



**2020 U.S. YOUTH/PARENT REPORT: Community support and exposure to diversity are the key to building a more resilient future generation**

To better understand and help Americans build resilience in the face of today’s challenges, Cigna fielded a multi-arm national survey of 16,500 school-aged children, their parents, young adults and working adults.

**RESILIENCE IS AT RISK FOR THE MAJORITY OF AMERICANS SURVEYED**



**60%**

60% OF AMERICANS DO NOT HAVE HIGH RESILIENCE



PRE-TEENS THROUGH YOUNG ADULTS AGES 11-23 ARE EXPERIENCING A SHARP DECLINE IN RESILIENCE

**8X**

YOUNG ADULTS WITH LOW RESILIENCE ARE 8X LESS LIKELY TO FEEL THEY HAVE OPPORTUNITIES TO APPLY THEIR ABILITIES IN LIFE

**TODAY, AMERICANS ARE NATURALLY FEELING THE IMPACT OF MAJOR STRESSORS LIKE COVID-19, THE ECONOMIC DOWNTURN, INCREASED DIVISIVENESS AND AWARENESS OF SYSTEMIC RACISM.**

CHILDREN (AGES 5-17)

**54%**

More than half of children feel distressed or anxious due to COVID-19\*

YOUNG ADULTS (AGES 18-23)

**65%**

Two in three young adults are feeling more stressed and anxious about the recent deaths of Black Americans like George Floyd than the current economic uncertainty

PARENTS

**74%**

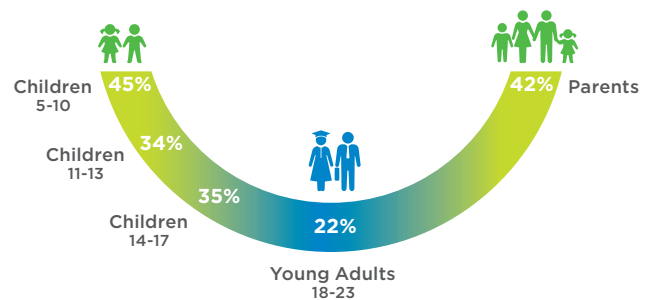
Nearly three in four parents are feeling stressed and anxious due to COVID-19, and more than 6 in 10 (62%) are stressed by the current economic uncertainty

\*Parent reported statistic

**THE “RESILIENCE CURVE”**

Cigna Resilience Index revealed a “Resilience Curve,” with children entering their early pre-teen years (11-13) often experiencing a sharp decline in resilience that continues through age 23, before becoming more resilient again when they eventually become parents.

The survey also showed a strong connection between resilience, staying connected and being surrounded by a diverse community. **But too many feel they don’t belong:**



**29%**

of children say they only sometimes feel they fit in with other children, or don’t fit in at all

**54%**

of young adults ages 18-23 feel they belong only somewhat, or not at all in their community

**34%**

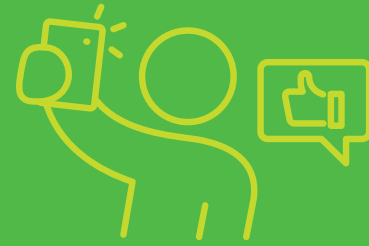
of parents feel they belong in their community only somewhat, or not very much at all

## WHEN IT COMES TO SOCIAL MEDIA, BALANCE AND ENGAGEMENT ARE KEY:



CHILDREN WHO USE SOCIAL MEDIA FOR LESS THAN 5 HOURS A DAY HAVE HIGHER RESILIENCE THAN THOSE USING SOCIAL MEDIA FOR 5 OR MORE HOURS A DAY

42% VS. 30%  
RESILIENT



CHILDREN WHO TEND TO CREATE ORIGINAL CONTENT ON SOCIAL MEDIA HAVE HIGHER RESILIENCE THAN THOSE WHO TEND TO CONSUME CONTENT

39% VS. 34%  
RESILIENT

### LOWER RESILIENCE IS ASSOCIATED WITH:

- Worse physical and mental health
- Higher stress and anxiety levels
- Lower feelings of self-worth and self-esteem
- Lower academic aspirations and achievement

### COMMUNITY ENGAGEMENT, EXPOSURE TO DIVERSITY AND SOCIAL CONNECTION ARE PART OF THE SOLUTION:



MENTAL/PHYSICAL HEALTH AND  
SENSE OF COMMUNITY



FEELING OF BELONGING AND  
SOCIAL CONNECTIVITY



ACCESS TO TOOLS  
AND RESOURCES

### WAYS TO BUILD RESILIENCE:



- **Exposure to diversity:** Children, young adults and parents with racial and socio-economically diverse communities and friendships are significantly more likely to be resilient.
- **Perceived value of education:** Academic aspirations and achievement are closely linked with resilience, as are feelings of self-worth and self-esteem.
- **Family support and mentorship:** Children, young adults and parents who often spend time with extended family (even if online) are more likely to be resilient. Children with a mentor are more likely to be resilient than those without a mentor (**45 percent vs. 34 percent**).

For more information, please visit [CignaResilience.com](https://CignaResilience.com).

#### Methodology

Approximately 16,500 Americans ages five and over from the continental U.S., Alaska and Hawaii were surveyed online in August 2020 by Dynata in English.

The evaluation of resilience is based on the Child and Youth Resilience Measure (CYRM) and Adult Resilience Measure (ARM), two 17-item questionnaires developed by the Resilience Research Centre at Dalhousie University. The CYRM and ARM are self-report measures of resilience and all findings are based on this self-reported data.

For the purposes of this study and report, "resilient" refers to high resilience. High (H), Moderate (M) and Low (L) resilience scores were measured as follows (based on a total possible score of 85 for Adults and Children ages 11-17 and 51 for Children ages 5-10): Adults (H: 85-75; M: 74-50; L: 49-17), Children 11-17 (H: 85-78; M: 77-55; L: 54-17), Children 8-10 (H: 51-49; M: 48-40; L: 39-17), Children 5-7 (H: 51-49; M: 48-40; L: 39-17).

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