




*Social isolation from a
teenage perspective*

YOUNG PEOPLE'S RECOVERY COLLEGE

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We recently caught up with one of our young people to ask some questions about their lock down experience and how they are combatting the boredom

1. We have been on lock down now for a few weeks, how have you been finding it?

Very Challenging! It's been rubbish not being able to go out like I normally would do and see my pals.

2. Are you managing to keep in touch with your friends? and how?



Yes. But it's not the same as before. We use facetime and snapchat to chat and send messages but if there is a group of us that want to chat, we use the House party app.



3. What have you been doing to keep yourself occupied?

I have a dog, so I have been taking him out for walks. I have been keeping in touch with my friends and playing on my X-Box.



4. What have you been missing the most about 'normal life'?

Going out with my pals but also not seeing my Granny and Grandad.



5. What have you found to be the most challenging things about spending so much time at home?



I've been getting bored and it's hard as my family and I are in each other's space a lot of the time

6. What have been your top lock down tracks?



Banners- someone to you (acoustic)

DJ Badboy, MC Oakzy B- Summerjam

Adele- Someone like you

7. Have you learnt any new skills or developed any new hobbies during lock down?

I have learnt how to cook pasta and I have started to play the X-Box. I have also been exercising on my new yoga ball.

8. Complete this sentence. The first thing I will do when lock down is lifted is.....

Go and meet my pals!



We would like to take the time to thank our young person for answering our questions.

If you think you would like to be involved in something like this please drop us an email at: ypmindspace@gmail.com



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