

Are young people equipped to deal with loneliness?

06th – 13th May 2022

Primary age 5-7: "Are you comfortable talking about loneliness?"



49%

of Primary voters said No.



65%

of Secondary voters said No.



73%

of 16+ & College voters said No.

To mark this year's *Mental Health Awareness Week*, our voters discussed the **theme of loneliness and its links to our wellbeing**. The lessons gave them **insight into the facts behind the "loneliness epidemic"** in the UK, as well as allowing them to **consider what they could do to tackle the issue in their own lives**.

Primary voters decided: "**Are you comfortable talking about loneliness?**", while our Secondary & College voters discussed: "**Are young people equipped to deal with loneliness?**"

So far, **32,040** young people in the UK took part in this vote.

Sample of 32,040 voters

Primary:	11,591 voters
Secondary:	19,485 voters
16+ & College:	964 voters

Please Note: The sample size featured reflects the number of pupils and students that cast their vote on this topic during the week in which this vote was held. This sample size therefore does not reflect the number of pupils and students who discussed this VoteTopic but did not get a chance to participate in the voting.



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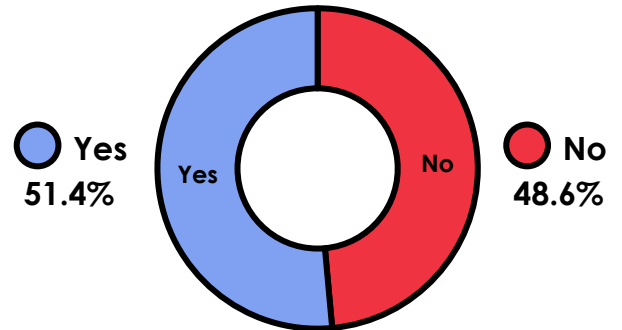
Grand Total

Primary:

“Are you comfortable talking about loneliness?”

Yes 51.45% (5,963)

No 48.55% (5,628)

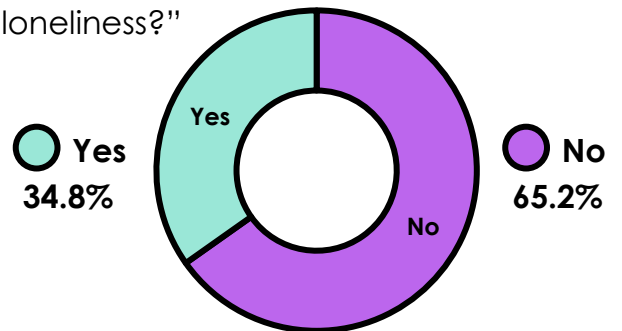


Secondary:

“Are young people equipped to deal with loneliness?”

Yes 34.79% (6,778)

No 65.21% (12,707)

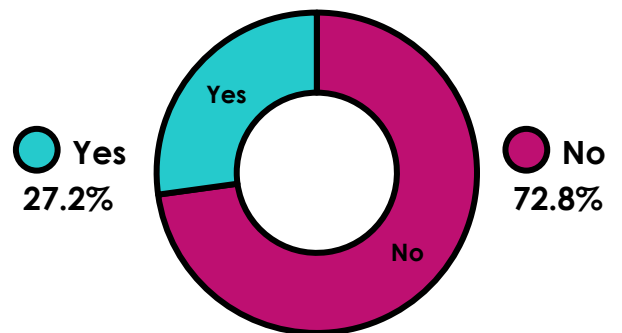


16+ & College:

“Are young people equipped to deal with loneliness?”

Yes 27.18% (262)

No 72.82% (702)



Gender

Primary: “Are you comfortable talking about loneliness?”

	Yes %	Count	No %	Count	Total Count
Female	48.66%	2630	51.34%	2775	5405
Male	51.25%	2843	48.75%	2704	5547
Diverse*	76.68%	490	23.32%	149	639



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Secondary: "Are young people equipped to deal with loneliness?"

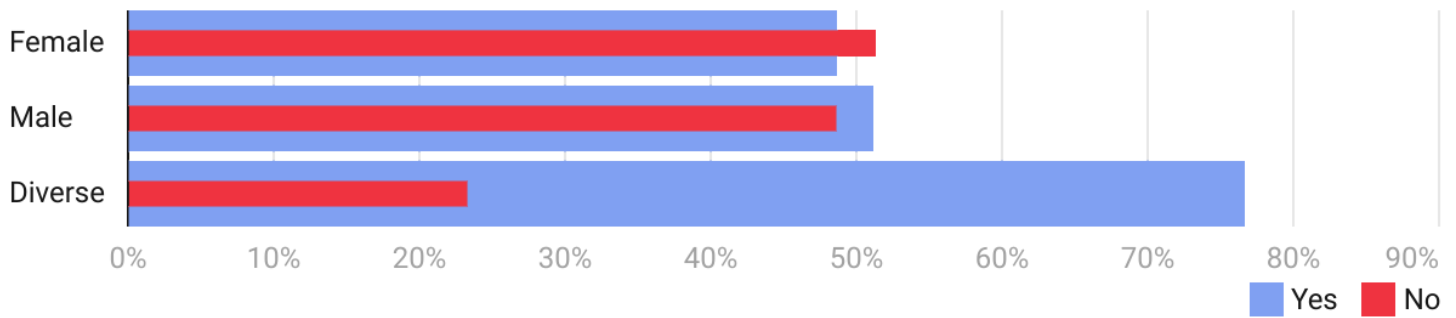
	Yes %	Count	No %	Count	Total Count
Female	27.21%	2369	72.79%	6338	8707
Male	42.69%	3806	57.31%	5109	8915
Diverse*	32.37%	603	67.63%	1260	1863

16+ & College: "Are young people equipped to deal with loneliness?"

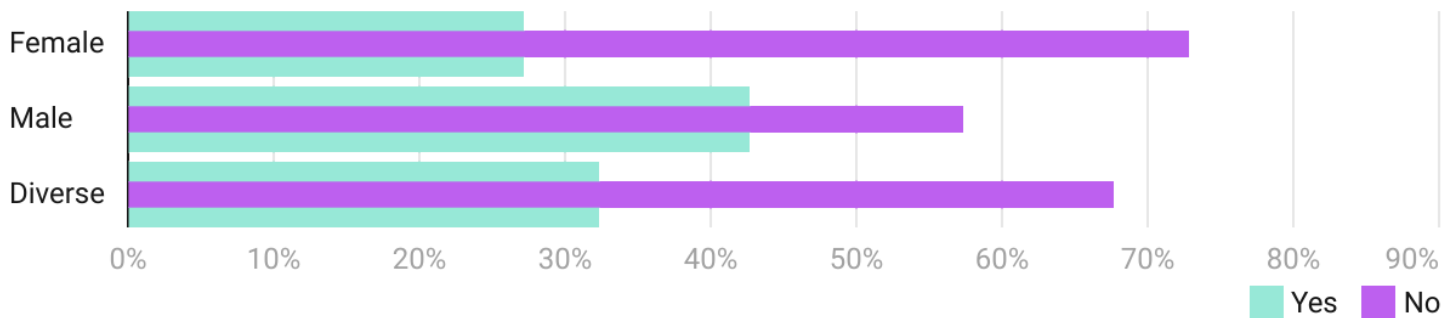
	Yes %	Count	No %	Count	Total Count
Female	15.33%	65	84.67%	359	424
Male	39.72%	168	60.28%	255	423
Diverse*	24.79%	29	75.21%	88	117

*Votes collected as "Diverse" include students that identify as gender diverse, as well as students that wish not to disclose or were not able to specify their gender.

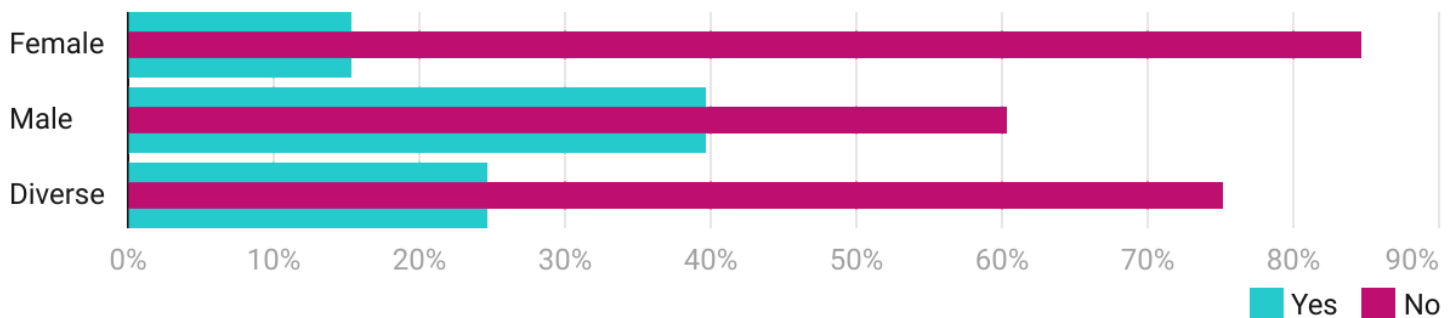
Primary: "Are you comfortable talking about loneliness?"



Secondary: "Are young people equipped to deal with loneliness?"



16+ & College: "Are young people equipped to deal with loneliness?"



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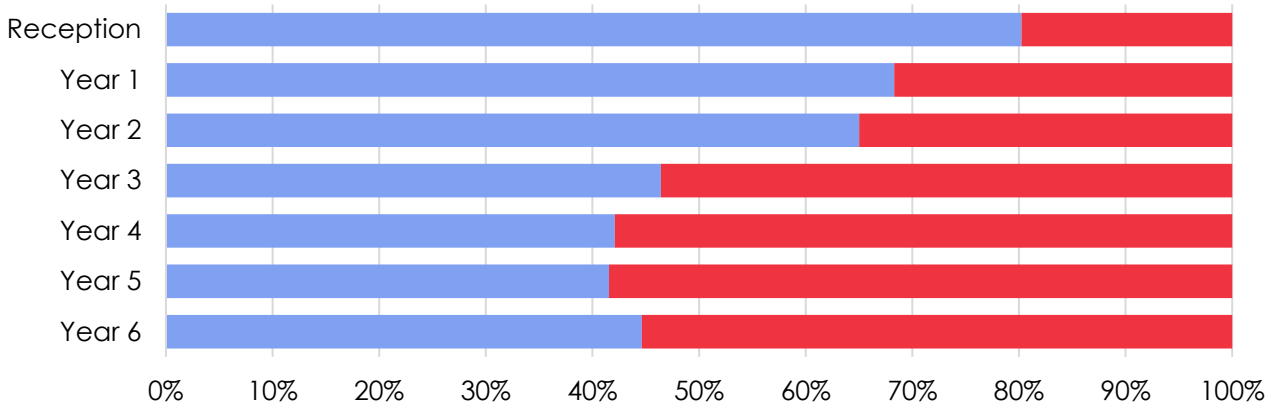
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Age

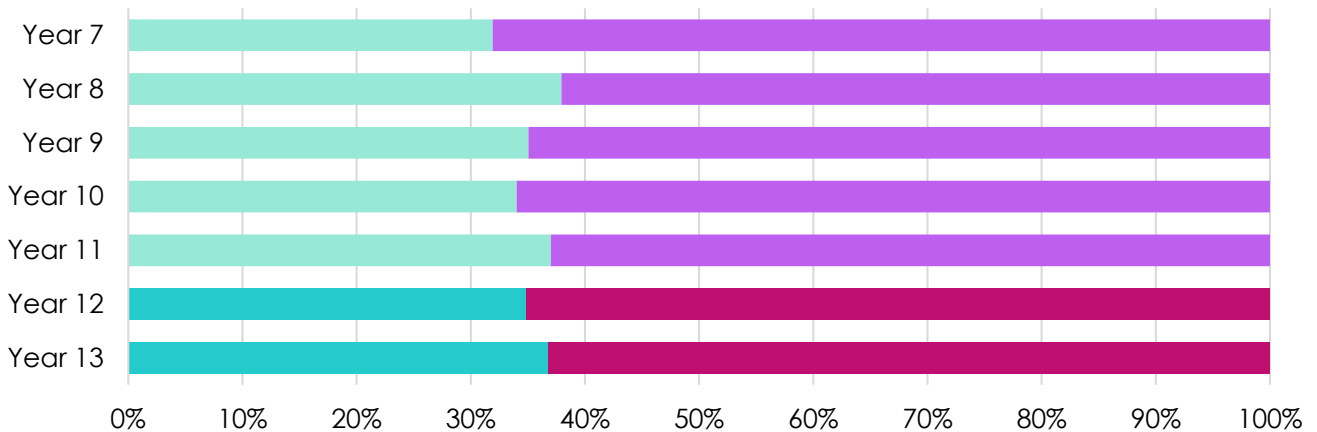
Primary: "Are you comfortable talking about loneliness?"

Year Group	Yes %	Count	No %	Count	Total Count
Reception	80.24%	203	19.76%	50	253
Year 1	68.30%	1144	31.70%	531	1675
Year 2	65.02%	1175	34.98%	632	1807
Year 3	46.42%	985	53.58%	1137	2122
Year 4	42.10%	941	57.90%	1294	2235
Year 5	41.56%	771	58.44%	1084	1855
Year 6	44.63%	715	55.37%	887	1602
Vertical Tutor Group	69.05%	29	30.95%	13	42



Secondary and 16+ & College: "Are young people equipped to deal with loneliness?"

Year Group	Yes %	Count	No %	Count	Total Count
Year 7	31.91%	1362	68.09%	2906	4268
Year 8	37.94%	1849	62.06%	3024	4873
Year 9	35.05%	1582	64.95%	2931	4513
Year 10	34.02%	990	65.98%	1920	2910
Year 11	37.02%	315	62.98%	536	851
Year 12	34.92%	132	65.08%	246	378
Year 13	36.79%	110	63.21%	189	299
Vertical Tutor Group	29.70%	700	70.30%	1657	2357



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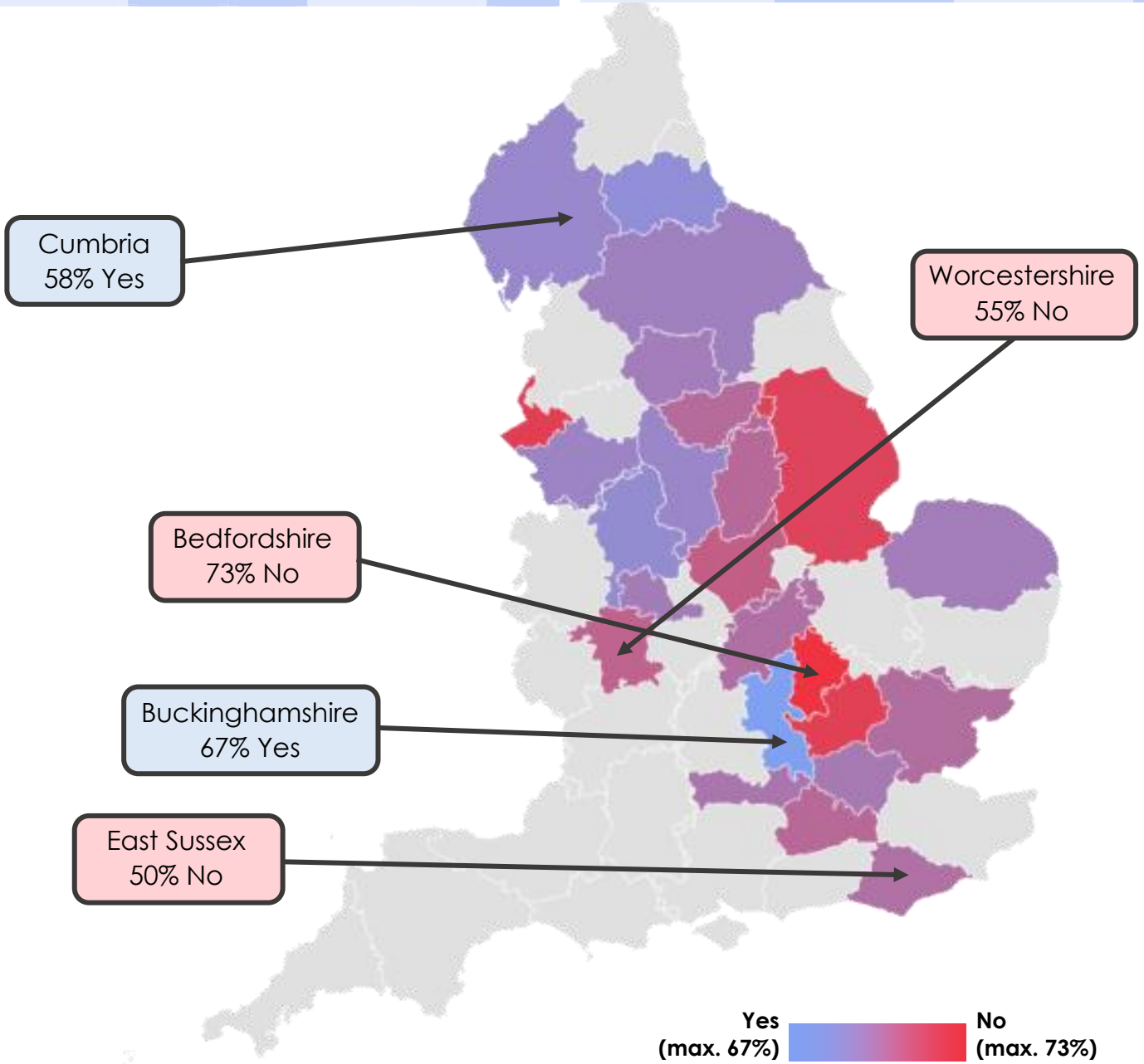
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Location

Primary: "Are you comfortable talking about loneliness?"

	Yes %	Count	No %	Count	Total Count		Yes %	Count	No %	Count	Total Count
Buckinghamshire	67.09%	106	32.91%	52	158	Northamptonshire	49.75%	100	50.25%	101	201
Durham	61.02%	36	38.98%	23	59	Essex	48.83%	754	51.17%	790	1544
Staffordshire	59.83%	143	40.17%	96	239	South Yorkshire	48.10%	139	51.90%	150	289
Cumbria	58.33%	14	41.67%	10	24	Nottinghamshire	47.34%	98	52.66%	109	207
Derbyshire	57.72%	142	42.28%	104	246	Surrey	47.07%	201	52.93%	226	427
Cheshire	56.90%	66	43.10%	50	116	Hampshire*	45.45%	5	54.55%	6	11
North Yorkshire	55.81%	24	44.19%	19	43	Worcestershire	45.11%	60	54.89%	73	133
Norfolk	54.74%	52	45.26%	43	95	Leicestershire	43.02%	114	56.98%	151	265
West Yorkshire	54.63%	519	45.37%	431	950	Lincolnshire	33.45%	94	66.55%	187	281
West Midlands	54.10%	1696	45.90%	1439	3135	Hertfordshire	32.16%	73	67.84%	154	227
Greater London	53.30%	1033	46.70%	905	1938	Merseyside	31.58%	18	68.42%	39	57
Berkshire	51.86%	446	48.14%	414	860	Bedfordshire	27.45%	14	72.55%	37	51
East Sussex	50.00%	15	50.00%	15	30	Gloucestershire*	20.00%	1	80.00%	4	5

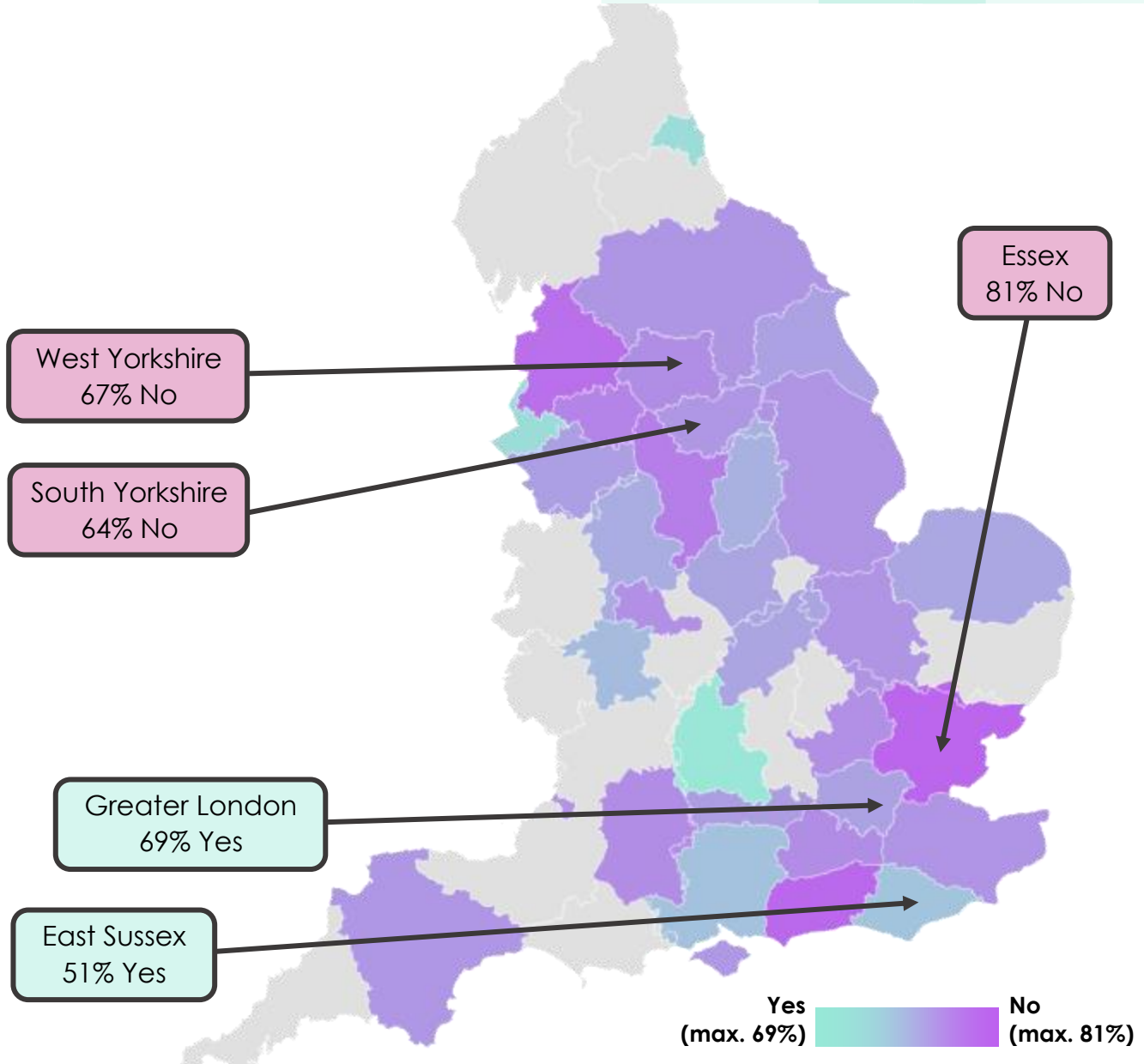




Secondary, 16+ & College: "Are young people equipped to deal with loneliness?"

	Yes %	Count	No %	Count	Total Count
Buckinghamshire*	100.00%	2	0.00%		2
Greater London	69.33%	104	30.67%	46	150
Oxfordshire	62.90%	139	37.10%	82	221
Merseyside	59.15%	42	40.85%	29	71
Tyne and Wear	59.00%	59	41.00%	41	100
East Sussex	51.14%	45	48.86%	43	88
Hampshire	50.00%	28	50.00%	28	56
Worcestershire	48.32%	115	51.68%	123	238
Nottinghamshire	44.44%	52	55.56%	65	117
Staffordshire	43.09%	78	56.91%	103	181
Norfolk	41.03%	16	58.97%	23	39
Leicestershire	40.76%	161	59.24%	234	395
Northamptonshire	40.31%	468	59.69%	693	1161
East Riding of Yorkshire	39.31%	68	60.69%	105	173
Cheshire	38.41%	179	61.59%	287	466
Berkshire	37.99%	68	62.01%	111	179
Isle of Wight	36.25%	203	63.75%	357	560

	Yes %	Count	No %	Count	Total Count
Devon	35.79%	68	64.21%	122	190
South Yorkshire	35.54%	568	64.46%	1030	1598
North Yorkshire	35.27%	97	64.73%	178	275
Lincolnshire	34.94%	225	65.06%	419	644
Cambridgeshire	34.93%	262	65.07%	488	750
Bristol	34.91%	133	65.09%	248	381
Kent	34.57%	400	65.43%	757	1157
West Midlands	33.26%	1087	66.74%	2181	3268
Hertfordshire	33.18%	283	66.82%	570	853
West Yorkshire	32.61%	449	67.39%	928	1377
Wiltshire	32.18%	167	67.82%	352	519
Surrey	32.14%	269	67.86%	568	837
Greater Manchester	29.20%	113	70.80%	274	387
Derbyshire	27.29%	289	72.71%	770	1059
Lancashire	22.51%	221	77.49%	761	982
West Sussex	20.08%	50	79.92%	199	249
Essex	19.00%	95	81.00%	405	500
Dorset*	0.00%		100.00%	5	5





Voter Comments - Primary: "Are you comfortable talking about loneliness?" & Secondary, 16+ & College: "Are young people equipped to deal with loneliness?"

"I do feel comfortable about talking about loneliness because I **talk to my parents about it all the time**. My **friends and family** are **always supporting** me with my **feelings and thoughts**."

Primary School, West Yorkshire

"I think it is important to talk about loneliness because if you don't tell anyone about it, **things might get worse** and there isn't the **chance for your feelings of loneliness to get better**."

Primary School, Nottinghamshire

"It helps to get your **thoughts out to someone who you trust**. It puts you under **less stress** and makes you **feel better** about what you have said."

Primary School, Greater London

"I am comfortable talking about loneliness because **when you talk about your feelings, it can make you feel better**."

Primary School, Hertfordshire

"Young people have the **right equipment** to deal with loneliness, because of all of the **chat services** that we have like **child line**, but people are **too self-conscious to speak out about it**."

Secondary School, Derbyshire

"Some things that we do to help us with loneliness is **visit our siblings, facetime each other, call our mums**, hang out with my little brothers, **walking the dog, listening to music, practice a hobby**. And sometimes it's **ok to be lonely** and **experience your feelings**."

Secondary School, London



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"When I'm lonely, I go on my bike, play Fortnite or have a kickabout. I learned to deal with loneliness during lockdown."

Secondary School, Essex

"Even though talking to an adult helps us, **keeping our feelings inside can be OK**. Loneliness **comes and goes**, like in the Pandemic. If you are lonely, it is ok to talk about it. **It's ok to feel lonely.**"

Primary School, Staffordshire

"I don't think it's very easy to talk about loneliness because **people never normally talk about loneliness in school or outside of school.**"

Primary School, West Yorkshire

"No, because it may make you **more upset** about it and the **person you tell might tell others.**"

Primary School, Hertfordshire

"Not equipped or prepared for it but learn to deal with it. I don't think there's a **specific way to 'prepare' or 'equip' for loneliness** but having **support for young people is very important** when **suffering with loneliness.**"

Secondary School, West Midlands

"I personally don't think we are. **No one should have to deal with loneliness**, it isn't just the feeling or being alone, but it can also **lead to other mental health problems**. So no, no one is equipped to deal with loneliness."

Secondary School, West Midlands



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“Sometimes it is **difficult to work out if someone is lonely** because **they might just say they are fine.**”

Secondary School, Essex

“**Loneliness is complicated**, and **children don't always know how to deal with it.** This week's topic is important for children of all **ages to recognise.**”

Secondary School, Berkshire

“**Not even adults can deal with loneliness**, how can **we** be **expected to?**”

Secondary School, London



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