

MAY 2023

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# HBSC

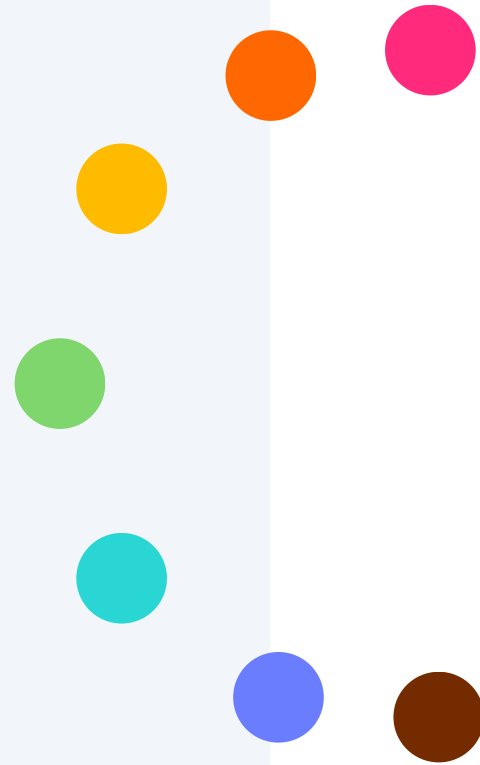
HEALTH BEHAVIOUR IN  
SCHOOL-AGED CHILDREN

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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.

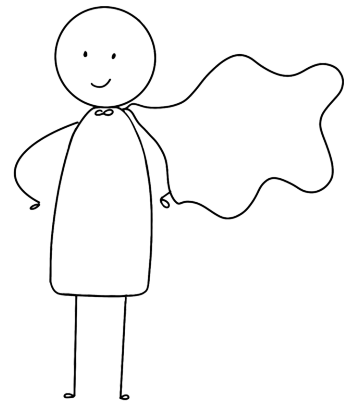
For more information, please contact:

The Health Promotion Unit, Yukon government, Department of Health and Social Services  
[health.promotion@yukon.ca](mailto:health.promotion@yukon.ca)

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[kingma@queensu.ca](mailto: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.

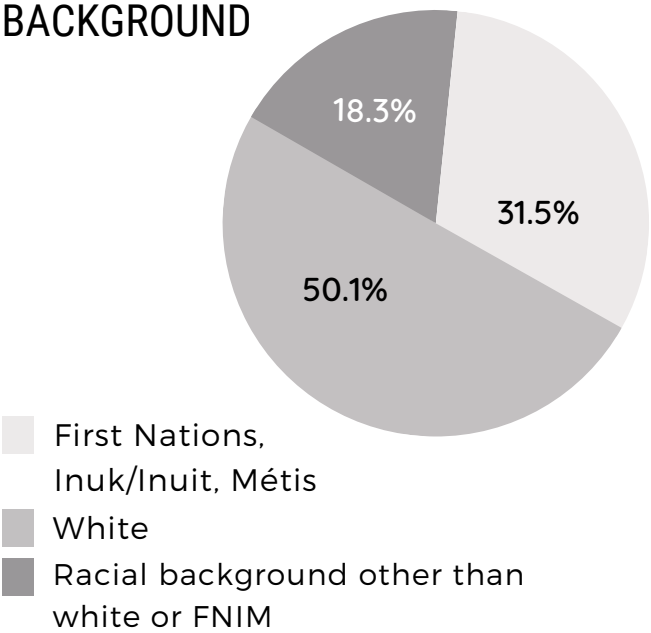
375

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

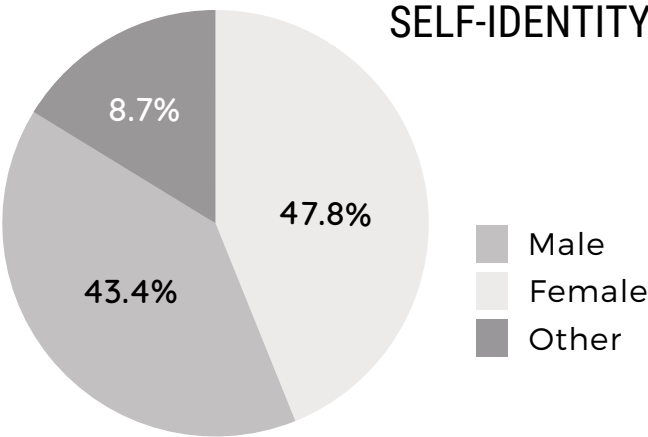
GRADE  
BREAKDOWN



RACIAL  
BACKGROUND



GENDER  
SELF-IDENTITY



YUKON GRADES 9 AND 10  
**demographics**

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



**60.2%**

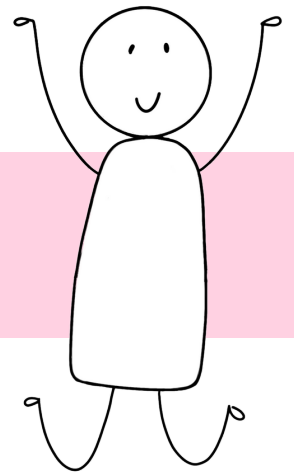
OF STUDENTS  
**AGREE OR  
STRONGLY AGREE**  
THAT THEIR  
PARENTS/GUARDIAN(S)  
TRUST THEM



**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

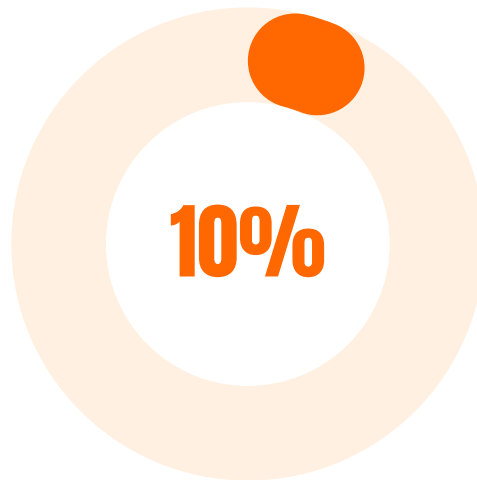
### QUICK STATS

- **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

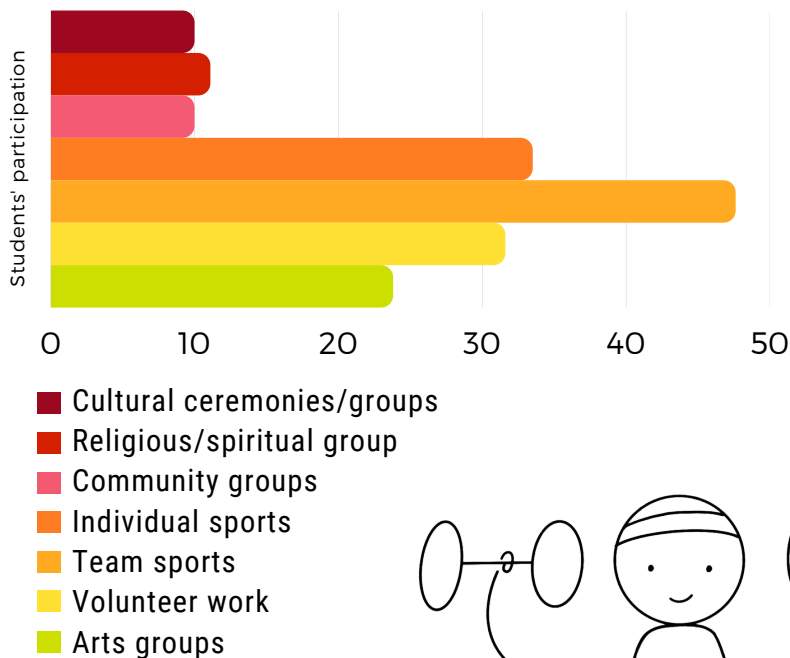


# 45.2%

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



## PARTICIPATION IN ORGANIZED ACTIVITIES

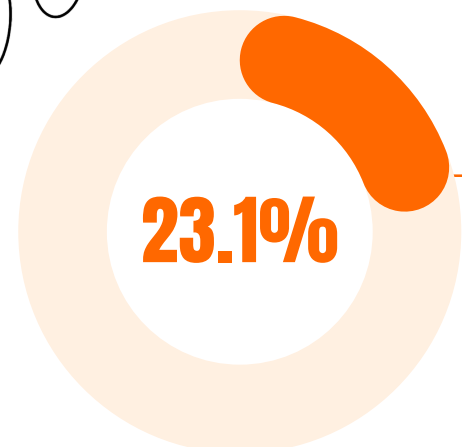
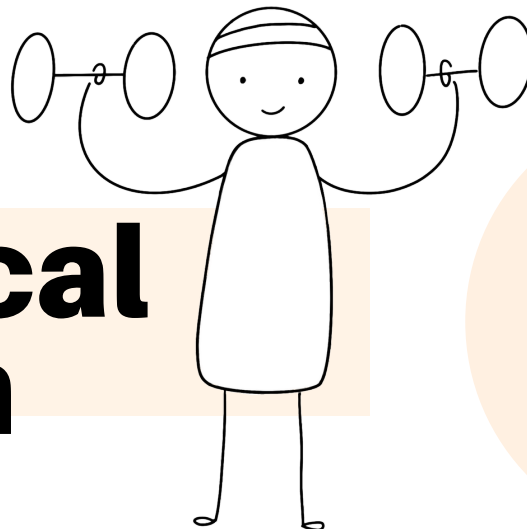


## QUICK STATS

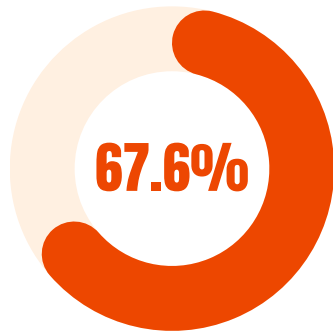
■ **42.3%** of students report having trouble going to sleep or staying asleep most or all of the time.

■ **23.1%** of students were physically **active** for at least 1 hour every day in the last week.

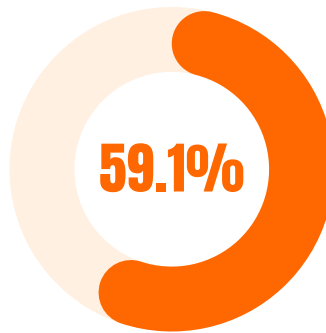
# physical health



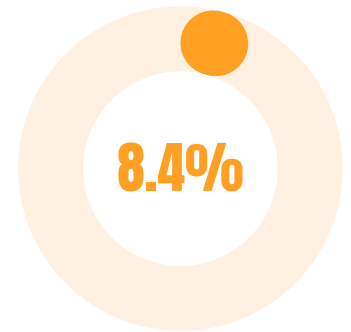
## WHAT % OF STUDENTS EAT OR DRINK...



**Vegetables**  
(fresh, frozen, or canned)



**Fruits**  
(not including juice)



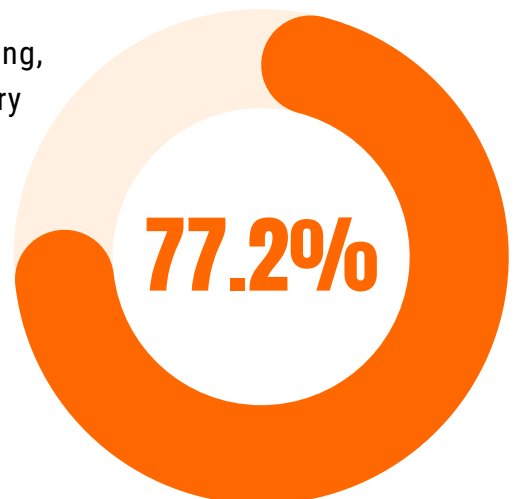
**Energy drinks**  
(Red Bull, Rock Star, etc.)

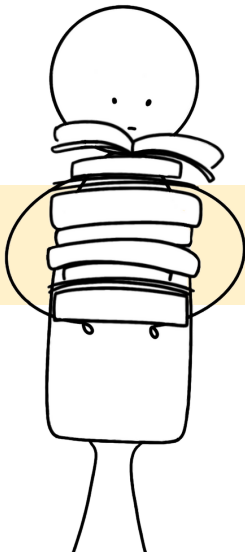
## FIVE TO SIX DAYS A WEEK OR MORE?

**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:

58.2%

I feel my teachers care about me as a person

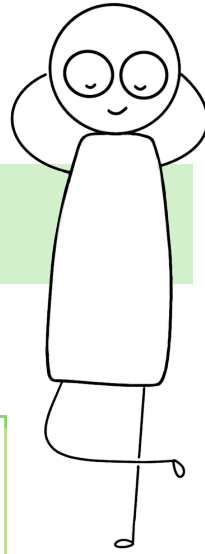
Other students accept me as I am

53.5%

40.4%

I feel I belong at this school

# student wellbeing



**37.1%**

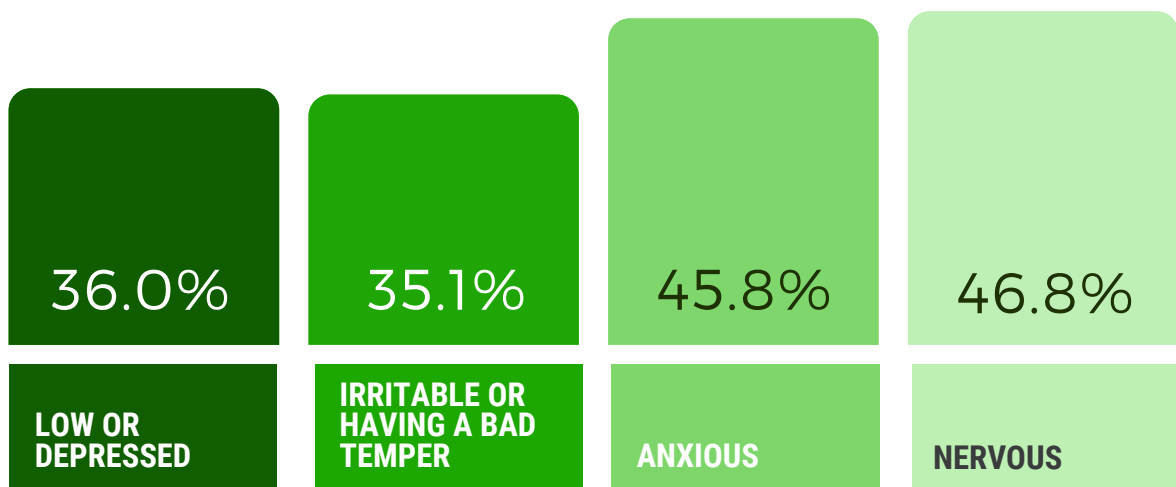
OF STUDENTS FELT IT  
**VERY IMPORTANT**  
THAT THEIR LIFE HAD  
MEANING OR PURPOSE

**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**

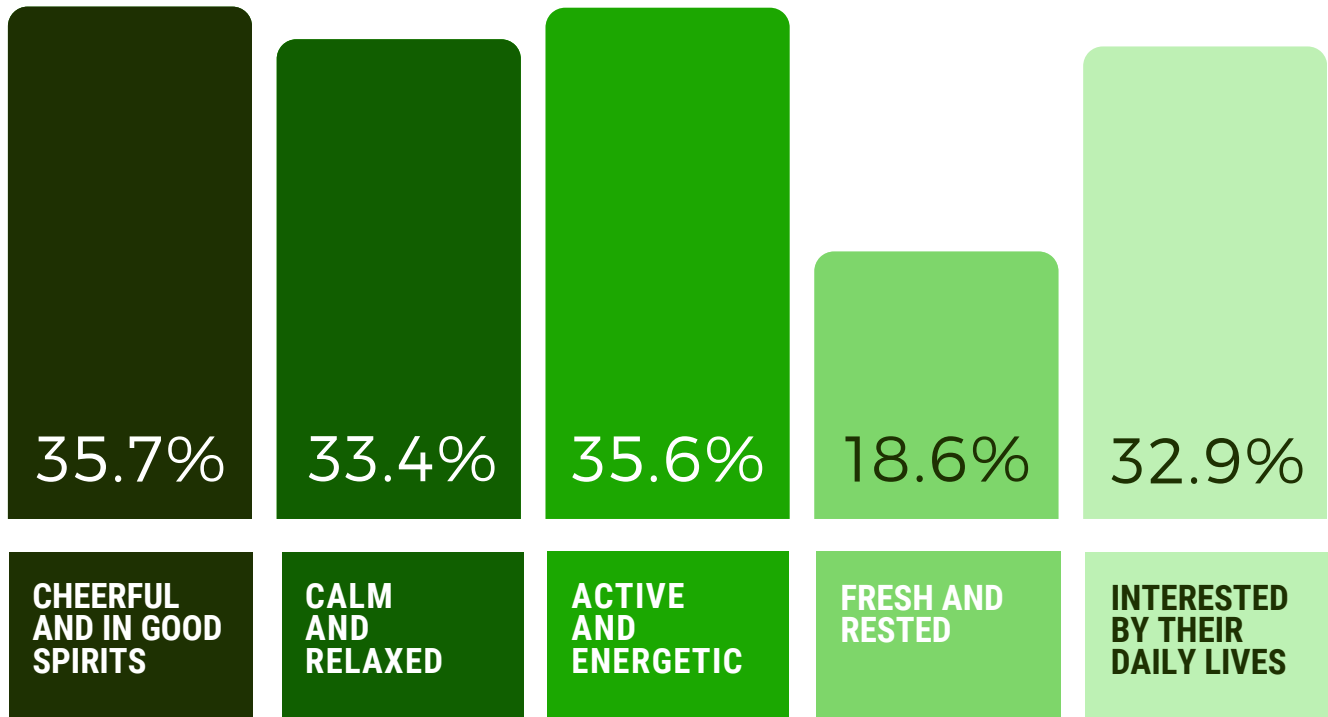
(AN EARLY SYMPTOM OF DEPRESSION)

## OVER THE LAST 6 MONTHS Students reported feeling...



**more than once a week.**

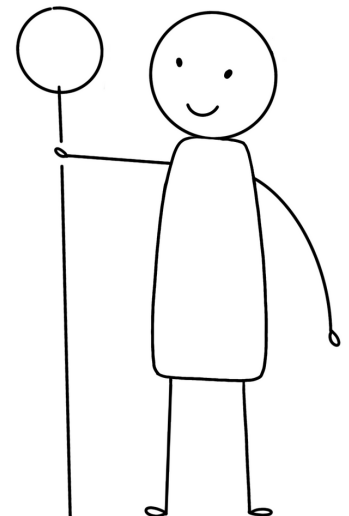
## OVER THE LAST 2 WEEKS Students reported feeling...



**all or most of the time.**

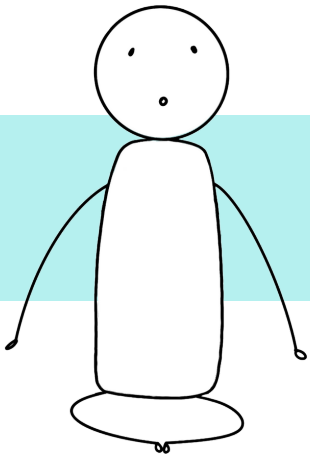
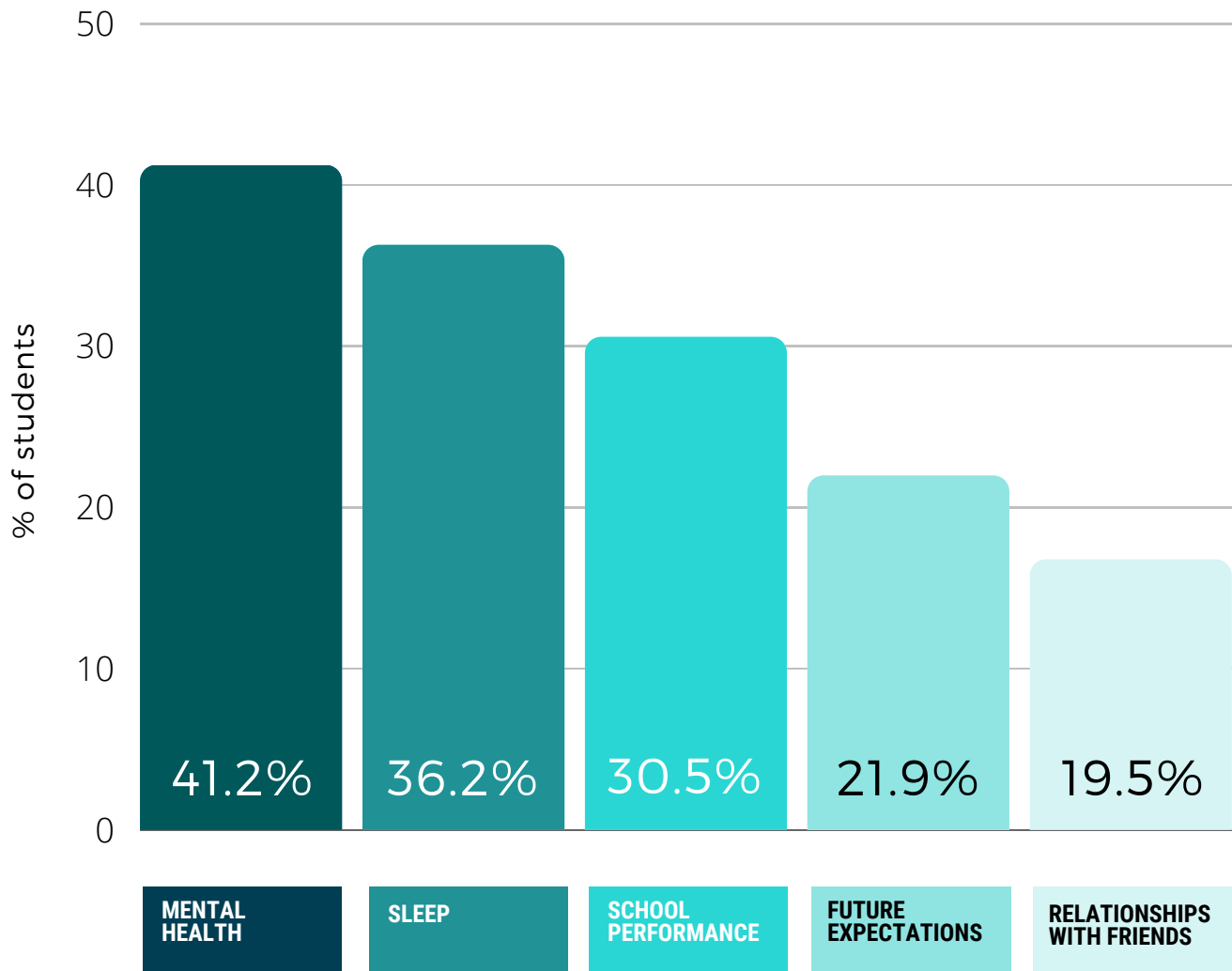
## QUICK STATS

- 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

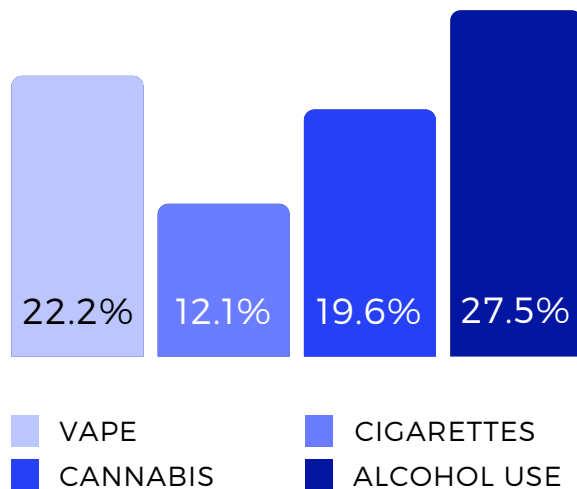
## NEGATIVE IMPACT ON:



## impact of COVID-19

## SUBSTANCE USE

IN THE LAST 30 DAYS



## BEFORE AGE 13...

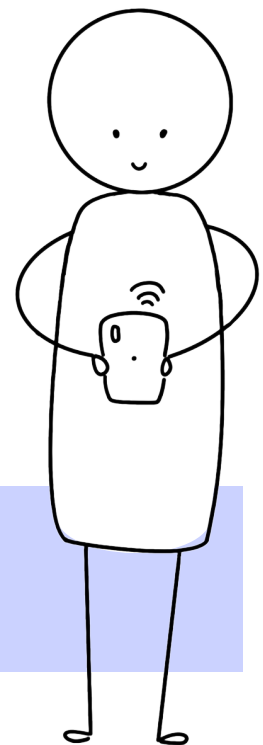
- 13.5% of students have used a vape.
- 7.3% of students have smoked a cigarette.
- 7.6% of students have used cannabis.

**55.9%**  
OF STUDENTS ENGAGE IN  
TWO OR MORE DIFFERENT  
EXTRACURRICULARS

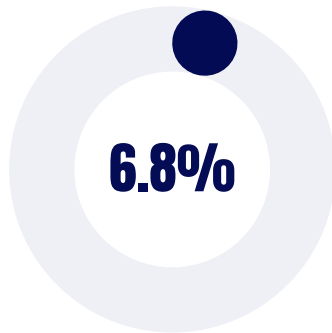
## SOCIAL MEDIA

- 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.

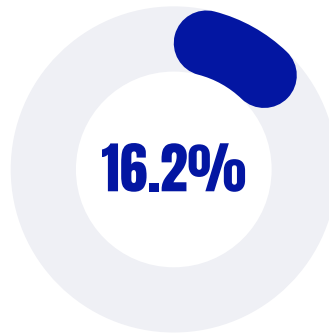
# health & risk-taking behaviour



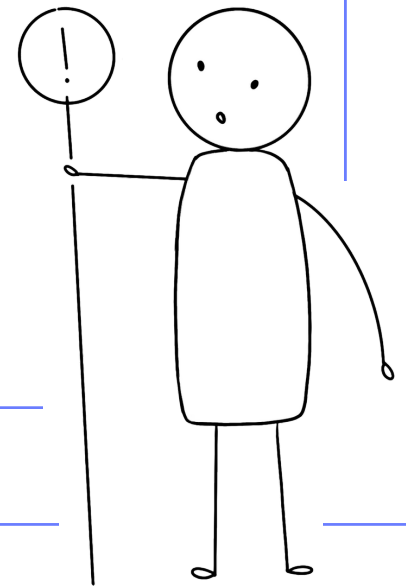
## DATING VIOLENCE



of students have experienced **physical** dating violence



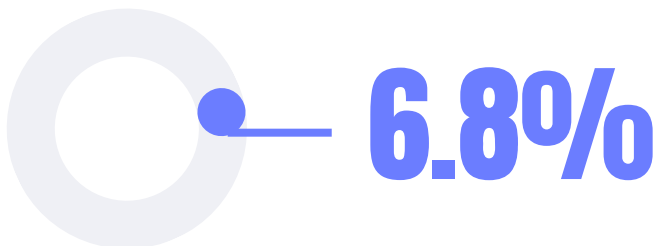
of students have experienced **emotional** dating violence



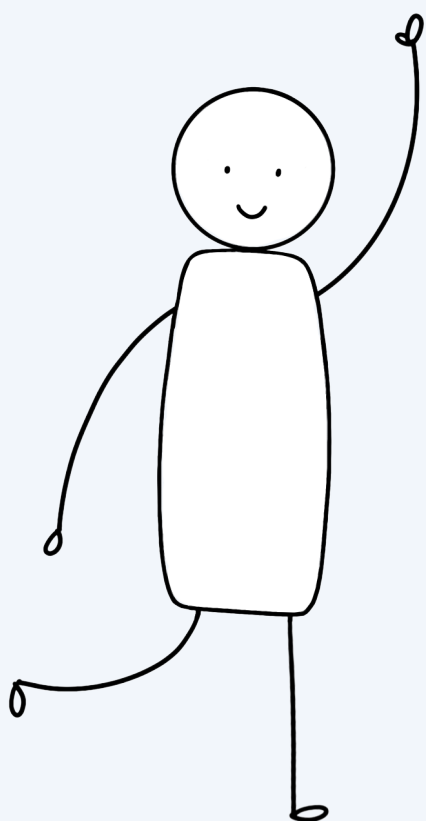
## SEXUAL ACTIVITY



of students have had sexual intercourse.

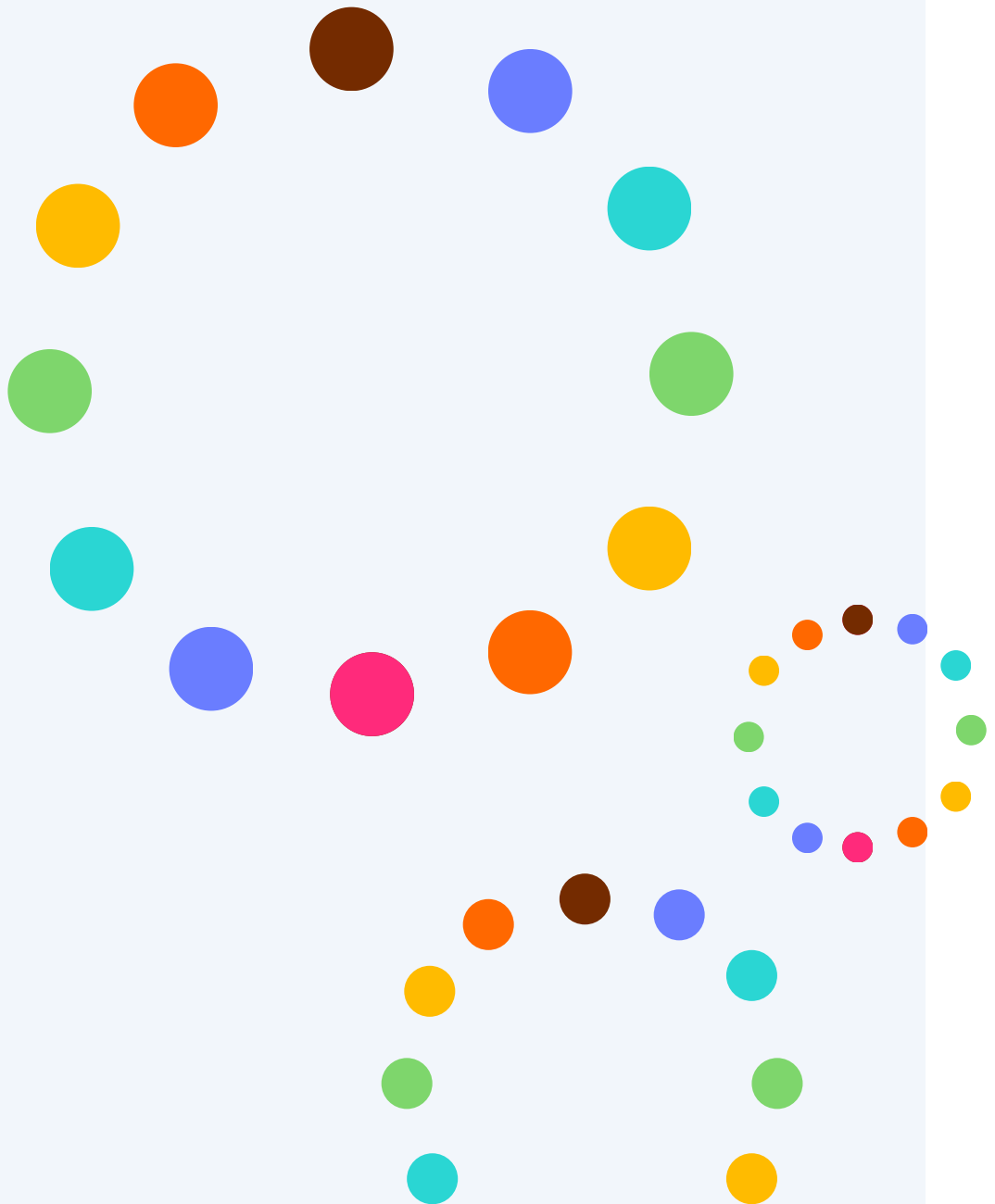


of students had sex at age 13 or younger.



## 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](http://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](http://yukon.ca) and search "HBSC."



# HBSC

HEALTH BEHAVIOUR IN  
SCHOOL-AGED CHILDREN

YUKON GRADES 9 AND 10 STUDENTS