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

Figures based on a survey in April 2020 of 9,913 DofE participants aged 14-25.

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