



## Impact of COVID-19 pandemic on young people from multicultural backgrounds

The COVID-19 pandemic and related systems disruptions are impacting on all young people in Australia. This impact is amplified for vulnerable young people who already experience poorer health and wellbeing. Research highlights the impact that the pandemic is having on young people from multicultural backgrounds both now and into the future:

- Increased social isolation during lockdowns leading to loneliness, especially for young people who are new to Australia such as newly arrived refugees and international students, who may be more reliant on community and religious groups for support. (Couch 2021, Couch and Liddy 2021, Morris and Hastings 2020, Mudwari and Beasy 2021, Santiago and Bustos 2021)
- Decreased access to external support services. (Couch 2021, Couch and Liddy 2021, Primdahl and Borsch 2021)
- Increased role as cultural, linguistic and information ‘bridges’ between parents, family, community and mainstream services. (Couch 2021, Couch and Liddy 2021, Dut 2021, Wickes and Ratnam 2021)
- Increased role as care givers to younger siblings, older relatives and community members, especially for girls and young women. (Couch 2021, Couch and Liddy 2021, Kellock and Ntalianis 2020, Mudwari and Beasy 2020)
- Double disadvantage in the job market of being both young and from culturally and linguistically diverse background, with increased job losses and reduced hours or withdrawing from the job market altogether which can have long term impact on employment prospects. (Couch 2021, Couch and Liddy 2021, Deloitte Access Economics 2021, Kellock and Ntalianis 2020, Mupenzi and Mude 2020)
- Job losses and reduced hours for both young people and their parents can contribute to financial insecurity and increased stress and put young people and their families at risk of housing and food insecurity. (Couch 2021, Kellock and Ntalianis 2020, Morris and Hastings 2020, Mupenzi and Mude 2020, Nguyen and Balakrishnan 2020)
- As many young people from multicultural backgrounds work in front-line positions in hospitality, retail and the service industry they worry about and may be more vulnerable to COVID-19. (Couch and Liddy 2021, Dut 2021, Morris and Hastings 2020)
- Young people from multicultural backgrounds may experience greater challenges with home learning due to crowded housing, lack of privacy, parental unfamiliarity with educational system, linguistic challenges, poor quality internet and access to computers. (Couch and Liddy 2021, Endale and St Jean 2020, Mudwari and Beasy 2020, Santiago and Bustos 2021)
- Being locked inside and increased police presence may be retraumatising for some young people from refugee backgrounds. (Couch and Liddy 2021)



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### Literature

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