

WELL BEINGS

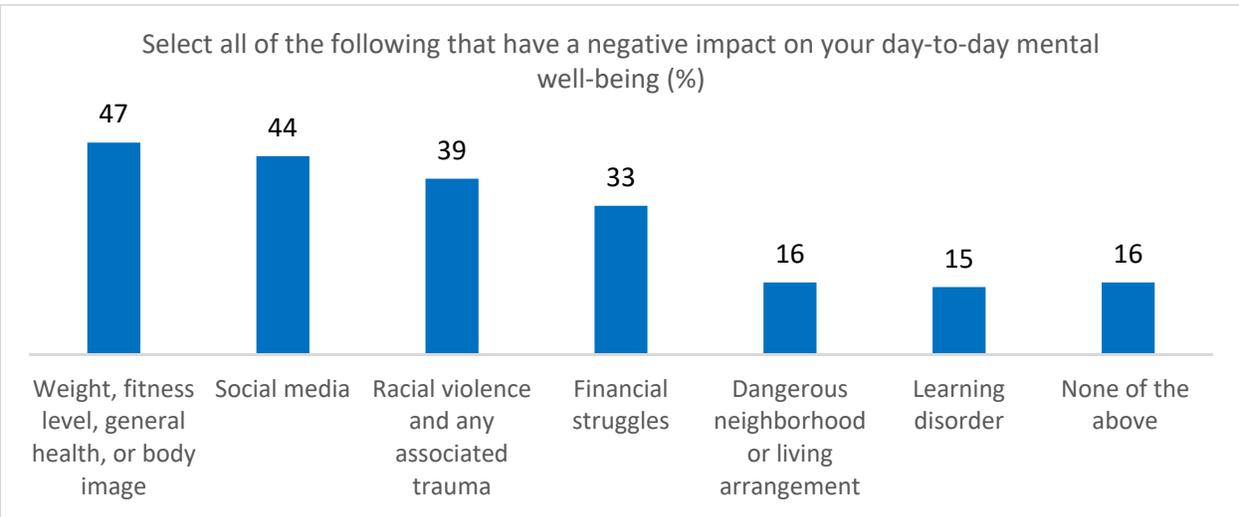
Teen survey about Mental Health conducted for WETA Well Beings and PBS NewsHour Student Reporting Labs by DKC Analytics. The poll was conducted the week of October 5, 2020

About the respondents:

- All 1000 respondents are between the ages of 16 and 19, and gender is evenly divided.
- 22% are high school juniors; 25% are high school seniors; 19% are college freshmen; 11% are college sophomores. 9% are in another grade level, and 13% are no longer in school. (Q1)

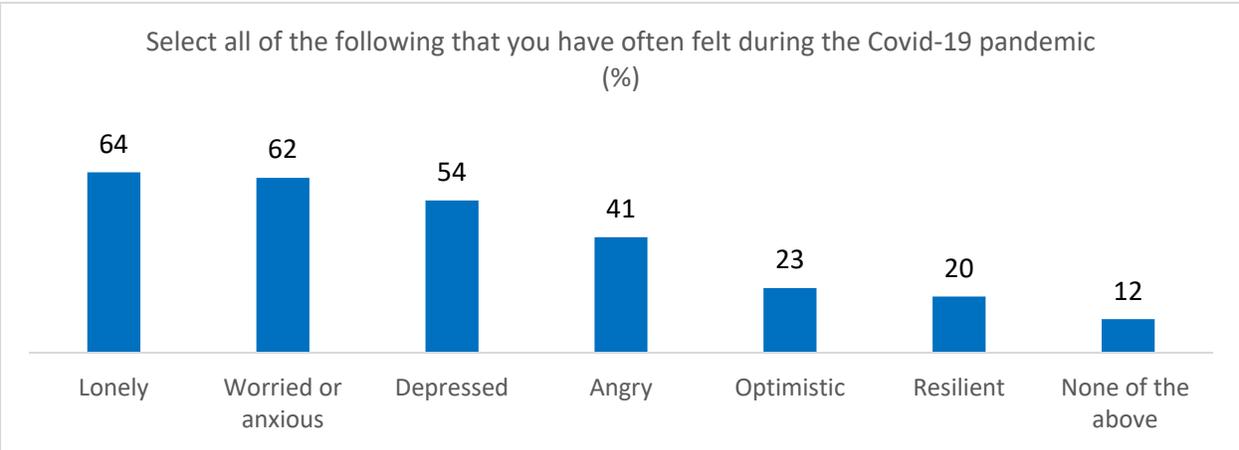
Mental health is the top-rated concern for the future of respondents, amidst widespread dissatisfaction with current mental health, and depression:

- 67% report experiencing depression in the past year. 22% say they've experienced *serious* depression. (Q23)
- 44% say they're dissatisfied with their current mental health. (Q21)
- Mental health is the top-ranked concern for the future of respondents. 28% rank mental health #1, ahead of physical health, financial health, or ability to obtain desired education. 58% rank mental health in their top two. (Q15)
- Climate change is the biggest societal concern for the future, ranked first by 23%. Racial strife is a close second, receiving the top-rank of 22%. (Q16)
- The most commonly-selected factors having a negative impact on day-to-day mental well-being are weight/fitness/health issues, and social media. (Q20)
 - Note: females select, "weight, fitness level, general health, or body image," 55% of the time, while males select this option 40% of the time.



Covid-19 has worsened mental health for a majority, and most believe it has created a generational disadvantage:

- 50% say the pandemic has made their mental health worse, compared to just 16% who say it has improved their mental health. 15% say the pandemic has made their mental health *much* worse. (Q17)
 - College students have experienced heightened impact. 59% of college freshmen and 62% of sophomores report worsening mental health due to Covid-19.
- 72% say Covid-19 has created a disadvantage for their generation. 33% say it has created a *strong* disadvantage. (Q14)
- A 55% majority believe that the pandemic will not end until the close of 2021... 7% believe it will take three or more years for our daily lives to return to normal. (Q13)
- “Lonely,” and, “worried or anxious” are the most common feelings frequently experienced during the pandemic – each selected by over 60% of respondents. (Q18)



Family relationships have worsened during the Covid-19 pandemic, due to financial concerns and fighting:

- 35% say their relationships and interactions with immediate family have worsened during the Covid-19 crisis, compared to 21% who say they have improved. (Q7)
- “Money is tighter,” is the most commonly-reported reason for Covid-19 impacting family life, selected by 41%. “Increased arguments with parents or siblings,” is second, selected by 35%. (Q8)

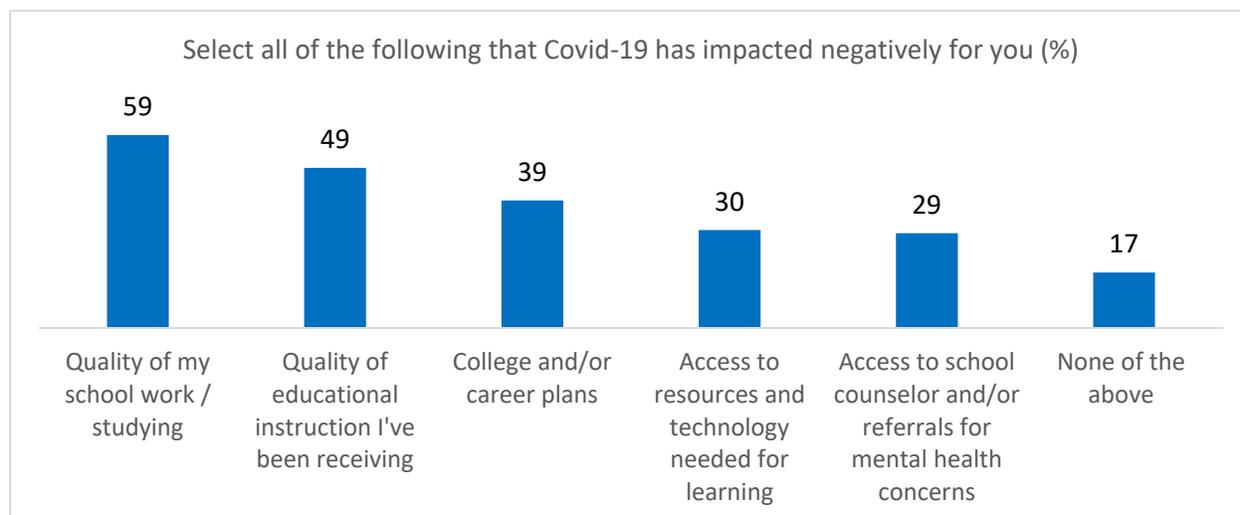
Social lives have worsened due to the pandemic... activities have been cancelled while bullying behavior has persisted:

- 53% say the pandemic has made their social life worse, compared to just 18% who say it has improved. 19% say their social life is now *much* worse. (Q10)
 - College students have experienced heightened impact. 61% of college freshmen and 63% of sophomores report worsening social life due to Covid-19.
- “I’ve grown apart from some friends,” is the most commonly-reported cause of declining social life during Covid-19, selected by 53%. Additionally, 49% say their social activities have been restricted or cancelled, and 46% say they have missed out on major milestones like prom. (Q11)
 - At 59%, college freshmen are especially likely to report they’ve missed out on major milestones.
- 79% participate in extracurricular activities. 47% say their extracurriculars have been *seriously* impacted by Covid-19. An equal 47% say a decline in extracurriculars has affected their social life. (Q5)
- 43% say they’ve been the victim of bullying in the past year. 10% say they are *often* a victim. (Q22)

Education is deeply disrupted, but a majority of students say schools are adapting well:

- School is still largely in flux: just 15% are back full time in-person. 44% are taking online-only classes, 33% are in a hybrid environment, and 8% are not back at all. (Q2)
- 65% agree that their school has adapted well to Covid-19 and has the students’ best interest in mind. 19% *strongly* agree. (Q6)
- 56% say their school has made an effort to increase counseling resources for the beginning of the school year. 26% say it has been a *serious* effort. (Q3)

- College students are more likely to report an effort on their school's behalf. 67% of college freshmen and 72% of sophomores do so.
- 59% say Covid-19 has negatively impacted the quality of their school work. 49% say it has negatively impacted the quality of educational instruction they're receiving. (Q4)



White respondents are more likely to report unsatisfactory mental health or depression:

- 50% of white respondents are dissatisfied with their mental health, compared to 41% of non-white respondents. (Q21)
- 73% of white respondents have experienced depression in the past year, compared to 63% of non-white respondents. (Q23)
- 57% of white respondents say the pandemic has made their mental health worse, compared to 45% of non-white respondents. (Q17)
- White respondents are more likely to report often feeling lonely (68% to 62%), depressed (61% to 50%), angry (48% to 37%), and worried or anxious (69% to 58%) during the pandemic. (Q18)

BUT... friends, family, and pets have a positive impact on most respondents' mental health and day-to-day well-being:

- 53% say their friends have an overall positive impact on their mental health, compared to just 18% who say they have a negative impact. (Q12)
- 40% say their parents have an overall positive impact on their mental health, compared to 31% who say they have a negative impact. (Q9)

- 36% say Covid-19 has prompted their family to spend more positive time together. (Q8)
- Selecting factors that have had a positive impact on day-to-day well-being, friends (69%) and family (61%) top the list, while pets (53%) is also selected by a majority. (Q19)

