The Lockdown Check-Up
How have young people been affected by COVID-19?

In this article, we look at some common mental and emotional challenges young people face during lockdown and whether our support can help.

What do young people want?

Young people want to be heard and feel they are valued. We know lockdown has been tough and that everyone’s experience is different. The lockdown check-up is a way for you to share your thoughts and experiences.

What will we do with your feedback?

Our team of experts will look at the data, and make sure we do our bit to support young people. If you have any concerns or suggestions for how we can improve our support, please let us know.

The takeaways…

Everyone’s experience is different.

There are slight differences between people. For example, some young people may feel more isolated than others, and some may find it harder to connect with others. This could be because of their age, the support they have at home, or other factors.

What young people need to know

What young people want

You have access to a wide range of mental health supports. Make sure you know about them, and how to use them.

Varying impact on spirituality

Different experiences for young people. Some young people may feel more isolated than others, and some may find it harder to connect with others. This could be because of their age, the support they have at home, or other factors.

Church is helping those who connect

When you feel unsafe, it can help to talk to someone you trust, or to reach out to organisations that offer support and resources. This could be a friend, family member, or someone from your community.

What can churches do?

Churches need to create a welcoming and safe environment for young people. This includes having open and accessible spaces, and offering support and resources that young people can use.

#lockdowncheckup

Read the full report here: https://bit.ly/39ZzDYa

Who was surveyed?

3,000 young people aged 11 to 25 were surveyed between April 10 and May 31, 2021. The survey was conducted by YouGov for the NSPCC.

What are the main challenges young people face?

- Feeling isolated
- Mental health concerns
- Lack of support
- Financial difficulties

Top ways young people have coped

- Online activity (71%)
- Playing games (54%)
- Video calls (50%)
- Texting (44%)
- Physical activity (37%)

Live your life. Stay connected.

We want to hear your thoughts and experiences. Let us know how we can support you.

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