

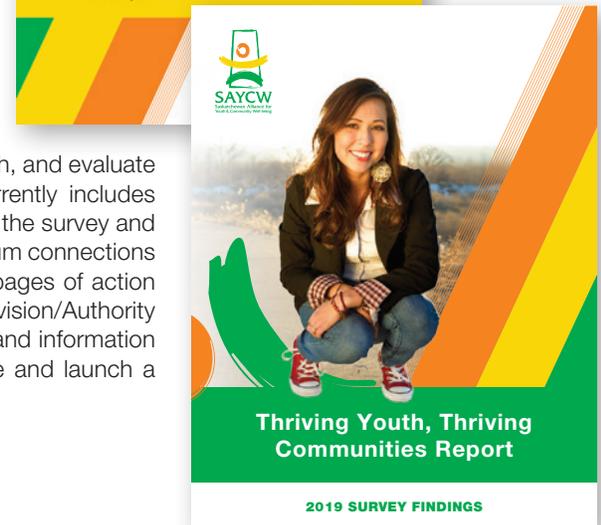


Thriving Youth, Thriving Communities Report Summary

SAYCW’s Knowledge to Action Vision...

The Saskatchewan Alliance for Youth and Community Well-being (SAYCW) is a partnership between health, education, and other community stakeholders dedicated to improving the health and well-being of the Saskatchewan population. SAYCW seeks to support schools and communities to **learn** more about the health and well-being of their youth, and helps schools and communities **connect** with stakeholders and resources so that together, they can **act** on opportunities to improve youth health and well-being.

Using school survey results, SAYCW developed reports for School Divisions/Authorities and schools. SAYCW works with schools and communities to interpret and understand the data, to determine priority areas for action based on the results, and to identify appropriate programs, policies and resources that target optimal health and well-being outcomes for youth. Through **knowledge** obtained from past, current, and future cycles of the SAYCW *Thriving Youth, Thriving Communities* Survey, schools and communities can monitor the health and well-being of their youth, and evaluate the effectiveness of programs and policies. SAYCW’s **action** strategy currently includes survey reports and presentations, online toolkits that support each theme of the survey and reports, community and school grants, and new to this survey cycle, curriculum connections and a youth engagement strategy. For example, SAYCW developed eight pages of action resources and online links that were inserted into School and School Division/Authority Reports. Please explore [SAYCW.com/Resources/Toolkits](https://www.saycw.com/Resources/Toolkits) to find resources and information that promote healthy actions. When funding is secured, SAYCW will refine and launch a second *Thriving Youth, Thriving Communities* Grant program.



Survey Participation and Implementation...

10,574 youth in Grades 7 to 12 from across Saskatchewan completed the survey within schools between March 4 and May 3, 2019. Participating youth were from 162 schools across 19 School Divisions and School Authorities, representing 12.9% of all age-eligible students in Saskatchewan. All schools with students in Grades 7 through 12 were eligible and invited to participate. In late 2019 and early 2020, reports were developed and shared with each School Division and School Authority, and for over 150 individual schools (or aggregates of schools, as per their preference). An example School Report using the full data set is also available at www.saycw.com under the Survey and Findings section.

During survey implementation, the instructions took on average 5–6 minutes to read to the youth, and the survey took most youth 30–35 minutes to complete. The last youth to complete the survey required 46–51 minutes on average. The majority of youth (74%) described the survey as being a good length. Based on post-survey feedback from over 150 teachers: students were overwhelmingly quiet, focused, and worked independently—creating a positive survey climate.

Highlights from the TYTC Report...

The following list includes the most noteworthy findings from the Thriving Youth, Thriving Communities Report. Though these findings do not represent a comprehensive summary of the TYTC Report, SAYCW tried to select compelling findings across a variety of themes from the survey.

1. BULLYING—MORE THAN JUST CYBER BULLYING

In the past year, **59.8%** of youth had been bullied (N=10,147). SAYCW explored four types of bullying and found that youth rarely experience only a single type. **Two-thirds of youth (67.6%) experienced more than one type of bullying.** The most commonly reported type of bullying was **verbal (45.6%)**, followed by **social (35.9%)**, **cyber (30.5%)**, and **physical (21.0%)** bullying. **86.8%** of youth who were cyber bullied also experienced some other type of bullying.

These statistics are especially important because experiencing bullying was also associated with lower school engagement among youth, specifically feeling: less safe at school, less belonging, and less motivated to do well in school. As a positive, of those youth who had seen bullying take place, **82% reported taking supportive actions**, such as *stopping the bullying, helping the victim, or telling an adult.*

2. MENTAL HEALTH OUTCOMES: DEPRESSIVE SYMPTOMS, BULLYING, AND BELONGING

Province-wide, **38.6%** of youth reported symptoms of depression. That percentage increased to **48.3%** among youth who reported being bullied in the past year, but **dropped to 24.2%** among those who had not been bullied. Looking at youth who were bullied more closely: **depressive symptoms were more common for bullied youth who felt that they did not belong in their school (69.9%)**, whereas youth who felt a **high (41.4%) or very high (28.4%) sense of belonging** reported similar levels of depressive symptoms to the province-wide average and to not being bullied.

So while mental health is an important issue for all youth in the province, the results of SAYCW's survey can help to target especially at-risk youth in schools and communities; and may help to identify large-scale and cost-effective factors that support mental health and well-being.



3. MENTAL HEALTH: SEX DIFFERENCES IN DEPRESSIVE SYMPTOMS, SUICIDE, AND SELF-HARM

There were substantial differences in mental health between males and females. The following rates were reported across sex:

	Depressive Symptoms	Self-Harm (Ever)	Suicide (Considered)
Females	47.4%	29.6%	29.9%
Males	28.8%	13.3%	16.1%

4. VAPING VS. SMOKING & EVER VS. PAST MONTH USE

Not only was vaping much more common than smoking, but vaping is especially common in younger grades and **ever trying vaping was more likely than smoking to result in continued use in the past month. 43.6% of Grade 7-12 students reported vaping, and 20.5% had smoked**—but those numbers vary by grade and don't imply continued use. In the past month: **8.3% of Grade 7 students vaped and 2.9% smoked**; compared to **44.3% of Grade 12 students who vaped and 22.5% who smoked.** 66% of youth who ever vaped continued to in the past month, compared to 56% who continued smoking.

5. DATING VIOLENCE, CONTROLLING PARTNERS, AND SEXUAL ASSAULT

Of the 52% of youth who reported having ever dated or gone out with someone (N=5,498), **41.6% experienced controlling and/or violent behaviours** from their partner one or more times. **The most common negative dating experience reported by youth was partners controlling what they did or who they hung out with (33.3%).** Controlling behaviours were not only the most common negative dating experience, but **80-87% of youth who reported other negative dating experiences also reported controlling behaviours.**

Among sexually active youth (N=1,993), **28.9% reported sexual activity (including fondling, oral sex, or intercourse) when they didn't want to participate because they felt pressured, were forced, or were intoxicated—including 15.1% who reported sexual assault (i.e., those who reported being intoxicated or forced).** 1 in 5 youth felt that there was not enough support to manage dating violence—with youth who have actually dated before feeling this way more often.

6. SCREEN TIME, SLEEP, AND PHYSICAL ACTIVITY

Based on Canadian guidelines, **72.3%** of youth exceeded the screen time guideline on **weekdays**, and **85.3%** exceeded it on **weekends**. Half of youth (**51.5%**) spent **4 hours or more** in front of a screen on weekdays; and **37%** spent **7 hours or more** in front of a screen on weekend days.

Less than half of youth (**47.0%**) reported the recommended amount of **sleep on school nights** (N=10,423). Slightly more than half of youth (53.6%) reported sufficient sleep on weekend nights. 31.4% of youth often or always had trouble going to sleep or staying asleep.

Higher screen time was related to lower physical activity and less sleep.

7. FOOD INSECURITY, CONSUMPTION, AND SKILLS

39% of youth reported *worrying about running out of food*, and **22%** reported being hungry because there was not enough food *a few times a year or more* (N=9,855). **Minority** and Indigenous youth were **twice as likely** as their peers to experience food insecurity and food worry, and newcomers were 50% more likely.

SAYCW's partners and nutrition experts encouraged the addition of three questions about cooking, groceries, and gardening. **76.6% to 77.5%** of youth *sometimes-always* grocery shop or cook, while **57.4%** *sometimes-always* garden (N=9,838). While gardening is the least common food skill, youth *who often or always* helped with gardening were **30%** more likely to meet the fruits & vegetables food guideline (N=8,497).

Food consumption in all categories is concerning. In particular, **96.8%** of youth did not meet Canada's Food Guide serving suggestion for **fruits & vegetables**. As such, food skill programs may provide a way to reduce food worry and insecurity, while improving the consumption of fruits & vegetables.



8. SUPPORT & CONNECTION MATTER FOR YOUTH

The *TYTC Report* frequently describes the impacts that social supports and connections have on youth health and well-being. Supports and connections were organized into four types: Family, Friends, Community, and School. Overall, most youth reported feeling very supported: **only about 5% of youth or fewer strongly disagreed** that their family, friends, community, or school supported them (ranging from **3.0% to 6.5%**). **Over 90%** of youth *agreed or strongly agreed* that their **family** was supportive, **over 80%** felt the same way about **friends**, and **just under 80%** described supportive **communities** and **schools**.

But youth who reported feeling less support were more likely to report high-risk behaviours and negative health and well-being. For example, **17%** of youth reported not having a mentor (N=9,488)—but among youth who expressed some **interest or connection to a gang**, **42%** did not have a mentor.

9. SCHOOL ENGAGEMENT, SUPPORT, AND PERFORMANCE

Looking at each component of school support, **84.0%** felt that they **belonged** in their school, **76.1%** had a **trusted adult** in their school, and **73.7%** felt **safe** in their school (N=7,222). **School engagement** and **family support** were positively connected to school **attendance** and **academic standing**.

Youth who felt that their parents were **very involved in their education** were **1.5 times more likely to strongly agree** that they were **motivated to do well in school**. Youth who rated their parents as **not very involved** were **3 times more likely to report low motivation to do well in school**. However, youth who rated their parents as **too involved** were **more likely to strongly agree and more likely to strongly disagree** that they were motivated to do well in school.



You can learn more about SAYCW's surveys, reports, Knowledge to Action strategy, and *Thriving Youth, Thriving Communities Grants* at www.SAYCW.com

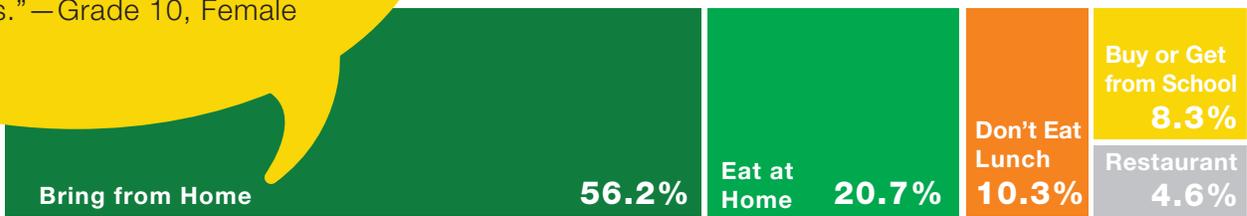


I hope that there are more activities that can be establish[ed] here in our town. Like outdoor exercise equipment to use instead of just scrolling down on our phones.” —Grade 10, Female



3,874 students (38.6%) responded yes (N = 10,036)

Where Students Eat Lunch



SAYCW GRANT PROGRAM

Muskowekwan School Wellness Program was an initiative implemented by Muskowekwan the greater Muskowekwan First Nations community, and the local Punnichy RCMP's Aboriginal Shield Program (ASP), which is an evidence-based prevention program used to reduce drug and alcohol use among youth through various strategies and

SAFER SEX RESOURCES

SexLifeSask's Resources on Sexual Health <https://sexlifesask.ca>
 Saskatchewan Prevention Institute's Youth Phone A Safe Saskatchewan <https://skprevention.ca/kis-s>



Percentage of Youth Reporting Depressive Symptoms: Impact of Bullying & Belonging in School

