

# Health and Wellbeing amongst Children and Young People during COVID-19: Survey Results

July 2020

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## Introduction

Everyone living in East Sussex was affected by the COVID-19 outbreak and subsequent lockdown which commenced in March 2020.

Healthwatch East Sussex, the local independent health and care watchdog, launched a survey in mid-May 2020 to explore the direct and indirect impacts of the lockdown, social distancing measures and changes to services on the health and wellbeing of young people aged 11 to 18.

This survey was developed in collaboration with staff from East Sussex County Council and members of the East Sussex Youth Cabinet in recognition of the limited focused engagement with young people during the lockdown.

By this time there was a growing desire to explore young people's feelings and thoughts due to the scale of the impact that the changes brought about by the lockdown and social distancing had on their lives. In particular, the increased amount of time at home arising from not going to school, college or work and the effects of not seeing friends and family face-to-face.

The aim of the survey was to capture a snapshot of young people's experiences, both positive and negative, and share these with service providers and partners across East Sussex to inform the COVID-19 response, but also to identify any longer-term effects resulting from the crisis.

The survey focused on several themes, including:

- The impact of the lockdown and social distancing on day-to-day lives
- Young People's most pressing concerns and levels of anxiety on different themes and issues
- Changes to people's behaviour, including levels of physical activity and food consumption
- Effects on physical and mental wellbeing, including how and where people sought help
- Experiences and impacts of changes to health and care services, including the use of technological solutions such as Apps and Video appointments
- How young people obtain and interpret information and advice, including identifying what is and isn't official
- Levels of confidence and identifying and responding to COVID-19 in their household

The survey ran in web-based and hard copy format until the first week of June and a total of 970 responses were received.

This report sets out the quantitative responses received to the survey.

## Methodology

The Healthwatch East Sussex ‘*Young People’s Health and Wellbeing during COVID-19*’ survey used a combination of 19 closed and open-ended questions to capture the direct and indirect impacts of the Coronavirus pandemic on young people’s lives. For a copy of the survey - please see Appendix 1.

Survey questions were devised through collaboration between Healthwatch East Sussex staff and East Sussex County Council staff and members of the East Sussex Youth Cabinet.

The survey was developed to align with the main Covid-19 survey being undertaken by Healthwatch East Sussex in order to provide an opportunity for comparison. This meant that a core set of questions featured in both surveys, with the Children and Young People’s survey having the wording tweaked to maximise its suitability for those aged between 11 and 18.

The survey was specifically for those aged 11 to 18 years of age. A re-direct was put in place to forward any young people who wished to complete the survey but were aged over 18 to the main Healthwatch East Sussex Covid-19 Survey so that their views could be captured.

### Survey promotion and distribution

Following its official launch on Friday the 22<sup>nd</sup> May, the survey was distributed and promoted in a range of ways, including:

- Distribution by ESCC via the Daily Schools Bulletin, which includes special schools; via the Youth Cabinet social media; Children in Care Council; Targeted Youth Support groups; early help, family key work and social care practitioners so they disseminate to clients on the caseloads; Children and Young People Trust and the Youth Infrastructure Forum.
- Promotion via the Healthwatch East Sussex website and social media channels (Twitter and Facebook)
- Direct emails to contacts and organisations
- Document versions of the survey were available for download from the Healthwatch East Sussex website, and hard copies were available on request. An option for completion over the phone with staff members was also put in place.

## Survey responses

The survey ran until the first week of June and a total of 970 responses were received.

A breakdown comparing the location of respondents to the survey against the distribution of the population of East Sussex (see Table 1) indicates that the response rates were comparable in most local authority areas, but most noticeably lower than anticipated in Eastbourne Borough and higher in Rother District.

**Table 1** - Comparison of location of survey respondents against usual resident population of East Sussex

	Survey respondents		East Sussex population (2019)	
	Number	%	Number	%
Eastbourne Borough	60	6.2	103,745	18.6
Hastings Borough	156	16.1	92,661	16.6
Lewes District	194	20.0	103,268	18.6
Rother District	218	22.5	96,080	17.2
Wealden District	247	25.5	161,475	29.0
Outside East Sussex	50	5.2	N/a	N/a
No response	45	4.6	N/a	N/a
<b>Total</b>	<b>970</b>	<b>100.0</b>	<b>557,229</b>	<b>100.0</b>

Source: ONS Mid-Year Estimates 2019 (ESiF 2020)

As Table 2 indicates, the age structure of respondents to this survey differed from that of the county of East Sussex. The highest response was received from those aged 15, 14, 12 and 13 age categories and with rates greater than the proportion of the East Sussex population (as a proportion of those aged 11 to 18). The lowest responses were provided by those aged 11, 17 and 18 and with rates greater than the proportion of the East Sussex population (as a proportion of those aged 11 to 18).

**Table 2** - Comparison of age of survey respondents against usual resident population of East Sussex

	Survey respondents		East Sussex population (2019)	
	Number of respondents	% of respondents	Number	% of those aged 11 -18
Aged 11	40	4.1	6,333	13.1
Aged 12	199	20.5	6,274	13.0
Aged 13	163	16.8	6,293	13.0
Aged 14	203	20.9	5,916	12.2
Aged 15	200	20.6	6,010	12.4
Aged 16	87	9.0	5,850	12.1
Aged 17	46	4.7	5,712	11.8

Aged 18	23	2.4	5,975	12.4
No response	9	0.9	N/a	N/a
<b>Total</b>	<b>970</b>	<b>100.0</b>	<b>48,363</b>	<b>N/a</b>

Source: ONS Mid-Year Estimates 2019 (ESiF 2020)

Approximately two-thirds (63.8%) of respondents to the survey were individuals who indicated that the gender identity to which they identify as ‘a girl’, which is significantly higher than for the population of East Sussex (for those aged 11 to 18) where the figure is 48.4% (ONS Mid-Year Estimates 2019 - ESiF 2020).

Of the 970 respondents to the survey, 622 participated in the equality questionnaire. As indicated in Table 3 the proportion of respondents self-identifying as White British was lower than for East Sussex (as at the 2011 Census), with higher rates of those classified as Mixed White & Asian, Mixed White and Black African, Other Mixed Background, Indian and Other Asian Background.

**Table 3 - Comparison of survey respondents’ ethnicity against usual resident population of East Sussex**

	Survey respondents		East Sussex population (2011)	
	Number	%	Number	%
White British	486	78.1	482,769	91.7
White Irish	9	1.4	3,966	0.8
Black African	3	0.5	1,800	0.3
Black Caribbean	0	0.0	771	0.1
Any other Black background	1	0.2	341	0.1
Gypsy/Traveller	2	0.3	815	0.2
Mixed White & Asian	19	3.1	2,584	0.5
Mixed White & Black African	7	1.1	1,023	0.2
Mixed White & Black Caribbean	5	0.8	1,947	0.4
Any other Mixed Background	10	1.6	1,919	0.4
Bangladeshi	2	0.3	1,042	0.2
Chinese	1	0.2	1,931	0.4
Indian	18	2.9	2,253	0.4
Pakistani	2	0.3	317	0.1
Any other Asian background	15	2.4	3,600	0.7
Unknown	2	0.3	n/a	n/a
Prefer not to say	14	2.3	n/a	n/a
Any other ethnic group	16	2.6	19,593	3.5
No response	10	1.6	n/a	n/a
<b>Total</b>	<b>622</b>	<b>100.0</b>	<b>526,671</b>	<b>100.0</b>

## Presentation of responses

The results section of this report provides a numerical and percentage breakdown of the responses to each closed question that was asked in the survey. These are presented in tables with accompanying graphs.

The percentages shown reflect the number of responses as a proportion of the total number of respondents to the survey (970). Any deviation from this, such as where respondents were able to provide multiple answers to a question, will be identified alongside the question.

## Summary of findings

- An overwhelming majority of those completing the survey (933 - 96.2%) completed it on their own behalf, with a parent/carer completing on behalf of 15 respondents (1.5%) and 22 respondents (2.3%) not completing the question.
- The highest proportion of responses were received from those living in Wealden District (247 - 25.5%), with 218 (22.5%) from Rother District, 194 (20.0%) from Lewes District, 156 (16.1%) from Hastings Borough and 60 (6.2%) from Eastbourne Borough. A total of 50 responses (5.2%) were received from outside of East Sussex and 45 (4.6%) respondents did not specify their location.
- The greatest number of responses were received by those aged 14 (203 - 20.9%). These combined with the responses from those aged 15 (200 - 20.6%), 12 (199 - 20.5%) and 13 (163 - 16.8%) constituted just over three-quarters of the responses received (78.9%). The lowest response was from those aged 18 (22 - 2.3%).
- Approximately two-thirds (619 - 63.8%) of respondents indicated that the gender identity to which they identify was as 'a girl', with 318 (32.8%) indicating 'a boy', 13 (1.3%) providing no response, 11 (1.1%) preferring 'not to say' and 9 (0.9%) respondents answering 'other'.
- An overwhelming majority of those responding lived with their parent(s) (917 - 94.5%). Of the 970 respondents to the survey, 140 (14.4%) have an Education, Health and Care Plan, 52 (5.4%) were in receipt of free school meals, 22 (2.3%) have a social worker and 18 (1.9%) were a carer for a family member.
- The most commonly identified issue that respondents had undertaken or experienced 'more often' since the Covid-19 outbreak was 'Connecting with people virtually' which was identified by 638 (65.8%) respondents.
- The most commonly identified issue that respondents had undertaken or experienced 'less often' since the Covid-19 outbreak was 'Ordered fast food or takeaways' which was identified by 420 (43.3%) respondents.
- When presented with a number of statements, the greatest proportion of respondents indicated that:
  - I 'Strongly Agree' that 'I enjoy being with my family' (417 - 43.0%)
  - I 'Agree' that 'My family gets along well together' (387 - 39.9%)
  - I 'Strongly Agree' that 'I feel safe at home' (628 - 64.7%)
  - I 'Strongly Agree' that 'I have someone to talk to in my family when I have a worry' (450 - 46.4%)
  - I 'Strongly Agree' that 'I have someone to talk to outside my family when I have a worry' (392 - 40.4%)
  - I 'Agree' that 'When I want to be alone I can have privacy' (388 - 40.0%)
  - I 'Strongly Agree' that 'I am happy with the friends I have' (500 - 51.5%)
  - I 'Strongly Agree' that 'I feel supported by my friends' (396 - 40.8%)

- I 'Neither Agree nor Disagree' that 'I think my parents/carers worry about not having enough money for our family' (287 - 29.6%)
- Just under half of those responding (438 - 45.2%) felt that they were 'Coping well but with some worries' in relation to the Covid-19 crisis, with 357 (36.8%) 'Coping well', 117 (12.1%) 'Having some difficulty with coping', 49 (5.1%) 'Not coping well at all' with 9 (0.9%) respondents not completing the question.
- Approximately four out of five respondents (810 - 83.5%) were not receiving any medical treatment or care for conditions un-related to COVID-19, with 147 (15.2%) receiving treatment or care and 13 (1.3%) respondents not completing the question.
- A total of 227 respondents (23.4%) indicated that they had experienced changes or disruption to health services or treatment due to the COVID-19 pandemic. Of these, 130 (57.3%) indicated that it had 'some impact', 79 (34.8%) 'no impact' and 18 (7.9%) 'significant impact'.
- Of those responding to the survey, 110 (11.3%) indicated that they had used a video-link or mobile app to access health or care services. Of these:
  - 54 (49.1%) indicated that 'It met my needs, but I would prefer to see someone face-to-face in the future'
  - 29 (26.4%) indicated that 'It met my needs, and I would be happy to use it as my main means of using this service in the future'
  - 14 (12.7%) indicated 'I didn't feel that it met my needs, and wouldn't wish to use it again'
  - 13 (11.8%) indicated 'I used it, but neither liked or disliked the experience'
- Just over half of those responding (510 - 52.6%) indicated that it was 'Easy' to understand what is happening during the Covid-19 outbreak, with 205 (21.1%) indicating 'Very Easy', 148 (15.3%) indicating 'Difficult', 68 (7.0%) indicating 'Don't Know', 31 (3.2%) indicating 'Very Difficult' and 8 (0.8%) respondents not completing the question.
- The most common means of obtaining information about the Covid-19 outbreak was through Parents/Carers/Families, who were identified by approximately a third (337 - 34.7%) of respondents. The next most common responses were TV (identified by 290 - 29.9% respondents) and Social Media (identified by 154 - 15.9% respondents).
- Just over half of those responding (544 - 56.1%) felt 'Quite confident' about accessing health or care services for any treatment or worries that are not Covid-19 related, with 285 (29.4%) feeling 'Very confident', 93 (9.6%) 'Unsure', 39 (4.0%) 'Not confident at all' with 9 (0.9%) respondents not completing the question.



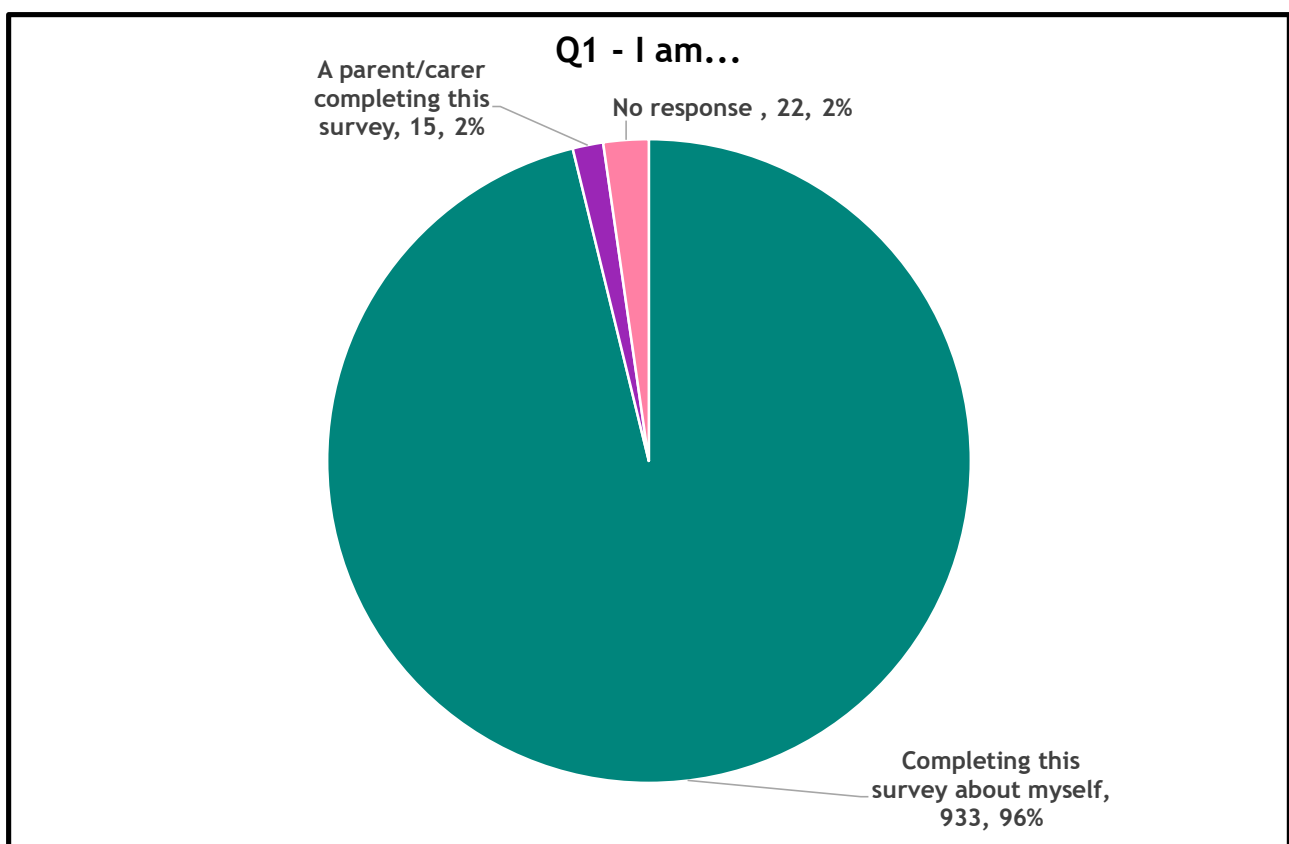
## Results

### Section 1 - About You

#### 1. I am ...

Completing this survey about myself	A parent/carer completing this survey	No response
933 (96.2%)	15 (1.5%)	22 (2.3%)

Figure 1 - Q1 - I am...

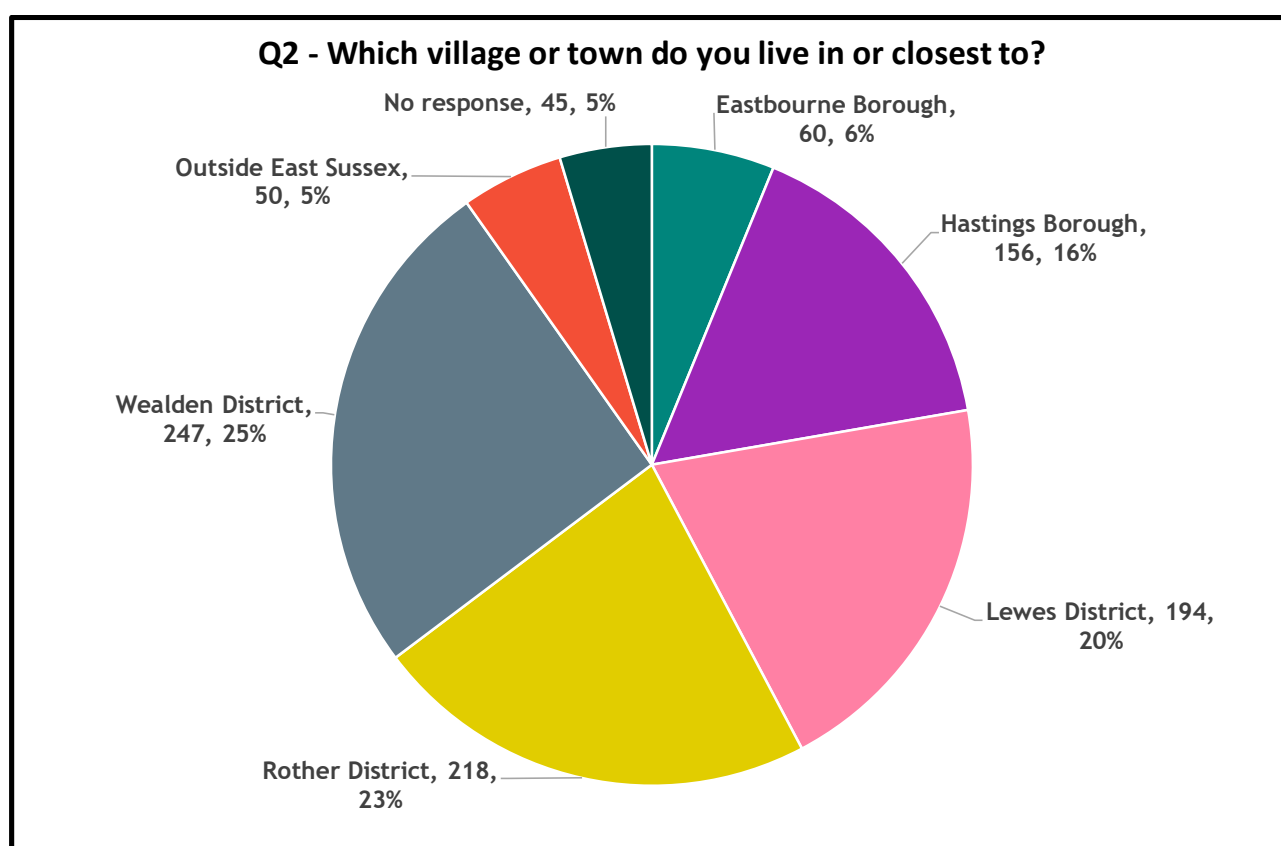


2. Which village or town do you live in or closest to?

925 open-ended responses were received to the question and were attributed to the Local Authority area in which they were located.

Eastbourne Borough	Hastings Borough	Lewes District	Rother District	Wealden District	Outside East Sussex	No Response
60 (6.2%)	156 (16.1%)	194 (20.0%)	218 (22.5%)	247 (25.5%)	50 (5.2%)	45 (4.6%)

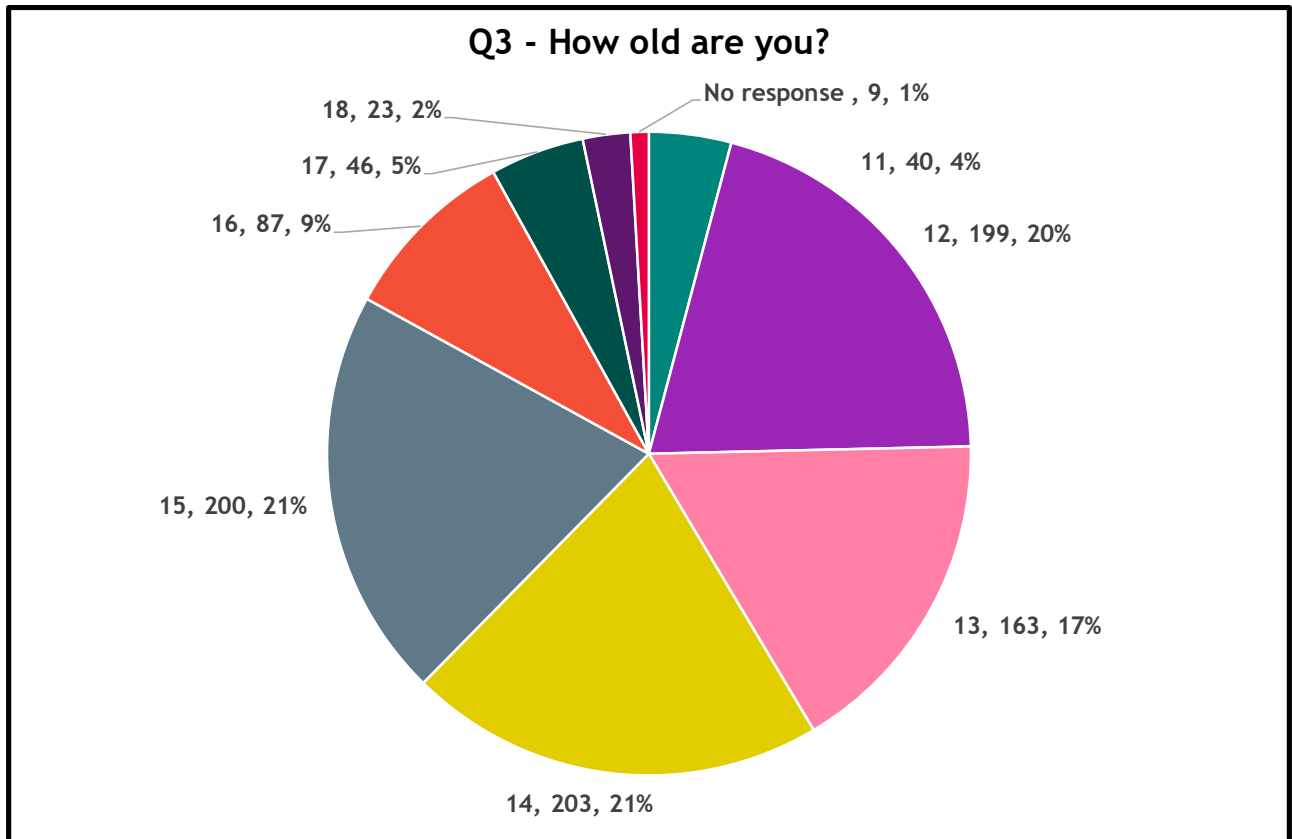
Figure 2 - Q2 - Which village or town do you live in or closest to?



3. How old are you?

11	12	13	14	15	16	17	18	No response
40	199	163	203	200	87	46	23	9
(4.1%)	(20.5%)	(16.8%)	(20.9%)	(20.6%)	(9.0%)	(4.7%)	(2.4%)	(0.9%)

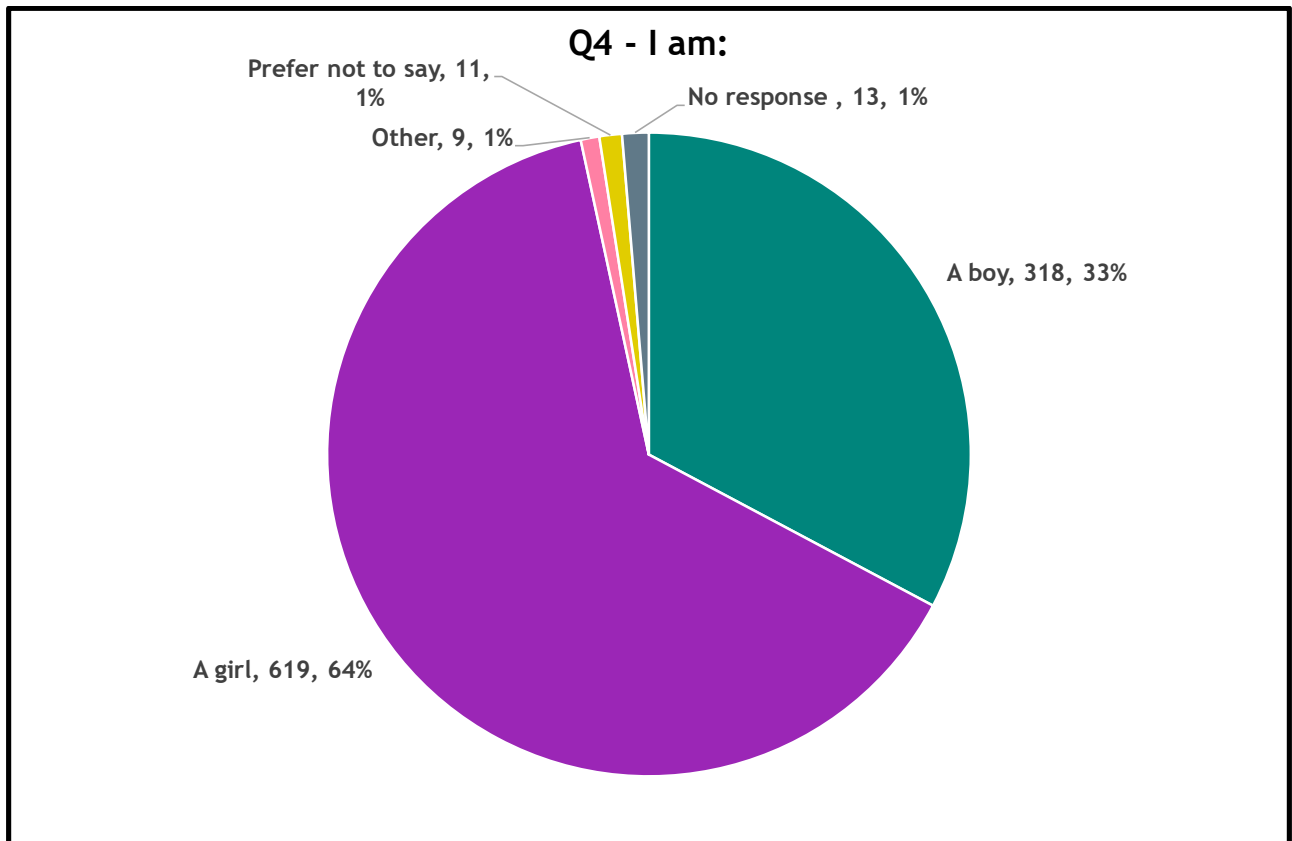
Figure 3 - Q3 - How old are you?



4. I am...

A boy	A girl	Other	Prefer not to say	No response
318 (32.8%)	619 (63.8%)	9 (0.9%)	11 (1.1%)	13 (1.3%)

Figure 4 - Q4 - I am...

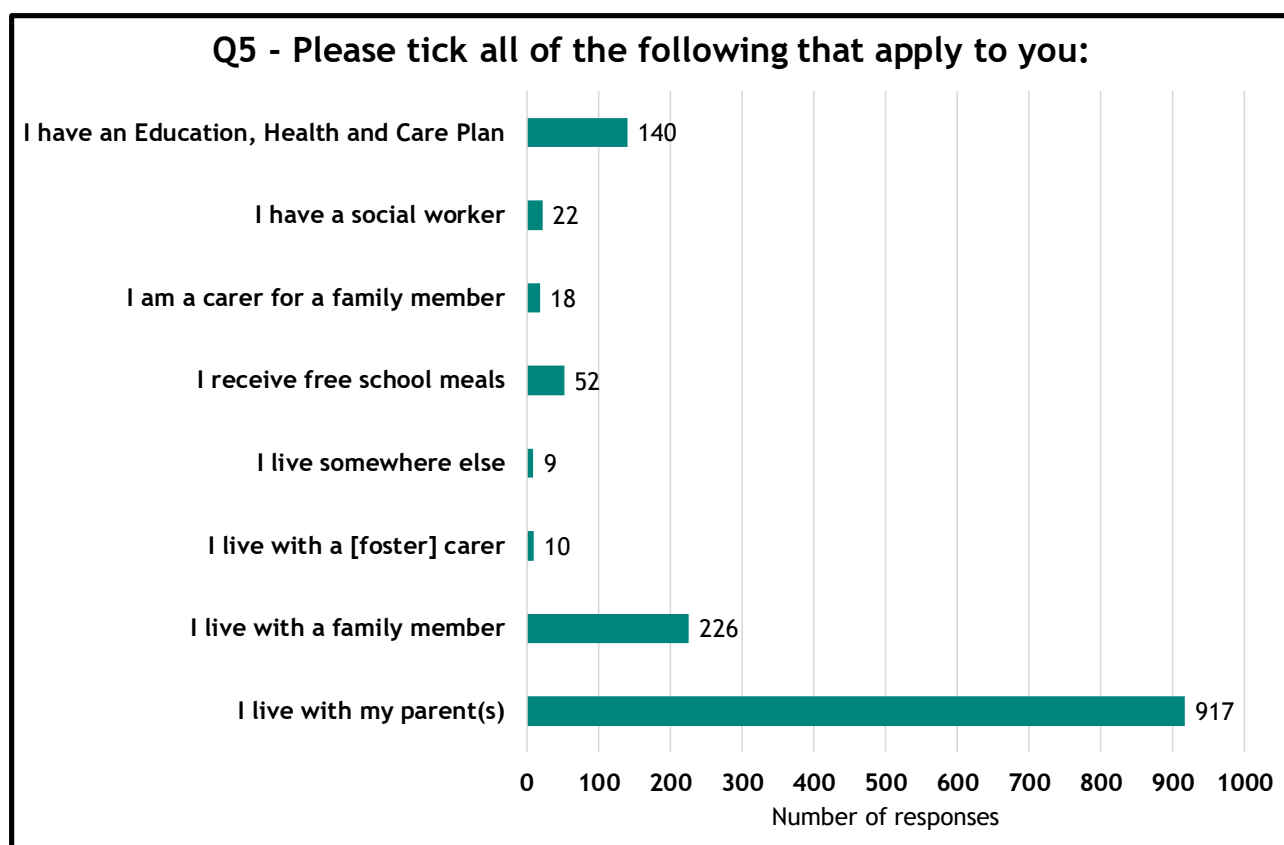


5. Please tick all of the following that apply to you:

I live with my parent(s)	917 (94.5%)
I live with a family member	226 (23.3%)
I live with a [foster] carer	10 (1.0%)
I live somewhere else	9 (0.9%)
I receive free school meals	52 (5.4%)
I am a carer for a family member	18 (1.9%)
I have a social worker	22 (2.3%)
I have an Education, Health and Care Plan	140 (14.4%)

**Please note** - the percentages refer to the number of responses as a proportion of the total number of respondents to the survey (970), rather than the total number of responses received to the question (1,394) and will exceed 100%.

Figure 5 - Q5 - Please tick all of the following that apply to you



## Section 2 - Your experiences of COVID-19 and social distancing

The COVID-19 outbreak has often meant staying at home for long periods, not going to school, college or work, and not getting to see our friends and family face-to-face. This is called 'social-distancing'. What has been the greatest impact of COVID-19 restrictions and social distancing on your daily life?

6. What has been the greatest impact of 'social distancing' on your daily life?

924 open-ended responses were received to the question

7. What are your three main concerns at the moment?

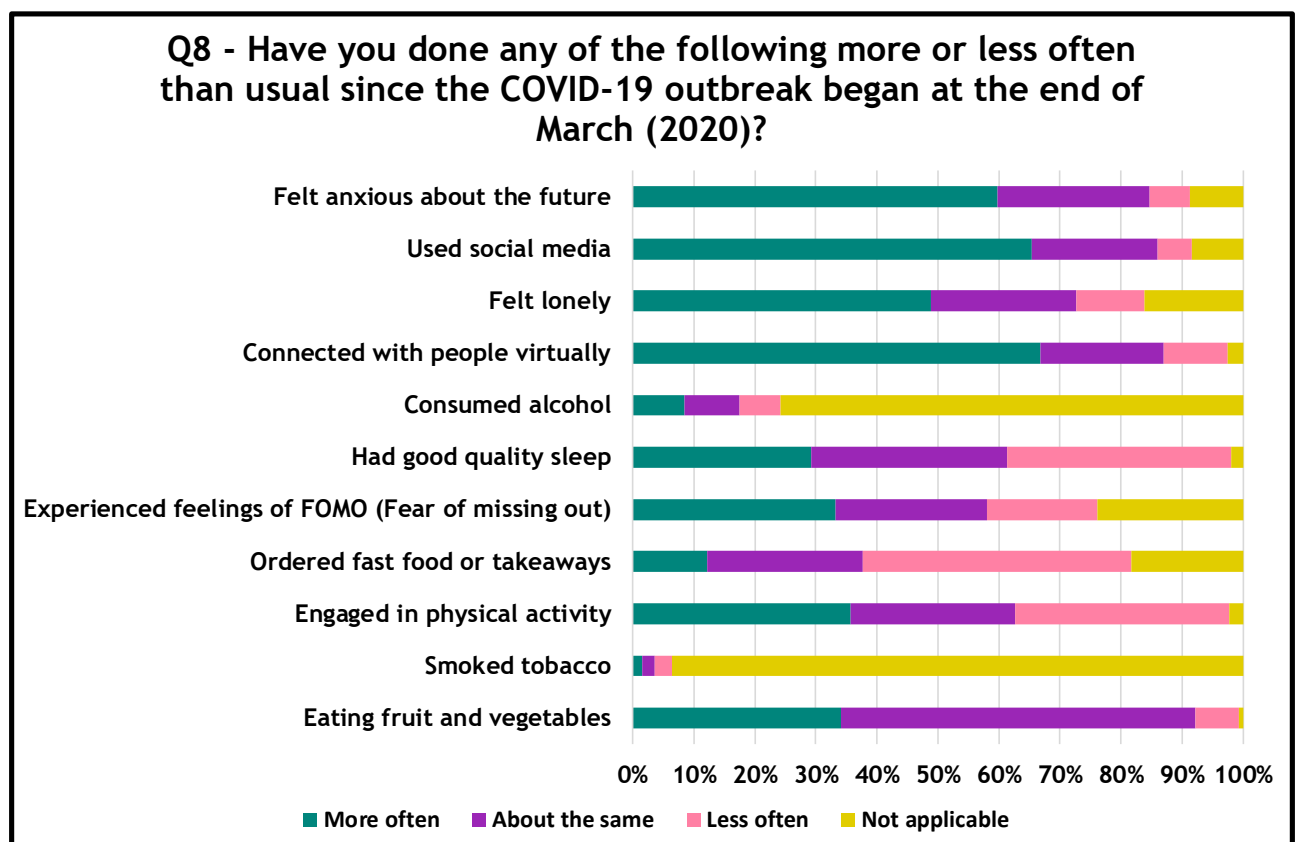
2,476 open-ended responses were received to the question

8. Have you done any of the following more or less often than usual since the COVID-19 outbreak began at the end of March (2020)?

	More often		About the same		Less often		Not applicable	
	No.	%	No.	%	No.	%	No.	%
Eating fruit and vegetables	328	33.8	559	57.6	69	7.1	7	0.7
Smoked tobacco	15	1.5	19	2.0	27	2.8	889	91.6
Engaged in physical activity	342	35.3	259	26.7	338	34.8	21	2.2
Ordered fast food or takeaways	116	12.0	244	25.2	420	43.3	174	17.9
Experienced feelings of FOMO (Fear of Missing Out)	318	32.8	237	24.4	173	17.8	229	23.6
Had good quality sleep	282	29.1	308	31.8	354	36.5	19	2.0
Consumed alcohol	80	8.2	86	8.9	64	6.6	718	74.0
Connected with people virtually	638	65.8	193	19.9	100	10.3	25	2.6
Felt lonely	467	48.1	227	23.4	108	11.1	154	15.9
Used social media	628	64.7	197	20.3	54	5.6	81	8.4
Felt anxious about the future	572	59.0	239	24.6	63	6.5	84	8.7

Please note - the percentages refer to the number of responses as a proportion of the total number of respondents to the survey (970), rather than the total number of responses received to the question.

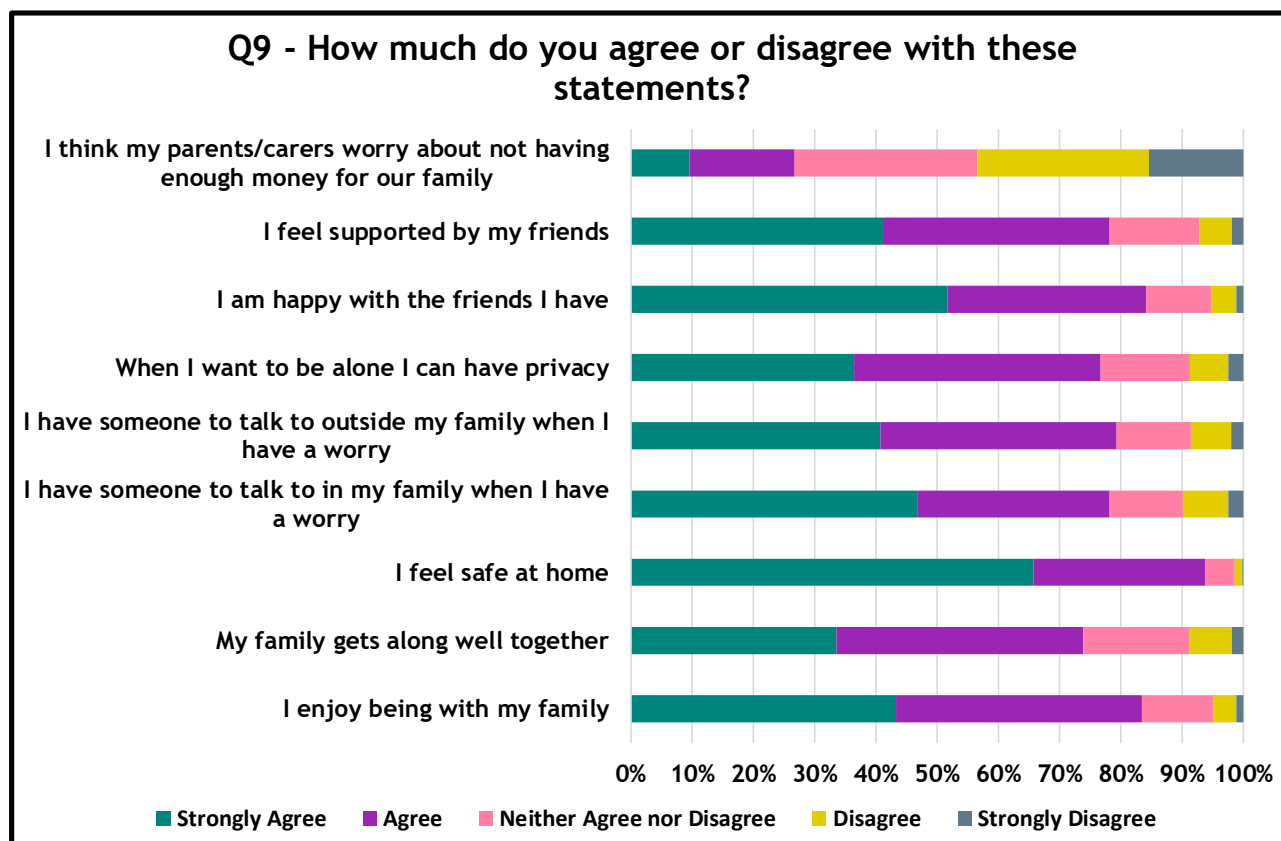
Figure 6 - Q8 - Have you done any of the following more or less often than usual since the COVID-19 outbreak began at the end of March (2020)?



9. How much do you agree to disagree with these statements?

	Strongly Agree		Agree		Neither Agree nor Disagree		Disagree		Strongly Disagree	
	No.	%	No.	%	No.	%	No.	%	No.	%
I enjoy being with my family	417	43.0	386	39.8	113	11.6	35	3.6	11	1.1
My family gets along well together	322	33.2	387	39.9	167	17.2	66	6.8	18	1.9
I feel safe at home	628	64.7	267	27.5	47	4.8	12	1.2	1	0.1
I have someone to talk to in my family when I have a worry	450	46.4	303	31.2	115	11.9	72	7.4	23	2.4
I have someone to talk to outside my family when I have a worry	392	40.4	371	38.2	117	12.1	63	6.5	19	2.0
When I want to be alone I can have privacy	350	36.1	388	40.0	139	14.3	61	6.3	23	2.4
I am happy with the friends I have	500	51.5	313	32.3	101	10.4	40	4.1	11	1.1
I feel supported by my friends	396	40.8	357	36.8	142	14.6	50	5.2	18	1.9
I think my parents/carers worry about not having enough money for our family	92	9.5	164	16.9	287	29.6	268	27.6	148	15.3

Figure 7 - Q9 - How much do you agree or disagree with these statements?

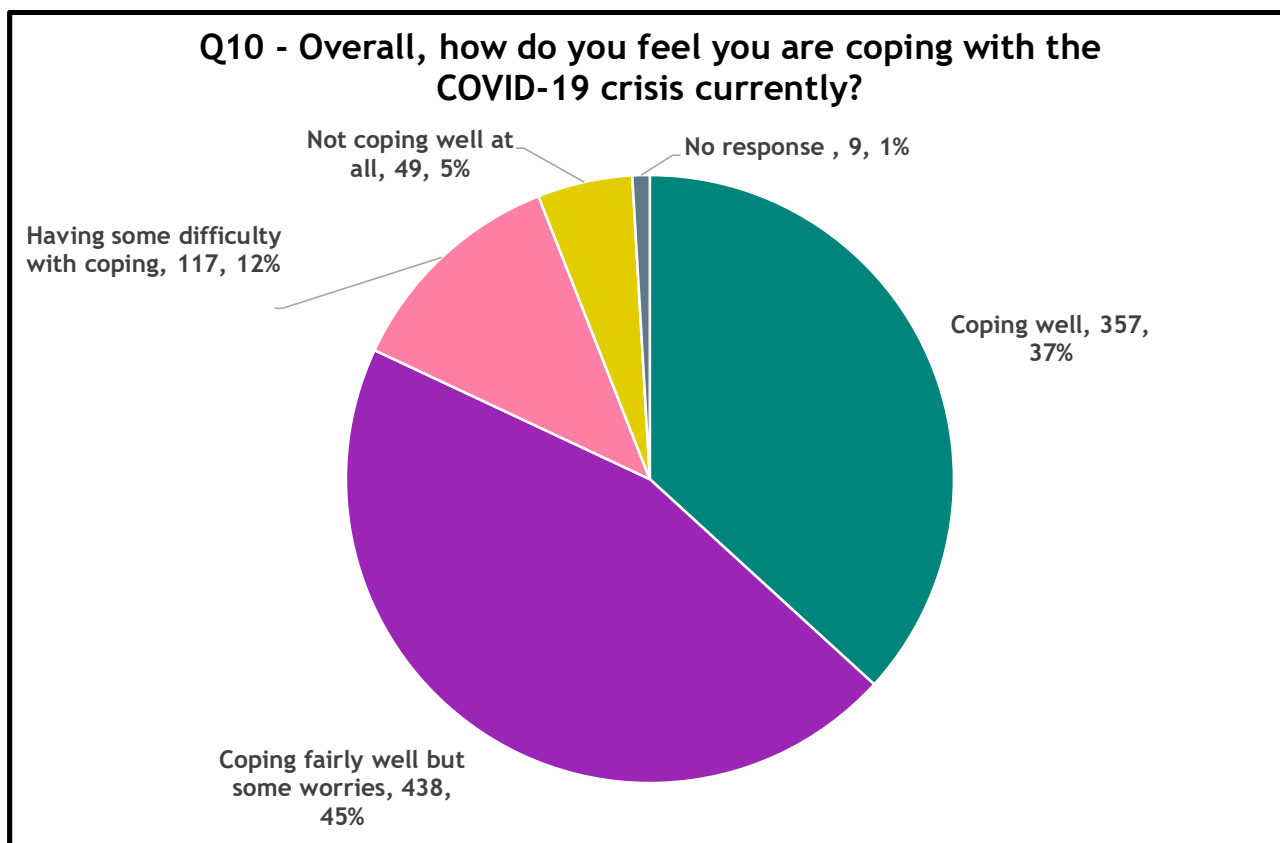




10. Overall, how do you feel you are coping with the COVID-19 crisis currently?

Coping well	Coping fairly well but some worries	Having some difficulty with coping	Not coping well at all	No response
357 (36.8%)	438 (45.2%)	117 (12.1%)	49 (5.1%)	9 (0.9%)

Figure 8 - Q10 - Overall, how do you feel you are coping with the COVID-19 crisis currently?



Please tell us what you feel you are having difficulty in coping with

757 open-ended responses were received to the question

11. What have you enjoyed most about spending more time at home?

896 open-ended responses were received to the question

12. What are you most looking forward to doing when the COVID-19 restrictions and social distancing come to an end?

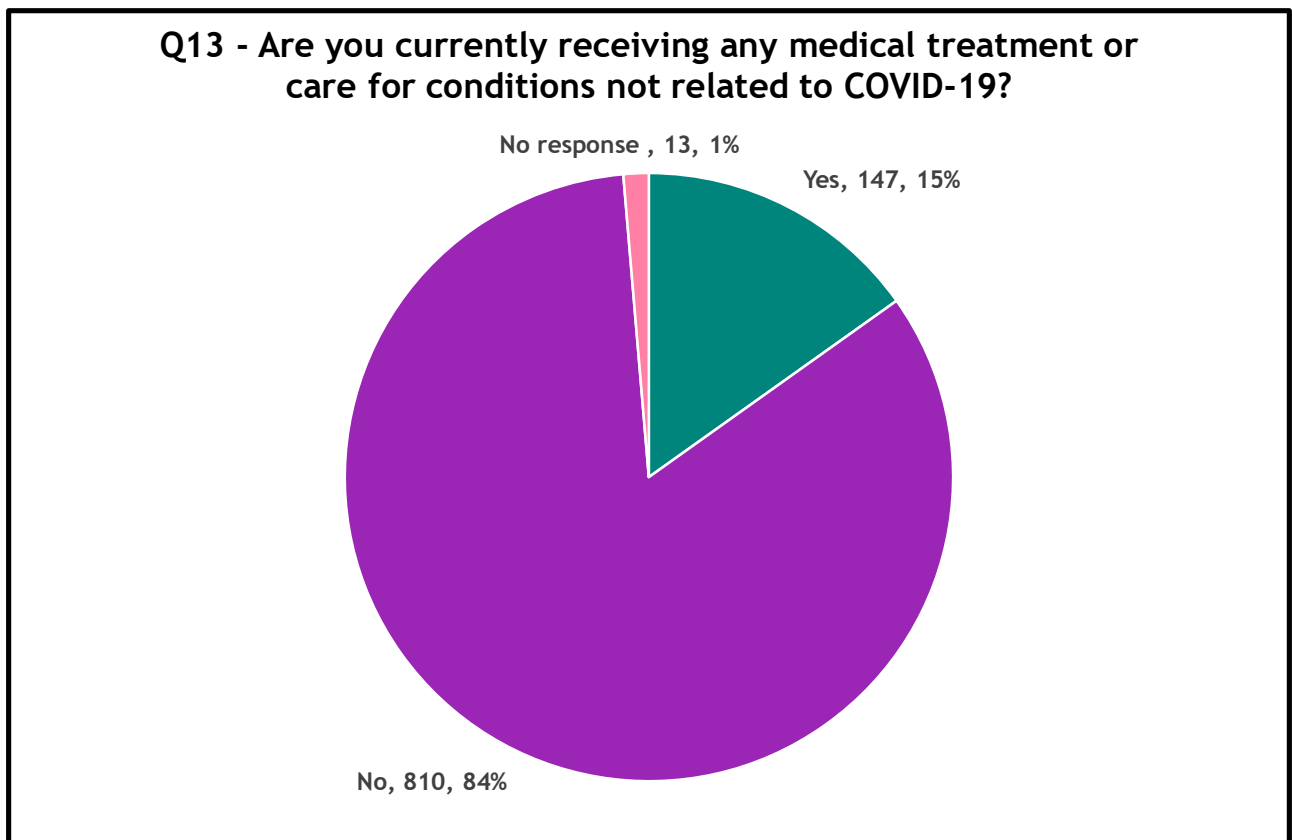
906 open-ended responses were received to the question

### Section 3 - Your experience of health and care services

13. Are you currently receiving any medical treatment or care for conditions **not** related to COVID-19?

Yes	No	No response
147 (15.2%)	810 (83.5%)	13 (1.3%)

Figure 9 - Q13 - Are you currently receiving any medical treatment or care for conditions not related to COVID-19

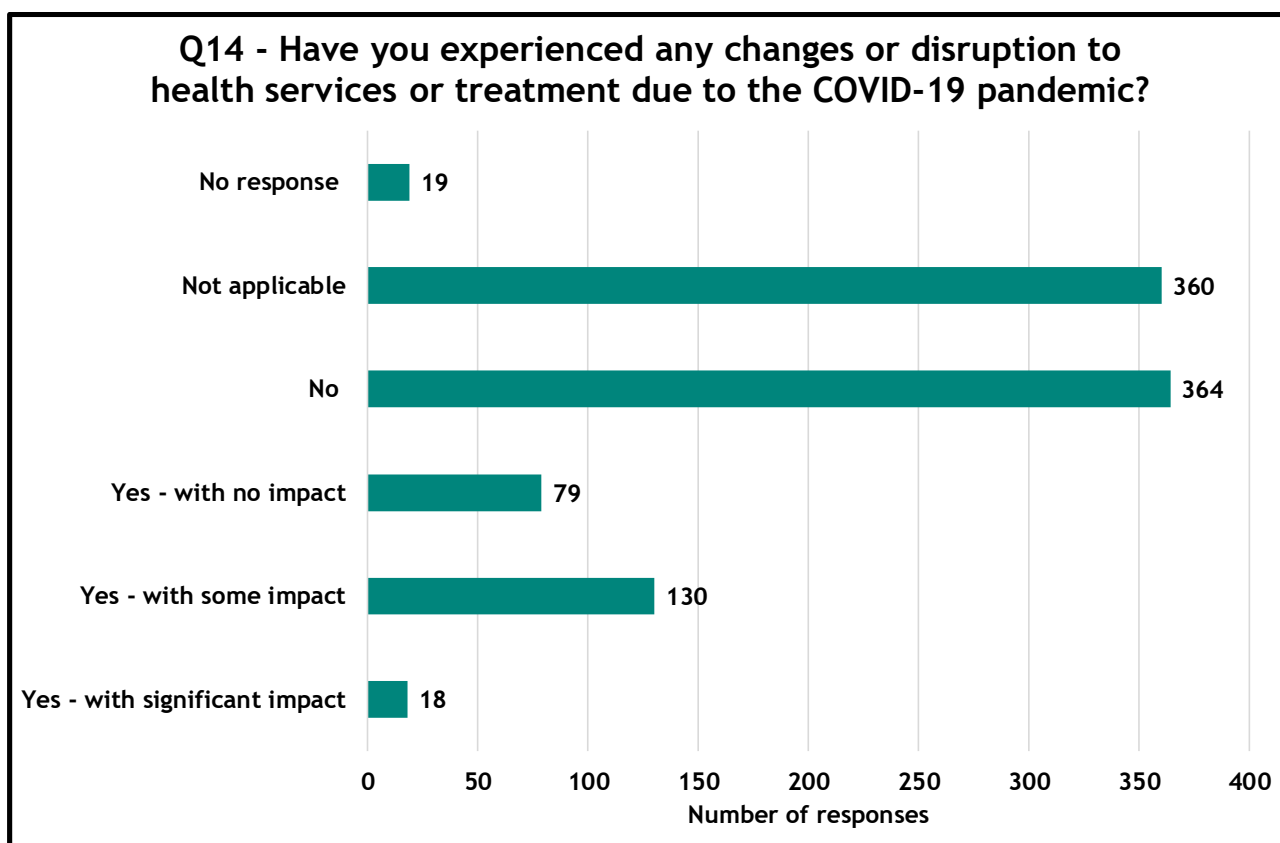


**14. Have you experienced any changes or disruption to health services or treatment due to the COVID-19 pandemic?**

*For example, through cancelled operations, difficulty obtaining prescriptions or making appointments?*

Yes - with significant impact	Yes - with some impact	Yes - with no impact	No	Not applicable	No response
18 (1.9%)	130 (13.4%)	79 (8.1%)	364 (37.5%)	360 (37.1%)	19 (2.0%)

Figure 10 - Q14 - Have you experienced any changes or disruption to health services or treatment due to the COVID-19 pandemic?



Please tell us which service(s) or treatment(s) were affected and the impact on you

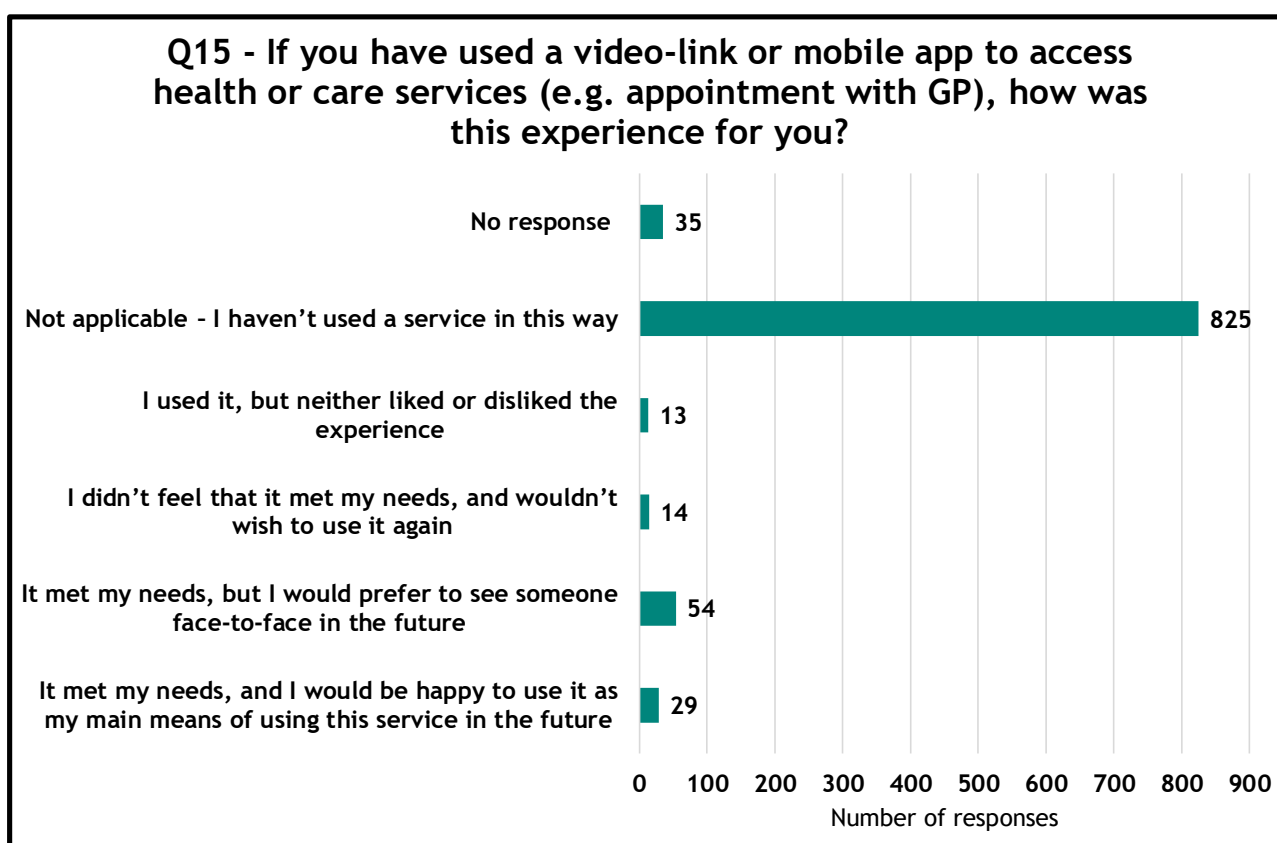
195 open-ended responses were received to the question

15. If you have used a video-link or mobile app to access health or care services (e.g. appointment with GP), how was this experience for you?

Please tick one answer only

It met my needs, and I would be happy to use it as my main means of using this service in the future	29 (3.0%)
It met my needs, but I would prefer to see someone face-to-face in the future	54 (5.6%)
I didn't feel that it met my needs, and wouldn't wish to use it again	14 (1.4%)
I used it, but neither liked or disliked the experience	13 (1.3%)
Not applicable - I haven't used a service in this way	<b>825 (85.1%)</b>
No response	35 (3.6%)

Figure 11 - Q15 - If you have used a video-link or mobile app to access health or care services (e.g. appointment with GP), how was this experience for you?



Please explain your answer

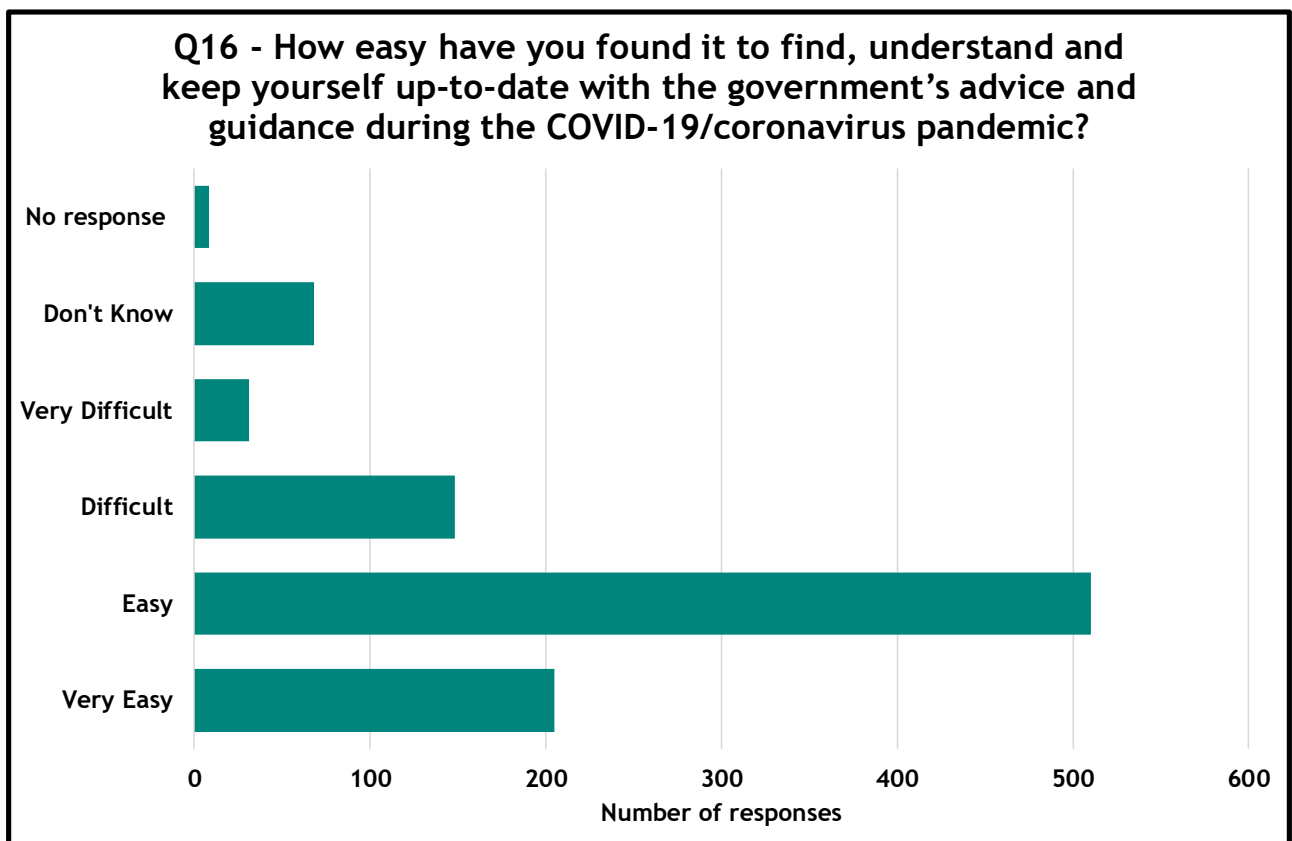
73 open-ended responses were received to the question

## Section 4 - Information and advice

16. How easy is it to understand what is happening during the COVID-19 outbreak?

Very Easy	Easy	Difficult	Very Difficult	Don't Know	No response
205 (21.1%)	<b>510</b> <b>(52.6%)</b>	148 (15.3%)	31 (3.2%)	68 (7.0%)	8 (0.8%)

Figure 12 - Q16 - How easy have you found it to find, understand and keep yourself up-to-date with the government's advice and guidance during the COVID-19/coronavirus pandemic

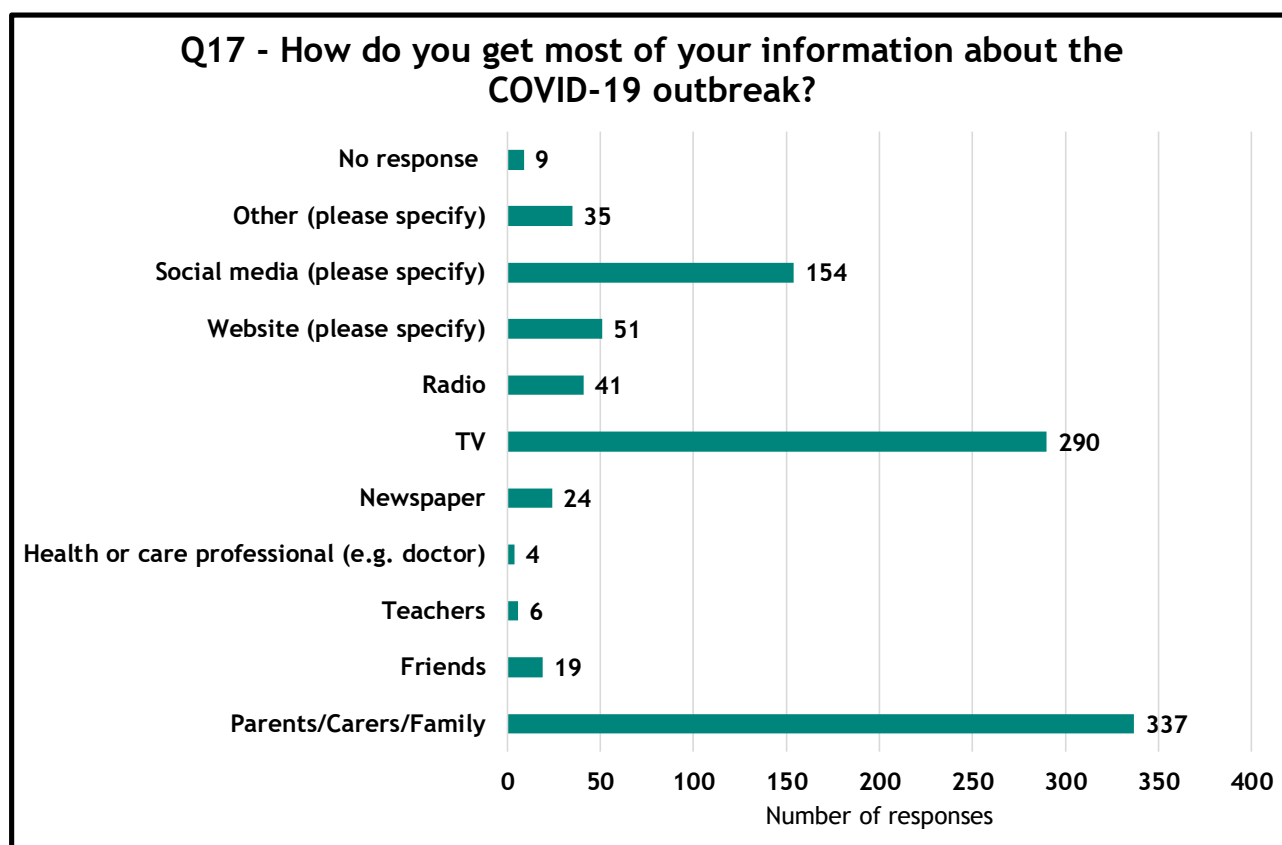


17. How do you get most of your information about the COVID-19 outbreak?

Please tick *one* answer only

Parents/Carers/Family	337 (34.7%)
Friends	19 (2.0%)
Teachers	6 (0.6%)
Health or care professional (e.g. doctor)	4 (0.4%)
Newspaper	24 (2.5%)
TV	290 (29.9%)
Radio	41 (4.2%)
Website (please specify)	51 (5.3%)
Social media (please specify)	154 (15.9%)
Other (please specify)	35 (3.6%)
No response	9 (0.9%)

Figure 13 - Q17 - How do you get most of your information about the COVID-19 outbreak?



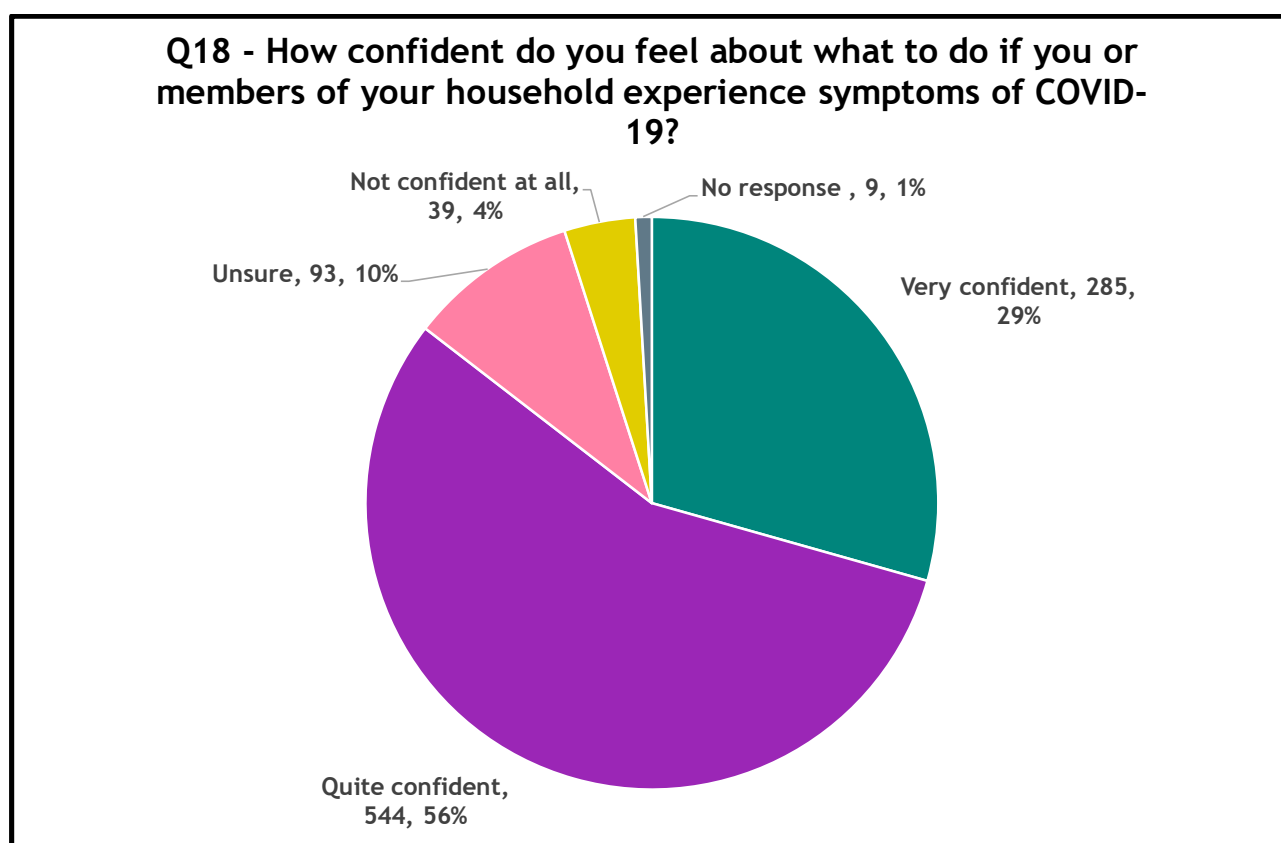
Please tell us which one (website, social media etc.)

196 open-ended responses were received to the question

18. How confident do you feel about what to do if you or members of your household experience symptoms of COVID-19?

Very confident	Quite confident	Unsure	Not confident at all	No response
285 (29.4%)	544 (56.1%)	93 (9.6%)	39 (4.0%)	9 (0.9%)

Figure 14 - Q18 - How confident do you feel about what to do if you or members of your household experience symptoms of COVID-19?



If you are Unsure or Not confident at all, please share any concerns with us

72 open-ended responses were received to the question

## Other comments

19. Are there any other issues related to the health or wellbeing of you or your family that you would like to bring to our attention?

These may or may not relate to COVID-19.

409 open-ended responses were received to the question
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## Appendix 1 - Young People's Health and Wellbeing during COVID-19

### Tell us about your experiences

COVID-19 (Coronavirus) has led to lots of changes to young people's lives recently.

This has often meant staying at home, not going to school, college or work, and not seeing friends and family face-to-face.

At Healthwatch East Sussex we want to hear from young people between 11 and 18 years of age about their experiences, including:

- How you have spent your time?
- What you have liked or disliked?
- Anything you are worried about
- Any changes to services that have affected you

There are no right or wrong answers to the questions in this survey, we want to know what you think and feel.

We will use the findings to let others (like schools, doctors, social care, mental health support) know how young people are doing at the moment.

### Completing the survey

To complete the survey online please go to:

<https://healthwatcheastSussex.co.uk/covid19surveyforyoungpeople/>

If there is a question you do not understand, please ask someone to help you.

If you would like assistance in completing this survey or wish to complete it with a member of our staff over the phone, please contact us via [enquiries@healthwatcheastSussex.co.uk](mailto:enquiries@healthwatcheastSussex.co.uk) or call 0333 101 4007 (Mon - Fri, 10am - 2pm)

The closing date for the survey is midnight on **Sunday 7<sup>th</sup> June 2020**.

### Your information

Your answers are confidential, we do not ask your name. If there is a question you do not want to answer, please leave it blank.



This survey has been developed in collaboration with the East Sussex Youth Cabinet.

## About You

1. I am:

Completing this survey about myself	A parent/carer completing this survey on behalf of someone aged 11-18

2. Which village or town do you live in or closest to?

3. How old are you?

11	12	13	14	15	16	17	18

4. I am:

A boy	A girl	Other	Prefer not to say

5. Please tick any of the following that apply to you:

I live with my parent(s)		I receive free school meals	
I live with a family member		I am a carer for a family member	
I live with a [foster] carer		I have a social worker	
I live somewhere else		I have an Education, Health and Care Plan	

## Your experiences of COVID-19 and social-distancing

The COVID-19 outbreak has often meant staying at home for long periods, not going to school, college or work, and not getting to see our friends and family face-to-face. This is called ‘social-distancing’.

6. What has been the greatest impact of ‘social distancing’ on your daily life?

7. What are your three main concerns at the moment?

1.
2.
3.

8. Have you done any of the following more or less often than usual since the COVID-19 outbreak began at the end of March (2020)?

	More often	About the same	Less often	Not applicable
Eating fruit and vegetables				
Smoked tobacco				
Engaged in physical activity				
Eating fast food or takeaways				
Experiencing feelings of FOMO (Fear of Missing Out)				
Had good quality sleep				
Consumed alcohol				
Connected with people virtually				
Felt lonely				
Used social media				
Felt anxious about the future				

9. How much do you agree or disagree with these statements?

	Strongly Agree	Agree	Neither Agree nor Disagree	Disagree	Strongly Disagree
I enjoy being with my family					
My family gets along well together					
I feel safe at home					
I have someone to talk to in my family when I have a worry					
I have someone to talk to outside my family when I have a worry					
When I want to be alone I can have privacy					
I am happy with the friends I have					
I feel supported by my friends					
I think my parents/carers worry about not having enough money for our family					

10. Overall, how do you feel you are coping with the COVID-19 crisis currently?

Coping well	Coping but have some worries	Having difficulty coping	Not coping well

Please tell us what you feel you are having difficulty in coping with

11. What have you enjoyed most about spending more time at home?

*Examples may include greater time with family, taking up new interests etc.*

12. What are you most looking forward to doing when the COVID-19 restrictions and social distancing come to an end?

### Your experience of health and care services

13. Are you currently receiving any medical treatment or care for conditions **not** related to COVID-19?

Yes	No

14. Have you experienced any changes or disruption to health services or treatment due to the COVID-19 pandemic?

*For example, through cancelled operations, difficulty obtaining prescriptions or making appointments?*

Yes - with significant impact	Yes - with some impact	Yes - with no impact	No	Not applicable

If you answered Yes, please tell us which service(s) or treatment(s) were affected and the impact on you

15. If you have used a video-link or mobile app to access health or care services (e.g. appointment with GP), how was this experience for you?

Please tick one answer only

It met my needs, and I would be happy to use it as my main means of using this service in the future	
It met my needs, but I would prefer to see someone face-to-face in the future	
I didn't feel that it met my needs, and wouldn't wish to use it again	
I used it, but neither liked or disliked the experience	
Not applicable - I haven't used a service in this way	

Please explain your answer

### Information and advice

16. How easy is it to understand what is happening during the COVID-19 outbreak?

Very Easy	Easy	Difficult	Very Difficult	Don't know

17. How do you get most of your information about the COVID-19 outbreak?

*Please tick one box only*

Parents/Carers/Family	
Friends	
Teachers	
Health or care professional (e.g. doctor)	
Newspaper	
TV	
Radio	
Website (please tell us which one)	
Social Media (please tell us which one)	
Other (please tell us which one)	

18. How confident do you feel about what to do if you or members of your household experience symptoms of COVID-19?

Very confident	Quite confident	Unsure	Not confident at all

If you are Unsure or Not confident at all, please share any concerns with us

### Other comments

19. Are there any other issues related to the health or wellbeing of you or your family that you would like to tell us about?

These may or may not relate to COVID-19.

### Advice and Support

If you are aged under 18 and have any concerns about your personal wellbeing or safety, then please seek independent help, advice and support from Childline.

Contact Childline on 0800 111 (at no cost) between 9am and midnight, 7 days a week.

### Contact Us

If you or your family have any questions or concerns about health and care services, then please contact Healthwatch East Sussex's Information and Signposting Service via the details below.

 0333 101 4007

 Healthwatchesussex

 enquiries@healthwatcheastsussex.co.uk

 @HealthwatchES

## Appendix 2 - Acknowledgements

Healthwatch East Sussex is very grateful for the assistance provided by partners in sharing and promoting its 'Health and Wellbeing of Children and Young People Survey'.

These included, but were not restricted to:

- East Sussex County Council
- East Sussex Youth Parliament
- Secondary Schools and Sixth Form Colleges in East Sussex