

2022/2023

NAVIGATING THE WORLD

The YDI asked over 14,000 youth about their future goals, plans, and priorities. These questions describe how youth are thinking about the global environment.

62%

try to make this world a better place

93%

are concerned about climate change

What do you plan to do after high school?

25% enrol in college

59% enrol in university

11% enrol in a trade school or apprenticeship

47% get a part-time or full-time job

27% take time off to volunteer or travel

17% are unsure

Why did you volunteer in the past year?

45% To improve resume or job opportunities

34% To contribute to the community

26% I didn't volunteer last year

73%

feel stressed about their future

54%

believe participation in activities that help improve the community is an important job for everyone

71%

believe cultural and racial diversity is a fundamental characteristic of Canadian society

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MENTAL WELL-BEING

The YDI asked over 14,000 youth about their mental well-being. These questions describe how youth are doing and identify areas for support.



HOW WOULD YOU RATE YOUR MENTAL HEALTH?



If you or someone you know is experiencing a mental health issue, do not be afraid to reach out to a trusted person or resource.

Check out the infographic 'Resources and Organizations Supporting Youth Mental Health' for some helpful resources.

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SOCIAL WELL-BEING

The YDI asked over 14,000 youth about their relationships with their family, their peers, and members of their community.

45%

feel a sense of belonging in their community

78%

feel safe in their neighbourhood

Percentage of youth who agree that there is an adult who cares about them....

90% at home

37% in the community

58%

feel like they fit in with the peers around them

71%

have friends who stand by them during difficult times

44%

feel lonely

83%

have at least one very good friend they can talk to when something is bothering them

68%

connect with friends or romantic partners to cope with stress

81%

have family who stand by them during difficult times

72%

ate meals with their family at least four days a week

For more information about the YDI, visit: chartlab.ca

YDi

Youth Development Instrument

2022/2023

LEARNING ENVIRONMENT & ENGAGEMENT

The YDI asked over 14,000 youth about their learning environment, including academic growth and opportunities, their school environment, mental health in schools, and the broader school community.



58%

feel like they belong in their school



44%

feel there is an adult who cares about them at school



58%

feel that teachers and students treat each other with respect at their school



58%

feel their school was supportive of their mental health



72%

feel confident they could help a friend experiencing a mental health issue



69%

would develop a friendship with someone who has a mental health issue

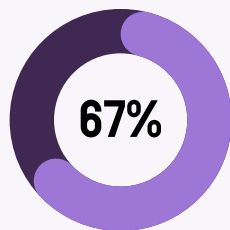


67%

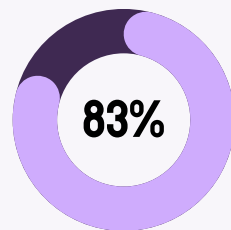
feel safe at their school



Percent of youth who reported having opportunities to develop skills useful for later in life....



in school



outside of school



57%

feel that their school start time prevented them from getting enough sleep



44%

saw someone being bullied or harassed this year

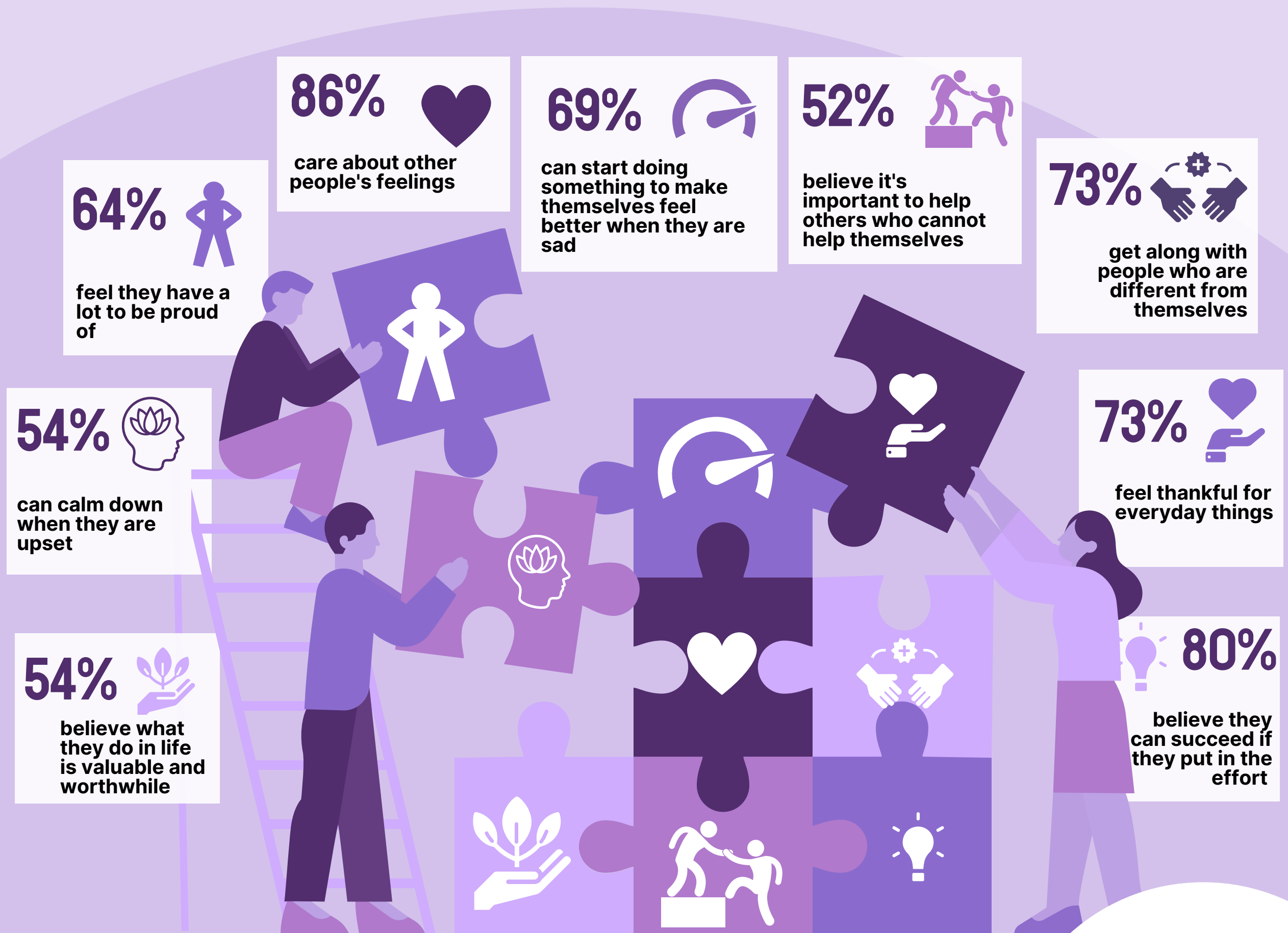


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SOCIAL & EMOTIONAL DEVELOPMENT

The YDI asked over 14,000 youth about their social and emotional skills involved in managing emotions, building relationships, and navigating challenges.




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2022/2023 PHYSICAL WELL-BEING


The YDI asked over 14,000 youth about different habits and health behaviours that impact their physical well-being.





46% zzz
got 4 - 7 nights
of good sleep
per week





49% 
ate breakfast 6 -
7 times per week




 **83%**
of youth who
participated in
team sports
reported that it
contributed to
their well-being





57% 
engaged in 30+
minutes of
physical
activity 4 - 7
days per week





 **91%**
never or rarely
worried about
having enough
food




62% 
did physical
activity to cope
with stress



63% 
spent 3 or
more hours on
phones, tablets
or smartphones
per day



 **26%**
reported drinking
alcohol in the last
month