

## Young People Pandemic Survey - April 2021

### Children & Young People Mental/Emotional Wellbeing COVID Pandemic

**We are asking young people to complete this survey to help understand the impact of the current situation from the COVID Pandemic and the impact the past year has had on your life. This will help us to ensure that services are able to provide the right support at the right time to meet all young people's needs now and in the future. All responses to the survey are anonymous.**

**Each school will be sent confidentially their individual school results if sufficient pupils have completed, as to not identify any pupil. Each school will also receive together the combined Rotherham Borough wide results.**

**You may have completed a similar survey in June and October 2020. We are asking you to have a think about how you are feeling about this pandemic now the country has a 3rd Lockdown in 2021 and restrictions from that lockdown are starting to ease.**

**Questions in this survey might increase your awareness of your emotional health and wellbeing. We have provided some information on how to access support services at the end of this survey if you feel you need support.**

**Please complete the questions as best as you can.**

**Most questions ask that you place a CROSS in the box that best represents your thoughts and feelings.**

**There is an option to add some text to some of the questions.**

**\* 1. How old are you?**

- 11
- 12
- 13
- 14
- 15
- 16
- 17

**\* 2. What is your gender?**

- Female
- Male
- Non-Binary
- Prefer not to say

**\* 3. What school do you attend?**

**If you are at college, please add the name of your college.**

- Aston
- Brinsworth
- Clifton
- Dinnington
- Maltby
- Oakwood
- Rawmarsh
- Saint Bernards
- Saint Pius
- Swinton
- Thrybergh
- Wales
- Wath
- Wickersley
- Wingfield
- Winterhill
- Pupil Referral Unit

Other - Add the name of your college

**4. Do you have a diagnosed long term health problem or disability:**

- Yes
- No
- Prefer not to say

5. Please only answer this question if you are a looked after child. This question is for a young person who is being looked after by their local authority, known as a child in care.

**Are you a young person living with:**

- Foster Carers
- Children's Residential Home
- Other Residential Placement

**6. Thinking specifically about schools and health education. During the time of the pandemic and lockdowns, school closures have you continued to have lessons at school or at home around these subjects.**

	Yes	No	Unsure
Healthy/Safe Relationships (Anti-Bullying; Hate Crime; Friendships; Respect; Consent in a Relationship)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sexual Health Education	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Child Sexual Exploitation (CSE)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grown Up & Changes with my Body	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please add any further information about any other Health Education that you have received during the past twelve months, that you would like to mention

**7. How are you feeling now in 2021, the country has had a 3rd Lockdown and we are just starting to move forward out of the 3rd Lockdown. How are you coping with what has happened over the last year and the many changes it has brought about? (Please choose the ones that apply to you. I currently Feel...**

- I am OK with things
- Happy
- Unhappy
- Confused
- Safe
- Stressed/Anxious
- Scared/Frightened
- Bored
- Angry
- Other (please specify)

**8. Regarding your feelings, what difference to your life do you feel this pandemic and lockdowns has had on you? In the past 12 months I have started to feel ....**

	More of the time in the last 12 months	Less of the time in the last 12 months	No change in the last 12 months
Happy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Unhappy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Stressed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Safer	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Anxious	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Scared	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Bored	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Other (please specify)

**9. Below are some statements about feelings and thoughts.**

**The country has now experienced a 3rd Lockdown. How would you describe your feelings/emotions that you have experienced since the beginning of this pandemic and the first lockdown in March 2020 (Place a cross in the box that best describes your feelings)**

	Yes, all the time	Yes, sometimes	Not very often	Not at all
I've been feeling positive about the future	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling motivated to do things	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling relaxed	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling connected to other people	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've got more energy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been dealing with problems well	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling safe/ secure	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling happy/ content/ positive	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling confused/ uncertain	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling sad/ negative/ low	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling bored/ frustrated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I've been feeling lonely/ isolated	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I have been feeling angry	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**10. How has this pandemic and lockdowns affected your lifestyle? Place a cross in the box that best describes how the pandemic has affected your lifestyle?**

	No Change	Slightly Increased	Increased a lot	Slightly decreased	Decreased a lot
The amount of sleep I have	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Eating healthier	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The amount of food I eat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Sticking to a daily routine	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The amount of exercise/physical activity that I do	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The amount of time I spend on social media (for example Instagram; Twitter; Facebook)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The amount of time I watch TV or play electronic games	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The amount of money I spend	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The amount of time being creative (baking/arts & crafts/cooking etc)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
How often I tidy or clean my room or house	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The amount of time I spend doing outside activities	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
The amount of time I have spent learning something new	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

**11. What has been the most positive impact on your life since the pandemic began back in 2020**

- I have been able to spend more time with family and friends
- It has improved relationships with family and friends
- I feel more relaxed and do relaxing activities
- I have more Leisure time
- I have less School Time
- I have spent time learning new things/trying different things
- I have more time to do more activities - time for sport/keeping fit
- I have more time to play technology games or watch TV
- I have more time to spend on social media
- I have got to know more people in my community
- I have been able to help out and support those that are vulnerable
- I cannot think of anything positive

Other - Please add anything that you would like to share that you feel has been a positive impact during this pandemic or something positive that you have done

**12. What has been the most negative impact on your life since the pandemic began in 2020?**

- I have spent less time with family and friends
- There has been a decline in the relationships with family and friends
- I feel more stressed about life
- I have less time to do school work
- Homeschooling
- Boredom
- I have less time for socialising with friends
- I have less time for leisure activities/missing cancelled activities
- The impact of the virus - feeling scared
- Events cancelled for example Birthday celebrations/parties
- Holidays cancelled
- I cannot think of anything negative

Other - Please add anything you wish to say that you feel has had a negative impact on your life during this pandemic.

**13. Have you accessed any support or used any strategies to help manage your thoughts, feelings and support your mental health since the pandemic began?**

- Yes
- No

**14. If 'Yes', please select which forms of support/ strategies you have used. Please choose the ones that apply to you**

- Looked for information on websites
- Talked to family/friends
- Viewed information on Apps
- Made contact with support services
- Viewed information on social media
- Talked to a member of staff at school
- Set a routine
- Learned a new skill
- Took up a different activity outdoors for example riding a bike
- Reading books
- Other Please add any information on what you have put in place to help you manage your mental health during this pandemic

**15. If 'No', why is this?**

- I haven't needed any support
- I have needed support but don't know where to find it
- I want to try and manage on my own without asking for help
- I am too embarrassed to ask for support/help
- I don't feel there is any support that can help me



**16. What support do you feel should be available for young people to help with their mental health emotions? Please choose the ones that you feel would benefit young people.**

- More information available online to support young people
- Details readily available where you can ring to ask for support
- Information sent out from schools/college where support can be accessed
- Forum groups to be able to chat safely with other young people (Zoom) etc.
- More information available on social media to support young people
- Online lessons or programmes on TV showing how to manage your mental health
- A Wellbeing Guide for Young People
- Other - Please add any ideas you may have on how to support young people with their mental health

**17. What are you most looking forward to in the future, now that 3rd Lockdown restrictions are being eased?**

- Spending more time with family and friends
- Being able to go to School, college, university
- Coming fully out of lockdown and things starting to feel more normal
- Being able to do social activities
- Getting back into a routine, like it was before lockdowns
- Going back to work/looking for a job
- Planning things for the future
- Social events (Holidays/Birthday Celebrations etc.)
- Life getting better
- Option of the vaccination for everyone
- The end of this pandemic and the end of this virus

Other - Please add any further information about things you are looking forward to

**18. What are you least looking forward to in the future?**

- Catching up at school on lost time
- Finding out about exams and results from school work
- Uncertainty about the future (jobs/money etc.)
- The virus/lockdown happening again
- Getting back to the old routine, I have liked the changes that the pandemic has brought
- Seeing less of family and friends
- Less time for leisure activities
- Having to go back seeing people I don't like

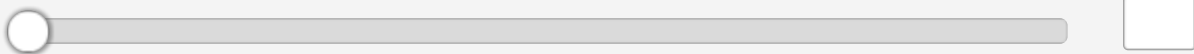
Other - Please add anything further that you are not looking forward to in the future

**19. How do you feel this pandemic/lockdowns over the past 12 months has affected your mental health?**

- No change - it does not feel any different
- It has improved, I feel more positive
- It has declined, I feel more anxious and stressed

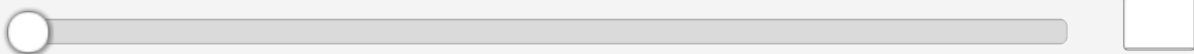
**20. If you had rated your mental health between 0 to 5 at the beginning of lockdown (March 2020) with 5 being you felt totally relaxed and you did not feel you had any mental health problem and 0 being you were feeling extremely anxious/stressed - what rating would you have given?**

0 5



**21. Thinking about your mental health now and how it has changed (2021) and rating how you feel, between 0 to 5 with 5 being you feel totally relaxed and do not feel your mental health is a problem and 0 being you are feeling extremely anxious/stressed**

0 5



**Support for young people who are struggling with their mental health:**

**Childline:**

0800 1111

<https://www.childline.org.uk>

**Barnardo's:**

<https://www.barnardos.org.uk/support-hub>

**Thank you for completing the Survey**