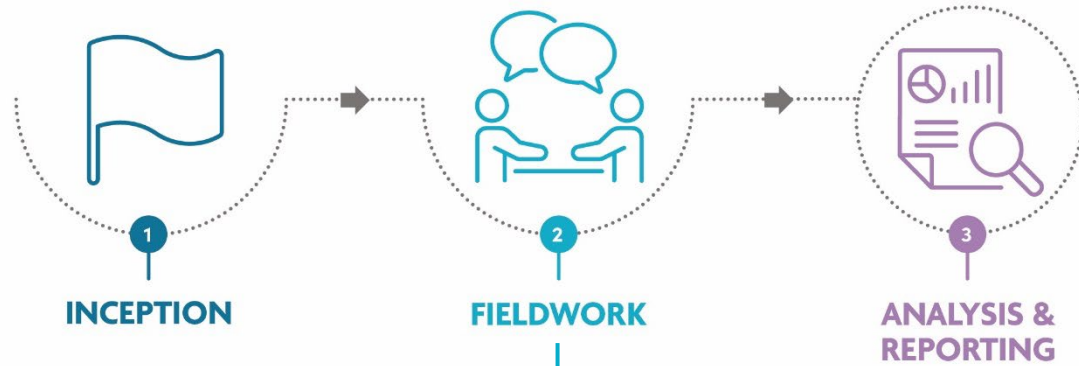


Young People's Transitions project

Lynn Naven

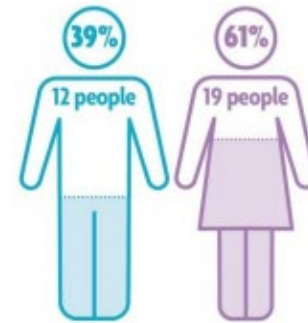
Glasgow Centre for Population Health

METHODOLOGY

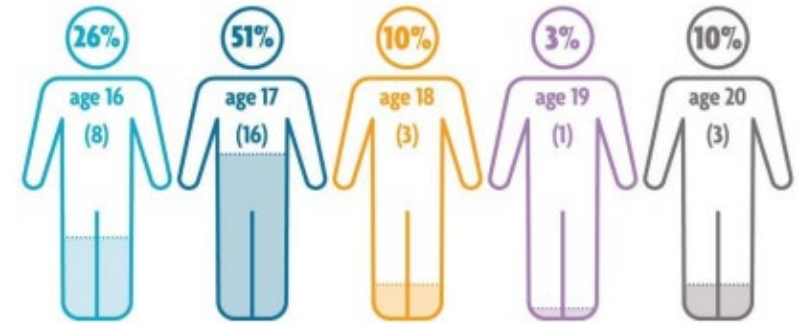


- TOOLS
- RECRUITMENT
- REACH

Gender:



Age:



SIMD Decile:



KEY THEMES



Perceptions and experiences



Challenges to transitioning



Covid impacts



Existing supports



Support needed



Recommendations

Perceptions and experiences

- **What does adulthood mean?**

- starting University, moving out of family home, getting a job

- **Changes when leaving school:**

- maturing earlier in life due to home responsibilities

- Social changes (more included in family conversations; outgrowing school friends)

- Increased freedom/independence (independent study, employment, managing money, taking care of themselves)

- Greater responsibility + consequences to actions

Challenges to transitioning

■ Mental health issues

- difficult home experiences, caring responsibilities, bullying, school work pressures, social anxiety (Pre and post COVID)
- barriers to accessing support i.e. therapy waiting lists, uncertainty about helplines & what to expect.

■ Community concerns

- drugs, violence particularly female harassment,
- lack of resources in local communities (closure/shrinkage of positive mental health- inducing sports and leisure facilities).

Challenges to transitioning

- **Anxieties about social responsibility**

- associated with climate change, COVID-19

- **Financial pressures limiting choices**

- unaffordable student accommodation, travel costs to FE/HE/jobs/interviews. (need to stay local)

COVID-19 impacts

▪ Restricted life experiences

- Reduced social connections (difficulties maintaining/making new friendships)
- No sports/leisure facilities, festivals, shopping etc – for stress reduction
- Reduced motivation and increased stress, worry /uncertainty about future

▪ Disadvantaged re. future prospects

- Reduced learning opportunities - no exam practice
- No work experience

Existing supports

- **Family/friends**
- **Schools (teachers, pastoral care workers, careers advisors, youth workers, child protection officers, employability practitioners, MCR pathways volunteers)**
- **Third sector orgs – Princes Trust, Castlemilk Youth Complex**
- **Less support in HE institutions (emails- helplines for stress)**
- **Low awareness of Govt. schemes (Youth Guarantee, Kickstart programme, etc.)**

Support needed

- **Mental health support**
 - more counselling/other services + shorter waiting times + support in schools, colleges and Uni.
- **Life skills in curriculum**
 - financial literacy, money management, building confidence.
- **More help in schools to navigate the job market + careers advice/support after leaving school for people not on the HE path**

Summary

- Pilot study
- Increase understanding of issues for YP
- Full report/recommendations – GCPH website
<https://www.gcph.co.uk/publications>

Round-table discussions

Topic 1

**What caught your attention most in the presentation
(or report)?**

- Why was this?

Round-table discussions

Topic 2

Was there anything missing that you would have expected to be covered?

What are your interests in/priorities for young people?

Round-table discussions

Topic 3

Are there any themes you think should be explored further?

Why?