

2024 Well-Being and Health Youth Survey Results

The Well-Being and Health Youth (WHY) Surveys collect information from Wellington-Dufferin-Guelph youth on topics including family and peers, substance use, mental health and physical activity.

The goal of the WHY surveys is to create a shared understanding of students' health and development. They are completed every two years by parents, school staff and students from grades 4-12+. Results help identify issues for focus in the community.



Mental Health

Although most students know where to get help with problems, many do not seek help for mental health concerns when needed:

Students know where to get help for mental health concerns:



53% in 2022 **81%** in 2024

But **1 in 4 (23%)** did NOT seek help:

"I thought I could manage"

"I was afraid"

"I was too busy"

Self-harm and suicidal ideation continue to be a challenge in our community:



increase from 2022 in students reporting thoughts of self-harm or suicide

Substance Use

Alcohol use, cigarette use and vaping have been decreasing since 2019, but problematic substance use behaviours are emerging in grades 7-8 students:



More than **1 in 5 (21%)** grade 7-8 students reported using cough medicine to get high



Almost **1 in 7 (13%)** used prescription pain pills without a prescription

Grades 9-12 students reported less use from 2022:



Binge Drinking
-12%



Vaping
-6%



Alcohol
-7%



Cannabis
-4%

Gender Differences

Social comparisons and gaming behaviours differ between genders:



Students identifying as **another gender** reported the **highest proportions** of body image concerns, eating issues, low self-esteem and peer pressure



+10% another gender
+8% females
+7% males
Peer pressure has intensified since 2022

When comparing males to females:



2X the proportion of males report gambling in the past year



4X the proportion of males report playing video games each day