



GCMUN '22

UNICEF

STUDY GUIDE

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Letter from Secretary-General

Honorable participants,

My name is Arda and I, as the Secretary-General of the Gazi College Model United Nations 2022, am very honored to welcome you all to the fourth annual session of GCMUN on behalf of our Director-General Deniz Bařak and also our well-prepared academic and organization team members.

While organizing GCMUN our aim was to provide all of our participants significant and remarkable experiences; and consequently, rising awareness through global issues that our world is facing has been our main purpose. In this conference, we ensure you that you will gain diversified world visions about the current situation from our agenda items and it will redound your debating and negotiating skills, therewithal your knowledge and sensibility.

As the academic team of GCMUN'22 we have chosen our committees in order to make you focus on various topics and they are suitable for various levels of MUNers, so you will be able to enjoy. We have 6 different committees for both highly experienced and unexperienced delegates. Our first GA committee is GA-1:DISEC and our second one is UNEP. Moreover we have United Nations Security Council, North Atlantic Treaty Organization, JCC: British Civil Conflicts and lastly a JR United Nations International Children's Emergency and Fund committee which we only opened for middle school students in order for them to state their opinions confidently about the current issue of the world since every child are affected from every single conflict that composed in our world.

I highly encourage all of you to be well-prepared and enthusiastic in order to be efficient during the conference.

Best regards,

Letter from Under-Secretary-General

Esteemed Participants,

I would like to welcome you all to Gazi College Model United Nations conference. My name is Sıla Okay, and I am a law student in Hacettepe University. At this year's conference, I will be serving as the Under-Secretary-General of the United Nations International Children's Emergency Fund.

Our agenda item, the Covid-19 pandemic, has been the talk of the whole world for more than two years now. Even though the pandemic has settled down for now, the outcome of the pandemic still harms many people all around the world. Unfortunately, these negative consequences concern all aspects in our lives such as our physical and mental health, along with the economic hindrances.

We are expecting you to have efficient debates concerning our agenda. I would like to remind you that participating actively during the debate, would improve your social and academic skills.

Please keep in mind that this guide is for you to have a better understanding upon the agenda. It is crucial for you to do further readings upon your country's circumstances. I also would like to encourage you to make further research about the countries that have suffered the most from the pandemic, establish the main issues concerning the children and how to solve them.

If you have any inquiries concerning our committee, please do not hesitate to contact me via email, okaysla@gmail.com .

Sıla OKAY

Under-Secretary-General of UNICEF Committee

1. Introduction to the Committee

A. What is UNICEF?

UNICEF, in full originally called the United Nations International Children's Emergency Fund, now officially United Nations Children's Fund, is an agency of the United Nations responsible for providing humanitarian and developmental aid to children worldwide. The agency is among the most widespread and recognizable social welfare organizations in the world, with a presence in 192 countries and territories.

B. What does UNICEF do?

UNICEF works in over 190 countries and territories to save children's lives, to defend their rights, and to help them fulfill their potential, from early childhood through adolescence.

UNICEF works with partners around the world to promote policies and expand access to services that protect all children. UNICEF's activities include providing immunizations and disease prevention, administering treatment for children and mother with HIV, enhancing childhood and maternal nutrition, improving sanitation, promoting education, and providing emergency relief in response to disasters. UNICEF's programs emphasize developing community-level services to promote the health and well-being of children. UNICEF is also one of the world's largest providers of vaccines.

Before, during and after humanitarian emergencies, UNICEF is on the ground, bringing life-saving help and hope to children and families.

2. Introduction to the Topic

A. What Is COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by the SARS-CoV-2 virus. Most people infected with the virus will experience mild to moderate respiratory illness and recover without requiring special treatment. However, some will become seriously ill and require medical attention. Older people and those with underlying medical conditions like cardiovascular disease, diabetes, chronic respiratory disease, or cancer are more likely to develop serious illness. Anyone can get sick with COVID-19 and become seriously ill or die at any age.

The best way to prevent and slow down transmission is to be well informed about the disease and how the virus spreads. Protect yourself and others from infection by staying at least 1 metre apart from others, wearing a properly fitted mask, and washing your hands or using an alcohol-based rub frequently. Get vaccinated when it's your turn and follow local guidance.

The virus can spread from an infected person's mouth or nose in small liquid particles when they cough, sneeze, speak, sing or breathe. These particles range from larger respiratory droplets to smaller aerosols. It is important to practice respiratory etiquette, for example by coughing into a flexed elbow, and to stay home and self-isolate until you recover if you feel unwell.

B. The Process of COVID-19 Spreading Worldwide

1. The Covid-19 outbreak started in a city in central China last year and has since spread to practically every country on the planet. The virus has hospitalized international leaders while exposing inequalities. It has posed major questions to governments and intruded into the lives of

billions of people. And there are no indicators that it will cease anytime soon. We look at some of the landmarks along the route as the number of death crosses one million.

11 January 2020 - First reported death

January was a big month for news - it saw the US assassinate an important Iranian general, rampant wildfires in Australia and the death of basketball great Kobe Bryant in a helicopter crash.

We didn't realize it at the time, but China's biggest story was a series of cases of "unknown viral pneumonia" in Wuhan, which the BBC first reported. China reported its first confirmed death from the virus on January 11th, a 61-year-old man from the city. The infection was identified as a form of coronavirus, which causes a variety of diseases ranging from the common cold to more serious illnesses like Sars (severe acute respiratory syndrome).

The outbreak pushed Singapore and Hong Kong to establish screening protocols for travelers from Wuhan, which would subsequently become a routine around the world.

As hundreds of millions of Chinese citizens prepared to travel across the country for Chinese New Year, there were also fears that the illness might spread quickly. Health officials said no cases of human-to-human transmission had been established, but it was still unclear how the illness was spread.

At that point, the World Health Organization (WHO) said it was aware of the outbreak, it was in contact with the Chinese government and it was closely monitoring the event.

28 January 2020 - 100 deaths

The death toll had surpassed 100 by the end of the month, with illnesses spreading quickly. It had spread from Wuhan to other parts of China and at least 16 other nations around the world.

Some countries began transferring planes to Wuhan in order to evacuate citizens. Meanwhile, the United States has advised its citizens to "reconsider travel" to China.

Wuhan and Hubei province were already completely under lockdown, with strict transportation restrictions in and out. In several Chinese cities, wearing a mask in public had been required. A 50-year-old man who had been to Wuhan became the first person to die from the illness in Beijing.

The virus was discovered in illegally trafficked wildlife at a seafood market in Wuhan, and health officials feared it could pass between people. According to Chinese authorities, the virus was able to spread during its incubation stage and before any symptoms arose, making it more difficult to contain.

The outbreak was declared a global emergency by the WHO on 30 January.

10 February 2020 - 1,000 deaths

Only two weeks later, the death toll had surpassed 1,000. More and more countries were beginning to announce their first cases, but China still remained the center of attention. More and more countries were beginning to announce their first cases, but China still remained the center of attention. reported that the virus had killed 97 individuals in a single day in that city, Wuhan, the highest number of deaths in a single day at the time. In April, the United States reported nearly 2,000 deaths in a single day. The WHO claimed at the time that the number of new cases in China was "stabilizing," but that it was too soon to say if the virus had reached its peak. It launched an international mission to China to assist in the outbreak's coordination.

The virus had spread to at least 27 different nations and territories by that point, although only two deaths had occurred outside of mainland China, in the Philippines and Hong Kong. Meanwhile, hundreds of passengers on the Diamond Princess cruise ship (which was later quarantined in Japan and is one of many cruise ships that became Covid hotspots) had tested positive for the virus by late February. On board the ship, a British man became the first UK national to die because of the virus. At about the same time, the coronavirus was given a formal name, Covid-19.

20 March 2020 - 10,000 deaths

Concerns went to Europe when the number of deaths from the virus surpassed 10,000 worldwide. At the time, the continent was responsible for roughly half of all deaths globally.

The death toll in Italy, the country with the highest number of reported fatalities at the time, was 4,032. There had been a nationwide lockdown earlier in the month. For the second day in a row, China has reported no new domestic cases. At this point, there were around 250,000 confirmed cases around the world, with more than 80,000 people claimed to have recovered. On March 19, UK Prime Minister Boris Johnson predicted the country may "turn the tide" against the outbreak in the next 12 weeks. When the UK death toll reached 335 on March 24, a nationwide lockdown was implemented.

9 April 2020 - 100,000 deaths

By this time, the world had changed dramatically from three months before, and the worldwide death toll had risen to 100,000. President Donald Trump has warned that the United States might suffer up to 100,000 deaths itself, but he denies that his administration had acted too slowly. New York had the most cases of any country by the 10th of April. More than 200,000 people would have

died in the United States by late September. Meanwhile, Europe was preparing for a lockdown during the Easter holiday. Boris Johnson was discharged from intensive care on April 9 after testing positive for the virus the previous month. Nearly 9,000 people have died in the UK, with over 70,000 cases confirmed, with London being the "epicentre" of the outbreak.

29 June - 500,000 deaths

As the virus spread, a new milestone was reached: 500,000 deaths. Lockdown restrictions were removed in certain regions of the world at the same time, and individuals in the northern hemisphere began to plan their summer vacations. By this time, the tourism sector had taken a major blow with thousands of people not being able to work in the tourism industry. Half of the world's cases had been recorded in the US and Europe at the time, but Covid-19 was fast spreading throughout the Americas. South Asia and Africa were also affected by the virus, which was not predicted to peak until the end of July. The WHO cautioned that the worst was yet to come and asked governments to implement the necessary regulations.

28 September 2020 - One million deaths

On Monday, the global death toll from Covid-19 surpassed one million. According to Johns Hopkins University; the United States, Brazil, and India now account for roughly half of the total. However, because many cases may not have been officially reported, the death toll is believed to be far higher. In June, a BBC study of death records from 27 nations revealed an additional 130,000 deaths not included in the daily headline estimates. Experts caution that the true figure is probably much higher. UN Secretary-General António Guterres called it a "mind-numbing" figure and "an agonizing milestone". "Yet we must never lose sight of each and every individual life," he said in a

video message. "They were fathers and mothers, wives and husbands, brothers and sisters, friends and colleagues. The pain has been multiplied by the savageness of this disease."

C. Current Situation of the Pandemic

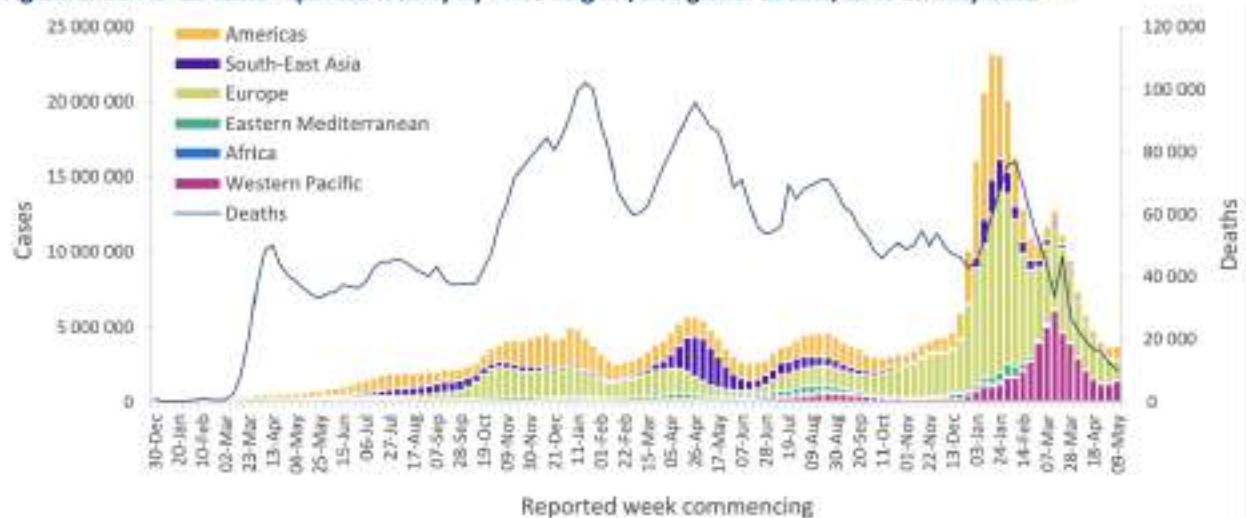
These statistics have been provided by WHO's Covid-19 Weekly Epidemiological Update: Data as of 15 May 2022.

(This is the link to WHO's Weekly Epidemiological Updates: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports> . You are encouraged to do further research upon the site to be aware of the situation up to date.)

Globally, after the continued decline observed since the end of March 2022, new weekly COVID-19 cases have stabilized during the reporting period (9 May to 15 May 2022), with over 3.6 million cases reported, a 1% increase as compared to the previous week (figure 1). On the other hand, the number of new weekly deaths continues to decline, with over 9000 fatalities reported during the same period, representing a 21% decrease as compared to the previous week. At the regional level, the number of new weekly cases increased in the Eastern Mediterranean Region (+63%), in the Region of the Americas (+26%), in the Western Pacific Region (+14%) and in the African Region (+6%) and decreased in the remaining two regions. The number of new weekly deaths decreased in all the regions except the African Region, where a 48% increase in new weekly deaths was reported. As of 15 May 2022, over 518 million confirmed cases and over six million deaths have been reported globally. These trends should be interpreted with caution as several countries have

been progressively changing COVID-19 testing strategies, resulting in lower overall numbers of

Figure 1. COVID-19 cases reported weekly by WHO Region, and global deaths, as of 15 May 2022**



tests performed and consequently lower numbers of cases detected.

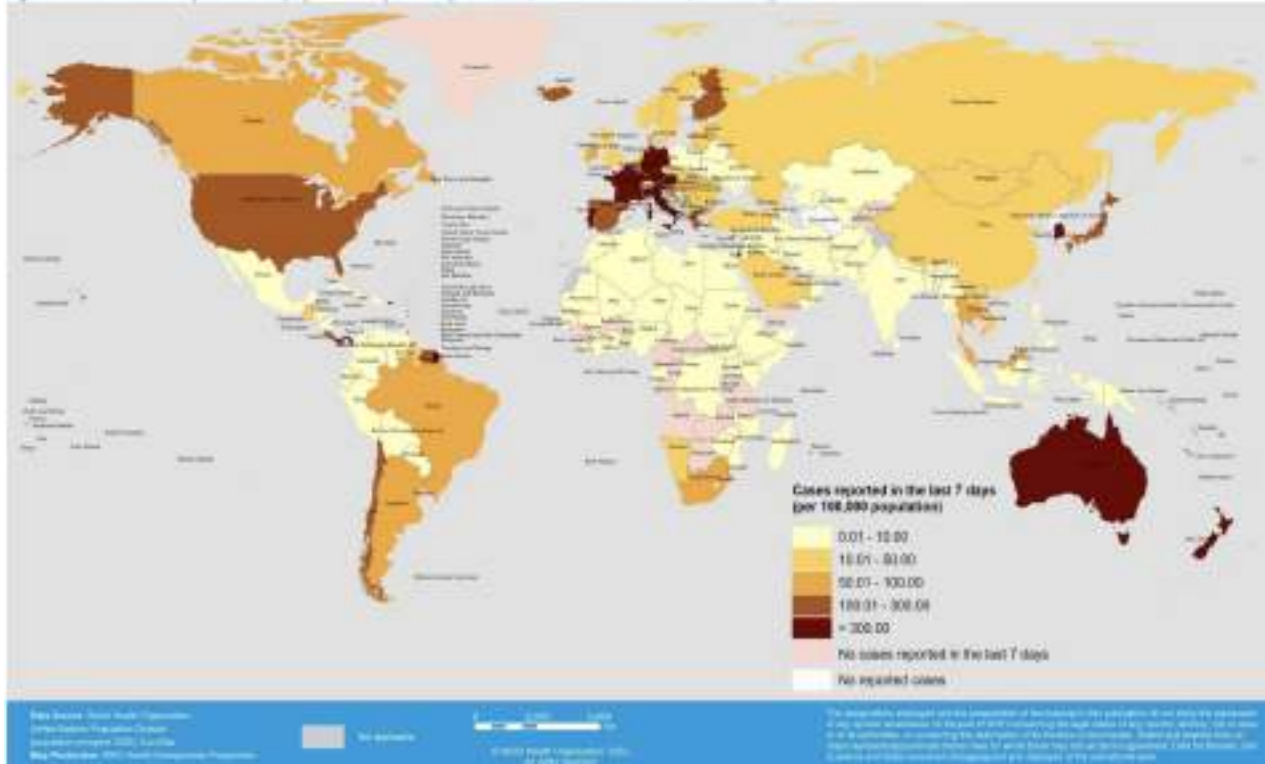
At the country level, the highest number of new weekly cases were reported from the United States of America (605 547 new cases; +33%), China (389 901 new cases; +94%), Germany (376 959 new cases; -20%), Australia (332 451 new cases; -23%), and Japan (279 620 new cases; +54%). The highest number of new weekly deaths were reported from the United States of America (1849 new deaths; -27%), Italy (765 new deaths; -16%), the Russian Federation (724 new deaths; -21%), Brazil (689 new deaths; +1%), and France (590 new deaths; -19%).

This week, state media in the Democratic People’s Republic of Korea reported a COVID-19 outbreak for the first time.

Globally, as of 8:11pm CEST, 23 May 2022; *there have been 522.783.196 confirmed cases of COVID-19, including 6.276.210 deaths, reported to WHO. As of 16 May 2022, a total of 11.739.825.745 vaccine doses have been administered.*

D. How COVID-19 Affects Children

Figure 2. COVID-19 cases per 100 000 population reported by countries, territories and areas, 9 – 15 May 2022*



On a global scale, the COVID-19 pandemic has caused immeasurable loss, grief, pain, and solitude, putting our collective mental health and well-being at risk. As the virus spread, schools around the world were closed for months at a time, preventing children from learning, playing with friends, and accessing a critical social safety net. Many families were forced into poverty, and children under lockdown were particularly exposed to domestic violence. The pandemic's mental health effects on children and adolescents have been significant, and they will continue to be felt long after the epidemic is over.

1) Domestic Violence and Child Maltreatment Due to the Stress

COVID-19 Causes

Quarantine can lead to decreased freedom and privacy, and consequently higher stress. It may also increase existing controlling behaviors by perpetrators as they struggle to regain a sense of control. Exposure to perpetrators is increased, and the possibilities of victims to temporarily escape abusive partners are reduced. In the current COVID-19 crisis, there have been reports from all over the world about a significant increase in domestic violence. UN secretary general António Guterres pointed out a “horrifying global surge in domestic violence”. Exposure to domestic violence again significantly affects mental health of children and has the potential to create long-term consequences.

Furthermore, throughout the recession, there was a noticeable increase in physical, emotional, and sexualized violence against children. Huang and colleagues, for example, were able to demonstrate a doubling of the incidence of abusive head trauma, a particularly severe kind of child maltreatment linked to a high mortality rate. The current reduced societal supervision and lack of access to child protection services is an additional burden.

2) The Effect COVID-19 Has on Mental Health

Millions of people have been impacted by the COVID-19 pandemic around the world. The pandemic has crushed our goals, upended our family dynamics and employment responsibilities, and destroyed our economic stability, in addition to having serious health effects. As a result, the pandemic's unprecedented worldwide crisis has had a significant influence on our mental health.

The coronavirus pandemic spreads around the globe, it is causing widespread anxiety, worry, and fear among the public, as well as specific groups in particular such as teens and children. In public mental health terms, the main psychological impact to date is elevated rates of stress or anxiety. But as new measures and impacts are introduced – especially quarantine and its effects on many people’s usual activities, routines or livelihoods – levels of loneliness, depression, harmful alcohol and drug use, and self-harm or suicidal behaviour have risen outrageously. In populations already heavily affected, such as Lombardy in Italy, issues of service access and continuity for people with developing or existing mental health conditions are also now a major concern. According to a new report by the United Nations Children’s Fund (UNICEF) on child, adolescent, and caregiver mental health, the pandemic may represent the tip of a mental health iceberg.

"The State of the World's Children 2021 Report" takes a sobering look at today's children's mental health, emphasizing the seriousness of the mental health issues that children and adolescents experience, which can lead to disability, disease, and death. “When it comes to mental health, every country is developing,” said UNICEF Executive Director Henrietta H. Fore. “We can wait no longer. We cannot fail another generation. The time to act is now.”

According to the World Health Organization, more than 13% of teenagers aged 10 to 19 have a documented mental condition (WHO). However, children and adolescents' often unmet mental health needs were never fully met.

The people in their life must recognize, listen to, and take the experiences of children and teenagers seriously. Young people's mental health must be protected both at home and at school. This starts with open, honest discussions with parents and teachers about topics that have been avoided for far too long. It entails offering support to parents and caregivers, as well as providing schools with

resources to detect and assist young people in need. It also relies on strong data collection to determine the scope of the problem.

Last year, UNICEF provided community-based mental health and psychosocial support to over 47 million children, adolescents, and caregivers. This project must develop further so that every child might live, grow and learn safely and happily. It necessitates the participation and dedication of others. “It has been a long, long 18 months for all of us – especially children. With nationwide lockdowns and pandemic-related movement restrictions, children have spent indelible years of their lives away from family, friends, classrooms, play – key elements of childhood itself,” said UNICEF Executive Director Henrietta Fore. “The impact is significant, and it is just the tip of the iceberg. Even before the pandemic, far too many children were burdened under the weight of unaddressed mental health issues. Too little investment is being made by governments to address these critical needs. Not enough importance is being placed on the relationship between mental health and future life outcomes.”

Many young people are terrified, furious, and worried about their future because of disruptions in their routines, education, and entertainment, as well as concerns about family income and health. For example, according to an early 2020 online survey in China described in *The State of the World's Children*, over a third of respondents reported feeling terrified or anxious. ADHD, anxiety, autism, bipolar disorder, conduct disorder, depression, eating disorders, intellectual handicap, and schizophrenia are all mental diseases that can negatively impact a child's or young person's health, education, life outcomes, and earning capability.

The stress caused by such a drastic change in their surroundings may be alleviated to some extent for youngsters who are quarantined at home with their parents or relatives. Children infected with or suspected of being infected with the severe acute respiratory syndrome coronavirus 2

(SARS-CoV-2) and quarantined in local hospitals or collective medical observation centers, as well as children whose caregivers are infected with SARS-CoV-2 or have died from the disease and are thus under the care of social charity groups, require special attention. Because of the increased risk of infection and the pain and fear induced by parental loss or separation, these children may be more vulnerable to mental health issues.

Children's appropriate psychological growth and well-being require companionship. Separation from caregivers puts children in danger and may raise their chance of developing psychological problems. Acute stress disorder, adjustment disorder, and grieving were shown to be more common in children who were isolated or quarantined during pandemic. The clinical criteria for post-traumatic stress disorder were met by 30% of the youngsters who were separated or quarantined. Separation from parents or parental loss during childhood has long-term negative consequences for mental health, including an increased chance of developing mood disorders and psychosis, as well as adult suicide.

While protective factors such as loving caregivers, safe school environments, and positive peer relationships can help reduce the risk of mental disorders, the report warns that significant barriers, such as stigma and a lack of funding, are preventing too many children from having positive mental health or receiving the help they require. The State of the World's Children 2021 calls on governments, and public and private sector partners, to commit, communicate and act to promote mental health for all children, adolescents and caregivers, protect those in need of help, and care for the most vulnerable.

Moreover, leisure time activities have been limited. In most countries, children have not been allowed to use regular playgrounds, social group activities are prohibited and sports clubs are closed. Social relations have been strongly limited to closest family members. In several countries,

contact to peers has been prohibited or severely limited. This can have a negative impact on children and adolescents given the importance of peer contact for well-being .

While the impact on children's lives is immeasurable, a new analysis in the report by the London School of Economics estimates that lost economic contribution owing to mental disorders that lead to disability or death among young people is worth about \$390 billion per year.

COVID-19-associated mental health risk has disproportionately hit disadvantaged and marginalized children and adolescents. A special focus should be set on these children in order to prevent aggravating pre-existing disadvantages.

3) The Economic Hindrances

The pandemic has significant economic consequences and places financial strain on many households. Economic pressure, especially if not accompanied by social isolation, has been proved to represent a serious threat to mental health in previous economic downturns. To begin with, economic recessions and related factors such as unemployment, income decline, and unmanageable debts are significantly linked to a decline in mental well-being, increased rates of a variety of mental disorders, substance-related disorders, and suicidal behavior risks, which, of course, concern parents. As a result of the recent recession, low socioeconomic position is now a well-known risk factor for poor mental health in children. Parental mental illness and substance abuse have a substantial impact on parent–child relationships and raise the risk of mental disease in children.

Millions of businesses are facing extinction. Almost half of the world's 3.3 billion workers are at danger of losing their jobs. Workers in the informal economy are particularly vulnerable because they lack social security and quality health care, as well as having lost access to productive assets. Many people are unable to feed themselves and their families during lockdowns because they lack

the means to make money. For most people, no money equals no food, or at the very least, less food that is less nutritious.

With parents losing their jobs and not being able to afford their children's needs, the money they earn or have is insufficient for fulfilling let alone children's requests but their vital necessities as well.

Additionally, in economic recessions a significant increase in domestic violence can be seen. Income loss and economic hardship can lead to feelings of economic stress and consequent marital conflict. There is virtually no aspect of livelihood and employment that COVID-19 has not interfered with. The pandemic has disrupted every area of the healthcare system worldwide and has had a particularly devastating impact on women and children.

COVID-19 has affected nearly every area of life for the world's most vulnerable. This begins with how it has severely limited access to basic needs such as food, water, and shelter. For example, in many cases, supply chain demands have halted and delayed the delivery of critical items such as food and health supplies. And young children globally are bearing the brunt of the devastation. Fifty million children suffer from wasting (low weight-for-height), the most life-threatening form of malnutrition. This number is expected to increase by 9 million due to the pandemic's impact on children's diets, nutrition services, and feeding practices. Steep declines in household incomes, changes in the availability and affordability of nutritious foods, and interruptions to health, nutrition, and social protection services.

We should also consider the fact that many households were not able to afford hygiene products that were going to protect them from coronavirus such as masks, gloves, disinfectant and many more. And if they did manage to buy those hygiene products, they had to leave out other important needs

that they were supposed to buy. Masks and at-home COVID tests have become commonplace in pandemic conditions, providing additional protection against the coronavirus. But such protection comes at a price, sometimes a high price for people whose household budgets were already tight.

4) The Inaccessibility and Poor Quality of Online Education

According to UNICEF's most recent data, at least one in every seven children has been directly affected by lockdowns, and more than 1.6 billion children have lost a significant amount of knowledge due to inaccessibility of education. School shutdowns have led to home-schooling and postponement of exams.

In the area of education, globally, schoolchildren have lost over 1.8 trillion hours of in-person learning due to COVID-19 lockdowns. But in places like India, where education is vital to escaping generational poverty, the closing of schools has been devastating, leading to what some call a “lost generation” who will be unable to escape the cycle of poverty. In places like these, those in poverty cannot afford a smartphone or internet — and therefore have no access to remote learning. Only 1 in 10 students in the poorest countries has internet access. COVID-19 has taken away education, but it has done something more: It has constrained incomes, leading many children to have to work to help provide for their families. In late 2020, the World Bank estimated that a 7-month absence from schools would increase the share of students in learning poverty (the percentage of 10-year-old children who cannot read and understand a simple story) from 53 percent to 63 percent — and that an additional 7 million students would drop out of school.

Another problem is the inaccessibility of online education. Over a quarter (27%) of university students were unable to access online learning during the Covid-19 lockdown, according to new

research which suggests that disabled students and those from poorer backgrounds were worst affected.

The survey, which was carried out in July by the National Union of Students (NUS), found that disruptions to studies arose from a lack of IT equipment and software, insufficient course materials, and poor internet connections. Of the 4,178 respondents, 18% said they lacked the support necessary to deal with Covid-19, such as counseling or financial help.

The pandemic will force a large number of institutions will remain closed, and online learning will substitute for the real thing. But if broadband and laptops are the equivalent of the teacher, the library and the laboratory, it cannot be acceptable that these are available to only a fraction of students.

All this means that students from the poorest families, without Internet access, are more likely to be denied education — widening already deep educational inequalities. Because education is strongly linked to later jobs, income and health, setbacks now will last a lifetime.

5) Case Study

A Turkish child had lost his life trying to access internet for online education. Here is the explanation from the news:

An 8-year-old child has died after falling from the roof when trying to access internet to attend remote education in Istanbul, proving once again the problems in the country's distance education system. Çınar Mert from Istanbul's Esenyurt district was having problems in securing an internet connection necessary to attend classes when his father Önder Mert went up to the roof to solve the problem. The child then followed his father up to the roof and fell when his foot slipped. Speaking

about his son's death, Önder Mert said that he bought a computer for his son via limiting his spending in all areas of life. "Nothing can bring my son back. How is education free and equal for all? They ruined it," Mert told daily Evrensel on Oct. 5. He also said that there have been infrastructural problems in the internet and slammed the fact that the state doesn't provide free internet access.

Since beginning of the pandemic and Turkey's switch to remote education, unions, human rights groups and critics have been pointing to the inequalities between children in accessing education. They stem from the lack of an internet access and necessary devices. The lack of devices mainly stem from Turkey's tumbling lira, which led to the prices of electronics going strikingly high. Last week, a teacher died after climbing up a hill when trying to access internet to be able to attend his class.

Online education also caused a degradation concerning the quality of the education. Among the students who have struggled with the shift to online learning is Aqsa Rabbani, a third-year midwifery student at Middlesex University. "I found remote learning quite hard," she said. "I feel like there was a lack of communication from the university and there wasn't much support online. My classmates would often have technical difficulties and it was hard to get used to. The government could have supplied more grants or reduced fees this year, especially for healthcare students like myself who have been working on placement throughout coronavirus."

On the other hand because of the long duration of the pandemic, it was impossible to postpone exams any further. Unfortunately, the exams being online resulted in many students not attending classes or studying, but still passing their exams with high marks with cheating. In the future, this may result in some sectors' lack of qualified employees.

6) Internet Addiction and the Misuse of Internet

COVID-19-related quarantine and stress have likely escalated the crisis of Internet addiction. The COVID-19 pandemic adversely impacted Internet use and increased the prevalence and severity of Internet addiction among the general population.

Adolescent addiction vulnerability appears to be more problematic than adult addiction vulnerability. This age group has a natural tendency to rely on The internet, making IA behavior easy to develop. Adolescents often enjoy flexible living schedules, limitless Internet access, and are unrestrained by their parents. Due to the COVID-19 pandemic, nearly 90% of kids are physically cut off from their schools, and technology has become essential for students to access educational materials, engage with one another, and do what they need to do most: play. As a result, it's critical to comprehend how the COVID-19 epidemic influenced the employment of technology during this particular time.

Another quarantine-associated threat is an increased risk of online sexual exploitation. Since the beginning of the pandemic, children and adolescents have spent more time online, which may increase the risk of contact with online predators. Due to limited social encounter, children's outreach to new contacts and groups online has increased.

7) The Health Issues

COVID-19 has disrupted all parts of the healthcare system worldwide, both accessing good healthcare and offering it. Evidence shows that this pandemic is set to halt two decades of progress toward universal health coverage. Even before the pandemic, more than half a billion people were pushed, or pushed further into extreme poverty due to rising healthcare costs. With the disruption of health services and strained health systems because of COVID-19, immunization coverage dropped

for the first time in ten years. Additionally, deaths from tuberculosis (TB) and malaria have increased. Throughout Africa, the pandemic has disrupted critical health services and undermined years of progress fighting other deadly diseases, including HIV, TB, and malaria. The reasons for not receiving adequate healthcare are many, including the fear of contracting COVID-19 while leaving home and the inability to reach facilities due to disruptions in public transportation and stay-at-home orders. And when it comes to actually getting the COVID-19 vaccine, distribution, education, and availability have been a problem. The latest data shows that poorer nations rejected more than 100 million doses of COVID-19 vaccines in one month alone because of insufficient storage facilities, vaccine hesitancy, and overburdened healthcare systems. As supplies of vaccines grow, it seems the difficulties of vaccinating the world's poorest do as well.

Other than the health issues COVID-19 directly causes, there also many indirect health problems that COVID-19 has worsened especially among children. It has been discovered that because many children spend more time with technology now, their postures are not right and these will cause crucial problems in the future. Over time, the more you look down, the more your head moves forward. This shifts your head's center of gravity. Beyond the hours spent scrolling, it's easy to fall into the habit of looking down while walking and doing daily activities. As your muscles tighten, they put more pressure on the discs in your neck and spine. That can cause your discs to wear out faster, eventually causing them to bulge or even rupture. A ruptured disc can pinch a nerve, resulting in pain, weakness, numbness in the arm, or chronic neck pain.

In addition, because of the extreme usage of technology, children's healths were affected in many other ways. In a recent research students in Qatar were questioned directly about their use of the Internet, and it was discovered that almost 2 percent of children who spent over three hours per day on the Internet were overweight or obese with the highest proportion of obese children in the 15-18

year old age bracket. There is special concern about these older teens because their poor habits are likely to continue and make it more probable that they will develop chronic diseases and health problems when they reach adulthood.

8) Community Service Related Issues

Since the pandemic was announced, at the community level, there has been disruption of, or more limited access to basic services, such as kindergarten, schools, and routine medical care. Several countries have seen a re-organization of hospital services, with provisional care (including re-assigning doctors and nurses not usually involved in critical care). There have been closures, partial closures or reduced services of inpatient and day-care facilities, with outpatient contacts reduced in some places to emergency cases only. Some hospitals have been unable to accept new inpatients due to the risk of infection. Questions have arisen on how to deal with the risk of infected patients in closed units infecting staff and other patients. There have been concerns for the possible future lack of adequate resources for mental health services as most resources are directed towards ICU and somatic care. Importantly, even the activity of child protection services and currently existing programs of support or supervision by youth welfare agencies have been disrupted or interrupted. The lack of access to these basic services can be particularly harmful for vulnerable children and/or families.

3. Endnote

"Two years into the COVID-19 pandemic, we've learned a lot about resilience: what makes us stronger, safer and more adaptable — and what doesn't. Now, we need to focus on rebuilding our social, political and economic systems in ways that empower and protect us all. The choices we make today — how we choose to allocate our resources and who we choose to lead us forward — will have long-term implications."

4. Questions to be Addressed

- What are the current precautions that are being taken to reduce the effects of COVID-19 on children?
- How can we prevent or end domestic violence towards children while they are in lockdown?
- How can we treat the children who have faced or are facing domestic violence while in lockdown?
- What are the effects of COVID-19 on children's psychology and what changes it might cause in their personality?
- How can we help children who are facing poverty because of the loss of income in the household?
- How can we help those who are in need of basic hygiene and medical products in order to be protected from COVID-19?
- How the countries who do not have enough resources to overcome the effects of COVID-19 and provide public health care to its children can be supported?
- How can the educational gap and lack of knowledge created with the online education be neutralized in the future?
- How can we help the children who do not have access to internet or technology products in order to ensure that they proceed with their online education?
- How can the internet addiction among children caused by lockdowns be neutralized?
- What are the ways to help children socialize and reintegrate under pandemic circumstances without endangering their life?



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