

How are you doing? Survey Report

A report on Children's Parliament national wellbeing survey for children.

This is a report on the findings from the Children's Parliament national survey in both **April and May 2020**. Reporting on both months gives us the opportunity to consider how children are doing in the current circumstances where Coronavirus has had an impact on all our lives day to day.

We will continue our listening and learning with our June survey.

Our thanks to our colleagues in **Public Health Scotland** and **Scottish Government** for their support with this work.

About the children who did the April survey

3,968 children took part in the April survey and 3,698 children took part in May.

The survey is for children aged between 8 and 14 years old. For the purposes of reporting we sometimes look at and compare the responses from 8 to 11 year olds (63% of respondents in April and 65% in May) and 12 to 14 year olds (36% in April and 34% in May). Our reporting does not include responses from the small number of children who indicated they were over 14 years of age (1%) as they were out with the target age group for the survey.

In both months, 52% of those who responded were girls and 44% were boys (the remainder indicated other or preferred not to say or chose not to respond). Where it is helpful we report on differences in responses from girls and boys.

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About the survey

Children are given 31 statements and a 5-point scale to respond – from strongly agree to strongly disagree. There are final questions where children can identify what they are worried about and what helps them feel good.

Children's Parliament also publishes the **Corona Times Journal**, with reports from Members of Children's Parliament on a range of topics, from health and wellbeing to relationships to learning in lockdown and thoughts about the return to school. More here bit.ly/Coronavirus_Kids

This report has 6 sections:

- 1. LEARNING AND ACTIVITIES**
- 2. ACCESS TO INFORMATION, EXPRESSING OPINIONS AND EXPERIENCING RIGHTS**
- 3. HEALTH**
- 4. FAMILY AND FRIENDS**
- 5. WORRIES**
- 6. WHAT MAKES YOU FEEL GOOD AT THE MOMENT?**

How might we summarise the picture that is emerging for our children in these challenging times?

Across all areas there is a small but noticeable decline in the wellbeing of children. This is particularly true for girls, and especially for girls aged 12 to 14.

When it comes to learning at home children are reporting less choice and a declining sense of fun or pride in work and increased levels of boredom. Meanwhile they are increasingly worried about doing school work and learning at home. Older children, 12 to 14 years old, are less likely to see learning at home positively.

Most children can access information, express opinions and experience their rights. However there are indications of a decline in these areas which is of importance in our preparedness for incorporation of the UNCRC.

Children are indicating a decline in mental wellbeing; fewer generally feel cheerful and in a good mood and they have less energy. Children are increasingly feeling lonely and less sure that in difficult times they will be okay.

The period of lockdown has shifted the balance of childrens lives - not going to school or meeting friends means that family time and relationships become even more central. Most children are safe and happy at home but for those children who are not the experience of lockdown may intensify concerns or worries.

Children are increasingly worried about a number of things. What they worry about is influenced by age and sex, but as time passes they worry more. Most children have someone at home or external to their family to speak to, but a significant number indicate they do not have someone.

Children identify a number of things that support their wellbeing and help them feel good at the moment. While overall, between April and May, children are identifying fewer things that make them feel good. Parents and carers are central to children's wellbeing.

LEARNING AND ACTIVITIES

The statements reported here relate to learning or activities that children are taking part in during lockdown. Responses from children can be read in the context of other emerging information about how children are coping with learning at home, for example in the Corona Times Journal published by Children's Parliament.

As learning at home will continue, perhaps in what is being called 'blended' learning with a partial return to school buildings, the findings here indicate that there is much work to be done to improve how children are supported with their learning at home. Children are reporting levels of worry in areas related to learning that should concern us (with more on this in section 5: Worries).

Children reflect here on whether they have fun things to do and whether they can be creative, they report on boredom. Children also report on characteristics that can be seen as positively underpinning learning or participation in activities: on whether they are trying their hardest, on whether they know there are things they are good at or that they are proud of, if they enjoy learning new things. Children also report on whether they feel they have a choice in what they are learning during lockdown, they also tell us about feeling safe online.

I feel like I have a choice in what I am learning just now

Our May survey results tell us that fewer than half of children feel they have a choice in what they are learning. Compared to April there is a fall in the numbers of children reporting that they feel they have a choice, this is true for all ages and for both girls and boys. In April 55% of 8 to 11 year olds agree/strongly agree with the statement, and in May only 47%. For 12 to 14 year olds the percentages drop from 37% to 34%. For girls the feeling they have a choice in what they are learning drops from 49% in April to 43% in May; for boys from 48% in April to 42% in May.

There are statistically significant changes across age and sex between April and May in relation to this statement. Younger boys aged 8 to 11 year old are more likely to report in May that they strongly disagree they have a choice (5% in April/7% in May). For older boys aged 12 to 14 years old there is a significant shift in that 29% now disagree they have a choice compared to 24% in April. For 8 to 11 year old girls a larger number now strongly disagree with the statement (now 5% compared to 3%) and 12 to 14 year old girls are also more likely to indicate they strongly disagree (9% compared to 6%).

LEARNING AND ACTIVITIES (contd.)

*I have fun things to do
in my days*

Looking at all respondents 75% of children agree/strongly agree that they have fun things to do in their day. Boys are more likely to say that they have fun things to do than do girls: 80% for boys compared to 72% for girls in May. Children are less likely to strongly agree with this statement in May than they were in April.

*I enjoy learning
new things*

There is a fall in the number of children that report they agree/strongly agree with this statement: from 80% in April to 78% in May. This decline is true for both girls and boys and for older and younger children.

*If I want to, I can
be creative*

In both April and May 92% of respondents said that they could be creative if they wanted to be. This is equally the case for girls and boys but 8 to 11 year olds are more likely to agree/strongly agree compared to 12 to 14 year olds (94% compared to 89% in May).

*I know that there are
things that I am good at*

While most children agree/strongly agree with this statement (93% in April and 92% in May) there are differences in terms of age and sex. Younger children (8 to 11 year olds) are more likely to agree/strongly agree than older children (93% compared to 89% in May) and boys more likely to agree/strongly agree than girls (94% compared to 90% in May). All children are less likely to strongly agree with this statement in May compared to April. For 12 to 14 year old girls there are statistically significant shifts between April and May responses; girls are less likely to strongly agree with the statement (40% in April and 33% in May) and more likely to disagree (2% in April/5% in May).

I am proud of the things I can do

While most children agree/strongly agree with this statement (88% in April and 86% in May) there are differences in terms of age and sex. In both April and May boys are more likely to agree/strongly agree; in May 88% of boys do so compared to 85% of girls. The greatest differences are in terms of age. In May 90% of 8 to 11 year olds agree/strongly agree compared to 80% of 12 to 14 year olds.

I often feel bored

In May, children report increased levels of often feeling bored. There are differences in response based on sex and age. Girls are more likely to agree/strongly agree that they often feel bored: 58% of girls compared to 49% of boys in May. This has increased from April to May with the numbers of girls reporting they often feel bored up by 4%, compared to an increase of 2% for boys.

These changes for girls are statistically significant. In April 22% and in May 28% of girls age 12 to 14 report they strongly agree that they often feel bored. When it comes to 8 to 11 year olds girls responding those who strongly agree is up from 16% in April to 20% in May.

Older children aged 12 to 14 also report higher instance of feeling bored compared to 8 to 11 year olds, with an increase in the gap between the two groups. In April 49% of 8 to 11 year olds reported often feeling bored, up to 51% in May. For 12 to 14 year olds, in April 55% reported often feeling bored, with 60% in May.

LEARNING AND ACTIVITIES (contd.)

*When I do
something, I
try my hardest*

75% of children responding in May agree/strongly agree that when they do something they try their hardest, consistent with April's responses. There are differences in responses by age and sex. Younger children are more likely to agree/strongly agree: in May 78% compared to 70% for 12 to 14 year olds. Girls are more likely to agree/strongly agree than boys: in May 78% compared to 73% for boys. There are statistically significant changes in the response from 8 to 11 year old girls with a shift from a strongly agree response (35% in April/32% in May) to agree.

*When I am
online I
feel safe*

Looking at the April and May surveys reported levels of feeling safe on line are consistent for respondents as a whole when it comes to children who agree/strongly agree that they feel safe online (April 82% and May 82%). However there are differences by age and sex. In May, 86% of boys but 80% of girls agree/strongly agree they feel safe on line. In May 85% of 12 to 14 year olds but only 81% of 8 to 11 year olds agree/strongly agree they feel safe on line.

ACCESS TO INFORMATION, EXPRESSING OPINIONS AND EXPERIENCING RIGHTS

The statements discussed in this section relate to children's perceptions on whether can look for and get information, if they feel free to express ideas and opinions and whether their rights are being respected. While a majority of children indicate a positive response across these statements there are a significant minority who do not feel able to express their ideas or opinions and for whom there is a feeling that rights are not respected by others. In the context of Scotland's preparedness for incorporation of the UNCRC, and in light of the Scottish Government's consideration of how Coronavirus is impacting on children, these are important factors to consider.

I can look for and get information that I need.

I feel free to express my ideas and opinions

I feel like my rights are respected by others

In April 88% of children agree/strongly agree that they can look for and get information that they need, in May the response was consistent at 89%. This is true for all children regardless of age or sex.

There has been a fall in the number of children who feel free to express their ideas and opinions. While the fall is small across the full population of children (with 79% of children in April and 77% of children in May reporting they agree/strongly agree) there are sex and age differences.

In terms of sex differences are small: in May 78% of boys agree/strongly agree compared to 77% of girls. However differences by age are significant and growing; 8 to 11 year olds are most likely to agree/strongly agree that are free to express ideas and opinions (81% in April and May) but 12 to 14 year olds report a decline from 74% in April to 69% in May.

There has been a fall in the number of children who feel that their rights are respected by others. The fall is small across the full population of children (with 82% of children in April and 80% of children in May reporting they agree/strongly agree) however there are sex and age differences.

The percentage of boys reporting that their rights are respected remains consistent across April and May at 81%; for girls there is a fall in the number of girls who agree/strongly agree with the statement from 83% in April to 79% in May. In terms of age responses from 12 to 14 year olds remain consistent at 78% who agree/strongly agree with the statement, but fall for 8 to 11 year olds from 83% to 81%.

HEALTH

Statements about health in the children's survey are primarily about mental health and wellbeing, we might consider this as focusing on 'mood' and a sense of self-efficacy in terms of health choices. The results from these statements should inform considerations being given to how we mitigate immediate concerns there are for children's mental health during the experience of lockdown, and also inform the medium to longer term road out of lockdown, we might consider this recovery.

Children reflect here on their ability to make healthy choices, to exercise and having someone to talk to with questions about health. They report on mood, in terms of feeling cheerful, feeling as if they have plenty of energy, loneliness and whether if in difficult times they feel they will be okay.

*Generally,
I feel
cheerful
and I am
in a good
mood*

*Most of the
time I have
plenty of
energy*

Looking at all responses, in April 65% of children reported they agree/strongly agree that generally they feel cheerful and in a good mood. In May this is now 61%. While this decline has impacted across all children there are differences in responses in terms of both sex and age.

Girls show a larger fall in positive response compared to boys. In April 63% of girls indicated agree/strongly agree and in May 59% did so. For boys the responses were 68% April and 66% in May. When it comes to age, the 8 to 11 year olds show a drop in agree/strongly agree responses from 69% to 66%, and 12 to 15 year olds indicate a decline from 56% to 52%.

Looking from April to May there is a statistically significant increase in the percentage of girls strongly disagreeing with the statement that they are generally cheerful and in a good mood (4% to 8%). Further, overall, there is a statistically significant decline in the proportion of all respondents reporting that they strongly agree that they are generally cheerful and in a good mood (from 22% to 19.5%). A significant number of children are indicating a shift in mood and this is growing.

Looking at all responses in May, 78% of children report having plenty of energy, a decline of 2% since April. There are differences in terms of sex, in May 82% of boys compared to 75% of girls agree/strongly agree that they have plenty of energy, although there has been a marginally bigger decline between April and May for boys, compared to girls.

Most of the time I have plenty of energy

(contd.)

There are also significant differences in terms of age: in May 84% of 8 to 11 year olds report most of the time they have plenty energy compared to 66% for 12 to 14 year olds. The gap also became bigger between April and May, with a slightly bigger decline for the older age group as compared with the younger group (4% compared to 2%).

There are statistically significant differences from April to May. 8 to 11 year old boys are more likely to disagree with the statement now (2% in April and 4% in May) and 12 to 14 year old boys are less likely to agree with the statement (47% in April and 40% in May). Girls age 8 to 11 also show a statistically significant shift from a strongly agree response to an agree response (48%/36% in April and 42%/40% in May). All these responses point to children having less energy in May compared to April.

I often feel lonely

Looking from April to May surveys there are increased numbers of children who agree/strongly agree that they often feel lonely. This is a small increase for boys from 22% to 23% and larger for girls from 28% to 31%, a widening gap in terms of sex. Increases in those who agree/strongly agree that they often feel lonely can also be seen for 12 to 14 year olds, from 27% in April to 31% in May. There is a statistically significant increase in the percentage of girls reporting that they strongly agree that they feel lonely (12% to 17.5%).

(contd.)

Even if I am having a difficult time, I feel I will be okay

In May 70% of children agree/strongly agree that even if they are having a difficult time they feel they will be okay; this is a small decline since April (72%). There are however differences in responses in terms of sex and age. In May 74% of boys compared to 69% of girls agree/strongly agree with the statement. In terms of age 8 to 11 year olds 74% agree/strongly agree in May (comparable to April) compared to 63% of 12 to 14 year olds. The response from 12 to 14 year olds shows the largest decline, from 67% in April to 63% in May.

I think I make healthy choices in my life

In April 73% of children reported they agree/strongly agree that they think they make healthy choices, this remained consistent when considering all respondents in May. However there are differences by sex and age. The gap between boys and girls responses increased slightly in May when 70% of boys and 75% of girls report they agree/strongly agree. There was a similar 5% difference between 8-11 year olds (74%) and 12 to 14 year olds (69%).

There are statistically significant changes between April and May for 12 to 14 year old girls responding: in May these girls are less likely to respond strongly agree (19% in April and 15% in May) and more likely to respond that they agree (49% in April and 56% in May).

I think I get enough exercise

In both April and May 73% of children agree/strongly agree that they get enough exercise. There are differences relating to age of children responding.

*I think I get
enough exercise*
contd.)

In May 76% of 8 to 11 year olds indicated agree/strongly agree to this statement while fewer 12 to 14 year olds did so (67%).

There are statistically significant differences in responses from girls looking from April to May with both younger and older girls now less likely to respond strongly agree and more likely to respond agree to the statement – for 8 to 11 year old girls in April 40% strongly agree/40% agree, in May 33% strongly agree/44% agree. For 12 to 14 year old girls in April 27% strongly agree/36% agree, in May 21% strongly agree/45% agree.

*If I have a
question about my
health I know who
to speak to*

In May, 87% of all children say that they agree/strongly agree that if they have a question about their health they know who to speak to; a slight fall since April (88%). Boys, girls and children aged 8 to 11 years old have responded consistently on this but 12 to 14 year olds indicate a fall in terms of those who know who to speak to with a question about their health: in April 85% agree/strongly agree and in May 81%.

FAMILY AND FRIENDS

The period of lockdown has shifted the balance of childrens lives - not going to school, meeting friends or taking part in activities means that family time and relationships become even more central. Most children are safe and happy at home but for those children who are not, the experience of lockdown may intensify concerns or worries.

Children reflect here on enjoyment of being with their family and how their family is getting on. Children report on whether they feel safe at home, levels of privacy at home and on whether their parents/carers worry about having enough money for the family. When it comes to friends, children report on whether they are happy with their friendships and the degree to which they feel supported by friends.

I enjoy being with my family

My family gets along well together

I think my parents/carers worry about having enough money for our family

I feel safe at home

Children report consistently across April and May in terms of this statement with 92% of children saying they agree/strongly agree that they enjoy being with their family, this is true for both girls and boys. However, this statement saw the biggest age effect of the survey: 95% of 8 to 11 year olds agree/strongly agree with this statement in May compared to 85% of 12 to 14 year olds.

Children report consistently across April and May in terms of this statement with 80% of children saying they agree/strongly agree that their family gets along well together, this is true for both girls and boys. However, there are differences in responses when looking at age: 81% of 8 to 11 year olds agree/strongly agree with this statement in May compared to 76% of 12 to 14 year olds. The 8 to 11 year old response is the same for April and May, the 12-14 year olds agree/strongly agree response sees a decline from 79% to 76%.

In both April and May 29% of children report that they agree/strongly agree that their parents/carers worry about having enough money for their family. This is true for both girls and boys, and for younger (8 to 11 year olds) and older children (12 to 14 year olds).

Looking at responses from all children 96% of children in both April and May report they agree/strongly agree that they feel safe at home. There is a fall in children reporting agree/strongly agree in terms of 12 to 14 year olds, with 97% doing so in April and 95% in May.

*I feel safe
at home*
contd.)

Within these statistics, and although numbers are relatively small, we can highlight some statistically significant changes between April and May in terms of responses from girls, both of which indicate increased vulnerability. For 8 to 11 year old girls there is an increase from 2% to 3% of girls reporting that they neither agree nor disagree with this statement. Further, for girls aged 12 to 14 there is a decrease in the number reporting that they strongly agree that they feel safe at home from 69% in April to 62% in May.

*When I want to be
alone I can have
privacy*

Responses from children who agree/strongly agree with this statement (82%) are consistent across both April and May and for both boys and girls and younger and older children.

*I am happy with
the friends I have*

Most children report being happy with the friends they have. In April 91% agree/strongly agree with this statement, and in May 90%. This is true for boys and girls, and for 8 to 11 year olds across both months. For 12 to 14 year olds there is a small drop in those who agree/strongly agree from 90% in April to 88% in May.

*I feel supported by
my friends*

Most children report feeling supported by friends. In both April and May 83% agree/strongly agree with the statement. This is true for boys and girls and for 8 to 11 year olds across both months. For 12 to 14 year olds there is a small drop in those who agree/strongly agree from 83% April to 80% in May.

WORRIES

The survey provides children with the opportunity to comment on worries they may have, with a set of statements about worries and also a list of things children might be worried about. In responding to the prompts provided children tell us about their worries in relation to home life, health, learning and friendships. Children also report on where they might go with a worry. Responses give us an indication of the scale and scope of what children are worrying about.

The worries children reflect on here should inform the supports available to children now, and inform adults and services so that they better understand what they should be attending to as we move to the next phases of our response to Coronavirus. Firstly, some reporting on the statements.

*There are
lots of
things
I worry
about in
my life*

Looking from April to May children are more likely to agree/strongly agree that there are a lot of things they worry about in their life. Girls report higher levels of agreement with the statement than boys, in April 36% and in May 37% of girls agree/strongly agree compared to 31% of boys in April and 32% in May. Older children (12 to 14 years old) report higher level of worry. In both April and May 33% of 8 to 11 year olds agree/strongly agree with the statement, for 12 to 14 year old this goes up from 42% in April to 44% in May.

Between April and May there is a statistically significant increase in the percentage of girls who strongly agree that there are a lot of things they worry about in their life, from 17% in April to 21% in May.

*I worry
about
my own
health*

Considering all responses in April and in May 25% of children agree/strongly agree that they worry about their own health. There are some differences by sex and age. Girls express higher levels of worry, 25% agree/strongly agree in May compared to 23% of boys. Older children also worry more than younger children, 29% of 12 to 14 year olds agree/strongly agree with the statement compared to 22% of 8 to 11 year olds in the May survey.

I worry about the health of people in my family

Considering all responses, in April 62% and in May 61% of children agree/strongly agree that they worry about the health of people in their family. This small reduction is true for boys and girls. In terms of age, 8 to 11 year olds indicate the same degree of worry across both months at 62% but older children aged 12 to 14 report a reduction from 63% who agree/strongly agree in April to 60% in May.

I have someone to talk to in my family when I have a worry

In May 92% of children agree/strongly agree that they have someone in their family to talk to when they have a worry; a small reduction of 1% since April. Boys respond similarly across both months (94%) while girls indicate a small fall of 1% from 93% in April to 92% in May who agree/strongly agree. While 8 to 11 year olds are similarly consistent in this small fall (95% to 94%) the 12 to 14 year olds report a greater decline in those who agree/strongly disagree with the statement, from 90% in April to 87% in May.

I have someone to talk to outside my family when I have a worry

In addition to being asked about having someone to talk to in their family, children were also asked about having someone to talk to outside their family. Across all children responding, 76% in April and 77% in May report that they agree/strongly agree that they have someone to talk to outside the family.

There are differences in terms of sex and age regarding responses. Girls are more likely to have someone outside the family, in May 81% of girls agree/strongly agree they have someone compared to 72% of boys.

Do you worry about....?

In addition to the statements children are given a list of items and asked if they worry about any, a simple yes/no response. Below we report on results, compare April and May responses and highlight where there are significant changes in terms of sex or age.

Doing school work

In section 1 'Learning and Activities' children report on the experience of doing school work. When asked whether doing school work is something they worry about, looking at all children, there has been a 6% increase between April and May – with 35% reporting doing school work as a worry in April and 41% in May.

There are age and sex differences in the responses. For 8 to 11 year olds there is a statistically significant increase - for boys of 9% (28% in April to 37% in May) and girls of 5% (28% in April to 33% in May). Although the biggest percentage increase is for 8 to 11 year olds the actual number of older children worried about doing school work is greater: in May 44% of 12 to 14 year old boys and 60% of 12 to 14 year old girls express worry about doing school work.

Learning at home

In section 1 'Learning and Activities' children report on the experience of learning at home. When asked whether learning at home is something they worry about 28% of children in April report learning at home as a worry, this rises to 32% in May.

Learning at home contd.)

The increase in worry for 8 to 11 year olds is statistically significant: with a 6% increase for boys in this age group (21% in April and 27% in May) and 6% increase for younger girls (22% in April and 28% in May). As with worries about doing school work it is older children (12 to 14 year olds) who report in larger numbers that they have a worry in this area; in May 35% (+2%) of boys and 45% of girls (+3%).

The future

More than half of children worry about the future: 54% in April and 55% in May. This remains consistent across both months for boys – in May 48% of 8 to 11 year old boys and 52% of 12 to 15 year old boys report this as a worry. For girls there has been an increase for both younger and older girls. For 8 to 11 year old girls worry about the future is up from 52% in April to 54% in May. For 12 to 14 year old girls there is a statistically significant rise from 64% to 69% between April and May.

Exams

Worry about exams is consistent across April and May - 31% of children say exams are a worry. There are age and sex differences within this figure, with 23% of 8 to 11 year old boys and girls identifying this as a worry, but 12 to 14 year olds more likely to do so. In May 50% of girls and 40% of boys in the older age group identify exams as a worry.

My family

In both April and May 50% of children report that they worry about how their family is doing. For 8 to 11 year olds this figure drops slightly for girls (54% in April and 51% in May) and is consistent for boys (47% in both April and May). Fewer 12 to 14 boys in May say their family is something they worry about (43% in April to 38% in May) but worry in this area increases for girls aged 12 to 14 (54% in April to 59% in May).

My friends

In April 50% of children report they worry about how their friends are doing, rising to 51% in May. For girls and boys in the 8 to 11 year old age group worries remain consistent, for boys in May at 52% and for girls in May 54%. In the 12 to 14 age group boys report the lowest levels of worry about friends for both months at 38% while 12 to 14 year old girls report highest level of concern at 56% in both months.

My pets

In April 24% of children express a worry about their pets, with 25% doing so in May. Girls in the younger age group (8 to 11 year olds) are more likely to report worries in this area than others (28% in both April and May).

Money problems

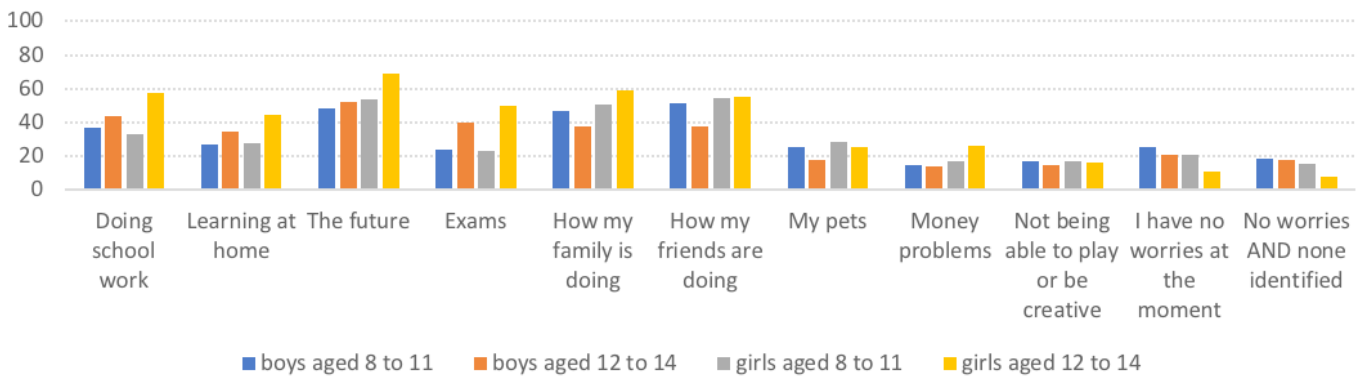
Earlier it was reported that 29% of children say they agree/strongly agree that their parents/carers worry about having enough money for their family. In terms of this more general statement about 'worry about money problems' 17% of children in April and 18% in May say they worry about money problems. Girls in the 12 to 14 year old age group are more likely to identify this as a worry, with 23% doing so in April and 26% in May.

Not being able to play or be creative

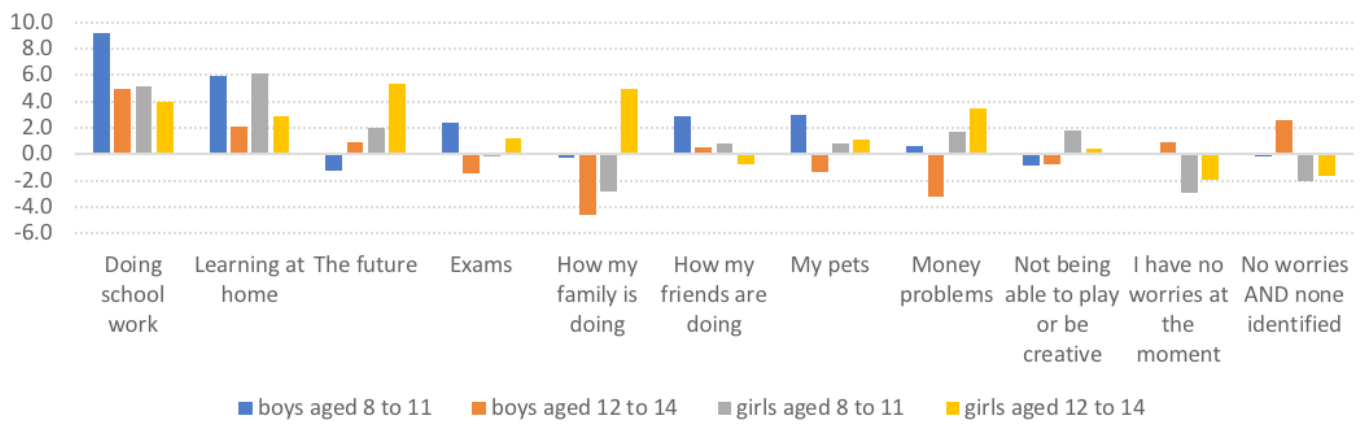
In both April and May 17% of children express a worry about not being able to play or be creative. This is a consistent across all children regardless of age and sex.

The graph below presents percentage of children that worry about each of the topics above, by age and sex. The graph which follows shows the percentage change in the proportion of children that worry about each topic.

Percentage of respondents that are worried about each topic, by age and sex (May data)



Percentage change in proportion of respondents that are worried about each topic (April to May)



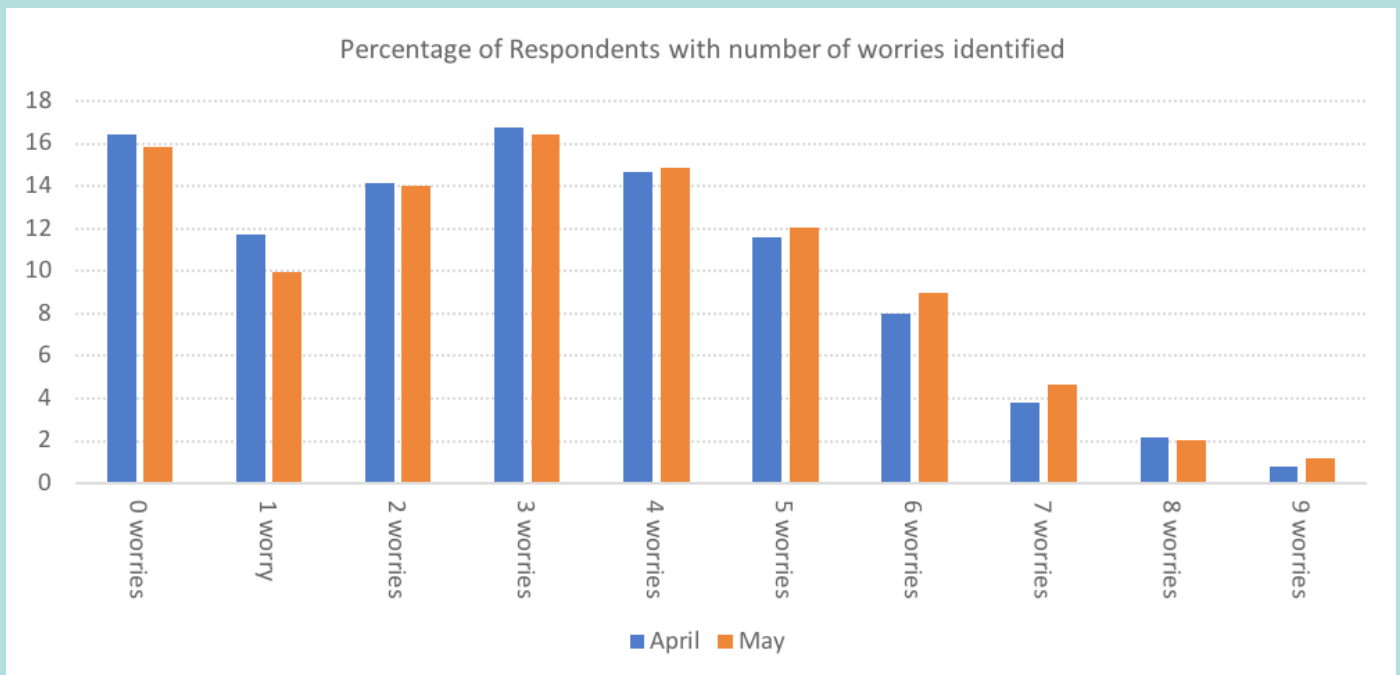
Not being able to play or be creative
contd.)

When asked to indicate 'worries' 16% of children in April and 15% in May indicated **I have no worries at the moment.**

Looking at age and sex shows some difference. In May 19% of 8 to 11 year old boys indicate no worries (the same number as April), as do 15% of 8 to 11 year old girls (down 2% since April). For 12 to 14 year old boys there is an increase in numbers indicating 'no worries' from 15% in April to 18% in May. When it comes to 12 to 14 year old girls fewer indicate having no worries at the moment: 10% in April and only 8% in May.

Number of worries

Overall, between April and May, there is an increase in the number of worries identified by children. Girls are more likely to identify more worries than boys. In May 48% of girls identify 4 or more worries compared to 38% of boys. Older children aged 12 to 14 are also more likely to report 4 or more worries than younger children aged 8 to 11 years old: 50% compared to 40% in May.



WHAT MAKES YOU FEEL GOOD AT THE MOMENT?

To provide children with the opportunity to comment on what might make them feel good during their lockdown experience the survey provides a list of things children might do or have as a resource or support at home. Below we report on results, compare April and May responses and identify where there are significant changes in terms of sex or age.

Doing school work

In May 26% of children report that doing school work helps them to feel good at the moment; this is a small increase from 25% in April. There are differences by sex, with boys showing an increase in positive responses from 21% in April to 24% in May. Girls report consistently across both months, with 29% reporting school work as something that helps. There are however significant differences in terms of age with 30% of 8 to 11 year olds reporting doing school work as helping them feel good in both April and May and only 17% of 12 to 14 year olds agreeing in April and 18% agreeing in May.

Learning at home

May saw a small reduction in the numbers of children identifying learning at home as something that makes them feel good at the moment: 33% agree in May and 30% in April. This fall is reflected in responses from both boys (32% to 30%) and girls (34% to 32%). Age also matters in terms of responses to this question. 40% of 8 to 11 year olds report learning at home as making them feel good in April and 36% in May – while only 20% of 12 to 14 year olds report learning at home as making them feel good in both April and May.

My parents/carers

Looking at the list of options given to children they identify parents and carers as what is most likely to make them feel good at the moment: 83% agree in April and 81% in May. Responses from girls (85%/82%) and boys (84%/82%) are similar and consistent across both April and May. There are differences between younger and older children: 87% of 8 to 11 year olds agree in April and May but fewer 12 to 14 year olds agree in April (76%) and May (73%).

WHAT MAKES YOU FEEL GOOD AT THE MOMENT?_(contd.)

My brothers/ sisters

In both April and May 60% of children identify brothers and sisters as making them feel good at the moment; for boys 57% in May and for girls 61% in May. Younger children age 8 to 11 years old are more likely to name siblings (63% in May) compared to 12 to 14 year olds (53% in May).

My friends

Across both April and May, and looking at all children, 71% of children report that friends make them feel good at the moment. This is slightly more true for girls (77% in April and 74% in May) than boys (67% in April and 70% in May). There is no difference in responses in terms of age.

My pets

May saw a rise in the numbers of children reporting pets make them feel good at the moment: from 51% in April to 54% in May. Girls report an 8% rise to 58% in May and boys a 9% rise to 56% in May; this rise was mostly among 8 to 11 year olds.

Exercise

In section 3 'Health' it was reported that there is a decline in children, especially girls, who feel that they are getting enough exercise at the moment. When asked if exercise makes them feel good at the moment 57% of children respond yes, a reduction of 5% from April. The sex and age of children is a factor here. In April 63% of boys say exercise makes them feel good, reducing to 59% in May. There is also a fall in positive responses from girls, from 62% in April to 56% in May. Age is also a factor in these responses: with a fall in positive responses from 8 to 11 year olds from 66% to 56% from April to May and for 12 to 14 year olds a reduction from 56% to 53%.

WHAT MAKES YOU FEEL GOOD AT THE MOMENT?_(contd.)

Watching TV or films

There is a small reduction in the number of children saying that watching TV or films is something that makes them feel good at the moment – from 79% of all children in April to 77%. This is true for both girls and boys and across ages.

Computer/ console games

There are large differences between boys and girls responding to this question, but both see an increase in children identifying computer/console games as helping to make them feel good at the moment. In April 58% of girls say games help, and in May 60%. For boys, 89% agree in April rising to 92% in May. In terms of age the increase is seen mostly in the 8 to 11 year old group.

Playing or being creative

As reported in section 5 'Worries' in both April and May 17% of children say they worry about not being able to play or be creative. Across both April and May, and looking at all children, 70% of children identify that playing or being creative is something that makes them feel good. In May, girls (73%) agree more than boys (65%). Age is also a factor in terms of these responses. In April 80% and in May 79% of 8 to 11 year olds say that playing and being creative helps them feel good. For 12 to 14 year olds the response is lower - 55% agree in April and 53% in May.

Very few children, fewer than 1%, say that there is **nothing makes me feel good just now.**

Number of things that make children feel good at the moment

Overall, between April and May, children report fewer things make them feel good at the moment. In May 87% of both girls

and boys identify 4 or more things that make them feel good, this compares to 89% in April. There are age differences in terms of children who can identify 4 or more things that make them feel good. In April 91% of 8 to 11 year olds report 4 or more, reducing to 90% in May. In April 82% of 12 to 14 year olds report 4 or more, reducing to 80% in May.