



SURVEY ANALYSIS

October 2025

Secours Islamique France (SIF)

Secours Islamique France (SIF) is an independent, humanitarian, not-for-profit, non-governmental organization. Founded in 1991 in France, SIF is engaged in humanitarian assistance and development aid at the international level, as well as to social assistance in France. Through its operations, SIF responds to the basic needs of the most vulnerable populations, guided by solidarity and respect for human dignity and by the humanitarian principles of neutrality, independence and impartiality.



ADVOCACY

Pakistani Youth Speak Out

TAKING ACTION ON INTERNAL DISPLACEMENT DUE TO DISASTERS AND CLIMATE CHANGE

This document presents the results of a survey conducted in March and April 2025 among more than 1,800 youth Pakistanis affected by disasters, who have been displaced within their country or are at risk of displacement.

The youth shared their views on the impact of displacement or the risk of displacement on their situation, particularly in terms of social and economic inclusion. The results of this survey identify courses of action and solutions based on the experiences and priorities expressed by the youth.

The survey was conducted by Ipsos Pakistan and supported by the French Ministry for Europe and Foreign Affairs.

Find the detailed results of the survey at this [link](#) or by scanning the QR code:



Why raise awareness about the situation of internally displaced persons (IDPs)?

At global level, SIF provides assistance to populations who have been forced to flee their homes due to conflict and violence or disasters, particularly those who are displaced within their own country.

SIF meets the basic needs of internally displaced persons (IDPs) in terms of access to water, sanitation and hygiene, shelter, food security and livelihoods, as well as education and the promotion of child welfare. Emergency assistance and protection are accompanied by actions aimed at reducing risks and vulnerabilities, strengthening the resilience of affected populations, preventing forced displacement, and promoting sustainable solutions. Present in Pakistan for 15 years, SIF works with populations impacted by floods and droughts.

Through its advocacy work, SIF alerts institutions on the situation of the most vulnerable populations in crisis contexts such as IDPs, to improve humanitarian support systems.

Read [our position paper](#), which outlines the challenges of internal displacement and makes recommendations to strengthen the response to this crisis:



Read [our position paper](#), which outlines the specific challenges of internal displacement due to disasters and climate change, describes the SIF's approach and actions in Madagascar, Somalia, and Pakistan, and makes recommendations to strengthen and accelerate the response:



A new record for the number of internal displacements due to disasters at global level

Globally, in 2024, there were 45.8 million disaster-related internal displacements¹, accounting for 70% of all internal displacements.

This figure is the highest in the last 10 years and is nearly **double the annual average of the last 15 years** (24 million). Climate change is increasing the frequency and intensity of natural hazards such as floods, storms, and droughts, exacerbating the risks of displacement.

At the end of the year, at global level, **9.8 million people were still displaced due to disasters, 29% more than at the end of 2023.** This increase, like

¹Global Report on Internal Displacement 2025, IDMC.

that relating to IDPs due to conflict and violence (+10%), reflects the protracted nature of displacement and the challenges of providing durable solutions for those affected.

As they do not cross borders, IDPs do not benefit from any specific status or rights compared to other citizens under international law, so their protection is the responsibility of the State concerned. However, displacement leads to specific vulnerabilities and an increased risk of discrimination². **Due to their age and dependence on adults, children and youth are particularly affected by displacement**, which has long-term repercussions on their social and economic inclusion. Displacement significantly limits access to education, learning, and livelihoods, and increases protection risks such as child labor and early marriage. Added to this is the potential trauma resulting from disasters, which can affect mental health. The psychosocial impact of displacement is still too often overlooked.

In Pakistan, disasters such as floods and droughts are the main cause of internal displacement

Pakistan regularly experiences severe droughts and floods, which have a significant impact on the most vulnerable, such as children and youth. The country is among the most vulnerable to climate change, which only increases and exacerbates these disasters.

In 2022, Pakistan suffered one of its worst climate crises. An unprecedented monsoon affected 33 million people, caused 8.2 million internal displacements, 1,700 deaths, and economic losses estimated at \$40 billion, particularly in the provinces of Sindh, Balochistan, and Khyber Pakhtunkhwa (KP). This is the highest level of displacement in the country in the last 10 years, representing 25% of disaster-related displacement worldwide. It is in these same provinces, where reconstruction efforts are still ongoing, that most flood-related displacements occurred in 2024³. In 2025, since the beginning of the summer monsoon season, the country has already recorded more than 700 deaths⁴.

Survey objective and methodology

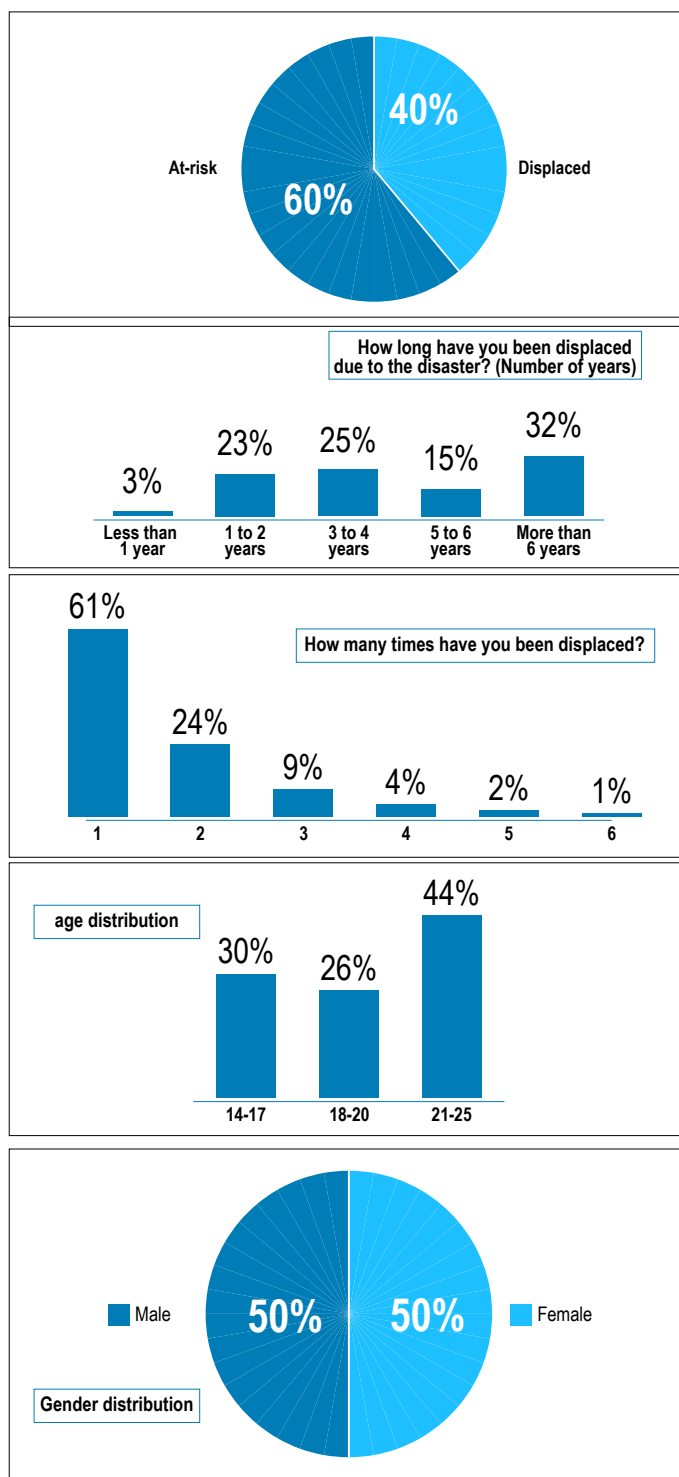
Considering this context, SIF sought to gather the opinions and recommendations from youth who have been displaced or are at risk of displacement to inform practices and policies for prevention, risk reduction, and responses to displacement in Pakistan, and to contribute to the development of sustainable solutions for their social and economic inclusion.

The quantitative study was conducted among a total of 1,823 youth, including 40% who had been displaced by disasters (710 youth) and 60% who were at risk of displacement (1,113 youth).

The youth targeted were aged between **14 and 25, with a 50/50 ratio of girls and boys**. The study was conducted in **21 districts across 4 provinces** (Punjab, Sindh, Balochistan, and KPK).

Among the displaced youth, 95% had been displaced for more than a year.

As shown in the graph opposite, 61% of them were displaced only once while 39% have experienced repeated displacements.



A qualitative study was also conducted through 8 focus group discussions: 4 groups targeting girls and 4 groups targeting boys. 2 focus group discussions were organized in each of the 4 target provinces, 1 group bringing together displaced youth and another group bringing together at-risk youth.

More information regarding the methodology of the quantitative and qualitative components is available in [the detailed results of the survey here](#).

²SIF, [Overcoming the displacement crisis](#), June 2025.

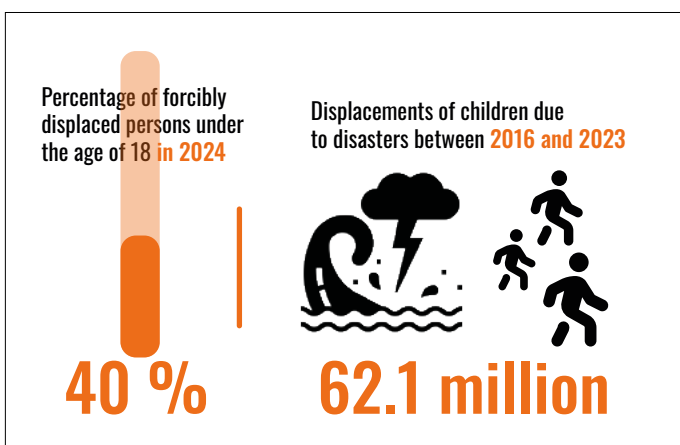
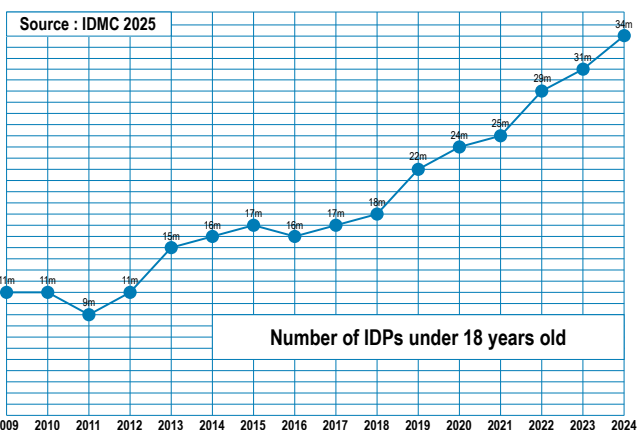
³Global Report on Internal Displacement 2025, IDMC.

⁴Monsoon floods kill more than 700 in Pakistan, with heavy rains set to continue | UN News

? Why target youth people?

With its expertise in children's rights, SIF also works specifically with youth (aged 14-25)⁵ in the Sahel, the Middle East, and Asia, supporting them to become independent and achieve social and professional inclusion. Youth today are heavily impacted by multifaceted crises around the world. A very large proportion of them live in countries in crisis, linked to conflict or climate change, with major structural weaknesses. Nearly one in two children, or around one billion children, are at "extremely high risk" of the impacts of climate change⁶.

Many youth people are displaced within their own countries, as this analysis note shows, and do not have access to basic social services, whether it be access to water, healthcare, protection, or education. A large proportion are currently out of school, out of training, and out of work. **At the end of 2024, 40% of IDPs were children (34.4 million)**⁷. Between 2016 and 2023, there were an estimated 62.1 million new internal child displacements due to weather-related disasters⁸. Youth face a growing gap between their aspirations and the real opportunities available to them for their future, which can lead to feelings of injustice, frustration, and a crisis of confidence in institutions. In these contexts, they are also extremely vulnerable to the risks of violence, abuse, and exploitation.



Key findings of the survey

Youth people's opinions on the link between climate change, disasters, and displacement

Recent disasters have triggered overall concern about climate change among youth people. **43% expressed very strong concern**, particularly among low-income groups and young women (50%). However, 35% believe that there is still time to take action and make a difference.

87% of the youth interviewed connect rising disasters to climate change.

“The climate change related risks are increasing.” – Young woman from Balochistan during the FG discussions.

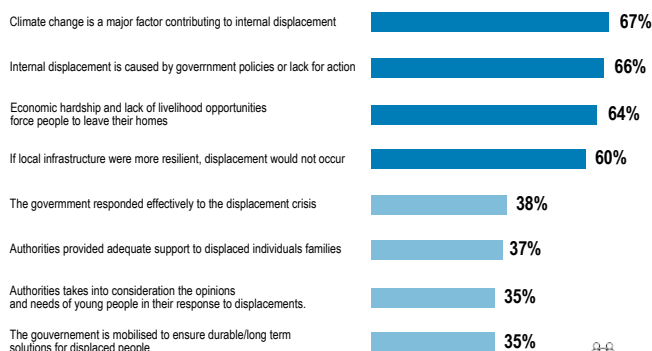
“Climate change has caused floods in our region” – Young woman at risk of displacement from Sindh during the FG discussions.

“Global warming is causing glaciers to melt, leading to increased heavy rainfall and floods.” – Young man at risk of displacement from KPK during the FG discussions.

90% perceive disasters as the primary cause of internal displacement, well above the lack of economic opportunities (30%), lack of access to basic services (28%), or conflict and violence (19%).

To better understand this perception, respondents were given a series of statements describing factors that can contribute to internal displacement, which they were asked to agree or disagree with, allowing for a more detailed exploration of youth people's opinions:

Do you agree?



Sample = 1823

While 67% of youth believe that climate change is a significant factor contributing to displacement, they also link it to the ineffectiveness of institutional responses (66%), the precariousness of their livelihoods (64%), and the poor quality of infrastructure, which is not sufficiently resilient (60%). In addition, youth indicated that the authorities responded effectively (38%), provided adequate support (37%), took into consideration their opinions (35%) and are mobilized to ensure durable solutions (35%).

“After the 2022 disaster, we faced many problems again, just like in previous disasters.” – Displaced young woman from Punjab during the FG discussions.

⁵ Under the International Convention on the Rights of the Child, a child is any human being between the ages of 0 and 18, unless the age of majority is reached earlier under the applicable legislation. Stages of childhood, during which children have specific needs and vulnerabilities that require protection and appropriate support: infants 0-18 months, toddlers 18 months-3 years, early childhood 3-5 years, school age 6-11 years, adolescence 12-17 years. Youth: 14-25 years

⁶ UNICEF, The Climate Crisis is a Child Rights Crisis: Introducing the Children's Climate, Risk Index, 2021.

⁷ IDMC, [Seeing the unseen: Disaggregating IDPs by sex and age](#), Juin 2025.

⁸ UNICEF, [Climate mobility and childhood](#), 2024.

“Such disasters are increasing day by day, because of the floods, the canal is broken, crops are damaged, and a lot of other issues follow due to poor infrastructure” – Young man at risk of displacement from Punjab during the FG discussions.

Recommendation from the youth

91% of youth interviewed believe that the government is primarily responsible for responding to climate change.

Additional responsibility is attributed by youth to political leaders at local level (39%), NGOs (38%) and citizens (16%).

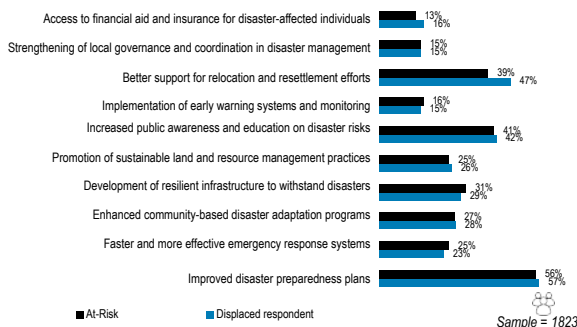
Participants were asked what specific actions the government should take and what individuals, including themselves, could do to respond to climate change. Tree plantation, recycling, and water conservation were mentioned as the top three interventions required for both actors. No more systemic and policy-level interventions and solutions were mentioned.

This may suggest that, although respondents are aware of some commonly promoted environmental practices, their understanding of climate action and more impactful solutions may be limited, underlining the need for better climate education. If respondents had a better understanding of climate change, we might expect more differentiated suggestions, with broader, structural interventions attributed to the government and more localized, everyday actions identified for individuals.

Recommendation from the youth

84% of youth interviewed believe that the government must address the issue of displacement. To prevent disaster-related displacement, youth prioritize long-term solutions such as preparedness, awareness-raising, and infrastructure strengthening, highlighting a focus on proactive strategies rather than reactive ones.

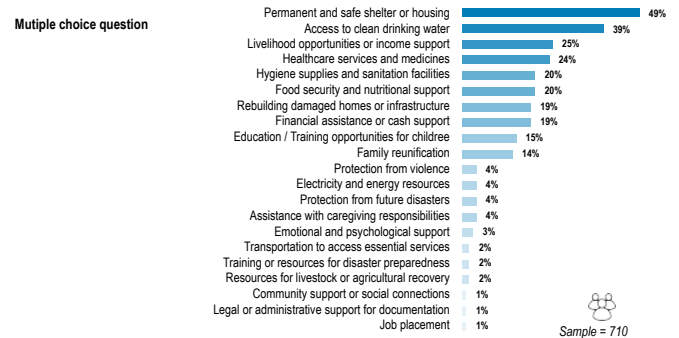
Youth point to institutional shortcomings, such as inadequate disaster preparedness measures, poor infrastructure, and a lack of effective early warning systems.



During group discussions, participants referred to past failures in disaster response, expressing that the lack of effective recovery measures and long-term resilience planning in the aftermath of previous disasters had left communities exposed to recurring vulnerabilities. The 2010 floods were often mentioned as a turning point by many respondents.

Opinions of displaced youth on their situation and needs

When asked about their needs following displacement, **displaced youth** highlighted access to basic services as well as longer term needs. **The most pressing demand identified was permanent and safe shelter (49%)**. The youthest and those from lower socioeconomic backgrounds were responding more acutely to immediate risks to their physical or emotional well-being. Therefore, displaced youth priorities are rooted in stabilizing their living conditions and rebuilding stability for sustained well-being. This underscores the need for both protection and support measures for their development on a long-term approach.



These results could be explained by their displacement situation, which is mostly prolonged (97% have been displaced for more than a year), and their expectations for their future movements.

Indeed, 69% of displaced youth believe that they will most likely (43%) or likely (26%) remain in their host area. When asked about other solutions, only 54% consider returning to their place of origin very likely (21%) or likely (33%), and 52% see resettlement as very likely (21%) or likely (33%).

Impact on their well-being and mental health

The results reveal that more than half (57%) of the youth feel that their mental well-being has been affected by displacement or by the risk of displacement (65% for displaced youth, 52% for those at risk). The most frequently cited issues were depression (40%), fear (40%), and hopelessness (38%). Depression was significantly more common among displaced youth and particularly acute among the youthest (14-17 years old). For displaced youth, all these emotional strains are worsened due to insecurity and loss of normalcy, pointing to an urgent need for psychosocial support. The impact on mental health is also greater among women (64%) than among men (50%). The key factor affecting youth women was their difficulty concentrating. For youth men, pressure-driven fear and despair related to lack of livelihoods and family responsibilities appeared to influence their mental state more significantly, particularly among youth men from vulnerable rural communities.

Qualitative findings support these trends, with many youth people reporting persistent sadness and emotional distress following the sudden loss of homes, family members, and daily routines. For displaced youth, cultural uprooting and the challenge of adapting to unfamiliar environments contribute to a growing sense of isolation and uncertainty.

“Some people have completely broken down; they just can’t take it anymore. Honestly, even we are at our limit. It’s disturbing us deeply. Even though we try to be kind to each other here, the stress is so high that even small arguments quickly escalate.” – **At-risk young man from Punjab during FG discussions.**

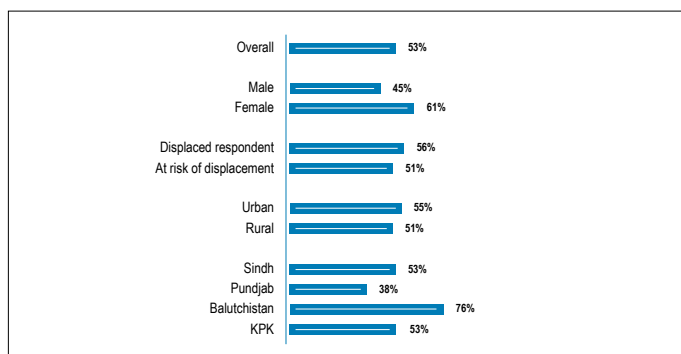
“Our current challenges are emotional stress, cultural adjustment, and the disruption of our established routine. These make the process difficult.” – **Displaced young woman from Sindh**

“We can’t sleep at night. We miss our families sometimes. It was a horrible scene that we can’t even imagine. I still remember my uncle’s death.” – **Displaced young man from Balochistan during FG discussions.**

“We feel depression and sadness. We used to study there. When we were forced to live here, we were very sad. We didn’t want to leave our friends and relatives.” – **Displaced young woman from Punjab during FG discussions.**

Impact on education

Displacement or the risk of displacement hinders youth access to education. **53% of youth say that the quality of their education has been affected.**



Displaced youth reported more issues related to direct disruptions to their education, reflecting their ongoing struggle to regain educational continuity, as did youth in Balochistan. **At-risk youth** appeared to be more affected by cognitive and emotional challenges, such as difficulty concentrating (28%) and emotional stress (25%).

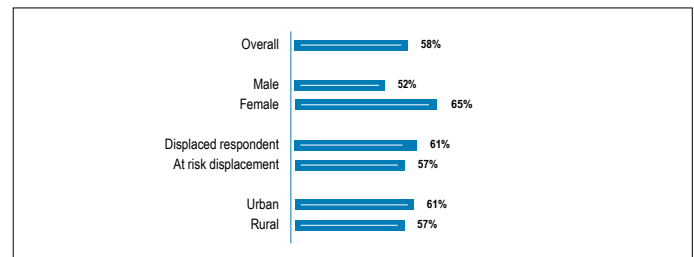
Nevertheless, male respondents, whether displaced or at risk, consistently expressed greater concern about structural issues, with higher responses on school closures (35%), loss of academic year as an obvious consequence of prolonged school closures (31%), and displacement-related disruptions for displaced youth (28%). Emotional stress was also reported by 28% of males, suggesting a sense of responsibility for restoring stability. Female respondents reported greater difficulties related to psychological impacts, such as difficulty concentrating (29%), limited access to further education (26%), and lack of motivation (13%). This indicates a deeper emotional and cognitive toll on youth women, likely intensified by existing limitations on mobility and access to opportunities.

“We have suffered a lot. Our education has been disrupted. We had to leave our homes, and now we can’t continue our studies. We are unable to return, and we live in fear.” – **Displaced young man from Balochistan during FG discussions.**

“I lost my chance to education. I wanted to study more but I had to quit. I had no other option in life.” – **Displaced young woman from Punjab during FG discussions.**

Impact on livelihoods

More than half of youth, whether displaced or at risk of displacement, report that their career aspirations and opportunities have been significantly affected (58%), (61% among displaced youth, 57% among youth at risk of displacement). This disruption is greater among women (65%) than men (52%), which may indicate that youth women are particularly vulnerable to the loss or alteration of their career paths in times of crisis.



Displaced respondents especially report reduced availability of local jobs (53% compared to 49% for youth at risk of displacement), the closure or loss of family businesses (35% compared to 30%), and decreased access to professional networking or career development opportunities (17% compared to 14%). These findings highlight the instability caused by displacement, stripping displaced youth of vital economic resources and opportunities.

While males express stress related to job loss and performance pressure (36%), females experience greater challenges related to the closure or loss of family businesses (34% vs. 29%) and long-term job instability (22% vs. 7%), as they are more likely to be engaged in informal and family-based economic activities. These findings underscore the need for gender- and context-specific employment support, as well as long-term economic reintegration strategies.

“They need to provide us with jobs so we can secure a better future.” – **Displaced young woman from Punjab during FG discussions.**

Impact on economic inclusion for displaced youth

94% of displaced youth believe that the economic inclusion of both them and their families has been affected by displacement. This finding matches the previous conclusion, in which 61% of displaced youth reported that their career plans had been disrupted. Together, these findings suggest that displacement has had an immediate and long-term effect on the economic stability of displaced youth.

“We are mentally disturbed about our future. We don’t know what will happen to us.” – **Displaced young man from Balochistan during FG discussions.**

Three major problems emerge across all demographic categories: limited employment opportunities (42%), disruption of regular employment (42%), and decreased income or financial instability (38%).

Young men cite structural market-related barriers, such as limited job opportunities, lack of vocational training, and barriers to entrepreneurship; young women highlight more socially rooted barriers, such as irregular employment, social stigma, and increased dependence on aid. These findings suggest that women's economic vulnerability is exacerbated not only by external shocks such as displacement, but also by underlying social constraints that limit their access to stable and independent sources of income. These gendered differences reinforce the need for tailored recovery strategies that address the distinct barriers faced by both young men and women.

Lower-income youth and urban youth were the ones who reported the strongest economic disruptions: they said they had greater difficulty accessing vocational training, credit or loans, and entrepreneurial opportunities. This likely reflects the collapse of more formal economic structures in urban areas, where youth are more dependent on businesses or skilled jobs. In contrast, rural youth reported fewer structural barriers, possibly due to their reliance on informal economic activities or subsistence-based livelihoods that primarily cover basic household needs.

Recommendation from the youth

Youth demand for economic inclusion goes beyond employment: it calls for structural access and tailored opportunities. Youth are calling for more job opportunities (50%) and a greater willingness on the part of companies to hire displaced people (33%). But they also demand real access in terms of skills, education, and financial support, rather than temporary assistance. This reflects their belief that the most urgent priorities lie in rebuilding livelihoods and securing pathways to long-term economic participation.

Impact on social inclusion for displaced youth

An overwhelming 96% of displaced youth reported that their sense of social inclusion had been negatively impacted following the displacement. This perception was consistent across urban and rural populations, all socioeconomic classes, and all provinces.

Young women reported a slightly stronger sense of exclusion compared to young men related to disrupted family ties and difficulties in forming new connections. This likely stems from greater social and mobility constraints on women, for whom relocating often means losing access to familiar support networks and being limited in forming new ones. The men surveyed more frequently reported experiencing loss of community belonging and increased discrimination. This may be reflected of men's greater exposure to public spaces, economic interactions, or aid distribution processes, where issues of exclusion, discrimination and favoritism are more directly felt. These trends underscore the need for localized and gender-sensitive inclusion measures.

“There was a lot of emotional and cultural adjustment required in the new place. Along with the financial burden, establishing a new routine and adapting culturally was very difficult for us.” – Displaced young woman from Sindh during FG discussions.

Recommendation from the youth

Displaced youth see interpersonal and community-led solutions as the foundation of IDPs' inclusion.

For the respondents, mobilizing community leaders to help displaced people feel welcome is the most effective measure for social inclusion (47%). The females placed greater emphasis on equity and security, with 55% of them prioritizing community leaders' involvement in supporting IDPs. This may reflect their heightened vulnerability and the barriers they face in accessing certain services. Conversely, male respondents gave higher priority to cultural and identity-based inclusion, such as programs promoting belonging in the local culture and community (43%) and anti-stigma campaigns (36%), suggesting a concern for recognition and reintegration into broader social systems.

“We were disturbed for a long time after relocating. We didn't want to leave our homes and stayed isolated at first. But later, our new neighbors were kind, which helped us feel more comfortable here.” – Displaced female from Punjab

Awareness of IDPs' rights

As part of the study, both displaced youth and at-risk individuals were asked whether they were aware of their rights as citizens in the context of displacement. Respondents were presented with a list of specific rights⁹ and asked whether they were already aware of each one. **38% of youth demonstrated complete awareness, with male respondents significantly more informed than females (48% vs. 27%).**

When asked if they agreed that the government has sufficiently informed them about their rights and available support during displacement, 60% did not agree. In addition, 67% of them declared that the government did not meet their expectations after displacement.

In this regard, a clear difference has been recorded between socioeconomic groups, with more satisfaction registered among higher ones (50%). These results show that the most vulnerable groups in rural areas face more difficulties in accessing awareness and services, increasing the risks to leave them behind.

⁹ OCHA, [Guiding Principles on Internal Displacement](#), 2004.

Conclusion and recommendations

The results of this survey provide a better understanding of the impacts of displacement on youth, particularly in terms of social and economic inclusion, and identify courses of action and solutions based on their experiences and priorities. The recommendations presented throughout this note should be prioritized in responses, in Pakistan, and more broadly, in contexts where youth are displaced or at risk of displacement due to disasters and the impacts of climate change.

In all contexts of displacements due to disasters and the impacts of climate change, SIF recommends to:

1 Ensure the protection and fulfillment of the rights of people internally displaced by disasters and the effects of climate change, recognizing the specific consequences of displacement on the most vulnerable, particularly children and youth.

2 Increase the visibility of children and youth in all phases of the response to displacement, taking into account the specificity of their situation, the increased risks they face, particularly in terms of protection, and the specific challenges in terms of education and livelihoods. ➡

3 Ensure that the collection, analysis, and use of displacement data are disaggregated by age and gender to guarantee the relevance and quality of the response. Depending on the age of the child or youth, the experience of displacement can vary considerably, not to mention the intersectionality of vulnerabilities. This also implies collecting displacement data when collecting specific data on children.

4 Ensure that displaced children and youth can participate actively, freely, and meaningfully in decision-making processes at the local, national, and international levels so that their experiences are considered for the response. Children and youth must participate so that they are not solely considered as beneficiaries of aid, but as full actors of the response.

5 Recognize internal displacement due to disasters and the impacts of climate change as a complex development challenge that accelerates inequalities and threatens the achievement of sustainable development goals and the stability of societies. Displacement has long-term effects on the social and economic inclusion of youth, increasing the risks of marginalization, violence, and instability.

6 Support the implementation of sustainable solutions (return, local integration, or resettlement) and promote integrated approaches, with emergency interventions combining long-term actions on risk reduction, adaptation, and social cohesion across all sectors, including education and livelihoods for children and youth.

7 For people at risk of displacement, ensure their right to determine their own conditions of mobility, guaranteeing them the free choice between staying, preparing and adapting in place, or leaving, with specific responses for youth and children.

8 Ensure that global climate negotiations, including discussions on loss and damage and adaptation, consider displacement - and its short and long-term impacts, and mobilize resources commensurate with the needs expressed, accessible to affected communities. Children and youth must be at the center of these decision-making processes, as well as in their implementation.

➡ To address specific challenges related to education and livelihoods:

9 Prioritize education for displaced children and youth from the earliest stages of the crisis to minimize disruption to their education and training and maximize the protection and support offered by educational structures by reestablishing a daily routine and helping them regain a sense of normalcy. Schools provide access to basic social services (food, drinking water, hygiene, health, and protection from violence). This means prioritizing education, child protection, and support for social inclusion in humanitarian funding.

10 Ensure that displaced children and youth have access to national education systems without discrimination. This may mean removing certain legal and administrative barriers to enrollment but also removing financial barriers by establishing scholarships to help fund education, including higher education and vocational training. Specific measures must also be taken to ensure that displaced girls have access to school.

11 Strengthen education and vocational training systems to adapt to climate change and ensure that disasters have as little impact as possible on the continuity of education and access to livelihoods. This involves strengthening systems so that they are able to accommodate displaced children and youth and respond to their specific needs (recruitment and training of teachers, particularly in psychosocial support, infrastructure, curricula, and teaching materials adapted to the entire educational continuum) and supporting youth toward economic empowerment (accelerated training, employment assistance, technical and financial support for their economic projects).

Through its advocacy work, SIF alerts on the situation of the most vulnerable populations in crisis contexts such as IDPs, to improve the responses:

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