

**Findings from the 2nd  
Emotional Health and  
Wellbeing Covid-19  
survey with young  
people, parents and  
carers.**

**July 2020**



**HeadStart  
Hull**

Building resilience with children and young people

# **Consultation with children, young people and parents/carers to aid forward planning for emotional health and wellbeing support for children, young people and families- three week update (July 14<sup>th</sup>)**

## **Introduction**

Hull's Thrive Strategic Partnership Board\* are continuing to develop an ongoing forward plan to support the emotional health and wellbeing of children, young people and parents/carers impacted by the Covid-19 crisis. Existing services such as the Youth Service, Early Help Family Support, Children's Social Care, Early Years, School Nursing and Health Visiting, HeadStart Hull, Education Psychology and Camhs continue to deliver adapted services (online, phone and text) during the current Covid-19 pandemic. By consulting with children, young people and parents we can scope out current and future needs to ensure the forward plan continues to evolve to ensure plans are in place to meet emerging needs.

## **Consultation aims**

We aim to engage with a range of children, young people and parents/carers over the course of the pandemic in order to determine how the crisis is impacting them individually and as families. We aim to capture what is going well for young people and families alongside emerging issues as things progress by consulting with the same groups every three weeks to determine:

1. Current needs during the existing lockdown.
2. Needs as the lockdown eases.
3. Needs when organisations return to business as usual.

This will help to identify solutions and respond to issues as they arise and to prepare for anticipated concerns and worries when moving through the phases of this pandemic and looking to the future.

## **Consultation Methods and procedure**

Given the current communication/ networking barriers that have emerged from the covid-19 crisis and resultant lockdown restrictions, consultation is to take the form of online surveys via the Survey Monkey platform.

Two surveys were curated (one for parents/carers; one for children and young people) and young people (HSH volunteers) and parents (Parent peer mentors) were consulted to ensure that the language used is clear and understandable to the target cohort.

*\*Strategic Board which leads on CYP Emotional and Mental Health, responsible for the Hull Transformation Plan for CYP Mental Health, led by NHS Hull CCG*

Each survey includes questions that reflect on:

- thoughts, feelings and emotions since lockdown started.
- lifestyle changes since lockdown started.
- and emotional support accessed since lockdown started.

Questions include scale, yes/no and short answer responses to determine trends and key findings alongside more detailed responses to experiences.

Links to each survey will remain active for a period of three weeks, whereby new surveys will be distributed to determine changes in thoughts, feelings, lifestyle and support needs. Each survey will be edited and revised to reflect the covid-19 situation as it transpires.

Links to each survey are to be distributed through email and social media across the partnership to maximise the reach e.g. social care, early help, skills and employability, VCS, Health, Schools etc.

We aim to distribute each survey to a group of 50+ young people (aged 10- 25 years of age) and 50+ parents (mothers and father of children and young people of any age up to 18). It is not essential that families engage collectively. We endeavour to gather a representative sample of different age groups, gender and ethnicity through a targeted approach to recruitment based on the networks and relationships we have with organisations and communities across the City.

Data will be collected and analysed at the end of each three-week period and disseminated into monthly reports. This will allow for responsive support and action to address changing and developing situations that arise throughout lockdown and beyond.

### **Current status**

The first surveys were distributed to children, young people and parents/carers on Friday 22<sup>nd</sup> May and were active for a three-week period. Data was collected on Friday 12<sup>th</sup> June and a report and infographics produced.

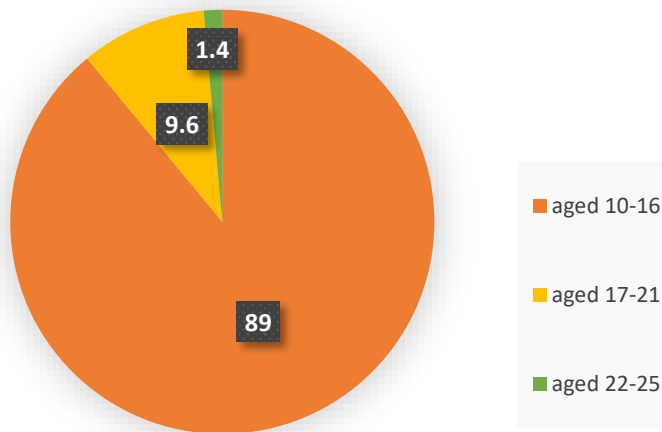
The second surveys were distributed on Tuesday 16<sup>th</sup> June and concluded on the 6<sup>th</sup> July. The findings are provided below. Infographics are also available to accompany this report.

## Young people emotional health and wellbeing coronavirus survey- Findings

### Breakdown of young people who completed the survey

In total, 73 young people completed the survey.

#### Age:

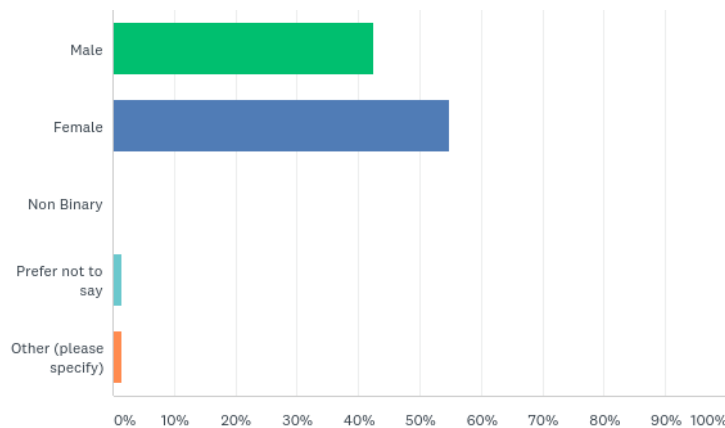


89% of participants were aged 10-16.

9.6% were aged 17-21.

1.4% were aged 22-25.

#### Gender:

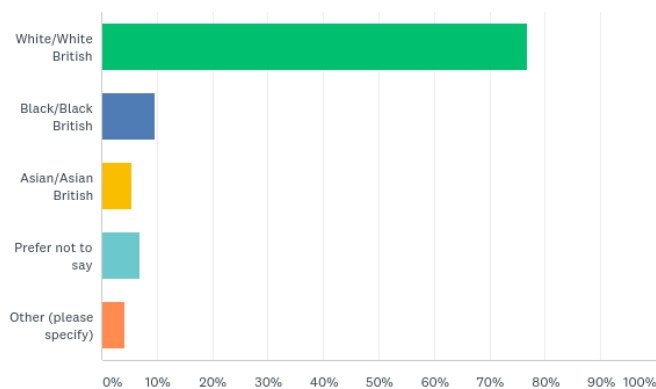


54.8% were female.

42.5% were male. This is an increase of 11.3% from the last survey.

1.4% preferred not to say.

### ***Ethnicity:***



The young people in this survey were a more diverse ethnically diverse sample in comparison to the first survey including:

76.7% were White/White British.

9.6% were Black/Black British.

5.5% were Asian/Asian British.

4.1% selected 'other', including:

- White European
- Mixed

6.9% preferred not to say.

### **Frequency of thoughts and feelings over the last three weeks**

#### ***Positive emotions:***

Results over the last three weeks show similar trends to the previous survey results, with over 50% of young people expressing positive feelings over the last three weeks (with the exception of more energy).

Generally, positive feelings have increased. Feeling 'safe and secure' and 'connected to others' has increased by 10% or more over the last three weeks. However, 'dealing with problems well' has decreased marginally:

Safe and secure:	93%	(10% increase)
Happy/ content/ positive:	77.1%	(7% increase)
Positive about the future:	70.8%	(9% increase)
Connected to others:	66.7%	(13% increase)
Relaxed:	65.3%	(1% decrease)
Motivated:	62.5%	(2% increase)
Dealing with problems well:	59.7%	(4% decrease)
More energy:	45.8%	(3% increase)

#### ***Negative emotions:***

Similar to the previous survey results, young people are not experiencing negative emotions as frequently as positive emotions.

The majority of negative feelings have decreased by 10% or more with the exception of 'bored/frustrated' and 'lonely/isolated' that have increased marginally:

Bored/frustrated: 77.8% (4% increase)  
 Lonely/ isolated: 52.8% (4% increase)  
 Confused/ uncertain: 51.4% (14% decrease)  
 Sad/negative/low: 45.7% (11% decrease)  
 Scared/panicked: 23.6% (10% decrease)

**Most common emotions:**

Feeling ‘safe and secure’ (93%) is still the most frequently felt emotion amongst young people, with over half of participants (64.8%) expressing that they feel this way all of the time. This has increased since the last survey.

The second most common emotions are feeling ‘bored and frustrated’ and ‘happy/content/positive’ (both 77.8%). These findings reflect the results of the previous survey though both have increased since the last survey.

The third most common emotion is feeling ‘positive about the future’ (70.8%).

**Least common emotions:**

Feeling ‘scared or panicked’ (23.6%) is still the least frequently felt emotion amongst young people and has decreased since the last survey.

The second least common emotion is feeling ‘sad/negative/low’ (45.7%). However, this still equates to nearly half of young people who completed this survey but has decreased since the last survey.

The third least frequent emotion is having ‘more energy’ (42.9%) which reflects the findings in the previous survey. This has increased since the last survey.

	YES, ALL THE TIME	YES, SOMETIMES	NOT VERY OFTEN	NOT AT ALL	TOTAL	WEIGHTED AVERAGE
I've been feeling positive about the future	12.50% 9	58.33% 42	19.44% 14	9.72% 7	72	2.26
I've been feeling motivated to do things	13.89% 10	48.61% 35	27.78% 20	9.72% 7	72	2.33
I've been feeling relaxed	22.22% 16	43.06% 31	25.00% 18	9.72% 7	72	2.22
I've been feeling connected to other people	23.61% 17	43.06% 31	22.22% 16	11.11% 8	72	2.21
I've got more energy	16.67% 12	29.17% 21	31.94% 23	22.22% 16	72	2.60
I've been dealing with problems well	15.28% 11	44.44% 32	23.61% 17	16.67% 12	72	2.42
I've been feeling safe/secure	64.79% 46	28.17% 20	4.23% 3	2.82% 2	71	1.45
I've been feeling happy/content/positive	22.22% 16	55.56% 40	15.28% 11	6.94% 5	72	2.07
I've been feeling confused/uncertain	8.57% 6	42.86% 30	28.57% 20	20.00% 14	70	2.60
I've been feeling sad/negative/low	12.86% 9	32.86% 23	27.14% 19	27.14% 19	70	2.69
I've been feeling bored/frustrated	30.56% 22	47.22% 34	15.28% 11	6.94% 5	72	1.99
I've been feeling scared/panicked	5.56% 4	18.06% 13	27.78% 20	48.61% 35	72	3.19
I've been feeling lonely/isolated	20.83% 15	31.94% 23	16.67% 12	30.56% 22	72	2.57

Table: frequency of thoughts and feelings during lockdown



## The effect of lockdown on lifestyle over the last three weeks

The results over the last three weeks show that lockdown is still having a significant impact on lifestyle, specifically social media use, TV/gaming, sticking to a routine and learning.

### **Social media use:**

38% of young people expressed that their social media use has not changed over the last three weeks, with 54.9% stating it has increased.

### **TV/gaming:**

23% of young people expressed that their TV/gaming has not changed over the last three weeks, with 69% stating it has increased.

### **Sticking to a routine:**

22.2% of young people expressed that their routine routine/lack of routine has not changed over the last three weeks, with 61.1% stating that it has decreased.

### **School work/ learning:**

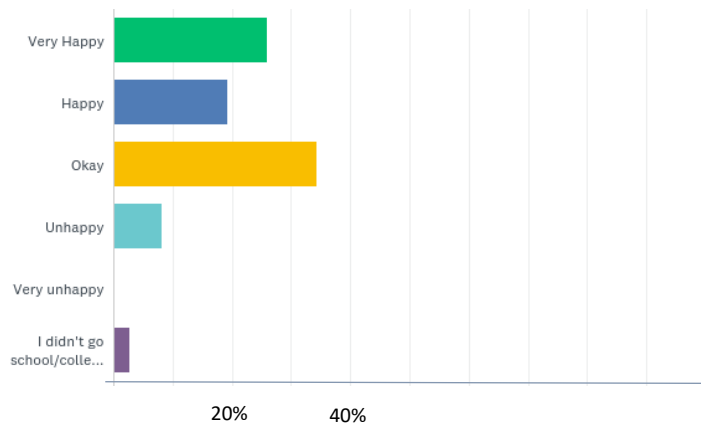
15.3% of young people expressed that their school work/ learning has not changed over the last three weeks, with 59.7% stating it has decreased.

Time outside: 52.7% state a decreased over the last three weeks.  
 Eating: 45.8% state an increase over the last three weeks.  
 Physical activity: 45.8% state an increase over the last three weeks.  
 Tidying: 45.8% state an increase over the last three weeks.

	NO CHANGE	SLIGHTLY INCREASED	INCREASED A LOT	SLIGHTLY DECREASED	DECREASED A LOT	TOTAL	WEIGHTED AVERAGE
The amount I sleep	26.39% 19	27.78% 20	15.28% 11	16.67% 12	13.89% 10	72	2.64
The amount I eat	27.78% 20	30.56% 22	15.28% 11	19.44% 14	6.94% 5	72	2.47
Sticking to a daily routine	22.22% 16	9.72% 7	6.94% 5	36.11% 26	25.00% 18	72	3.32
The amount of exercise/ physical activity I do	9.72% 7	26.39% 19	19.44% 14	19.44% 14	25.00% 18	72	3.24
My use of social media	38.03% 27	21.13% 15	33.80% 24	2.82% 2	4.23% 3	71	2.14
The amount I watch TV/ gaming	25.35% 18	18.31% 13	50.70% 36	1.41% 1	4.23% 3	71	2.41
The amount of money I spend	47.22% 34	13.89% 10	11.11% 8	12.50% 9	15.28% 11	72	2.35
My creativity level: art/ cooking/ baking/ crafts etc.	36.62% 26	33.80% 24	11.27% 8	12.68% 9	5.63% 4	71	2.17
How often I tidy my room/ clean the house	41.67% 30	31.94% 23	13.89% 10	11.11% 8	1.39% 1	72	1.99
School work/ learning	15.28% 11	11.11% 8	13.89% 10	33.33% 24	26.39% 19	72	3.44
The amount of time I spend outside	12.50% 9	23.61% 17	11.11% 8	20.83% 15	31.94% 23	72	3.36

Table: effect of lockdown on lifestyle over the last three weeks

### Feelings towards returning to education/work:



Bar chart: feelings towards returning to education/work

45.2% of young people are happy to be returning to education/ work.

34.3% feel okay to be returning to education/work.

8.2% are unhappy to be returning to education/work.

2.7% did not go to school/college/work prior to lockdown.

Reasons for feeling happy were based on seeing friends/socialising:

*'I get to see my friends and socialise more.'* (Male, 10-16yrs)

*'I get to see my friends'* (Male, 10-16)

Reasons for feeling unhappy were based on fears on coronavirus and missing family:

*'People who I work with don't take the pandemic seriously enough.'* (Female, 21-25yrs)

*'Scared of catching Covid19.'* (Male, 10-16yrs)

*'I'll miss my family and my Mum teaching me.'* (Female, 10-16yrs)

### Young people's access to support over the last three weeks

Over the last three weeks, 48% of young people have accessed support to manage their thoughts and feelings. This is a 16.4% increase compared to the previous survey results.

The most utilised form of support is still family/friends. However, more young people are now accessing support from school/college compared to the last survey response. There has



also been a reduction in the number of young people accessing services and support through websites:

Type of support	Survey 1	Survey 2
Family/friends	80%	75.7%
Websites	32%	13.5%
Social media	24%	35.1%
School/college	20%	29.7%
Services	20%	8.1%

Of the 58.9% of young people who have not accessed support, the majority felt that this is because they do not need it (70.5%).

11.4% feel they need support but do not know where to find it.

6.8% felt embarrassed to seek out support.

Less than 5% of young people feel that there is no support that will help them.

Less than 5% of young people felt they needed support but did not know where to find it.

### Analysis of open ended survey questions

#### *Changes in thoughts towards lockdown over time*

	Thoughts at the start of lockdown	Thoughts after survey 1	Thoughts after survey 2
Most common	Sad/upset	Adjustment/ normality	Positive
	Worried/scared/uncertain	Boredom	Boredom
	Frustrated/annoyed	Positive	Frustration
	No concern	Worried/scared/uncertain	Worried/uncertain
	Positive	Frustrated/annoyed	Sad/upset
		Sad/upset	
		Depressed	
Least common		Lonely/ isolated	

### Thoughts toward lockdown now: main themes

Positive
Boredom
Frustration
Worried/ uncertain
Sad/upset

#### **'Positive'**

In comparison to survey 1, young people are happy that lock down is easing and can return to some form of normality. Specifically young people express positive feelings towards returning to school, seeing friends and family and shops opening:

*'I feel good and okay because I can see my friends.'* (Male, 10-16yrs)

*'I am happy to be back at school and learning.'* (Female, 10-16yrs)

*'I'm feeling more happier because now we can go to school and shops are now opening shop by shop.'* (Male, 10-16yrs)

*'I have been happy because I have been with my family even more.'* (Male, 10-16yrs)

#### **'Boredom/frustration'**

Survey 1 found that young people had adjusted to lockdown. However, three weeks on, young people are starting to express greater feelings of frustration and boredom, specifically as a result of not being able to do anything:

*'Feeling more fed-up.'* (Male, 10-16yrs)

*'It's doing my head in, I always argue with my mum as she is so strict and I want to go out more.'* (Female, 17-20yrs)

*'I'm feeling bored at home.'* (Female, 10-16yrs)

*'It's gradually getting more boring, as I can't wait to be able to get out of the house and interact with.... Also, it has gotten a lot more stressful with a massive build-up of online work that stresses me when I see it and then I lose motivation to complete it.'* (Male, 10-16yrs)

#### **'Worried/uncertain'**

A small number of young people still expressed a level of worry and uncertainty. However, these have reduced since survey 1:

*'I'm still cautious even though the rules have been eased.'* (Female, 17-20yrs)

*'It's been really weird, three weeks ago I was a lot more stressed about the virus-being away from school.'* (Female, 10-16yrs)

*'Yes, at first I wasn't that scared but now i feel a little worried because some of my family members have got the virus.'* (Female, 10-16yrs)

*'Nervous about people not social distancing.'* (Female, 10-16yrs)

### **'Sad/upset'**

A number of young people still expressed they are feeling sad/ upset as a result of missing family/ friends. However, no young people expressed feelings of depression or loneliness in this survey:

*'Sad because I am stuck in the house all day and I miss everyone who I am usually around.'* (Male, 10-16yrs)

*'Missing some of my friends.'* (Male, 10-16yrs)

*'Feeling much more sad, locked up and like it's never going to end. I miss my family that I don't live with and my friends. I even miss school.'* (Female, 10-16yrs)

*'I don't really like the lockdown due to not being able to go to work or finish my last year of college or even see my friends or a regular basis. It has affect my mental health in a really negative way and I'm looking forward to being able to live my life again the way I want to when lockdown ends.'* (Female, 17-20yrs)

### **Summary of findings**

Results show that young people's thoughts, feelings and emotions over the last three weeks typically reflect the findings of the previous round of survey results. However, there are some key change that have occurred over the last three weeks.

The most prominent emotion experienced by young people in the last survey was a sense of adjustment to the situation of lockdown. However, the results of this survey highlight that adjustment has developed into increased feelings of frustration and boredom as a result of the restrictions continuing. That being said, the easing of lockdown rules that allow socially distanced meet ups and the reopening of schools has had a positive effect on young people, increasing positive feelings.

The percentage of young people experiencing positive feelings has increased over the last three weeks, specifically 'connected to others' that has increased by 13% (66.7%). There are 5-10% increases in feeling 'safe and secure' (93%); feeling 'positive about the future' (70.8%) and 'happy/content/positive' (77.1%). Furthermore, 79.5% of young people are okay/happy to be returning to education/ work and the percentage of young people who feel they do no need support has increased from 58.9% to 70.5% (11.6% increase).

However, negative feelings still equate to 50% or more of young people's experiences over the last three weeks, with increases in feelings of bored/frustration (77.8%), loneliness (52.8%). Furthermore the percentage of young people struggling to deal with problems (40.3%) and accessing support for mental health (48%) over the last three weeks has increased by more than 10%.

The results over the last three weeks show that lockdown is still having a significant impact on lifestyle, with over 50% of young people stating an increase in social media use (54.9%), TV/gaming (69%), and a decrease in sticking to a routine (61.1%) and learning (59.7%).

These results may have negative effects on young people's mental health and the transition back to school and social life.

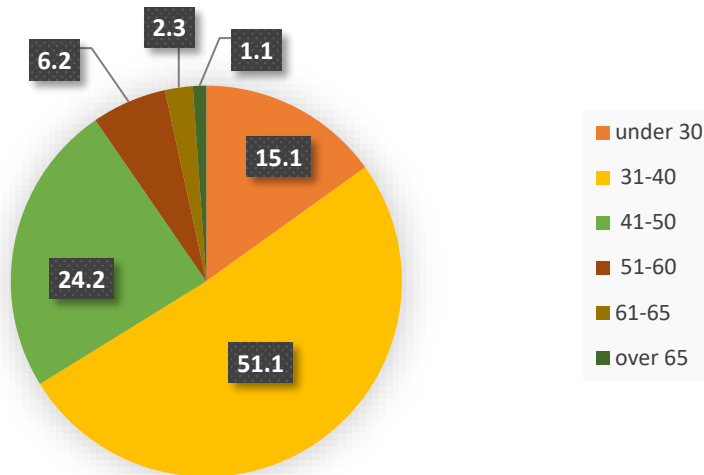
Finally, results over the last three weeks show that accessing emotional support from friends and family is still the most common (75.7%). However, the high use of support websites in the previous survey has been replaced with seeking support through social media (35.1%) and school/college (29.7%). The number of young people who have not accessed support has decreased over the last three weeks (58.9%). Furthermore, there are reductions in the percentage of young people who feel uncertain of where to go for support, feel embarrassed, or feel there is no support for them (13.63%).

## Parent/carer emotional health and wellbeing coronavirus survey- Findings

### Breakdown of parents/carers who completed the survey

In total, 352 parents/ carers completed the survey.

#### Age:



15.1% were under the age of 30.

51.1% were aged 31-40.

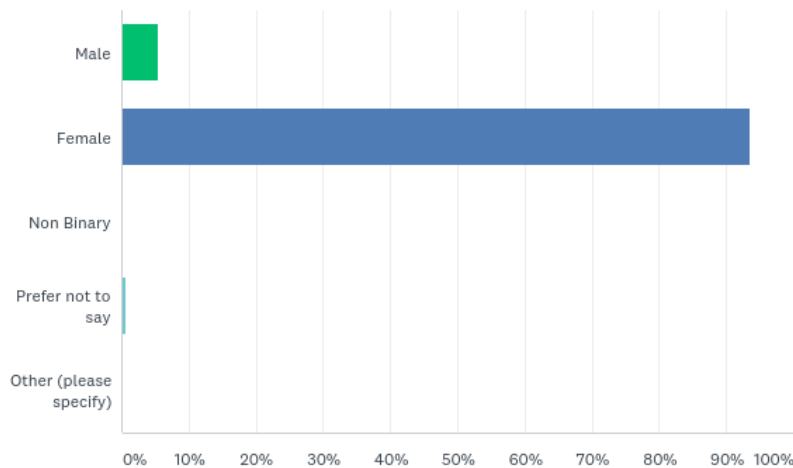
24.2% were aged 41-50.

6.2% were aged 51-60.

2.3% were aged 61-65 the age of 60.

1.1% were over the age of 65.

#### Gender:



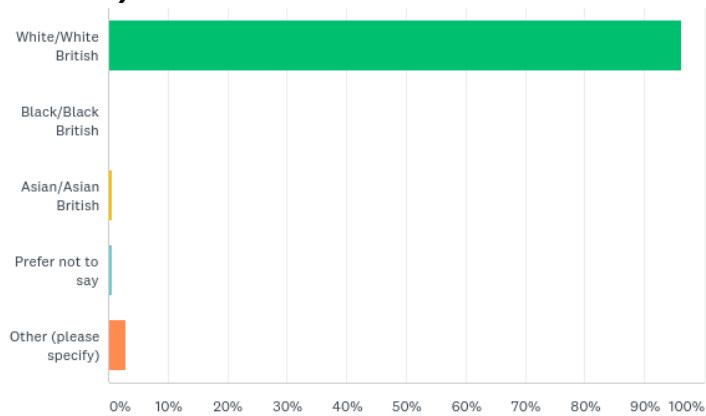
93.45% were female.

5.41% were male. This is an increase 1% from the last survey.

Less than 1% were non-binary.

Less than 1% preferred not to say.

### ***Ethnicity:***



The parents/carers in this survey were a more diverse ethnically diverse sample in comparison to the first survey including:

96.3% were white/white British.

Less than 1% were Black/Black British.

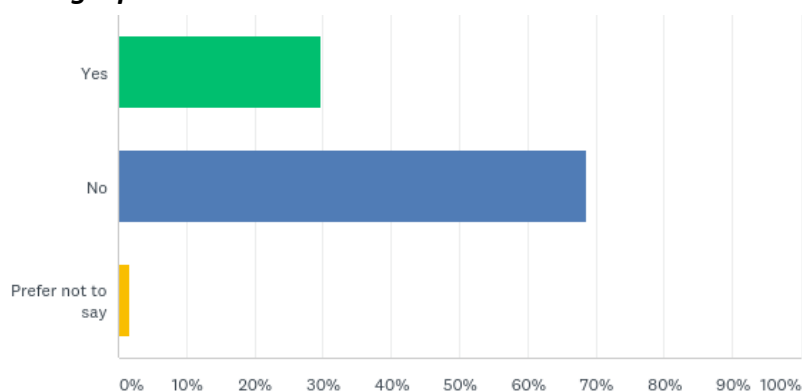
Less than 5% were Asian/Asian British.

Less than 5% selected 'other' including:

- Polish
- Mixed
- Arabic
- Turkish
- French
- South American
- Kuwaiti

Less than 1% preferred not to say.

### ***Single parent status:***



29.7% were single parents/carers.

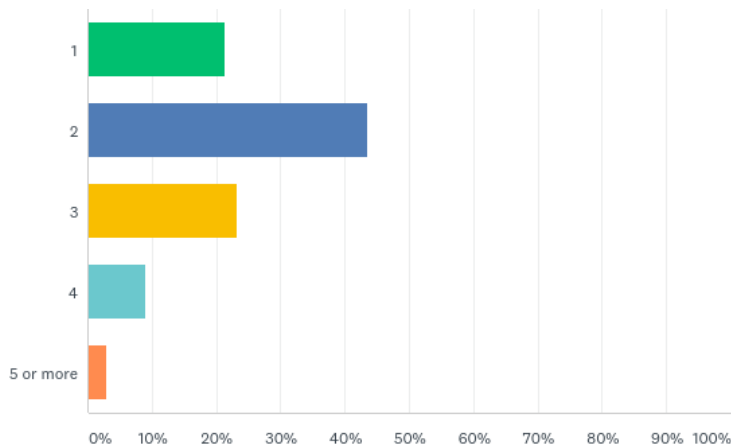
68.6% were not single parents/carers.

Less than 5% preferred not to say.



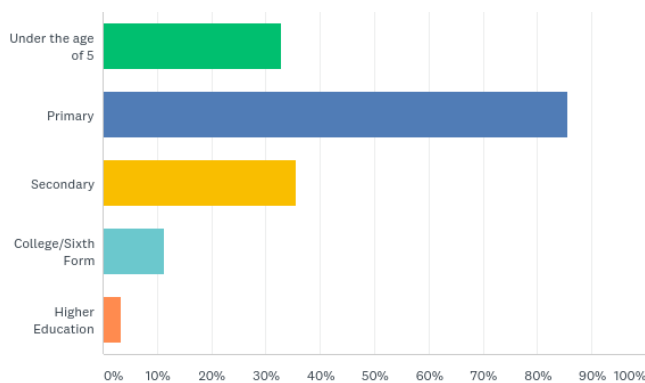
In comparison to the last survey, fewer participants were of single parent status.

**Number of children:**



21.3% of participants have/care for 1 child/young person.  
43.5% have/care for 2 children/young people.  
23.3% have/care for 3 children/young people.  
9.1% have/care for 4 children/ young people.  
Less than 5% have/care for 5 or more children/ young people.

**Child/children's year group:**



32.7% of children were under the age of 5.  
85.5% of children were at primary school.  
35.6% of children were at secondary school.  
11.4% were at college/Sixth form.  
Less than 5% were in higher education.

## Frequency of thoughts and feelings over the last three weeks

### **Positive emotions**

Results over the last three weeks show similar trends to the previous survey results, with over 50% of parents/carers frequently expressing positive feelings (with the exception of more energy).

Overall, positive feelings have decreased. Feeling 'Motivated' and 'Connected to others' has decreased by around 10% over the last three weeks with all other positive emotions decreasing marginally over this time:

Safe and secure:	81%	(4% decrease)
Dealing with problems well:	80.6%	(2% decrease)
Positive about the future:	70.7%	(3% decrease)
Happy/ content/ positive:	70.2%	(5% decrease)
Motivated:	68.9%	(10% decrease)
Relaxed:	53.8%	(3% decrease)
Connected to others:	50.6%	(7% decrease)
Relaxed:	65.3%	(1% decrease)
More energy:	37.2%	(5% decrease)

### **Negative emotions**

Similar to the previous survey results, all negative emotions listed, with the exception of two ('lonely/isolated' and 'scared/panicked') were found to be experienced by over 50% of parents/carers sometimes/ all of the time over the last three weeks.

The majority of negative feelings have decreased by up to 10%. However, like the results for young people, both 'bored/frustrated' and 'lonely/isolated' have increased by around 5%:

Bored/frustrated:	73.9%	(6% increase)
Confused/ uncertain:	65.2%	(4% decrease)
Sad/negative/low:	60.5%	(1% decrease)
Lonely/Isolated:	49.4%	(4% increase)
Scared/panicked:	42.1%	(10% decrease)

### **Most common emotions**

The most common emotion amongst parents/carers is feeling 'safe and secure' (81%) though this has decreased since the last survey. This reflects the previous survey findings and the responses of young people over the last three weeks.

The second most common emotion is 'dealing with problems well' (80.6%), which reflects findings of the previous parent/carer survey though this has decreased slightly since the last survey.

Feeling 'bored/frustrated' (73.9%) is the third most common emotion felt by parents/carers which has increased from the last survey. This has taken the place of 'happy/content/positive' (70.2%) since the last survey.

The third most common emotion is feeling 'positive about the future' (70.7%) though this has slightly decreased from the previous survey.

**Least common emotions:**

Feeling ‘more energy’ (37.2%) is still the least common emotion expressed by parents/carers and this has decreased since the last survey.

The second least common emotion is feeling ‘scared/panicked’ (42.1%) which has decreased since the last survey. However, this still equates to a large number of individuals.

The third least frequent emotion is feeling ‘lonely/isolated’ (49.4%). Again, this response is still felt by over half of parents/carers and is a slight increase since the last survey.

	YES, ALL THE TIME	YES, SOMETIMES	NOT VERY OFTEN	NOT AT ALL	TOTAL	WEIGHTED AVERAGE
I've been feeling positive about the future	10.80% 38	59.94% 211	25.85% 91	3.41% 12	352	2.22
I've been feeling motivated to do things	13.11% 46	55.84% 196	26.50% 93	4.56% 16	351	2.23
I've been feeling relaxed	5.98% 21	47.86% 168	35.90% 126	10.26% 36	351	2.50
I've been feeling connected to other people	9.38% 33	40.63% 143	39.20% 138	10.80% 38	352	2.51
I've got more energy	3.13% 11	34.09% 120	39.20% 138	23.58% 83	352	2.83
I've been dealing with problems well	18.80% 66	61.82% 217	16.81% 59	2.56% 9	351	2.03
I've been feeling safe/secure	25.57% 90	55.40% 195	16.19% 57	2.84% 10	352	1.96
I've been feeling happy/content/positive	11.65% 41	58.52% 206	26.99% 95	2.84% 10	352	2.21
I've been feeling confused/uncertain	7.12% 25	58.12% 204	26.50% 93	8.26% 29	351	2.36
I've been feeling sad/negative/low	5.68% 20	54.83% 193	29.55% 104	9.94% 35	352	2.44
I've been feeling bored/frustrated	12.50% 44	61.36% 216	19.60% 69	6.53% 23	352	2.20
I've been feeling scared/panicked	4.55% 16	37.50% 132	38.92% 137	19.03% 67	352	2.72
I've been feeling lonely/isolated	6.82% 24	42.61% 150	29.55% 104	21.02% 74	352	2.65

Table: frequency of thoughts and feelings over the last three weeks

## The effect of lockdown on lifestyle

The results over the last three weeks show that lockdown is still having a significant impact on lifestyle, TV/gaming, social media use, eating and sticking to a routine.

### **TV/gaming:**

17.6% of parent/carers expressed that their family's TV/gaming use has not changed over the last three weeks, with 78.1% stating it has increased.

### **Social media use:**

23.6% of parents/carers expressed that their family's social media use has not changed over the last three weeks, with 73% stating it has increased.

### **Eating:**

24.8% of parents/carers expressed that their family's eating habits have not changed over the last three weeks, with 70.6% stating they have increased.

### **Sticking to a routine:**

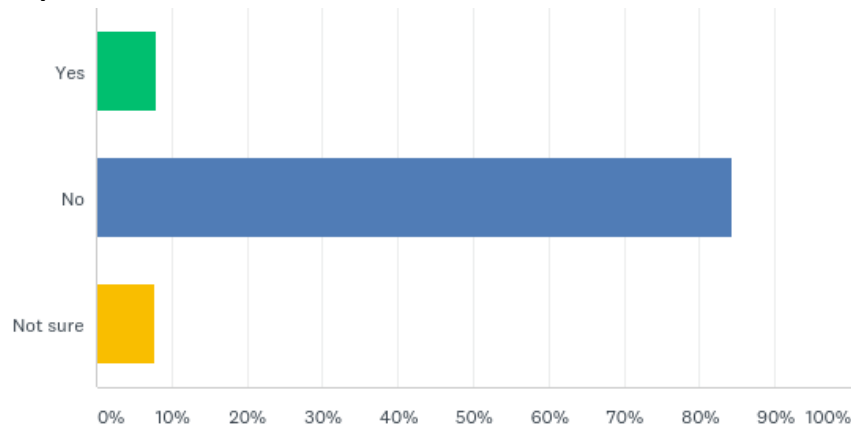
19.7% of parents/carers expressed that their family's routine/lack of routine has not changed over the last three weeks, with 64.9% stating that it has decreased.

Physical activity levels: 55.5% state a decrease over the last three weeks.  
 Creativity levels: 55.1% state an increase over the last three weeks.  
 Spending money: 51.6% state an increase over the last three weeks.  
 School work/learning: 48.9% state a decrease over the last three weeks.

	NO CHANGE	SLIGHTLY INCREASED	INCREASED A LOT	SLIGHTLY DECREASED	DECREASED A LOT	TOTAL	WEIGHTED AVERAGE
The amount we sleep	30.20% 106	27.07% 95	11.11% 39	23.08% 81	8.55% 30	351	2.53
The amount we eat	24.79% 87	41.88% 147	28.77% 101	4.56% 16	0.00% 0	351	2.13
Sticking to a daily routine	19.71% 69	11.14% 39	4.29% 15	37.43% 131	27.43% 96	350	3.42
The amount of exercise/physical activity we do	15.34% 54	20.45% 72	8.52% 30	30.68% 108	25.00% 88	352	3.30
Our use of social media	23.58% 83	35.51% 125	37.50% 132	2.56% 9	0.85% 3	352	2.22
The amount we watch TV/gaming	17.61% 62	39.49% 139	38.64% 136	3.41% 12	0.85% 3	352	2.30
The amount of money we spend	19.09% 67	24.50% 86	27.07% 95	22.51% 79	6.84% 24	351	2.74
My creativity level: art/ cooking/ baking/ crafts etc.	31.53% 111	38.92% 137	16.19% 57	9.66% 34	3.69% 13	352	2.15
How often we tidy up/ clean the house	30.97% 109	29.26% 103	24.15% 85	12.22% 43	3.41% 12	352	2.28
School work/ learning	16.95% 59	18.39% 64	15.80% 55	26.15% 91	22.70% 79	348	3.19
The amount of time we spend outside	14.25% 50	26.50% 93	17.98% 61	21.65% 76	20.23% 71	351	3.07

Table: effect of lockdown on lifestyle over the last three weeks

### Topics that are difficult to talk about with child/children over the last three weeks

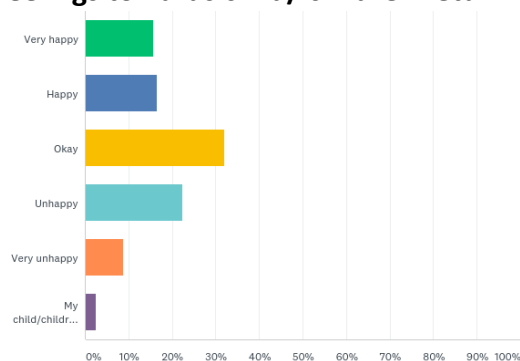


84.3% feel that they do not struggle to discuss anything with their child/children regarding the current situation. This is a similar result to the previous survey.

The 8% that do feel they struggle, highlighted the same topics and issues that were found in the previous survey:

- Child/children too young to understand.
- The risk to family health and death as a result of coronavirus.
- Not seeing friends/family.
- The changes to school.
- Children have SEND and struggle to understand.
- Attempts to not make the situation sound scary.
- Explaining the rules and restrictions.
- The future: when it will be normal/ what will it look like/ what will happen next.
- Emotions and feelings.

### Feelings towards child/ children returning to education



32.34% of parents/carers are happy that their child/children are returning to education. This is 10% less than young people's responses.

32.1% feel okay that their child/children are returning to education.

31.2% are unhappy that their child/children are returning to education. In comparison to young people's responses, almost 4 times as many parent/carers feel unhappy about the return to school with 8.9% of those feeling very unhappy.

2.6% of children did not go to school/college/work prior to lockdown.

Reasons for feeling happy were based on:

The importance of education.

The need for their child/children to have stability and routine.

The positive impact on their child/children's mental health.

Facilitating parent/carer getting back to employment.

The importance of socialising.

*'It's fundamentally important.'* (Female, 31-40yrs)

*'They need the stability and routine.'* (Female, 41-50yrs)

*'Balancing health risk with their need for education and friends plus my need to work.'* (Female, 31-40yrs)

*'It is good for their mental state.'* (Female, 41-50yrs)

Reasons for feeling unhappy were based on:

Fears of coronavirus.

The changes in school and education impacting child.

The negative impact on the child/children's mental health.

The uncertainty linked to social distancing measures and safety.

*'We are aware that our child needs to go back to school but he feels very anxious about it.'* (Male, 51-60yrs)

*'I think she would dislike it. It's much different to what she knows. I want her to go back when things are a little bit more normal.'* (Female, 31-40yrs)

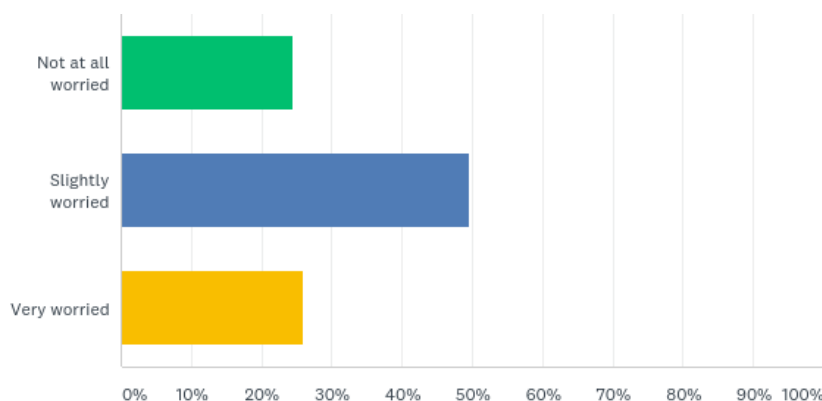
*'It's not safe enough to do so.'* (Female, 31-40yrs)

*'I feel for school teachers with poor direction which affects children's confidence.'* (Female, 41-50yrs)



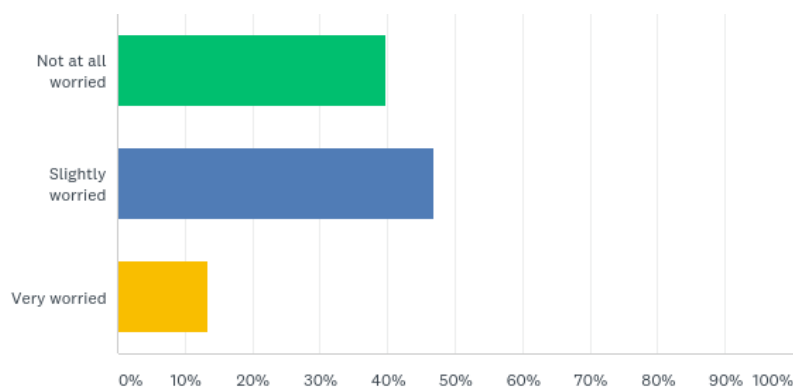
## Mental health concerns and access to support

### *Concerns for child/children's mental health*



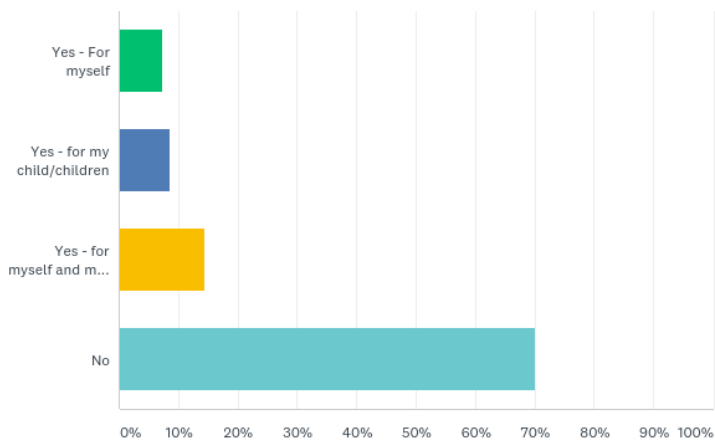
Over the last three weeks, the percentage of parents/carers who feel worried about the impact of the current situation impacting their child/children's mental health has decreased from 78.6% to 75.5%. However, the percentage of those who are very worried about the child/children's mental health has significantly increased to 25.9% in comparison to the previous survey.

### *Concerns for own mental health*



Over the last three weeks, the percentage of parents/carers who feel worried about the impact of the current situation impacting their own mental health has remained the same (60.2%), with a slight increase of those feeling very worried (13.4%).

## Support



Over the last three weeks, 30.5% of parents/carers have accessed support to manage their family's thoughts and feelings. This is a slight decrease compared to the previous survey results.

The most utilised form of support is still family/friends. There have been small reductions in the number of parents/carers accessing other types of support with the exception of services, which has increased:

Type of support	Survey 1	Survey 2
<b>Family/friends</b>	50%	62.2%
<b>Websites</b>	41.9%	36%
<b>Social media</b>	25%	22.5%
<b>School/college</b>	33.9%	27%
<b>Services</b>	17.7%	21.6%

A small number of parents/carers highlighted that they have sought support from their employer and the use of self-help strategies e.g. books, yoga etc.

Of the 70.1% of parents/carers who have not accessed support, the majority felt that this is because they do not need it (60.5%).


12.4% feel that there is no support that will help them.

7.8% feel they need support but do not know where to find it.

10.3% feel embarrassed to seek out support.

## Analysis of open ended survey questions

### *Changes in thoughts towards lockdown over time*

	Thoughts at the start of lockdown	Thoughts after survey 1	Thoughts after survey 2
Most common         Least common	Anxious/scared	Adjustment/ normality	Positive
	Stressed/unprepared/overwhelmed	Anxious/scared	Worried/ confused/ uncertain
	Sad/upset	Frustrated/annoyed	Stressed/ exhausted
	Positive	Positive	Frustrated/bored
		Stressed/exhausted	Sad/upset/ depressed
		Sad/upset/depressed	
		Lonely/ isolated	

### *Thoughts toward lockdown now: main themes*

Positive
Worried/confused/uncertain
Stressed/exhausted
Frustrated/bored
Sad/upset/ depressed

### **'Positive'**

In comparison to survey 1, parents/carers are happy that lock down is easing and can return to some form of normality. Specifically parents/carers express positive feelings towards their children returning to school and seeing friends and family:

*'Has got easier as restrictions have been reduced.'* (Female, 41-50yrs)

*'Feeling a lot better with some restrictions lifted e.g. we can now see family members.'* (Female, 31-40yrs)

*'Youngest child back to school he is happier.'* (Female, 31-40yrs)

### **'Worried/confused/uncertain'**

A large number of parents/carers still express a level of worry, uncertainty and confusion related to government guidelines and rules:

*'That too many changes have happened too soon, leaving us confused!' (Male, 51-60yrs)*

*'Being in limbo is harder than full lockdown.'* (Female, 41-50yrs)

*'Still very worried. I feel if I send my child she will get poorly as people still aren't taking it seriously.'* (Female, under 30yrs)

*'It's becoming increasingly confusing on what we should and shouldn't be doing.'* (Female, 31-40yrs)

### **'Stressed/ exhausted'**

Parents/carers express feelings of increased stress, exhaustion and tension within the household as a result of the prolonged time in lockdown. This is associated with managing work, schooling, childcare and other responsibilities:

*'Son is having more tantrums and meltdowns. Husband is tired and unmotivated having to work from home.'* (Female, under 30yrs)

*'Has got harder in the last few weeks. Hard to motivate kids to do schoolwork. Less energy and feeling more stressed and fed up.'* (Female, 41-50yrs)

*'I have been working throughout and feel emotionally drained by work changes.'* (Female, 31-40yrs)

*'Upset stressed no routine hard work.'* (Female, under 30yrs)

### **'Frustrated/bored'**

Survey 1 found that parents/carers had adjusted to lockdown. However, three weeks on, parents/carers are starting to express greater feelings of frustration and boredom, specifically as a result of rule breaking and the uncertainty of when things will go back to normal:

*'I am increasingly annoyed at all the neighbours having all extended family friends round every day is like a party.'* (Female, 41-50yrs)

*'Impatient to hear news when it will end.'* (Female, 31-40yrs)

*'Bored of it now.'* (Male, 31-40yrs)

*'Just getting a little bored but nothing too much.'* (Female, 31-40yrs)

### **'Sad/upset/ depressed'**

Sadness, upset and low mood are still apparent amongst parents/ carers that relate to missing family and isolation:

*'Mood has really gone down.'* (Female, under 30yrs)

*'Been difficult and emotional at times.'* (Female, 31-40yrs)

*'Feeling alone.'* (Female, under 30yrs)

*'Children getting upset about not being able to go out.'* (Female, 31-40yrs)

### **Summary of findings**

Similar to the findings from the young people's survey, results show that thoughts, feelings and emotions expressed by parents/carers over the last three weeks typically reflect the findings of the previous round of survey results. However, there are some key changes that have occurred over the last three weeks.

The most prominent emotion experienced by parents/carers in the last survey was a sense of adjustment to the situation of lockdown. Now, the majority of parents/carers express positive responses associated with improved mood and seeing friends and family. 84.3% feel that they do not struggle to discuss anything with their child/children regarding the current situation; over 80% feel safe and secure and are dealing with problems well; over 70% are feeling positive about the future and are looking forward to their child/children returning to education (64.4%). That being said, all positive emotions experienced over the last three weeks have decreased by up to 10% for parents/carers in comparison to the previous survey results.

Results of this survey highlight that adjustment has developed into increased feelings of confusion, uncertainty, stress and exhaustion as a result of the restrictions continuing and the demands of managing home/school/work life. The majority of negative feelings still equate to 50% or more of parent/carers experiences over the last three weeks, with increases in feelings of boredom/frustration (73.9%) and loneliness (49.4%). Furthermore there is still a large majority of parents/carers who feel that the current situation is having a negative impact on their child/children's mental health (75.5%) and their own (60.2%); and 30.5% of parents/carers have accessed support to manage their family's thoughts and feelings.

The results over the last three weeks show that lockdown is still having a significant impact on family lifestyle and habits, with over 70% of parents/carers stating an increase in social media use (73%), TV/gaming (78.1%), eating habits (70.6%) and 64.9% stating a decrease in sticking to a routine. These results may have negative effects on family's mental health and the transition back to school and social life.

Finally, results over the last three weeks show that accessing emotional support from friends and family (62.2%) and websites (36%) are still the most common amongst parents/carers. However, parents/carers seem to utilise other means of support more so than young people. The number of parents/carers who have not accessed support has remained high over the last three weeks (70.1%). However, 30.5% of those feel they need support but are uncertain of where to find it, feel embarrassed, or feel there is no support for them.

### **Recommendations at this stage**

- Greater efforts still need to be made to ensure young people are aware of the support accessible to them especially as many of the main referral routes e.g. schools, youth services etc. have had reduced face to face contact with vulnerable young people.
- Attention may be best drawn to the provision of tools and resources to educate families on how to support one another during this time.
- Attention must be given to support young people and parents/carers to cope with the transition back into normal life. Specifically, back to school, re-establishing routines, socialising and integrating back into their community:
  - Provision and promotion of tools and resources for schools/workforces to support young people and parents/carers.
  - Specific focus on children with SEND and school age transitions.
- Continue to promote greater use of social media channels to share information on resources and access to services.

### **Next steps**

The third round surveys have been edited to include experiences of returning to education. Survey links were live from Tuesday 7<sup>th</sup> July and will conclude on Monday 27<sup>th</sup> July. An updated report on the next round of findings and infographics will be produced by the 4<sup>th</sup> August.

Moving forward it is important to target and improve the uptake of over 16's, males and the BAME community to gather a more representative sample moving forward.

*Frankie Jackson*

*Vulnerable young people's consultation and engagement worker  
Voice and Influence team  
Hull City Council*

*June 2020*



