



Over 5,000  
teens

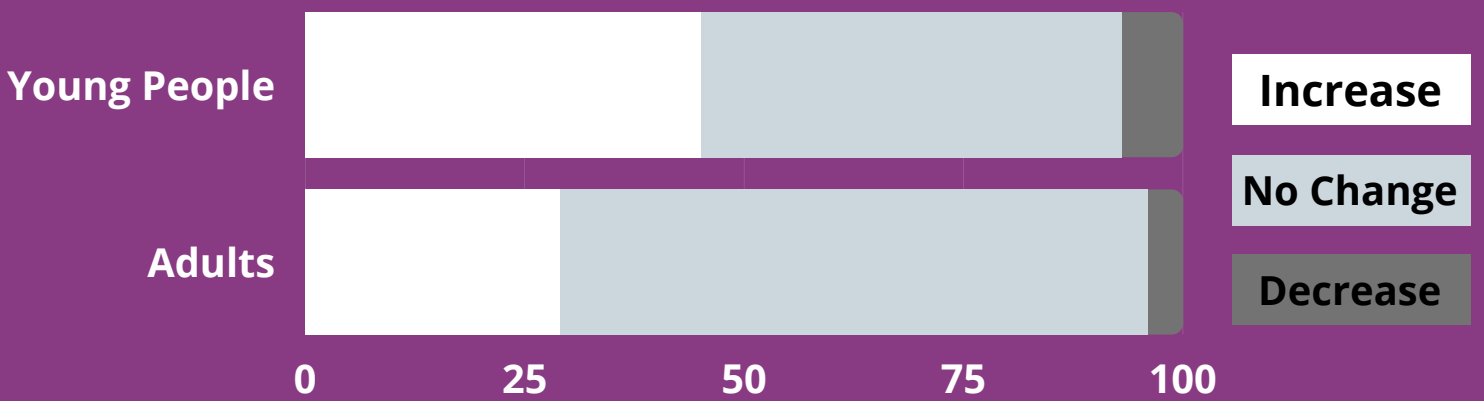


Over  
18,000  
adults



Completed CovidLife  
surveys

YOUNG PEOPLE WERE MORE LONELY  
DURING THE FIRST LOCKDOWN



Across the whole pandemic, more **young people** reported feeling lonely **all** or **most** of the time



Young people may be more likely to rely on school, university and jobs for socialisation. They may be **more negatively** affected by the pandemic restrictions.



SUPPORT FOR LONELINESS



**BEFORE** lockdown, teens with support from **FRIENDS** were 11% less likely to be lonely.

**DURING** lockdown, teens with support from **FAMILY** were 10% less likely to be lonely



**AFTER** lockdown the most important social support was from adults and teachers **AT SCHOOL**

Young people with support from school staff were 15% less likely to be lonely after lockdown



We aren't sure yet how loneliness has changed in 2021 for teens

TeenCovidLife 3 is open to everyone aged 12-17 in Scotland right now!

[www.teencovidlife.scot](http://www.teencovidlife.scot)

