

# Growing2gether

## COVID-19 SURVEY WITH GROUP PARTICIPANTS

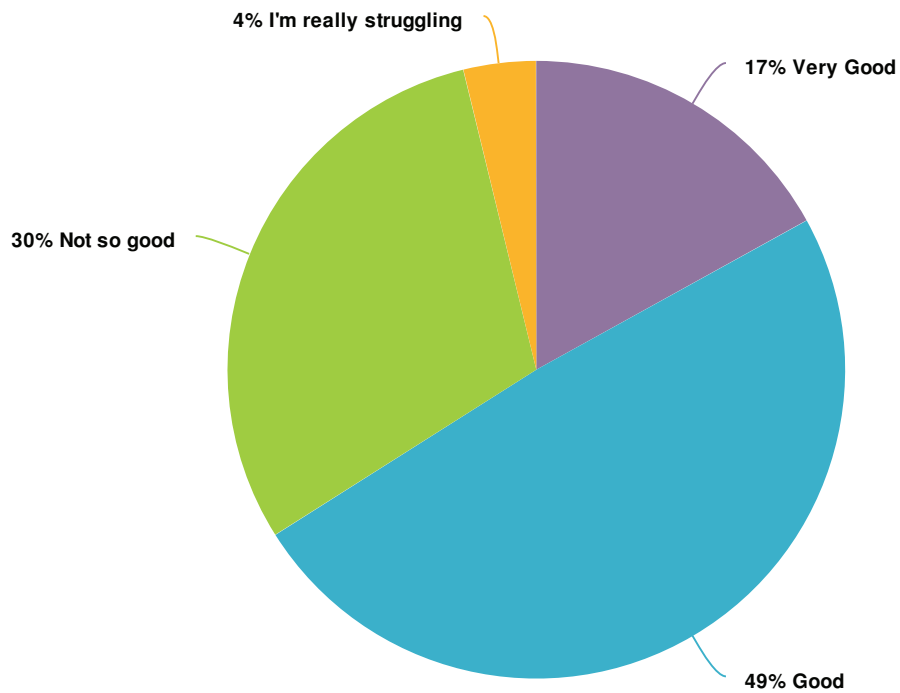
This survey was carried out between 27th April and 14th May 2020.  
The invitation went out to over 100 group participants, with an  
approximate respondent rate of 50%.

We derive from the results that one third of Growing2gether participants are decidedly struggling at this point in time. Whilst only about 30% say their situation has worsened since the onset of COVID-19, almost 75% of respondents experience some form of worry, anxiety and/or loneliness.

Many of our participants lack self confidence and find social and academic pressures at school challenging. We may assume that 23% of respondents say they are doing better, or much better, at this point in time because those pressures have lessened and we anticipate an increase in the need for support for these individuals when schools reopen.

The high rate of participants using video calling, (nearly 70% find support in speaking to their friends this way), could suggest that working this way online would be available to, and suit, our young people. The charity is, therefore, looking to develop its programmes using digital technology.

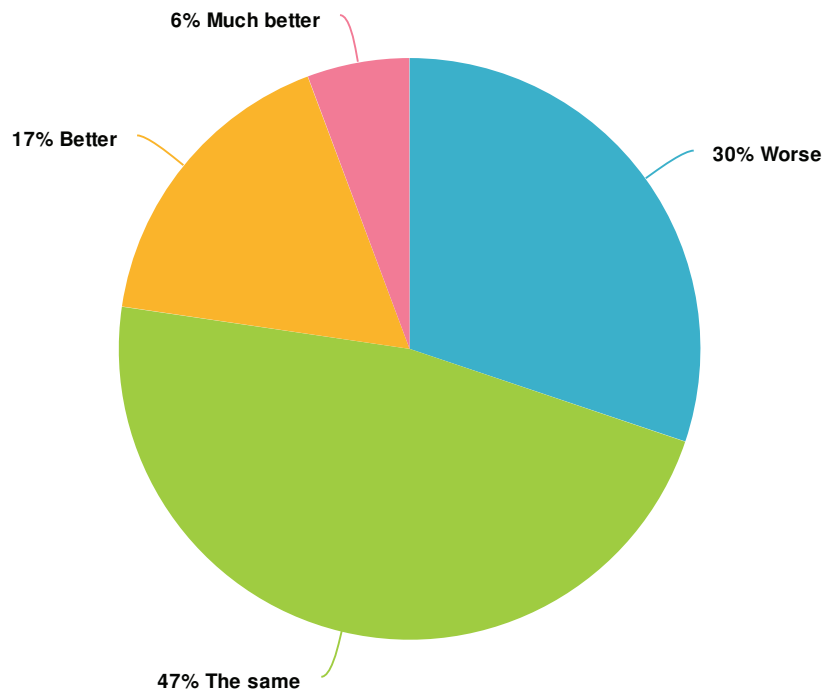
1. Since the closure of schools due to Covid-19, what would you say has been your general state of mind?



Value	Percent	Responses
Very Good	17.0%	9
Good	49.1%	26
Not so good	30.2%	16
I'm really struggling	3.8%	2

Totals: 53

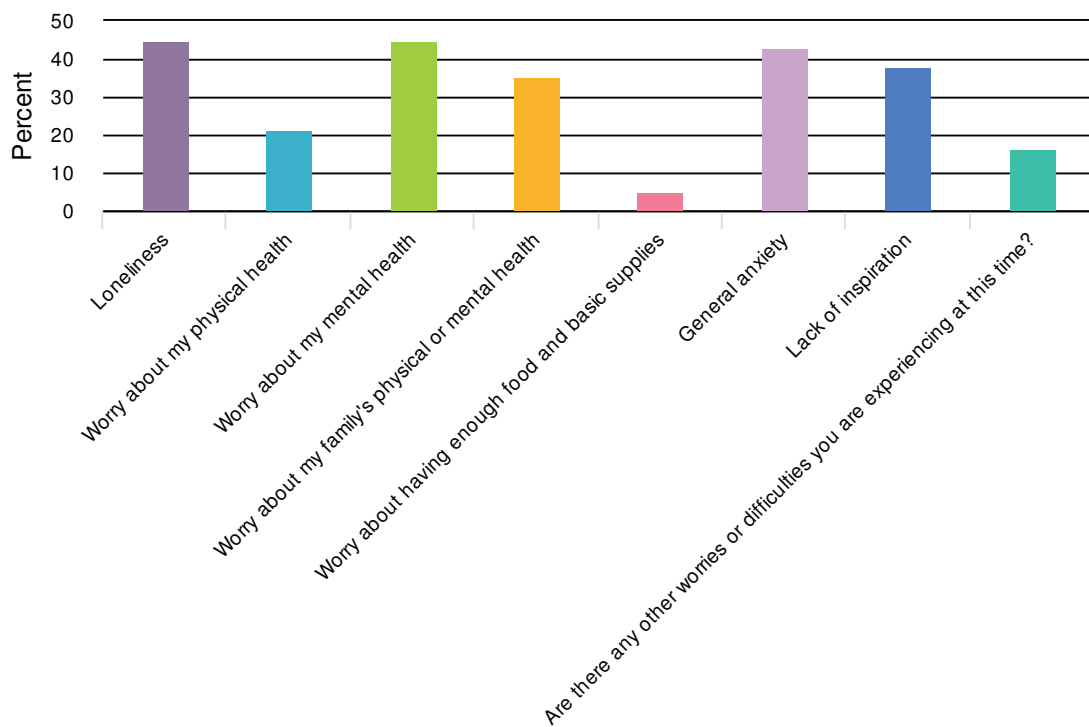
2. Compared to how you were before the required isolation, how are you coping with everyday life?



Value		Percent	Responses
Worse		30.2%	16
The same		47.2%	25
Better		17.0%	9
Much better		5.7%	3

Totals: 53

### 3. Which, if any, of the following are you experiencing at this time?



Value	Percent	Responses
Loneliness	45.2%	19
Worry about my physical health	21.4%	9
Worry about my mental health	45.2%	19
Worry about my family's physical or mental health	35.7%	15
Worry about having enough food and basic supplies	4.8%	2
General anxiety	42.9%	18
Lack of inspiration	38.1%	16
Are there any other worries or difficulties you are experiencing at this time?	16.7%	7

**Are there any other worries or difficulties you are experiencing at this time?**

**Count**

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coping with school work

1

fed up and missing people

1

going back to school

1

i dont really worry i do worry sometimes though about my granny and grandas

1

i feel like me and my parents have not been getting along as well as we did before as there has been many arguments about work and getting it all in on time. I'm also really struggling with not being able to see my friends and I've basically been an emotional mess without them. I've just been over-thinking everything and i end up getting stuck inside my head and thinking that I'm not good enough or that I am going to fail most of my classes in school/I'm going to fail in life. Quarantine has not been the best for me and i hope we don't have to stay like this for much longer.

1

losing out time in school and haven't been confident in the work I'm being sent from school

1

missing my friends

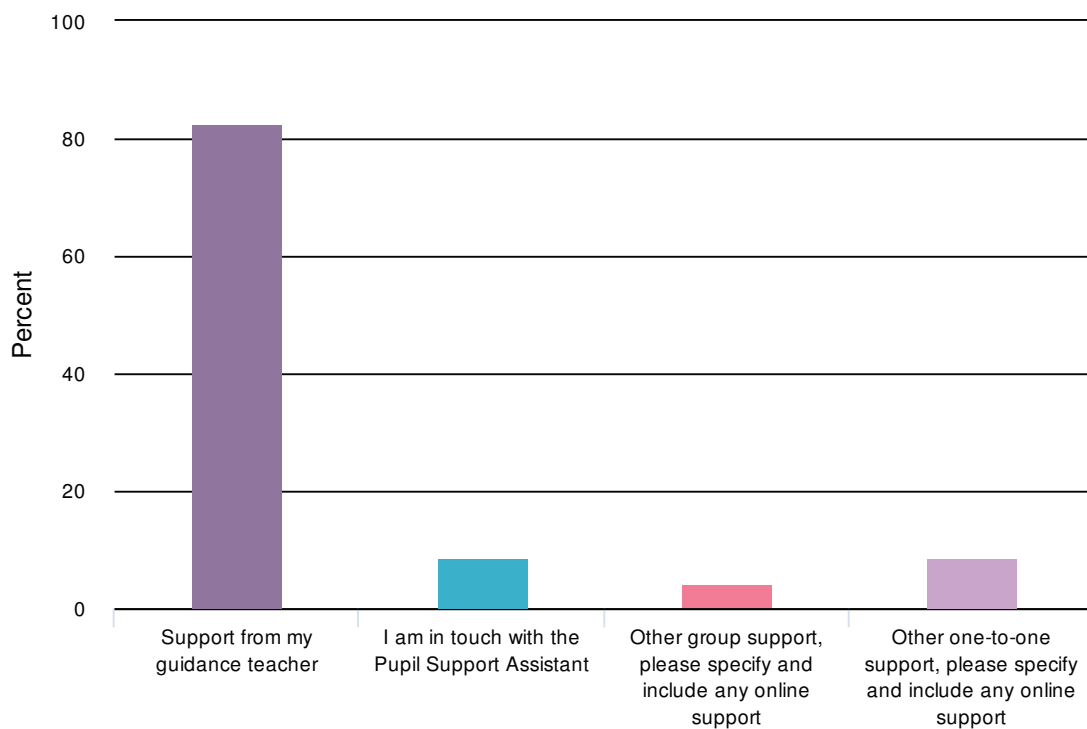
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Totals

7

#### 4. What support, if any, are you accessing at this time?



Value	Percent	Responses
Support from my guidance teacher	82.6%	19
I am in touch with the Pupil Support Assistant	8.7%	2
Other group support, please specify and include any online support	4.3%	1
Other one-to-one support, please specify and include any online support	8.7%	2

Other group support, please specify and include any online support	Count
groupchats	1
Totals	1

Other one-to-one support, please specify and include any online support	Count
My mum is the only one at the moment as my councillor doesn't phone and I only have help from guidance if I message first and then it's just "you can push through it "	1
boyfriend and friends	1
Totals	2

## 5. What, if any, support have you lost since the required isolation?

### Response

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Work is harder because it's harder to contact teachers about stuff

social because of the distancing and busy schedule I find it hard to keep in frequent contact with others my age.

my gran

I've lost a bit of support from my friends since we can only do it over the phone.

- school work support

I've lost my friends support as I am unable to talk to them during these times. They are the ones that help me get through rough times and now that I can't see them or talk to them I feel like I have no one else to talk to about this stuff.

when were getting work from teachers its kinda hard when theres no psa or teacher.

1 to 1 on English and maths

I've never had much support but its harder to contact my guidance teacher now since we're not at school, and I got support from my friends and it's hard not seeing them now.

counsellor

From teachers and friends.

My school councillor said she would phone after the Easter holidays and I haven't heard anything from her.

Friends

from my gudince teacher in school and some close freinds

support from friends, i don't speak to much of my friends as we are all busy at different times

I no longer have the support of my mentor. I am coping though.

6. Is there any support that you wish you had to help you through this period that you do not currently have? What might that look like?



## Response

Not sure

I don't need support, I'm doing fine.

I would like to have some teachers to talk too

I wish I could talk to my parents about stuff like this and tell them how I feel but I'm scared that they won't want to/scared of what they will think.

cant think of one

Just more support in general, it doesn't matter who from

I don't know

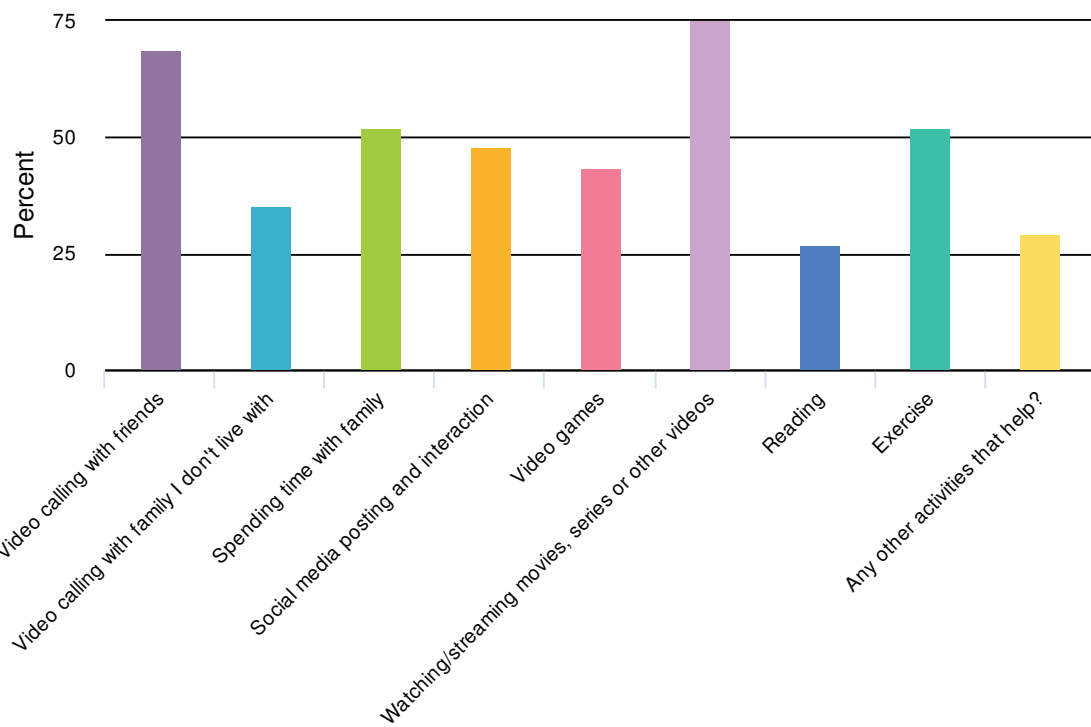
I don't know really, I am just struggling to get school work done as I miss my friends so on the phone to them all the time. Mum has tried to get me into a routine but sometimes we end up arguing as my mind doesn't want to do at that time










for someone to have there and trust and i could speak to anytime

someone to help with anxiety, my pics went around not long ago and there very old ones, my mental health hasn't been great since



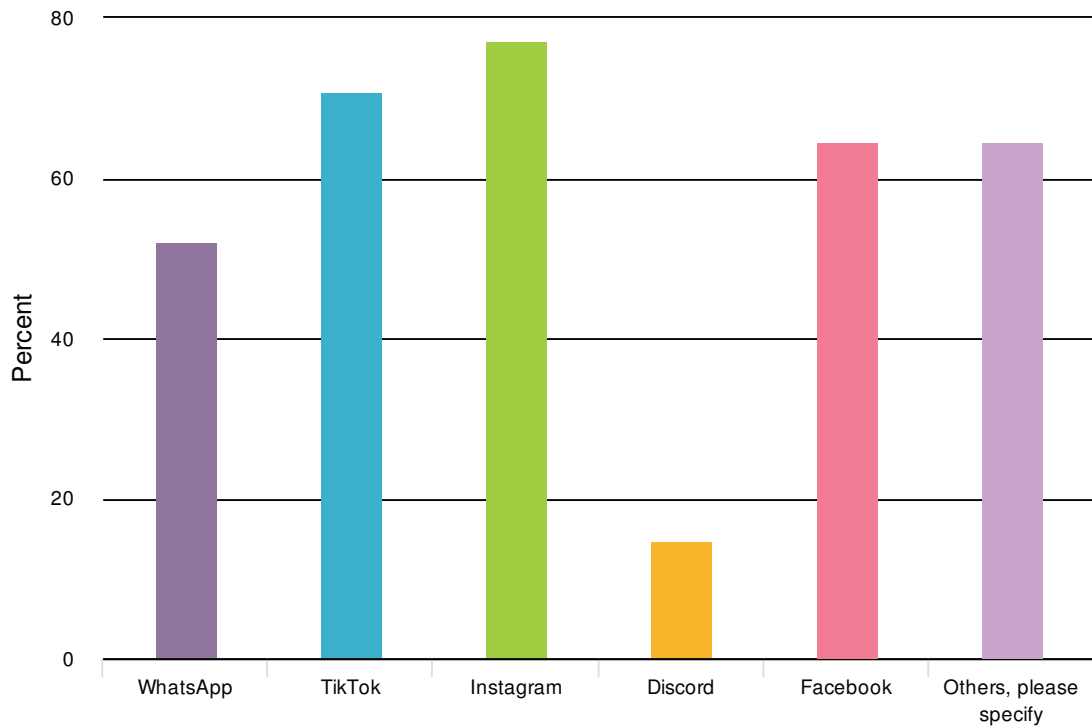
## 7. What activities do you enjoy or find supportive through this time?




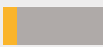




Value		Percent	Responses
Video calling with friends		68.8%	33
Video calling with family I don't live with		35.4%	17
Spending time with family		52.1%	25
Social media posting and interaction		47.9%	23
Video games		43.8%	21
Watching/streaming movies, series or other videos		75.0%	36
Reading		27.1%	13
Exercise		52.1%	25
Any other activities that help?		29.2%	14

Any other activities that help?	Count
Cosplaying/Drawing/anime	1
Sleeping	1
Walking the dog	1
baking	1
baking with my stepdad	1
bullet journal	1
deep cleaning my room and trying new things.	1
football	1
football with family	1
music	1
photograph	1
when I have time i like to face time my boyfriend on google hangouts because he cares about me and makes me smile. But my parents don't trust me on face time with him so I am unable to most of the time.	1
writing	1
Totals	13

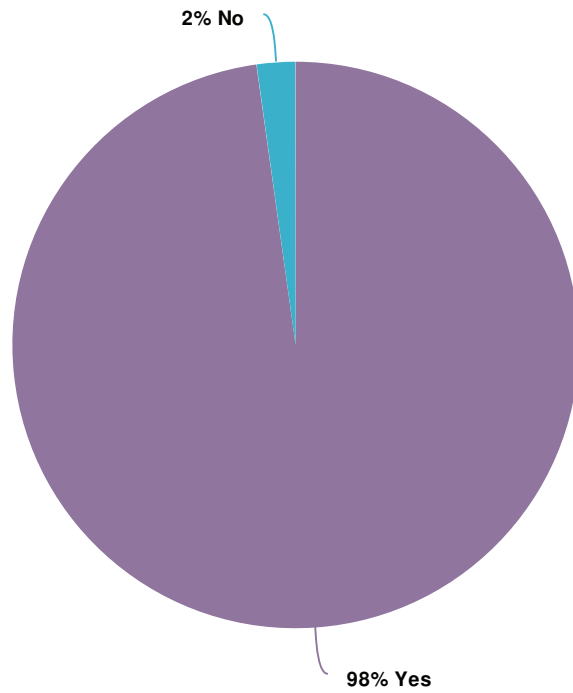
## 8. What online or messaging platforms do you use?



Value		Percent	Responses
WhatsApp		52.1%	25
TikTok		70.8%	34
Instagram		77.1%	37
Discord		14.6%	7
Facebook		64.6%	31
Others, please specify		64.6%	31

Others, please specify	Count
snapchat	13
Snapchat	4
Google Hangout	1
Google Hangouts	1
Google hangouts, Twitch and Direct messaging	1
Hangouts	1
Snapchat	1
Snapchat, Reddit	1
Snapchat/google hangouts	1
hangouts, snapchat	1
instagram	1
playstation messages	1
snapchat	1
snapchat, twitter	1
wattpad	1
Totals	30

9. Do you have the right electronic devices to be able to access all online support that you would like?



Value	Percent	Responses
Yes	97.8%	45
No	2.2%	1

Totals: 46



just try and not stress about the COVID-19 i know alot of people might have it already just as long as your staying at home and keeping 2m away from other people you will be fine.

try to keep in touch with friends and family go outside even if it is just to your garden it helps get your mind off things

to get out and keep fit or start a personal project

Stay in connected to friends and family do some workouts for at least an hour also keep up with the school work you are given along with keeping yourself entertained whether that's by watching movies, drawing, play games, baking, talking to people you know online or cleaning. It's best to keep your mind active and try to keep your body healthy. (I just said random things hope it's inspirational or something...)

Keep yourself busy. Even if that's just doing something you normally love, like for me drawing and writing. Doing schoolwork(minus the video calls), spend time with family but not too much because you'll end up getting agitated from no alone time. when you start getting agitated or acting differently go for a walk(your one day) it helps clear your head.

Keep your mind occupied so you don't have much time to worry, so read, exercise, call friends and family or do something you enjoy

People who has no internet

to not worry about it and try to keep your self occupied so you stop thinking about it so much

Ask teachers for help or support

Keep positive and stay busy

Although this might be a very challenging time, My message is that you feel better as soon as possible and you re not alone in this situation.

It may be difficult right now, but it'll get better. All we can do is keep our heads up and wait. That may not be the best thing right now and it may not seem that great but remember you're not alone, that we're all going through the same thing. Just keep pushing through

that if you need to speak to someone do it because if you keep it to your self it will get worse and there is people out there you could speak to