



## Findings from COVID-19 Crowdsourcing Initiative

The COVID-19 Crowdsourcing Initiative was conducted with the following objectives:<sup>1</sup>

1. explore COVID-19 related challenges faced by adolescents and young peoples;
2. gather and document insights from adolescents and young people (disadvantaged and/or impoverished youth in particular) on innovative and youth-driven actions being undertaken in the context of challenges and limitations posed by COVID-19;
3. support the development of COVID-19 key messages relevant to issues and concerns expressed by young people in the context of COVID-19; and
4. facilitate access to online referral platforms relevant to Sexual and Reproductive Health and Rights (SRHR), Mental Health, and Psychosocial Support (MHPSS) and Gender-Based Violence (GBV).<sup>2</sup>

The crowdsourcing initiative was conducted from the 4<sup>th</sup> of May to the 25<sup>th</sup> May 2020. Responses were collected via Facebook comment box and Google Forms.<sup>3</sup>

<sup>1</sup> There were 218 respondents (m=112, f=101, others=5) after removing erratic responses (n=8). It was found that younger adolescents 13-17 years are more hopeful and approach challenges more positively when compared to 18-24 years olds. There were no notable differences in values seen between male and female respondents.

<sup>2</sup> The Facebook post calling for your people's participation can be found at <https://bit.ly/2OgRsV5>

<sup>3</sup> Depending on the issues raised, young people will be referred to the appropriate online service provider.

# Questions Asked

Feeling bored? Stressed? Worried? Given the COVID-19 crisis and the community quarantine, what stories would you like to share with us about your experiences, challenges, and coping mechanisms as a young person?

As a young person, what are the practical ways you think can contribute to addressing the issues associated with COVID-19 (e.g. staying at home, online activities & advocacies, and other simple or innovative activities for your community, giving you hands at quarantine centers, etc.)?

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သင့်ရဲ့ COVID-19 အတွေ့အကြုံပြော ပြရင်းနဲ့ ကံစမ်းလက်ဆောင်ယူကြ ရအောင်



## What are the challenges faced by young people?

### Health (including Mental Health)

Most respondents said that they want to be physically active and do exercise outside as they have been staying at home for too long but they are worried about going out without protective gear.

Some young people who had wanted to access health services due to other illnesses did not do so out of fear of COVID-19 transmission.

Most respondents expressed that they are worried about either they or their loved contracting COVID-19, that they may not have access to the vaccine and treatment, and concerns due to the uncertain duration of situation and restrictions.

Some young people feel stressed because they are alone and far from family. Most young people say they are stressed because they cannot see their friends due to movement restrictions. Some young people

said they are so stressed that they cannot sleep at night. In one case, a respondent claimed they could hear voices and felt as if someone is watching them in the dark.

### Employment

The economic impact is a concern mentioned by respondents between 18-24.

Some young people experienced a reduction in salaries while others are finding it difficult to find employment.

### Education

Some respondents expressed concern about possible delays in education as some university exams were stopped mid-way due to COVID-19.

Given a new curriculum will be introduced to Grade 10 in the coming school year, some adolescents reported feeling unprepared.

# How are young people participating in the COVID-19 responses?



Some young people are volunteering in quarantine centers. Some young people volunteer to do disinfectant-spraying in the community and to distribute rations and masks.

Most younger adolescents expressed that they would like to volunteer at quarantine centers but they could not because their parents are worried about them.

They also worry that they might bring the infection to their families if they volunteer.

Most young people mentioned that they are helping to flatten the curve

by following the Ministry of Health and Sports (MoHS) instructions such as staying at home. They share fact-based COVID-19 information on social media, report fake news, and support the sharing of fact-based news in COVID-19 information sharing groups.



Young people mentioned that they feel stressed because they cannot go out and hang out with friends. Thus, they lend their ears to their friends and families, share tips to take care of their mental health, and share ideas as to how to make best use of time.



## Recommendations

1. Share crowdsourcing findings with young people and organizations.
2. Provide young people with information about existing services through social media.
3. Share information about mental, sexual and reproductive health and rights with young people.
4. Conduct a series of webinars related to mental health and psychosocial support (MHPSS) in Myanmar language.
5. Provide MHPSS support through training for youth volunteers including doctors working in quarantine centres and hotlines.
6. Support the MHPSS hotline with technical resources.
7. Support existing hotlines to expand their operating hours and to promote greater accessibility by young people.
8. Develop online courses in Myanmar language on topics related to COVID-19.
9. Develop a series of certified online courses in Myanmar language for CSE, gender and GBV, and SRHR.
10. Advocate for young people's voices to be considered in all COVID-19 plans.
11. Check back in with young people through Crowdsourcing when COVID-19 restrictions are lifted.

### Limitations

• The survey was conducted as an initial situation analysis and included two questions. • There are many aspects to the answers that require further probing for a detailed overview. • The respondents were only asked their gender and age. • There may be different findings for young people from different townships, states and regions or residing outside of Myanmar. • There is no measure to ensure that the respondents were of the correct age group they claimed to be in.



## Annex

Issue	Available Services	Link
<b>Psychosocial Support</b>	Psychosocial Support Hotline provided by the Department of Social Welfare, Ministry of Social Welfare, Relief and Resettlement (MoSWRR)	<a href="https://bit.ly/2Oj2s48">https://bit.ly/2Oj2s48</a>
	Akhaya Hotline (Yangon, Bago, and Ayeyarwady)	09795706265 09786371055
<b>LGBTQI Counseling</b>	Counseling Hotline provided by Yin Phwint Yar	<a href="https://bit.ly/3gNRUGy">https://bit.ly/3gNRUGy</a>
<b>SRHR Questions &amp; Services</b>	Mate Hotline provided by Marie Stoppes International	09 43 111 000
	Mate Facebook Chat Box provided by Marie Stoppes International	<a href="https://www.facebook.com/mateapplication/">https://www.facebook.com/mateapplication/</a>
<b>General COVID-19 Questions</b>	Ministry of Health and Sports Hotline	2019
<b>Legal Support</b>	Legal Clinic Myanmar Hotline	09450048660