



Grown Up? Transitions to adulthood

Our insecure society: Risks across the life course

Carey Oppenheim

Gen Z: This time it's different?

- Risk and uncertainty are a longstanding feature of youth transitions.
- Do today's generation of young people face new and greater uncertainties?
 - Digital revolution: moral panic or not?
 - COVID: long-term scarring or short-term challenges?



“Emerging adulthood”



Finishing education



Entering the workplace



Leaving the family home



Getting married



Having children

28%

of 18–34-year-olds living with their parents in 2023

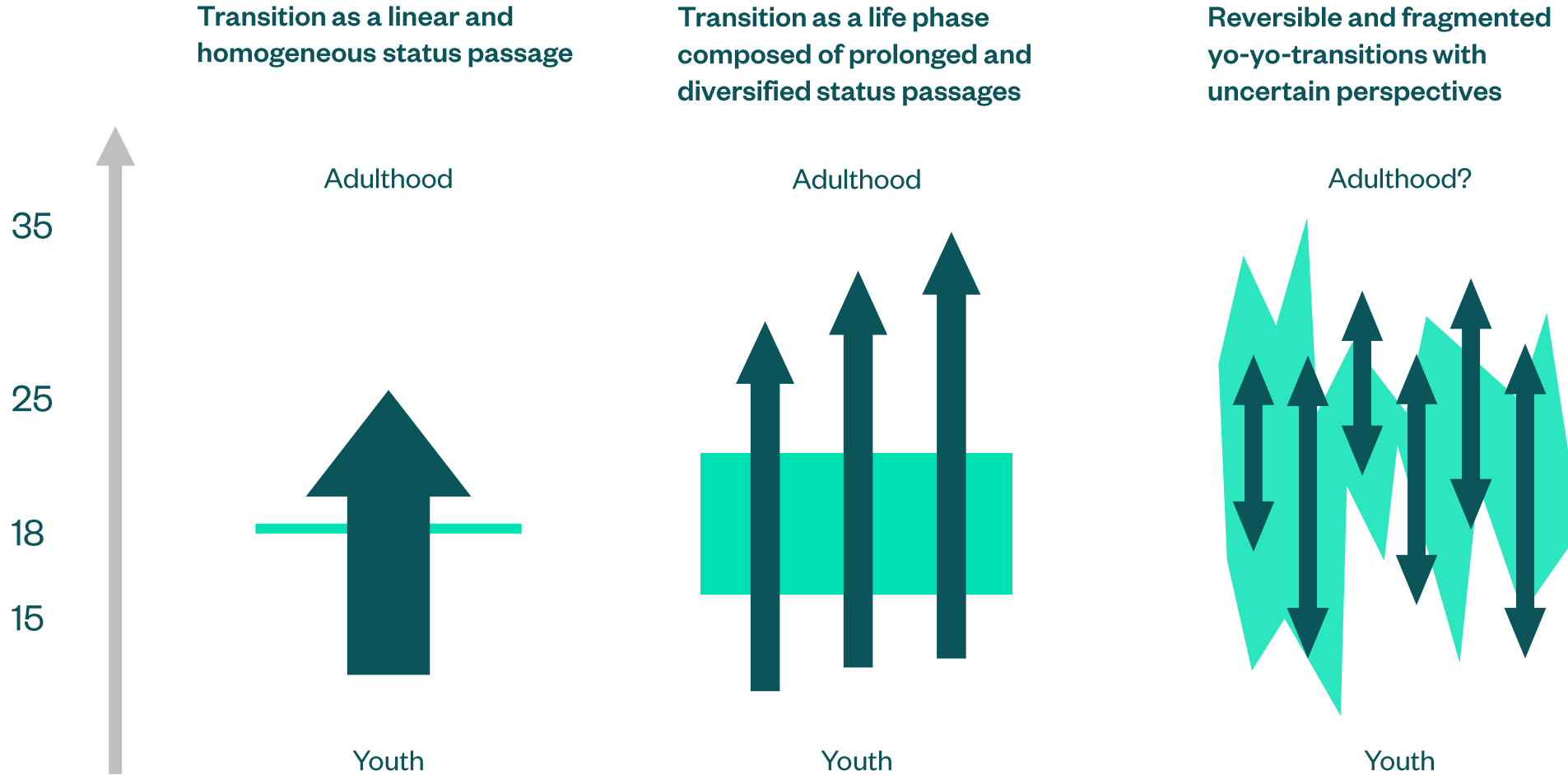
Source: [ONS 2024](#)

15%

of men aged 32 living with their parents in 2023

Source: [ONS 2024](#)

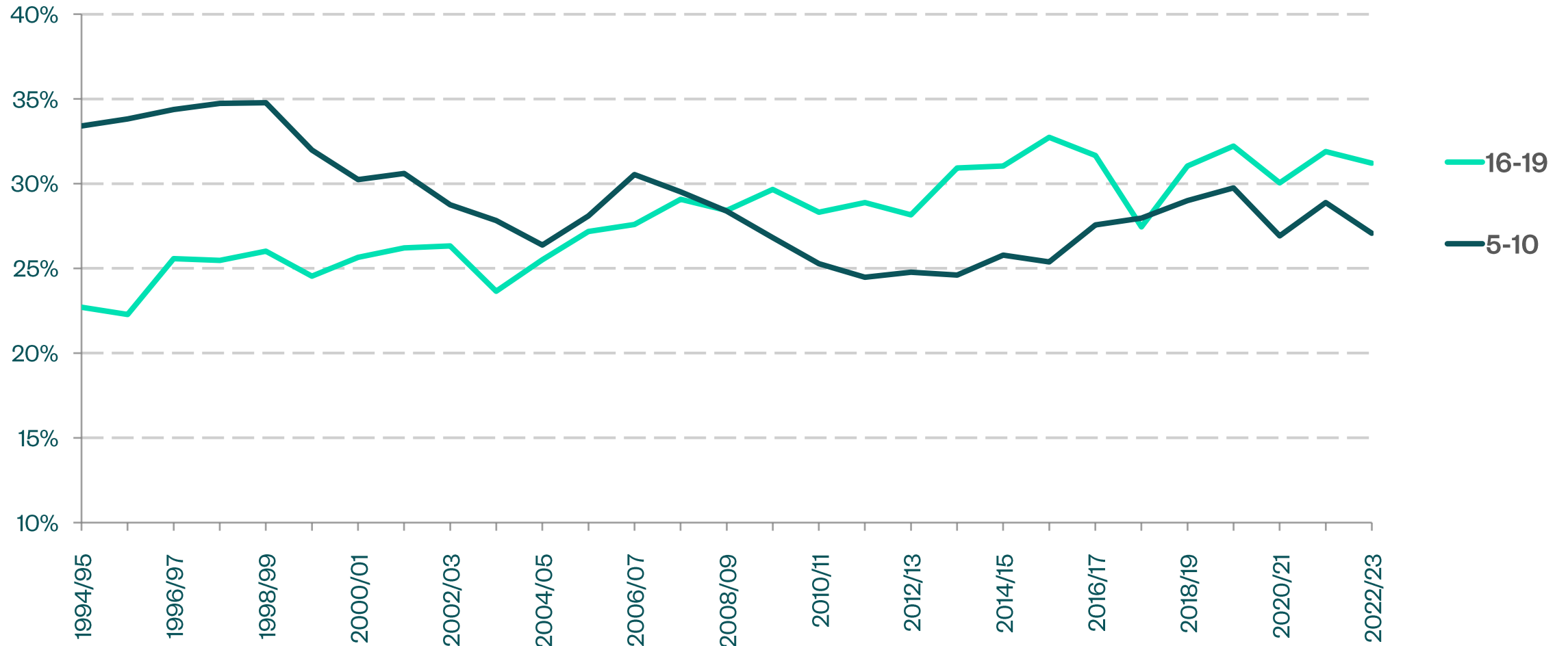
The 'yo-yo-isation' of transitions between youth and adulthood



Source: Adapted from [Guerrero Puerta 2023](#).

Dimensions of insecurity: poverty

Child poverty rate, UK



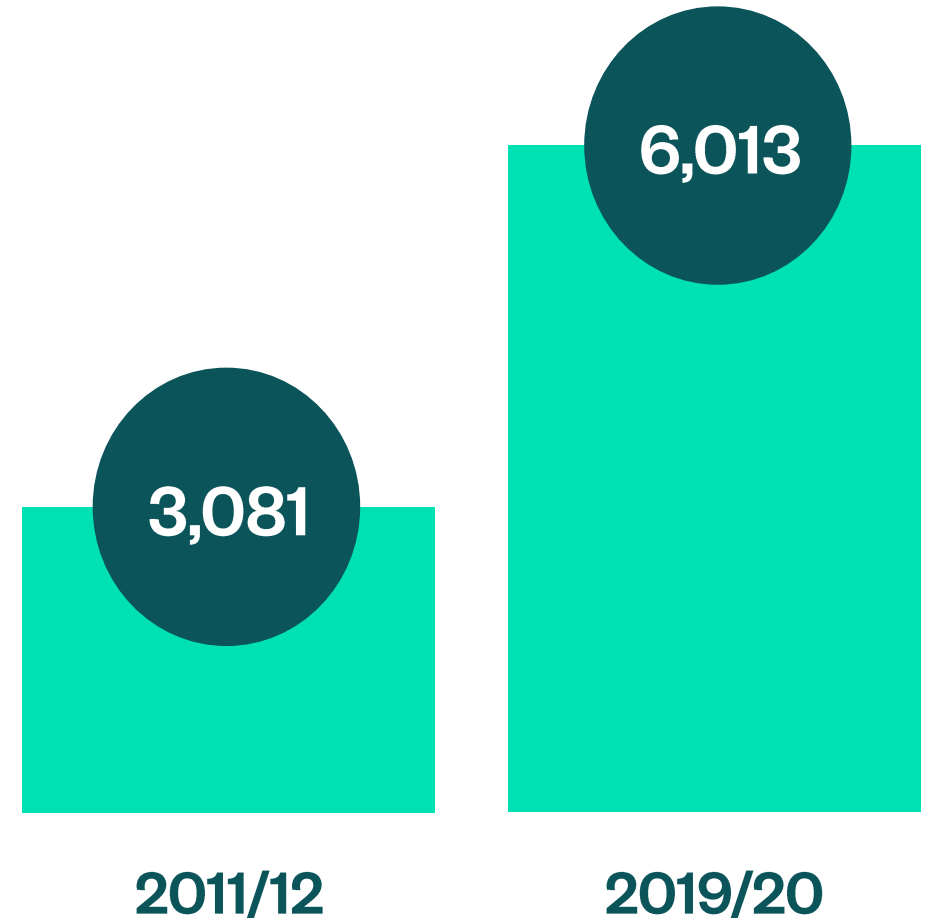
Source: Households Below Average Income, 2022/23, DWP.

Dimensions of insecurity: care proceedings

Multiple need rising

- There have been more adolescents coming into care in England.
- No. of 10-17 years olds in care proceedings in England have increased by 95% between 2011/12 and 2019/20.

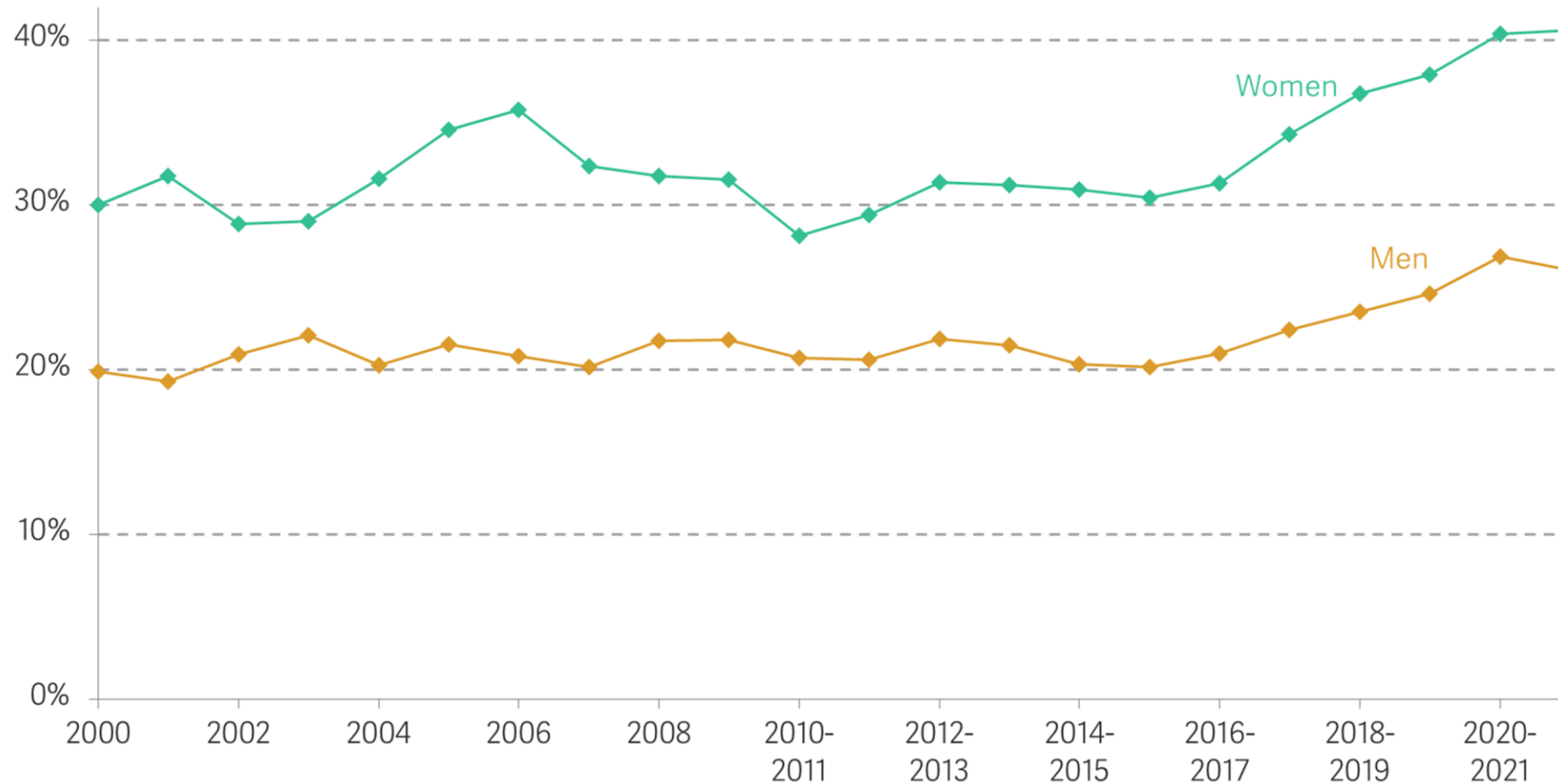
Number of 10-17 years olds in care proceedings in England



Source: [Nuffield Family Justice Observatory](#)

Dimensions of insecurity: mental health

Proportion of 18-24-year-olds with a common mental disorder (CMD), by sex:
UK

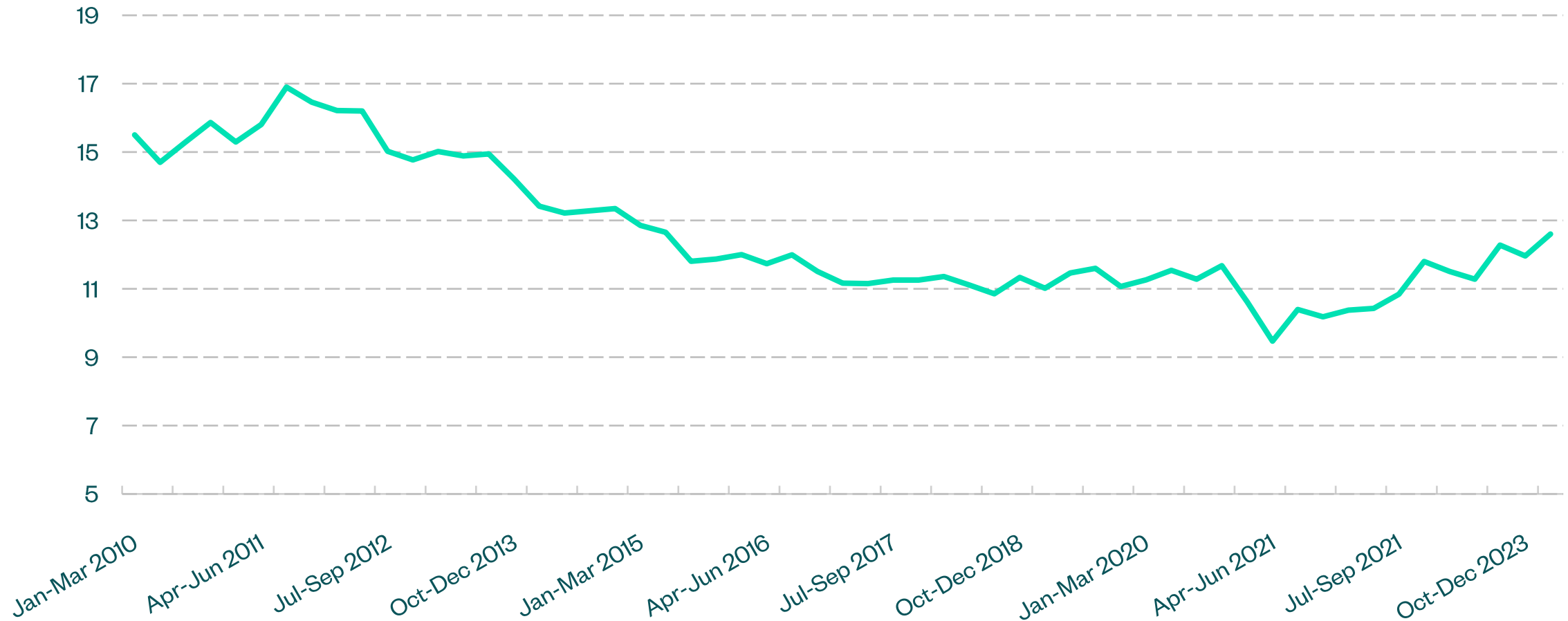


Notes: Respondents are classified as having a 'Common mental disorder' if they have a GHQ-12 score of three or more. Data presented as a two-year rolling average combining the wave shown and the previous wave. Waves up to and including 2008 are from the British Household Panel Survey (BHPS) and cover a single calendar year. Waves from 2009-10 onwards are from the Understanding Society (the successor to the BHPS) and cover two calendar years.

Source: RF analysis of ISER, British Household Panel Survey; ISER, Understanding Society.

Dimensions of insecurity: inactivity

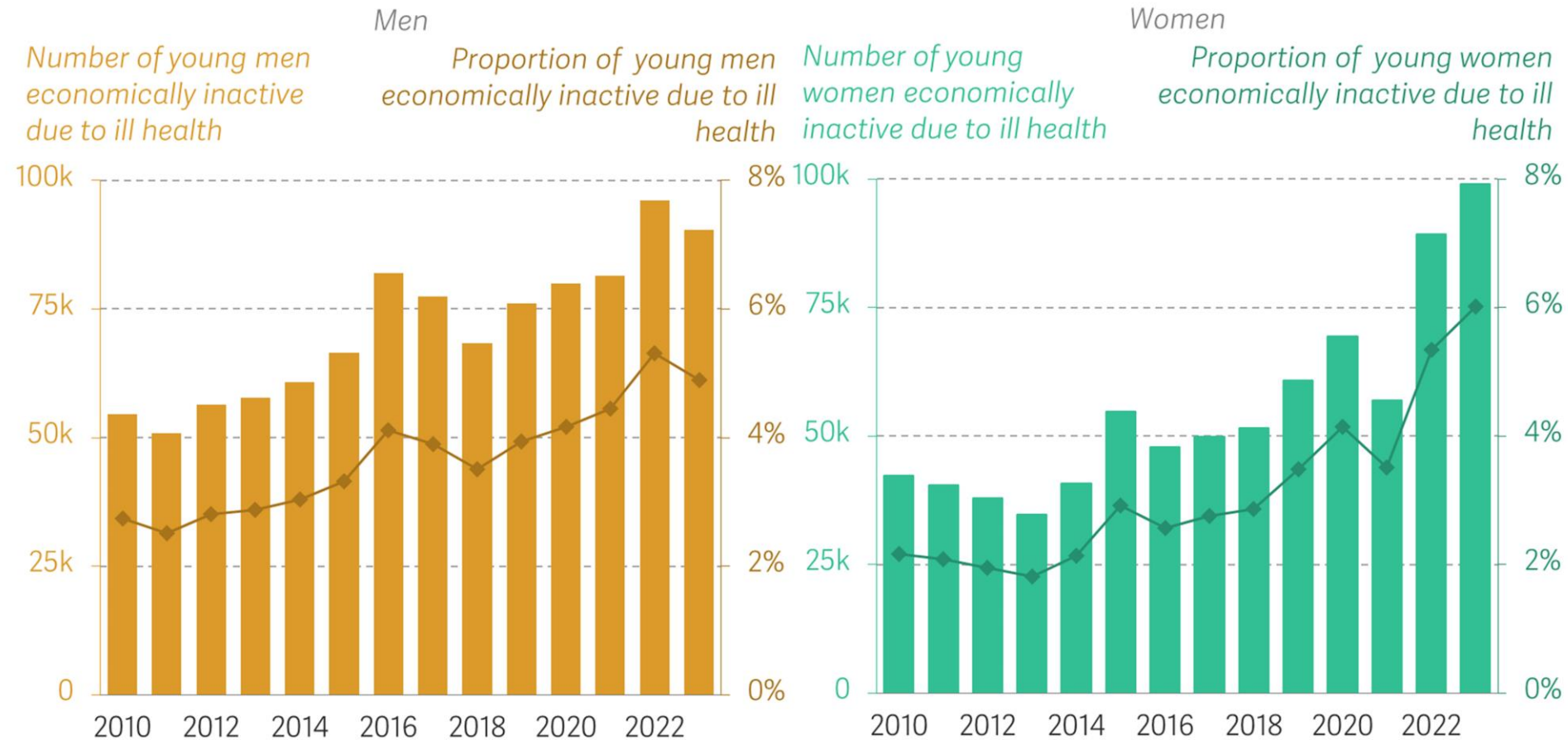
People aged 16 to 24 years who are NEET as a percentage of all young people, seasonally adjusted, UK, January to March 2010 to January to March 2024.



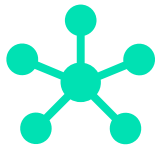
Source: Labour Force Survey, 2024, ONS.

Intersections and interrelationships in dimensions of insecurity

Number of 18-24-year-olds who are economically inactive due to ill health (left axes) and proportion of 18-24-year-olds who are economically inactive due to ill health (right axes), by sex (excluding full-time students): UK



Notes: Last data point relates to 2023. Data for 2023 is for Q1 and Q2 only.
Source: RF analysis of ONS, Labour Force Survey.



**Common
experiences as well
as inequalities
by group and place**



**Making connections –
seeing young people
in the round**



**Engaging with young
people and listening
to them**

Grown Up? Navigating transitions to adulthood

- To inform future grant rounds for research, interventions and innovative practice
 - Synthesise, listen and stimulate
 - Data stories and think pieces
 - Youth engagement and insight
 - Three key connected topics: education to work, mental health and digital lives
 - Working across Nuffield's research areas and centres
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