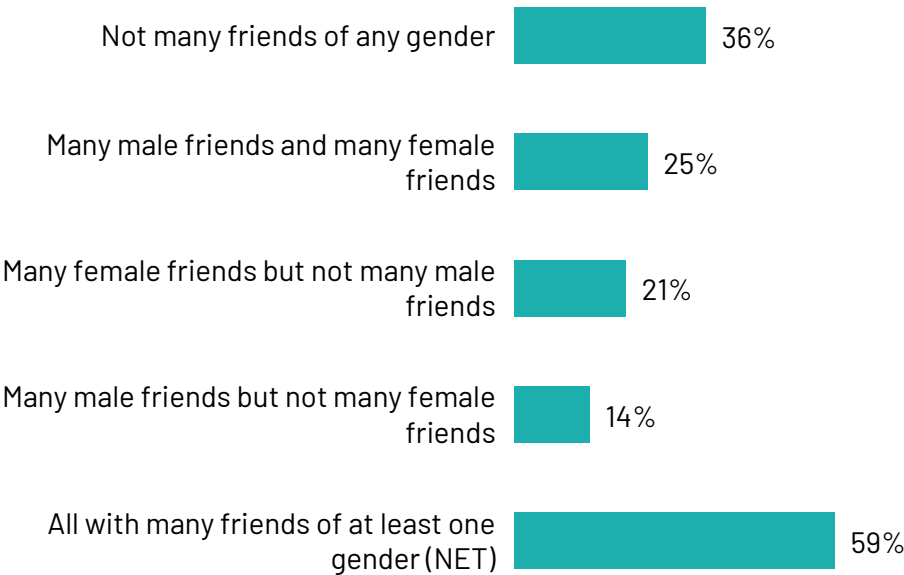


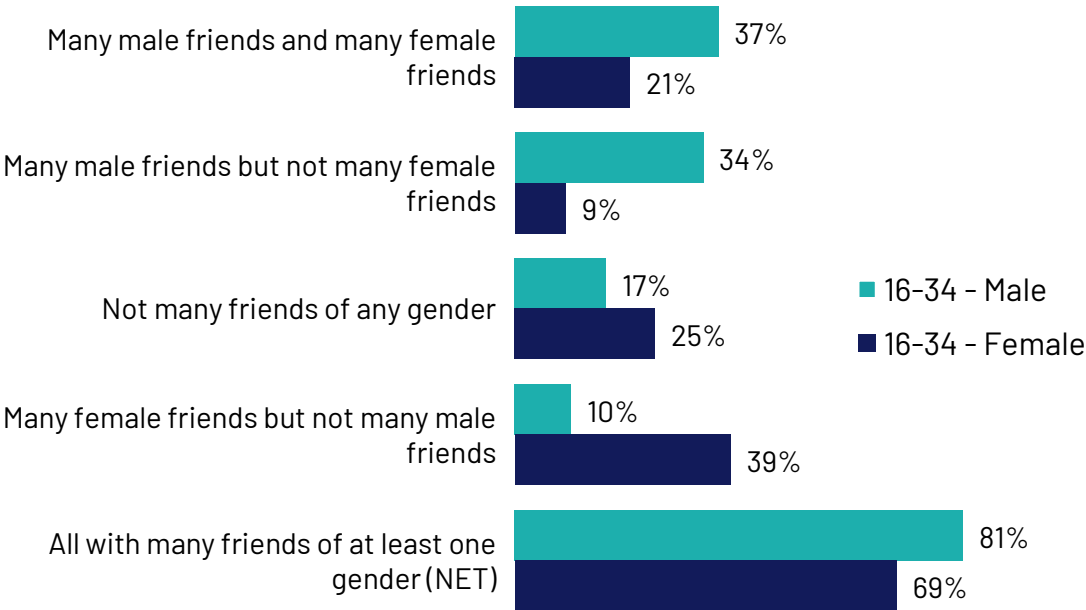
Young men are more likely than young women to say that they have many friends

All 16+



Base: (n=2485)
Q1 - Think about your current group of friends. Would you consider yourself to have...?

Age x Gender, Age, Gender

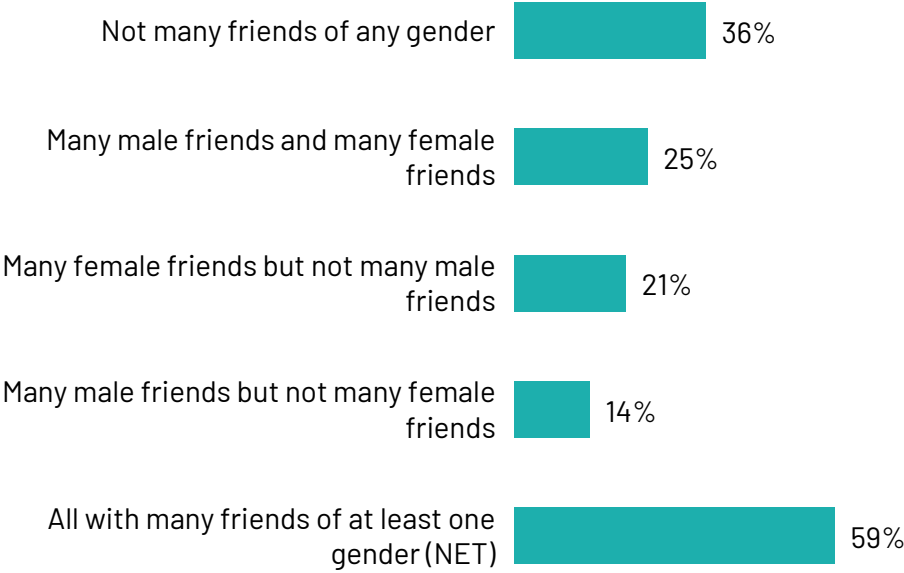


Base: (n=2485)
Q1 - Think about your current group of friends. Would you consider yourself to have...?



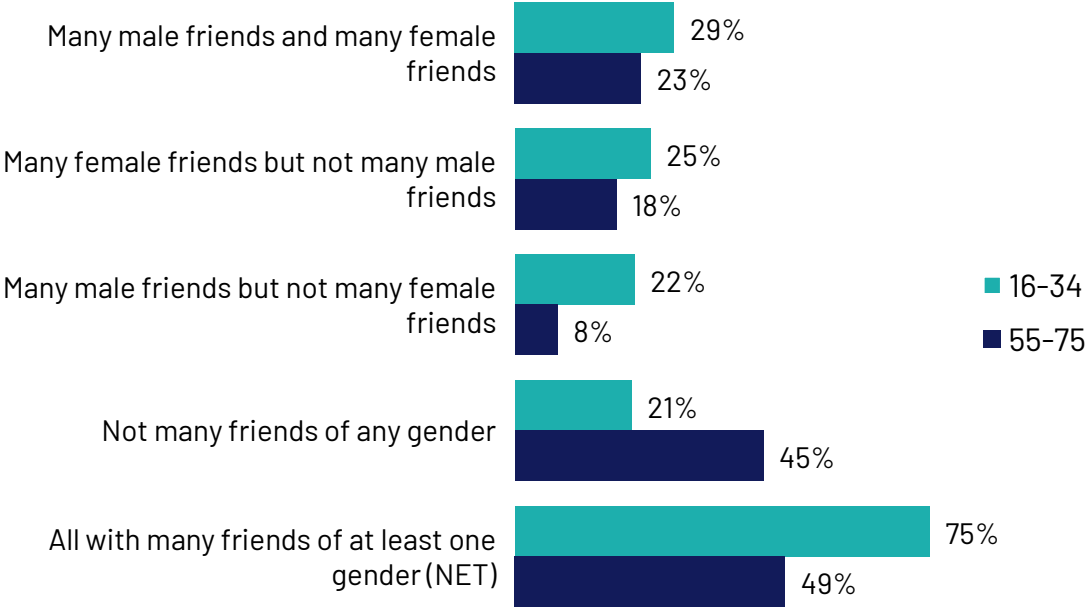
Younger people report having larger friendship circles, while nearly half of those aged over 55 say they don't have many friends of any gender

All 16+



Base: (n=2485)
Q1 - Think about your current group of friends. Would you consider yourself to have...?

Age x Gender, Age, Gender

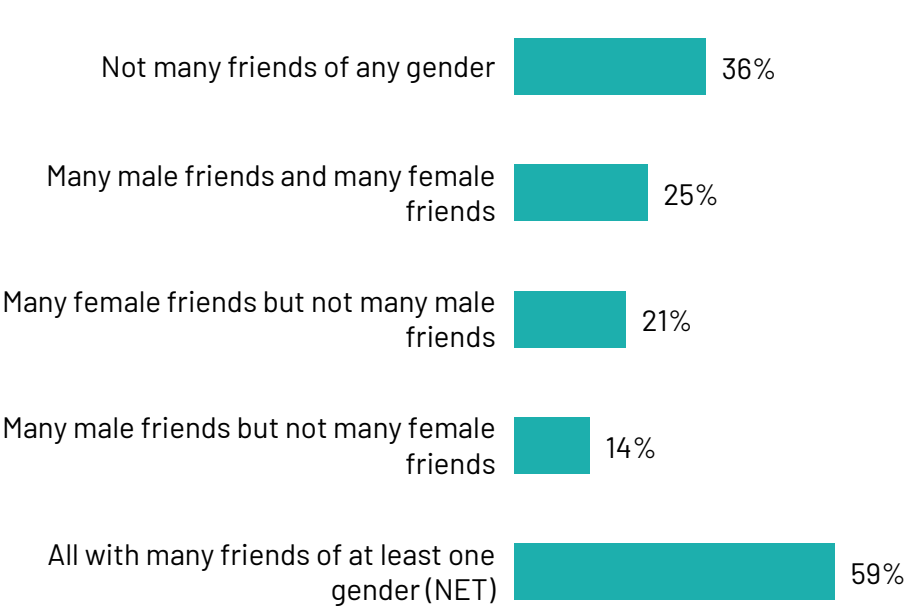


Base: (n=2485)
Q1 - Think about your current group of friends. Would you consider yourself to have...?



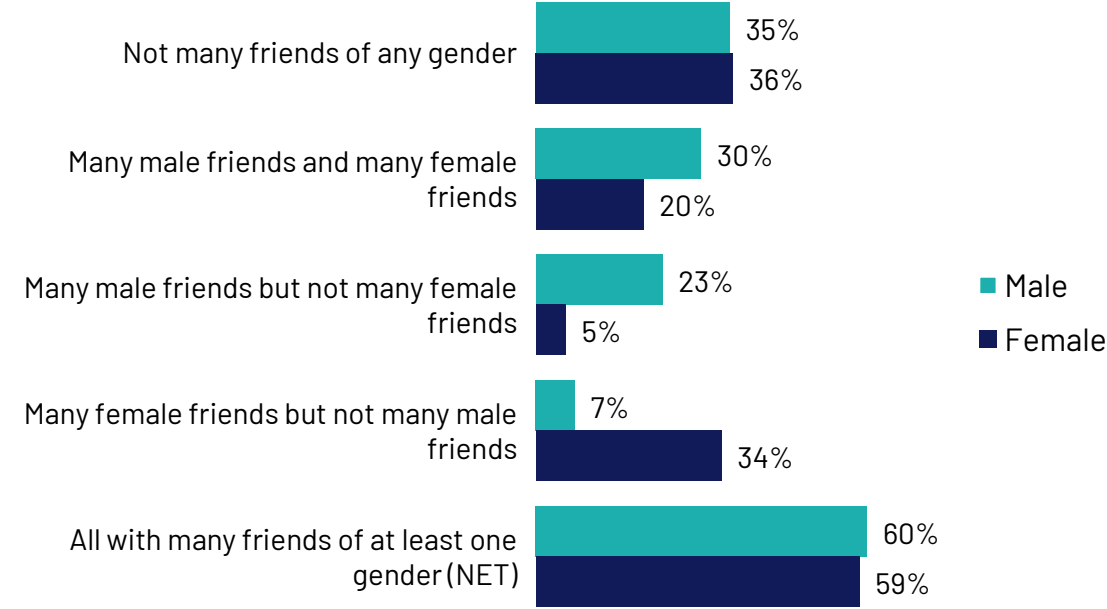
Just over three in ten women say they have many female friends, but not many male friends

All 16+



Base: (n=2485)
Q1 - Think about your current group of friends. Would you consider yourself to have...?

Age x Gender, Age, Gender

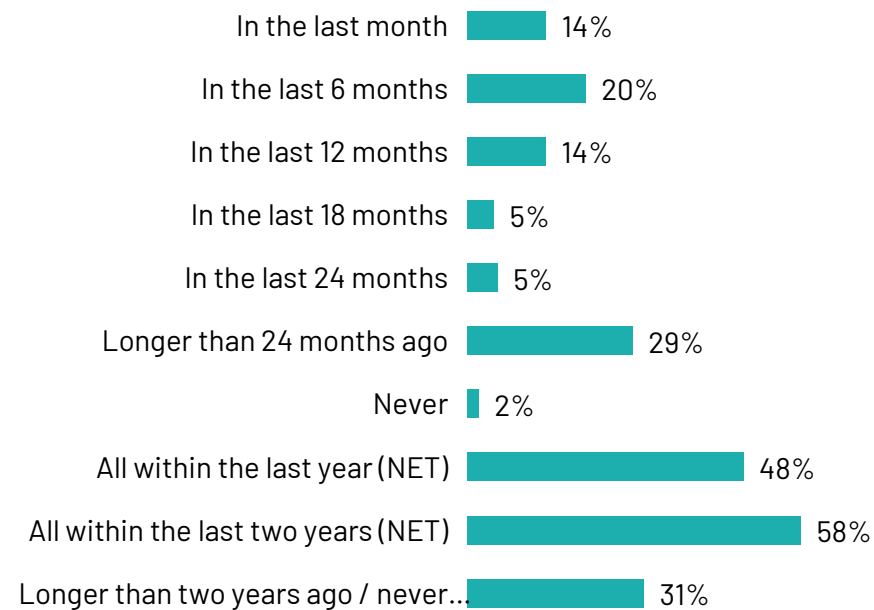


Base: (n=2485)
Q1 - Think about your current group of friends. Would you consider yourself to have...?



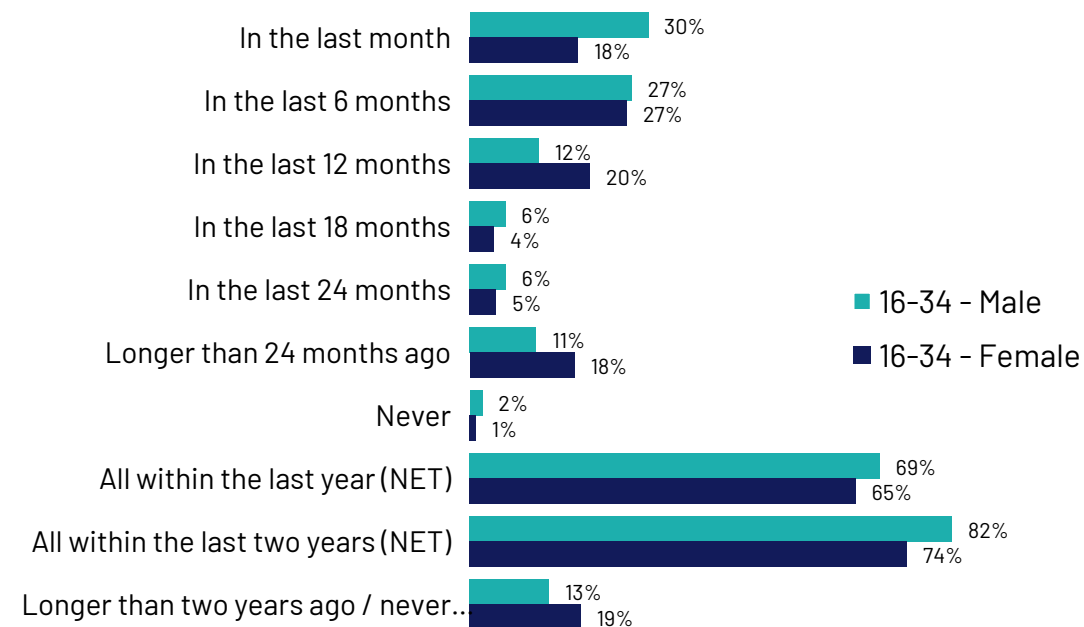
Three in ten young men say they have a new friend in the last month, compared with 18% of young women

All 16+



Base: (n=2485)
Q2 - When was the last time, if at all, that you made a new friend?

Age x Gender, Age, Gender

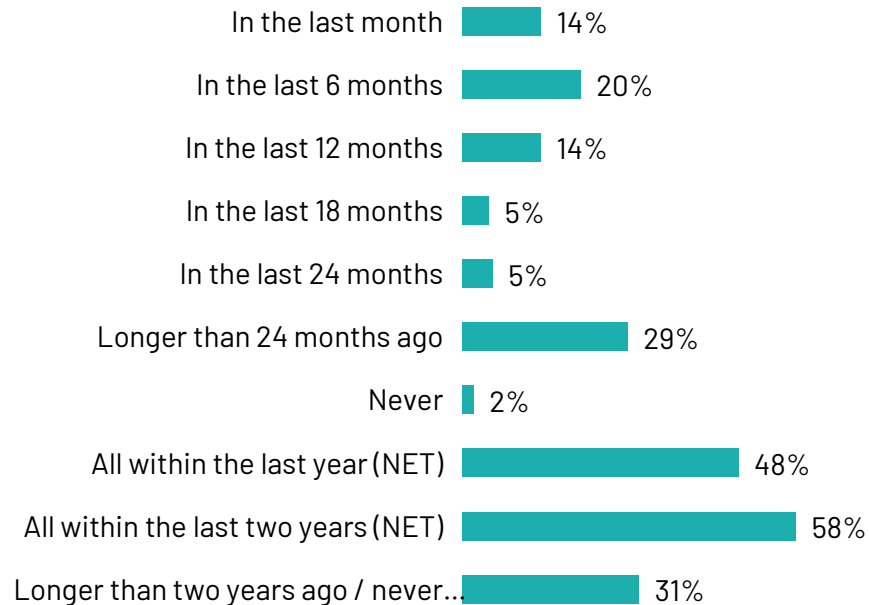


Base: (n=2485)
Q2 - When was the last time, if at all, that you made a new friend?



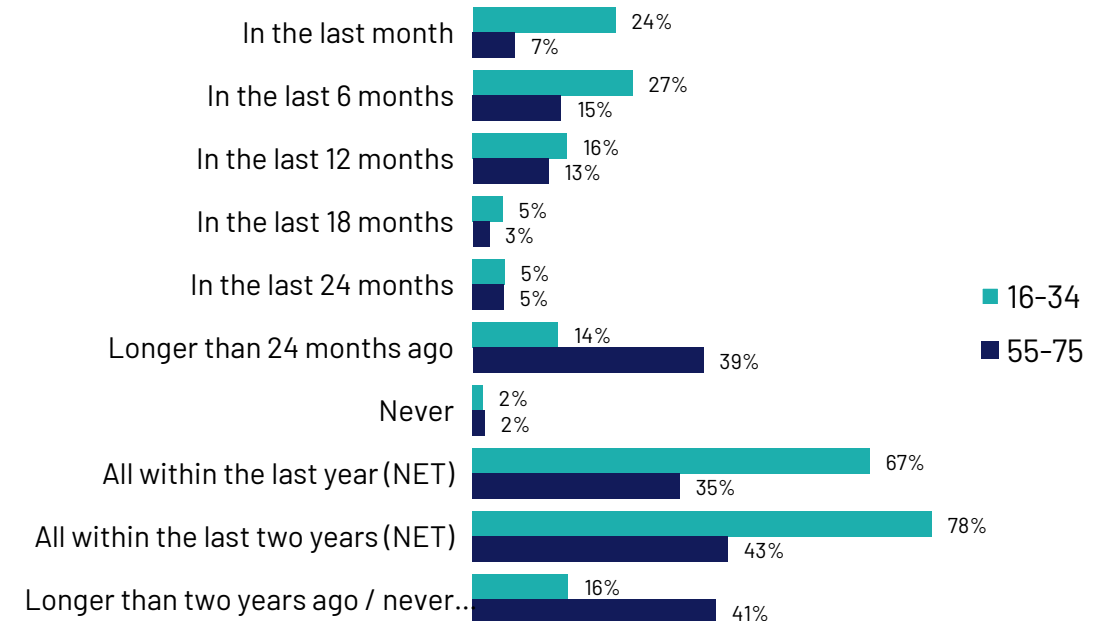
The pace of making new friends slows dramatically with age, with only 7% of over 55's saying they've made a new friend in the last month

All 16+



Base: (n=2485)
Q2 - When was the last time, if at all, that you made a new friend?

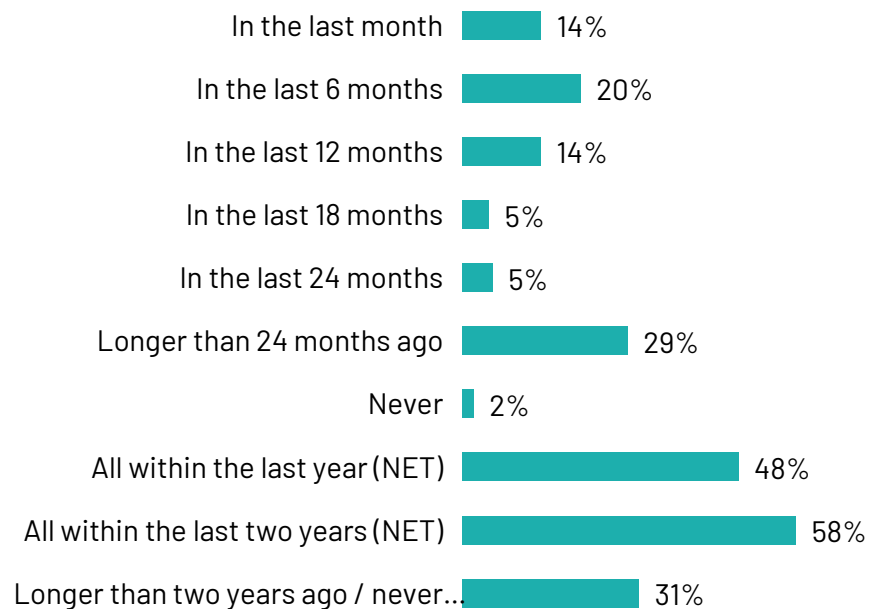
Age x Gender, Age, Gender



Base: (n=2485)
Q2 - When was the last time, if at all, that you made a new friend?

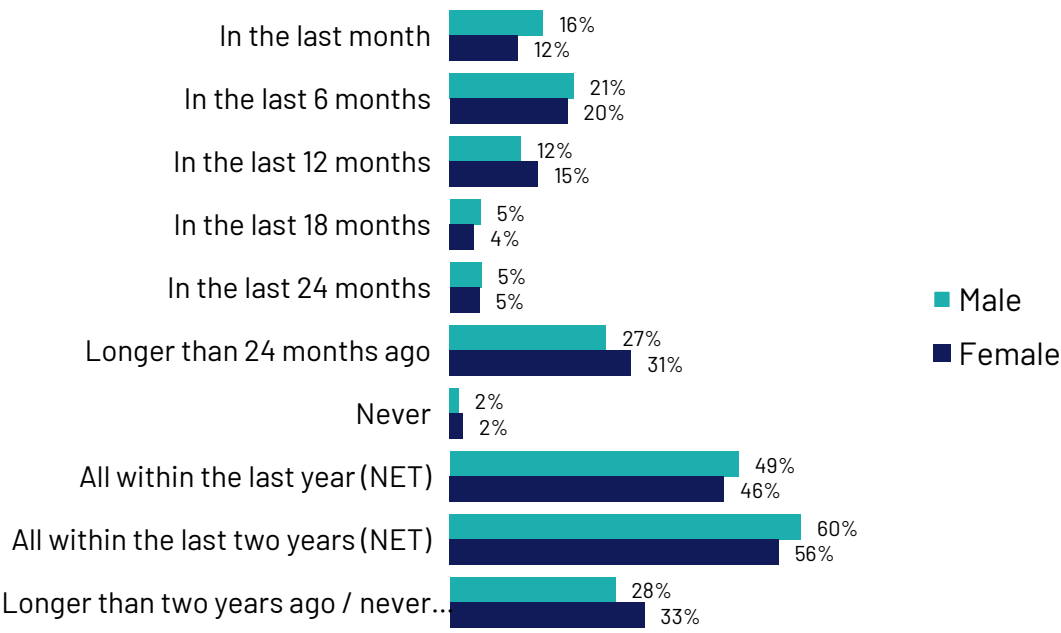
Men and women report similar timelines for making new friends

All 16+



Base: (n=2485)
Q2 - When was the last time, if at all, that you made a new friend?

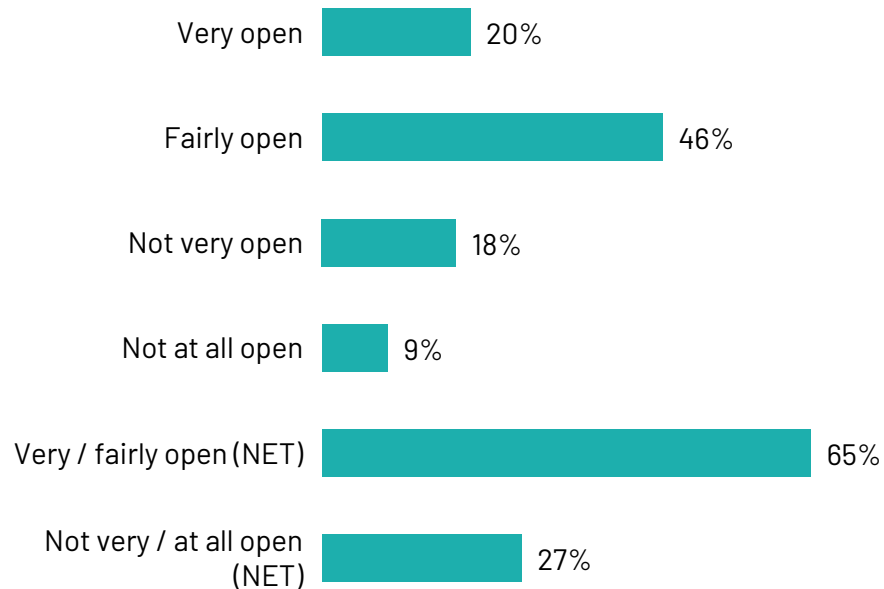
Age x Gender, Age, Gender



Base: (n=2485)
Q2 - When was the last time, if at all, that you made a new friend?

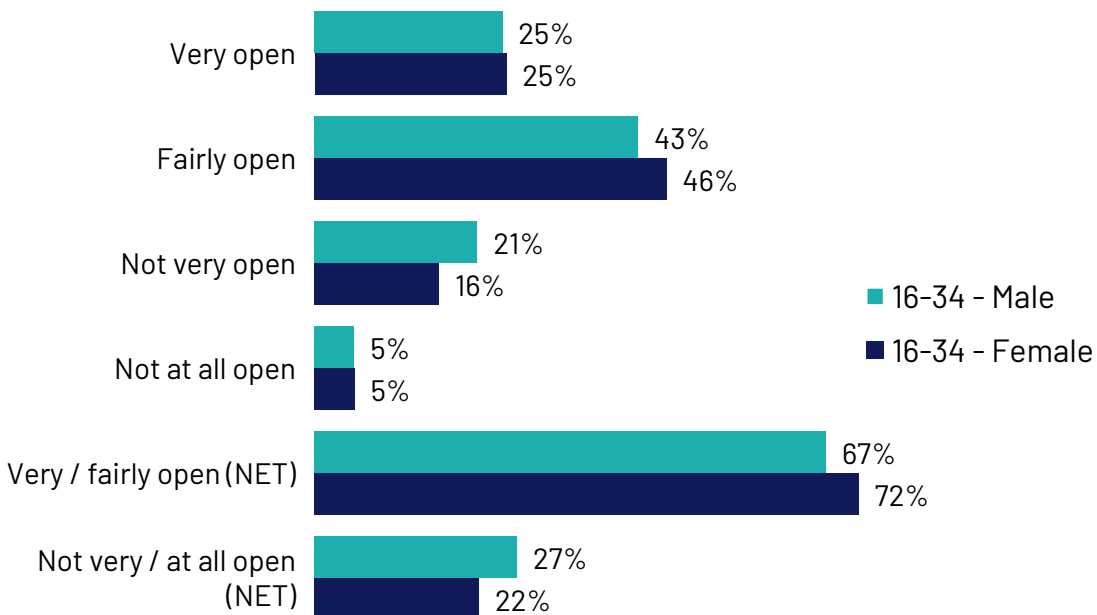
Young women feel slightly more able to be open with friends than their male counterparts

All 16+



Base: (n=2485)
Q3 - How open, if at all, do you feel that you can be with your friends about personal issues/your mental health?

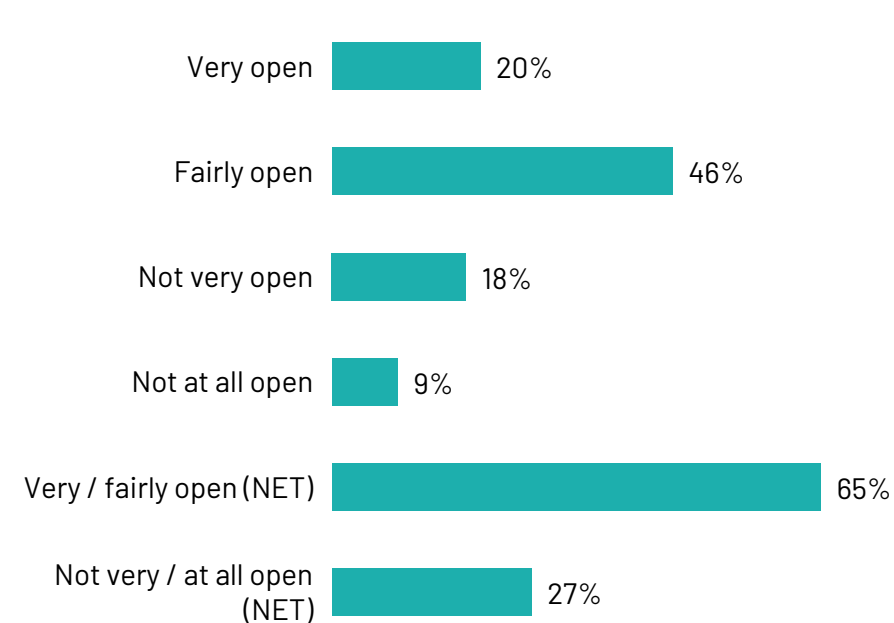
Age x Gender, Age, Gender



Base: (n=2485)
Q3 - How open, if at all, do you feel that you can be with your friends about personal issues/your mental health?

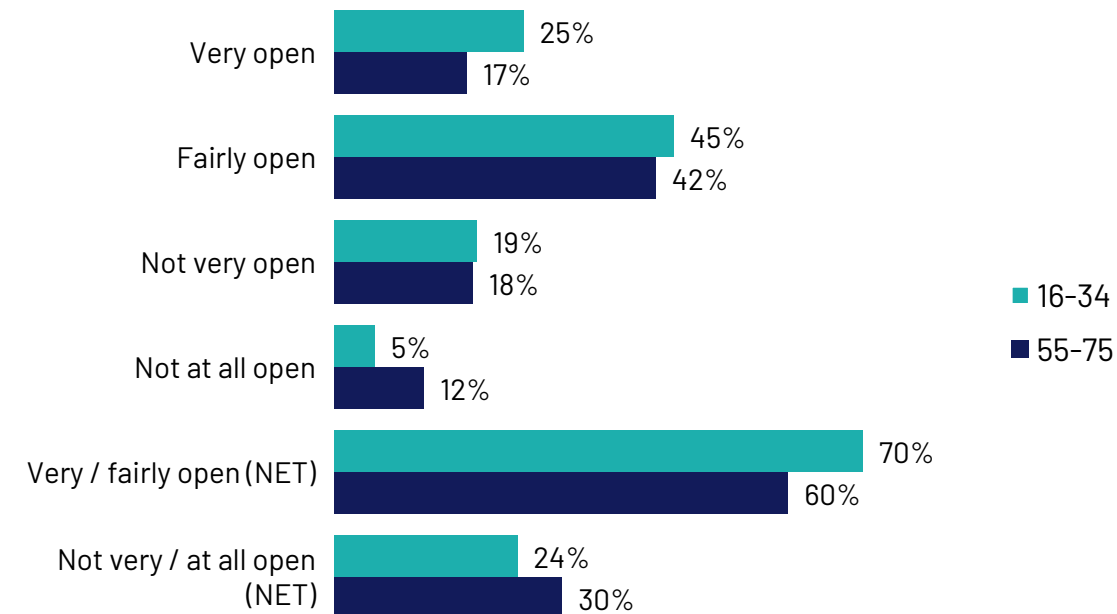
Younger generations feel more comfortable opening up to friends about personal issues

All 16+



Base: (n=2485)
Q3 - How open, if at all, do you feel that you can be with your friends about personal issues/your mental health?

Age x Gender, Age, Gender

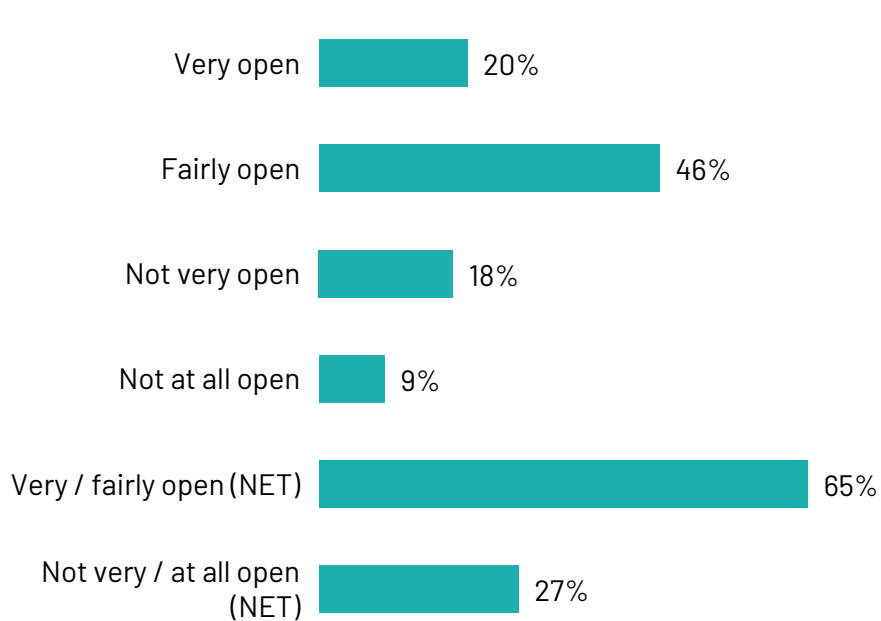


Base: (n=2485)
Q3 - How open, if at all, do you feel that you can be with your friends about personal issues/your mental health?



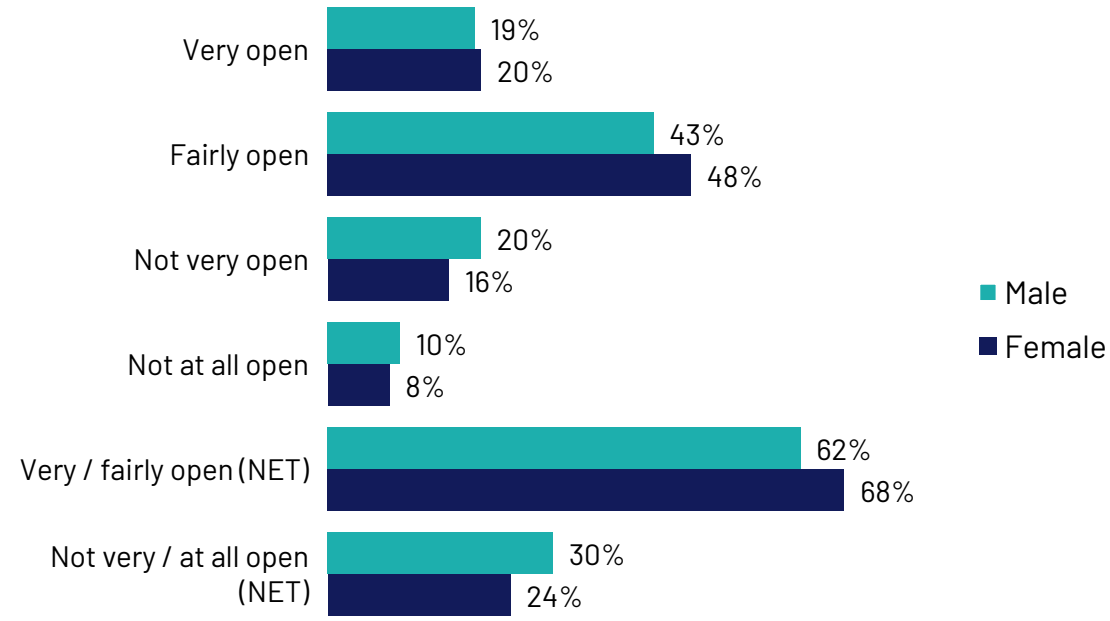
Women generally feel slightly more able to be open with their friends than men do

All 16+



Base: (n=2485)
Q3 - How open, if at all, do you feel that you can be with your friends about personal issues/your mental health?

Age x Gender, Age, Gender

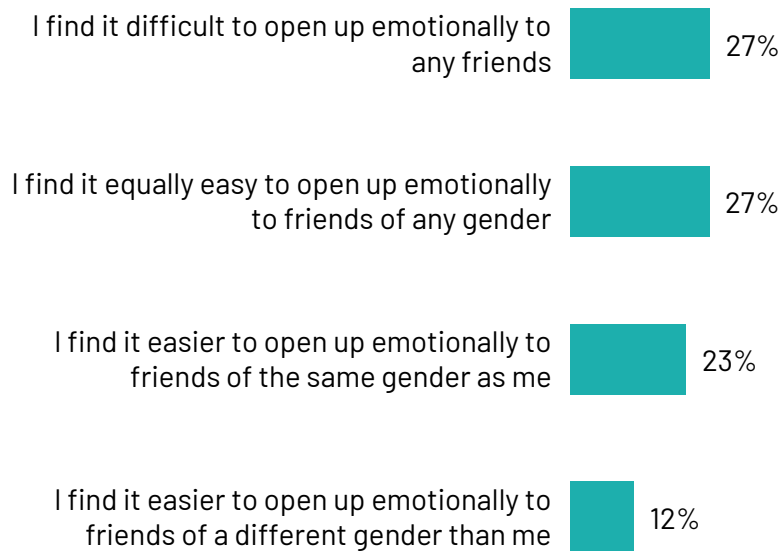


Base: (n=2485)
Q3 - How open, if at all, do you feel that you can be with your friends about personal issues/your mental health?



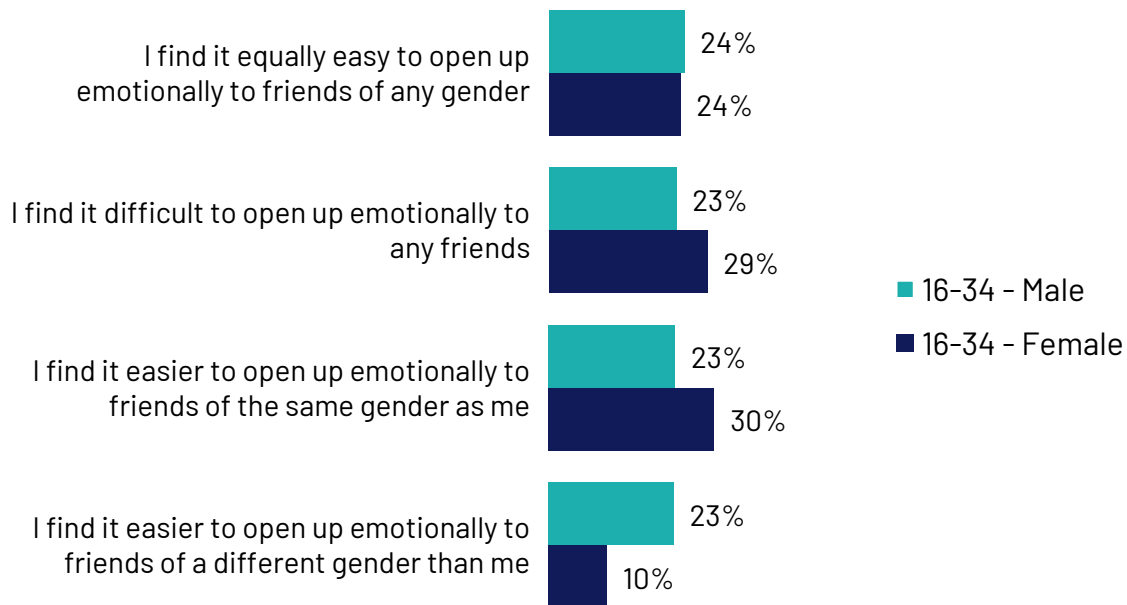
Young women find it easier to open up to other women, while young men show no clear preference

All 16+



Base: (n=2485)
Q4 - Which statement do you agree with most?

Age x Gender, Age, Gender

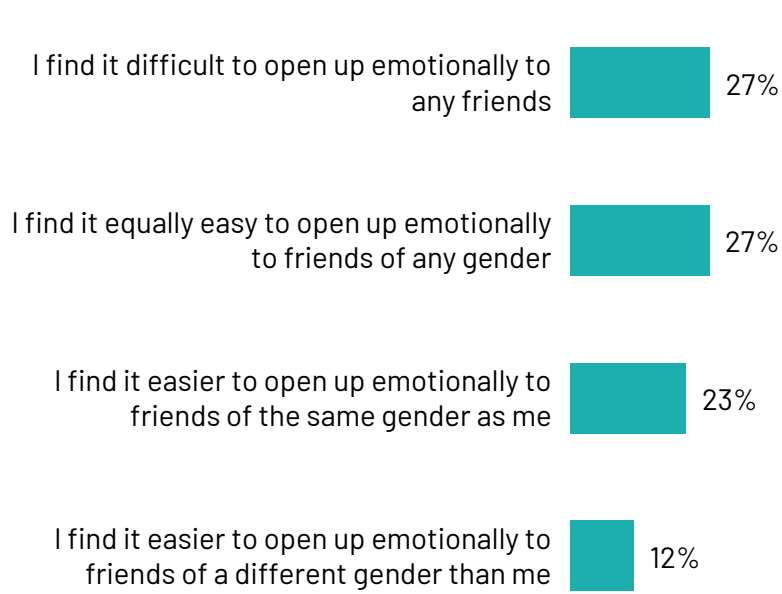


Base: (n=2485)
Q4 - Which statement do you agree with most?



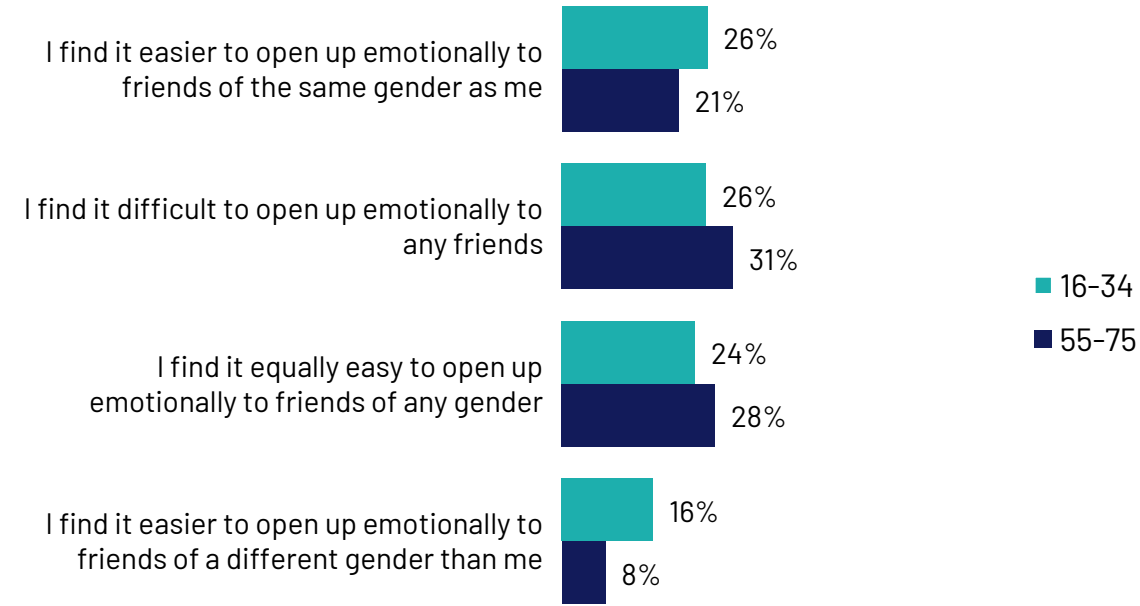
Older Britons are slightly more likely to say that they find it difficult to open up emotionally to any friends

All 16+



Base: (n=2485)
Q4 - Which statement do you agree with most?

Age x Gender, Age, Gender

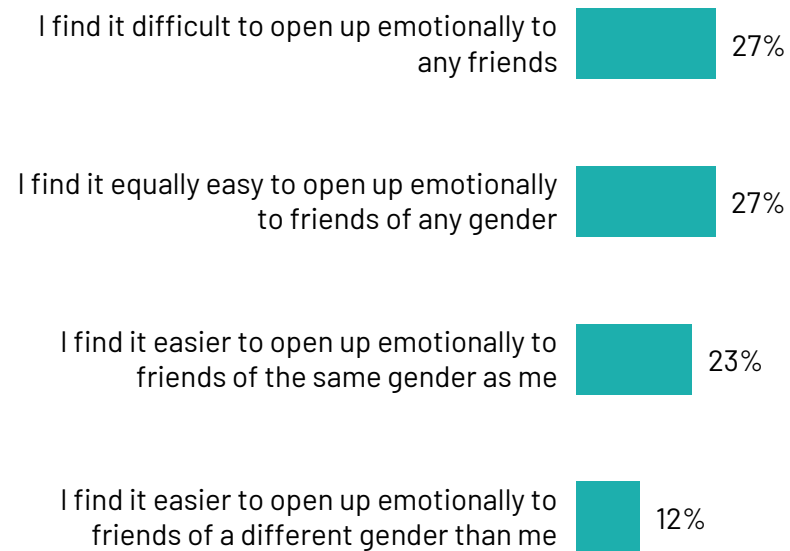


Base: (n=2485)
Q4 - Which statement do you agree with most?



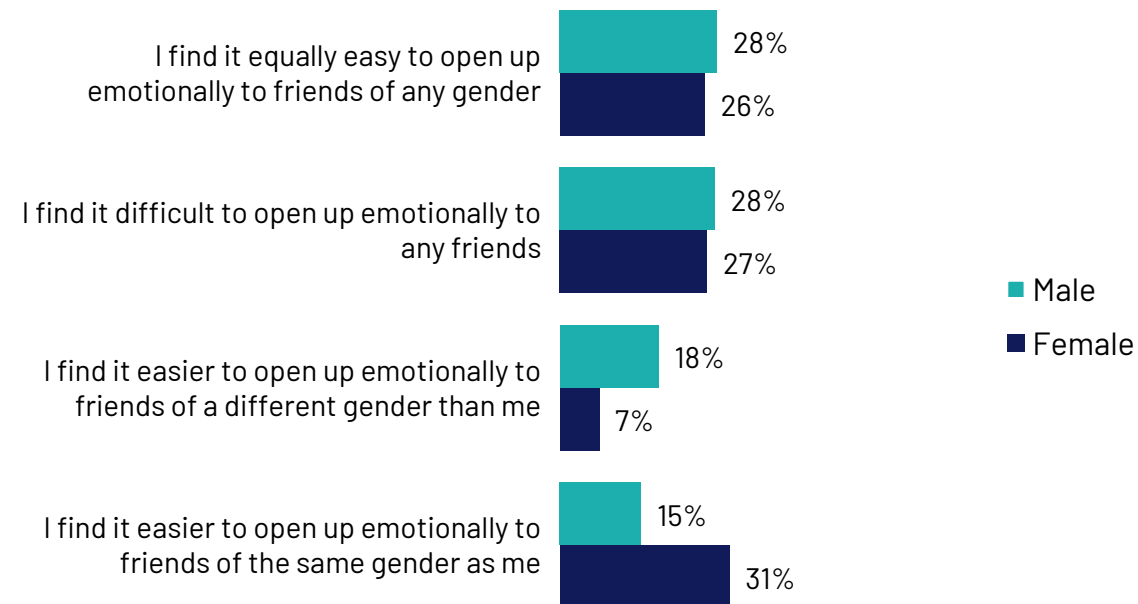
Three in ten women find it easiest to open up to friends of the same gender, a preference not shared by men

All 16+



Base: (n=2485)
Q4 - Which statement do you agree with most?

Age x Gender, Age, Gender

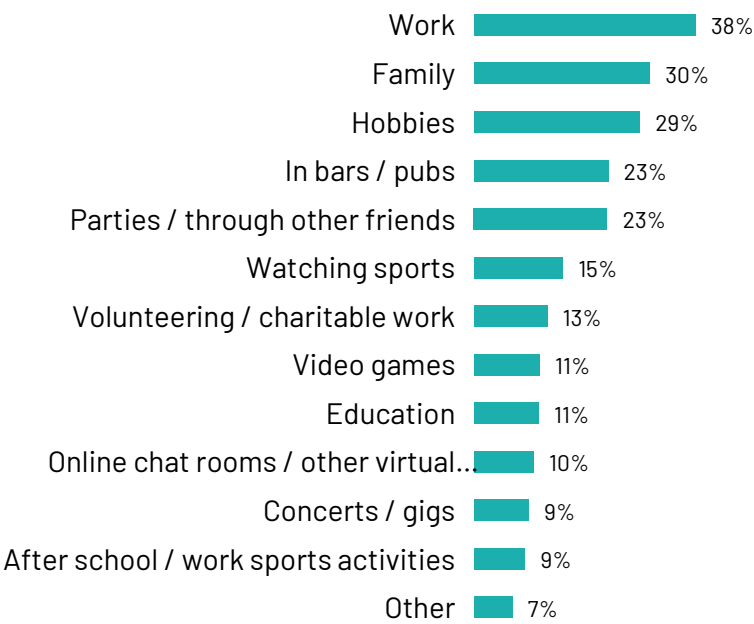


Base: (n=2485)
Q4 - Which statement do you agree with most?



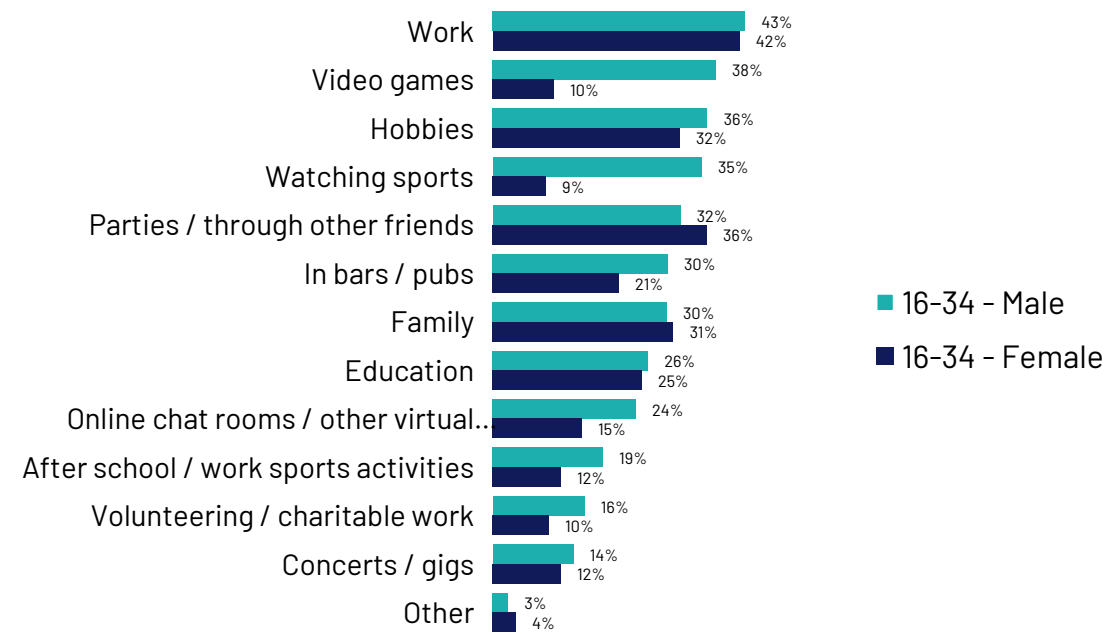
Work is a key social hub for all young people, but men are more likely to socialise through gaming and sports, while women do so via parties and other friends

All 16+



Base: (n=2485)
Q5 - What are the primary ways that you socialise / make new friends?

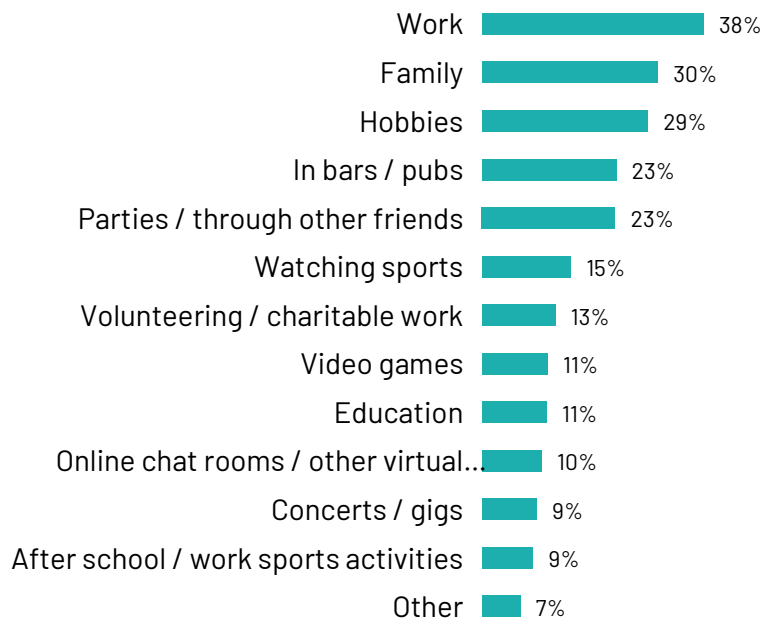
Age x Gender, Age, Gender



Base: (n=2485)
Q5 - What are the primary ways that you socialise / make new friends?

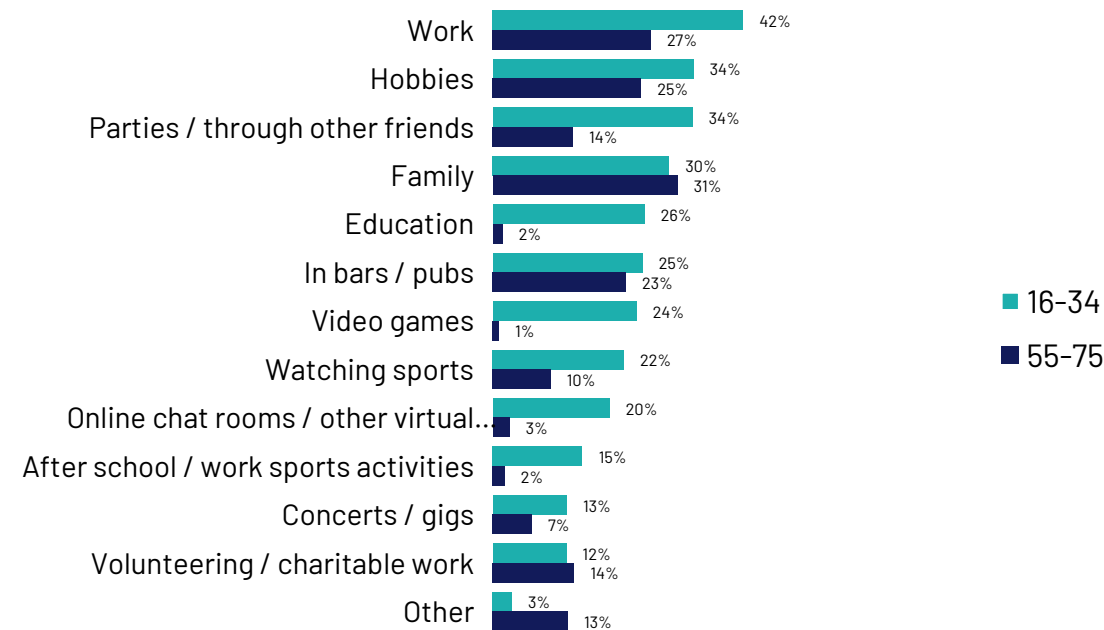
Socialising shifts from work and digital platforms in youth, to family and hobbies in later life

All 16+



Base: (n=2485)
Q5 - What are the primary ways that you socialise / make new friends?

Age x Gender, Age, Gender

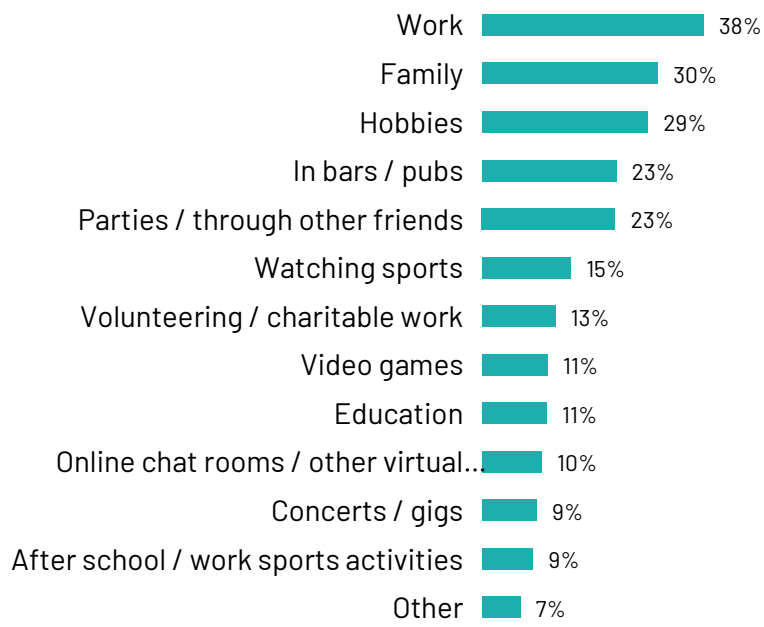


Base: (n=2485)
Q5 - What are the primary ways that you socialise / make new friends?



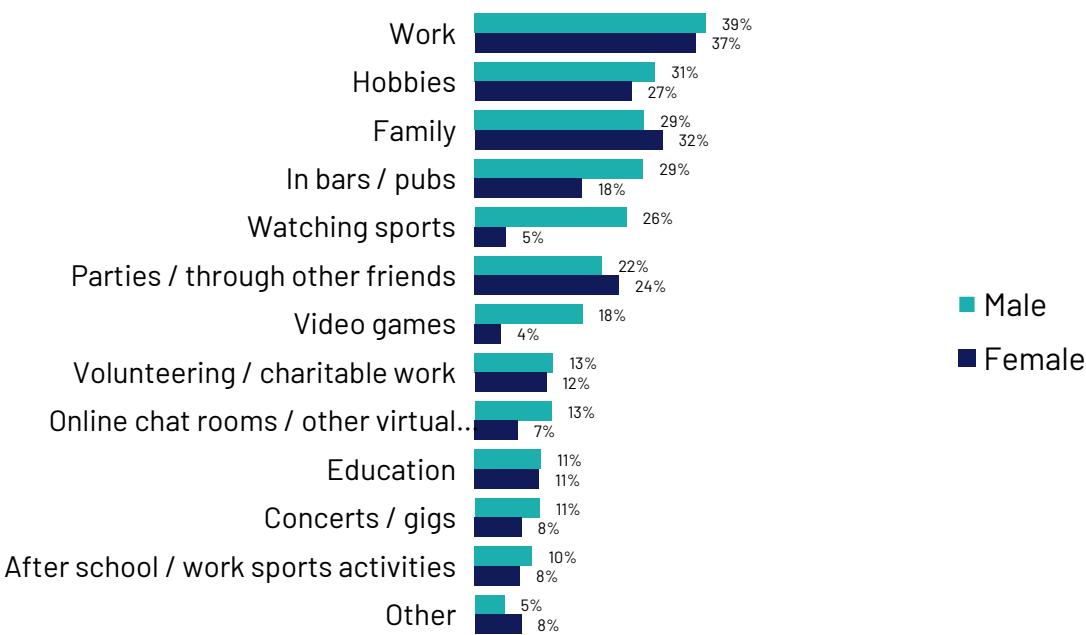
Men are far more likely than women to build friendships around watching sports and playing video games

All 16+



Base: (n=2485)
Q5 - What are the primary ways that you socialise / make new friends?

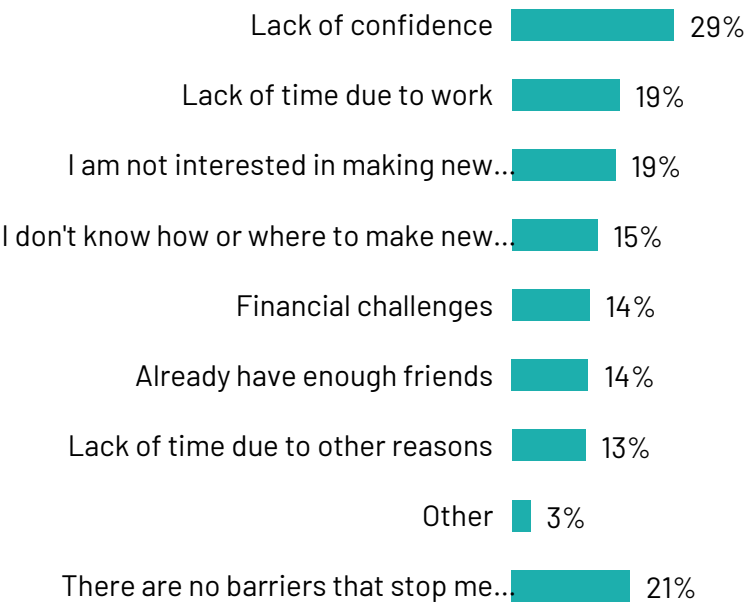
Age x Gender, Age, Gender



Base: (n=2485)
Q5 - What are the primary ways that you socialise / make new friends?

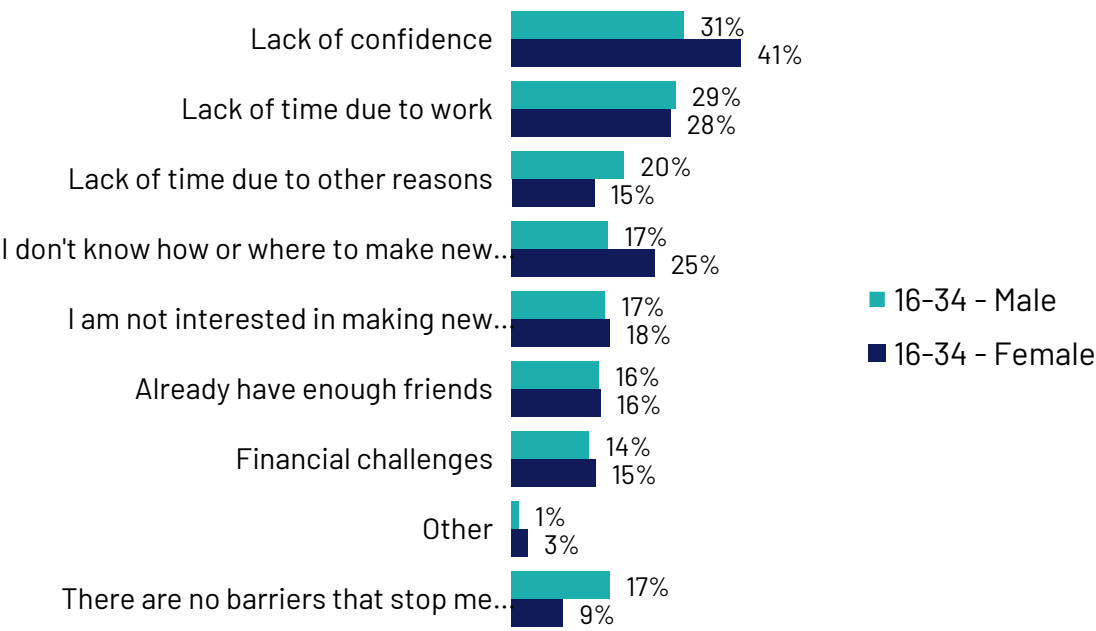
Four in ten young women cite a lack of confidence as the primary barrier to friendship, compared with three in ten young men

All 16+



Base: (n=2485)
Q6 - What barriers, if any, stop you making new friends?

Age x Gender, Age, Gender



Base: (n=2485)
Q6 - What barriers, if any, stop you making new friends?



36% of younger people say a lack of confidence stops them making new friends, compared to 20% of 55–75-year-olds

All 16+



Base: (n=2485)
Q6 - What barriers, if any, stop you making new friends?

Age x Gender, Age, Gender



Base: (n=2485)
Q6 - What barriers, if any, stop you making new friends?



A lack of confidence is a greater barrier to forming friendships for women than for men

All 16+



Base: (n=2485)
Q6 - What barriers, if any, stop you making new friends?

Age x Gender, Age, Gender

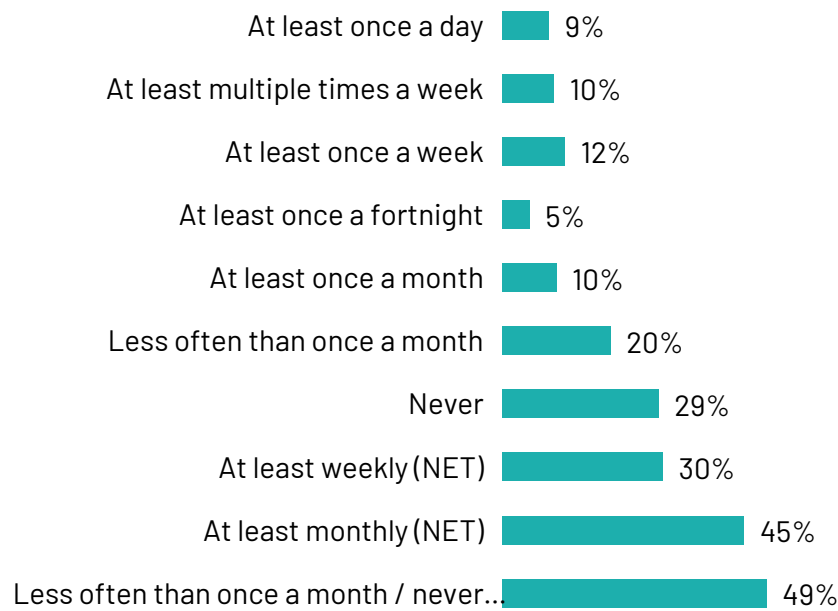


Base: (n=2485)
Q6 - What barriers, if any, stop you making new friends?



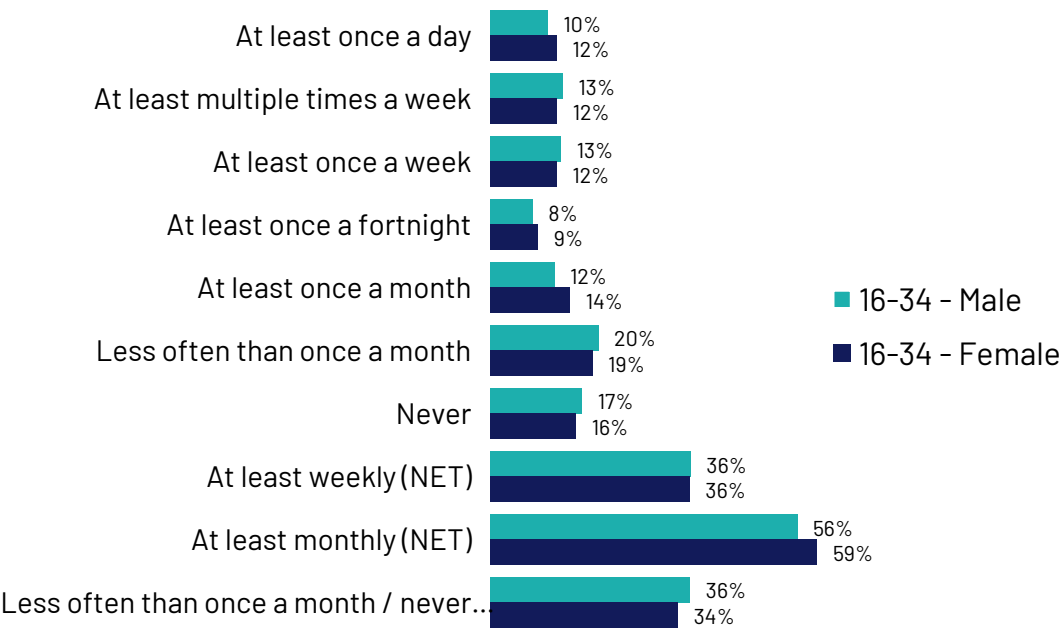
One in three 16-34 year olds say they feel lonely at least once a week, with one in ten saying they feel lonely at least once a day

All 16+



Base: (n=2485)
Q7 - How often, if at all, would you say that you feel lonely?

Age x Gender, Age, Gender

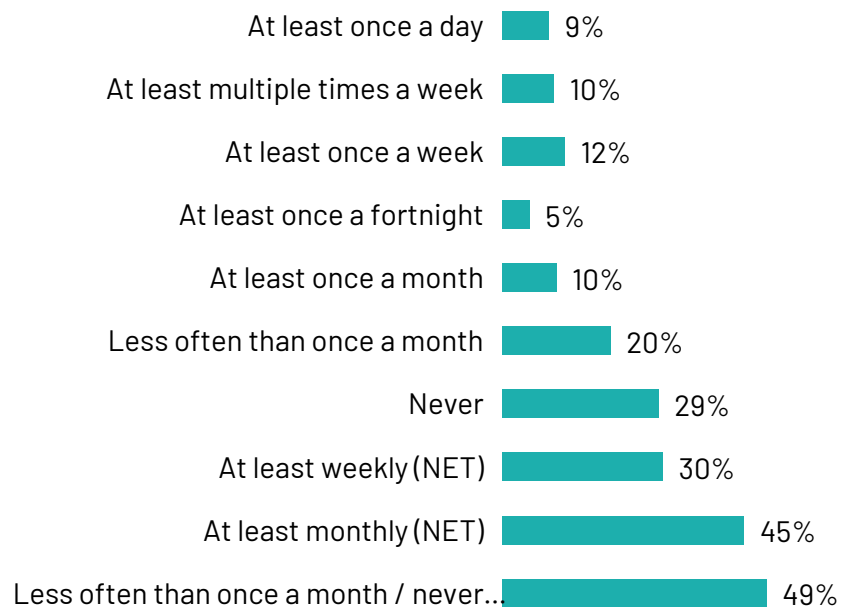


Base: (n=2485)
Q7 - How often, if at all, would you say that you feel lonely?



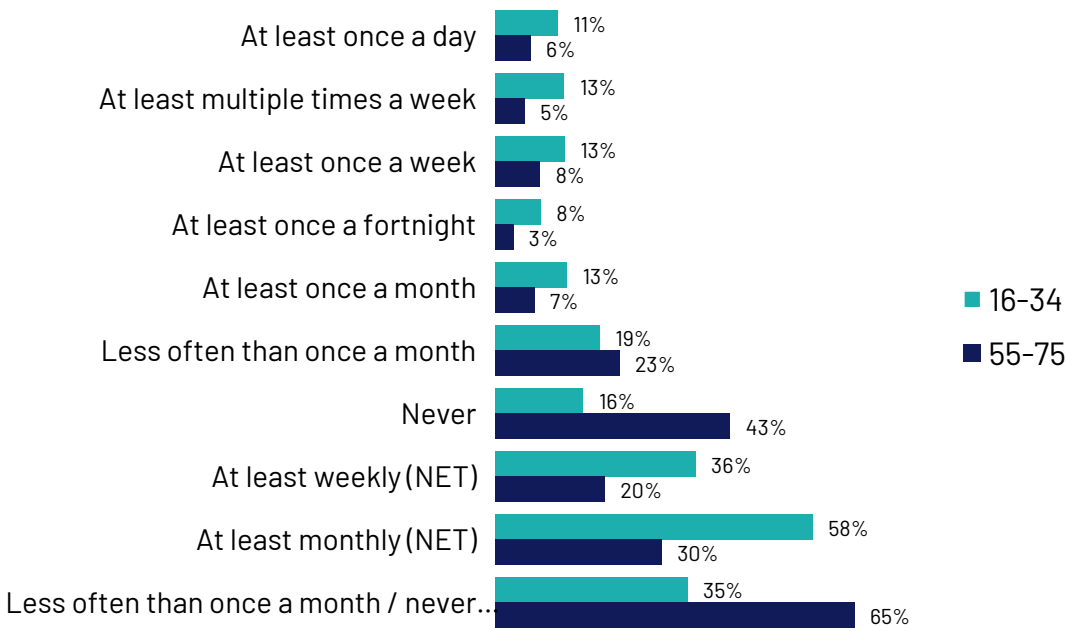
Loneliness is a much more frequent experience for the young

All 16+



Base: (n=2485)
Q7 - How often, if at all, would you say that you feel lonely?

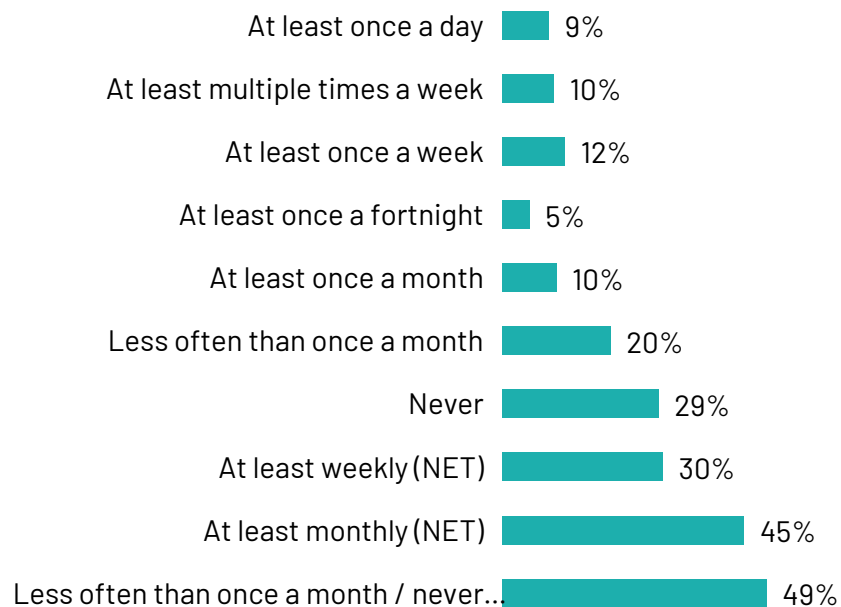
Age x Gender, Age, Gender



Base: (n=2485)
Q7 - How often, if at all, would you say that you feel lonely?

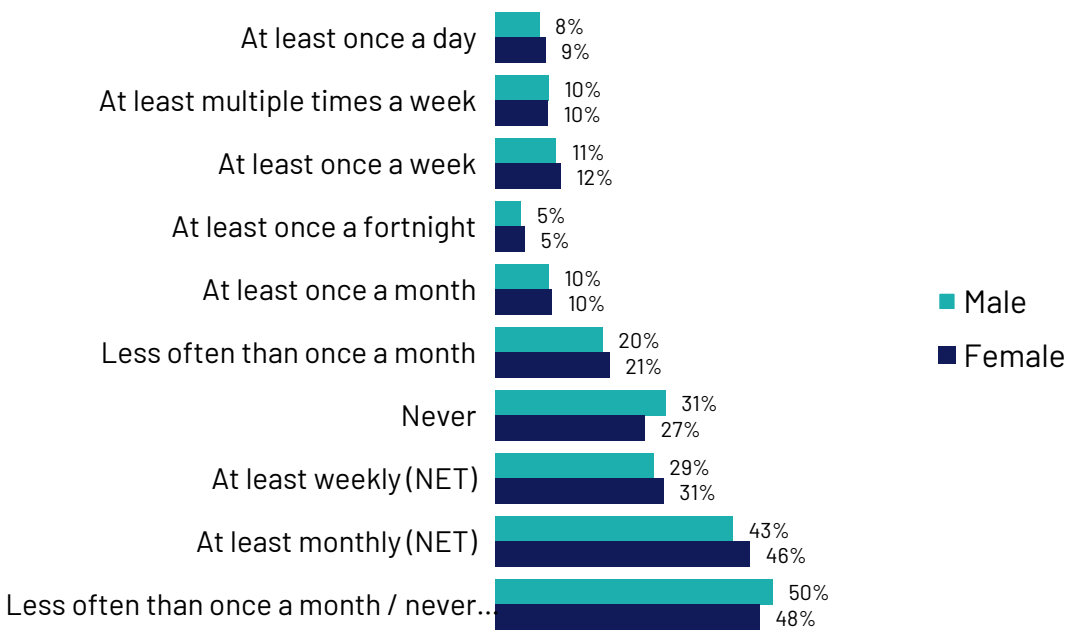
Men and women report experiencing loneliness with similar frequency

All 16+



Base: (n=2485)
Q7 - How often, if at all, would you say that you feel lonely?

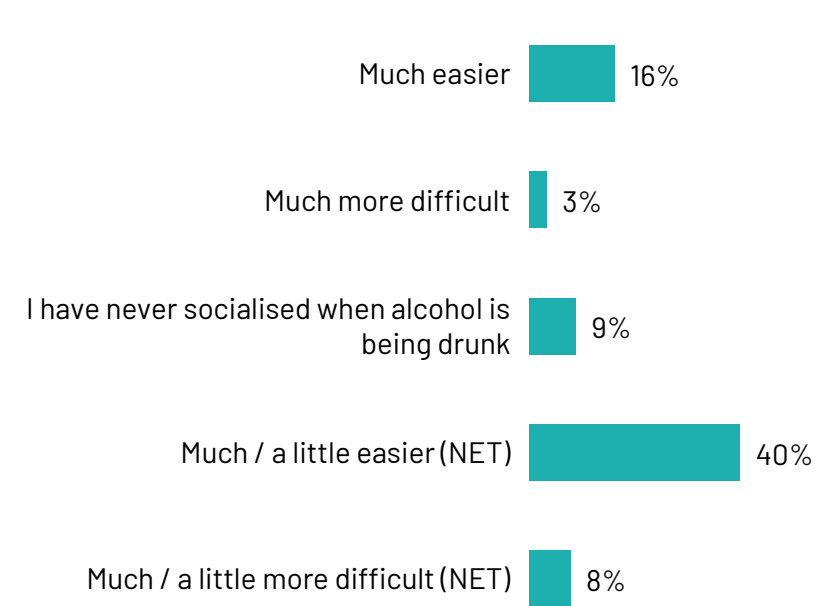
Age x Gender, Age, Gender



Base: (n=2485)
Q7 - How often, if at all, would you say that you feel lonely?

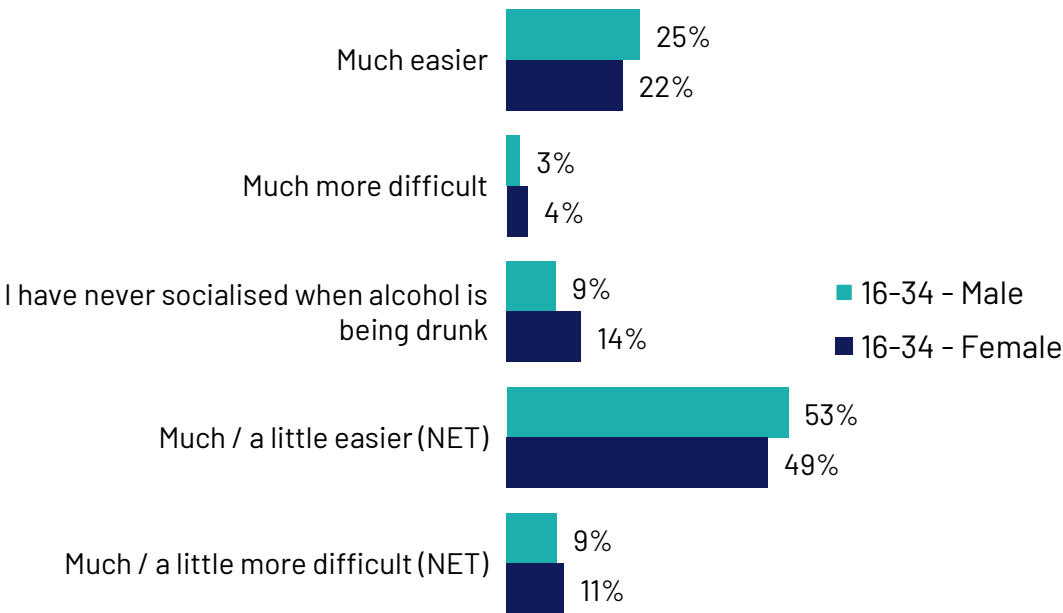
Alcohol is a social lubricant for a majority of young men, and 49% of young women

All 16+



Base: (n=2485)
Q8 - Do you find it easier or more difficult to socialise when you or others are drinking alcohol, or does it make no difference?

Age x Gender, Age, Gender

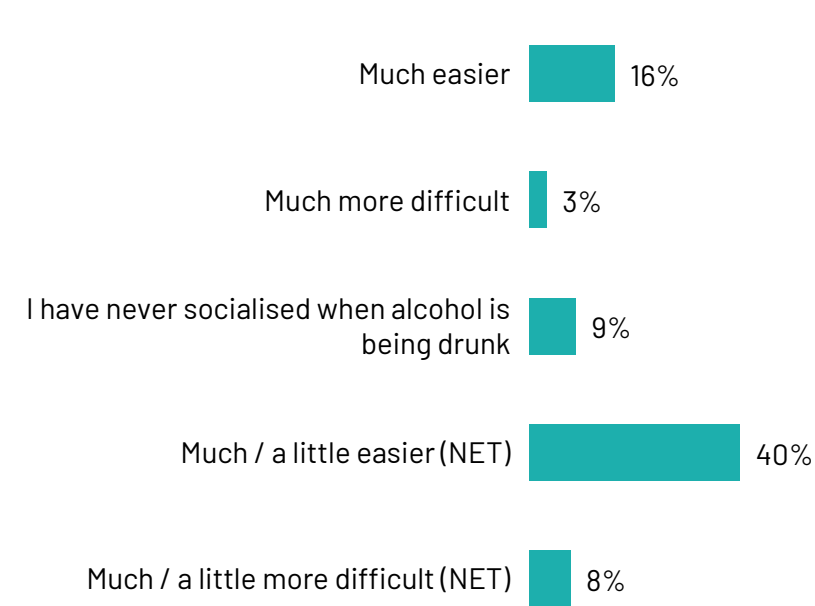


Base: (n=2485)
Q8 - Do you find it easier or more difficult to socialise when you or others are drinking alcohol, or does it make no difference?



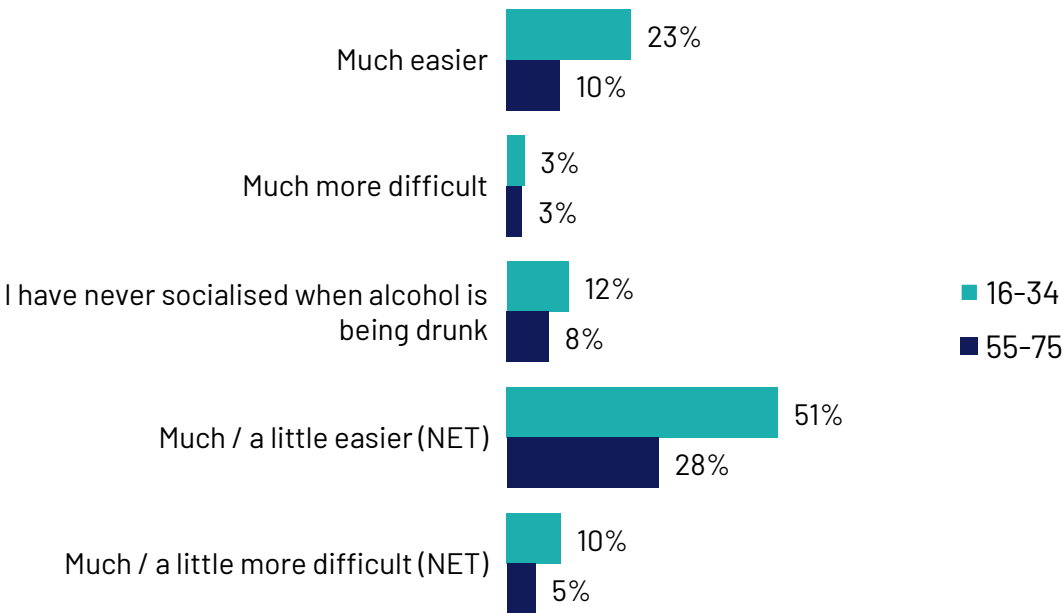
Reliance on alcohol as a social aid diminishes significantly with age

All 16+



Base: (n=2485)
Q8 - Do you find it easier or more difficult to socialise when you or others are drinking alcohol, or does it make no difference?

Age x Gender, Age, Gender

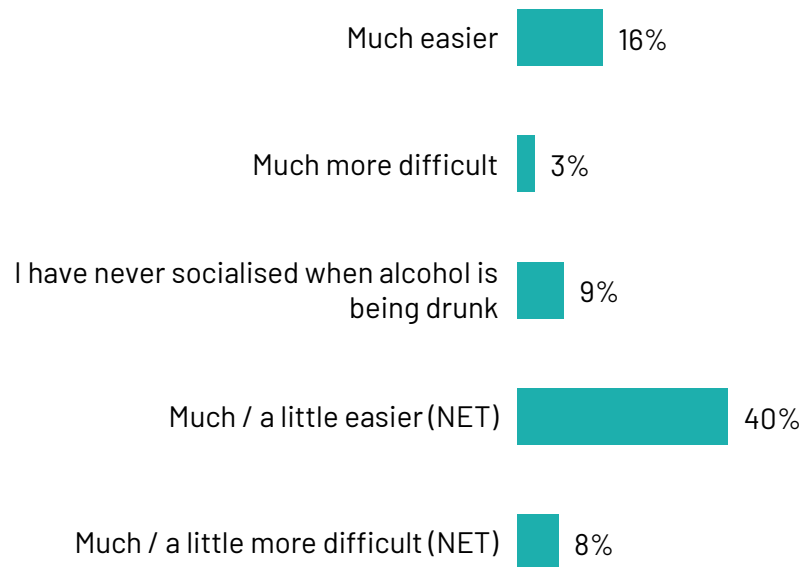


Base: (n=2485)
Q8 - Do you find it easier or more difficult to socialise when you or others are drinking alcohol, or does it make no difference?



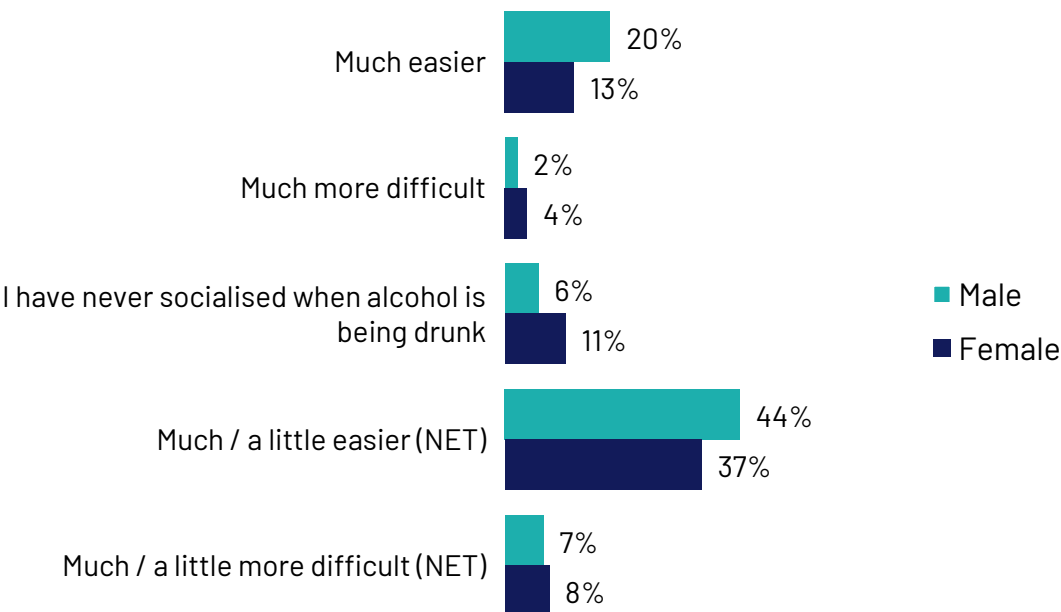
Men are more likely than women to find that alcohol makes socialising easier

All 16+



Base: (n=2485)
Q8 - Do you find it easier or more difficult to socialise when you or others are drinking alcohol, or does it make no difference?

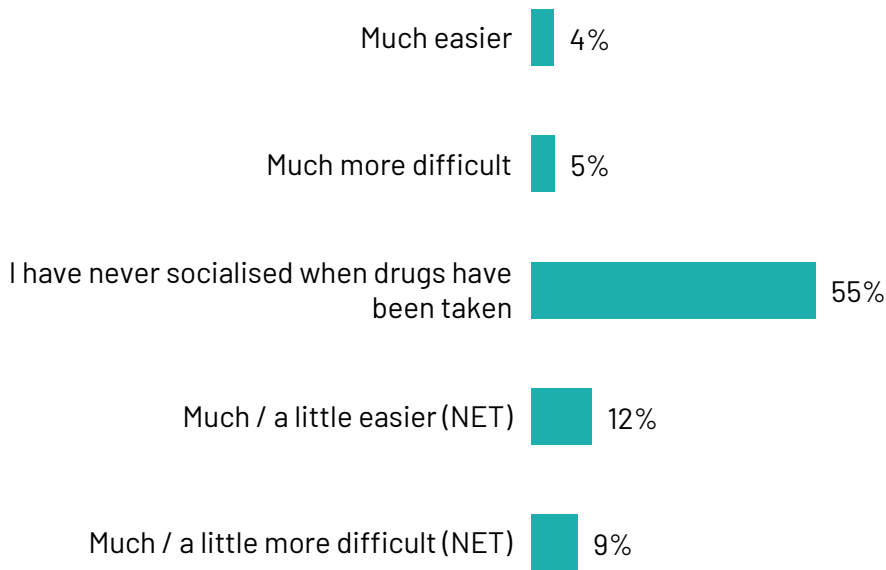
Age x Gender, Age, Gender



Base: (n=2485)
Q8 - Do you find it easier or more difficult to socialise when you or others are drinking alcohol, or does it make no difference?

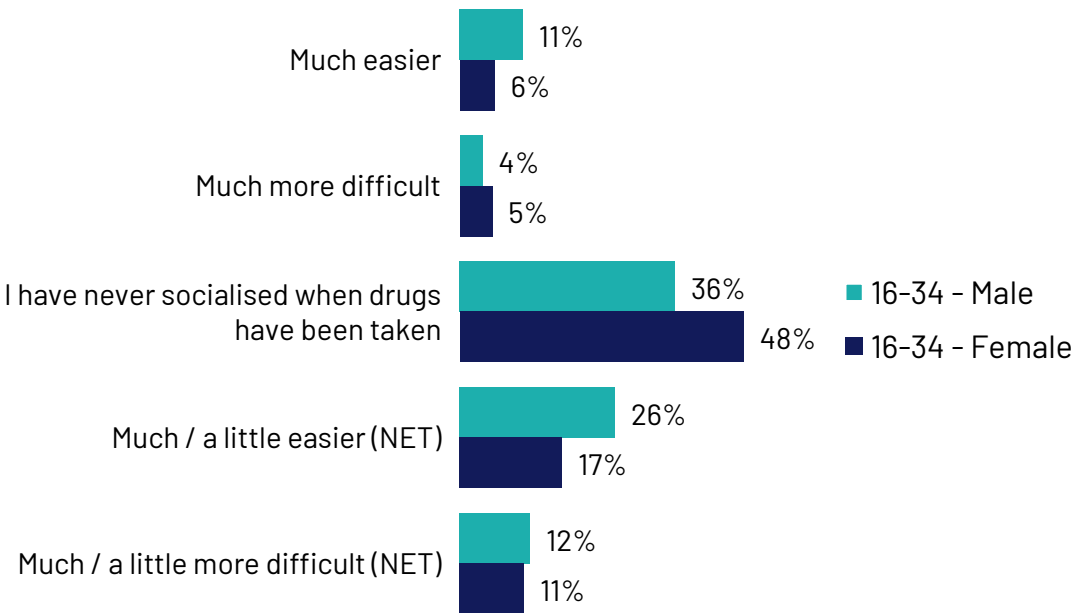
One in four young men find drugs make socialising easier, a view less common among young women

All 16+



Base: (n=2485)
Q9 - Do you find it easier or more difficult to socialise when you or others are under the influence of drugs/other mind-altering substances other than alcohol, or does it make no difference?

Age x Gender, Age, Gender

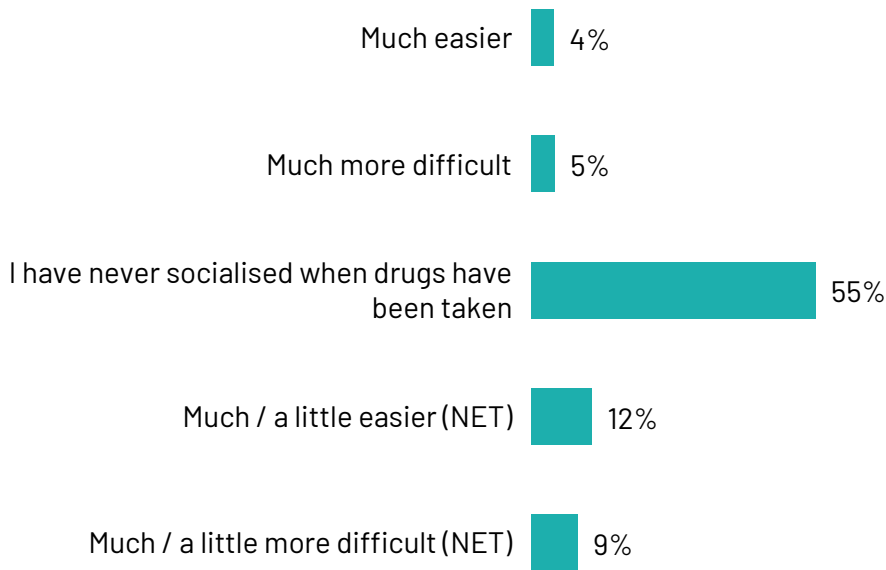


Base: (n=2485)
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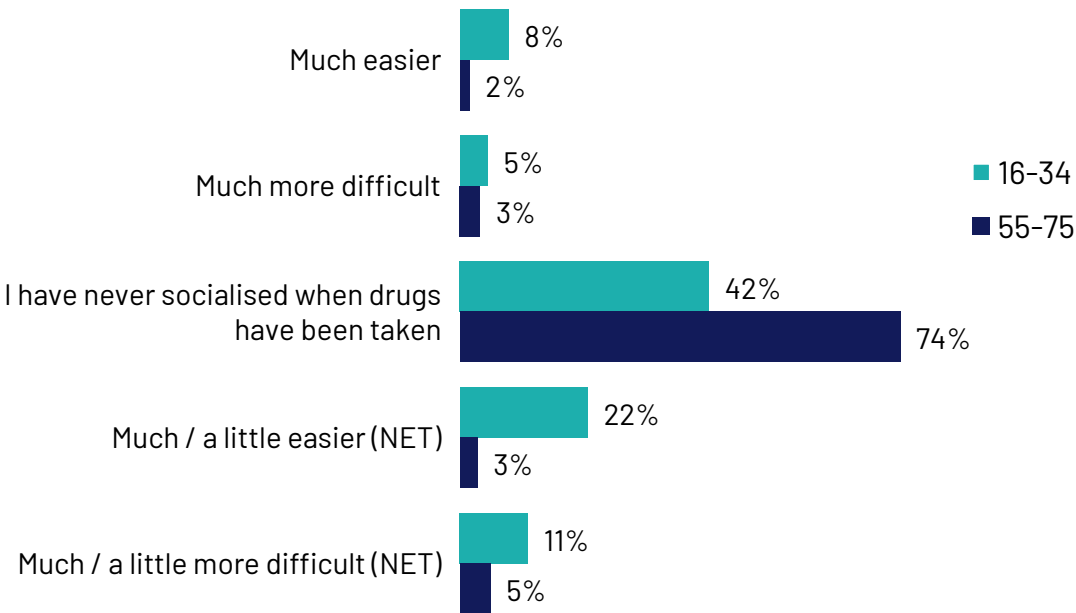
Using drugs as a social aid is almost exclusively confined to younger generations

All 16+



Base: (n=2485)
Q9 - Do you find it easier or more difficult to socialise when you or others are under the influence of drugs/other mind-altering substances other than alcohol, or does it make no difference?

Age x Gender, Age, Gender

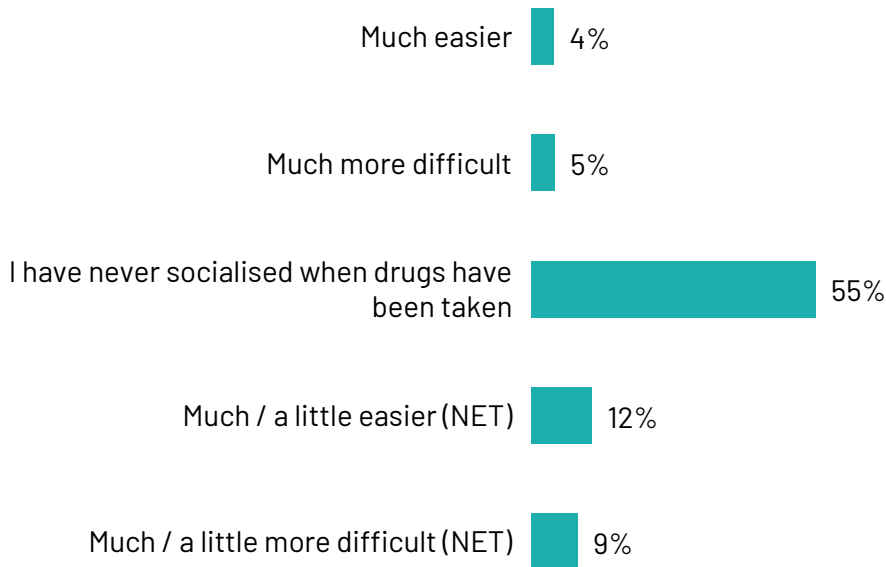


Base: (n=2485)
Q9 - Do you find it easier or more difficult to socialise when you or others are under the influence of drugs/other mind-altering substances other than alcohol, or does it make no difference?



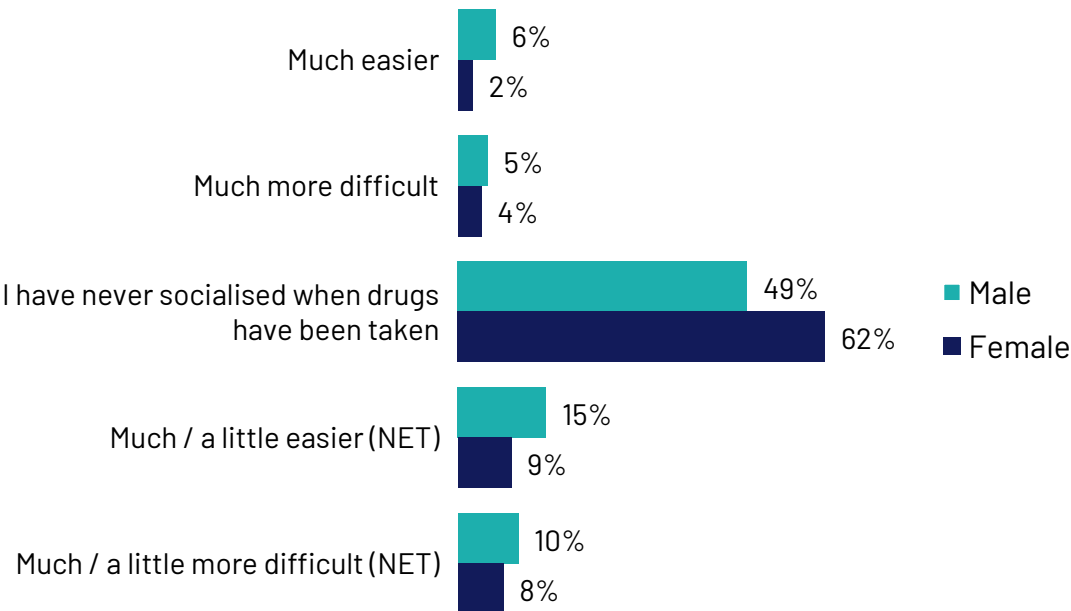
Men are less likely to say that they haven't ever socialised when taking drugs

All 16+



Base: (n=2485)
Q9 - Do you find it easier or more difficult to socialise when you or others are under the influence of drugs/other mind-altering substances other than alcohol, or does it make no difference?

Age x Gender, Age, Gender

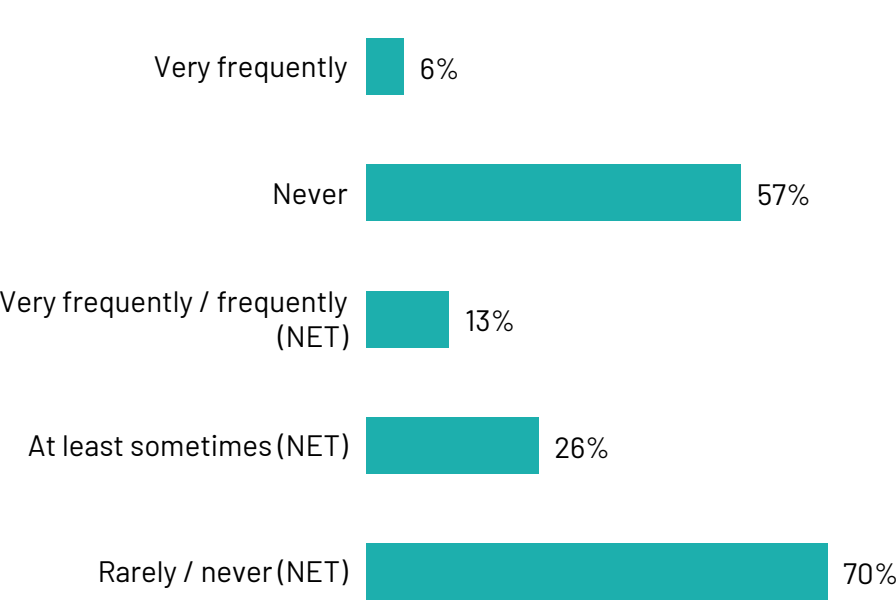


Base: (n=2485)
Q9 - Do you find it easier or more difficult to socialise when you or others are under the influence of drugs/other mind-altering substances other than alcohol, or does it make no difference?



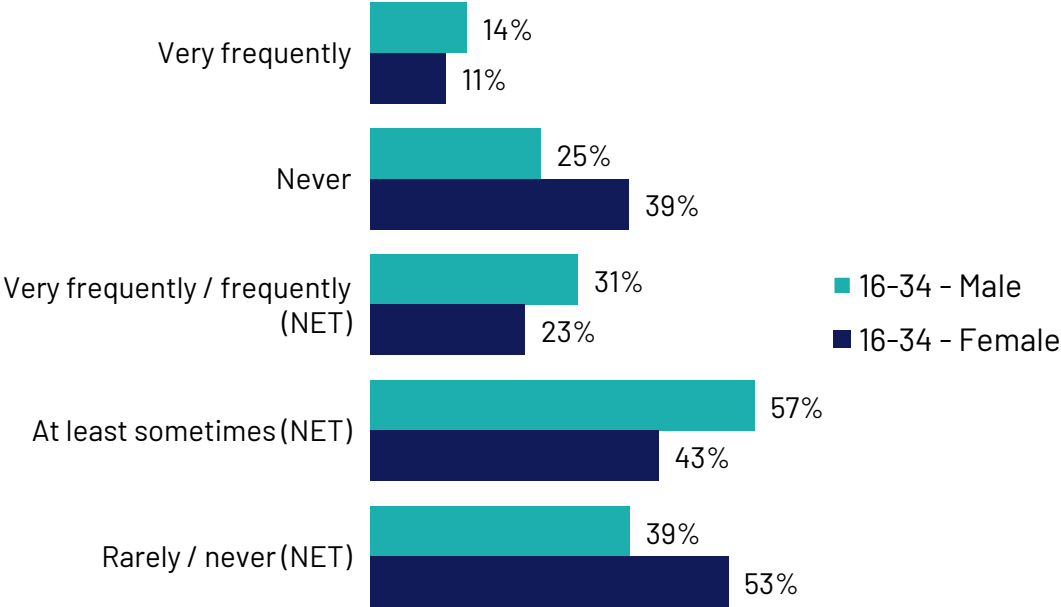
Young men are more likely than young women to use AI for personal advice

All 16+



Base: (n=2485)
Q10 - How often, if at all, do you use an AI tool, such as Chat GPT, as a source of advice on personal issues in your life?

Age x Gender, Age, Gender

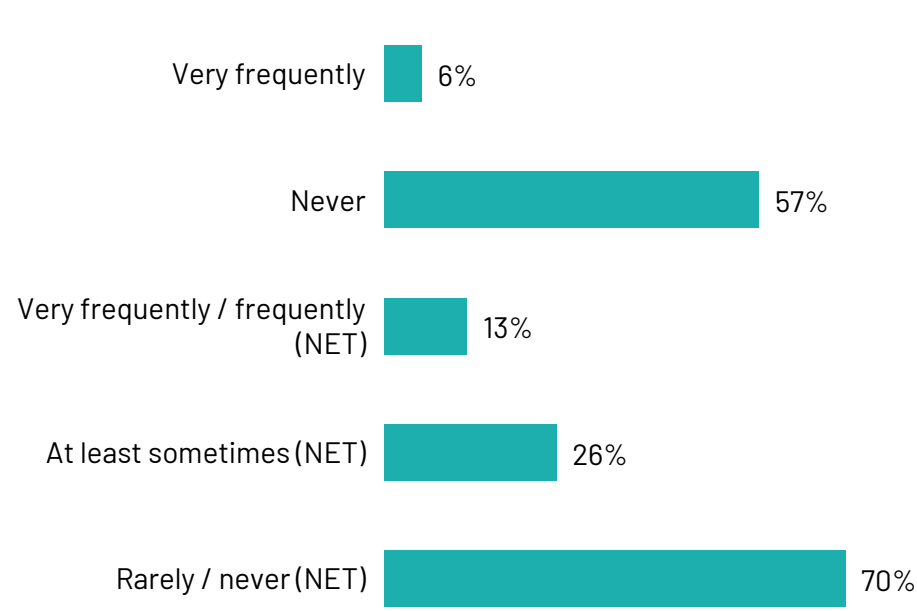


Base: (n=2485)
Q10 - How often, if at all, do you use an AI tool, such as Chat GPT, as a source of advice on personal issues in your life?



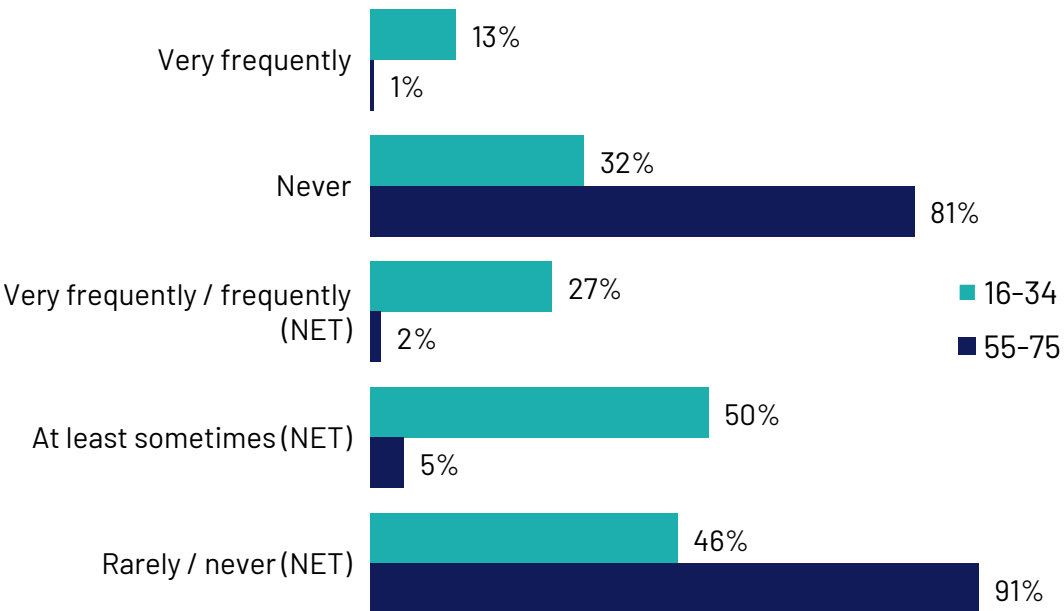
Half of young people turn to AI for advice, while the vast majority of over-55s do not

All 16+



Base: (n=2485)
Q10 - How often, if at all, do you use an AI tool, such as Chat GPT, as a source of advice on personal issues in your life?

Age x Gender, Age, Gender

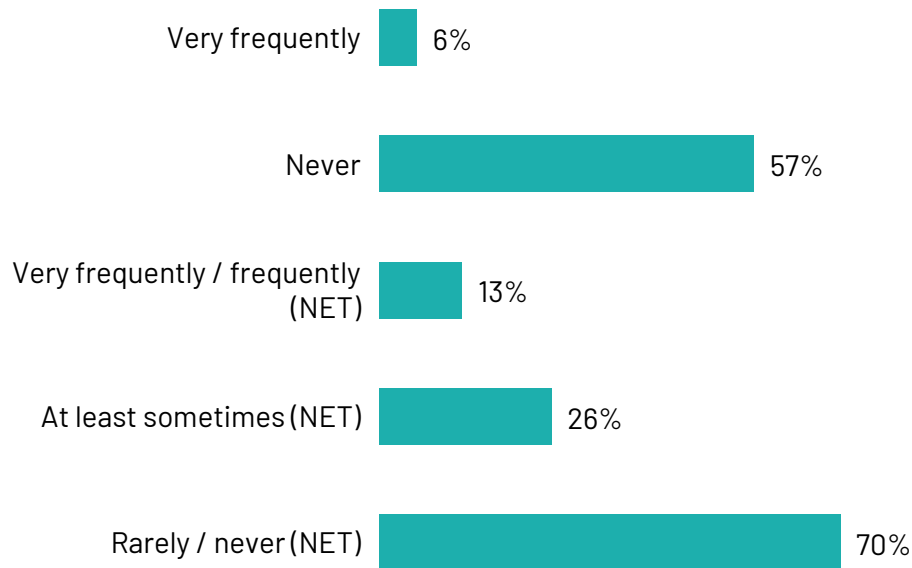


Base: (n=2485)
Q10 - How often, if at all, do you use an AI tool, such as Chat GPT, as a source of advice on personal issues in your life?



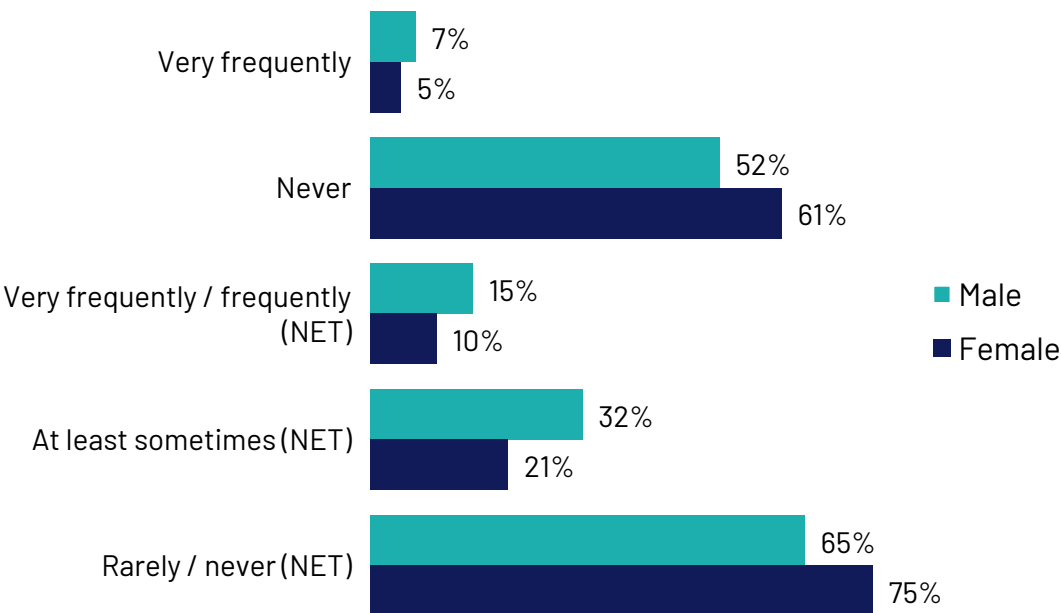
Men are more likely than women to seek personal advice from AI tools

All 16+



Base: (n=2485)
Q10 - How often, if at all, do you use an AI tool, such as Chat GPT, as a source of advice on personal issues in your life?

Age x Gender, Age, Gender



Base: (n=2485)
Q10 - How often, if at all, do you use an AI tool, such as Chat GPT, as a source of advice on personal issues in your life?