



YouthPulse™ 0.87

What Do You(th) Think?

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INTRODUCTION

Overview

YouthPulse™ 0.87 is a youth-focused poll exploring perspectives on Singapore's demographic future, marriage, and family life. Conducted from 27 March to 2 May 2026, the study gathered 1,114 responses across Singapore, primarily from youth aged 14-35, the age range of Heartware Network's volunteers.

Demographic Profile

Poll respondents reflect the existing volunteer profile of Heartware Network, characterised by a higher proportion of female engagement.

- Age Distribution: The majority of respondents are aged 16–20 (62.39%). The poll also captures insights from youth under 16 (24.42%) and those 21 and older (13.19%).
- Gender Breakdown: 68.94% of participants are female, while 28.73% are male.

Structure of the Report

To provide a holistic view of the youth mindset, this document is structured into two analytical levels:

Part I: Executive Baseline Analysis

This section establishes the foundational benchmarks of the poll, highlighting awareness, general attitudes toward family formation, and primary social barriers.

Part II: Detailed Demographic Cross-Analysis

This section uncovers further insights by cross-analysing Age and Gender against the core poll questions.

OBJECTIVES

The primary objective of this YouthPulse™ poll is to gain a deeper understanding of youth perspectives on relationships, family, and Singapore's declining Total Fertility Rate (TFR). While existing studies often focus on marriage and parenthood intentions, these findings complement them by focusing on the preparatory stages, specifically, how youth experience the social context leading up to major life decisions.

Strategic focus areas

YouthPulse™ allows us to gain insights into how specific demographic profiles influence these four main categories amongst youth:

- **Awareness:** Evaluating familiarity with national demographic trends and specific policy literacy.
- **Attitude:** Assessing personal sentiments, readiness, and outlook toward marriage and family.
- **Social Context:** Examining the external social factors that influence decision-making.
- **Action:** Determining current levels of preparation and the willingness of youth to engage in future advocacy.

METHODOLOGY

To capture the insights and sentiments of Singaporean youth, the following approach was utilised.

- **Poll Instrument and Reach**

Data was captured through the YouthPulse™ digital poll, designed to engage youth in sentiment tracking. A total of 1,114 respondents participated, providing a robust sample size for both general and granular analysis.

- **Collection Timeline**

The poll was active for a five-week duration, specifically from 27 March to 2 May 2026. This timeframe allowed for the capture of consistent data points across various youth engagement sessions.

- **Respondent Profile**

The poll focused on Singapore-based youth, primarily aligned with Heartware Network volunteer demographic. Responses were categorised by age (under 16, 16-20, 21-25, 26-30, 31-35, 35+) and gender to identify how life stages influence perspectives.

- **Dual-Layered Analytical Approach**

To provide a holistic view, the data underwent two distinct stages of analysis:

Part I: Establishing foundational benchmarks for the entire population to identify national-level trends.

Part II: Applying systematic cross-analysis of age and gender against the four core pillars: Awareness, Attitude, Social Context, and Action.

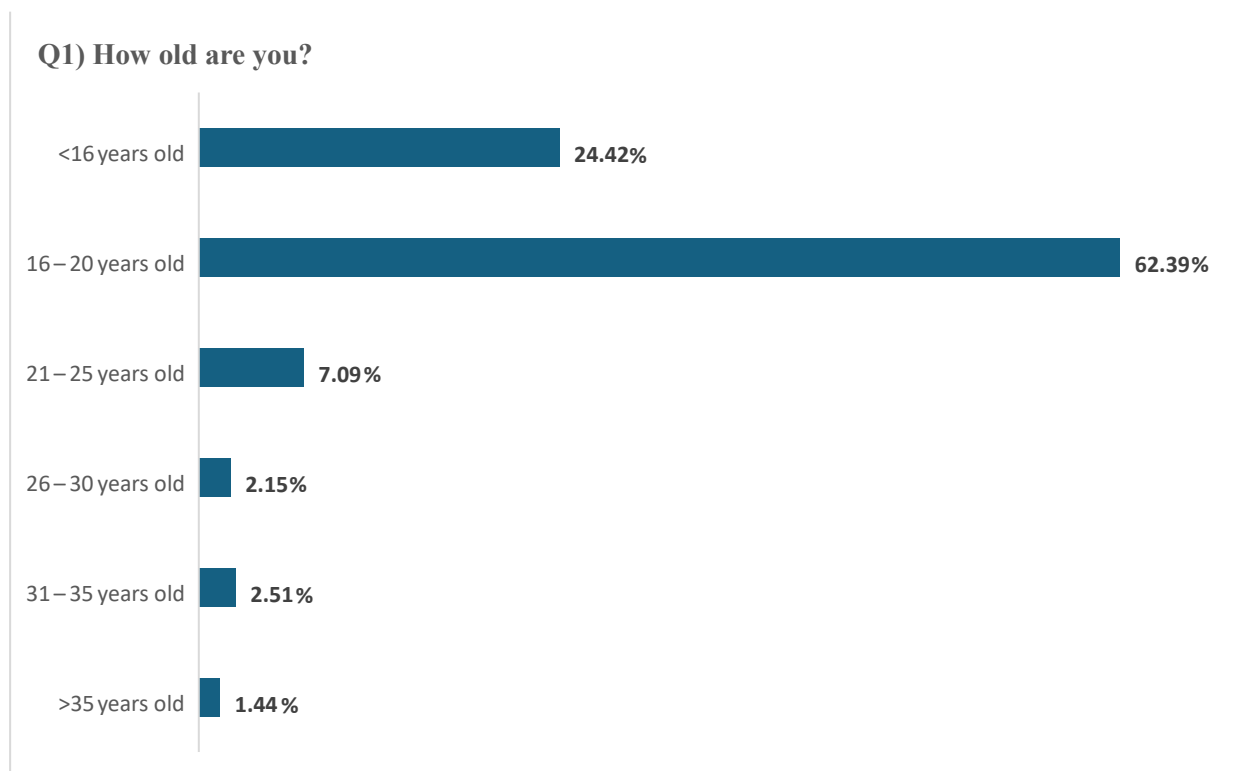
PART I: EXECUTIVE BASELINE ANALYSIS

Participant Demographic Profile

1. (a) Age Profile

Purpose

To understand the demographic distribution of respondents and contextualise the findings across different life stages for example schooling, early career, working adults.



Source: YouthPulse™ Poll by Heartware Network.

Figure 1(a): Age Distribution of Poll Participants

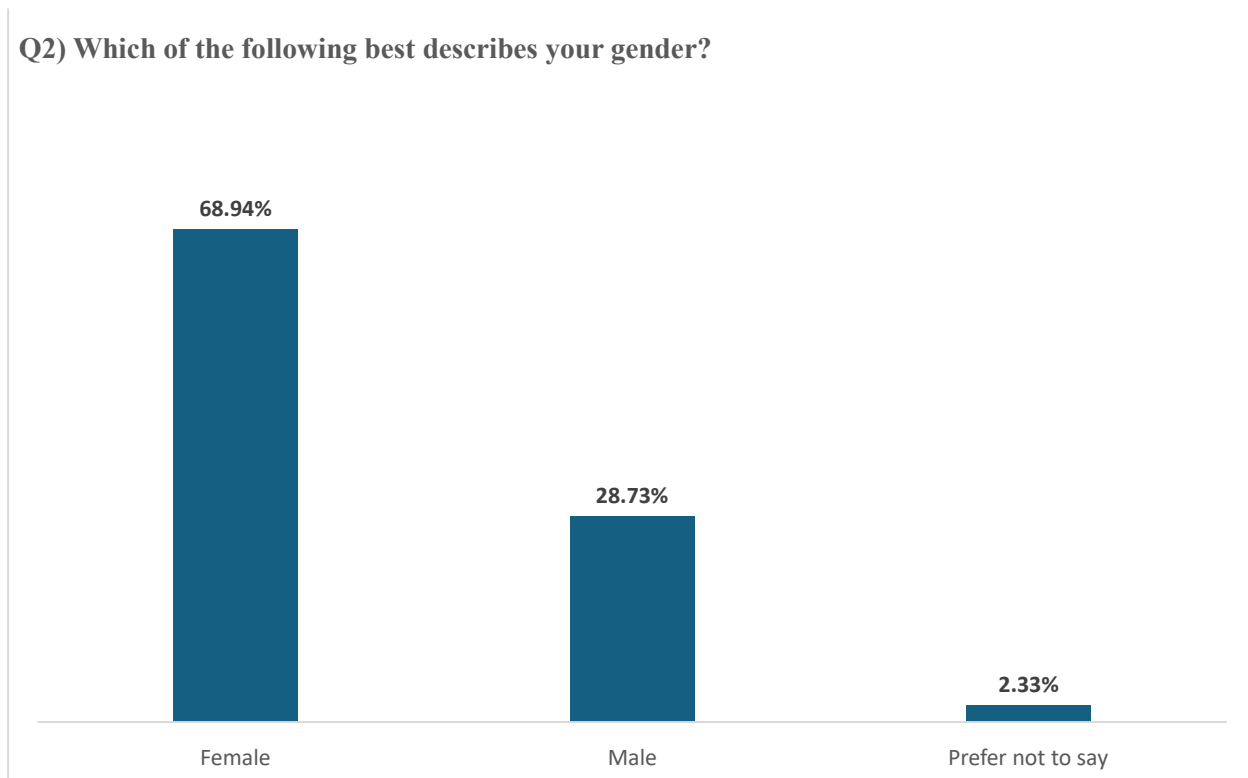
Key Observations:

- **Main Group:** The majority of participants (62.39%) are in the 16–20 years old range.
- **Early Views:** About a quarter of the respondents (24.42%) are under 16 years old.
- **Older Youth:** Respondents aged 21 and above make up the remaining 13.19%, offering views from those starting their careers or higher education.

1. (b) Gender Representation

Purpose

To understand the gender distribution of respondents and examine whether perspectives on relationships, marriage, and family differ across gender groups.



Source: YouthPulse™ Poll by Heartware Network.

Figure 1(b): Gender Representation of Poll Participants

Key Observations

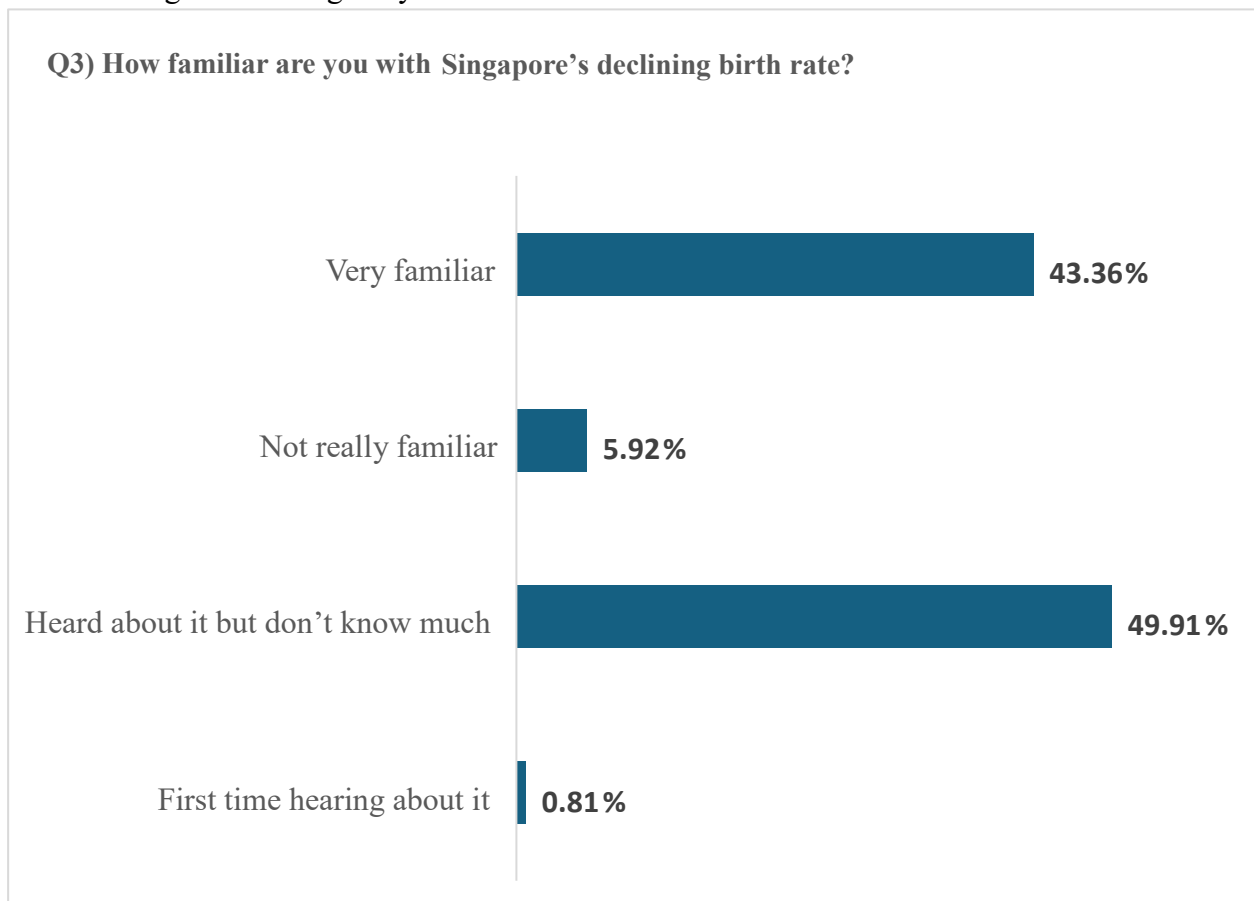
- The poll respondents are primarily Female (68.94%), with Male participants making up 28.73%.
- This gender distribution is consistent with the current Heartware Network volunteer demographic, which comprises a higher proportion of female participants.

Awareness and Literacy Benchmarks

2. (a) Familiarity with national trends

Purpose

To assess respondents' familiarity with Singapore's declining birth rate to gauge how widely the issue is recognised among the youth.



Source: YouthPulse™ Poll by Heartware Network.

Figure 2(a): Awareness of declining birth rate

Key Observations

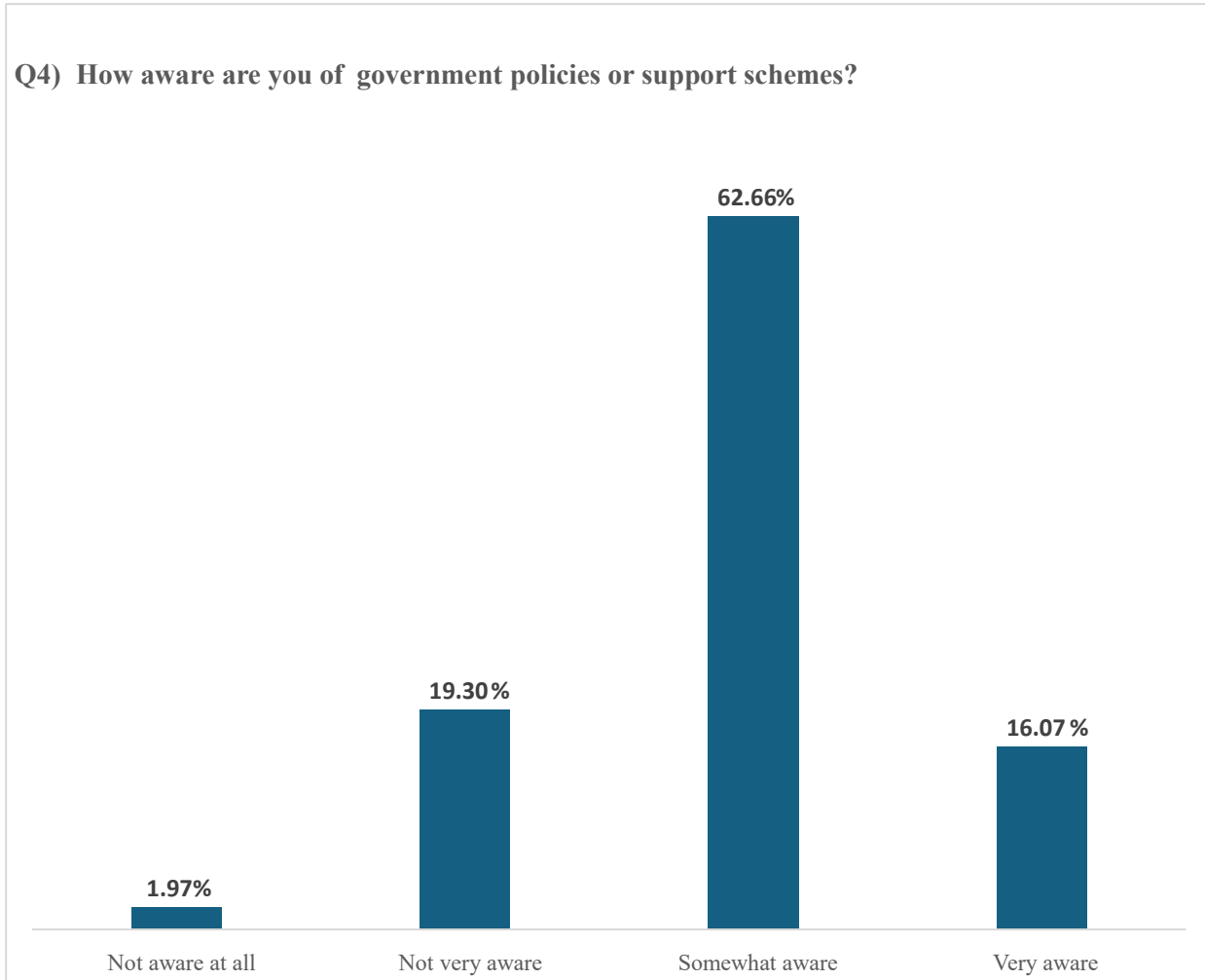
- Over 93% of youth have heard about the issue.
- While awareness is high, nearly half (49.91%) say they have heard about it but do not know very much.
- 43.36% of respondents consider themselves "very familiar" with the topic.

- This suggests that while the issue is well-known, high awareness has yet to translate into a deeper shift in personal mindset.

2. (b) Policy and Support Scheme Literacy

Purpose

To assess respondents' awareness of existing policies and support measures related to families with children.



Source: YouthPulse™ Poll by Heartware Network.

Figure 2(b): Familiarity with Government Support Schemes and Policies

Key Observations

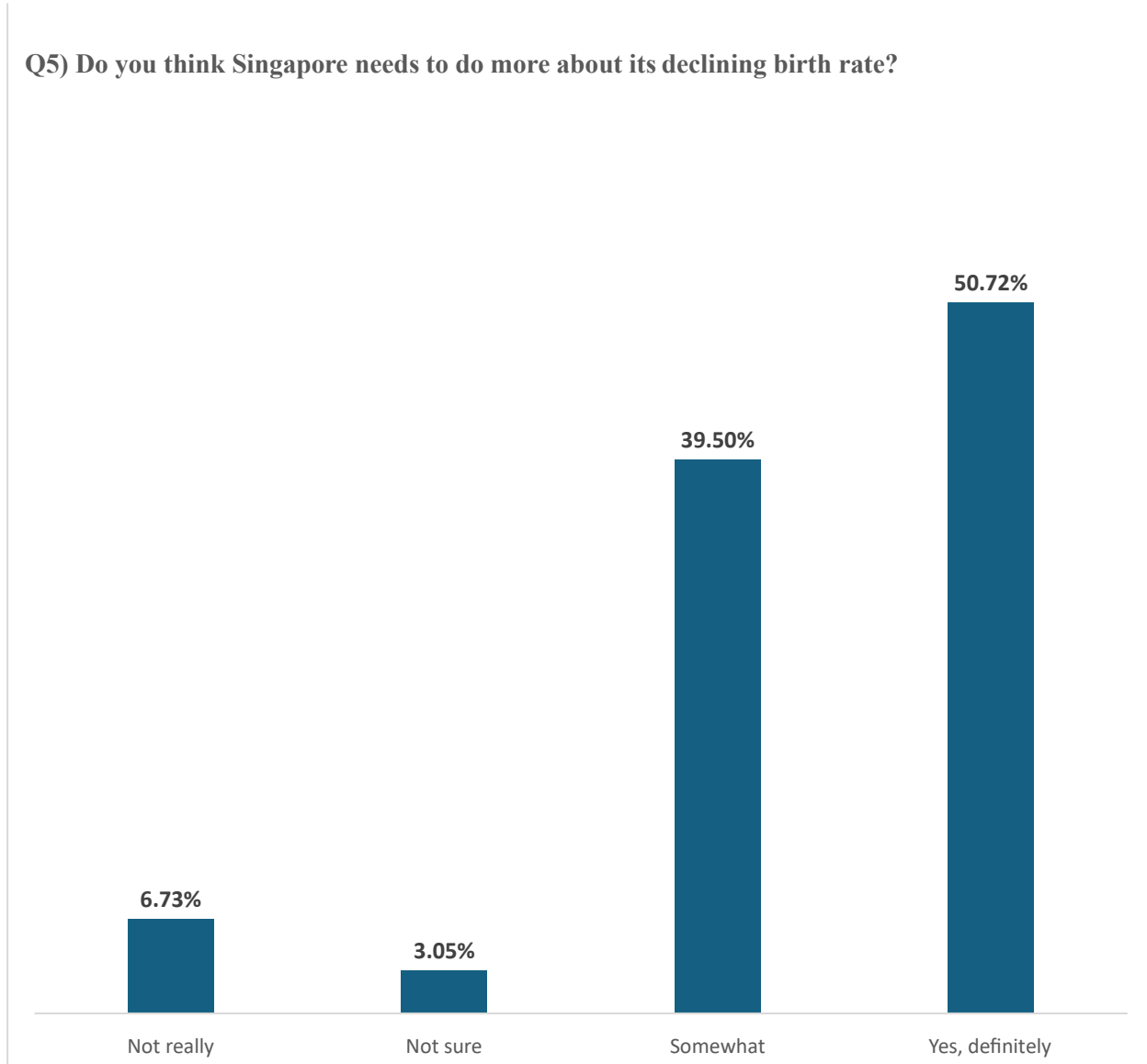
- While majority of respondents (62.66%) are "somewhat aware" of available support, only 16.07% of youth feel they are "very aware" of policies or support schemes.
- Combined, about 21.27% have little to no awareness of existing support schemes, showing a clear area where more awareness is needed.

Attitudes & Perception

3. (a) Perceived Need for Action

Purpose

To gauge whether youth believe more should be done to address the declining birth rate.



Source: YouthPulse™ Poll by Heartware Network.

Figure 3(a): Perception of the Need for Further Action on Birth Rates

Key Observations

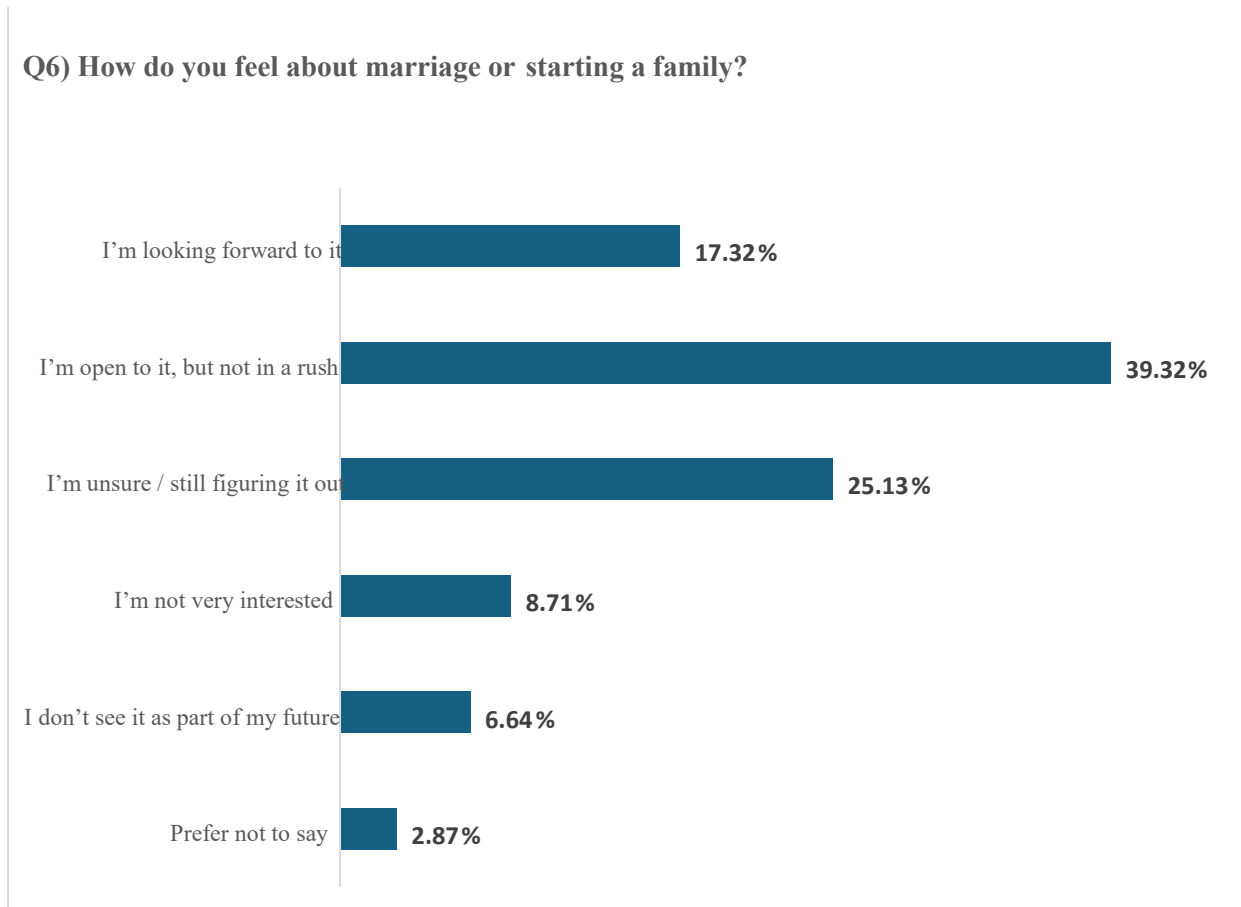
- A combined 90.22% of respondents feel that more can be done, with 50.72% "definitely" and 39.50% "somewhat".

- A combined 9% of respondents have indicated “not really” and “not sure”, highlighting that a minority still feels unsure of what more can be done.

3. (b) Personal Sentiments toward family

Purpose

To understand the current attitudes and readiness of youth towards marriage and starting a family.



Source: YouthPulse™ Poll by Heartware Network.

Figure 3(b): Youth Sentiment Toward Marriage and Family Formation

Key Observations

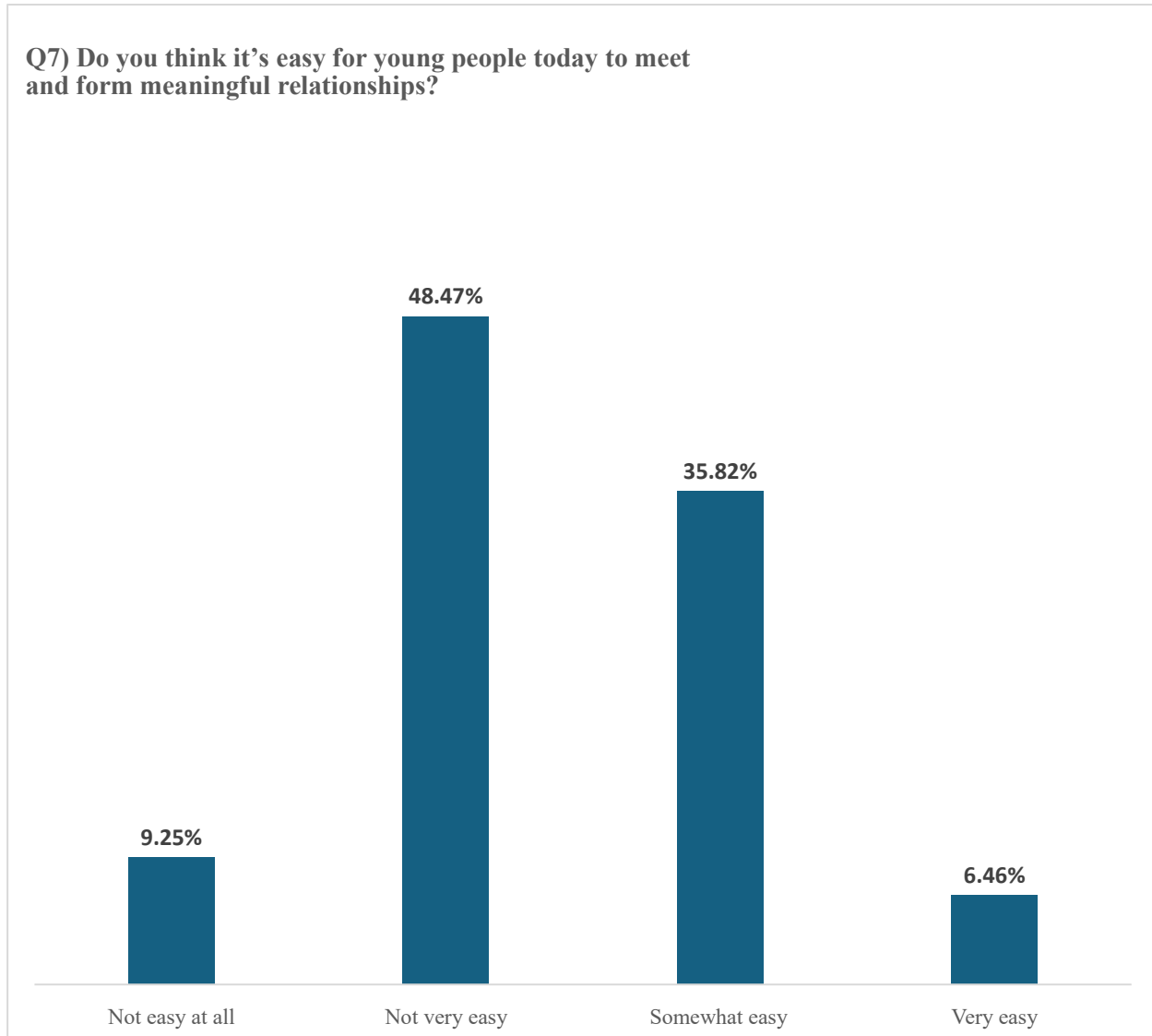
- The majority (39.32%) are "open but not in a rush," suggesting that while they are open to marriage and starting a family, it is something for later.
- Roughly 1 in 4 youth (25.13%) are still “unsure or still figuring it out” with reference to their future plans.
- The low anticipation rate of 17.32% (looking forward) highlights a mindset where the shift from individual to family life feels mentally overwhelming. It suggests that policy support alone is insufficient without a cultural bridge to make these aspirations feel attainable.

Social and Practical Barriers

4. (a) Perceived ease of social connection

Purpose

To assess youth perceptions of how easy or difficult it is to form meaningful relationships today.



Source: YouthPulse™ Poll by Heartware Network.

Figure 4(a): Perceptions on the Ease of Forming Meaningful Relationships

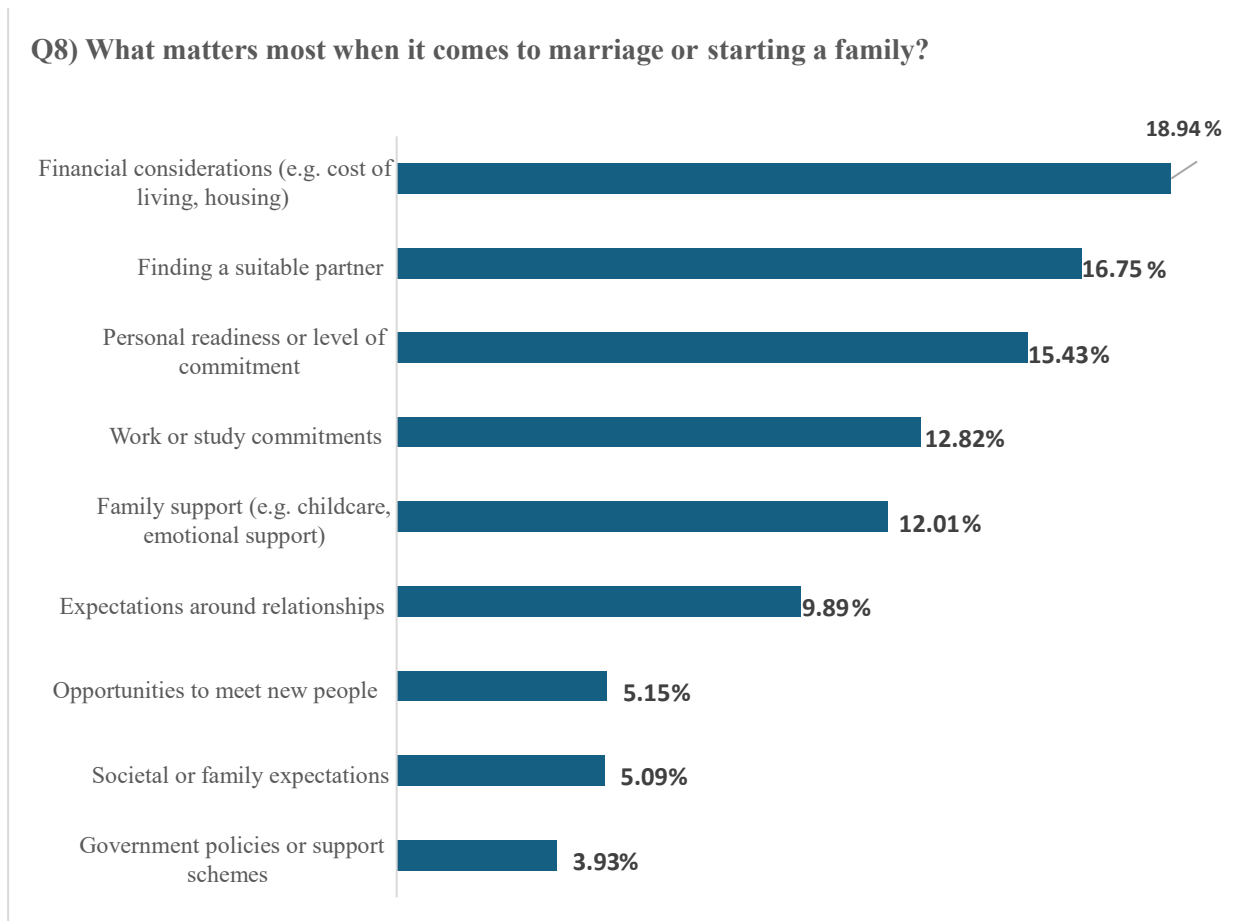
Key Observations

- A majority of 57.72% find it "not very easy" (48.47%) or "not easy at all" (9.25%) to form meaningful relationships, suggesting that most of the youth perceive significant challenges in building close connections, or a lack of opportunities for youth to meet.
- Only 6.46% of respondents feel that meeting people and forming bonds is "very easy".

4. (b) Key Priorities for Family Formation

Purpose

To identify the key factors that influence youth considerations when thinking about marriage or starting a family.



Source: YouthPulse™ Poll by Heartware Network.

Figure 4(b): Top Considerations for Marriage and Starting a Family

Key Observations

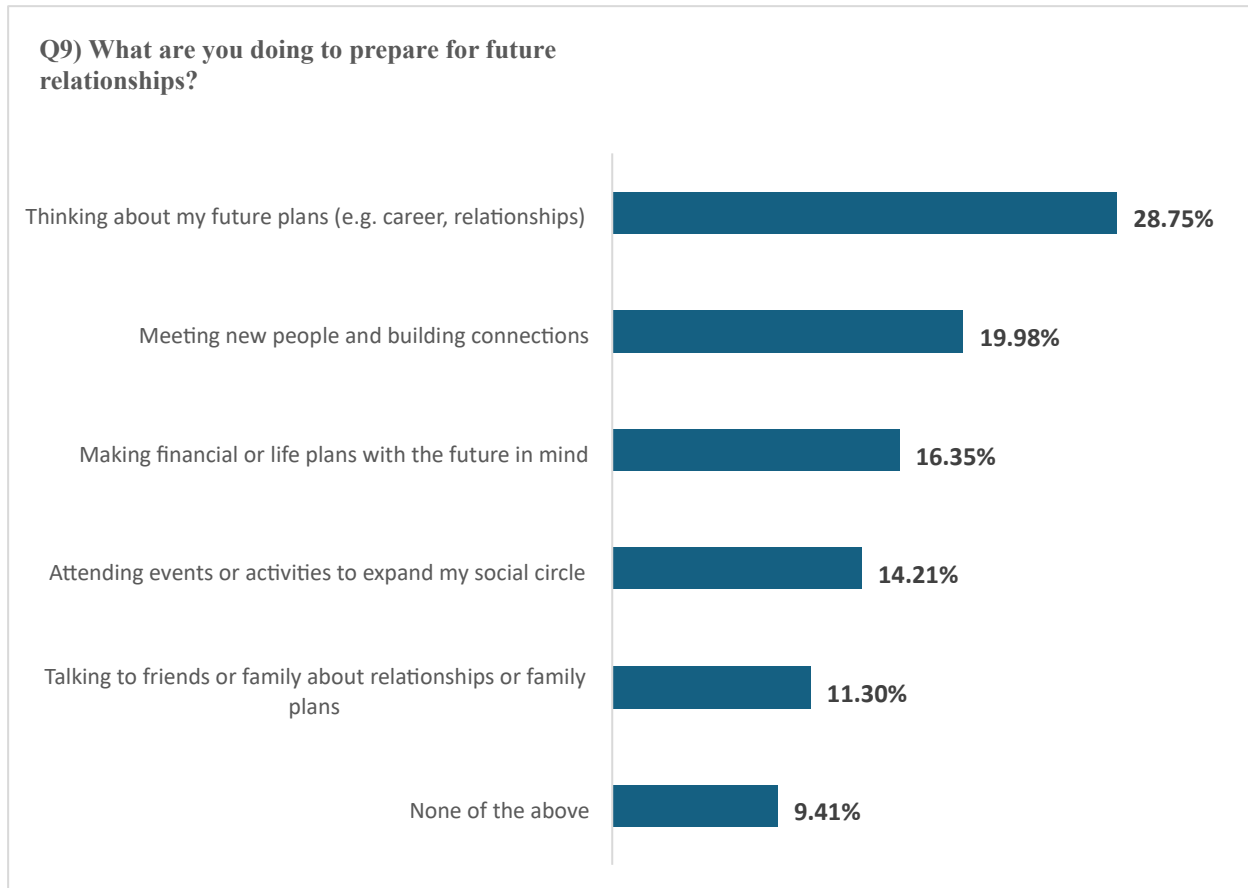
- The top considerations are “Financial considerations” (18.94%), highlighting concerns around cost of living and housing, “finding a suitable partner” (16.75%) and “personal readiness or level of commitment” (15.43%). This indicates that both financial stability and internal preparedness play key roles in shaping readiness for family formation.
- In contrast, relatively fewer respondents selected opportunities to meet new people (5.15%), societal or family expectations (5.09%), and government policies or support schemes (3.93%). This suggests that while structural and societal factors are still relevant, they are perceived as less immediate compared to personal circumstances and financial security when youth evaluate decisions about marriage and starting a family.

Future engagement and advocacy

5. (a) Personal preparation for the future

Purpose

To understand the active steps taken by youth to prepare for future relationships.



Source: YouthPulse™ Poll by Heartware Network.

Figure 5(a): Current Actions Taken Toward Future Relationship Preparation

Key Observations

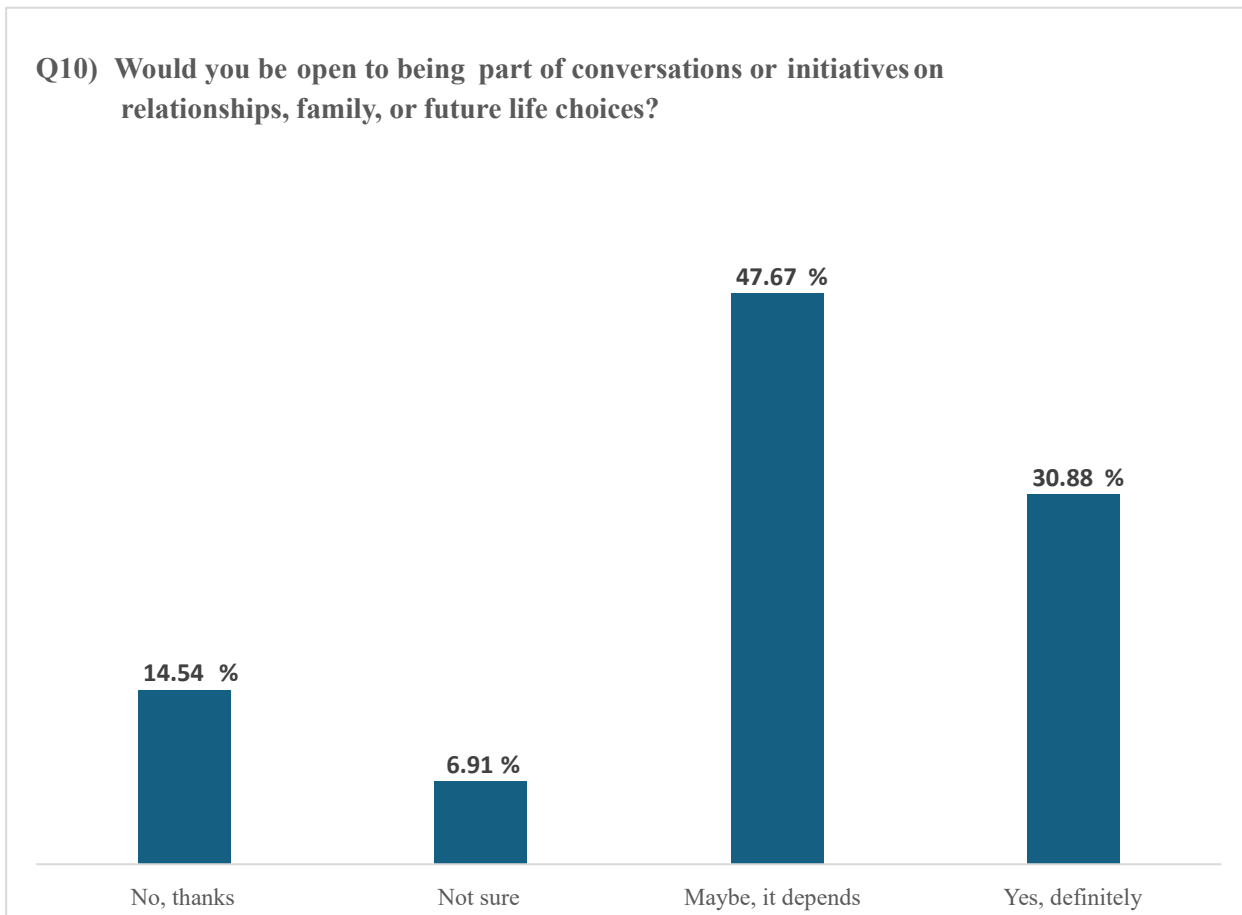
- Majority of the youth are “Thinking about Future Plans” (28.75%), this suggests that many youth are engaging in internal reflection as a first step.
- This is followed by 19.98% who are actively “meeting new people and building connections”, indicating that a portion of respondents are taking more direct, action-oriented steps to expand their social networks.
- On the lower end, only 11.30% report “talking to friends or family about relationships or family plans”, suggesting that open discussions on this topic may be relatively limited. Meanwhile,

9.41% selected “none of the above,” indicating that a small minority are not currently taking any active steps to prepare for future relationships.

5. (b) Openness to Joining the Conversation

Purpose

To gauge youth openness to participating in discussions or initiatives related to relationships, family, or future life choices.



Source: YouthPulse™ Poll by Heartware Network.

Figure 5(b): Youth Openness to Participating in Relationship and Family Initiatives

Key Observations

- A majority of respondents (47.67%) selected “Maybe, it depends,” indicating a cautious but open stance towards participating in conversations or initiatives related to relationships, family, and future life choices. This suggests that engagement is conditional, likely depending on relevance, timing, or format.
- A further 30.88% indicated “Yes, definitely,” reflecting a strong willingness among a significant proportion of youth to engage in such discussions.

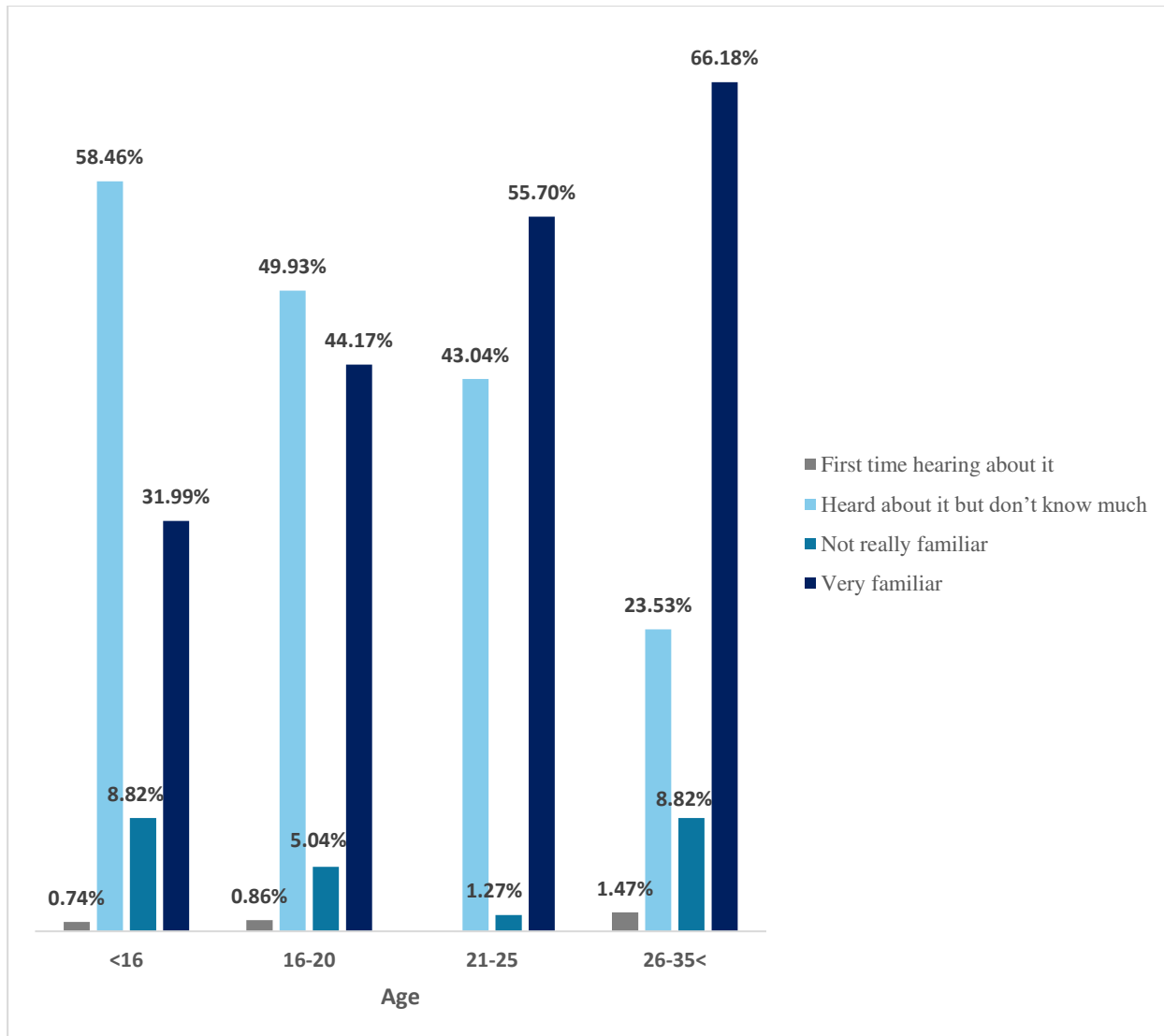
- In contrast, 14.54% selected “No, thanks,” showing a clear group that is not interested in participating, while 6.91% reported being “Not sure,” indicating some uncertainty or lack of clarity about their level of interest.

PART II: DETAILED DEMOGRAPHIC CROSS-ANALYSIS

1. Awareness: Familiarity with National Trends & Policy and Support Scheme Literacy

To determine the awareness of the declining birth rate and government support schemes are evenly distributed or if specific knowledge gaps exist across the age or gender.

Analysis A: Familiarity with national trends across age group categories



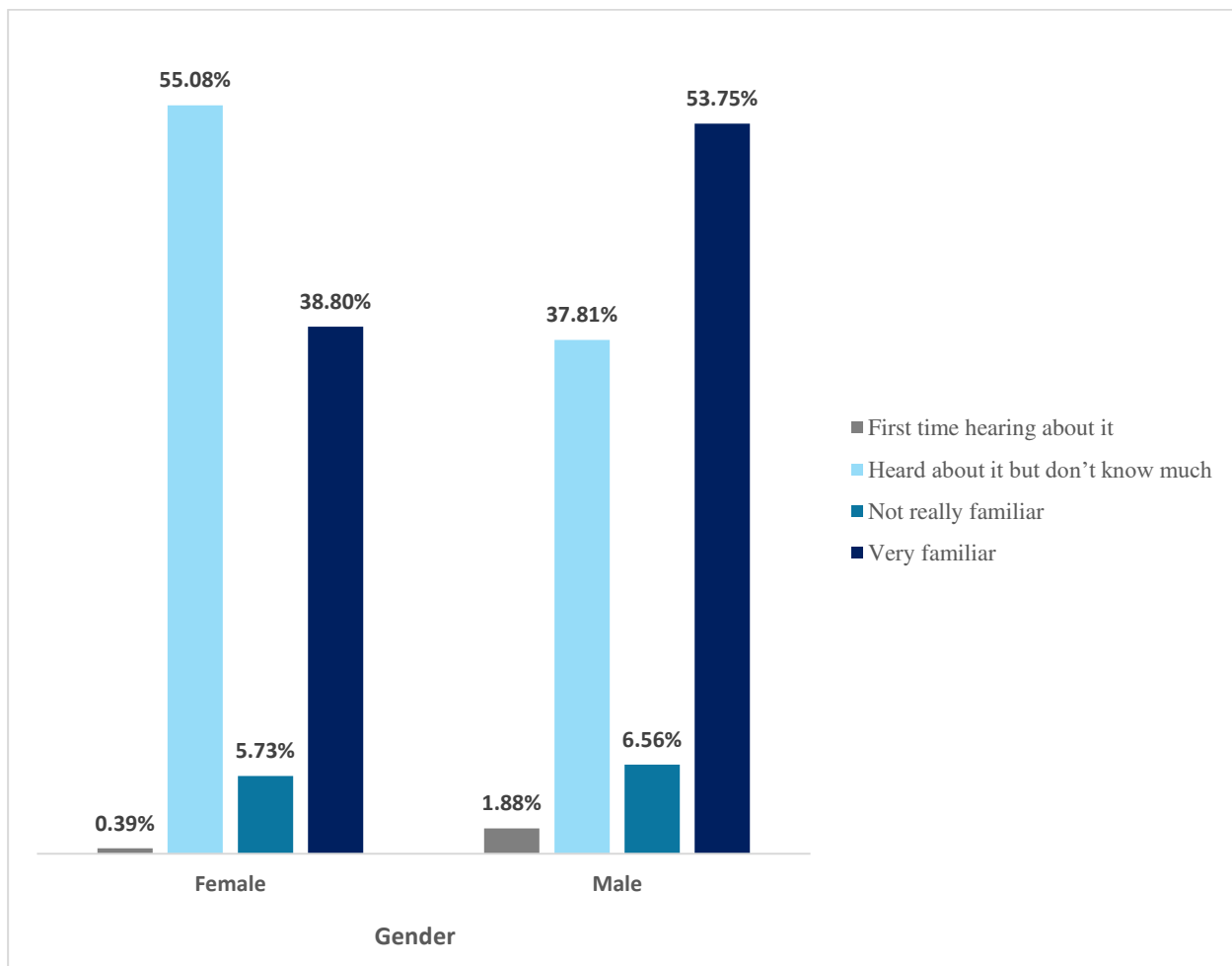
Source: YouthPulse™ Poll by Heartware Network.

Figure 1(a): Familiarity with national trends across age group

Key Findings:

- Awareness of Singapore’s declining birth rate appears to increase with age from 31.99% in the youngest group (<16) to 66.18% in the oldest (26-35<), suggesting that older youth may have greater exposure to broader social, economic, or policy discussions surrounding the issue.
- Conversely, the proportion of respondents who had “heard about it but don’t know much” decreased with age, from 58% among those below 16 years old to 23% among respondents aged 26 and above, suggesting that younger youth may be aware of the issue at a surface level but have less in-depth understanding.

Analysis B: Familiarity with national trends across gender



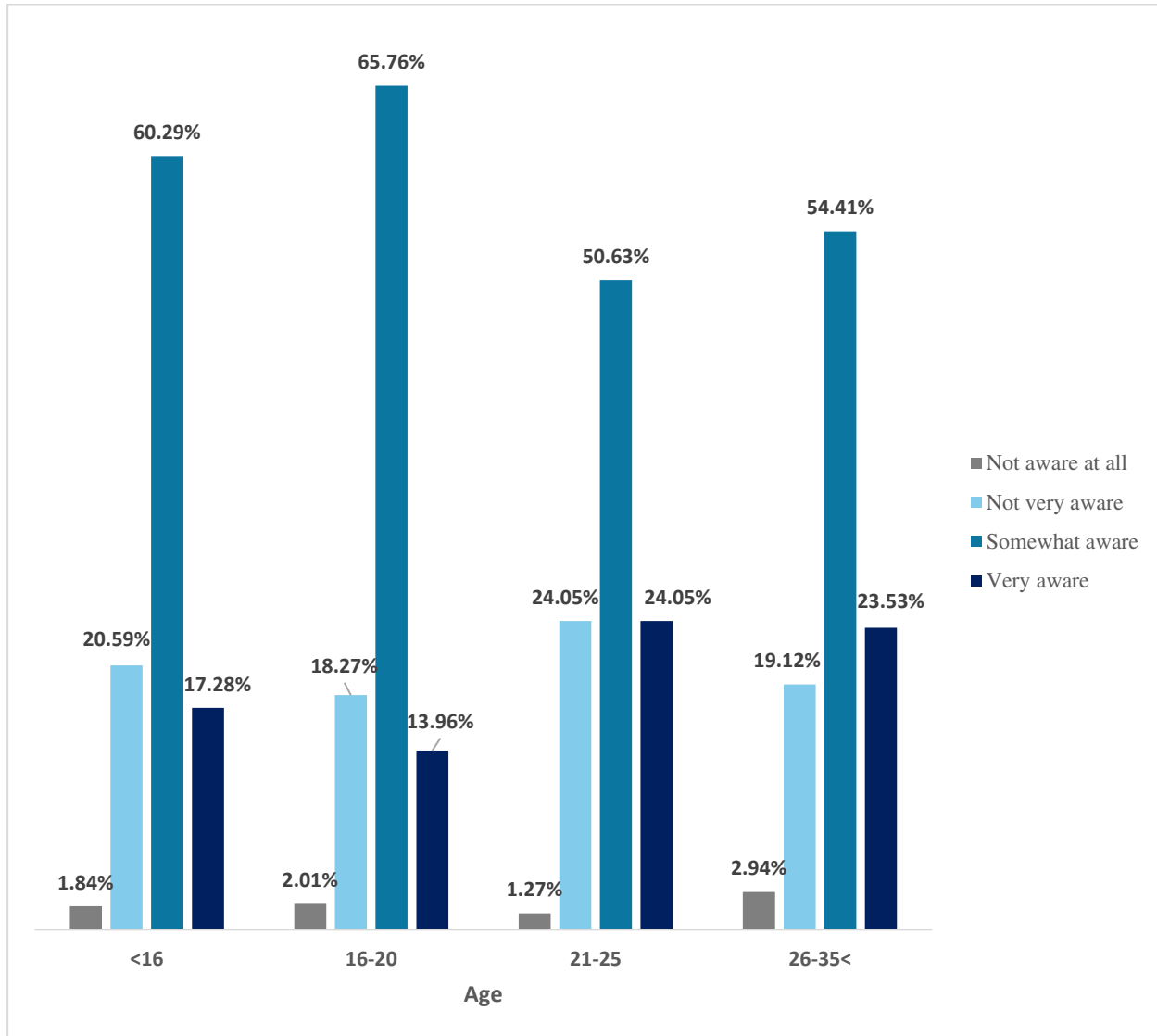
Source: YouthPulse™ Poll by Heartware Network.

Figure 1(b): Familiarity with national trends across gender

Key findings:

- Gender differences were observed in awareness levels, with male respondents (53.75%) reporting higher familiarity with the declining birth rate issue, while female respondents (55.08%) more commonly indicated a surface-level awareness (“heard about it but don’t know much”).

Analysis C: Policy awareness across age group categories



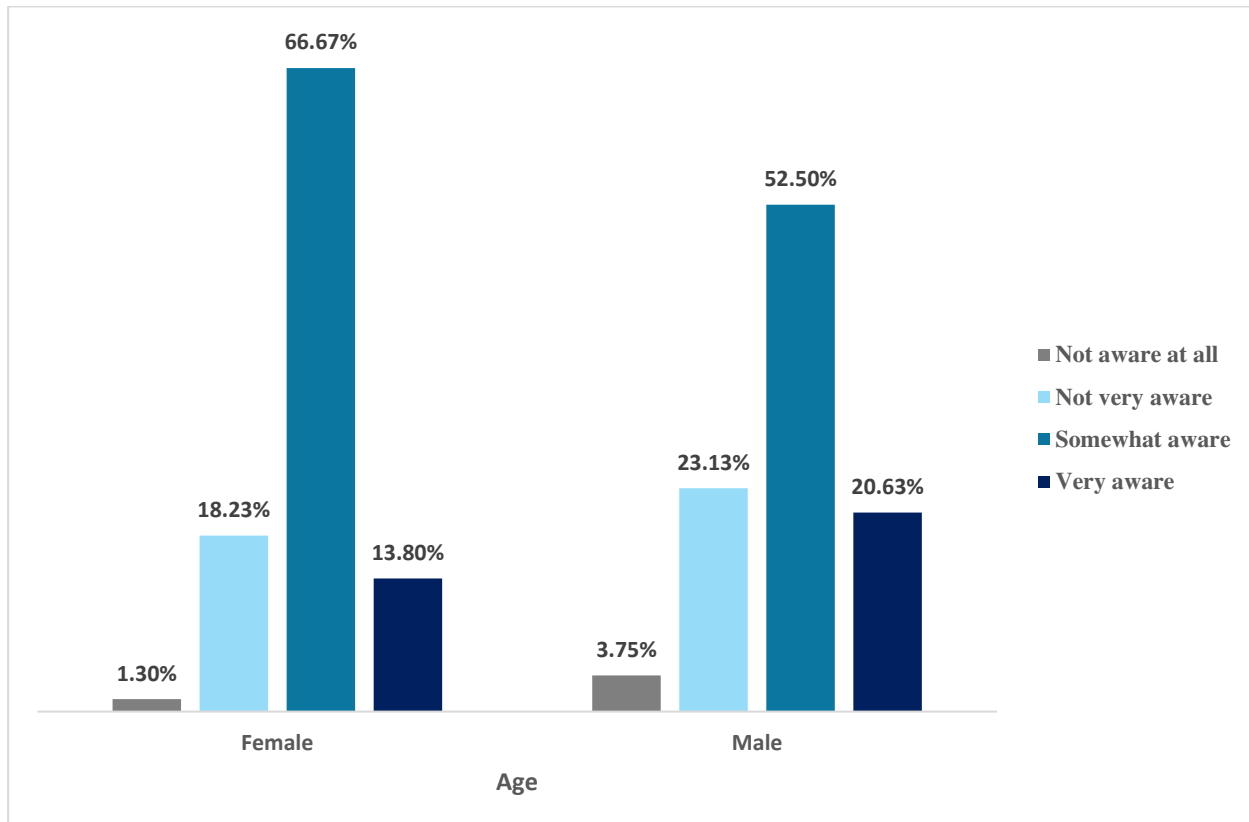
Source: YouthPulse™ Poll by Heartware Network.

Figure 1(c): Policy awareness across age group

Key findings:

- Awareness of government support schemes appears generally moderate across all age groups, with “somewhat aware” being the most common response (50–65%). However, only a smaller proportion reported being “very aware,” with higher familiarity observed among respondents aged 21 and above compared to younger youth.
- This suggests that awareness of support schemes may deepen with age and exposure.

Analysis D: Policy awareness across gender



Source: YouthPulse™ Poll by Heartware Network.

Figure 1(d): Policy awareness by gender

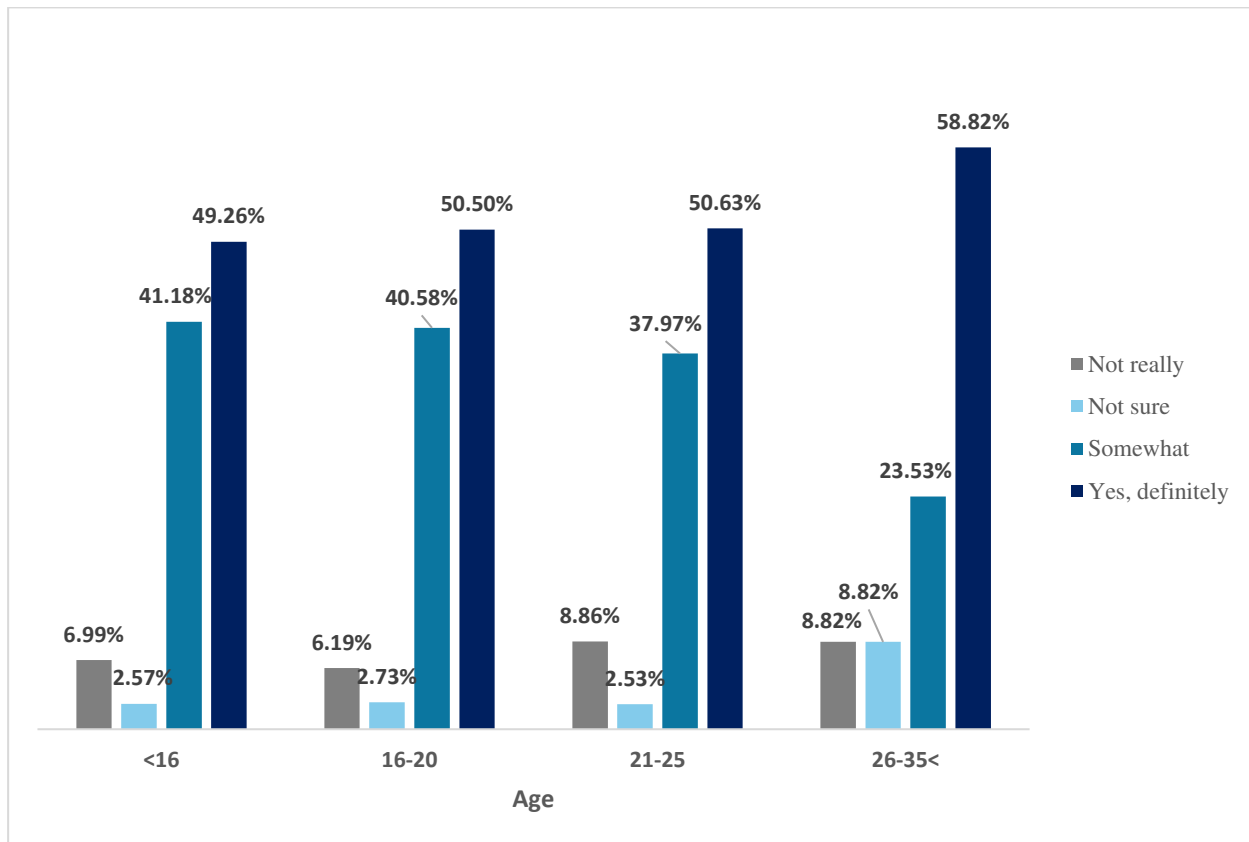
Key findings:

While most respondents across genders indicated moderate awareness of government support schemes, male respondents (20.63%) reported slightly higher levels of familiarity (“very aware”) compared to female respondents (13.80%).

2. Attitude: Perceived Need for Action and Personal Sentiments Toward Family

To gauge whether youth believe more should be done to address the declining birth rate and understand the current attitudes and readiness of youth towards marriage and starting a family across age and gender.

Analysis A: Perceived need for action across age group categories



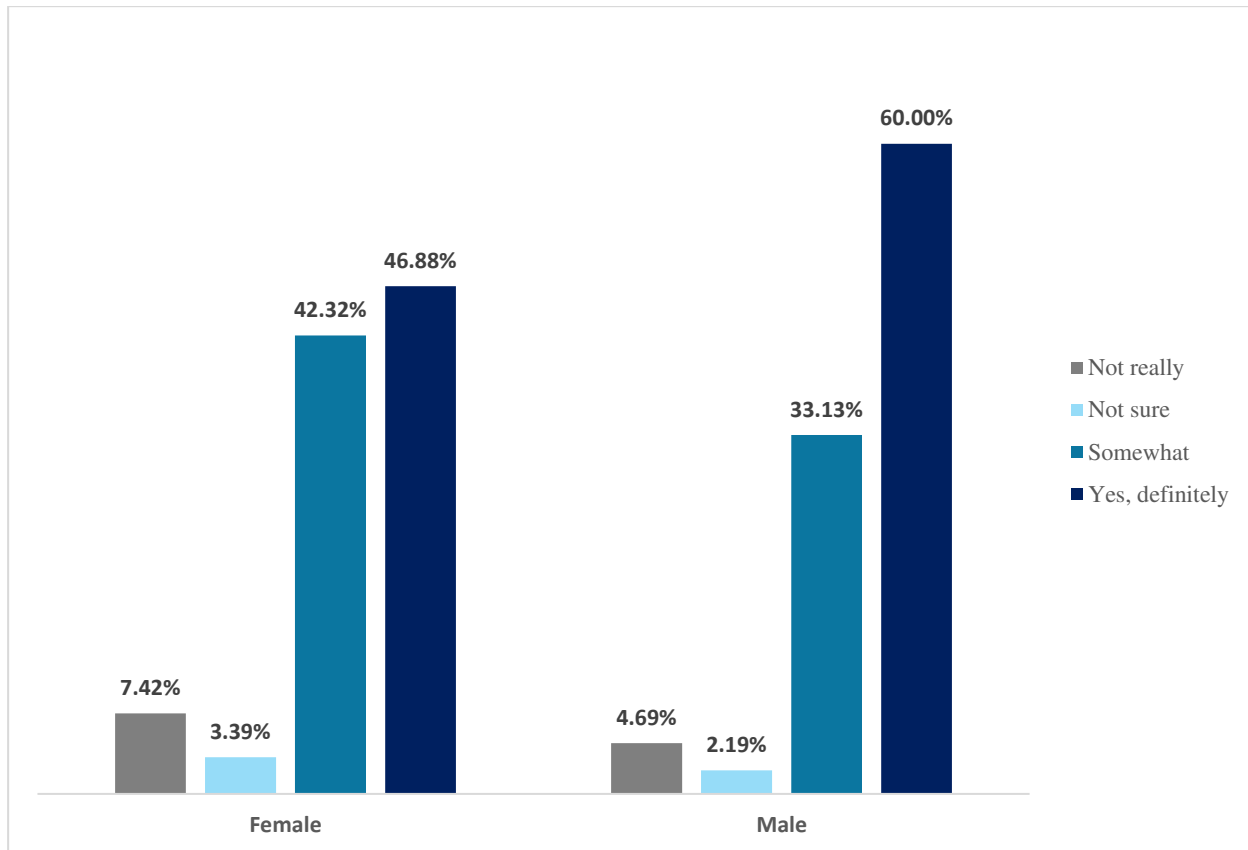
Source: YouthPulse™ Poll by Heartware Network.

Figure 2(a): Demand for national action across age group

Key Findings

- Across all age groups, most respondents agreed that Singapore should act on the declining birth rate, with stronger support (“Yes, definitely”) increasing slightly with age, while “Somewhat” support declined among older respondents.

Analysis B: Perceived need for action across gender



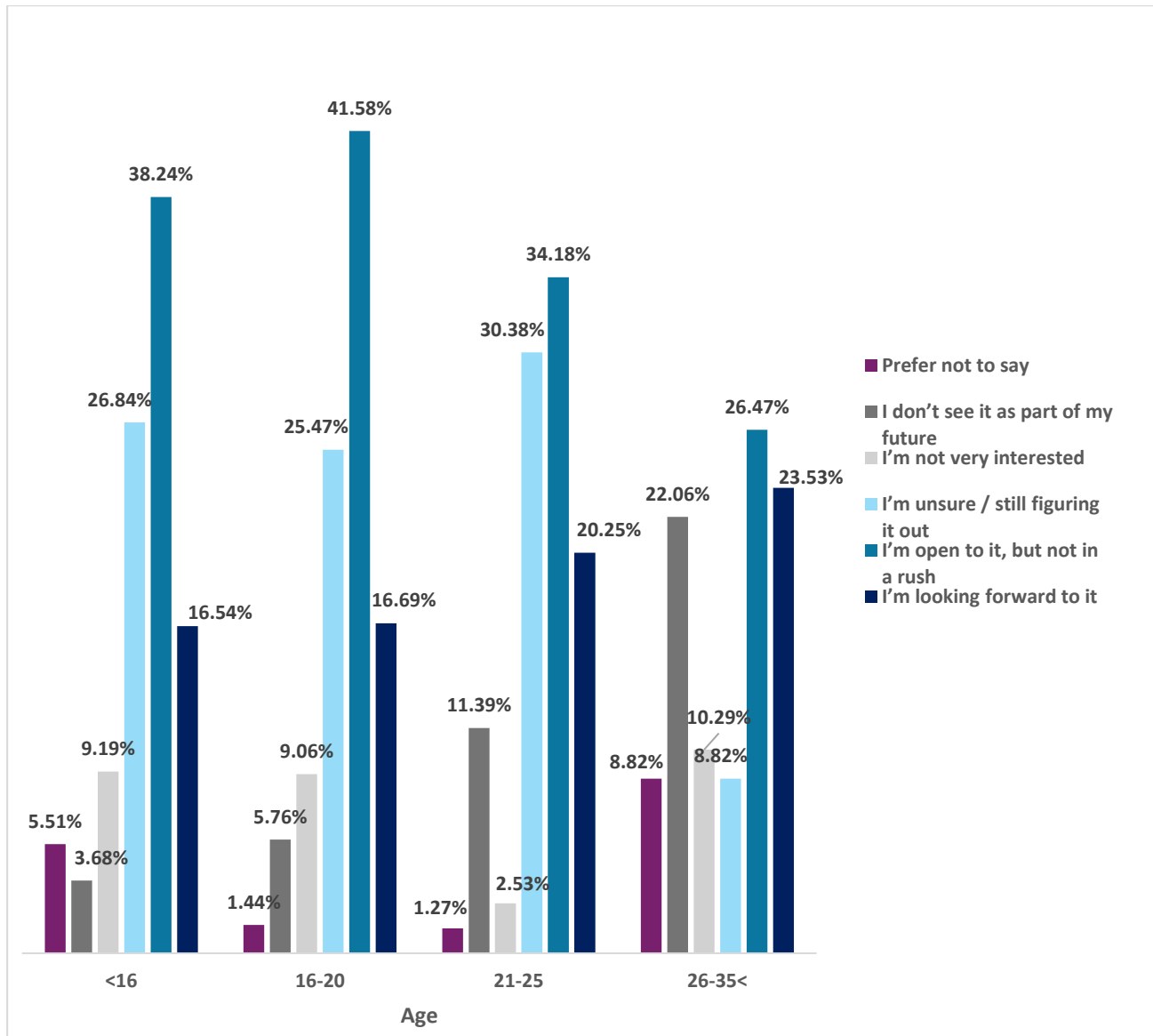
Source: YouthPulse™ Poll by Heartware Network.

Figure 2(b): Demand for national action across gender

Key findings

- A strong majority of both genders agree that Singapore must address its declining birth rate.
- Male respondents (60%) show a significantly higher intensity of definitive support ("Yes, definitely") compared to female respondents (46.88%).
- While nearly half of female respondents express definitive support, they are much more likely than males to lean toward a moderate stance, with 42.32% indicating "Somewhat" support compared to only 33.13% of males.

Analysis C: Personal readiness for marriage and family across age group categories



Source: YouthPulse™ Poll by Heartware Network.

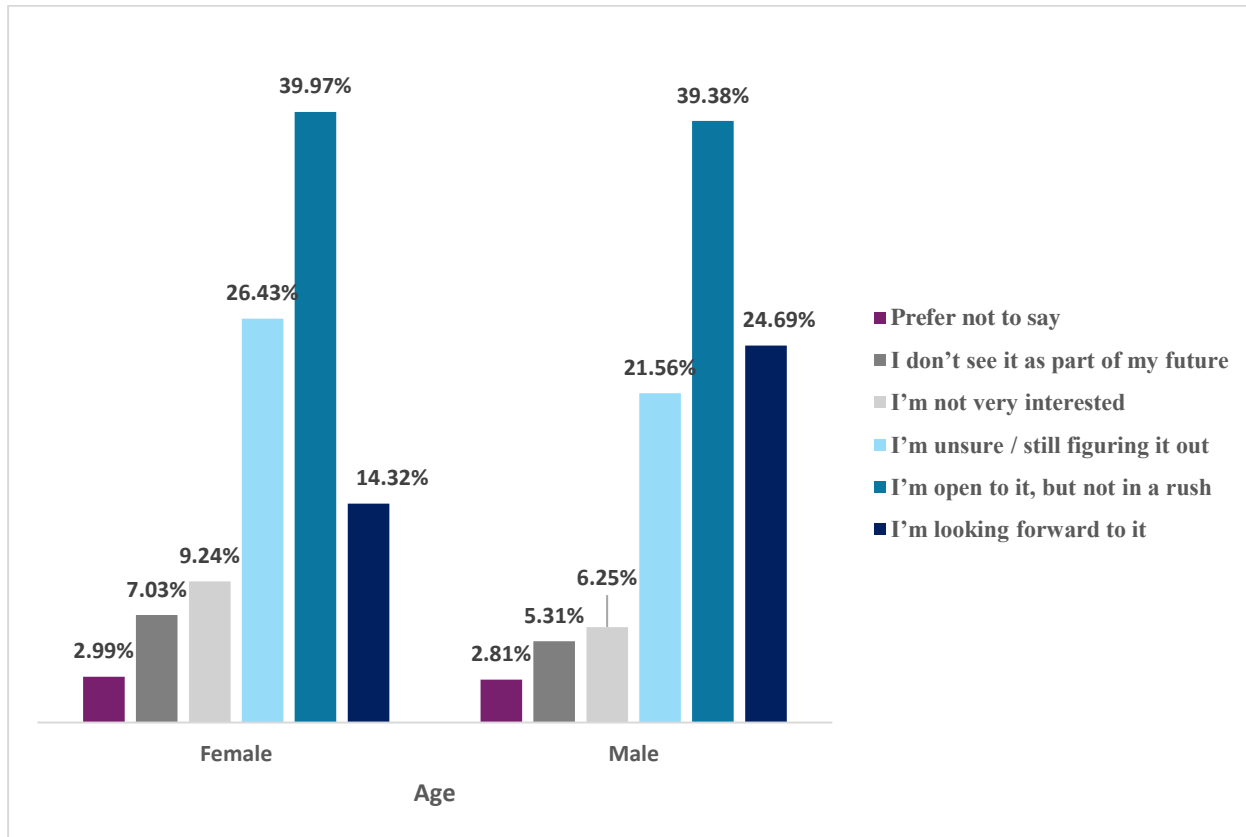
Figure 2(c): Marriage and family outlook across age group

Key findings

- While younger respondents are generally open to marriage and family “but not in a rush,” older youth (aged 26–35<) show a distinct polarisation in their outlook. This demographic reports the highest proportion of respondents “looking forward” to marriage among all age groups at 23.53%, while simultaneously containing a significant segment (22.06%) who do not see family as part of their future.
- As youth mature and transition into early careers, the neutral "middle ground" decreases in favor of more definitive views. By the 26–35< age group, respondents move away from being

"open but not in a rush" toward either active readiness or a clear decision to exclude family formation from their future plans.

Analysis D: Personal readiness for marriage and family across gender



Source: YouthPulse™ Poll by Heartware Network.

Figure 2(d): Marriage and family outlook across gender

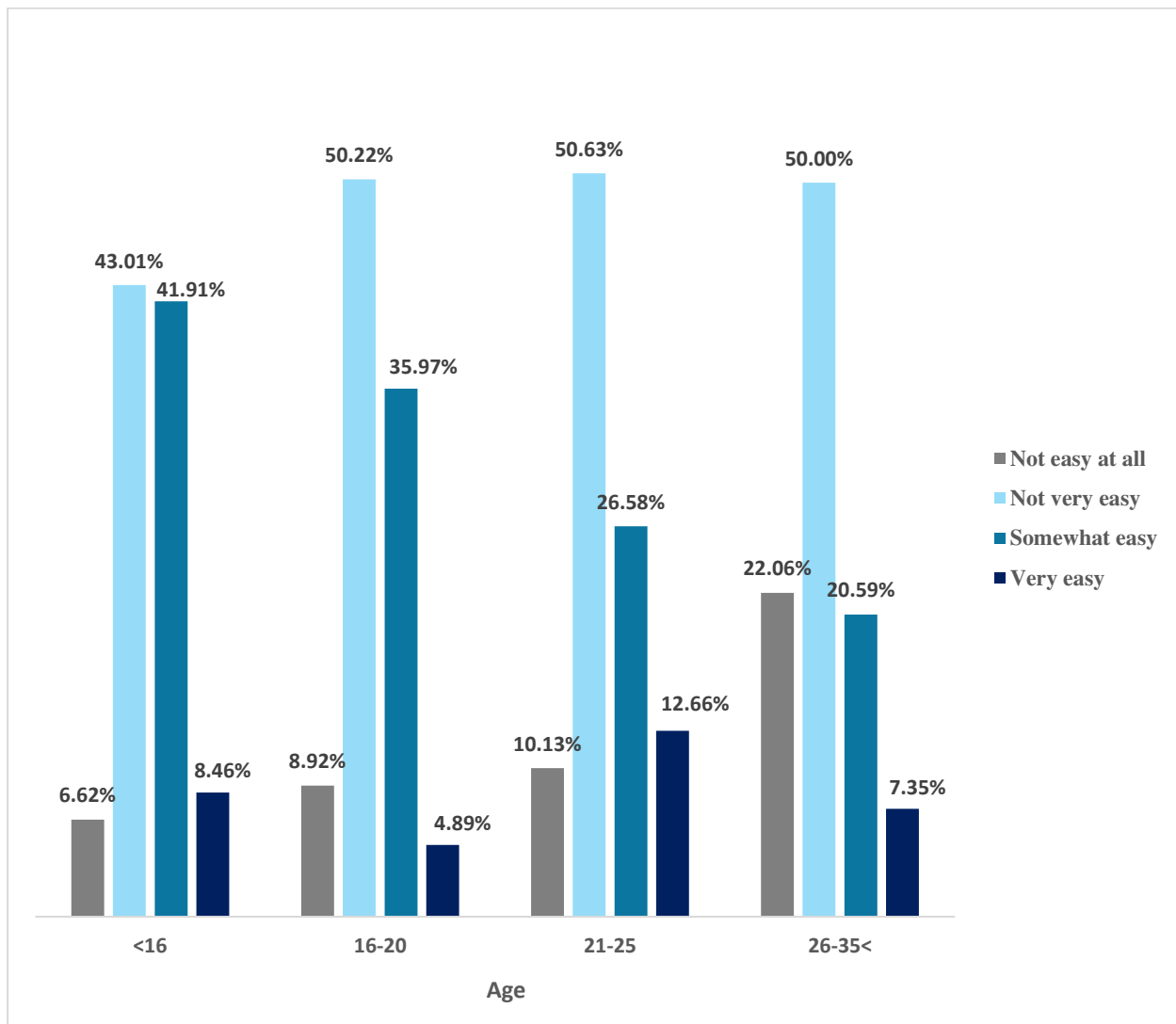
Key findings

- Male respondents were more likely to express readiness towards marriage and family, with 24.7% indicating they were “looking forward to it,” compared to 14.3% of female respondents. Female respondents were more likely to indicate uncertainty, with 26.4% stating they were still “figuring it out,” compared to 21.6% of males. Interestingly, both males and females were equally split at 40% to: “I’m open to it, but not in a rush”.

3. Social Context: Perceived Ease of Social Connection and Key Priorities for Family Formation

To evaluate how age and gender influence the ease of forming meaningful relationships and the evolving priorities that drive family formation.

Analysis A: Ease of forming relationships across age group categories



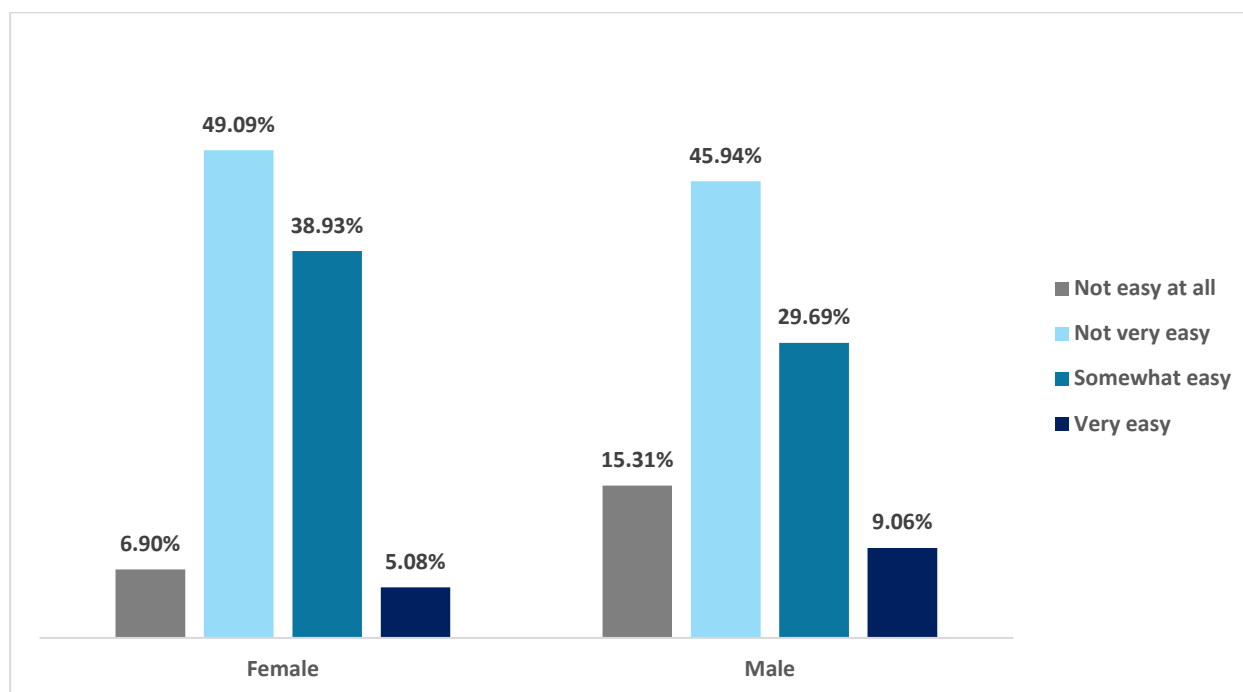
Source: YouthPulse™ Poll by Heartware Network.

Figure 3(a): Ease of forming relationships across age group categories

Key findings

- Perceived ease of forming relationships declines with age, with younger respondents more likely to describe it as “somewhat easy” (41.9% under 16 vs. 20.6% aged 26–35+), while most age groups across all ages predominantly selected “not very easy” (43–51%), indicating that forming relationships is generally seen as challenging among youth.

Analysis B: Ease of forming relationships across gender



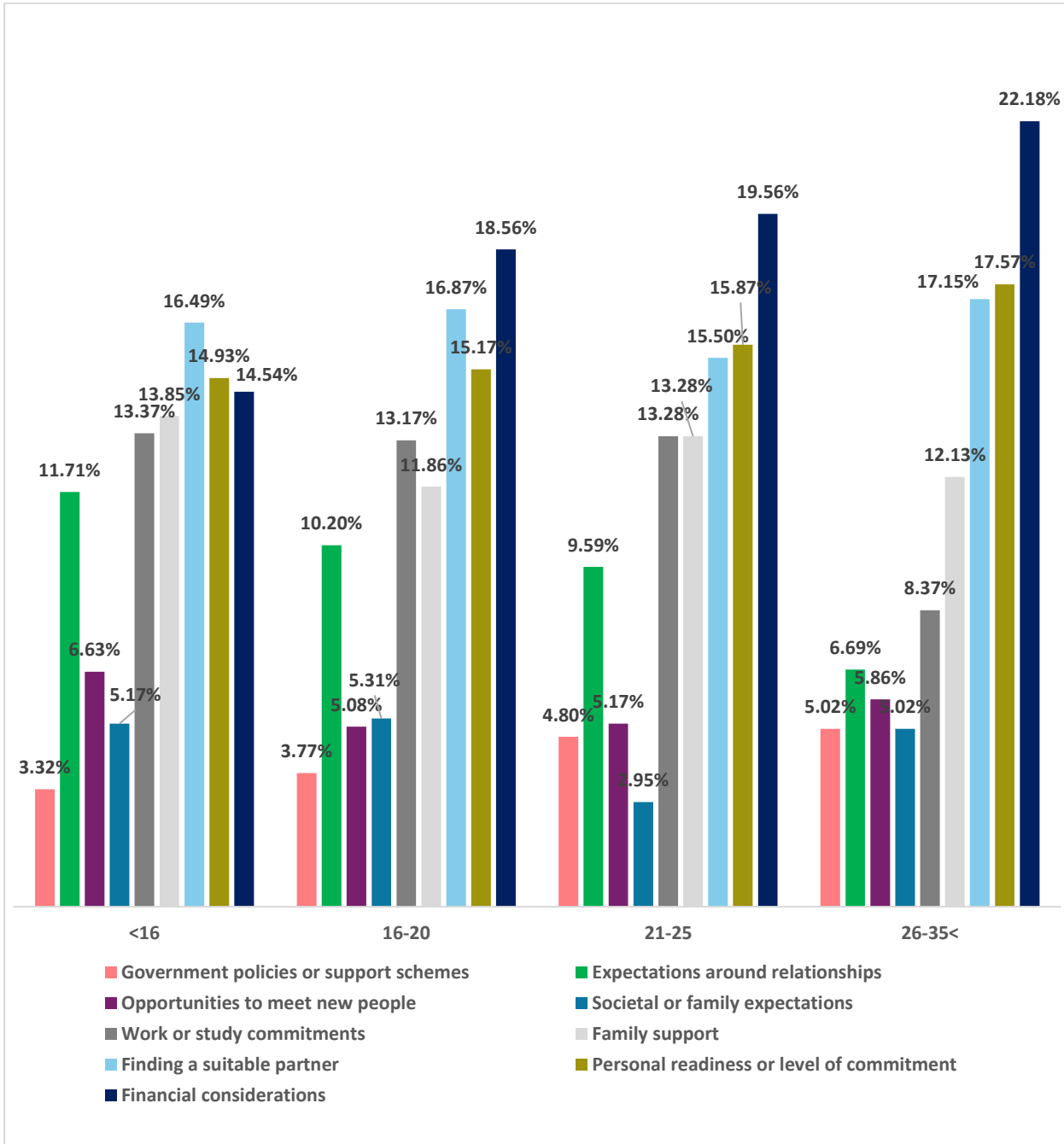
Source: YouthPulse™ Poll by Heartware Network.

Figure 3(b): Ease of forming relationships across gender

Key findings

- Across both genders, most respondents felt that forming relationships is not easy, with “not very easy” being the most common response (45<%).
- A slightly higher percentage of females were more likely to view it as “somewhat easy” (38.93%) as compared to males (29.69%).
- Male respondents (15.31%) reported significantly higher levels of extreme difficulty, perceiving relationship formation as "not easy at all" at more than double the rate of female respondents (6.90%).

Analysis C: Priorities for marriage and family across age group categories



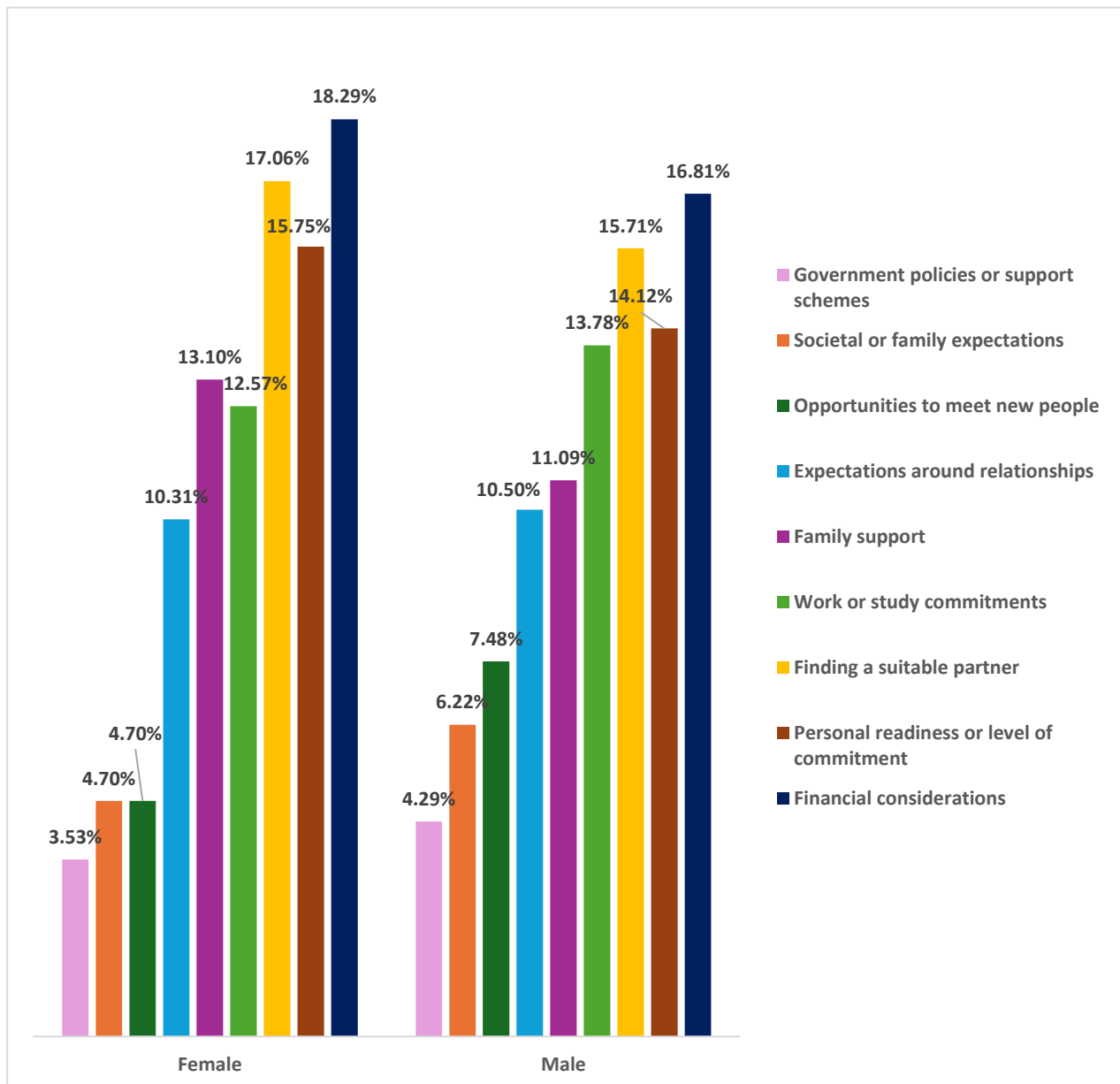
Source: YouthPulse™ Poll by Heartware Network.

Figure 3(c): Key priorities for the future across age group categories

Key findings

- Across all age groups, finding a suitable partner and personal readiness remained consistently important considerations, while government policies and support schemes were less commonly prioritised in decisions relating to marriage and family.
- Financial considerations became increasingly important with age, rising from 14.5% among respondents below 16, to 22.2% among those aged 26 and above, suggesting that practical and financial readiness becomes a greater priority as youth approach adulthood.

Analysis D: Key priorities for the future across gender



Source: YouthPulse™ Poll by Heartware Network.

Figure 3(d): Key priorities for the future across gender

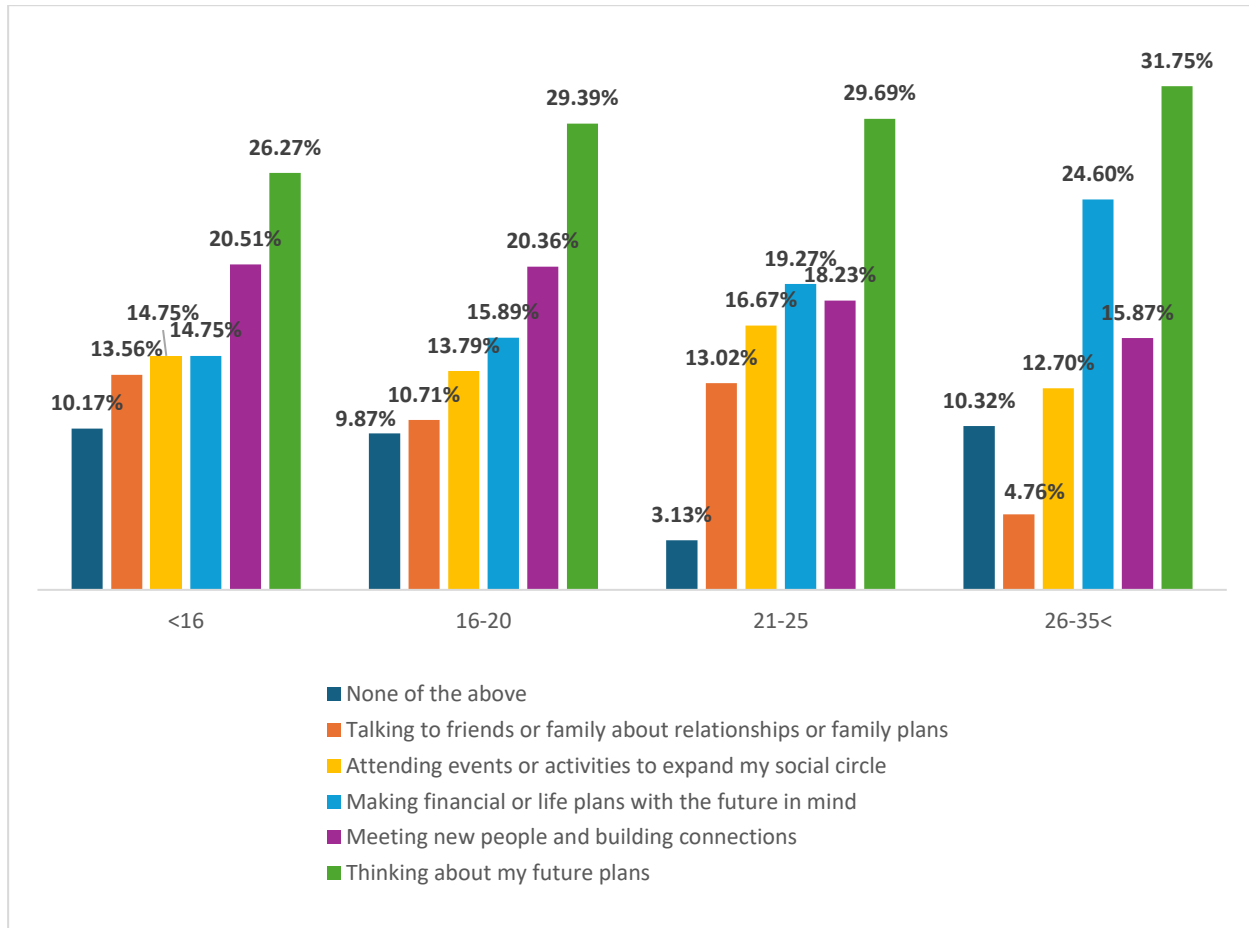
Key findings

- Across both genders, financial considerations emerged as the top priority when thinking about marriage and family, followed by finding a suitable partner and personal readiness or level of commitment.
- Female respondents placed slightly greater emphasis on financial considerations (18.29%), finding a suitable partner (17.06%), and personal readiness (15.75%) compared to males.
- Male respondents were more likely to prioritise work or study commitments (13.78%) and government policies (4.29%) compared to females.

4. Action: Future Engagement and Advocacy

To determine the level of active preparation youth are undertaking for future family life and their willingness to engage with national initiatives or discussions.

Analysis A: Personal preparation for the future across age group categories



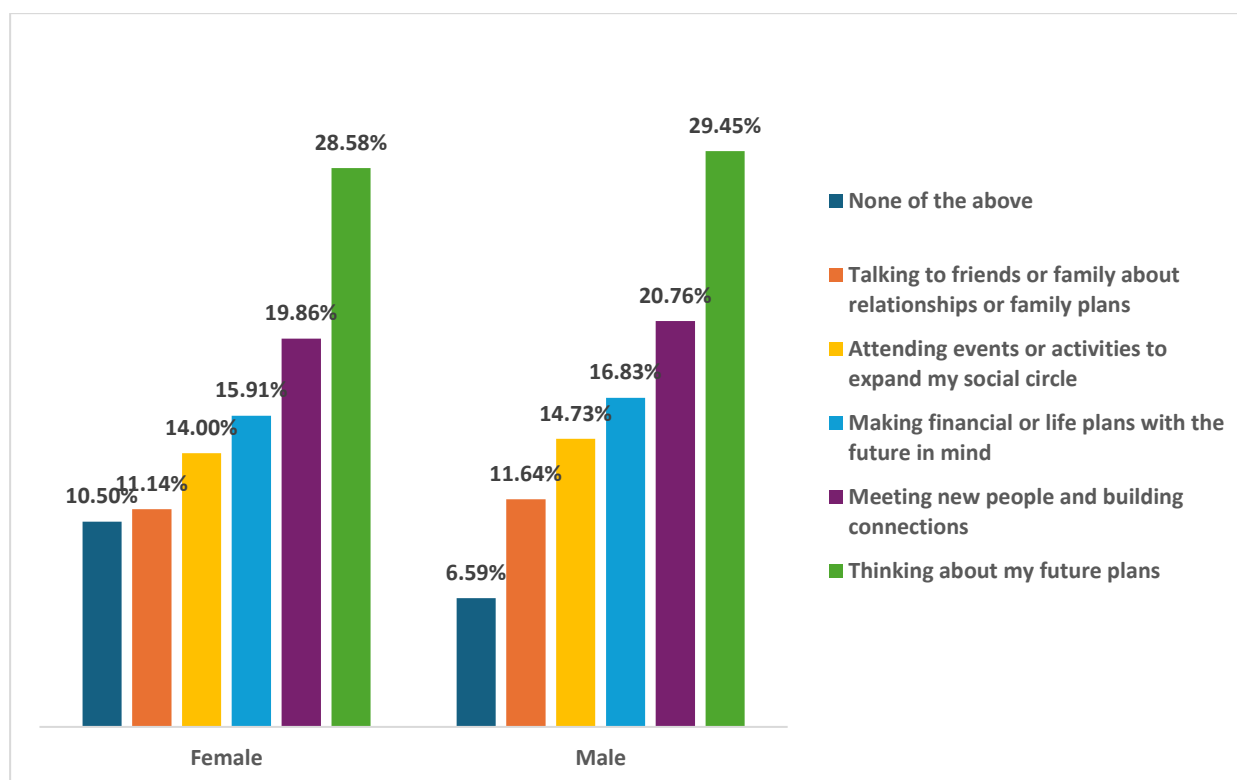
Source: YouthPulse™ Poll by Heartware Network.

Figure 4(a): Active relationship preparation across age group categories

Key findings

- Across all age groups, the most common form of relationship preparation was thinking about future plans, with the proportion increasing slightly with age, from 26.3% among respondents below 16 to 31.8% among those aged 26–35.
- Older respondents were more likely to take practical steps such as making financial or life plans, while younger respondents placed greater emphasis on meeting new people and building connections.

Analysis B: Personal preparation for the future across gender



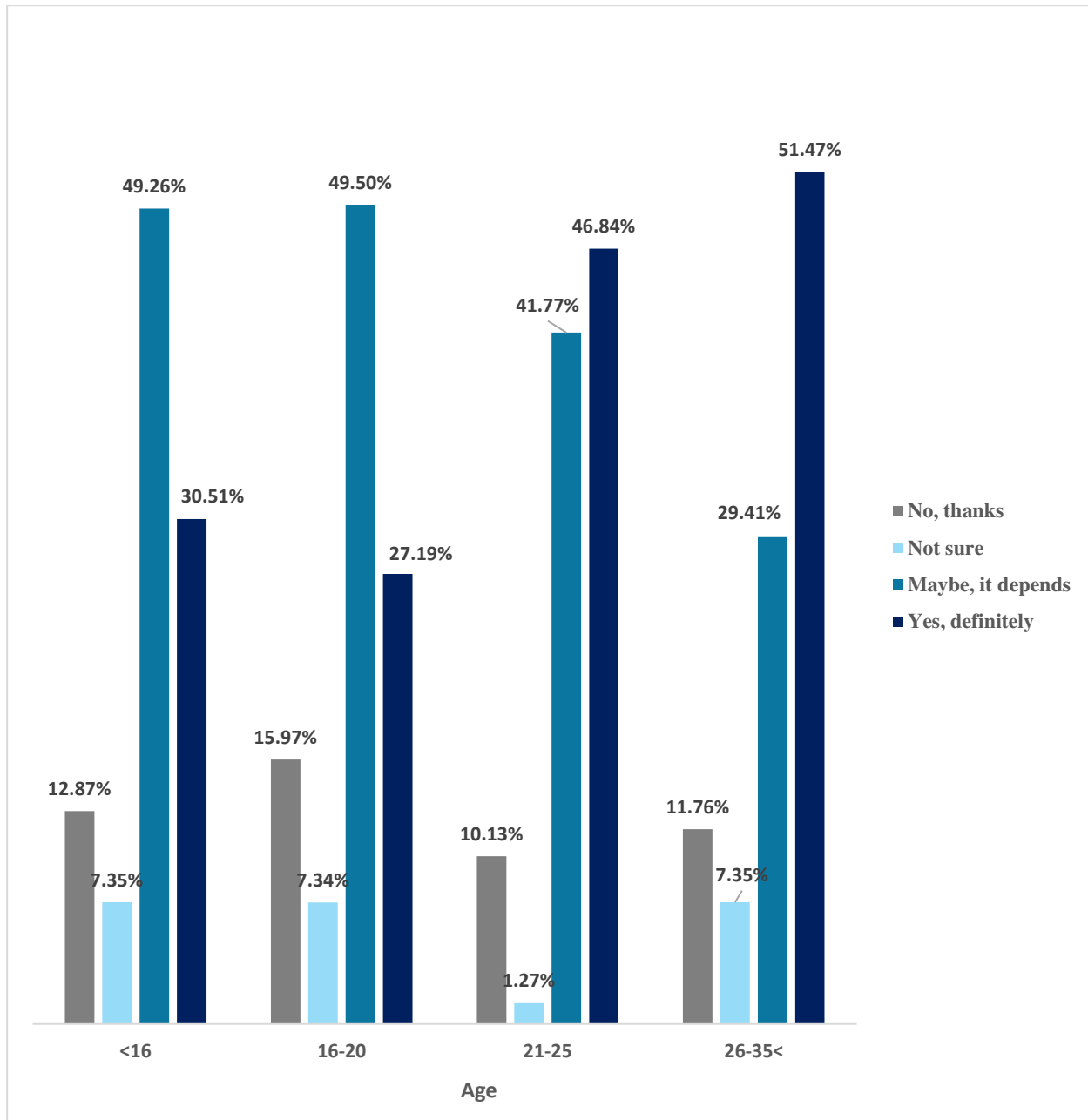
Source: YouthPulse™ Poll by Heartware Network.

Figure 4(b): Active relationship preparation across gender

Key findings

- Across both genders, the most common form of relationship preparation was thinking about future plans, followed by meeting new people and building connections.
- Male respondents reported slightly higher participation across most forms of active preparation, including building connections, making future financial or life plans, and attending social activities, although differences between genders were relatively modest.

Analysis C: Openness to conversations or initiatives across age group categories



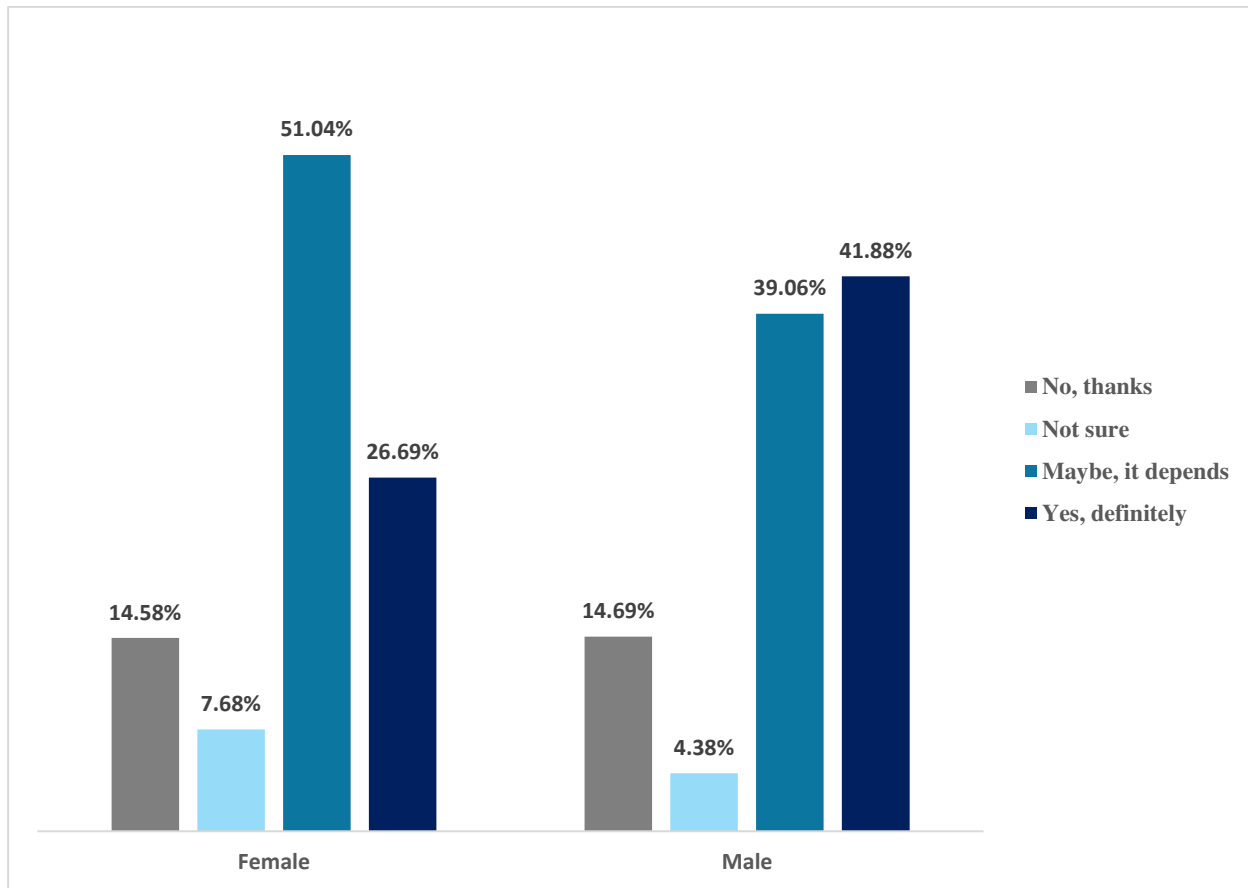
Source: YouthPulse™ Poll by Heartware Network.

Figure 4(c): Openness to community initiatives across age group categories

Key findings

- Younger respondents were more likely to indicate conditional interest (“Maybe, it depends”), while very few across all age groups expressed disinterest or uncertainty towards participating in such initiatives.

Analysis D: Openness to conversations or initiatives across gender



Source: YouthPulse™ Poll by Heartware Network.

Figure 4(d): Openness to community initiatives across gender

Key findings

- Male respondents showed stronger openness towards participating in community conversations or initiatives, with 41.9% indicating “Yes, definitely,” compared to 26.7% of female respondents.
- Female respondents were more likely to express conditional interest (“Maybe, it depends”), while levels of disinterest (“No thanks”) were similar across both genders.

CONCLUSION

Strategic Overview

The findings from this YouthPulse™ reveal that while Singapore's youth are highly conscious of national demographic challenges, there is a clear readiness gap between acknowledging the problem and feeling personally equipped to be part of the solution. Youth are not passive observers, they are actively navigating a complex social landscape where personal aspirations are increasingly tempered by practical realities.

Key Pillar Summaries

- **Awareness & Policy Literacy:** General awareness of the declining birth rate is nearly universal, yet deep understanding of actual support systems remains surface-level. Policy literacy deepens significantly as youth age, with male respondents reporting higher familiarity with specific government schemes compared to their female counterparts.
- **Attitudes & Sentiment:** There is a widespread consensus that national action is required. However, personal attitudes are marked by a shift toward flexibility. While younger youth are "not in a rush," older youth (21+) show a polarised split, either eagerly anticipating family life or excluding it entirely. Notably, female respondents express significantly higher levels of uncertainty ("still figuring it out") regarding their readiness.
- **Social Context & Barriers:** The social landscape is perceived as increasingly difficult to navigate as youth grow older. Financial considerations remain the universal top priority across all demographics, followed by the practical hurdle of finding a suitable partner. Interestingly, while national support is welcomed, government policies are currently secondary to personal and financial readiness in individual decision-making.
- **Action & Agency:** Preparation evolves from "building connections" in younger years to "concrete financial planning" in older youth. While male youth display a stronger, definitive openness to leading community conversations, female youth express more conditional interest, suggesting a need for more tailored engagement strategies.

Moving Forward:

The path toward supporting this younger demographic lies in two strategic areas:

- **Facilitating Connection:** Creating more organic, low-pressure opportunities for youth to form meaningful relationships.
- **Amplifying Youth Voice:** Fostering a sense of agency by involving youth more directly in the decision-making processes for policies that will eventually shape their life choices.

ANNEX A: YouthPulse™ Poll Questionnaire

Category	Question
Demographic	<p>1) Quick pulse check: how old are you?</p> <ul style="list-style-type: none"> • <16 years old • 16 – 20 years old • 21 – 25 years old • 26 – 30 years old • 31 – 35 years old • >35 years old
Demographic	<p>2) Which of the following best describes your gender?</p> <ul style="list-style-type: none"> • Male • Female • Prefer not to say
Awareness	<p>3) You might have seen this in the news - how familiar are you with Singapore’s declining birth rate?</p> <ul style="list-style-type: none"> • Very familiar • Heard about it but don’t know much • Not really familiar • First time hearing about it
Awareness	<p>4) How aware are you of government policies or support schemes for families with children in Singapore?</p> <ul style="list-style-type: none"> • Very aware • Somewhat aware • Not very aware • Not aware at all
Attitudes	<p>5) Big question—do you think Singapore needs to do more about its declining birth rate?</p> <ul style="list-style-type: none"> • Yes, definitely • Somewhat • Not really • Not sure
Attitudes	<p>6) Future-thinking moment—how do you feel about marriage or starting a family?</p> <ul style="list-style-type: none"> • I’m looking forward to it • I’m open to it, but not in a rush • I’m unsure / still figuring it out

	<ul style="list-style-type: none"> • I'm not very interested • I don't see it as part of my future • Prefer not to say
Social Context	<p>7) Be honest—do you think it's easy for young people today to meet and form meaningful relationships?</p> <ul style="list-style-type: none"> • Very easy • Somewhat easy • Not very easy • Not easy at all
Social Context	<p>8) Thinking ahead - what matters most when it comes to marriage or starting a family? (Pick up to 3)</p> <ul style="list-style-type: none"> • Work or study commitments • Opportunities to meet new people • Expectations around relationships • Personal readiness or level of commitment • Family support (e.g. childcare, emotional support) • Societal or family expectations • Financial considerations (e.g. cost of living, housing) • Government policies or support schemes • Finding a suitable partner
Action	<p>9) Right now, what are you doing (if anything) to prepare for future relationships? (Select all that apply)</p> <ul style="list-style-type: none"> • Thinking about my future plans (e.g. career, relationships) • Talking to friends or family about relationships or family plans • Meeting new people and building connections • Attending events or activities to expand my social circle • Making financial or life plans with the future in mind • None of the above
Action	<p>10) Would you be open to being part of conversations or initiatives on relationships, family, or future life choices?</p> <ul style="list-style-type: none"> • Yes, definitely • No, thanks • Maybe, it depends • Not sure

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