

YouGov Survey: Childhood Rules



Sample 1000 U.S. Adult Citizens
 Conducted September 29 - October 3, 2022
 Margin of Error ±3.6%

1. In terms of setting rules for their children, do you think parents today are generally...?

Much too strict	2%
Somewhat too strict	5%
About right	13%
Somewhat too lenient	32%
Much too lenient	37%
Not sure	12%

2. Generally speaking, do you think parents today are stricter or more lenient when it comes to setting rules for their children than their own parents' generation was?

Much stricter	3%
Somewhat stricter	4%
About average	8%
Somewhat more lenient	29%
Much more lenient	46%
Not sure	9%

3. Parents often set various types of rules for their children. Thinking back to your own childhood and teenage years, did your parents or guardians set rules for you in the following areas?

	Yes	No	Not sure
Getting good grades	71%	22%	6%
Homework and studying	71%	23%	6%
Participating in extracurriculars	42%	48%	10%
Working a job	46%	46%	8%
Being home by a curfew	75%	18%	7%
Going to bed at a certain time	72%	24%	5%
Having sleepovers	54%	37%	9%
Dating	50%	41%	8%
Going to parties or dances	55%	37%	7%
Driving	59%	33%	7%
Types of entertainment consumed	52%	39%	9%
Talking on the phone	50%	43%	7%
Watching TV	55%	41%	5%
Playing video games	31%	57%	11%
Using the computer	29%	60%	11%
Using social media	22%	63%	15%
Consuming caffeine	28%	64%	8%
Drinking alcohol	69%	23%	7%
Smoking	68%	25%	7%

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Eating healthy	48%	45%	7%
Eating sugar	31%	62%	7%
Eating all the food on your plate	65%	28%	7%
Doing chores	75%	19%	5%
Attending religious services	51%	42%	7%
What you wore	55%	36%	8%
Hair or make-up	40%	51%	9%
Piercings or tattoos	52%	38%	10%

4. Compared to parents of other children your age at the time, do you think your parents were... ?

Much stricter	17%
Somewhat stricter	21%
About average	36%
Somewhat more lenient	11%
Much more lenient	7%
Not sure	7%

5. Looking back, do you think it was a good thing or a bad thing that your parents were [much stricter/somewhat stricter/about average/somewhat more lenient/much more lenient] in terms of the rules they set compared to other parents?

Asked of people who aren't unsure of how their parents compare in strictness to parents of other children their age at the time

Good thing	62%
Bad thing	11%
Neither good nor bad	23%
Not sure	4%

6. Compared to children your age at the time, do you think you were... ?

Much more likely to break rules	5%
Somewhat more likely to break rules	10%
About average	26%
Somewhat less likely to break rules	21%
Much less likely to break rules	31%
Not sure	6%

7. How often, if ever, did you break the rules your parents set in the following area?

	Always broke the rules	Often broke the rules	Sometimes broke the rules	Never broke the rules	Don't remember
Getting good grades	4%	9%	35%	45%	7%
Homework and studying	4%	11%	40%	41%	4%

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Participating in extracurriculars	3%	9%	26%	54%	7%
Working a job	2%	6%	17%	69%	6%
Being home by a curfew	3%	10%	38%	44%	6%
Going to bed at a certain time	4%	14%	44%	32%	6%
Having sleepovers	2%	6%	17%	67%	8%
Dating	6%	8%	34%	46%	7%
Going to parties or dances	3%	8%	33%	51%	5%
Driving	3%	6%	29%	57%	5%
Types of entertainment consumed	5%	10%	41%	37%	7%
Talking on the phone	5%	14%	37%	41%	3%
Watching TV	6%	13%	38%	38%	4%
Playing video games	8%	12%	23%	46%	11%
Using the computer	9%	16%	29%	38%	7%
Using social media	8%	11%	31%	43%	6%
Consuming caffeine	4%	9%	25%	57%	5%
Drinking alcohol	6%	10%	34%	48%	2%
Smoking	6%	12%	27%	53%	2%
Eating healthy	6%	13%	47%	30%	4%
Eating sugar	8%	19%	46%	22%	4%
Eating all the food on your plate	4%	9%	41%	40%	6%
Doing chores	2%	5%	38%	50%	5%
Attending religious services	5%	7%	28%	57%	3%
What you wore	4%	10%	37%	46%	3%
Hair or make-up	4%	8%	35%	49%	4%
Piercings or tattoos	4%	5%	12%	77%	3%

8. Do you have any siblings?

Yes	87%
No	13%

9. Do you have any older siblings?

Asked of people with siblings

Yes	65%
No	35%

10. Do you have any younger siblings?

Asked of people with siblings

Yes	68%
No	32%

11. Compared to your older sibling(s), did your parents have more or fewer rules for you?

Asked of people with older siblings

More rules	16%
About the same number of rules	55%
Fewer rules	19%
Not sure	10%

12. Compared to your younger sibling(s), did your parents have more or fewer rules for you?

Asked of people with younger siblings

More rules	34%
About the same number of rules	45%
Fewer rules	15%
Not sure	6%

13. Overall, how fair do you think your parents were in how they set and applied rules for you relative to your siblings?

Asked of people with siblings

Very fair	29%
Somewhat fair	35%
Somewhat unfair	17%
Very unfair	9%
Not sure	11%

14. Compared to parents of other children the same age as yours, do you think you personally as a parent are...?

Asked of parents of children under age 18

Much stricter	9%
Somewhat stricter	27%
About average	30%
Somewhat more lenient	14%
Much more lenient	10%
Not sure	10%

15. Do you think it is a good thing or a bad thing that you are [much stricter/somewhat stricter/about average/somewhat more lenient/much more lenient] compared to other parents?

Asked of parents of children under age 18 who aren't unsure of how they compare in strictness to parents of other children the same age as theirs

Good thing	55%
Bad thing	13%
Neither good nor bad	27%
Not sure	5%

YouGov Survey: Childhood Rules



Interviewing Dates	September 29 - October 3, 2022
Target population	U.S. Citizens, aged 18 and over.
Sampling method	Respondents were selected from YouGov's opt-in Internet panel using sample matching. A random sample (stratified by gender, age, race, education, geographic region, and voter registration) was selected from the 2019 American Community Survey.
Weighting	The sample was weighted according to gender, age, race, education, 2020 election turnout and Presidential vote, baseline party identification, and current voter registration status. Demographic weighting targets come from the 2019 American Community Survey. Baseline party identification is the respondent's most recent answer given prior to March 15, 2022, and is weighted to the estimated distribution at that time (33% Democratic, 28% Republican). The weights range from 0.249 to 6.505, with a mean of one and a standard deviation of 0.603.
Number of respondents	1000
Margin of error	± 3.6% (adjusted for weighting)
Survey mode	Web-based interviews
Questions not reported	61 questions not reported.