

**Lockdown
Lowdown**



LockdownLowdown - what young people in Scotland are thinking about COVID-19

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By:

The Scottish Youth Parliament

YouthLink Scotland

Young Scot





LockdownLowdown – what young people in Scotland are thinking about COVID-19

The Scottish Youth Parliament, YouthLink Scotland and Young Scot partnered to deliver LockdownLowdown – a survey of young people from across Scotland on their concerns about COVID-19.

The survey results give a clear picture of what young people are currently worried about – and the impact it’s having on their lives. We are sharing this information with stakeholders and encouraging them to use the insights to feed directly into policy design and service provision in response to the pandemic.

Following on from the initial survey, young people will be encouraged to keep submitting their concerns on a weekly survey on social media. This will help to track the key issues. Young Scot will use this insight and tailor their digital information to ensure that young people have all the information they need. The information will also be used by youth workers to support their work, and by Members of the Scottish Youth Parliament to inform their advocacy activities.

"Young people need reassurance that their life opportunities are not at risk. Before the pandemic, we already knew that young people were battling a mental health epidemic, with rates of depression and anxiety skyrocketing. The findings from LockdownLowdown reveal that 40% are moderately to extremely concerned about their own mental wellbeing. With their democratic mandate, Members of the Scottish Youth Parliament will work with decision-makers for the benefit of young people's futures in the context COVID-19." **Jack Dudgeon MSYP, Chair, Scottish Youth Parliament**

"The findings of the survey echo much of what we hear from youth workers across Scotland. Many young people are anxious about what life is like now and what it will be like post lockdown, and the impact of social isolation on their mental health and wellbeing. Youth workers will continue to find innovative ways to support young people through this uncertain time in their lives. It is not just the actions as a society we take now that will be crucial, young people deserve a commitment to the continuity of the services that support them post COVID-19." **Tim Frew, CEO, YouthLink Scotland**

"It's no surprise that young people can feel overwhelmed or scared by everything they're hearing about COVID-19, and the results of LockdownLowdown give us vital insight into what they are experiencing right now. At Young Scot, we will not waver from our commitment to young people and will continue to work tirelessly to provide relevant and accessible daily digital information. This will ensure that young people have all the information they need to make informed decisions and choices during these unsettling times." **Louise Macdonald OBE, CEO, Young Scot**



Key Findings

Young people's concerns regarding the impact of coronavirus (COVID-19)

1. Over two fifths (42%) stated that they were *Extremely* or *Moderately concerned* about school, college and university closures. Respondents expressed more concern regarding exams and coursework, with around half (49%) stating that they were *Moderately* or *Extremely concerned*.
2. Of those who answered a question about their employment situation, over a third (36%) stated that they were *Moderately* or *Extremely concerned*.
3. Of those who answered a question about their financial situation, almost a third (30%) said that they are *Moderately* or *Extremely concerned*.
4. A quarter (25%) rated themselves as *Moderately* or *Extremely concerned* about their own physical wellbeing. However, two fifths (41%) said there are *Moderately* or *Extremely concerned* about the wellbeing of others.
5. This pattern was mirrored when respondents were asked about mental wellbeing. Almost two fifths (39%) stated that they felt *Moderately* or *Extremely concerned* about their own mental wellbeing. When asked about the mental wellbeing of others, 46% stated that they felt *Moderately* or *Extremely concerned* about the wellbeing of others.
6. When asked about the impact on their social relationships with family or friends, two fifths (40%) rated themselves as *Moderately* or *Somewhat concerned*.
7. When asked about their ability to access their rights as a young person, over half of the respondents (58%) stated that they had some concern over their rights.
8. When asked about their ability to look out for or care for others, almost a third (30%) rated themselves as *Moderately* or *Somewhat concerned*.



9. Almost two thirds of respondents (61%) stated that they were *Moderately* or *Extremely concerned* about the impact of coronavirus (COVID-19) on their future.
10. Respondents were asked to provide examples of any other issues that they may be concerned about regarding coronavirus. There were **872** responses which were categorised into 25 main themes. The most common themes were further educational, economic and social impacts as well as referencing the practicalities of being in lockdown or social distancing.

Access to information about coronavirus (COVID-19)

11. Respondents were asked if they knew how to access information about certain topics during the coronavirus outbreak. The topics that respondents were most confident in accessing information about were Information, advice and updates around lockdown (90% selected Yes) and Activities to do while inside (82% selected Yes).
12. Respondents were asked to provide examples of any other topics that they may like more information about during this time. There were **550** responses which were categorised into 19 main themes. The most common themes were topics around education, updates around returning to normal or the future and information and support for specific groups.
13. The topics that respondents were least confident in accessing information about were Support for mental health and wellbeing (40% selected No) and Financial support that may be available to you (61% selected No).
14. The majority of respondents stated that they are able to access online services via a device at home (99%) and access to reliable broadband/data at home (96%).



The role of decision makers in relation to coronavirus (COVID-19)

15. Respondents were given a list of six types of decision maker and asked who they thought should be providing information around coronavirus. The majority of respondents (87%) stated that *Politicians* should be providing information around coronavirus. Over half of the respondents selected *Teachers* (55%) and around a third selected *Youth workers* (34%). The least commonly selected group was *Young people* (selected by 22%).
16. Respondents were asked to provide examples of actions that they would like to see decision makers take to tackle issues surrounding coronavirus. There were **2,418** responses which were categorised into 40 main themes. This report demonstrates the 20 most popular themes, the most prominent ensuring that information is clear, honest and from a reliable source. Other themes included:
- Improvements to current impact on education
 - Make current restrictions stricter, and
 - Clarification of existing measures



1. Survey Results

The survey received **2,421** completed responses.

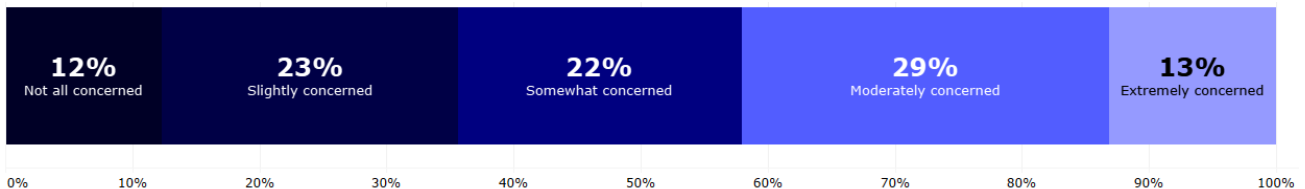
Young people's concerns regarding the impact of coronavirus (COVID-19)

Respondents were given a list of twelve issues that may be worrying them during this time and were asked to rate their level of concern.

Educational impacts

How are you feeling about school, college and university closures?

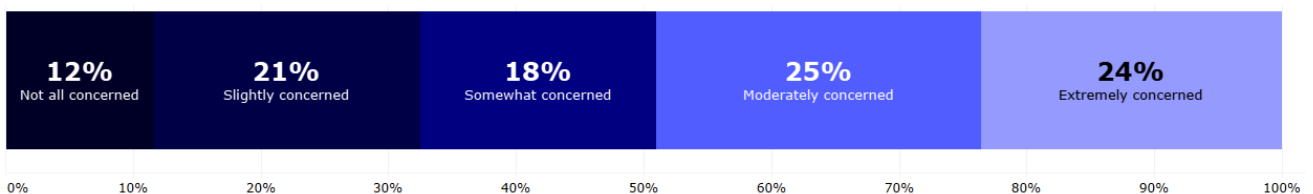
Almost two fifths stated that they were *Extremely* or *Moderately* concerned.



104 survey respondents selected *This question does not apply to me.*

How are you feeling about any exams or coursework you may have?

Respondents expressed more concern regarding exams and coursework, with around half stating that they were *Moderately* or *Extremely* concerned.



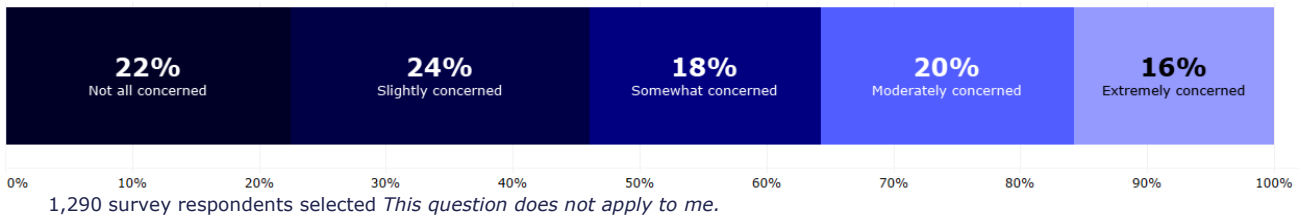
490 survey respondents selected *This question does not apply to me.*



Employment and financial impacts

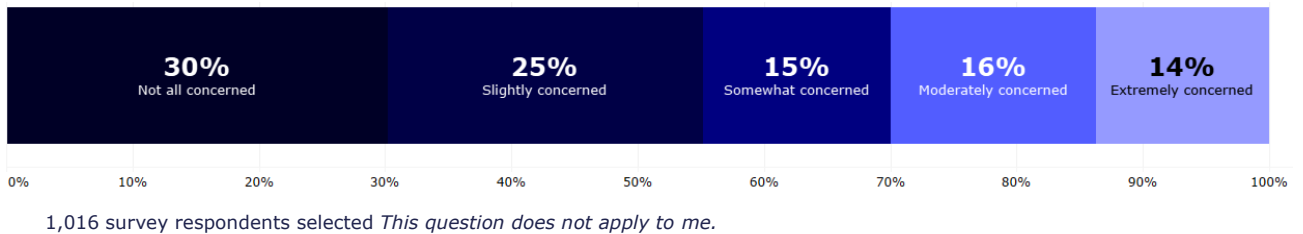
How are you feeling about your employment situation?

This question was applicable to just under half of the survey respondents. Over a third were *Moderately* or *Extremely concerned*.



How are you feeling about your financial situation?

This question was applicable to over half of the survey respondents. Almost a third said that they are *Moderately* or *Extremely concerned*.



Health and wellbeing impacts

How are you feeling about your physical wellbeing?

A quarter rated themselves as *Moderately* or *Extremely concerned*.

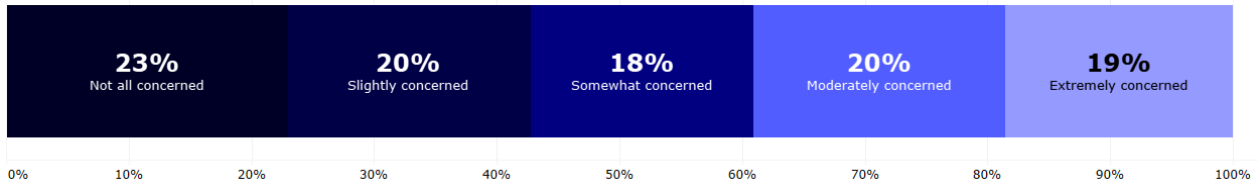


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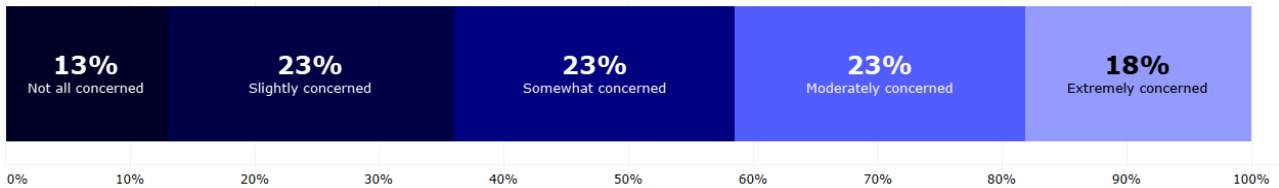
How are you feeling about your mental wellbeing?

Almost two fifths of respondents stated that they felt *Moderately* or *Extremely concerned*.



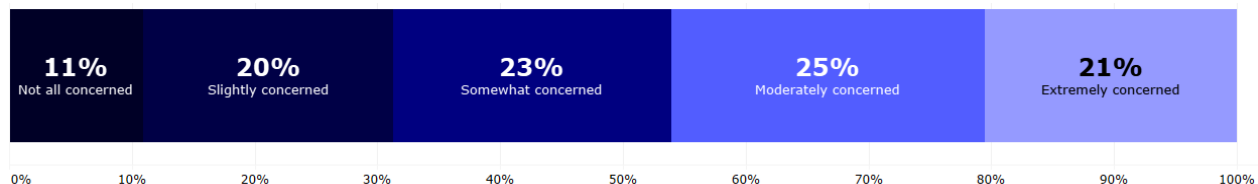
How are you feeling about the physical wellbeing of others (e.g. family or friends)?

Responses to this question were also mixed, with most respondents selecting *Slightly*, *Somewhat* or *Moderately concerned*.



How are you feeling about the mental wellbeing of others (e.g. family or friends)?

The most commonly selected responses were *Moderately* and *Somewhat concerned*. Around a fifth of respondents stated that they were *Extremely concerned*.



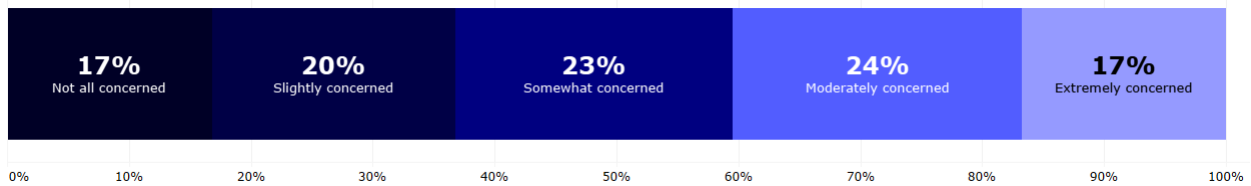
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Social impact

How are you feeling about the impact on your social relationships with family or friends?

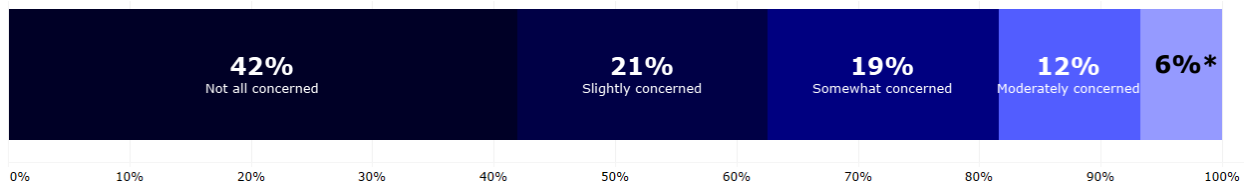
Around two fifths rated themselves as *Moderately* or *Somewhat concerned*.



Impact on young people's rights

How are you feeling about your ability to access your rights as a young person?

Over half of respondents stated that they had some concern over their rights.

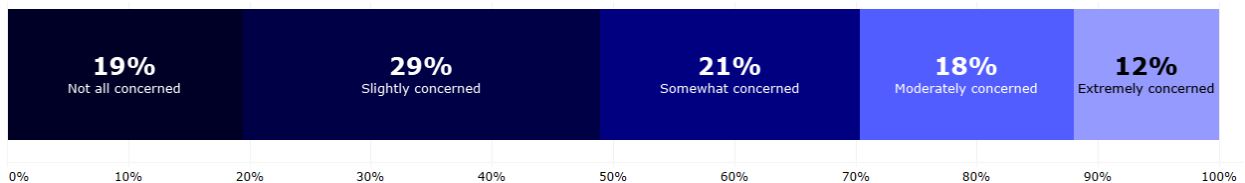


*Extremely concerned

Impact on caring for others

How are you feeling about your ability to look out for/care for others?

The most common response was *Slightly concerned*.



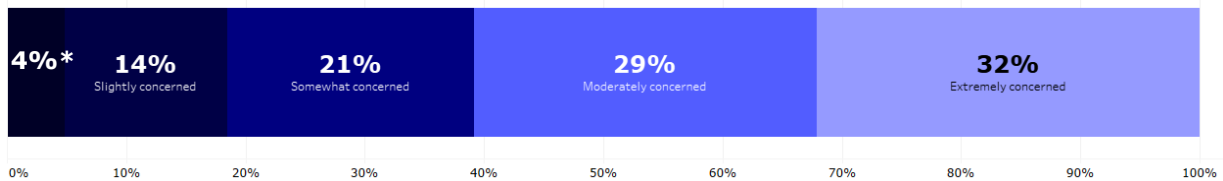
510 survey respondents selected *This question does not apply to me*.

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Impact on the future

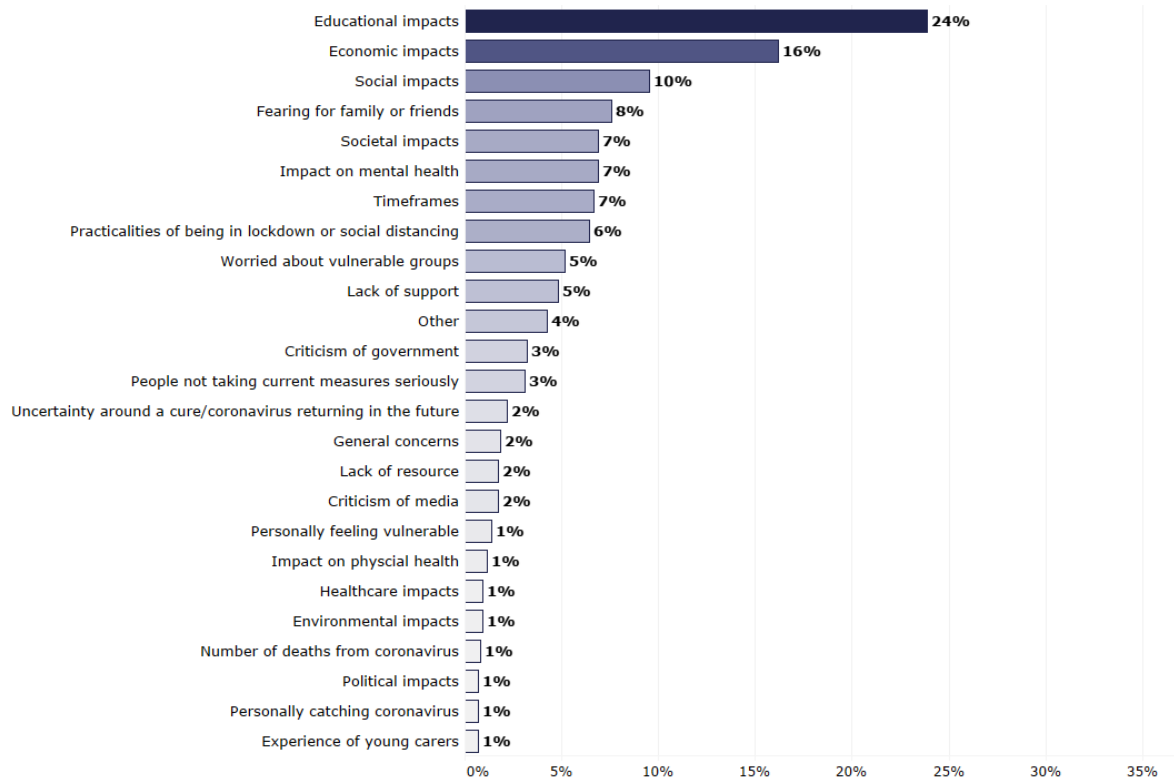
How are you feeling about the impact of coronavirus (COVID-19) on the future?
 Almost two thirds stated that they were *Moderately* or *Extremely concerned*.



*Not at all concerned

Other issues that young people are concerned about regarding coronavirus (COVID-19)

There were **872** suggestions freely typed by respondents. These responses were categorised into 25 main themes, demonstrated below.



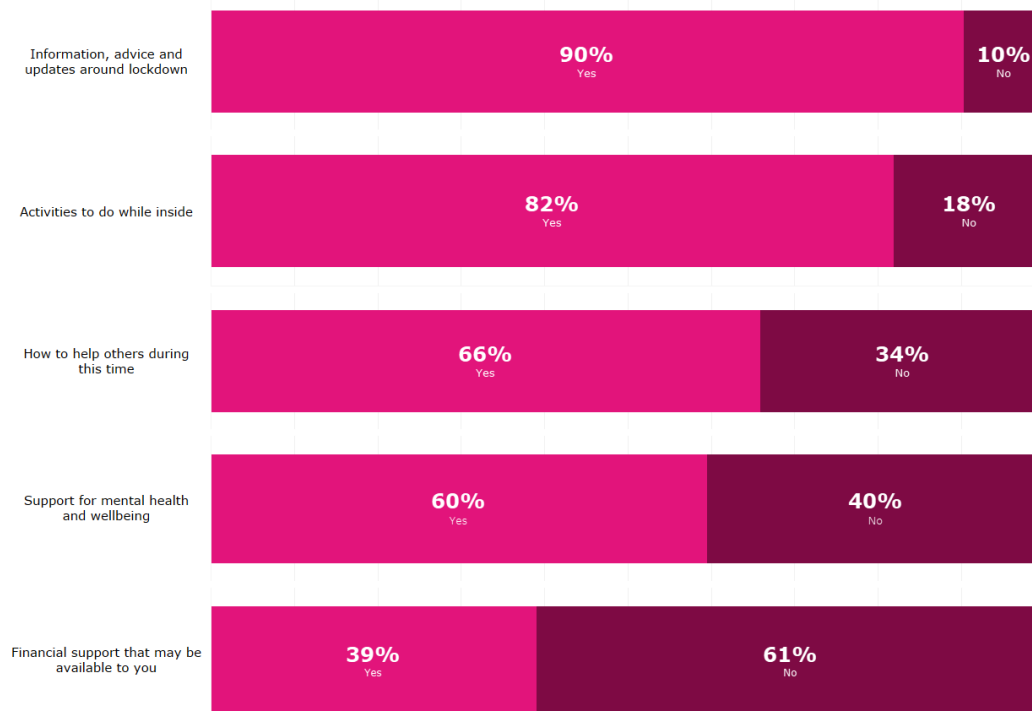
197 respondents typed a variation of *No* or *Nothing*. There were 27 responses that were classified as non-applicable.



Access to information about coronavirus (COVID-19)

If you wanted to access information about the topics below during the coronavirus (COVID-19) outbreak, do you know how to do that?

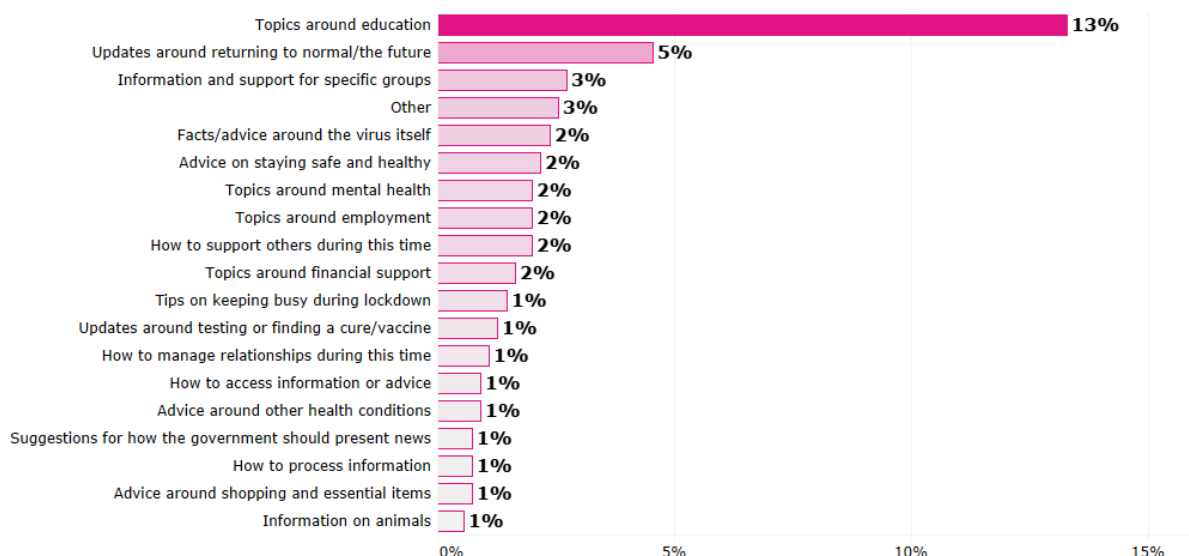
The topics that respondents were most confident in accessing information about were *Information, advice and updates around lockdown* and *Activities to do while inside*. The topics that respondents were least confident in accessing information about were *Support for mental health and wellbeing* and *Financial support that may be available to you*.





Are there any topics not included above that you would like more information about at this time?

There were **550** suggestions freely typed by respondents. These responses were categorised into 19 main themes, demonstrated below.



312 respondents typed a variation of *No* or *Nothing*. There were 25 responses that were classified as non-applicable. Four respondents typed a variation of *Don't know/not sure*.

Do you have access to a device at home that you can look at online services?¹

The majority of respondents stated that they are able to access online services via a device at home.



Do you have access to reliable broadband/data at home?²

The majority of respondents stated that they have access to reliable broadband or data at home.



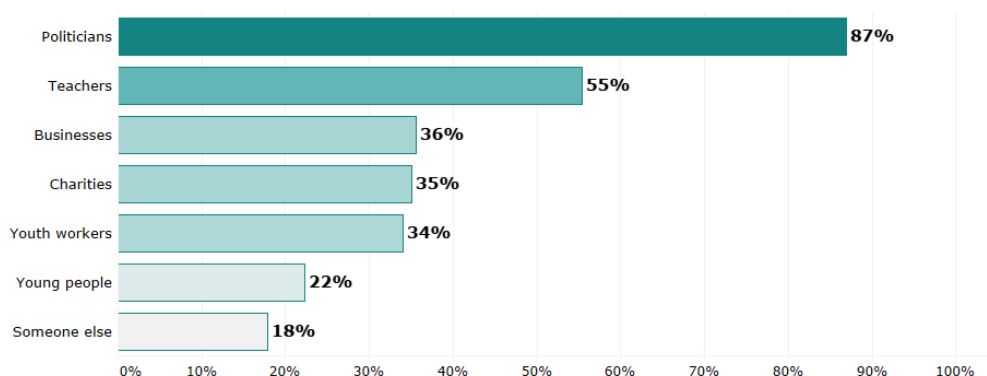
¹ This survey was only available online. Therefore, the response to this question may not be representative of all young people's experiences.
² See comment above.



The role of decision makers in relation to coronavirus (COVID-19)

Who do you think should be providing information surrounding coronavirus (COVID-19)?

Most respondents stated that *Politicians* should be providing information around coronavirus. Over half of the respondents selected *Teachers*, and around a third selected *Youth workers*. The least commonly selected group was *Young people*.



This question was multiple choice, therefore the percentage will not total 100%.

Of the **433** respondents who selected *Someone else*, **408** provided a typed suggestion (summarised below).

Suggestion	% of responses	Suggestion	% of responses
Health or medical professionals	43%	Anyone with access to the correct information	3%
Scientists or researchers	14%	Educational bodies	3%
Parents or carers	13%	World Health Organisation	2%
Media	11%	Experts (general)	2%
Government	9%	Police	1%
Other	7%	Politicians	1%
Everyone	4%		

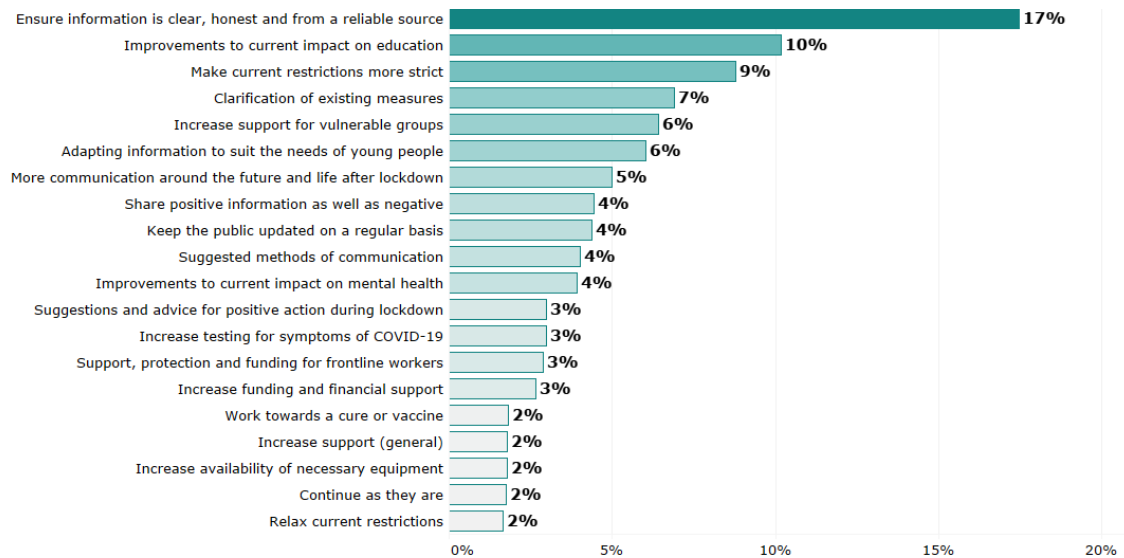
Three respondents typed *Don't know or not sure*. Eleven respondents made suggestions that were classified as non-applicable.

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What actions would you like to see decision makers (such as those listed above) take to tackle issues surrounding coronavirus (COVID-19)?

There were **2,418** suggestions freely typed by respondents. These responses were categorised into 40 main themes. Below demonstrates the 20 most common themes.

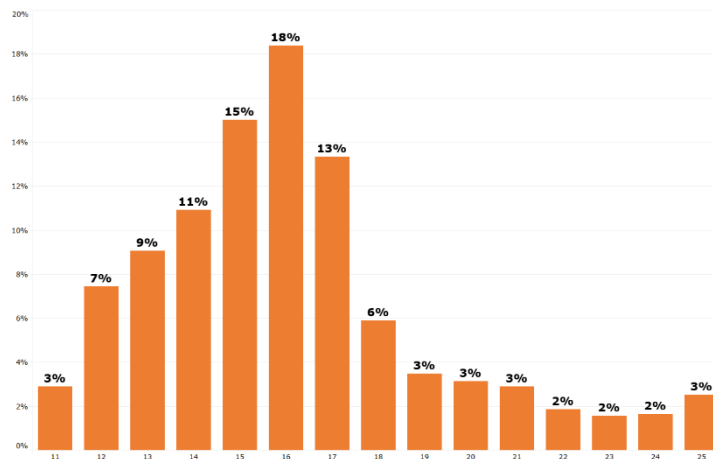




Demographic Data

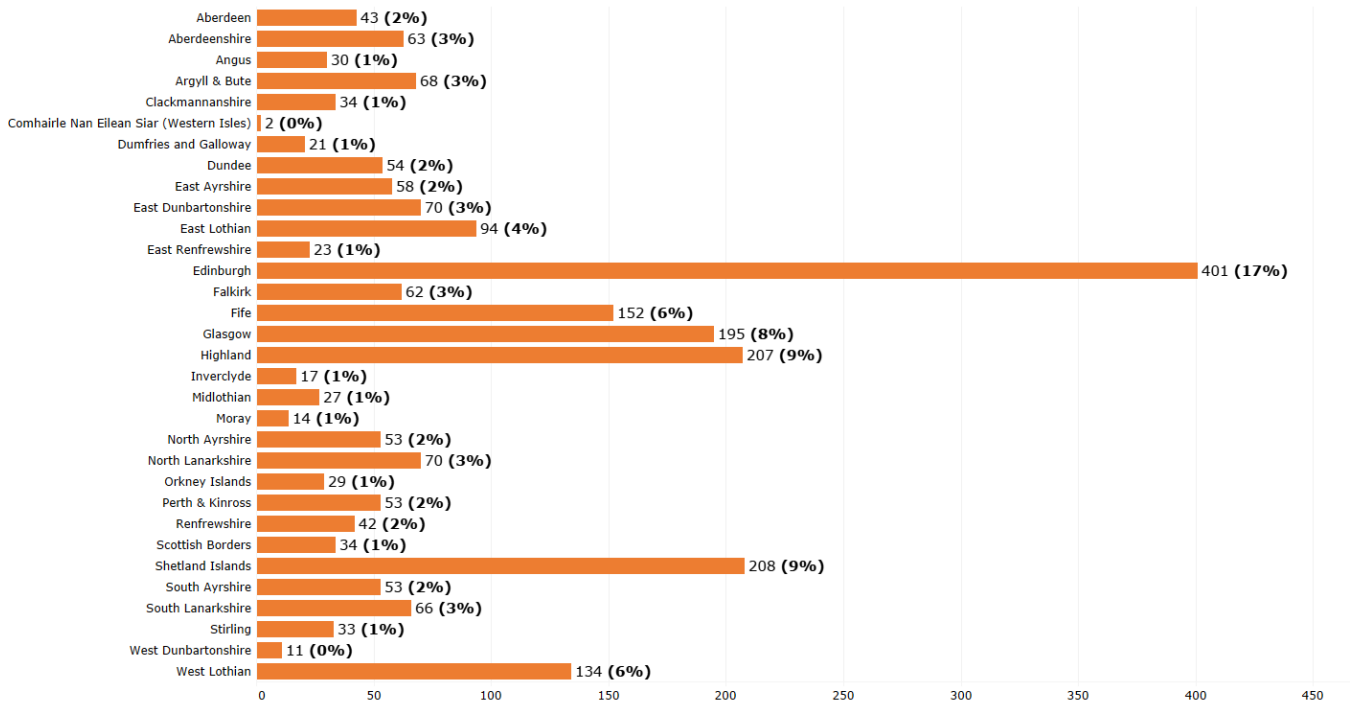
How old are you?

Three quarters of respondents were under the age of 18. Most respondents were aged 16.



Which Local Authority do you live in?

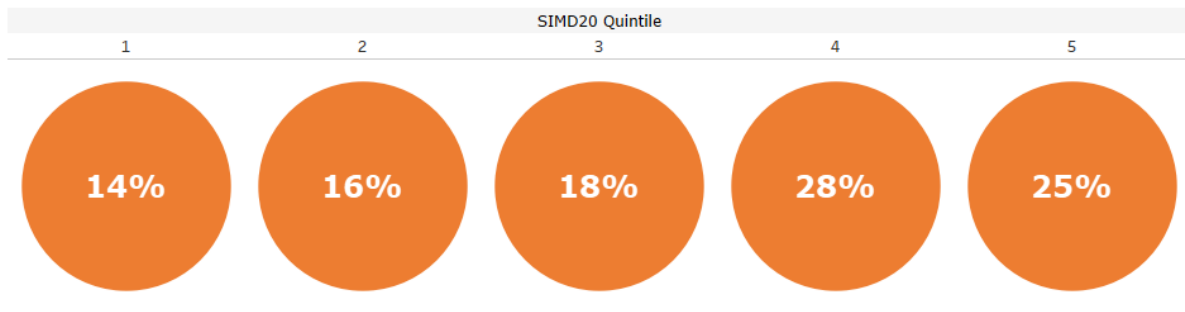
The survey received responses from young people based in all 32 Local Authorities. Most respondents lived in Edinburgh.





Breakdown of respondents by Scottish Index of Multiple Deprivation Decile

The Scottish Index of Multiple Deprivation is split into five quintiles, with Quintile 1 representing areas with highest deprivation and Quintile 5 representing areas with lowest deprivation. 1,931 respondents voluntarily provided their postcode. These postcodes were freely typed and 1,774 were able to be mapped against the SIMD20 Decile data.

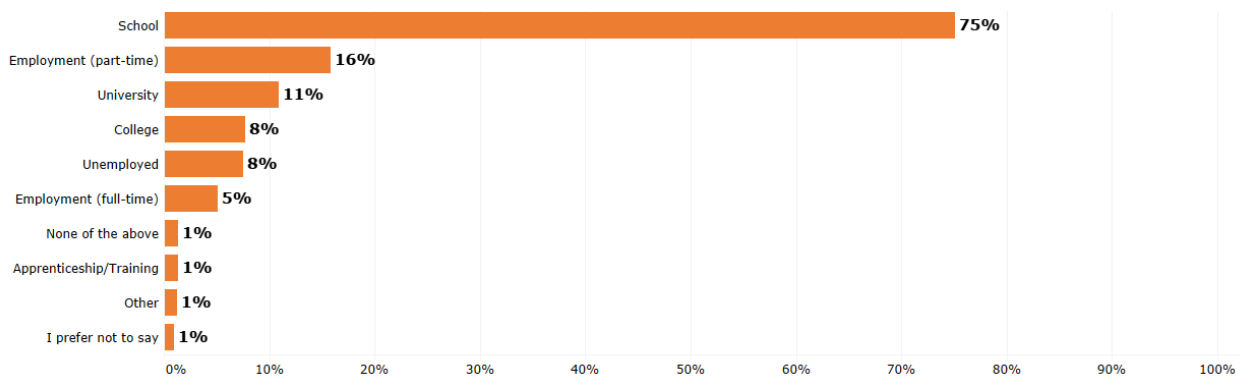


Gender Identity

Almost two thirds (65%) of respondents identified as *Female*, with 31% identifying as *Male* and 2% selecting *I prefer not to say*. The remaining respondents identified as *Non-binary* (1%) and *In another way* (0.4%).

Education/Employment Status

Three quarters of respondents stated that they were currently in school.

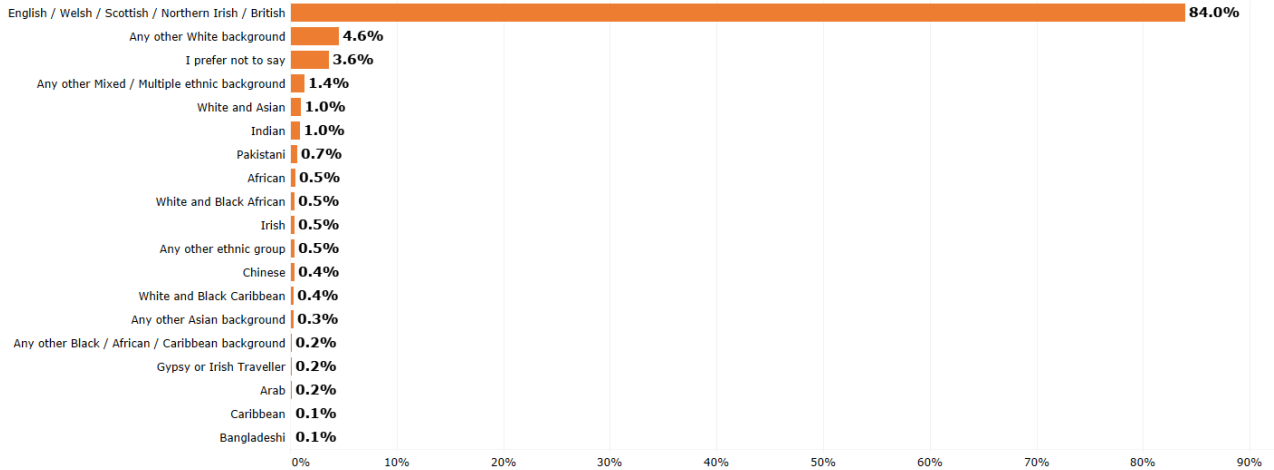


This question was multiple choice, therefore the percentage will not total 100%.

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What is your ethnicity?



Get in touch to let us know what you think:

We would be delighted to hear what you think about #LockdownLowdown! Tweet using the [#LockdownLowdown](https://twitter.com/lockdownlowdown) tagging @OfficialSYP @YouthLinkScot @YoungScot.

You can also let us know your thoughts on the issues raised in this report by emailing:

- Rosy Burgess, Scottish Youth Parliament, rosy.b@syp.org.uk
- Eddie Nisbet, YouthLink Scotland, enisbet@youthlinkscotland.org
- Louise Macdonald, CEO, Young Scot, louisem@young.scot