



Welcome to
“Life in Lockdown 2020”
Launch of Findings and Report

September 29th 2020

Dublin City North and South CYPSC,
 with Dublin City Comhairle na nÓg

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About the Report

- The report details the findings of consultations with young people aged 12 – 17 years in Dublin City on the impact of Covid-19
- Dublin City North and Dublin City South Children and Young People's Services Committee (CYPSC) aimed to:
 - gain insight and understanding on the impacts of Covid-19 on the lives of young people, and
 - identify subsequent supports/resources that may be helpful in moving forward.

Research Methodology

- Online survey completed by 218 young people from Dublin City
- Online focus group with young people from Dublin City Comhairle na nÓg
- Research methodology was developed with a Youth Advisory Group of young people from Dublin City Comhairle na nÓg

Report Structure





THEME 1: ACTIVE AND HEALTHY, PHYSICAL AND MENTAL WELLBEING

- 10.8% of young people are very worried about their own health due to Covid-19
- 49.2% of young people are very worried about someone else's health
- Girls are more worried about their own health/someone's else health than boys



THEME 1: ACTIVE AND HEALTHY, PHYSICAL AND MENTAL WELLBEING

Young people's exercise habits since the Covid-19 pandemic:

- 36.6% are exercising less often;
 - 35% are exercising more often; and
 - 28.4% reported no change in exercising.
- 53.3% of young people are eating more junk food and sweets since Covid-19



THEME 1: ACTIVE AND HEALTHY, PHYSICAL AND MENTAL WELLBEING

How are young people's feeling since Covid-19?:

- 96% of young people reported feeling happy some or most of the time
- 91.2% of young people reported feeling sad some or most of the time
- 72.7% of young people reported feeling nervous some or most of the time
- 72.7% of young people reported feeling lonely some or most of the time



THEME 1: ACTIVE AND HEALTHY, PHYSICAL AND MENTAL WELLBEING

Mental health and well-being supports and services young people need at the moment are:

- counselling in schools;
- face-to face counselling;
- workshops on mental health and well-being;
- online information on mental health and well-being;
- online counselling.

Girls were more likely than boys to:

- report feeling sad, nervous and lonely;
- request counselling in school;
- identify online counselling as a support.



THEME 1: ACTIVE AND HEALTHY, PHYSICAL AND MENTAL WELLBEING

Key Focus Group Findings

Counselling in schools:

- *"If everyone in school was given a counselling appointment once a week even if you don't have any issues it would be a good idea after Covid."*

Mental health initiatives in schools:

- *"In my school the Guidance Counsellor sets up 'a tea and chat' and you give out passes to people who are quite shy and we go into the canteen we give them biscuits and tea and get them to chat and it helps with first years who are struggling."*

Importance of exercise and sport:

- *"I think sport would really help with our mental health and I don't know if they are going to do it as much this year in school but I think it is really important."*



THEME 2: ACHIEVING FULL POTENTIAL IN ALL AREAS OF LEARNING AND DEVELOPMENT

- 69% of young people are very or a bit worried about their learning being affected by schools closures due to Covid-19
- Girls are more worried than boys about their learning being affected
- 66.1% of young people were very or a bit worried about schools not reopening fully in September
- 35.5% of young people were happy with how their school/teachers helped them when schools were closed



THEME 2: ACHIEVING FULL POTENTIAL IN ALL AREAS OF LEARNING AND DEVELOPMENT

Young people's home learning environment:

- 91.3% of young people have access to a mobile phone;
- 89.1% have access to the internet;
- 71.2% have access to a computer, laptop or tablet;
- 65.2% have a desk or table; and
- 47.3% of young people have a quiet space in their home to learn.



THEME 2: ACHIEVING FULL POTENTIAL IN ALL AREAS OF LEARNING AND DEVELOPMENT

Education and learning supports young people need now are:

- one-to-one learning support from teachers;
- better access to computers/laptops/tablets;
- more technical support; and
- better access to the internet.



THEME 2: ACHIEVING FULL POTENTIAL IN ALL AREAS OF LEARNING AND DEVELOPMENT

Key Focus Group Findings

Impact of school closures on young people:

- *"Me and my friends felt very unmotivated because the teachers didn't grade the work and then people stopped doing the work. It would have helped if the teachers interacted more and corrected the work we spent hours doing."*

Home learning environment:

- *"An issue I had was my house was very noisy during Covid and I was trying to work at the kitchen table with my three siblings, so it was very stressful."*

Exam year stress:

"I'm going into 6th year and most of my 5th year was at home and it was very difficult to understand the courses and we are very behind and a lot of people in my year are very stressed about it. The uncertainty and pressure around everything in school is pretty stressful."



THEME 3: SAFE AND PROTECTED FROM HARM

- The majority of young people reported feeling safe in their community since the Covid-19 pandemic
- Only 9.4% of young people reporting feeling unsafe
- Boys were more likely to feel safe in their community since Covid-19 than girls
- 77.8% of young people find government information on safety around Covid-19 clear



THEME 3: SAFE AND PROTECTED FROM HARM

- Information on Covid-19 that would make young people feel safer included clearer information on:
 - face masks;
 - social distancing; and
 - the reopening of schools.
- Information and messaging on Covid-19 should be aimed directly at young people and developed in consultation with young people



THEME 3: SAFE AND PROTECTED FROM HARM

Key Focus Group Findings

Feeling safe returning to school:

- *"I would like to know when we have to wear masks in school and what will it be like for students who have special health needs like Cystic Fibrosis."*

Lack of information/communication between schools and students:

- *"Going back to school, there is a lot of confusion. Going into lockdown it was clear but now coming out of it isn't clear. Like there are no press conferences on TV about going back to school and there is a lot of rumours and misinformation like about masks, school uniforms and lockers and I am just a bit confused about going back to school."*

Government communication with young people:

- *"I feel that when the schools were closing there was messaging directly to young people about what was happening but they are reopening schools now again and they are not communicating and engaging with younger people in this way. I think if they had press conferences or used social media to target young people."*



THEME 4: ECONOMIC SECURITY AND OPPORTUNITY

- 15.9% of young people had a part-time job that was affected by Covid-19
- 52.3% of young people reported their parent's job was affected by Covid-19
- 59.9% of young people are a bit or very worried about money since Covid-19 pandemic
- Girls reported feeling more worried than boys about money



THEME 4: ECONOMIC SECURITY AND OPPORTUNITY

Key financial/employment supports and services that would help young people:

- social welfare Covid-19 payments for parents;
- social welfare Covid-19 payments for young people who were working before the pandemic;
- more job opportunities for young people;
- policies and incentives for companies to hire young people; and
- more training, apprenticeship and volunteering opportunities for young people.



THEME 4: ECONOMIC SECURITY AND OPPORTUNITY

Key Focus Group Findings

- Only a small number of young people said their part-time job was affected by the Covid-19 pandemic
- *"Usually I babysit during the summer. It did impact on me but it wasn't a massive deal. I usually get money for going out."*



THEME 5: CONNECTED, RESPECTED AND CONTRIBUTING TO THEIR WORLD

- 66.2% of young people are seeing their friends less often than before the Covid-19 pandemic
- 73.1% young people are a bit or very worried about not seeing their friends due to Covid-19
- Girls are feeling more worried than boys about not seeing their friends
- 52.5% of young people are mainly meeting their friends outdoors
- 27.8% are mainly meeting their friends online
- 7.6% are meeting their friends indoors



THEME 5: CONNECTED, RESPECTED AND CONTRIBUTING TO THEIR WORLD

- 79.9% of young people said Covid-19 had an impact on them taking part in extra-curricular activities
- Boys participation in extra-curricular activities was impacted more than girls
- 78.5% of young people said they miss taking part in extra-curricular activities
- 35.8% of young people are still attending extra-curricular activities in person
- 26.1% of young people are engaging with extra-curricular activities online



THEME 5: CONNECTED, RESPECTED AND CONTRIBUTING TO THEIR WORLD

- Key benefits of participation in extra-curricular activities during the Covid-19 pandemic are mental health, social and physical health benefits
- 54.4% of young people are getting most of their information about Covid-19 from social media
- Girls are getting more information from social media than boys
- 67.9% of respondents agreed young people are being treated unfairly by the media in relation to Covid-19



THEME 5: CONNECTED, RESPECTED AND CONTRIBUTING TO THEIR WORLD

The main supports and services young people need at this time to stay connected to friends, youth clubs and sports clubs are:

- to reopen youth services;
- more online activities; and
- more outdoor activities.



THEME 5: CONNECTED, RESPECTED AND CONTRIBUTING TO THEIR WORLD

Key Focus Group Findings

Socialising with friends:

- *"At the start when it was 2kms and 5kms from your house it was hard and I texted my friends and some live in different counties so it was hard at first but I can met up with them now."*

Impact on extra-curricular activities:

- *"I did my karate online but I wasn't able to do soccer or swimming and it is a bit weird. The soccer did an odd zoom call but they are volunteers, the coaches. I think it would have helped to see them more and talk."*

Benefits of continued participation in extra-curricular activities:

- *"It stabilised everything that there was something stable like Comhairle na nÓg meetings and we still had them, not as often, but we had people to talk to and it helped keep me sane."*



THEME 5: CONNECTED, RESPECTED AND CONTRIBUTING TO THEIR WORLD

Key Focus Group Findings

Young people's main source of information on Covid-19

- *"I have mostly been getting information about Covid-19 from Twitter, the news or social media...There is confusion on the message being spread and it hasn't been grasped as well."*

Negative stereotyping of young people by the media

- *"At the start of the virus we are being blamed, that is was being spread by younger people and infecting older people but the opposite is true. That's why younger children don't have to wear masks."*



THEME 5: CONNECTED, RESPECTED AND CONTRIBUTING TO THEIR WORLD

Conclusion

- Covid-19 has had a significant impact on young people, particularly in the areas of:
 - mental health and well-being;
 - education and learning; and
 - staying connected with friends.
- Girls appear to be more adversely affected by Covid-19 than boys
- Additional supports and services are needed to respond to these impacts on young people



THEME 5: CONNECTED, RESPECTED AND CONTRIBUTING TO THEIR WORLD

Recommendations

- Young people should be able to access mental health supports in schools
- Schools should provide additional educational supports to young people, particularly exam year students
- The government should provide young people with clearer information on Covid-19, e.g. wearing of face masks, social distancing
- Information and messaging on Covid-19 should be aimed directly at young people, e.g. using social media, press conferences
- Youth services should reopen their facilities to young people where possible
- Youth clubs and sports clubs should organise online/outdoor activities for young people



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