

# 2024 Well-Being and Health Youth Surveys

**Board of Health Meeting  
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# Overview

- **About the 2024 WHY Surveys**
- **Results Preview**
- **What's next?**



# WHY Surveys

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## Participants:

Students, Parent and Staff

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## Content:

School environment, student health and well-being

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## Collected:

1<sup>st</sup> cycle: November 2019

2<sup>nd</sup> cycle: February 2022

3<sup>rd</sup> cycle: November 2023 and February 2024

# Survey Responses

769 staff surveys

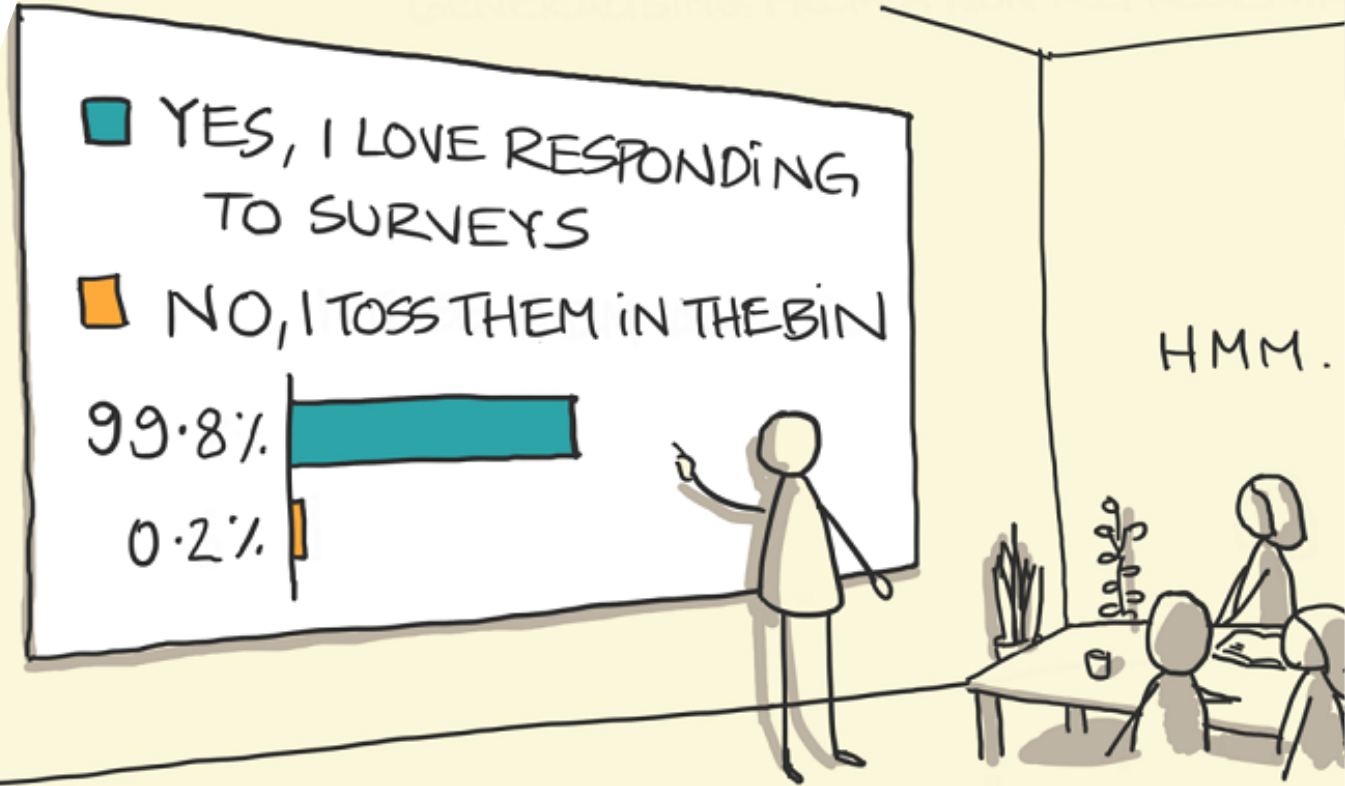
3,393 parent surveys

20,444 student surveys

- 69% participation rate

# Data Considerations

- Participant bias
- Response rates
- Cannot determine causation



" WE RECEIVED 500 RESPONSES AND FOUND THAT PEOPLE LOVE RESPONDING TO SURVEYS "

# 2024 Student Demographics

- **2.2%** do not identify as male or female
- **18%** report a sexual orientation other than straight/heterosexual\*
- **3.0%** identify as indigenous to the lands now called Canada
- **31%** identify as a race other than Caucasian (white)
- **13%** were born outside of Canada
- **23%** report that both parents were born in another country\*
- **9.9%** do not speak English at home
- **7.6%** consider themselves to be a person with a disability(ies)\*

\* students grades 7+

# Key Findings



# Mental Health

## Encouraging Changes

- Have a high score on the Positive Mental Health scale (47%)
- Know where to get help with problems (82%)

## Concerning Changes

- Struggling with being distracted (43%)
- Struggling with pressure from peers (22%)
- Struggling with severe stress about grades or exams (45%)
- Thoughts of self-harm (21%)
- Thoughts of suicide (16%)



# Substance Use

## Encouraging Changes

- Used an e-cigarette in the past year (11%)
- Drank alcohol in the past year (31%)
- Binge drank in the past year (15%)
- Used cannabis in the past year (11%)
- Ever tried cannabis\* (1.7%)

## Concerning Changes

- Are current smokers (3.8%)
- Used prescription pain pills without a prescription in the past year (12%)
- Used cough medicine to get high in the past year (17%)
- Ever tried alcohol\* (7.0%)

\* grades 4-6 students

# Gender Differences

## Top 5 differences between female and male students

- Experienced non-consensual sexual activity
- Struggling with body image
- Harmed themselves in the past 12 months
- Struggling with eating issues
- Did not seek help for mental health concerns when professional help was needed

## Top 5 differences between students who are another gender and female or male students

- Attempted suicide in the past 12 months
- Used sedatives in the past year
- Have a high score on the Psychological Distress scale
- Harmed themselves in the past 12 months
- Thoughts of suicide in the past 12 months



**NEW**

## Questions on the 2024 WHY Surveys

### School Climate

- Contribute to ideas in the classroom (77%)
- Enjoy learning (76%)
- Participate in their learning (92%)
- Use strategies to help them learn (80%)
- Experienced discrimination at school because of:
  - race or ethnic background (20%)
  - religion or faith (13%)
  - gender identity (11%)
  - sexual orientation (11%)
  - a disability (10%)
  - any of the above reasons (36%)



**NEW**

## Questions on the 2024 WHY Surveys

### Mental Health Challenges

- Did not seek help for mental health concerns when professional help was needed (23%)
- Low resilience on the Brief Resilience Scale (29%)
- COVID-19 pandemic negatively affected their mental health (68%)

### Physical Health

- Active transportation to school each week (44%)
- 2+ hours playing video games each day (21%)
- 2+ hours spent on social media sites or apps each day (33%)



**NEW**

## Questions on the 2024 WHY Surveys

### Social

- Parents who report a harder ability to:
  - Access supports from the community (18%)
  - Buy enough food (26%)
  - Buy food of high quality and variety (43%)
  - Pay bills (35%)
  - Pay debts (41%)
  - Pay rent or mortgage (31%)

# What's Next?

- **Dissemination of aggregate WHY data publicly**
  - Public dashboard
  - Social media
  - Infographics
- **Utilization of survey data to inform Public Health program planning and alignment with school board needs. For example:**
  - Ad-hoc data requests
  - Conferences
  - Presentations to community groups
- **Beyond the WHY – utilizing ideas from the Icelandic Model to be proactive about usage of the WHY Survey data with community members, partner organizations, and youth advisory groups**



THANK YOU!

