

GLOBAL YOUTH CULTURE

Uganda Report

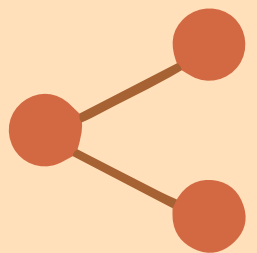
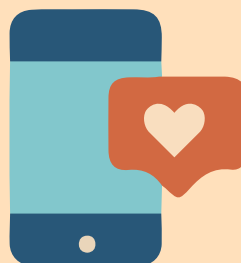


Table of Contents

3 INTRODUCTION

5 RELIGIOUS ATTITUDES AND BEHAVIORS

16 INFLUENCES AND GUIDING VOICES

24 PERSONAL EXPERIENCES AND STRUGGLES

32 DIGITAL CONNECTEDNESS AND IMPACT

40 IDENTITY AND RELATIONSHIPS

49 DAILY LIFE AND LOOKING TO THE FUTURE

58 ABOUT ONEHOPE

58 ABOUT THE RESEARCH

Thank You

A special thank you to our partners on this project who shared the vision and made this research possible. We would like to acknowledge: **Child Evangelism Fellowship (CEF), Church of Uganda, Pentecostal Assemblies of God–Uganda, Scripture Union, and Watoto Church.** Thank you for your heart to understand and reach the next generation with God’s Word.

INTRODUCTION

Each new generation is unique in its own way, and research can help us understand how the world looks through different eyes. The world's current generation of teens and young adults is sometimes called Generation Z. Across Uganda, there are more than **8.2 million** Generation Z teens ages 13-19 comprising 17% of the population.¹

This research reveals the beliefs, habits, influences, and struggles of the teens across Uganda. The research also reveals their views of God, Jesus, the Bible, and the church. Data was collected across rural, semi-urban, and urban parts of Uganda in March 2022.

This project was a follow-up from a larger global study that surveyed teens across more than 20 countries, including the African nations of Kenya, Nigeria, and South Africa. Modified versions of this survey have also been conducted in 10 additional African countries.



We hope you not only learn something new, but that your mind and heart are moved to action on behalf of this generation who so need the hope of the Gospel in their lives.

Every statistic in this study represents individual teens with their own sets of hopes, fears, and daily challenges. Each of those teens has a name, a story, and an eternal destiny. OneHope is dedicated to affecting those destinies by reaching every young person in every country with God's Word.

¹ United Nations Population Division, Total Population Database, <https://population.un.org/wpp/DataQuery/> Accessed December 2022

ABOUT THE TEENS

AGES

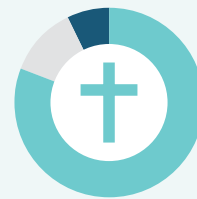


1,041
TEENS
SURVEYED



BOYS 46%
GIRLS 54%

RELIGION



CHRISTIAN **81%**
MUSLIM **12%**
OTHER **7%** ¹

LOCATION ²

REGIONS



teens surveyed



URBAN



SEMI-
URBAN



RURAL



■ research sites

NEBBI, GULU, AGAGO, KAMPALA / KIVULU / MAKERERE, LUWERO, WAKISO, MASINDI, KABAROLE, MBARARA, KABALE, JINJA, MBALE, MOROTO, BUYENDE, KALANGALA, MASAKA

NORTHERN	171	■
CENTRAL	362	■
WESTERN	186	■
EASTERN	198	■
SOUTHERN	124	■



HOUSEHOLD



40% TWO
PARENTS



30% ONE
PARENT



22% OTHER
FAMILY
MEMBERS



9% OTHER
LIVING
SITUATION

¹ These teens identified as Jehovah's Witness or Mormon and for purposes of this research are considered separately from Christian.

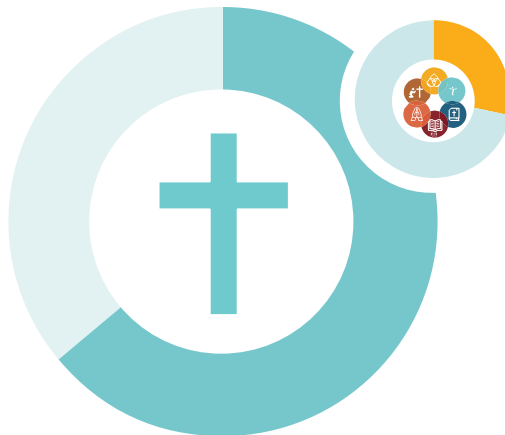
² For purposes of this research study a rural area was defined as having a population of fewer than 2,500 people, semi-urban as 2,500-50,000, and an urban area as having a population of more than 50,000.

RELIGIOUS ATTITUDES AND BEHAVIORS

UGANDA REPORT

What We Discovered

81% of teens in Uganda identify as **Christian**.



Just 33% of teens display the beliefs and behaviors of **Committed Christians**.

91% of teens believe they have a responsibility to **share their faith with others**.



Half of teens say they frequently have **spiritual conversations** with others who do not share their beliefs.



43% of Muslim teens say they are open to attending a **Christian church service** if invited.



Christian teens report the church has **positively impacted their spiritual growth**.

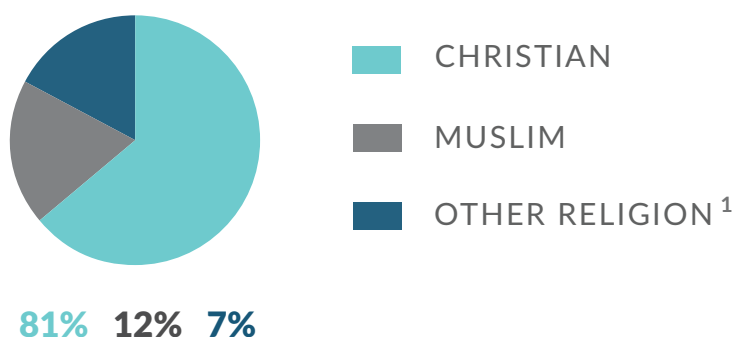


Teens say they would be most likely to **change their mind** about a religious belief based on **teachings from religious leaders** or their **personal experiences**.

Religious Attitudes and Behaviors

This research study was uniquely comprehensive in examining the role faith and religion play in the lives of Ugandan teens. What do they believe? How are they putting their beliefs into practice? We explored the religious attitudes and behaviors of this generation and the impact of those on other areas of their lives.

RELIGIOUS IDENTITY



The vast majority of teens in our study identified themselves as Christian (81%), with the remainder being Muslim or another religion. This is very close to official population estimates and reflects the religious realities of Uganda.

Ugandan teens say their religion is important to them. Encouragingly, 92% say their faith beliefs or spiritual journey are an important part of their identity. They also want to share their beliefs with others. Ninety-one percent of teens say they have a responsibility to share their faith.

But what does it truly mean to be a Christian? We looked at the core beliefs and key spiritual disciplines that would reveal a teen is a Committed Christian.

**92% OF
TEENS
SAY THEIR
FAITH IS
IMPORTANT
TO THEM**

¹ Most teens who identified as another religion were Jehovah's Witnesses. For purposes of this research, they were considered separately from Christian.

6 TRAITS OF COMMITTED CHRISTIAN TEENS



When we re-examined teens according to this definition of committed faith, we immediately saw a big difference. Just 33% of teens were discovered to be Committed Christians. Any Christian teen who did not meet one or more of the criteria for committedness was considered to be a “Nominal Christian” in this study.

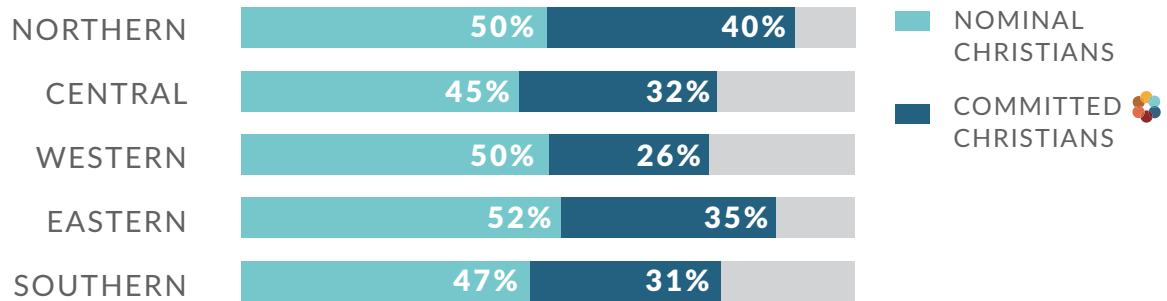


While this might seem discouraging, it is important to note that Africa had the most Committed Christian teens of any region in our global study. Globally, a mere 7% of teens surveyed were Committed Christians.¹

This is still a concerning gap, however, that shows there is work to be done in discipling Christians into the foundational beliefs and behaviors of their faith. This gap between Committeds and Nominals was seen in every area of Uganda, with the Western region having the fewest Committed Christians.

¹ OneHope. (August 2020). *Global Youth Culture, Global Report*. www.globalyouthculture.net

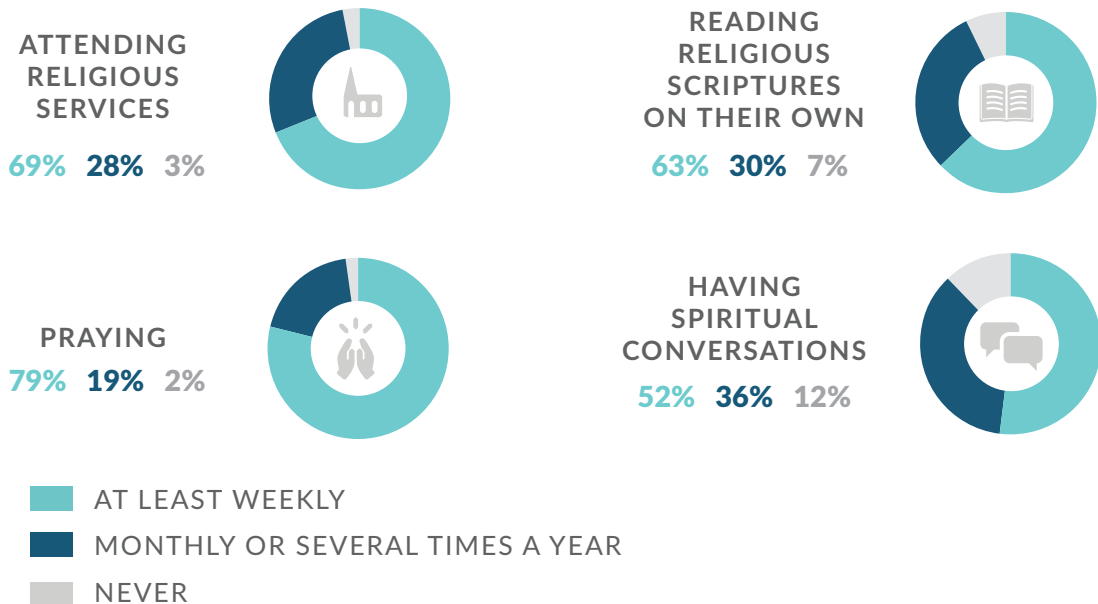
CHRISTIANS BY LOCATION



How Teens Practice Their Faith

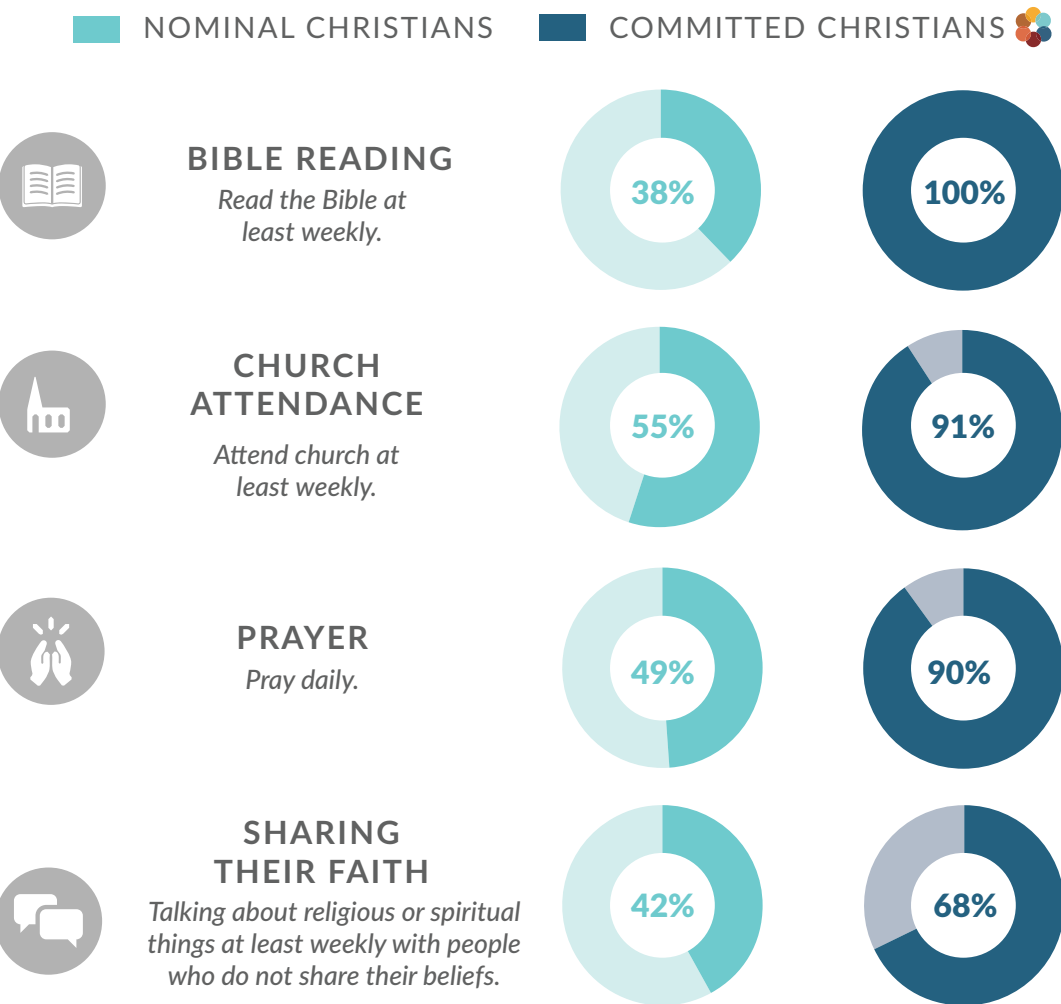
Engaging in spiritual disciplines is how we grow our faith. We were encouraged to see that most teens in Uganda are making religious practices a priority in their weekly schedule.

FAITH PRACTICES



Committedness to faith makes a big difference in teens' lives and how they choose to spend their time. Committed Christians are much more likely than Nominal Christians to regularly read their Bibles, go to church, pray, and share their faith. Consistent Bible reading was noticeably low among Nominal Christians.

SPIRITUAL DISCIPLINES

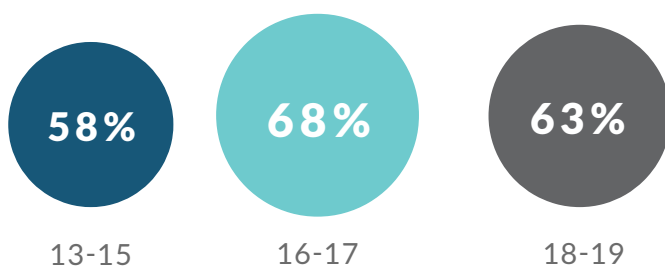


Teens and the Bible

Most Christian teens (64%) are reading the Bible at least weekly, but younger teens are engaging with Scripture a little less. More than half of Christian teens said they prefer to read the Bible in printed format, rather than on digital or audio devices.

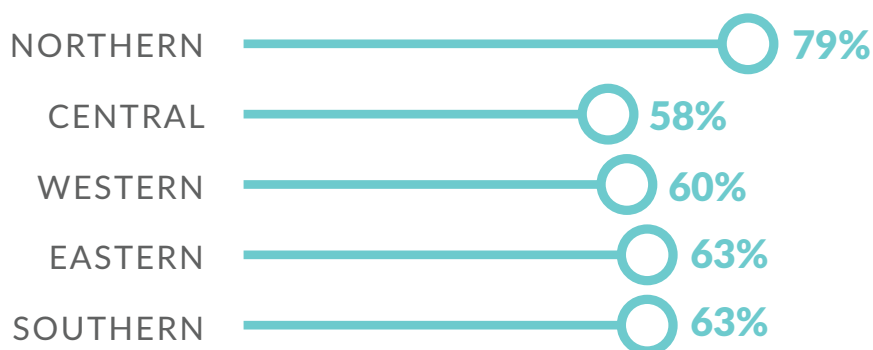
BIBLE READING

Christian teens who say they read the Bible at least weekly



BIBLE READING BY LOCATION

Christian teens who say they read the Bible at least weekly



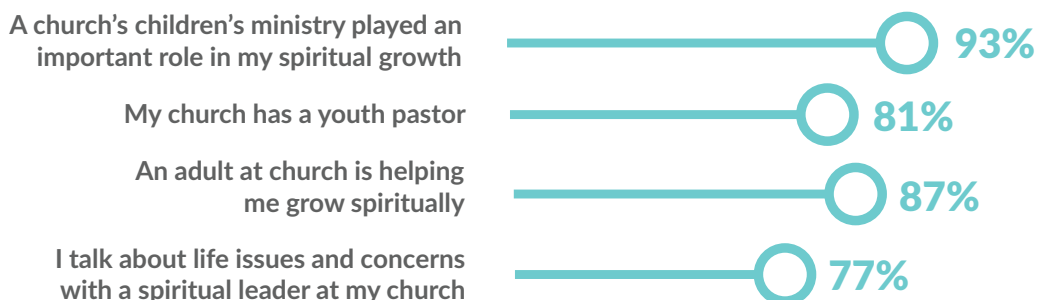
SCRIPTURE FORMAT

How do you read the Bible?



Teens and the Church

Most Christian teens in Uganda (70%) said they attend religious services at least weekly. Overall, teens gave positive feedback about the impact of children's ministry in their lives, and most say they are being spiritually mentored by an adult at their church.

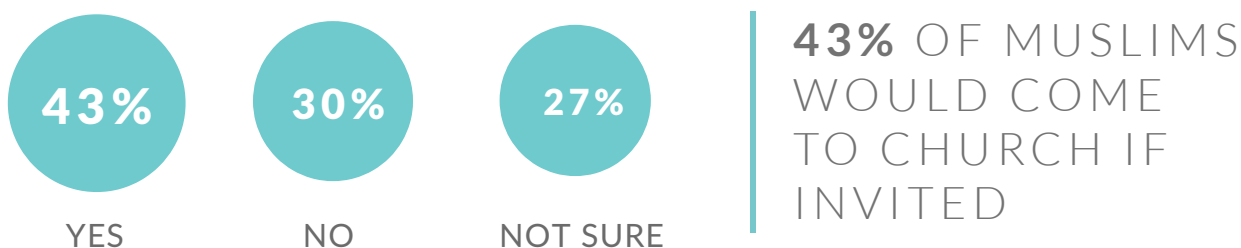


The majority of non-Christians said they would be open to attending a church service if someone invited them (77%). Many Muslim teens (43%) expressed openness as well. Overall, a willingness to visit a church increased with age.

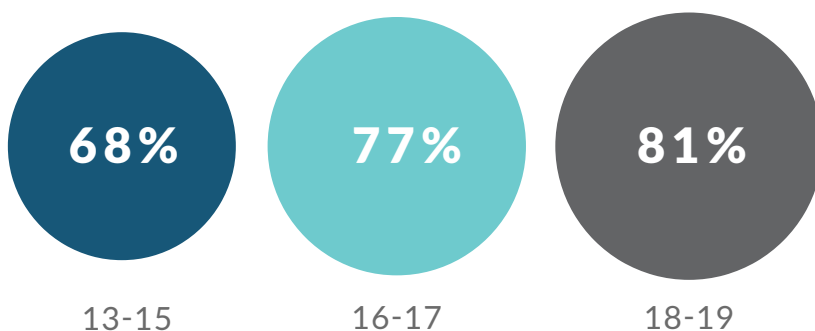
OPEN TO ATTENDING CHURCH

I would be open to attending a Christian church service if someone invited me.

MUSLIM TEENS

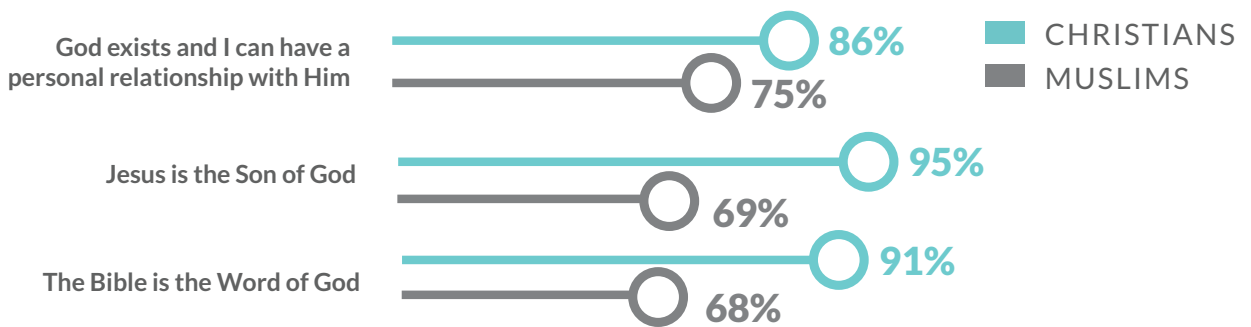


OPEN TO ATTENDING CHURCH BY AGE



Spiritual Viewpoints

The vast majority of teens surveyed in Uganda have scriptural views of God, Jesus, and the Bible. Encouragingly, many Muslim teens agree that Jesus is the Son of God and the Bible is the Word of God.



What Changes their Mind

We wanted to discover what would make teens change their mind about a religious belief they already hold. The most popular answer was teachings from religious leaders, closely followed by personal experiences such as an answer to prayer.

WHAT WOULD BE MOST LIKELY TO CHANGE YOUR MIND ABOUT A RELIGIOUS BELIEF?

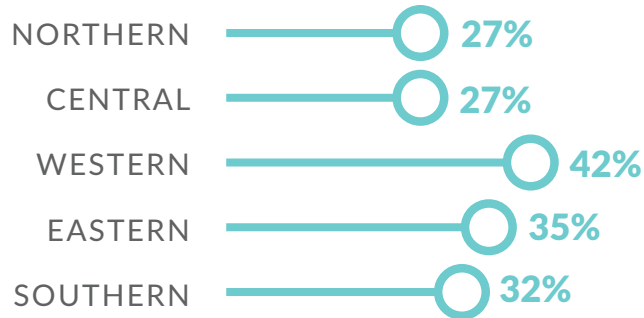


RELIGIOUS INFLUENCE BY LOCATION

Teens in the Western region of Uganda were the most likely to say they would rely on their religious leaders.



Teachings from Religious Leaders would be most likely to change my mind about a religious belief

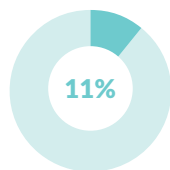


FAMILY INFLUENCE

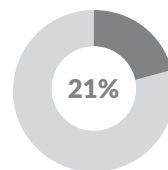
While both Christians and Muslims equally valued the influence of religious leaders, Muslim teens were twice as likely to say that a conversation with their parents would be persuasive.



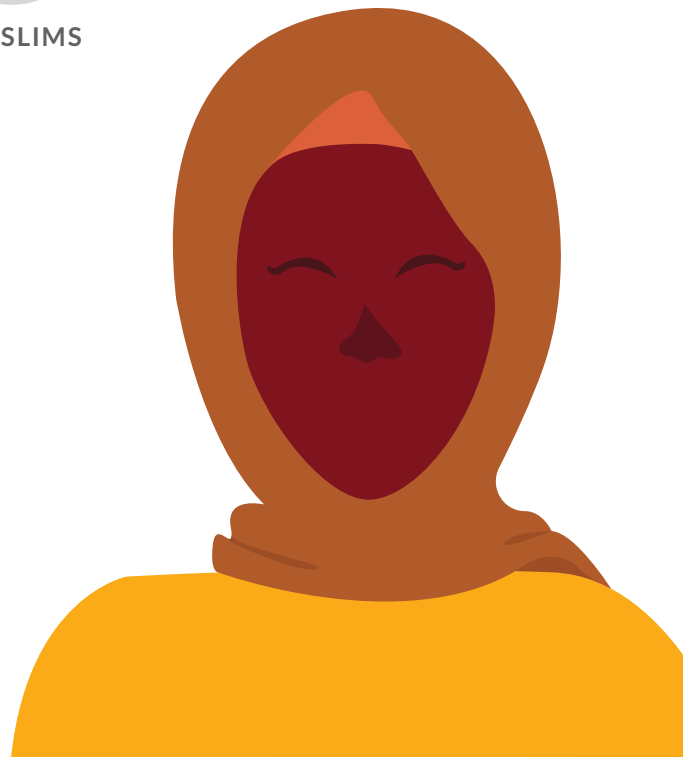
Conversations with Parents would be most likely to change my mind about a religious belief



CHRISTIANS



MUSLIMS



Conclusion

This data shows where teens are in their spiritual journey and helps us understand their religious identity, habits, and viewpoints. It also points us towards practical action as we seek to share the Gospel with non-believers and disciple Christian teens to maturity in faith.

- **DISCIPLE CHRISTIANS INTO DEEPER FAITH.**
Young people in Uganda say their faith is important to them, and most of them are Christian. However, this does not mean the church should grow complacent. Our research revealed that many of these believers have a nominal faith and need continued discipleship. How can we help young people develop scriptural beliefs and spiritual disciplines that will move them from being nominal believers to mature, thriving Christians?
- **STRENGTHEN SCRIPTURE ENGAGEMENT.**
Reading the Bible is not just another chore for Christians to do. But some teens seem to feel that way, and hardly ever pick up this holy book for themselves. How can we strengthen Scripture engagement in the lives of young people, so they can allow God's Word to speak to the real needs and challenges they face in their lives?
- **INVITE TEENS TO LEARN ABOUT JESUS.**
Most teens said teachings from religious leaders would be most likely to change their mind about religious beliefs and many also value personal experiences. Encouragingly, many non-Christians are also open to attending church if invited. How can we open our doors and help young people learn for themselves who Jesus is and the ways He can personally meet them in their lives?
- **JOURNEY TOGETHER.**
It is encouraging to see that most churches have dedicated youth pastors and adults who are investing in the spiritual growth of the next generation. Spiritual mentors are critical, especially in the teen years when questions, doubts, and struggles often arise. How can we ensure every teen has someone they are journeying with and who they feel safe to share their concerns and challenges with?
- **EQUIP TEENS TO SHARE.**
Nearly all teens surveyed say they believe they have a responsibility to share their faith with others. However, only half of young people are actually talking to others who do not share their religious beliefs. How can we equip teens to joyfully share the hope they have in Christ with their peers and others who need to hear?

INFLUENCES AND GUIDING VOICES

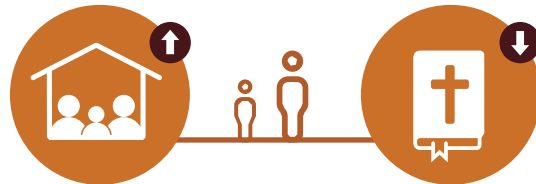
UGANDA REPORT

What We Discovered

Teens say their **parents** are their most **important influence** and they turn to family for advice.



Parent influence **decreases** as teens age and the influence of **religious leaders** and texts **grow**.



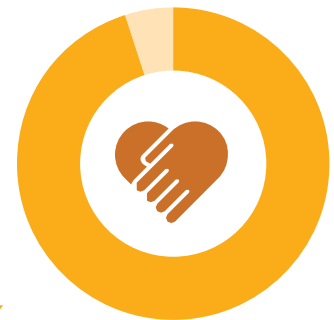
74% of teens have **close friends** who know them well.



40% of teens have recently **been bullied**, and it is worse for younger teens.



Family satisfaction varies by region, but important **parent/child conversations** still take place.

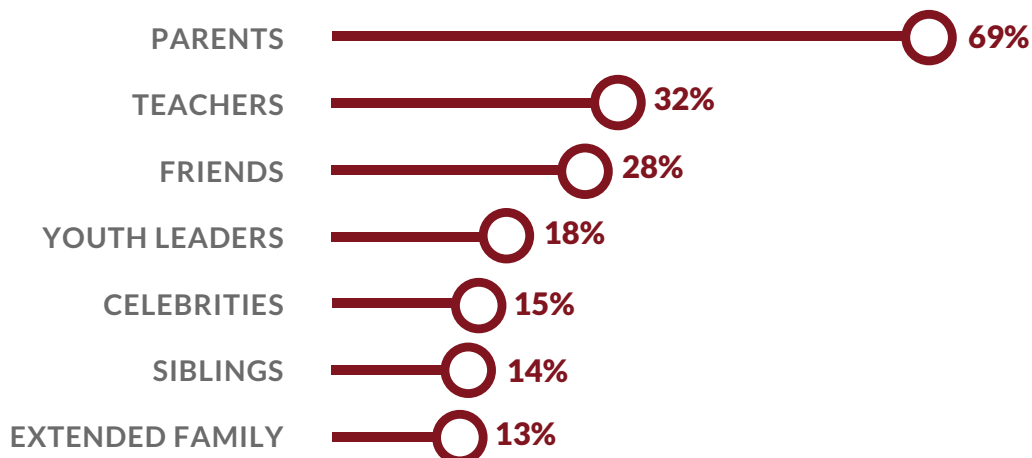


95% of teens say it is important to **contribute to the well-being of their community**.

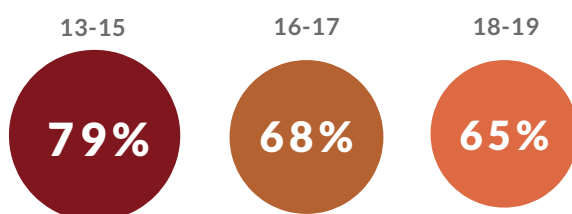
Friend and Family Relationships

When we asked teens who influences their ambitions in life, parents were by far the most popular option. Teachers and siblings were also identified as role models. Perhaps unsurprisingly, parent influence appears to decrease as a teen ages.

WHO INFLUENCES MY AMBITIONS IN LIFE ¹

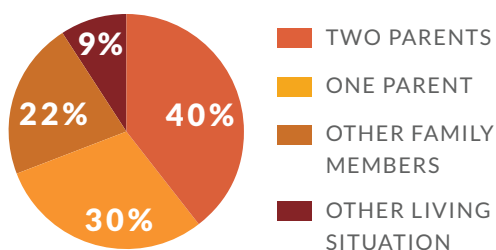


PARENT INFLUENCE BY AGE



HOUSEHOLD

I live with:



72%

OF TEENS SAY THEIR FAMILY EXPERIENCE HAS BEEN GOOD

We wanted to know a little more about teens' family relationships and how they are going. Only forty percent of teens surveyed in Uganda live with both parents. However, the majority of teens (72%) still say their family experience has been positive overall. Boys were more likely to report a positive family experience than girls.

¹ Note that the teens could select more than one answer to this question.

FAMILY SATISFACTION

I have had a good family experience overall



PARENT CONVERSATIONS

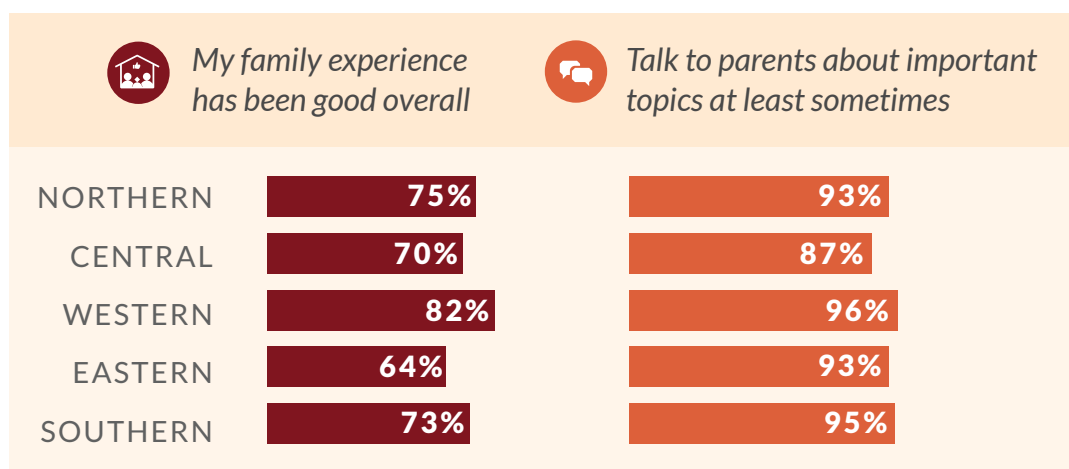
I talk to my parents/guardians about things that really matter to me



Family conversations can be an indication of closeness and connection. Most teens say they talk to their parents at least sometimes about issues that really matter to them. Committed Christians are much more likely than Nominal Christians to have these important conversations often. Girls and boys were equally as likely to talk to their parents.

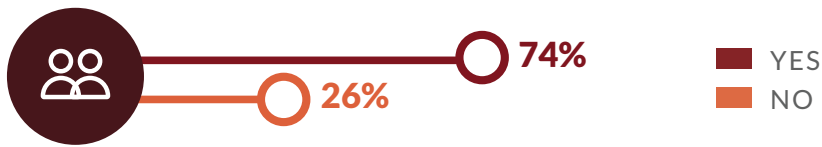
Family satisfaction varied widely based on region. However, it was interesting to note that important conversations are still happening between parents and children regardless of overall family experience.

FAMILY EXPERIENCE BY LOCATION



FRIENDSHIPS

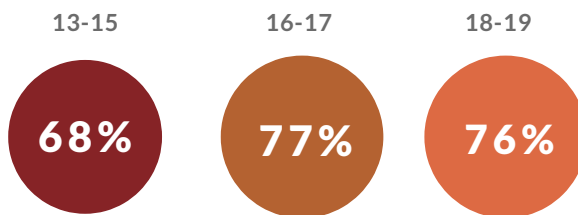
I have close friends who know me well



Encouragingly, the majority of teens in Uganda (74%) indicated they have strong friendships in their lives. This increases with a teen's age.

FRIENDSHIPS BY AGE

I have close friends who know me well



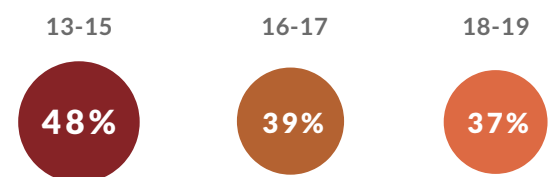
Teens and Community

We were also curious how teens view their relationship to their community. Teens in Africa were seen to be highly community-oriented and Uganda followed this trend. The vast majority of teens (95%) said it is important for them to contribute to the well-being of their community.

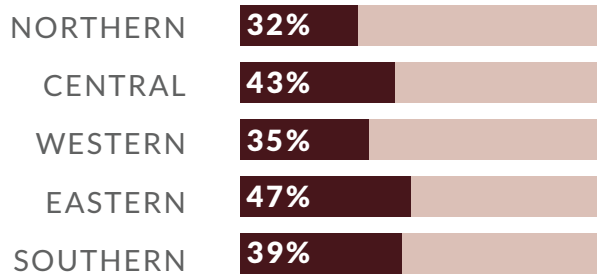
However, some teens have had negative experiences with people in their community. Forty percent of teens report they have recently been bullied by someone. Bullying is a more common experience for teens ages 13-15 and it was particularly high in the Eastern and Central regions. Bullying did not appear to be connected to gender or religion.

95% OF TEENS SAY
IT IS IMPORTANT
TO CONTRIBUTE
TO THEIR
COMMUNITY

I have recently been bullied by someone



BULLYING BY LOCATION



40% OF TEENS
HAVE RECENTLY
BEEN BULLIED

Teens Trust Family

Teens tell us they turn to family more often than any other source for guidance on some of life's most important topics such as what is right and wrong. Family also remains the primary source of guidance for teens when they wonder about the meaning of life. Religious leaders or texts ranked as the second most popular influence on these topics.

RIGHT AND WRONG CONVERSATIONS

*Where I go most often
for information or
guidance about right
and wrong*

1

- 1 FAMILY MEMBERS **50%**
- 2 RELIGIOUS LEADERS/
TEXTS **20%**
- 3 TEACHERS/
COUNSELORS **15%**
- 4 FRIENDS/PEERS **7%**
- 5 ONLINE/
SOCIAL MEDIA **5%**
- 6 OFFLINE MEDIA **3%**

MEANING OF LIFE CONVERSATIONS

*Where I go most
often for information
or guidance about
meaning of life*

- 1 FAMILY MEMBERS **43%**
- 2 RELIGIOUS LEADERS/
TEXTS **23%**
- 3 TEACHERS/
COUNSELORS **14%**
- 4 ONLINE/
SOCIAL MEDIA **9%**
- 5 OFFLINE MEDIA **6%**
- 6 FRIENDS/PEERS **5%**

1 Includes books, magazines, television, radio, or newspaper.

Age continues to play a role in who teens listen to. As teens get older, they report going to family less often for advice, and the influence of religious leaders and texts was seen to grow. It is encouraging to see teens maturing into a faith of their own and seeking out religious influences on some of life's most important topics.

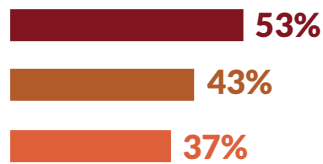
INFLUENCES BY AGE



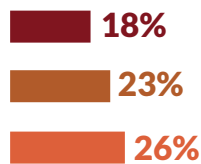
Where I go most often for
information or guidance
about **meaning of life**



Family
members

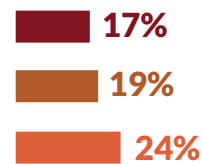
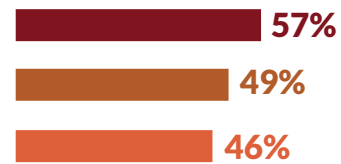


Religious
leaders
or texts



13-15 16-17 18-19

Where I go most often for
information or guidance about
what is **right and wrong**



13-15 16-17 18-19



Conclusion

As today's teens navigate life's complex issues and questions, the voices they are listening to are critical. The sources teens trust and turn to shed insight on what they will believe. And what you believe has profound implications for how you will behave.

- **FAMILY HAS AN IMPORTANT ROLE.**

Encouragingly, teens report parents are a primary influence on their lives and young people trust their family members as guides for life's most important questions. Parents should not take lightly the privilege they have of speaking into their child's life, especially while they are young and most ready to listen. How can we equip families to step into this important role of discipling their children and teens within the home?

- **STRONG COMMUNITY IS ESSENTIAL.**

It is encouraging to see that most teens say they have close friends in addition to positive family relationships. However, some teens are experiencing challenging situations due to bullying and may need extra support. How can we come alongside teens and support them well in all aspects of their lives, encouraging them to share authentically with trusted people?

- **AFFIRM SCRIPTURE AS A GUIDE.**

We were glad to see that teens rank religious leaders and texts as important influences right after their family members. It is so important for young people to have God's truth as they navigate an increasingly confusing world. How can we continue to help young believers set Scripture as their guide and understand how to apply God's Word to their lives in practical and transformative ways?

- **CREATE WAYS TO CONTRIBUTE.**

This data showed that community relationships are important to this generation and teens want to do good for their community. But they will need to be empowered to contribute. How can we create opportunities for teens to both lead and serve within their communities?

PERSONAL EXPERIENCES AND STRUGGLES

UGANDA REPORT

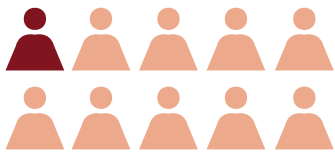
What We Discovered



Half of teens report **loneliness and depression**. Many are also dealing with high anxiety.



20% of teens have had **suicidal thoughts**.



11% report having made a **suicide attempt**.

Suicide risk is closely connected to other struggles including **drug usage, drinking, and** issues of **sexuality**.



Committed Christians are just as likely as other teens to be experiencing **mental health struggles**, but less likely to be engaging in sexual behaviors.



Boys are more likely than girls to have recently **viewed pornography** or to have been **sexually active**.

Older teens are **struggling more** with their mental health and sexual purity.

Mental Health

We asked teens to tell us about their personal experiences and struggles within the past three months of their lives. Half of teens report loneliness and depression. Many are also dealing with high anxiety.

MENTAL HEALTH STRUGGLES

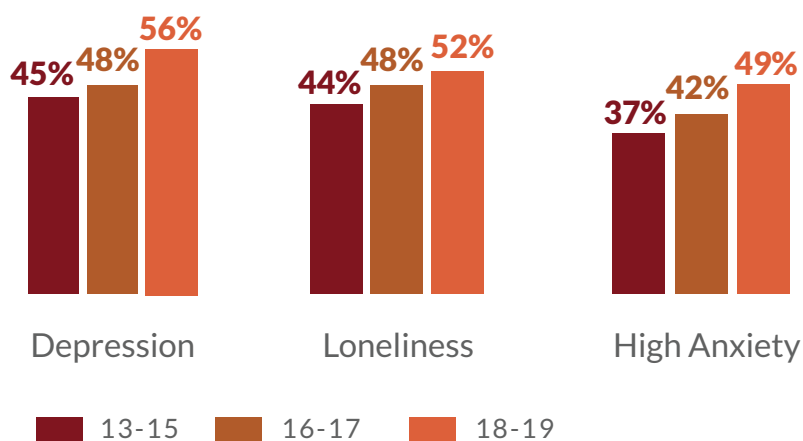
Within the past three months I have experienced:



Mental health struggles appear to increase as teens age. Older teens were much more likely than younger teens to report depression and high anxiety. Unfortunately, these mental health concerns did not change even if a teen was a Committed Christian.

OLDER TEENS STRUGGLE MORE

Within the past three months I have experienced:



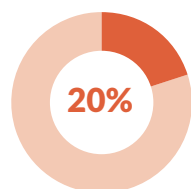
Suicide

We asked teens to self-report if they had, within the last three months, experienced suicidal thoughts or made a suicide attempt. Sadly, some teens told us they had these experiences. Suicide risk was highly connected to location, with teens in the Northern and Eastern regions being most likely to make an attempt.

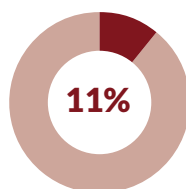
SUICIDE RISK

Within the past three months I have experienced:

SUICIDAL THOUGHTS

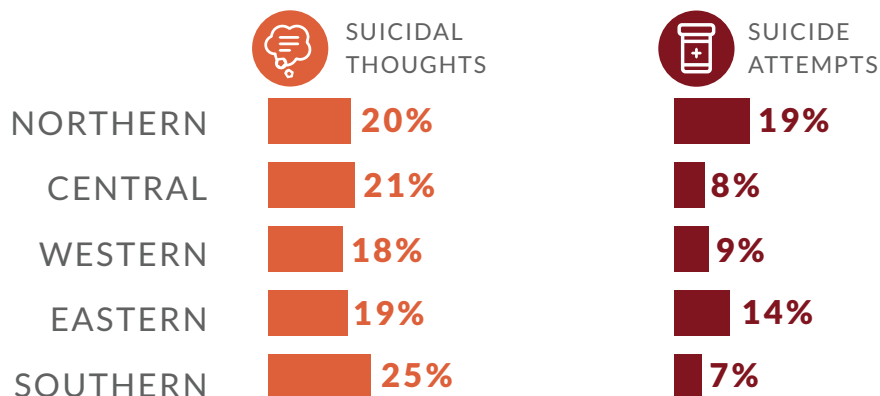


SUICIDE ATTEMPTS



SUICIDE RISK BY LOCATION

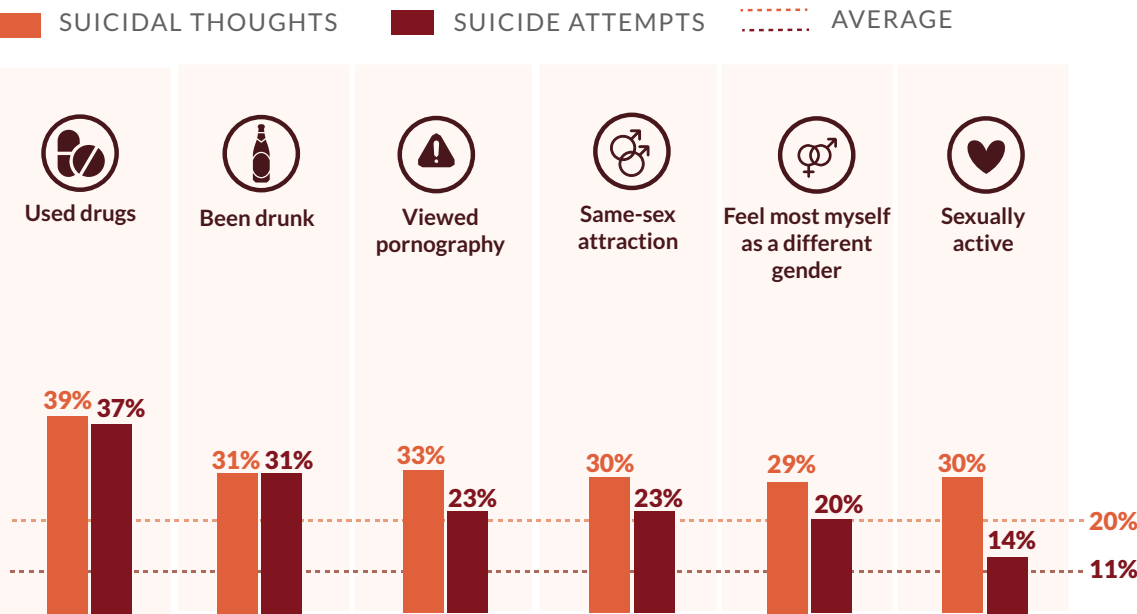
Within the past three months I have experienced:



Suicide risk is closely connected with other struggles teens are facing. Our research showed that teens in Uganda who have recently used recreational drugs or been drunk are much more likely to have suicidal thoughts or make an attempt. Of teens who have used drugs, 39% have had suicidal thoughts and 37% have made an attempt.

Issues of sexuality are also highly connected to suicide risk, including viewing pornography, feeling same-sex attraction, experiencing gender identity confusion, and being sexually active.

6 CONNECTIONS WITH SUICIDE RISK



It is not necessarily one event or experience that triggers teens to try to take their life, but could be a series of small steps and thoughts that each build on the other. Regardless of the specific circumstances, this data shows that some teens are in seriously dark places that are driving them towards desperate action.

We should be heartbroken for young people who are hurting so deeply they want to end their lives. When it comes to suicide, we are not looking at numbers on a page—but at real people’s lives. Any number is too many and any percentage too high.

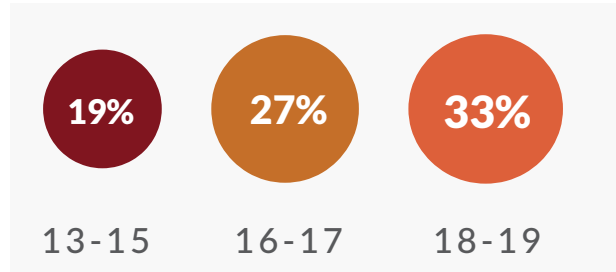
Sexuality

The teenage years can be a time when young people experiment with their sexuality. This was a topic we specifically asked teens to share about. In answering this question teens defined for themselves what it means to be sexually active. Any teens who also reported being married were excluded to ensure this statistic represented only sex outside the context of marriage.

Boys were much more likely to have recently been sexually active. This is also a behavior that grows with age. Rates were similar across regions, showing this is a struggle teens face everywhere. Christians were just as likely as other religions to be sexually active, however being a Committed Christian did lower sexual behavior.

SEXUALLY ACTIVE

Within the past three months:



I have been sexually active recently:



Another sexual issue that followed these same trends was viewing pornography. Once again, more boys than girls look at pornography and this behavior increases with age. We observed that pornography usage is a pervasive issue among this generation worldwide.

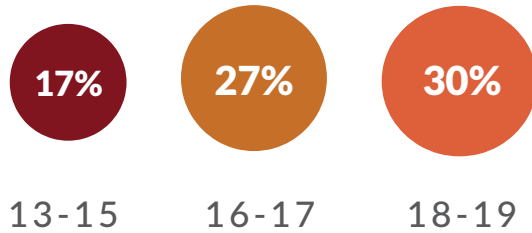
A clear connection was seen globally between higher time spent online and viewing pornography. As Ugandan teens spend more time on the Internet, this may be a problem that continues to grow.

PORNOGRAPHY USAGE

Within the past three months:



PORNOGRAPHY USAGE BY AGE



I have viewed pornography recently:

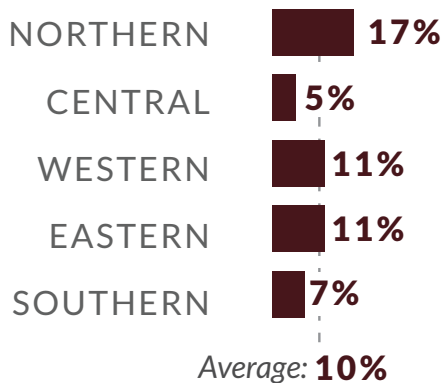


Other Struggles

The challenges teens face are not always visible from the outside. But they can have external expressions. Some Ugandan teens reported drug usage (10%) and drunkenness (7%). Drug usage in particular was much higher for teens in the North. Committed Christians were much less likely than Nominal Christians to engage in either of these behaviors.

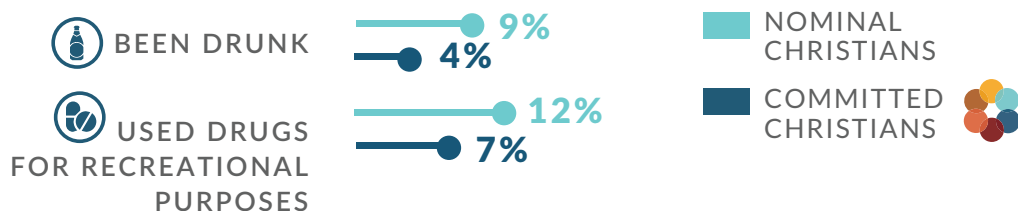
DRUG USAGE BY LOCATION

Within the past three months I have:



ALCOHOL AND DRUG USAGE

Within the past three months:



Conclusion

This data can be a sad picture of how life looks when seeing from the eyes of young people. The daily experiences and struggles teens face can seem overwhelming, but it is important to start by listening and understanding before we turn to action. Here are some things to consider:

- **MENTAL HEALTH MATTERS.**

This research should be a wake-up call about the struggles teens are facing and how those work together to bring them down. We especially need to help older teens who are feeling these negative impacts more. How can we help young people feel seen, supported, and encouraged with the hope the Gospel holds for their lives?

- **SUICIDE RISK IS SERIOUS.**

Some teens are feeling very hopeless and even thinking about ending their lives. This struggle is more apparent in certain regions, with multiple factors that contribute to it. How can we be alert to these concerns and ensure the teens we know are being cared for holistically?

- **STRUGGLES ARE CONNECTED.**

Teens are likely to be struggling in multiple areas of their lives. Issues of sexuality particularly connect to high suicide risk. Even Committed faith does not necessarily protect teens from life's struggles. How can we encourage them to seek help, rather than hide their challenges, and ensure they feel supported rather than shamed for their thoughts and actions?

- **SEXUAL PURITY IS NOT A PRIORITY.**

Sadly, many teens are being affected by easy access to pornography and many are engaging in sexual behavior themselves. This trends upward with age as teens grow more independent. How can we help teens value sexual purity and exercise their freedom in godly ways that honor themselves and others?

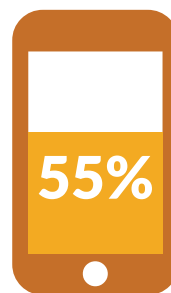


DIGITAL CONNECTEDNESS AND IMPACT

UGANDA REPORT

What We Discovered

Teens most often access the **Internet** from their personal devices at home.



of teens **own a phone** and this increases with age.



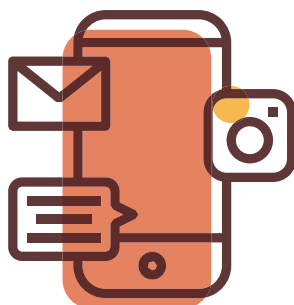
26% of Ugandan teens are **online daily** and are more connected in **cities**.



Older teens use **social media more** and are more likely to say it has positive effects on their lives.



Teens spend most of their time online **chatting** and use **social media** to connect with friends and family.



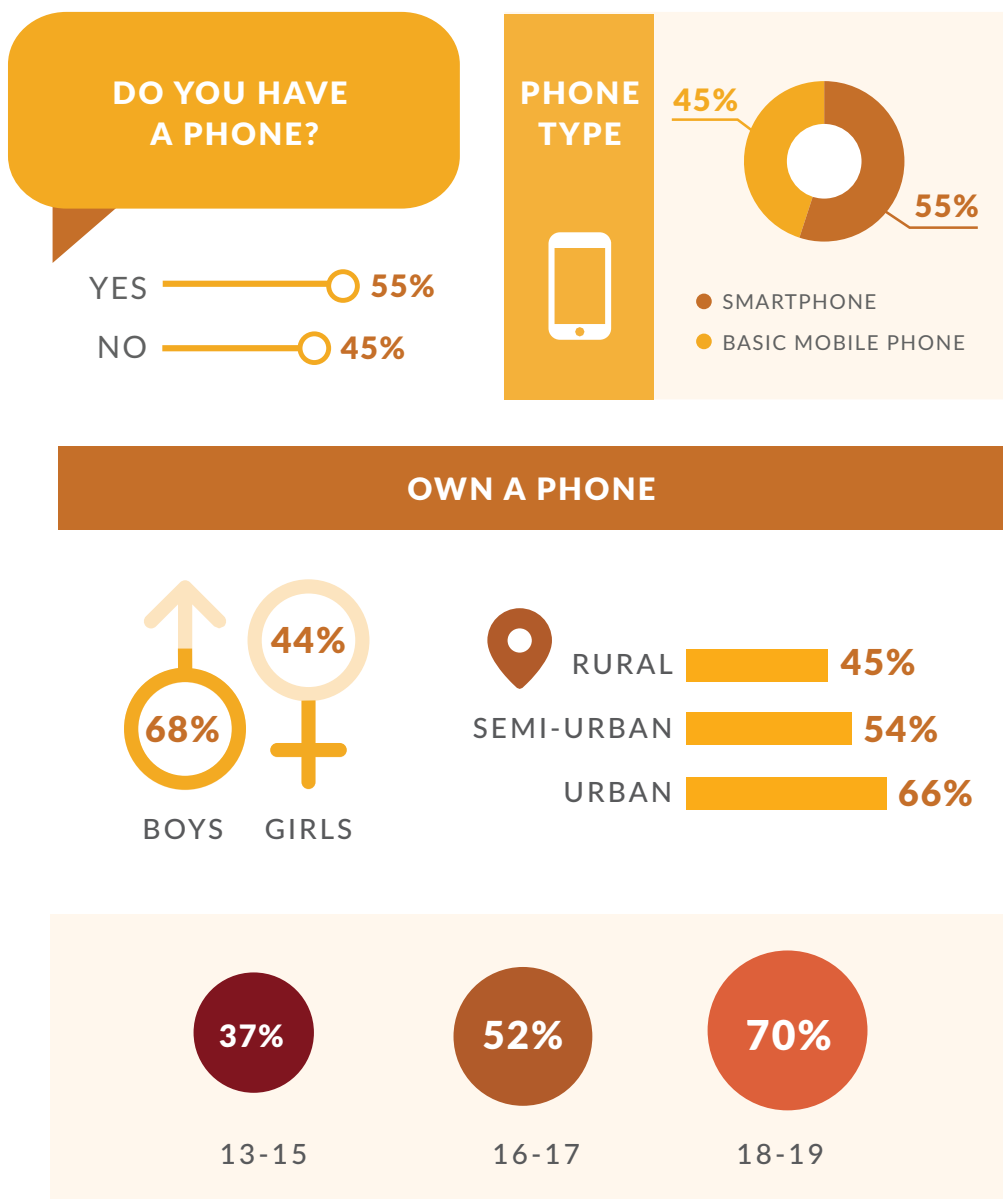
Teens acknowledge that **social media** both **helps** and **hurts**.



Teens and Technology

The Internet is something that is definitely shaping this generation. Teens have access to information, opinions, and influences at their fingertips. But how much is this affecting teens in Uganda?

We wanted to find out how many teens have phones, how much time they are spending online, and how they are using social media. More than half of teens surveyed (55%) said they have a phone, which goes up to 70% among 18-19 year olds. The majority of teens own a smartphone, although many more boys than girls have their own device. Technology usage is more common for teens in urban areas as compared to rural areas.

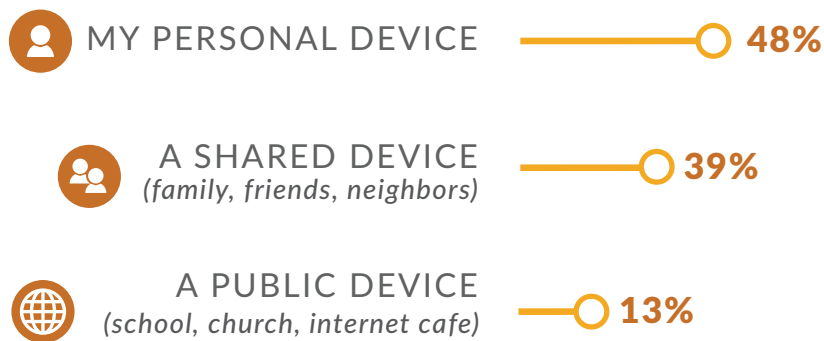


Of teens who are Internet connected, nearly half use their personal device such as a smartphone to get online. But many teens have to share a device or use a public device.

Teens most often get online from home, however some say their only access is through their mobile phone. A few teens have to go outside the home to an internet cafe, church, or school to get connected.

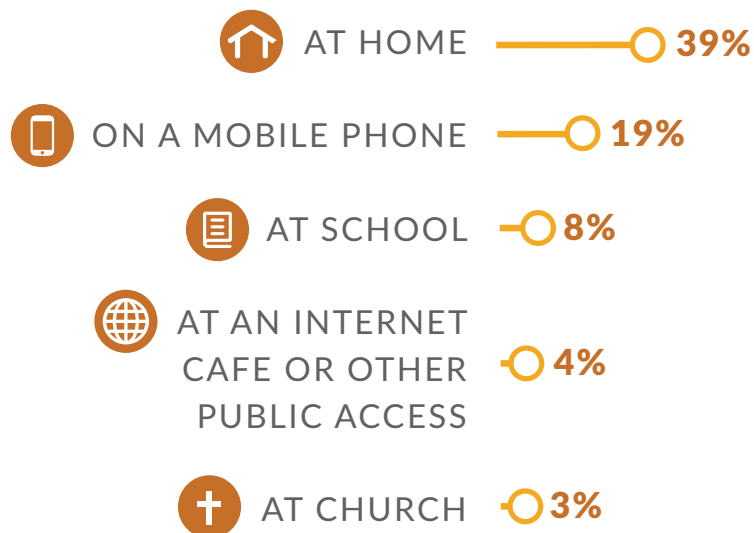
INTERNET ACCESS BY DEVICE

What device do you usually use to access the internet?



INTERNET ACCESS BY LOCATION

Where do you access the internet?¹

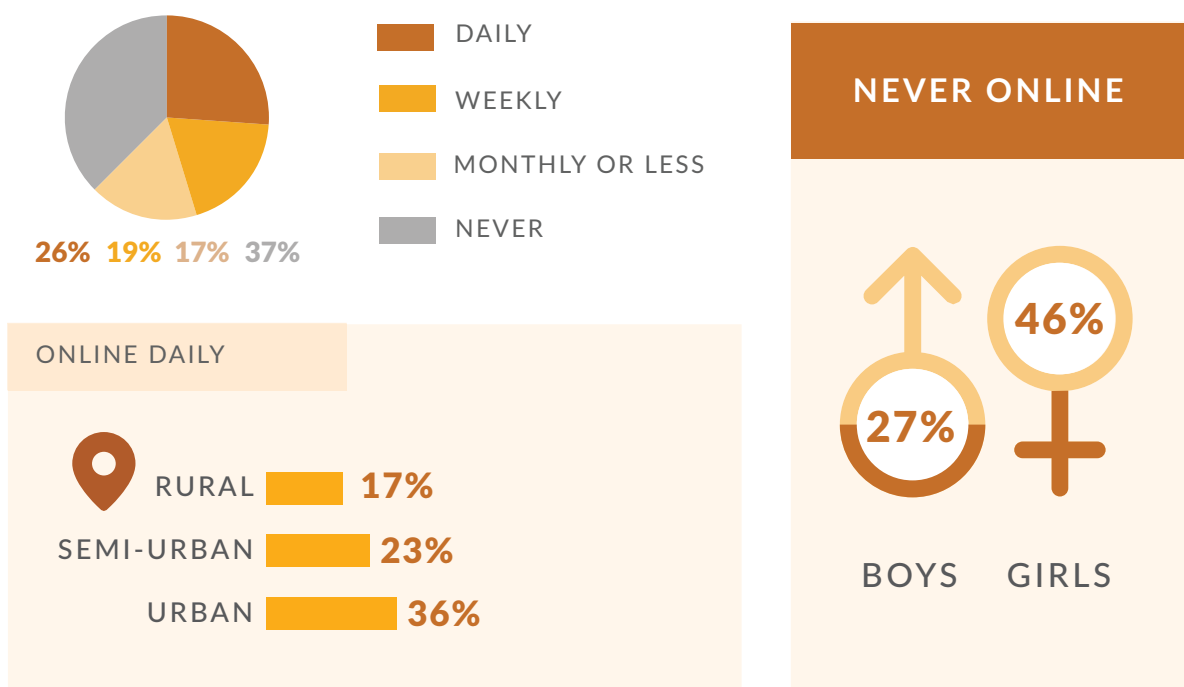


¹ Note that teens could select more than one answer to this question so totals do not add to 100%.

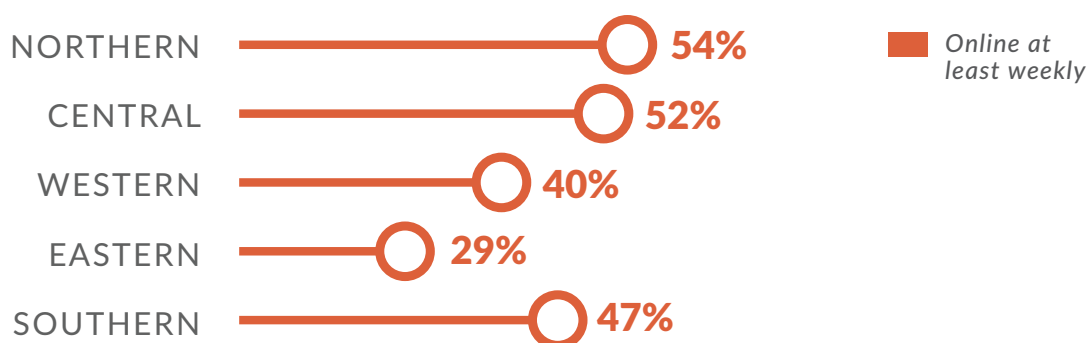
Teens and the Internet

Internet access is becoming more widespread for teens in Uganda, especially in urban areas. One in four teens (26%) say they are online daily and Internet usage becomes more regular for teens living in cities. Girls are less likely than boys to access the Internet.

HOW OFTEN DO YOU HAVE INTERNET ACCESS?



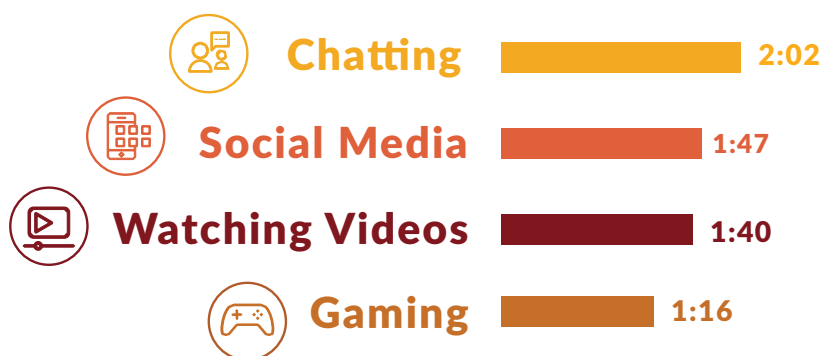
INTERNET ACCESS BY LOCATION



We were also curious how much time teens are spending online overall and what they are doing there. Teens surveyed in Uganda report spending several hours online each day chatting, using social media, watching videos, and gaming.

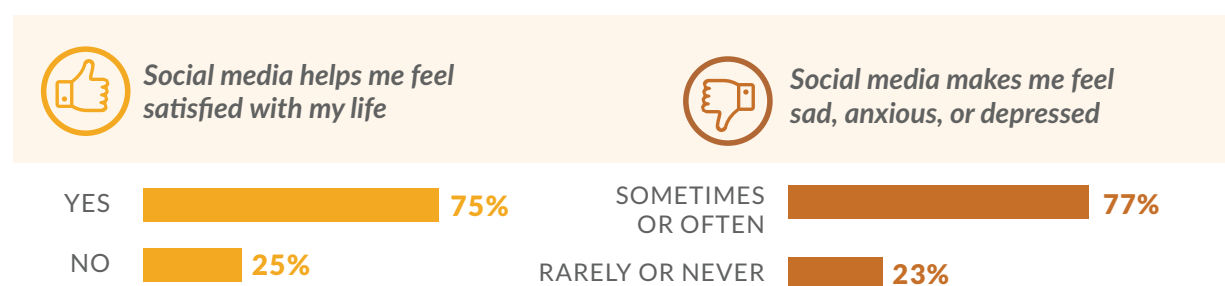
TIME SPENT ONLINE

During a typical day, how much time do you spend online?



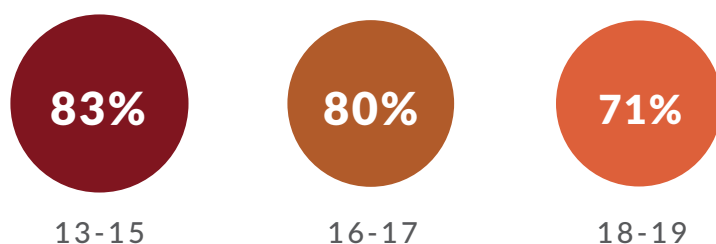
Teens and Social Media

When it comes to social media, teens were sharply divided about its effects on their lives. The vast majority said it helps them feel satisfied with their lives, but they also acknowledged that it can make them feel sad, anxious, or depressed. Girls and boys expressed similar reactions about the effects of social media on their lives.



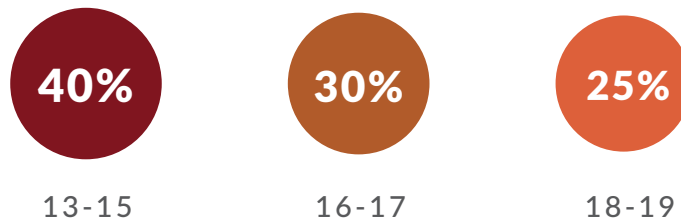
SOCIAL MEDIA EFFECTS BY AGE

Social media makes me feel sad, anxious, or depressed.

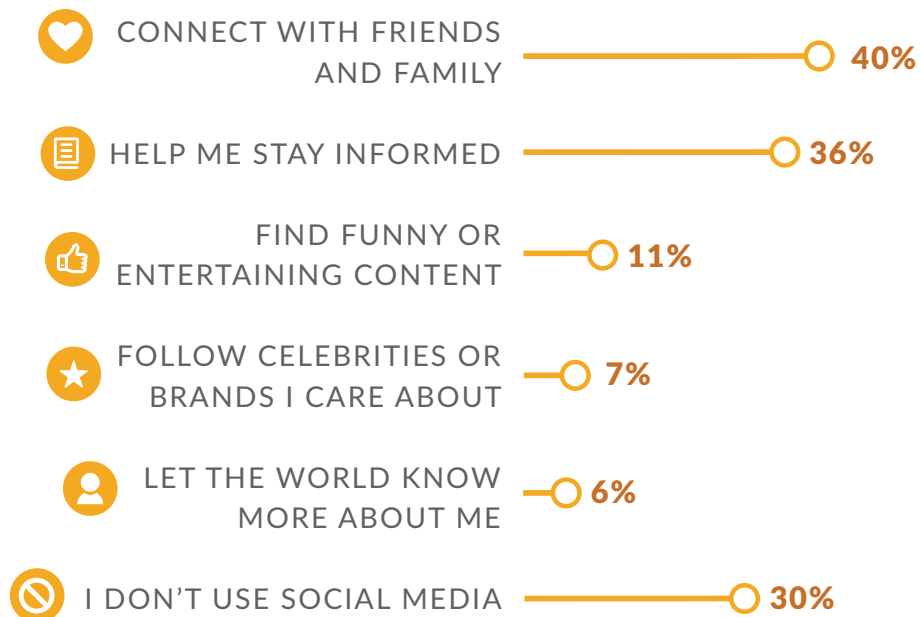


SOCIAL MEDIA USAGE BY AGE

Don't use social media:



I USE SOCIAL MEDIA PRIMARILY TO¹



Most teens said they use social media to help them connect with friends and family or stay informed. Social media usage is least common among younger teens, which might correspond with smartphone ownership rates. Interestingly, older teens who are more connected to social media were more satisfied with it and less likely to identify its negative effects.

¹ Note that teens could select up to two answers to this question so totals do not add to 100%.

Conclusion

Constant connectedness to digital platforms is becoming a way of life for today's young people. Uganda is not far behind in this. More and more teens are owning phones and getting Internet-connected across the country. How will we help them navigate this new reality and engage them effectively with the Gospel message on these digital platforms?

- **LEVERAGE DIGITAL OPPORTUNITIES.**

Technology can be a powerful tool to reach this generation. Many teens, especially in our cities, are getting online and taking advantage of the apps, websites, and social media platforms available. How can we ensure there is Gospel content for them to find and life-giving online communities they can be a part of?

- **NAVIGATE THE TENSION.**

While this generation appears to be embracing digital, some teens recognize the tensions that devices are bringing to their lives. Younger teens are feeling these negative effects more and may need help sorting through the confusion social media in particular can bring. How can we be mindful of the changes digital brings and help teens navigate their engagement in a healthy way?

- **POSITION FOR THE FUTURE.**

Digital connectedness is the future we are all headed towards, and youth are leading the way in this. We can't stop that, but we can take the journey with them rather than losing them to a digital world we are not part of and don't understand. As families, church leaders, and ministry workers we need to be aware of how the world is changing and how we may need to change with it. How can we embrace digital alongside this generation and bring both wisdom and innovation to this space?



IDENTITY AND RELATIONSHIPS

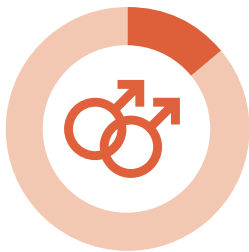
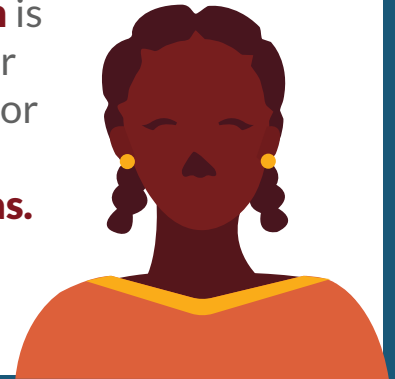
UGANDA REPORT

What We Discovered

Most teens believe **gender** is based on **sex at birth**, however some teens report experiencing personal **confusion** around their **gender identity**.



Gender identity confusion is highest for **girls** and for teens in **rural areas**.



14% of Ugandan teens report recently experiencing **same-sex attraction**.

Family is the top reported source of guidance for **gender and sexuality** issues, with the influence of **religious leaders and texts** being very low.



Same-sex attraction is **higher** among **boys** than girls.



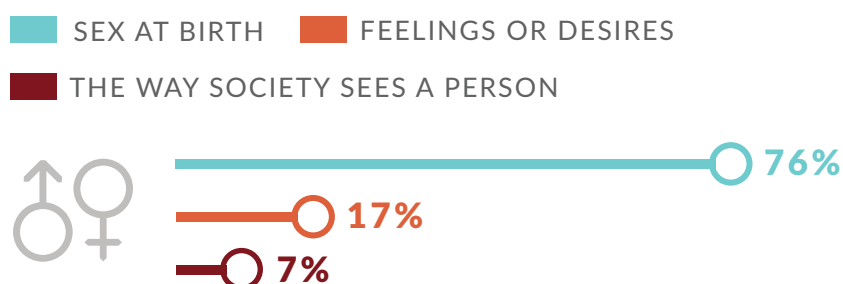
Overall, teens express **Scriptural viewpoints** of **sex and marriage**, but their actions don't always match their beliefs.

Gender Identity

Conversations around gender identity and sexuality are becoming more common among this generation. We wanted to find out the viewpoints of teens in Uganda. The vast majority of teens (76%) said they believe gender is primarily based on a person's sex at birth. But some believe it is based on a person's feelings or desires. Viewpoints change with age. Older teens are more likely than younger teens to have a traditional view of gender.

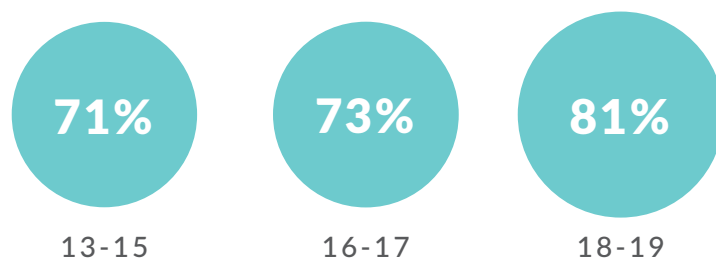
VIEW OF GENDER

Gender is primarily based on:



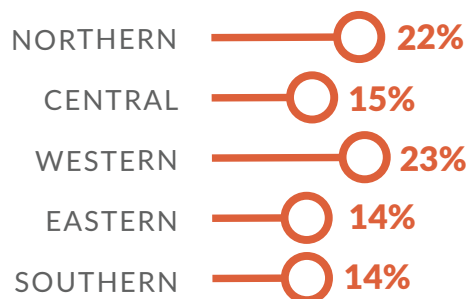
VIEW OF GENDER BY AGE

Gender is primarily based on sex at birth:



VIEW OF GENDER BY LOCATION

Gender is primarily based on feelings or desires:

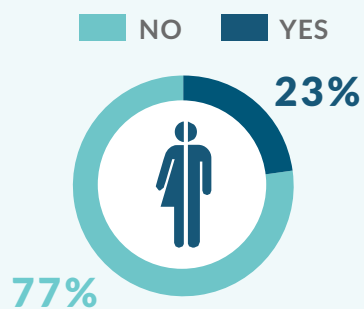


We also asked teens about their personal experience of gender identity. Some teens report recently experiencing gender identity confusion or even say they would be most themselves as a different gender. Girls were more likely than boys to feel this way.

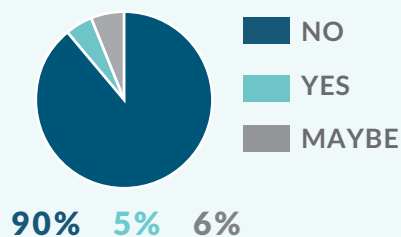
Rates were similar across regions of the country showing that this is an issue teens are facing everywhere. However, confusion was seen to be highest among teens in rural areas. Although teens may be experiencing gender identity confusion, very few believe it is okay for someone to change their body to become a different gender.

GENDER IDENTITY EXPERIENCES

Experienced gender identity confusion within the past three months

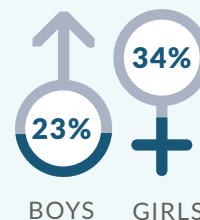
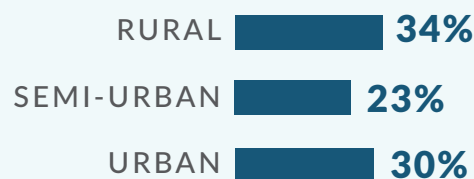
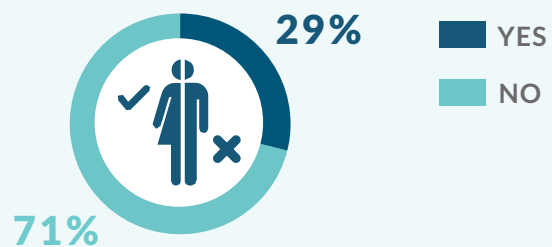


Is it okay for someone to change their body to become a different gender?



Total adds to more than 100% due to decimal rounding.

Would feel most myself as another gender



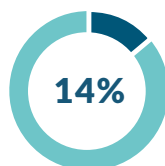
Same Sex Attraction

This generation globally is exploring their sexuality and attractions. We saw this with teens in Uganda as well. More than one in ten teens (14%) say they have recently experienced same-sex attraction. The transition between age 15 and 16 seems to be a tipping point where these experiences increase.

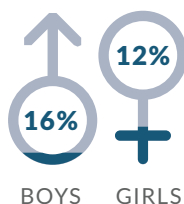
Boys were more likely than girls to report same-sex attraction. Although Christians reported these experiences too, being Committed to faith can make a difference.

SAME-SEX ATTRACTION

Within the past three months, I have experienced same-sex attraction:



BY GENDER



BY AGE



BY RELIGION



Influences on the Conversation

We asked teens to share with us where they go for guidance about the complex topics of gender and sexuality. Teens say they look to family most often for guidance about these topics, followed by teachers and counselors.

The data showed that teens definitely rely on in-person relationships for guidance rather than looking online. However, it was notable how much the influence of religious leaders decreased, as compared to the authority they carried on other topics (see Influences and Guiding Voices section).

This influence list was similar by teens' age, location, and religion. Committed Christians were a little more likely to rely on family, but no more likely to consult religious leaders or texts.

INFLUENCES ON GENDER VIEWS



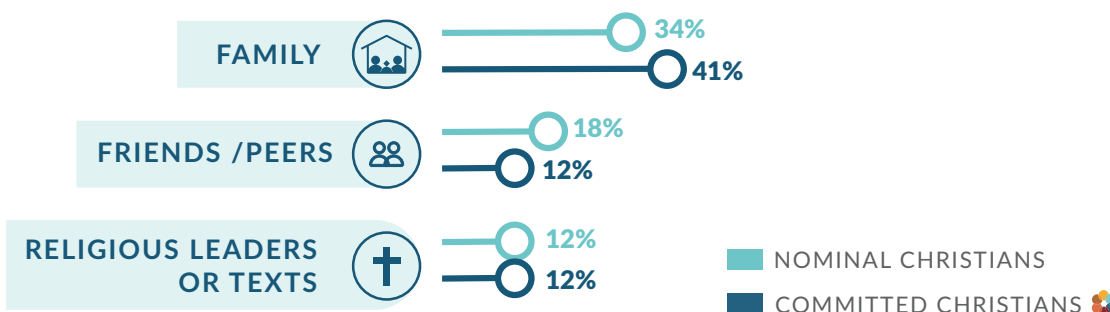
Where I go most often for information or guidance about gender, sexuality & sexual issues.

- 1 **FAMILY 37%**
- 2 **TEACHERS/COUNSELORS 21%**
- 3 **FRIENDS/PEERS 16%**
- 4 **RELIGIOUS LEADERS/TEXTS 12%**
- 5 **SOCIAL MEDIA/ONLINE 11%**
- 6 **OFFLINE MEDIA 5%**

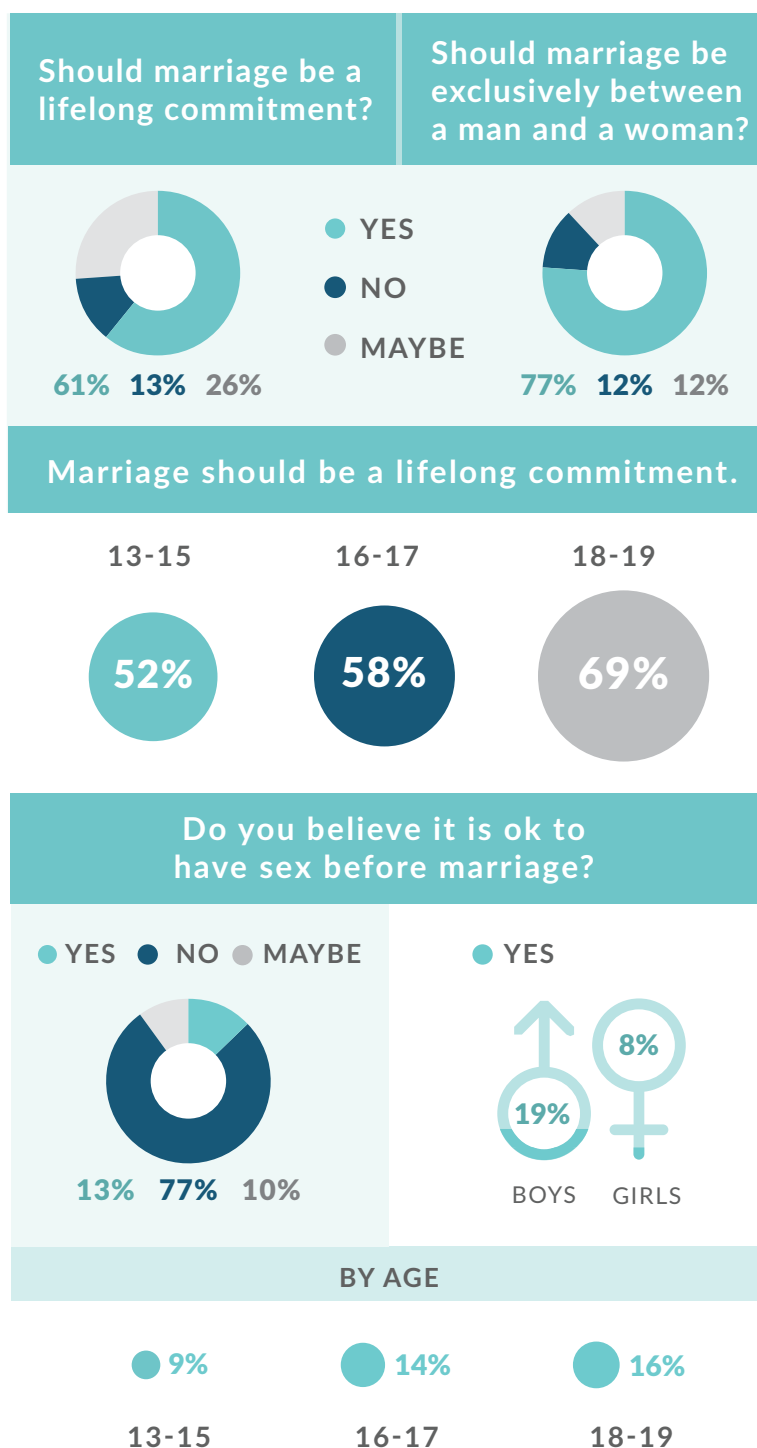
Offline media includes books, magazines, television, radio, or newspaper.

CHRISTIAN TEENS RESPOND

Where I go most often for information or guidance about gender, sexuality and sexual issues:



Marriage Viewpoints



We also investigated teens' beliefs about marriage.

The majority of teens in Uganda (61%) said marriage should be a lifelong commitment. However, a significant number were unsure.

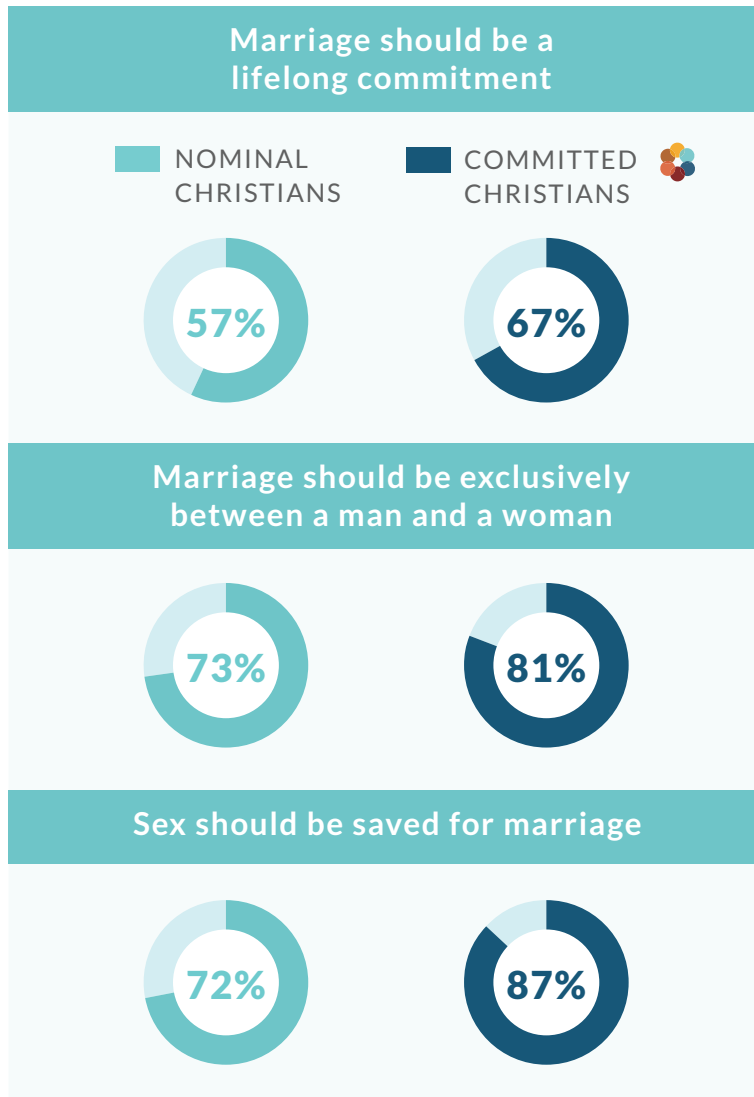
Most teens said they believe marriage should be exclusively between a man and a woman. Attitudes trend by age, with older teens more certain that marriage should be lifelong.

Teens in Uganda also say it is not ok to have sex before marriage. However, age and gender play a role in teen opinion.

Older teens and boys were much more likely to support pre-marital sex. The data also shows that both of these groups are more likely to be engaging in sexual behavior (see *Personal Experiences and Struggles* section).

CHRISTIAN TEENS RESPOND

Overall, Committed Christians were more Scriptural in their viewpoints about sex and marriage than Nominal Christians.



Conclusion

Teens' opinions may change as they mature, but for now we have a good view of what they believe on the important topics of gender identity, sexuality, and marriage. In addition, we know where they are turning to for guidance and advice on these matters.

- **STRENGTHEN SCRIPTURAL VIEWPOINTS.**

It is reassuring to see that teens in Uganda mostly have scriptural viewpoints on topics such as gender identity, sexuality, and marriage. But these topics continue to need cultivating as teens mature and begin to hear other opinions and voices. How can we help teens understand the plan God has for their sexuality and relationships and embrace that design in order to flourish?

- **PREPARE FOR CONFUSING CONVERSATIONS.**

The voice of culture speaks loudly to youth through music, media, and digital platforms. But culture will always continue to fall away from God's values. We need to prepare ourselves and this generation for honest conversations on topics like gender identity, same-sex attraction, and sex outside of marriage. We need to be ready not only to speak God's truth but to be good listeners for teens who may feel confused or doubtful on these topics.

- **RAISE THE INFLUENCE OF THE CHURCH.**

Pastors and church leaders are recognized authorities for topics like right and wrong and the meaning of life, but have become less relevant in other cultural conversations. Teens live in a world that is growing more complicated and confusing every day, but they need to know that the truth of God's Word does not change. Scripture speaks to every aspect of our lives. How can we communicate that to this generation and make the church a trusted voice and safe space for teens to navigate questions on gender and sexuality?

- **DISCIPLE THE FAMILY.**

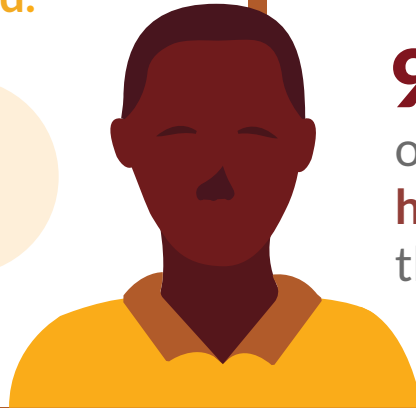
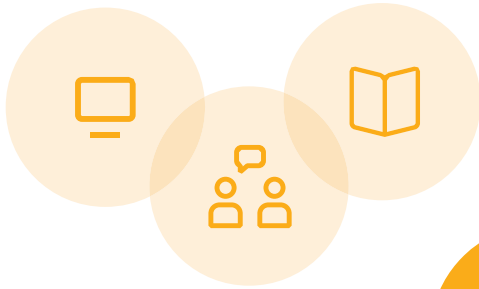
Teens are looking to the adults in their life for guidance on these topics, and family members are an important guide. Teens often follow after their parents in their beliefs and attitudes. How can we disciple the entire family to understand God-given identity, which includes gender and sexuality?

DAILY LIFE AND LOOKING TO THE FUTURE

UGANDA REPORT

What We Discovered

When **bored**, teens typically **watch TV**, visit with **friends**, or **read**.



97% of teens have **hobbies** involving the **arts**.



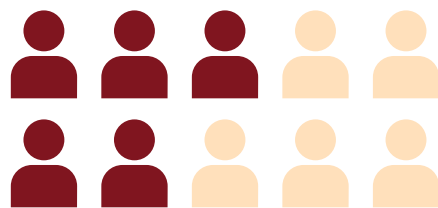
90% of teens agree that **education** will guarantee them a **better future**.



But **55%** say **cost** of university could be a **barrier**.



Teens are most interested in **careers** in **medicine** or **engineering**.



52% of teens would like to **learn more** about what it means to be **successful**.



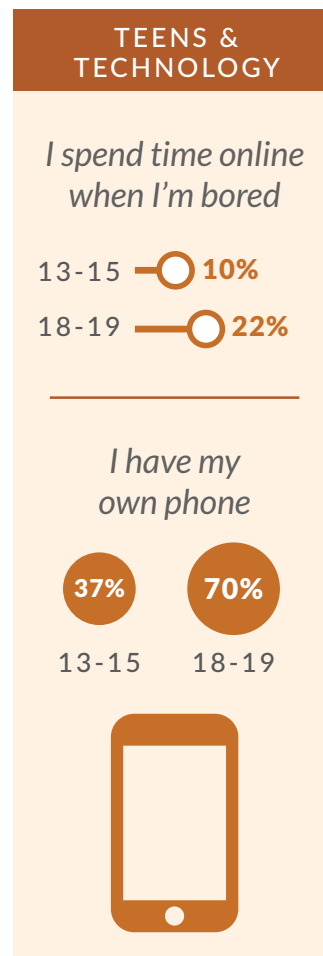
Gospel is the **number one music** genre teens listen to.

Daily Life

We wanted to find out a little more how this generation is currently spending its time and the goals they have for their future. Ugandan teens say they mostly turn to watching media, visiting with friends, or reading when they feel bored. Older teens are twice as likely as younger ones to surf the Internet when they feel bored and are much more likely to have their own phone.

WHAT I DO WHEN I FEEL BORED

Choose up to three answers

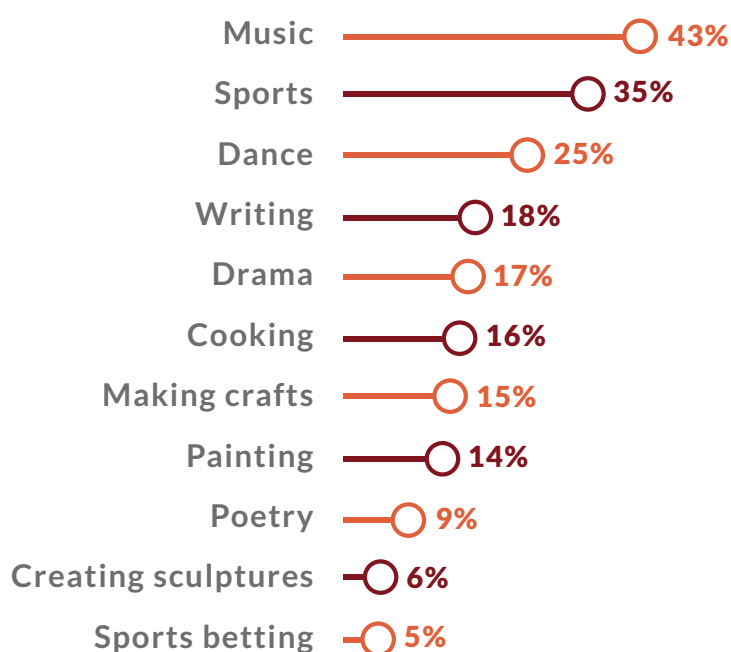


Teens and the Arts

We wanted to find out how this unique generation is expressing themselves through the arts and music. The vast majority are currently involved in artistic hobbies, however few say they plan to make a career in these fields.

ARTISTIC HOBBIES

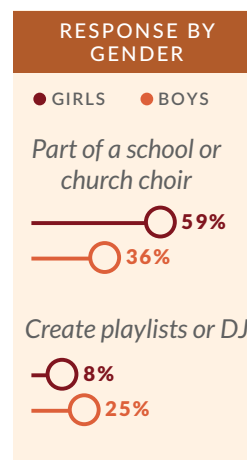
Which of the following activities do you actively participate in or are passionate about? (Choose all that apply)



97% OF
TEENS ARE
INVOLVED IN
THE ARTS

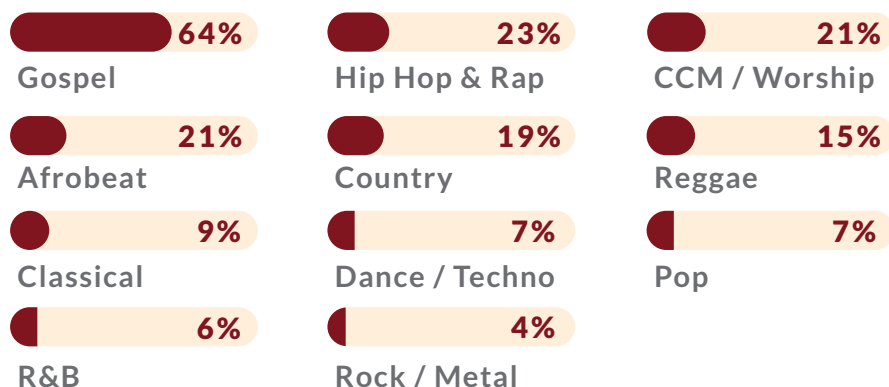
MUSICAL HOBBIES

What hobbies do you have that involve music? (Choose all that apply)



MUSICAL PREFERENCES

What kind of music do you listen to? (Choose all that apply)

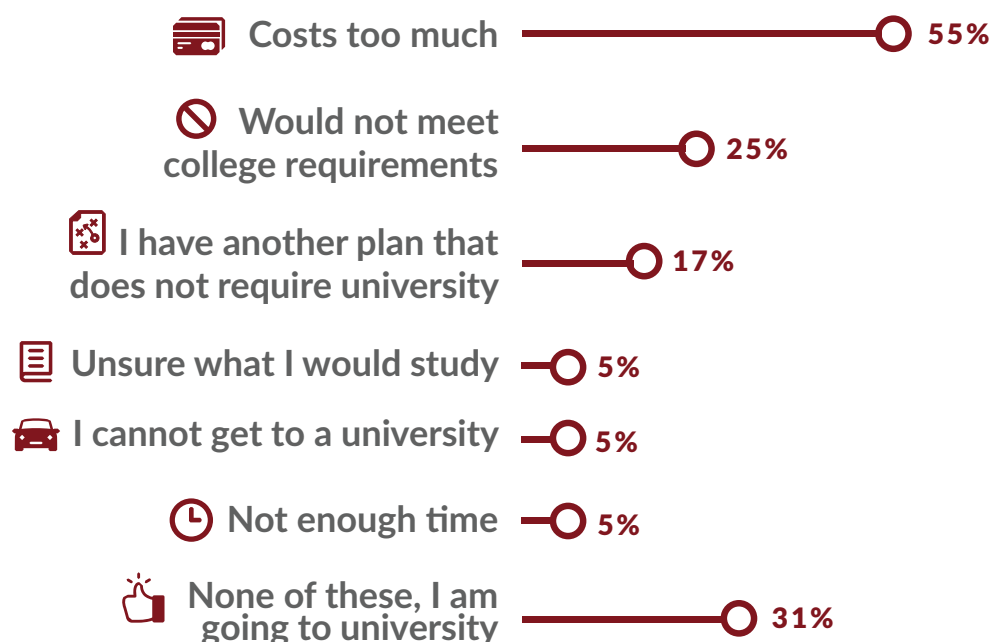


Education

Nearly all teens in Uganda see education as key to their future success. Ninety percent say education is the primary thing that will guarantee them a better future. But more than half of teens say cost would be a barrier to attending university. This concern grows with age.

EDUCATION BARRIERS

What would stop you from going to university?
(Choose up to two answers)



Concerns about educational barriers were similar in every region of the country except Central, where teens were less concerned about finances or meeting requirements and more certain they would be able to attend university.

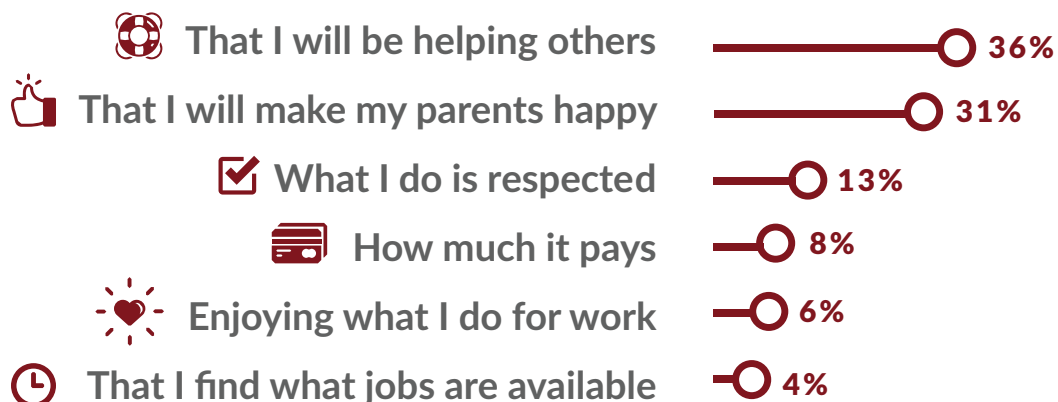


Career

Although they might not know what is ahead, teens do have an idea of what they want from their future career. Their top priority is that they would be helping others, followed by a desire to make their parents happy. How much a job pays and whether or not it is respected or enjoyable were lesser concerns.

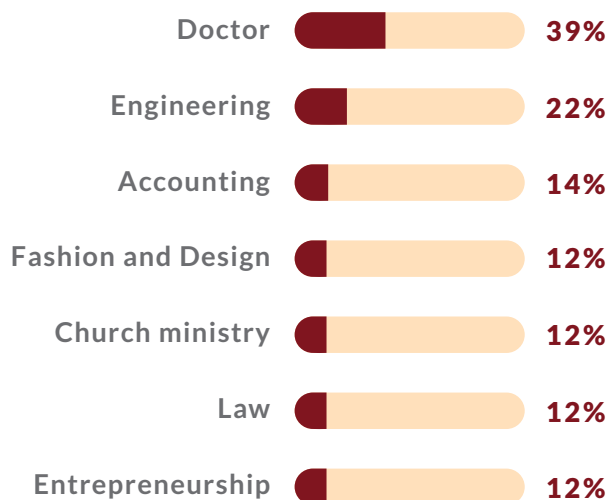
These priorities were similar regardless of a teen's age, gender, or location, with the exception that older teens became less concerned about their parents' opinions.

TOP CAREER PRIORITIES

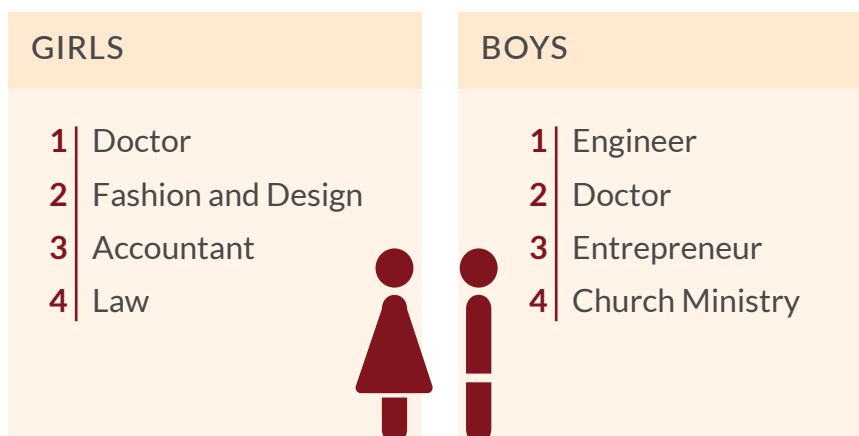


TOP CAREER CHOICES

What career are you most interested in pursuing for yourself in future?¹



TOP CAREER CHOICES BY GENDER



Teens in Africa are some of the most ambitious of their global generation with a strong desire to be entrepreneurs. This was true in Uganda as well. Nearly all teens surveyed (97%) said they would like to start a business or own their own company in the future. Girls were as likely as boys to say this.

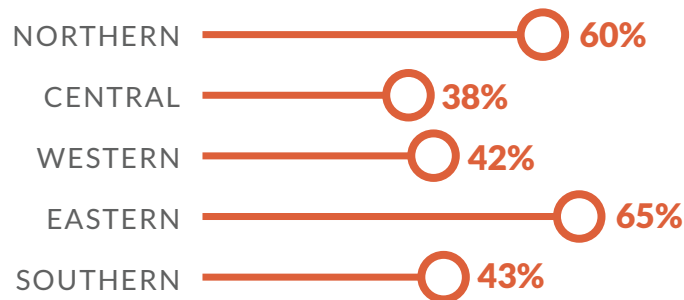
97% OF TEENS IN UGANDA HAVE ENTREPRENEURIAL GOALS

¹ Note: the top seven selections are listed of 16 possible choices. Teens could select up to two answer options.

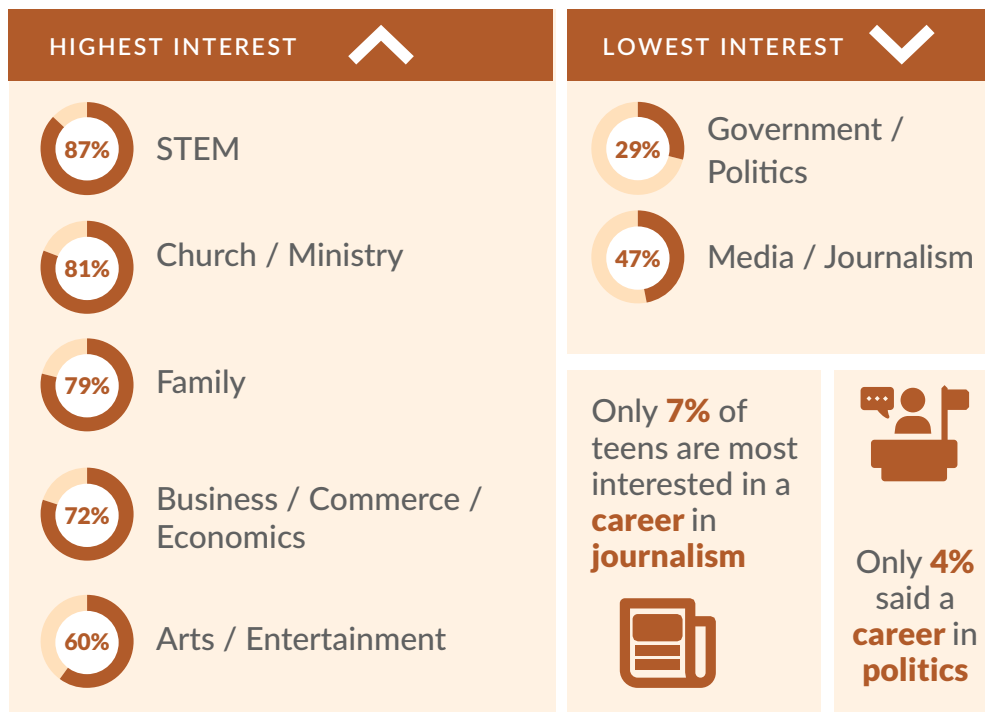
Spheres of Influence

We asked teens if they were familiar with the seven spheres of influence. This is a way of dividing society into seven areas through which the future of a nation can be shaped. Around half of teens (48%) said they have heard of the seven spheres before.

Familiar with the seven spheres of influence



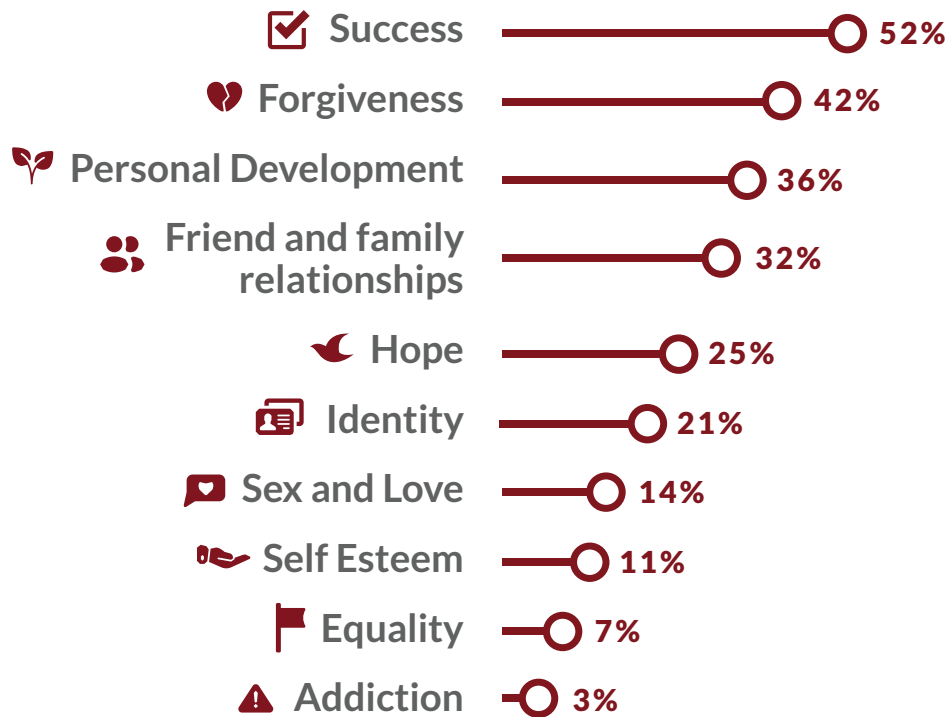
We then asked them to rate their interest in each of the spheres. STEM (standing for science, technology, engineering, and mathematics) received the most interest, followed by ministry and family. Media and politics scored the lowest. This reflects similar priorities to what teens expressed in their desired career list.



To help us further understand how to help this generation develop personally, we asked teens to tell us which topic they would be most interested in learning more about. Success and forgiveness were the top two selections.

TOPICS OF INTEREST

I would be most interested in learning more about:



About OneHope

In partnership with local churches, ministries, and governments around the world, OneHope has reached more than 1.9 billion children and youth with God's Word. Based on in-country research OneHope conducts, Scripture programs are designed to be age and culturally relevant. Since 1987, OneHope has helped kids experience God's Story, sharing the life-changing message of hope with children and youth in every country. onehope.net

About the Research

This project was an extension of a global research initiative that surveyed teens ages 13-19 in more than 20 countries. The global study was conducted in February-March of 2020. Research was conducted for this project in March 2022.

The data represents a variety of locations and regions throughout Uganda and questions were customized to fit the national context. Teens were surveyed in-person at schools and submitted their answers on paper. Due to this difference in implementation, not all teens were required to answer every question. However, sample sizes were sufficient for every question included in this report.

CHRISTIAN

Teens who self-identified as Christian, but not as Jehovah's Witness or Mormon.

COMMITTED CHRISTIAN

Teens who self-identified as Christian, but not as Jehovah's Witness or Mormon, and who met the following criteria:

- Believe God exists and they can have a personal relationship with Him.
- Believe Jesus is the Son of God.
- Believe that forgiveness of sins is only possible through faith in Jesus Christ.
- Believe the Bible is the Word of God.
- Read Scripture on their own daily or weekly.
- Pray daily or weekly.

NOMINAL CHRISTIANS

Teens who self-identified as Christian, but not as Jehovah's Witness or Mormon, and who did not meet the criteria of core beliefs or habits established for Committed Christians.



GLOBAL YOUTH CULTURE