Welcome to

Planet Youth

Youth Survey Results 2026

Battlefords & Area

More Info

Planet Youth

Planet Youth is a research consultancy organisation dedicated to enhancing youth wellbeing and reducing youth substance use globally by collaborating with community partners in implementing the Planet Youth Guidance program.

The Planet Youth Guidance program

The Planet Youth Guidance program is an upstream universal prevention initiative based on the Icelandic Prevention Model. It is a comprehensive, collaborative, and data-driven approach designed to reduce adolescent substance use and promote youth wellbeing. Through the Guidance Program, Planet Youth supports hundreds of communities worldwide in developing effective, localised solutions to create healthy environments and promote the wellbeing of their youth.

Adaptable to different cultural and local contexts, the program aims to help each community achieve meaningful and lasting change for the overall wellbeing of young people. Data are collected biennially to identify local risk and protective factors, and the results are used to design interventions and actions relevant to the current needs of local youth.

The Icelandic Prevention Model

In the 1990s, Iceland faced significant challenges with adolescent substance use, ranking among the highest in Europe for alcohol, tobacco, and drug use according to the European School Project on Alcohol and Drugs (ESPAD). For many years, Iceland relied on traditional substance use prevention methods, such as individual and school-based programs aimed at educating young people about the risks of substance use to discourage them from starting.

Recognising the need for a more effective strategy, the Icelandic Prevention Model was developed. This community-based approach emphasises the importance of engaging all relevant community partners, including parents, schools, local authorities, and youth organisations, to work together to support young people and provide opportunities for positive development. The model strengthens protective factors, mitigates risk factors, and builds healthy environments by focusing on four key domains: family, peer group, leisure time, and school.

As a result of implementing this model, Iceland now ranks among the lowest countries in Europe for adolescent substance use.

Upstream prevention

Working upstream is about preventing problems before they arise. Rather than waiting until young people are already struggling, it focuses on creating the conditions that enable them to grow up healthy and thriving. This involves looking at what's "upstream", the social and environmental factors that shape young people's lives, such as family, school, peers, leisure time, community, and policy, and making those conditions more supportive.

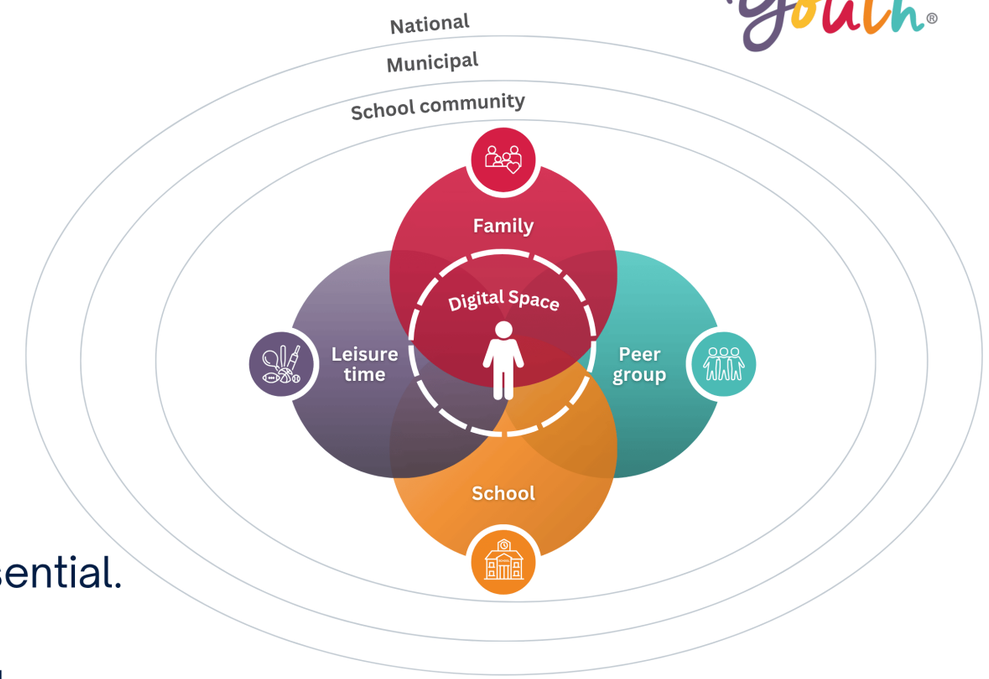
Universal prevention

Universal prevention means reaching everyone, not just those already at risk. By improving the environments where all children and young people live, learn, and play, we can reduce risk factors, strengthen protective factors, and help every young person to thrive.

The Planet Youth Guidance Program is built on this principle. It shifts the focus from fixing individual problems to building strong, connected communities that support young people's wellbeing. It's like putting up a safety fence at the top of a riverbank, rather than waiting downstream to rescue children in trouble, we work together to prevent them from falling in the first place.

That's what upstream universal prevention is all about: empowering communities to act early and protect the next generation before problems arise.

Domains of Intervention



Building a strong community around children is the healthiest and most cost-effective way to promote their wellbeing in the future.

Such a task requires time, effort, and the commitment of key community partners who focus on the main domains of the environment surrounding children and adolescents.

Understanding the risk and protective factors within each domain is essential. Here are some examples:

- **Parents and family**: Time spent with parents; parental support; parental monitoring (know where they are and with whom); parental co-communication and collaboration.
- **School environment:** School engagement and commitment to studies; school wellbeing (positive school climate); and school safety (e.g., bullying and other violence).
- **Leisure time:** Participation in organised recreational and extracurricular activities (e.g., sports, youth clubs, Scouts, drama club, etc.); avoiding late hours outside; and preventing unsupervised gatherings such as parties.
- **Peer group:** Reducing engagement with friends who use substances; and ensuring parents know their children's friends and their friends' parents (building social capital).
- **Digital space:** Fostering healthy digital environments by encouraging shared norms for respectful online behaviour, balanced screen use, and supportive parental involvement.

The 10 core steps of the Planet Youth Guidance program

Step 1
Local coalition identification, development, and capacity building

Step 2
Funding identification, development, and capacity building

Step 3
Pre-data collection planning and community engagement

Step 4
Data collection and processing, including data driven diagnostics

Step 5
Enhancing community participation and engagement

Step 6
Dissemination of findings

Step 7
Community goal setting and other organised responses to the findings

Step 8
Policy and practice alignment

Step 9
Adolescent immersion in primary prevention environments, activities, and messaging

Step 10
Reflect on the work that has been completed and build upon it by repeating the steps in a new cycle

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Method and Data Collection

Participants were **grade 9-11** students who attended school on the day of the survey. In **2026**, **5** schools across **2** communities in **Battlefords & Area** took part in the survey which was conducted between **10 February** and **14 April**. The total response rate for **Battlefords & Area** was **65%**.

During data cleaning, **51** cases were removed from the dataset due to large amounts of missing data or implausible response patterns.

Data were collected using an online questionnaire administered through the Alchemer platform. The survey was conducted during classroom hours. Participation was voluntary, and students were free to complete the survey in whole or in part, skip any question, or change their mind about participation at any time.

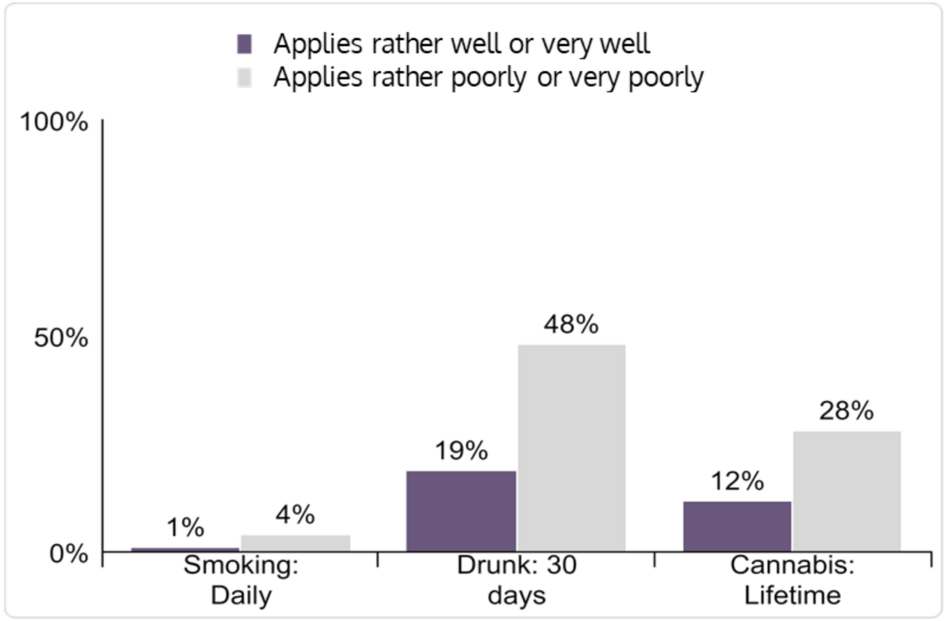


Interpret Cross Tabulations

The cross-tabulation shows the frequencies of one variable for each level of another variable. In this example, it displays the proportion of participants who smoke daily, have become drunk in the past 30 days, and have used cannabis once or more in their lifetime, compared according to whether their parents know where they are in the evenings.

The **purple bars** represent the percentage of adolescents who report that it applies rather or very well that their parents know where they are in the evenings — and who have used cannabis in their lifetime, smoke daily, and have been drunk in the past 30 days.

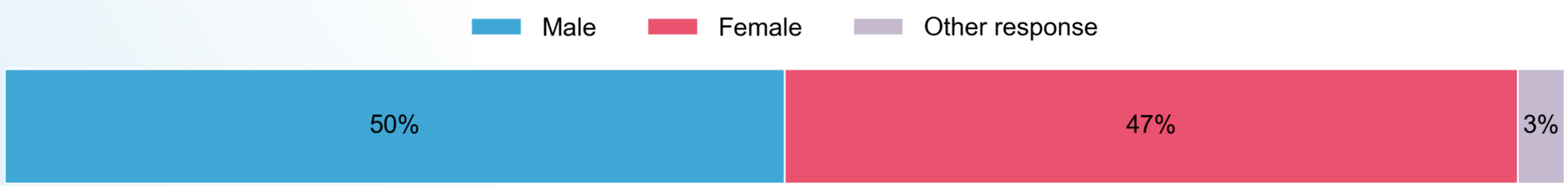
The **grey bars** represent the percentage of adolescents who report that it applies rather or very poorly that their parents know where they are in the evenings — and who have used cannabis in their lifetime, smoke daily, and have become drunk once or more in the past 30 days.



Cross tabulation example of interpretation:
19% of adolescents who report that the statement “My parents know where I am in the evenings” applies rather or very well to them have been drunk in the past 30 days.
In comparison, 48% of adolescents who say the statement applies rather poorly or very poorly to them have been drunk in the past 30 days.

Number of participants

		Male	Female	Other response	Total
2026	Battlefords & Area	144	136	10	290

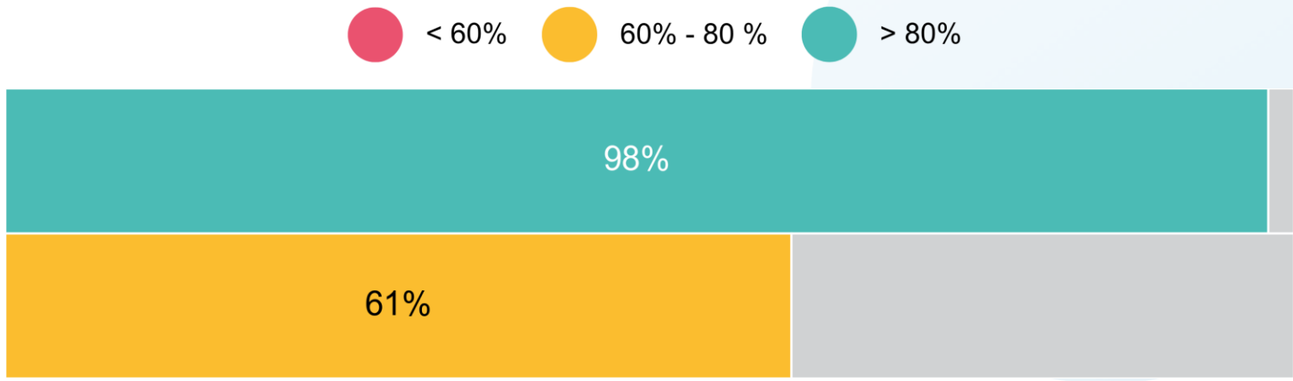


Battlefords & Area - 2026

Response rate

Battlefords & Area - 2026

	Valid Responses	Enrolled Students
Little Pine First Nation and Poundmaker Cree Nation Communities	57	58
North Battleford	236	390



Survey Response Rates

The response rate is calculated as the number of surveys with 25% or more answered questions, divided by the total number of enrolled students in the grades invited to participate. The reliability and representativeness of survey findings depend on the response rate:

- **Above 80%:** Results are likely to represent the target population well, with minimal risk of systematic bias due to non-participation.
- **Between 60% and 80%**: Results remain useful; however, there is some risk that non-respondents differ in important ways from respondents, which could affect representativeness.
- **Below 60%**: Results are unlikely to be representative of all students in the grade. They reflect only those who participated, with higher risk of non-response bias.

Battlefords & Area

2026

FAMILY

89% Often or almost always feel safe at home

83% Find it is easy to receive caring and warmth from their parents/caregivers

74% Say their parents/ caregivers set rules about when they should be home in the evenings

83% Think their parents/caregivers know who they are with in the evenings

88% Think their parents/caregivers know where they are in the evenings

SCHOOL

67% Often or almost always feel safe at school



43% Think the students at their school are nice to each other*

78% Have friends at school that care about them*

64% Think the adults at school care about them*

67% Feel respected and supported by the adults at their school*

LEISURE TIME

24% Do not participate in any organised out-of-school activities supervised by adults

32% Play sports with a club 3 times a week or more



24% Participate in art, drama, dance or music classes once a week or more

40% Stayed outside after midnight once or more in the past week

PEER GROUP

31% Think most or almost all of their friends become drunk

9% Think it is necessary to vape so they're not left out of their peer group

80% Find it is easy to receive caring and warmth from their friends



73% Find it is easy to have discussions about personal matters with their friends

*Strongly agree and somewhat agree to the statement

Battlefords & Area

2026

WELLBEING

46% Sleep on average 8 hours or more a night

33% Of **girls** rate their mental health is good or very good

56% Of **boys** rate their mental health is good or very good

42% Of **girls** rate their physical health is good or very good

66% Of **boys** rate their physical health is good or very good

DIGITAL SPACE

33% Feel in control of how much time they spend on digital social platforms

47% Spend on average 4 hours or more on social media a day

28% Spend on average 4 hours or more playing video games a day

10% Feel lonely after using digital social platforms

69% Often or almost always feel safe online

COMMUNITY

68% Often or almost always feel safe in their neighbourhood



53% Think it is good to live in their community*

53% Feel like they belong in their community*

52% Think people in their community accept them for who they are*

36% Take part in local events or activities in their community*

SUBSTANCE USE

18% Were drunk in the past 30 days

54% Drink at least one energy drink everyday

26% Vape daily

20% Use cannabis daily

13% Smoke cigarettes daily

"Digital social platforms" are apps and online spaces for connecting with others, like social media, forums, or in-game chat.

*Strongly agree and agree to the statement

SUBSTANCE USE

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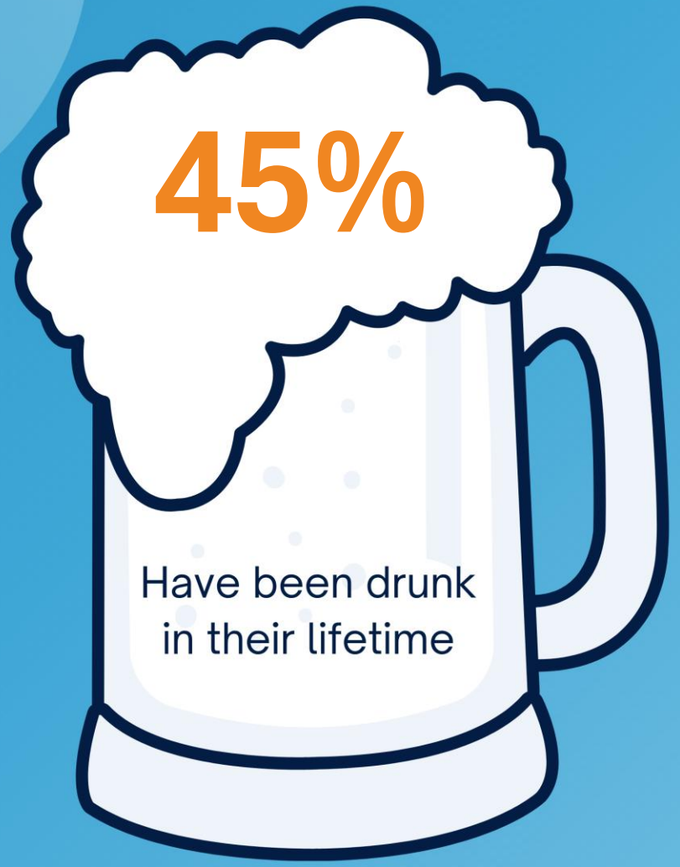
Substance use

30%
Tried alcohol at age 13 or younger

18%
Have been drunk in the last 30 days

34%
Drink alcohol in their own home*

33%
Get alcohol from parents or caregivers*



Vaping

53%
Have vaped in their lifetime

26%
Vape daily



Cigarette smoking

38%
Have smoked cigarettes in their lifetime

13%
Smoke cigarettes daily



Cannabis use

39%
Have used cannabis in their lifetime

20%
Use cannabis daily



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*Out of those who have had a drink of alcohol in their lifetime

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Substance use

Females

50%
Have been drunk in their lifetime

16%
Have been drunk in the last 30 days

37%
Tried alcohol at the age 13 or younger



Males

40%
Have been drunk in their lifetime

22%
Have been drunk in the last 30 days

25%
Tried alcohol at the age 13 or younger

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Vaping

44% Females

28% Males

Have vaped in the last 30 days

Cigarette smoking

23% Females

21% Males

Have smoked cigarettes in the last 30 days

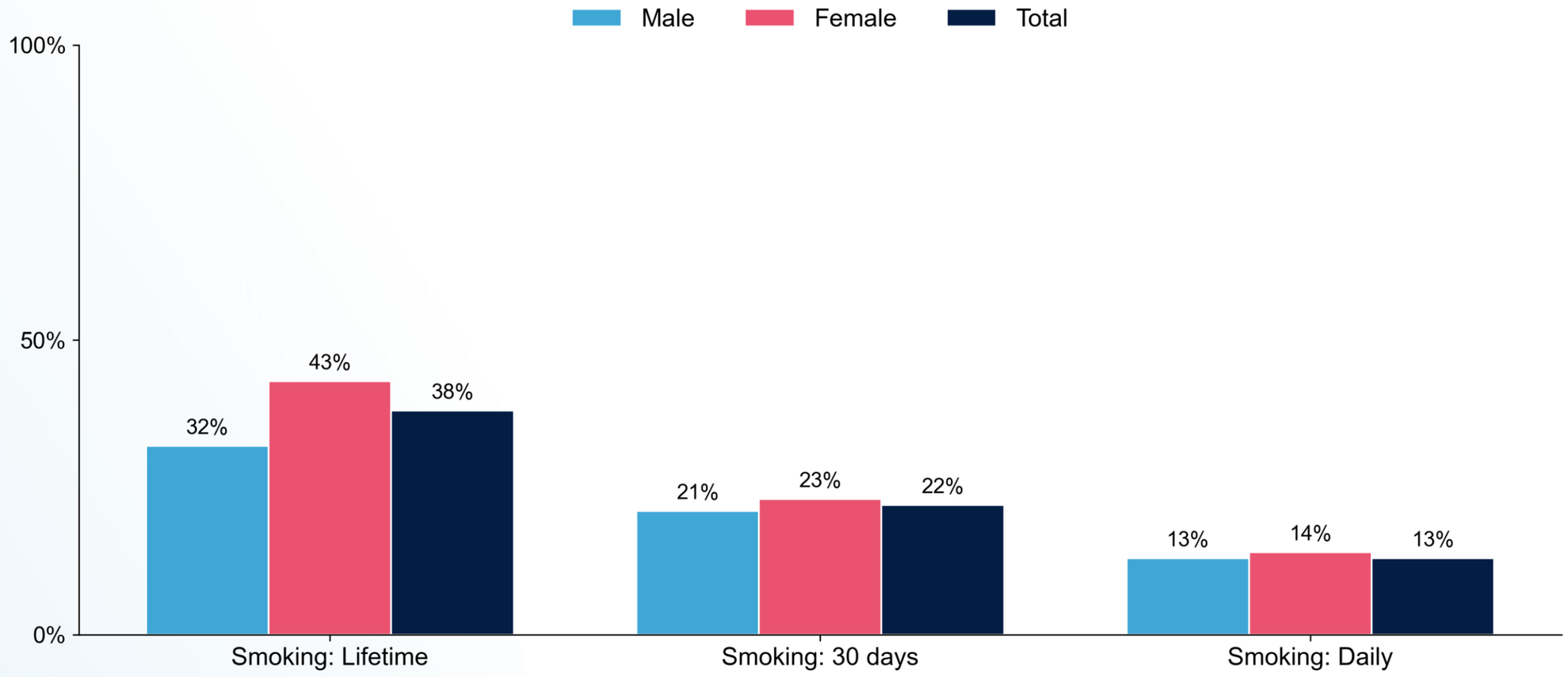
Cannabis use

30% Females

27% Males

Have used cannabis in the last 30 days

Percentage of adolescents who have smoked cigarettes **once or more** in their lifetime, in the past 30 days, and smoke on a daily basis



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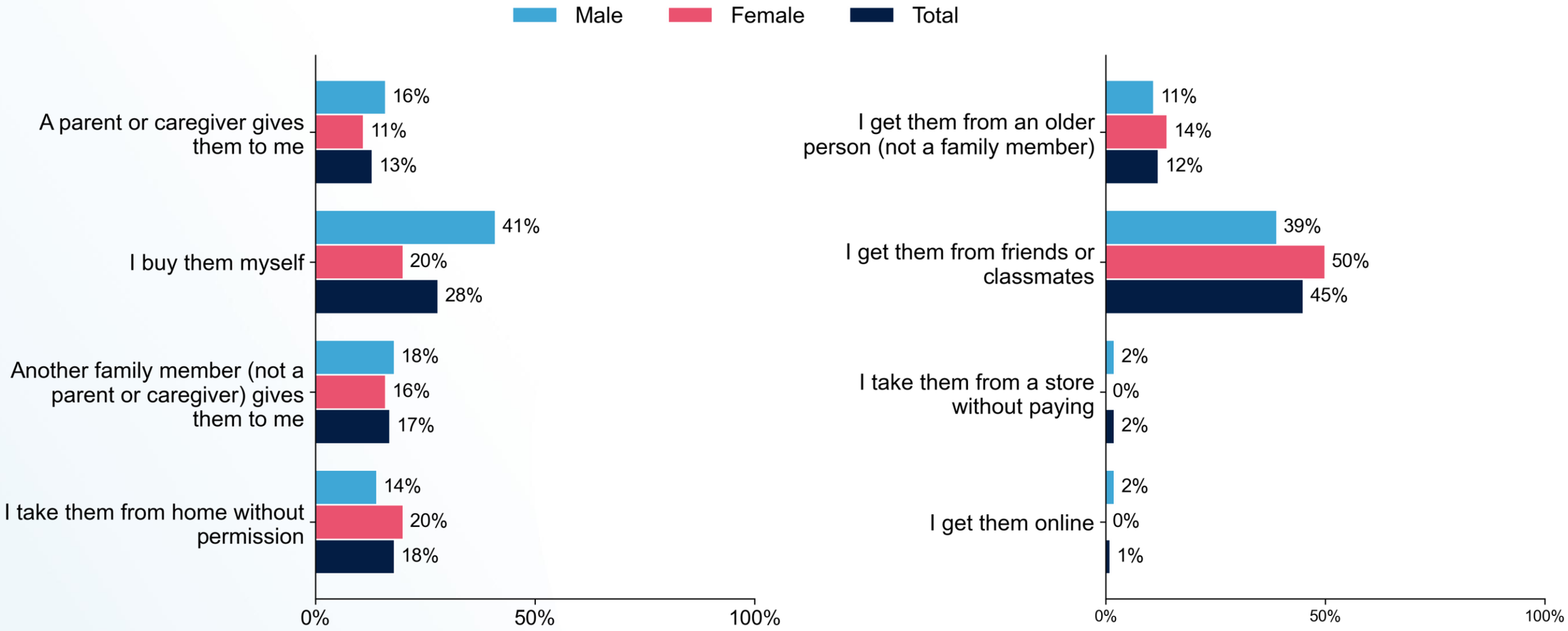
Percentage of adolescents who have smoked cigarettes at least once report getting their cigarettes the following way



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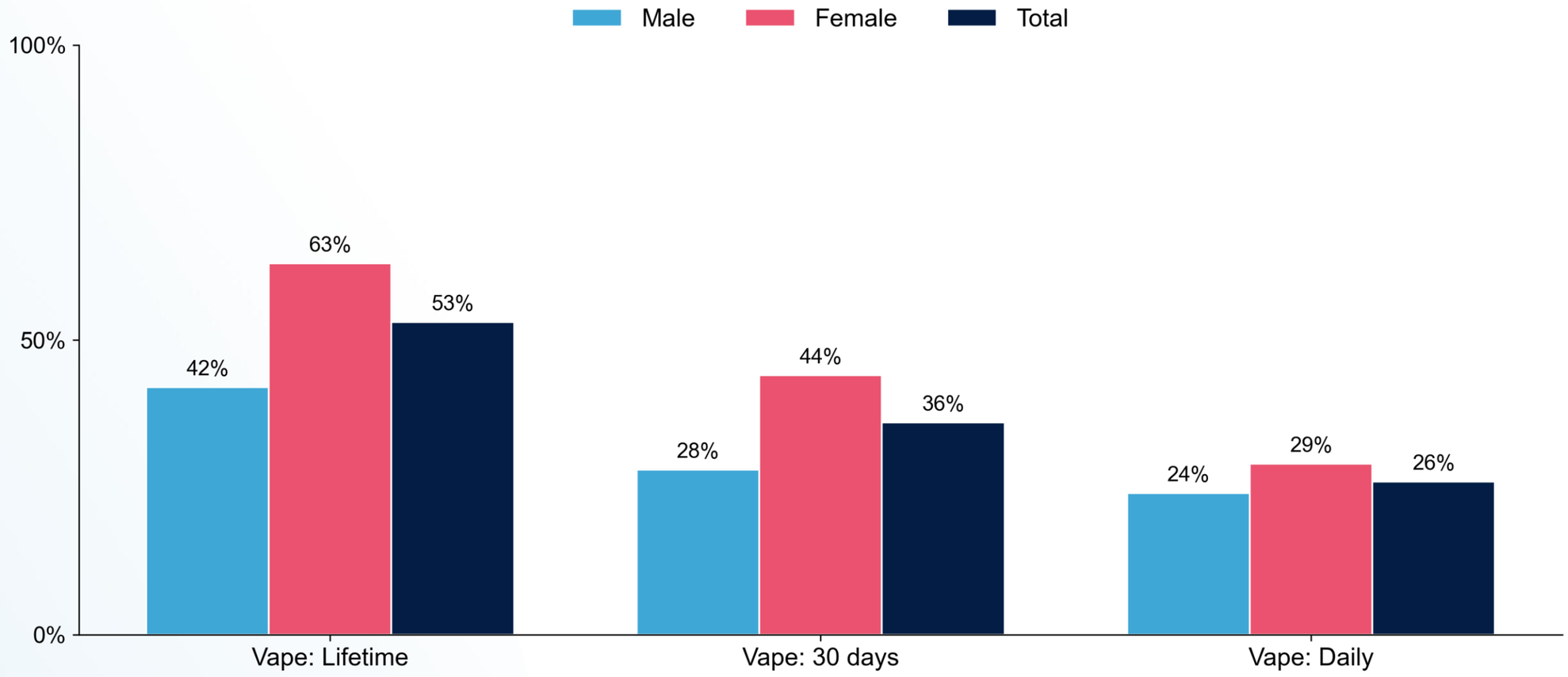
Percentage of adolescents who have vaped **once or more** in their lifetime, in the past 30 days, and vape on a daily basis



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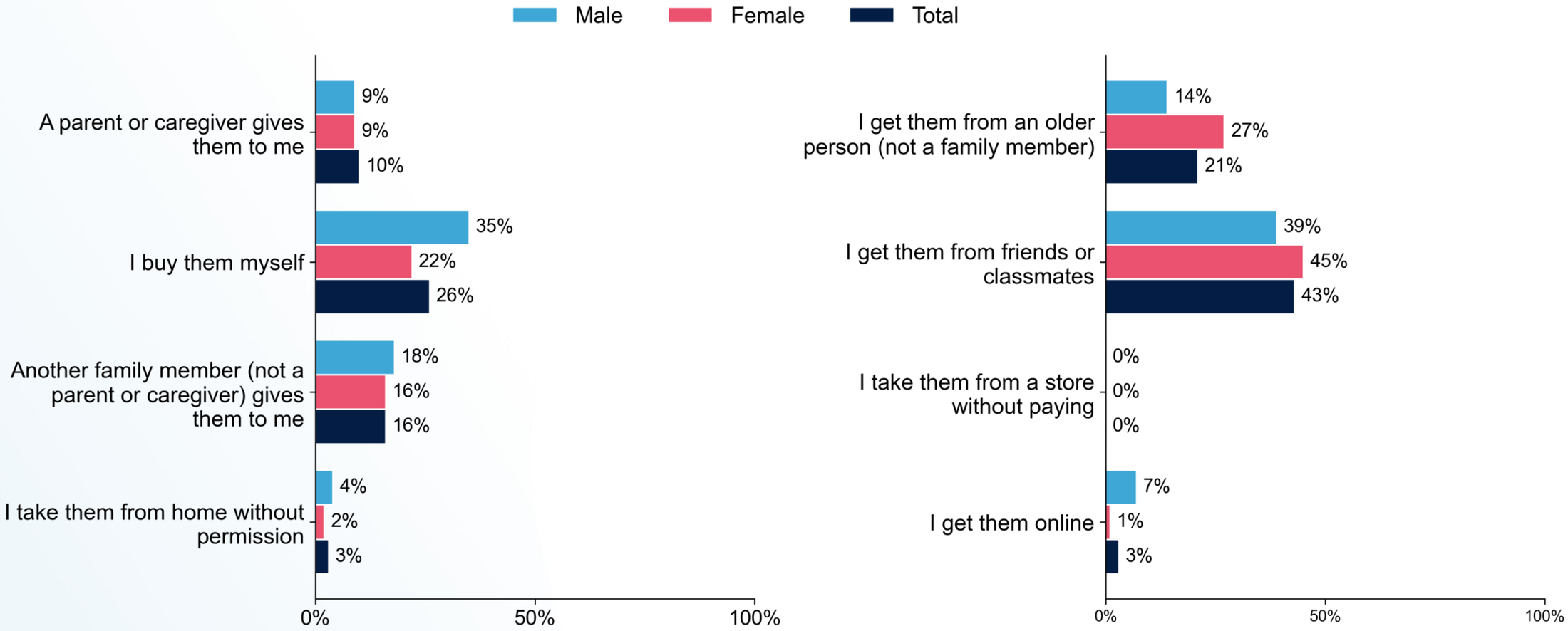
Percentage of adolescents who have vaped at least once report getting their vaping products the following way



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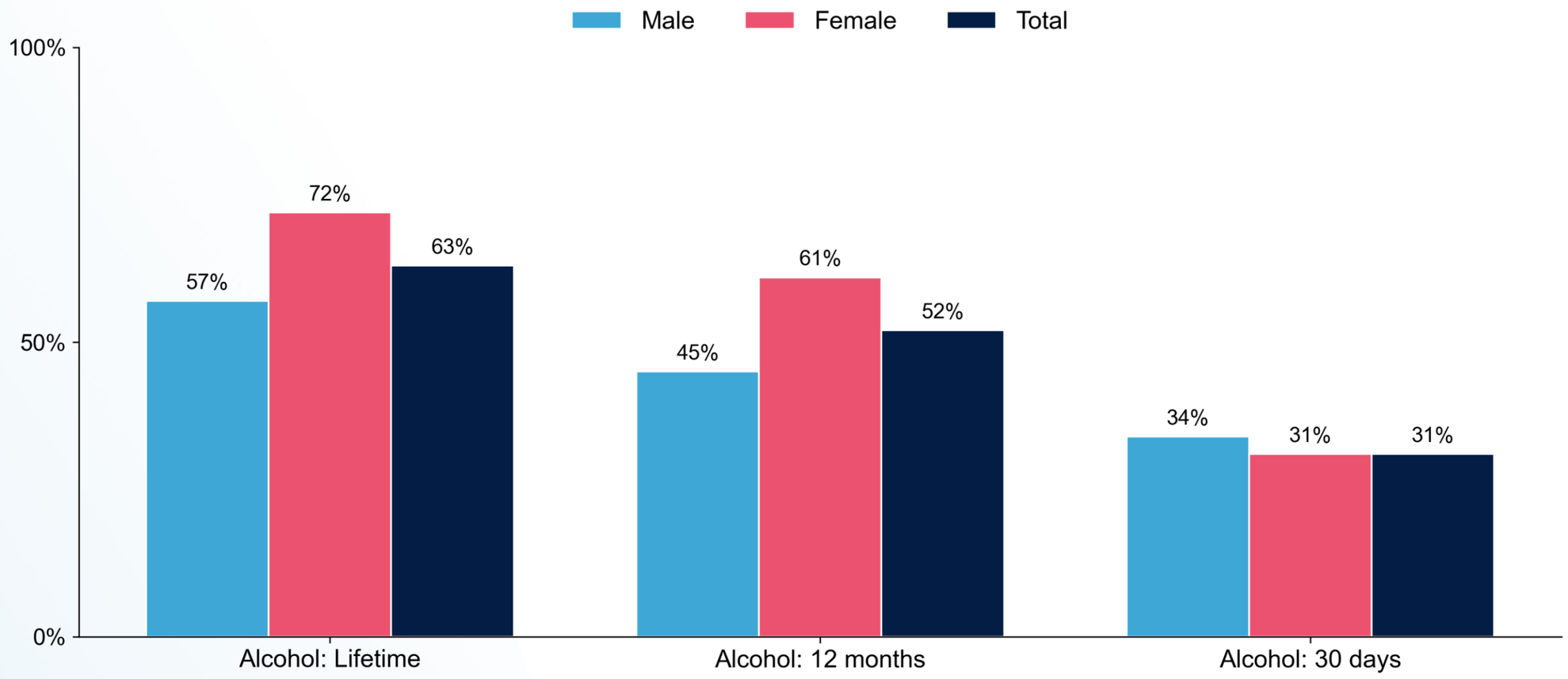
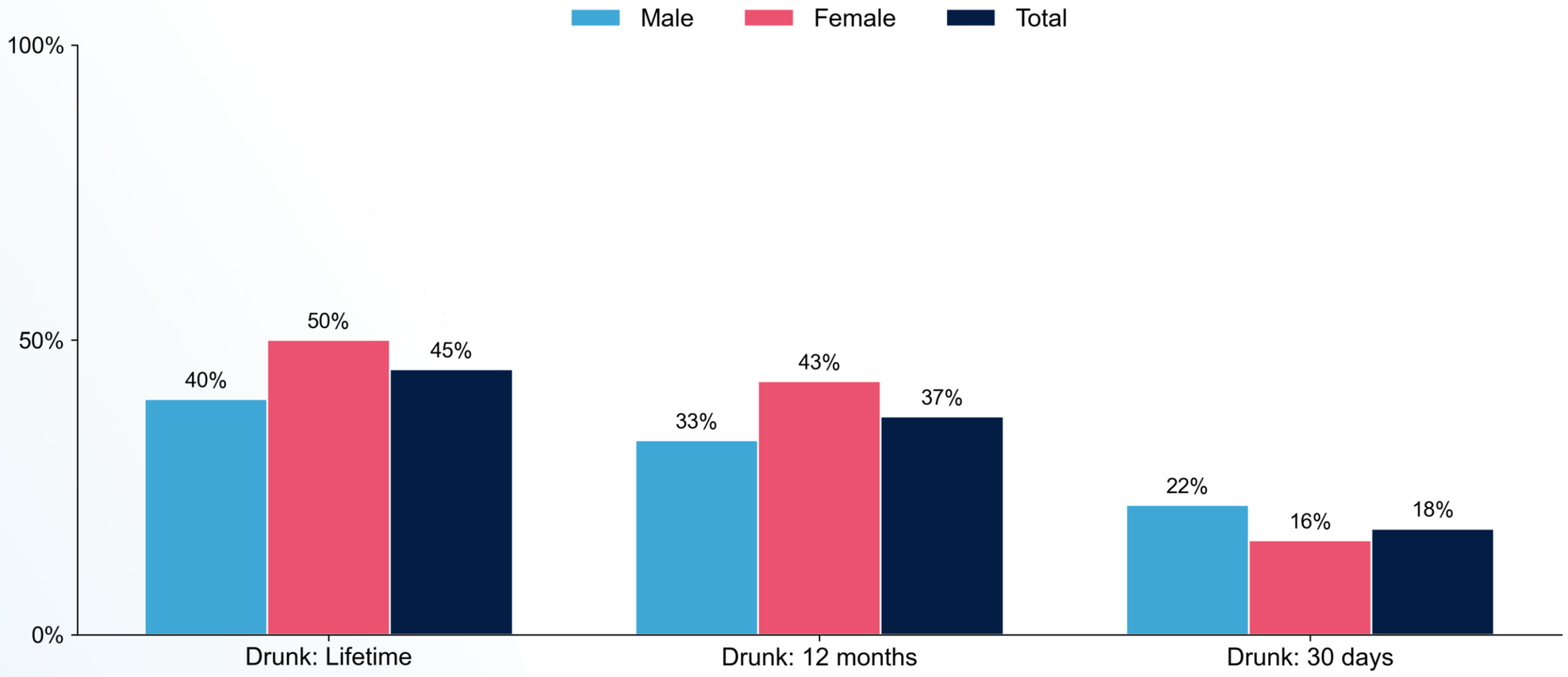
Percentage of adolescents who have consumed alcohol **once or more** in their lifetime, in the past 12 months, and in the past 30 days



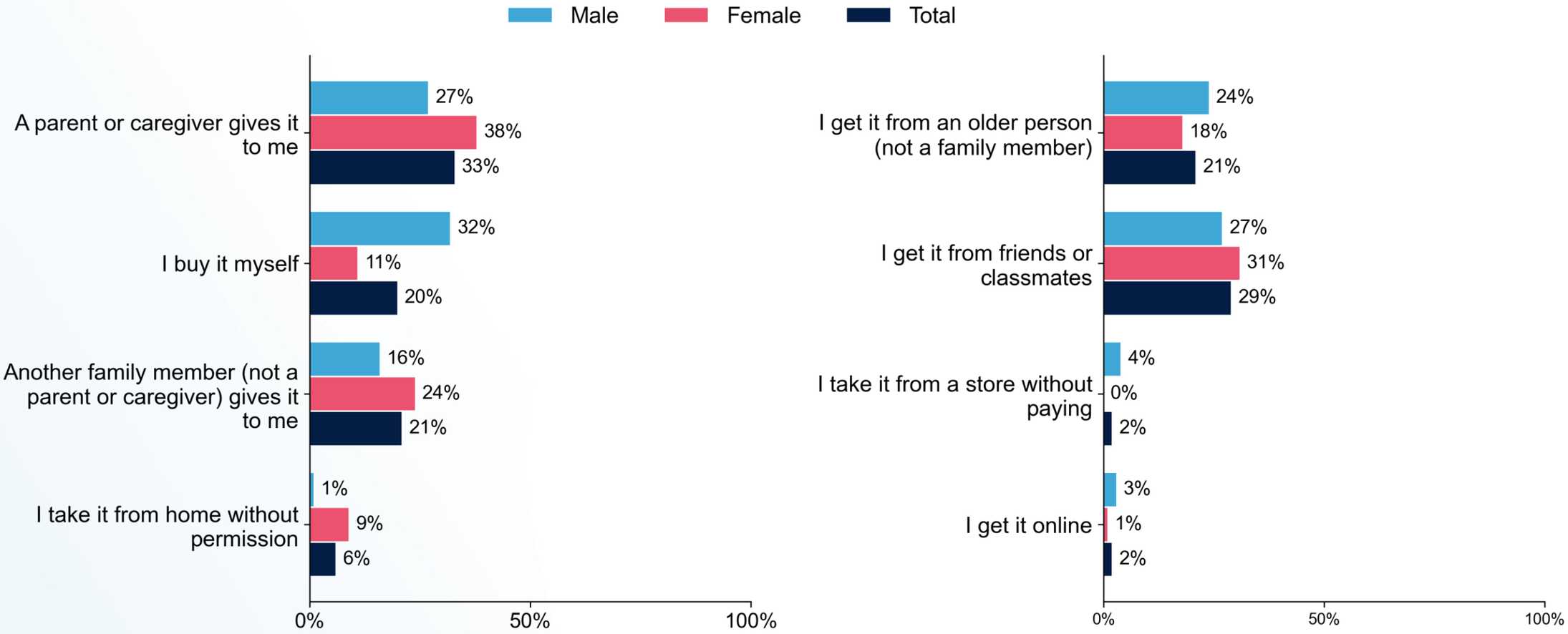
Battlefords & Area - 2026

Percentage of adolescents who have been drunk **once or more** in their lifetime, in the past 12 months, and in the past 30 days



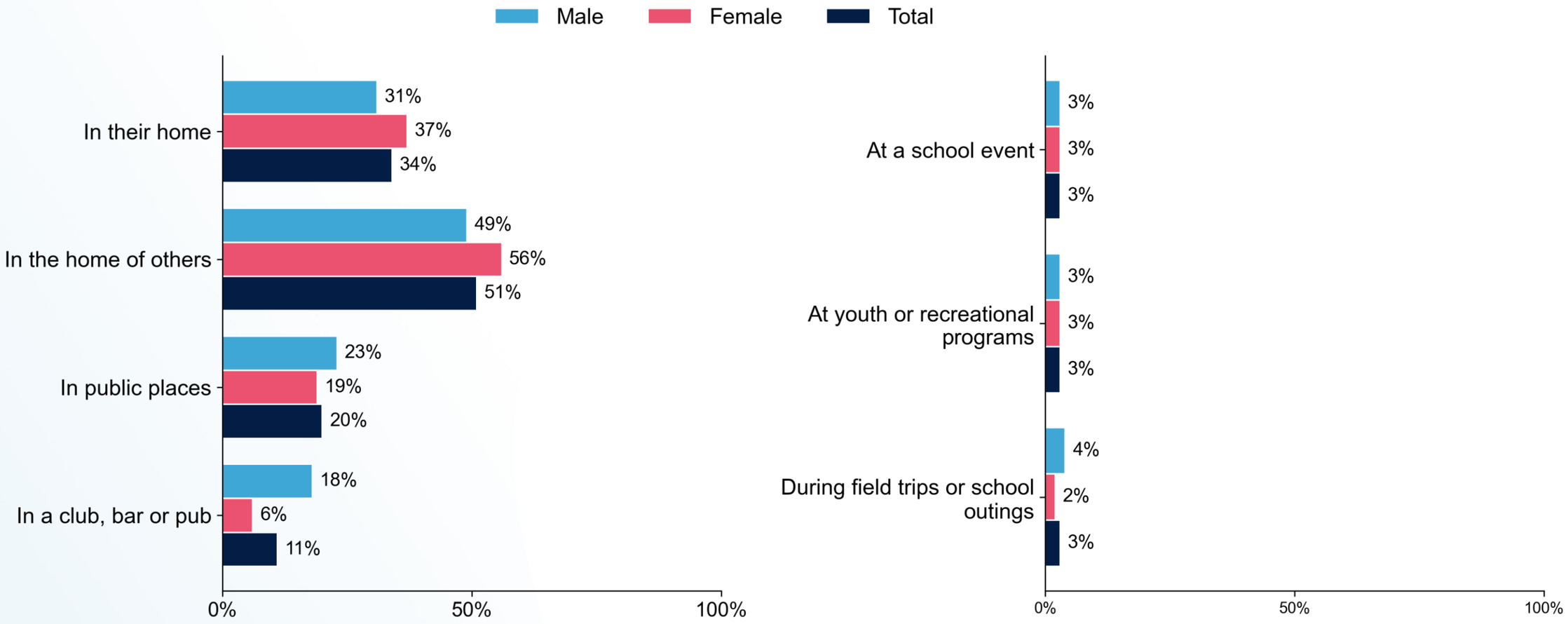
Battlefords & Area - 2026

Percentage of adolescents who have consumed alcohol at least once report getting the alcohol they drink the following way

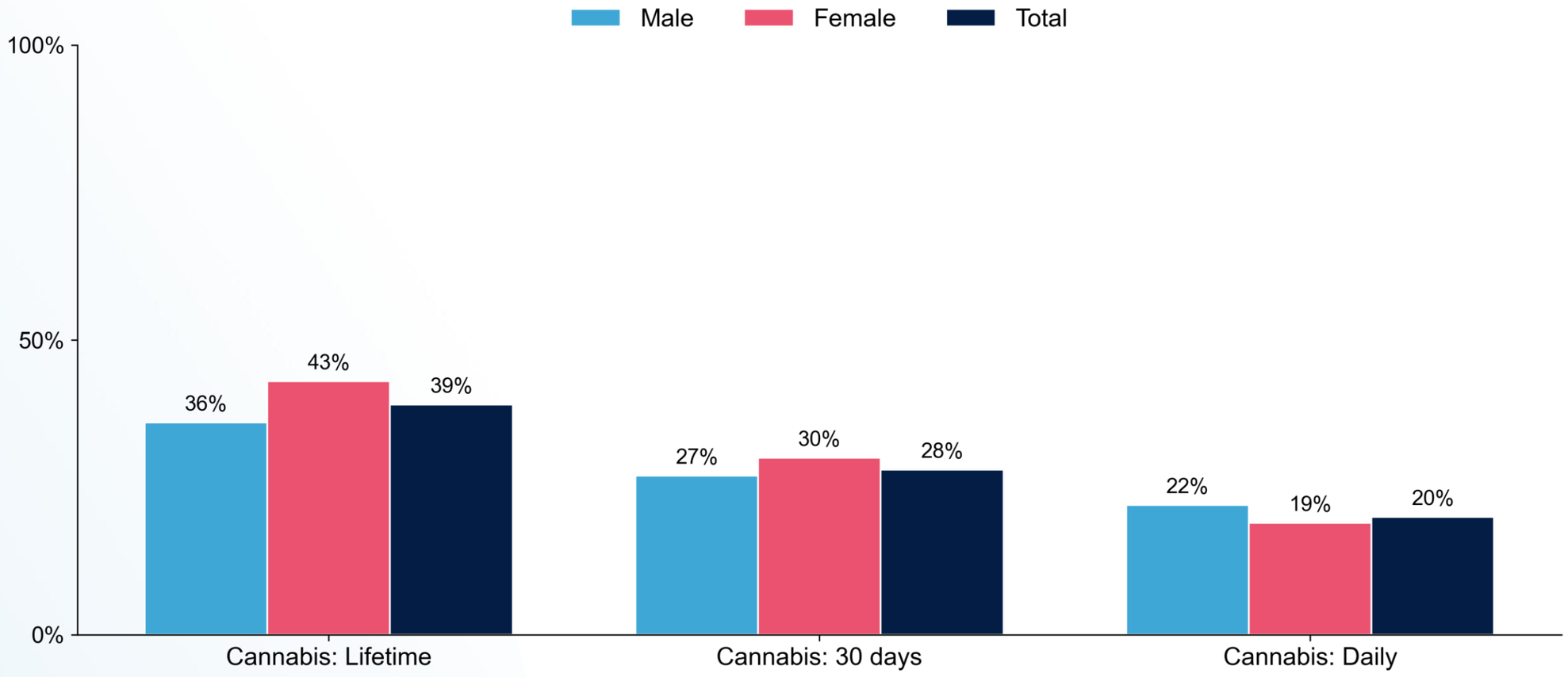


Battlefords & Area - 2026

Percentage of adolescents who have consumed alcohol at least once and drink **sometimes** or **often** in the following locations



Percentage of adolescents who have used cannabis **once or more** in their lifetime, in the past 30 days and use cannabis daily



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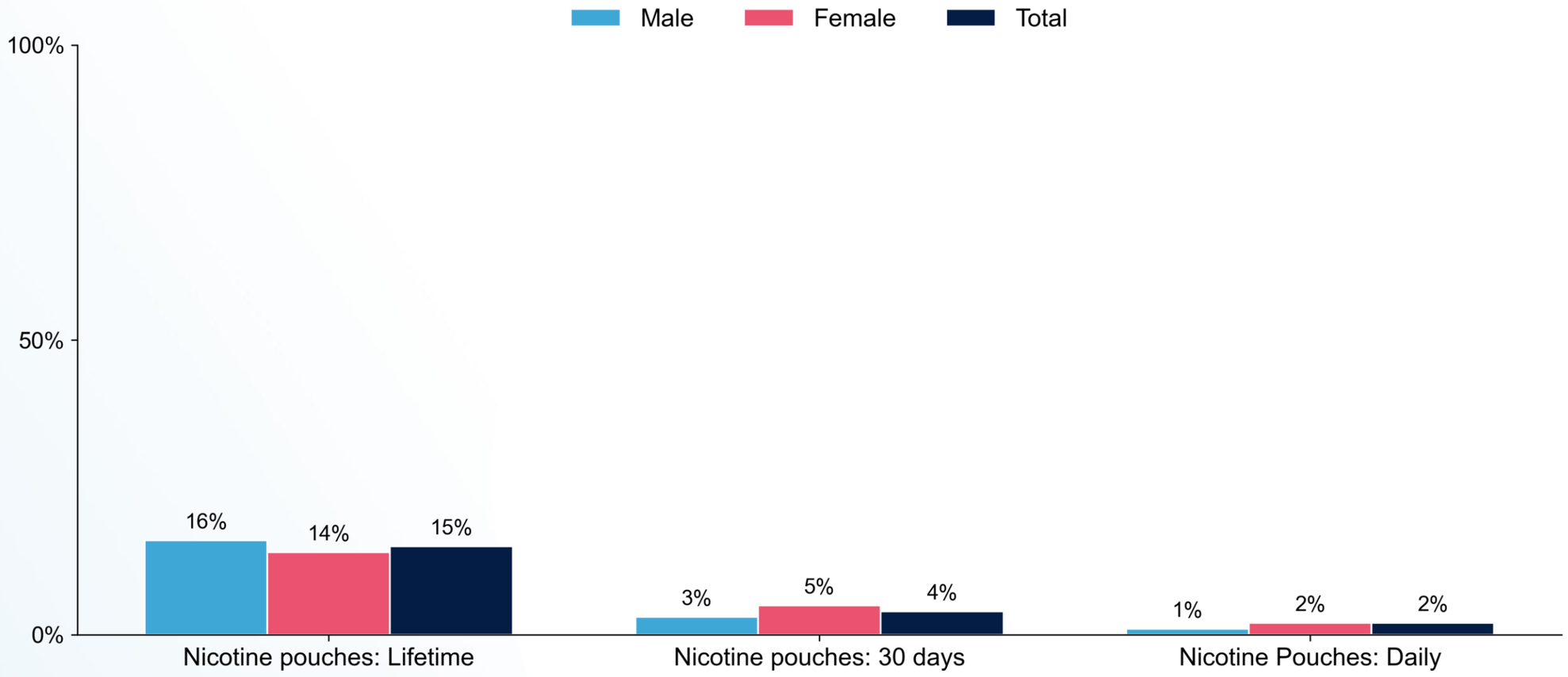
Percentage of adolescents who have used nicotine pouches **once or more** in their lifetime, in the past 30 days and use nicotine pouches on a daily basis



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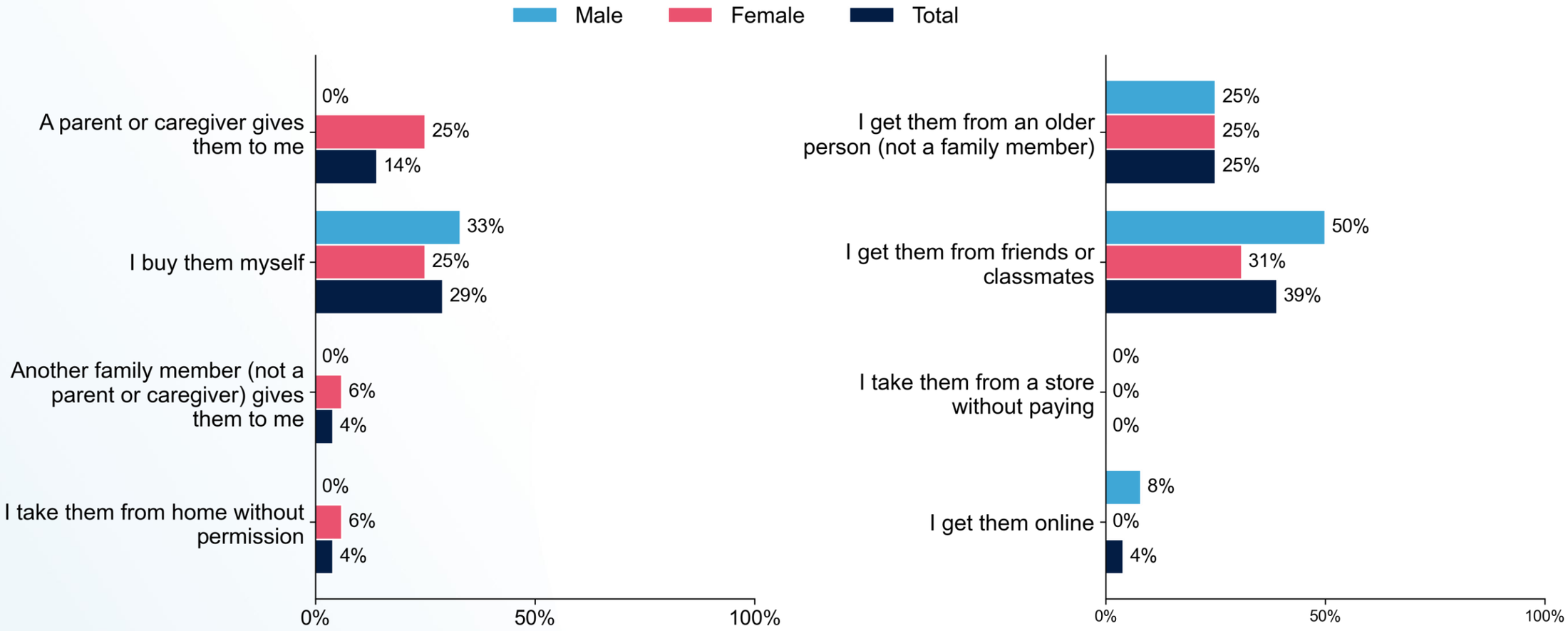
Percentage of adolescents who have used nicotine pouches at least once and report getting them **sometimes** or **often** the following way



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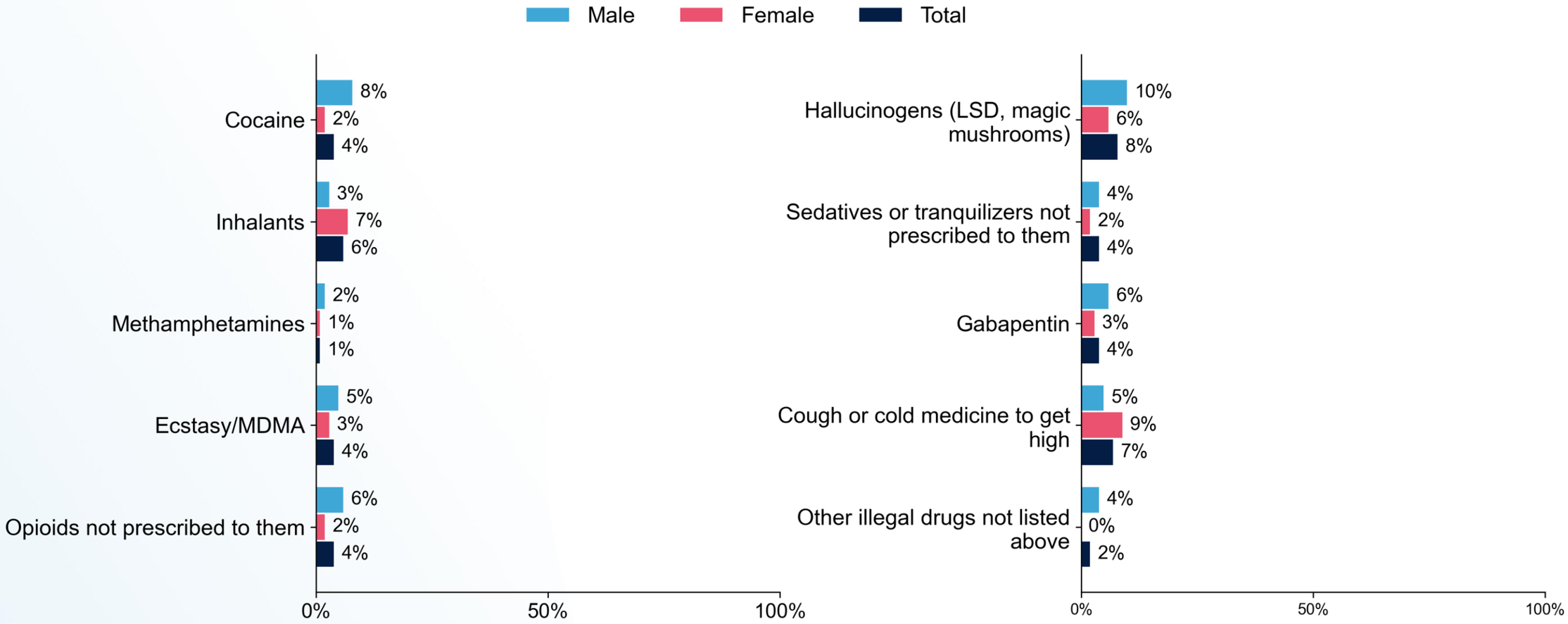
Percentage of adolescents who have used the following substances **once or more** in their lifetime in order to get high or numb



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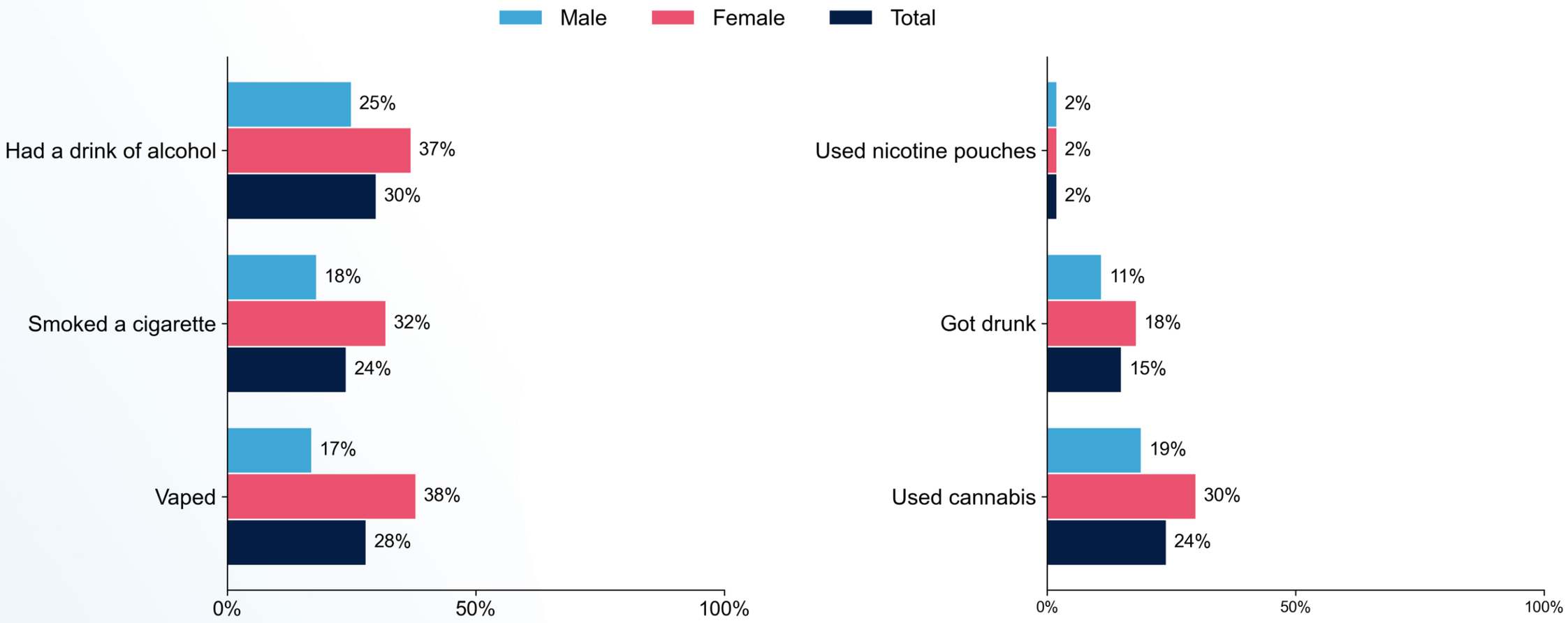
Percentage of adolescents who did the following for the first time when they were **13 years old** or **younger**



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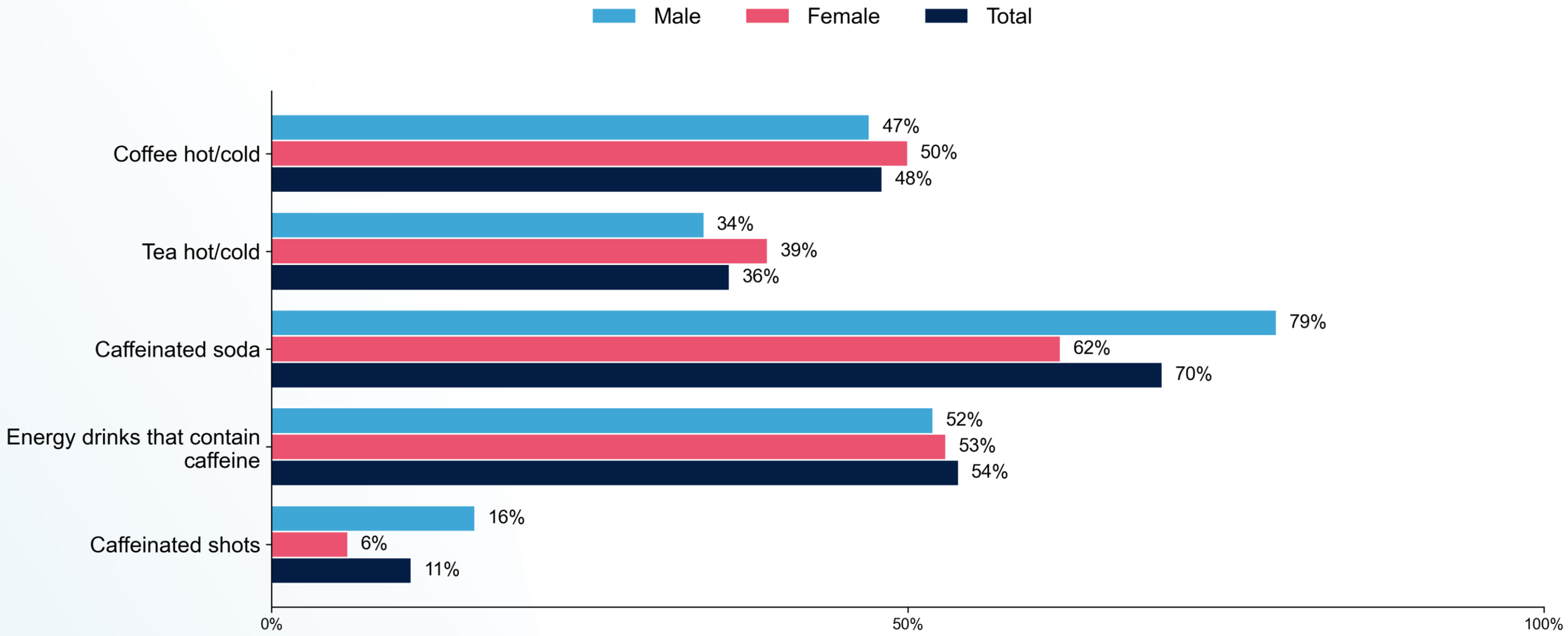
Percentage of adolescents who drink at least one drink of the following **every day**



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FAMILY

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Family

88%

Think their parents/caregivers know where they are in the evenings

83%

Think their parents/caregivers know who they are with in the evenings

74%

Say their parents/ caregivers set rules when they should be home in the evenings

89%

Feel safe at home often or always

83%

Find it is easy to receive caring and warmth from their parents/ caregivers

67%

Often or almost always spend time with their parents/ caregivers on weekends

77%

Say their parents/ caregivers disapprove of* drunkenness

79%

Say their parents/ caregivers disapprove of* cannabis use

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*Disapprove of: not allow or discourage it

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Family

Females

91%
Feel safe at home often or almost always

85%
Find it is easy to receive caring & warmth from their parents/caregivers

68%
Often or almost always spend time with their parents/caregivers on weekends



Males

88%
Feel safe at home often or almost always

81%
Find it is easy to receive caring & warmth from their parents/caregivers

67%
Often or almost always spend time with their parents/caregivers on weekends

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88% Females **87%** Males

Think their parents/caregivers know where they are in the evenings

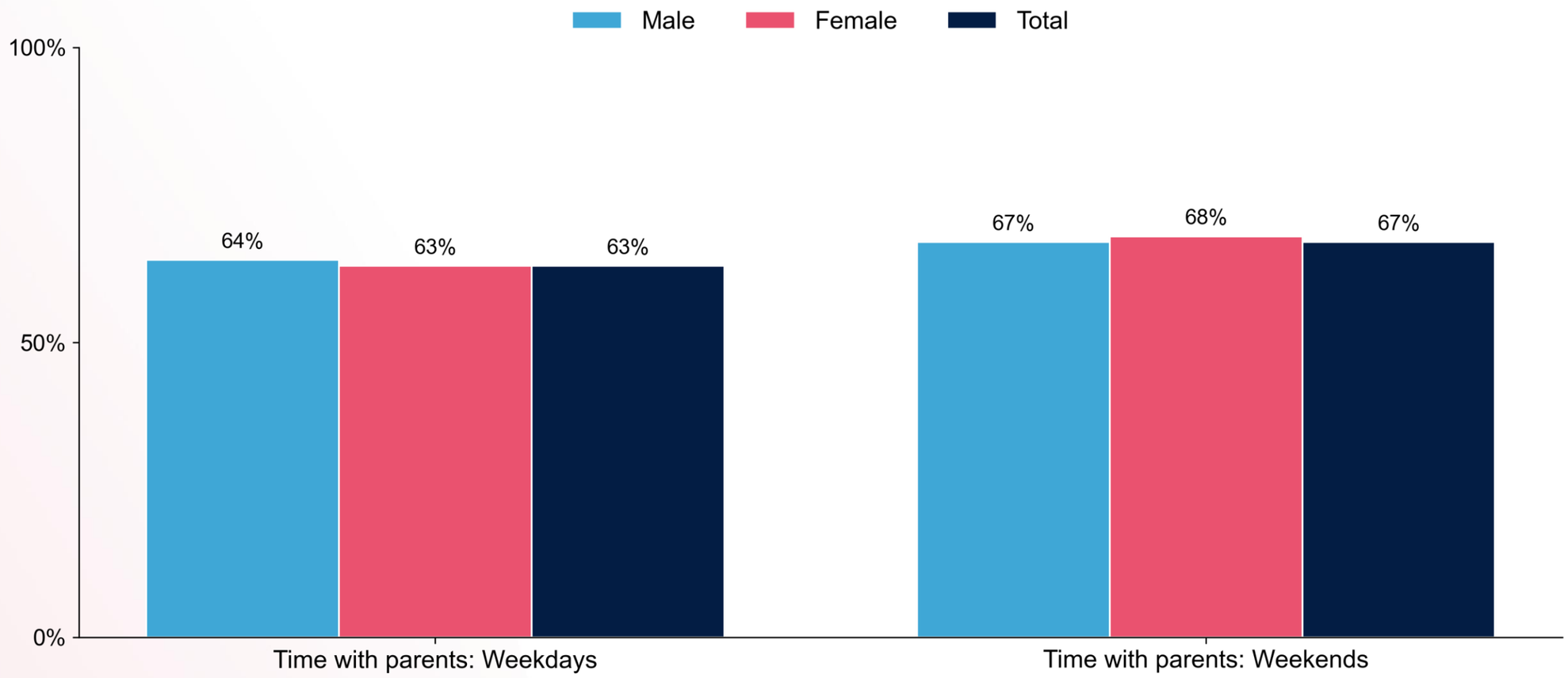
84% Females **80%** Males

Think their parents/caregivers know who they are with in the evenings

74% Females **73%** Males

Say their parents/caregivers set rules about when they should be home in the evenings

Percentage of adolescents who spend time with their parents / caregivers **often** or **always** on weekdays and weekends



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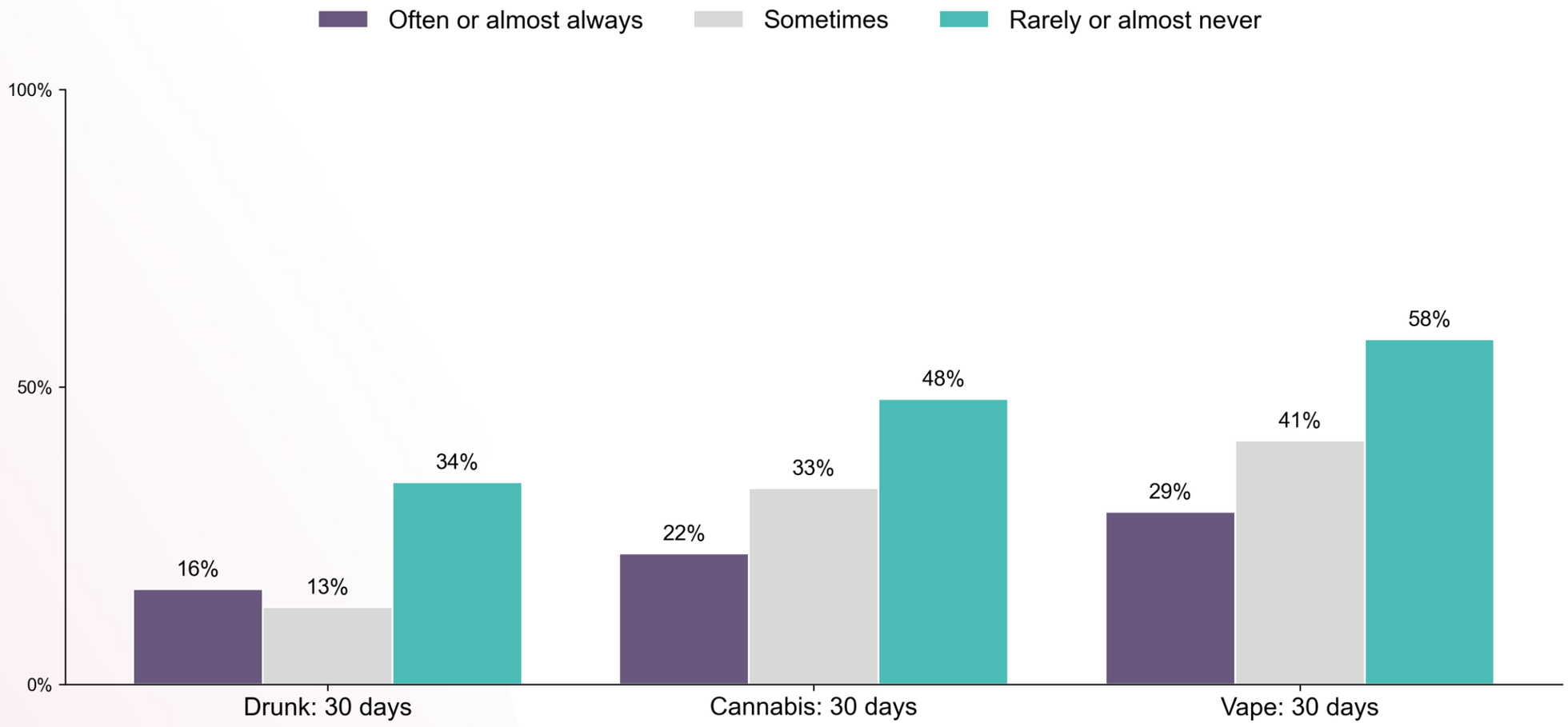
Substance use cross-referenced with spending time with parents / caregivers on the weekends



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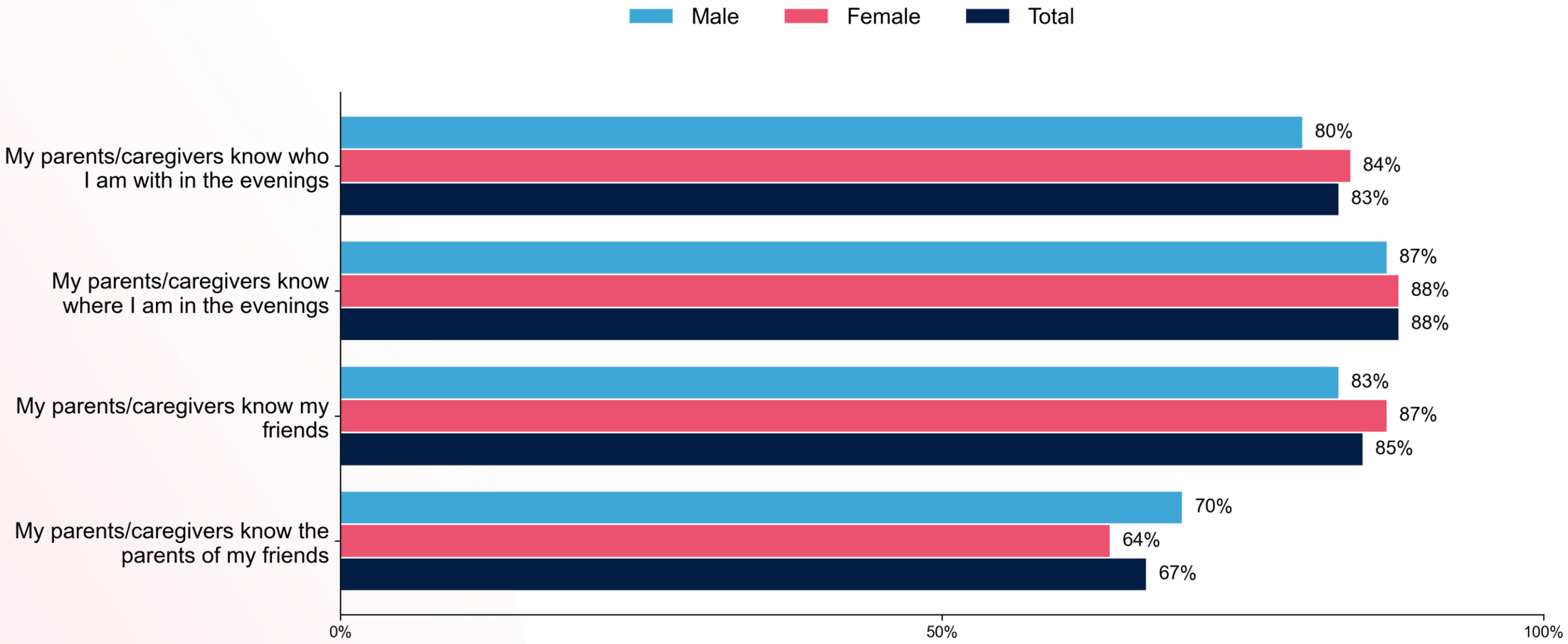
Percentage of adolescents who report the following parental monitoring applies **rather well** or **very well** to them



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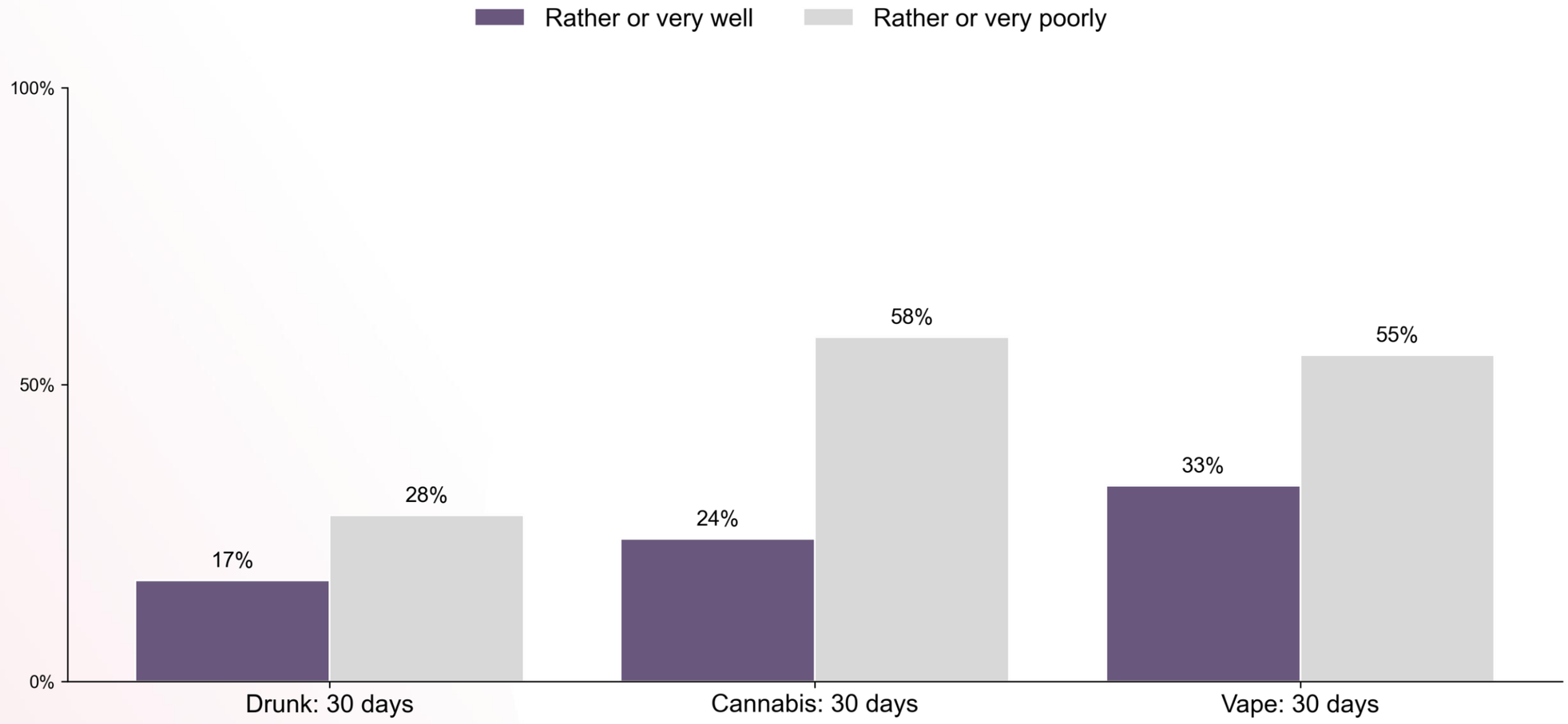
Substance use cross-referenced with parents / caregivers knowing adolescents' whereabouts in the evenings



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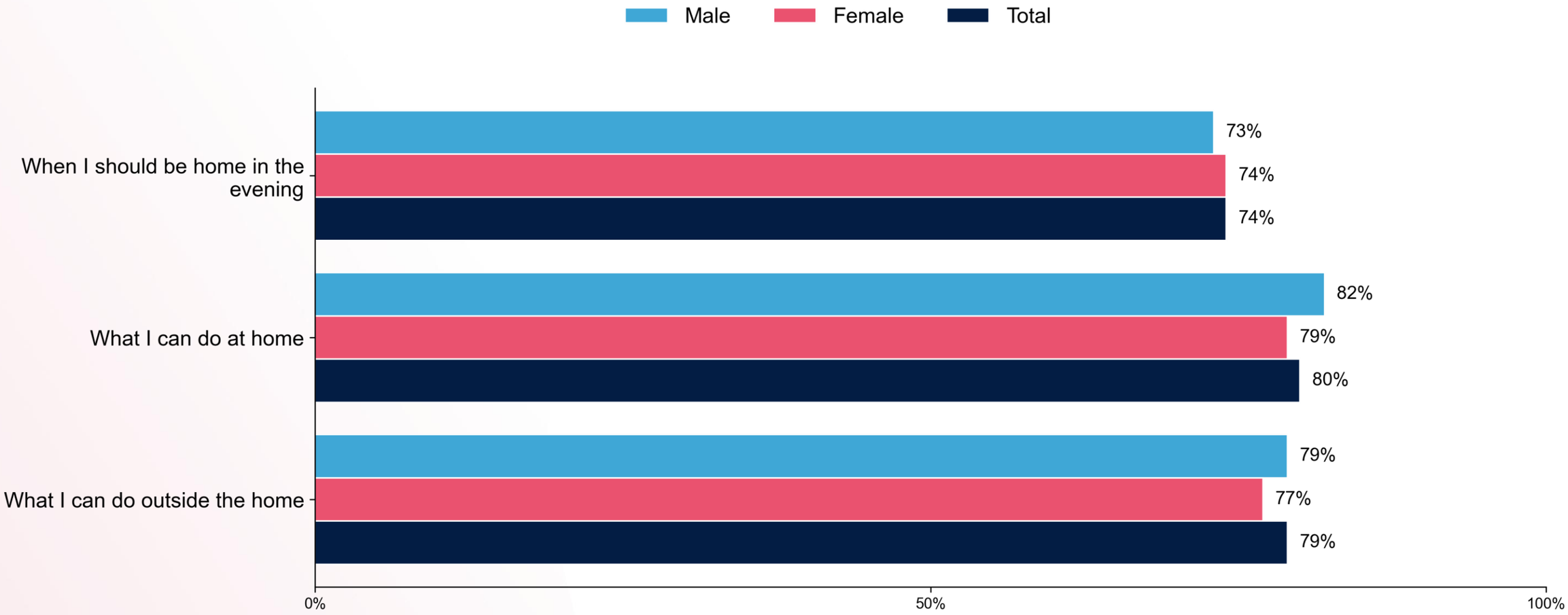
Percentage of adolescents reporting that parental rules on the following apply **rather well** or **very well** to them



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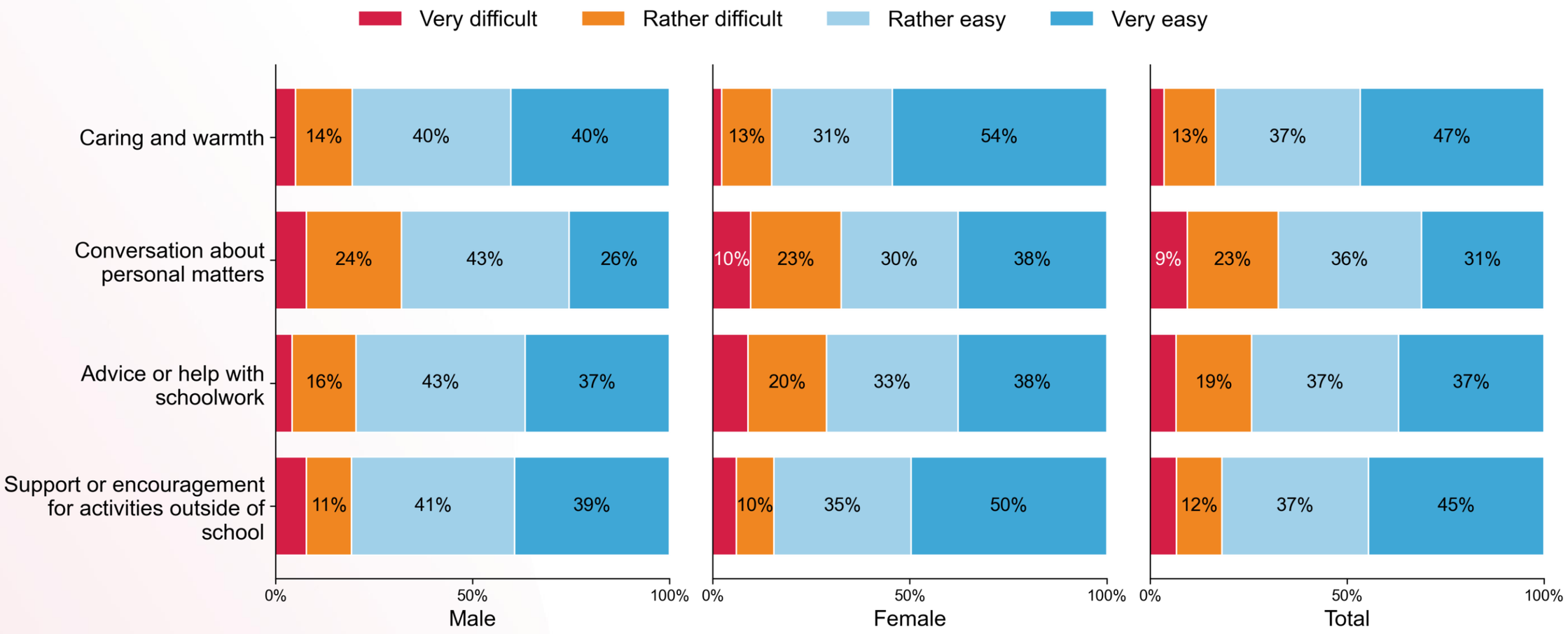
Adolescents report how **easy** or **difficult** it is to receive the following from their parents/caregivers



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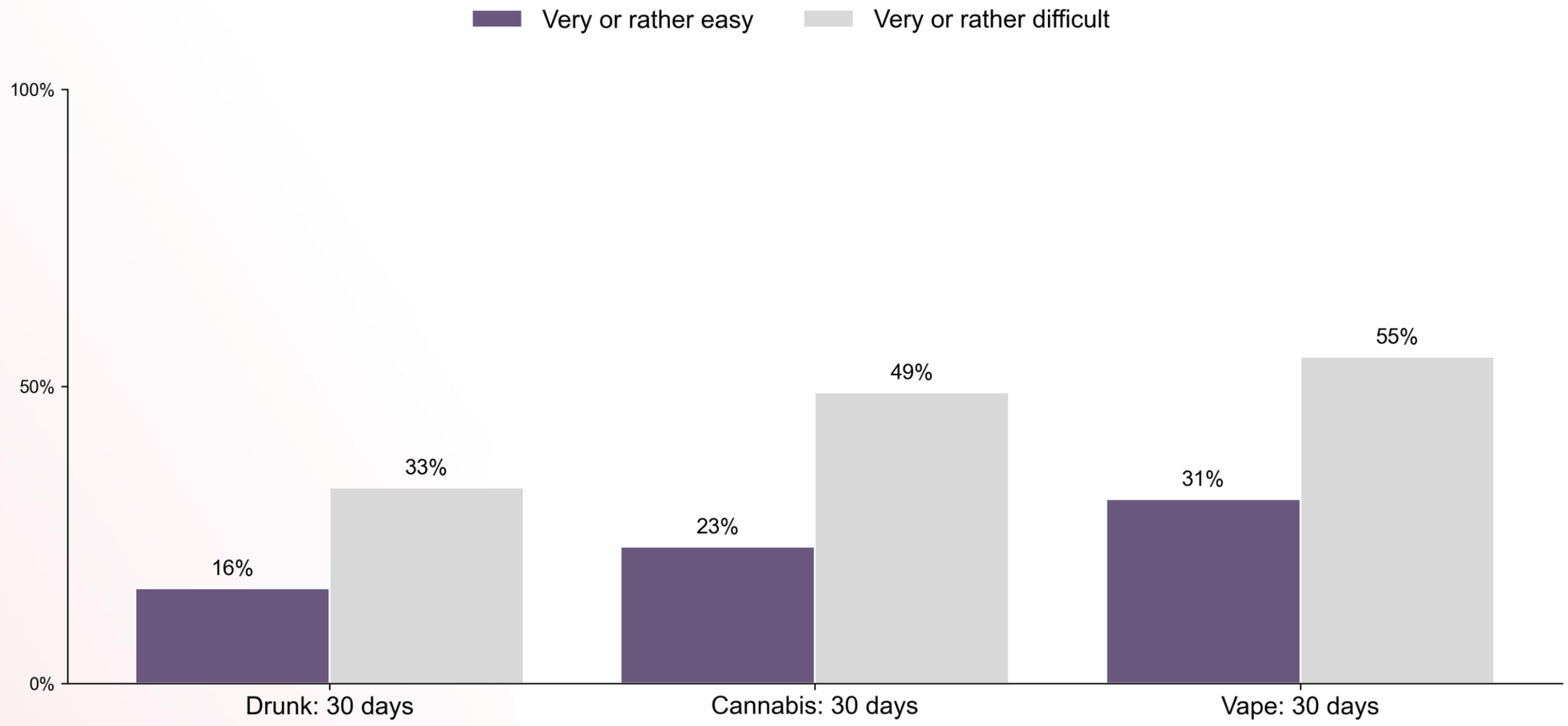
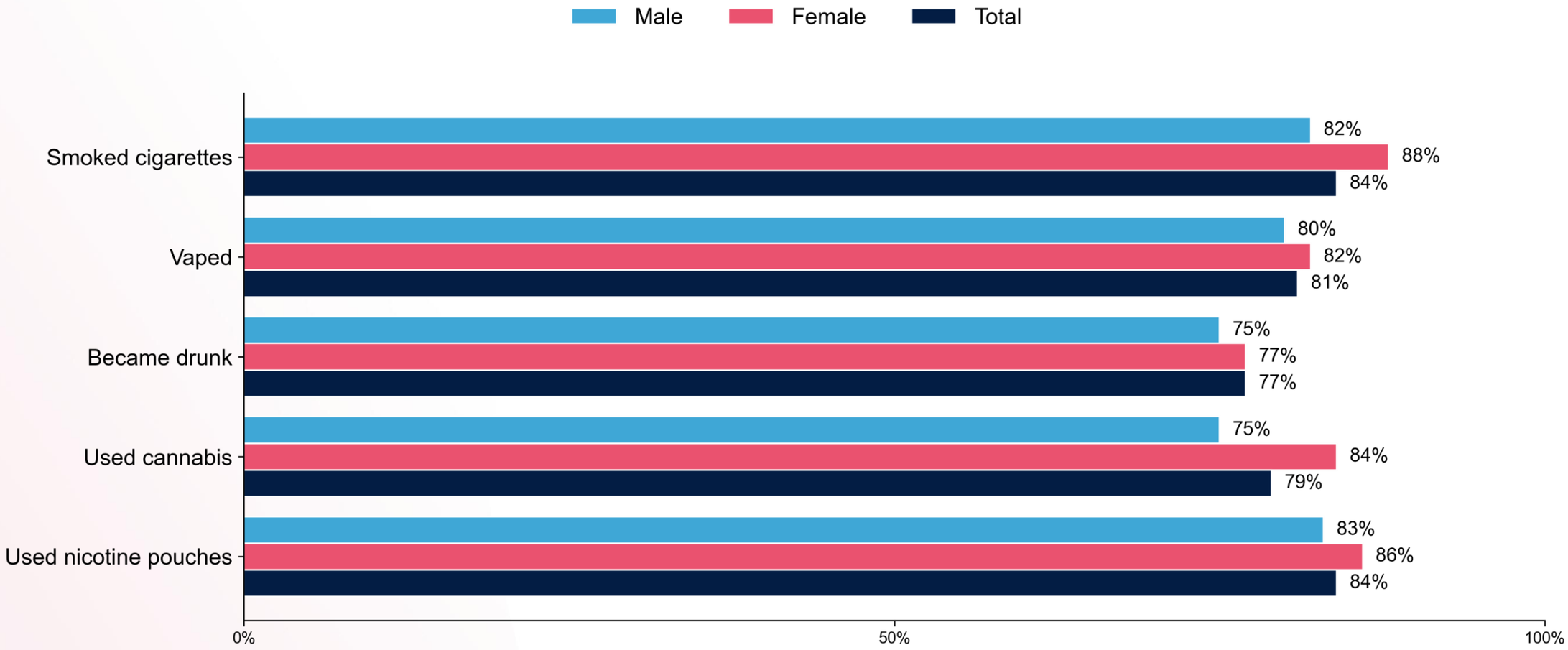
Substance use cross-referenced with whether it is easy or difficult to receive caring from parents / caregivers



Perceived parental reactions to substance use: Adolescent perceptions of whether parents / caregivers would **not allow** or **discourage** the following types of substance use



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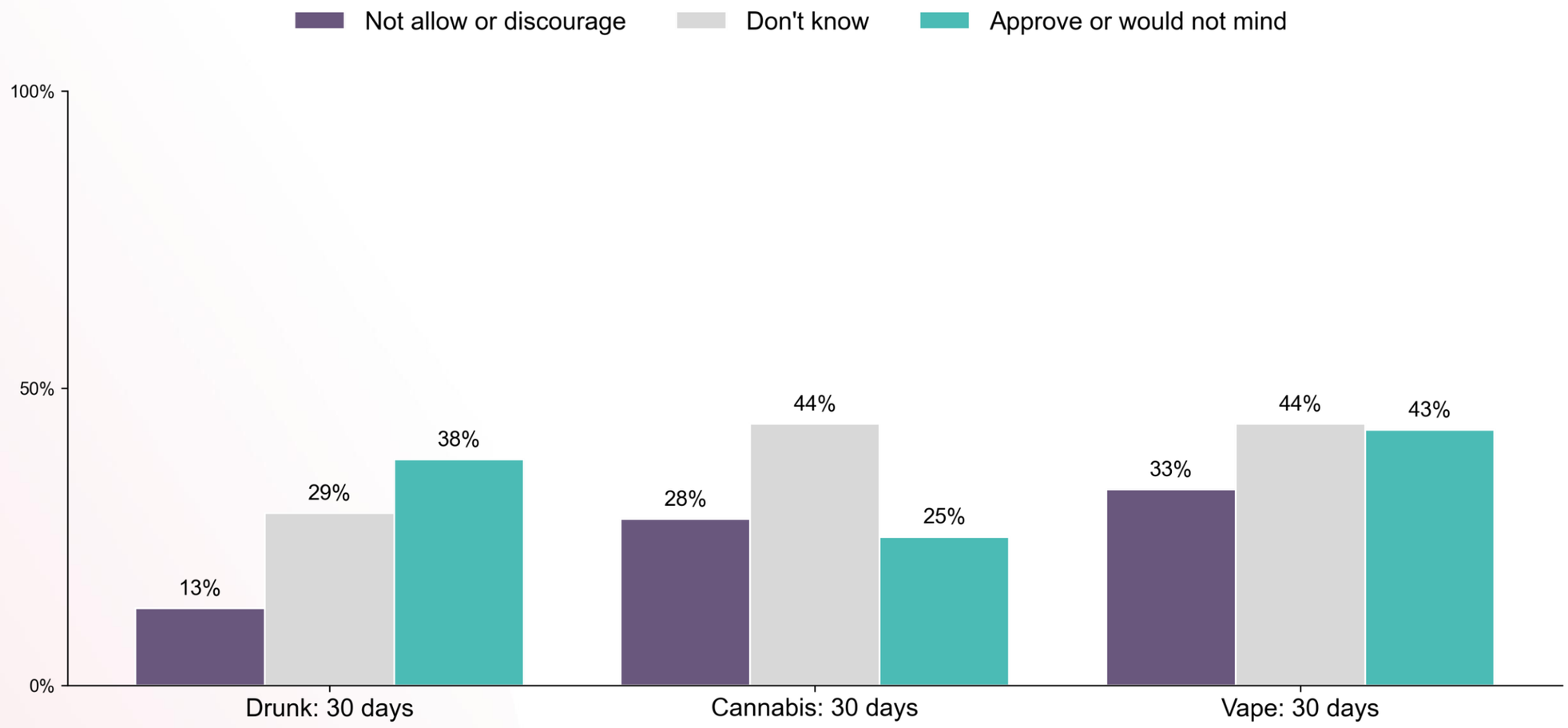
Substance use cross-referenced with perceived parental reactions to becoming drunk



SCHOOL

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School



78%

Have friends at school that care about them

64%

Think the adults at their school care about them

67%

Feel respected and supported by the adults at their school

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School

Females

36%
Are often or almost always bored with the school work

64%
Think the adults at their school care about them

81%
Have friends at school that care about them



Males

41%
Are often or almost always bored with the school work

64%
Think the adults at their school care about them

75%
Have friends at school that care about them

67% Females | **70%** Males
Often or almost always feel safe at school

68% Females | **66%** Males
Feel respected and supported by the adults at their school

10% Females | **11%** Males
Often or almost always want to change schools

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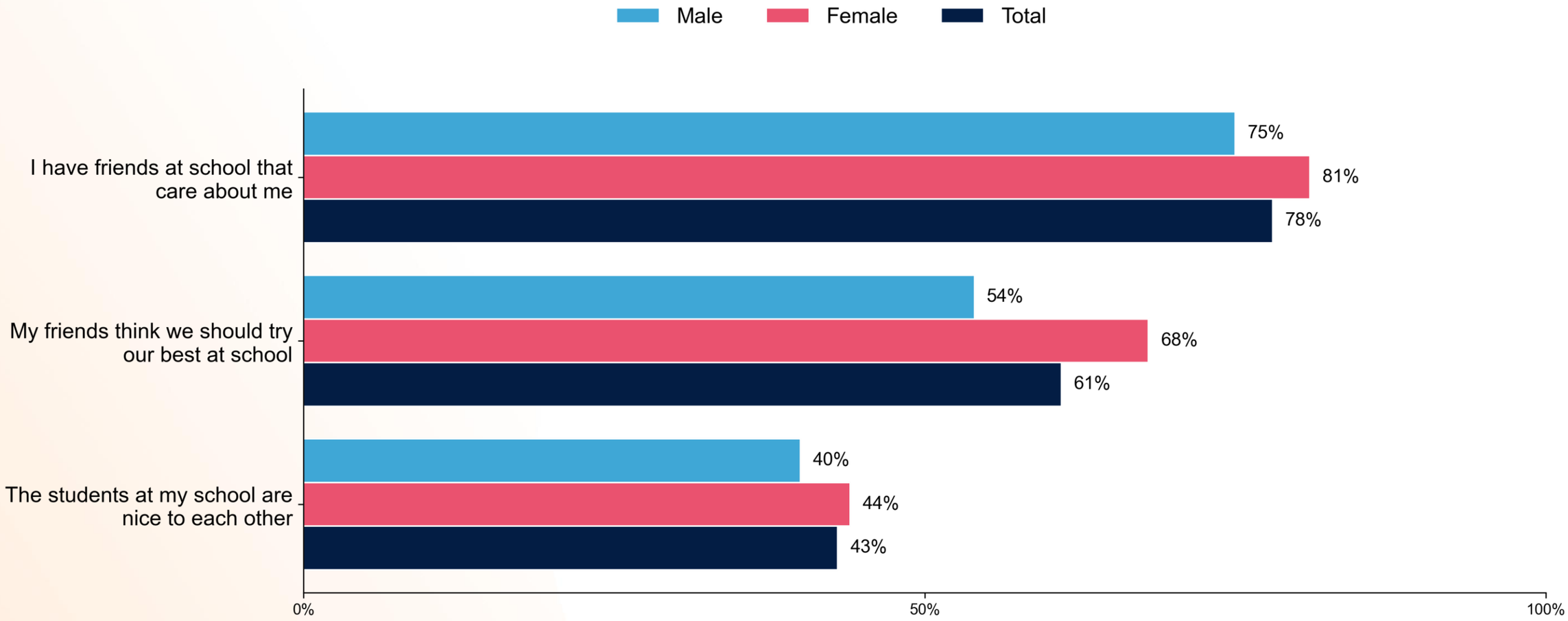
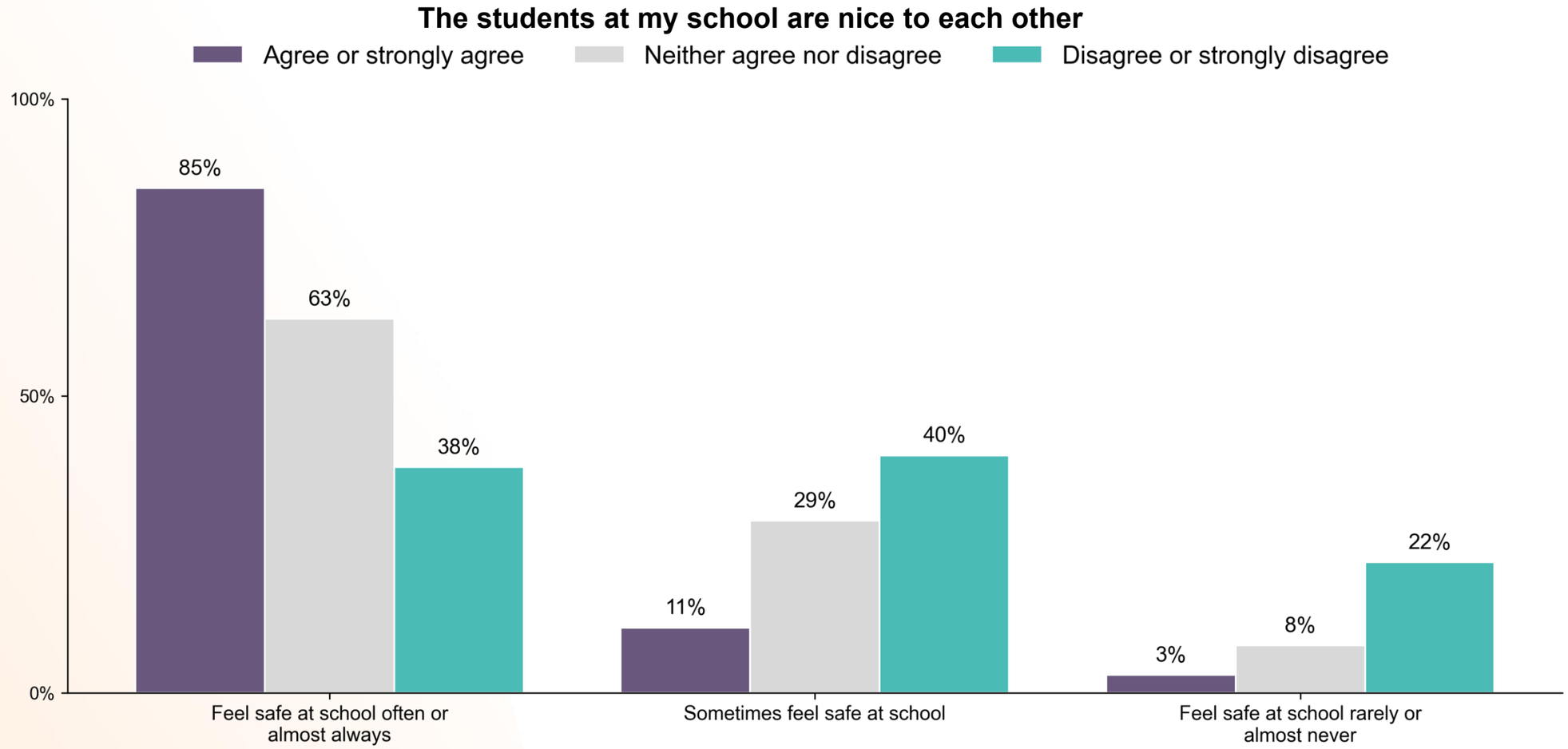
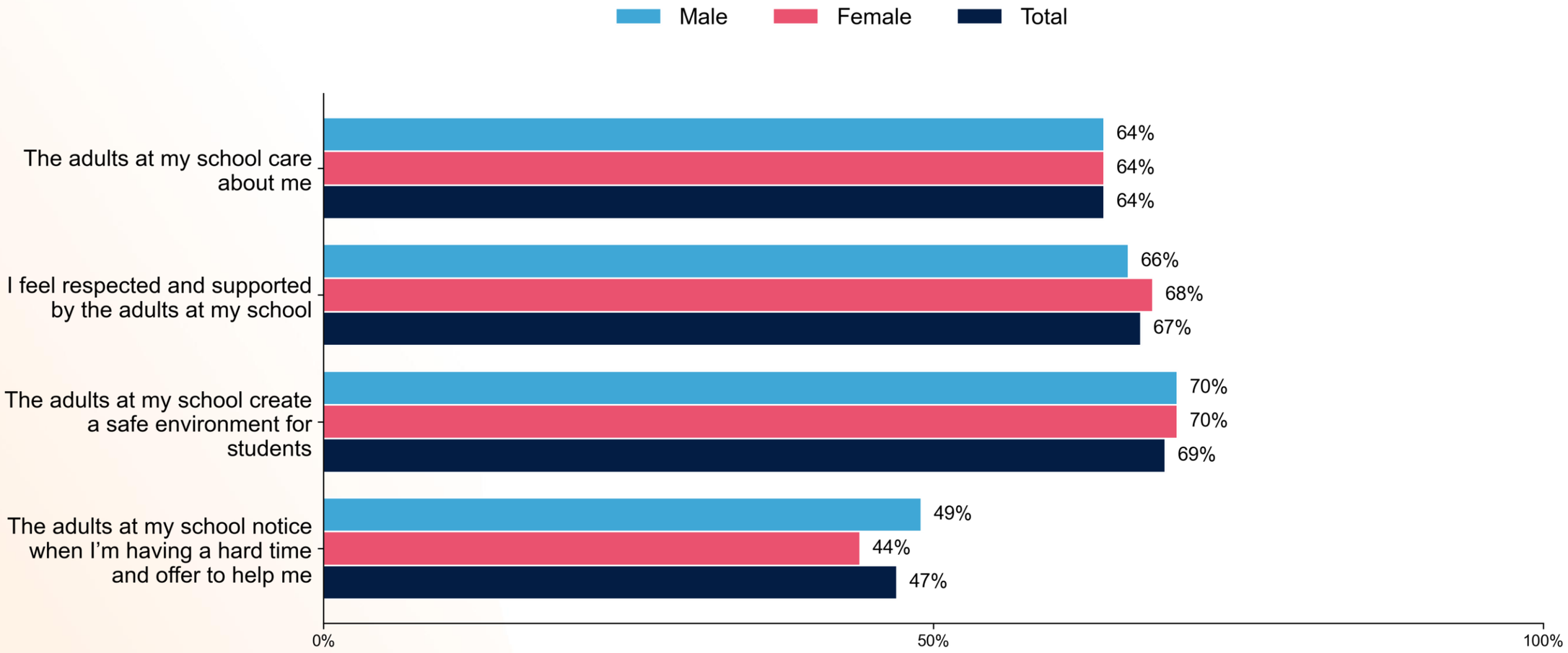
Percentage of adolescents who **agree** or **strongly agree** with the following statements about peer support in school



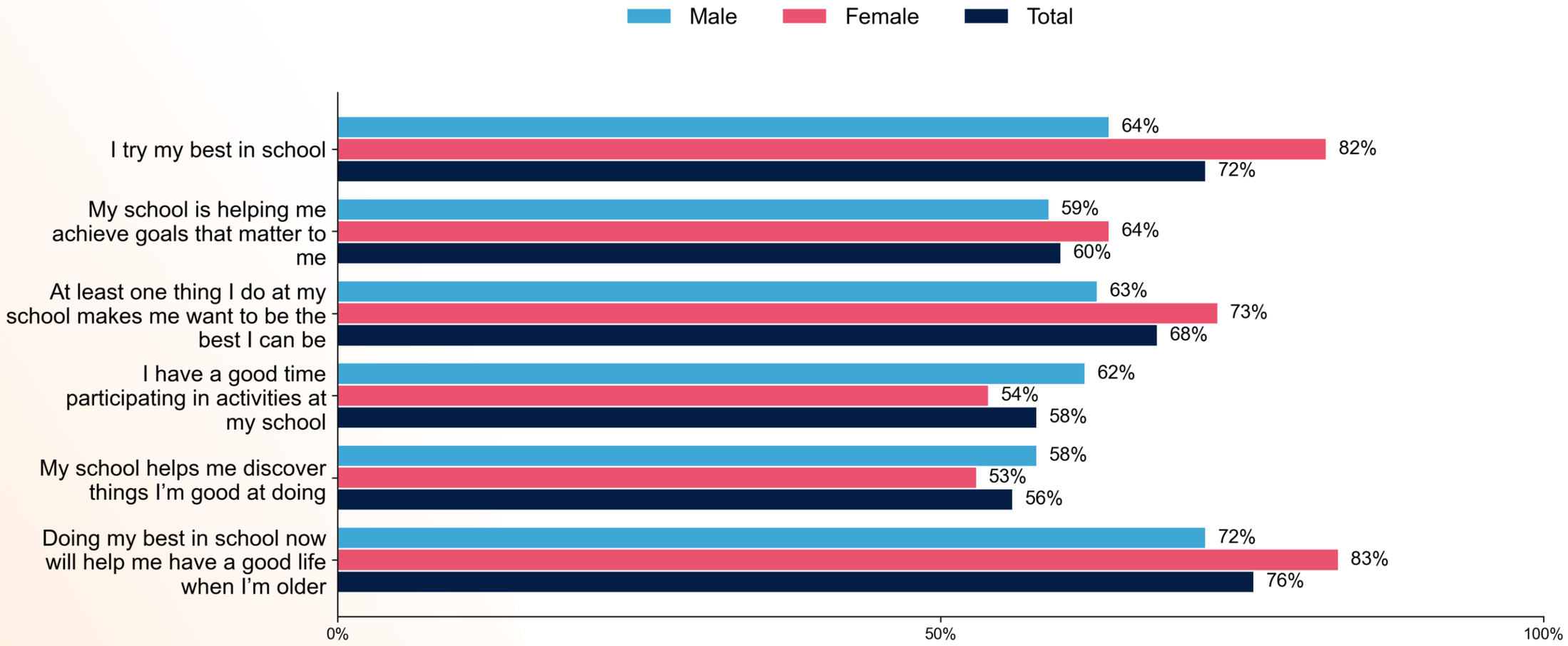
Sense of safety at school cross-referenced with whether adolescents think the students at their school are nice to each other



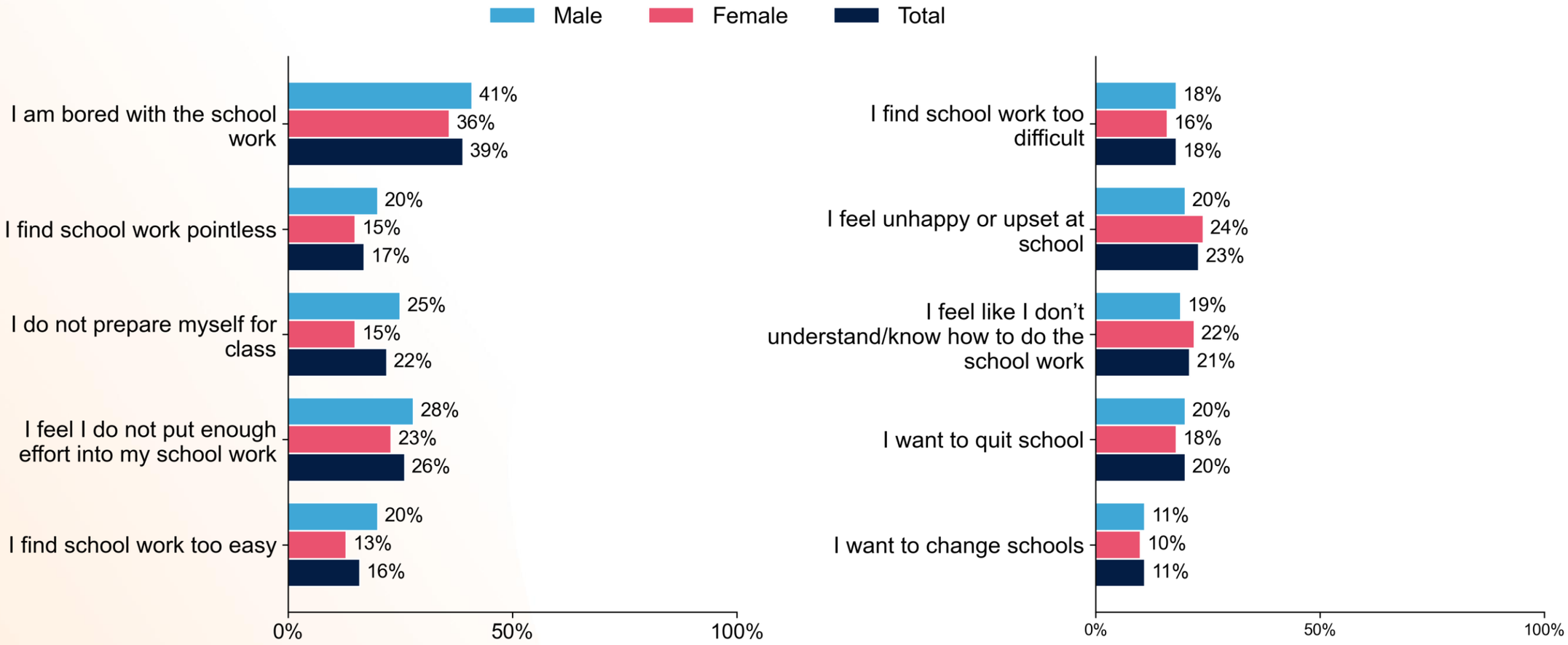
Percentage of adolescents who **agree** or **strongly agree** with the following statements about adult support in school



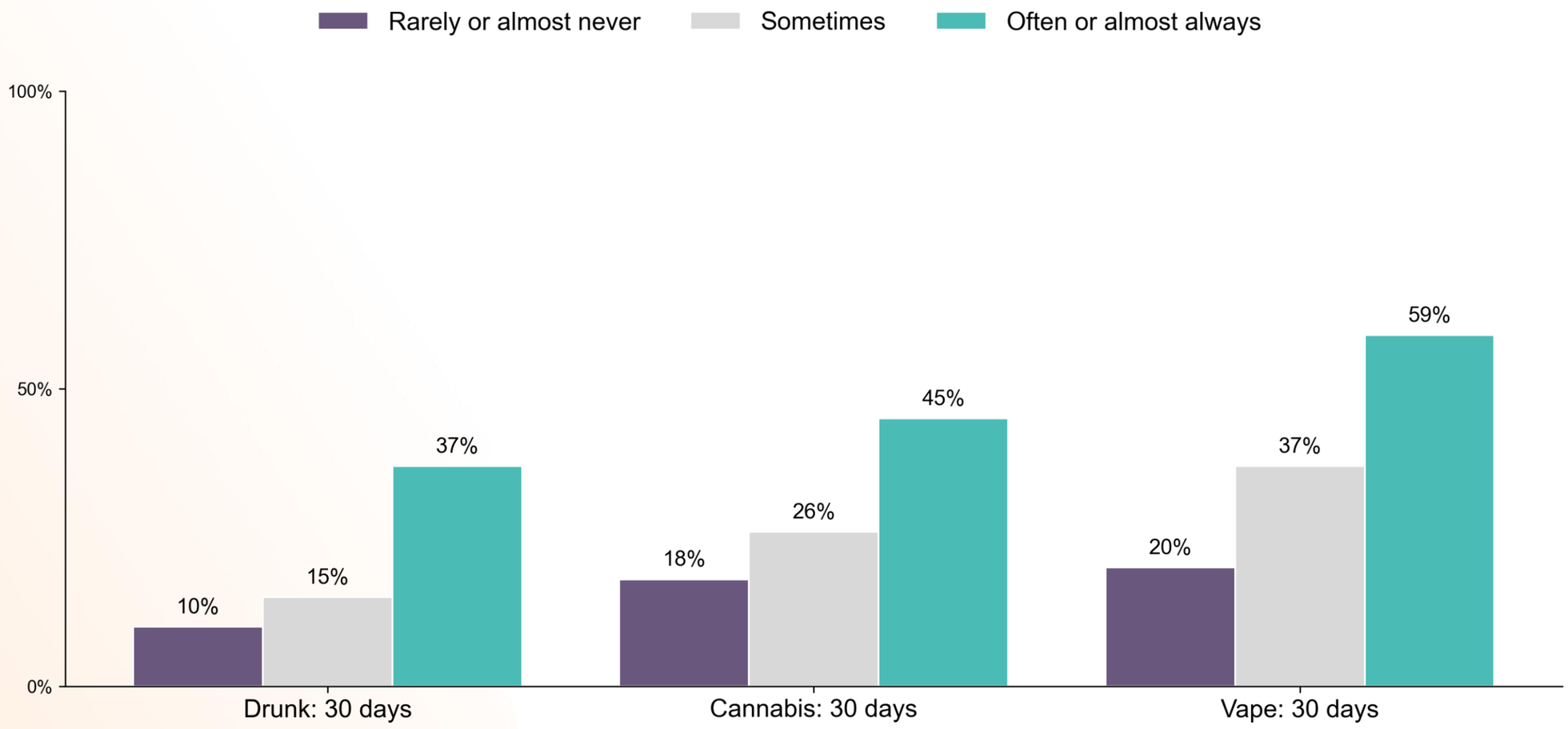
Percentage of adolescents who **agree** or **strongly agree** with the following statements about school activities and efforts



Percentage of adolescents who report that the following school / study attitude applies **often** or **almost always** to them



Substance use cross-referenced with attitude towards school: **"I feel bad at school"**



LEISURE TIME

PLANET Youth®

Battlefords & Area - 2026

Leisure Time

32%

Play sports with a club three times a week or more

24%

Participate in art, drama or music classes once a week or more

24%

Do not participate in any organized out-of-school activities supervised by adults



PLANET Youth®

Outside Hours

40%

Were outside after midnight once or more in the past week

Physical activity

57%

Were physically active for 60+ minutes on 3 or more days in the past week

Gambling

12%

Gamble for money or spend money in games/apps at least once a month

Battlefords & Area - 2026

Leisure Time

Females

32%
Play sports with a club three times a week or more

24%
Participate in art, drama or music classes once a week or more

21%
Do not participate in any organized out-of-school activities supervised by adults



Males

34%
Play sports with a club three times a week or more

23%
Participate in art, drama or music classes once a week or more

25%
Do not participate in any organized out-of-school activities supervised by adults

Outside Hours

34% Females

46% Males

Were outside after midnight once or more in the past week

Physical activity

57% Females

61% Males

Were physically active for 60+ minutes on 3 or more days in the past week

Gambling

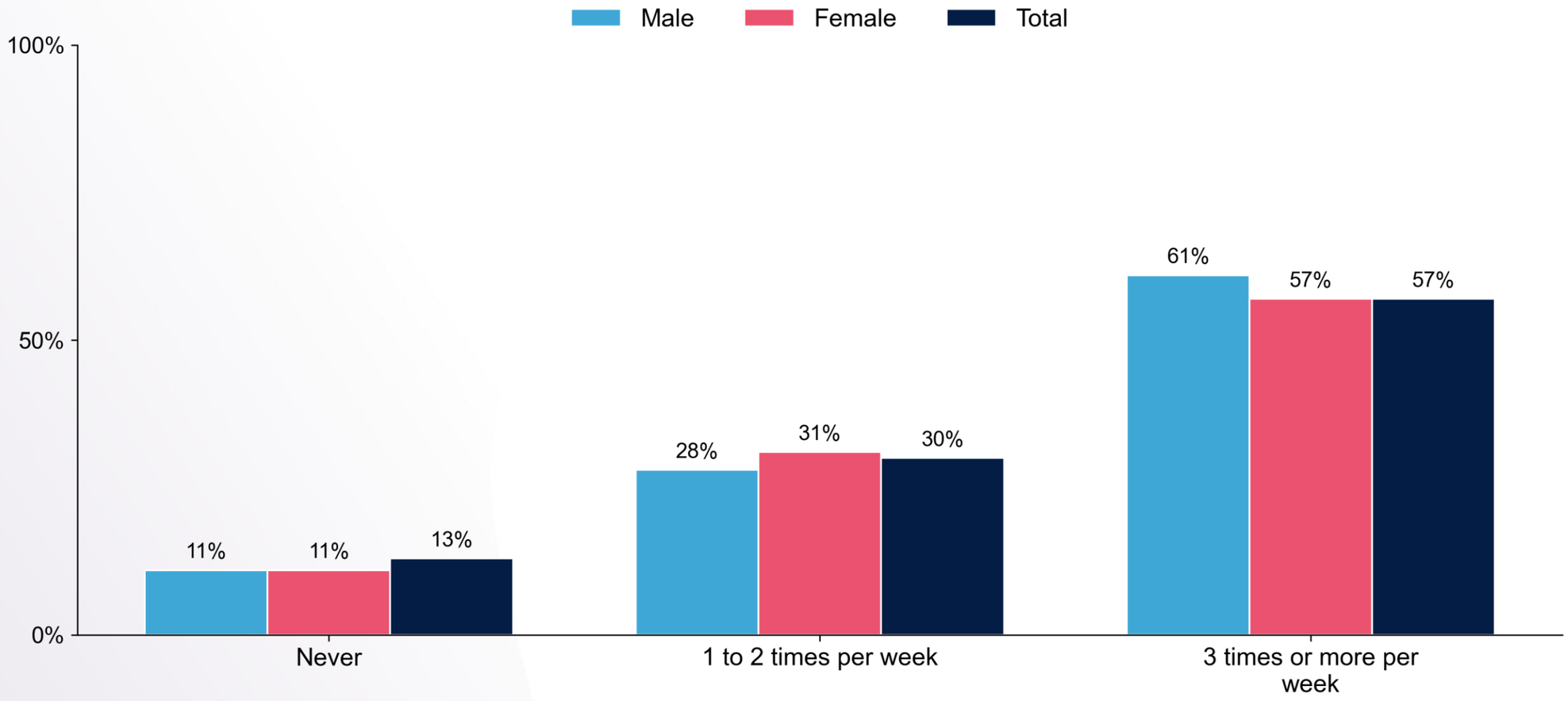
2% Females

21% Males

Gamble for money or spend money in games/apps at least once a month

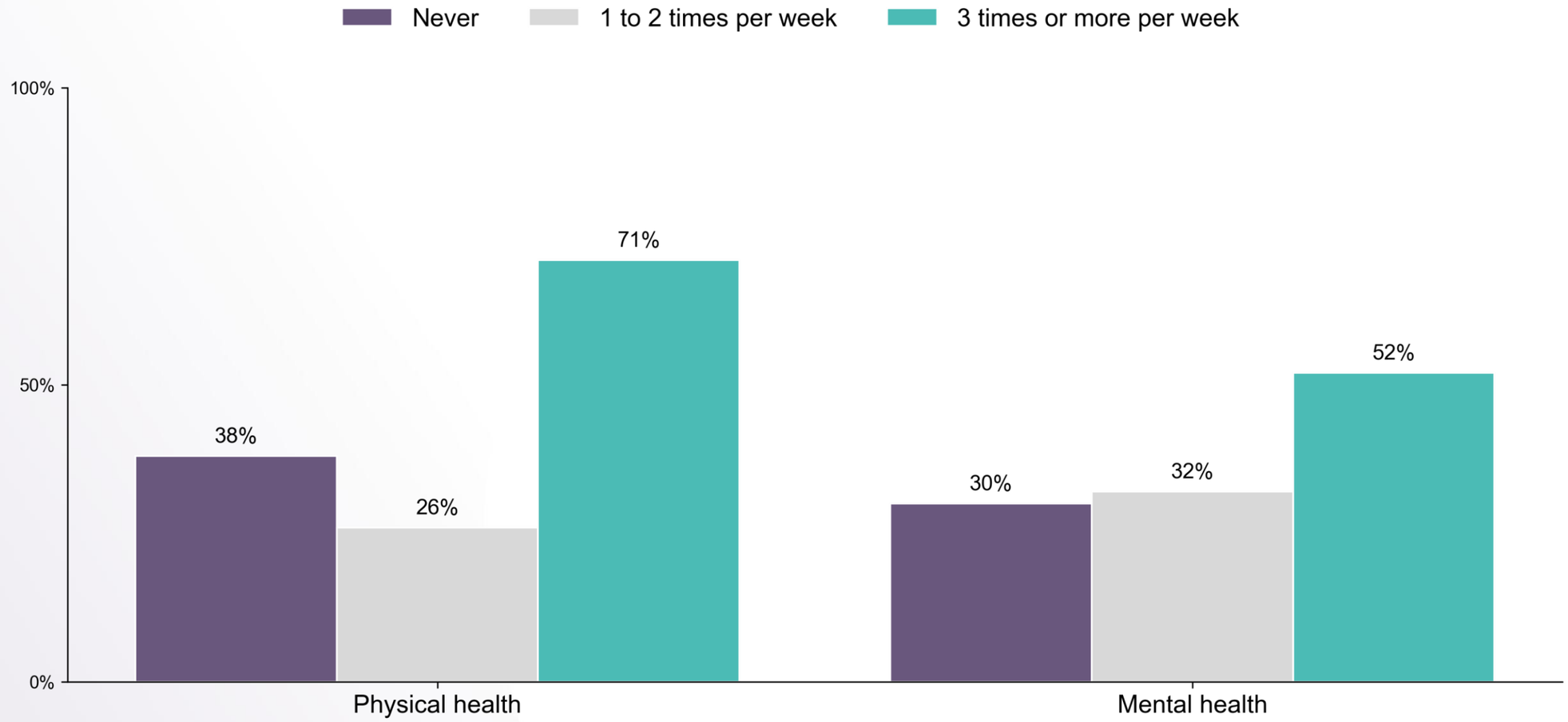
PLANET Youth®

Number of times in the past week adolescents do 60 minutes or more of physical activity which was enough to raise their breathing rate

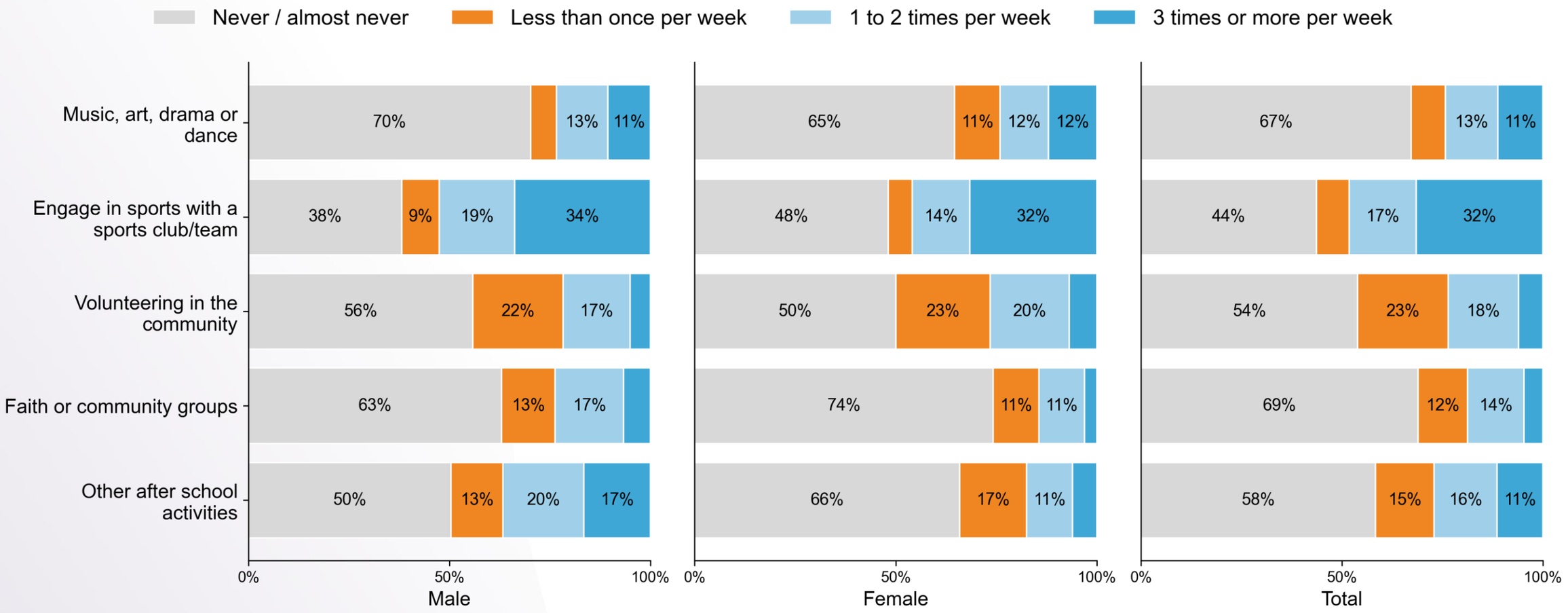


Battlefords & Area - 2026

Good and very good mental and physical health cross-referenced with physical activity in the past week

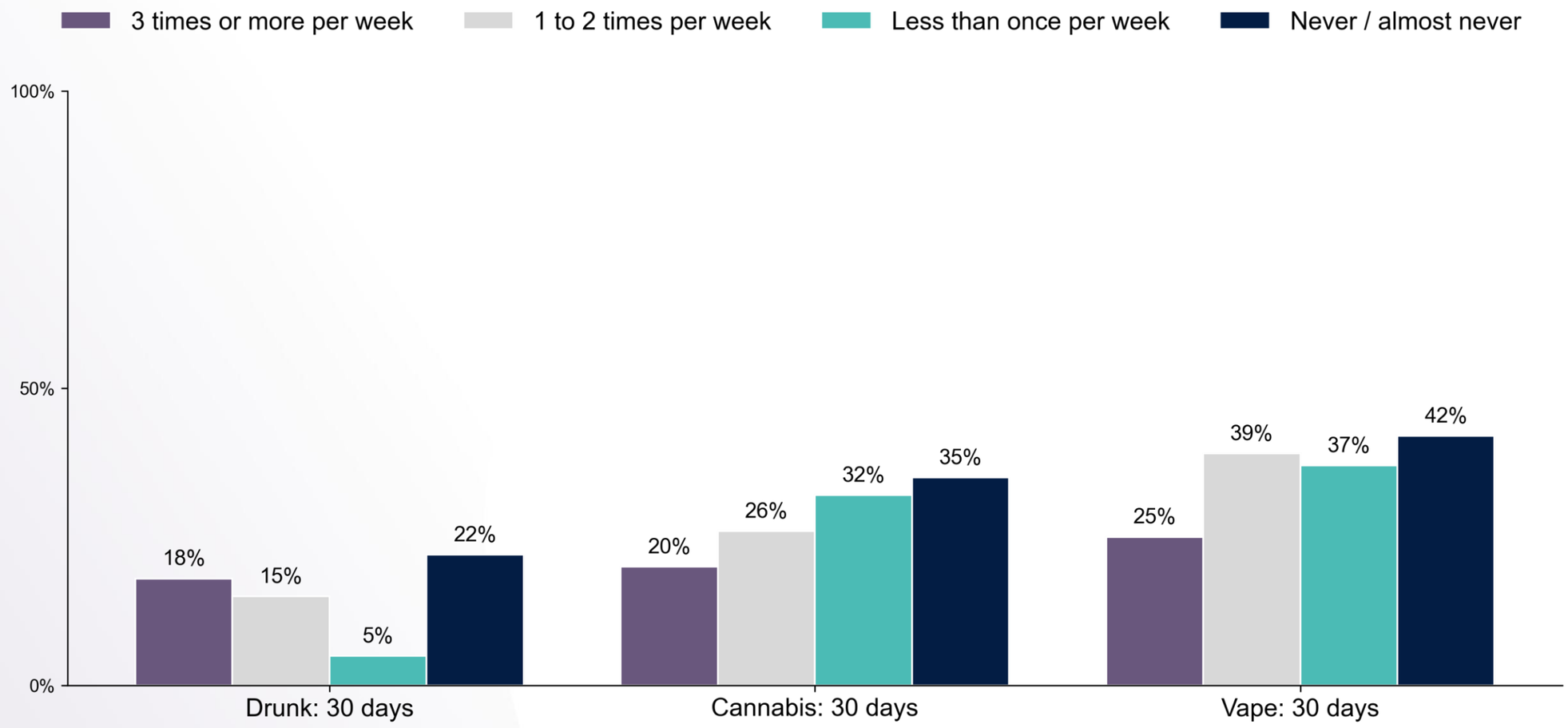


Percentage of adolescents who participate in the following out-of-school activities that are supervised by adults

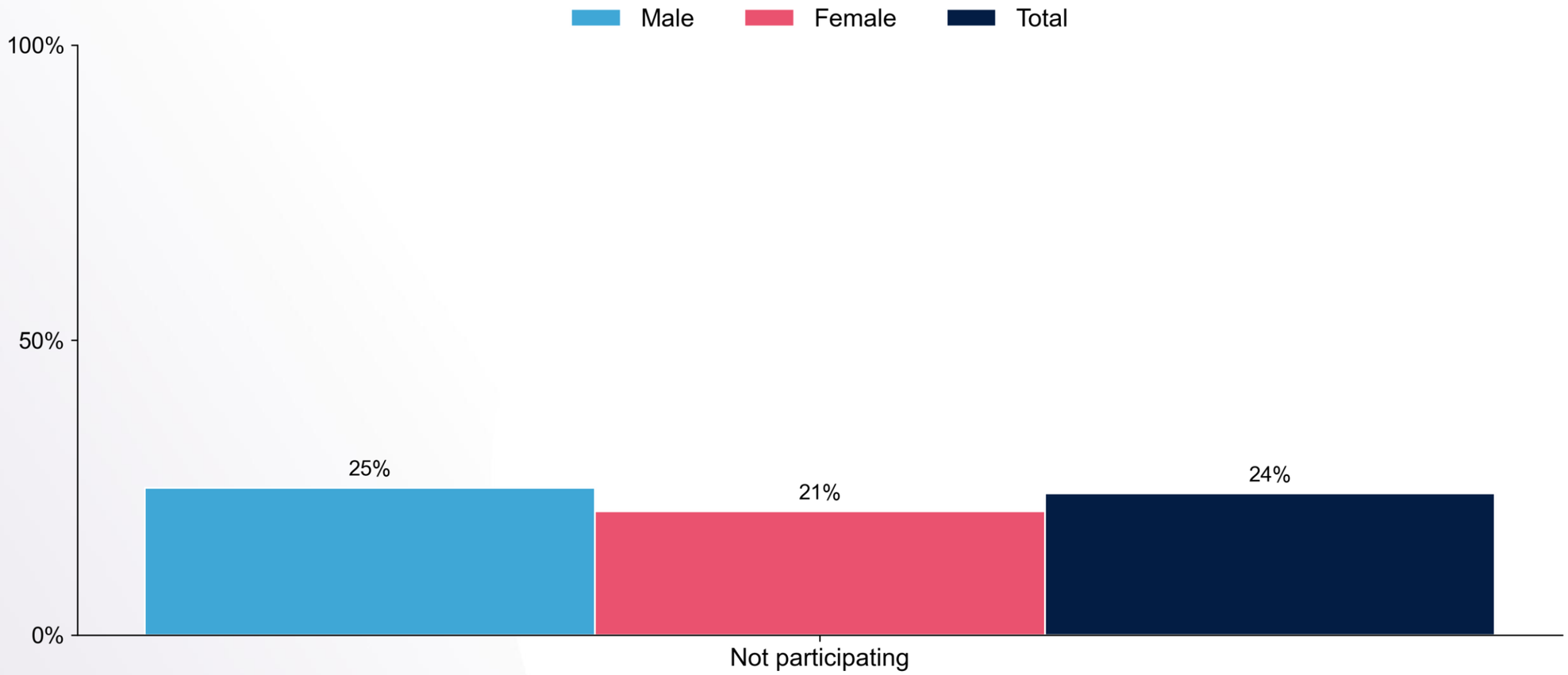


Battlefords & Area - 2026

Substance use cross-referenced with sport participation with a club or a team



Percentage of adolescents who are **not participating** in organised, adult-supervised out-of-school activities



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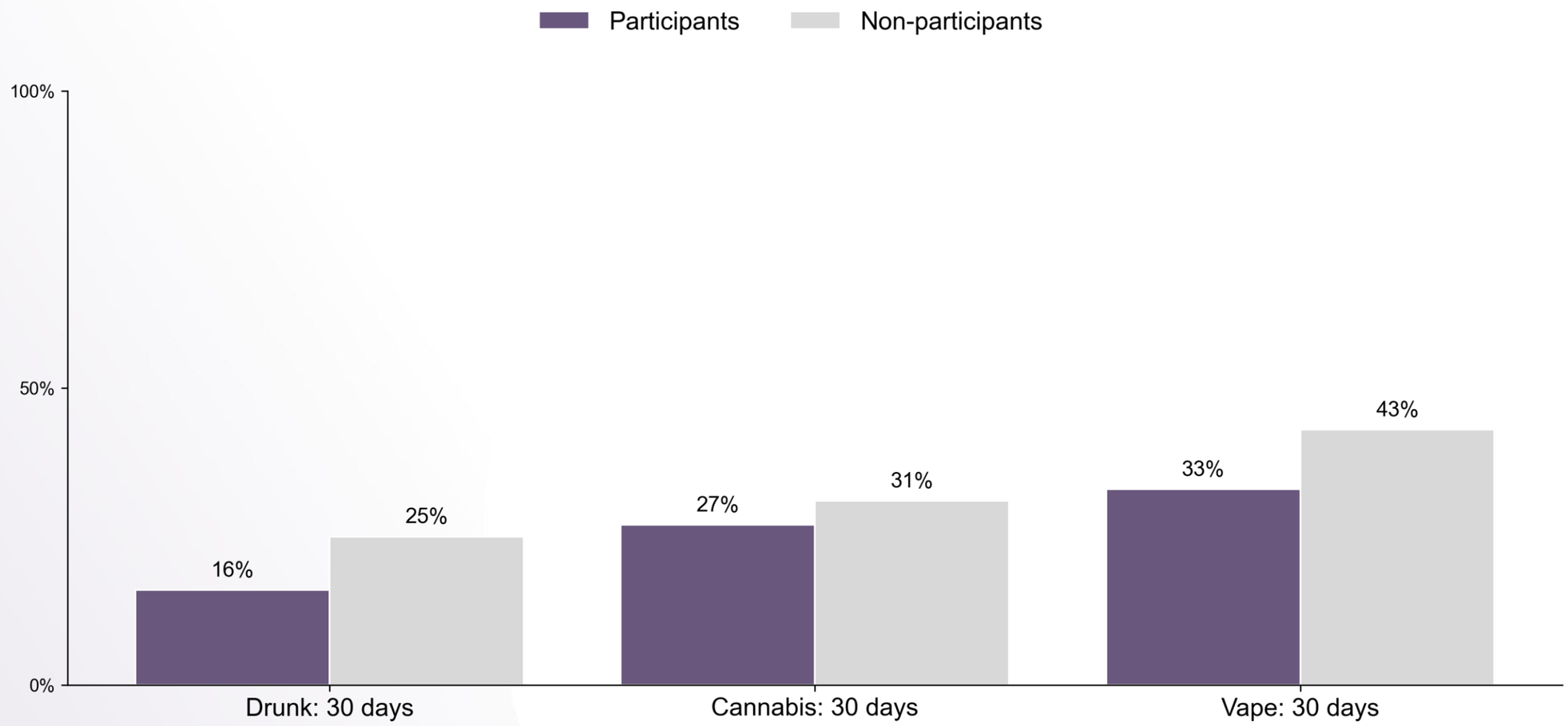
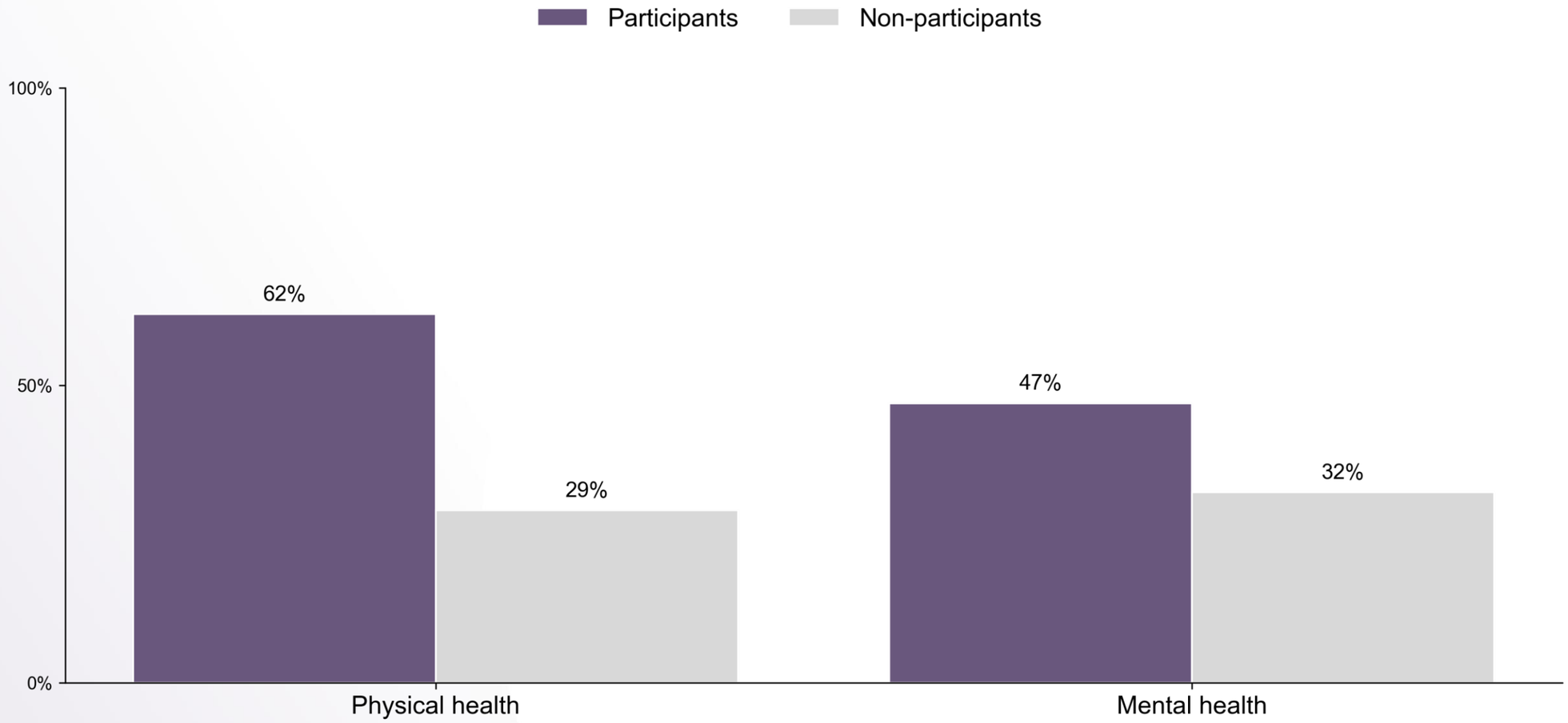
Substance use cross-referenced with participation in organised out-of-school activities

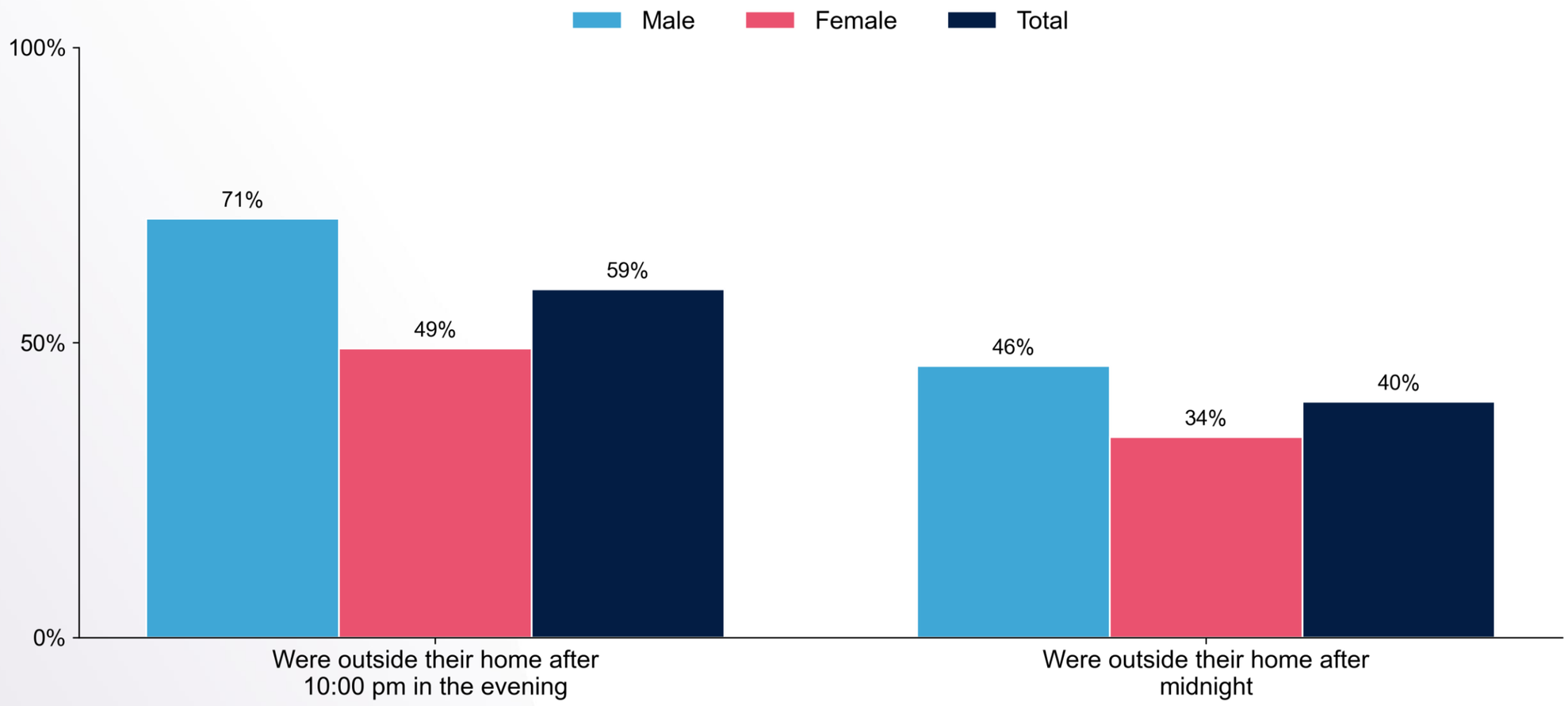


Battlefords & Area - 2026

Good and very good mental and physical health cross-referenced with participation in organised out-of-school activities

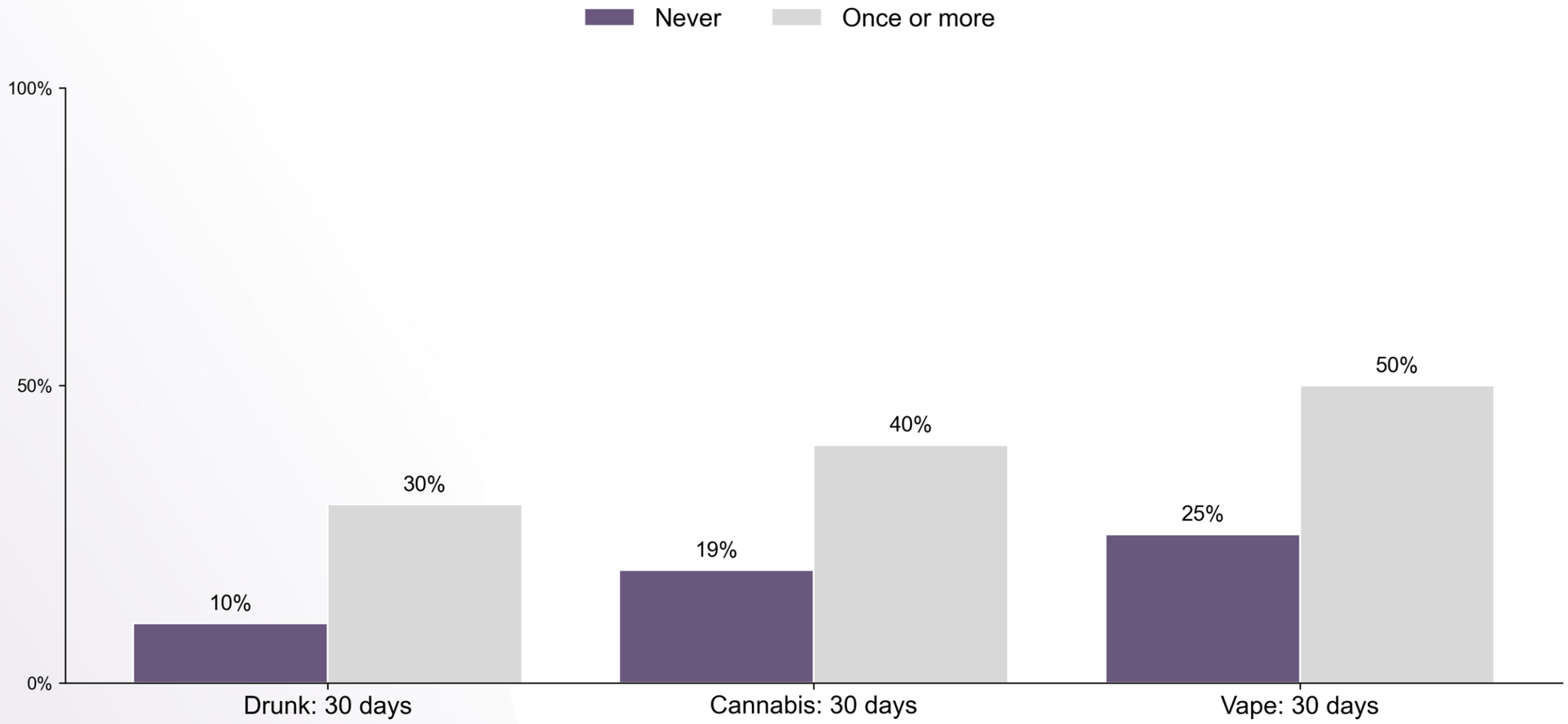


Percentage of adolescents who did the following in the last week without a parent or an adult with them



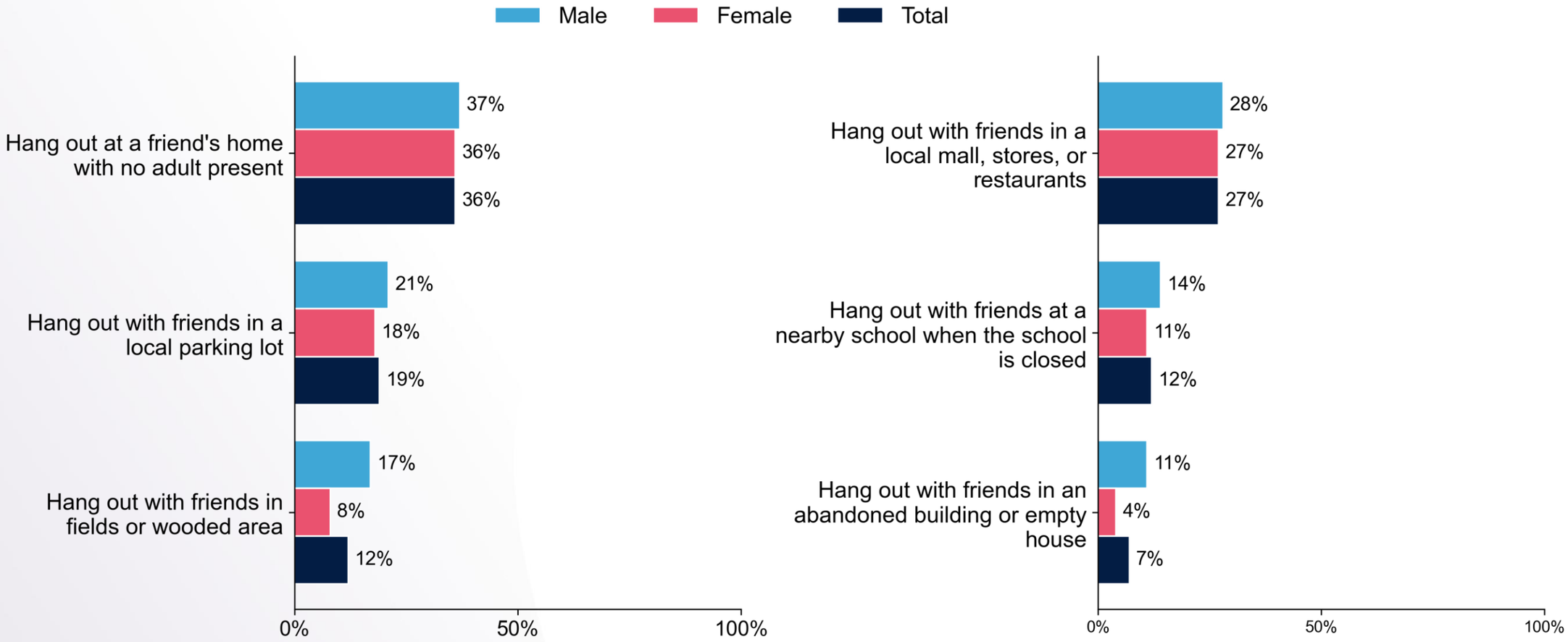
Battlefords & Area - 2026

Substance use cross-referenced with late outside hours: **Were outside their home after midnight once or more in the past week without a parent or an adult**

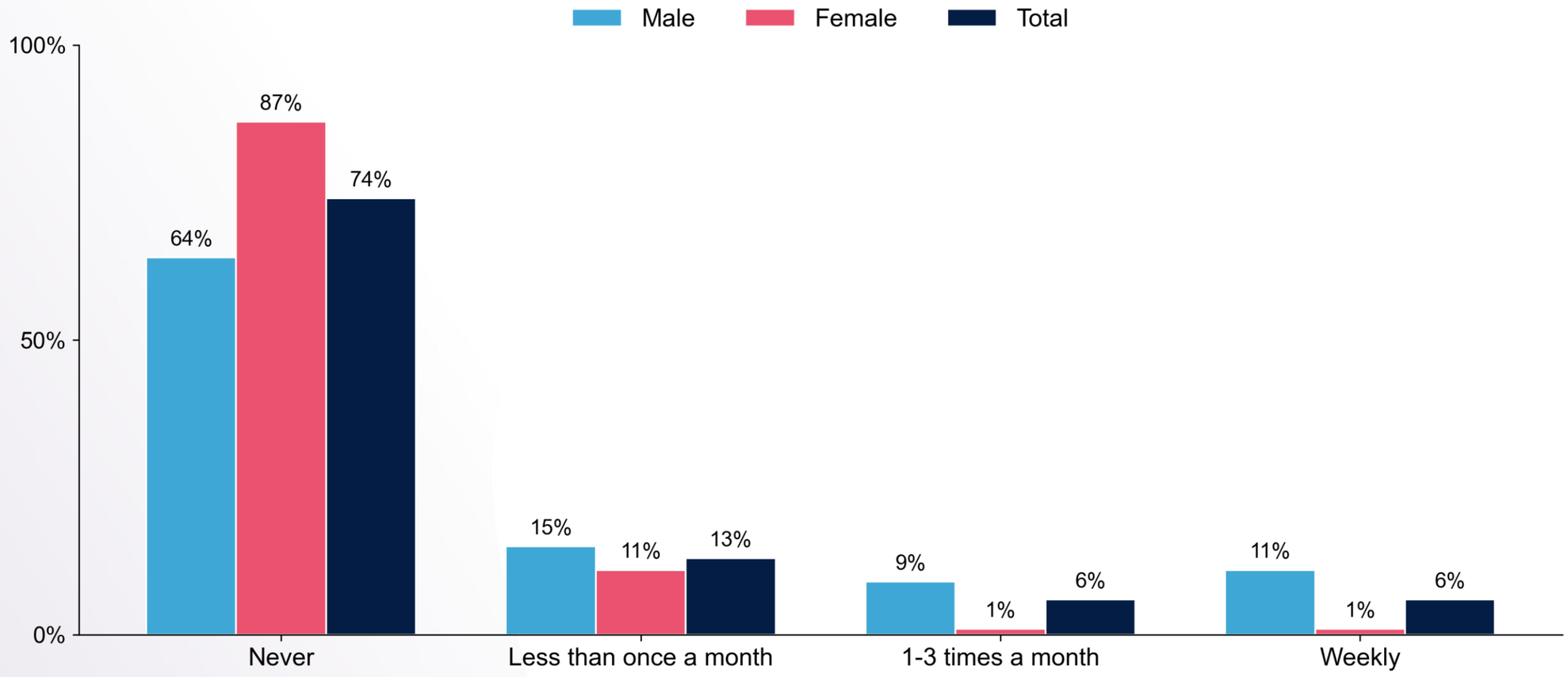


Battlefords & Area - 2026

Percentage of adolescents who hang out at the following locations without adult supervision **once a week or more**

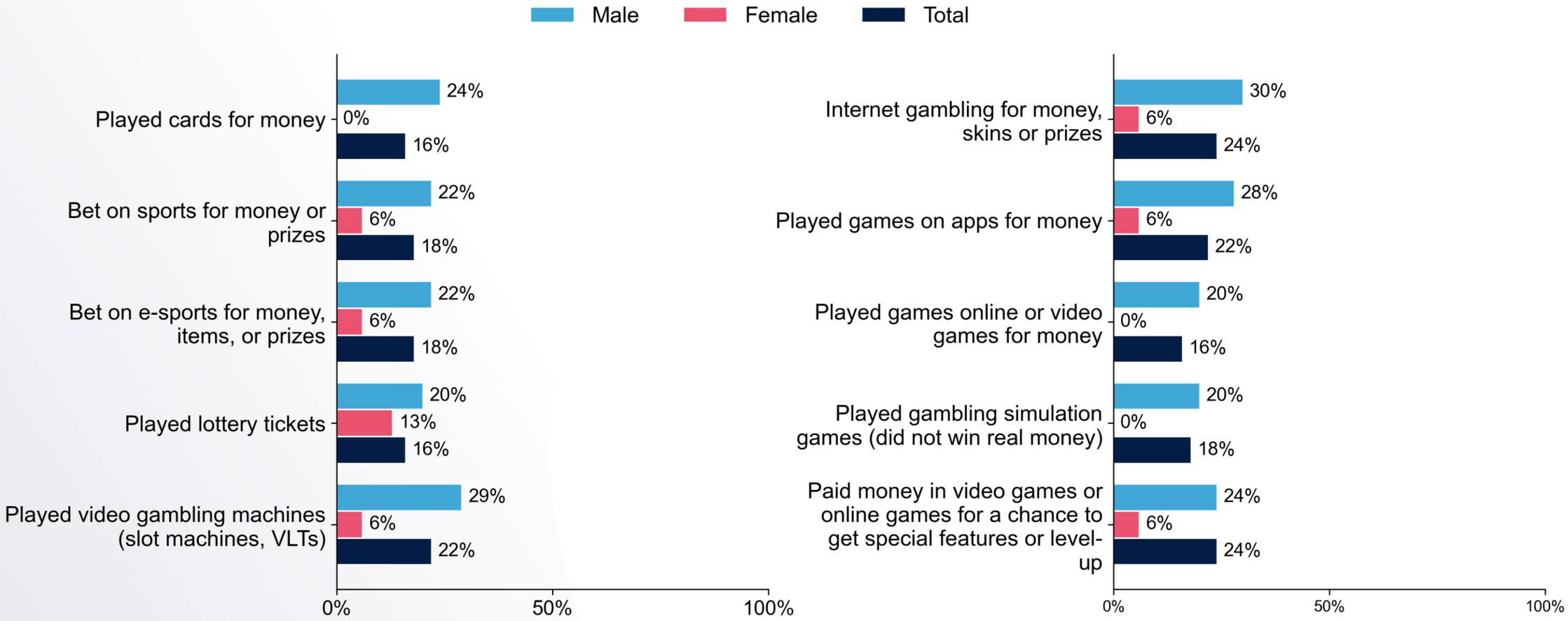


Number of times in the past 12 months adolescents have gambled for money, or spent money in games/apps to try to win prizes, items, or special features



Battlefords & Area - 2026

Percentage of adolescents who have gambled for money at least once in the last 12 months and engage at least **monthly** in any of the following activities:



PEER GROUP

PLANET Youth®

Battlefords & Area - 2026

Peer Group

80%

Find it easy to receive caring and warmth from their friends

73%

Find it easy to have discussions about personal matters with their friends

9%

Feel like they need to vape in order to be included in their friend group



31%

Think most or almost all of their friends become drunk

36%

Think most or almost all of their friends vape

27%

Think most or almost all of their friends use cannabis

Battlefords & Area - 2026

Peer Group

PLANET Youth®

Adolescents who find it **very easy** or **rather easy** to receive the following from their friends



Females

88%
Caring and warmth

76%
Discussion about personal matters

79%
Advice or help with schoolwork

Males

73%
Caring and warmth

71%
Discussion about personal matters

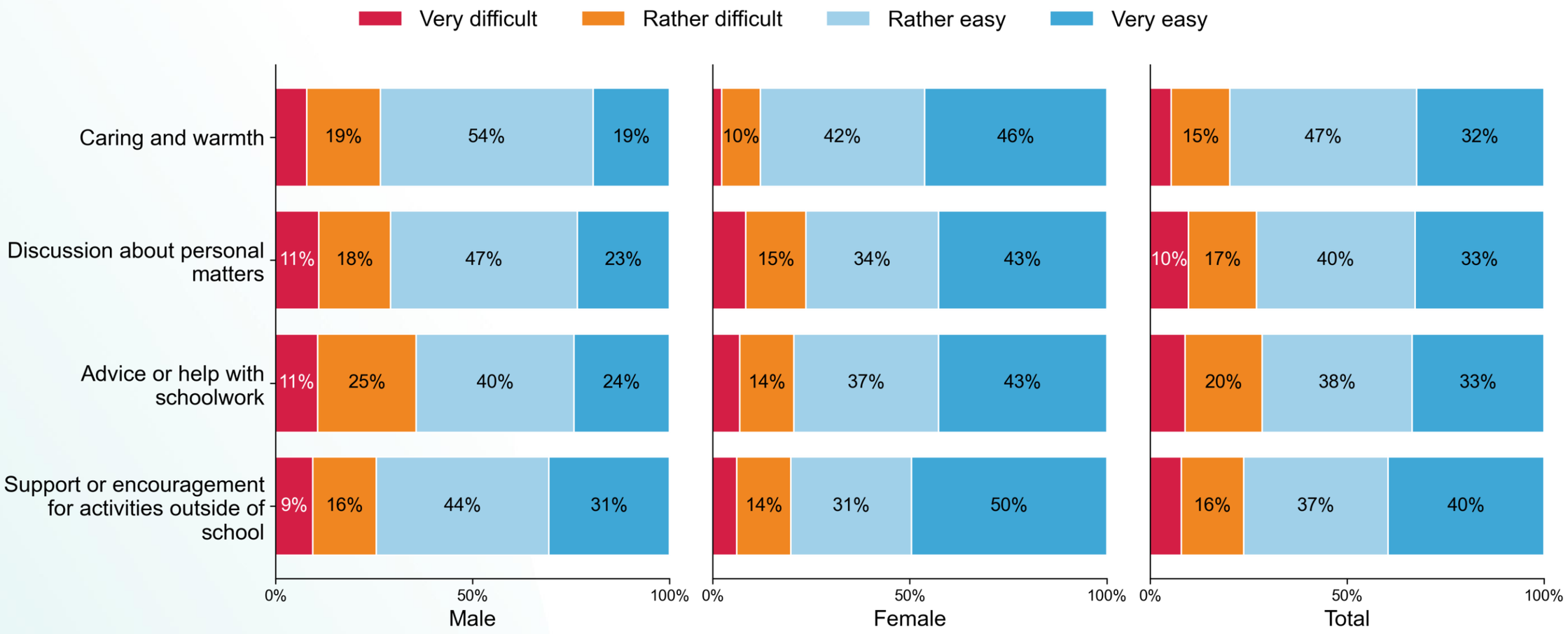
64%
Advice or help with schoolwork

35% Females | **29%** Males
Say most or almost all of their friends become drunk

38% Females | **35%** Males
Say most or almost all of their friends vape

27% Females | **27%** Males
Say most or almost all of their friends use cannabis

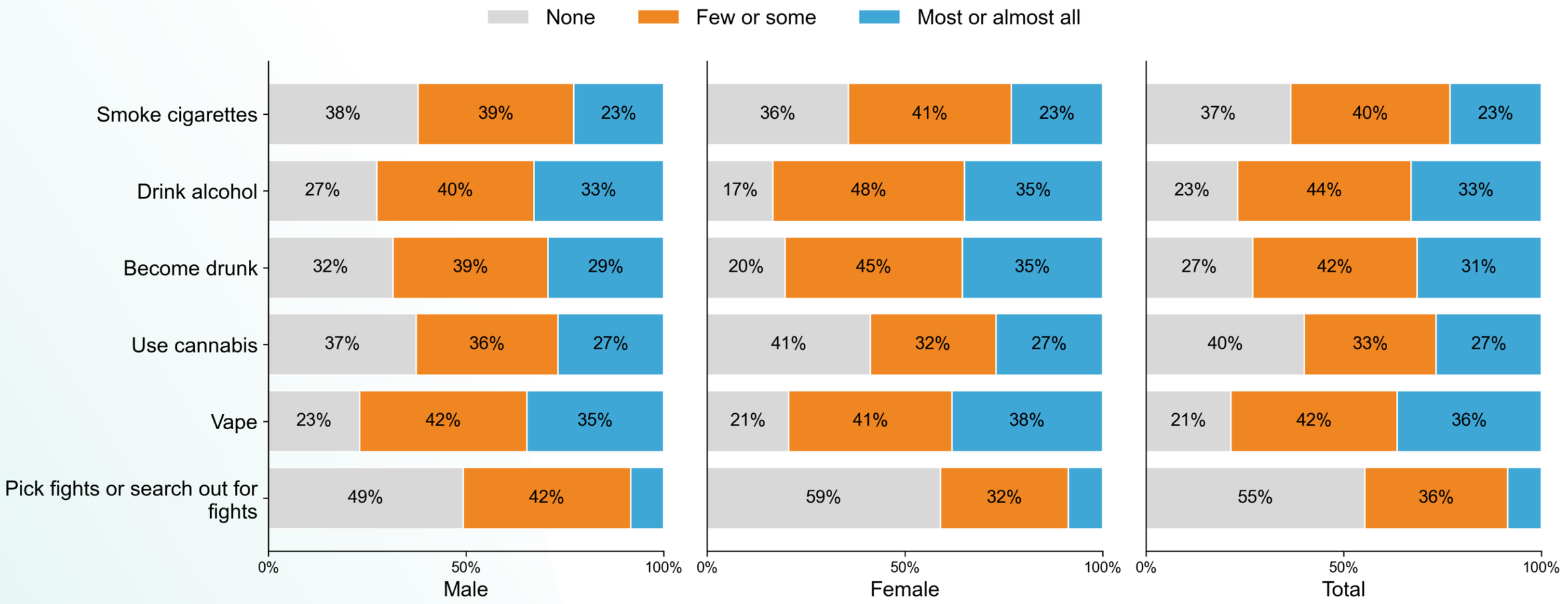
Adolescents report how **easy** or **difficult** it is to receive the following from their friends



Battlefords & Area - 2026

Peer Group

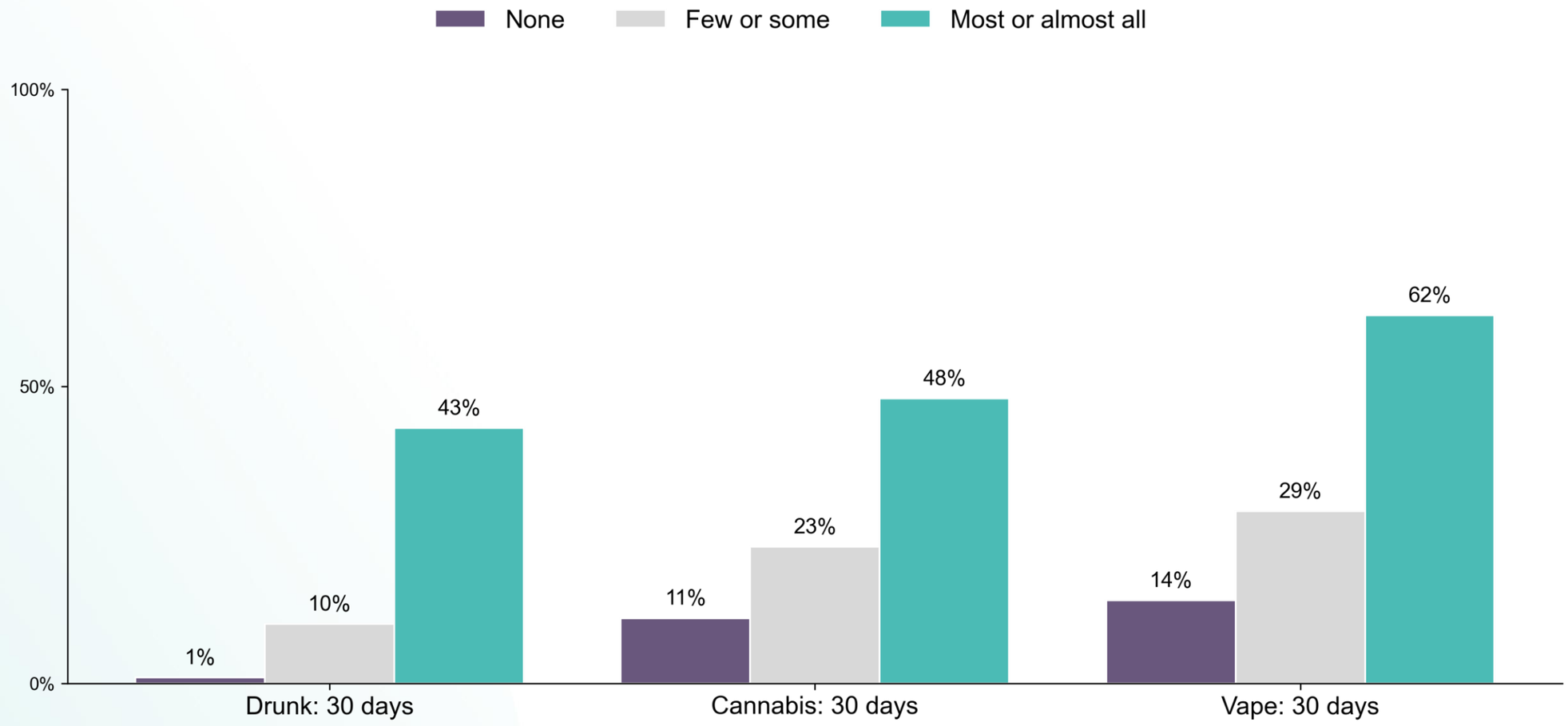
Percentage of adolescents report how many of their friends do the following



Battlefords & Area - 2026

Peer Group

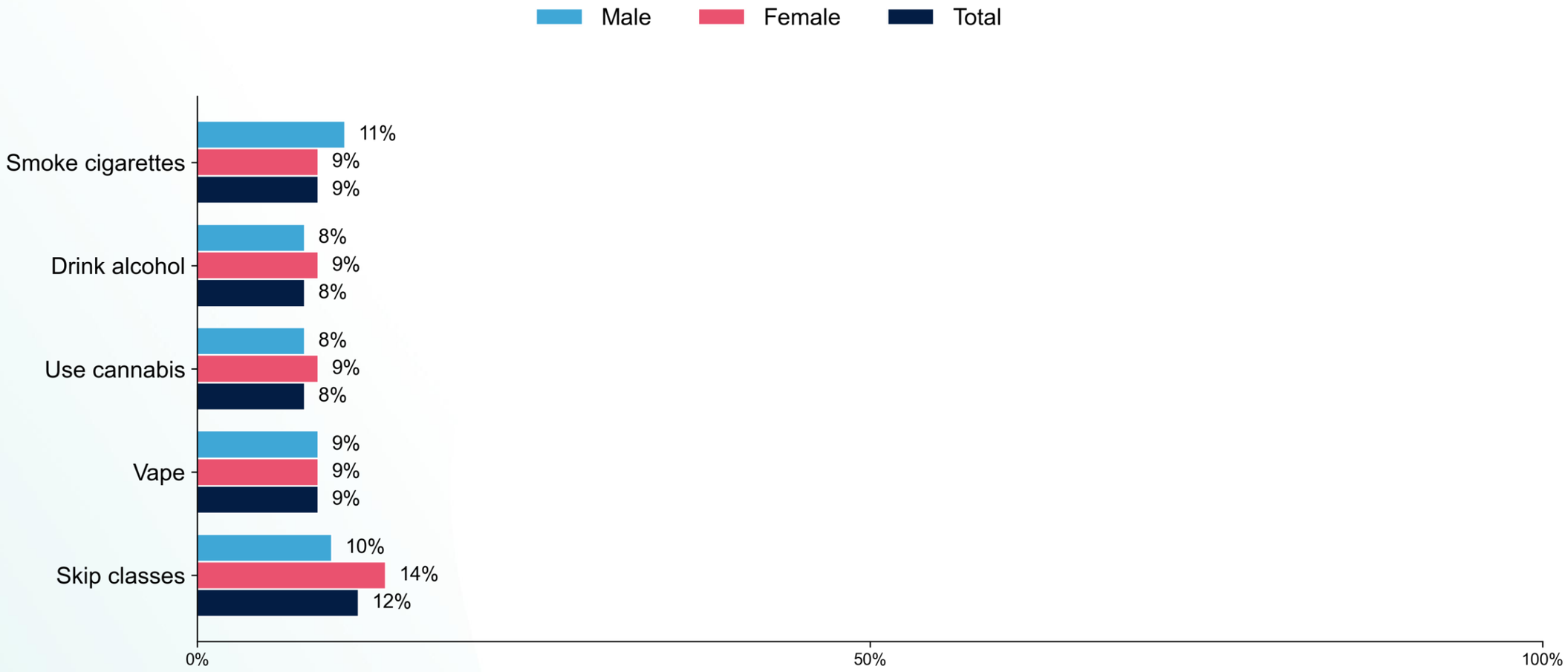
Substance use cross-referenced with perceived level of peer drunkenness



Battlefords & Area - 2026

Peer Group

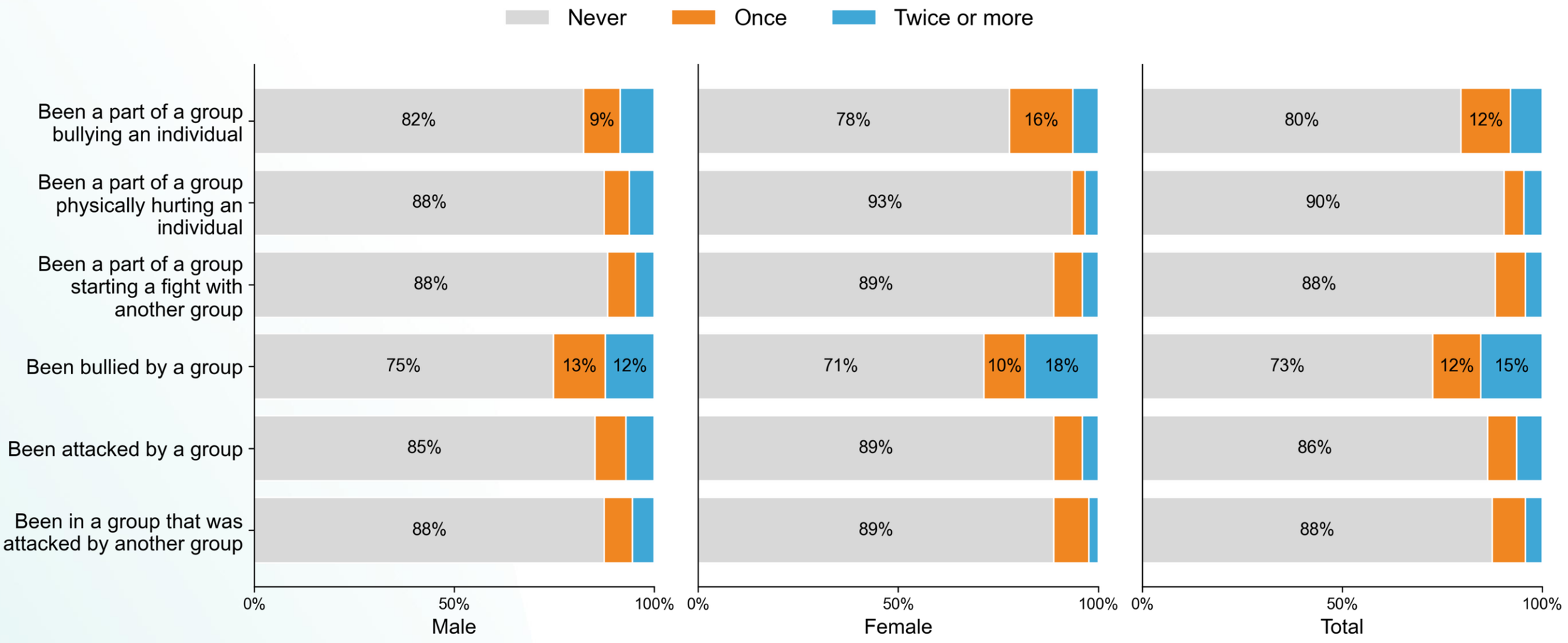
Percentage of adolescents who **strongly agree** or **agree somewhat** that it is necessary to do the following in order not to be left out of the peer group



Peer Group

Battlefords & Area - 2026

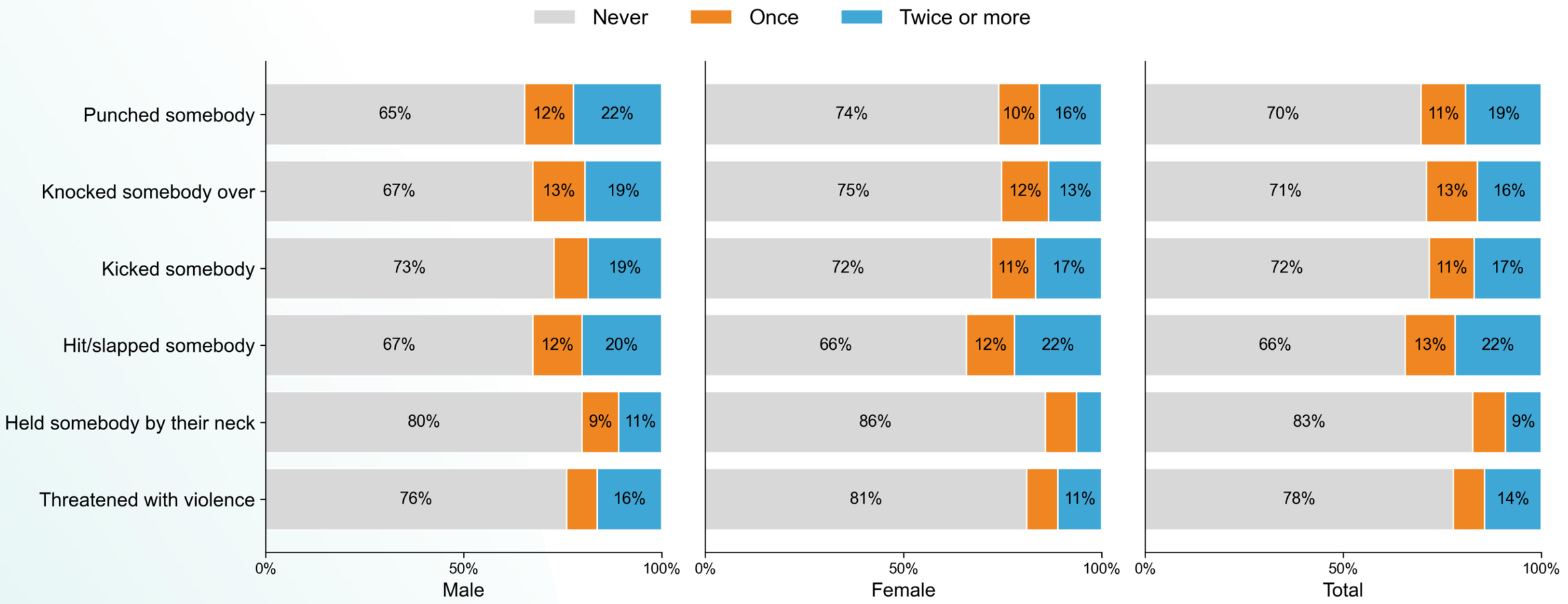
Adolescents report how often the following have happened in the last 12 months



Battlefords & Area - 2026

Peer Group

Adolescents report how often they have done the following in the last 12 months



Battlefords & Area - 2026

Peer Group

COMMUNITY

PLANET Youth®

Battlefords & Area - 2026

Community

53%
Think it is good to live in their community



68%
Feel safe in their neighbourhood



40%
See a future for themselves in their community



53%
Feel like they belong in their community

53%
Think there is a lot of local events or activities available in their community

PLANET Youth®

Community means the people who live around you — like neighbours, local adults, and others in your area. It could include your neighbourhood, your town, or places where you spend time outside of school.

Battlefords & Area - 2026

Community



Females

69%
Feel safe in their neighbourhood

52%
Think there is a lot of local events or activities available in their community

33%
See a future for themselves in their community

46%
Think it is good to live in their neighbourhood



Males

70%
Feel safe in their neighbourhood

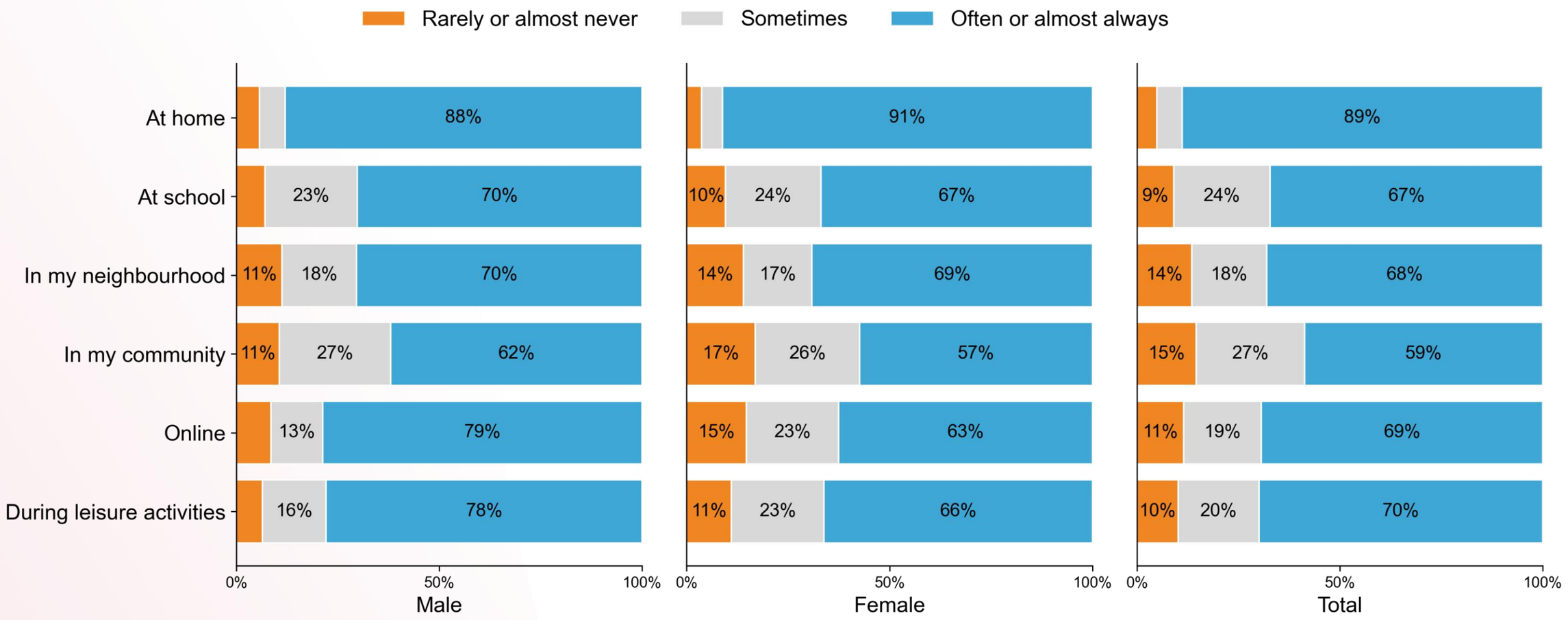
55%
Think there is a lot of local events or activities available in their community

47%
See a future for themselves in their community

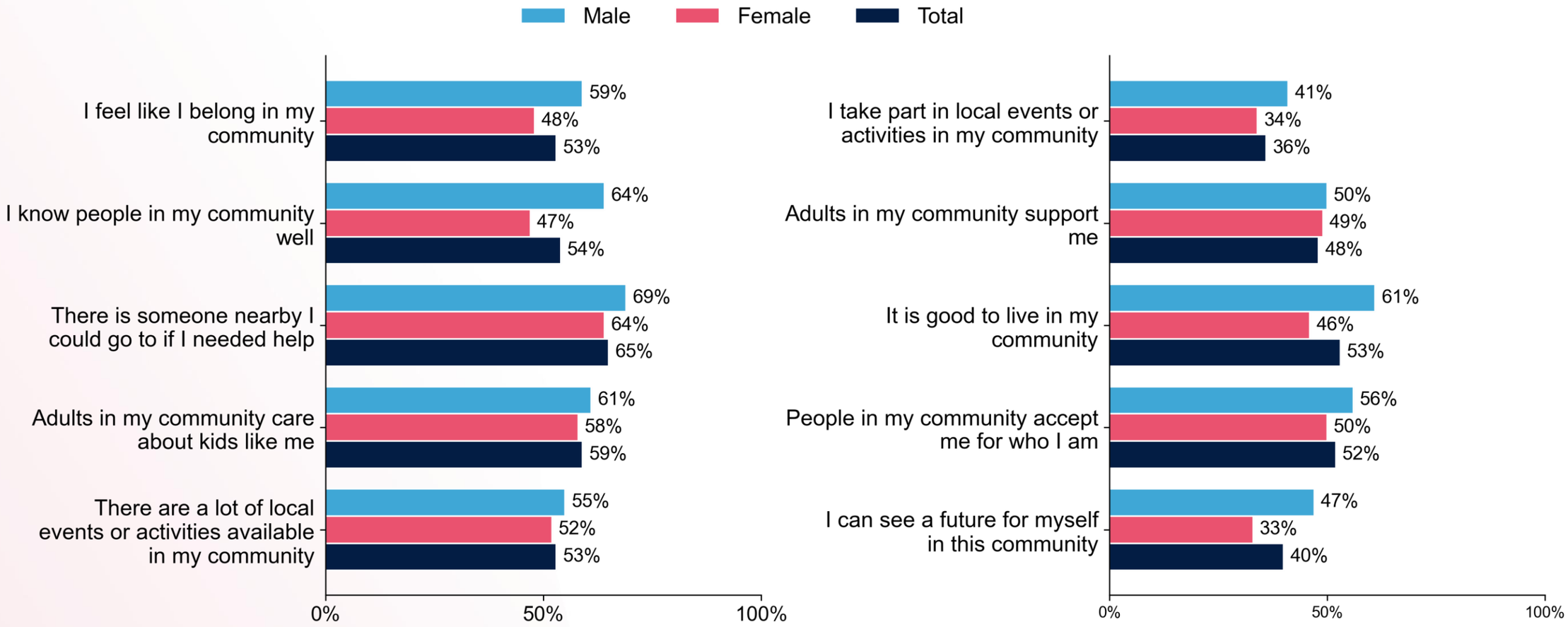
61%
Think it is good to live in their neighbourhood

PLANET Youth®

Adolescents report whether they feel safe at the following locations

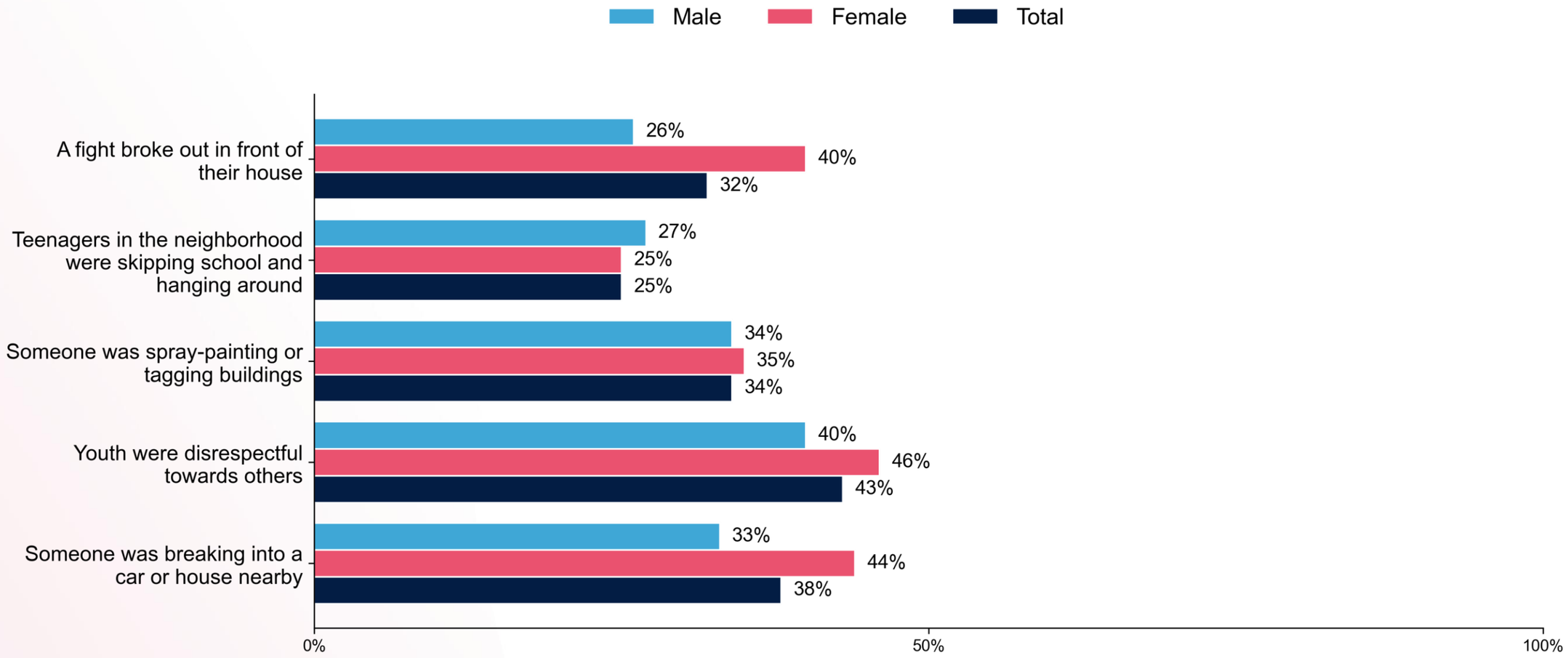


Percentage of adolescents who **strongly agree** or **agree** to the following statements

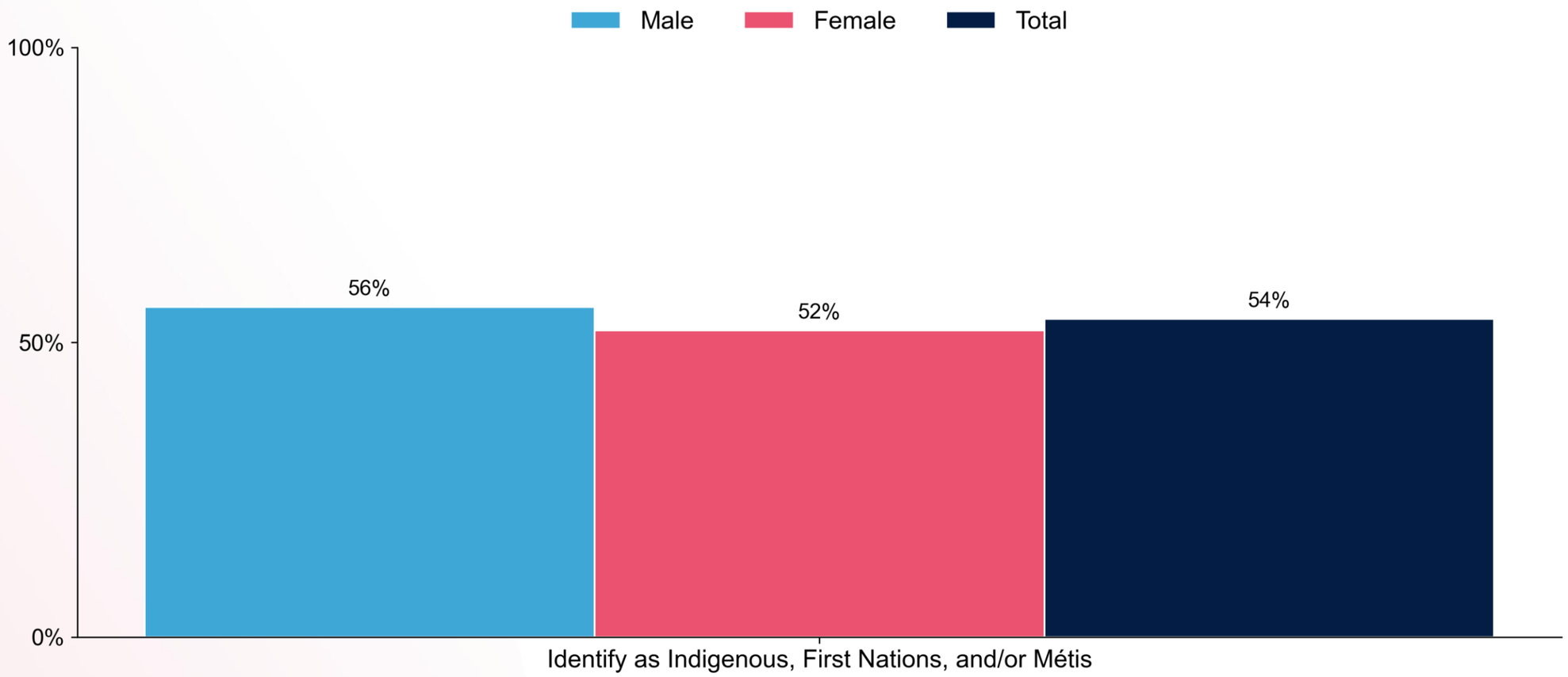


Battlefords & Area - 2026

Percentage of adolescents who report that it is **very likely** or **rather likely** that their neighbours would do something in the following situations

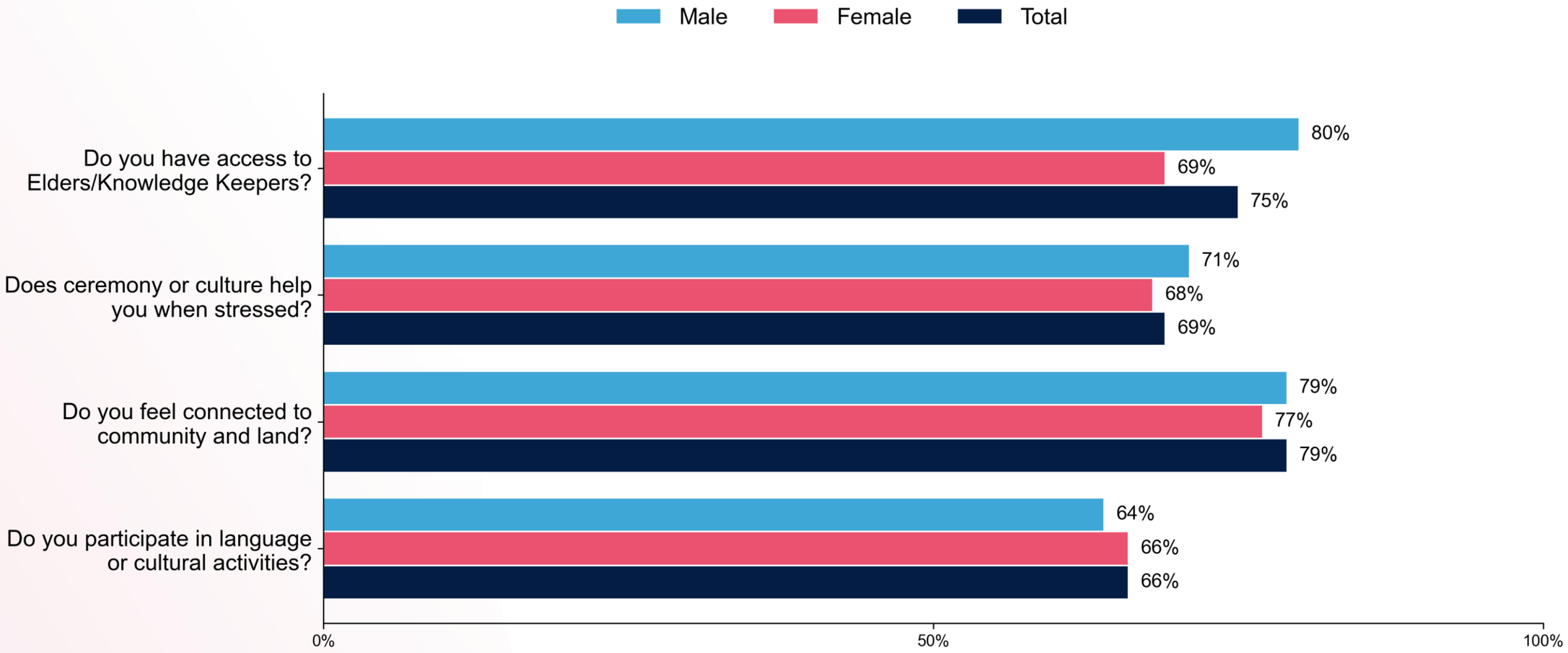


Proportion of adolescents who identify as Indigenous, First Nations, and/or Métis

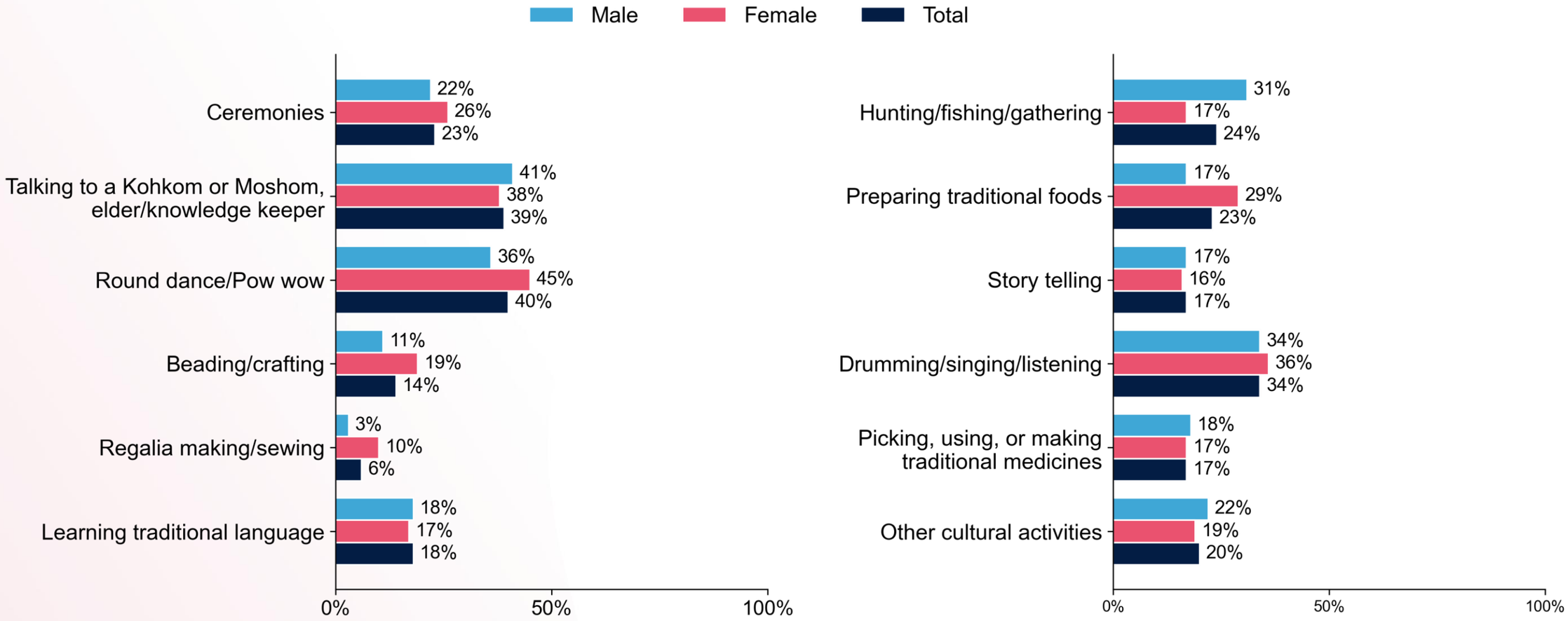


Battlefords & Area - 2026

Proportion of adolescents who identify as Indigenous, First Nations, and/or Métis and answer yes to the following statements



Proportion of adolescents who identify as Indigenous, First Nations, and/or Métis and **often** or **very often** participate in the following cultural activites



Battlefords & Area - 2026

WELLBEING

PLANET Youth®

Battlefords & Area - 2026

Wellbeing

PLANET Youth®

43%

Rate their mental health as good or very good

42%

Felt calm or relaxed most or all of the time in the last 2 weeks

46%

Sleep 8 hours or more a night

54%

Rate their physical health as good or very good

Battlefords & Area - 2026

Wellbeing

PLANET Youth®

Females

43%
Sleep on average 8 hours or more a night

33%
Rate their mental health as good or very good

42%
Rate their physical health as good or very good

28%
Felt calm or relaxed most or all of the time in the last 2 weeks



Males

49%
Sleep on average 8 hours or more a night

56%
Rate their mental health as good or very good

66%
Rate their physical health as good or very good

55%
Felt calm or relaxed most or all of the time in the last 2 weeks

SLEEP



PLANET Youth®

80% Sometimes or often feel tired during the school day

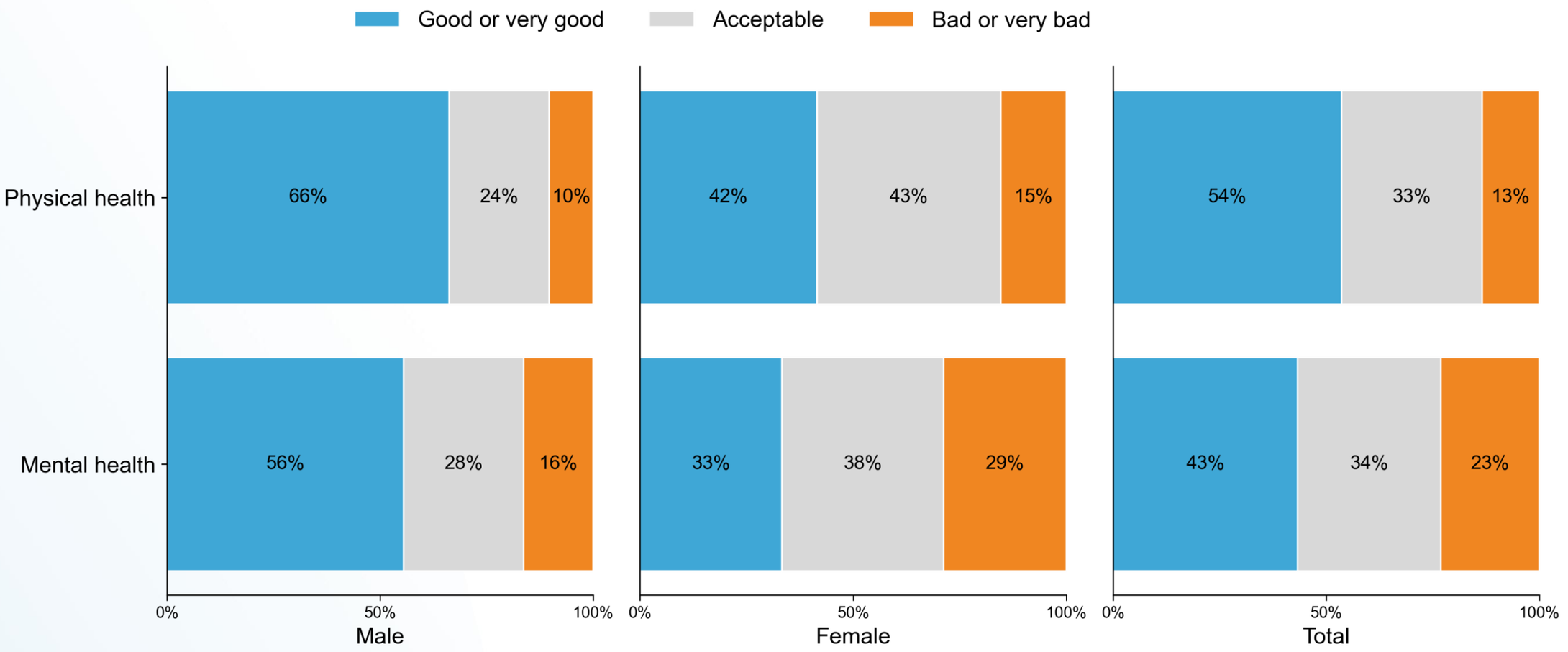
39% Go to bed at 10:30 PM or earlier on a school night

36% Go to sleep at 11 PM or earlier on a school night

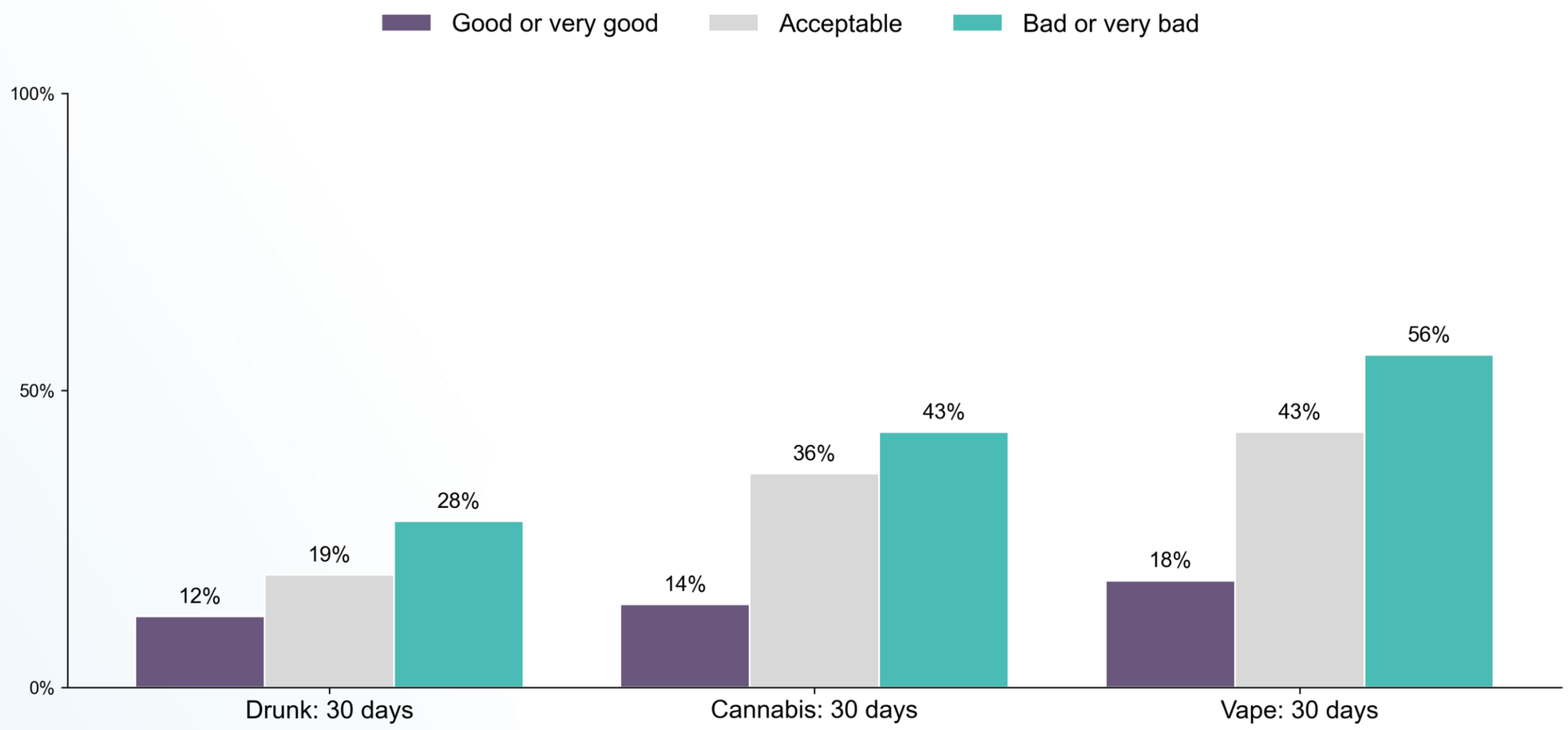
28% Wake up before 6:30 AM on a school day

Battlefords & Area - 2026

Adolescents rate their physical and mental health

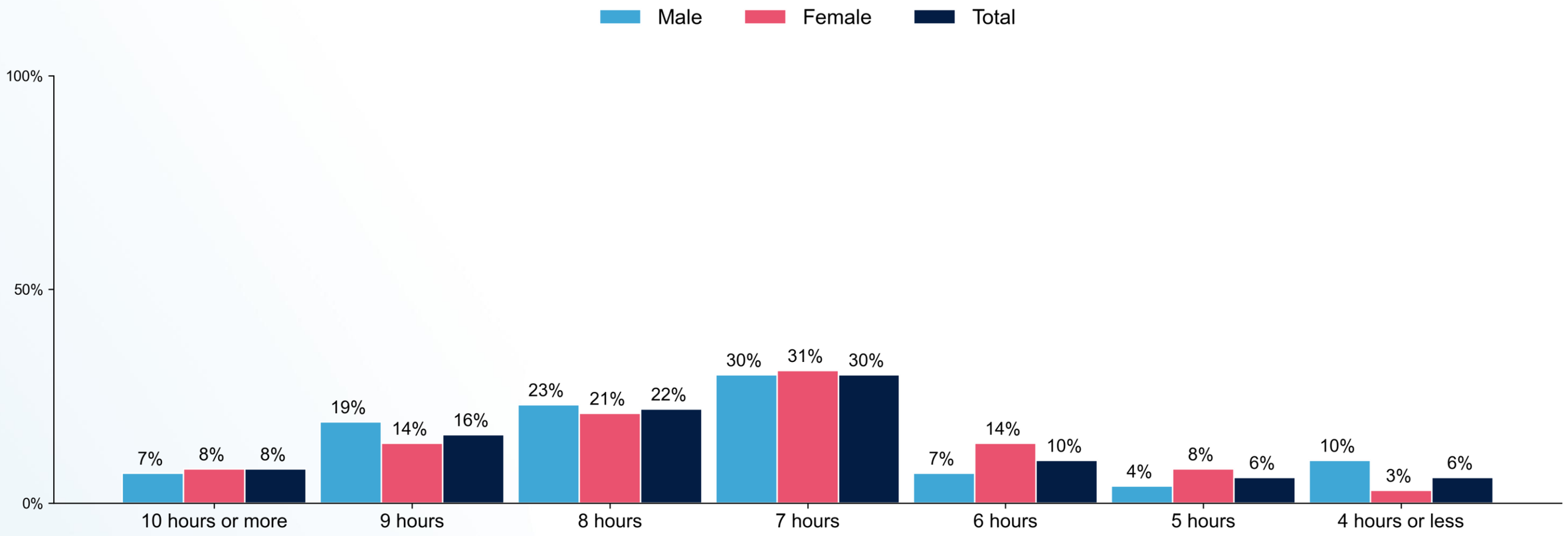


Substance use cross-referenced with mental health



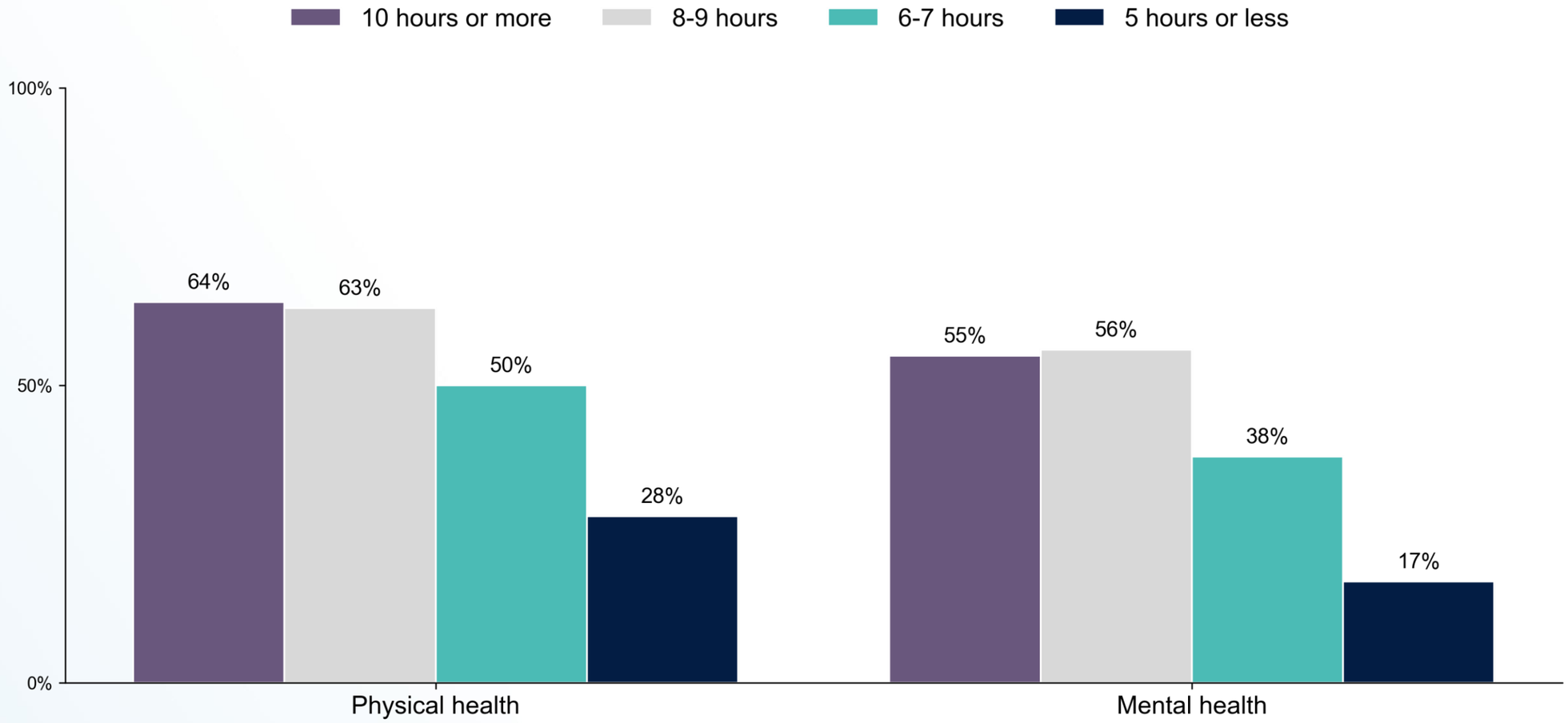
Battlefords & Area - 2026

Sleep - Average number of sleeping hours of adolescents



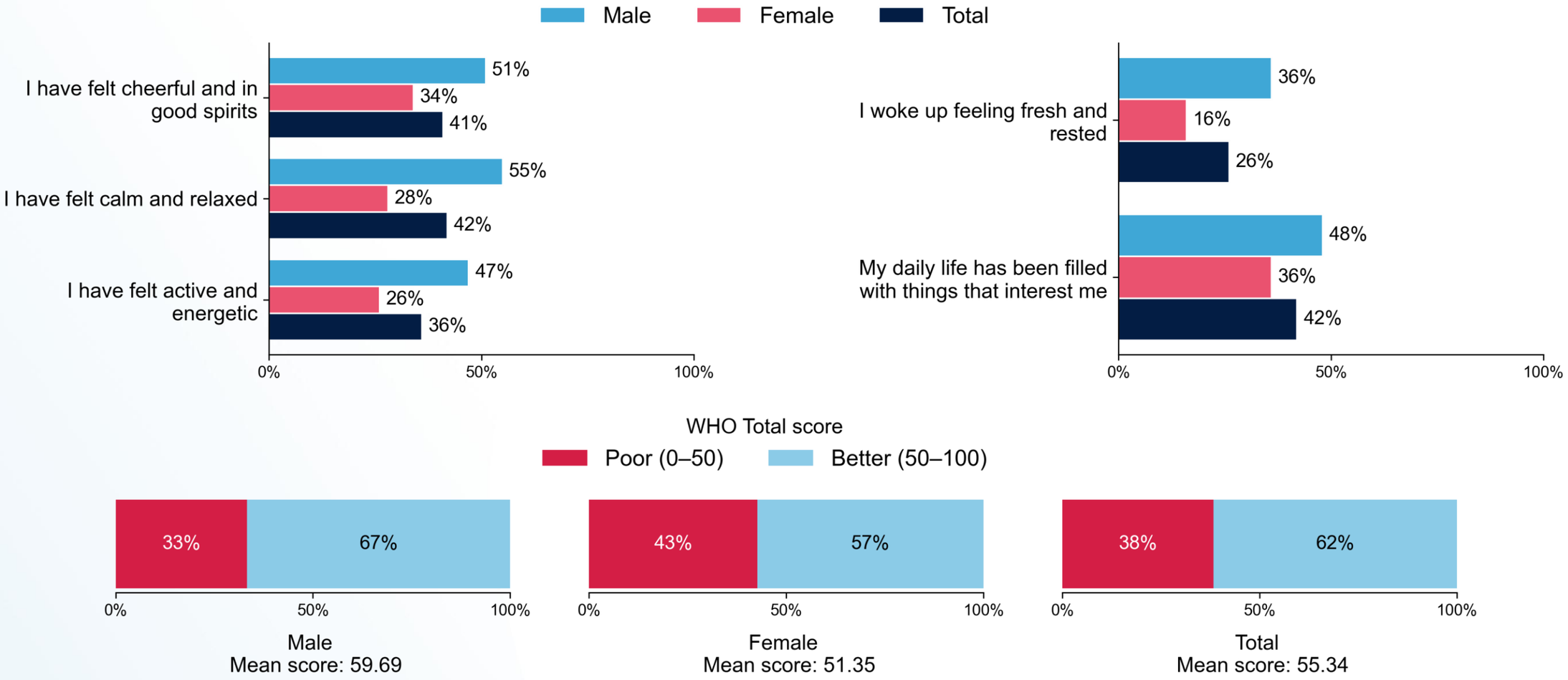
Battlefords & Area - 2026

Good and very good mental and physical health cross-referenced with average hours of sleep

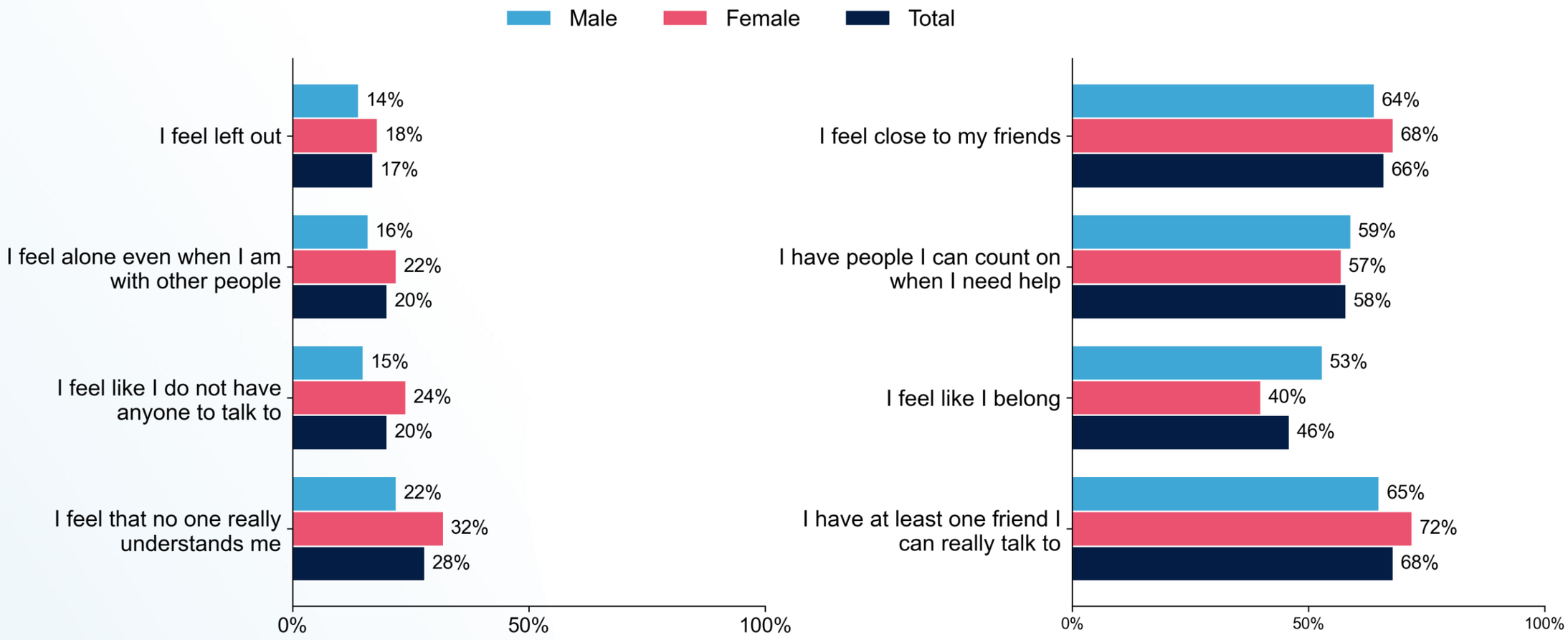


Battlefords & Area - 2026

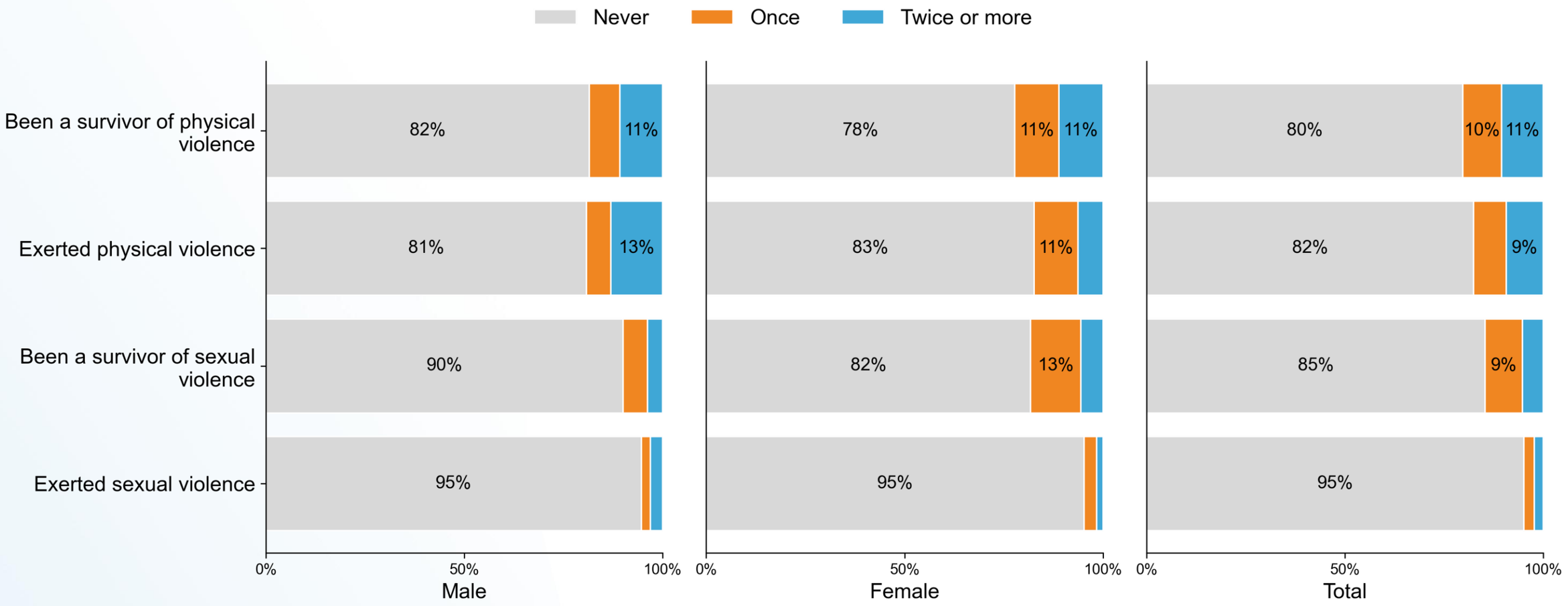
World Health Organization (WHO) Wellbeing Index - Statements and scores. Percentage of adolescents who report that the following applied to them **all the time** or **most of the time** in the past 2 weeks



Percentage of adolescents who say the following statements apply to them **often** or **always**



Adolescents report how often in the last 12 months the following have applied to them



Battlefords & Area - 2026

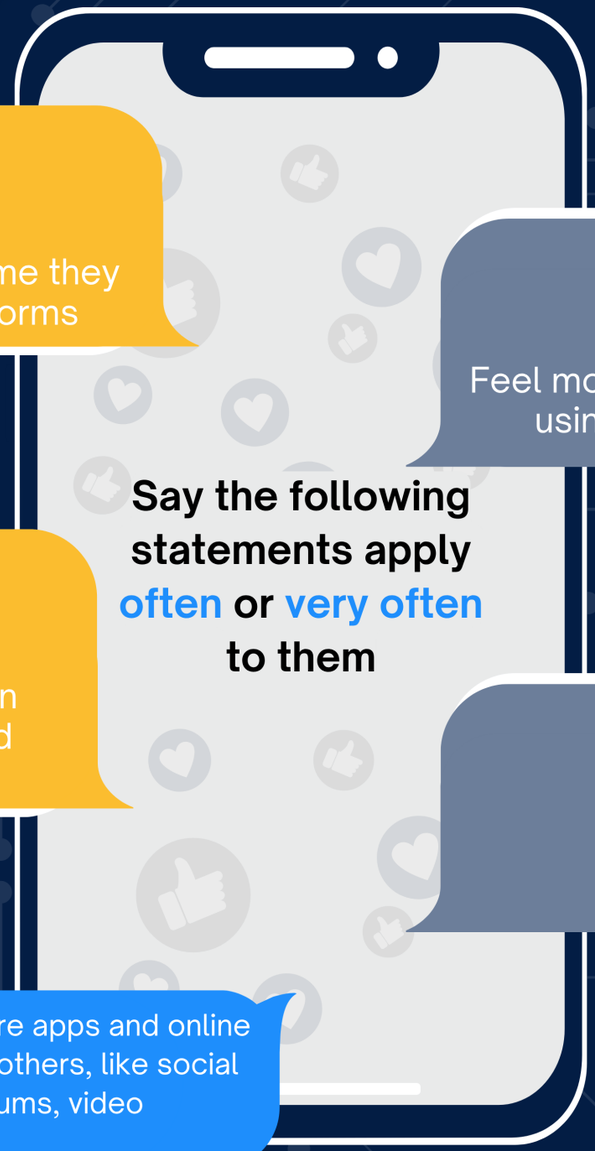
DIGITAL SPACE

PLANET Youth®

Battlefords & Area - 2026

Digital Space

PLANET Youth®



Say the following statements apply often or very often to them

33%
Feel in control of how much time they spend on digital social platforms

34%
Use digital social platforms when they're feeling down or stressed

18%
Feel more connected to others after using digital social platforms

69%
Feel safe online

"Digital social platforms" are apps and online spaces for connecting with others, like social media, messaging apps, forums, video platforms, or in-game chat.

Video Games

28%

Spend on average 4 hours or more playing video games a day

Social Media Use

47%

Spend on average 4 hours or more on social media a day

YouTube

20%

Spend on average 4 hours or more on YouTube a day

Battlefords & Area - 2026

Digital Space

Females

63%
Often or almost always feel safe online

20%
Feel left out when they see others doing things without them on digital social platforms

30%
Compare themselves to others on digital social platforms in a way that affects their self-esteem



Males

79%
Often or almost always feel safe online

13%
Feel left out when they see others doing things without them on digital social platforms

10%
Compare themselves to others on digital social platforms in a way that affects their self-esteem

Video Games

17% Females

36% Males

Spend on average 4 hours or more playing video games a day

Social Media Use

50% Females

43% Males

Spend on average 4 hours or more on social media a day

YouTube

15% Females

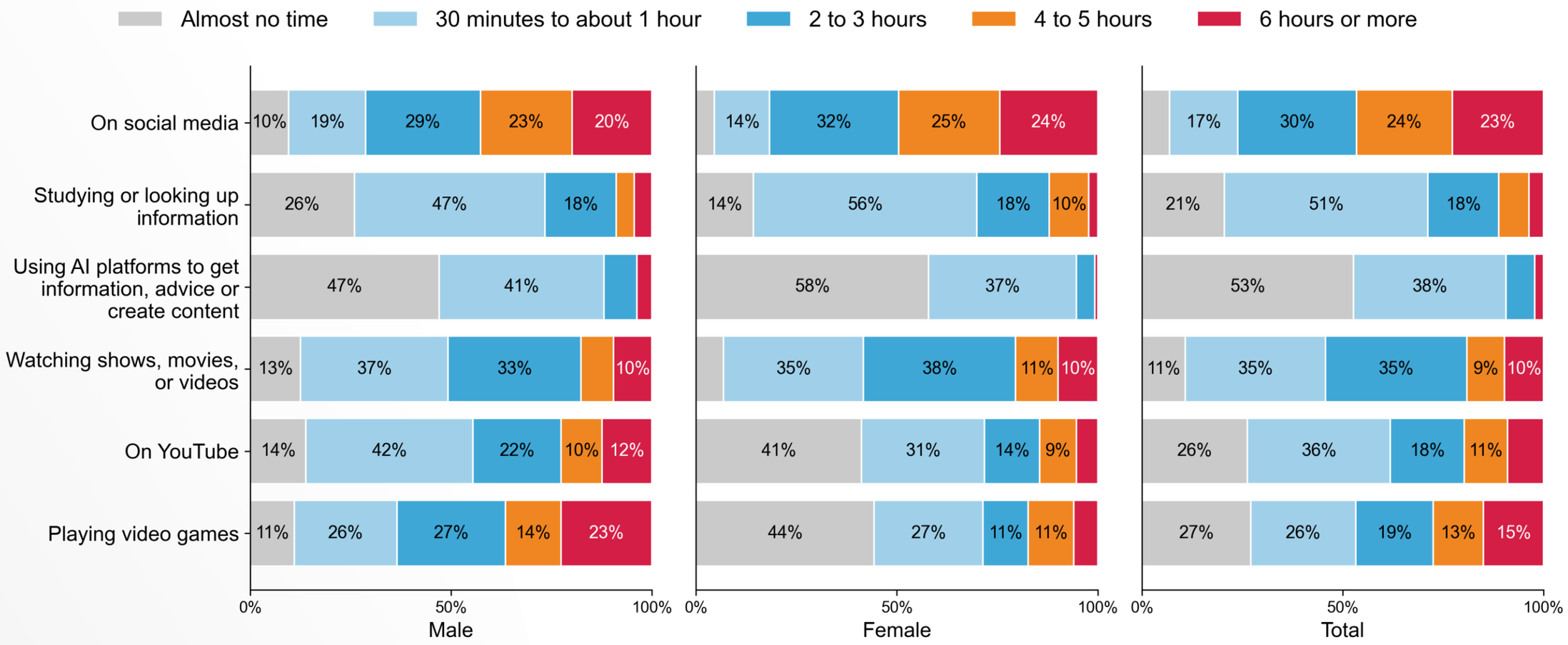
23% Males

Spend on average 4 hours or more on YouTube a day

PLANET Youth®

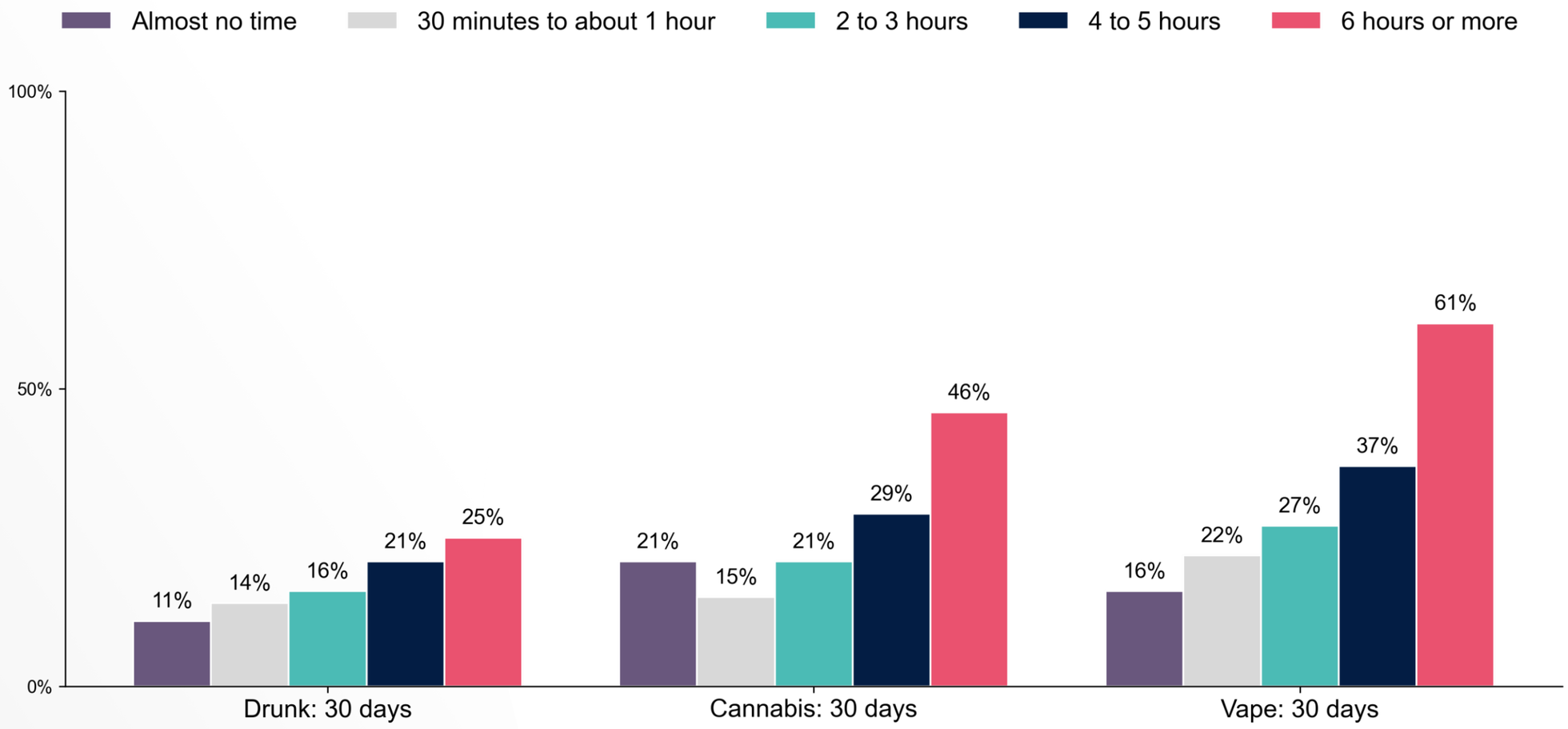
"Digital social platforms" are apps and online spaces for connecting with others, like social media, messaging apps, forums, video platforms, or in-game chat.

Average daily time adolescents spend on screen-based activities

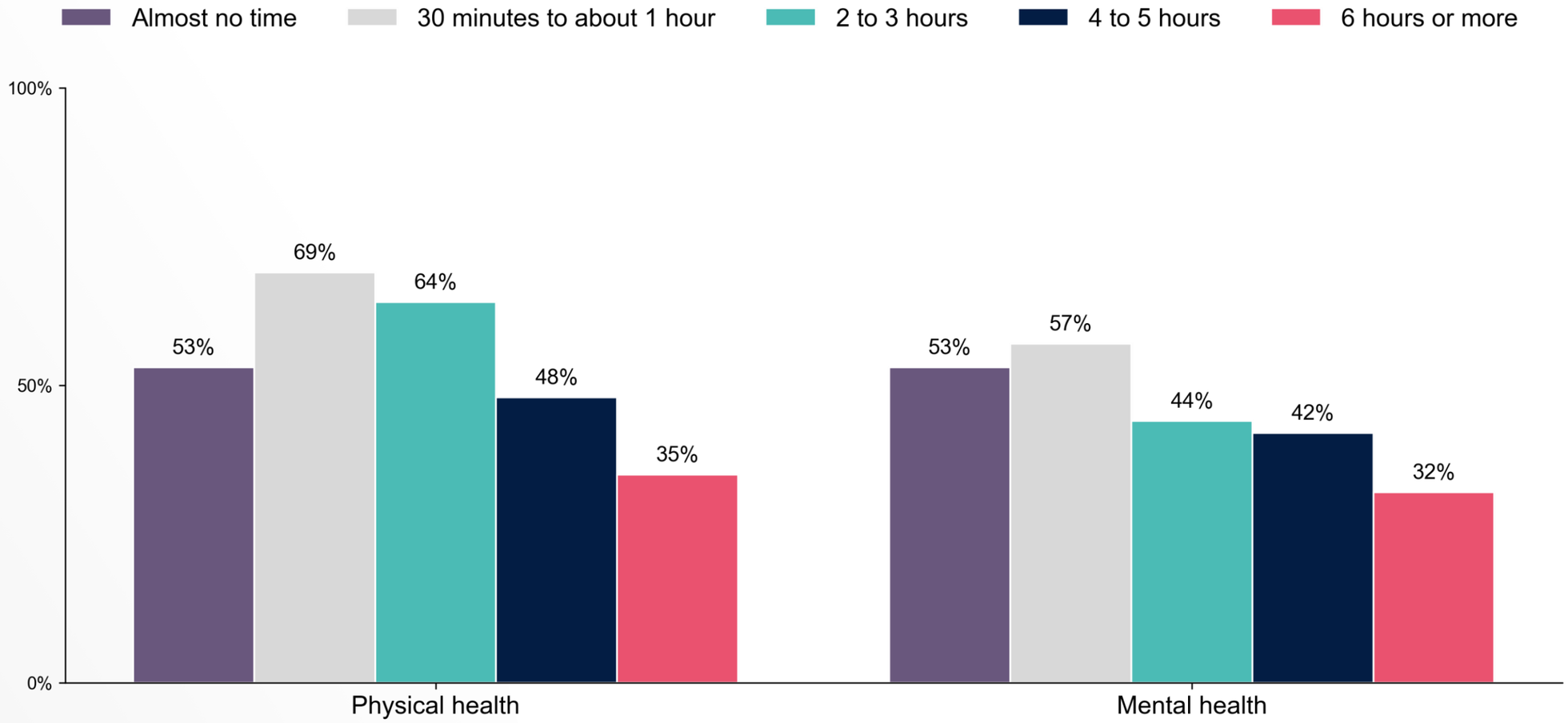


Digital space

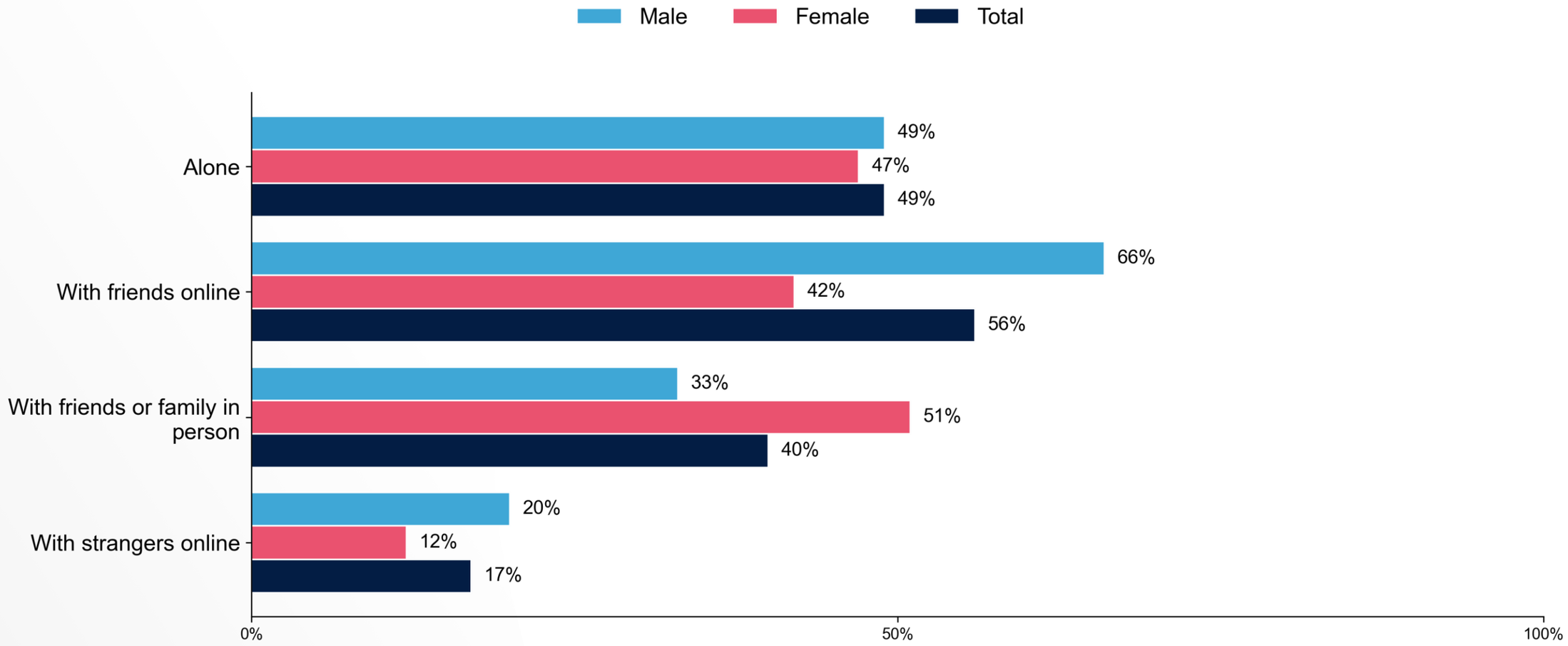
Substance use cross-referenced with daily average social media use



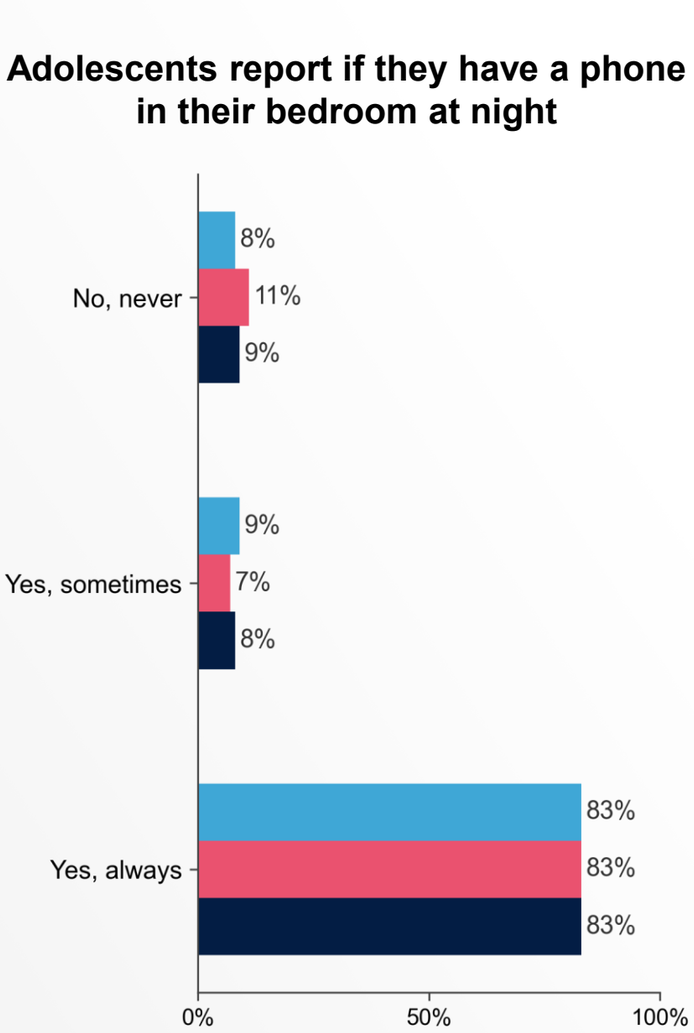
Good and very good mental and physical health cross-referenced with average daily social media use

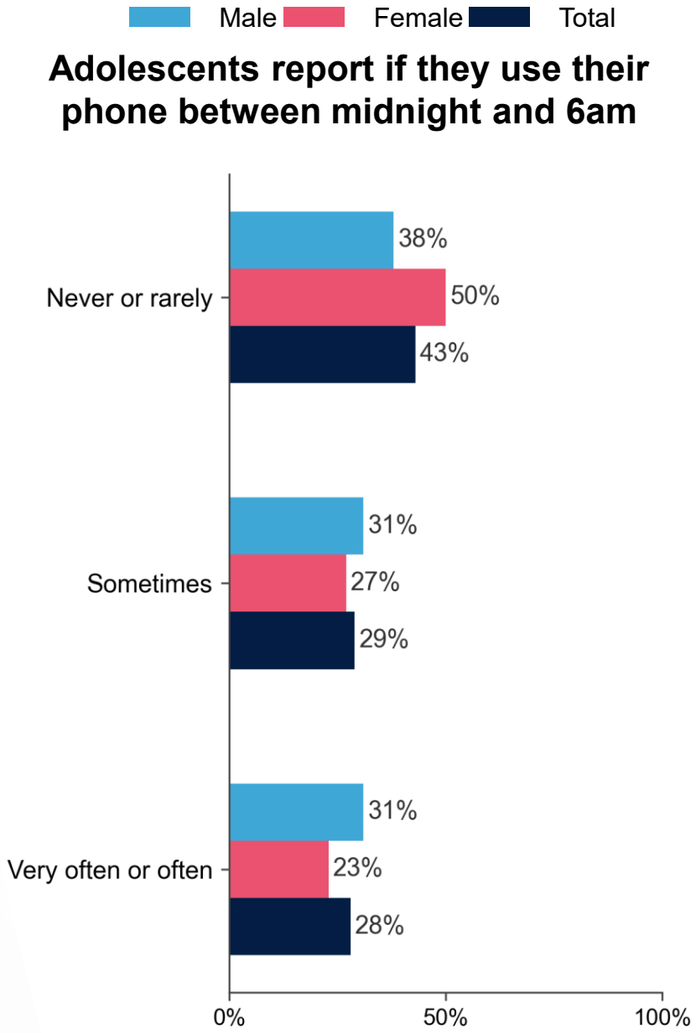


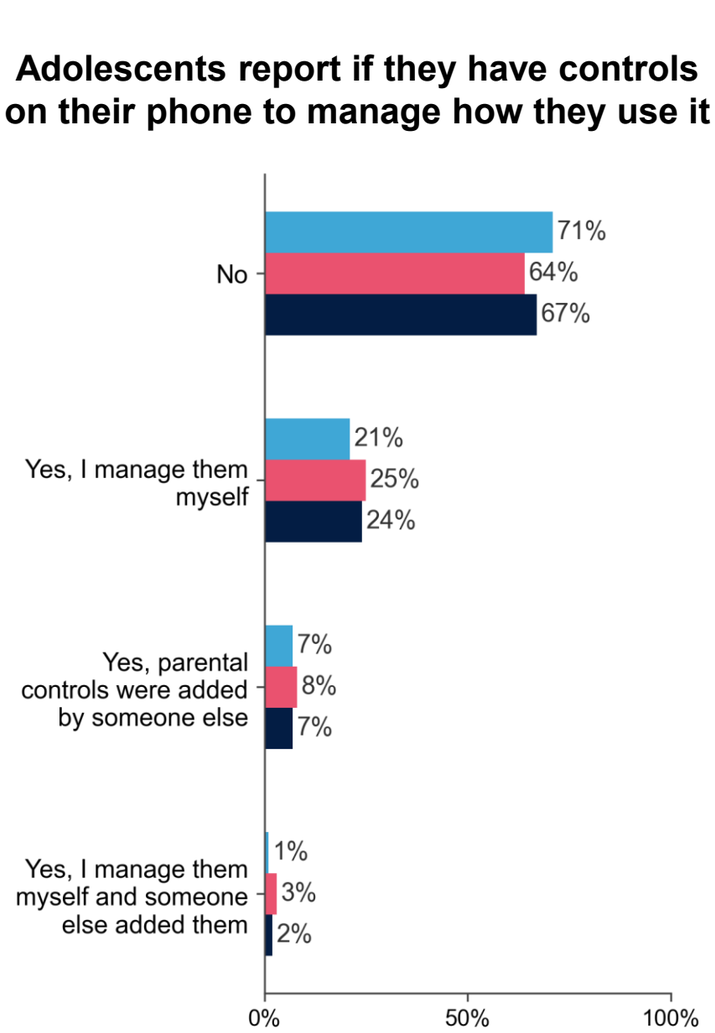
Percentage of adolescents who play video games report who they usually play with



Phone use among adolescents

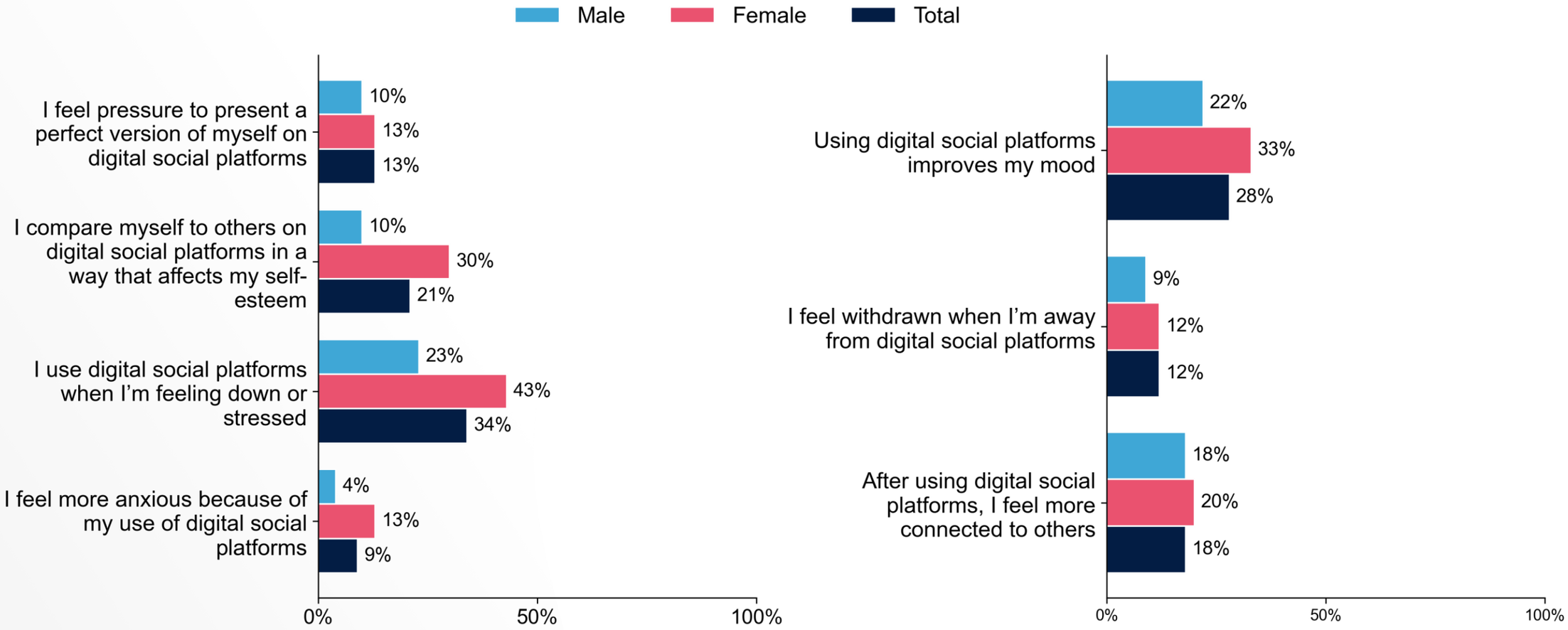






Battlefords & Area - 2026

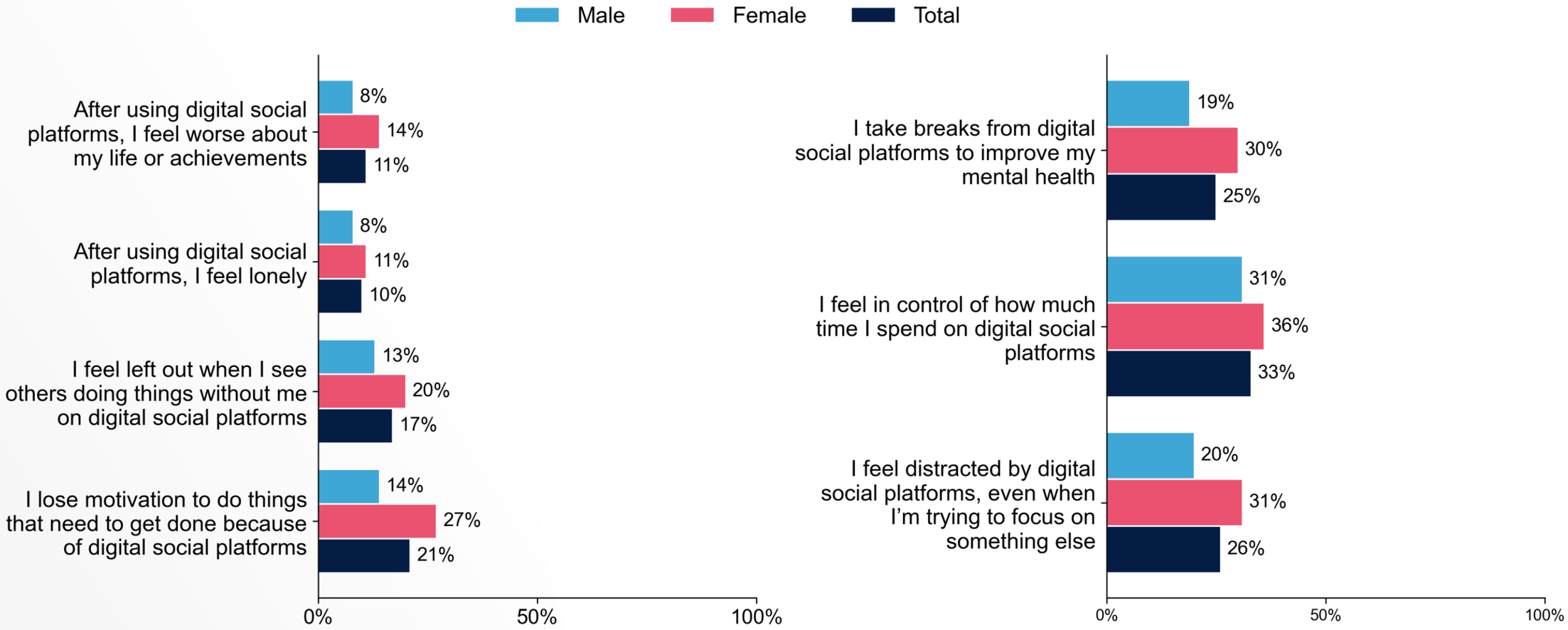
Percentage of adolescents who say the following statements about digital social platforms apply to them **often** or **very often** - Part 1



Battlefords & Area - 2026

Digital social platforms are apps and online spaces for connecting with others, like social media, messaging apps, forums, video platforms, or in-game chat.

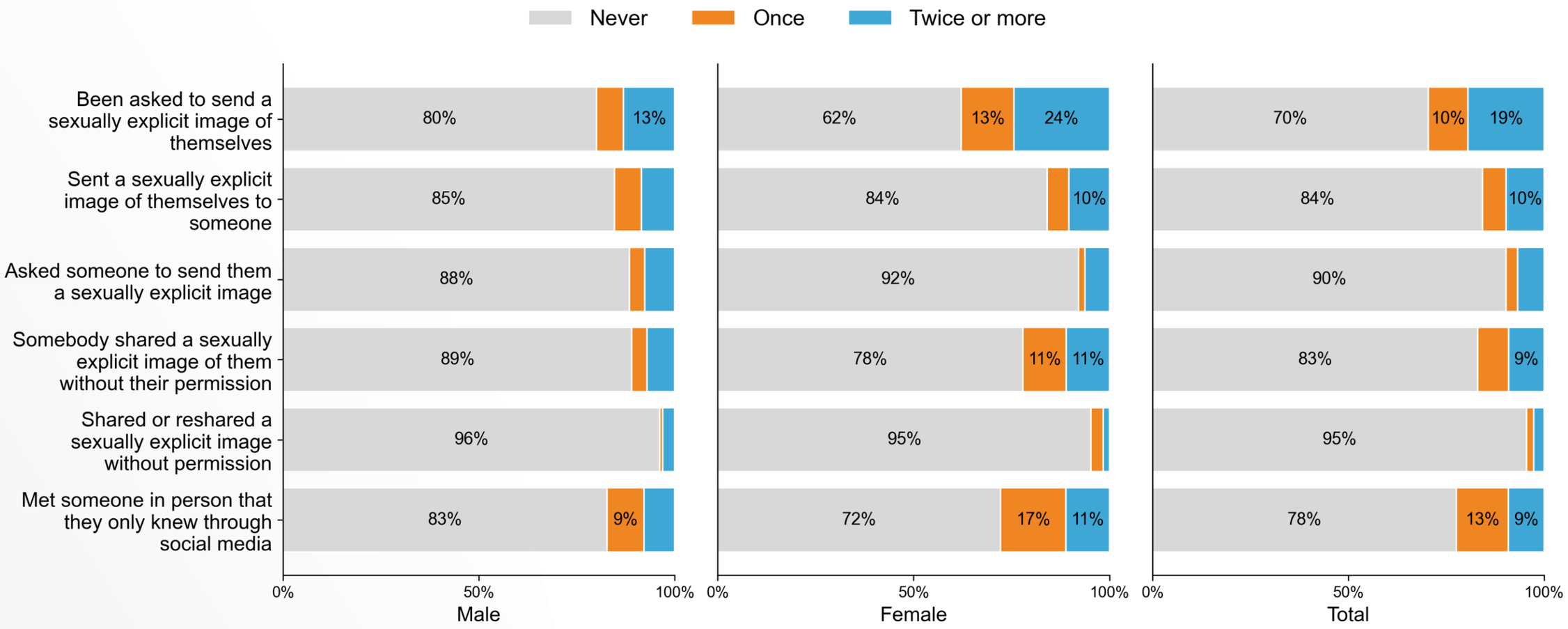
Percentage of adolescents who say the following statements about digital social platforms apply to them **often** or **very often** - Part 2



Battlefords & Area - 2026

Digital social platforms are apps and online spaces for connecting with others, like social media, messaging apps, forums, video platforms, or in-game chat.

Adolescents report how often they experienced the following on social media in the last 12 months



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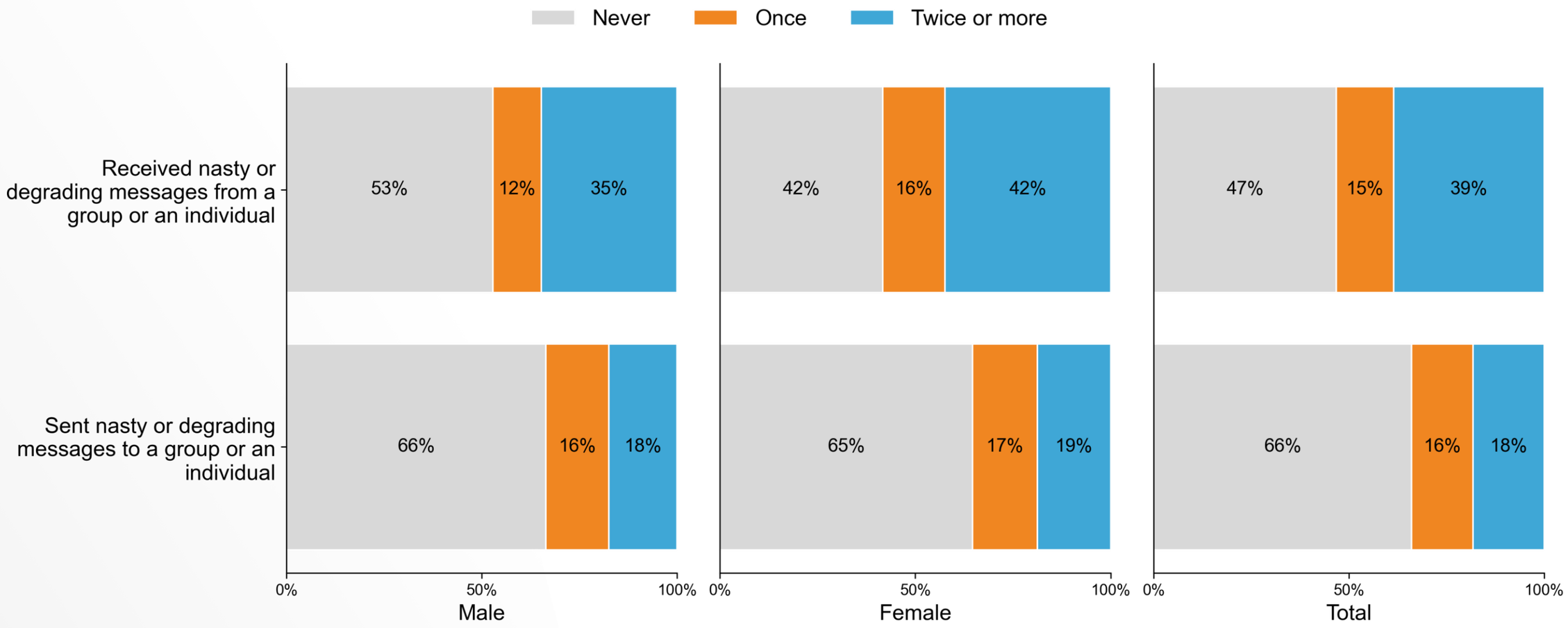
Adolescents report how often they have sent or received nasty or degrading messages



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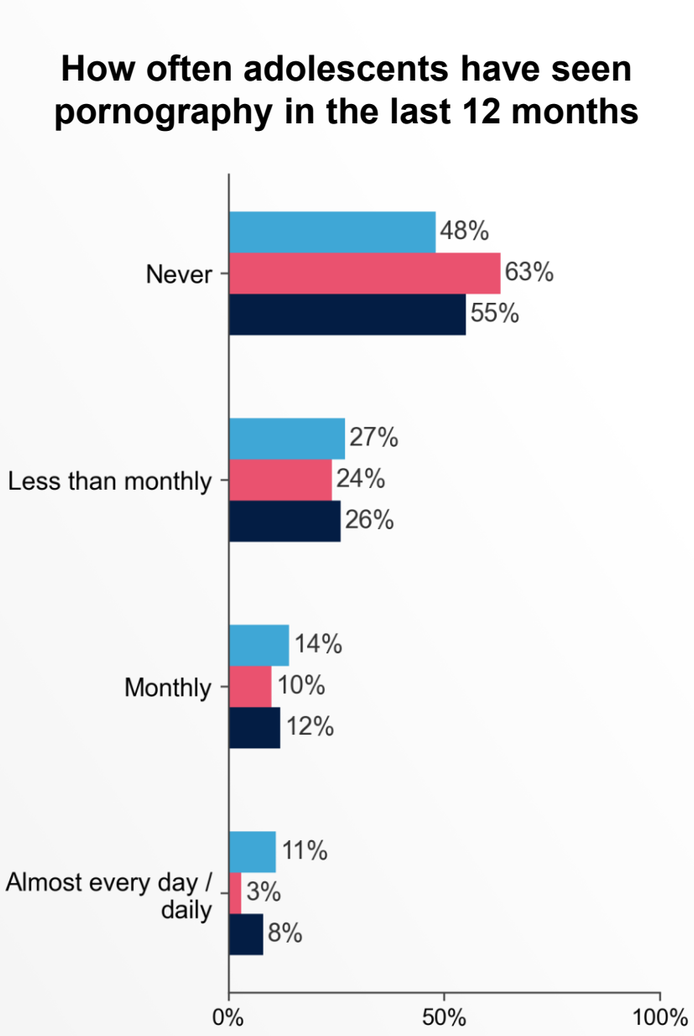
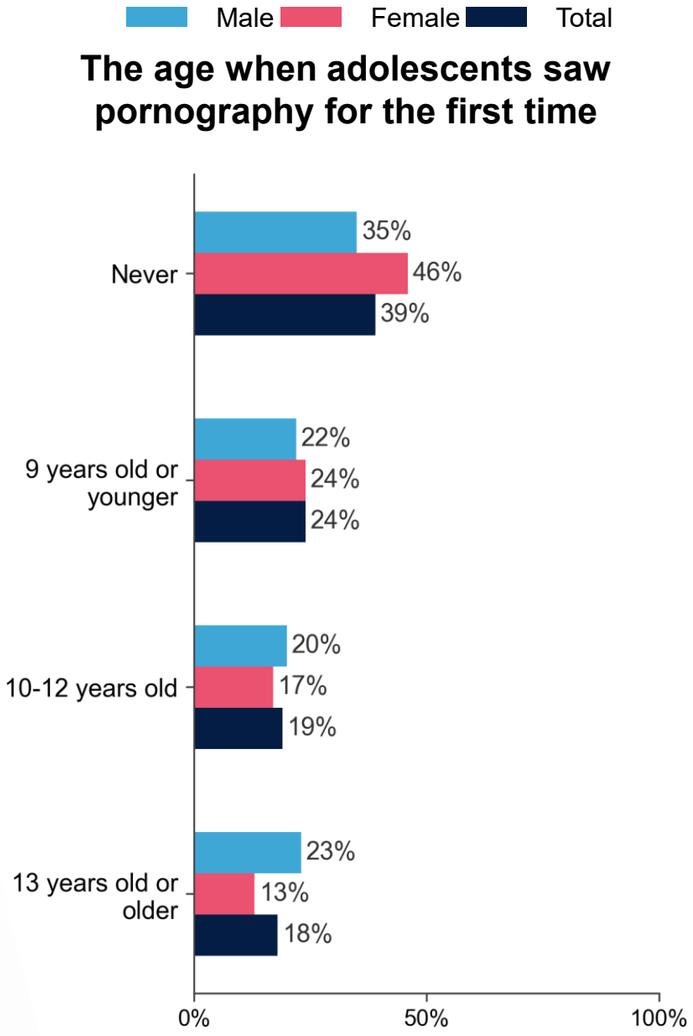
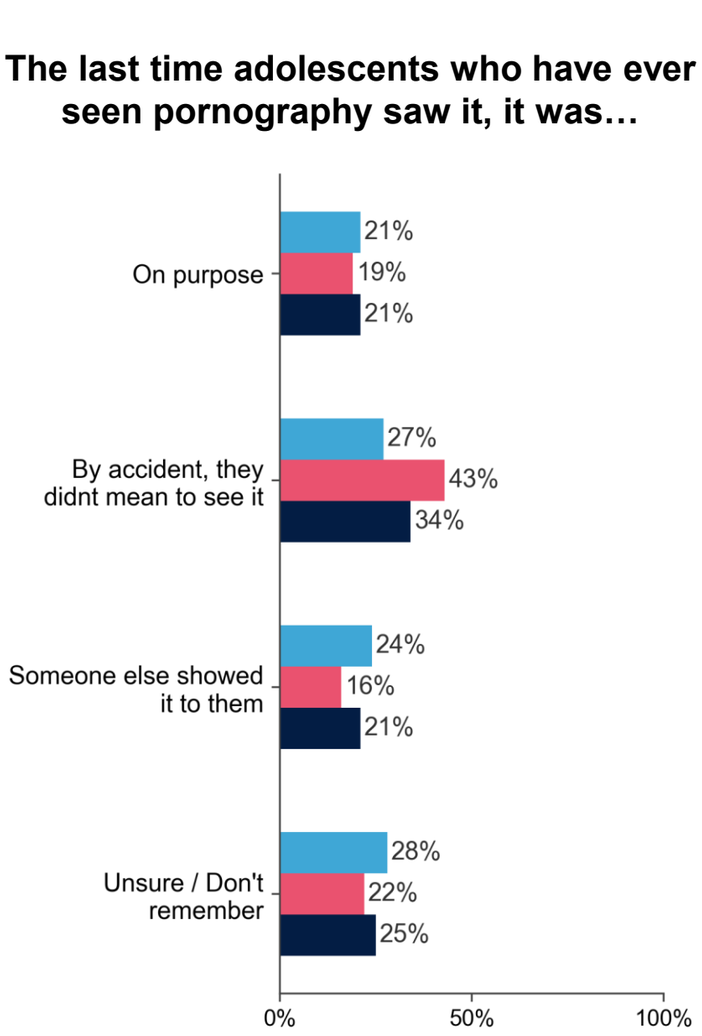
Pornography







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