



Opinion Poll

1st Survey 2008

**CONCLUSIONS
SUBJECT 1**

**YOUNG PEOPLE
HEALTH AND SEXUALITY**



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Presentation

This survey contains the opinions given by the Young people in the first survey to be held in the year 2008.

The aim of this monographic work dealing with Health and Sexuality is to obtain information about some of the most important questions involved in the processes of socialisation of young people.

1. The first of these concerns aspects associated with Young people's health: the relationships between weight and height, diets, corporal image, hygiene habits, playing sports and sexual relations.
2. The second one deals with Young people's sexuality: the importance of sexuality, sexual activity, the ease with which they can obtain condoms and their use, etc.



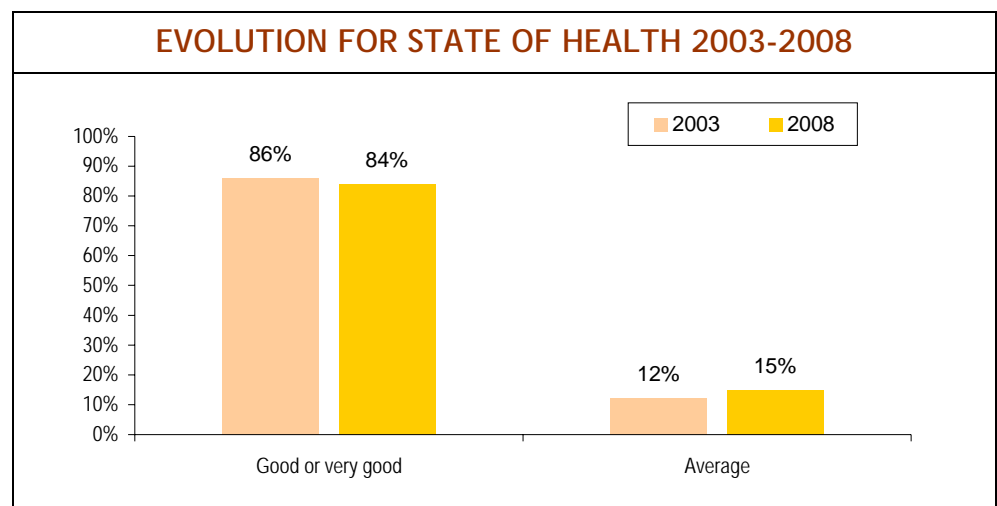
I. YOUNG PEOPLE AND HEALTH

1.1. STATE OF HEALTH AND HEALTH SERVICES

1.1.1. Evaluation of the state of health

The young people in our country would appear to be healthy: approximately one in every four young people (26%) consider that they are very healthy, 58% think that they are healthy, 15% state that their health is average and less than 2% of young people describe their health as being poor.

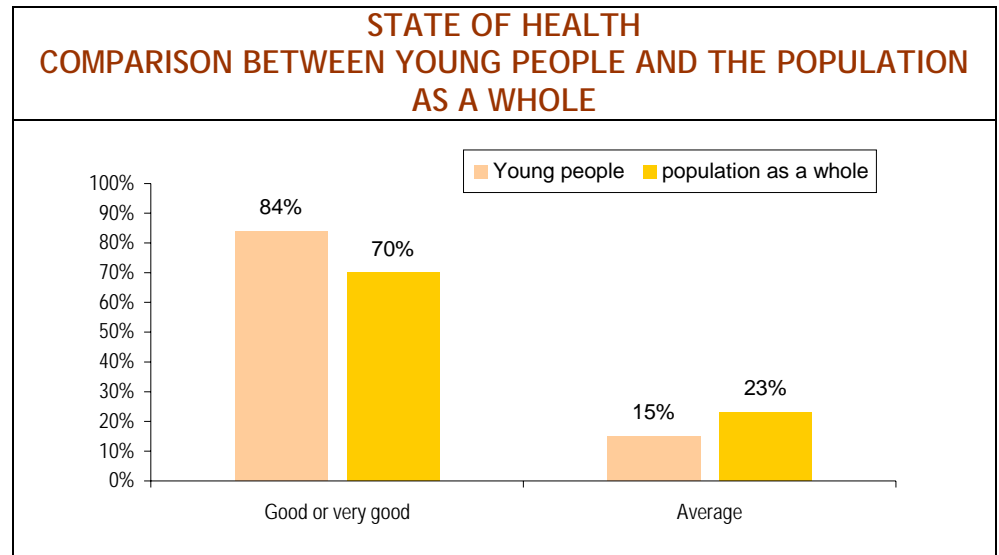
When compared to the data from 5 years ago (2003) no significant differences are observed with respect to the ratings given for young people's health.



Source: 2003: Fourth Opinion Poll concerning young people. INJUVE (EJ093)
2008: First Opinion Poll concerning young people INJUVE (EJ132)

**YOUNG PEOPLE VIEW
THEIR STATE OF HEALTH
IN A MUCH MORE
FAVOURABLE LIGHT
THAN THE SPANISH IN
GENERAL**

This information, compared with the data furnished by the National Health Survey (2006), clearly shows that young people view their state of health (84% Good or very good) in a much more favourable light than the Spanish in general (70%).



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)
2006: National Health Survey. Ministerio de Sanidad y Consumo.

The perception of the state of health yields certain differences on the basis of certain sociological variables:

- The youngest group (15-17) is the one where their own state of health receives the best rating. However, as the age of the groups increases they tend to detect slightly more health problems.
- The males appear to give their state of health a better rating than the females.
- The young people from the middle classes state that their state of health is better than that of the working class.

**PERCEPTION OF THE STATE OF HEALTH
ACCORDING TO CERTAIN SIGNIFICANT VARIABLES**

	GOOD OR VERY GOOD	AVERAGE
15-17 years	90%	9%
18-29 years	83%	16%
Males	87%	12%
Females	81%	18%
Middle and upper class	87%	12%
Working class	82%	16%

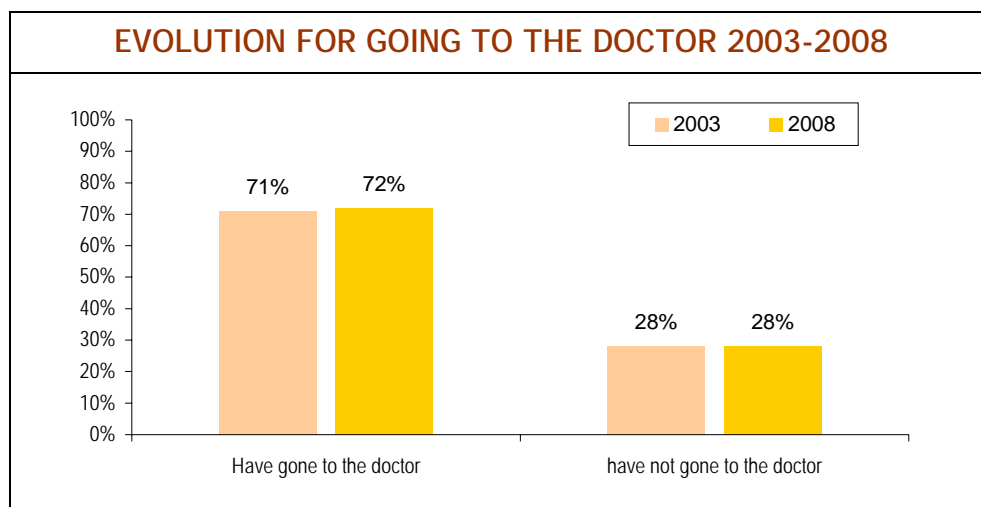
Percentages out of the total for each sex, age and social class

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)



1.1.2. Going to the doctor or the health service

Just over seven out of every ten young people (72%) have gone to the doctor or a health clinic over the last year, whereas 28% have not done so. These percentages are practically the same as those yielded by the fourth Opinion Poll conducted in 2003.



Source: 2003: Fourth Opinion Poll concerning young people. INJUVE (EJ093)
2008: First Opinion Poll concerning young people INJUVE (EJ132)

**THE FEMALES AND THE
YOUNGEST PEOPLE GO
TO THE DOCTOR MOST
FREQUENTLY**

Females go more often to the doctor's surgery (81%) than males (66%). Curiously, it is the youngest people (15-17 years) who state most that they have been to the doctor about their health in the last year.

GOING TO THE DOCTOR ON THE BASIS OF AGE GROUPS

	HAVE GONE TO THE DOCTOR	HAVE NOT GONE TO THE DOCTOR
From 15 to 17 years	81%	19%
From 18 to 20 years	68%	31%
From 21 to 24 years	71%	29%
From 25 to 29 years	74%	26%

Percentages out of the total for each age group

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)



YOUNG PEOPLE GO TO THE DOCTOR MUCH MORE FREQUENTLY IN MADRID (84%) THAN IN THE LEVANTE ZONE (68%)

When going to the doctor or the health services is broken down into regions, clear differences can be observed between the different Spanish regions; some of the data show behaviour patterns that are clearly different [for example young people in Madrid go to the doctor much more frequently (84%) than young people in the Levante zone (68%)].

GOING TO THE DOCTOR ON THE BASIS OF GEOGRAPHICAL AREAS¹

	HAVE GONE TO THE DOCTOR	HAVE NOT GONE TO THE DOCTOR
Norte	71%	29%
Noreste	76%	24%
Levante	68%	32%
Sur	69%	31%
Centro	74%	26%
Madrid	84%	16%

Percentages out of the total for each geographical area

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

The habitat where young people live shows that it is young people in urban environments (77%) who have been to the doctor to a greater extent over the last year, followed by those who live in rural zones (74%). It is in the intermediate zones where young people have been to the doctor least in the past year.

GOING TO THE DOCTOR ON THE BASIS OF HABITAT

	HAVE GONE TO THE DOCTOR	HAVE NOT GONE TO THE DOCTOR
Rural	74%	26%
Semi-rural	71%	29%
Intermediate	71%	29%
Urban	77%	23%

Percentages out of the total for each habitat

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

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¹ Grouping the different Autonomous Regions into geographical zones:
Norte: Asturias, Cantabria, Galicia, Navarra and País Vasco.
Noreste: Aragón and Cataluña.
Levante: Comunidad Valenciana and Murcia.
Sur: Andalucía and Canarias.
Centro: Castilla-La Mancha, Castilla y León and Extremadura.
Madrid: Madrid.



The social level or occupational class reveals certain differences where visiting the health service is concerned: those who belong to the highest social classes go more frequently to the doctor than those who are members of the middle and working classes.

GOING TO THE DOCTOR ON THE BASIS OF SOCIAL CLASS

	HAVE GONE TO THE DOCTOR	HAVE NOT GONE TO THE DOCTOR
Upper	78%	23%
Middle	72%	28%
Lower	73%	28%

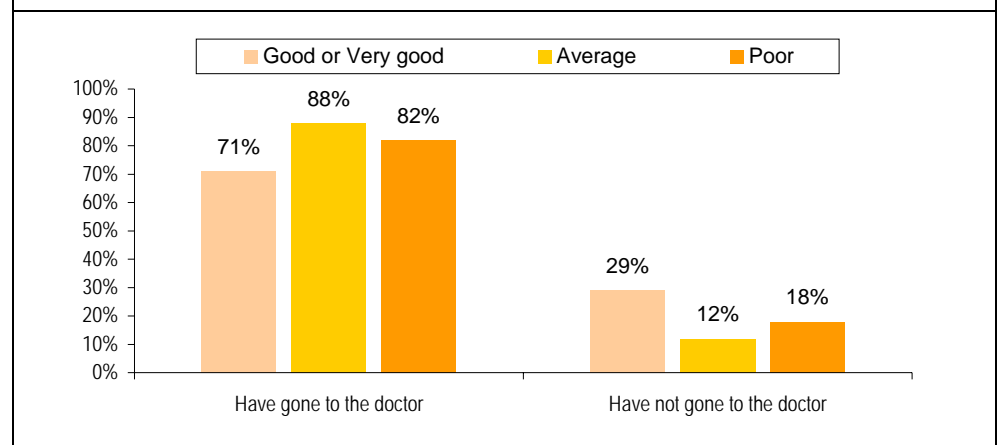
Percentages out of the total for each social class

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

IT IS THE UPPER SOCIAL CLASSES WHO GO TO THE DOCTOR MORE FREQUENTLY THAN THE MIDDLE AND WORKING CLASSES.

Those who go to the doctor most frequently are the ones that state that their state of health is not as good (average and poor). However, the number of visits made by young people who claim to be in good health is also frequent, which could be interpreted as meaning that such visits are associated with prevention rather than genuine health problems.

GOING TO THE DOCTOR ON THE BASIS OF APPRAISAL OF THE STATE OF HEALTH



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

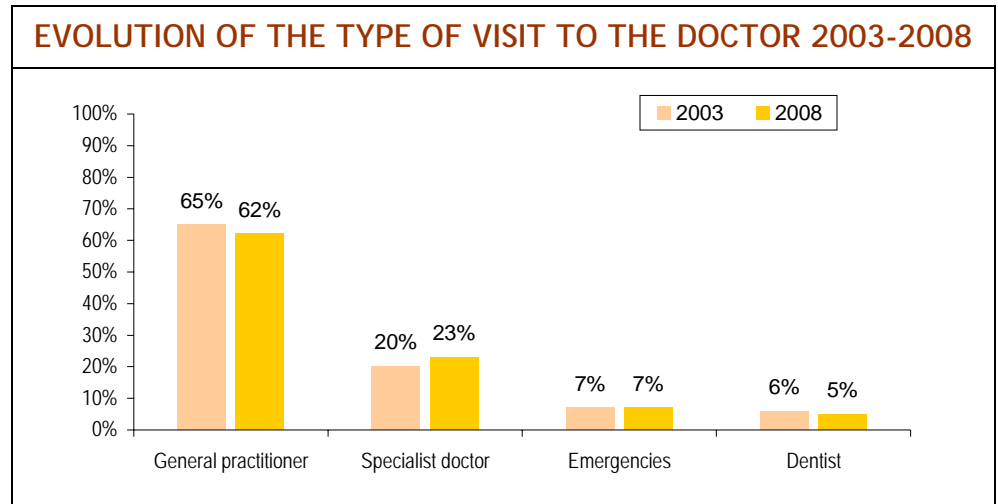
About six out of every ten visits are made to the general practitioner or the family doctor (62%); followed by the visits to a specialist (23%), emergencies (7%) and to the dentist (5%). Once again, this data is very similar to the information compiled from the fourth survey in 2003, although a slight shift has been detected towards patients moving away from visits to the general practitioner in favour of visits to a specialist.



**OPINION POLL AND
SITUATION CONCERNING YOUNG PEOPLE**



(1st Survey in 2008 – SUBJECT: Health and Sexuality)



Source: 2003: Fourth Opinion Poll concerning young people. INJUVE (EJ093)
2008: First Opinion Poll concerning young people INJUVE (EJ132)

**THE TREND TOWARDS
GOING TO A
SPECIALIST DOCTOR
HAS INCREASED
AMONG MALES,
GOING FROM 16% IN
2003 TO 23% IN 2008**

This trend towards going to a specialist doctor to a greater extent is only to be found among the males, where the percentage has increased from 16% in 2003 to 23% in 2008, where visits to a specialist are concerned.

There are no significant differences between the different Spanish regions, or between rural and urban zones where the health services visited in the past year are concerned.

However, with respect to the level of studies, there would appear to be differences in the behaviour of the young people in our country where health care is concerned:

- The lower the level of studies (primary studies), the greater the number of visits to the general practitioner or to the family doctor.
- The higher the level of qualifications (especially among those who have degrees, etc.), the greater the number of visits to specialists.

**TYPE OF VISIT ON THE BASIS OF THE EDUCATIONAL
QUALIFICATIONS**

	LESS THAN 2 nd COMP.	SECOND COMP.	SECOND POST-COMP.	UPPER
General practitioner	71%	64%	65%	62%
Specialist doctor	14%	22%	21%	14%
Emergencies	6%	8%	7%	7%



**OPINION POLL AND
SITUATION CONCERNING YOUNG PEOPLE**



(1st Survey in 2008 – SUBJECT: Health and Sexuality)

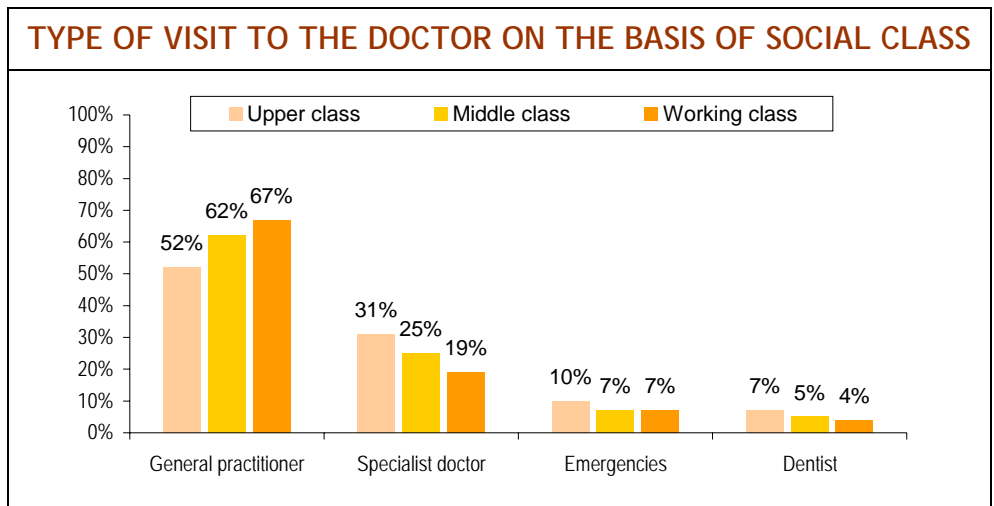
Dentist	6%	4%	4%	6%
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Percentages out of the total for each level of education

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

There are also social class differences where health visits: the working classes visit the general practitioner much more often, whereas the higher the social class is the more frequent the visits to the specialist doctor.

The young people who live with their parents go to the general practitioner or family doctor to a greater extent than those who have moved out of the family home. However, visits to specialists are more frequent in the latter group than among those who still live in the original family home.



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

The young people who see their state of health in a more negative light (average or poor) have visited a specialist doctor more often in the past year. It is this group that has suffers from or has suffered from a rather serious health problem.

**TYPE OF VISIT TO DOCTORS ON THE BASIS OF THE RATING
GIVEN FOR THEIR STATE OF HEALTH**

	GOOD OR VERY GOOD	AVERAGE	POOR
General practitioner / family doctor	64%	57%	39%
Specialist doctor	21%	33%	33%

Percentages out of the total for each state of health rating



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

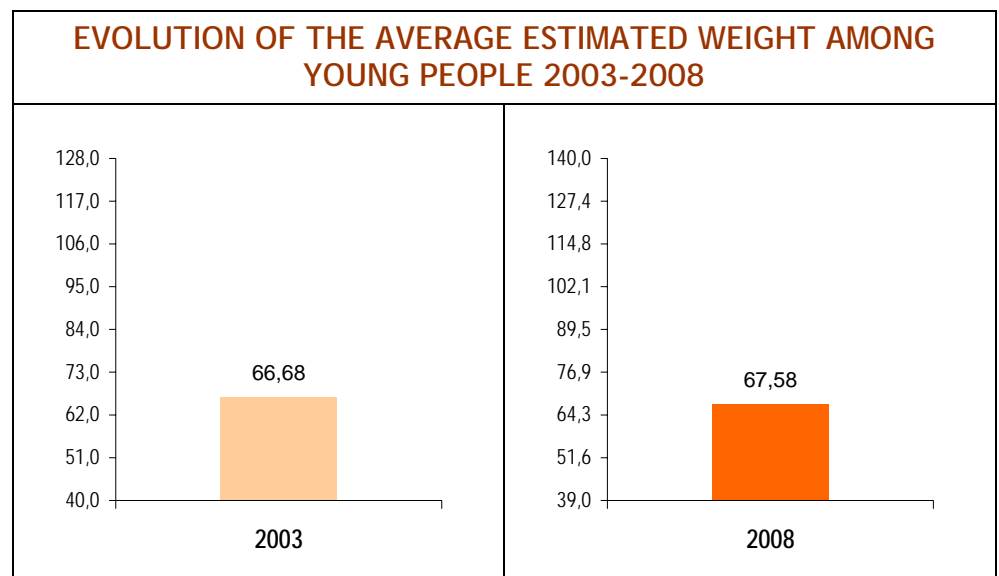
THOSE WHO HAVE RECEIVED HIGHER LEVELS OF EDUCATION AND BELONG TO HIGHER SOCIAL CLASSES, ARE MORE ABLE TO DIRECT THEIR HEALTH VISITS SPECIFICALLY TO SPECIALISTS

It can be concluded that health visits and the use of different health services is associated with the education and study levels and with social class, in such a way that the greater training the young people have in where education is concerned and belonging to the highest social classes gives them a greater ability to direct their health visits more specifically to specialists.

1.2. ANTHROPOMETRIC CHARACTERISTICS

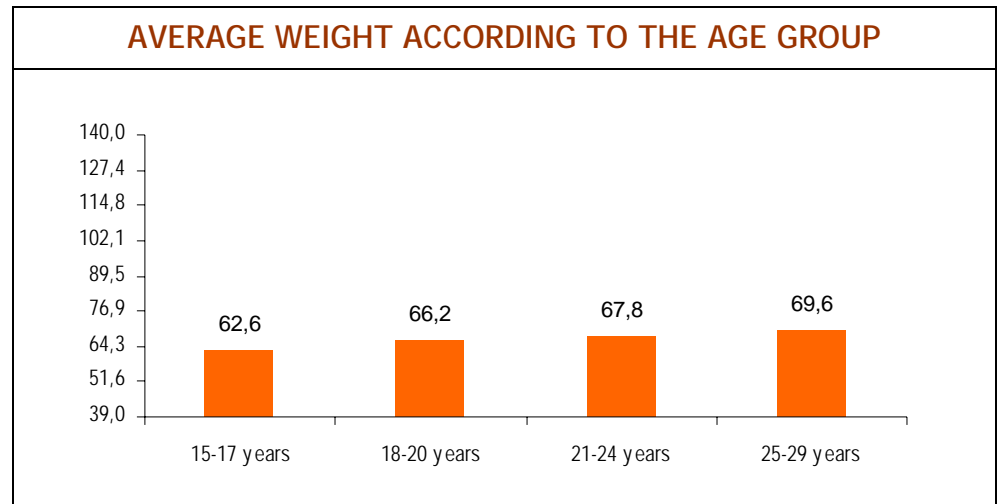
2.1. Weight and height de the young people

This survey contains estimations with respect to young people and their approximate weight and height. The average weight is around 67.6 kg. This information is similar to that afforded by the fourth survey from 2003.



Source: 2003: Fourth Opinion Poll concerning young people. INJUVE (EJ093)
2008: First Opinion Poll concerning young people INJUVE (EJ132)

The males weigh an average of 74.9 kg., and the females 59.6 kg.; as the ages of both sexes increase so does their weight.



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

THERE ARE MORE
YOUNG PEOPLE WHO
ARE SOMEWHAT
OVERWEIGHT THAN
THERE ARE YOUNG
PEOPLE WHO ARE
SOMEWHAT
UNDERWEIGHT

52% weigh above the average, whereas 45% weigh less than average. This data gives an idea about young people's perception of weight in Spain: the young people who are somewhat overweight outnumber those who are somewhat underweight.

As far as their height is concerned, the average is about 1.70 m.: 1.76 m. for young men and 1.63 for young women.

1.2.2. Body Mass Index

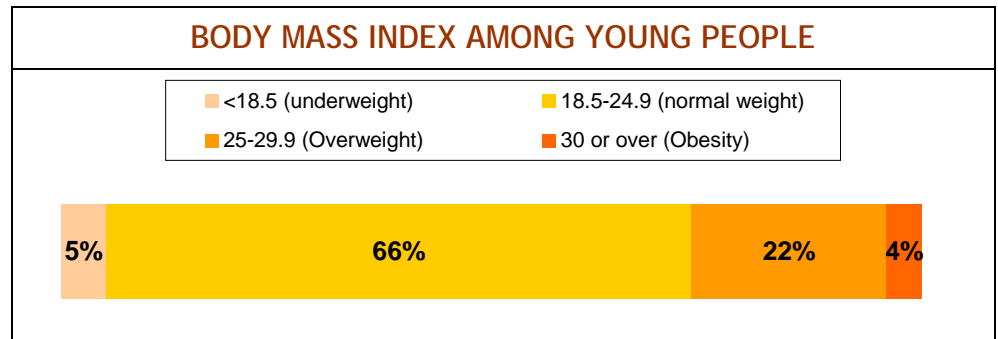
The Body Mass Index (BMI) establishes the relationship between a person's weight and his or her height and measures the level of body fat using the formula:

$$\text{BMI} = \text{weight (Kg.)} / \text{height (m}^2\text{)}$$

The Consejo Español para la Evaluación de la Obesidad (Spanish Obesity Assessment Council) uses this formula to establish a BMI classification scale.

22% OF YOUNG PEOPLE
ARE OVERWEIGHT, 5%
ARE UNDERWEIGHT AND
4% BELONG TO THE
GROUP OF OBESE
YOUNG PEOPLE

According to this scale it can be observed that around two-thirds of young people are of normal weight (66%), 22% are overweight, 5% do not weigh enough and 4% belong to the obese group.



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

THE NUMBER OF UNDERWEIGHT FEMALES (8%) IS MUCH HIGHER THAN THE NUMBER OF UNDERWEIGHT MEN (1%), WHEREAS THE PERCENTAGE OF OVERWEIGHT MALES IS THREE TIMES AS GREAT (30%) AS IT IS FOR FEMALES (9%)

When we observe the data broken down into sexes, there are certain significant differences:

- The number of underweight females is much greater (8%) than the number of underweight males (1%);
- Whereas three times as many boys are overweight (30%) than girls (9%).
- Obesity does not seem to be a problem for young people at the moment, in view of the fact that only 4% fall into this group.

By ages, it can be observed that it is the youngest sample that contains the largest percentage of underweight people (10%), and as the age increases, especially after 20 years, the greater levels of overweight young people appear.

BODY MASS INDEX DEPENDING ON SEX AND AGE 2008

	< 18.5 Underweight	18.5-24.9 Normal weight	25-29.9 Overweight	30 or over Obesity
Males	1%	61%	30%	5%
Females	8%	71%	13%	4%
From 15 to 17 years	10%	70%	12%	3%
From 18 to 20 years	5%	70%	15%	4%
From 21 to 24 years	4%	66%	20%	7%
From 25 to 29 years	3%	62%	29%	4%

Percentages out of the total for each sex and age group

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)



**OPINION POLL AND
SITUATION CONCERNING YOUNG PEOPLE**



(1st Survey in 2008 – SUBJECT: Health and Sexuality)

7% OF THE MALES FROM 21 TO 24 YEARS ARE OBESE TO A CERTAIN EXTENT. THIS PERCENTAGE HAS DOUBLED WITH RESPECT TO 2003.

IN THE LAST 5 YEARS THERE HAS BEEN A 4% INCREASE IN THE NUMBER OF OVERWEIGHT YOUNG PEOPLE

The groups by sex and age at greatest risk are in the following groups:

- The youngest girls (15-17 years), where 18% are underweight.
- The boys from 25 to 29 years and from 21 to 24 years are overweight, the percentages being 43% and 28%, respectively.
- 7% of the boys from 21 to 24 years are obese.

Certain trends are worth taking into account when these findings are compared to the same categories for the survey conducted in 2003:

- The percentage of females that belong to the group whose weight is considered to be normal has increased by ten percent (rising from 61% in 2003 to 71% in 2008), whereas the percentage for males has remained stable.
- The percentage of males and females that are overweight has increased to a similar extent (around 4%).
- The proportion of obese young people has remained stable, perhaps with a slight increase.
- In the 15 to 17 year old groups, and especially those ranging from 18 to 20 years, there has been an increase in the number of overweight young people.
- In the latter group (18 to 20 years), there has been a decrease in the percentage of young people whose weight is normal.
- In the group ranging from 21 to 24 years, the number of obese young people has doubled (going from 3% to 7%)

BODY MASS INDEX BY SEX AND AGE IN 2003

	< 18.5 Underweight	18.5-24.9 Normal weight	25-29.9 Overweight	30 or over Obesity
Males	2%	62%	27%	4%
Females	9%	64%	9%	3%
From 15 to 17 years	11%	70%	7%	2%
From 18 to 20 years	6%	79%	8%	3%
From 21 to 24 years	4%	66%	22%	3%
From 25 to 29 years	3%	62%	25%	5%

Percentages out of the total for each sex and age group

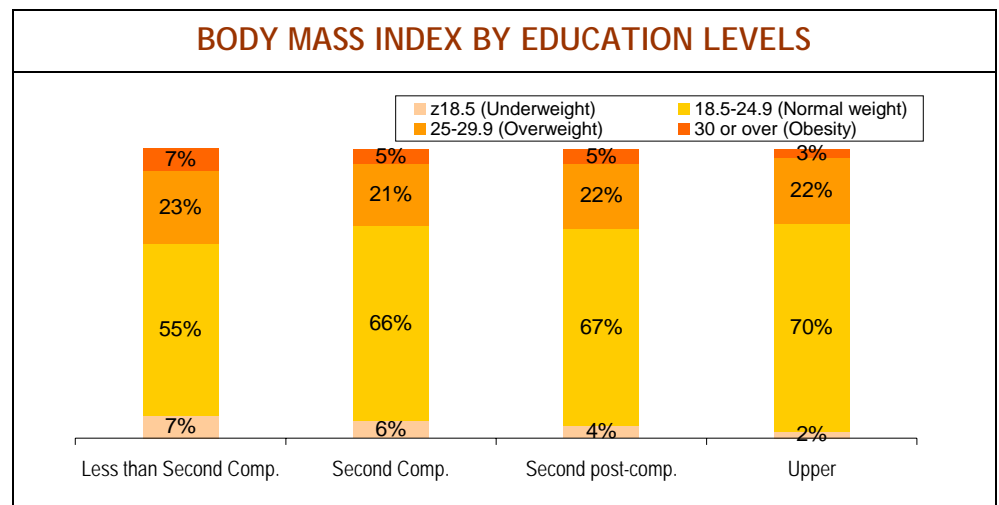
Source: 2003: Fourth Opinion Poll concerning young people INJUVE (EJ093)



THE PERCENTAGE OF PEOPLE WITH OVERWEIGHT, OBESITY AND UNDERWEIGHT PROBLEMS IS HIGHER AMONG THOSE WHO HAVE LOWER LEVELS OF EDUCATION

The education levels completed in relation to weight reveals the following pattern:

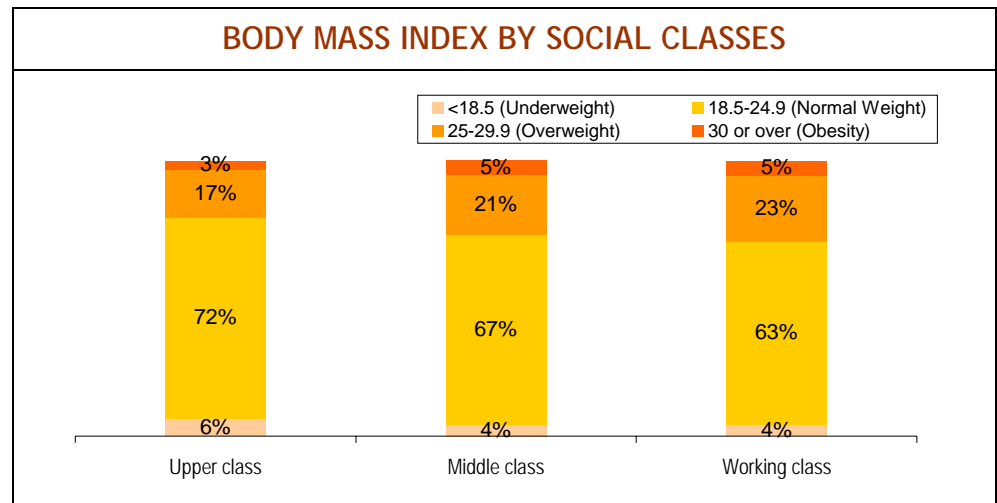
- There are a larger number of people with overweight, obesity and underweight problems among those who have lower levels of education.
- The higher the education level, the greater the percentage of young people with normal weight proportions.



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

Once again, where body mass is concerned, there are certain differences between social classes:

- In the working class, there are more young people who are overweight and underweight.
- The highest percentages of people with normal weights appear in the middle classes and especially in the upper classes.



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

1.2.3. Self-perception of physical appearance

When the young people of both sexes were asked how they viewed themselves where their body weight was concerned, the data revealed that roughly 3 out of every 4 (74%) see themselves as being normal; 13% considered themselves to be thin and 11% considered themselves to be fat. These percentages are about the same as the results given in the survey 5 years ago (2003).

The young males tend to consider themselves to be thin to a greater extent (15%) than the young females (12%), whereas the females think they are fat (13%) more than the males (9%).

YOUNG MALES THINK THEY ARE THIN TO A GREATER EXTENT (15%) THAN THE YOUNG FEMALES (12%). HOWEVER, THE FEMALES THINK THEY ARE FAT (13%) MORE THAN THE MALES (9%).

This self-perception of physical appearance with regard to health shows that those whose health is poorer see themselves as being overweight to a greater extent. This association between illness and obesity in young people not only gives an idea about the magnitude of the problem, but also insight into the possible solution, because being overweight is regarded as a health problem.

Young people's education levels and social class levels reveal the following:

- The lower the education level, the greater the number of people who think that they are overweight.



**OPINION POLL AND
SITUATION CONCERNING YOUNG PEOPLE**



(1st Survey in 2008 – SUBJECT: Health and Sexuality)

- The higher the social level (upper class), the greater the number of people who consider themselves to be thin.



RELATIONSHIP BETWEEN THE BODY MASS INDEX AND THE PERCEPTION OF PHYSICAL APPEARANCE			
BODY MASS INDEX		PERCEPTION OF BEING FAT, THIN	
< 18.5 Underweight	25-29.9 Overweight	As a thin person	As a fat person
More females	More males	More males	More females
More females 15 to 17 years	More males 20 to 29 years	More males 15 to 20 years	More females 18 to 20 and 25 to 29 years

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

ALTHOUGH THERE ARE MORE FEMALES WHO ARE UNDERWEIGHT, THERE ARE MORE MALES WHO CONSIDER THEMSELVES TO BE THIN; AT THE SAME TIME, ALTHOUGH THERE ARE MORE MALES WHO ARE OVERWEIGHT, IT IS THE FEMALES WHO THINK THEY ARE FAT TO A GREATER EXTENT

There is a contradiction between the Body Mass Index (BMI) and the perception of weight among young people. There are more females who are underweight, whereas there are more males who consider themselves to be thin. At the same time, although there are more overweight males, it is the females who see themselves as being fat to a greater extent.

The same contradiction appears with respect to sex and age groups:

- Although it is in the group of the youngest females (15-17 years) where there is the highest percentage of thin people (16%), it is the young males (15-20 years) who think they are thin (18%) to a greater extent;
- And although it is in the group of young males between 20 and 29 years where the highest overweight levels are to be found, it is the group of females from 15 to 20 years that consider themselves to be fat to the greatest extent (15%).

THE YOUNG GIRLS ACCEPT AS THEIR OWN, SOCIAL MODELS THAT REGARD BEING THIN AS BEING NORMAL AND BEAUTIFUL

All the above data serves to show the differences between the social perception of weight between females and males, where our society is concerned. The young girls accept as their own, the social models that regard being thin as being both normal and associated with beauty.



1.3. FOOD

1.3.1. Diets or eating special food

Approximately 1 out of every 8 young people (12%) state that they are on some kind of diet or eat special food. This percentage is slightly higher among the females (13%) than among the males (10%); and this begins especially as from 18 years of age.

When compared to the data from the 2003 survey, there has been an increase in the percentage of young people on some kind of diet or who eat special food. It is interesting to note that this increase has taken place in the group of males, where the number of people on some type of diet has increased twofold in these **FIVE???** years, going from 5% to 10% in 2008.

THE NUMBER OF MALES ON A DIET HAS DOUBLED IN THE LAST 5 YEARS, GOING FROM 5% IN 2003 TO 10% IN 2008

As is only to be expected, it is either the overweight young people (with a higher BMI) who tend to be on a diet or eating special food, or those who consider themselves to be fat.

YOUNG PEOPLE WHO ARE ON A DIET ON THE BASIS OF THE BMI AND PERCEPTION OF PHYSICAL APPEARANCE

	Body Mass Index		Perception of being fat, thin	
	< 18.5 (Underweight)	25-30 or over (Obesity)	As a thin person	As a fat person
On a diet	6%	24%	4%	32%

Percentages out of the total for each BMI and perception of physical appearance

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

The data collected in this survey gives an indication of the relationship that exists between health problems among young people and being overweight and dieting. The highest percentage of young people on a diet is to be found in the group that claims to be in a poorer state of health.

With respect to the reasons that prompt young people to go on a diet, the main ones are slimming (36%), and keeping fit (35%); these are



**THE MAIN REASONS WHY
YOUNG PEOPLE GO ON A
DIET ARE TO SLIM (36%)
AND TO KEEP FIT (35%);
FOLLOWED BY HEALTH
REASONS (20%)**

followed by health reasons (20%). The results are similar to those yielded 5 years ago.

The males state that they go on a diet mainly to ensure that they do not become overweight and to keep fit (40%) as well as for health reasons (30%), whereas the females say that they go on a diet mainly because they are overweight and want to slim (49%) as well as to keep fit (32%).

When compared to the data from the fourth survey conducted in 2003, there is a worrying trend: the relationship between diets and health problems would appear to increase among the young males, whereas this does not happen in the case of the young females.

**EVOLUTION IN THE REASONS FOR GOING ON A DIET 2003-2008
BY SEXES**

	Males		Females	
	2003	2008	2003	2008
For health reasons	21%	29%	16%	13%
Being overweight and wanting to slim	23%	20%	46%	49%
To keep fit	46%	40%	33%	31%

Percentages out of the total for each sex and year

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

The relationship between diets and age shows that going on a diet in order to slim is more common at earlier ages and tends to become less frequent as the young people get older (especially as from 20 years of age).

Those who state that they go on a diet to keep fit do so more often as they get older.

The young people of both sexes that go on a diet for health reasons, mainly do so between 20 and 24 years of age.

**GOING ON A DIET FOR
HEALTH REASONS HAS
INCREASED IN THE
GROUP IN THE 20 TO 24
YEAR AGE RANGE,
GOING FROM 18% IN
2003, TO 24% IN 2008.**

**RELATIONSHIP BETWEEN THE REASONS FOR GOING ON A DIET
AND AGE**

Being overweight, wanting to slim	Not becoming overweight, keeping fit	For health reasons
When they are younger	When they are older	Between 20 and 24 years of age



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

When compared to 2003, the data by ages shows that the health problems associated with weight would seem to be particularly high in the group of males in the 20 to 24 year age bracket. In this group, going on a diet for health reasons has risen from 18% in 2003, to 24% in 2008.

1.3.2. Body image

Most young people state that the way they view their body image comes from their own personal ideas (57%), followed by those who admit that they are influenced by the mass media (13%), whereas others state that this image comes from a family influence (10%) or friends (10%).

FEMALES ADMIT THAT THE MASS MEDIA HAS A GREATER INFLUENCE OVER THE WAY THEY VIEW THEIR BODY IMAGE (17%) THAN MALES (9%).

The young females accept that the mass media have a greater influence over the way they view their body image (17%) than the young males (9%).

The factors that have an influence over body image range depending on age:

- Belief in their own convictions to decide about their image is more frequent after the age of 20.
- The influence of the mass media is most marked between the groups in the 18 to 20 and 25 to 29 year age brackets.
- The importance of the advice given by friends and family is more usual at an earlier age (15 to 17 years).

FACTORS THAT HAVE A BEARING ON THE CONCEPTION OF BODY IMAGE		
Friends and family	The mass media	Their own convictions
More among the youngest	More between 18 and 20 years and among the oldest	More marked after 20 years

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

The different levels of education seem to reveal different factors having an influence on physical appearance:

- The lower the level of education (up to compulsory secondary education), the greater the influence of peer groups (friends) and the family.
- The higher the level of education (university students / graduates) the greater the personal trust (personal convictions) and the greater



**OPINION POLL AND
SITUATION CONCERNING YOUNG PEOPLE**

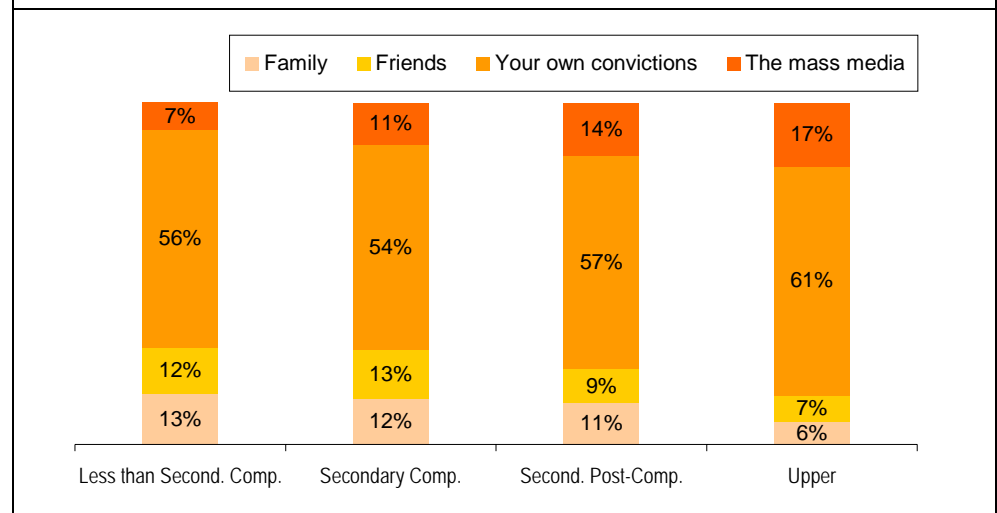


(1st Survey in 2008 – SUBJECT: Health and Sexuality)

the influence of the mass media in moulding conceptions of body image.



FACTORS THAT INFLUENCE THE CONCEPTION OF BODY IMAGE ON THE BASIS OF EDUCATION LEVEL



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

1.4. HEALTHY HABITS

1.4.1. Hygiene

As far as young people's hygiene habits are concerned, the data shows that they wash their hair an average of 5 days a week, this custom being more frequent among the boys than the girls.

WHERE DENTAL HYGIENE IS CONCERNED, THEY BRUSH THEIR TEETH AN AVERAGE OF TWICE A DAY, THIS BEING MORE HABITUAL AMONG THE GIRLS AND THOSE WHO HAVE A HIGHER LEVEL OF EDUCATION

As a whole, they state that they have a shower an average of 6 times a week, there being no differences between boys and girls.

Where dental hygiene is concerned, they brush their teeth an average of twice a day, this being more habitual among the girls and those who have a higher level of education.



WASHING THEIR HAIR	HAVING A SHOWER OR A BATH	BRUSHING THEIR TEETH
Five times a week. More frequently among the boys.	Six times a week.	Twice a day. More frequently among the girls and those with a higher level of education.

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

1.4.2. Sleeping habits

The young people state that they sleep an average of seven and a half hours on weekdays in a normal time of the year. Just under four out of every ten (36%) sleep eight hours and one third (33%) about seven hours. 18% sleep for less than seven hours, whereas 12% have more than eight hour's sleep.

On average, at the weekends they have one more hour's sleep than on weekdays (just over eight and a half hours). The people that sleep between eight and nine hours amount to 43%, 33% stating that they sleep for more than nine hours, whereas 23% sleep for less than eight hours.

The data obtained from this survey can be used to establish a profile concerning the number of hours sleep. The group of young people who spend most hours sleeping at night is the youngest group, with the lowest levels of education and who are still at school.

Young people's social dynamics establish occupation rates that mean that as they get older they take on more obligations, which gradually reduce the number of hours that they spend sleeping.

YOUNG PEOPLE WHO SLEEP FOR LONGEST

The youngest (15-17 years),
more than the older ones

Those who have lower levels of education and are still at school

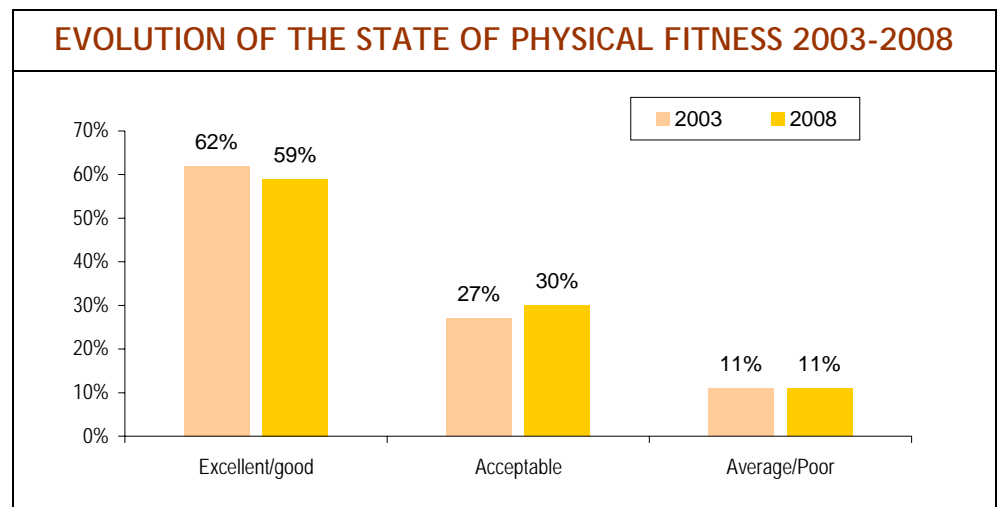
Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

IT IS THE VERY YOUNGEST WHO SPEND MOST TIME SLEEPING, AS WELL AS THOSE WHO ARE STILL AT SCHOOL (STILL HAVE A LOWER EDUCATION LEVEL)



1.4.3. Physical activity

Approximately half of the sample that took part in the survey (51%) state that they are in good physical shape and 30% say that their fitness is acceptable. 10% think their physical shape is average and 8% state that their fitness is excellent.



Source: 2003: Fourth Opinion Poll concerning young people. INJUVE (EJ093)
2008: First Opinion Poll concerning young people INJUVE (EJ132)

**ABOUT TWO THIRDS OF
THE YOUNG PEOPLE IN
OUR COUNTRY (66%) DO
SOME KIND OF PHYSICAL
EXERCISE**

If we group this information together and compare it with the data from the fourth survey in 2003, no major differences are detected, apart from the fact that maybe they rate their physical fitness as being slightly better than 5 years ago.

The boys state that they are fitter than the girls:

- Although almost two thirds of the males (64%) think that their physical fitness is good or excellent, only 53% of the girls are of the same opinion.
- The percentage of males who think their physical fitness is average or poor is 9%, compared to 14% in the case of females.

It is at the earlier ages (15-17 years) where there is a greater number of young people who think that their physical fitness is good or excellent.

Approximately two thirds (66%) do some kind of physical exercise, whereas the other third do not play any sports at all.

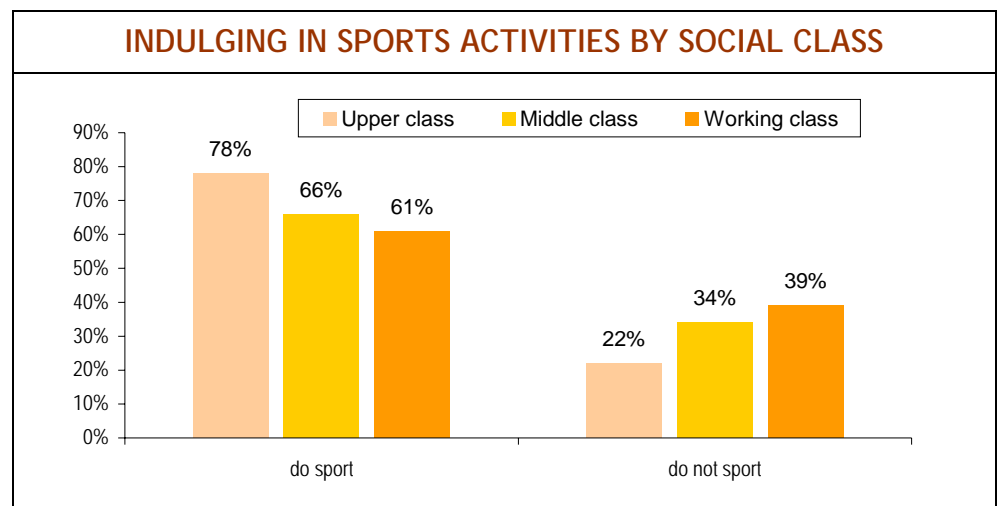


As far as frequency is concerned, 33% state that they train several times a week, 21% indulge in occasional physical activity and 12% state that they do exercise several times a month.

Indulging in sports is much more widespread among the males (76%) than among the females (55%); and this occurs to a much greater extent among the youngest (15 to 17 years), this trend tending to descend with age.

The social class to which they belong indicates a direct relationship between class and sport activity: the higher the social level the greater number of young people who state that they play sports.

THE SOCIAL CLASS TO WHICH THEY BELONG SHOWS A DIRECT RELATIONSHIP BETWEEN CLASS AND INDULGING IN SPORT ACTIVITIES: THE HIGHER THE SOCIAL CLASS THE GREATER THE NUMBER OF YOUNG PEOPLE WHO STATE THAT THEY PLAY SPORTS



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

The relationship between indulging in sport activity and the Body Mass Index and with the perception of body image, reveals that playing some kind of sport is much more frequent among the people with normal weight levels (68%) and with overweight persons (65%) and among those who think that their weight is normal (68%) and they see themselves as thin people or very thin people (67%).



**OPINION POLL AND
SITUATION CONCERNING YOUNG PEOPLE**



(1st Survey in 2008 – SUBJECT: Health and Sexuality)

**YOUNG PEOPLE THAT INDULGE IN SPORT BY BMI AND
PERCEPTION OF THEIR PHYSICAL APPEARANCE**

	Body Mass Index		Perception of being fat, thin	
	< 18.5 (Underweight)	25 to 30 or above (Obesity)	As a thin person	As a fat person
Do sport	68%	65%	68%	67%

Percentages out of the total for each BMI and perception of physical appearance

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

**INDULGING IN SPORTS
ACTIVITIES APPEARS TO BE
MORE WIDESPREAD
AMONG THOSE WHO,
FROM A HEALTH
PERSPECTIVE, LEAST NEED
TO DO SO: THE PERSONS
WHOSE WEIGHT LEVELS
ARE CONSIDERED TO BE
NORMAL**

Playing sports would appear to be more widespread among those who, from a health perspective, least need to do so, i.e. the people whose weight levels fall into the “normal” category. This serves to back up the association between physical appearance and sport, above the relationship between sport and health.



II. YOUNG PEOPLE AND SEXUAL RELATIONS

2.1. IMPORTANCE OF SEXUALITY

ABOUT 9 OUT OF EVERY 10 YOUNG PEOPLE (90%) CONSIDER QUESTIONS CONCERNING THEIR SEXUALITY TO BE FAIRLY OR VERY IMPORTANT

Sexuality is an important aspect in the lives of the young people in our country. Approximately nine out of every ten (90%) young people consider that questions concerning their sexuality are fairly or very important, as opposed to the 9% who do not attach importance to sexuality in their lives (not at all important or hardly important).

The males (93%) to a greater extent than the females (87%) consider that sexual questions play an important role in their lives. The importance becomes more marked as they reach the age of majority.

IMPORTANCE ATTACHED TO SEXUALITY BY AGES

	UP TO 18 YEARS	AFTER 18 YEARS
Fairly or Very Important	75%	92%
Not Important or Hardly Important	20%	7%

Percentages out of the total in each age group

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

The greater or lesser importance attached to sexuality in the lives of young people of both sexes is associated with certain factors revolving around certain socialisation factors:

- Those who are married or going out together in a steady relationship attach greater importance to this than single people.
- Those who have a higher level of education attach more importance to sexuality than those with lower educational levels.
- Those who work attach greater importance to sexuality than those who are at schools, universities, etc.

REGARDLESS OF THEIR RELIGIOUS BELIEFS, YOUNG PEOPLE ATTACH GREAT IMPORTANCE TO SEXUALITY

Young people, regardless of their religious beliefs, attach great importance to sexuality; only those who state that they are practicing Catholics would appear to attach less importance to sexual matters.



IMPORTANCE ATTACHED TO SEXUALITY BY RELIGIOUS BELIEF

	FAIRLY OR VERY IMPORTANT	NOT IMPORTANT OR HARDLY IMPORTANT
Practicing catholic	82%	16%
Non-practicing catholic	91%	8%
Believer in another religion	90%	8%
Non-believer	94%	6%
Indifferent	91%	8%

Percentages out of the total for each religious belief

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

As far as the question of sexuality is concerned, the type of habitat where the young people live show that those who live in rural environments attach slightly more importance to sexuality than those who live in urban environments.

IMPORTANCE ATTACHED TO SEXUALITY BY HABITAT

	FAIRLY OR VERY IMPORTANT	NOT IMPORTANT OR HARDLY IMPORTANT
Rural	95%	5%
Semi-rural	93%	5%
Intermediate	90%	9%
Urban	90%	10%

Percentages out of the total for each habitat

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

2.2. SEXUAL PRACTICES

IN 2008, ABOUT 8 OUT OF EVERY 10 YOUNG PEOPLE (78%) STATED THAT THEY HAD HAD COMPLETE SEXUAL RELATIONS; WHICH AMOUNTS TO A CONSIDERABLE INCREASE WITH RESPECT TO 2003 (64%)

Approximately 8 out of every 10 young people in 2008 stated that they had had sexual relations: 78% had had relations with penetration and 5% relations without penetration.

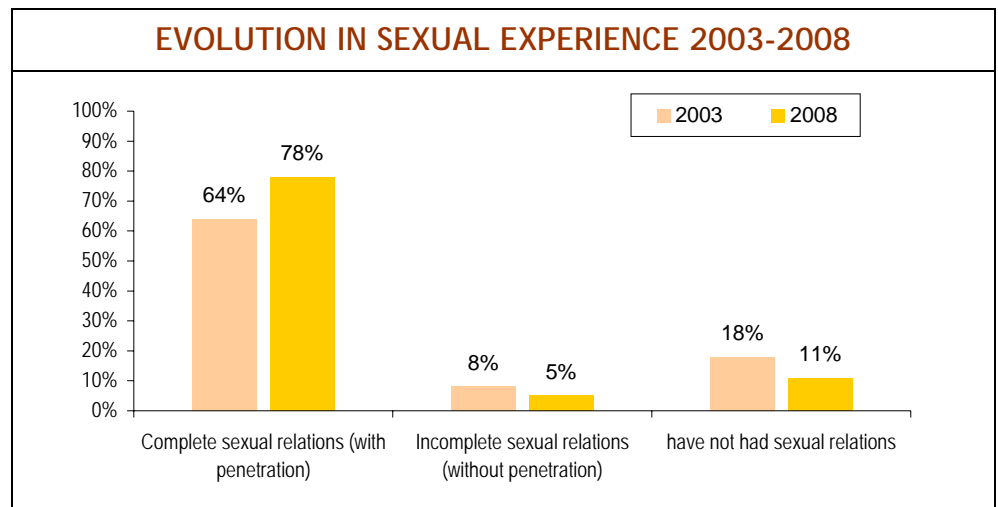
This amounts to an increase of around 10% the number of young people who have had sexual relations with respect to what was stated in the fourth quarter of 2003.



**OPINION POLL AND
SITUATION CONCERNING YOUNG PEOPLE**



(1st Survey in 2008 – SUBJECT: Health and Sexuality)



Source: 2003: Fourth Opinion Poll concerning young people. INJUVE (EJ093)
2008: First Opinion Poll concerning young people INJUVE (EJ132)

The differences noted 5 years ago showed that a greater percentage of males had had sexual experiences than females. In 2008, these differences between the sexes where experience is considered have been considerably reduced.

**EVOLUTION IN SEXUAL EXPERIENCE 2003-2008,
BY SEXES**

	2003		2008	
	MALES	FEMALES	MALES	FEMALES
Sexual relations (with or without penetration)	75%	69%	84%	82%

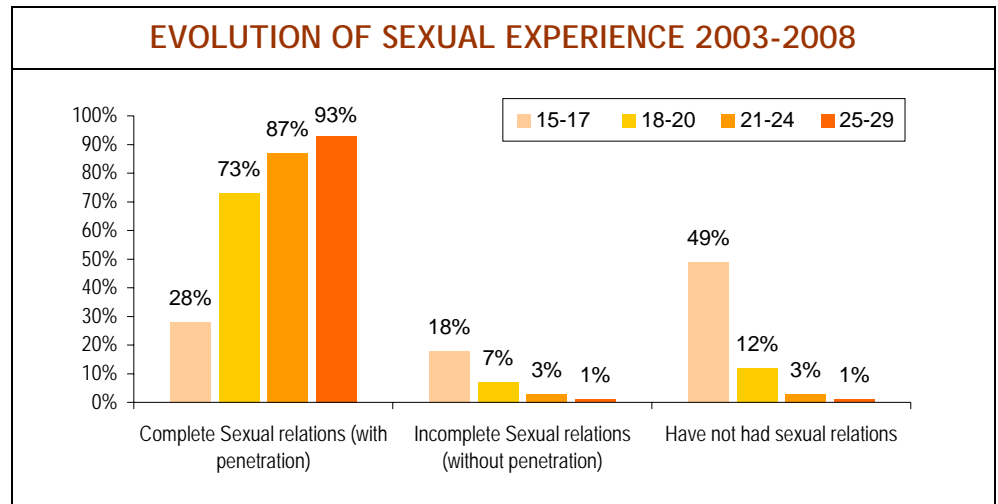
Percentages out of the total for each year and sex

Source: 2003: Fourth Opinion Poll concerning young people. INJUVE (EJ093)
2008: First Opinion Poll concerning young people INJUVE (EJ132)

**FOR THE YOUNG PEOPLE
IN OUR COUNTRY, SEXUAL
INITIATION MAINLY
BEGINS AROUND THE AGE
OF MAJORITY**

The data provided by the young people indicates a gradual sexual initiation between 15 and 17 years, when a relative majority have not had sexual relations of any kind (49%), when compared to those who have had relations with penetration (28%) and without penetration (18%).

For the young people in our country, sexual initiation mainly begins around the age of majority (between 18 and 20 years) and tends to become widespread as the boys and girls get older.



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

A COMPARISON BETWEEN THE DATA FOR 2008 AND 2003 SHOWS THAT THERE HAS BEEN A SHARP INCREASE IN SEXUAL RELATIONS OVER THE PAST 5 YEARS, ESPECIALLY IN THE 18 TO 24 YEAR AGE GROUP

When compared to the data for 2003, there has been a considerable increase in the percentage of young people who have had complete sexual relations in all the age groups, this increase being particularly sharp (more than 15%) in the 18 to 24 year age bracket.

One of the variables that traditionally affects and accounts for the differences between young people where sexual initiation is concerned is religious beliefs and customs. In this sense, the data show certain differences:

- It is the practicing Catholics who have had less experience where sexual relations are concerned, although most of them state that they have had complete sexual relations (63%)
- The percentage of non-believers who have had sexual relations is higher, 84% stating that they have had complete sexual relations.

EXPERIENCE IN SEXUAL RELATIONS ON THE BASIS OF RELIGIOUS BELIEFS

	COMPLETE SEXUAL RELATIONS	INCOMPLETE SEXUAL RELATIONS	HAVE NOT HAD SEXUAL RELATIONS
Practicing catholic	63%	10%	18%
Non-practicing catholic	77%	5%	11%
Believer in another religion	77%	4%	12%
Non-believer	84%	4%	7%
Indifferent	79%	3%	13%

Percentages out of the total for each religious category



OPINION POLL AND SITUATION CONCERNING YOUNG PEOPLE



(1st Survey in 2008 – SUBJECT: Health and Sexuality)

RELIGIOUS BELIEFS APPEAR TO HAVE INCREASINGLY LESS EFFECT ON SEXUAL PRACTICES AMONG THE YOUNG PEOPLE IN OUR COUNTRY

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

If we group young people into believers and non-believers, it can be observed that religious beliefs have a bearing upon sexual initiation for a certain number of young people. However, the extent to which religious beliefs have an effect upon the sexual practices of young people in our country is on the decrease.

EXPERIENCE WITH SEXUAL RELATIONS DEPENDING ON BELIEF / NON-BELIEF

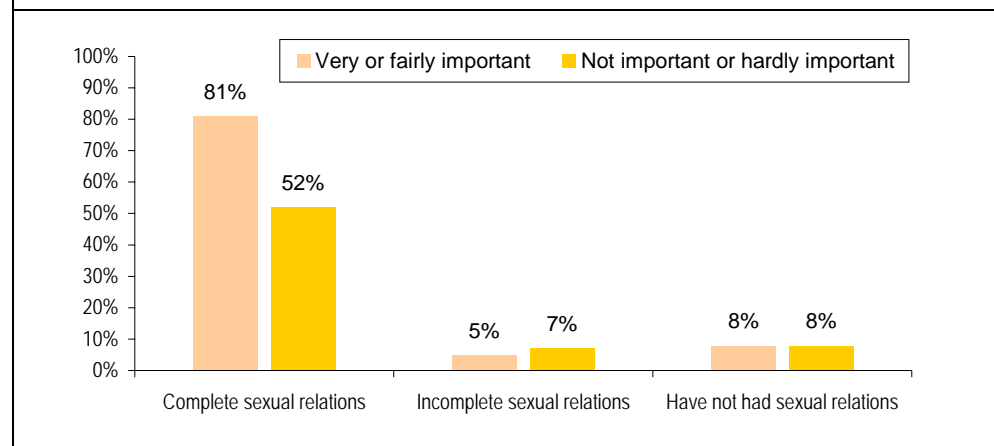
	COMPLETE SEXUAL RELATIONS	INCOMPLETE SEXUAL RELATIONS	HAVE NOT HAD SEXUAL RELATIONS
Believers	75%	6%	12%
Non-believers	84%	4%	7%
Indifferent	79%	3%	13%

Percentages out of the total for believers / non-believers

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

The importance that they attach to sexuality depends to a large extent on whether or not they have had complete sexual relations or, to put it another way, young people do not seem to attach much importance to sexuality until they have started to have sexual relations.

EXPERIENCE IN SEXUAL RELATIONS DEPENDING ON THE IMPORTANCE GIVEN TO SEXUALITY



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

THE AVERAGE AGE AT WHICH THEY HAVE THEIR FIRST COMPLETE SEXUAL RELATIONS IS EXACTLY 17 YEARS, SEVEN MONTHS EARLIER THAN IN 2003

The average age at which they have their first complete sexual relations is exactly 17 years, seven months earlier than the average in 2003 (17.7



years). Boys still have their first sexual relations a few months earlier (16.8 years) than the girls (17.5 years).

More than half the boys state that they lost their virginity before they were 18 years, whereas a greater percentage of girls state that they lost their virginity after that age.

EVOLUTION OF THE AGE AT WHICH THEY HAVE THEIR FIRST COMPLETE SEXUAL RELATIONS 2003-2008, DEPENDING ON THE SEX

	2003		2008	
	MALES	FEMALES	MALES	FEMALES
Before 18 years	51%	44%	65%	50%
After 18 years	44%	51%	31%	22%

Percentages out of the total for the 2 years and both sexes

Source: 2003: Fourth Opinion Poll concerning young people. INJUVE (EJ093)
2008: First Opinion Poll concerning young people INJUVE (EJ132)

The habitat where the young people live has an effect, because those young people who live in rural areas start to have sexual relations later than the rest, whereas those who live in intermediate localities are the ones who become initiated earliest.

AGE AT WHICH THEY FIRST HAVE SEXUAL RELATIONS BY HABITATS

	RURAL	SEMI-RURAL	INTERMEDIATE	URBAN
Before 18 years	44%	57%	63%	56%
After 18 years	53%	39%	30%	40%

Percentages out of the total for each habitat

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

Their social class background also reveals differences where the age at which they first have complete sexual relations is concerned: sexual initiation begins earlier in the working classes than in the intermediate and upper classes (in the latter case they become initiated in sexuality at a higher age).

AGE AT WHICH THEY FIRST HAVE SEXUAL RELATIONS BY SOCIAL CLASS

	UPPER CLASS	MIDDLE CLASS	WORKING CLASS
Before 18 years	51%	57%	61%



**OPINION POLL AND
SITUATION CONCERNING YOUNG PEOPLE**

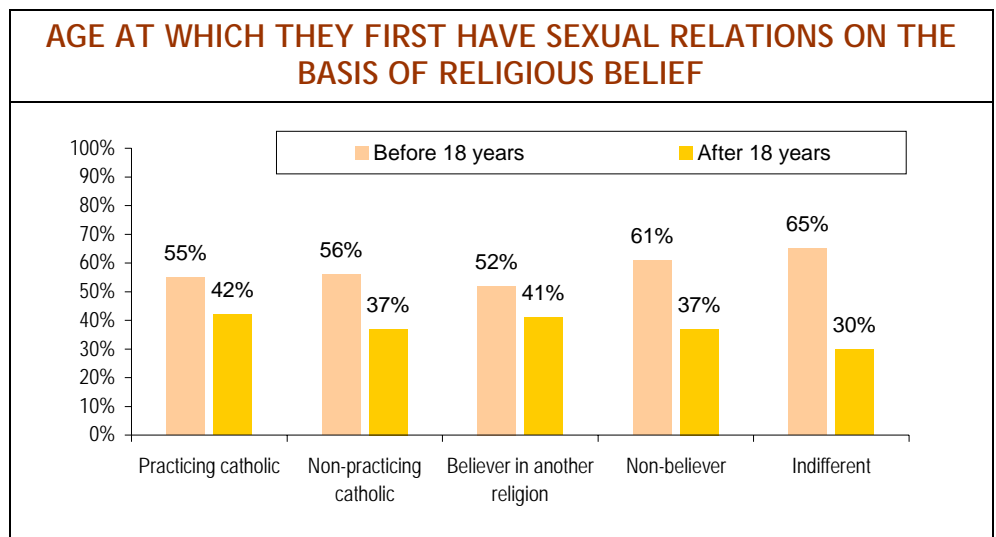


(1st Survey in 2008 – SUBJECT: Health and Sexuality)

After 18 years	43%	41%	33%
<i>Percentages out of the total for each social class</i>			

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

Religious belief and practice also seem to have an effect on the age at which young people first have sexual relations. Believers, Catholics and those who believe in other religions, begin to have sexuality relations later than non-believers and those who have an attitude of indifference towards religious matters.



Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

MOST (48%) HAVE RELATIONS AT LEAST ONCE A WEEK, 26% SAY THEY HAVE RELATIONS OCCASIONALLY, 11% AT LEAST ONCE A MONTH AND 10% SAY THAT THEY HAVE SEX EVERY DAY.

The data concerning the frequency with which those who state that they are initiated have sexual relations, shows that the majority (48%) have relations at least once a week, 26% say that they have relations occasionally, 11% at least once a month and 10% have sex every day.

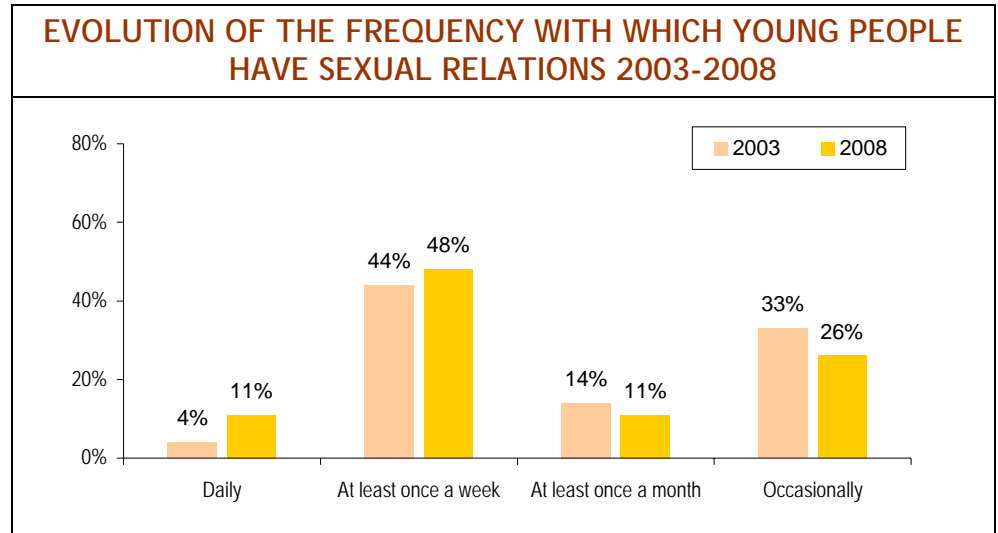
This information shows a considerable increase in sexual frequency when compared to the findings from the survey in 2003. Sexually active young people currently have relations more frequently.



**OPINION POLL AND
SITUATION CONCERNING YOUNG PEOPLE**



(1st Survey in 2008 – SUBJECT: Health and Sexuality)



Source: 2003: Fourth Opinion Poll concerning young people. INJUVE (EJ093)
2008: First Opinion Poll concerning young people INJUVE (EJ132)

**THE GIRLS HAVE SEXUAL
RELATIONS MORE
FREQUENTLY (DAILY OR
WEEKLY) THAN THE BOYS
(ABOUT ONCE A MONTH
OR LESS FREQUENTLY)**

The girls state that they have sexual relations more frequently (daily or weekly) than the boys, the latter stating that they have sexual relations once a month or less frequently. This trend, which was already observed in 2003, would have to be interpreted on the basis of the extent to which the relationships between couples are stable.

**EVOLUTION OF THE FREQUENCY WITH WHICH THEY HAVE
SEXUAL RELATIONS, 2003-2008, BY SEXES**

	2003		2008	
	MALES	FEMALES	MALES	FEMALES
More frequently (daily or weekly)	45%	52%	55%	64%
Less frequently (monthly or less frequently)	51%	42%	42%	29%

Percentages out of the total for each year and sex

Source: 2003: Fourth Opinion Poll concerning young people. INJUVE (EJ093)
2008: First Opinion Poll concerning young people INJUVE (EJ132)

**AS FROM 20 YEARS OF
AGE, THERE IS AN
INCREASE IN THE
FREQUENCY WITH
WHICH YOUNG PEOPLE
HAVE SEXUAL
RELATIONS JUVENILES**

Age is also a factor in determining the frequency with which they have sexual relations:

- Up to 20 years, most young people have sex infrequently or only occasionally.
- After 20 years, the frequency with which young people have sex increases.



FREQUENCY WITH WHICH THEY HAVE SEXUAL RELATIONS ON THE BASIS OF AGE

	15-17	18-20	21-24	25-29
More frequently (daily or weekly)	43%	44%	59%	65%
Less frequently (monthly or occasionally)	54%	53%	37%	28%

Percentages out of the total for each age group

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

The young people who are married or who form part of a couple are the ones who have sexual relations most frequently.

FREQUENCY OF SEXUAL RELATIONS DEPENDING ON LIVING SITUATION

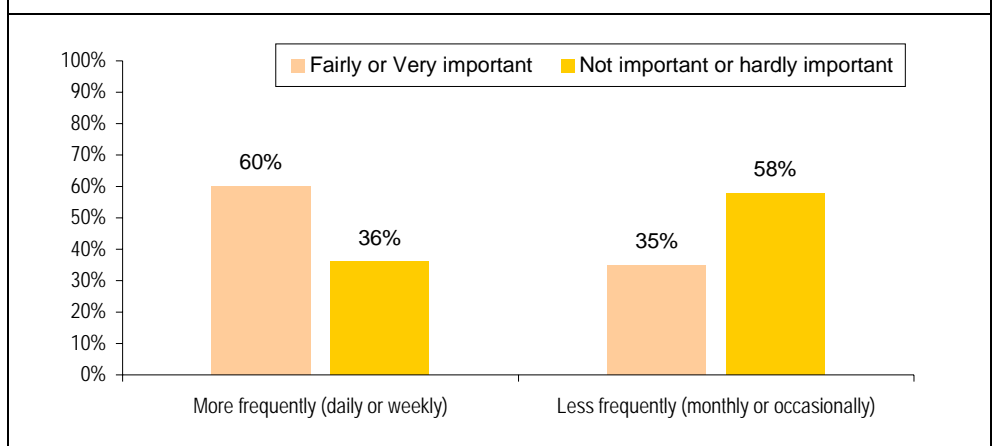
	MARRIED / IN COUPLE	UNMARRIED
More frequently (daily or weekly)	85%	45%
Less frequently (monthly or less frequently)	9%	50%

Percentages out of the total for each living situation

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

The extent to which importance is attached to sexuality also affects the frequency with which they have sexual relations: the more frequently they have sex the great importance they attach to sexuality, whereas those who have sexual relations less frequently attach less importance to sex in their lives.

FREQUENCY WITH WHICH THEY HAVE SEXUAL RELATIONS DEPENDING ON THE IMPORTANCE ATTACHED TO SEXUALITY





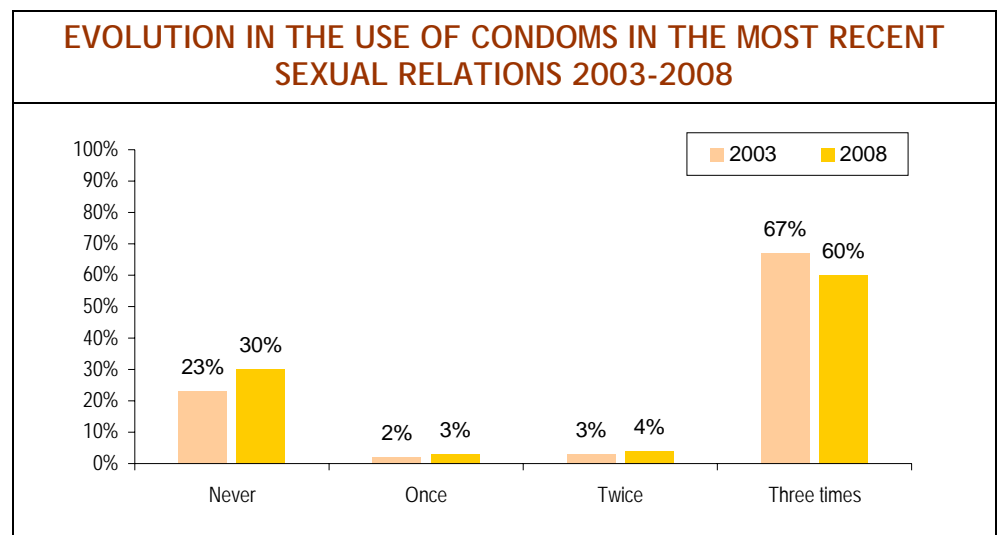
Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

2.3. USE OF CONDOMS

ALTHOUGH THE USE OF CONDOMS IS WIDESPREAD IN YOUNG PEOPLE'S SEXUAL RELATIONS, THERE HAS BEEN A DECREASE IN THEIR USE IN THE LAST FIVE YEARS

The use of condoms is widespread as a method of prevention and as a contraceptive in the sexual relations between young people in our country. 2 out of every 3 young people (66%) state that they have used them in their most recent sexual relations. Although this is significant, it is equally significant that 30% state that they have not used them in their most recent sexual relations.

When compared to the data from 5 years ago it can be seen that there is a decrease in the number of young people who state that they have used condoms in their sexual relations.



Source: 2003: Fourth Opinion Poll concerning young people. INJUVE (EJ093)
2008: First Opinion Poll concerning young people INJUVE (EJ132)

THE MALES AND THE YOUNGEST ARE THOSE WHO STATE TO A GREATER EXTENT THAT THEY USE CONDOMS IN THEIR SEXUAL RELATIONS

The use of condoms in sexual relations reveals use profiles:

- The males state that they use condoms more than females. The fact that it is a method more for males could account for this difference.
- Young people tend to use them more frequently when they are younger than when they are older. Stable relationships, as well as becoming aware of and using other contraceptive methods (especially the "pill" for females) explains why young people tend to use condoms more at an earlier age.



**OPINION POLL AND
SITUATION CONCERNING YOUNG PEOPLE**



(1st Survey in 2008 – SUBJECT: Health and Sexuality)

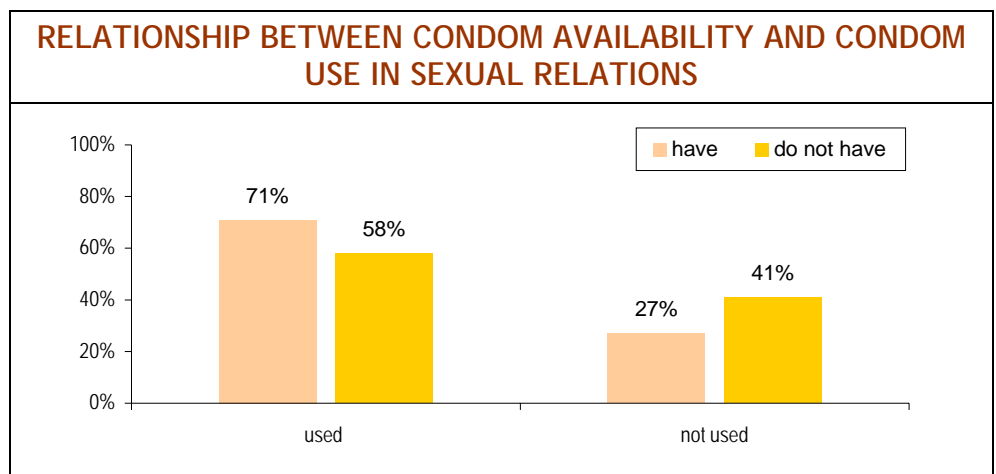
**USE OF CONDOMS IN MOST RECENT SEXUAL RELATIONS ON THE
BASIS OF SEX AND AGE GROUP**

	THOSE WHO USE THEM	THOSE WHO DO NOT USE THEM
Males	72%	25%
Females	59%	35%
From 15 to 17 years	91%	10%
From 18 to 20 years	84%	14%
From 21 to 24 years	67%	30%
From 25 to 29 years	56%	38%

percentages out of the total for each sex and age group

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

The extent to which it is easy to have condoms available when they have sexual relations affects their use. The more easily available they are the more they are used and the less easily available they are the less they are used.



Source: 2003: Fourth Opinion Poll concerning young people. INJUVE (EJ093)
2008: First Opinion Poll concerning young people INJUVE (EJ132)

**BELIEVERS OF RELIGIONS
OTHER THAN THE
CATHOLIC RELIGION USE
CONDOMS LEAST (45%)
IN THEIR SEXUAL
RELATIONS**

Religious beliefs would also appear to have an effect upon the use of condoms. Believers of religions other than the catholic religion use condoms least (45%) in sexual relations, followed by practicing Catholics (62%).

It would appear that practicing a religion has an effect on the use or non-use of contraceptives such as the condom. Special mention must be made of the young people of both sexes who believe other religions; a lack of culture when it comes to using condoms makes them especially vulnerable where their sexual practices are concerned.



**USE OF CONDOMS IN MOST RECENT SEXUAL RELATION ON THE
BASIS OF RELIGIOUS BELIEF**

	THOSE WHO USE THEM	THOSE WHO DO NOT USE THEM
Practicing catholic	62%	32%
Non-practicing catholic	67%	28%
Believer in another religion	45%	48%
Non-believer	71%	26%
Indifferent	67%	30%

percentages out of the total for each religious category

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

**AN OVERWHELMING
MAJORITY OF THOSE
WHO HAVE HAD SEXUAL
EXPERIENCES THINK
THAT IT IS EASY TO FIND
CONDOMS WHEN THEY
ARE GOING TO HAVE
SEXUAL RELATIONS
(82%)**

An overwhelming majority of those who have had sexual experiences think that it is easy to have a condom at hand when they have sexual relations (82%), whereas 13% think that it is not easy.

As was the case in the survey conducted in 2003, it is the boys (84%) who find it easier than the girls (78%) to find condoms for their sexual relations.

**EASY ACCESS TO CONDOMS FOR THEIR SEXUAL RELATIONS
DEPENDING ON THE SEX**

Males	84%	Females	78%
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percentages out of the total for each sex

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

The level of education is also a discriminatory variable when it comes to having condoms available for sexual relations:

- The higher the level of education (as from compulsory secondary education), the easier it is to have condoms at hand.
- The ones with the least academic qualifications (primary studies) find it more difficult to have condoms available.



EASE OF AVAILABILITY OF A CONDOM DEPENDING ON LEVEL OF EDUCATION

Less than Secondary Compulsory	77%	Secondary Post-Compulsory	82%
Secondary Compulsory	82%	University	82%

percentages out of the total for each level of education

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

There are not many differences where young people's religious positioning is concerned when it comes to accessing condoms, apart from those who state that they are believers in religions other than the Catholic religion. Such believers seem to have greater difficulty in having access to condoms in their sexual relations. Cultural rejection of the use of contraceptives could well account for the lower availability of or access to condoms.

EASY ACCESS TO CONDOMS FOR SEXUAL RELATIONS ON THE BASIS OF RELIGIOUS BELIEFS

Practicing catholic	88%	Non-believers	84%
Non-practicing catholic	82%	Indifferent	80%
Believer in another religion	65%	Superior	82%

percentages out of the total for each religious belief

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)

Funnily enough, where rural habits are concerned, where it should theoretically be more difficult to have access to condoms, there are more young people who state that they are easy to find. This would appear to suggest that they plan their sexual encounters better, probably because access to such contraceptive methods is more difficult.

EASY ACCESS TO CONDOMS IN THEIR SEXUAL RELATIONS DEPENDING ON THE HABITAT WHERE THEY LIVE

Rural	87%	Intermediate	82%
Semi-rural	77%	Urban	82%

percentages out of the total for each habitat

Source: 2008: First Opinion Poll concerning young people INJUVE (EJ132)