

# How poverty affects



PLANT YNG NGHYMRU  
CHILDREN IN WALES

# children and young people in Wales

*“Poverty is not to be ashamed of as many people end up in poverty with no fault of their own.” (14-16yrs)*

Living in poverty means not having enough money to buy the things you need every day, like enough food or heating. Lots and lots of children live in poverty in Wales.

We asked children and young people about how poverty can affect some children. This is what they said:

## Food and Hunger

**What needs to change?  
They said:**

They said that children living in Wales shouldn't be hungry. It's something that a young person shouldn't have to deal with.

✓ **Free School meals for everyone**

Being hungry can make it **difficult to concentrate** in school. It can make you tired.

✓ **More access to food banks**

Some children might feel **worried or stressed** because their family might not have enough to eat.

✓ **Pay people properly for their jobs**

It's not the parents fault. Parents often worry about this and it can make them upset.

*“Give some more money to people like my mum who works hard but doesn't get paid enough.” (10-13 yrs)*

## School

School can be difficult for lots of children living in poverty. They might not have enough money for the right **school uniform**. They might not be able to pay for **school trips** or clubs.

Children and young people said that this could make them **feel left out** or alone. They would not be able to take part and have the same school experience as other children. **This was not fair.**

*“Maybe we could all learn about poverty and the effects of it.” (10-13 yrs)*

✓ All children should have equal opportunities to learn

✓ Free school trips

✓ School transport and buses should be free for those living in poverty

✓ Free School uniforms

✓ Schools should teach about how poverty affects children

# Bullying

Lots of children who live in poverty are bullied.  
**This is not fair.** This is how it makes some children feel.

*“People talk about you and don’t want to be your friend. You can’t do what other people do so they don’t see you as a friend.” (Under 10 yrs)*



**What needs to change?  
Children and young people said:**

- ✓ Treat everyone with respect
- ✓ We should all understand how it feels
- ✓ Free School uniforms
- ✓ Nobody should bully anyone

## Mental Health

**What needs to change?  
They said:**

- ✓ Everyone is important
- ✓ Everyone should be treated the same
- ✓ We need to be kinder
- ✓ Poverty is not their fault
- ✓ No more bullying

Children and young people said that poverty does affect mental health. It can make children feel embarrassed about not having enough to eat or not having money to go out with friends.

*“Have to walk everywhere, can’t go to places that cost money. Can’t join in with friends who have money.” (10-13 yrs)*

**They said that they might feel lonely, upset or depressed.**  
This could make them feel angry and not as good as everyone else.

*“We should all be treated the same.” (10-13 yrs)*

A huge thank you to all of the children and young people who took part in this survey about poverty. It is important that we hear what you have to say.

We will share all of your comments with the people in charge of Wales.  
This means that your voices will be heard.



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