

THE STATE OF YOUNG PEOPLE DURING COVID-19



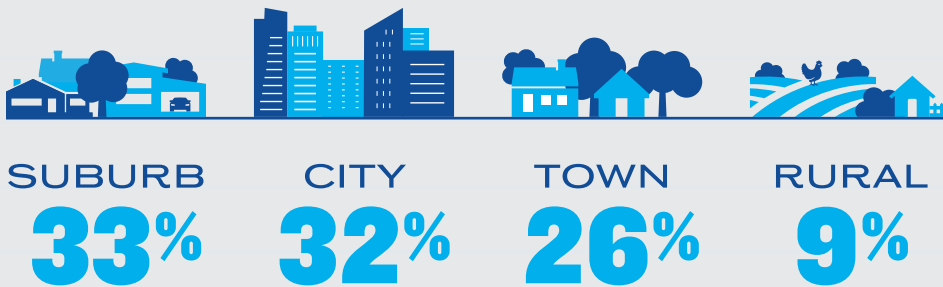
Findings from a nationally representative survey of high school youth

The survey of 3,300 young people aged 13–19 was conducted by the Center for Promise at America's Promise Alliance in late April and early May 2020; two-thirds of the respondents had been out of school for more than four weeks.

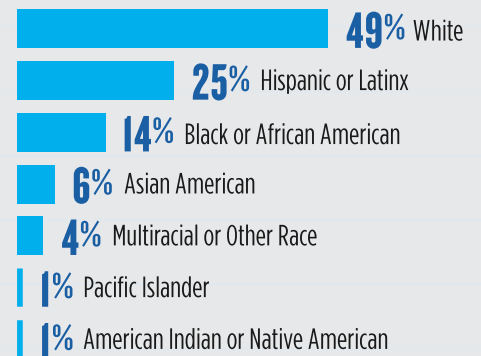
These findings suggest that students are experiencing a collective trauma, pointing to a need for immediate and ongoing support for them and their families.

DEMOGRAPHIC BREAKDOWN

By Urbanicity (N=3,300)



By Race (N=3,300)



THIS INFOGRAPHIC OFFERS A SNAPSHOT OF YOUNG PEOPLE'S SELF-REPORTED:

- Participation in online learning
- Connection to school community, school adults, and classmates
- Top-of-mind concerns
- Indicators of health and wellbeing
- Access to support

FINDING 1 SHOWING UP TO LEARN, BUT FEWER HOURS PER DAY

Although just over half of students reported participating in online learning or working on assignments five or more days a week, **three-quarters** reported spending between **1 and 4 hours** on these activities during a typical day—far less time than a regular school day.

Hours per day spent on online learning:



FINDING 2

LESS CONNECTED TO SCHOOL COMMUNITIES, SCHOOL ADULTS, AND CLASSMATES

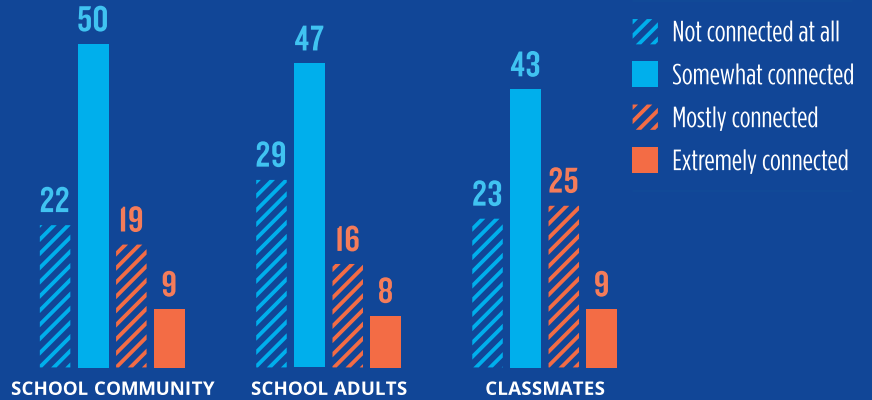
Approximately one-quarter of students were feeling disconnected from their school communities, school adults, and classmates.

ASIAN STUDENTS were more likely to feel disconnected from their school communities than White, Black, and Latinx students.

LATINX STUDENTS reported feeling less connected to both school adults and classmates than either White or Black students.

STUDENTS IN RURAL COMMUNITIES reported feeling less connected to their school communities than students in cities, towns, or suburbs.

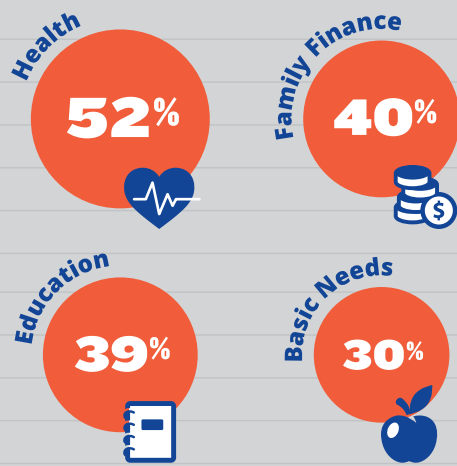
During this time, how connected do you feel to... (%)



FINDING 3

MORE CONCERNED ABOUT BASIC NEEDS, HEALTH, AND ACADEMICS

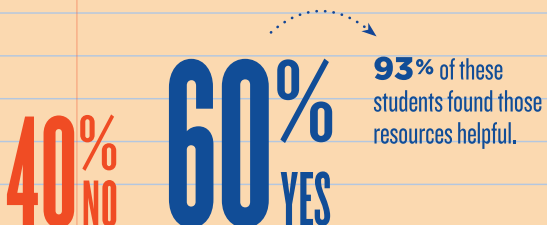
Percent of students who were “much more concerned than usual” about...



FINDING 5

FINDING SUPPORT HELPFUL, WHEN IT IS OFFERED

Percent of youth offered social or emotional support by an adult from their school:



FINDING 4

EXPERIENCING POORER EMOTIONAL AND COGNITIVE HEALTH

While all young people reported poorer health, meaningful differences among groups emerged.

Young people living in cities **WERE 15% MORE LIKELY** to report poorer health indicators than those in rural areas.

MORE THAN 1 IN 4 young people reported an increase in losing sleep because of worry, feeling unhappy or depressed, feeling constantly under strain, or experiencing a loss of confidence in themselves.

Percent of youth reporting poorer emotional and cognitive health by race/ethnicity:

