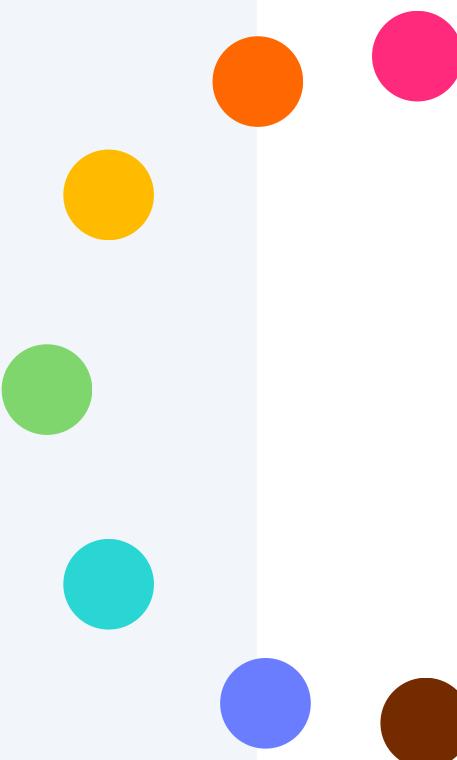


MAY 2023



HBSC

HEALTH BEHAVIOUR IN
SCHOOL-AGED CHILDREN

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behalf of the HBSC Canada Research Team

YUKON STUDENTS, GRADES 9-10
SURVEYED NOVEMBER 2022

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foreword

Health Behaviour in School-aged Children (HBSC) examines the health and health behaviours of youth aged 11-15. The main purposes of the HBSC are to understand youth health and well-being and to inform education, health policy and health promotion programs, nationally and internationally.

The primary objectives of the HBSC are to:

- Initiate and sustain research on young people's health behaviour, health, and well-being and social contexts;
- Monitor and compare young people's health, health behaviours and social contexts;

HBSC also disseminates findings to relevant audiences, including researchers, health and educational professionals, and the general public.

– HBSC –

Health Behaviour in School-aged Children

The HBSC is conducted every four years following an internationally approved research protocol. By collecting common indicators of adolescent health across multiple countries and administering the survey every four years, health behaviours in youth can be compared internationally, within countries like Canada, and in specific student populations including your school. In the Yukon, the HBSC project is coordinated by the Department of Health and Social Services, Yukon Education, and the Yukon Bureau of Statistics.

This school report summarizes the findings of the recent HBSC survey conducted at your school. The findings are intended to provide basic information on the health and wellbeing of students in your school and can be used to inform school programs, policy, and initiatives at your school. We encourage you to share these results with school administrators, teaching staff, parents, and students, as well as with your school board and local community organizations.

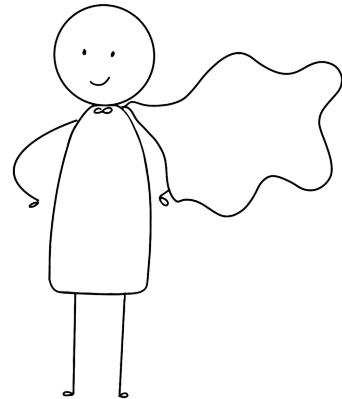
For more information, please contact:

The Health Promotion Unit, Yukon government, Department of Health and Social Services
health.promotion@yukon.ca

Mr. Matthew King, Queen's University, National Coordinator
kingma@queensu.ca

— ABOUT THE — **key indicators**

For your convenience, this school report has organized HBSC results into 6 sections.



SOCIAL ENVIRONMENT

The nature(s) of the families, students and peer groups, communities, and schools associated with your student body.

PHYSICAL HEALTH

Eating habits, concussions, transportation to school, sleep, and physical activity.

SCHOOL ENVIRONMENT

Norms, practices, and qualities of interpersonal relationships that shape students' experiences at school. This includes bullying and school-belongingness.

STUDENT WELLBEING

Student mental health, confidence, and satisfaction with life.

IMPACT OF COVID-19

Student perceptions as to how they have been impacted by the Covid-19 pandemic.

HEALTH & RISK-TAKING BEHAVIOURS

Problematic social media use, substance use, and extracurricular engagement.

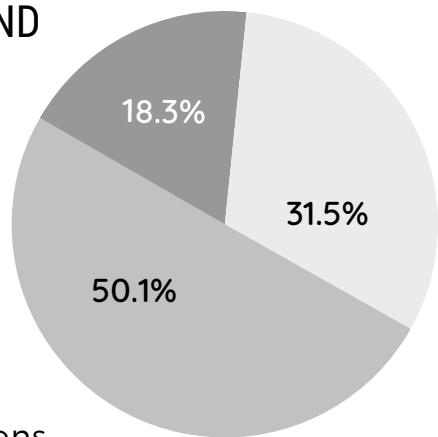
375

GRADE 9-10 YUKON STUDENTS
RESPONDED TO THE HBSC SURVEY.

GRADE BREAKDOWN

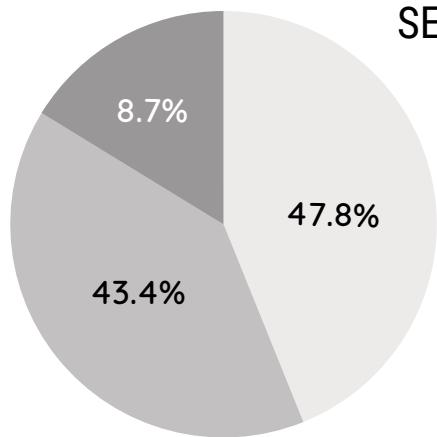
Grade 9		57.6%
Grade 10		42.4%

RACIAL BACKGROUND



- First Nations, Inuk/Inuit, Métis
- White
- Racial background other than white or FNIM

GENDER SELF-IDENTITY



- Male
- Female
- Other

YUKON GRADES 9 AND 10 demographics

These figures represent the group of students surveyed by HBSC at your school.

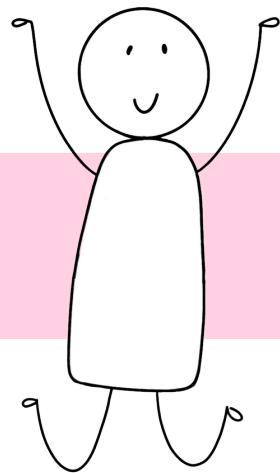
60.2%

OF STUDENTS
AGREE OR
STRONGLY AGREE
THAT THEIR
PARENTS/GUARDIAN(S)
TRUST THEM

DO YOU FEEL TRUSTED?

68.3%

OF STUDENTS AGREE
OR STRONGLY AGREE
THAT THEY HAVE A
HAPPY HOME LIFE



social environment

20.4%
OF STUDENTS REPORTED
GOING TO BED
HUNGRY
BECAUSE THERE IS NOT
ENOUGH FOOD AT HOME
AT LEAST SOMETIMES

QUICK STATS

- 40.0% of students reported skipping a meal because their family was running out of money to buy food.

While many students reported positive things about their home environment, some were dealing with hunger and food insecurity.

What % of students are involved in cultural ceremonies or groups?

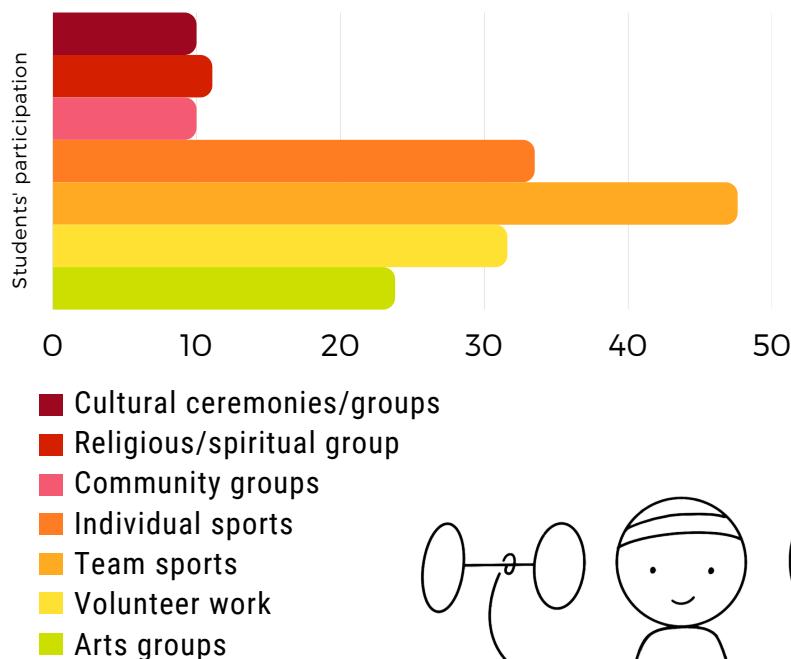
e.g., traditional dance, drumming, storytelling

10%

45.2%

OF STUDENTS REPORT THEY EAT
BREAKFAST
ON FOUR TO FIVE
SCHOOL DAYS A WEEK

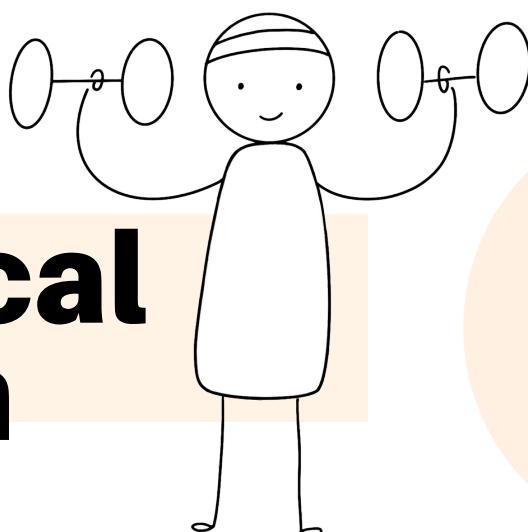
PARTICIPATION IN ORGANIZED ACTIVITIES



QUICK STATS

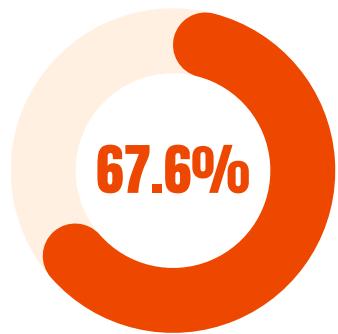
- 42.3% of students report having trouble going to sleep or staying asleep most or all of the time.
- 23.1% of students were physically **active** for at least 1 hour every day in the last week.

physical health

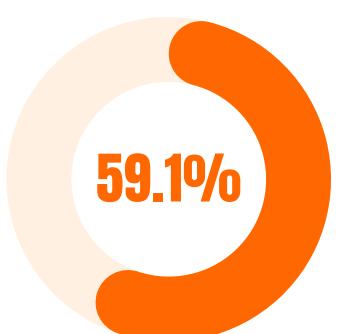


23.1%

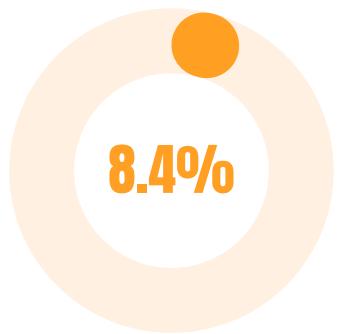
WHAT % OF STUDENTS EAT OR DRINK...



Vegetables
(fresh, frozen, or canned)



Fruits
(not including juice)



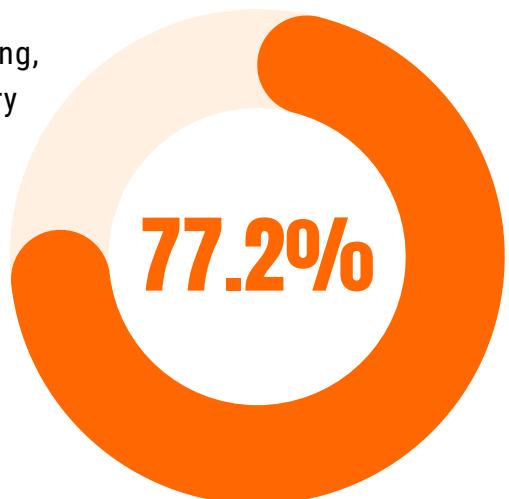
Energy drinks
(Red Bull, Rock Star, etc.)

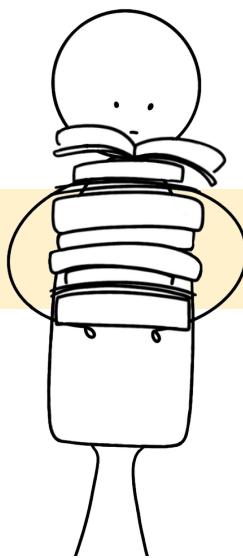
FIVE TO SIX DAYS A WEEK OR MORE?

36.8%
OF STUDENTS SPEND
TIME PARTICIPATING IN
ON-THE-LAND ACTIVITIES
(EX. HUNTING, TRAPPING,
FISHING, GATHERING BERRIES)

WHAT % OF STUDENTS EAT TRADITIONAL/COUNTRY FOODS FROM

fishing, hunting,
trapping, berry
picking, or
gathering
eggs
at least
sometimes?





school environment

BULLYING

- 34.9% of students reported being **bullied** more than once or twice in the past couple of months.
- 22.0% of students have been **cyber-bullied** in the same time period.

HOW DO YOU FEEL ABOUT **SCHOOL?**

 I like it

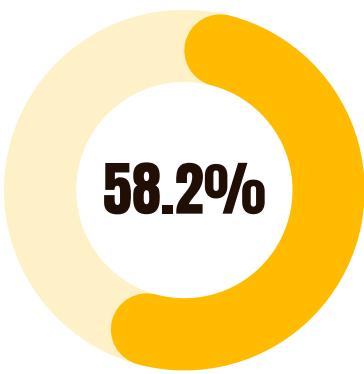
 I don't like it

55.9%

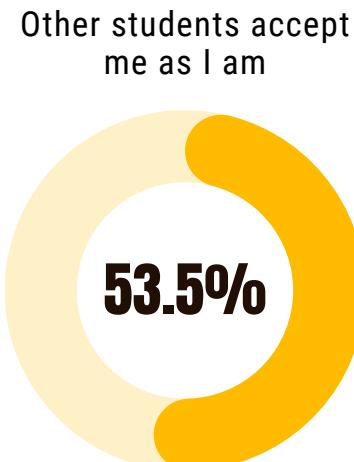
44.1%

SCHOOL BELONGINGNESS

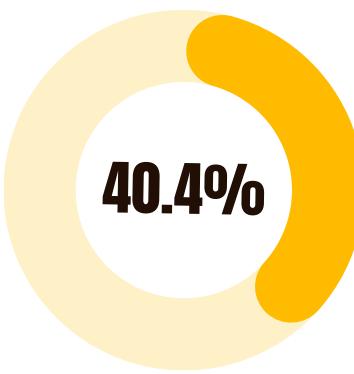
% OF STUDENTS AGREE THAT:



I feel my teachers care
about me as a person

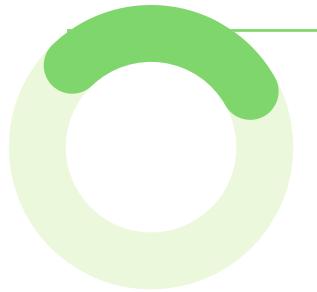


Other students accept
me as I am



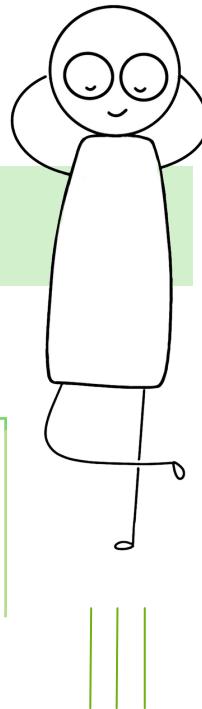
I feel I belong at
this school

student wellbeing



37.1%

OF STUDENTS FELT IT
VERY IMPORTANT
THAT THEIR LIFE HAD
MEANING OR PURPOSE



42.8%

OF RESPONDENTS FELT SO
SAD OR HOPELESS
ALMOST EVERY DAY FOR
TWO WEEKS IN A ROW
THAT THEY STOPPED DOING SOME
USUAL ACTIVITIES
(AN EARLY SYMPTOM OF DEPRESSION)

OVER THE LAST 6 MONTHS
Students reported feeling...

36.0%

LOW OR
DEPRESSED

35.1%

IRRITABLE OR
HAVING A BAD
TEMPER

45.8%

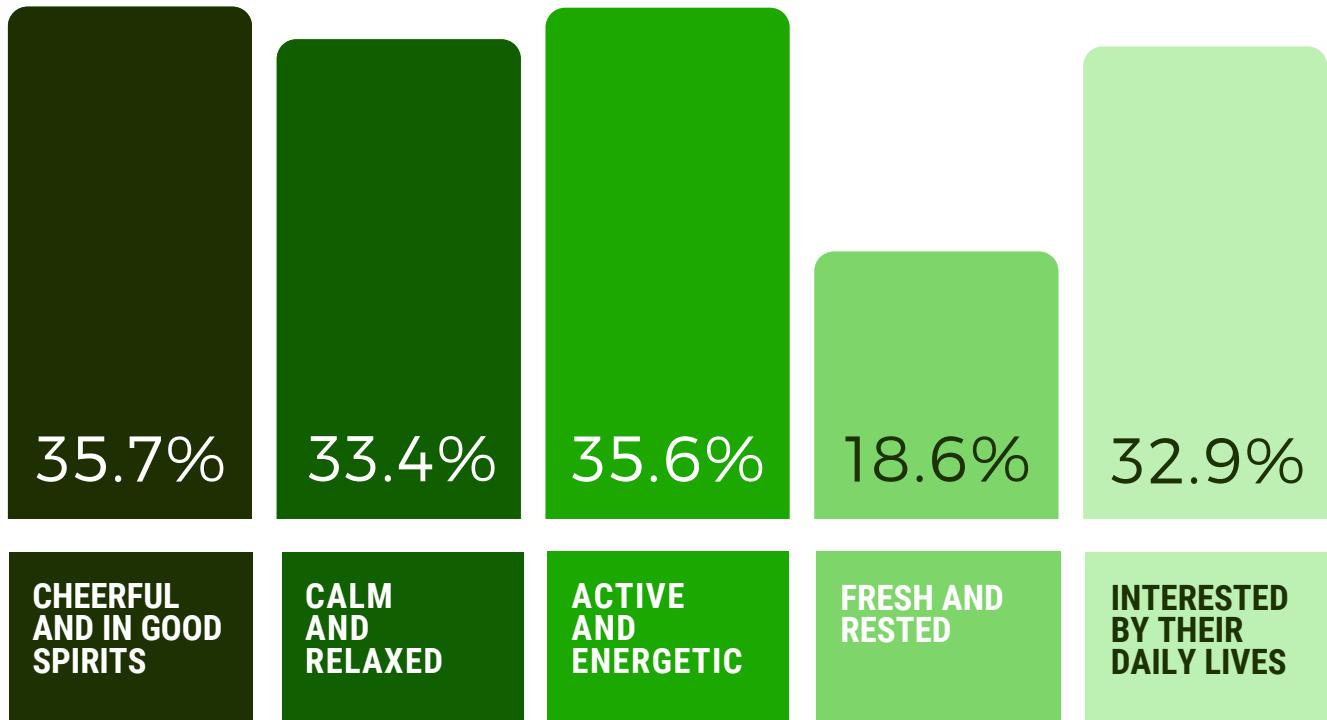
ANXIOUS

46.8%

NERVOUS

more than once a week.

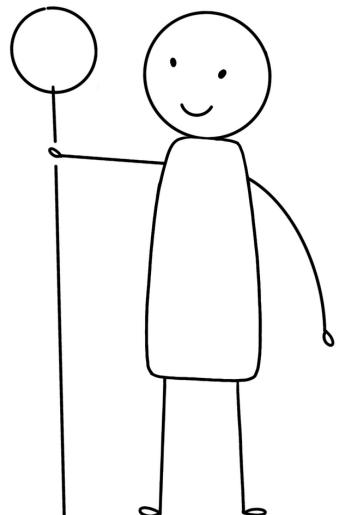
OVER THE LAST 2 WEEKS Students reported feeling...



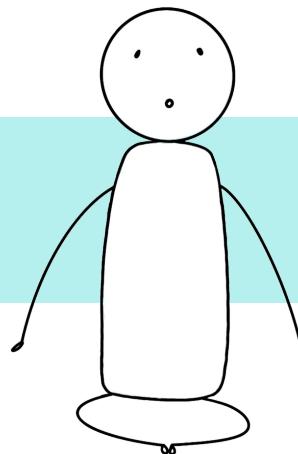
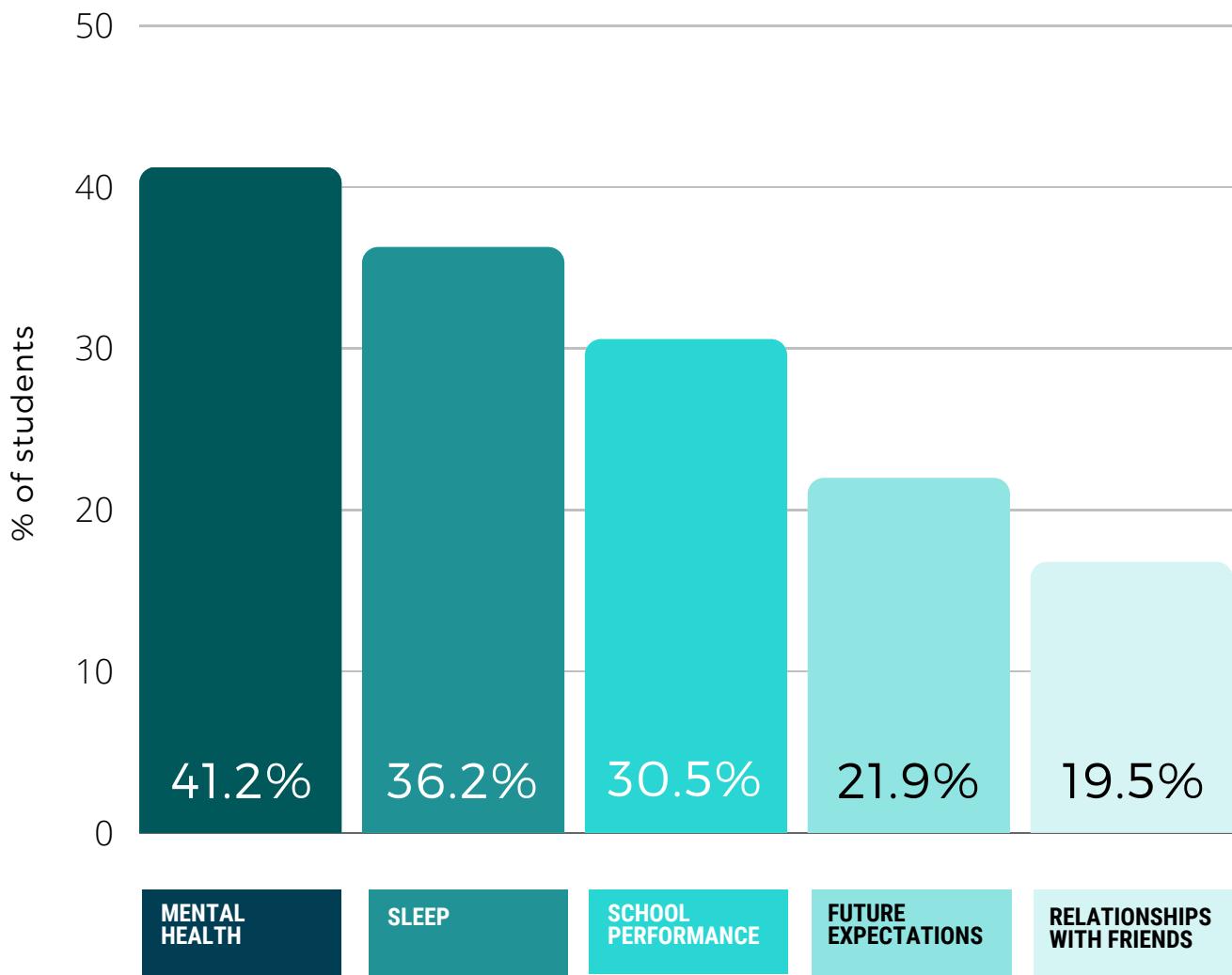
all or most of the time.

QUICK STATS

- **45.4%** of students agree or strongly agree that they have **confidence** in themselves.
- **33.5%** of students report feeling **lonely** most of the time or always in the last 12 months.
- **70.9%** of students reported a high **life satisfaction**.



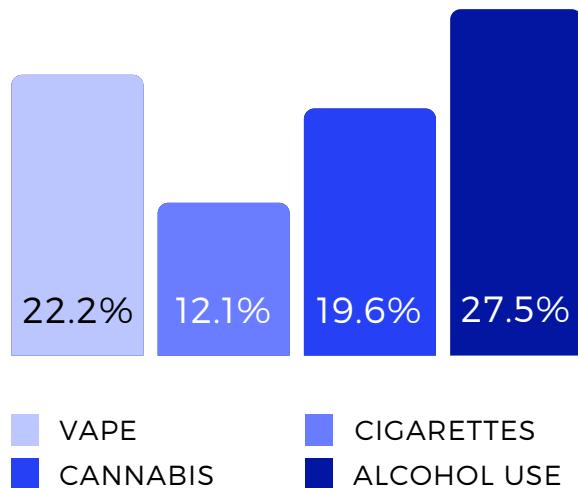
STUDENTS' EXPERIENCES OF COVID-19 **NEGATIVE IMPACT ON:**



impact of **COVID-19**

SUBSTANCE USE

IN THE LAST 30 DAYS



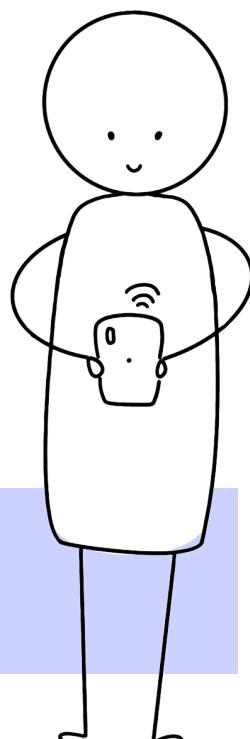
BEFORE AGE 13...

- 13.5% of students have used a vape.
- 7.3% of students have smoked a cigarette.
- 7.6% of students have used cannabis.

55.9%
OF STUDENTS ENGAGE IN
TWO OR MORE DIFFERENT
EXTRACURRICULARS

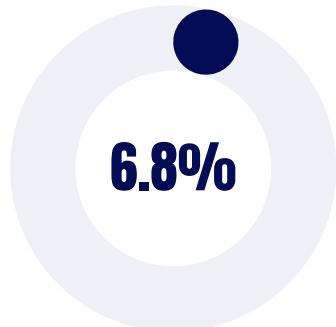
SOCIAL MEDIA

- 17.6% of students had serious conflict with their parents or siblings due to their social media use.
- 42.6% of students tried to spend less time on social media, but failed.

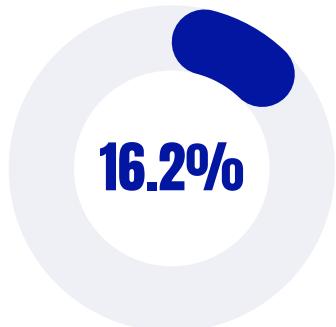


health & risk-taking behaviour

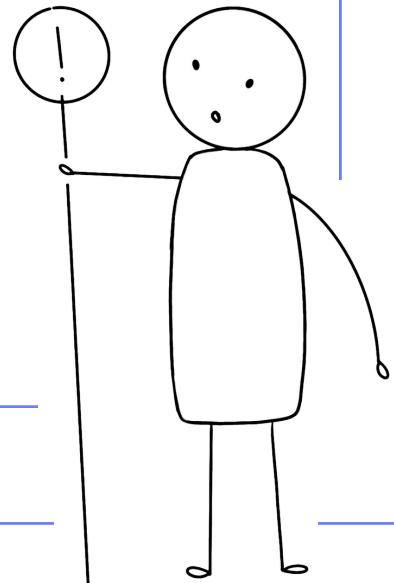
DATING VIOLENCE



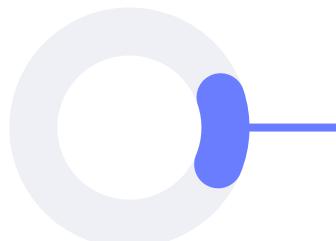
of students have experienced **physical** dating violence



of students have experienced **emotional** dating violence

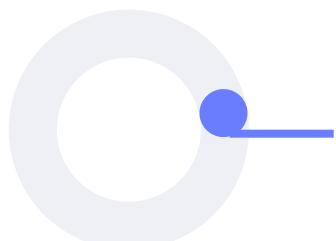


SEXUAL ACTIVITY



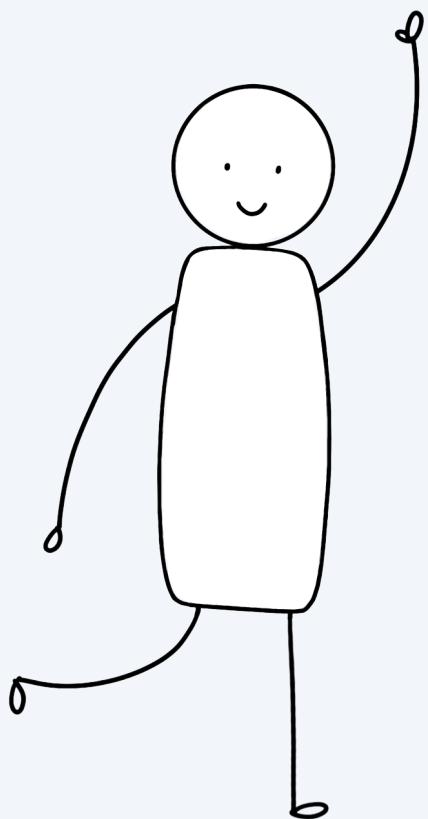
19.4%

of students have had sexual intercourse.



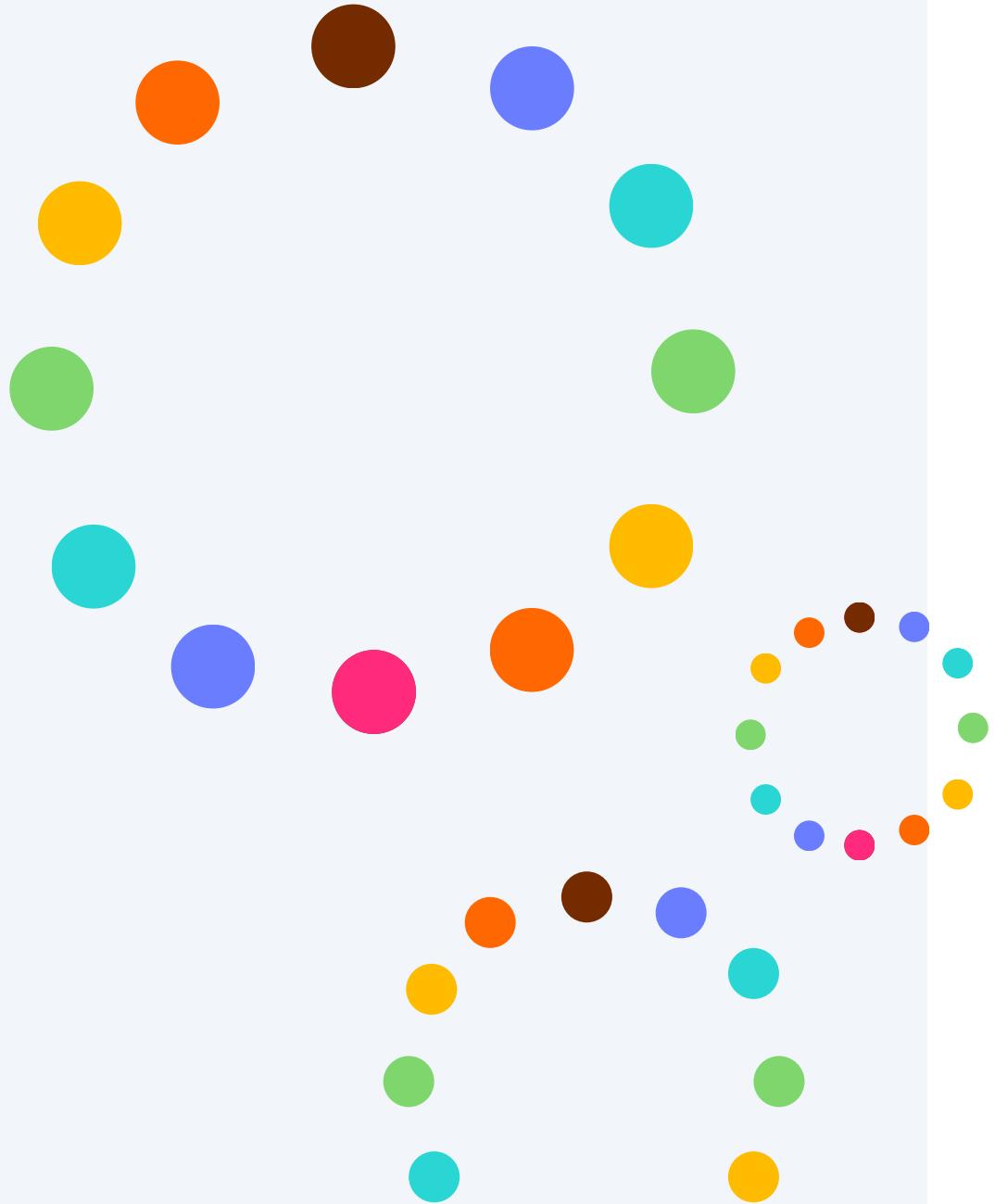
6.8%

of students had sex at age 13 or younger.



afterword

Thank you for involving your school in the Health Behaviour in School-aged Children Study. This report provides a snapshot of the health of your student body, and identifies issues that are worth celebrating, and other issues of concern. We encourage you to share the results with your staff, student body, and community. For more information about HBSC, please go to www.hbsc.org (where you will find recent international reports), or <https://www.canada.ca/en/public-health.html> (which has the most recent national information from this survey). To learn more about the HBSC project in the Yukon, go to yukon.ca and search "HBSC."



HBSC

HEALTH BEHAVIOUR IN
SCHOOL-AGED CHILDREN

YUKON GRADES 9 AND 10 STUDENTS