



City Learning Trust

Inspiring Outstanding Achievement



Character & Arts
Foundation

Part of the City Learning Trust

How poverty affects the lifestyle
choices of young people in our
communities

Summary

Poverty affects everyone, but young people are often at the front line of the attack. It affects their lifestyle choices, mental health and the pressure they face in life. In most scenarios these strayed youths find they have no support in the community.

Our aim is to get people talking about this topic.



Multiple choice questions

(Let's see how much you already know about this topic)



Question 1)

True or false:

The highest rate of poverty in the UK during 2021/2022 was in the West Midlands.

- A) true
- B) false

The answer to this question is...

Answer:

True

27% of the population in the West Midlands in 2021 /2022 were in poverty.

Question 2)

True or false:

15% of young people suffer from an anxiety disorder in the UK.

A) true

B) false

The answer to this question is...

Answer:

False

31% of young people suffer from
an anxiety disorder in the UK.

Question 3)

True or false:

Almost 136,000 young people aged 16-24 are homeless in the UK.

- A) true
- B) false

The answer to this question is...



Answer:

True

This equates to 1 in 52 young people being homeless.



Question 4)

True or false:

Peer pressure is a problem in UK schools/communities.

- A) true
- B) false

The answer to this question is...



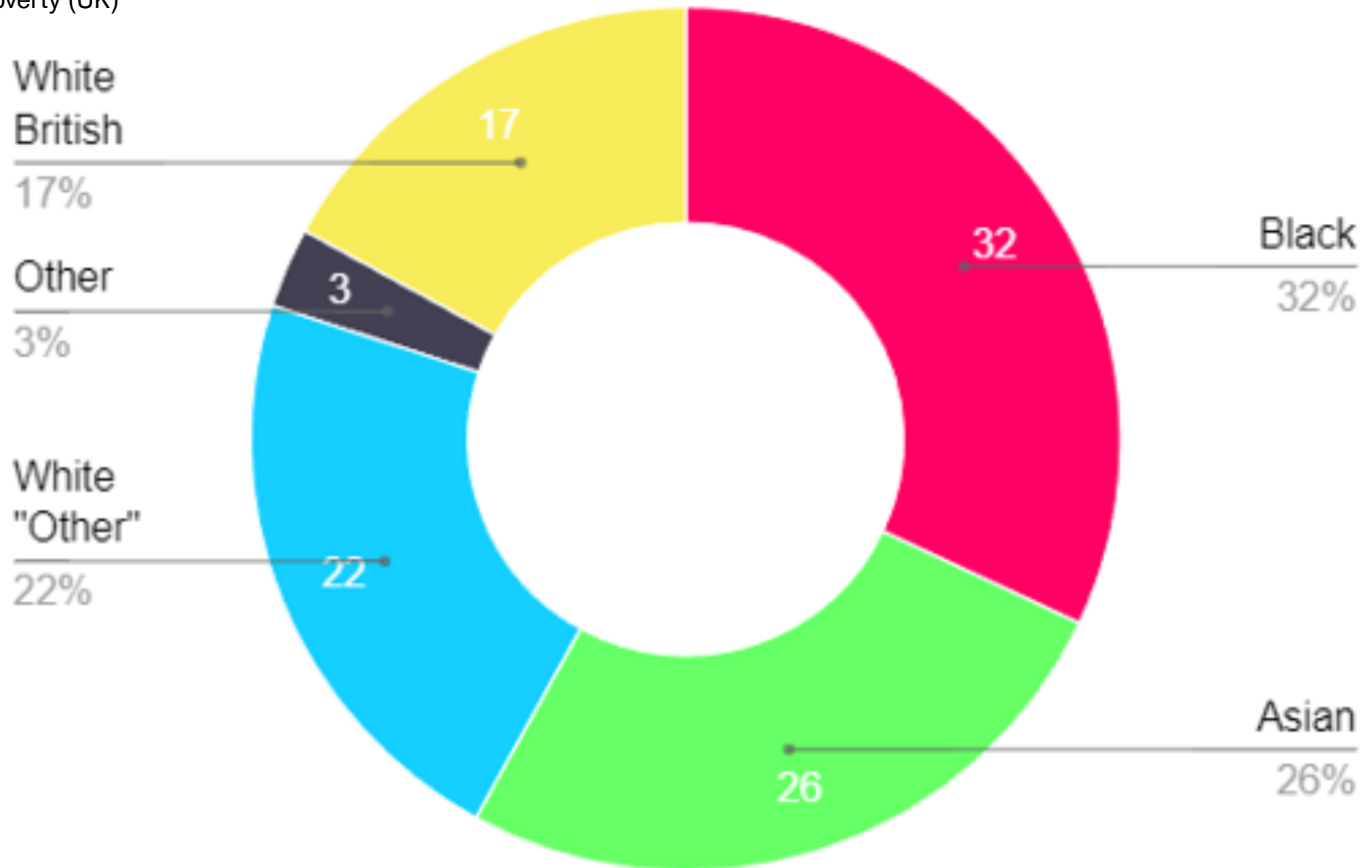
Answer:

True

77% of students feel peer pressure
from their friends.

Before we move on we would like to express our
opinions on this topic...

Percentage of children of different ethnic communities living in poverty (UK)





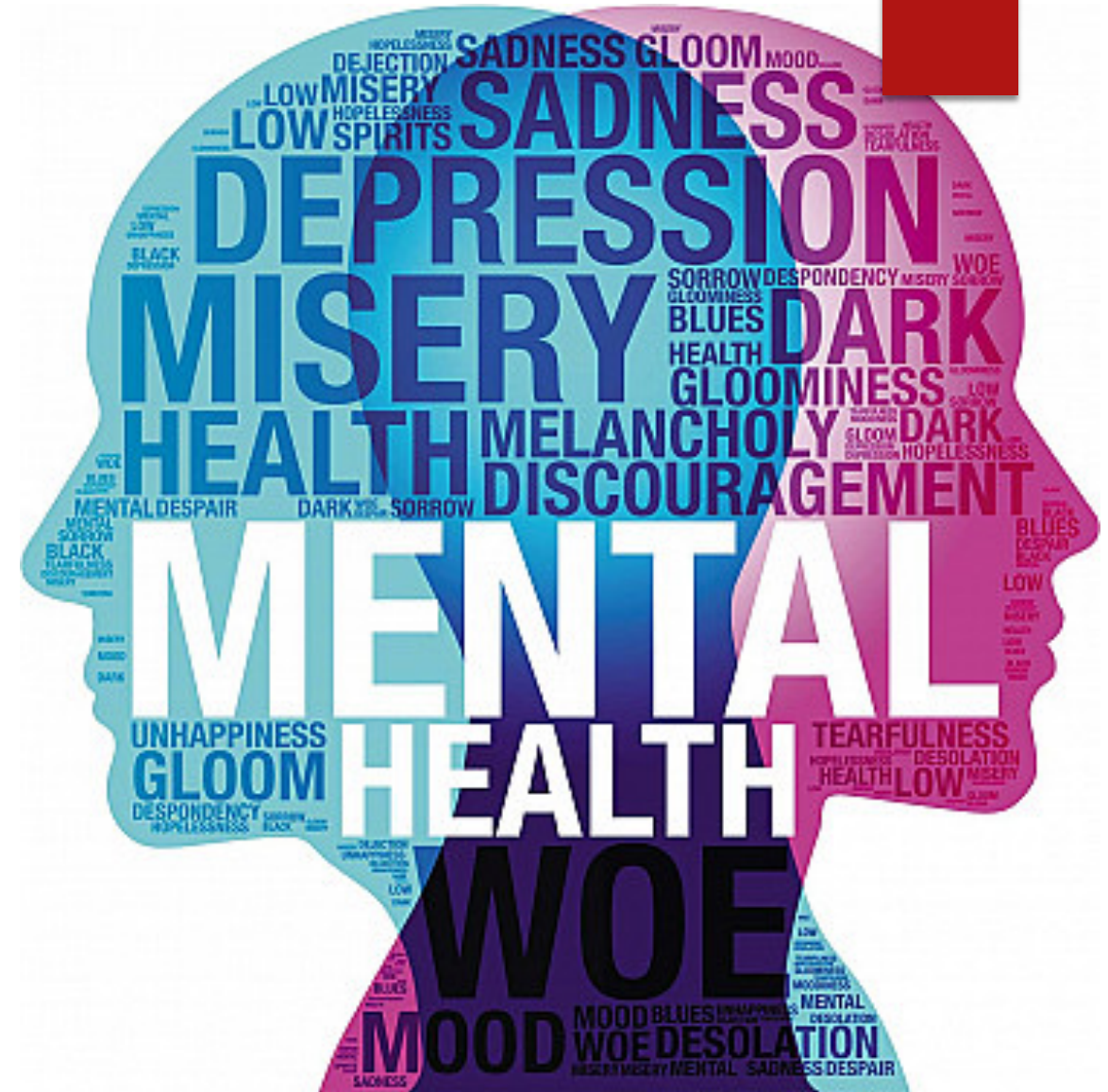
Pressure

- ▶ 60% of students – stressed daily
- ▶ 55% of students – dropped out due to high expectations from teachers
- ▶ 40% of students – pressure from family and friends
- ▶ What can pressure lead to?
- ▶ How can pressure affect students in poverty?

Mental health

Misdiagnosis rates :

- 65.9% for MDD (major depressive disorder) and 97.8% for SAD (social anxiety disorder) in the UK.





SCENARIO

► A 16-year-old boy Noah whose family lives in poverty has been receiving a lot of pressure and threatening messages by some of his "friends" to join a gang and sell illegal substances with them for money. His "friend" says he knows a guy who can get them into the business. He is worried about this because he thinks if he doesn't join then they will do something bad to him or his family. This has caused his pre-existing anxiety to flare up.

Due to his family's financial situation, he is more inclined to accept this "offer" so that he can support his family and protect them from harm.



Question

How would you help someone in this situation?

The big question:

How can we as a community offer support to prevent young people from making lifestyle choices they may regret in the future?