



# Covid-nineTEEN's

## Hints and tips to help you listen to, value, hear and act on #YouthVoice!

Young people ask professionals not to make assumptions about lockdown 3.0. It is hurting more so now than before. We miss our friends, dating opportunities, extra curricular activities but most of all, having the opportunity to just be a young person! Read on to find out our top tips to support us through Lockdown 3.0!

### Vaccines

Teachers are vital to helping us grow up! They provide the space for us to think, consider and make friendships in and outside of the classroom. Prioritise them as a group of people to have the vaccine ASAP, so they can protect themselves and their families!

### University students

Consider your college or university experience. Now think about what that would be like if you were studying from home. First year university students are finding it especially hard right now. Find a few, have a chat, explore what they are going through so you can put yourself in their shoes. This will help you make decisions about them through their lens. We want to help you! Reach out!

### Technology

Please don't assume we now all have access to technology and are digitally literate! If anything, some of our machines are broken, internet connectivity is worse and lockdown has given us a good place to hide out...

### Virtual assumptions

Yes, we know you think we love being online and in front of a screen. Have you asked us though? Have you taken the time to explore new hobbies with us and together? We truly value being with our friends, being outside, having fun.

### Top tips

- **Ask us** - yes, you were a young person once, but growing up today is very different to when you grew up.
- **Digital literacy** - we aren't all online still! Help us get there please!
- **Youth Proof** - communication is adult led for adults. Consider having youth briefings and putting yourself in our shoes for a day!

### Qualifications

Consider access to career and employment advice is severely limited at the moment. Some of us are discovering T-levels <- they sound amazing and are a different route to explore after GCSEs. Please have those conversations with us now. We are thinking about our futures!

## Support for Young People

Here is some key info to help you:

**Childline:** 0800 1111 <- young people's help line

**Kooth:** <https://www.kooth.com/> <- mental health support text line,

**Coram:** <https://www.coram.org.uk/> <- supporting children, young people in care

**OR get in touch with your Youth Council or Care Leaver Forum, to influence decisions.**