

Well-being and Health Youth Surveys

2024 Results

| |
|--------------------------|
| Introduction |
| Demographics |
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What are the WHY Surveys?

The Well-being Health and Youth (WHY) Surveys collect information from youth, parents, and school staff about youth health and well-being. They were created in partnership between the Upper Grand District School Board, Wellington Catholic District School Board and Wellington-Dufferin-Guelph Public health.

What is the purpose of this report?

This report will help you explore your school’s results from the WHY Surveys. It includes information from the student, parent and staff surveys. The information in this report will help you understand where students are thriving and where they might be struggling.

Important notes on the data

The WHY Surveys are voluntary, it is possible that important differences exist between those who did and did not choose to participate. Although the response rate for students was quite high, caution should be used when interpreting results for grade 12 students as only about one third of those enrolled completed the survey.

| | | |
|---------------|------------|--------------------------|
| Entire Region | Sub-region | Municipality or Township |
|---------------|------------|--------------------------|

Surveys complete for selected geography

| Student Survey | Parent Survey | Staff Survey |
|----------------|---------------|--------------|
| ▼ | | |
| 20298 | 3396 | 894 |

Change in completed surveys from 2022

| Student Survey | Parent Survey | Staff Survey |
|----------------|---------------|--------------|
| ▼ | | |
| +990 | -2319 | -994 |

Demographics

Wellington-Dufferin-Guelph Results

| | | | | | |
|--------------------------|--|----------------|-------------------------|--------|--|
| Introduction | Student Results | Parent Results | Select comparator: 2022 | | |
| Demographics | Percent of Student Respondents who: | | | | |
| School Climate | Consider themselves to be a person with a disability(ies)* | 7.5% | — | — | |
| | Do not identify as male or female | 2.2% | 3.5% | -38.1% | |
| | Do not speak English at home | 9.8% | 6.6% | +48.2% | |
| Positive Mental Health | Identify as a race other than Caucasian (white) | 30.8% | 26.3% | +17.1% | |
| | Identify as indigenous to the lands now called Canada | 2.9% | 2.7% | +7.8% | |
| | Report a sexual orientation other than straight/heterosexual | 17.4% | 23.4% | -25.6% | |
| Mental Health Challenges | Report both parents were born in another country | 23.6% | 20.8% | +13.3% | |
| | Were born outside of Canada | 12.7% | 9.7% | +31.9% | |
| Bullying | | | | | |
| Social | | | | | |
| Health & Substance Use | | | | | |
| Encouraging Changes | | | | | |
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| Gender Differences | | | | | |
| Trends over Time | | | | | |
| Composite Variables | | | | | |

Notes:
"Change" column calculated as: $(2024 \text{ Value} - \text{Comparator Value}) / \text{Comparator Value}$

Symbols:
* **(asterisk)**: question new for 2024
† **(dagger)**: question wording or the response options have changed from previous years
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≤ **(less than or equal to)**: fewer than 5 responses fall into indicator category; not reported exactly to protect participant privacy

School Climate

Wellington-Dufferin-Guelph Results

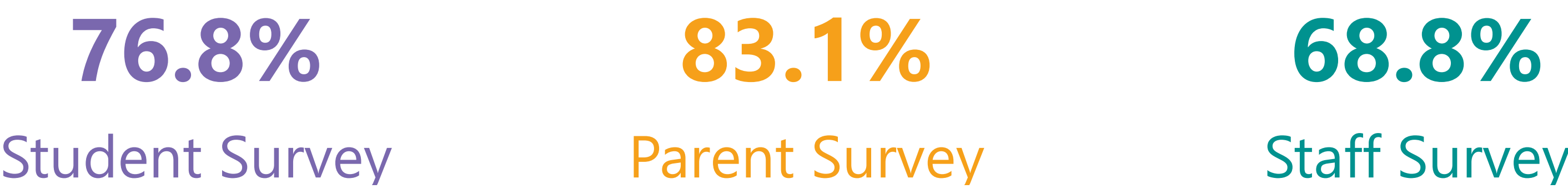
| | | | | | | |
|--------------------------|--|----------------|---------------|--------------------|------|---|
| Introduction | Student Results | Parent Results | Staff Results | Select comparator: | 2022 | ▼ |
| Demographics | Percent of Student Respondents who: ▲ | | | | | |
| | Are interested in what they are learning at school | 47.9% | 50.0% | -4.2% | | |
| School Climate | Contribute to ideas in the classroom* | 77.4% | — | — | | |
| | Enjoy learning* | 76.5% | — | — | | |
| Positive Mental Health | Experienced discrimination at school because of a disability* | 10.0% | — | — | | |
| | Experienced discrimination at school because of gender identity* | 10.9% | — | — | | |
| Mental Health Challenges | Experienced discrimination at school because of race or ethnic background* | 19.9% | — | — | | |
| | Experienced discrimination at school because of religion or faith* | 12.9% | — | — | | |
| Bullying | Experienced discrimination at school because of sexual orientation* | 10.8% | — | — | | |
| Social | Experienced discrimination at school for any reason* | 36.2% | — | — | | |
| | Feel like a valued part of the school community | 46.4% | 42.9% | +8.3% | | |
| Health & Substance Use | Have a high score on the Caring School Environment | 65.6% | 62.1% | +5.7% | | |
| | Have at least one adult at school they can turn to if they need help | 86.4% | 84.4% | +2.4% | | |
| Encouraging Changes | Participate in their learning* | 92.0% | — | — | | |
| | Report adults at school are interested in them | 73.4% | 70.7% | +3.8% | | |
| Concerning Changes | Report adults at school have high expectations of them | 86.0% | 84.8% | +1.3% | | |
| | Report adults at school notice when they are doing a good job | 82.5% | 80.8% | +2.2% | | |
| | Report feeling included at school | 85.3% | 87.4% | -2.5% | | |
| Gender Differences | Notes: "Change" column calculated as: $(2024 \text{ Value} - \text{Comparator Value}) / \text{Comparator Value}$ | | | | | |
| Trends over Time | Symbols: * (asterisk) : question new for 2024 † (dagger) : question wording or the response options have changed from previous years — (long dash) : fewer than 5 total responses received or question not asked ≤ (less than or equal to) : fewer than 5 responses fall into indicator category; not reported exactly to protect participant privacy | | | | | |
| Composite Variables | | | | | | |

Positive Mental Health

Wellington-Dufferin-Guelph Results

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| Composite Variables |

Percent of respondents who report good, very good or excellent mental health:



| Student Results | Parent Results | Staff Results | Select comparator: | 2022 | |
|--|----------------|---------------|--------------------|------------|--------|
| Percent of Student Respondents who: | | | | | |
| ▼ | | | 2024 | Comparator | Change |
| Report their happiness as good, very good or excellent | | | 79.2% | 74.4% | +6.4% |
| Percent of respondents who report good, very good or excellent mental health | | | 76.8% | 71.1% | +8.0% |
| Know where to get help with problems† | | | 82.4% | 52.1% | +58.2% |
| Have a high score on the Self-Esteem asset | | | 56.8% | 56.3% | +0.9% |
| Have a high score on the Positive Mental Health scale | | | 47.1% | 43.8% | +7.7% |
| Feel hopeful about their future | | | 66.3% | 63.0% | +5.4% |
| Cope well with issues and difficulties they experience at school | | | 47.8% | 45.4% | +5.3% |

Notes:
"Change" column calculated as: $(2024 \text{ Value} - \text{Comparator Value}) / \text{Comparator Value}$

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Mental Health Challenges

Wellington-Dufferin-Guelph Results

| | | | | | | |
|--------------------------|--|----------------|---------------|--------------------|------|---|
| Introduction | Student Results | Parent Results | Staff Results | Select comparator: | 2022 | ▼ |
| Demographics | Percent of Student Respondents who: ▲ | | | | | |
| | Attempted suicide in the past 12 months† | 4.1% | 8.1% | -49.9% | | |
| School Climate | Did not seek help for mental health concerns when professional help was needed* | 23.3% | — | — | | |
| | Harmed themselves in the past 12 months† | 11.4% | 19.8% | -42.2% | | |
| Positive Mental Health | Have a high score on the Psychological Distress scale | 9.1% | 10.8% | -16.0% | | |
| | Have low resilience on the Brief Resilience Scale* | 29.0% | — | — | | |
| Mental Health Challenges | Report gambling in the past year | 21.6% | 22.7% | -4.9% | | |
| | Report having thoughts of self-harm in the past 12 months† | 20.9% | 18.3% | +14.3% | | |
| | Report having thoughts of suicide in the past 12 months† | 15.5% | 14.6% | +6.6% | | |
| Bullying | Report often or always feeling overwhelmed | 43.6% | 47.1% | -7.4% | | |
| | Report often or always struggling with balancing roles at home and school | 24.4% | 24.8% | -1.7% | | |
| Social | Report often or always struggling with being distracted | 43.2% | 36.9% | +17.2% | | |
| | Report often or always struggling with body image | 29.6% | 31.8% | -7.0% | | |
| Health & Substance Use | Report often or always struggling with eating issues | 20.7% | 23.1% | -10.5% | | |
| | Report often or always struggling with pressure from peers | 21.7% | 13.5% | +60.5% | | |
| Encouraging Changes | Report often or always struggling with severe stress about grades or exams | 44.8% | 39.0% | +15.0% | | |
| | Report that the COVID-19 pandemic negatively affected their mental health* | 68.4% | — | — | | |
| Concerning Changes | | | | | | |
| Gender Differences | Notes: "Change" column calculated as: $(2024 \text{ Value} - \text{Comparator Value}) / \text{Comparator Value}$ | | | | | |
| Trends over Time | Symbols: * (asterisk): question new for 2024 † (dagger): question wording or the response options have changed from previous years — (long dash): fewer than 5 total responses received or question not asked ≤ (less than or equal to): fewer than 5 responses fall into indicator category; not reported exactly to protect participant privacy | | | | | |
| Composite Variables | | | | | | |

Bullying

Wellington-Dufferin-Guelph Results

| | | | | | | |
|--------------------------|--|----------------|---------------|--------------------|------------|--------|
| Introduction | Student Results | Parent Results | Staff Results | Select comparator: | 2022 | ▼ |
| Demographics | Percent of Student Respondents who: | | | 2024 | Comparator | Change |
| | Have been bullied at school or on the bus in the past year | | | 31.2% | 25.7% | +21.4% |
| School Climate | Have been bullied outside of school in the past year | | | 21.9% | 19.8% | +10.6% |
| | Have seen a friend or classmate being bullied in the past year | | | 26.9% | 23.7% | +13.4% |
| Positive Mental Health | Report being bullied by electronic or cyberbullying in the past year (e.g., teased through social media like TikTok, SnapChat and Instagram or by text messages) | | | 23.9% | 26.5% | -9.8% |
| Mental Health Challenges | Told an adult about the bullying | | | 53.5% | 55.0% | -2.8% |
| Bullying | | | | | | |
| Social | | | | | | |
| Health & Substance Use | | | | | | |
| Encouraging Changes | | | | | | |
| Concerning Changes | | | | | | |
| Gender Differences | Notes: "Change" column calculated as: $(2024 \text{ Value} - \text{Comparator Value}) / \text{Comparator Value}$ | | | | | |
| Trends over Time | Symbols: * (asterisk): question new for 2024 † (dagger): question wording or the response options have changed from previous years — (long dash): fewer than 5 total responses received or question not asked ≤ (less than or equal to): fewer than 5 responses fall into indicator category; not reported exactly to protect participant privacy | | | | | |
| Composite Variables | | | | | | |

Social

Wellington-Dufferin-Guelph Results

| | | | | | |
|--------------------------|--|----------------|-------------------------|------------|--------|
| Introduction | Student Results | Parent Results | Select comparator: 2022 | | |
| Demographics | Percent of Student Respondents who: | | 2024 | Comparator | Change |
| | Report damaging property in the past year | | 4.5% | 3.4% | +30.3% |
| School Climate | Report stealing in the past year | | 8.2% | 6.3% | +29.4% |
| | Report physically hurting someone in the past year | | 6.4% | 5.0% | +27.8% |
| | Have a high score on Participation in Youth Programs | | 46.9% | 38.4% | +22.2% |
| Positive Mental Health | Report feeling like harming others in the past year | | 12.8% | 11.1% | +15.2% |
| | Have a high score on the Peer Connectedness Asset | | 56.8% | 53.1% | +7.1% |
| Mental Health Challenges | Spend quality time at home with their families | | 70.9% | 66.7% | +6.3% |
| | Have a high score on the Family Support Asset | | 70.8% | 67.0% | +5.7% |
| Bullying | Say their neighbours care about them | | 60.5% | 57.7% | +4.9% |
| | Have a high score on the Family Communication Asset | | 61.5% | 58.7% | +4.7% |
| | Volunteer in their community | | 72.1% | 69.5% | +3.8% |
| Social | Feel safe in their neighbourhood | | 83.9% | 86.6% | -3.1% |
| | Report carrying a weapon in the past year | | 4.4% | 4.7% | -5.8% |
| Health & Substance Use | Report experiencing barriers to accessing programs and services in their community in the past year | | 32.2% | 47.5% | -32.2% |
| Encouraging Changes | | | | | |
| Concerning Changes | | | | | |
| Gender Differences | Notes: "Change" column calculated as: $(2024 \text{ Value} - \text{Comparator Value}) / \text{Comparator Value}$ | | | | |
| Trends over Time | Symbols: * (asterisk) : question new for 2024 † (dagger) : question wording or the response options have changed from previous years — (long dash) : fewer than 5 total responses received or question not asked ≤ (less than or equal to) : fewer than 5 responses fall into indicator category; not reported exactly to protect participant privacy | | | | |
| Composite Variables | | | | | |

Health & Substance Use

Wellington-Dufferin-Guelph Results

| |
|--------------------------|
| Introduction |
| Demographics |
| School Climate |
| Positive Mental Health |
| Mental Health Challenges |
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| Concerning Changes |
| Gender Differences |
| Trends over Time |
| Composite Variables |

Percent of respondents who report good, very good or excellent physical health:

85.9%
Student Survey

87.0%
Parent Survey

77.6%
Staff Survey

| | | |
|---------------------|---------------------------|----------------------|
| Junior (Grades 4-6) | Intermediate (Grades 7-8) | Senior (Grades 9-12) |
|---------------------|---------------------------|----------------------|

| | | | |
|-----------------|---------------|--------------------|------|
| Physical Health | Substance Use | Select comparator: | 2022 |
|-----------------|---------------|--------------------|------|

| Percent of Student Respondents who: | 2024 | Comparator | Change |
|--|-------|------------|--------|
| Are physically active five or more days a week | 67.8% | 62.5% | +8.5% |
| Eat fruit and vegetables every day | 91.5% | 89.7% | +2.0% |
| Meet Canadian sleep guidelines for their age group | 78.2% | 76.8% | +1.8% |
| Percent of respondents who report good, very good or excellent physical health | — | 92.4% | — |
| Report 3 or more hours of screentime outside school per day | 50.2% | 57.3% | -12.4% |
| Report active transportation (walk or wheel) to school each week* | 46.4% | — | — |
| Report eating breakfast every day | 66.2% | 67.5% | -1.9% |
| Report more than 2 hours playing video games each day* | 19.6% | — | — |
| Report more than 2 hours spent on social media sites or apps | 18.2% | — | — |

Notes:
"Change" column calculated as: $(2024 \text{ Value} - \text{Comparator Value}) / \text{Comparator Value}$

Symbols:
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Encouraging Changes

Wellington-Dufferin-Guelph Results

| | | | | | | |
|--------------------------|---|----------------|---------------|--------------------|------------|--------|
| Introduction | Student Results | Parent Results | Staff Results | Select comparator: | 2022 | ▼ |
| Demographics | Percent of Student Respondents who: ▲ | | Participants | 2024 | Comparator | Change |
| | Are physically active five or more days a week | | Grades 4 + | 61.6% | 55.5% | +11.2% |
| School Climate | Attempted suicide in the past 12 months† | | Grades 7 + | 4.1% | 8.1% | -49.9% |
| | Binge drank in the past year | | Grades 7 + | 15.0% | 20.6% | -26.9% |
| | Drank alcohol in the past year | | Grades 7 + | 30.8% | 36.0% | -14.4% |
| Positive Mental Health | Ever had sex | | Grades 9 + | 18.5% | 22.0% | -16.0% |
| | Ever tried cannabis | | Grades 4 - 6 | 1.6% | 5.8% | -72.0% |
| Mental Health Challenges | Harmed themselves in the past 12 months† | | Grades 7 + | 11.4% | 19.8% | -42.2% |
| | Have a high score on Participation in Youth Programs | | Grades 7 + | 46.9% | 38.4% | +22.2% |
| | Have a high score on the Psychological Distress scale | | Grades 4 + | 9.1% | 10.8% | -16.0% |
| Bullying | Have experienced non-consensual sexual activity | | Grades 9 + | 8.4% | 11.3% | -25.9% |
| | Know where to get help with problems† | | Grades 4 + | 82.4% | 52.1% | +58.2% |
| Social | Report experiencing barriers to accessing programs and services in their community in the past year | | Grades 7 + | 32.2% | 47.5% | -32.2% |
| | Report often or always struggling with eating issues | | Grades 4 + | 20.7% | 23.1% | -10.5% |
| Health & Substance Use | Take part in school activities like clubs or sports | | Grades 4 + | 54.4% | 43.0% | +26.4% |
| | Used an e-cigarette in the past year | | Grades 7 + | 11.2% | 15.1% | -25.7% |
| Encouraging Changes | Used cannabis in the past year | | Grades 7 + | 11.2% | 13.1% | -14.5% |
| Concerning Changes | | | | | | |
| Gender Differences | | | | | | |
| Trends over Time | Notes: Changes exceeding ±10% shown. Change calculated as: (2024 Value - Comparator Value) / Comparator Value | | | | | |
| Composite Variables | Symbols: † (dagger): question wording or the response options have changed from previous years | | | | | |

Concerning Changes

Wellington-Dufferin-Guelph Results

| | | | | | | |
|--------------------------|---|----------------|---------------|-------------------------|------------|---------|
| Introduction | Student Results | Parent Results | Staff Results | Select comparator: 2022 | | |
| Demographics | Percent of Student Respondents who: ▲ | | Participants | 2024 | Comparator | Change |
| School Climate | Are current smokers | | Grades 7 + | 3.7% | 2.6% | +42.2% |
| | Ever tried alcohol | | Grades 4 - 6 | 6.9% | 1.3% | +428.0% |
| | Ever tried cigarettes | | Grades 4 - 6 | 1.8% | 1.3% | +36.2% |
| Positive Mental Health | Ever tried other drugs | | Grades 4 - 6 | 3.4% | 2.2% | +54.7% |
| | Have been bullied at school or on the bus in the past year | | Grades 4 + | 31.2% | 25.7% | +21.4% |
| Mental Health Challenges | Have been bullied outside of school in the past year | | Grades 4 + | 21.9% | 19.8% | +10.6% |
| | Have seen a friend or classmate being bullied in the past year | | Grades 4 + | 26.9% | 23.7% | +13.4% |
| Bullying | Report damaging property in the past year | | Grades 7 + | 4.5% | 3.4% | +30.3% |
| Social | Report feeling like harming others in the past year | | Grades 7 + | 12.8% | 11.1% | +15.2% |
| | Report having thoughts of self-harm in the past 12 months† | | Grades 4 + | 20.9% | 18.3% | +14.3% |
| Health & Substance Use | Report often or always struggling with being distracted | | Grades 4 + | 43.2% | 36.9% | +17.2% |
| Encouraging Changes | Report often or always struggling with pressure from peers | | Grades 4 + | 21.7% | 13.5% | +60.5% |
| | Report often or always struggling with severe stress about grades or exams | | Grades 4 + | 44.8% | 39.0% | +15.0% |
| Concerning Changes | Report physically hurting someone in the past year | | Grades 7 + | 6.4% | 5.0% | +27.8% |
| Gender Differences | Report stealing in the past year | | Grades 7 + | 8.2% | 6.3% | +29.4% |
| | Used cough medicine to get high in the past | | Grades 7 + | 17.0% | 9.8% | +73.9% |
| Trends over Time | Notes: Changes exceeding ±10% shown. Change calculated as: (2024 Value - Comparator Value) / Comparator Value | | | | | |
| Composite Variables | Symbols: † (dagger): question wording or the response options have changed from previous years | | | | | |

Gender Differences

Wellington-Dufferin-Guelph Results

| | | | | | |
|--------------------------|--|----------------|-------|-------|---------|
| Introduction | Female - Male | Another Gender | | | |
| Demographics | Percent of Student Respondents who: Participants Female Male Difference | | | | |
| | Have experienced non-consensual sexual activity | Grades 9 + | 12.0% | 3.4% | +247.1% |
| School Climate | Report a sexual orientation other than straight/heterosexual | Grades 7 + | 20.8% | 8.7% | +138.2% |
| Positive Mental Health | Report often or always struggling with body image | Grades 4 + | 40.7% | 17.1% | +137.6% |
| | Harmed themselves in the past 12 months† | Grades 7 + | 14.6% | 6.3% | +130.0% |
| Mental Health Challenges | Report often or always struggling with eating issues | Grades 4 + | 27.7% | 12.1% | +128.7% |
| | Did not seek help for mental health concerns when professional help was needed* | Grades 7 + | 30.8% | 14.0% | +120.6% |
| | Have low resilience on the Brief Resilience Scale* | Grades 7 + | 38.2% | 18.1% | +111.1% |
| Social | Have a high score on the Psychological Distress scale | Grades 4 + | 11.4% | 5.5% | +107.9% |
| Health & Substance Use | Report often or always feeling overwhelmed | Grades 4 + | 56.6% | 28.9% | +95.8% |
| | Experienced discrimination at school because of gender identity* | Grades 7 + | 11.0% | 6.7% | +63.4% |
| Encouraging Changes | Report having thoughts of suicide in the past 12 months† | Grades 7 + | 17.6% | 10.8% | +62.4% |
| Concerning Changes | Attempted suicide in the past 12 months† | Grades 7 + | 4.3% | 2.8% | +56.5% |
| | Report having thoughts of self-harm in the past 12 months† | Grades 4 + | 23.9% | 15.8% | +51.0% |
| Gender Differences | Used an e-cigarette in the past year | Grades 7 + | 12.9% | 8.6% | +50.2% |
| Trends over Time | Notes: Differences exceeding ±10% shown. Difference calculated as: (Group A Value - Group B Value) / Group B Value | | | | |
| Composite Variables | Symbols: * (asterisk): question new for 2024 † (dagger): question wording or the response options have changed from previous years | | | | |

Trends over Time

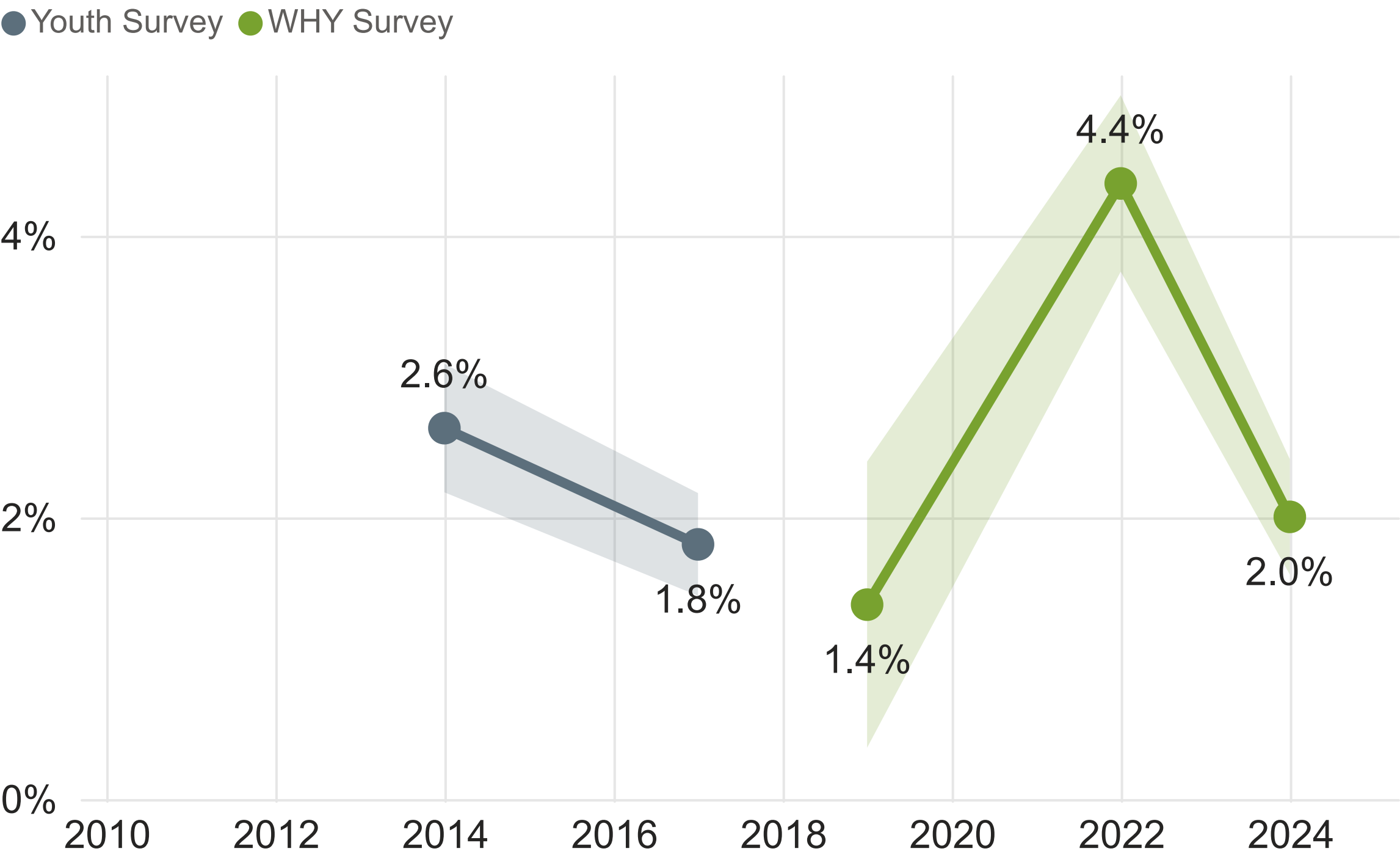
Wellington-Dufferin-Guelph Results

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Several WHY survey indicators were first collected by a previous survey that was administered to grade 7 and 10 students, the WDG Youth Survey. Below you will see how indicators common to both surveys have changed over the years. To remain consistent with the WDG Youth Survey data, only WHY survey responses from grade 7 and 10 students are included.

Select an indicator:

Demographics: Do not identify as female or male



| Year | Survey | Value |
|------|--------------|-------|
| 2011 | Youth Survey | — |
| 2014 | Youth Survey | 2.6% |
| 2017 | Youth Survey | 1.8% |
| 2019 | WHY Survey | 1.4% |
| 2022 | WHY Survey | 4.4% |
| 2024 | WHY Survey | 2.0% |

Changes in Indicator:
Moderate changes over time. Interpret with caution.

Change Details:
From 2014 to 2019, the response options for this question changed. The question changed from 2019 to 2022 from "What is your gender?" to "What is your gender identity?".

Confidence Intervals:
95% confidence intervals for indicators are shown in the shaded area to assist in interpreting differences between survey years.

Well-being and Health Youth Surveys

Composite Variables

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What are composite variables?

Composite variables are variables made up of two or more measures that are highly related to one another. Composite variables can be helpful when assessing multifaceted concepts, such as mental health or connection to peers.

How are composite variables calculated?

Each response is assigned a numeric value, the values for each question are summed to reach a total score for the composite variable. Scores that are equal to or above a predetermined cut-off are designated “High” and those below is are labelled “Low”.

This page helps understand the specific composite variables included in this report.

Select a composite variable:

Caring School

▼

Question

Describe how you feel about the adults at your school:

- a. Adults at my school have high expectations of me
- b. Adults at my school are interested in me
- c. Adults at school notice when I am doing a good job and let me know about it

Response Options

Junior Students:

- Yes
- Sometimes/Sort of
- No

Intermediate/Senior Students:

- Strongly Disagree
- Somewhat Disagree
- Somewhat Agree
- Strongly Agree