Smarts / The Children's Society



Youth Experience Survey Report – August/September 2026

The Children's Society

SAVE TEENHOOD

childrenssociety.org.uk



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Background and Methodology

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Aims and methods

SAVE TEENHOOD is a campaign developed as part of The Children's Society's Major Appeal. The campaign aims to shine a light on the realities of the modern teen experiences.

This particular research aims to highlight the sense of overwhelm, constant demand, and underlying isolation. It aims to provide credible, evidence-based insights to strengthen emotional storytelling and help drive engagement.

To achieve this, YouGov were commissioned to conduct 2 surveys:

- A survey of 1,496 teens aged 13-18 living in the UK. Fieldwork was between 30th July to 17th August 2026. The survey was carried out online. The data was weighted by age, gender and region to be representative of all teenagers living in the UK.
- A survey of 2,328 adults aged 18+ living in the UK. Fieldwork was between 30th July to 13th August 2026. The survey was carried out online. The data was weighted by age, gender, region, ethnicity and social grade to representative of all adults (18+) living in the UK.

Notes for interpretation

Quantitative findings throughout the report are presented in the form of percentages, and all differences highlighted between sub-groups are statistically significant at an alpha level of 0.05 unless otherwise indicated.

In some instances, apparent differences between figures may not be considered 'statistically significant' due to sample sizes.

Where percentages do not sum up to 100, this is due to rounding, the exclusion of 'don't know' and 'prefer not to say' responses, or because respondents could give multiple answers.

Where relevant, results based on a sample of fewer than 50 have not been reported on.

Key learnings and considerations

Overwhelm

- Over 1 in 10 teens feel overwhelmed daily, with more than 4 in 10 saying they feel overwhelmed a few times a week. Of those who do feel overwhelmed, the most common feelings are irritability (56%) and anxiety (52%).
- Around half of teens say they feel pressure from themselves to meet expectations (51%), following this just under half say they feel pressure from teachers (48%).
- Whilst around 2 in 3 adults (67%) think it's difficult for teens to switch off when they get home, the same proportion of teens report that it's easy for them to do so (65%).
- Of those teens who use electronic devices, 1 in 5 say they often feel overwhelmed by them. By comparison, (11%) of adults who use electronic devices say they feel overwhelmed by notifications or content.
- Teens are more likely to report that they'd feel lonely if unable to use their electronic device than adults are (22% vs. 9%).

The online world

- Of those teens who go online, a quarter (25%) feel pressure to post online, and more than half (55%) say they at least sometimes feel like they need a break. Those who are older (16+) are more likely to feel like they need a break (64%), as are girls (59% vs. 52% boys).
- Adults are more likely to think spending time online negatively impacts teens' health (56%) than their own (23%).
- There is a gap between teens' reported impacts of spending time online, and adults' perceived impacts. Over 4 in 10 (44%) of teens feel pressured to look a certain way when spending time online, and around a third say they feel excluded (34%) or anxious (32%). By comparison, 82% of adults think they feel pressured to look a certain way, 71% think they feel left out, and 72% anxious.

Safe spaces and work

- More than 6 in 10 (62%) teens say they spend time in a safe space at least weekly, whilst around 5 in 10 (53%) adults think teens are able to. Boys report higher use of safe spaces weekly than girls do (65% vs. 58%).
- The majority of adults think there are not enough safe spaces for teens (61%). Comparatively, 45% teens think this, whilst 43% think there are enough safe spaces. Boys are more likely to think that there are enough safe spaces (49% vs. 37%).
- Most adults (59%) think there are fewer opportunities available to teens to earn their own money compared to when they were the same age. Boomers are more pessimistic, with 69% saying there are fewer opportunities.
- Teens are split on whether they could find part-time work in the future, with 45% of those who haven't had a part-time job before saying they couldn't get one, and 44% saying they could.

Teens and adults

- Whilst most adults think they understand teens' experiences of being online and pressures related to social media; teens are less convinced. For example, 57% of adults think they understand teens' experiences of being online/reachable, compared to 46% of teens who think they understand.
- Encouragingly, 8 in 10 (81%) teens feel supported by the people around them. Despite this, 6 in 10 feel under pressure (61%) and anxious (59%). Half (50%) feel lonely or isolated. Those aged 16 or over are more likely to report feeling lonely or isolated (61%), whilst girls are more likely than boys to feel anxious (66% vs. 52%).
- Most adults (56%) think that teens today have it harder than when they were a teenager. Women (63%), boomers (65%), and white people (58%) are more likely to think that they have it harder.

1 Overwhelm

Over 1 in 10 teens say they feel like they have too much going on every day, with more than 4 in 10 saying they feel this way weekly

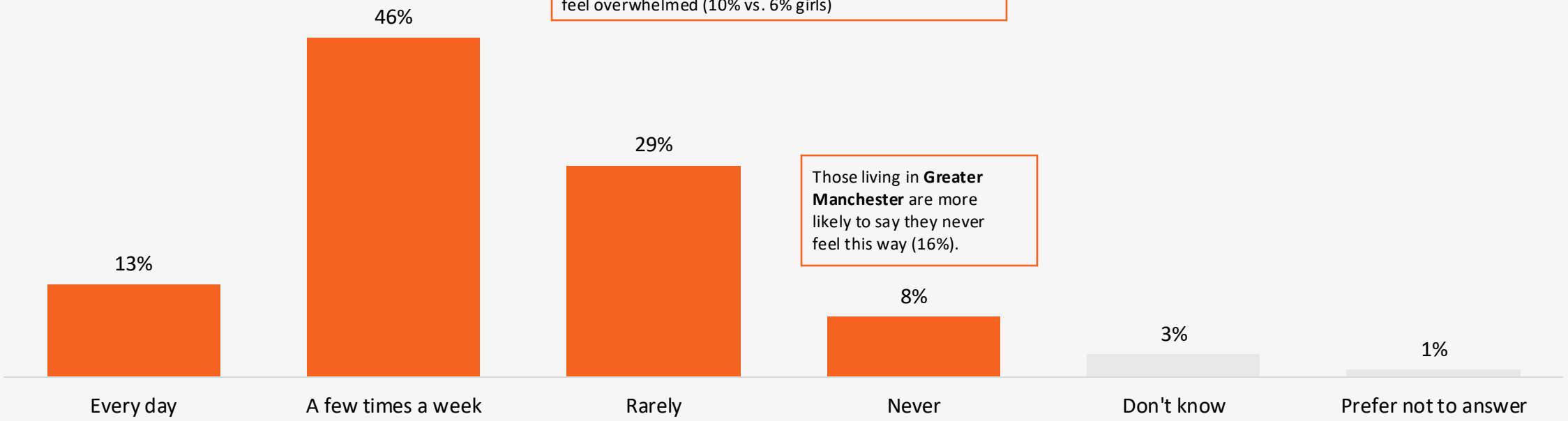
Frequency of feeling overwhelmed – Teens only

A sense of overwhelm **increases with age**, with over 16s more likely than under 16s to feel overwhelmed every day (15% vs. 11%) or a few times a week (52% vs. 42%)

Girls are more likely to say they feel overwhelmed **every day** (15% vs. 10% boys) and a **few times a week** (52% vs. 40% boys).

Boys are more likely to say they **rarely** feel overwhelmed (35% vs. 23% girls) or **never** feel overwhelmed (10% vs. 6% girls)

Those living in **Greater Manchester** are more likely to say they never feel this way (16%).

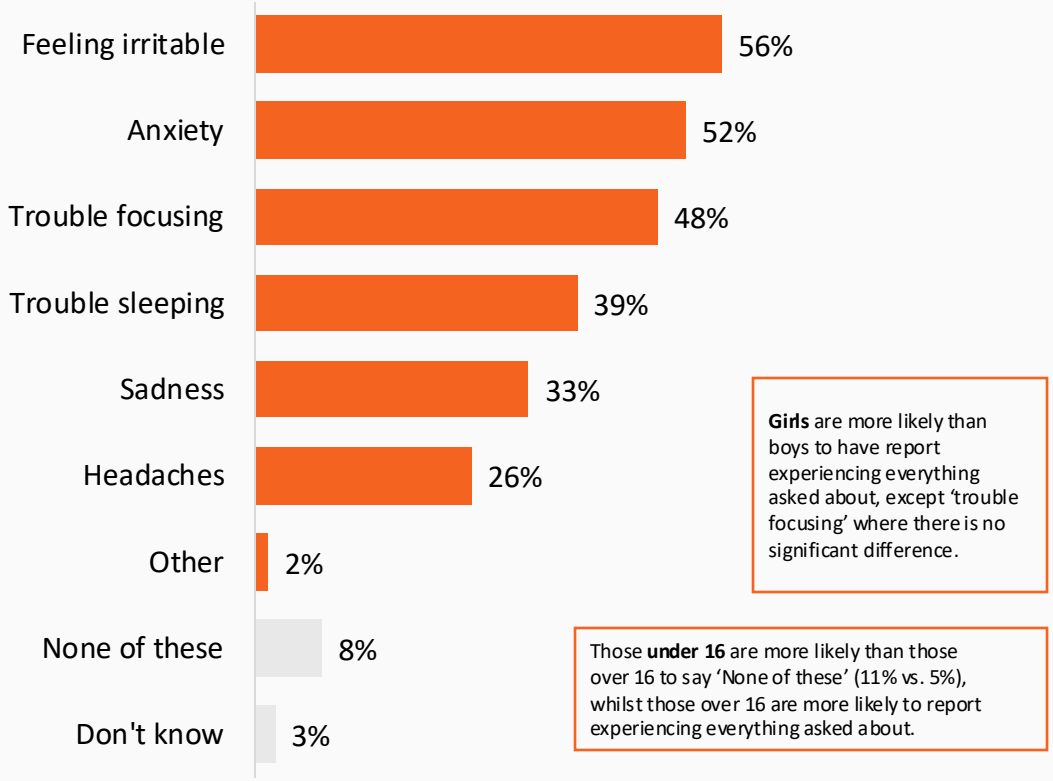


OV1. How often do you feel like you have too much going on at once? If you never feel this way, please select 'Never'. Base: All teenagers (n=1,496)

Of those who feel overwhelmed, over half say it leaves them feeling irritable and anxious

Music, TV/films, and social media are common methods to help deal with the feeling

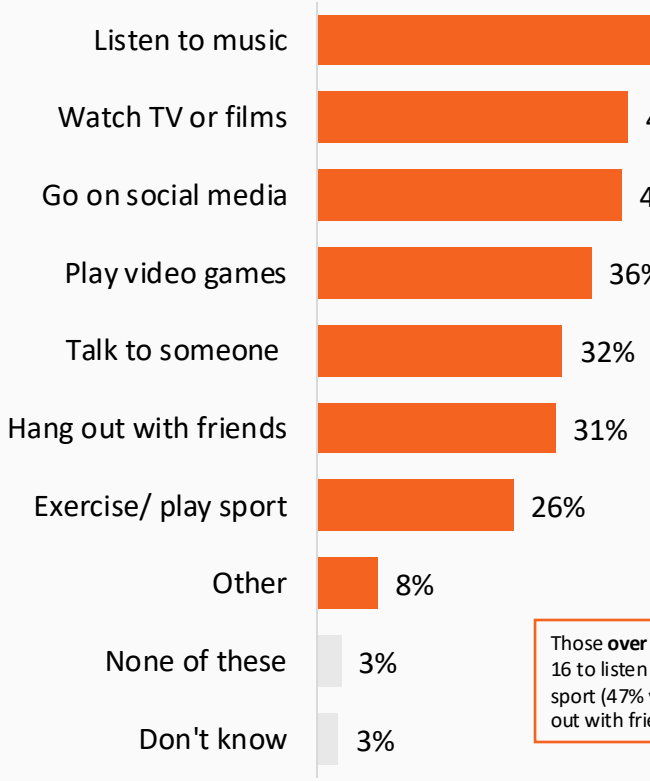
Experiences when feeling overwhelmed – Teens only



Girls are more likely than boys to have report experiencing everything asked about, except 'trouble focusing' where there is no significant difference.

Those **under 16** are more likely than those over 16 to say 'None of these' (11% vs. 5%), whilst those over 16 are more likely to report experiencing everything asked about.

Measures taken to deal with overwhelm – Teens only



Those living in **London** are more likely to say they go on social media (48%).

Boys are more likely than girls to play video games (54% vs. 17%) or exercise/play sport (34% vs. 17%).

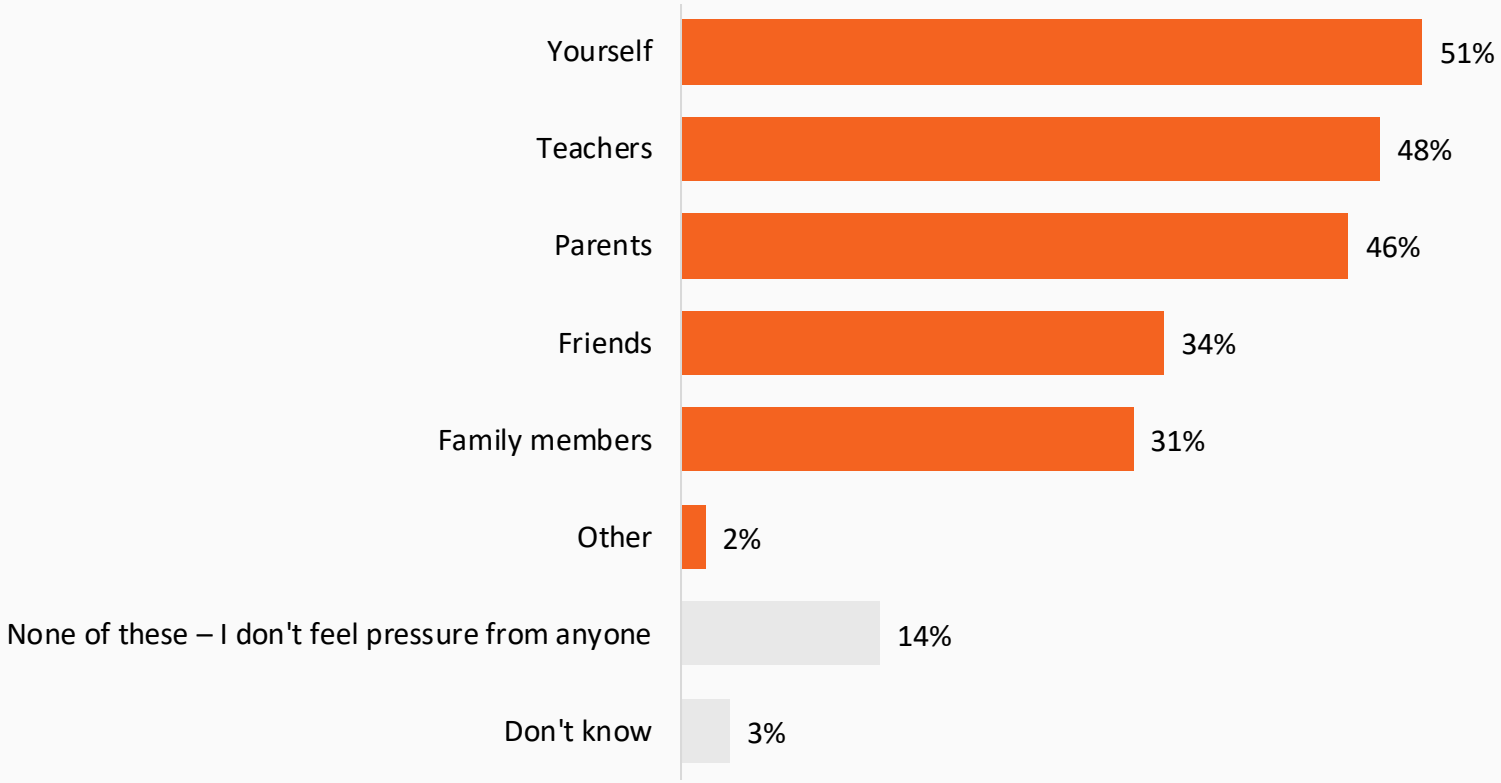
Girls are more likely to talk to someone (36% vs. 28% boys), listen to music (60% vs. 51% boys), or go on social media (44% vs. 35%)

Those **over 16** are more likely than those under 16 to listen to music (64% vs. 48%), exercise/play sport (47% vs. 33%), watch TV or films (46% vs. 36%), or hang out with friends (34% vs. 28%).

OV3. And, when you feel like you have too much going on at once, do you experience any of the following? Base: All teenagers who ever feel overwhelmed (n=1,317)
OV2. And when you feel like you have too much going on at once, what do you do to help? Base: All teenagers who ever feel overwhelmed (n=1,317)

Around half of teens feel pressure from themselves to meet expectations, followed by just under half who say teachers and their parents

Sources of pressure to meet expectations – Teens only



Girls are more likely than boys to feel pressure from:

- Friends (37% vs. 30%)
- Themselves (56% vs. 47%)

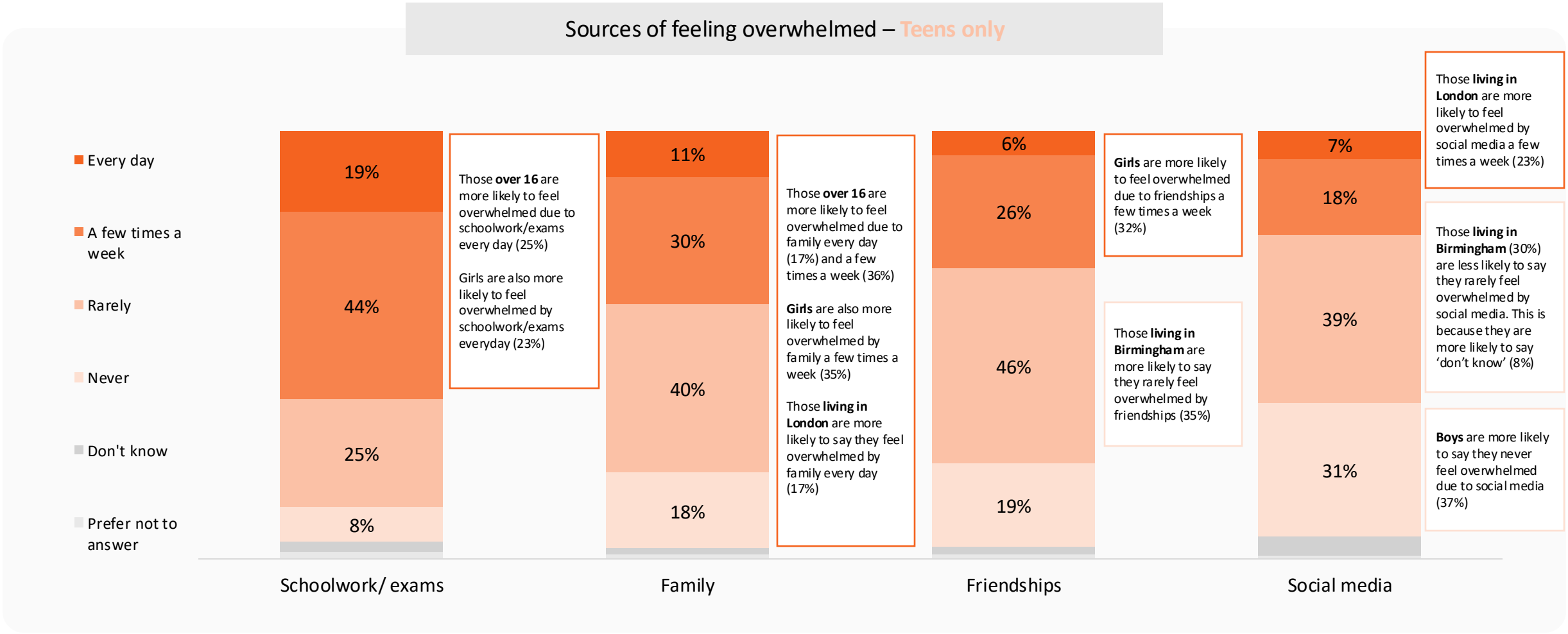
Whilst boys are more likely to say they don't feel pressure from anyone (16% vs. 11% girls).

Those **living in Birmingham** are less likely to say they feel pressure from friends (24%) and are more likely to say they 'don't know' (7%)

Those **under 16** are more likely than those over 16 to say they 'don't feel pressure from anyone' (20% vs. 6%), whilst those over 16 are more likely to report feeling pressure from everyone asked about except teachers, where there is no significant difference.

OV5. Do you ever feel pressure to meet expectations from any of these groups? Select all that apply. Base: All teenagers (n=1,496)

Schoolwork and exams are the most common source of overwhelm for teens, with social media reportedly causing the least amount



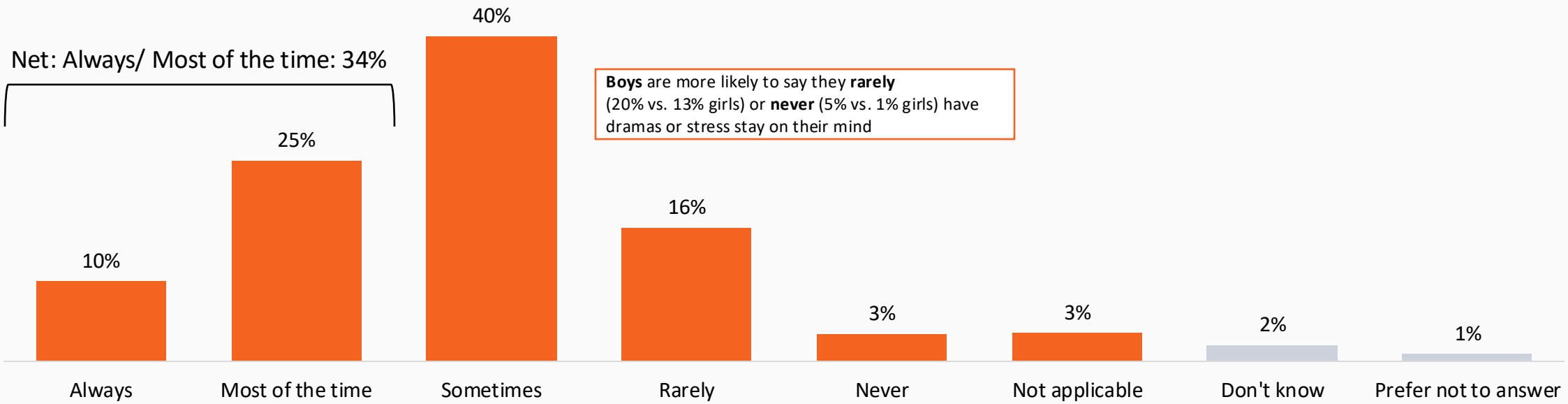
OV4. Do any of the following ever make you feel overwhelmed? Base: All teenagers (n=1,496)

Almost 3 in 4 teens say that dramas/stress stays on their mind when they get home with girls and over 16s more likely to experience this

Frequency of dramas/stress staying on teens' mind – Teens only

Girls are more likely to say they always (13% vs. 7% boys) or most of the time (28% vs. 21% boys) have dramas or stress stay on their mind

Those **aged 16+** are more likely to say they always (14% vs. 6% under 16s) or most of the time (32% vs. 18% under 16s) have dramas or stress stay on their mind.

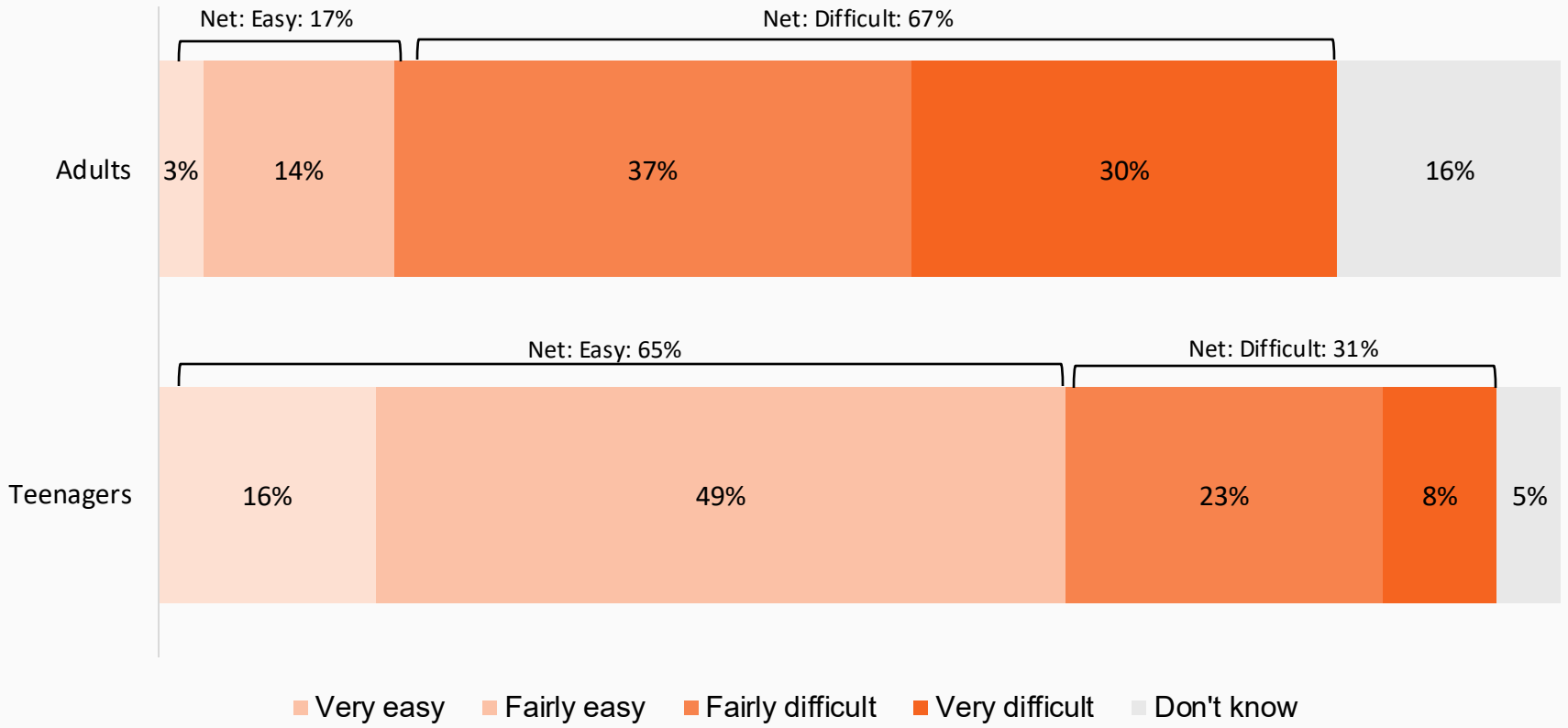


Boys are more likely to say they **rarely** (20% vs. 13% girls) or **never** (5% vs. 1% girls) have dramas or stress stay on their mind

OV7. How often do work-related/school-related dramas or stress stay on your mind when you get home? Base: All teenagers (n=1,496)

Around 2 in 3 adults think that it's difficult for teens to switch off when they get home, whilst the same proportion of teens report that they find it easy to

Perceived ease for teens to switch off vs. reported ease



Analysis of **adults**' responses by key demographics

Those **aged 18-24** are more likely to think it'd be **easy** for teens to switch off (30% vs. 15% Boomers)

Analysis of **teens**' responses by key demographics

Those **aged under 16** are more likely to say they'd find it **easy** (72% vs. 55% 16+)

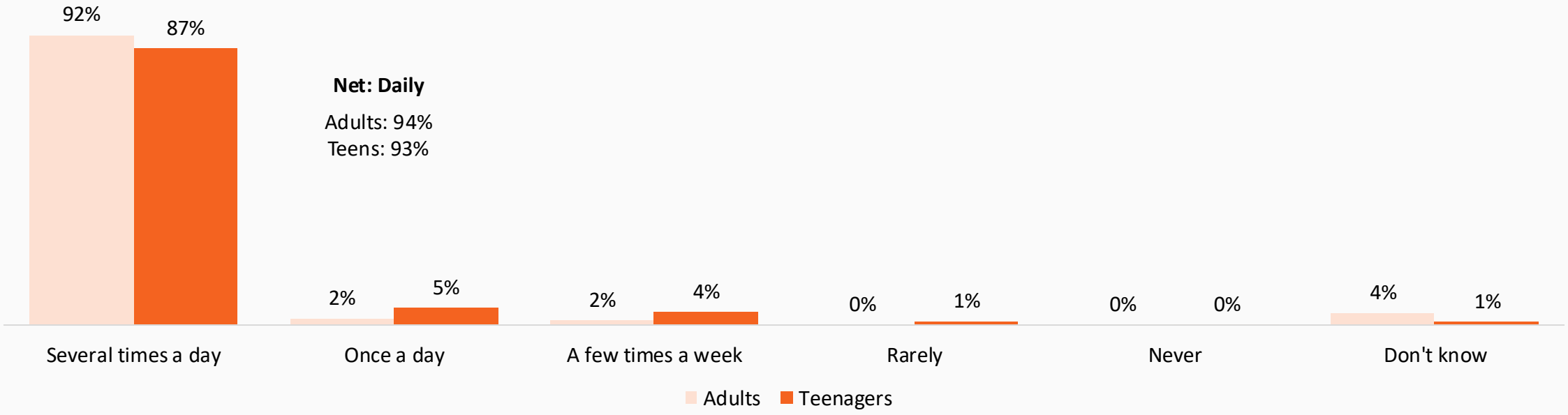
Boys are more likely than girls to find it easy (73% vs. 56% girls) and **girls** are more likely than boys to find it difficult (38% vs. 24%)

OV4. How easy or difficult do you think it is for teenagers nowadays to switch off/relax after work/school when they get home? Base: All adults (n=2,328)
OV6. How easy or difficult do you find it to switch off/relax after work/school when you get home? Base: All teenagers (n=1,496)

Adults have a fairly accurate understanding of teenagers' use of electronic devices. Over 9 in 10 adults think teens use them every day, with a similar proportion of teens saying they do

Perceived use of electronic devices amongst teens vs. actual use

Boomers are more likely to think teens use an electronic device several times a day (95%), whilst those **aged 18-34** are less likely (87%)



OV1. How often do you think teenagers use electronic devices (phone, computer/laptop, tablet, smart watch etc.)? Base: All adults (n=2,328)
OV8. How often do you use electronic devices (phone, computer/laptop, tablet, smart watch etc.)? Base: All teenagers (n=1,496)

One in five teens say they often feel overwhelmed from electronic devices, with girls and those aged 16+ more likely to report this

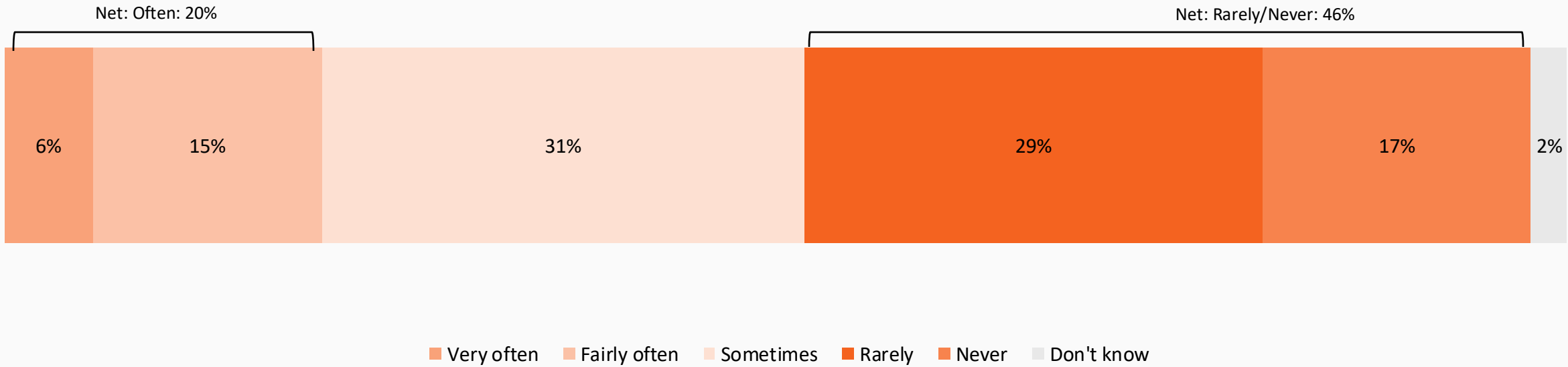
Frequency of feeling overwhelmed from electronic devices – Teens only

Those **aged 16+** are more likely to 'often' feel overwhelmed (23% vs. 18% under 16s)

Girls are more likely to often feel overwhelmed than boys (23% vs. 18%)

Those living in **London** are also more likely to 'often' feel overwhelmed by electronic devices (27%)

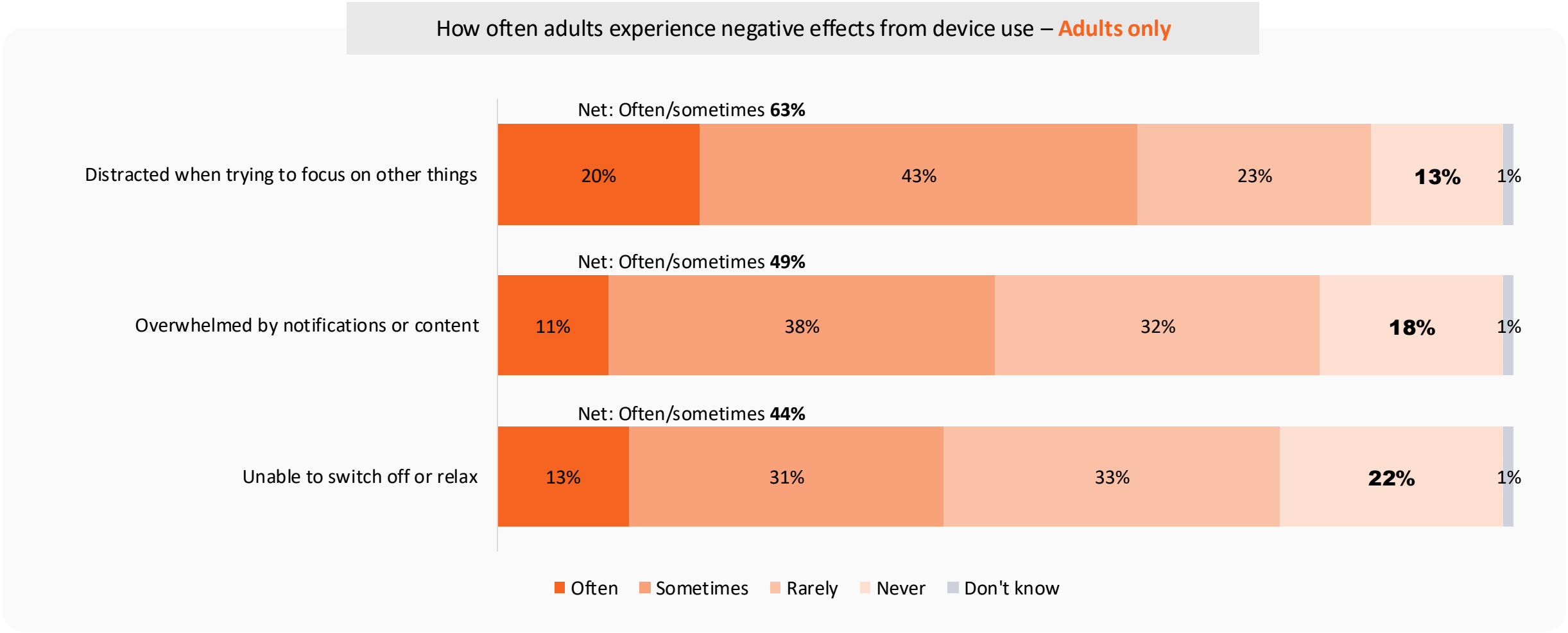
Boys are more likely to say they **never** feel overwhelmed than girls (20% vs. 14%)



OV11. How often, if at all, do you feel overwhelmed by the amount of information, messages, notifications or things to keep up with on your electronic devices? Base: All teenagers (n=1,475)

Three in five adults say devices distract them, while around half feel overwhelmed by notifications/content or unable to switch off

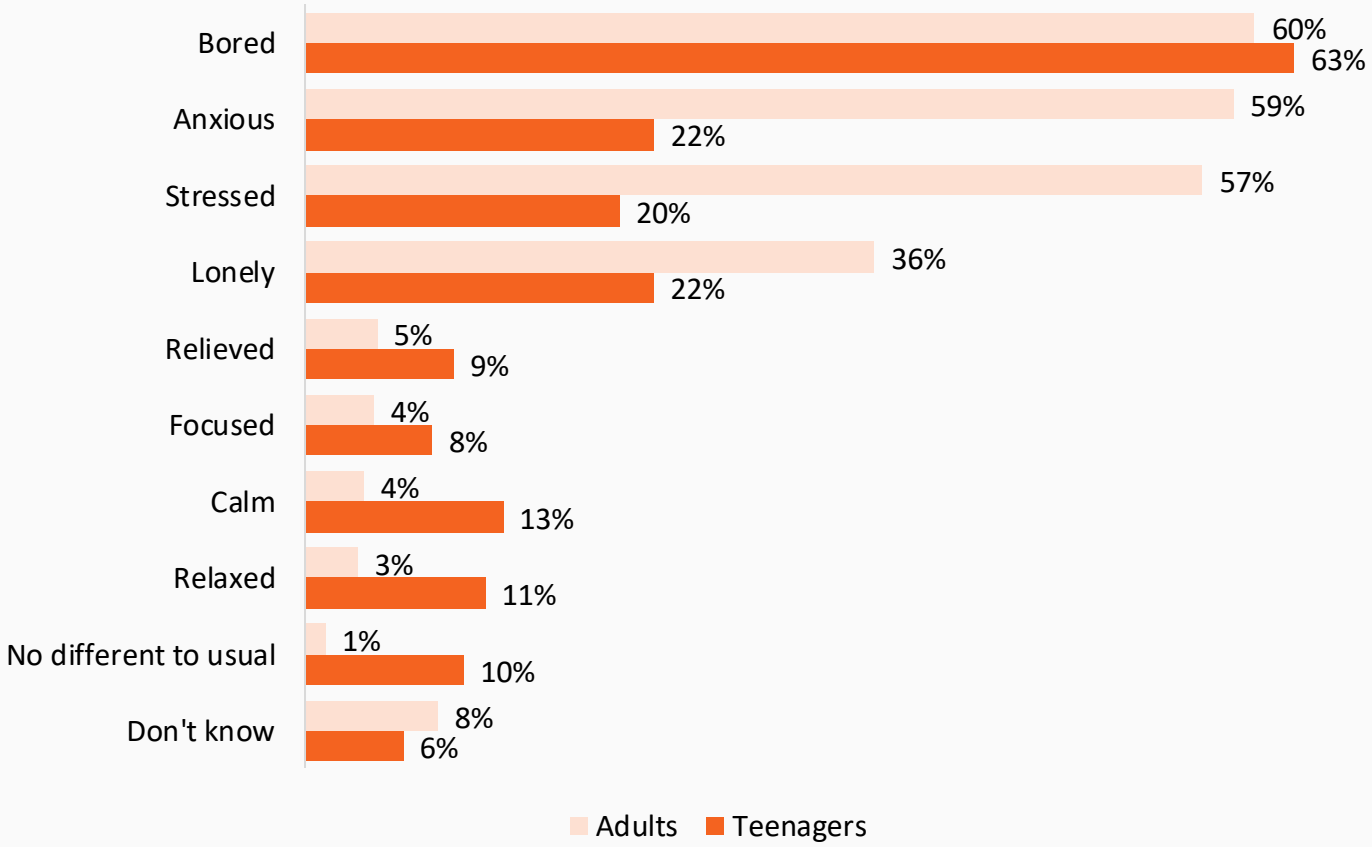
'Boomers' are more likely to say that they 'never' experience these impacts than those in other age groups



AB5. Thinking about your use of electronic devices, how often, if at all, do you personally feel each of the following? Base: All adults who use electronic devices (n=2,313)

While both adults and teens believe boredom would be the biggest impact of teens being unable to use electronic devices, adults are more likely than teens to think this would also make teens feel anxious, stressed, and lonely

Impact of not teens not being able to use electronic devices
Adults' perceived impact vs. teens' expected feelings



Analysis of teens' responses by key demographics

Girls are more likely to think they'd feel:

- Anxious (26% vs. 19% boys)
- Stressed (23% vs. 17%)

Boys are more likely to think they'd feel focused (10% vs. 6%)

13-year-olds are the most likely age to say they'd feel no different to usual (15%).

Those aged 16+ are more likely to say they'd feel:

- Lonely (26%)
- Calm (18%)
- Focused (13%)
- Relived (14%)
- Relaxed (17%)

Those living in London are more likely to think they'd feel:

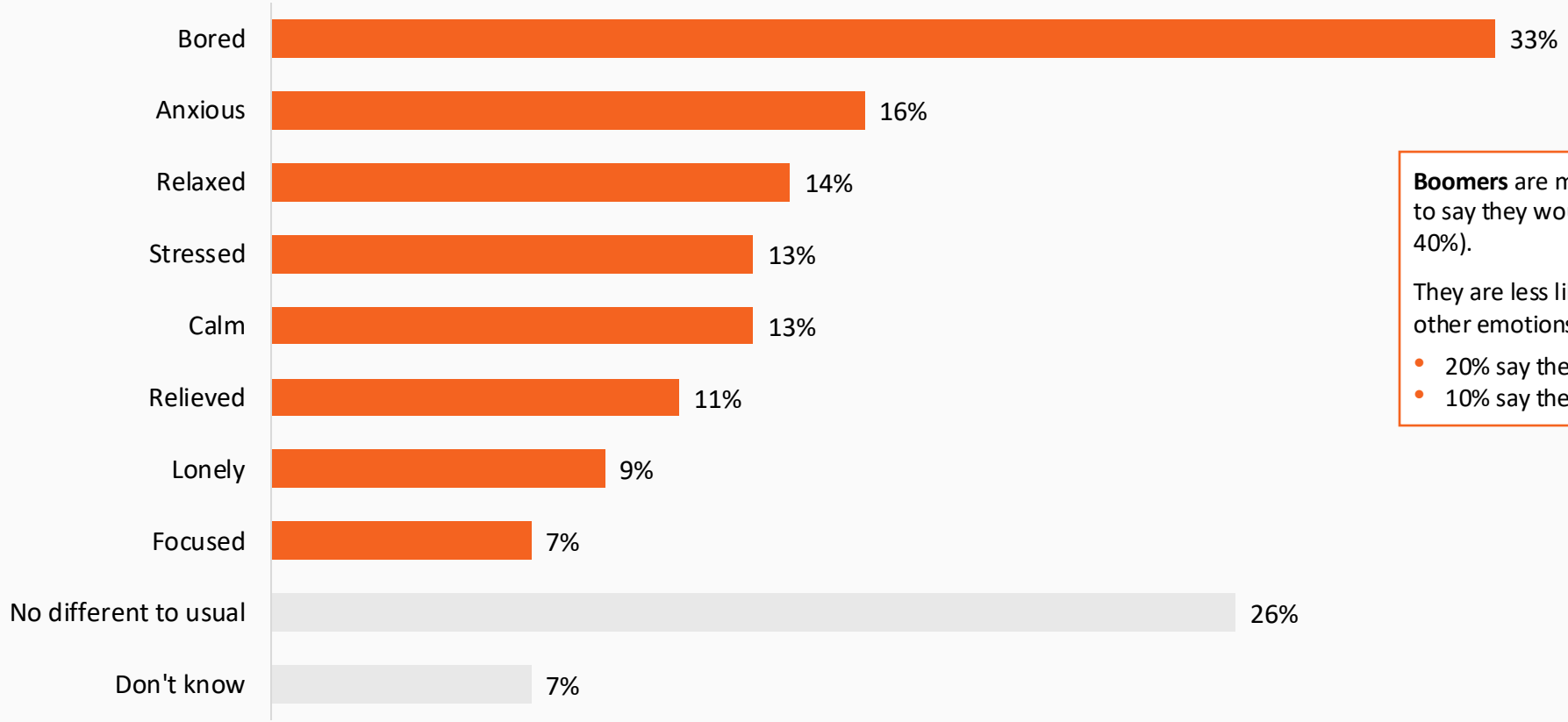
- Focused (12%)
- Relieved (14%)

OV2. Thinking about teenagers, how do you think they would feel if they couldn't use any electronic devices (e.g. phone, computer, tablet) for a whole day? Base: All adults (n=2,328)
OV9. If you couldn't use any of your electronic devices (phone, computer/laptop, tablet, smart watch etc.) for a whole day, how do you think you would feel? Tick all that apply. Base: All teenagers who use electronic devices (n=1,475)

One in three **adults would feel bored without their devices, with boomers more likely to be unaffected**

Adults are far less likely than teens to say that they'd feel lonely if unable to use electronic devices (9% vs. 22% teens)

How adults would feel if they couldn't use electronic devices – Adults **only**



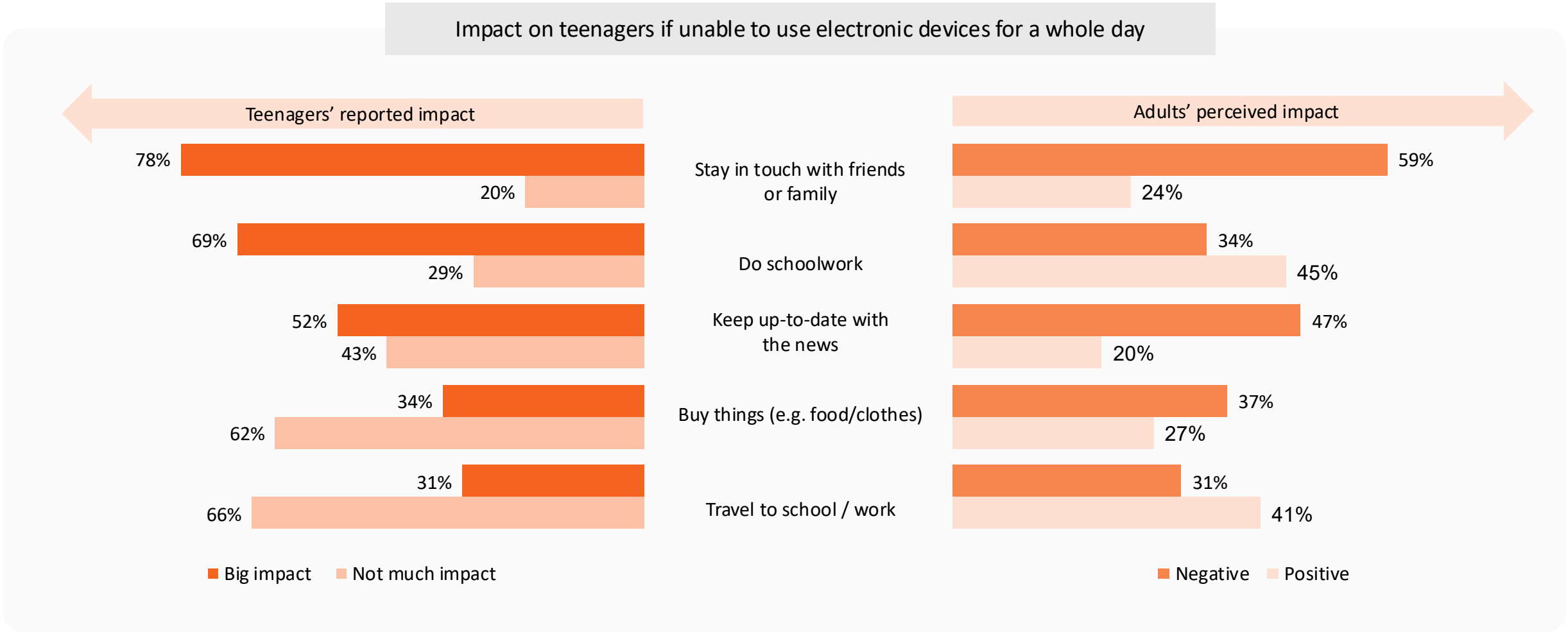
Boomers are more likely than other age groups to say they wouldn't feel any different (rising to 40%).

They are less likely than average to report the other emotions, for example:

- 20% say they would feel bored
- 10% say they would feel anxious

AB2. How would you feel if you couldn't use any electronic devices for a whole day? Base: All adults who use electronic devices (n=2,313)

Most teens think that being without an electronic device would have a big impact on their ability to stay in touch, do schoolwork, and keep up-to-date with the news



OV3. If teenagers couldn't use any of their electronic devices for a whole day, to what extent do you think it would have a positive or negative impact? Base: All adults (n=2,328)
OV10. If you couldn't use any of your electronic devices (phone, computer/laptop, tablet, smart watch etc.) for a whole day, to what extent would it have any impact on your ability to do each of the following? Base: All teenagers who use electronic devices (n=1,475)

2 Safe spaces and work

Most teenagers spend time in places where they feel safe at least weekly, with adults slightly underestimating how frequently this happens

Time spent by teenagers in a **safe space**

Net: Weekly

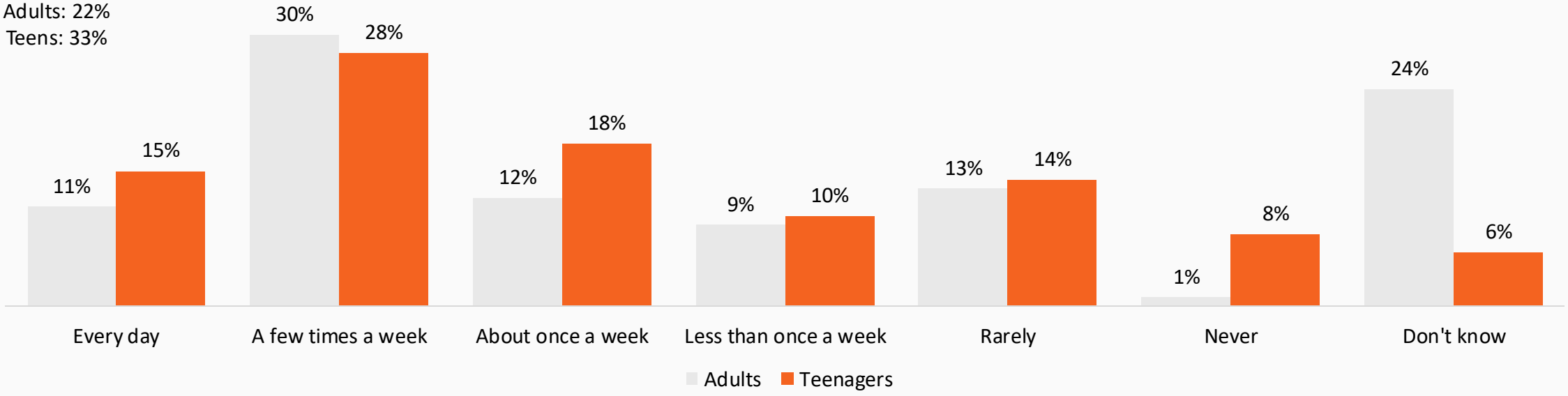
Adults: 53%
Teens: 62%

Net: Less than once a week / Rarely / Never

Adults: 22%
Teens: 33%

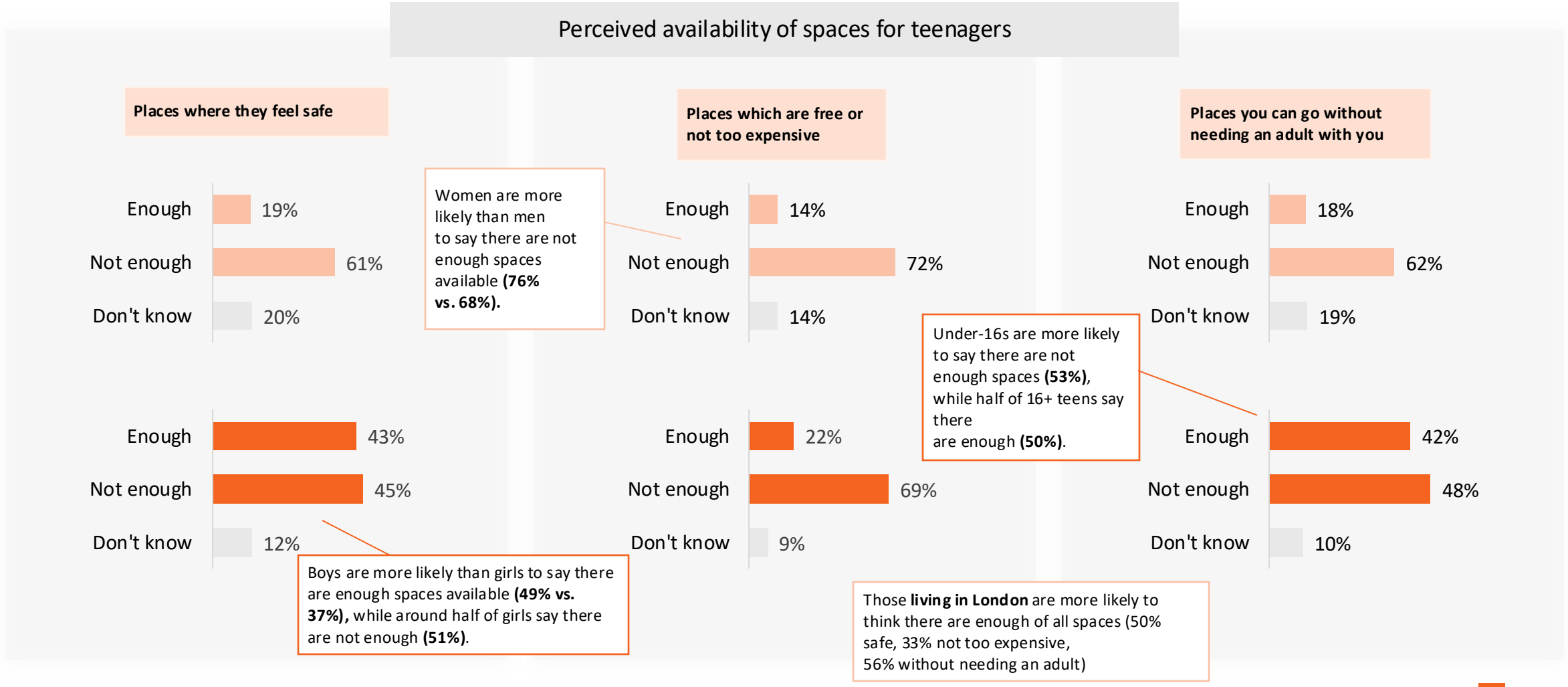
Weekly use is higher among younger teens **(65%),** while those aged **16+** are more likely to report using these spaces less than once a week/ rarely (28%). Boys are also more likely than girls to report weekly use (65% vs. 58%)

Boomers are more likely to say teenagers use these spaces less than once a week or rarely **(16%),** while **18-34-year-olds** are more likely to say teenagers use them weekly **(58%).**



SS1. Not including home or school, how often, if at all, do you think teenagers are able to spend time somewhere they feel safe (e.g. a friend's house, sports club, library, park)? Base: All adults (n=2,328)
SS1. Not including your home or school, how often do you spend time somewhere you feel safe? This might include at a friend's house, sports club, library, youth club, parks. Base: All teenagers (n=1,496)

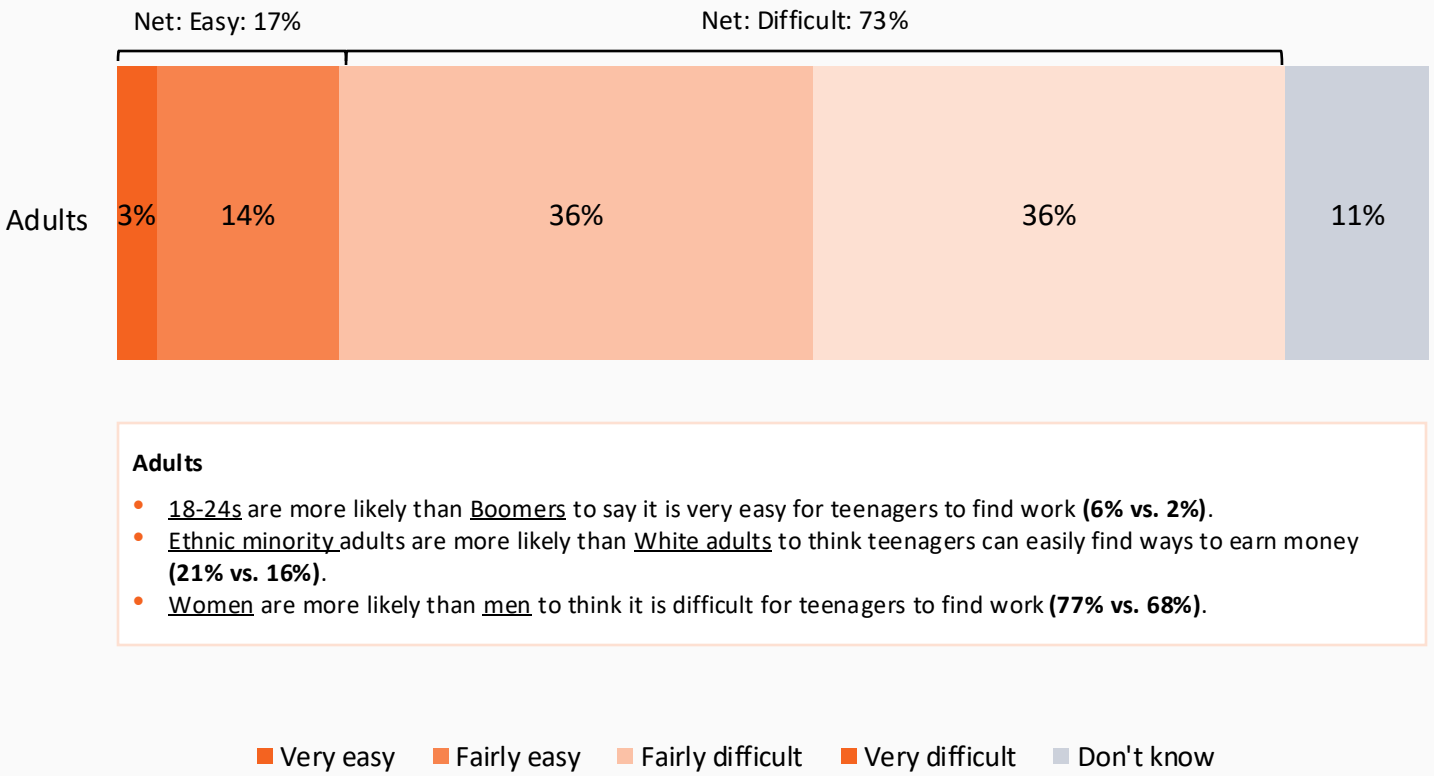
Teenagers are around twice as likely as adults to say there are enough safe places they can visit independently. Both groups report a shortage of affordable spaces



SS2. Apart from their home or school, do you think there are currently enough of each of these types of public spaces in your local area for teenagers to spend time? Base: All adults (n=2,328)
SS2. Not including your home or school, do you think there are currently enough of each of these types of public spaces in your local area for people your age to spend time? Base: All teenagers (n=1,496)

Despite most adults believing it is difficult for teenagers to find work, nearly a third of teens have had a Saturday or part-time job

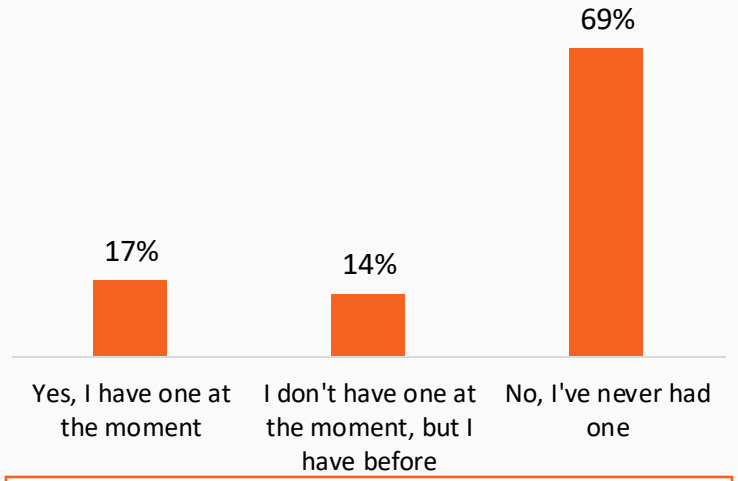
Perceived ease of getting/have a Saturday job



Adults

- 18-24s are more likely than Boomers to say it is very easy for teenagers to find work **(6% vs. 2%)**.
- Ethnic minority adults are more likely than White adults to think teenagers can easily find ways to earn money **(21% vs. 16%)**.
- Women are more likely than men to think it is difficult for teenagers to find work **(77% vs. 68%)**.

Teens with a Saturday job



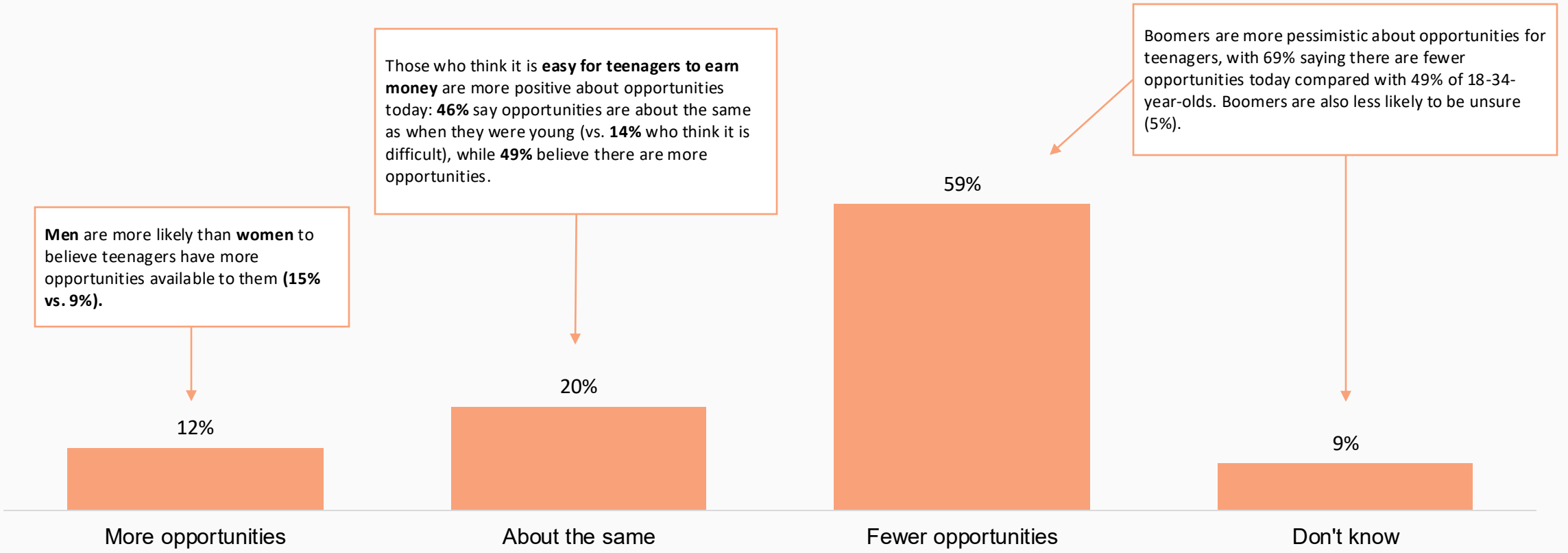
Teens

- Birmingham teens are less likely to have a job **(7%)**.
- Under 16s are less likely to have a job **(9%)** compared to over 16s **(27%)**.

SS3. How easy or difficult do you think it is for teenagers to get part-time work or to earn their own money if they want to? Base: All adults (n=2,328)
SS3. Have you ever had a Saturday job or any kind of part-time job (e.g. at a shop, café, babysitting)? Base: All teenagers (n=1,496)

Nearly three in five adults say teenagers have fewer opportunities to earn money today than they did growing up

Perceived number of opportunities available to teens to earn their own money– Adults only



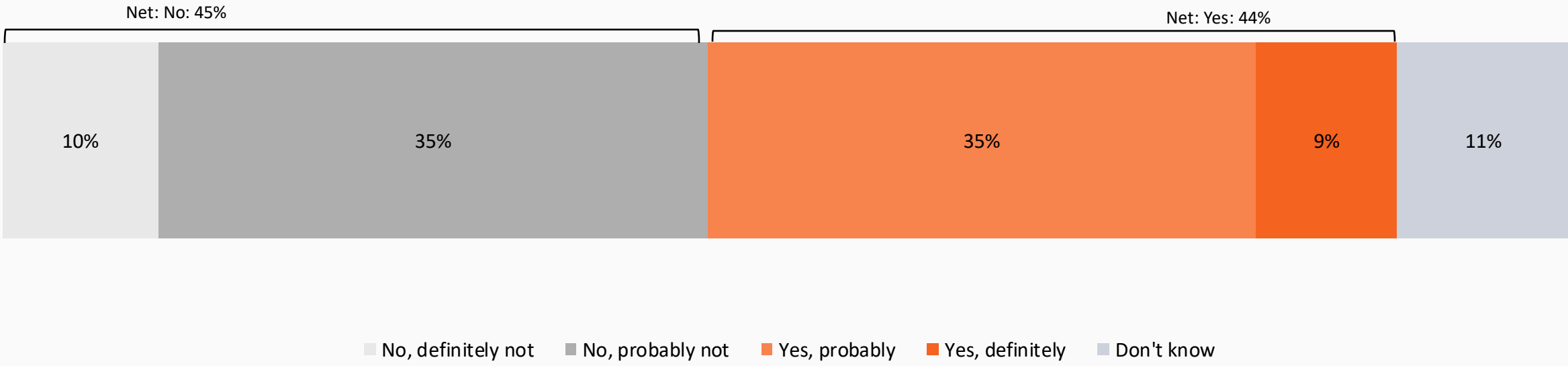
SS4. Do you think teenagers today have fewer, the same, or more opportunities to earn their own money compared with when you were their age? Base: All adults (n=2,328)

Views on future job prospects are finely balanced among teenagers, reflecting uncertainty about access to part-time work

Could get a part-time job in the future – **Teens only**

Confidence in finding future part-time work is lower among older teens around half **(51%)** believe they would be unable to get a part-time job, compared with **40% of younger teens.**

As expected, teens who are more likely to say yes **believe they will earn money in the future** (**55% vs. 36%** of those who think it will be difficult).

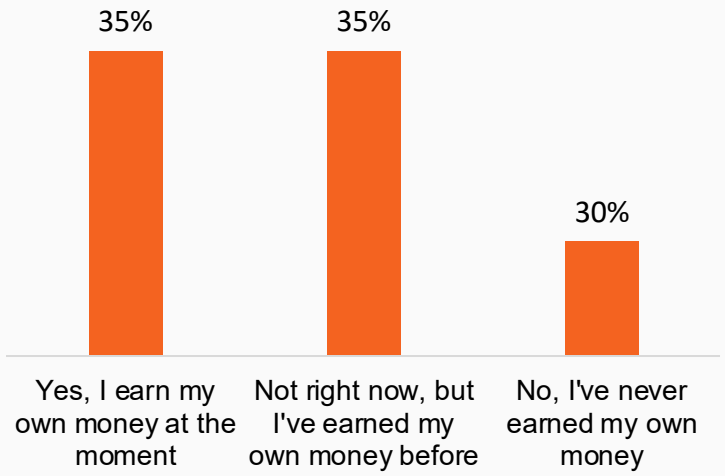


SS4. If you wanted a Saturday job or any kind of part-time job in the future (e.g. at a shop, café, babysitting), do you think you would be able to get one? Base: All teens who don't currently have a job (n=1,171)

While roughly a third currently earn their own money, most teens believe they could if they wanted to

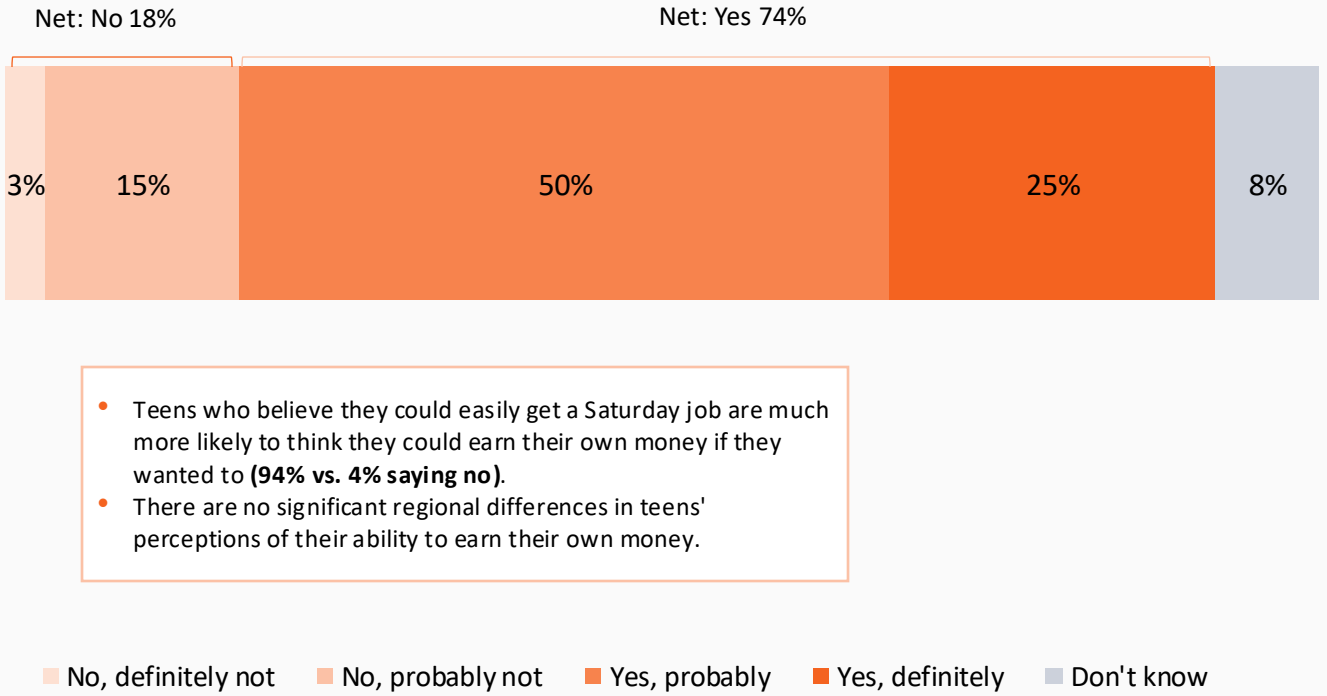
Teens who have or believe they could own their own money – **Teens only**

Teens who have earned their own money



- Earning their own money is more common among older teens **(46% of 16+ vs. 26% of under-16s)**.
- Teens in the **East of England** are among the most likely to currently earn their own money **(46%)**.
- Those **living in Birmingham** are less likely to have (22%)

Teens who believe they would be able to earn their own money in the future



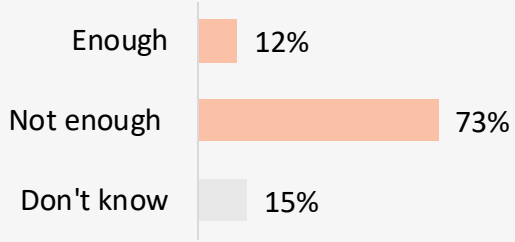
- Teens who believe they could easily get a Saturday job are much more likely to think they could earn their own money if they wanted to **(94% vs. 4% saying no)**.
- There are no significant regional differences in teens' perceptions of their ability to earn their own money.

SS5. Have you ever earned your own money (for example through a job, chores, selling things, or helping someone out)? Base: All teens (n=1,496)
SS6. If you wanted to earn your own money in the future (e.g. through a job, chores, selling things, or helping someone out), do you think you would be able to? Base: All teenagers who don't currently earn their own money (n=933)

Perceptions of support for teenagers vary by institution, with schools viewed more positively than government and local councils

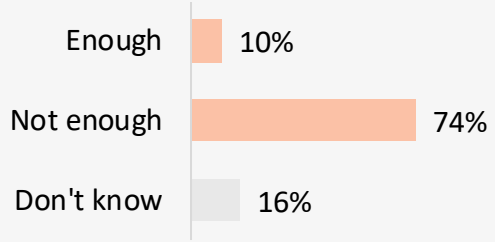
Whether each of the following are doing enough to support teens – Adults only

The UK government



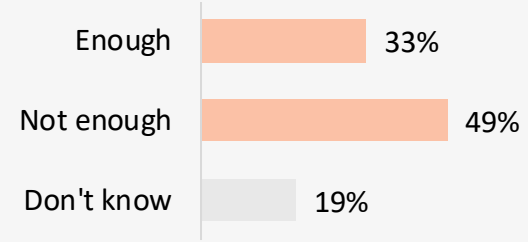
- **Men** are slightly more likely than **women** to believe the government is doing enough **(14% vs. 11%)**.
- **Boomers** are most likely to say the government is doing enough, though the figure remains low at **15%**.
- Those in the **East of England** are some of the most likely to think the government should be doing more **(79%)**.

Local Councils



- **Men** are more likely than **women** to say local councils provide enough support **(13% vs. 8%)**.
- **Women** are more likely to believe local councils should be doing more **(77% vs. 72%)**.
- Those with two children in the household are particularly likely to say local councils should be doing more **(85%)**.

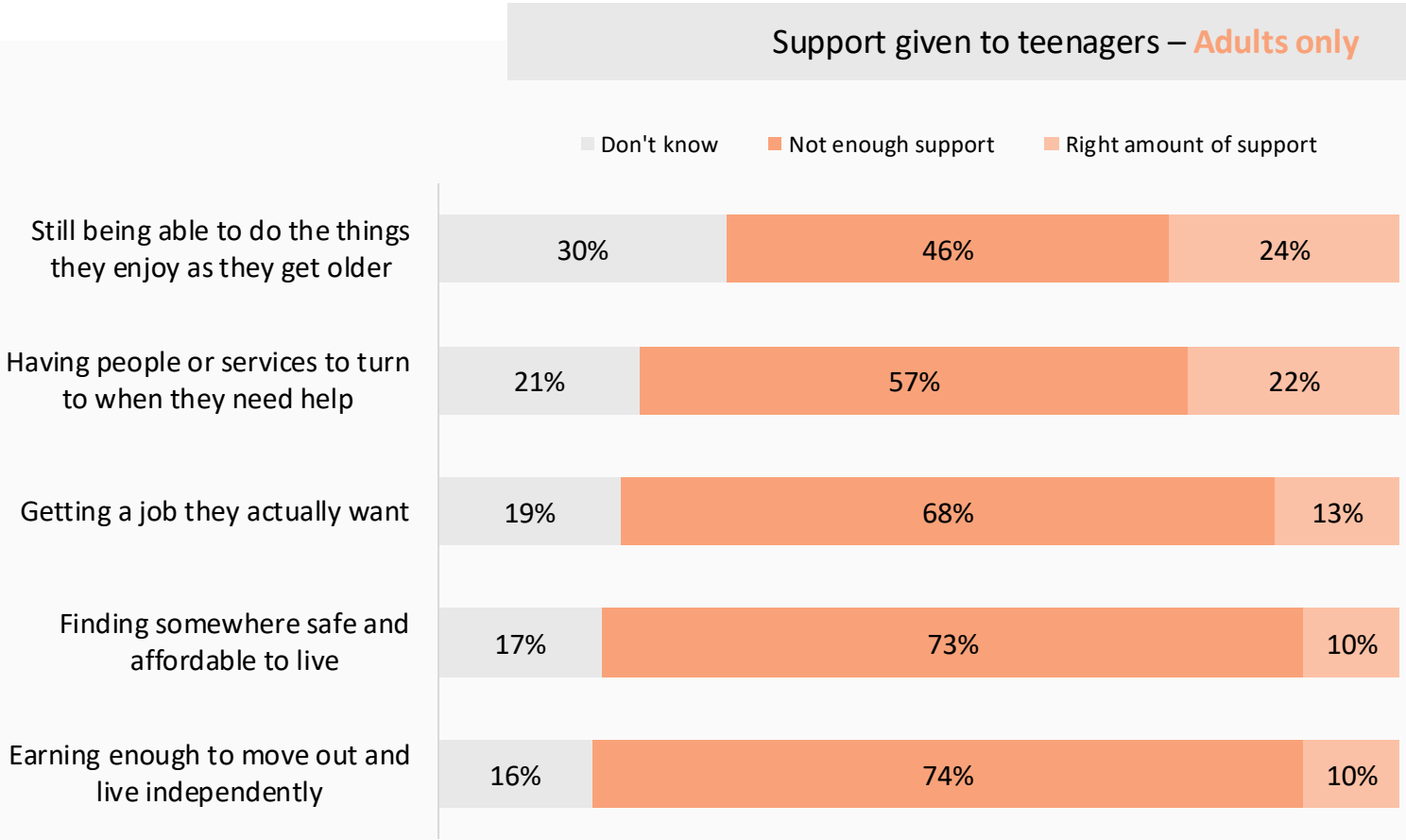
Schools



- Positive perceptions of schools are higher among **Boomers**, with **38%** saying schools are doing enough.
- Agreement is also higher among **ABC1** respondents **(35%)** than among those from **C2DE** backgrounds **(29%)**.
- Those with two children in the household are particularly likely to say schools should be doing more **(60%)**.

SS5. For each of the following, do you think they are currently doing enough to support teenagers, or should they be doing more? Base: All adults (n=2,328)

Perceptions of support for teenagers are largely negative, with the greatest concern focused on housing and financial independence

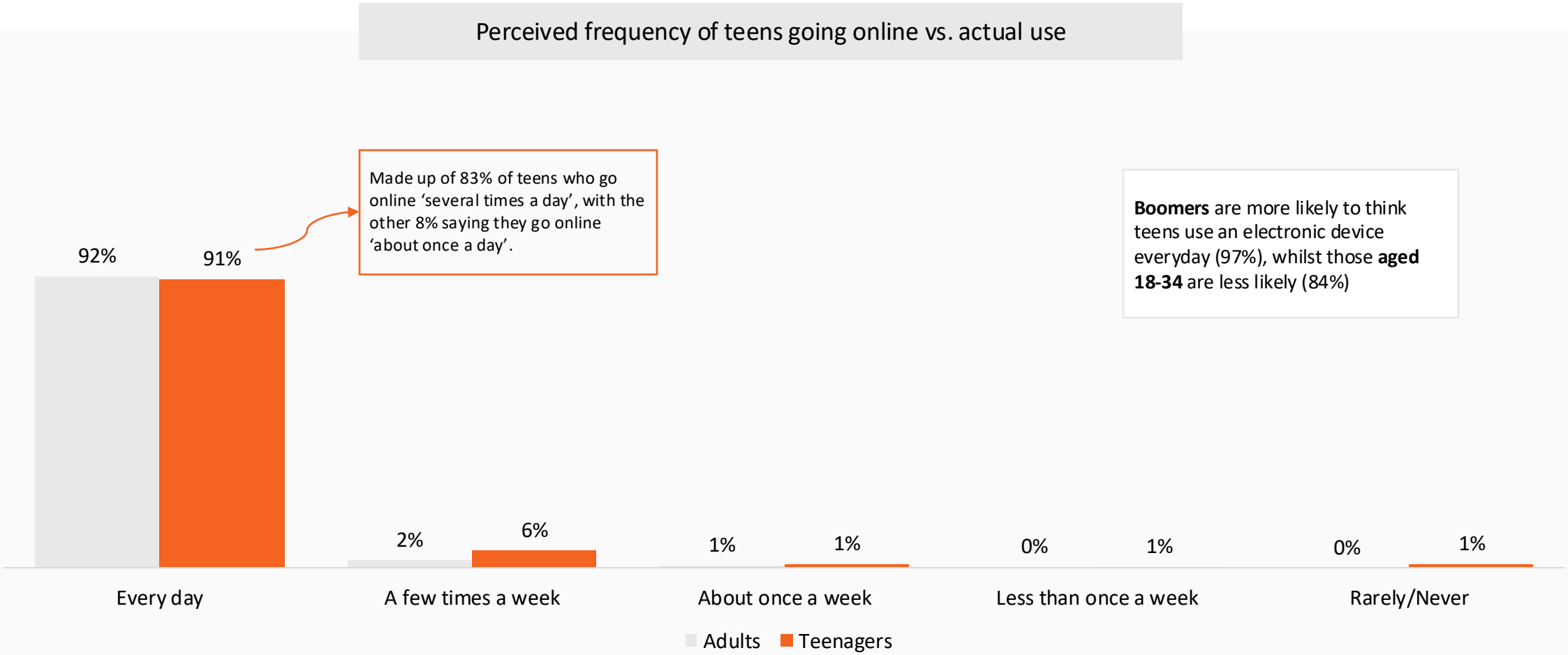


- **Men** are more likely than **women** to feel support for teenagers is sufficient across most areas asked about, particularly when it comes to being able to continue doing the things they enjoy as they get older **(28% vs. 20%)**. Meanwhile, **women** are more likely to feel teenagers lack the support they need, particularly access to people and services for help **(61% vs. 53% of men)**.
- **Younger adults** (18-24s 17%), **Londoners** (15%) and those from **ethnic minority** backgrounds (16%) are more positive about finding somewhere safe and affordable to live.

S6. Do you think teenagers today are receiving the right amount of support or not enough support for each of the following? Base: All adults (n=2,328)

3 The online world

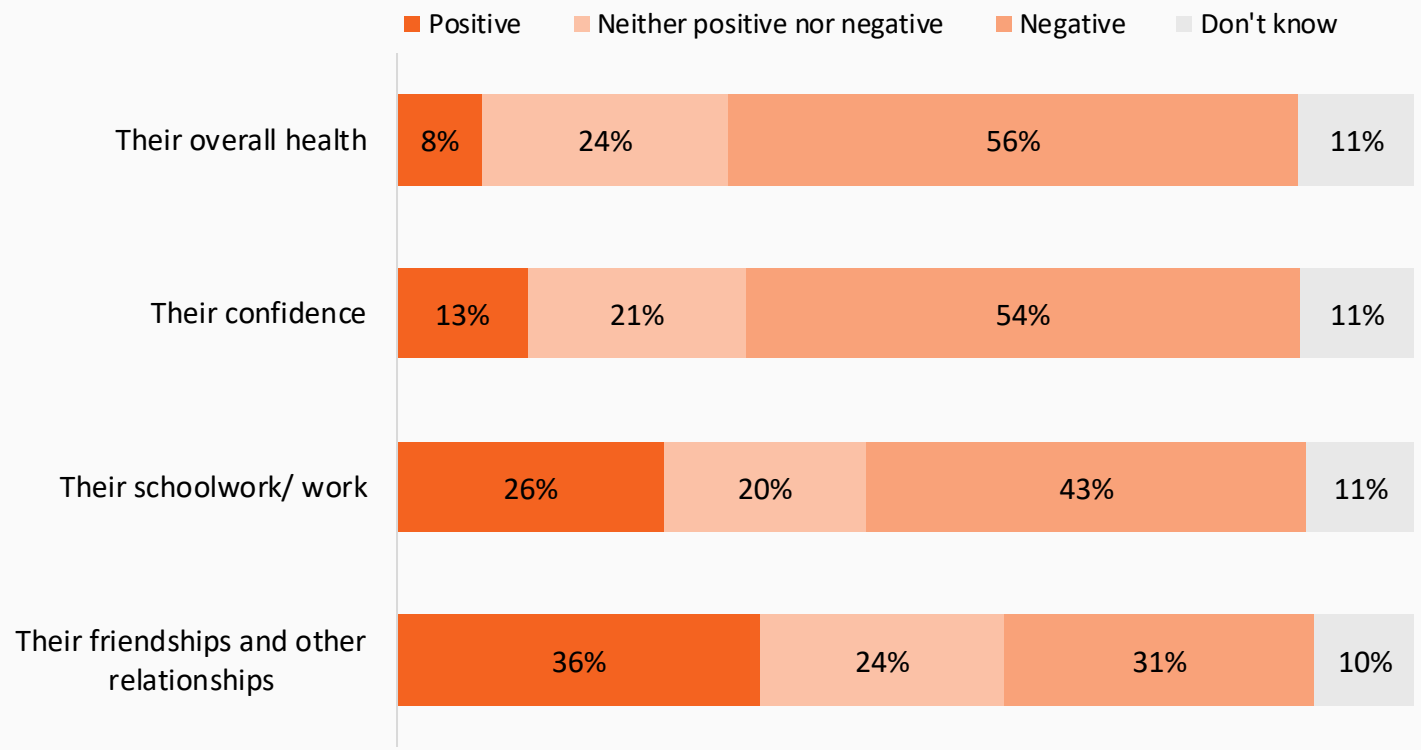
Adults have a fairly accurate understanding of teenagers' use of the internet. Over 9 in 10 adults think teens go online every day, with a similar proportion of teens saying they do



WO1. How often do you think teenagers go online (e.g. using the internet or social media)? Base: All adults (n=2,328)
OWE1. How often do you go online (e.g. using the internet or social media)? Base: All teenagers (n=1,496)

More than half of adults think that spending time online negatively impacts teenagers' overall health and confidence

Perceived impact of spending time online on teenagers in various areas – Adults only



Those **aged 18-34** are more likely than Boomers to think that spending time online positively impacts:

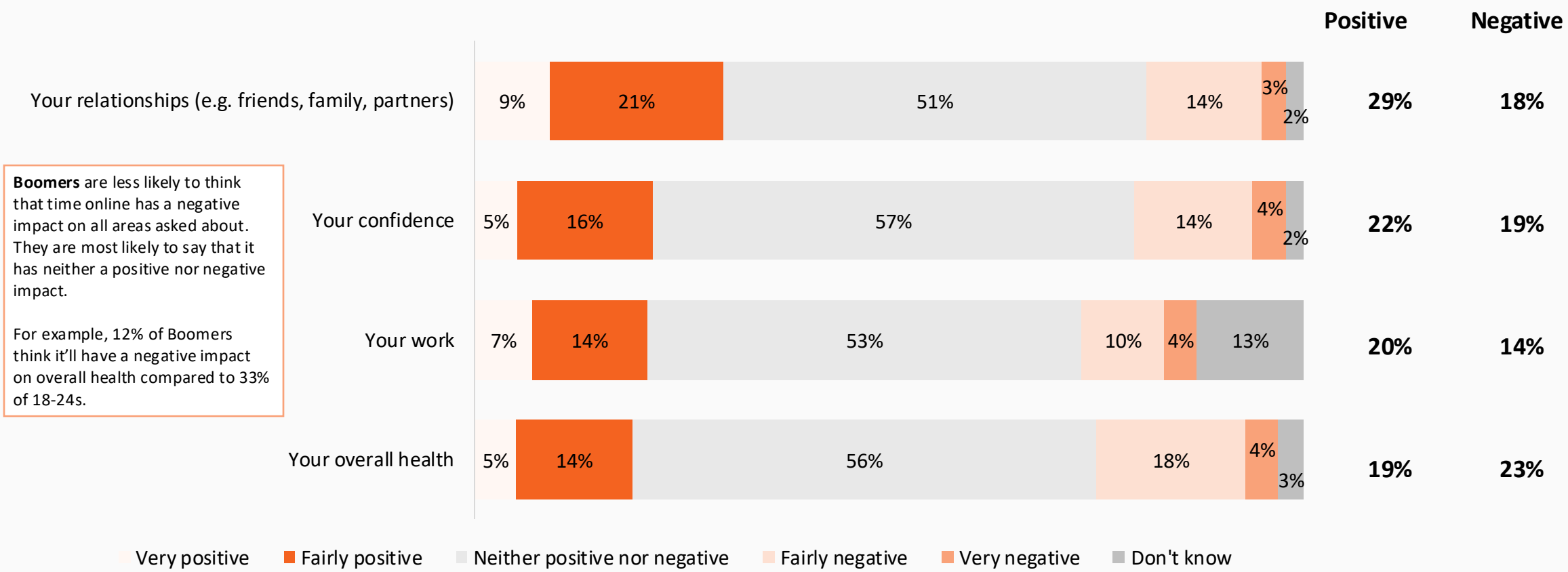
- Teens' friendships/ other relationships (45% vs. 32%)
- Their overall health (13% vs. 6%)

Conversely **Boomers** are more likely than 18-34-year-olds to think that it positively impacts their schoolwork (30% vs. 24%)

WO2. Overall, do you think spending time online has a positive or negative impact on teenagers in each of the following areas: Base: All adults (n=2,328)

While most adults see spending time online as having a neutral impact, positive perceptions outweigh negative ones across most areas of life

Perceived impact of time online on different aspects of life among adults – Adults only



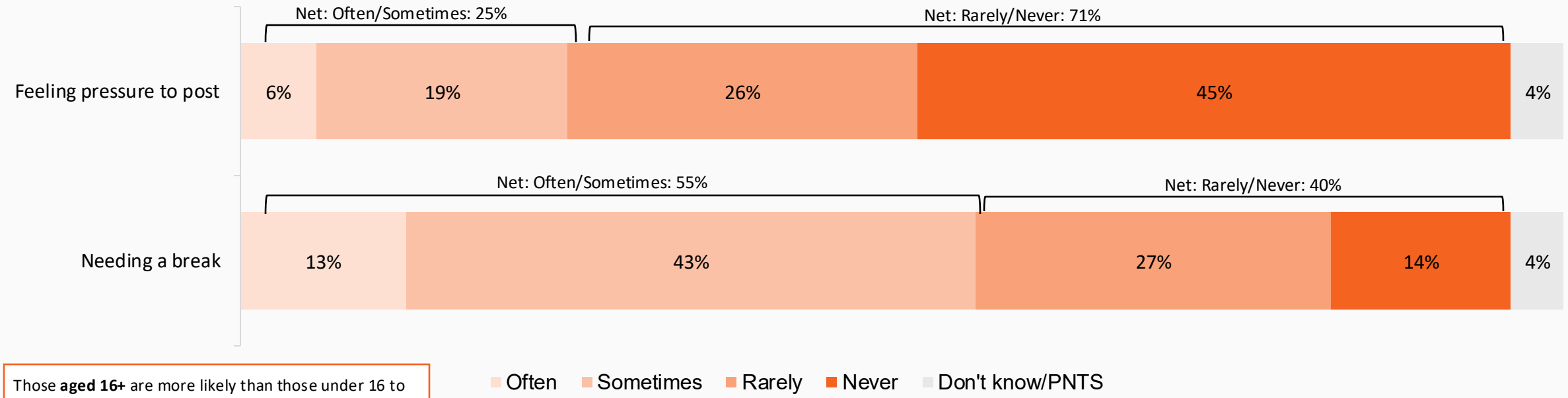
Boomers are less likely to think that time online has a negative impact on all areas asked about. They are most likely to say that it has neither a positive nor negative impact.

For example, 12% of Boomers think it'll have a negative impact on overall health compared to 33% of 18-24s.

AB4. Overall, do you think spending time online has a positive or negative impact on each of the following? Base: All adults who go online (n=2,309)

Of those who go online, a quarter feel pressure to post online whilst more than half at least sometimes feel like they need to take a break

Frequency of feeling pressure to post or needing a break from being online– **Teens only**

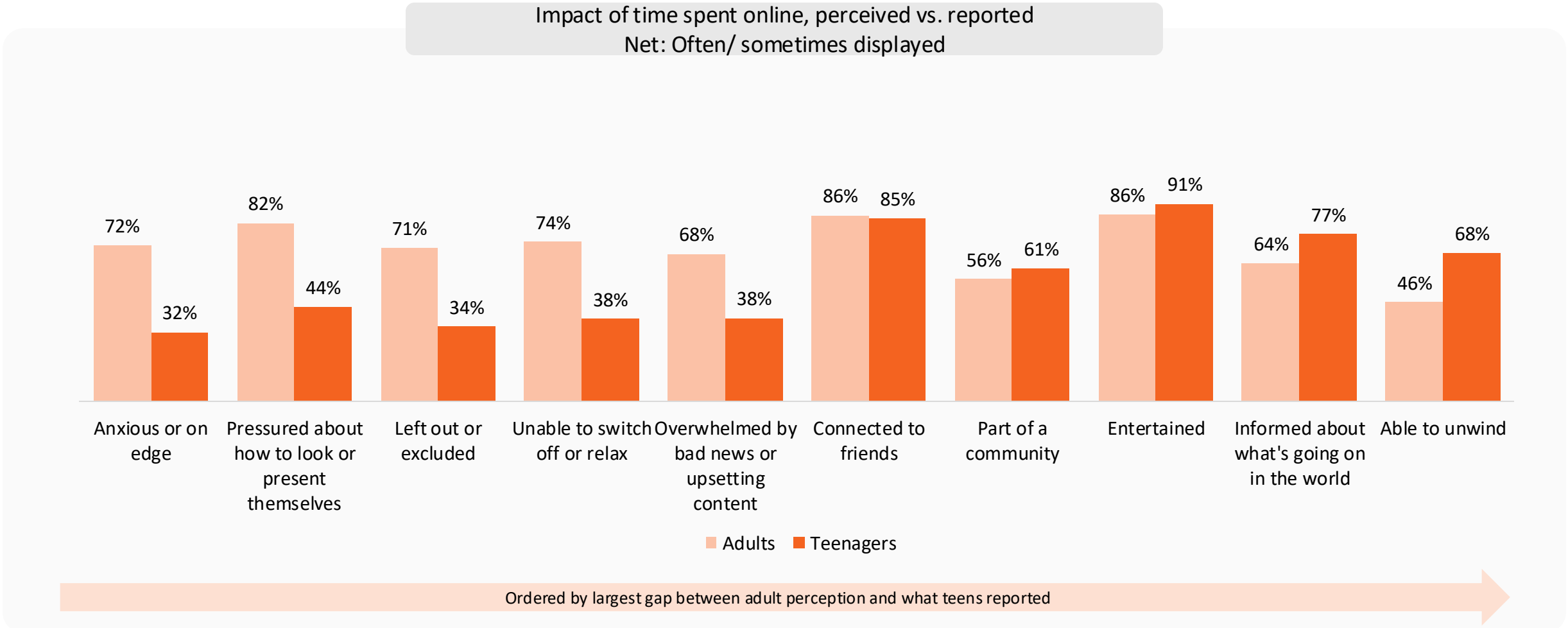


Those **aged 16+** are more likely than those under 16 to feel like they need a break (64% vs. 48%).

Girls are also more likely than boys to feel like they need a break (59% vs. 52%)

OWE3. How often do you feel pressure to post or share things online to keep up with others? Base: All teenagers who spend time online (n=1,475)
OWE2. How often do you feel like you need a break from being online? Base: All teenagers who spend time online (n=1,475)

Whilst at least a third of teens report negative impacts such as feeling anxious, overwhelmed and pressured to look a certain way, adults overestimate the frequency of this

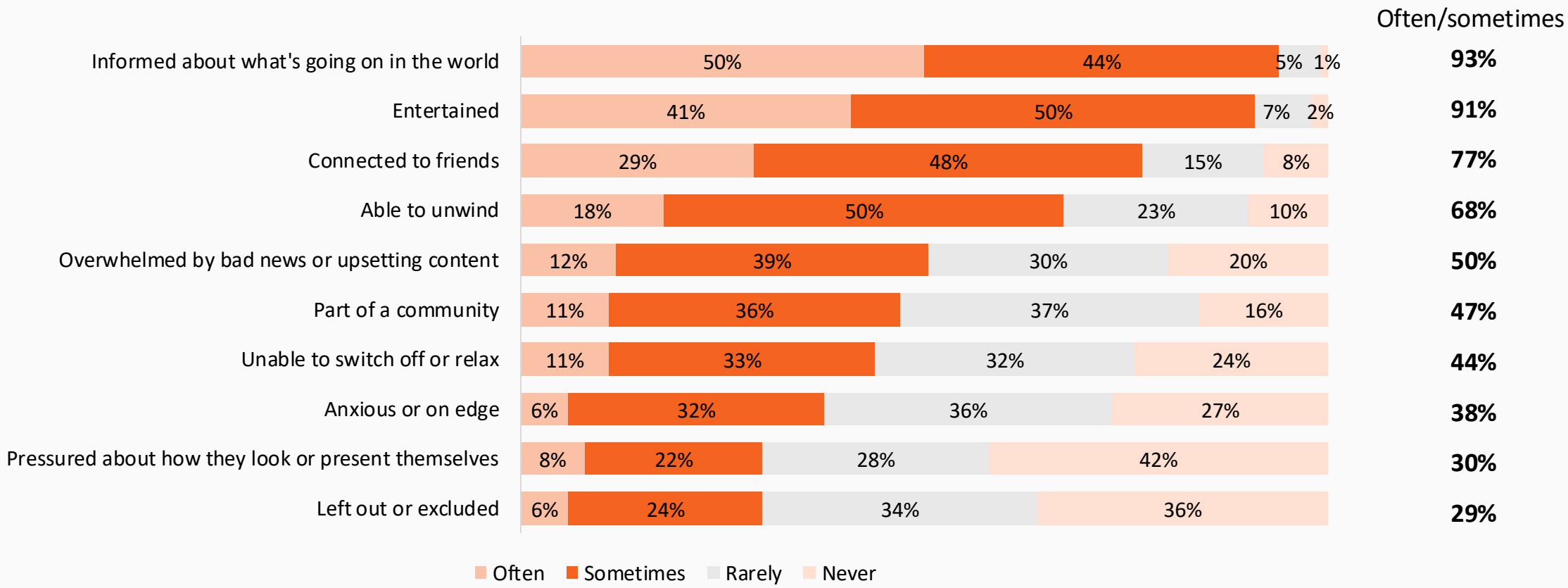


WO3. When teenagers spend time online, how often, if at all, do you think it makes them feel each of the following? Base: All adults (n=2,328)
OWE5. When you spend time online, how often does it make you feel each of the following? Base: All teenagers who spend time online (n=1,475)

Time online more often makes adults feel informed**, entertained and connected, as opposed to anxious or excluded**

'Boomers' are less likely to say that they often or sometimes feel anxious or on edge (20% vs. 54% of those aged 18-34)

How often adults experience different feelings when spending time online – **Adults only**

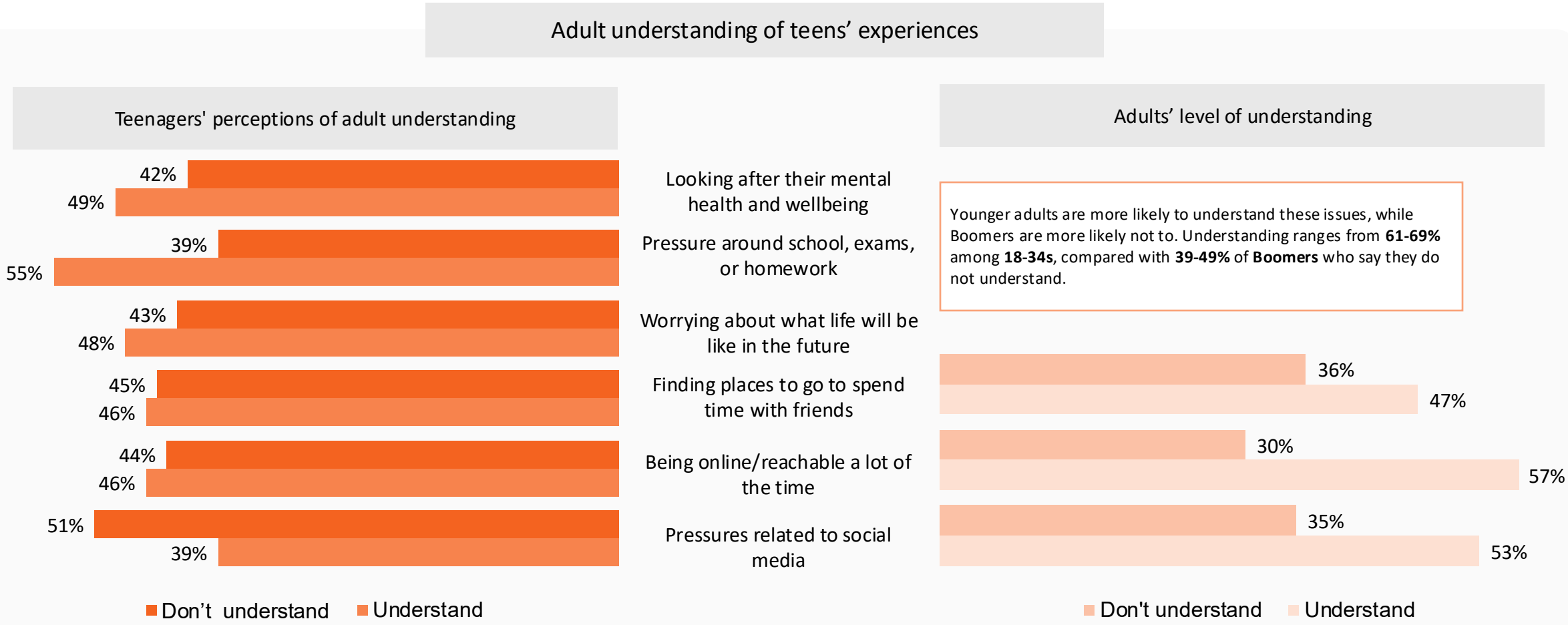


AB7. When you spend time online, how often, if at all, does it make you feel each of the following? Base: All adults who go online (n=2,309)

4 Teens and adults



Adults feel they understand teenagers' experiences, but teenagers are less convinced, particularly when it comes to social media and online pressures

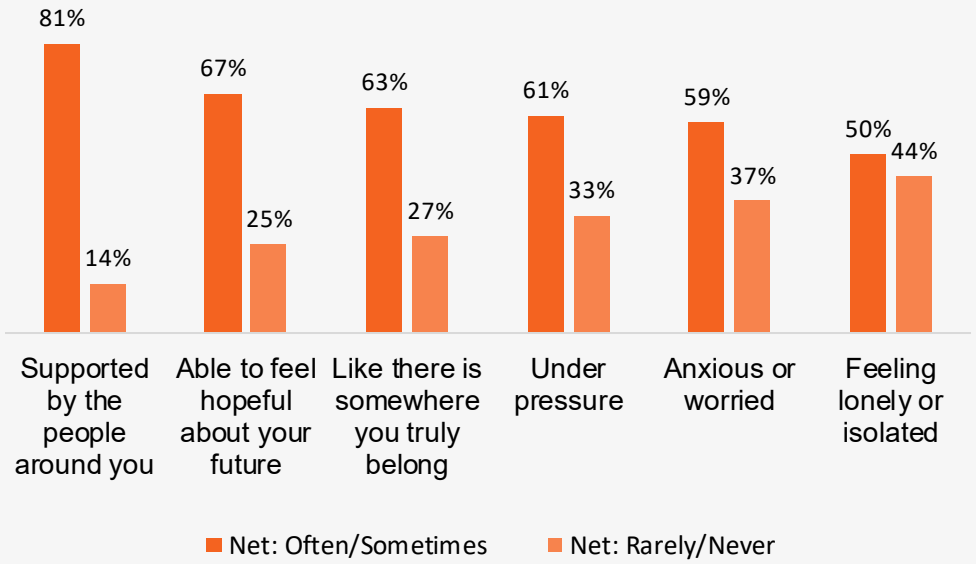


TA1. How well do you think you understand teenagers' experiences of the following, if at all? Base: All adults (n=2,328)
TA1. Do you think that adults understand teenager's experiences of each of the following? Base: All teenagers (n=1,496)

Perceptions of teenage wellbeing are more negative among adults than teenagers themselves report

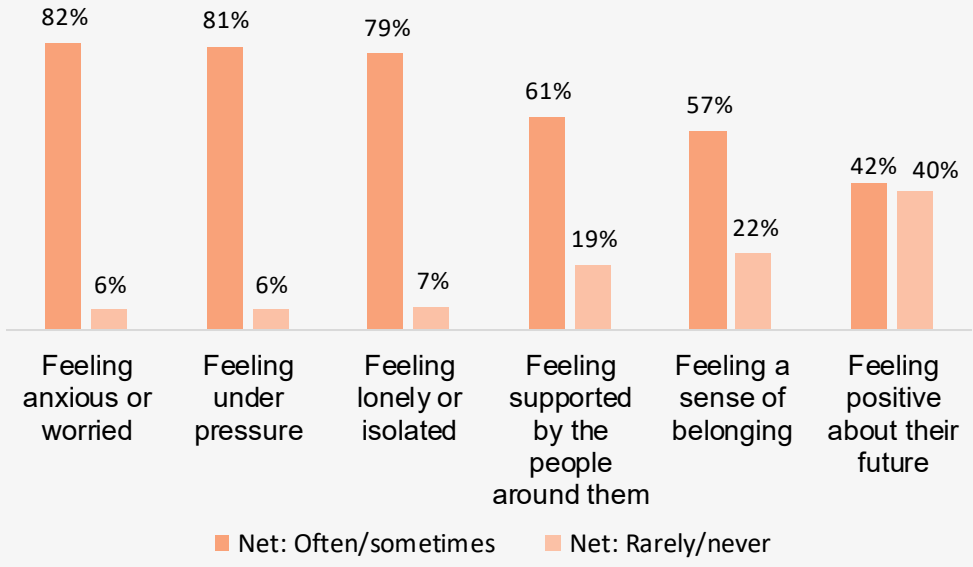
Emotions experienced by teens -- Teens

Teens aged **16+** are more likely to report feeling lonely or isolated **(61% vs. 42% of under-16s)** and to say they rarely or never feel they truly belong **(35% vs. 20%)**. Under-16s are more optimistic about the future, with **71%** feeling hopeful (vs. 63% over-16s). **Girls** are more likely than boys to report feeling anxious or worried **(66% vs. 52%)**.



Perceived emotions experienced by teens -- Adults

Women are more likely than men to believe teenagers feel frequently feel anxious or worried **(85% vs. 79%)** and under pressure **(85% vs. 77%)** and lonely or isolated **(83% vs. 75%).** Adults from **ethnic minority** backgrounds are more likely to think that teens rarely feel lonely or isolated **(13%)**.



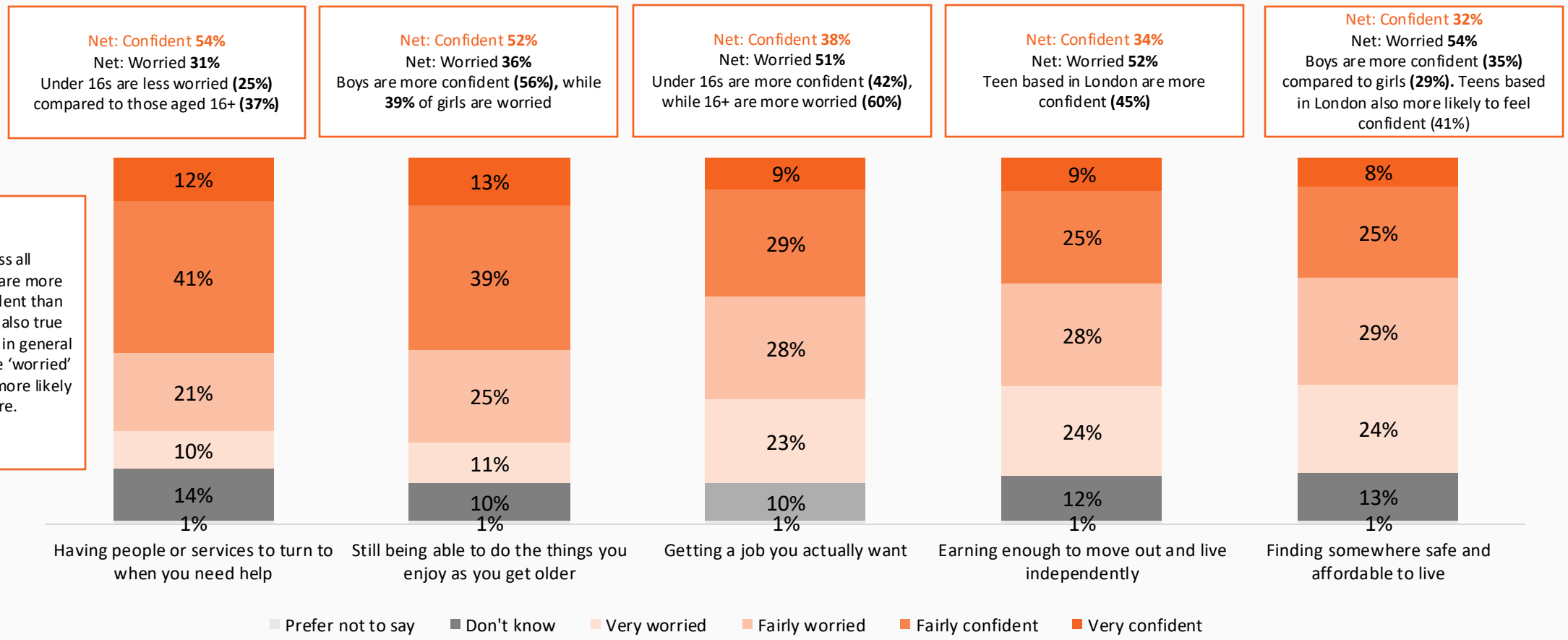
ER1. Thinking about teenagers today, how often, if at all, do you think they experience each of the following? Base: All adults (n=2,328)

ER1. People sometimes experience different feelings in their day to day lives. Thinking about how you generally feel day-to-day, how often do you experience each of the following? Base: All teens (n=1,496)

Confidence in the future is mixed among teenagers, with concerns about housing, jobs and independent living outweighing optimism

Confidence for the future – Teens only

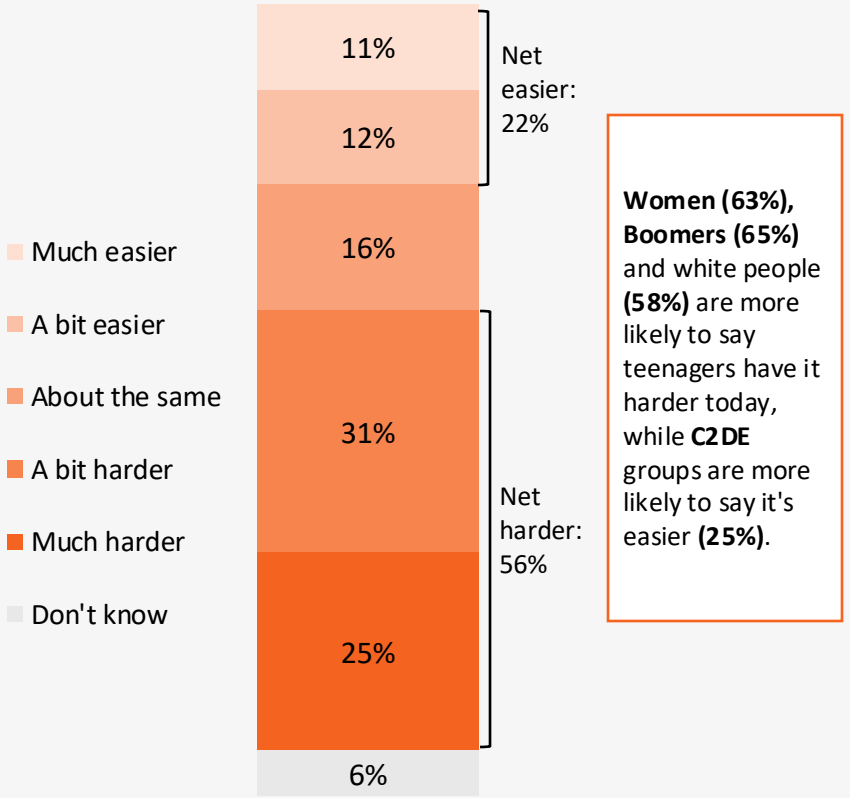
Overall, across all statements boys are more likely to be confident than girls. The same is also true for under-16s who in general are less likely to be 'worried' because they are more likely to be unsure.



ER2. Thinking about your future, how confident or worried do you feel about each of the following? Base: All teenagers (n=1,496)

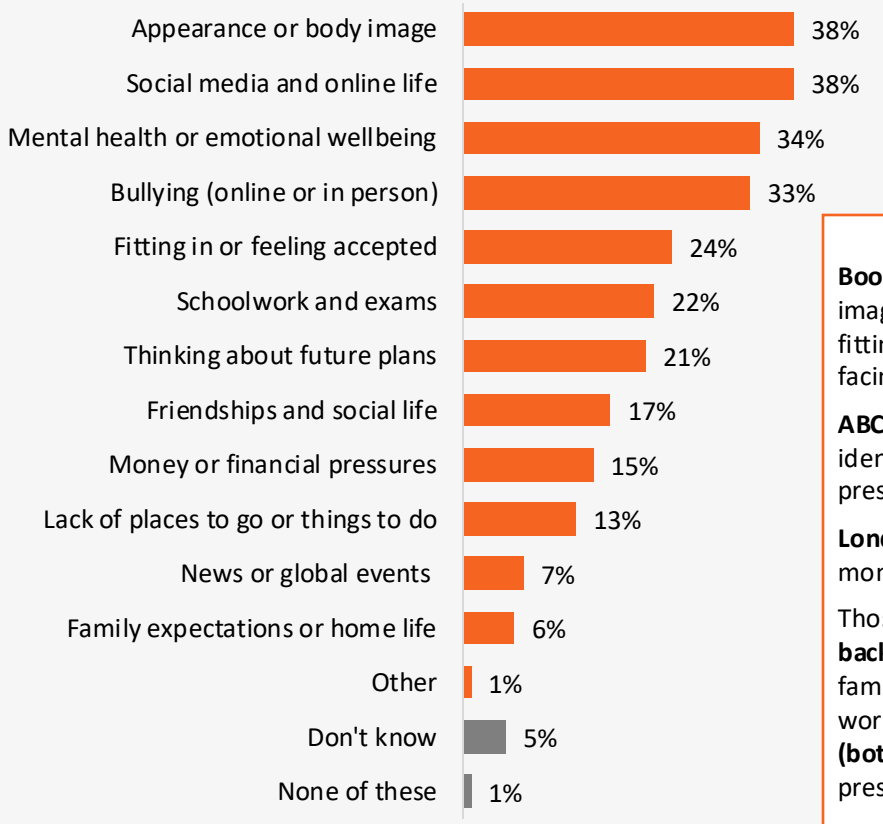
Just over half of adults think teenagers have it harder today, with body image and social media among the biggest pressures

Perceived ease of being a teenager today



Women (63%), Boomers (65%) and white people **(58%)** are more likely to say teenagers have it harder today, while **C2DE** groups are more likely to say it's easier **(25%)**.

Perceived biggest pressures experienced by teens



Boomers are more likely to cite body image **(49%)**, bullying **(42%)**, and fitting in **(29%)** as major pressures facing teens today.

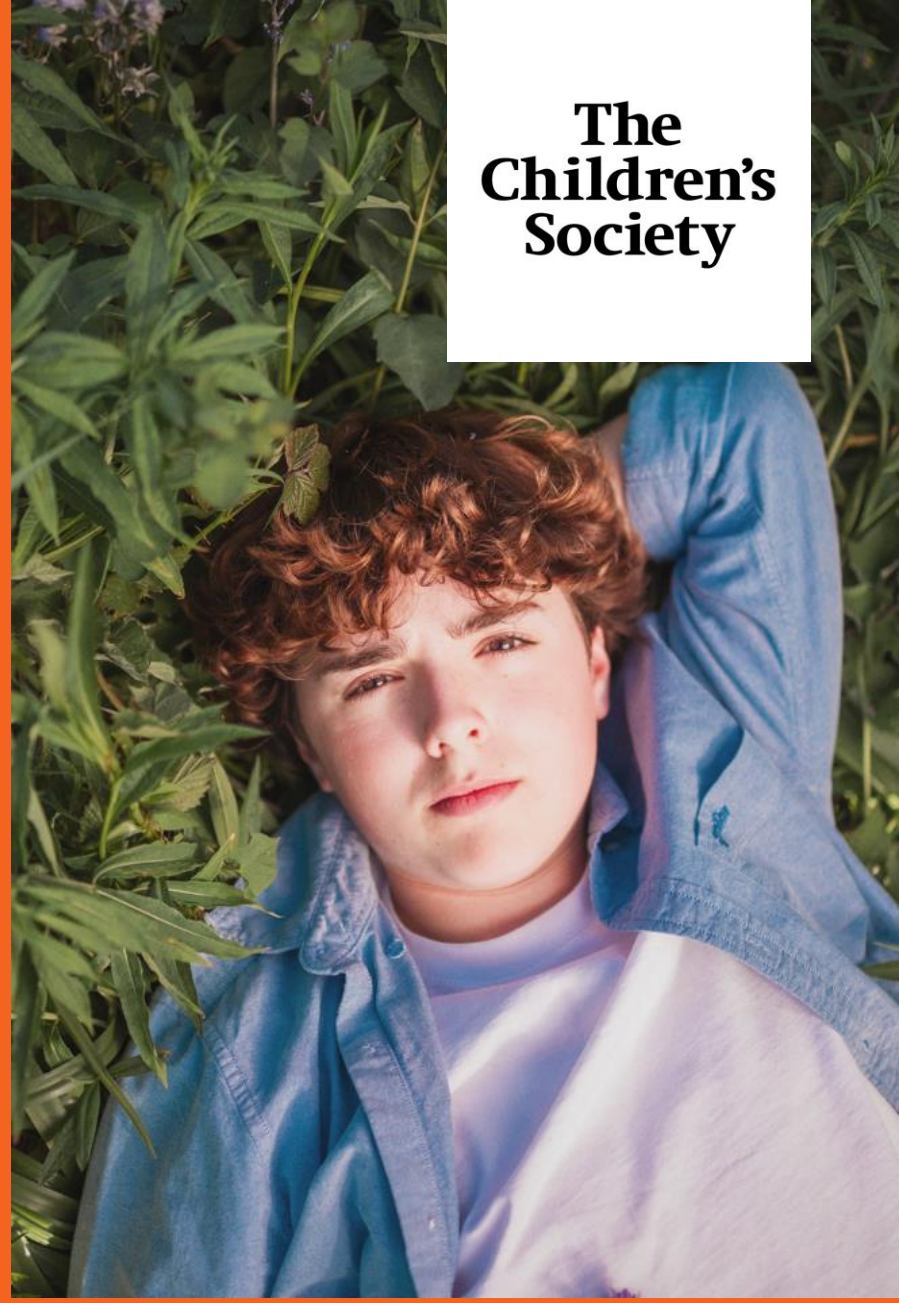
ABC1s are more likely than **C2DEs** to identify future plans **(24%)** as a key pressure.

Londoners are more likely to point to money and financial pressures **(23%)**.

Those from **ethnic minority backgrounds** are more likely to cite family expectations **(10%)**, school work and exams and future plans **(both 27%)** as well as financial pressures **(26%)**.

CQ1. Overall, compared to when you were a teenager, do you think teenagers today have it...? Base: All adults (n=2,328)
CQ2. Which of the following, if any, do you think are the biggest source of pressure for teenagers today? Please select up to 3.? Base: All adults (n=2,328)

Thank you



The Children's Society

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