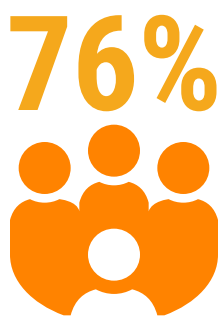


# 2019

# Thriving Youth

# Thriving Communities Survey



76% of students have an adult who they trust at their school



75% felt like they belong in their school



84% of students felt motivated to do well in school

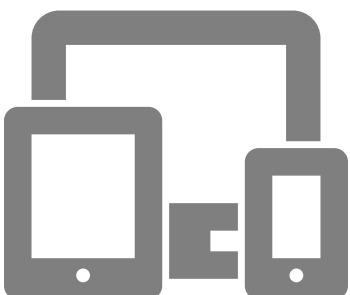


Top 5 barriers to physical activity

- #1 other responsibilities
- #2 hard to find time
- #3 [tie] not good not interested being teased

72%

of students spent 3 hours per day or more in front of a screen on weekdays



On weekends,

37%

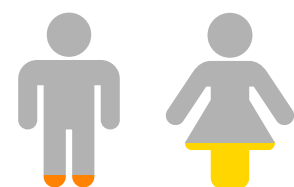
of students spent 7 hours per day or more in front of a screen



89% felt their family supports them

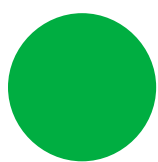


29% of male, 48% of female, and 54% of intersex and unidentified sex students had felt so sad or hopeless within the last year that they stopped their regular activities for a while.

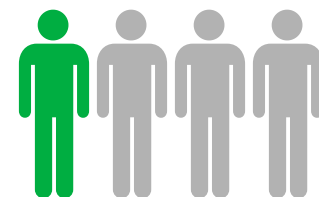


13% of males and 30% of females had ever harmed themselves

12%



About 1 in 9 (12%) students didn't have a close friend they could share things with.



About 1 in 4 (23%) students had considered suicide in the past year.

18%

of students had ever tried cigarettes



40%

had tried vaping

30%

of students used alcohol at least once in the past month



19%

drank heavily in the past month

18%

of students used cannabis in the past year

13%

used cannabis in the past month



Based on survey responses from over 10,400 Grade 7 - 12 students in Saskatchewan.

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