




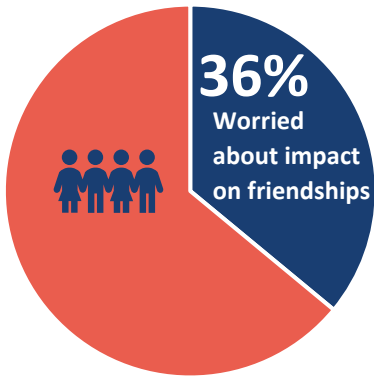
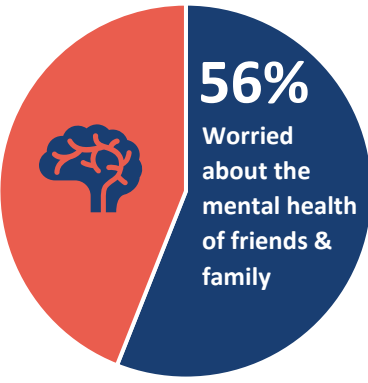
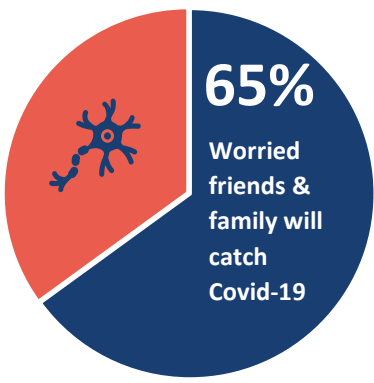
# Young People's Mental Health During the Covid-19 Pandemic


**18 schools**

**Over 800 pupils**

**Year 9s  
Age 13-14**

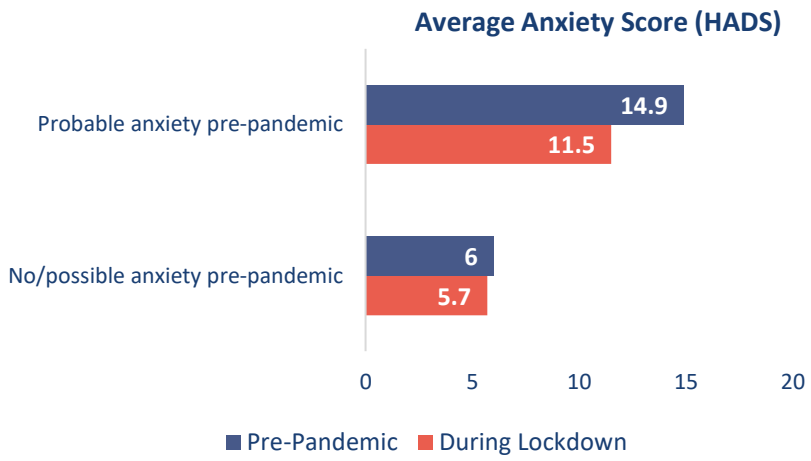
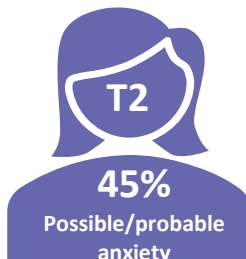
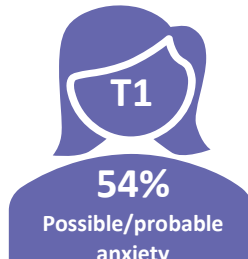
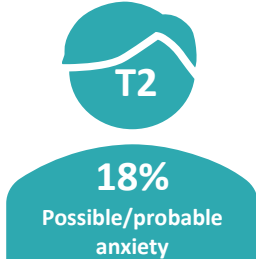
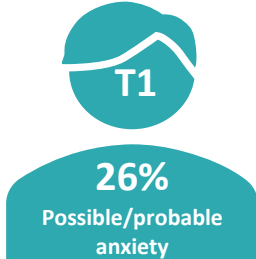
Survey 1: October 2019 (T1)

Survey 2: May 2020 (T2)

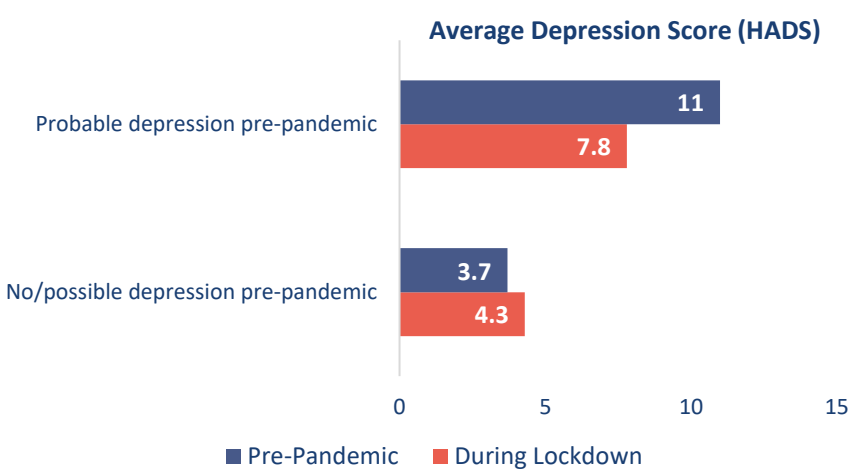
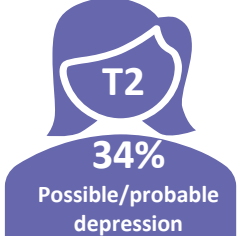
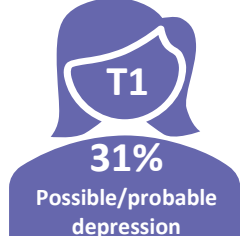
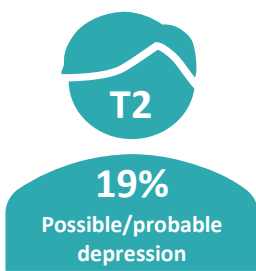
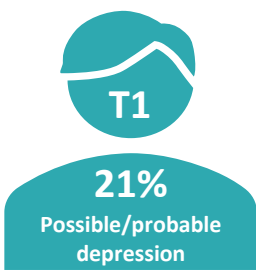
## Student's Top Covid-19 Worries:



## ANXIETY: Decrease in anxiety, particularly for those previously struggling

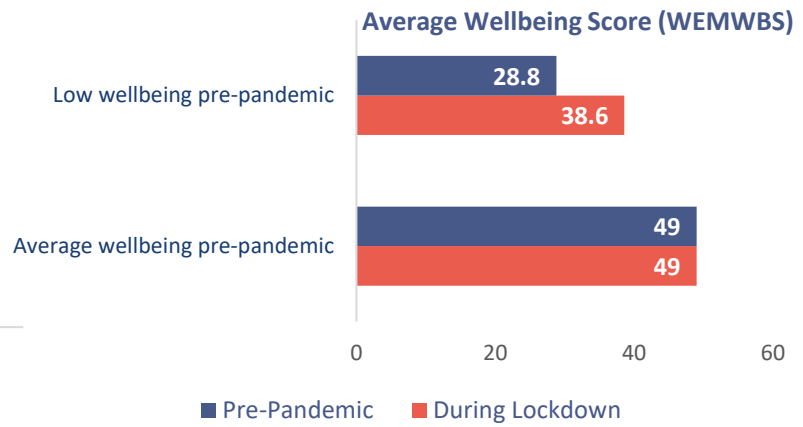
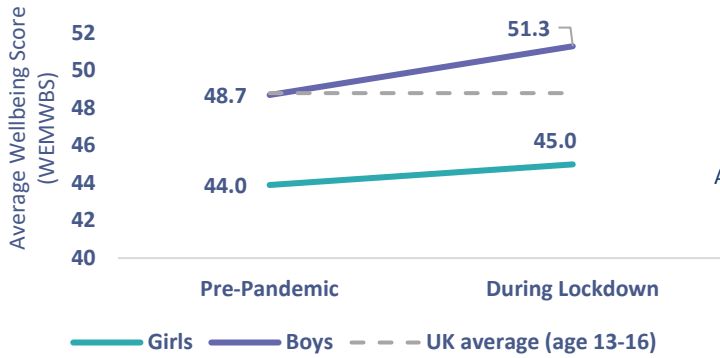


## DEPRESSION: No change overall but decrease for those previously struggling



## WELLBEING: Increase in wellbeing, particularly for those previously struggling

### Change in Wellbeing by Gender



## SOCIAL CONNECTEDNESS

### SCHOOL



Increase in how connected girls and boys feel to their school.

### PEERS



Increase in how connected boys feel to their peers but no change for girls.

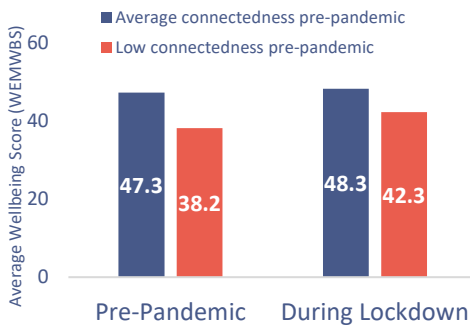
### FAMILY



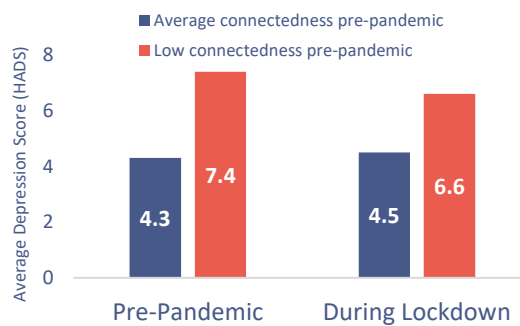
No change in how connected girls or boys feel to their family.

## SCHOOL CONNECTEDNESS: Improved mental health for those with low connectedness pre-pandemic

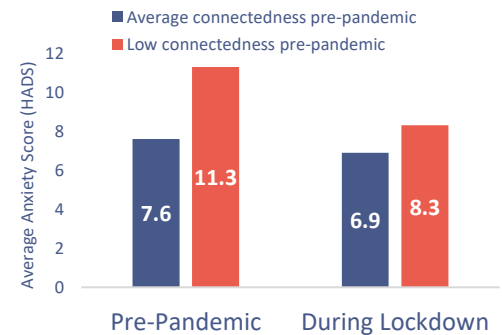
### Wellbeing



### Depression



### Anxiety



## SOCIAL MEDIA: Increase in girls' weekday use, decrease in boys' weekend use



### Percentage of Students Reporting Spending More Than 3 Hours Per Day on Social Media

■ Girls ■ Boys

