

# SUMMARY:

**"WE'RE SKINT!"\***

## Young People's Experience of the Cost of Living Crisis

*\*A RESPONSE FROM A 19-YEAR-OLD MALE TO THE QUESTION; 'HOW HAS THE RISING COST OF LIVING IMPACTED YOU AND THOSE YOU LIVE WITH?'*

The End Child Poverty Coalition is a group made up of around 80 organisations including children's charities, child welfare organisations, social justice groups, faith groups, trade unions and others, united in our vision of a UK free of child poverty.

The idea to collect views and opinions of those aged between 16 and 25 living in the UK, came from the 10 Youth Ambassadors who work alongside the End Child Poverty Coalition. The Ambassadors designed the survey and adverts to publicise it, helped promote the survey, and have written up the findings. This report has been produced by two Ambassadors; Victoria Bogle and Kaydence Drayak.

**"THE COST OF A BLOCK OF CHEESE IS JUST 2 QUID LESS THAN MY HOURLY PAY. THAT ISN'T RIGHT."**

England, 19

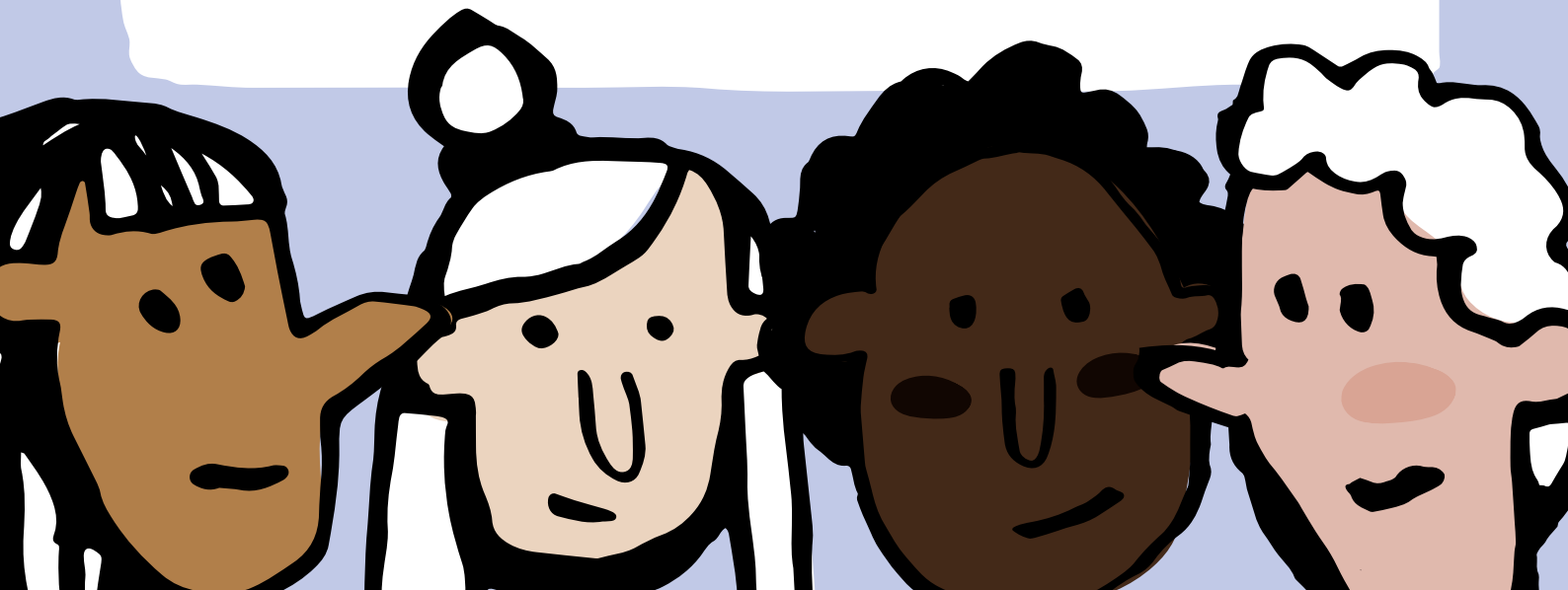
### The Survey

476 young people completed the survey on the cost of living crisis. Alarmingly 97% said they thought the rising cost of living was a problem for young people aged 16-25 today.

The vast majority – 77%, of respondents said that when thinking about the future, the cost of living crisis worries them 'a lot'. A further 21% said they are 'a little' worried about their future in relation to the crisis. Meaning that 98% of respondents are in some way worrying about their future in relation to the cost of living crisis.

**"WE DON'T KNOW HOW MUCH LONGER WE CAN BUY FOOD FOR. WE DON'T HAVE THE HEATING ON YET AND PLAN NOT TO TURN IT ON UNTIL WE PHYSICALLY CAN'T BE WITHOUT IT. MAKING RENT AND COUNCIL TAX PAYMENTS IS THE AIM AT THE MOMENT, BILLS ARE THE GOAL, FOOD AND EVERYTHING ELSE AFTER THAT HAS BECOME SECONDARY."**

England, 22



When asked how the rising cost of living had impacted young people, and those they live with, responses could broadly be categorised accordingly:

- Young people are struggling to pay bills and cope with the rising cost of living
- Young people feel the crisis has had a negative impact on their mental and physical health
- Young people feel a loss of independence as a result of the crisis
- Young people feel uncertain about their futures.

## Recommendations for Decision Makers

**" SOMETHING NEEDS TO BE DONE. NOT NEXT YEAR, NEXT MONTH OR NEXT WEEK, IT NEEDS TO BE HAPPENING NOW. MANY PEOPLE MAY NOT SURVIVE THE WINTER DUE TO NOT BEING ABLE TO HEAT THEIR HOMES, OR PUT FOOD ON THE TABLE. SOMETHING NEEDS TO BE DONE NOW, BEFORE IT IS TOO LATE. "**

England, 23

Young people have much to say to decision makers on how these issues could be addressed. When asked what they would like to say to the new Prime Minister, and what policy recommendations they would like to see in place, the following were suggested:

- 1. Engagement:** Ensure that the real-life experiences of 16-25 year olds, including those who are living in low income families, are heard, understood and acted upon by decision makers.
- 2. Social security:** Ensure that benefit payments consistently rise in line with inflation, and that young people aged under 25 receive the same amounts in benefit payments as those over 25 years old.

- 3. Higher education:** Ensure that students from poorer backgrounds are financially supported to go to university, and that no young person lives in poverty as a result of going to university. The government should introduce targeted cost of living support to help students get through this academic year. In the long term, the student maintenance package should be linked to inflation.
- 4. Wages:** Ensure that everyone is paid a real living wage, irrespective of their age. This is especially important for young people below 19 years old and those completing apprenticeships who may receive a wage significantly less than the real living wage.
- 5. Bills:** Ensure further targeted support to help young people pay their bills, including a continuation of the Energy Bills Support Scheme.
- 6. Housing:** Ensuring the government are investing in social housing, ending no-fault evictions and developing schemes which help young people become home owners.

**" FOR ME PERSONALLY, I KNOW IT'S GOING TO GET TO A POINT WHERE I WON'T BE ABLE TO HEAT MY HOUSE. I'M ALREADY LOOKING FOR OPTIONS TO EARN EXTRA MONEY AS ALTHOUGH I'M ON A WAGE HIGHER THAN £25K, I CAN'T AFFORD TO EAT, PAY FOR MY HOUSE AND HEAT IT TO. I DON'T THINK THERE HAS BEEN ENOUGH REALISATION HOW THIS WILL AFFECT EVERYONE, NOT JUST THOSE WHO ARE IN POVERTY BUT FOR THE FIRST TIME EVER PEOPLE LIKE ME WILL BE LIVING IN POVERTY TOO. "**

England, 24

End Child Poverty Coalition  
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