

# Lockdown Life Headstrong Youth Survey

## What We Found

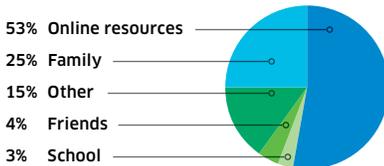


### Background

In March 2020, the entire world experienced something new and scary. A pandemic that confined us to our homes suddenly and changed the way we lived, worked and attended school. With so many unknowns, we reached out to youth across Canada to find out how they were feeling and coping during lockdown.

### What the Numbers Told Us

When seeking help and information youth reported using the following resources:



**48%** of respondents reported feeling isolated or lonely

**85%** of youth reported having at least some ability to cope, such as:

- Various types of physical exercise
- Connecting with family/friends
- Art and music-based activities
- TV and video games
- Reading/writing/journaling

**80%** of youth reported knowing where to get help if needed while 17% reported not knowing where to turn for help.

#### Sample Size

We received 137 respondents from April 20, 2020 to June 24, 2020. Respondents were between the ages of 12 and 24 with 84% reporting they are between age 14 and 18. The survey was distributed across Canada and responses were received from young people living in Alberta, Ontario, British Columbia, Quebec, and Saskatchewan.

### What They Told Us

“Please just try to keep posting positive things or more coping strategies because it’s honestly hard to even talk about how we’re feeling. Even if we do reach out and talk to someone no one’s ever gone through this before so it’s pretty hard to describe our problems.”

“I know where to get help, but actually feeling comfortable to reach out for it is another issue entirely.”

“I feel like I’ve had lots of time to explore things I normally wouldn’t have made time for, doing more projects and reading and learning more.”

“As I’m sure many teenage males can relate, when growing up it was generally frowned upon for guys to have any expressive emotions, when teenage boys reach out for help it is seen as “unmanly” or “weak”... If you really want to help us youth, or at least guys like me, you will fix and change the expectations of “manliness” put on young boys. I believe that by doing this, more males in the future would be able to open up about their feelings, allowing them to get the help they need, unlike the teen males now due to it being seen as wrong.”



# Tips for those working with youth



**1. Get creative in finding some ways youth can connect socially.** There are so many rules to follow to keep us apart, let's find some ways to help young people safely connect!

**Examples:**

- Gardening or walking/running clubs that follow appropriate physical distancing and cohorting guidelines
- Open spaces with appropriate guidelines where young people can safely gather
- Support accessing WIFI and an electronic device if needed



**2. Build in coping strategies to daily routines.** Youth have reported some fantastic coping strategies that they have found helpful, let's keep encouraging them!

**Examples:**

- Bring classes or groups outside whenever possible
- Find ways that students can enjoy music or have the opportunity to express themselves creatively (including art, crafts, videos, writing, poetry, etc.)
- Encourage sharing their thoughts, ideas, feelings and stories in different formats (writing, singing, drawing, etc.)
- Share ways that youth can get exercise and stay active while still following health and safety as well as physical distancing guidance
- Use apps that can help them create a self-care routine or help them with their emotions when it's getting more difficult (like SuperBetter, Clear Fear, Pixel Thoughts, etc.)



**3. Be open and honest** – be open about changes this year and why those changes are happening. Thoughtfully and appropriately sharing our own experiences may help youth feel more connected. Make sure they understand guidelines and that everything is explained clearly so that they know what to expect as much as possible.



**4. Provide trustworthy sources of information** to young people and their families through a variety of modes of communication.



**5. Be up front with how young people can get support if they need it** – share online resources, in-person resources, crisis lines and let them know how and when they can access those resources, making them as visible as possible, if and when they need them.