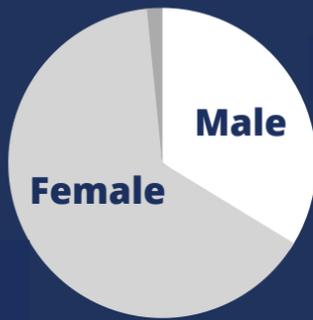
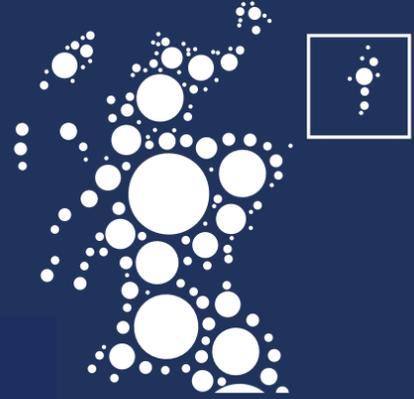


# teen covidlife SURVEY 1 FINDINGS

5548 surveys from 12-17 year olds complete

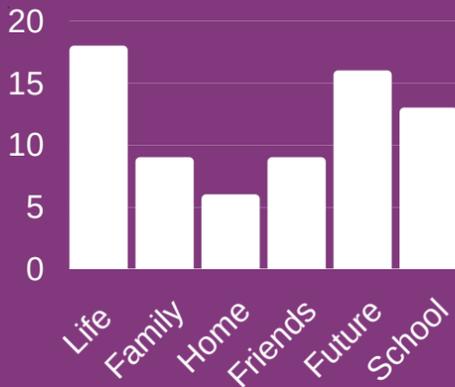


283 schools across 32 Local Authorities took part

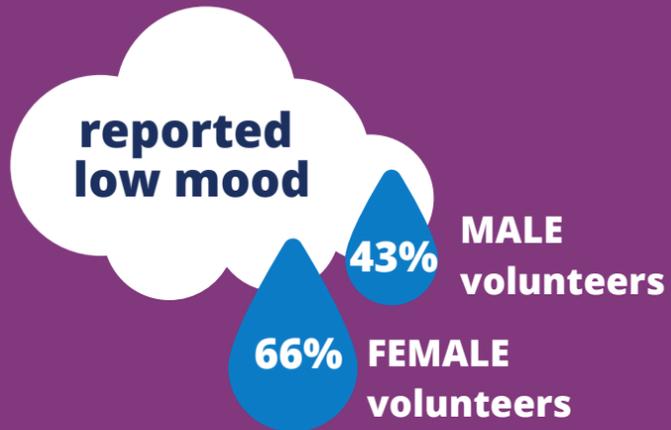


## HAPPINESS

% of Volunteers reporting LOW happiness with:



## WELL BEING



## SLEEP

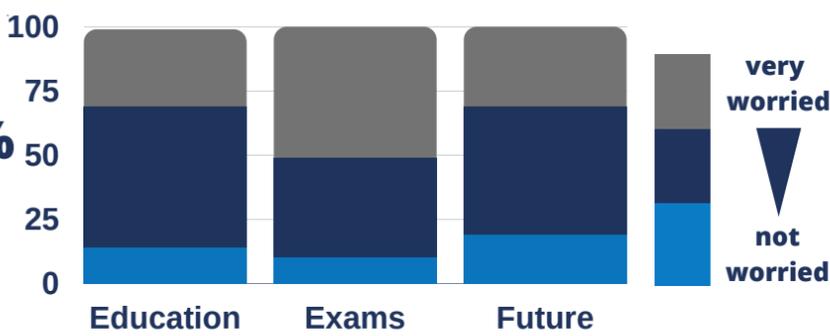
During Lockdown 20% reported better sleep

39% reported having a worse quality of sleep

Nearly 3 in 4 are going to bed later



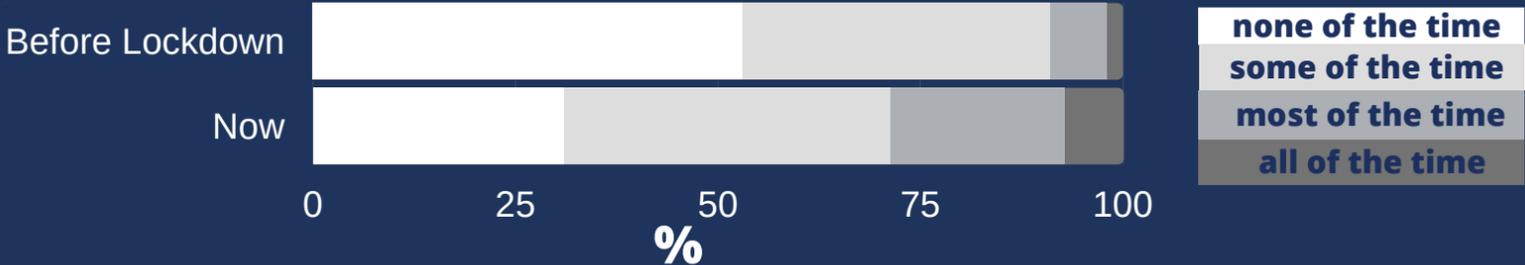
## WORRY



## SOCIAL MEDIA



## LONELINESS



40% are stressed about COVID-19 some of the time; 15% most of the time; and 7% all of the time

46% have found it quite or very difficult to adjust to home-schooling

## IMPACT OF COVID-19 ON DAILY ROUTINE



Felt COVID-19 has changed their daily routine a lot.

## SUPPORT

