

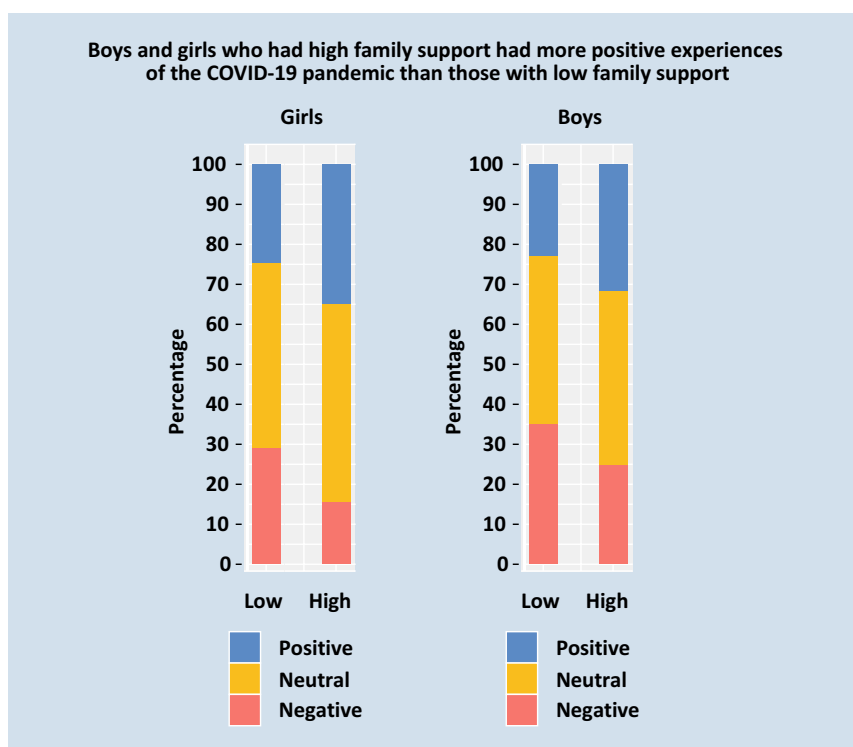
A network of care: the importance of social support for adolescents in the WHO European Region during the COVID-19 pandemic

Impact of the COVID-19 pandemic on young people's health and well-being from the findings of the HBSC survey round 2021/2022

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Key findings

- Young people's living conditions and everyday lives have been profoundly affected by the COVID-19 pandemic.
- Young people's view of how the COVID-19 pandemic impacted on their lives was dependent on the kind and volume of social support they received from family, teachers, classmates and peers.
- Family support was the most important factor in addressing the impact of the COVID-19 pandemic, followed by support from teachers and classmates.
- The weakest source of support was from peers.
- Links were found between the overall impact of the pandemic and family structure and ease of communication in the family.
- Age, gender and socioeconomic background were important in reducing the impact of the pandemic on adolescents, but not as significant as the four sources of social support.
- Adolescents who experienced a positive impact on life as a whole during the pandemic had a high level of social support.
- Those who experienced a negative impact had the lowest social support.
- Girls experienced more negative impacts from the pandemic.
- Adolescents from less well-off families were more likely to report a negative impact of the pandemic on their lives than those from better-off families, regardless of the social support they received from family, teachers, classmates or peers.
- Adolescents who reported a positive COVID-19 impact on their lives were more likely to have received high social support across all four sources than those who reported neutral and negative impacts.
- Gender differences and links between support and the pandemic's impact on adolescents' lives varied cross-nationally/regionally.
- Adolescents from less well-off families should be supplied with additional support to minimize the effects of crises.
- Teachers should be trained, guided and provided with the tools to offer support to their adolescent students in times of crisis.



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