Planet Youth

Survey Results 2026

Nipissing

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 (IPM) 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®

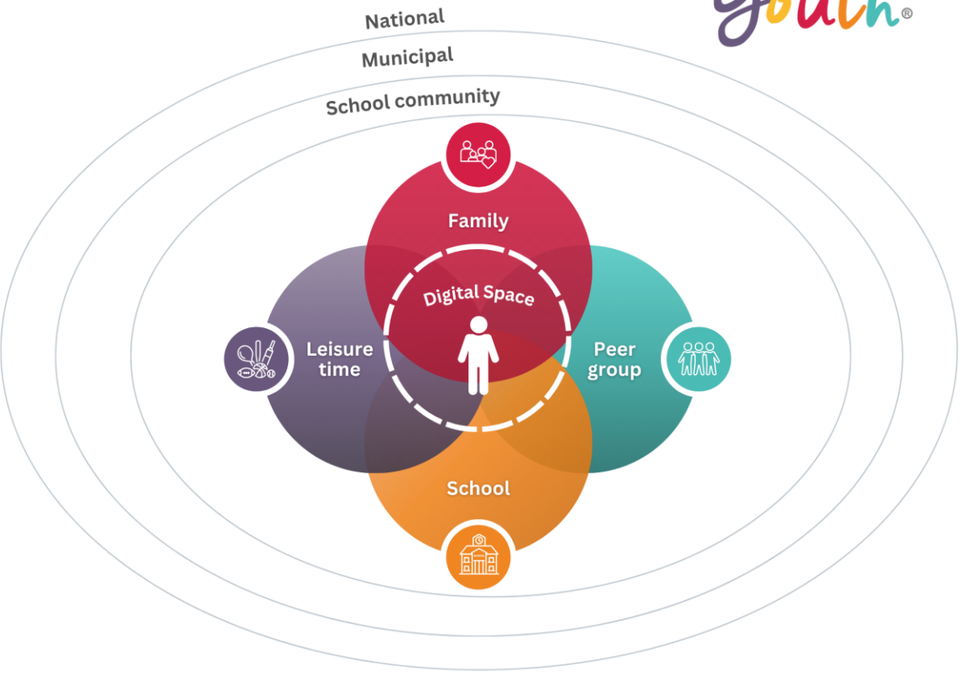
Then		Now
42%	Drunk in the past 30 days	6%
23%	Smoke daily	1%
17%	Lifetime cannabis use	6%
37%	Time spent with parents during weekends	72%
25%	Sport participation 4x a week or more	41%

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

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Method and Data Collection

Participants mostly in **Grade 10** who live in **Nipissing District** completed the survey at school during regular class time.

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

During data cleaning, **128** responses were removed for having fewer than 25% of the survey completed. From this, the total response rate was **65%**. A further **12** responses were then removed when they did not pass a data quality check.

All percentages presented in the figures were calculated using data from the remaining **619** participants.

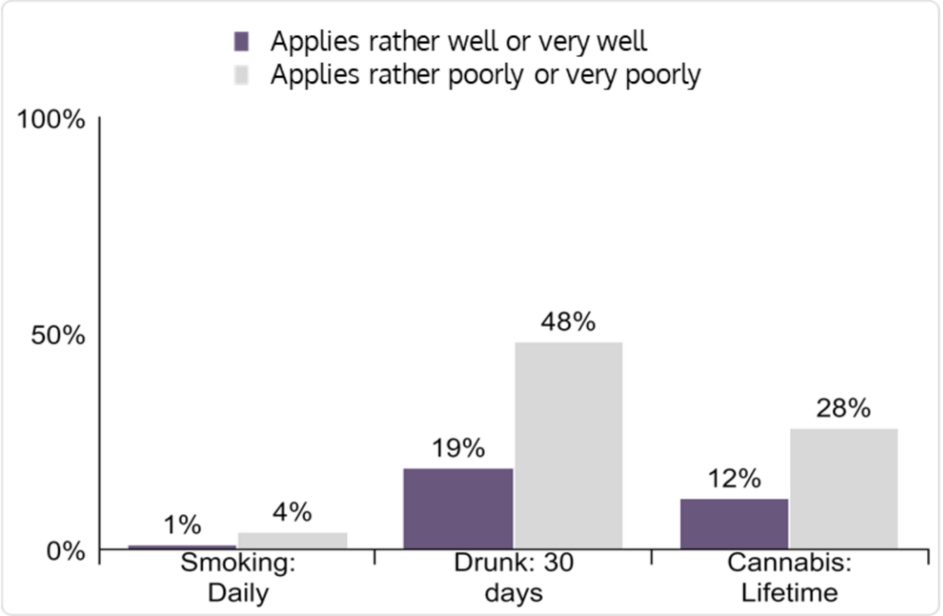


How to Read These Charts

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

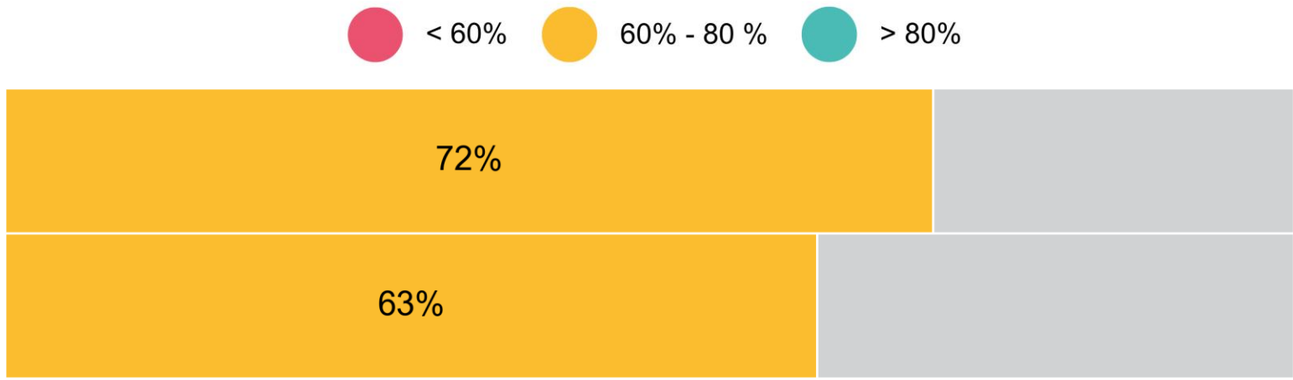
What this shows

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.

Response rate

Nipissing - 2026

	Valid Responses	Enrolled Students
West Nipissing & Surrounding Area	164	227
North Bay & Surrounding Area	467	738



Survey Response Rates

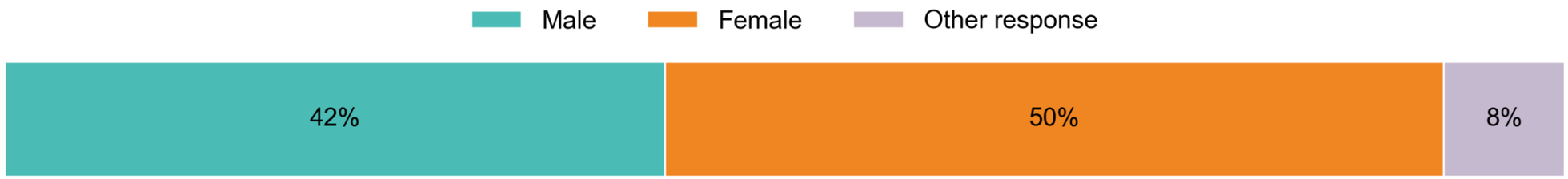
The response rate shows how many surveys had at least 25% of the survey questions answered out of all the students in the grades asked to take part. How trustworthy and useful the survey results are depends on this response rate:

- **Above 80%:** the results are probably a good picture of all students in that group, with little chance that the missing responses affect the findings.
- **Between 60% and 80%**: the results are still helpful, but there's a higher chance that students who didn't reply are different in some important ways, which could affect how well the results represent everyone.
- **Below 60%**: the results are less likely to truly represent all students in the group, because they only show the opinions of those who responded, increasing the chance that those who didn’t respond have important differences from those who did.

Number of participants

Nipissing - 2026

		Male	Female	Other response	Total
2026	**Nipissing**	262	309	48	619
2024	Nipissing	354	316	34	704



This report compares data on total respondents, males, and females. However, it does not provide specific numbers for those who identified as another gender or did not respond to this question. This decision is made to protect the anonymity of this sensitive group, as their numbers are relatively small. Instead, individuals who identify as another gender are included within the total respondent count, ensuring their representation while maintaining their privacy.

Number of participants

Nipissing - 2026

		Grade 9	Grade 10	Grade 11	Grade 12	Grade 13	Unknown	Total
2026	**Nipissing**	51	513	32	19	3	2	619
2024	Nipissing	40	617	43	N/A	N/A	4	704

Nipissing

2026

PLANET Youth

PLANÈTE Jeunesse NIPISSING

FAMILY

91% Often or almost always feel safe at home

88% Find it is easy to receive caring and warmth from their parents/caregivers

80% Say their parents/caregivers set rules about when they should be home in the evenings

90% Think their parents/ caregivers know who they are with in the evenings

92% Think their parents/ caregivers know where they are in the evenings

SCHOOL

63% Often or almost always feel safe at school



82% Have friends at school that care about them*

31% Say the students at their school are nice to each other*

62% Think the adults at school care about them*

78% Get along with their teachers*

LEISURE TIME

17% Do not participate in any organized out-of-school activities supervised by adults

30% Play sports with a club 3 times a week or more



24% Participate in arts & creative activities once a week or more

39% Stayed outside after midnight once or more in the past week

PEER GROUP

33% Say most or almost all of their friends drink alcohol

13% Say it is necessary to vape so they're not left out of their peer group

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



70% Say it is easy to have discussions about personal matters with their friends

*Strongly agree and somewhat agree to the statement

Nipissing

2026

WELLBEING

33% Go to bed at 10 PM or earlier on school nights

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

59% Of **boys** say their mental health is good or very good

60% Of **girls** say their physical health is good or very good

69% Of **boys** say their physical health is good or very good

DIGITAL LIFE

42% Feel in control of how much time they spend on digital social platforms

39% Spend on average 4 hours or more on social media a day

23% Spend on average 4 hours or more playing video games a day

9% Feel lonely after using digital social platforms

68% Feel withdrawn when they're away from digital social platforms

COMMUNITY

76% Often or almost always feel safe in their community



60% Think it is good to live in their community*

60% Feel like they belong in their community*

56% Think people in their community accept them for who they are*

38% Take part in local events or activities in their community*

SUBSTANCE USE

22% Were drunk in the past 30 days

42% Drink at least one energy drink everyday

17% Vape daily

9% Use cannabis daily

6% Smoke cigarettes daily

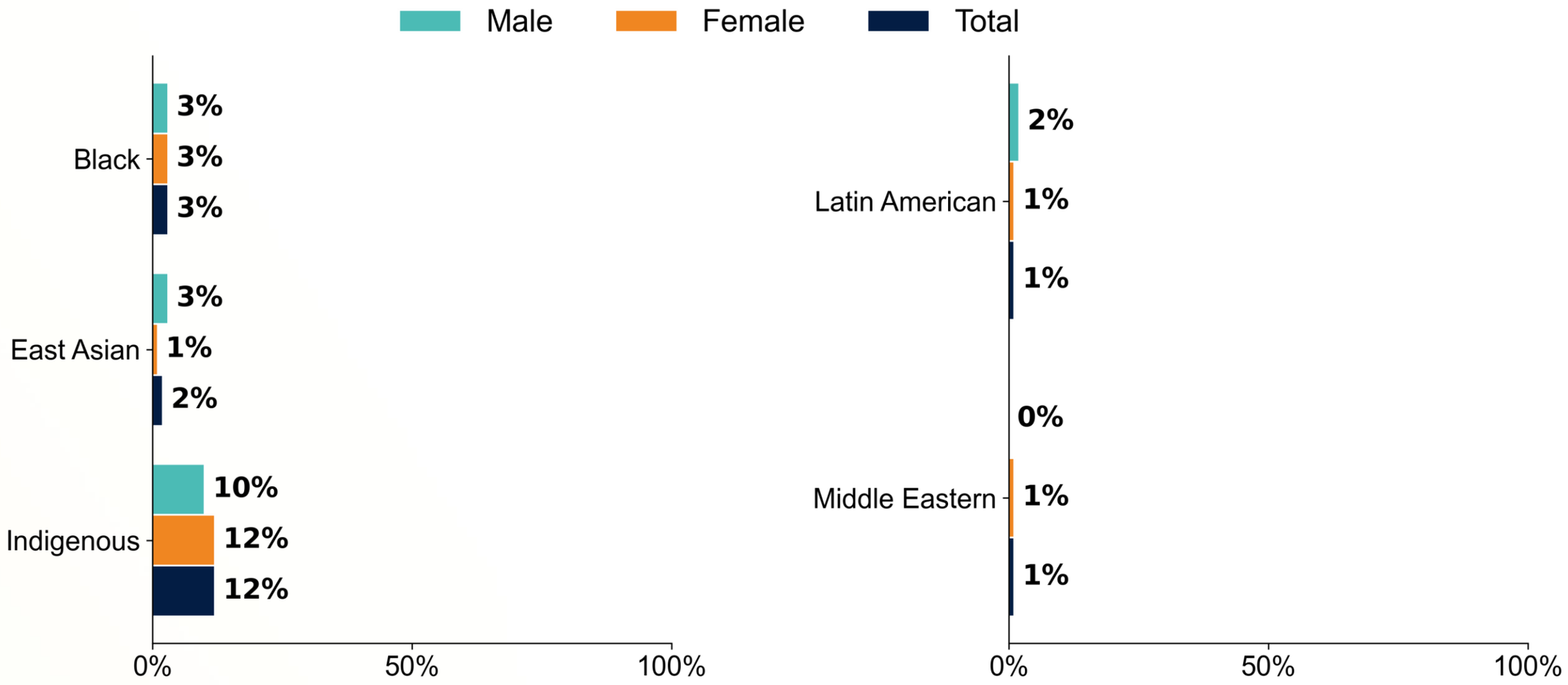
"Digital social platforms" are apps and online spaces for connecting with others, like social media, forums, or in-game chat.

*Strongly agree and agree to the statement

GENERAL INFORMATION

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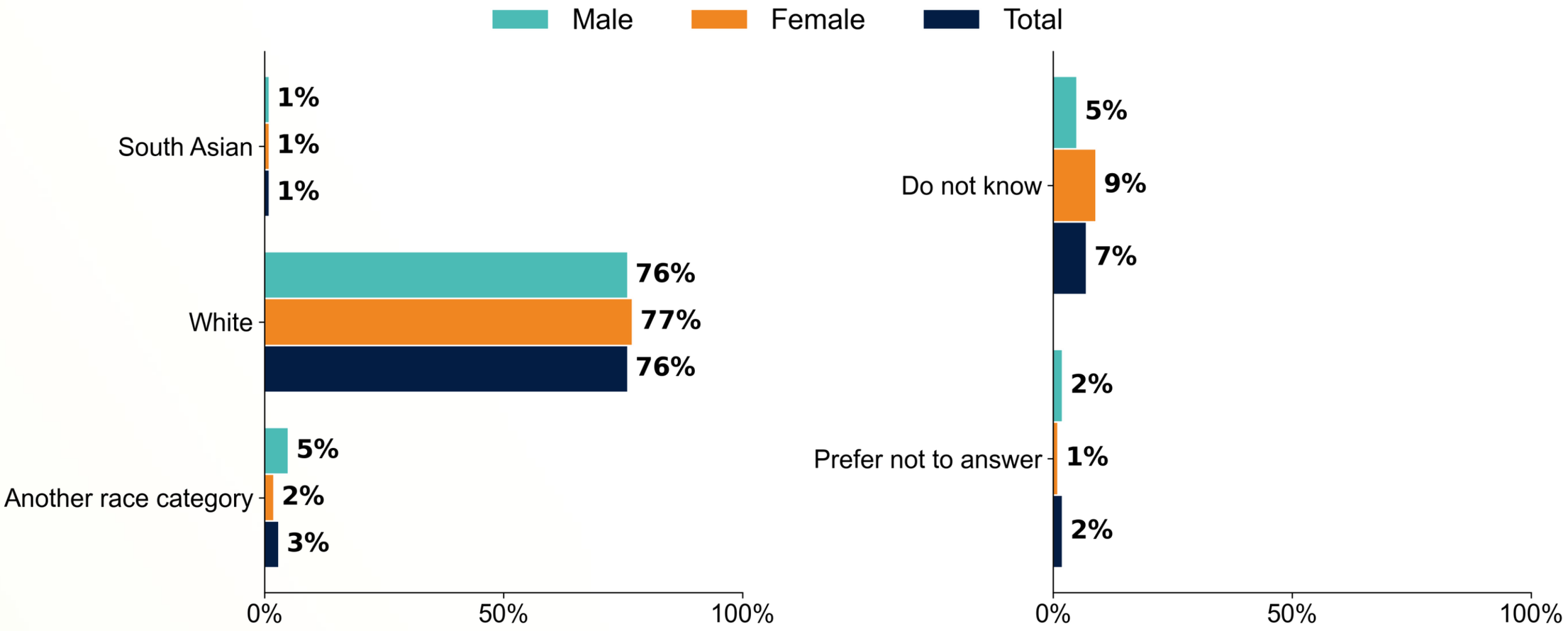
Adolescents state which racial background/ race best describes them - **Part 1**



Nipissing - 2026

General information

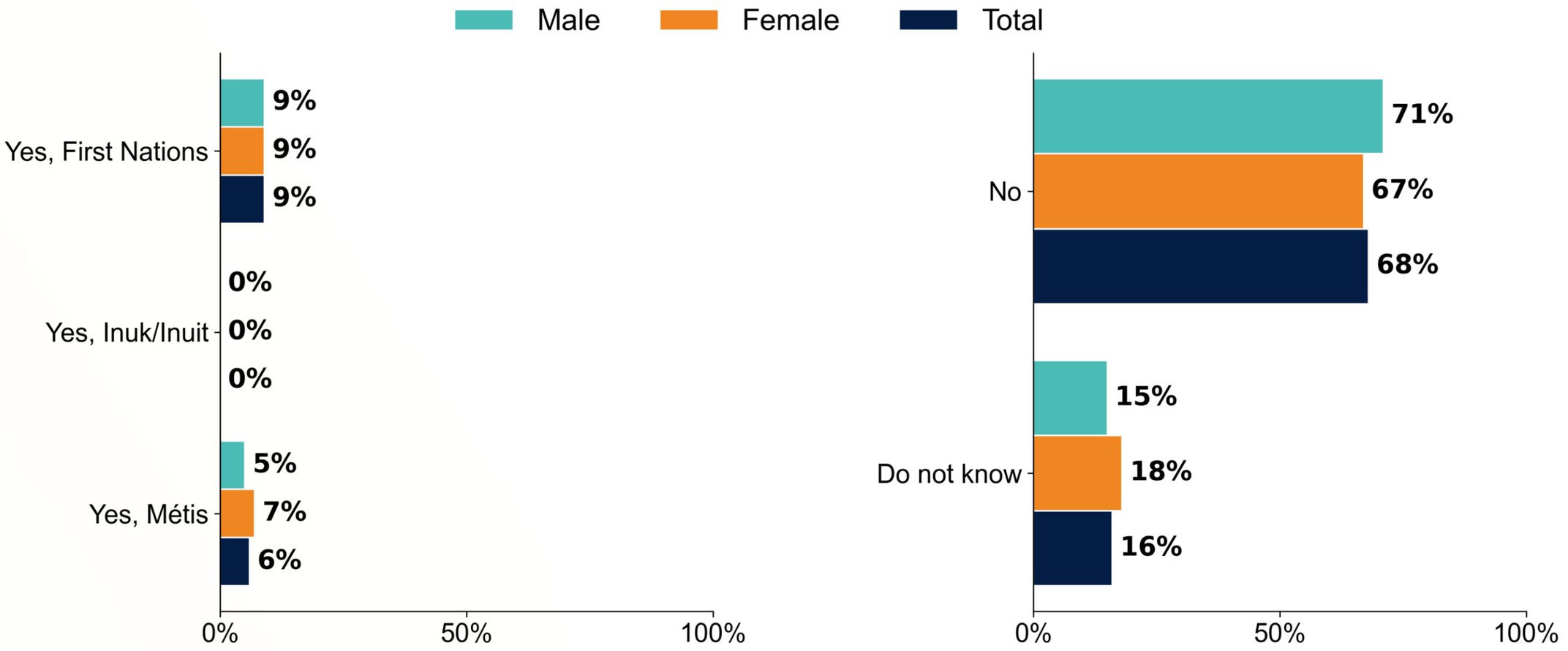
Adolescents state which racial background/ race best describes them - **Part 2**



Nipissing - 2026

General information

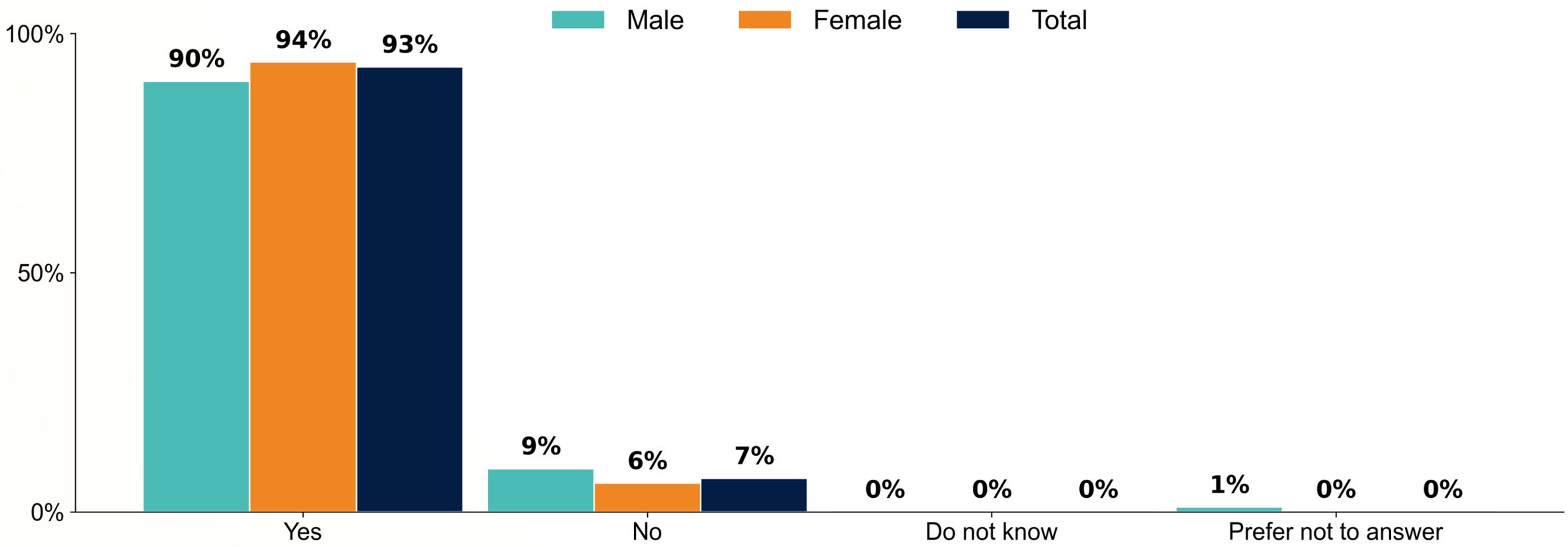
Adolescents respond to the following question: **Do you identify as First Nations, Inuit, and/or Métis?**



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General information

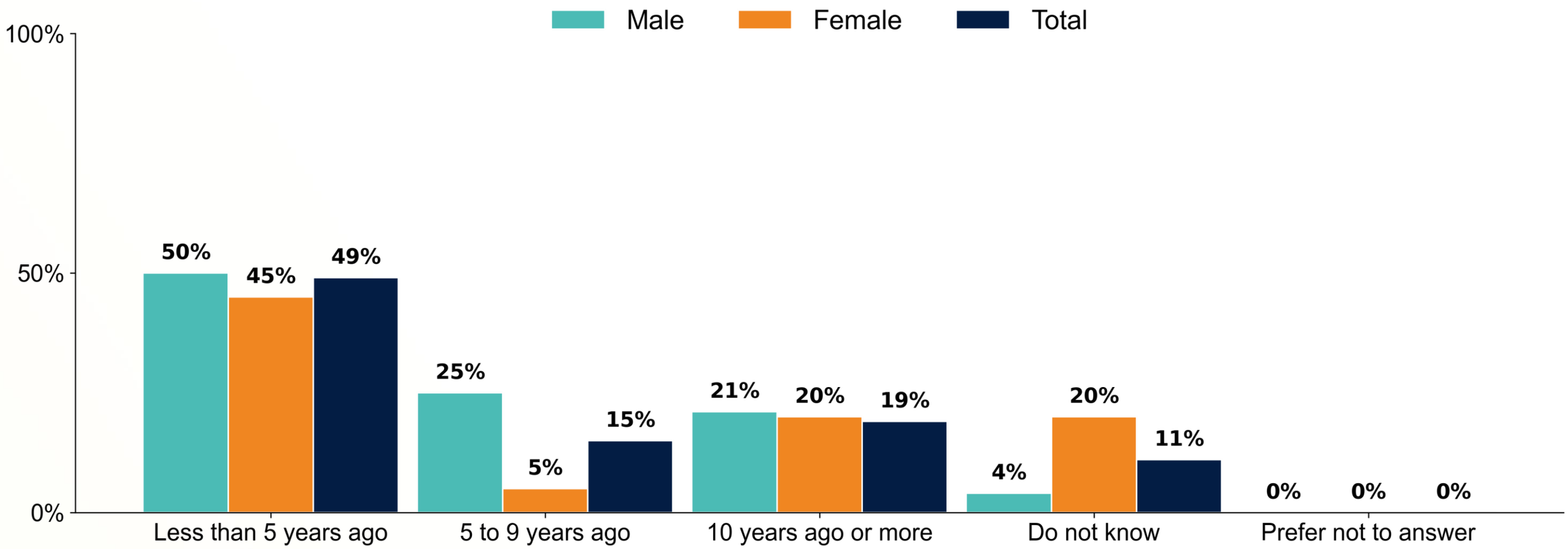
Adolescents respond to the following question: **Were you born in Canada?**



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General information

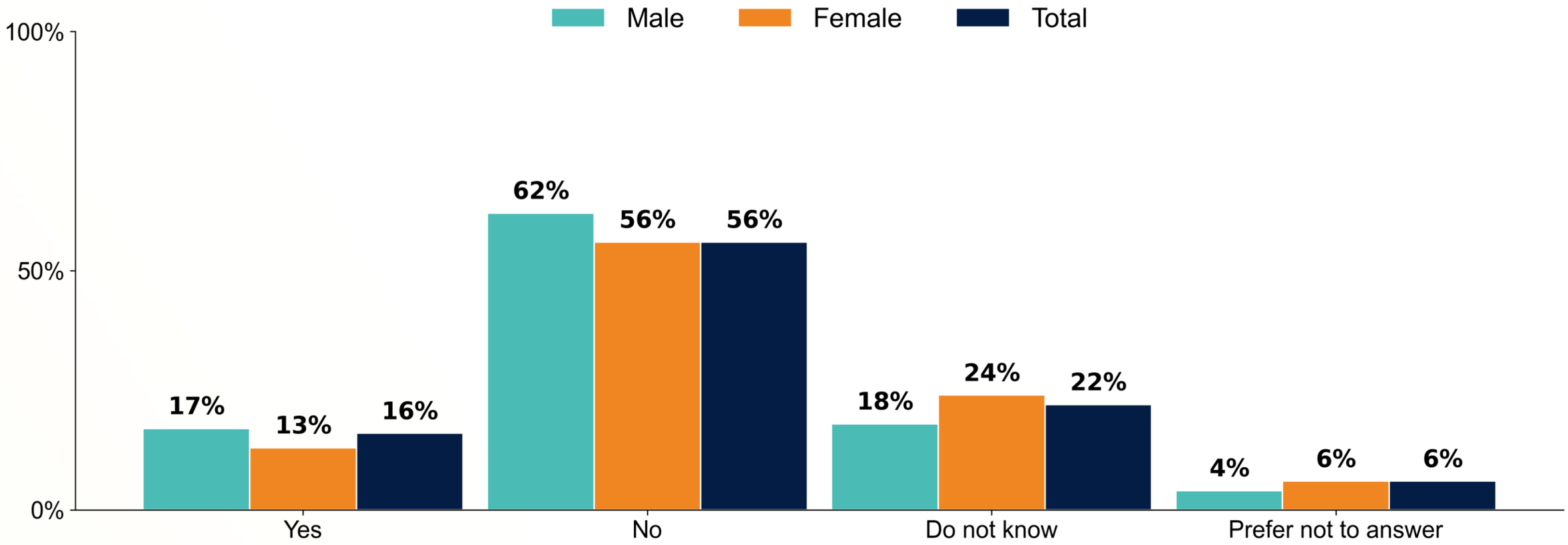
Adolescents who were not born in Canada state when they arrived in Canada



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General information

Adolescents state if they experience any long-term health, developmental, or learning differences that may affect how they access services, supports, or activities



Nipissing - 2026

General information

SUBSTANCE USE

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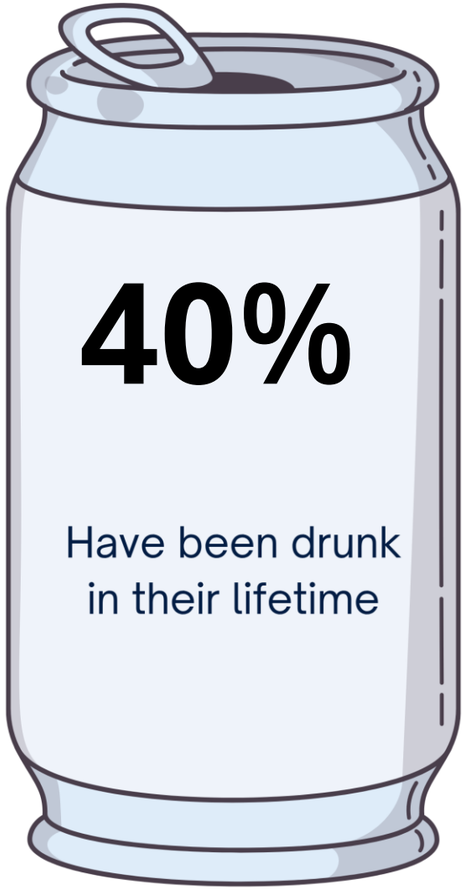
Substance use

37%
Tried alcohol at the age of 13 or younger

22%
Have been drunk in the last 30 days

47%
Sometimes or often drink alcohol in their own home*

36%
Get alcohol from a family member*



Vaping

37%
Have vaped in their lifetime

17%
Vape daily



Cigarette smoking

26%
Have smoked cigarettes in their lifetime

6%
Smoke cigarettes daily



Cannabis use

25%
Have used cannabis in their lifetime

9%
Use cannabis daily

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

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Substance use

Females

42%
Have been drunk in their lifetime

25%
Have been drunk in the last 30 days

36%
Tried alcohol at the age of 13 or younger



Males

39%
Have been drunk in their lifetime

20%
Have been drunk in the last 30 days

36%
Tried alcohol at the age of 13 or younger

Vaping

27% Females

20% Males

Have vaped in the last 30 days

Cigarette smoking

11% Females

11% Males

Have smoked cigarettes in the last 30 days

Cannabis use

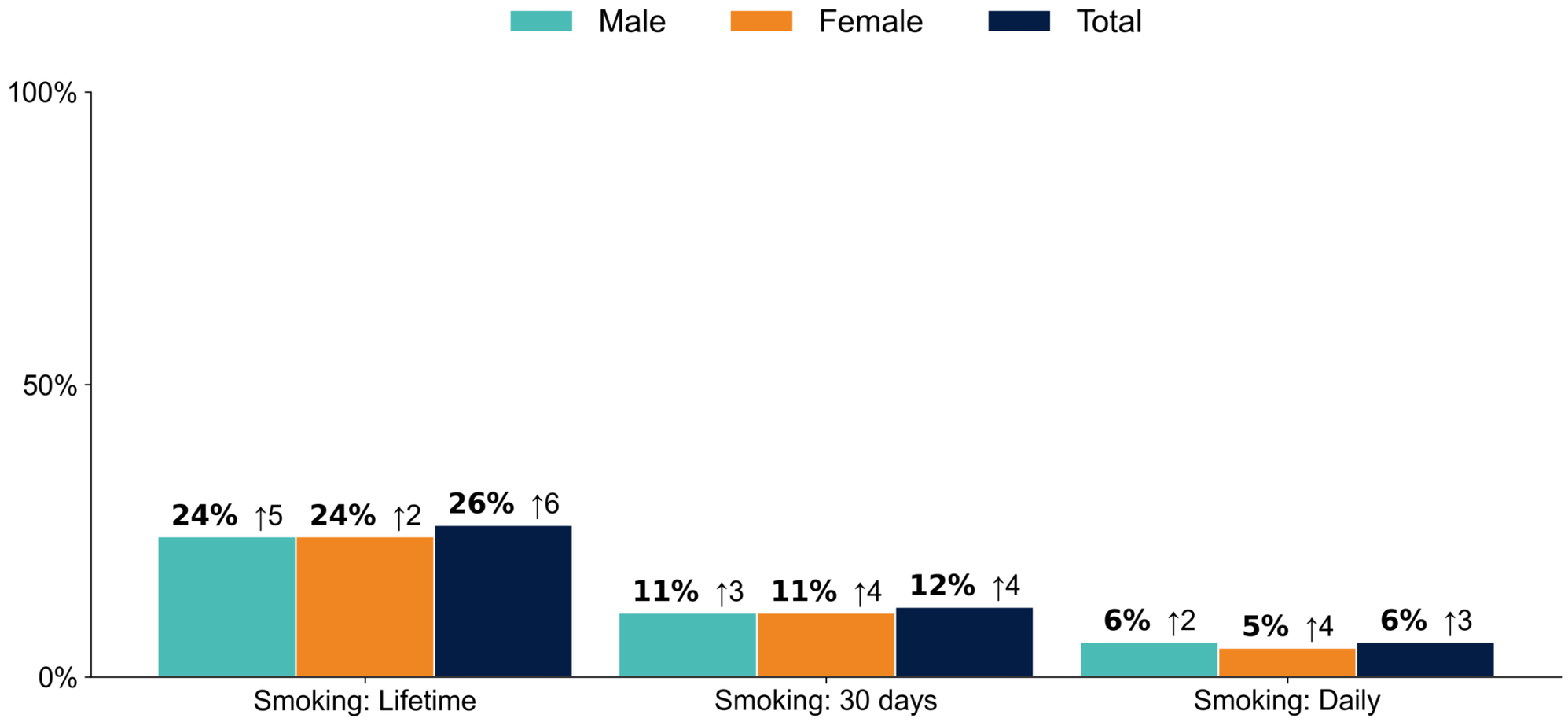
16% Females

16% Males

Have used cannabis in the last 30 days

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

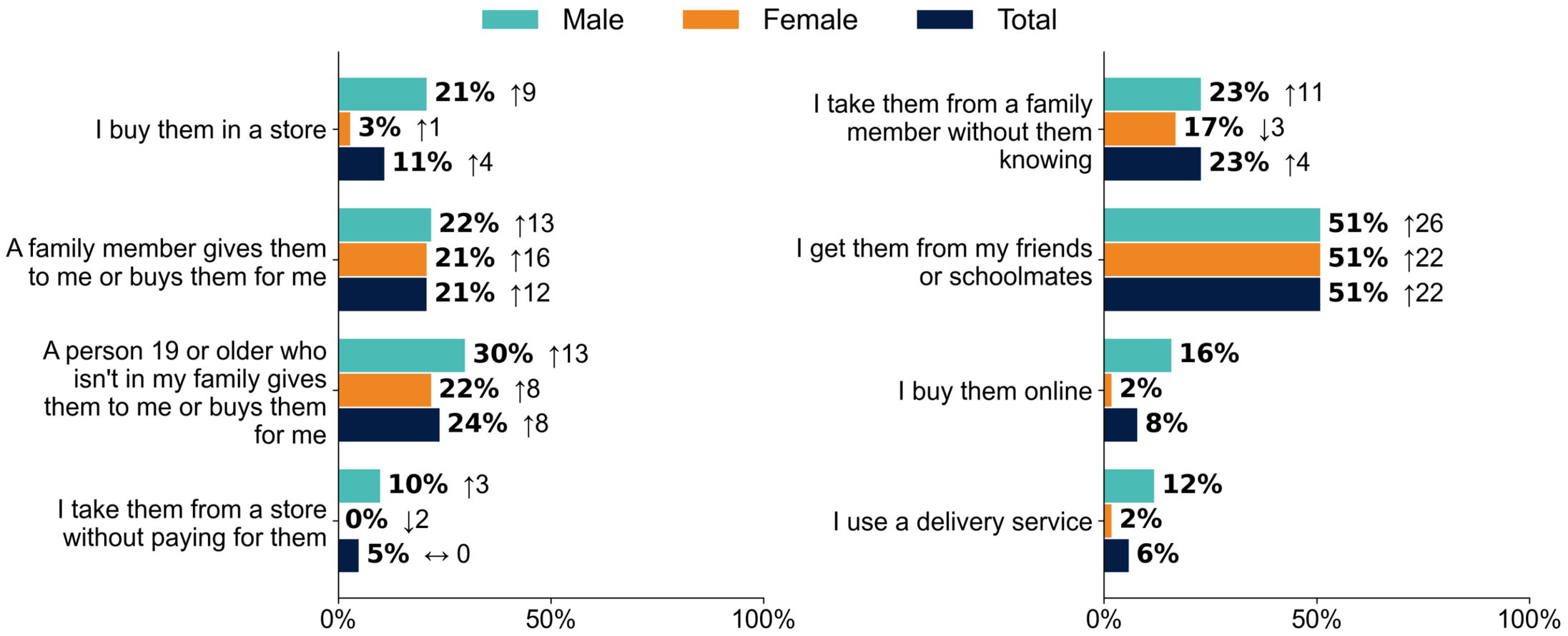


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Substance Use

Percentage of adolescents who have smoked at least once and report getting their cigarettes **sometimes** or **often** the following way

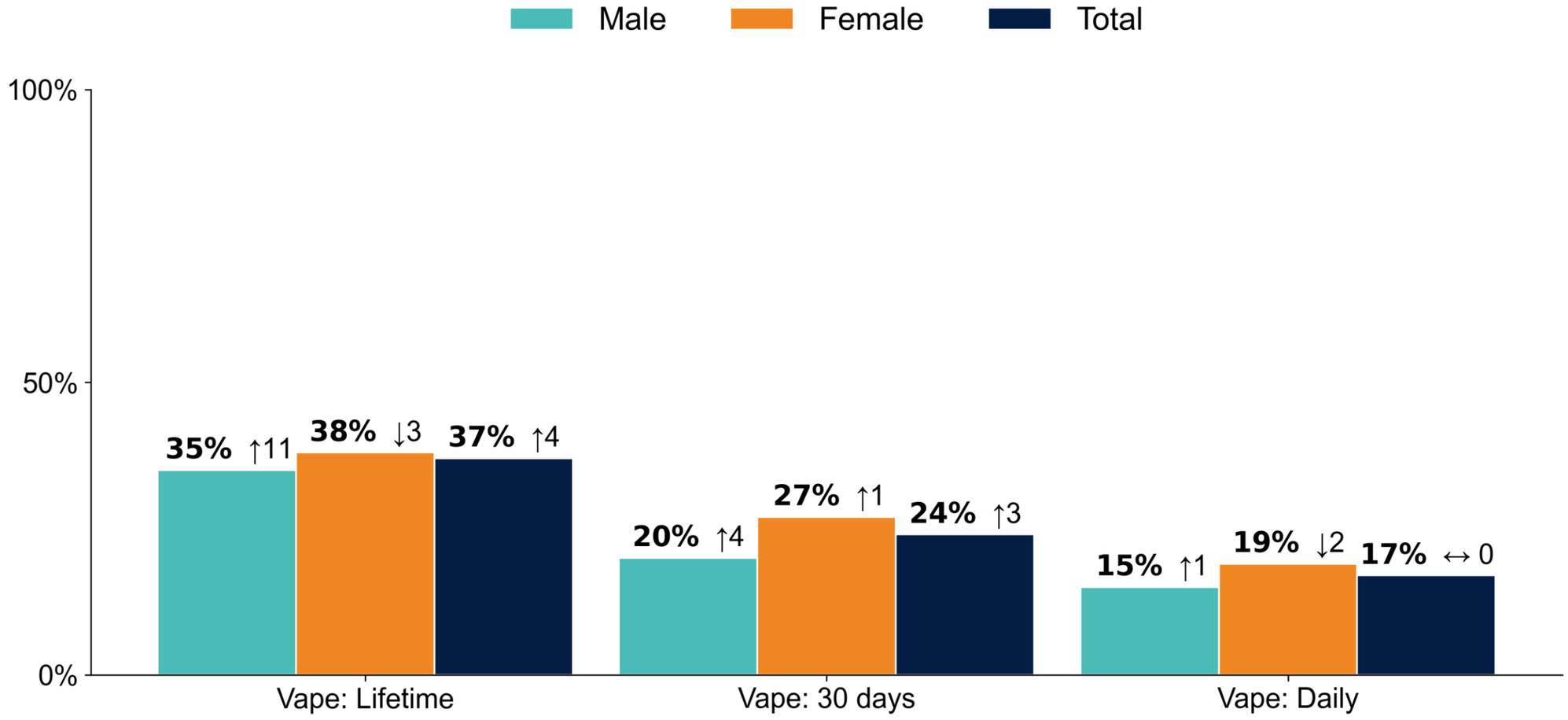


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Substance Use

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

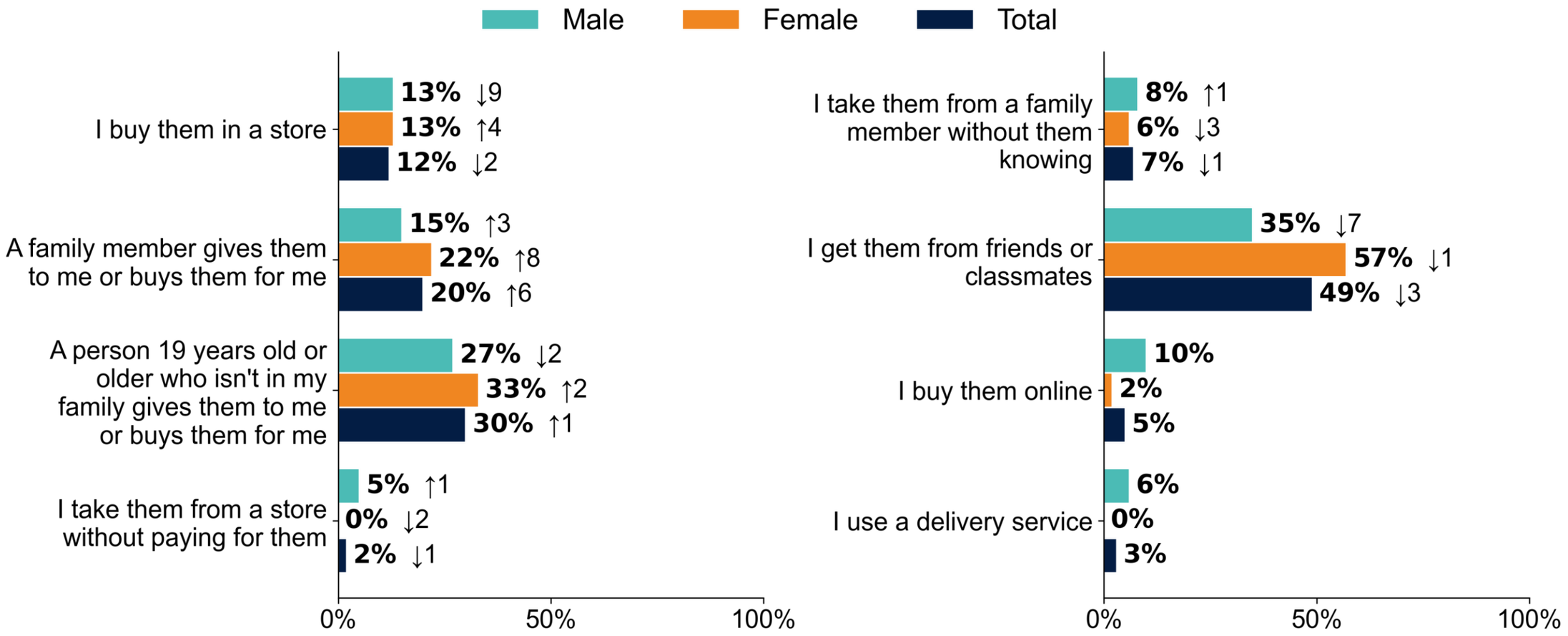


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Substance Use

Percentage of adolescents who have vaped at least once and report getting their vaping products **sometimes** or **often** the following way

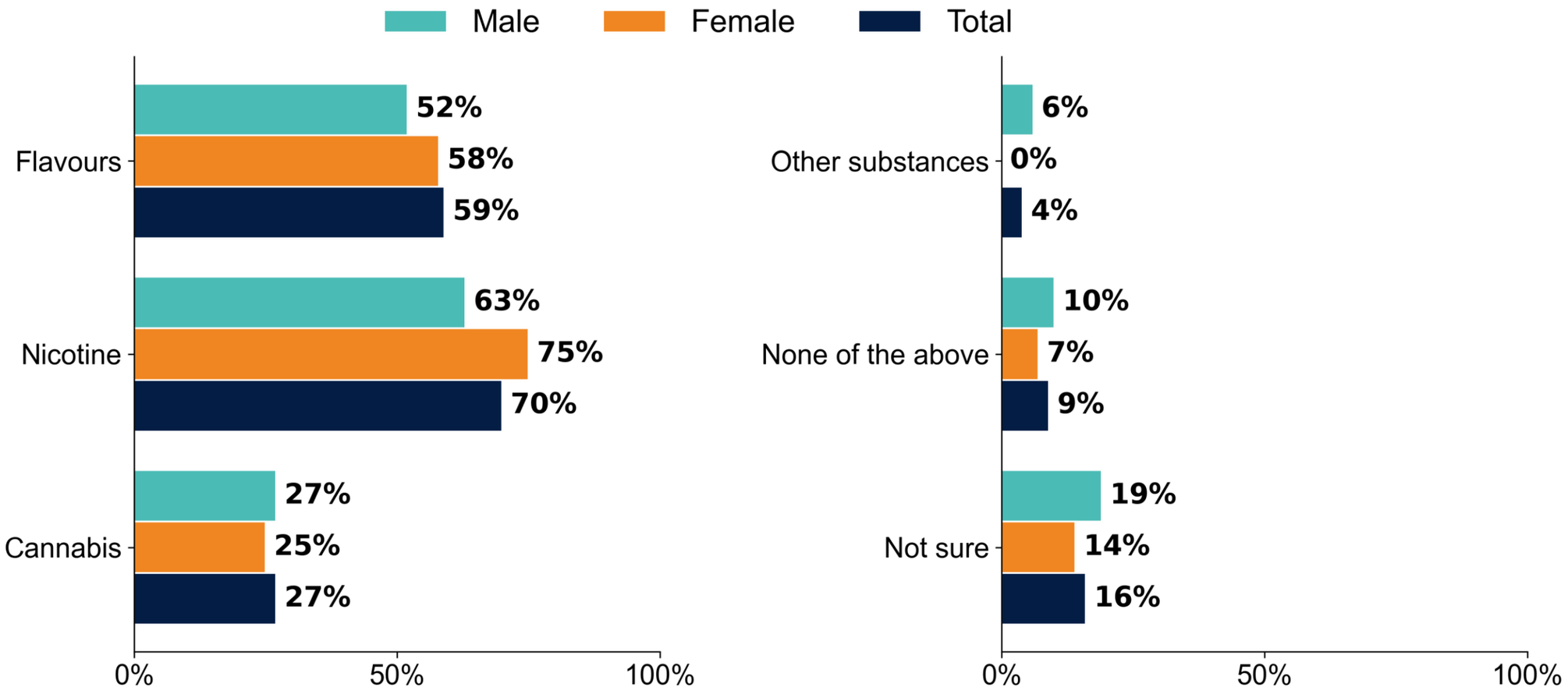


Nipissing - 2026

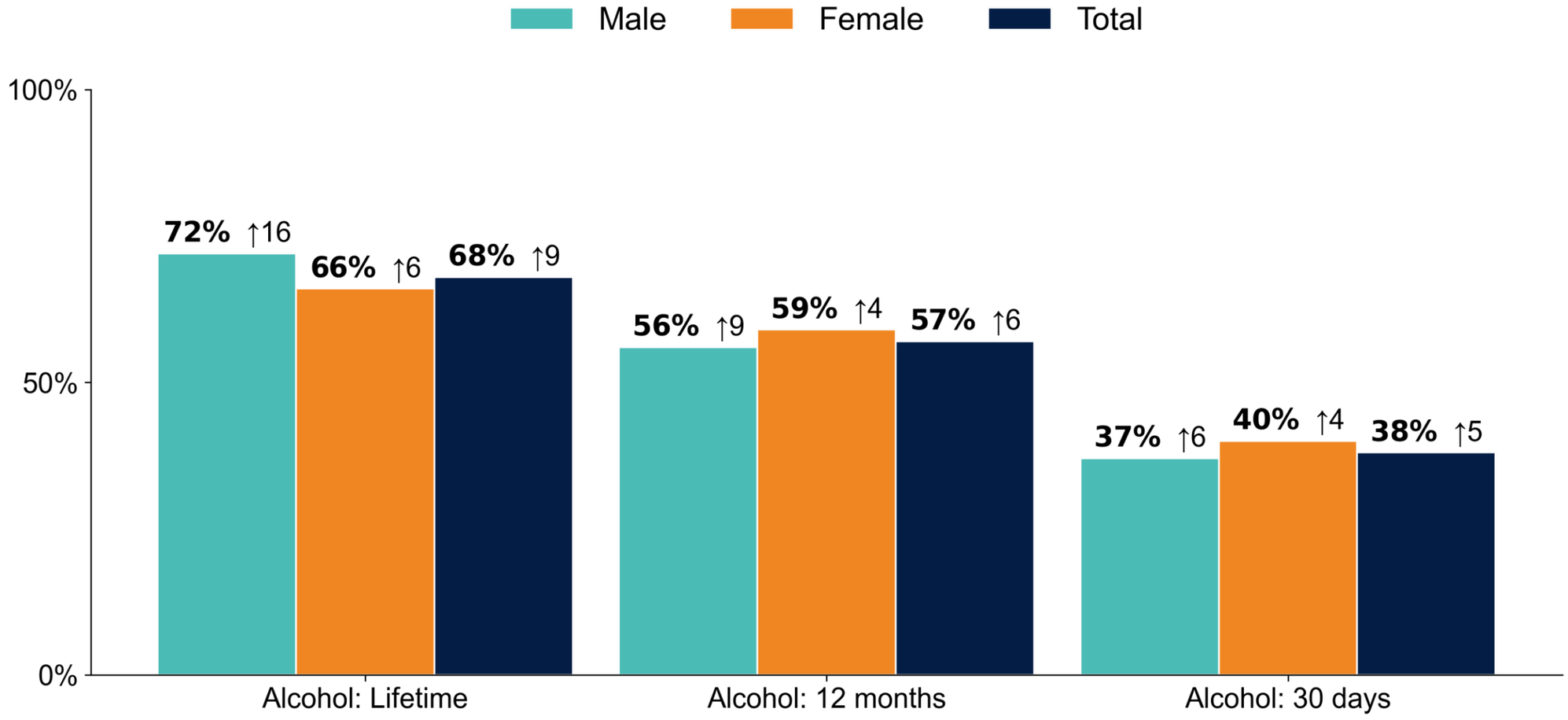
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Substance Use

The products vaped among those who report having vaped in their lifetime



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

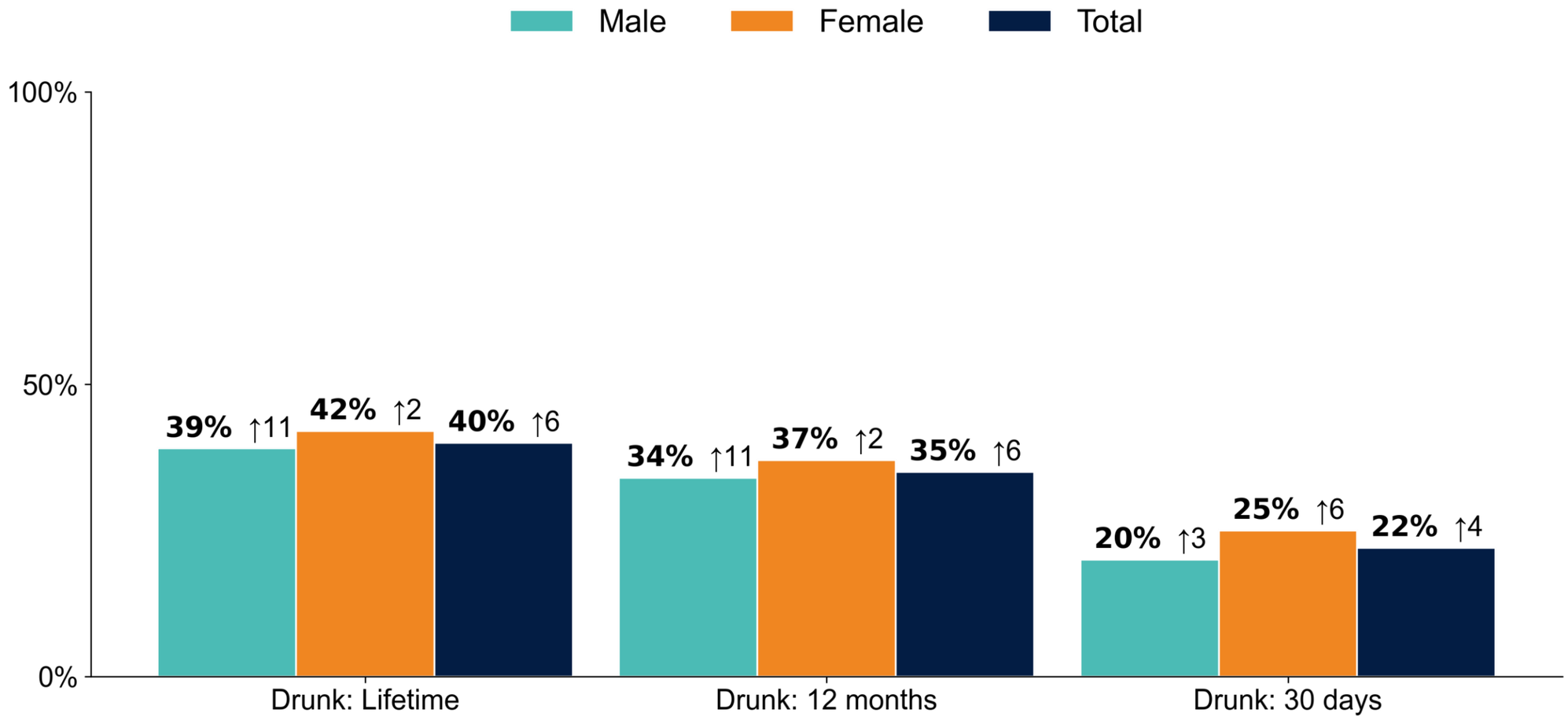


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Substance Use

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

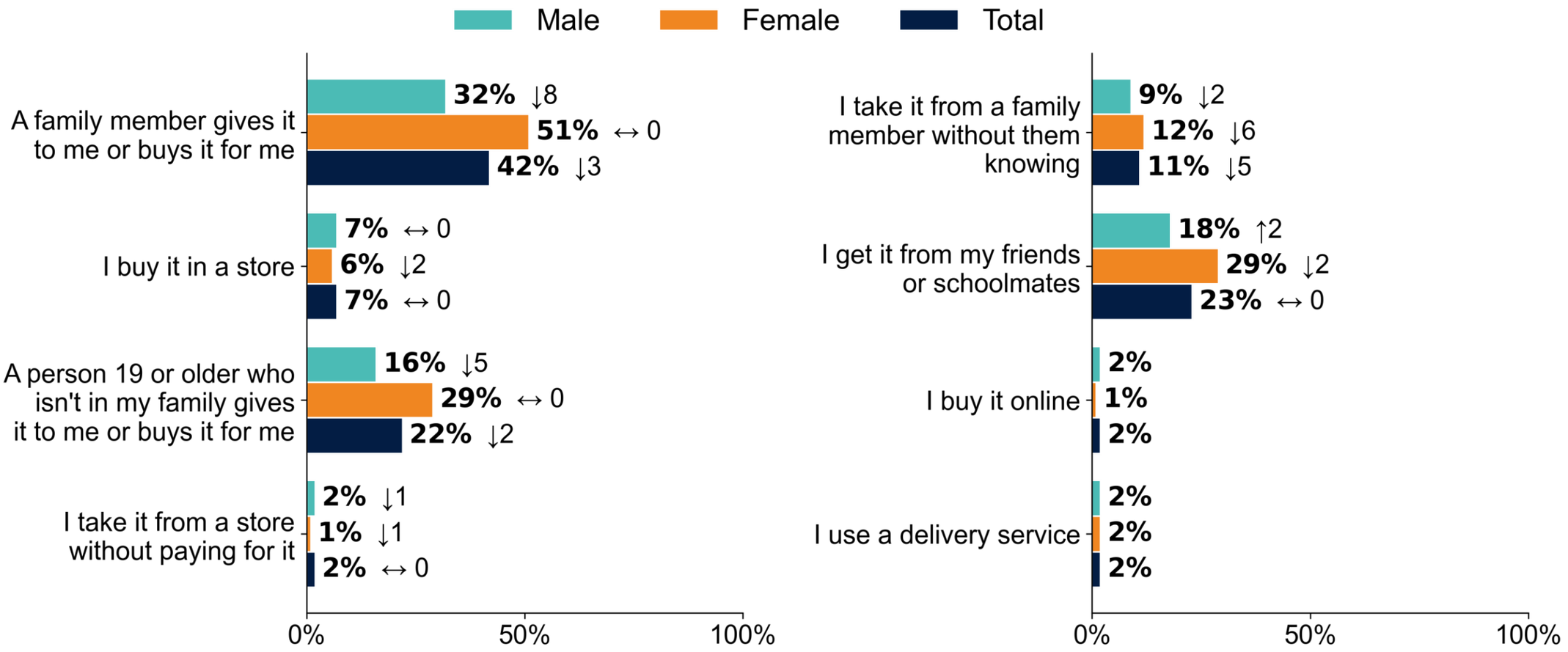


Nipissing - 2026

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Substance Use

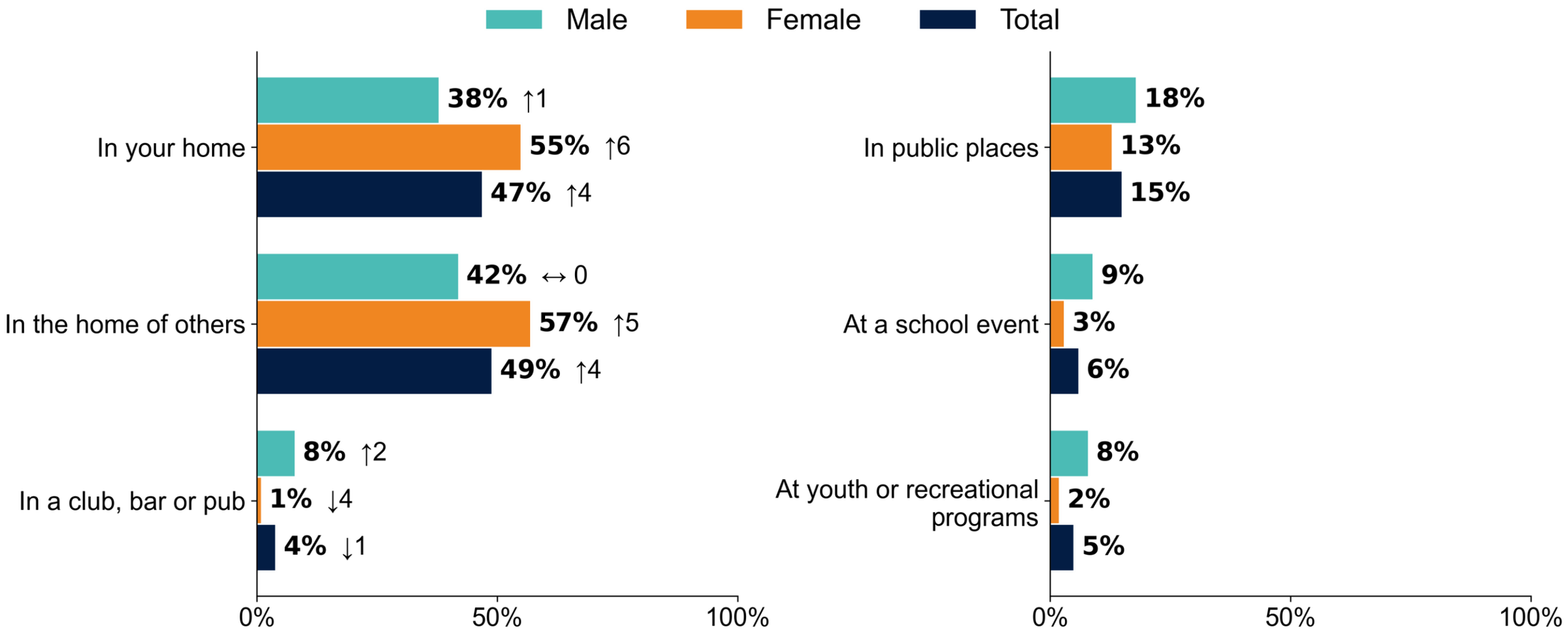
Percentage of adolescents who have consumed alcohol at least once and report getting it **sometimes** or **often** the following way



Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

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

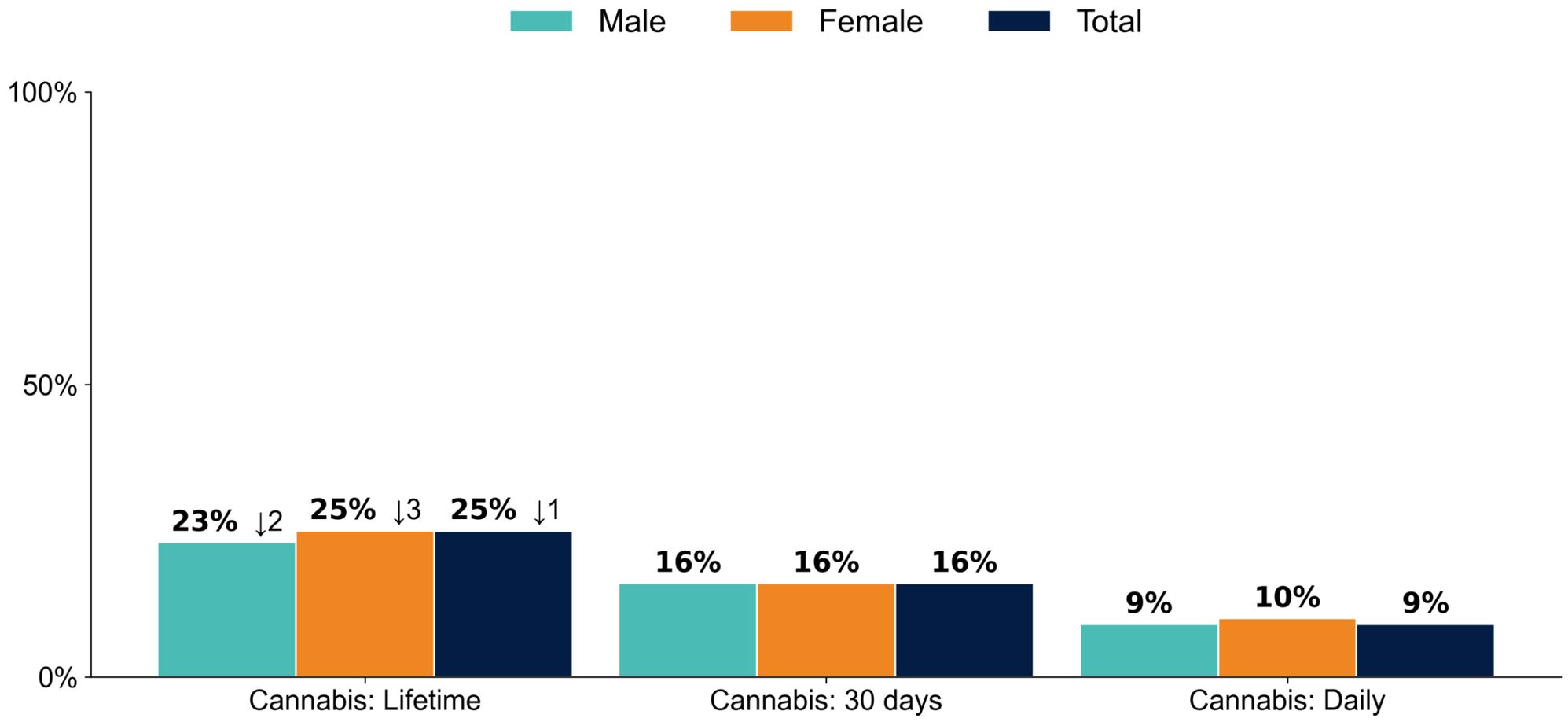


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Substance Use

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

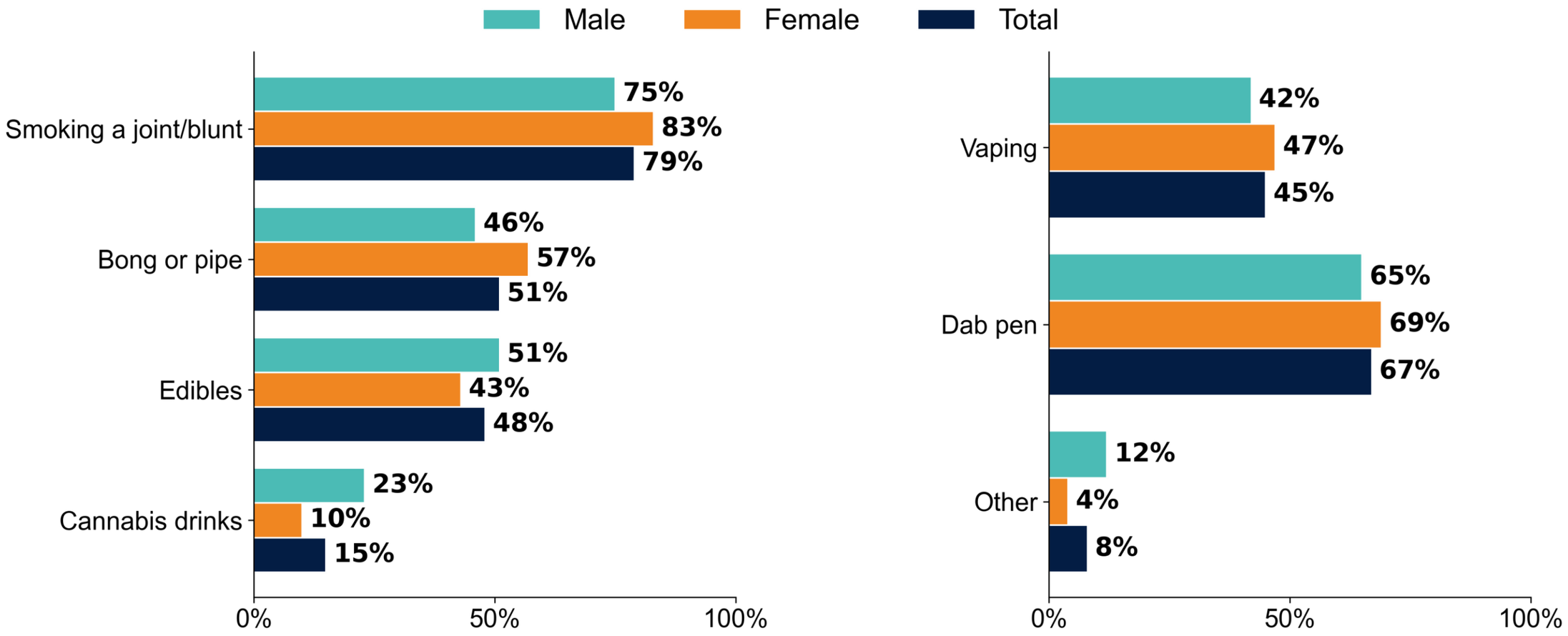


Nipissing - 2026

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Substance Use

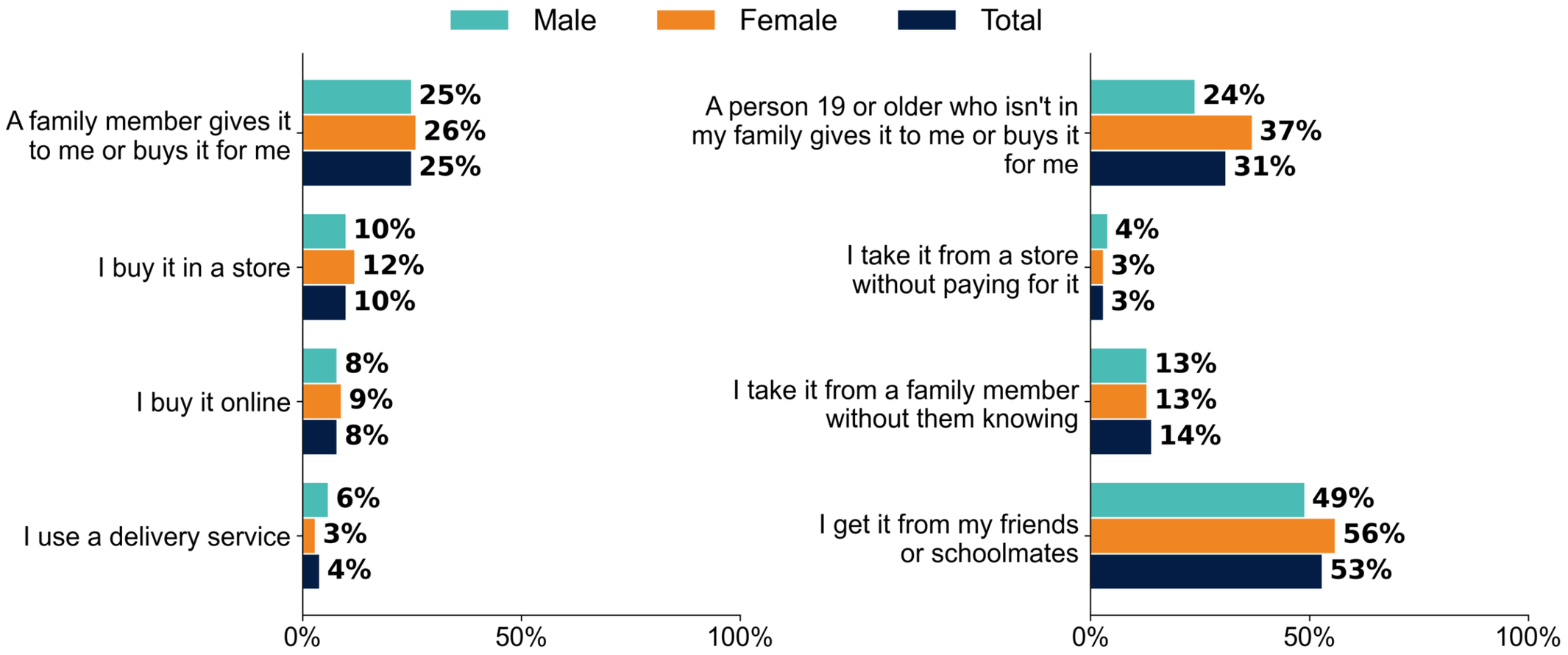
Percentage of respondents who have used cannabis **once or more**, by form of use



Nipissing - 2026

Substance Use

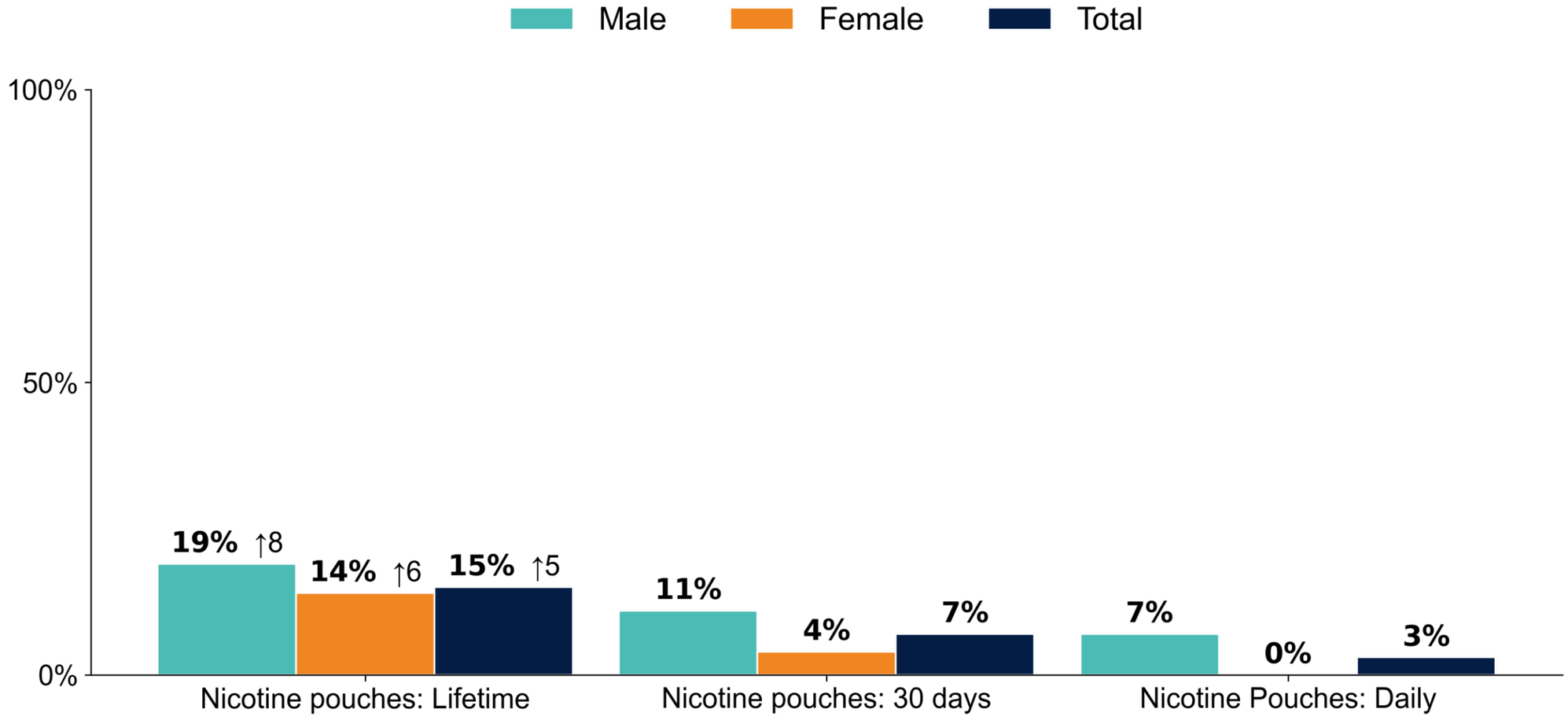
Percentage of adolescents who have used cannabis at least once report getting their cannabis **sometimes** or **often** the following way



Nipissing - 2026

Substance Use

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

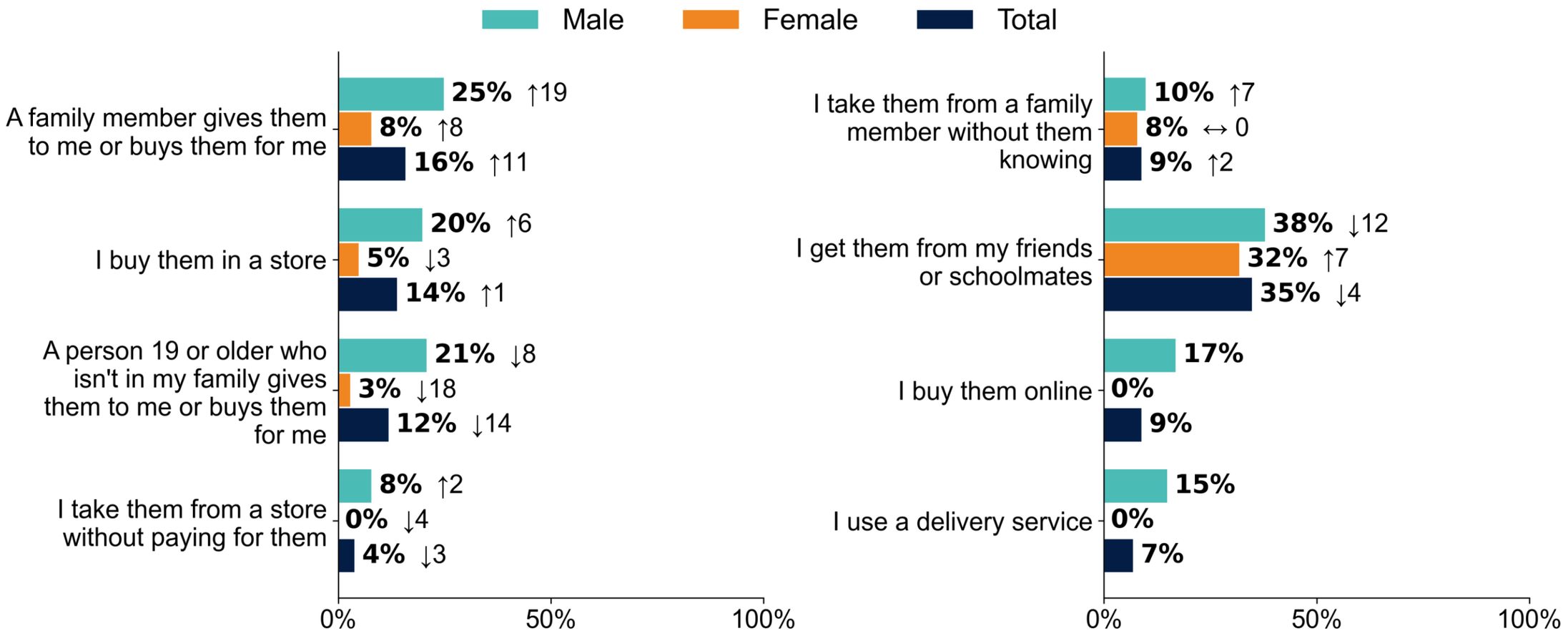


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Substance Use

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

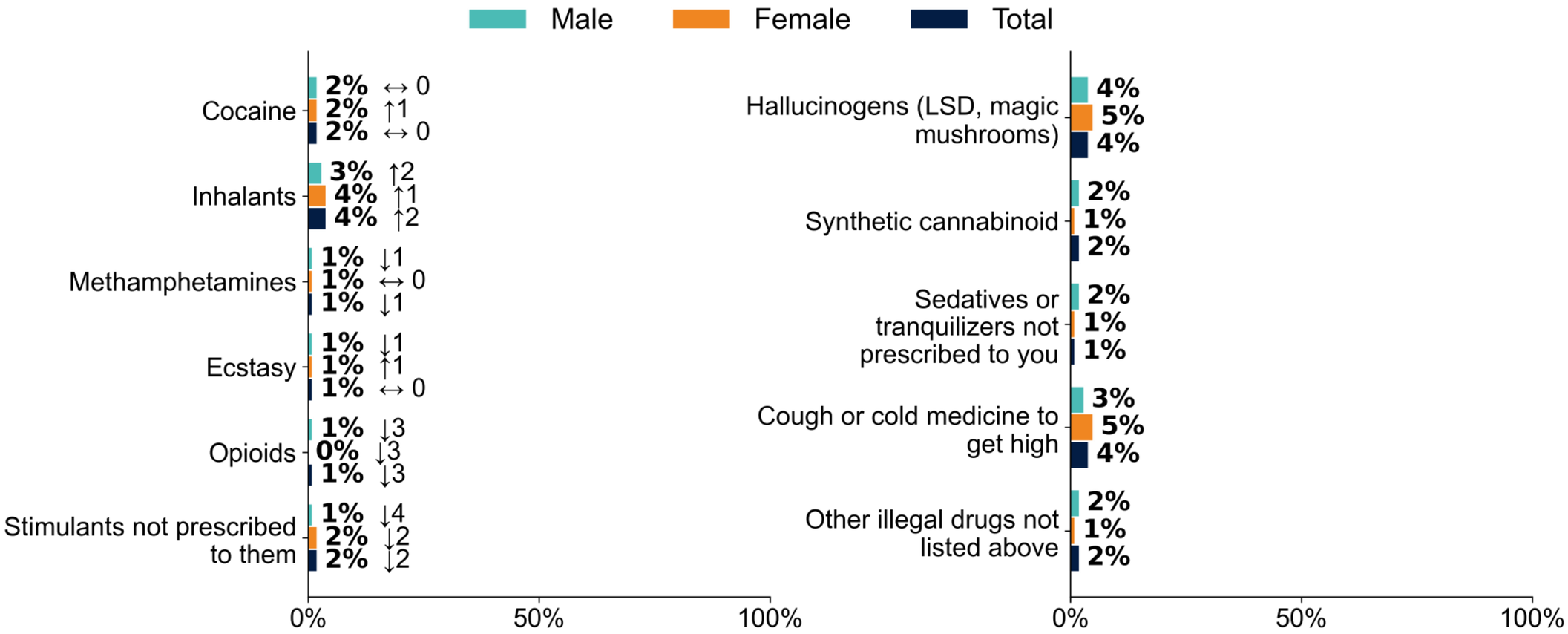


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Substance Use

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

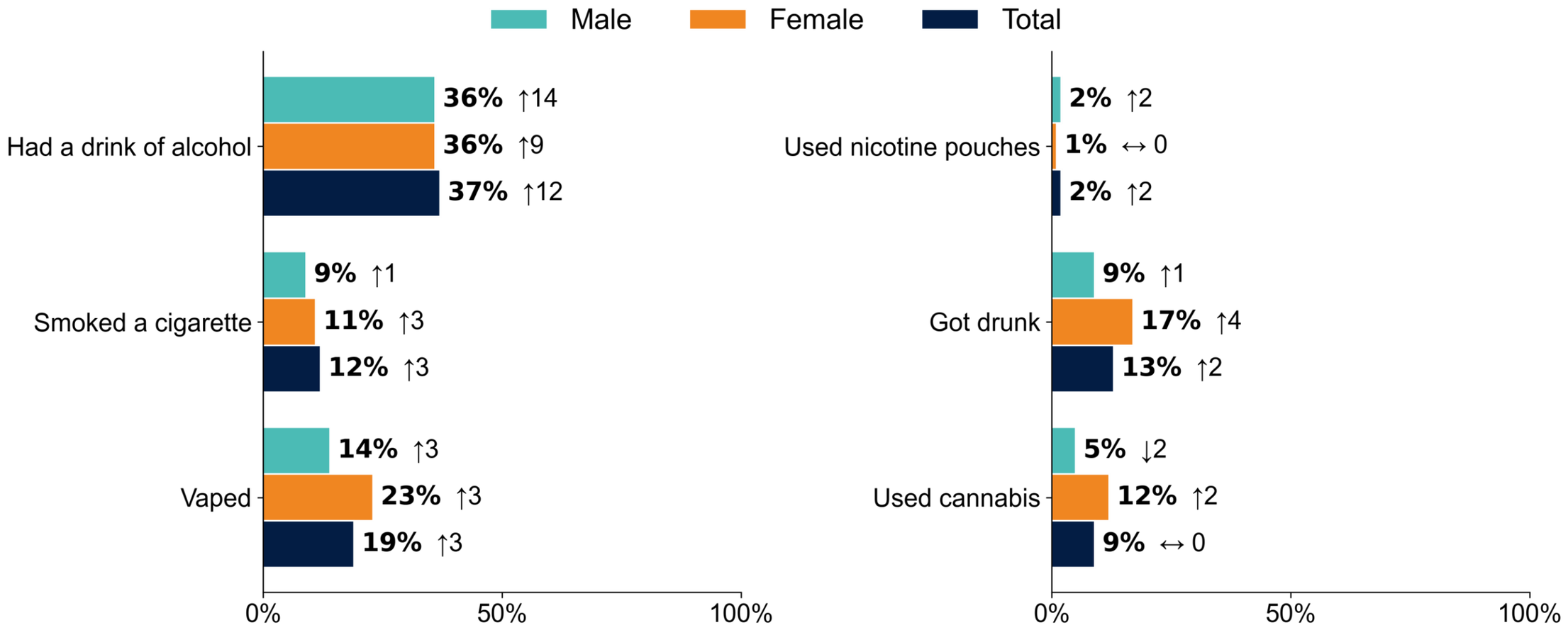


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Substance Use

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

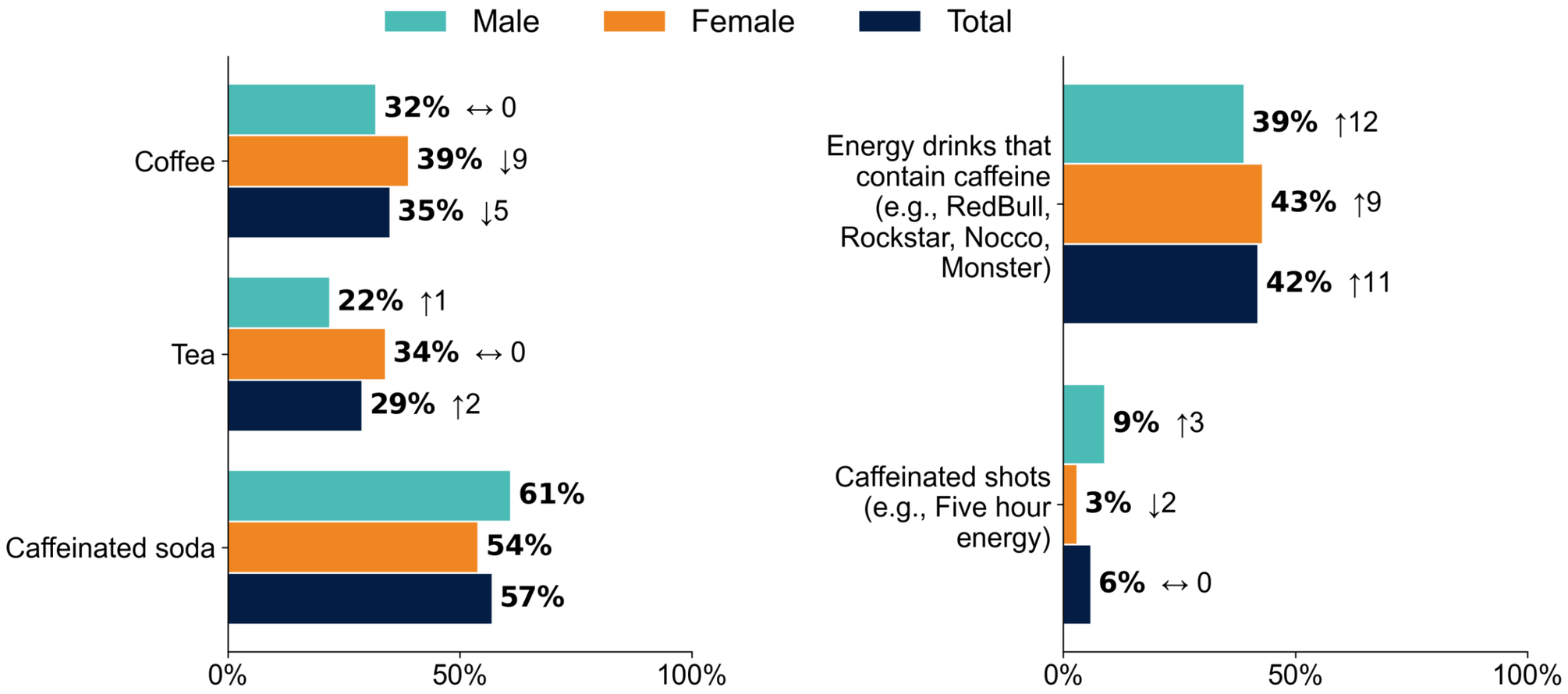


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Substance Use

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



Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Substance Use

FAMILY

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Family

91%

Feel safe at home often or almost always

88%

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

92%

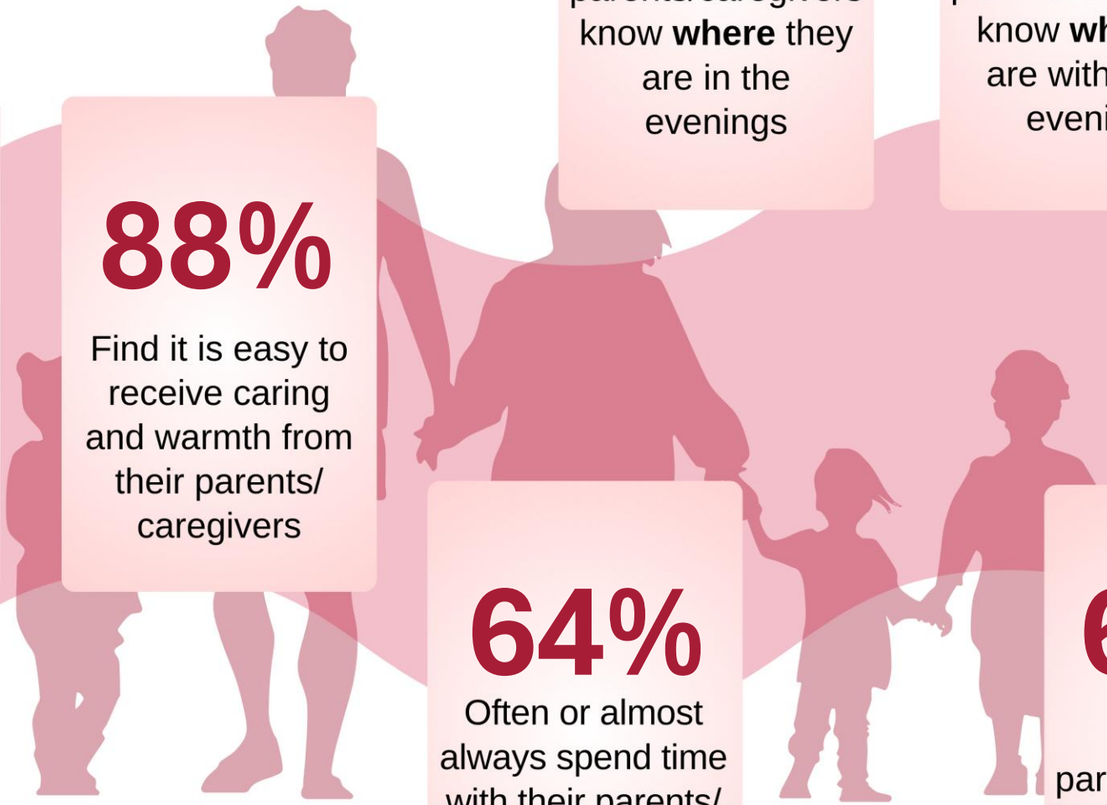
Think their parents/caregivers know **where** they are in the evenings

90%

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

80%

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



64%

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

68%

Say their parents/caregivers disapprove* of drunkenness

87%

Say their parents/caregivers disapprove* of cannabis use

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*Disapprove: not allow or discourage it

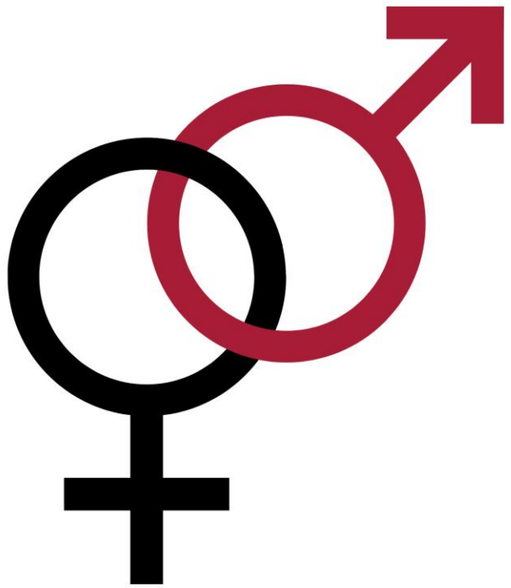
Family

Females

93%
Feel safe at home often or almost always

89%
Find it is easy to receive caring & warmth from their parents/caregivers

66%
Often or almost always spend time with their parents/caregivers on weekends



Males

90%
Feel safe at home often or almost always

90%
Find it is easy to receive caring & warmth from their parents/caregivers

66%
Often or almost always spend time with their parents/caregivers on weekends

PLANET Youth

91% Females | **91%** Males

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

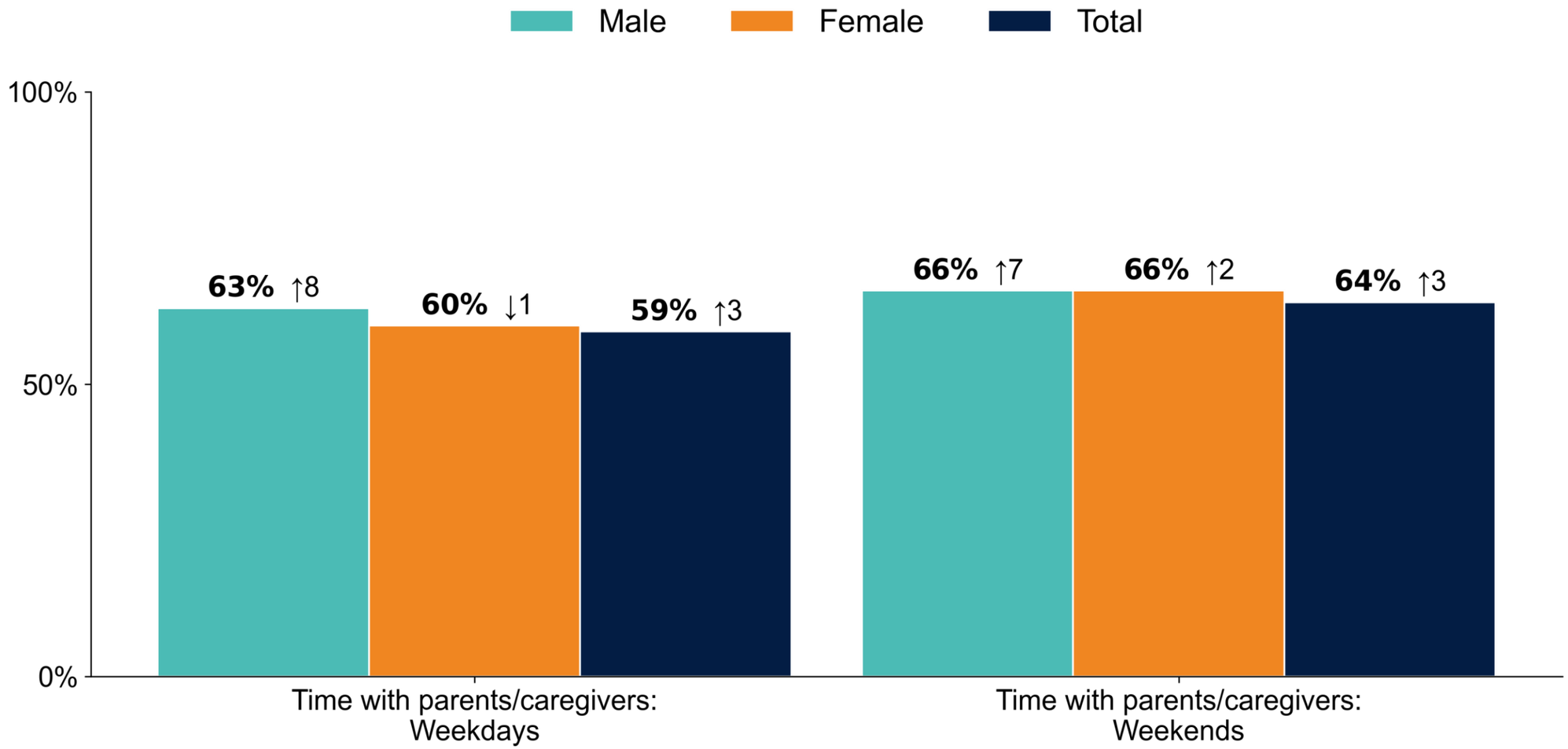
92% Females | **88%** Males

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

83% Females | **75%** Males

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

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

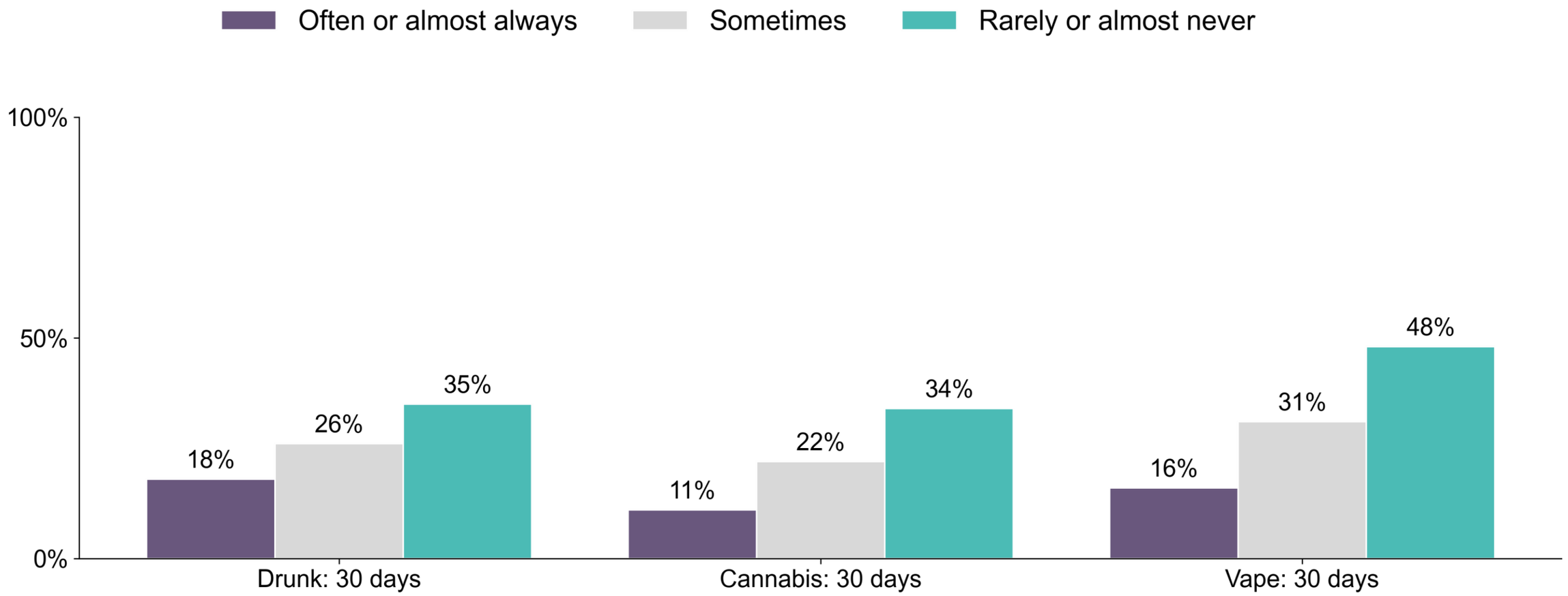


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Family

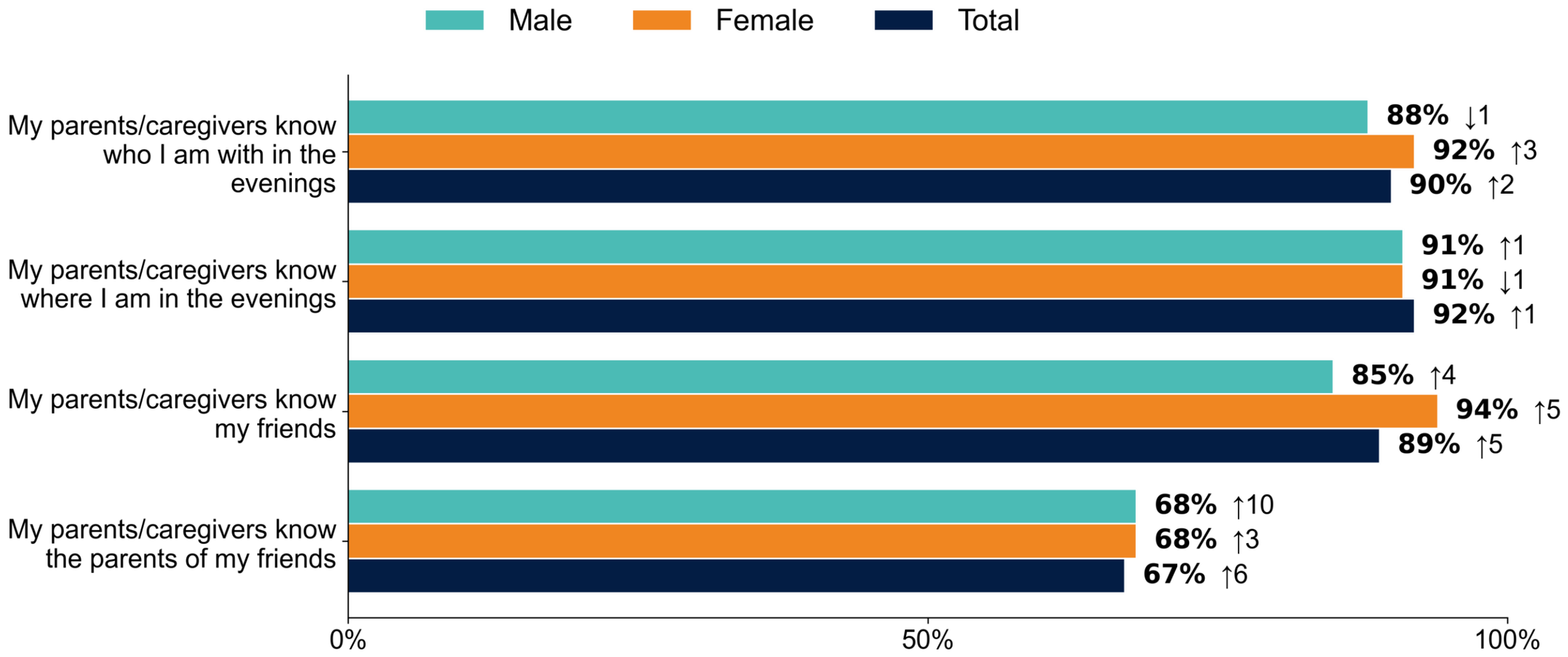
Substance use cross-referenced with spending time with parents / caregivers on the weekends



Nipissing - 2026

Family

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

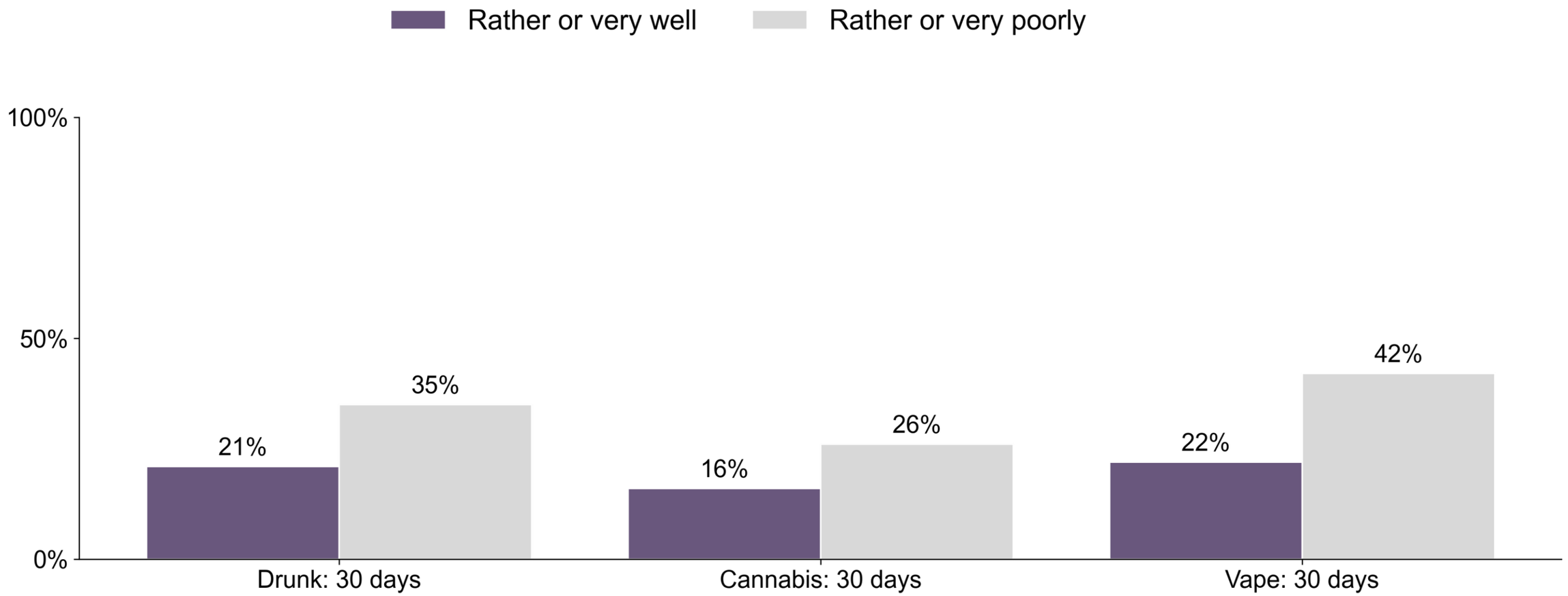


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

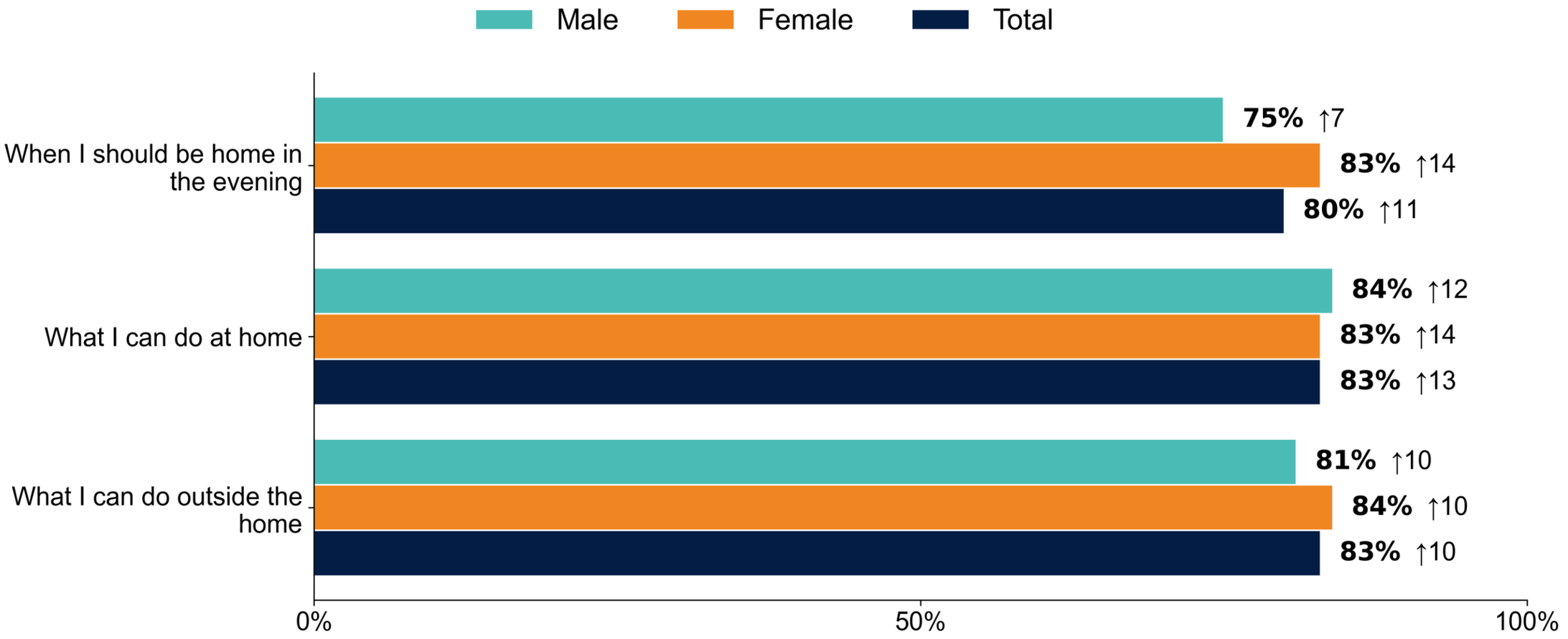
Family

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



Nipissing - 2026

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

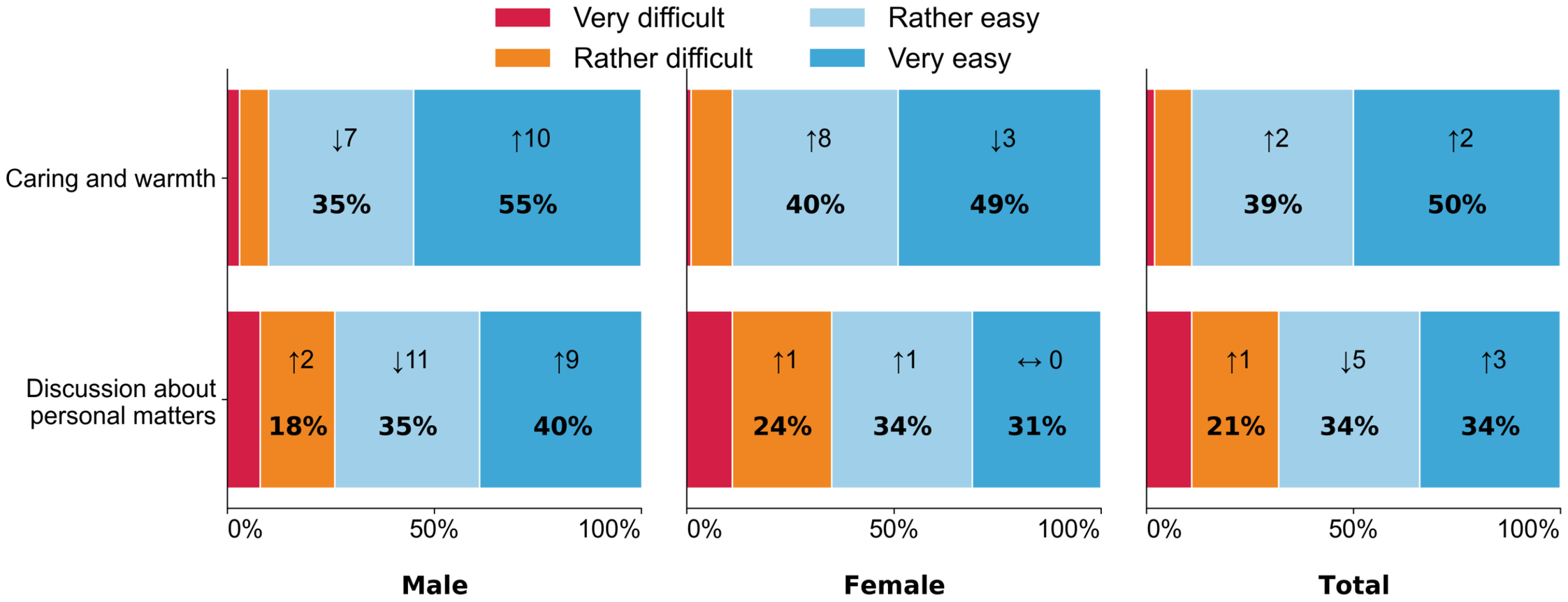


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Family

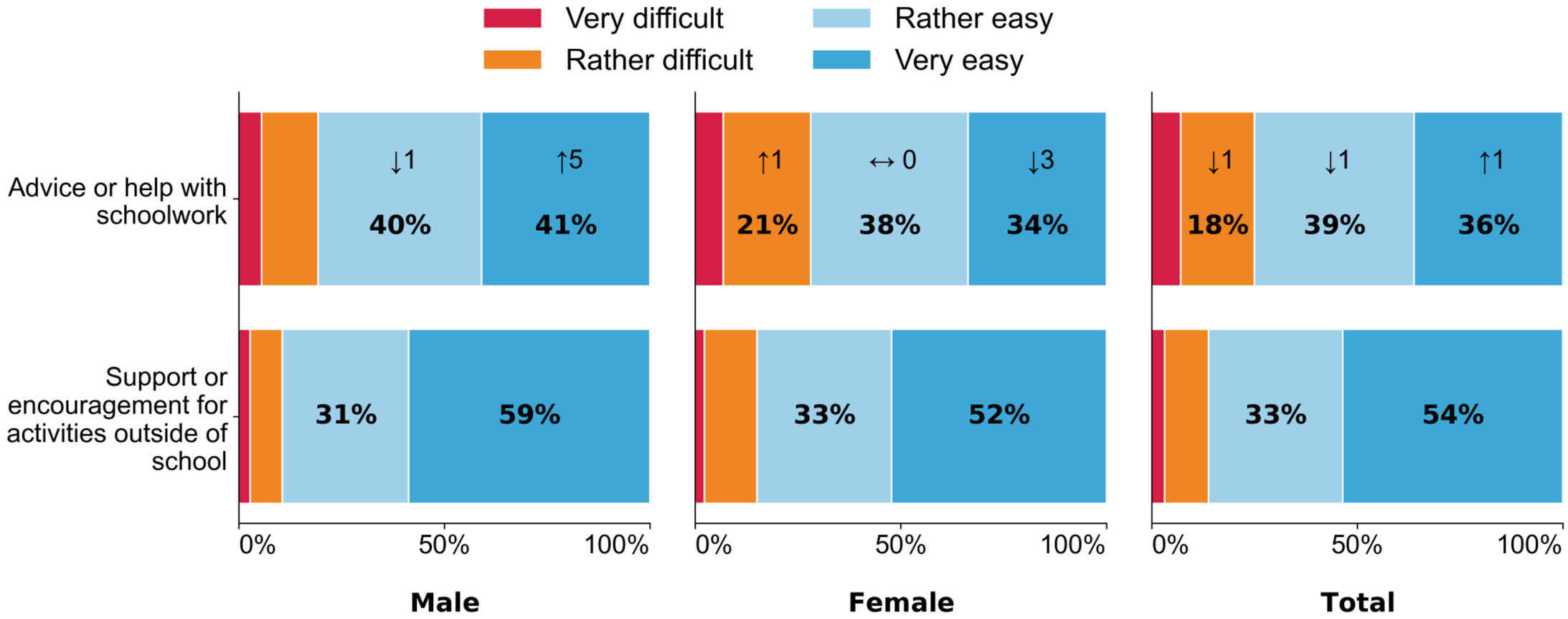
Adolescents report how **easy** or **difficult** it is to receive the following from their parents/caregivers **-Part 1**



Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Adolescents report how **easy** or **difficult** it is to receive the following from their parents/caregivers **-Part 2**

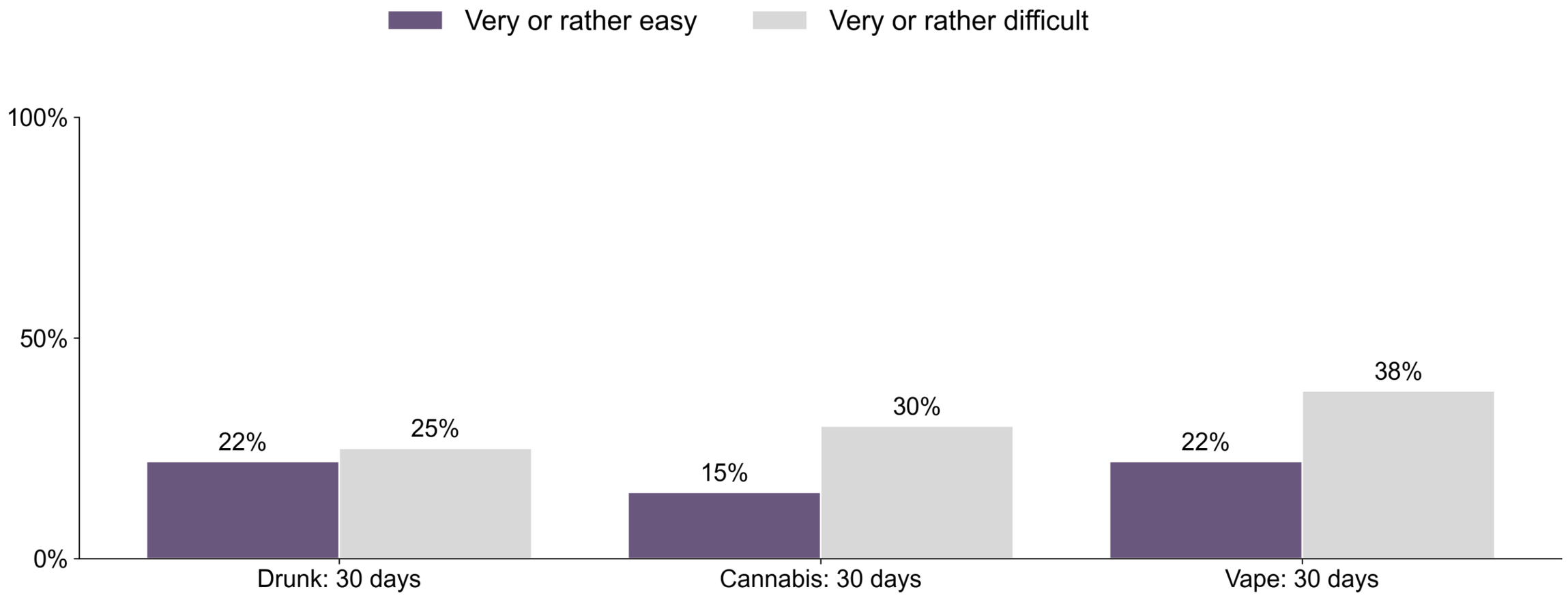


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

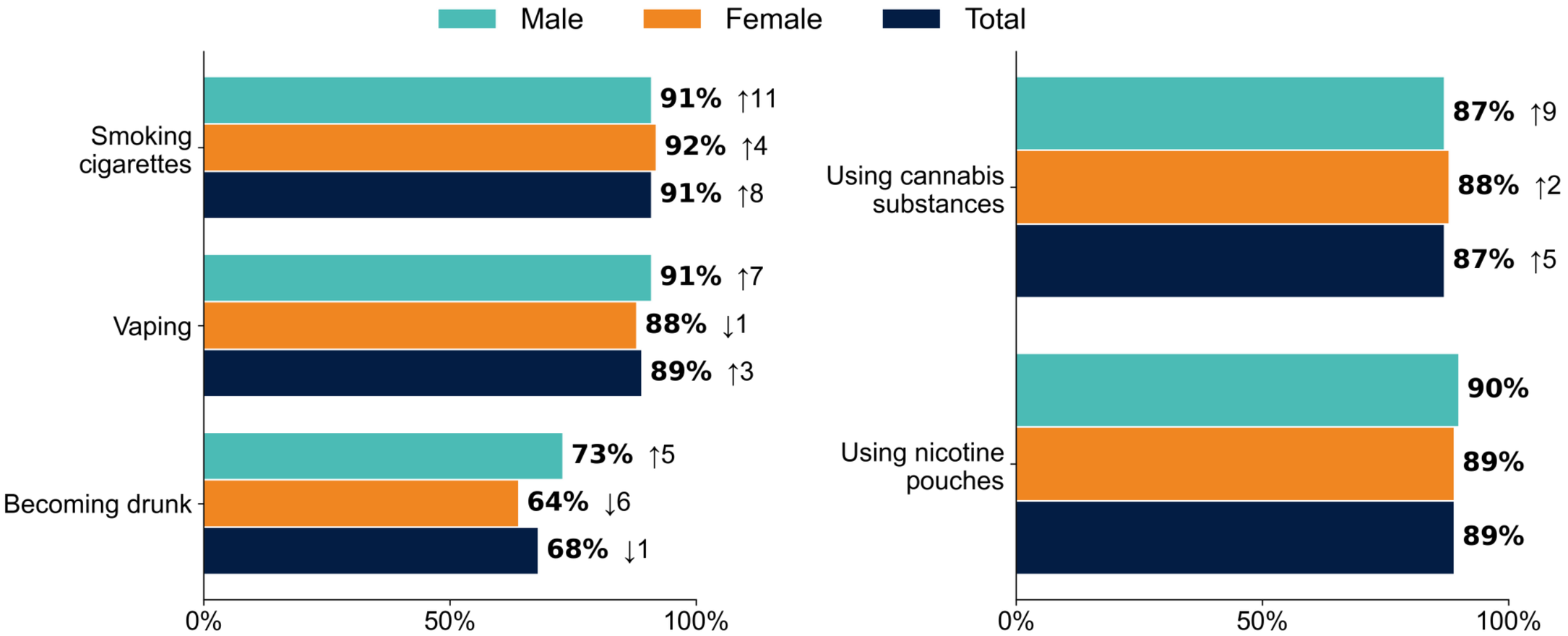
Family

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



Nipissing - 2026

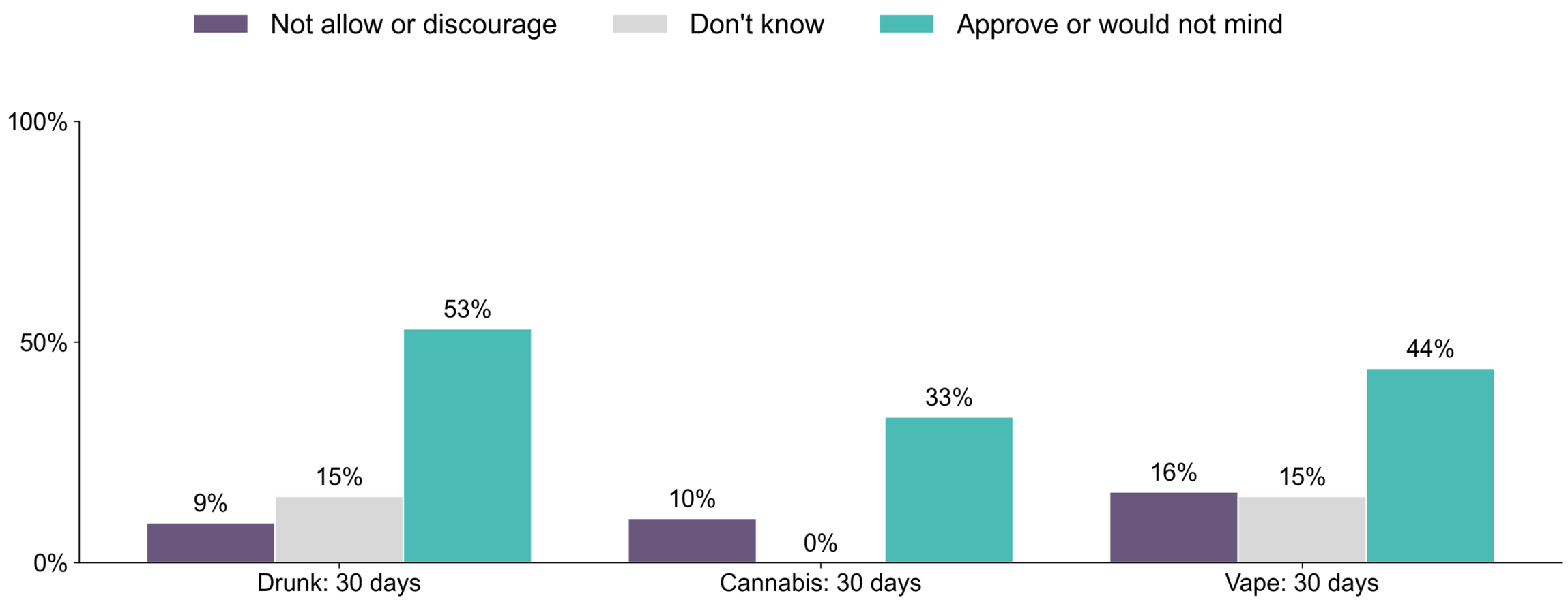
Perceived parental reactions to substance use: Adolescent perceptions of whether parents / caregivers would **not allow** or **discourage** the following types of substance use



Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

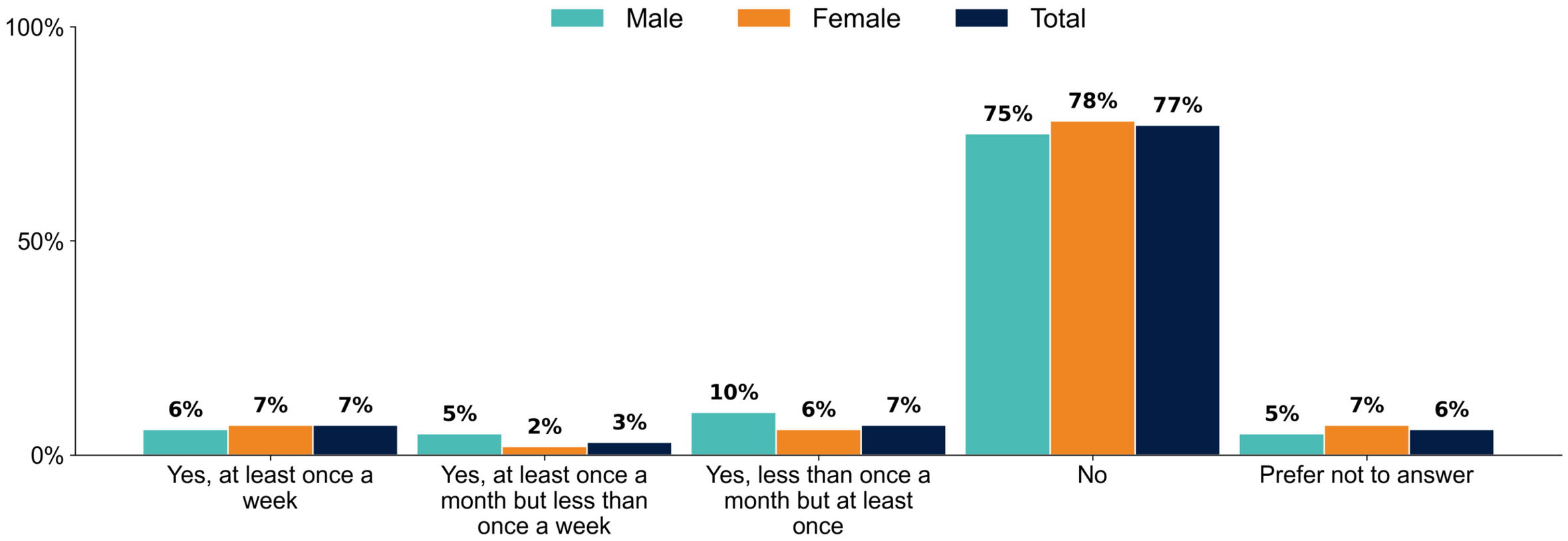
Substance use cross-referenced with perceived parental reactions to becoming drunk



Nipissing - 2026

Family

Adolescents state if they have had to skip meals or eat less due to food insecurity in the past 12 months



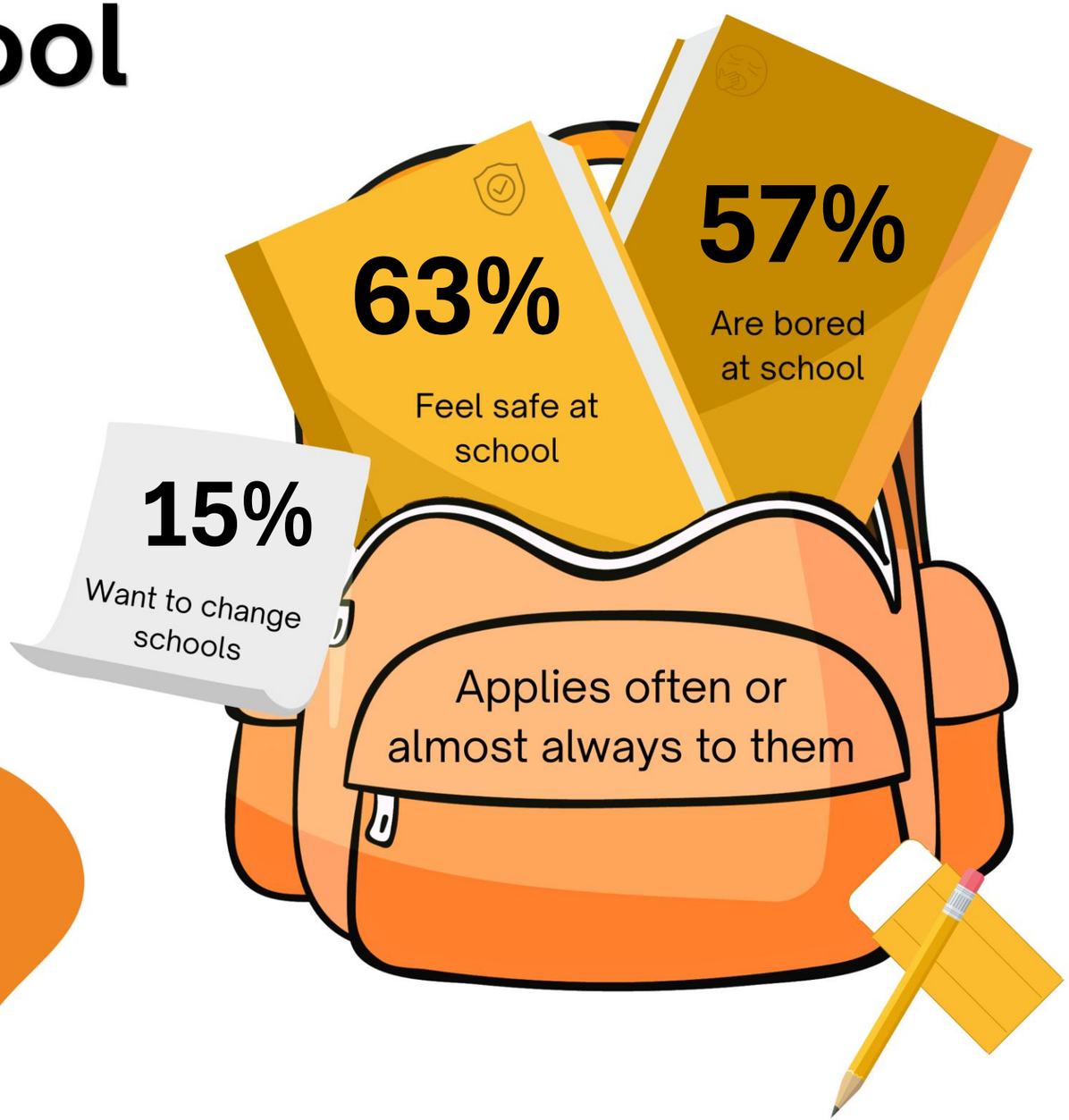
Nipissing - 2026

Family

SCHOOL

PLANET Youth®

School



82%

Have friends at school who care about them

62%

Think the adults at their school care about them

78%

Get along with their teachers

PLANET Youth®

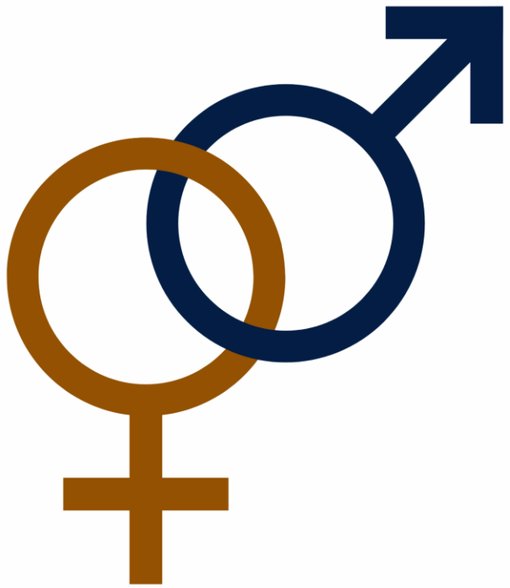
School

Females

51%
Are often or almost always bored at school

63%
Think the adults at their school care about them

85%
Have friends at school who care about them



Males

63%
Are often or almost always bored at school

63%
Think the adults at their school care about them

82%
Have friends at school who care about them

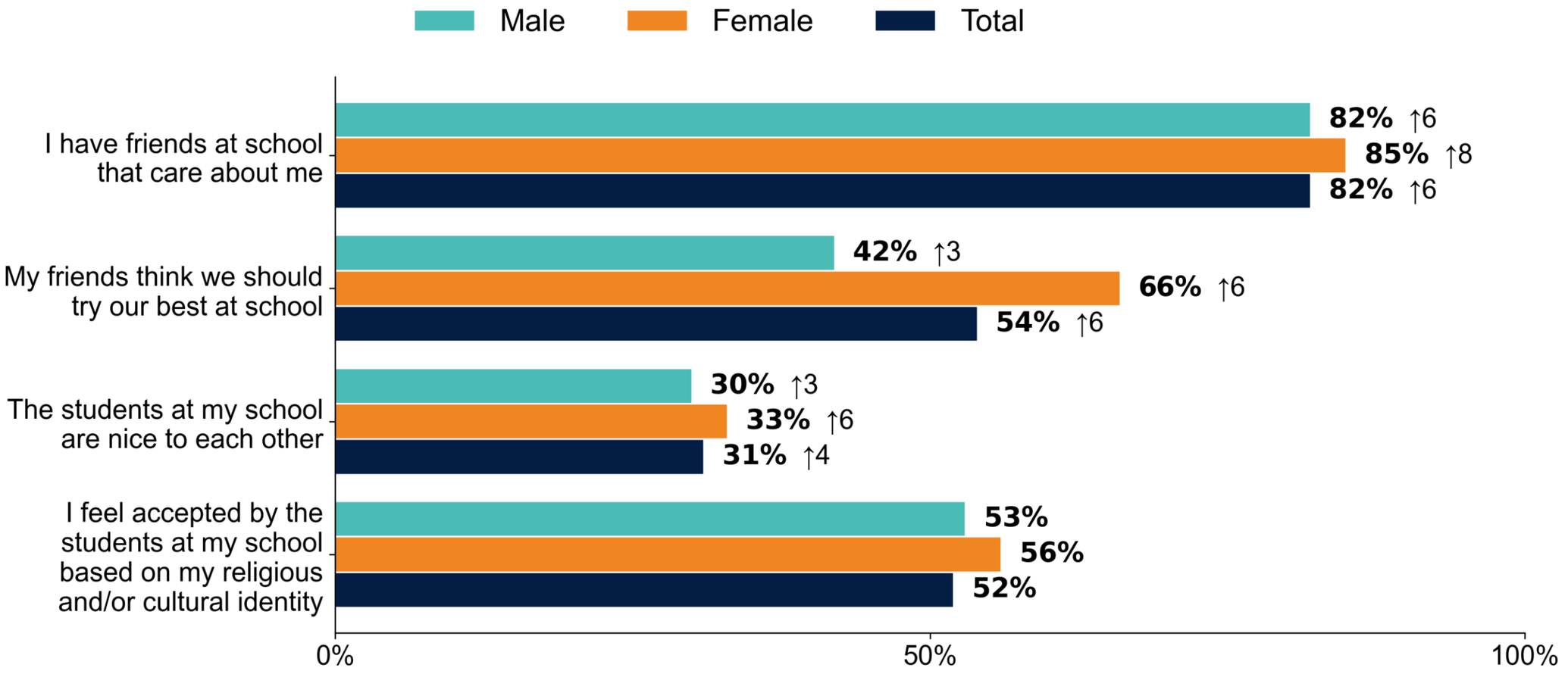
64% Females | **68%** Males
Often or almost always feel safe at school

79% Females | **79%** Males
Agree or strongly agree to getting along with their teachers

16% Females | **12%** Males
Often or almost always want to change schools

PLANET Youth

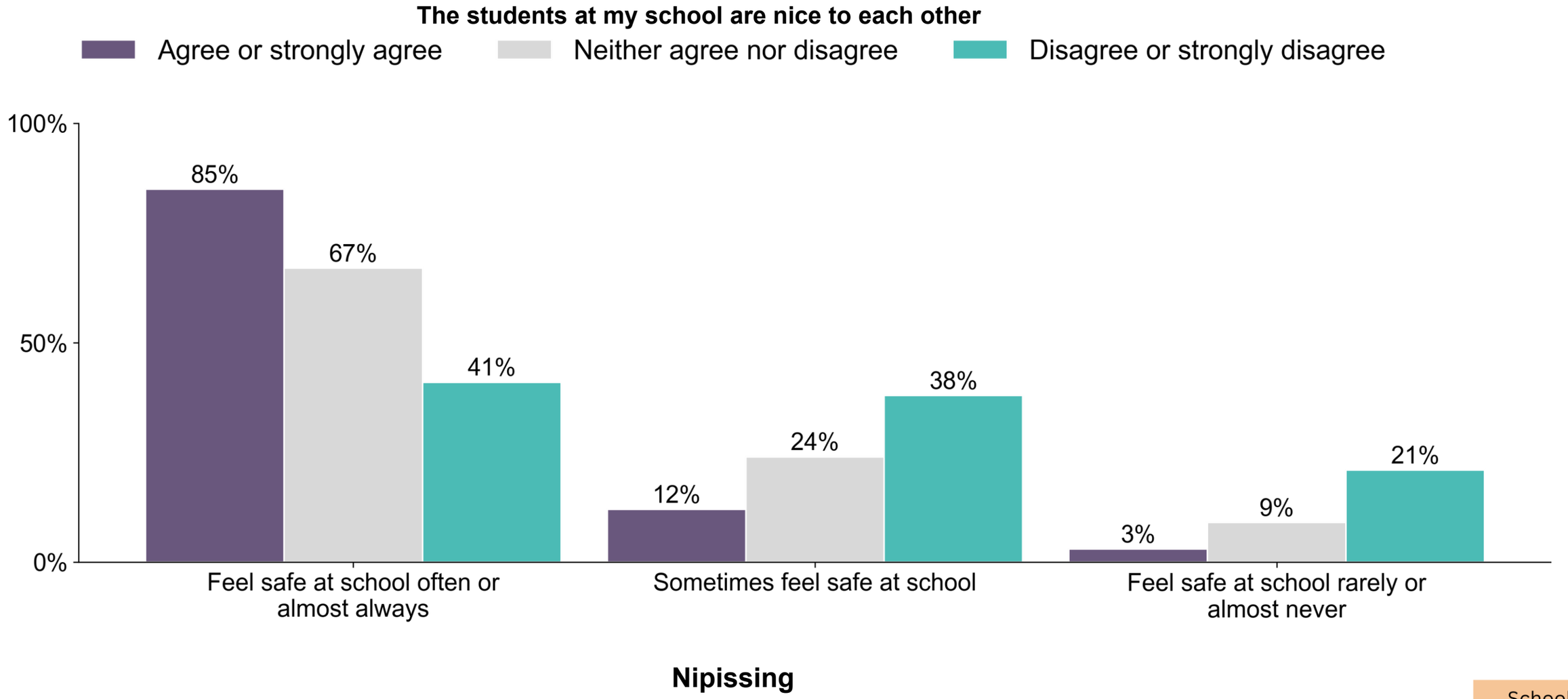
Percentage of adolescents who **agree somewhat** or **strongly agree** with the following statements about peer support in school



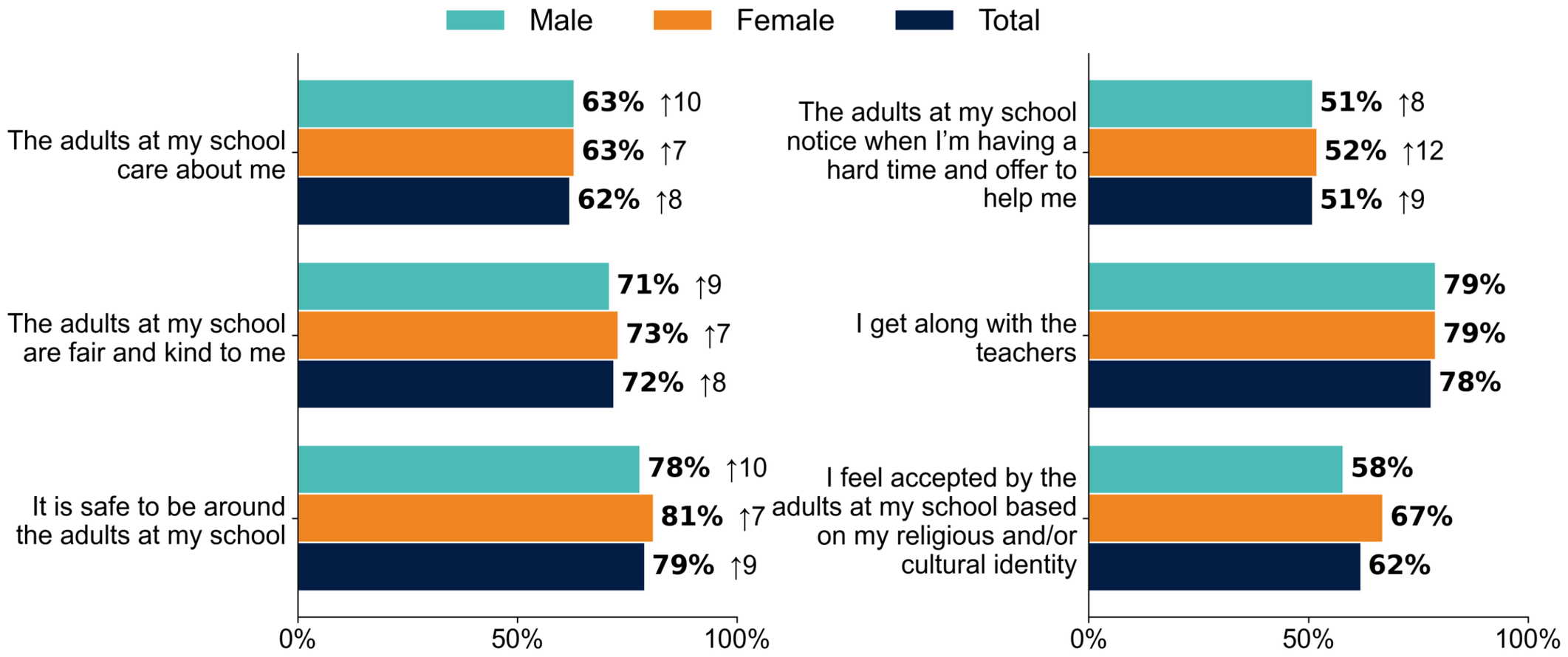
Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

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



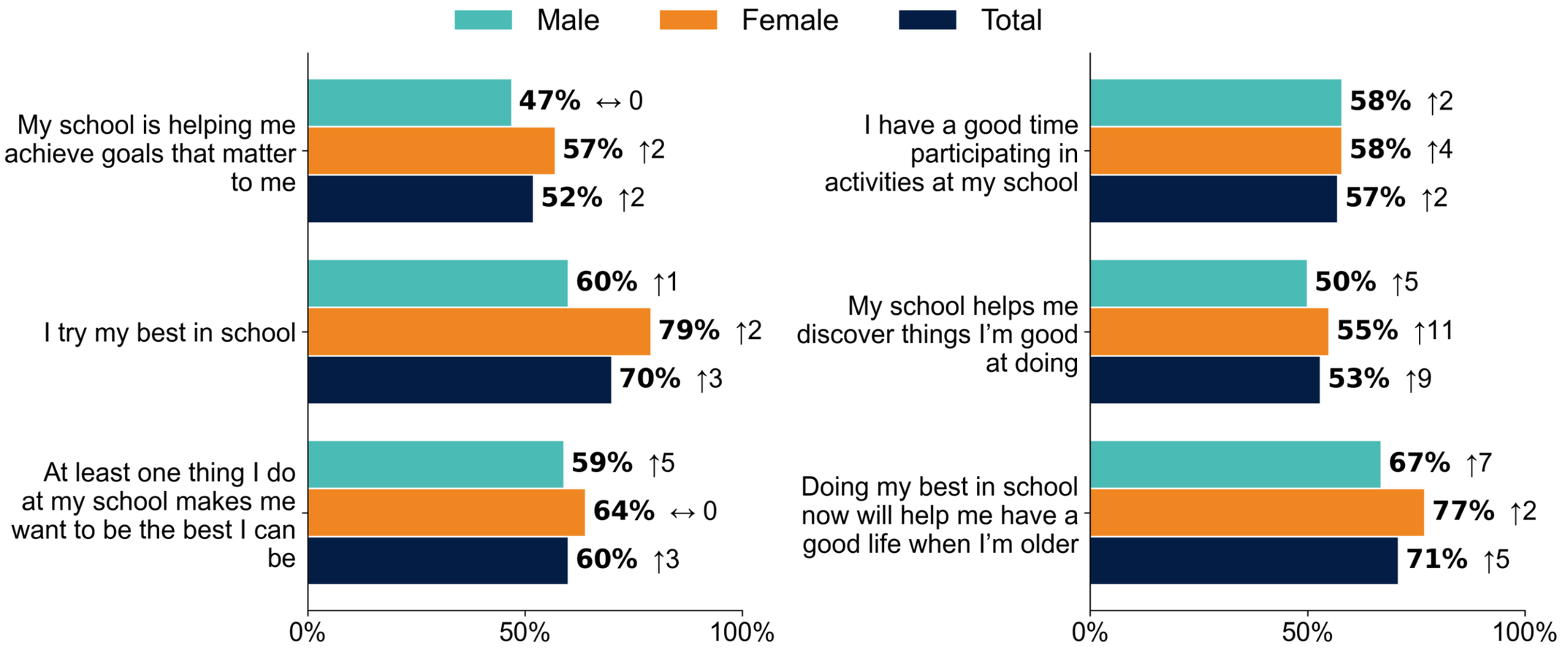
Percentage of adolescents who **agree somewhat** or **strongly agree** with the following statements about adult support in school



Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

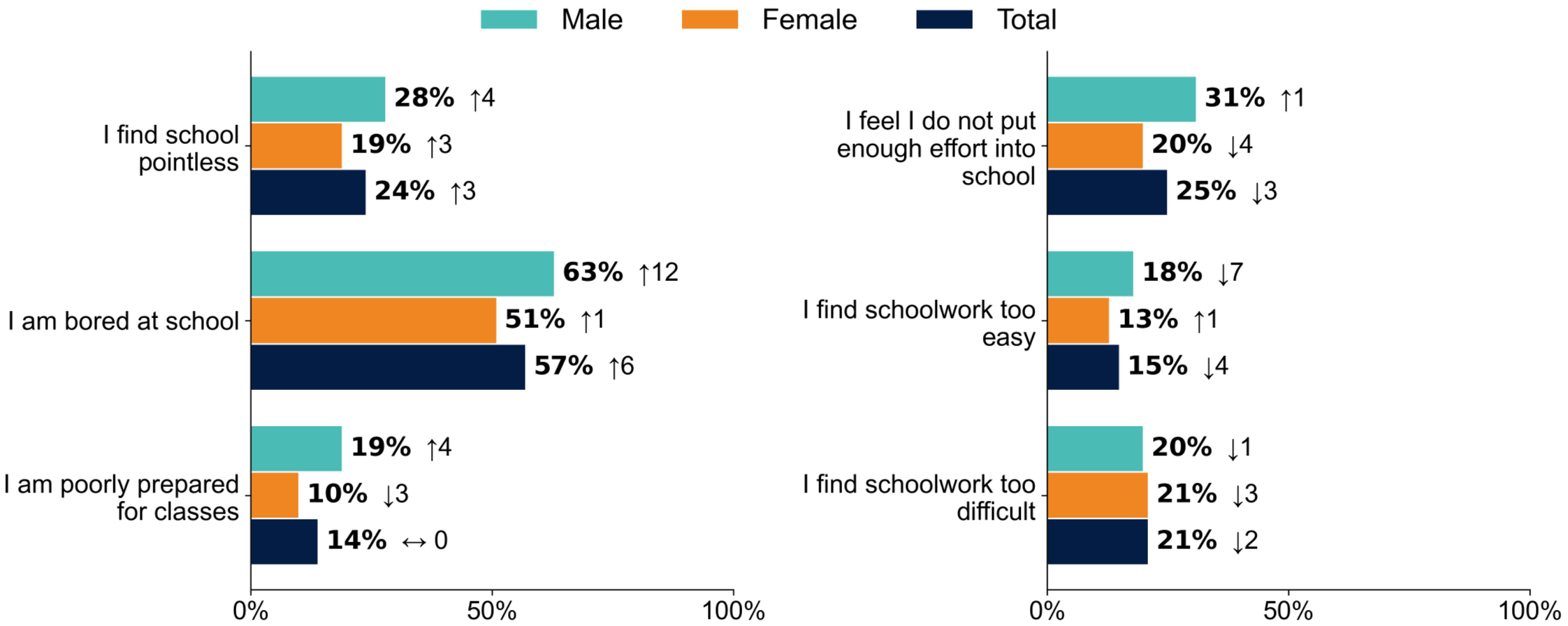
Percentage of adolescents who **agree somewhat** or **strongly agree** with the following statements about school activities and efforts



Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

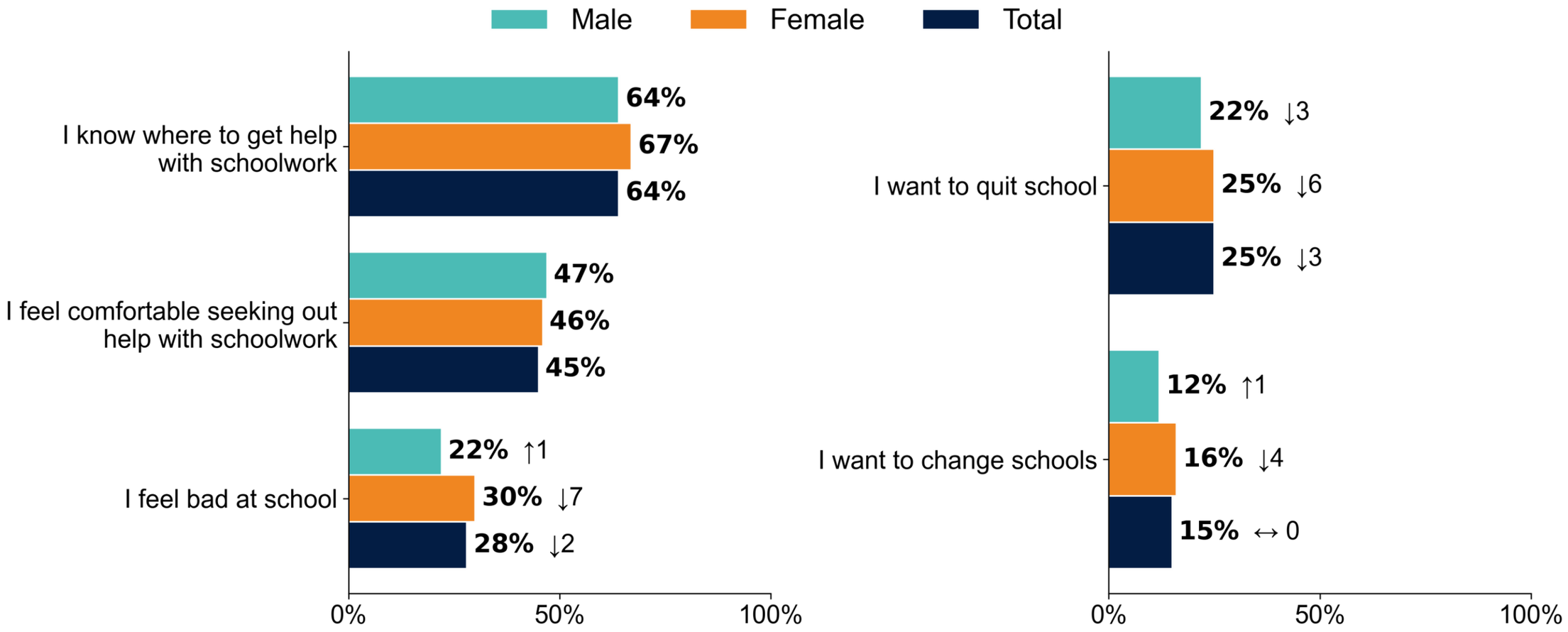
Percentage of adolescents who report that the following school / study attitude applies **often** or **almost always** to them **-Part 1**



Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

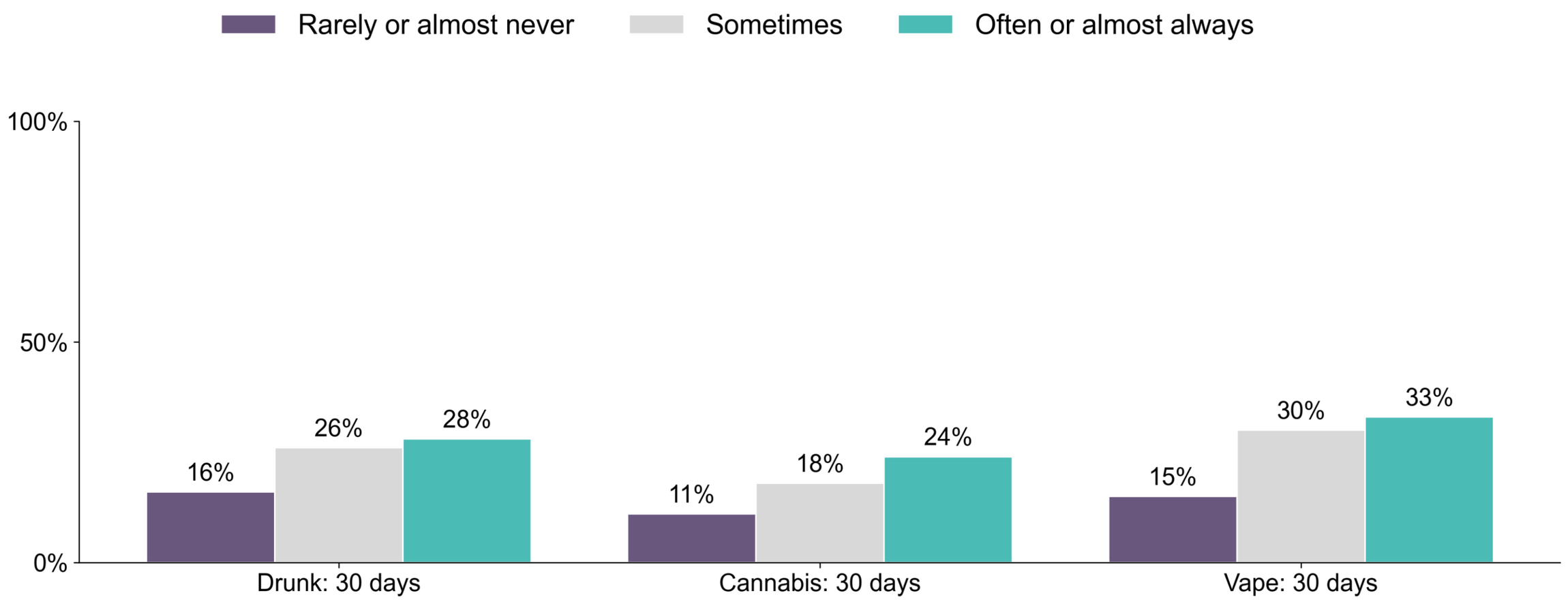
Percentage of adolescents who report that the following school / study attitude applies **often** or **almost always** to them **-Part 2**



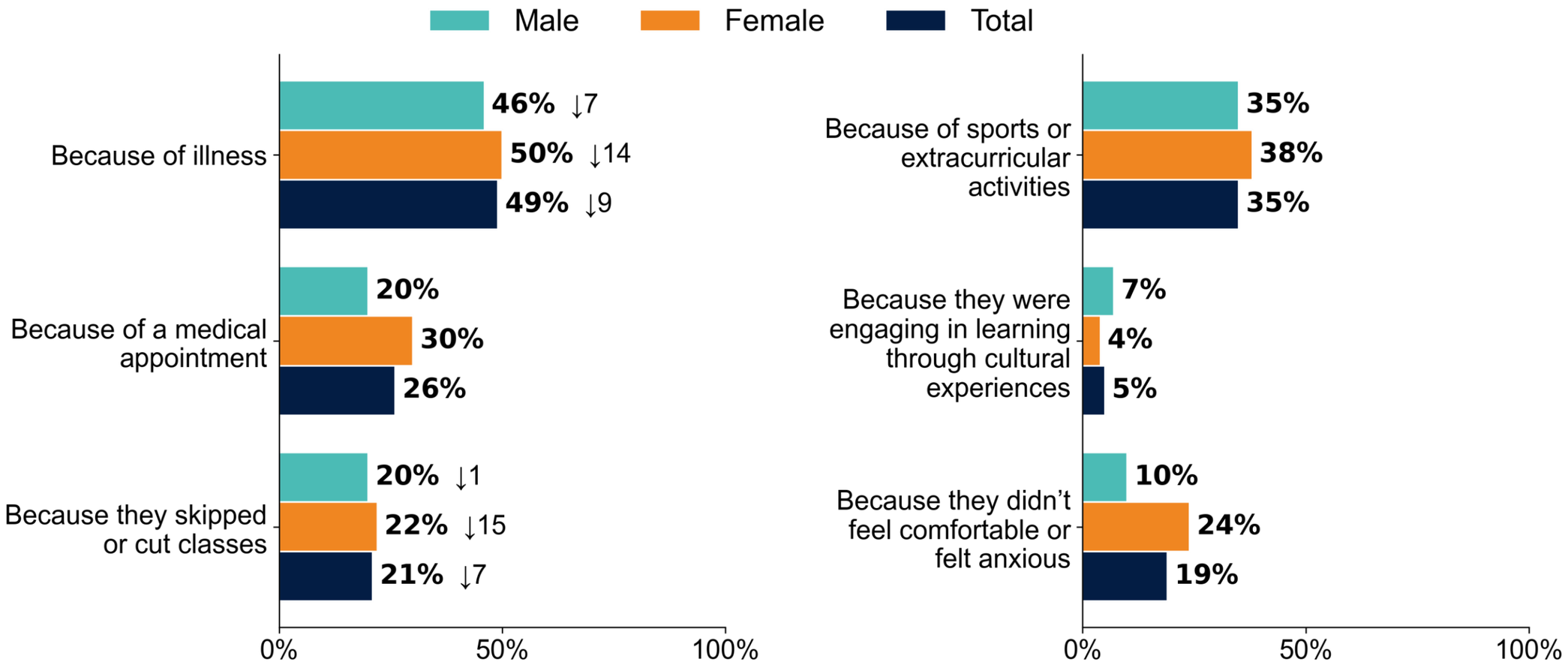
Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

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



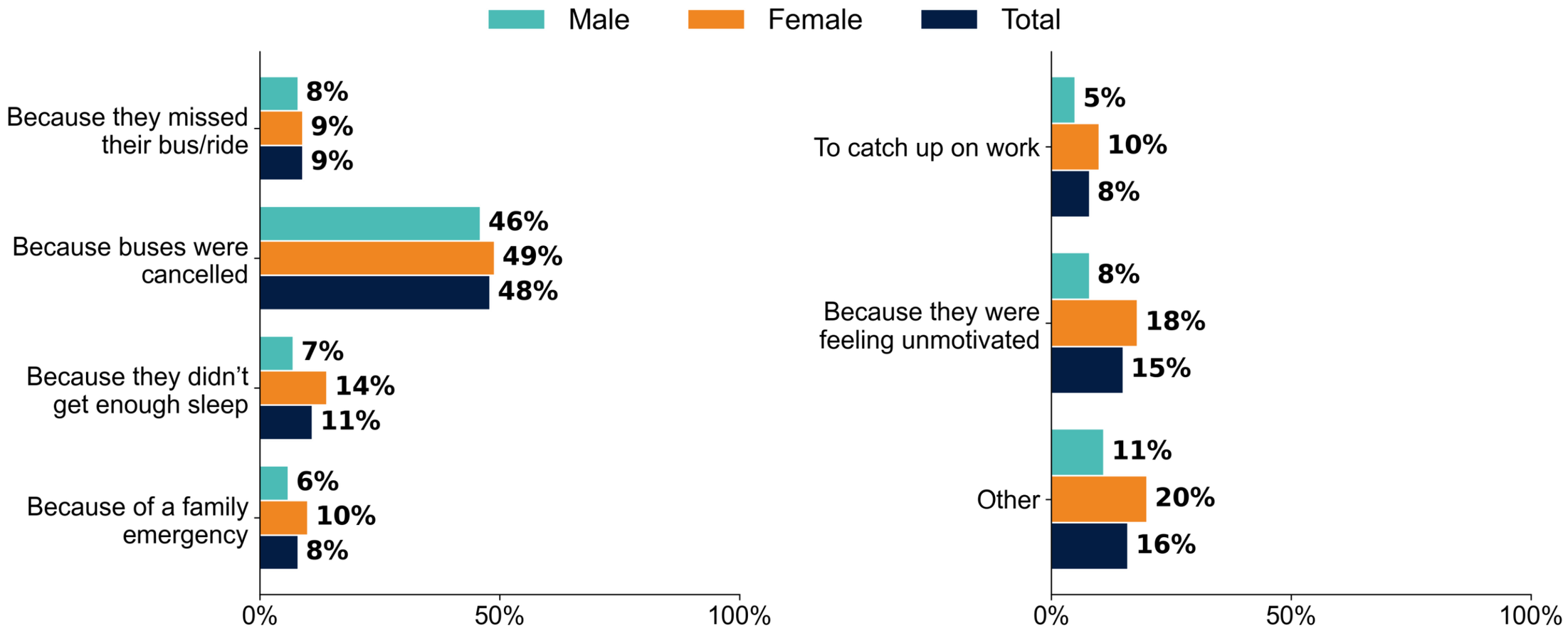
Percentage of adolescents who were absent from school for **2 or more full days** in the past month due to the following reasons **-Part 1**



Nipissing - 2026

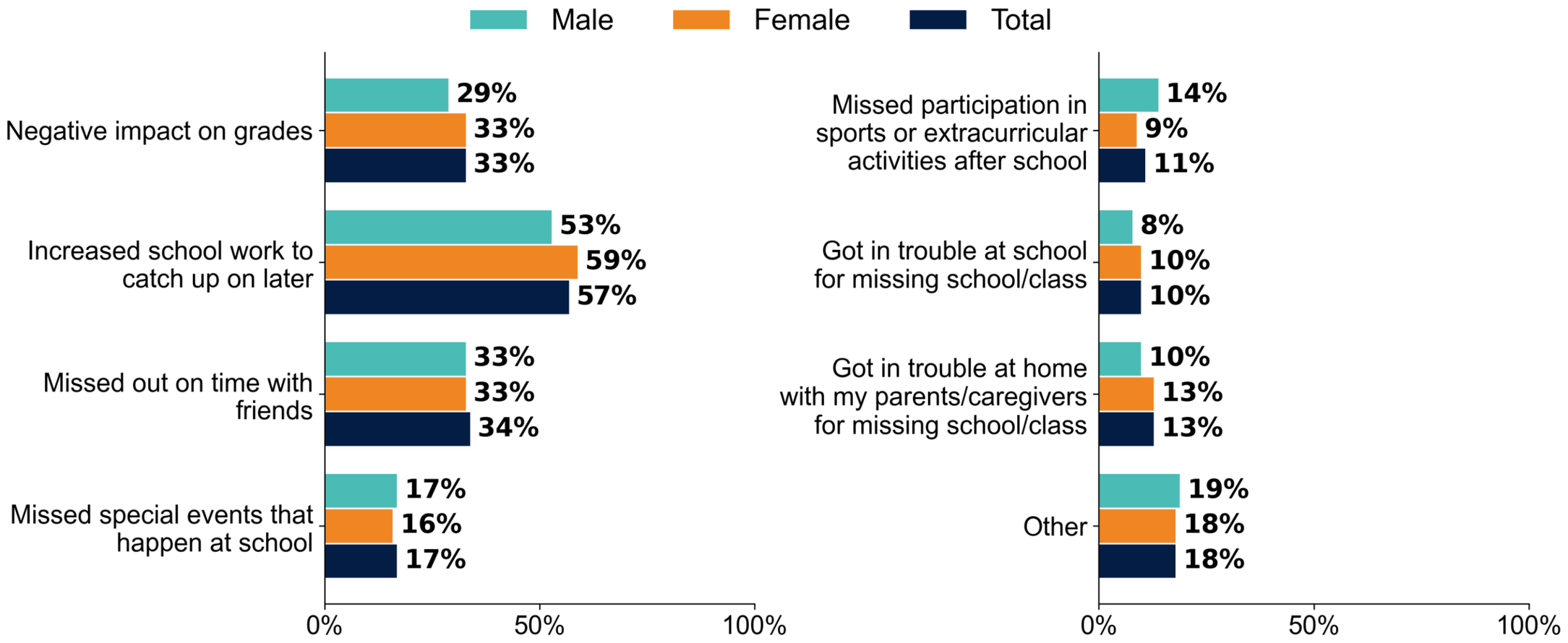
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Percentage of adolescents who were absent from school for **2 or more full days** in the past month due to the following reasons **-Part 2**



Nipissing - 2026

Percentage of adolescents who were absent from school 2 or more full days in the past month report the following being affected by their absence



Nipissing - 2026

LEISURE TIME

PLANET Youth®

Leisure Time

30%

Play sports with a club three times or more a week

24%

Participate in arts and creative activities at least once a week

17%

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



PLANET Youth®

Outside Late

39%

Were outside after midnight at least once a week

Physical activity

47%

Are physically active for one hour or more per day

Gambling

10%

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

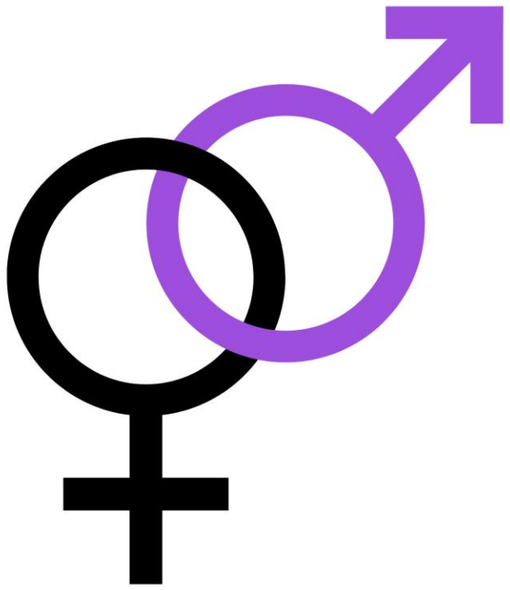
Leisure Time

Females

31%
Play sports with a club three times or more a week

27%
Participate in arts and creative activities at least once a week

15%
Do not participate in any organized out-of-school activities supervised by adults



Males

31%
Play sports with a club three times or more a week

19%
Participate in arts and creative activities at least once a week

18%
Do not participate in any organized out-of-school activities supervised by adults

Outside Late

37% Females

43% Males

Were outside after midnight at least once a week

Physical activity

45% Females

55% Males

Are physically active for one hour or more per day

Gambling

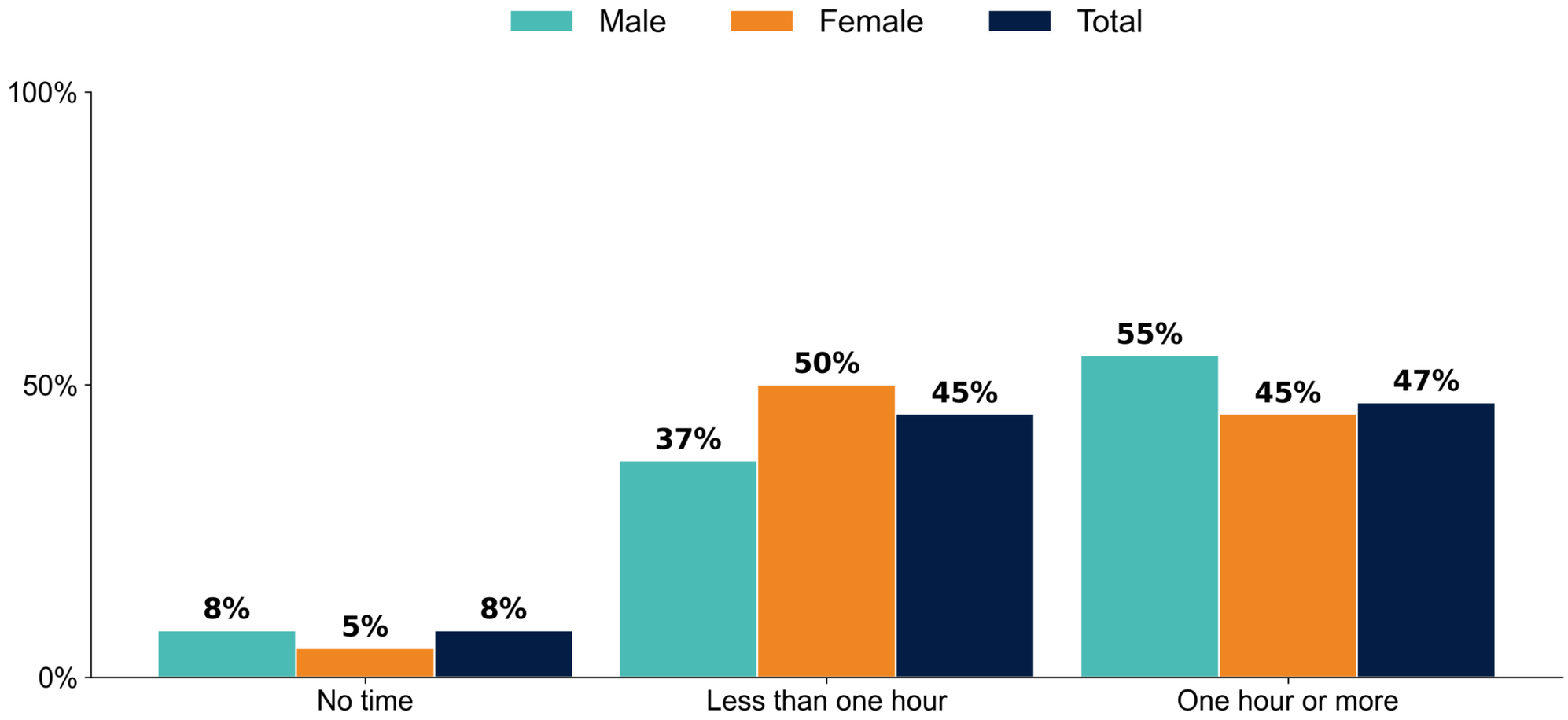
3% Females

18% Males

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

PLANET Youth

Average daily time adolescents spend being physically active

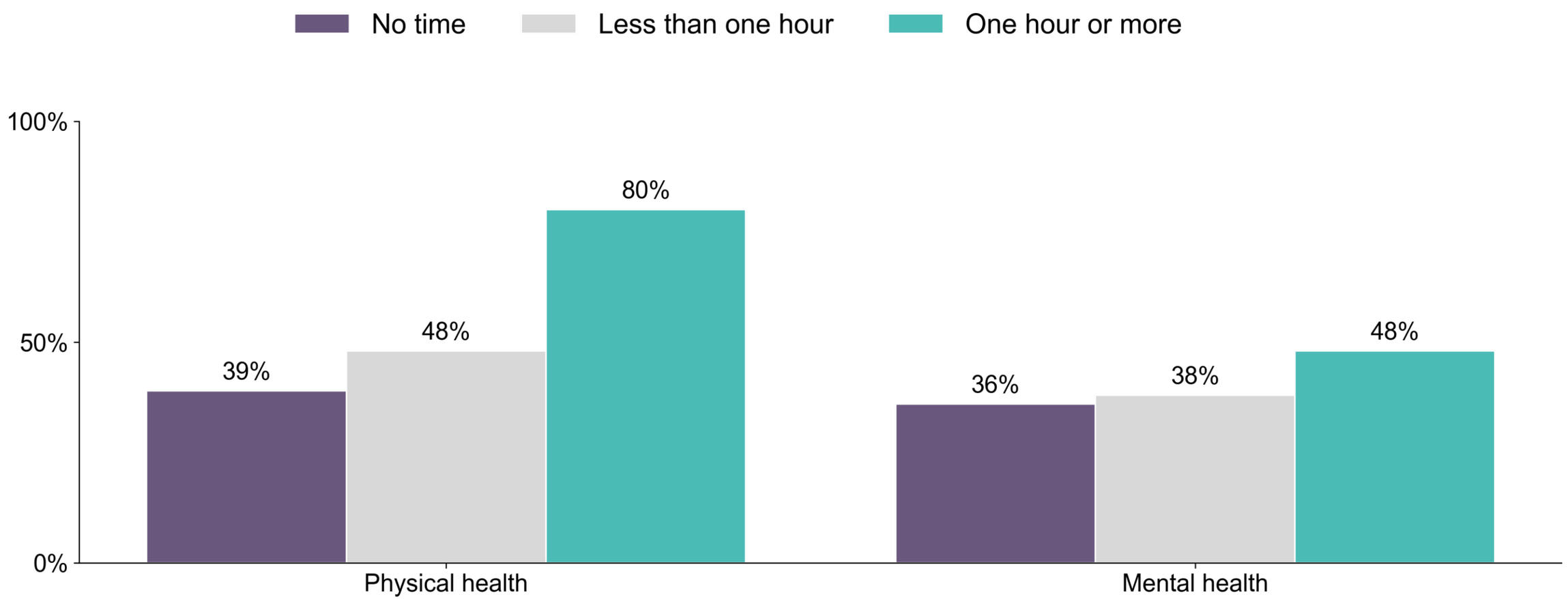


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Leisure Time

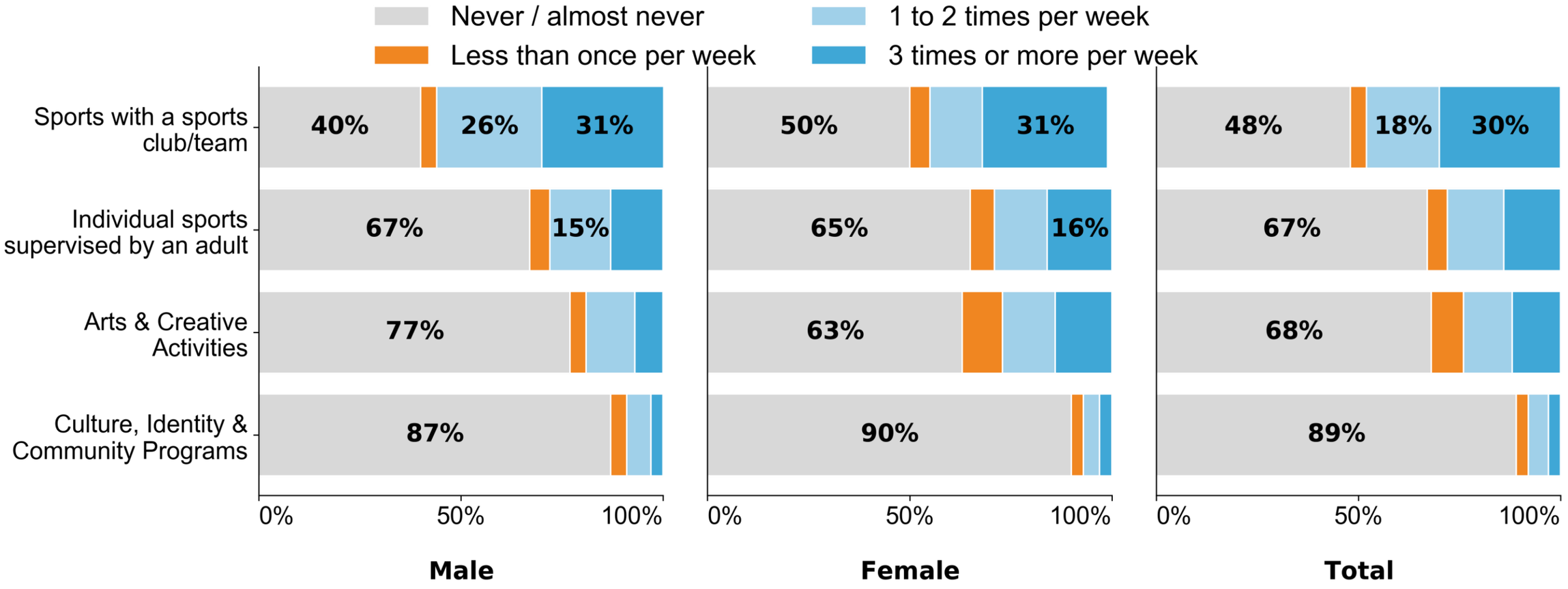
Good and very good mental and physical health cross-referenced with daily physical activity



Nipissing - 2026

Leisure Time

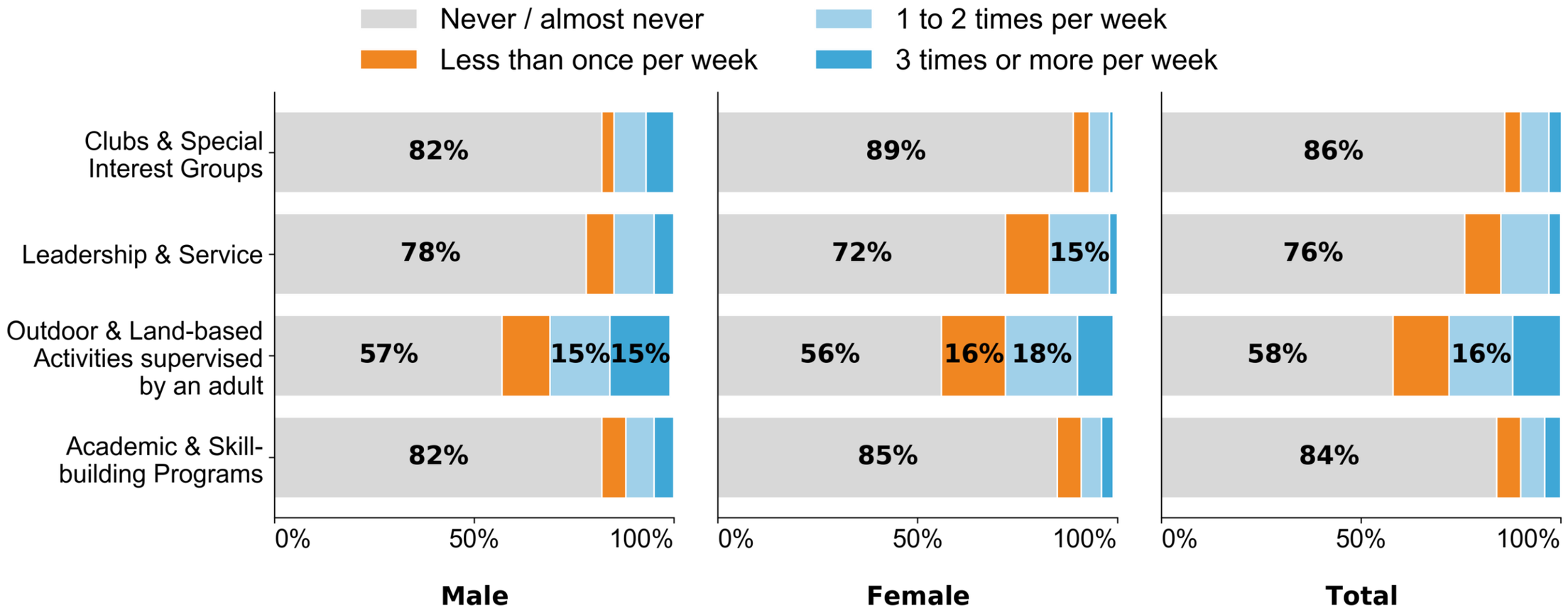
Percentage of adolescents who participate in the following out-of-school activities that are supervised by adults **-Part 1**



Nipissing - 2026

Leisure Time

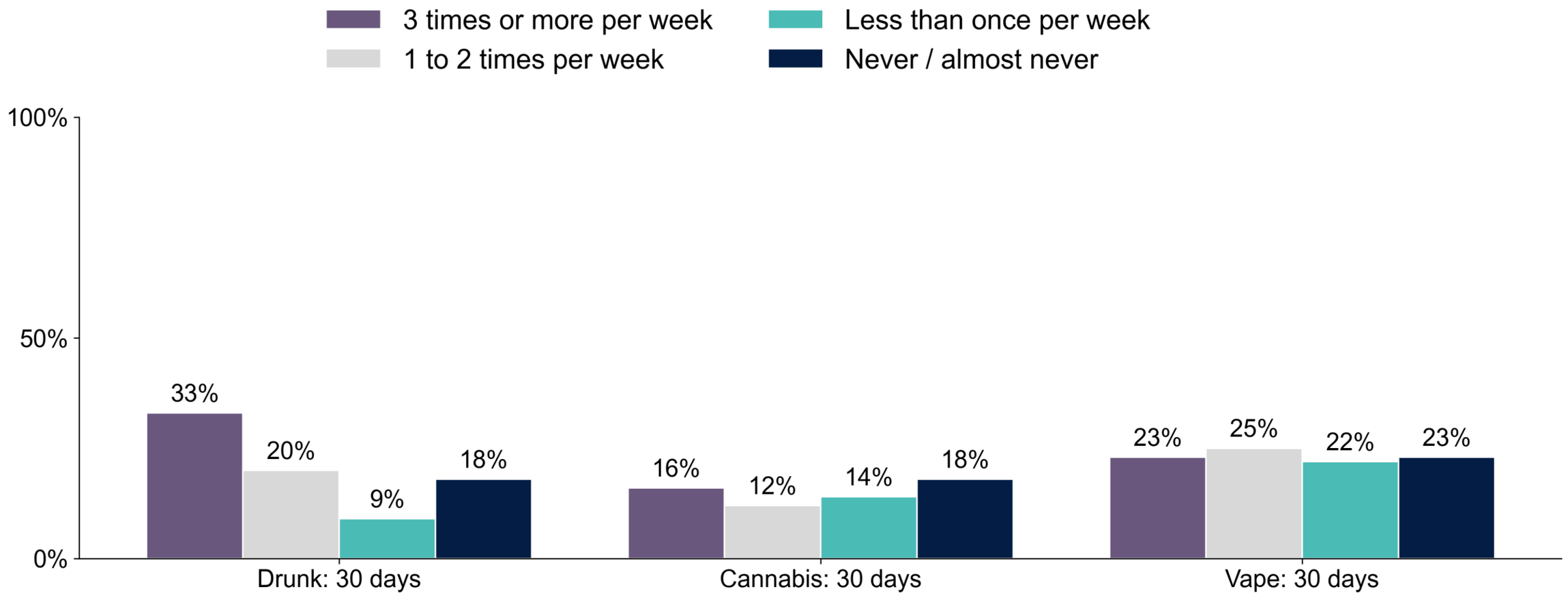
Percentage of adolescents who participate in the following out-of-school activities that are supervised by adults **-Part 2**



Nipissing - 2026

Leisure Time

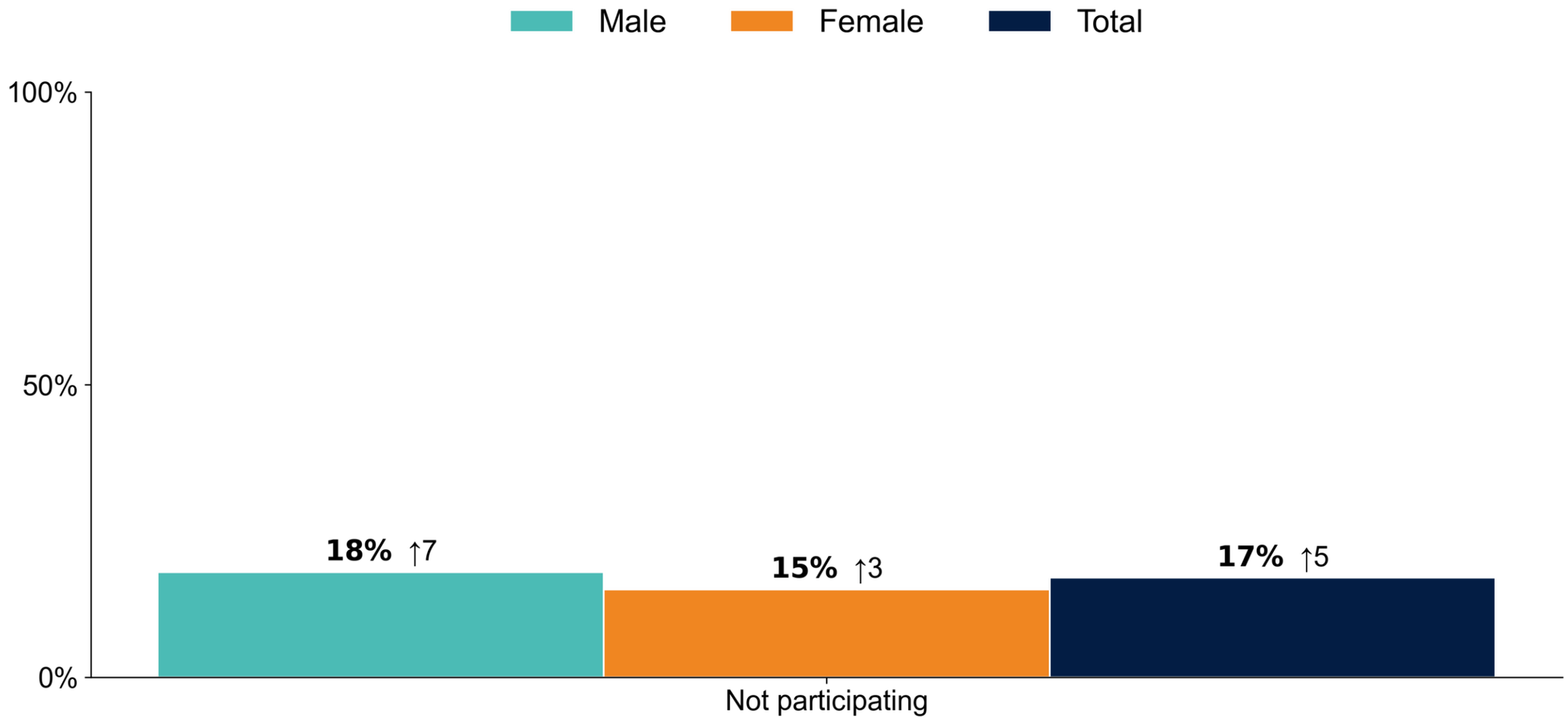
Substance use cross-referenced with sport participation with a club or a team



Nipissing - 2026

Leisure Time

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

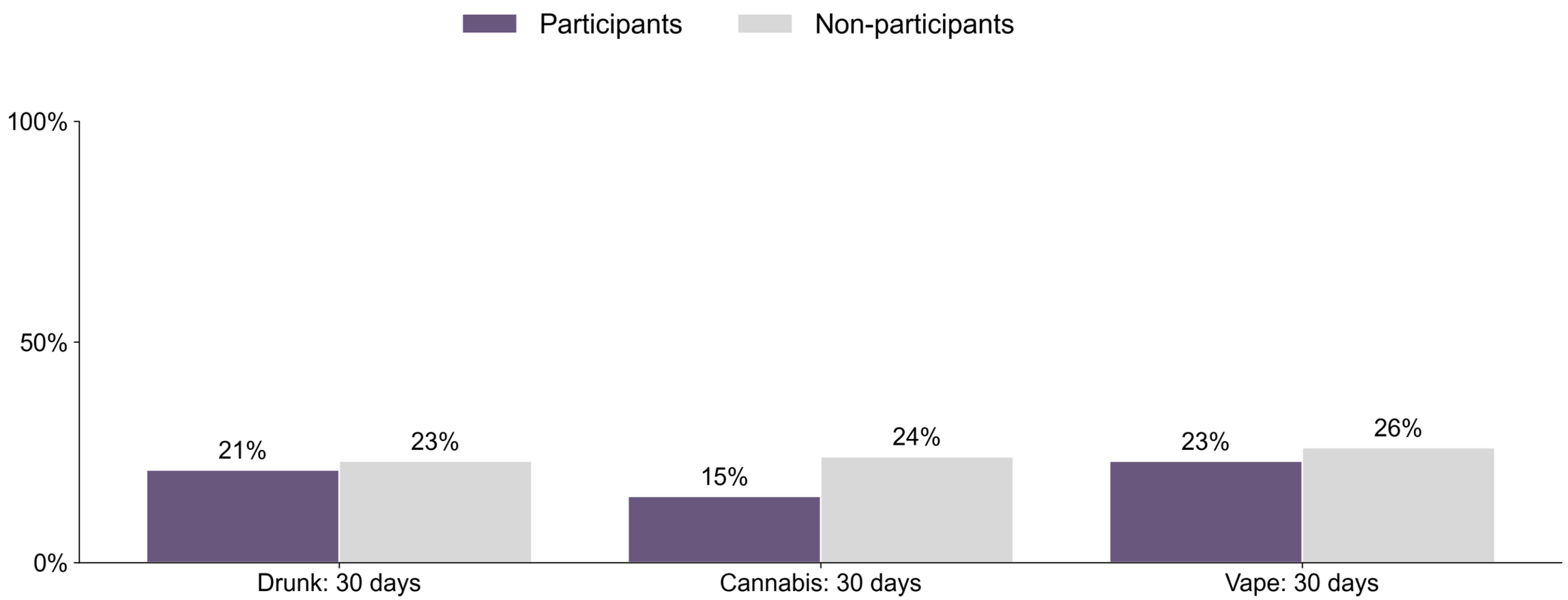


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Leisure Time

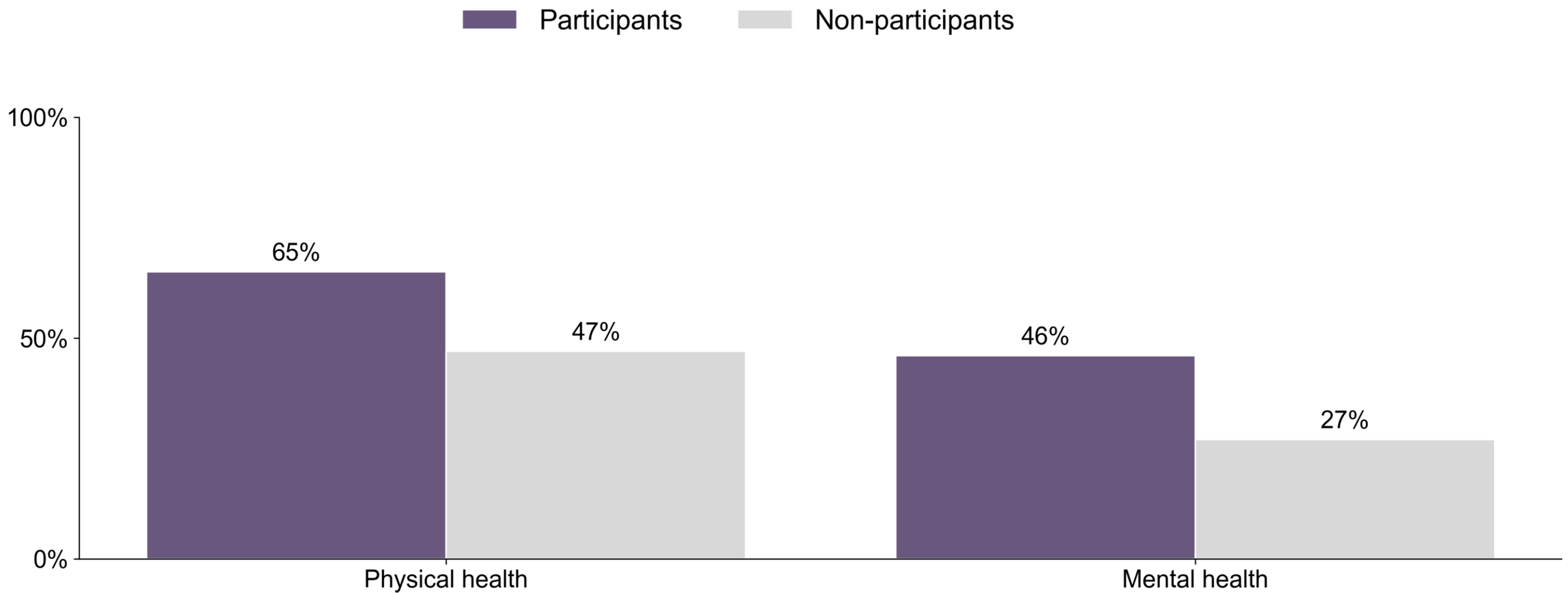
Substance use cross-referenced with participation in organized out-of-school activities



Nipissing - 2026

Leisure Time

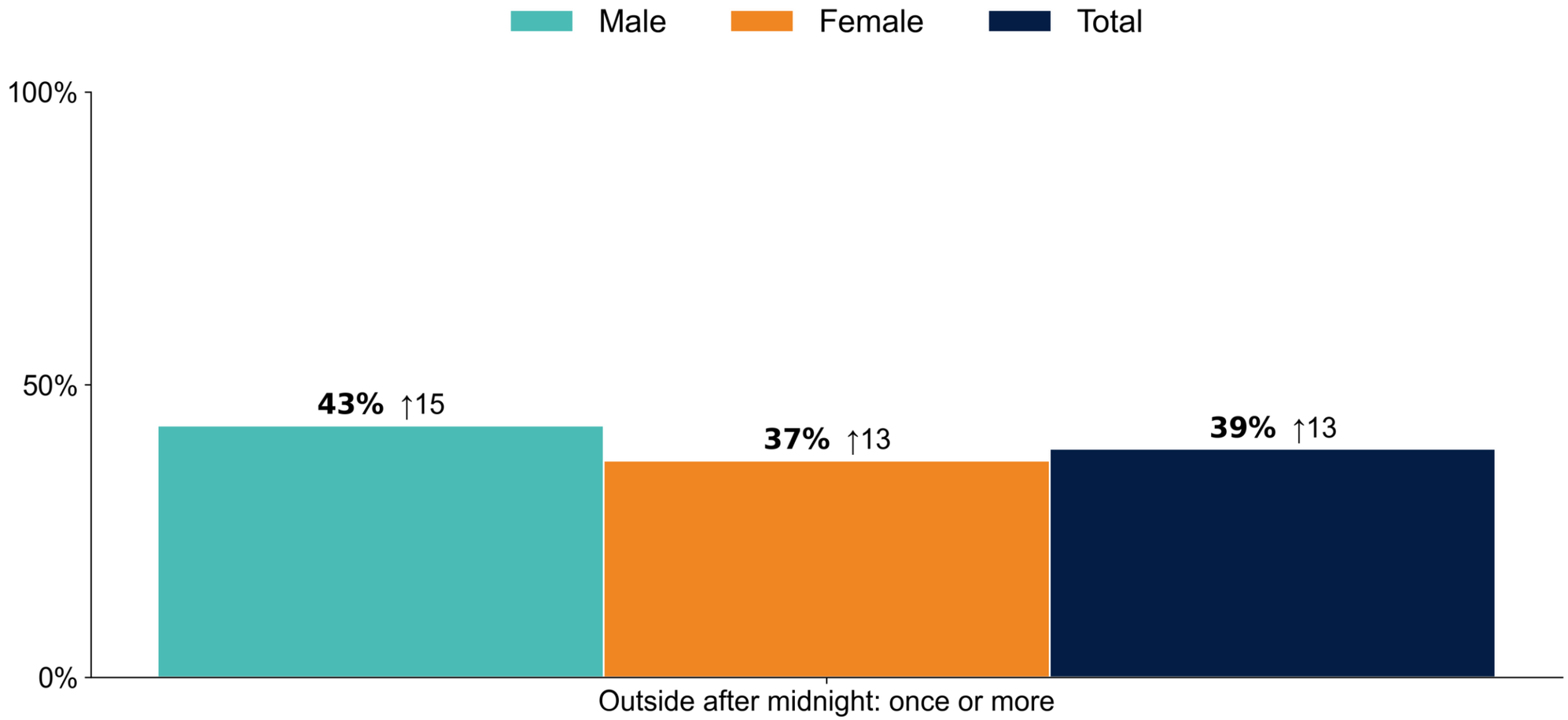
Good and very good mental and physical health cross-referenced with participation in organized out-of-school activities



Nipissing - 2026

Leisure Time

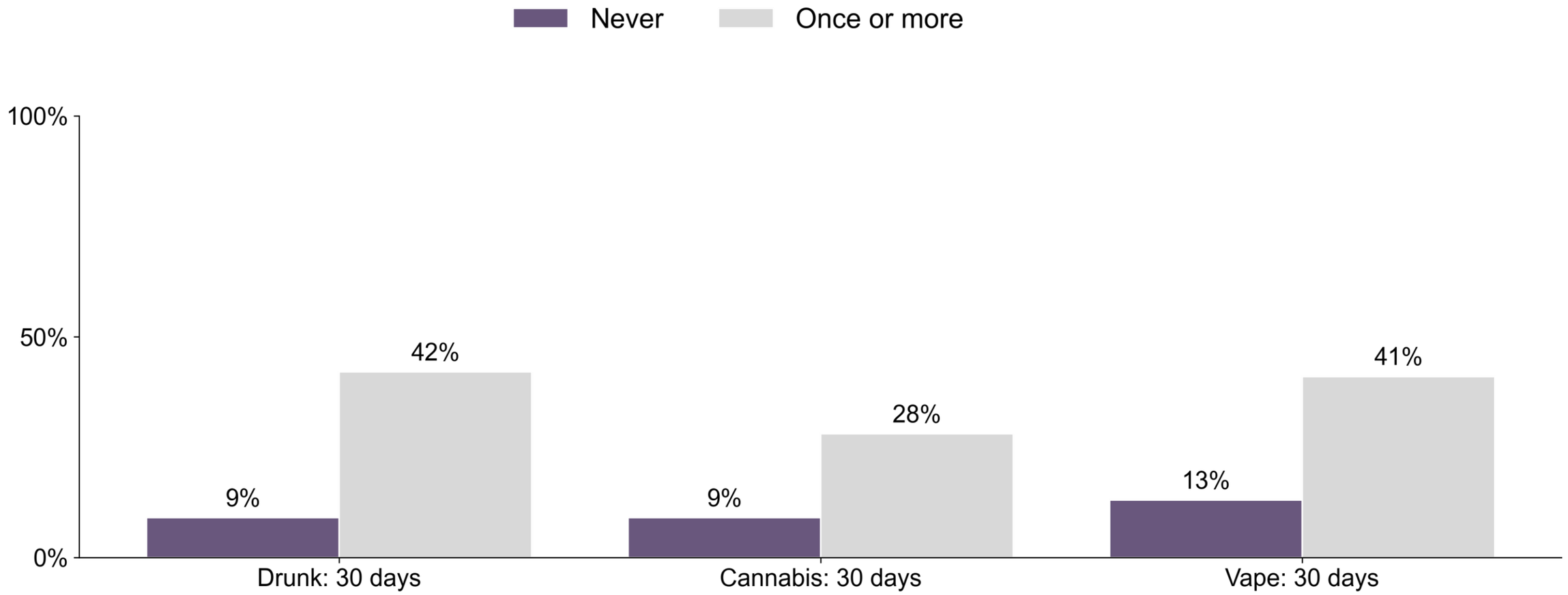
Late outside hours in the previous week



Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

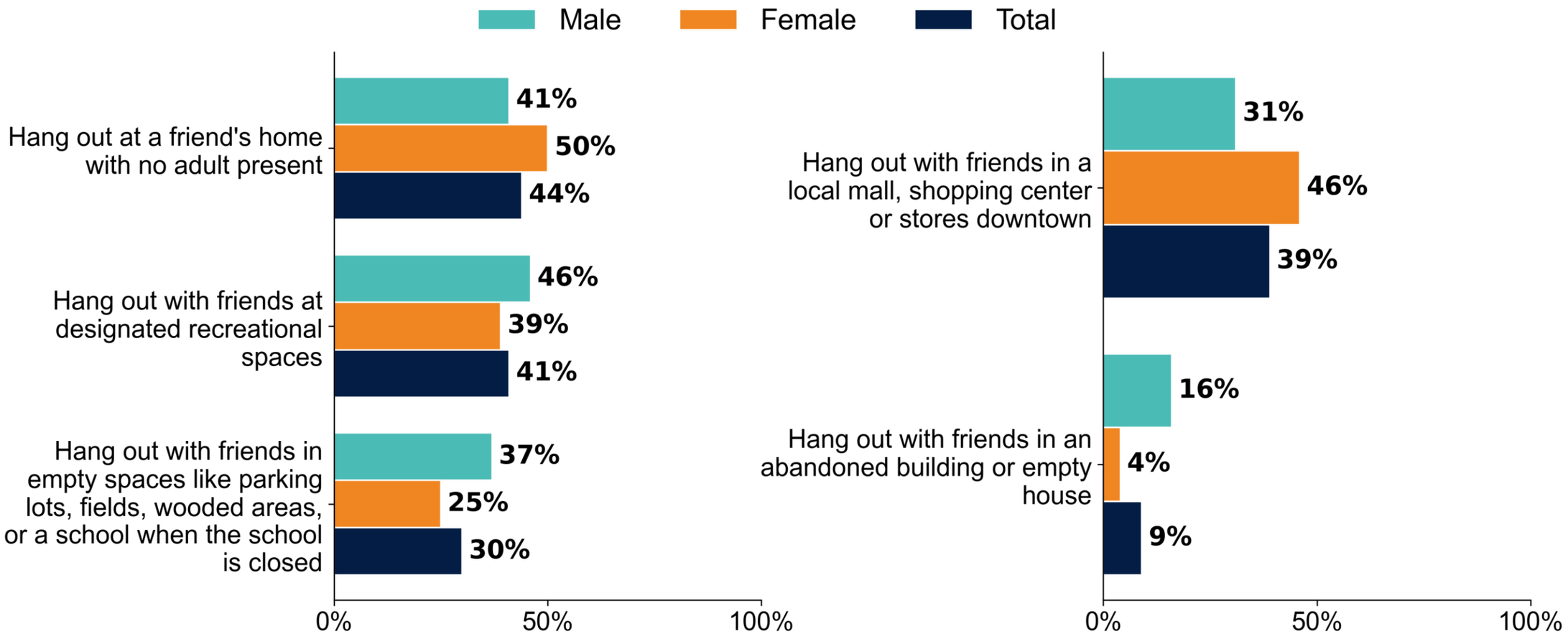
Substance use cross-referenced with late outside hours: **Were outside their home after midnight once or more in the past week without a parent or an adult**



Nipissing - 2026

Leisure Time

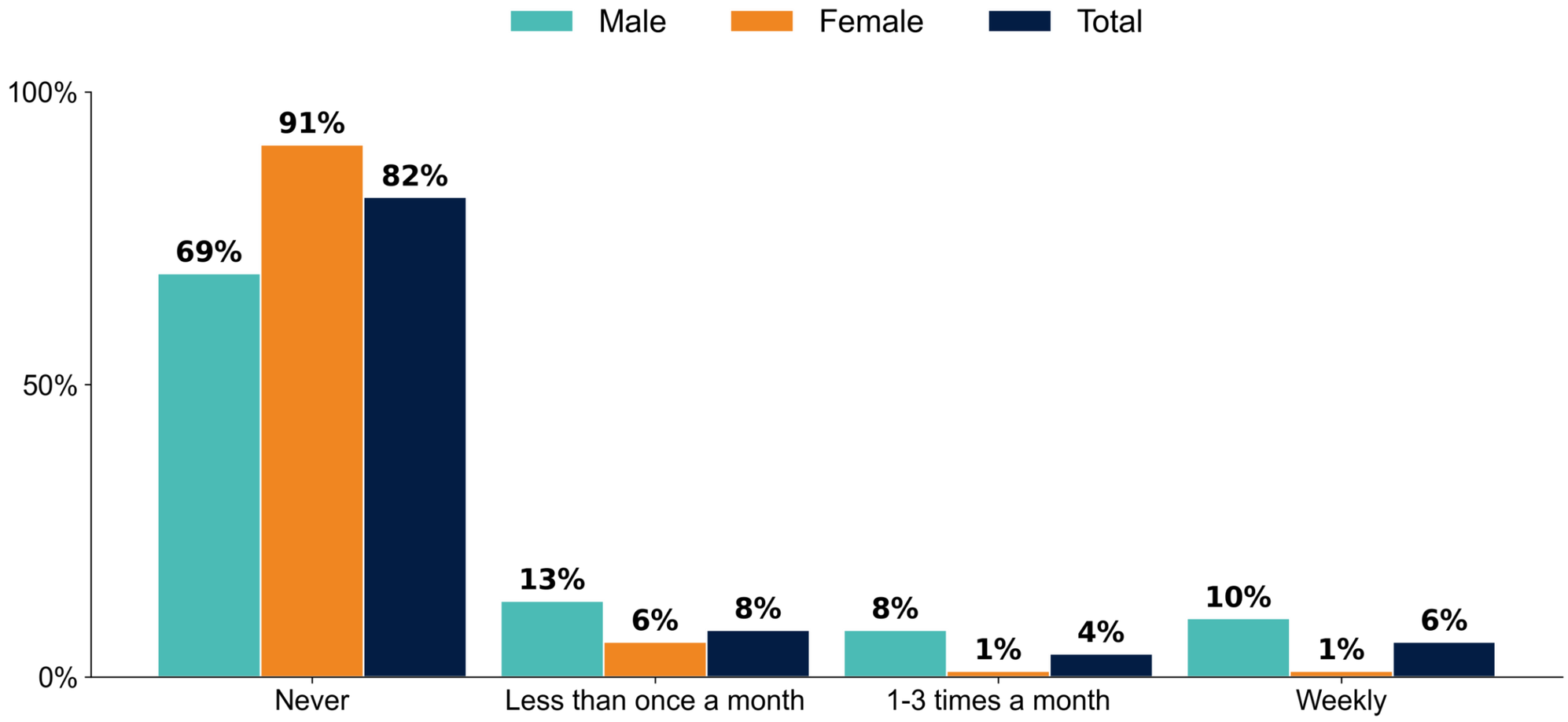
Percentage of adolescents who hang out at the following locations without adult supervision **often** or **very often**



Nipissing - 2026

Leisure Time

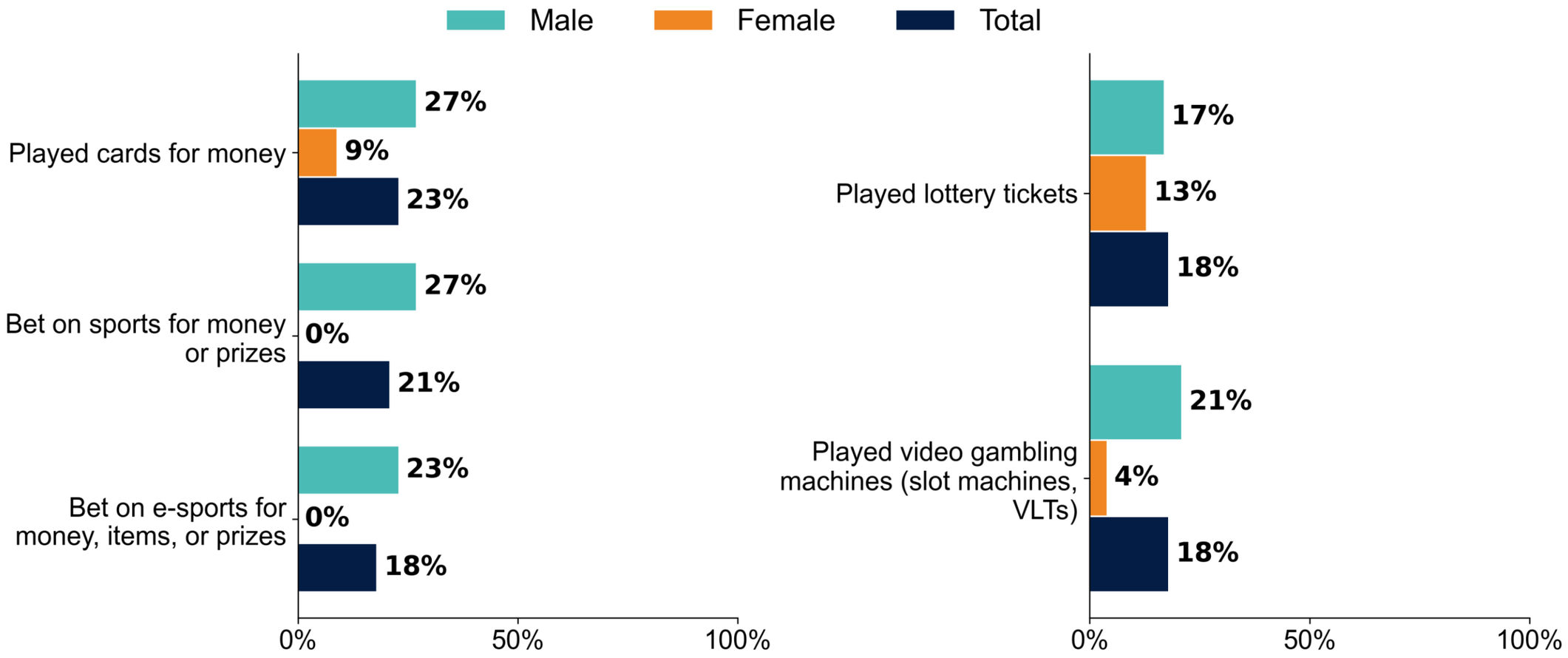
Number of times in the past 12 months adolescents have gambled for money, or spent money in games/apps to try to win prizes, items, or special features



Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

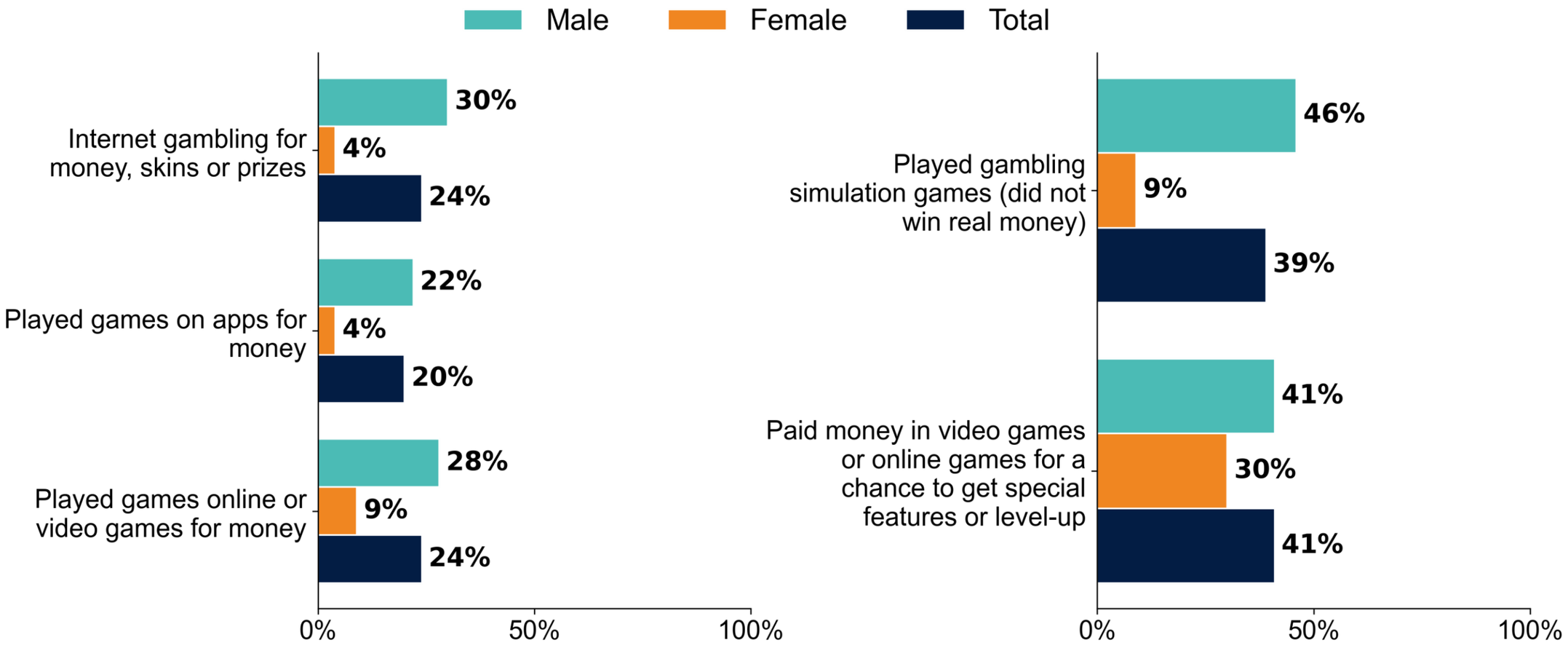
Percentage of adolescents who have gambled for money at least once in the last 12 months and engage at least **monthly** in any of the following activities **-Part 1**:



Nipissing - 2026

Leisure Time

Percentage of adolescents who have gambled for money at least once in the last 12 months and engage at least **monthly** in any of the following activities **-Part 2**:



Nipissing - 2026

Leisure Time

PEER GROUP

PLANET Youth®

Peer Group

80%

Find it easy to receive caring and warmth from their friends

70%

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

13%

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



29%

Think most or almost all of their friends become drunk

27%

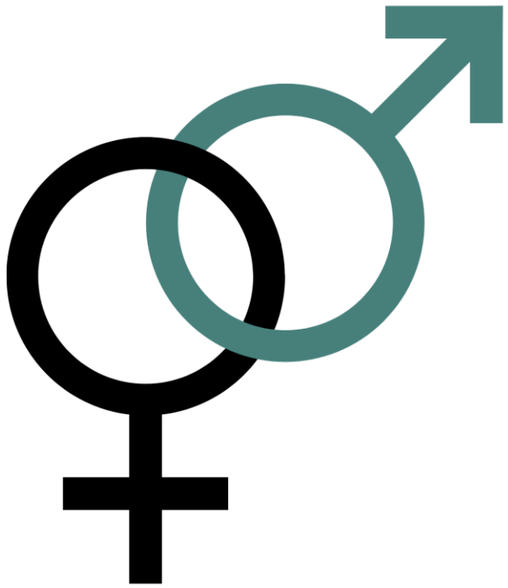
Think most or almost all of their friends vape

18%

Think most or almost all of their friends use cannabis

Peer Group

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



Females

90%
Caring and warmth

76%
Discussion about personal matters

74%
Advice or help with schoolwork

Males

71%
Caring and warmth

66%
Discussion about personal matters

67%
Advice or help with schoolwork

32% **Females** | **26%** **Males**

Say most or almost all of their friends become drunk

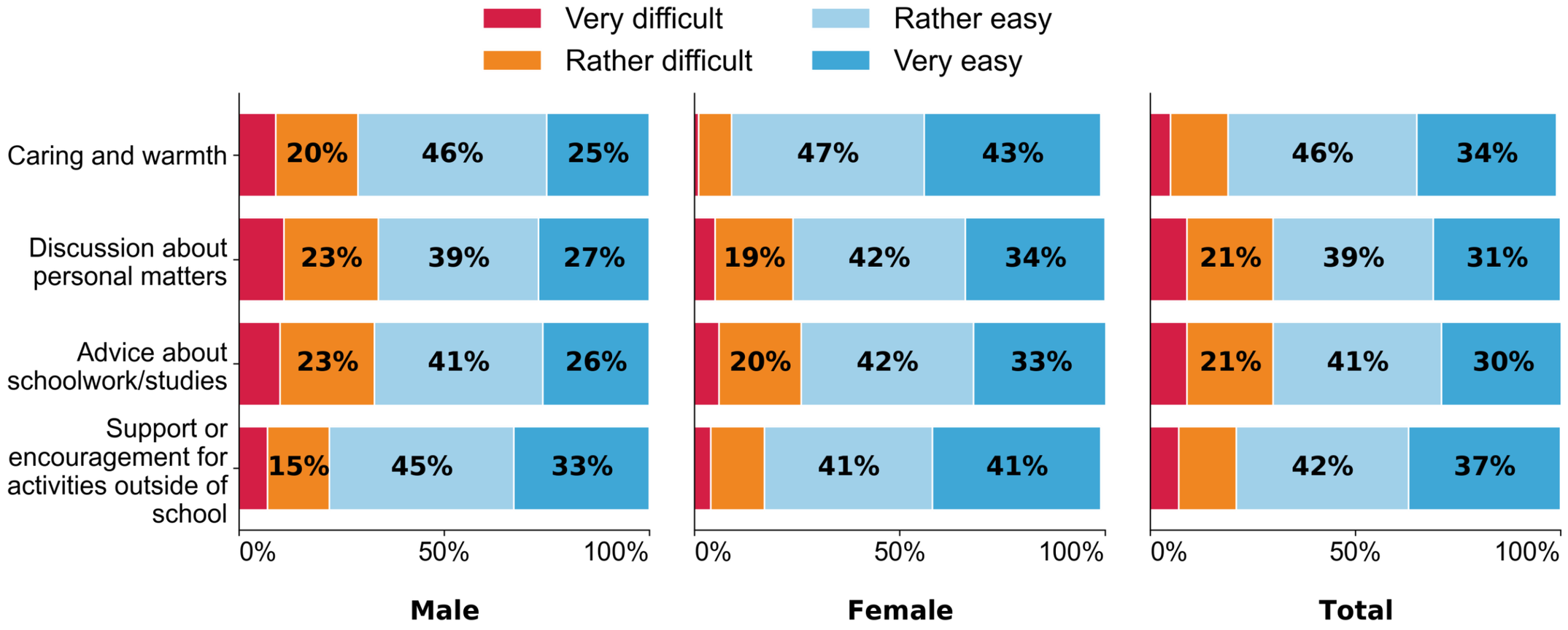
30% **Females** | **24%** **Males**

Say most or almost all of their friends vape

17% **Females** | **17%** **Males**

Say most or almost all of their friends use cannabis

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

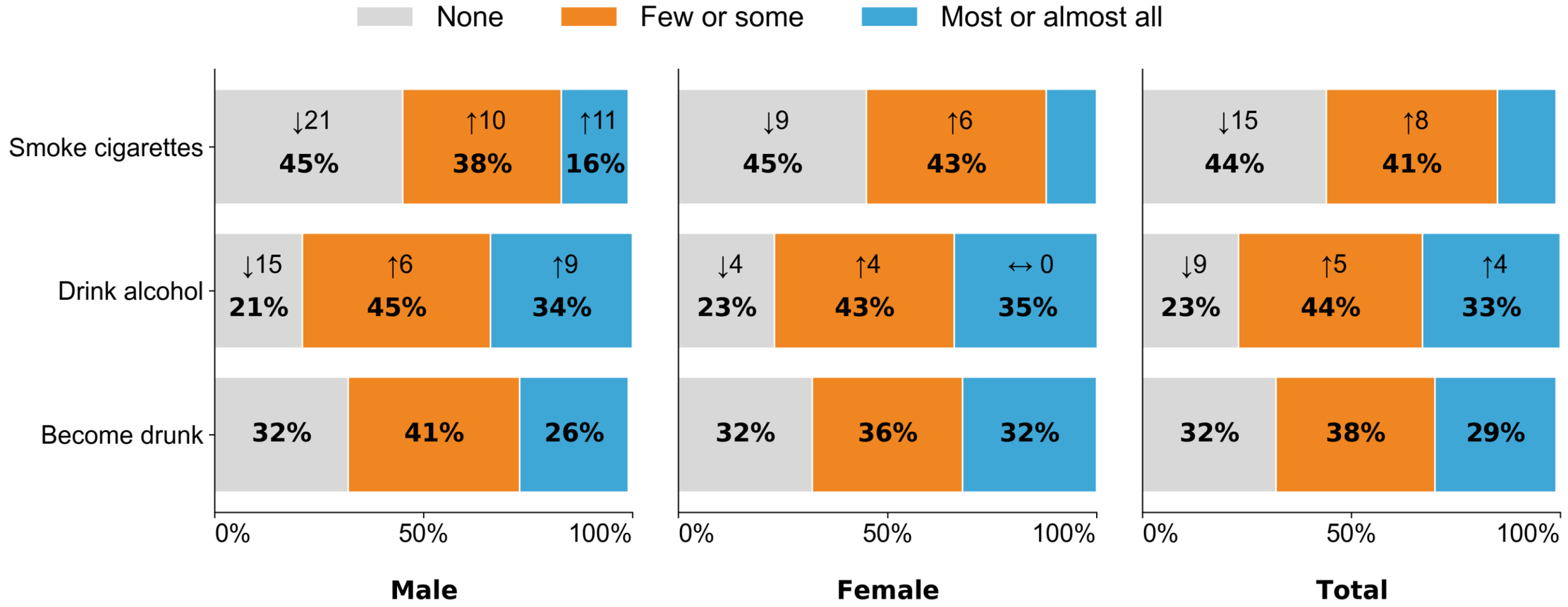


Nipissing - 2026

Peer Group

Percentage of adolescents report how many of their friends do the following **-Part 1**

*Due to a mistranslation, the French questionnaire asked about friends who have been drunk monthly, whereas the English questionnaire asked about friends who have been drunk. Note that this skews the results.

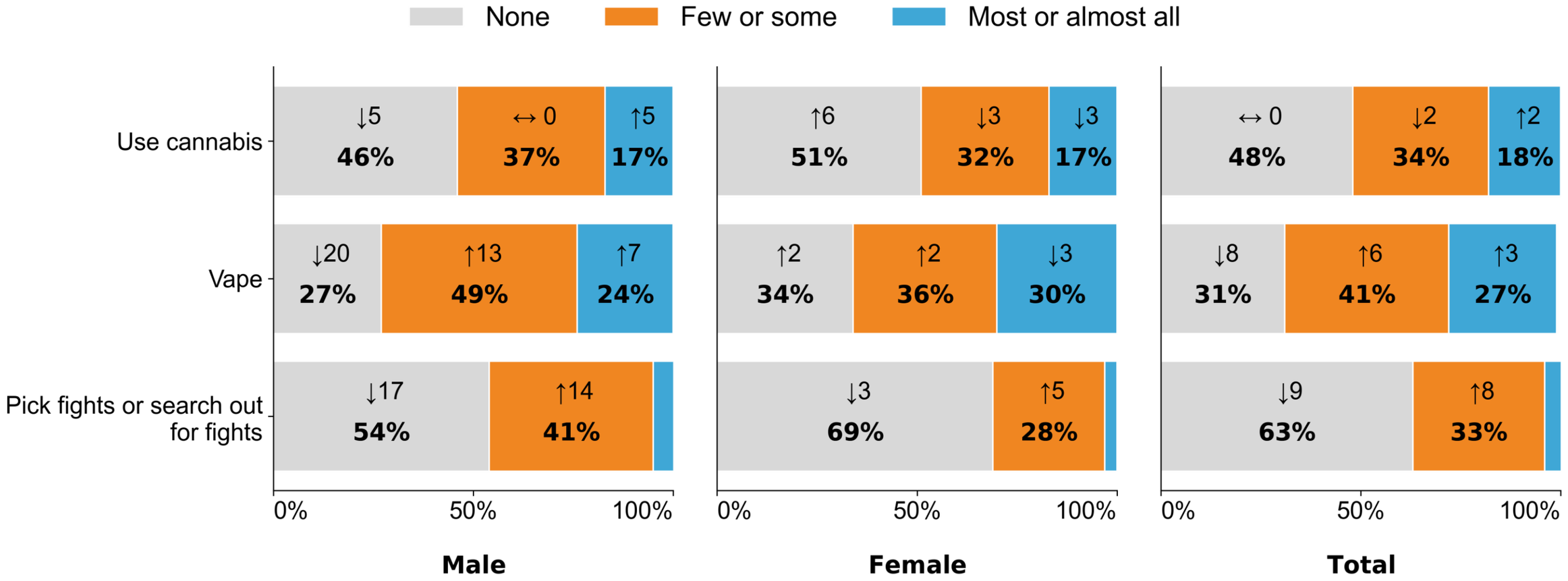


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Peer Group

Percentage of adolescents report how many of their friends do the following **-Part 2**

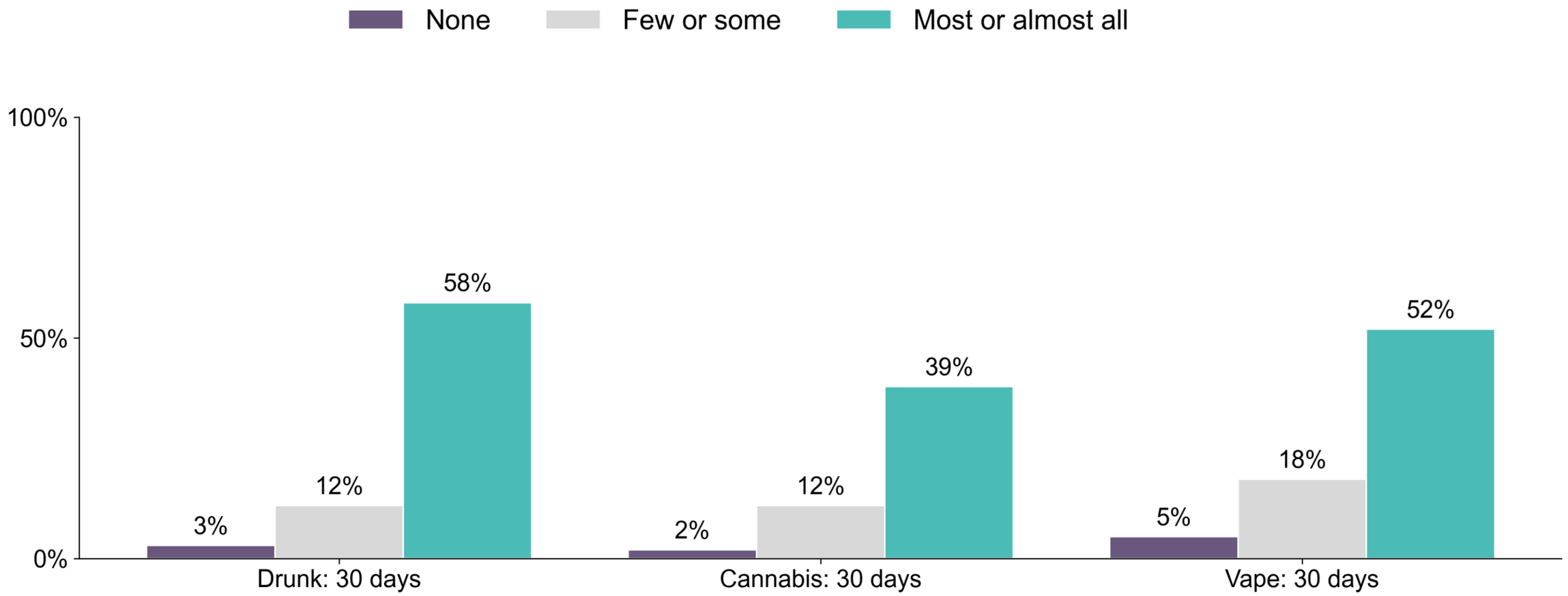


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Peer Group

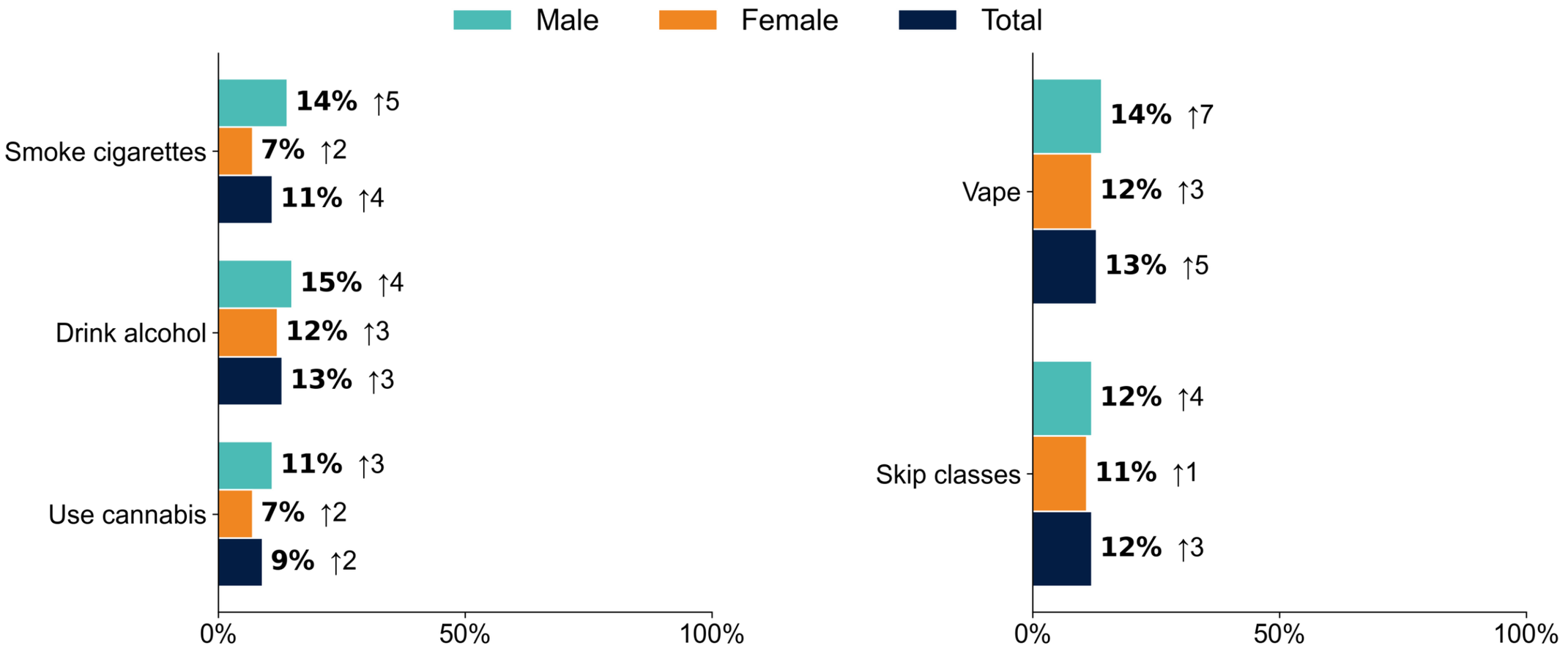
Substance use cross-referenced with perceived level of peer drunkenness



Nipissing - 2026

Peer Group

Percentage of adolescents who **strongly agree** or **agree** that it is necessary to do the following in order to be included in the peer group

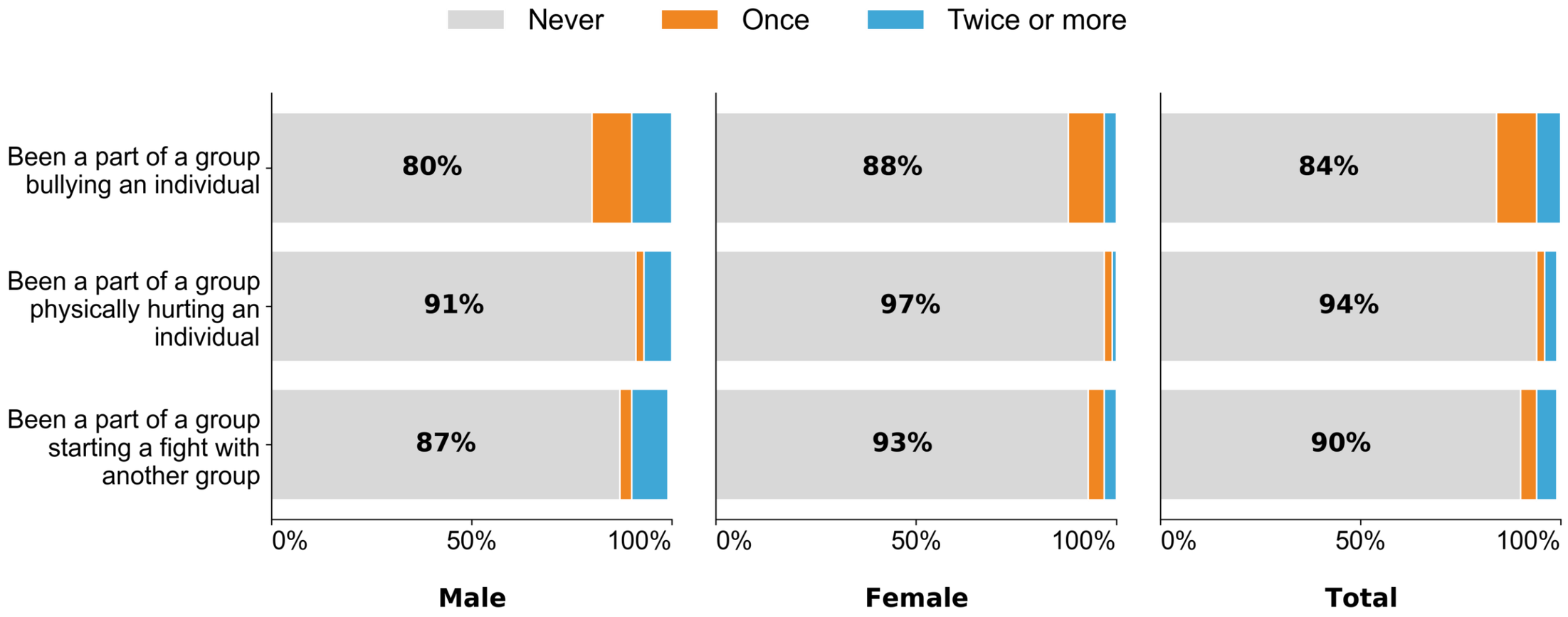


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Peer Group

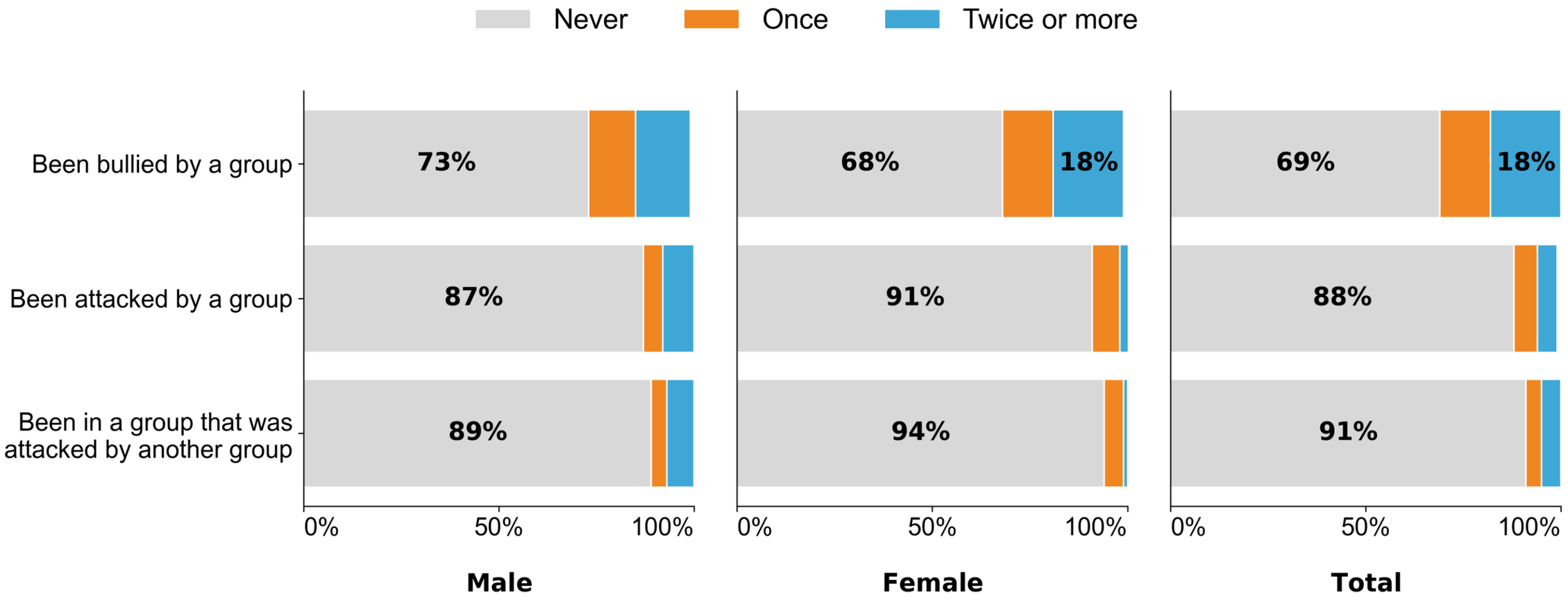
Adolescents report how often the following have happened in the last 12 months **-Part 1**



Nipissing - 2026

Peer Group

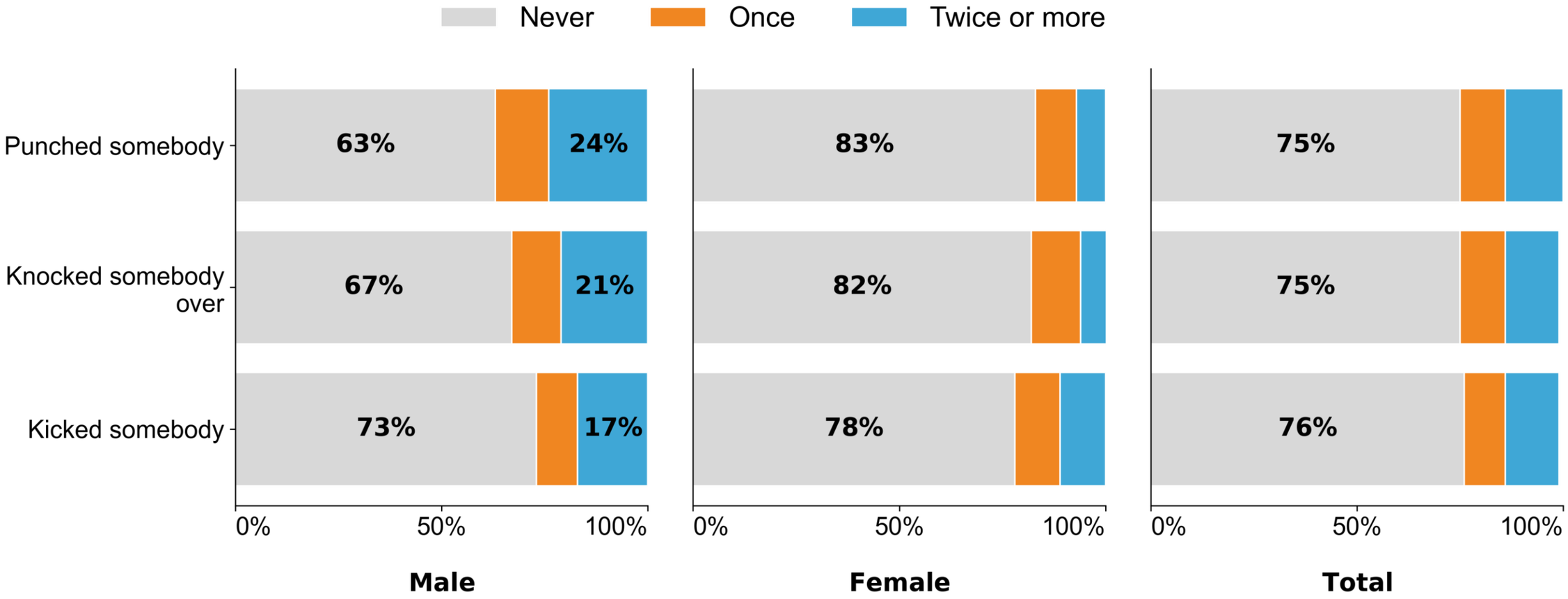
Adolescents report how often the following have happened in the last 12 months **-Part 2**



Nipissing - 2026

Peer Group

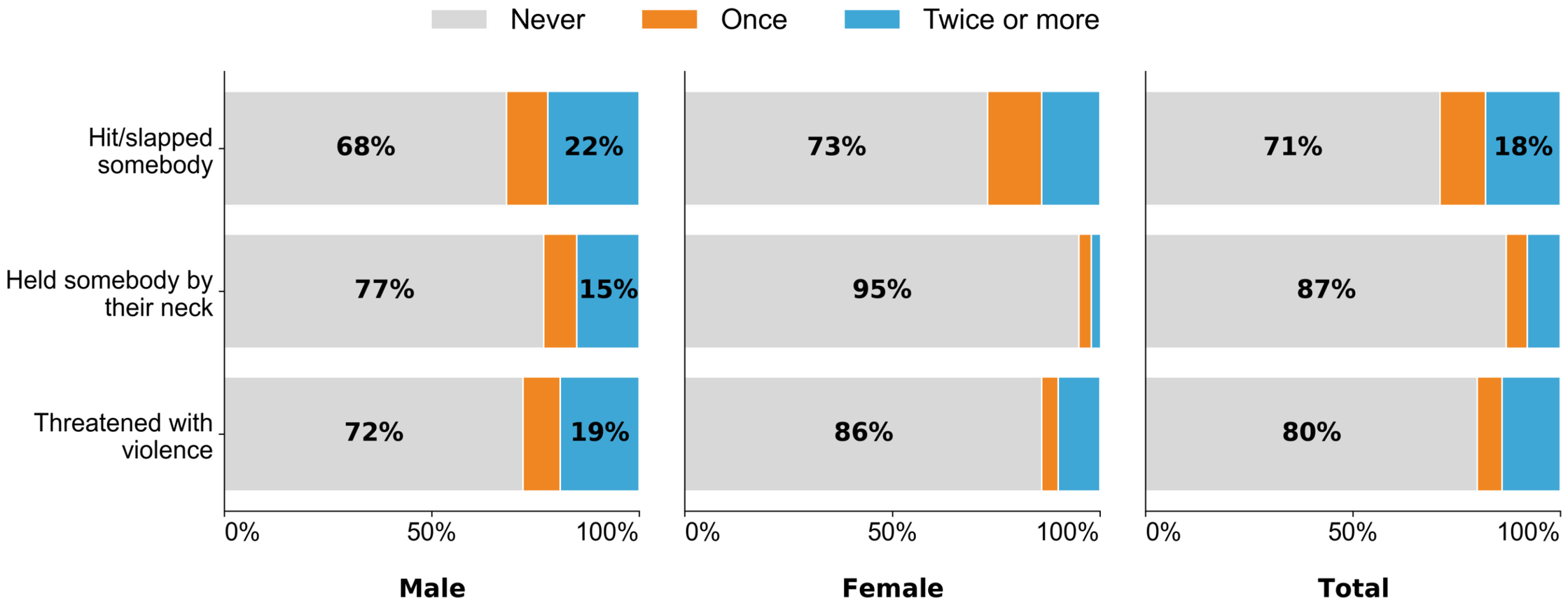
Adolescents report how often they have done the following in the last 12 months **-Part 1**



Nipissing - 2026

Peer Group

Adolescents report how often they have done the following in the last 12 months **-Part 2**



Nipissing - 2026

Peer Group

COMMUNITY

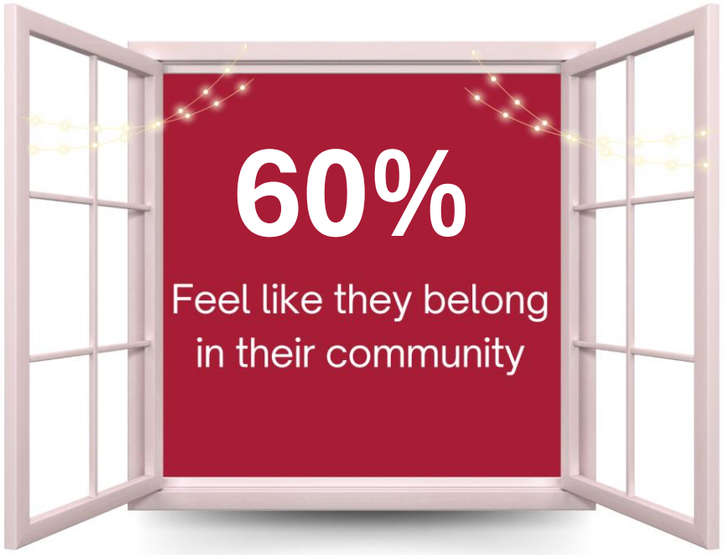
PLANET Youth®

Community











PLANET Youth®

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.

Community

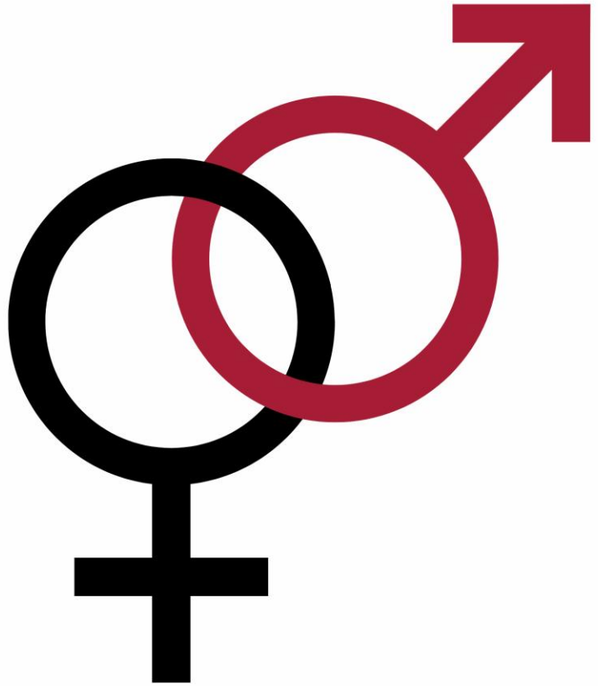
Females

73%
Feel safe in their neighbourhood

47%
Think there is a lot of local events or activities available in their community

37%
See a future for themselves in their community

57%
Think it is good to live in their community



Males

84%
Feel safe in their neighbourhood

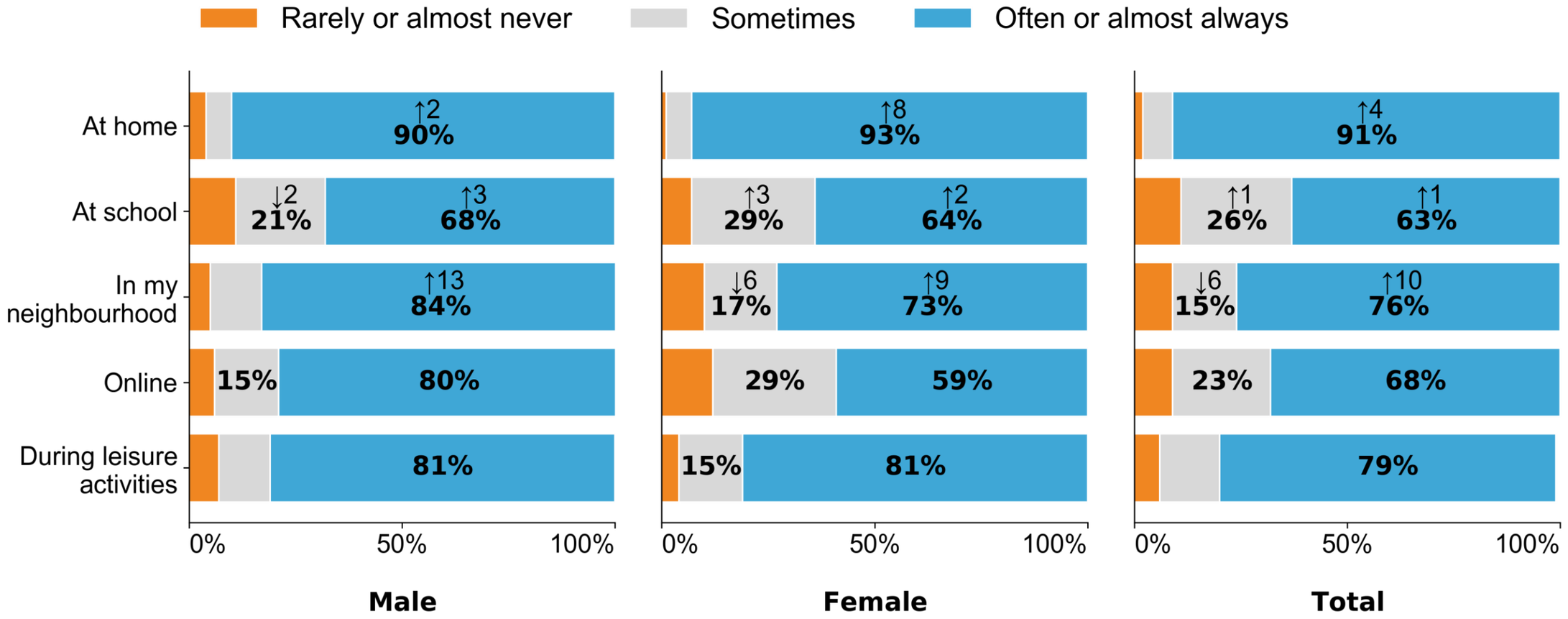
50%
Think there is a lot of local events or activities available in their community

54%
See a future for themselves in their community

66%
Think it is good to live in their community

PLANET Youth®

Adolescents report whether they feel safe at the following locations

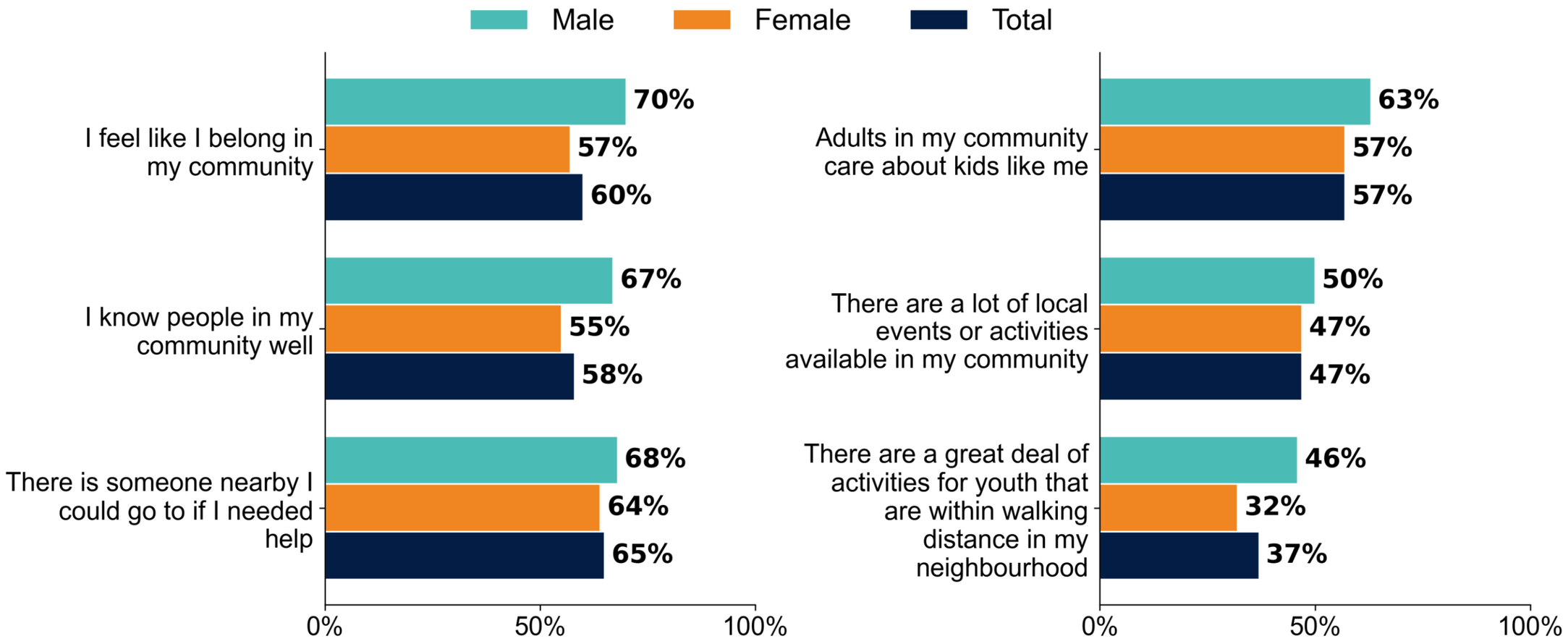


Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Community

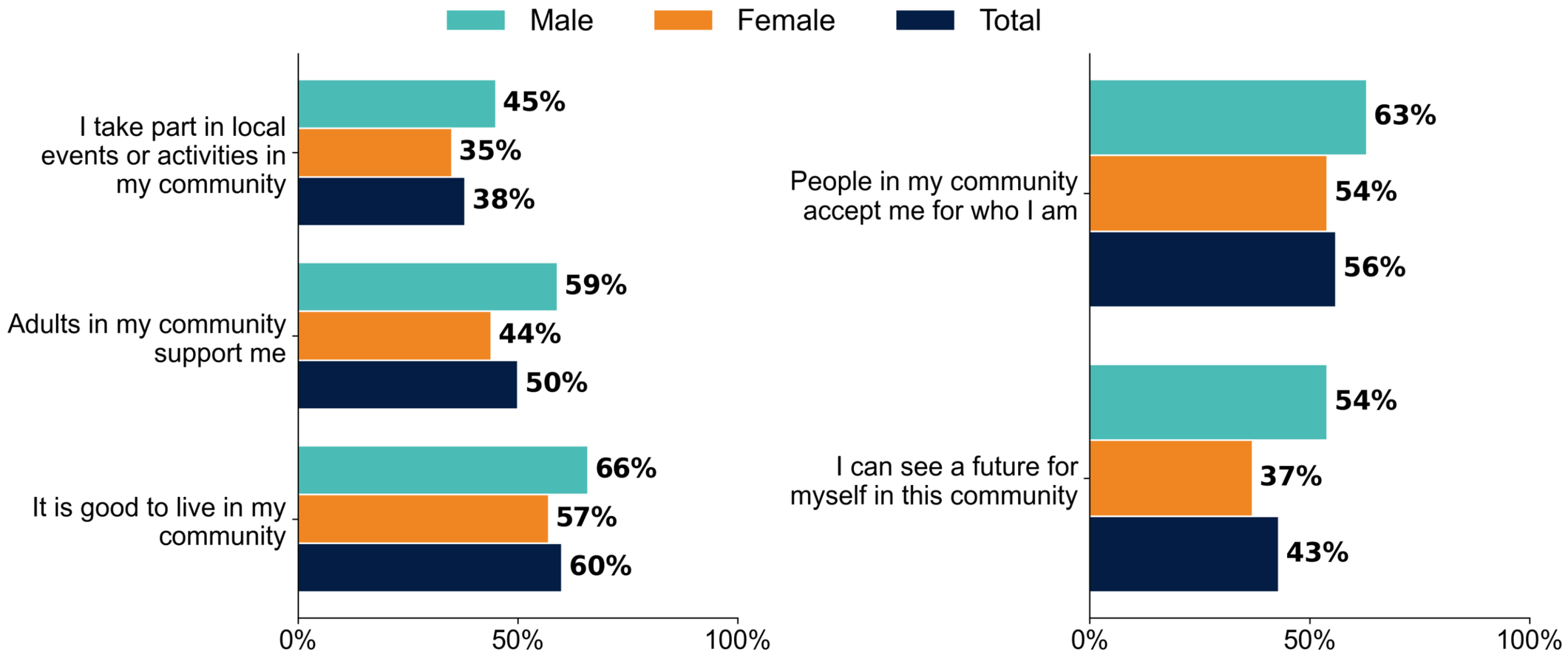
Percentage of adolescents who **strongly agree** or **agree** to the following statements **-Part 1**



Nipissing - 2026

Community

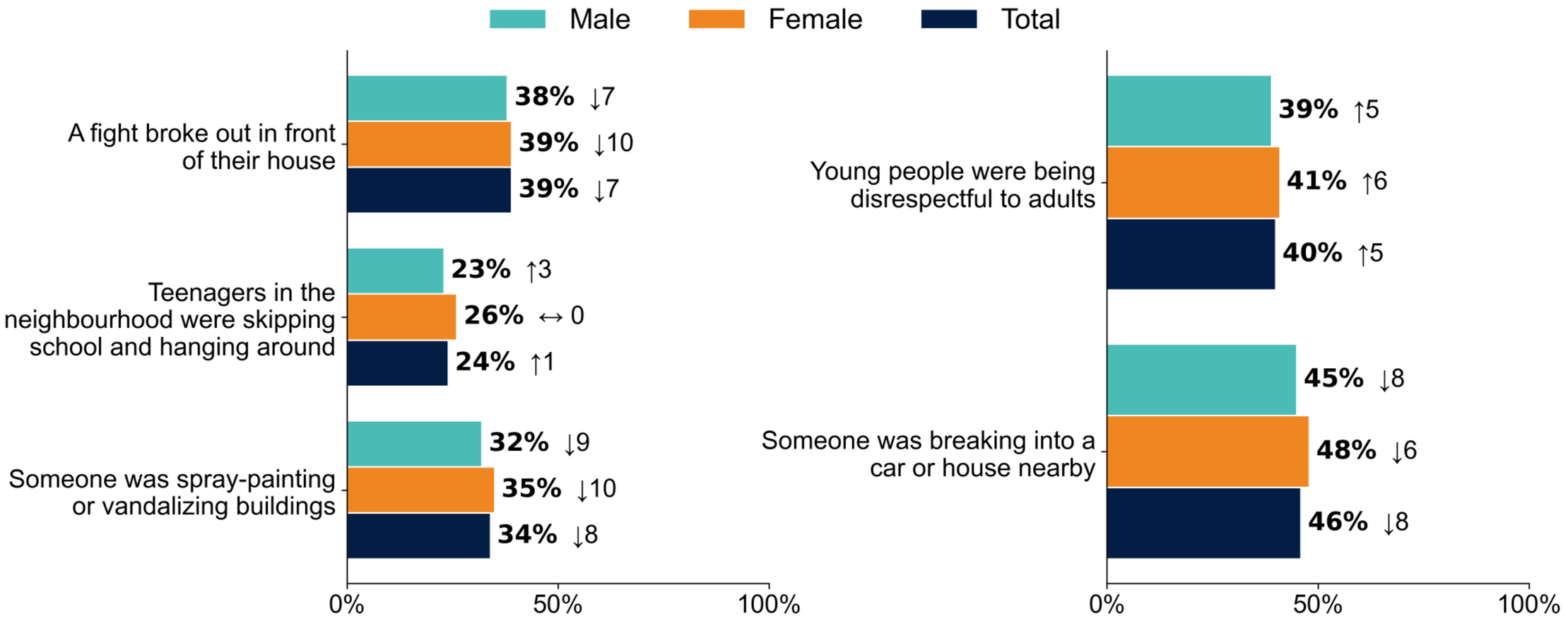
Percentage of adolescents who **strongly agree** or **agree** to the following statements **-Part 2**



Nipissing - 2026

Community

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



Nipissing - 2026

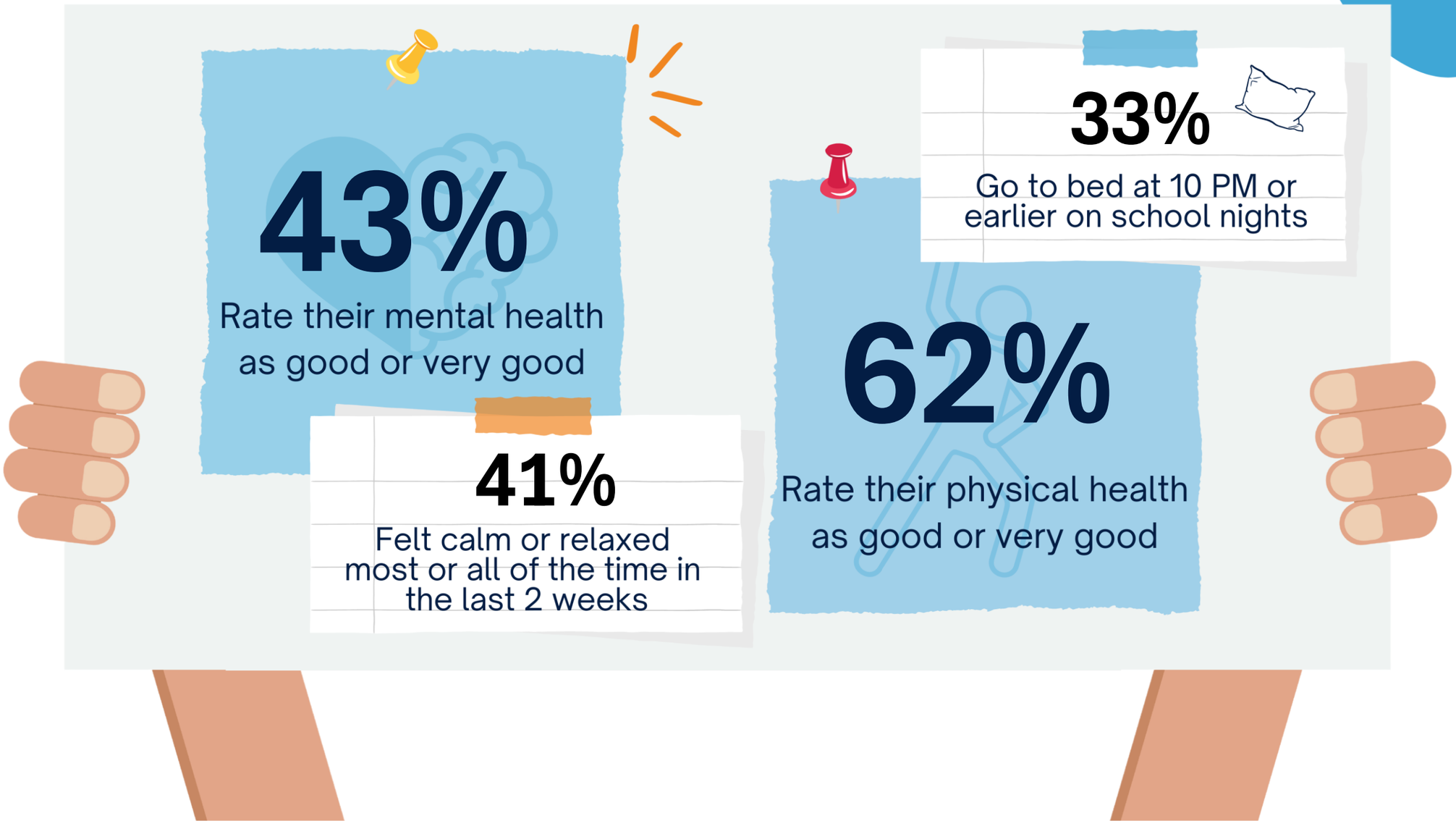
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Community

WELLBEING

PLANET Youth®

Wellbeing


43%
Rate their mental health as good or very good
41%
Felt calm or relaxed most or all of the time in the last 2 weeks
33%
Go to bed at 10 PM or earlier on school nights
62%
Rate their physical health as good or very good

Wellbeing

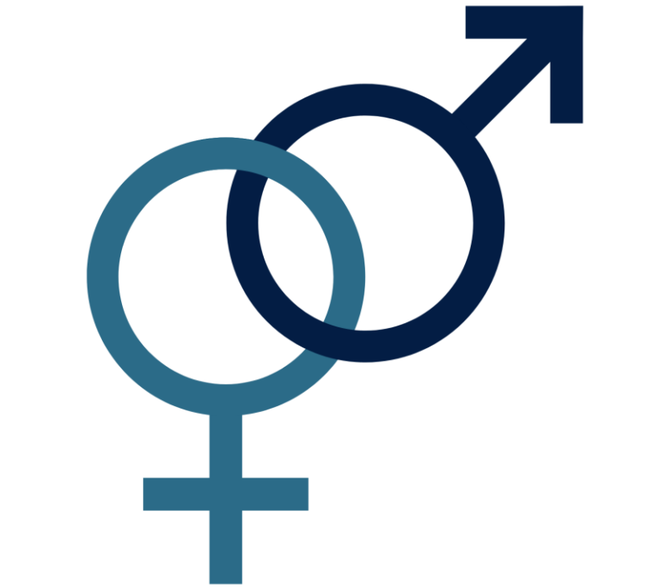
Females

37%
Go to bed at 10 PM or earlier on school nights

33%
Rate their mental health as good or very good

60%
Rate their physical health as good or very good

34%
Felt calm or relaxed most or all of the time in the last 2 weeks





Males

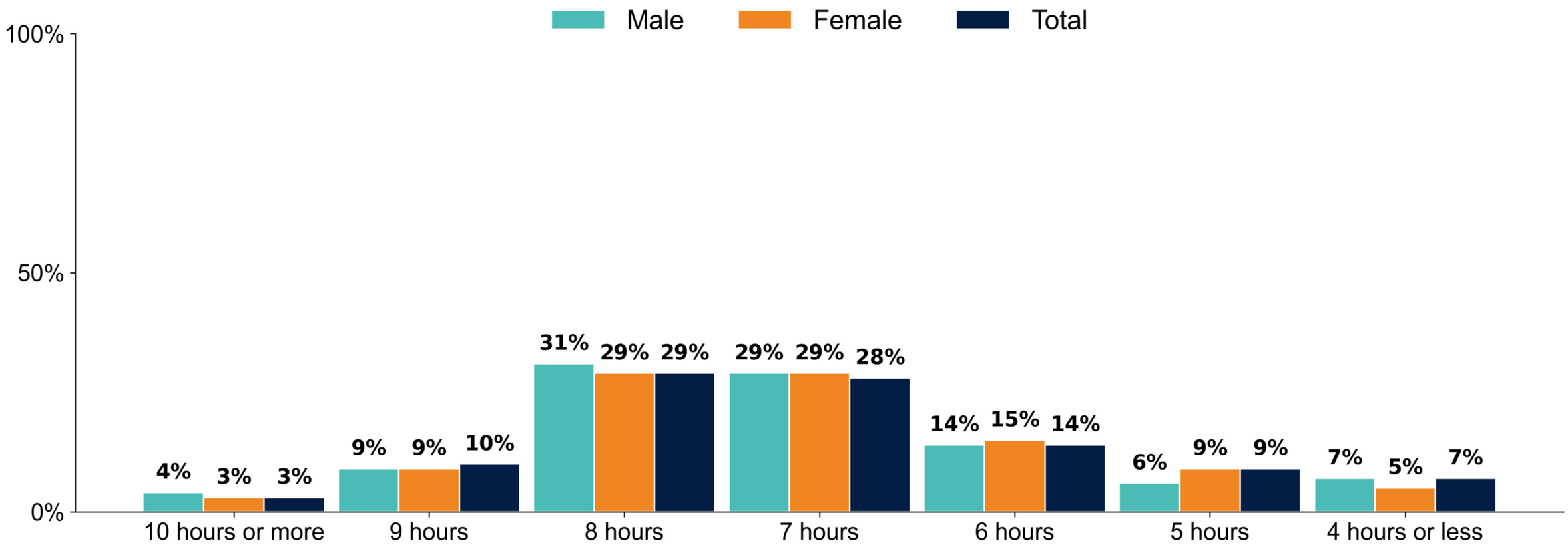
26%
Go to bed at 10 PM or earlier on school nights

59%
Rate their mental health as good or very good

69%
Rate their physical health as good or very good

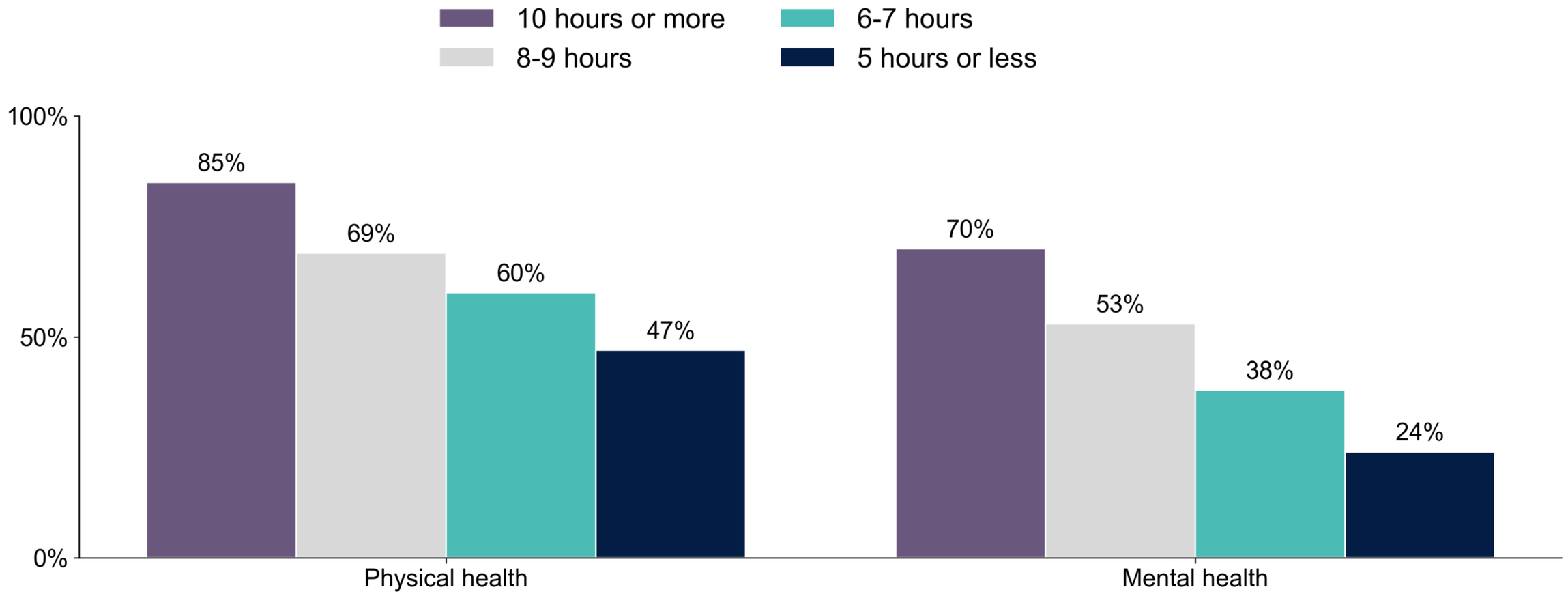
54%
Felt calm or relaxed most or all of the time in the last 2 weeks

Sleep - Average number of sleeping hours of adolescents



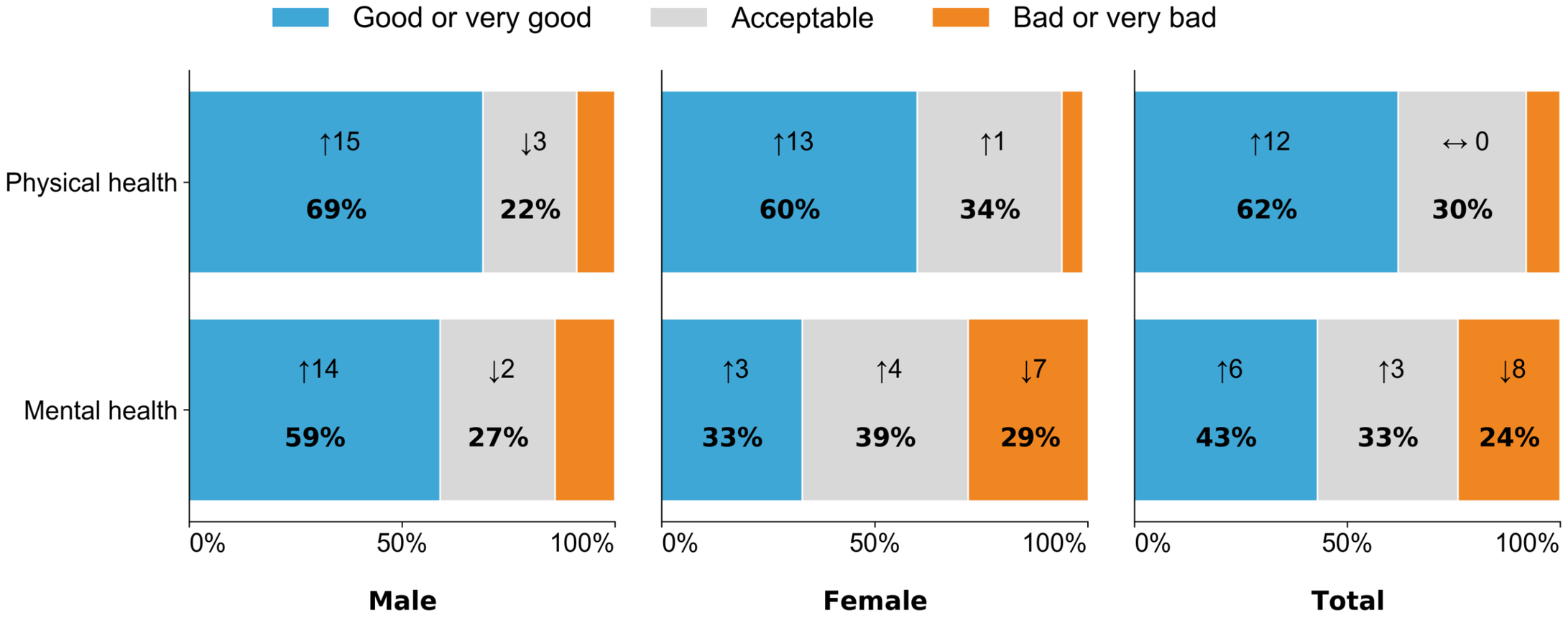
*Due to a mistranslation, the French questionnaire asked about overall sleep hours, whereas the English questionnaire asked about sleep hours on weeknights specifically. Note that this skews the results, with the largest differences observed in the extremes.

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



Nipissing - 2026

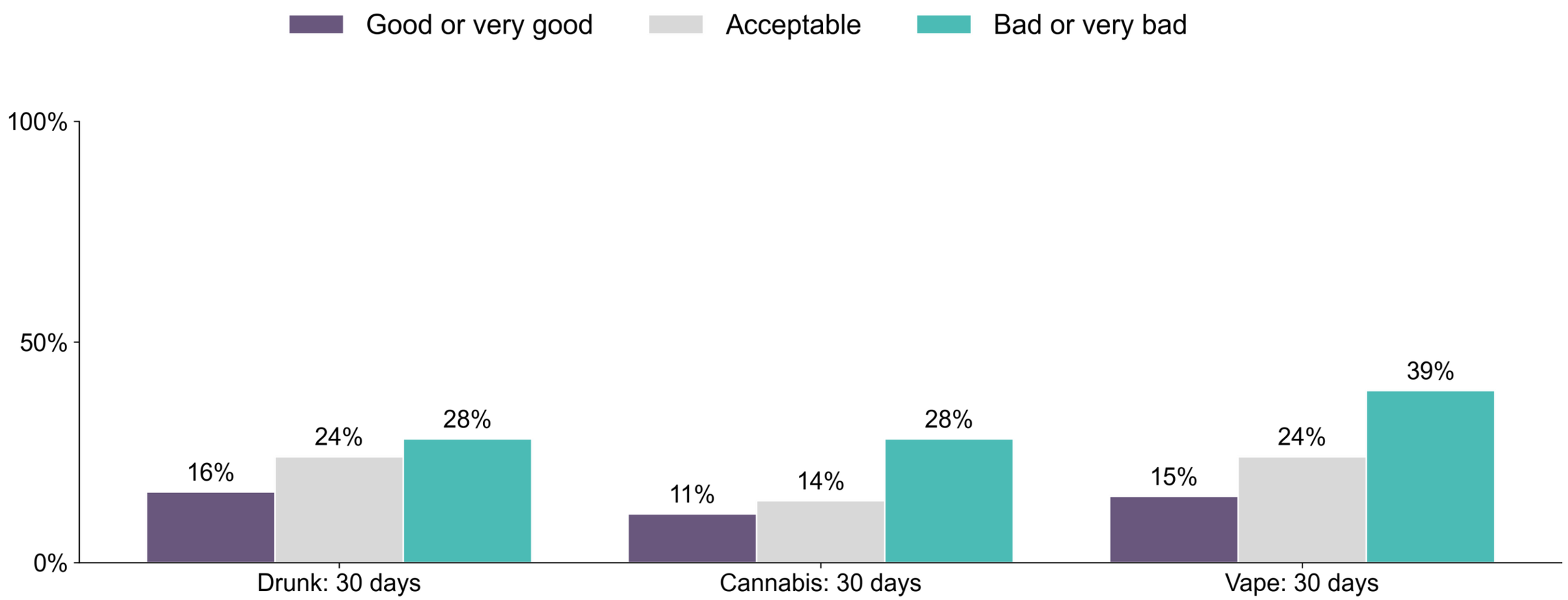
Adolescents rate their physical and mental health



Nipissing - 2026

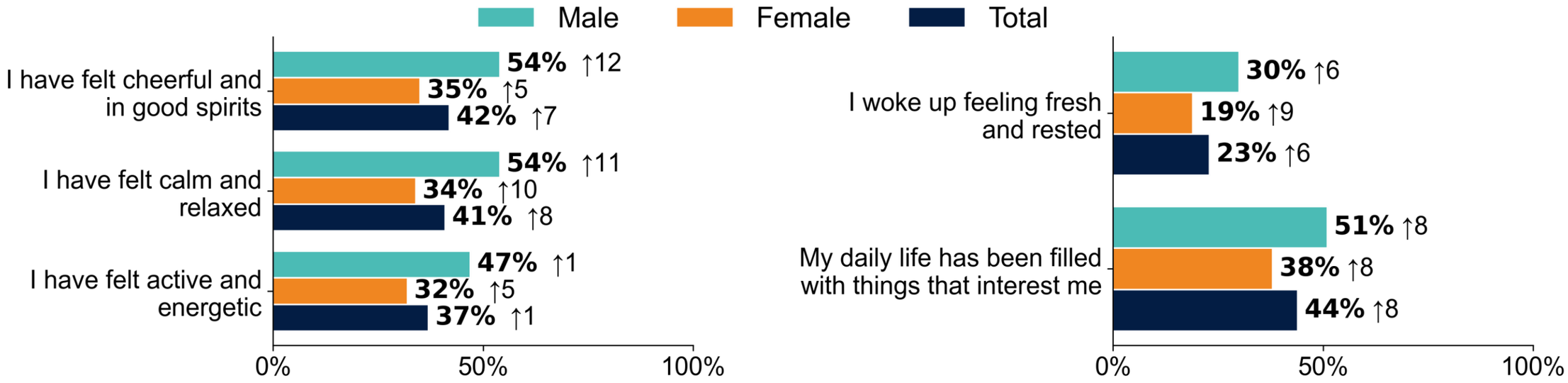
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

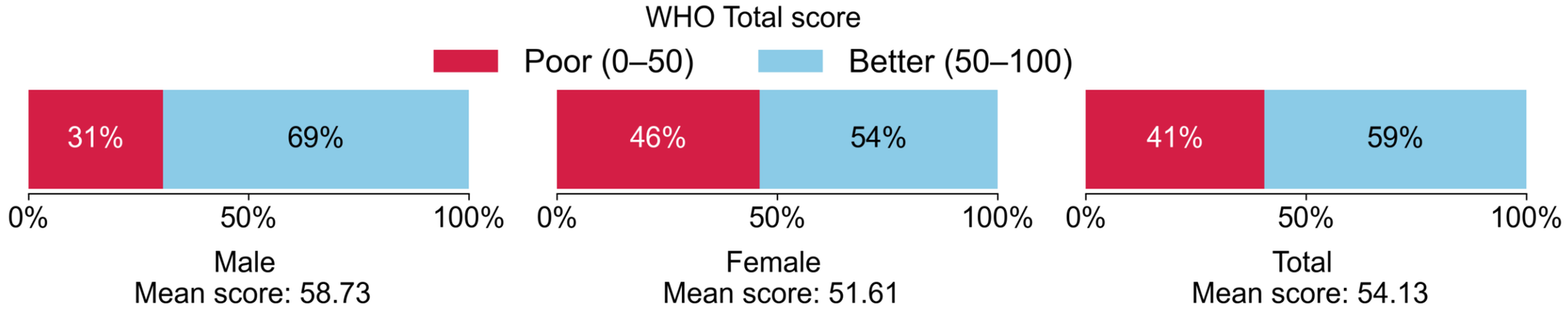
Substance use cross-referenced with mental health



Nipissing - 2026

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

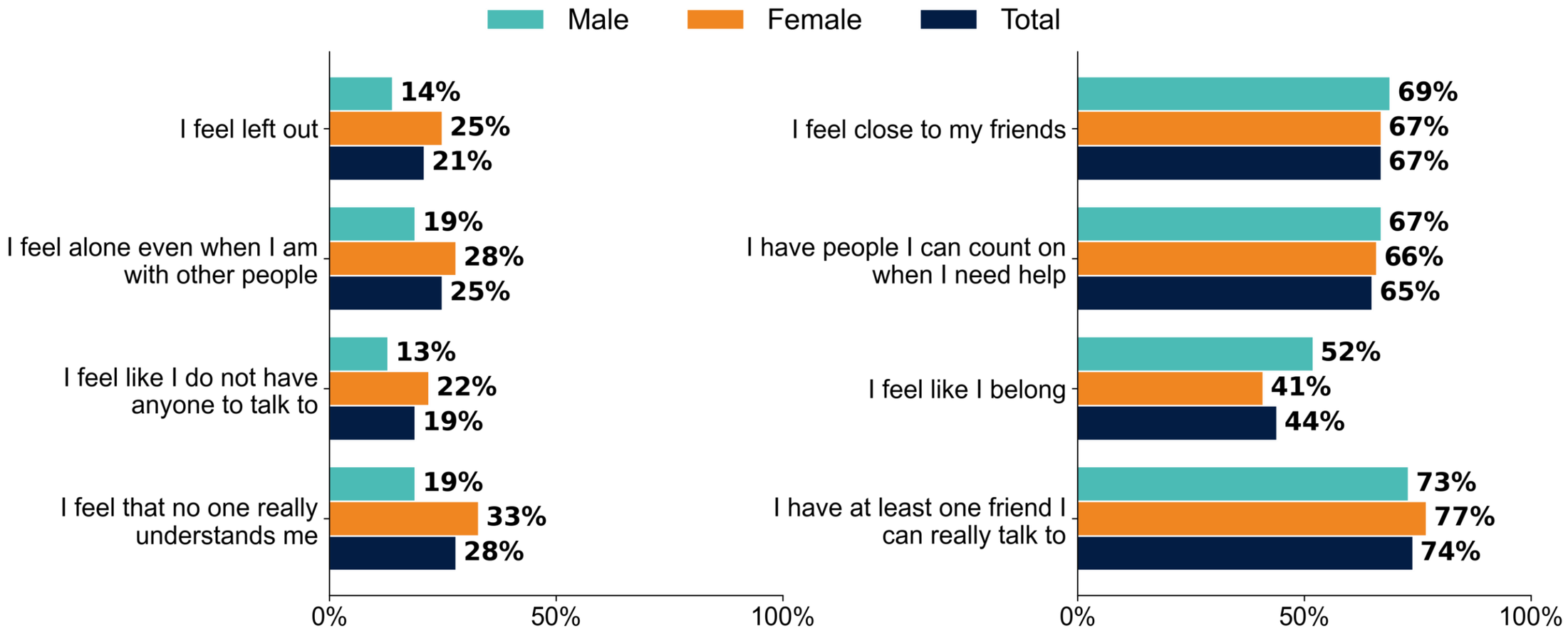




Nipissing - 2026

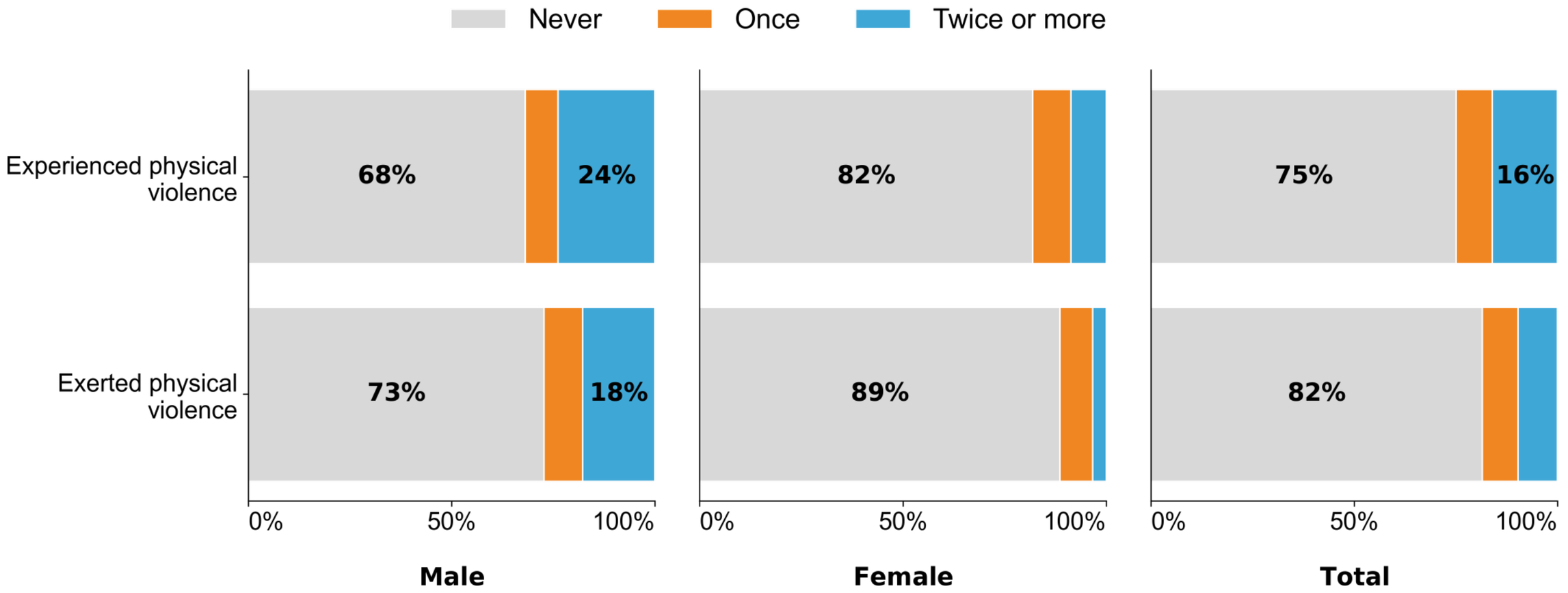
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

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



Nipissing - 2026

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



Nipissing - 2026

DIGITAL LIFE

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Digital Life

PLANET Youth

42%
Feel in control of how much time they spend on digital social platforms

21%
Feel more connected to others after using digital social platforms

Say the following statements apply often or very often to them

37%
Use digital social platforms when they're feeling down or stressed

68%
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

23%

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

Social Media Use

39%

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

YouTube

16%

Spend on average 4 hours or more on YouTube a day

Digital Life

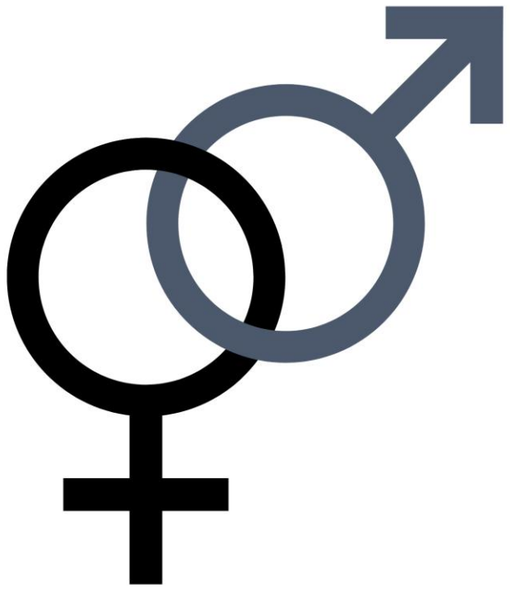
PLANET Youth

Females

59%
Often or almost always feel safe online

25%
Feel left out when they see others doing things without them on digital social platforms

34%
Compare themselves to others on digital social platforms in a way that affects their self-esteem



Males

80%
Often or almost always feel safe online

15%
Feel left out when they see others doing things without them on digital social platforms

16%
Compare themselves to others on digital social platforms in a way that affects their self-esteem

Video Games

9% Females

37% Males

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

Social Media Use

41% Females

35% Males

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

YouTube

12% Females

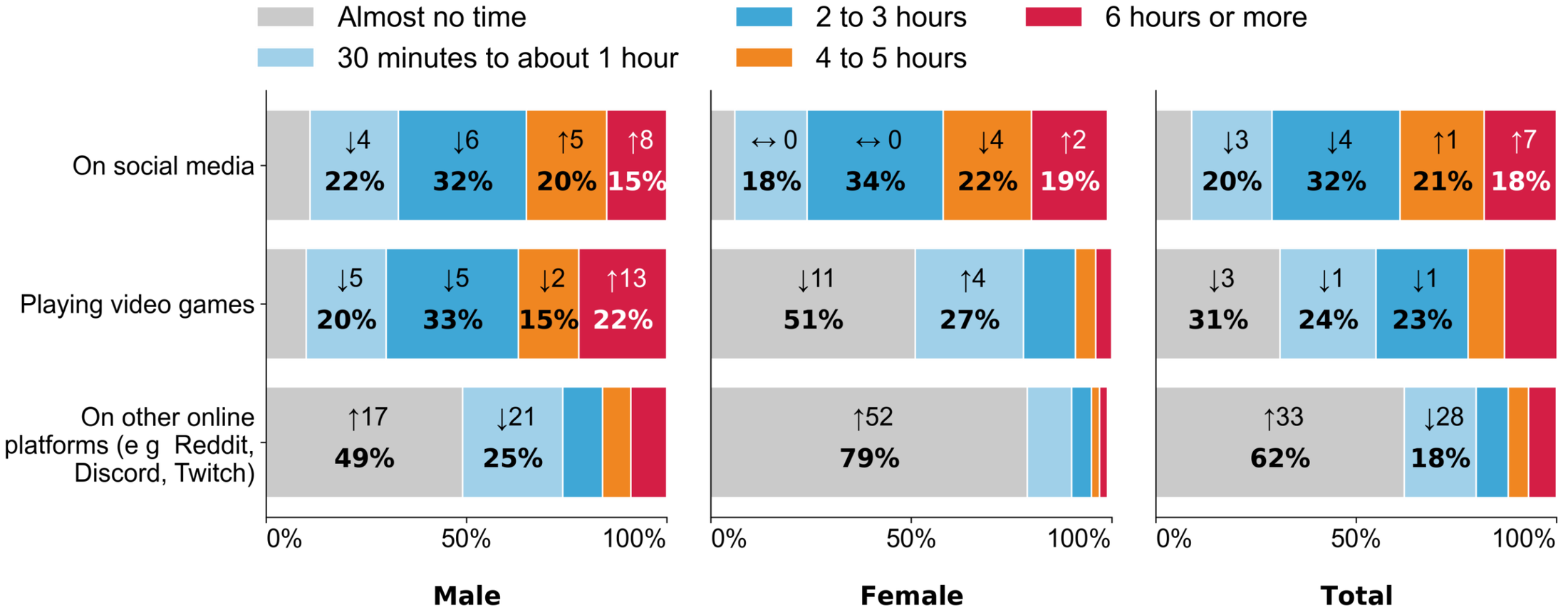
17% Males

Spend on average 4 hours or more on YouTube a day

PLANET Youth

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

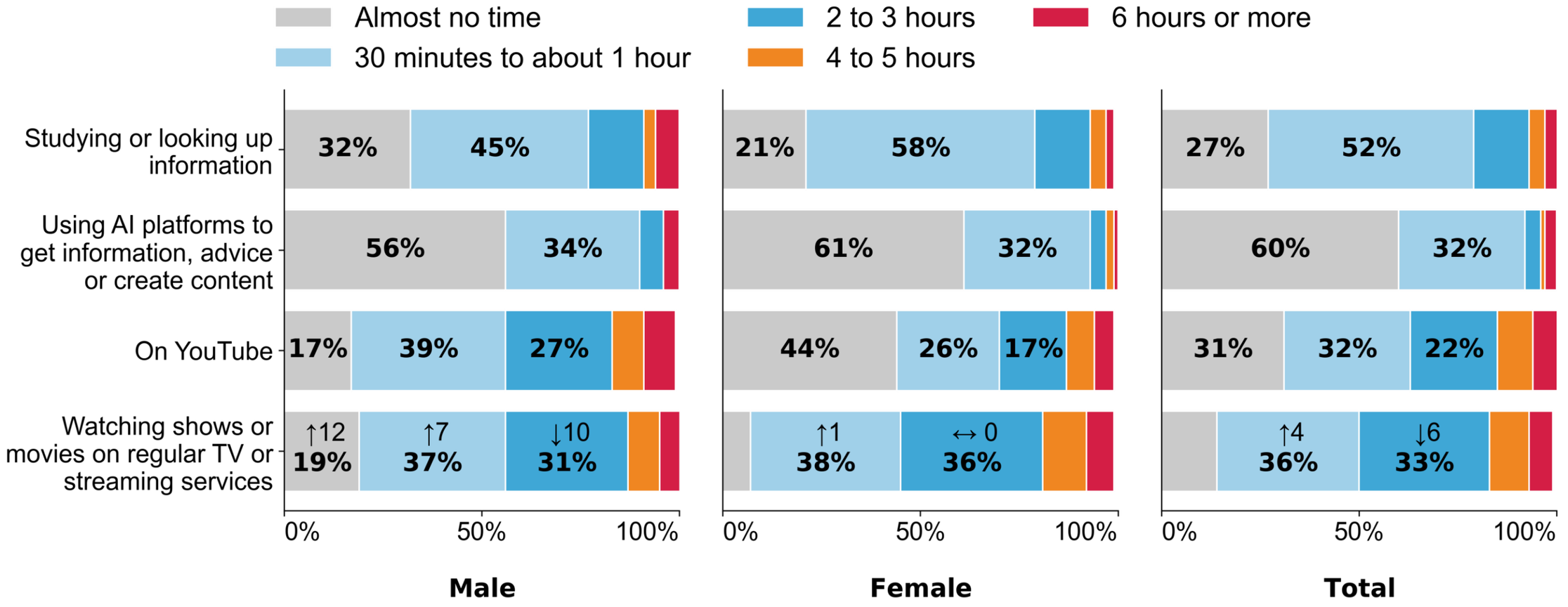
Average daily time adolescents spend on screen-based activities **-Part 1**



Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

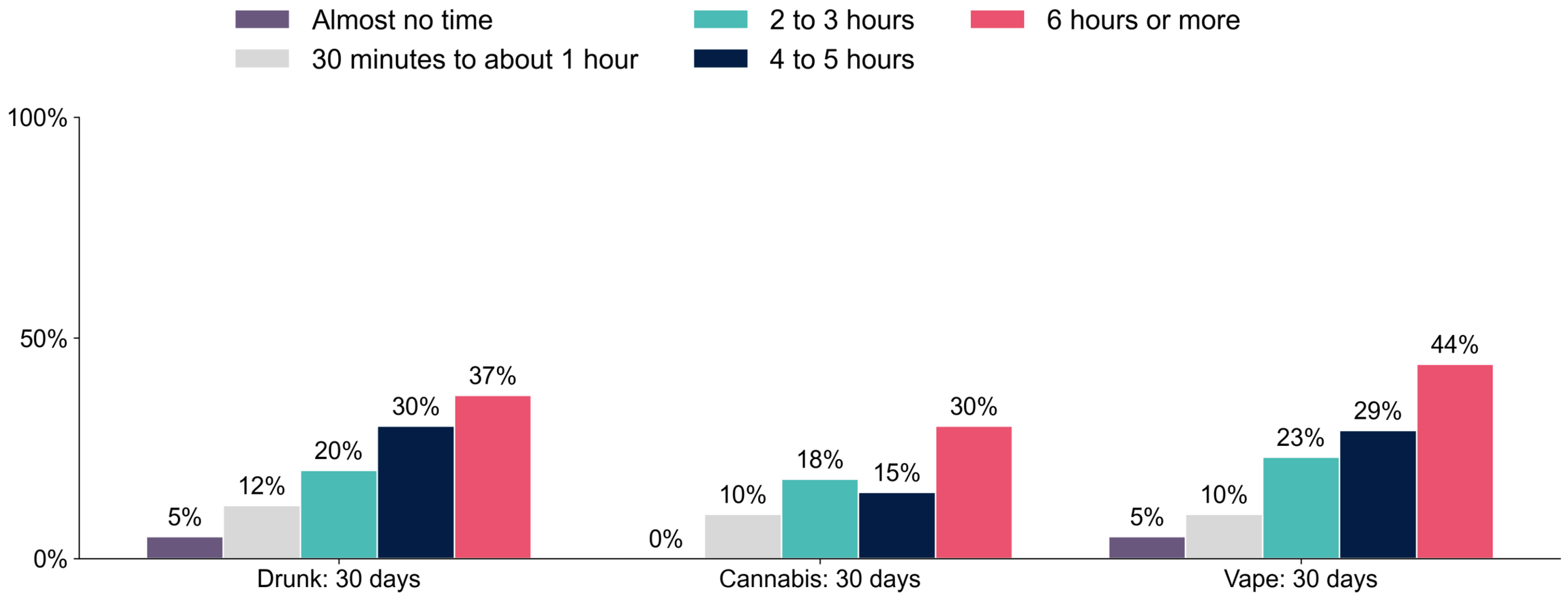
Average daily time adolescents spend on screen-based activities **-Part 2**



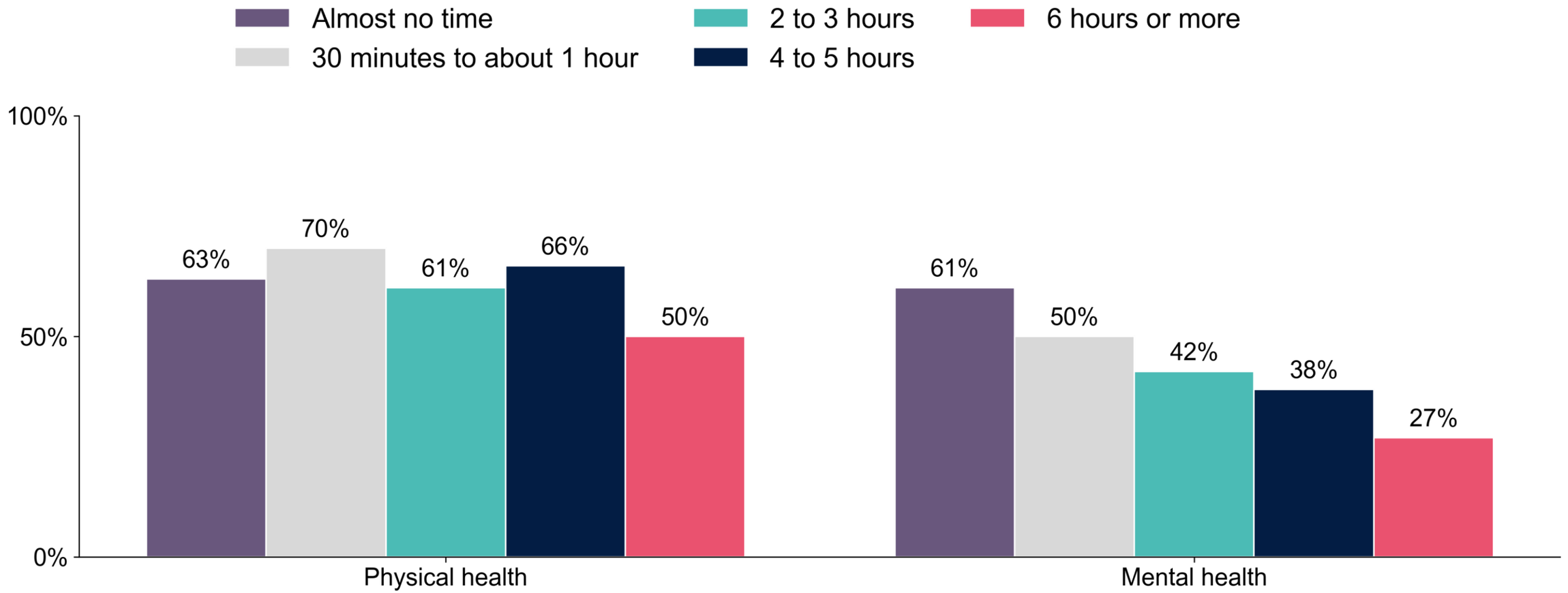
Nipissing - 2026

The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

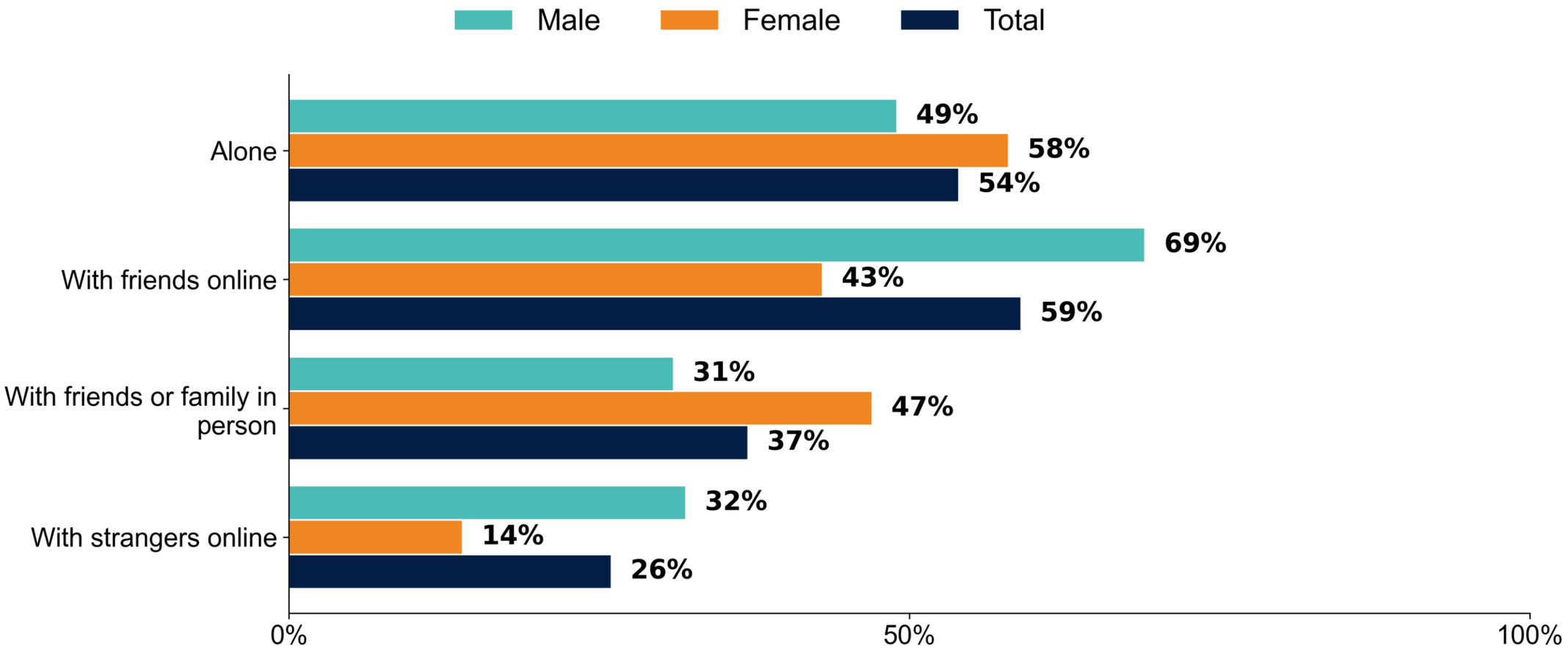
Substance use cross-referenced with daily average social media use



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

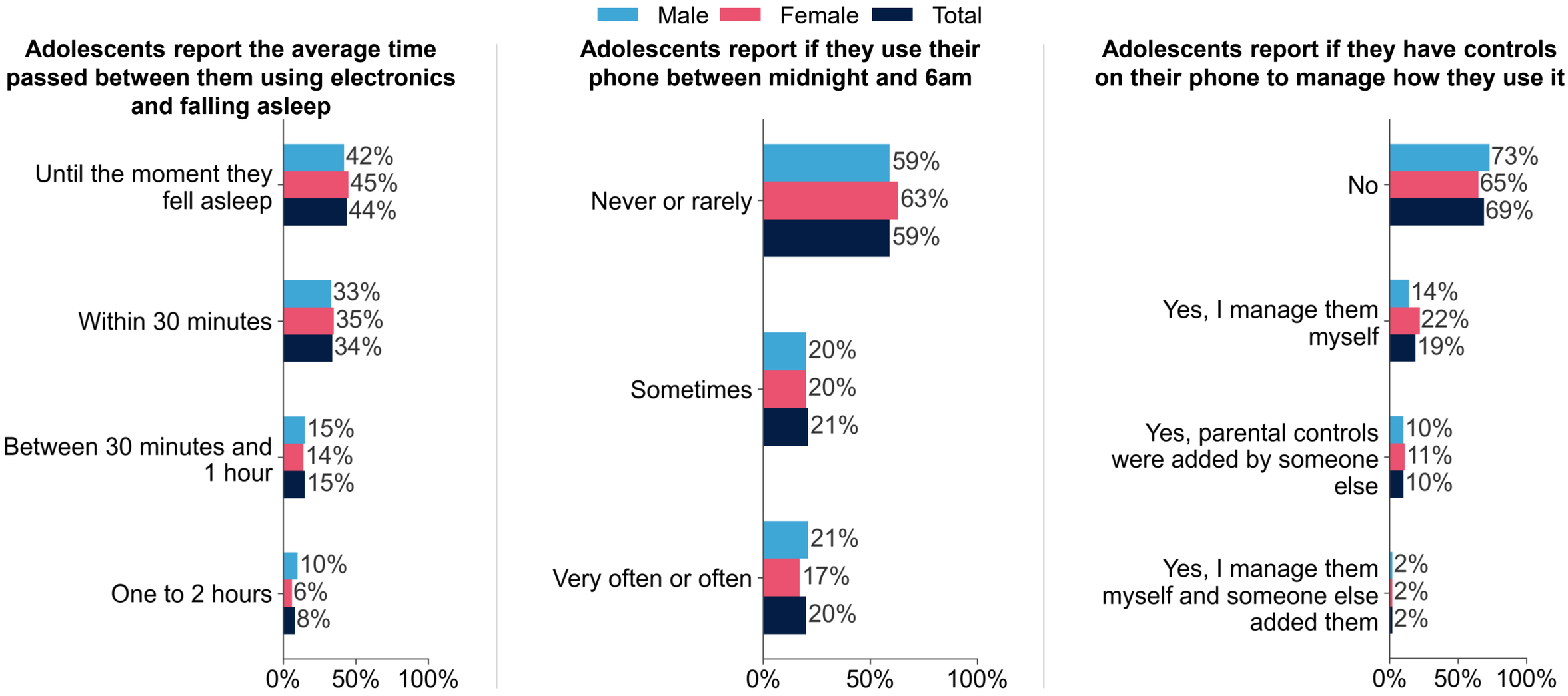


Percentage of adolescents who play video games report who they usually play with



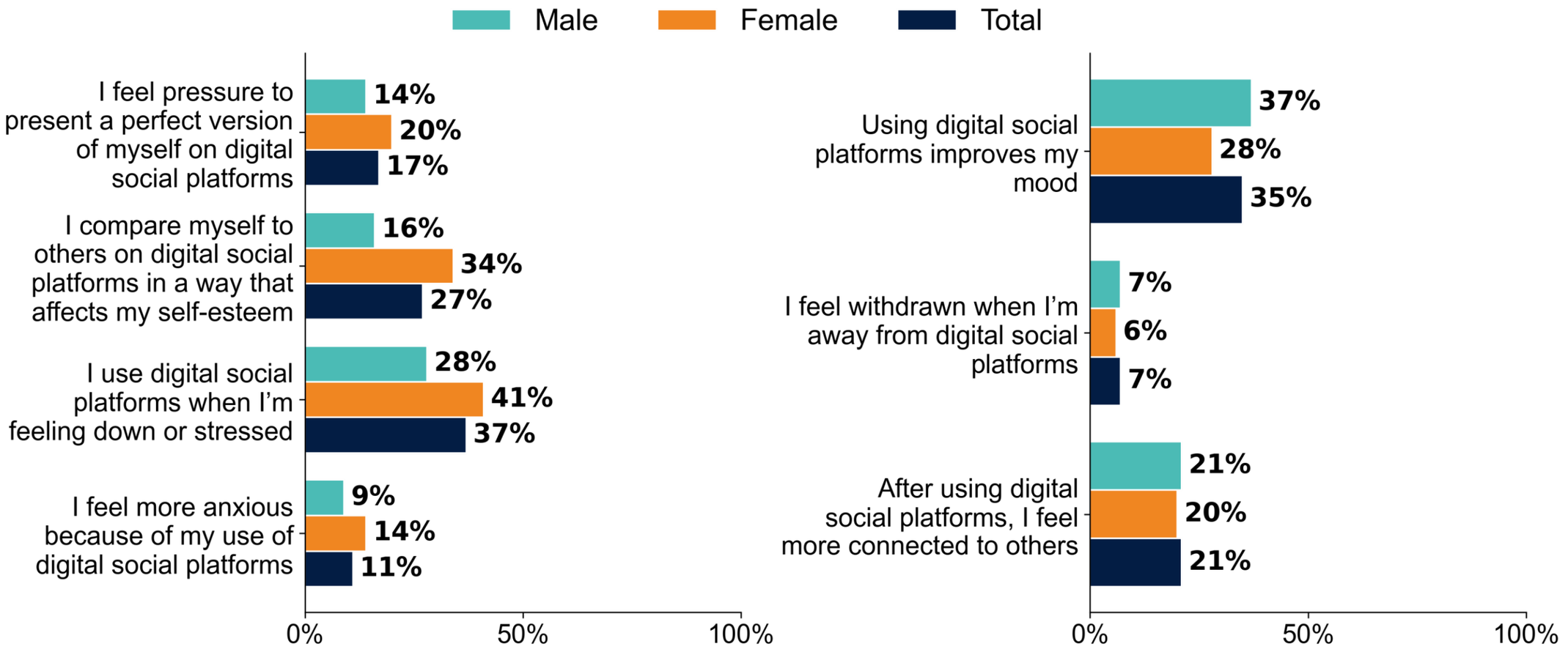
Nipissing - 2026

Phone use among adolescents



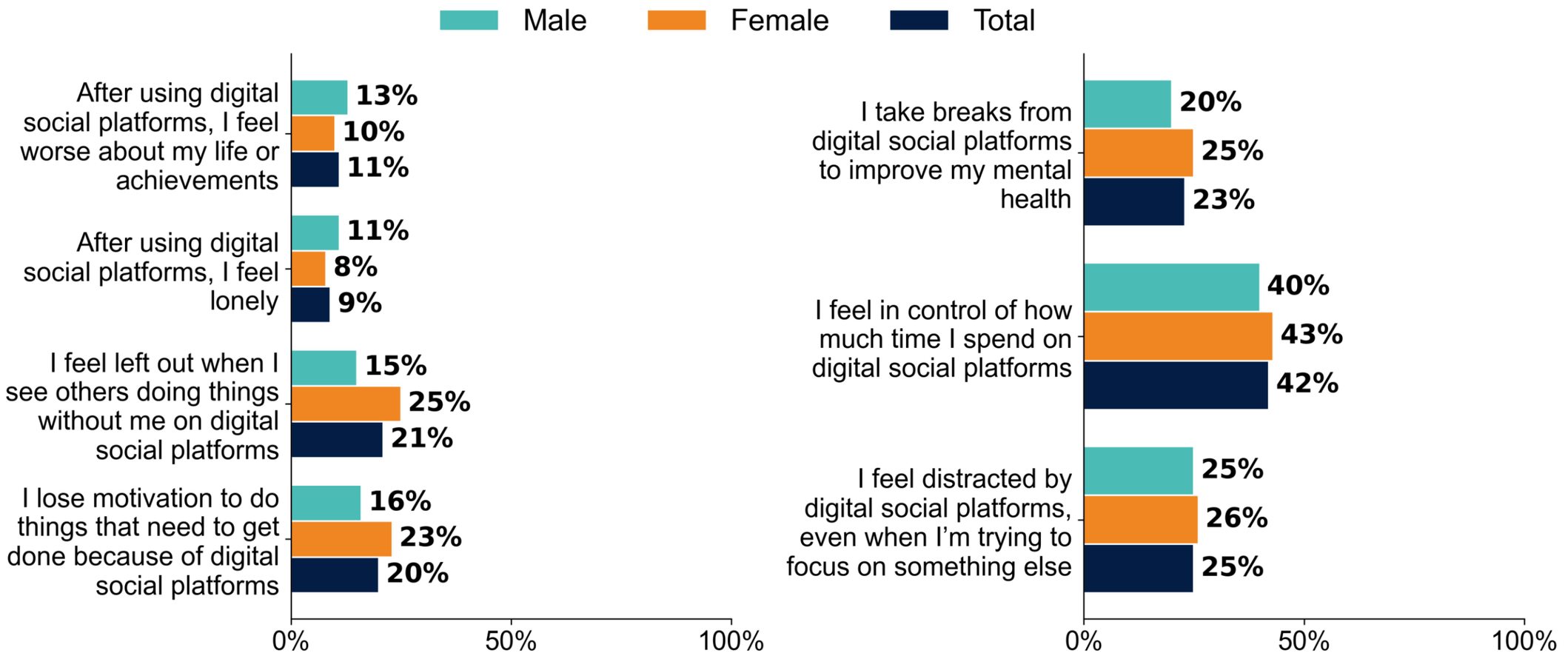
Nipissing - 2026

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



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

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



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

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