

THE PRINCE'S TRUST MACQUARIE

YOUTH INDEX 2014



Prince's Trust



MACQUARIE

FOREWORD



AT THE HEART OF THIS REPORT IS A CLEAR MESSAGE TO GOVERNMENT, HEALTH AGENCIES AND EMPLOYERS: LONG-TERM UNEMPLOYED YOUNG PEOPLE ARE IN DESPERATE NEED OF SUPPORT.

**MARTINA MILBURN CBE
CHIEF EXECUTIVE
THE PRINCE'S TRUST**

At the heart of this report is a clear message to government, health agencies and employers: long-term unemployed young people are in desperate need of support.

It reveals that they are more than twice as likely as their peers to have been prescribed anti-depressants.

Equally shocking is the fact that 40 per cent of jobless young people say they have faced symptoms of mental illness – including suicidal thoughts, feelings of self-loathing and panic attacks – as a direct result of unemployment.

It is common knowledge that a poor diet or lack of exercise is detrimental to our health but we must also accept how damaging long-term unemployment can be. It can cause major mental health problems, scarring young people for life.

I regularly meet young people who tell me that their life wasn't worth living before they received support from The Prince's Trust. Many faced years of unemployment, leading to depression, anxiety and panic attacks.

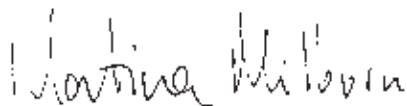
With more than 430,000 young people in the UK facing long-term unemployment, it is frightening to think about the young lives that could be wasted if we fail to give them the urgent support they need.

More than ever, the public and private sectors must work with charities such as The Trust on schemes that are proven to help young people re-build their self-esteem and move into jobs.

Our programmes can reach vulnerable young people who have lost all hope for the future, providing positive adult role models who can boost confidence, motivation and ultimately give them the support they need to find a job.

Helping these young people into work is absolutely vital. I meet so many young people who say that their lives were transformed when they got their first job. Working gives them a clear routine, as well as the satisfaction of being able to provide for themselves and their families, after years of relying on benefits.

This year, The Prince's Trust will help more vulnerable young people than ever – but we need more support to continue our vital work. Only by working together can we can transform thousands more young lives.



Martina Milburn CBE
Chief Executive
The Prince's Trust

INTRODUCTION



THE SIXTH ANNUAL YOUTH INDEX HIGHLIGHTS THE DISCREPANCY BETWEEN YOUNG PEOPLE WHO ARE IN WORK AND THOSE WHO ARE NOT. JOBLESS YOUNG PEOPLE ARE FEELING INCREASINGLY UNHAPPY WITH THEIR LIVES AND THIS IS CAUSING SIGNIFICANT DAMAGE TO THEIR WELLBEING.

**DAVID FASS
CEO
MACQUARIE GROUP, EMEA**

We are proud to support The Prince's Trust Macquarie Youth Index which surveys the young people of the nation to assess their wellbeing and state of mind.

The sixth annual Youth Index highlights the discrepancy between young people who are in work and those who are not. Jobless young people are feeling increasingly unhappy with their lives and this is causing significant damage to their wellbeing.

Unhappiness can escalate to very real and damaging mental health problems, with some young people even considering taking their own lives.

This report also highlights the fact that long-term unemployed young people are significantly less likely to ask for help if they are struggling to cope, with almost three quarters of these saying they do not have someone to confide in.

It is these young people that we must reach through organisations like The Prince's Trust.

Prince's Trust programmes help young people to re-build their self-esteem, by providing intensive support, vocational training and mentoring – a combination which is proven to change lives.

At Macquarie, we are proud to be working alongside The Trust so that it can continue to help young people turn their lives around. Given the findings of this report, The Trust's work with vulnerable young people is more crucial than ever.



David Fass
CEO

Macquarie Group, EMEA

SHIRLEY CRAMER CBE

CHIEF EXECUTIVE, THE ROYAL SOCIETY FOR PUBLIC HEALTH



THIS RESEARCH PROVES THAT UNEMPLOYMENT IS A PUBLIC HEALTH ISSUE. IT IS ONE THAT MUST BE TACKLED URGENTLY AND IT IS ESSENTIAL THAT YOUTH UNEMPLOYMENT IS ADDED TO THE PUBLIC HEALTH AGENDA. UNEMPLOYED YOUNG PEOPLE ARE STRUGGLING IN MANY ASPECTS OF THEIR LIVES, FROM THEIR MENTAL HEALTH AND WELLBEING TO THEIR RELATIONSHIPS AND THEIR QUALIFICATIONS AND WE MUST ACT QUICKLY TO END THIS.

**SHIRLEY CRAMER CBE
CHIEF EXECUTIVE
THE ROYAL SOCIETY FOR PUBLIC HEALTH**

METHODOLOGY

This report is the sixth iteration of The Prince's Trust annual Youth Index. It is the largest study of its kind, giving a unique insight into the views of young people.

The index gauges how young people feel about the state of their lives today and how confident they are about their future. The results are displayed in a happiness index and a confidence index.

The latest results have been mapped against the indexes from the past five years to demonstrate how the wellbeing of young people has changed over time.

The study explores some significant demographic differences between young people. This includes:

- those not in education, employment or training (NEET)
- those who did not achieve five A*- C GCSEs or Scottish Standard Grades levels 1 or 2
- those who grew up in poverty

Respondents are asked how happy and confident they are in different aspects of their life. The responses are converted to a numerical scale, resulting in a number out of 100 – with 100 representing entirely happy or confident and zero being not at all happy or confident.

Youth Index respondents

A sample of 2,161 young people aged 16 to 25 took part in an online poll, conducted by YouGov on behalf of The Prince's Trust between 30th October and 18th November 2013. The figures have been weighted and are representative of the UK population aged 16-25.

Of the sample:

- 281 respondents are not in education, employment or training (NEET). 166 of these are unemployed for six months or more (which is an indication of long-term unemployment)
- 138 respondents achieved fewer than five A* - C GCSEs or Scottish Standard Grades levels 1 or 2
- 198 received free school meals (which is used as an indication of poverty)
- 907 are male and 1,254 are female
- 401 admit that they do not have a role model
- 296 are either in a gang or have links with gangs

Throughout the report, when we talk about young people who achieved fewer than five A* - C GCSEs, this also encompasses those who achieved fewer than five Scottish Standard Grades level 1 and 2.

EXECUTIVE

The Prince's Trust Macquarie Youth Index reveals an overall increase in young people's perception of their wellbeing.

The index, which measures levels of happiness and confidence, has increased by one point – up from 71 to 72 in the past 12 months.

However, the research reveals a significant decline in confidence and happiness among NEETs during the same period, decreasing from 64 in 2013 to just 61 in 2014.

Additionally, unemployed young people are less happy across all areas of their lives than their peers.

Qualifications attained also have an impact on the index. Young people who have five or more A*-C GCSEs or Scottish Standard Grades levels 1 or 2 rate their happiness and confidence as 72. This compares to a score of 65 among those who have fewer than five.

UNEMPLOYMENT AND MENTAL HEALTH

The report demonstrates that jobless young people face symptoms of mental illness as a direct result of being out of work.

Key findings:

- Around one in 10 young people (nine per cent) people believe they have nothing to live for. This increases to more than one

in five (21 per cent) amongst the long-term unemployed

- 40 per cent of jobless young people have faced symptoms of mental illness - including panic attacks, suicidal thoughts and feelings of self-loathing - as a direct result of being unemployed
- One in 10 young people (11 per cent) have been prescribed anti-depressants. This more than doubles to 25 per cent amongst those unemployed for six months or more
- One in three long-term unemployed young people (32 per cent) have felt suicidal, compared to 26 per cent of their peers
- One in four long-term unemployed young people (24 per cent) have self-harmed. This compares to one in five (19 per cent) of their peers

GENDER AND MENTAL HEALTH

The research shows that there are significant differences between the genders, with girls at greater risk of mental health issues than boys.

Key findings:

- A third of young women (33 per cent) have felt suicidal, compared to 19 per cent of young men
- More than one in four young women (28 per cent) have self-harmed, compared to 10 per cent of young men
- A third of young women (33 per cent) have experienced panic attacks, in contrast to 12 per cent of young men



SUMMARY

QUALIFICATIONS AND MENTAL HEALTH

The Youth Index shows that young people who struggled at school are more likely to face depression.

Key findings:

- Young people who struggled at school are less happy in all areas of their lives, including their home life, work and their physical and mental health
- More than one in five young people with fewer than five GCSEs (21 per cent) admit to drinking or taking drugs to get through the day – four times more likely than their peers (five per cent)
- Nine per cent of all young people agreed that “life is not worth living”. This rises to 20 per cent among those who got fewer than five GCSEs graded A* - C

POVERTY AND MENTAL HEALTH

Thousands of young people growing up in the UK’s poorest families are facing an increased risk of mental health problems and “losing” their childhoods.

Key findings:

- Young people who grew up in poverty are more likely to have experienced the following: suicidal thoughts, self-harm, panic attacks, being prescribed anti-depressants, feelings of self-loathing, insomnia, difficulty controlling their anger
- Eighteen per cent of young people who grew up in poverty say they didn’t have a

childhood, compared to nine per cent of all young people

- More than one in four young people who grew up in poverty (29 per cent) say the pressures of day-to-day life forced them to grow up too quickly

ROLE MODELS AND GANGS

According to the respondents of the survey, a lack of positive role models is one key issue that is driving young people to join gangs.

Key findings:

- Fifty-nine per cent of young people agree that a lack of positive role models drives young people to join gangs
- More than half of young people do not have a parent that they consider a role model (58 per cent), while around one in five (18 per cent) admit that they have no role model at all
- 30 per cent of young people with no role model admit to feeling worthless. This compares to 17 per cent of all young people



YOUTH INDEX FINDINGS

Young people were asked how happy or unhappy they felt about different aspects of their life, from work, relationships and money to physical and emotional health. They were also asked about how confident they felt about their future in these areas.

Figure 1 shows that the overall index score this year is 72. In the Youth Index, responses are converted into a numerical scale with 100 representing entirely happy or confident and zero being not at all happy or confident.

Figure 1:

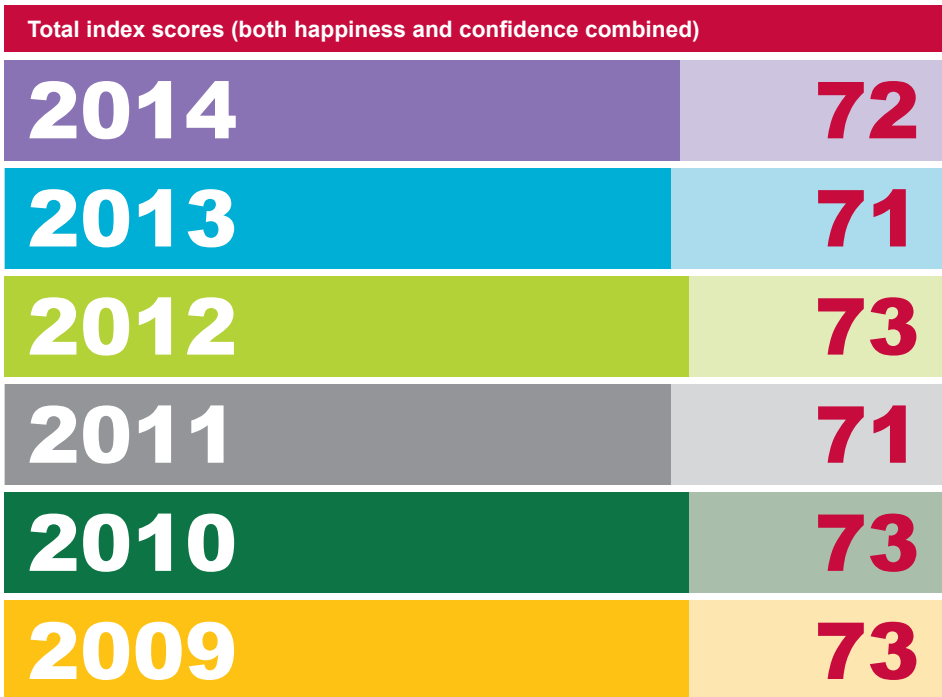


Figure 2 shows that the overall index number for young people's happiness is 71. The index number for young people's confidence is 72.

Figure 2: The Prince's Trust Macquarie Youth Index

| | 2009 | | 2010 | | 2011 | | 2012 | | 2013 | | 2014 | |
|-----------------------------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|-----------|------------|
| | Happiness | Confidence | Happiness | Confidence | Happiness | Confidence | Happiness | Confidence | Happiness | Confidence | Happiness | Confidence |
| Work / education | 71 | 71 | 70 | 70 | 68 | 67 | 70 | 70 | 69 | 67 | 70 | 67 |
| Home / accommodation | 76 | 76 | 76 | 75 | 76 | 73 | 78 | 75 | 76 | 73 | 76 | 73 |
| Community / local area | 69 | 70 | 69 | 69 | 68 | 68 | 69 | 71 | 68 | 69 | 70 | 70 |
| Family relationships | 79 | 81 | 81 | 82 | 78 | 78 | 80 | 81 | 79 | 79 | 79 | 79 |
| Relationships with friends | 77 | 79 | 78 | 78 | 75 | 75 | 77 | 78 | 74 | 74 | 75 | 75 |
| Money | 56 | 67 | 56 | 66 | 57 | 65 | 58 | 67 | 58 | 66 | 58 | 65 |
| Qualifications | 79 | 79 | 77 | 76 | 76 | 75 | 77 | 76 | 76 | 74 | 76 | 74 |
| Physical health | 69 | 74 | 71 | 74 | 68 | 72 | 71 | 74 | 69 | 73 | 69 | 72 |
| Emotional health | 67 | 73 | 70 | 71 | 67 | 68 | 67 | 70 | 66 | 72 | 67 | 72 |
| Total Index score | 71 | 74 | 72 | 74 | 70 | 71 | 72 | 74 | 70 | 72 | 71 | 72 |

YOUNG PEOPLE'S WELLBEING

Happiness

Young people's happiness in many aspects of their life has remained static over the past 12 months.

Their contentment towards their home and accommodation, family relationships, money, qualifications and physical health has remained relatively constant.

Happiness in their work and education, community and local area, relationships with friends and emotional health has increased in the last year. The biggest increase in happiness was towards their community and local area, achieving the highest score to date during the Youth Index's six years.

Money is still a key concern and is the aspect of life that young people ranked lowest in the happiness index this year.

Confidence

Young people's confidence in their physical health (72 points) and money (65 points) returned to their lowest ever points this year.

Young people's confidence in their qualifications remained at its lowest ever point for the second year running.

Young people are feeling increasingly confident about their community and local area, as well as their relationships with friends - both of which are up one point since 2013.



COMPARISONS BETWEEN PERSONAL CIRCUMSTANCES

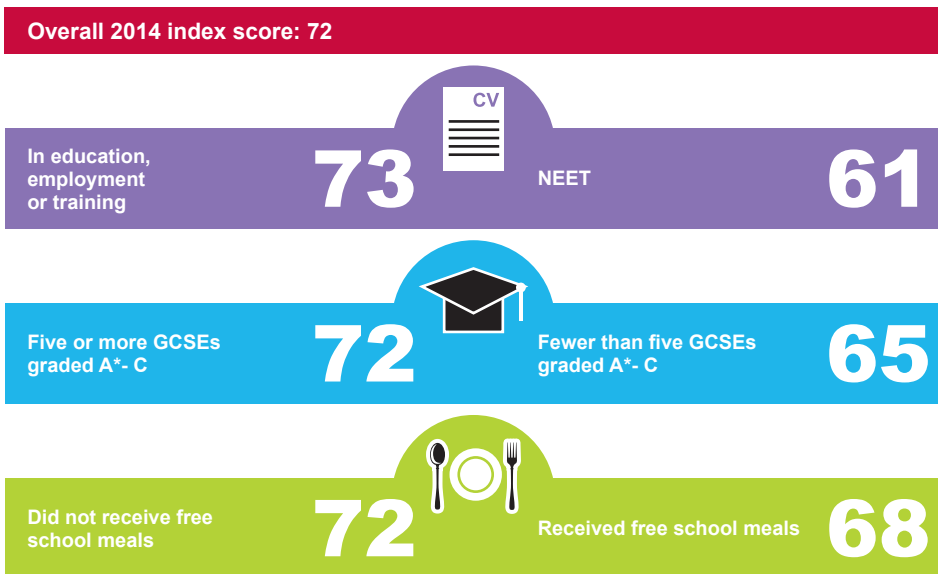
Unsurprisingly, young people's confidence and happiness levels differ depending on their personal circumstances. Factors such as unemployment, underachievement at school or growing up in poverty have a detrimental impact on overall wellbeing.

Employment status has the biggest influence on the scores, with those young people who are classified as NEETs ranking lowest in terms of how happy or confident they are in their lives.

Qualifications attained also impact on the index. Young people who have five or more GCSEs graded A*- C rate their happiness and confidence as 72, compared to a score of just 65 among those who have fewer than five.

Figure 3 shows the difference in index scores according to whether young people are in employment, education or training, achieved five or more GCSEs graded A*- C or whether they received free school meals while at school. The latter is used as an indicator of poverty.

Figure 3: 2014 index scores broken down by specific demographic factors



UNEMPLOYMENT AND MENTAL HEALTH

Most young people are happy in their lives. Sixty-five per cent “always” or “often” feel happy, while 56 per cent “always” or “often” feel optimistic.

However, the findings show that unemployment is causing a disproportionate level of mental health problems among young people.

Around one in 10 young people (nine per cent) believe they have “nothing to live for”. Long-term unemployed youngsters are more than twice as likely to feel this way (21 per cent).

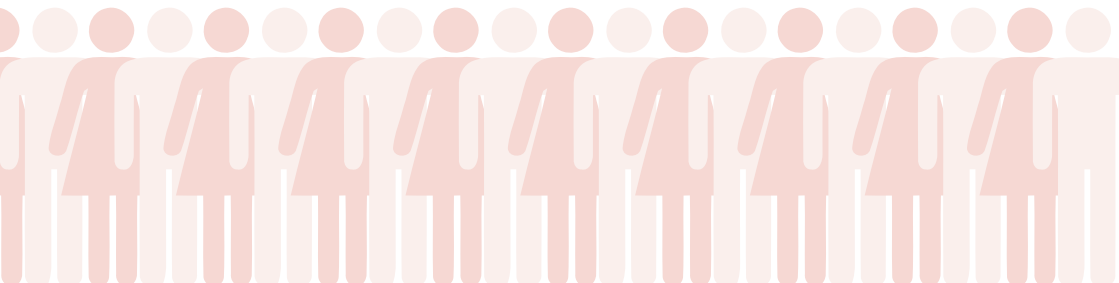
Forty per cent of young people have experienced mental health problems as a direct result of being out of work.

Worryingly, almost three-quarters of unemployed young people (74 per cent) stated that they wouldn’t ask for help if they were struggling to cope. This compares to 56 per cent of all young people.

Almost three quarters of long-term unemployed young people (72 per cent) also admitted that they do not have anyone they feel they can confide in.

Figure 4: Mental health problems experienced by all young people compared to those who have been out of work for six months or more

| Symptom | All young people | Long-term unemployed |
|---|------------------|----------------------|
| I have been prescribed anti-depressants | 11% | 25% |
| I have experienced panic attacks | 22% | 29% |
| I have experienced insomnia (have trouble sleeping) | 37% | 39% |
| I have felt suicidal | 26% | 32% |
| I have self-harmed | 19% | 24% |
| I have had difficulty controlling my anger | 20% | 25% |
| I take drugs | 8% | 12% |



STEVE HARDIE



BEING OUT OF WORK KNOCKED MY CONFIDENCE AND MADE ME FEEL LIKE A FAILURE. THINGS GOT SO BAD THAT I RARELY LEFT THE HOUSE. I WAS SITTING AT HOME ALL DAY THINKING, WHICH IS A REALLY BAD IDEA WHEN YOU'RE DEPRESSED. I WENT INTO SELF-CRITICAL MODE AND I EVEN HAD SUICIDAL THOUGHTS.

I was unemployed for eight years and suffered from depression and anxiety on a daily basis.

Being out of work knocked my confidence and made me feel like a failure. I felt I had nothing to offer, so I couldn't see why anyone would ever want to employ me.

The longer I was unemployed, the worse I felt about myself.

Things got so bad that I rarely left the house. I was sitting at home all day thinking, which is a really bad idea when you're depressed. I went into self-critical mode and I even had suicidal thoughts.

I don't know what would have happened if I hadn't got in touch with The Prince's Trust.

I joined the charity's Team programme and it boosted my confidence straight away. I was meeting new people and learning new things every day, which helped me to feel more positive.

Getting back to work wasn't easy, but I now have a great job helping other young people facing unemployment.

I am really proud of the fact that I'm helping others, and having a job has given me back my sense of self-worth.

I really feel like I'm living my dream.



GENDER AND MENTAL HEALTH

Girls are significantly more likely to face symptoms of mental illness – including panic attacks, suicidal thoughts and feelings of self-loathing – than boys.



One in five young women (21 per cent) have faced mental health problems as a direct result of being unemployed, while one in four (25 per cent) believe they have “no talent”.

Young women also feature lower on the overall happiness and confidence index than young men, as they are more likely

to feel unhappy with their employment prospects and their physical and mental health.

Alarmingly, almost a quarter of young women (24 per cent) stated they would feel like a failure if they asked for help, compared to 18 per cent of young men.

Figure 5: Mental health problems and wellbeing differences experienced by girls and boys

| |  Boys |  Girls |
|--|---|--|
| I have felt suicidal | 19% | 33% |
| I have self-harmed | 10% | 28% |
| I have experienced panic attacks | 12% | 33% |
| I feel secure “always” or “often” | 53% | 48% |
| I have been prescribed anti-depressants | 8% | 14% |
| I feel happy with my mental health | 59% | 54% |
| I have experienced feelings of self-loathing | 36% | 54% |
| I have experienced insomnia | 31% | 43% |
| I feel inferior to others | 31% | 41% |
| I have had difficulty controlling my anger | 17% | 24% |

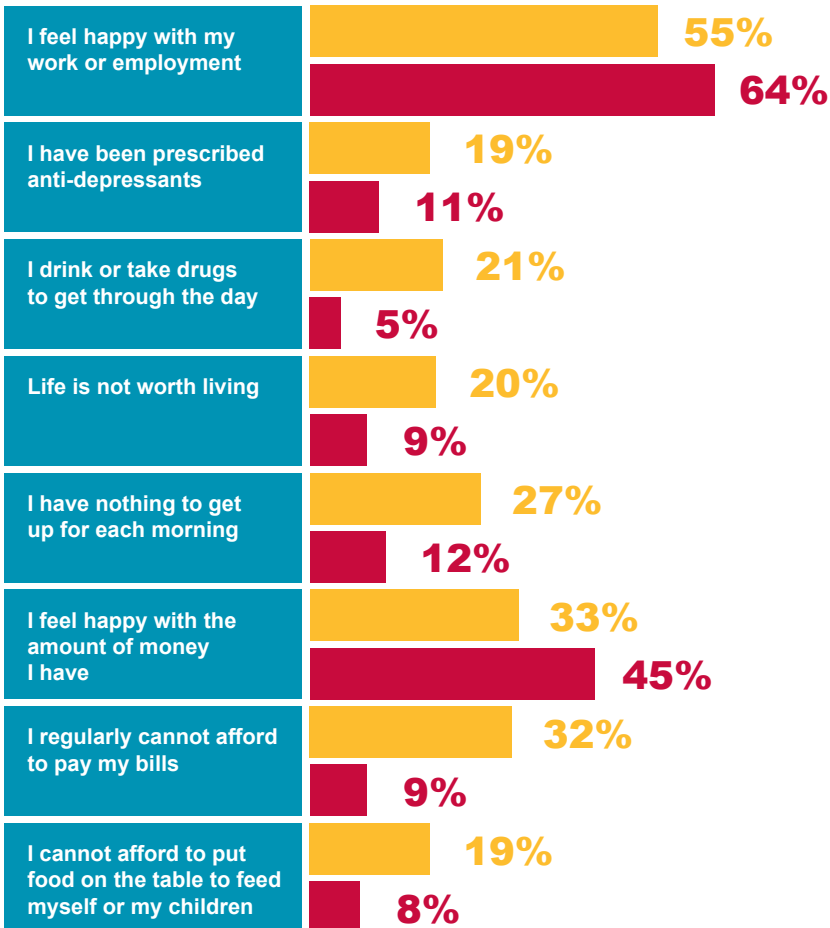
QUALIFICATIONS AND MENTAL HEALTH

The research examines the wellbeing variation between young people who have fewer than five GCSEs graded A*- C and those who have more.

There is a clear link showing that those who struggled at school are less happy in all areas of their lives – including their home life, work and their physical and mental health – as well as being more likely to face financial worries.

Figure 6:

■ Young people with fewer than five GCSEs graded A*- C or Scottish Standard Grades levels 1 or 2
■ All young people



EMMA REILLY



BEING OUT OF WORK MADE ME FEEL WORTHLESS... LIKE THERE WAS SOMETHING WRONG WITH ME. I WAS HAVING PANIC ATTACKS ON A DAILY BASIS.

I struggled with mental health issues before, but being unemployed made things 10 times worse. My confidence and self-esteem spiralled downwards, and I spent days at home feeling hopeless and isolated.

The hardest thing is seeing other people get on with their lives and do the things you wish you could be doing. Seeing friends talk about their jobs and social lives on Facebook made me feel like there was something wrong with me.

I was stuck in a rut and desperate to get out of it, but I didn't know how. Luckily, I decided to turn to The Prince's Trust for help.

I'd always been interested in art and design, so the charity helped me to set up my own design business. Having something to focus on made such a difference, and with support from The Prince's Trust, my confidence came on in leaps and bounds.

I had goals to work towards – like writing my business plan – and I felt excited about the future for the first time in ages. I launched my company, *Brave and the Bold Apparel*, in January 2013, and I'm enjoying running my own business.

Succeeding in business has had a ripple effect in all areas of my life, and I'm now happier than I've ever been.

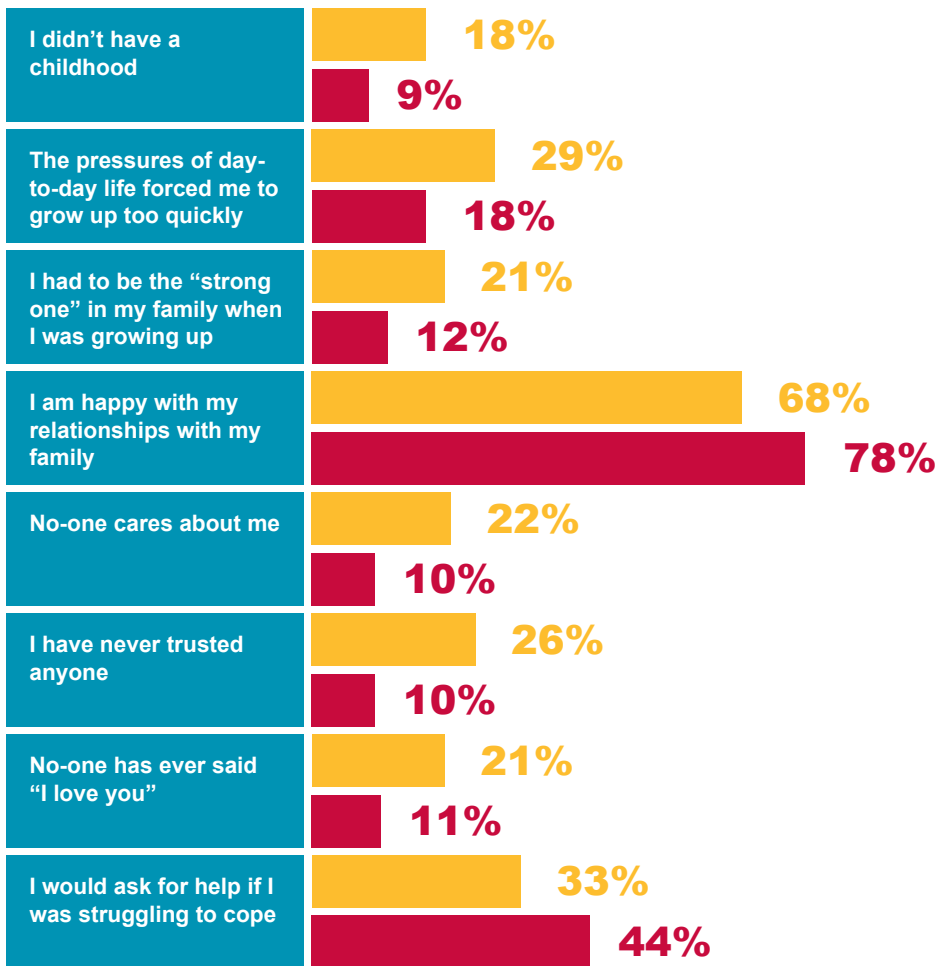
POVERTY AND MENTAL HEALTH

Young people growing up in the UK's poorest families are facing an increased risk of mental health problems and are "losing" their childhoods.

Young people from deprived homes are significantly more likely to face symptoms of mental illness, including suicidal thoughts, feelings of self-loathing and panic attacks.

Figure 7: Poverty and mental health

■ Young people who grew up in poverty
■ All young people



AFSANA BENOZIR



I WAS UNEMPLOYED FOR NEARLY THREE YEARS. BEING OUT OF WORK STRIPPED AWAY MY SELF-WORTH AND I BECAME SEVERELY DEPRESSED.

I was unemployed for nearly three years before I came to The Prince's Trust for help.

In that time, I became severely depressed and attempted suicide twice. Being out of work stripped away my self-worth and made me feel like a waste of space.

After three years of unemployment, I had lost all confidence in myself. It felt like all of my hopes for the future had been sucked away.

Luckily, hope came in the shape of The Prince's Trust. With help from the charity, I learnt to trust other people and started to believe in myself again.

The Trust also gave me the confidence to realise my dream – studying medicine. I'm going to be a doctor. It's a very different story to what it might have been.

Hand on heart, I don't think I would be here today if it wasn't for The Prince's Trust

ROLE MODELS AND GANGS

According to the respondents of the survey, a lack of positive role models is one key issue that is driving young people to join gangs. They also stated that boredom, isolation and loneliness are key reasons for young people joining gangs.

Figure 8: Young people's attitudes towards gangs

| | People who agree with these statements |
|--|--|
| "Loneliness drives young people to join gangs" | 44% |
| "Isolation drives young people to join gangs" | 47% |
| "Boredom drives young people to join gangs" | 62% |
| "A lack of positive role models drives young people to join gangs" | 59% |

Thousands of young people admit that they do not have a role model. Those with no role models are also significantly more likely than their peers to face mental health issues.

More than half of young people do not have a parent that they consider a role model (58 per cent), while around one in five (18 per cent) admit that they have no role model at all.

Young people are more than twice as likely to turn to a friend or peer first (57 per cent) than a parent (20 per cent) if they had a problem that was worrying them.

Figure 9:

| | Young people with no role model: | All young people: |
|---|----------------------------------|-------------------|
| I feel worthless | 30% | 17% |
| I always or often feel secure | 35% | 51% |
| I feel like I have nothing to contribute to society | 30% | 17% |
| I have been prescribed anti-depressants | 16% | 11% |
| I have experienced panic attacks | 28% | 22% |
| I have experienced self-loathing | 58% | 45% |
| I always or often feel excited | 33% | 50% |
| I always or often feel loved | 46% | 64% |

THE PRINCE'S TRUST

CHANGING YOUNG LIVES

The Trust helps disadvantaged young people to get their lives on track. The Trust's programmes give vulnerable young people the practical and financial support needed to stabilise their lives, helping develop self-esteem and skills for work.

This year The Prince's Trust will support 58,000 disadvantaged young people, helping them turn their lives around.

The Trust is increasing support for the UK's most vulnerable young people through its Get Started programmes which aim to inspire and motivate the long-term unemployed.

Get Started courses are run in partnership with partners such as the Premier League, the PFA, ASOS and Sony Computer Entertainment Europe, and will reach thousands more of the country's hardest-to-reach young people over the next three years.

Three in four young people supported by The Trust move into work, education or training.

The Trust is now calling for urgent support, from government, health agencies and employers to fund its vital work with long-term unemployed young people battling mental health issues. With more support, the youth charity can help more young people build their self-esteem and move into work.

For more information about The Prince's Trust visit princes-trust.org.uk

ACKNOWLEDGEMENTS



The Prince's Trust would like to thank all of the young people who are featured as case studies in this report.

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