

# How are you people being affected by the Cost of Living crisis?



At the Bucks Youth Summit 2024, young people were invited to share how the Cost of Living crisis has impacted them.

Below, direct quotes from young people have been grouped under headings, to help show adults how young people have been, and continue to be, affected.

## We are less able to do the things we enjoy.

- I can't spend as much on paint and crafting supplies. I can't spend as much time with friends because of prices.
- It's more expensive to have hobbies, especially baking.
- Not being able to do the things I like to do often.
- Cost of living has affected me by finding that a lot of things are out of budget and things that we could once buy with pocket money have had a big increase in price.
- Less money to buy non-essentials. Less trips etc.
- People are a lot less willing to spend money on extracurricular activities.

## We see our parents and carers struggling and are affected by the difficult choices they are forced to make.

- Everything has risen in price, it's harder to buy the shopping. My mum has been struggling to pay the bills.
- I know my parents struggle more. Things are much more expensive. People around me can't afford certain things.
- Common household necessary items are getting more expensive.
- We are only replacing things when they're really broken and unusable.
- Petrol and other things are more expensive. There have been some cutbacks.
- My family have had to either go to different places for cheaper groceries or fuel to cut back on many things that we used to do.
- Gas and electric is more expensive. It's colder at home.
- Less gifts. Gas and electrics are more expensive. Colder in the morning. Things are more expensive.
- My parents talk a lot about spending money on things and we start to make cuts on things, for example school clothes.
- We can't do family activities that much. Mum and dad don't buy original brand food anymore.
- I see my parents thinking twice before buying stuff, as the price of normal things have increased.
- Flights increase meaning I can't see family as much.
- I can only buy things I really need. Not as many family days out. I can only replace things I need.
- Parents not taking children out for activities. Less school trips for family places.
- Affected me by making me feel guilty when I ask my parents to buy things for me/never buying things.
- They don't put the heating on anymore.
- The cost of living affected me because my family faced many difficulties on buying the main daily supplies.

## The food and snacks we buy have gone up in price.

- In the school cafeteria the prices have been slowly going up.
- Can't afford to go to the corner shop or buy canteen food.
- Most things you can buy have gone up in prices by a ridiculous amount. I run out of allowance very quickly.
- Meal deals have increased in price meaning I can't afford them as easy.
- Portions get smaller.
- More expensive sweet treats (Mini eggs).
- Less snacking allowed. Less extra money.

## We feel worried – it's affecting our mental health.

- I'm constantly worried about whether it will keep going up.
- The cost-of-living crisis has made me more concerned and worried for the certain price. It makes me uncomfortable. Everything's price is increasing, and I think life essentials should be free/cheaper.
- The homeless rate is going up. Getting more stressed about money.

## We worry about our future opportunities being affected.

- More expensive rent/food prices and heating.
- Young people can't afford housing.
- People become more aware of saving up money rather than spending out all the wage they got paid.
- Food product prices increasing. Heating cost increasing, businesses suffering.
- I haven't lived here long enough to experience cost-of-living. But food and other things are way more expensive here than in the U.A.E or India.
- The price of product increased by about 50% but peoples wage did not.
- Cut down on "luxuries" like heating. A lot more people are saving their money. It has created a bigger wealth divide in society.

To all the young people that took part in the Cost of Living Crisis conversation space, **thank you** for sharing your experiences.