

SLEEP OUT

centre
point

give homeless
young people
a future

Quiz Questions

This quiz is a great way to keep your students entertained during the Sleep Out. It will also help them learn more about youth homelessness and to think about why they are Sleeping Out.

1. How many young people seek help because they are homeless, or at risk of becoming homeless, each year?
150,000
2. Can you name three causes of homelessness?
Family breakdown, poverty, unemployment, mental health issues, becoming a refugee, lack of qualifications.
3. What is the most common cause of young people becoming homeless? **Family Breakdown- around 6/10 of the young people who come to Centrepont are made homeless because of this.**
4. What does 'sofa surfing' mean?
To stay with family, friends or sometimes strangers, when you have nowhere else to go. This often means sleeping on the sofa and moving to a new place each night.
5. What percentage of homeless young people are male?
Centrepont supports roughly the same number of male and female young people. Many think that homelessness only effects males, but this isn't true.

6. What percentage of the homeless young people Centrepont supports have mental health issues?

42%

7. There are four key things that Centrepont believes a young person needs to leave homelessness behind for good. What are these?

Safe accommodation, access to education and training, help to get physically and mentally healthy, support to move on to independent living.

8. If you were made homeless tomorrow, where could you get help?

The Centrepont helpline, your local council, a local charity supporting homeless young people, your school.

9. What should you do if you see a young person sleeping rough on the street?

A) If you are with a responsible adult, you could buy them a drink or something to eat.

B) You could also give them the number for Centrepont's helpline, which is 0800 800 066. We would not advise you to never give money to a homeless person, even if this is what they ask for.