

## Young women facing constant financial struggle

*This briefing is based on findings from a survey carried out for Young Women's Trust by Populus Data Solutions from 25<sup>th</sup> June- 11<sup>th</sup> July 2019 with approximately 2000 young women aged 18 to 30 in England and Wales, alongside a comparison group of 2000 young men.*

### Those facing intersecting discrimination worse affected

- Almost 40 percent of young women (37%) face a “real struggle” to make their cash last until end of month.
- For those facing intersecting forms of discrimination such as young women of colour, young disabled women, and those with caring responsibilities, this struggle is even more pronounced. Over half of young mums (51%) in our survey say they struggle to get by month-on-month, and a third say they are in debt ‘all of the time’.



### Financial difficulties are impacting young women's mental health

- A third of all young women and half of those with a disability or long-term health condition say they are “filled with dread” when thinking about their household finances.
- 52 per cent of young women reported being worried about how much their job pays and this rose to 61% per cent for young women of colour.

### Many young women want paid work but cannot afford to access it

- A third of young women (compared to 26% of young men) turned down or left work because of travel costs,
- This was even higher at 36% for young women with a disability or long-term condition and 41% for young women of colour.

### Discrimination and unequal pay for young women is still wide-spread

- Over one if five young mums reported being paid less than the minimum wage they had been entitled to and being paid less than male colleagues to do the same of similar work.
- A third of young women feel they have been treated less well when looking for work or working because of their gender, and 41% of young women of colour say they have also been treated less well because of their race.
- A huge 42% of young women had been offered a zero hours contract compared to 37% of young men, and this percentage has been rising every year.

### Young mums regularly skipping meals to provide for their children

- In our recent [childcare report](#) half of young mums skipped meals at least once a week (50%) to provide for their children with this rising to two thirds (64%) of those on Universal Credit, showing the financial strain the benefit is putting on young women.
- One in three young mums reported they turned down or left work because couldn't cover childcare costs.
- Two thirds (67%) of young mums said they were struggling or just about managing to cope financially, rising to 82% for those who are not working
- In our annual poll 11% of young mums had used a food bank, as had one in 10 young women with a disability or long-term condition.

"If mine was to go to nursery, part time, it costs me more than my rent. A single parent, one income. It doesn't matter whether it's one income or [you're earning] just above the threshold, it doesn't work, no matter what."

**London contributor to our Childcare report**

### Young women fear for the future

- Unsurprisingly, young women are not optimistic about their financial futures with only a third expecting to be debt-free by the time they are 40.

### Contact Young Women's Trust

Young Women's Trust works to give economic power to young women by raising their voices, challenging sexist stereotypes and rebuilding workplaces free from discrimination. We do this by:

1. Providing free coaching and CV feedback to young women to help them build their skills, identify their talents and develop strong mental health
2. Advising companies how to build equal workplaces
3. Campaigning for young women to be valued – at work and in their unpaid work
4. Training young activists to share their experiences and be the change

If you'd like more information on our research, email [esther.sample@youngwomenstrust.org](mailto:esther.sample@youngwomenstrust.org) or visit [www.youngwomenstrust.org](http://www.youngwomenstrust.org).