

What has been the biggest change for you since Covid-19?

How has Covid-19 affected you? (Please Tick all that apply)

- It has affected my mental health
- It has affected the mental health of a family member
- No safe adult to talk to outside of family
- Unable to see friends
- Getting behind in school work
- Not being as active as before
- Other please tell us:

Over the last year how would you rate your mental health at its best?

- Very low Low Doing OK Good
- Coping very well

And at its worst?

- Very low Low Doing OK Good
- Coping very well

Have you ever received help for your mental health? Yes | No

Who helped you?

- Parent/carer Teacher/staff at school
- Friends GP School nurse
- CAMHS Oxfordshire Mind
- Other - Please state:

How easy was it for you to access this support?

- Really hard Hard Easy Really easy

Is school a safe place for you? Yes | No

Is home a safe place for you? Yes | No

Who is first person you would share your worries with?

- Parent/carer Sibling Best Friend
- Teacher Youth Worker School Nurse
- Other please state:

What social media do you use? (Please tick all that apply)

- TikTok Facebook Instagram
- Twitter Snapchat None

What do you like best about Social Media?

What do you least like about Social Media?

Do you feel safe online? Yes | No

Most of the time

What would you do if someone was saying bad things about you or someone else on social media?

Is there anything you would like to us to know about what young people need?

Thank you for taking our survey – your comments will help us (adults) understand young people better.