## WHAT YOUNG PEOPLE SAID ABOUT.

CINDATIL

COVID-19: The views and experiences of young people with an out-of-home care experience in Tasmania

Young people

their mental health,

physical health, and family contact were

> affected during COVID-19.

CREATE in Tasmania asked 26 young people (aged between 14-17 years old) with a care experience about their experiences during COVID-19.

## 89%

of young people rated the impact of **COVID-19 restrictions** on their education or training in the middle to high range. also indicated that

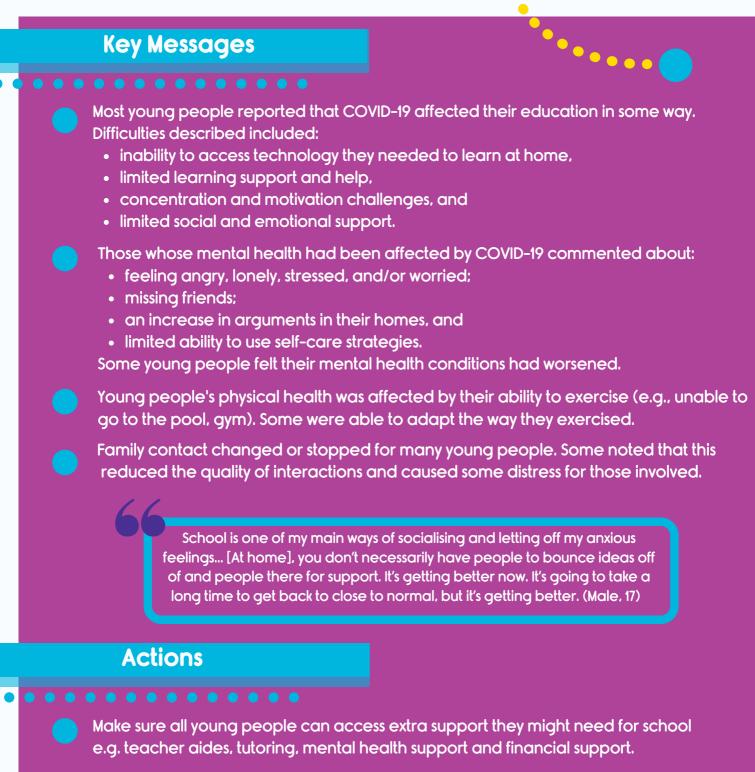
Generally, young people felt they had a good understanding of what was happening and were coping well with social distancing.

**Carers** and friends were good sources of help and support during COVID-19.

I got a fair bit behind school because there wasn't really anyone to explain it and we didn't get much help during quarantine. (Female, 14)

[My greatest concern during COVID-19 was] probably the state of my mental health with not being able to get out and do the things that I normally do. (Male, 17)

I can't see my siblings as I don't live with them. (Female, 15)



Provide support for young people's mental health. This includes allocation of funding to youth-focused mental health services to reduce delays, and support for stregthening relationships between young people and carers.

Support young people to re-engage in physical activities and exercise, including education about finding different activities when needed.

Ensure young people have plans and resources (e.g. phone credit, internet connection) to connect with family members that work for everyone.

Consultation completed in 2020



create.org.au