

COPING WITH LOCKDOWN

**VIEWS OF MEDWAY YOUNG PEOPLE (AGED 11-19)
ON HOW THEY ARE COPING WITH LOCKDOWN**

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EXECUTIVE SUMMARY

1,135 young people from Medway aged 11-19 took part in an online survey about how they were coping with lockdown

EXPERIENCE OF LOCKDOWN

- Most young people (61%) felt that life had been “ok”, however, 15% felt their lives had been “bad” during the lockdown period. Although over 1/3 (36%) have been feeling good about themselves in the last week, 1/4 (25%) had not
- Around half feel more stressed and worried than normal (53%), are experiencing worse sleep (48%), and are getting less exercise (51%) than before the lockdown

COPING WITH LOCKDOWN

- Most found it hard to cope with not seeing friends and family (74%), boredom (69%) and schoolwork (61%). More than half found stress hard to cope with (51%) and over 1/3 found it hard to cope with anxiety (43%), loneliness (42%), and the lack of exercise / going outdoors (37%)
- The majority found TV/films (73%) and music (72%) helped them cope with difficult feelings and the lockdown more generally. Around half said video calls (61%), social media (54%), being with family (53%), gaming (49%) and pets (48%) helped them to cope
- 11% said no one is giving them support, and 30% did not know who to contact if things got difficult for them or they needed support
- Sub-analysis shows that negative experiences of lockdown increase with age, as support decreases
- Girls are more likely to have negative emotions during lockdown and less likely to get support from family and access to computers

Appendix 1

FOOD AND DENTAL HYGIENE

- Most (60%) had spent more time than usual doing activities together with family, including eating meals (49%) and preparing food (37%). However, 1 in 5 (21%) said they had not spent more time with family doing any of these activities
- Although the majority (91%) had no problems accessing food, 8% had sometimes & 2% had often gone hungry or not eaten for a day
- 1 in 4 (25%) said they only sometimes brushed their teeth twice a day and 14% said they were often not doing this

SCHOOL WORK

- 1 in 5 (20%) said they have not had enough support to be able to continue with schoolwork
- Around 1 in 10 do not have regular access to a computer (13%) or somewhere to do schoolwork at home (9%)
- Although most used a laptop (42%) or tablet (18%) to do schoolwork on, 14% predominately used a mobile phone, and 4% said they had not been set any schoolwork
- Over 1/3 (35%) felt good about going back to school, but more than 1 in 5 (22%) felt bad about this prospect and 42% felt unsure about it. This may be because the majority (63%) were unclear about Government guidance on how to behave
- Older young people, girls and those with Special Educational Needs are more likely to need support in a number of areas on the return to school

METHODOLOGY

Total Responses: 1,135

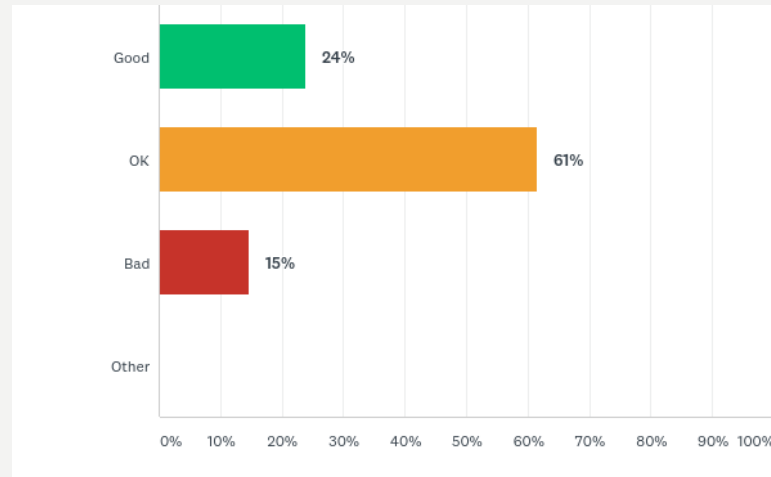
- Medway Council commissioned TONIC to conduct an online survey, which ran from 20th May to 19th June 2020
- The survey targeted 11 – 19 year olds and was promoted on social media by Medway Council and by TONIC – predominately through Facebook
- It is worth noting that survey respondents were self-selecting as they were invited to participate and had to choose whether to take part or not
- Males were under represented (at 25% compared to 70% female respondents) in this survey.
- In addition, as the survey was online only, those with no access to the internet were not able to participate
- The results are summarised in this report, with overall data set out and sub-analysis by demographics or responses to specific questions added where the results show potentially interesting differences



EXPERIENCE OF LOCKDOWN

YOUNG PEOPLE'S VIEWS ON THEIR
LOCKDOWN LIFE, EXERCISE, SLEEP
AND STRESS

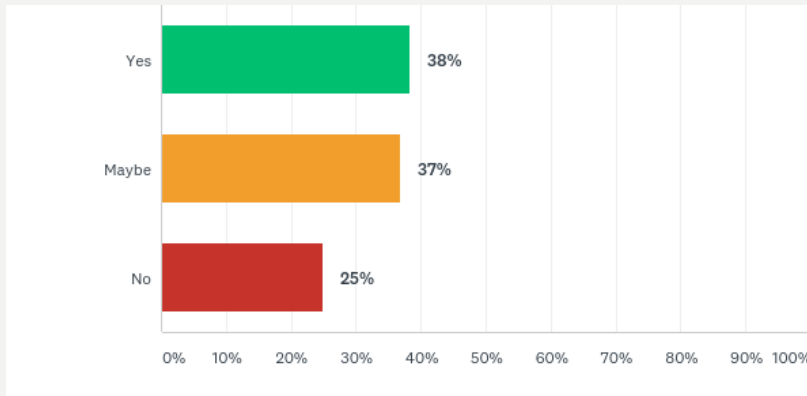
HOW HAS LIFE BEEN FOR YOU DURING THE LOCKDOWN?



LIFE DURING LOCKDOWN

- Most young people (61%) felt that life had been “ok” for them during lockdown
- Around 1/4 (24%) felt life was good during lockdown
- However, 15% felt that their lives had been “bad” during the lockdown period

I HAVE BEEN FEELING GOOD ABOUT MYSELF THIS WEEK

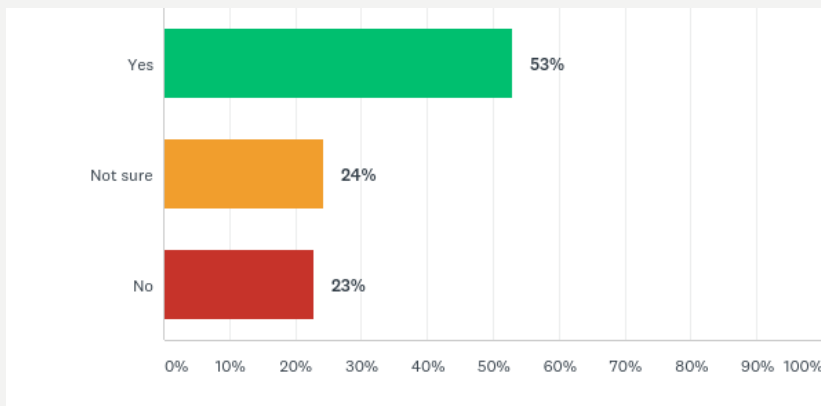


FEELING GOOD RECENTLY

- Over 1/3 (36%) had been feeling good about themselves in the last week
- 1/4 (25%) of respondents had not been feeling good about themselves in the last week
- Over 1/3 (37%) felt unsure about whether they were feeling good about themselves or not

HAVE YOU BEEN FEELING MORE STRESSED OR WORRIED THAN NORMAL SINCE THE LOCKDOWN?

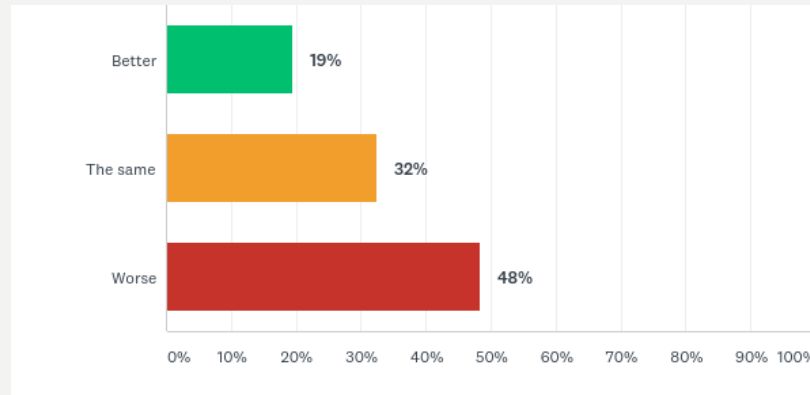
Appendix 1



STRESS & WORRY

- More than half (53%) have felt more stressed and worried than normal since the lockdown started
- Only 23% felt they were not more worried or stressed
- 24% were unsure if they were more worried and stressed during this period than was usual for them

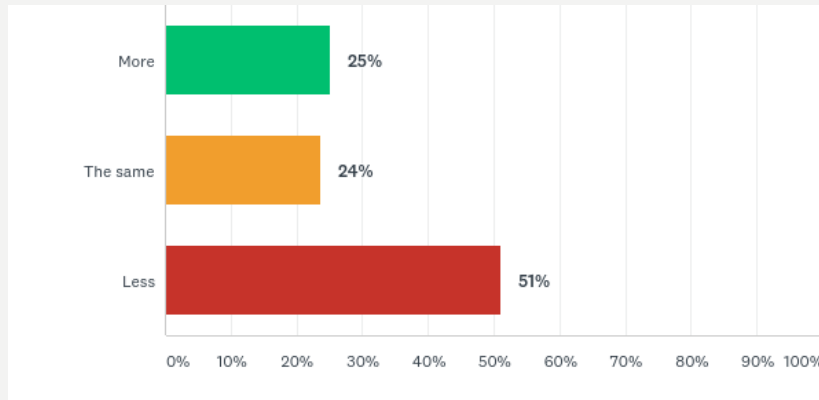
HOW IS YOUR SLEEP COMPARED TO BEFORE THE LOCKDOWN?



SLEEP PATTERNS

- Nearly half (48%) are now having worse sleep than before the lockdown
- Around 1/3 (32%) felt their sleep patterns were unchanged
- 19% said they were sleeping better now than before the lockdown

ARE YOU GETTING AS MUCH EXERCISE AS BEFORE THE LOCKDOWN?



STAYING ACTIVE

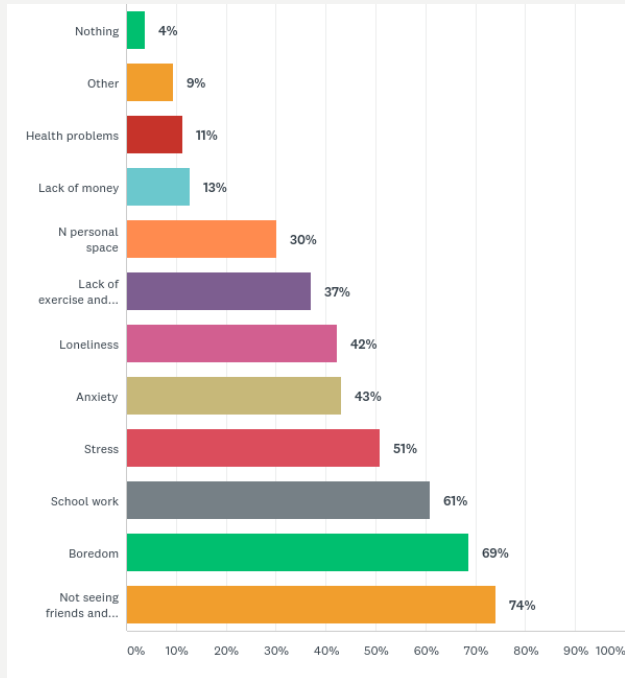
- Half (51%) are currently getting less exercise than before the lockdown
- $\frac{1}{4}$ (25%) say they are now getting more exercise than before
- $\frac{1}{4}$ (24%) feel they are getting the same level of exercise now



COPING WITH LIFE

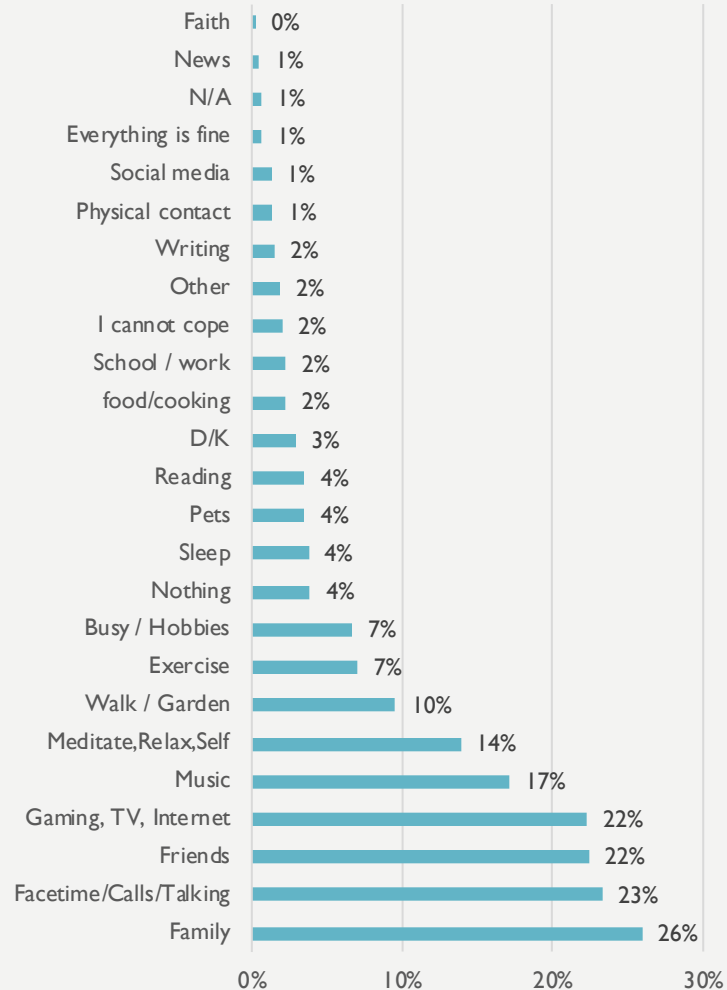
**WAYS THAT YOUNG PEOPLE ARE
COPING WITH DIFFICULTIES, WHAT
THEY FIND HARD TO COPE WITH, AND
SOURCES OF SUPPORT**

WHAT HAVE YOU FOUND DIFFICULT TO COPE WITH DURING LOCKDOWN?



THINGS THAT WERE HARD TO COPE WITH

- 3/4 (74%) found it hard not seeing friends and family during the lockdown
- Most (69%) found boredom hard to cope with
- Many (61%) found school work difficult
- More than half (51%) found stress hard to cope with
- Over 1/3 found it hard to cope with anxiety (43%), loneliness (42%), and the lack of exercise / going outdoors (37%)
- 30% found the lack of personal space difficult
- Relatively few had concerns about money (13%) and health problems (11%)



WHAT HELPS YOU COPE WHEN THINGS ARE DIFFICULT?

COPING MECHANISMS

We asked young people in a free text question what helped them to cope when things were difficult for them.

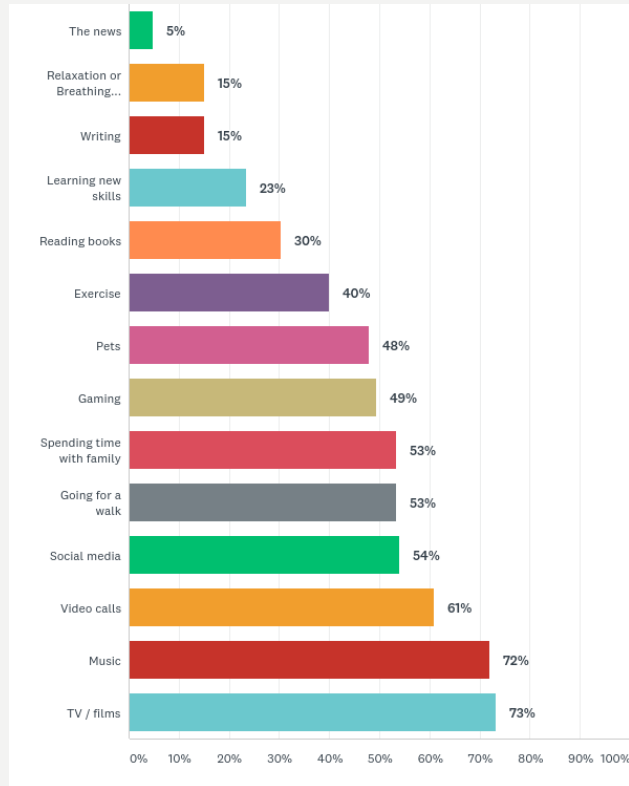
The most common answers were around **being in contact with and talking to other people**, mainly family (26%) and friends (22%), either in person or via video or phone calls (23%)

Another common theme was around **undertaking individual activities**, such as time spent gaming, TV or internet (22%), listening to or playing music (17%), and taking time out to self-care by meditating, relaxing, doing make-up or other activities (14%). Some also kept themselves busy with hobbies (7%)

A final key area was around **going outside**, either in the garden or for a walk (10%) or to **exercise** (7%).

4% said nothing helped them and 2% expressed that they felt they **could not cope well with lockdown**

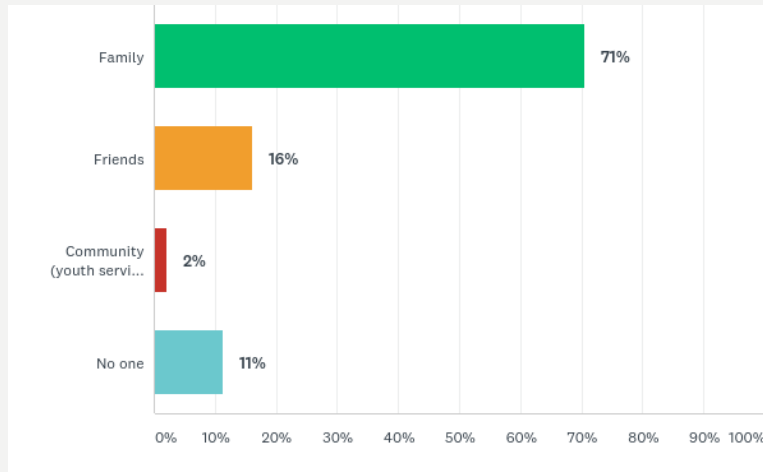
DO ANY OF THE FOLLOWING THINGS HELP YOU COPE WITH LOCKDOWN?



HELP WITH COPING

- Most found TV and films (73%) and music (72%) helped them cope with lockdown
- Around half found that video calls (61%), social media (54%), spending time with family (53%), gaming (49%) and pets (48%) helped them to cope
- 40% found exercise and 30% found reading to be helpful
- 23% found it beneficial to learn new skills
- Relatively few found writing (15%), relaxation or breathing techniques (1%) or the news (5%) to be useful in coping with lockdown

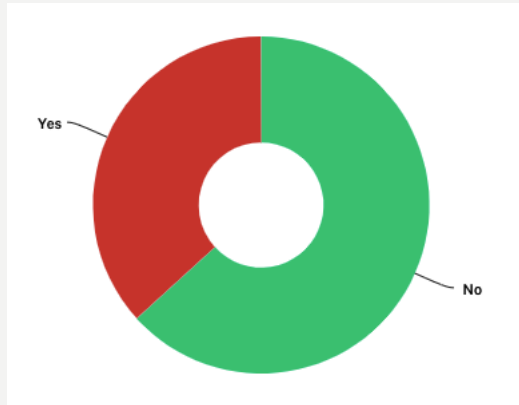
WHO IS GIVING YOU THE MOST SUPPORT AT THE MOMENT?



SOURCES OF SUPPORT

- Most young people (71%) are getting the most support from their family
- 16% feel they get more support from their friends
- 2% feel the community (e.g. youth service, support services, community groups, religious leaders etc.) gives them the most support
- 11% said that no one is giving them support at the moment

DO YOU USE ANY APPS, GAMES OR WEBSITES TO RELAX OR MANAGE DIFFICULT FEELINGS?



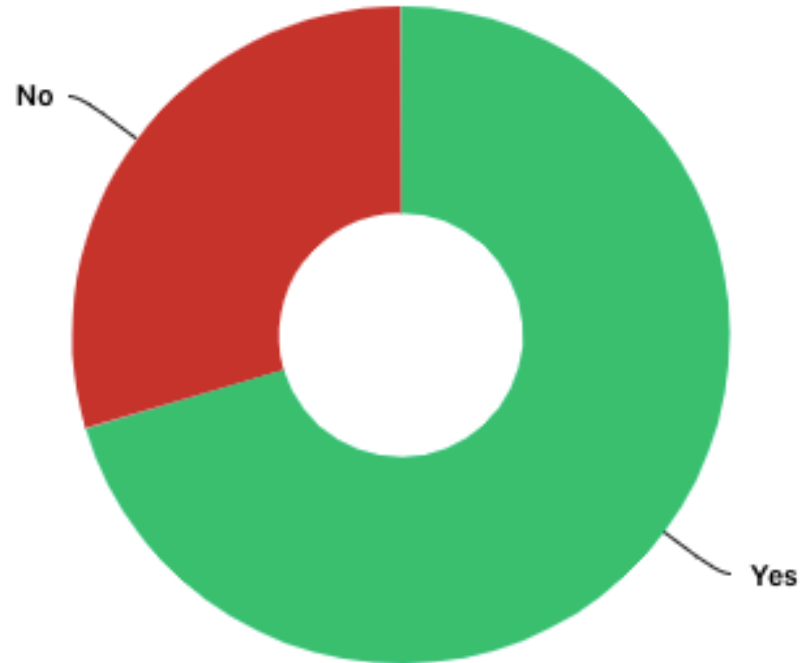
APPS TO HELP COPE

- Over 1/3 (37%) use Apps, Games or Websites to help them relax or cope with their feelings
- However, most (63%) did not use these to help them

DO YOU KNOW WHERE TO GET HELP IF THINGS GET DIFFICULT FOR YOU OR IF YOU NEED SUPPORT WITH EMOTIONAL HEALTH OR WELLBEING

70% knew who to contact if things got difficult for them or if they need support with your emotional health or wellbeing

30% did not know where to access support if they needed it

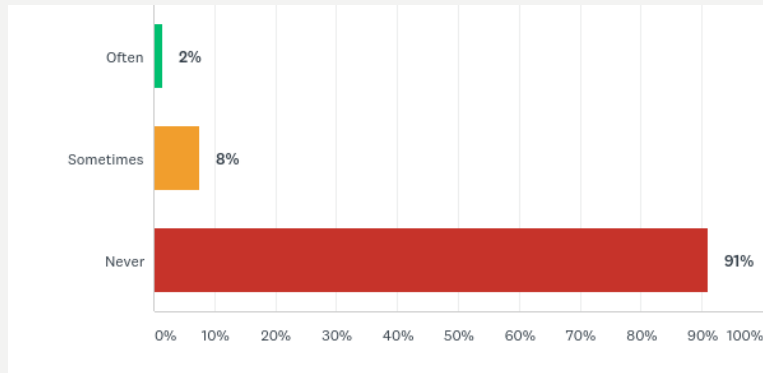




FOOD AND DENTAL HYGIENE

ACCESS TO FOOD, COOKING
ACTIVITIES WITH FAMILY AND TEETH
BRUSHING ROUTINES

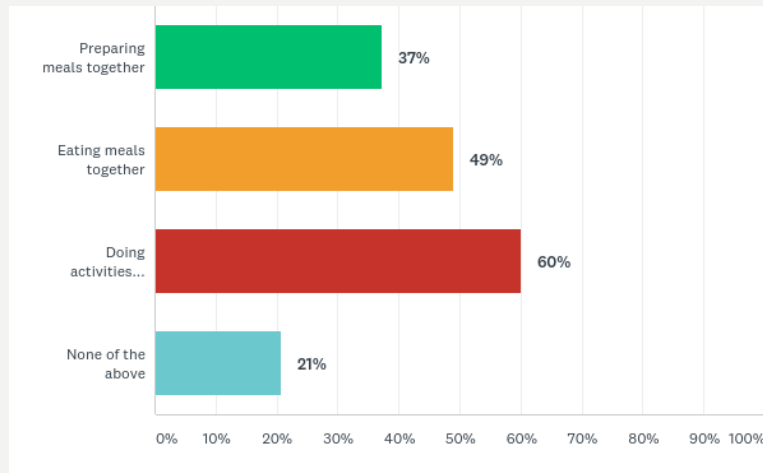
Q8: SINCE LOCKDOWN, HAVE YOU GONE HUNGRY OR NOT EATEN FOR A WHOLE DAY BECAUSE YOU COULD NOT AFFORD OR GET ACCESS TO FOOD?



ACCESS TO FOOD

- The majority (91%) had not gone hungry /not eaten for a day during the lockdown period
- However, 8% had sometimes gone hungry/not eaten for a day and 2% had often gone hungry/not eaten for a day

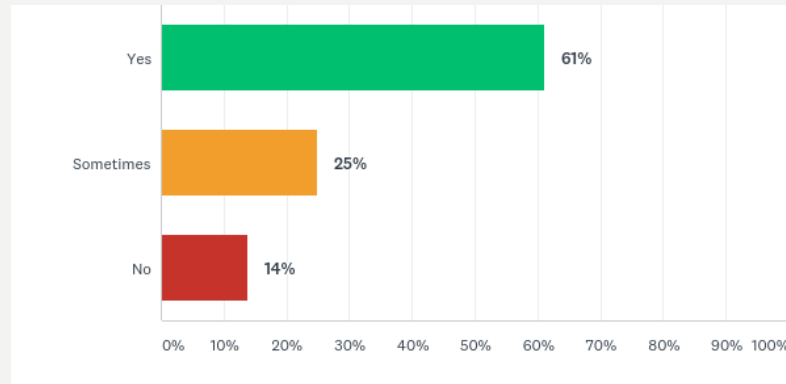
Q9: HAVE YOU SPENT MORE TIME THAN USUAL WITH YOUR FAMILY DOING ANY OF THE FOLLOWING?



ACTIVITIES WITH FAMILY

- Most (60%) had spent more time than usual doing activities together with family
- Half (49%) had eaten meals together with their family more often
- Over 1/3 (37%) had spent more time than they normally would preparing meals with their family
- However, 1 in 5 (21%) said they had not spent more time with their family doing any of these activities during lockdown

DURING LOCKDOWN, HAVE YOU BEEN BRUSHING YOUR TEETH TWICE A DAY?



DENTAL HEALTH

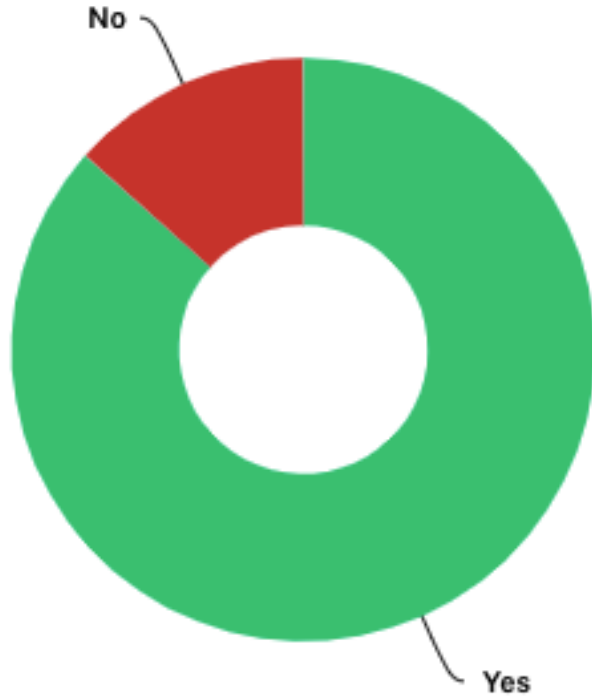
- The majority (61%) were brushing their teeth twice a day
- However, 1 in 4 (25%) said they only sometimes brushed their teeth twice a day and 14% said they were not doing this



SCHOOL WORK

EXPERIENCES OF MEDWAY YOUNG
PEOPLE AROUND SCHOOL WORK
DURING LOCKDOWN

DO YOU HAVE REGULAR ACCESS TO A COMPUTER AT HOME?



The majority (87%) have regular access to a computer at home

However, more than 1 in 10 (13%) did not have regular access to a computer that they could complete school work on

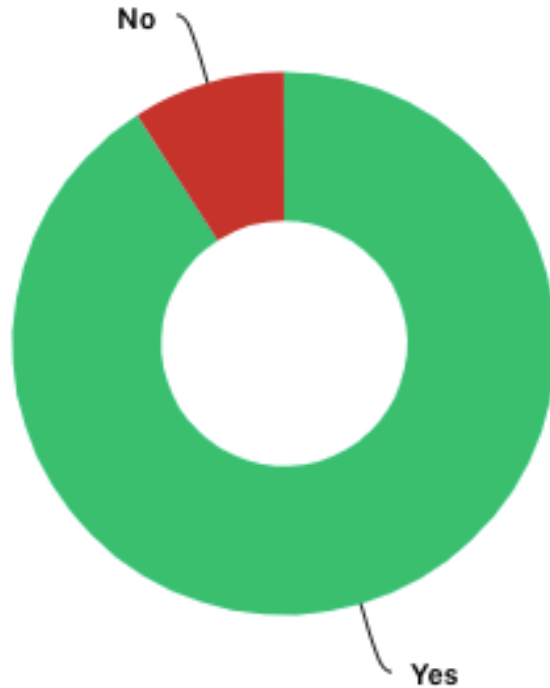
DO YOU HAVE REGULAR ACCESS TO WIFI AT HOME?



The clear majority (95%) have regular access to wifi at home (NOTE: as this was an online survey this would be expected)

Only 5% said they did not have regular wifi access

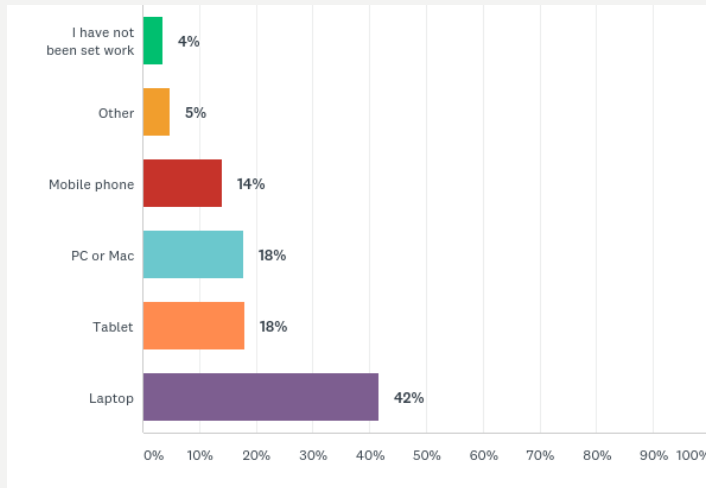
DO YOU HAVE REGULAR ACCESS TO SOMEWHERE TO WORK AT HOME?



Most (91%) have regular access to a space in which to do their school work

9% do not have regular access to somewhere to do their school work at home

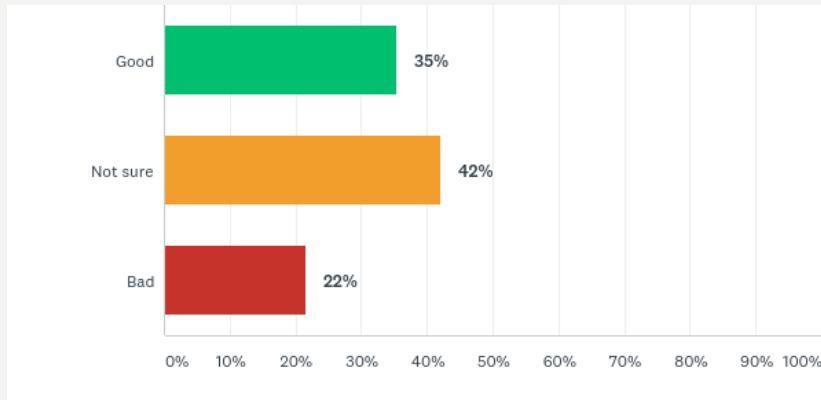
WHAT IS THE MAIN DEVICE YOU USE TO ACCESS AND SUBMIT ANY SCHOOL WORK YOU HAVE BEEN SET?



DEVICES USED FOR SCHOOL WORK

- 42% mainly used a laptop for accessing and submitting school work
- 18% were doing school work mainly on a tablet
- 18% mainly completed school work on a desktop PC or mac
- 14% predominately did their school work on a mobile phone
- 4% said they had not been set any school work

HOW WOULD YOU FEEL ABOUT GOING BACK TO SCHOOL?

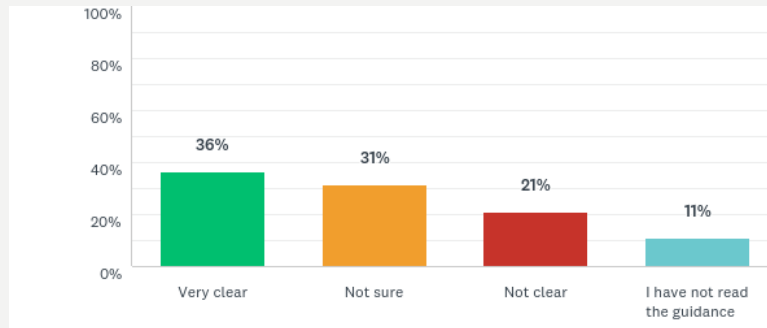


BACK TO SCHOOL

- More than 1 in 5 (22%) felt bad about the prospect of going back to school
- Over 1/3 (35%) felt good about going back to school
- 42% felt unsure about a return to school

HOW CLEAR DO YOU FIND GOVERNMENT GUIDANCE ON HOW TO BEHAVE DURING LOCKDOWN?

Appendix 1



GOVERNMENT GUIDANCE

- The majority (63%) were not clear on the details of the Government guidance on how to behave during lockdown:
 - 31% were not sure
 - 21% were unclear about the guidance
 - 11% had not read the guidance
- Around 1/3 (36%) found the Government guidance on how to behave during lockdown to be clear



SUB ANALYSIS

BY AGE, SEN STATUS AND GENDER

NEGATIVE EXPERIENCES OF LOCKDOWN INCREASES WITH AGE

- 29% of those in Years 7 – 9 said life was good during lockdown, compared to 16% in Years 12 – 13
- 25% of those in Y12-13 said their life had been bad during lockdown, whereas 9% of those in Y7-9 felt this
- Feeling good about yourself in the last week reduced with age, with 45% of those in Y7-9 feeling good about themselves compared to 24% of those in Y12-13
- This was confirmed by a higher rate of 45% who had been feeling bad about themselves during the last week in Y12-13 compared to 17% in Y7-9
- This was echoed when we asked young people about whether they felt more stressed or worried now than before the lockdown. This rose with age, from 47% of those in Y7-9 compared to 62% in Y12-13
- In addition, 57% of Y12-13s were experiencing worse sleep compared to 44% of those in Y7-9

SUPPORT DECREASES WITH AGE

Appendix 1

- This may be partially explained by the fact that 16% of those in Years 10 – 11 and 12 – 13 said that no one was giving them support during lockdown compared to 7% of those in Y7-9. The youngest age group also were more likely to receive support from family than their older peers (78% compared to 62%)
- The older age groups were also much more likely to say they had not been participating in more activities than normal with their family (33% of Y12-13 compared to 14% of Y7-9). In addition, 42% of Y12-13 said they spent time with their family to help them cope, compared to 61% of Y7-9
- Y12-13 were much more likely to say that loneliness was hard to cope with (60% compared to 33% of Y7-9). The older age group was much more likely to experience difficulties with anxiety (60% v 34%), stress (65% v 43%) and lack of money (28% v 7%)
- Y12-13 were more likely to say they did not know who to contact for help/support if things became difficult for them (38% v 25% of Y7-9)
- The older age groups also felt less clear on what government guidance was telling them about how to behave (31% compared to 17% of Y7-9)

GENDER: GIRLS ARE MORE LIKELY TO BE FEELING NEGATIVE EMOTIONS DURING LOCKDOWN AND LESS LIKELY TO GET SUPPORT FROM FAMILY AND ACCESS TO COMPUTERS

- Boys were more likely than girls to say they felt good about themselves in the last week (51% v 35%), however there was no statistically significant difference in how they felt their life had been during lockdown
- Girls were more likely to be feeling increased stress or worry than boys (57% to 41%)
- Girls were more likely to be experiencing worse sleep patterns (52% to 36%)
- Girls were more likely than boys to say that they had found it hard to cope with anxiety (48% v 27%), stress (57% v 32%), and health problems (13% v 5%) during lockdown
- Boys were more likely to have irregular tooth brushing regimes (19% not cleaning their teeth regularly twice a day compared to 11% of girls)
- Boys were more likely to say they were getting most of their support from their family (77% to 69%)
- Boys were more likely to have access to a laptop or desktop computer for schoolwork than girls (76% v 54%), whereas girls were more likely to be working on a tablet (22% v 7%)

THOSE WITH SPECIAL EDUCATIONAL NEEDS (SEN) ARE MORE LIKELY TO NEED SUPPORT ON THE RETURN TO SCHOOL

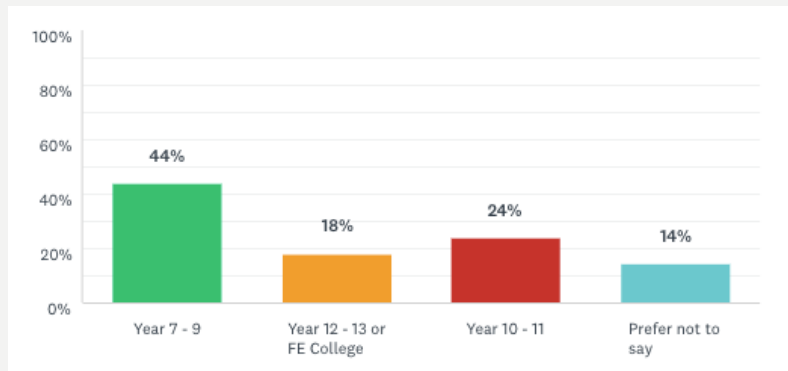
- 3% of those with SEN said they had often gone hungry for a whole day due to problems accessing food, which was much higher than the 1% of those who did not have SEN
- Those with SEN were more likely to find it difficult to cope with health problems during the lockdown (28% compared to 8%)
- Those with SEN were more likely to not be keeping a regular tooth brushing regime (20% v 12%)
- People with SEN were less likely to have access to wifi at home (9% v 3%)
- Those with SEN were more likely to have access to a laptop (51% v 39%)
- People with SEN were more likely to feel bad about the idea of going back to school (27% v 20%)
- The SEN group were more likely to say they had not read government guidance on how to behave during lockdown (17% v 10%)



PARTICIPANT DEMOGRAPHICS

DETAILS OF THOSE WHO TOOK PART

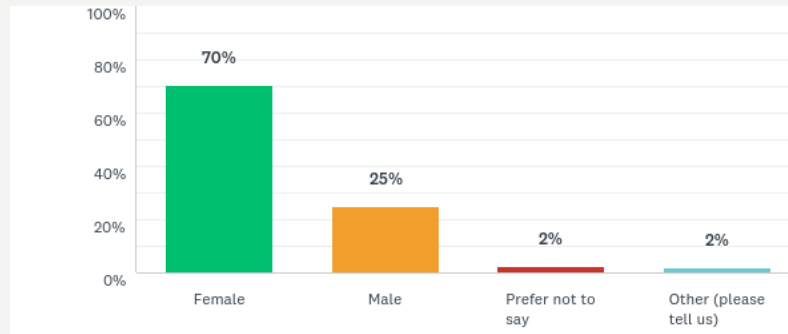
WHAT SCHOOL YEAR ARE YOU IN?



AGE

- Most responses (67%) came from those in Years 7 – 11, with most coming from Years 7 - 9
- 18% of respondents were in Years 12 - 13 or in Further Education

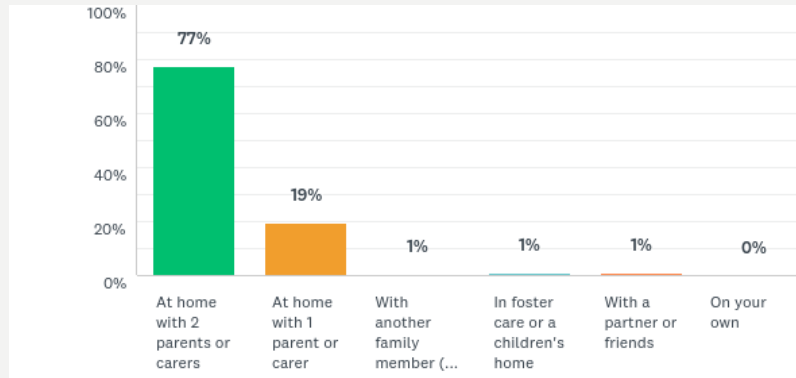
HOW WOULD YOU DESCRIBE YOUR GENDER?



GENDER

- The majority of respondents were female (70%)
- Only 25% stated their gender as male, which means boys are under represented and girls over represented in this survey

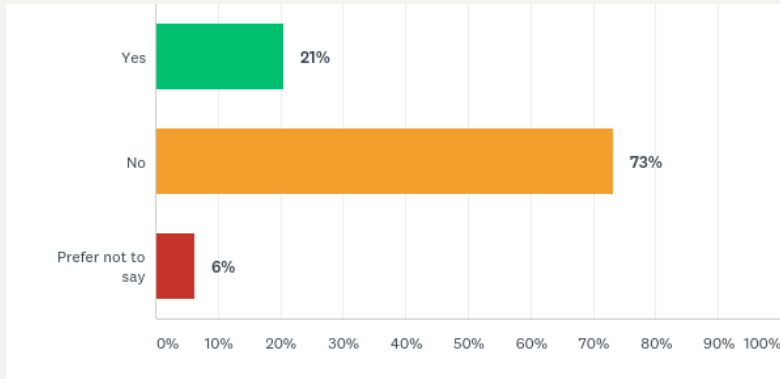
WHICH BEST DESCRIBES WHO YOU LIVE WITH AT HOME?



LIVING SITUATION

- Most (77%) lived at home with 2 parents / carers
- 1 in 5 (19%) lived at home with 1 parent / carer
- 1% lived with a family member who was not their parent
- 1% lived in foster care or a children's home
- 1% lived with their partner or friends
- Only 2 respondents lived on their own

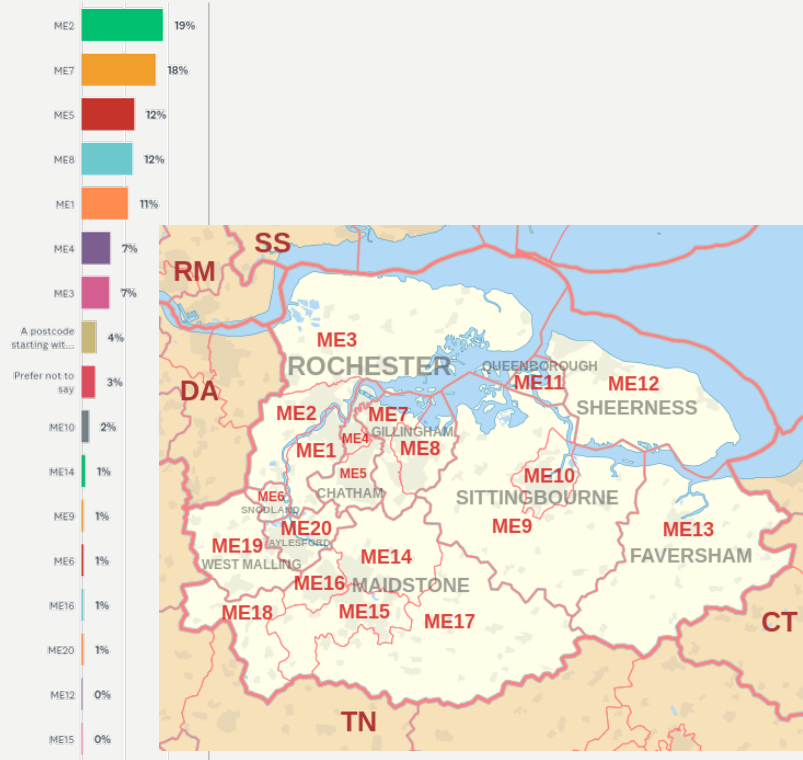
DO YOU HAVE ANY SPECIAL EDUCATIONAL NEEDS?



SEN

- 1 in 5 (21%) had additional or special education needs, such as dyslexia, autism

THE FIRST PART OF YOUR POSTCODE



AREA OF RESIDENCE

- 19% of respondents came from ME2
- 18% from ME7
- 12% from ME5
- 11% from ME1
- 7% from ME4
- 7% from ME3