

# 2019 - Youth Behaviour Survey - FINAL Highlights Report



Prepared for:



and



School District of Mystery Lake

Prepared by:



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

February 2020

## Table of Contents

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

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.

---

**Contact Information:**  
**Paul Fricker,**  
**Chairperson, AHEC**  
**R. D. Parker Collegiate,**  
**272 Thompson Drive North,**  
**Thompson, MB R8N 0C4**

---

# 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. 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, the survey was limited to those students attending R.D. Parker Collegiate. 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 2019 survey, as well as comparisons to previous years, where feasible. The questionnaire has undergone multiple revisions over each survey period limiting the ability to make comparisons over time. Furthermore, as a Highlights Report, the following discussion 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 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. In preparing for the 2019 survey, the AHEC committee expended considerable effort and time revising and adding to the survey questions<sup>1</sup>. Their substantial efforts are acknowledged here.

## C. Survey Administration

The administration of the 2019 survey was overseen by the AHEC Chairperson. Students participating in the survey were assured they would remain anonymous and their individual responses would remain confidential. The AHEC Chairperson forwarded 994 completed questionnaires to Proactive for data preparation (i.e., coding and scanning), analysis, and the preparation of this report.

---

<sup>1</sup> Revisions to the survey instrument since 1986 limits the ability to track some changes over time.

## HIGHLIGHTS

### A. Respondent Characteristics

- ◆ The reported gender identity of the respondent group was split between male (48%) and female (48%) students, while 4% indicated other gender identities.
- ◆ Students in Grades 7/8 made up 42% of the respondents, while students in Grades 9/10 made up 30%, and students in Grades 11/12 comprised 27% (Table 1).

Grade Level	1999	2002	2010	2013	2016	2019
Grade 7	21%	23%	23%	21%	19%	22%
Grade 8	18%	22%	21%	20%	18%	20%
Grade 9	18%	17%	16%	20%	17%	16%
Grade 10	17%	17%	14%	18%	18%	14%
Grade 11	15%	12%	13%	12%	15%	14%
Grade 12	10%	9%	14%	9%	13%	13%

- ◆ Approximately three-quarters (77%) of students reported living with both biological or one biological parent<sup>2</sup>.
- ◆ Four percent of students reported being parents.

### B. Wellness

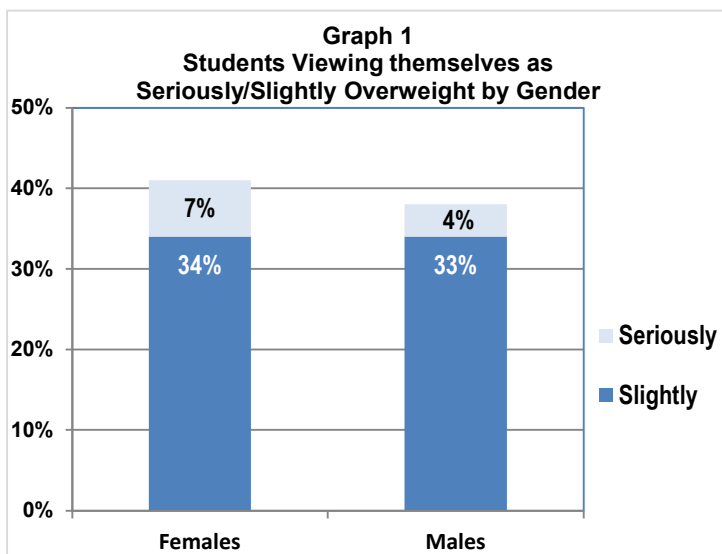
#### 1. Nutrition

- ◆ Overall, students reported feeling they had enough to eat (88%), an increase from 2016 (79%).
- ◆ Overall, 16% of students indicated a breakfast program was not available to them. Of these students, 48% indicated they “definitely” or “probably would” use one if available.
- ◆ Grade 7 (37%) [an increase from 20% in 2016] and Grade 8 (28%) [an increase from 22% in 2016] most often reported not having access to a breakfast program.

<sup>2</sup> It should be noted that the response categories for this question were changed on the 2019 survey.

- ◆ While overall 68% of students never/rarely consume free food or drinks provided by the school that are not part of the breakfast program, 24% of students indicated consuming free food or drinks “some days”.
- ◆ Overall, nearly half (48%) of students considered themselves “about the right weight.” Six percent of students viewed themselves as being “seriously overweight,” while 34% saw themselves as being “slightly overweight.” This has shown little change since 2008.

- ◆ As in previous years, females (41%) were more likely than their when male peers (37%) to view themselves as being overweight” more often (Graph 1).



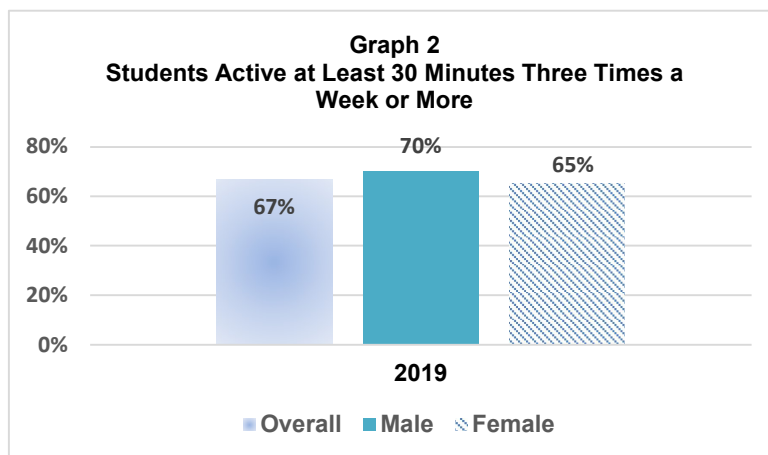
- ◆ Approximately half of the students (49%) reported feeling “terrified about being overweight,” compared to 39% in 2016. Females (58%) were much more likely than males (40%) to express these feelings.
- ◆ Consistent with previous years, females (28%) were more likely than males (20%) to report dieting for weight loss in the last six months. However, this divide has narrowed since 2016, when females (30%) were twice as likely than males (15%) to report dieting for weight loss.
- ◆ Compared with 2013, dieting was most likely to increase for students in Grade 7 (25% in 2019; 13% in 2016) and decrease for students in Grade 10 (21% in 2019; 30% in 2016).
- ◆ The vast majority of students (86%) “never” used vomiting as a strategy.
- ◆ Overall, 43% of students reported “never” drinking coffee (females 40%; males 46%). Grade 12 students (28%) were the most likely to indicate drinking coffee once a day or more.
- ◆ Overall, approximately half of the students (53%) reported “never” drinking energy drinks, while a third (36%) reported drinking energy drinks “a few times”. Females (57%) were more likely than males (51%) not to drink energy drinks.

## 2. Sleep

- ◆ Students (61%) most likely get between six to eight hours of sleep a night; followed by nine to ten hours (22%). Fourteen percent of students reported sleeping zero to five hours.
- ◆ While 22% of students get between nine to ten hours' sleep, the percentage decreased while progressing through the grades (Grade 7 37%; Grade 8 27%; Grade 9 22%; Grade 10 15%; Grade 11 17%; Grade 12 7%).

## 3. Physical Activities<sup>3</sup>

- ◆ Overall 67% of students participate in physical activities on a regular basis, an



increase from 62% in 2016. Males are slightly more active than females (Graph 2).

- ◆ Students in Grade 11 were most likely to report exercising regularly (Table 2). Similar to 2016, students in Grades 7 to 9 report less physical activity than students in Grades 10 to 12.
- ◆ Students reporting “never” engaging in physical activity for 30 continuous minutes or longer ranged from Grade 7 (21%) to Grade 12 (7%).
- ◆ In 2019, approximately half of the students, regardless of gender identity, participated in “sports activities.” Interestingly, students in Grade 11 (35%) were least likely to participate in “sports activities” even though, as indicated above, these students were most likely to report being physically active for at least 30 minutes or more.

**Table 2**  
**Students Reporting being Active for At Least 30 Minutes Three Times a Week or More by Grade Level**

Grade Level	2019 %
Grade 7	58
Grade 8	62
Grade 9	64
Grade 10	72
Grade 11	78
Grade 12	72

<sup>3</sup> Changes to the working and scale of the 2019 survey do not allow for comparisons over time.

- ◆ Continuing from 2013 through 2019, female students (55%) were more likely than males (49%) to participate in “non-sport individual activities.” While comparable to 2016, when compared to 2013 females (68%) have shown a more of a decrease in participation than males (51%).
- ◆ Approximately a third of students in Grade 12 work 15 hours a week or more (Table 3). This trend has continued since 2013, which is a reduction from 1999 to 2010.

Grade Level	Hours Worked	Year					
		1999 %	2002 %	2010 %	2013 %	2016 %	2019 %
Grade 10	Less than 15 hours per week	17	14	33	20	20	25
	15 hours per week or more	19	23	15	10	8	9
Grade 11	Less than 15 hours per week	26	19	34	27	29	21
	15 hours per week or more	30	31	47	20	16	26
Grade 12	Less than 15 hours per week	27	23	35	18	28	26
	15 hours per week or more	41	42	51	30	32	30

- ◆ Since 2016, the largest increase in students working 15 hours a week or more came at the Grade 11 level (2016 16%; 2019 26%).

## C. Drug Use, Gambling, and Technology

### 1. Tobacco<sup>4</sup>

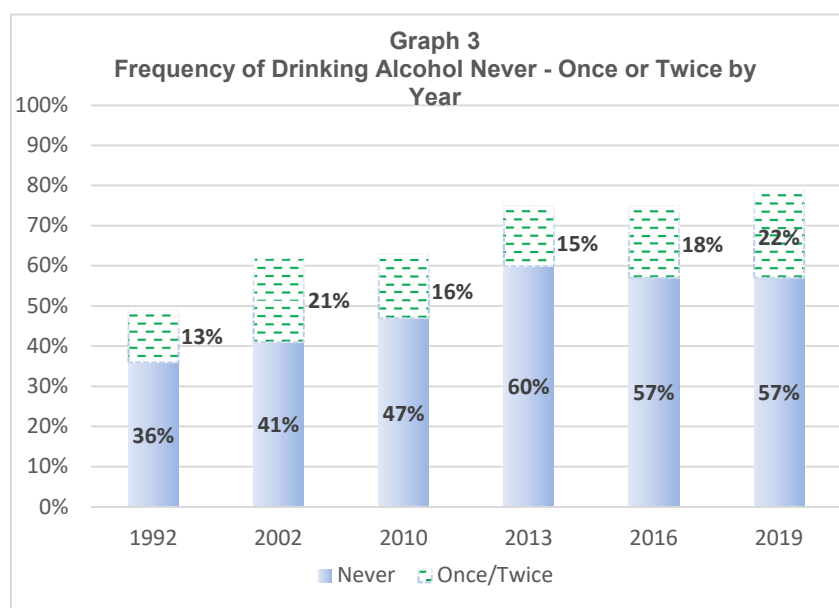
- ◆ Overall, 76% of student reported never having smoked. This has not changed since 2016. Furthermore, 87% of students reported not currently smoking, compared to 91% in 2016.
- ◆ Females (14%) were more likely than males (10%) to indicate currently smoking. In addition, females (13%) were more likely to report previously having smoked when compared to their male classmates (7%).
- ◆ Overall, for those students who do smoke, they are most likely to smoke between one and four cigarettes a week (54%); a decrease from 2016 (67%).

<sup>4</sup> Changes in reported tobacco use may be a result of revisions to tobacco-related questions.

- ◆ Overall, students continued most frequently to report having started smoking between 13 to 14 years of age (33%). Females were more likely to report starting smoking at an earlier age than males.
- ◆ The most frequent influences on students' decisions to quit smoking were a family member having a medical condition resulting from smoking (52%) and friends (47%).
- ◆ Overall, students (83%) reported "never" vaping with nicotine or for flavor. However, students in Grade 11 (16%) and Grade 12 (15%) were most likely to report vaping "daily" with nicotine.

## 2. Alcohol<sup>5</sup>

- ◆ Since 2013, approximately three-quarters of students reported either "never" drinking or having done so "once or twice" (Graph 3), a substantial decrease in the frequency of drinking since 1992.



- ◆ In 2019, 1% of students reported drinking "daily" while 3% reported drinking "more than once a week" and 4% reported doing so "once a week".

<sup>5</sup> In a number of instances revisions to the 2019 alcohol-related question wording and scales mitigate, against making comparisons over time.



- ◆ Overall, since 2013 alcohol use has remained fairly static at the Grades 9-12 levels. More variability in use occurs at the Grades 7 and 8 levels (Table 4).

Grade Level	1992 %	2002 %	2010 %	2013 %	2016 %	2019 %
Grade 7	78	69	80	91	92	85
Grade 8	47	50	63	84	73	76
Grade 9	35	34	38	57	63	59
Grade 10	24	27	40	43	41	38
Grade 11	18	17	26	41	38	41
Grade 12	15	15	15	21	23	25

- ◆ Overall, for students who do drink, 23% reported “never” drinking until drunk, with males (28%) more likely than females (19%) to report “never” drinking until drunk.
- ◆ Twenty-nine percent of students reported drinking until they were drunk “all” and/or “most” of the time. This has stayed relatively the same when compared to previous years (2016 28%, 2013 33%, 2010 33%).

### 3. Other Drugs<sup>6</sup>

- ◆ Overall, 77% of students indicated they did not use drugs that were neither alcohol nor tobacco<sup>7</sup>. Of the students who had used drugs, almost all had used cannabis (92%). Approximately a third of these students (34%), regardless of gender identity, reported using cannabis “daily”.
- ◆ The likelihood of cannabis use increased as students progressed through the grades.
- ◆ Overall, 83% of students reported “never” using prescription drugs; 83% reported “never” using cocaine, and 66% “never” used mushrooms. Drugs most likely to be used included; mushrooms (26%), cocaine (13%), and prescription drugs (10%) “once or twice.” Few students (1%) reported using fentanyl.

<sup>6</sup> In a number of instances revisions to the 2019 wording and scales for questions related to other drugs mitigates, against making comparisons over time.

<sup>7</sup> It should be noted that the definition of marijuana was changed on the 2005 questionnaire.

## 4. Gambling<sup>8</sup>

- ◆ In 2019, 71% of students reported “never” gambling, while 20% did so “once or twice.” This showed little change since 2016. However, students in 2019 continued to be less likely to gamble when compared to students in 2008 when 50% said “never”.

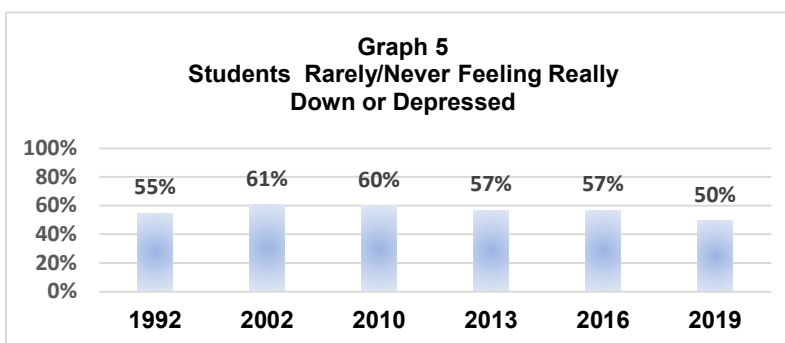
## 5. Technology

- ◆ Overall, 29% of students reported not playing video-games daily. Females (51%) were much more likely than males (10%) not to spend time video-gaming. Similarly, 30% of males spent more than 4 hours a day playing video games, compared to 8% of female students. These numbers were consistent across grade levels.
- ◆ Overall, 37% of students spent more than 4 hours a day on social media. Females (44%) were more likely than males (29%) to spend this amount of time on social media per day. Students from Grades 10 to 12 were more likely to indicated more than 4 hours per day, compared to Grades 7 to 9.

## D. Emotional Wellbeing

### 1. Depression and Suicide

- ◆ In 2019, compared to previous survey years, fewer students (50%) reported “rarely” and/or “never” feeling “really down or depressed” (Graph 5). One in five students (21%) reported having these feelings “all” or “most of the time.” As in previous years, females (35%) were less likely than males (69%) to report having never/rarely felt down or depressed.



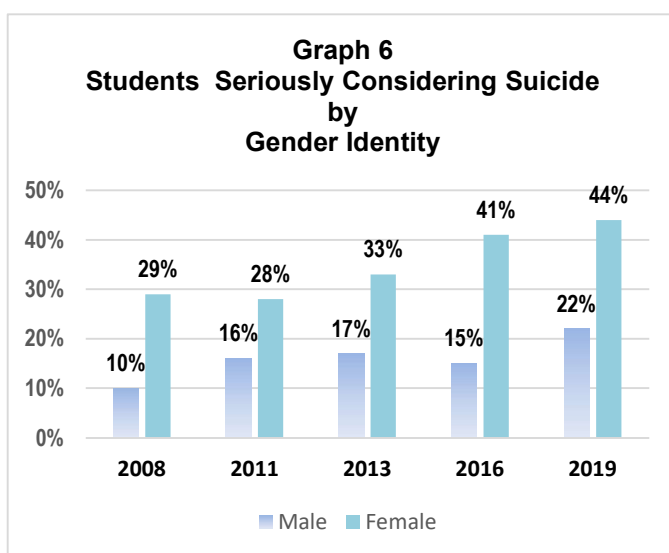
- ◆ Females (26%) were twice as likely than males (13%) to report feeling down or depressed “all” or “most” of the time.

<sup>8</sup> Changes to the 2019 question related to student gambling limits the comparisons that can be made with past surveys.

- ◆ Analogous to depression, females (44%) were a little over twice as likely than males (18%) to report feeling worried or anxious “all” or “most” of the time.
- ◆ Students in Grades 7 to 9 were less likely to report feeling depressed or anxious when compared to Grades 10 through 12.
- ◆ Overall, the frequency with which students reported having considered suicide<sup>9</sup> continues to increase (Table 5).
- ◆ Females were much more likely than their male peers to report having considered suicide (Graph 6).

**Table 5**  
Students Reporting Having Ever Considered Suicide by Year

1992	22%
2002	23%
2010	22%
2013	25%
2016	29%
2019	35%



- ◆ Nearly half of students in Grade 10 (48%) and over a third of students in Grade 11 (41%) and Grade 12 (43%) reported having considered suicide.

- ◆ While the group is small, it must be noted that of the 37 students in the “other” gender category 28 (or 76%) reported having considered suicide.

- ◆ Overall, approximately one in five students (18%) reported having attempted suicide. Almost a quarter of female students (23%) and nine percent of male students reported having attempted suicide. Students in Grade 12 (26%) were most likely to report having attempted suicide. Furthermore, females were almost twice as likely to report currently intentionally harming themselves (females 22%; males 12%).
- ◆ While the group is small, it must be noted that 64% of students in the “other” gender category reported having attempted suicide. Additionally, only 15% of students in this category “never” or “rarely” feel depressed and 13% worried or anxious.

<sup>9</sup> In 2019 the question was changed from “seriously considered suicide” to considered suicide” which may account for the change.

- ◆ Overall, 49% of students reported “a close friend or family member” had “attempted or died by suicide,” a continued increase from 40% in 2013 and 45% in 2016.
- ◆ Approximately one in five students (19%) reported intentionally hurting themselves.

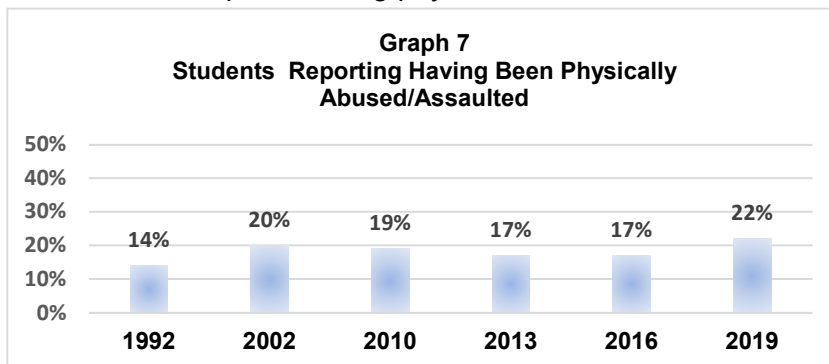
## 2. Safety and Self-Esteem

- ◆ Overall, students (48%) reported “always” and/or “often” feeling safe in their community, decreasing from 2016 (62%), 2013 (64%) and 2010 (66%). This result mimics 2008, when 52% reported feeling safe.
- ◆ Males (53%) compared to females (45%) continued to be more likely to “always” and/or “often” feel safe in their community. However, this gap narrowed when compared to 2016 (males 71%; females 54%).
- ◆ Students (71%) reporting “always” or “often” reported feeling safe in school continues to decline; 75% expressed similar feelings in 2016, 76% 2013, 82% in 2010.
- ◆ Again, as in 2016, approximately one in ten students (11%) felt bullied by other students “always” and/or “often,” varying little since 2013 (14%).
- ◆ Females (13%) were almost twice as likely than males (7%) to report feeling bullied by other students “always” or “often”.
- ◆ Students reporting regularly bullying other students remained at 3%, with females (14%) indicating they bully other students “sometimes” to “always” slightly more than males (11%). In addition, 4% of students reported bullying someone “on-line/social media.”
- ◆ Furthermore, 4% of students reported “always” or “often” being bullied by school staff.
- ◆ Overall, in 2019, 25% of students “always” or “often” worry or get anxious about going to school. In contrast, 48% reported “rarely/never” worrying or getting anxious about going to school.

## E. Abuse/Assault

### 1. Physical Abuse/Assault

- Overall, in 2019, 22% of students reported being physical abused/assaulted, a five percent increase from 2013 and 2016 (Graph 7).



- Approximately one in five females (23%) and males (17%) continued to report having been “physically abused/assaulted.”

- Almost a third of Grade 12 students (31%) reported having been physically abused/assaulted (Table 6). While Grade 12 students exhibited the largest increase since 2016, students at all grade levels, except Grade 8, had increased incidents of abuse/assault.

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

Grade Level	1992 %	2002 %	2010 %	2013 %	2016 %	2019 %
Grade 7	8	15	11	16	11	17
Grade 8	10	14	14	15	18	14
Grade 9	17	33	20	15	17	22
Grade 10	13	23	22	18	18	23
Grade 11	17	21	25	14	20	28
Grade 12	17	20	25	25	18	31

### 2. Emotional Abuse

- Overall, one-third of students (33%) indicated they had been emotionally abused. Females (43%) were more than twice as likely as males (20%) to indicate having had this experience. This has changed little since 2016.
- One in five students or more, depending on grade level, reported having been emotionally abused; Grade 7 (22%), Grade 8 (29%), Grade 9 (32%), Grade 10 (39%), Grade 11 (40%), and Grade 12 (44%). Again, this has changed little since 2016.

### 3. Sexual Abuse/Assault

- ◆ In 2019, 13% of students reported having been sexually abused/assaulted, increasing from 8% in 2016. Females (21%) continued to be much more likely than males (4%) to report having experienced sexual abuse/assault. Students reporting this experience ranged from 9% of students in Grade 7 to 24% of students in Grade 12.

## F. Gang Membership

- ◆ When compared to previous years, in 2019 there was little change in reported gang membership with 5% of students reporting being current gang members. This number did not fluctuate by gender.

## G. Sexuality

### 1. Sexual Activity

- ◆ In 2019, 23% of students reported having engaged in oral sex changing, little since 2016. The percentage of students reporting this sexual activity ranged from Grade 7 (2%) to Grade 12 (54%).
- ◆ Overall, 26% of students engaged in vaginal sex compared to 22% in 2016. The percentage of students reporting this sexual activity ranged from 1% in Grade 7 to 60% in Grade 12, varying little from 2016.
- ◆ Overall, 9% of students reported having engaged in anal sex; this has remained nearly the same since 2005. Almost a quarter of students in Grade 12 (26%) reported engaging in this activity, compared to 2016 (16%) and 2013 (27%).
- ◆ Almost identical to 2016, approximately one in five students overall (22%) engaged in sexting. Again, similar to 2016, this varied little by students' gender. However, this activity did vary by grade level, steadily increasing by grade; Grade 7 (3%), Grade 8 (5%), Grade 9 (20%), Grade 10 (37%), Grade 11 (41%) and Grade 12 (43%).
- ◆ Overall, sharing of nude photos (19%) had similar results as sexting; it varied only slightly by gender and increased from Grade 7 (3%) to Grade 12 (37%).
- ◆ Overall, 15% of students indicated they have felt pressured to perform a sexual activity. This varied by gender with females (20%) being more likely than males (8%) to feel this way. These numbers steadily increase along with grade level.

- ◆ Overall, 15% of students had engaged in sexual activity under the influence of alcohol or drugs. Students in Grade 12 (39%) and Grade 11 (27%) were most likely to report having done so.
- ◆ Overall, 6% of students offered or performed sexual acts to feel more accepted. However, females (7%) were almost twice as likely as males (4%) to report doing so.

## 2. Sexually Transmitted Infections

- ◆ Overall, students were aware they could acquire sexually transmitted infections (STIs) during unprotected oral sex (71%), unprotected vaginal sex (77%), or unprotected anal sex (71%). Student awareness increased with grade level. This has shown little change since 2013. In 2019, Grade 10 students were the most aware they could acquire STIs during oral sex (91%), vaginal sex (92%) and anal sex (90%).
- ◆ Eleven percent of students engaging in vaginal sex reported “never” or “rarely” using a condom. Furthermore, 21% of students engaging in oral sex and 11% of those engaging in anal sex indicated they “never” or “rarely” use a condom<sup>10</sup>.
- ◆ When asked the main reasons for NOT using condoms for protection, approximately two-thirds of students (71%) reported not engaging in sexual activity, changing little since 2016 (68%) and 2013 (67%).
- ◆ For students who were sexually active, 57% used condoms. The most frequent reasons for non-use were that “condoms are uncomfortable” (27%) and that they “ruin the mood” (27%)<sup>11</sup>.

## 3. Birth Control/Contraceptive Methods

- ◆ Overall, for students who were sexually active, condoms (78%), masturbation (46%)<sup>12</sup> and birth control pills/patch (37%) were most frequently used as methods for birth control in 2019.
- ◆ Females (27%) continued to be more likely than males (12%) to report abstinence.

<sup>10</sup> This question was worded differently on the 2019 survey which may explain the changes in percentages compared to previous years.

<sup>11</sup> These two reasons were added to the question as options for the 2019 survey.

<sup>12</sup> The options were revised for the 2019 survey year.

#### 4. Pornography:

Overall, students were most likely not to have watched pornography (61%). Females (78%) were more likely than males (45%) never to watch pornography. Males (15%) were more likely than females (2%) to watch pornography “daily”.

