



ISLAND YOUTH MENTAL HEALTH CENSUS 2021

Key Findings 2021

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Context and purpose

In July 2021, the Isle of Wight Youth Trust completed its third Island Youth Mental Health Census. Our Census has come to be a key part of understanding our community needs and we are proud to have received over 9,000 responses from young Islanders, over these past three years.

In, 2017 we captured the voice of more than 2,500 young Islanders aged 5-24 years, unearthing some alarming trends, areas for further examination and a clear need to embed the voices of young people more permanently within our organisation. This was the impetus for establishing our Youth Trust Mental Health Taskforce, which has since informed and transformed our services.

With our 2017 Census proving to be an important turning point for the Youth Trust, we decided to make it a biennial event and are proud to have been able to repeat it in 2019 and again in 2021

In 2019 we received 4,500 responses to our census. With an estimated 29,500 5-24-year-olds living on the Isle of Wight (2011 UK Census) we surveyed approximately 15% of this age range. [The full findings from our 2019 survey can be found here.](#)

This year, we chose to adjust our age group slightly to 7–25-year olds, to align with the upper age limit of Youth Trust services. Two surveys were created to suit the developmental stages of the young people completing our Census; one short survey for Primary School-aged children and a more complex survey for secondary school-aged and above. Our 2021 survey repeats many of the questions asked in our 2019 Census. Many of these questions were also asked in our Candid Covid surveys, providing us with data on young Islanders' Mental Health at roughly six-monthly intervals for the past two years.

It should be noted that this year we conducted the survey later in the year than usual. This meant that we were much closer to summer holidays and, with the additional challenges of COVID-19 fewer schools were able to participate, or participated differently. We were unable to speak to as many students as we would usually, prior to them completing the survey.

As always, our findings raise more questions than they answer, and should be viewed as part of an ongoing piece of work, to try and understand the evolving needs of young people. Since we first conducted our Census, we are proud to have seen many organisations across the Isle of Wight improving their work listening to the voice of young Islanders, adding more voices to this conversation. It is our hope that these findings, will build upon this work and inspire our community to broaden our engagement with the young people we serve.

As you read through our findings, we ask that you consider:

How can we as a community be guided by the voices of young people, to better support young Islanders?

We hope these findings prompt you to ask more questions, listen to the answers and collaborate to find solutions. Our young people deserve a community that delivers the support they need when they need it.

Section 1. Primary School Responses

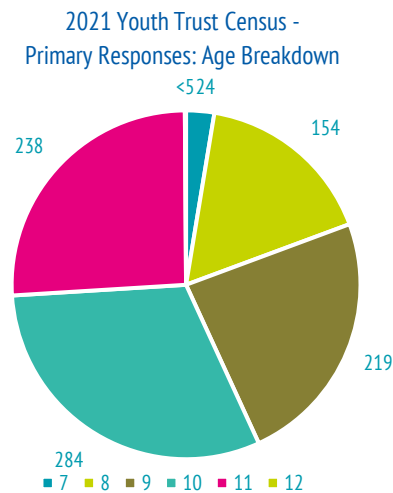
Facilitators delivered an interactive talk to all primary school-aged children who took part in the Census. This talk explored what we mean when we talk about mental health, a brief explanation of what the Youth Trust is and what the Census is; why we were asking questions and what we were planning on doing with the responses we received.

In most cases, the young people in this age group went through the survey one question at a time with a Youth Trust staff member in whole classes or whole year level setting depending on the size of the school and how they had chosen to facilitate their time with the Youth Trust. In two Primary Schools, we had the support of Barnardo's staff working within the Mental Health Support Team. In some Primary Schools, we delivered talks independently of the census, with students completing the census within their school at an appropriately designated time.

We visited young people in years 3-6 in 7 schools across the Isle of Wight. All statistics in this section refer to 920 responses we received from the primary school survey which was completed online, using school computers or tablets.

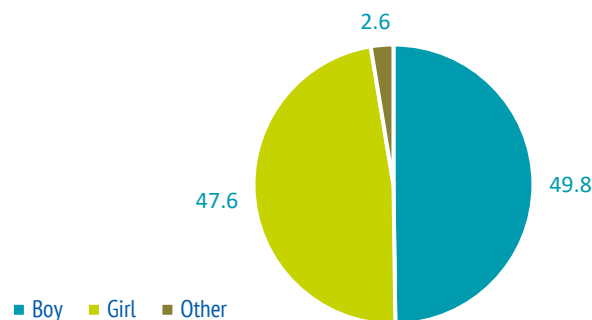
Demographic

The vast majority of young people who completed our Primary School survey were aged between 8-11 years.

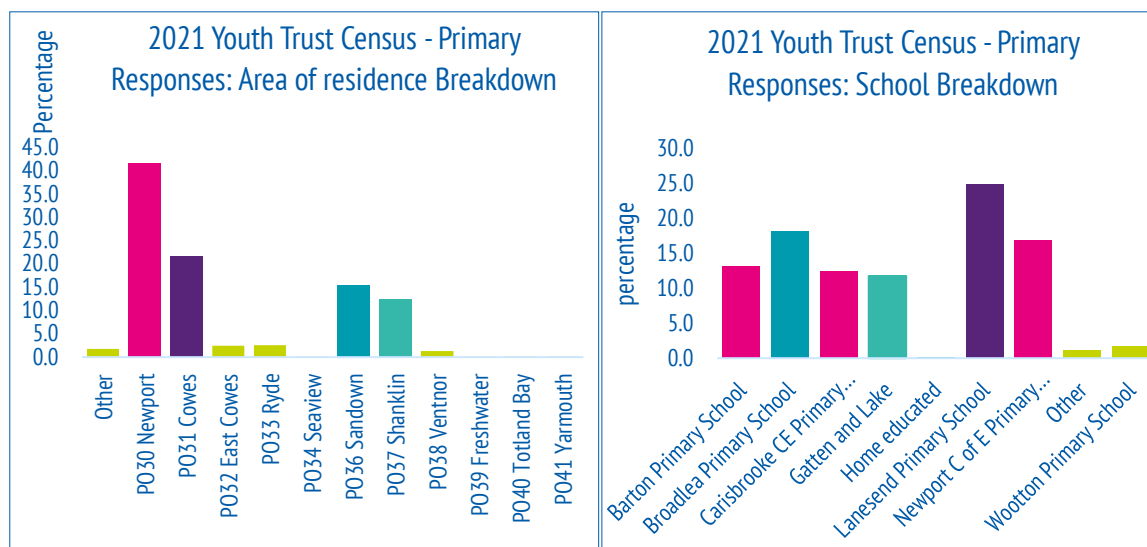


In terms of gender, we had a roughly even split between respondents identifying as boys or girls with a small minority identifying as gender fluid, demi-girl, non-binary or another gender identity. Anecdotally, there appeared to be greater awareness of gender identity in primary school students this year, than any other year previous.

2021 Youth Trust Census - Primary Responses: Gender Breakdown (%)



Most Primary School respondents were from Newport (41.7%) Cowes (21.7%), Sandown (15.3%) or Shanklin (12.4%). This aligns roughly with the geographic location of the schools we visited. Notably, children from Ryde are underrepresented in this survey. While Ryde is a large town on the Island, the nearest school to Ryde which took part was Wootton Primary School.



When asked to describe their home situation 'most of the time':

- 62.6% of respondents were living with two parents.
- 13.6% were living with on parent.
- 11.8% were living half the time with one parent and half the time with another parent.
- 10.1% were living with one parent and a stepparent.

Relationships

- 96.3% of respondents said that they have one or more good friends. This aligns with our 2019 Census findings.
- 3.7% of respondents said they have no good friends. This aligns with our 2019 Census findings.
- 68.8% of respondents said they enjoyed spending time with their family, 29.2% said they sometimes enjoying spending time with their family and 2% said that they did not enjoy spending time with their family. These findings are roughly the same as our 2019 survey.
- 5.8% of respondents said that they did not have any special adult that they could go to for support if they had a problem.¹
- 84.8% reported that they would turn to their Mum for support and 64.3% turn to their dads. 35% would seek support from a teacher.²

¹ The statistical analysis of this question was completed by the Isle of Wight Youth Trust. Data may have cleansed differently and therefore result in slight variations.

² The statistical analysis of this section was completed by the Isle of Wight Youth Trust. Data may have cleansed differently and therefore result in slight variations.

Social Media³

Most primary school aged children reported being on some form of social media with only 3.9% (decreased from 7% in 2019 Census) of respondents in this age group reporting they were not using any of the listed social media channels; Facebook, Instagram, SnapChat, text message, TikTok, WhatsApp, YouTube and YouTube Kids.

Of the listed options, YouTube was by far the most popular. The high usage of TikTok is noteworthy, considering it was not listed as an option on the 2019 Census, as it was still emerging as a platform.

- 85.6 % reported using YouTube.
- 55.6% reported using WhatsApp.
- 45.8% reported using TikTok
- 45.6% reported using text messages.
- 26% reported using Snap Chat.
- 18% reported using YouTube Kids.
- 14.8% reported using Instagram.
- 5.4% reported using Facebook.

Our Census did not ask further questions about how primary-school aged children engaged with social media or how/if they were supervised in using social media, which could be an area for further exploration.

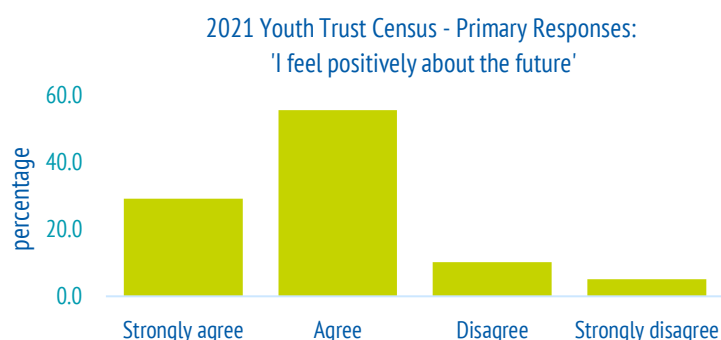
Wellbeing

Young people were asked to answer seven questions on their feelings. They were asked to respond by indicating if given statements were true, sometimes true or never true, in describing their feelings over the past two weeks. In delivering the survey, we took additional steps to ensure that the young people understood what each question was asking, taking the time to explain any difficult words.

- 73.8% said it was true or sometimes true that they had been worrying a lot.
- 76.8% said that it was true or sometimes true that it had been hard to get to sleep or stay asleep.
- 72.1% said it was true or sometimes true that they get very angry and often lose their temper.
- 67.7% said it was true or sometimes true that they were often unhappy, down or tearful.
- 57.8% said it was true or sometimes true that they have many fears and are easily scared.
- 58.2% said it was true or sometimes true that they were totally lacking in energy and enthusiasm.
- 39.5% said it was true or sometimes true that they felt terribly alone and isolated.

Additional Wellbeing Questions

- 84.7% of respondents reported feeling positively about their future, while 15.3% did not feel positively about their future.



³ The statistical analysis of this section was completed by the Isle of Wight Youth Trust. Data may have been cleansed differently and therefore result in slight variations.

- 79.1% of respondents reported feeling good about themselves and 20.9% did not feel good about themselves. These findings align with our 2019 Census.

2021 Youth Trust Census - Primary Responses: Feeling unsafe



- 95.5% of respondents felt safe at home. 4.5% reported they did not feel safe at home.
- 89% of respondents felt safe in the classroom. 11% did not feel safe in the classroom.
- 77.9% of respondents felt safe in the playground. 22.1% did not feel safe in the playground.
- 72.5% of respondents felt safe in the community. 27.5% did not feel safe in the community.

Anecdotally, it should be noted that while conducting this survey conversations around safety indicated varied understandings of what it means to feel safe. Among primary school students, the idea of hurting themselves in the playground was cited on multiple occasions as a cause for not feeling safe in this setting. While recent incidents of anti-social behaviour in some communities were offered as contributing to a lack of safety in this setting.

It should also be noted that facilitators explained what community is and in future surveys, more age appropriate language could be considered for this question.

Coping Mechanisms⁴

When asked to select their top three coping mechanisms, the most popular options for Primary School aged Children were:

- Video games (36.6%)
- Listening to music (26.9%)
- Watching T.V (25.8%)
- Spending time with pets (25%)
- Watching videos online (e.g YouTube) (24.5%)
- Spending time with friends (21.4%)
- Doing Art (20.8%)
- Spending time with family (19%)
- Crying (16.9%)
- Sleeping (15.1%)

While not in the top 10 most popular ways of coping, 7.1% of respondents chose eating more than usual, 6.6% chose eating less than usual and 4.4% chose self-harming.

⁴ The statistical analysis of this section was completed by the Isle of Wight Youth Trust. Data may have cleansed differently and therefore result in slight variations.

Engagement with Services

- 22% of respondents reported having seen a mental health professional – an increase of 5 percentage points (from 18% in 2019).
- 33.4% did not know if they had seen a mental health professional.
- 44.7% said they had not seen a mental health professional.

Most Primary School aged respondents (57.8%) had not heard of the Youth Trust before. A decrease from 64% in the 2019 Census.

Section 2. Responses from 11-25-year-olds

Most responses received from this age group were received through schools and colleges. This age group was asked to complete a longer, more involved online survey than their primary school-aged counterparts.

The delivery of the survey for this age group was more varied than in primary schools. Some schools chose to administer the survey wholly internally, with their students completing their survey online. This meant that the Youth Trust did not always deliver a talk to secondary school-aged students, explaining why we were collecting responses or how their data would be used.

Youth Trust and Barnardo's staff delivered talks to whole year level assemblies at Medina College. Youth Trust staff delivered a talk to a whole year level assembly at the Island Innovation VI Form and delivered small workshops with students at HTP apprenticeship college.

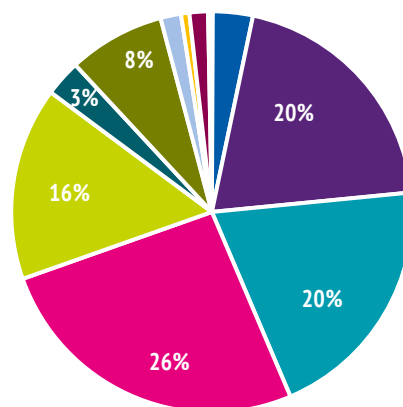
Young people in this age group were also able to complete this survey online and it was circulated through social media and local media outlets, to encourage wider participation. This section will examine findings from the 1,321 responses to the survey designed for 11- 25-year olds.

Demographic

Age

- 82.7 % of respondents in this age group were between 12-15 years.
- 4.2% of respondents were over 18 years of age.

2021 Youth Trust Census:
Secondary Responses Age Breakdown (%)



■ I am younger than 11 ■ 11 ■ 12 ■ 13 ■ 14 ■ 15 ■ 16 ■ 17 ■ 18 ■ 19 ■ 20-25 ■ I am older than 25

Location

Respondents lived in the following places:

- Ryde 40.1% (39.1% in 2019)
- Newport 22.9% (22.3% in 2019)
- Cowes 12.1% (16% in 2019)
- Sandown 2.8% (11% in 2019)
- East Cowes 10% (9% in 2019)
- Ventnor 3.6% (8% in 2019)
- Shanklin 2% (6% in 2019)
- Other towns 6.5% (11% in 2019)

These numbers are reflective of the locations of the schools who took part in the survey and the reduction in respondents from Ventnor, Shanklin and Sandown can be understood as secondary schools in these areas did not participate in this year's Census.

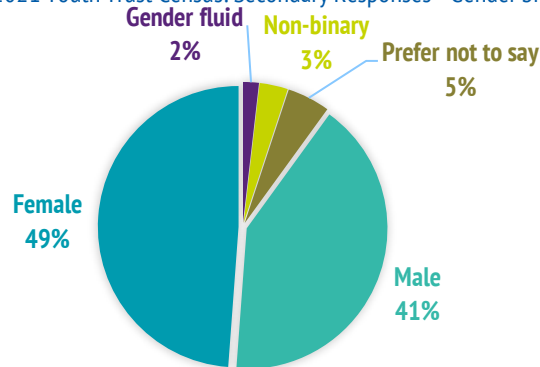
Education

97% of respondents were students at either school, college or university.

Gender

Most respondents were female (48.8%), followed by male (41.2%), non-binary (3.3%) and gender fluid (1.9%). 4.9% Preferred not to say.

2021 Youth Trust Census: Secondary Responses - Gender breakdown



Home situation⁵

When asked to choose a description of their living situation most of the time, the most popular responses were:

- Living with two parents, 55.9%
- Living with one parent, 21.2%
- Living half the time with one parent and half the time with another, 9.7%
- Living with one parent and a stepparent, 11.5%.

Sleep

- 45% of respondents reported having an average of 7-8 hours of sleep each night.
- 12.3% slept for more than 8 hours each night.
- 42.7% of respondents reported sleeping for less than 6 hours or less each night, increasing from 36% in 2019.

⁵ The statistical analysis of this section was completed by the Isle of Wight Youth Trust. Data may have cleansed differently and therefore result in slight variations.

Social Media

- 30.5% reported sometimes or frequently finding it difficult to relax in the evening after using social in the evening. Nearly 70% felt they could relax.
- 46.6% reported that they had never received threatening, intimidating or nasty messages via social media, email or text.
- 32.6% rarely received threatening, intimidating, or nasty messages via social media, email or text.
- 16.9% sometimes received threatening, intimidating, or nasty messages via social media, email or text.
- 4% frequently received threatening, intimidating, or nasty messages via social media, email or text.

Relationships

- 96.4% of respondents reported having one or more good friends, 3.6% reported having no good friends.
- 53.9% of respondents enjoy family life, 41.5% sometimes enjoy family life and 4.6% do not enjoy family life.
- As with the primary-aged children, this age group identified parents as being the main people they would turn to for support if they had a problem, with Mum being the most popular response (62.6%), followed by Dad (32.4%). 13.1% of respondents said they would turn to their grandmother and 12.2% would turn to a teacher.
- 18.5% of respondents in this age group felt they had no one to turn to for support, this has increased by more than 5 percentage points since 2019.
- 50.9% of respondents had never had a boyfriend, girlfriend, or partner.
- Of the 49.1% of respondents who did have a partner, now or in the past:
 - o 22.4% had never, sometimes or rarely felt comfortable with their boyfriend, girlfriend or partner.
 - o 7.9% had been hit or pushed by their boyfriend, girlfriend, or partner of which 4.2% reported experiencing this within the last 12 months.
- Around 85% have never shared intimate images of themselves, 6.5% had.⁶
- 6.2% of respondents had had intimate images of themselves shared without their consent.⁷
- Just under 30% of respondents (29.1%) have received unwanted sexual content on social media etc.⁸

Sexuality and Gender

- Nearly a third of respondents (32.3%) identified themselves as lesbian, gay, bisexual, pansexual (22.6%) or as unsure (9.7%).
- 2.3% of respondents said they were not comfortable with their sexuality.
- 17.3% of respondents said they were partly comfortable with their sexuality.
- 80% of respondents said they were comfortable with their sexuality.
- 41.5% of respondents who identified as lesbian, gay, bi-sexual, or pansexual reported they had received threatening or intimidating behaviour linked to their sexual orientation.
- 7.3% of respondents identified as transgender (3.6%) or unsure (3.7%).
- 57.3% of respondents who identified as transgender reported they had received threatening or intimidating behaviour linked to their gender identity.⁹

⁶ Respondents were given the option to leave this question blank or to select 'I do not wish to answer this question.'

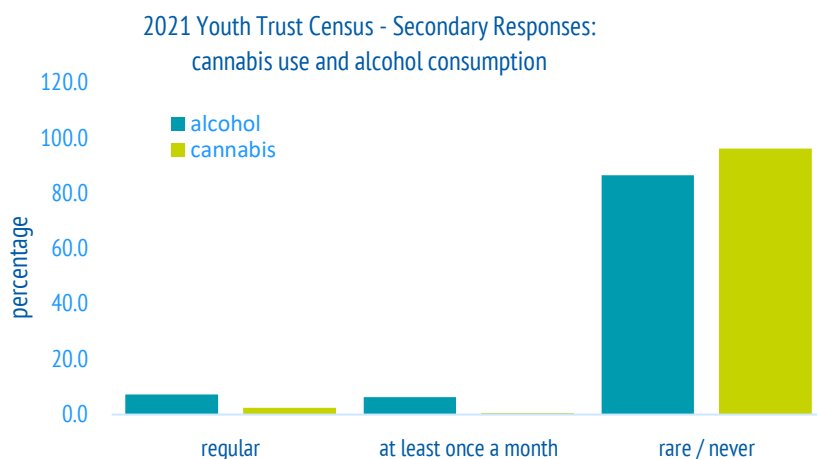
⁷ Respondents were given the option to leave this question blank or to select 'I do not wish to answer this question.'

⁸ Respondents were given the option to leave this question blank or to select 'I do not wish to answer this question.'

⁹ This data relates to a small number of respondents and may therefore not be as robust as other findings in this report.

Alcohol, Cannabis and Gambling

The questions in this section were changed slightly from the 2019 Census. In our 2019 survey, we asked more questions, on a wider range of drugs. This year chose to focus on cannabis use. We offered more specific options on usage and also included options that allowed young people to report on occasional use in more nuanced way, based on anecdotal feedback from our 2019 Census. We asked questions on gambling for the first time.



- 42.7% of respondents never drink alcohol, 18.4% have tried alcohol but do not drink it regularly and 25.5% reported only drinking alcohol on special occasions when their parents/carers let me. 6.2% drink alcohol at least once a month, 3.3% drink alcohol at least once per week and 3.9 % drink alcohol some days each week or most days each week.
- 89.3% of respondents never use cannabis.
- 86% of respondents had never gambled. 14% had gambled in some form, of which 3% gambled at least once a month or more frequently.

Eating, Exercise and Body Image

Over the past 18 months we have heard numerous services on the Isle of Wight report increasing numbers of young people presenting with both diagnosable eating disorders, and disordered eating behaviours. In developing the survey, it was felt that it was vital to ask questions about young people's relationship to food, exercise and body image. Young people were offered five statements and asked to indicate if they were true, sometimes true or never true in describing their relationship with food and exercise.

We found:

- nearly two thirds of respondents (63.8%) never hide their eating. 11.4% did hide their eating with a further 24.8% sometimes doing so.
- nearly 60% do not eat a large amount in one go and cannot control it. 12.3% have done this with a further 28.3% sometimes doing this.
- 22.5% of respondents reported that it was 'never true' that they were happy with their eating patterns and what they eat. 43.3% feel happy with their eating patterns and what they eat with a further third feeling this way some of the time.
- 12.1% feel that working out is about how they look and are upset if they miss a session, 28.7% felt like this some of the time.

- When asked if the way looked or how much they weighed influenced how they felt about themselves, the results were relatively evenly spread. Roughly a third indicated this was true, a further third sometimes true and the final third reported it was never true.

Bullying

- Just over 60% of respondents reported having witnessed bullying within 12 months (35.1%) or in the past (25.4%) This is a significant decrease from 75% in the 2019 Census.
- 52.9% of respondents had experienced bullying either within 12 months (18.8) or in the past (34.1%). This is a decrease from 58% in the 2019 Census. This question was worded differently than in previous years, with answers including a time component.
- Reported rates of bullying were higher among young people who identified as having a disability, neurodiversity, or long-term mental or physical health condition. 69.2 of respondents who identified in this way reported being bullied either within the past 12 months (27.2%) or at some point before this (42.1%).

Wellbeing

As with Primary School respondents, young people in this age group were asked to answer seven questions on their feelings. They were asked to respond by indicating if given statements were true, sometimes true or untrue, in describing their feelings over the past two weeks.

The cumulative total of 'true' and 'sometimes true' responses increased by a minimum of 3 percentage points. Which is detailed in the comparison section of this document.

68.6% said it was true or sometimes true that they were totally lacking in energy and enthusiasm. This increased the most by over 11 percentage points since 2019.

	True		Sometimes True		Never True	
	Figure	%	Figure	%	Figure	%
I have been worrying a lot	443	33.5	529	44.8	286	21.7
It's been hard to go to sleep or stay asleep	398	30.1	507	38.4	416	31.5
I get very angry and often lose my temper	367	27.8	535	40.5	419	31.7
I am often unhappy, down or tearful	320	24.2	569	43.1	432	32.7
I have many fears, I am easily scared	245	18.5	463	35	613	46.4
I have felt totally lacking in energy and enthusiasm	394	29.8	513	38.8	414	31.3
I felt terribly alone and isolated	208	15.7	428	32.4	685	51.9

Additional Wellbeing Questions

- 33.4% of respondents said that they mostly coped well with problems.
- 48.3% of respondents felt that they sometimes coped well with problems and 18.3% felt they did not cope well with problems.
- 36.8% of respondents said they do not take a positive view towards themselves.
- 29.2% of respondents did not feel positively about their future.
- 49% of respondents disagreed or strongly disagreed that young people are viewed positively on the Isle of Wight.

Self-harm and Suicide

- A quarter of respondents reported they had deliberately hurt themselves without wanting to take their own life within the past 12 months. A further 9.8% reported that they had deliberately hurt themselves more than 12 months ago.
- 30.6% of respondents had thought about taking their own life within the past 12 months, even if they felt they would not act on their thoughts. A further 12.9% had thought about this more than 12 months ago.
- 14.2% of respondents reported that they had attempted to take their own life, either within the past year (9.2%), or previously (5%).

Further analysis was completed to understand if respondents who reported self-harming, thoughts of suicide or attempted suicide were engaging with services.

- Of those who had deliberately hurt themselves, without wanting to take their own life, 51.3% had never been to see a mental health professional.
- Nearly a third of respondents who had harmed themselves and had seen a mental health professional, had been to the Youth Trust (32%) - 27% had been to CCAMHS and 16.3% had been to Barnardo's. Please note that some respondents are expected to have accessed multiple services.
- Of those who had thought about taking their own life, even if they did not feel they would act on their thoughts, 55.1% had never been to see a mental health professional.
- Of those who had attempted to take their own life, 34.8% had never been to see a mental health professional.
- 42.2% of respondents who had attempted to take their own life, and had seen a mental health professional had been to the Youth Trust, 38.5% had been to CCAMHS and 19.8% had been to Barnardo's. Please note that some respondents are expected to have accessed multiple services.

These findings are particularly concerning to us as they indicate that there are many young people who are not being reached by the support that is available to them.

Coping strategies

When asked to select their top three coping mechanisms, the most popular options for this age group were:

- Listening to music (43.9%)
- Playing video games (29.9%)
- Watching videos online (e.g. YouTube) (29%)
- Crying (25.5%)
- Spending time with friends (20.3%)
- Sleeping (18.7%)
- Spending time with pets (14.7%)
- Exercising (13.4%)
- Spending time with family (13.3%)
- Watching T.V. (13.2%)

Music has consistently been one of the top coping mechanisms selected by our young people. Playing video games has also featured highly.

Engagement with Services

- 29.4% of respondents said that they had seen a mental health professional.
- 65.3% of respondents in this age group reported that they had heard of the Youth Trust before (an increase of over 25% from 2019 findings).



Section 3. Comparison with previous research

Most of the questions asked in our 2021 Census were asked in our 2019 Census. Some questions were also asked in our 2020 and 2021 Candid Covid Surveys, giving us information for some age groups at roughly six-month intervals over the past two years.

It should be noted throughout that sample sizes vary for each group. While we have demographic data for respondents for all surveys, which indicates some overlap, due to the anonymity of surveys it is impossible to identify whether or not respondents have completed the survey more than once over the past two years.

A trend which was observed by facilitators but is not captured in the data is the prevalence of the awareness of suicide among primary school aged students. In three primary schools suicide was brought up by students, in one school there had been a parental death by suicide, in another school a young person had lost a friend through suicide and in another school, a young person disclosed historic suicidal feelings. Suicide has never been a topic of conversation among census deliver in primary schools before this year.

Reponses from young people aged 7-11 years

The below Table shows that between our 2019 and 2021 Census we have seen an increase in reported rates of worry, sleeplessness, anger, unhappiness fear, low energy and loneliness suggesting poorer wellbeing in all areas.

Primary School Response (aged 7-11 years)	True		Sometimes True		Never True	
	2019 Census	2021 Census	2019 Census	2021 Census	2019 Census	2020 Census
I have been worrying a lot	14.86	18.2	45.93	55.7	39.22	26.2
It's been hard to go to sleep or stay asleep	34.91	40.0	35.36	36.8	29.74	23.2
I get very angry and often lose my temper	25.21	25.2	42.37	46.8	32.42	27.9
I am often unhappy, down or tearful	15.93	15.8	45.37	52.0	38.69	32.3
I have many fears, I am easily scared	21.22	19.8	33.08	38.0	45.70	42.2
I have felt totally lacking in energy and enthusiasm	14.27	15.1	34.02	43.0	51.71	41.8
I felt terribly alone and isolated	12.24	10.4	24.33	29.0	63.43	60.5

Primary School Response (aged 7 – 11 years) How much do you agree with the following statements?	Strongly agree		Agree		Disagree		Strongly Disagree	
	2019 Census	2021 Census	2019 Census	2021 Census	2019 Census	2021 Census	2019 Census	2021 Census
I feel good about myself.	34.9	29.8	45.4	49.3	13.3	14.7	6.4	6.2
I feel positively about my future.	35.4	29.1	45.7	55.5	12.8	10.2	6.2	5.1
I feel safe at home.	68.7	66.3	24.1	29.2	4.8	2.9	2.4	1.5
I feel safe in the classroom.	43.1	37.2	42.1	51.8	9.8	7.4	5.0	3.6
I feel safe in the playground.	27.7	25.4	42.6	52.5	19.3	15.8	10.3	6.3
I feel safe in the community	N/A	26.2	N/A	46.3	N/A	18.5	N/A	9.0

Reponses from young people aged 11-25 years

The below tables shows that between our 2019 and 2021 Census we have seen an increase in reported rates of worry, sleeplessness, anger, unhappiness fear, low energy and loneliness suggesting poorer wellbeing in all areas. This being said, findings also indicate that respondents' wellbeing in these areas have largely improved since both our July/August 2020 Covid survey and our February 2021 survey. Anger levels throughout this time have changed the least and remain closest to our 2019 findings.

Respondents 11-25 years	True				Sometimes True				Never True			
	2019 Census	2020 Covid	2021 Covid	2021 Census	2019 Census	2020 Covid	2021 Covid	2021 Census	2019 Census	2020 Covid	2021 Covid	2021 Census
I have been worrying a lot	30%	44%	39%	33.5%	42%	44%	42%	44.8%	28%	12%	19%	21.7%
It's been hard to go to sleep or stay asleep	27%	40%	42%	30.1%	35%	33%	33%	38.4%	37%	27%	25%	31.5%
I get very angry and often lose my temper	26%	24%	26%	27.8%	39%	43%	39%	40.5%	36%	33%	35%	31.7%
I am often unhappy, down or tearful	22%	37%	32%	24.2%	38%	42%	43%	43.1%	40%	21%	25%	32.7%
I have many fears, I am easily scared	17%	26%	18%	18.5%	31%	39%	38%	35.0%	52%	35%	44%	46.4%
I have felt totally lacking in energy and enthusiasm	23%	45%	46%	29.8%	34%	37%	36%	38.8%	43%	19%	18%	31.3%
I felt terribly alone and isolated	16%	27%	23%	15.7%	25%	37%	35%	32.4%	60%	36%	42%	51.9%

Respondents 11-25 years. How much do you agree with the following statements?	Strongly agree				Agree				Disagree				Strongly Disagree			
	2019 Census	Covid 2020	Covid 2021	2021 Census	2019 Census	Covid 2020	Covid 2021	2021 Census	2019 Census	Covid 2020	Covid 2021	2021 Census	2019 Census	Covid 2020	Covid 2021	2021 Census
I take a positive attitude towards myself.	22%	11%	14%	15%	45%	40%	41%	48.2%	22%	34%	31%	25.9%	11%	15%	14%	10.9%
I feel positive about my future.	27%	13%	8%	20.8%	47%	53%	51%	50%	17%	25%	27%	19.8%	9%	9%	14%	9.4%

Sexuality and Gender

We have seen significant movement across questions regarding sexuality and gender.

- Nearly a third of respondents (32.3%) identified themselves as lesbian, gay, bisexual, pansexual (22.6%) or as unsure (9.7%). This is a significant increase from 14% of young people identifying as lesbian, gay, bisexual or pansexual in our 2019 Census.¹⁰
- 2.3% of respondents said they were not comfortable with their sexuality. A slight reduction from 3% in 2019.
- 17.3% of respondents said they were partly comfortable with their sexuality, an increase from 12% in 2019.
- 80% of respondents said they were comfortable with their sexuality, a decrease from 84% in 2019.
- 41.5% of respondents who identified as lesbian, gay, bi-sexual or pansexual reported they had received threatening or intimidating behaviour as a result of this identity.
- 7.3% of respondents identified as transgender (3.6%) or unsure (3.7%). This has increased from 2% of respondents identifying as transgender in 2019. In 2019 the option of 'unsure' was not offered as a possible response.
- 57.3% of respondents who identified as transgender reported they had received threatening or intimidating behaviour linked to being transgender.¹¹

¹⁰ In the 2019 survey 'unsure' was not listed as an option for this question.

¹¹ This data relates to a small number of respondents and may therefore not be as robust as other findings in this report.

Self-harm and Suicide

In our 2019 we asked the following questions with a yes/no response. This year, we added a time element within to try to understand when young people had self-harmed, thought about suicide or attempted suicide.

- In our 2019 census 30% of respondents reported having deliberately hurt themselves without wanting to take their own life. This year the overall number increased to 35.3% of which 9.8% had done this more than twelve months ago.
- This year a total of 43.5% of respondents had thought about taking their own life either within the past 12 months (30.6%) or previously (12.9%) this is a slight increase from 40% in 2019.
- Worryingly, this year 14.2% of respondents reported that they had attempted to take their own life, either within the past year (9.2%), or previously (5%). This is an increase from 11% in 2019.

Acknowledgements

First and foremost, we would like to thank every person who took part in this survey. It is brave and important thing to raise your voice, so for every young person who offered us their views and experiences, we are extremely grateful.

We would like to also acknowledge the schools, community groups and individuals who provided us with the opportunity to deliver this work and especially those who promoted the census among their communities. Our census is a whole-Island effort and these responses simply would not be captured without such wide-reaching support for this project.

We are grateful for the support of Barnardo's staff who, worked alongside Youth Trust staff and helped to facilitate delivery of the Census through the Mental Health Support Team in Medina College, Barton Primary School and Newport CofE Primary School.

This year Isle of Wight Public Health supported with the analysis of the data. This has made the writing of this report exponentially easier and has allowed us to look in more depth at some questions. Special thanks to Abigail Wilkinson and Amy Milford-Wood for their work.

We would also like to acknowledge all those who contributed to the creation of this survey, including the Youth Trust Mental Health Taskforce members who have contributed to the development of these surveys over the past four years.

Finally, thank you to all Youth Trust staff, both past and present, who helped in the development of this census, its delivery and analysis. These findings play an important role in ensuring young people's voices are heard not only within the Youth Trust, but also within the Island community.



ISLAND YOUTH MENTAL HEALTH CENSUS 2021

2241

Young people aged 7-25 completed the 2021 Island Youth Mental Health Census.

More young people than ever before know about the Youth Trust. **62%**

1 in 4 respondents have seen a mental health professional (22% of 7-11 year olds & 29% of 11-25 year olds).



85% of 7-11 year olds feel positive about their future. For 11-25 year olds this figure drops to 71%.



32% of respondents aged 11-25 identified themselves as lesbian, gay, bisexual, pansexual (22.6%) or as unsure (9.7%).

Over half (53%) of 11-25 year olds have experienced bullying this increased to 69% for those with a disability, neurodiversity or long term health condition.



Over a third of 11-25 hide or sometimes hide their eating. **36%**

14% of 11-25 year olds have gambled in some form 3% gamble at least once a month.



95% of 7-11 year olds reported feeling safe at home.



of 11-25 year olds have deliberately hurt themselves (1/4 in the past 12 months).



of 11-25 year olds reported that they had attempted to take their own life, either within the past year (9%), or previously (5%).

Of those who had attempted to take their own life, 35% had never been to see a mental health professional.



64% of young people said it was true or sometimes true that they were **totally lacking in energy and enthusiasm**. For 7-11 year olds there was a 13% increase from 2019.

43% of young people aged 11-25 reported **sleeping for 6 hours or less each night**.



I HAVE BEEN WORRYING A LOT

96% of all respondents reported having **one or more good friends**.

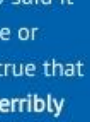
Both age groups identified **parents** as being the main people they would turn to for support if they had a problem.



19% of 11-25 year olds felt they had **no one to turn to for support**.



48% of young people aged 11-25 said it was true or sometimes true that they felt **terribly alone and isolated**.



96% of young people aged 7-11 use some form of **social media**:

- 86% use YouTube
- 56% use WhatsApp
- 46% use TikTok

53% of 11-25 year olds have received **threatening, intimidating or nasty messages** via social media, email or text.



29% of 11-25 year olds have received unwanted sexual content on social media.

Just over 6% of 11-25 year olds have had intimate images of themselves shared **WITHOUT** consent.



All data displayed was collected by the Isle of Wight Youth Trust through the Island Youth Mental Health Census, July 2021. Information shown shows percentages in relation to the number of responses for each question which may vary compared to the overall number of participants in the Census. For further information, contact Isle of Wight Youth Trust, 114 Pyle Street, Newport, Isle of Wight, PO301XA | (01983) 529569 | info@iowyouthtrust.oc.uk | Registered Charity Number: 1087163 | Company Number: 4149036