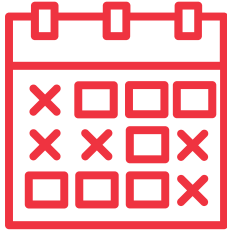


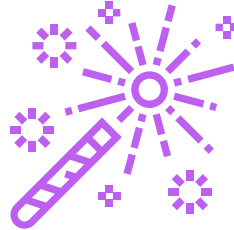
Is January the best time for resolutions?

31st December 2021 – 07th January 2022



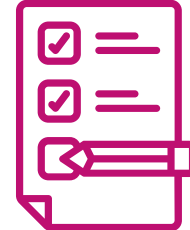
49%

of Primary voters said No.



52%

of Secondary voters said No.



57%

of 16+ & College voters said No.

For our first VoteTopic of 2022, voters explored New Year's resolutions in their various shapes and sizes. Now the festive period is over but the nights continue to be long and the days remain cold, January hardly feels like the most inspiring time to start something new. However, there is strength in numbers, especially if those around you are getting stuck in.

With these perspectives - and a range of others - in mind, 20,542 young people in the UK took part in this vote, having their say on: "Is January the best time to try new things?" in Primary, and "Is January the best time for resolutions?" in Secondary & Colleges.

Sample of 20,542 voters

If you want more information of the exact split of the sample size across the different categories below, please contact us at ajie@votesforschools.com.

Please Note: The sample size featured reflects the number of pupils and students that cast their vote on this topic during the week in which this vote was held. This sample size does therefore not reflect the number of pupils and students who discussed this VoteTopic but did not get a chance to participate in the voting.

VoteTopic Overview:

Question Primary:

"Is January the best time to try new things?"

Question Secondary, 16+ & College:

"Is January the best time for resolutions?"



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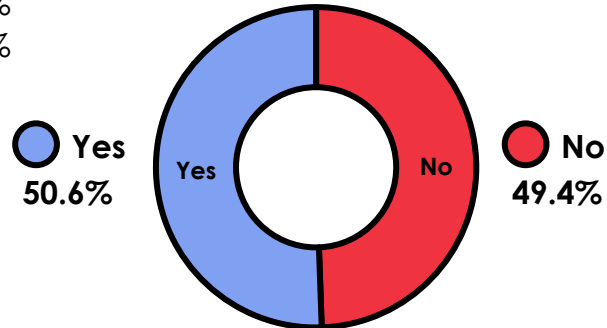
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Grand Total

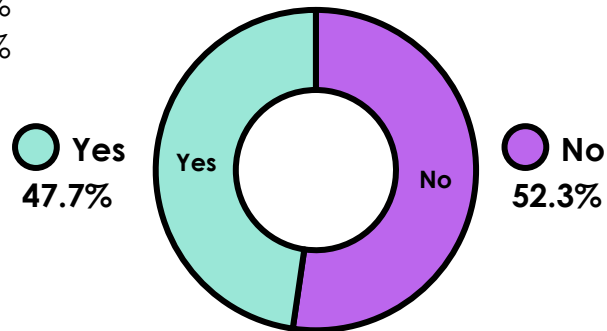
Primary: "Is January the best time to try new things?"

Yes 50.56%
No 49.44%



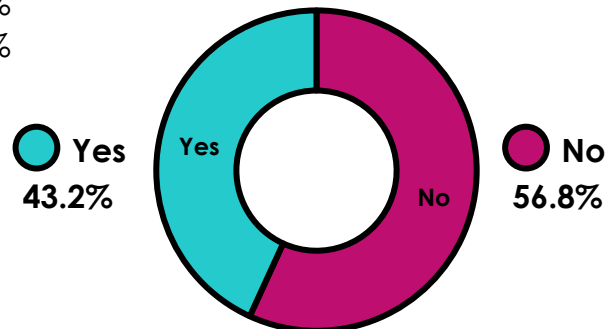
Secondary: "Is January the best time for resolutions?"

Yes 47.69%
No 52.31%



16+ & College: "Is January the best time for resolutions?"

Yes 43.16%
No 56.84%



Gender

Primary: "Is January the best time to try new things?"

	Yes	No
Female	52.32%	47.68%
Male	49.05%	50.95%
Diverse*	45.67%	54.33%



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Secondary: "Is January the best time for resolutions?"

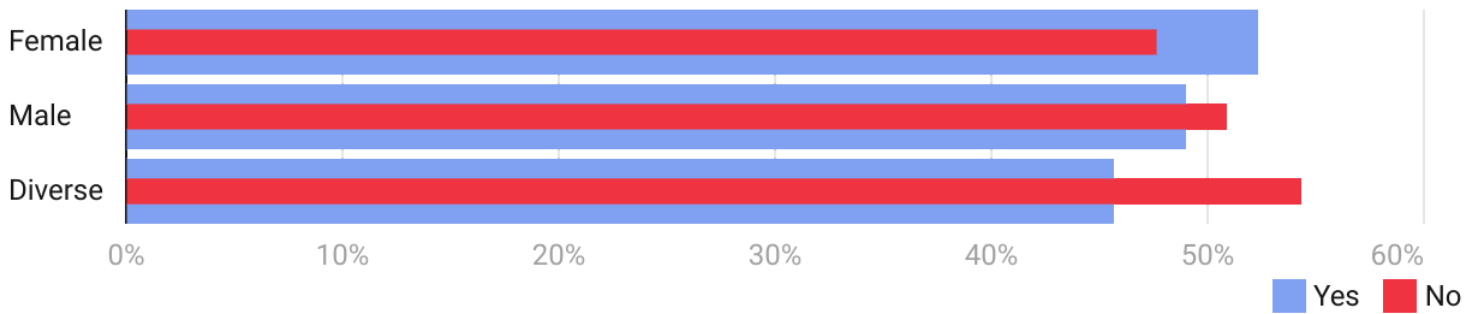
	Yes	No
Female	49.77%	50.23%
Male	46.65%	53.35%
Diverse*	42.57%	57.43%

16+ & College: "Is January the best time for resolutions?"

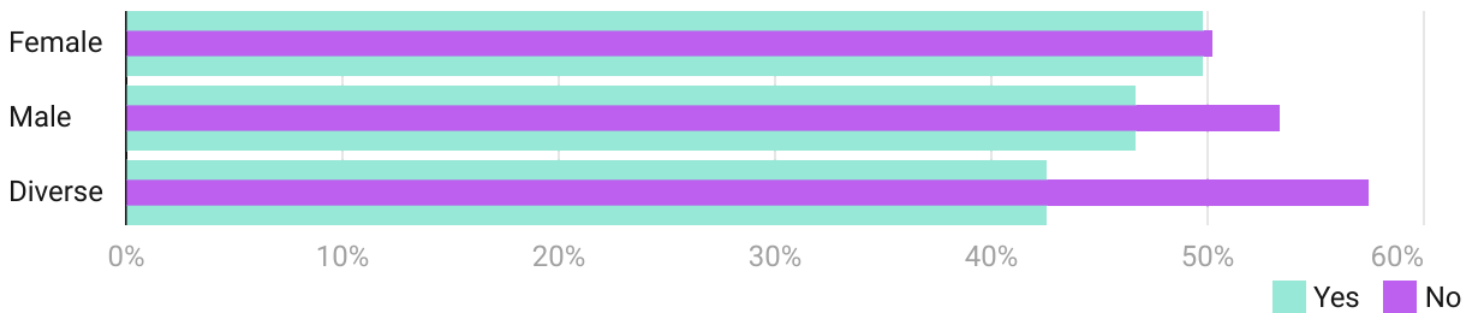
	Yes	No
Female	42.59%	57.41%
Male	42.86%	57.14%
Diverse*	48.28%	51.72%

*Votes collected as "Diverse" include students that identify as gender diverse, as well as students that wish not to disclose or were not able to specify their gender.

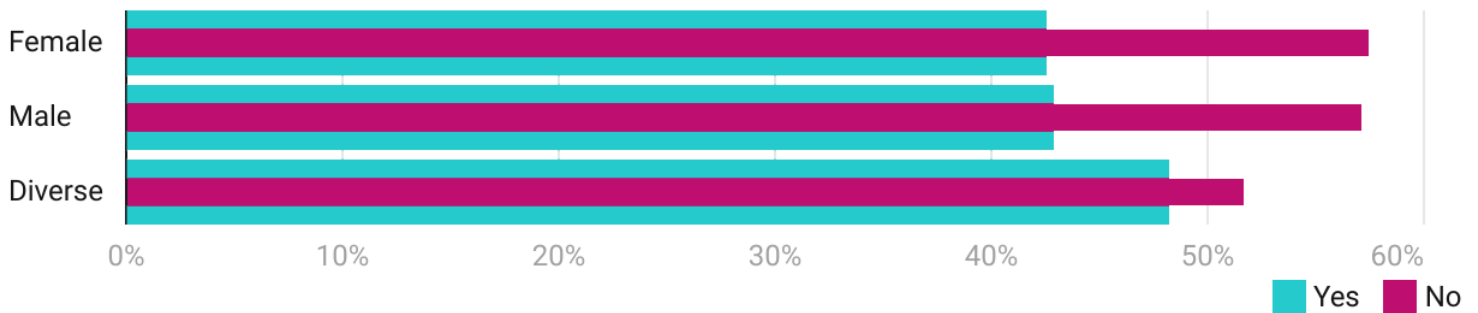
Primary: "Is January the best time to try new things?"



Secondary: "Is January the best time for resolutions?"



16+ & College: "Is January the best time for resolutions?"



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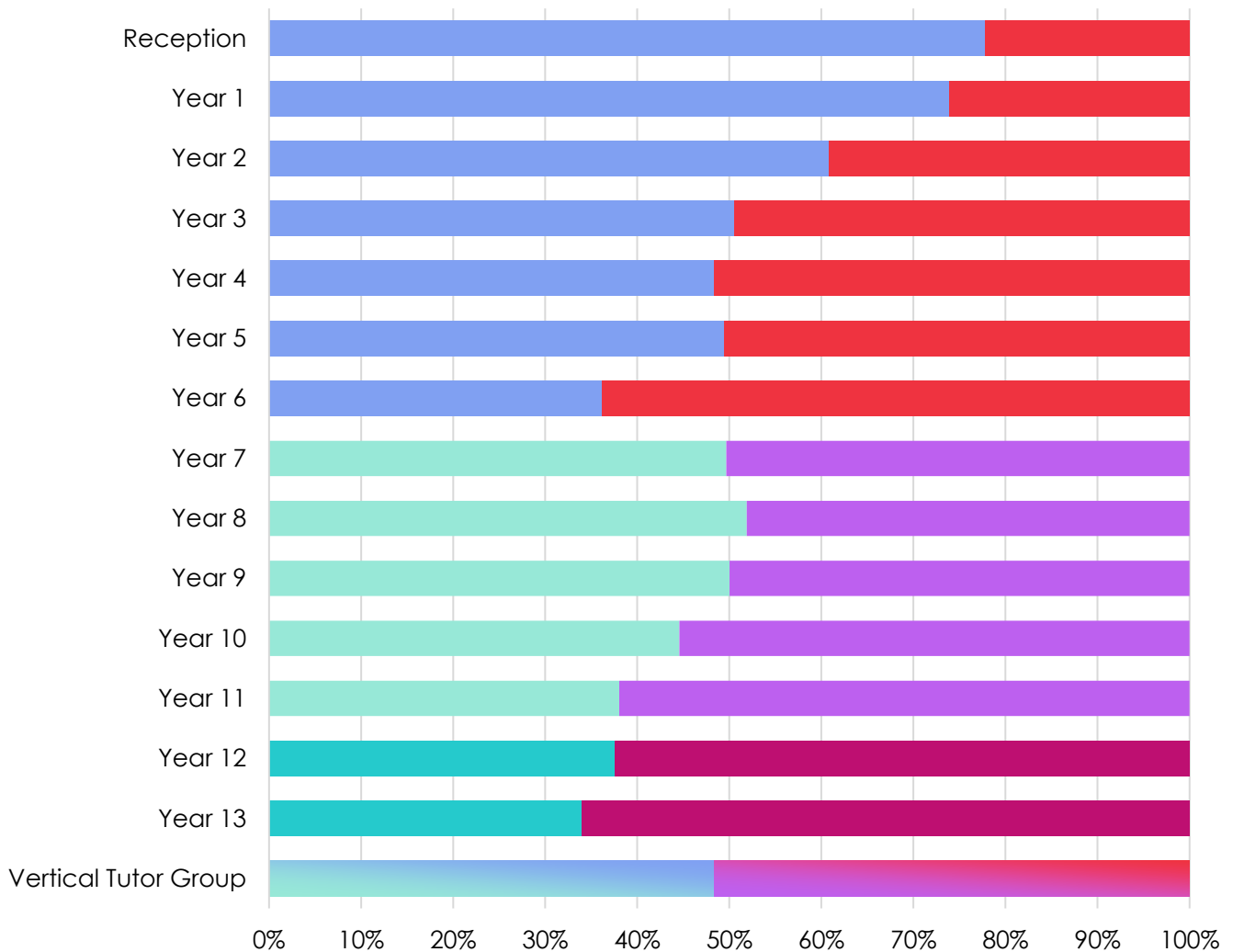


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Age

Year Group	Yes	No
Reception	77.78%	22.22%
Year 1	73.88%	26.12%
Year 2	60.82%	39.18%
Year 3	50.54%	49.46%
Year 4	48.33%	51.67%
Year 5	49.48%	50.52%
Year 6	36.18%	63.82%
Year 7	49.67%	50.33%
Year 8	51.90%	48.10%
Year 9	50.02%	49.98%
Year 10	44.58%	55.42%
Year 11	38.04%	61.96%
Year 12	37.60%	62.40%
Year 13	33.94%	66.06%
Vertical Tutor Group	48.34%	51.66%



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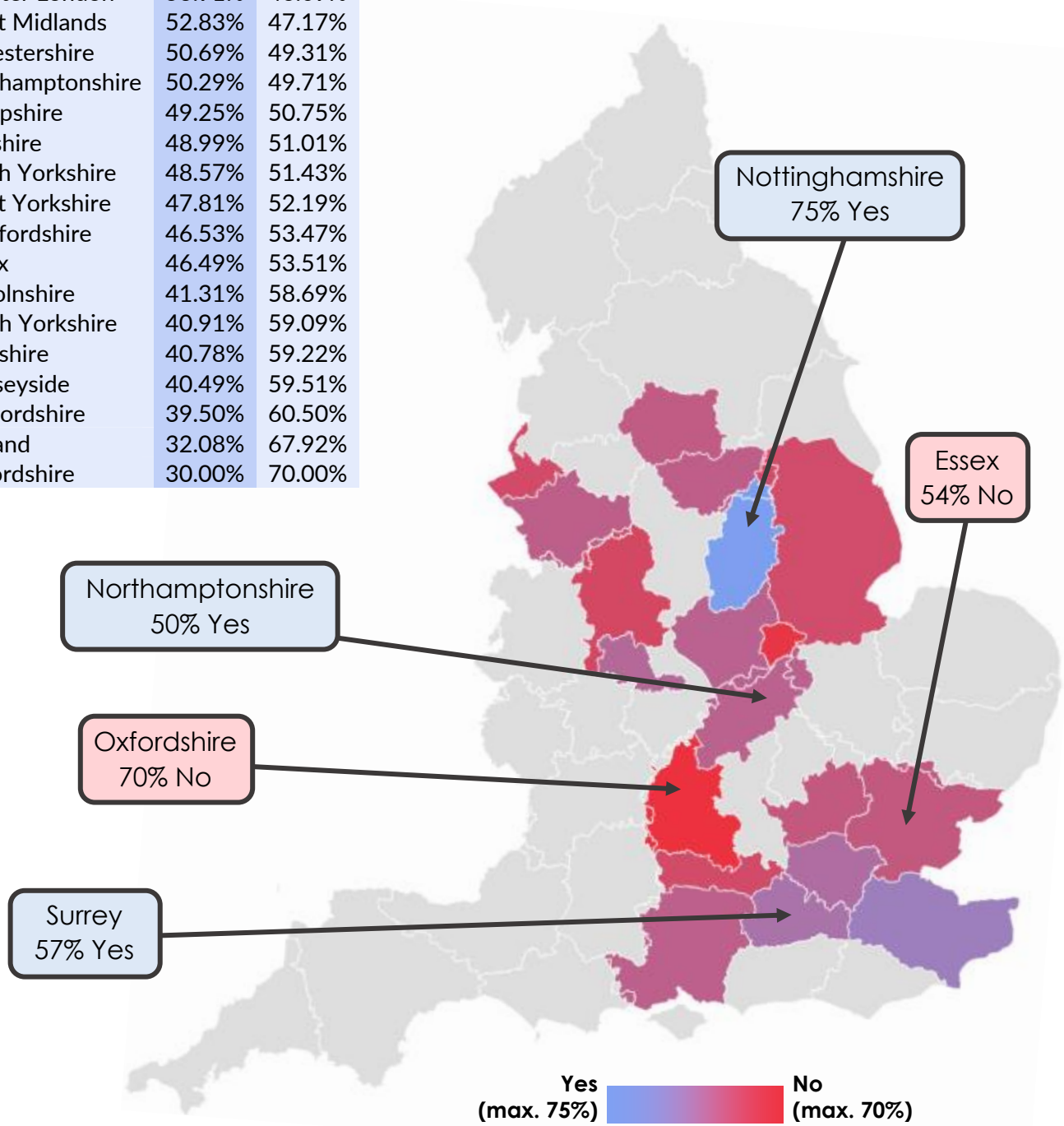


Location

Primary: "Is January the best time to try new things?"

	Yes	No
Buckinghamshire*	80.00%	20.00%
Nottinghamshire	74.74%	25.26%
Kent	62.16%	37.84%
Tyne and Wear*	60.00%	40.00%
Surrey	57.06%	42.94%
London	55.51%	44.49%
Greater London	53.91%	46.09%
West Midlands	52.83%	47.17%
Leicestershire	50.69%	49.31%
Northamptonshire	50.29%	49.71%
Hampshire	49.25%	50.75%
Cheshire	48.99%	51.01%
South Yorkshire	48.57%	51.43%
West Yorkshire	47.81%	52.19%
Hertfordshire	46.53%	53.47%
Essex	46.49%	53.51%
Lincolnshire	41.31%	58.69%
North Yorkshire	40.91%	59.09%
Berkshire	40.78%	59.22%
Merseyside	40.49%	59.51%
Staffordshire	39.50%	60.50%
Rutland	32.08%	67.92%
Oxfordshire	30.00%	70.00%

*Regions with fewer than 20 votes are not displayed on the maps. These regions are marked with a * in the tables.



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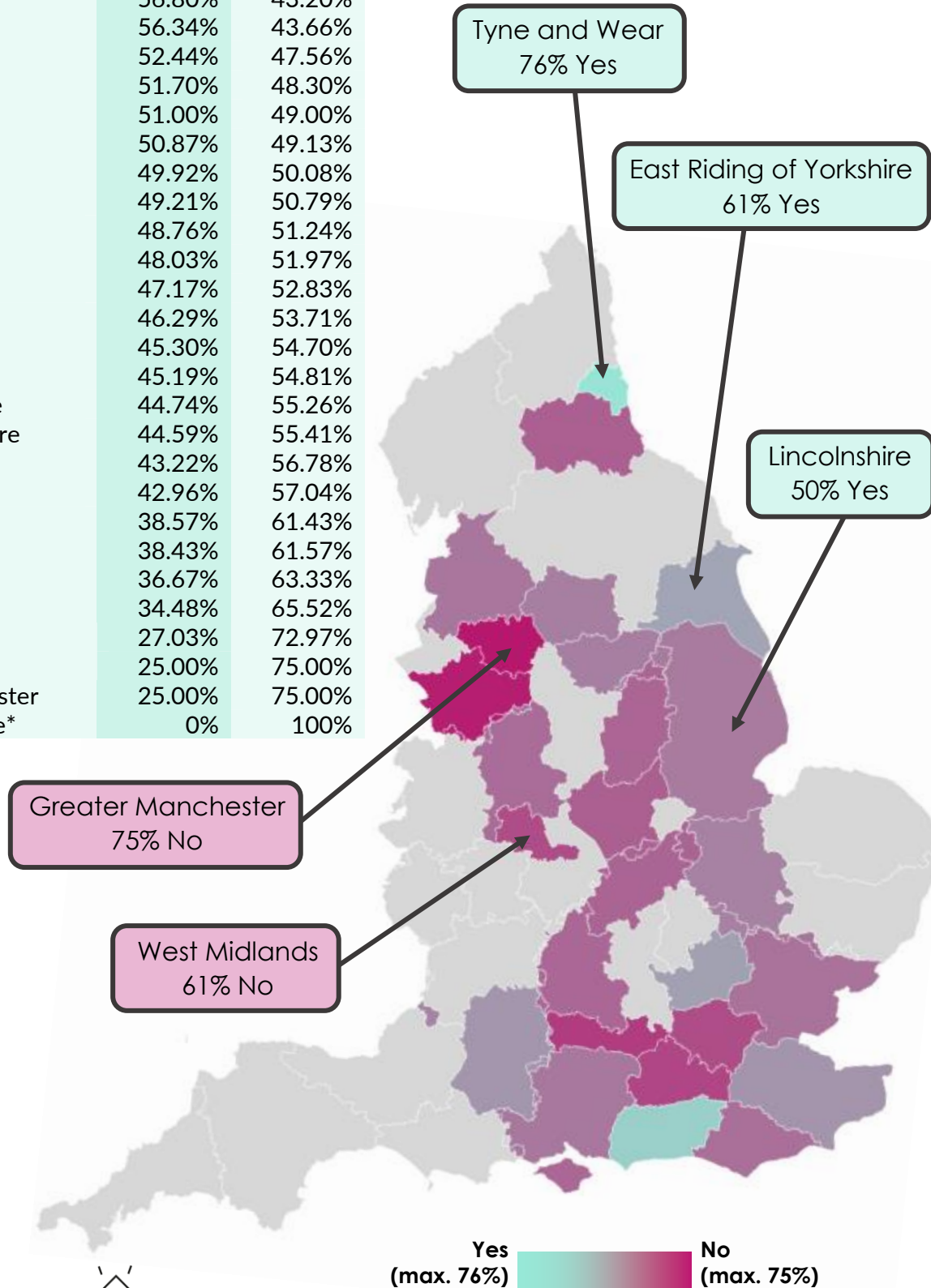


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Secondary, 16+ & College: "Is January the best time for resolutions?"

	Yes	No
Tyne and Wear	76.47%	23.53%
West Sussex	71.23%	28.77%
East Riding of Yorkshire	60.47%	39.53%
Hertfordshire	59.38%	40.63%
Wiltshire	56.86%	43.14%
North Yorkshire	56.80%	43.20%
Kent	56.34%	43.66%
Bristol	52.44%	47.56%
Cambridgeshire	51.70%	48.30%
South Yorkshire	51.00%	49.00%
West Yorkshire	50.87%	49.13%
Lincolnshire	49.92%	50.08%
Hampshire	49.21%	50.79%
Lancashire	48.76%	51.24%
Essex	48.03%	51.97%
East Sussex	47.17%	52.83%
Staffordshire	46.29%	53.71%
Oxfordshire	45.30%	54.70%
Isle of Wight	45.19%	54.81%
Nottinghamshire	44.74%	55.26%
Northamptonshire	44.59%	55.41%
Durham	43.22%	56.78%
Leicestershire	42.96%	57.04%
West Midlands	38.57%	61.43%
London	38.43%	61.57%
Surrey	36.67%	63.33%
Berkshire	34.48%	65.52%
Cheshire	27.03%	72.97%
Norfolk*	25.00%	75.00%
Greater Manchester	25.00%	75.00%
Buckinghamshire*	0%	100%



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Voter Comments:

"You should start in January because you **have a long time** to complete the resolution, you are able to **try to do something new** such as a **new skill** at the start of the year."

Primary Voter, West Midlands

"I think January is the **best time** of the year to **try new things** because it is the **start of a new year.**"

Primary Voter, Nottinghamshire

"I think yes, because if you start in January, you have the **whole year** to **achieve your goal.**"

Primary Voter, Staffordshire

"A new year **allows the opportunity** to **forget the past** and have a **clean slate.**"

Secondary Voter, North Yorkshire

"If you make a resolution more towards the end of the year then the start, you **would have less time** to complete the goal which is why it is important to make it at the **beginning of the year.**"

Secondary Voter, West Midlands

"I think it is a good idea to make a NY resolution to **improve something** or **try something new**. NY is a good time because it is a **fresh start**. But if there is something you really want to achieve, then **go for it at any point!**"

College Voter, West Yorkshire

"You should be able to **make new promises** to yourself at **any time** of the year. **January is cold** so if you want to try new things **outside** this is not the best time."

Primary Voter, Essex



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"It **does not matter** what time of year you start trying something new. **Any time** of the year is a **good time**."

Primary Voter, Leicestershire

"There are **11 more months** to do things and you can **spread them out**."

Primary Voter, Hertfordshire

"**Summer holidays** are the best time to try new things because the weather is **warmer**, and the **days are longer**."

Primary Voter, Surrey

"It's too **cold and dark** to want to do anything so I would wait for a **different month**."

Primary Voter, West Yorkshire

"Take **little steps** rather than a big, unrealistic resolution that is **unachievable**. You should set a goal **when you are ready for it**."

Secondary Voter, West Midlands

"People should try to **better themselves at any point** in the year, always **reflecting on themselves** as they **change and grow**."

Secondary Voter, East Sussex

"What about trying to make a **change on your birthday**? It'll give you something to **celebrate** on your day next year or **work harder towards** if you haven't managed to achieve it!"

Secondary Voter, West Midlands

"People should make **positive changes** in their lives **whenever they need to**. Also, should try their best to **stick with it** otherwise they would not be **taken seriously by others** which will **affect them** in many moments of their lives."

College Voter, Essex



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