

Growing2gether

COVID-19 'YOUR SAY' SURVEY WITH GROUP PARTICIPANTS

This document states the main findings from our 'your say' survey carried out with programme participants during the Covid-19 crisis.

The aim of this short consultation with the young people was to understand which topics are of concern to them and their peers.

This to inform our programme content going forward.

We also wanted to understand to what extent our participants feel their experiences of social distancing should be part of the discussion topics of our programmes at this point. Finally, we wanted to gain insight into what format of additional support Secondary School pupils might be interested in over the coming months of continued uncertain times.

The survey was carried out over the course of one week from the 22d to the 26th June 2020. With over 20% of current programme participants answering our in-depth questions, we feel we received a substantial amount of information to inform our work. We have also formed a youth advisory panel consisting of previous Growing2gether participants to help continue shaping our programmes going forward.



First we asked the respondents to rate topics by importance, both to themselves as individuals and then taking a guess at what would be important to address for others their own age.

The topics that received the highest ratings were [general mental health & wellbeing](#) as well as [managing emotions & coping with stress](#). Over 85% thought these topics were 'important' or 'very important' both to themselves and to peers.

Family problems was also rated high especially when respondents were asked to think about their own situation, over 80% said this was 'important' or 'very important' to address. Around 75% rated [communication & getting on better with others](#) as 'important' / 'very important'. As many as 85% thought addressing their [future and unique potential](#) to be 'important' or 'very important'. [Support with school](#) was deemed 'important' or 'very important' by over 70% of respondents.

Both when considering their own circumstances and their peers, almost 75% of the young people rated [bereavement and loss](#) as 'important' / 'very important'.

When considering their own situation the topic that was most noted as 'very important' was [bullying](#), (almost 60%). When guessing what would be important to peers, [bullying](#) was noted as 'very important' by less than 40%. This discrepancy highlights the need for a more open dialogue about this subject which causes so much isolation among individuals.

Around 65% of respondents considered addressing the [emotional impact of the Covid-19 pandemic](#) 'important' or 'very important'. When considering their own situation, as many as 75% thought it 'important' or 'very important' to address the [financial impact of the Covid-19 pandemic](#), only 55% however, thought this would be as important to others. As with bullying, financial difficulties may be an isolating issue and group participants could benefit from this being openly talked about. [Inequality](#) was suggested as an added topic more than once and we will consider how to address this more in our programmes.

All topics highlighted will inform our future work, including the development of our new Growing2gether Online programme.

- In all of our programmes, it is important that we address the topics that young people find interesting and your opinion could help us to get a better idea. Please rate the topics according to what you find interesting and what is important to you.

	Not at all important	A little important	Important	Very important
The emotional impact of the Coronavirus pandemic Count Row %	1 4.2%	7 29.2%	9 37.5%	7 29.2%
The financial impact of the Coronavirus pandemic Count Row %	2 8.3%	4 16.7%	13 54.2%	5 20.8%
General mental health and emotional wellbeing Count Row %	2 8.3%	2 8.3%	9 37.5%	11 45.8%
Bullying Count Row %	3 12.5%	2 8.3%	5 20.8%	14 58.3%
Relationships and sexual health Count Row %	2 8.3%	12 50.0%	6 25.0%	4 16.7%
Managing emotions / coping with stress Count Row %	1 4.2%	3 12.5%	11 45.8%	9 37.5%
Communications / getting on better with others Count Row %	2 8.3%	4 16.7%	14 58.3%	4 16.7%
Support with school Count Row %	0 0.0%	7 29.2%	11 45.8%	6 25.0%
Family problems Count Row %	2 8.7%	2 8.7%	10 43.5%	9 39.1%
Bereavement and loss Count Row %	3 12.5%	3 12.5%	11 45.8%	7 29.2%
Substance misuse (e.g. drugs / alcohol) Count Row %	6 25.0%	3 12.5%	10 41.7%	5 20.8%
Your future - how to reach your unique potential Count Row %	0 0.0%	3 13.0%	13 56.5%	7 30.4%

- So now, take a guess...what do you think is interesting / important to other young people your age.

	Not at all important	A little important	Important	Very important
The emotional impact of the Coronavirus pandemic Count Row %	1 4.5%	6 27.3%	10 45.5%	5 22.7%
The financial impact of the Coronavirus pandemic Count Row %	3 13.6%	7 31.8%	8 36.4%	4 18.2%
General mental health and emotional wellbeing Count Row %	0 0.0%	1 4.5%	14 63.6%	7 31.8%
Bullying Count Row %	2 9.5%	5 23.8%	6 28.6%	8 38.1%
Relationships and sexual health Count Row %	1 4.5%	11 50.0%	9 40.9%	1 4.5%
Managing emotions / coping with stress Count Row %	0 0.0%	4 18.2%	14 63.6%	4 18.2%
Communications / getting on better with others Count Row %	1 4.5%	5 22.7%	11 50.0%	5 22.7%
Support with school Count Row %	0 0.0%	6 28.6%	13 61.9%	2 9.5%
Family problems Count Row %	0 0.0%	6 27.3%	10 45.5%	6 27.3%
Bereavement and loss Count Row %	2 9.1%	4 18.2%	10 45.5%	6 27.3%
Substance misuse (e.g. drugs / alcohol) Count Row %	6 27.3%	4 18.2%	7 31.8%	5 22.7%
Your future – how to reach your unique potential Count Row %	1 4.8%	5 23.8%	10 47.6%	5 23.8%

Based on responses from our first survey, we then asked respondents to consider a couple of different kinds of possible Growing2gether activities.

- Some of you mentioned that you would appreciate some of our time just for you. How we use this time will be up to you. It might be to talk about anything that's bothering you or to help you set goals for your future. This time could be online, and when we can, face-to-face.

	Yes	No	Maybe
I would be interested in one-to-one time with a Growing2gether facilitator Count Row %	4 21.1%	6 31.6%	9 47.4%
I think other young people my age would be interested in one-to-one time with a Growing2gether facilitator Count Row %	7 36.8%	2 10.5%	10 52.6%

- Many of you also told us that you were missing your peers at this time of lockdown. Would you be interested in 'Get2gether' sessions, either online or face-to-face, with 3 or 4 friends to talk about your lives and concerns (or just about anything you want to talk about) with a Growing2gether facilitator who will listen without judgement. Do you think that other young people would be interested?

	Yes	No	Maybe
I would be interested in joining a Get2gether group Count Row %	10 52.6%	2 10.5%	7 36.8%
I think other young people my age would be interested in joining a Get2gether group Count Row %	11 57.9%	1 5.3%	7 36.8%

The results above confirm our focus on the development of peer groups, explorational, therapeutic and youth led at the core. We can also perceive the benefits of offering additional one-to-one time to individuals who express a particular interest.