

Welcome to

Planet Youth

Youth Survey Results 2026

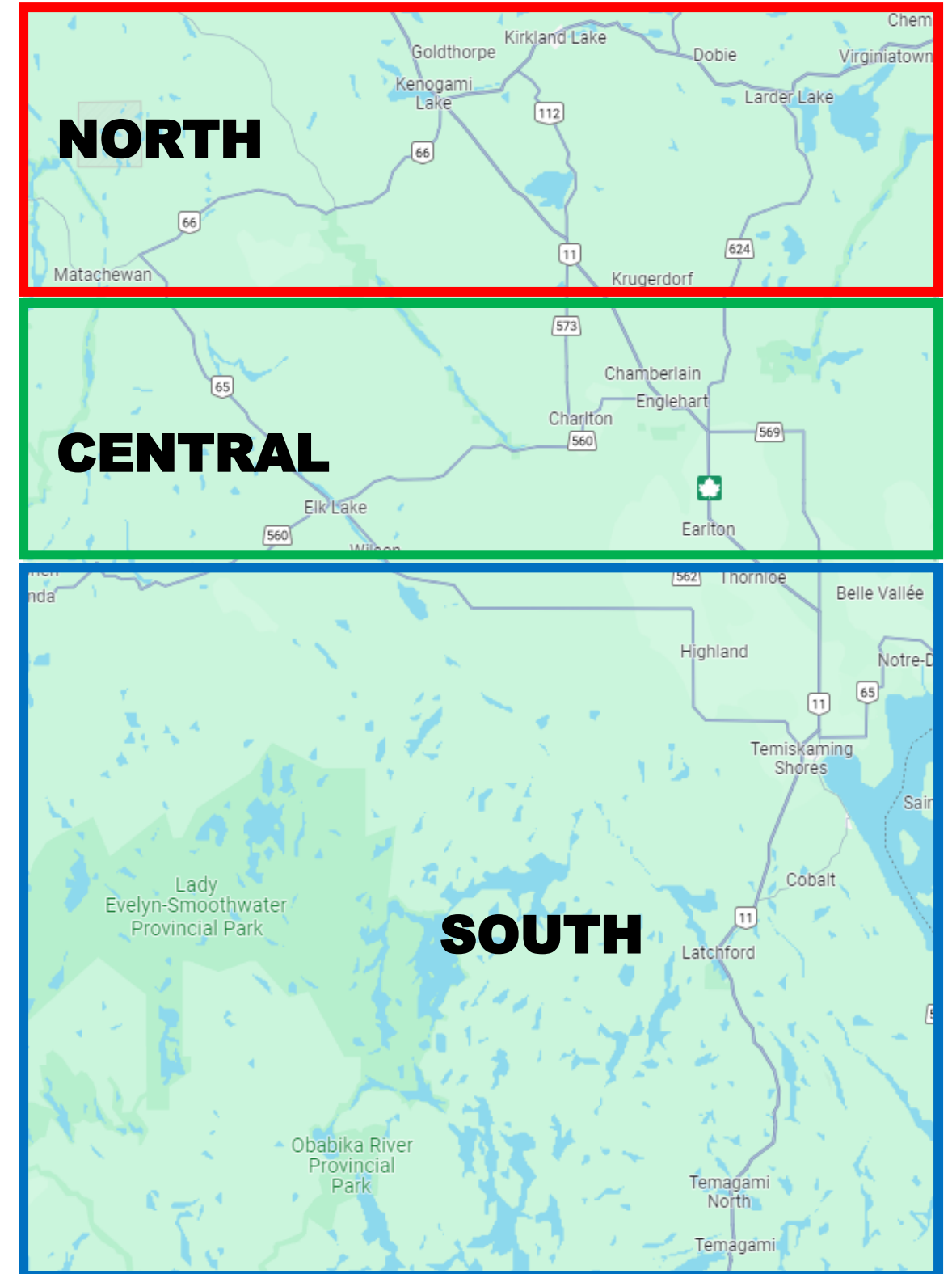
South Timiskaming

For more info, visit TimiskamingYouth.ca

PLANET
Youth®

Timiskaming District

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

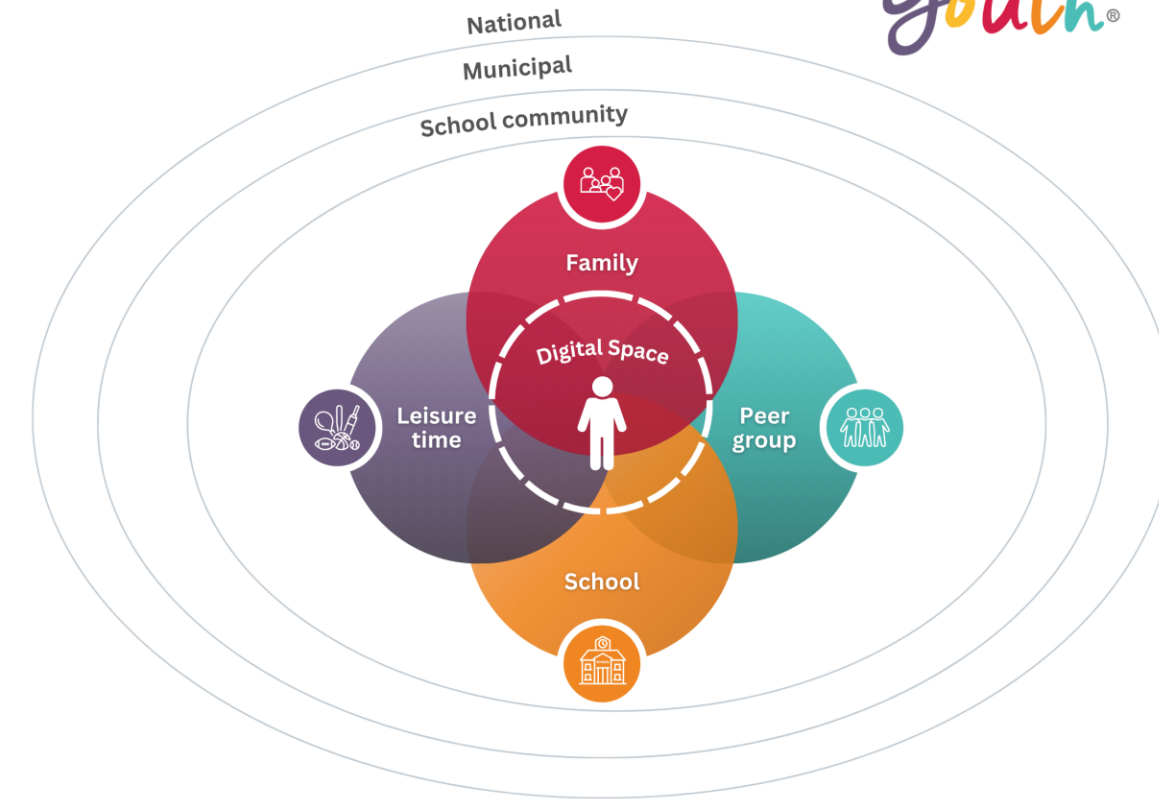
Now = 2023

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?

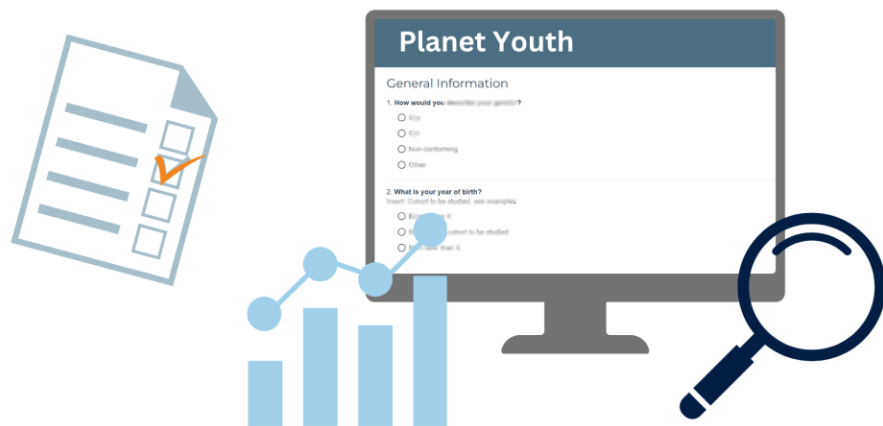
The figures in this report are based on young people in the community who reported their own experiences. When looking at this data, keep in mind that how young people see things—and whether some chose not to respond—can affect the results, especially since the amount of data might be small. This doesn't 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.

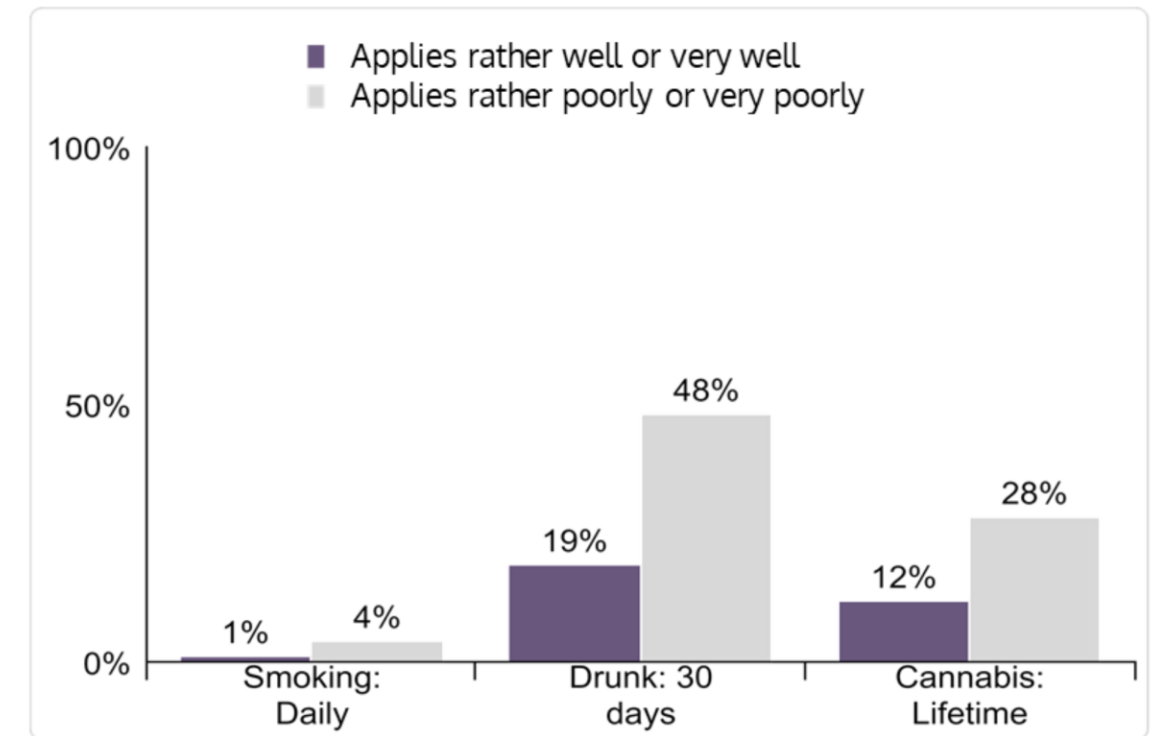


How to Read These Charts

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	South Timiskaming	131	151	9	291
2023	Timiskaming District	287	260	8	555
2023	South Timiskaming	153	143	7	303

Male Female Other response

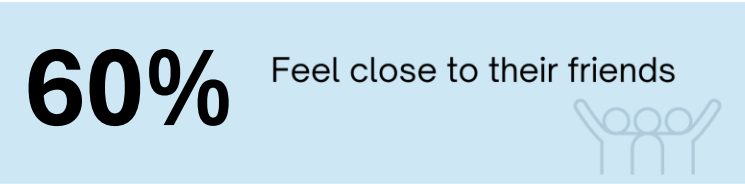
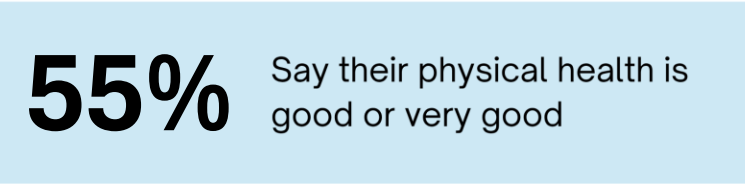
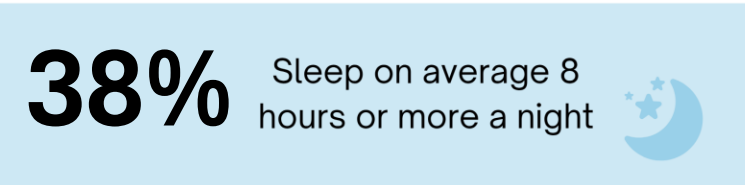


South Timiskaming

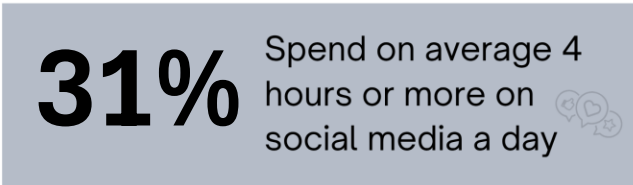
2026



WELLBEING



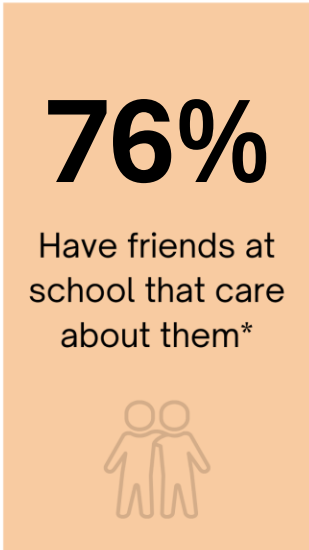
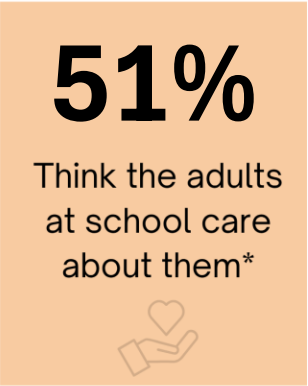
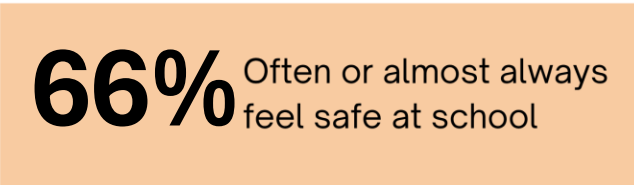
DIGITAL LIFE



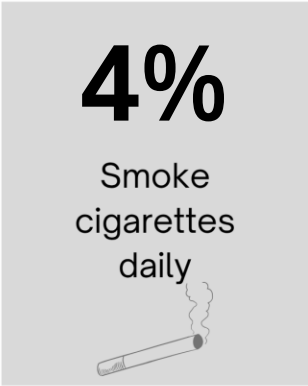
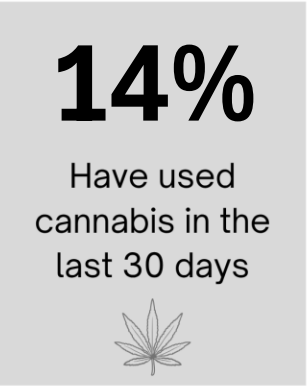
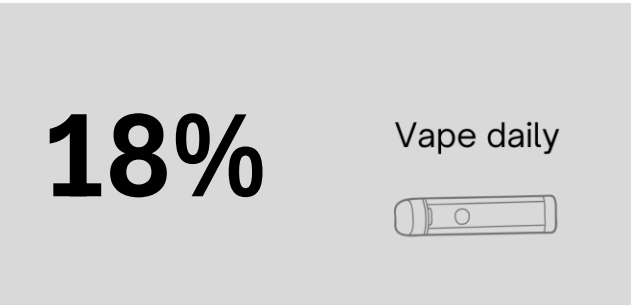
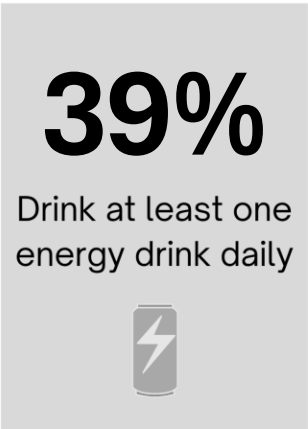
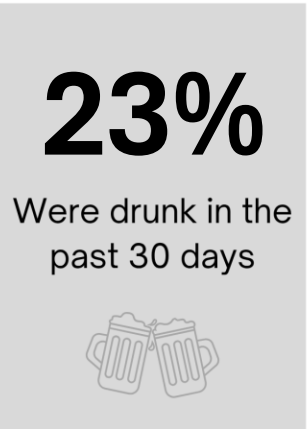
LEISURE TIME



SCHOOL



SUBSTANCE USE



*Strongly agree and somewhat agree to the statement

SUBSTANCE USE

Substance use

30%

Tried alcohol at the age of 13 or younger

23%

Have been drunk in the last 30 days

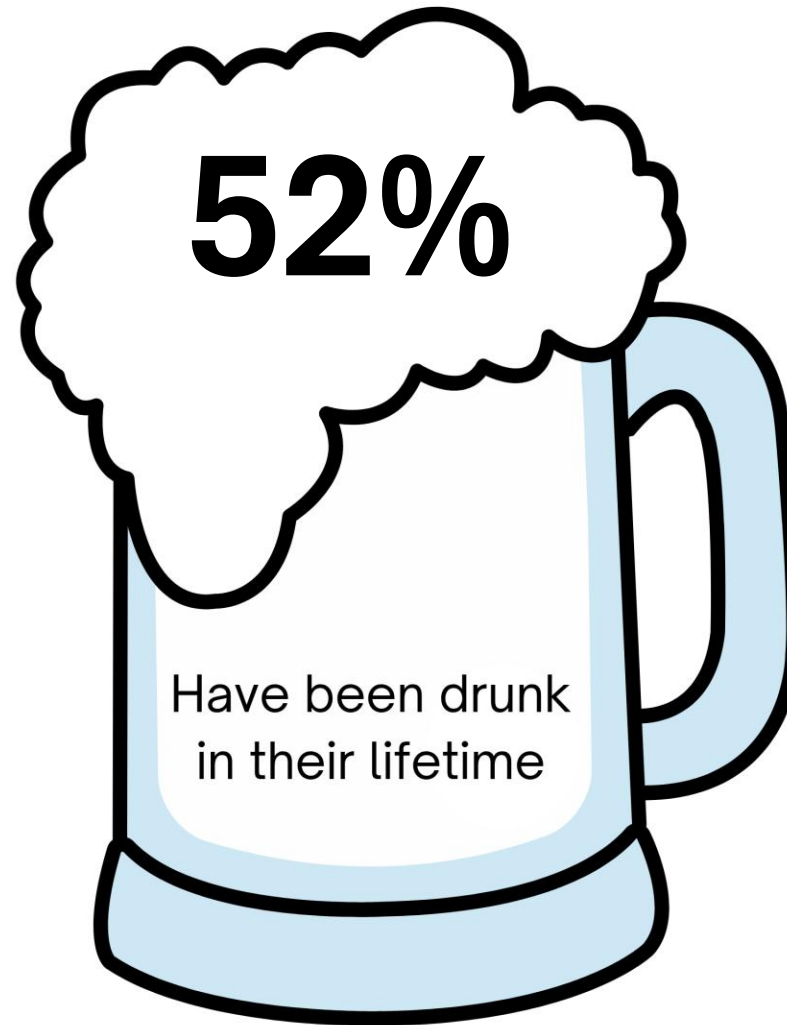
50%

Sometimes or often drink alcohol in their own home*

60%

Get alcohol from parents or caregivers*

PLANET
Youth®



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

Vaping

38%

Have vaped in their lifetime

18%

Vape daily



Cigarette smoking

25%

Have smoked cigarettes in their lifetime

4%

Smoke cigarettes daily



Cannabis use

26%

Have used cannabis in their lifetime

7%

Use cannabis daily



Substance use

Females

57%

Have been drunk in their lifetime

26%

Have been drunk in the last 30 days

35%

Tried alcohol at the age of 13 or younger

Males

46%

Have been drunk in their lifetime

20%

Have been drunk in the last 30 days

22%

Tried alcohol at the age of 13 or younger



Vaping

35%

Females

23%

Males

Have vaped in the last 30 days

Cigarette smoking



9%

Females

11%

Males

Have smoked cigarettes in the last 30 days

Cannabis use

16%

Females

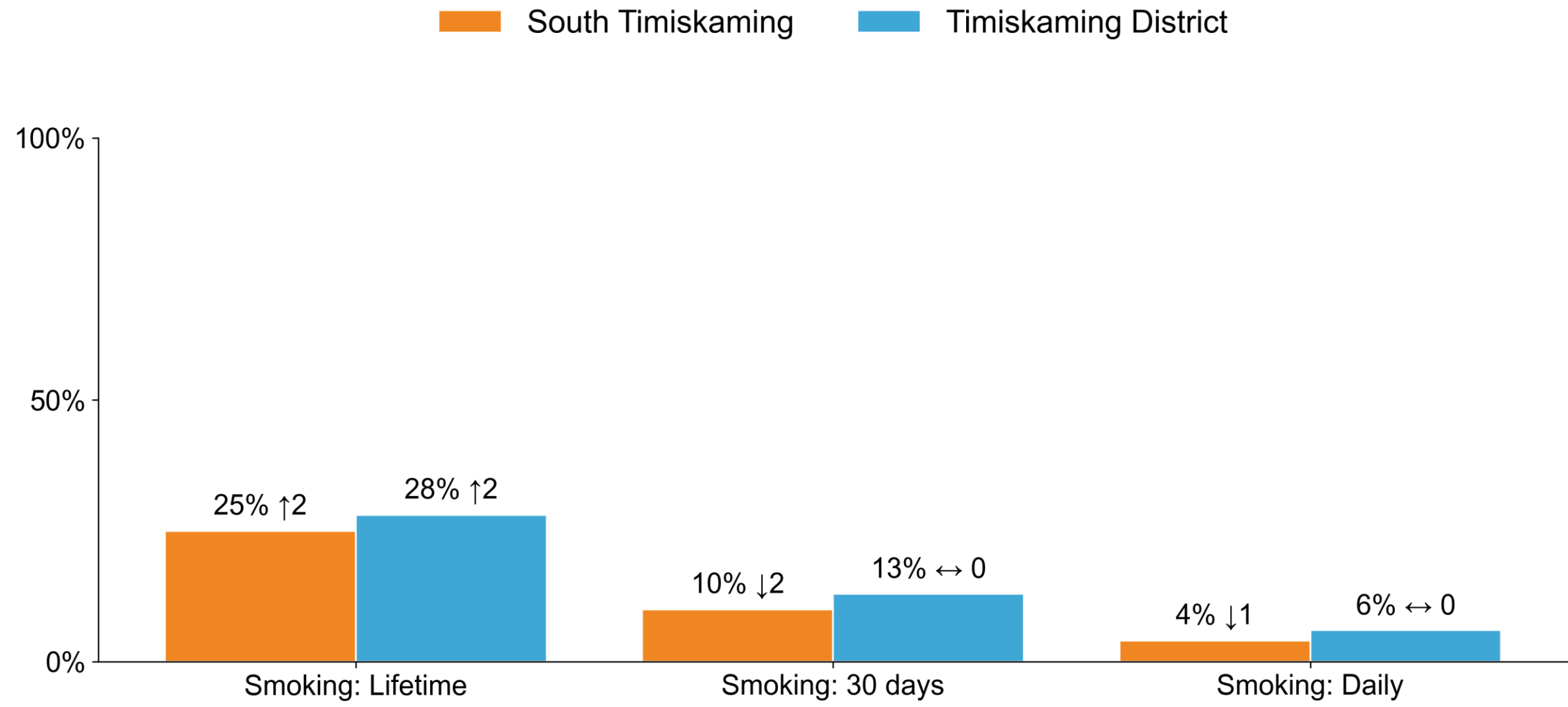
12%

Males

Have used cannabis in the last 30 days



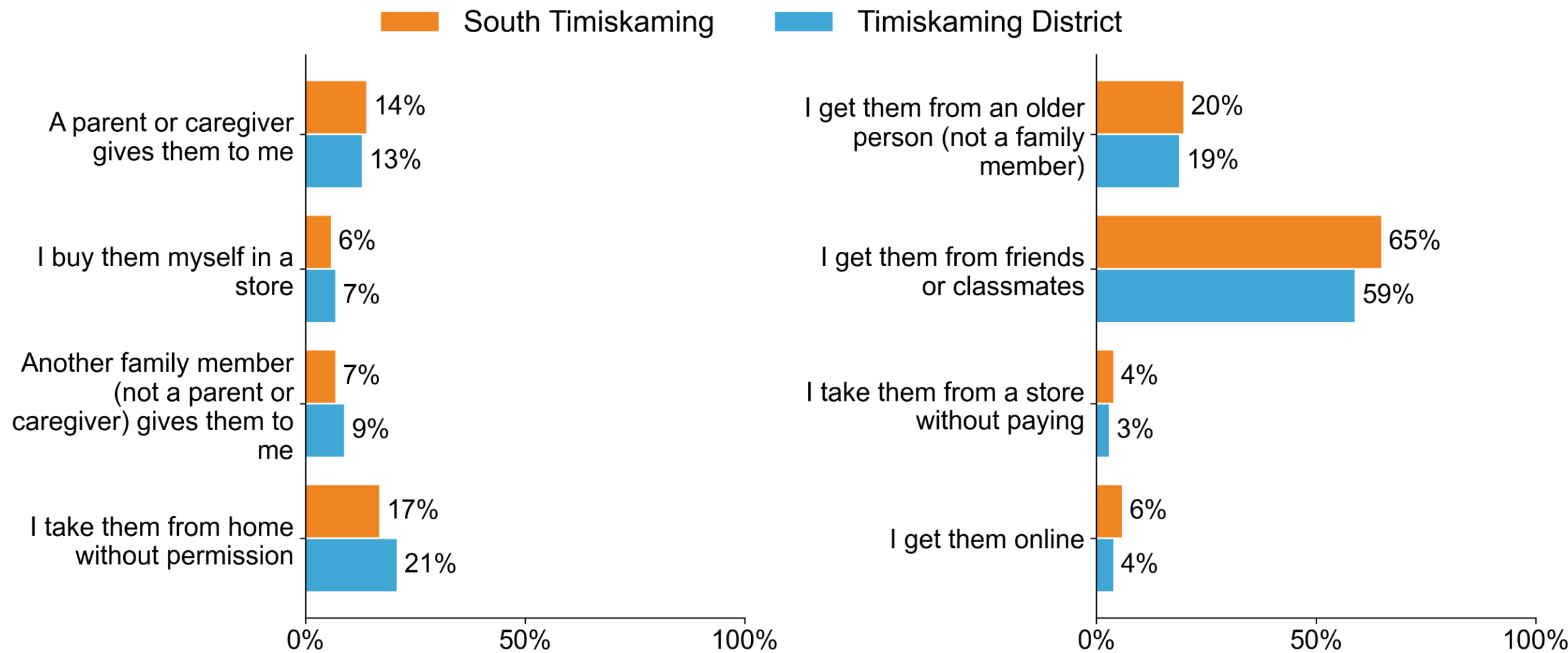
Percentage of youth in South Timiskaming who have smoked cigarettes **at least once** in their lifetime, within the past 30 days, and smoke daily



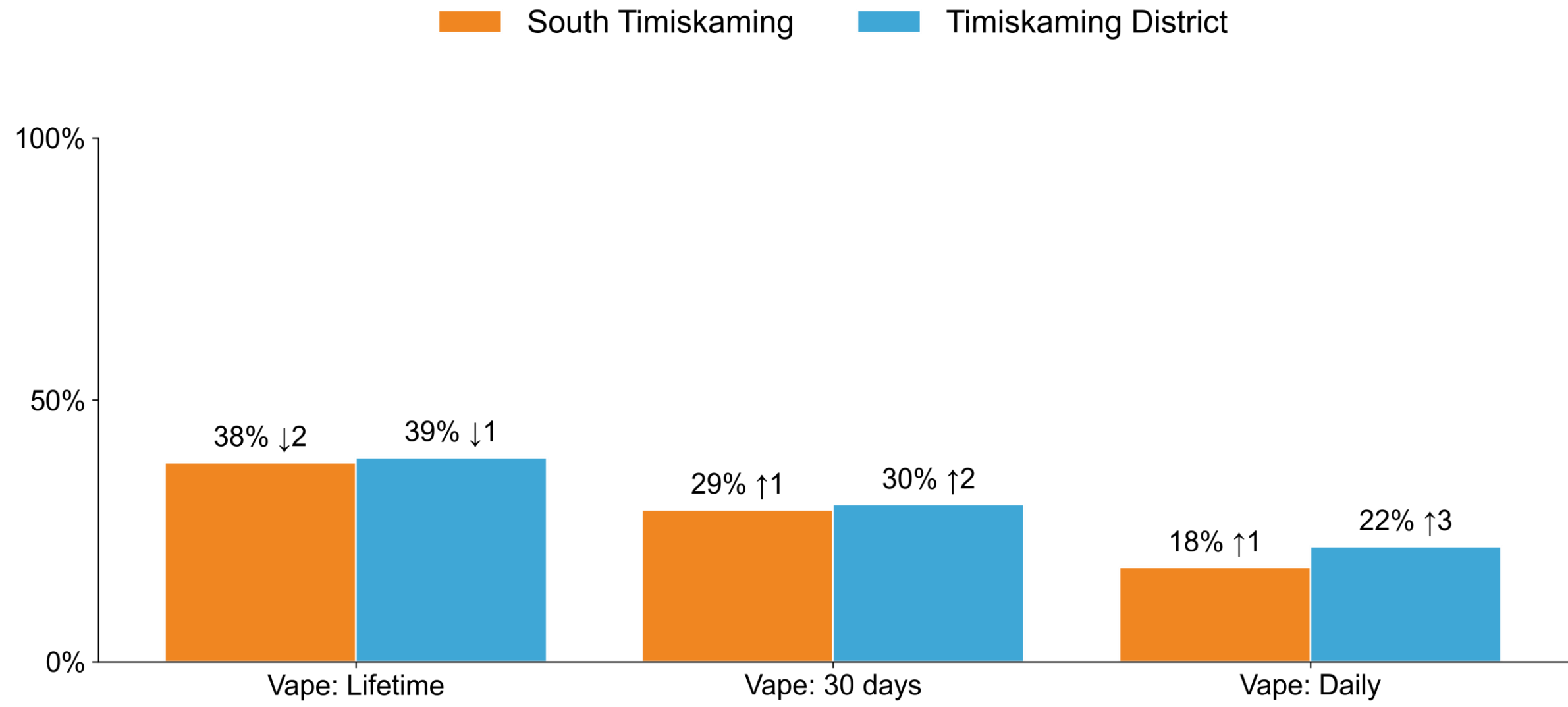
South Timiskaming - 2026

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

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



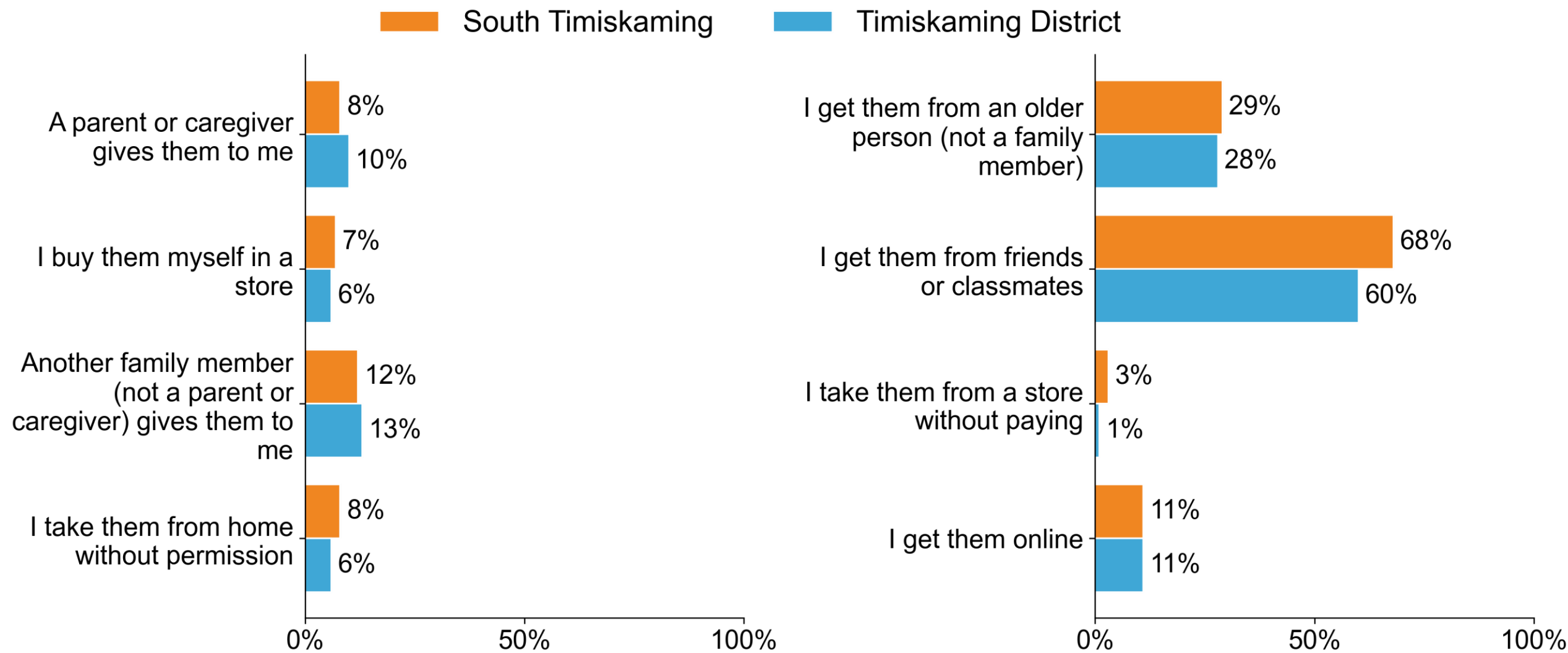
Percentage of youth in South Timiskaming who have vaped **at least once** in their lifetime, within the past 30 days, and vape daily



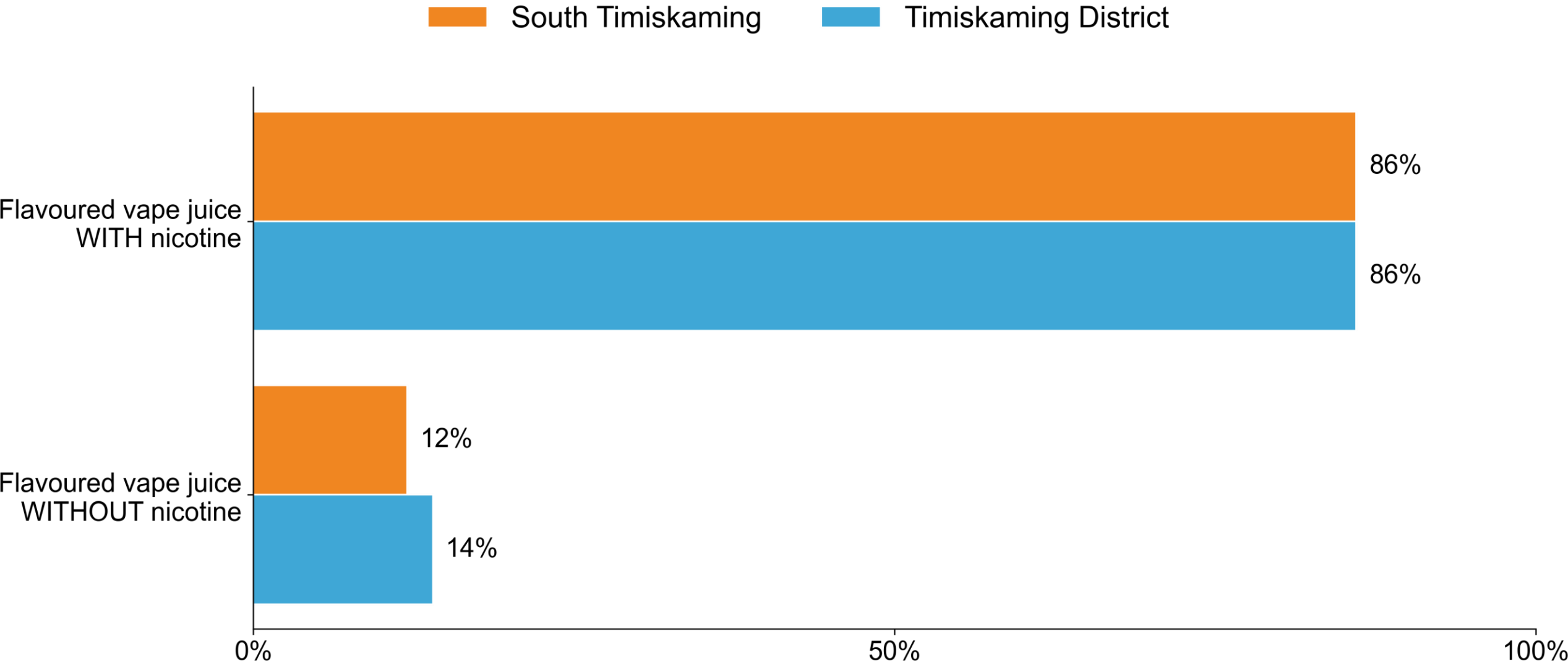
South Timiskaming - 2026

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

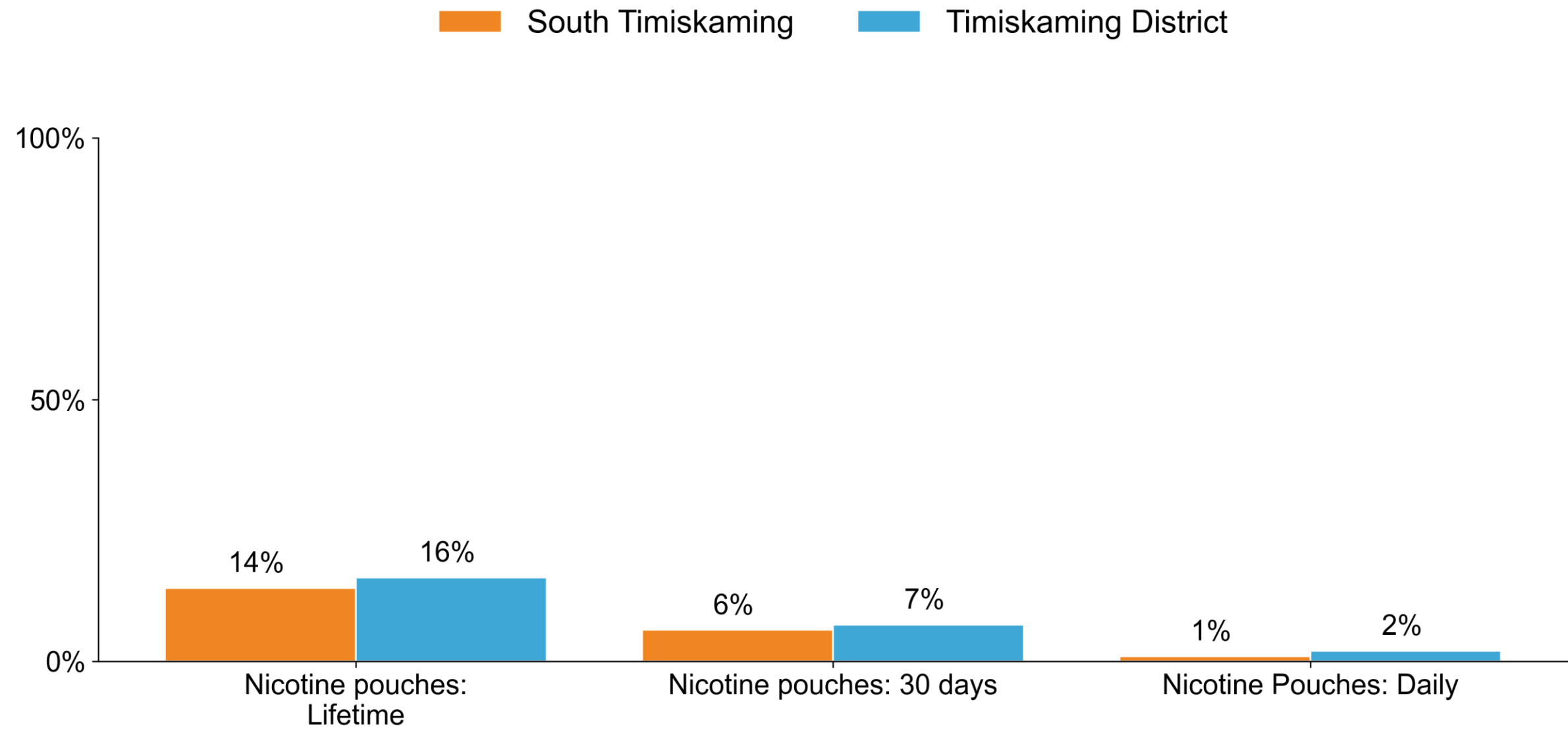
Percentage of youth in South Timiskaming who have vaped **at least once** report getting their vaping products the following way



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



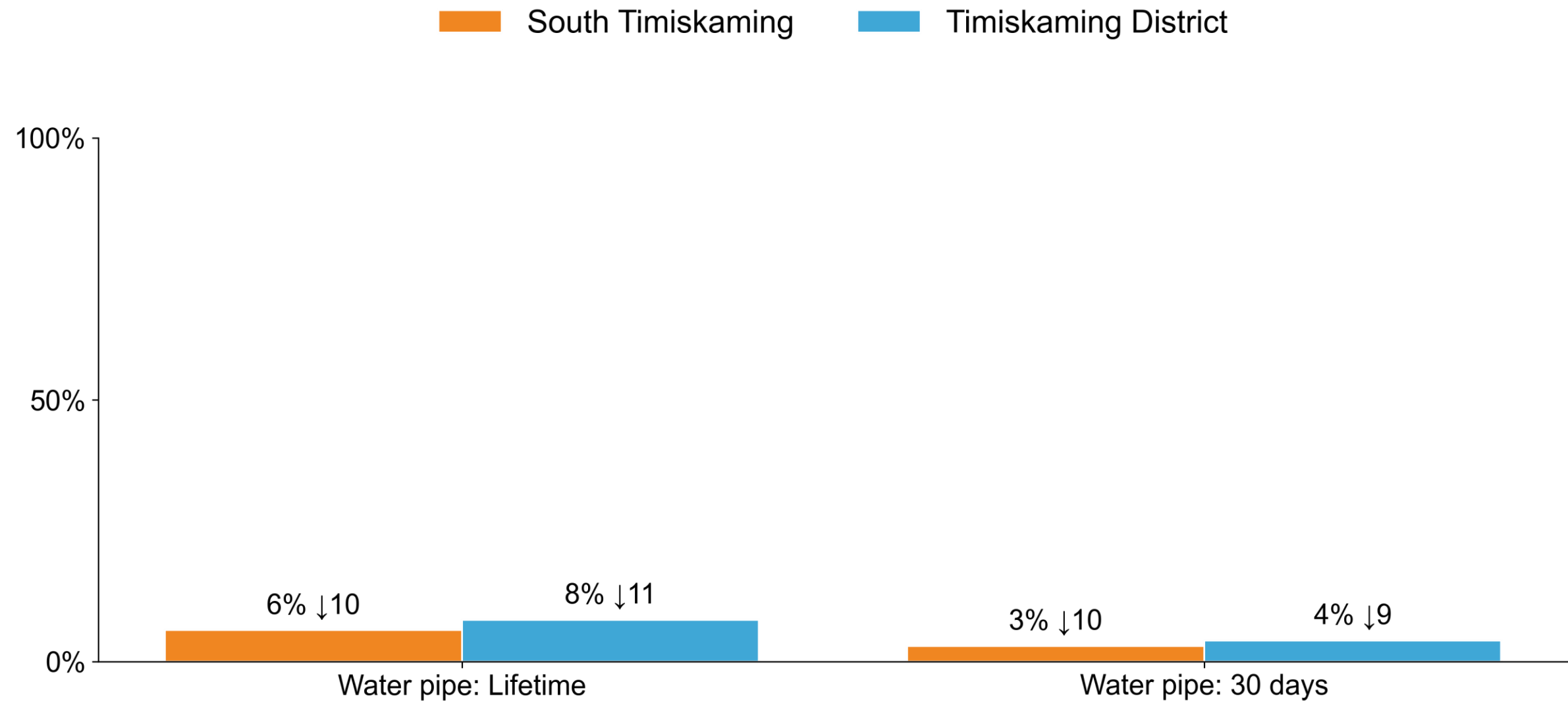
Percentage of youth in South Timiskaming who have used nicotine pouches **at least once** in their lifetime, within the past 30 days, and use nicotine pouches daily



South Timiskaming - 2026

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

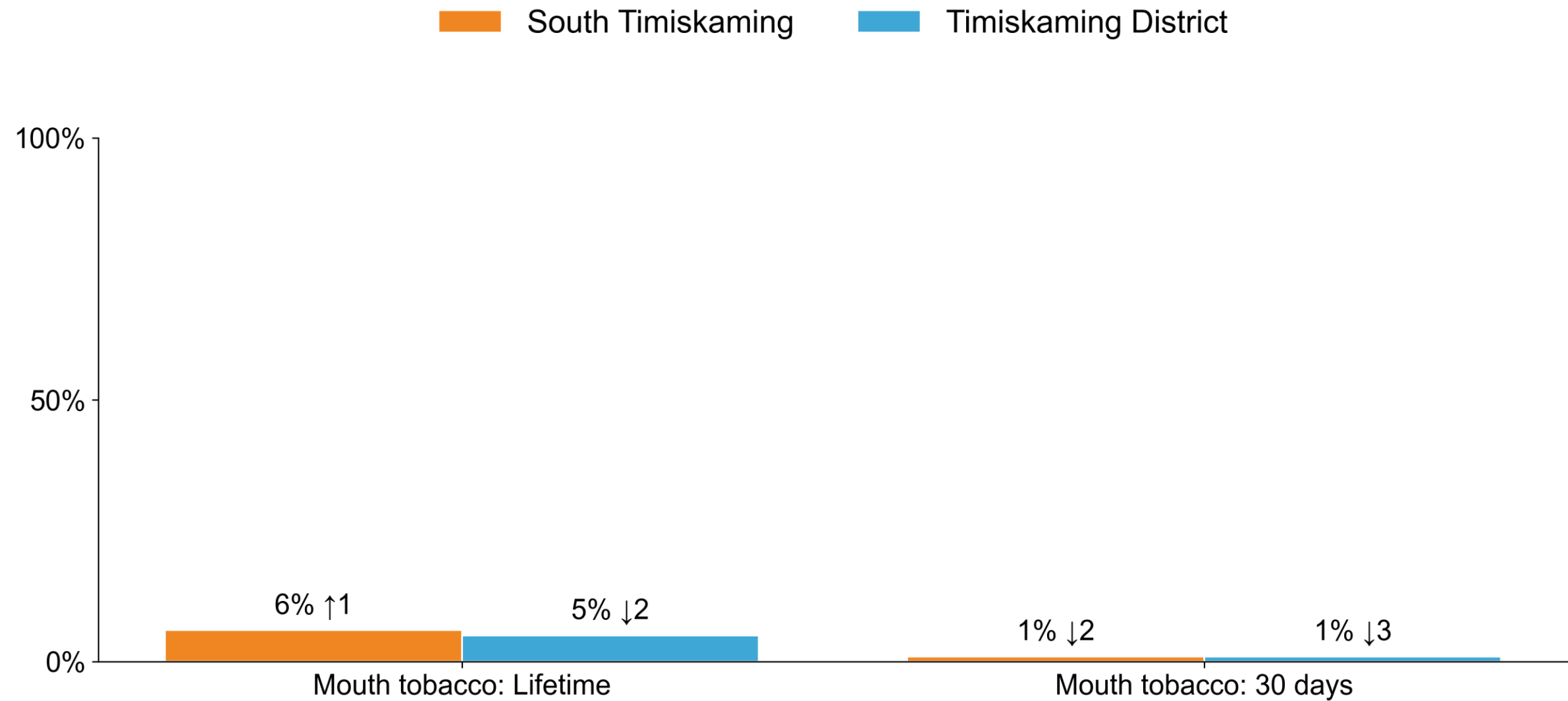
Percentage of youth in South Timiskaming who have used water pipe/ hookah/ shisha **at least once** in their lifetime and within the past 30 days



South Timiskaming - 2026

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

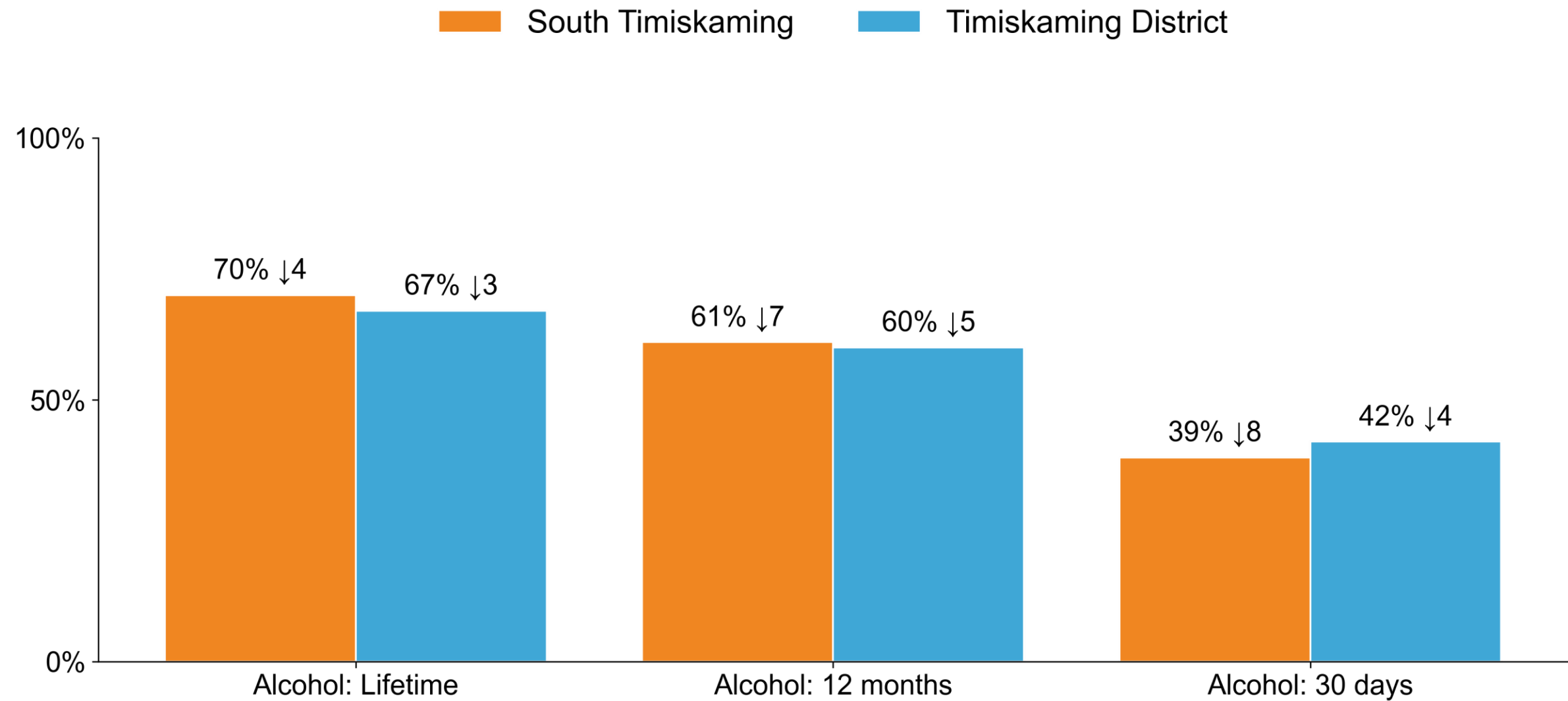
Percentage of youth in South Timiskaming who have used mouth tobacco **at least once** in their lifetime and within the past 30 days



South Timiskaming - 2026

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

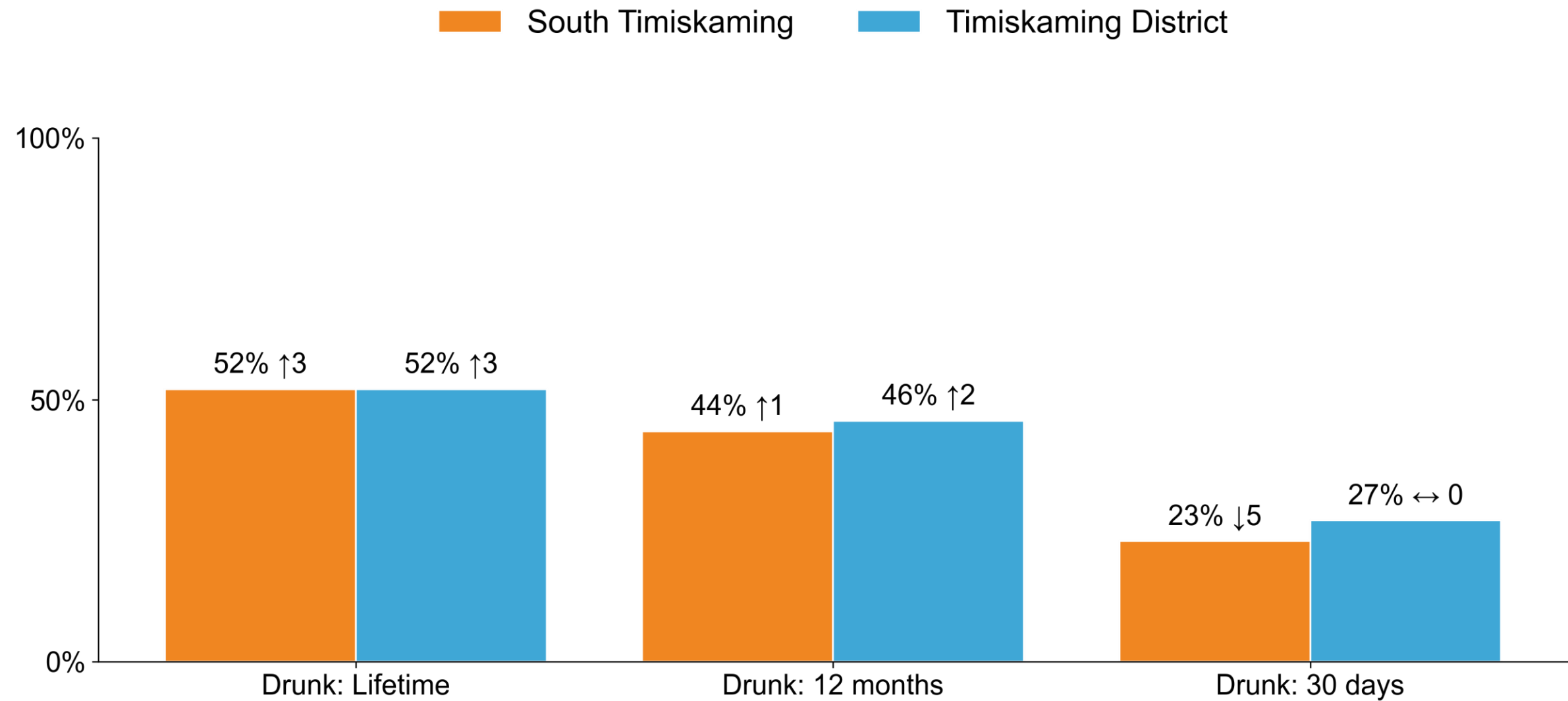
Percentage of youth in South Timiskaming who have consumed alcohol **at least once** in their lifetime, within the past 12 months, and in the past 30 days



South Timiskaming - 2026

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

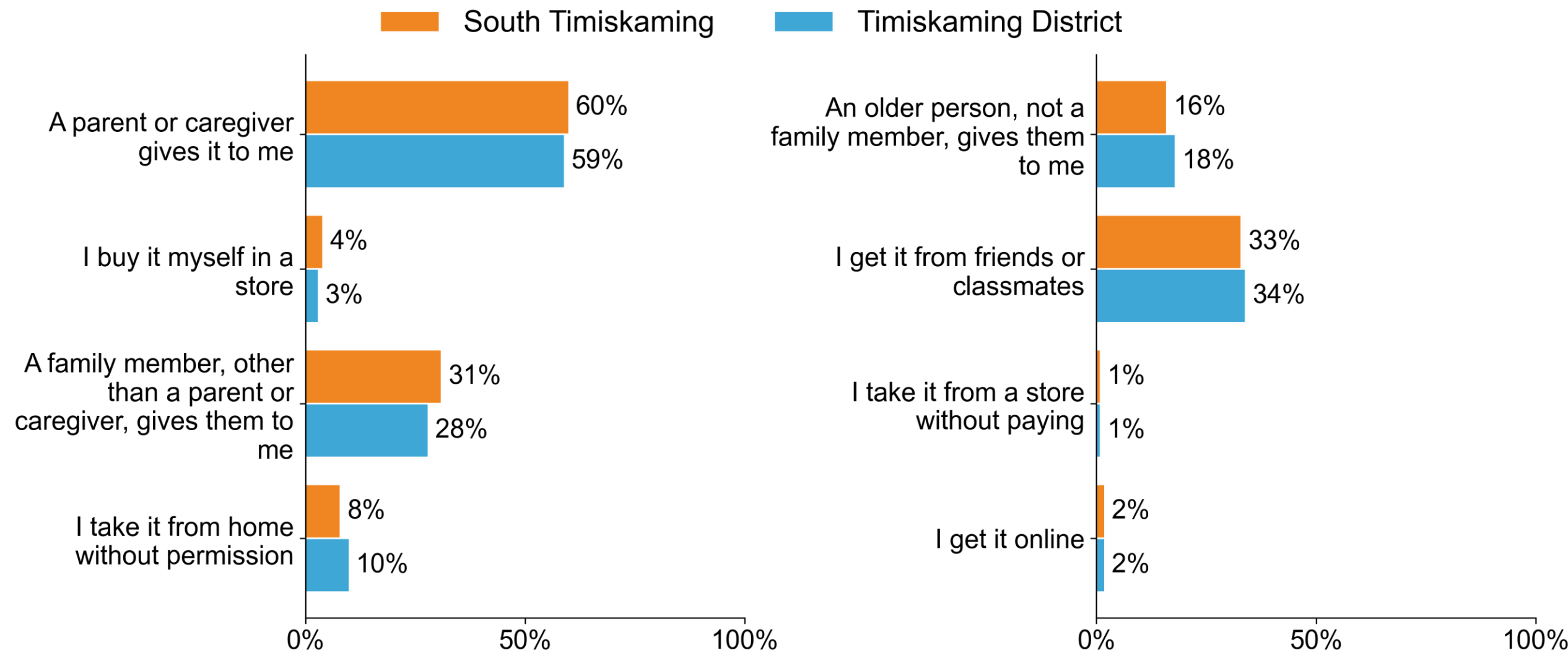
Percentage of youth in South Timiskaming who have been drunk **at least once** in their lifetime, within the past 12 months, and within the last 30 days



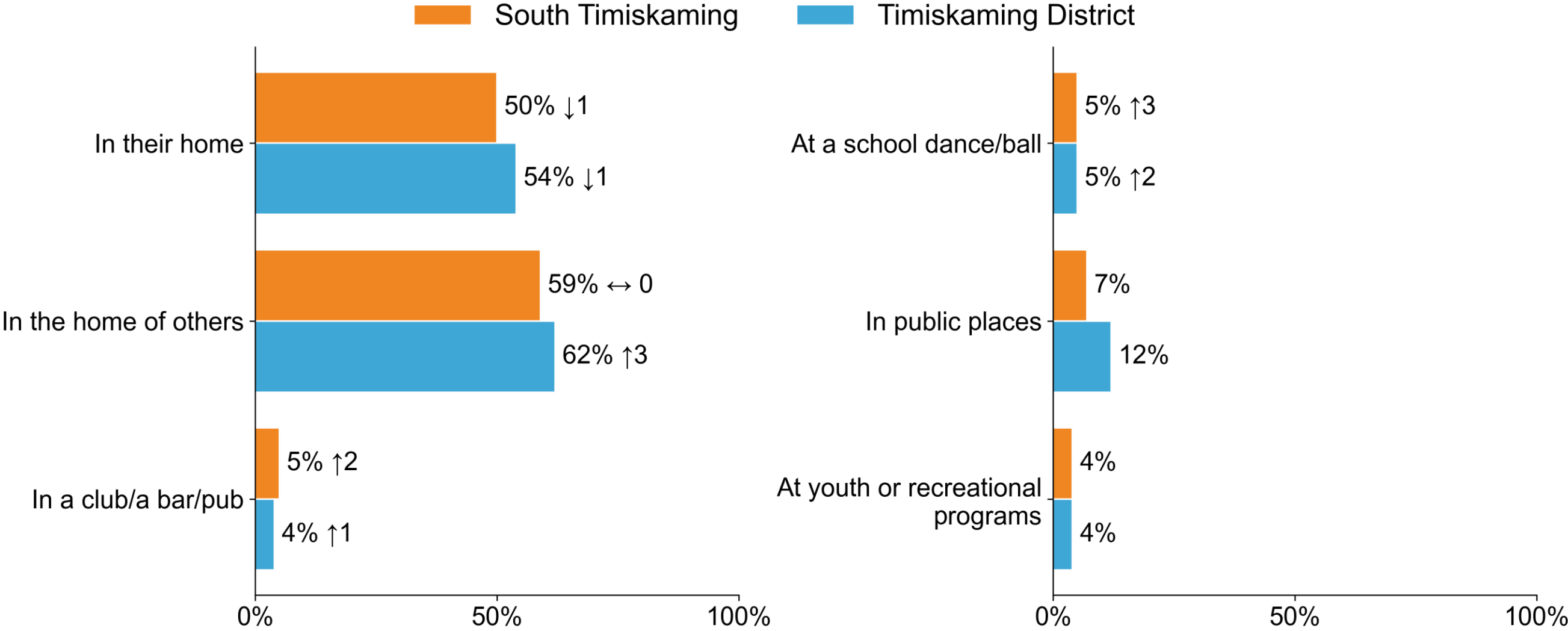
South Timiskaming - 2026

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

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



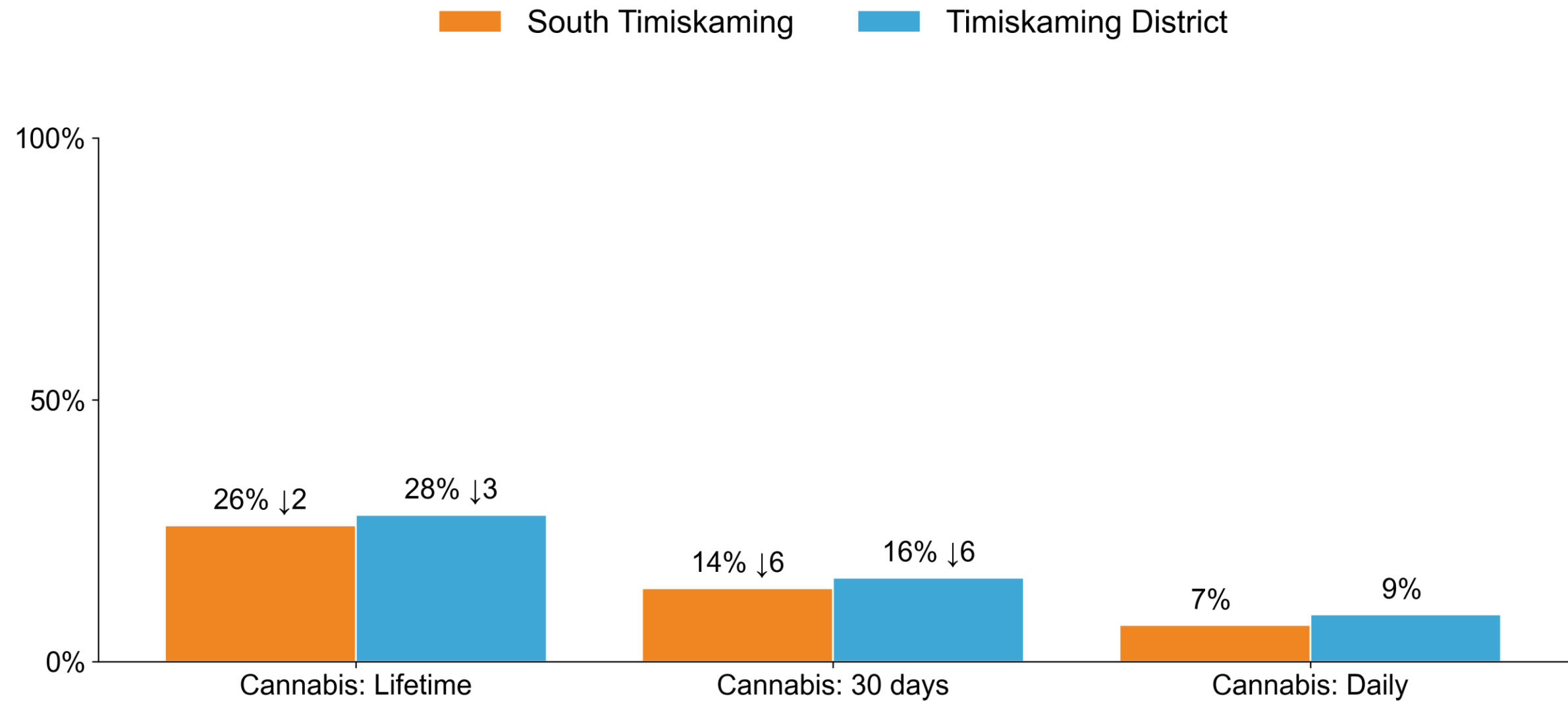
Percentage of youth in South Timiskaming that have consumed an alcoholic beverage, and drink **sometimes** or **often** in the following location



South Timiskaming - 2026

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

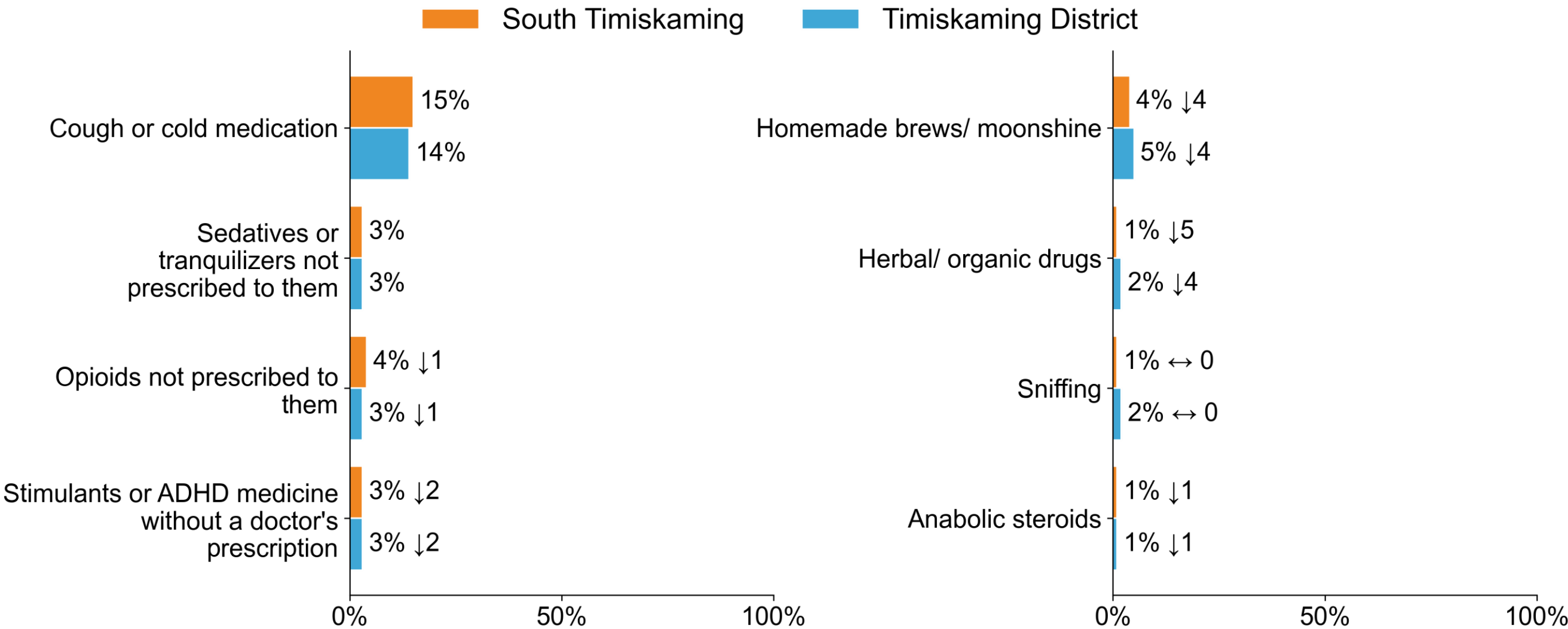
Percentage of youth in South Timiskaming who have used cannabis **at least once** in their lifetime, in the past 30 days and daily



South Timiskaming - 2026

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

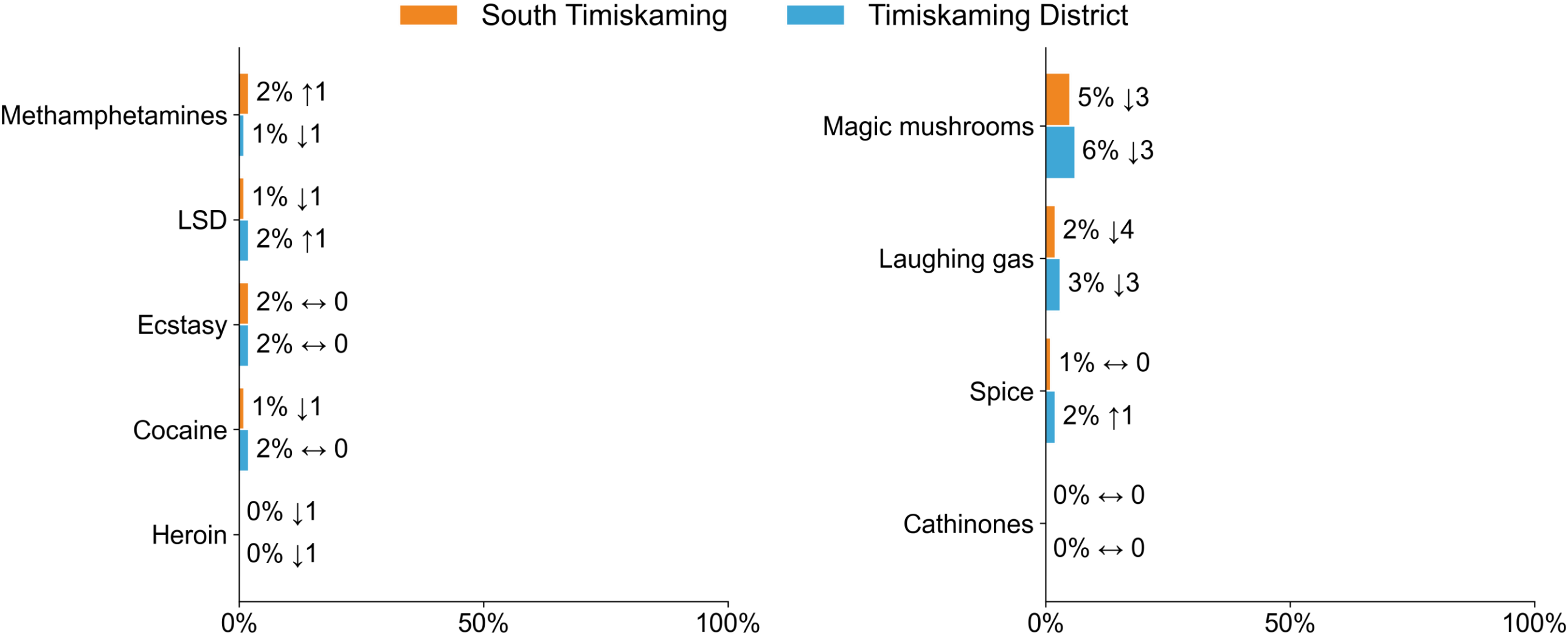
Percentage of youth in South Timiskaming who have used the following substances **at least once** in their lifetime in order to get high or numb. **Part 1**



South Timiskaming - 2026

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

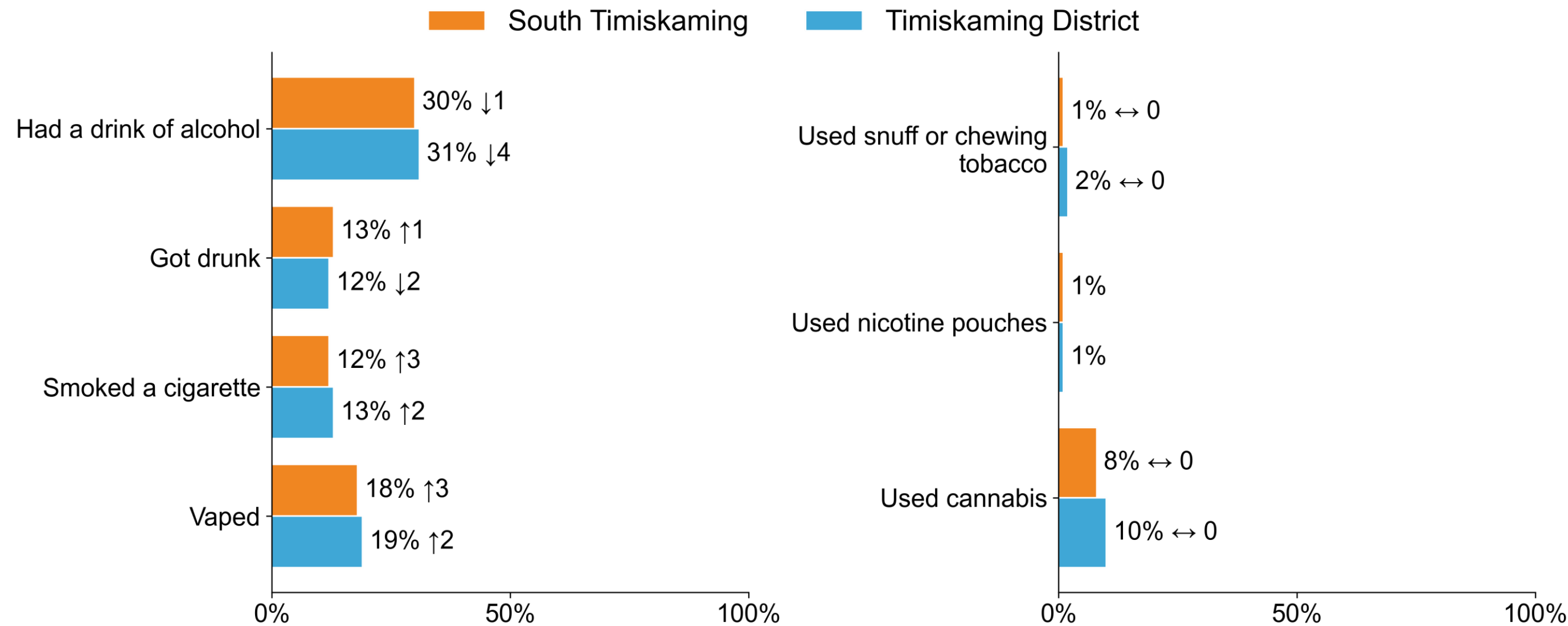
Percentage of youth in South Timiskaming who have used the following substances **at least once** in their lifetime in order to get high or numb. **Part 2**



South Timiskaming - 2026

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

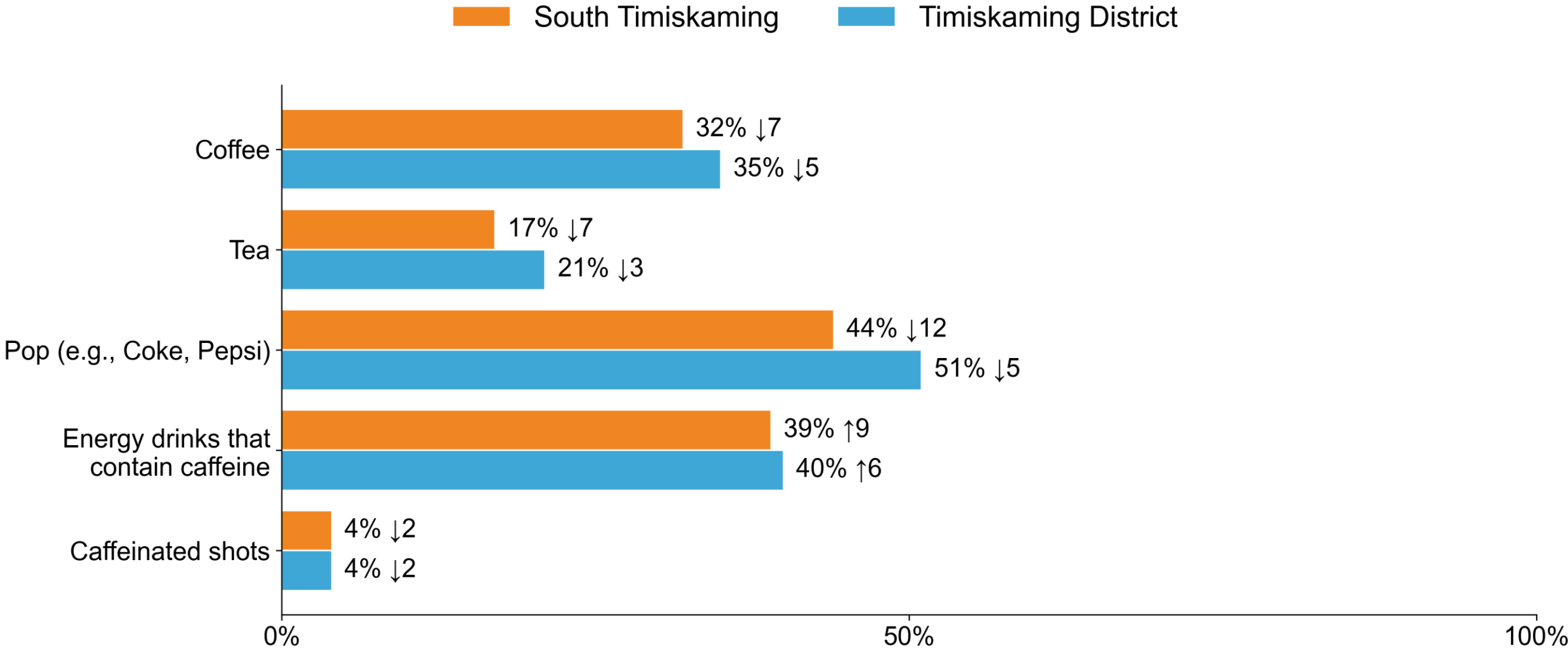
Percentage of youth in South Timiskaming who did the following for the first time when they were **13 years old or younger**



South Timiskaming - 2026

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

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



South Timiskaming - 2026

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

FAMILY

PLANET
Youth®

Family

89%

Often or always
feel safe at
home



83%

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

57%

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



89%

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



85%

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



63%

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



65%

Say their parents/
caregivers
disapprove* of
drunkenness



85%

Say their parents/
caregivers
disapprove* of
cannabis use



Family

Females

90%

Often or almost always
feel safe at home

81%

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

58%

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

Males

88%

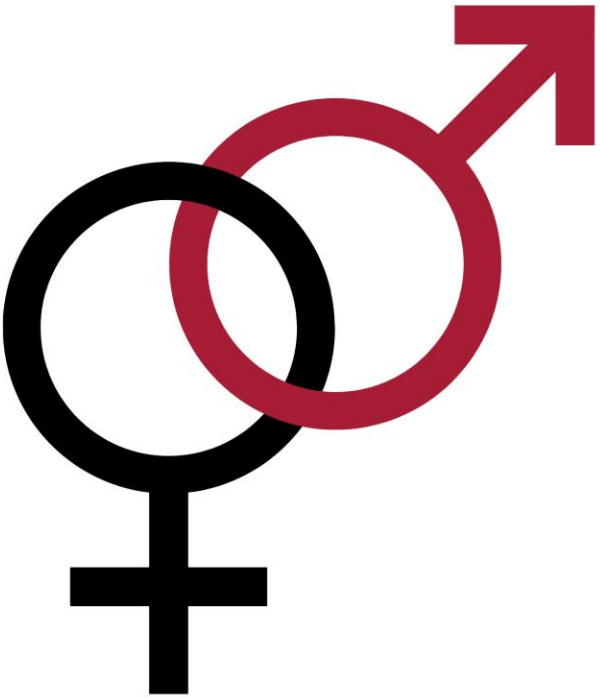
Often or almost always
feel safe at home

85%

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

59%

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



90%

Females

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



84%

Females

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



68%

Females

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

88%

Males

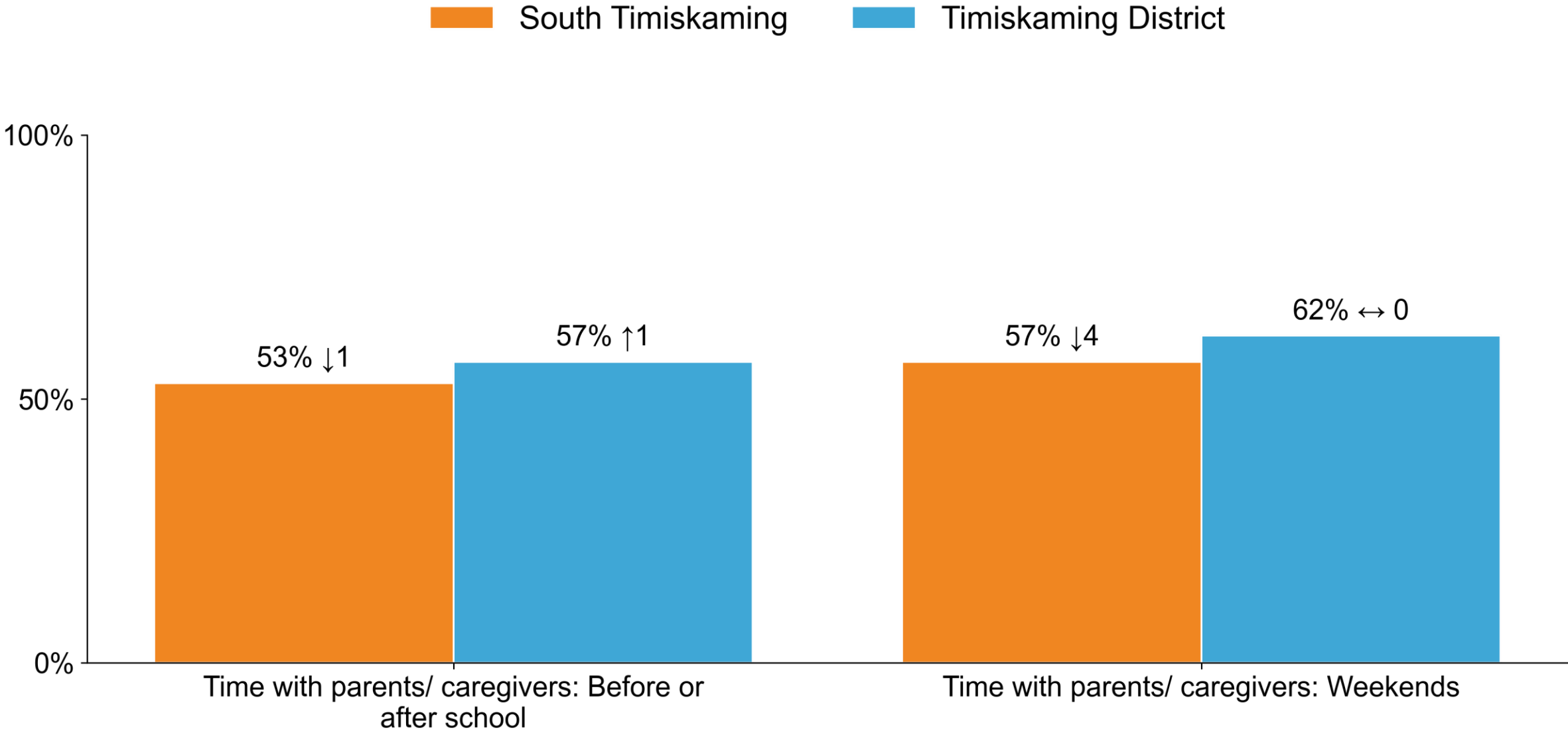
85%

Males

57%

Males

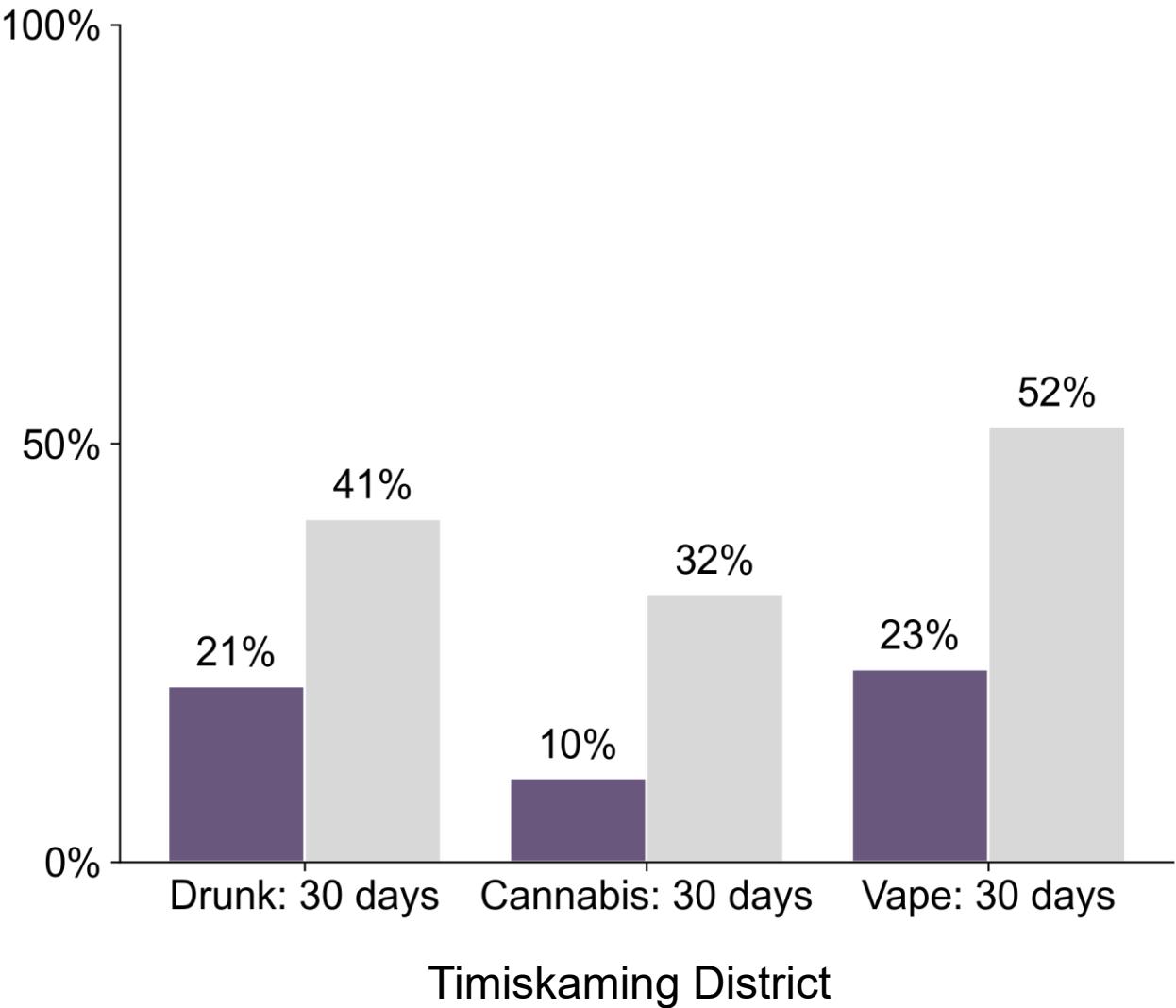
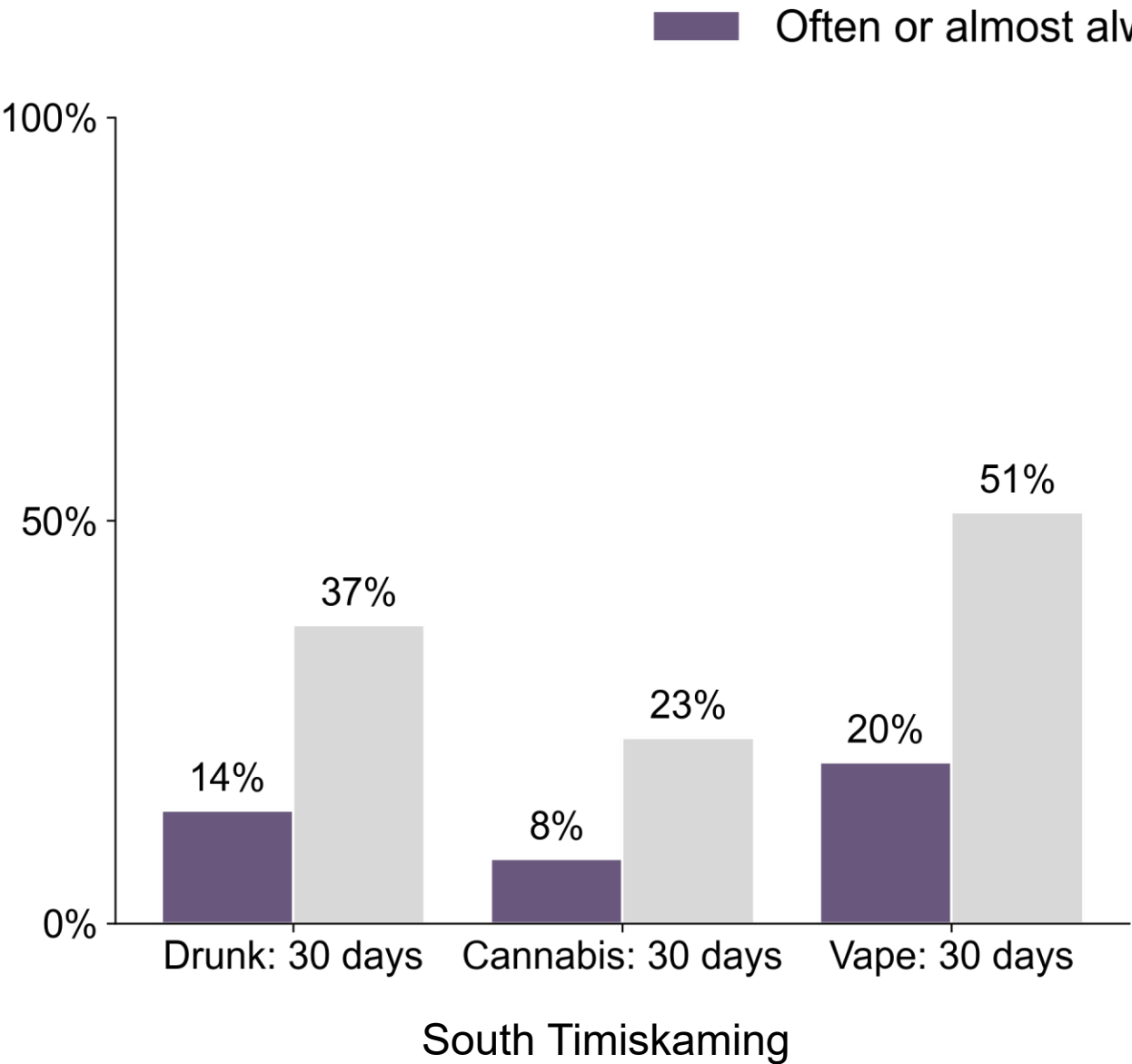
Percentage of youth in South Timiskaming who **often** or **almost always** spend time with their parents/ caregivers on weekdays and weekends



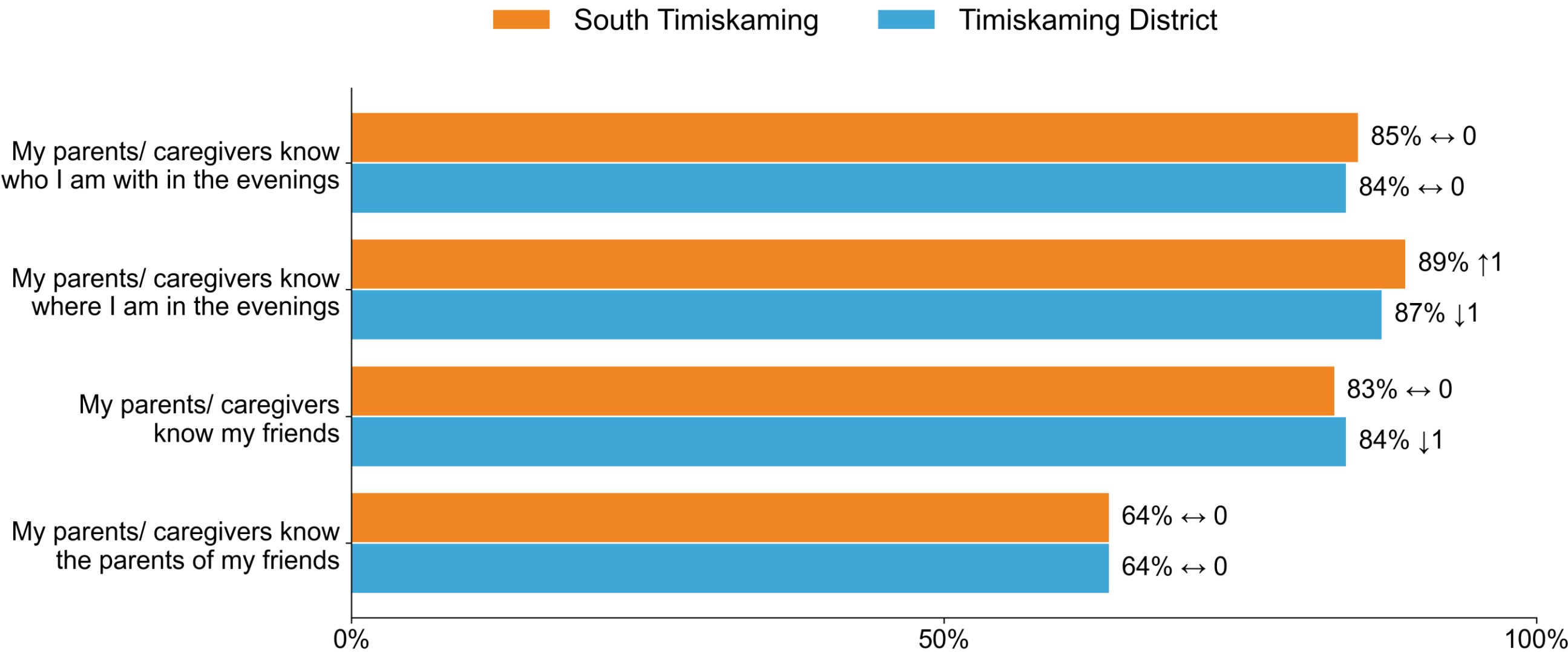
South Timiskaming - 2026

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

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



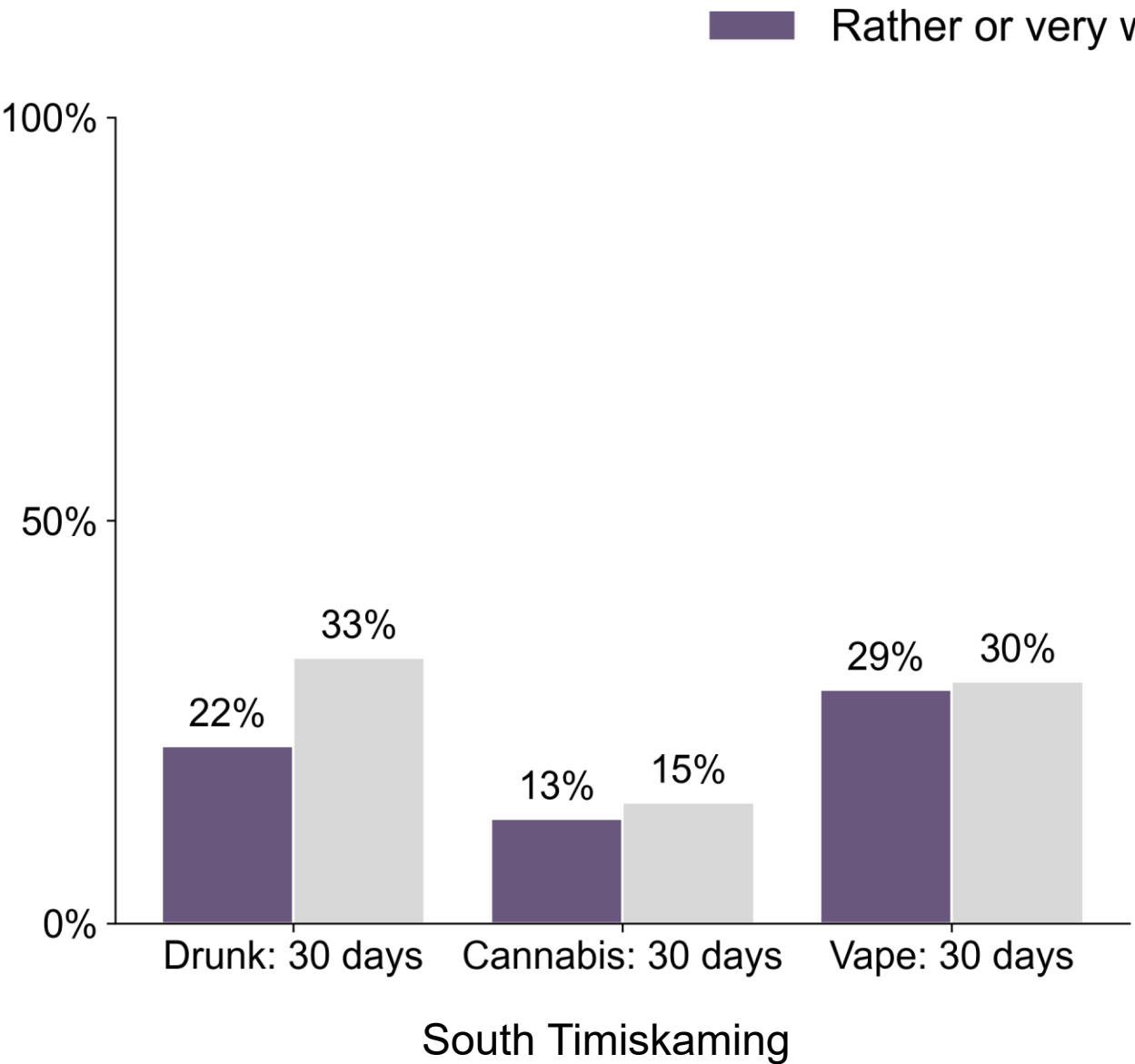
Percentage of youth in South Timiskaming who report the following parental monitoring applies **rather well** or **very well** to them



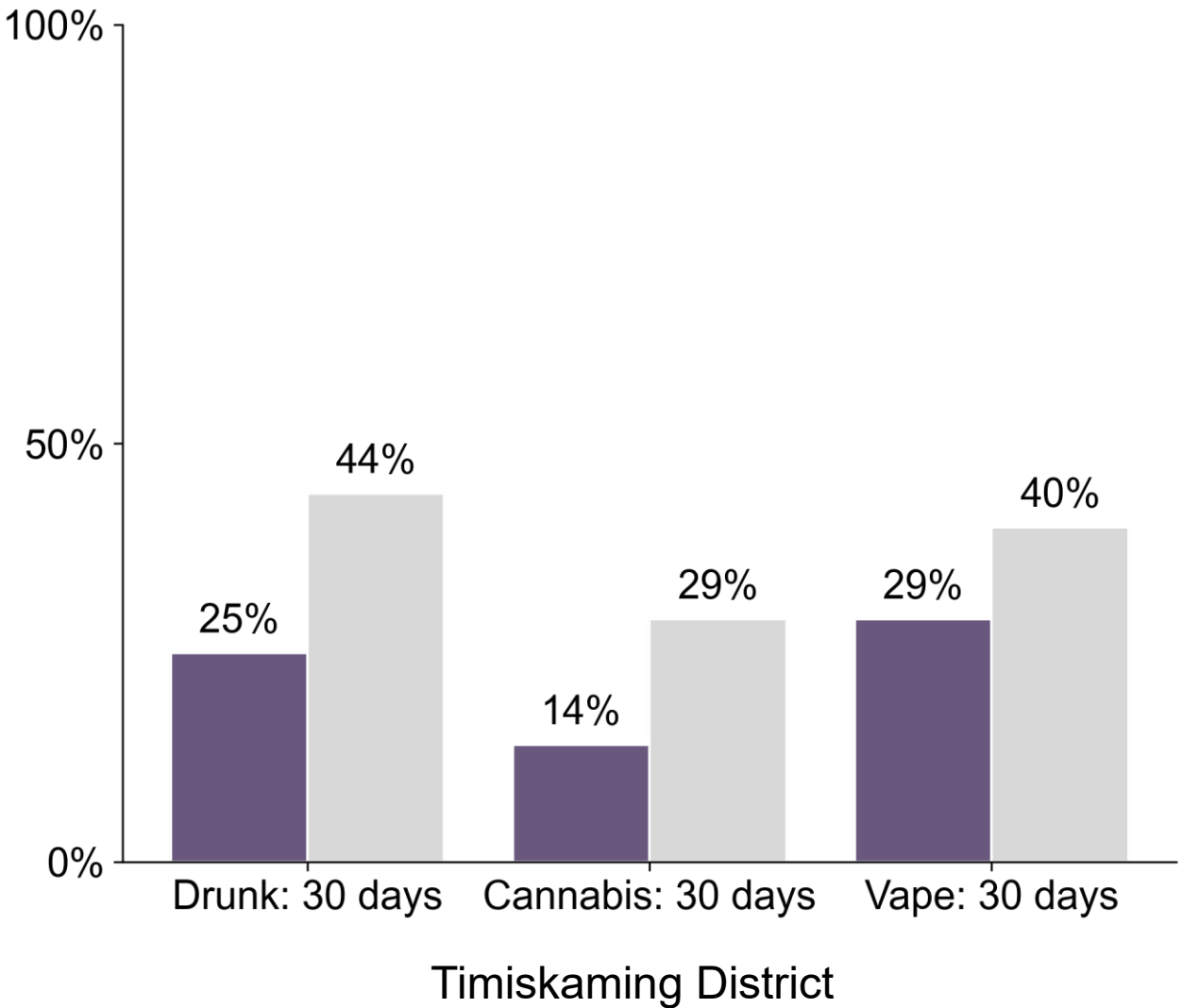
South Timiskaming - 2026

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

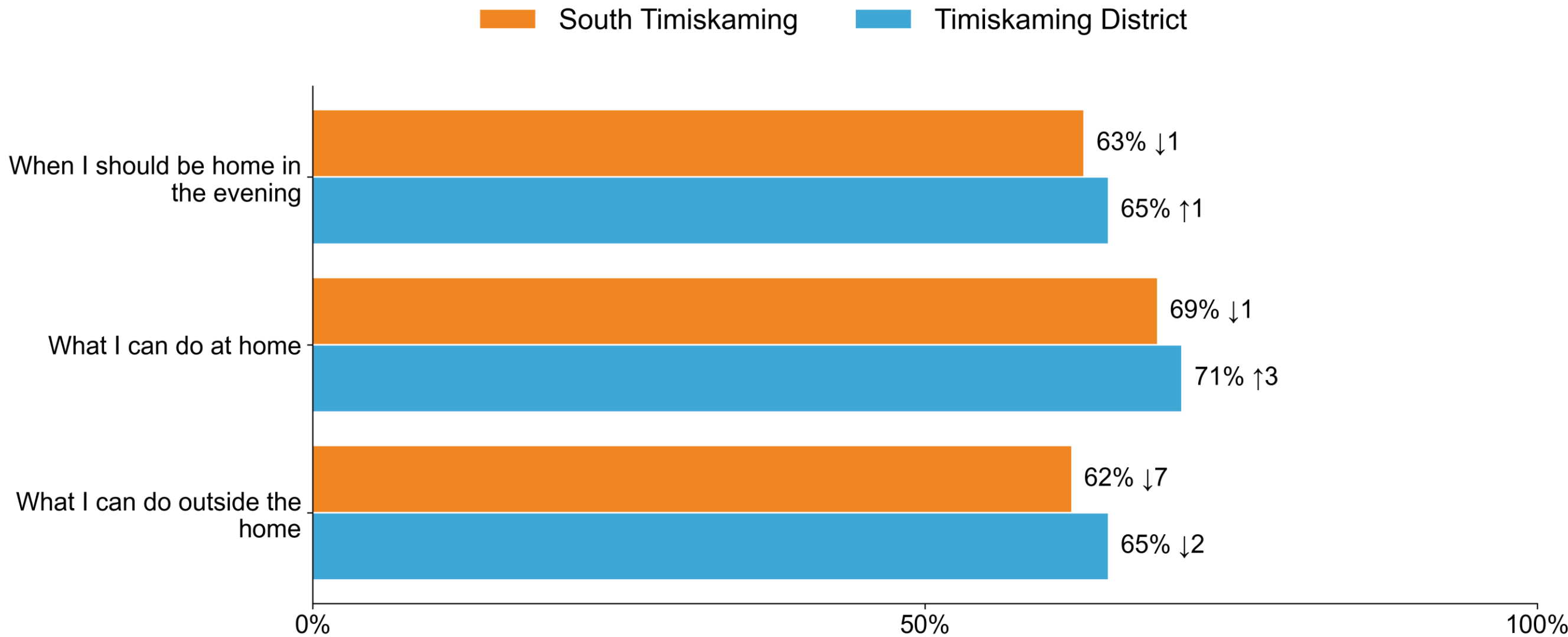
Youth in South Timiskaming who used substances and how well they report the following statement applying to them: **"My parents/ caregivers know where I am in the evenings"**



South Timiskaming - 2026



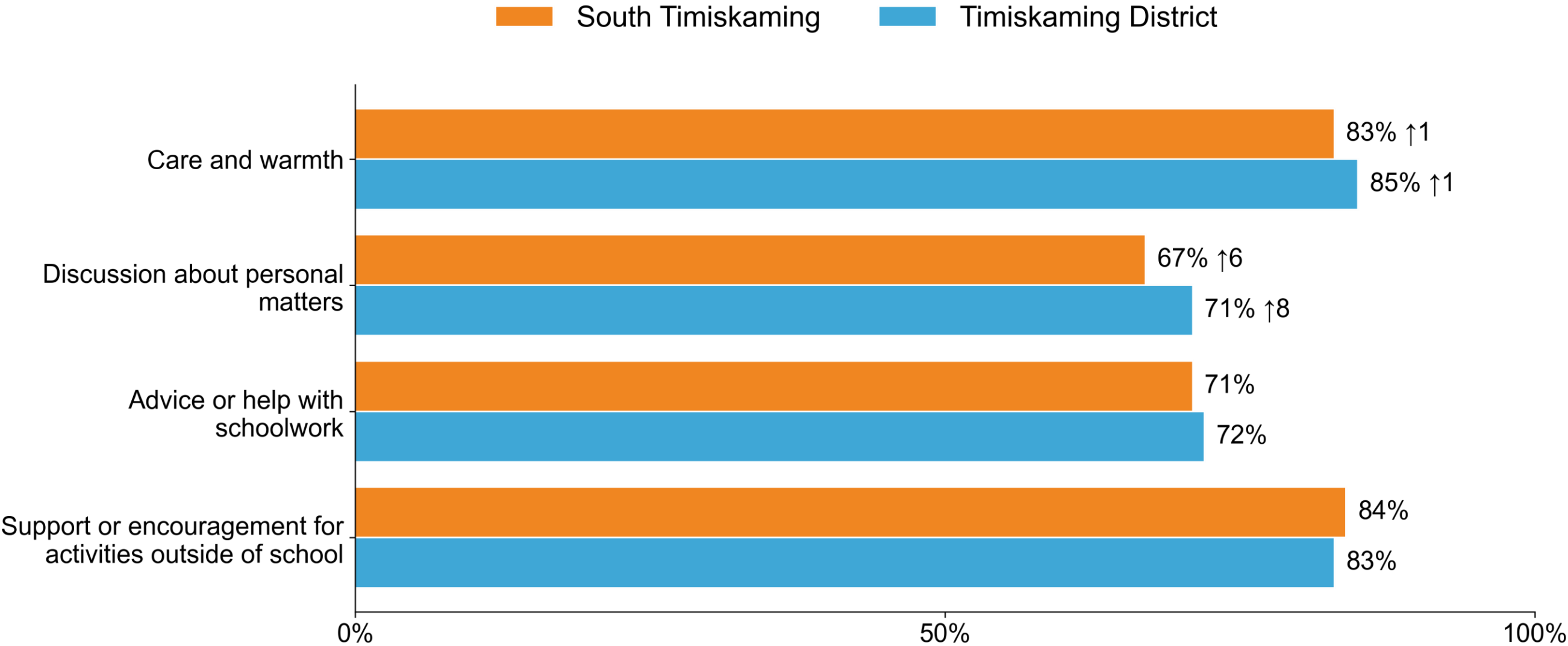
Percentage of youth in South Timiskaming reporting that the following parental rules apply **rather well** or **very well** to them



South Timiskaming - 2026

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

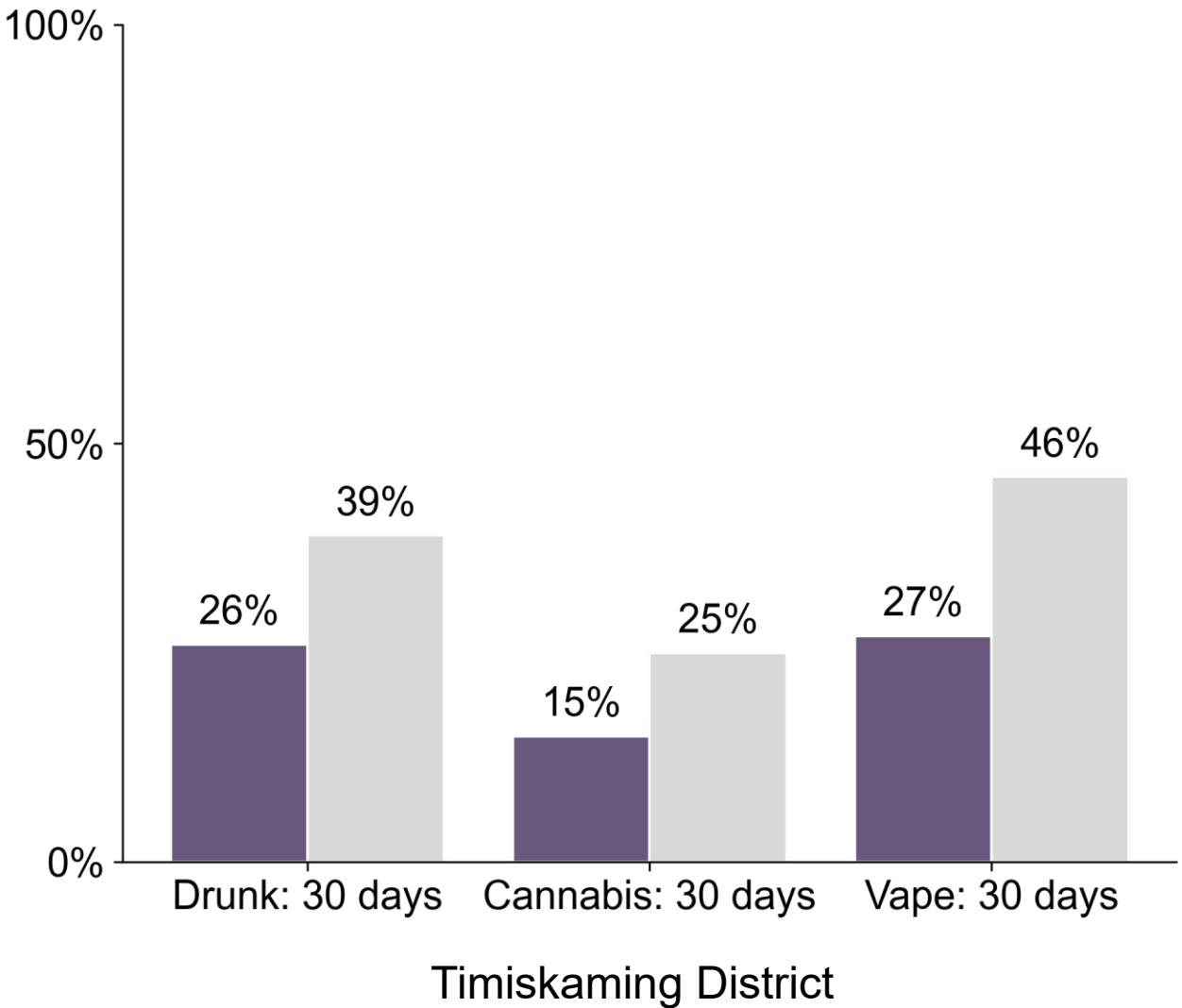
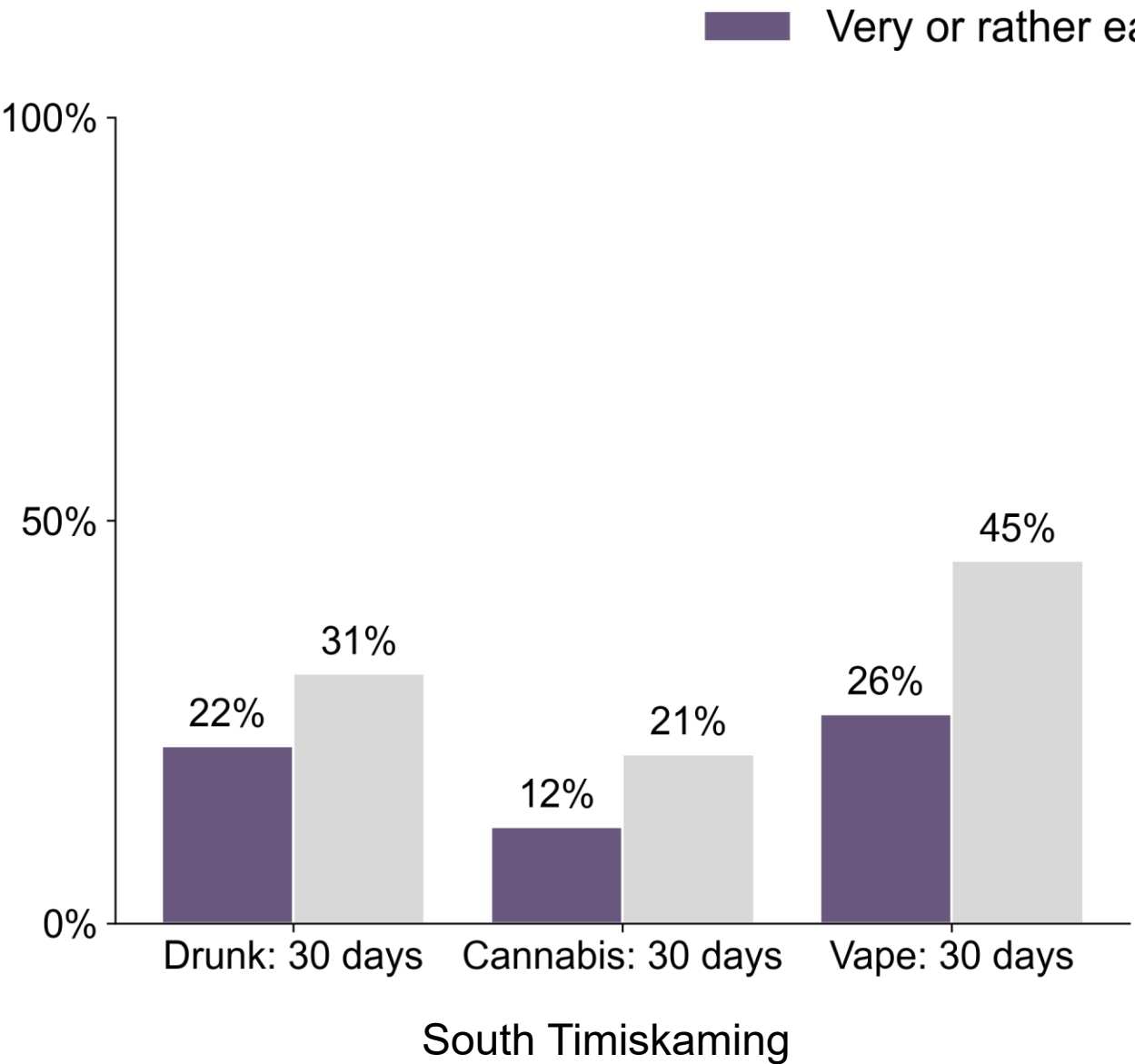
Percentage of youth in South Timiskaming who report it is **very easy** or **rather easy** to receive the following parental/ caregiver support



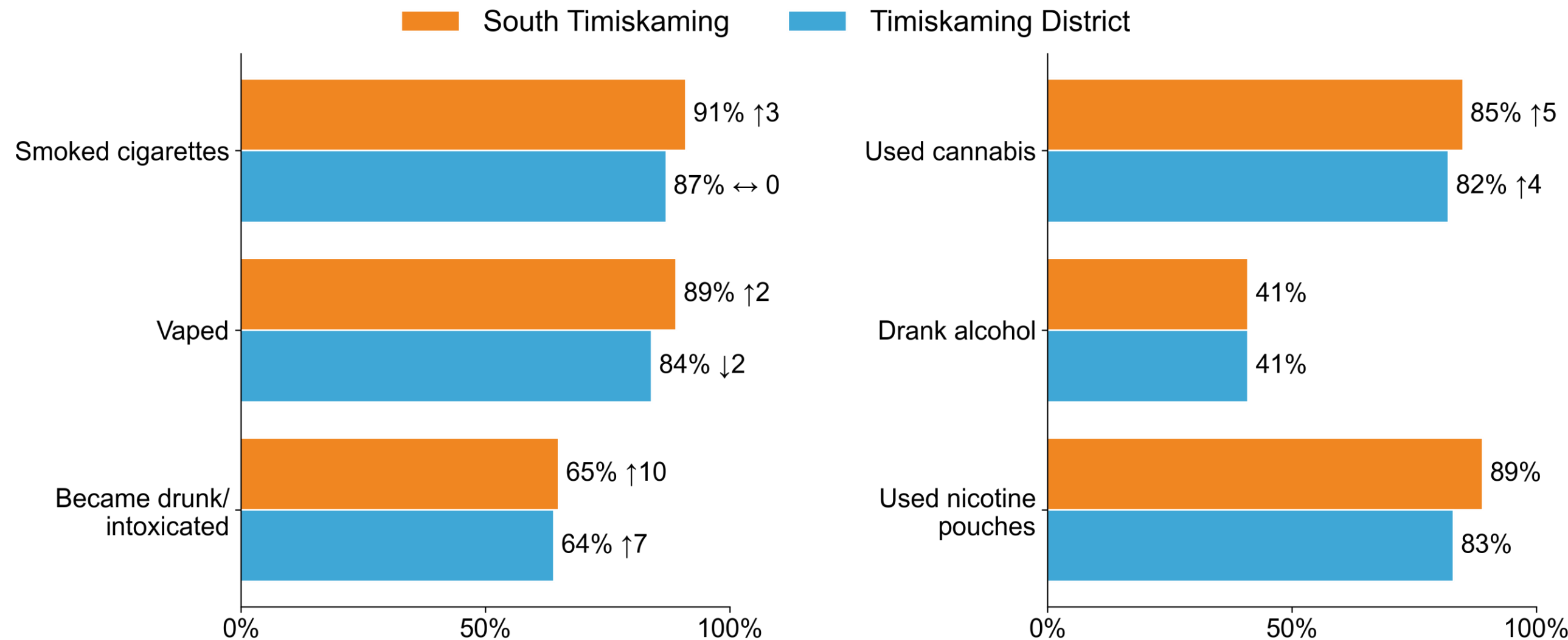
South Timiskaming - 2026

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

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



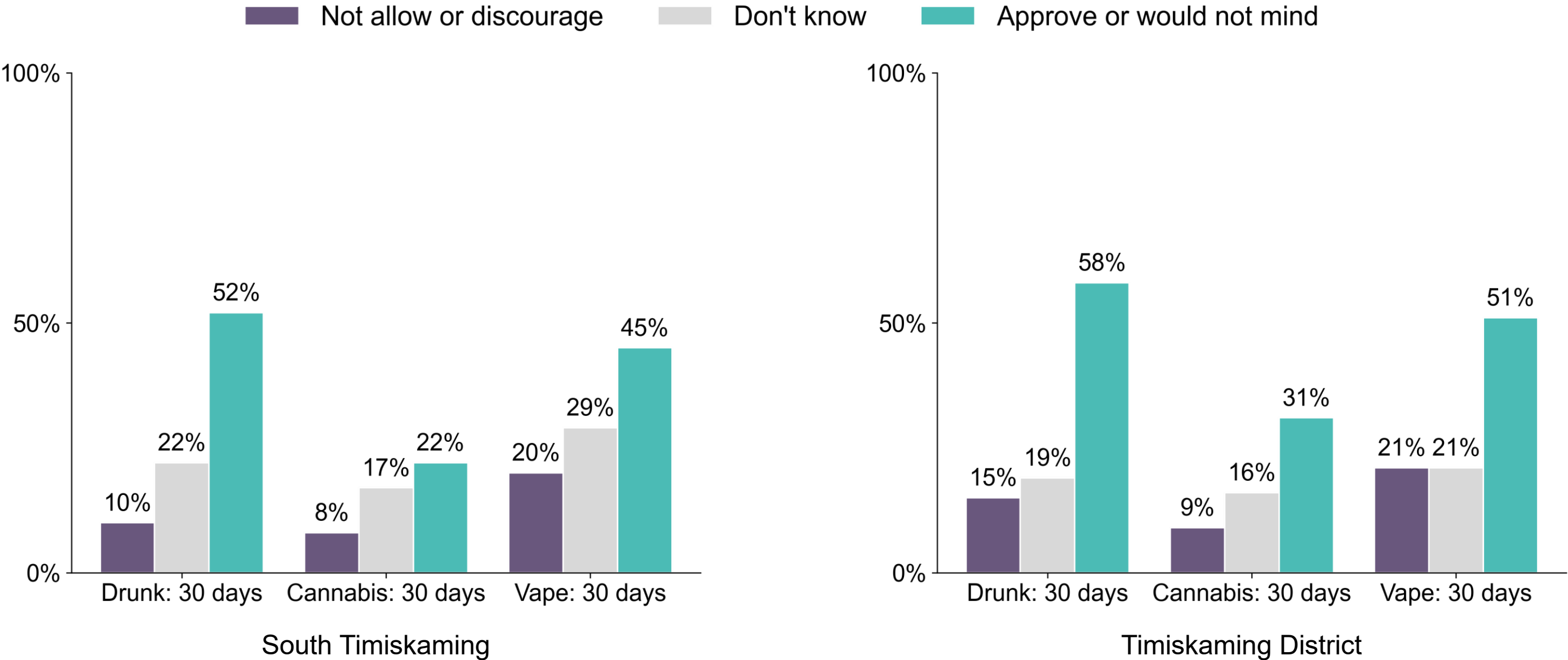
Youth in South Timiskaming perceptions of whether parents/ caregivers would **not allow** or **discourage** the following types of substance use



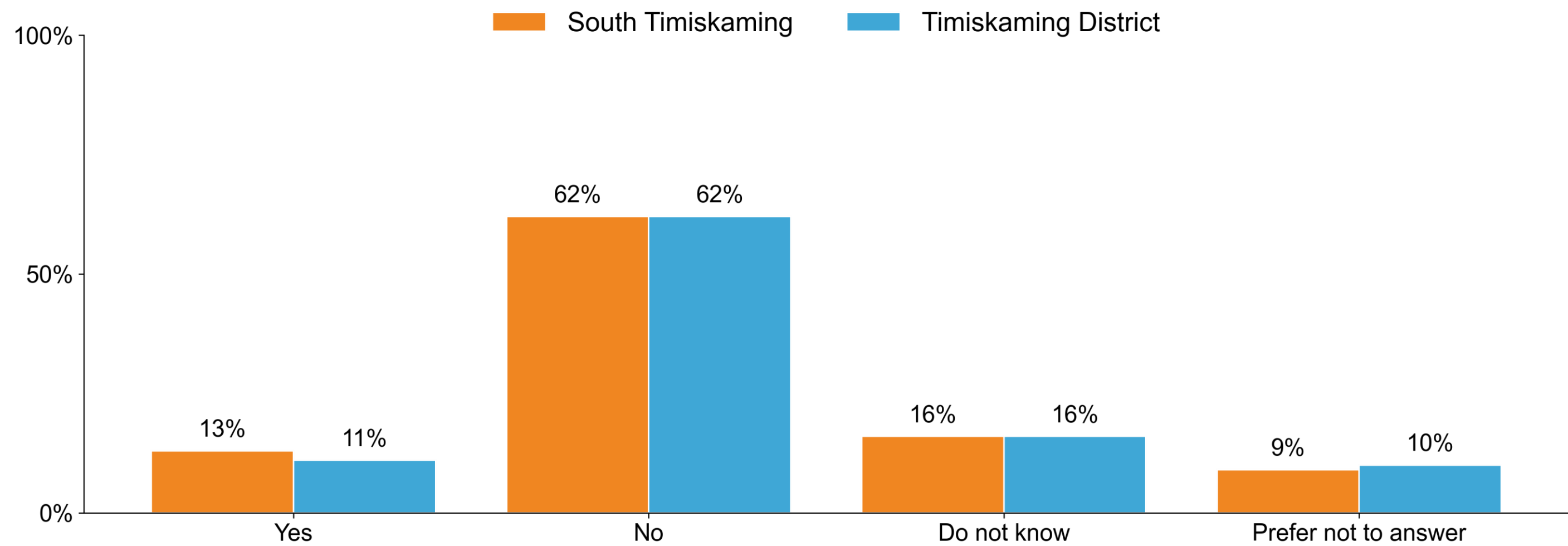
South Timiskaming - 2026

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

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



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

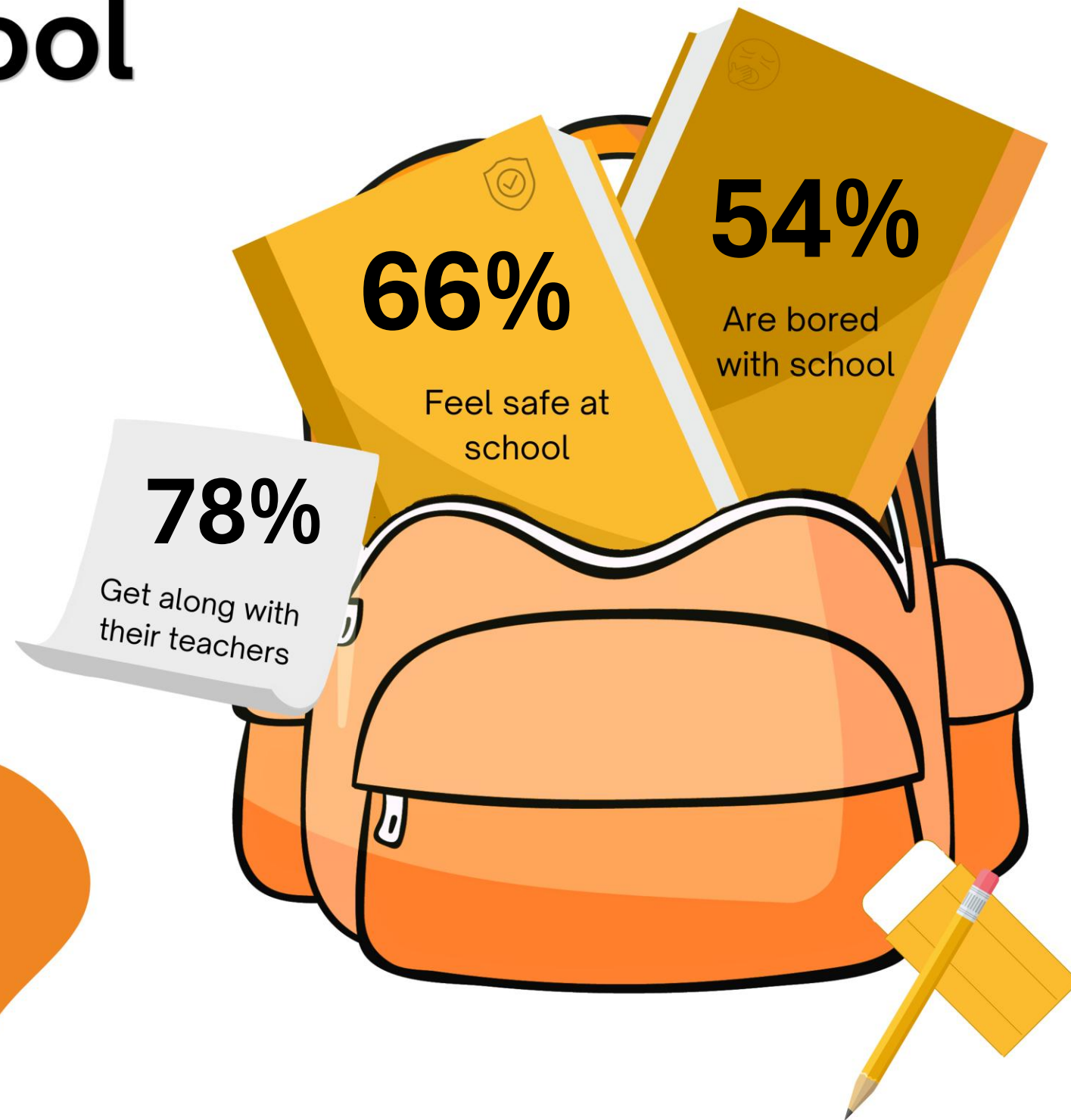


SCHOOL

PLANET
Youth®

South Timiskaming - 2026

School



PLANET
Youth®



76%

Have friends at school
who care about them



51%

Think the adults at their
school care about them



13%

Want to change schools

School

Females

49%



Are often or almost always
bored with school

48%



Think the adults at their
school care about them

76%



Have friends at school
who care about them

Males

59%



Are often or almost always
bored with school

55%

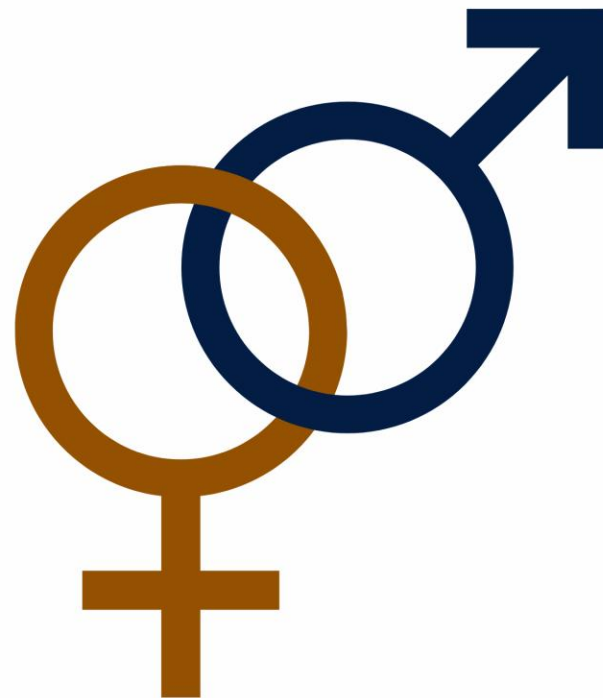


Think the adults at their
school care about them

76%



Have friends at school
who care about them



63%

Females

71%

Males

Often or almost always
feel safe at school

81%

Females

76%

Males

Often or almost always get
along with their teachers



14%

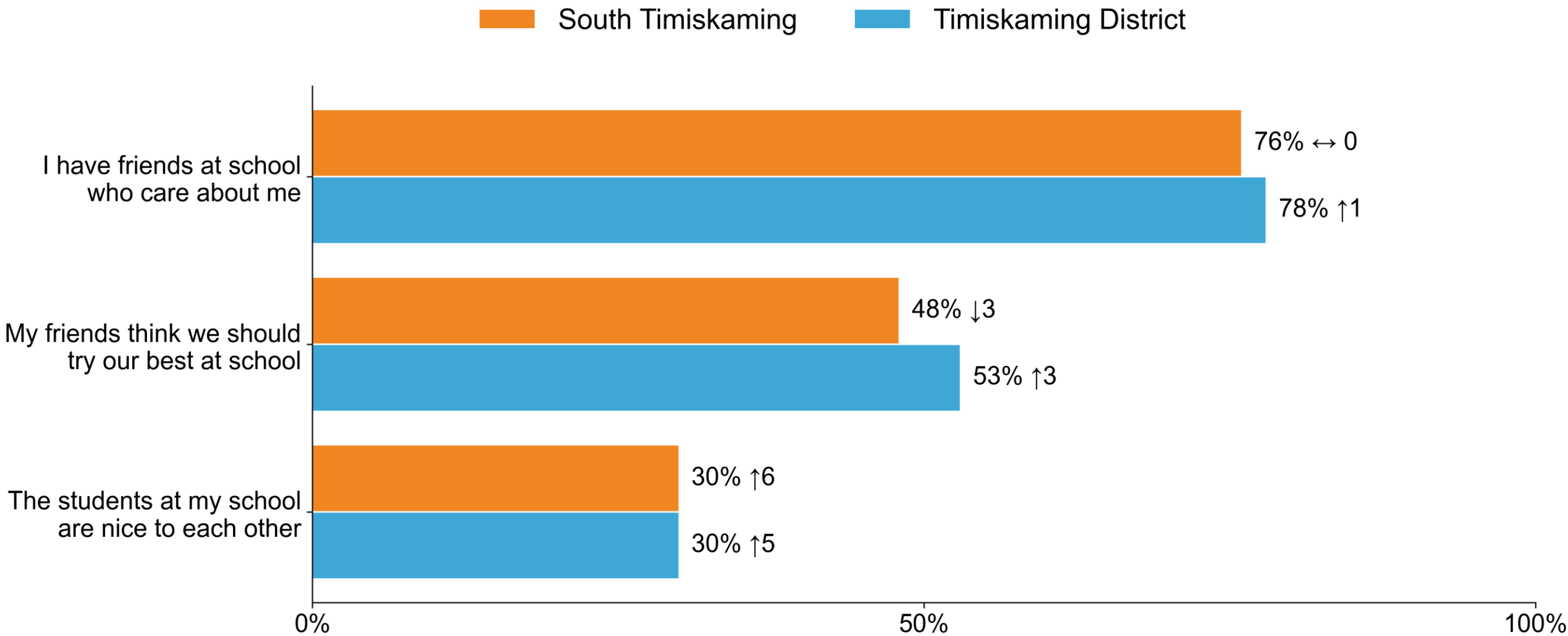
Females

13%

Males

Often or almost always
want to change schools

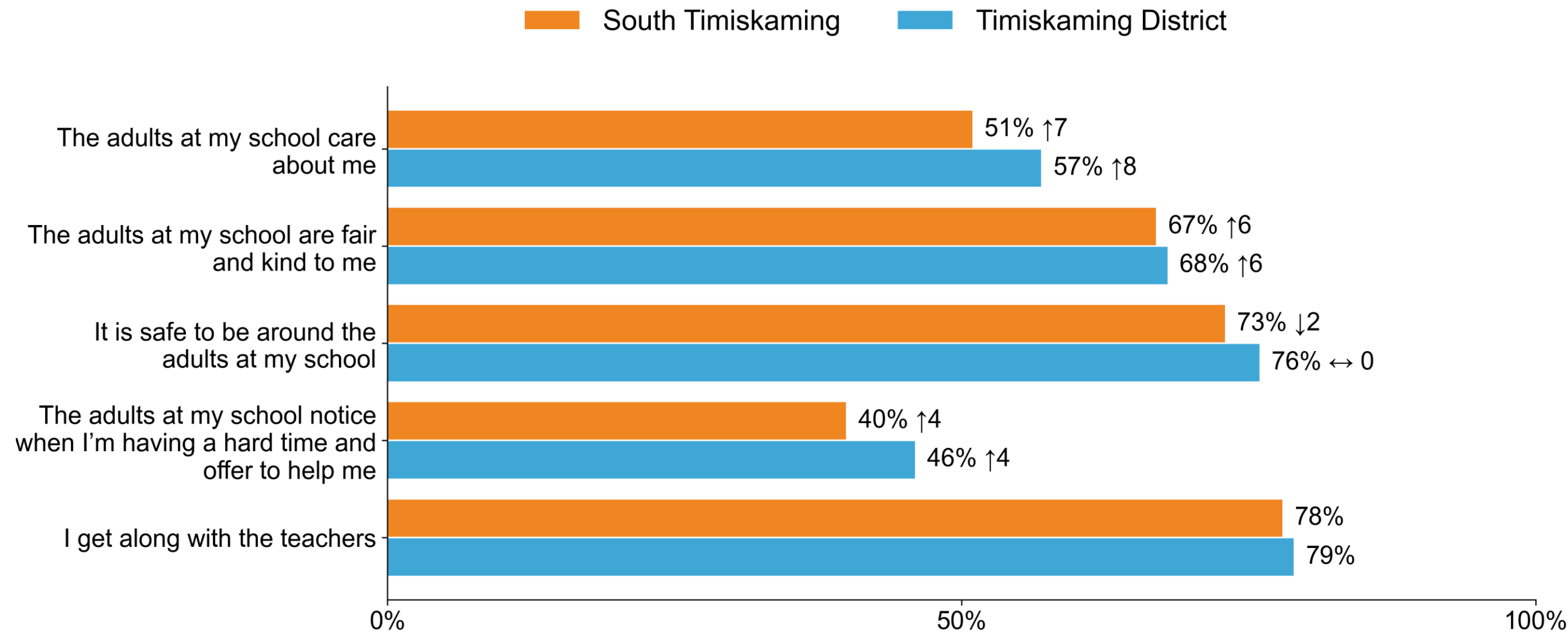
Percentage of youth in South Timiskaming who **agree** or **strongly agree** with the following statements about peer support in school



South Timiskaming - 2026

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

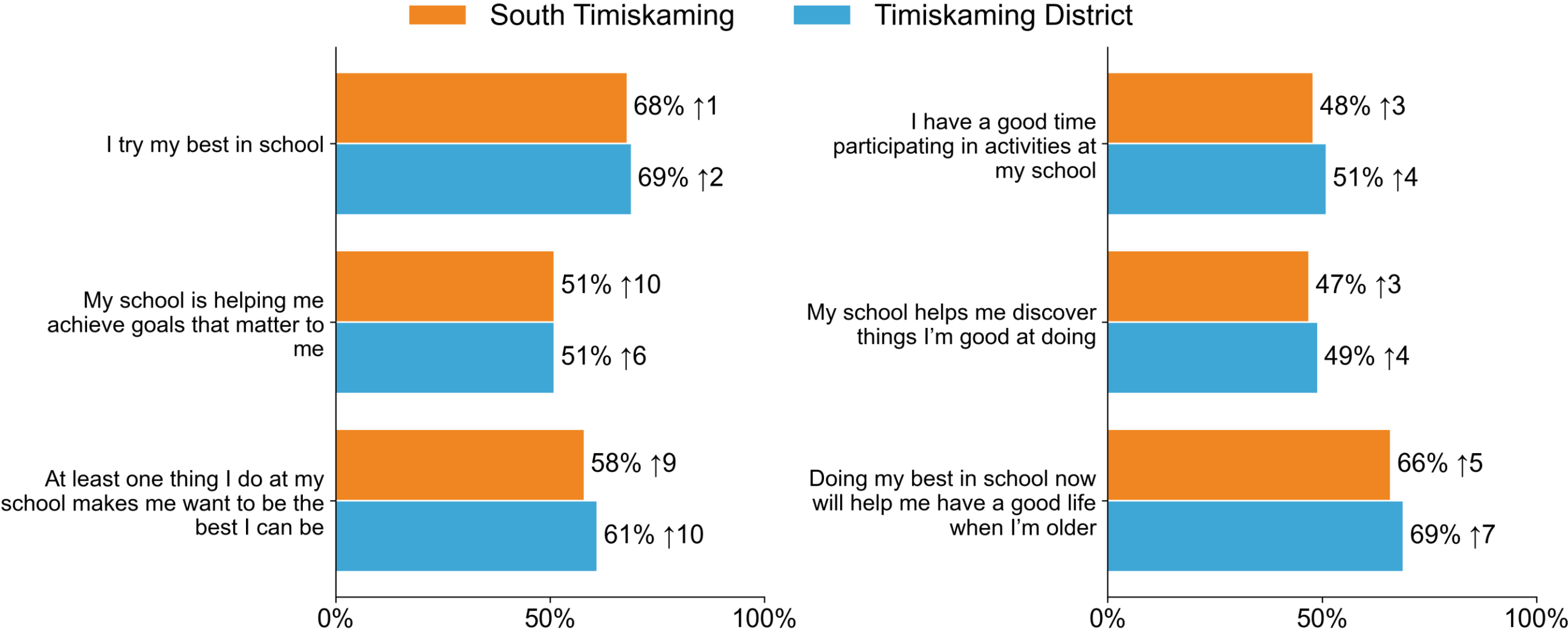
Percentage of youth in South Timiskaming who **agree** or **strongly agree** with the following statements about adult support in school



South Timiskaming - 2026

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

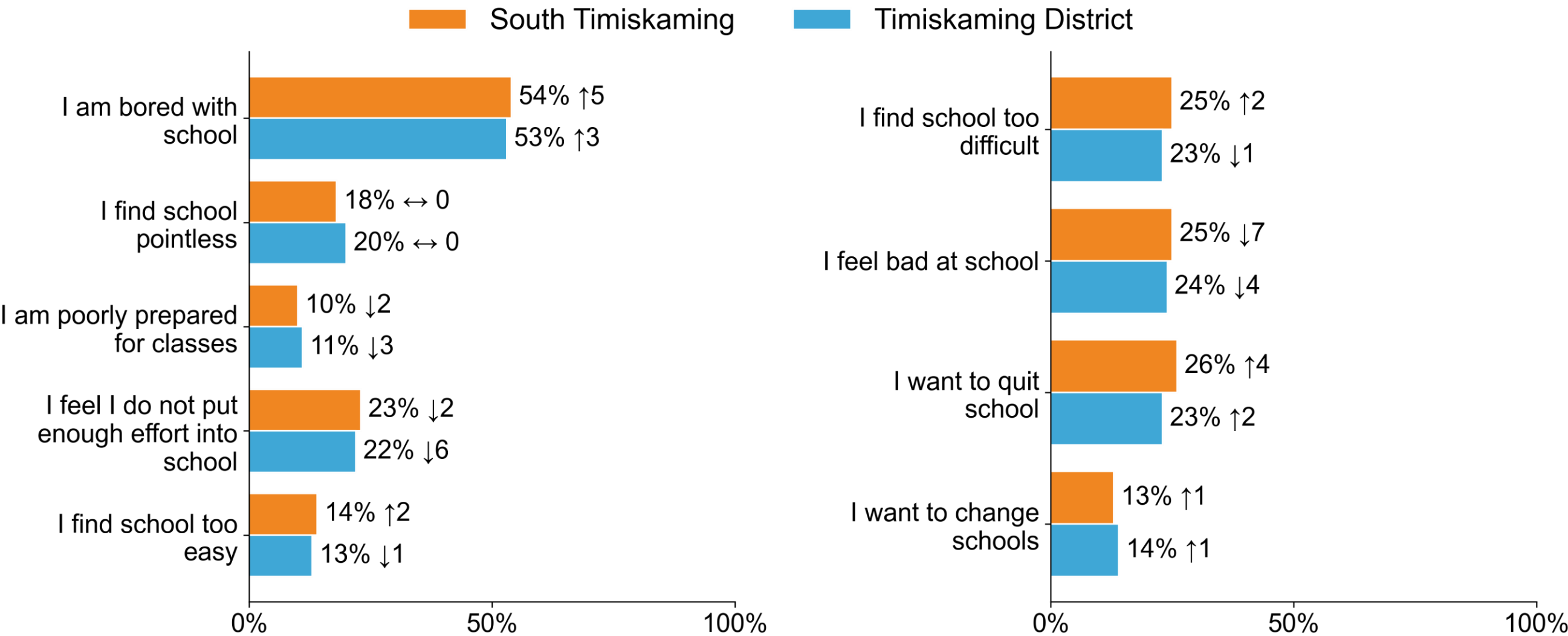
Percentage of youth in South Timiskaming who **agree** or **strongly agree** with the following statements about school activities and efforts



South Timiskaming - 2026

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

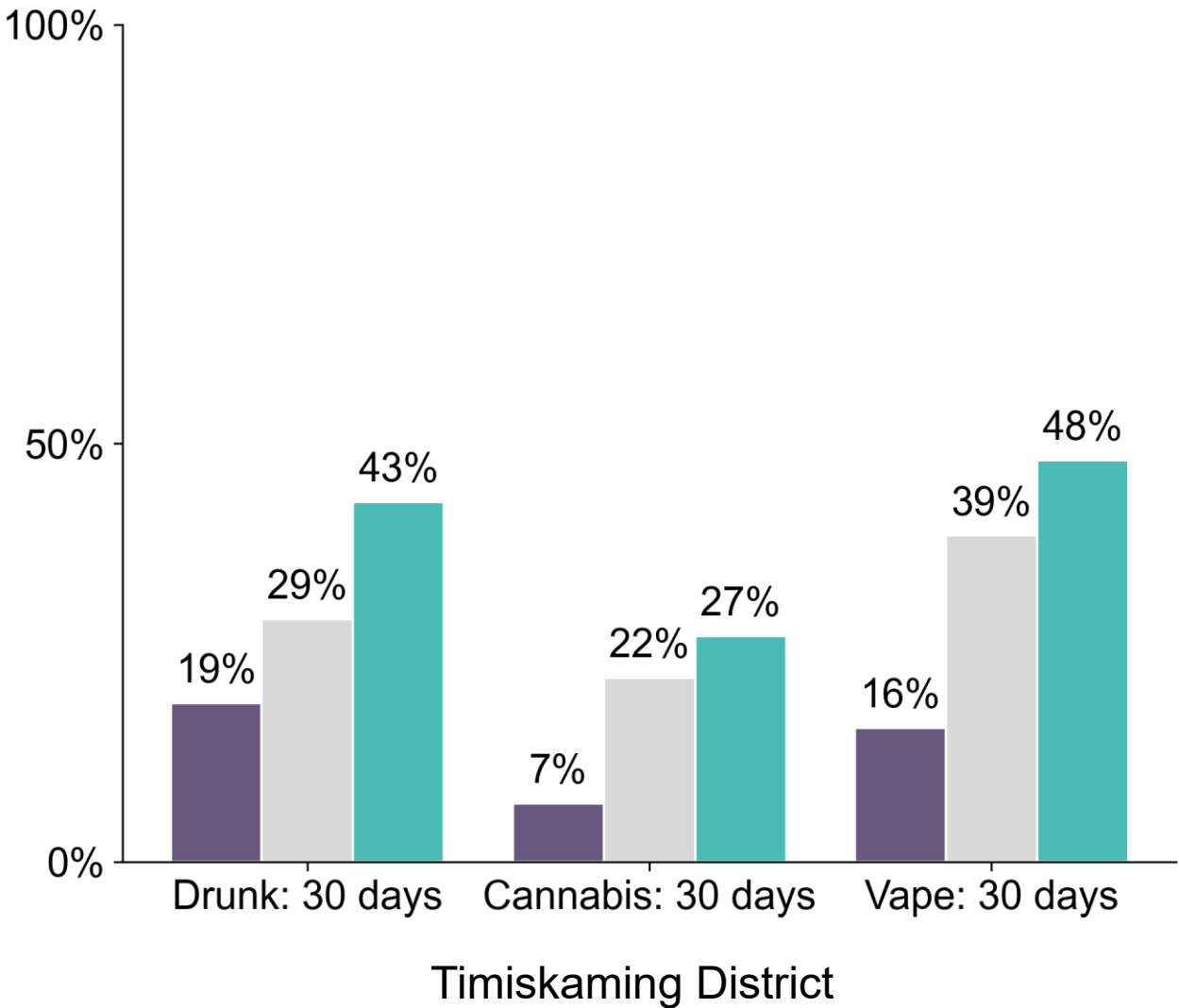
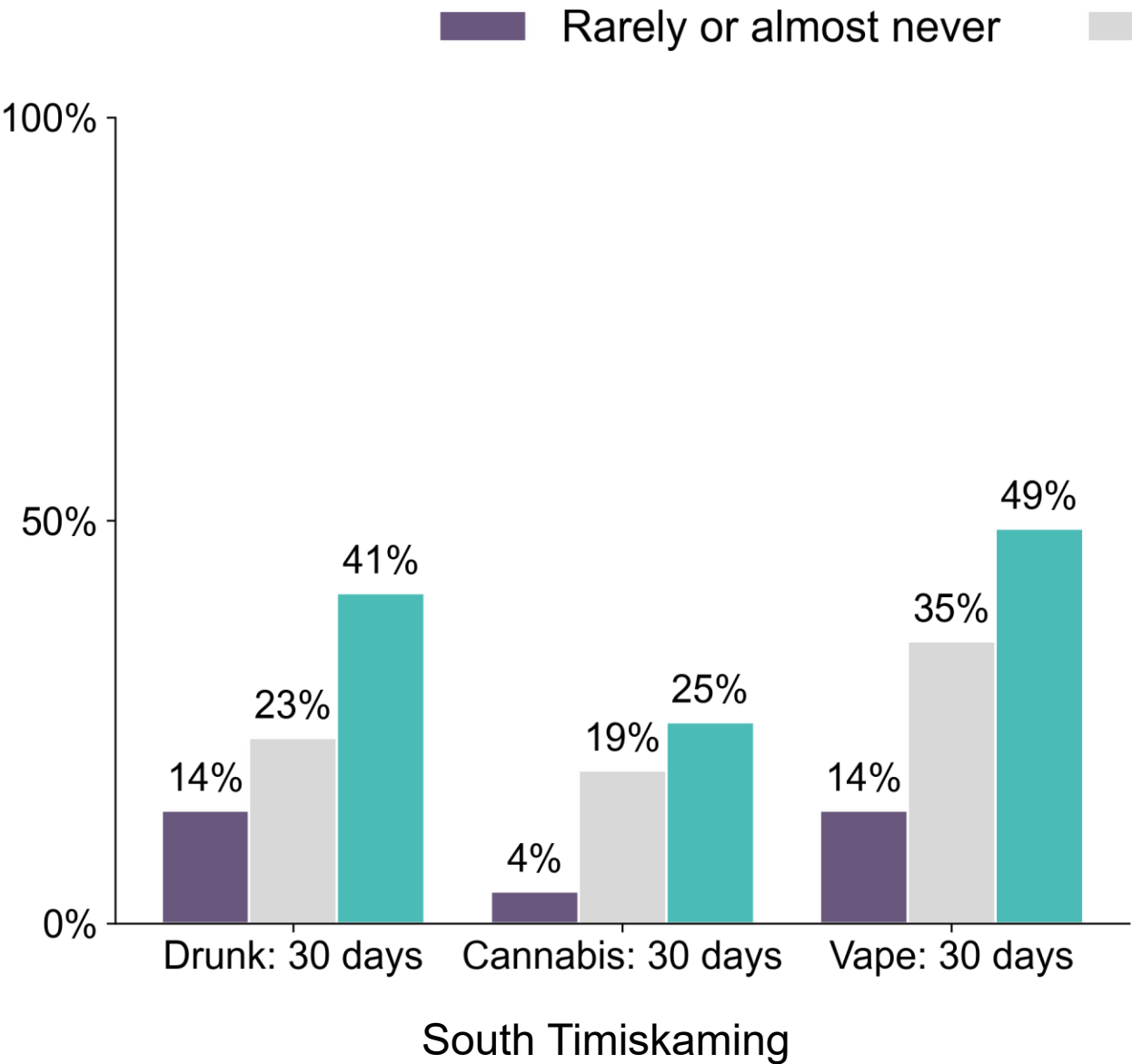
Percentage of youth in South Timiskaming who report that the following school/ study attitude applies **often** or **almost always** to them



South Timiskaming - 2026

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

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



LEISURE TIME

PLANET
Youth®

South Timiskaming - 2026

Leisure Time

29%

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

25%

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

PLANET
Youth®



19%

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



56%

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



16%

Volunteer at least once a week

Leisure Time

Females



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

25%



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

15%

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

23%

Males



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

36%

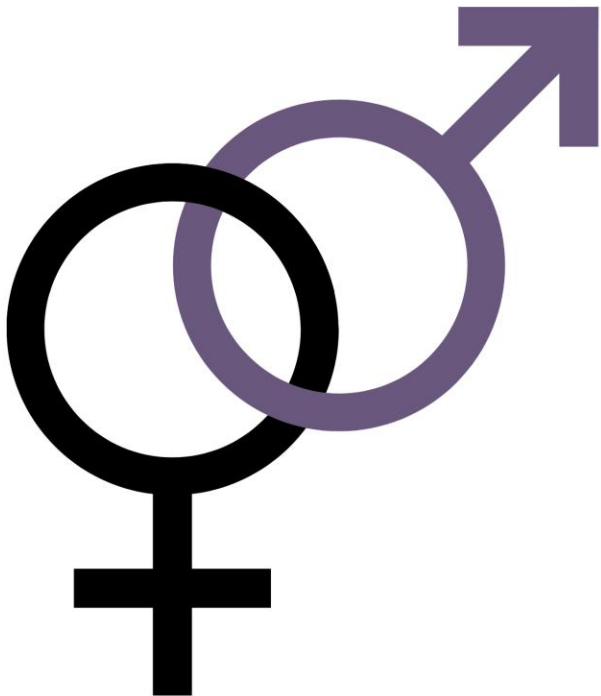


Participate in music, art,
drama or dance at least
once a week

15%

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

27%



17%

Females

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

21%

Males



54%

Females

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

62%

Males



20%

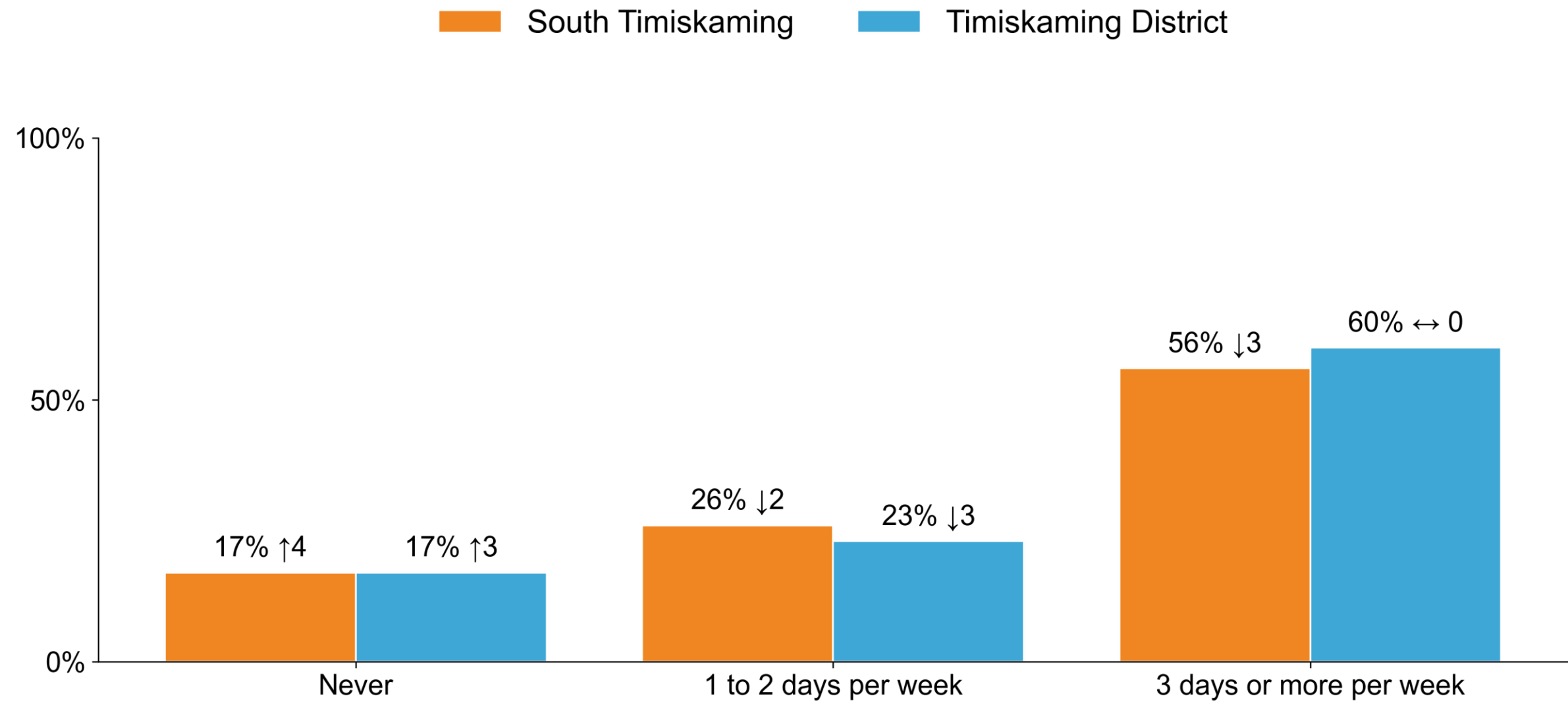
Females

Volunteer at least once a week

12%

Males

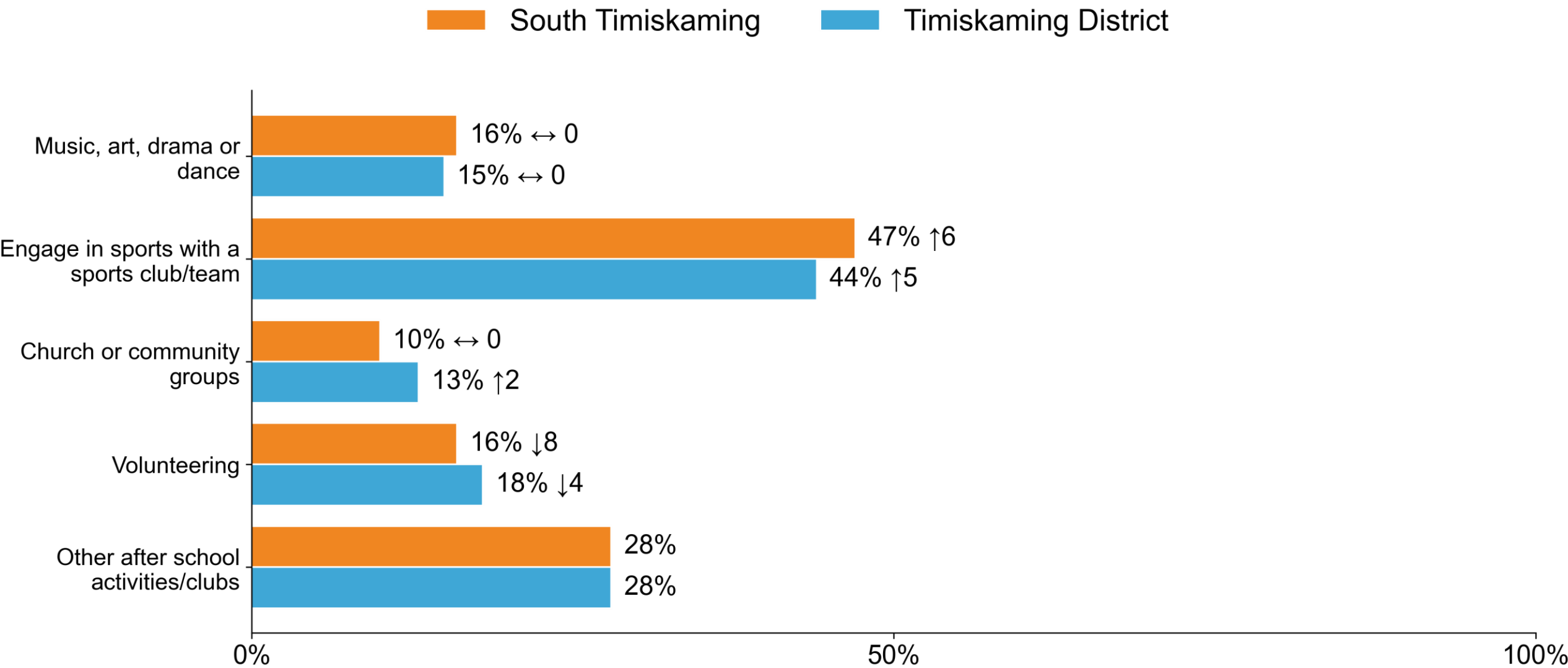
Number of days a week youth in South Timiskaming do at least 60 minutes or more of physical activity



South Timiskaming - 2026

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

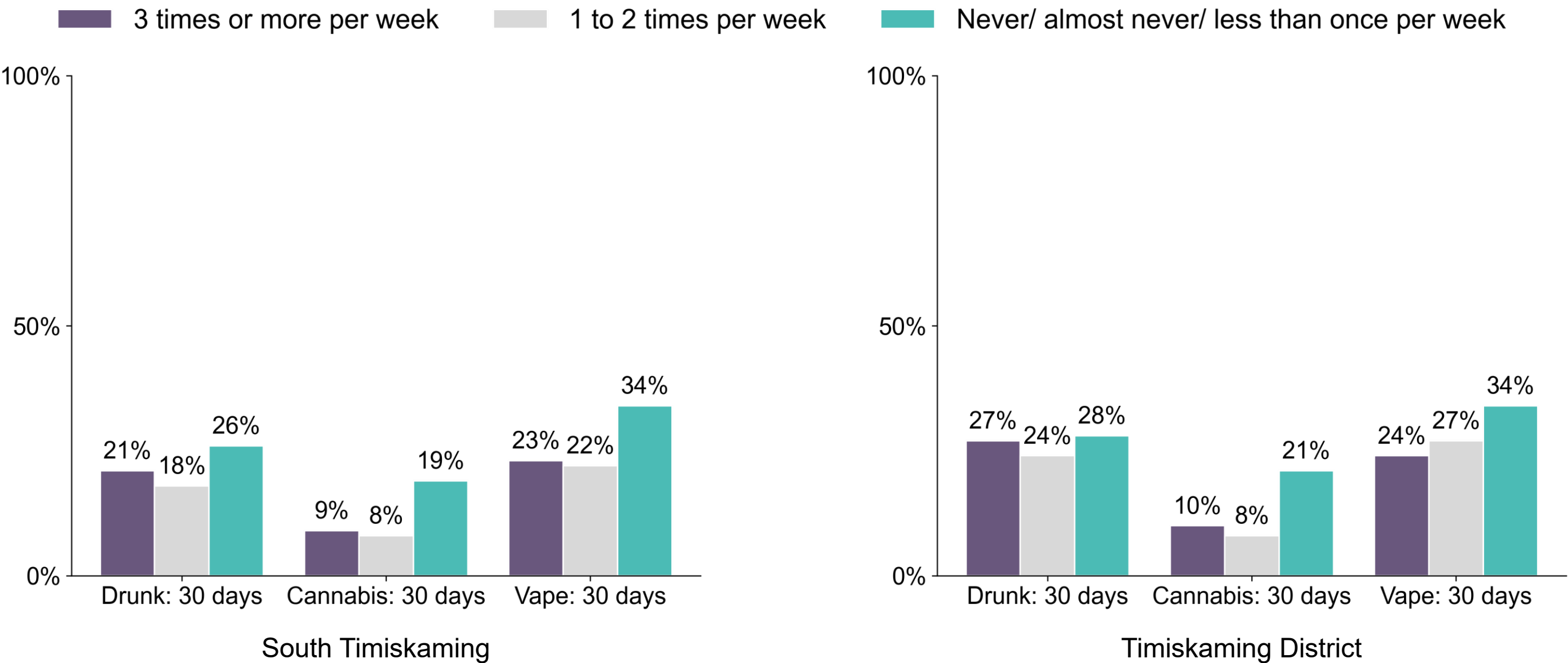
Percentage of youth in South Timiskaming who participate in out-of-school activities, supervised by adults **once a week or more**



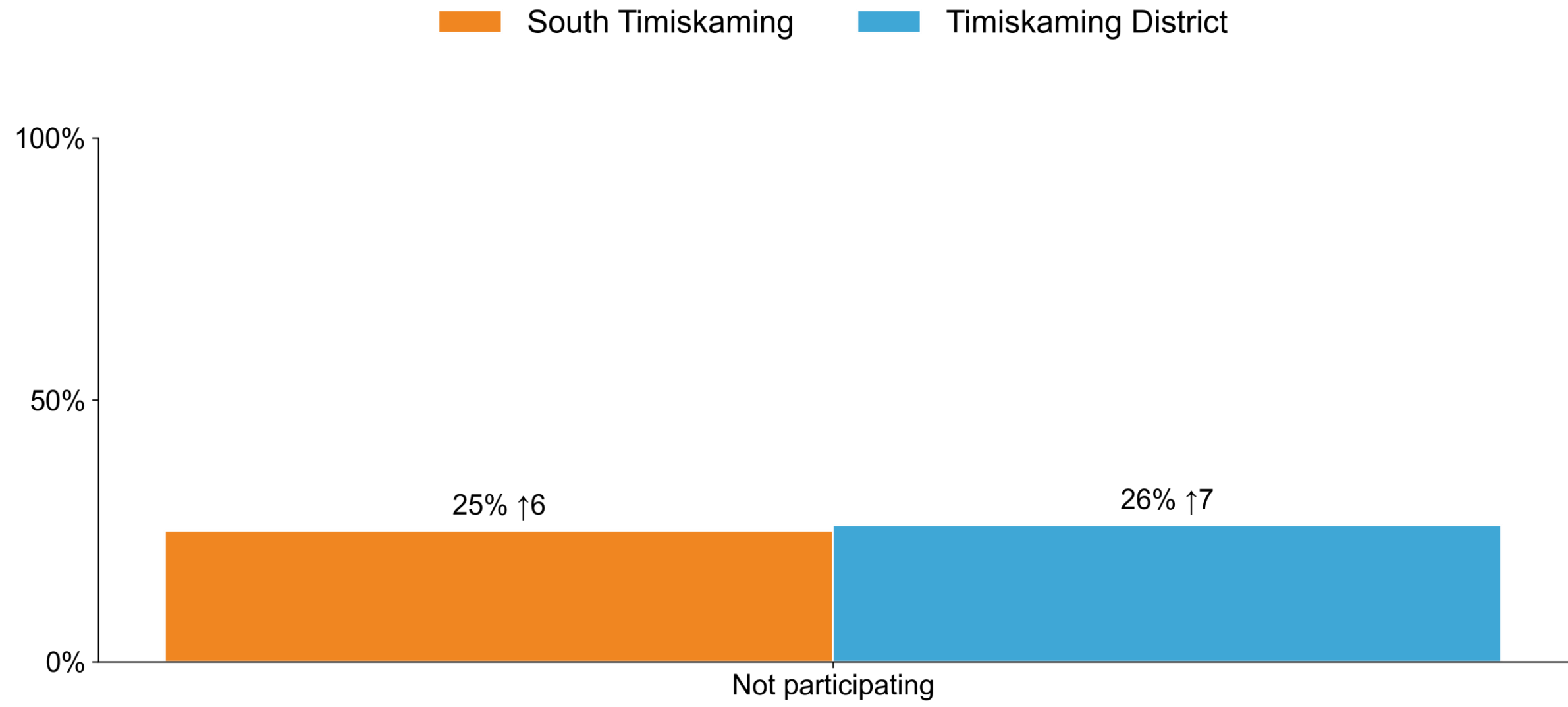
South Timiskaming - 2026

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

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



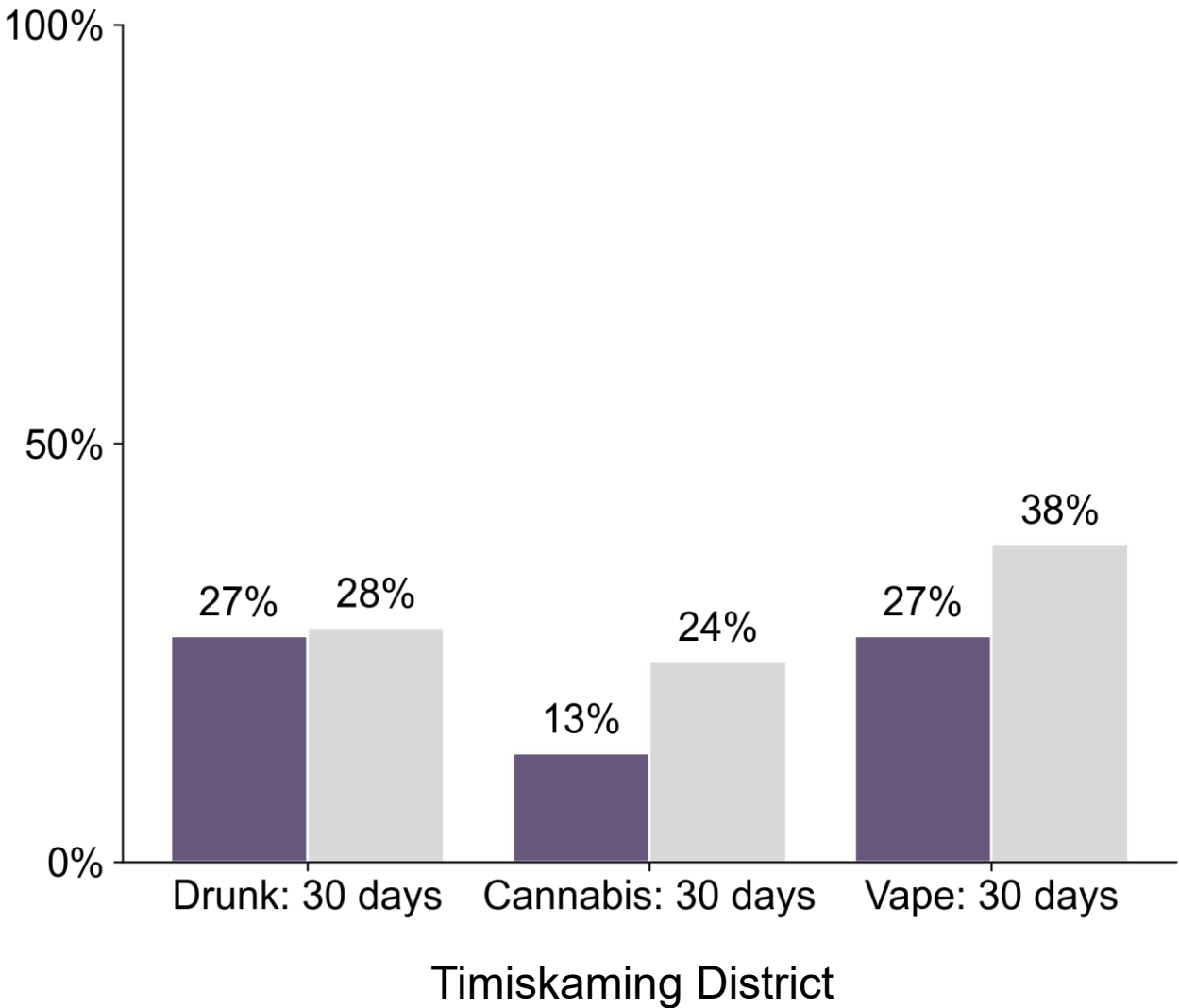
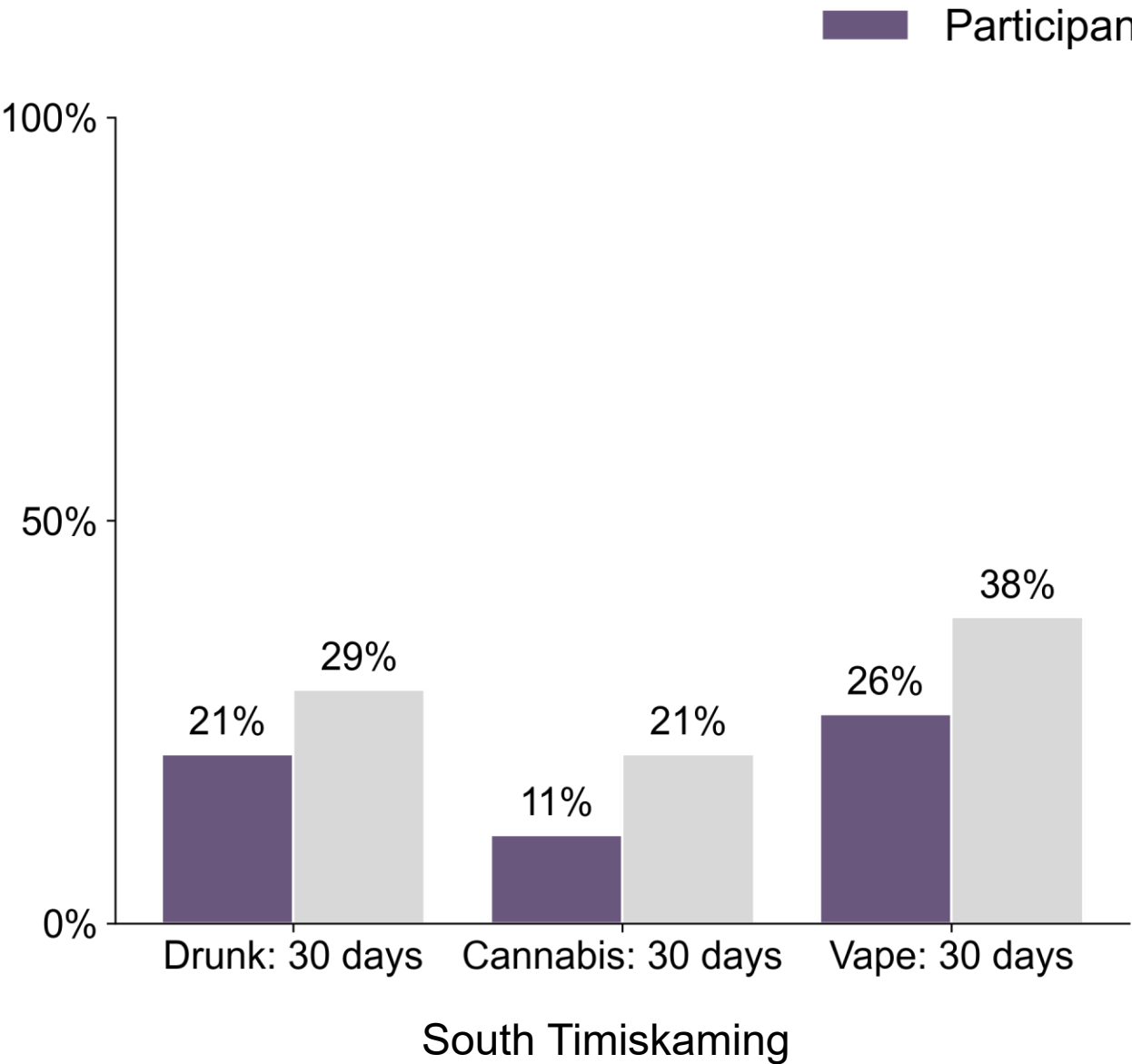
Percentage of youth in South Timiskaming who are **not participating** in organized, adult-supervised, out-of-school activities



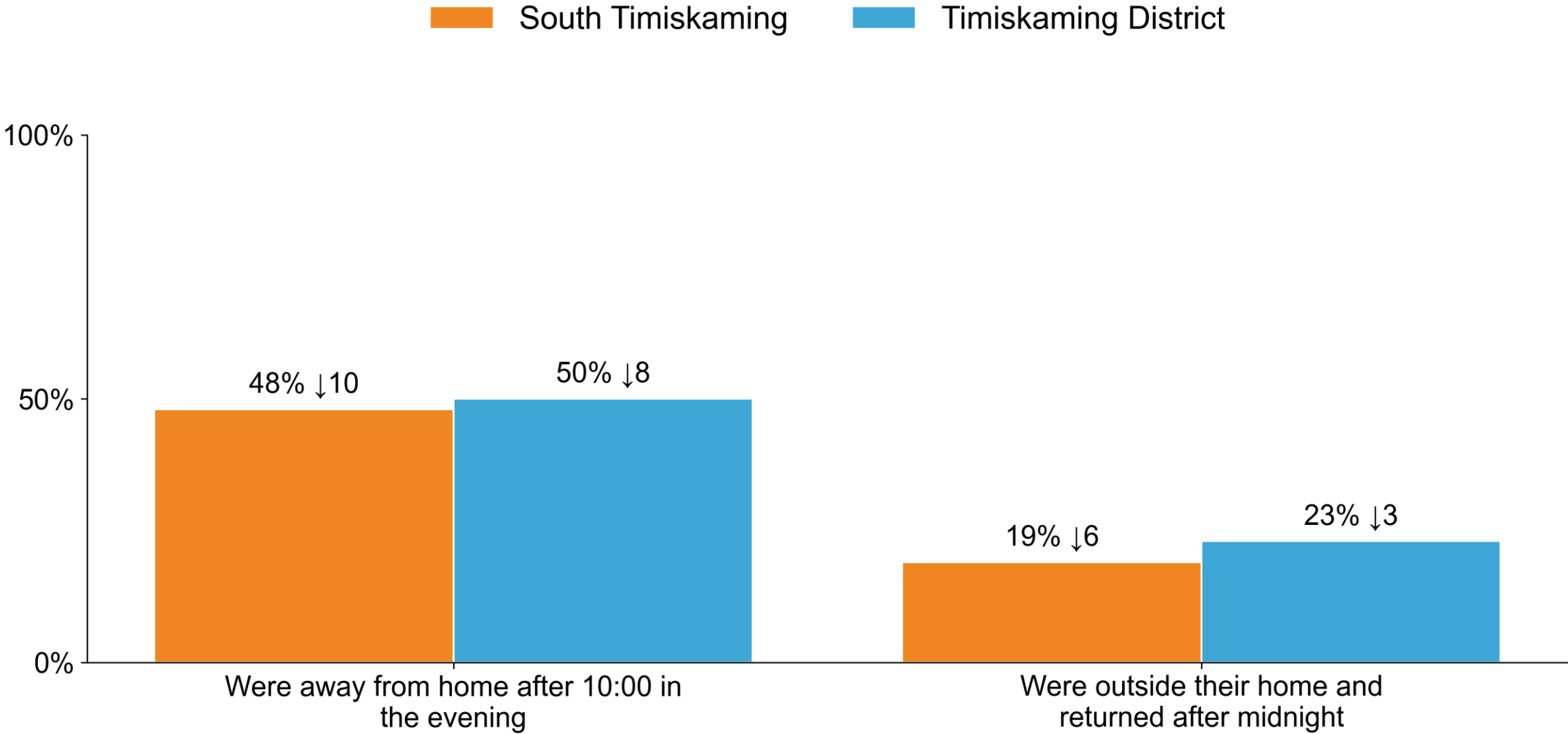
South Timiskaming - 2026

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

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



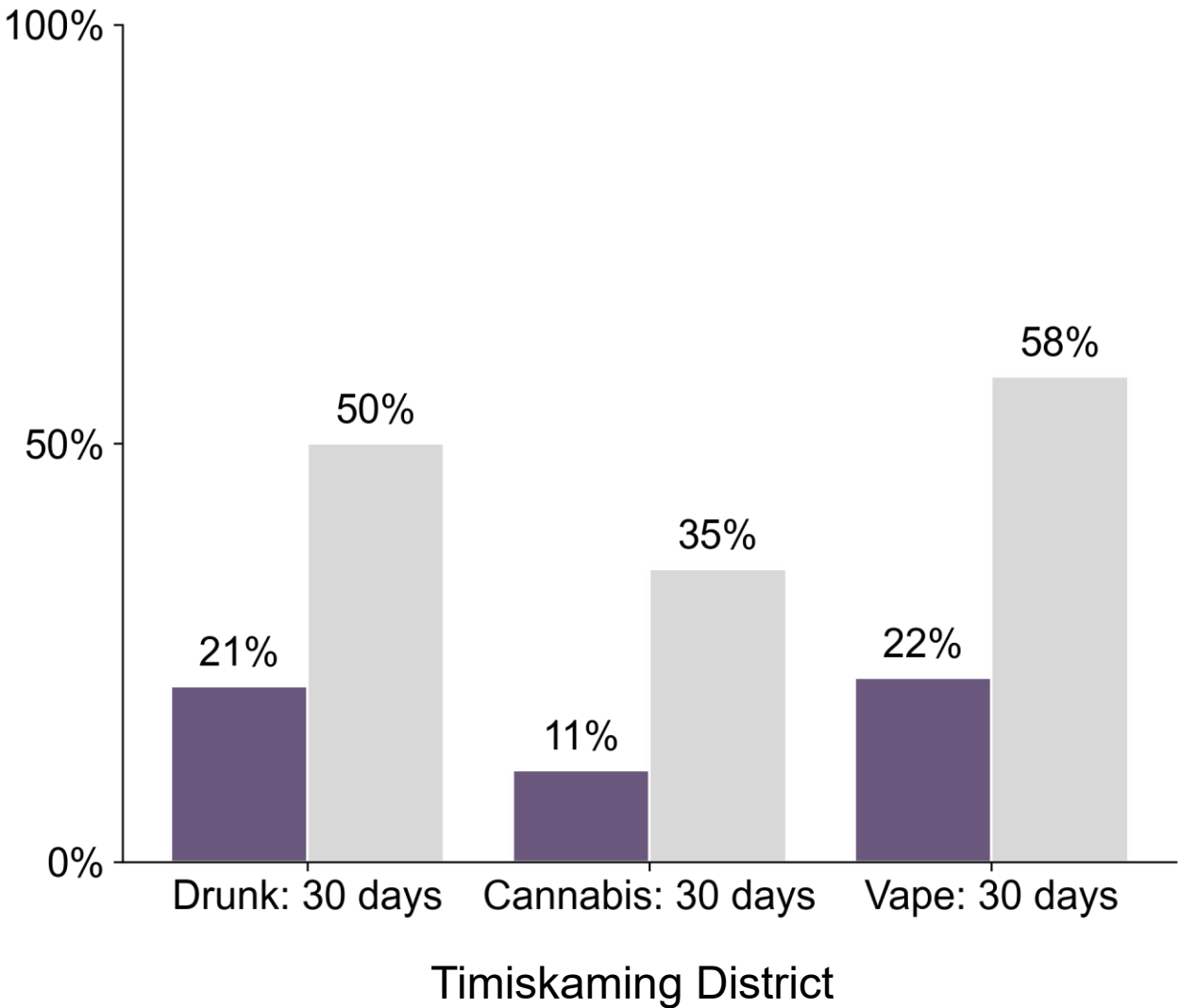
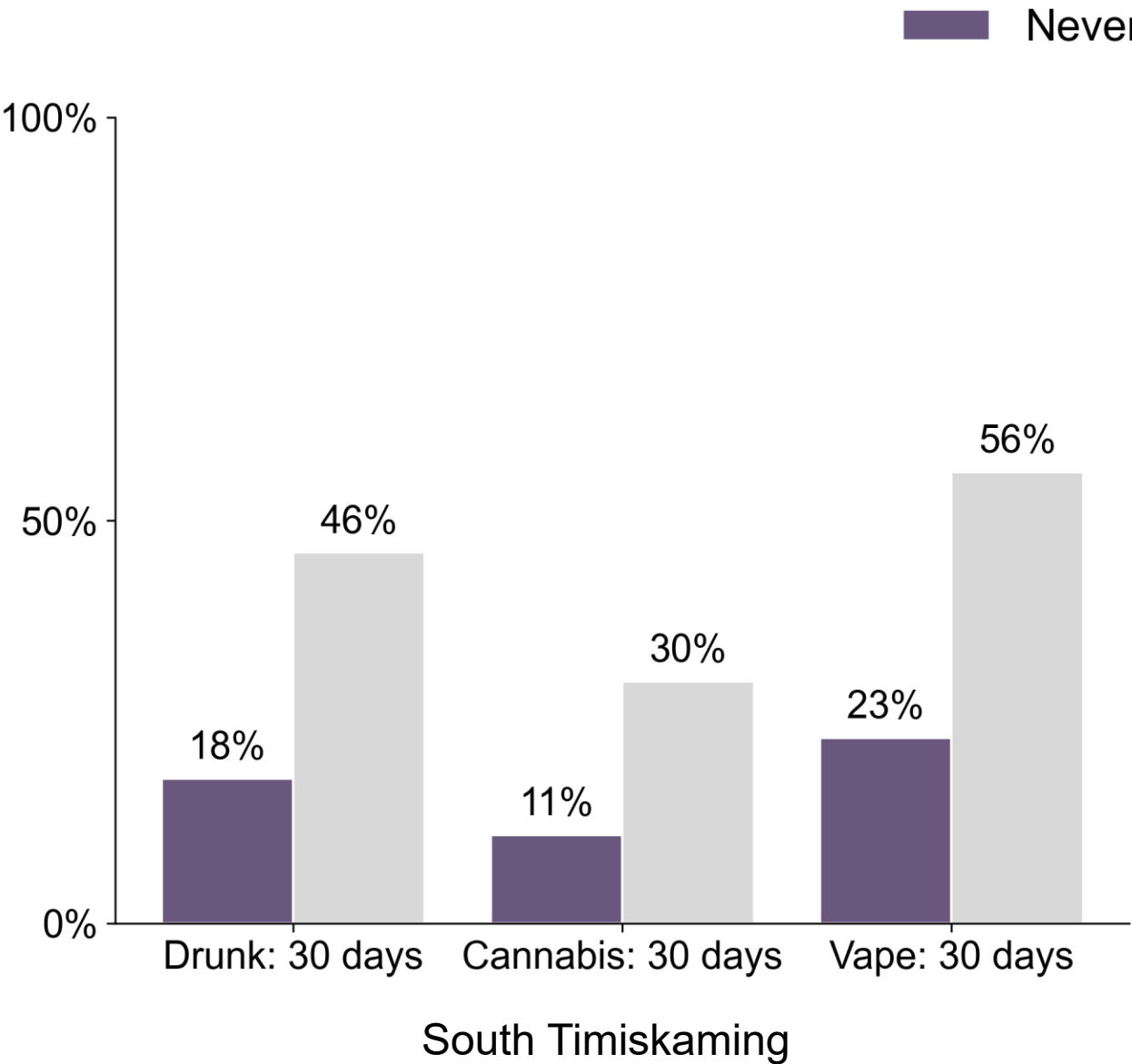
Percentage of youth in South Timiskaming who were outside late in the last week



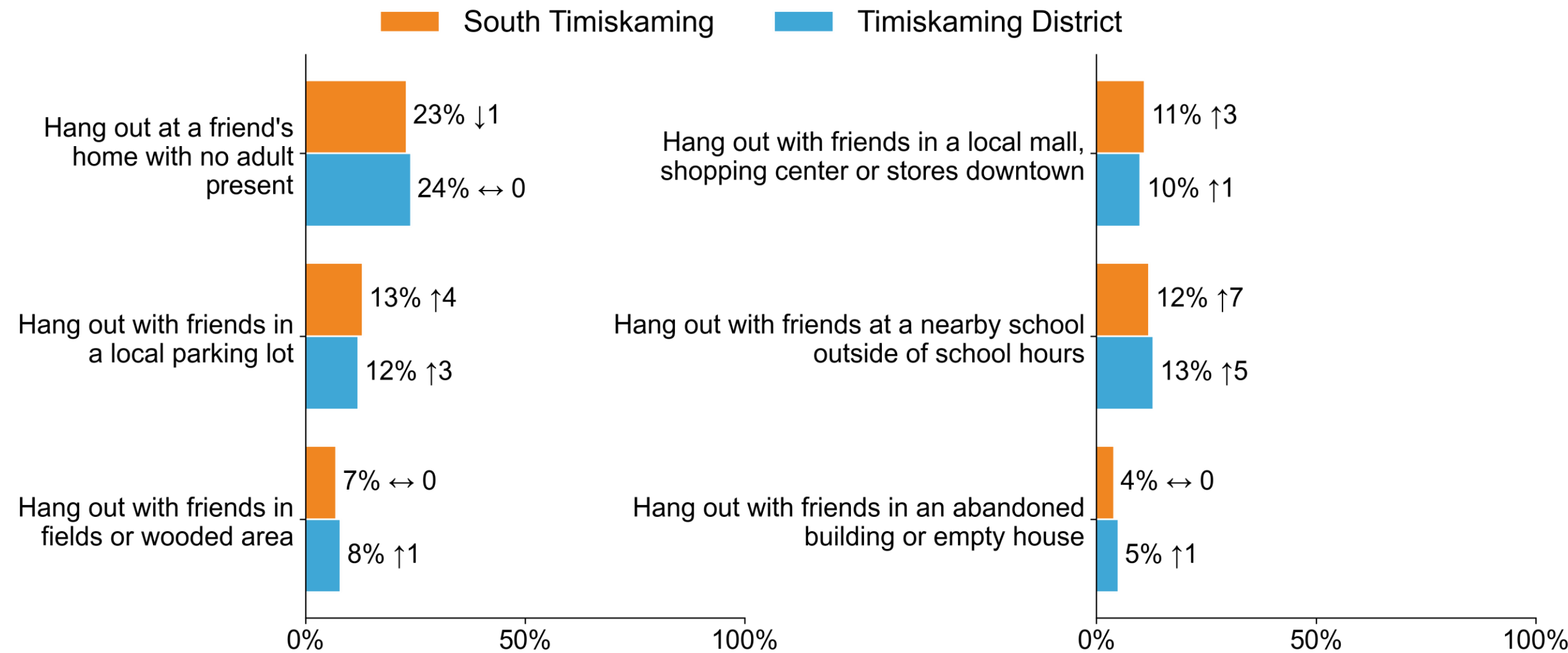
South Timiskaming - 2026

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

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



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

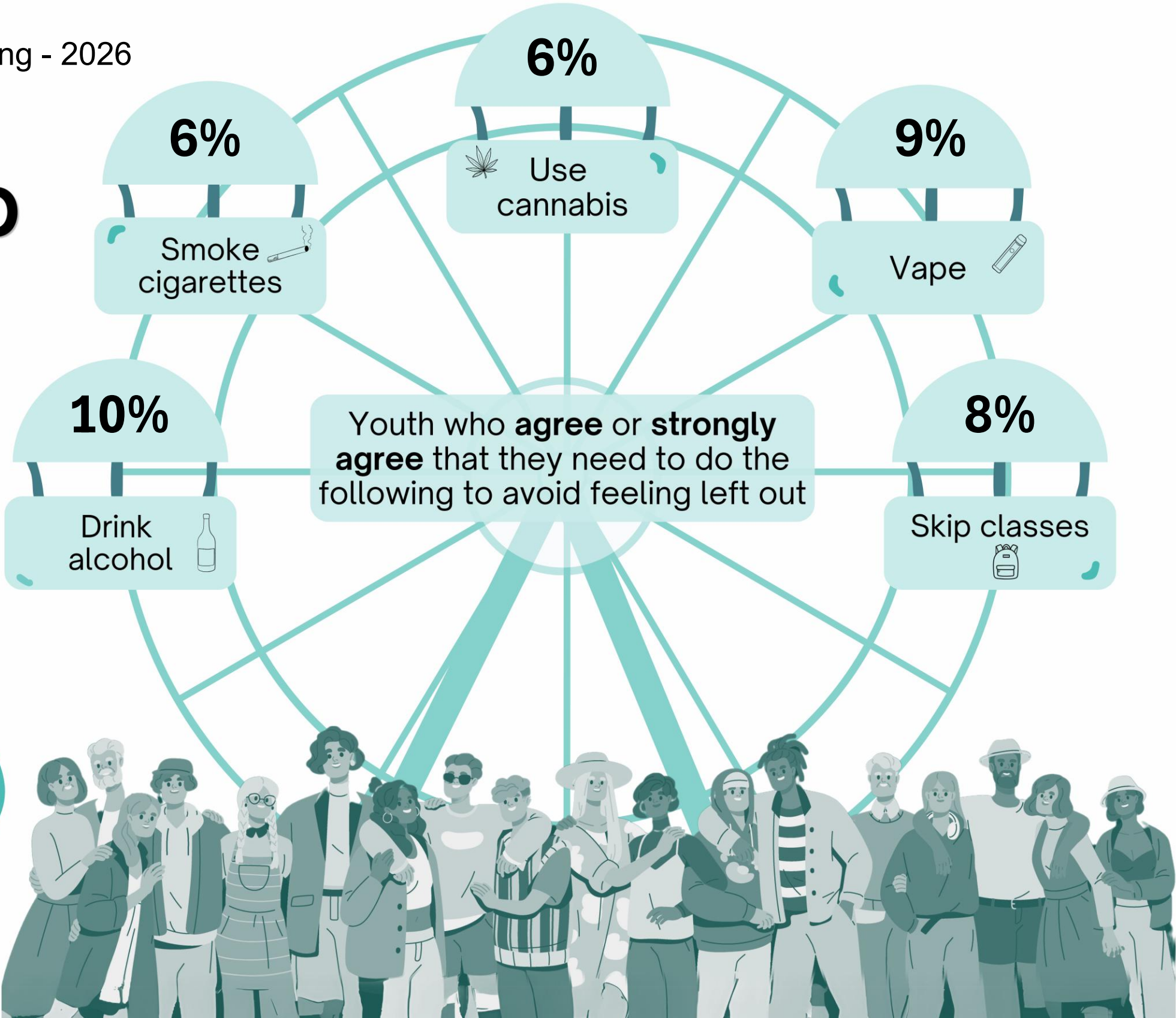


South Timiskaming - 2026

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

12%

Drink alcohol

9%

Vape

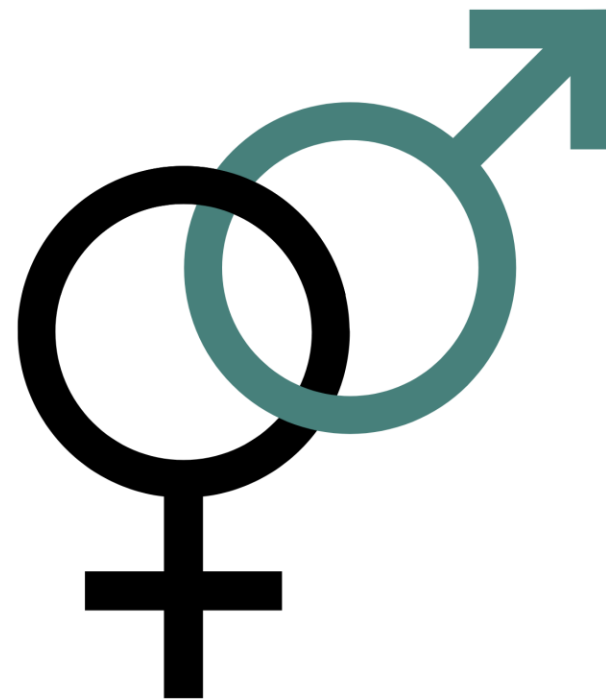
5%

Smoke cigarettes

8%

Skip classes

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



Males

8%

Drink alcohol

8%

Vape

8%

Smoke cigarettes

8%

Skip classes



37%

Females

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

19%

Males



45%

Females

Say most or almost all of their friends vape

26%

Males

22%

Females

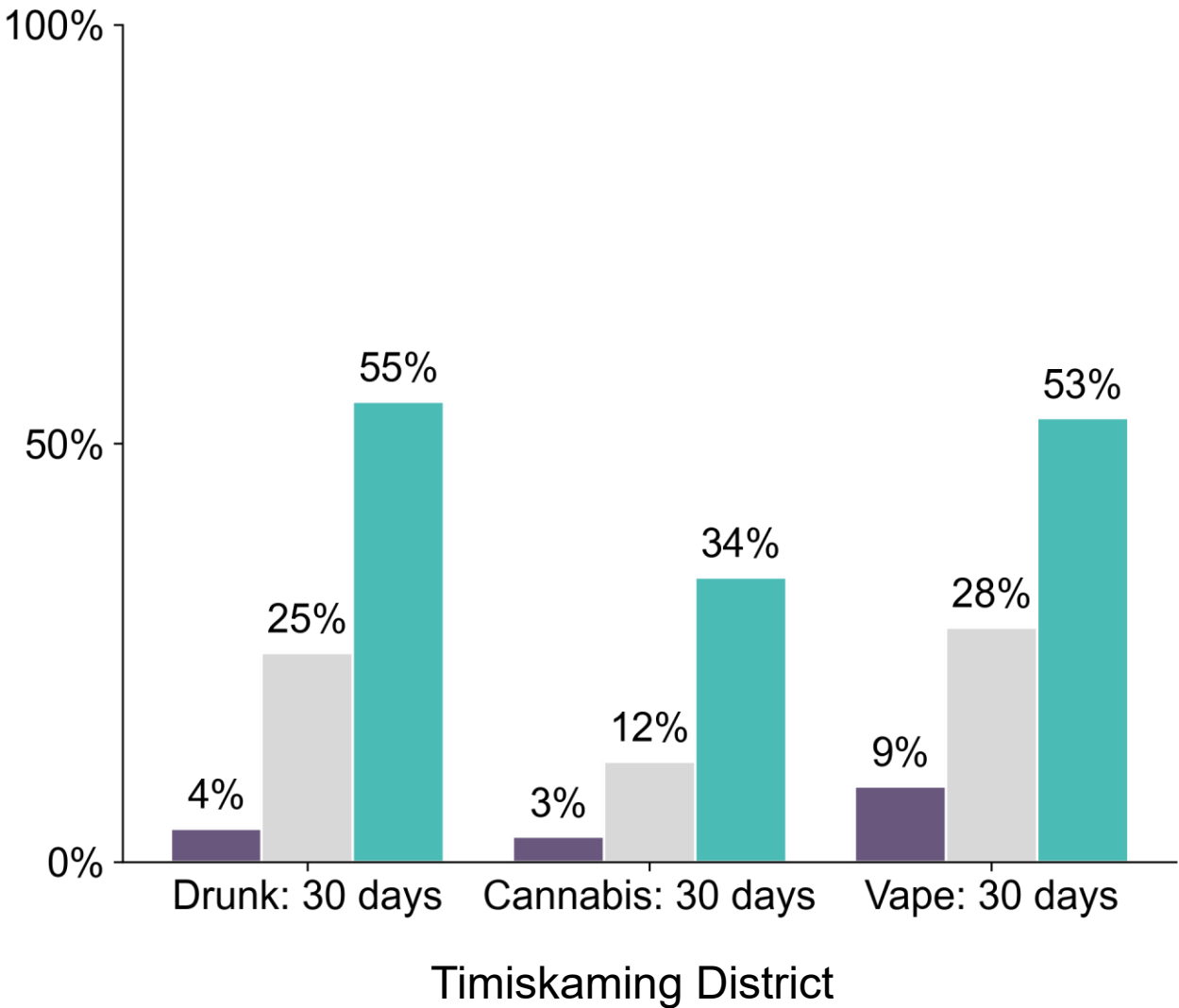
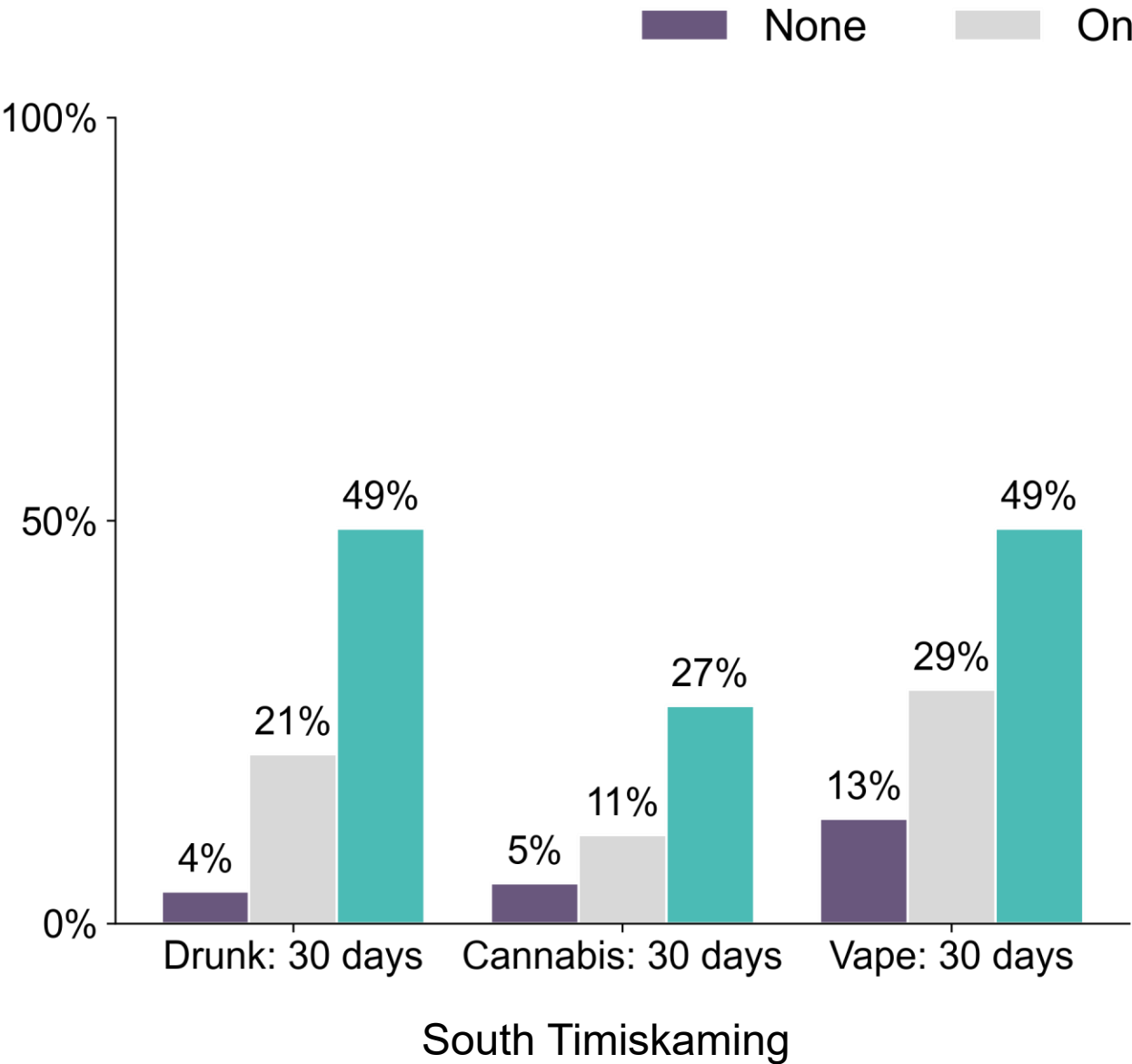
Say most or almost all of their friends use cannabis

11%

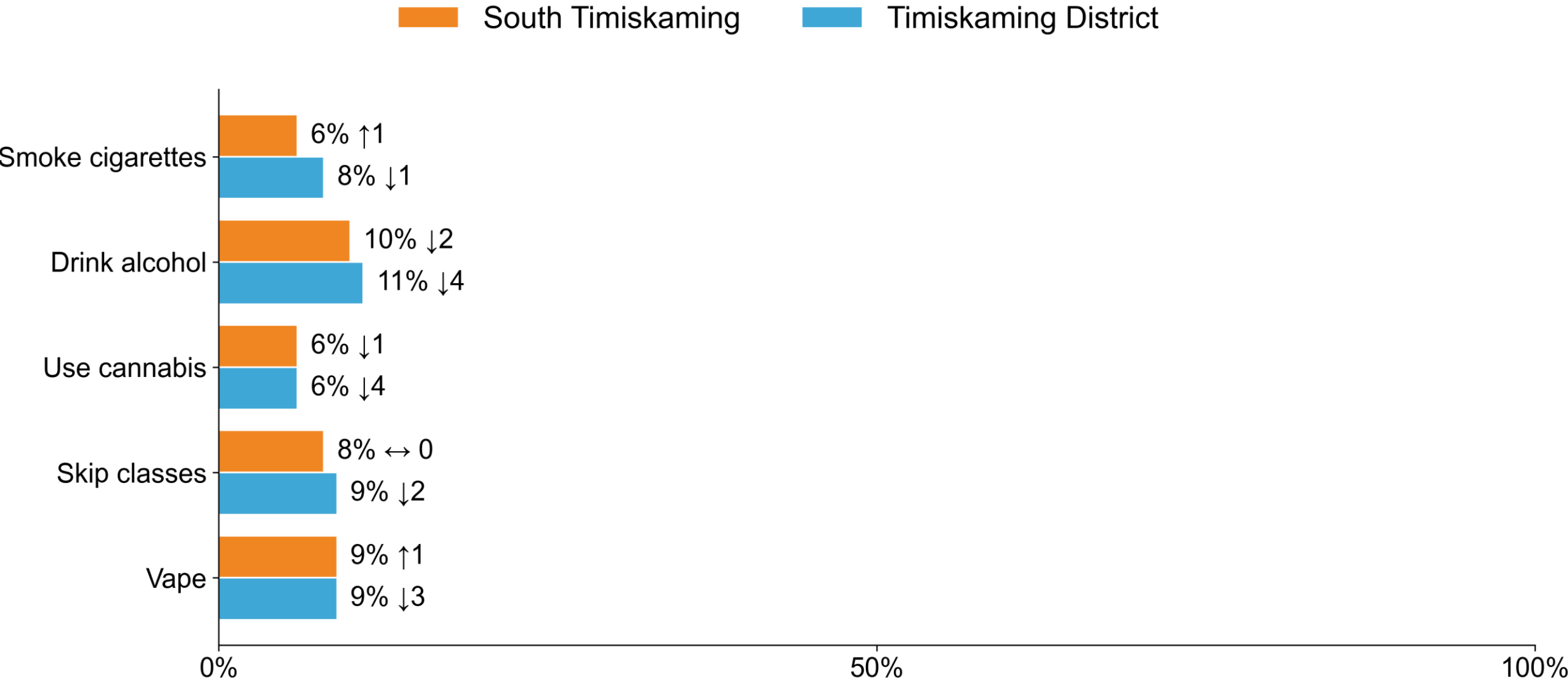
Males



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



Percentage of youth in South 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



South Timiskaming - 2026

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

COMMUNITY

PLANET
Youth®

Community

32%

Think adults in
their community
support them



68%

Often or almost
always feel
safe in their
neighbourhood

30%

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

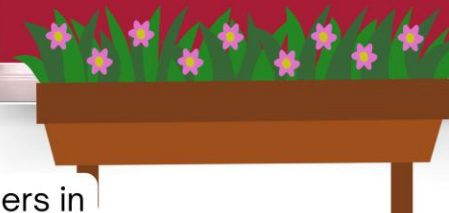
43%

Feel like they belong
in their community



33%

Take part in local
events or activities in
their community



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

South Timiskaming - 2026

Community

Females

62%

Often or almost always
feel safe in their neighbourhood

33%

Take part in local events or activities
in their community

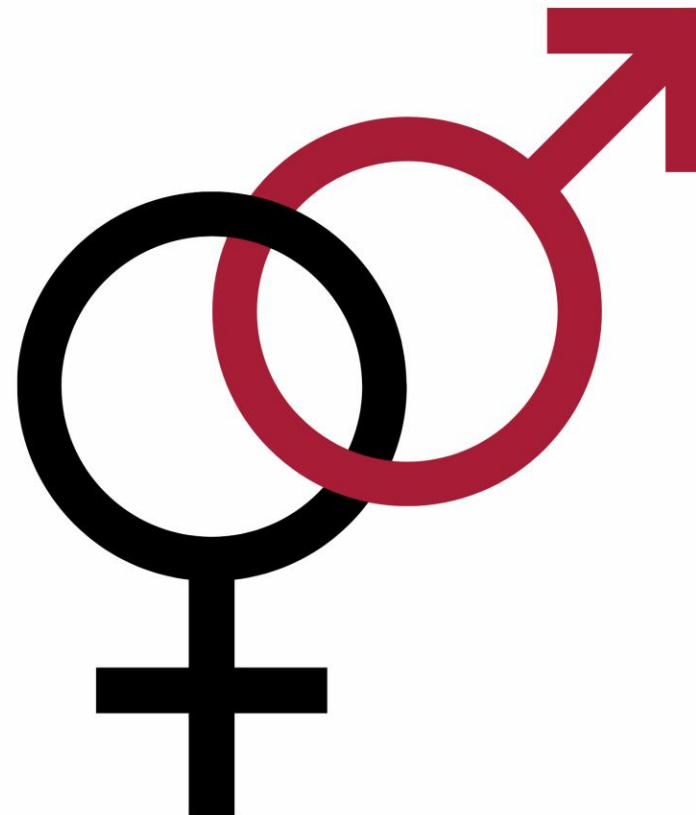
26%

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

34%

Think adults in their
community support them

PLANET
Youth®



Males

75%

Often or almost always
feel safe in their neighbourhood

32%

Take part in local events or activities
in their community

36%

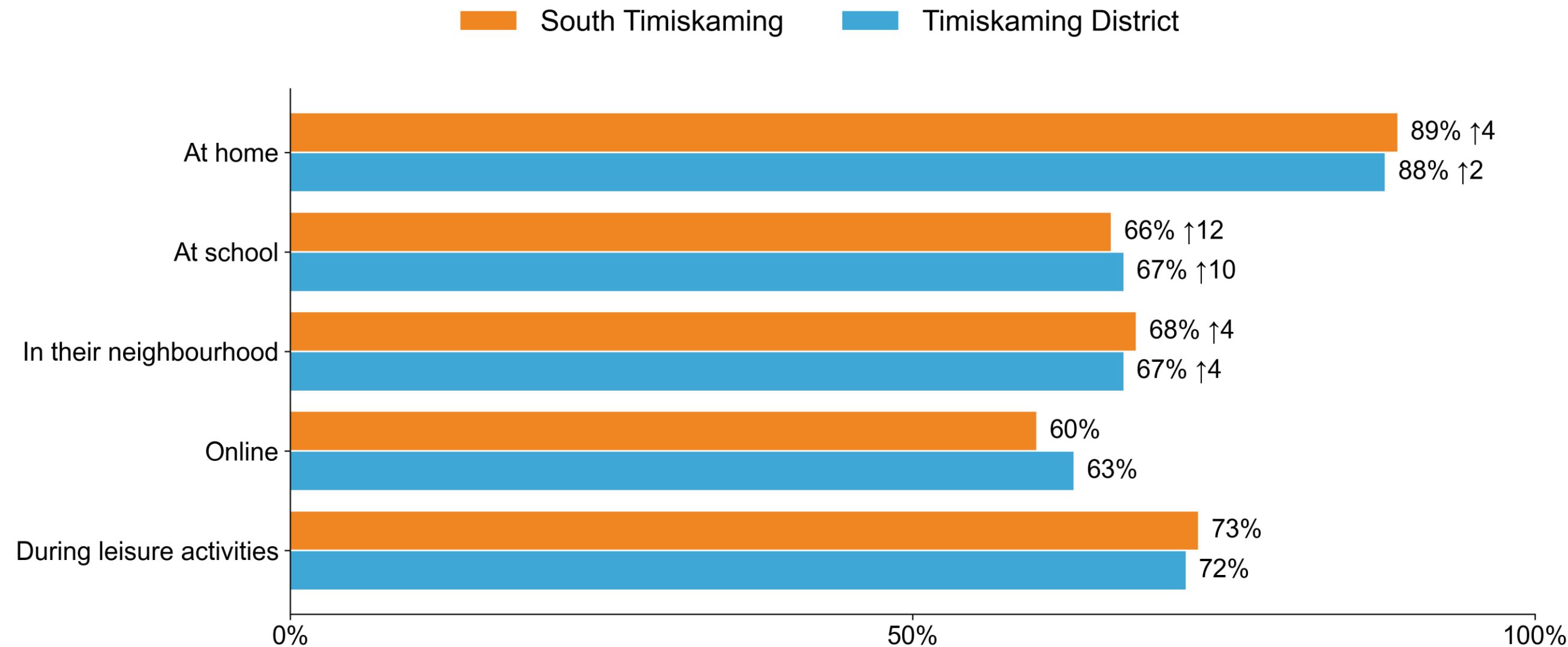
Would like to continue living in
the community they live in now

29%

Think adults in their
community support them



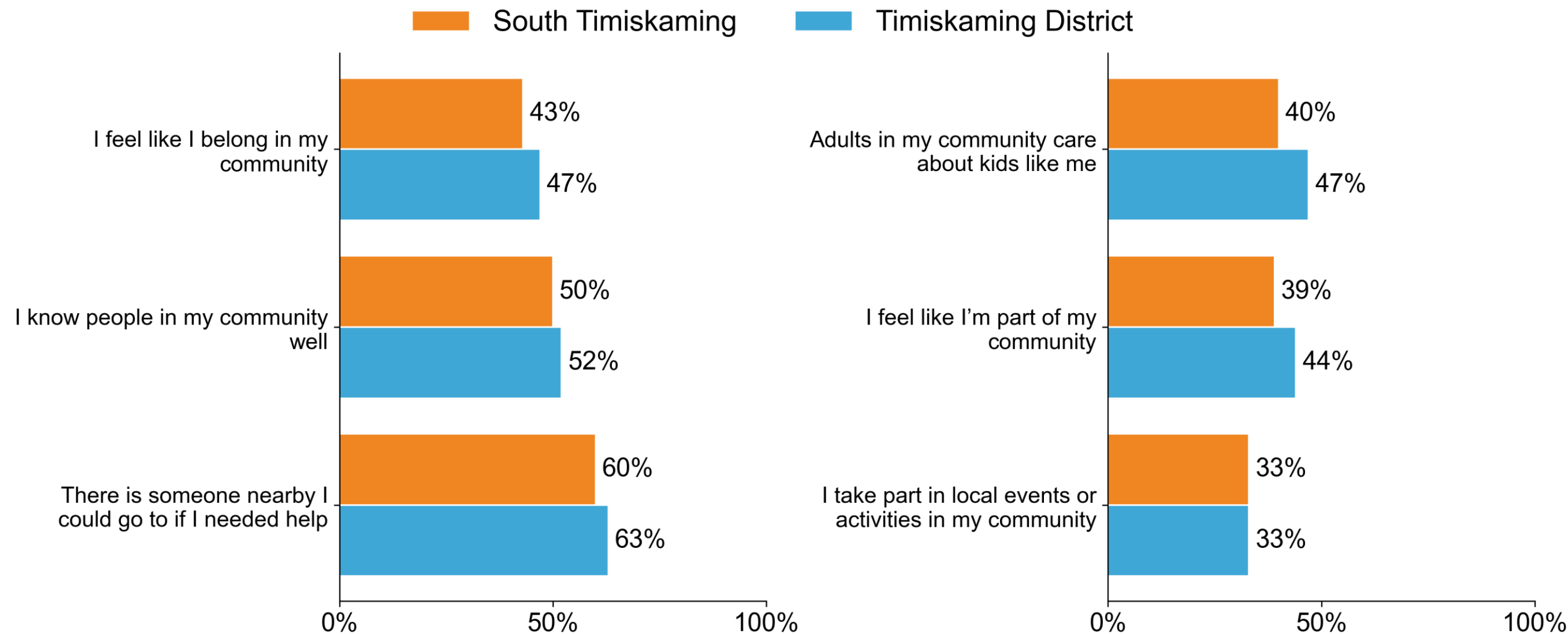
Percentage of youth in South Timiskaming who report feeling safe at the following locations **often or almost always**



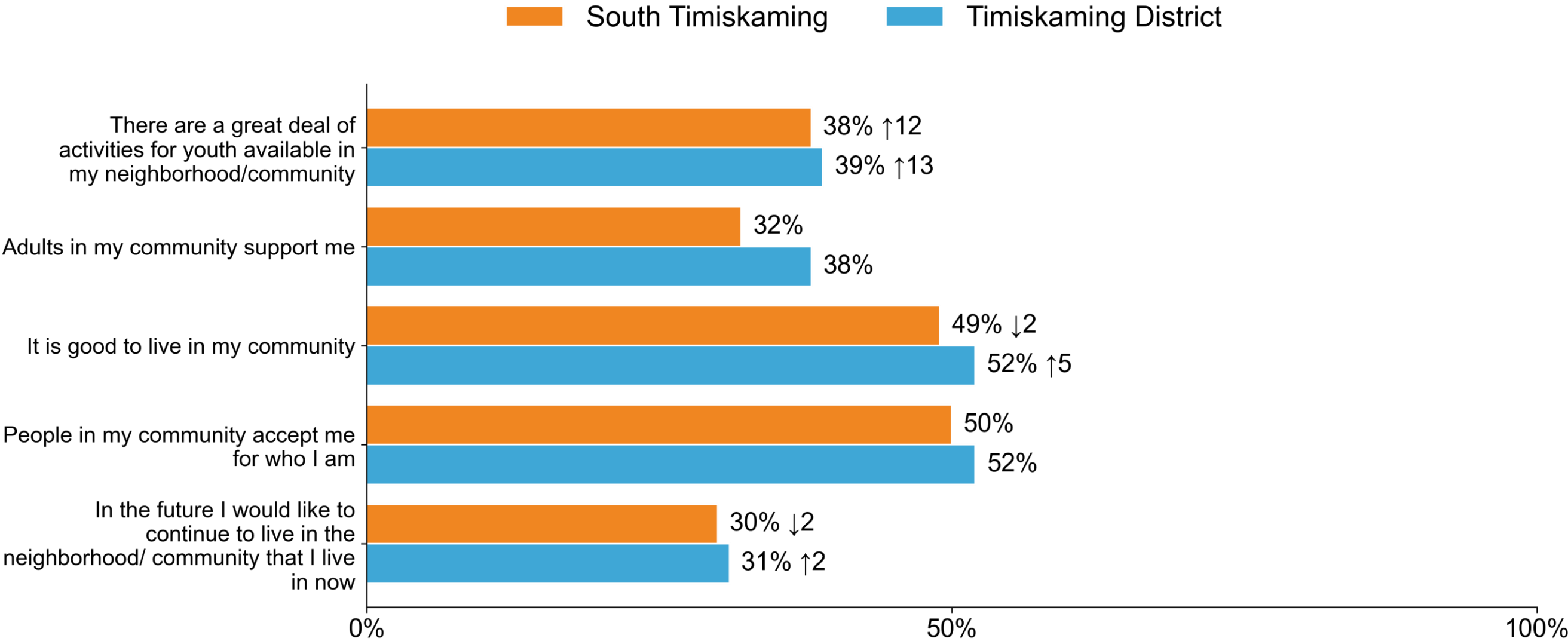
South Timiskaming - 2026

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

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



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

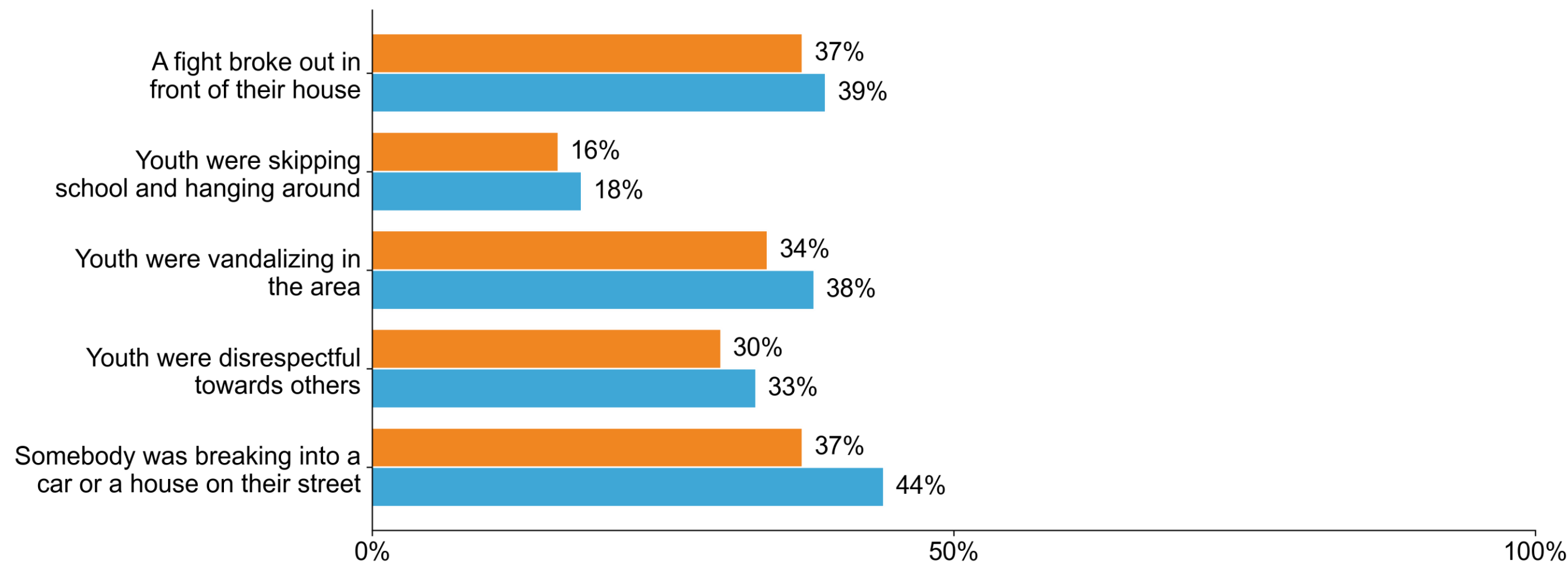


South Timiskaming - 2026

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

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

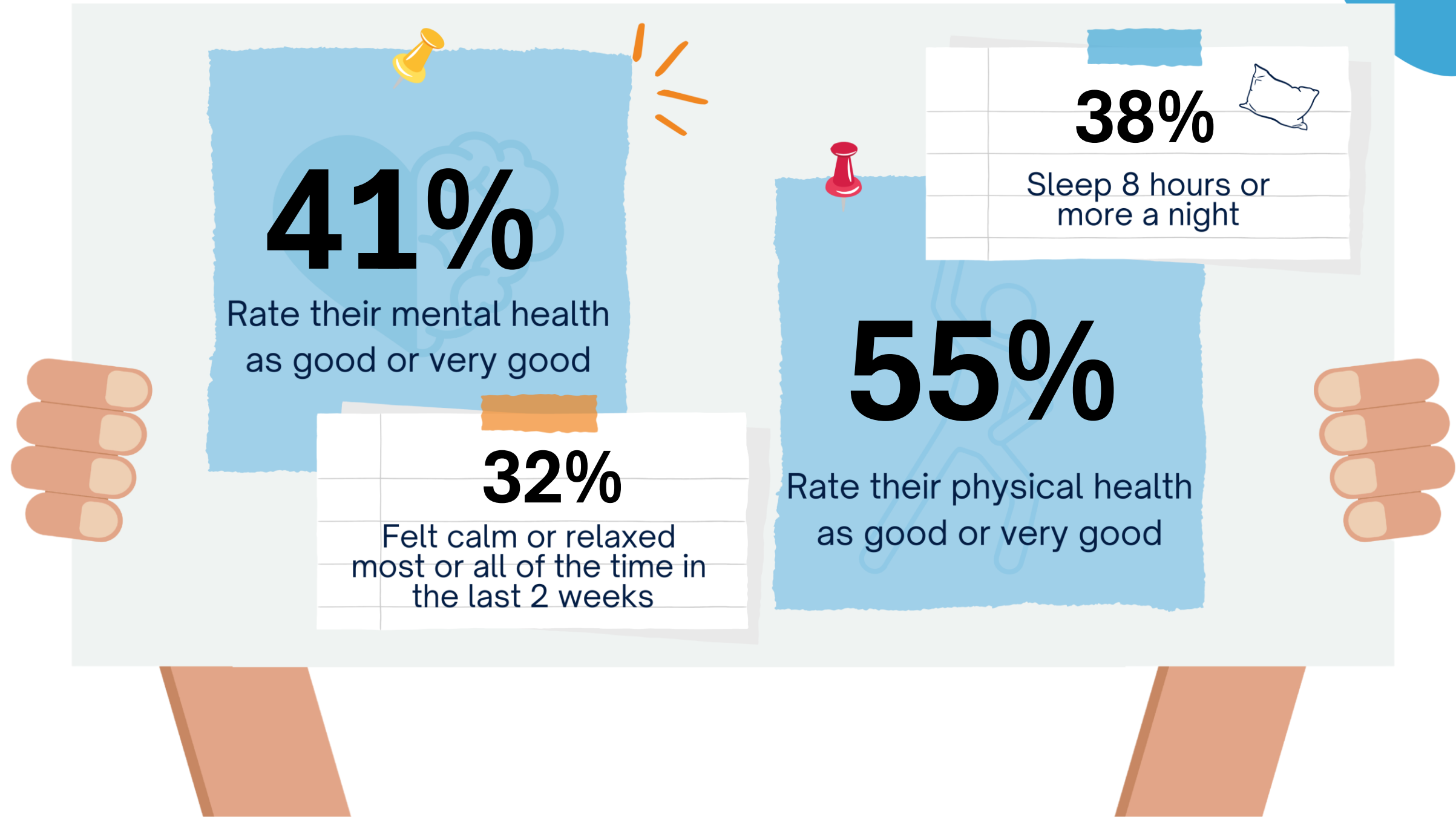
South Timiskaming
 Timiskaming District



WELLBEING

PLANET
Youth®

Wellbeing



Wellbeing



Females



37%

Sleep on average
8 hours or more a night



31%

Rate their mental health
as good or very good



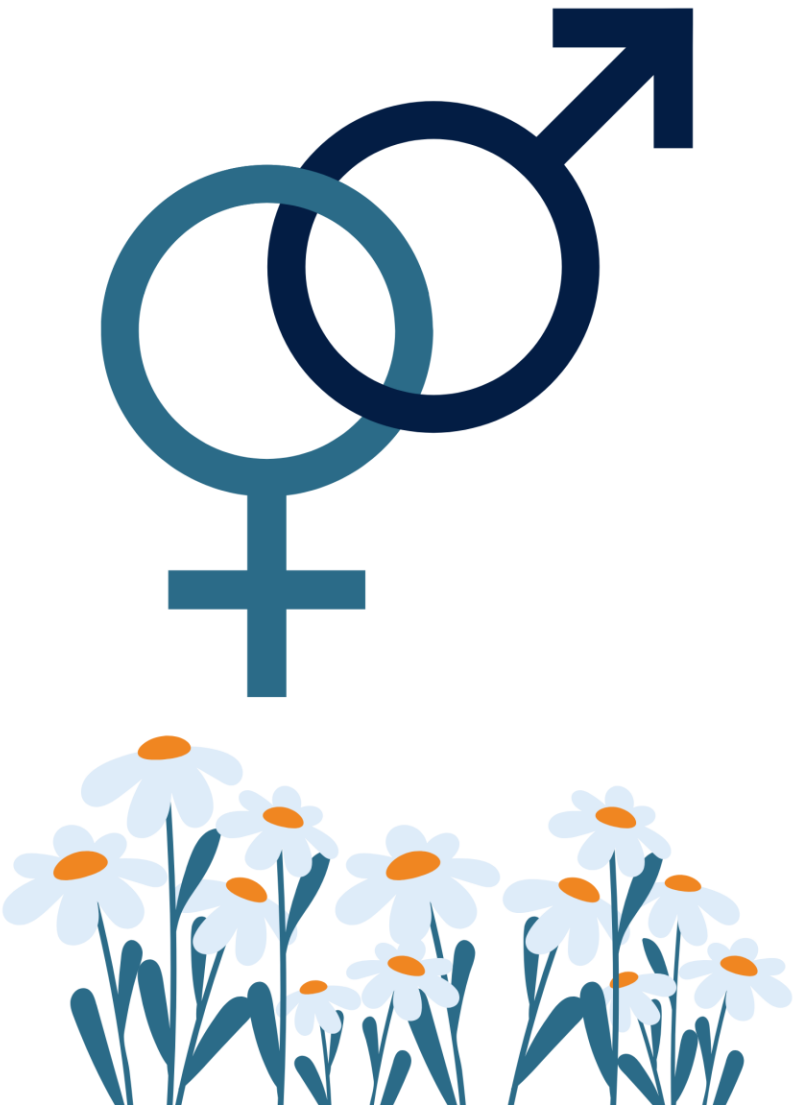
53%

Rate their physical health
as good or very good



21%

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



Males



41%

Sleep on average
8 hours or more a night



54%

Rate their mental health
as good or very good



60%

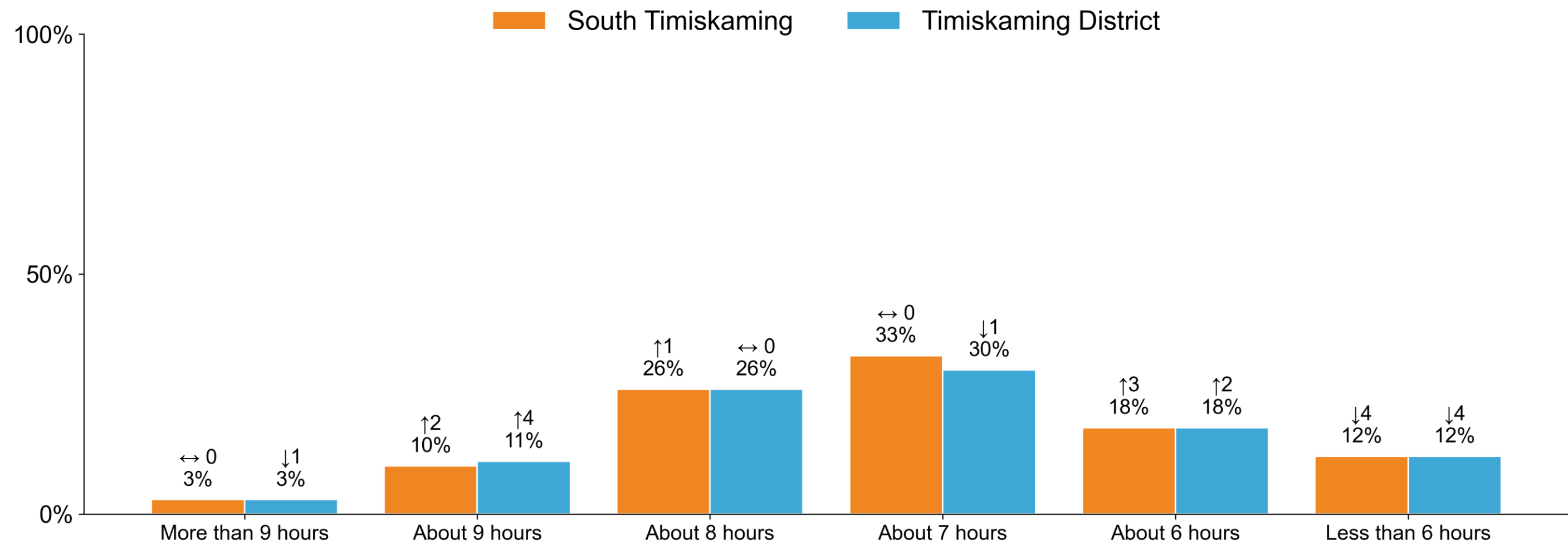
Rate their physical health
as good or very good



46%

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

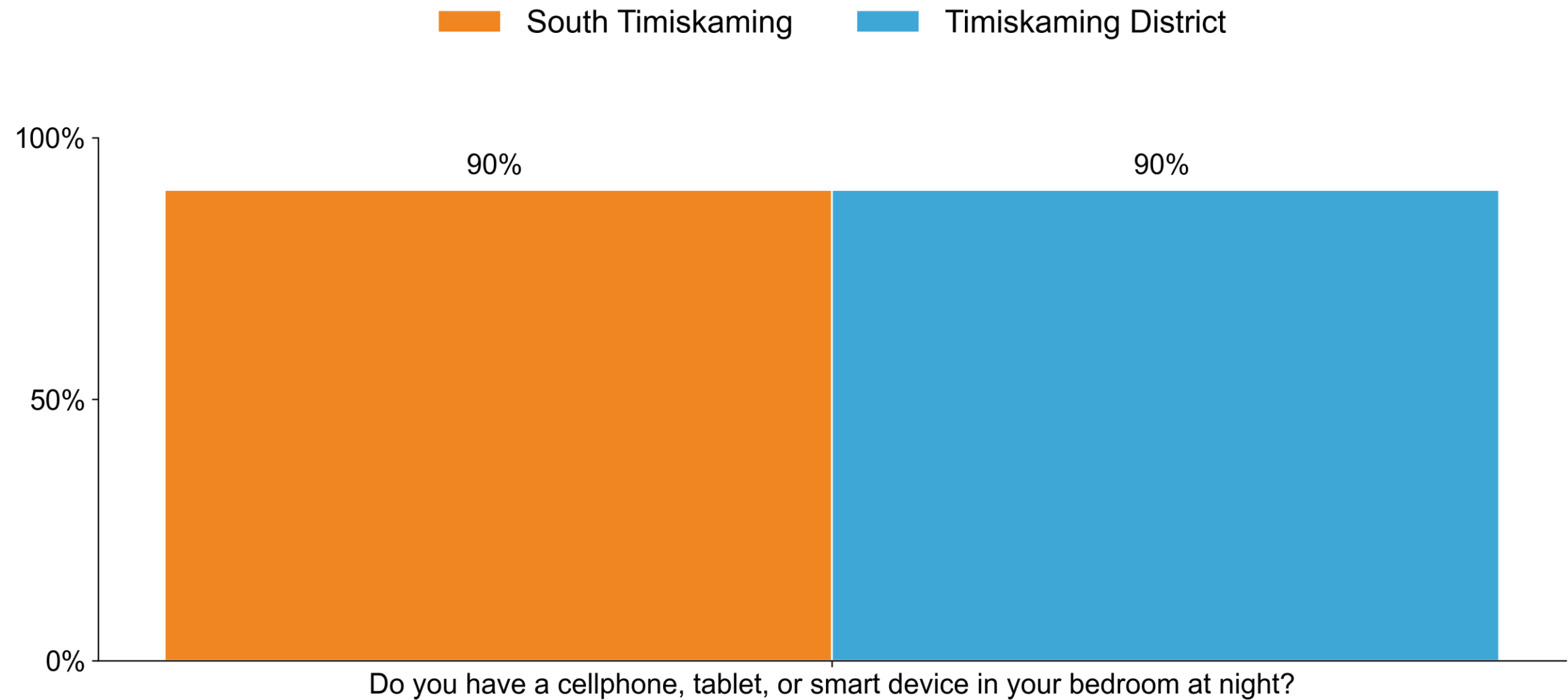
Average number of hours youth in South Timiskaming sleep per night



South Timiskaming - 2026

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

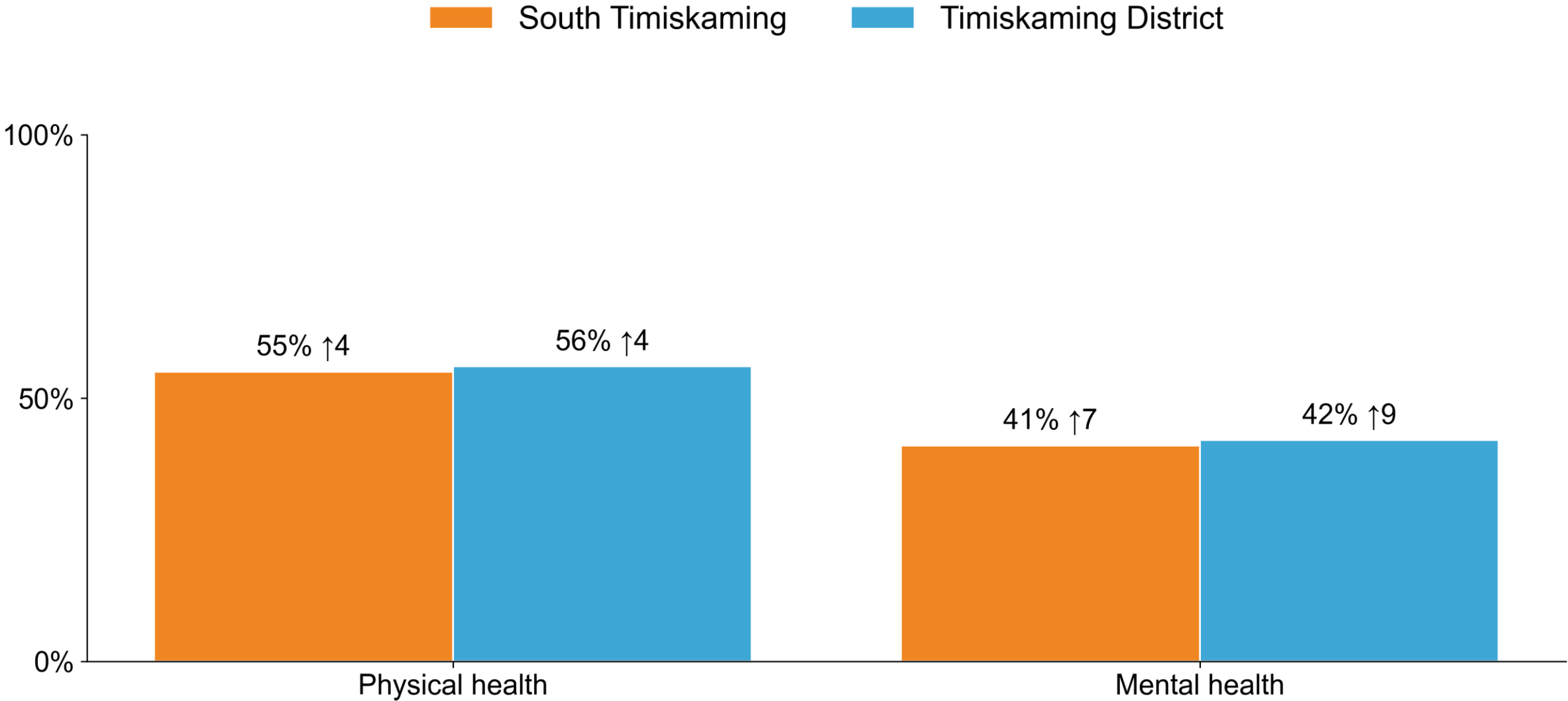
Percentage of youth in South Timiskaming who answered "yes" to the following question



South Timiskaming - 2026

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

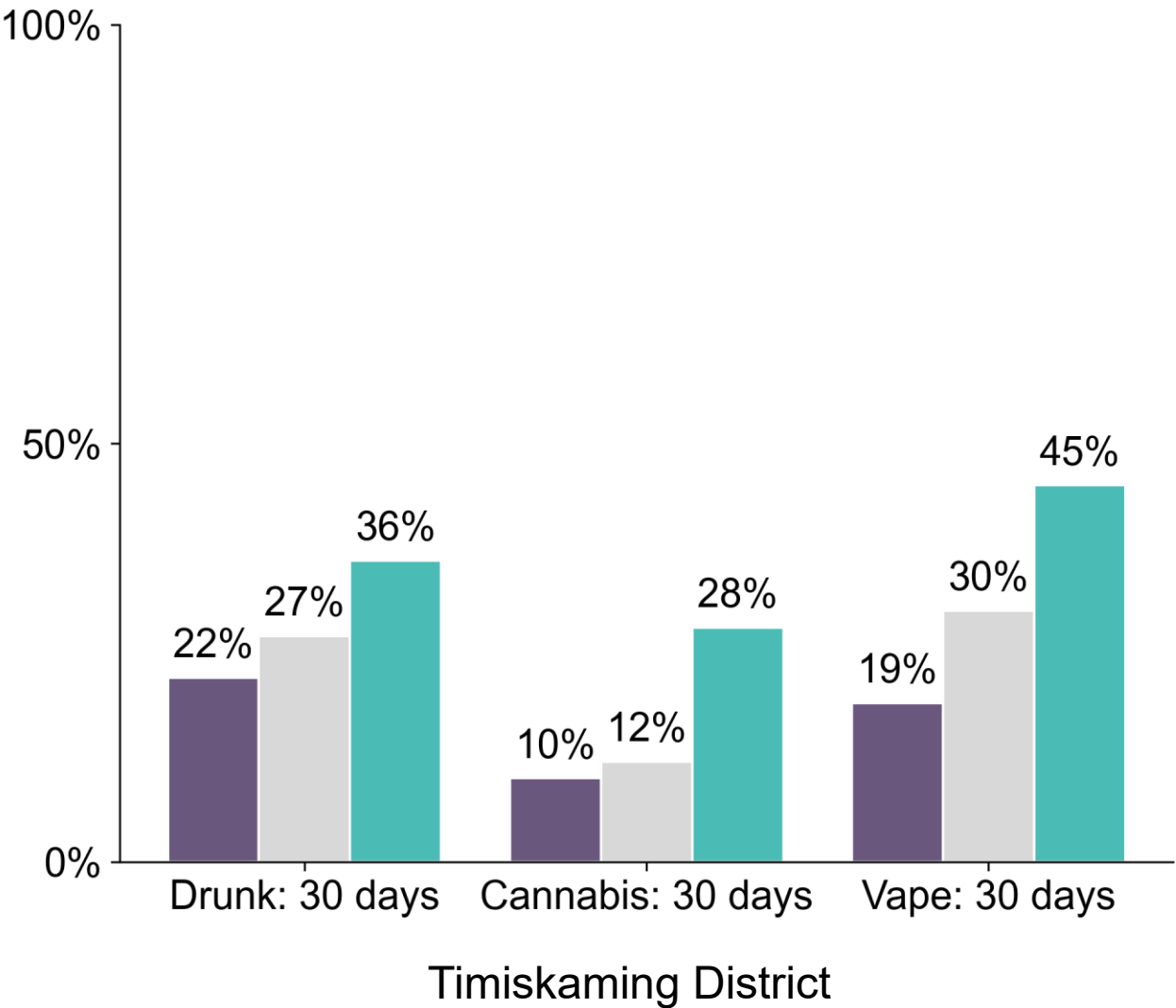
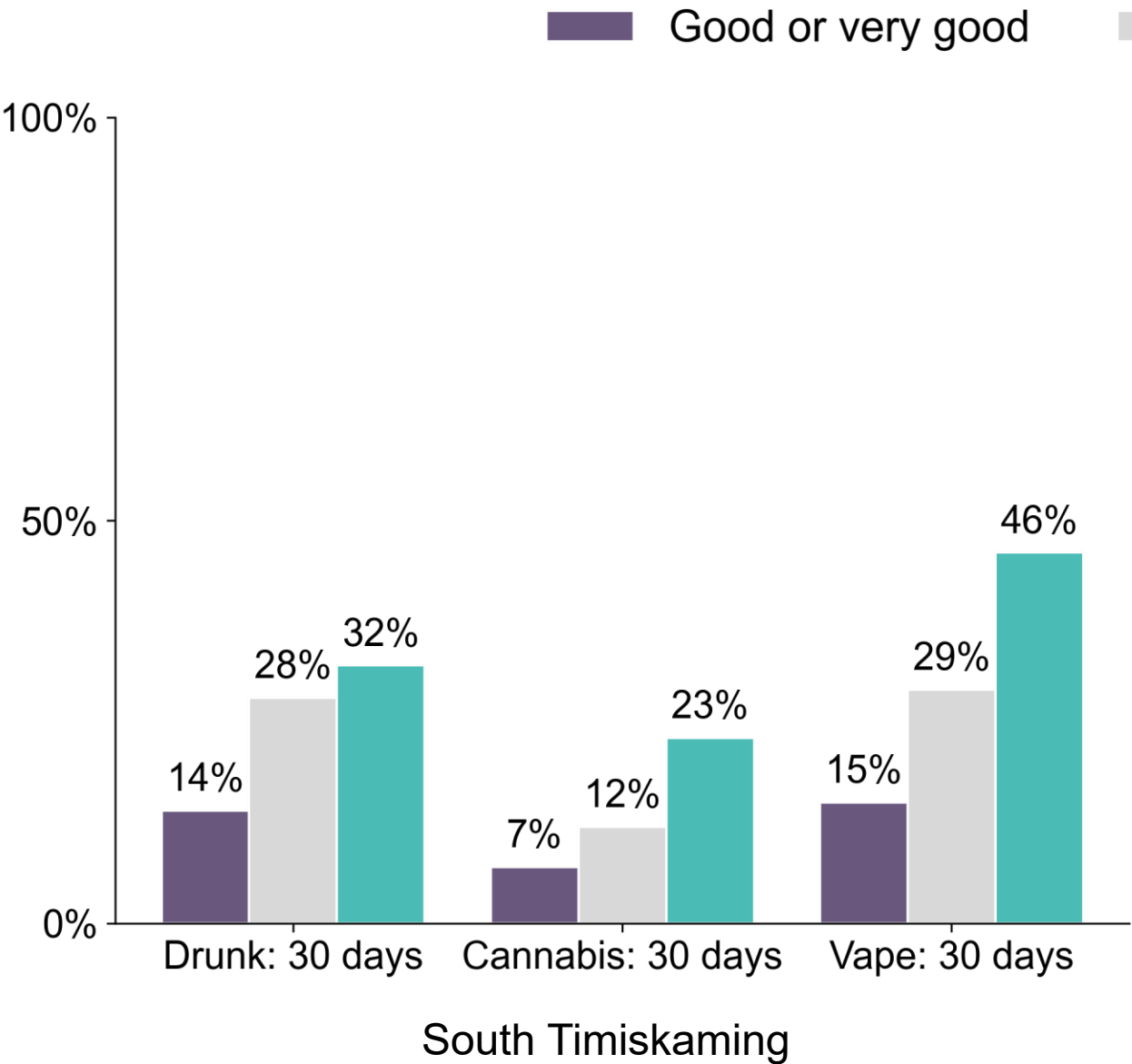
Percentage of youth in South Timiskaming who rate their physical health and mental health as **good** or **very good**



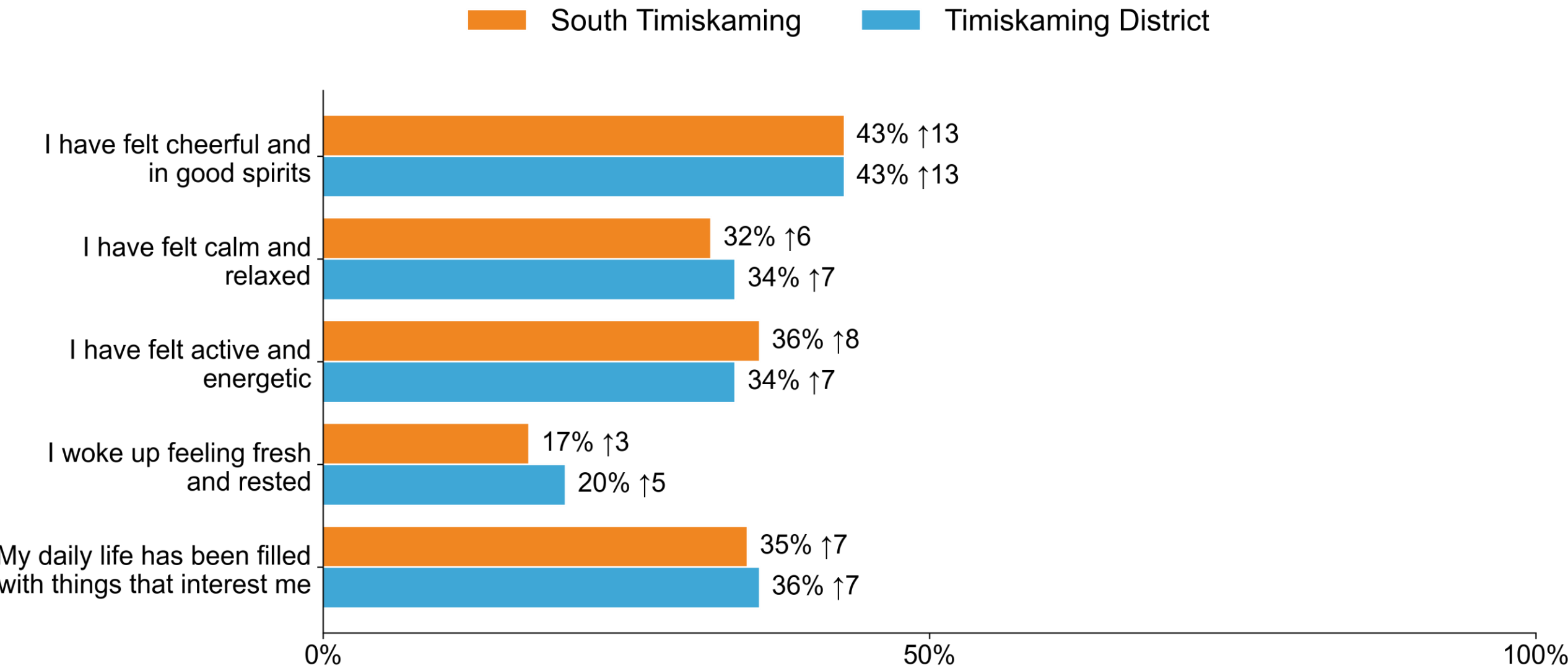
South Timiskaming - 2026

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

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



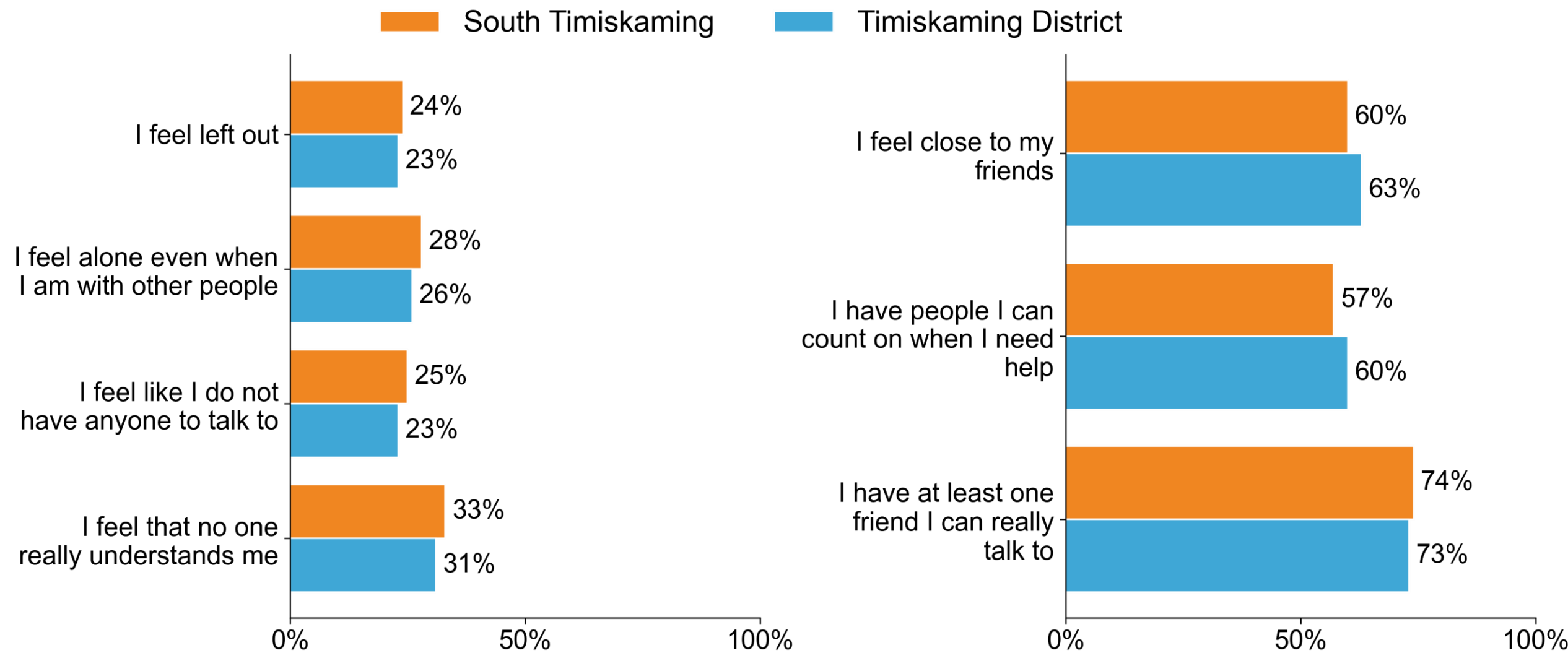
Percentage of youth in South Timiskaming who report that the following statements applied to them **all of the time** or **most of the time** in the past 2 weeks



South Timiskaming - 2026

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

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



DIGITAL SPACE

PLANET
Youth®

Digital Life



13%

Feel more connected to others after using digital social platforms

13%

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

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

17%

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

60%

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

16%

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



Social Media Use

31%

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



Watching Shows

17%

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

Digital Life



Females

48%

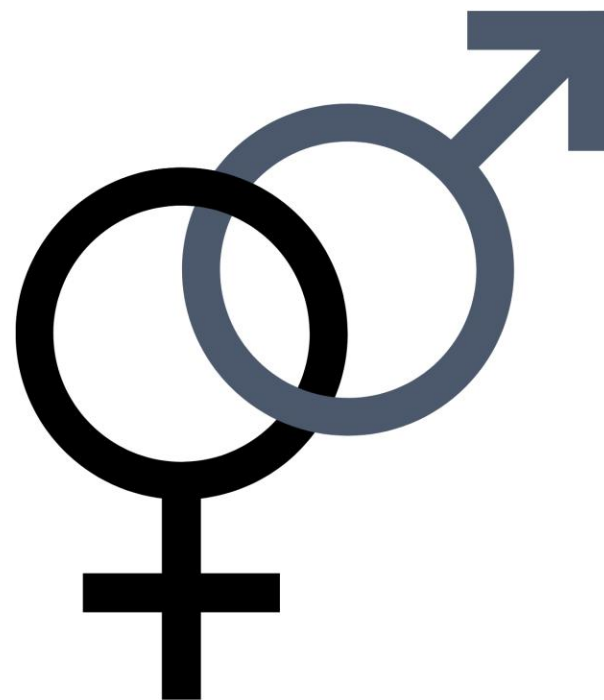
Often or almost always
feel safe online

21%

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

17%

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



Males

73%

Often or almost always
feel safe online

12%

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

8%

Females

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

24%

Males

Social Media Use



36%

Females

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

22%

Males



Watching Shows

21%

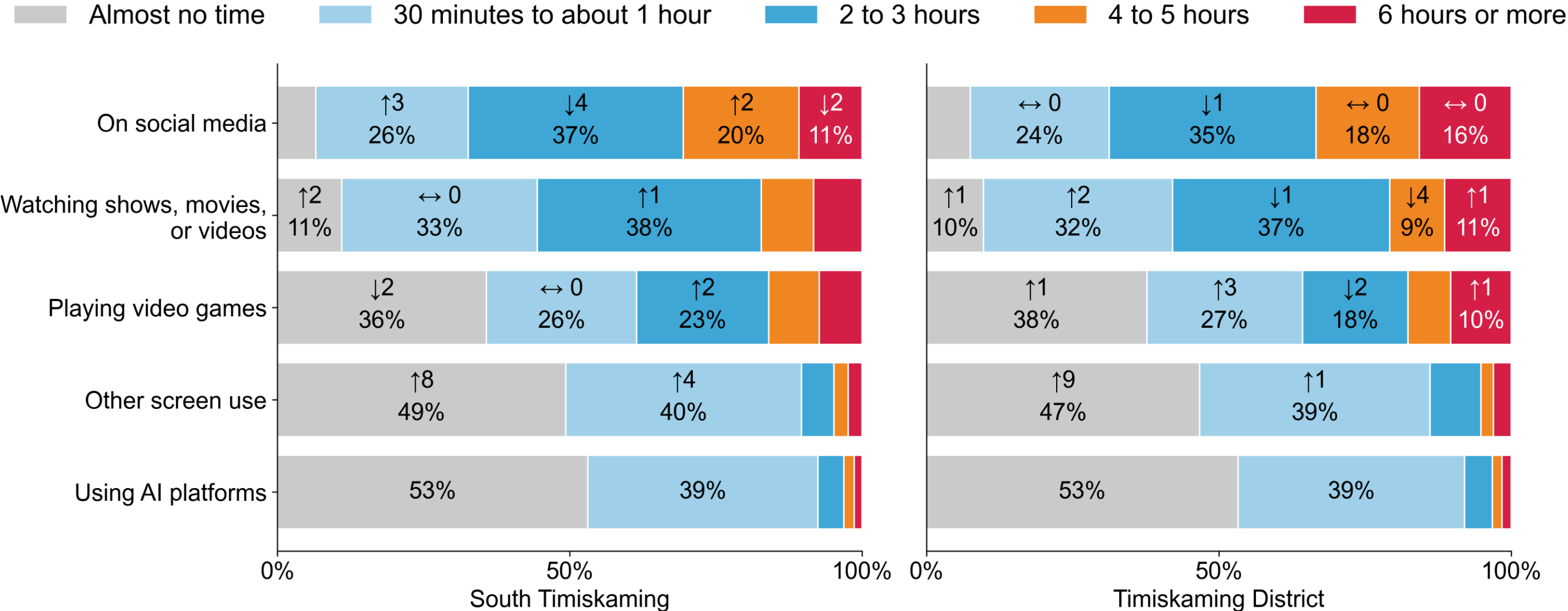
Females

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

13%

Males

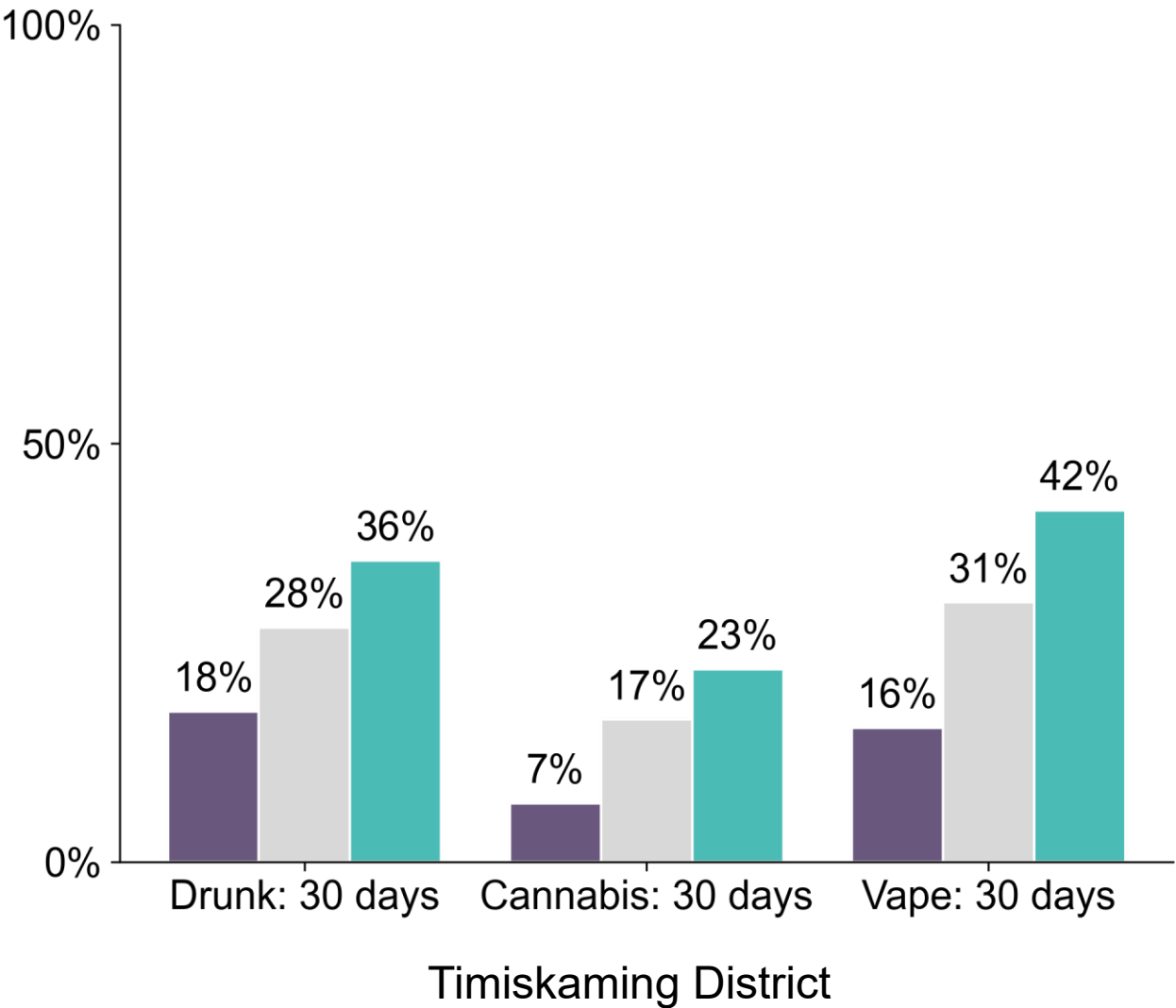
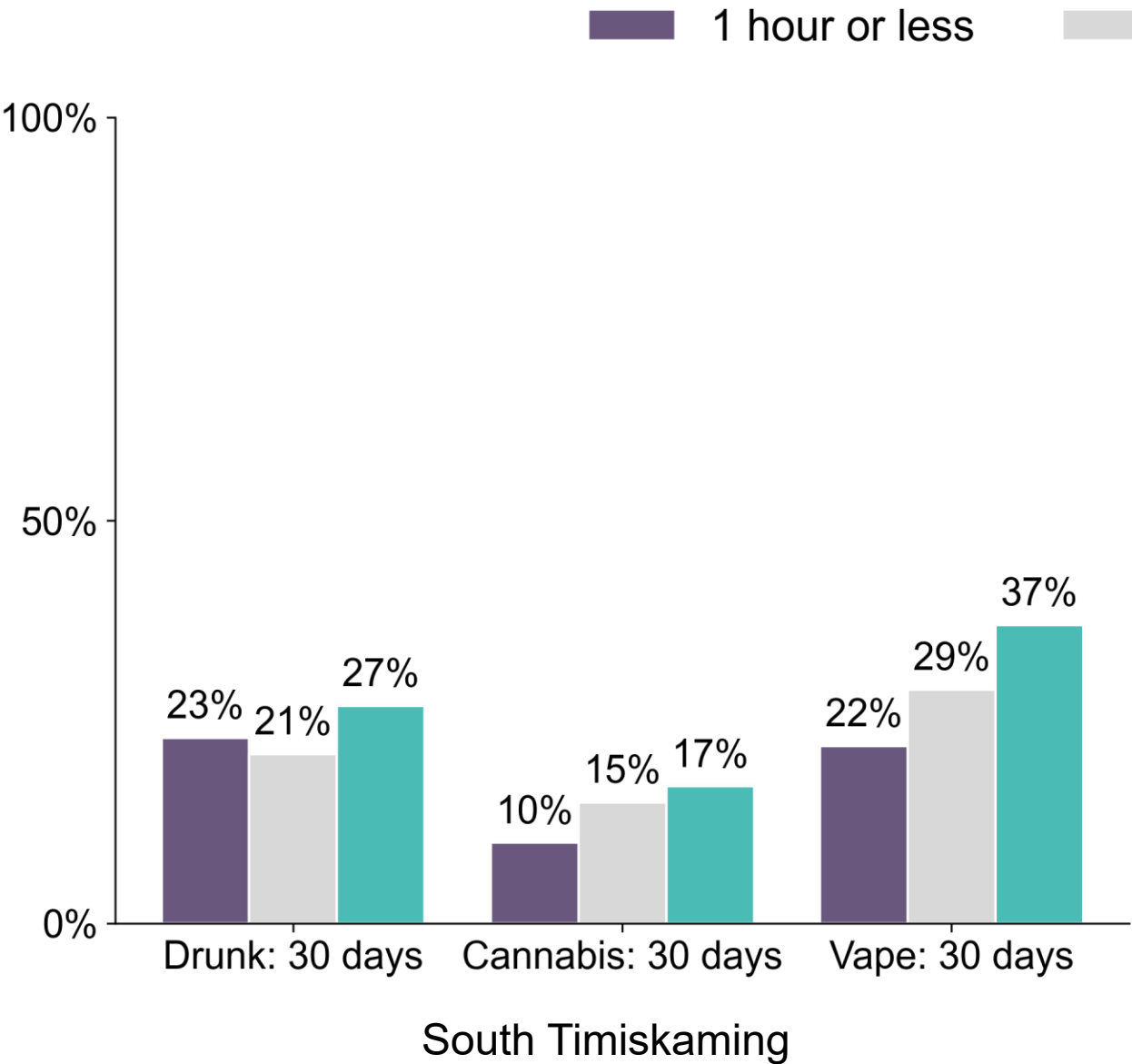
Average time youth in South Timiskaming spent on screen-based activities per day



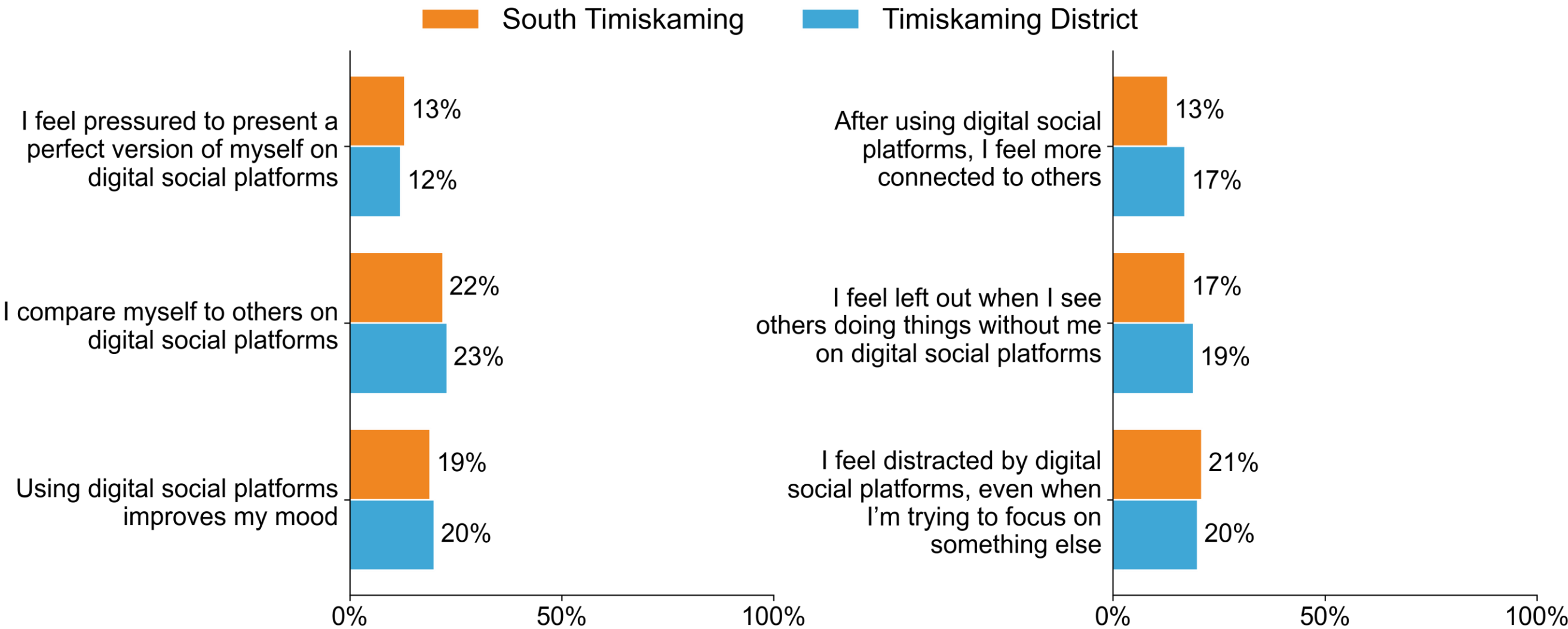
South Timiskaming - 2026

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

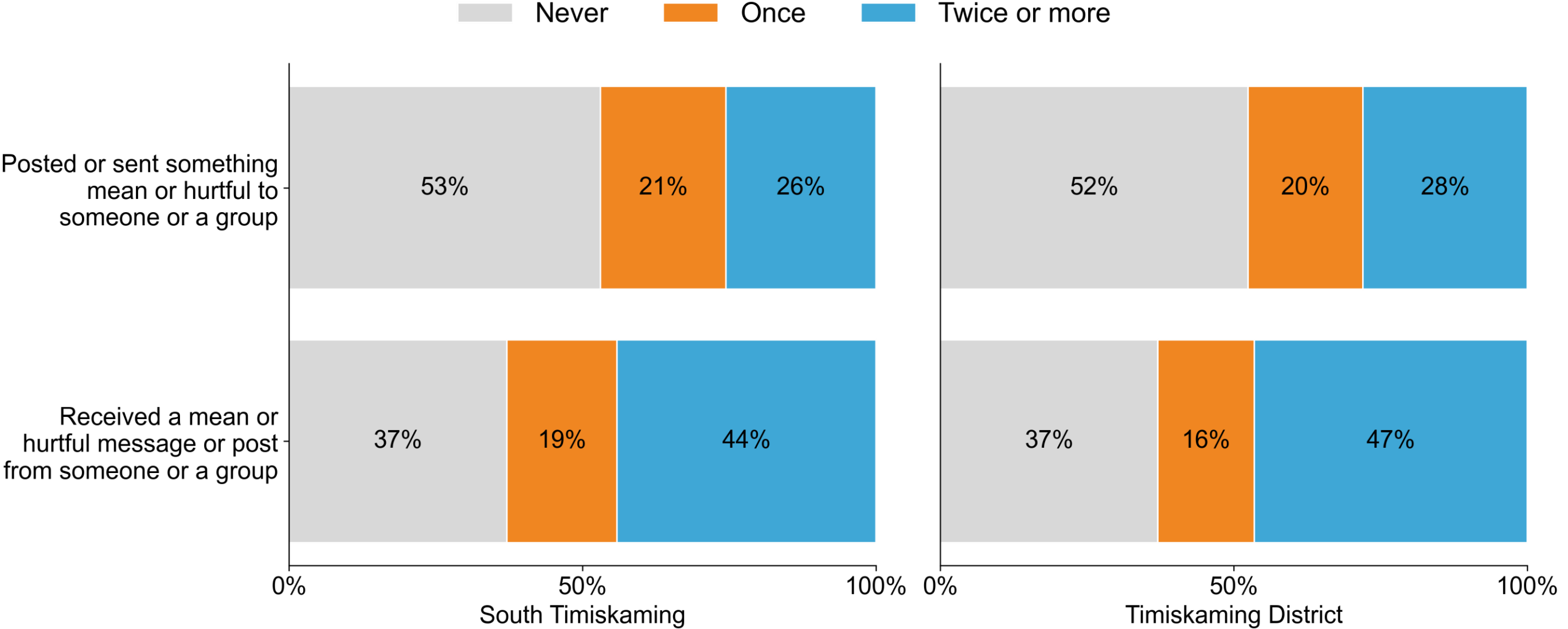
Youth in South Timiskaming who used substances and their daily average social media use



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



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



The logo for Planet Youth features the word "PLANET" in a white, uppercase, sans-serif font, positioned above the word "Youth" in a white, lowercase, cursive script font. A registered trademark symbol (®) is located at the end of "Youth". The background is a solid blue color with several large, overlapping, lighter blue organic shapes that resemble water droplets or clouds.

PLANET
Youth®

www.planetyouth.org