

Welcome to

Planet Youth

Youth Survey Results 2026

North Timiskaming

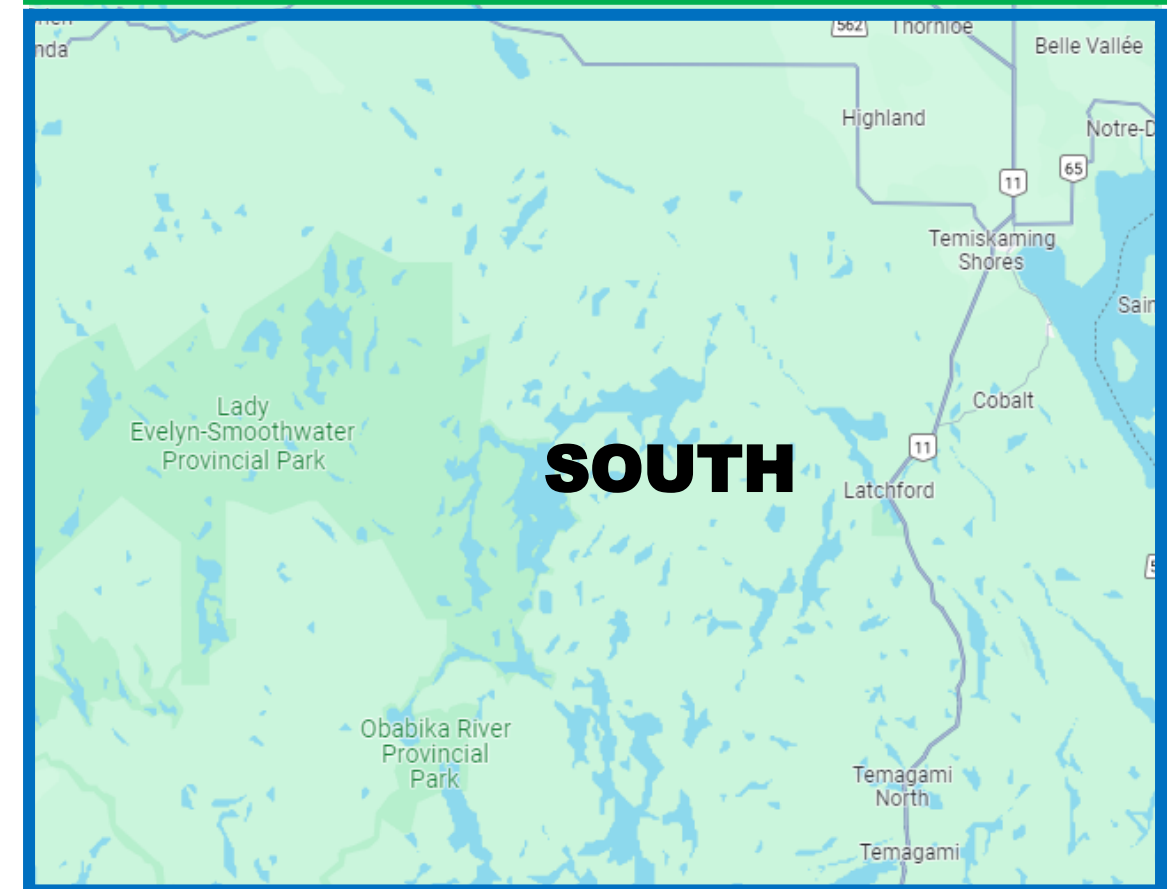
For more info, visit TimiskamingYouth.ca

PLANET
Youth®

Timiskaming District



This report contains data from students who identified as living in **North-Timiskaming**



About Planet Youth

Planet Youth is a research organization that works with communities to improve youth well-being and reduce substance use among young people.

The Planet Youth Guidance Program is an upstream, universal prevention initiative. The program is based on the Icelandic Prevention Model that focuses on creating healthy relationships and environments where children and youth can thrive.

Communities survey young people every two years and use the results to understand local strengths and challenges. These results help guide actions that support healthy development and well-being for young people.

The Icelandic Prevention Model

In the 1990s, Iceland had high levels of substance use among young people. Instead of focusing only on punishment or education, Iceland developed a prevention approach that involved families, schools, communities, and governments.

This approach focuses on strengthening protective factors, such as positive family relationships, supportive school environments, and access to organized activities.

Over time, this approach helped reduce youth substance use across the country.

Upstream prevention

Upstream prevention means acting early, before problems start. This approach focuses on improving the conditions that shape young people's daily lives.

Universal prevention

Universal prevention is designed for all children and youth, not only those at higher risk. By building strong, connected communities, universal prevention supports well-being for everyone.



ICELAND Then

VS

ICELAND Now

PLANET
Youth®



42%

Drunk in the past 30 days

6%



23%

Smoke daily

1%



17%

Lifetime cannabis use

6%



37%

Time spent with parents
during weekends

72%



25%

Sport participation 4x a
week or more

41%



Then = 1997-2000

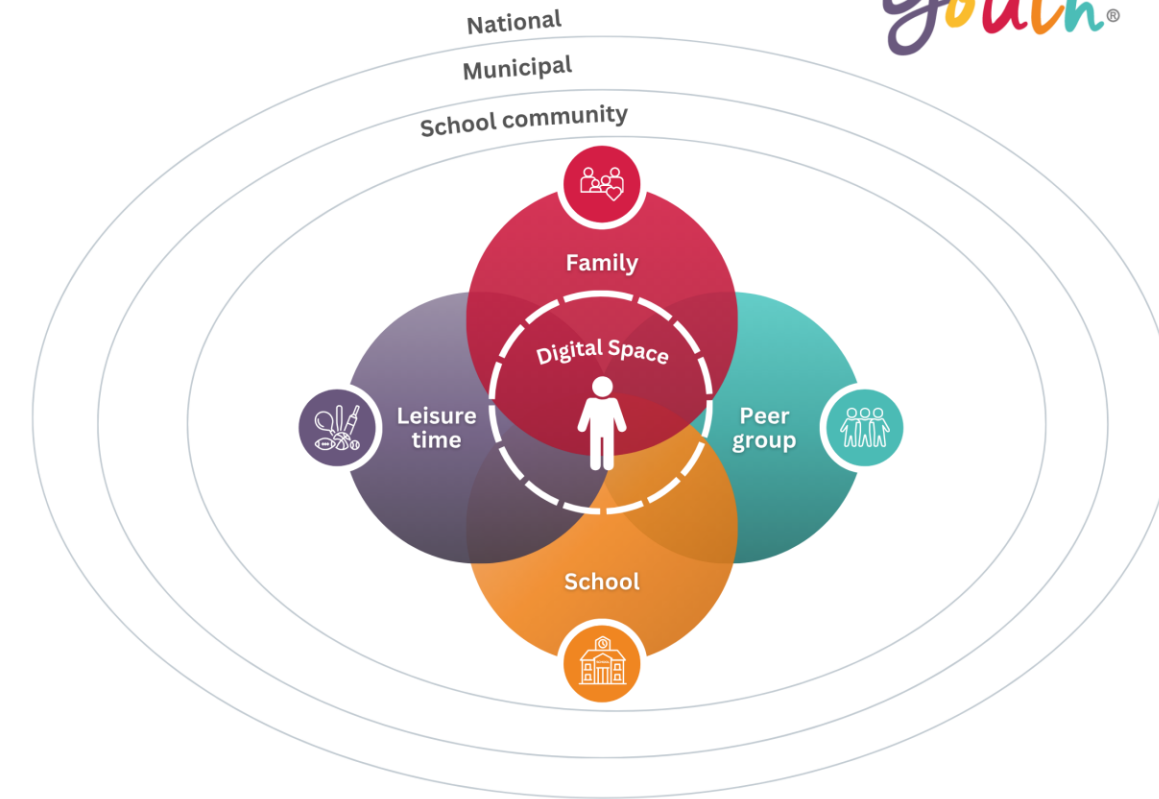
Now = 2023

Domains of Intervention

Young people's well-being is shaped by the environments they experience every day.

Key areas include family relationships, school experiences, friendships, leisure time, and digital spaces.

Looking at these areas together helps communities understand where support is working well and where changes may be needed.



The Five Guiding Principles of The Planet Youth Guidance Program



1

Apply a primary prevention approach that is designed to enhance the social environment.

2

Emphasize community action and embrace public schools as the natural hub of the neighborhood/ efforts to support child and adolescent health, learning, and life success.

3

Engage and empower community members to make practical decisions using local, high quality, accessible data and diagnostics.

4

Integrate researchers, policy makers, practitioners, and community members into a unified team dedicated to solving complex, real-world problems.

5

Match the scope of the solution to the scope of the problem, including emphasizing longterm intervention and efforts to marshal adequate community resources.



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 organized 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 again in a new cycle



Interpreting 2026 Survey Data

When looking at Planet Youth data, it's important to consider whether the data actually matters or makes a difference. To do this, we check if the data helps us make decisions that are relevant, useful, and connected to goals we care about. To help you decide if the data in this report is meaningful, ask yourself:

- Is this number or percentage different from what other communities see or from what we've seen in the past?
- Does this data match what we're hearing from young people and our community?
- Does this data or the changes in it give us a reason to adjust how we work or respond as a community?

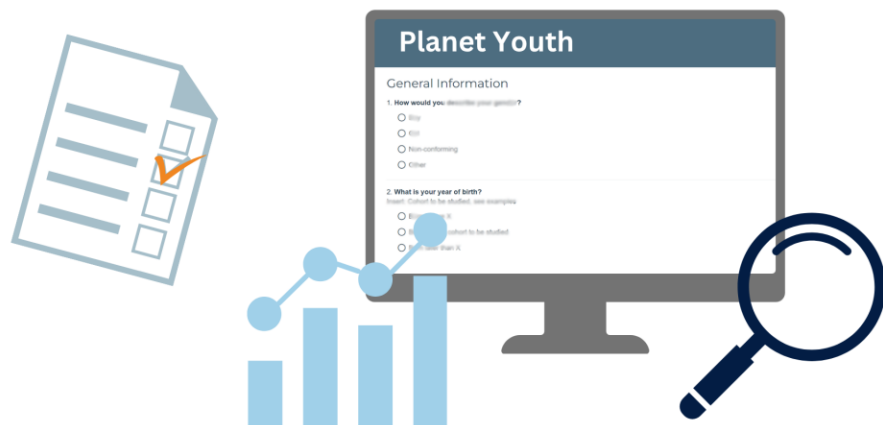
The figures in this report are based on young people in the community who reported their own experiences. When looking at this data, keep in mind that how young people see things—and whether some chose not to respond—can affect the results, especially since the amount of data might be small. This doesn't mean the changes aren't meaningful, but it's important to consider these factors when understanding what the data tells us.

Method and Data Collection

Youth in **Grades 10 and 11** who live in **Timiskaming** completed the survey at school during regular class time.

The online survey was anonymous and took about **30** minutes to complete. Participation was voluntary, and students could skip any questions.

The final sample size contains **567** surveys. The total response rate was **76%**. During data cleaning, **62** responses were removed for being incomplete or for stating they had used a fictitious drug.

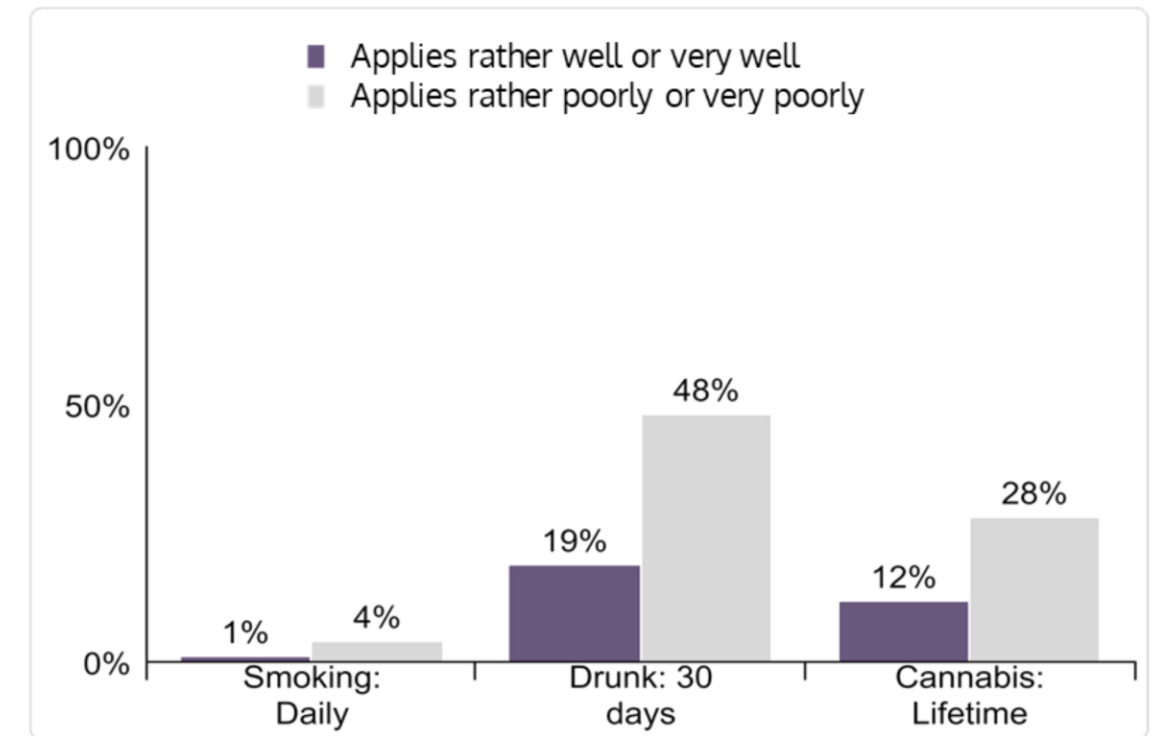


How to Read These Charts

Some charts compare behaviours across different groups. This helps show patterns in the data.

This chart compares substance use with how aware parents or caregivers are of where youth are in the evenings.

- **Purple bars** show the percentage of youth who report their parents or caregivers usually **know** where they are.
- **Grey bars** show the percentage of youth who report that their parents or caregivers usually **do not know** where they are.



The chart includes:

- Cannabis use at any point in life
- Alcohol use (drunk) in the past 30 days
- Daily cigarette smoking

What this shows

Overall, youth who feel their parents or caregivers know where they are in the evenings are less likely to report substance use than those who feel their parents are less aware of their whereabouts.

Number of participants

		Male	Female	Other response	Total
2026	Timiskaming District	249	303	15	567
2026	North Timiskaming	90	94	5	189
2023	Timiskaming District	287	260	8	555
2023	North Timiskaming	90	72	1	163

Male Female Other response



North Timiskaming

2026



WELLBEING

40% Sleep on average 8 hours or more a night 

36%

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



43%

Say their mental health is good or very good



60% Say their physical health is good or very good

63% Feel close to their friends



DIGITAL LIFE

33% Spend on average 4 hours or more on social media a day 

24% Spend on average 4 hours or more playing video games a day 

LEISURE TIME

24% Play sports with a club/ team 3 times a week or more 

24% Stayed outside after midnight once or more in the past week 



SCHOOL

70% Often or almost always feel safe at school



31%

Say the students at their school are nice to each other*



67% Think the adults at school care about them*



78%

Have friends at school that care about them*



80%

Get along with their teachers*



SUBSTANCE USE

27%

Were drunk in the past 30 days



40%

Drink at least one energy drink daily



26%

Vape daily



14%

Have used cannabis in the last 30 days



7%

Smoke cigarettes daily



*Strongly agree and somewhat agree to the statement

SUBSTANCE USE

Substance use

31%

Tried alcohol at the age of 13 or younger

27%

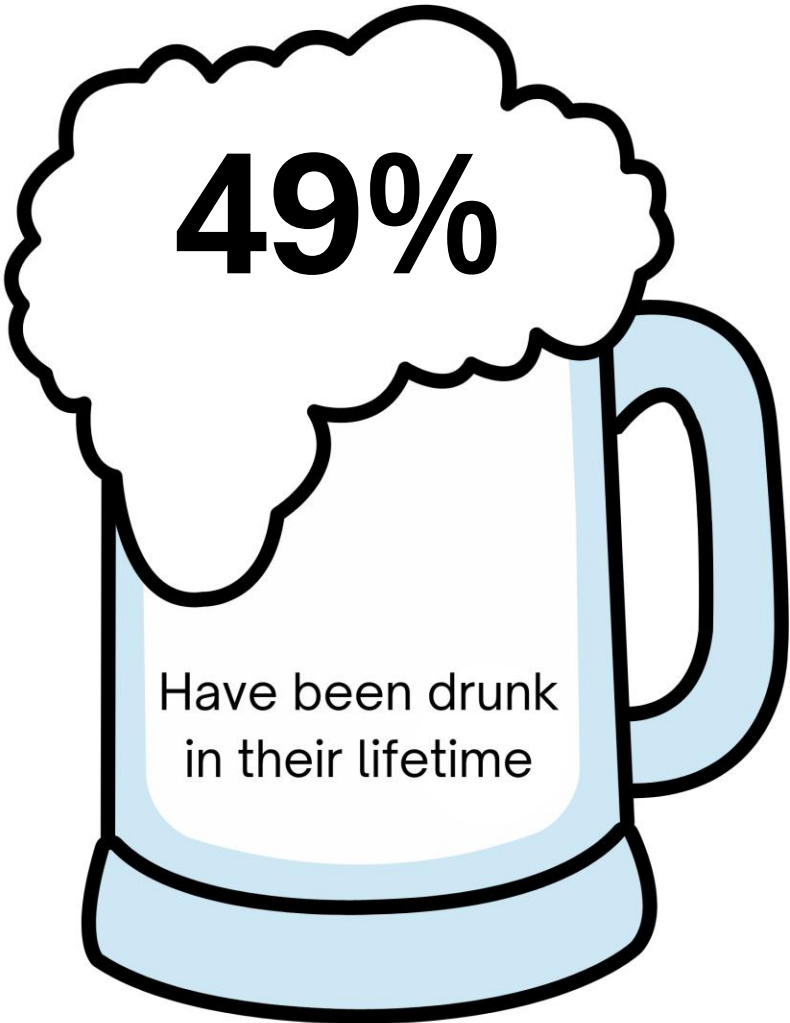
Have been drunk in the last 30 days

58%

Sometimes or often drink alcohol in their own home*

54%

Get alcohol from parents or caregivers*



Vaping

40%

Have vaped in their lifetime

26%

Vape daily



Cigarette smoking

28%

Have smoked cigarettes in their lifetime

7%

Smoke cigarettes daily



Cannabis use

26%

Have used cannabis in their lifetime

9%

Use cannabis daily



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

Substance use

Females

51%

Have been drunk in their lifetime

27%

Have been drunk in the last 30 days

38%

Tried alcohol at the age of 13 or younger

Males

44%

Have been drunk in their lifetime

27%

Have been drunk in the last 30 days

21%

Tried alcohol at the age of 13 or younger



Vaping

28%

Females

29%

Males

Have vaped in the last 30 days

Cigarette smoking



14%

Females

14%

Males

Have smoked cigarettes in the last 30 days

Cannabis use

12%

Females

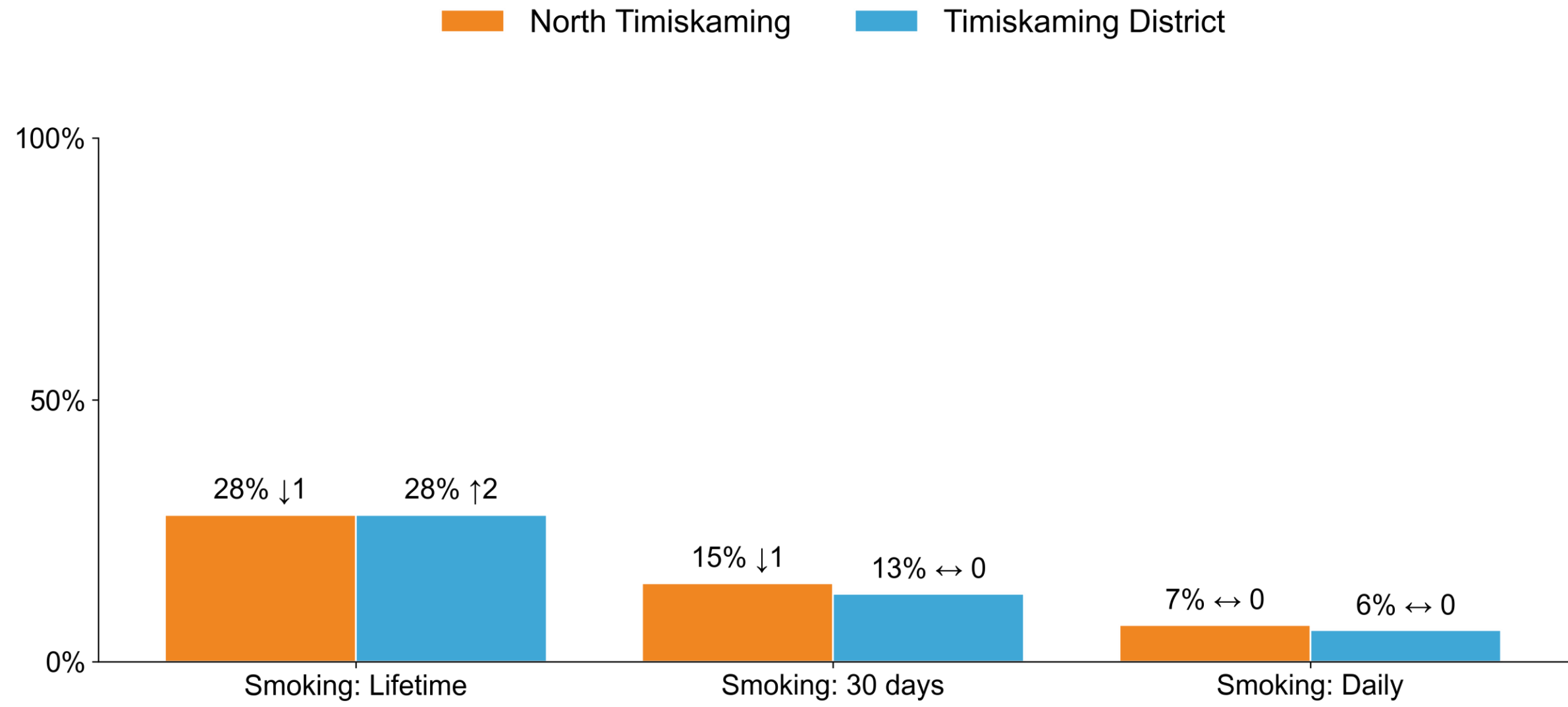
15%

Males

Have used cannabis in the last 30 days



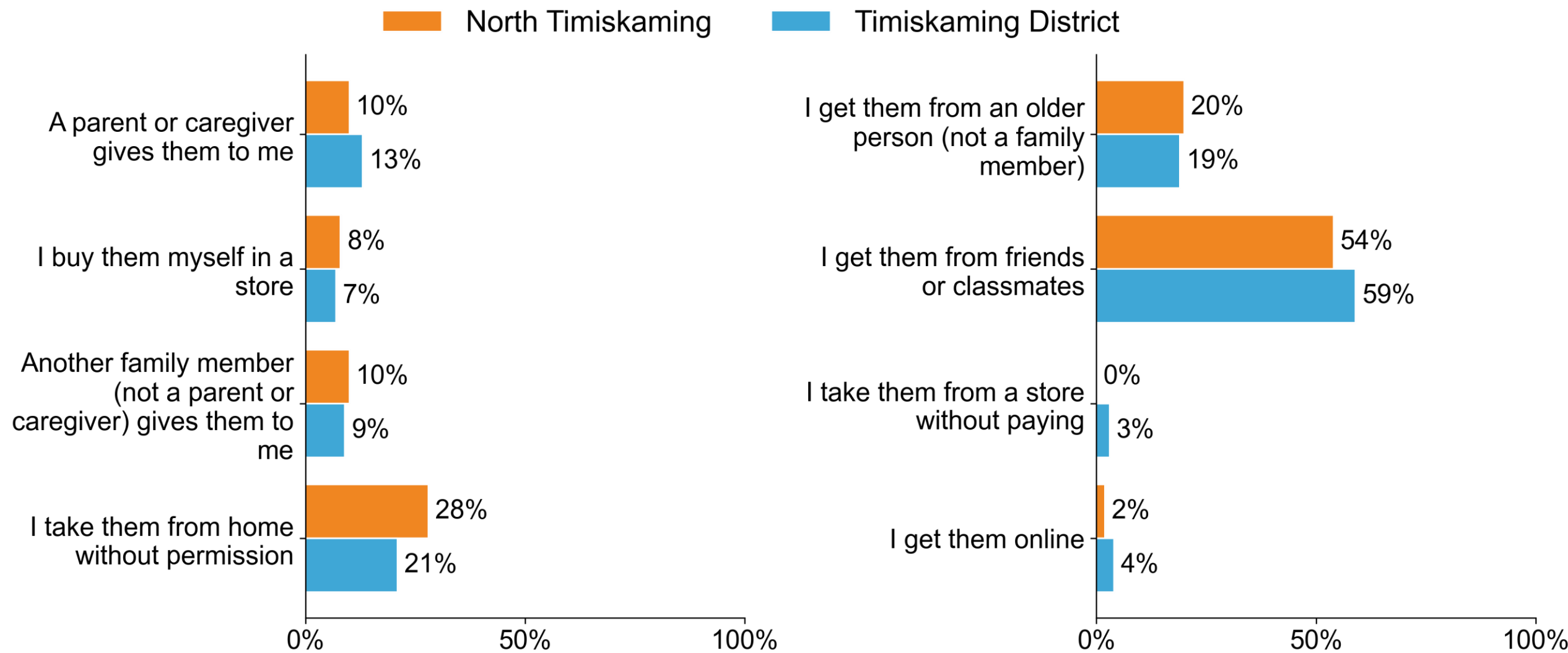
Percentage of youth in North Timiskaming who have smoked cigarettes **at least once** in their lifetime, within the past 30 days, and smoke daily



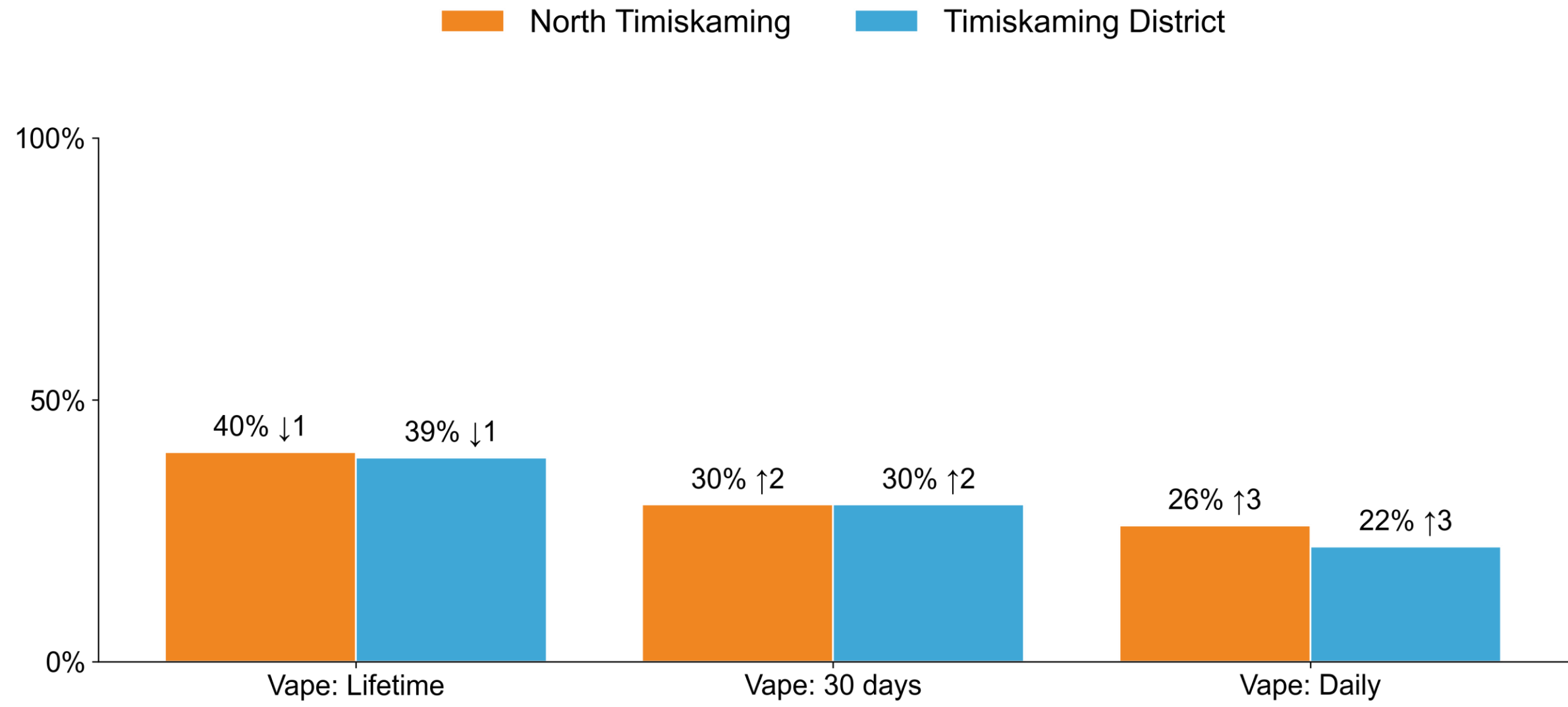
North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Percentage of youth in North Timiskaming who have smoked cigarettes **at least once** report getting their cigarettes the following way



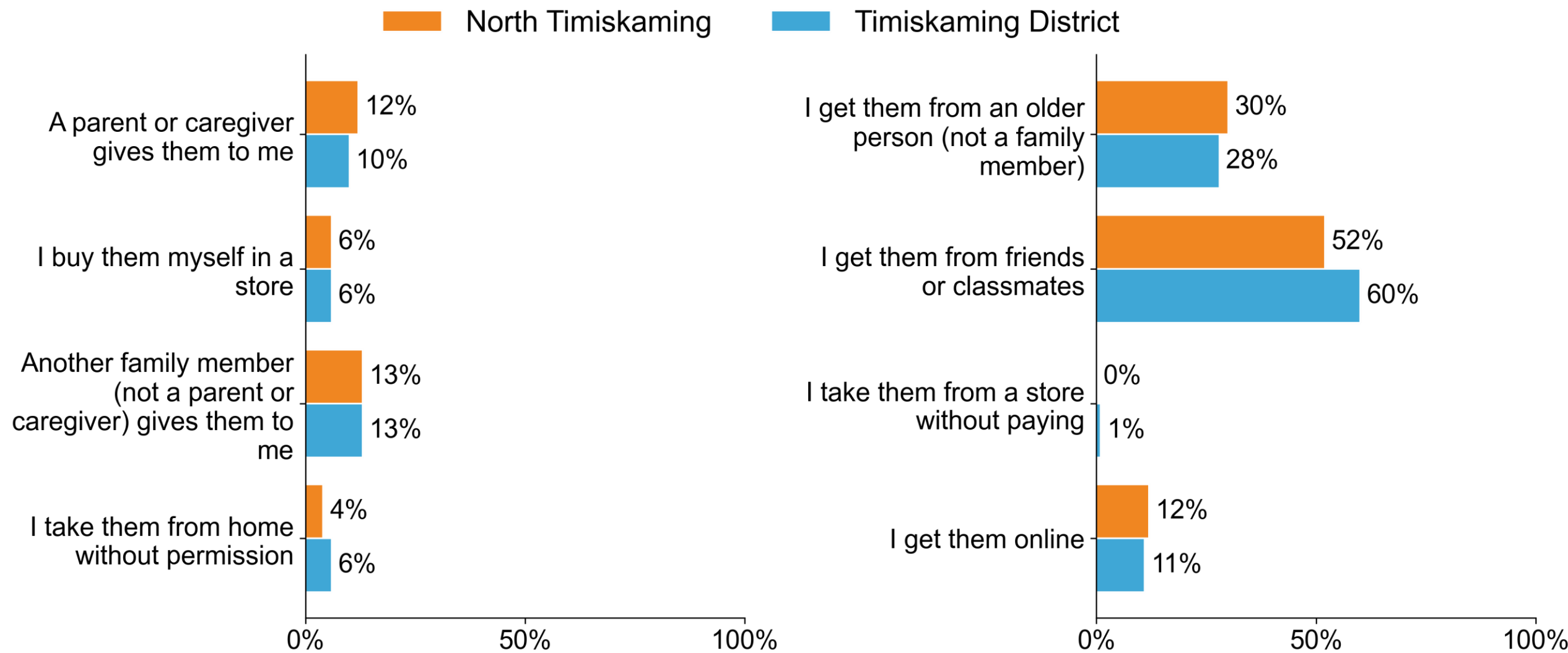
Percentage of youth in North Timiskaming who have vaped **at least once** in their lifetime, within the past 30 days, and vape daily



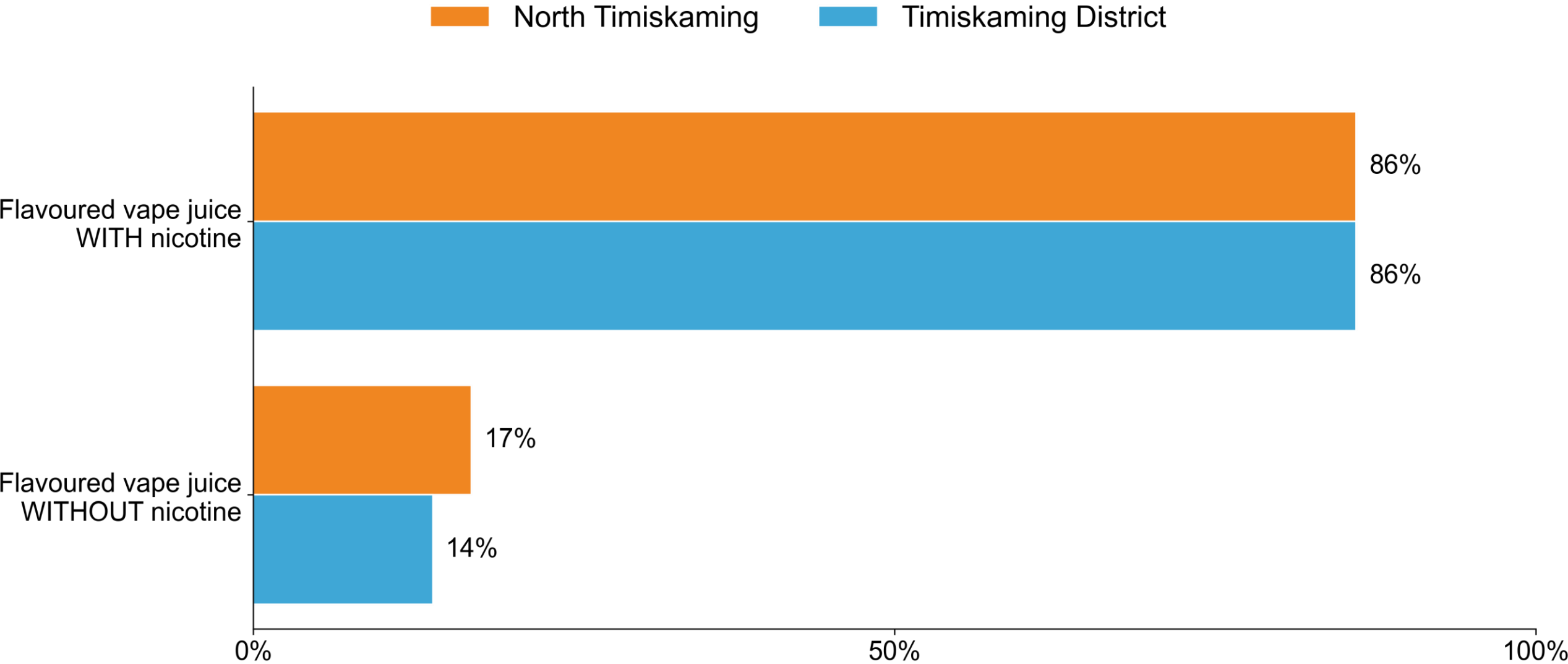
North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

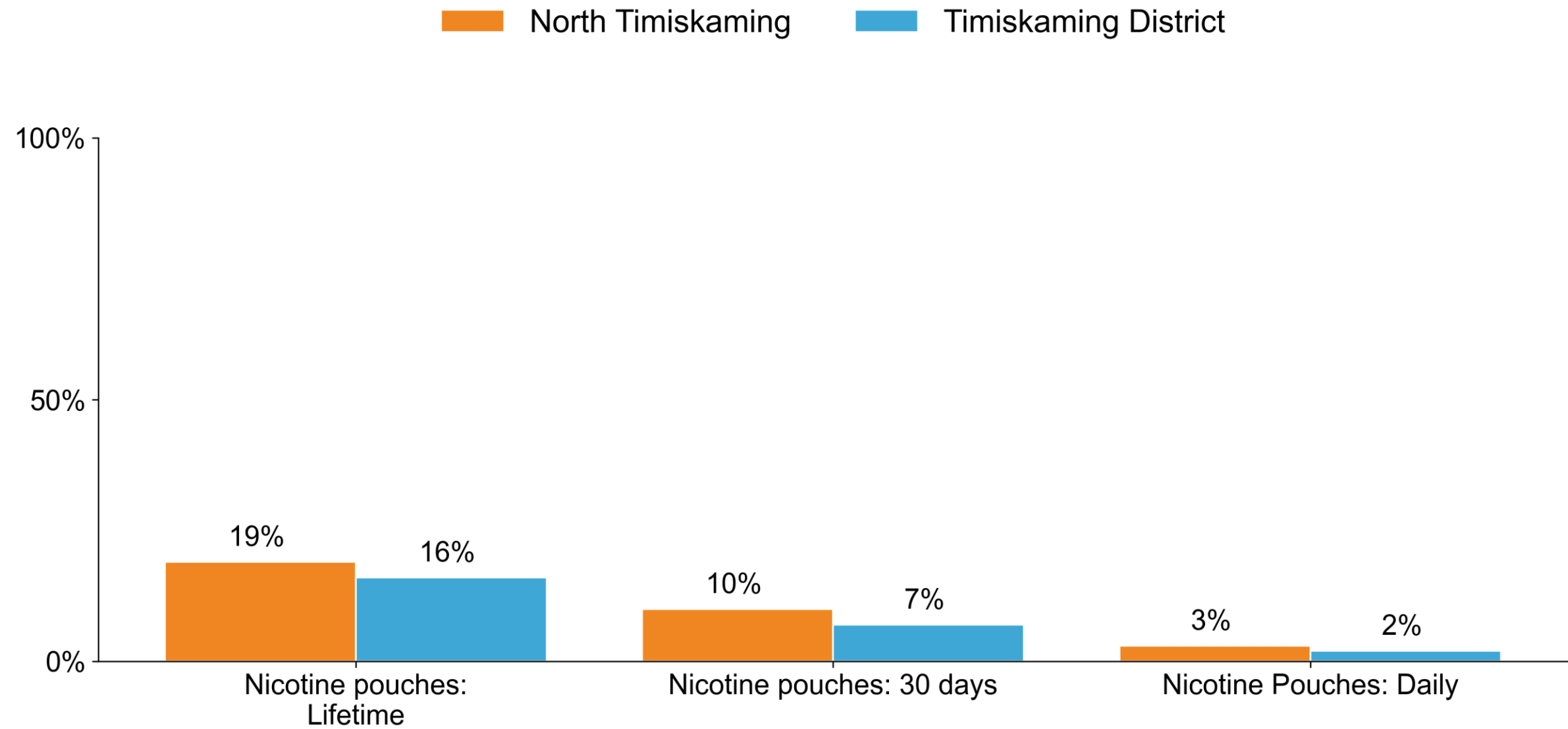
Percentage of youth in North Timiskaming who have vaped **at least once** report getting their vaping products the following way



Percentage of youth in North Timiskaming who have vaped **at least once** report vaping the following substances



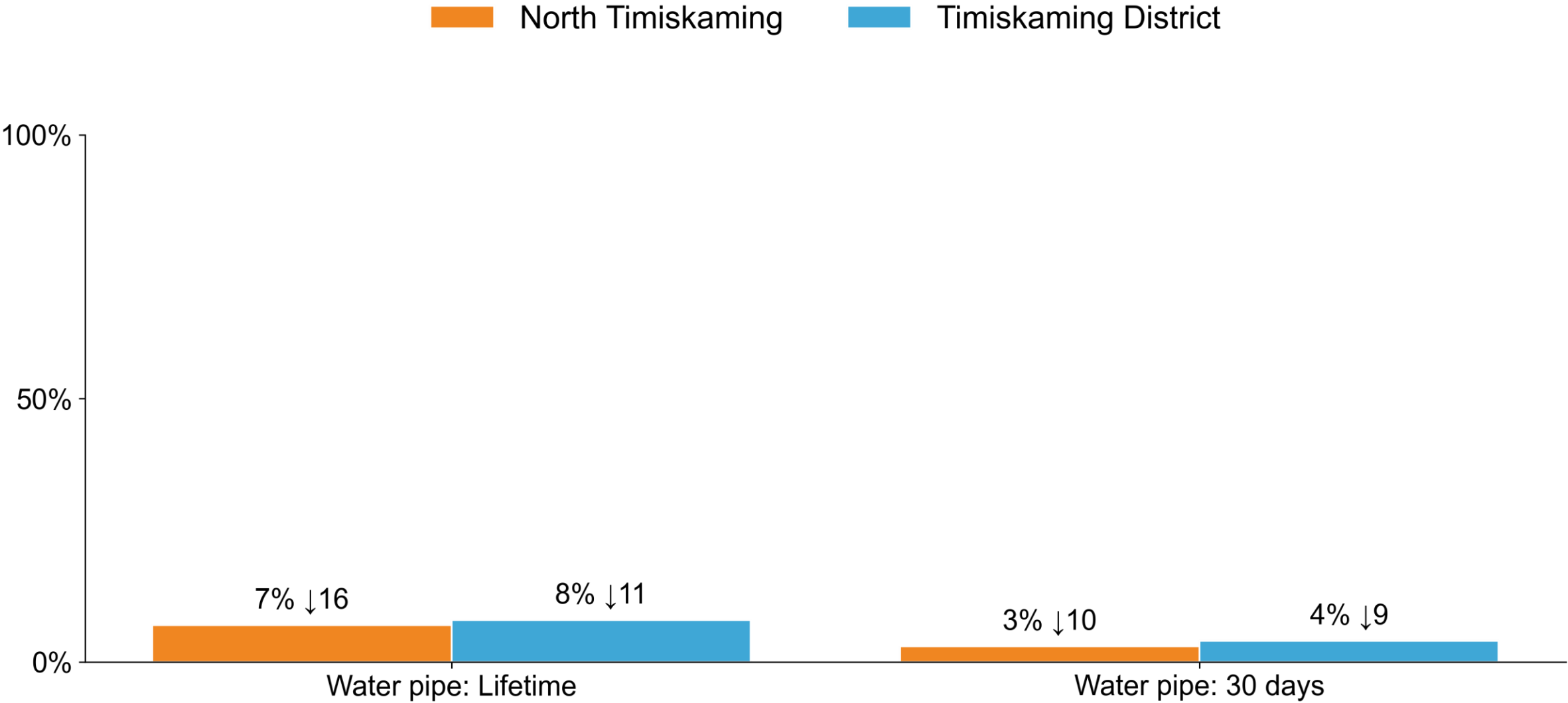
Percentage of youth in North Timiskaming who have used nicotine pouches **at least once** in their lifetime, within the past 30 days, and use nicotine pouches daily



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

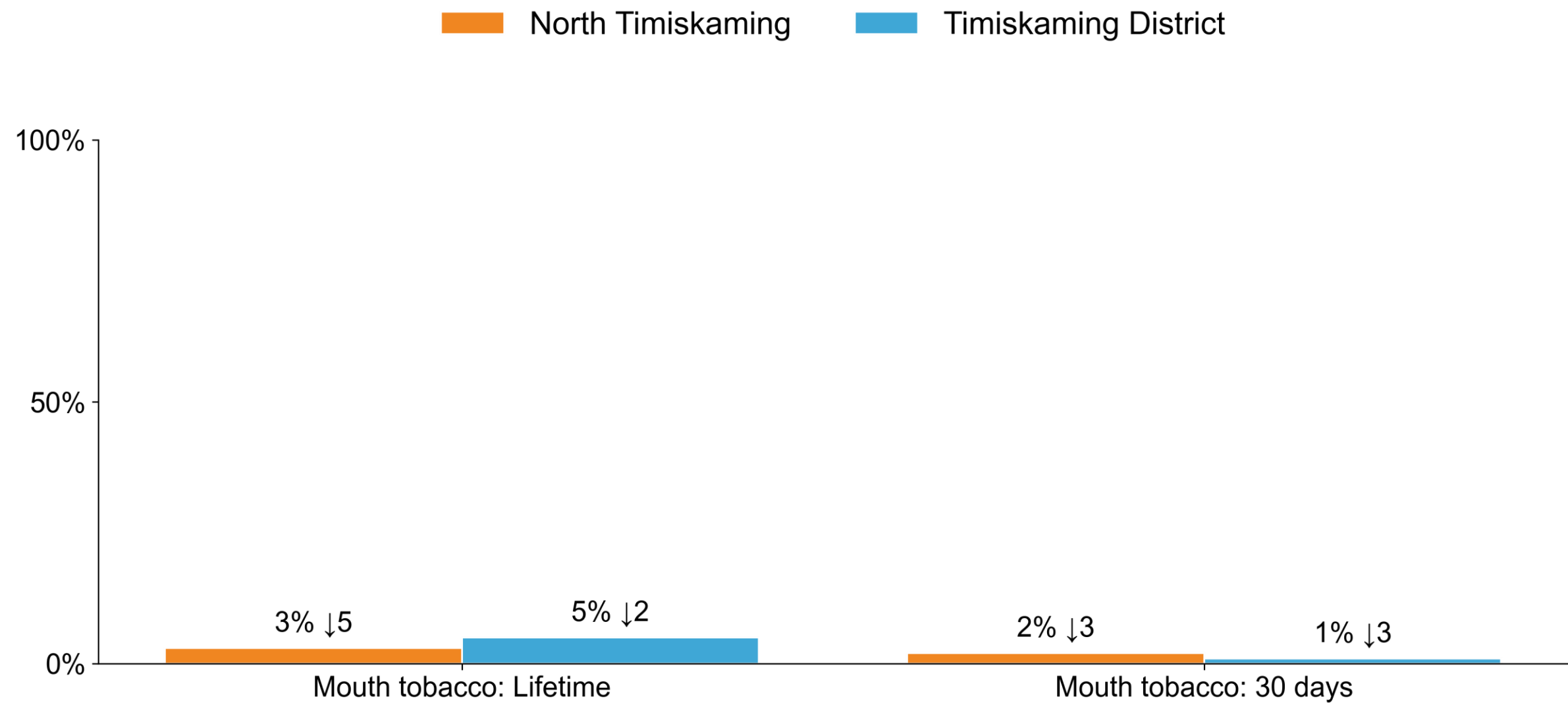
Percentage of youth in North Timiskaming who have used water pipe/ hookah/ shisha **at least once** in their lifetime and within the past 30 days



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

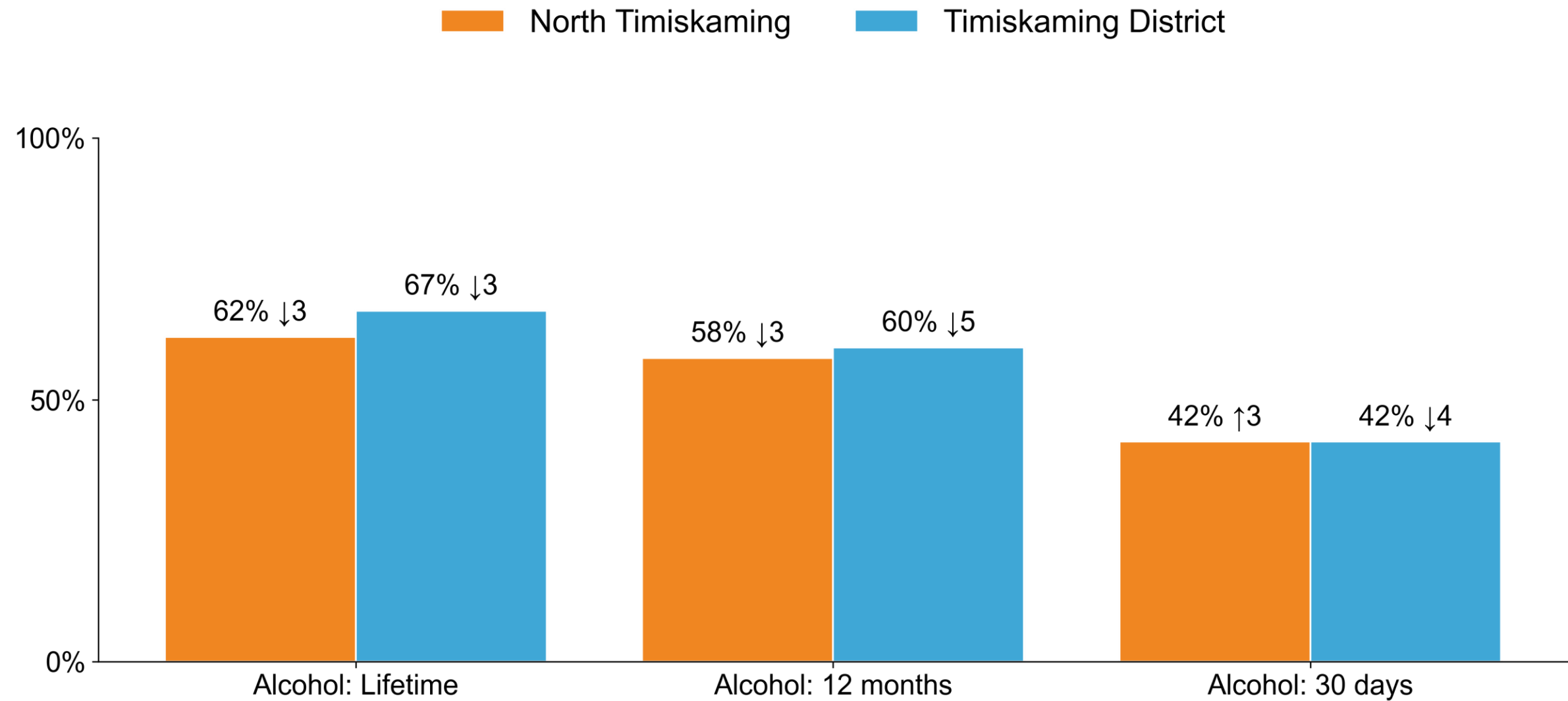
Percentage of youth in North Timiskaming who have used mouth tobacco **at least once** in their lifetime and within the past 30 days



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

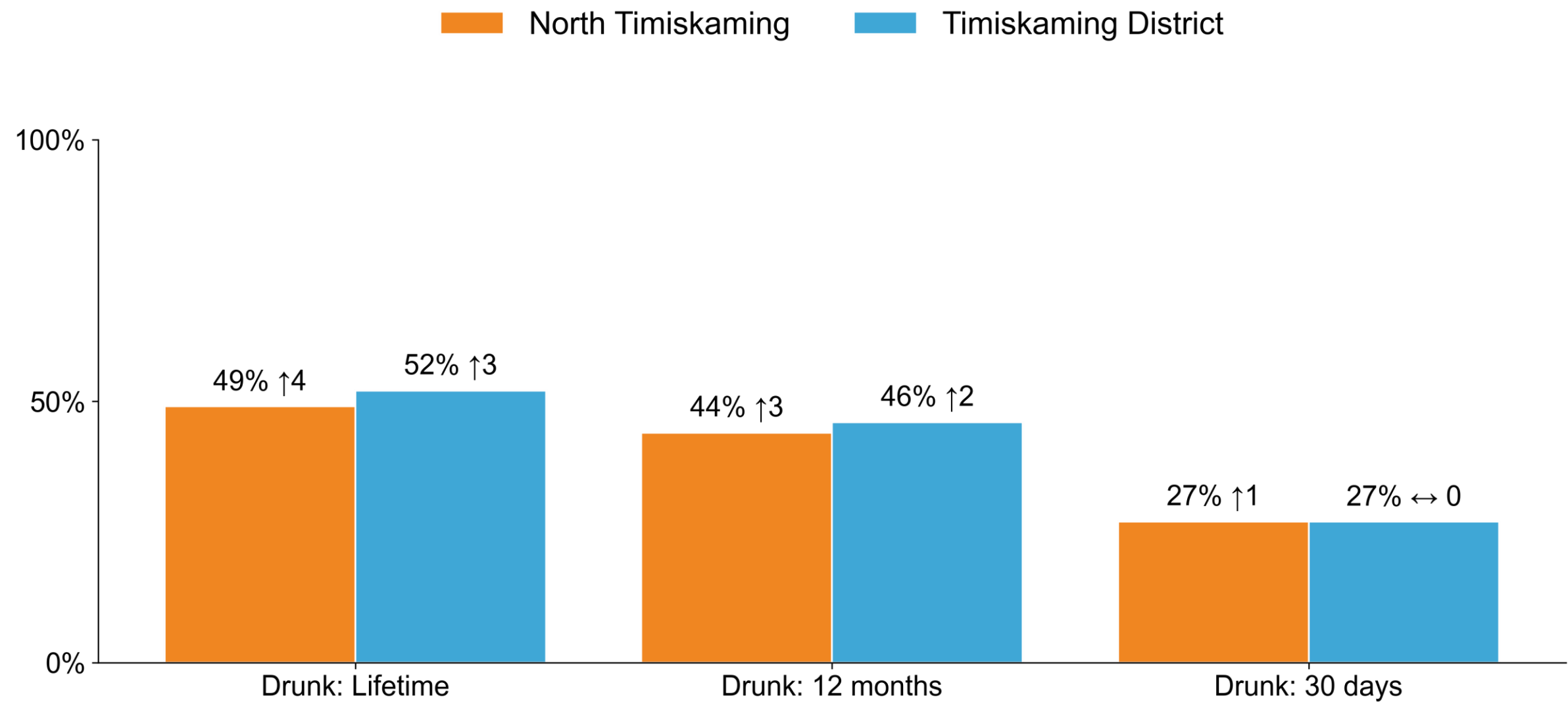
Percentage of youth in North Timiskaming who have consumed alcohol **at least once** in their lifetime, within the past 12 months, and in the past 30 days



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

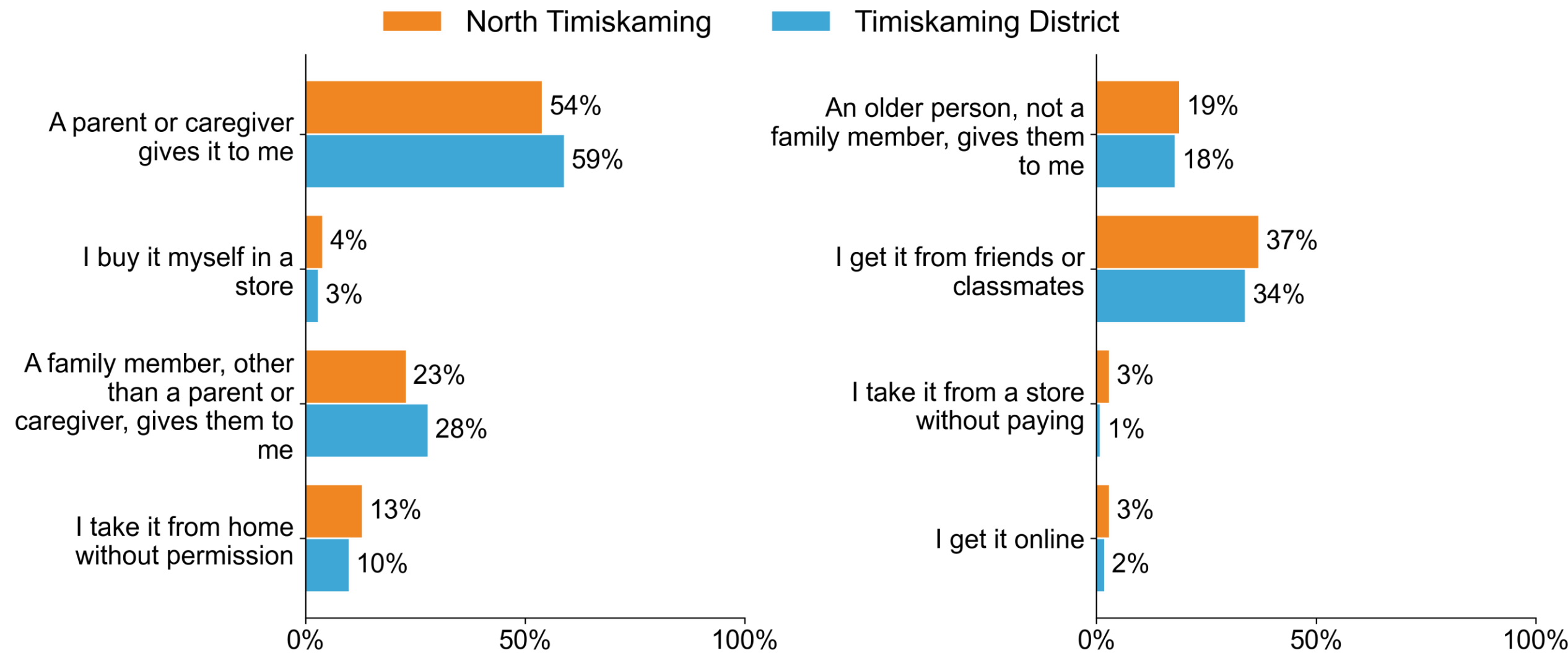
Percentage of youth in North Timiskaming who have been drunk **at least once** in their lifetime, within the past 12 months, and within the last 30 days



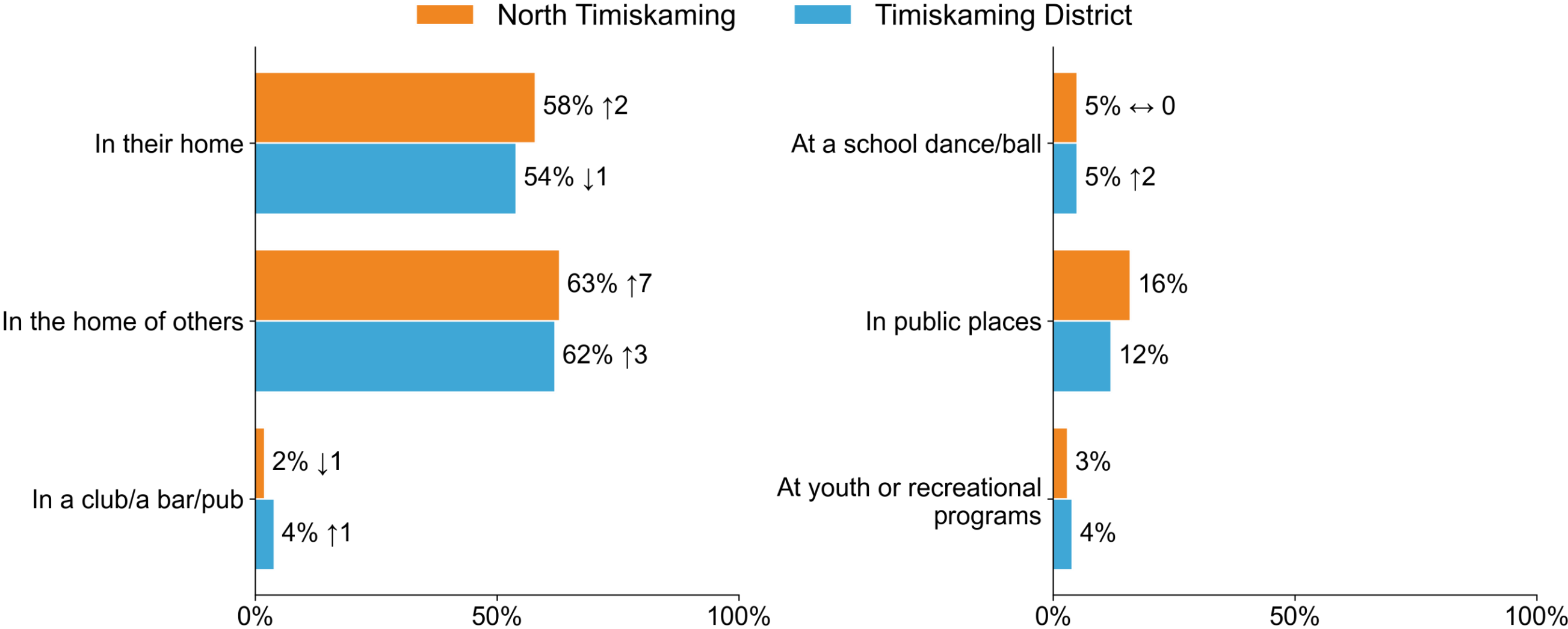
North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Percentage of youth in North Timiskaming who have consumed an alcoholic beverage **at least once** report getting their alcohol the following way



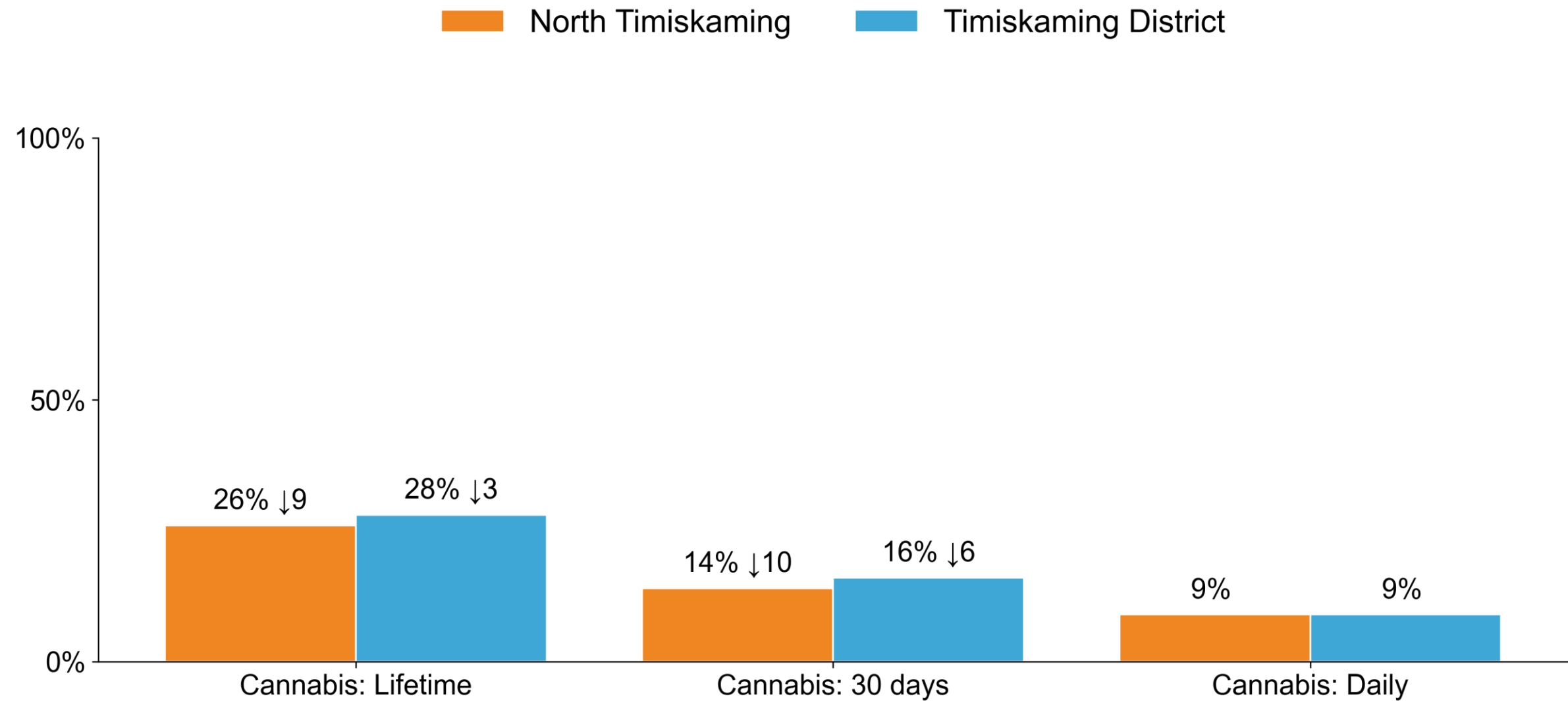
Percentage of youth in North Timiskaming that have consumed an alcoholic beverage, and drink **sometimes** or **often** in the following location



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

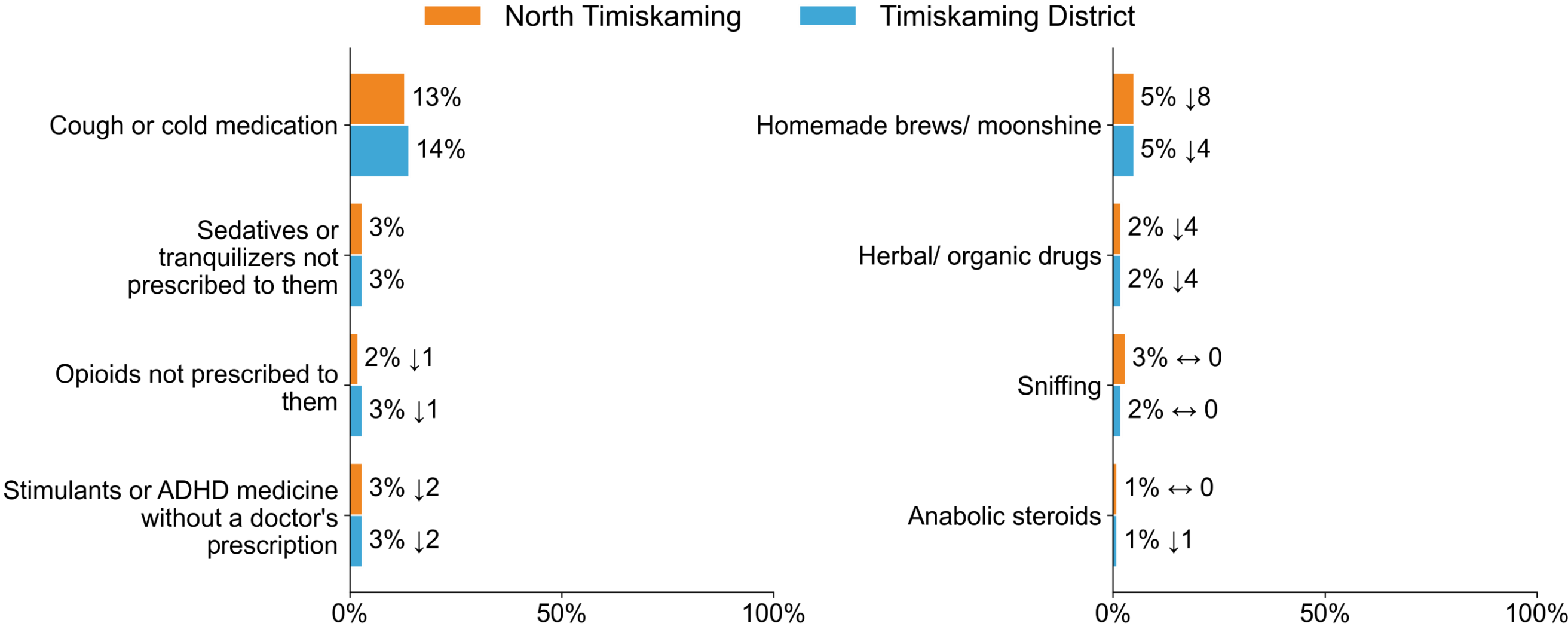
Percentage of youth in North Timiskaming who have used cannabis **at least once** in their lifetime, in the past 30 days and daily



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

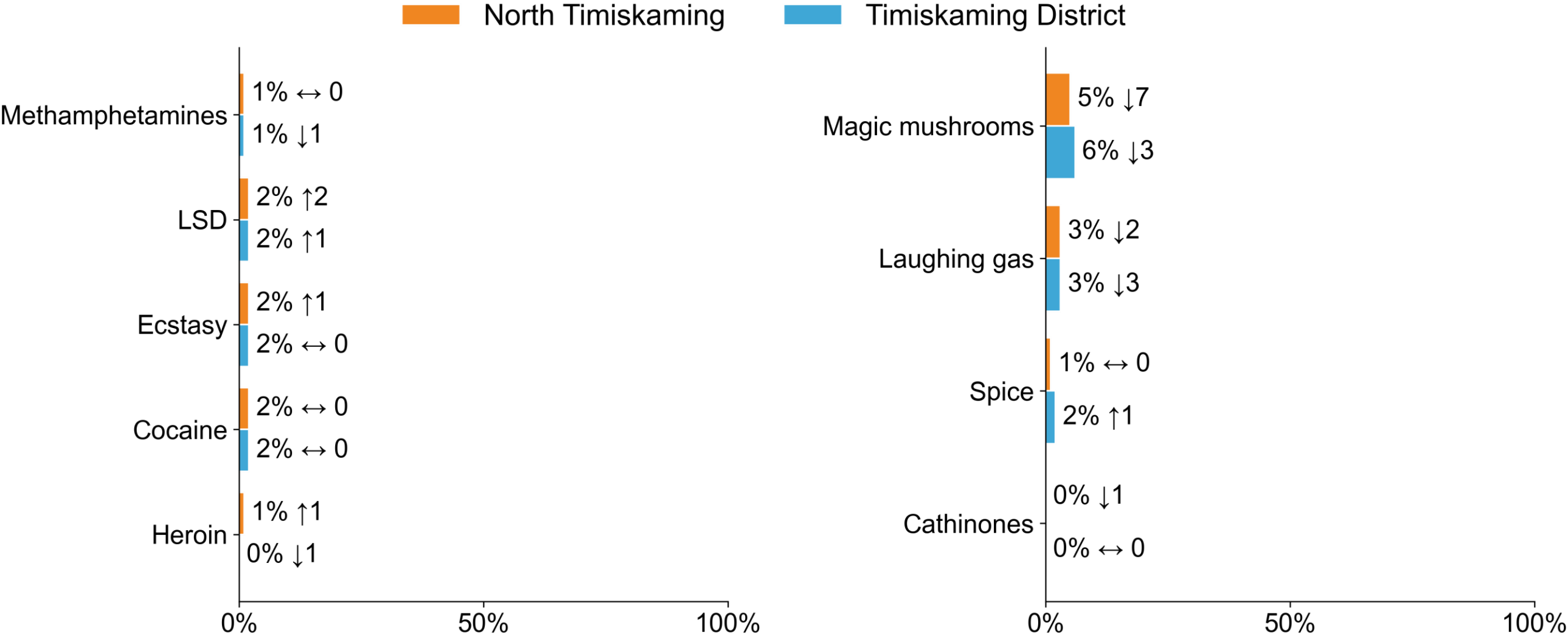
Percentage of youth in North Timiskaming who have used the following substances **at least once** in their lifetime in order to get high or numb. **Part 1**



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

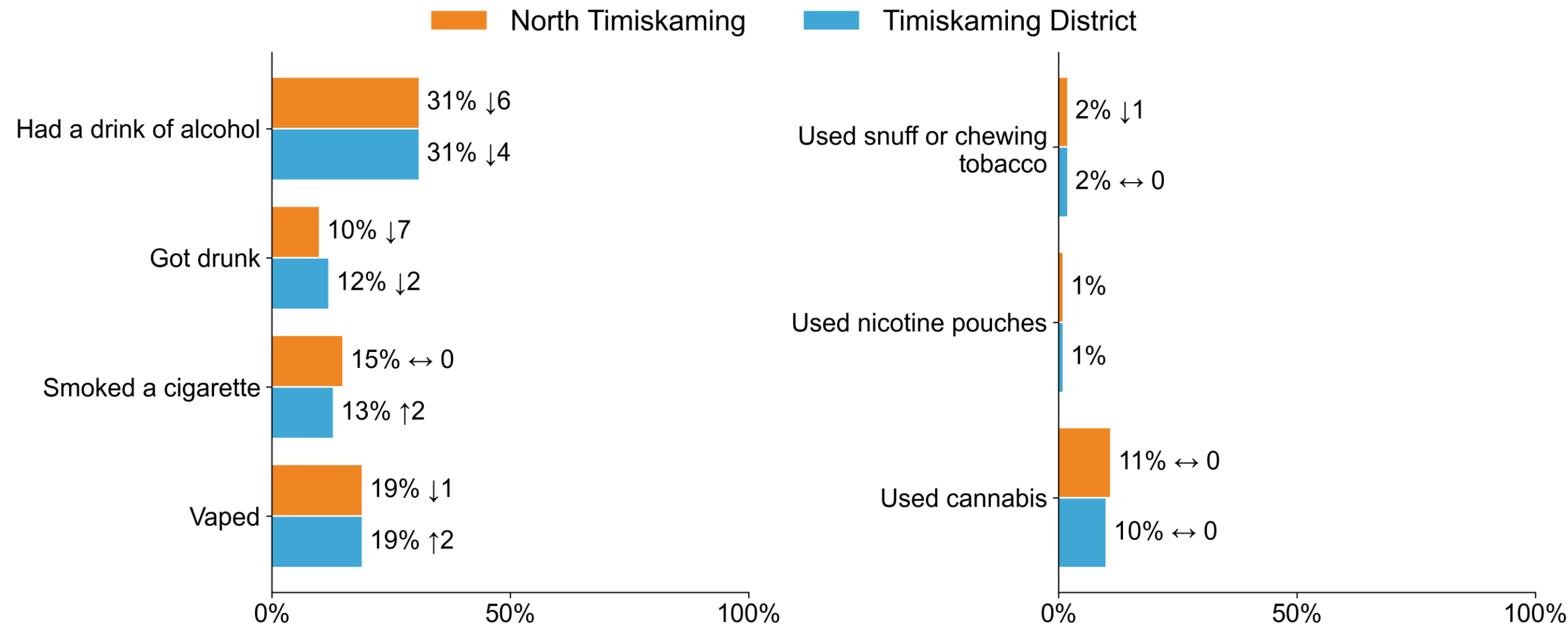
Percentage of youth in North Timiskaming who have used the following substances **at least once** in their lifetime in order to get high or numb. **Part 2**



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

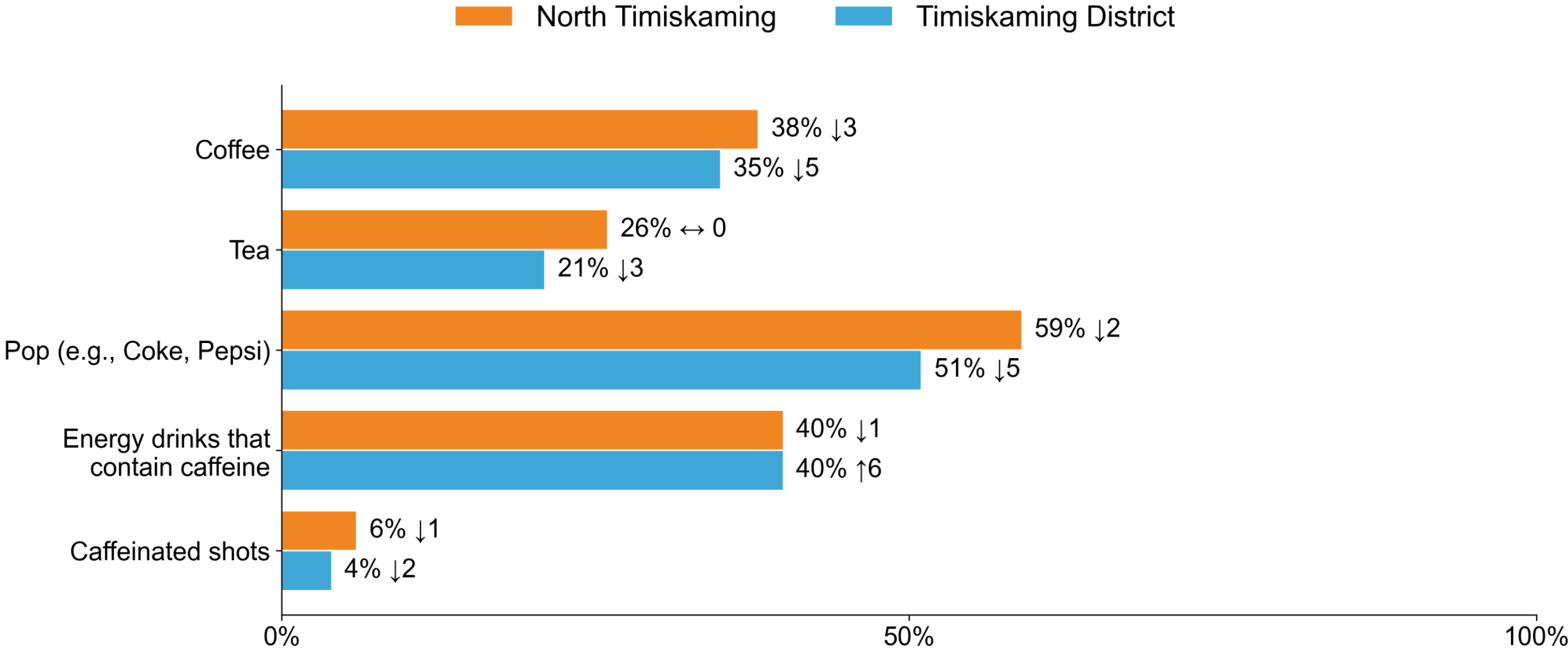
Percentage of youth in North Timiskaming who did the following for the first time when they were **13 years old or younger**



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Percentage of youth in North Timiskaming who consume **one or more** of the following daily



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

FAMILY

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North Timiskaming - 2026

Family

89%

Often or always
feel safe at
home



88%

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

68%

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



86%

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



87%

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



71%

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



68%

Say their parents/
caregivers
disapprove* of
drunkenness



79%

Say their parents/
caregivers
disapprove* of
cannabis use



Family

Females

86%

Often or almost always
feel safe at home

88%

Find it is easy to receive care & warmth
from their parents/ caregivers

63%

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

Males

94%

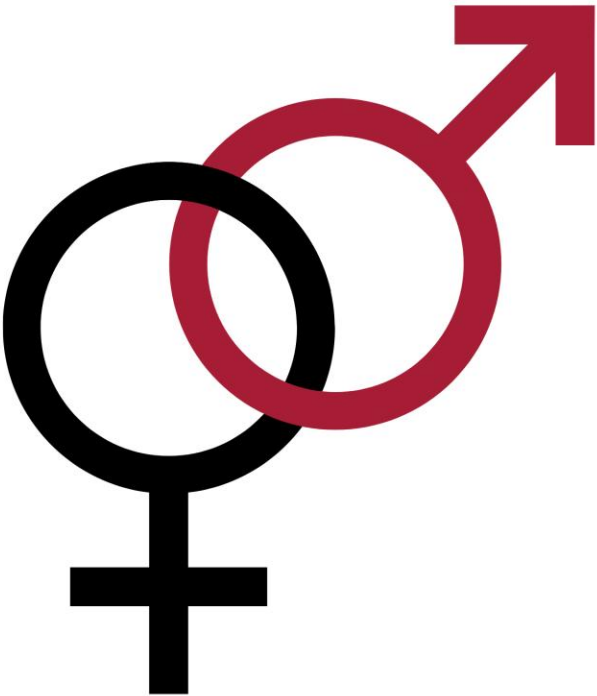
Often or almost always
feel safe at home

91%

Find it is easy to receive care &
warmth from their parents/ caregivers

72%

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



86%

Females

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



86%

Females

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



73%

Females

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

87%

Males

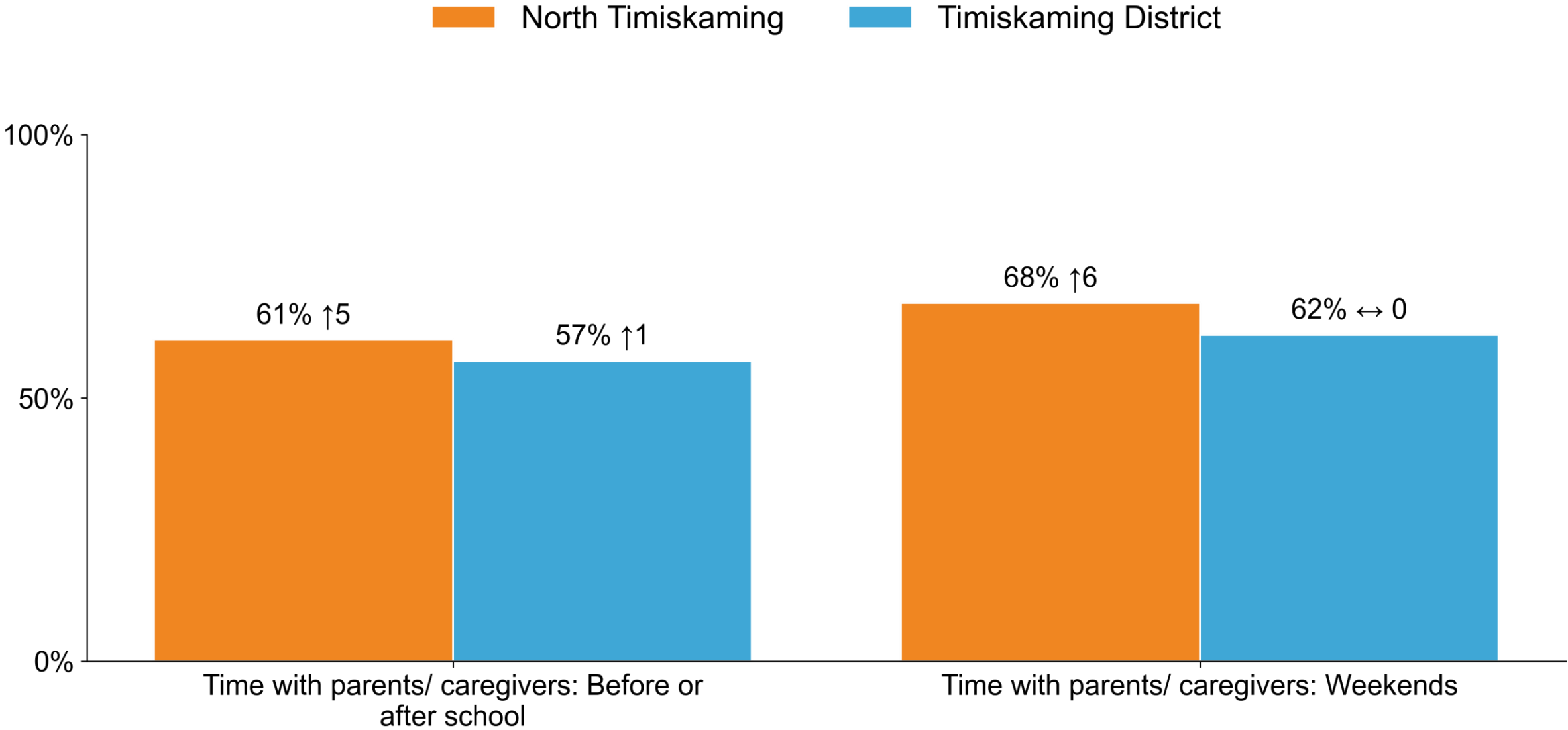
88%

Males

69%

Males

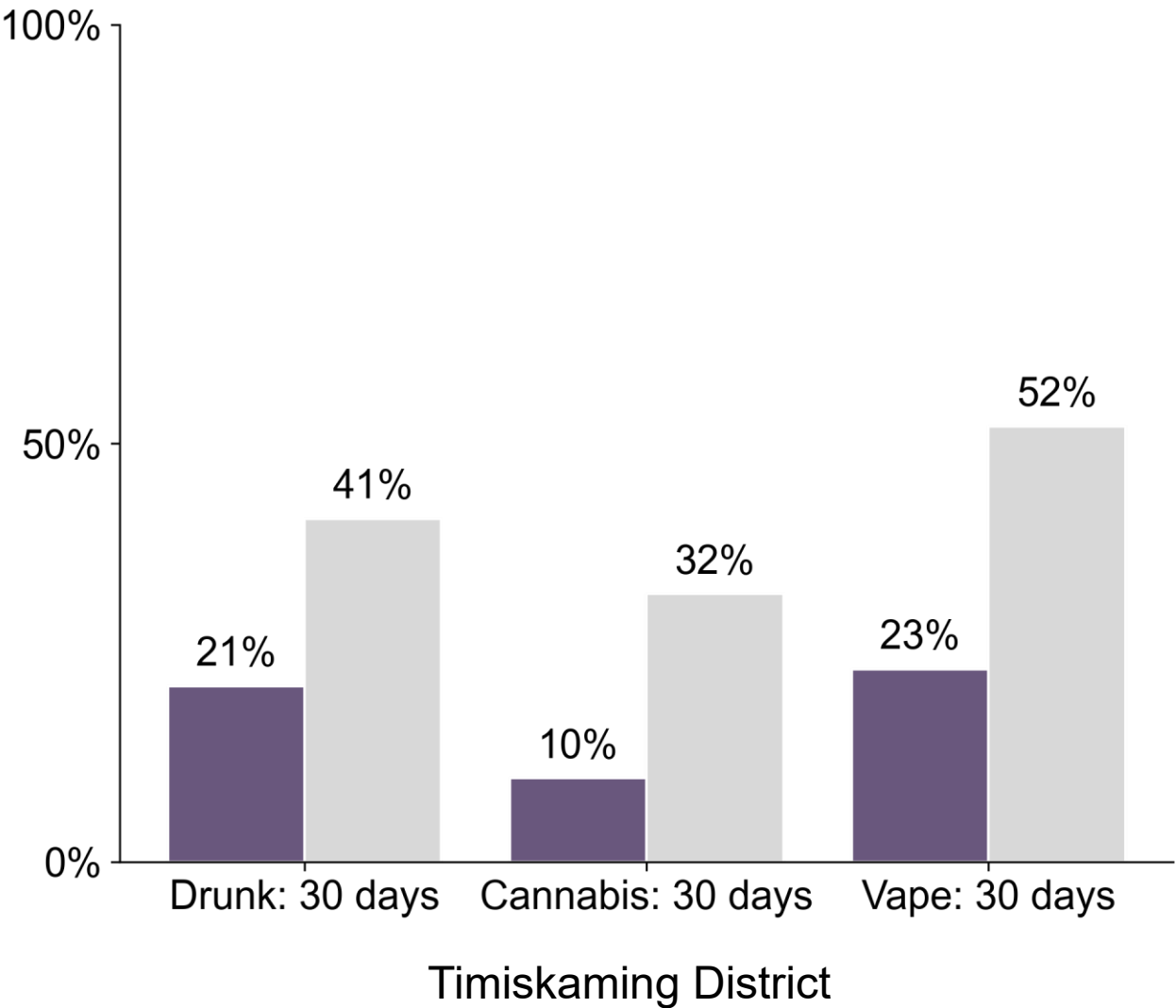
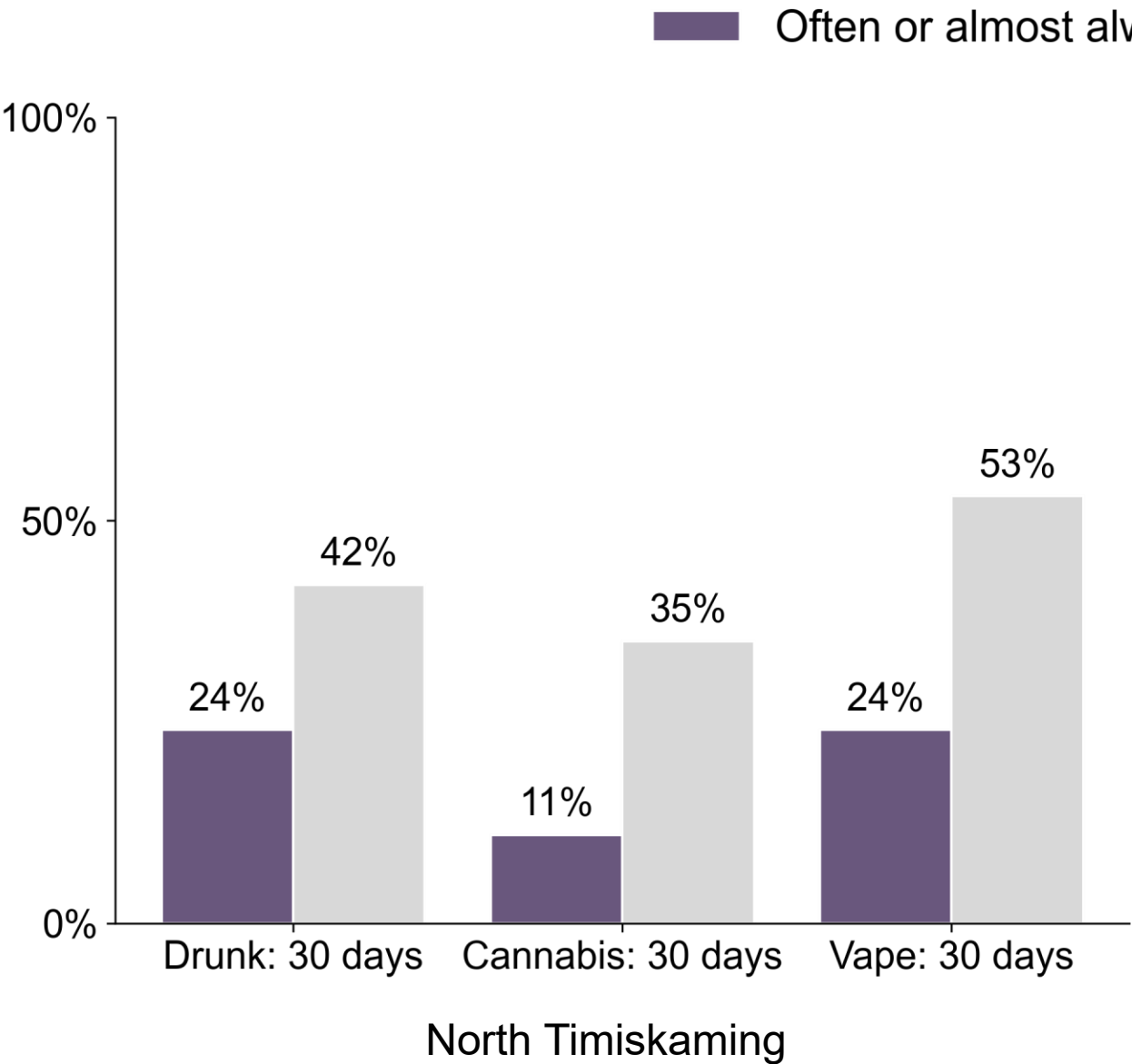
Percentage of youth in North Timiskaming who **often** or **almost always** spend time with their parents/ caregivers on weekdays and weekends



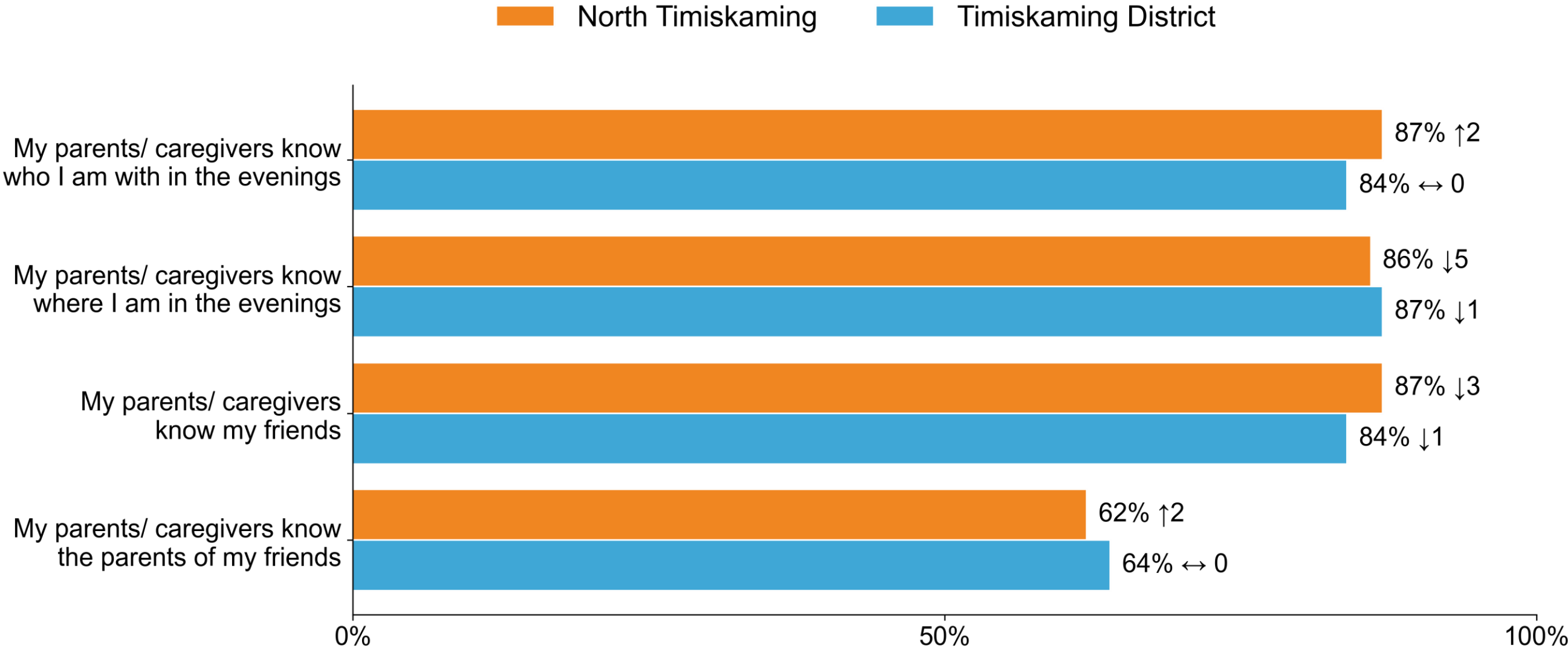
North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Youth in North Timiskaming who used substances and how often they spend time with their parents/ caregivers on the weekends



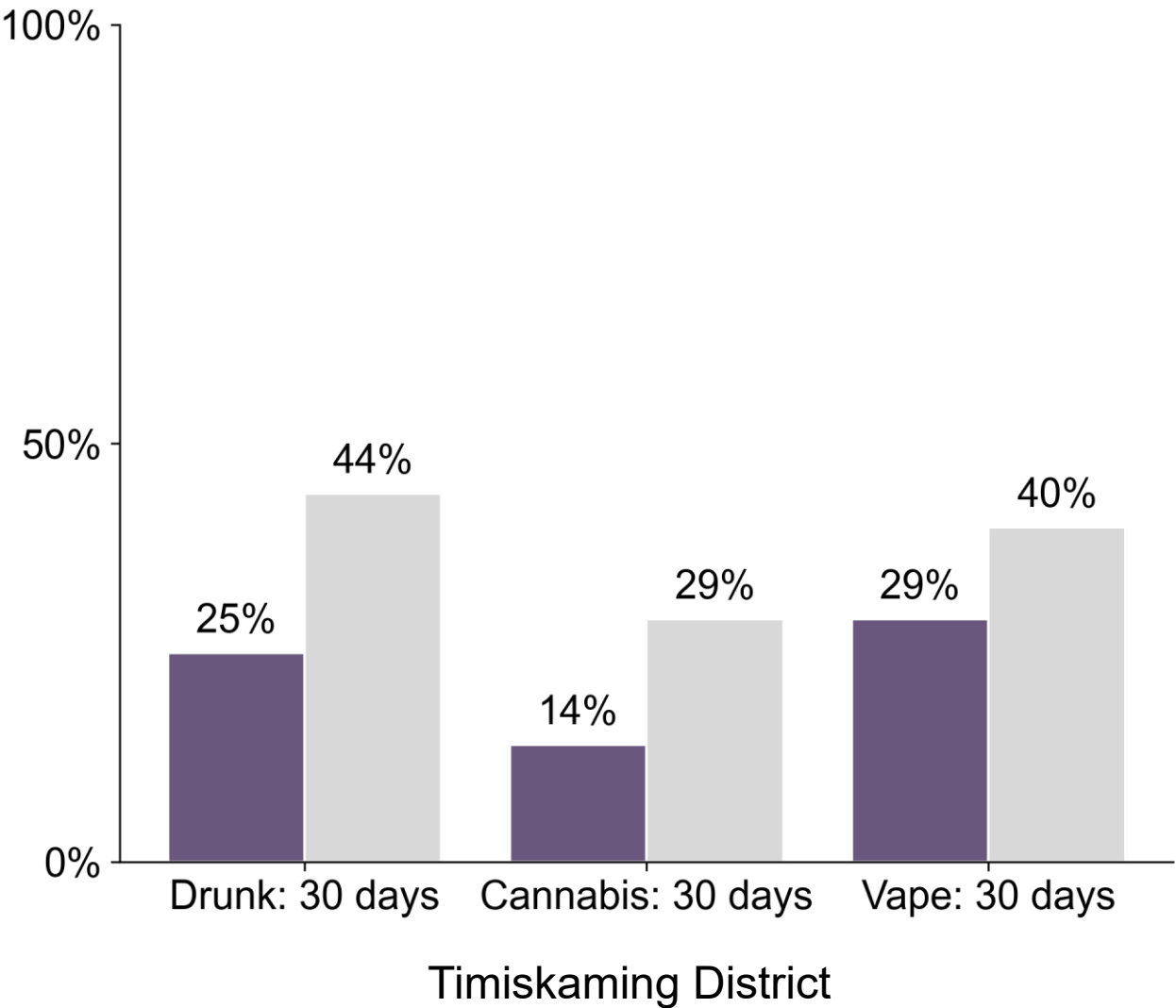
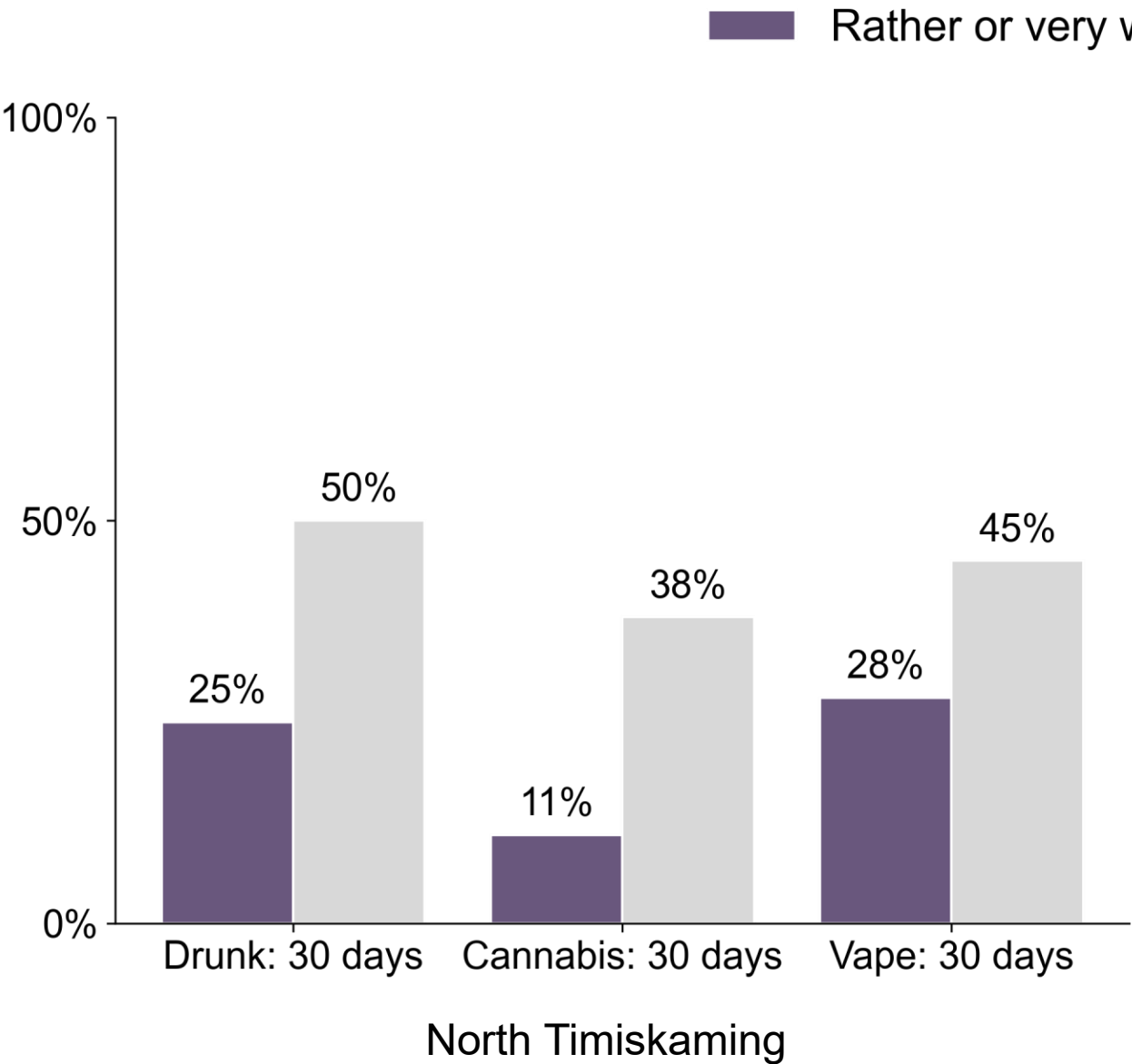
Percentage of youth in North Timiskaming who report the following parental monitoring applies **rather well** or **very well** to them



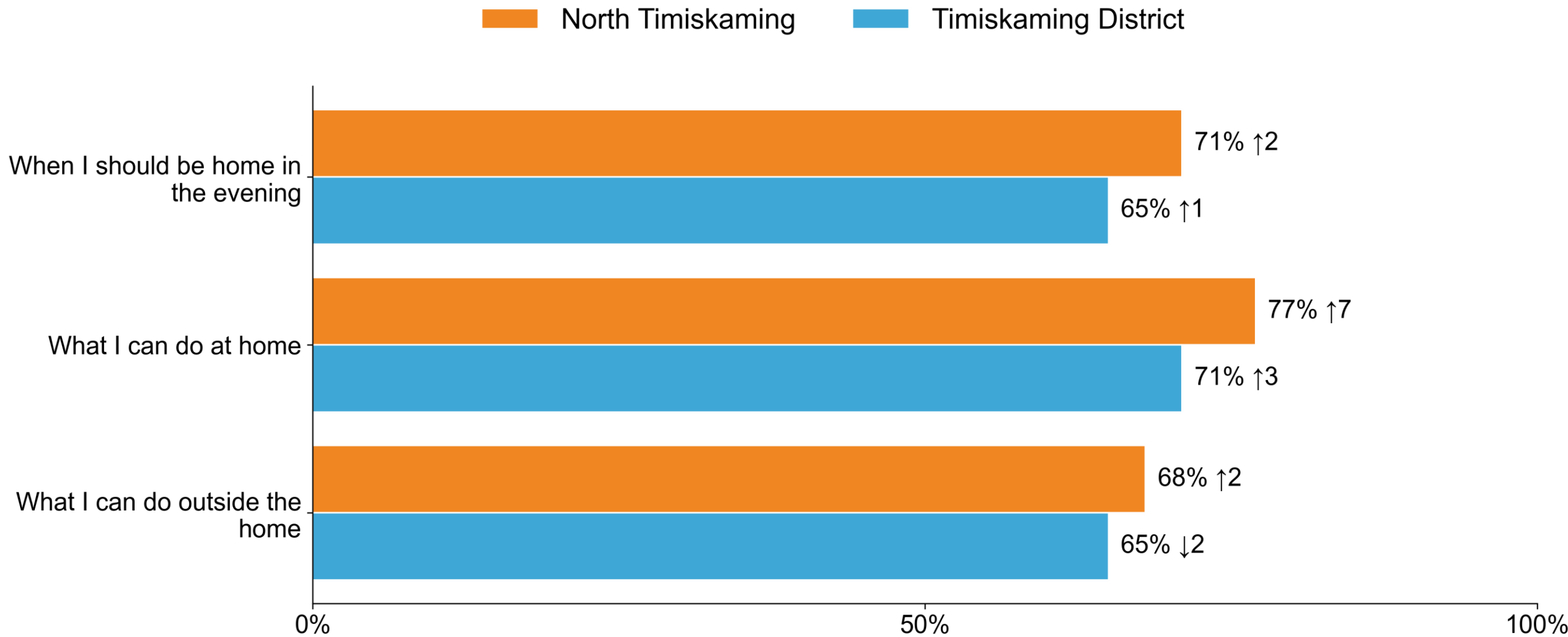
North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Youth in North Timiskaming who used substances and how well they report the following statement applying to them: **"My parents/ caregivers know where I am in the evenings"**



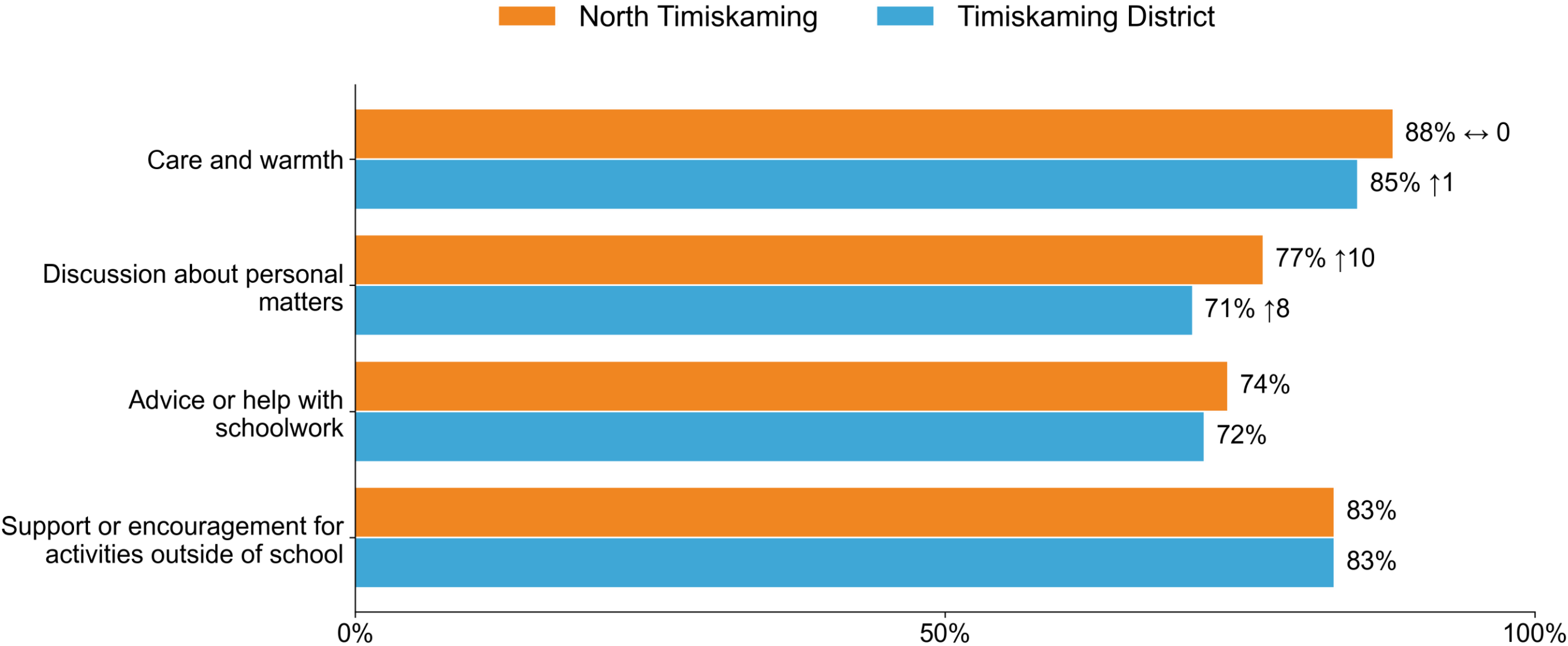
Percentage of youth in North Timiskaming reporting that the following parental rules apply **rather well** or **very well** to them



North Timiskaming - 2026

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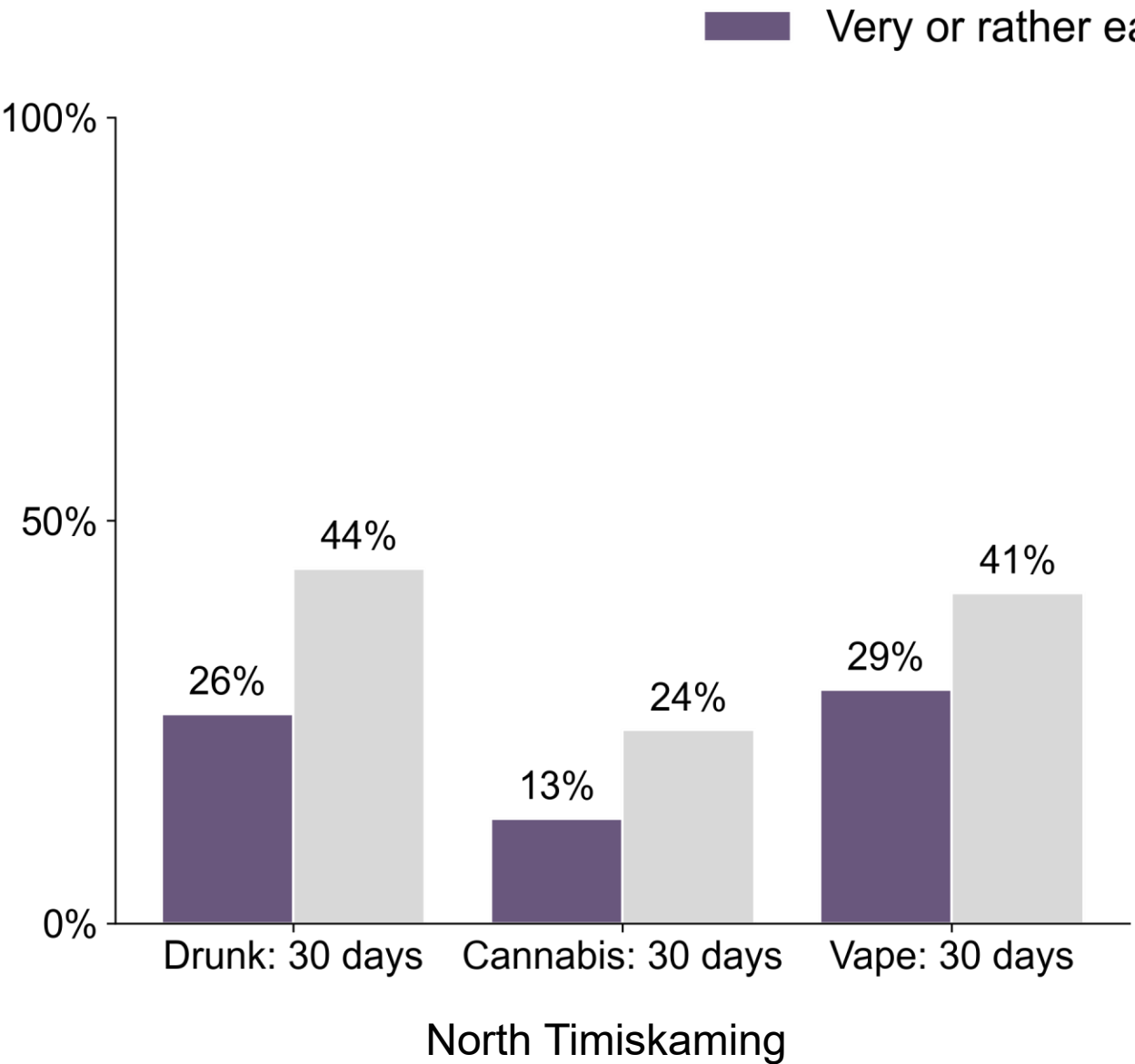
Percentage of youth in North Timiskaming who report it is **very easy** or **rather easy** to receive the following parental/ caregiver support



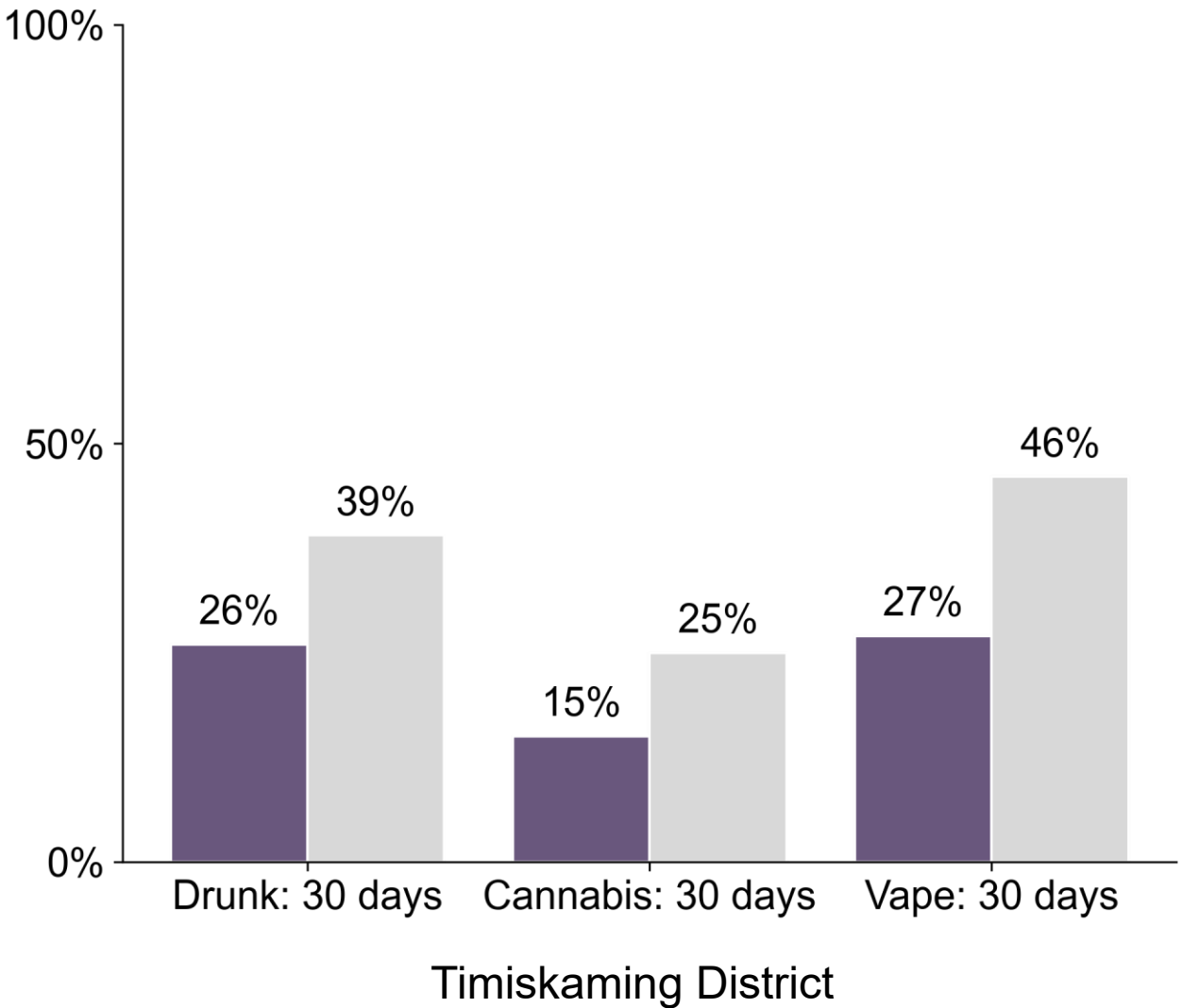
North Timiskaming - 2026

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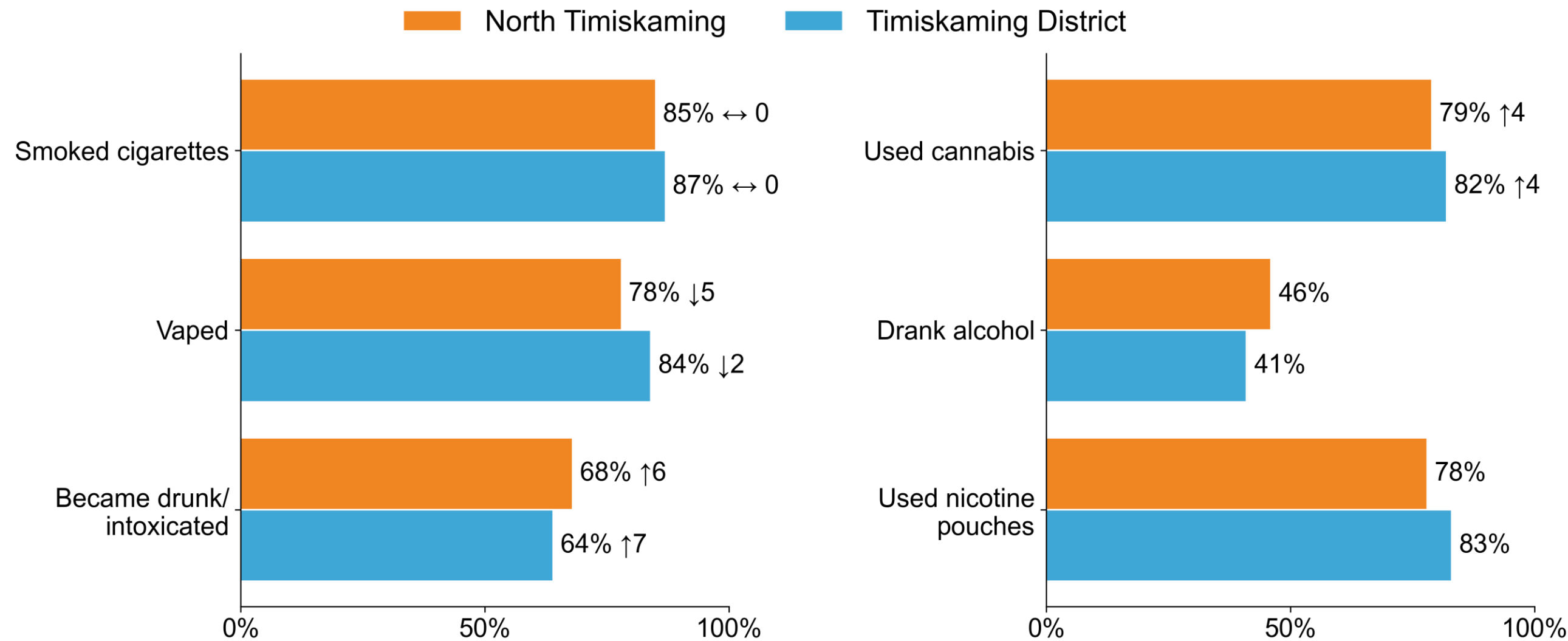
Youth in North Timiskaming who used substances and the difficulty level of receiving caring from parents/ caregivers



North Timiskaming - 2026



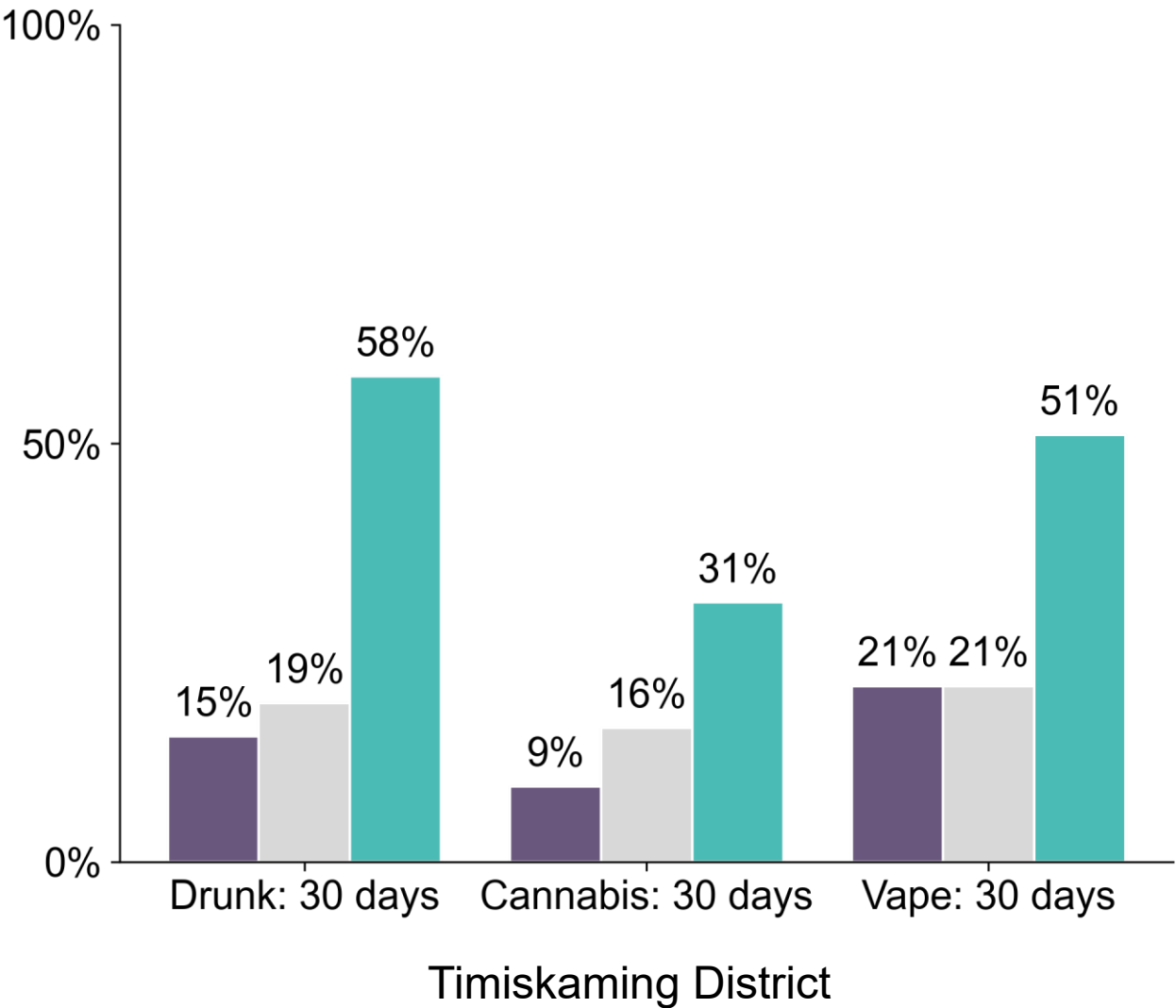
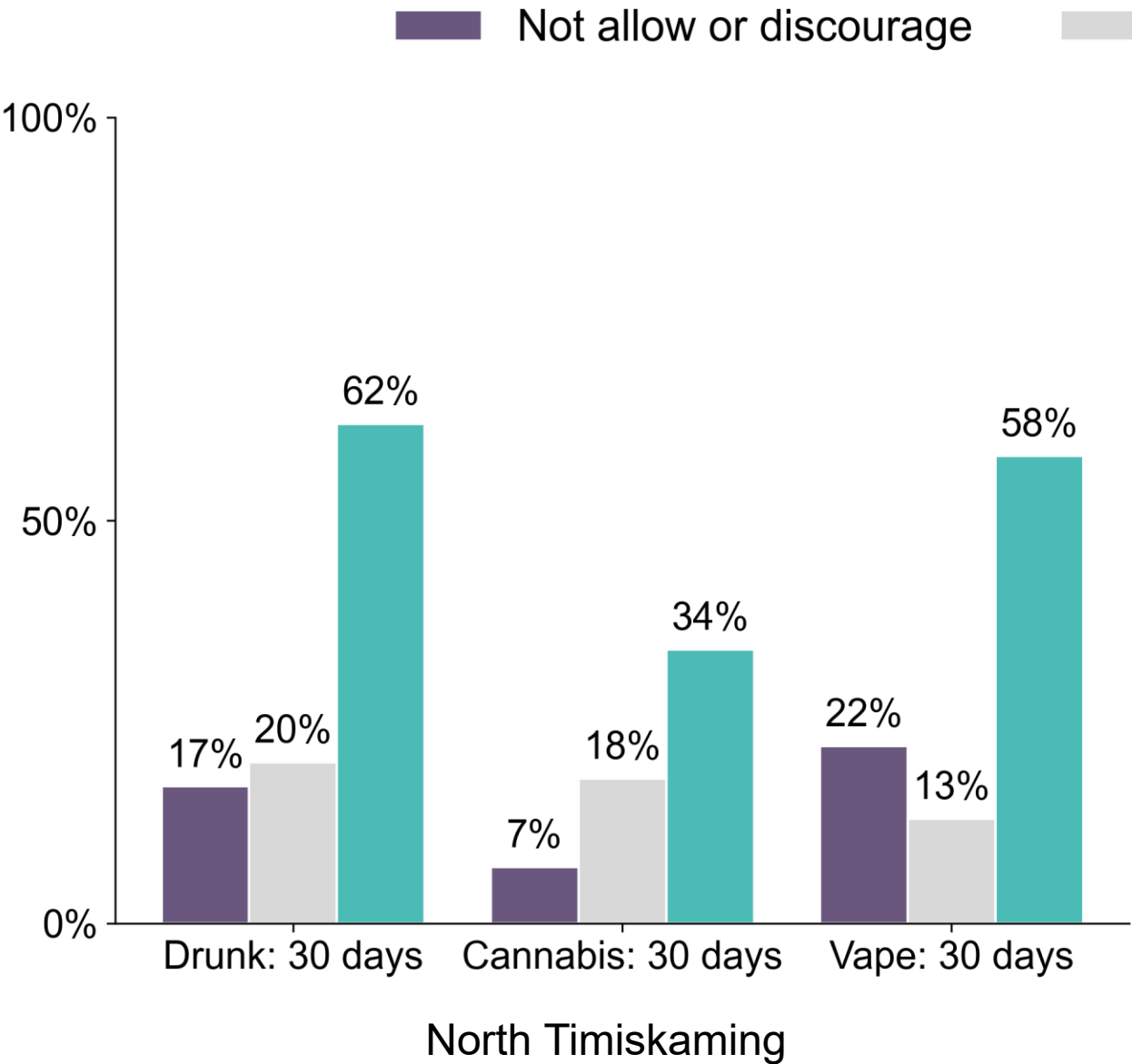
Youth in North Timiskaming perceptions of whether parents/ caregivers would **not allow** or **discourage** the following types of substance use



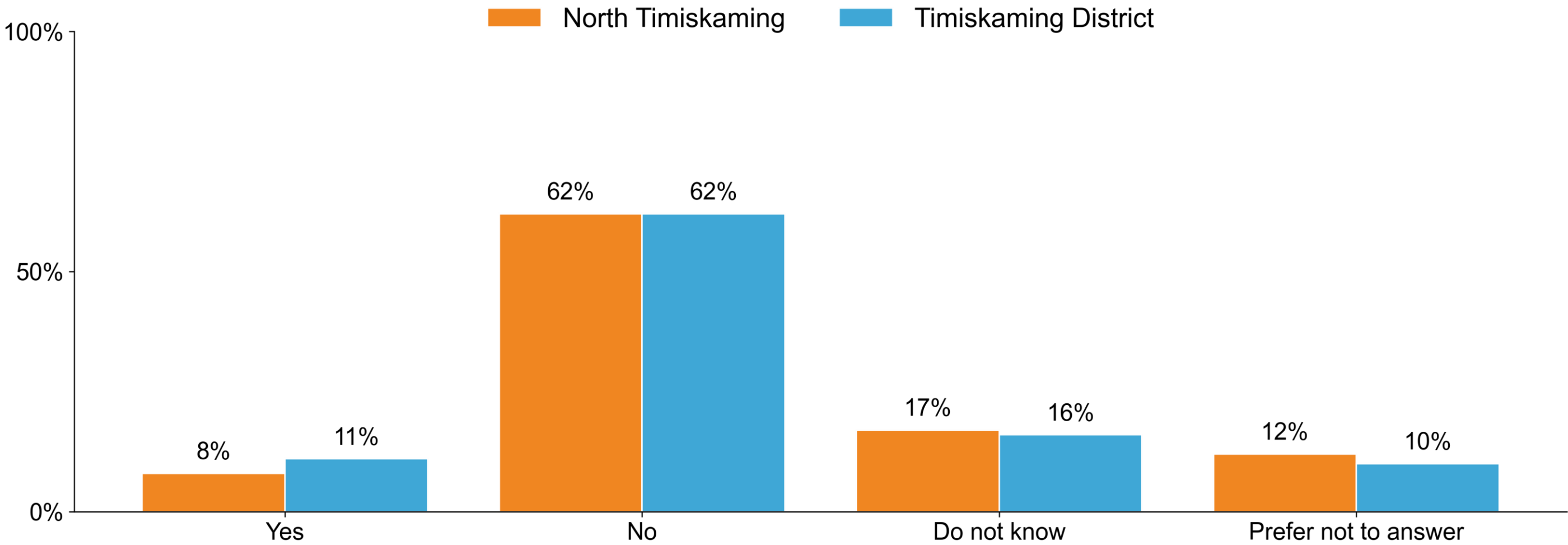
North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Youth in North Timiskaming who used substances and their perception of how their parents/ caregivers would react to them becoming drunk



Response from youth in North Timiskaming when asked if their families currently have difficulty paying for basic needs

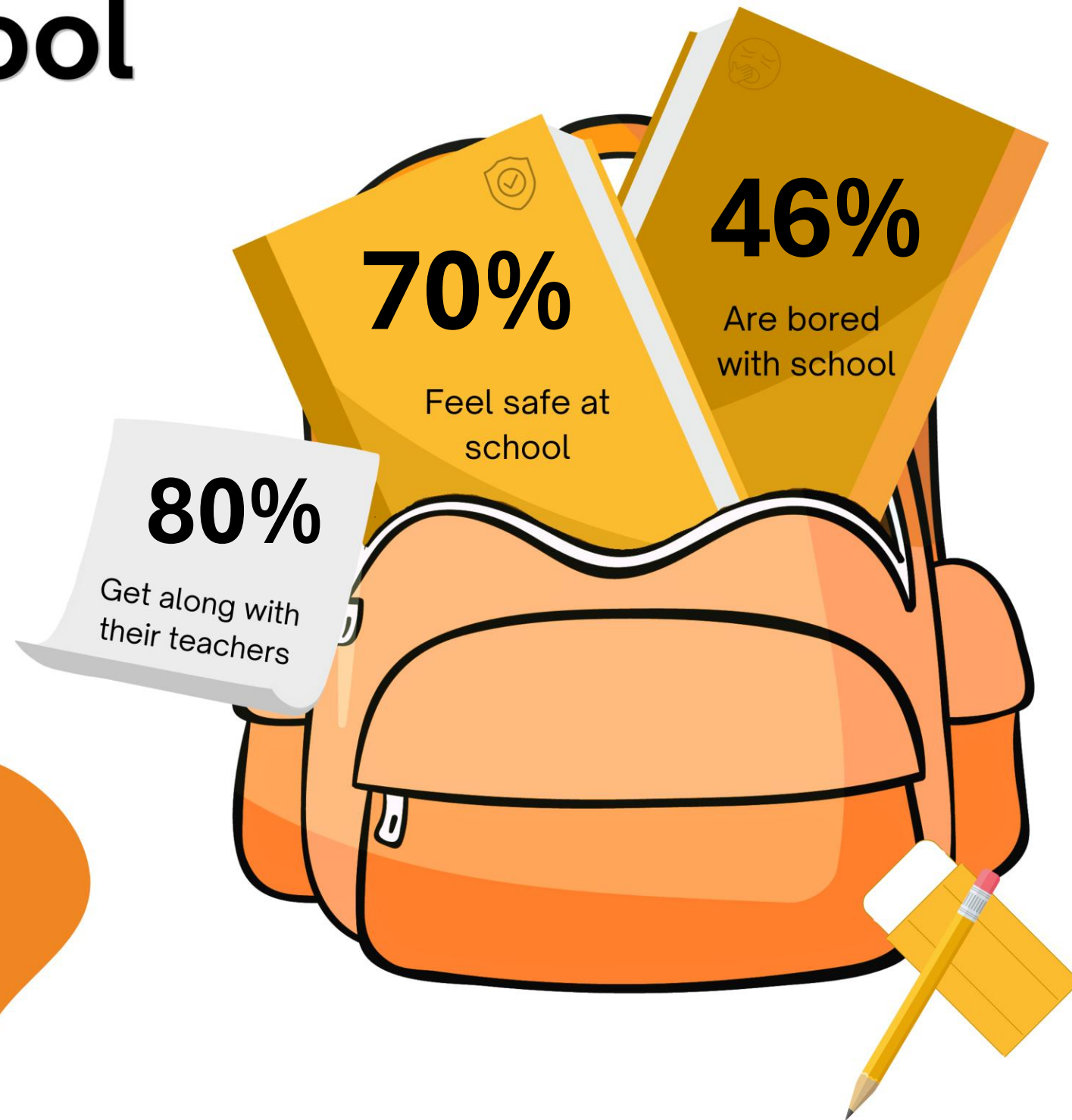


SCHOOL

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North Timiskaming - 2026

School



78%

Have friends at school who care about them



67%

Think the adults at their school care about them



13%

Want to change schools

School

Females



Are often or almost always
bored with school

34%



Think the adults at their
school care about them

59%



Have friends at school
who care about them

77%

Males



Are often or almost always
bored with school

57%



Think the adults at their
school care about them

76%



Have friends at school
who care about them

82%



68%

Females

Often or almost always
feel safe at school

73%

Males



83%

Females

Often or almost always get
along with their teachers

80%

Males



17%

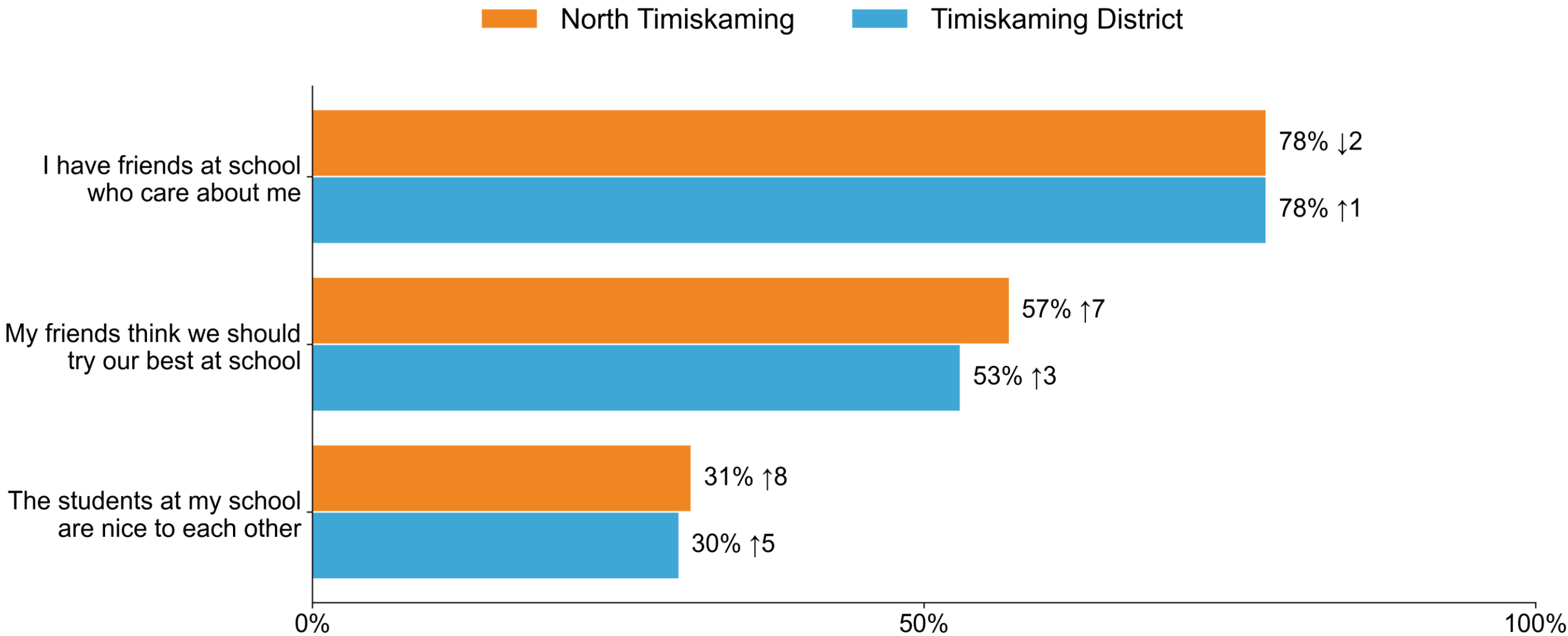
Females

Often or almost always
want to change schools

7%

Males

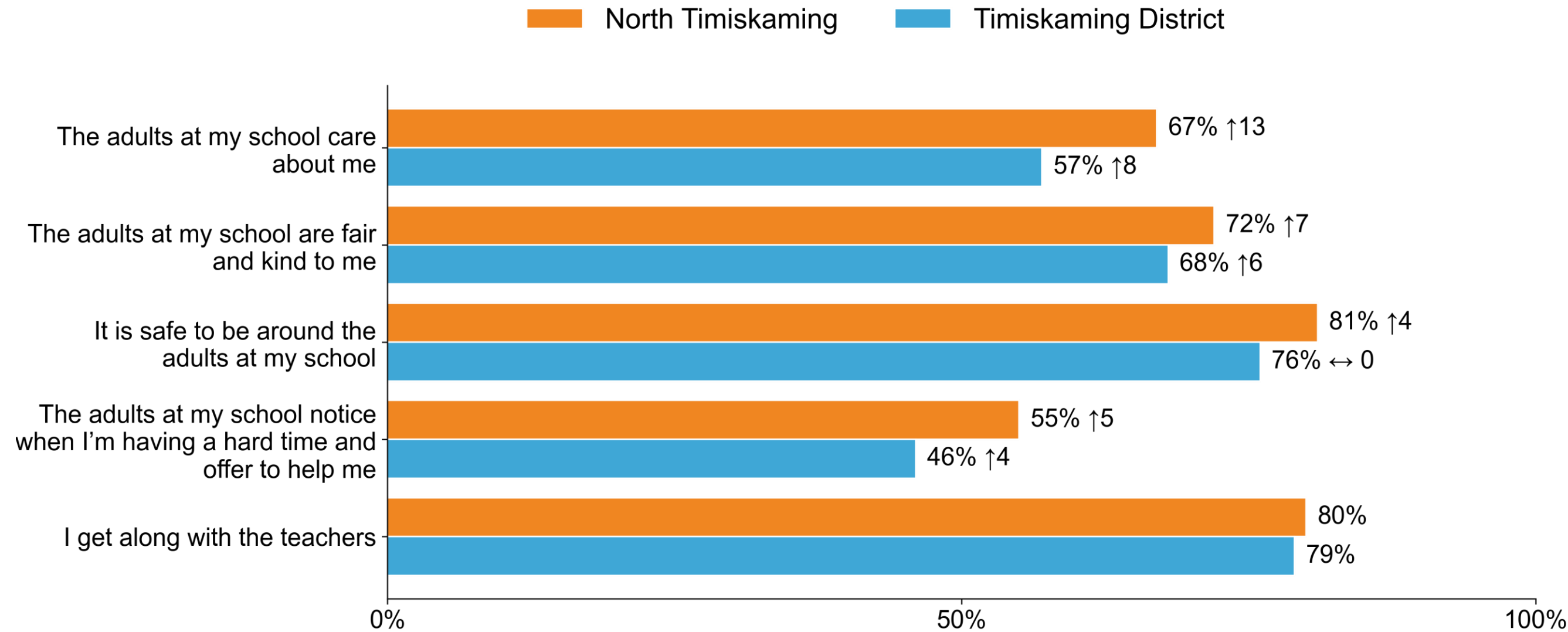
Percentage of youth in North Timiskaming who **agree** or **strongly agree** with the following statements about peer support in school



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

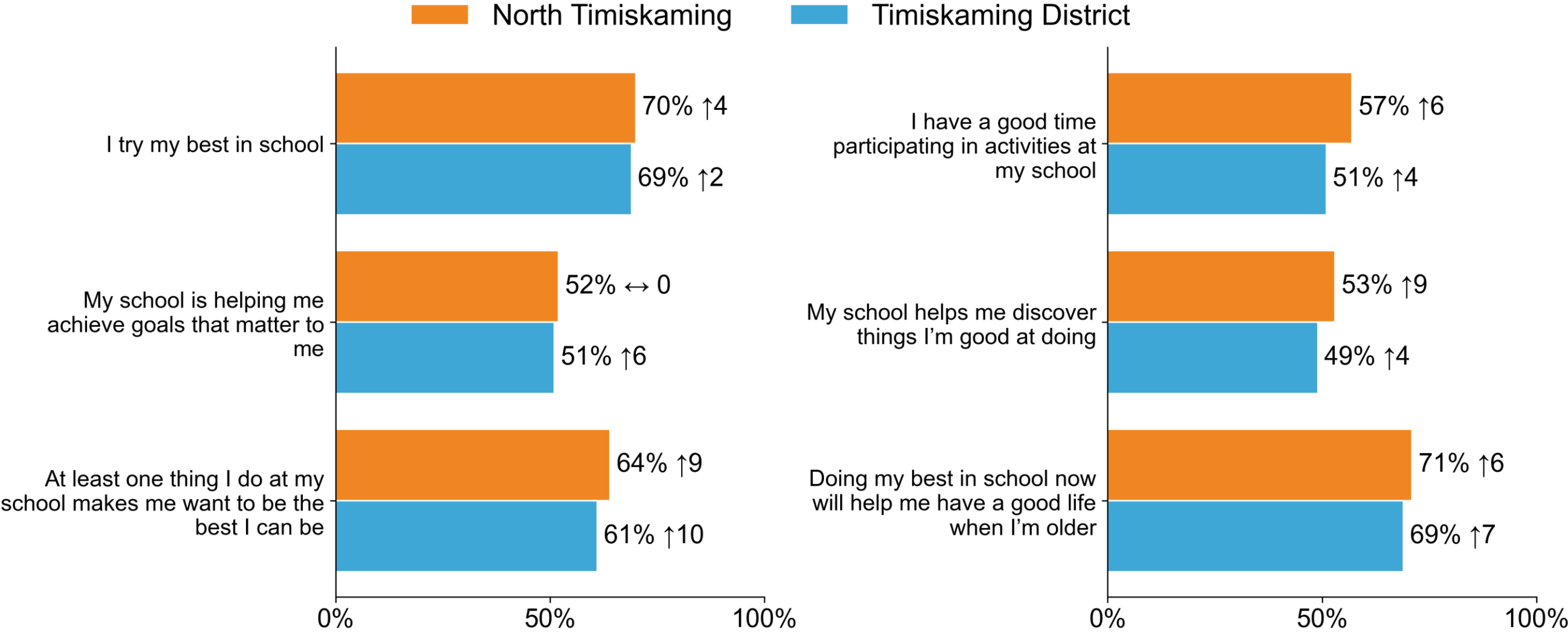
Percentage of youth in North Timiskaming who **agree** or **strongly agree** with the following statements about adult support in school



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

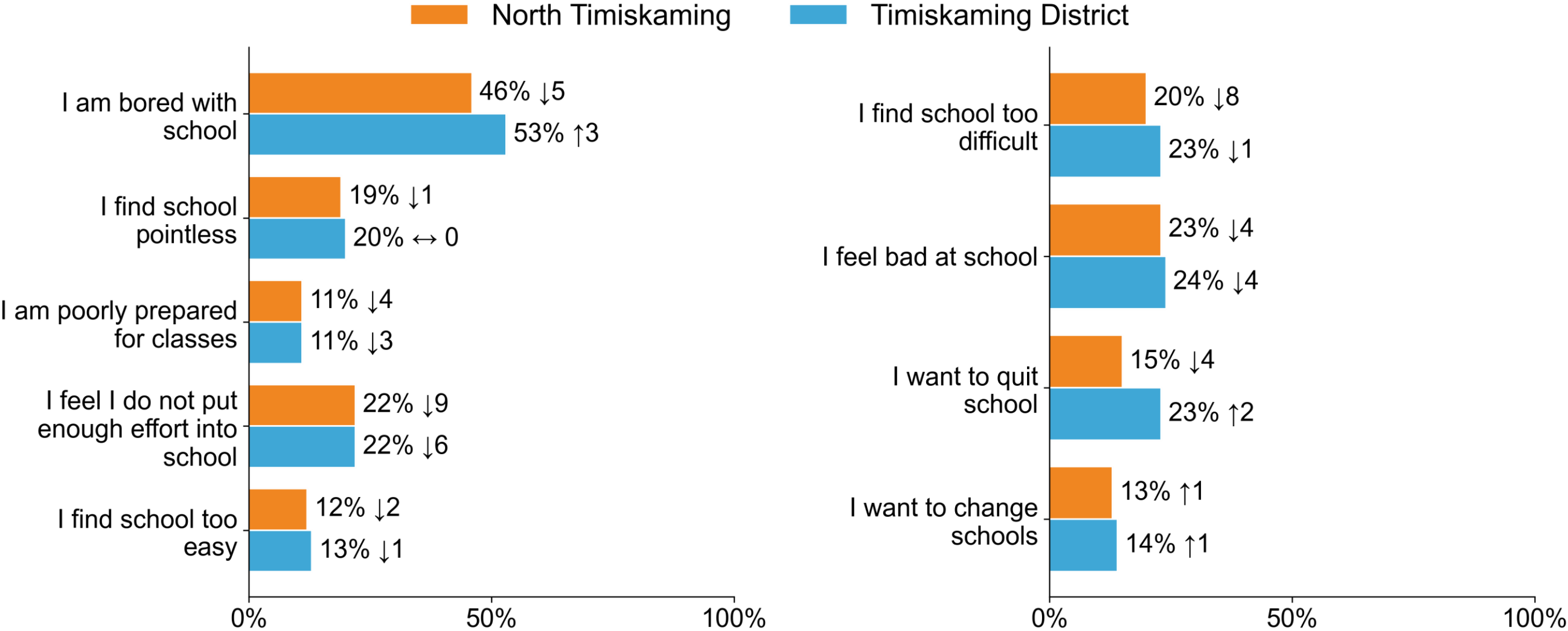
Percentage of youth in North Timiskaming who **agree** or **strongly agree** with the following statements about school activities and efforts



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

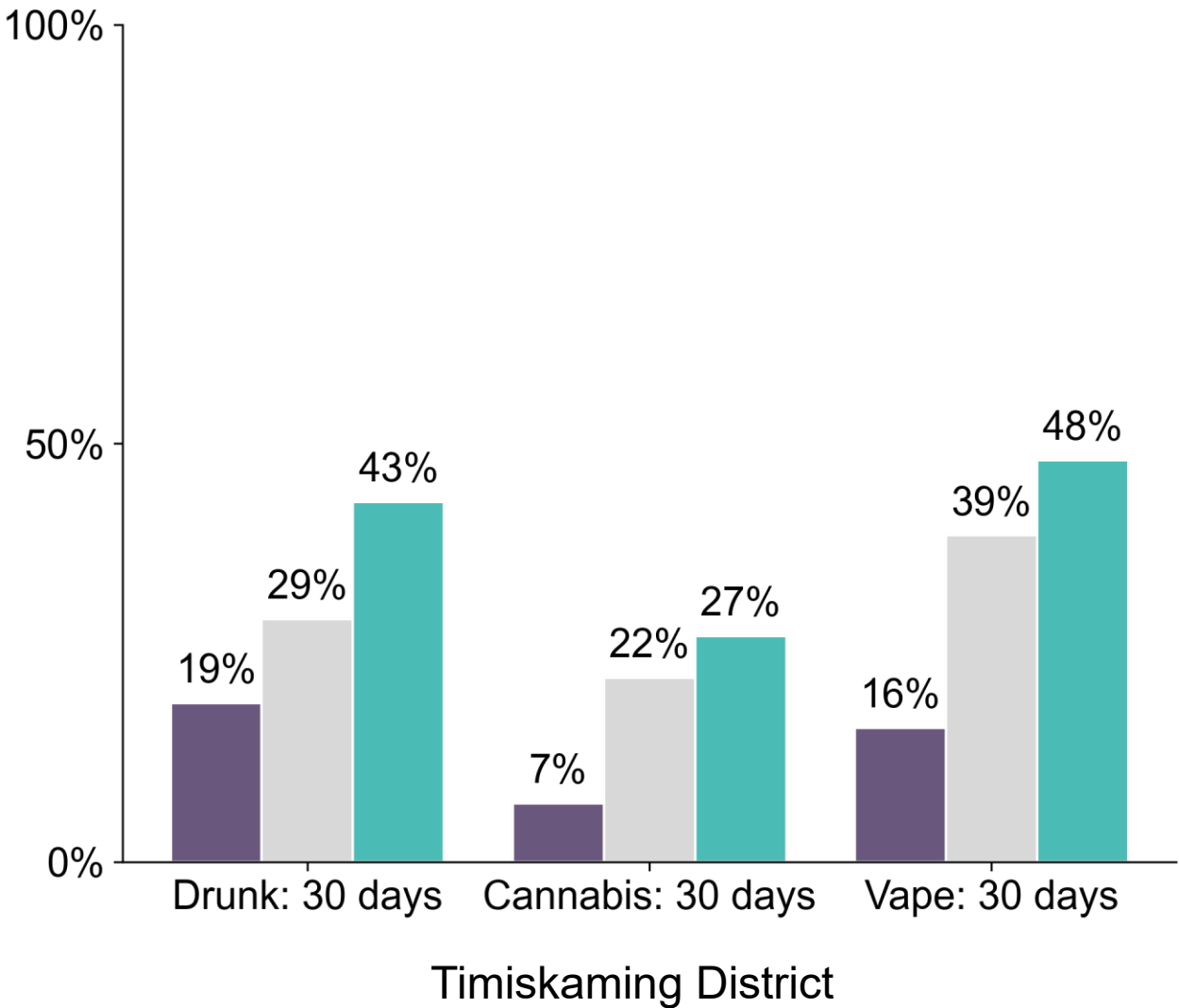
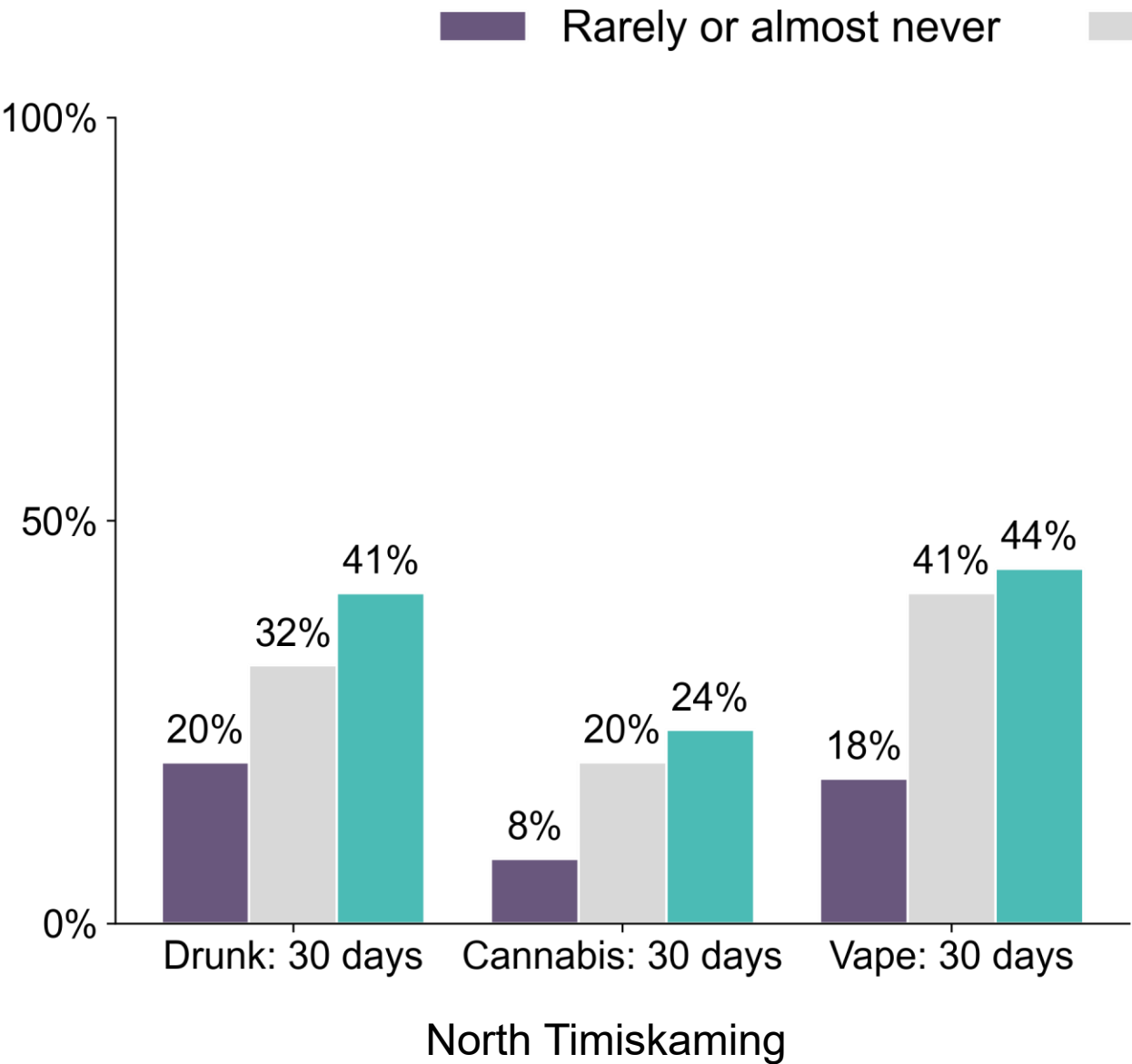
Percentage of youth in North Timiskaming who report that the following school/ study attitude applies **often** or **almost always** to them



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Youth in North Timiskaming who used substances and how well they report the following statement applying to them: **"I feel bad at school"**



LEISURE TIME

PLANET
Youth®

North Timiskaming - 2026

Leisure Time

24%

Play sports with a club/ team three times or more a week

16%

Participate in music, art, drama or dance at least once a week

30%

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

PLANET
Youth®



24%

Of youth were outside their home and returned after midnight at least once in the past week



69%

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



22%

Volunteer at least once a week

Leisure Time

Females

 **24%**
Play sports with a club/ team
three times or more a week

 **24%**
Participate in music, art,
drama or dance at least
once a week

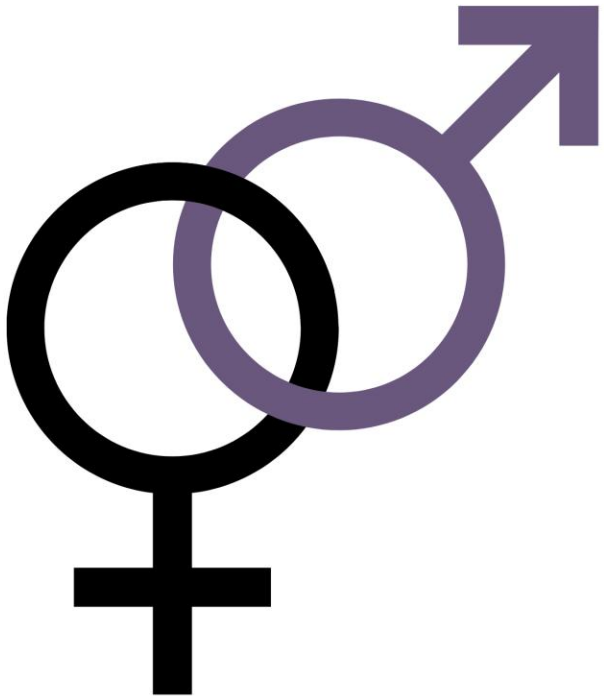
23%
Do not participate in any
organized out-of-school
activities supervised by adults

Males

 **24%**
Play sports with a club/ team
three times or more a week

 **6%**
Participate in music, art,
drama or dance at least
once a week

37%
Do not participate in any
organized out-of-school
activities supervised by adults



19%

Females

Of youth were outside their home and
returned after midnight at least once in the
past week

29%

Males



69%

Females

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

70%

Males



25%

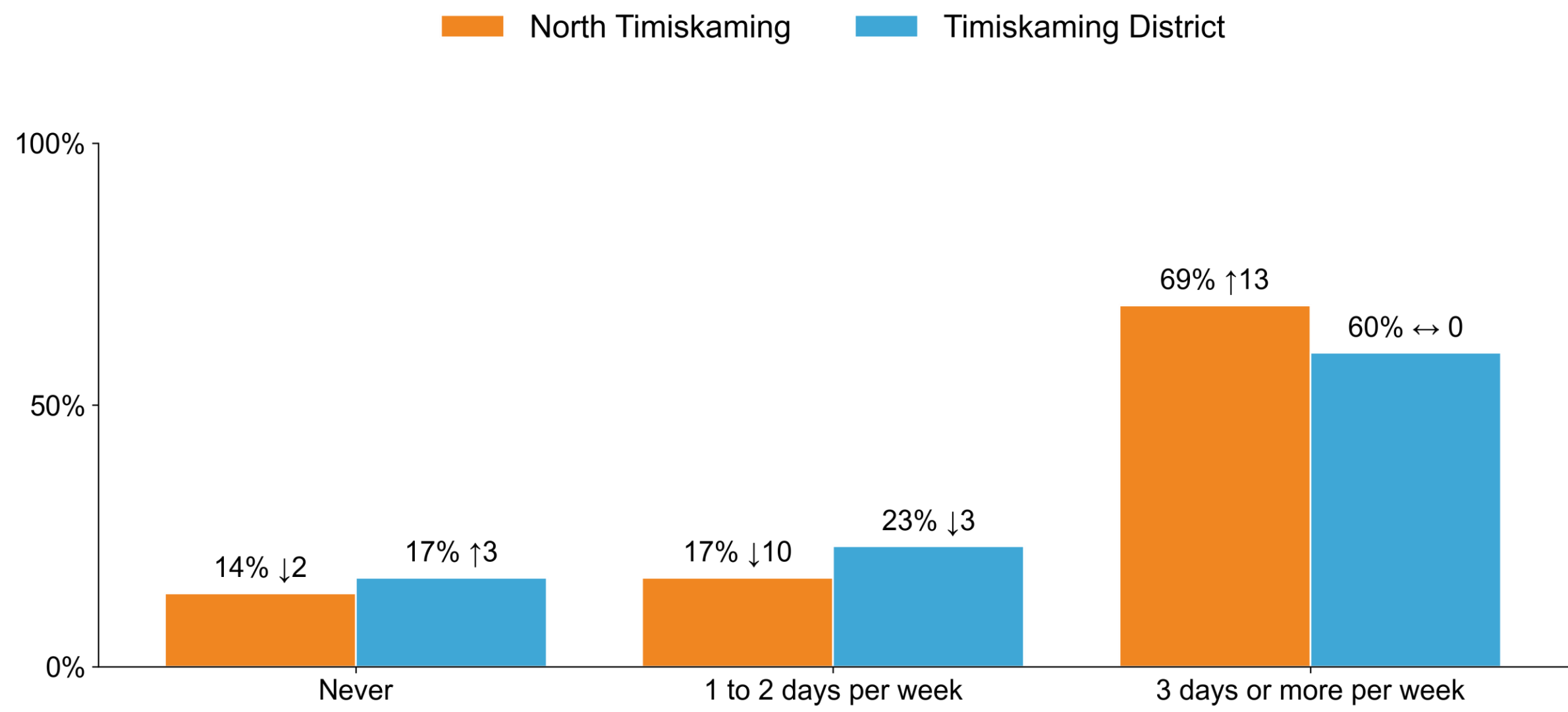
Females

Volunteer at least once a week

19%

Males

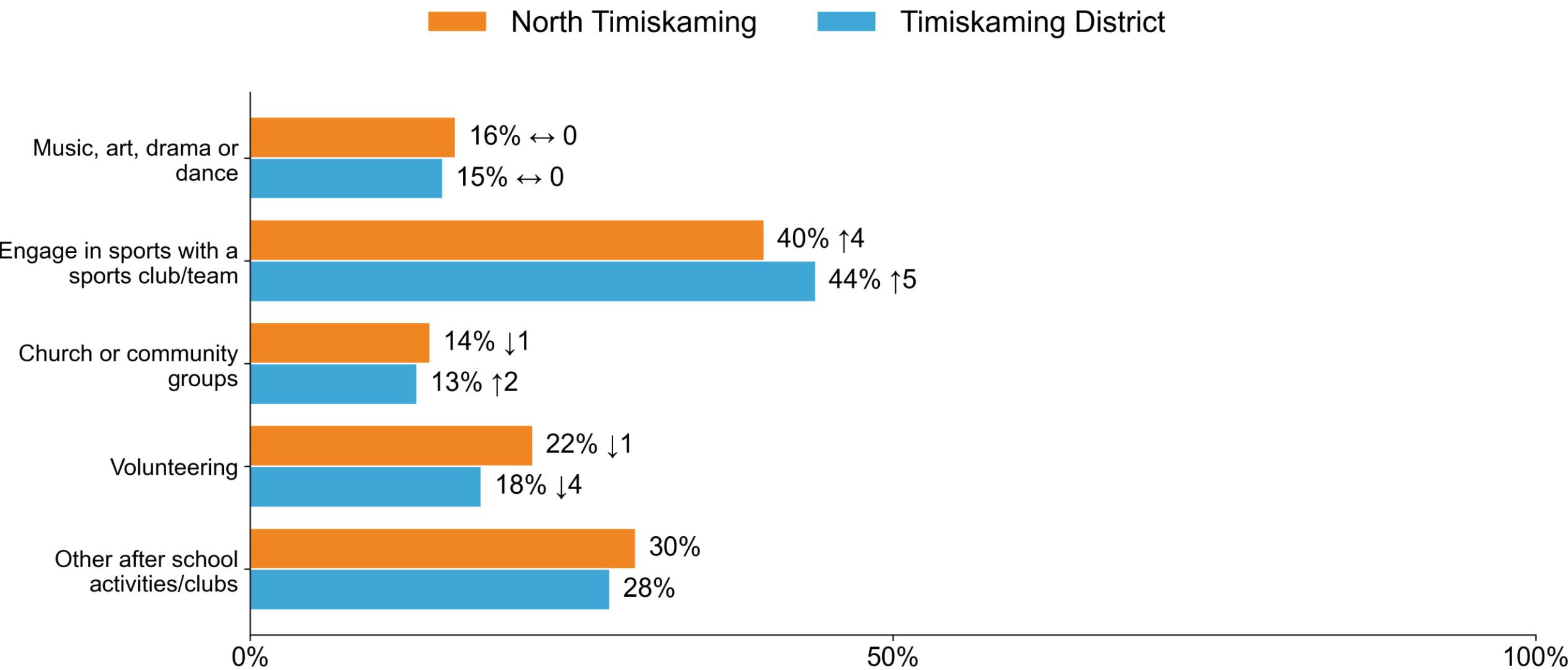
Number of days a week youth in North Timiskaming do at least 60 minutes or more of physical activity



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

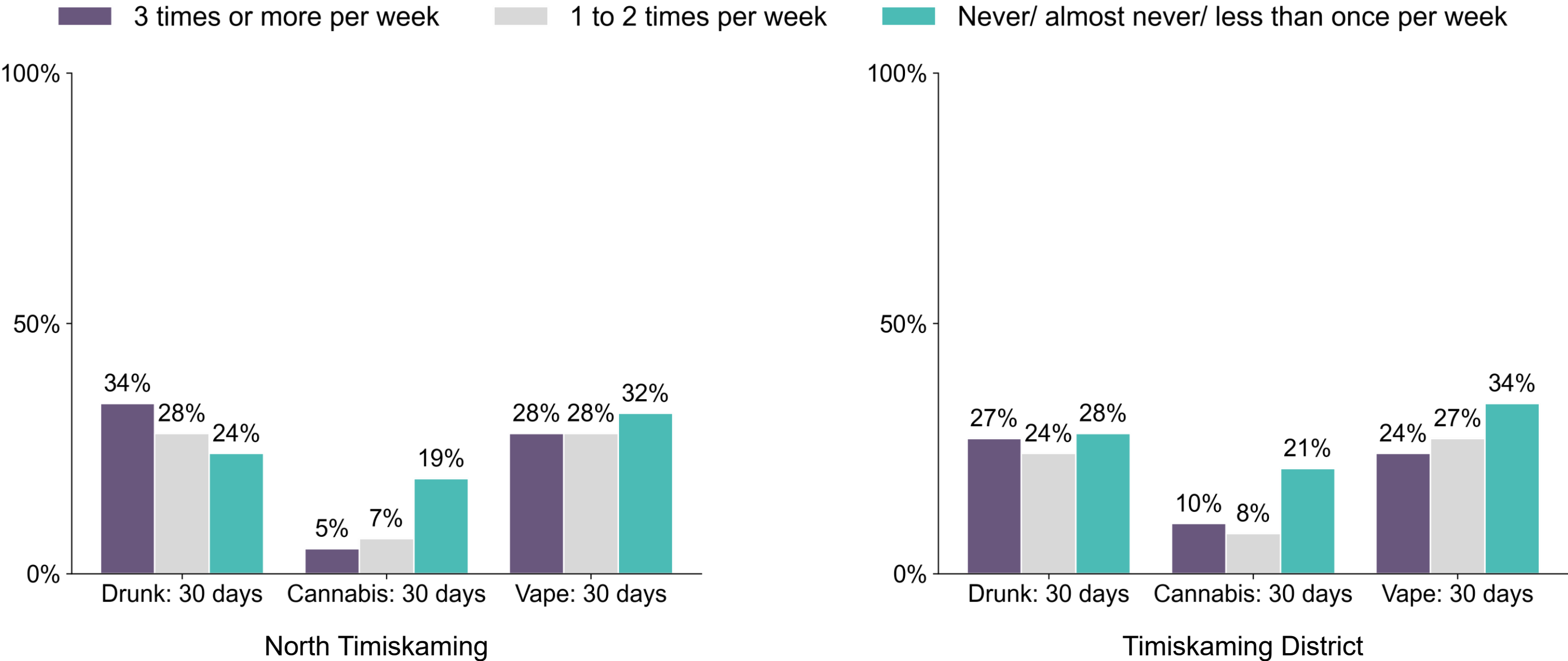
Percentage of youth in North Timiskaming who participate in out-of-school activities, supervised by adults **once a week or more**



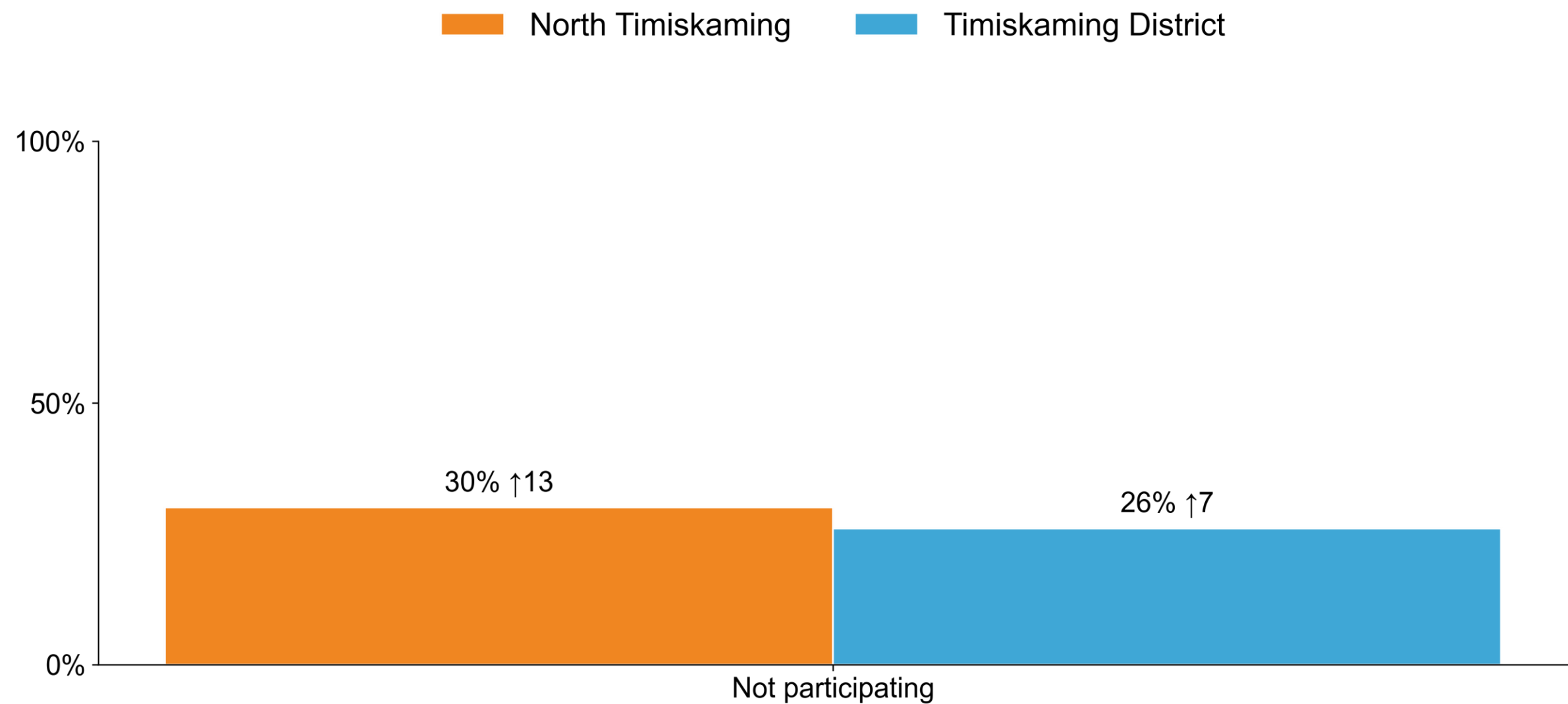
North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Youth in North Timiskaming who used substances and how often they participate in sports with a club or a team



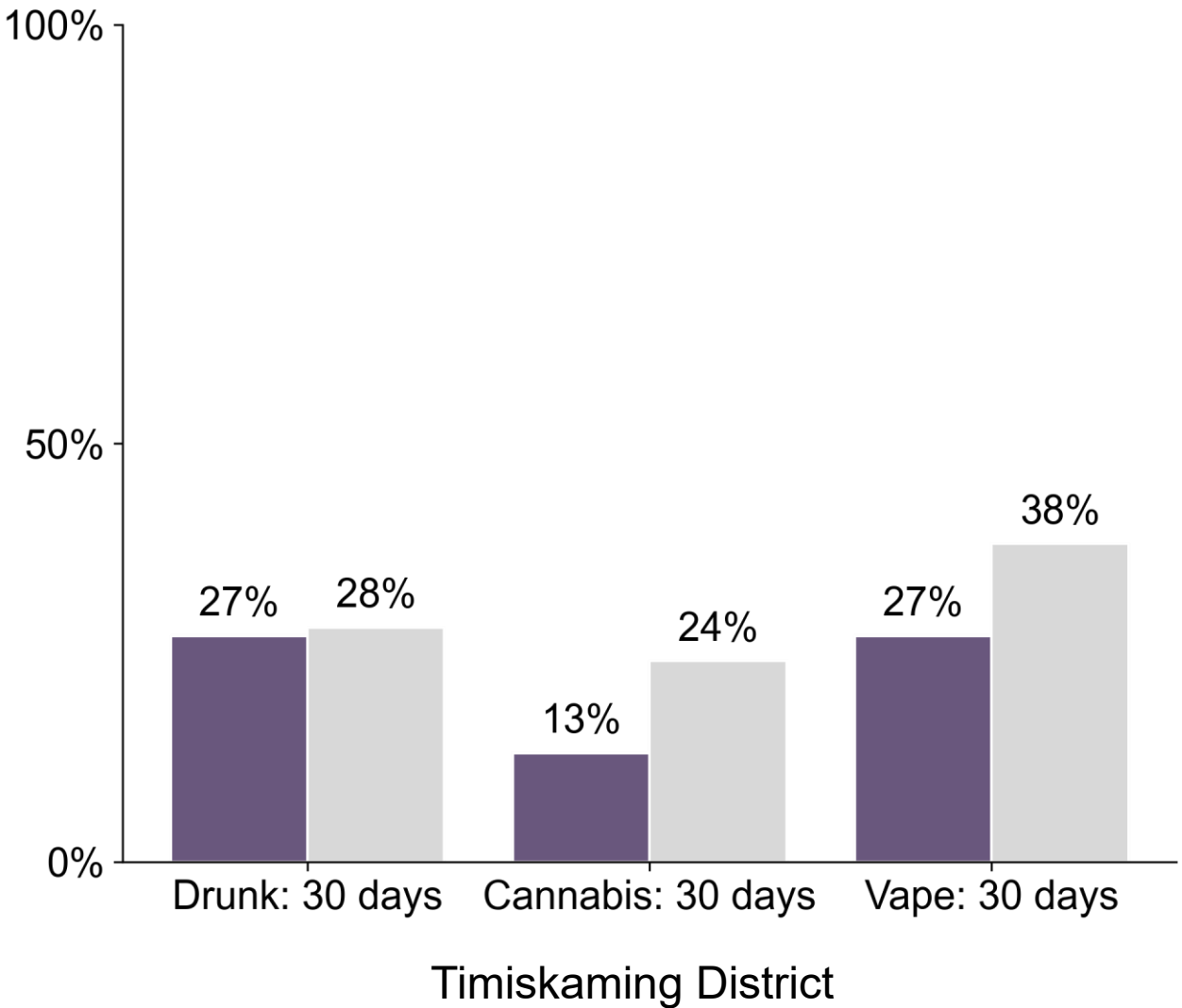
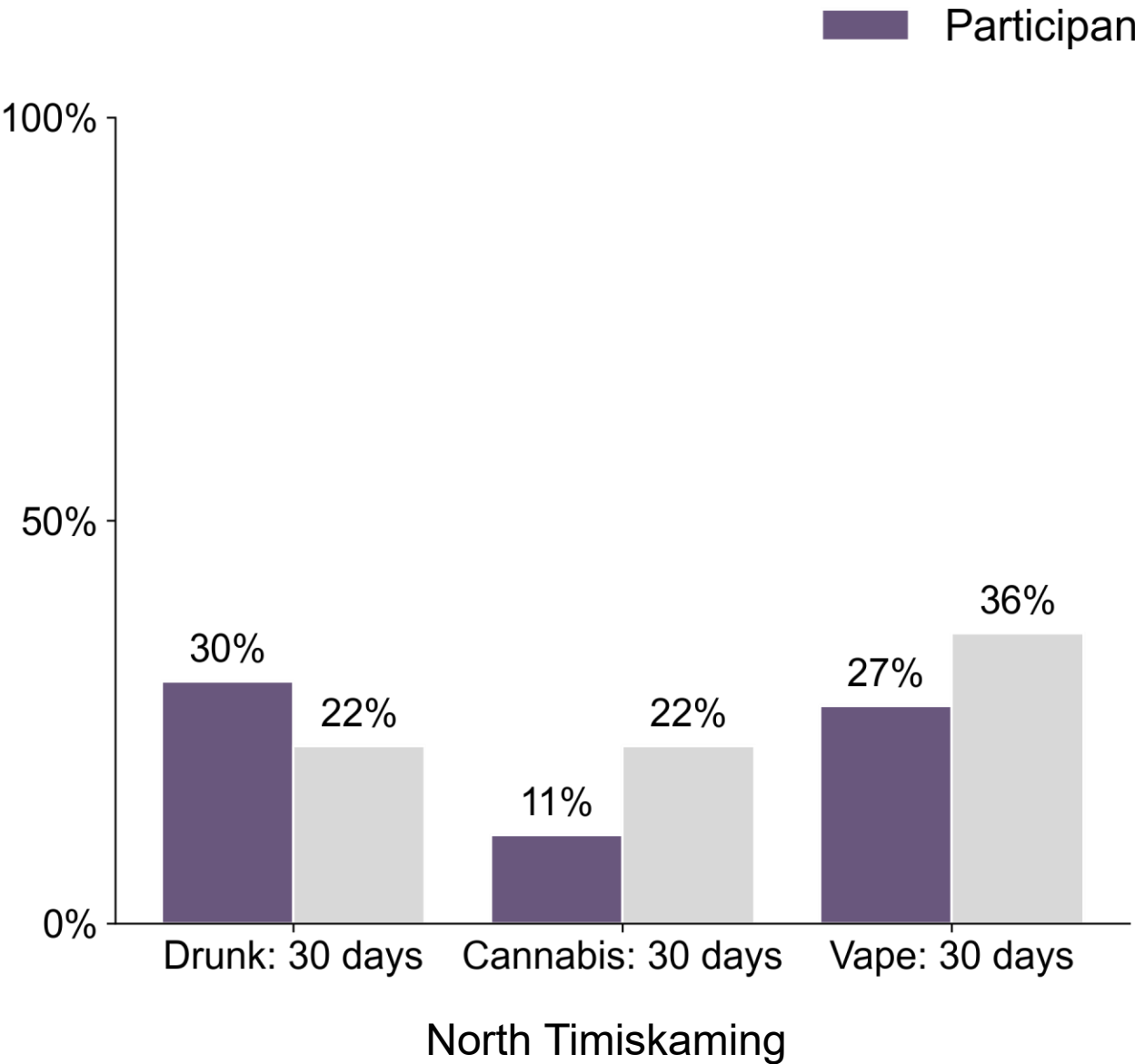
Percentage of youth in North Timiskaming who are **not participating** in organized, adult-supervised, out-of-school activities



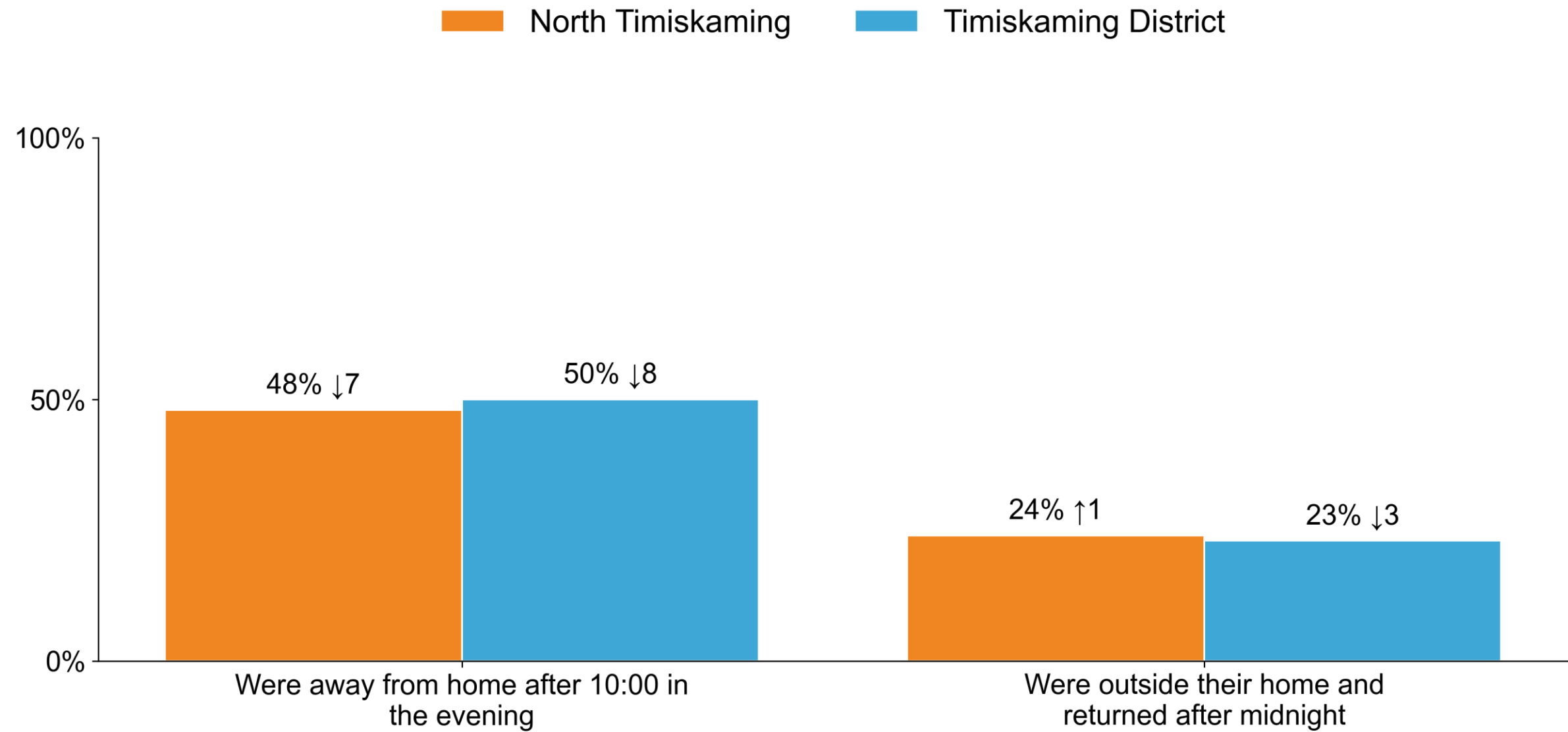
North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Youth in North Timiskaming who used substances and whether they participate in organized, adult-supervised, out-of-school activities



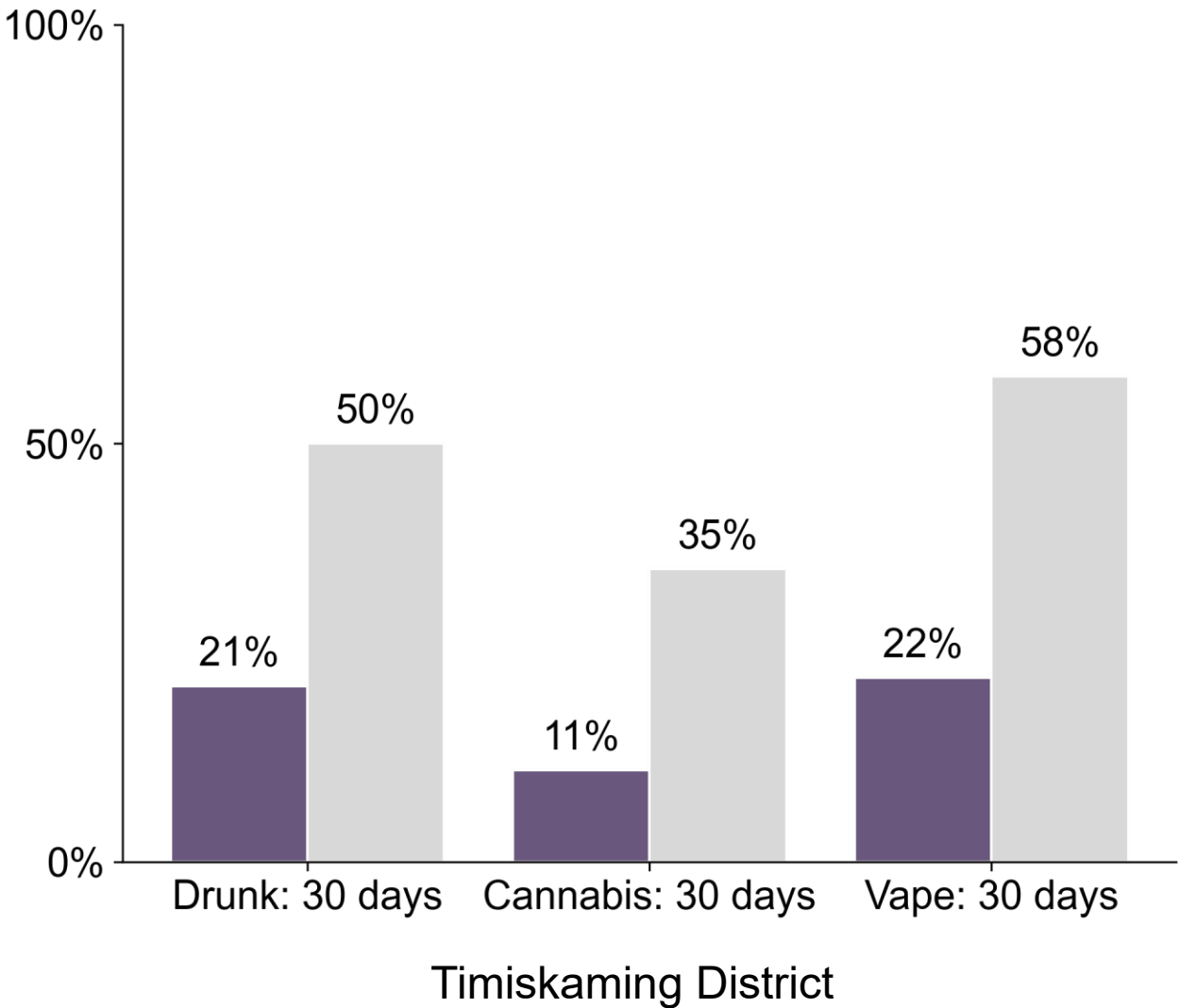
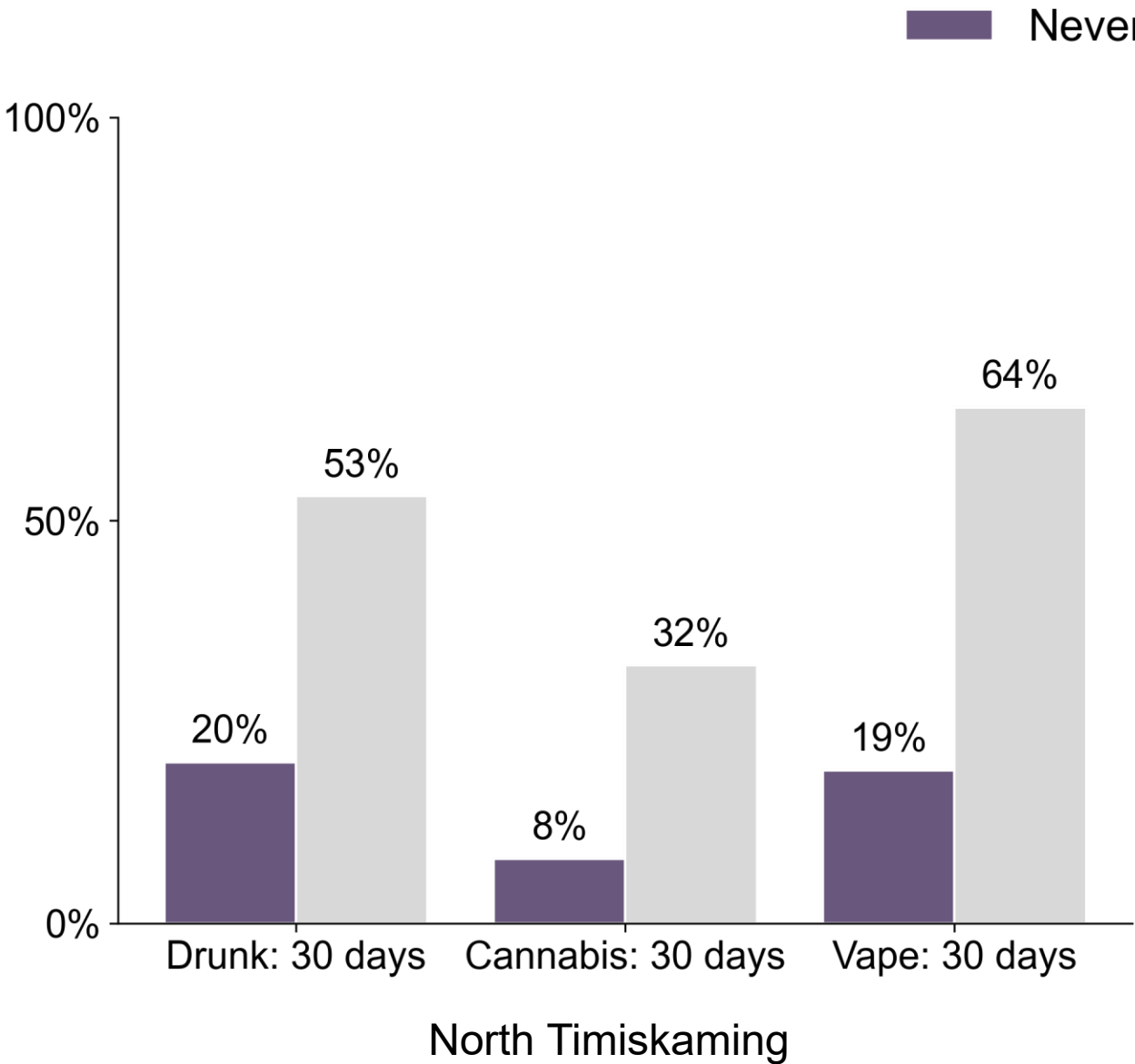
Percentage of youth in North Timiskaming who were outside late in the last week



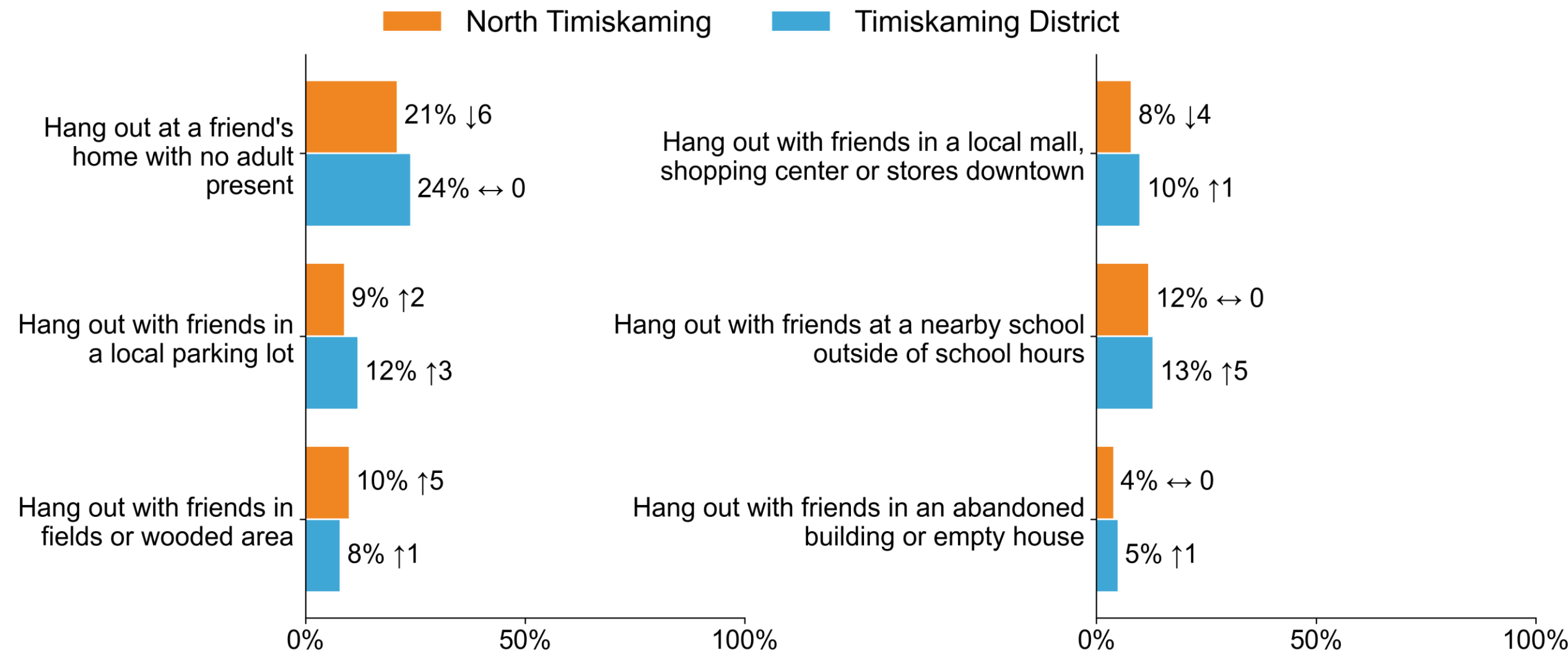
North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Youth in North Timiskaming who used substances and whether they returned home after midnight at least once in the last week



Percentage of youth in North Timiskaming who hang out at the following locations without adult supervision **at least once a week**

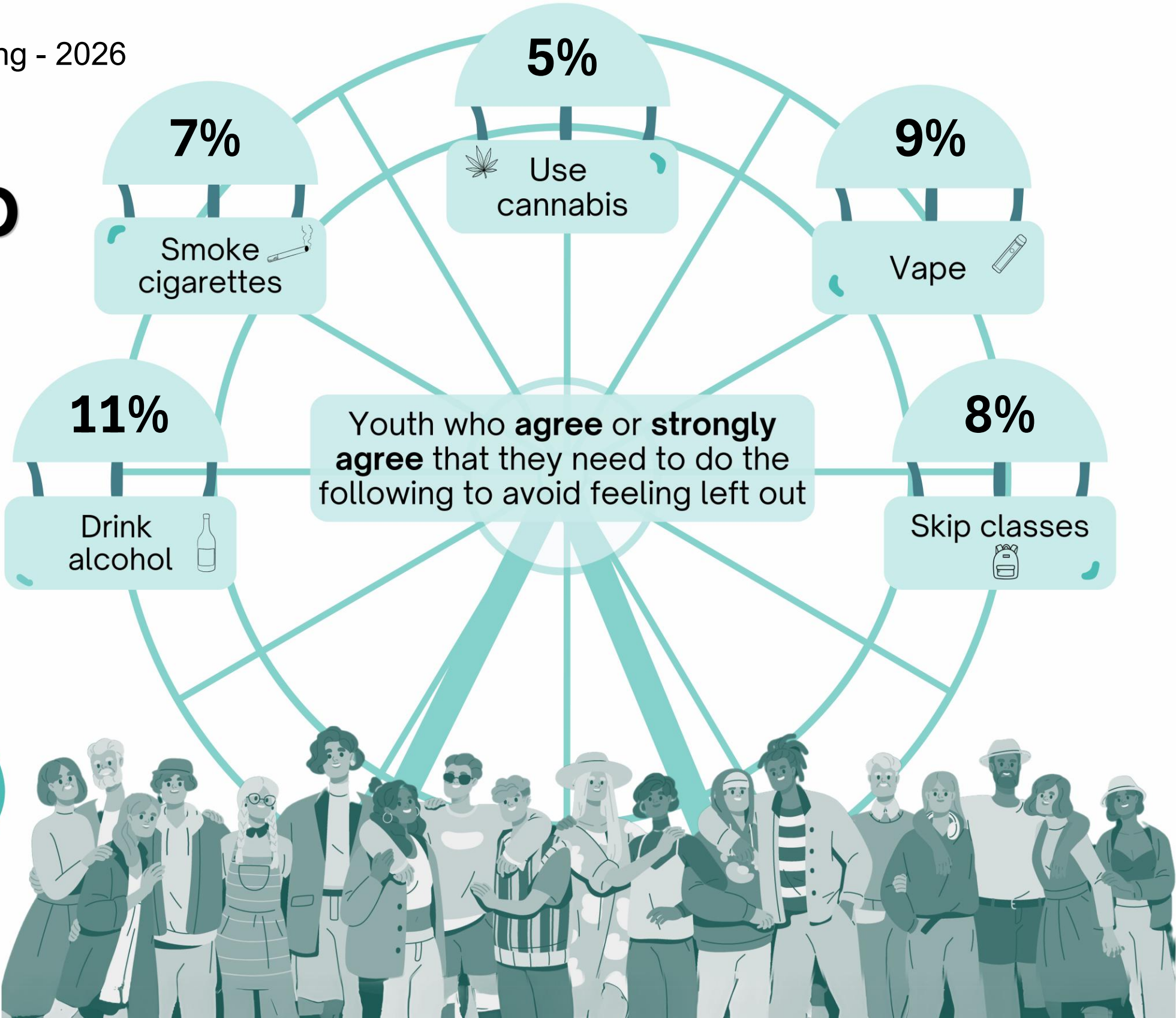


North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

PEER GROUP

Peer Group



Peer Group



Females

14%

Drink alcohol

12%

Vape

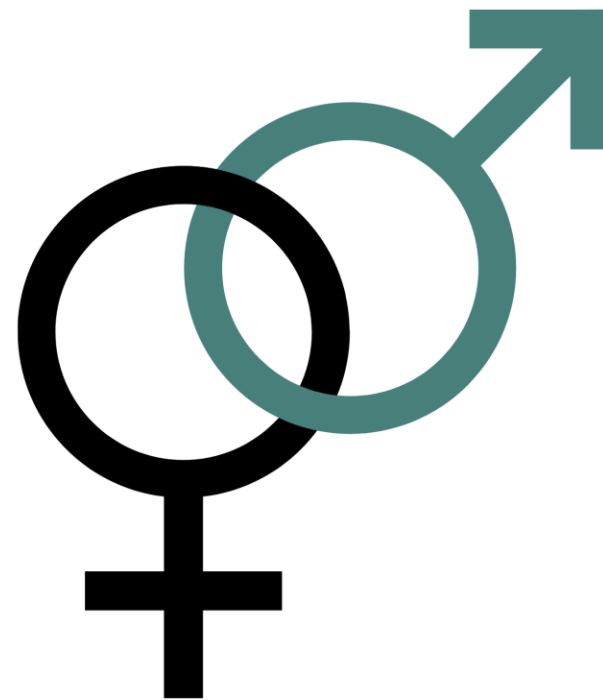
11%

Smoke cigarettes

12%

Skip classes

Youth who **agree** or **strongly agree** that they need to do the following to avoid feeling left out



Males

7%

Drink alcohol

6%

Vape

5%

Smoke cigarettes

3%

Skip classes



32%

Females

Say most or almost all of their friends become drunk at least once a month

28%

Males



37%

Females

Say most or almost all of their friends vape

31%

Males

23%

Females

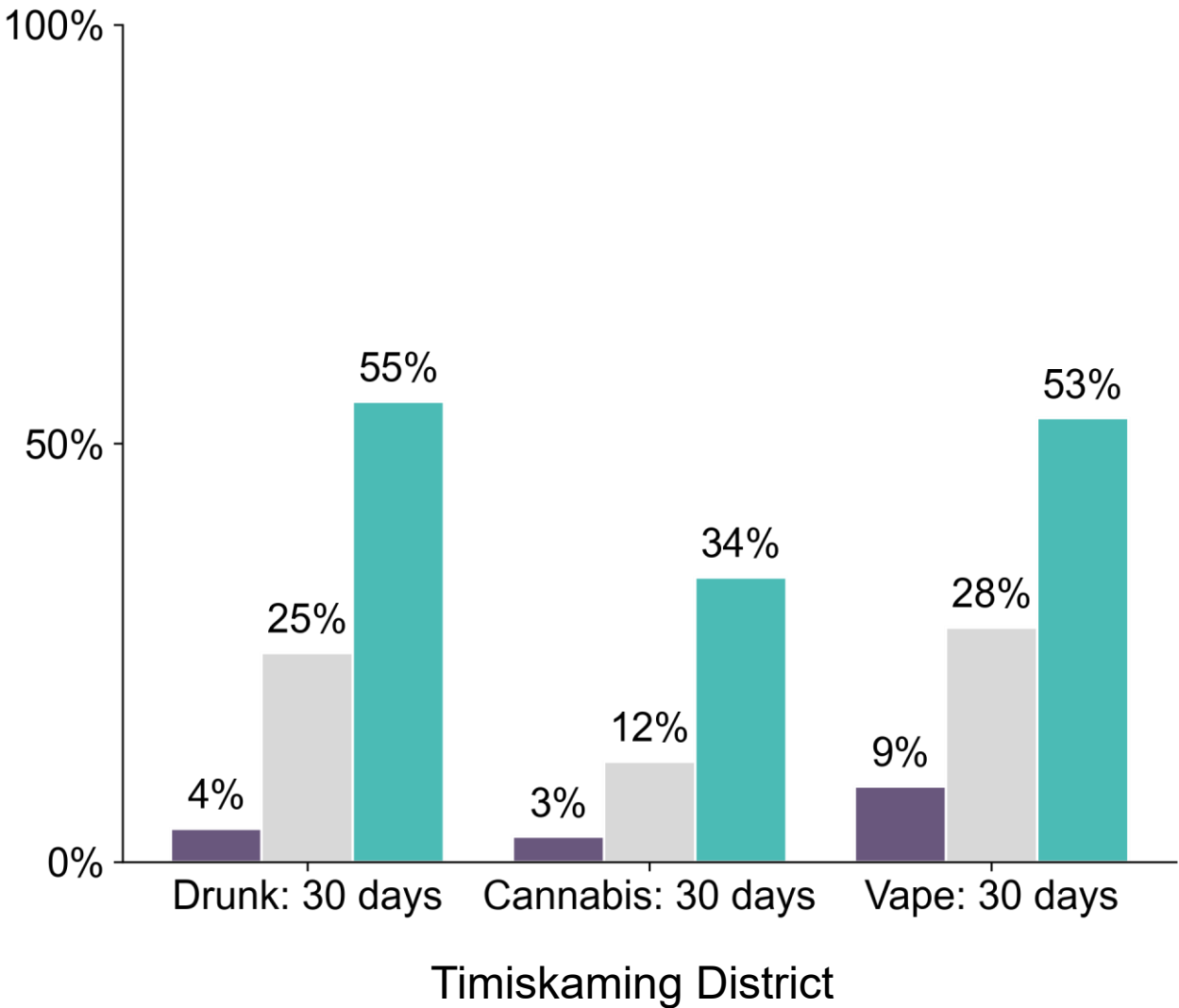
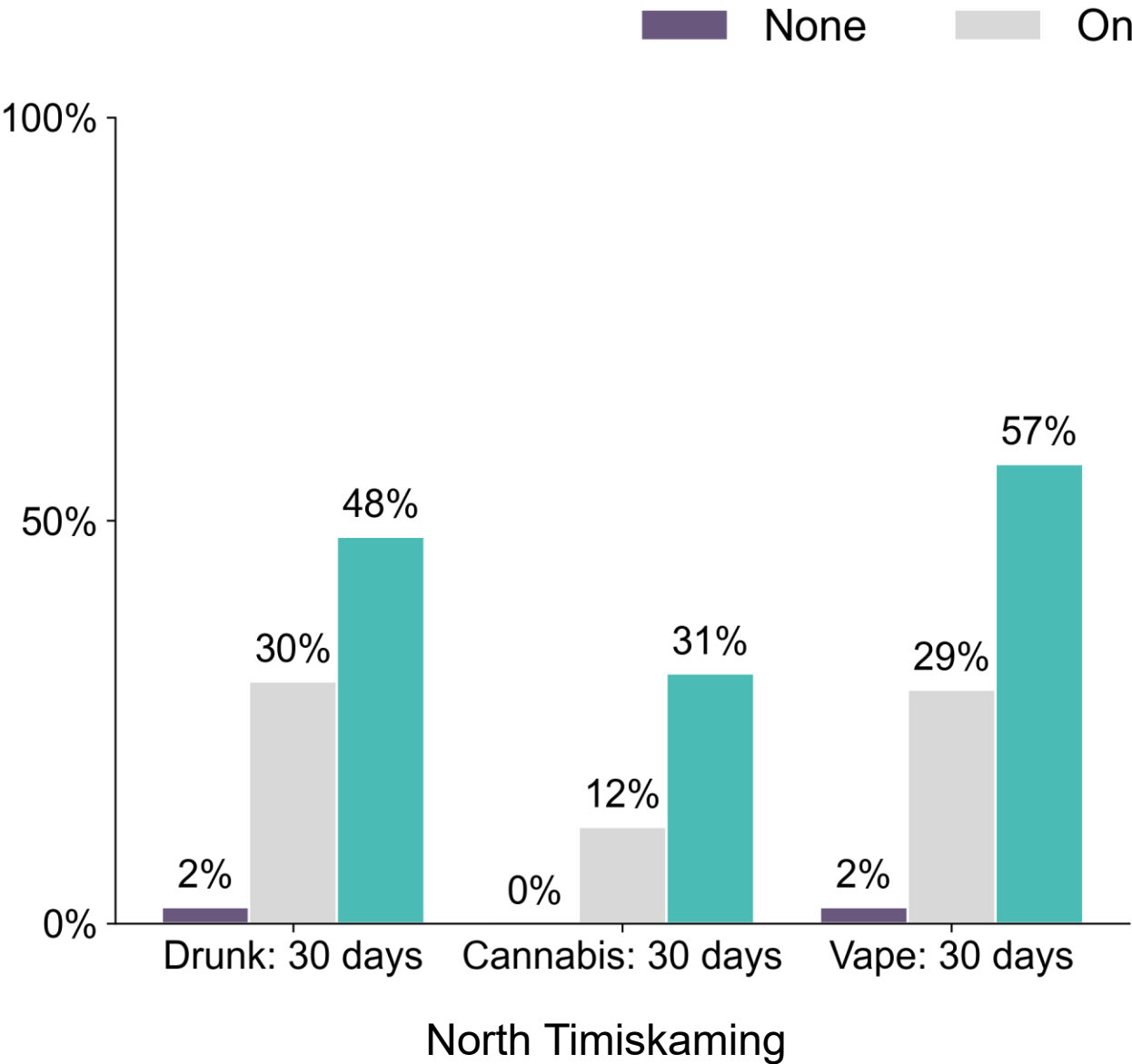
Say most or almost all of their friends use cannabis

22%

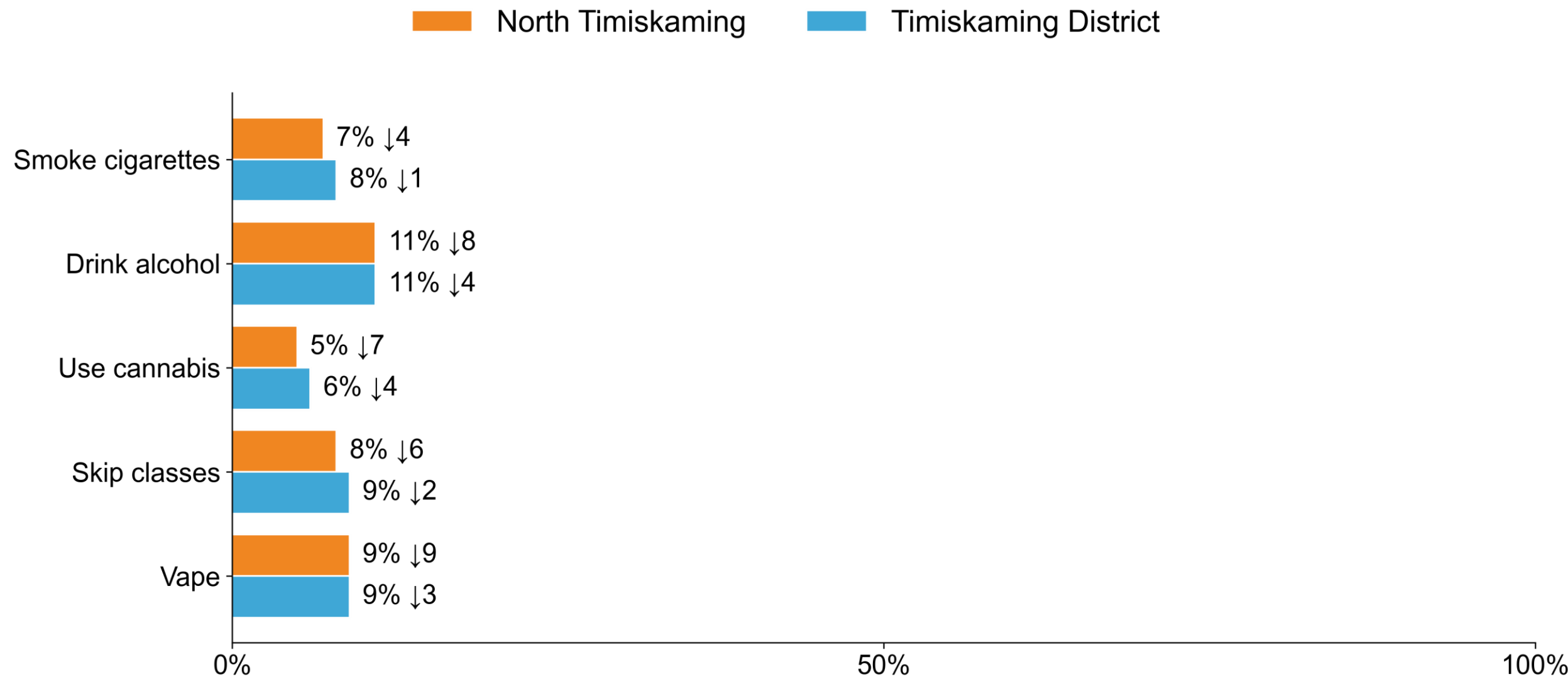
Males



Youth in North Timiskaming who used substances and their perception of how many of their peers are drunk monthly



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



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

COMMUNITY

PLANET
Youth®

Community

45%

Think adults in
their community
support them



62%

Often or almost
always feel
safe in their
neighbourhood

29%

Would like to
continue living in
the community
they live in now

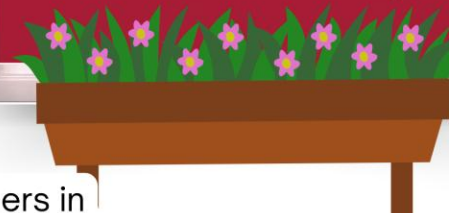
51%

Feel like they belong
in their community



32%

Take part in local
events or activities in
their community



Community

Females

55%

Often or almost always
feel safe in their neighbourhood

36%

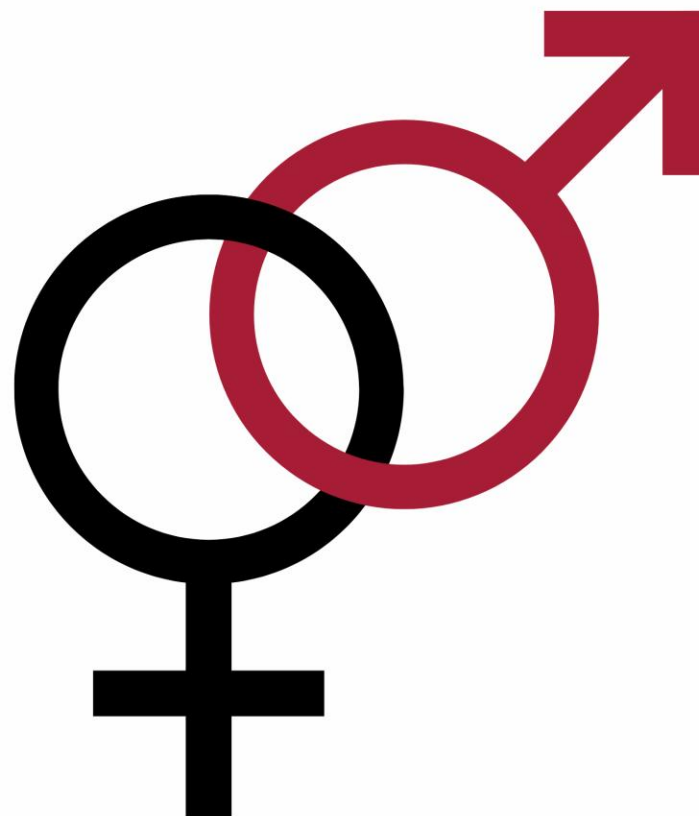
Take part in local events or activities
in their community

25%

Would like to continue living in the
community they live in now

43%

Think adults in their
community support them



Males

72%

Often or almost always
feel safe in their neighbourhood

30%

Take part in local events or activities
in their community

36%

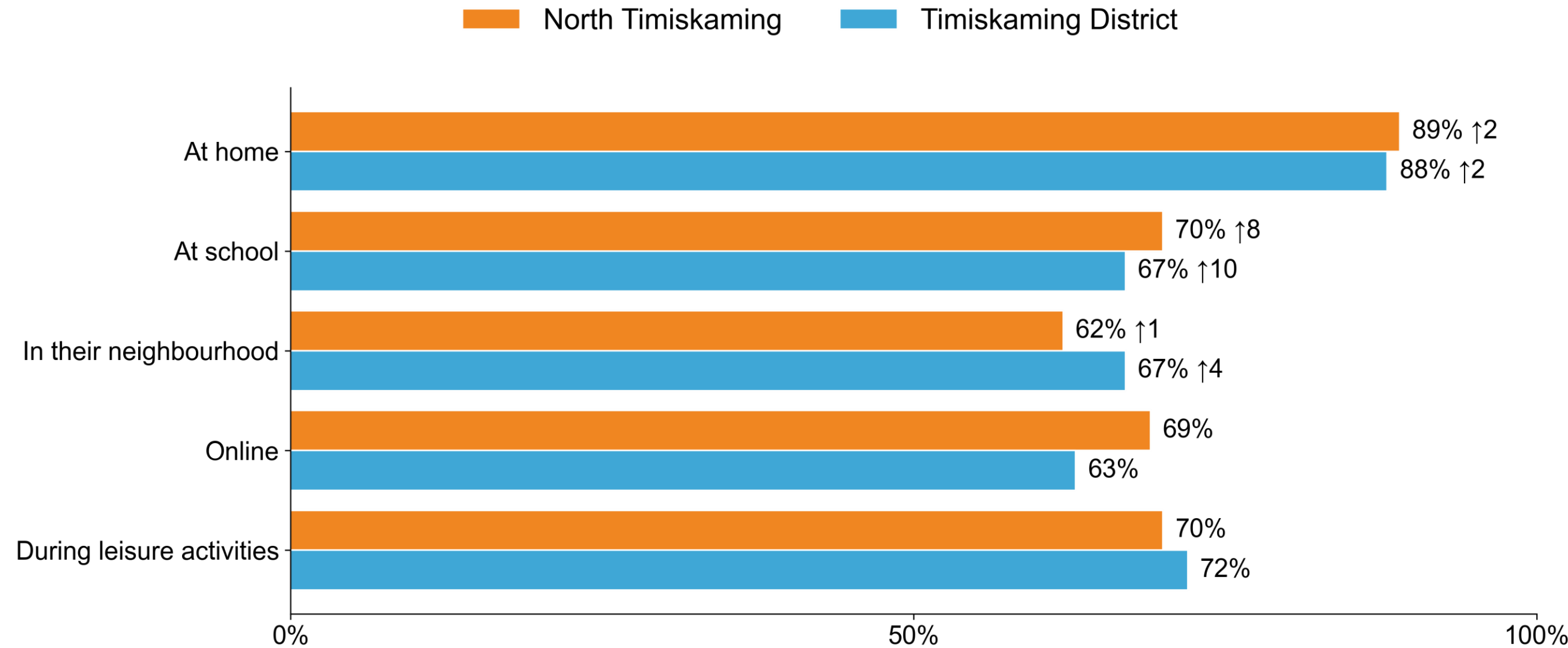
Would like to continue living in
the community they live in now

50%

Think adults in their
community support them



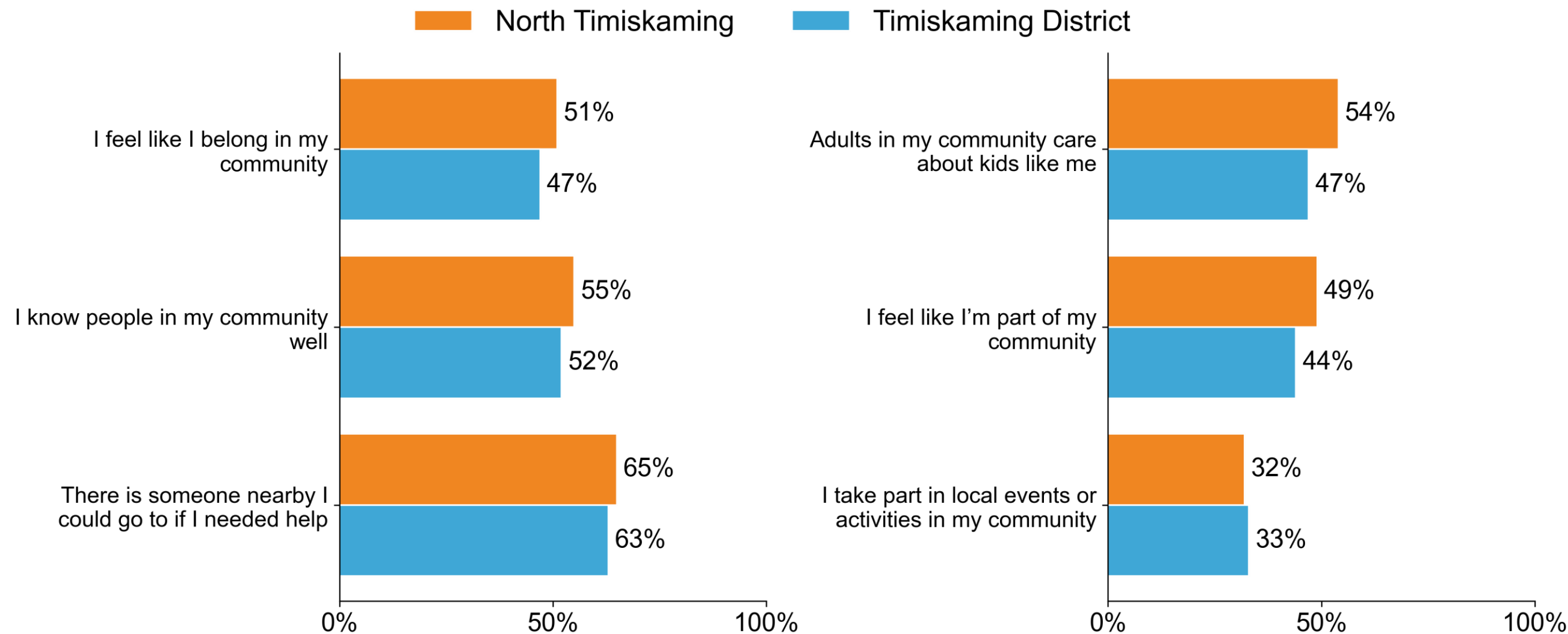
Percentage of youth in North Timiskaming who report feeling safe at the following locations **often** or **almost always**



North Timiskaming - 2026

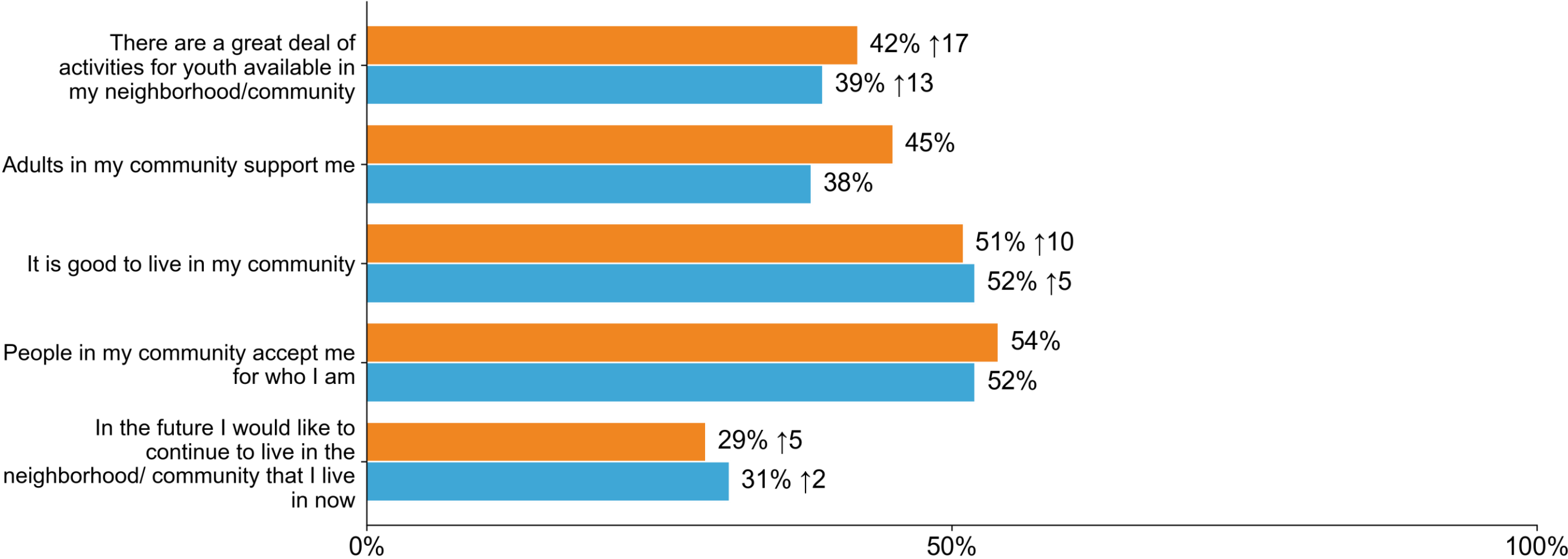
The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Percentage of youth in North Timiskaming who **strongly agree** or **agree** to the following statements. **Part 1**



Percentage of youth in North Timiskaming who **strongly agree** or **agree** to the following statements. **Part 2**

■ North Timiskaming
 ■ Timiskaming District

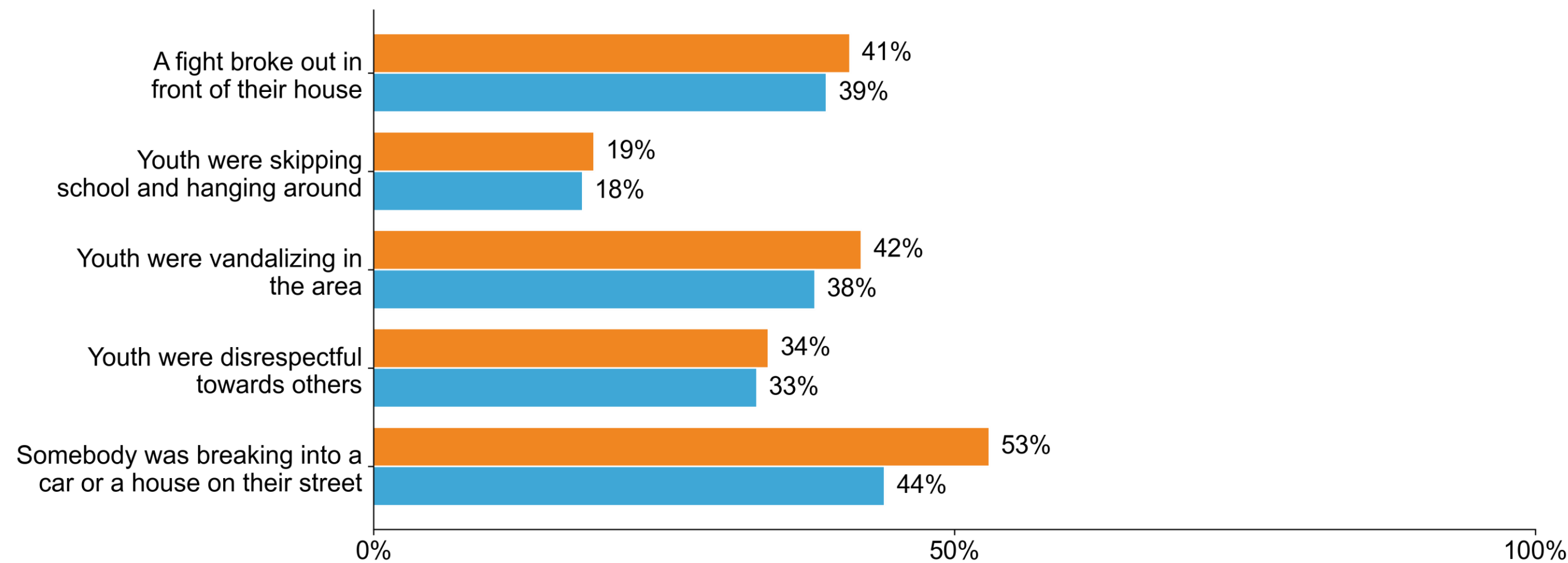


North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

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

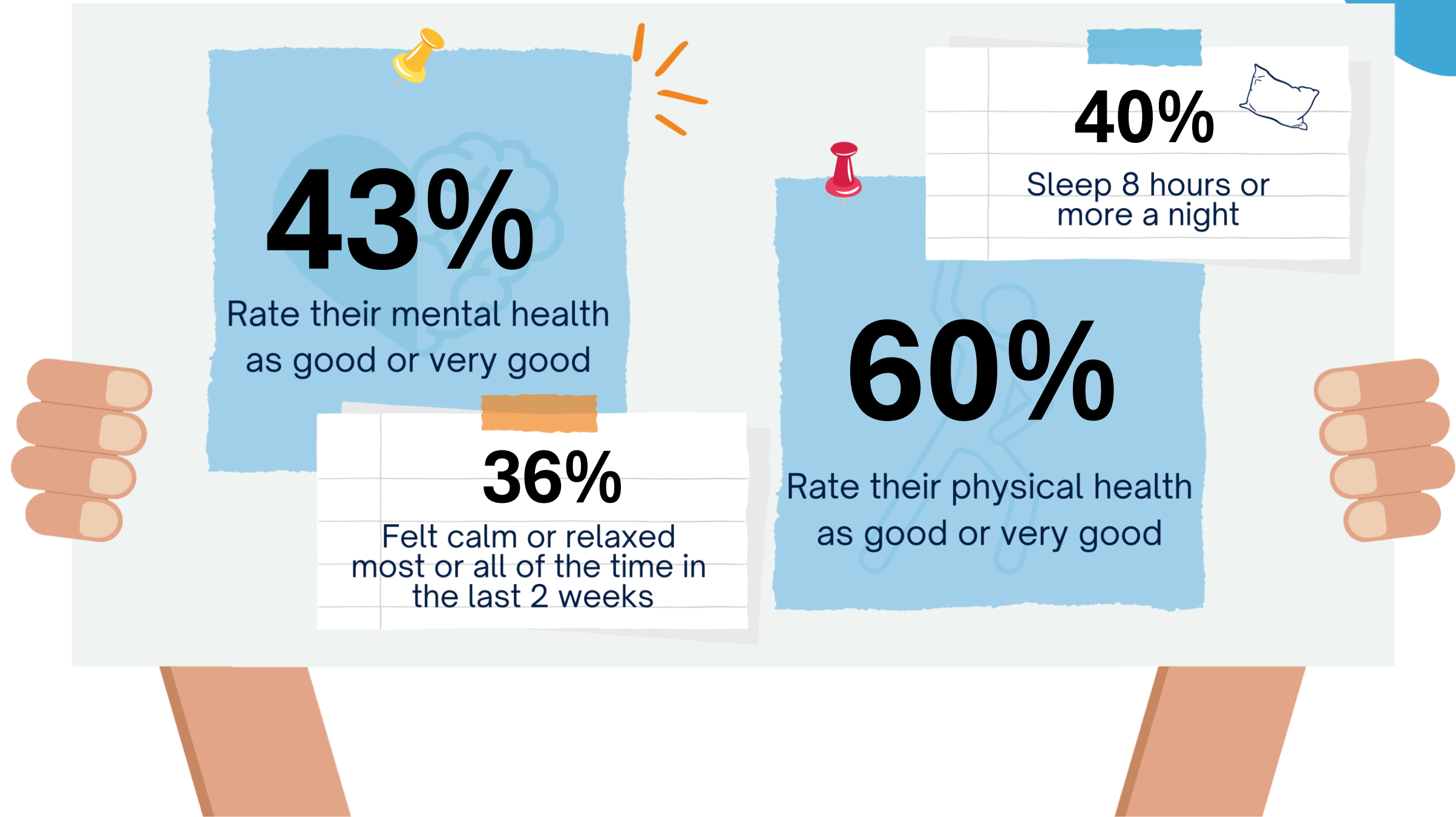
North Timiskaming Timiskaming District



WELLBEING

PLANET
Youth®

Wellbeing



Wellbeing

Females



30%

Sleep on average
8 hours or more a night



29%

Rate their mental health
as good or very good



55%

Rate their physical health
as good or very good



29%

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



Males

51%

Sleep on average
8 hours or more a night



58%

Rate their mental health
as good or very good



67%

Rate their physical health
as good or very good

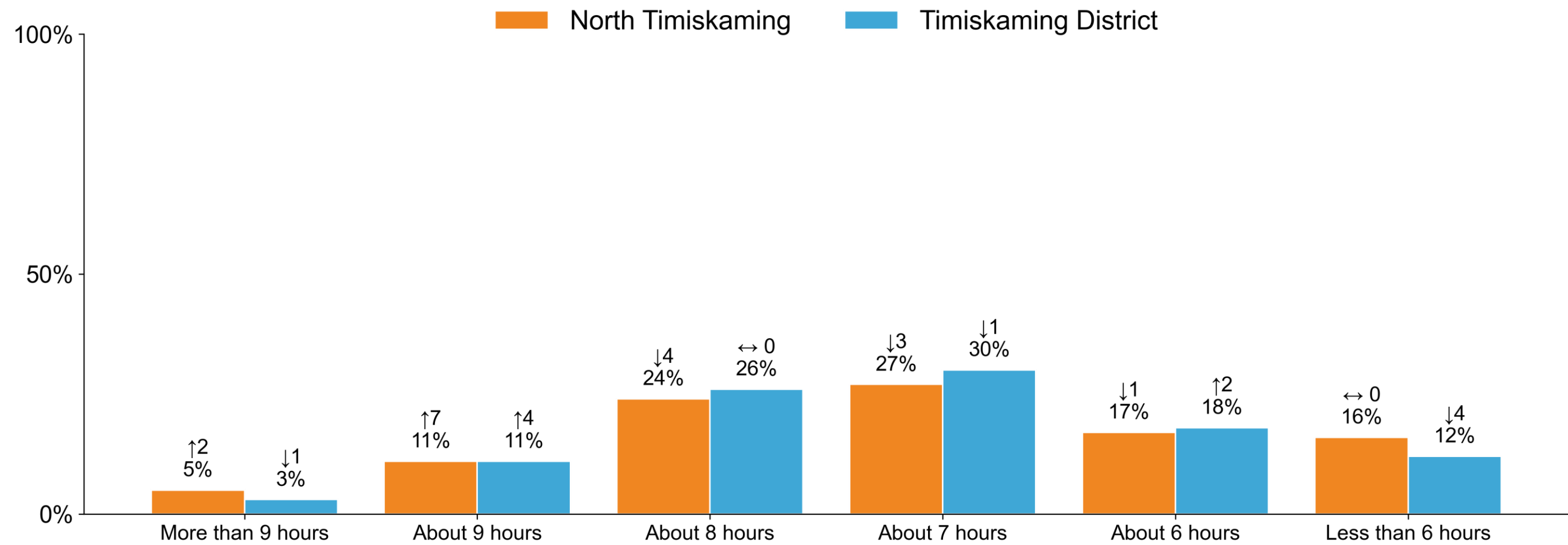


46%

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



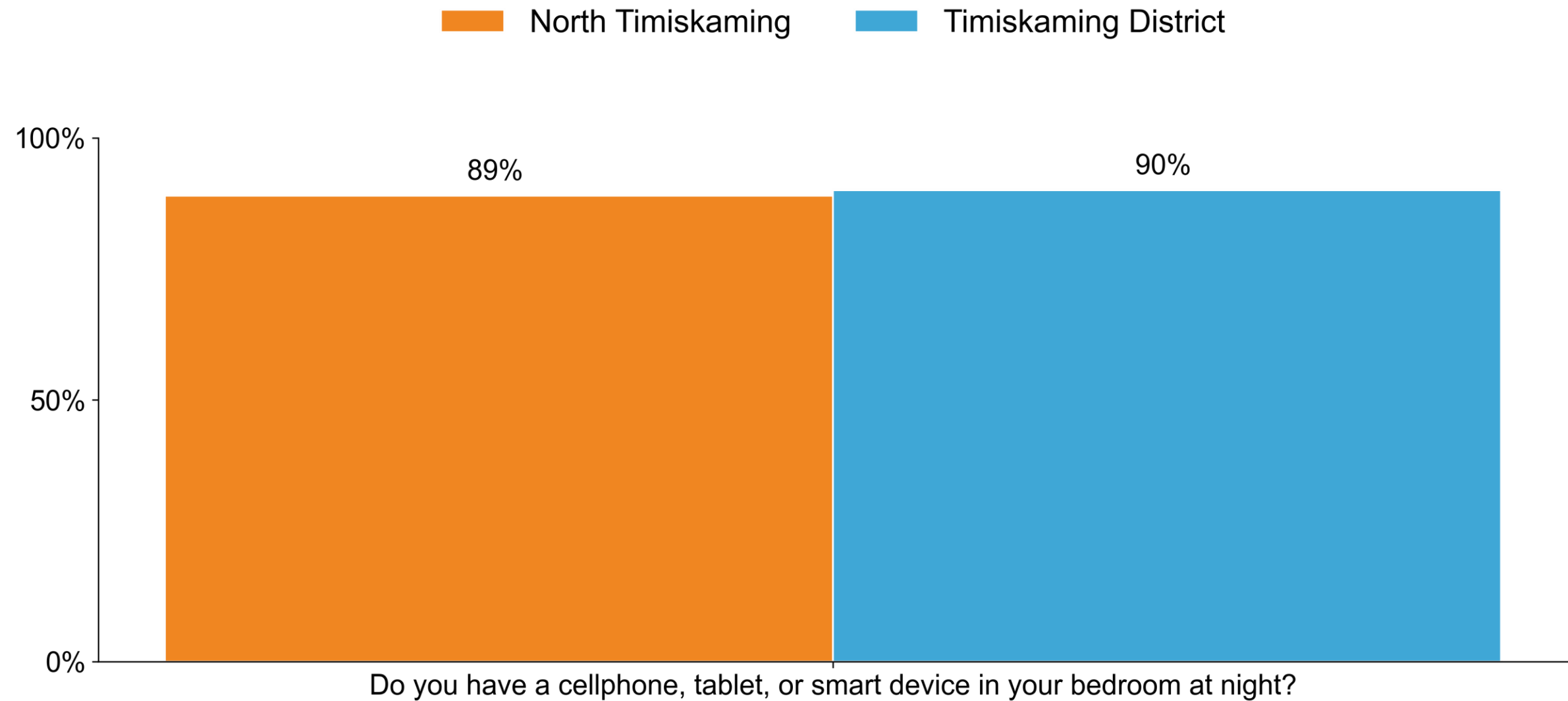
Average number of hours youth in North Timiskaming sleep per night



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

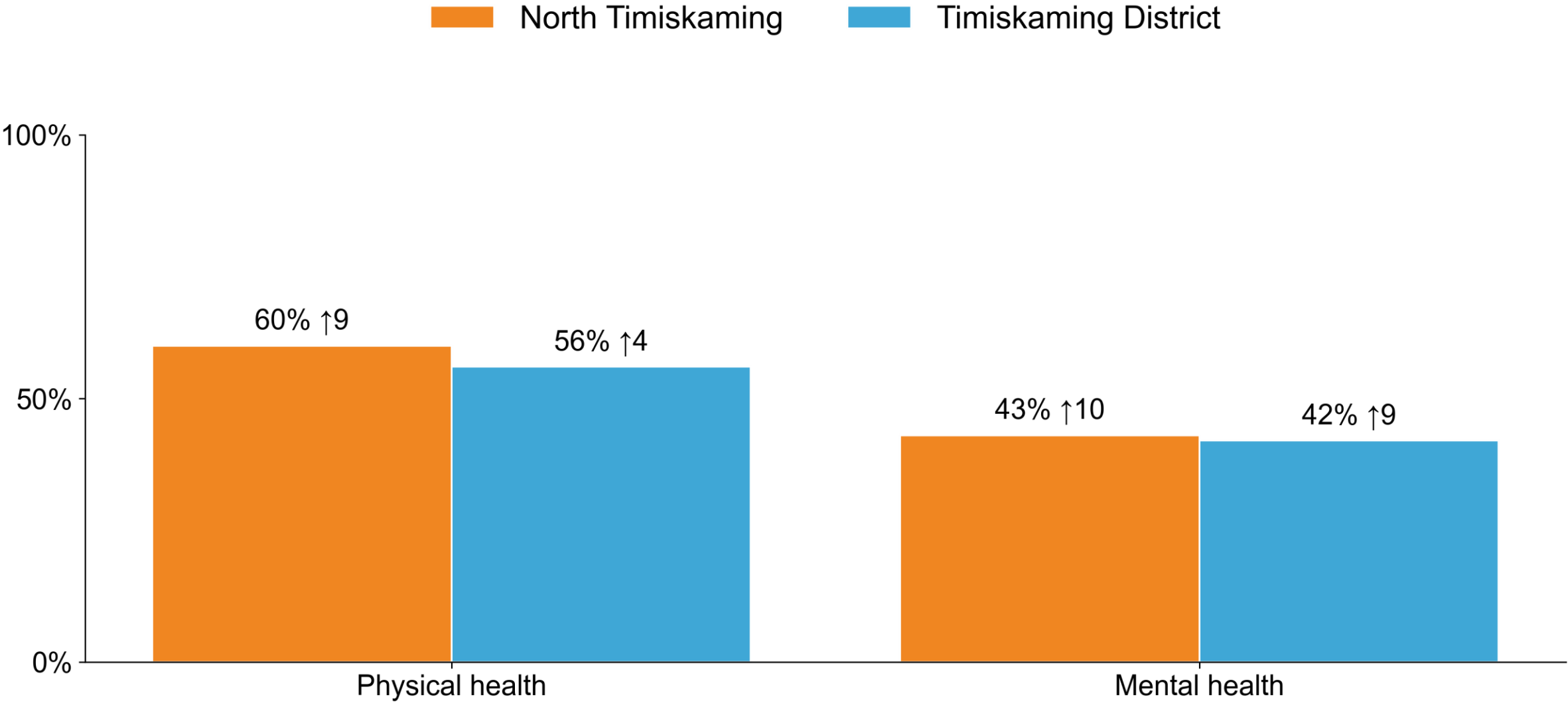
Percentage of youth in North Timiskaming who answered "yes" to the following question



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

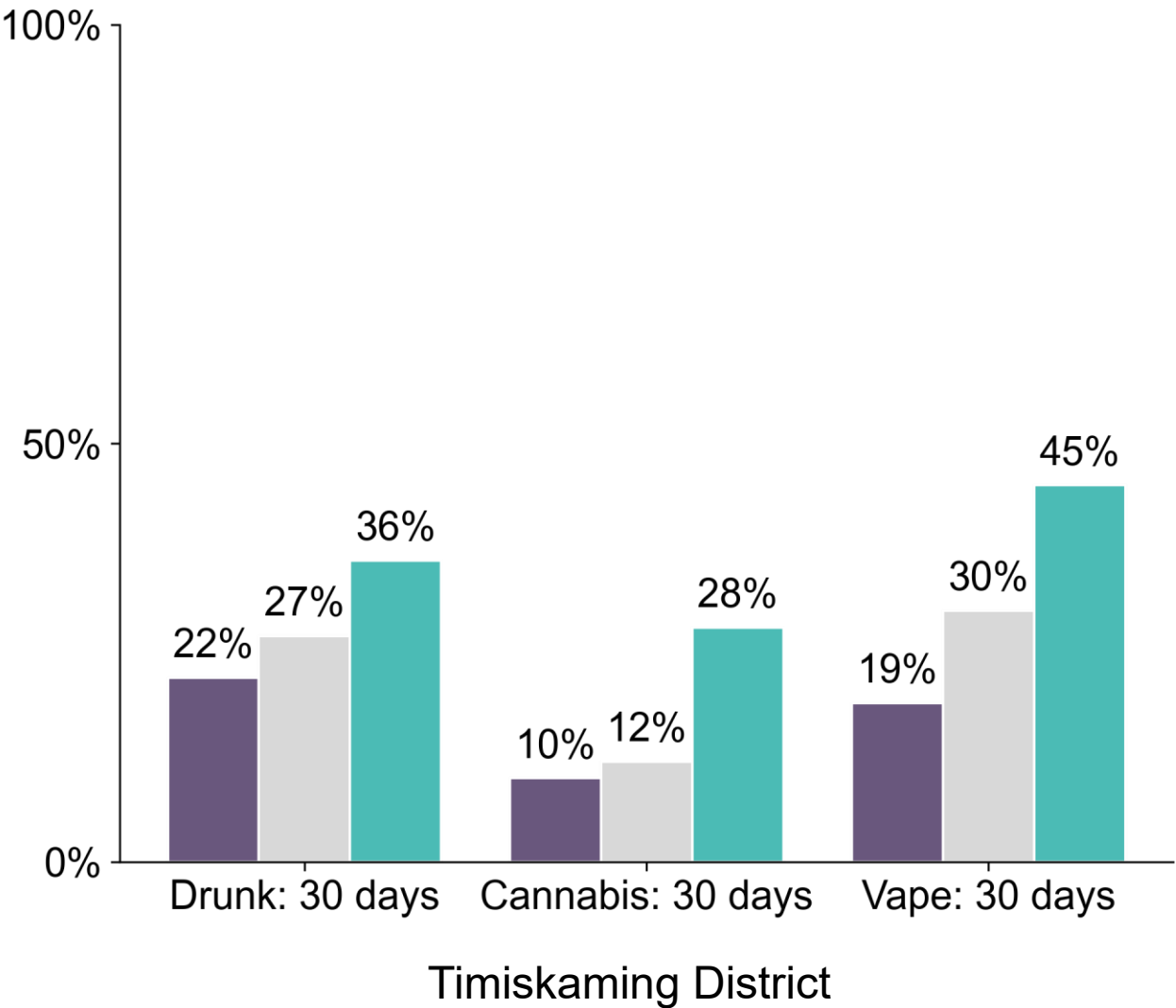
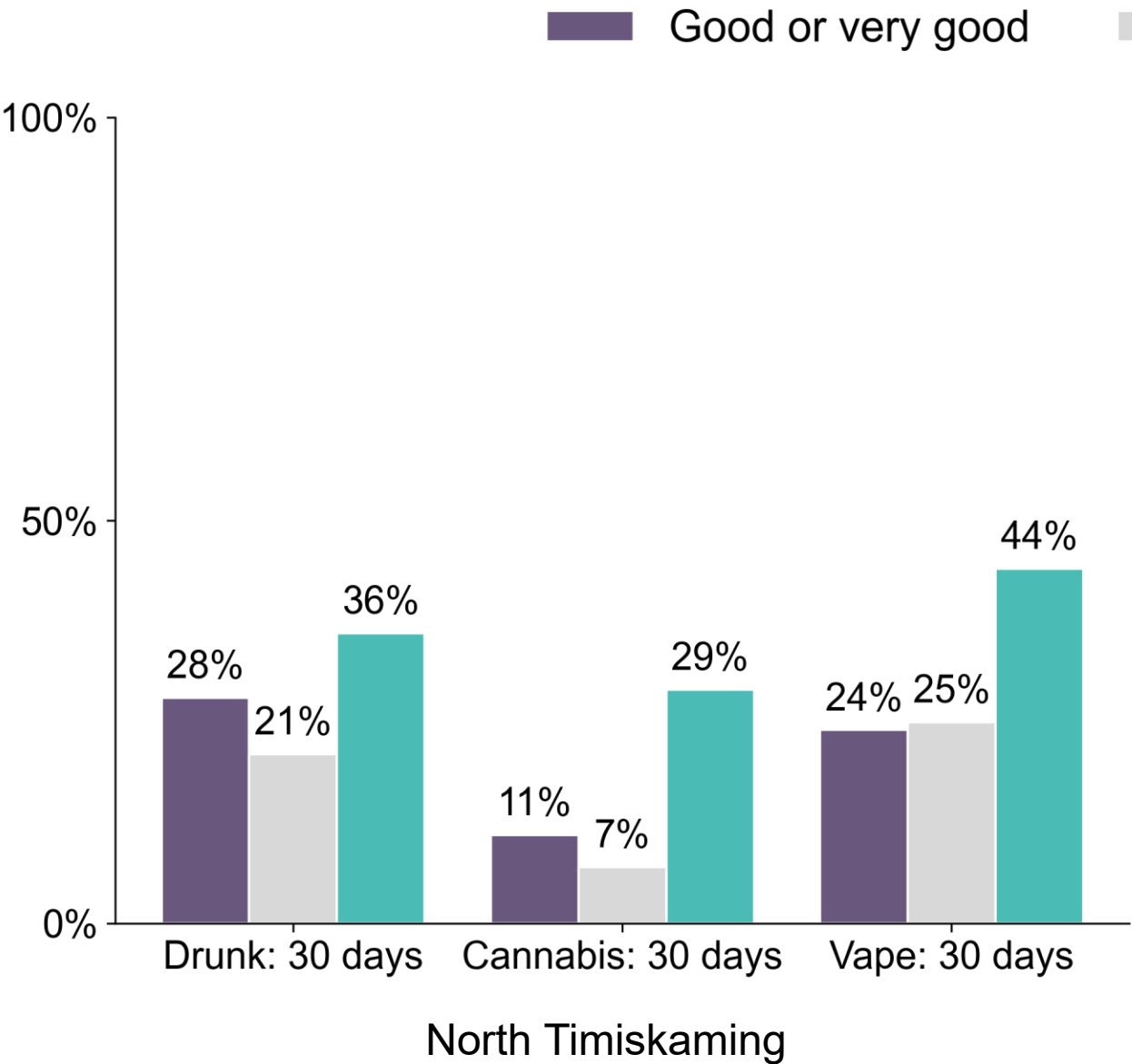
Percentage of youth in North Timiskaming who rate their physical health and mental health as **good** or **very good**



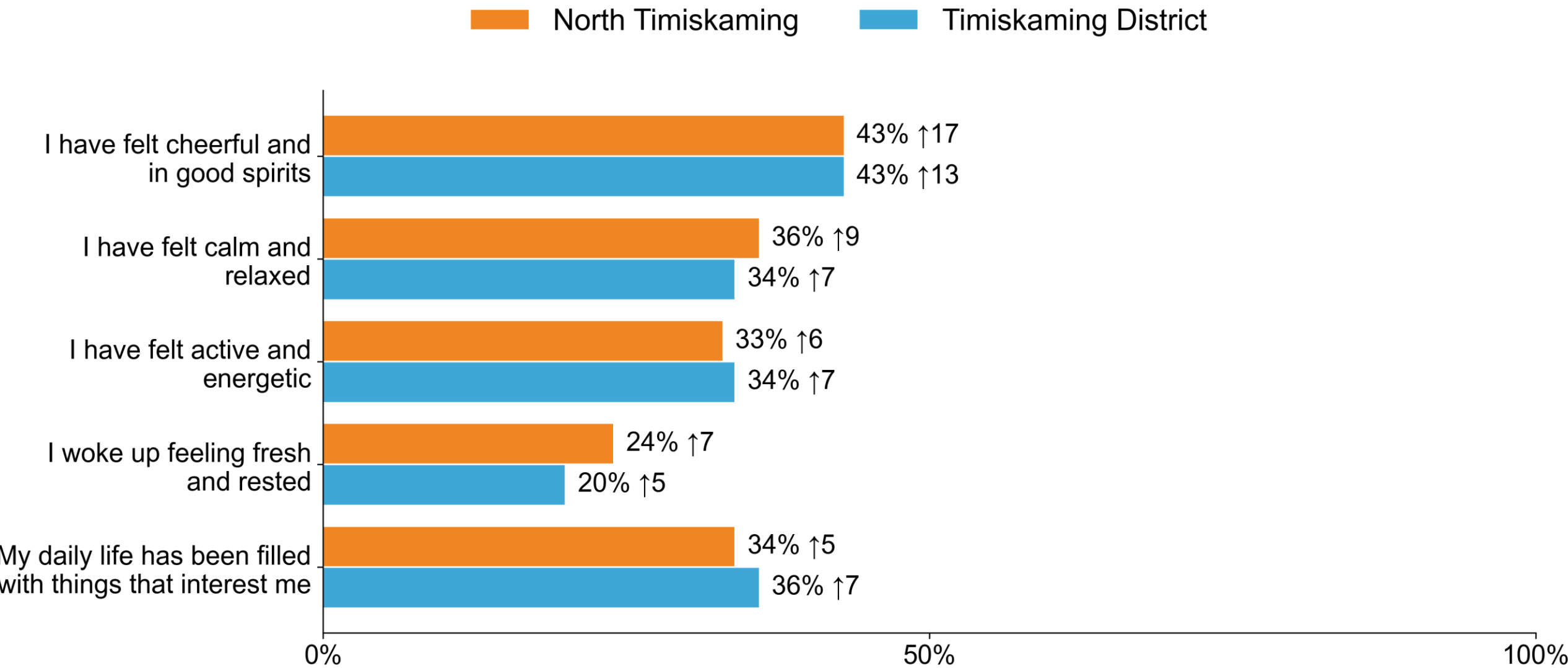
North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Youth in North Timiskaming who used substances and their reported mental health



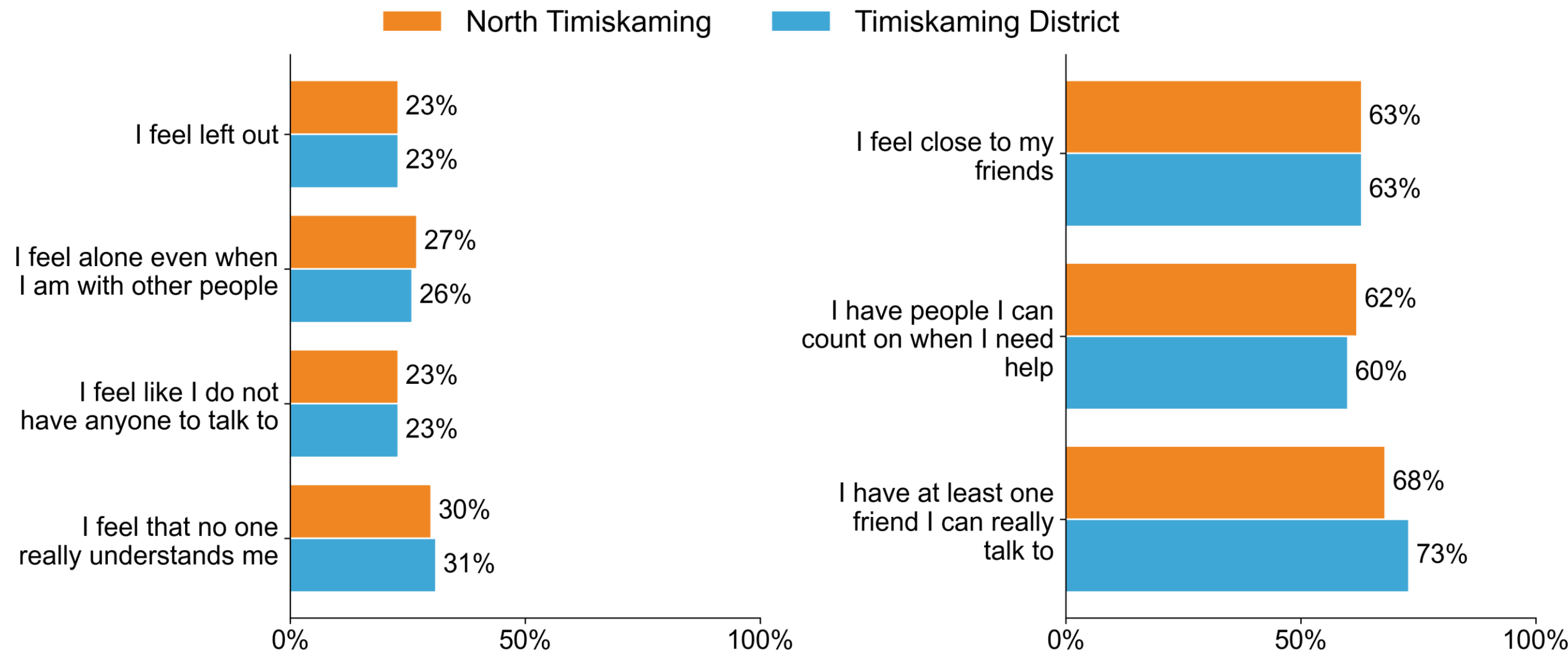
Percentage of youth in North Timiskaming who report that the following statements applied to them **all of the time** or **most of the time** in the past 2 weeks



North Timiskaming - 2026

The percentage point increase ↑ or decrease ↓ from 2023 is indicated after the arrows. Horizontal arrows ↔ indicate no change.

Percentage of youth in North Timiskaming who say the following statements apply to them **often** or **always**



DIGITAL SPACE

PLANET
Youth®

Digital Life



20%

Feel more connected to others after using digital social platforms

21%

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

10%

Feel pressure to present a perfect version of themselves on digital social platforms

Say the following statements apply **often** to them

69%

Often or almost always 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

24%

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



Social Media Use

33%

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



Watching Shows

24%

Spend on average 4 hours or more watching shows, movies, or videos

Digital Life



Females

62%

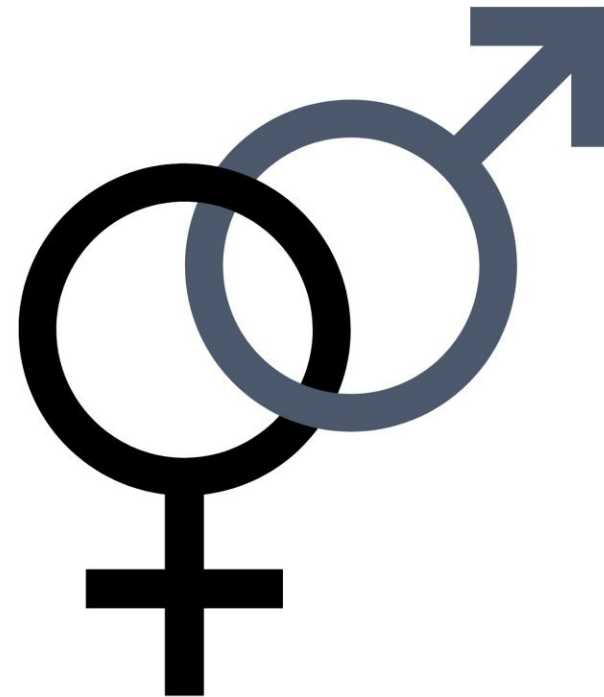
Often or almost always
feel safe online

31%

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

12%

Feel pressure to present a
perfect version of themselves
on digital social platforms



Males

74%

Often or almost always
feel safe online

10%

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

9%

Feel pressure to present a
perfect version of themselves
on digital social platforms



Video Games

10%

Females

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

38%

Males

Social Media Use



37%

Females

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

29%

Males



Watching Shows

23%

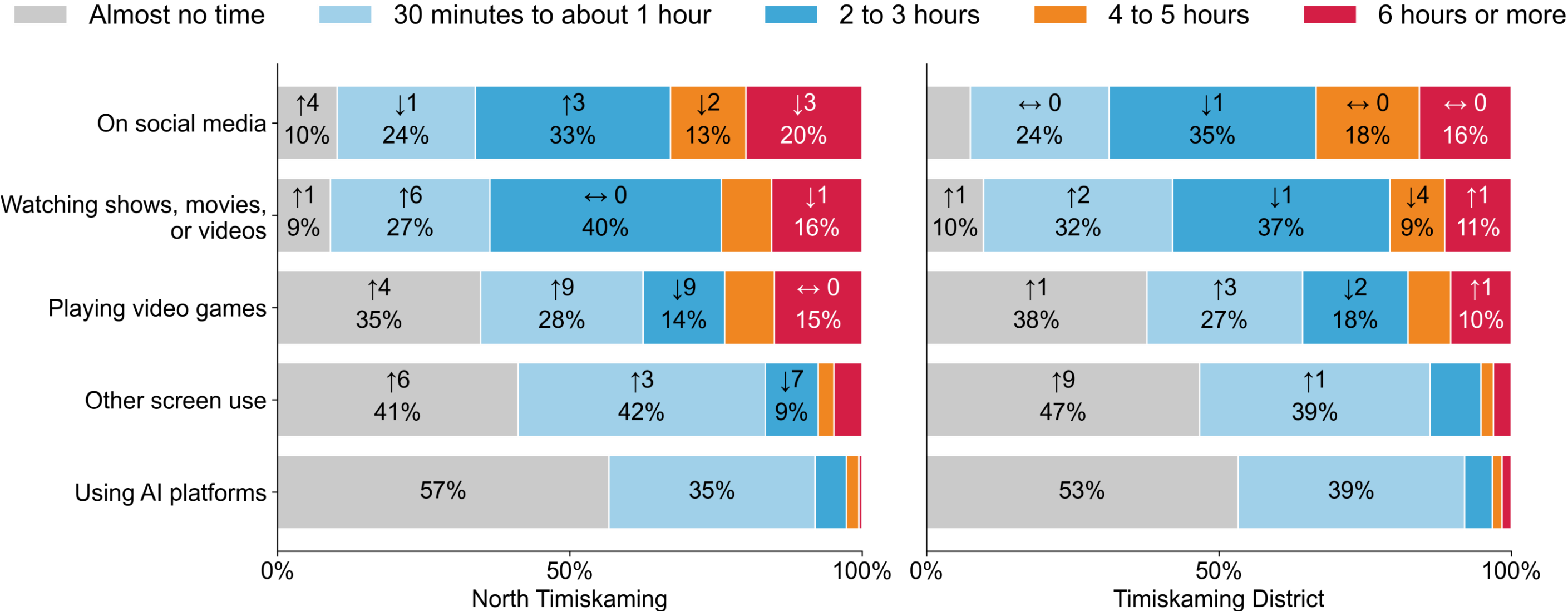
Females

Spend on average 4 hours or more
watching shows, movies, or videos

25%

Males

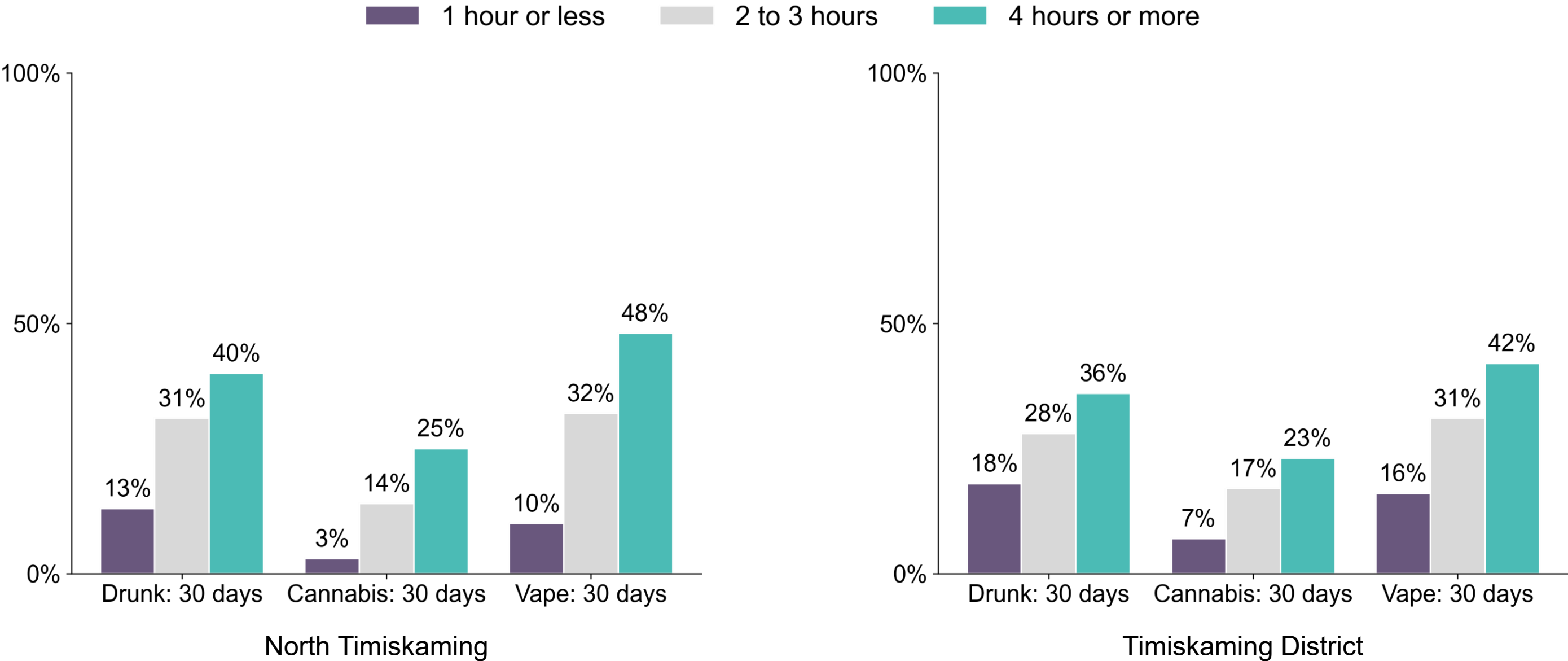
Average time youth in North Timiskaming spent on screen-based activities per day



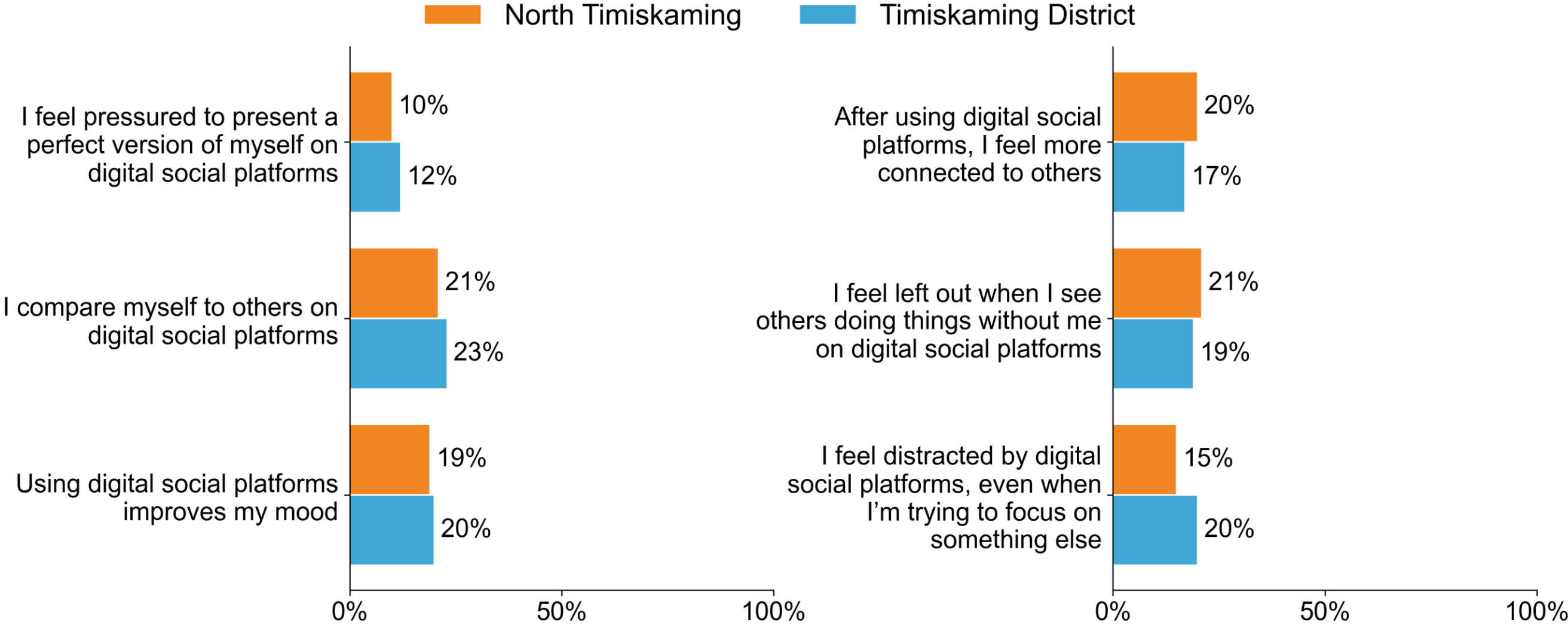
North Timiskaming - 2026

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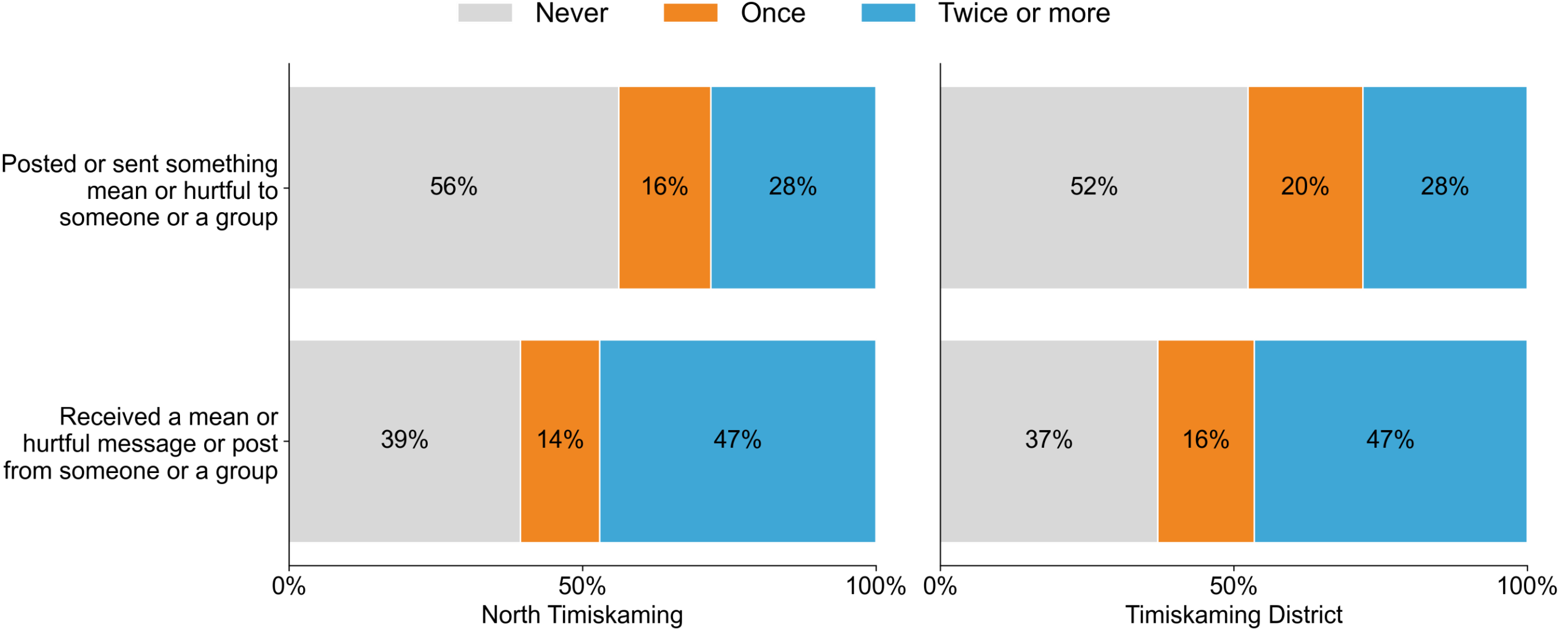
Youth in North Timiskaming who used substances and their daily average social media use



Percentage of youth in North Timiskaming who say that the following statements about digital social platforms apply to them **often**



Youth in North Timiskaming report how often they have sent or received mean or hurtful messages



The logo for Planet Youth is centered on a blue background with abstract, organic shapes. The word "PLANET" is in a white, uppercase, sans-serif font. Below it, the word "Youth" is written in a white, lowercase, cursive script font. A registered trademark symbol (®) is located at the end of "Youth".

PLANET
Youth®

www.planetyouth.org