

# The impact of lockdown on young people

**9,913**

DofE participants aged 14-25 were surveyed in April 2020



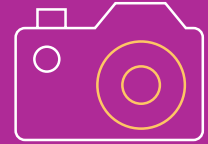
**57%**

are coping fine or quite well in lockdown



**48%**

are spending more time than usual being active



**47%**

are using the time to learn or develop a skill



**83%**

are spending more time in front of a screen



**44%**

have become closer to friends and family



**25%**

have felt inspired during lockdown



**23%**

have made a video to make someone smile

**43%**

have sent an encouraging message to someone

**25%**

are more open to speaking with neighbours



**89%**

report that they are feeling bored during lockdown



**46%**

are concerned about how it may impact their mental health



**53%**

worry about the effect on their physical health and fitness



**71%**

are concerned it will impact their academic knowledge and skills

**34%**

say social media has a positive impact on their mental health

**44%**

find that social media has a neutral impact on their mental health

For more information on the DofE in lockdown see [#DofEWithADifference](#)