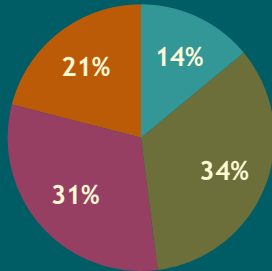


BHYP Participant Demographics

BHYP is a community-wide effort to understand how we can collaboratively promote healthy lifestyle choices among youth and is funded by the Canadian Institutes of Health Research.

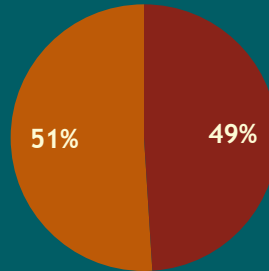


AGES



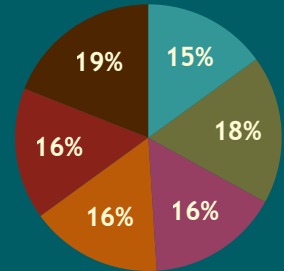
8-9 10-11
12-13 14-17

SEX



Male Female

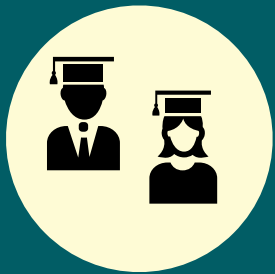
GRADE DISTRIBUTION



4 5 6
7 8 9



92% have siblings (biological, step, or adopted)
78% of BHYP parents are married/common law



Level of education achieved by BHYP parents:

- 4% did not finish high school
- 28% finished high school
- 56% completed undergraduate degree/diploma
- 12% completed graduate / professional degree



91% of BHYP participants were born in Canada

72% of BHYP mothers were born in Canada

69% of BHYP fathers were born in Canada



96% have access to a computer at home

98% have Internet access at home

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For more information:

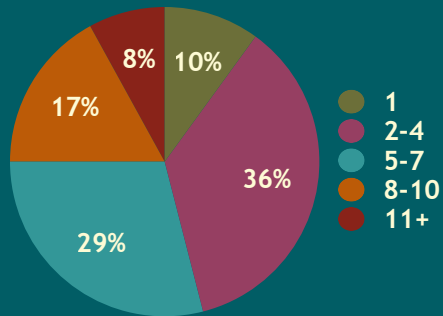
Activity Engagement Among BHYP Participants

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96% reported being involved in at least one organized sport activity

PERCENTAGE ENGAGING IN MULTIPLE SPORT ACTIVITIES



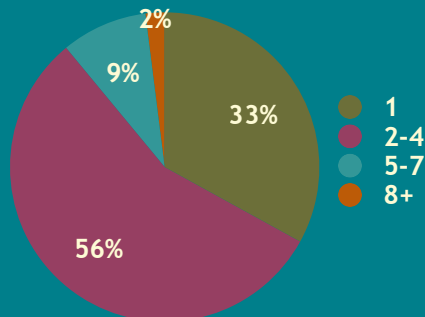
TOP 5 SPORT ACTIVITIES

- Swimming - 74% participate
- Soccer - 52% participate
- Basketball - 51% participate
- Skating - 35% participate
- Cross-country running - 34% participate



75% reported being involved in at least one organized non-sport activity

PERCENTAGE ENGAGING IN MULTIPLE NON-SPORT ACTIVITIES



TOP 5 NON-SPORT ACTIVITIES

- YMCA/YWCA - 34% participate
- Camps - 32% participate
- School clubs - 28% participate
- Music - 27% participate
- Religious youth groups - 16% participate

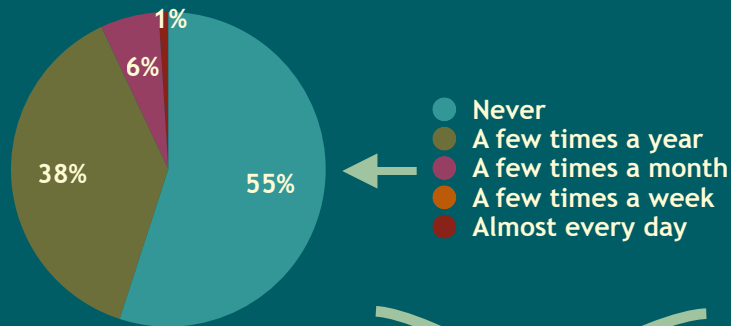
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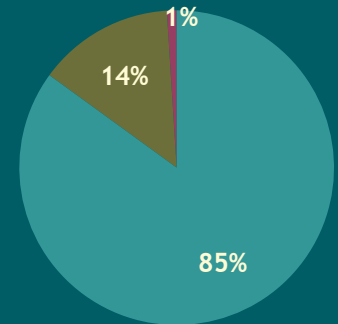
Aggression Among BHYP Participants

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FREQUENCY OF EXPERIENCING AGGRESSION BY OTHERS



FREQUENCY OF BEING AGGRESSIVE TOWARDS OTHERS



Legend for Frequency of Aggression:

- Never
- A few times a year
- A few times a month
- A few times a week
- Almost every day

MOST COMMONLY REPORTED AGGRESSIVE BEHAVIOURS:

- Pushing / shoving
- Swearing at / calling names
- Teasing / making fun of
- Kicking / hitting (outside of sports)
- Excluding from activities
- Spreading untrue stories



44% reported telling someone when they experienced aggression by others

Of those that told someone, the most commonly reported places to seek help include (participants could pick more than one option):

- Parents (36%)
- Teachers (26%)
- Peers / Friends (24%)
- Principals / Vice-principals (13%)
- Siblings (12%)

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brocku.ca/bhyp



jmorrish@brocku.ca



905 688 5550 x4566



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Alcohol, Drug, Tobacco and Vape Use Among BHYP Participants

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4% reported having had one or two puffs of a cigarette at some point in their life – 1% have smoked a full cigarette

46% reported having had a sip or two of alcohol – 10% have had a full drink of alcohol

3% reported having tried marijuana

Of the 1%, the average age of having first full cigarette was 12

Of the 10%, the average age of having first full drink of alcohol was 12

Of the 3%, the average age of first trying marijuana was 13



- 24% think it would be at least a little bit hard to say no if their friends asked them to drink alcohol
- 9% think it would be at least a little bit hard to say no if their friends asked them to smoke cigarettes
- 11% think it would be at least a little bit hard to say no if their friends asked them to smoke marijuana



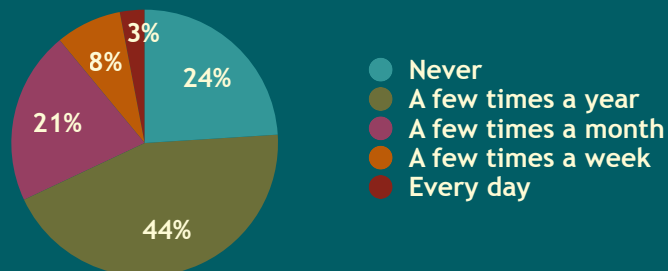
- 24% think it would be at least a little bit fun/exciting to drink alcohol with friends
- 4% think it would be at least a little bit fun/exciting to smoke cigarettes with friends
- 8% think it would be at least a little bit fun/exciting to smoke marijuana with friends



14% of those in grade 6 or older reported having tried vaping

Of the 14%, the average age of first trying a vape was 13

FREQUENCY OF VAPING IN LAST YEAR AMONG THOSE THAT HAVE VAPED AT SOME POINT



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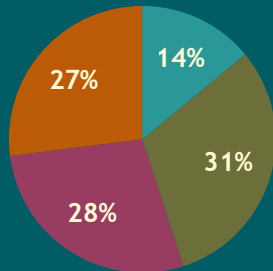
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Family Relationships Among BHYP Participants

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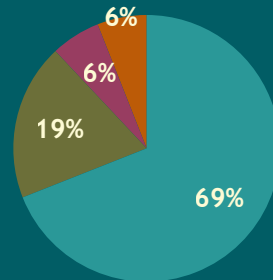


FREQUENCY OF WANTING TO TALK TO PARENTS ABOUT SCHOOL

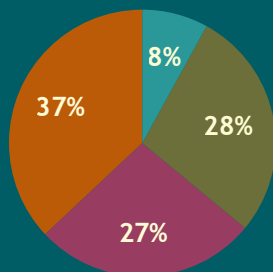


● Almost never
● Sometimes
● Often
● Almost always

FREQUENCY OF KEEPING A LOT OF SECRETS FROM PARENTS ABOUT FREE TIME ACTIVITIES

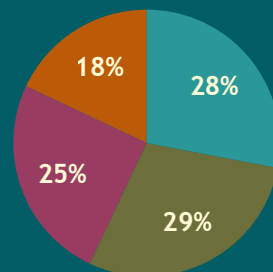


FREQUENCY OF SPENDING TIME TALKING WITH PARENTS ONE-ON-ONE

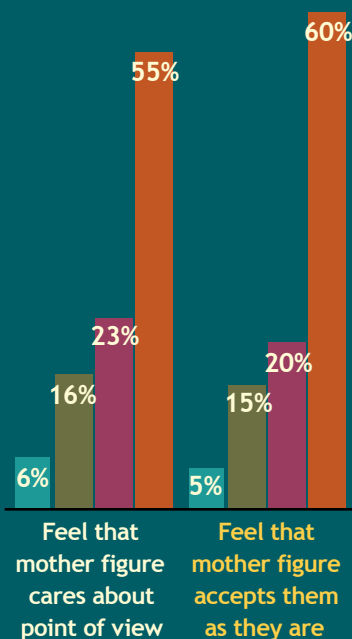


● Almost never
● Sometimes
● Often
● Almost always

FREQUENCY OF FAMILY DOING SOMETHING FUN TOGETHER

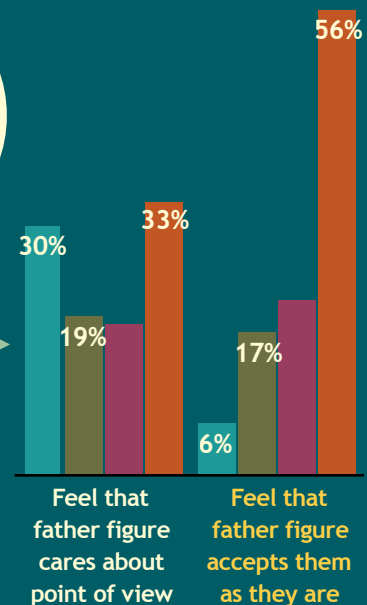


PERCEIVED RELATIONSHIP WITH MOTHER



■ Almost never
■ Sometimes
■ Often
■ Almost always

PERCEIVED RELATIONSHIP WITH FATHER



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jmorrish@brocku.ca



905 688 5550 x4566



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Head Injuries Among BHYP Participants

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18% reported hitting their head bad enough in the past year that they felt dizzy or confused



Of the 18%:

- 19% lost consciousness because of the injury
- 35% went to doctor or hospital because of a head injury
- 24% were formally diagnosed with a concussion by a doctor



REPORTED CAUSES OF HEAD INJURY

(participants could select more than one option)

- Sports (46%)
- Falling (32%)
- Fighting (8%)
- Bike accident (5%)
- Car accident (2%)
- Other (18%)

Among BHYP parents who reported that their child had a head injury with symptoms, the most common symptoms were:

1. Headache - 75% reported
2. Not feeling “right” - 45% reported
3. Balance problems/Dizziness - 39% reported
4. Feeling “dazed” - 38% reported
5. Fatigue or low energy - 34% reported

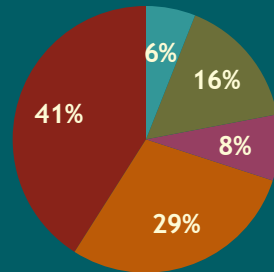
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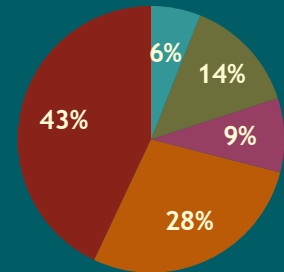
Nutrition and Physical Activity Among BHYP Participants

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AVERAGE FRUIT CONSUMPTION ON A MONTHLY BASIS



AVERAGE VEGETABLE CONSUMPTION ON A MONTHLY BASIS



● Not at all
● A few times
● Once a week
● A few times a week
● Every day



33% eat fast foods on a weekly basis

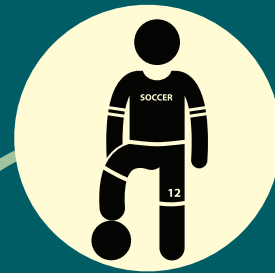


62% eat breakfast daily



46% do low-intensity physical activity at least once per week

55% do medium-intensity physical activity at least once per week



63% do high-intensity physical activity at least once per week



37% feel that there are not many physical activities for them to participate in at their school

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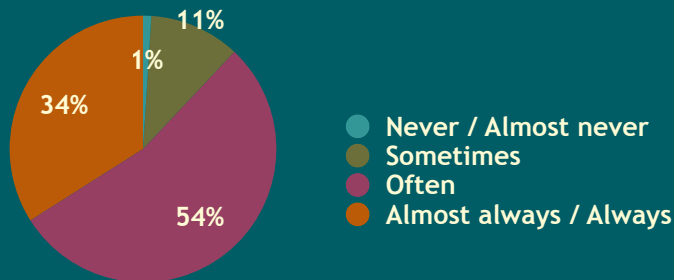
For more information:

Peer Relationships Among BHYP Participants

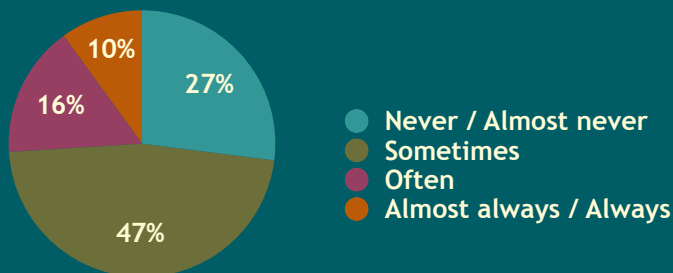
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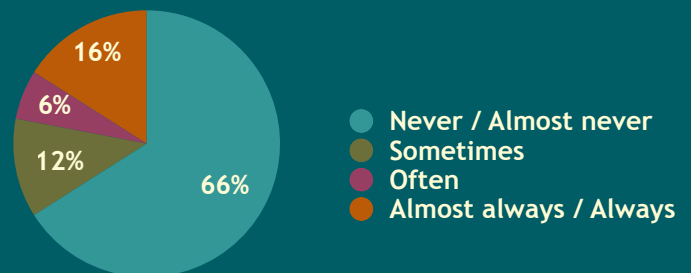
FREQUENCY OF HAVING GOOD QUALITY FRIENDSHIPS



FREQUENCY OF FEELING SHY WHEN MEETING NEW PEOPLE



FREQUENCY OF FEELING SHY WITH PEOPLE THEY KNOW WELL



- 21% have had a boyfriend/girlfriend in the past year

Of those with a boyfriend/girlfriend:

- 53% have kissed their boyfriend/girlfriend

Of those with a boyfriend/girlfriend who are in grade 6+:

- 20% have gone further than kissing with their boyfriend/girlfriend
- 74% have spent alone time with their boyfriend/girlfriend

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For more information:

Risk-Taking Among BHYP Participants

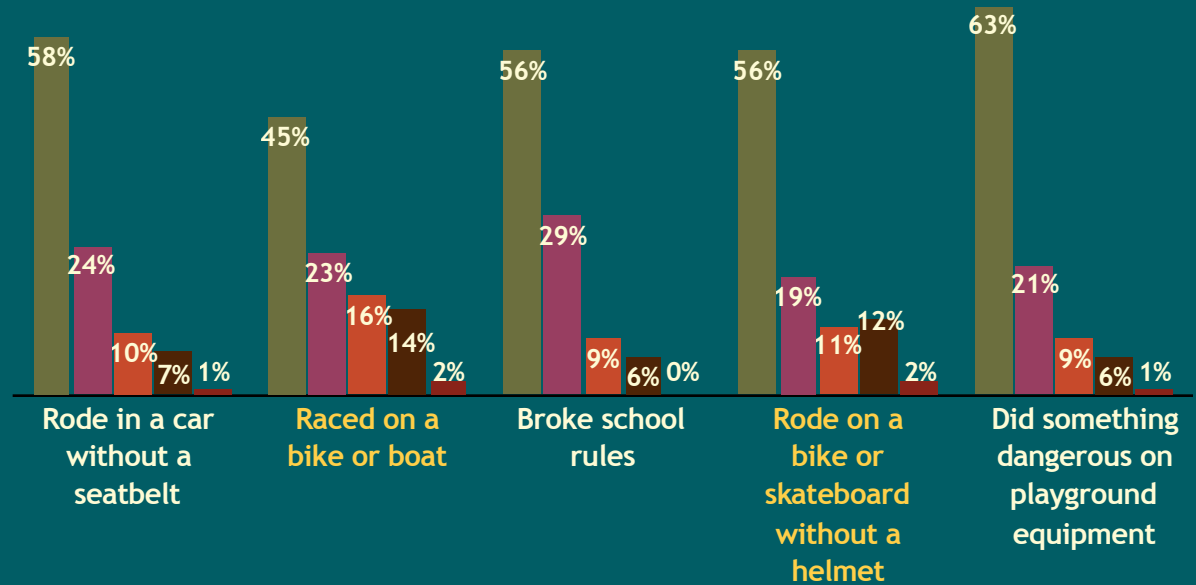
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37% consider themselves a risk taker

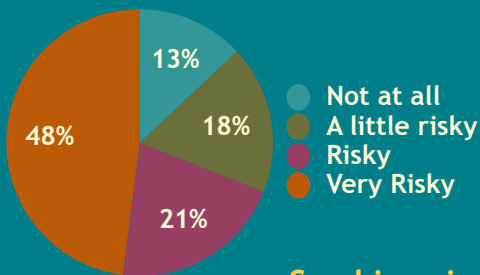
FREQUENCY OF ENGAGING IN THE TOP 5 RISK-TAKING BEHAVIOURS IN THE PAST YEAR

- 0 Times
- 1-2 Times
- 3-4 Times
- 5-10 Times
- 10+ Times

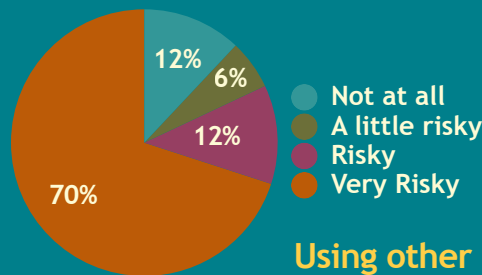


PERCEPTIONS OF RISK ASSOCIATED WITH THE FOLLOWING BEHAVIOURS

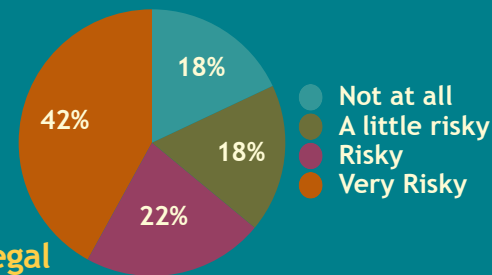
Drinking alcohol



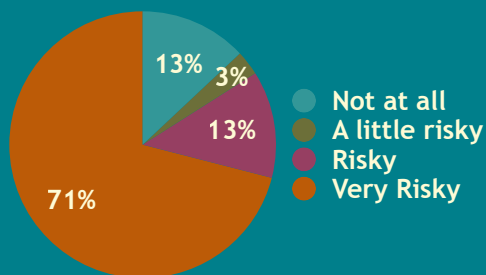
Smoking marijuana (grade 6+)



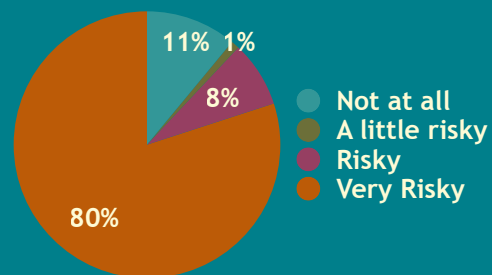
Vaping (grade 6+)



Smoking cigarettes



Using other illegal drugs (grade 6+)



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brocku.ca/bhyp



jmorrish@brocku.ca



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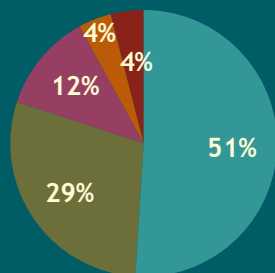
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School and Neighbourhood Perceptions Among BHYP Participants

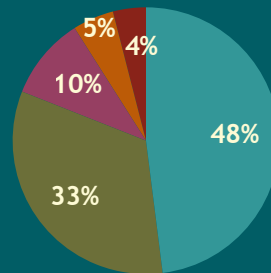
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PERCENTAGE OF PARTICIPANTS MISSING SCHOOL PER MONTH FOR ILLNESS



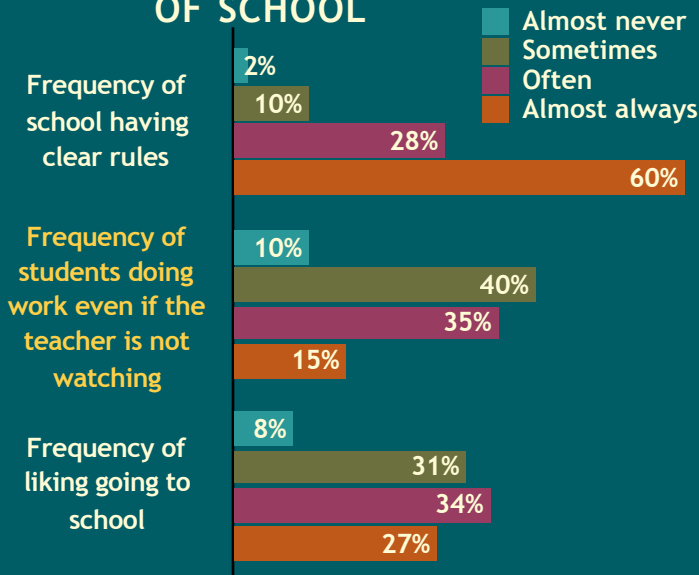
PERCENTAGE OF PARTICIPANTS MISSING SCHOOL PER MONTH FOR NON-ILLNESS



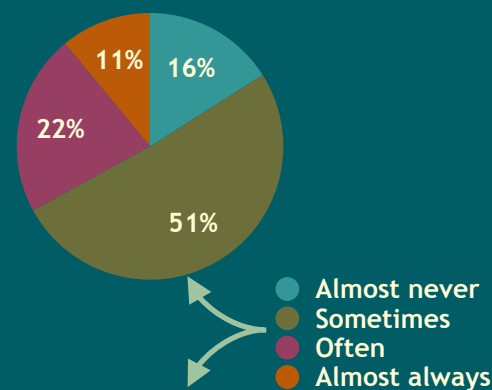
Average number of days:

- None
- 1-2
- 3-4
- 5-6
- 7+

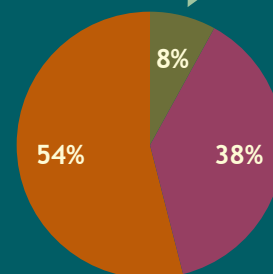
PARTICIPANTS PERCEPTIONS OF SCHOOL



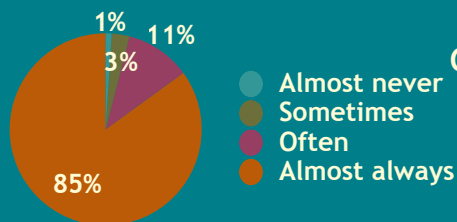
FREQUENCY OF FEELING BORED AT SCHOOL



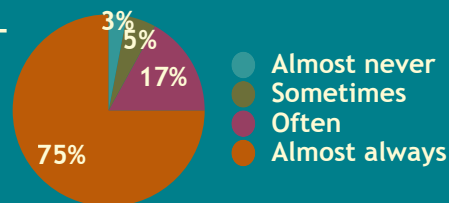
FREQUENCY OF HAVING A POSITIVE PERCEPTION OF NEIGHBOURHOOD



PERCEIVED FREQUENCY OF PARENTS THINKING IT IS IMPORTANT THAT THEIR CHILD DOES WELL IN SCHOOL



FREQUENCY OF CHILDREN THINKING IT IS IMPORTANT THAT THEY DO WELL IN SCHOOL



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brocku.ca/bhyp



jmorrish@brocku.ca



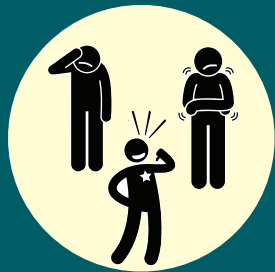
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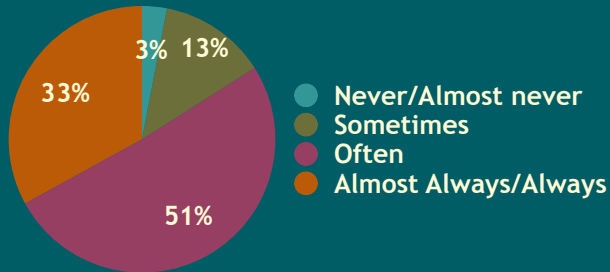
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Stress and Wellbeing Among BHYP Participants

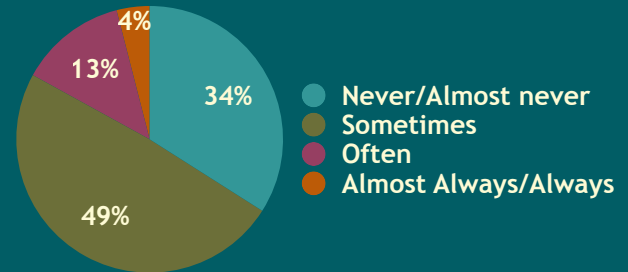
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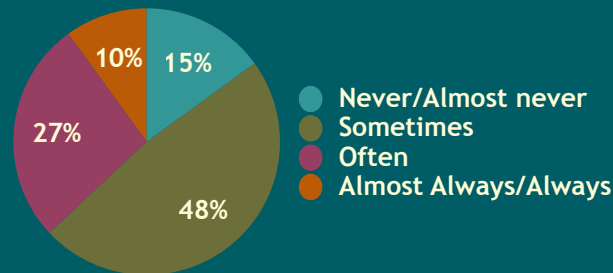
FREQUENCY OF FEELING GOOD ABOUT YOURSELF



FREQUENCY OF FEELING SOCIALLY ANXIOUS



FREQUENCY OF WORRYING



Top daily stressors that often bother participants:

1. Noisy Classroom - 42%
2. Not having enough time - 35%
3. Not getting enough sleep - 29%
4. Studying for tests - 29%
5. Taking tests - 26%
6. What other kids think of you - 22%
7. Looks - 22%
8. Not having enough money - 20%
9. Weight - 19%
10. Homework - 18%

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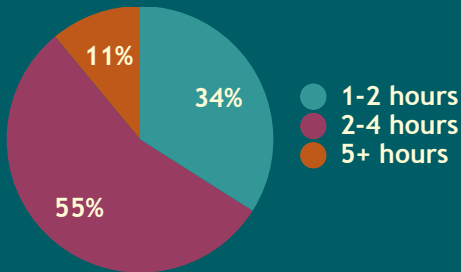
Time Management Among BHYP Participants

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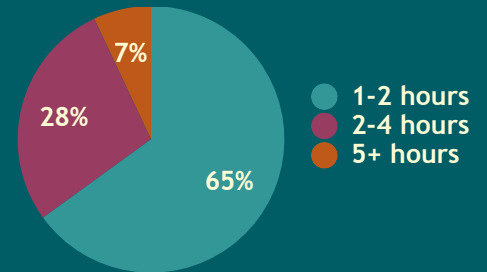
PERCENTAGE OF PARTICIPANTS REPORTING TIME SPENT ON ACTIVITIES ON AN AVERAGE DAY



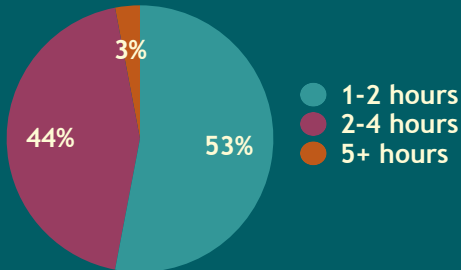
Watching TV



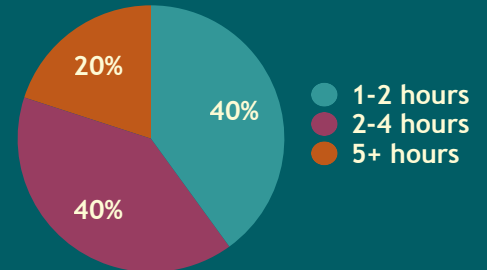
Texting



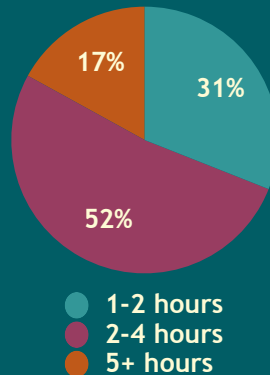
Doing homework/ studying



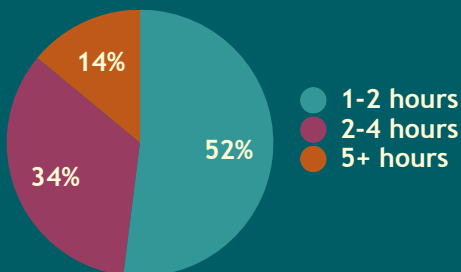
Playing video games



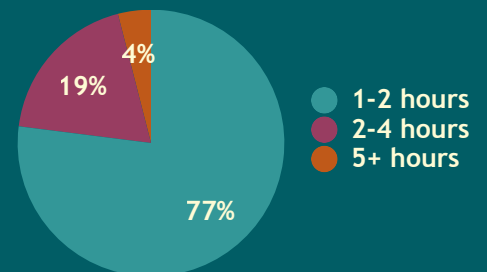
Hanging out with friends (outside of school)



Going on social media



Talking on phone



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