

## ***BYS June 2020 Survey Results***

In June of 2020, 220 Bainbridge High School students in grades 9-11 completed a survey focused on the effects of the pandemic on their mental health.  $\frac{2}{3}$  of respondents were female. Here are the findings.

- Approximately  $\frac{1}{2}$  of students reported the pandemic worsened their mental health,  $\frac{1}{4}$  reported no change and  $\frac{1}{4}$  reported an improvement in their mental health.
- Females reported significantly higher levels of negative mental health impacts due to COVID-19
- The biggest challenges students reported were stress, anxiety, disappointment, sadness, or feeling lonely or isolated.
- With regard to their living space, both males and females reported that it has been difficult to stay focused on school and work due to distractions.
- Managing school work effectively has been the most challenging habit to maintain (57% for males and 89% for females)
- An overwhelming majority of the students said that they are interacting most with family - parents and siblings. (78%)
- Regardless of who they are spending time with, teens reported the best way to show them support is simply to spend time with them.
- What students found most helpful during this challenging time included music, favorite hobbies, getting outside and staying active, online entertainment (youtube, social media, etc.), and trying to stay in contact with as many friends as possible.
- Student responses to the question “*What do you believe is most important for Bainbridge Youth Services to think about in the short term and long term regarding student mental health during and after the pandemic?*” included the following:
  - *Understand all the different ways the pandemic has impacted students*
  - *Be available for students in as many ways as possible*

- *Continue counseling and support groups*
- *Provide academic support*
- *Create opportunities for peer connection*
- *Help students connect with ways to make a positive difference*
- *Offer opportunities to help others*
- For males, the top online programs of interest are:
  - Online interest group: video games
  - Online study groups
- For females, the top online programs of interest are:
  - Volunteer opportunities to make a difference at BYS and other nonprofits
  - Online study groups
- For males, the top in-person programs that are of interest are:
  - In-person interest group: video games (  $\frac{1}{3}$  of males)
  - In-person study groups (  $\frac{1}{4}$  of males)
- For females, the top in-person programs of interest are:
  - In-person interest groups: arts and crafts and yoga
  - in-person workshop: tools to help choose a vocation/career/major,
  - in-person study groups