

Appendix 4 Perceived discrimination against people experiencing poverty

A discussion was held around the impacts of poverty and discrimination. The table below shows how many times each problem came up (verbally and written word) within the Stereotyping and Discrimination seminar. The 'frequency' each topic arose is a good indicator of the strength of feeling within each group.

Frequency	Issue/ discrimination
50	Decline in Mental Health
42	Loneliness/ social isolation
10	Malnutrition
6	Criminal activity
17	Not enough essentials
14	No further education
5	Loss of potential
18	Physical health
7	Race
4	Religion
6	Sexuality and gender
6	Experience prejudice
13	Lowered self esteem
5	Family
8	Financial difficulties
19	Reduced employment opportunities
22	Lack of opportunities
8	Anti-social behaviour
8	Experience of bullying
10	Health

Mental health was the top conversation amongst the young people and how living in poverty can further impact young people. Some spoke about how covid had a big impact on their mental health and that poverty only makes things worse. They still feel that there is not enough appropriate support for them, and with the numbers increasing this has an impact on the services that provide support. Young people living in families experiencing poverty are not able to take part in extra-curricular activities as this mainly has a cost attached and even if the activity itself does not cost, getting to activities does, with fuel prices going up and public transport being expensive. Many felt that this could cause loneliness and social isolation, which could lead to their mental health being affected, but they also mentioned that it is not just them, but their parents and carers also can't afford to do anything.

Children and young people living in poverty may not have the same opportunities as their peers. Some young people may have to find part time work to help the family out. This can have an impact on their schooling. We also discussed how young people might turn to crime to pay for things that they can't afford, some may also be doing this as a way to help their families out.

<https://www.childrenssociety.org.uk/what-we-do/our-work/ending-child-poverty/effects-of-living-in-poverty>

'Children living around debt are five times more likely to be unhappy than children from wealthier families'

We had a wide range of ages attend the event. Those who were 15-16 spoke about lack of opportunities they might experience when it comes to finding work, and work that will pay a good wage. Not all of them can afford or want to go onto university. Those who do are worried about how they will fund it, and not just university fees but housing and food.

Poverty also can have an effect on physical health. The group discussed how some young people were not eating properly or able to eat the right foods and this could lead to malnutrition. They spoke about the effects living in a cold damp home, including asthma and other respiratory conditions. They said that this is 2022 and families should not be forced to live in these conditions.

Closing Summary

To bring this to a close. Our findings show that young people experiencing poverty struggle with the everyday things in life, and the impact it can have on them. We spoke about mental health. Having to go to school without breakfast, going home to no dinner or very basic food. During winter months not having heating on in the home and having to sit with layered clothes on is not something that should be happening and more needs to be done to support. As young people we feel powerless to make any real changes, but we do want to do something. MYC have made some recommendations earlier on in this report. We will endeavour to do what we have said we will do, but we need support from other organisations and the local authority.