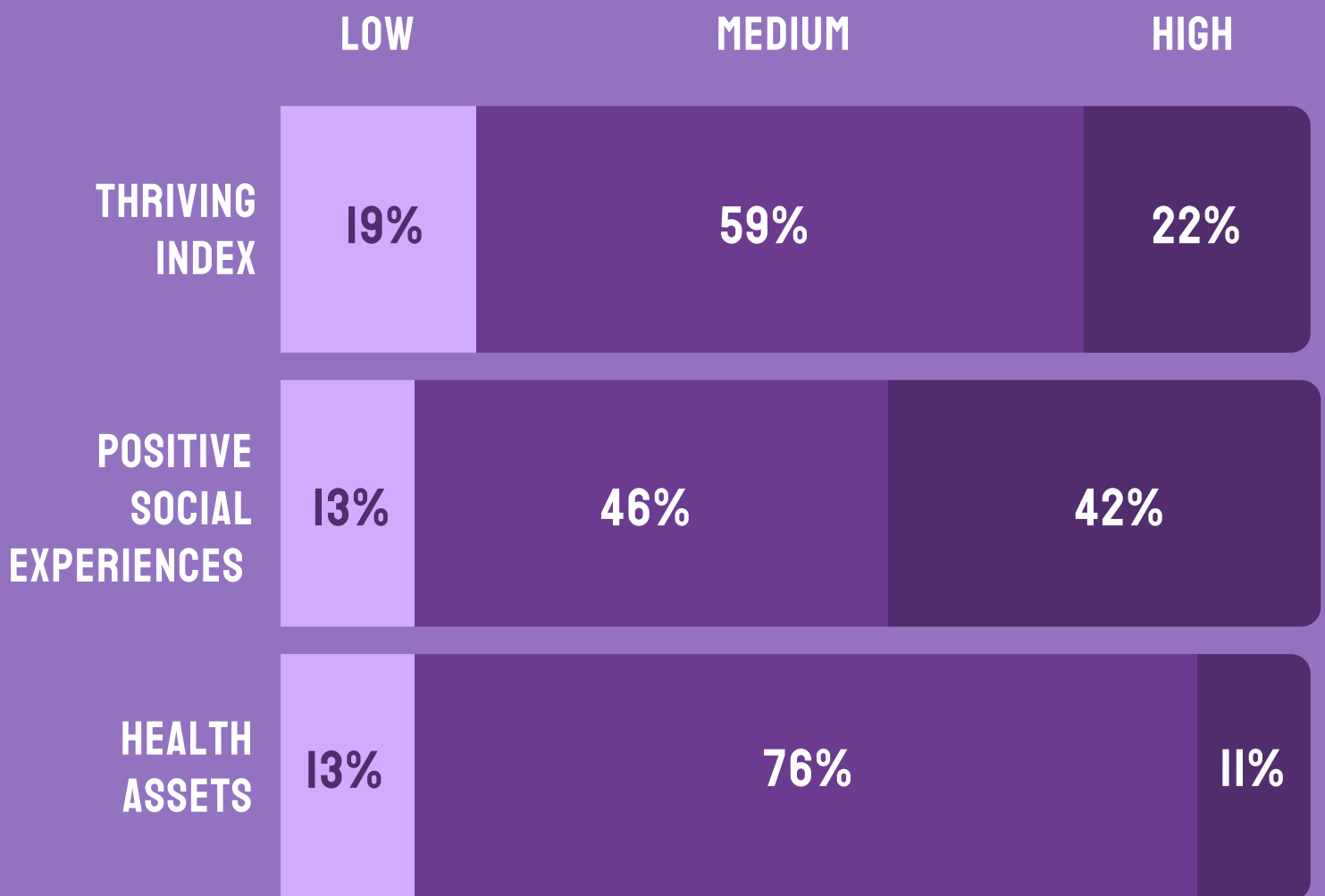


2023-2024

INDICES & ASSETS

The YDI asked over 17,000 youth questions related to their health and well-being. Here we present the percentage of participants in each category of three key indices.



How do we shrink this category?



And grow this one?

2023 - 2024

SOCIAL & EMOTIONAL DEVELOPMENT

The YDI asked over 17,000 youth about their social and emotional skills involved in managing emotions, building relationships, and navigating challenges.

47%

reported high
emotion
regulation

EMOTION DOMAIN

52%

reported high ability
to take others'
perspective

68%

reported high
autonomy

PERSPECTIVES DOMAIN

69%

reported high
gratitude

46%

reported high
optimism

IDENTITY DOMAIN

48%

reported a high
sense of purpose
& meaning

58%

reported a
positive self-
concept

COGNITIVE DOMAIN

71%

reported low
(i.e., struggles
with) attention
& self-control

52%

reported high
planning &
initiative skills

SOCIAL DOMAIN

52%

reported
high social
competence

69%

reported
responsible
decision-
making

VALUES DOMAIN

54%

reported high
prosocial
orientation

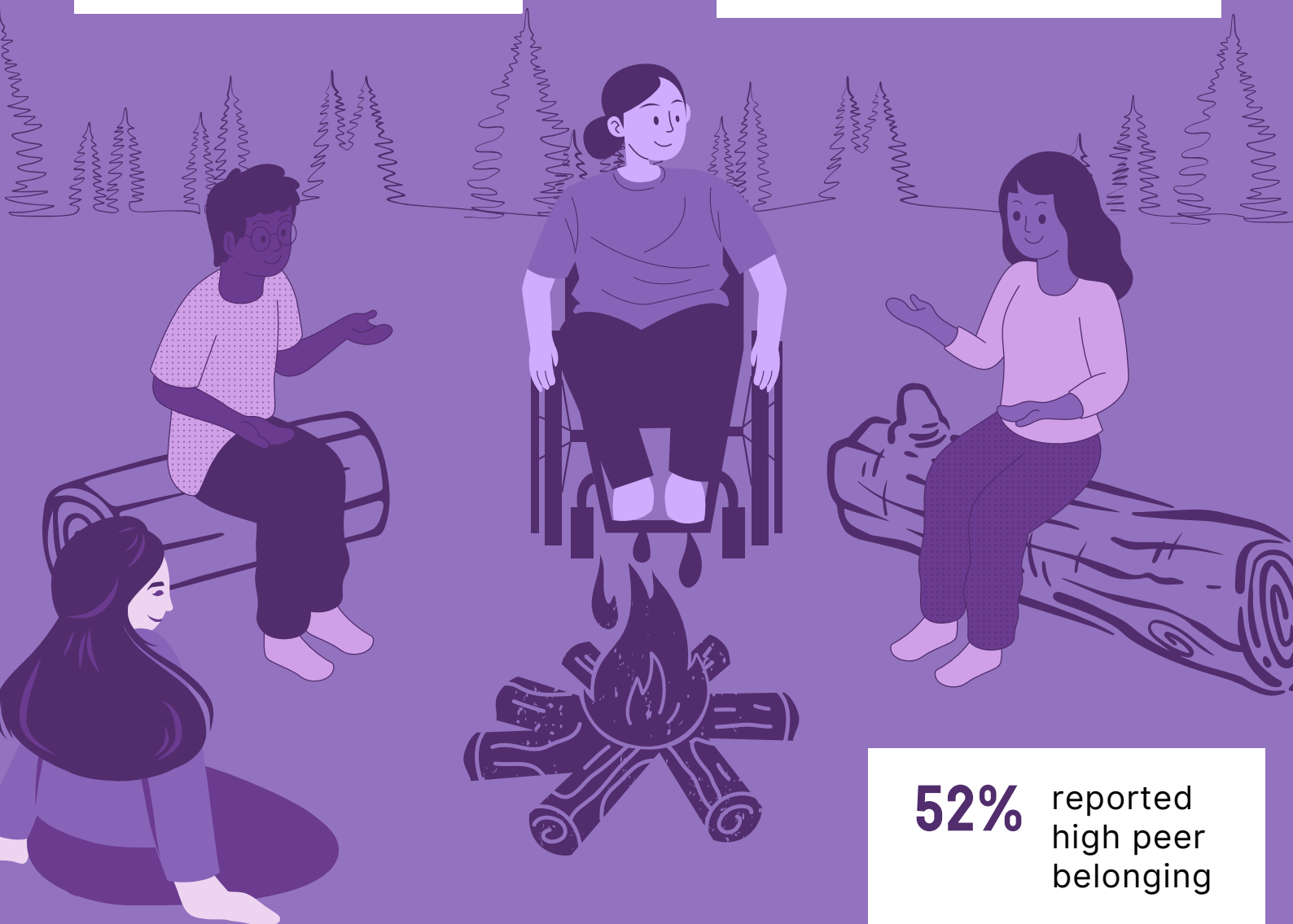
2023-2024

SOCIAL WELL-BEING

The YDI asked over 17,000 youth about their relationships with their family, their peers, and members of their community.

31% reported having supportive adults in the community

77% reported having supportive adults at home



52% reported high peer belonging

43% reported a high sense of community belonging

2023 - 2024

LEARNING ENVIRONMENT & ENGAGEMENT

The YDI asked over 17,000 youth about their learning environment, including academic growth and opportunities, their school environment, mental health in schools, and the broader school community.

39%

reported supportive adults at school

37%

reported high school belonging

32%

reported learning strategies to promote their own mental well-being in school

66%

reported having access to a quiet space if they need it

27%

reported NOT feeling safe in their school's washrooms

57%

reported having down time in their school day

55%

agreed that their school start time prevents them from getting enough sleep

1 IN 4

reported that their school includes student voice in decision-making

2023 - 2024

PHYSICAL WELL-BEING

The YDI asked over 17,000 youth about different habits and health behaviours that impact their physical well-being.

1 IN 5

reported getting a good night's sleep 6-7 nights/week

57%

reported spending time in nature 3+ days/week

47%

reported 3+ hours/day...

sitting and watching TV, movies, or videos

61%

being on a computer, tablet, or smartphone outside of school hours

61%

reported engaging in moderate/vigorous physical activity for at least 30 minutes 4+ days/week

77%

reported good, very good, or excellent physical health in general

2023-2024

MENTAL WELL-BEING

The YDI asked over 17,000 youth about their mental well-being. These questions describe how youth are doing and identify areas for support.

55% reported good, very good, or excellent mental health

21% reported high mental well-being

36% screened positive for depression

36% screened positive for generalized anxiety

23%

drank alcohol in the 4 weeks before the survey

69%

reported engaging in screen time to cope with distressing events

80%

reported medium or high levels of stress

29%

reported needing but not seeking mental healthcare in the 6 months before the survey



2023-2024

NAVIGATING THE WORLD

The YDI asked over 17,000 youth about their future goals, plans, and priorities. These questions describe how youth are thinking about the global environment.

45%

reported high stress regarding decisions about their future

29%

reported high civic engagement

61% reported high climate concern

TRUST IN INSTITUTIONS

