

# IMPACT OF COVID-19 ON YOUNG PEOPLE IN DUMFRIES AND GALLOWAY

## FINDINGS

# FOREWORD



We know that everyone has been impacted differently by the pandemic. The nationally led research project, Lockdown Lowdown, showed that young people have been significantly impacted by the closures, restrictions and changes we have had to make in order to maintain people's safety and suppress the transmission of COVID-19. In order to ensure that decision makers, public bodies like our Council and NHS continue to do our best for our young people, it was critically important to carry out this piece of work and gather their views and experiences at a local level.

There are a wide range of views captured within this report, some that confirm and some that challenge our thinking about what adults think they know about young people in Dumfries and Galloway today. What is clear throughout is that we have a diverse population of young people within our region and a one size fits all approach will not meet the needs of our communities.

Dumfries and Galloway's Youth Council, alongside the Youth Work Service, Statutory Partners and Third Sector organisations have been involved in developing the consultation process and it will now be the responsibility of professionals, organisations and decision makers to ensure the findings and young people themselves are involved in every step of our re-start journey.

In our region, we have been and continue to be committed to listening to and acting upon the voices of young people. I would like to extend my thanks to every young person who participated.

**Councillor Adam Wilson**  
Dumfries and Galloway Council  
Young People's Champion

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# INTRODUCTION

This report details the findings from the Dumfries & Galloway Young People's Response to COVID-19 consultation that took place from 13th July – 3rd August 2020.

The consultation was delivered in partnership between Dumfries & Galloway Council, D&G Youth Council, DG Parent Forum, NHS, Police Scotland, Citizens Advice Service, Young Carers Project, LGBT Youth Scotland, and a wide range of youth organisations across the region. It was agreed that there was a need to formally engage young people in order to identify the impact of the COVID-19 pandemic on young people across our region. Through the Lockdown Lowdown survey led by YoungScot, YouthLink and the Scottish Youth Parliament in April, it was widely known and expected that the pandemic was significantly impacting our youth population in D&G, and so it was important to conduct our own localised consultation in order to evidence young peoples experiences in our unique, rural region.

This report outlines the key findings from the three-week consultation which successfully engaged **537** young people from every postcode area in the region. The purpose of this consultation and the following findings are to provide insight into the experiences of young people across our region as we transition into the next phase of the pandemic. The findings are representative of our regions demographics and therefore we believe to be a reliable snapshot into the experiences and priorities of young people. The following findings can be used by young people, organisations working alongside young people, decision makers and public bodies responsible to young people to ensure the services, projects and support provided over the coming months is informed and influenced by young people. These findings should be read alongside the findings from 10,000 Voices.

## CONSIDERATIONS/ METHODOLOGY

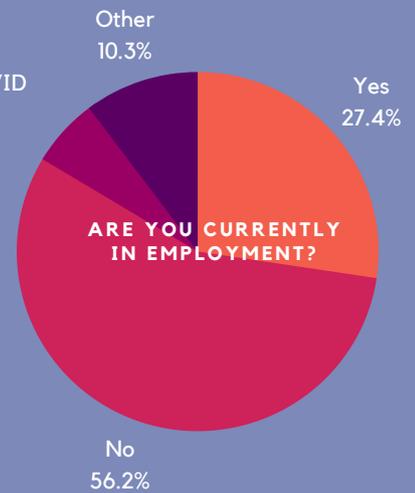
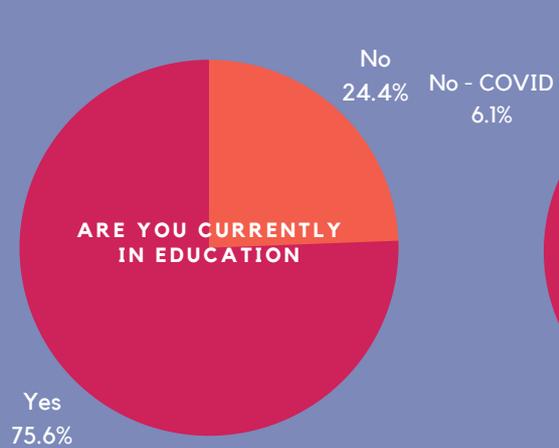
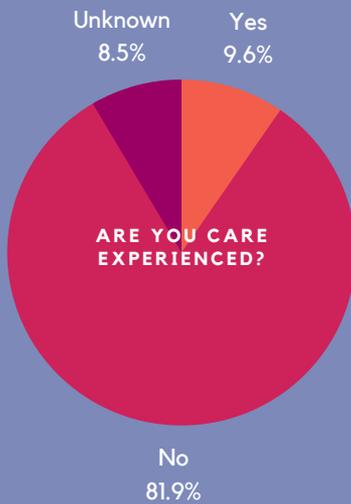
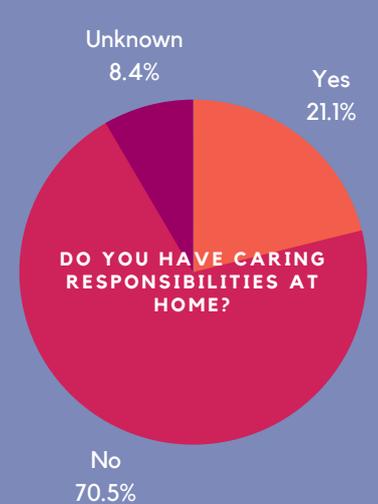
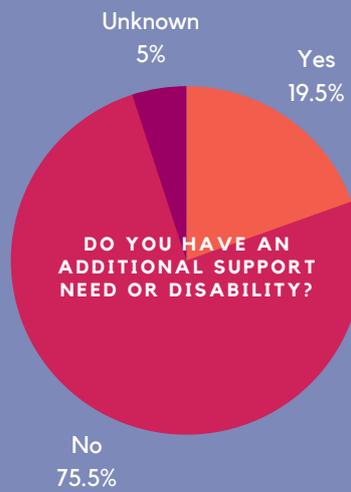
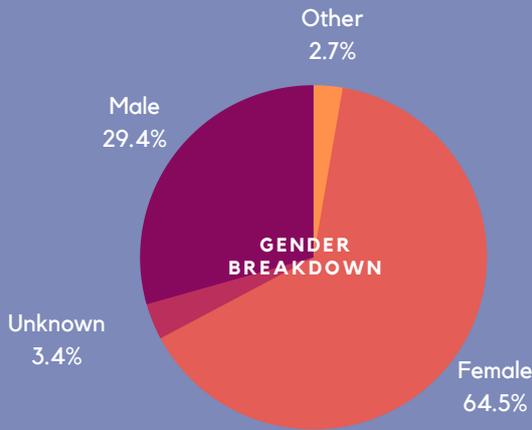
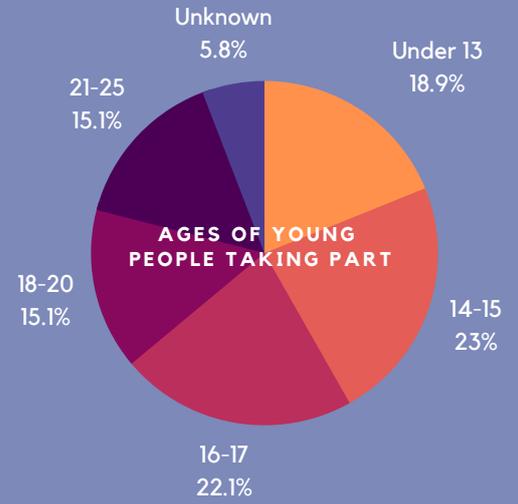
Due to organisations being limited in their direct, face-to-face contact with young people due to COVID-19 it was agreed that our consultation would be delivered online and promoted via the steering groups existing networks, youth forums and partnerships.

The consultation was live for a three-week period from 13th July – 3rd August and utilised the SurveyMonkey platform with young people taking on average 15 minutes to complete the questionnaire in full. Paper copies were also made available and delivered through summer activity packs that were distributed by the Young Carers Project and Youth Work Service to ensure connectivity as a barrier to young people's participation was minimised. Additional options were also included within the consultation for adults (parent, guardian, worker or volunteer), to support young people to participate. The steering group acknowledged that consultation fatigue and the summer holiday period were likely to make our collection phase more challenging and so the ambition was to engage with 500+ young people over the three-week collection phase.

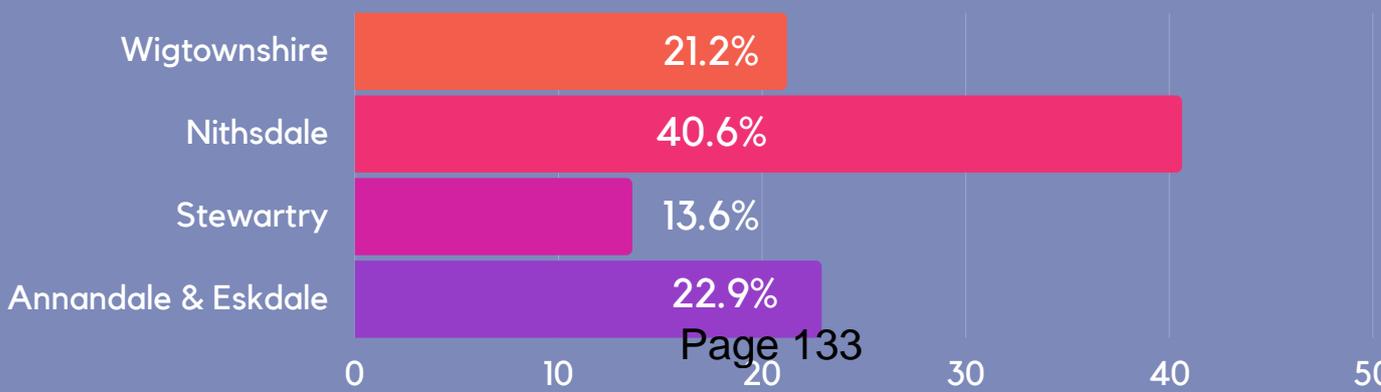
Once the questionnaire was developed, it was trialled with 20 young participants who provided final comment and amendments before the questionnaire went live on 13th July.

# ABOUT THOSE WHO TOOK PART

UNKNOWN = PREFERRED NOT TO SAY



## GEOGRAPHICAL LOCATION OF RESPONSES



## RESULTS

YOUNG PEOPLE WERE GIVEN A SERIES OF TOPICS AND ISSUES AND WERE ASKED TO SELECT THE MOST RELEVANT STATEMENT TO THEM:

- I WORRY ABOUT THIS ALL THE TIME
- I WORRY ABOUT THIS A LOT OF THE TIME
- I WORRY ABOUT THIS SOMETIMES
- I FEEL OKAY ABOUT THIS MOST OF THE TIME
- I DO NOT WORRY ABOUT THIS AT ALL
- I HAVE NOT THOUGHT ABOUT THIS / THIS DOESN'T AFFECT ME

Topic / Issue	% who said they were worried all of the time	% who said they were worried most of the time	% who said they were worried some of the time	% who said they feel okay most of the time	% who said they don't worry about it at all	% who said this didn't affect them
Things not going back to normal	27.10%	21.30%	26.80%	9.50%	8%	7.30%
My mental health	20.40%	21.10%	25.60%	19.90%	9.50%	3.50%
My friendships	19.50%	13.10%	28.10%	21%	14.80%	3.50%
Things going back to normal	18.90%	15.60%	27.30%	16.40%	15.70%	6.10%
My future	18.70%	21.60%	29.60%	17.70%	6.20%	6.20%
Exams and qualifications	17.90%	15.90%	22.60%	11.40%	8.90%	23.30%
Coursework and blended learning (online and at home)	15.70%	18.20%	20.20%	15%	12.50%	18.40%
Money or financial situation	15.70%	13.70%	18.80%	17.80%	16.50%	17.50%
The mental health of other people	15.40%	16.20%	35.70%	15.60%	5.20%	11.90%
My relationship with my family	14.20%	8.30%	16.60%	23.70%	31.80%	5.40%
Being there to help and care for other people	13.80%	16.30%	32.30%	19%	8.30%	10.30%
Travelling out-with my area (to another country)	13.60%	11.40%	20.50%	15.90%	17.90%	20.70%
School, college and university closures	13.30%	16.70%	23.50%	17.20%	13.30%	16%
Finding a job	11.90%	13.70%	23.70%	11.90%	15.80%	23%
My physical health	11.40%	14.50%	31.80%	22.70%	14.50%	5.10%
The physical health of other people	11.30%	11.10%	36%	21.70%	8.30%	11.60%
My job	10.60%	9.60%	16.60%	12.80%	13.10%	37.30%
Travelling out-with my home	10.30%	10.50%	23%	19.20%	24%	13%
My relationship with a partner	5.20%	4.70%	16%	5.90%	20.10%	48.10%
Food or meals	4%	4.50%	11.10%	23.40%	37.90%	19.10%

**“LOSING SOMEONE I LOVE TO THE VIRUS HAS DEFINITELY BEEN THE WORST PART OF ALL THIS. I THINK HAVING TO HEAR ABOUT THE VIRUS CONSTANTLY MAKES THAT WORSE. MY MENTAL HEALTH WAS PRETTY POOR BEFORE THE PANDEMIC BUT I FEEL IT'S GOT WORSE OVER THE MONTHS BECAUSE I FEEL**

## RESULTS

### FINDINGS BY AGE PROFILE

THE 11 – 13 AGE GROUP WERE WORRIED ALL OR MOST OF THE TIME ABOUT:

- MY FUTURE - 52.2%
- THINGS NOT GOING BACK TO NORMAL - 34.8%
- THINGS GOING BACK TO NORMAL – 22.8%
- FRIENDSHIPS - 21.7%
- COURSEWORK – 19.6%
- EXAMS AND SCHOOL CLOSURES – 17.4%
- MY MENTAL HEALTH - 15.2%

THE 14 – 15 AGE GROUP WERE WORRIED ALL OR MOST OF THE TIME ABOUT:

- MY MENTAL HEALTH – 40.5%
- MY FUTURE – 39.7%
- COURSEWORK 36.4%
- EXAMS AND QUALIFICATIONS – 35.5%
- THINGS NOT GOING BACK TO NORMAL – 33.9%
- FRIENDSHIPS - 29.8%
- THE MENTAL HEALTH OF OTHER PEOPLE – 29.8%

THE 16 – 17 AGE GROUP WERE WORRIED ALL OR MOST OF THE TIME ABOUT:

- MY MENTAL HEALTH AND THINGS NOT GOING BACK TO NORMAL – 40.7%
- MY FUTURE – 39.8%
- COURSEWORK – 29.7%
- MONEY – 28.8%
- THE MENTAL HEALTH OF OTHER PEOPLE, AND EXAMS AND QUALIFICATIONS – 28%
- BEING THERE TO HELP AND CARE FOR OTHER PEOPLE – 25.4%

THE 18 – 20 AGE GROUP WERE WORRIED ALL OR MOST OF THE TIME ABOUT:

- THINGS NOT GOING BACK TO NORMAL - 37.5%
- TRAVELLING OUT-WITH MY AREA (TO ANOTHER COUNTRY) – 30%
- MY FUTURE – 28.7%
- MY MENTAL HEALTH 26.3%
- SCHOOL, COLLEGE AND UNIVERSITY CLOSURES, THINGS GOING BACK TO NORMAL AND MONEY – 25%
- MY JOB – 23.4%

THE 21 – 25 AGE GROUP WERE WORRIED ALL OR MOST OF THE TIME ABOUT:

- THINGS NOT GOING BACK TO NORMAL – 52.5%
- MY MENTAL HEALTH – 50%
- MY FUTURE – 46.3%
- MONEY – 40%
- GOING BACK TO NORMAL – 38.8%
- HELPING OTHERS – 37.5%
- TRAVELLING OUT-WITH MY HOME – 37.5%

*"I'M IN WORK BUT ON A ONE YEAR CONTRACT WHICH ENDS IN OCTOBER AND I'M REALLY WORRIED ABOUT HOW MUCH COMPETITION THERE'S GOING TO BE FOR NOT A LOT OF JOBS IN THE*

## RESULTS

### YOUNG PEOPLE WERE GIVEN A RANGE OF ACTIVITIES AND ASKED TO SELECT THE MOST RELEVANT STATEMENT TO THEM:

- I DID NOT DO THIS BEFORE, AND I DO NOT DO IT NOW
- I DID THIS BEFORE, BUT I DO NOT DO IT NOW
- I DO THIS LESS NOW THAN I DID BEFORE
- I DO THIS THE SAME AMOUNT AS I DID BEFORE
- I DO THIS MORE NOW THAN I DID BEFORE
- I HAVE ONLY STARTED DOING THIS IN THE LAST 3 MONTHS
- THIS IS NOT RELEVANT TO ME

Activity	I didn't do this before, and I don't do it now	I did this before, but I don't do it now	I do this less now than I did before	I do this the same amount as I did before	I do this more now than I did before	I have only started doing this in the last 3 months
Staying in touch with organisations or professionals through online support sessions	34.60%	4.40%	6.90%	12.30%	12.30%	2.20%
Taking part in youth groups	32.70%	9.70%	15.10%	12.60%	10.40%	2.50%
Volunteering	29.60%	14.50%	13.20%	9.40%	6.60%	2.20%
Arts, crafts or design	26.10%	3.50%	8.50%	21.70%	19.80%	3.10%
Taking part in online training and activities	25.10%	1.60%	4.70%	12.80%	24.40%	11%
Spending time on my mental health and wellbeing	23.70%	4.40%	14.20%	30.60%	14.80%	1.60%
Caring responsibilities	18.80%	1.90%	6%	21%	16.20%	1.30%
Online Learning	15.80%	9.10%	6%	8.20%	19.90%	21.40%
Career planning / looking for work	13.90%	3.80%	7.30%	17.10%	13.60%	3.80%
Cooking and baking	11.10%	2.20%	7%	31.30%	38.30%	2.50%
Coursework	10.40%	12.10%	17.40%	22.20%	9.80%	2.80%
Being physically active	6.90%	5.70%	29.20%	23.60%	27.40%	3.10%
Spending time on social media	4.10%	1.90%	5.60%	29.10%	53.60%	1.60%
Staying in touch with family	3.80%	1.90%	18.90%	42.80%	25.80%	0.90%
Music (listening or playing)	3.80%	1.60%	4.10%	37.20%	46.60%	1.30%
Staying in touch with friends	3.20%	5.70%	34.10%	32.50%	21.10%	0.60%

**"I AM CURRENTLY AT UNIVERSITY AND WORRY ABOUT MY JOB PROSPECTS IN THE FUTURE AFTER I GET MY DEGREE AS THE COUNTRY IS IN A FLUCTUATING STATE AT THE MOMENT."**

## RESULTS

### DO YOU KNOW WHERE YOU CAN GO FOR INFORMATION AND SUPPORT ON THE FOLLOWING THINGS RIGHT NOW?

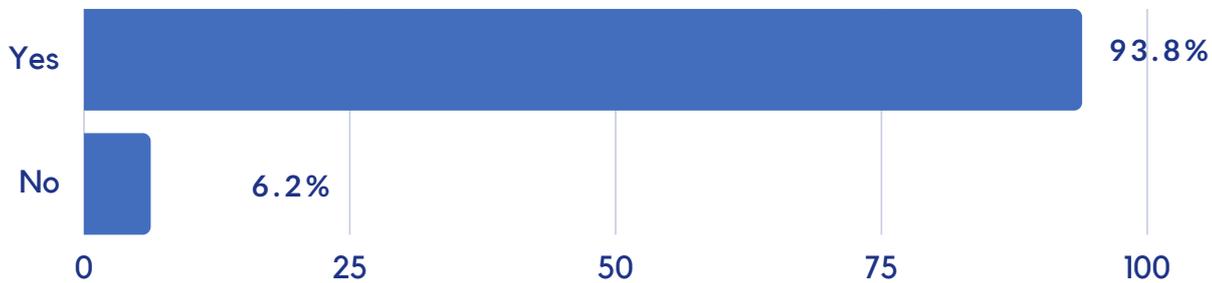
	Yes, I know where to go	No, I don't know	I'm not sure	I don't think this is relevant to me
Reporting crimes	79.90%	2.20%	6.40%	11.50%
Education	70%	7.90%	11.60%	10.50%
Physical health	67.80%	13.80%	13.50%	4.90%
Mental health	53.20%	17.70%	21.90%	7.20%
Domestic abuse and violence	52.60%	9.80%	11.30%	26.30%
How to help a friend or family member	52.40%	16.90%	24.30%	6.40%
To get support and guidance about how you're feeling	51.30%	19.10%	22.50%	7.10%
Problems at home	49.80%	13.10%	19.50%	17.60%
Your rights	47.70%	19.20%	24.10%	9%
Sexual Health	47.20%	12.60%	18.40%	21.80%
Careers advice	45.50%	12%	16.90%	25.60%
Volunteering	42.80%	16.20%	19.90%	21.10%
Employment	39.80%	13.50%	19.90%	26.80%
LGBTI identity	39.80%	12.90%	10.60%	36.70%
Caring responsibilities	32.30%	13.20%	17.30%	37.20%
Food packs	32%	15.80%	15.40%	36.80%
Addictions (drug and alcohol use, porn, gambling)	29.10%	9.80%	13.60%	47.50%
Housing and homelessness support	26.20%	14.10%	14.80%	44.90%
Welfare and benefits	24.80%	18.80%	17.70%	38.70%
Financial and debt support for you or your family	21.40%	18.80%	18.10%	41.70%
Business grants and advice	13.50%	22.60%	14.70%	49.20%

**"I DON'T BELIEVE WE SHOULD GO BACK TO THE NORMAL BEFORE THE PANDEMIC, BUT WE SHOULD CREATE A NEW NORMAL"**

**"I AM FEELING REALLY WORRIED ABOUT THINGS GOING BACK TO OR NOT GOING BACK TO NORMAL."**

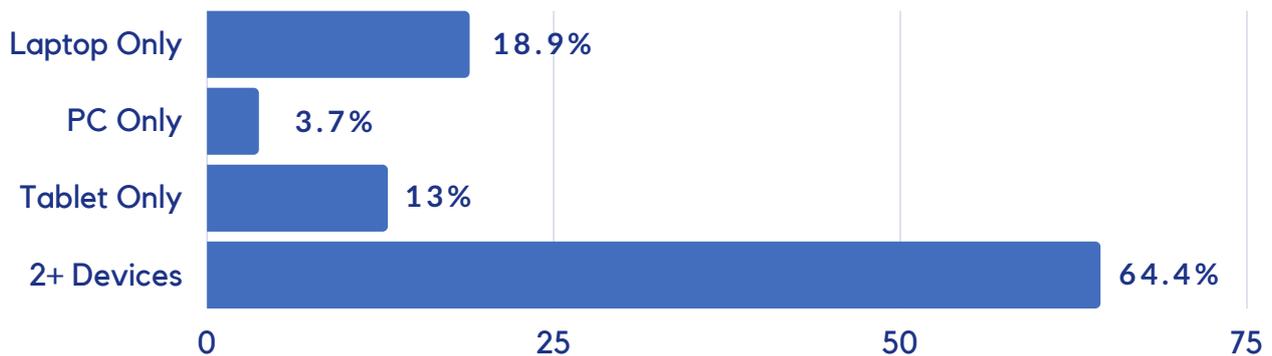
## ACCESS TO DEVICES

DO YOU HAVE A PHONE THAT YOU CAN USE TO ACCESS THE INTERNET AND DOWNLOAD APPS?



IT'S WORTH NOTING HERE THAT 10.4% OF PARTICIPANTS WHO HAD A MOBILE PHONE DID NOT HAVE A 2ND DEVICE TO USE FOR LEARNING.

PLEASE LET US KNOW WHICH DEVICES YOU CAN USE TO ACCESS LEARNING, SUPPORT AND INFORMATION WHENEVER YOU NEED TO AT HOME:



### OF THESE DEVICES



JUST OVER 2% OF PARTICIPANTS ALSO SAID THEY HAD ACCESS TO A GAMES CONSOLE WHICH THEY COULD USE FOR LEARNING I.E. AN XBOX OR PLAYSTATION.

*"I AM WORRIED ABOUT GOING BACK TO SCHOOL, AS I DON'T FEEL READY OR SAFE ENOUGH TO TRAVEL ON A BUS AND WITH THE AMOUNT OF PEOPLE IN A SPACE DON'T SEE HOW SOCIAL DISTANCING AND GETTING HELP WITH SCHOOL WORK WILL WORK SAFELY. I HAVE A VULNERABLE PERSON IN MY FAMILY AND WOULD FEEL BAD IF I CARRIED THE VIRUS BACK TO THEM AND NOT KNOW IT."*

## POSITIVE EFFECTS ON YOUNG PEOPLES HEALTH & WELLBEING

There were over 200 comments left to the question about anything specific young people feel has had a positive effect on their health and well-being throughout the pandemic. There's 4 key themes that have come through:

1. 'Nothing' was the most common answer, featuring in around 40% of comments.
2. Getting out more, exercising and generally being more active was highlighted in around 35% of comments.
3. Young people feeling less stressed, less busy and generally having more time to do what they enjoy was highlighted in over 30% of comments.
4. Improving relationships with family and friends was mentioned in just over 25% of comments.

**"a break from day to day things that would normally stress me out."**

**"being able to choose what day I do school work has been much better."**

**"Being in youth work hubs and getting to meet new people that are the same age as me has been really good cause I've just been seeing adults for months."**

**"Having time to focus."**

**"I'm grateful I've still been able to work as I need a routine!"**

**"I feel like a better person."**

**"I've had more time to myself and know more about what I want to do now."**

**"Not having exams has made a huge difference, I get so stressed with them and it's like a weight is off my shoulders this year."**

*"I HAVE BEEN EXERCISING MORE, AND HAVE APPRECIATED MY FRIENDS AND FAMILY MORE."*

## NEGATIVE EFFECTS ON YOUNG PEOPLES HEALTH & WELLBEING

There were over 205 comments left to the question about anything specific young people feel has had a negative effect on their health and well-being throughout the pandemic. There's 4 key themes that have come through:

1. Worry, stress, anxiety and general mental well-being was included within over 50% of comments.
2. Being stuck, feeling trapped and being cut off from loved ones was mentioned in over 40% of comments.
3. Losing touch with people, feeling left out, uncertain friendships, relationship breakdowns and family fallouts were highlighted in over 30% of comments.
4. Having no routine and being without normal support and contact was highlighted by young people with ASN and those who are care experienced. A number described feeling unsure and upset at the restrictions.

**"I've felt really lonely."**

**"Worry about family being safe all the time."**

**"Just not knowing what can happen, and feeling confused about what I should be doing."**

**"Not being at school and learning at home has been really hard and I have found it more difficult than normal to get things done."**

**"I've spent way too much time on social media."**

**"Living alone and having little to no contact".**

**"I really worry I'm going to catch covid and pass it on. I'm scared."**

***"BEING A GAY MAN IN A RURAL AREA OF SCOTLAND THERE IS A LOT OF PRESSURE TO PRESENT MYSELF IN A WAY THAT MAKES OTHER PEOPLE COMFORTABLE, THIS AND MY PHYSICAL HEALTH HAS TAKEN A TOLL ON MY MENTAL HEALTH THAT HAS BEEN WORSENERD BY COVID-19."***

## WHAT DO YOU WANT TO SEE IN YOUR COMMUNITY MOVING FORWARD

We asked young people what they wanted to see moving forward over the next few months in their communities that would make sure young people are healthy, happy and supported. 188 comments were left to this question and there were 4 key themes that have come through:

1. Mental health and well-being support for young people was mentioned within 50% of comments. Many spoke of being worried about re-adjusting or 'getting back to normal'.
2. Youth provisions, groups and spaces for young people to come together was mentioned in just over 45% of comments. Young people referred to their Youth Clubs, Sports Groups and Volunteering opportunities repeatedly.
3. Schools, Colleges and Universities re-starting in a way that was safe was mentioned in just under 20% of comments.
4. Sports groups were highlighted in around 15% of comments left. Many said they wanted to continue being active after lockdown and felt free sports groups would help them keep fit.

**“Support for young people to be able to come along to youth services and back into school and back to normal.”**

**“More socially distanced activities for those who are 18-25 or some support.”**

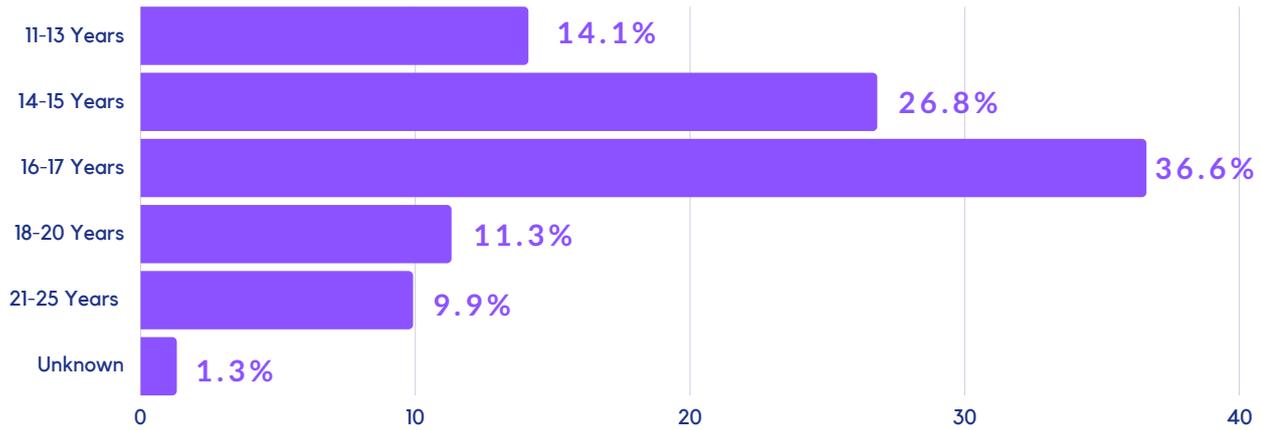
**“Job schemes to help people get into work!”**

**“I think there needs to be a transition period for people who are too anxious to leave their house once everything fully re-opens. It won't be easy for everyone”**

**“It would be good if groups can be run in smaller towns or villages for a while. Me, and a lot of people I know, don't feel safe to use the bus yet”.**

**“THE COMMUNITY NEEDS TO LISTEN TO THE YOUNG PEOPLE WHO LIVE THERE AS EVERYONE WILL HAVE A DIFFERENT EXPERIENCE”**

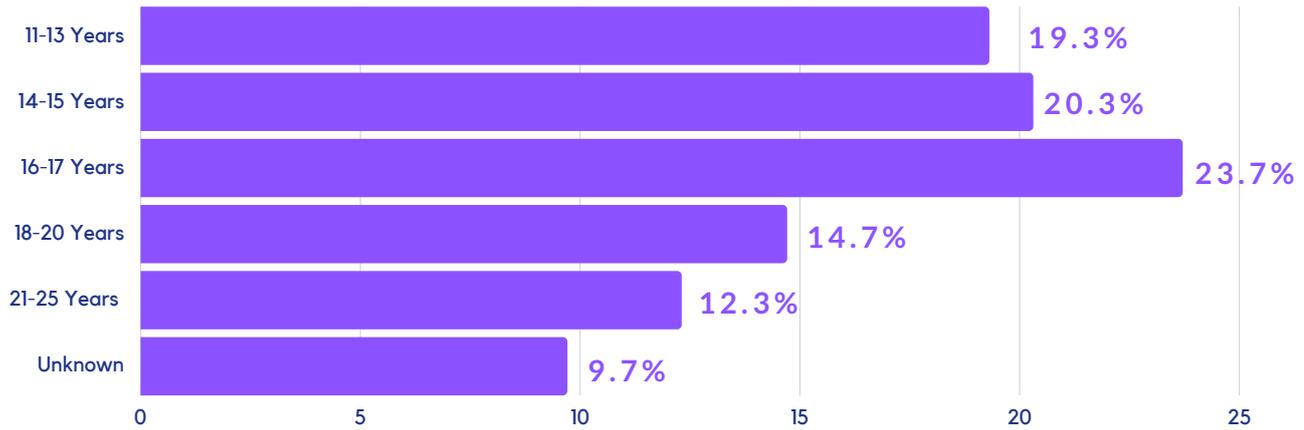
# STEWARTRY



Topic / Issue	% who said they were worried all of the time	% who said they were worried most of the time	% who said they were worried some of the time
My mental health	21.10%	15.50%	18.30%
My friendships	21.10%	16.90%	16.90%
Things not going back to normal	21.10%	21.10%	22.50%
Exams and qualifications	18.30%	14.10%	21.10%
Coursework and blended learning (online and at home)	18.30%	15.50%	18.30%
School, college and university closures	15.50%	19.70%	22.50%
The mental health of other people	14.10%	14.10%	33.80%
My future	12.70%	28.20%	15.50%
Travelling out-with my area (to another country)	12.70%	12.70%	16.90%
Being there to help and care for other people	11.30%	16.90%	31%
Money or financial situation	11.30%	12.70%	12.70%
Things going back to normal	11.30%	18.30%	16.90%
My relationship with my family	8.50%	12.80%	16.90%
My job	8.50%	11.30%	11.30%
The physical health of other people	7%	8.50%	29.60%
Finding a job	7%	9.90%	21.10%
Travelling out-with my home	5.60%	14.10%	11.30%
My physical health	4.20%	9.90%	18.30%
Food or meals	2.80%	1.40%	8.50%
My relationship with a partner	1.40%	2.80%	15.50%

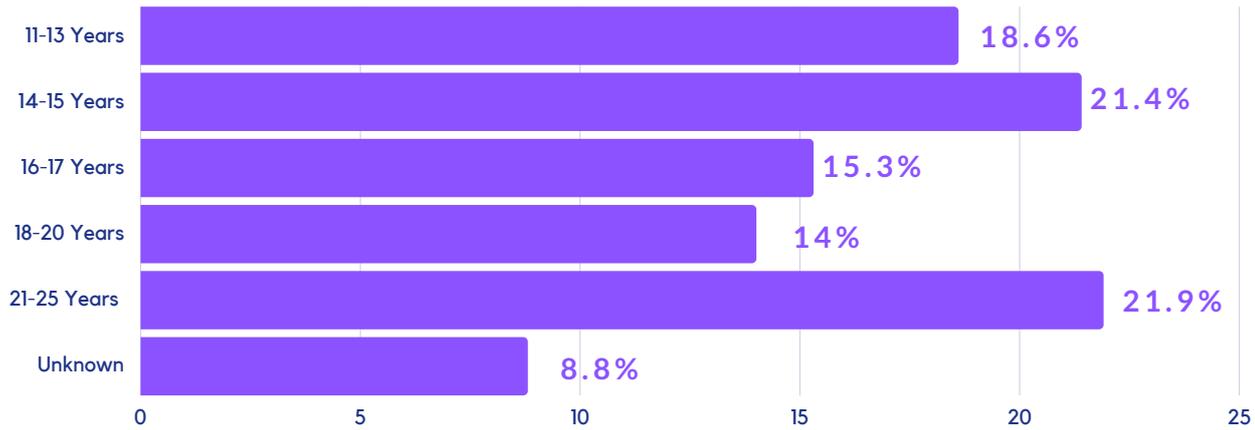
**“I WORRY ABOUT GOING BACK TO SCHOOL AS I DON'T THINK SOCIAL DISTANCING CAN BE KEPT IN SCHOOLS OR ON BUSES. I HAVE A FAMILY MEMBER WHO ISN'T WELL A LOT AND CAN CATCH THINGS EASILY AND HITS THEM HARDER SO I WORRY I WILL CATCH IT, NOT KNOW, AND PASS IT TO THEM. I WOULD FEEL AWFUL.”**

# WIGTOWNSHIRE



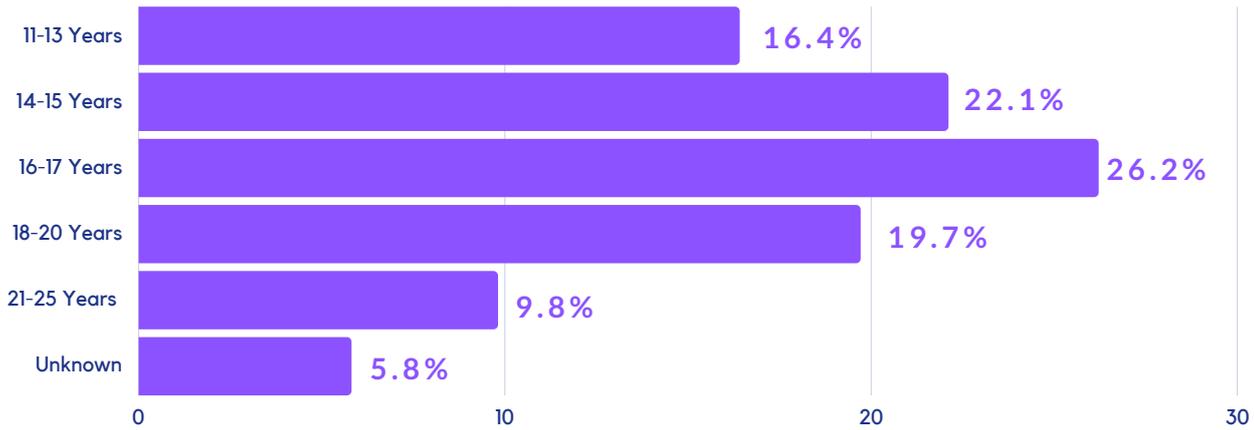
Topic / Issue	% who said they were worried all of the time	% who said they were worried most of the time	% who said they were worried some of the time
My future	22.80%	13.20%	21.90%
My friendships	21.10%	16.90%	16.90%
Things not going back to normal	21.10%	21.10%	22.50%
Exams and qualifications	18.30%	14.10%	21.10%
Coursework and blended learning (online and at home)	18.30%	15.50%	18.30%
School, college and university closures	15.50%	19.70%	22.50%
The mental health of other people	14.10%	14.10%	33.80%
Travelling out-with my area (to another country)	12.70%	12.70%	16.90%
My mental health	11.40%	13.20%	22.80%
Being there to help and care for other people	11.30%	16.90%	31%
Money or financial situation	11.30%	12.70%	12.70%
Things going back to normal	11.30%	18.30%	16.90%
My relationship with my family	8.50%	12.80%	16.90%
My job	8.50%	11.30%	11.30%
My physical health	7%	2.60%	7.90%
The physical health of other people	7%	8.50%	29.60%
Finding a job	7%	9.90%	21.10%
Travelling out-with my home	5.60%	14.10%	21.10%
Food or meals	2.80%	1.40%	8.50%
My relationship with a partner	1.40%	2.80%	15.50%

# NITHSDALE



Topic / Issue	% who said they were worried all of the time	% who said they were worried most of the time	% who said they were worried some of the time
My Mental Health	21.10%	16.70%	23.10%
Things not going back to normal	16.70%	19.10%	6.50%
Things going back to normal	15.80%	10.80%	20.90%
My friendships	14%	11.60%	23.70%
Money or financial situation	12.10%	9.80%	15.30%
My relationship with my family	11.20%	10.70%	4.40%
Being there to help and care for other people	10.70%	14%	24.20%
Exams and qualifications	10.20%	14.40%	14.40%
Coursework and blended learning (online and at home)	9.80%	13.50%	14.40%
The mental health of other people	9.80%	12.10%	27.90%
My future	9.30%	17.20%	27.90%
The physical health of other people	8.80%	8.40%	27%
Travelling out-with my home	8.80%	7.90%	16.70%
Travelling out-with my area (to another country)	8.80%	8.80%	15.30%
Finding a job	8.40%	10.20%	20.50%
School, college and university closures	6.70%	12.60%	15.80%
My job	6%	7.40%	13.50%
My physical health	4.70%	7.40%	13.50%
My relationship with a partner	3.70%	3.30%	11.20%
Food or meals	2.80%	3.30%	8.80%

# ANNANDALE & ESKDALE



Topic / Issue	% who said they were worried all of the time	% who said they were worried most of the time	% who said they were worried some of the time
My mental health	19.70%	17.20%	11.50%
Things not going back to normal	17.20%	13.10%	21.30%
My future	15.60%	10.70%	20.50%
My friendships	12.30%	9.80%	18.90%
Exams and qualifications	11.50%	13.90%	16.40%
The mental health of other people	11.50%	15.60%	20.50%
Being there to help and care for other people	10.70%	5.70%	20.50%
My relationship with my family	9.80%	6.60%	7.40%
The physical health of other people	9.80%	6.60%	27.90%
Travelling out-with my area (to another country)	9.80%	5.70%	11.50%
My job	9%	4.90%	13.90%
School, college and university closures	9%	13.10%	13.10%
Money or financial situation	9%	9.80%	12.30%
Travelling out-with my home	9%	4.90%	17.20%
Coursework and blended learning (online and at home)	6.60%	13.10%	15.60%
Finding a job	6.60%	11.50%	13.90%
Things going back to normal	5.70%	9%	18.90%
My relationship with a partner	4.10%	3.30%	11.50%
My physical health	3.30%	4.10%	14.80%
Food or meals	2.50%	2.30%	5.70%

# YOUNG PEOPLE IN EDUCATION

When looking at the overall findings, and those from young people who said they were in education in the region, there are some notable differences and observations which have been outlined below, grouped by Primary / Secondary School and College / University.

When it comes to looking at the future, 14.7% of school participants were worried all the time, with 17.9% feeling worried most of the time. Compared with 29.3% of higher and further education participants who were worried all the time, and 17.1% who were worried most of the time.

For mental health, 19.2% of school participants were worried all the time, with 16.7% feeling worried most of the time. For higher and further education participants, 14.6% were worried all of the time and 39% were worried most of the time.

When it came to school, college and university closures, 14.1% of school participants were worried all of the time and 17.9% worried most of the time about this. For young people in higher and further education, 17.1% worried all the time about the closures, and 26.8% worried most of the time.

In terms of exams, 17.9% of school participants were worried all the time, and 20.1% worried most of the time. For those in higher and further education, this is less so with 14.6% worried all the time, and 14.6% worried most of the time about exams and qualifications.

For coursework, 18.6% of school participants were worried all of the time and 16.7% were worried some of the time. For higher and further education participants, 14.6% worried all the time with as further 22% identifying that they worried most of the time about coursework.

Only 5.8% of school students were worried 'all the time' about their job, compared with 12.2% of higher and further education participants.

School Participants						
Activity	I didn't do this before, and I don't do it now	I did this before, but I don't do it now	I do this less now than I did before	I do this the same amount as I did before	I do this more now than I did before	I have only started doing this in the last 3 months
Coursework	5.1%	5.1%	23.7%	26.9%	10.9%	3.8%
Online Learning	12.8%	11.5%	7.1%	10.3%	24.4%	22.2%

Higher & Further Education Participants						
Activity	I didn't do this before, and I don't do it now	I did this before, but I don't do it now	I do this less now than I did before	I do this the same amount as I did before	I do this more now than I did before	I have only started doing this in the last 3 months
Coursework	4.9%	29.3%	9.8%	22%	14.6%	0.0%
Online Learning	19.5%	17.1%	2.4%	9.8%	24.4%	9.8%

# YOUNG PEOPLE IN EDUCATION

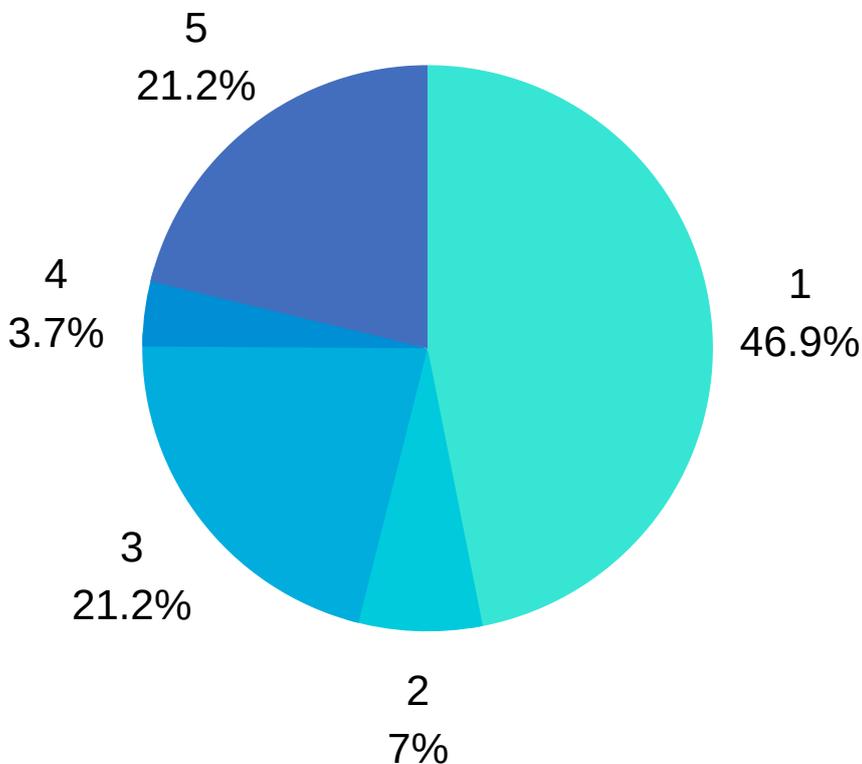
When we look at the styles of learning young people feel would work best for them moving ahead, there was a significant difference in the preferred model between different types of students:

- 23.7% of school participants said they felt a blended model works best for them compared with 34.1% of higher and further education participants
- 60.3% of school participants said they felt being in class full time works best for them compared with 48.8% of higher and further education participants
- 9.6% of school participants said they felt learning at home full time works best for them\* compared with 7.3% of higher and further education participants

\*Of the 9.6% who said at home learning was best for them, 25% of responses were from young people with caring responsibilities, a further 25% identified as LGBT+, and 12.6% identified as having an additional support need or disability.

## WHICH OF THE FOLLOWING WORKS BEST FOR YOU:

1. 46.9% said 'being in school full-time works best for me'
2. 7% said 'learning at home full-time works best for me'
3. 21.2% said 'being in school and learning at home would work best'
4. 3.7% said 'other / None of the above'
5. 21.2% said 'I'm not in education'



# YOUNG PEOPLE & EMPLOYMENT

When asked 'are you currently in employment?'

- 39.4% answered no, I'm unemployed and not looking for work
- 17.1% answered no, I'm unemployed but looking for work
- 13.8% answered yes, I work part-time
- 13.4% answered yes, I work full-time
- 6.1% answered I haven't been able to work at my job due to COVID-19
- 10.2% answered something else, upon breaking this down, over half said they could not work due to their age or that they were in full-time education and the remaining said their jobs were seasonal or weekend only and they hadn't been able to work

When looking at the findings, there were some notable differences for young people who identified that they were unemployed and looking for work.

- 66% of these participants were aged 16 – 25 and 28.6% were not in education.
- 19% were worried all the time
- 38.1% who were worried most of the time about their mental health.
- 59.5% were worried all or most of the time about jobs and employment.
- When it comes to their money or financial situation, 35.7% of young people who are unemployed and looking for work were worried either all or most of the time about this.
- 26.1% of young people looking for work identified as having an additional support need or disability
- 31% identified as having an LGBT+ identity.

# GENDER

In terms of gender identity, there was a significant difference in some responses from young people who identify as male compared with those who identify as female.

Due to the small percentage of responses from young people with non-binary or other gender identities, it is not possible to analyse further.

		Female	Male
Topic / Issue	% who said they were worried all or most of the time	% who said they were worried all or most of the time	% who said they were worried all or most of the time
My future	49.40%	33.80%	
Things not going back to normal	48%	40.30%	
My mental health	44.40%	26%	
Things going back to normal	36.60%	27.30%	
My friendships	36.10%	22.10%	
The mental health of other people	35%	19.50%	
Being there to help and care for other people	33.30%	15.60%	
School, college and university closures	33.20%	20.80%	
Exams and qualifications	33.20%	22.10%	
Coursework and blended learning (online and at home)	33.10%	20.80%	
Travelling out-with my area (to another country)	30.80%	16.50%	
Money or financial situation	29%	14.30%	
My relationship with my family	24.80%	16.50%	
Finding a job	23.10%	20.80%	
Travelling out-with my home	23%	16.50%	
The physical health of other people	21.90%	16.50%	
My relationship with a partner	20.10%	13%	
My physical health	13%	13%	
My job	10.10%	11.70%	
Food or meals	9.50%	6.50%	

Activity	Female			Male		
	More	Less	Same	More	Less	Same
Spending time on social media	61.50%	4.10%	25.40%	45.50%	7.80%	31.20%
Cooking and baking	48.50%	3%	31.40%	33.80%	7.80%	26%
Music (listening or playing)	48.50%	5.30%	35.50%	48.10%	5.20%	35.10%
Online Learning	40.80%	4.10%	10.70%	40.30%	5.20%	6.50%
Taking part in online training and activities	39.60%	4.10%	13.60%	32.50%	1.30%	16.90%
Being physically active	30.80%	26%	27.80%	37.70%	24.70%	19.50%
Staying in touch with family	29.60%	24.30%	38.50%	22.10%	15.60%	44.20%
Arts, crafts or design	27.20%	7.10%	21.90%	19.50%	5.20%	18.20%
Staying in touch with friends	24.90%	30.80%	33.10%	18.20%	29.90%	35.10%
Career planning / looking for work	17.20%	4.70%	16.60%	13%	5.20%	12%
Spending time on my mental health and wellbeing	15.40%	15.40%	30.80%	16.90%	10.40%	32.50%
Caring responsibilities	14.20%	6.50%	24.30%	20.80%	3.90%	18.20%
Staying in touch with organisations/professions through online support sessions	12.40%	7.10%	7.80%	23.40%	3.90%	9.10%
Coursework	11.20%	17.20%	23.10%	14.30%	13%	18.20%
Taking part in youth groups	10.10%	19.50%	16%	24.70%	7.80%	9.10%
Volunteering	9.50%	18.30%	10.70%	11.70%	5.20%	5.20%

# YOUNG CARERS & YOUNG ADULT CARERS

21.1% of participants said that they had caring responsibilities at home.

Caring responsibilities was described as:

'This might mean you help look after a parent, brother, sister or grandparent – with shopping, cooking, cleaning or personal care like getting dressed.'

Below are the issues that young carers and young adult carers felt more affected by than their peers who did not identify they had caring responsibilities.

- 50% of young people were worried all or most of the time about their mental health.
- 40.7% were worried all or most of the time about their friendships.
- 37% were worried all or most of the time about being there to help and care for others, and their future.
- 35.2% were worried all or most of the time for the mental health of others.
- 33.3% were worried all or most of the time about their relationships with their family.
- 31.5% were worried all or most of the time about money.
- 29.6% were worried all or most of the time about the physical health of others.
- 13% were worried all or most of the time about food or meals.

Below are the issues that young carers and young adult carers felt less affected by than their peers who did not identify they had caring responsibilities.

- 25.9% were worried all or most of the time about school, college and university closures.
- 24.1% were worried all or most of the time about coursework and blended learning.
- 38.9% of young people with caring responsibilities have seen their responsibilities at home increase during the pandemic.
- 38.9% have seen their responsibilities stay the same
- 22.2% have less responsibility now than they did before.
- 27.7% of young carers said being in class and learning at home would work best for them (blended learning).
- 24.1% of young people with caring responsibilities either did not know, or were unsure about where to go for information and support related to their caring responsibilities.
- 80% identified as being in education.

# CARE EXPERIENCED YOUNG PEOPLE

9.6% of young people identified that they had experiences of care. This was explained as 'a term used to describe children and young people who are in, or who have been, looked after in foster care, residential care, secure care or kinship care, or young people who are looked after at home and have social work involvement.

Below are the issues that young care experienced young people felt more affected by than their peers who are not care experienced.

- 64% were worried all or most of the time about their mental health.
- 56% were worried all or most of the time for the mental health of others.
- 44% were worried all or most of the time about things going back to normal.
- 40% were worried all or most of the time about their relationships with their family.
- 40% were worried all or most of the time about things not going back to normal.
- 36% were worried all or most of the time about the physical health of others.
- 36% were worried all or most of the time about being there to help and care for other people.
- 24% were worried all or most of the time about their relationship with their partner.
- 20% were worried all or most of the time about food or meals.

Below are the issues that care experienced young people felt less affected by than their peers:

- 24% were worried all or most of the time about their friendships.
- 12% were worried all or most of the time about exams.
- 24% were worried all or most of the time about coursework.
- 40% were worried all or most of the time about things not going back to normal.
  
- 40% of our care experienced participants also identified as having caring responsibilities at home.
- 88% as being in education
- 52% of young people said that being in classes full-time works best for them
- 28% saying being in class and learning at home (blended learning) would work best for them.
- 4% said learning at home full-time worked best for them.

# YOUNG PEOPLE WITH ADDITIONAL SUPPORT NEEDS & DISABILITIES

19.5% of young people identified as having an additional support need or disability.

Below are the issues that young people with additional support needs or disabilities felt more affected by than their peers.

- 49% were worried all or most of the time about their friendships.
- 43.1% were worried all or most of the time about their relationships with their family.
- 33.3% were worried all or most of the time about the physical health of other people.
- 13.7% were worried all or most of the time about food and meals.
- 56.9% were worried all or most of the time about things going back to normal.
- 66.7% were worried all or most of the time about things not going back to normal.
- 31.4% were worried all or most of the time about finding a job.

Below are the issues that young people with additional support needs or disabilities felt less affected by than their peers.

- 19.6% of young people were worried all or most of the time about their physical health.
- 21.6% of young people were worried all or most of the time about their exams and qualifications.
- 17.6% of young people were worried all or most of the time about money or their financial situation.

58.8% of young people with additional support needs or disabilities identified as in education.

# YOUNG PEOPLE WHO HAVE LGBT+ IDENTITIES

22.9% of young people identified as either Lesbian, Gay, Bisexual, Queer, Questioning, Intersex, Asexual or Pansexual. 2.3% of young people said they identified as a transgender person.

Below are the issues that young people with LGBT+ identities felt more affected by than their peers.

- 66.2% of young people were worried all or most of the time about their mental health.
- 64.6% of young people were worried all or most of the time about the mental health of others.
- 53.8% of young people were worried all or most of the time about things not going back to normal.
- 49.2% of young people were worried all or most of the time about things going back to normal.
- 43.1% of young people were worried all or most of the time about their friendships.
- 35.6% of young people were worried all or most of the time about finding a job.
- 35.4% of young people were worried all or most of the time about being their to help and care for other people.
- 32.3% of young people were worried all or most of the time about money or their financial situation.
- 29.2% of young people were worried all or most of the time about travelling out-with their home.
- 29.2% of young people were worried all or most of the time about the physical health of other people.
- 27.7% of young people were worried all or most of the time about their relationships with family.
- 18.5% of young people were worried all or most of the time about their relationships with their partner.

83.1% of LGBT+ young people identified as in education. 48% of young people said that being in classes full-time works best for them

- 32.7% saying being in class and learning at home (blended learning) would work best for them.
- 10.2% said learning at home full-time worked best for them.

67.7% of young people who identified as LGBT+ knew where they could receive support related to LGBTQI identity, and 6.2% were unsure where they could get support.

# CONCLUSION

This report provides a comprehensive overview of the findings from the Dumfries and Galloway Young People's Response to COVID-19.

This report can be used to inform and shape planning for young peoples services over the coming months, and be a resource for local youth and community organisations who wish to re-align their services.

The Youth Council and Members of the Scottish Youth Parliament will work with a range of partners to present the findings of the consultation to the leadership groups supporting the restart of services across all Community Planning Partners and Dumfries and Galloway Council has agreed that all Council services utilise the findings to support the Council's transformation programme and service restart.

# ACKNOWLEDGEMENTS

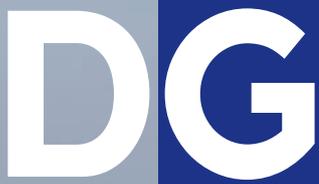
The Youth Work Service would like to thank all partners involved in the development of the project:

- Dumfries & Galloway Youth Council (DGYC)
- Dumfries and Galloway Council
- NHS Dumfries and Galloway
- Police Scotland
- DG Parent Forum
- LGBT Youth Scotland
- Dumfries & Galloway Young Carers Project
- Gatehouse YMCA Youth Drop-In
- Education Scotland
- CatStrand Youth
- Dumfries & Galloway Citizens Advice Service
- Dumfries & Galloway College
- Job Centre Plus
- Dumfries & Galloway's Multicultural Association (DGMA)

For further information about this consultation and the findings, please contact Dumfries & Galloway Council's Youth Work Team on e-mail [youth.work@dumgal.gov.uk](mailto:youth.work@dumgal.gov.uk)

The findings report for 10,000 Voices can be found at [www.dumgal.gov.uk/youthwork](http://www.dumgal.gov.uk/youthwork)

The findings report for Lockdown Lowdown, the nationally led research into the impact of COVID-19 on young people can be found at [www.youthlinkscotland.org/media/4486/lockdown-lowdown-final-report.pdf](http://www.youthlinkscotland.org/media/4486/lockdown-lowdown-final-report.pdf)



# IMPACT OF COVID-19 ON YOUNG PEOPLE IN DUMFRIES AND GALLOWAY

## FINDINGS

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