

Working in partnership:



Barnardo's



Youth Opportunities Tracker: Fairer Futures

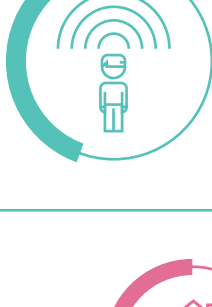


One of the largest studies of its kind, 'Youth Opportunities Tracker: Fairer Futures', looking at the experiences, life chances and aspirations of over 5,000 10-25-year-olds across the UK, shows young people face a very uncertain future.

The findings uncover how the cost of living and long-term effects of the pandemic has had a seismic impact on the decisions that young people are having to make day-to-day when it comes to basic needs, aspirations for their future, and mental wellbeing.

Stark realities facing young people

Basic needs become aspirational



Nine in ten (89%) young people say 'having enough money to cover basic needs' is now an aspiration in life, over 'achieving their dream job' and 'buying a house'

Challenging outlook inspires action, but mental wellbeing concerns remain



41% of young people have worried about their mental wellbeing in the last 6 months



Only 76% think it is likely that they will be able to have enough money to cover basic needs



83% want to buy a house



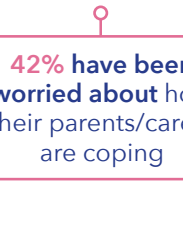
Only 65% think it's likely they will be able to buy a house



23% of young people have started the day without a meal



46% of young people say they have been worried about being able to afford things in the last 6 months



42% have been worried about how their parents/carers are coping



34% of young people have held back asking for things they need from their parents



Over a third (35%) said their family either currently or previously have had issues paying for or accessing food



One in three (35%) young people say their family has used food support in the last six months

Young peoples aspirations



88% want to feel happy with their life



59% saying there are few opportunities for them in life.



Despite this young people remain ambitious and **want to succeed: 68%** want to be the best in their industry.

Barriers to opportunities



Only 74% feel happy with their life



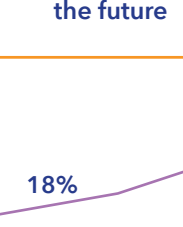
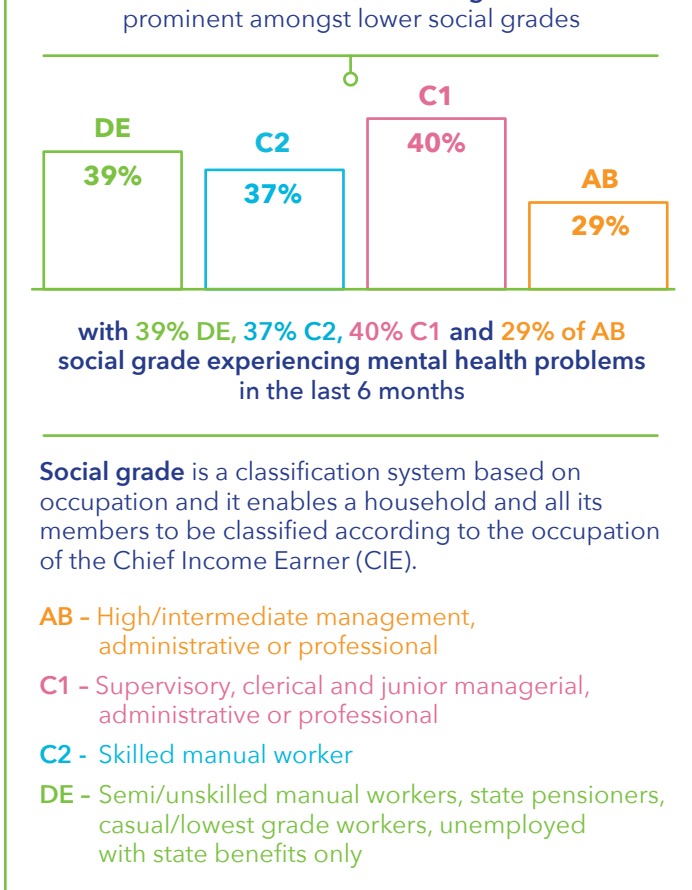
41% of young people have worried about their mental wellbeing in the last 6 months



36% have had their mental wellbeing and wellbeing over the last 6 months



Only 62% of young people agreeing (scored 7 to 10) that they feel positive about the future



Rise in young people not feeling like they can be their true self

Challenging outlook inspires action, but mental wellbeing concerns remain

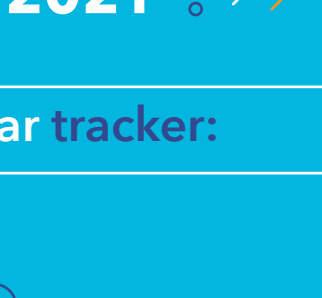
Despite the difficult outlook young people are facing, many young people want to be part of the solution. Over half said they want to work and volunteer in something that makes a positive difference to society, a rise of 4%* of those who answered this way in 2021, as young people become increasingly socially engaged and community minded.



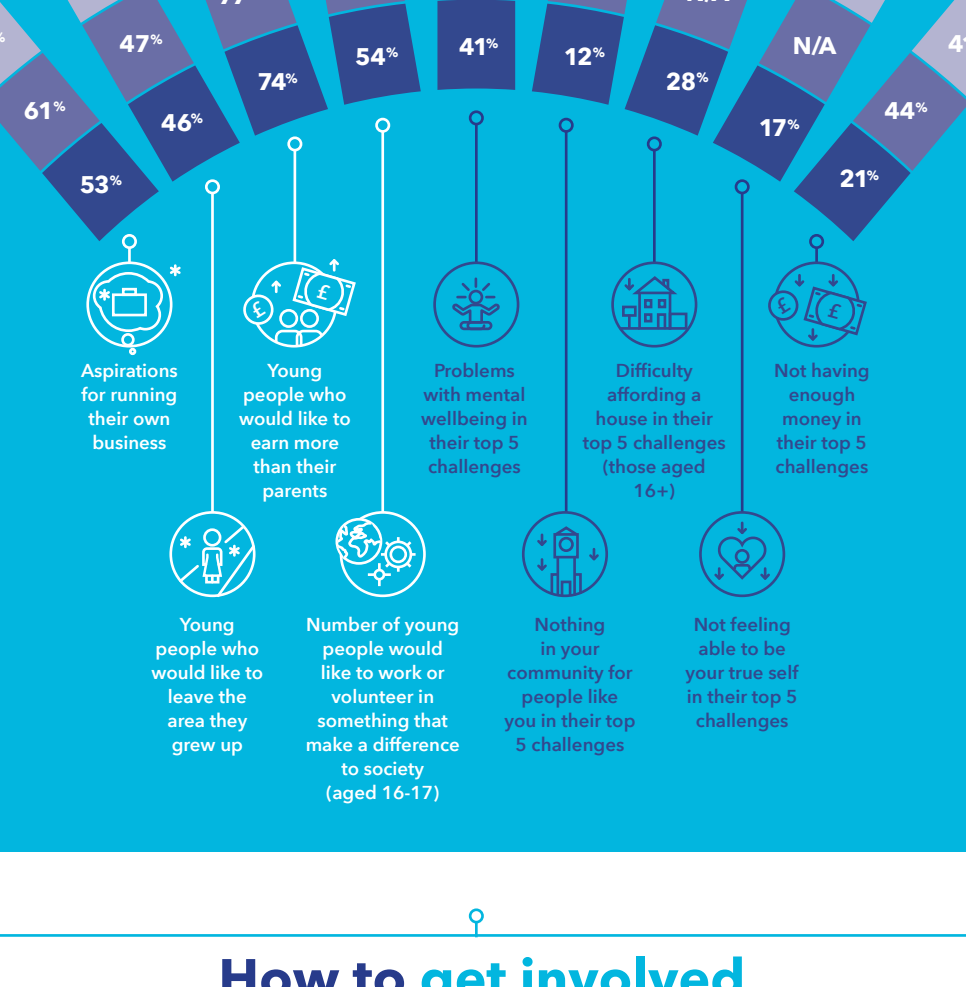
However, long term concerns about the 'impact' the rising cost of living is having on younger generations cannot be overstated. **Two in five young people** said they have worried about their own wellbeing in the last six months.

Youth Opportunity Tracker 2023: Fairer Futures

Our year-on-year tracker shows how the lives of young people have been impacted by big societal issues since 2021.



Challenges year-on-year tracker:



How to get involved

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To help create a fairer future for young people, Co-op and Barnardo's, the UK's largest children's charity, are bringing communities together to raise £5 million to support 750,000 young people.

The money raised will help improve their mental wellbeing, confidence and self-esteem, as well as helping young people and their families to meet basic needs, including access to food, at a time when the lasting effects of the pandemic and the cost-of-living crisis are exacerbating underlying challenges.

To find out more and ways to help fundraise, visit coop.co.uk/SupportYoungPeople



* Differences between 2021 and 2023 surveys show the net increase over time. This shows the percentage increase between 2021 and 2023 as a proportion of those who answered this way in 2021, rather than the absolute percentage point difference. For example, a shift from 50% to 52% is a 2 percentage point increase in absolute terms, while the net increase is 4% as a proportion of those who answered this way in the first instance.