnic identity (Polish and non-Polish) and only 1.5 % are of other than Polish nationality. The most numerous ethnic minorities in Poland include Silesians, Kashubians and Germans.

Although there are about 180 officially registered Churches and religious denominations in Poland, the country is virtually homogeneous as regards religion. According to estimations, most people in Poland (87-96%) declare belonging to the Roman Catholic Church.

#### ECONOMIC CONTEXT

Poland has the largest economy in Central Europe, which over the last decade has been one of the fastest growing EU economies. According to the Eurostat data, at the end of 2018 Poland's GDP amounted to almost 500 bn euros. Since joining the EU in 2004, Polish GDP per capita has increased from 50.5% of the EU28 average to almost 70% in 2017 and reached the level of 20,900 PPS.

As reported by Eurostat, in 2018 the rate of unemployment in Poland was 3.9% (as compared with 19.1% in 2004). The youth unemployment rate reached in the last year the level of 11.7% (in 2004 it was 39.6%).

#### EDUCATION

According to the existing law, education in Poland is compulsory for children aged 6 to 18. Since the educational reform implemented in 2017, obligatory education comprises one

year of pre-school education, eight years of primary school and four or five years of secondary school.

Compulsory education is free of charge and the only criterion for admitting a child into a primary school is his/her age. Since September 2017 parents are once again able to send their children to school either at the age of six or seven. Before the reform, in the 2015/2016 – 2016/2017 school years, all six-year-olds were obliged to start their education in the first grade of primary school.

## CHILDREN'S RIGHTS

The protection of child rights in Poland is guaranteed by Art. 72 of the Republic of Poland's Constitution, and the Polish solutions as regards the child protection rights comply with international legal standards, above all with the Convention on the Rights of the Child of 20 November 1989.

Poland was the country which in 1978 suggested that the UN Human Rights Commission should enact the Convention on the Rights of the Child and it submitted a project which served as a point of reference for 11 years of work on the final version of this document. Poland was also one of the first countries to sign this Convention (26 January 1990).

Whether the provisions of the Constitution and resolutions of the Convention are observed in Poland is monitored by the Spokesperson for Child's Rights. The Spokesperson for Child's Rights is a constitutional controlling authority which undertakes actions to ensure a full and harmonious development for each child, with respect for his/her dignity and individuality.

### **1.2 Sampling: Strategy and outcome**

The scheme of selecting a nationally representative group of respondents was based upon multistage, stratified random sampling. The initial sampling frame was a list of 12,773 primary schools which were assigned weights proportional to their size, expressed by the total number of class groups for levels from 1 to 6. The sampling frame did not include 853 special schools representing ca. 6.3% of all primary schools in the country.

Taking into consideration both the minimum sample size established at the level of 1000 children from each of the differentiated age groups and the average class size in the country, a random selection of at least 56 primary schools was required – although, in view of possible respondent absences or refusals, the sample size was increased to 72 schools. Because schools were selected with probabilities proportional to their size, only one class group for each children's age group (from the 2nd, 4th and 6th grades) was randomly selected from each sampled school.

Expecting children's well-being differences to be due to the place of residence, a point was made that children from all the country's regions, both from rural and urban schools, should be properly represented in the sample. Therefore, a random selection of the sample was conducted for 13 strata on the basis of three factors. The first one was the type of school – public or non-public. Taking into account the proportion between the number of classes from public and non-public schools, we sampled only 4 non-public schools without any

further stratification. The public schools were divided into 12 strata using the other two criteria: territorial unit (6 NTS units at level 1) and area type (urban or rural).

The total number of school children participating in the survey was 3,494. After checking the collected material as regards contents and formal requirements, 3,312 respondents were finally qualified for further analysis (964 8-year-olds, 1,192 10-year-olds, and 1,156 12-year-olds). Weights were assigned to all the respondents, which made it possible to balance deviations in the sample's structure, caused mainly by the fact that some children from classes selected for the study refused to participate in it.

## 2. Results

### 2.1 The participants

The study was carried out among primary school children, from grades 2, 4, and 6. This means that, apart from a few exceptions, the age of respondents invited to participate in the study fell within 7-9 years (2<sup>nd</sup> grade), 9-11 years (4<sup>th</sup> grade) and 11-13 years (6<sup>th</sup> grade). The sample is not representative by age so it will be analysed by age groups from here on.

Table 1. Age groups by gender (unweighted numbers)

	8 year-old	10 year-old	12 year-old	Total <sup>1</sup>
<b>Boy</b>	508	599	560	1667
<b>Girl</b>	456	591	595	1642
<b>Total</b>	964	1190	1155	3309

<sup>1</sup> 3 respondents did not mark their gender

Out of 3,312 school children participating in the study, 49.6% were girls. In the particular age groups (8, 10, and 12 years) the percentage of girls amounted to 47.3%, 49.7% and 51.5% respectively.

### 2.2 The home and the people children live with

The family structure of the respondents from two older age groups is presented in Table 2.

Table 2. Family type (%)

	10 year old	12 year old
<b>Mother and father</b>	85.4	83.3
<b>Mother and partner</b>	4.1	6.1
<b>Father and partner</b>	.5	.3
<b>Lone mother</b>	7.6	7.6
<b>Lone father</b>	.7	.7
<b>Other</b>	1.7	1.9

Over 84% of the children lived both with their mother and father, 7.6% lived with lone mother and 5.1% stayed with their mother and her partner. Around 1% of the kids lived with

a lone father or with the father and his partner. At the same time, more than 75% of the respondents declared living with siblings and around 28% of staying with their grandparents.

There were six questions asked about the children's views on the home and the people they lived with (Table 3). Over 95% of the respondents positively (*"agree a lot"*, *"totally agree"*) evaluated their sense of security at home, more than 93% admitted being surrounded by family members that cared about them, and over 91% found their family helpful. The vast majority of the children enjoyed spending time with their families, but the share of positive answers about this subject decreased along with the increasing age of the respondents. Similar patterns were observed regarding children's views about being heard by parents and participating in decisions about their lives.






Table 3. Views about home and family life (%)

	Age group	I do not agree	Agree a little bit	Agree somewhat	Agree a lot	Totally agree
There are people in my family who care about me <sup>1</sup>	8 year old	1.5	2.0	3.3	7.7	85.4
	10 year old	1.1	1.5	4.2	7.7	85.4
	12 year old	1.2	1.8	3.6	10.8	82.6
If I have a problem, people in my family will help me <sup>2</sup>	8 year old	.7	1.7	5.4	10.7	81.5
	10 year old	.5	2.2	4.5	12.8	80.1
	12 year old	1.4	2.8	6.9	15.6	73.3
We have a good time together in my family <sup>3</sup>	8 year old	1.0	2.6	5.3	13.3	77.8
	10 year old	1.2	2.4	7.8	15.2	73.5
	12 year old	1.4	5.3	10.3	21.4	61.6
I feel safe at home <sup>4</sup>	8 year old	.8	.6	3.6	7.5	87.5
	10 year old	.5	.8	2.9	5.9	89.9
	12 year old	.8	1.3	2.6	7.7	87.6
My parents listen to me and take what I say into account <sup>5</sup>	8 year old	1.9	5.2	8.7	23.9	60.2
	10 year old	2.0	5.2	11.8	26.5	54.6
	12 year old	3.7	6.5	12.2	31.2	46.4
My parents and I make decisions about my life together <sup>6</sup>	10 year old	3.7	4.6	8.0	19.2	64.5
	12 year old	4.9	6.1	12.7	23.9	52.3

<sup>1, 2, 3, 4, 5, 6</sup> 89, 122, 121, 117, 181 and 150 respondents did not answer this questions, respectively

The next question covered satisfaction with family. In the 8 year-old group, the children were asked to answer on 5-point emoticons scales (Table 4) and older children were asked to answer this question using 11-point scales (Table 5).

Table 4. Satisfaction with family (8 years old) (%)

Satisfaction with ...					
The people you live with	.4	.6	4.8	22.5	71.8

Children in Poland declared a very high level of satisfaction with the people they lived with; however, the share of respondents totally satisfied with their family members was significantly higher among the youngest kids and exceeded 70%.

Table 5. Satisfaction with family (10 and 12 years old) (%)

Satisfaction with ...	0	1	2	3	4	5	6	7	8	9	10	
The people you live with <sup>1</sup>	10 YO	.3	.2	.7	.3	1.2	2.1	1.9	4.6	6.0	14.1	68.6
	12 YO	.6	.4	.5	1.0	1.0	3.2	2.8	4.9	9.4	19.9	56.3

<sup>1</sup>10 respondents did not answer this question

Among 10-year-olds this value reached 68.6%, and among 12-year-olds only 56.3%. On the other hand, 2.4% of the respondents scored below the midpoint, indicating a low level of satisfaction with their family members. The highest share of dissatisfied children was among the oldest age group and reached the level of 3.5%.

### 2.3 The home where children live

Almost all children involved in the study had a place in their house or flat where they could study or do homework; however, 1/3<sup>rd</sup> of them (37.5% of 10-year olds and 28.8% of 12-year-olds) admitted that they needed to share their room with other family members (Table 6).






Table 6. Living conditions (10 and 12 years old) (%)

Whether you have ...	10 year old	12 year old
Own room <sup>1</sup>	62.5	71.2
Place to study <sup>2</sup>	96.7	97.1

<sup>1,2</sup> 11 and 2 respondents did not answer these questions, respectively

Positive answers prevailed in the question about children's satisfaction with the house or flat they lived in. Among 8-year-olds the share of maximum scores exceeded 77% (Table 7).

Table 7. Satisfaction with home (8 years old) (%)

Satisfaction with ...					
The house or flat where you live <sup>1</sup>	.5	.7	3.1	18.4	77.3

<sup>1</sup>2 respondents did not answer this question

High levels of satisfaction with the home were also observed in the groups of 10- and 12-year-olds (Table 8).

Table 8. Satisfaction with the home (10 and 12 years old) (%)

Satisfaction with ...		0	1	2	3	4	5	6	7	8	9	10
The house or flat where you live <sup>1</sup>	10 YO	.3	.1	.6	.4	1.1	1.8	1.5	3.7	6.9	12.4	71.3
	12 YO	.5	.3	.5	.4	1.5	3.4	2.6	5.0	8.3	19.8	57.8

<sup>1</sup> 8 respondents did not answer this question

## 2.4 Friends

Another set of questions referred to children's views about their friends and friendships.






Table 9. Views about friends and friendship (%)

	Age group	I do not agree	Agree a little bit	Agree somewhat	Agree a lot	Totally agree
I have enough friends <sup>1</sup>	8 year old	3.5	5.3	6.9	15.9	68.4
	10 year old	1.8	5.4	7.6	18.3	66.9
	12 year old	3.5	5.0	9.6	18.6	63.3
My friends are usually nice to me <sup>2</sup>	8 year old	2.9	5.4	10.8	28.0	52.9
	10 year old	2.5	7.0	12.2	32.9	45.4
	12 year old	2.6	7.6	15.1	34.9	39.8
Me and my friends get along well together <sup>3</sup>	8 year old	2.4	4.0	10.0	24.2	59.4
	10 year old	1.8	4.9	11.1	27.9	54.3
	12 year old	1.4	5.8	12.9	30.7	49.2
I have a problem, I have a friend who will support me <sup>4</sup>	8 year old	3.4	3.1	6.4	11.7	75.4
	10 year old	4.4	3.9	5.1	9.6	77.0
	12 year old	5.1	3.9	4.8	14.3	71.9

<sup>1, 2, 3, 4</sup> 145, 108, 106 and 185 respondents did not answer this questions, respectively

About 2/3rds of respondents "totally agreed" with the statement that they had enough friends. The number of extremely positive answers for this question was slightly lower among the oldest respondents (Table 9). Almost 87% of children "agreed a lot" or "totally agreed" that their friends were a source of support. Positive answers predominated in children's opinion on the statements that friends were usually nice to them and that they got along well together.

Table 10. Satisfaction with friends (8 years old) (%)

Satisfaction with ...					
Your friends <sup>1</sup>	.4	1.4	6.6	35.1	56.4

<sup>1</sup> 5 respondents did not answer this question

Generally speaking, children in Poland were satisfied with their friends; however, the level of satisfaction differed between analysed age groups. More than 56.4% of the 8-year-olds scored the maximum when answering this question, whereas in the group of 10- and 12-year-olds the share of children “*totally satisfied*” with their friends amounted to 43.5% and 29.1% respectively.

Table 11. Satisfaction with friends (10 and 12 years old) (%)

Satisfaction with ...		0	1	2	3	4	5	6	7	8	9	10
Your friends <sup>1</sup>	10 YO	.6	.6	.9	1.2	1.8	6.1	3.2	7.4	13.0	21.7	43.5
	12 YO	1.5	.4	1.4	1.4	2.9	5.5	7.3	11.2	17.0	22.3	29.1

<sup>1</sup>10 respondents did not answer this question

## 2.5 School

Another part of the research included the problems of schools the children attend.

Table 12. Views about school (%)

	Age group	I do not agree	Agree a little bit	Agree somewhat	Agree a lot	Totally agree
My teachers care about me <sup>1</sup>	8 year old	2.5	2.5	6.4	13.9	74.6
	10 year old	2.8	5.5	12.4	23.7	55.6
	12 year old	5.9	10.1	19.2	28.5	36.2
If I have a problem at school, my teachers will help me <sup>2</sup>	8 year old	2.2	2.3	6.2	12.4	76.9
	10 year old	1.3	4.6	8.0	19.9	66.2
	12 year old	4.3	10.9	14.2	23.9	46.6
If I have a problem at school, other children will help me <sup>3</sup>	10 year old	5.9	7.2	11.7	31.4	43.9
	12 year old	6.0	11.6	17.1	31.1	34.1
There are a lot of arguments between children in my class <sup>4</sup>	10 year old	13.8	22.4	16.9	17.2	29.8
	12 year old	13.6	24.9	19.7	16.8	25.0
My teachers listen to me and take what I say into account <sup>5</sup>	8 year old	2.6	4.2	9.5	19.4	64.4
	10 year old	3.8	5.6	13.1	28.4	49.0
	12 year old	8.8	13.8	16.3	27.8	33.3
At school I have opportunities to make decisions about things that are important to me <sup>6</sup>	10 year old	4.8	5.9	11.8	24.3	53.1
	12 year old	6.3	11.1	18.3	27.9	36.4
I feel safe at school <sup>7</sup>	8 year old	3.1	4.1	6.9	14.9	71.0
	10 year old	4.2	5.3	11.5	18.2	60.9
	12 year old	5.6	7.8	13.2	25.3	48.1

<sup>1, 2, 3, 4, 5, 6, 7</sup> 225, 151, 114, 124, 238, 202 and 196 respondents did not answer this questions, respectively



The initial questions concerned the children's views upon four (8-year-old) or seven (10- and 12-year-olds) aspects of their school life (Table 12). The study shows that in general most of the children had a positive attitude to their teachers, although the structure of their responses was differentiated depending on age. Almost 90% of 8-year-olds found their teachers caring and helpful and 83% admitted that the teachers listened to them and took their views into account.

At the same time the student-teacher relations were evaluated by older respondents who were visibly more critical. For instance, only 61% of 12-year-olds stated that they were heard by their teachers. Around 44% of the children admitted that there were numerous arguments between children in their classes. At the same time, 75% of 10-year-olds and 65% of 12-year-olds agreed totally or a lot that they could rely on other children from their school. Another issue included in the survey was the children's comments on their feeling of safety at school. The percentage of 12-year-olds who felt safe at school (*"agree a lot"*, *"totally agree"*) reached the level of 73.4% and was significantly lower than among 8-year-olds (85.9%) and 10-year-olds (79.1%).






Table 13. Frequency of being bullied (%)

	Age group	Never	Once	Two or 3 times	More than 3 times
<b>Hit by other children in your school<sup>1</sup></b>	<b>8 year old</b>	54.2	16.4	13.5	15.8
	<b>10 year old</b>	58.2	16.1	11.7	14.0
	<b>12 year old</b>	64.7	14.0	9.4	11.9
<b>Called unkind names or insulted by other children in your school<sup>2</sup></b>	<b>8 year old</b>	46.3	19.8	16.8	17.1
	<b>10 year old</b>	48.7	17.8	13.0	20.5
	<b>12 year old</b>	43.1	21.3	15.3	20.3
<b>Left out by other children in your class<sup>3</sup></b>	<b>8 year old</b>	66.3	14.3	8.2	11.1
	<b>10 year old</b>	64.8	15.2	10.9	9.1
	<b>12 year old</b>	65.3	15.6	9.2	9.9

<sup>1,2,3</sup> 252, 247 and 384 respondents did not answer this questions, respectively

A separate point connected with the sense of safety at school was the so-called school bullying. The respondents were asked about their recent experiences connected with physical, verbal and emotional victimisation. The answers obtained indicate that school bullying is a significant problem in Polish schools – nearly 54% of children experienced verbal violence, 41% admitted they had been hit at least once within the last 30 days and 34.5% felt rejected by peers (Table 13). Experiences of physical violence at school were more common among the youngest children – over 29% of 8-year-olds said they had been hit at least twice over the last 30 days, whereas this fraction was 8 percentage points smaller among 12-year-olds. There were no significant differences between age groups with reference to verbal and emotional bullying.

Table 14. Satisfaction with school life (8 years old) (%)

Satisfaction with ...					
Your life as a student <sup>1</sup>	2.0	1.4	11.7	34.7	50.2
The things you have learned at school <sup>2</sup>	.4	0.9	6.2	23.1	69.5
The other children in your class <sup>3</sup>	1.1	2.3	11.4	30.6	54.5

<sup>1,2,3</sup> 11, 22 and 27 respondents did not answer this questions, respectively

The next question concerned the level of children's satisfaction with three aspects of their school life (Table 14 and 15). Polish children declared quite a high level of satisfaction with the things they had learned at school – 48% of them gave the maximum score. At the same time, the share of those dissatisfied with this element in the individual age categories (8, 10, and 12 years) was at the level of 1.3%, 4.2% and 8.7% respectively. Over 8% of the children were dissatisfied with their class mates and their school life in general. Negative views were particularly visible among the oldest respondents. Only 18% of children aged 12-years-old scored 10, while evaluating their school life and merely every fourth pupil was “*totally satisfied*” with his or her classmates.

Table 15. Satisfaction with school life (10 and 12 years old) (%)

Satisfaction with ...		0	1	2	3	4	5	6	7	8	9	10
Your life as a student <sup>1</sup>	10 YO	2.8	1.0	.9	2.0	3.5	6.2	6.8	10.8	12.6	19.3	34.2
	12 YO	2.9	1.0	1.6	2.6	3.3	11.0	9.0	13.4	17.4	19.7	18.0
The things you have learned at school <sup>2</sup>	10 YO	.7	.1	.5	.9	2.0	3.1	4.9	7.3	11.9	19.5	49.1
	12 YO	2.2	.5	1.3	1.8	2.9	7.5	7.0	11.6	17.0	22.1	26.2
The other children in your class <sup>3</sup>	10 YO	1.1	1.3	1.6	2.4	2.0	4.7	4.4	8.1	11.7	22.9	39.9
	12 YO	2.8	1.5	2.4	2.5	3.6	7.5	8.3	12.1	12.4	22.3	24.6

<sup>1,2,3</sup> 14, 22 and 34 respondents did not answer this questions, respectively

## 2.6 The area where children live

The conducted survey also asked the children some questions concerning the area in which they lived. Children generally had a high degree of satisfaction with their local area. Almost  $\frac{3}{4}$  of them agreed a lot or totally with the statement “*I feel safe when I walk around the area I live in*”. Over 77% of the respondents agreed a lot or totally with the statement “*In my area there are enough places to play or to have a good time*”. The proportion agreeing especially with the second questions declined with the increasing age of the children and was almost 15 percentage points lower among 12-year-olds in comparison to the youngest kids (Table 16).






Table 16. Views about the local area (%)

	Age group	I do not agree	Agree a little bit	Agree somewhat	Agree a lot	Totally agree
I feel safe when I walk around in the area I live in <sup>1</sup>	8 year old	9.4	6.7	10.8	23.7	49.4
	10 year old	5.0	7.1	12.2	27.2	48.4
	12 year old	3.8	7.1	13.6	32.9	42.6
In my area there are enough places to play and have a good time <sup>2</sup>	8 year old	4.7	3.5	7.7	13.5	70.7
	10 year old	5.1	7.2	9.7	14.7	63.4
	12 year old	9.4	9.4	11.8	19.1	50.3

<sup>1,2</sup> 141 and 129 respondents did not answer this questions, respectively

Similarly, the average level of satisfaction with the local area decreased along with age of the respondents (Table 17 and 18). Over 70% of 8-year-olds, 56.7% of 10-year-olds and only 41.4% of 12-year-olds were completely satisfied with the area they lived in. At the same time, 8.3% of the children from the oldest age group expressed low satisfaction (scored below the midpoint) with this aspect of their lives, while among the pupils from grades 2 and 4 this percentage oscillated around 3% and 5% respectively.

Table 17. Satisfaction with the local area (8 years old) (%)

Satisfaction with ...					
The area where you live <sup>1</sup>	1.0	1.8	4.7	22.2	70.2

<sup>1</sup> 1 respondent did not answer this question

Table 18. Satisfaction with the local area (10 and 12 years old) (%)

Satisfaction with ...	Age group	0	1	2	3	4	5	6	7	8	9	10
The area where you live <sup>1</sup>	10 YO	1.4	.8	.7	1.0	1.4	3.1	3.1	5.1	8.8	17.9	56.7
	12 YO	2.4	.5	1.1	2.3	2.0	5.2	4.5	8.1	13.8	18.7	41.4

<sup>1</sup> 8 respondents did not answer this question

## 2.7 Money and the things children have

The successive part of the study concerned the children's material well-being.

Table 19. Frequency of worrying about money (%)

	Age group	Never	Sometimes	Often	Always
Worrying about how much money your family has <sup>1</sup>	8 year old	35.7	23.3	14.6	26.3
	10 year old	41.0	33.7	13.6	11.7
	12 year old	39.7	42.5	11.2	6.6

<sup>1</sup> 356 respondents did not answer this question

Less than 39% of the youngsters said that they never worried about the money that their family had. 28% of the children were frequently, or even continuously, worrying about money. This share was significantly higher among the youngest and reached the level of almost 41% (Table 19).

Almost 97% of the respondents stated that they always or almost always received enough food (Table 20).

Table 20. Frequency of having enough food (%)

	Age group	Never	Sometimes	Often	Always
Having enough food to eat each day <sup>1</sup>	8 year old	1.3	4.2	8.4	86.1
	10 year old	.4	1.9	7.1	90.6
	12 year old	.4	1.7	8.3	89.6

<sup>1</sup> 76 respondents did not answer this question

Another aspect of children's material well-being concerned the things they owned (Table 21). The answers obtained show that almost all of the children had good clothes (ca. 99%) or shoes (97%) to wear for school. About 96% stated that they had necessary school items and 95% of pupils had enough money to pay for school activities. About 88% of the children had their own mobile phone, with this percentage being much lower for 8-year-olds (74%) than for the oldest children (97%). An access to the Internet at home reached the level of 95.8% and was slightly wider among grade 4 and grade 6 pupils. About 79% of the respondents answered that they received pocket money from parents.





Table 21. The things children have (%)

	8 year old	10 year old	12 year old
Clothes in good condition <sup>1</sup>	98.4	99.7	99.3
Enough money for school trips and activities <sup>2</sup>	90.5	96.3	97.7
Access to the Internet at home <sup>3</sup>	92.3	96.9	98.3
The equipment/things you need for sports and hobbies <sup>4</sup>	83.8	87.4	90.0
Pocket money <sup>5</sup>	84.0	80.2	71.8
Two pairs of shoes in good condition <sup>6</sup>	94.5	97.8	98.7
A mobile phone <sup>7</sup>	73.9	93.3	97.0
The equipment/things you need for school <sup>8</sup>	92.7	97.8	98.4

<sup>1, 2, 3, 4, 5, 6, 7, 8</sup> 10, 28, 17, 20, 32, 26, 30 and 32 respondents did not answer this questions, respectively

The majority of children were happy with the things they had – 80% of the 8 year-old age group, 74.2% of the 10- and 52.4% of 12-years-olds scored the maximum (Table 22 and 23).

Table 22. Satisfaction with the things you have (8 years old) (%)

Satisfaction with ...					
All the things you have <sup>1</sup>	.2	.6	2.6	16.6	80.0

<sup>1</sup>11 respondents did not answer this question

Table 23. Satisfaction with the things you have (10 and 12 years old) (%)

Satisfaction with ...	Age group	0	1	2	3	4	5	6	7	8	9	10
All the things you have <sup>1</sup>	10 YO	.2	.0	.3	.2	.4	1.4	1.5	2.8	4.7	14.2	74.2
	12 YO	.3	.0	.1	.3	.8	2.5	2.1	5.7	12.2	23.6	52.4

<sup>1</sup>9 respondents did not answer this question

Merely 6% of the children admitted that they lived in a family which did not possess their own car, only 1.2% declared they had neither computer nor tablet at home (Table 24) and less than 1% informed about the lack of a washing machine.

Table 24. Family possessions (10 and 12 years old) (%)

	Age group	None	One	Two	More than two
Number of cars in the family <sup>1</sup>	10 year old	5.3	29.0	40.6	25.2
	12 year old	7.3	34.0	36.4	22.3
Number of computers in the family <sup>2</sup>	10 year old	1.3	8.0	18.8	72.0
	12 year old	1.1	7.8	18.4	72.7
Number of bathrooms in a home or flat <sup>3</sup>	10 year old	.6	59.0	32.7	7.6
	12 year old	.7	53.9	37.7	7.7

<sup>1,2,3</sup> 8, 10 and 5 respondents did not answer these questions, respectively

Over 91% of the respondents declared that within the last year they had travelled at least once for holidays or vacations with their families. Most of them spent their family holidays solely in the country (Table 25).

Table 25. Frequency of family holidays (10 and 12 years old) (%)






	Age group	None	One	Two	More than two
Family holidays in the last 12 months <sup>1</sup>	10 year old	8.9	17.8	24.9	48.5
	12 year old	9.0	18.4	25.2	47.4
Number of these holidays spent abroad <sup>2</sup>	10 year old	52.1	27.6	9.4	10.9
	12 year old	52.9	25.9	12.8	8.4

<sup>1,2</sup> 8 and 14 respondents did not answer these questions, respectively

## 2.8 Time use

Next the children were asked to evaluate the level of their satisfaction with forms of using their (free) time.

Table 26. Satisfaction with time use (8 years old) (%)

Satisfaction with ...					
How you use your time <sup>1</sup>	1.1	.9	5.6	22.9	69.5

<sup>1</sup> 11 respondents did not answer this question

The children's degree of satisfaction with how they used their time was high, especially among 8-years-olds. The percentage of the youngest children that were "totally happy" with this aspect of their lives reached almost 70% (Table 26).

Table 27. Satisfaction with time use (10 and 12 years old) (%)

Satisfaction with ...	Age group	0	1	2	3	4	5	6	7	8	9	10
How you use your time <sup>1</sup>	10 YO	.5	.1	.1	.7	1.2	2.4	2.2	4.4	9.5	19.4	59.4
	12 YO	.8	.2	1.0	.9	2.5	3.9	5.7	9.4	15.3	19.5	40.7
How much free time you have to do what you want <sup>2</sup>	10 YO	.8	.2	1.1	1.3	1.9	3.1	3.4	6.5	10.4	15.0	56.3
	12 YO	1.3	1.1	1.3	2.6	3.7	6.7	6.0	9.3	11.8	17.9	38.4

<sup>1,2</sup> 10 and 15 respondents did not answer this questions, respectively

Among the 10- and 12-year-olds the share of respondents that gave the maximum score as to how they used their time generally reached 59.4% and 40.7% respectively (Table 27). Only a slightly lower level of satisfaction was indicated by the respondents as regards the amount of free time they have. In the group of 10-year-olds the share of maximum scores was 56.3%, and in the group of 12-year-olds it reached 38.4%.

## 2.9 Subjective well-being: how children feel about their lives

### Overall Life Satisfaction (OLS)

In the conducted study selected measures of overall subjective well-being were used. The simplest one of these applied was a single measure of overall life satisfaction (OLS). The children were asked how happy they were with their life as a whole. The responses obtained on a 5- (8-year-olds) or an 11-point scale (10- and 12-year-olds) were transformed into a value from 0 to 100.

Table 28. Overall life satisfaction scores (8 years old) (%)

Satisfaction with ...	0	25	50	75	100
Your life as a whole <sup>1</sup>	.8	1.0	4.2	17.1	76.9

<sup>1</sup> 24 respondents did not answer this question

Table 29. Overall life satisfaction scores (10 and 12 years old) (%)

Satisfaction with ...	Age group	0	10	20	30	40	50	60	70	80	90	100
Your life as a whole <sup>1</sup>	10 year old	.5	.3	.7	1.0	.9	1.8	1.8	2.8	4.4	14.1	71.6
	12 year old	1.3	.7	1.1	1.3	2.0	3.5	3.2	5.5	9.7	18.3	53.4

<sup>1</sup>38 respondents did not answer this question

The level of overall life satisfaction of Polish school children was relatively high (Table 28 and 29). As much as 76.9% of the 8-year-olds, 71.6% of 10-year-olds, and 53.4% of 12-year-olds were totally satisfied with their life (gave a maximum score). Merely 1.8%, 3.4% and 6.4% of the respondents from the three distinguished age groups declared a low level of satisfaction with their life as a whole.

### The Children's Worlds – Subjective Well-Being Scale (CW-SWBS)

Another measure used in the study was a new six item context-free subjective well-being scale (CW-SWBS), based on Huebner's Student's Life Satisfaction Scale. We formed a scale by summing the scores for six statements about the children's overall life satisfaction and transforming the scale from 0 to 100 (Table 30).

Table 30. CW-SWBS scores (%)

	0	10	20	30	40	50	60	70	80	90	100
	10	20	30	40	50	60	70	80	90	100	
8 years old <sup>1</sup>	.6	.6	.7	.6	1.1	5.0	2.6	8.7	11.8	21.7	46.6
10 years old <sup>2</sup>	.5	.9	.5	1.8	2.2	2.4	3.8	6.2	10.5	37.1	34.1
12 years old <sup>3</sup>	1.8	1.4	1.3	2.6	3.2	6.0	5.4	8.0	17.8	31.8	20.6

<sup>1,2,3</sup>It was not possible to calculate the scale values for 40, 46 and 43 respondents, respectively

Nearly 47% of the 8-year-olds, 1/3<sup>rd</sup> of the 10-year-olds and merely 1/5<sup>th</sup> of the 12-year-olds indicated that they had the highest possible levels of satisfaction with all of the six indicators used. Approximately 4%, 6% and 10% of the children in various age groups scored below the midpoint.

### The Children's Worlds – Domain Based Subjective Well-Being Scale (CW-DBSWBS)

The next measure applied in the study was a five items domain based cognitive subjective well-being scale (CW-DBSWBS). The scale, based on the Brief Multidimensional Student Life Satisfaction Scale by Seligson, Huebner and Valois, is the sum of five scores (satisfaction with family, friends, school experience, local area and appearance) transformed so that it is measured from 0 to 100. Almost 22% of the 8-year-olds, 15% of the 10 year-olds and only 5.5% of the 12-year-olds achieved a maximum level of 100 points on the DBSWBS (Table 31).

Table 31. CW-DBSWBS scores (%)

	0	10	20	30	40	50	60	70	80	90	100
	10	20	30	40	50	60	70	80	90	100	
<b>8 years old<sup>1</sup></b>	.0	.0	.0	.3	.6	1.3	3.0	11.3	22.2	39.5	21.7
<b>10 years old<sup>2</sup></b>	.0	.1	.2	.7	1.4	2.6	5.7	10.0	22.8	41.6	15.0
<b>12 years old<sup>3</sup></b>	.4	.0	.7	1.0	2.8	5.0	9.2	17.4	27.4	30.5	5.5

<sup>1,2,3</sup> It was not able to calculate the scale values for 25, 57 and 45 respondents, respectively

### The Children's Worlds – Positive and Negative Affect Scale (CW-PNAS)

Next, the affective subjective well-being measure (CW-PNAS), based on Barrett and Russell, was applied in the study. The children from grades 4 and 6 were asked how often over the span of the last 14 days they had felt happy, calm and full of energy – to represent a positive affect – and how often they had felt sad, stressed or bored – to represent the negative affect. The distribution of the achieved scores are presented in Table 32.

Table 32. CW-PNAS scores (10 and 12 years old) (%)

	Age group	0	10	20	30	40	50	60	70	80	90	100
		10	20	30	40	50	60	70	80	90	100	
<b>Positive Affects Scale<sup>1</sup></b>	10 year old	.6	.4	.7	1.5	3.2	6.1	14.3	13.2	18.5	22.1	19.5
	12 year old	.6	.7	1.0	2.9	5.7	9.1	16.0	18.9	19.4	15.4	10.3
<b>Negative Affects Scale<sup>2</sup></b>	10 year old	19.4	14.3	12.4	14.4	10.2	8.3	8.2	4.9	3.4	2.4	2.2
	12 year old	9.4	12.6	14.9	15.3	13.4	11.8	8.1	6.3	3.9	2.2	2.1

<sup>1,2</sup> It was not able to calculate the scale values for 163 and 110 respondents, respectively

### The Children's Worlds – Psychological Well-Being Scale (CW-PSWBS)

Finally, six items measuring the psychological subjective well-being scale (CW-PSWBS), based on Ryff, was used among 6<sup>th</sup> grade pupils. The measure was created by summing the six item scores transformed into a value from 0 to 100. The measure showed that 7.5% of the 12-year-olds were dissatisfied with their life, and around 11% of them gave the maximum score (Table 33).

Table 33. CW-PSWBS scores (12 years old) (%)

	0	10	20	30	40	50	60	70	80	90	100
	10	20	30	40	50	60	70	80	90	100	
<b>12 years old<sup>1</sup></b>	.5	.3	1.1	1.6	4.0	7.1	10.2	15.5	21.8	27.1	10.8

<sup>1</sup> It was not able to calculate the scale values for 34 respondents

## 2.10 Perceptions about children's rights in Poland

The next topic included in the survey concerned the child rights. Around 70% of the children from all age groups gave a positive answer when asked if they knew about the rights they had. Over 43% of the respondents stated they knew what the Convention on the Rights of the Child was (Table 34).



Table 34. Children's rights (%)

	Age group	Yes	No	Not sure
I know what rights children have <sup>1</sup>	8 year old	70.5	3.0	26.5
	10 year old	69.3	3.2	27.4
	12 year old	69.7	2.9	27.5
I know about the UN Convention on the Rights of the Child <sup>2</sup>	8 year old	44.3	20.5	35.2
	10 year old	43.1	16.1	40.7
	12 year old	43.1	15.8	41.1

<sup>1,2</sup> 44 and 62 respondents did not answer this questions, respectively

More than 74% of 10-year-olds and 59% of the 12-year-olds agreed a lot or totally with the statement that adults in Poland generally respected the rights of the youngest. Simultaneously, the share of respondents with the opinion that children's rights were not respected in Poland was in the two older age groups at the level of 10% and 16% respectively.

### 3. Conclusions

The results obtained from the study on the life quality of the children aged 8-12 years show that in Poland the children's satisfaction with their lives is fairly high. Nevertheless, it is worth mentioning that the share of children whose assessment of their life was low reached (depending on the age category and the applied overall subjective well-being measure) the level of 0.9% (DBSWBS for 8-year-olds) to 10.3% (SWBS for 12-year-olds). Calculating the average, this yields even 135 thousands of youngsters who are not satisfied with their overall life quality.

The comparison of average scores reflecting children's satisfaction with various aspects of their lives makes it possible to detect differences which are not easy to see when analysing each of those aspects separately. It validates the notion of asking children about their satisfaction with different aspects of their lives. Tables 35-37 contain a juxtaposition of the means, standard deviations, percentages of maximum scores and scores below the midpoint for all the questions asked about satisfaction with different aspects of life in the 8-, 10- and 12-year-olds survey.

Table 35. The 8-year-olds and their satisfaction with different aspects of life (0-4 scale)

	Mean (SD)	% max	% below midpoint
All the things you have	3.8 (0.5)	80.0	0.8
The house or flat where you live	3.7 (0.6)	77.3	1.2
The people that you live with	3.6 (0.6)	71.8	1.0
The things you have learned at school	3.6 (0.7)	69.5	1.2

<b>The area where you live</b>	3.6 (0.8)	70.2	2.8
<b>How you use your time</b>	3.6 (0.7)	69.5	2.0
<b>Your friends</b>	3.5 (0.7)	56.4	1.8
<b>The other children in your class</b>	3.4 (0.9)	54.5	3.4
<b>Your life as a student</b>	3.3 (0.9)	50.2	3.4

A comparison of the data presented above leads to the conclusion that although children from the distinguished age categories had a relatively positive attitude to particular aspects of their lives, some differences are visible in their assessments. The aspects of life with which the children were most satisfied (regardless of age) include mainly those relating to their family homes (the house or flat where they lived, the people they lived with and the things they had).

Much worse marks were given by the respondents, especially from the older age groups, to the aspects connected with school life (e.g. children in their class, life as a student). For many of the measures of children's subjective well-being presented in this report there are some variations by age group. These differences are mainly visible in the comparison of 12-year-olds with their younger colleagues and concern, above all, the aspects connected with school and also with satisfaction with the way they look. For all these aspects, the older children felt significantly less satisfied than the younger children. Smaller differences in the assessment of particular aspects of life occurred as regards the children's family life, places they lived in and the children's material situation, although here as well the level of satisfaction was decreasing along with the increasing age of the respondents.

Table 36. The 10-year-olds and their satisfaction with different aspects of life (0-10 scale)

	<b>Mean (SD)</b>	<b>% max</b>	<b>% below midpoint</b>
<b>All the things you have</b>	9.5 (1.3)	74.2	1.2
<b>The house or flat where you live</b>	9.3 (1.5)	71.3	2.4
<b>The people that you live with</b>	9.2 (1.6)	68.6	2.7
<b>How you use your time</b>	9.1 (1.6)	59.4	2.6
<b>The area where you live</b>	8.8 (2.1)	56.7	5.3
<b>How much free time you have</b>	8.8 (2.0)	56.3	5.3
<b>The things you have learned at school</b>	8.7 (1.9)	49.1	4.1
<b>Your friends</b>	8.5 (2.0)	43.5	5.2
<b>The other children in your class</b>	8.2 (2.3)	39.9	8.4
<b>Your life as a student</b>	7.9 (2.5)	34.2	10.1

Table 37. The 12-year-olds and their satisfaction with different aspects of life (0-10 scale)

	<b>Mean (SD)</b>	<b>% max</b>	<b>% below midpoint</b>
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<b>All the things you have</b>	9.0 (1.4)	52.4	1.5
<b>The house or flat where you live</b>	9.0 (1.7)	57.8	3.1
<b>The people that you live with</b>	8.9 (1.8)	56.3	3.5
<b>How you use your time</b>	8.4 (2.0)	40.7	5.5
<b>The area where you live</b>	8.2 (2.4)	41.4	8.3
<b>How much free time you have</b>	8.0 (2.4)	38.4	9.9
<b>Your friends</b>	8.0 (2.2)	29.1	7.7
<b>The things you have learned at school</b>	7.8 (2.3)	26.2	8.6
<b>The other children in your class</b>	7.5 (2.6)	24.6	12.7
<b>Your life as a student</b>	7.2 (2.4)	18.0	11.5