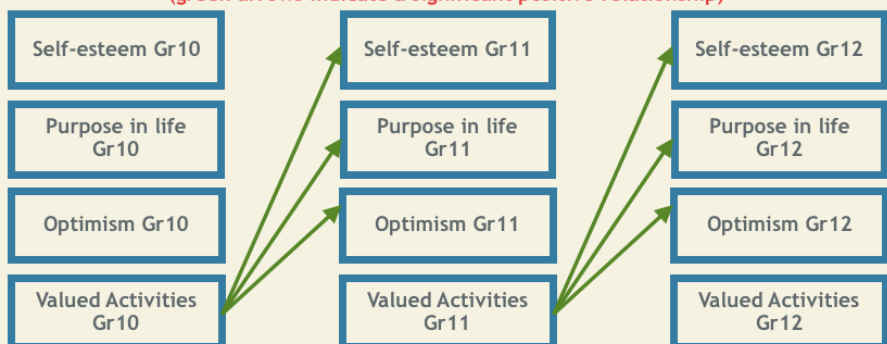


Youth Lifestyle Choices Niagara

Valued Activities & Positive Adjustment in Adolescence

Greater engagement in valued activities predicted higher optimism, purpose, and self-esteem over time among adolescents, suggesting long-term benefits to engaging in valued activities

Associations between valued activities and positive adjustment variables over time (green arrows indicate a significant positive relationship)



What are your goals?

The top 3 “most important goals in your life” reported by you and your peers are:

1. Future career and academic achievement
2. Happiness
3. Marriage and family



The top 3 “most meaningful things in your life” reported by you and your peers are:

1. Family
2. Friends
3. Academics and your Future

Depressive Symptoms & Health-Risk Behaviours

Adolescents who had higher depressive symptoms in grade nine reported faster increases than their peers in smoking, marijuana, and hard drug use across the high school years

Figure 1: Change over time in frequency of smoking from Gr9-12

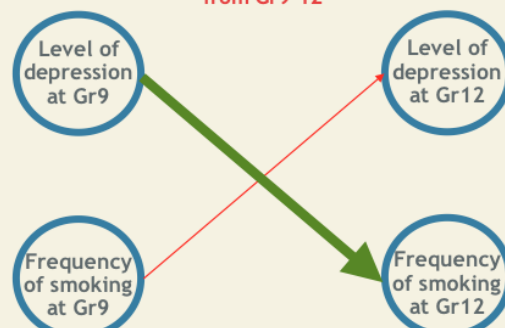


Figure 2: Change over time in frequency of marijuana use from Gr9-12

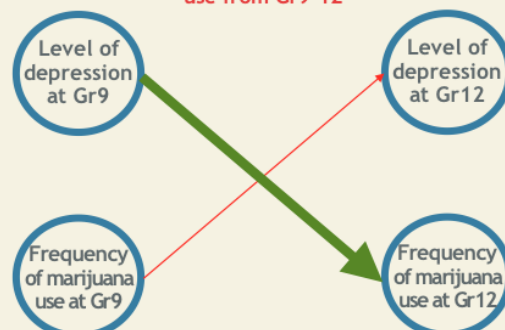
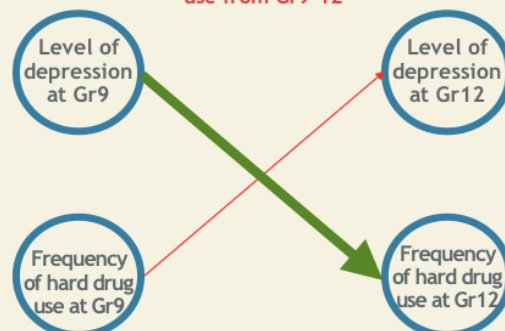
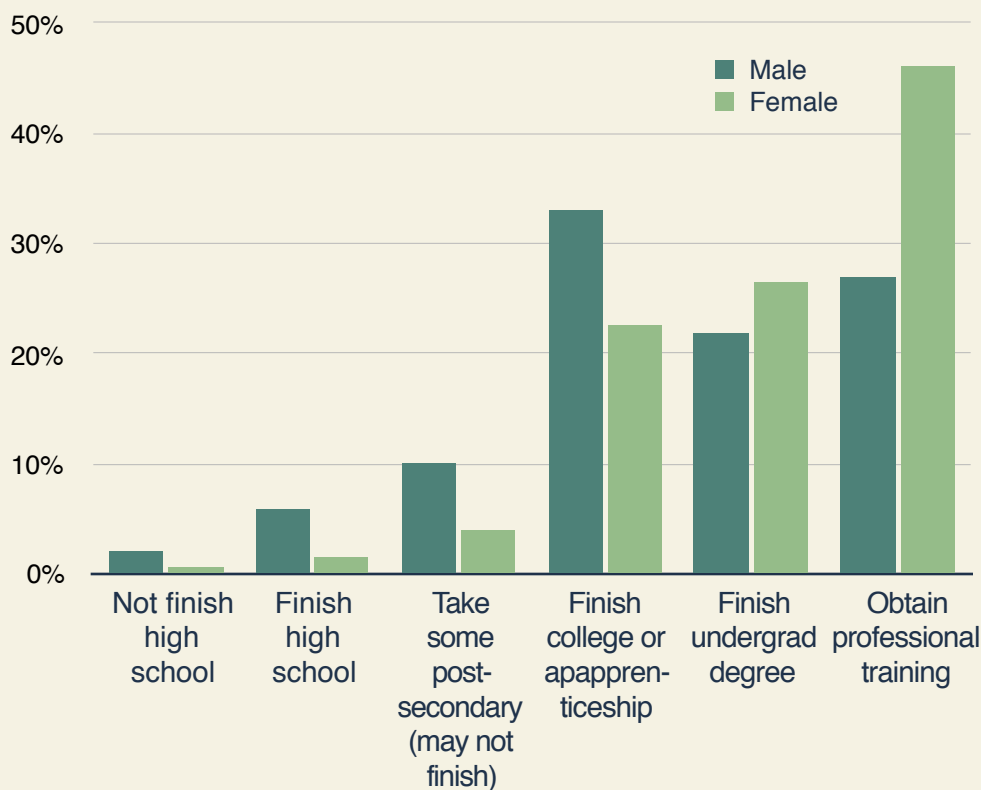


Figure 3: Change over time in frequency of hard drug use from Gr9-12



NB: For all figures green arrows indicate a significant relationship, red arrows indicate a non-significant relationship

Education goals - How far do you plan to go in school?



Fun facts from the study

- **67%** of students told us that they believe in God, a Higher Power or a higher spiritual path. Of these students, **54%** attend church at least once or twice a month
- **51%** of students do not skip school
- **77%** of students do something fun with their families at least a few times a month
- **40%** of students report being bored at school every day
- **107** different cultures were represented, such as: Zimbabwean, Belgian, Turkish, Moroccan, Guatemalan, Croatian, Vietnamese, Yugoslavian and Laotian

Contact us!

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