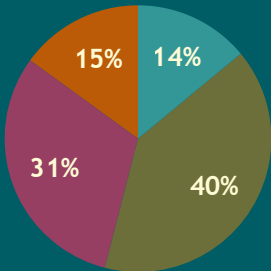


BHYP Participant Year 3 Demographics

Brock Healthy Youth Project (BHYP) is a community-wide effort to understand how we can collaboratively promote healthy lifestyle choices among youth. BHYP involves 1097 youth between the ages of 9 and 16, who are in grades 5 to 10. Half of the sample self-reported as male and half self-reported as female.

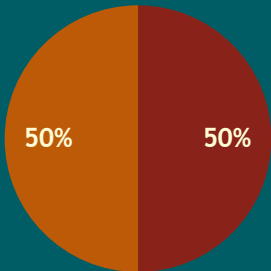


AGES



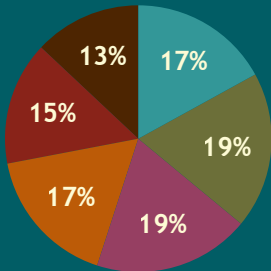
9-10 11-12
13-14 15-16

SEX



Male Female

GRADE DISTRIBUTION



5 6 7
8 9 10



92% have siblings (biological, step, or adopted)
78% of parents are married/common law



Level of education achieved by parents:

- 4% did not finish high school
- 28% finished high school
- 56% completed undergraduate degree/diploma
- 12% completed graduate / professional degree



97% of youth were born in Canada
82% of mothers were born in Canada



96% have access to a computer at home
98% have Internet access at home

77% of fathers were born in Canada

So where can I go next?

Please note that the resources below are broader resources focused on youth well-being. Each separate infographic contains relevant resources for the topic of the infographic.

- Baragar School Systems - <https://baragar.com>
- CAMH Evidence Exchange Network - <https://www.eenet.ca>
- CAMH The Ontario Student Drug Use and Health Survey - <https://www.camh.ca/en/science-and-research/institutes-and-centres/institute-for-mental-health-policy-research/ontario-student-drug-use-and-health-survey---osduhs>
- Niagara Region Public Health - <https://www.niagararegion.ca/health/schools/curriculum/>
- The Students Commission of Canada - <https://www.studentscommission.ca/en/resources>
- UNICEF Report Card on Child and Youth Well-Being - <https://oneyouth.unicef.ca/en/unicef-report-cards-child-and-youth-well-being>
- Wisdom2Action - <https://www.wisdom2action.org/resources/>

You can view all of the relevant resources online at
<https://brocku.ca/bhyp/bhyp-year-3-resources>

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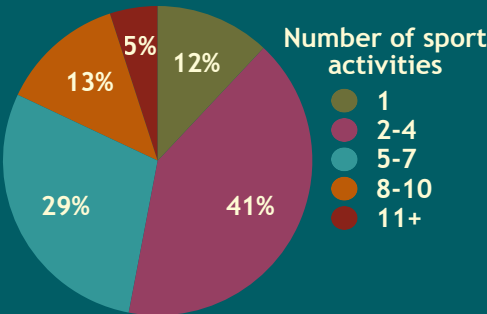
Activity Engagement Among BHYP Participants - Year 3

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94% reported being involved in at least one organized sport activity

PERCENTAGE ENGAGING IN MULTIPLE SPORT ACTIVITIES



TOP 5 SPORT ACTIVITIES

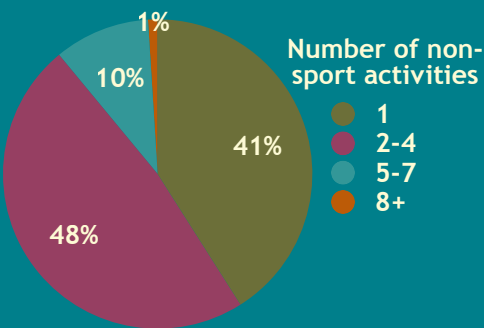
Percent that participate

- Swimming - 72%
- Soccer - 45%
- Basketball - 46%
- Volleyball - 31%
- Skating - 30%



71% reported being involved in at least one organized non-sport activity

PERCENTAGE ENGAGING IN MULTIPLE NON-SPORT ACTIVITIES



TOP 5 NON-SPORT ACTIVITIES

Percent that participate

- YMCA - 29%
- School clubs - 26%
- Camps - 21%
- Music - 19%
- Religious youth groups - 13%

So where can I go next?

- Big Brothers Big Sisters of Canada - <https://bigbrothersbigsisters.ca/our-programs/>
- Boys and Girls Club of Canada - <https://www.bgccan.com/en/what-we-do/youth-engagement/>
- CIRA Ontario - <https://www.ciraontario.com>
- Healthy Active Living Resource - <http://thompsonbooks.com/kto12/hpe/hal2/>
- ParticipACTION - <https://www.participaction.com/en-ca>
- PHE Canada - <https://phecanada.ca/programs/phe-learning-centre/physical-education-activities>
- The Recess Project - <http://www.recessprojectcanada.com>
- The Sandbox Project - <http://sandboxproject.ca/news/2020/11/6/the-ycrh-blog-three-meaningful-ways-to-increase-youth-engagement>
- YMCA of Canada - <https://ymca.ca/What-We-Offer>
- YMCA of Niagara Region - <https://ymcaofniagara.org/programs/community-initiatives/community-programs/youth-action/>

You can view all of the relevant resources online at <https://brocku.ca/bhyp/bhyp-year-3-resources>

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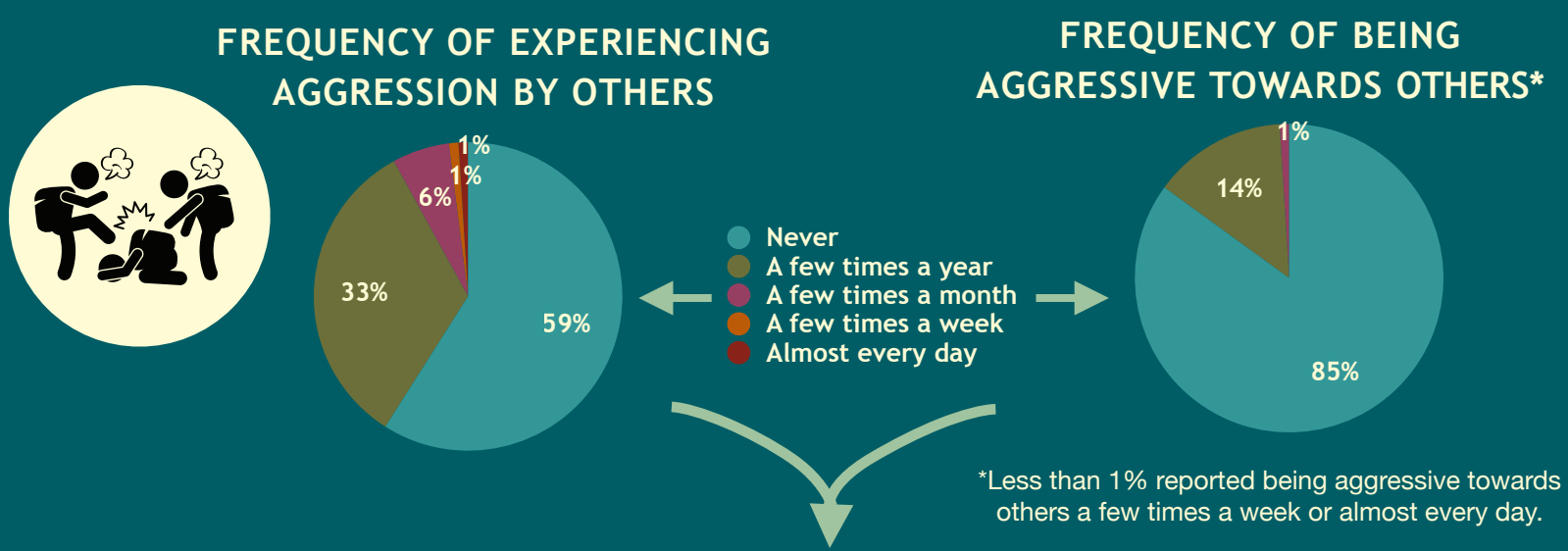
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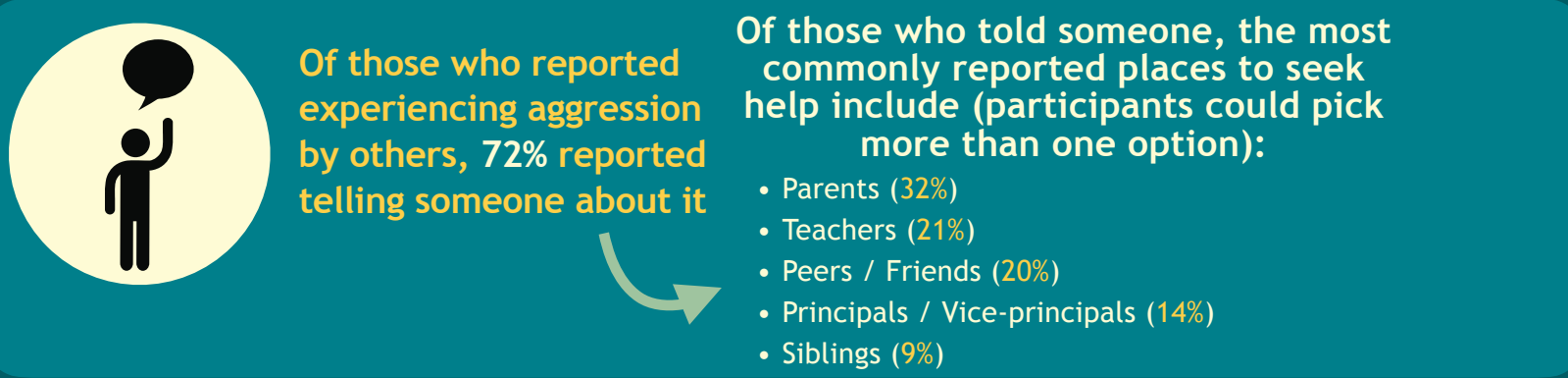
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Aggression Among BHYP Participants - Year 3

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- MOST COMMONLY REPORTED AGGRESSIVE BEHAVIOURS:**
- Pushing / shoving
 - Swearing at / calling names
 - Teasing / making fun of
 - Kicking / hitting (outside of sports)
 - Excluding from activities
 - Spreading untrue stories



So where can I go next?

EVERFI e-courses - <https://everfi.com/k-12/>

Government of Canada - <https://www.publicsafety.gc.ca/cnt/rsracs/pblctns/blng-prvntn-schls/index-en.aspx>

Government of Ontario - <http://www.edu.gov.on.ca/eng/safeschools/prevention.html>

Healthy Active Living Resource - <http://thompsonbooks.com/kto12/hpe/ha12/>

Niagara Catholic District School Board - <https://niagaracatholic.ca/wp-content/uploads/2019/10/302.6.8-Bullying-Prevention-Intervention-Policy.pdf>

Ontario Physical and Health Education Association - <https://teachingtools.ophea.net/activities/level-up/program-guide/digital-citizenship-and-cyberbullying>

Pink Shirt Day - <https://www.pinkshirtday.ca/about>

PREVNet - <https://www.prevnet.ca/bullying/facts-and-solutions>

RCMP - <https://www.rcmp-grc.gc.ca/cycp-cpcj/bull-inti/index-eng.htm>

The Recess Project - <http://www.recessprojectcanada.com>

You can view all of the relevant resources online at
<https://brocku.ca/bhyp/bhyp-year-3-resources>

Alcohol, Drug and Tobacco Use Among BHYP Participants - Year 3

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5% reported having had one or two puffs of a cigarette at some point in their life – 2% have smoked a full cigarette



Of the 2%, the average age of having first full cigarette was 12

54% reported having had a sip or two of alcohol – 16% have had a full drink of alcohol



Of the 16%, the average age of having first full drink of alcohol was 12

7% reported having tried cannabis (any form)



Of the 7%, the average age of first trying cannabis was 13



- 27% think it would be at least a little bit hard to say no if their friends asked them to drink alcohol
- 11% think it would be at least a little bit hard to say no if their friends asked them to smoke cigarettes
- 15% think it would be at least a little bit hard to say no if their friends asked them to smoke cannabis



- 31% think it would be at least a little bit fun/exciting to drink alcohol with friends
- 5% think it would be at least a little bit fun/exciting to smoke cigarettes with friends
- 14% think it would be at least a little bit fun/exciting to smoke cannabis with friends

So where can I go next?

Canadian Centre on Substance Use and Addiction -

https://www.ccsa.ca/sites/default/files/2019-03/CCSA-Cannabis-Communication-Guide-2018-en_0.pdf

<https://www.ccsa.ca/talking-pot-youth-cannabis-communication-guide-youth-allies>

<https://www.ccsa.ca/cannabis-inhaling-vs-ingesting-infographic>

Canadian Public Health Association - <https://www.cpha.ca/resources?topic=73>

CAMH - <http://cannabisknowledgehub.ca/resources.html>

<https://www.camh.ca/en/health-info/guides-and-publications/lrcug-for-youth>

<https://www.camh.ca/en/science-and-research/institutes-and-centres/institute-for-mental-health-policy-research/ontario-student-drug-use-and-health-survey---osduhs>

Healthy Active Living Resource - <http://thompsonbooks.com/kto12/hpe/hal2/>

Niagara Region Public Health -

<https://www.niagararegion.ca/health/schools/curriculum/cannabis-elementary/default.aspx>

<https://www.niagararegion.ca/health/schools/curriculum/cannabis-secondary/default.aspx>

https://www.niagararegion.ca/living/health_wellness/alc-sub-abuse/drugs/cannabis.aspx

<https://www.niagararegion.ca/health/schools/curriculum/talking-about-tobacco.aspx>

Ontario Physical and Health Education Association -

<https://teachingtools.ophea.net/activities/level-up/program-guide/substance-use>

<https://www.ophea.net/healthy-schools-certification/substance-use-addictions-and-related-behaviours>

Ottawa Public Health - <https://www.ottawapublichealth.ca/en/public-health-services/have-that-talk.aspx>

Parachute Canada - <https://parachute.ca/en/injury-topic/poisoning/cannabis/>

<https://parachute.ca/en/program/knowwhatimpairedmeans/>

You can view all of the relevant resources online at

<https://brocku.ca/bhyp/bhyp-year-3-resources>

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Head Injuries Among BHYP Participants - Year 3

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20% reported hitting their head bad enough in the past year that they felt dizzy or confused

Of the 20%:

- **13%** lost consciousness because of the injury
- **36%** went to doctor or hospital because of a head injury
- **23%** of those that went to a doctor were formally diagnosed with a concussion



REPORTED CAUSES OF HEAD INJURY

(participants could select more than one option)

- **Sports (55%)**
- **Falling (30%)**
- **Fighting (12%)**
- **Bike accident (5%)**
- **Car accident (4%)**
- **Other (20%)**

Among BHYP parents who reported that their child had a head injury with symptoms, the most common symptoms were:

1. Headache - **75%** reported
2. Not feeling “right” - **45%** reported
3. Balance problems/Dizziness - **39%** reported
4. Feeling “dazed” - **38%** reported
5. Fatigue or low energy - **34%** reported

So where can I go next?

Government of Canada - <https://www.canada.ca/en/public-health/services/diseases/concussion-sign-symptoms.html>

Niagara Catholic District School Board - <https://niagaracatholic.ca/wp-content/uploads/2019/10/303.1-Concussions-Policy.pdf>

Ontario Physical and Health Education Association - <https://teachingtools.ophea.net/supplements/rowans-law-day-toolkit-schools/about-rowans-law>

Parachute Canada - <https://parachute.ca/en/injury-topic/concussion/>

PHE Canada - <https://phecanada.ca/activate/healthy-school-communities/concussion>

Public Health Ontario - <https://www.publichealthontario.ca/-/media/event-presentations/grand-rounds-january-14-2020.pdf?la=en>

You can view all of the relevant resources online at
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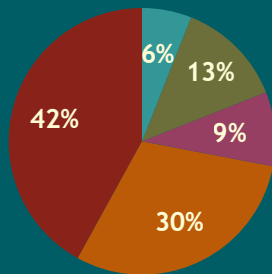


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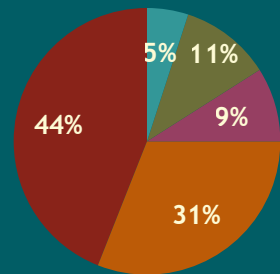
Nutrition and Physical Activity Among BHYP Participants - Year 3

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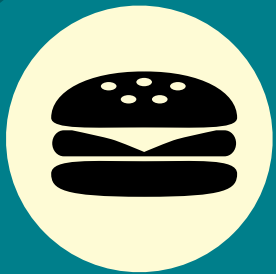
AVERAGE FRUIT CONSUMPTION ON A MONTHLY BASIS



AVERAGE VEGETABLE CONSUMPTION ON A MONTHLY BASIS



● Not at all
● A few times
● Once a week
● A few times a week
● Every day



33% eat fast foods on a weekly basis



54% eat breakfast daily

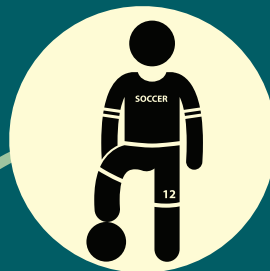


47% do low-intensity physical activity at least once per week

52% do medium-intensity physical activity at least once per week



59% do high-intensity physical activity at least once per week



35% feel that there are not many physical activities for them to participate in at their school

So where can I go next?

Canada Food Guide - <https://food-guide.canada.ca/en/tips-for-healthy-eating/school/>

CIRA Ontario - <https://www.ciraontario.com>

EVERFI e-courses - <https://everfi.com/k-12/>

Government of Ontario - <https://www.ontario.ca/page/student-nutrition-program>

Grey Bruce Health Unit - <https://www.publichealthgreybruce.on.ca/Portals/0/Topics/HealthySchools/Curriculums/Healthy%20Eating%20Curriculum.pdf?ver=2019-09-04-144910-563>

Healthy Active Living Resource - <http://thompsonbooks.com/kto12/hpe/hal2/>

Heart NIAGARA - <https://heartniagara.com/hhsp/>

Niagara Region Public Health -

<https://www.niagararegion.ca/health/activity-nutrition/default.aspx>
https://www.niagararegion.ca/living/health_wellness/healthyeating/default.aspx

Ontario Physical and Health Education Association -

<https://www.ophea.net/healthy-schools-certification/physical-activity>
<https://teachingtools.ophea.net/activities>
<https://teachingtools.ophea.net/activities/level-up/program-guide/healthy-eating>
<https://www.ophea.net/healthy-schools-certification/healthy-eating>

PHE Canada - <https://phecanada.ca/programs/phe-learning-centre/physical-education-activities>

You can view all of the relevant resources online at
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Peer Relationships Among BHYP Participants

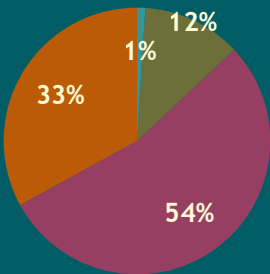
- Year 3

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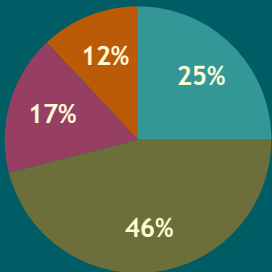
FREQUENCY OF HAVING GOOD QUALITY FRIENDSHIPS

Good quality friendships were defined by participants self-reported perception of feeling accepted and understood by their friends



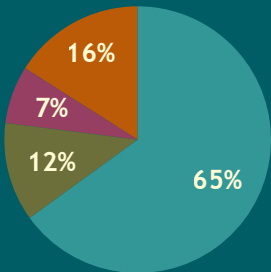
Never / Almost never
Sometimes
Often
Almost always / Always

FREQUENCY OF FEELING SHY WHEN MEETING NEW PEOPLE



Never / Almost never
Sometimes
Often
Almost always / Always

FREQUENCY OF FEELING SHY WITH PEOPLE THEY KNOW WELL



Never / Almost never
Sometimes
Often
Almost always / Always



- 26% have had a boyfriend/girlfriend in the past year

Of those with a boyfriend/girlfriend:

- 56% have kissed their boyfriend/girlfriend

Of those with a boyfriend/girlfriend who are in grade 6 or higher:

- 28% have gone further than kissing with their boyfriend/girlfriend
- 77% have spent alone time with their boyfriend/girlfriend

So where can I go next?

Canadian Public Health Association -

<https://www.cpha.ca/move-mind-over-violence-everywhere>

<https://www.cpha.ca/resources?topic=46>

Everyday Mental Health Classroom Resource - <https://smho-smso.ca/emhc/healthy-relationship-skills/>

Healthy Active Living Resource - <http://thompsonbooks.com/kto12/hpe/hal2/>

Niagara Region Public Health - <https://www.niagararegion.ca/health/schools/curriculum/grade-eight-healthy-relationships.aspx>

PREVNet - <https://www.prevnet.ca/research/bullying-statistics/healthy-relationships>

The Recess Project - <http://www.recessprojectcanada.com>

You can view all of the relevant resources online at <https://brocku.ca/bhyp/bhyp-year-3-resources>

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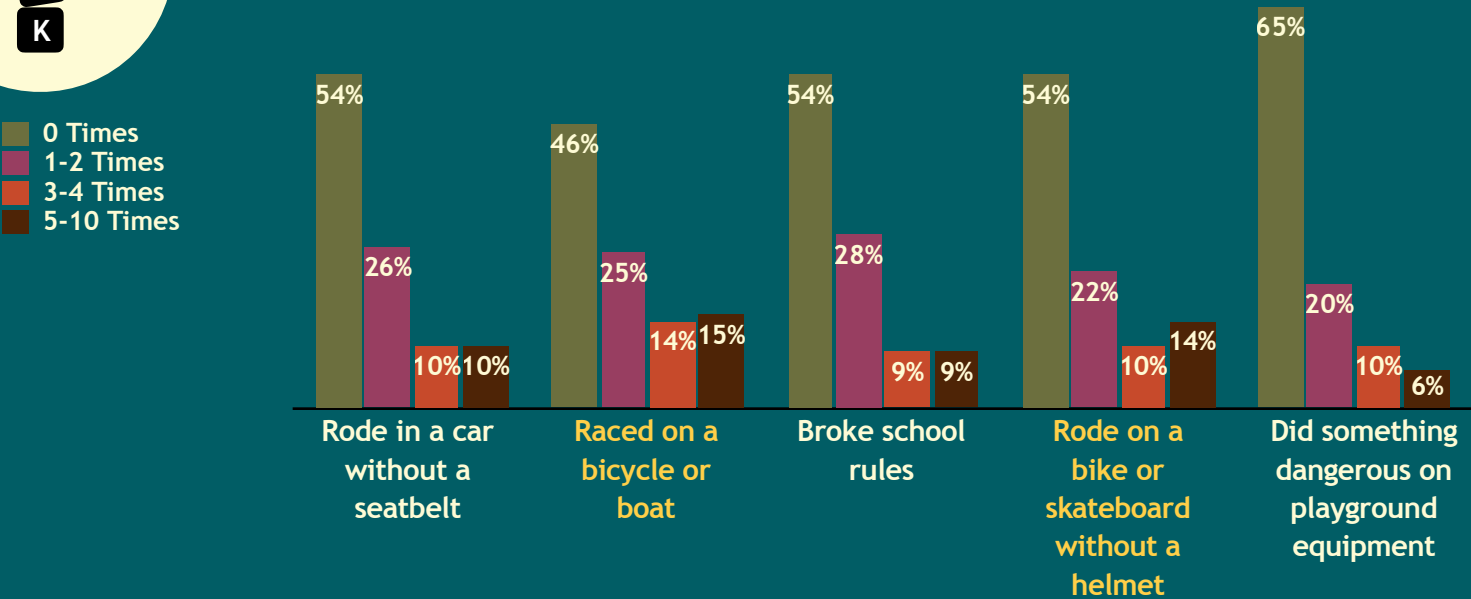
Risk-Taking Among BHYP Participants - Year 3

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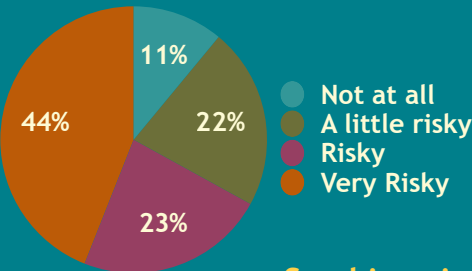
34% consider themselves a risk taker

FREQUENCY OF ENGAGING IN THE TOP 5 RISK-TAKING BEHAVIOURS IN THE PAST YEAR

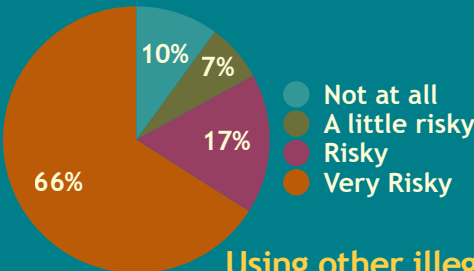


PERCEPTIONS OF RISK ASSOCIATED WITH THE FOLLOWING BEHAVIOURS

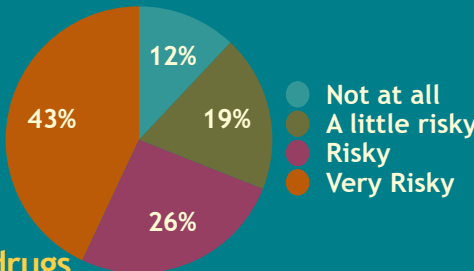
Drinking alcohol



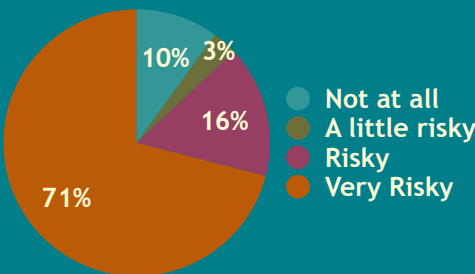
Smoking cannabis (grade 6 or higher)



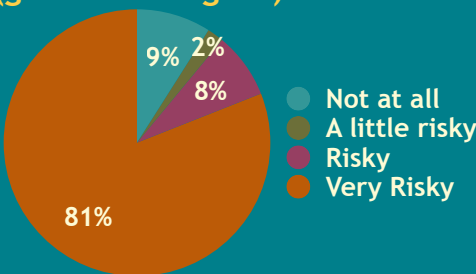
Vaping (grade 6 or higher)



Smoking cigarettes



Using other illegal drugs (grade 6 or higher)



So where can I go next?

CAMH - <https://www.camh.ca/-/media/files/guides-and-publications/what-parents-teen-risk-taking-en.pdf>

Canadian Public Health Association - <https://www.cpha.ca/resources?topic=68>

Joint Consortium for School Health - <http://www.jcsh-cces.ca/upload/JCSH%20Substance%20Use%20Toolkit%20Classroom%20Education%20v1.pdf>

Ontario Physical and Health Education Association -

<https://www.ophea.net/healthy-schools-certification/substance-use-addictions-and-related-behaviours>

<https://teachingtools.ophea.net/activities/level-up/program-guide/substance-use>

Parachute Canada - <https://parachute.ca/en/program/national-teen-driver-safety-week/>

You can view all of the relevant resources online at <https://brocku.ca/bhyp/bhyp-year-3-resources>

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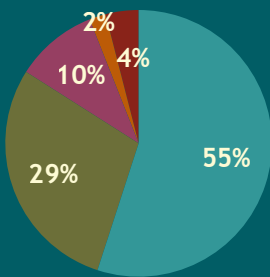
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School and Neighbourhood Perceptions Among BHYP Participants - Year 3

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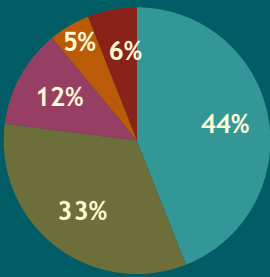
PERCENTAGE OF PARTICIPANTS MISSING SCHOOL PER MONTH FOR ILLNESS



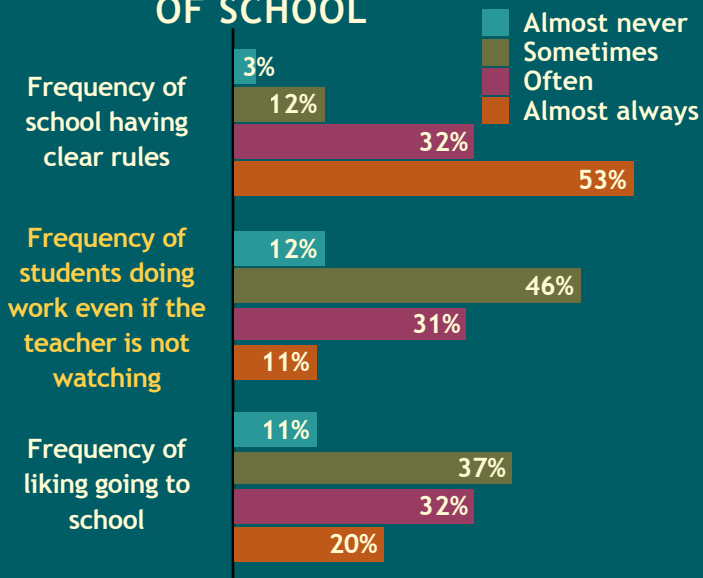
Average number of days:

- None
- 1-2
- 3-4
- 5-6
- 7+

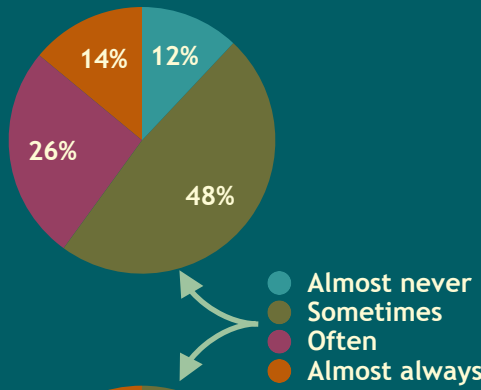
PERCENTAGE OF PARTICIPANTS MISSING SCHOOL PER MONTH FOR NON-ILLNESS



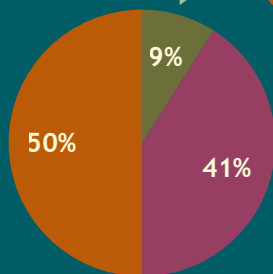
PARTICIPANTS PERCEPTIONS OF SCHOOL



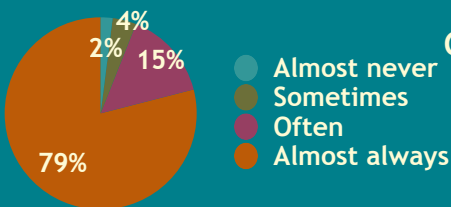
FREQUENCY OF FEELING BORED AT SCHOOL



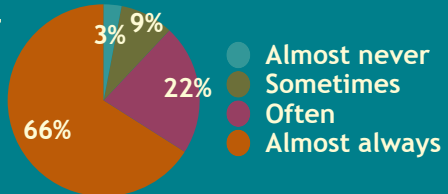
FREQUENCY OF HAVING A POSITIVE PERCEPTION OF NEIGHBOURHOOD



PERCEIVED FREQUENCY OF PARENTS/GUARDIANS THINKING IT IS IMPORTANT THAT THEIR CHILD DOES WELL IN SCHOOL



FREQUENCY OF CHILDREN THINKING IT IS IMPORTANT THAT THEY DO WELL IN SCHOOL



So where can I go next?

Big Brothers Big Sisters of Canada - <https://bigbrothersbigsisters.ca/our-programs/>
Government of Ontario -

- <http://www.edu.gov.on.ca/eng/parents/introdoceng.pdf>
- <http://www.edu.gov.on.ca/eng/parents/climate.html>
- http://www.edu.gov.on.ca/eng/parents/worksheet_fillableeng.pdf
- <http://www.edu.gov.on.ca/eng/safeschools/climate.html>

Niagara Region Public Health -

- <https://www.niagararegion.ca/health/castle.aspx>
- <https://www.niagararegion.ca/projects/community-safety-well-being/default.aspx>
- <https://www.niagararegion.ca/health/schools/school-health-services.aspx>

Ontario Physical and Health Education Association - <https://teachingtools.ophea.net/activities/level-up/program-guide/teaching-and-learning-strategies>

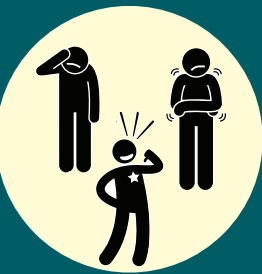
You can view all of the relevant resources online at <https://brocku.ca/bhyp/bhyp-year-3-resources>

BHYP is a project being led by a team of researchers from Brock University's Lifespan Institute and is funded by the Canadian Institutes for Health Research.

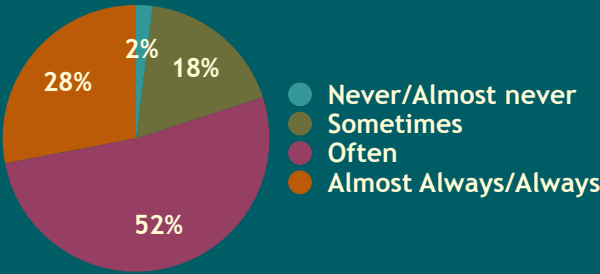
For more information:

Stress and Wellbeing Among BHYP Participants - Year 3

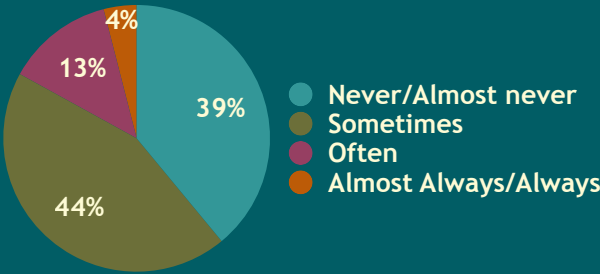
Brock Healthy Youth Project (BHYP) is a community-wide effort to understand how we can collaboratively promote healthy lifestyle choices among youth. BHYP involves 1097 youth between the ages of 9 and 16, who are in grades 5 to 10. Half of the sample self-reported as male and half self-reported as female.



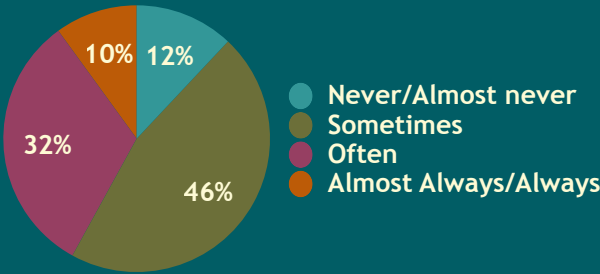
FREQUENCY OF FEELING GOOD ABOUT YOURSELF



FREQUENCY OF FEELING SOCIALLY ANXIOUS



FREQUENCY OF WORRYING



Top daily stressors that often bother participants:

1. Noisy Classroom - 40%
2. Not having enough time - 32%
3. Not getting enough sleep - 28%
4. Studying for tests - 26%
5. Taking tests - 24%
6. Looks - 22%
7. What other kids think of you - 21%
8. Weight - 19%
9. Not having enough money - 18%
10. Homework - 18%

So where can I go next?

Big Brothers Big Sisters of Canada - <https://bigbrothersbigsisters.ca/our-programs/>
Government of Ontario - <http://www.edu.gov.on.ca/eng/safeschools/climate.html>
Healthy Active Living Resource - <http://thompsonbooks.com/kto12/hpe/hal2/>
Mental Health Commission of Canada -

<https://www.mentalhealthcommission.ca/English/early-childhood-mental-health>
<https://www.youtube.com/playlist?list=PL2NuAPXp8ohbUt1WW0ga4afMYMmRSr7WZ>
<https://www.mentalhealthcommission.ca/English/media/4251>
<https://www.mentalhealthcommission.ca/English/media/3975>
<https://www.mentalhealthcommission.ca/English/studentstandard>

Niagara Region Public Health - <https://www.niagararegion.ca/parents/mental-health.aspx>
Ontario Physical and Health Education Association -
<https://teachingtools.ophea.net/activities/level-up/program-guide/mental-health>
<https://www.ophea.net/healthy-schools-certification/mental-health>
Pathstone Mental Health - <https://pathstonementalhealth.ca/for-families/>
PHE Canada - <https://phecanada.ca/programs/phe-learning-centre/physical-education-activities>
School Mental Health Ontario - <https://smho-smso.ca>

You can view all of the relevant resources online at
<https://brocku.ca/bhyp/bhyp-year-3-resources>

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For more information:



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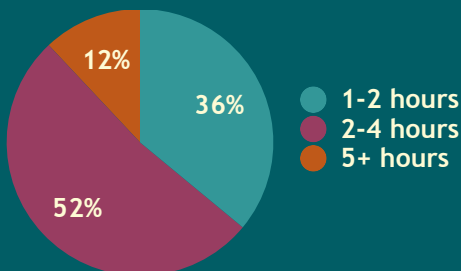
@Brock_LDRI

Time Management Among BHYP Participants - Year 3

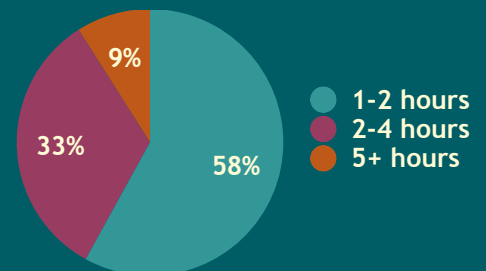
Brock Healthy Youth Project (BHYP) is a community-wide effort to understand how we can collaboratively promote healthy lifestyle choices among youth. BHYP involves 1097 youth between the ages of 9 and 16, who are in grades 5 to 10. Half of the sample self-reported as male and half self-reported as female.

PERCENTAGE OF PARTICIPANTS REPORTING TIME SPENT ON ACTIVITIES ON AN AVERAGE DAY

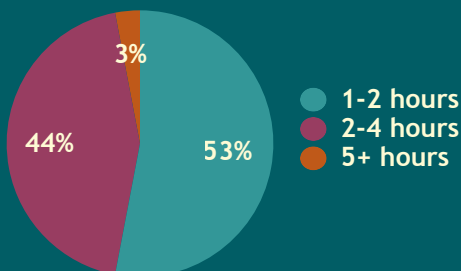
Watching TV



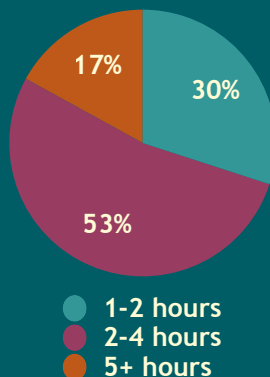
Texting



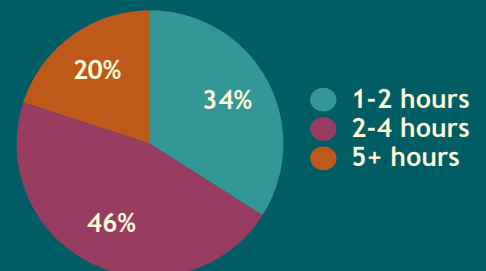
Doing homework/ studying



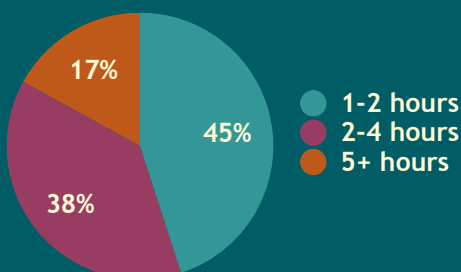
Hanging out with friends (outside of school)



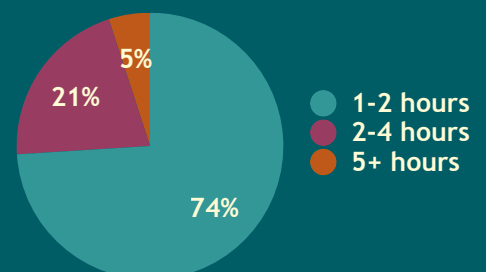
Playing video games



Going on social media



Talking on phone



So where can I go next?

Big Brothers Big Sisters of Canada - <https://bigbrothersbigsisters.ca/our-programs/>
Government of Alberta - <https://myhealth.alberta.ca/Health/aftercareinformation/pages/conditions.aspx?hwid=ug6046>

Healthy Active Living Resource - <http://thompsonbooks.com/kto12/hpe/hal2/>
PHE Canada - <https://phecanada.ca/programs/phe-learning-centre/physical-education-activities>

Toronto District School Board - <https://schoolweb.tdsb.on.ca/glenview/Guidance-Corner/Learning-Skills-and-Work-Habits>

You can view all of the relevant resources online at
<https://brocku.ca/bhyp/bhyp-year-3-resources>

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For more information:

 brocku.ca/bhyp  bhyp@brocku.ca  905 688 5550 x5468  @Brock_LDRI

Vape Use and Perceptions Among BHYP Participants - Year 3

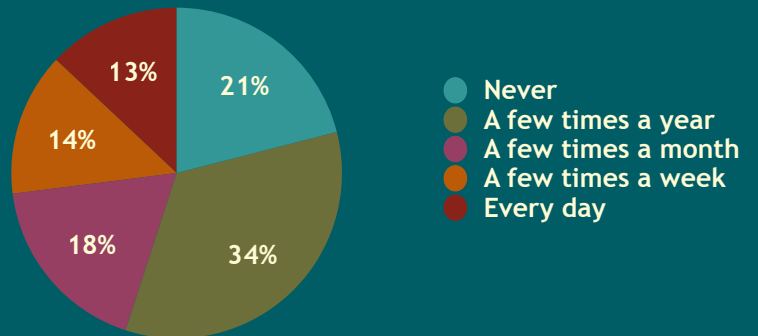
Brock Healthy Youth Project (BHYP) is a community-wide effort to understand how we can collaboratively promote healthy lifestyle choices among youth. BHYP involves 1097 youth between the ages of 9 and 16, who are in grades 5 to 10. Half of the sample self-reported as male and half self-reported as female.



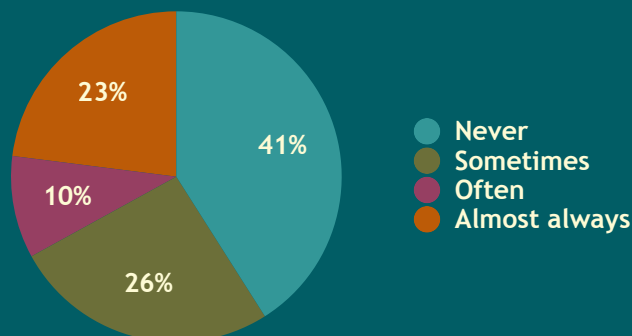
19% of those in grade 6 or higher reported having tried vaping at least once in lifetime

Of the 19%, the average age of first trying a vape was 13

FREQUENCY OF VAPE USE IN THE LAST YEAR AMONG THOSE THAT HAVE VAPED AT LEAST ONCE



FREQUENCY OF VAPE CONTAINING NICOTINE AMONG THOSE THAT HAVE VAPED AT SOME POINT



Of those who have vaped, vape devices were borrowed or shared with someone else (70%) or bought by someone else (21%) *

Of those who have vaped, vape juices were borrowed or shared with someone else (66%) or bought by someone else (16%)*

*most commonly reported methods from those who have vaped and participants could select more than one option

So where can I go next?

CAMH -

<https://www.eenet.ca/view-search?keys=vaping>
<https://www.camh.ca/-/media/files/vaping-youth-resource-en-pdf.pdf>
<https://www.camh.ca/-/media/files/vaping-secondary-educator-resource-en-pdf.pdf>

CATCH My Breath -

<https://letsgo.catch.org/bundles/catch-my-breath-canada>
https://www.publichealthgreybruce.on.ca/Portals/0/Topics/HealthySchools/Ontario%20Supplement%20for%20Catch%20My%20Breath_April%2019%202019.pdf

Niagara Region Public Health -

<https://www.niagararegion.ca/health/schools/curriculum/grades-four-to-eight-vaping.aspx>
<https://www.niagararegion.ca/health/schools/curriculum/grades-four-to-eight-vaping.aspx>
<https://www.niagararegion.ca/health/substances/tobacco/e-cigarettes.aspx>

Ontario Physical and Health Education Association - <https://www.ophea.net/blog/clearing-air-about-cannabis-what-vaping#.YEaWcy3b2Mw>

You can view all of the relevant resources online at
<https://brocku.ca/bhyp/bhyp-year-3-resources>

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Vape Use and Perceptions Among BHYP Participants - Year 4*

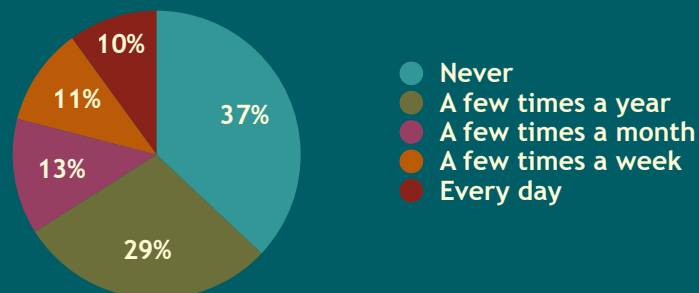
Brock Healthy Youth Project (BHYP) is a community-wide effort to understand how we can collaboratively promote healthy lifestyle choices among youth. BHYP involves 812 youth between the ages of 11 and 17, who are in grades 6 to 11. Half of the sample self-reported as male and half self-reported as female.



17% of those in grade 6 or higher reported having tried vaping at least once in lifetime

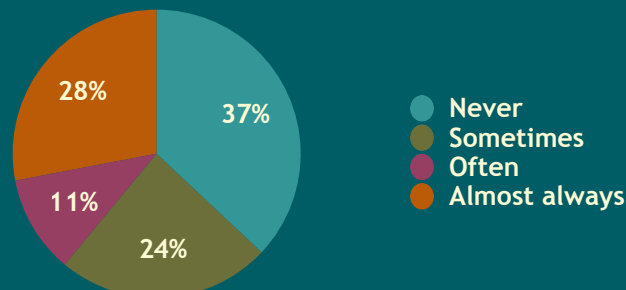
FREQUENCY OF VAPE USE IN THE LAST YEAR AMONG THOSE THAT HAVE VAPED AT LEAST ONCE

Of the 17%, the average age of first trying a vape was **13**



14% of those in grade 6 or higher who have vaped reported having put cannabis in their vape at least once

FREQUENCY OF VAPE CONTAINING NICOTINE AMONG THOSE THAT HAVE VAPED AT SOME POINT



Of those who have vaped, vape devices were borrowed or shared with someone else (**71%**) or bought by someone else (**20%**) **

95% of those in grade 6 or older reported having heard about the dangers of vaping

Of the 95%, **78%** of these students reporting believing the reports about the dangers of vaping

Of those who have vaped, vape juices were borrowed or shared with someone else (**62%**) or bought by someone else (**19%**) **

MOST COMMONLY REPORTED REASONS FOR BELIEVING THE REPORTS:

- Came from reputable/"scientific" sources (e.g., doctors, scientists, government)
- Provided real examples of how vaping has impacted people
- Parents supported the reports

MOST COMMONLY REPORTED REASONS FOR QUESTIONING THE REPORTS:

- Unsure if there is enough information/research yet
- Wondering if it is bad for everyone, or just certain people
- Media sometimes exaggerates

**most commonly reported methods from those who have vaped and participants could select more than one option

So where can I go next?

CAMH -

<https://www.eenet.ca/view-search?keys=vaping>
<https://www.camh.ca/-/media/files/vaping-youth-resource-en-pdf.pdf>
<https://www.camh.ca/-/media/files/vaping-secondary-educator-resource-en-pdf.pdf>

CATCH My Breath -

<https://letsgo.catch.org/bundles/catch-my-breath-canada>
https://www.publichealthgreybruce.on.ca/Portals/0/Topics/HealthySchools/Ontario%20Supplement%20for%20Catch%20My%20Breath_April%2019%202019.pdf

Niagara Region Public Health -

<https://www.niagararegion.ca/health/schools/curriculum/grades-four-to-eight-vaping.aspx>
<https://www.niagararegion.ca/health/schools/curriculum/grades-four-to-eight-vaping.aspx>
<https://www.niagararegion.ca/health/substances/tobacco/e-cigarettes.aspx>

Ontario Physical and Health Education Association - <https://www.ophea.net/blog/clearing-air-about-cannabis-what-vaping#.YEaWcy3b2Mw>

You can view all of the relevant resources online at
<https://brocku.ca/bhyp/bhyp-year-3-resources>

*Please note that we have a reduced sample size in year 4 due to COVID-19, and as such comparisons across years may be different

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