

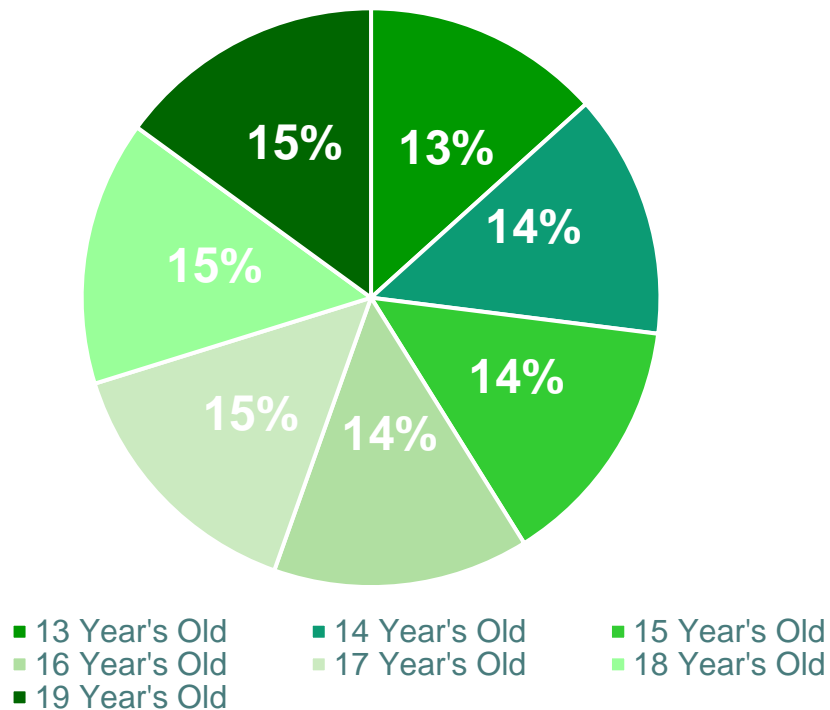
COVID-19 ADOLESCENT STUDY

- The survey went to young people aged **13–19 years old** across Great Britain.
- YouGov administered the survey online between **24th May - 15th June 2021**.
- The survey figures have been weighted and are **representative of all GB teenagers** in this age range.

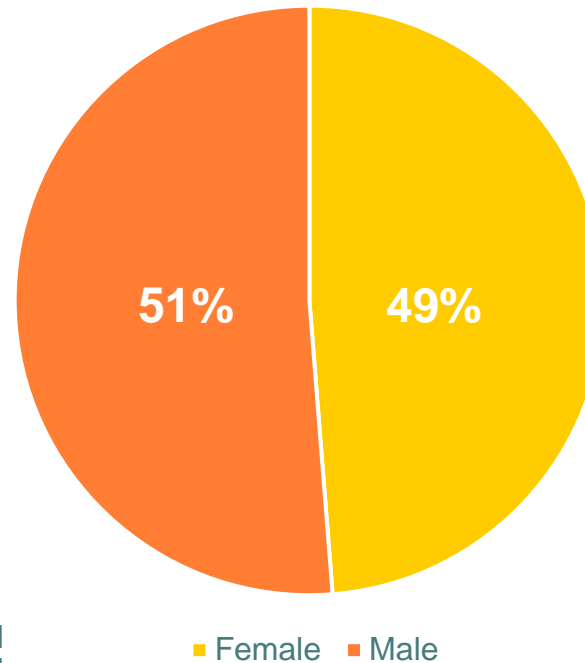
The Breakdown

Number of respondents | **2,349**

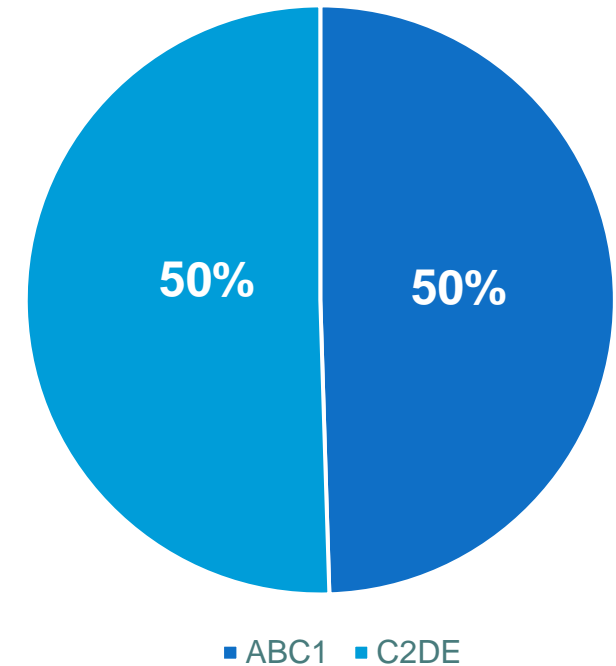
Age of Respondents



Sex of Respondents



Social Grade of Respondents Parents¹

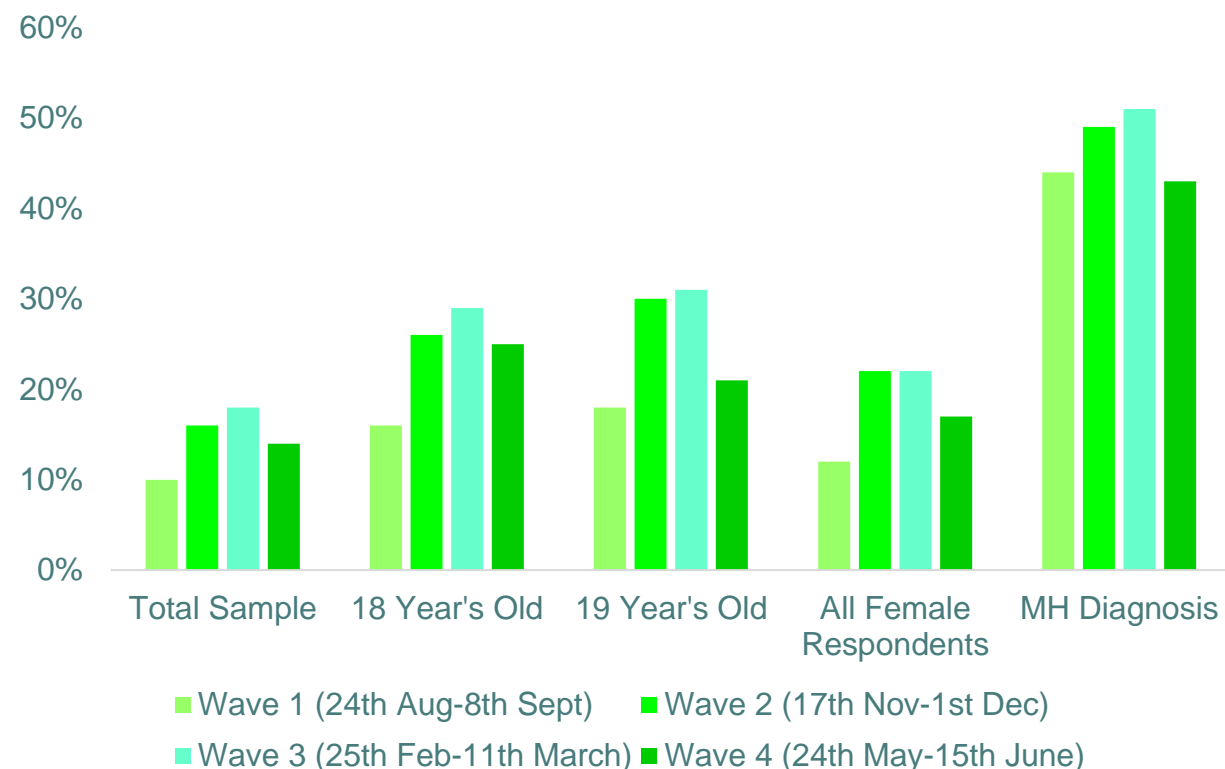


¹ Ages 13-17 parents' social grade is used; ages 18-19 respondent's own social grade is used.

Poor mental health is decreasing amongst teenagers

- **Less teenagers reported poor mental health** in May-June than they did in February-March. Wave 3 self-reported poor mental health levels were the highest.
- **People aged 18 and 19** still reported higher levels of poor mental health than the other age groups.
- **Female respondents** of all ages still reported higher levels of poor mental health than male respondents.
- **Respondents who have a mental health diagnosis** reported higher poor mental health.

Percentage of self-reported poor mental health



Teenagers are continuing to struggle during the pandemic

Figures for **feeling alone**, **left out**, that they have **no one to talk to**, feeling **angry/irritable** or **anxious** have **not changed considerably across the four waves**.

They **continue to worry** about **having to go back into another lockdown**, are **more worried** about **others catching the virus** than themselves and are **more worried about their mental health** than their physical health.

The pandemic is **negatively impacting teenagers' motivation** for exercise, school/college/university work, socialising (F2F and online), engaging in hobbies and for their own personal care.

Not being able to have face-to-face **social interactions** continues to **impact teenagers negatively**. Although around a **third in each wave** have said **spending more time with family** has been **positive**.

Teenagers continue to find **cancellations** during COVID-19 difficult.

Working/learning from home has been a **mixed experience** for teenagers. More say it has been a **negative experience** and around half-third do not have their own space to work or easy access to Wi-Fi/laptop/computer.

Teenagers from social grades C2DE are experiencing worse feelings of depression and anxiety than teenagers from social grades ABC1.

Teenagers think their future is looking less bleak in each wave

45% think **their future** will be worse as a result of COVID-19

57% think the **future of young people** in GB will be worse

47% of people aged 17-19 think their future will be worse

63% of people aged 17-19 think the future of people their age will be worse

These figures have reduced in each wave. In Wave 1 58% and 68%; Wave 2 57% and 67% and in Wave 3 52% and 65% of people aged 13-19 thought their future and the future of young people will be worse as a result of COVID-19 respectively.

Teenagers' coping strategies

46% “Contacting my friends”

38% “Going for a walk outside”

27% “Contacting my family”

25% “Spending time with my pets”

25% “Doing a hobby”

23% “Being able to visit green or blue areas”

The order has been consistent across the four waves, however the recent addition of ‘**spending time with my pets**’ in Wave 3 has proved a popular coping strategy and made it into the top 5 in the most recent two waves.

Feelings about restrictions easing

18% are **worried** about **catching up on schoolwork**

30% feel having to take **regular COVID-19 testing** will have a negative impact on them

30% are **worried** about **infection rates rising**

49% are **happy** about **returning to face-to-face socialising with friends**

37% are **happy** about **returning to face-to-face learning**

29% would **prefer** if **going back to 'normal' is done gradually**

Top five suggestions on what can be done by government to benefit and improve mental health as COVID-19 restrictions ease

1) 32% say a counsellor in every school and an increase in counselling services available to young people

The figures were higher for respondents who stated they had a MH difficulty (52%) or sensory difficulty (50%). They were also higher for females (37%) than males (27%).

2) 31% say changing exams to only focus on what's been learnt already or programmes to get young people into work for the first time

The figures were higher among respondents who stated they/their parents were of higher social grade and of respondents aged between 14-17.

3) 25% say specific support for people with learning disabilities, autism, MH difficulties and those who have been shielding or isolated during the pandemic

The figures were higher among respondents aged between 16-19.

4) 22% say better access to high-quality natural environments or reassurance from the government that jobs/university places will be available

The figures were higher for respondents who stated they had a developmental disability (51%), learning difficulty (43%), MH difficulty (50%), sensory disability (50%), speech/language disability (48%) or an unseen disability (50%). Compared to those who stated they did not have a diagnosis (20%).

5) 21% say funding for youth clubs and community groups