

# 2016 - Youth Behaviour Survey - Highlights Report



Prepared for:



and



School District of Mystery Lake

Prepared by:



*"Helping Clients make a difference ... since 1984"*

December 2016

## Table of Contents

<b>Introduction</b> .....	<b>1</b>
<b>A. Background</b> .....	<b>1</b>
<b>B. Instrument Design</b> .....	<b>1</b>
<b>C. Survey Administration</b> .....	<b>1</b>
<b>D. Limitations</b> .....	<b>1</b>
<b>Highlights</b> .....	<b>2</b>
<b>A. Respondent Characteristics</b> .....	<b>2</b>
<b>B. Wellness</b> .....	<b>2</b>
<b>C. Drug use and Gambling</b> .....	<b>5</b>
<b>D. Emotional Wellbeing</b> .....	<b>8</b>
<b>E. Abuse/Assault</b> .....	<b>11</b>
<b>F. Gang Membership</b> .....	<b>12</b>
<b>G. Sexuality</b> .....	<b>12</b>

The Adolescent Health Education Committee (AHEC) was provided with Overall Detailed Tables which presented student responses to each question by student gender and grade level. In addition, AHEC was provided with school specific results for distribution to each of the participating schools. AHEC provides each school with an electronic copy of their school specific information/tables, as well as an electronic copy of the Overall Detailed Tables.

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## INTRODUCTION

### A. Background

Since 1986, the Northern Health Region (formerly Burntwood Regional Health Authority) and Mystery Lake School District have surveyed students on a number of health-related issues. The 2016-2017 Youth Behaviour Survey represents the twelfth administration of the survey. Proactive Information Services Inc., a Manitoba-based company specializing in educational research and evaluation, has provided design assistance, technical support and reporting for all surveys.

Originally, only those students attending R.D. Parker Collegiate were included in the survey. However, since 1992, all seven schools located in the Mystery Lake School District have participated. The following discussion provides an overview of the information resulting from the 2016-17 survey as well as comparisons to previous years, where appropriate. As a Highlights Report, it does not provide a detailed analysis of the data.

### B. Instrument Design

Since 1986, a number of community agencies have been involved in the development of the questionnaire. However, the efforts to keep the survey current and relevant continues to be led foremost by the Adolescent Health Education Committee (AHEC). AHEC is a Thompson-based committee that meets on a bi-monthly basis and is currently comprised of representatives from Addictions Foundation of Manitoba, the RCMP, the School District of Mystery Lake, and the Northern Health Region - Thompson. During the round of preparations leading up to this year's survey, the AHEC committee expended considerable effort and time revising survey questions where appropriate<sup>1</sup> and adding a definitions sheet to the survey package. Their substantial efforts are acknowledged here.

### C. Survey Administration

The administration of the 2016-17 YBS survey was overseen by the AHEC Chairperson. Students participating in the 2016-2017 survey were assured they would remain anonymous and their individual responses would remain confidential. The AHEC Chairperson forwarded 1013 completed questionnaires to Proactive for data preparation (i.e., coding and scanning), analysis, and the preparation of this report.

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<sup>1</sup> Revisions to questions over the past 30 years limit the ability to track some changes over time.



## HIGHLIGHTS

### A. Respondent Characteristics

- ◆ The reported gender identity of the respondent group was split between male (51%) and female (46%) students, while 3% indicated other gender identities.
- ◆ Students in Grades 7/8 made up 37% of the respondents, while students in Grades 9/10 made up 35%, and students in Grades 11/12 comprised 28%. This has fluctuated over the years (Table 1).

Grade Level	1999	2002	2010	2013	2016
Grade 7	21%	23%	23%	21%	19%
Grade 8	18%	22%	21%	20%	18%
Grade 9	18%	17%	16%	20%	17%
Grade 10	17%	17%	14%	18%	18%
Grade 11	15%	12%	13%	12%	15%
Grade 12	10%	9%	14%	9%	13%

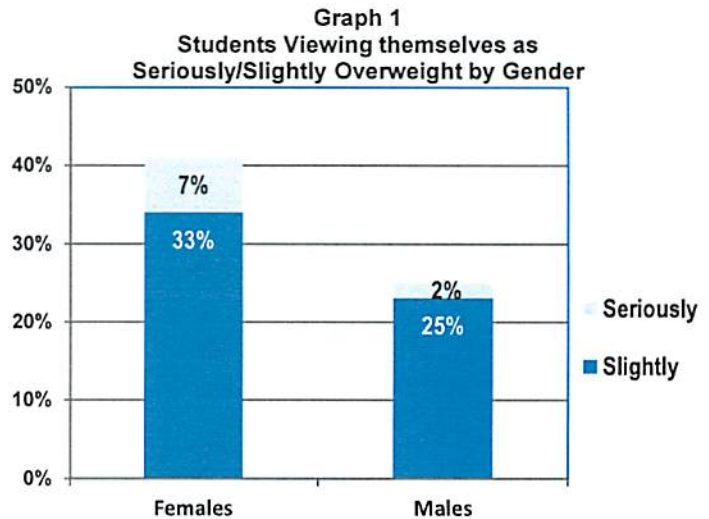
- ◆ Almost all students reported living with their parents (81%) or grandparents (9%) in Thompson. This has shown little change over the years.
- ◆ Overall, similar to previous years, two percent of students reported being parents.

### B. Wellness

#### 1. Nutrition

- ◆ Overall, 13% of students indicated a breakfast program was not available to them. Of these students, 52% indicated they “definitely” or “probably would” use one if available.
- ◆ Grade 7 (20%) [a decrease from 44% in 2013] and Grade 8 (22%) [a decrease from 47% in 2013] most often reported not having access to a breakfast program. For those students having access to a breakfast program, 95% reported not using it.

- ◆ Approximately half (54%) considered themselves “about the right weight.” Five percent of students viewed themselves as being “seriously overweight,” while 29% saw themselves as being “slightly overweight.” This has shown little change since 2008.
- ◆ Females, when compared to their male peers, continued to view themselves as being either “seriously” or “slightly overweight” (Graph 1).



- ◆ About 40% of students continued (39%) to report feeling “terrified about being overweight.” Again, females (50%) were twice as likely as males (27%) to express these feelings. Not surprisingly, given these fears, females (30%) were also twice as likely as males (15%) to report dieting for weight loss in the last six months.
- ◆ Grade 10 (30%), Grade 11 (27%), and Grade 12 (27%) students were most likely to report dieting in the last six months.
- ◆ Overall, 50% of students reported never drinking coffee (females 46% and males 54%). Twelve percent of students reported drinking coffee once a day or more.
- ◆ Overall, 56% of students reported never drinking energy drinks (females 63% and males 50%). Students drinking energy drinks were most likely do so “a few times” (36%).
- ◆ Almost all students (97%) reported never using caffeine pills.

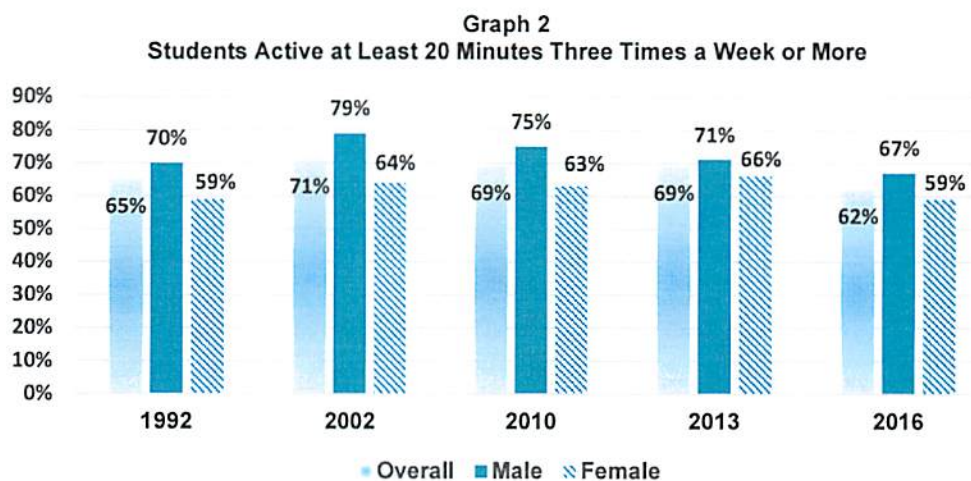
## 2. Sleep

- ◆ Overall, students (87%) get between six to ten hours of sleep a night.
- ◆ While 59% of students get between six to eight hours’ sleep, females (62%) were slightly more likely to report this than were their male (57%) peers. Conversely, while 28% of student report sleeping between nine to 20 hours a night, females (25%) were less likely to do so than males (31%).

- ◆ Students were more likely to sleep between six to eight hours per night and less likely to sleep nine to ten hours per night as they progressed through the grades.

### 3. Physical Activities

- ◆ Overall 62% of students participate in physical activities on a regular basis, a decrease from 69% in 2013. Males continued to be more active than females (Graph 2).



- ◆ Students in Grade 11 were most likely to report exercising regularly (Table 2). It should be noted that regular exercise continues to decline for students in Grade 7 to 9, while for Grade 11 and Grade 12 it has increased since 1992.

**Table 2**  
**Students Reporting being Active for At Least 20 Minutes**  
**Three Times a Week or More by**  
**Grade Level and Year**

Grade Level	1992 %	2002 %	2010 %	2013 %	2016 %
Grade 7	70	77	60	65	59
Grade 8	74	87	67	63	57
Grade 9	72	67	77	77	62
Grade 10	61	63	72	67	60
Grade 11	63	62	71	62	73
Grade 12	52	57	69	72	71



- ◆ The gap between male and female students participating in “sports activities” has generally stayed the same with 62% of males and 56% of females participating in “sports activities” in 2016. Students in Grade 10 (52%) were least likely to participate in “sports activities.”
- ◆ While female students (58%) were more likely than males (45%) to participate in “non-sport individual activities,” both exhibited declines when compared to 2013 (females 68% and males 51%).

#### 4. Employment

- ◆ Approximately a third of students in Grade 12 work 15 hours a week or more (Table 3).

Grade Level	Hours Worked	Year				
		1999 %	2002 %	2010 %	2013 %	2016 %
Grade 10	Less than 15 hours per week	17	14	33	20	20
	15 hours per week or more	19	23	15	10	8
Grade 11	Less than 15 hours per week	26	19	34	27	29
	15 hours per week or more	30	31	47	20	16
Grade 12	Less than 15 hours per week	27	23	35	18	28
	15 hours per week or more	41	42	51	30	32

- ◆ With the exception of students in Grade 12, students continue to decline in reporting working 15 hours a week or more.

### C. Drug Use and Gambling

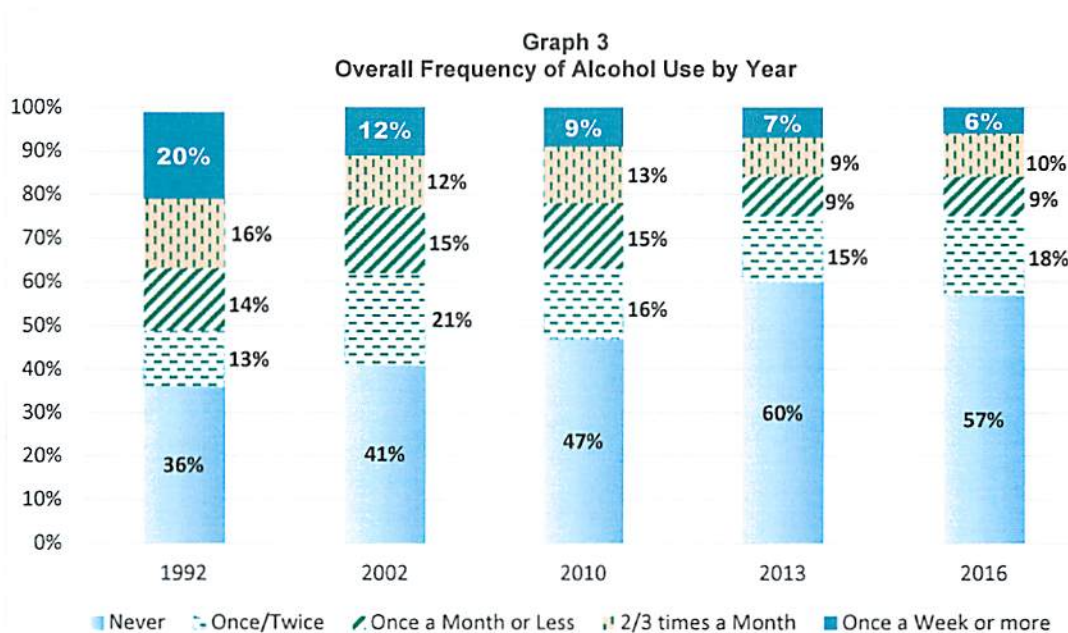
#### 1. Tobacco

- ◆ Overall, 76% of student reported never having smoked. Furthermore, 91% of students reported not currently smoking. Females (31%) were more likely than males (17%) to report ever having smoked and were more likely to currently smoke (females 13% and males 6%).
- ◆ Overall, for those students who do smoke, they are most likely to smoke between one and four cigarettes a week (67%).

- ◆ Overall, students continued most frequently to report having started smoking between 13 to 14 years of age (35%). However, females (41%) were most likely to begin at this age, while males (30%) were most likely to begin between 15 to 16 years of age.
- ◆ The most frequent influences on students' decisions to quit smoking were friends (52%) and family member having a medical condition resulting from smoking (48%).

## 2. Alcohol

- ◆ Students' use of alcohol has continued to decline since 1992 (Graph 3). In 1992, 49% of students reported either "never" drinking and/or having done so "once or twice." In 2013 and again in 2016, three-quarters of the students (75%) reported similar behaviour.



- ◆ Overall, regardless of grade level, students in 2013 and 2016 are more likely to never have used alcohol when compared to 1992 and 2002 (Table 4).
- ◆ Students in Grades 7 (92%) and Grade 8 (73%) continue to be the least likely to drink alcohol). In contrast, Grade 12 students were the most likely to have used alcohol with one-quarter (24%) using alcohol two to three times a month.

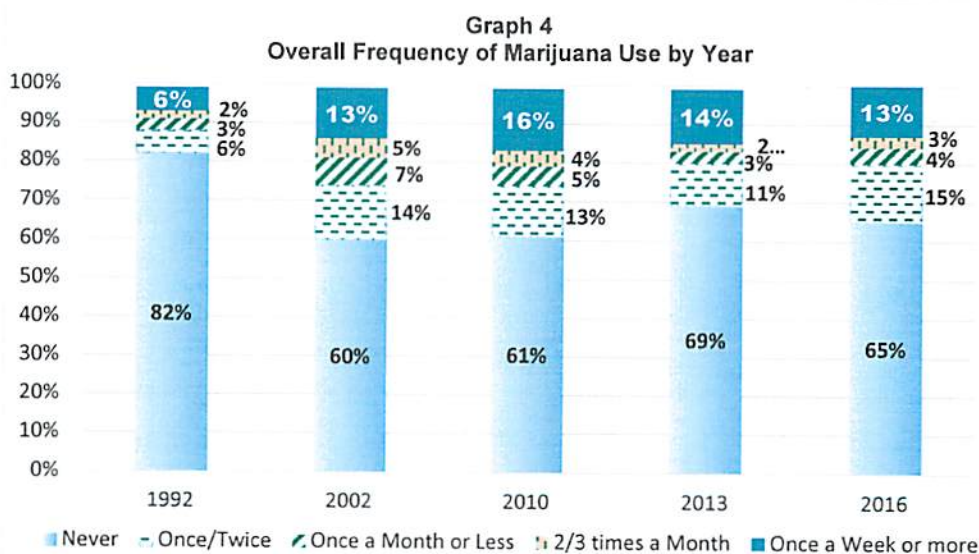


Grade Level	1992 %	2002 %	2010 %	2013 %	2016 %
Grade 7	78	69	80	91	92
Grade 8	47	50	63	84	73
Grade 9	35	34	38	57	63
Grade 10	24	27	40	43	41
Grade 11	18	17	26	41	38
Grade 12	15	15	15	21	23

- ◆ Overall, for students who do drink, 26% reported “never” drinking until drunk. In contrast, approximately the same percentage of students (28%) reported drinking until they were drunk “all” and/or “most” of the time. This has declined slightly when compared to previous years (2013 33%, 2010 33%, 1999 32%).
- ◆ Overall, for those Grade 12 students who reported drinking, almost half of them (47% or n=46) reported drinking until they were drunk “all” and/or “most” of the time.

### 3. Other Drugs

- ◆ Overall, 65% of students indicated “never” using marijuana<sup>2</sup>, while 15% reported using “once or twice” (Graph 4). There has been little change since 2013. Use varied by gender, as males (71%) were more likely than females (59%) to report “never” using.



<sup>2</sup> It should be noted that the definition of marijuana was changed on the 2005 questionnaire.

- ◆ The likelihood of marijuana use increased as students progressed through the grades.
- ◆ Few students used other drugs. Overall, while 86% of students reported “never” using prescription drugs, 95% reported “never” using cocaine, and 93% “never” used mushrooms; those who did were most likely to report using prescription drugs (8%), cocaine (3%) and mushrooms (5%), “once or twice.” No student reported using fentanyl.

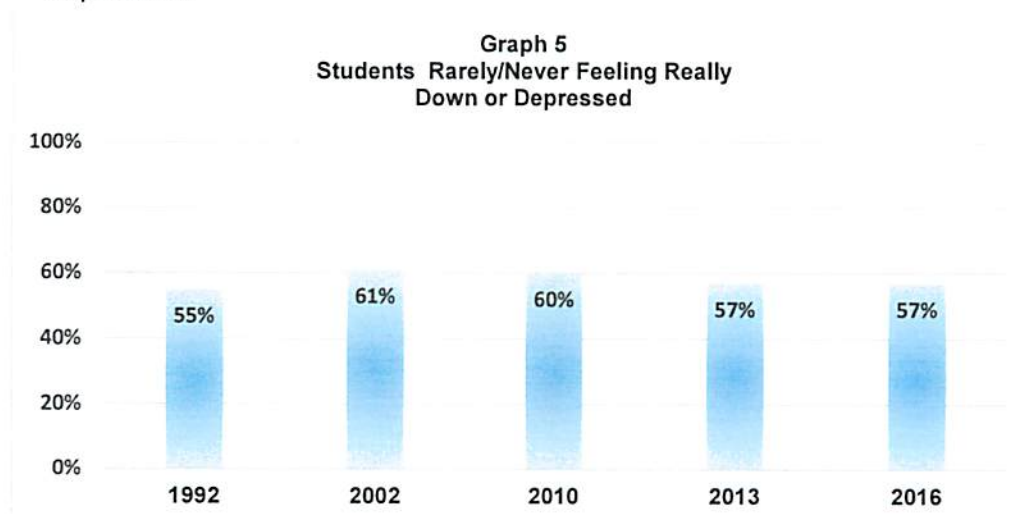
#### 4. Gambling

- ◆ In 2016, approximately two-thirds (68%) of students reported “never” gambling, while 21% did so “once or twice.” Students in 2016 continued to be less likely to gamble when compared to students in 2008 when 50% said “never”.

### D. Emotional Wellbeing

#### 1. Depression and Suicide

- ◆ Approximately 60% of students continued to report “rarely” and/or “never” feeling “really down or depressed” (Graph 5). Similar to previous years, 17% of students report having these feelings “all” or “most of the time.” However, fewer females (41%) than males (73%) reported never/rarely feeling down or depressed.



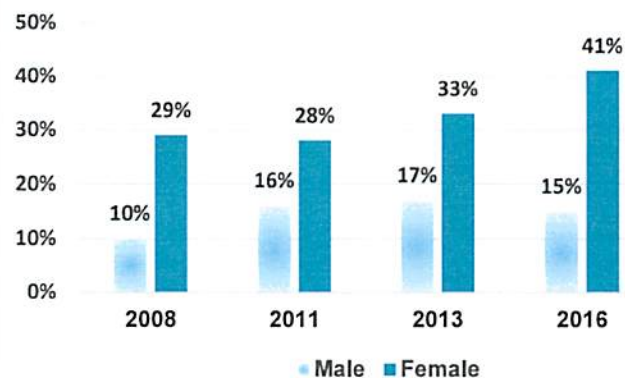
- ◆ Females (25%) were also more likely than males (8%) to report feeling down or depressed “all” or “most” of the time.

- ◆ Overall, the frequency with which students reported having seriously considered suicide continues to increase (Table 5).

1992	22%
2002	23%
2010	22%
2013	25%
2016	29%

- ◆ Females continue to be much more likely than their male peers to report having seriously considered suicide (Graph 6).

**Graph 6**  
**Students Seriously Considering Suicide by Gender Identity**



- ◆ Over one-third of students in Grade 10 (36%), Grade 11 (35%) and Grade 12 (36%) reported having seriously considered suicide.
- ◆ While the group is small, it must be noted that 71% of students in the “other” gender category reported having seriously considered suicide.
- ◆ Overall, approximately one in five students (17%) reported having attempted suicide. Female students (24%) were three times more likely than males (8%) to report having attempted suicide. Furthermore, students in Grade 10 (20%) were most likely to report having attempted suicide.
- ◆ Again, while the group is small, it must be noted that 47% of students in the “other” gender category reported having attempted suicide.



- ◆ Overall, 45% of students reported “a close friend or family member” had “attempted or completed suicide,” an increase from 40% in 2013.
- ◆ The percentage of students reporting intentionally hurting themselves has varied slightly since 2010 (2016 17%, 2013 20%, 2010 13%).

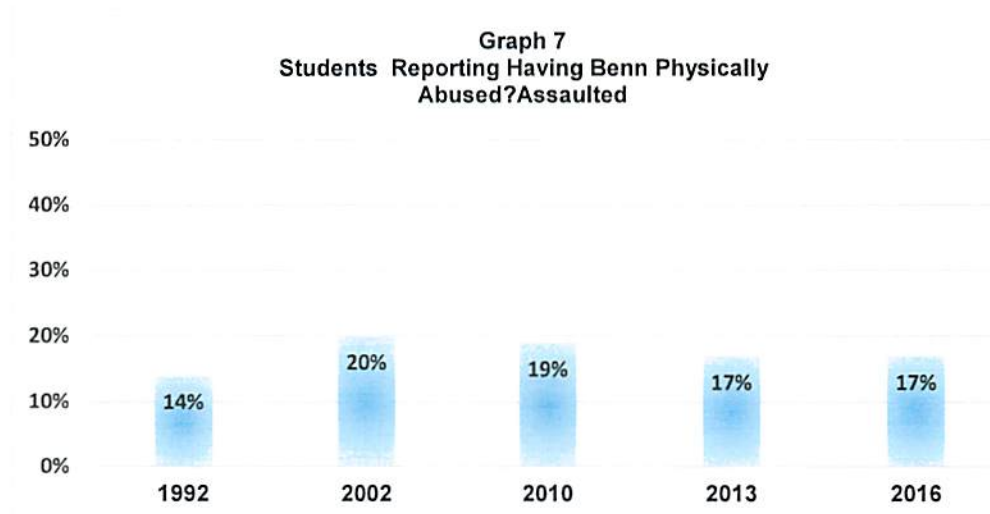
## 2. Safety and Self-Esteem

- ◆ Students (62%) reported “always” and/or “often” feeling safe in their community, changing little since 2013 (64%) or 2010 (66%). However, this represents a significant increase since 2008, when 52% reported feeling safe.
- ◆ Males (71%) compared to females (54%) continued to be more likely to “always” and/or “often” feel safe in their community.
- ◆ Three-quarters (75%) of students “always” or “often” reported feeling safe in school; 76% expressed similar feelings in 2013, 82% in 2010, while 68% felt safe in 2005.
- ◆ One in ten students (11%) felt bullied by other students “always” and/or “often.” This has shown slight variations over time; 14% felt this way in 2013 and 11% in 2010.
- ◆ Females (14%) were more likely than males (8%) to report feeling bullied by other students “always” or “often”.
- ◆ Students reporting regularly bullying other students remained at 3%. In addition, 5% of students reported bullying someone “on-line/social media.”
- ◆ Furthermore, 5% of students reported “always” or “often” being bullied by school staff.
- ◆ Overall, in 2016, 17% of students “always” or “often” worry about going to school, changing little since 2013 (15%). In contrast 59% reported “rarely/never” worrying about going to school.
- ◆ In 2016, 27% of students reported “always” or “often” being anxious about school, an increase from 17% in 2013. In addition, 25% of students reported worrying about “being as good as other kids.”

## E. Abuse/Assault

### 1. Physical Abuse/Assault

- ◆ Overall, the incidence of student-reported physical abuse/assault has shown only slight variations since 2002 (Graph 7).



- ◆ Almost one in five females (18%) and males (15%) continued to report having been “physically abused/assaulted.”

- ◆ Grade 11 students (20%) were most likely to report having been physically abused/assaulted (Table 6). As compared to 2013, students in Grade 12 exhibited the largest decrease in reported physical abuse/assaults in 2016 followed by students in Grade 7.

**Table 6**  
Students Reporting Having Been Physically Abused/Assaulted  
by Grade Level and Year

Grade Level	1992 %	2002 %	2010 %	2013 %	2016 %
Grade 7	8	15	11	16	11
Grade 8	10	14	14	15	18
Grade 9	17	33	20	15	17
Grade 10	13	23	22	18	18
Grade 11	17	21	25	14	20
Grade 12	17	20	25	25	18

### 2. Emotional Abuse

- ◆ Overall, approximately one-third of students (32%) indicated they had been emotionally abused. Females (42%) were twice as likely as males (21%) to indicate having had this experience.

- ◆ Students in Grade 7 (18%), Grade 8 (30%), Grade 9 (29%), Grade 10 (38%), Grade 11 (39%), and Grade 12 (43%) reported having been emotionally abused.

### 3. Sexual Abuse/Assault

- ◆ In 2016, 8% of students reported having been sexually abused/assaulted, changing little since 2013. Females (12%) continued to be more likely than males (2%) to report having experienced sexual abuse/assault. Students reporting this experience ranged from 3% of students in Grade 7 to 13% of students in Grade 12.

## F. Gang Membership

- ◆ In 2016 there was little change, when compared to previous years, in reported gang membership as 4% of students reported being current gang members.

## G. Sexuality

### 1. Sexual Activity

- ◆ In 2016, 21% of students reported having engaged in oral sex. The percentage of students reporting this sexual activity ranged from Grade 7 (1%) to Grade 12 (59%).
- ◆ Overall, 22% of students engaged in vaginal sex. Again, the percentage of students reporting this sexual activity ranged from no one in Grade 7 to 60% in Grade 12.
- ◆ Overall, students (6%) reported having engaged in anal sex; this has remained nearly the same since 2005. It was noted that in 2016, 16% of students in Grade 12 reported engaging in this activity, as compared 27% in 2013.
- ◆ Overall, approximately one in five students (22%) engaged in sexting. This varied little by students' gender. However, this activity did vary by grade level, steadily increasing by grade; Grade 7 (2%), Grade 8 (9%), Grade 9 (16%), Grade 10 (37%), Grade 11 (33%) and Grade 12 (44%).
- ◆ Overall, 14% of students indicated they have felt pressured to perform a sexual activity; this varied by gender with females (18%) being more likely than males (8%) to feel this way. Approximately a quarter of students in Grade 11 (23%) and Grade 12 (23%) felt pressured.



- ◆ Overall, students do not engage in oral, vaginal or anal sex or sexting for; money (99%), food (99%), shelter (99%), or drugs (99%).
- ◆ Overall, 14% of students had engaged in sexual activity under the influence of alcohol or drugs. Students in Grade 12 (40%) and Grade 11 (24%) were most likely to report having done so.

## 2. Sexually Transmitted Infections

- ◆ Overall, students were aware they could acquire sexually transmitted infections (STIs) during unprotected oral sex (69%), unprotected vaginal sex (75%), or unprotected anal sex (70%). Student awareness increased with grade level. For example, Grade 12 students were aware they could acquire STIs during oral sex (89%), vaginal sex (93%) and anal sex (89%). This has shown little change since 2013.
- ◆ Eleven percent of students engaging in vaginal sex reported “never” or “rarely” using a condom. Furthermore, 22% of students engaging in oral sex and 10% of those engaging in anal sex indicated they “never” or “rarely” use a condom<sup>3</sup>.
- ◆ When asked the major reason for NOT using condoms for protection, approximately two-thirds of students (68%) reported not engaging in sexual activity, changing little since 2013 (67%) and 2008 (67%).
- ◆ For students who were sexually active, 59% used condoms. The most frequent reasons for non-use were that s/he “choose not to” (21%) and that “condoms are uncomfortable” (12%).

## 3. Birth Control/Contraceptive Methods

- ◆ Overall, condoms (26%), abstinence (18%) and birth control pills/patch (12%) were most frequently used as methods for birth control in 2016. Females (25%) continued to be more likely than males (11%) to report abstinence.



<sup>3</sup> The reader should note that this question was worded differently which may explain the changes in percentages compared to previous years.