

Survey Highlights

1

Connectedness and relationships matter. Strong relationships build strong youth. Research consistently shows a statistical relationship between quality of relationships and health and wellbeing. The majority of students report having more than one friend they can trust and that they get along well with others. Females are less likely to feel included in school activities and feel accepted at school compared to males.



Halton Region is a vibrant community located in Southern Ontario with nearly 550,000 residents and four municipalities – the City of Burlington and the towns of Halton Hills, Milton, and Oakville. Halton is one of the fastest growing communities in the province. Between 2006 and 2016, Halton's population increased by 25%, compared to an 11% increase overall in Ontario during this time period.

2

Canadian sedentary behaviour guidelines for children aged 12 to 17 (from the Canadian Society for Exercise Physiology, 2012) recommend limiting recreational screen time to no more than two hours per day. Ninety percent of secondary students are spending two hours or more in front of a screen after school each day.



As Halton Region continues to grow, the population is also becoming more diverse. Nearly one in three Halton residents is an immigrant. In 2016, there were more than 20,000 newcomers living in Halton (those having immigrated to Canada in the last five years), an increase from about 13,000 newcomers in 2006.

3

One in four students shows signs of moderate to high anxiety. This percentage remains relatively stable across grades. The percentage of females with high to moderate anxiety is almost double that of males.



4

Most Halton secondary students are physically active. Sixty-five percent of students report engaging in 30 minutes or more of intense physical activity after school each day; however, after school physical activity slowly decreases as grade increases.



5

Bullying can lead to significant health, social, and emotional problems. Slightly more than one quarter of secondary students report being bullied in the past four weeks. The most common type of bullying is verbal, followed by social bullying and cyber-bullying. Physical bullying is the least commonly reported type of bullying experienced by secondary students.



As a result of the shifting demographic profile of Halton Region and growth in the newcomer population, this report highlights the experiences and wellbeing of immigrant students in Halton. This information can be used by community partners to better understand the needs of newcomer youth in Halton, and help make Halton a welcoming, supportive, and inclusive place for immigrant families.