



Prince's Trust

The Prince's Trust Youth Index 2012



Acknowledgements

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We would also like to thank YouGov for carrying out the research.



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Foreword

Martina Milburn

Chief Executive, The Prince's Trust



Every year, The Prince's Trust carries out its Youth Index, gauging how young people feel about their lives today and how confident they are about the future.

This is our fourth annual Youth Index with 16-to-25-year-olds across the country and it comes as youth unemployment reaches a record high – with more than a million young people struggling to find a job.

Our report illustrates how life has hit a low point for those not in education, employment or training. It also shows how unemployed young people are less confident about the future than they were this time last year.

We know at The Prince's Trust how important it is to give young people the skills, self-esteem and motivation they need to get a job. We also know how easy it is for a young life to go off the rails, without the right support and guidance.

This report suggests that growing up without structure and direction can impact on a young person's future prospects. It is clear that, without the right support, directionless teenagers can become lost young adults – unconfident, under-qualified and unemployed.

This is why our programmes for disadvantaged young people are so crucial. The Trust's in-school xl clubs give the hardest-to-reach young people intense, structured support, helping to prevent potential drop-outs and exclusions. Similarly, our Fairbridge programme builds self-esteem through one-to-one support outside the classroom.

These schemes - along with a raft of other

programmes aimed at the most vulnerable young people - are there to ensure today's unemployed young people do not become tomorrow's unemployable 'lost generation'.

Martina Milburn

Youth Index respondents

A sample of 2,136 16-to-25-year-olds took part in the online poll conducted by YouGov on behalf of The Prince's Trust, in October 2011. The data has been weighted according to age, gender and region, to be representative of all UK 16-to-25-year-olds.

Of the sample, 273 respondents were not in education, employment or training (NEET) and 98 young people left school with fewer than five A* to C grade GCSEs (or equivalent).

Background

This report marks the fourth annual publishing of the Youth Index, carried out by YouGov on behalf of The Prince's Trust. The Youth Index is made up of a happiness index and a confidence index, tracking how content young people are with their lives today and how confident they are about the future.

The results from the latest study are mapped against previous index scores in order to understand how the wellbeing of young people has changed over this period of time.

In addition to indexing the happiness and wellbeing of young people, the report explores how this varies according to the demographic of young people including:

- those with fewer than five GCSEs graded A* to C
- NEETs

Respondents are asked how happy and confident they are in different areas 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.

Executive Summary

The Prince's Trust Youth Index reveals that the charity's fourth annual index number has recovered from last year's all-time low score, returning to levels seen two years ago. However, the research reveals a significant decline in the index for NEETs over the last 12 months, showing that they are less content and less confident about their future prospects than they were this time last year.

Key findings:

- The overall Youth Index number has returned to 73 points, the same figure recorded in the first and second years of the index and two points higher than last year's research
- Young people's happiness has increased by two points over the last 12 months, to 72
- Confidence levels amongst young people have also increased, from 71 last year to 74 this year
- The overall index number for NEET young people has declined in the last 12 months to 58 – three points lower than in last year's index
- NEET young people scored three points lower on the happiness index this year compared with last year (58 compared with 61)
- NEET young people scored two points lower on the confidence index this year compared with last year (62 compared with 64)
- NEETs also scored three points lower in relation to confidence around their future employment (51 compared with 54)

Young people with fewer than five GCSEs graded A* to C

The Prince's Trust Youth Index shows that young people with fewer than five GCSEs graded A* to C are **significantly less happy** than their peers, with an index rating of 63 compared with 73 points amongst those who achieved higher qualifications.

Key findings:

- **Almost half (47 per cent)** of young people with fewer than five GCSEs graded A* to C said they "always" or "often" feel down or depressed, compared with **30 per cent** of young people who are more qualified
- **One in three (33 per cent)** said they "always" or "often" feel rejected compared with **one in five (21 per cent)** amongst their peers

- **Three times** as many (**39 per cent**) feel they lack confidence now because of how they performed in school, compared with **13 per cent** amongst those with five or more GCSEs graded A* to C
- They are significantly more likely to believe they are not able to achieve what they want in life (**35 per cent**), compared with their better qualified peers (**20 per cent**)
- **One in five** young people (**21 per cent**) believe they did not receive the support they needed at school. This increases significantly to **38 per cent** amongst those with poorer grades

The link between lack of routine and low educational attainment

The Prince's Trust Youth Index finds that young people who left school with fewer than five A* to C grade GCSEs are **almost three times** as likely as their peers to believe their days "lacked structure and direction" while growing up (**26 per cent** compared with **9 per cent**).

Key findings:

- **Less than half (45 per cent)** of those with poorer grades had a set bedtime, rising to **60 per cent** amongst young people with better grades
- **A quarter** of young people (**25 per cent**) claim they did not get the same amount of sleep most nights while growing up. This increases to **43 per cent** among those who left school with fewer than five A* to C grades at GCSE
- **A third (30 per cent)** did not have regular mealtimes, compared with **13 per cent** of their better qualified peers
- They are **twice as likely** to have moved house frequently during their childhood (**23 per cent**) than their peers (**12 per cent**)
- Those with a lack of structure in their lives when growing up are significantly less happy today than their peers, with an index rating of **62** compared with **74 points** amongst those who had structure and direction during their childhood

NEETs – young people not in education, employment or training

The Prince's Trust Youth Index shows how NEET young people are more likely to feel down or depressed than their peers. They are less content with all aspects of their lives – from their health to their friendships – than those in education, employment or training.

Key findings:

- **More than half (52 per cent)** of NEETs claim they "often" or "always" feel down or depressed, compared with **28 per cent** of their peers in work, education or training

- They are almost **twice as likely** to claim they "often" or "always" feel rejected (**38 per cent**) compared with their peers (**20 per cent**)
- **Forty-seven per cent** are apprehensive about their employment in future, rising to **56 per cent** amongst those who have been unemployed for more than a year
- **One in ten** young people (**11 per cent**) are not content with their friendships, rising to **25 per cent** amongst NEETs
- **One in six (16 per cent)** are pessimistic about their family relationships - **50 per cent higher** than amongst all 16-to-25-year-olds
- **More than two in five (44 per cent)** of those who have been out of employment for longer than a year say they "often" or "always" feel sad, compared with **24 per cent** of other young people

Young people and their communities

The Prince's Trust Youth Index finds that the impact of the riots during August 2011 is still being felt nationwide, with **48 per cent** of all young people believing that the riots have made life harder for the worst off.

Key findings:

- **Two-thirds (66 per cent)** think that the events had a negative effect on the prospects of young people in the affected areas
- **A fifth (21 per cent)** of young people in riot-affected London boroughs think their community has not yet recovered from the violence. **More than a quarter (27 per cent)** believe there has been more fear in their communities since the summer
- The research suggests that young people living in riot-affected areas are less hopeful than other young people. **Almost half (49 per cent)** of them said they "never" or only "sometimes" feel hopeful - significantly higher than the **39 per cent** recorded by their peers
- Only **63 per cent** said they had a positive role model growing up, compared with the **70 per cent** recorded nationally
- **Sixty-seven per cent** of 16-to-25-year-olds believe they have a strong support network, reducing to **58 per cent** amongst young people in riot-affected areas

CASE STUDY

Natasha Curran, 16

When Natasha was eight years old her mum became ill. She spent the next two years moving back and forth between her mum and her grandmother's house.

“It was all a bit hectic and I was too young to understand my mum’s illness. My nan gave me as much stability as she could but I felt there was no-one to guide or support me during that time. I became quite angry.”

By the time Natasha’s mum was well enough to look after her again, the health of her grandmother had deteriorated and Natasha was acting as her carer.

At the same time, Natasha was also finding it tough to deal with the bullying she encountered at school, often leaving classes early to avoid the other pupils. Her anger increased and she decided to channel it through sport.

“It felt like I didn’t have any support from my school or at home, but I was trying so hard to hide everything that

it would have been difficult for them to know what was going on. I decided to take up Thai kick boxing as I thought the bullies might leave me alone then. It was just a front though, I still had no confidence.”

Natasha achieved good grades at school but her anger was still an issue. Her school police officer suggested she try the Fairbridge programme, designed to help disadvantaged young people get their lives back on track.

“I was unsure of going to the Fairbridge programme at first because I thought it would be another place I would be bullied, but everyone was so friendly and accepted me for who I am. It was something I’d never had before and it was great.”

Natasha completed a range of activities during her time with Fairbridge, including gorge walking and a residential trip, which was particularly challenging for Natasha as she had to leave her grandmother for two days.

“I learnt so many new skills and I felt as though I could tell the programme staff anything. They filled the supportive role that I had been missing for so long and really helped me with my anger issues. I am much more confident, particularly when meeting new people.”

The Fairbridge programme staff encouraged Natasha to use the skills she learnt with them to gain a qualification and she is now completing her Level 1 in Painting and Decorating.

“Rather than do nothing, I wanted to get some different skills. The people at college are great and for the first time in education, I’m not being bullied.

“Things were tough growing up and I didn’t have much hope for the future. Thanks to the Fairbridge programme, I’ve come out of my shell and I’m really positive about life. I wouldn’t be where I am today without it.”

The Prince's Trust Youth Index

The Youth Index measures how young people feel about the state of their lives today and how confident they are about their future.

Survey respondents were asked to indicate how happy or unhappy they felt about the following aspects of life: their work (education or training if not in work), home or accommodation, community, family relations, relationships with friends, money, qualifications and physical and emotional health. They were also asked how confident or unconfident they are about their future in the same areas.

The responses are converted to a numerical scale from one to seven. From this, a percentage has been calculated to present a young person's happiness and confidence as a number out of 100, where 100 is entirely happy or confident and zero is not at all happy or confident.

Figure 1 shows the overall index number for young people's happiness is 72. The index number for young people's confidence about the future is 74. The overall Youth Index average is therefore 73. This is an increase on last year's levels of 71 and equal to the levels seen in the first and second years of the index.

Figure 1: The overall Youth Index

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

KEY:

■ Happiness ■ Confidence

All young people 2012: (2,136), 2011: (2,170), 2010: (2,088), 2009: (2,004)

Tracking changes in wellbeing

Happiness

The level of contentment amongst young people has fluctuated since the Youth Index began but the latest rankings show improvement on the last index and is equal to levels seen two years ago.

Figure 2: Changes in happiness over time

	2009		2010		2011		2012
Work / education	71	↓	70	↓	68	↑	70
Home / accommodation	76	-	76	-	76	↑	78
Community / local area	69	-	69	↓	68	↑	69
Family relationships	79	↑	81	↓	78	↑	80
Relationships with friends	77	↑	78	↓	75	↑	77
Money	56	-	56	↑	57	↑	58
Qualifications	79	↓	77	↓	76	↑	77
Physical health	69	↑	71	↓	68	↑	71
Emotional health	67	↑	70	↓	67	-	67
Overall Index number	71	↑	72	↓	70	↑	72

Young people are more satisfied with the state of their lives than last year, with all but one of the scores returning to levels seen two years ago. The biggest year-on-year increase is how young people feel about their physical health, rising to 71 from 68 points. Only emotional health fails to show improvement, remaining consistent at 67 points.

How young people feel about their community shows progression from 68 points last year to 69 points this year. Money and qualifications follow this marginal increase, going from 57 to 58 points and from 76 to 77 points respectively.

Overall, young people are happier with money and their home/accommodation than ever before, both ranking two points above all previous recorded levels.

All young people 2012: (2,136), 2011: (2,170), 2010: (2,088), 2009: (2,004)

Although higher than last year, work/education and qualifications are still scoring lower than the first Youth Index, down one point and two points respectively.

Of all areas of their lives, young people are most satisfied with their family relationships. This has consistently scored the highest rankings of all areas in the index since it first began.

Over time, home/accommodation has become an area of increasing contentment for young people, from being ranked fourth three years ago to second this year. Qualifications have become less satisfying for young people, falling from joint first place in the first index to third in this year's rankings.

Confidence

Confidence amongst young people and how they feel about their future has improved in all areas over the last 12 months, reversing the declining trend of the previous three years.

Figure 3: Changes in confidence over time

	2009		2010		2011		2012
Work / education	71	↓	70	↓	67	↑	70
Home / accommodation	76	↓	75	↓	73	↑	75
Community / local area	70	↓	69	↓	68	↑	71
Family relationships	81	↑	82	↓	78	↑	81
Relationships with friends	79	↓	78	↓	75	↑	78
Money	67	↓	66	↓	65	↑	67
Qualifications	79	↓	76	↓	75	↑	76
Physical health	74	-	74	↓	72	↑	74
Emotional health	73	↓	71	↓	68	↑	70
Overall Index number	74	-	74	↓	71	↑	74

Young people are increasingly confident about work/education – up to 70 points from 67 points last year, community/local area, rising to 71 from 68 points in the last 12 months, family relationships, which ranks at 81 points compared with 78 points last year and relationships with friends, improving from 75 points to 78 points in the space of a year.

All young people 2012: (2,136), 2011: (2,170), 2010: (2,088), 2009: (2,004)

The smallest increase in confidence is against qualifications, which until this year, had declined steadily since the index began.

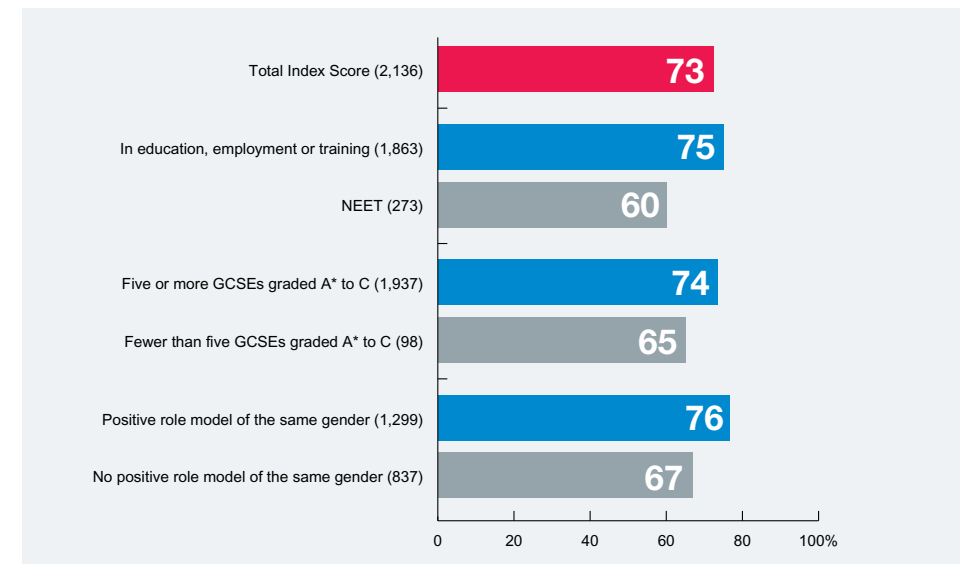
Overall, young people are more confident about the future of their community/local area than ever before, scoring an all time high of 71 points.

Comparison between personal circumstances

There are differences in the wellbeing and confidence of young people depending on their personal circumstances.

Figure 4 shows the difference in index scores according to young people who are NEET, whether they have achieved five or more GCSEs graded A* to C or if they have a positive role model of the same gender in their lives. The sample size for each group appears in brackets.

Figure 4: Combined index scores for wellbeing and confidence by employment status, educational attainment and role model



NEETs are most affected by their circumstances, ranking the lowest with 60 points compared with the overall figure of 73. However those without a positive role model and those with low educational attainment also score lower than the overall figure, scoring six and eight points below average respectively.

CASE STUDY

Emily Hill, 16

Emily did not have the easiest start in life. She and her family had to overcome many obstacles.

Due to a drug issue in the family, Emily had to move in with her grandparents which unsettled her routine.

She started to become angry and disruptive at school – sometimes becoming aggressive towards staff and her peers. This led to her coming close to being excluded from school.

Along with help from her grandparents she became one of the carers for her mother at just 12-years-old following a violent crime that led to her mum

becoming permanently disabled. Whilst this was an example of Emily's caring and responsible side, she struggled to cope with the pressures of caring at such a young age.

As she began Year 10 at school, her mother passed away.

Emily did not let her grief take over her life and decided to change things for the better. She joined The Prince's Trust xl club, which is an in-school personal development course for young people.

She used the xl club to deal with her mother's death and the skills she developed helped her cope. She did not miss any of the

course sessions, as she found a safe and nurturing environment to develop social skills, build positive relationships with staff and peers and even support other group members.

She said: "It was tough growing up at times. If it wasn't for The Prince's Trust I probably wouldn't have gone back to school and wouldn't have much hope for the future. I can't thank them enough."

She is now in Year 11 studying for her GCSEs and helps other pupils tackle their truancy problems, as well as organising fundraising events for charity.



Education and young people

Young people with fewer than five GCSEs graded A* to C demonstrate a significantly lower level of happiness (63 points) than their peers who achieved more than five GCSEs graded A* to C (73 points). There is a similar gulf between their confidence levels for the future – see figure 5.

Figure 5: Index scores for wellbeing by educational status

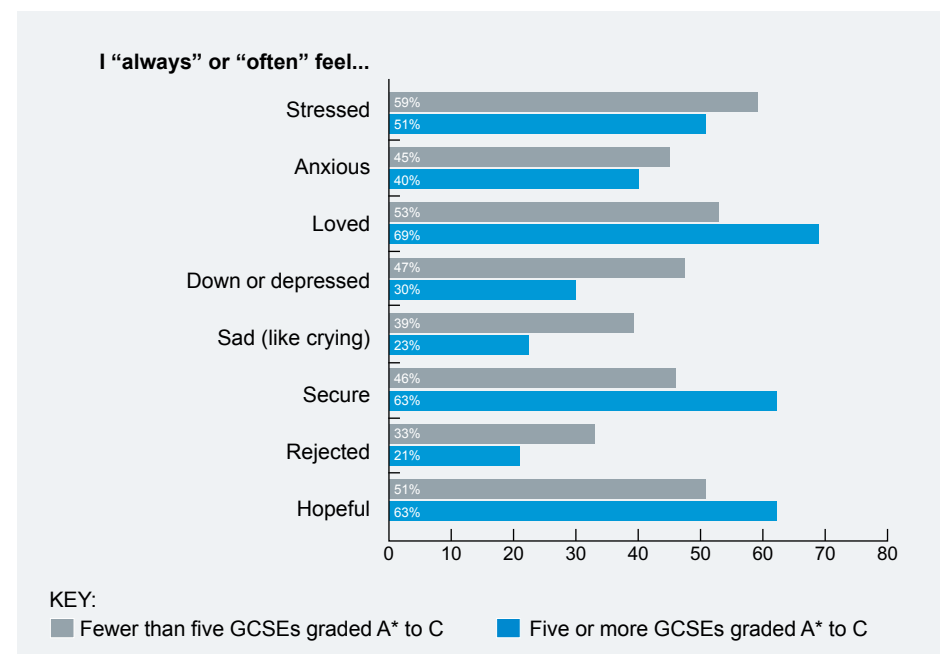
	Happiness		Confidence	
	Fewer than five GCSEs graded A* to C	Five or more GCSEs graded A* to C	Fewer than five GCSEs graded A* to C	Five or more GCSEs graded A* to C
Work / education	61	71	62	71
Home / accommodation	72	79	68	76
Community / local area	63	70	65	71
Family relationships	75	81	76	82
Relationships with friends	70	78	72	78
Money	50	59	60	68
Qualifications	59	78	64	78
Physical health	64	71	66	75
Emotional health	61	68	64	71
Total Index score	63	73	66	74

Figure 6 suggests that lower educational attainment can have a considerable impact on the mental health of young people. Forty-seven per cent of those with fewer than five GCSEs graded A* to C said they “always” or “often” feel down or depressed, compared with 30 per cent of young people who are more qualified. Those with lower qualifications are also more likely to feel rejected, with 33 per cent stating they “always” or “often” feel this, compared with just 21 per cent of those with five or more GCSEs graded A* to C.

All young people with fewer than five GCSEs graded A* to C (98), all young people with five or more GCSEs graded A* to C (1,937)

Young people with poorer grades are more likely to “always” or “often” feel stressed and anxious (59 per cent and 45 per cent) than those with higher grades (51 per cent and 40 per cent). They are also less likely to “always” or “often” feel hopeful – see figure 6.

Figure 6: The relationship between educational attainment and emotional health



According to the research, 40 per cent of young people with low qualifications believe they did not receive the support they needed at school, double the number amongst those with better grades (20 per cent). Sixty-four per cent believe that with more support they could have achieved more academically, compared with 35 per cent of those with five or more GCSEs graded A* to C.

Having few qualifications has implications into adulthood, with 39 per cent of young people with fewer than five GCSEs graded A* to C believing they lack confidence now because of how they performed at school, 26 percentage points higher than their more qualified peers. Thirty-five per cent of those with lower qualifications believe they are not able to achieve what they want in life, compared with 20 per cent of those with more than five GCSEs graded A* to C.

All young people with fewer than five GCSEs graded A* to C (98), all young people with five or more GCSEs graded A* to C (1,937)

CASE STUDY

Jaimie Brogan, 17

Before joining The Prince's Trust xl club, Jaimie's life was, in her own words, 'chaotic'.

Jaimie's parents separated when she was 14, and having to move house upset her normal routine.

"I started going out all the time as a way of escaping what was happening at home."

Soon, she was going out with friends every evening, hanging round the streets after school instead of doing her homework.

Getting home late meant Jaimie missed regular mealtimes and often didn't get to bed until after midnight. Too tired for school the next day, she usually turned up at lunchtime or not at all.

"My mum tried to encourage me to focus on school but I didn't listen. At that time, I wasn't thinking about the future, I just wanted to have fun with my friends."

All of this had a negative impact on Jaimie's education, and her mother and teachers were incredibly worried about her.

"I really thought I was going to be kicked out. I had no motivation, my behaviour was really bad and I paid no attention to my work."

However, a turning point came when Jaimie was sent to a Pupil Referral Unit for a week.

"It was a bit of a wake up call. I didn't want to go back there, so I knew I had to do something about my behaviour."

Jaimie heard about The Prince's Trust xl club during a school assembly. The programme helps young people at risk of underachievement or exclusion from school.

As part of the xl club, Jaimie took part in activities to improve her confidence, motivation and teamwork skills, helping her to re-engage with education in an informal way.

"My whole attitude to school changed when I joined the xl club. It was really good fun, and helped re-build my confidence as I was used to feeling like I wouldn't amount to anything."

Soon, Jaimie started focusing on her education and going out less.

"I realised that if I didn't settle down and work hard, I was going to limit my choices for the rest of my life."

By the time she was 16, Jaimie was working so hard that she was on target to get all of her GCSEs.

Last summer, she opened her GCSE results to find that she had passed every single subject with grades A to C.

"I was really proud of myself. It was a big deal for someone like me who had expected to leave school with nothing."

Today, Jaimie is still in education, studying travel and tourism and ICT. She hopes to go to university when she finishes college.

"I don't think I'd be where I am today without The Prince's Trust xl club. I feel a lot more confident about my future now."

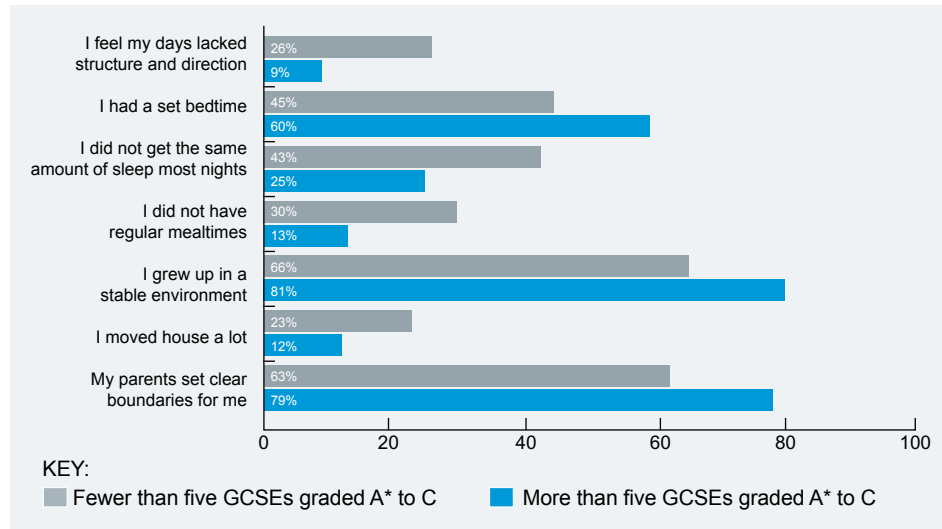
The influence of routine and structure on educational attainment

The research suggests that young people who feel their days “lacked structure and direction” during childhood are more likely to achieve lower qualifications.

Figure 7 (below) indicates that almost three times as many young people with fewer than five GCSEs graded A* to C than those with better qualifications felt their days “lacked structure and direction” growing up (26 per cent compared with 9 per cent). Sixty per cent of young people with higher grades had a set bedtime during childhood, reducing to 45 per cent amongst those with poorer grades. Forty-three per cent did not get the same amount of sleep most nights as a child, compared with just 25 per cent of young people with five or more GCSEs graded A* to C.

Young people with poorer grades are also twice as likely as their peers to say they did not have regular meal times growing up (30 per cent compared with 13 per cent) and those with lower qualifications are twice as likely to have moved house a lot during childhood, scoring 23 per cent, with those with higher grades ranking 12 percentage points.

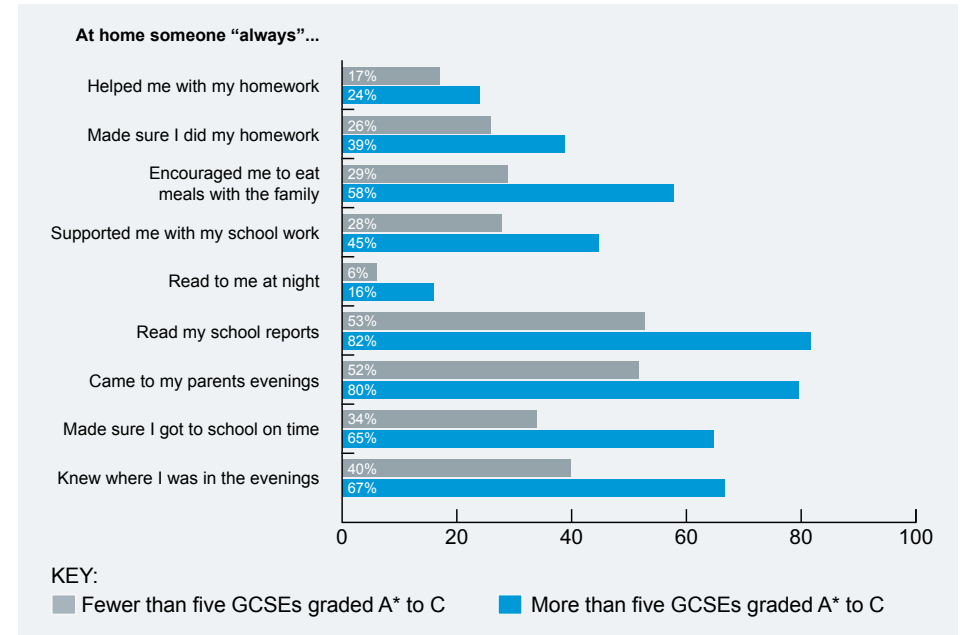
Figure 7: The relationship between routine during childhood and academic achievement



All young people with fewer than five GCSEs graded A* to C (98), all young people with five or more GCSEs graded A* to C (1,937)

In addition to the link between having a clear routine growing up and educational attainment, the level of support in the home also appears to have an influence on young people.

Figure 8: The relationship between support at home during childhood and educational attainment



Young people who achieved five or more GCSEs graded A* to C are twice as likely to have “always” eaten meals with their family growing up than those who achieved lower qualifications (58 per cent compared with 29 per cent). They are significantly more likely to have been read to at night by someone at home during their childhood (16 per cent), than those who have less than five GCSEs graded A* to C (6 per cent).

Young people with better grades are significantly more likely to have received support from home growing up with regards to school work than those who achieved poorer GCSEs. Half of young people with fewer qualifications have parents who “always” read their school reports (53 per cent), compared with 82 per cent of those with better grades. Eighty per cent of young people with five or more GCSEs have someone at home who “always” came to their parents evenings when they were at school, compared with 52 per cent of young people with lower grades.

All young people with fewer than five GCSEs graded A* to C (98), all young people with five or more GCSEs graded A* to C (1,937)

The research suggests that the support received during childhood can have an impact not only on the educational attainment of young people but also on wellbeing and confidence into adulthood. This is outlined in figure 9.

Figure 9: Wellbeing index by structure and direction in childhood

	Happiness		Confidence	
	Lacked structure and direction	Had structure and direction	Lacked structure and direction	Had structure and direction
Work / education	62	72	63	72
Home / accommodation	69	81	68	77
Community / local area	62	71	64	72
Family relationships	70	83	72	83
Relationships with friends	69	79	69	80
Money	47	60	58	69
Qualifications	65	79	67	78
Physical health	64	72	67	76
Emotional health	55	70	62	72
Total Index score	62	74	65	75

The index score is significantly lower for young people who claim to have “lacked structure and direction” while growing up than for their peers, with 12 points between the two. This difference is reflected across all areas of their lives.

Young people who had less of a routine than their peers during childhood are significantly less content with their emotional health than their peers (55 points compared with 70 points). They are also considerably less satisfied with the current state of their family relationships (70 points) and their qualifications (65 points) than those who did have structure and routine (83 points and 79 points respectively).

The same level of difference is also present in how confident young people are about their future. Those who lacked structure and direction growing up recorded an index score of 65 compared with 75 for those who grew up with structure and direction.

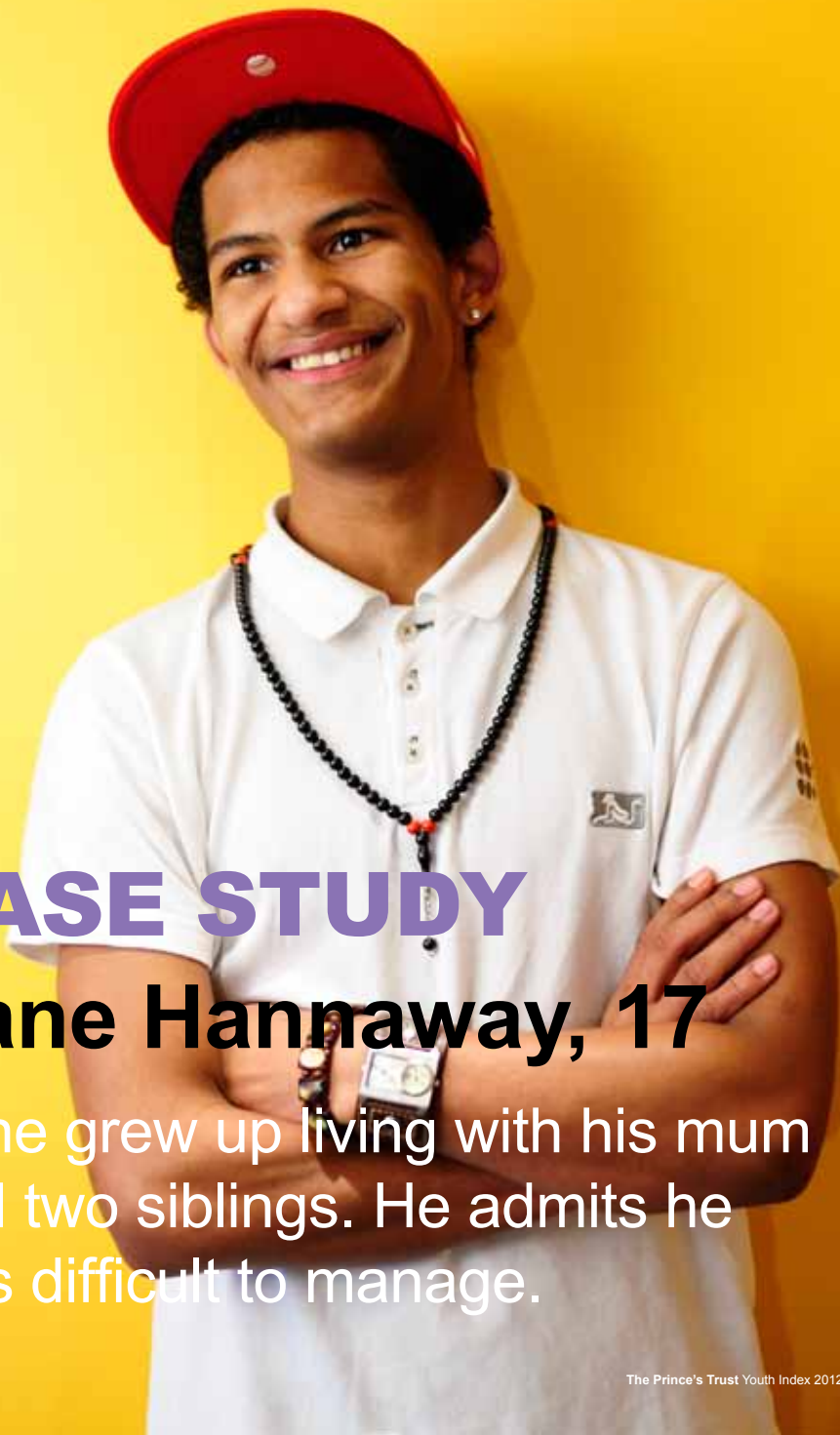
All young people that agreed with the statement “I feel my days lacked structure and direction” (201) and all young people that disagreed with the statement “I feel my days lacked structure and direction” (1,639)



CASE STUDY

Kane Hannaway, 17

Kane grew up living with his mum and two siblings. He admits he was difficult to manage.



His mum tried hard to give Kane a routine, but he felt that because she was the only person telling him what to do, he could do as he wanted.

Kane's behaviour deteriorated during his time at primary school. Although he enjoyed school, he found it difficult to follow instructions and felt the teachers did not know how to manage him. Instead he turned to making people laugh by being disruptive in lessons.

The crunch point for Kane came whilst he was at secondary school. At the age of 13, he found himself removed from class after disrespectful behaviour, attending classes just three days a week. It was during this period he found himself hanging around with the wrong crowd and getting

in trouble with the police. It had a negative effect on his behaviour at school and his relationship with his mum.

Kane's mum was called into the school after Kane had been to two Pupil Referral Units and was about to be permanently excluded. The school suggested that Kane should try the Fairbridge programme to help get his life back on track. Working with the team and his local Connexions worker, he studied for his GCSEs at home.

Kane completed a residential course with Fairbridge, which depended on him controlling his behaviour. He gained a certificate for his efforts before participating in a range of courses which built on his communication skills, team work and motivation. They also helped him to address his issues and disruptive behaviour.

"Going to the Fairbridge programme was a turning point for me. The staff didn't judge me on my previous behaviour, they were easy

to talk to and they treated me like an adult. I really enjoyed the activities too, which kept me occupied and away from bad influences. I felt better about myself and my relationship with my mum improved."

Staff encouraged Kane to gain additional qualifications and he completed an employability skills course at the local YMCA. He has since enrolled in college, where he is studying catering and hopes to become a chef. He also has a keen interest in acting and auditions for roles as and when the opportunities arise.

"Without the Fairbridge programme, I'd still be hanging out on the streets, with the wrong people, committing offences. Having been there once, I have the determination to keep going forward and better myself. Not only did the programme make me realise I was on the wrong path but the staff helped me choose the right one. It's made a huge difference to my life."

Unemployment and young people

Wellbeing and NEETs

The differences in happiness and confidence between those young people who are NEET and those who are in education, employment or training can be seen in figure 10.

Figure 10: Index scores for wellbeing by employment status

	Happiness		Confidence	
	Not in education, employment or training	In education, employment or training	Not in education, employment or training	In education, employment or training
Work / education	39	74	51	73
Home / accommodation	68	80	66	77
Community / local area	61	71	62	72
Family relationships	73	81	73	82
Relationships with friends	64	79	67	79
Money	39	61	53	69
Qualifications	61	79	60	79
Physical health	61	72	65	75
Emotional health	55	69	60	72
Total Index score	58	74	62	75

There is a large disparity in how satisfied young people are with their lives, depending on their employment status, with 16 points between the overall index numbers for those who are in education, employment or training and the equivalent number for those who are not.

Young people who are NEET are less happy with all areas of their lives than those who are in work, education or training.

All young people in education, employment or training (1,863), all young people not in education, employment or training (273)

There is a 13 point difference in how confident NEETs are about their future compared with those in work, education or training. The largest discrepancy is seen against how confident young people are about their work/education in future. NEETs have given work/education a score of just 51 points, compared with those in work who rank it at 73. They are also far more concerned about their future qualifications than those in education, employment or training, with a gap of 19 points between the two.

Figure 11 demonstrates how NEETs feel about their lives compared with last year, with the index figures showing they have become less satisfied in almost all areas of their lives over the past 12 months.

Figure 11: Changes in happiness for NEETs over time

	2011		2012
Work / education	46	↓	39
Home / accommodation	70	↓	68
Community / local area	63	↓	61
Family relationships	73	-	73
Relationships with friends	68	↓	64
Money	43	↓	39
Qualifications	66	↓	61
Physical health	63	↓	61
Emotional health	58	↓	55
Overall Index number	61	↓	58

All young people not in education, employment or training 2012: (273), 2011 (340)

The biggest fall can be seen against work/education. The Office for National Statistics reported in November 2011 that the number of unemployed people aged 16 to 24 had broken the million mark for the first time since records began in 1992. Forty-five per cent of those had been out of work for more than six months, three percentage points higher than 12 months previously. The index results this year suggest that youth unemployment is having an ever increasing impact on the wellbeing of young people.

Figure 12: Changes in confidence for NEETs over time

	2011		2012
Work / education	54	↓	51
Home / accommodation	68	↓	66
Community / local area	63	↓	62
Family relationships	73	-	73
Relationships with friends	70	↓	67
Money	54	↓	53
Qualifications	64	↓	60
Physical health	66	↓	65
Emotional health	61	↓	60
Overall Index number	64	↓	62

Figure 12 shows NEETs have also suffered a decline in their index scores relating to their confidence for their future. Confidence amongst NEETs has fallen most against qualifications in the last 12 months, with relationships with friends and work/education both also noting a significant decrease of three points. Only the confidence levels of NEETs relating to their family relationships has maintained its index score from last year.

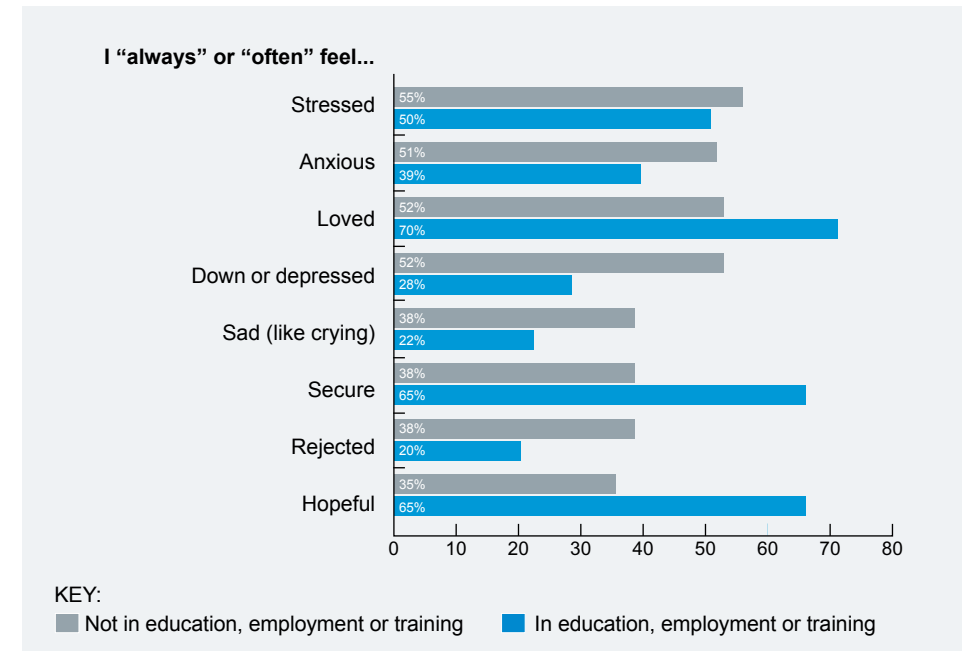
Of all the social groups represented in the Youth Index, NEETs have fared worse than any other about how they feel about their lives and their faith in their future.

All young people not in education, employment or training 2012: (273), 2011 (340)

The effects of unemployment on young people

The research shows that the emotional health of young people can suffer if they are NEET, compared with those who are in work or education. This is outlined in figure 13.

Figure 13: The relationship between education, employment or training and emotional health



Over half of NEETs say they "always" or "often" feel stressed (55 per cent) and anxious (51 per cent). By contrast only 52 per cent of those not in education, employment and training say they "often" or "always" feel loved, compared with 70 per cent in work. Amongst NEETs, only 35 per cent claim they feel hopeful, significantly lower than the level recorded by those in education, employment or training (65 per cent). Furthermore, the level of NEETs stating they "often" or "always" feel down or depressed (52 per cent) is almost double that of those in employment or education (28 per cent).

All young people in education, employment or training (1,863), all young people not in education, employment or training (273)

CASE STUDY

Daniel Barker, 19

Daniel was unemployed for more than a year before getting help from The Prince's Trust to find a job.

Daniel suffered from bullying at school that was so severe he couldn't attend lessons for the last term of Year 11. This had a huge impact on his education and he left school with few GCSEs.

Daniel re-sat some of his exams at college and hoped to find a job when he left in July 2010.

However, despite applying for five to six jobs per week, he struggled to find work and was unemployed for more than a year.

The longer Daniel was unemployed, the more his confidence and self-esteem suffered.

"After everything that had happened at school, my self-confidence was already low. Getting rejection letters for all the jobs I had applied for made me feel even worse about myself."

Daniel's family supported him through this difficult time, but as they were all working, he felt like a disappointment in comparison.

"I just wanted to be out there working and I didn't understand why I couldn't get a job like them."

Over time, Daniel started to feel depressed, which he attributes mainly to being out of work.

"I felt like my life was pointless. Every day was just the same and I was going round and round in circles. I had nothing to look forward to and my future looked very bleak."

However, Daniel heard about The Prince's Trust Get into Retail course through his local Connexions centre.

The course, run in partnership with Skills Centre Bucks and funded by the Aylesbury Vale Community Chest fund, offers young people intensive training and experience in the retail industry.

Having always been interested in retail, Daniel signed up immediately.

"The course was fantastic – it boosted my confidence and helped me find out about careers in retail. By the end of the course I felt like I could get any job I wanted."

During the course, Daniel completed a work placement at department store House of Fraser and made such an impression that he was offered a job as a sales support assistant.

"The course opened so many doors for me. My life has completely changed in just a few weeks – I've now moved out, started a new job and feel confident about my future."

Young people and the summer riots

The riots seen throughout England during August 2011 had the British public questioning the attitudes held by young people and the impact on local communities. We asked young people both nationwide and in riot-affected London boroughs how they felt the events had affected their prospects and their communities.

Figure 14: The effect of the riots on opportunity

	Nationwide	Riot-affected boroughs
The riots have made life even harder for the worst off	47%	52%
The riots have made life harder for everyone equally, because we were all affected	35%	29%
The riots have had a negative impact on the prospects of young people in the affected areas	66%	60%
The riots have helped bring people together	22%	25%

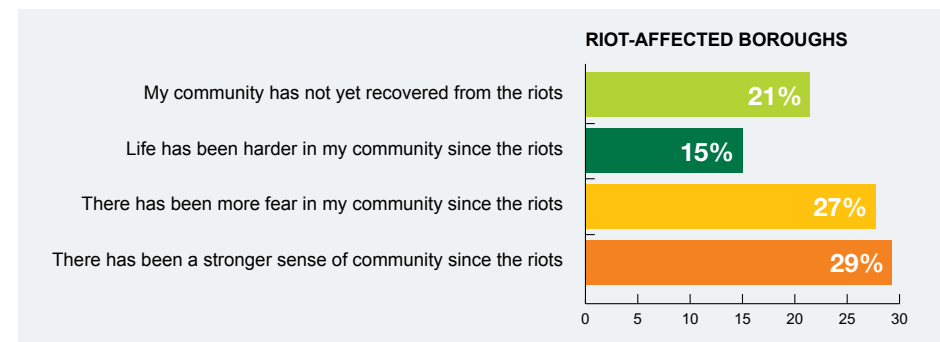
The research shows a fairly consistent view held by young people throughout the UK and those in the communities directly affected by the criminal activity. Forty-seven per cent of young people believe the riots made life harder for the worst off and two-thirds (66 per cent) believe the events had a negative effect on the prospects of young people in the affected areas.

Speaking with young people living in London boroughs which were directly affected by the summer riots, the events continue to have an impact on their community, several months after they happened as outlined in figure 15.

Young people in these affected areas reveal that life has become more difficult for their community in the wake of the riots, with 21 per cent stating that the community is still recovering and 27 per cent believing there is more fear within their local area since the events took place. On a positive note, 29 per cent believe that the riots have brought local people together to develop a stronger sense of community.

All young people aged 16 to 25 (2,136) and all young people in riot-affected London boroughs (133)

Figure 15: The impact of the riots on affected London communities



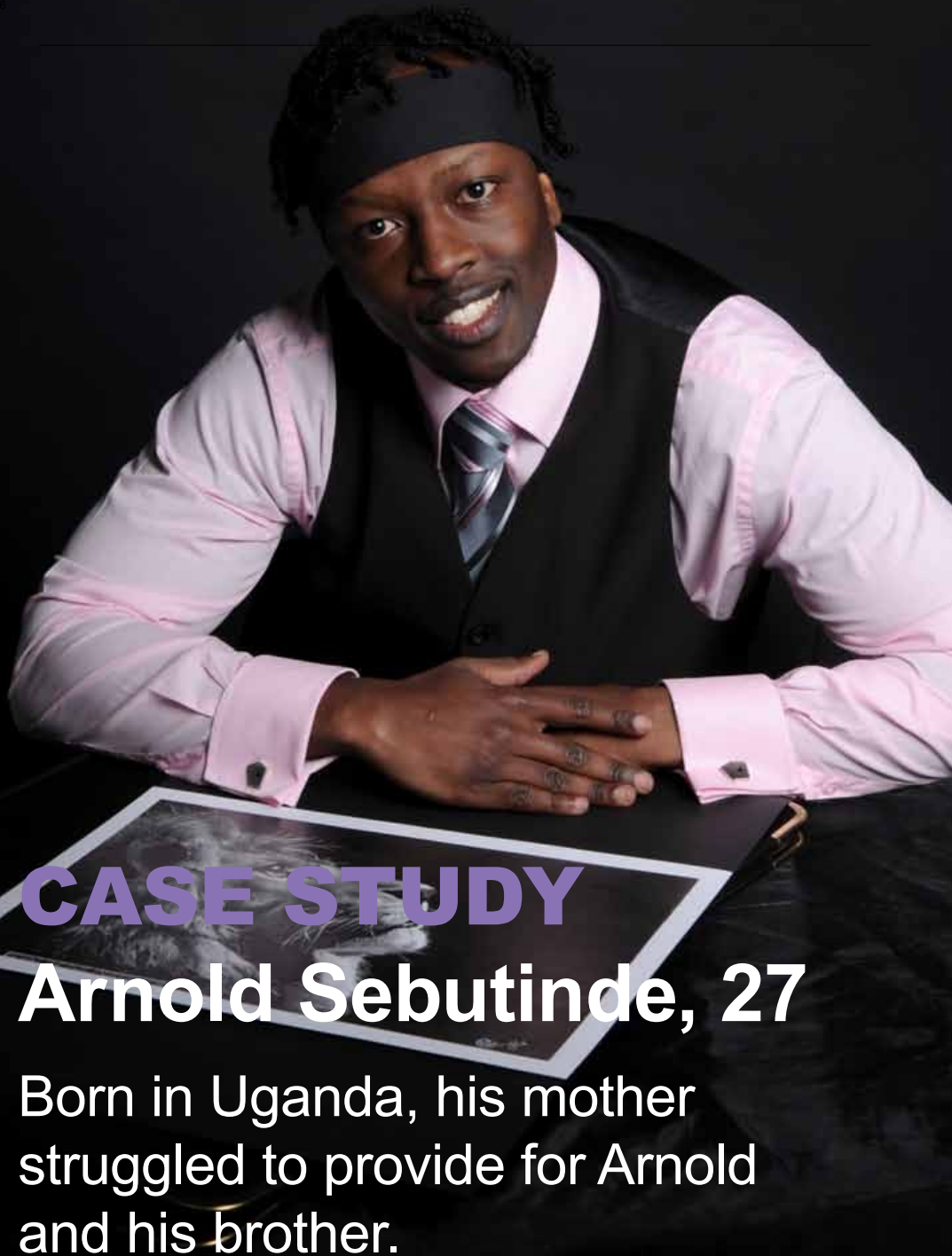
The research also reveals that young people living in riot-affected areas are less hopeful than other young people – almost half (49 per cent) said they “never” or only “sometimes” feel hopeful, significantly higher than the 39 per cent recorded by other young people.

They were also less likely to have been supported in their personal lives, with only 64 per cent stating they had a positive adult role model growing up, compared with the 70 per cent recorded nationally. Whereas 67 per cent of 16-to-25-year-olds believe they have a strong support network, this reduces to just 58 per cent amongst young people in riot-affected areas.

These findings chime with the index scores for how content young people are with their lives, with young people in the riot hit communities ranking their wellbeing at 70 points, two points below the national average. The same young people are significantly less satisfied with their community/local area than all other 16-to-25-year-olds, ranking 64 points compared with 70. Young people from the riot-affected London boroughs are less content with their home/accommodation, ranking it two points lower than other young people (76 points compared with 78 points). They also score their qualifications at 74 points, three points lower than all other 16-to-25-year-olds.

Overall, the results could suggest that whilst young are still feeling the impact of the disruption last summer, they want to come together to protect and strengthen their communities.

All young people in riot-affected London boroughs (133)



CASE STUDY

Arnold Sebutinde, 27

Born in Uganda, his mother struggled to provide for Arnold and his brother.

Although Arnold enjoyed school and excelled at art, living in a poor and deprived community meant there were few opportunities for him to develop his ambitions and talents.

When Arnold was 14-years-old, his family moved to the UK and it was at this point that Arnold began to get into trouble.

Gangs operated within his community and in a desperate bid to fit in with his new peers, Arnold found himself falling in with the wrong crowd, which was the start of his downward spiral.

He recalls: "Looking back I was so desperate to fit in and be accepted. It was a desperately unhappy time of my life. When I was growing up there were very few opportunities or role models for young people within

the community. Joining a gang made us feel part of a group but I realise now that all it gave us was a false sense of community spirit."

Things soon got worse and Arnold became further embroiled in gang culture. In 2007 he was sent to prison for conspiracy to rob and served two and half years.

It was during his time in prison that Arnold began to think about drawing again. He began to paint portraits and decided to take a course in business studies with the idea of setting up his own business when he came out of prison.

Upon release Arnold completed The Prince's Trust Enterprise Programme, which helps unemployed young people to start-up in business, and he set up his portraits business spontaneousportraits.co.uk.

Arnold said: "The Prince's Trust has turned my life around. They gave me the opportunity to turn my back on crime and gave me a sense of pride – something I didn't have before.

"I honestly believe that people who get involved with gangs or crime don't have something to work towards. Perhaps this was one of the reasons why the UK riots happened. What happened this summer has affected communities in a big way. My local basketball courts were so badly damaged that they are now shut permanently which is a huge shame. Young people in my community now have nowhere to go which can't be good. However, I know from people that I've spoken to, that young people feel hugely passionate about their local community and just need a chance to show this.

"The Prince's Trust gave me this chance. They saved me when I had no-one else to turn to and for that I will be eternally grateful. They got my business up and running and I'm now in a position to help other disadvantaged young people by employing from my local community."

Programmes

The Prince's Trust – inspiring young lives

Youth charity The Prince's Trust helps change young lives. It gives practical and financial support, developing key workplace skills such as confidence and motivation. It works with 13-to-30-year-olds who have struggled at school, have been in care, are long-term unemployed or have been in trouble with the law.

The Prince of Wales's charity has helped more than 650,000 young people since 1976 and supports 100 more each day. Last year, more than three in four young people supported by The Trust moved into work, education or training. In April 2011, Fairbridge became part of The Prince's Trust. The new united organisation will help 50,000 young people this year.



Prince's Trust

How we help young people

The Prince's Trust has a range of programmes which support unemployed young people and those who are struggling in education.

→ **Team programme:**

A 12-week course, offering work experience, practical skills, community projects and a residential week.

→ **Enterprise:**

Support and funding to help young people explore their enterprise ideas and start their own business.

→ **xl clubs:**

A programme for young people at risk of underachievement or exclusion from education.

→ **Get Started:**

Short courses that engage and develop young people through activities like sport and the arts.

→ **Get into:**

Short courses that develop young people's skills in a specific sector and support them into jobs.

→ **Community Cash Awards:**

Awards of up to £3,000 for groups of young people to design and run a project which will benefit their community.

→ **Development Awards:**

Cash awards of up to £500 to help young people overcome barriers to education, employment or training.

→ **Fairbridge programme:**

An individually tailored programme combining one-to-one support and group activities.

Further information about The Prince's Trust is available at princes-trust.org.uk or on 0800 842 842.

“I don’t think I’d be where I am today without The Prince’s Trust xl club. I feel a lot more confident about my future now.”

- Jaimie



Prince's Trust

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