

Halton Youth Survey



Halton Results By Grade and Gender

2012-13

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Notes on Interpreting the Data

- The Halton Youth Survey relies on self-reported behaviours from students. Caution should be exercised when interpreting the meaning of findings as they may not be representative of all students.
- These tables report percentages, so it is important to consider the number of students in each grade and gender group (which is listed in Table 2). For instance, if 15% of Grade 10 females are at risk for depression, this is equivalent to 15% of 2410, or about 362 grade 10 female students in Halton Region.
- Use caution when interpreting a small increase or decrease in a few percentage points.
- There can be significant differences in outcome measures for males and females. Generally, females are more likely to have a higher number of Developmental Assets and less likely to engage in risky behaviours. Keep this in mind when interpreting the data.

The 20 Developmental Assets

Support

1. **Family Support:** Family provides high levels of nurturing and support. This asset is comprised of 5 questions: 28A, 28C, 28H, 28I & 28K (Tables 13 & 14).
2. **Positive Family Communication:** Young person and his or her parent(s) communicate positively, and young person is willing to seek advice and counsel from parents. This asset is comprised of 2 questions: 28F & 28G (Tables 13 & 14).
3. **Caring Neighbourhood:** Young person experiences caring neighbours. This asset is comprised of 1 question: 11F (Tables 7 & 8).
4. **Caring School Climate:** School provides a caring, encouraging environment. This asset is comprised of 3 questions: 21A, 21B & 21C (Tables 9 & 10).

Empowerment

5. **Youth as Resources:** Young people are provided opportunities to contribute to their community. This asset is comprised of 1 question: 11D (Tables 7 & 8).
6. **Service to Others:** Young person volunteers in the community. This asset is comprised of 1 question: 11G (Tables 7 & 8).
7. **Safety:** Young person feels safe at school and in their neighbourhood. This asset is comprised of 2 questions: 11E & 23 (Tables 7 to 10).

Boundaries and expectations

8. **Family Boundaries:** Family has clear rules and consequences and monitors the young person's whereabouts. This asset is comprised of 5 questions: 28B, 28D, 28E, 28J & 28L (Tables 13 & 14).

9. **Positive Peer Influence:** Young person's best friends model responsible behaviour. This asset is comprised of 4 questions: 27A, 27B, 27C & 27D (Tables 11 & 12).

Constructive use of time

10. **Youth Programs***:** Young person spends time participating in youth programs. This asset is comprised of 5 questions: 13A, 13B, 13C, 13D & 13E (Tables 7 & 8). ***In 2009 this asset was comprised of 4 questions, and did not include 13B.
11. **Time at Home:** Young person spends quality time with their families at home. This asset is comprised of 1 question: 28M (Tables 13 & 14).

Commitment to learning

12. **School Engagement:** Young person is actively engaged in learning. This asset is comprised of 7 questions: 18A, 18B, 18C, 18D, 18E, 18F & 18G (Tables 9 & 10).
13. **Bonding to School:** Young person likes school and is proud of her or his school. This asset is comprised of 2 questions: 15 & 16 (Tables 9 & 10).

Positive values

14. **Caring:** Young person places high value on helping other people. This asset is comprised of 2 questions: 11A & 11C (Tables 7 & 8).
15. **Equality and Social Justice:** Young person tries to help solve social problems. This asset is comprised of 1 question: 11B (Tables 7 & 8).
16. **Spiritual Engagement:** Young person places importance on spiritual or religious values. This asset is comprised of 2 questions: 37A & 37B (Tables 17 & 18).

Social competencies

17. **Peer Connectedness:** Young person gets on well with peers. This asset is comprised of 4 questions: 26A, 26B, 26C & 26D (Tables 11 & 12).

Positive identity

18. **Personal Power:** Young person feels he or she has control over their life and can cope with challenges. This asset is comprised of 3 questions: 37C, 37D & 37K (Tables 17 & 18).
19. **Self-esteem***:** Young person reports having a high self-esteem. This asset is comprised of 5 questions: 37E, 37G, 37H, 37I & 37J (Tables 17 & 18). ***In 2009 this asset was comprised of 3 questions only: I feel good about myself, I feel proud of myself, and I feel happy.
20. **Positive View of Personal Future:** Young person is optimistic about her or his personal future. This asset is comprised of 2 questions: 21D & 37L (Tables 9 & 10 and Tables 17 & 18).

Note:

The Halton Youth Survey questions used to measure Developmental Assets were not a scientific measurement of Developmental Assets in the students assessed.

The questions that form the basis for the Halton Youth Survey were adopted from the Ontario Student Drug Use Survey, the National Longitudinal Survey of Children and Youth, and The Health Behaviour in School-Aged Children (HBSC) Study. Each of these surveys has been conducted over a number of years and has demonstrated reliability and validity in similar populations.

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Who Participated in the Halton Youth Survey

Table 1: School and Student Response Rate

	2006			2009			2012		
	Eligible	Participated	Response Rate (%)	Eligible	Participated	Response Rate (%)	Eligible	Participated	Response Rate (%)
Schools									
Grade 7 Schools	76	73	96%	89	89	100%	96	96	100%
Grade 10 Schools	22	20	91%	23	23	100%	25	25	100%
Total Schools	98	93	95%	112	112	100%	121	121	100%
Students									
Halton- Grade 7	5803	4342	75%	5873	4949	84%	6071	5392	89%
Halton- Grade 10	6029	3426	57%	6341	4781	75%	6491	4987	77%
Total Students	11832	7768	66%	12214	9730	80%	12562	10379	83%

Table 2: Number of Students in the Survey By Gender and Year

	2006			2009			2012		
	Female	Male	Total	Female	Male	Total	Female	Male	Total
Grade 7	2162	2180	4342	2419	2530	4949	2660	2732	5392
Grade 7%	50%	50%		49%	51%		49%	51%	
Grade 10	1747	1679	3426	2381	2400	4781	2410	2577	4987
Grade 10 %	51%	49%		50%	50%		48%	52%	

Demographics

Table 3: Description of Grade 7 Students Completing the HYS

Grade 7	Female			Male			Halton - Grade 7		
	2006/7	2009/10	2012/13	2006/7	2009/10	2012/13	2006/7	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
Mother graduated from trade school, college or university	62%	64%	71%	62%	64%	70%	62%	64%	70%
Father graduated from trade school, college or university	58%	61%	67%	60%	63%	68%	59%	62%	68%
Student not born in Canada	11%	14%	16%	11%	15%	16%	11%	14%	16%
Neither parent was born in Canada	23%	28%	32%	24%	28%	32%	23%	28%	32%
Student speaks English at home	90%	90%	84%	89%	89%	84%	89%	89%	84%
Student identifies as Aboriginal	**	**	2%	**	**	2%	**	**	2%
Student has more than \$30 per week in spending money	12%	22%	22%	17%	23%	24%	14%	23%	23%

Table 4: Description of Grade 10 Students Completing the HYS

Grade 10	Female			Male			Halton - Grade 10		
	2006/7	2009/10	2012/13	2006/7	2009/10	2012/13	2006/7	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
Mother graduated from trade school, college or university	61%	70%	71%	66%	68%	71%	64%	69%	71%
Father graduated from trade school, college or university	63%	65%	69%	66%	66%	70%	65%	66%	70%
Student not born in Canada	14%	14%	18%	13%	16%	19%	13%	15%	19%
Neither parent was born in Canada	23%	27%	32%	23%	28%	31%	23%	27%	32%
Student speaks English at home	91%	89%	85%	89%	86%	84%	90%	87%	85%
Student identifies as Aboriginal	**	**	3%	**	**	4%	**	**	3%
Student has more than \$30 per week in spending money	44%	41%	35%	42%	41%	37%	43%	41%	36%

* less than or equal to 5 respondents - not reportable

** information not available

Developmental Assets

The OKN has adopted the Developmental Assets framework as a way to collectively and uniformly understand, promote and measure positive child and youth development. The following tables provide data on all twenty of the Developmental Assets measured in the Halton Youth Survey. When comparing differences and analyzing the data, higher numbers and percentages are more favourable.

Table 5: Number and Percent of Grade 7 Students Scoring High on Developmental Assets

Grade 7	Female		Male		Halton - Grade 7	
	2009/10	2012/13	2009/10	2012/13	2009/10	2012/13
	%	%	%	%	%	%
SUPPORT						
1. Family Support	75%	79%	70%	75%	72%	77%
2. Positive Family Communication	60%	66%	58%	64%	59%	65%
3. Caring Neighbourhood	72%	74%	68%	69%	70%	71%
4. Caring School Climate	77%	78%	72%	72%	74%	75%
EMPOWERMENT						
5. Youth as Resources	44%	47%	37%	38%	40%	42%
6. Service to Others	38%	43%	25%	29%	31%	36%
7. Safety	90%	93%	85%	90%	87%	91%
BOUNDARIES / EXPECTATIONS						
8. Family Boundaries	75%	77%	65%	67%	70%	72%
9. Positive Peer Influence	80%	86%	71%	75%	75%	80%
CONSTRUCTIVE USE OF TIME						
10. Youth Programs***	63%	74%	63%	61%	63%	67%
11. Time at Home	71%	77%	69%	73%	70%	75%
COMMITMENT TO LEARNING						
12. School Engagement	87%	92%	77%	83%	82%	87%
13. Bonding to School	59%	70%	44%	57%	51%	63%
POSITIVE VALUES						
14. Caring	20%	25%	16%	20%	18%	22%
15. Equality & Social Justice	50%	54%	38%	42%	44%	48%
16. Spirituality	26%	32%	25%	30%	26%	31%
SOCIAL COMPETENCIES						
17. Peer Connectedness	76%	75%	72%	73%	74%	74%
POSITIVE IDENTITY						
18. Personal Power	56%	60%	57%	63%	57%	62%
19. Self-Esteem***	**	82%	**	84%	**	83%
20. Positive View of Personal Future	83%	86%	82%	84%	82%	85%

* less than or equal to 5 respondents - not reportable

** information not available

*** asset components have been changed since 2009 (see accompanying text)

Developmental Assets

Table 6: Number and Percent of Grade 10 Students Scoring High on Developmental Assets

Grade 10	Female		Male		Halton - Grade 10	
	2009/10	2012/13	2009/10	2012/13	2009/10	2012/13
	%	%	%	%	%	%
SUPPORT						
1. Family Support	56%	61%	50%	58%	53%	60%
2. Positive Family Communication	45%	50%	43%	50%	44%	50%
3. Caring Neighbourhood	58%	60%	52%	56%	55%	58%
4. Caring School Climate	62%	63%	61%	58%	61%	61%
EMPOWERMENT						
5. Youth as Resources	42%	40%	34%	37%	38%	38%
6. Service to Others	50%	49%	30%	35%	40%	42%
7. Safety	86%	89%	81%	85%	83%	87%
BOUNDARIES / EXPECTATIONS						
8. Family Boundaries	51%	57%	38%	46%	45%	52%
9. Positive Peer Influence	50%	61%	38%	52%	44%	57%
CONSTRUCTIVE USE OF TIME						
10. Youth Programs***	46%	57%	44%	49%	45%	53%
11. Time at Home	59%	64%	51%	60%	55%	62%
COMMITMENT TO LEARNING						
12. School Engagement	74%	76%	59%	65%	67%	71%
13. Bonding to School	50%	52%	39%	49%	44%	51%
POSITIVE VALUES						
14. Caring	21%	20%	16%	17%	18%	19%
15. Equality & Social Justice	50%	45%	32%	35%	41%	40%
16. Spirituality	23%	24%	17%	21%	20%	23%
SOCIAL COMPETENCIES						
17. Peer Connectedness	75%	65%	71%	69%	73%	67%
POSITIVE IDENTITY						
18. Personal Power	43%	46%	46%	53%	44%	49%
19. Self-Esteem***	**	61%	**	80%	**	72%
20. Positive View of Personal Future	74%	75%	73%	78%	73%	76%

* less than or equal to 5 respondents - not reportable

** information not available

*** asset components have been changed since 2009 (see accompanying text)

Table 7: Grade 7 Students and Their Community

Grade 7	Female			Male			Halton - Grade 7		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
11. Describe the way you interact in your community									
a) I help to make my community a better place ¹	**	32%	37%	**	25%	28%	**	28%	33%
b) I try to help solve social problems ¹	**	50%	54%	**	38%	42%	**	44%	48%
c) I serve others in my community ¹	**	30%	35%	**	28%	31%	**	29%	33%
d) I can make a difference in my community ¹	**	44%	47%	**	37%	38%	**	40%	42%
e) I live in a safe neighbourhood ¹	**	90%	92%	**	88%	90%	**	89%	91%
f) My neighbours care about me ¹	**	72%	74%	**	68%	69%	**	70%	71%
g) I volunteer or help without pay in my community ¹	**	38%	43%	**	25%	29%	**	31%	36%
12. Do you live within easy walking distance of the following place in your community?									
a) Yes, I live within walking distance to a public park or athletic field	92%	92%	93%	91%	91%	92%	92%	92%	92%
b) Yes, I live within walking distance to my school	78%	73%	69%	79%	74%	72%	78%	74%	71%
13. In the last 12 months have you:									
a) Played on a sports team once a week or more	**	63%	67%	**	72%	76%	**	68%	71%
b) Participated in a music, dance drama or other arts program once a week or more	**	**	59%	**	**	33%	**	**	46%
c) Been to the local library once a week or more	**	16%	24%	**	13%	18%	**	14%	21%
d) Attended religious services once a week or more	**	23%	26%	**	20%	22%	**	22%	24%
e) Attended a youth program once a week or more	**	14%	14%	**	13%	14%	**	13%	14%
14. In the last 12 months have you:									
a) Destroyed something that didn't belong to you	5%	5%	4%	12%	18%	10%	9%	12%	7%
b) Carried a weapon for the purpose of defending myself or using it in a fight	2%	2%	1%	6%	7%	5%	4%	5%	3%
c) Sold drugs	0%	1%	0%	1%	1%	1%	1%	1%	1%
d) Been part of a group^ that broke the law	1%	2%	1%	3%	5%	3%	2%	4%	2%
Criminal Activity (derived variable- answered yes to any part of question 14)									
Students who have been involved in some type of criminal activity^	6%	7%	5%	16%	21%	14%	11%	14%	9%

* less than or equal to 5 respondents - not reportable

** information not available

¹ always or often

^ in 2006 the word 'gang' not 'group' was used

Table 8: Grade 10 Students and Their Community

Grade 10	Female			Male			Halton - Grade 10		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
11. Describe the way you interact in your community									
a) I help to make my community a better place ¹	**	26%	25%	**	21%	22%	**	24%	24%
b) I try to help solve social problems ¹	**	50%	45%	**	32%	35%	**	41%	40%
c) I serve others in my community ¹	**	36%	33%	**	26%	29%	**	31%	31%
d) I can make a difference in my community ¹	**	42%	40%	**	34%	37%	**	38%	38%
e) I live in a safe neighbourhood ¹	**	88%	88%	**	85%	87%	**	86%	88%
f) My neighbours care about me ¹	**	58%	60%	**	52%	56%	**	55%	58%
g) I volunteer or help without pay in my community ¹	**	50%	49%	**	30%	35%	**	40%	42%
12. Do you live within easy walking distance of the following place in your community?									
a) Yes, I live within easy walking distance of a public park or athletic field	93%	92%	93%	91%	91%	93%	92%	91%	93%
b) Yes, I live within walking distance to my school	65%	55%	55%	65%	59%	56%	65%	57%	55%
13. In the last 12 months have you:									
a) Played on a sports team at least once a week	**	51%	51%	**	64%	65%	**	58%	58%
b) Participated in a music, dance drama or other arts program more than once a week	**	**	49%	**	**	30%	**	**	39%
c) Been to the local library more than once per week	**	11%	15%	**	8%	11%	**	10%	13%
d) Attended religious services more than once per week	**	18%	20%	**	15%	19%	**	16%	19%
e) Attended a youth program	**	8%	9%	**	7%	10%	**	7%	10%
14. In the last 12 months have you:									
a) Destroyed something that didn't belong to you	14%	12%	9%	30%	26%	19%	22%	19%	14%
b) Carried a weapon for the purpose of defending myself or using it in a fight	4%	3%	4%	15%	13%	11%	9%	8%	7%
c) Sold drugs	4%	4%	4%	11%	10%	8%	8%	7%	6%
d) Been part of a group [^] that broke the law	4%	10%	7%	10%	18%	14%	7%	14%	11%
Criminal Activity (derived variable- answered yes to any part of question 14)									
Students who have been involved in some type of criminal activity [^]	17%	18%	14%	36%	34%	26%	26%	26%	20%

* less than or equal to 5 respondents - not reportable

** information not available

¹ always or often

[^] in 2006 the word 'gang' not 'group' was used

School

Table 9: Grade 7 Students and Their School

Grade 7	Female			Male			Halton - Grade 7		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
15. How do you feel about school?									
I love or like school quite a bit	57%	62%	71%	40%	45%	58%	49%	53%	64%
16. Are you proud of your school?									
I am very or somewhat proud of my school	82%	81%	88%	70%	71%	80%	76%	76%	84%
17. What grades do you usually get in school?									
I get mostly A's (80-100%) or B's (70-79%) in school	92%	92%	95%	88%	87%	91%	90%	89%	93%
18. How important is it to you to do the following in school?									
a) Make friends ²	98%	98%	97%	96%	96%	94%	97%	97%	96%
b) Get good grades ²	98%	98%	99%	96%	96%	97%	97%	97%	98%
c) Participate in extra-curricular activities ²	83%	80%	88%	76%	71%	76%	80%	75%	82%
d) Learn new things ²	94%	94%	97%	90%	92%	94%	92%	93%	95%
e) Always show up for class on time ²	94%	94%	97%	90%	88%	94%	92%	91%	96%
f) Express your opinion in class ²	87%	85%	89%	82%	81%	83%	84%	83%	86%
g) Take part in student council or similar groups ²	65%	62%	70%	47%	42%	50%	56%	52%	60%
19. Last year, how many times did you skip class/ school WITHOUT permission?									
I skipped class/school WITHOUT permission at least once	5%	6%	4%	12%	12%	9%	8%	9%	6%
20. How many credits did you receive in grade 9? (grade 10 question ONLY)									
21. How do you feel about the following statements?									
a) Most teachers have high expectations of me ³	93%	91%	92%	90%	89%	88%	92%	90%	90%
b) Most teachers are interested in me as a person ³	82%	80%	82%	77%	75%	76%	80%	78%	79%
c) Most teachers notice when I do a good job and let me know about it ³	87%	83%	84%	83%	81%	82%	85%	82%	83%
d) School will help me get to where I want to go in the future ³	93%	93%	93%	89%	90%	90%	91%	91%	92%
22. How do you feel about the following statements?									
a) My school is a friendly and welcoming place ³	**	**	91%	**	**	86%	**	**	89%
b) My school building is an inviting place to learn ³	**	**	93%	**	**	87%	**	**	90%
c) I feel accepted by students in my school ³	**	**	86%	**	**	86%	**	**	86%
d) I feel accepted by adults in my school ³	**	**	92%	**	**	88%	**	**	90%
23. How Safe do you feel at school?									
I feel very or somewhat safe at school	91%	92%	96%	83%	89%	94%	87%	90%	95%
24. Since the beginning of the school year how often have you been bullied at school?									
I have been bullied at school at least once	**	42%	30%	**	36%	27%	**	39%	28%
25. Since the beginning of the school year how often have you been bullied outside of school?									
I have been bullied outside of school at least once	**	22%	16%	**	21%	16%	**	21%	16%

* less than or equal to 5 respondents - not reportable

** information not available

² very or somewhat important

³ strongly or somewhat agree

School

Table 10: Grade 10 Students and Their School

Grade 10	Female			Male			Halton - Grade 10		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
15. How do you feel about school?									
I love or like school quite a bit	46%	50%	51%	33%	40%	50%	40%	45%	51%
16. Are you proud of your school?									
I am very or somewhat proud of my school	73%	76%	81%	68%	66%	74%	70%	71%	78%
17. What grades do you usually get in school?									
I get mostly A's (80-100%) or B's (70-79%) in school	87%	88%	91%	76%	78%	87%	81%	83%	89%
18. How important is it to you to do the following in school?									
a) Make friends ²	96%	96%	94%	94%	94%	91%	95%	95%	93%
b) Get good grades ²	97%	97%	97%	91%	91%	94%	94%	94%	95%
c) Participate in extra-curricular activities ²	68%	71%	75%	62%	64%	69%	65%	68%	72%
d) Learn new things ²	90%	92%	91%	86%	88%	89%	88%	90%	90%
e) Always show up for class on time ²	82%	81%	87%	75%	74%	83%	79%	78%	85%
f) Express your opinion in class ²	79%	77%	76%	76%	72%	74%	78%	74%	75%
g) Take part in student council or similar groups ²	43%	44%	44%	25%	24%	26%	34%	34%	34%
19. Last year, how many times did you skip class/ school WITHOUT permission?									
I skipped class/school WITHOUT permission at least once	55%	52%	39%	57%	58%	44%	56%	55%	42%
20. How many credits did you receive in grade 9? (grade 10 question ONLY)									
I received 8 or more credits	**	93%	92%	**	91%	90%	**	92%	91%
21. How do you feel about the following statements?									
a) Most teachers have high expectations of me ³	86%	87%	87%	82%	83%	82%	84%	85%	85%
b) Most teachers are interested in me as a person ³	64%	67%	68%	61%	66%	65%	63%	66%	67%
c) Most teachers notice when I do a good job and let me know about it ³	74%	72%	72%	73%	72%	70%	73%	72%	71%
d) School will help me get to where I want to go in the future ³	93%	93%	92%	88%	89%	89%	90%	91%	90%
22. How do you feel about the following statements?									
a) My school is a friendly and welcoming place ³	**	**	83%	**	**	80%	**	**	82%
b) My school building is an inviting place to learn ³	**	**	79%	**	**	76%	**	**	78%
c) I feel accepted by students in my school ³	**	**	80%	**	**	84%	**	**	82%
d) I feel accepted by adults in my school ³	**	**	84%	**	**	83%	**	**	84%
23. How Safe do you feel at school?									
I feel very or somewhat safe at school	90%	90%	94%	84%	86%	91%	87%	88%	92%
24. Since the beginning of the school year how often have you been bullied at school?									
I have been bullied at school at least once	**	30%	25%	**	26%	21%	**	28%	23%
25. Since the beginning of the school year how often have you been bullied outside of school?									
I have been bullied outside of school at least once	**	20%	18%	**	15%	12%	**	18%	15%

* less than or equal to 5 respondents - not reportable

** information not available

² very or somewhat important

³ strongly or somewhat agree

Friends

Table 11: Grade 7 Students and Their Friends

Grade 7	Female			Male			Halton - Grade 7		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
26. Please tell me about your friends?									
a) I have many friends ⁴	92%	89%	86%	90%	88%	86%	91%	89%	86%
b) I get along easily with others my age ⁴	90%	88%	86%	86%	85%	85%	88%	86%	85%
c) Others my age want me to be their friend ⁴	74%	70%	70%	67%	66%	66%	70%	68%	68%
c) Most others my age like me ⁴	82%	80%	79%	76%	76%	77%	79%	78%	78%
27. How many of your close friends...?									
a) Like school ⁵	35%	40%	56%	22%	26%	40%	29%	33%	48%
b) Get along with their parents ⁵	59%	68%	73%	58%	66%	68%	58%	67%	71%
c) Smoke cigarettes ⁵	1%	1%	0%	2%	1%	1%	1%	1%	1%
d) Use drugs ⁵	1%	1%	0%	2%	2%	1%	1%	1%	1%

Table 12: Grade 10 Students and Their Friends

Grade 10	Female			Male			Halton - Grade 10		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
26. Please tell me about your friends?									
a) I have many friends ⁴	91%	90%	80%	87%	86%	83%	89%	88%	82%
b) I get along easily with others my age ⁴	86%	86%	80%	84%	85%	82%	85%	85%	81%
c) Others my age want me to be their friend ⁴	69%	71%	63%	66%	68%	65%	67%	69%	64%
c) Most others my age like me ⁴	79%	82%	74%	76%	77%	75%	78%	80%	75%
27. How many of your close friends...?									
a) Like school ⁵	28%	40%	44%	17%	28%	39%	23%	34%	41%
b) Get along with their parents ⁵	44%	56%	66%	51%	58%	67%	47%	57%	66%
c) Smoke cigarettes ⁵	10%	10%	6%	12%	12%	7%	11%	11%	7%
d) Use drugs ⁵	14%	17%	11%	19%	19%	13%	17%	18%	12%

* less than or equal to 5 respondents - not reportable

** information not available

4 true or mostly true

5 most or all

Table 13: Grade 7 Students and Their Family

Grade 7	Female			Male			Halton - Grade 7		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
28. How would you best describe the way your parents (or stepparents, foster parents or guardians) in general have acted towards you in the last 6 months									
a) My parents smile at me ¹	88%	88%	90%	84%	84%	87%	86%	86%	88%
b) My parents want to know exactly where I am and what I am doing ¹	88%	87%	89%	81%	80%	83%	84%	84%	86%
c) My parents praise me ¹	78%	78%	81%	72%	74%	80%	75%	76%	80%
d) My parents let me go out any evening I want ¹	23%	20%	24%	28%	24%	32%	25%	22%	28%
e) My parents tell me what time to be home when I go out ¹	84%	84%	87%	82%	81%	84%	83%	82%	85%
f) My parents listen to my ideas and opinions ¹	76%	74%	77%	74%	72%	76%	75%	73%	77%
g) My parents and I solve a problem together whenever we disagree about something ¹	61%	60%	66%	59%	57%	66%	60%	58%	66%
h) My parents make sure I know I am appreciated ¹	79%	76%	81%	76%	75%	80%	77%	76%	81%
i) My parents speak of the good things I do ¹	83%	79%	83%	78%	78%	82%	80%	78%	82%
j) My parents find out when I get into trouble ¹	80%	77%	83%	77%	74%	82%	78%	75%	83%
k) My parents seem proud of the things I do ¹	86%	84%	87%	81%	81%	84%	84%	82%	86%
l) My parents take an interest in where I am going and who I am with ¹	89%	88%	89%	82%	81%	84%	86%	84%	87%
m) I spend quality time at home with my family ¹	**	71%	77%	**	69%	73%	**	70%	75%

* less than or equal to 5 respondents - not reportable

** information not available

¹ always or often

Table 14: Grade 10 Students and Their Family

Grade 10	Female			Male			Halton - Grade 10		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
28. How would you best describe the way your parents (or stepparents, foster parents or guardians) in general have acted towards you in the last 6 months									
a) My parents smile at me ¹	78%	78%	82%	69%	74%	79%	73%	76%	80%
b) My parents want to know exactly where I am and what I am doing ¹	81%	78%	81%	67%	69%	72%	74%	74%	77%
c) My parents praise me ¹	61%	63%	67%	52%	56%	65%	57%	59%	66%
d) My parents let me go out any evening I want ¹	36%	35%	35%	42%	43%	41%	39%	39%	39%
e) My parents tell me what time to be home when I go out ¹	72%	71%	75%	65%	68%	71%	69%	69%	73%
f) My parents listen to my ideas and opinions ¹	63%	62%	66%	61%	60%	65%	62%	61%	66%
g) My parents and I solve a problem together whenever we disagree about something ¹	40%	43%	49%	41%	44%	51%	40%	43%	50%
h) My parents make sure I know I am appreciated ¹	59%	58%	64%	58%	58%	66%	58%	58%	65%
i) My parents speak of the good things I do ¹	66%	66%	70%	63%	64%	72%	65%	65%	71%
j) My parents find out when I get into trouble ¹	55%	58%	66%	55%	57%	66%	55%	57%	66%
k) My parents seem proud of the things I do ¹	70%	70%	74%	67%	66%	74%	69%	68%	74%
l) My parents take an interest in where I am going and who I am with ¹	81%	81%	85%	70%	72%	77%	75%	77%	81%
m) I spend quality time at home with my family ¹	**	59%	64%	**	51%	60%	**	55%	62%

* less than or equal to 5 respondents - not reportable

** information not available

¹ always or often

Table 15: Grade 7 Students and Their Health

Grade 7	Female			Male			Halton - Grade 7		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
29. How often do you eat or drink the following?									
a) I drink fruit or vegetable juice at least once a day	**	81%	77%	**	79%	79%	**	80%	78%
b) I eat vegetables, including salad at least once a day	**	87%	89%	**	80%	82%	**	84%	85%
c) I eat fruit at least once a day	**	94%	96%	**	91%	92%	**	93%	94%
Healthy Eating (derived variable- question 29 response total equals 5 or more)									
Student eats 5 or more fruits/ vegetables or juices a day	**	66%	71%	**	63%	68%	**	64%	69%
30. In the last 7 days, how often did you drink a can of high-energy caffeine drink?									
I drank an energy drink at least once in the last 7 days	**	**	14%	**	**	19%	**	**	17%
31. In a usual school week, how often do you eat breakfast?									
I eat breakfast all 5 days	61%	60%	65%	70%	69%	74%	65%	65%	69%
32. In a usual school week, how often do you eat a meal with at least one adult member of your family?									
I eat a meal with at least one adult member of my family all 5 days	**	59%	62%	**	60%	63%	**	60%	63%
33. In a usual school week, how often do you walk, bike or rollerblade to or from school?									
I walk, bike or rollerblade to or from school all 5 days	**	32%	37%	**	33%	38%	**	32%	38%
34. How tall are you? How much do you weigh? (Used to calculate BMI) W.H.O. cut off for grade 7 (derived variable)									
Student is Overweight or Obese	14%	17%	14%	28%	32%	26%	21%	25%	20%
35. In the last 7 days, on how many days were you physically active for a total of at least 60 minutes per day?									
I was physically active for at least 60 min/ day, on 5 or more days	**	**	59%	**	**	73%	**	**	66%
36. In the last 12 months, have you been injured seriously enough to require medical attention by a doctor, nurse or dentist?									
Yes, I was injured seriously in the last 12 months	**	26%	24%	**	36%	33%	**	31%	29%

* less than or equal to 5 respondents - not reportable

** information not available

Table 16: Grade 10 Students and Their Health

Grade 10	Female			Male			Halton - Grade 10		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
29. How often do you eat or drink the following?									
a) I drink fruit or vegetable juice at least once a day	**	76%	69%	**	77%	75%	**	76%	72%
b) I eat vegetables, including salad at least once a day	**	84%	84%	**	78%	79%	**	81%	81%
c) I eat fruit at least once a day	**	88%	88%	**	86%	86%	**	87%	87%
Healthy Eating (derived variable- question 29 response total equals 5 or more)									
Student eats 5 or more fruits/ vegetables or juices a day	**	54%	54%	**	52%	57%	**	53%	56%
30. In the last 7 days, how often did you drink a can of high-energy caffeine drink?									
I drank an energy drink at least once in the last 7 days	**	**	20%	**	**	25%	**	**	22%
31. In a usual school week, how often do you eat breakfast?									
I eat breakfast all 5 days	40%	44%	47%	55%	53%	59%	47%	49%	53%
32. In a usual school week, how often do you eat a meal with at least one adult member of your family?									
I eat a meal with at least one adult member of my family all 5 days	**	45%	49%	**	50%	53%	**	47%	51%
33. In a usual school week, how often do you walk, bike or rollerblade to or from school?									
I walk, bike or rollerblade to or from school all 5 days	**	27%	29%	**	33%	34%	**	30%	32%
34. How tall are you? How much do you weigh? (Used to calculate BMI) WHO cut off for grade 10 (derived variable)									
Student is Overweight or Obese	14%	17%	11%	32%	34%	28%	23%	25%	20%
35. In the last 7 days, on how many days were you physically active for a total of at least 60 minutes per day?									
I was physically active for at least 60 min/ day, on 5 or more days	**	**	39%	**	**	61%	**	**	50%
36. In the last 12 months, have you been injured seriously enough to require medical attention by a doctor, nurse or dentist?									
Yes, I was injured seriously in the last 12 months	**	28%	31%	**	34%	36%	**	31%	33%

* less than or equal to 5 respondents - not reportable

** information not available

Mental Health

Table 17: Grade 7 Students and Their Mental Health

Grade 7	Female			Male			Halton - Grade 7		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
37. How do you feel about yourself?									
a) Spiritual or religious values play an important role in my life ¹	**	34%	39%	**	32%	37%	**	33%	38%
b) Spiritual or religious values help them find meaning in my life ¹	**	28%	34%	**	27%	32%	**	27%	33%
c) I deal with frustration in positive ways ¹	**	43%	49%	**	40%	48%	**	41%	49%
d) I overcome challenges/problems in positive ways ¹	**	54%	60%	**	53%	60%	**	53%	60%
e) I feel good about myself ¹	**	70%	71%	**	78%	80%	**	74%	76%
f) I feel I am a person of worth ¹	**	**	72%	**	**	77%	**	**	74%
g) I feel I am able to do most things as well as other people ¹	**	**	74%	**	**	76%	**	**	75%
h) I feel I can't do anything right ¹	**	**	20%	**	**	18%	**	**	19%
i) I feel I do not have much to be proud of ¹	**	**	13%	**	**	14%	**	**	14%
j) Sometimes I think I am no good at all ¹	**	**	10%	**	**	10%	**	**	10%
k) I feel in control of my life ¹	**	70%	66%	**	76%	75%	**	73%	70%
l) I feel good about my future ¹	**	77%	80%	**	79%	82%	**	78%	81%
38. During the last 7 days how often have you?									
a) Felt sad ¹	17%	18%	15%	11%	9%	9%	14%	14%	12%
b) Felt lonely ¹	11%	12%	11%	9%	8%	8%	10%	10%	9%
c) Felt depressed ¹	11%	11%	10%	9%	8%	7%	10%	9%	9%
d) Felt like crying ¹	19%	19%	16%	7%	6%	6%	13%	12%	11%
39. During the last 12 months, how often have you?									
a) Felt I had too many problems in my life ¹	**	23%	16%	**	16%	12%	**	19%	14%
b) Thought about harming myself ⁷	**	13%	10%	**	10%	7%	**	11%	8%
c) Seriously thought about suicide ⁷	**	7%	6%	**	6%	5%	**	6%	5%
At risk for depression (derived variable)									
Student is at risk for depression†	7%	7%	6%	4%	3%	3%	5%	5%	4%

* less than or equal to 5 respondents - not reportable

** information not available

¹ always or often

⁷ always, often or sometimes

† answered often or always for question 38 a-d

Mental Health

Table 18: Grade 10 Students and Their Mental Health

Grade 10	Female			Male			Halton - Grade 10		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
37. How do you feel about yourself?									
a) Spiritual or religious values play an important role in my life ¹	**	28%	30%	**	21%	26%	**	25%	28%
b) Spiritual or religious values help them find meaning in my life ¹	**	24%	26%	**	18%	22%	**	21%	24%
c) I deal with frustration in positive ways ¹	**	35%	37%	**	33%	40%	**	34%	38%
d) I overcome challenges/problems in positive ways ¹	**	44%	45%	**	44%	50%	**	44%	48%
e) I feel good about myself ¹	**	54%	51%	**	67%	72%	**	61%	62%
f) I feel I am a person of worth ¹	**	**	58%	**	**	72%	**	**	65%
g) I feel I am able to do most things as well as other people ¹	**	**	63%	**	**	73%	**	**	68%
h) I feel I can't do anything right ¹	**	**	28%	**	**	16%	**	**	22%
i) I feel I do not have much to be proud of ¹	**	**	18%	**	**	14%	**	**	16%
j) Sometimes I think I am no good at all ¹	**	**	18%	**	**	11%	**	**	14%
k) I feel in control of my life ¹	**	58%	57%	**	67%	71%	**	62%	64%
l) I feel good about my future ¹	**	60%	64%	**	66%	73%	**	63%	68%
38. During the last 7 days how often have you?									
a) Felt sad ¹	26%	24%	27%	14%	13%	10%	21%	19%	18%
b) Felt lonely ¹	19%	18%	22%	12%	12%	10%	19%	15%	16%
c) Felt depressed ¹	21%	18%	22%	13%	13%	9%	19%	15%	15%
d) Felt like crying ¹	29%	24%	27%	9%	7%	7%	24%	16%	17%
39. During the last 12 months, how often have you?									
a) Felt I had too many problems in my life ¹	**	34%	30%	**	18%	15%	**	26%	22%
b) Thought about harming myself ⁷	**	19%	24%	**	12%	10%	**	15%	17%
c) Seriously thought about suicide ⁷	**	12%	14%	**	10%	8%	**	11%	11%
At risk for depression (derived variable)									
Student is at risk for depression†	14%	12%	15%	7%	5%	4%	10%	9%	9%

* less than or equal to 5 respondents - not reportable

** information not available

¹ always or often

⁷ always, often or sometimes

† answered often or always for question 38 a-d

Tobacco, Alcohol and Other Drugs

Table 19: Grade 7 Students and Risky Behaviours

Grade 7	Female			Male			Halton - Grade 7		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
40. Have you ever smoked cigarettes? (even just a few puffs)									
Yes, I have smoked at least a few puffs of a cigarette	4%	3%	1%	6%	4%	2%	5%	3%	1%
41. Have you ever smoked a whole cigarette?									
Yes, I smoked a whole cigarette	**	**	0%	**	**	1%	**	**	0%
42. How often do you currently smoke cigarettes?									
Daily smokers	0%	0%	*	1%	1%	0%	1%	1%	0%
Occasional smokers	1%	1%	*	1%	1%	*	1%	1%	*
Non-smokers	99%	99%	100%	98%	98%	100%	98%	99%	100%
43. How many times have you tried to quit smoking cigarettes in the last 12 months?									
I tried to quit at least once in the last 12 months	**	**	*	**	**	*	**	**	*
44. In the last 12 months have you had a drink of beer, wine, liquor or other alcoholic beverage?									
Yes, I have had a drink in the last 12 months	17%	12%	7%	29%	21%	14%	23%	17%	11%
45. How often in the last 12 months have you had 5 or more alcoholic drinks on one occasion?									
Heavy drinking: I have had 5 or more alcoholic drinks on one occasion in the last 12 months	7%	5%	2%	14%	8%	4%	10%	6%	3%
46. In the last 12 months how often did you use cannabis?									
I have used cannabis in the last 12 months	1%	1%	1%	2%	1%	1%	1%	1%	1%
47. In the last 12 months how often did you use pain relief pills <u>WITH</u> a prescription or a doctor telling you to (not Tylenol or aspirin that anyone can get at the									
I have used pain relief pills <u>with</u> a prescription or doctor's orders in the last 12 months	**	21%	11%	**	19%	11%	**	20%	11%
48. In the last 12 months how often did you use pain relief pills <u>WITHOUT</u> a prescription or a doctor telling you to (not Tylenol or aspirin that anyone can get at									
I have used pain relief pills <u>without</u> a prescription or doctors orders in the last 12 months	**	18%	7%	**	13%	7%	**	16%	7%
49. How difficult would it be for you to get the following?									
a) Cigarettes ⁶	7%	**	8%	9%	**	12%	8%	**	10%
b) Alcohol ⁶	14%	**	14%	18%	**	22%	16%	**	18%
c) Marijuana ⁶	3%	**	3%	5%	**	7%	4%	**	5%

* less than or equal to 5 respondents - not reportable

** information not available

⁶ somewhat easy or very easy

Tobacco, Alcohol and Other Drugs

Table 20: Grade 10 Students and Risky Behaviours

Grade 10	Female			Male			Halton - Grade 10		
	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13	2006/07	2009/10	2012/13
	%	%	%	%	%	%	%	%	%
40. Have you ever smoked cigarettes? (even just a few puffs)									
Yes, I have smoked at least a few puffs of a cigarette	31%	25%	15%	32%	30%	17%	31%	28%	16%
41. Have you ever smoked a whole cigarette? (asked only of those who have ever smoked a cigarette)									
Yes, I have smoked a whole cigarette	**	**	9%	**	**	11%	**	**	10%
42. How often do you currently smoke cigarettes? (only asked of those who have smoked a whole cigarette)									
Daily smokers	5%	4%	2%	9%	7%	3%	7%	6%	3%
Occasional smokers	7%	7%	3%	7%	7%	3%	7%	7%	3%
Non-smokers	88%	89%	95%	85%	85%	94%	86%	87%	94%
43. How many times have you tried to quit smoking cigarettes in the last 12 months? (asked of those who smoke daily or occasionally)									
I have tried to quit at least once in the last 12 months	**	**	2%	**	**	2%	**	**	2%
44. In the last 12 months have you had a drink of beer, wine, liquor or other alcoholic beverage?									
Yes, I have had a drink in the last 12 months	70%	63%	50%	70%	62%	51%	70%	62%	50%
45. How often in the last 12 months have you had 5 or more alcoholic drinks on one occasion?(asked only of those answered yes to question 44)									
Heavy drinking: I have had 5 or more alcoholic drinks on one occasion in the last 12 months	49%	47%	34%	50%	47%	33%	50%	47%	34%
46. In the last 12 months how often did you use cannabis?									
I have used cannabis in the last 12 months	24%	24%	16%	28%	27%	21%	26%	25%	18%
47. In the last 12 months how often did you use pain relief pills WITH a prescription or a doctor telling you to (not Tylenol or aspirin that anyone can get at the									
I have used pain relief pills <u>with</u> a prescription or doctor's orders in the last 12 months	**	27%	18%	**	20%	14%	**	23%	16%
48. In the last 12 months how often did you use pain relief pills WITHOUT a prescription or a doctor telling you to (not Tylenol or aspirin that anyone can get at									
I have used pain relief pills <u>without</u> a prescription or without doctors orders in the last 12 months	**	21%	12%	**	14%	9%	**	17%	11%
49. How difficult would it be for you to get the following?									
a) Cigarettes ⁶	43%	**	44%	49%	**	52%	46%	**	48%
b) Alcohol ⁶	65%	**	61%	63%	**	63%	64%	**	62%
c) Marijuana ⁶	44%	**	41%	52%	**	54%	48%	**	48%

* less than or equal to 5 respondents - not reportable

** information not available

⁶ somewhat easy or very easy