

Understanding the impact of the COVID-19 pandemic on young people's health and well-being



Age, gender and class: how the COVID-19 pandemic affected school-aged children in the WHO European Region

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

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

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

Charli Eriksson, Meyran Boniel-Nissen, Nelli Lyyra, Irene Moor, Leena Paakkari and Markus Kulmala

Navigating uncharted territory: school closures and adolescent experiences during the COVID-19 pandemic in the WHO European Region

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

Coping through crisis: COVID-19 pandemic experiences and adolescent mental health and well-being in the WHO European Region

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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How did the COVID-19 pandemic affect children and adolescents?



Relationships with family and friends improved



Mental health, physical activity & school performance suffered



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Girls, older adolescents, and those from less affluent families experienced more negative impacts during the COVID-19 pandemic



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Adolescents' experiences during the pandemic were diverse and complex

Tailored and inclusive approaches are crucial to address their needs



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How countries can support children and adolescents affected by the COVID-19 pandemic

1 Enhance
mental health
support

2 Support for
girls & older
adolescents

3 Prioritise
in-person
education

4 Address
income
inequality

Adolescents with positive COVID-19 experiences received support from family, teachers, classmates & peers



Social support is a lifeline in challenging times

It strengthens our resilience, eases
burdens, and promotes well-being



The COVID-19 pandemic has had a greater negative impact on girls



**Whether it's from family,
friends, teachers, or peers
the power of support
during emergencies
cannot be underestimated**



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**Nearly 50% of adolescents
experienced increased
school pressure during
the COVID-19 pandemic**



The mental health of adolescents during the COVID-19 pandemic affected their school performance and family relationships



Adolescents have felt the sting of COVID-19

30% of
adolescents
report a negative
mental health
impact



**16% of
adolescents
reported low
life satisfaction
during the
COVID-19
pandemic**

