

YOUTH VOICE RESEARCH

COVID-19 & LOCKDOWN

MAY 2020



OVERVIEW

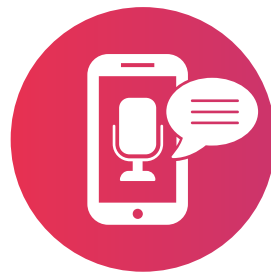
From late April to early May, StreetGames conducted research with around 200 young people from across the StreetGames network comprising: participants, volunteers, young advisors and former volunteers.

The research questions focused on giving young people a voice during the coronavirus pandemic, to learn the different ways the situation may be affecting them. This document looks to share the key findings from their feedback.

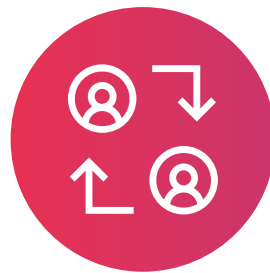
Young people could feed back in one of three different ways:



VIA AN ONLINE SURVEY LINK



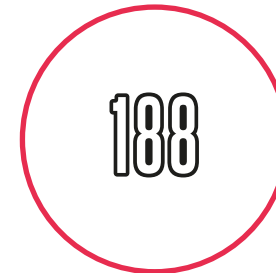
BY SENDING VOICE NOTES OR VIDEO



VIA THEIR PROJECT LEADER SENDING US A FEEDBACK FORM



RESPONSES

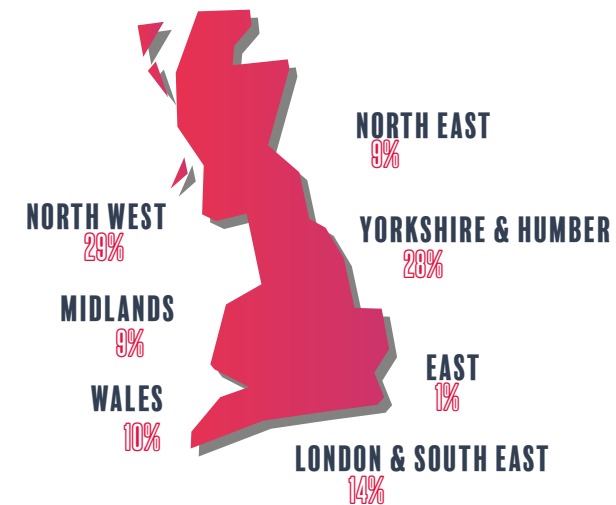
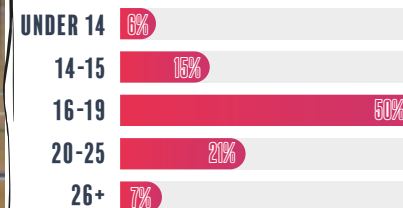
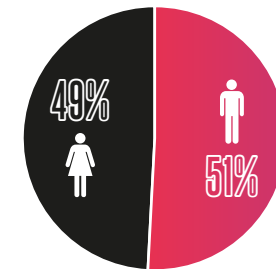


REPLIES IN TOTAL

121 young people across the country completed an online survey, detailing how the lockdown restrictions have changed their day to day lives.

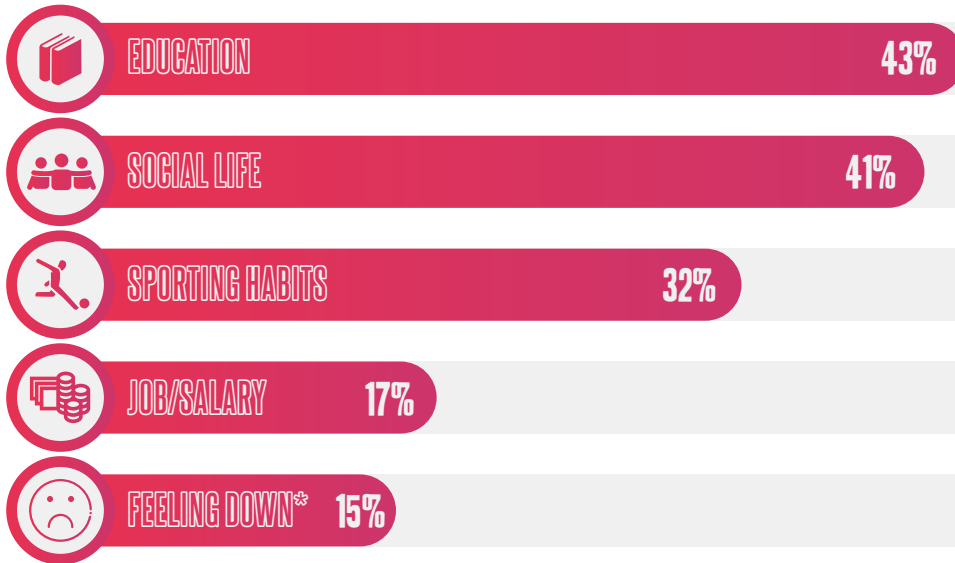
59 young people participated in virtual 'focus group' style discussions facilitated by LTOs and/or StreetGames.

8 young people sent us verbal feedback via their mobile phone either as a voice note or video using some guided questions regarding their views.



IMPACT ON EVERYDAY LIFE

WHAT HAS CHANGED MOST IN TERMS OF YOUR USUAL (DAILY) ROUTINE AND WHAT YOU USUALLY DO IN YOUR LIFE?



- YOUNG PEOPLE'S EDUCATION AND SOCIAL LIVES HAVE BEEN IMPACTED THE MOST DUE TO COVID-19.

"I cannot do school work as much as I would do in a school day as being at home with technology and other things is distracting"

"the course I am studying has got harder as I haven't contact with my tutor for nearly 2 months".

"...[I'm] at home with limited resources and guidance"

".....I have a big family and it's hard to do my assignments at home with no quiet space"

- A THIRD OF YOUNG PEOPLE'S SPORTING HABITS HAVE ALTERED OR COMPLETELY STOPPED.

- NOT ALL YOUNG PEOPLE INVOLVED IN THE RESEARCH WERE IN EMPLOYMENT, BUT STILL 17% HAVE EITHER HAD TO STOP WORKING OR RECEIVED A PAY CUT

"Restrictions have most affected my work life, especially as I am self employed. This has greatly decreased my income."

"I cannot work, and I currently am not being paid"

"My place of work has had to close down."

"I am unable to work as it involves physical interaction with young people."

"The companies I work for are temporarily inactive so I've not been getting paid as much as usual."

- SOME OF THOSE THAT DID NOT WORK ARE STILL SUFFERING FINANCIAL HARDSHIP THROUGH THEIR PARENT/GUARDIANS:

"...[the virus has] stopped my parents going to work. My mother is self employed so money is much lower than usual at the moment."

"All of my Family mainly works in hospitality or the beauty industry, so all jobs have been severely affected."

- WORRIINGLY, 15% SAY THE BIGGEST IMPACT OF COVID-19 IS ON HOW THEY FEEL, WITH SOME YOUNG PEOPLE SAYING ...

...That they are sleeping too much and feeling lethargic

"I am sleeping in late and lacking motivation."

Are isolated/lonely within their own home

Are generally feeling down, with one young person saying that their mental health is suffering.

- 77% OF YOUNG PEOPLE ARE MISSING THEIR FRIENDS AND FAMILY THE MOST, OR SOCIALISING IN GENERAL.

"Seeing my friends and being able to talk to them other than through a screen"

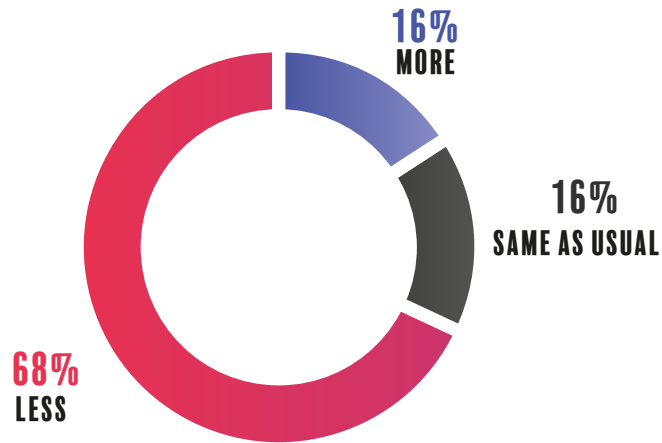
"I may not see my foster carers ever again because of the coronavirus"

26% of young people are missing participating in sport or physical activity the most.

Several other young people mentioned missing a routine, work, education and watching sport.

IMPACT ON SPORT/EXERCISE HABITS

SINCE THE LOCKDOWN RESTRICTIONS HAVE BEEN IN PLACE, ARE YOU DOING MORE OR LESS SPORT/PHYSICAL ACTIVITY THAN USUAL?



- MORE THAN TWO THIRDS OF THE YOUNG PEOPLE INVOLVED IN THE RESEARCH ARE NOW EXERCISING LESS AS A RESULT OF COVID-19.

'The main part of my life is being physically active through sport, with no sports I have found myself struggling to keep fit and healthy.'

'Football being cancelled and gyms being closed down means I cant stay as fit as I was.'

'All sports I normally participated in are cancelled so I'm doing a lot less exercise than normal.'

'The amount of exercise I usually get has decreased.'

- 16% HAVE BEEN ABLE TO MAINTAIN THEIR ACTIVITY LEVELS DESPITE LOCKDOWN RESTRICTIONS.

- ANOTHER 16% HAVE MANAGED TO INCREASE THEIR ACTIVITY LEVELS – IT WOULD APPEAR FOR SOME PEOPLE THE NOTION OF RESTRICTED EXERCISE MAY HAVE ENCOURAGED THEM, OR THEY ARE EXERCISING TO FILL UP THEIR FREE TIME.

'some of my friends are more active now (with running etc.) because they have nothing else to do, but I don't think they'll keep it up once the lockdown is over'

IF YOU HAVE BEEN ACTIVE DURING LOCKDOWN WHAT SORTS OF THINGS HAVE YOU DONE?

- 59% OF YOUNG PEOPLE HAVE BEEN WALKING DURING LOCKDOWN – ALTHOUGH FEEDBACK SUGGESTED THIS TENDED TO BE FAIRLY SHORT WALKS CLOSE TO HOME – OFTEN PROVIDING A MEANS OF 'GETTING OUT OF THE HOUSE/ TO FILL THEIR FREE TIME', RATHER THAN A 'CHOSEN' ACTIVITY AND SOMETHING THAT THEY ENJOY.

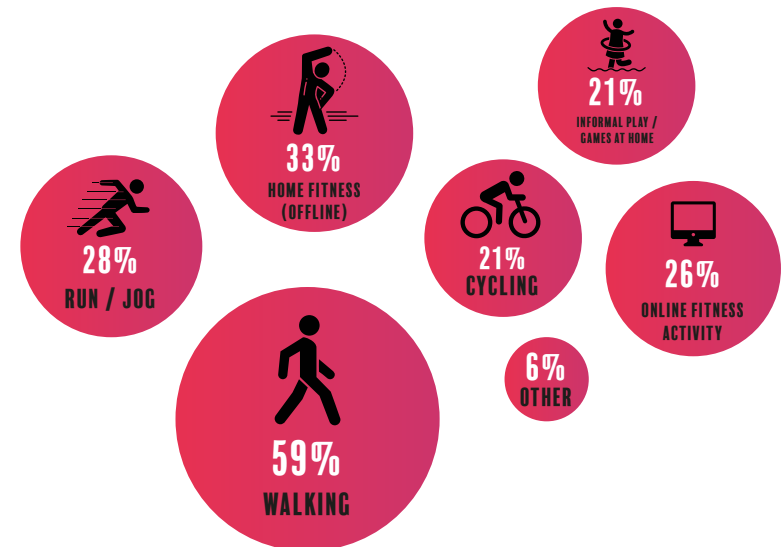
'So lethargic. Same walks. Repetitive cycle.'

'I do try to get [my exercise] in by walking to shops or even just taking a stroll, but it's not very often.'

- SOME YOUNG PEOPLE ONLY APPEAR TO BE WALKING FOR THE BENEFIT OF THEIR DOGS RATHER THAN FOR THEIR OWN ENJOYMENT.

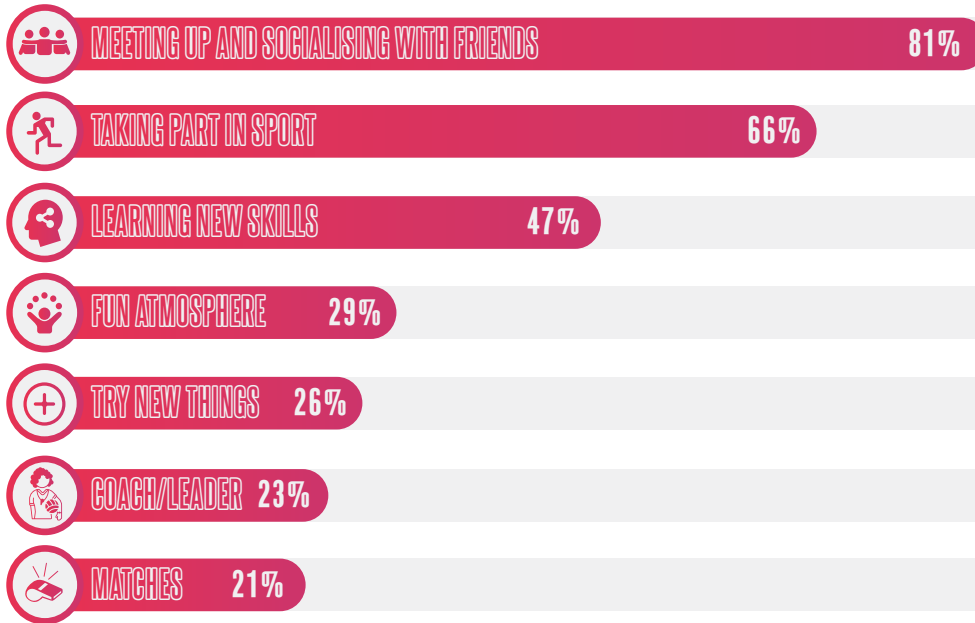
'I've got nothing to do with the lockdown situation. One walk a day with the dog and I sleep a lot.'

- ONLY 26% SAY THEY ARE TAKING PART IN ONLINE FITNESS ACTIVITIES



THEIR DOORSTEP SPORT SESSIONS

IF YOU USUALLY ATTEND A LOCAL SPORTS/YOUTH CLUB OR GROUP, WHAT DO YOU ENJOY ABOUT IT THE MOST?



FROM THE MULTIPLE CHOICE QUESTION, THE MAJORITY OF YOUNG PEOPLE CHOSE SOCIALISING AS ONE OF THE MAIN REASONS THEY ATTEND DOORSTEP SPORT SESSIONS, CLOSELY FOLLOWED BY TAKING PART IN SPORT.

THIS HIGHLIGHTS CLEARLY HOW DOORSTEP SPORT PROVIDES MORE THAN 'JUST A SPORTS SESSION' – IT PROVIDES PARTICIPANTS WITH SO MUCH MORE. IT ALSO EMPHASISES THE IMPORTANCE OF MAINTAINING ENGAGEMENT THROUGHOUT LOCKDOWN, WHETHER IT INVOLVES PHYSICAL ACTIVITY OR JUST PROVIDING SOME FORM OF SOCIAL LIFE FOR PARTICIPANTS.

WHAT ARE YOU MISSING MOST?

78% ARE MISSING THEIR FRIENDS AND THE SOCIAL ASPECT OF DOORSTEP SPORT THE MOST – AGAIN HIGHLIGHTING THE IMPORTANCE OF ORGANISATIONS CONTINUING TO KEEP THEIR PARTICIPANTS CONNECTED WITH ONE ANOTHER UNTIL THEY CAN MEET PHYSICALLY.

Within the majority of young people who are missing socialising, a lot of them have highlighted the importance of the 'Right People' at Doorstep Sport Clubs and the positive impact they have on them..

"Learning what the coaches do as I look up to them as I want to do the same job in the future."

"The opportunity to talk to someone. Some of the adults in my group have been a great benefit for my mental health."

"Everything. Loved going to Urban on Saturdays. I felt safe there, good coaches, mates, and loads to do."

45% ARE MISSING TAKING PART IN SPORT/PHYSICAL ACTIVITY THE MOST, ALSO SHOWING A STRONG NEED FOR ONLINE DELIVERY, WHERE POSSIBLE FROM LTOS.

SEVERAL OTHERS MENTIONED THEY MISS COACHING, JUST HAVING 'SOMEWHERE TO GO', THE STAFF AND HAVING 'SOMEONE TO TALK TO'.

"I miss playing matches, actual competition, and working hard for something!"

"The opportunity to talk to someone. Some of the adults in my group have been a great benefit for my mental health."

"I miss the social gathering and team spirit."

WHEN LOCKDOWN RESTRICTIONS ARE LIFTED, WHAT WOULD HELP MAKE YOUR SPORTS/YOUTH GROUP EVEN BETTER?

THE MAJORITY OF PARTICIPANTS SEEM TO WANT SESSIONS TO RESUME AS NORMAL OR RETURN MORE OFTEN.

"Introduce more physical activity and exercise classes, engage and support the community."

"Just being allowed to all be together, just being together is all we need as a group to succeed."



THEIR LOCAL AREA

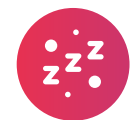
HOW HAVE LOCKDOWN RESTRICTIONS MADE YOU FEEL ABOUT YOUR LOCAL AREA?



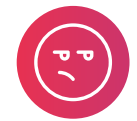
25% OF YOUNG PEOPLE HAVE NOTICED SIGNS OF COMMUNITY SPIRIT AND PEOPLE BEING NICE TO EACH OTHER.



AROUND 20% HAVE MENTIONED THAT THEY HAVE NEW FOUND APPRECIATION FOR THE ENVIRONMENT THEY LIVE IN, SOME OF THEM FURTHER COMMENTING ON HOW MUCH CLEANER THE LOCAL AREA IS.



HOWEVER, FOR SOME YOUNG PEOPLE, LOCKDOWN HAS HAD THE ADVERSE AFFECT AND THEY HAVE FURTHER NOTICED HOW BORING THEIR LOCAL AREA IS.



ALSO, SEVERAL OTHERS UNFORTUNATELY HAVE NEGATIVE FEELINGS TOWARDS SOME PEOPLE IN THEIR COMMUNITY WHO ARE IGNORING LOCKDOWN RULES.

WHAT WOULD MAKE YOUR LOCAL AREA BETTER?



AROUND A THIRD OF YOUNG PEOPLE FEEL THEIR LOCAL AREA NEEDS MORE SPORTING OPPORTUNITIES AND FACILITIES.



ANOTHER THIRD OF RESPONDENTS FEEL THAT A CLEANER ENVIRONMENT WOULD IMPROVE THEIR COMMUNITY, LIKELY TO BE INFLUENCED BY LESS LITTER DURING LOCKDOWN.



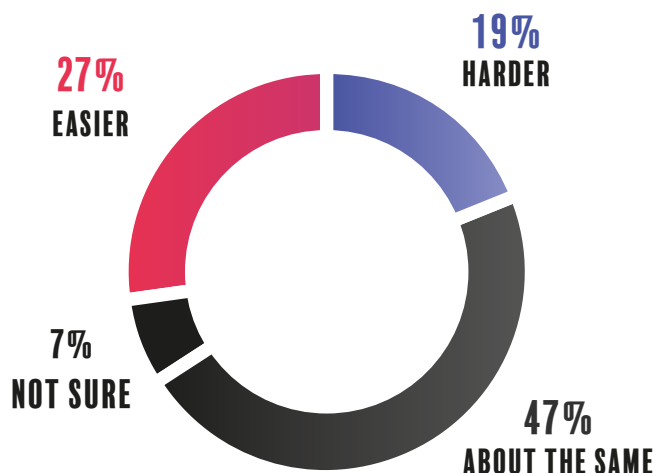
15% OF YOUNG PEOPLE MENTIONED A BETTER SENSE OF COMMUNITY, MORE SUPPORT FOR VULNERABLE PEOPLE AND PEOPLE BEING GENERALLY NICER TO EACH OTHER.



OTHERS MENTIONED THEY WANT TO SEE LESS CRIME IN THEIR AREA

AFTER LOCKDOWN...

WHEN THE LOCKDOWN RESTRICTIONS ARE LIFTED, DO YOU THINK IT WILL BE HARDER, EASIER OR ABOUT THE SAME TO GET YOUNG PEOPLE REGULARLY ACTIVE AGAIN?



NEARLY HALF OF YOUNG PEOPLE SAY THAT AFTER LOCKDOWN, THEY THINK IT WILL TAKE THE SAME AMOUNT OF EFFORT TO ENGAGE PEOPLE DESPITE THE EFFECTS OF THE PANDEMIC.

19% FEEL THAT LOCKDOWN WILL HAVE A NEGATIVE IMPACT ON PEOPLE'S WILLINGNESS TO BE REGULARLY ACTIVE ONCE RESTRICTIONS ARE LIFTED.

WHAT WOULD HELP YOU AND YOUR FRIENDS MOST TO HELP BE MORE ACTIVE WHEN LOCKDOWN RESTRICTIONS ARE LIFTED?

61% OF YOUNG PEOPLE WANT NORMAL SESSIONS TO RESUME AND/OR MORE SPORTING OPPORTUNITIES.

15% OF YOUNG PEOPLE ALSO MENTIONED THEY WOULD LIKE MORE CHEAPER OR FREE SPORTING OPTIONS.

"Outdoor gyms, places to hang around that have activities to do that don't cost too much to do."

"A free gym membership or something similar."

"The opportunity to access facilities for a cheap price so we can be active again".

THANK YOU TO ALL OF THE YOUNG PEOPLE AND COMMUNITY ORGANISATIONS THAT TOOK THE TIME TO GIVE US THEIR VIEWS AND FEEDBACK.

