



A Health Needs Assessment:

The impact of COVID-19 on children and young people's experiences of violence and adverse childhood experiences



Introduction

The COVID-19 pandemic and its associated restrictions have had a huge impact worldwide, economically, environmentally and socially.

The virus has resulted in many deaths and serious illness and although there is evidence that children and young people have been least affected by physical health impacts, experts have raised concerns regarding the impact of the pandemic and restrictions on children and young people's experience of [violence](#) and [adverse childhood experiences](#).

Exposure to adversity and violence in childhood increases the risk of further negative outcomes in adulthood. For instance, children and young people who are exposed to violence are twice as likely to experience abuse in adulthood, such as physical abuse, sexual abuse and interpersonal violence.

Additionally, those who have ACEs are more likely to experience negative outcomes in later life, such as health harming behaviours, increased risk of poor mental health and a greater propensity towards violence.



Violence



Parental alcohol and substance use

Participants reported drinking alcohol as a way to cope with stress and anxiety during lockdown.



Violence Against Women, Domestic Abuse and Sexual Violence (VAWDASV)

The restrictions in place to contain COVID-19 have exacerbated the associated with domestic abuse and violence.



Physical abuse

Experts have raised concerns regarding an increase in physical abuse towards children and young people.



Mental health and wellbeing

Research suggests that for most, the pandemic has had a negative mental health influence.



Child sexual abuse and exploitation

Childline have noted an increase in calls concerning sexual abuse in the child's own home and an increase in counselling for sexual abuse since the first lockdown.



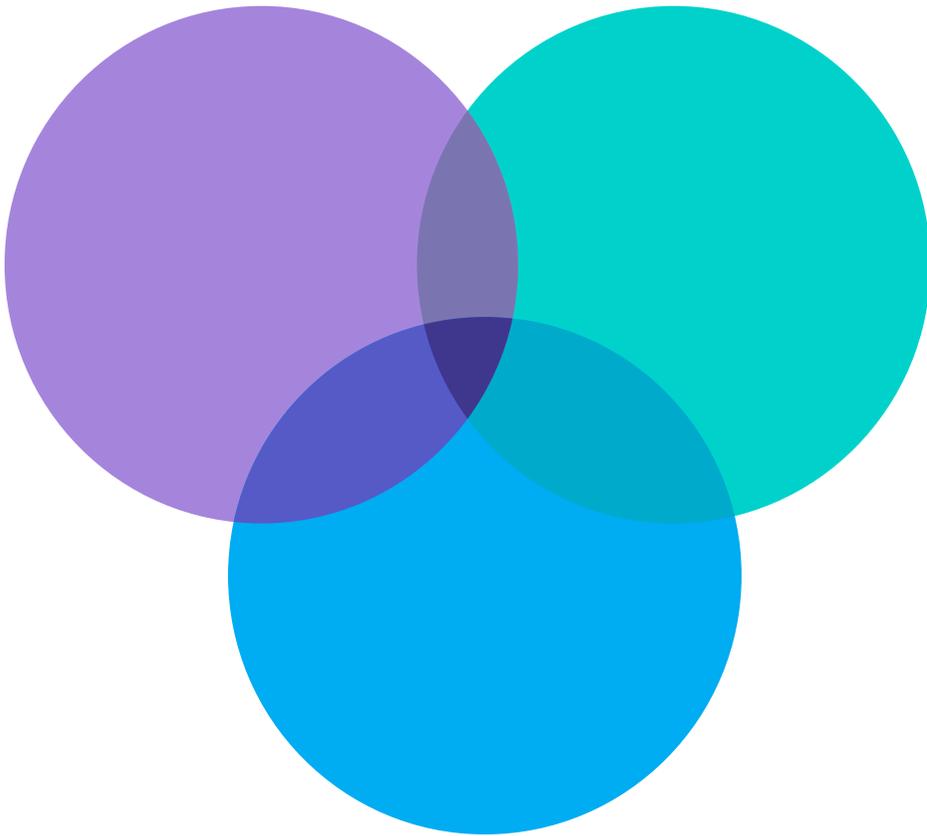
Child criminal exploitation and serious youth violence

The pandemic has exacerbated risk factors for child criminal exploitation and serious youth violence



Wider determinants

Hover over the circles to find out more





Best practice



Future actions