

MAY 2023

HBSC

HEALTH BEHAVIOUR IN
SCHOOL-AGED CHILDREN

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behalf of the HBSC Canada Research Team

YUKON, GRADE 8
SURVEYED NOVEMBER 2022

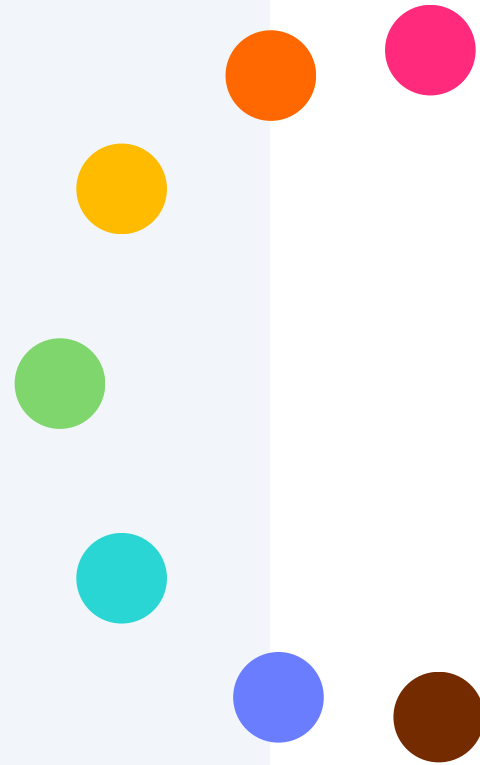




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foreword

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.

281

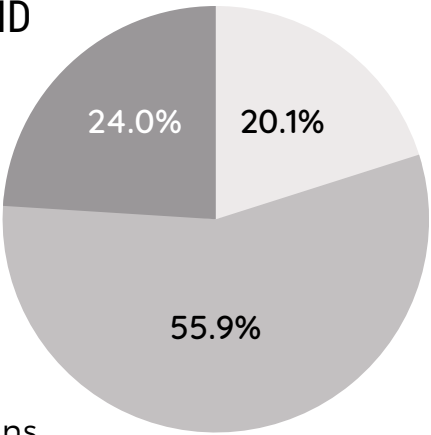
GRADE 8 STUDENTS IN YUKON
RESPONDED TO THE HBSC SURVEY.

GRADE
BREAKDOWN

Grade 8

100.0%

RACIAL
BACKGROUND

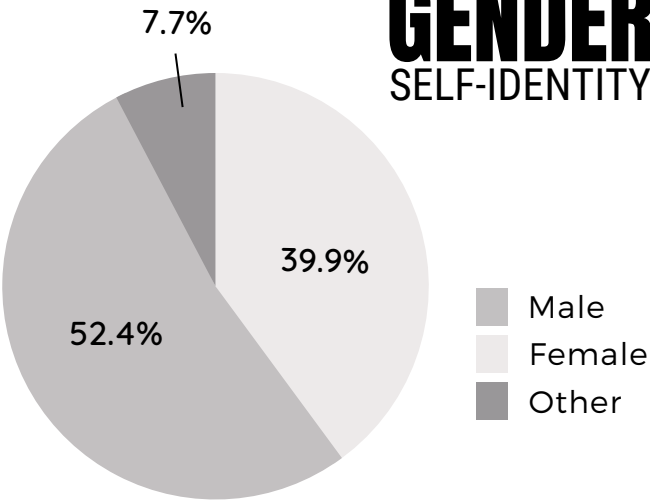


First Nations,
Inuk/Inuit, Métis

White

Racial background other than
white or FNIM

GENDER
SELF-IDENTITY



Male

Female

Other

YUKON GRADE 8

demographics

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



62.6%

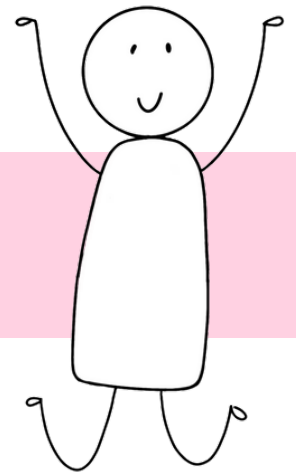
OF STUDENTS
**AGREE OR
STRONGLY AGREE**
THAT THEIR
PARENTS/GUARDIAN(S)
TRUST THEM



73.6%

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

social environment



18.6%
OF STUDENTS REPORTED
**GOING TO BED
HUNGRY**
BECAUSE THERE IS NOT
ENOUGH FOOD AT HOME
AT LEAST SOMETIMES

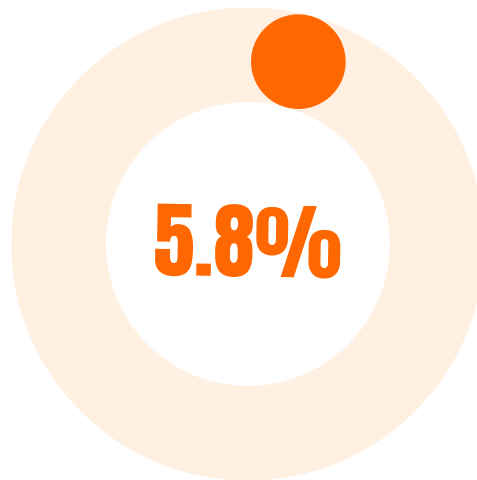
QUICK STATS

- **42.2%** 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

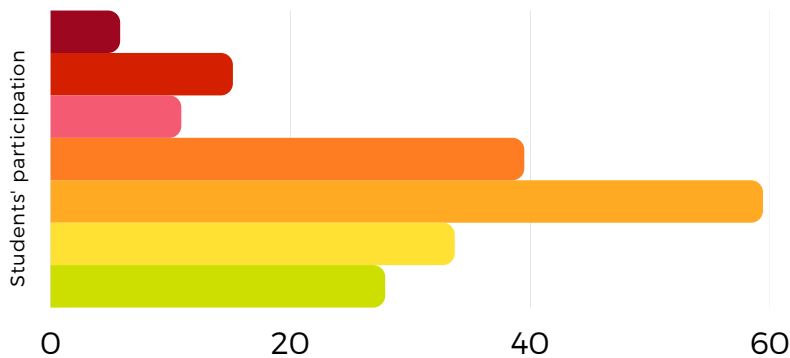


54.2%

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



PARTICIPATION IN ORGANIZED ACTIVITIES



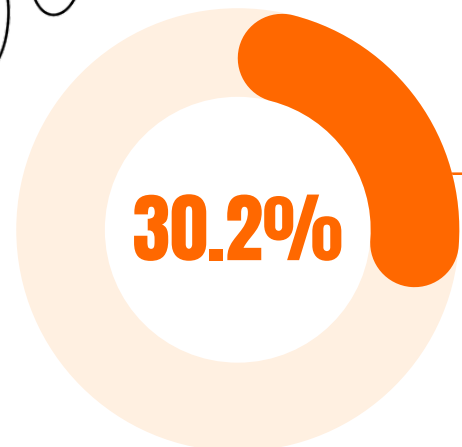
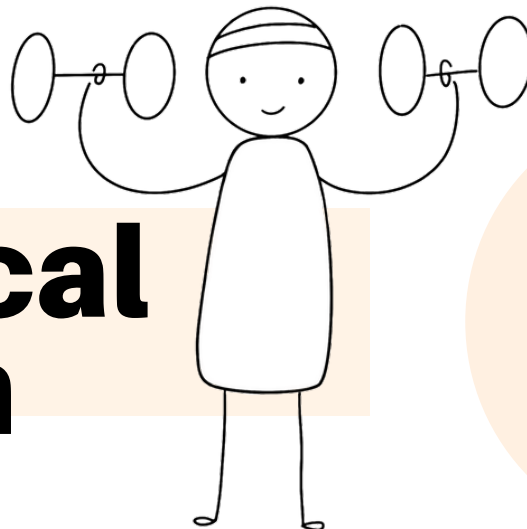
- Cultural ceremonies/groups
- Religious/spiritual group
- Community groups
- Individual sports
- Team sports
- Volunteer work
- Arts groups

QUICK STATS

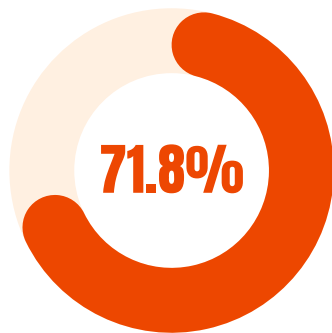
■ **34.8%** of students report having trouble going to sleep or staying asleep most or all of the time.

■ **30.2%** of students were physically **active** for at least 1 hour every day in the last week.

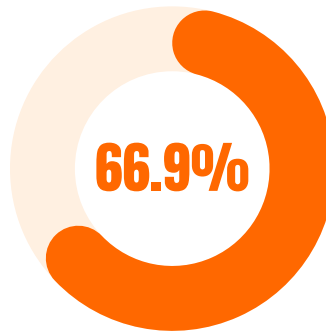
physical health



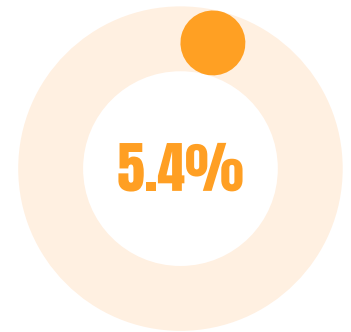
WHAT % OF STUDENTS EAT OR DRINK...



Vegetables
(fresh, frozen, or canned)



Fruits
(not including juice)



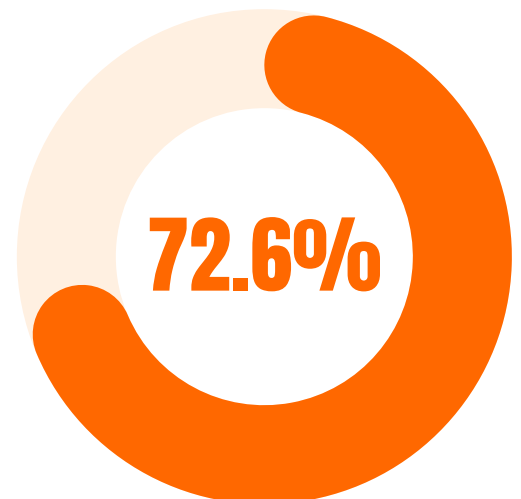
Energy drinks
(Red Bull, Rock Star, etc.)

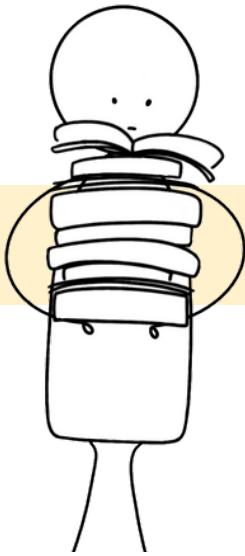
FIVE TO SIX DAYS A WEEK OR MORE?

39.8%
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

- 34.7% of students reported being **bullied** more than once or twice in the past couple of months.
- 21.6% 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

67.2%

32.8%

SCHOOL BELONGINGNESS

% OF STUDENTS AGREE THAT:

57.7%

I feel my teachers care about me as a person

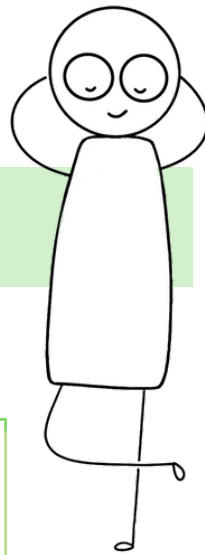
Other students accept me as I am

54%

46.5%

I feel I belong at this school

student wellbeing



38.6%

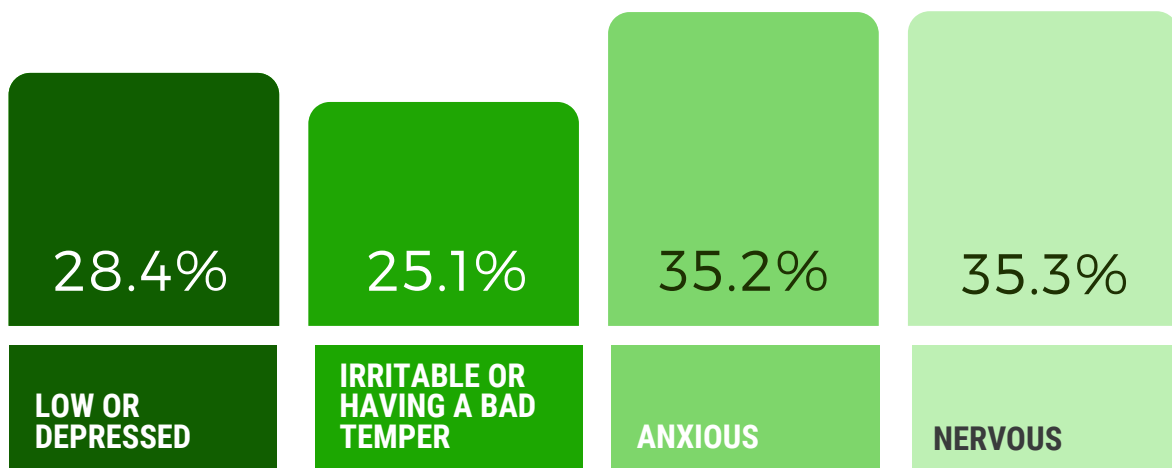
OF STUDENTS FELT IT
VERY IMPORTANT
THAT THEIR LIFE HAD
MEANING OR PURPOSE

34.6%

OF RESPONDENTS FELT SO
SAD OR HOPELESS
ALMOST EVERY DAY FOR
TWO WEEKS IN A ROW
THAT THEY STOPPED DOING SOME
USUAL ACTIVITIES

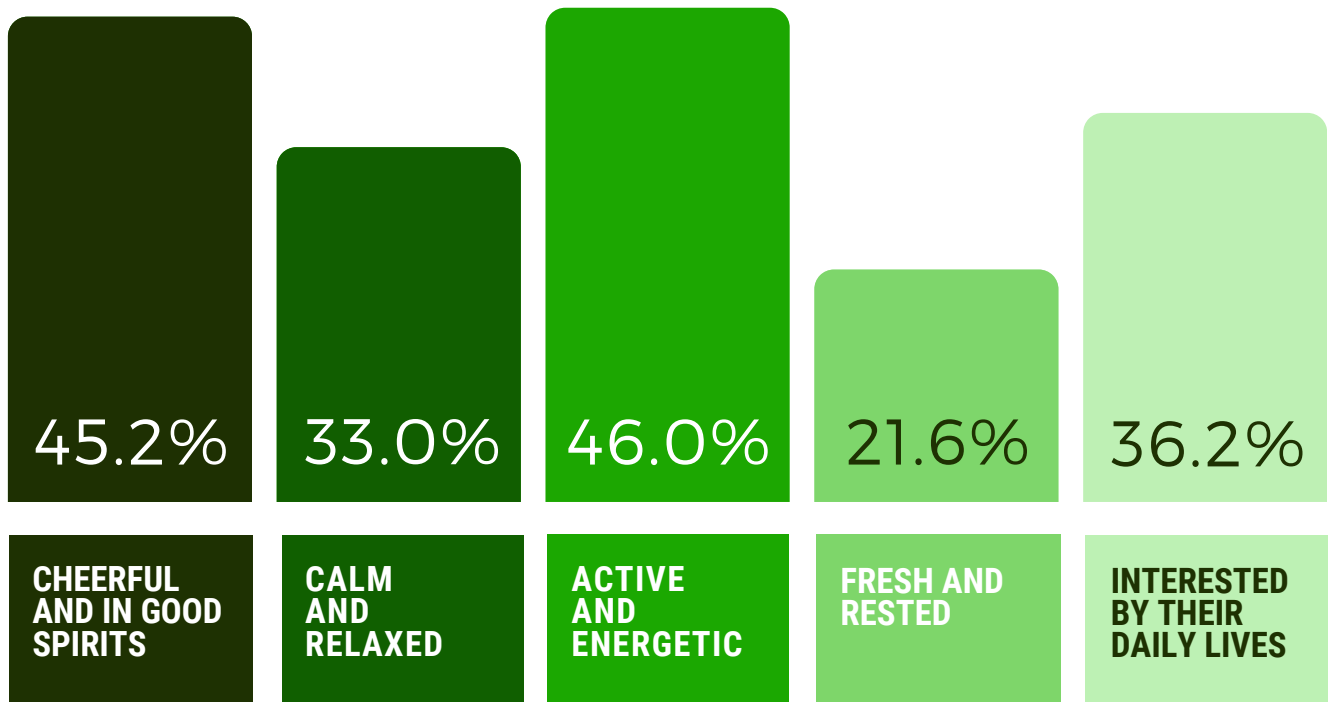
(AN EARLY SYMPTOM OF DEPRESSION)

OVER THE LAST 6 MONTHS Students reported feeling...



more than once a week.

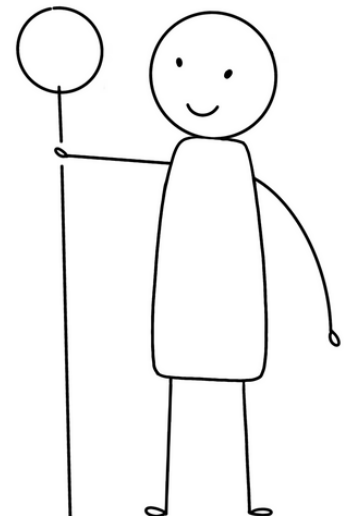
OVER THE LAST 2 WEEKS Students reported feeling...



all or most of the time.

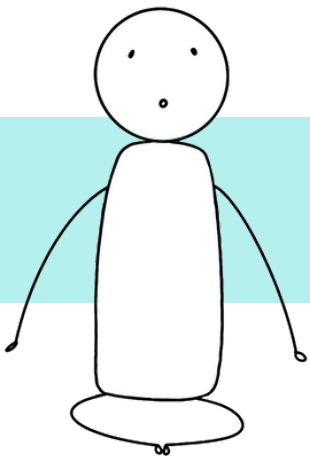
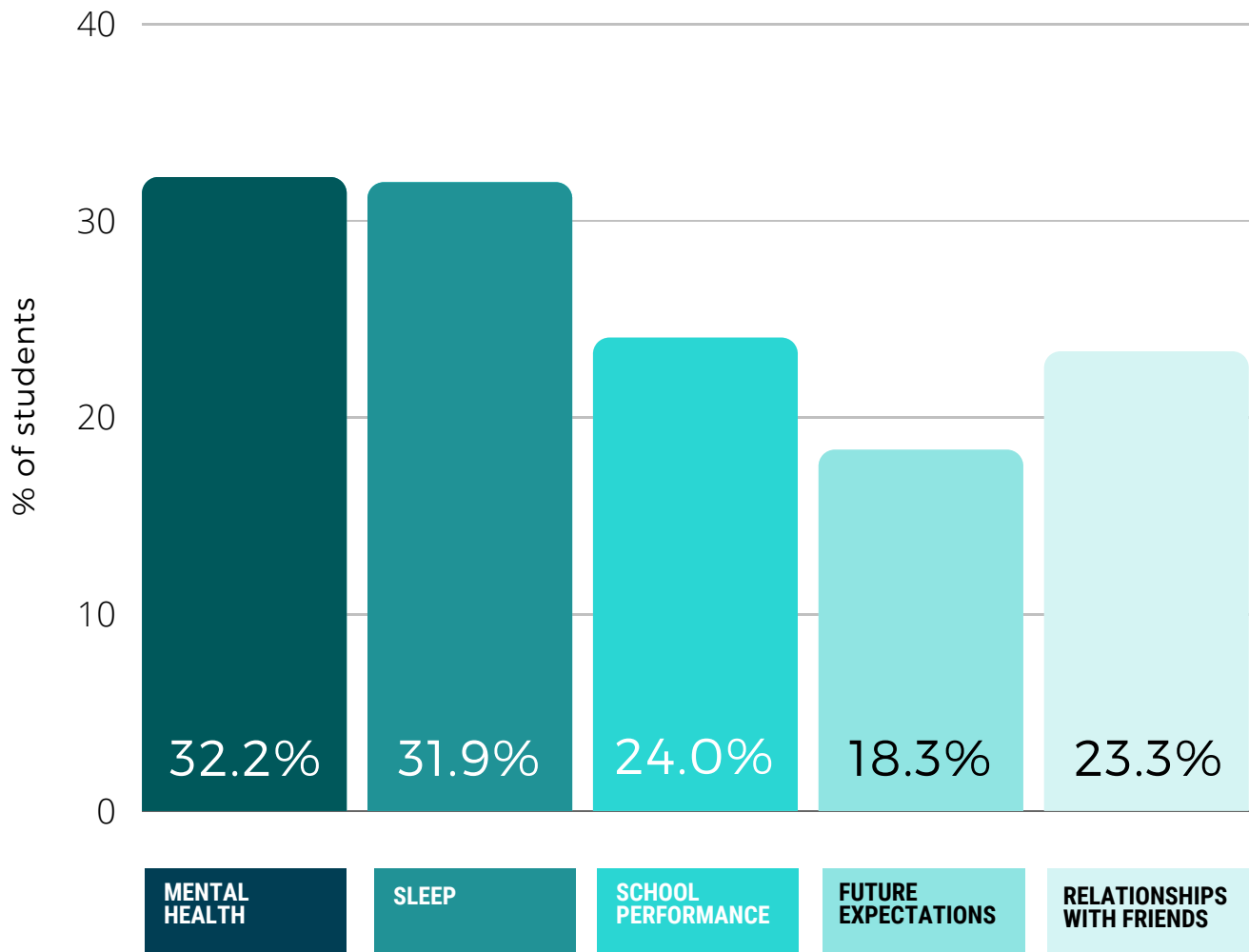
QUICK STATS

- 53.3% of students agree or strongly agree that they have **confidence** in themselves.
- 24.5% of students report feeling **lonely** most of the time or always in the last 12 months.
- 76.3% of students reported a high **life satisfaction**.



STUDENTS' EXPERIENCES OF COVID-19

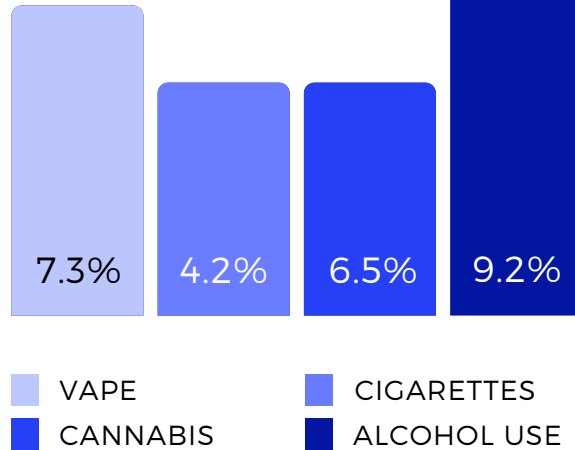
NEGATIVE IMPACT ON:



impact of COVID-19

SUBSTANCE USE

IN THE LAST 30 DAYS

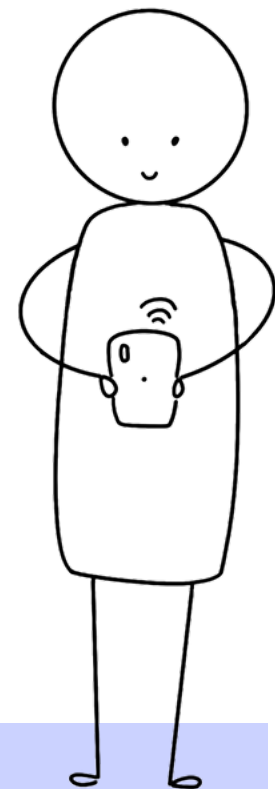


69.9%
OF STUDENTS ENGAGE IN
TWO OR MORE DIFFERENT
EXTRACURRICULARS

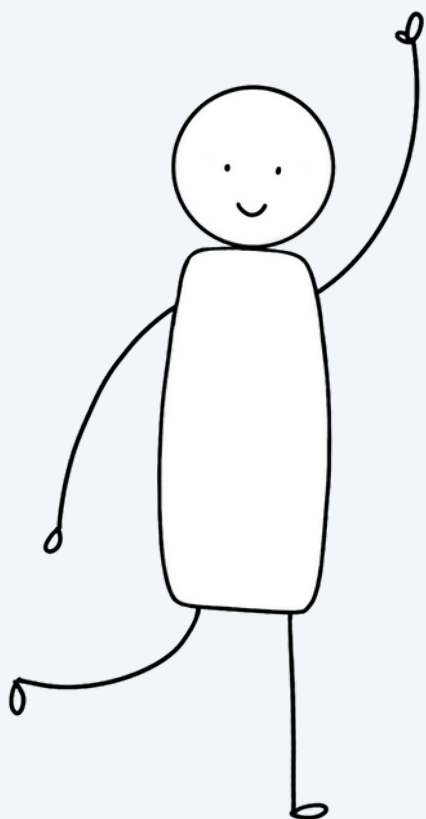
Questions about hard drugs (such as crystal meth and LSD) are only asked of grade 9/10 students.

SOCIAL MEDIA

- 19.1% of students had serious conflict with their parents or siblings due to their social media use.
- 40.3% of students tried to spend less time on social media, but failed.

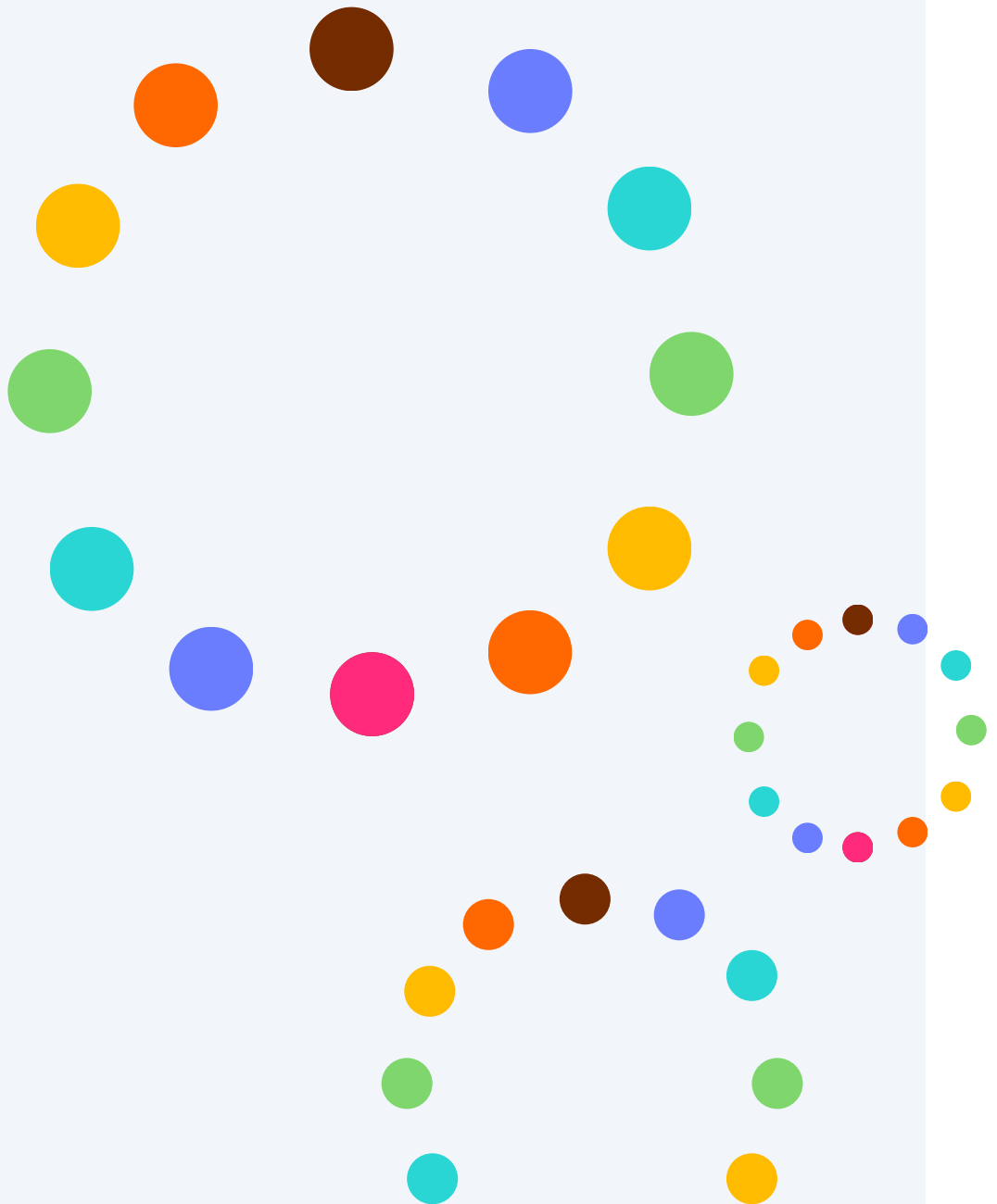


health & risk-taking behaviour



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 GRADE 8 STUDENTS