



Prince's Trust



MACQUARIE

THE PRINCE'S TRUST MACQUARIE

YOUTH INDEX 2015

EXECUTIVE SUMMARY EDUCATION

Summary

The Prince's Trust Macquarie Youth Index, now in its seventh year, reports on the issues young people face on a daily basis. With more than 2,000 young people polled each year, it is the largest study of its kind and provides a detailed insight into the lives of young people across the UK.

This year's report, which measures levels of happiness and confidence amongst young people, highlights that a lack of engagement in education, or lower educational achievement, can have a lasting impact on the lives of young people.

According to the index, young people who achieve fewer than five GCSEs graded A*-C, or Scottish Standards level 1 and 2, are less happy with their lives today.

The report also shows that young people who have been bullied tend to be less happy with their lives today. They are more likely than their peers to report that anxiety has stopped them from looking after their health, finding a job or even leaving the house.

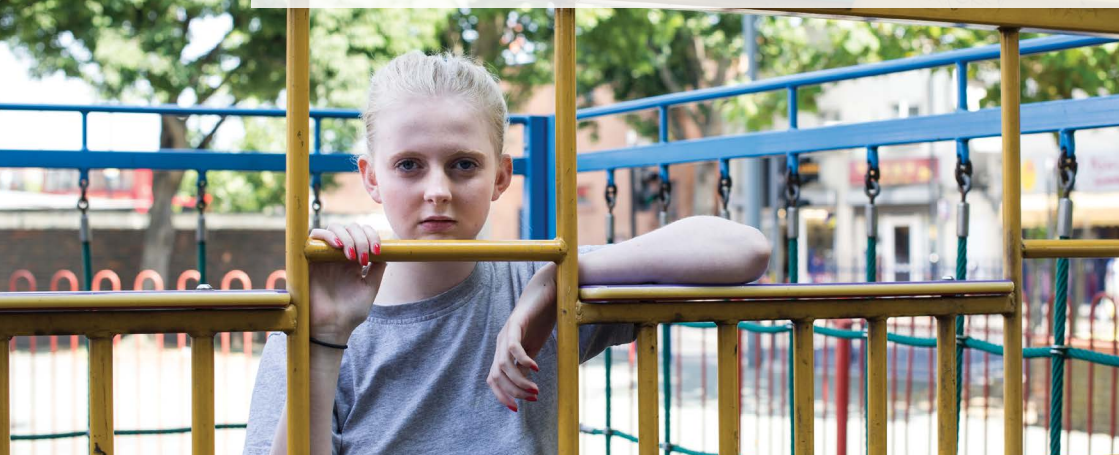
Key findings:

- Six in ten (62 per cent) of 16-25 year olds have been bullied at school
- For one in ten (10 per cent) of those who have been bullied, the bullying lasted more than five years
- More than one in five (23 per cent) were physically attacked
- More than one in five (22 per cent) did not attend school as a result of being bullied
- More than one in ten (12 per cent) of young people say their childhood was "traumatic"
- A quarter (25 per cent) didn't have anyone to talk to about their problems while growing up

The Prince's Trust works with and in schools, and outside the mainstream, to tackle issues such as bullying and lack of engagement at school. Our programmes provide a safe environment for young people to learn and re-build their confidence.



COMPASS SCHOOL



Schools and other education providers work with The Prince's Trust to help young people who have faced difficulties at home, bullying, mental or physical health problems, low self esteem issues, or who just struggle with day-to-day life at school.

Compass School, Southampton, has been working in partnership with The Prince's Trust for a number of years, supporting young people to realise their potential and encouraging them to invest in themselves and their education.

Compass works with those who are unable to access mainstream education and, over the course of the partnership, has referred a significant number of young people to The Trust's Fairbridge programme, a personal development programme. This includes young people from Compass' Nurture provision, which supports young people who are unable to engage in Compass' mainstream classes.

Through the Fairbridge programme, the young people are given the opportunity to develop their personal and social skills, improving their confidence, respect for others, motivation, teamwork and communication skills. Programmes are

tailored to individual needs and one-to-one support is offered to the young people in school through Prince's Trust employees who go into Compass to better understand the environment they are working in. The overall aim of the Fairbridge programme for compulsory school age young people is to support them to re-engage with their education and work towards qualifications that will ultimately help them into



THE RELATIONSHIP WE HAVE WITH COMPASS IS A REALLY VALUED PARTNERSHIP AND ENABLES US TO SUPPORT A NUMBER OF DISADVANTAGED YOUNG PEOPLE IN OUR LOCAL AREA. THIS PARTNERSHIP HAS BEEN IN PLACE A NUMBER OF YEARS AND CONTINUES TO STRENGTHEN YEAR ON YEAR. WORKING CLOSELY WITH COMPASS ENABLES US TO TAKE A HOLISTIC APPROACH IN SUPPORTING THEIR YOUNG PEOPLE AND THIS, IN TURN, ENSURES WE SECURE THE BEST POSSIBLE OUTCOMES BOTH FOR COMPASS AND THEIR STUDENTS.

— SARAH KIDD
FAIRBRIDGE PROGRAMME MANAGER



Prince's Trust



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Summary

The Prince's Trust Macquarie Youth Index, now in its seventh year, reports on the issues young people face on a daily basis. With more than 2,000 young people polled each year, it is the largest study of its kind and provides a detailed insight into the lives of young people across the UK.

The link between unemployment and mental health has been established for some time and The Prince's Trust Macquarie Youth Index 2015 demonstrates that this is still having a huge impact on the lives of young people. This year's report, which measures levels of happiness and confidence among young people, shows that young people who are not in education, employment or training (NEETs) are significantly less happy across all areas of their lives than their peers.

One area that is of particular concern is how many NEET young people report feeling anxious, unhappy and lacking in confidence, and the impact this has on their lives. While many young people experience anxiety in their everyday lives, the research reveals that those who are out of work are far more likely to demonstrate anxious behaviours. Young people who are unemployed are also more likely to feel down or depressed and unhappy about their general health.


Key findings:

→ More than one in ten (13 per cent) of young people often feel too anxious to leave the house and this increases to 35 per cent of NEETs

- More than a third (36 per cent) often feel anxious about everyday situations, rising to 52 per cent of NEETs
- A fifth (20 per cent) claim they "fall apart" emotionally on a regular basis. This increases to a third (33 per cent) of NEETs
- Forty-six per cent of unemployed young people say they avoid meeting new people and 39 per cent find it hard to make eye contact with people
- Almost half (47 per cent) of unemployed young people feel down or depressed "always" or "often"
- More than a third of unemployed young people report that anxiety has stopped them from looking after their health (36 per cent) or eating properly (38 per cent) compared with 26 and 29 per cent respectively amongst their peers

The Prince's Trust is working with partners across the UK to help young people re-build their confidence and support them into jobs, training and further education in order to give them a happier, healthier future.

HEALTH EDUCATION ENGLAND



Health Education England has been working with The Prince's Trust for over a year, supporting pre-employment programmes in hospitals, NHS trusts and supporting organisations, to engage and recruit young people across the country.

Alongside reducing youth unemployment, the partnership also achieves a number of NHS objectives. First, it diversifies employment within the health sector by encouraging young people from disadvantaged backgrounds to consider careers with the NHS.

Secondly, it builds on the existing synergy of values between the NHS and The Prince's Trust by creating a workforce that is aligned with NHS values.

Finally, it improves health outcomes for young people and reduces reliance on health services by addressing the link between youth unemployment and poor health.

The partnership supports pre-employment and personal development programmes designed to give young people a taste of work in the NHS. These courses cover a wide range of skills and give young people

access to work experience placements ranging from customer services to radiography.

The partnership has been hugely successful since it began, helping almost 300 young people gain invaluable experience in the health sector, 59 per cent of whom found employment, including apprenticeships, as



OUR PARTNERSHIP WITH HEALTH EDUCATION ENGLAND IS GIVING YOUNG PEOPLE THE CHANCE TO ACCESS SUSTAINABLE CAREERS THAT THEY WOULD NEVER HAVE PREVIOUSLY CONSIDERED. FEEDBACK FROM YOUNG PEOPLE SUGGESTS THAT EXPOSURE TO HEALTHCARE ENVIRONMENTS IS ALSO ENCOURAGING THEM TO REFLECT ON THEIR OWN WELLBEING AND LIFESTYLE AND IS HAVING A POSITIVE IMPACT AMONG THEIR FAMILY AND PEER NETWORKS.

**– ADRIAN THACKER
SENIOR HEAD OF NATIONAL
PARTNERSHIPS AT THE PRINCE'S TRUST**



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EXECUTIVE SUMMARY TROUBLED FAMILIES

Summary

The Prince's Trust Macquarie Youth Index, now in its seventh year, reports on the issues young people face on a daily basis. With more than 2,000 young people polled each year, it is the largest study of its kind and provides a detailed insight into the lives of young people across the UK.

This year's report, which measures levels of happiness and confidence amongst young people, showed that a high number of young people would describe their childhood as "traumatic" and are less happy with their lives today than their peers. This is the case across all of the various areas of life outlined in the index, from employment to mental and physical health. Many young people also felt they did not have anyone to talk to about problems they faced whilst growing up.

Key findings:

- More than one in ten (12 per cent) of young people say their childhood was "traumatic"
- One in ten (9 per cent) were physically attacked at home during their childhood
- Seventeen per cent witnessed emotional abuse at home during their childhood
- More than one in ten (12 per cent) report being scared of the adults in their childhood
- A quarter (25 per cent) did not have anyone to talk to about their problems while growing up

The research also highlights that issues such as education and employment have a bearing on a young person's happiness and wellbeing. Young people who achieve fewer than five GCSEs graded A*-C, or Scottish Standards level 1 and 2, are less happy with their lives today. Those who are not in education, employment or training – NEETs – are more likely to be down or depressed and unhappy with their health in general.

Working alongside Troubled Families teams and other specialist support, The Prince's Trust offers programmes to help young people re-build their confidence and move into positive outcomes in education or employment. It is enormously important to us that we continue to work with Troubled Families services across the UK to help positively engage with young people who may have experienced traumatic childhoods, lack positive role models, are struggling in school or are unemployed.



TOWER HAMLETS



The Prince's Trust has been working with the Tower Hamlets Family Intervention Service since September 2014, funded by the Government's 'Troubled Families' Programme. The partnership has been an important step in showing how local authorities can work with The Prince's Trust to help young people from families with complex needs onto Prince's Trust programmes.

As part of the partnership, an Outreach Executive responsible for recruiting young people to the Prince's Trust, works with the Family Intervention Service to identify potential candidates for Prince's Trust programmes.

This involves the Outreach Executive attending monthly meetings and discussing each referral with a member of the Family Intervention Service, before deciding with the young person which programme would be best for them. The young person is then supported to attend an introductory information session or taster day to see if the programme is for them or not.

Once the young person is on a programme, the Outreach Executive monitors them and keeps the Family Intervention Team up to date on progress or any difficulties the young person may be facing. Once they have completed the programme, the young person is then offered a Prince's Trust Progression

Mentor who can support them for up to six months after the programme has ended, helping them progress into further education, employment, training or volunteering.

This partnership has proved beneficial to both parties and is definitely a model to be promoted as it adds an extra layer of support by focusing on the learning needs of young people from complex families.



WE ARE EXCITED TO BE WORKING DIRECTLY WITH A DEDICATED STAFF MEMBER FROM THE PRINCE'S TRUST SO THAT WE CAN BUILD UP A STRONG, TRUSTED, REFERRAL PROCESS. IT IS ALSO VERY VALUABLE TO HAVE DIFFERENT PROGRAMMES ON OFFER TO YOUNG PEOPLE FROM THE WHOLE AGE RANGE FROM AGE 13 TO 30.

**– LYNNE LEHANE
OPERATIONAL MANAGER AT THE
FAMILY INTERVENTION SERVICE AT
LONDON BOROUGH OF TOWER HAMLETS**