

NATIONAL
YOUTH
TRENDS

MAY 2020

TAKE THE TEMPERATURE

A NATIONAL YOUTH TRENDS
REPORT UNDERSTANDING
THE IMPACT OF CORONAVIRUS
ON YOUNG PEOPLE IN THE UK

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I FEEL LIKE MY VOICE CAN'T BE HEARD, AND NO MATTER HOW HARD I METAPHORICALLY SHOUT IT NEVER WILL BE

Participant 4 in Newcastle, 17

We've all heard it: this is an unprecedented time. Truth is, no-one has ever experienced anything like this in our lifetimes. It's been a shock to the system - in all senses - and we're still right in the thick of it, not sure what this 'new normal' that everyone keeps asserting we're moving to will actually look like in practice.

What is clear, and can be felt right through this report, is that young people are struggling to find a place where their voices, feelings and experiences fit into building this 'new normal'.

There is no doubt that, in dealing with this pandemic, the need to band together, be adaptable and make allowances, is higher than ever. There is also no doubt whatsoever that we need to protect the most vulnerable in society in whatever way we can. Whilst coronavirus' impact is universal, its effects are not uniform.

Take the Temperature's focus on young people is not to act as a diversion from those in immediate need. Rather it aims to encourage conversations about how the pandemic is affecting young people, whilst establishing methods through which a more-inclusive economy (the public, private and third sectors) can help young people deal with this pandemic now. This is so that when tomorrow comes, when we see

the long-lasting impact of this virus, they will be ready to forge a better future, not just for themselves, but for society as a whole.

Their inclusion in building this 'new normal', and the policy level decisions which will drive it, is essential, not only for fostering a more positive outlook on the future, but as an opportunity to harness a generation so keen to participate, to have a seat at our democratic table. Whilst this crisis has [exposed inequality](#) and highlighted those who [most need aid](#) - the future planning it has provoked leaves us with an opportunity to reset and recover.

The young people we spoke to certainly agreed: 92% said that this could be a moment to change society for the better. Read, share, learn from and implement from this report, and be right alongside them.

**ANISA
MORRIDADI**

Founder & CEO, Beatfrees

I BELIEVE MOST OF THE TIMES YOUNG PEOPLE'S VOICE ARE NOT HEARD ENOUGH... THIS PANDEMIC HAS DISRUPTED THE LIVES OF MANY YOUNG PEOPLE ACROSS THE COUNTRY. I THINK IT IS VERY IMPORTANT TO LISTEN TO HOW YOUNG PEOPLE ARE FEELING TO FIND OUT THE ABOUT HOW THEY ARE COPING WITH THIS PANDEMIC

Participant 6 in Leeds, 20

A NATIONAL YOUTH
TRENDS REPORT
UNDERSTANDING
THE IMPACT
OF CORONAVIRUS
ON YOUNG
PEOPLE IN THE UK

Partners:





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ABOUT BEATFREEKS

BEATFREEKS is an engagement and insight agency with a growing community of young creatives.

We work with brands, government and funders who see value in sharing power with young people.

Our model is simple: the more young people exercise their influence through their creativity, the more relevant institutions become and the more they can shape the world together.

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NATIONAL YOUTH TRENDS gives unprecedented insight into what it means to be a young person living in the UK today. It's a flagship research project produced by Beatfrees and co-created with young people.

It collects data holistically: noting how the seemingly separate parts of our lives can influence each other.

It inspires an inclusive economy: where the private, public and third sectors are all held accountable to the thoughts, needs and desires of young people.

It continually closes the loop with participants - displaying change (and stagnation) as a result of young people voicing their opinions.

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INTRODUCTION

Take the Temperature is a report about the broad impact of coronavirus and its aftershocks on young people across the UK. During late March and early April 2020, we surveyed 1535 young people, recruited 11 young 'Isolation Diary' participants, and countless industry professionals. With support from research partners Anousheh Haghdadi, Andy Mycock & Tom Loughran we analysed the fieldwork data and established 5 key trends which we believe will continue to shape the lives of young people across the UK, and which are a product of the pandemic.

We have made 14 recommendations for implementation across the public, private and third sectors, which we believe will help the voices, experiences, and hopes of young people shape the 'new normal' in the wake of COVID-19.

Our research shows that although the impact of COVID-19 has been universal - it has touched the lives of all of those living the UK - its effects are not uniform. As such, young people cannot be treated as a homogeneous group during the pandemic. Every young person's personal circumstances bring their own set of challenges.

This noted, our research indicates that young people have played a vital role in the collective response to the pandemic and, proved willing to play their part in complying with the lockdown whilst staying healthy and helping others. This says so much about the pro-social attitudes of this generation, particularly as they are currently experiencing uncertainty in future prospects, and have had few opportunities to shape narratives presented about them in the media. In spite of the strain on their personal relationships, and the effect on their mental health, this pandemic has brought out the best in young people across the UK.



SUMMARY

OUR FIVE KEY FINDINGS:

PASS THE REMOTE (information, news consumption, compliance)

- 91% of our respondents said that they are strictly adhering to government advice.
- 80% of young people are getting their information through traditional news / media outlets and the Prime Minister's broadcast updates, as opposed to social media.
- Young people are actively monitoring the effect of news consumption on their mental health.

COMING TOGETHER? (relationships)

- Positive friendships are fostering more positive outlooks on what the future holds.
- Negative strain on young people's family relationships is leaving them less equipped to deal with the pandemic.
- Use of social media and the internet has increased, with positive and negative impacts.

LOCK UP & DOWN (mental health issues)

- 65% of young people said they were worried about their mental health in light of COVID-19, compared to [the national picture of 20%](#)
- 83% of respondents reported being more worried than they normally would be.
- The most popular way young people are dealing with their mental health issues is by communicating with each other.

THE NEW NORMAL? (social responsibility, volunteering, youth voice)

- Young people are most worried about the impact of the crisis on wider society (vulnerable people, the NHS, economic crisis).
- 51% of young people are making more effort than they normally would to help those in need.
- Young people are conscious of how brands and businesses will act during the crisis, calling on them to play a social role.
- Decision-makers are not engaging with young people.

TIMES OF TRANSITION (education, work, the future)

- There is a huge disparity in young people's current experience of their education.
- 58% of our respondents have said that Covid-19 has left them unsure about their futures.
- Those worst affected are at a time of transition, and are now unsure of what future steps they can take.

FIVE KEY RECOMMENDATIONS [\(read full recommendations here\)](#):

- **Central Government** needs to establish a National Young Person's Response Unit: a cross-sector and cross-issue body, bringing together third sector organisations, public sector policy-makers and [DCMS's Youth Steering Panel](#).
- **Local and Combined Authorities and businesses** need to build young people into their recovery task forces.
- **Policy-makers, employers, educators and businesses** need to engage with, listen to, and address young people directly - they feel like their concerns and questions have gone unanswered.
- **Invest in, and protect budget for, developing youth mental health services** to support young people.
- **Introduce statutory digital citizenship education programmes at all levels** to provide young people with the digital literacy to equip them for life in the 'new normal'.



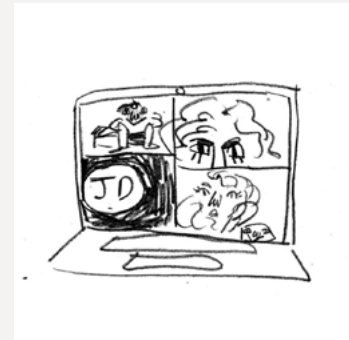
Opening
Tuesday
collection

only

11 till 8

TRENDS

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BY ARTHUR

INFORMATION,
NEWS CONSUMPTION,
COMPLIANCE

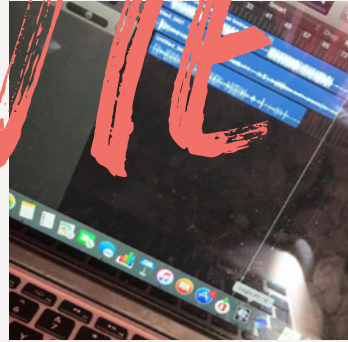


BY JEMIMA LONGCAKE

PAS THE REMOTE



BY ALICE EVANSS



BY CREDO YSC



BY MUSKEEN

As schools, colleges and universities closed in late March, and through early April as young people across the UK moved into lockdown, mainstream news was awash with the following headlines:

[A Generational War Is Brewing Over Coronavirus](#)

[‘Lower compliance’ to lockdown among young, warns Michael Gove](#)

[Government polling, not released to public, identifies teenagers as ‘problem’ group when it comes to compliance, Telegraph learns](#)

Police in England also released data in late April suggesting that 9,000 people have been fined for breaching lockdown rules. The BBC reported that one third of these were [between the ages of 18 - 24](#).

I’M READING THE NEWS EVERY DAY; I FEEL IT’S ESSENTIAL THAT I’M KEPT UP TO DATE WITH EVERYTHING SO I CAN UNDERSTAND WHAT THE PANDEMIC IS ALL ABOUT.

Participant 5 in Glasgow, 19

Whilst this statistic appears troubling, it is references such as this - without contextual evidence, and themes of wider youth attitude - which allow a small minority of young people to stereotype the vast majority.

Contrary to the narrative portrayed in some sections of the media, 91% of our respondents said they were strictly adhering to government advice: self-isolating, social distancing or attending their jobs as key workers. Only 4 out of 1535 respondents openly said they are ignoring the advice. Of those polled, 99% correctly identified the two principal symptoms of COVID-19 (as identified in government messaging) and 85% knew that they shouldn’t go to a doctor if they get the virus.

Advice and information on coronavirus is reaching young people and they are listening. Contrary to popular belief, 80% of young people are getting their information through traditional media outlets. Many also watch the 10 Downing Street daily broadcast updates. In this context, many young people trust traditional media [as opposed to social media](#).

I BELIEVE THAT MANY NEWS OUTLETS ARE USING THIS OPPORTUNITY TO SCARE-MONGER INDIVIDUALS

Participant 6 in Leeds, 20

THE MEDIA CREATES AN ATMOSPHERE OF MASS PANIC, AND I FEEL LIKE I CAN GET THE INFORMATION I NEED FROM THE OFFICIAL GOVERNMENT/NHS

Participant 10 in Bristol, 24



BY NAOMI LEA

There are, however, some interesting tensions in young people's attitudes to the news. Although most young people are accessing news through traditional sources, they remain critical of the approach of mainstream media. While 40% describe the news in the context of coronavirus and necessary and informing, 41% of respondents also spoke about how media coverage is perhaps over-dramatising the pandemic and, as a result, causing more panic.



BY CHELSEA MILLS

The second tension is that young people are perhaps struggling to consume news in this way without it consuming them. They are seeing the value in staying informed, both for themselves and for wider society. Simultaneously, however, they are also aware of the negative impact receiving the news is having on their mental health. Indeed, 15% of respondents stated that the main factor which helped positive mental health was avoiding the news completely. Their response is one which we see across youth culture: self-care.

Our research thus highlights that 'Gen Z' are flexible consumers of the news. 70% of respondents stated that news saturation is increasing a sense of

FOMO ([fear of missing out](#)). This 70% felt increased pressure to be online. At the same time, throughout diary entries and in qualitative responses to our survey, we see perpetual references to screen time monitoring, active avoidance and conscious decision making. Therefore, many young people have the simultaneous desire to stay informed in order to protect themselves and each other, and to self-monitor doing so for similar ends.

One explanation for the reliance on traditional forms of news media is an association of social media with 'fake news'. Many of our respondents said fear of 'fake news' had encouraged them to seek out more 'straight from source' outlets such as NHS online and the BBC News app.

In consuming and monitoring information in the above ways, young people are conscious of the pandemic's peripheral impact on them. They are safeguarding their future mental health as a result. 8 out of our 11 diary entries referred to this specifically.

THE MEDIA CREATES AN ATMOSPHERE OF MASS PANIC, AND I FEEL LIKE I CAN GET THE INFORMATION I NEED FROM THE OFFICIAL GOVERNMENT/ NHS WEBSITES

Participant 5 in Glasgow, 19

Participant 2 in Liverpool, 16

I ALSO THINK THERE PROBABLY HAS BEEN LITTLE CHANGE IN THE EFFECT ON MY MENTAL HEALTH DUE TO THE INTERNET ITSELF, BUT POSSIBLY THE CONSTANT INFLUX OF NEWS ABOUT THE VIRUS WILL IN TIME HAVE AN IMPACT.

IN TERMS OF USING THE INTERNET IN GENERAL, I HAVE CHOSEN TO LIMIT THE NUMBER OF TIMES I ACCESS THE NEWS ONLINE AS I BELIEVE THAT THIS WOULD BE BENEFICIAL FOR MY MENTAL HEALTH

Participant 6 in Leeds, 20

I HAD TO MAKE A CONSCIOUS DECISION TO NOT CONSTANTLY CHECK THE NEWS TO AVOID MAKING MYSELF TOO ANXIOUS.

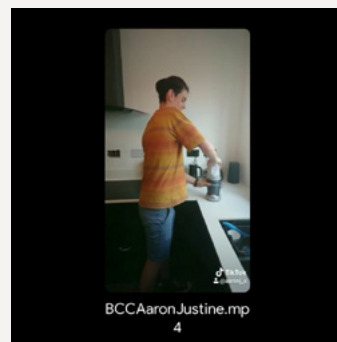
Participant 10 in Bristol, 24

FOR SOME CONTEXT I'VE ALWAYS BELIEVED I'M THE TYPE OF PERSON THAT IS CAUGHT UP WITH CURRENT AFFAIRS AND WHAT'S GOING ON IN THE WORLD... PRE COVID-19 I WOULD ALWAYS CHECK UP ON WHAT'S GOING ON IN THE WORLD AND KEPT MYSELF INFORMED. IN TERMS OF COVID-19 AT THE BEGINNING I HAD TO DELETE THE BBC NEWS APP AS THE MAJORITY OF STORIES I SAW WAS ON CORONAVIRUS.. IT WAS LIKE (AND STILL IS LIKE) I CAN'T GET AWAY FROM IT.

Participant 4 in Newcastle, 17

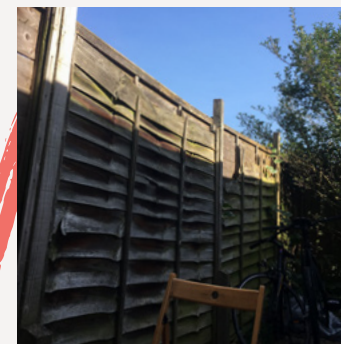
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RELATIONSHIPS

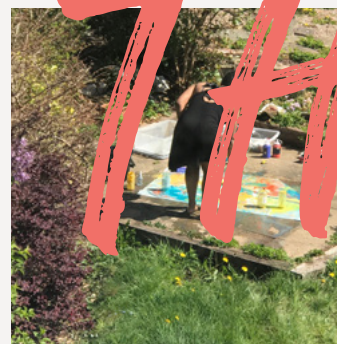


BY AARON SMITH

BCCAaronJustine.mp
4



BY GEORGIA COWIE



BY KRISTINA HALL



BY JOSIE PAYNE

COMING TOGETHER?

THE NEWS SEEMINGLY ONLY REPORTS ON THE POSITIVES IN REGARDS TO FAMILIES ('GET TO SPEND MORE TIME WITH THE KIDS' 'NICE TO BE AT HOME AND ENJOYING MYSELF WITH MY HUSBAND') AND THERE ARE NOT MANY ANONYMOUS OPINIONS BEING HEARD IN MY OPINION FROM PEOPLE WHO MAY BE DEEPLY STRUGGLING WITH THE SITUATION IN THIS REGARD.

Eve in Belfast, 16

There is a paradox which often [defines young people's relationships in the media](#): that through social media they are both more connected than ever and also lonelier too. The COVID-19 pandemic has brought this paradox into sharper focus. Across the UK, young people are spending considerably more time with their families, friends, carers, partners, guardians and, in some instances, themselves.

Many of our respondents reported that they have enjoyed this 'new normal', spending extended time in person and online with friends and family. However, our dataset shows that some young people are feeling strain in their relationships during the crisis. Whilst the majority of young people may not be experiencing difficulties with their family, the effect on those who are experiencing this displays the critical importance of such structures in young people's lives.

Just under one-third of all of our respondents felt that the pandemic was putting strain on their family relationships. Of the people reporting strain on their family relationships, 39% lived with relatives, compared with 27% who didn't. Living in close quarters, with

little opportunity to establish their own personal space, is having a damaging effect on some young people. As the National Youth Agency notes, this is particularly important for [those families with large numbers and/or smaller homes](#).

The impact of such family strain is reflected in our findings. A significant minority of young people who have experienced no positive moments during the pandemic are 24% more likely to have a strained relationship with their family. Young people who do not feel they have access to the resources they need in the pandemic are also 19% more likely to be feeling family strain. We also found that young people who did not have a positive outlook on the future were 12% more likely to be experiencing family strain.

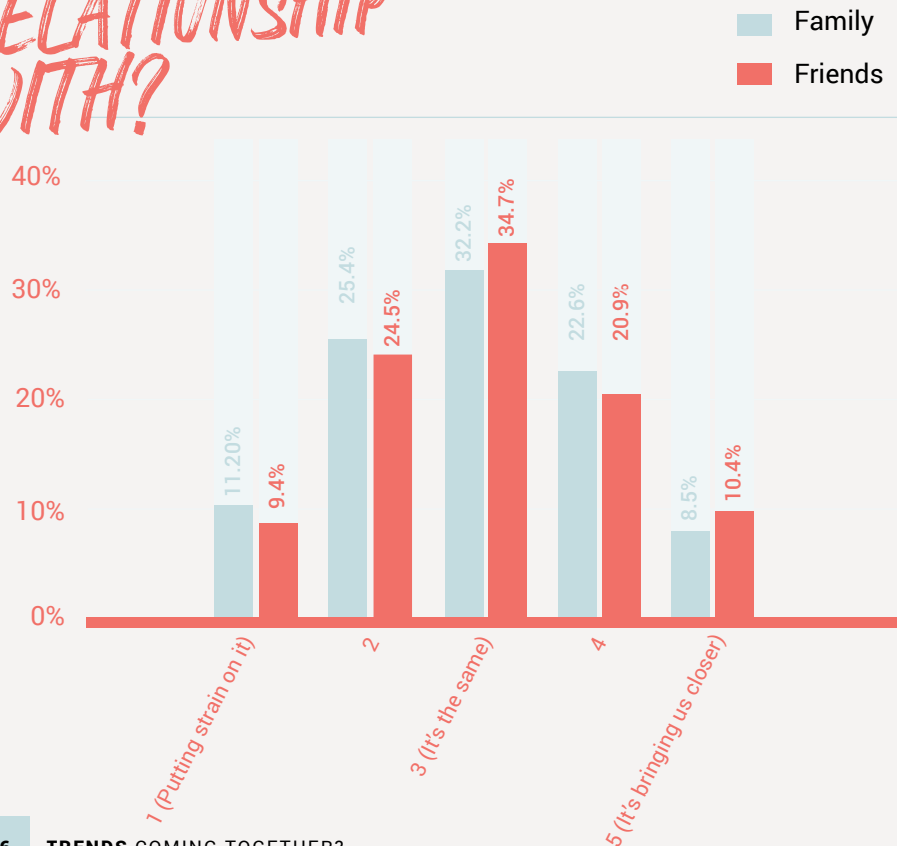
The detrimental impact of the pandemic on some family relationships may well further perpetuate existing issues, particularly a potential surge in youth homelessness after the lockdown ends. We know that [family breakdown is a leading cause of youth homelessness](#) - we believe the urgency to tackle this issue is clear.

OVERALL, I THINK THE INTERNET IS HAVING A BIGGER EFFECT ON MY MENTAL HEALTH AS APART FROM MY FAMILY, IT'S THE ONLY FORM OF COMMUNICATION I HAVE AVAILABLE. BEFORE, I WAS ALWAYS ABLE TO WALK AWAY FROM IT, GO OUT WITH FRIENDS AND TAKE MY MIND OFF THE INTERNET - BUT BEING AT HOME, IT'S ONE OF THE FEW THINGS ONE CAN DO.

Eve in Belfast, 16

HOW IS THE PANDEMIC AFFECTING YOUR RELATIONSHIP WITH?

As we see the breadth of impact, not only on young people's immediate situations but on their long term outlooks and wellbeing. There is a need to establish means to help young people foster stronger personal connections during the pandemic, particularly as many of the traditional sites of social



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interaction - such as school, university, 'going out' - are no longer possible IRL (in real life).

Whilst 31% of our respondents reported family strain, 34% also expressed strain on relationships with friends. In spite of a similar number of people experiencing strain on relationships with their family and friends, the above impact (on access to resources, experience of positive moments and outlook on the future) seen in family relationships did not come to light in our correlation analysis of strained friendships.

I HAVE REALLY CLOSE FRIENDS ACROSS THE UK WHICH CAN HAVE ITS CHALLENGES AS WE DON'T ALWAYS GET TO SEE EACH OTHER IN PERSON A LOT — SO WE ARE VERY USED TO CONTACT THROUGH PHONE CALLS, MESSAGES AND VIDEO CALLS.

Naomi in Cardiff, 21

As noted, the impacts and effects of the pandemic are not uniform amongst young people. A significant number who noted their relationships with friends had improved were also more likely to see the pandemic as a moment for positive change. Young people who saw this as a moment for positive change were twice as likely to see their friendships in a positive light.

Why is it, then, that a similar number of people feel the strain on both their family relationships and friendships, but when we look deeper there seems to be different cause and effects?

One possibility is that the majority of young people are used to conducting a relationship with friends which isn't solely based in the physical world. Nearly a quarter of our respondents, for example, reported no change to the way they socialise online. And of this group, 66% of respondents said their friendships had stayed the same, or were now stronger.

Young people's relationships on- and offline are deeply intertwined, with the former predominantly being born from the latter. It suggests that the 34% who

are feeling strain on their friendships are referring to the gap left by friendships in real life, whereas the equivalent in family bonds may be due to overexposure. Young people, for example, have been immensely creative in recreating their IRL experiences online.

When thinking about COVID-19's impact on relationships generally, we cannot dismiss young people's needs based on presumptions that young people's digital literacy equates to inherently stronger relationships. The impact of straining relationships seen above, in conjunction with wider research about [the impact of](#)

ALL OF THE DIFFERENT VIDEO CALL APPS SUCH AS FACETIME AND THE NEW HOUSE PARTY HAVE REALLY HELPED WITH STAYING IN TOUCH WITH PEOPLE AS IT'S A DIFFERENT EXPERIENCE TO JUST TEXTING THEM. THIS HAS THEN ALSO HELPED WITH STAYING IN TOUCH WITH GRANDPARENTS AS I THINK THIS HAS REALLY HELPED THEM IN THE ISOLATION.

Participant 2 in Liverpool, 16



I HAVE CREATED A SPAM INSTAGRAM ACCOUNT, TOO, IN WHICH I SHARE A LOT MORE OF MY PERSONAL THOUGHTS TO CLOSE FRIENDS THAN I USUALLY WOULD.

Eve in Belfast, 16

[relationships on young people](#), displays the need for young people to maintain strong connections.

Most pertinent, is the impact such relationships can have on young people's futures. Again, in facing the reality of growing up in the post-pandemic crisis, it is essential that young people are able to maintain strong relationships during coronavirus. Connection fosters more positive outlooks and robust mental health and, in light of [NYA's finding that one in five youth clubs will not reopen post-lockdown](#), it is essential that we must find ways to keep young people connecting.



THE LITTLE FESTIVAL WE ORGANISED WAS JUST OVER A GOOGLE WEBSITE WHERE I COULD PROJECT YOUTUBE VIDEOS OF DIFFERENT FESTIVAL PERFORMANCES TO MY OTHER FRIENDS WEBSITES. I HAD A LOAD OF LIVE MUSIC/ FESTIVALS LINED UP WHICH HAVE ALL BEEN POSTPONED [...] SO THE LITTLE ONLINE FESTIVAL THING WAS A GOOD REPLACEMENT FOR THIS

Participant 4 in Newcastle, 17

MENTAL HEALTH ISSUES

BY CHELSEA MILLS

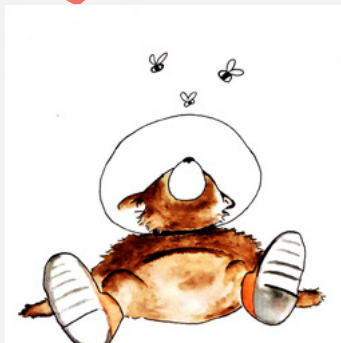


BY GEORGIA COWIE



LOCK UP & DOWN

BY GEORGIA COWIE



BY FREYJA PERKINS

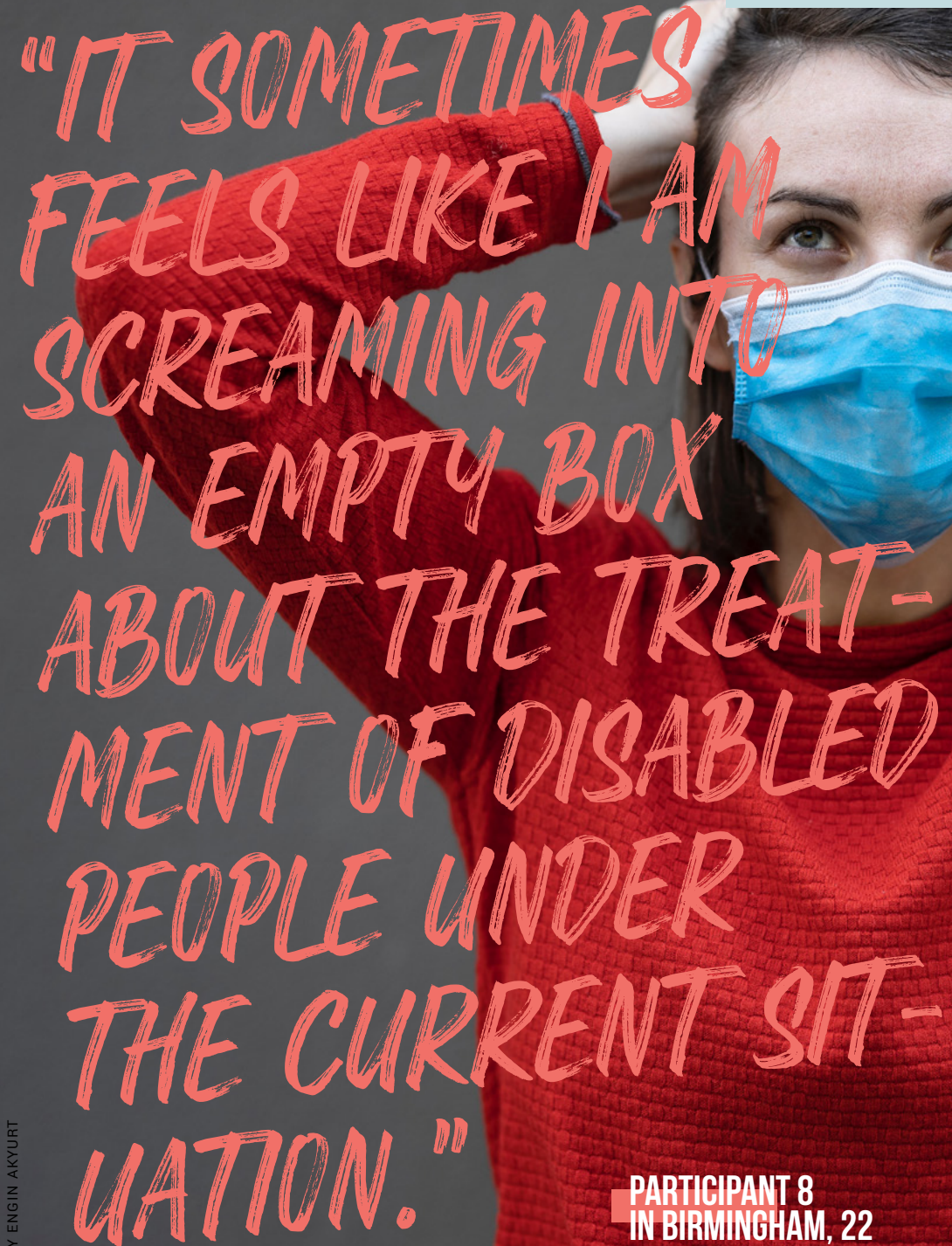
Understandably, much of the focus around the pandemic has been about safeguarding physical health: how we can best equip the population, in particular key workers, to stay physically healthy and prevent further spread of COVID-19. This was reflected throughout the Isolation Diaries. In spite of this, the mental health implications of the crisis are only now coming to light for many young people, as was noted in the recent [Young Minds' report](#) on youth mental health.

Concerns [about youth mental health are not new](#) but it is likely to play an defining role in shaping youth culture in the wake of the COVID-19 crisis. Our research highlights the urgent need to enhance and protect youth mental health support now and in the future.

Inevitable economic instability along with budget re-evaluation across the public, private and third sector will force anything 'expendable' to go. This trend displays how provision, not just supporting those with mental health issues but also supporting everyone to foster better attitudes towards their mental health, is not expendable.

83% of survey respondents reported being more worried than they normally would be. When asked about their access to normal health care, 65% of the 14 - 25 year olds we surveyed said they were worried about their mental health. Comparing this to the national picture of [20% of people worried about their mental health](#) - we can see the devastating effect lockdown is having on young people in the UK.

Our survey also revealed that 16% of our sample - 241 young people - had not left the house since the start of the lockdown. This would suggest that increased mental health concerns are causing some young people to self-isolate or withdraw from society. This 16% are more likely to be of school age and more likely to have experienced no positive moments during the lockdown. They are also slightly more likely to be disabled, unemployed or a person of colour.



"IT SOMETIMES FEELS LIKE I AM SCREAMING INTO AN EMPTY BOX ABOUT THE TREATMENT OF DISABLED PEOPLE UNDER THE CURRENT SITUATION."

PHOTO BY ENGIN AKYURT

PARTICIPANT 8
IN BIRMINGHAM, 22

BY EUGENE THABO



YOUNG WOMEN

**THE INTERNET IS
HELPING ME TO KEEP
MORE MENTALLY
SANE AS I STAY IN
TOUCH WITH MY
FRIENDS**

Shamoya in Manchester, 17

AND MENTAL HEALTH

There is a gender divide in the group experiencing a higher level of worry than they normally would be. 85% of all of our female respondents report a higher level of worry, compared to only 50% of male respondents. Among these groups, 65% of women hadn't left the house at all, compared to 53% of young men. Again, we see a correlation between not leaving the house and increased levels of worry.

In spite of this, only 33% of young men who felt more worried had experienced moments of positive, compared to 55% of women who felt more worried. Despite of reporting worry much more frequently than men, more women had experienced positive moments. [In line with pre-corona findings](#) suggesting that men are less likely to talk about the issues they face in some contexts, this suggests that women are more likely to manage their anxieties more effectively.

I USUALLY DID LINDY HOP CLASSES ON WEDNESDAY NIGHTS AT MY LOCAL DANCE STUDIO, A PART OF MY WEEKLY ROUTINE I REALLY LOVED AND LOOKED FORWARD TO, SO I'M HAPPY THEY ARE CONTINUING IN THE VIRTUAL WORLD. I HAVE TO ADMIT THAT DOING THE LESSON REALLY IMPROVED MY MENTAL HEALTH - JUST SEEING THE PEOPLE THAT I WOULD SEE IN CLASS AND SAYING HELLO TO MY TEACHER PUT ME IN A BETTER MOOD.

Participant 10 in Bristol, 24

WELL, FOR A START MY USAGE HAS CERTAINLY INCREASED DUE TO THE FACT THAT THE ONLY WAY FOR ME TO HAVE CONTACT WITH FRIENDS IS THROUGH SOCIAL MEDIA... WHERE PREVIOUSLY I COULD DELETE SOCIAL MEDIA AND SEE THEM AT SCHOOL DAILY THIS IS NO LONGER POSSIBLE.

Participant 4 in Newcastle, 17

The main way (45%) young people are aiding their mental health is by communicating with friends. Considering the effect of the pandemic on many of young people's critical relationships, it is more important than ever to encourage and facilitate young people connecting with each other. 5-a-side in the park has become Football Manager, Houseparty is the new houseparty, climate change marches becomes digital sit-ins on comments sections, drama class becomes Tik-Tok. Now is the opportunity to deliver the sort of digital engagement Gen Z have always been looking for.

This is not to say that social media will solve young people's mental health concerns. Rather, for young people at the moment, it is the lesser of two evils. Socialising online is the only chance most have to connect with the people they are closest to. Screen time monitoring is a luxury which, for many, is not possible for the time being.

The above reliance on social media connection also draws into question [the digital divide in the UK](#), which we believe the COVID-19 pandemic has further intensified. A significant minority of young people do not have access, or have limited access, to the internet at

home. In 2018, 700,000 young people reported having no internet access via a laptop or tablet at home. A further 60,000 reported having no internet access at all at home. This is not taking into account large households who need to share equipment, and young people who struggle to afford data packages. We welcome [initiatives by the UK Government](#) and [other policy-makers](#) to address some aspects of the digital divide by providing IT equipment to young people. There is a need however to also consider access to the internet, whether by WiFi or mobile data. Further work must be conducted into those who may be slipping through the net, both in terms of digital engagement and data collection.

The online 'new normal' is not simply a question of access to the internet, though. Our findings indicate that, whilst many young people are conscious of fake news for example, they perhaps lack the tools to adequately flag it, call it out or prevent its spread. Others noted that they were unsure how to locate and access information about the pandemic in the context of their lives or how to find opportunities to participate in social action activities previously undertaken IRL.

THERE IS NO POINT TRYING TO STICK TO HOW MUCH I USED MY PHONE BEFORE THIS ALL STARTED AS THE WORLD IS COMPLETELY DIFFERENT NOW AND WE ARE LIVING OUR LIVES MORE THAN EVER THROUGH OUR PHONES. THIS NEW VIEW HAS HELPED ANY EFFECT ON MY MENTAL HEALTH AS IT MEANS I CAN FOCUS ON MORE IMPORTANT THINGS.

Participant 2 in Liverpool, 16

It is likely that many of the new norms of digital citizenship we have adopted during the pandemic are here to stay. With this in mind, it is more important than ever to develop a comprehensive approach to educating the current and future generations of digital citizens, providing the knowledge, skills, and experiences to furnish life-long civic engagement and participation both online and in the 'real world'. In the public sector, this could be achieved by promoting digital literacy as a cross-curricular subject and enhancing citizenship education to the 'new digital normal'. In the private sector, businesses could frame campaigns around online action and digital navigation.

IN TERMS OF MY MENTAL HEALTH I WOULD SAY IT IS HAVING SOME SORT OF IMPACT. DUE TO THE FACT THAT MY ONLY SORT OF CONNECTION IS THROUGH ONLINE I DON'T REALLY HAVE A CHOICE TO STAY AWAY FROM IT WHICH IS A LUXURY I WOULD HAVE HAD PRE COVID-19.

Participant 4 in Newcastle, 17



I'M ON THE PHONE A LOT MORE THAN I WOULD BE BEFORE, AND HAVE BEEN OVERWHELMED BY THE AMOUNT OF PEOPLE ASKING TO CALL ME OR HANG OUT OR NEW GROUP CHATS WHICH HAVE BEEN FORMED AS A RESULT OF THE PANDEMIC.

Participant 6 in Leeds, 20

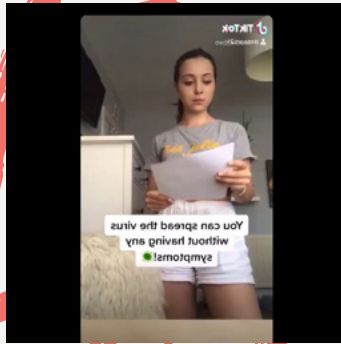
BY GEORGIA COWIE

SOCIAL RESPONSABILITY, VOLUNTEERING, WIDER CONCERN

BY JOSIE PAYNE



BY KLAUDIA BOGUTA



THE NEW NORMAL?

BY TIERNEY MIZELL



Some clapping is actually meant to be heard so that the government has setup to the construction work that is being to setup the 5G network. Every week they need to test it which lets off a loud buzzing noise for exactly 1 minute but the clapping covers it.

The initial setup of 5G is actually corona virus. Please share this and clapping every Thursday.

BY CHRISTOPHER OLIVE

**BE KIND.
LET'S
LOOK OUT
FOR ONE
ANOTHER.**

COMMUNITY IS KINDNESS.

**BE KIND.
LET'S
LOOK OUT
FOR ONE
ANOTHER.**

COMMUNITY IS KINDNESS.

BY JOHN CAMERON

Against a portrayal of young people as self-interested or individualistic, we found that 'Gen Z' were taking a much broader view of the pandemic and its impact.

[Selfish young people must take responsibility in coronavirus fight - GP Taylor](#)

[Dr Hilary slams 'selfish' young people ignoring health advice 'Damaging the NHS'](#)

I STILL FEEL ANXIOUS EVERY DAY, WORRYING ABOUT MY LOVED ONES AND WHAT'S GOING TO HAPPEN.

Participant 10 in Bristol, 24

I THINK A TAKEAWAY FROM THE PANDEMIC IS PEOPLE TRYING TO TAKE CARE OF ONE ANOTHER. BEING MINDFUL OF OTHERS MENTAL AND PHYSICAL WELLBEING. HAVING ADEQUATE SOCIAL CARE. REALISING THAT ALTHOUGH WE MAY ALL BE IN THE SAME SITUATION, THE REALITY OF WHAT THAT MEANS AND WHAT LIFE LOOKS LIKE IS DIFFERENT FOR ALL OF US.

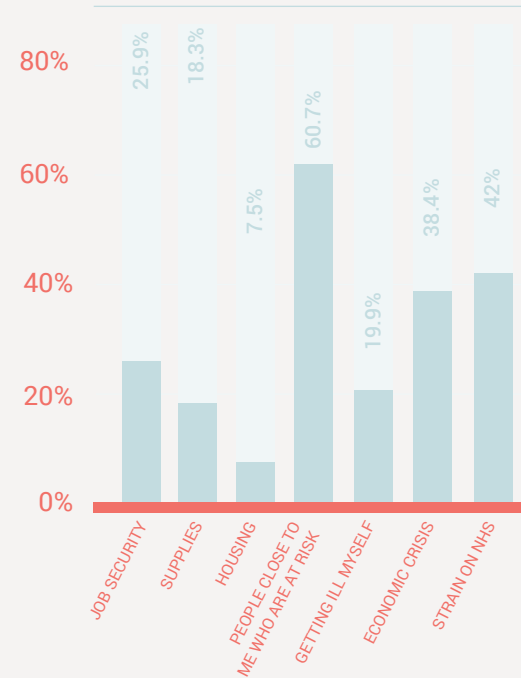
Participant 9 in Manchester, 23

I DECIDED TO DO THE BEST I CAN TO HELP OUT BY SIGNING UP AS AN NHS VOLUNTEER. FURTHERMORE, AS A HEALTHWATCH LEEDS VOLUNTEER, I GOT ASKED IF I COULD HELP OUT THE CARERS AND VULNERABLE IN LEEDS WITH THEIR SHOPPING AND MEDICATION; WHICH I HAVE BEEN DOING AND IT FEELS VERY REWARDING BEING ABLE TO DO WHAT I CAN TO HELP, ESPECIALLY DURING THESE DIFFICULT TIMES.

Participant 6 in Leeds, 20

The top three things respondents were worried about were to do with wider impact on society and those at risk, rather than getting ill themselves or getting access to everything they need in the pandemic. 60.7% of those surveyed were most worried about those close to them at risk, 42% about the strain this will have on the NHS, 34.4% on the economic crisis COVID-19 may induce.

When asked if they were happy with the way their employer or place of education had reacted, 11% said that there were bigger issues to worry about and a further 37% said that they were not happy about their situation, but acknowledged that it was not their employer/educators fault. In assessing their worries in light of the pandemic, young people are not only concerned about their education, future or mental health issues (as pressing as these were) but also the wider implications of those around them and the future of society.



WHAT ARE YOU MOST WORRIED ABOUT?

This sense of social responsibility has also manifested into real action - 51% said they are making more effort to help those in need. Amongst those who said they are helping more, many wished to do even more, should the time and resources be available. Amongst those who said they weren't doing anything, most expressed regret that they were unable to. This supports the idea that social responsibility is [increasingly becoming the norm amongst Gen Z](#). When this is seen against the decrease in physical volunteer opportunities for young people, the need to harness such

I AM THOROUGHLY IMPRESSED WITH THE AMOUNT OF COMPANIES THAT HAVE ACTUALLY OFFERED FREE SERVICES ONLINE, AS I'M AWARE THAT THEY COULD BE MAKING A LARGE PROFIT WITH EVERYONE NOW STUCK AT HOME, AND HAVE OPTIONALLY CHOSEN NOT TO OUT OF GENUINE COMPASSION.

Eve in Belfast, 16

an altruistic desire becomes pertinent. We have also seen the large success of online campaigns such as Run for Heroes - which challenged people to run 5 miles, donate £5 and then nominate five others to do the same. The campaign started with the aim of raising £5000, and [has since hit £5 million](#).

The campaign has also seen fallout in what it means for brands, with [Virgin Money Giving facing large criticism on social media](#) for keeping a percentage of donations for administration fees, which has since been overturned.

The widespread feeling of social responsibility amongst young people pre-COVID has survived through the pandemic. Young people are shining the spotlight on how businesses are acting. While the Virgin Money Giving scandal gave rise to one issue, the light was thrown up on other aspects of how the wider organisation was acting in the pandemic. The message is clear, young people are online, active and watching, and now is the opportunity for businesses to play their positive role in responding to their needs.

ONE OF THE BIG THINGS THAT'S BEEN DIFFERENT HAS BEEN THAT I'VE SUCCESSFULLY MANAGED TO SET UP A SOCIAL ACTION PROJECT AND HAVE A TEAM OF AROUND 20 VOLUNTEERS ALL WITHIN ONLY A FEW WEEKS. THAT'S BEEN THANKS TO THE BENEFITS OF TWITTER, WHATSAPP AND ZOOM. IT'S A PROJECT TO TACKLE YOUTH LONELINESS DURING ALL OF THIS. WE ARE HOSTING ONLINE GATHERINGS ON ZOOM WITH FUN ACTIVITIES AND EDUCATIONAL WORKSHOPS.

Naomi in Cardiff, 21

ONE BUSINESS I KNOW I'LL BE BOYCOTTING IS VIRGIN MEDIA. I THINK IT'S SAD THAT SUCH A SUCCESSFUL COMPANY AND SUCH A RICH CEO COULD BE SO CARELESS AND THOUGHTLESS WITH THE LIVELIHOODS OF THEIR EMPLOYEES, WITHOUT WHOM THEY WOULDN'T HAVE ACQUIRED THEIR WEALTH.

Participant 9 in Manchester, 23

Here is how some of our participants answered

Appreciating the luxury of freedom superdrug not being shut so i can dye my hair the way i want while schools off lol Number of recoveries Jokes with the people around me, seeing my friends (through windows of course) I'm home to take care of my family if they need me and living with them for a bit means I get to save up some cash. Having more time Increased productivity and interesting thoughts Mostly the extra level of communication with family and friends rediscovering hobbies for drawing Just staying busy Looking at China and how things seem to be improving there. Hoping this is all temporary Surrendering school, we are all in this together Improvements in the national world people seem to care more about each other and interact more, more recognition for those with disabilities/chronic illness who are always overlooked even without a pandemic Online family time Makes neighbours helping each other with food and the clapping for the NHS and the rainbows people's windows Just smiling more with friends People being kinder to one another Love for friends/family that are far away The horrors of People making masks and scrubs. Speaking to neighbours That we get a chance to see and reflect on reality leading to creative things people have done Seeing the people of the world who are posting their daily findings on the environment Seeing the effect on the environment Seeing the world heal more time with my boyfriend and not going out as much as I am saving money stronger community and environment The environment is taking a break Friends become more focused on people's health people putting rainbows/beards on their windows work in the field and deal with the influx of calls about symptoms and just being able to help them laugh and talk them through their symptoms has been great. I've also received a card at work thanking us for our service which is the kindest thing ever. Random acts of kindness Socialising Online with friends and the act of kindness of strangers Knowing that it will all pass Still having a job although everything is a bit more difficult to do Quick roads, work is easy, exams are moved and even if it's not your wage could increase from the generosity and kindness Doing things that benefit my mental health, watching funny videos and reading self help books Free time to do things, seeing a therapist every day, people's kindness and sympathy (e.g over things like me being made redundant) and willingness to help Facetimeing a friend pursuing creative projects Reconnecting with friends I haven't spoken to in a while, having a laugh with my mates on FaceTime, I'm doing more, seeing uplifting stories The fact that all the original bad news is being proved to be false news finding new ways to spend time with housemates Family time of leaving the house so we could get out and signed shirts to say goodbye properly Positive news stories, talking to my friends, hearing my teachers tell me they are proud of the work I've done Less political arguing and taking time to make new plans That we're all safe Happy because the sun was shining People around me are more respectful to one another Relaxation relief from school anxiety I've been able to spend more time with my family and do things I love to do Some time to work on myself and relax Just having more time to do more things I love to do now exams are finished having a better sense of community again with my friends, family and boyfriend going for walks in the sun, having time to learn new skills My community utilising social media to help strangers. Restaurants and takeaways donating meals to all those in need toward Spain now people are pulling together to help each other I've been helping in a penguin suit to spread joy to others Talking to my mother more often. Seeing everyone come together under political and social pressure for a revolution after this is done. People are exercising more, the planet is becoming healthier and people are getting creative in doing things Self-isolation has helped me to take my time, do things and appreciate the small things and interactions. Learning how to cook, shop, garden Community spirit all in it together Feeling more rested Creativity, community spirit impact on environment Praying and staying connected with close friends and family The coming together of young people to support each other That we might learn from this pandemic and change the world for the better Getting to know people better, finding calm, appreciating the outside positivity towards NHS and kindnesses we meet is helping me to heal my neighbourhood clapping and singing together How we can learn from this to create a better society Still chatting with people on the positive side of the immense number of kind and natural volunteers I've seen stepping up. It gives me hope especially in a community dominated by people during this issue Positive stories of what people are doing for others Banding together I'm inspired by the prospect that people will appreciate the services even more and band together as a community What matters are schools, health services, mental health and wellbeing in a time like this on these things should be the ALL the time I've seen my PE classes have been a source of normality Enjoying small things Realising life is so precious and that we have so many things to be thankful for and that this is always here Social media videos trying to encourage positivity Time to myself. Exercise for the first time. Just break on things watching Disney films When I was on a school trip other day I walked past a bus with a large mural in the window saying we are all in this together More time to play D&D and video games, uni became less stressful due to extra deadlines I've better a lot better to my family feeling appreciate what I have there is nothing positive in my life that now I made a good meme, I lost a lot of weight, I recovered from covidavirus from staying in my bed again, getting a lobster and I cleaned my fish tank making me to go down and look after my mental health and my skin (wearing make up!) People helping one another Eating healthy and not watching the scary warning videos of people during this time and believing in everything better People playing music outside their houses, support for the NHS, watching everyone's motivation in my mind including KTM by NHS sends a message with family. Time off the number wheel No games, we're listening to music, stress Hearing about people on levels lowering and wildlife returning Patients recovering News about numbers declining, talking to my friends and discussing mental health with my parents, in the first time, Shop things small, slowing down, staying only necessities, more mindfulness, more time together I got give some food to the super hero, with the hero, gave their food to the local nursing home a success together on social media online Feeling good when we finally closed social places. People on social media from different countries who are now able to be talking to each other knowing there is light at the end of the lockdown seeing the extraordinary community spirit see rescuing, watching people be kinder to each other Probably news about my home country's condition is a known thing I feel less stress-I don't bite my nails or have panic attacks anymore 5 Seeing people follow the rules Lowering pollution eat more healthy The clean air pollution and clean rivers to the earth is doing better having time to do things I never have time to do. Friends helping each other to me to become closer with friends, and currently the deaths per day are going down which is good people caring for each other because of social media support Communication with friends is of the calling out to me to engage in things that I wouldn't be able to attend in person anyway, a lot of finance, walking, Advancements in technology less stress from college, talking to friends more, trying to hang out the best and first in society, more family and more gratitude for my life before lockdown Watching in an film Getting, walking to think about a bigger picture, thinking about what I would do such the last series I'm introverted, so like being stuck inside, more grateful Seeing people be increasingly connected, more mindful, having more time in the day to focus on great things Time to be healthy, time to be healthy (not doing things every time to select and try new things, not rushing through Learning different things Lots of people volunteered for the NHS, NHS workers who so seriously do everything for the good of society Virtual meetups on Instagram and youtube The time for creativity, more time, nature being able to regrow, people getting to know each other. Feeling a human again there is a vaccine being searched for I am a medical student and the amount of fellow students offering to work on the NHS at this time has been amazing Everyone has been to their bit! Laughing with my colleagues appreciating the work I am doing Being with my family Stories of people pulling together Glad to support My Baptist facetime me Full salary time to work National Unity Health to heart with friends Nothing. I don't like going crazy, being important people propose messages on social media. Seeing everyone supporting each other no matter what race, gender, class, etc Realising I'm more likely to get help for glasses and spending time with my immediate family People coming together to work after each other Planning stuff at home Seeing decorations around peoples homes, hearing about people helping each other, happy rate of our neighbours that are helping them Clap for NHS, seeing my company come together, talking to friends John Depp's Youtube show I've gotten a lot closer to my friends and we've been able to do more cooking and have more time to myself, it's almost forever but it's still for my own time to relax, look after myself, meditation and daily exercise Just a general sense of happiness, not having school to think about and the sun is out and sunbats, being able to have more time with my family, not worrying about how it will impact on other commitments My girlfriend

WHAT WERE THE POSITIVE THINGS YOU'VE EXPERIENCED IN THE PANDEMIC?

EDUCATION,
WORK,
THE FUTURE

BY JOSH YSC



BY JOSIE PAYNE



TIMES
OF TRANSITION

BY NAOMI LEA



BY ROBERT BAKER

Research from the [‘Lowering the Voting Age in the UK \(2018-2020\)’](#) project has shown that youth transitions to adulthood are an increasingly complex, extended, fragmented, and precarious process. This is in part due to larger numbers of young people than in previous generations extending their education by going to university. This noted, many of the established markers of adulthood, such as full-time and secure employment, property ownership, marriage, and starting a family, are realised much later in life – if at all.

This summer over 1 million young people across the UK were due to enter the next chapter of their lives - moving from GCSEs, A-levels or undergraduate degrees into further education, apprenticeships or work. The summer to autumn period sees young people migrate across cities, towns and countries to embark on new journeys. Times of transition such as this can be challenging in any context.

Our research confirms that the

TEACHERS HAVE STARTED TO REDUCE THE AMOUNT OF WORK THEY EXPECT FROM STUDENTS IN HOPE THAT THEY’LL GET MORE STUDENTS TO DO THE WORK, BUT WITH THE AMOUNT OF COMPLAINTS I SEE IN MY CLASS GROUP CHAT ON SNAPCHAT, I DOUBT THIS WILL WORK EITHER.

Eve in Belfast, 16

MY SCHOOL DOESN’T DO ONLINE CLASSES [...] WE GET GIVEN WORK AND HOMEWORK THAT WOULD NORMALLY BE DONE IN SCHOOL AND NOTHING TOO HEAVY.

Shamoya in Manchester, 17

Participant 4 in Newcastle, 17

SOME OF MY FRIENDS IN OTHER SCHOOLS HAVE ACCESS TO ONLINE LEARNING PLATFORMS [...] IN MY CASE I WAS GIVEN 2 WEEKS WORTH OF WORK FOR MY SUBJECTS IN A FOLDER AND SENT HOME WITH VERY MINIMAL GUIDANCE FROM THE SCHOOL THROUGH ONLINE. AS A RESULT I WON'T LIE I FEEL PRETTY STRESSED AND CONFUSED AS WHAT TO DO.

I HAVE BEEN USING THE INTERNET TO GAIN ACCESS TO RECORDED LECTURES AND TO ALSO ATTEND DIGITAL LIVE SESSIONS IN WHICH THE [UNIVERSITY] TUTOR HAS ORGANISED IN ORDER TO ANSWER ANY CONCERNS AND QUESTIONS WE HAVE ABOUT THE MODULE

Participant 6 in Leeds, 20

SOME OF MY LECTURES IN COLLEGE HAVE RECENTLY STARTED HELPING AND BEING THERE BY EMAIL AND WHATSAPP. SHE HAS BEEN SENDING OUR WORK OVER EMAIL OR PUTTING IT ON THE COLLEGE WEBSITE WHERE WE FIND OUR REVISION DOCUMENTS. SHE HAS TOLD US TO KEEP IN CONTACT REGULARLY WITH ANYTHING WE NEED. SOME OTHER LECTURES HAVE NOT GIVEN US ANY UPDATES ON THEIR CLASSES SO I STILL HAVE NO IDEA ON WHAT WILL HAPPEN WITH THESE CLASSES.

Participant 5 in Glasgow, 19

University students also noted they were becoming accustomed to digital learning too:

Naomi in Cardiff, 21

UNIVERSITY IS STILL ALL GOING AHEAD ALMOST AS NORMAL [...] MEETINGS HAPPEN OVER SKYPE AND LECTURES OVER LEARNING CENTRAL AND EMAILS ARE OUR BEST FRIEND FOR COMMUNICATING AT THE MOMENT.

BY EUGENE THABO

extensive disruptions to recognised staging posts in youth transitions to adulthood are a major source of anxiety for young people during the current COVID-19 crisis. The participants consistently reference the impact of the pandemic on their plans for their next step in education or employment. Young people's existing concerns have been significantly exacerbated by the uncertainty and lack of information which has confused and disrupted their journeys to adulthood. Put simply, many young people we engaged with reported that the pandemic had made them feel anxious and insecure about their future lives - 58% of respondents said that COVID-19 has left them unsure about their futures. In our current situation, and the aftershocks which will ensue. Protecting transitions from further precarity is essential.

Throughout the Isolation Diaries, as well as many of the qualitative survey submissions, the disparity in the experiences of young people across the UK in education and employment was

I HAVE REACHED OUT TO MY LOCAL MP ON THESE ISSUES AND TO UCAS BUT NO RELEVANT REPLIES WERE ISSUED.

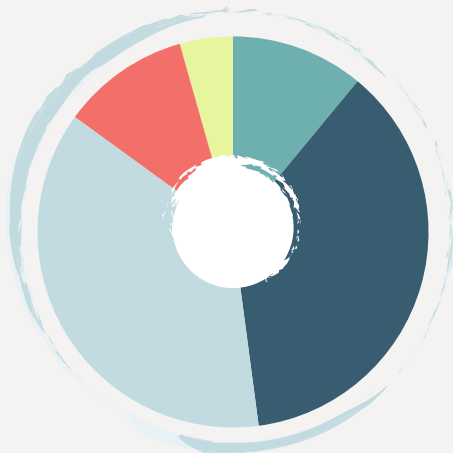
Participant 4 in Newcastle, 17

palpable. Those at school and college reported differing levels of educational support and communication about their future options, and expressed concerns about such disparities.

Many of our respondents clearly recognised the link between differing levels of educational support and the lack of clarity for future planning. Schools, colleges and universities evidently all have vastly different levels of resources available to them, with significant disparities in the extent and form of virtual teaching and pupil/student support between and within each sector. The disparate responses

ARE YOU HAPPY WITH THE WAY YOUR SCHOOL / EMPLOYER HAS REACTED?

- 37.1% I'm not happy, but its not their fault
- 36.9% General 'yes'
- 11% There are bigger things to worry about
- 10.6% General 'no'
- 4.4% Other



from young people in schools are also symptomatic of an increasingly fragmented education system in the UK, meaning the pupil/student experience varies considerably.

There is an urgent demand from our respondents for proactive and clear centralised messaging from the UK government, its national, city-region, and

OUR EXAM BOARD, CCEA, HAS OFFERED LITTLE TO NO GUIDANCE ON HOW GRADES WILL BE PREDICTED

Eve in Belfast, 16

[In response to the survey question 'What are you unsure about? Do you have any questions which need answering?']

SELF EMPLOYMENT BENEFITS FOR NEWLY GRADUATED PEOPLE WITHOUT ACCESS TO A TAX RETURN.

HOW THE CANCELLATION OF INTERNSHIP PLACES WILL AFFECT MY HUNT FOR A GRADUATE ROLE IN THE FUTURE.

I WOULD LIKE SOME CLARITY ON THE POSITION FOR STUDENT NURSES. THEY ARE BEING PUT IN RISKY POSITIONS AS CANNON FODDER, AT THE EXPENSE OF THEIR LEARNING. GUIDANCE IS SITTING ON THE FENCE, SAYING THAT IT IS YOUR CHOICE WHETHER TO GO OR NOT, BUT IT DOES NOT MENTION THE IMPLICATIONS ON QUALIFYING SHOULD YOU CHOOSE NOT TO ATTEND PLACEMENT DURING THE PANDEMIC.

local counterparts, and exam boards alike.

Information is of course on the way from these bodies. What will be the true test is the level of commitment made to ensure that the young people who are currently feeling unsure about their futures, have the options to take positive steps in the directions they desire, or means to engage in anything which may engender a more positive outlook. Moreover, as Chris Skidmore (previous Universities Minister) notes, an increasingly digital prospectus for university students could [leave economically poorer students more likely to drop out.](#)

Those in work face similar levels of uncertainty. Worryingly, 20% of respondents, when asked if they were in work, responded 'I was until COVID-19'. Predictably, those worst affected are young people on 'zero-hour' contracts and freelancers. Of those respondents who said they were self-employed, 77% told us that they've lost work, were



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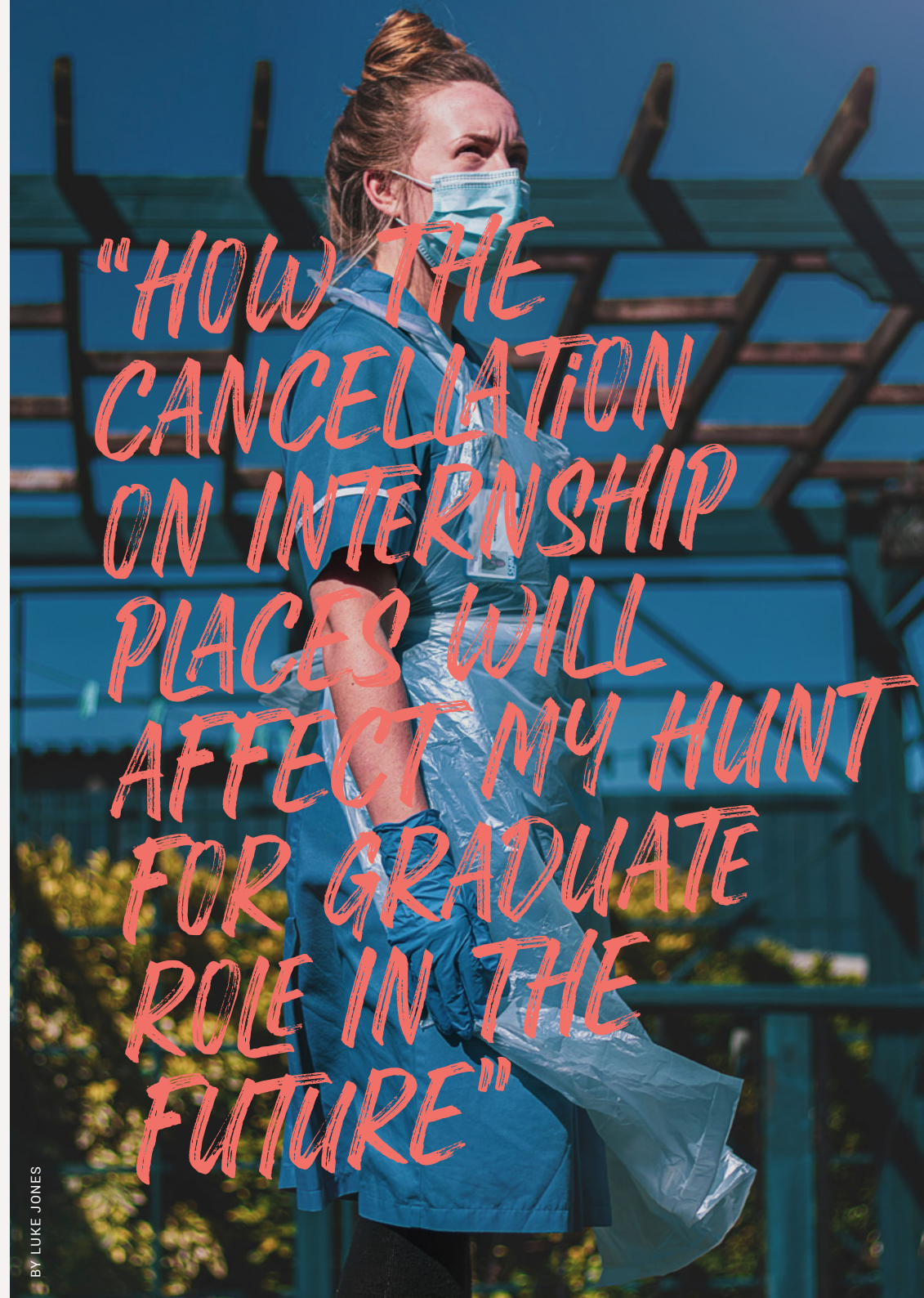
increasingly financially unstable, or were unsure about what the future holds for them. Whilst the government has made efforts to support those who are self-employed, [no financial support or help is offered for those who have become self-employed in this tax year.](#) Thus, those at a time of transition in their lives have found themselves hit hard by the economic impacts of the pandemic. Moreover, those who have been brave enough to have embarked on a risky but crucially important career path, will have the confidence in their choices knocked.

[In response to the question 'What are you unsure about? Do you have any questions which need answering?']

I GRADUATE THIS SUMMER. I DON'T KNOW WHAT THIS MEANS FOR APPLYING FOR JOBS

69% of young people who are unemployed and looking for work, also now feel unsure about what the future will bring them. Many qualitative responses from students speak about how work placements, internships and graduate jobs - which were set up for the coming September, have already fallen through.

The Institute for Fiscal Studies has reported that new graduates are likely to be the [hardest hit by the coming recession](#). Whilst these issues trickle down to those thinking about entering the next stage of their education, it is essential that measures are taken to address and contain widespread youth unemployment.



BY LUKE JONES



RECOMMENDATIONS



BY JOHN CAMERON

POST ON SOCIAL MEDIA WITH #TAKETHETEMP TO MAKE A PLEDGE BASED ON THE TRENDS, OR THE RECOMMENDATIONS BELOW



BY MICK HAUPT

CO-DESIGN THE NEW NORMAL



BY SIAMAK POORJAM



@THEPAULSTRINGER



BY MATT SEYMOUR

Recommendation #1

We support the [National Youth Association's recommendation](#) for the government to 'seek out and listen to young people's concerns, insights and challenges, with their voices heard and included in decision-making.'

Central government needs to establish a National Young Person's Response Unit to advise on policy: a cross-sector and cross-issue body, bringing together third sector organisations, public sector policy makers and [DCMS's Youth Steering Panel](#). It will ensure young people have a seat at the table for national level policy decisions about coronavirus, providing a central point for collating the voices and experiences of young people on COVID-19.

Local and Combined Authorities

should build young people into their recovery task forces so that their voices and experiences can inform local and city-region governments. Youth representatives from these task forces should then feed back voices and experiences to the National Young

- Public Sector
- Private Sector
- Third Sector

Person's Response Unit, using decision making and data from a local level to fuel national policy.

Recommendation #2

We have signed the #iwill campaign's open letter calling on the UK Government to hold a Prime Minister's Questions with young people, on the impact Covid-19 will have on their futures.

Recommendation #3

Young people - like all other members of society should be able to pose questions to the Prime Minister as part of the daily press conferences. [Under 18s are currently not eligible to submit.](#)

- Public Sector
- Private Sector
- Third Sector

COVID-19

JOBSITE PRACTICES

EMPLOYERS

SOCIAL DISTANCING:

- Plan work for six feet of separation between workers.
- Designate a social-distancing officer (SDO).
- Plan gatherings and breaks for groups of ten or less.
- Clean and disinfect surfaces.
- Ensure that you have adequate hand-washing stations.
- Provide PPE to prevent transmission.
- Restrict the number of jobsite visitors.
- Screen visitors prior to arrival.

EMPLOYEES

PREVENT TRANSMISSION:

- Stay home if you're sick or have symptoms.
- Cough into your elbow.
- Wash your hands often.
- Avoid touching your face.
- Avoid sharing transportation to and from your jobsite.
- Wear PPE at all times to prevent transmission.
- Immediately inform your employer of symptoms or possible exposure to COVID-19.

◀ **STAY SIX FEET APART** ▶

WASH YOUR HANDS



AVOID TOUCHING EYES, NOSE, MOUTH



COVER MOUTH & NOSE

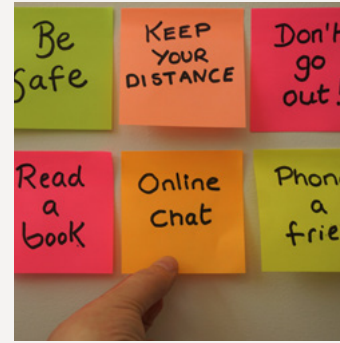


6 ft

DISTANCE YOURSELF FROM OTHERS



BY TAYLOR VICK



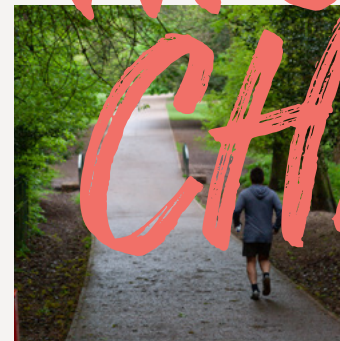
BY SARAH KILIAN



BY MIKA BAUMEISTER

COMMUNICATION CHANGE

@THEPAULSTRINGER



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Recommendation #4

First, the public, private and third sectors should address young people directly in their messaging and communications. They feel like their questions and worries have gone unanswered. Second, don't treat young people as a homogenous group in the pandemic. As this dataset has shown, young people are going through a vast range of experiences, need different support and therefore different communication.

- Public Sector
- Private Sector
- Third Sector

BUILD THE THING, THAT BUILLS THINGS



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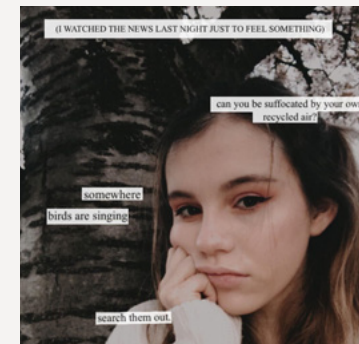


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BY FREYJA PERKINS

BY HANNAH BURROWS



Recommendation #5

Services for young people should focus their attention on peer-to-peer support and connection. Young people want to play a positive, responsible and social role, and value connection as the main method to support their mental health. They want to engage in social action, so help them help each other.

Recommendation #6




Young people will remember how you act during the crisis. Use this opportunity to become a reputable institution of the future. Online campaigns and services should focus on helping young people connect with each other first before promoting your business.




Recommendation #7

Don't panic programme and design. What young people are looking for in lockdown is not purely the digital equivalent of your offer pre-virus. Communicate directly with your audiences, ask them what they want and respond to that. The way we consume and socialise has changed, so review, consult and adapt, don't re-hash.

Recommendation #8

Funders should refocus grants to organisations helping vulnerable young people, helping those experiencing mental health issues and keeping young people mentally well. Services should focus on connecting young people and engender belief in their futures.

-  Public Sector
-  Private Sector
-  Third Sector

-  Public Sector
-  Private Sector
-  Third Sector

Recommendation #9

We support Young Minds' 'Parents Helpline', and suggest more widespread advice for parents and guardians on the mental health issues young people face today. Guidance should provide information on the contexts of mental health issues and how support-system relationships can help young people.

- Public Sector
- Private Sector
- Third Sector

Recommendation #10

We need to equip young people across the UK with the knowledge, skills, and experiences to create a new generation of digital citizens. We call on the UK and devolved governments to introduce digital literacy as a cross-curricular subject and enhance citizenship education to embrace the 'new digital normal'.

- Public Sector
- Private Sector
- Third Sector

BY JOSIE PAYNE



@THEPAULSTRINGER



RESET AND RECOVERY

BY RIGGED PHOTOGRAPHY



BY JOSIE PAYNE


Recommendation #11

Central government should allow evidence of self-employed work from this financial year to be submitted for review, so that young people who have just become self-employed can benefit from the scheme.




Recommendation #12


Businesses, with support from the public sector, should support young people at times of transition. They should explore how internships and graduate schemes could work during lockdown and social distancing. If there is no back to normal, then how do these development opportunities adapt?

- Public Sector
- Private Sector
- Third Sector




Recommendation #13


The aftershock, both economically and in terms of the pandemic's impact on young people's mental health, will cause a greater need for mental health services. As budgets are restructured around the pandemic we must ensure that no mental health provision - not just to those in immediate need, but those which also foster better habits and attitudes - is lost. This is particularly important for businesses' internal wellbeing policies and plans.

-  Public Sector
-  Private Sector
-  Third Sector

Recommendation #14


We need centralised and standardised guidance and a linked up approach to dealing with young people in education. This guidance should give young people at a time of transition reassurance and positive steps they can take in the direction they choose. It should further support schools, colleges and universities in helping young people proceed in their life, in a time where transition is all the more precarious.

-  Public Sector
-  Private Sector
-  Third Sector

"I HAVE TO DO COLLEGE WORK FROM HOME BUT I HAVE NO ACCESS TO INTERNET TO DO THE WORK"

[In response to 'Because of COVID-19...']

BY ENGIN AKYURT

METHODOLOGY

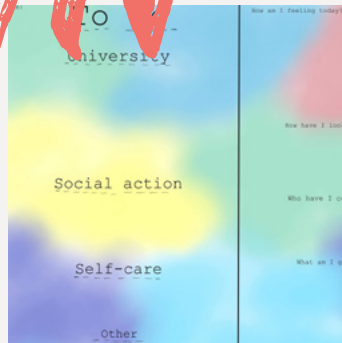
BY KRISTINA HALL



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RESEARCH DESIGN

BY GEORGIA COWIE



BY NAOMI LEA

In order to design the research framework for Take the Temperature, we built on three years of conducting [Brum Youth Trends](#) (our research with young people in Birmingham) and nearly a decade of working with young people as an organisation.

The research focus was conceived in response to a media portrayal of young people, which we didn't feel was wholly accurate. We felt that few had stopped to ask what young people thought of the situation and how they were dealing with the pandemic.

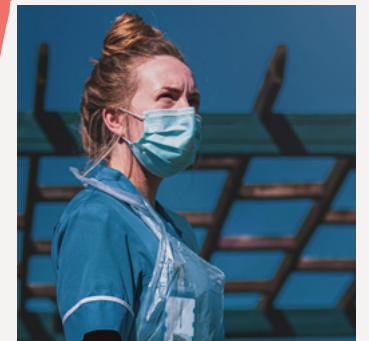
Our methods of data collection - from question-wording to the platforms and software we used - were co-designed with young people in order to make the experience as accessible and thorough as possible. Safeguarding and wellbeing were built into all elements of data collection.

We also took on advice from the private, public and third sectors on what they would like to find out from young people, what would best inform their practices, and help them respond to young people's needs most effectively. Our recommendations were co-designed with a roundtable and panel made up of representatives from these three sectors.



DATA COLLECTION

BY JEMIMA LONGCAKE



Following research co-design, we established three strands of data collection:

- **Take the Temperature**

survey: An online survey made up of 34 questions (including demographic information) (6 qualitative, 28 quantitative)

- **The Isolation Diaries:** A diary entry programme, where 11 young people from across the UK submitted diary entries to us every other day for a two week period, based on prompts we sent to them

- **Drop Your Thoughts:** A space where young people could send us anything they wanted to, in any form about their experience of the pandemic

Take the Temperature Survey

The survey was open for a two week period. Over the course of two weeks, we collected a total of 1880 responses. Survey participants were self-selecting.

Links to the survey were distributed through two main methods - paid advertising on Instagram and circulation through a nationwide network of organisations working with young people.

Isolation Diaries

In order to recruit participants for the Isolation Diaries, we put out an open call via social media and through the above network of youth organisations. We received 101 applications and selected and then contacted participants according to obtaining a representative dataset. The 11 final participants were selected based on diversity according to the criteria, in the following order: regions, ages, ethnicities, genders.

Participants were then sent an agreement outlining the process and detailing the content. Every other day the participants were sent a prompt to respond to in the following 24 hours. 6 / 7 prompts were universal, with one prompt picking up on previous

themes and ideas the participants had mentioned. Participants received a £100 bursary for the time they spent completing their diaries.

Here are our final 11 participants. Some elected to be made anonymous for reporting, and some were happy to have their first name included. All participants have reviewed the final draft of this report and are happy with all representations.

Drop Your Thoughts

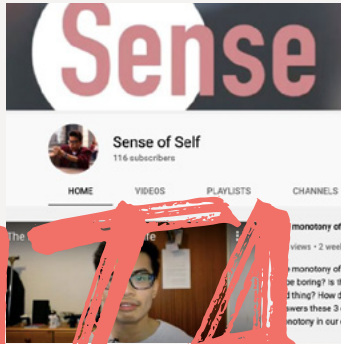
There was an open call for people to send anything to directly to us through Whatsapp. Once they had done so, we would then respond to their message obtaining consent, their age and their name.

ANONYMOUS ALIAS/FIRST NAME	AGE	GENDER	CITY	ETHNICITY	DISABILITY
Eve	16	Female	Belfast	White Irish	No
Participant 2	16	Male	Liverpool	White	No
Shamoya	17	Female	Manchester	Black	No
Participant 4	17	Male	Newcastle upon Tyne	White British	No
Participant 5	19	Female	Glasgow	White Scottish	No
Participant 6	20	Female	Leeds	Muslim	No
Naomi	21	Female	Cardiff	White Welsh	No
Participant 8	22	Male/non-binary	Birmingham	White	Autism and Respiratory Illness
Participant 9	23	Female	Manchester	Black British	No
Participant 10	24	Female	Bristol	British-Turkish	No
Sarah	25	Female	London	British Ghanaian	No

BY ESME STILAWAY



BY JOSH YSC



DATA ANALYSIS

@THEPAULSTRINGER



BY EUGENE THABO

There were four main types of question which survey participants answered:

Scale - participants were posed with a question and then positioned themselves on a scale of 1 to 5 according to how far they agreed. Points 1, 3 and 5 were marked with answers, so that it was clear if the midpoint represents a positive, neutral or negative stance.

Open Ended - some questions were qualitative to allow for self-directed answers. These were then coded in common themes.

Multiple Choice - participants were encouraged to pick one answer from a list we had provided. There was also the option for participants to add their own answer.

Multiple Response - participants were encouraged to pick up to three answers, or as many as applied, from a list we had provided. There was also the option for participants to add their own answer.



Qualitative data collected through the Isolation Diaries has been analysed by narrative and content. Data has then been used to support quantitative findings as well as provoke further investigation and analysis in the quantitative dataset.

Of the 1880 survey responses we received, 1535 surveys which were used in the final dataset. Of the 345 responses which were removed from the dataset, approximately a third were from people aged over 25, or under 14. Two thirds of the removed respondents

were aged 14 and 15. They were removed due to difficulties obtaining parental consent.

In a number of our 'Multiple Choice' and 'Multiple Response' questions, participants had the option to select 'other' and add their own answer. These options were then coded into groups, to allow for statistical analysis.

When a significant number of participants selected 'other', all possible answers for that question were re-coded. In some instances participants used the other option to record multiple responses'. In this case all answers were included in the re-coding exercise.

DATA STORING AND SHARING

BY GEORGIA COWIE



BY JOSIE PAYNE




@THEPAULSTRINGER



@BEATFREEKS

In line with the GDPR and Beatfrees' data policies, all personal data has been stored in a secure way. When data has been shared with partners, for data analysis purposes, all information has been anonymised.



SAMPLE AND DEMOGRAPHIC

All demographic information, excluding living information, education and work information was collected in open ended format and then coded. In most instances, responses could be easily coded into standard demographic groups, with the exception of ethnicity. As a term which implies a shared culture, participants responded with a range of religious, racial and national identities.

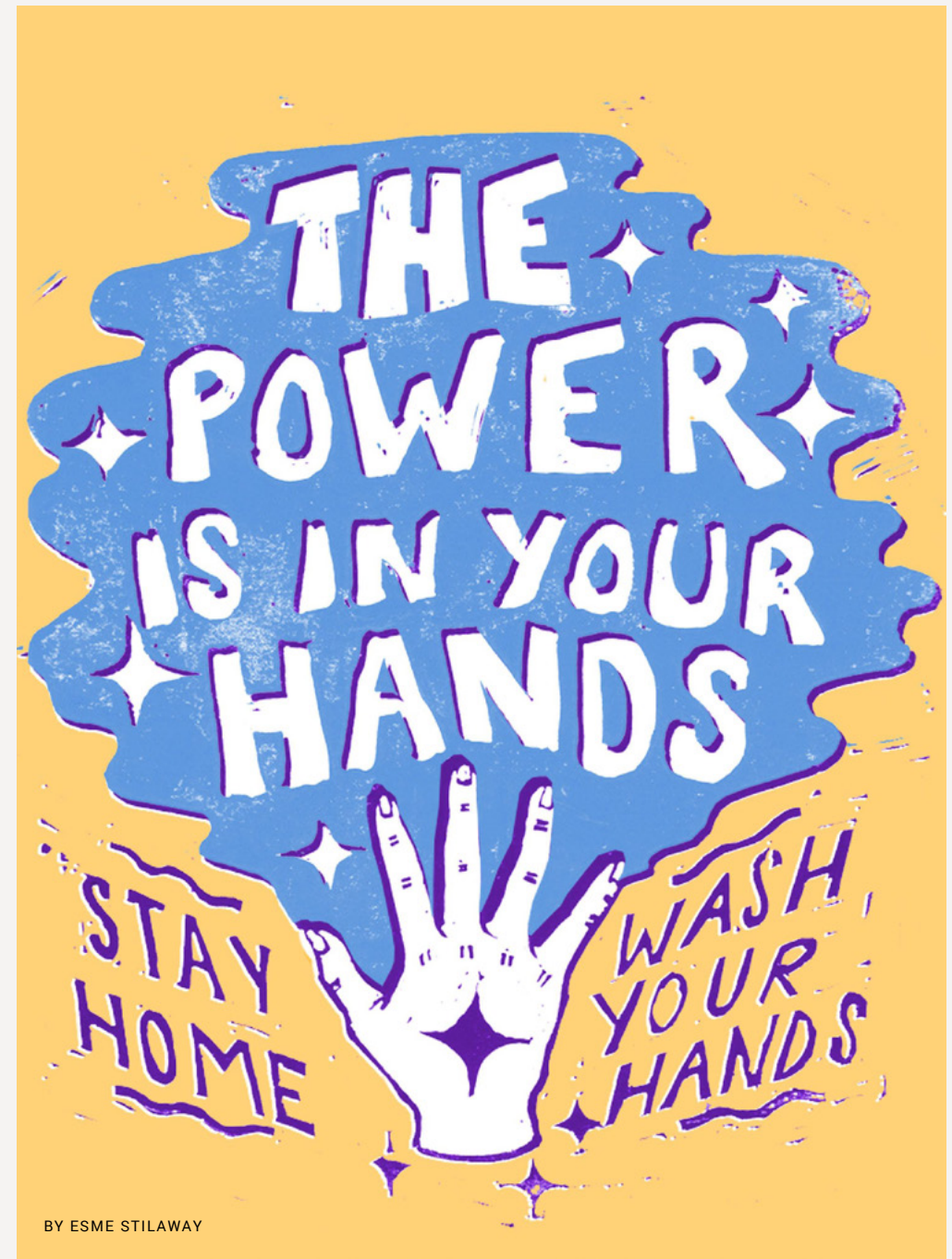
In the spirit of empowerment and accountability, we have listed all of the respondent's answers to ethnicity. Moreover, as the pandemic, and media narrative around it, has largely concerned the BAME communities, we wanted to run correlation analysis exploring the attitudes of BAME groups. Therefore, we have coded all ethnicities into 'White - British', 'White non-specific', 'White non-British', and 'Person of Colour'.

Our sample was generally well spread and reflects the diversity of young people in the UK reasonably well, despite a key anomaly in terms of gender. Here we had 71.9% women, 22.1% men and 2.2% not ascribing to gender binaries. Moreover, due difficulties

obtaining parental consent our sample is predominantly aged between 16 - 25. There are a fairly equal spread of ages within this group. In terms of ethnicity, based on the above coding, 13.6% of our respondents were People of Colour.

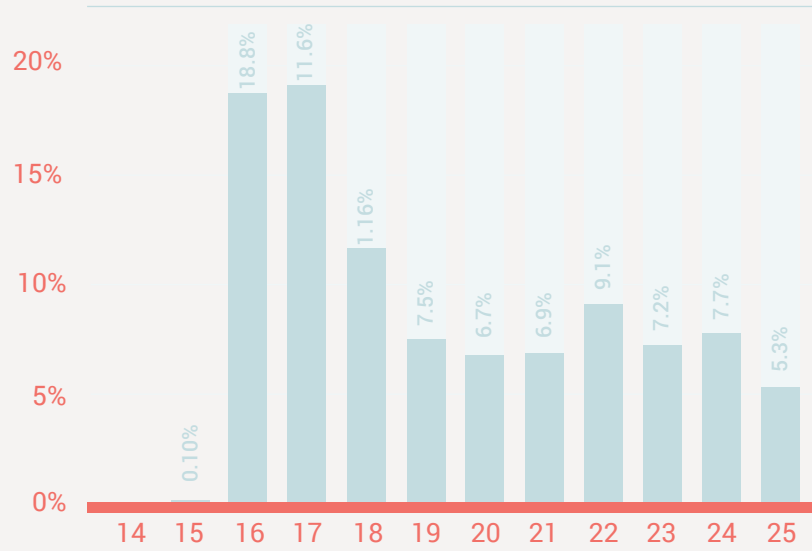
Further detailed demographic breakdown of the participants can be seen in the graphs below. For any further questions please contact Fabio on Fabio@beatfreaks.com

[You can view the raw and coded dataset here](#)

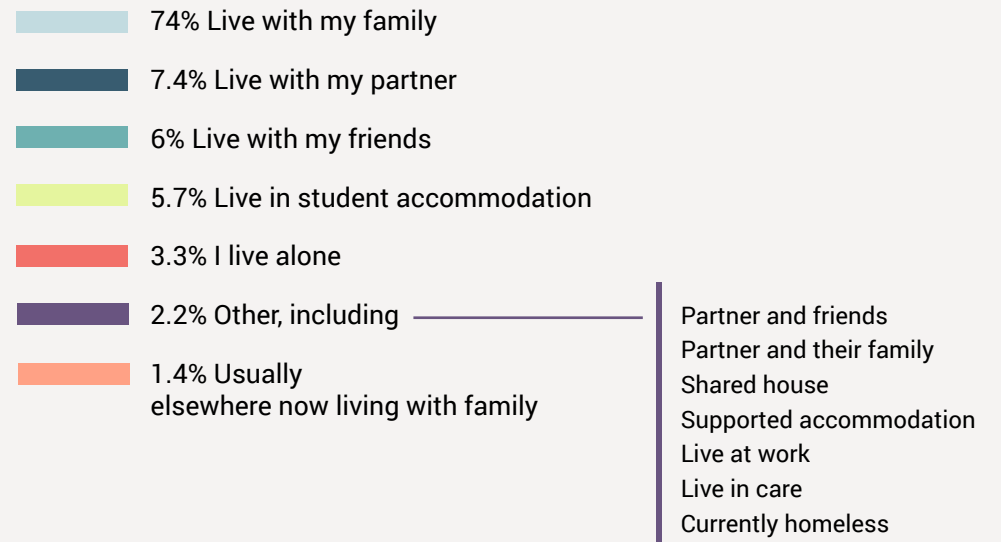
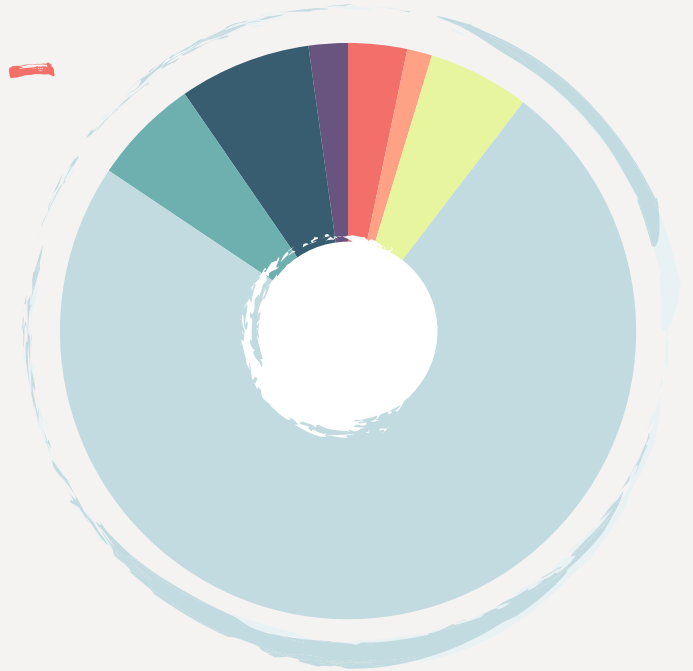


BY ESME STILAWAY

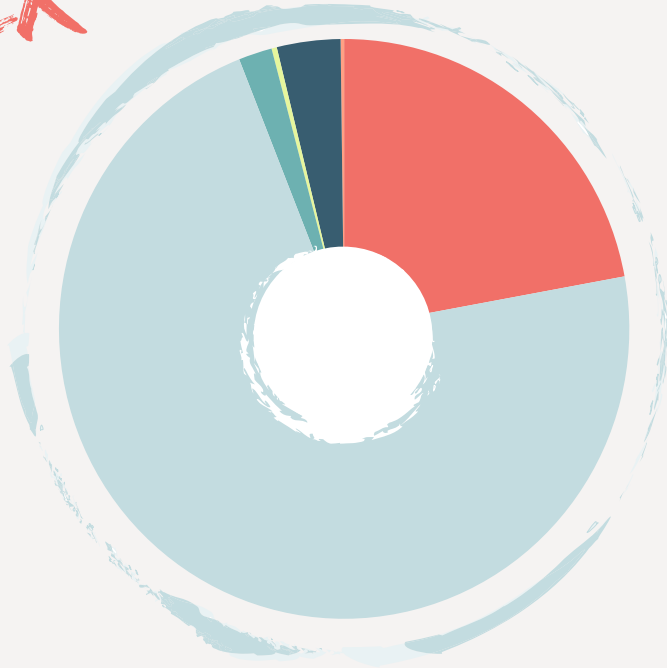
AGE



LIVING SITUATION

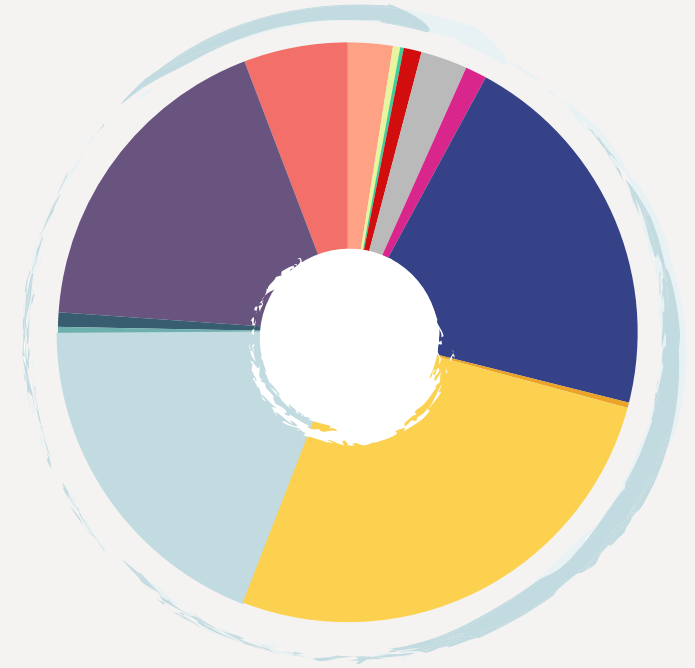


GENDER



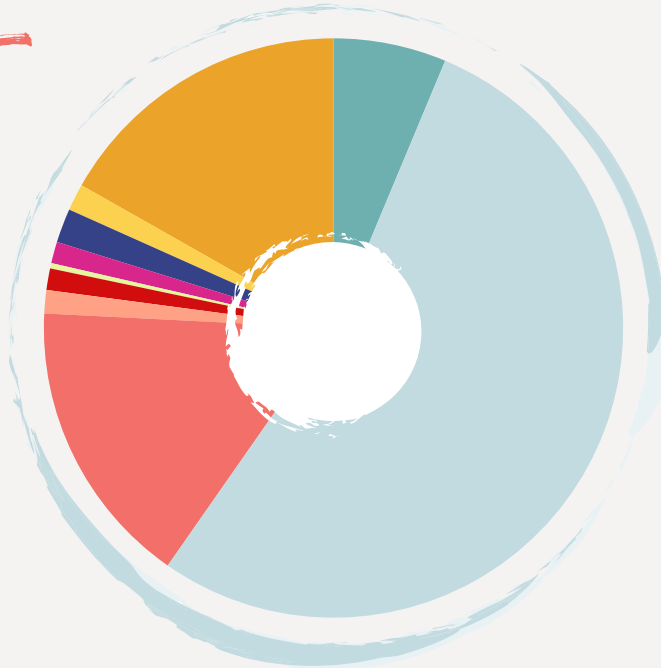
- 71.9% Female (inc. non-cisgender)
- 22.1% Male (inc. non-cisgender)
- 3.6% PNTS
- 1.9% Non-binary (inc. genderqueer, Agender)
- 0.3% Gender Fluid (inc. Demigirl/boy)
- 0.2% Other

RELI-GION



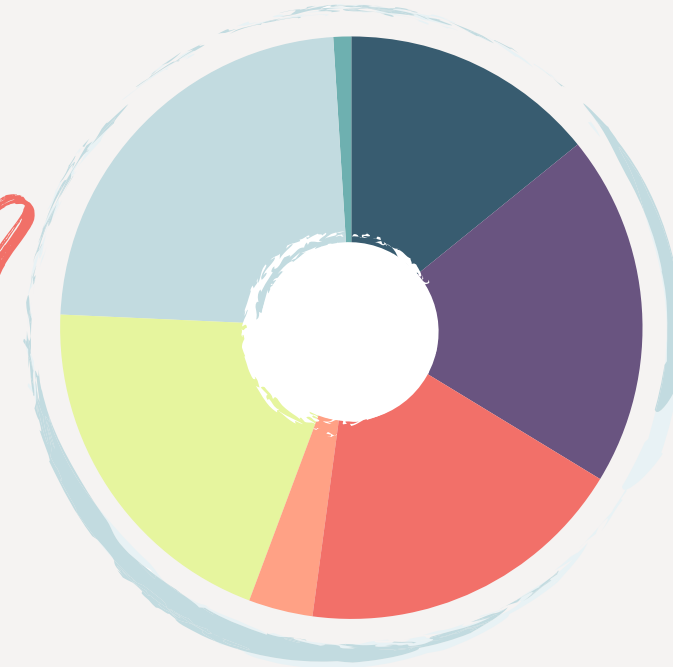
- 26.7% None
- 21% PNTS
- 19% Atheist
- 18.1% Christian
- 5.8% Agnostic
- 2.6% Other
- 2.5% Muslim
- 1.2% Sikh
- 1% Spiritual
- 0.8% Hindu
- 0.4% Wiccan
- 0.4% Buddhist
- 0.3% Jewish
- 0.2% Unsure

SEXUALITY



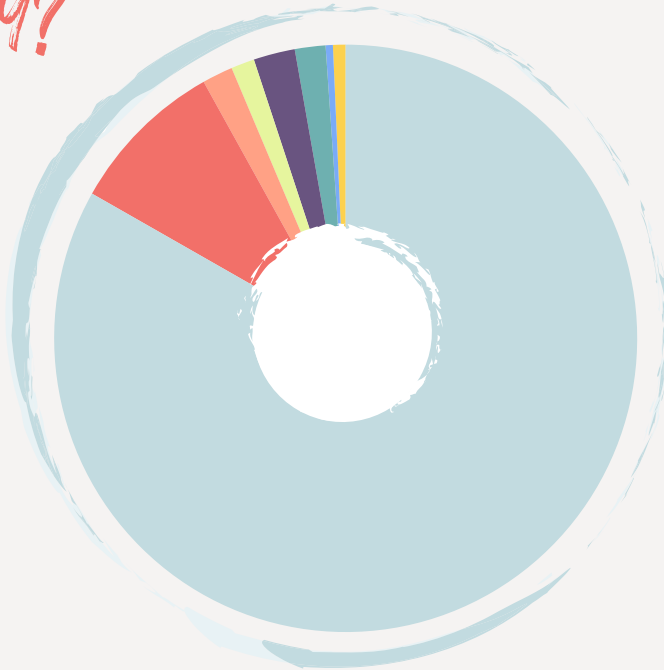
- 53.4% Heterosexual
- 16.8% PNTS
- 16.1% Bisexual (inc. Bicurious, Omnisexual)
- 6.3% Homosexual
- 1.9% Pansexual (inc. aromantic, panromantic)
- 1.5% Unsure / questioning
- 1.3% Queer
- 1.2% Asexual (inc. aromantic, panromantic)
- 1.2% Other
- 0.3% Demisexual

ARE YOU IN WORK?



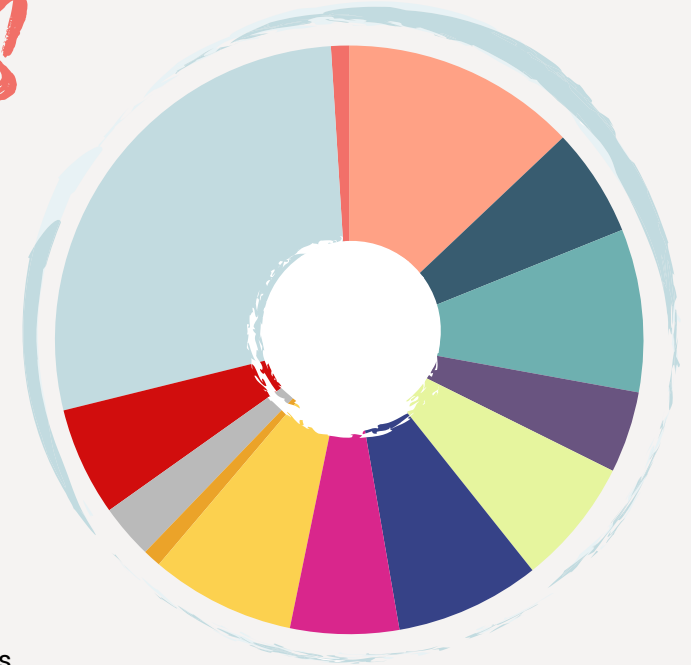
- 23.5% Unemployed and not looking
- 20.2% Unemployed and looking
- 19.7% I was until COVID-19
- 18.6% Part time
- 14.3% Full time
- 3.6% Self employed
- 1% Other

DO YOU CONSIDER YOURSELF TO HAVE A DISABILITY?



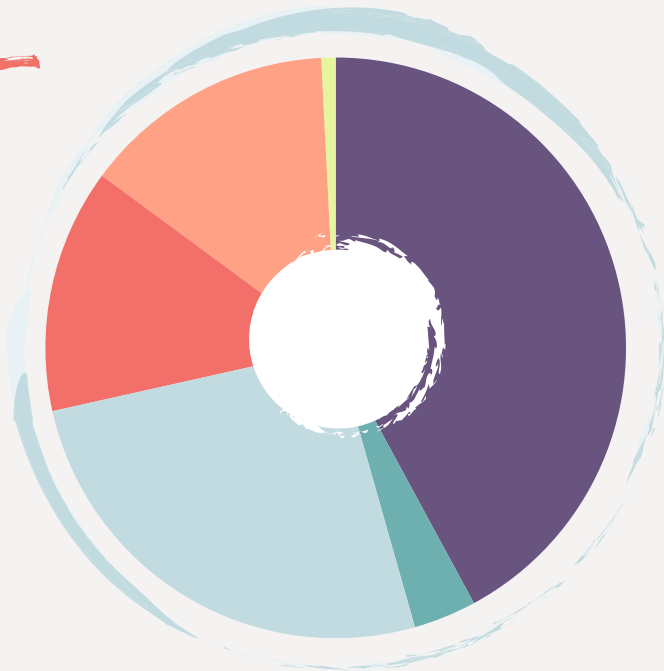
- 83.2% No
- 8.7% Yes - Unspecified
- 2.3% Mental Health conditions
- 1.7% Learning difficulties
- 1.7% Autism, Aspergers and other related conditions
- 1.3% Physical disabilities / Health conditions
- 0.7% PNTS
- 0.4% Unsure

AREAS



- 28% PNTS
- 13% West Midlands
- 9% North East
- 8% Greater London
- 8% North West
- 7% South West
- 6% South East
- 6% Scotland
- 6% East Midlands
- 4.5% East of England
- 3% Wales
- 1% Northern Ireland
- 1% Other

ETHNICITY



42.1% White British

3.5% White - Non British

25.9% White Unspecified

13.6% People of Colour

14.1% PNTS

0.8% Other

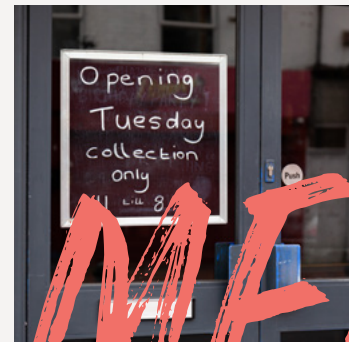
[Click here for a full list of how people answered on Ethnicity.](#)

[In response to 'Because of COVID-19...']

"I'VE HAD MY HOURS INCREASED AND AM WORKING OVERTIME"



OUTRO



@THEPAULSTRINGER



@THEPAULSTRINGER



BY KRISTINA HALL

MEET THE CONTRIBUTORS



BY JOSIE PAYNE

MEET THE CONTRIBUTORS



FABIO THOMAS

Project Researcher
at Beatfrees



AMY CLAMP

General Manager
at Beatfrees



ANISA MORRIDADI

Founder & CEO
at Beatfrees



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Reader in Politics at the
University of Huddersfield



TOM LOUGHRAN

Leverhulme Research Fellow
on the Lowering the Voting
Age in the UK Project
(www.ukvotingage.co.uk)

BY EWIEN VAN BERGEIJK

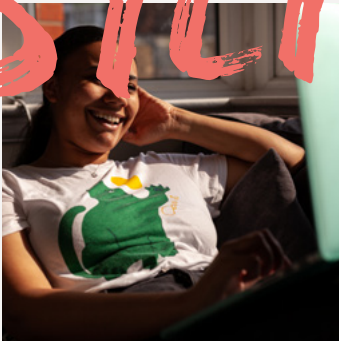


BY LOGAN WEAVER



NEXT STEPS

@THEPAULBRINGER



BY ENGIN AKYURT

This report:

This is just the beginning of Take the Temperature's journey - by the end of this year, we aim to have empowered hundreds of people up and down the UK to use this social thermometer. The report is nothing without the impact it makes, so we commit to getting it under as many noses as possible. We will also commit to following up on all recommendations and pledges made. If you wish to make a pledge or take on a recommendation, contact us directly on fabio@beatfreaks.com or post on socials and tag us @Beatfreaks, using #TakeTheTemp.

On our [website](#) you can find links to the raw data, as well as an Easy Read version of this report, and an Executive Summary.

Feedback:

We need your feedback. This research is built on the principles of co-creation and we need to know what's useful and what's not, so we can continue to tools which will help young people voice their opinion

Onwards:

As mentioned, this report is intended as a starting point for discussion and further action. The raw data contains plenty more insight to be given and as the pandemic unfolds young people's thoughts, feelings and opinions will no doubt continue to develop.

Take the Temperature is the first step into the National Youth Trends journey - which will continue to give unprecedented insight into what it means to be a young person living in the UK today, whatever that looks like. As the COVID-19 crisis unfolds, we may be back for further Temperature Checks.

Young people:

If you're a young person who wants to get involved in similar research, are looking for opportunities to meet people or what a platform to express your views about the work, get in touch with us on socials @Beatfreaks or via email at info@Beatfreaks.com

[In response to 'What are you most worried about?']

"NOT WORRIED
BECAUSE I KNOW
THAT IF WE
WORK TOGETH-
ER WE WILL GET
THROUGH THIS"

BY GETÚLIO MORAES

BY NAOMI LEA



WANT

BY ESME STILAWAY

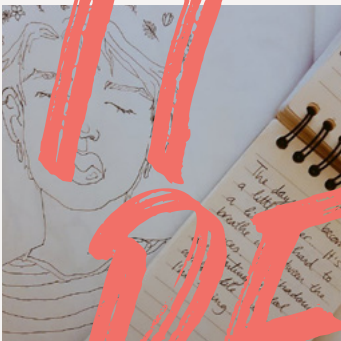


HELP

MAKING

IT HAPPEN

BY NANA



BY NAOMI LEA

PEN?

This report has little meaning without the action it provokes and we're committed to making that a reality.

Want help formulating a pledge or taking on a recommendation?

Want bespoke guidance through the data and how it relates to your organization?

Need tailored insight and research with young people done for your organisation?

Get in touch with General Manager of Beatfrees, Amy Clamp on Amy@beatfrees.com



phf Paul Hamlyn Foundation



Press Partner



Resollution Foundation

**Andy Mycock
& Tom Loughran**

Take the Temperature would not have been possible without so many individuals and organisations alike. The project, from start to finish, has been built on the principles of co-creation: between staff at Beatfrees, partners, young people and funders. We would like to take a moment to thank them all.



BY HELLO_I_M_NICK

BY JOH N CAMERON

BY RICHARD GOFF



BY ADAM NIESCIORUK

Particular thanks to those who supported us with formulation of recommendations: Piali Das Gupta, Henrietta Brealey, Simeon Shtebunaev, Chris Murry, Jennie Noble, Paul Schofield and Joanne Rich. To our Beatfrees Youth Steering Committee - for being a patient and diligent sounding board. To all of the organisations who helped us collect such a healthy data set by sharing survey links and telling young people. Thanks to all of the photographers whose amazing pictures we've used - you can find their handles next to their images. A HUGE thankyou to our amazing talented graphic designer Nerea Pérez Rivero. Thanks to our Research Assistant Georgia Cowie. Thanks to our Research Assistant Georgia Cowie and our Head of Communications Hannah Kunzlik.

Finally thanks to our amazing 11 young 'Isolation Diary' participants, to all of the people who Dropped their Thoughts, and to all the young people who completed out survey. Without your willingness to



[In response to 'Because of COVID-19...']

BY CALLUM BLACOE

BY KYLE RYAN



BY ENGIN AKYURT



FURTHER
READING

[Out of Sight? - Vulnerable Young People: COVID-19 Response](#)
National Youth Agency

[Coronavirus: Impact on young people with mental health needs](#)
Young Minds

[The impact of COVID-19 on young people & the youth sector](#)
UK Youth

[The Needs of Young People During COVID-19](#)
The Diana Award

[Class of 2020: Education Leavers in the current crisis](#)
Resolution Foundation

BY GIFT HABESHAW



BY GRACE TOMLINSON

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PHOTO BY HELLO I_M NICK

