

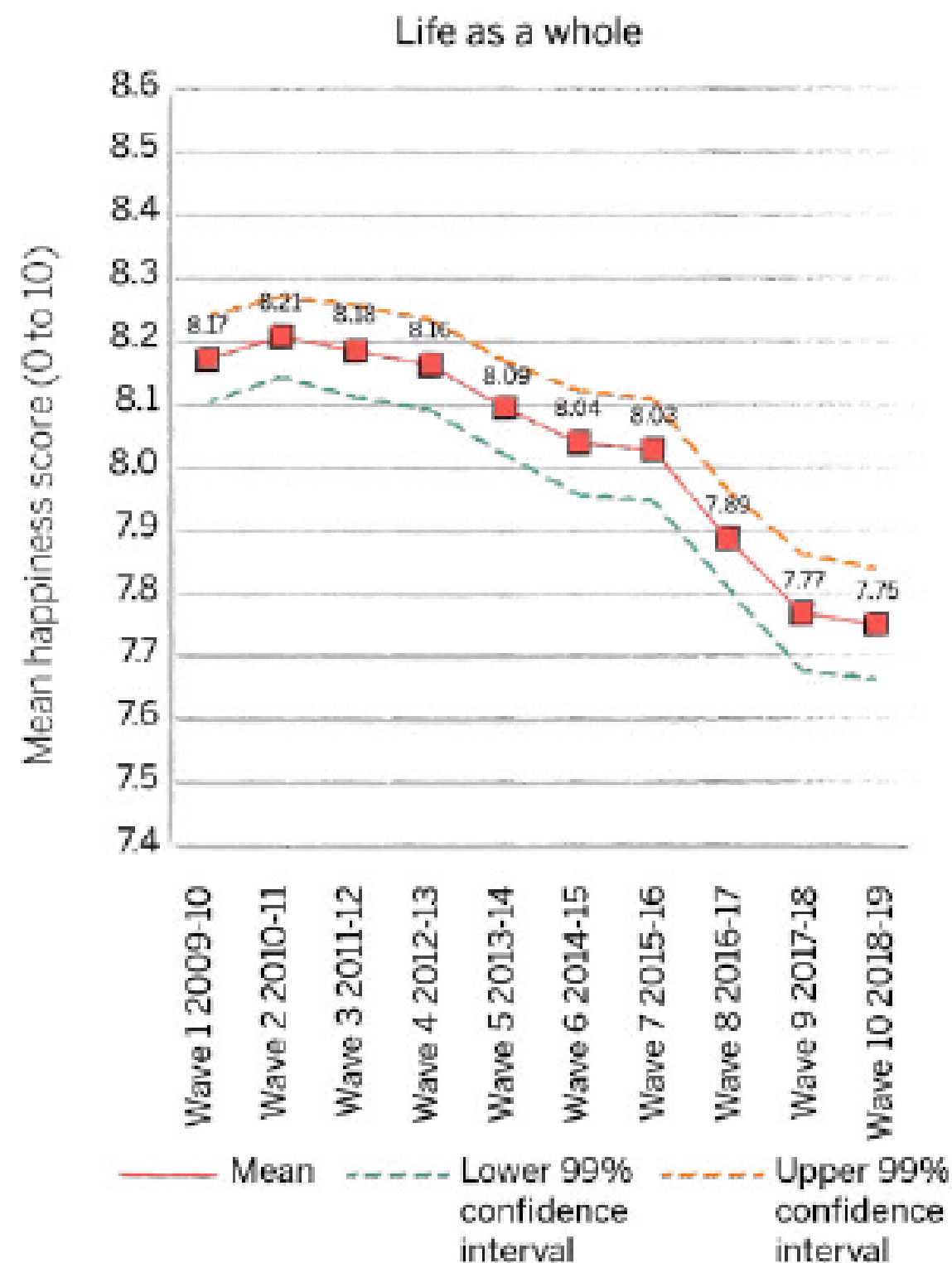
The Good Childhood Report: Trends in Children and Young People's Well-being and Implications for Families



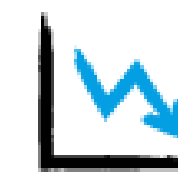
Dr Louise Moore

Trends in children's well-being 2018-19 (from Understanding Society)

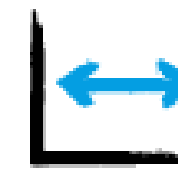
Figure 1: Trends in children's (age 10 to 15) happiness with life as a whole, UK, 2009-10 to 2018-19



Comparisons between 2009-10 and 2018-19 show:



Happiness with life as a whole, friends, appearance and school significantly lower than in 2009-10.

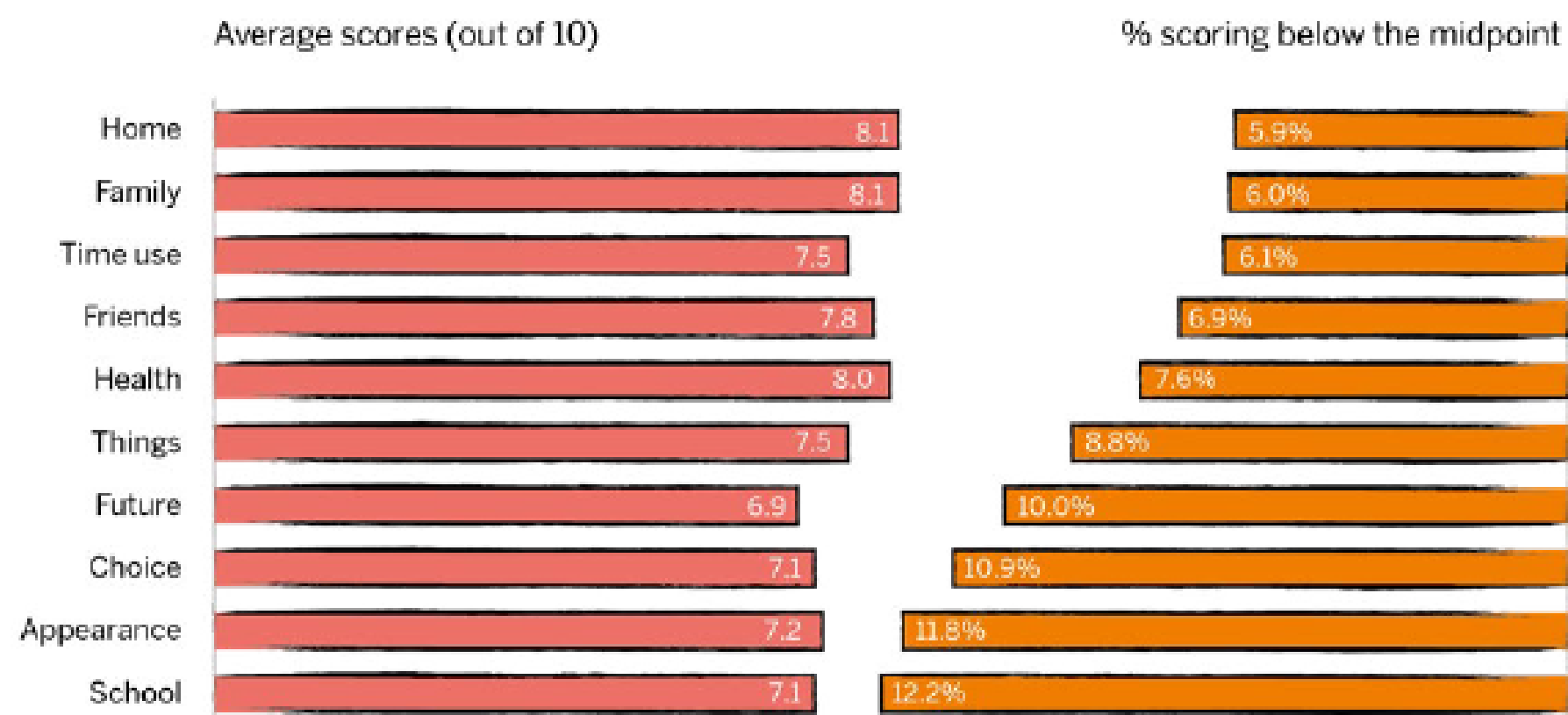


No significant change in happiness with **family** or schoolwork compared with 2009-10.

- **Appearance:** Boys significantly happier than girls across survey years (although boys mean score has reduced).
- **Schoolwork:** Girls significantly happier than boys across most waves.

Children's well-being in 2021 (from TCS household survey)

Figure 2: Mean scores (out of 10) and proportion of children (aged 10 to 17) scoring below the midpoint on Good Childhood Index (GCI)



Source: The Children's Society's Household Survey, Wave 20, April-June 2021, 10 to 17 year olds, United Kingdom. Weighted data. Excludes missing responses (including 'prefer not to say').

In The Children Society's annual household survey 2021, GCI scores more consistent with previous years (than in 2020):

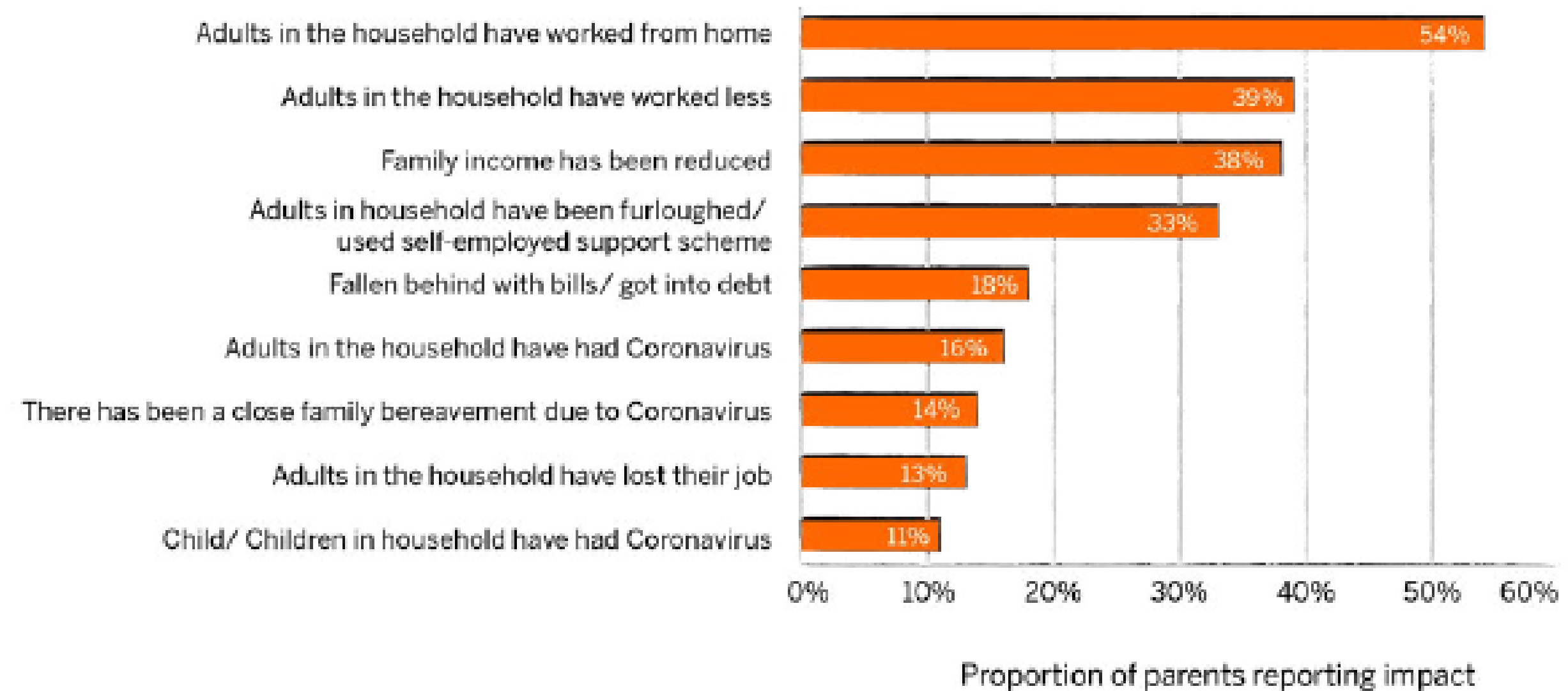
- 12% of children scored below midpoint on multi-item measure of overall life satisfaction.
- Children on average **most happy with their home, their family and their health.**
- More score below the midpoint (suggesting they are unhappy) for school than any other aspect of life.

Parent/Carer's and Children's experiences of Covid-19: One year on

- How are children (and their parents) faring one year on from *Life on Hold*?
- How do children feel about the future?

Parent/Carer's reflections: Family Impacts of COVID-19

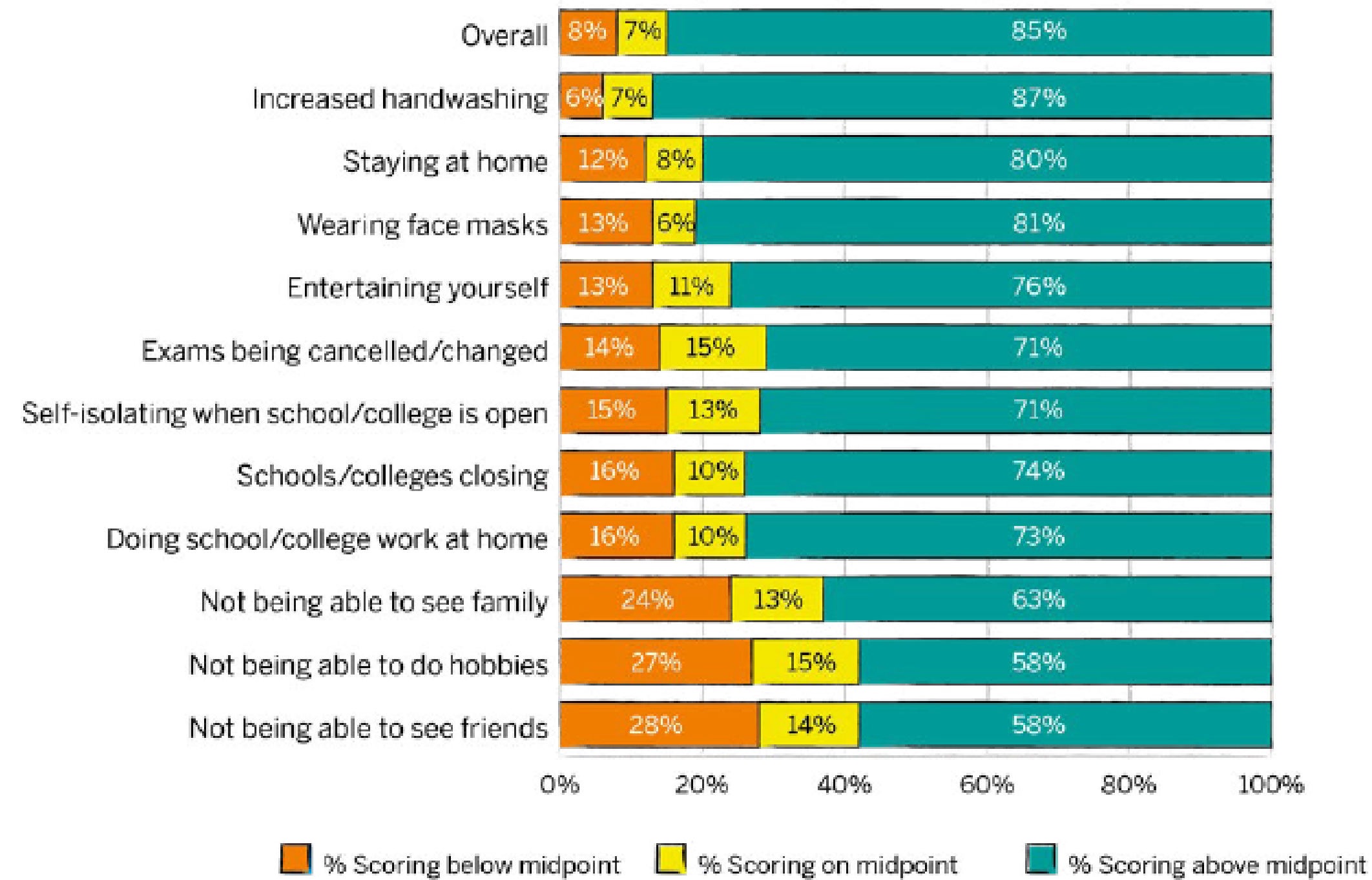
Figure 3: Proportion of parents reporting different impacts on their family since the pandemic began



Source: The Children's Society's Household Survey, Wave 20, April-June 2021, 10 to 17 year olds, United Kingdom. Weighted data. Proportions include 'Not sure' responses.

Children's reflections: How well coped with pandemic

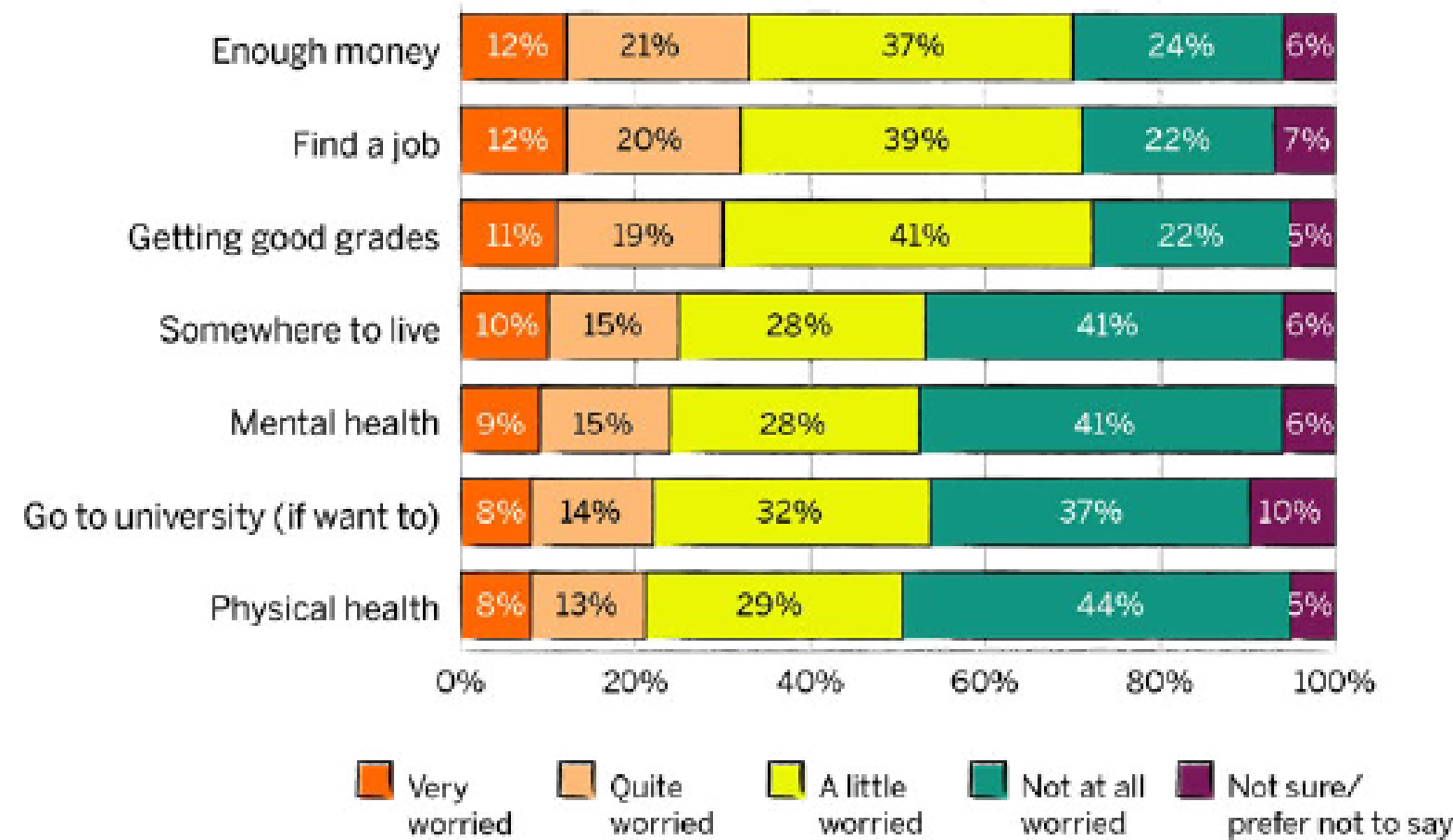
Figure 4: Extent to which children (aged 10 to 17) think they have coped with Coronavirus changes



Source: The Children's Society's Household Survey, Wave 20, April-June 2021, 10 to 17 year olds, United Kingdom. Weighted data. Excludes missing responses (including 'prefer not to say').

Looking to the future: worries in own life

Figure 5: Extent of children's worries about their own future



Source: The Children's Society's Household Survey, Wave 20, April-June 2021, 10 to 17 year olds, United Kingdom. Weighted data.

- As in 2019, we asked children how much they worried about seven different aspects of their own future.
- Having enough money, being able to find a job and getting good grades were the aspects of life that more children said they were worried (very/quite) about.
- Higher levels of worry (seven or more percentage points) among children in families reporting three or more COVID-19 impacts (compared with those with 0-2 impacts).
- Children who had coped less well overall with the pandemic expressed greater concerns about all aspects of their own life than other children, with mental health featuring more highly.

Conclusions from 2021

- Clear priorities for improvement in overall trends: friends, appearance and school. Children's happiness with family was relatively stable between 2009-10 and 2018-19.
- Fortunately, most children/parents seem to have coped to some extent with the pandemic. A small proportion in both groups have been identified who have not coped well and might benefit from support. Among children, there were associations between children's coping and their perceptions of family wealth, their parents' coping scores, and number of reported COVID-19 impacts on their family.
- In spite of the challenges of the last 18 months, seven in ten children are optimistic about the future. There is still room for improvement and policymakers and practitioners must take seriously children's concerns – about themselves and wider society.
- Worries about the future varied among children and young people according to the number of reported impacts COVID-19 had on their family and how well they thought they had coped with the pandemic overall.

What does previous Good Childhood Research tell us about the family?

| Publication | Key Findings | Data Source |
|------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The Children's Society (2014) Exploring the links between children's activities and their subjective well-being. | The Five Ways Framework is also useful for considering connections between children's everyday activities and their well-being. For children, the five ways to well-being are: <ul style="list-style-type: none"> • Connecting with friends and family • Being creative • Being active • Keeping learning • Taking notice. | Survey of 1,500 10 to 15 year olds. Focus groups (11) with around 90 eight to 15 year olds. |
| The Good Childhood Report (2014). | <ul style="list-style-type: none"> • Significant correlation between parental and child subjective well-being. • Weak but significant association between child subjective well-being at age 11 and parental depression. • Small significant positive association between each parents rating of their own health and child's subjective well-being at age 11. • Association between children's experiences of parenting behaviours and their subjective well-being. | <p>The Children's Society quarterly surveys, 2010 to 2012, 15,816 eight to 15 year olds in GB.</p> <p>Millennium Cohort Study, Wave 5, 2011.</p> <p>The Children's Society survey 2013/14, England, 928 14 to 15 year olds.</p> |
| The Good Childhood Report (2017). | <ul style="list-style-type: none"> • The greater the number of disadvantages children face, the lower their well-being. | The Children's Society annual household survey, 3,000 10 to 17 year olds and their parent/carer. |
| The Good Childhood Report (2018). | <ul style="list-style-type: none"> • Family is most important in explaining happiness with life a whole at age 14 (out of Family, Friends, Appearance, School and Schoolwork) for both genders. | Millennium Cohort Study, Wave 6, 2015. |

Any Questions?

The Good Childhood Report: Resources



Friendship guide
for young people

Young person's guide

**The
Children's
Society**



A guide to supporting
young people with their
friendships

Adult's guide

**The
Children's
Society**



Young People's
Well-being Guide for
Stressful Situations

Young people's guide

**The
Children's
Society**

The Good Childhood Report 2022: Preview

- The Good Childhood Report 2022: due for publication in September.

- Planned content includes:
 - the most up to date analysis of trends data and findings from our own survey on our Good Childhood Index, COVID-19 and Cost of Living

 - a thematic focus on schools – including looking at what has been achieved by measuring well-being in schools drawing on our own work and external case studies.

 - a supplementary guide for adults on how to talk to YP about their well-being

Thank you!

If you have any questions, would like to know more or would like your school to be involved in consultations about the Good Childhood research programme, please do get in touch:

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