Planet Youth

Survey Results 2026

North Bay & Surrounding Area

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.

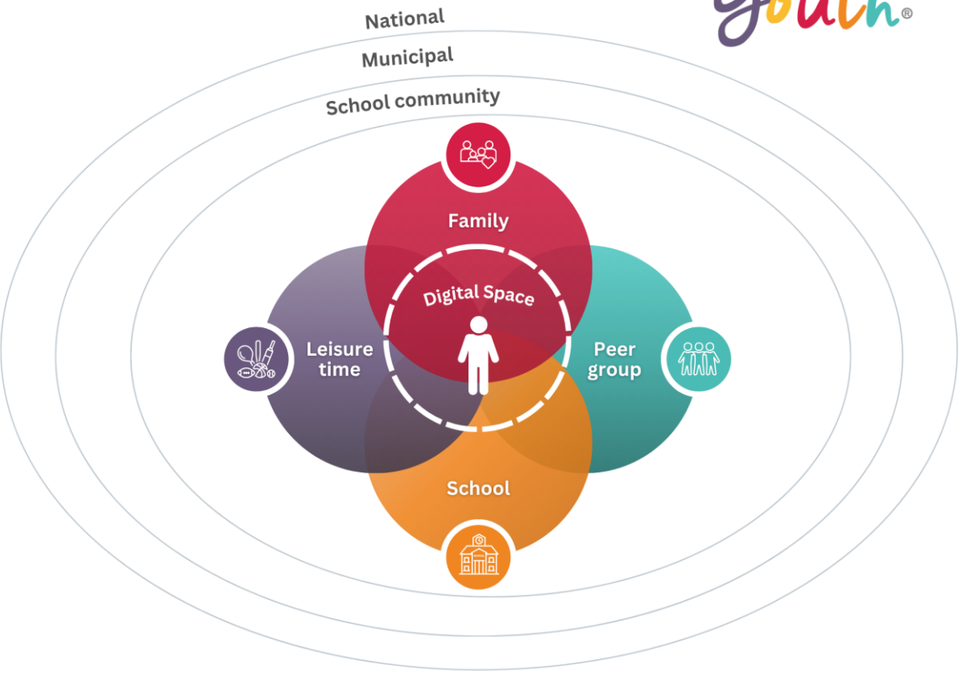
Universal prevention

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.

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.

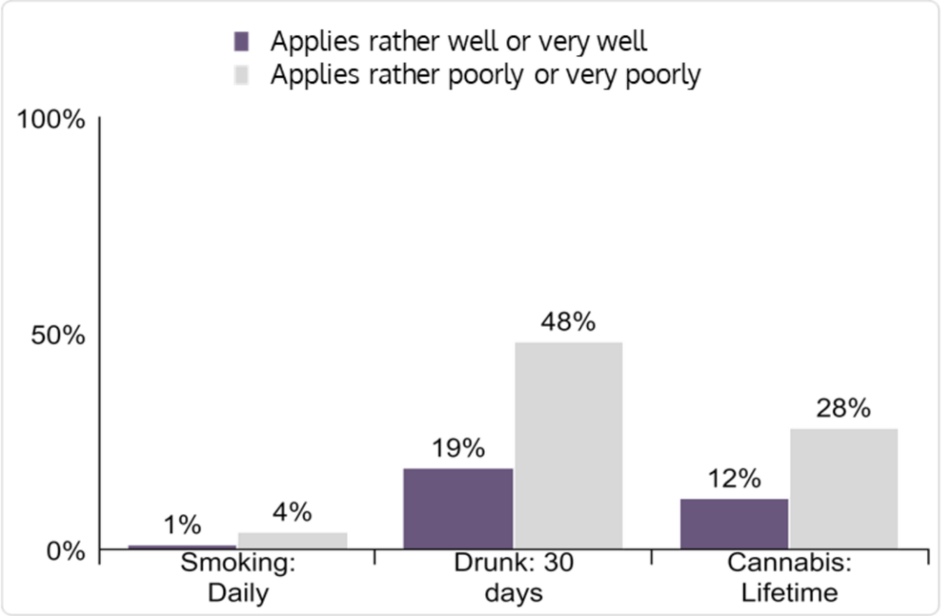


How to Read These Charts

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

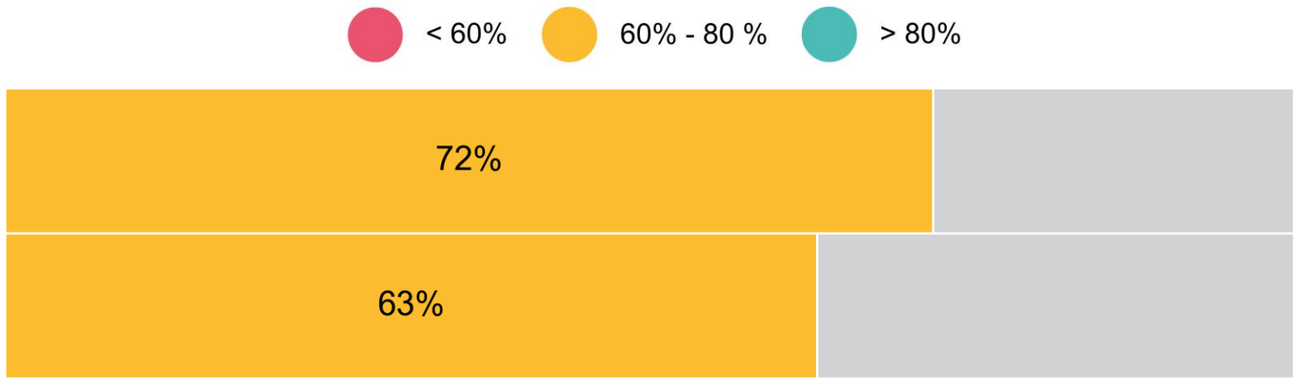
What this shows

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

North Bay & Surrounding Area - 2026

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



Survey Response Rates

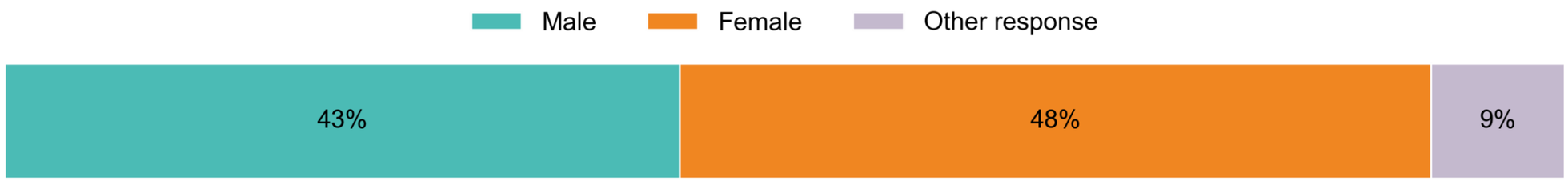
The response rate shows how many surveys had at least 25% of the survey questions answered out of all the students in the grades asked to take part. How trustworthy and useful the survey results are depends on this response rate:

- **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

North Bay & Surrounding Area - 2026

		Male	Female	Other response	Total
2026	**Nipissing**	262	309	48	619
2026	**North Bay & Surrounding Area**	187	208	37	432
2024	Nipissing	354	316	34	704
2024	North Bay & Surrounding Area	273	226	26	525



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

North Bay & Surrounding Area - 2026

		Grade 9	Grade 10	Grade 11	Grade 12	Grade 13	Unknown	Total
2026	**North Bay & Surrounding Area**	26	371	16	16	2	1	432
2024	North Bay & Surrounding Area	20	487	16	-	-	2	525

North Bay & Surrounding Area

2026

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PLANÈTE Jeunesse NIPISSING

FAMILY

91% Often or almost always feel safe at home

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

81% 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

65% Often or almost always feel safe at school



83% Have friends at school that care about them*

34% Say the students at their school are nice to each other*

63% Think the adults at school care about them*

80% Get along with their teachers*

LEISURE TIME

16% Do not participate in any organized out-of-school activities supervised by adults

34% Play sports with a club 3 times a week or more



25% Participate in arts & creative activities once a week or more

38% Stayed outside after midnight once or more in the past week

PEER GROUP

31% Say most or almost all of their friends drink alcohol

14% Say it is necessary to vape so they're not left out of their peer group

82% Say it is easy to receive caring and warmth from their friends



72% Say it is easy to have discussions about personal matters with their friends

*Strongly agree and somewhat agree to the statement

North Bay & Surrounding Area

2026

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PLANÈTE Jeunesse NIPISSING

WELLBEING

34% Go to bed at 10 PM or earlier on school nights

35% Of **girls** say their mental health is good or very good

60% Of **boys** say their mental health is good or very good

62% Of **girls** say their physical health is good or very good

71% Of **boys** say their physical health is good or very good

DIGITAL LIFE

45% Feel in control of how much time they spend on digital social platforms

37% Spend on average 4 hours or more on social media a day

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

9% Feel lonely after using digital social platforms

72% Feel withdrawn when they're away from digital social platforms

COMMUNITY

79% Often or almost always feel safe in their community



63% Think it is good to live in their community*

63% Feel like they belong in their community*

59% Think people in their community accept them for who they are*

39% Take part in local events or activities in their community*

SUBSTANCE USE

20% Were drunk in the past 30 days

39% Drink at least one energy drink everyday

17% Vape daily

11% Use cannabis daily

8% Smoke cigarettes daily

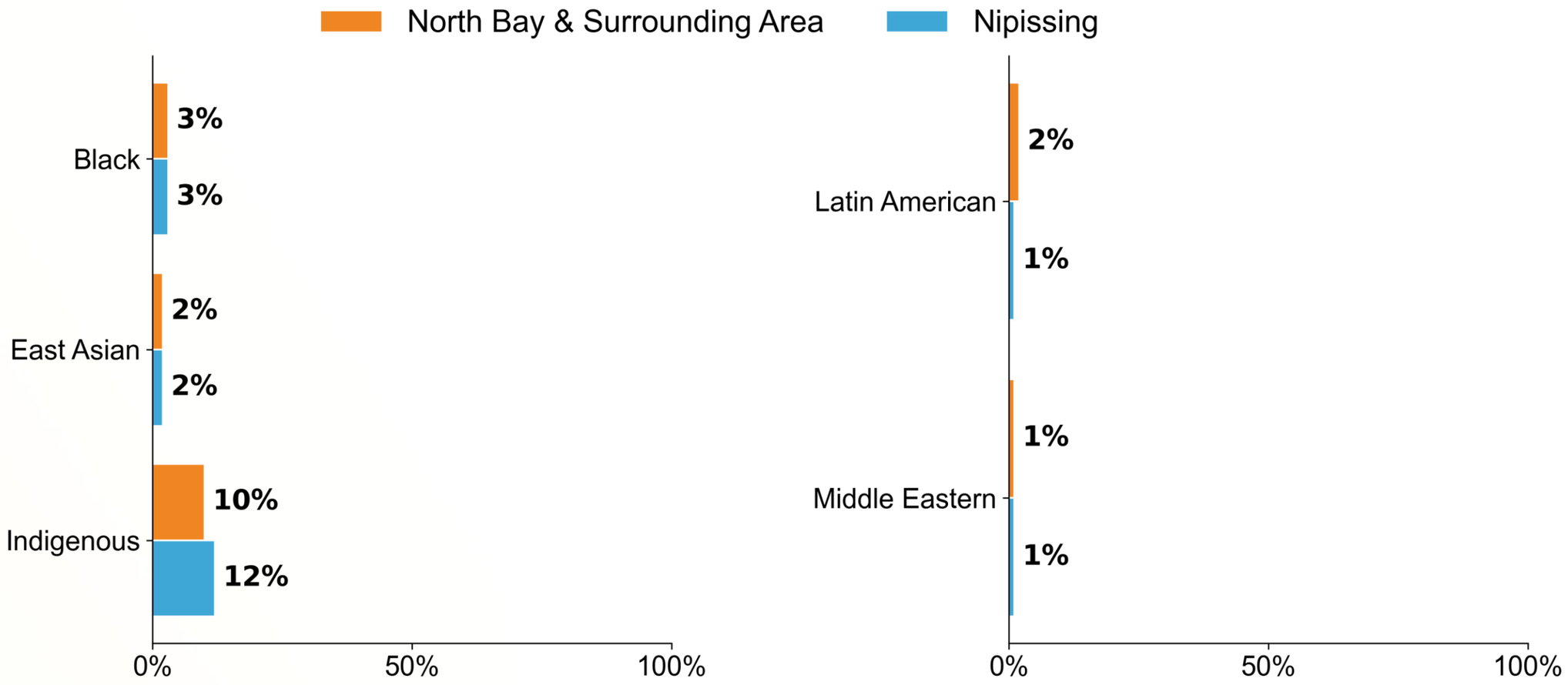
"Digital social platforms" are apps and online spaces for connecting with others, like social media, forums, or in-game chat.

*Strongly agree and agree to the statement

GENERAL INFORMATION

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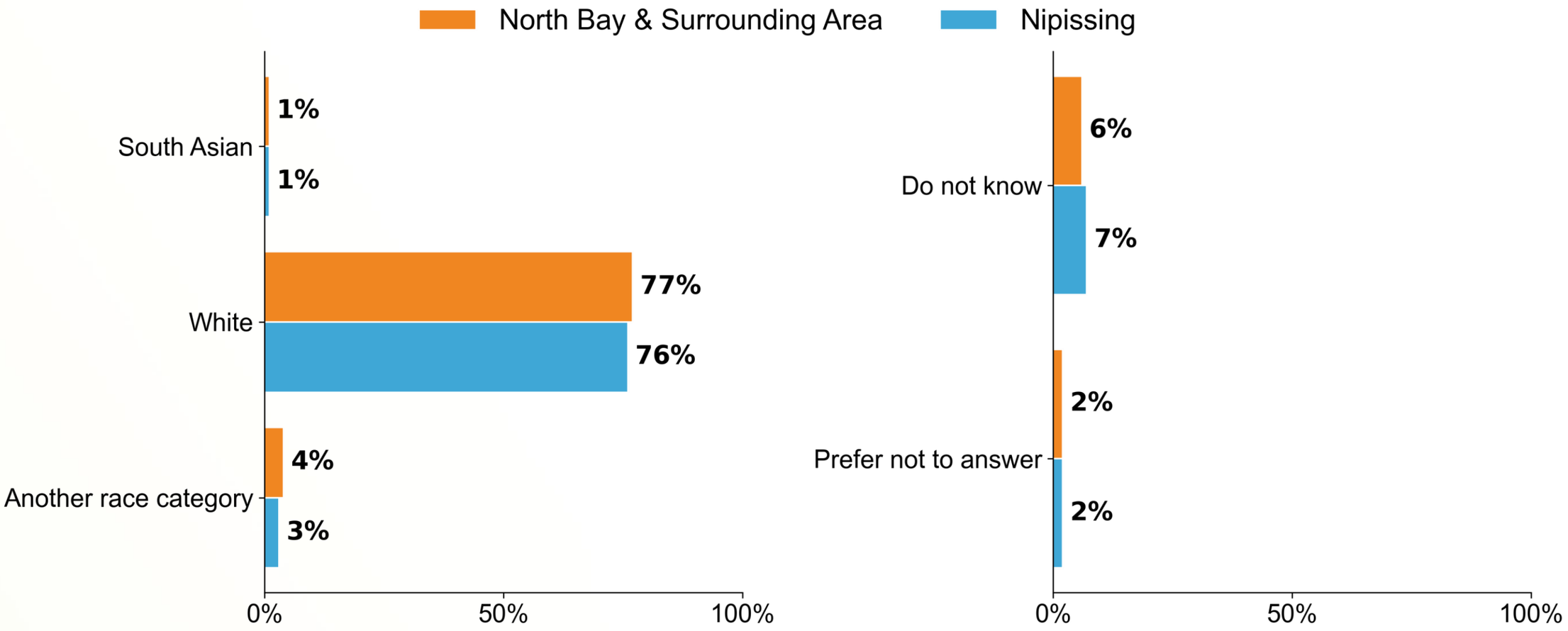
Adolescents state which racial background/ race best describes them - **Part 1**



North Bay & Surrounding Area - 2026

General information

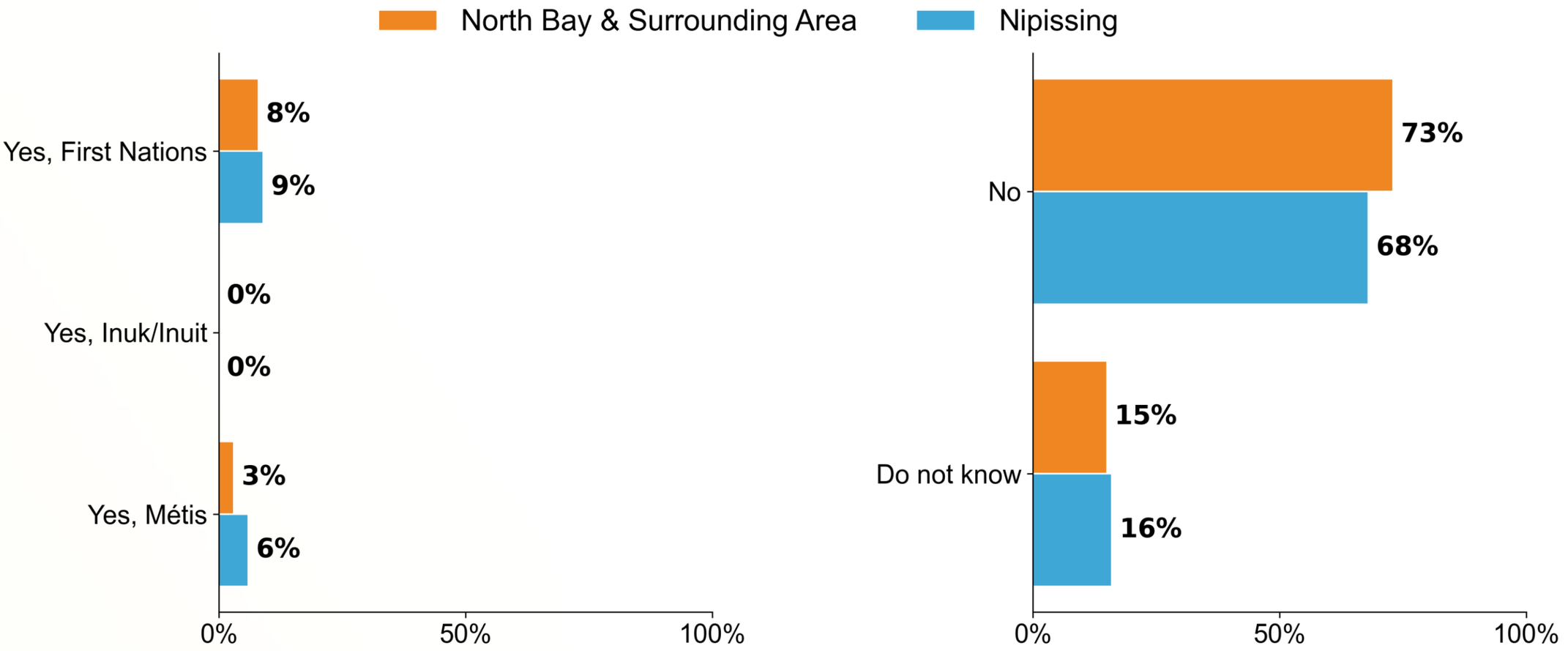
Adolescents state which racial background/ race best describes them - **Part 2**



North Bay & Surrounding Area - 2026

General information

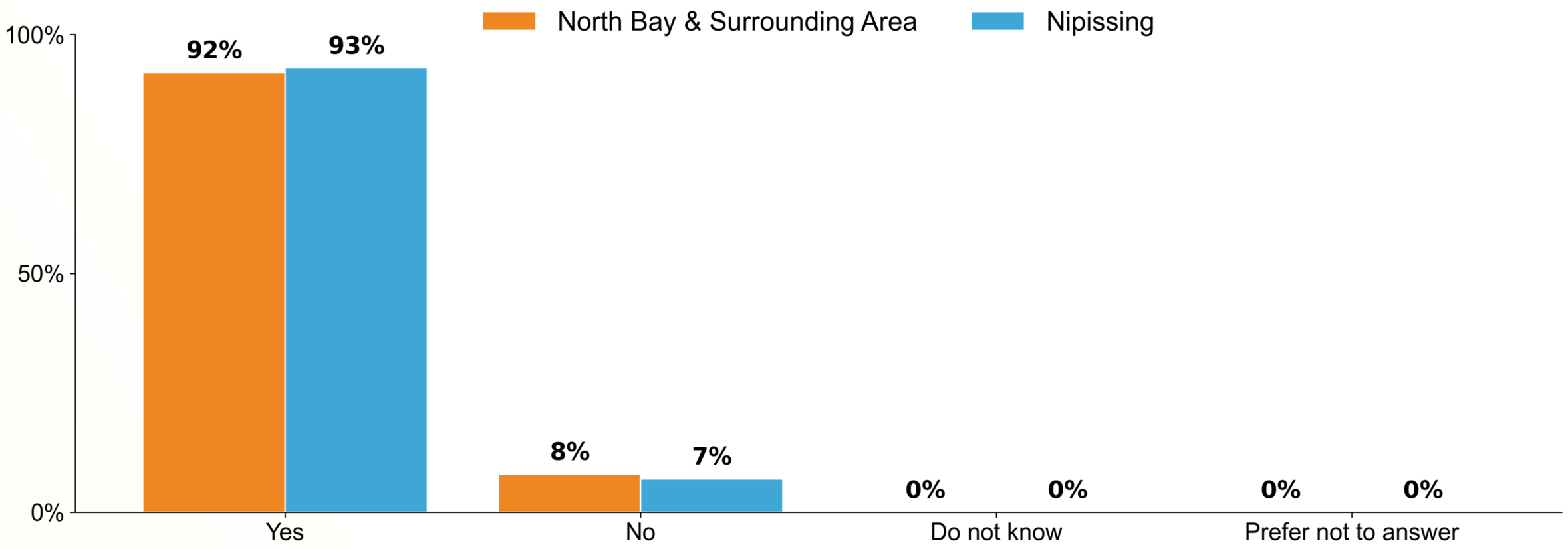
Adolescents respond to the following question: **Do you identify as First Nations, Inuit, and/or Métis?**



North Bay & Surrounding Area - 2026

General information

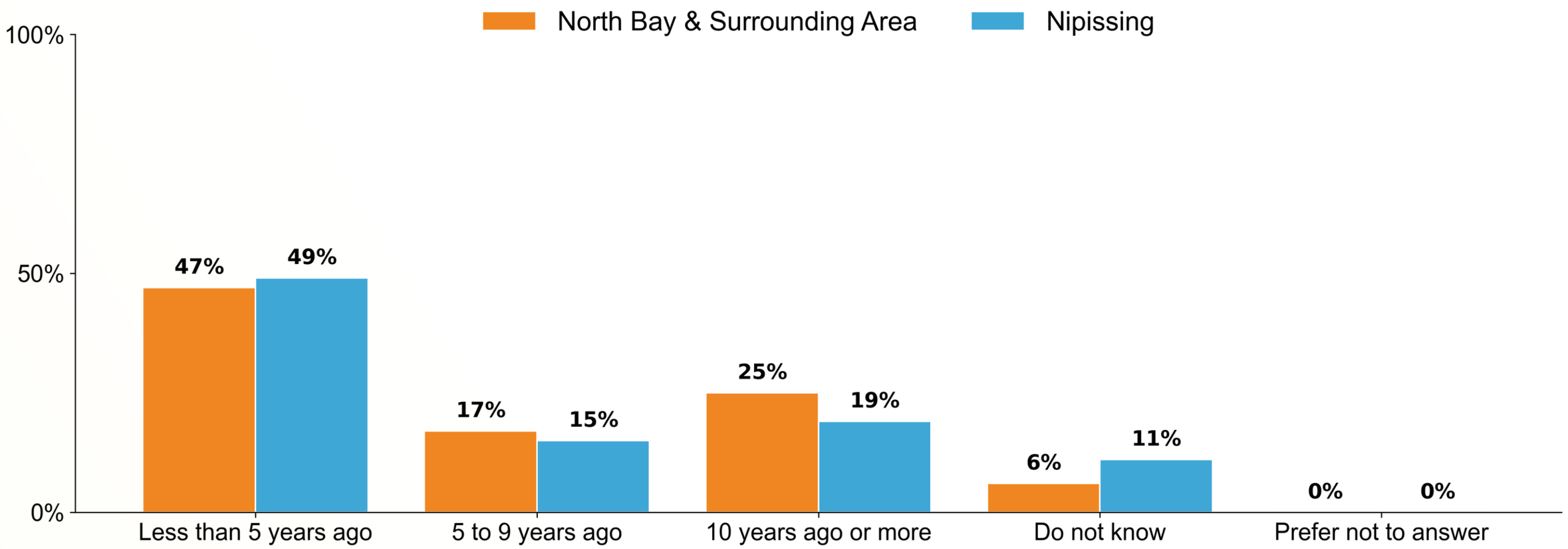
Adolescents respond to the following question: **Were you born in Canada?**



North Bay & Surrounding Area - 2026

General information

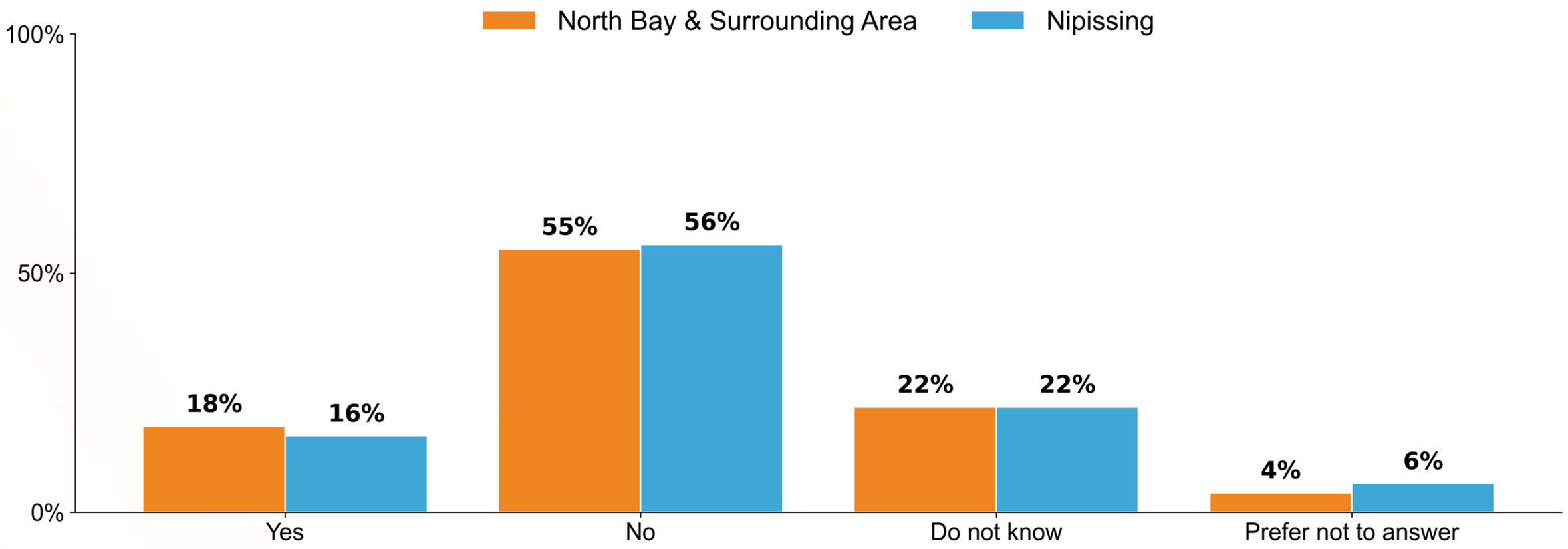
Adolescents who were not born in Canada state when they arrived in Canada



North Bay & Surrounding Area - 2026

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



North Bay & Surrounding Area - 2026

General information

SUBSTANCE USE

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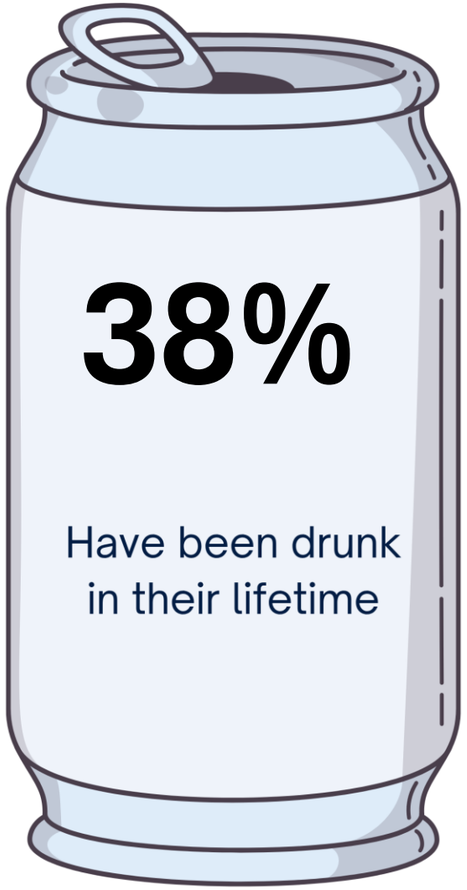
Substance use

36%
Tried alcohol at the age of 13 or younger

20%
Have been drunk in the last 30 days

43%
Sometimes or often drink alcohol in their own home*

38%
Get alcohol from a family member*



Vaping

36%
Have vaped in their lifetime

17%
Vape daily



Cigarette smoking

26%
Have smoked cigarettes in their lifetime

8%
Smoke cigarettes daily



Cannabis use

25%
Have used cannabis in their lifetime

11%
Use cannabis daily

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

Substance use

Females

39%
Have been drunk in their lifetime

24%
Have been drunk in the last 30 days

36%
Tried alcohol at the age of 13 or younger



Males

38%
Have been drunk in their lifetime

18%
Have been drunk in the last 30 days

35%
Tried alcohol at the age of 13 or younger

Vaping

26% Females

20% Males

Have vaped in the last 30 days

Cigarette smoking

13% Females

13% Males

Have smoked cigarettes in the last 30 days

Cannabis use

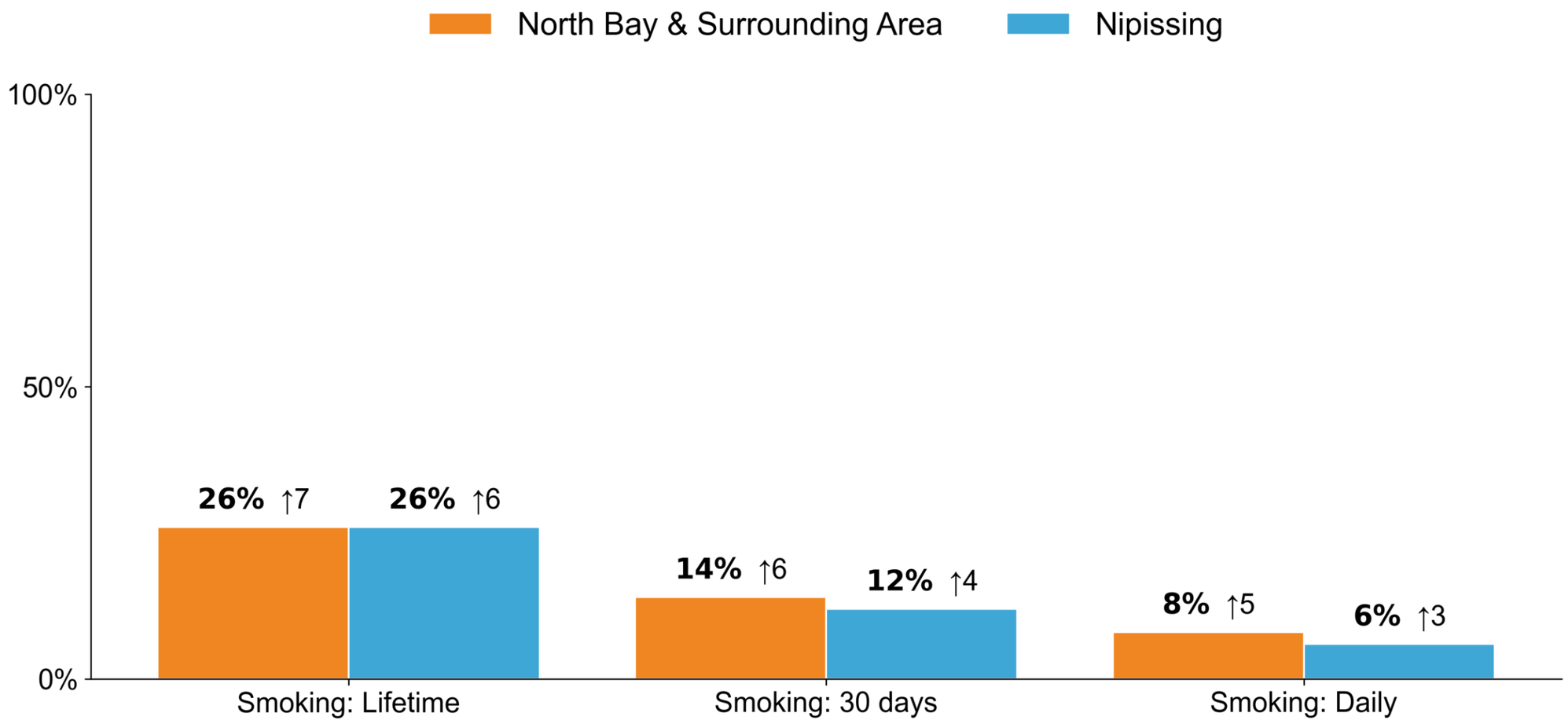
15% Females

15% Males

Have used cannabis in the last 30 days

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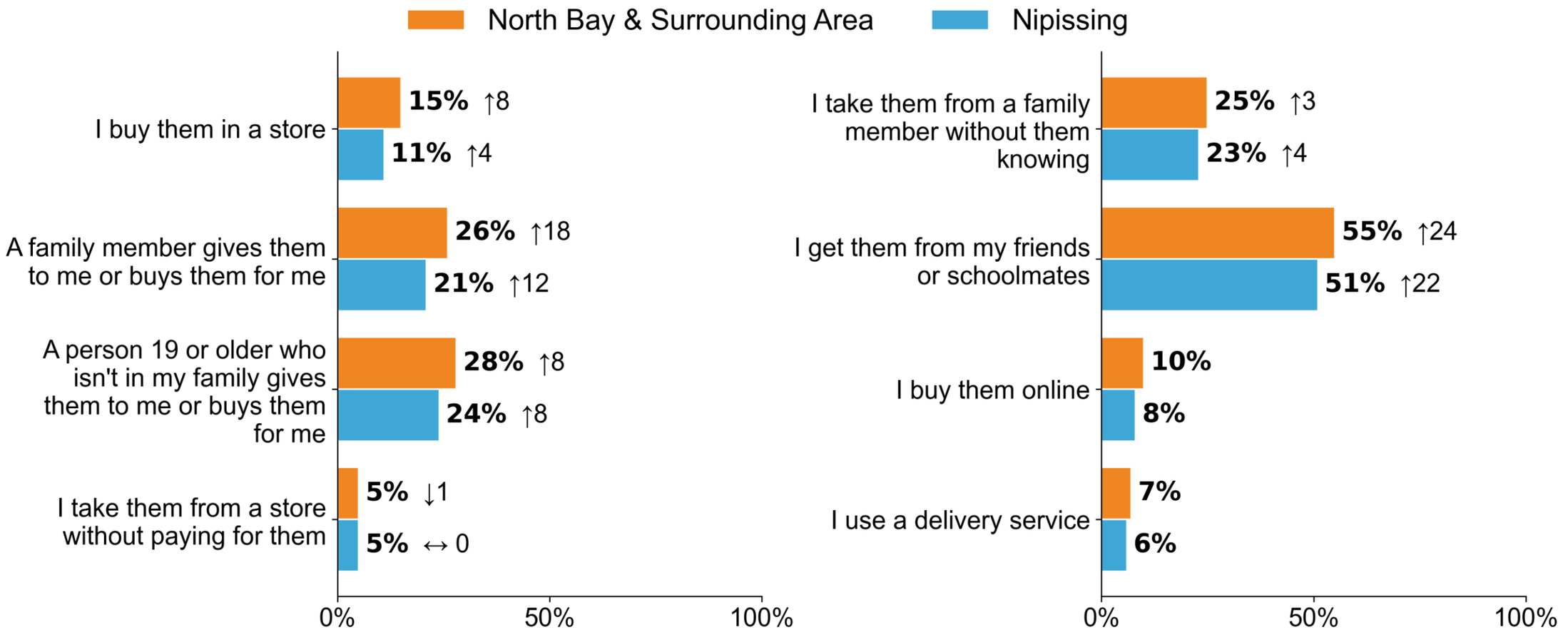
Percentage of adolescents who have smoked cigarettes **once or more** in their lifetime, in the past 30 days, and smoke on a daily basis



North Bay & Surrounding Area - 2026

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

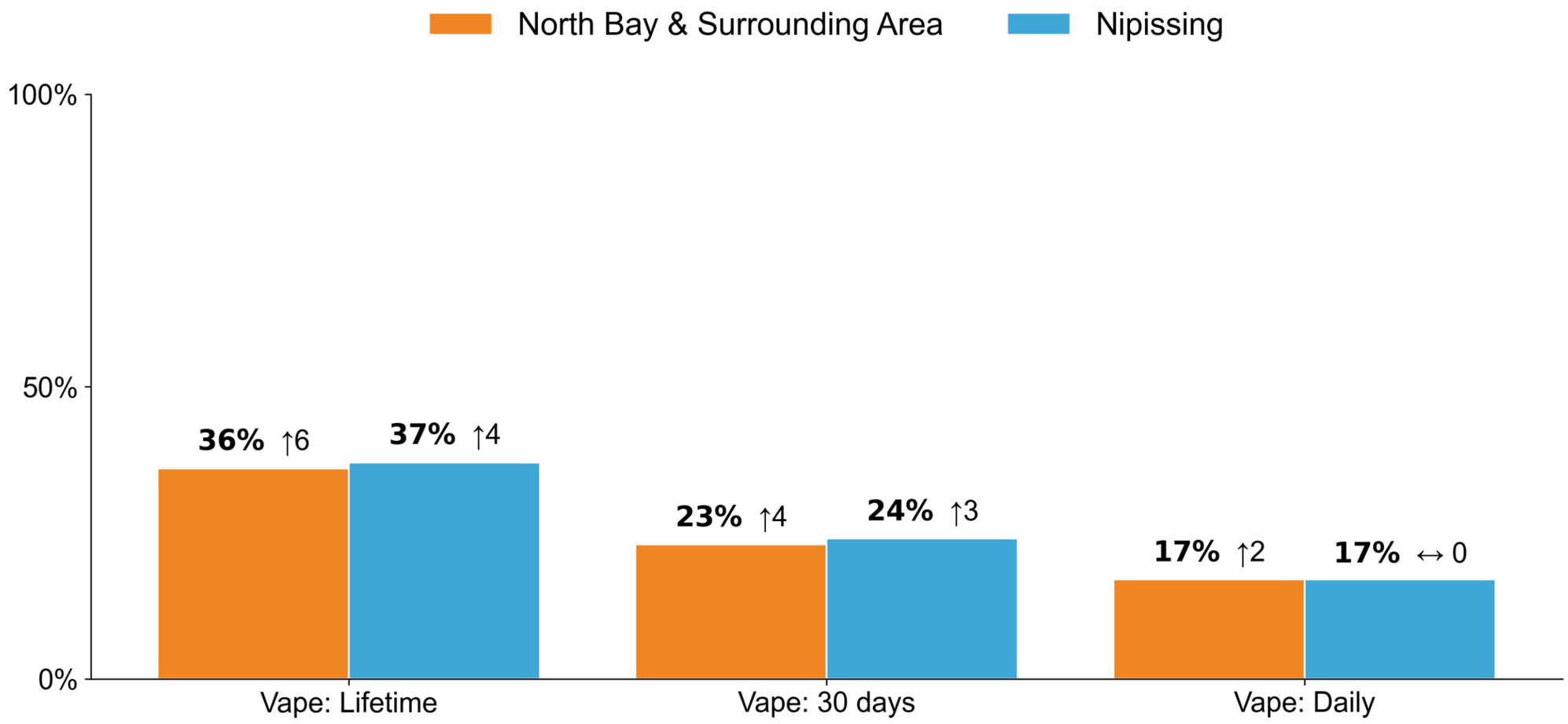
Percentage of adolescents who have smoked at least once and report getting their cigarettes **sometimes** or **often** the following way



North Bay & Surrounding Area - 2026

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

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

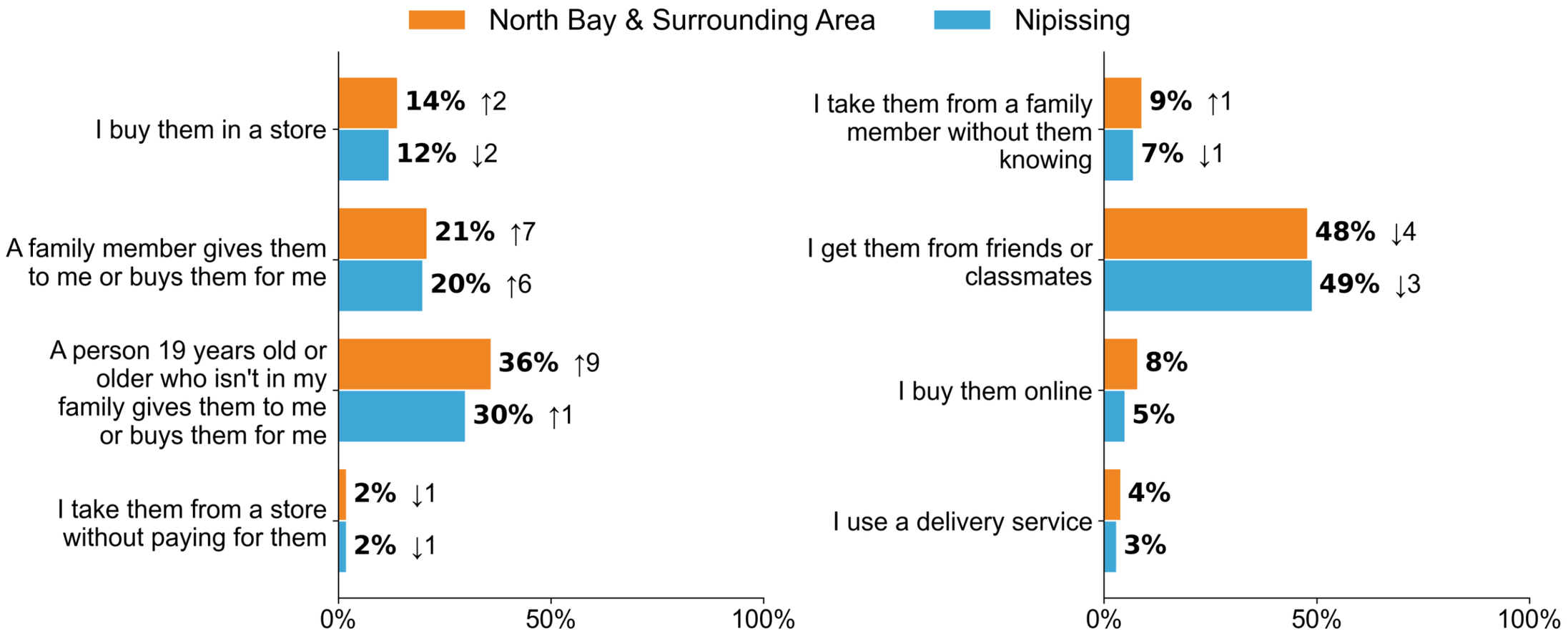


North Bay & Surrounding Area - 2026

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

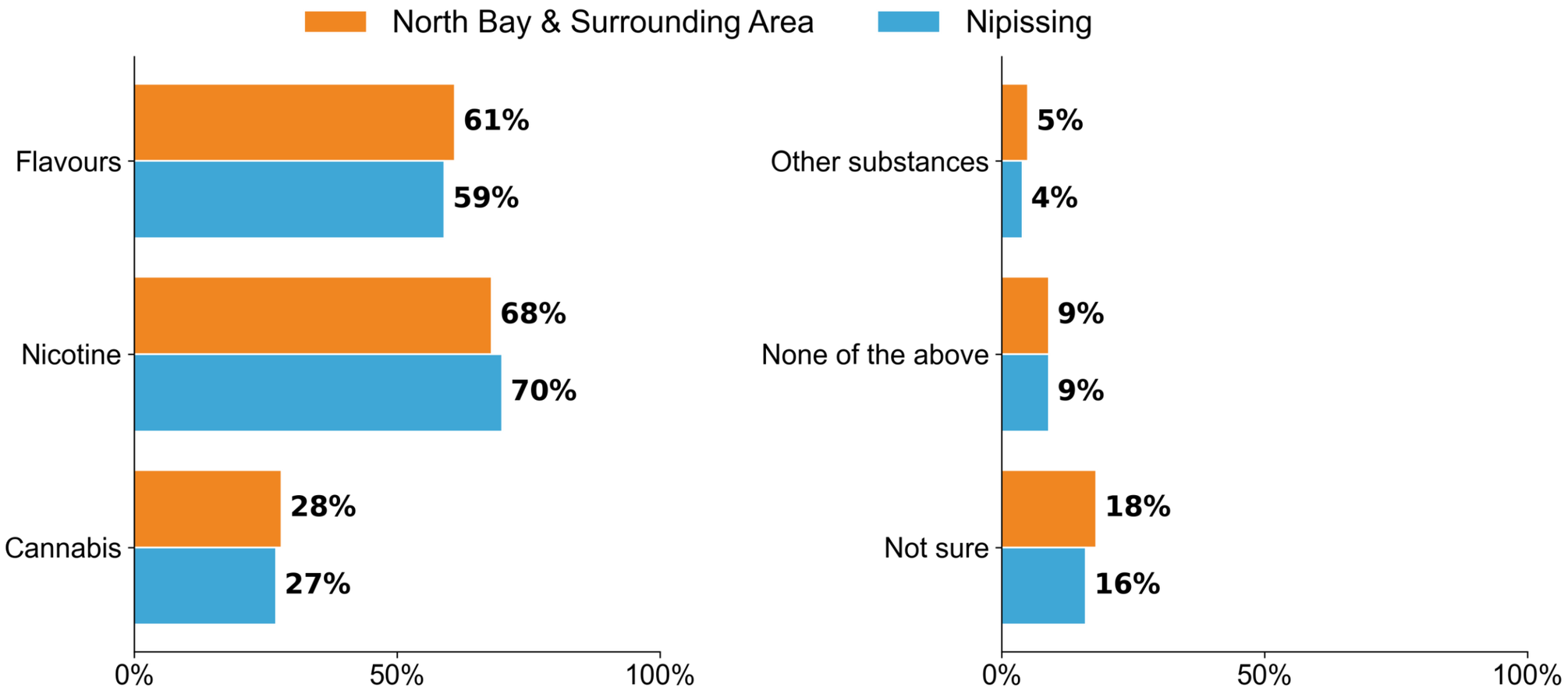


North Bay & Surrounding Area - 2026

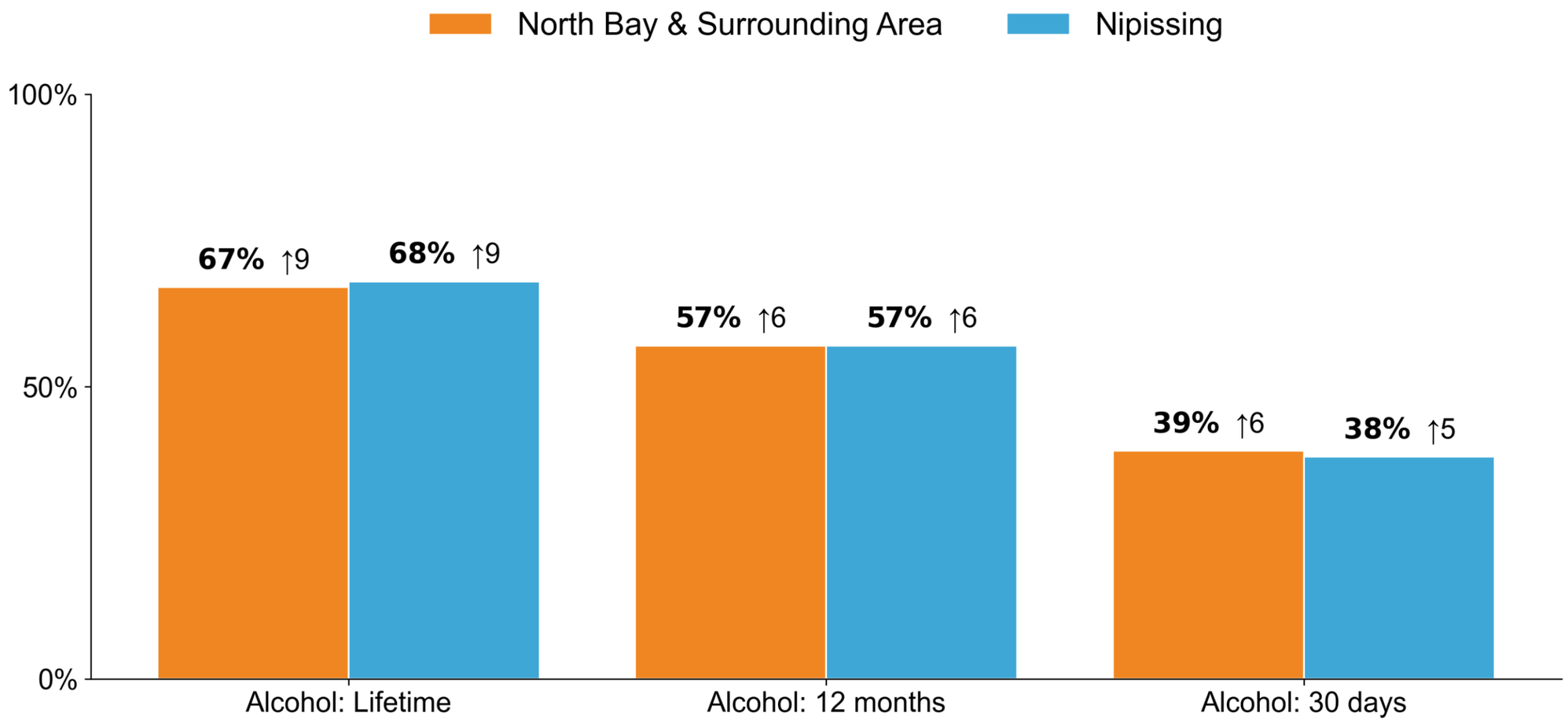
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Substance Use

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

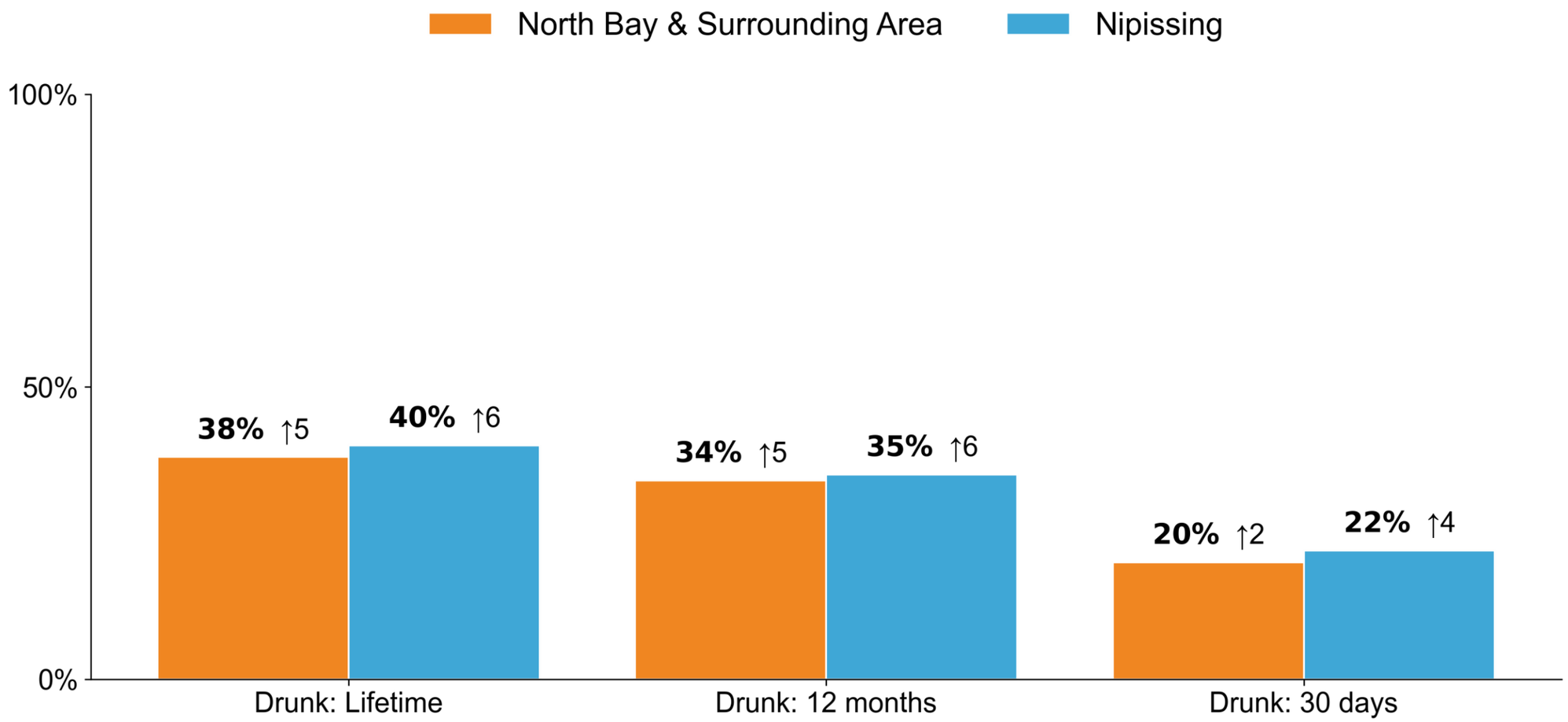


North Bay & Surrounding Area - 2026

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

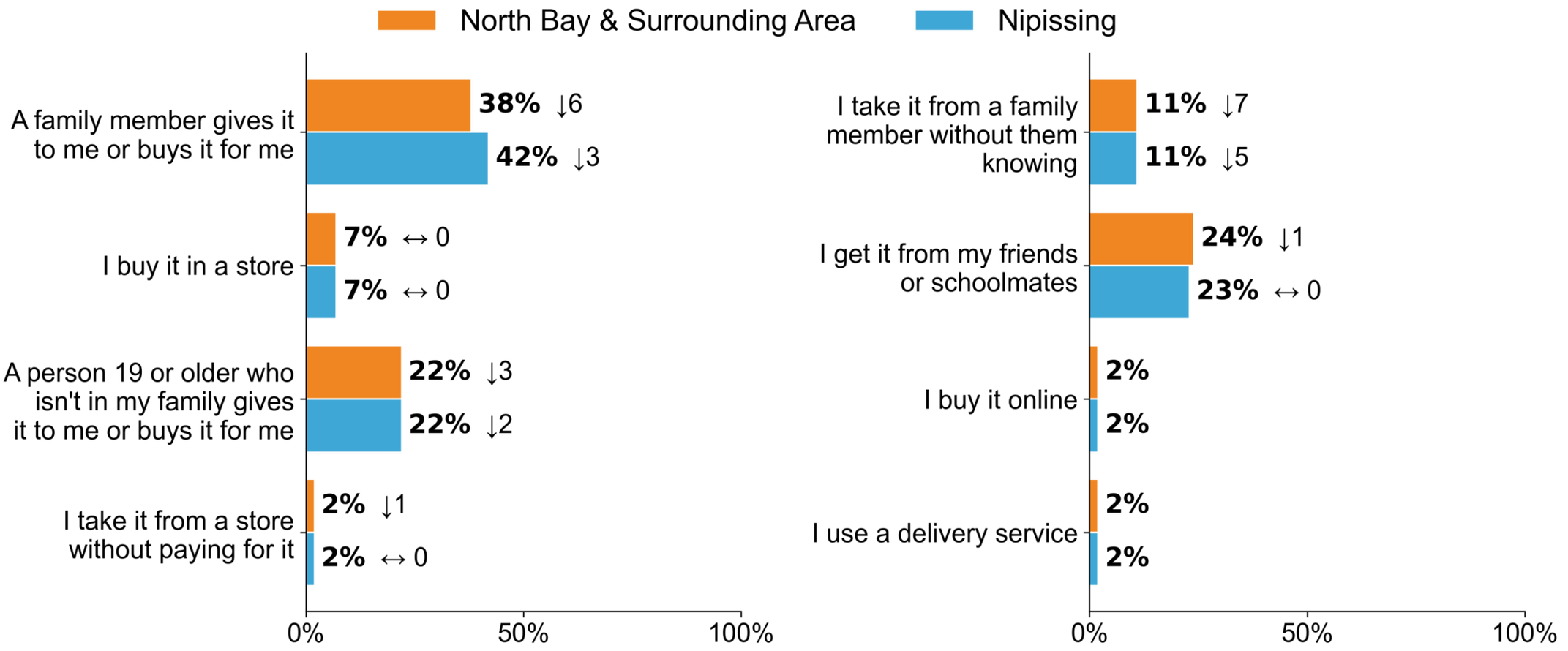


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Substance Use

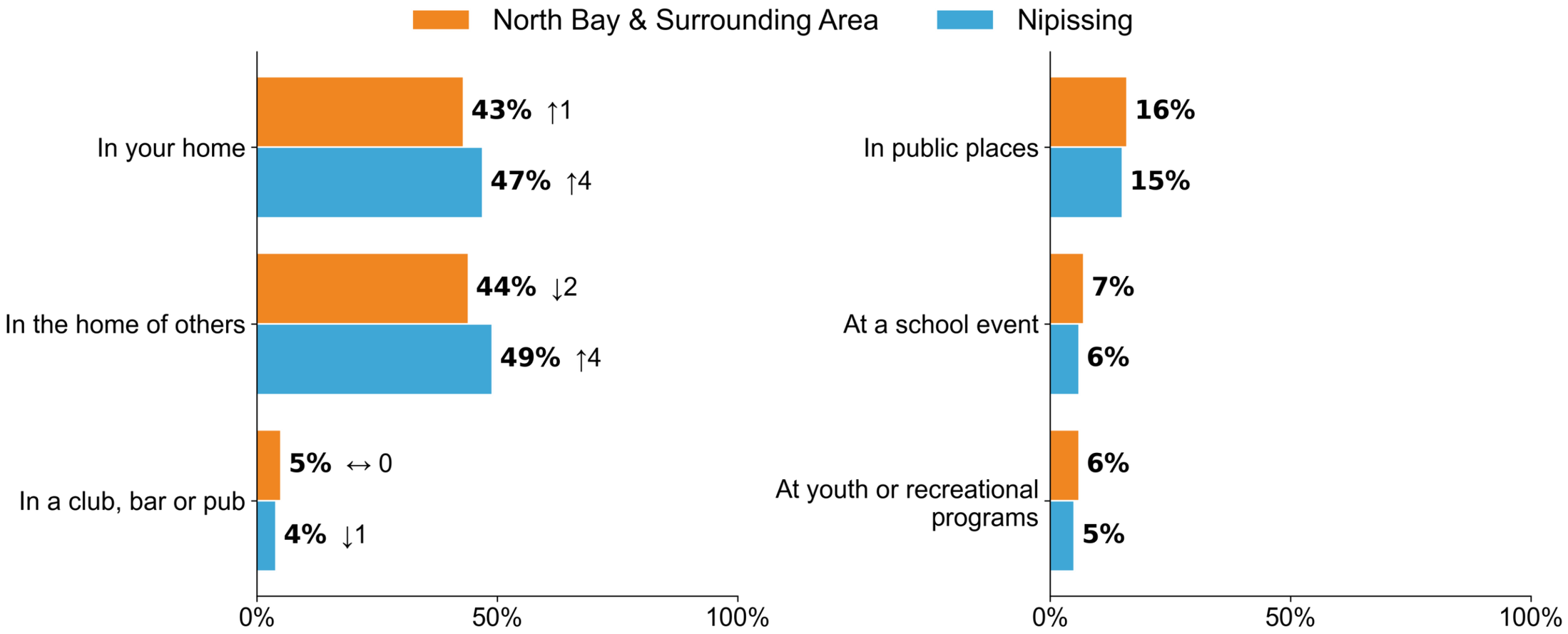
Percentage of adolescents who have consumed alcohol at least once and report getting it **sometimes** or **often** the following way



North Bay & Surrounding Area - 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

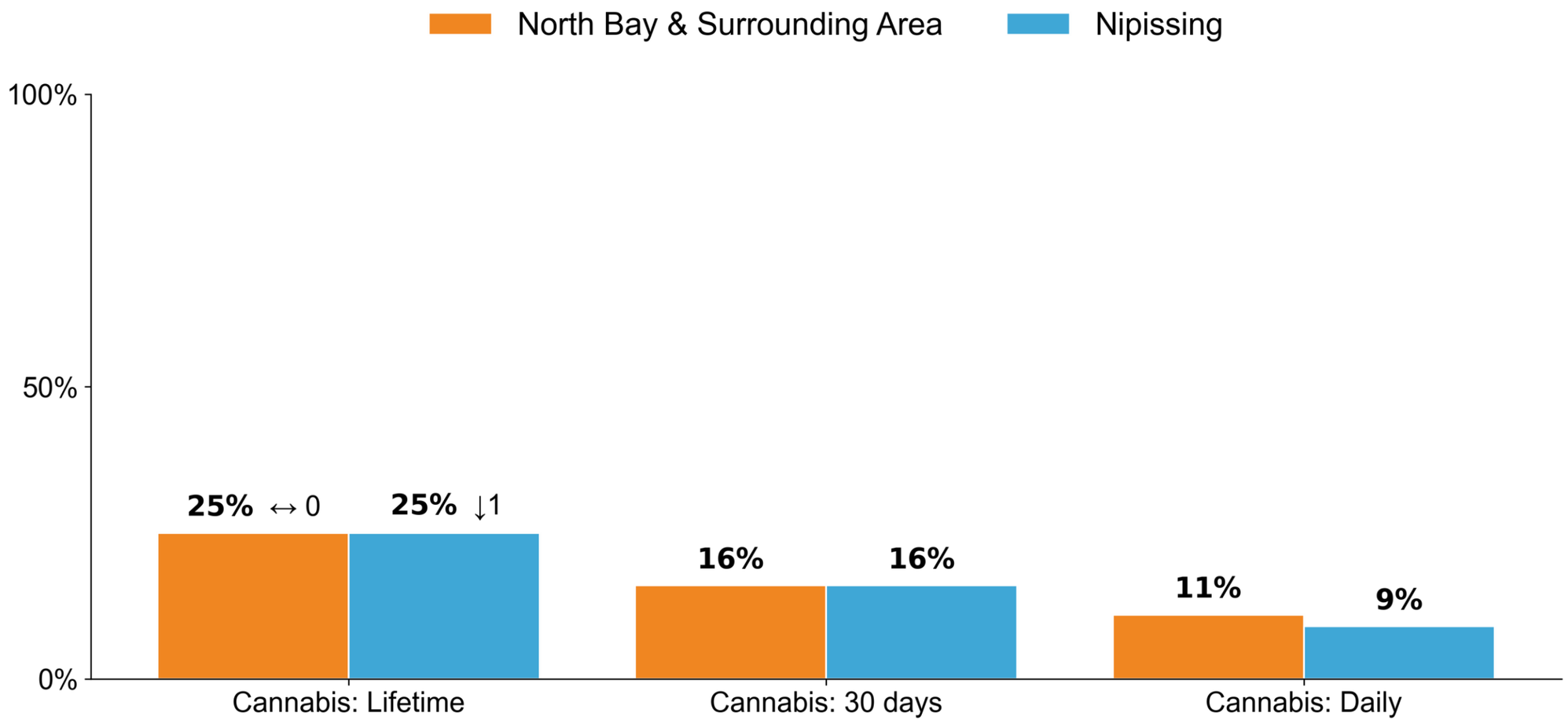


North Bay & Surrounding Area - 2026

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Substance Use

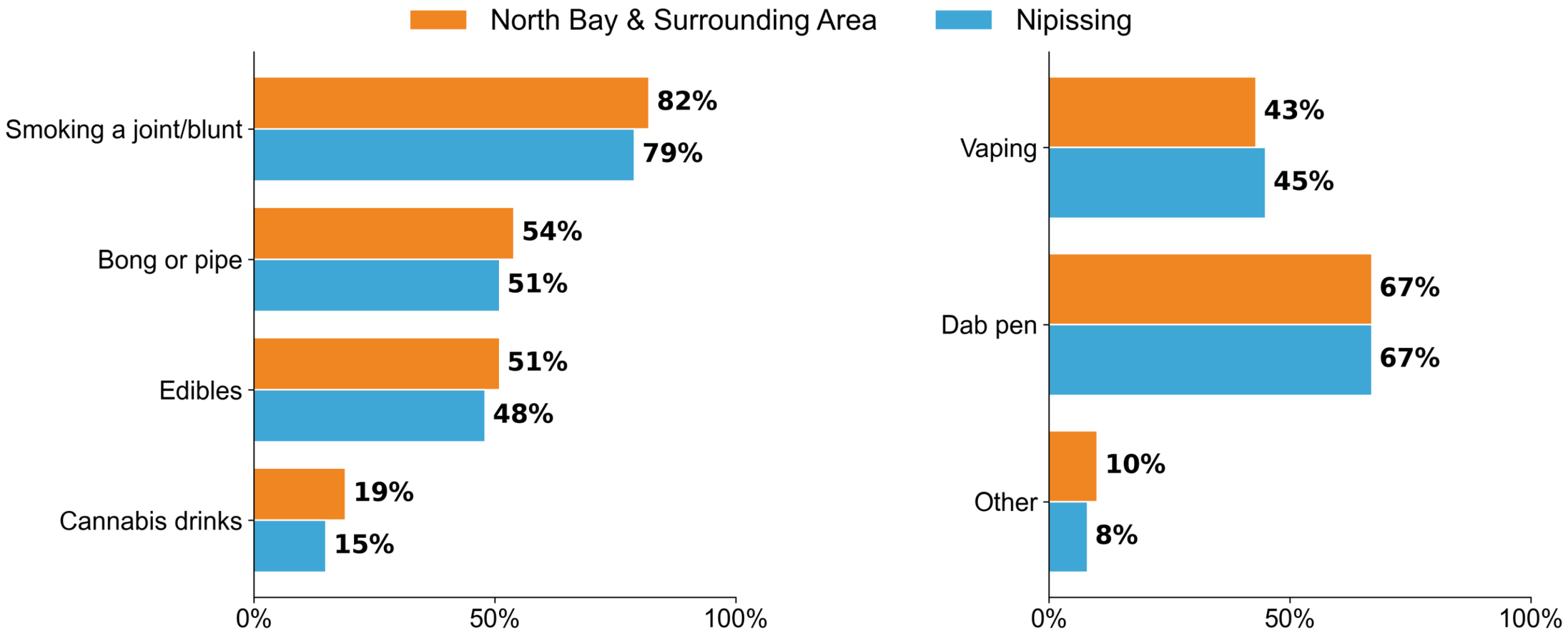
Percentage of adolescents who have used cannabis **once or more** in their lifetime, in the past 30 days and use cannabis daily



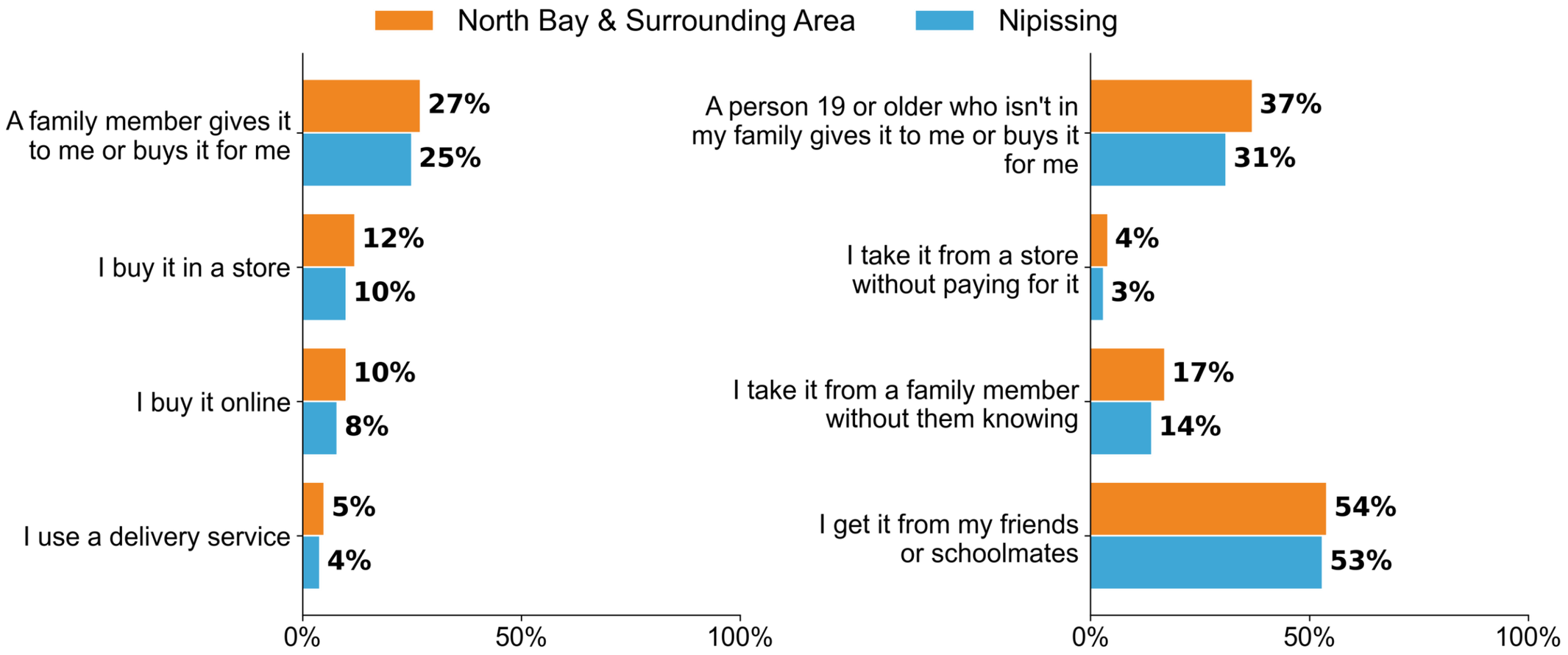
North Bay & Surrounding Area - 2026

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

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

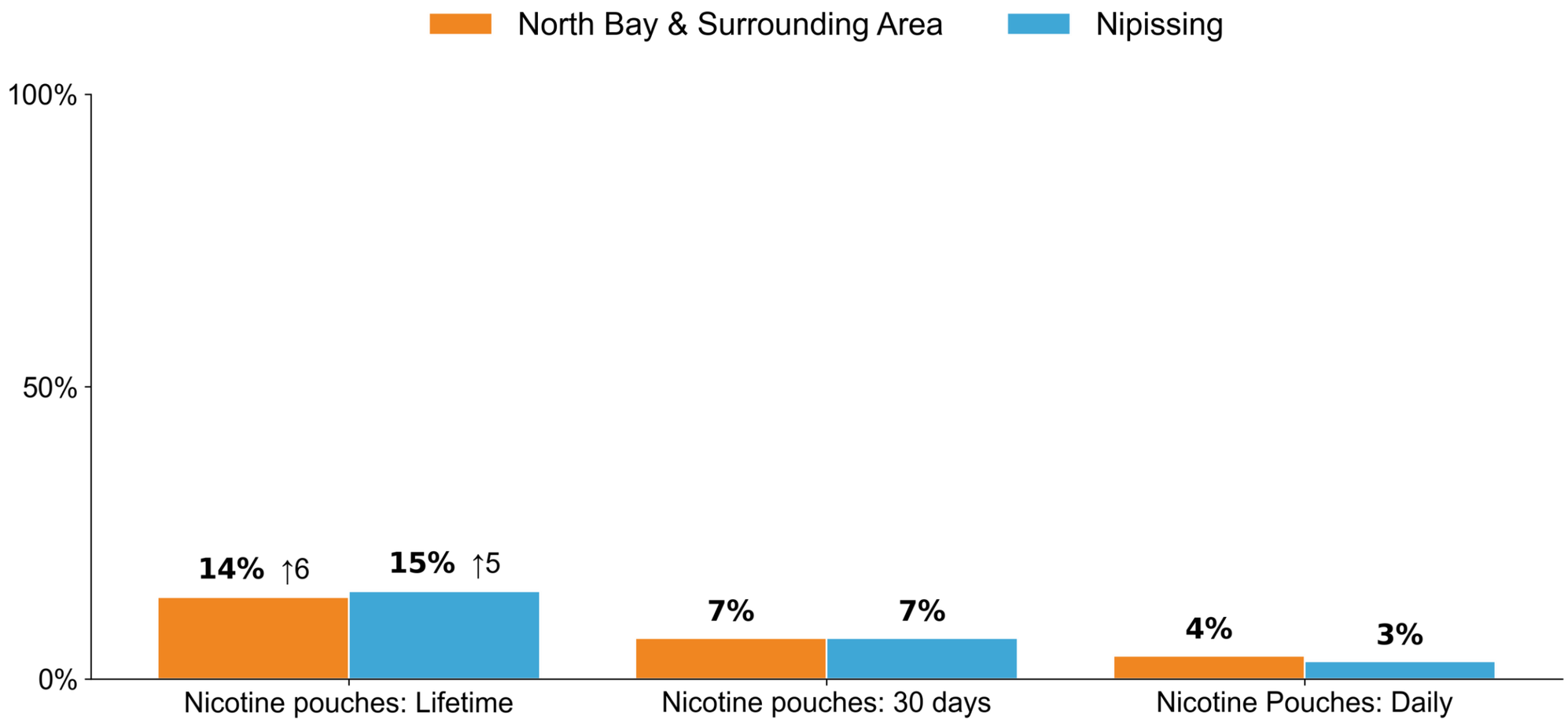


Percentage of adolescents who have used cannabis at least once report getting their cannabis **sometimes** or **often** the following way



North Bay & Surrounding Area - 2026

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

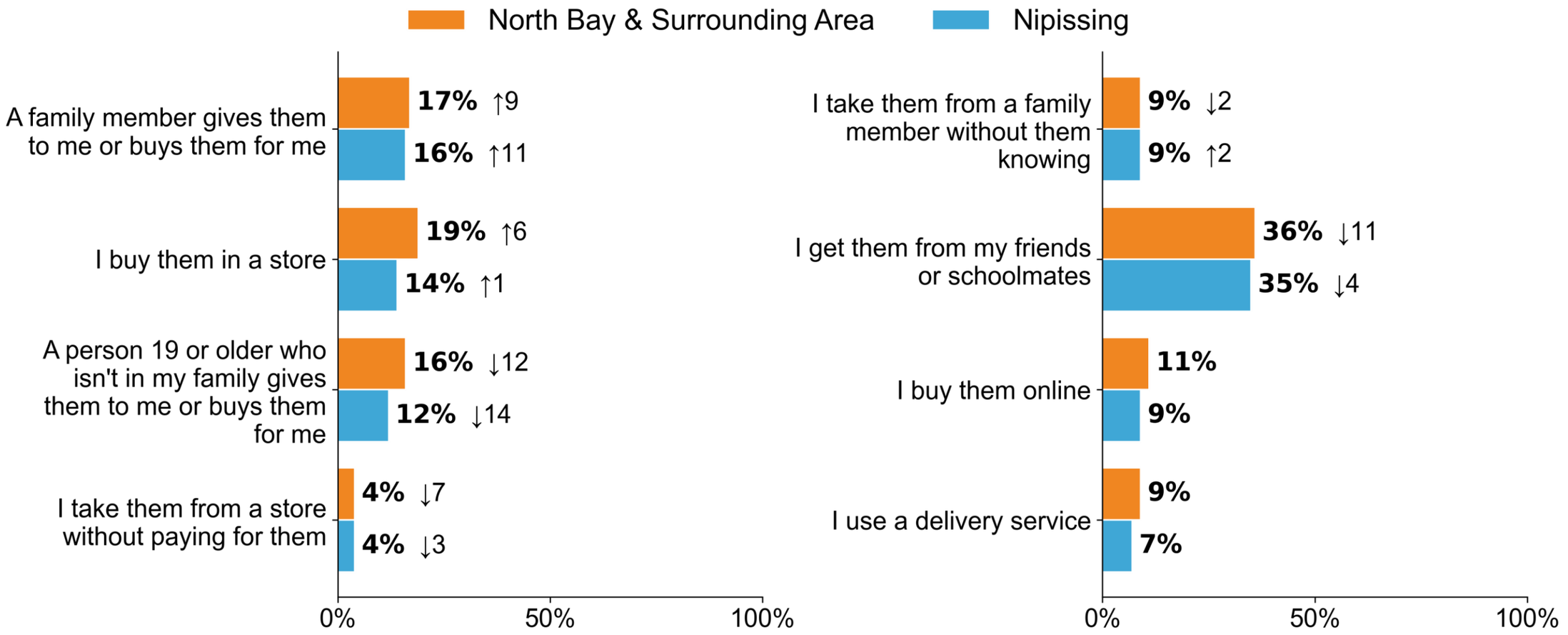


North Bay & Surrounding Area - 2026

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

Substance Use

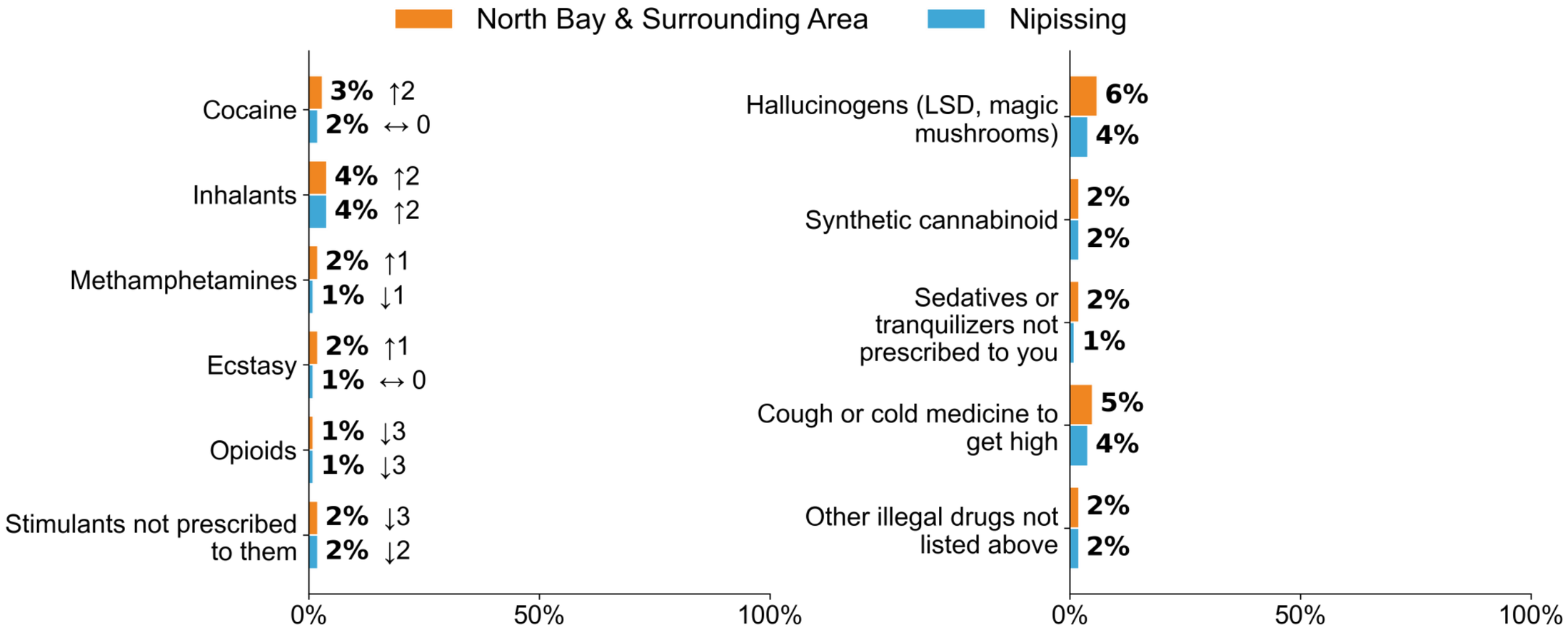
Percentage of adolescents who have used nicotine pouches at least once and report getting them **sometimes** or **often** the following way



North Bay & Surrounding Area - 2026

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

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

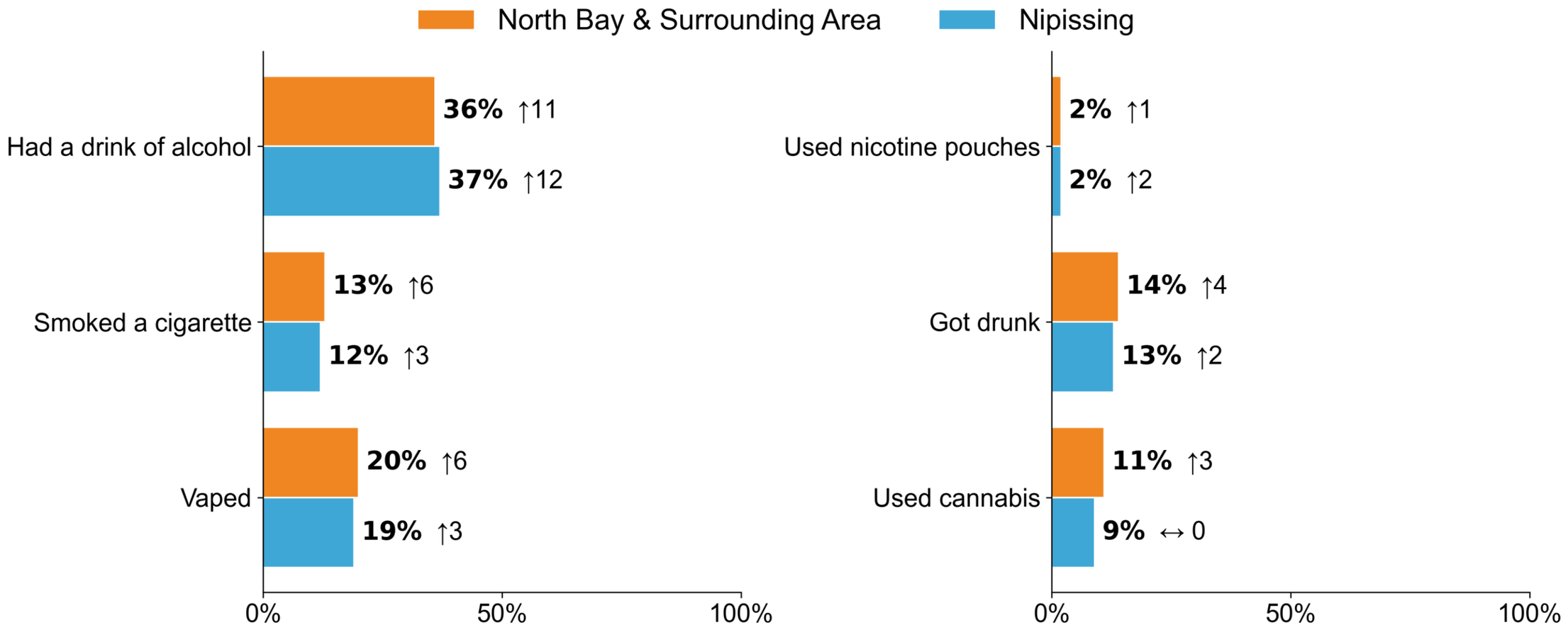


North Bay & Surrounding Area - 2026

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**

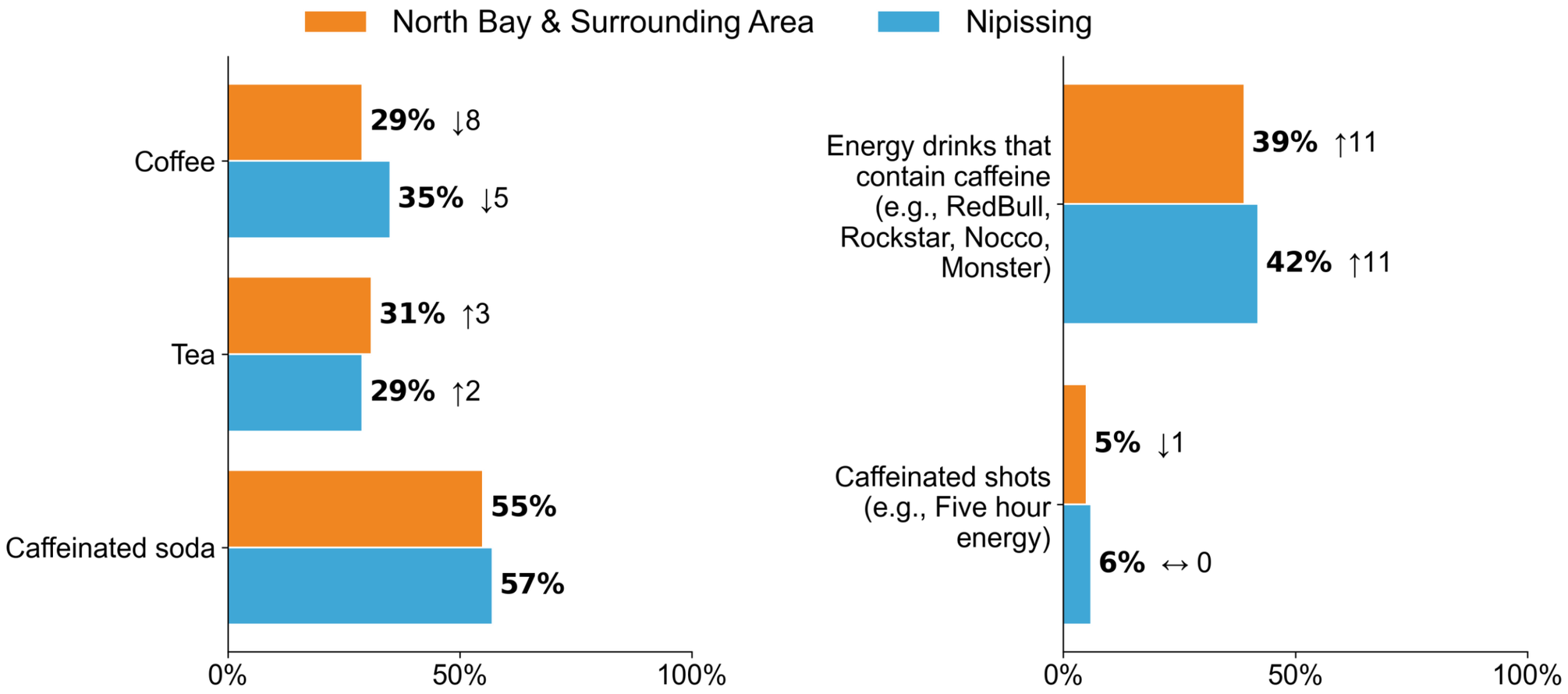


North Bay & Surrounding Area - 2026

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**



North Bay & Surrounding Area - 2026

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

Substance Use

FAMILY

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Family

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

81%

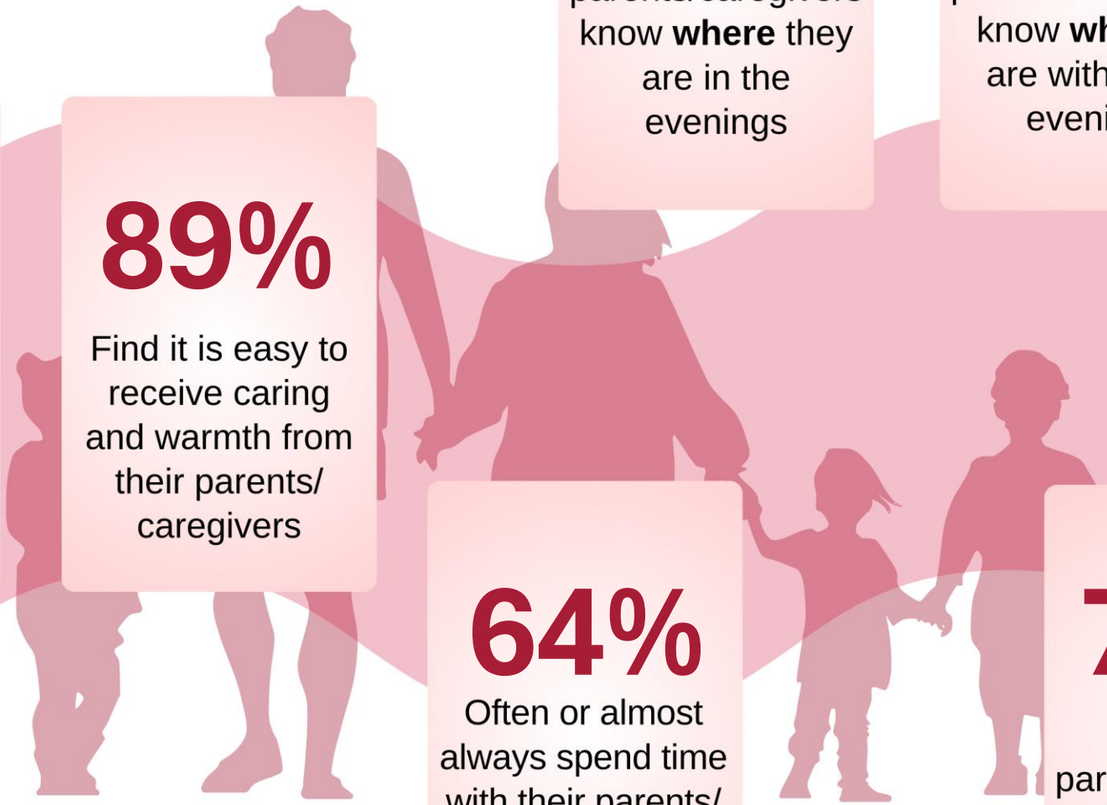
Say their parents/ caregivers set rules **when** they should be home in the evenings

91%

Feel safe at home often or almost always

89%

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



64%

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

70%

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

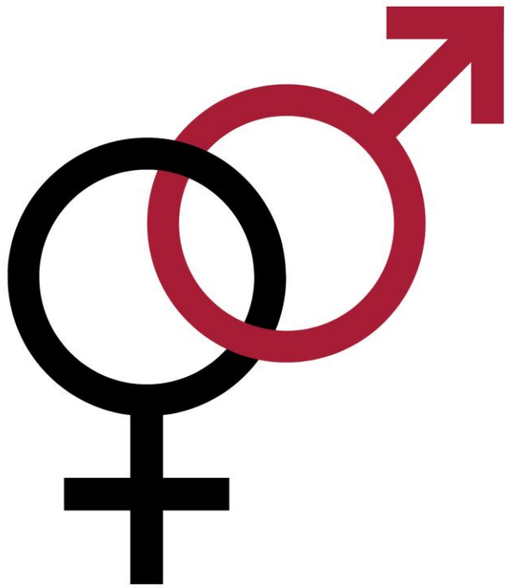
Family

Females

94%
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



Males

91%
Feel safe at home often or almost always

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

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

92% Females | **91%** Males

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

91% Females | **87%** Males

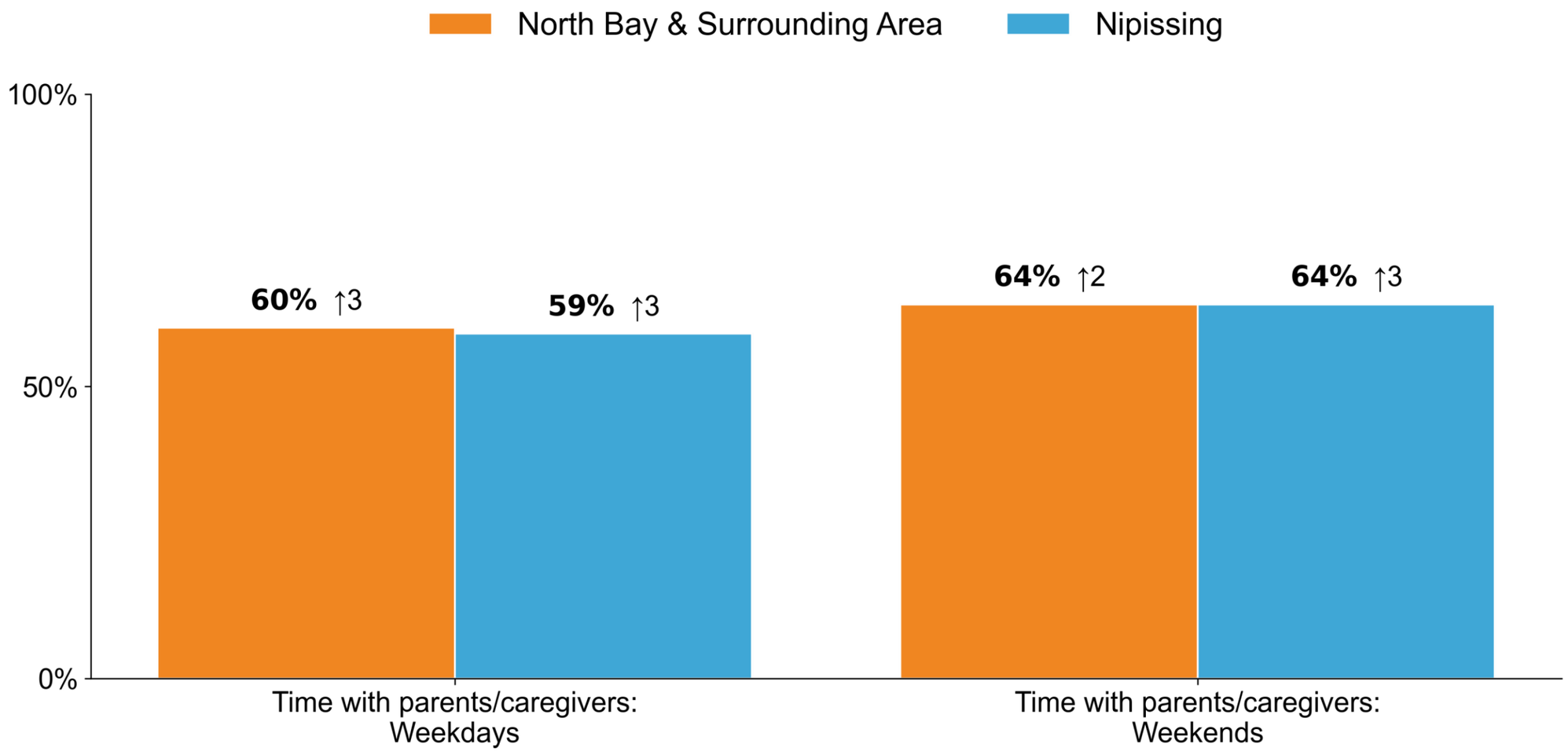
Think their parents/caregivers know **who** they are with in the evenings

83% Females | **77%** Males

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

PLANET Youth

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

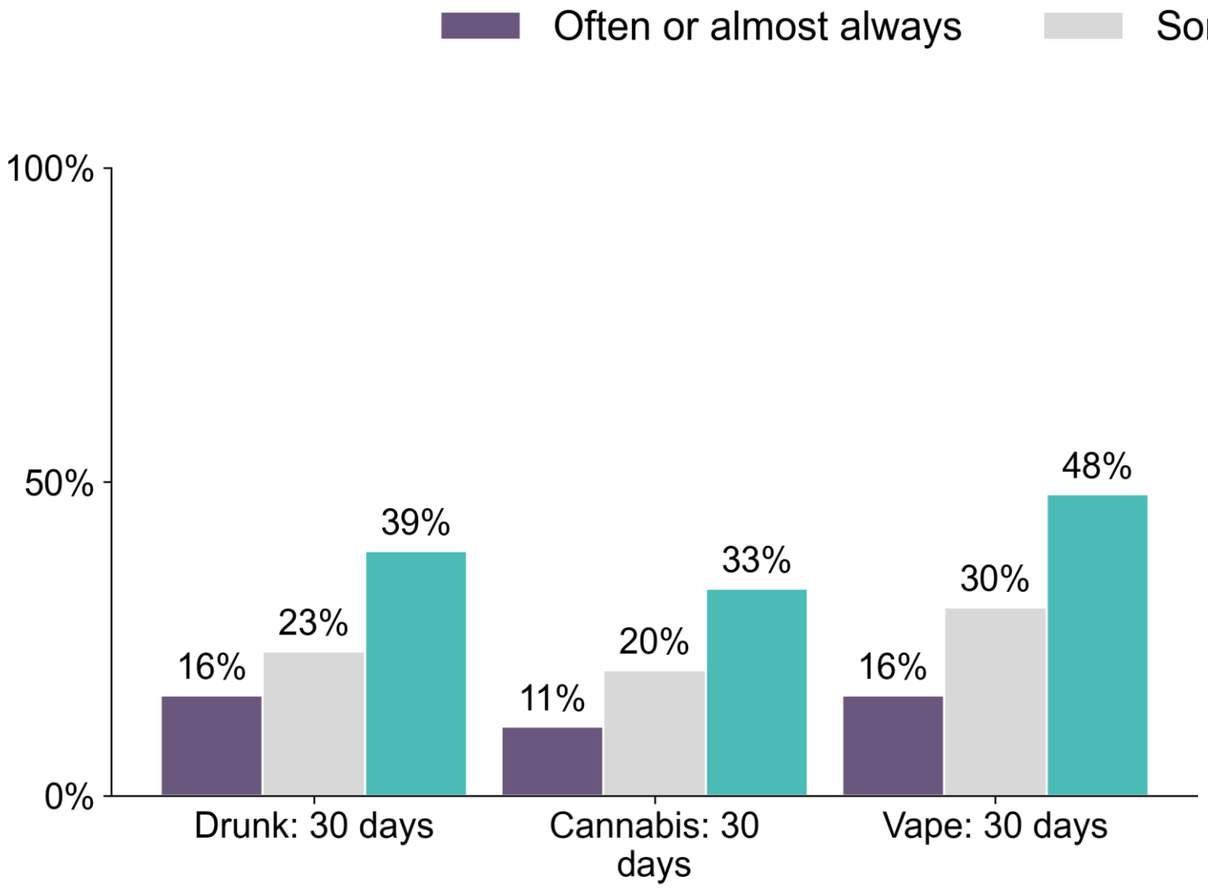


North Bay & Surrounding Area - 2026

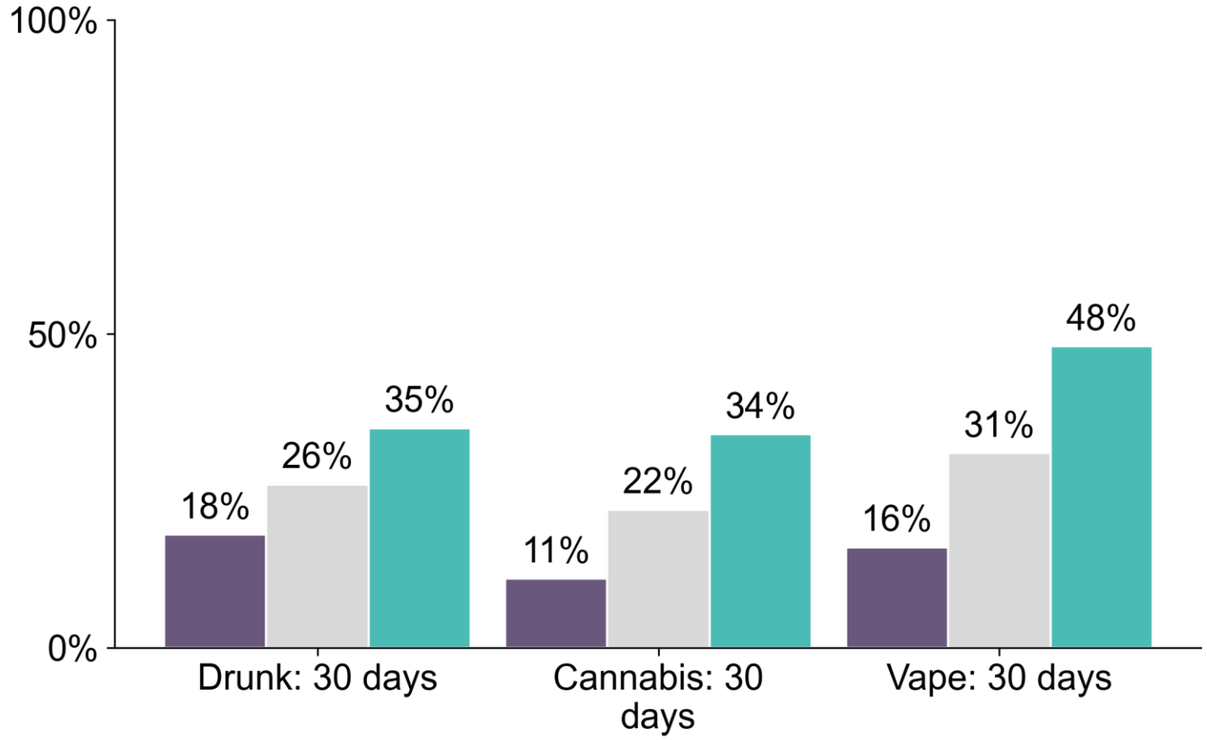
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Family

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



North Bay & Surrounding Area

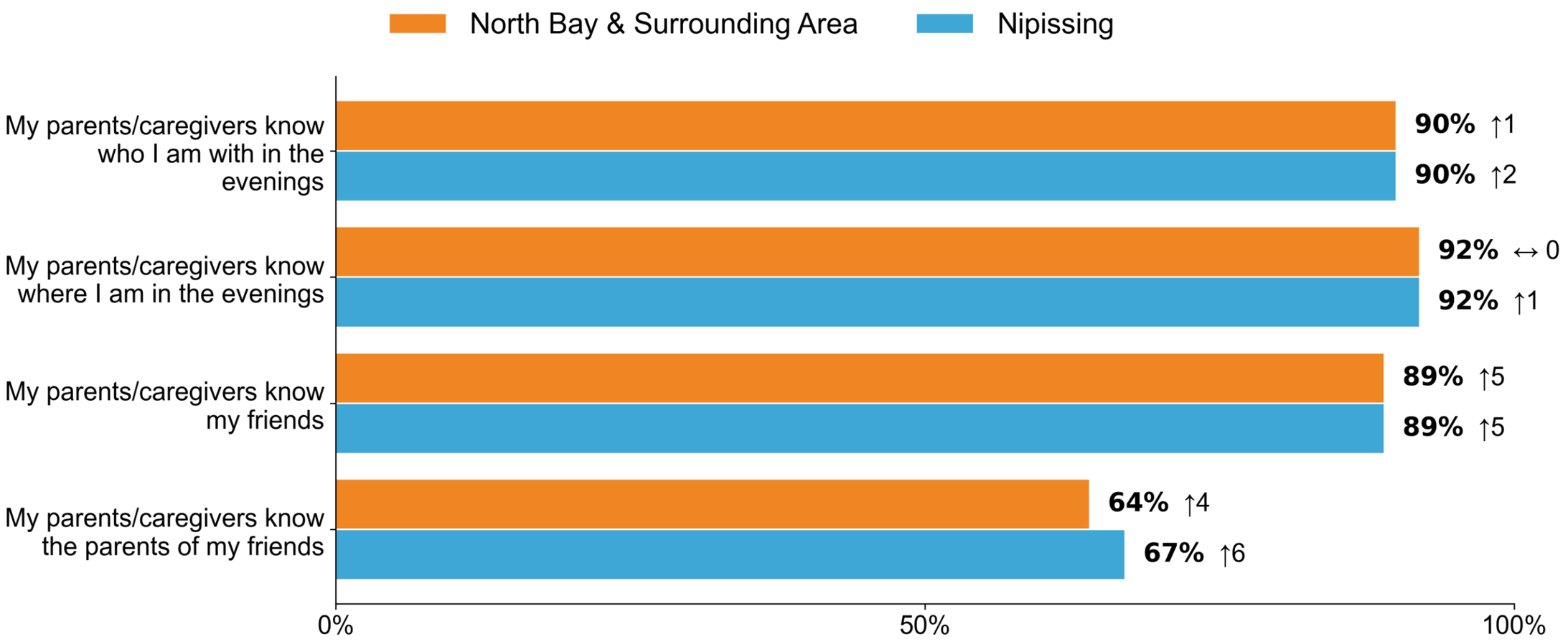


Nipissing

North Bay & Surrounding Area - 2026

Family

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

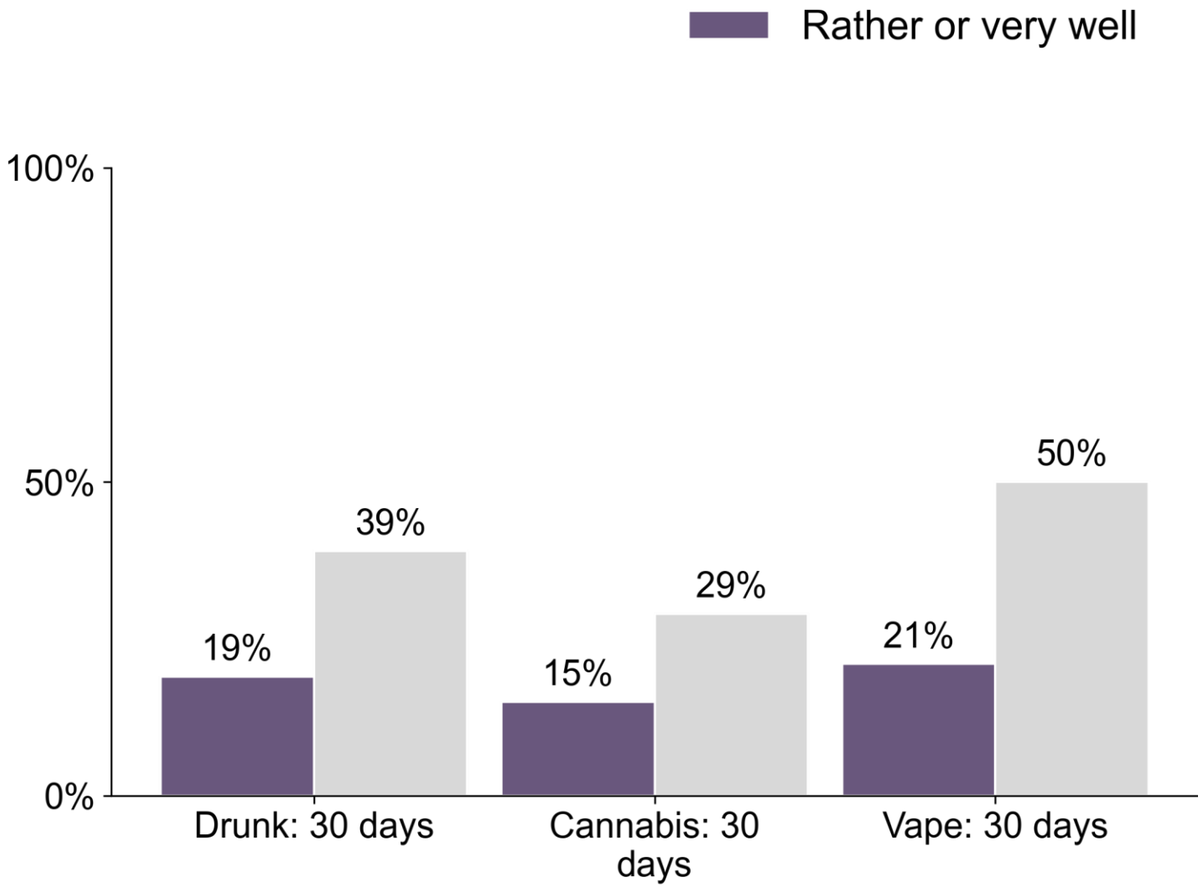


North Bay & Surrounding Area - 2026

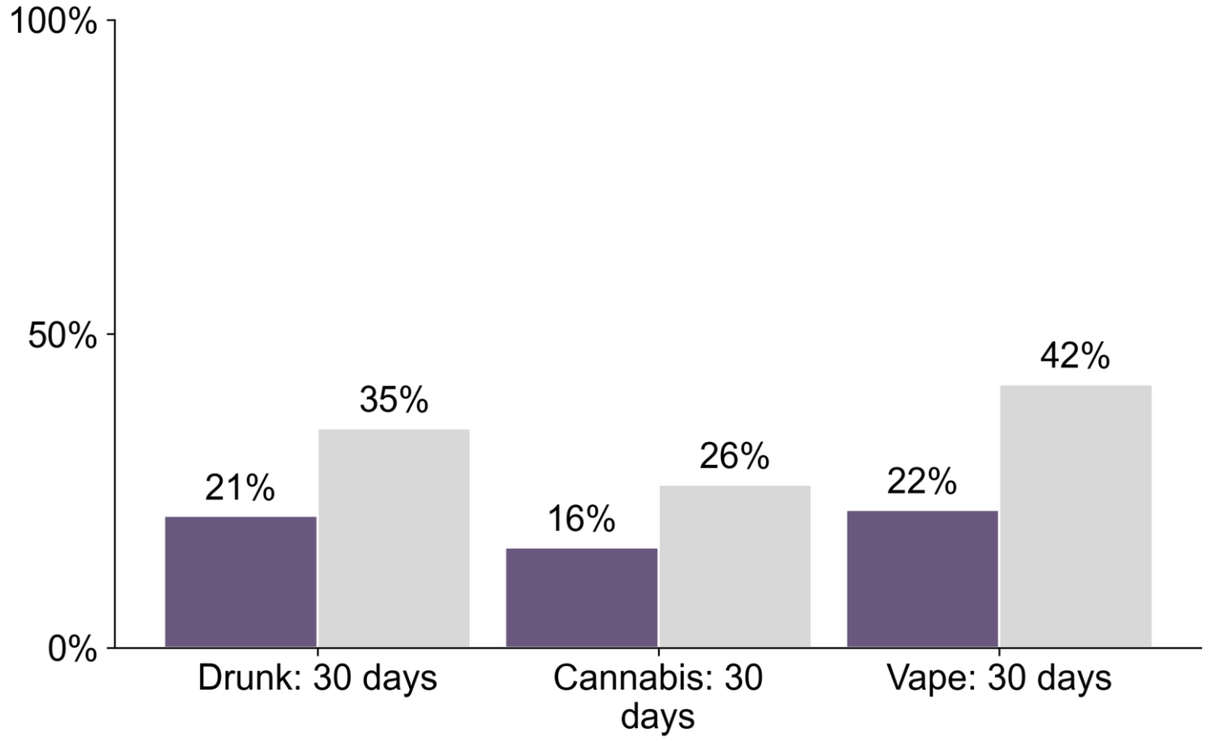
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Family

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



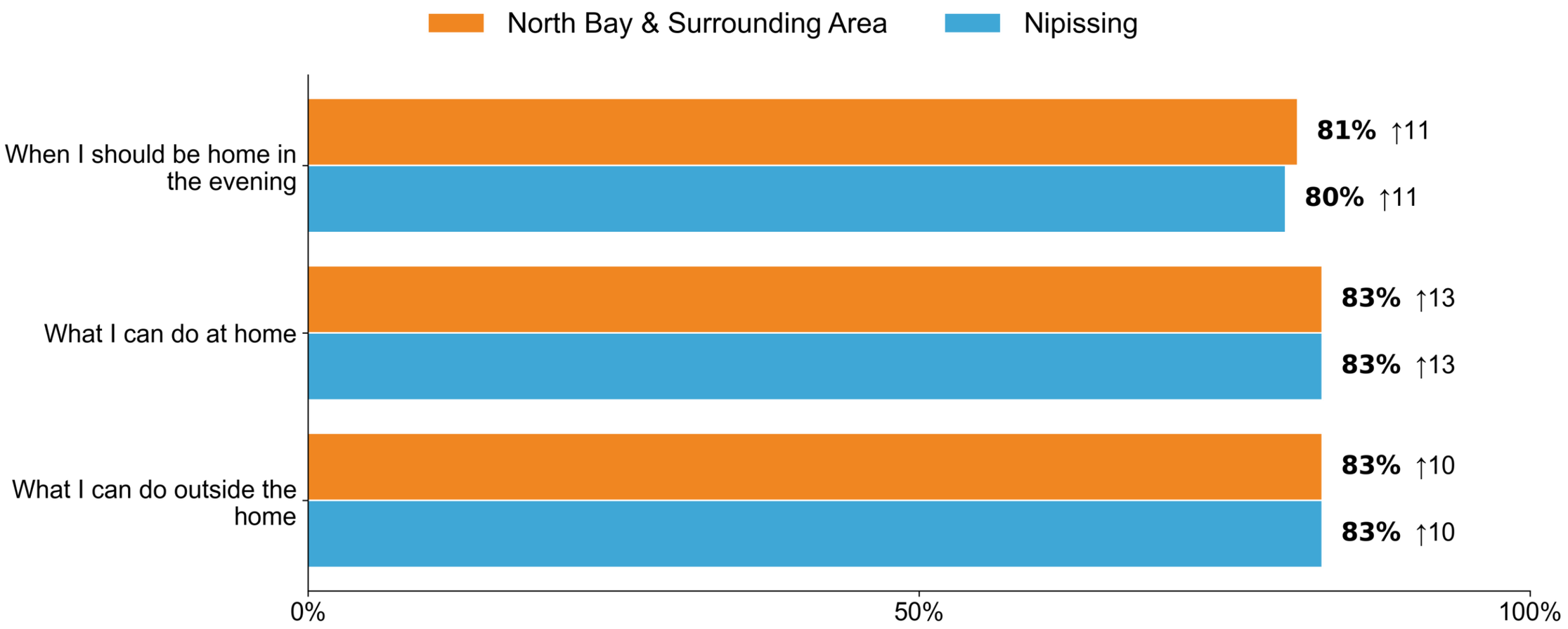
North Bay & Surrounding Area



Nipissing

North Bay & Surrounding Area - 2026

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

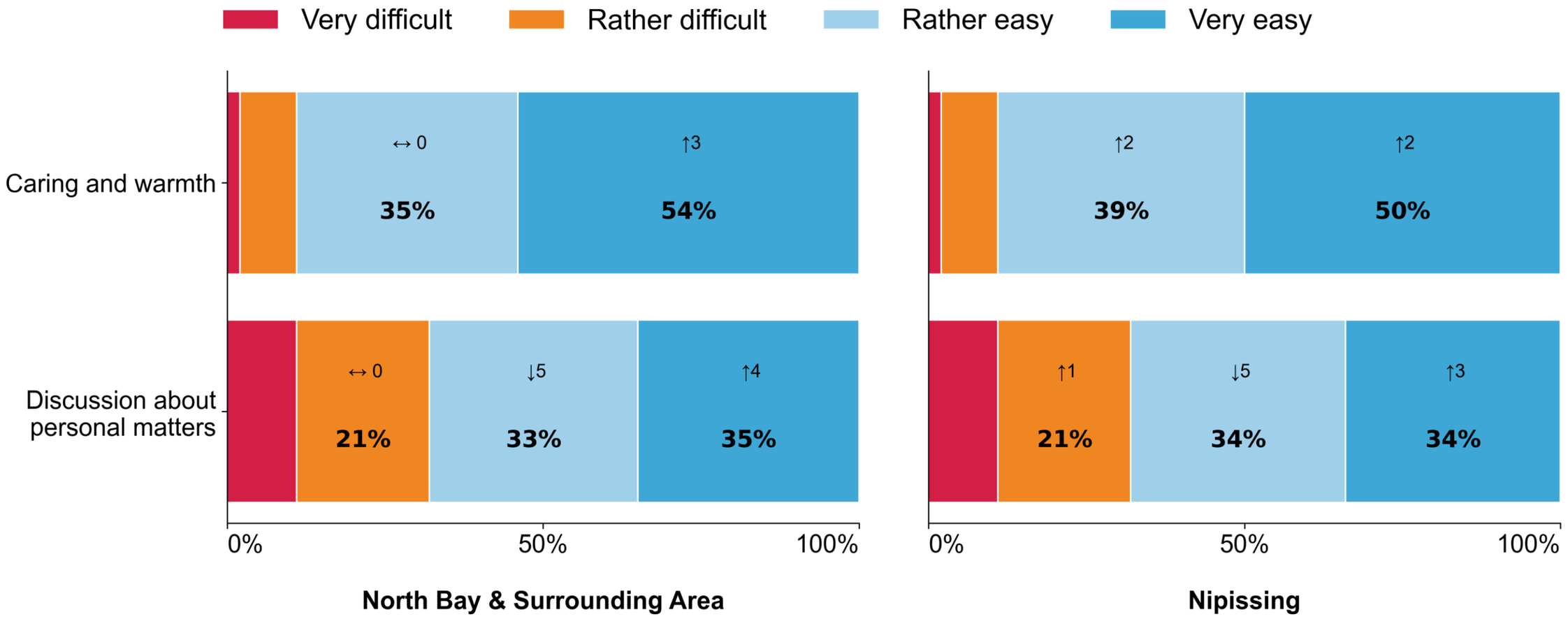


North Bay & Surrounding Area - 2026

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**

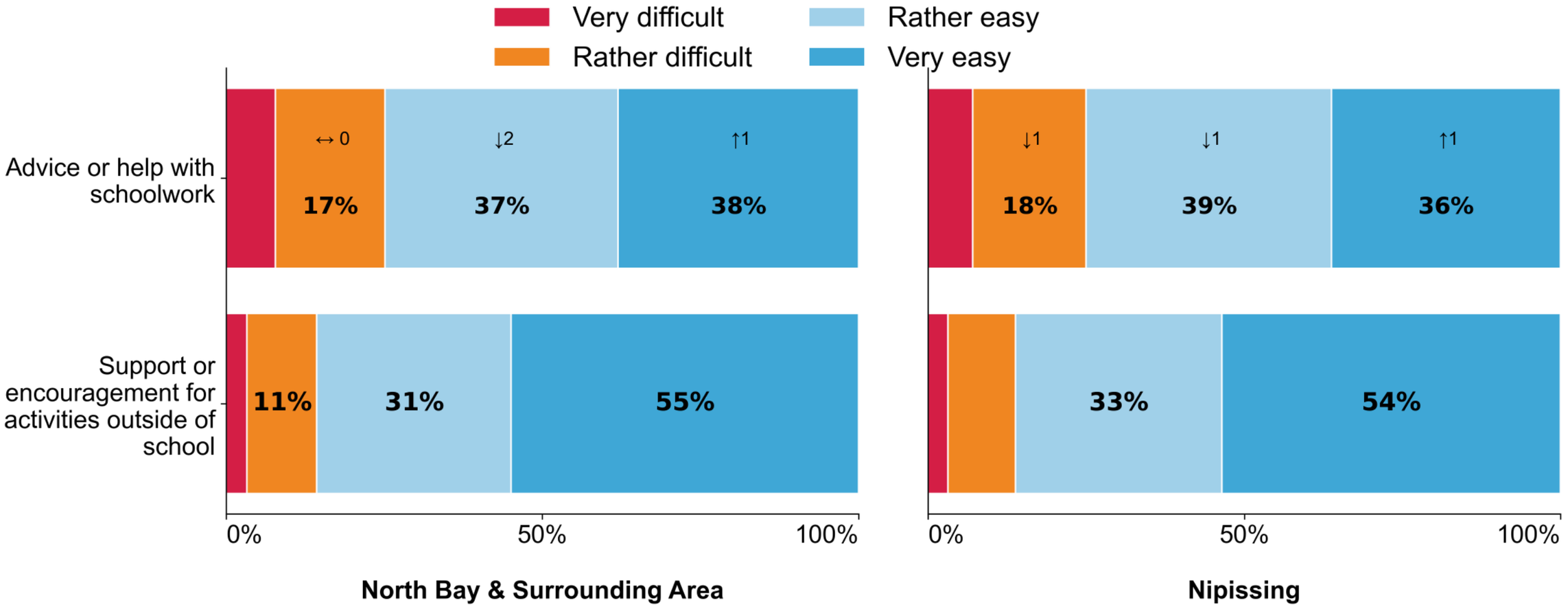


North Bay & Surrounding Area - 2026

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 2**

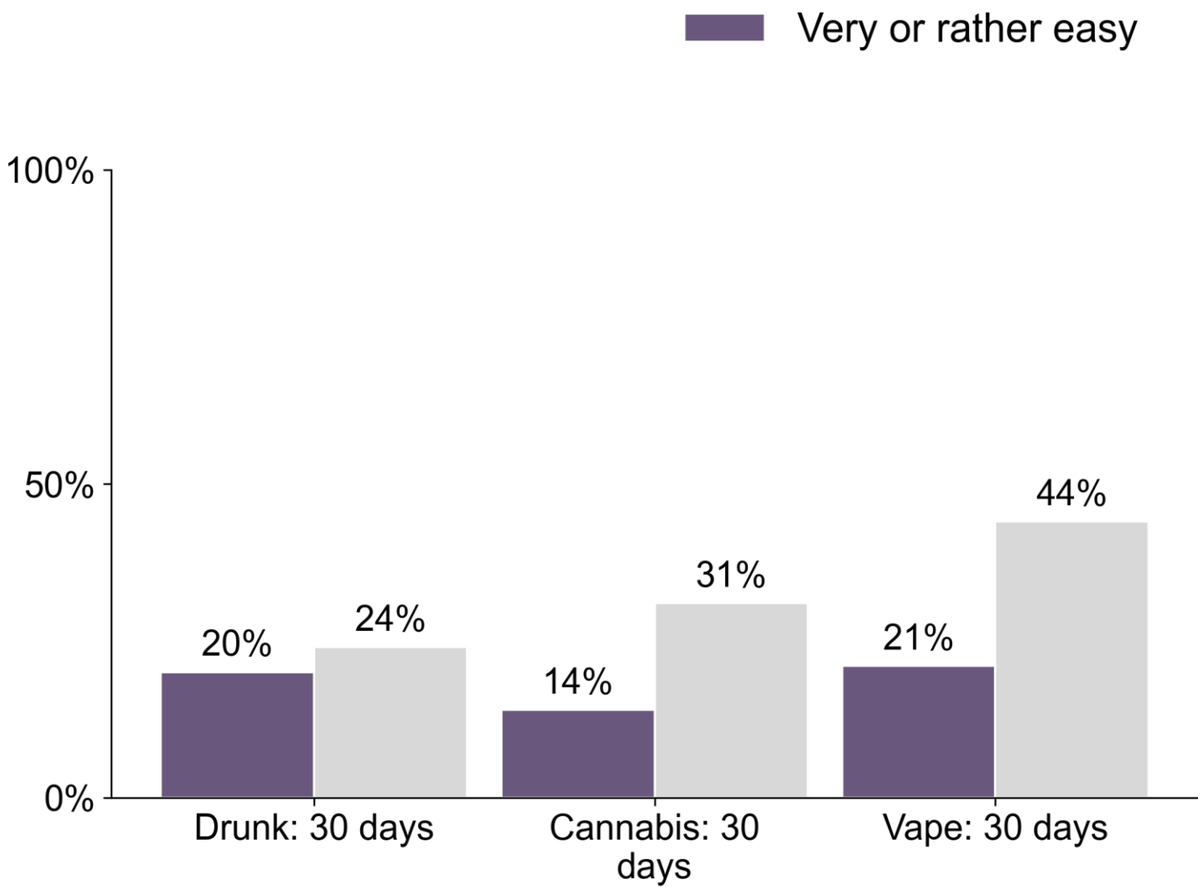


North Bay & Surrounding Area - 2026

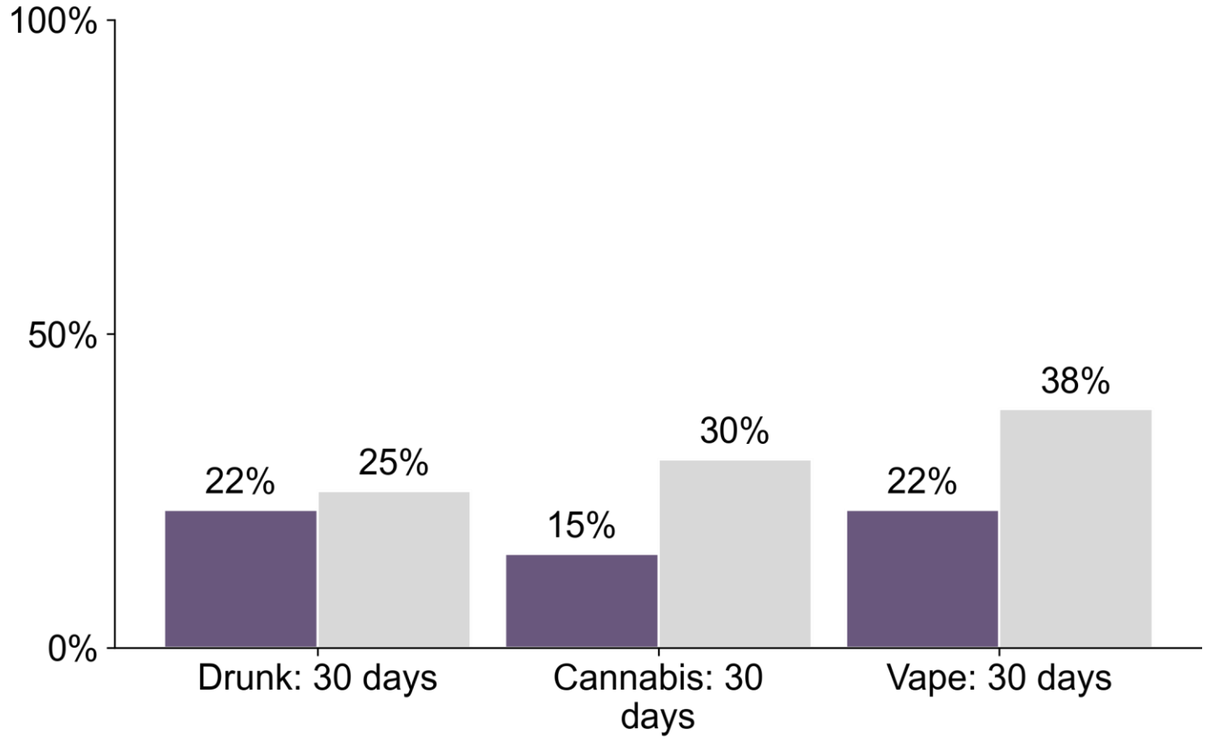
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Family

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



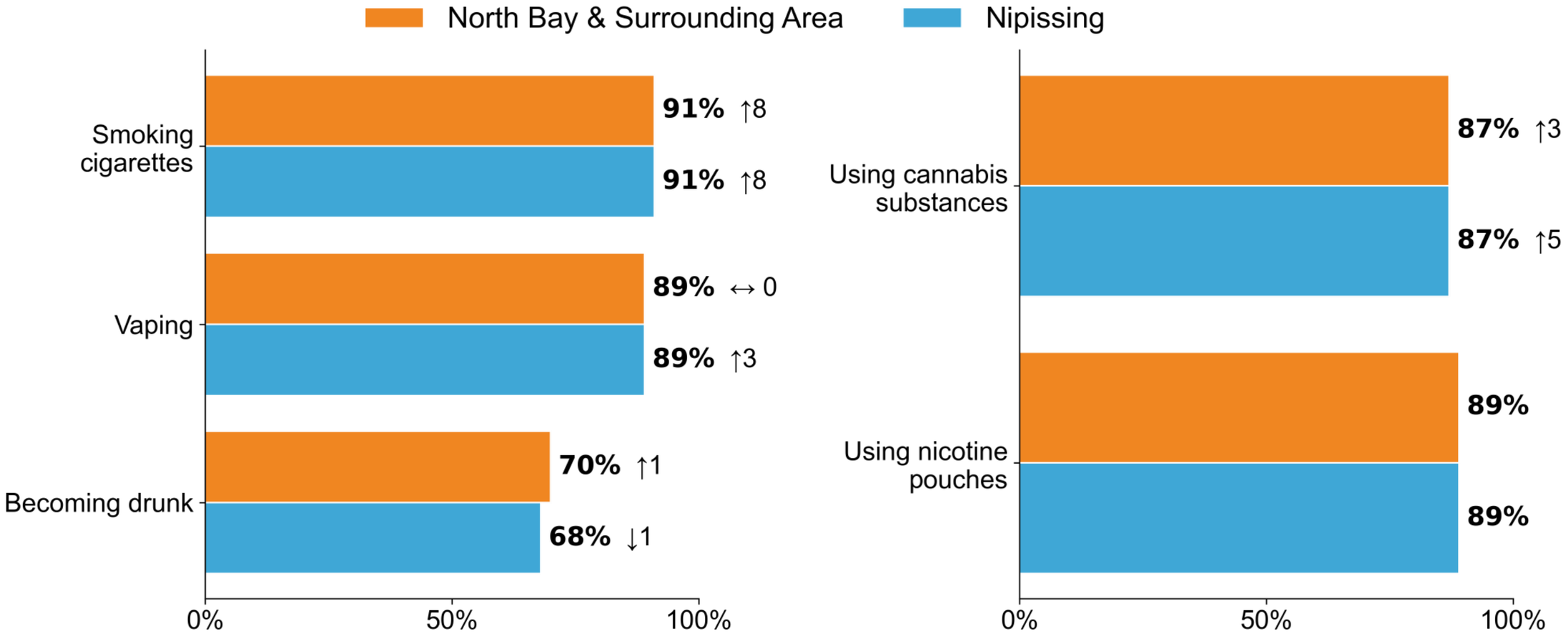
North Bay & Surrounding Area



Nipissing

North Bay & Surrounding Area - 2026

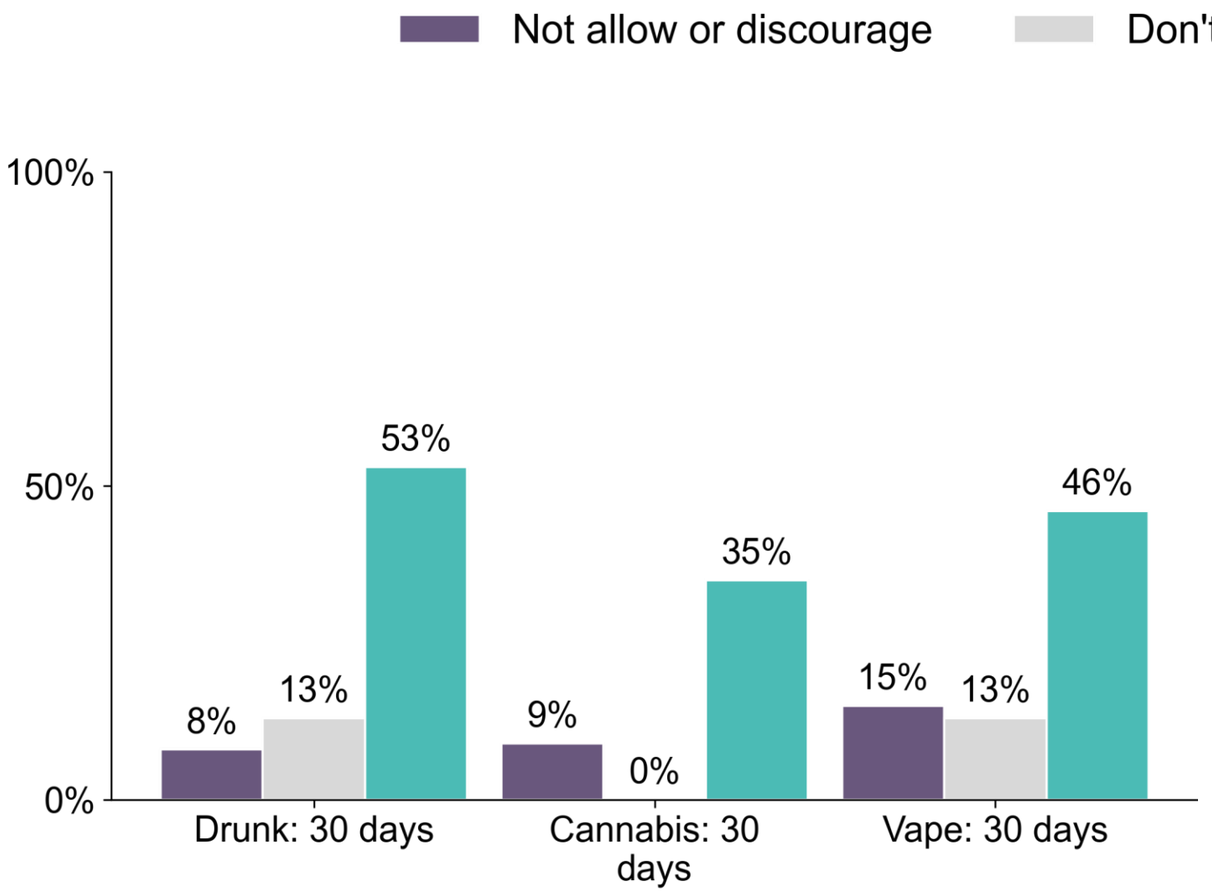
Perceived parental reactions to substance use: Adolescent perceptions of whether parents / caregivers would **not allow** or **discourage** the following types of substance use



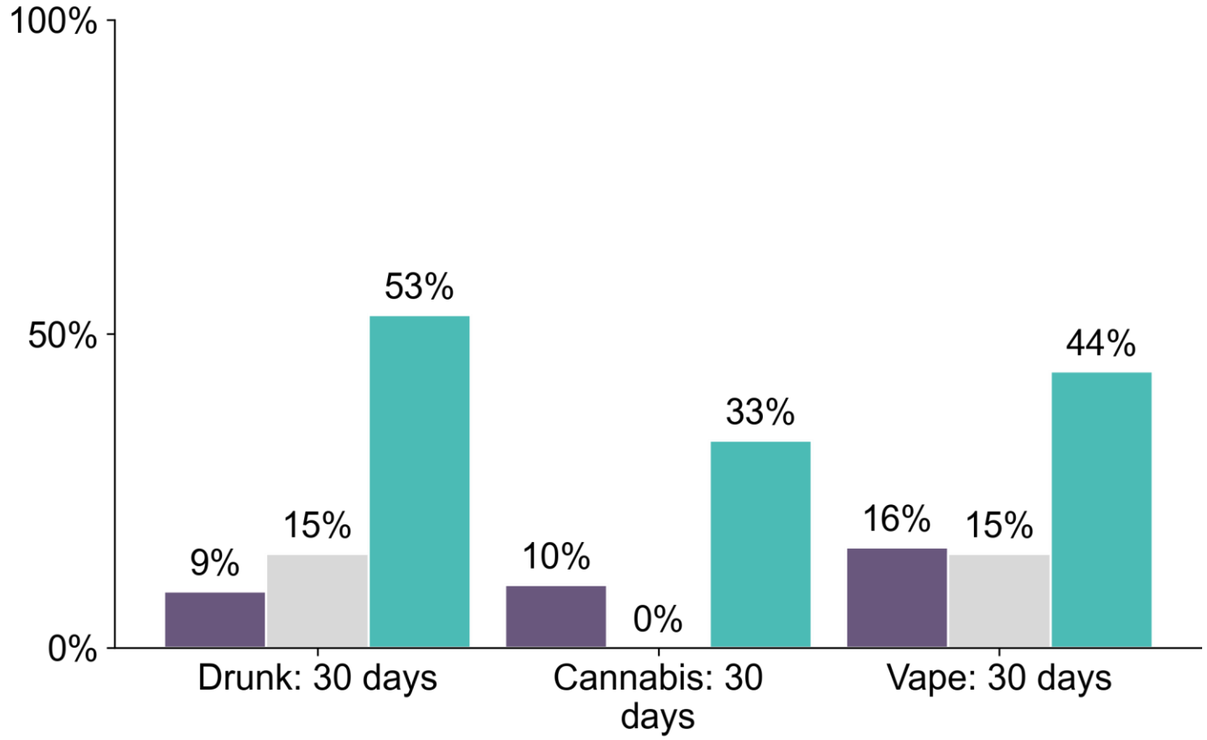
North Bay & Surrounding Area - 2026

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



North Bay & Surrounding Area

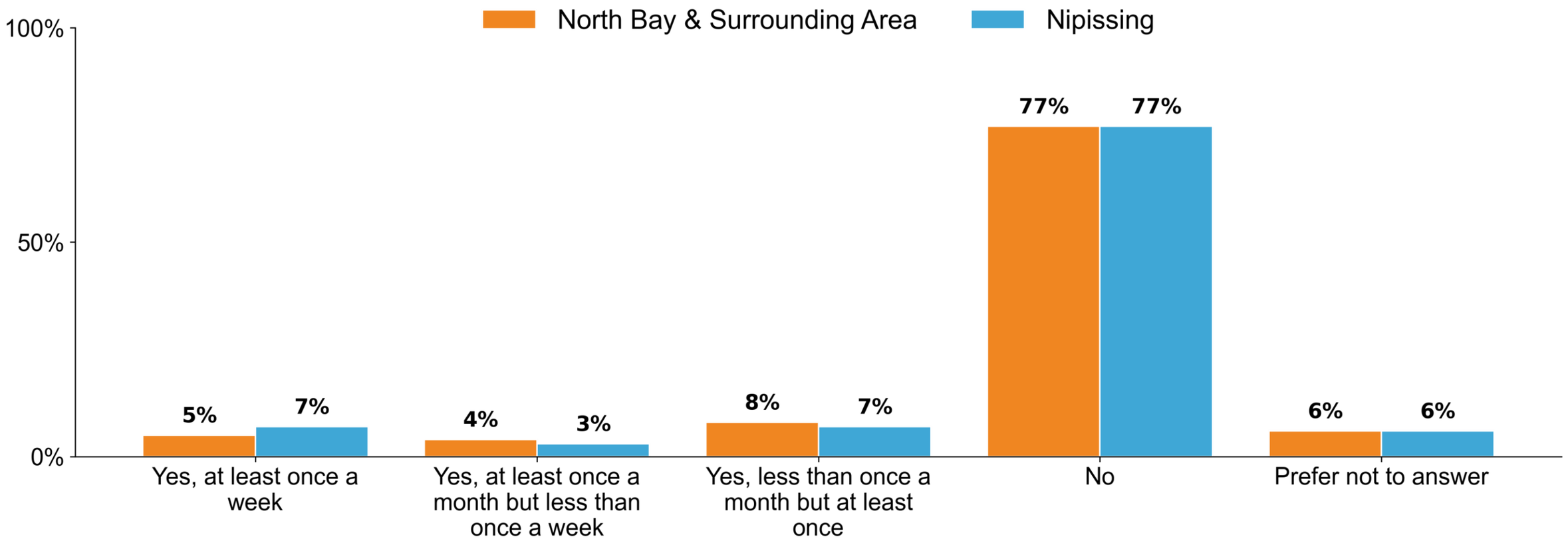


Nipissing

North Bay & Surrounding Area - 2026

Family

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



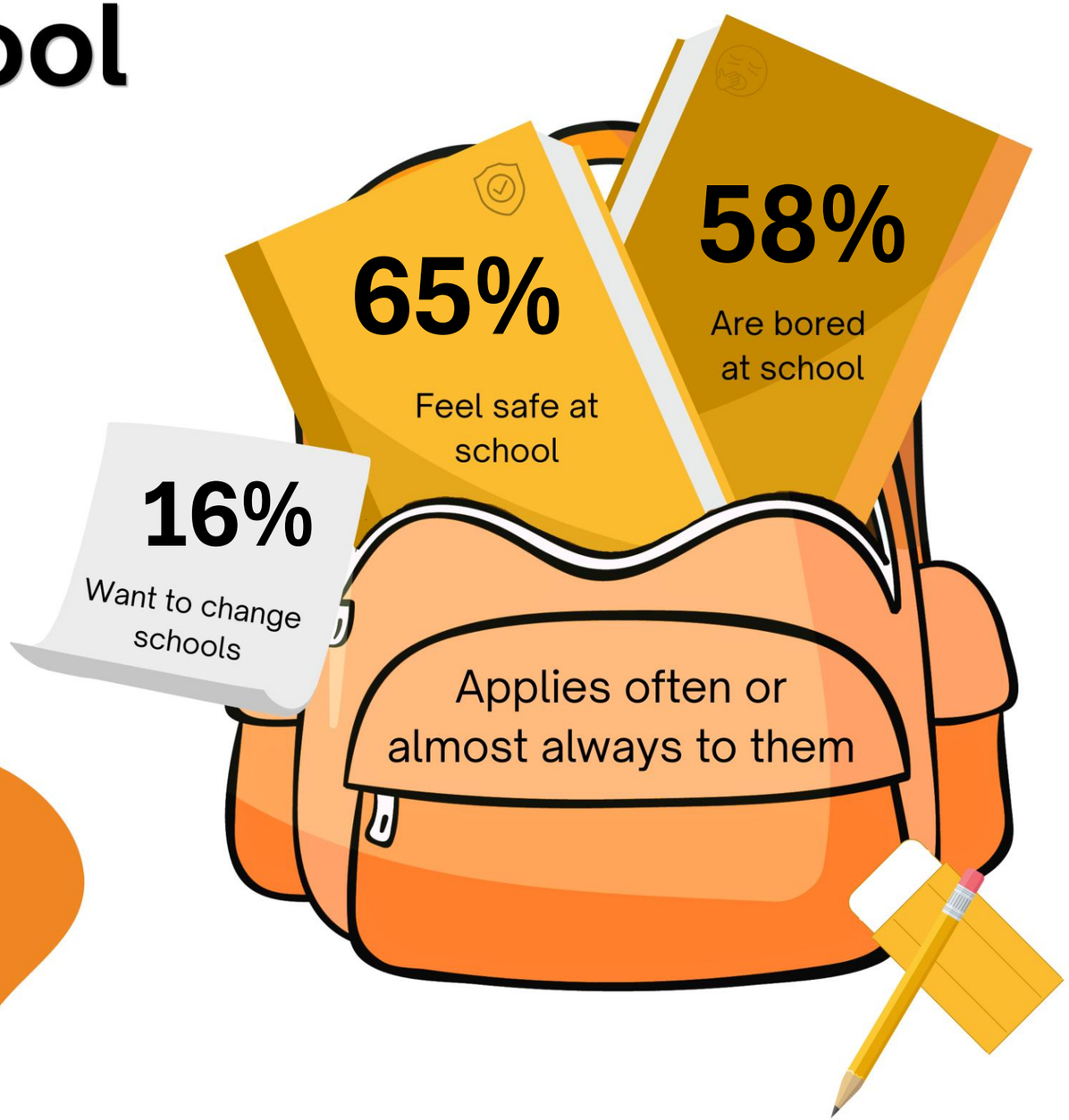
North Bay & Surrounding Area - 2026

Family

SCHOOL

PLANET Youth®

School



83%

Have friends at school who care about them

63%

Think the adults at their school care about them

80%

Get along with their teachers

PLANET Youth®

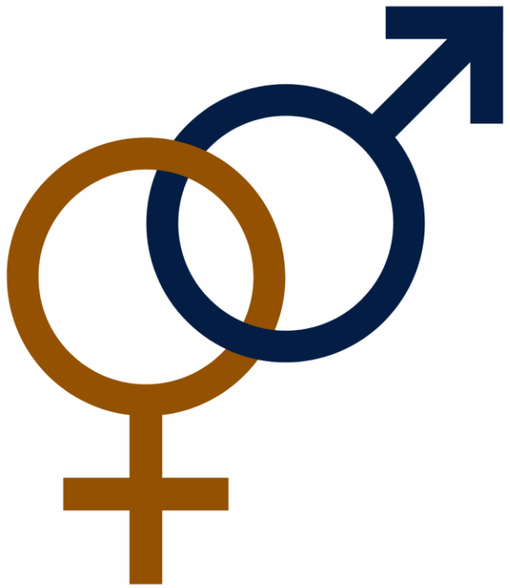
School

Females

52%
Are often or almost always bored at school

65%
Think the adults at their school care about them

88%
Have friends at school who care about them



Males

62%
Are often or almost always bored at school

63%
Think the adults at their school care about them

83%
Have friends at school who care about them

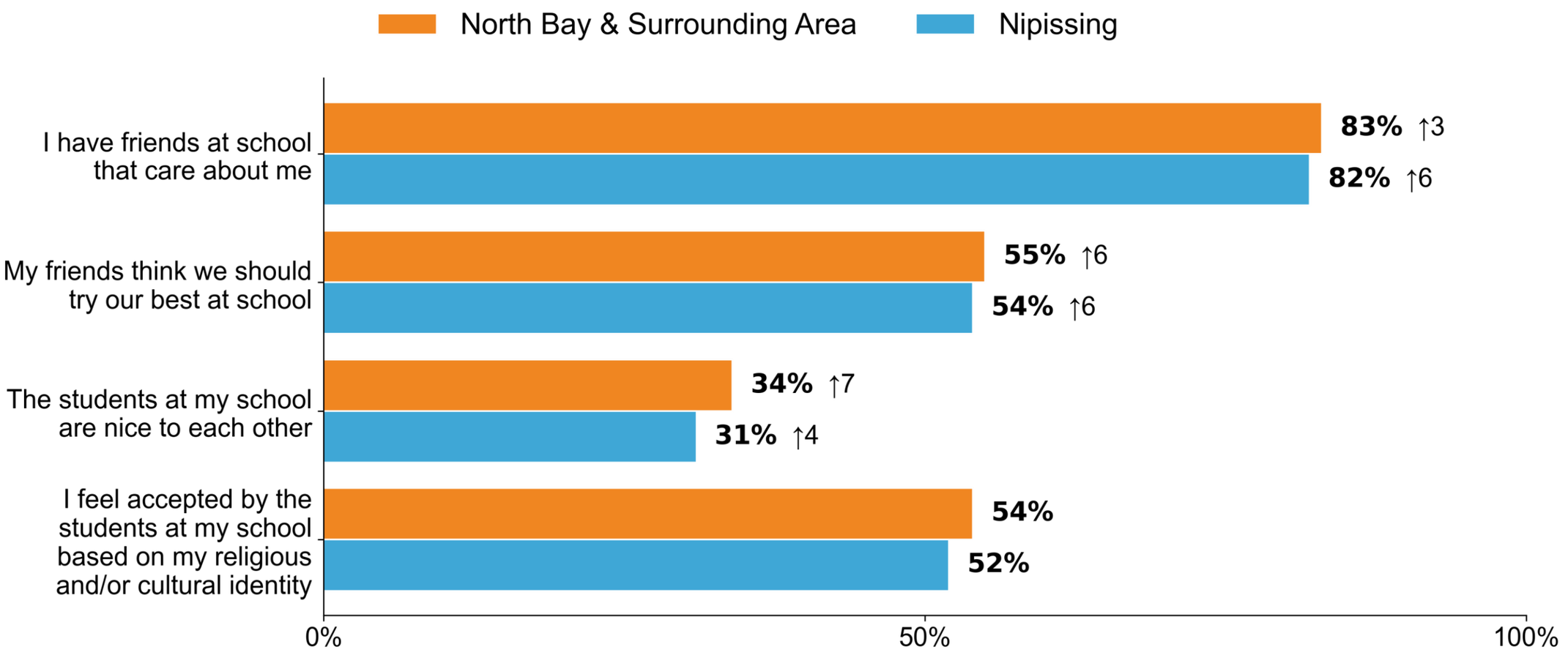
68% Females | **69%** Males
Often or almost always feel safe at school

82% Females | **78%** Males
Agree or strongly agree to getting along with their teachers

16% Females | **13%** Males
Often or almost always want to change schools

PLANET Youth

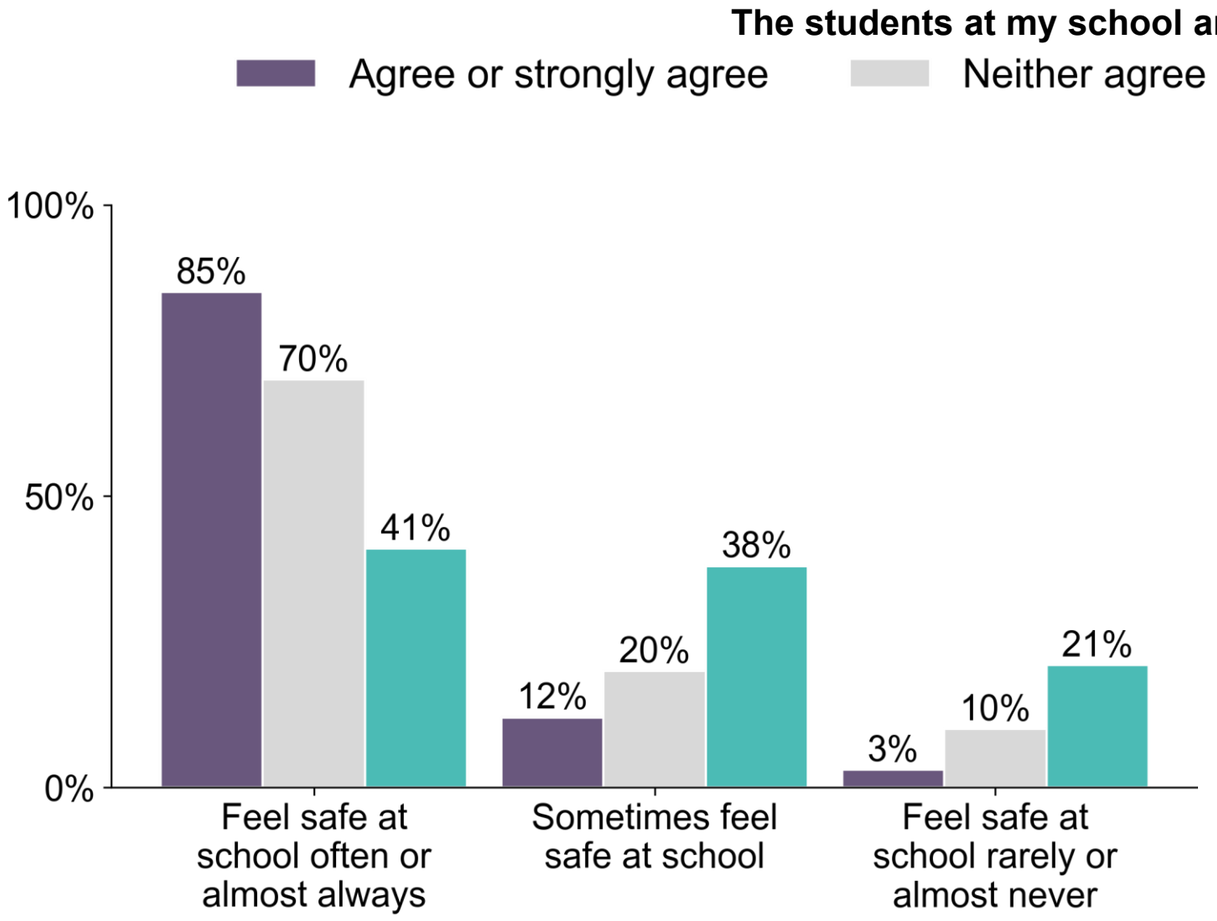
Percentage of adolescents who **agree somewhat** or **strongly agree** with the following statements about peer support in school



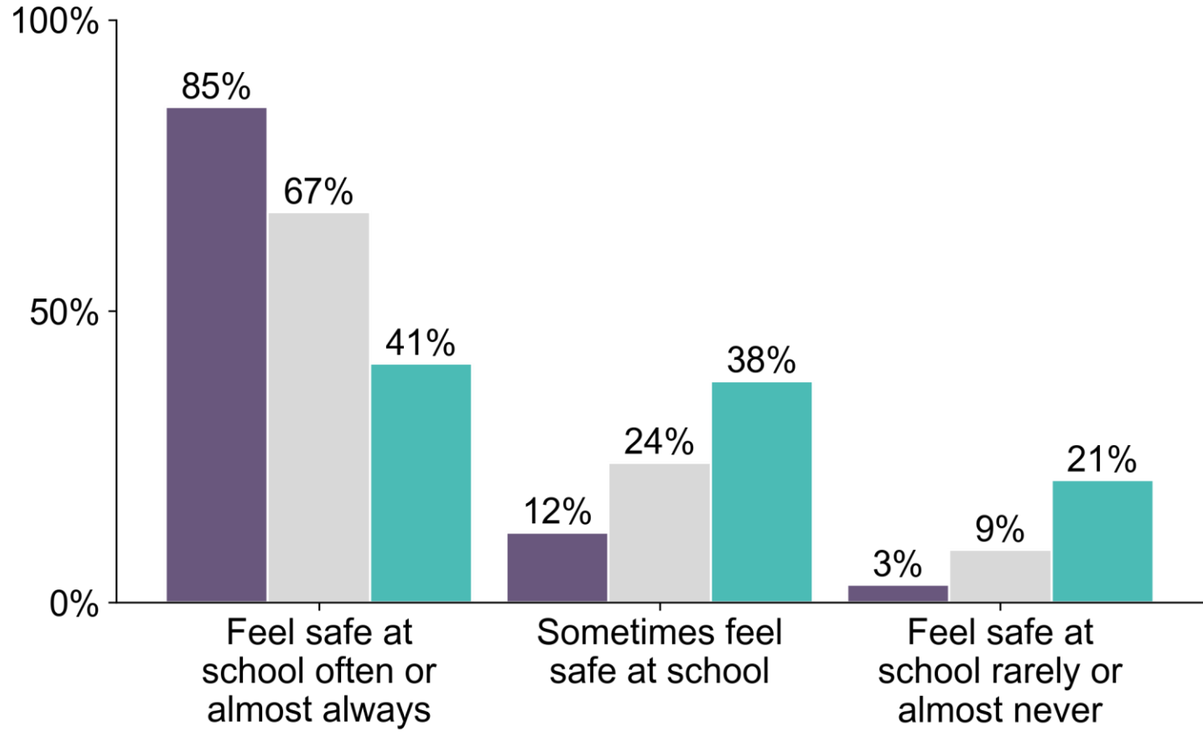
North Bay & Surrounding Area - 2026

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

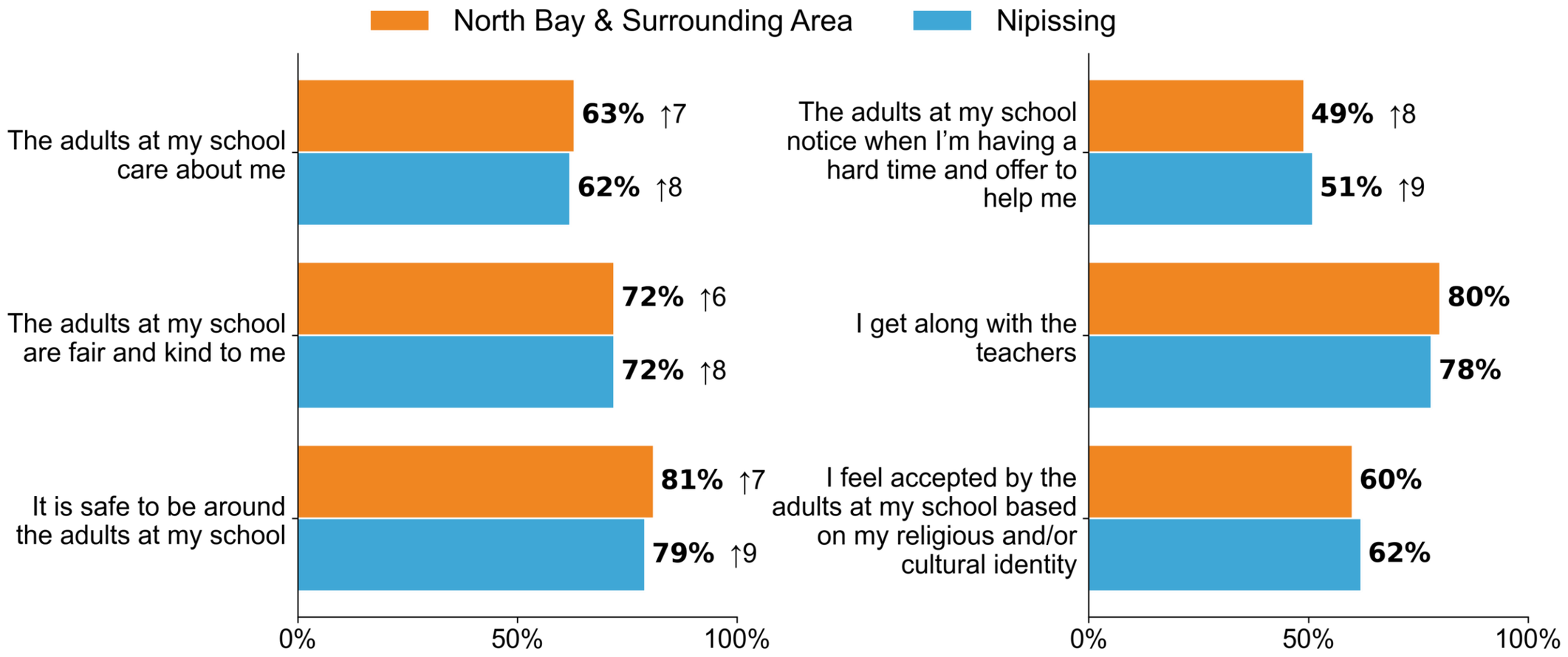


North Bay & Surrounding Area



Nipissing

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

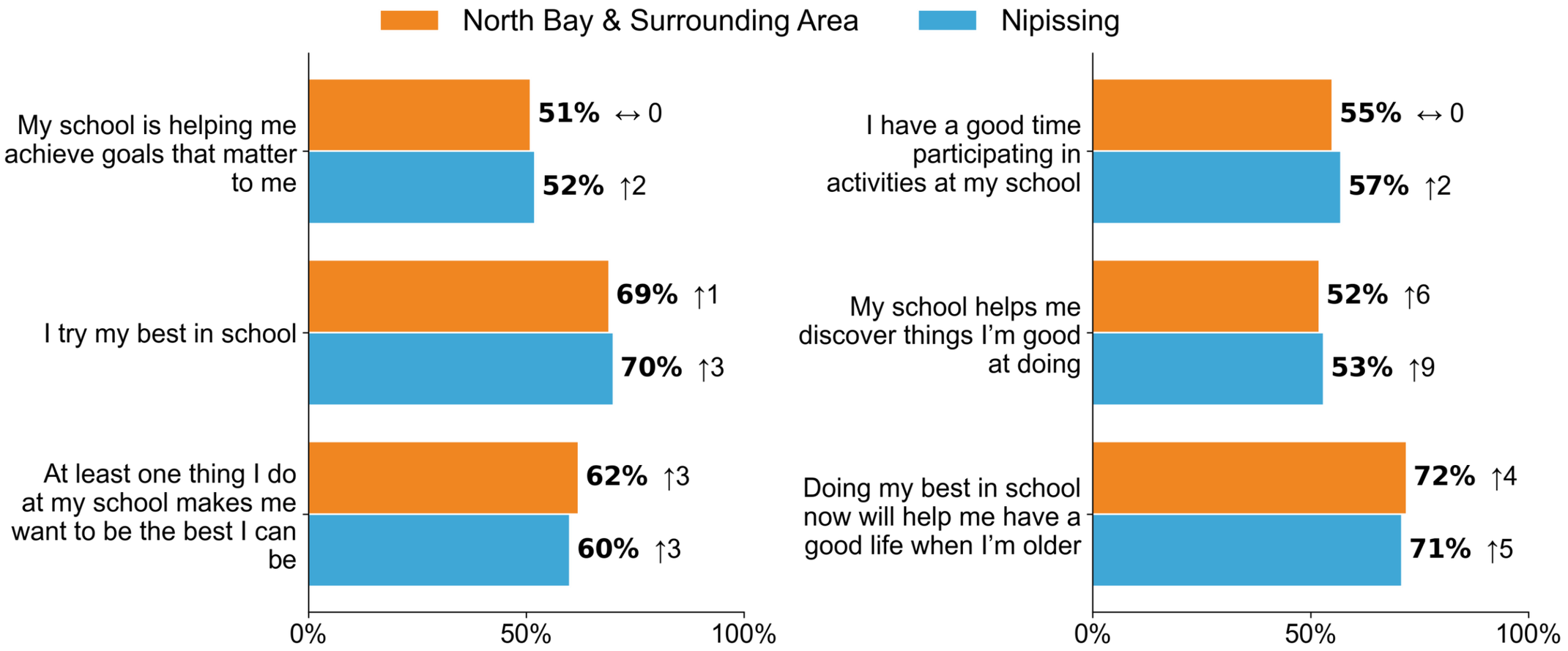


North Bay & Surrounding Area - 2026

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

School

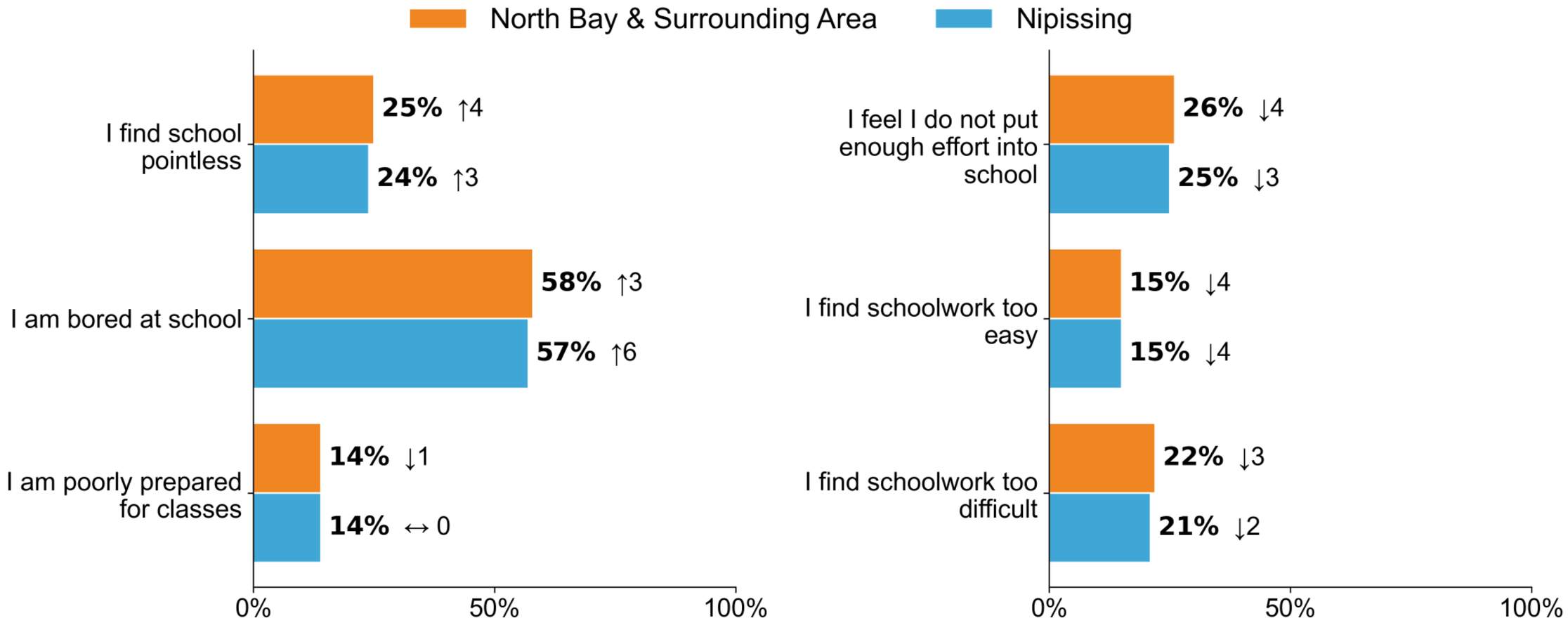
Percentage of adolescents who **agree somewhat** or **strongly agree** with the following statements about school activities and efforts



North Bay & Surrounding Area - 2026

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

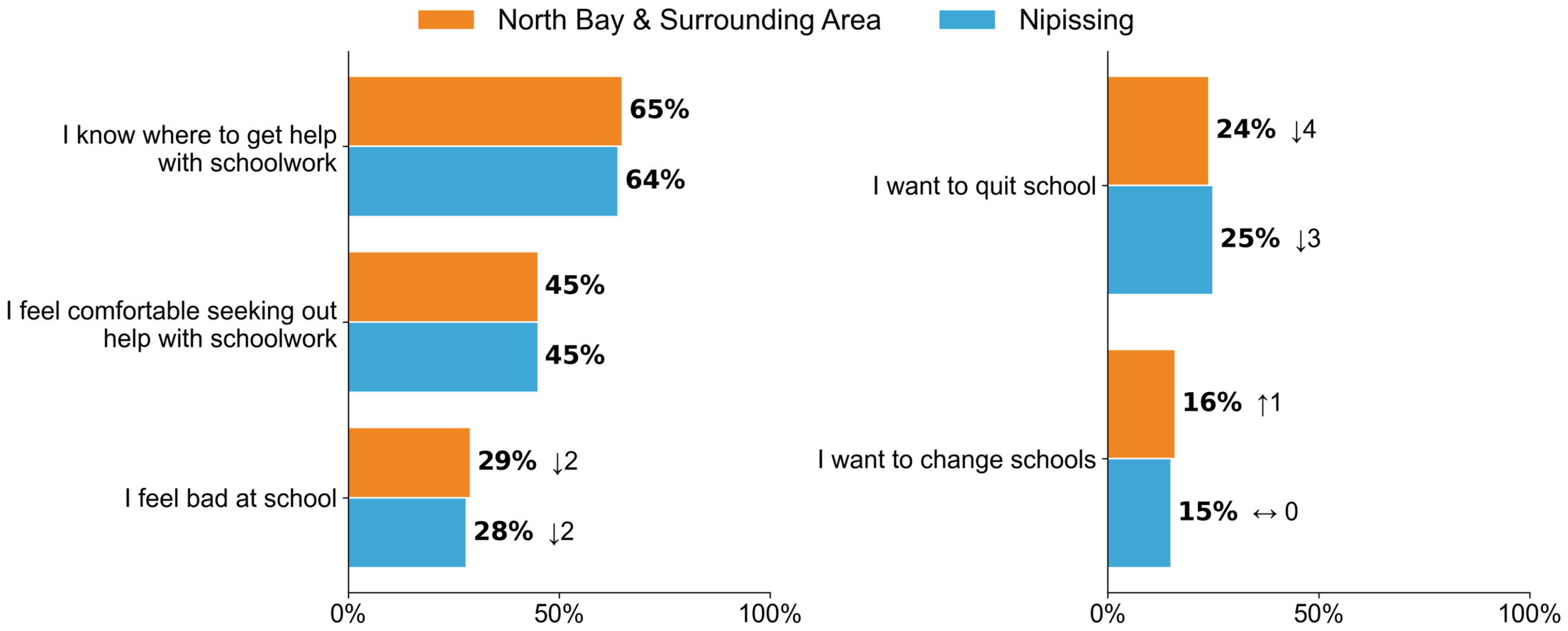
Percentage of adolescents who report that the following school / study attitude applies **often** or **almost always** to them **-Part 1**



North Bay & Surrounding Area - 2026

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

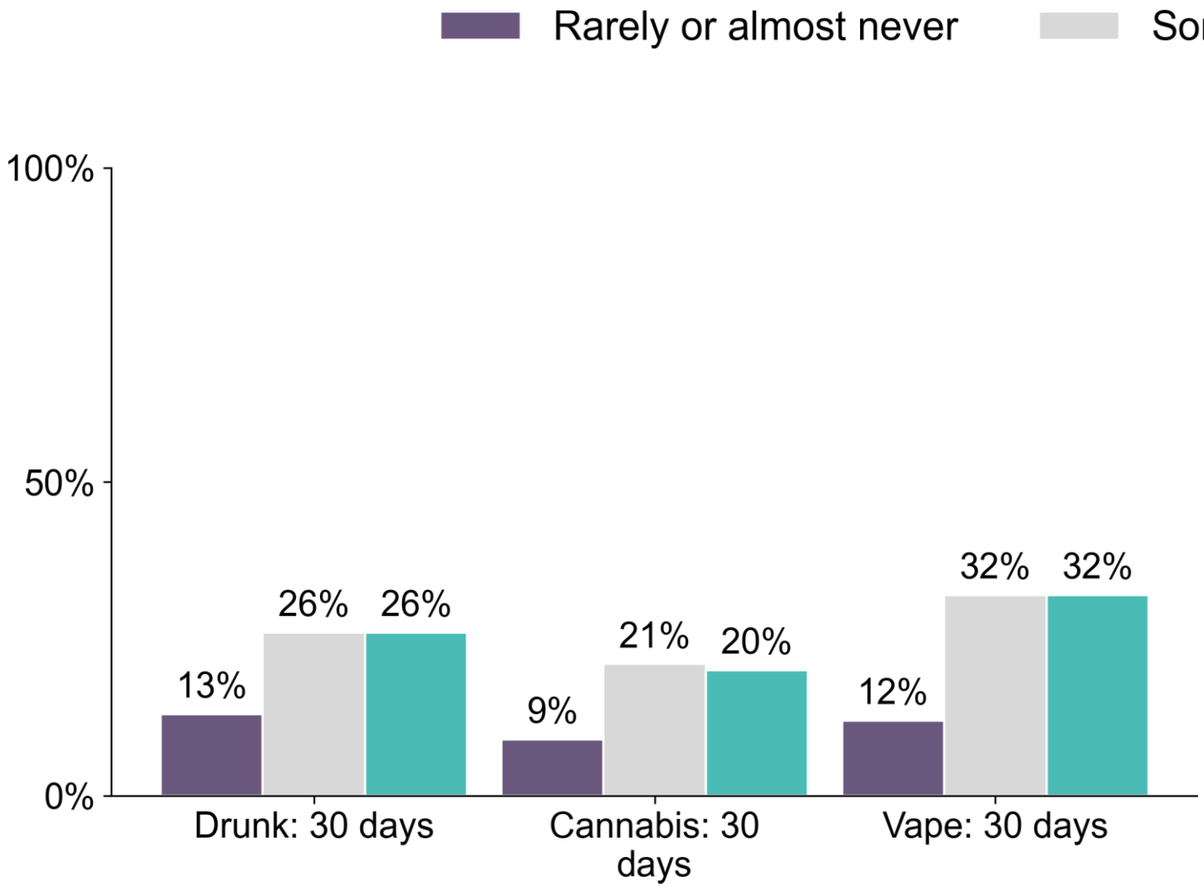
Percentage of adolescents who report that the following school / study attitude applies **often** or **almost always** to them **-Part 2**



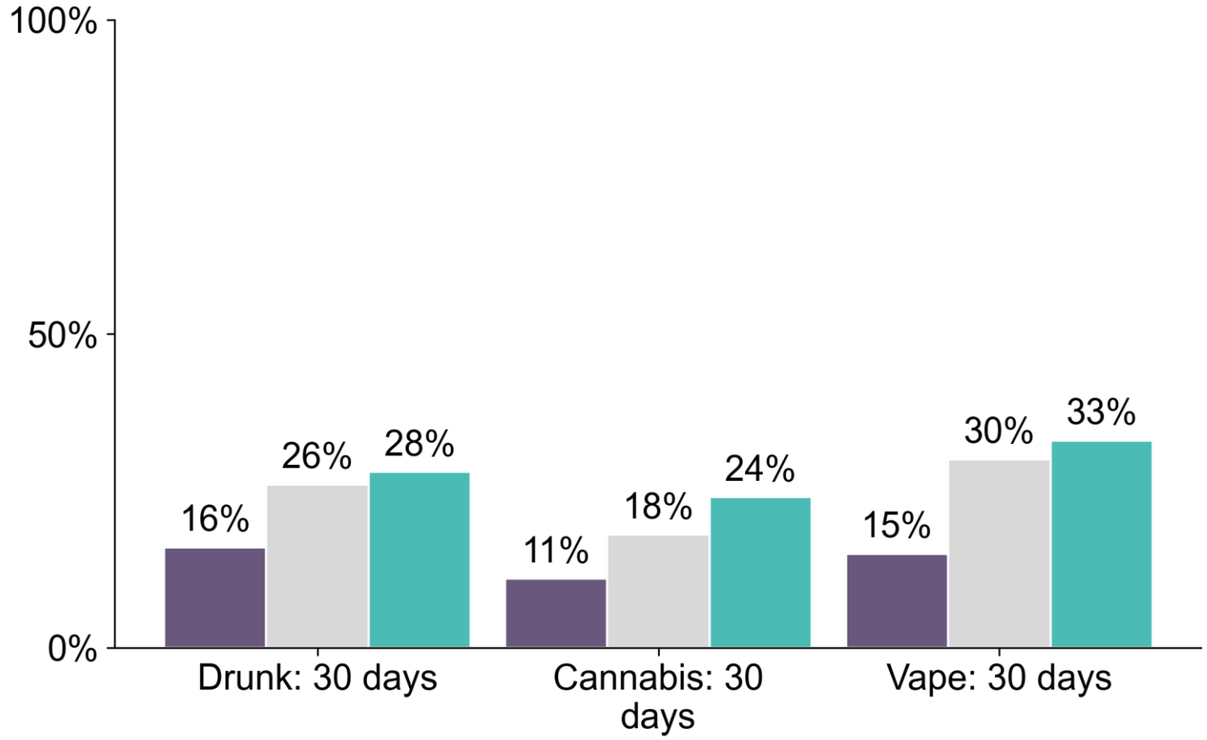
North Bay & Surrounding Area - 2026

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"**

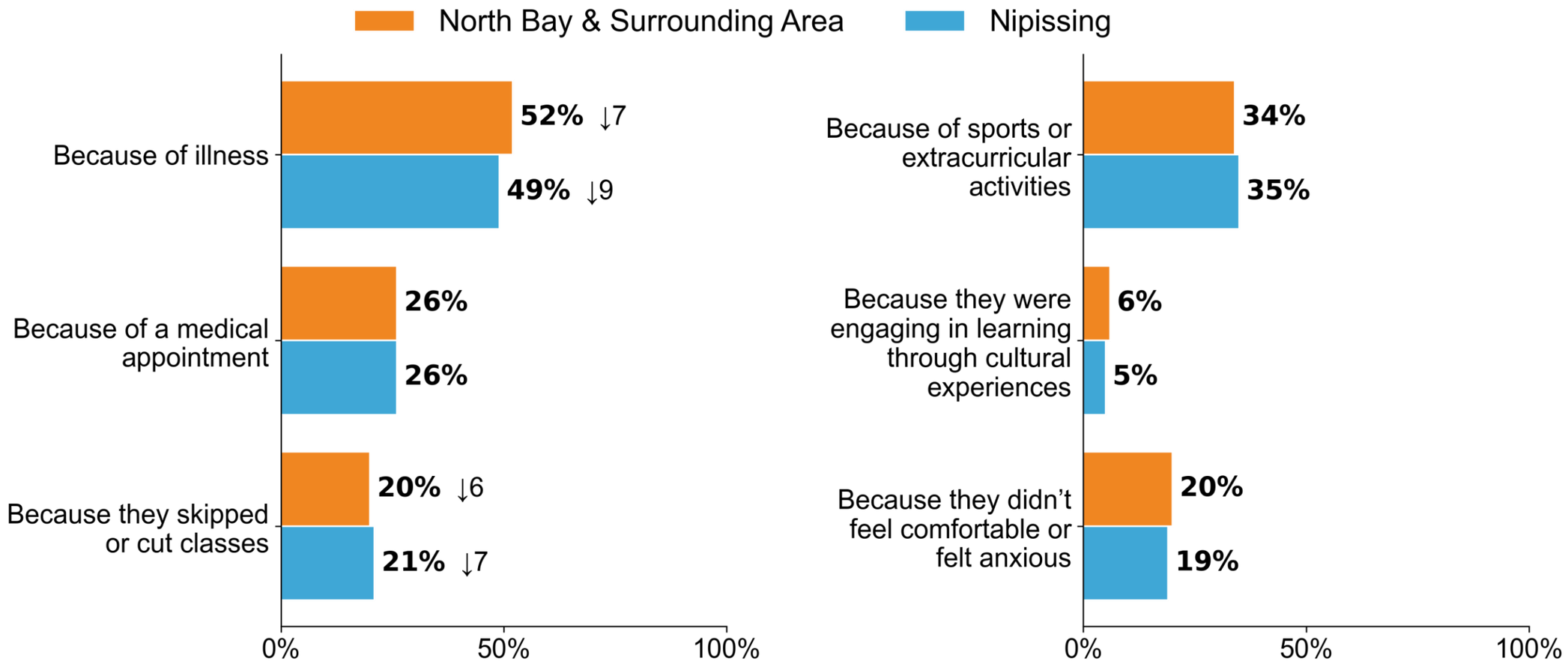


North Bay & Surrounding Area



Nipissing

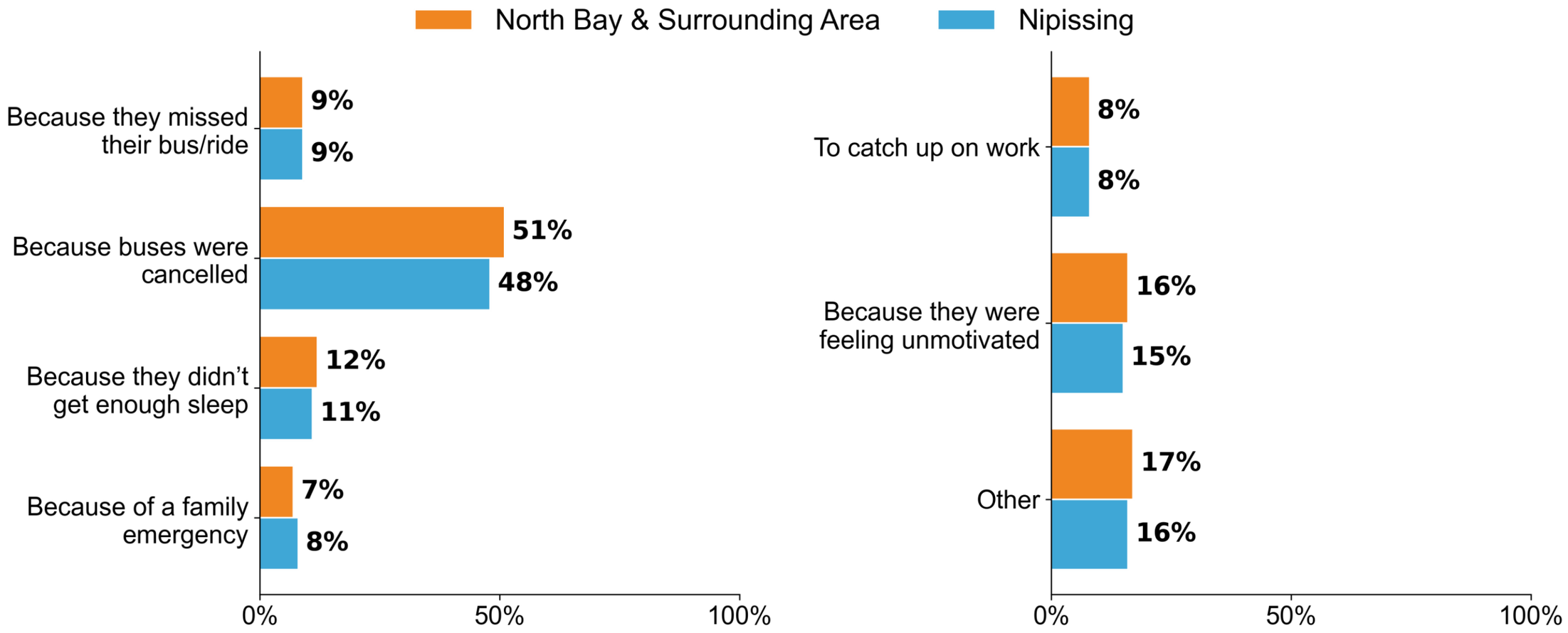
Percentage of adolescents who were absent from school for **2 or more full days** in the past month due to the following reasons **-Part 1**



North Bay & Surrounding Area - 2026

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

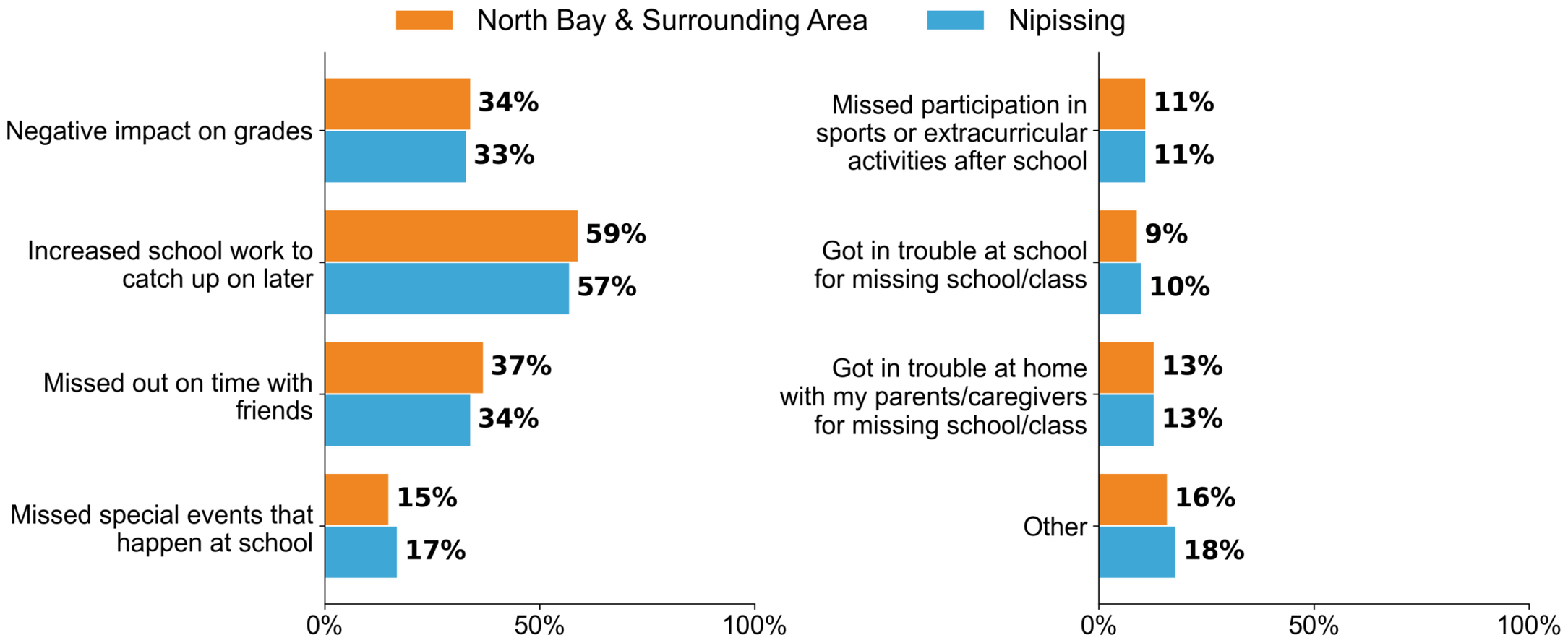
Percentage of adolescents who were absent from school for **2 or more full days** in the past month due to the following reasons **-Part 2**



North Bay & Surrounding Area - 2026

School

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



North Bay & Surrounding Area - 2026

LEISURE TIME

PLANET Youth®

Leisure Time

34%

Play sports with a club three times or more a week

25%

Participate in arts and creative activities at least once a week

16%

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



PLANET Youth®

Outside Late

38%

Were outside after midnight at least once a week

Physical activity

50%

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

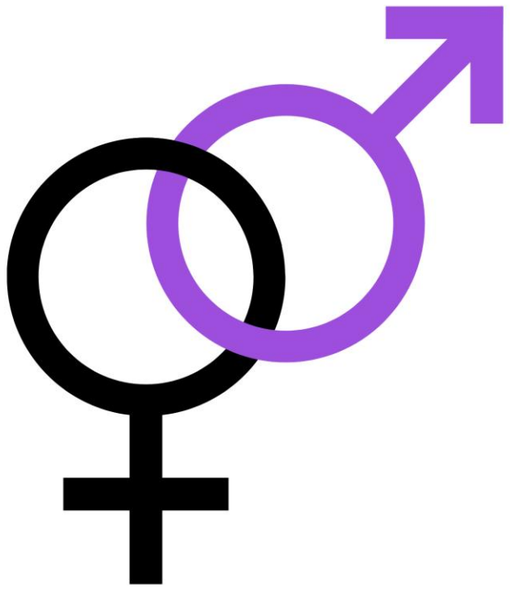
Leisure Time

Females

37%
Play sports with a club three times or more a week

28%
Participate in arts and creative activities at least once a week

14%
Do not participate in any organized out-of-school activities supervised by adults



Males

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

19%
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

Outside Late

37% Females

40% Males

Were outside after midnight at least once a week

Physical activity

48% Females

59% Males

Are physically active for one hour or more per day

Gambling

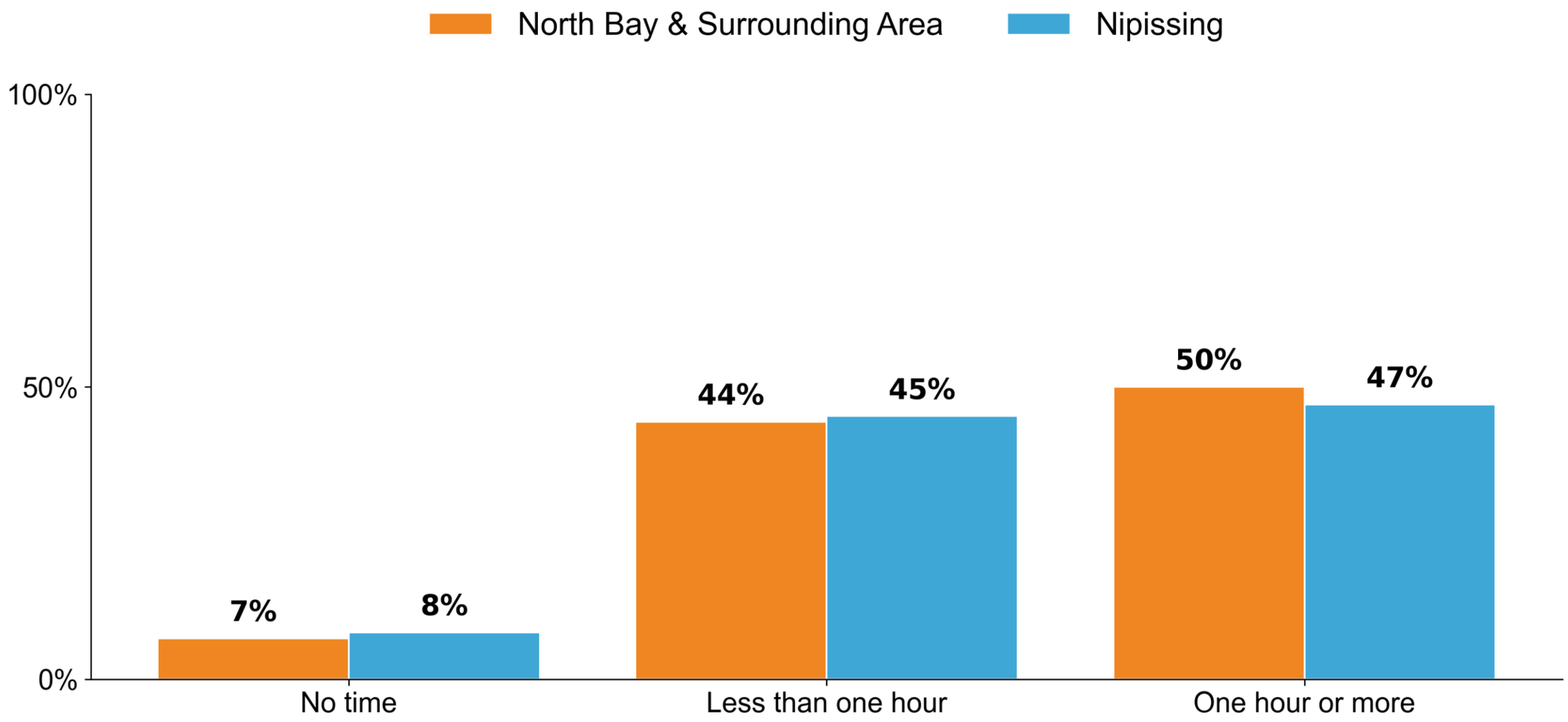
2% Females

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

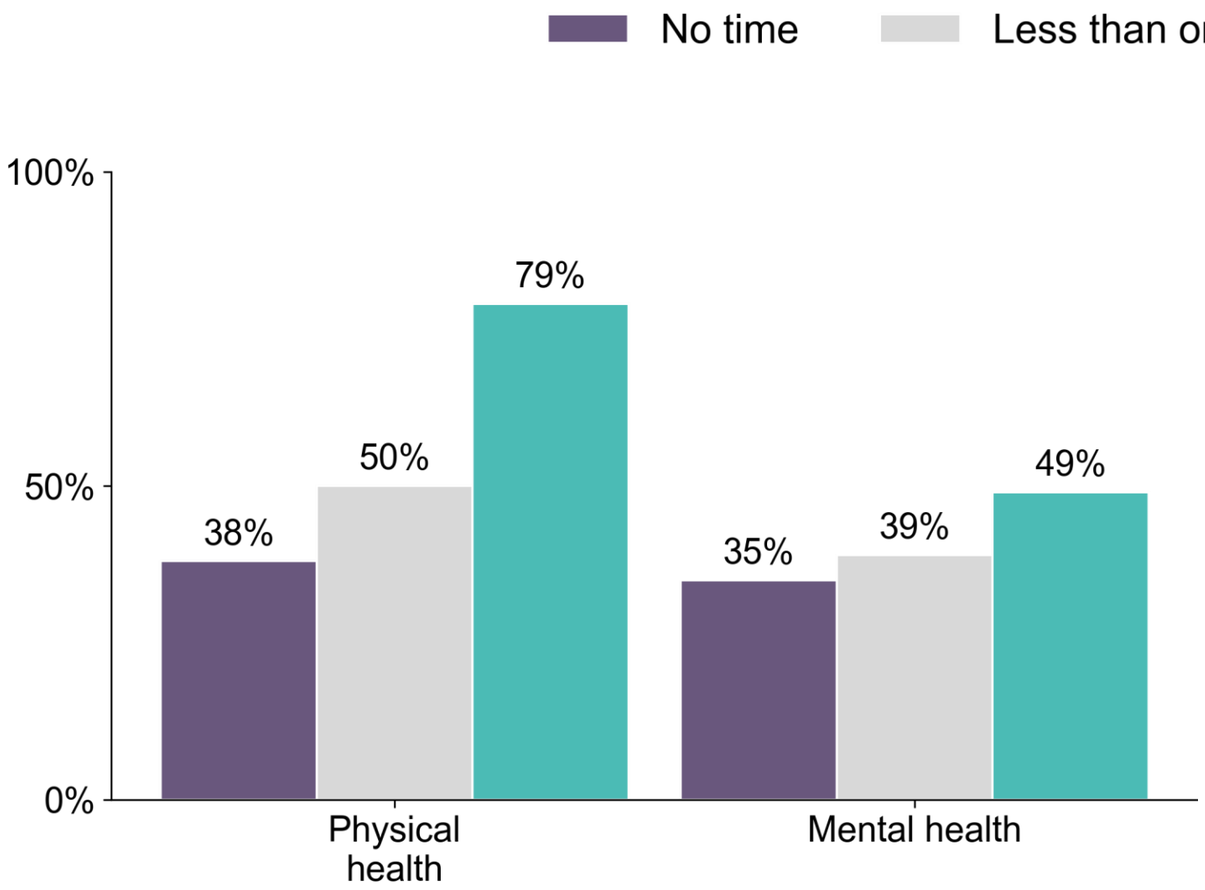


North Bay & Surrounding Area - 2026

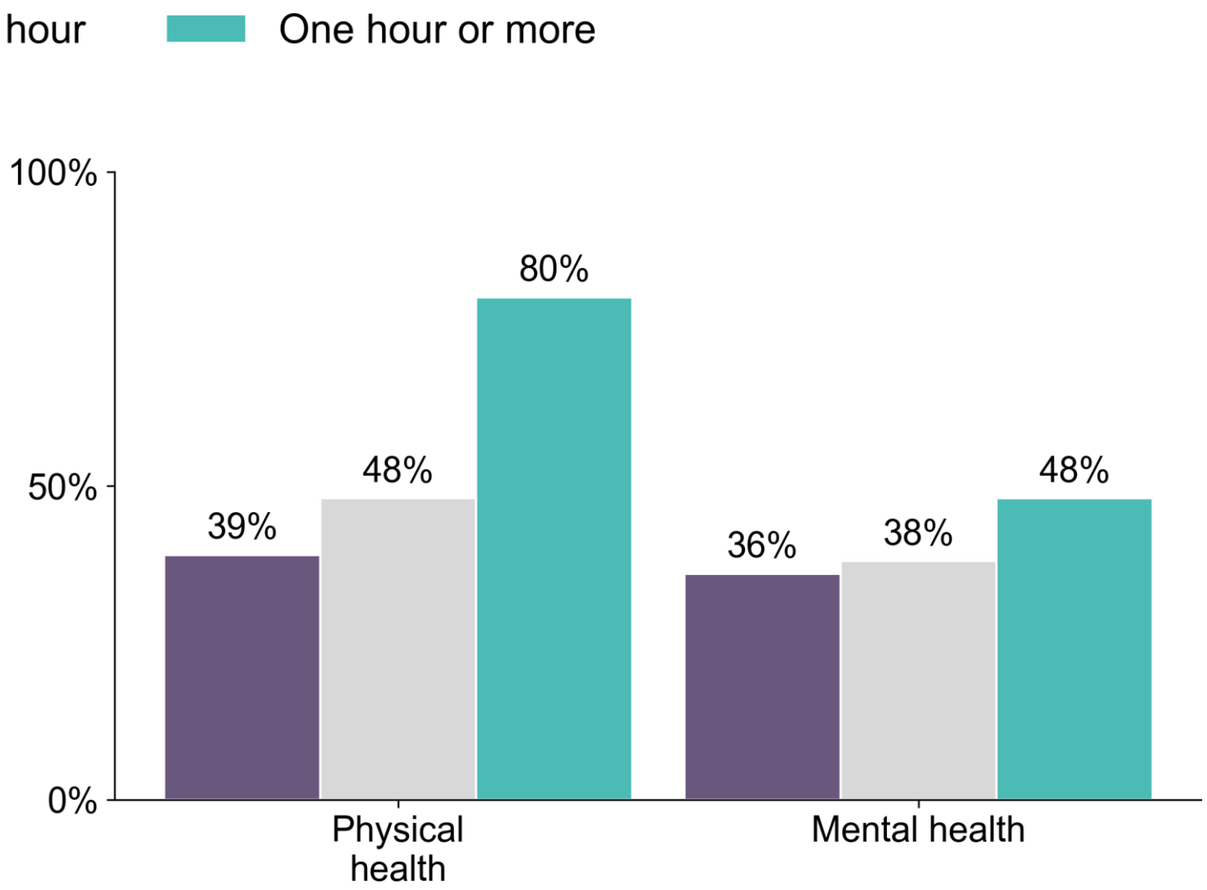
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Leisure Time

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



North Bay & Surrounding Area

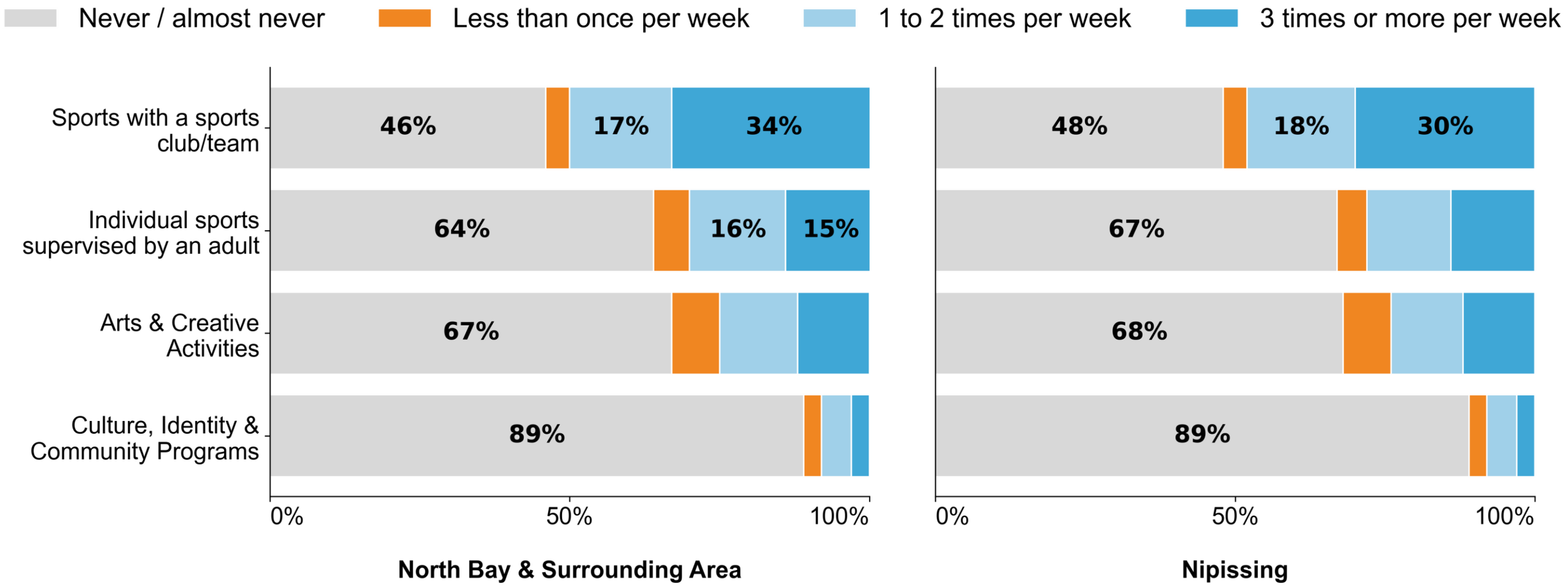


Nipissing

North Bay & Surrounding Area - 2026

Leisure Time

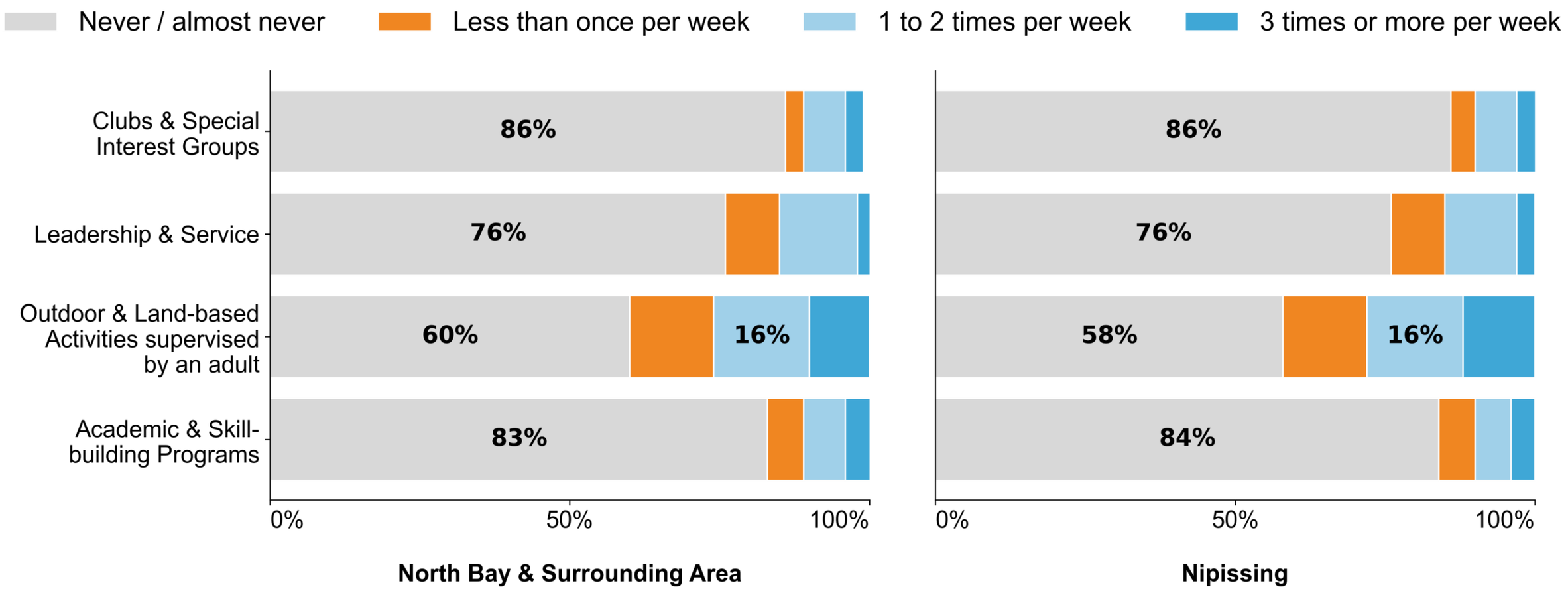
Percentage of adolescents who participate in the following out-of-school activities that are supervised by adults **-Part 1**



North Bay & Surrounding Area - 2026

Leisure Time

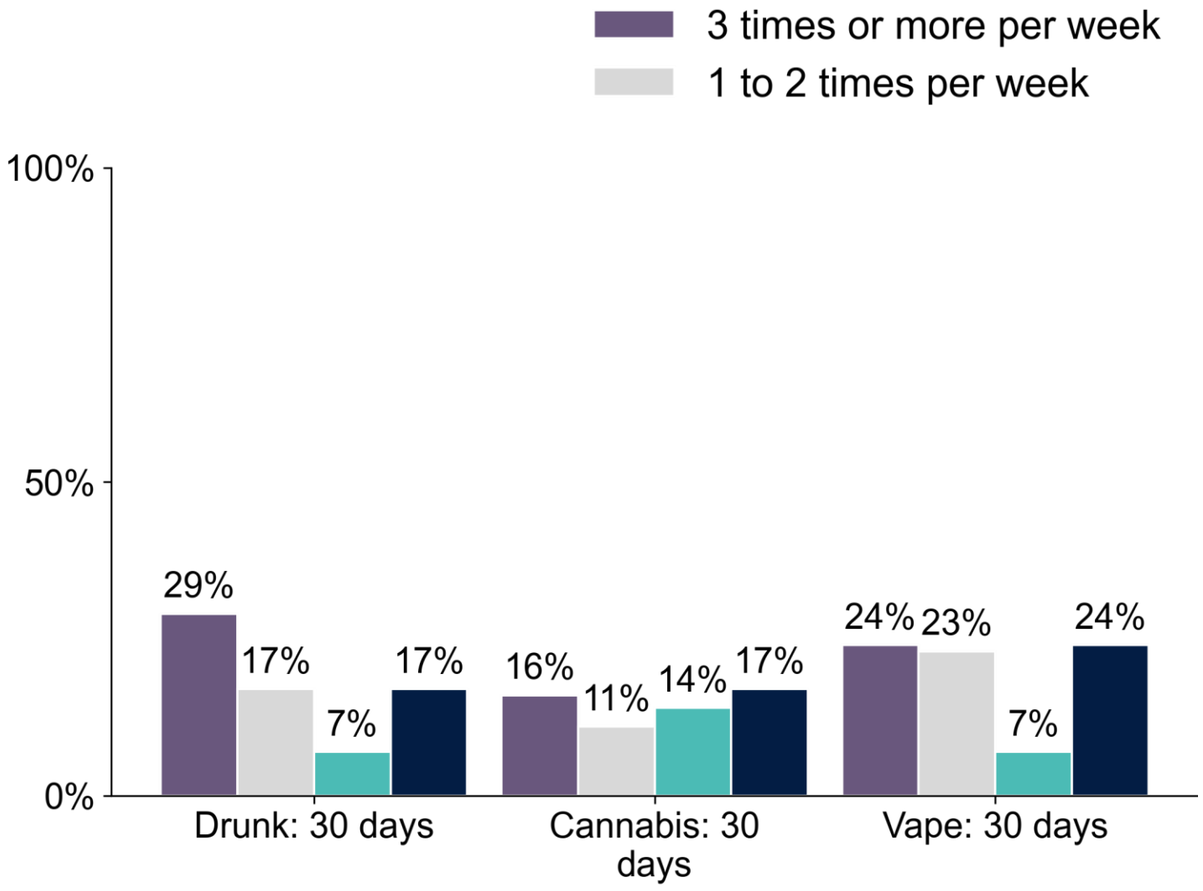
Percentage of adolescents who participate in the following out-of-school activities that are supervised by adults **-Part 2**



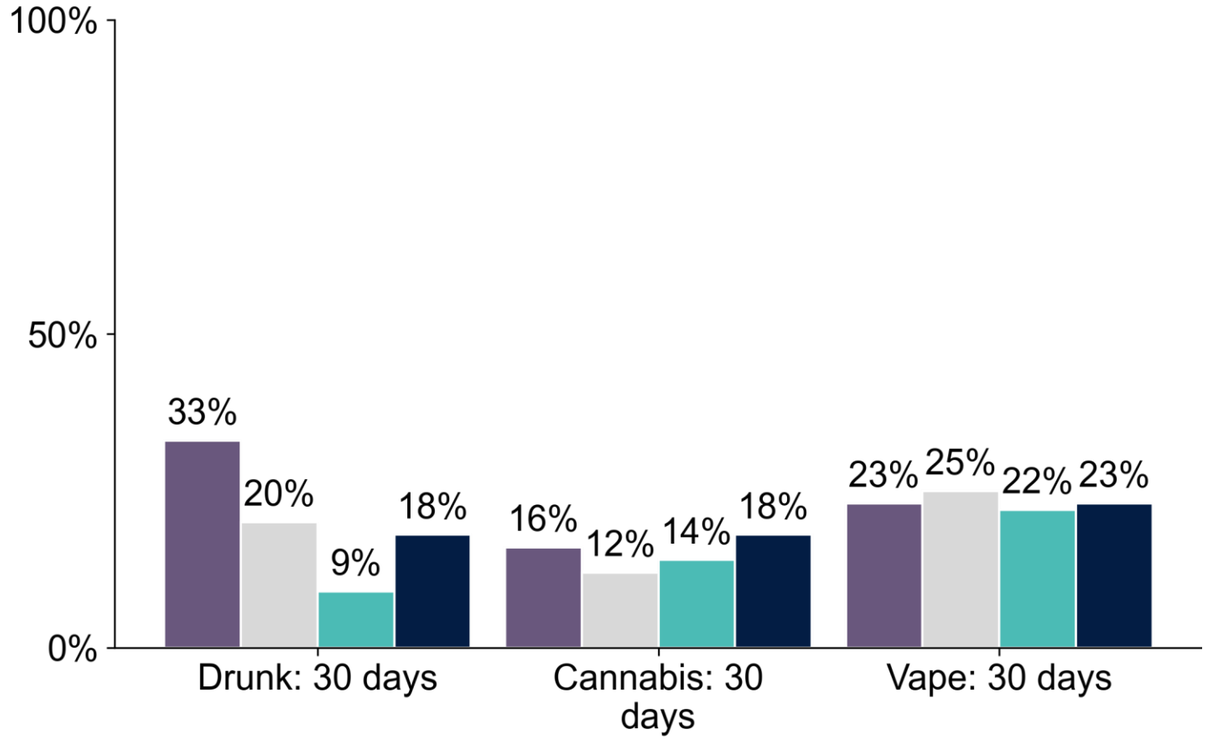
North Bay & Surrounding Area - 2026

Leisure Time

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



North Bay & Surrounding Area

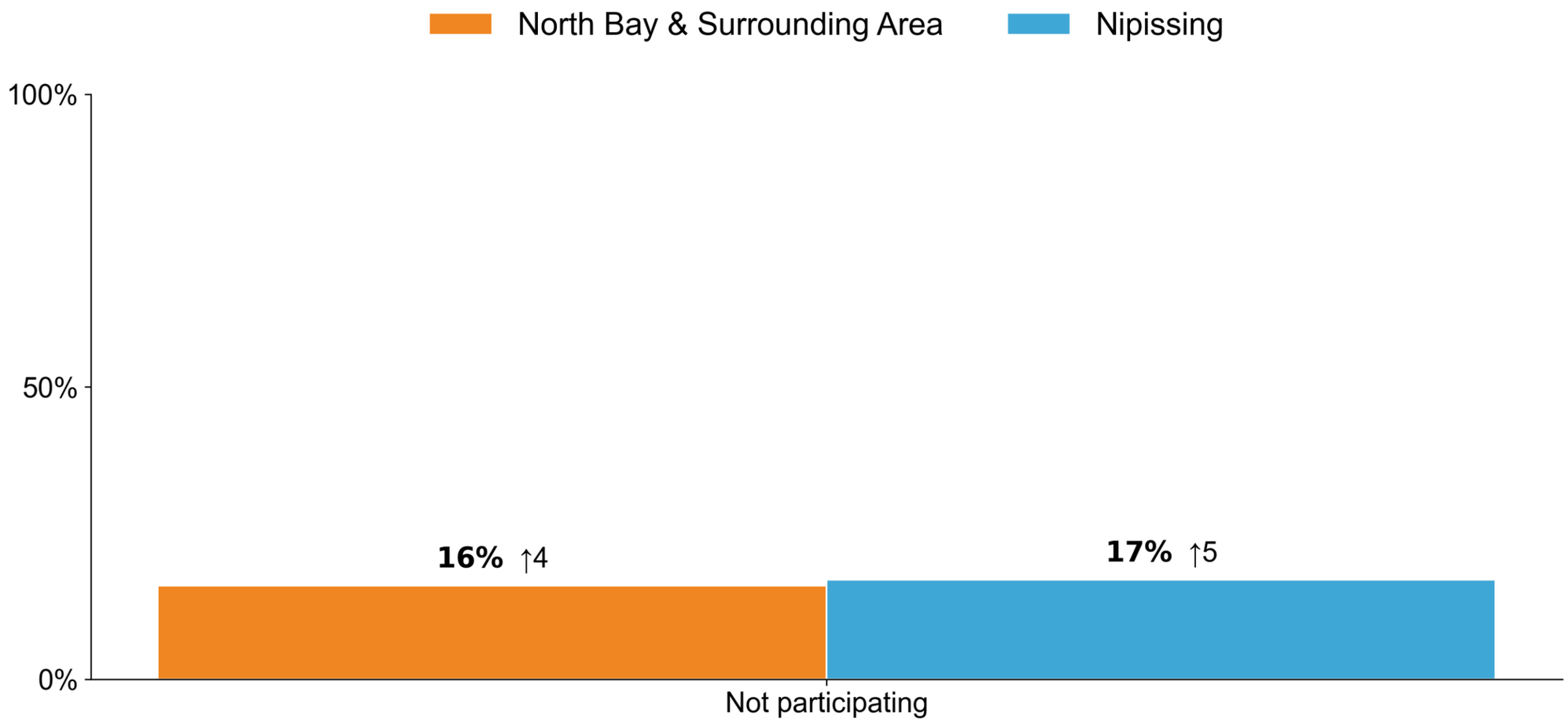


Nipissing

North Bay & Surrounding Area - 2026

Leisure Time

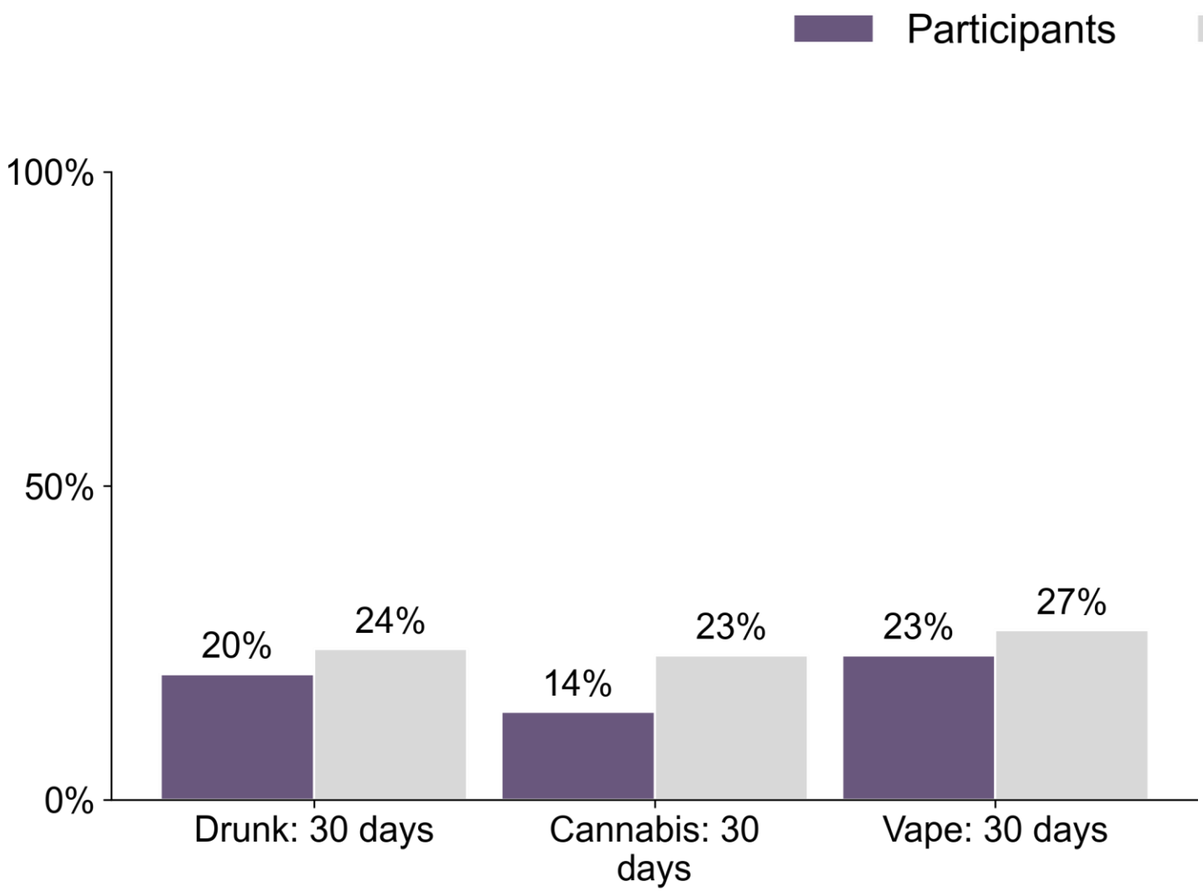
Percentage of adolescents who are **not participating** in organized, adult-supervised out-of-school activities



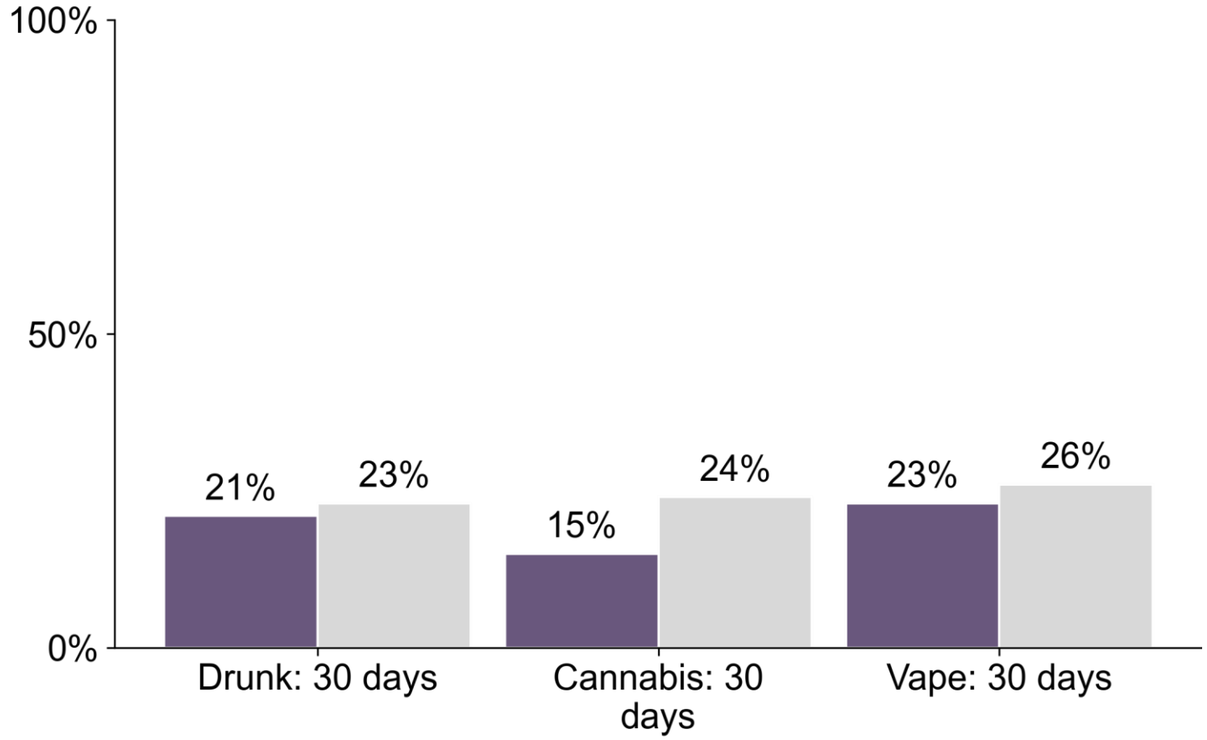
North Bay & Surrounding Area - 2026

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

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



North Bay & Surrounding Area

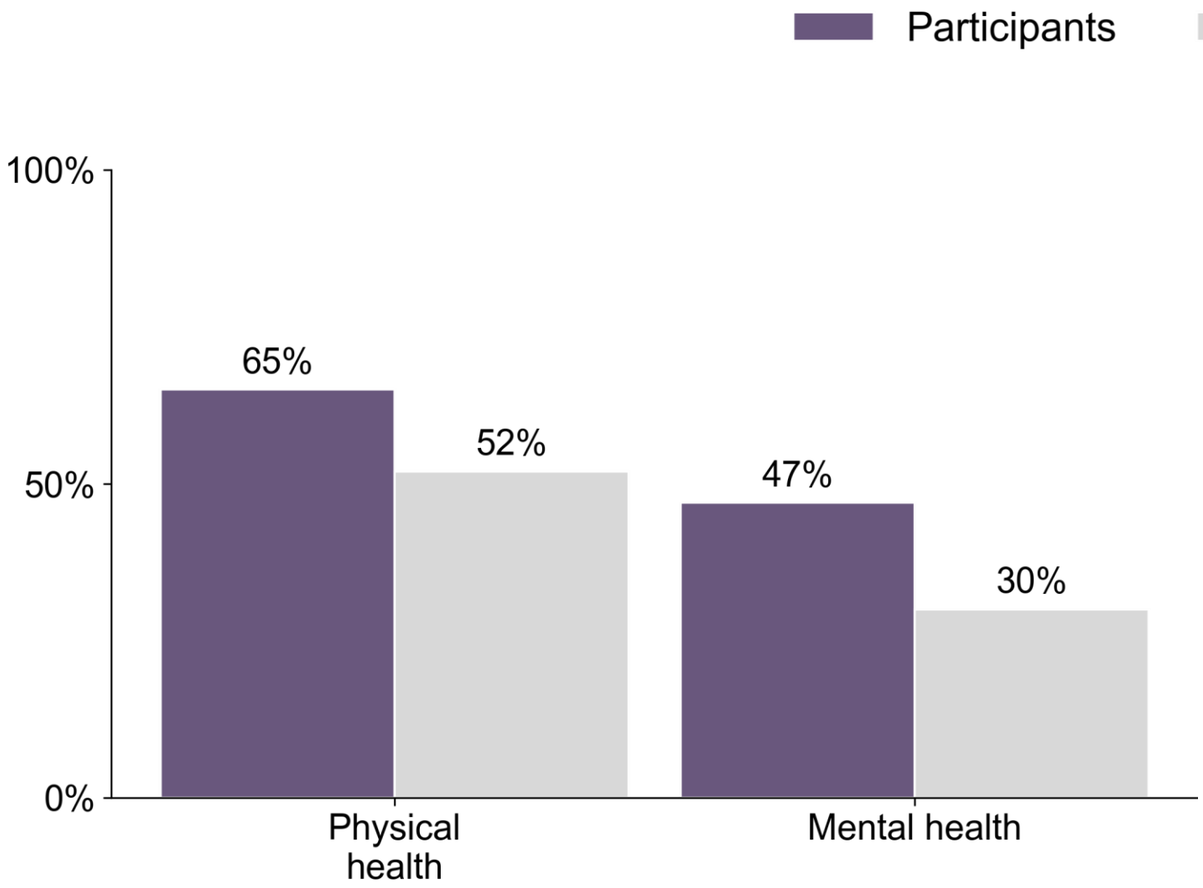


Nipissing

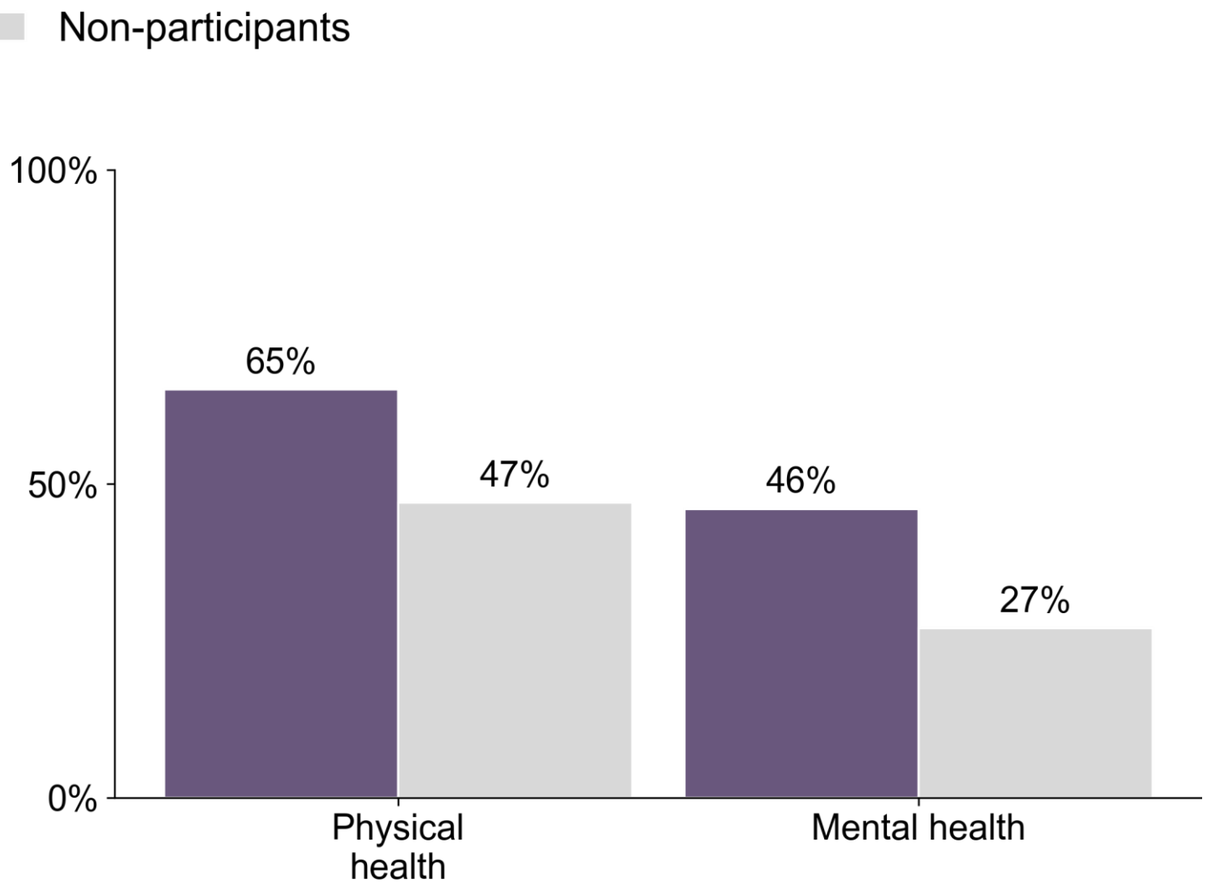
North Bay & Surrounding Area - 2026

Leisure Time

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



North Bay & Surrounding Area

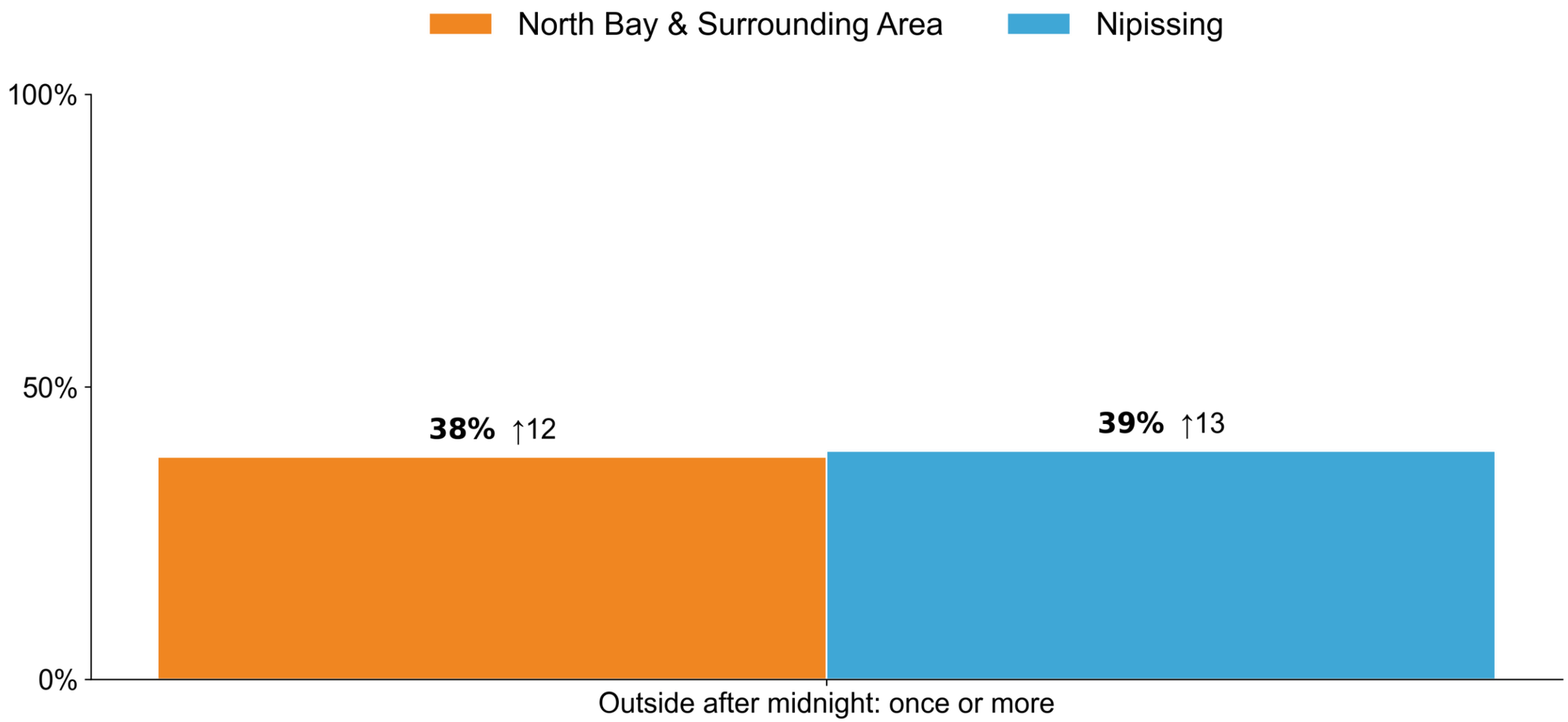


Nipissing

North Bay & Surrounding Area - 2026

Leisure Time

Late outside hours in the previous week

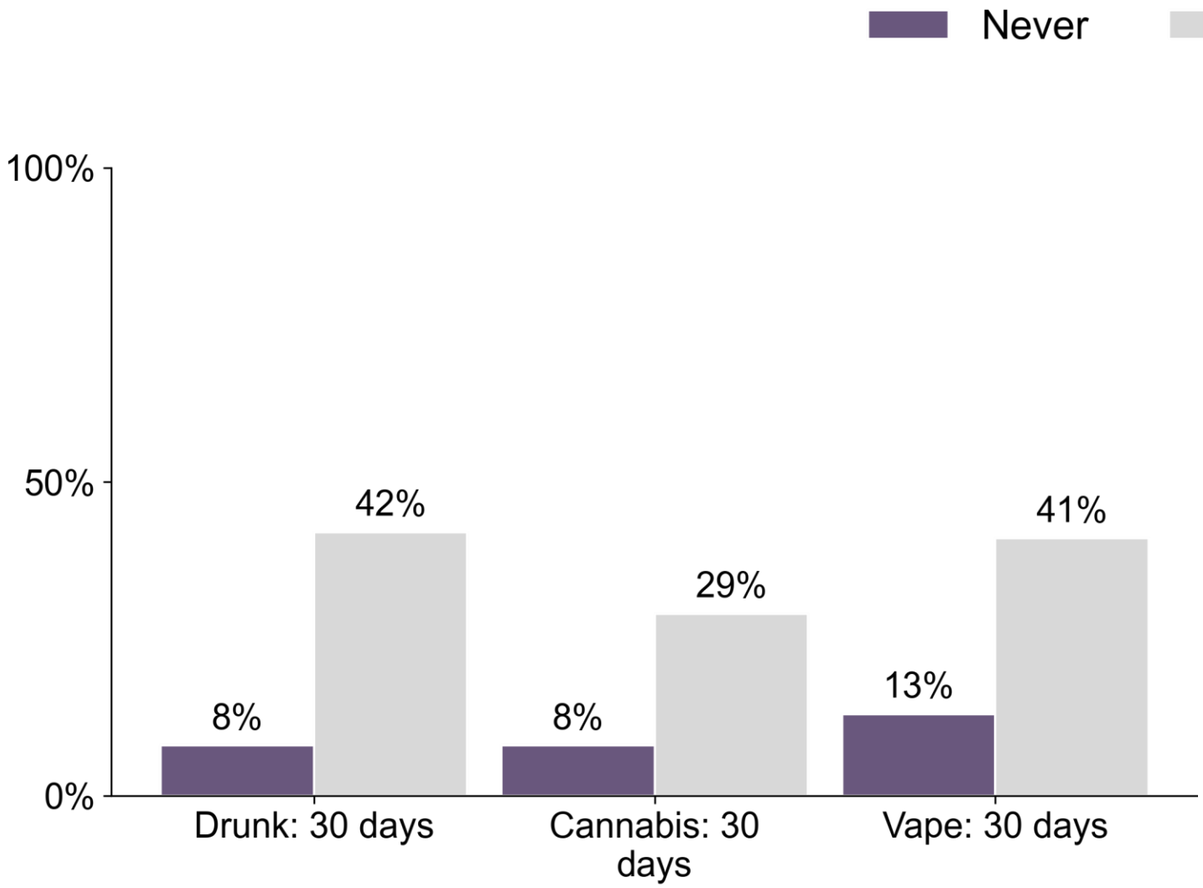


North Bay & Surrounding Area - 2026

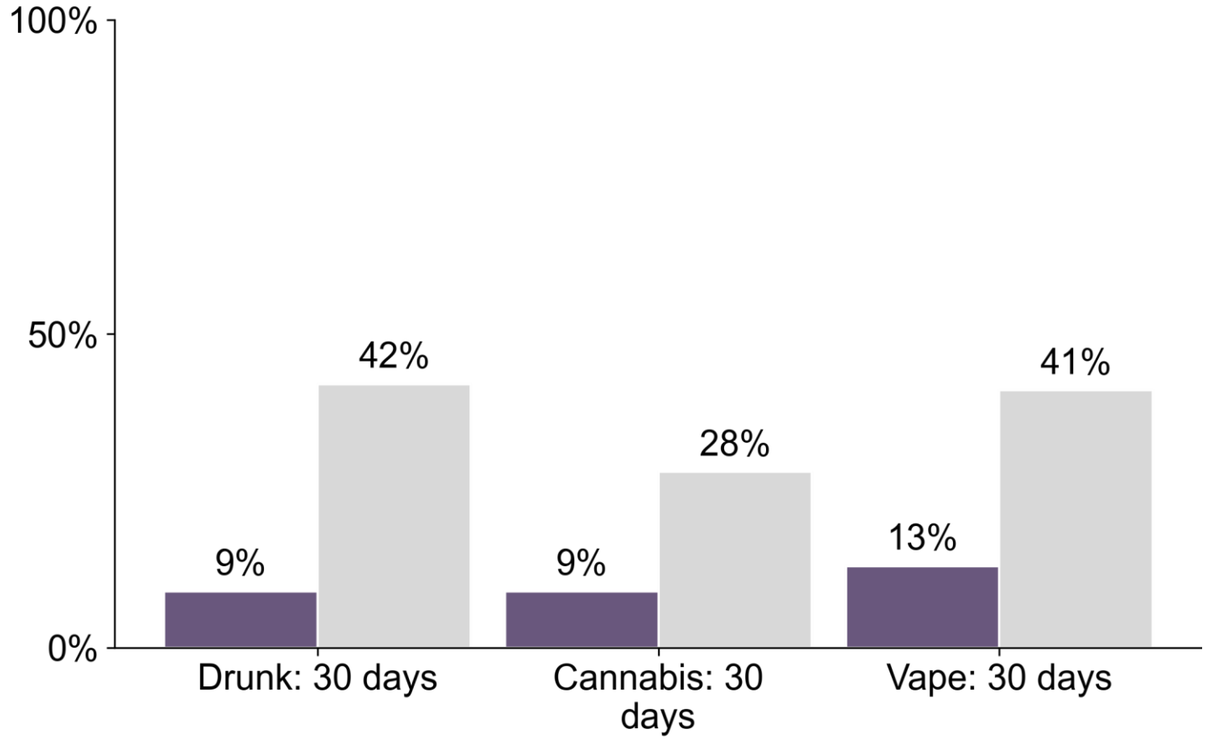
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Leisure Time

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**



North Bay & Surrounding Area

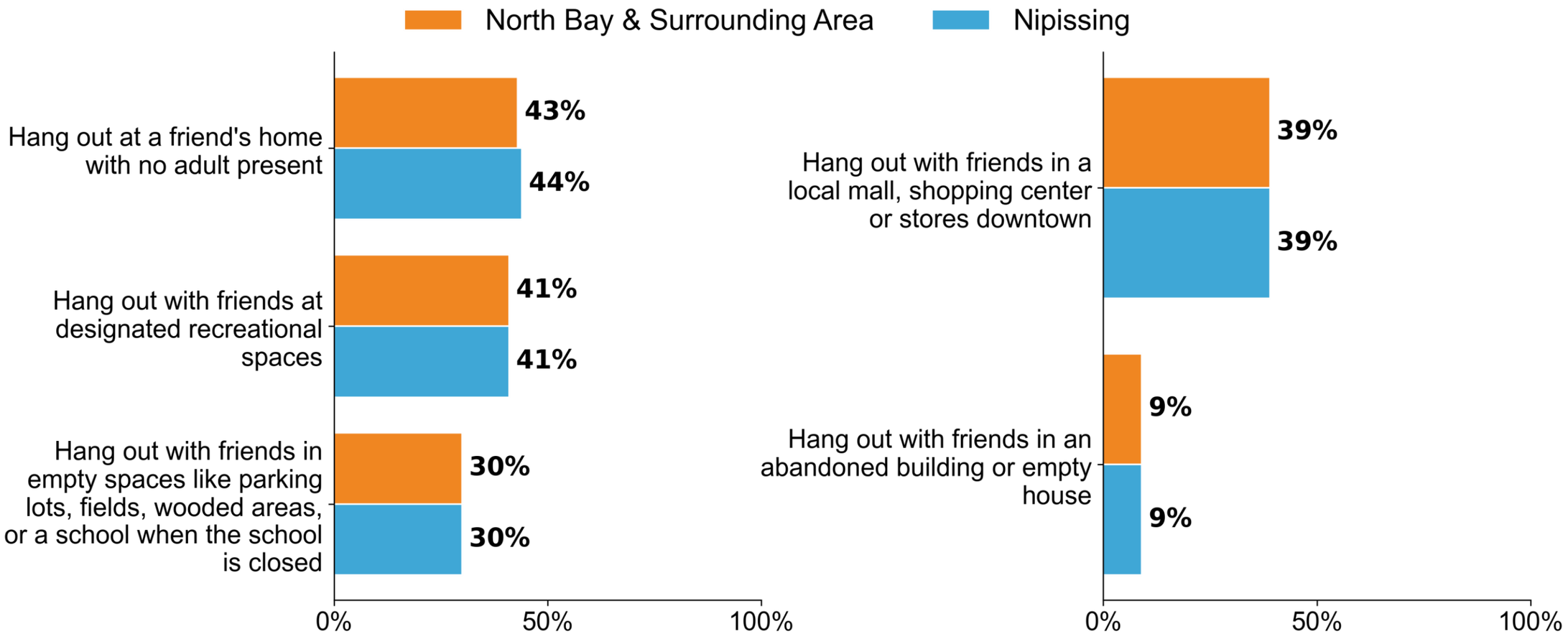


Nipissing

North Bay & Surrounding Area - 2026

Leisure Time

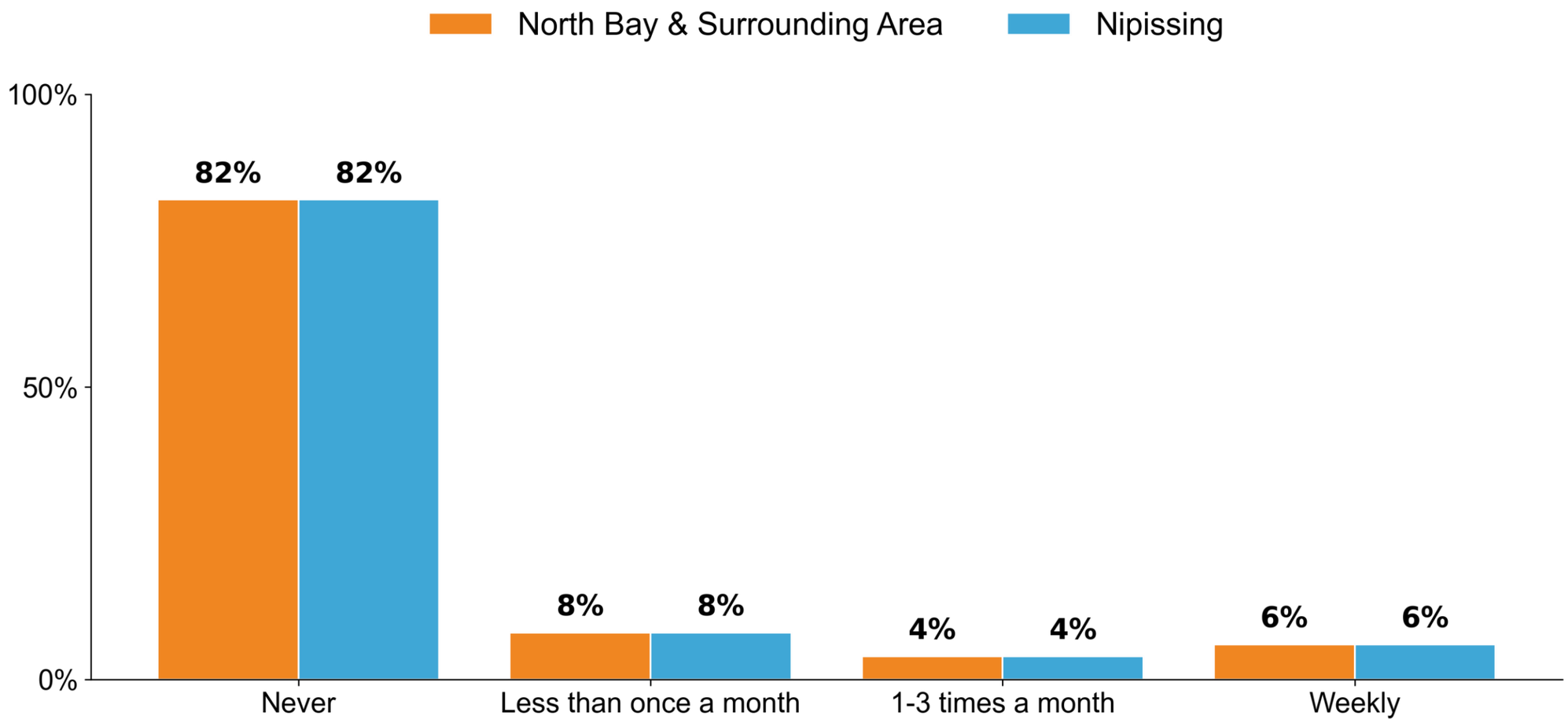
Percentage of adolescents who hang out at the following locations without adult supervision **often** or **very often**



North Bay & Surrounding Area - 2026

Leisure Time

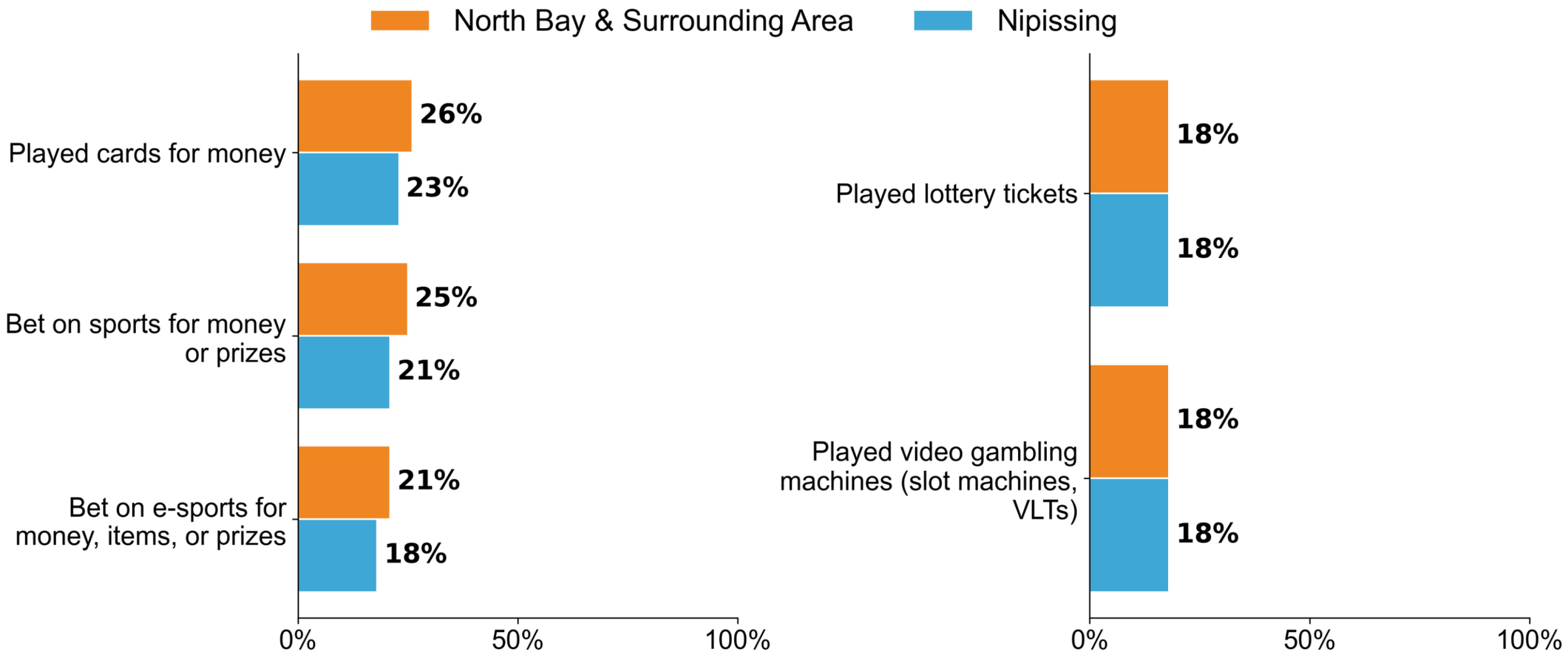
Number of times in the past 12 months adolescents have gambled for money, or spent money in games/apps to try to win prizes, items, or special features



North Bay & Surrounding Area - 2026

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

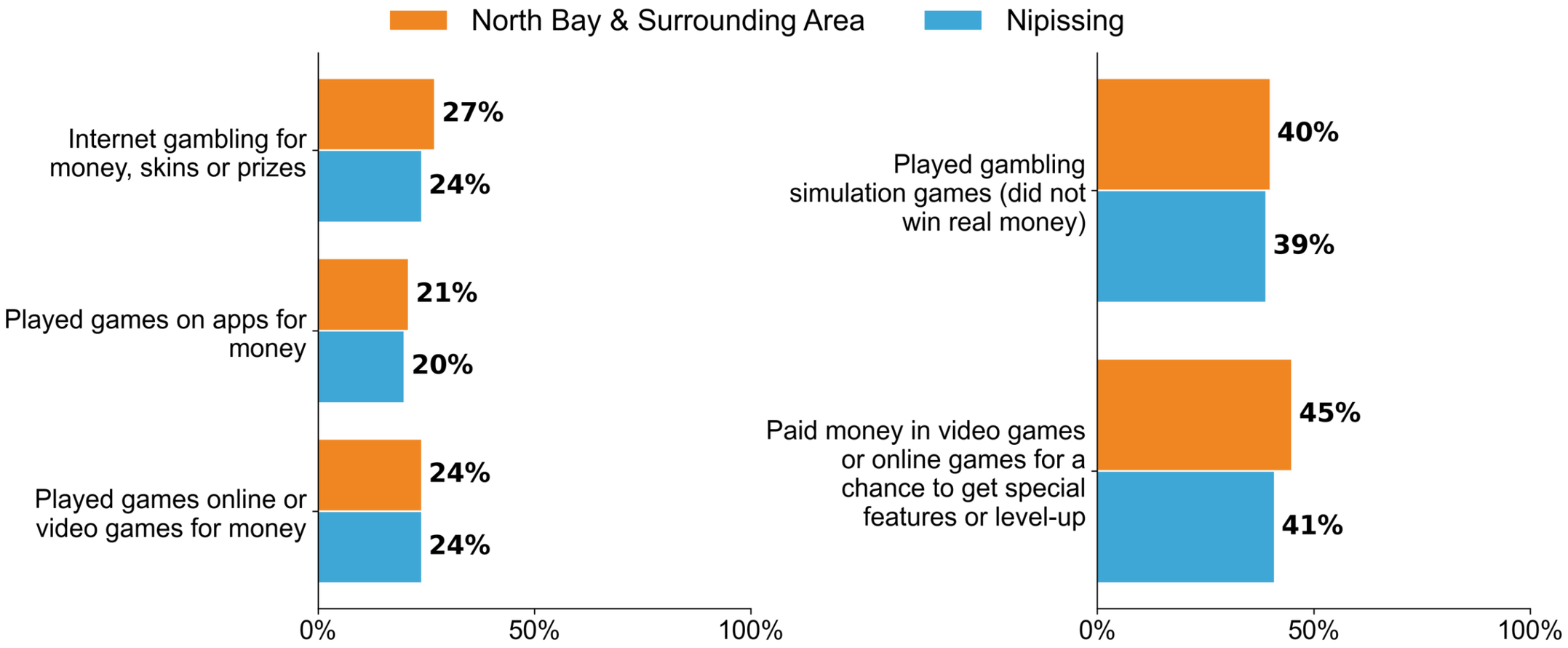
Percentage of adolescents who have gambled for money at least once in the last 12 months and engage at least **monthly** in any of the following activities **-Part 1**:



North Bay & Surrounding Area - 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**:



North Bay & Surrounding Area - 2026

Leisure Time

PEER GROUP

PLANET Youth®

82%

27%

72%

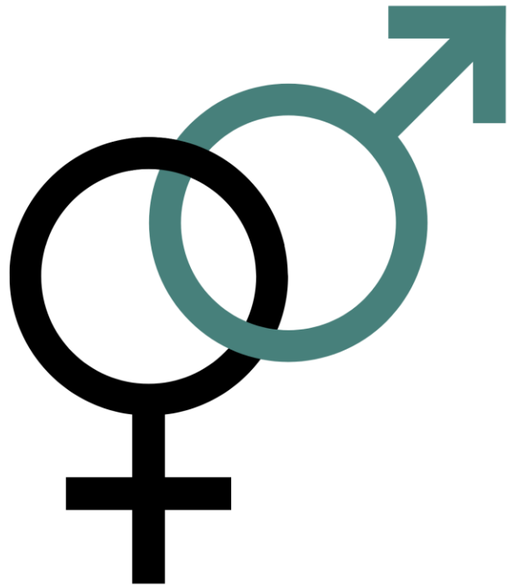
14%

27%

18%

Peer Group

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



Females

94%
Caring and warmth

81%
Discussion about personal matters

75%
Advice or help with schoolwork

Males

70%
Caring and warmth

64%
Discussion about personal matters

66%
Advice or help with schoolwork

31% **Females** | **26%** **Males**

Say most or almost all of their friends become drunk

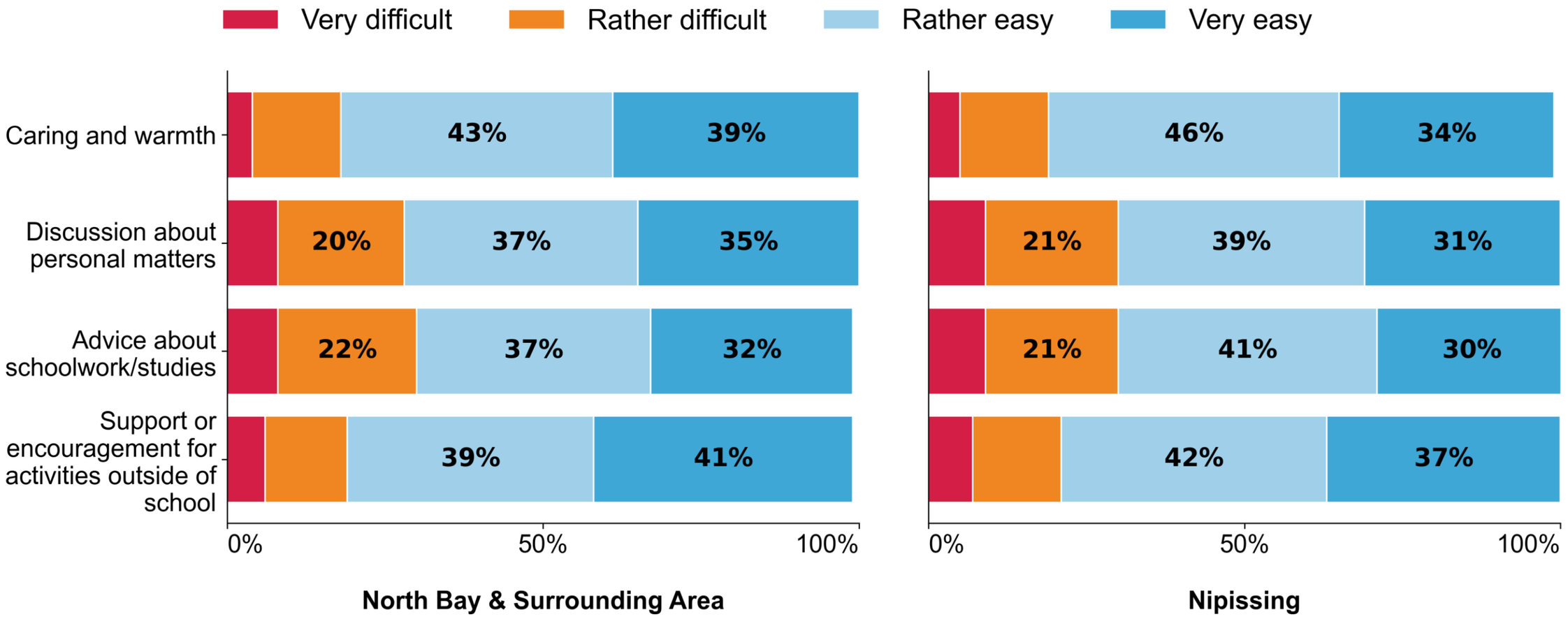
30% **Females** | **24%** **Males**

Say most or almost all of their friends vape

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

Say most or almost all of their friends use cannabis

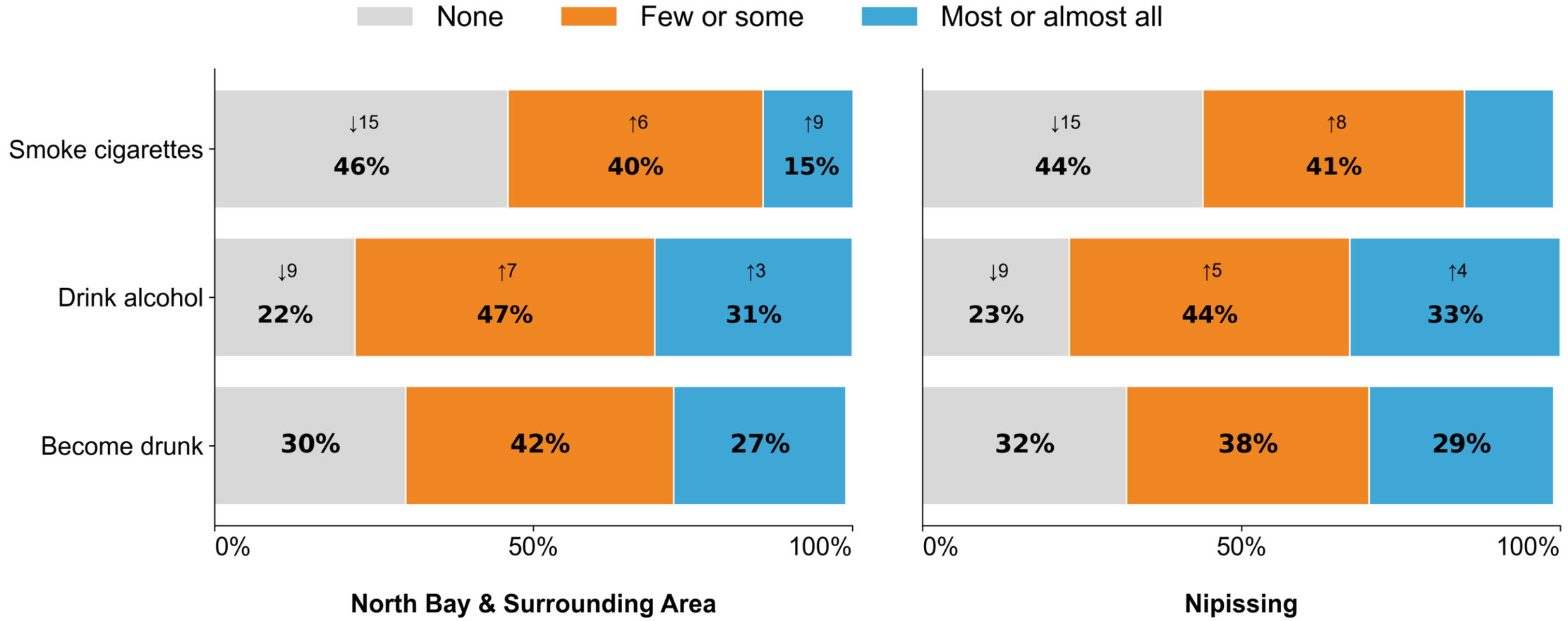
Adolescents report how **easy** or **difficult** it is to receive the following from their friends



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.

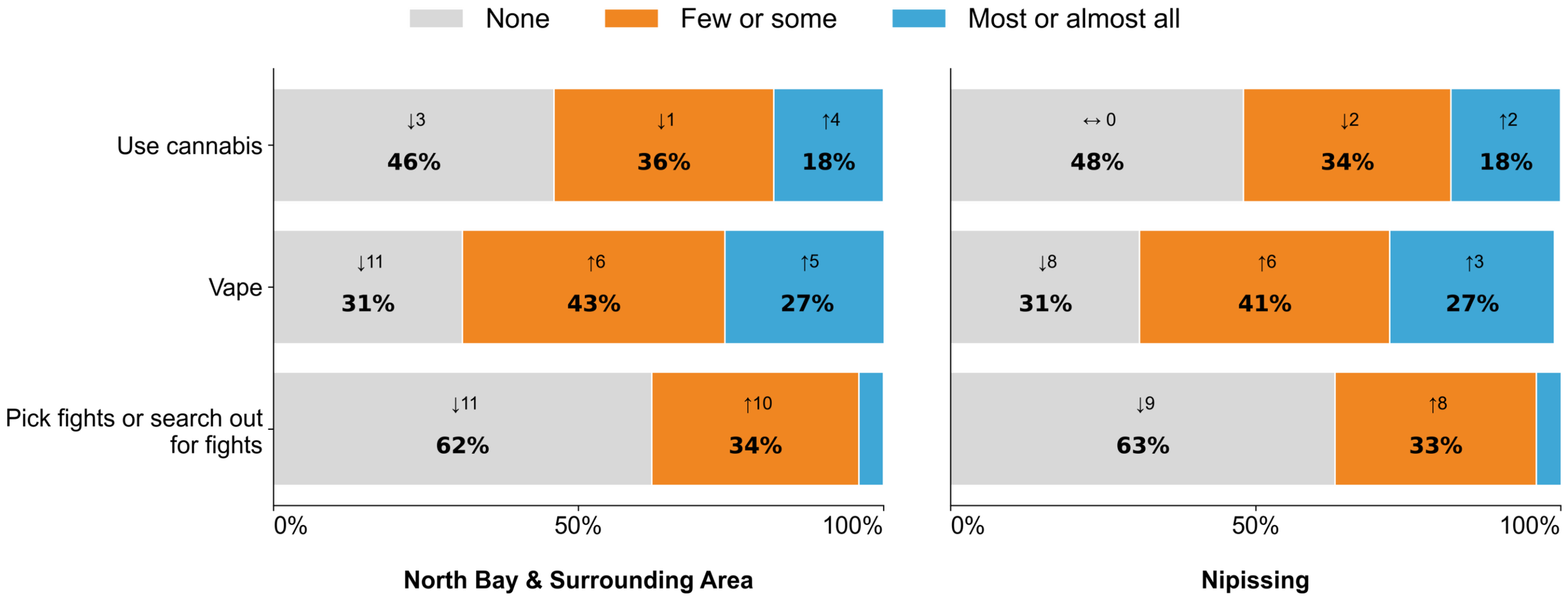


North Bay & Surrounding Area - 2026

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**

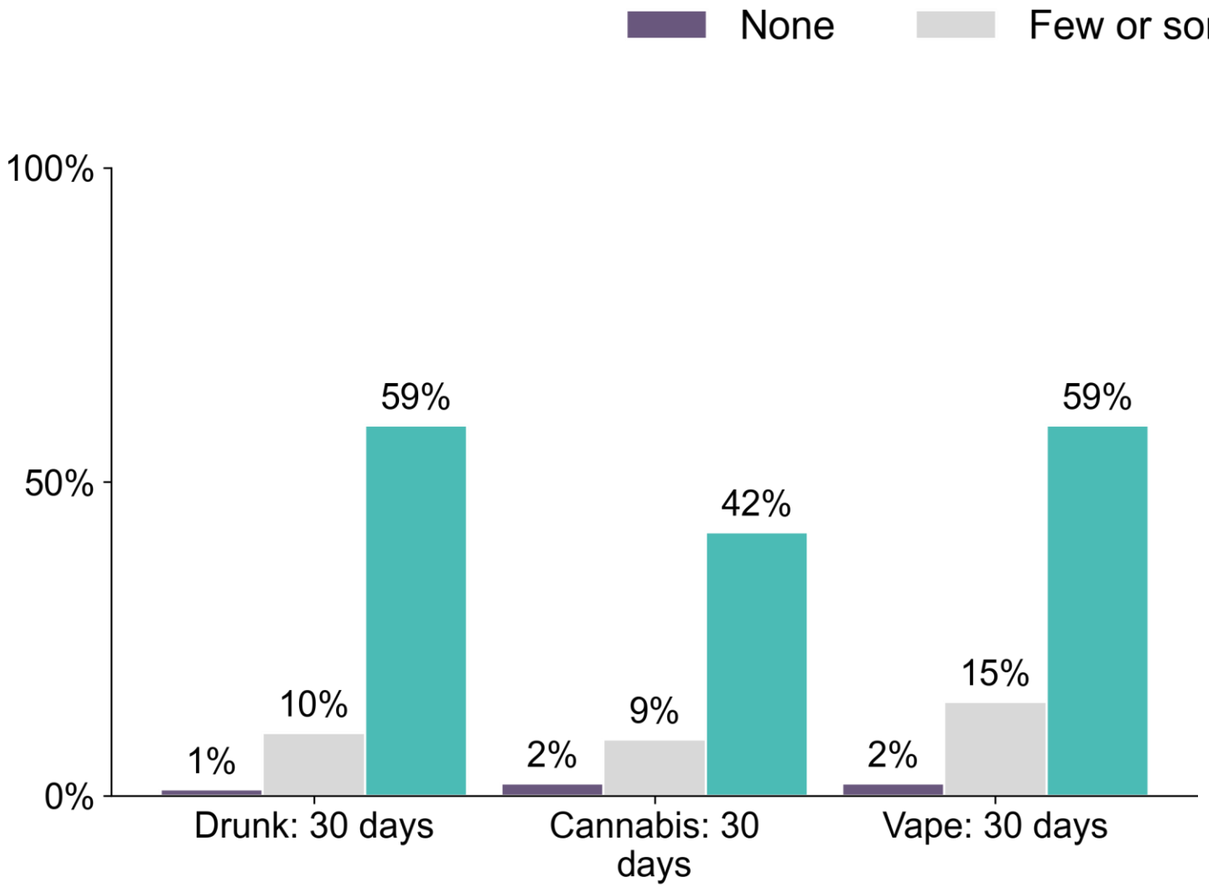


North Bay & Surrounding Area - 2026

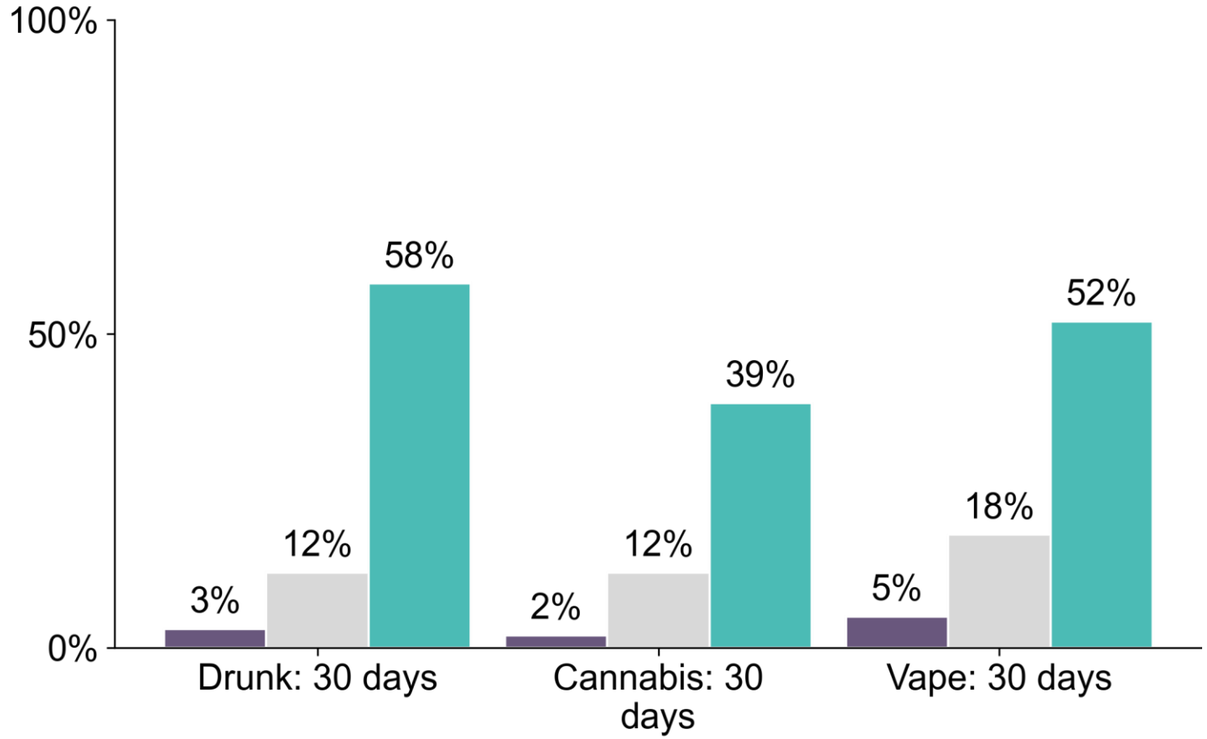
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Peer Group

Substance use cross-referenced with perceived level of peer drunkenness



North Bay & Surrounding Area

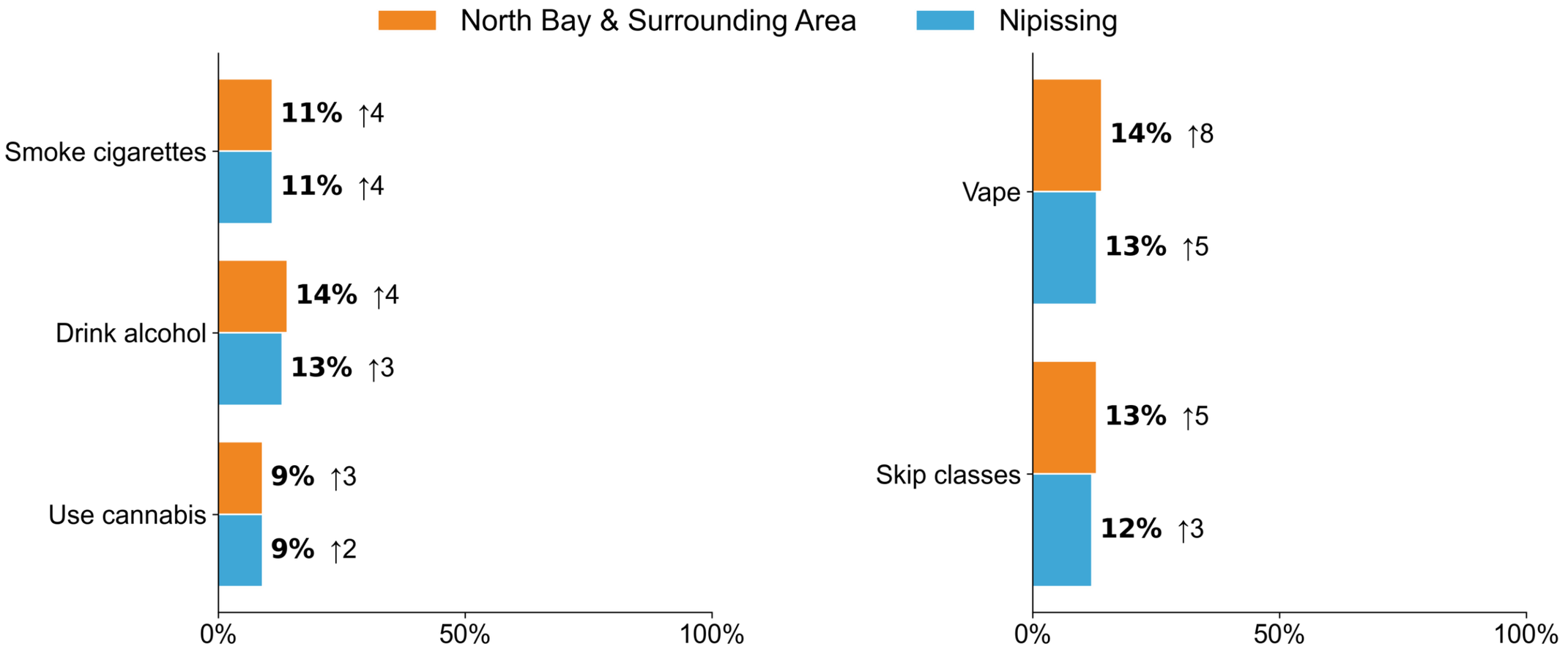


Nipissing

North Bay & Surrounding Area - 2026

Peer Group

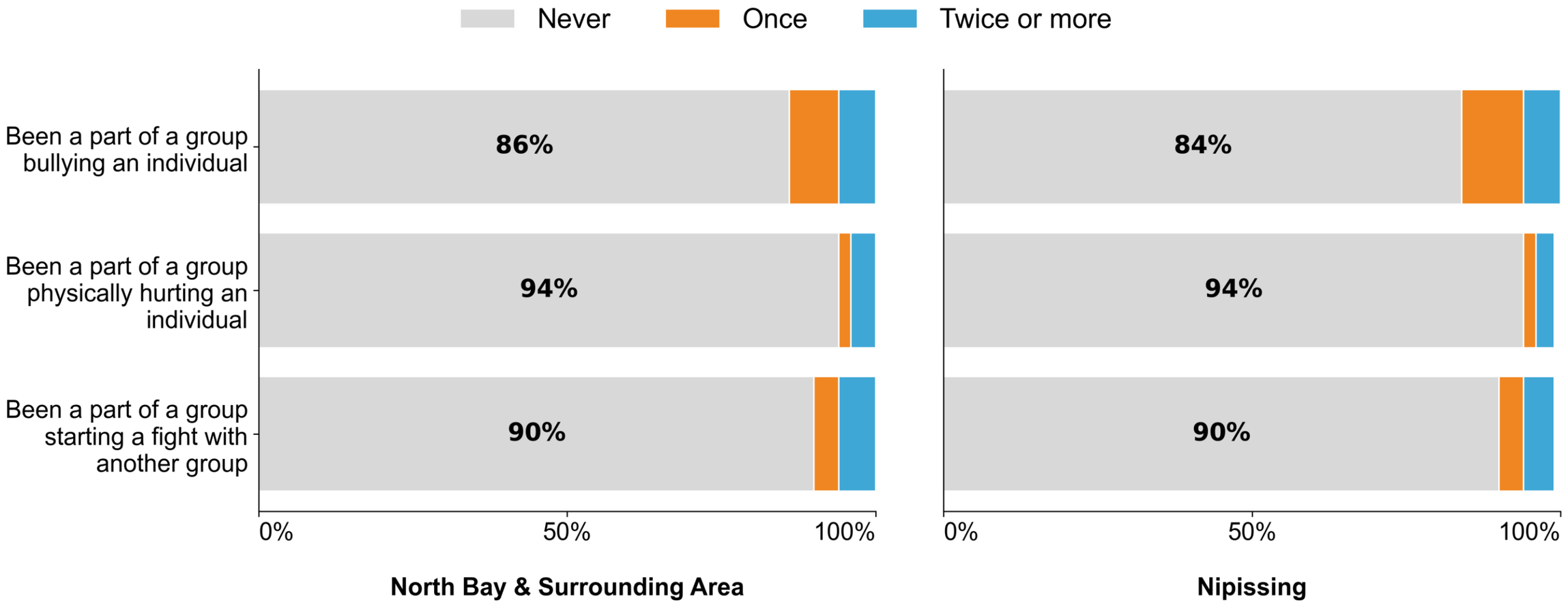
Percentage of adolescents who **strongly agree** or **agree** that it is necessary to do the following in order to be included in the peer group



North Bay & Surrounding Area - 2026

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

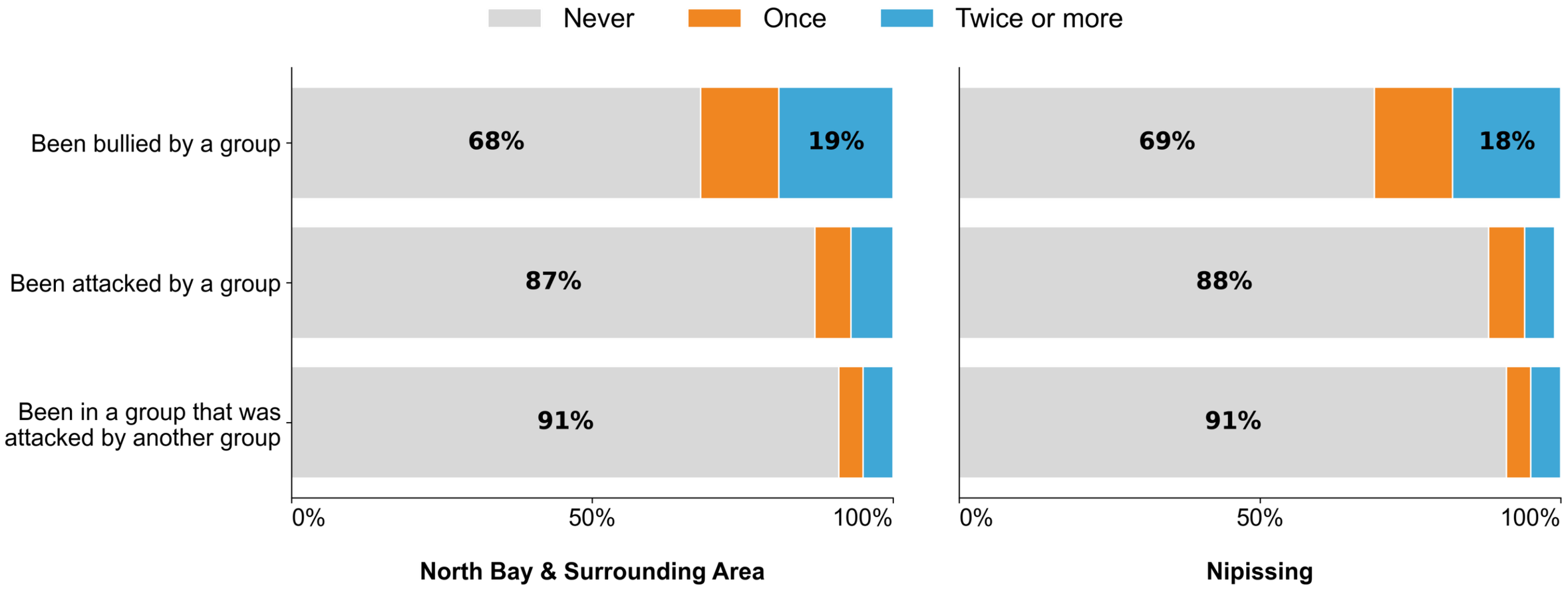
Adolescents report how often the following have happened in the last 12 months **-Part 1**



North Bay & Surrounding Area - 2026

Peer Group

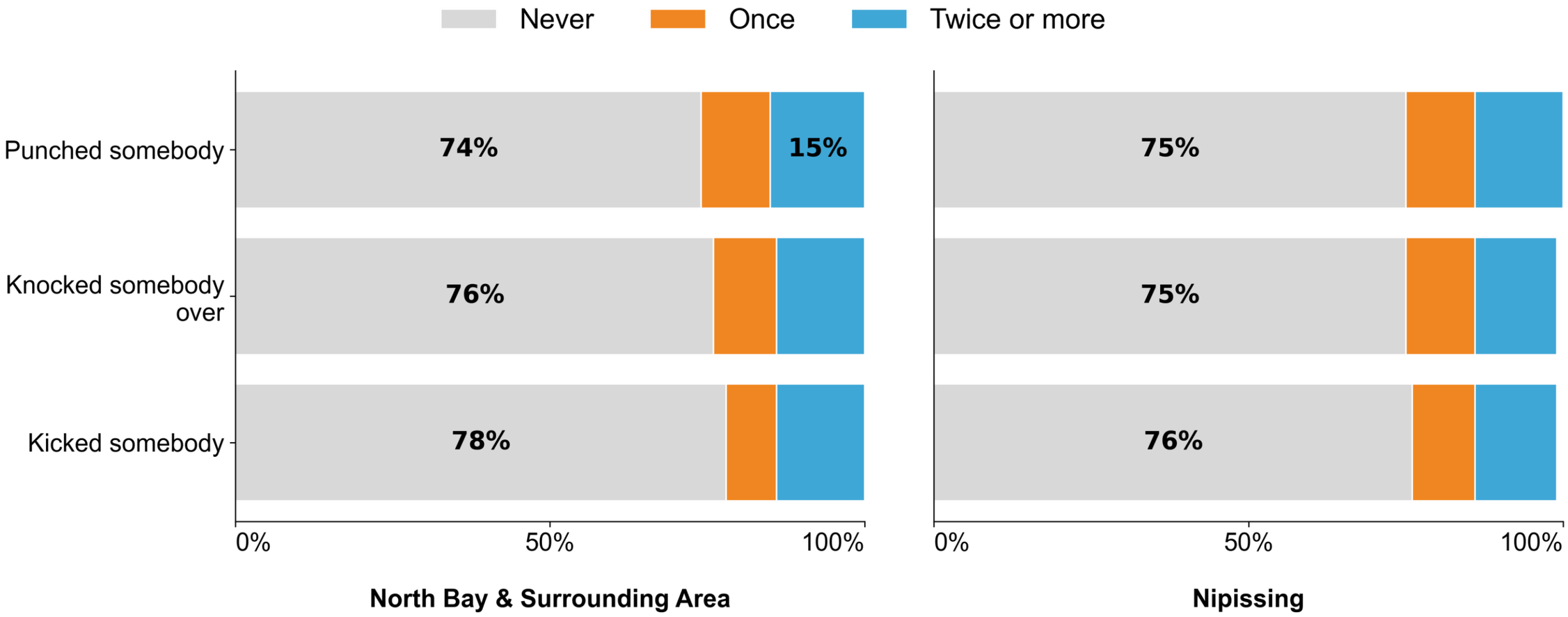
Adolescents report how often the following have happened in the last 12 months **-Part 2**



North Bay & Surrounding Area - 2026

Peer Group

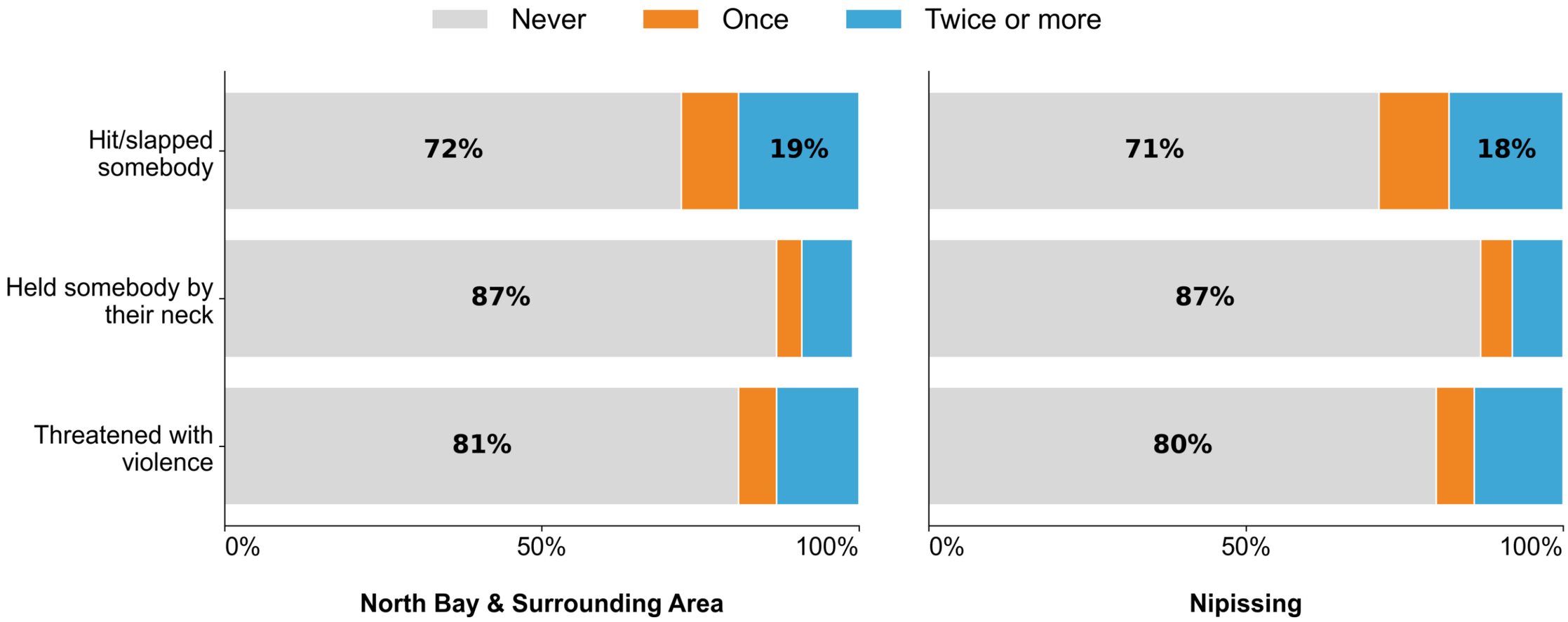
Adolescents report how often they have done the following in the last 12 months **-Part 1**



North Bay & Surrounding Area - 2026

Peer Group

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



North Bay & Surrounding Area - 2026

Peer Group

COMMUNITY

PLANET Youth®

Community

63%
Think it is good to live in their community

79%
Feel safe in their neighbourhood



43%
See a future for themselves in their community

63%
Feel like they belong in their community

49%
Think there is a lot of local events or activities available in their 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

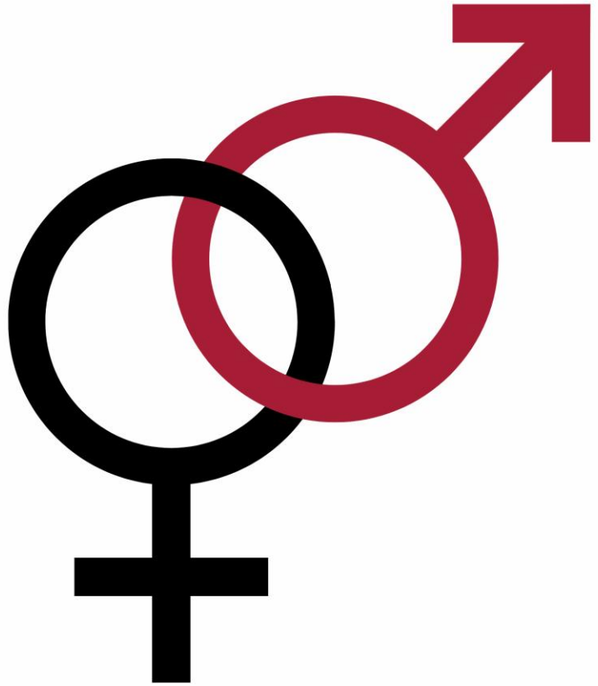
Females

77%
Feel safe in their neighbourhood

49%
Think there is a lot of local events or activities available in their community

37%
See a future for themselves in their community

61%
Think it is good to live in their community



Males

84%
Feel safe in their neighbourhood

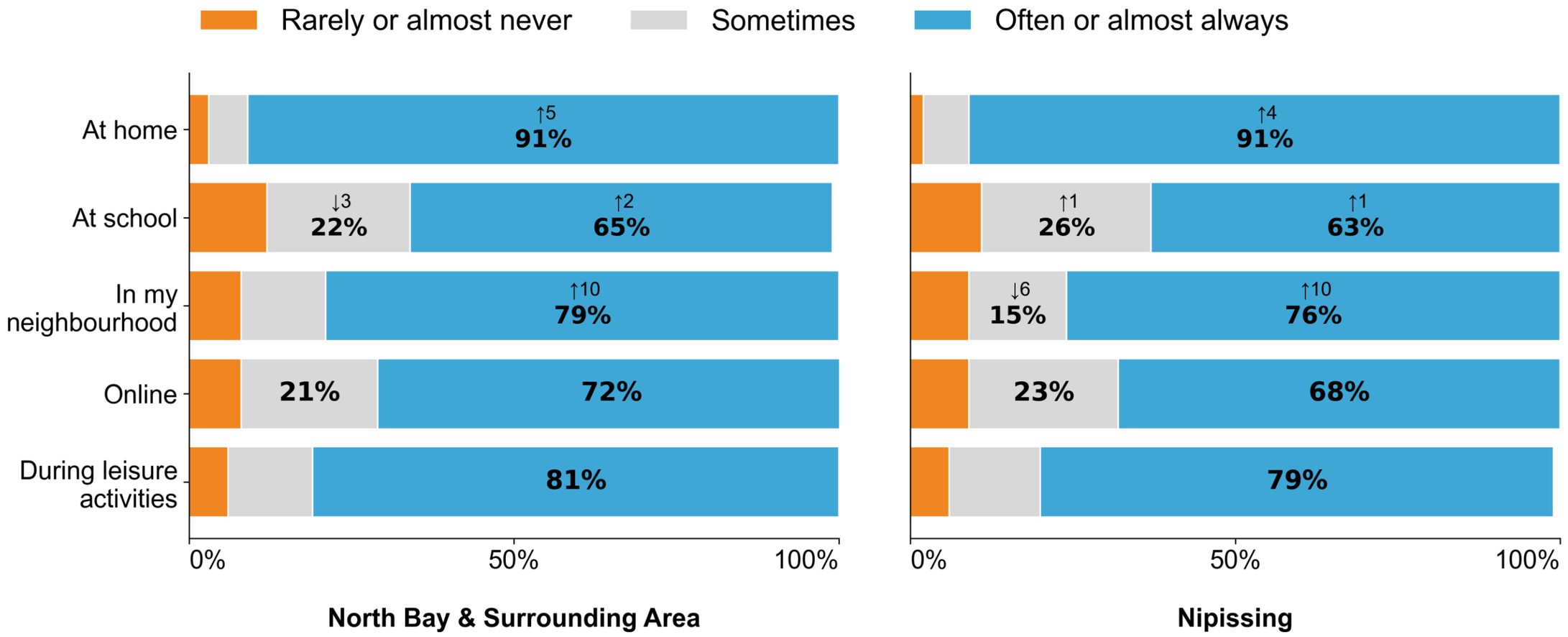
52%
Think there is a lot of local events or activities available in their community

55%
See a future for themselves in their community

71%
Think it is good to live in their community

PLANET Youth®

Adolescents report whether they feel safe at the following locations

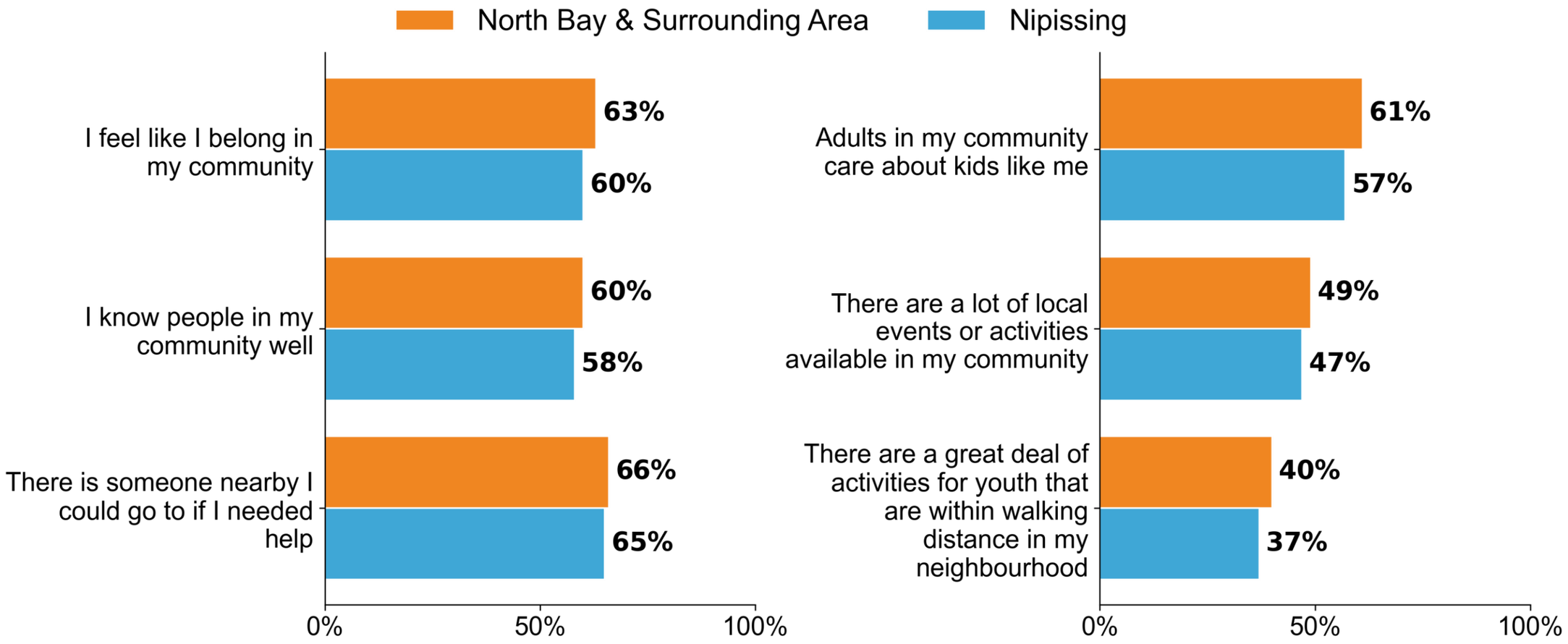


North Bay & Surrounding Area - 2026

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

Community

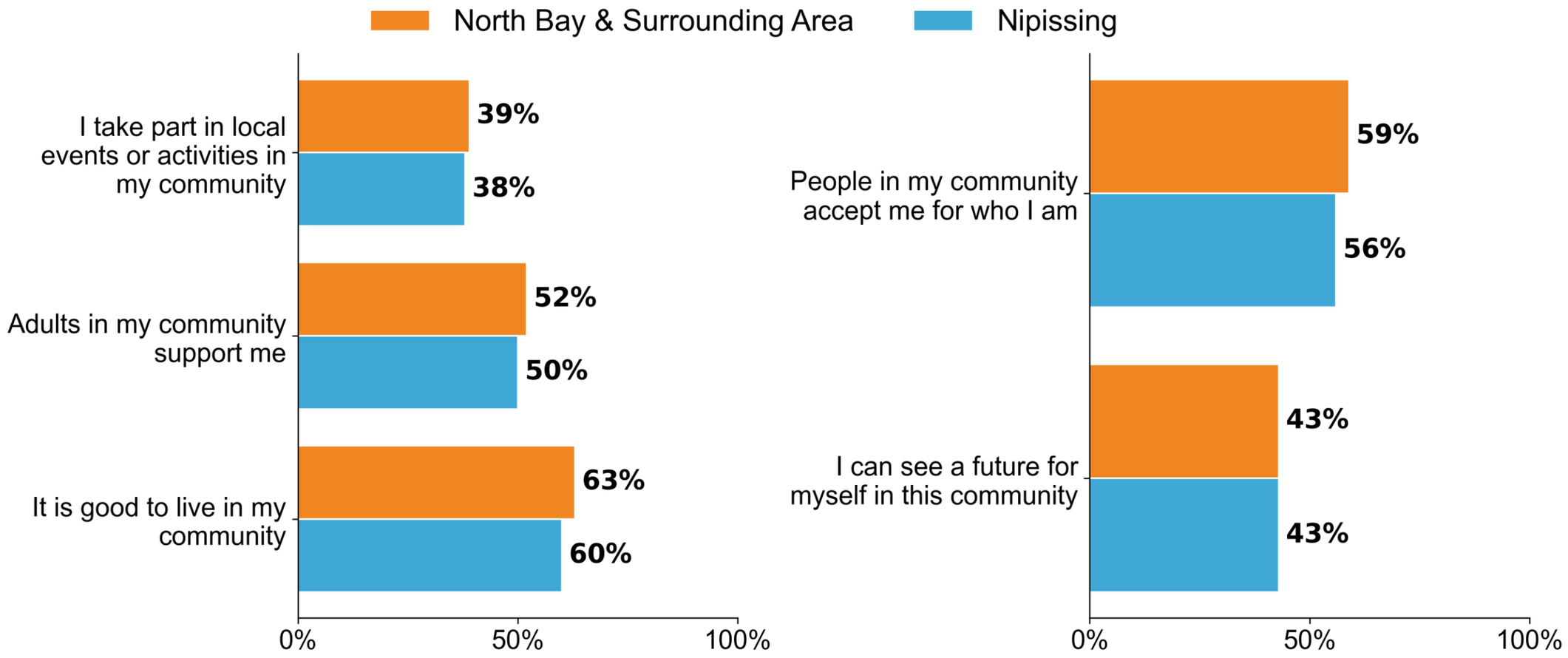
Percentage of adolescents who **strongly agree** or **agree** to the following statements **-Part 1**



North Bay & Surrounding Area - 2026

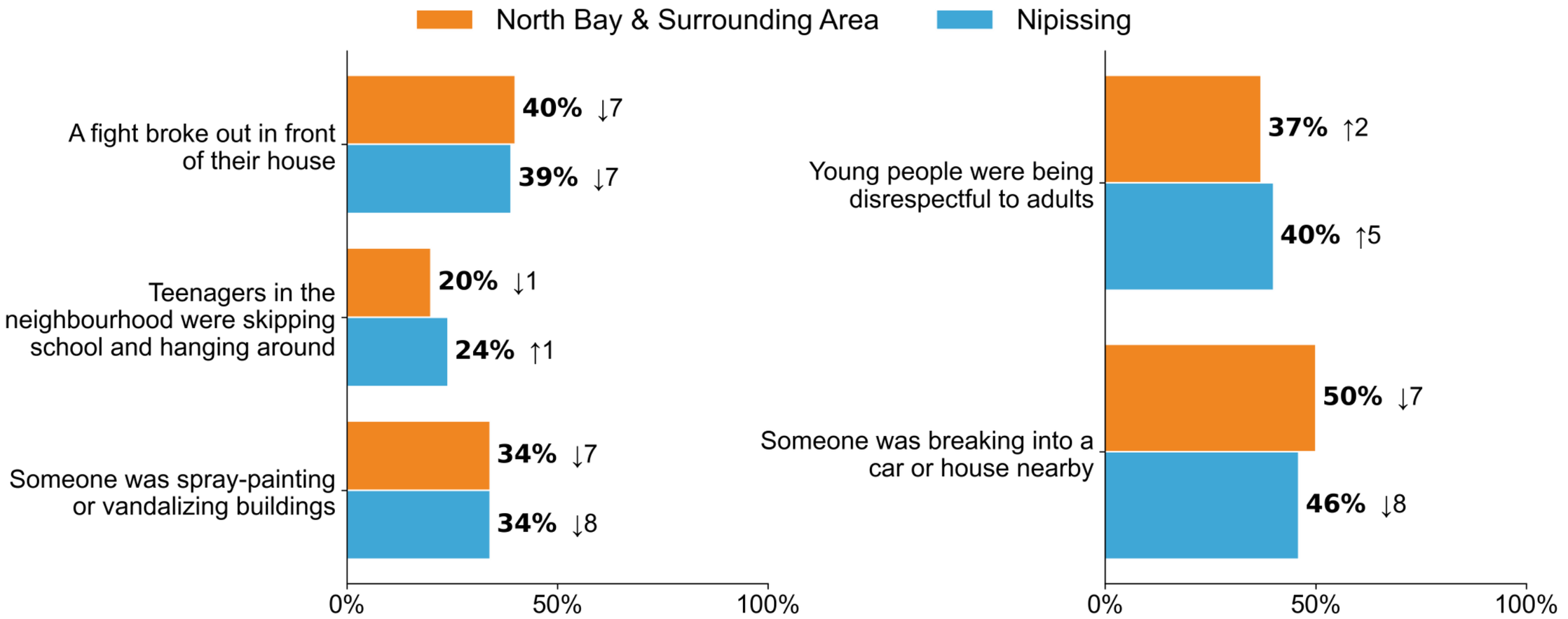
Community

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



North Bay & Surrounding Area - 2026

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



North Bay & Surrounding Area - 2026

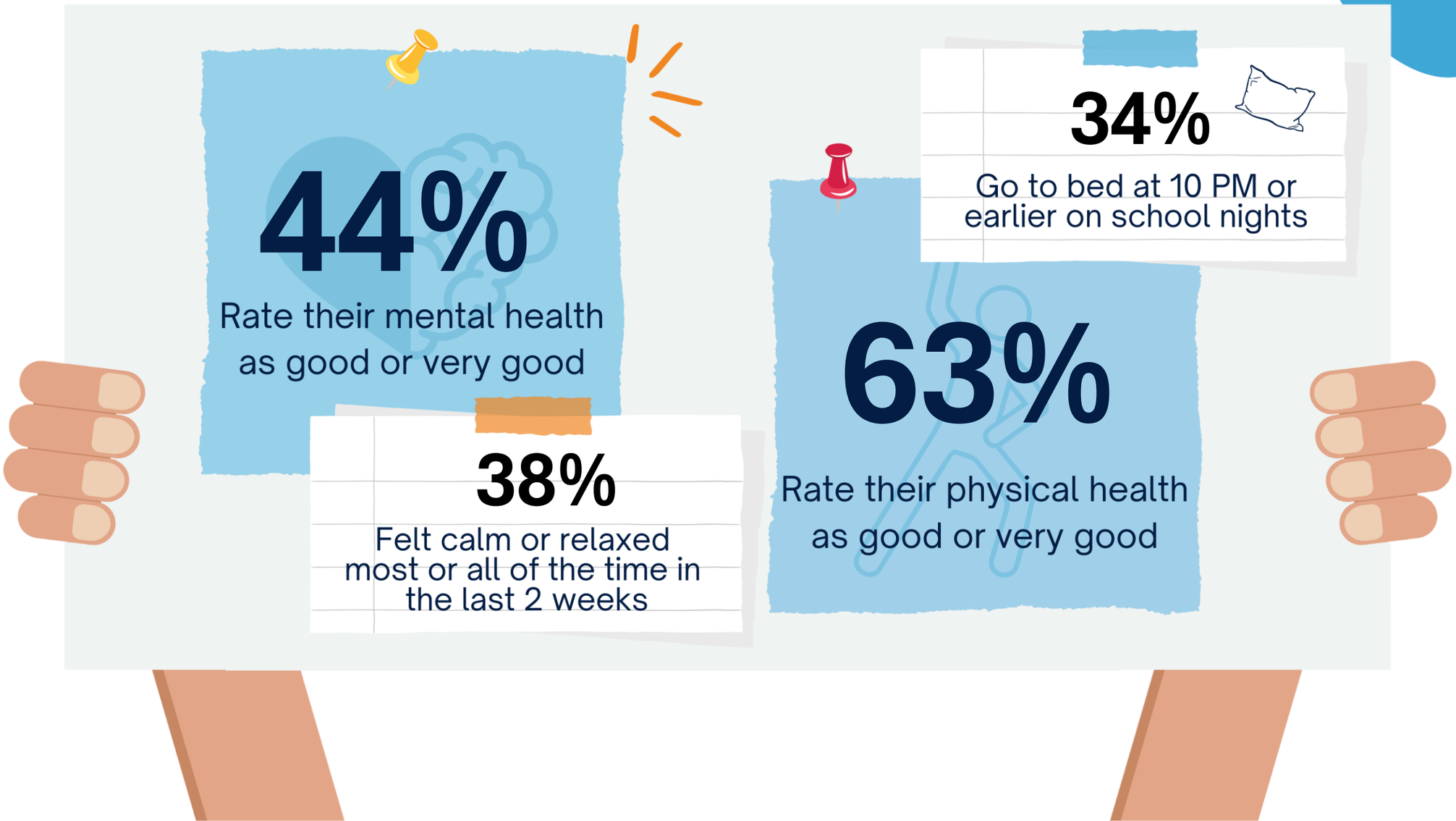
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Community

WELLBEING

PLANET Youth®

Wellbeing


44%
Rate their mental health as good or very good
38%
Felt calm or relaxed most or all of the time in the last 2 weeks
34%
Go to bed at 10 PM or earlier on school nights
63%
Rate their physical health as good or very good

Wellbeing

Females

39%
Go to bed at 10 PM or earlier on school nights

35%
Rate their mental health as good or very good

62%
Rate their physical health as good or very good

30%
Felt calm or relaxed most or all of the time in the last 2 weeks





Males

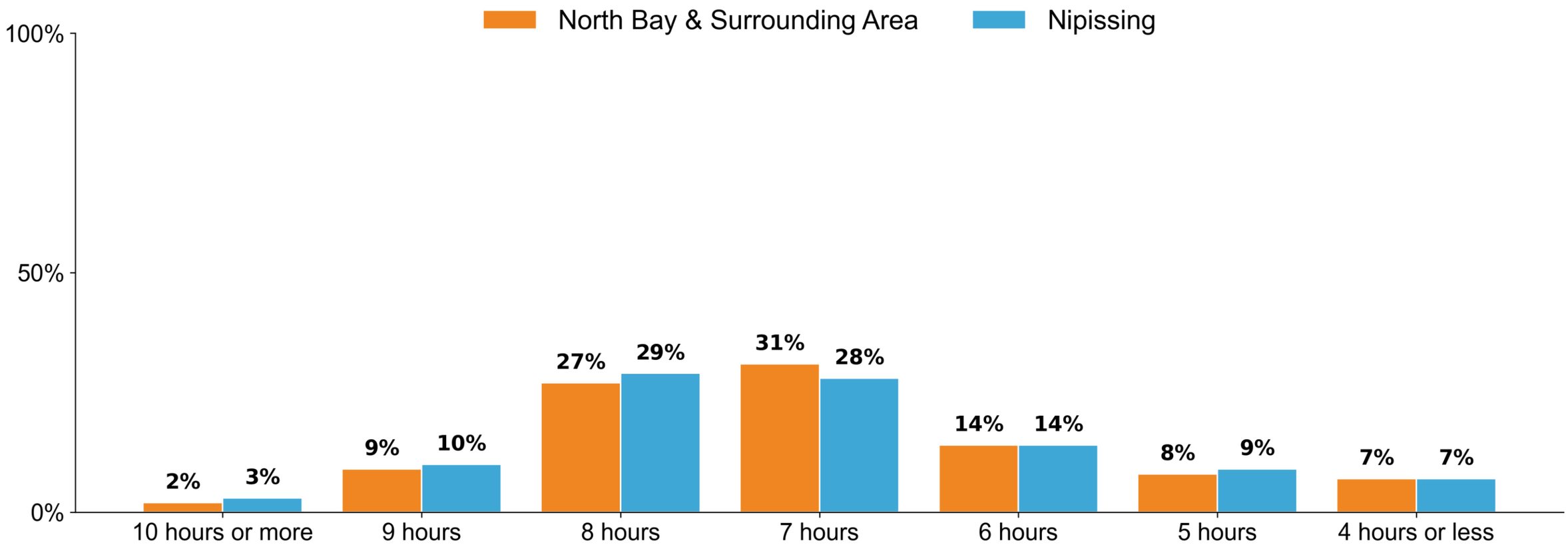
27%
Go to bed at 10 PM or earlier on school nights

60%
Rate their mental health as good or very good

71%
Rate their physical health as good or very good

51%
Felt calm or relaxed most or all of the time in the last 2 weeks

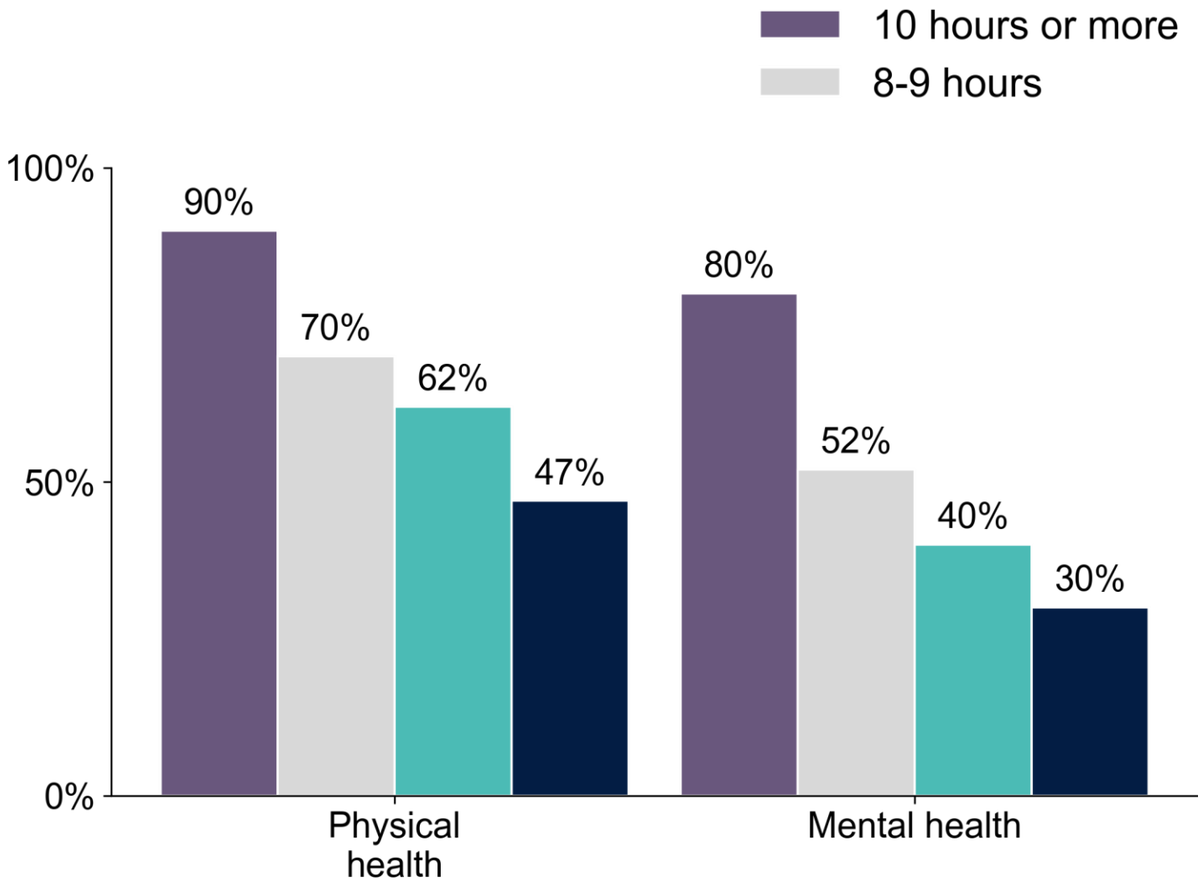
Sleep - Average number of sleeping hours of adolescents



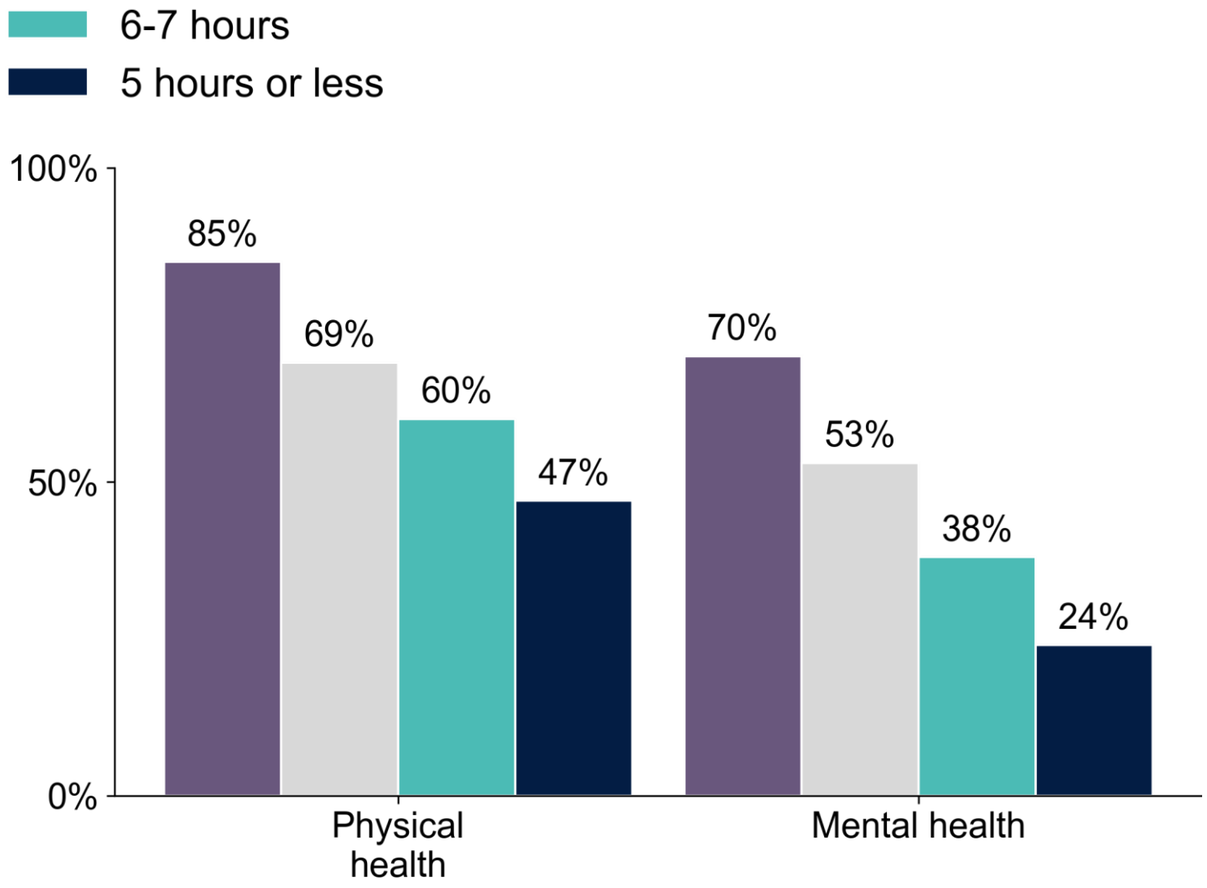
*Due to a mistranslation, the French questionnaire asked about overall sleep hours, whereas the English questionnaire asked about sleep hours on weeknights specifically. Note that this skews the results, with the largest differences observed in the extremes.

North Bay & Surrounding Area - 2026

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

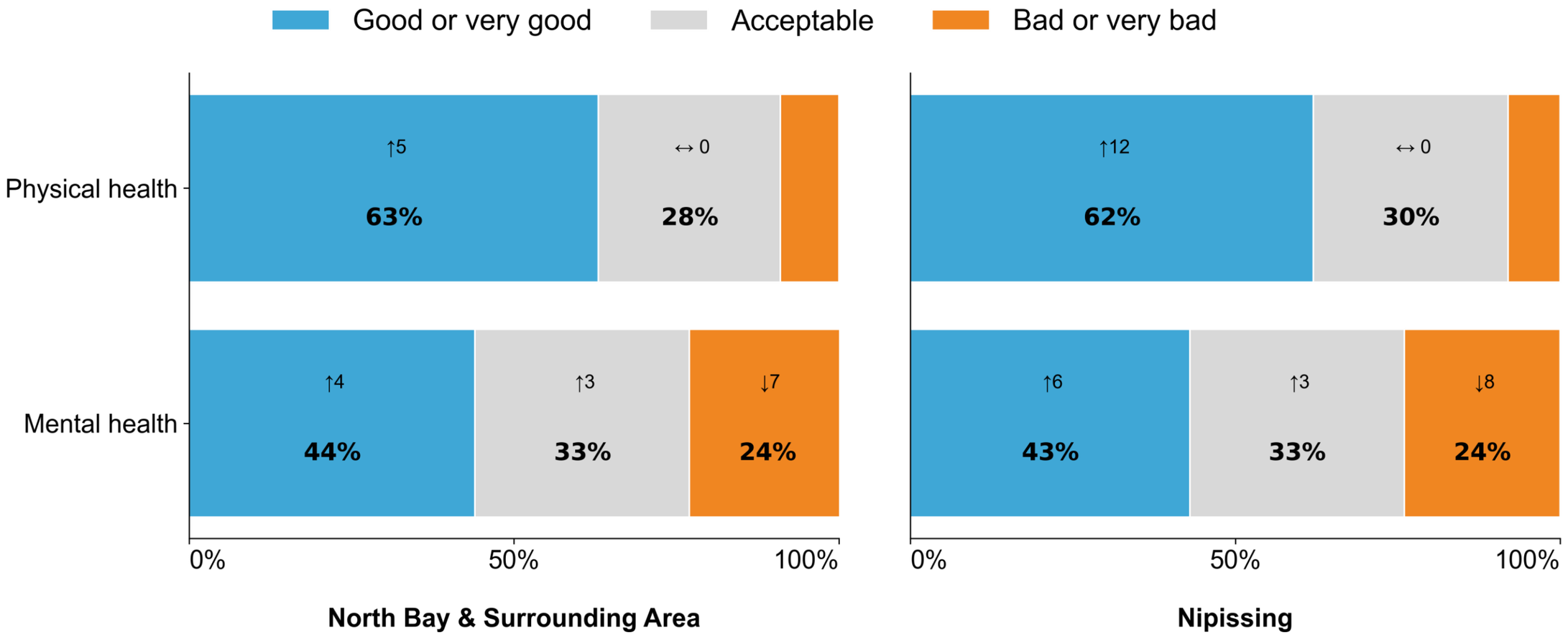


North Bay & Surrounding Area



Nipissing

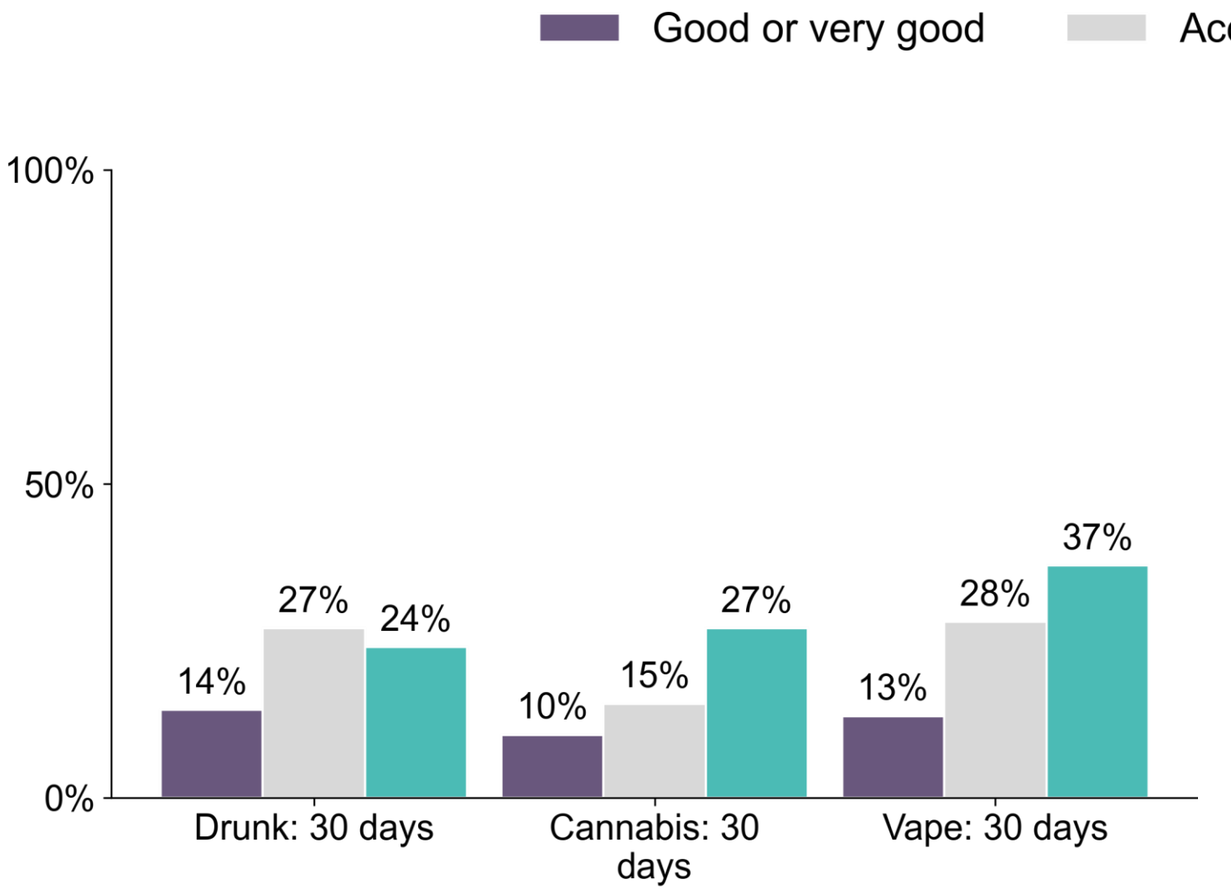
Adolescents rate their physical and mental health



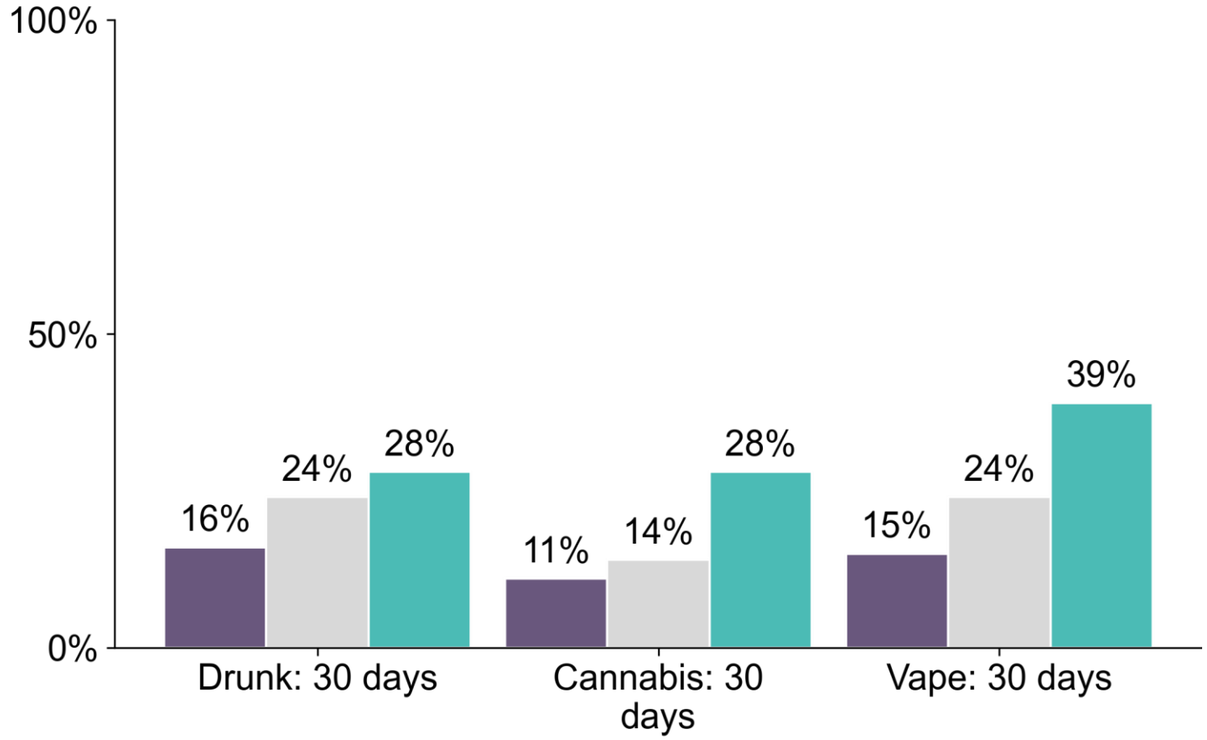
North Bay & Surrounding Area - 2026

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

Substance use cross-referenced with mental health



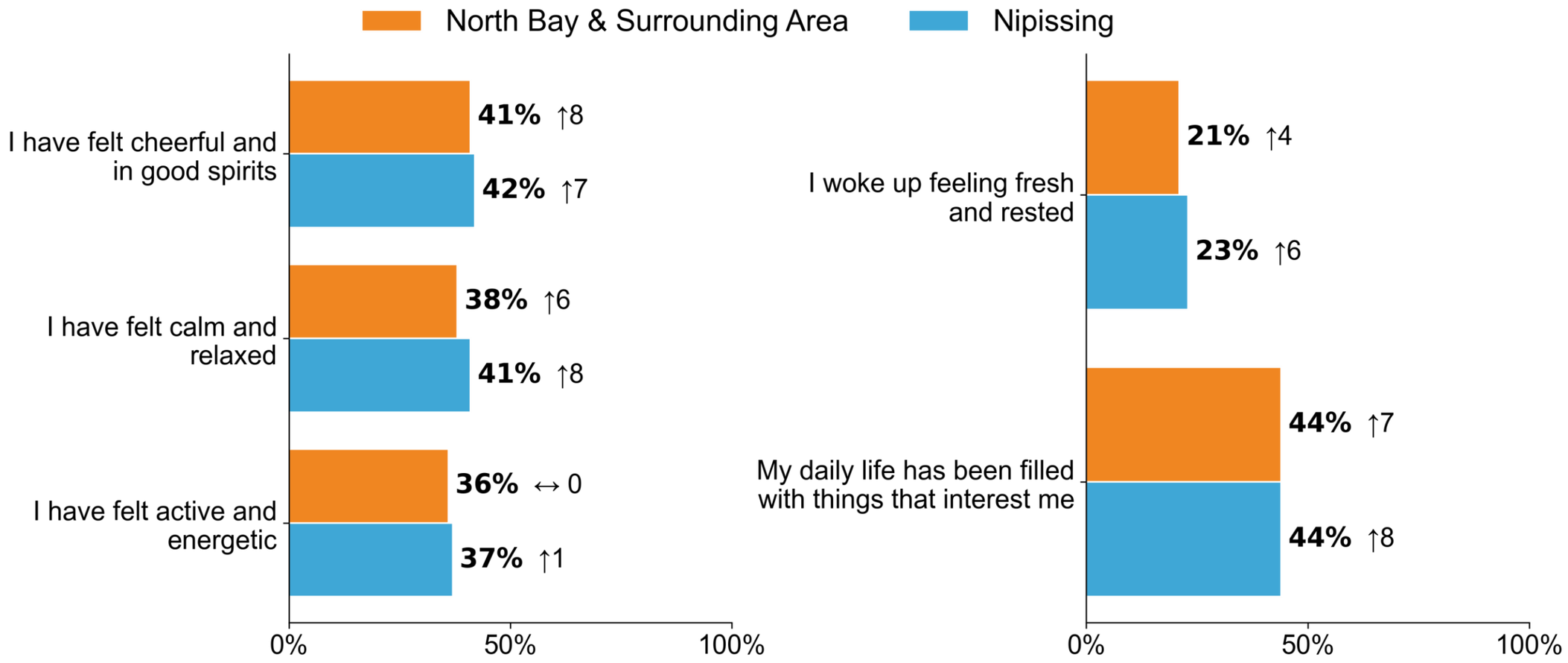
North Bay & Surrounding Area



Nipissing

North Bay & Surrounding Area - 2026

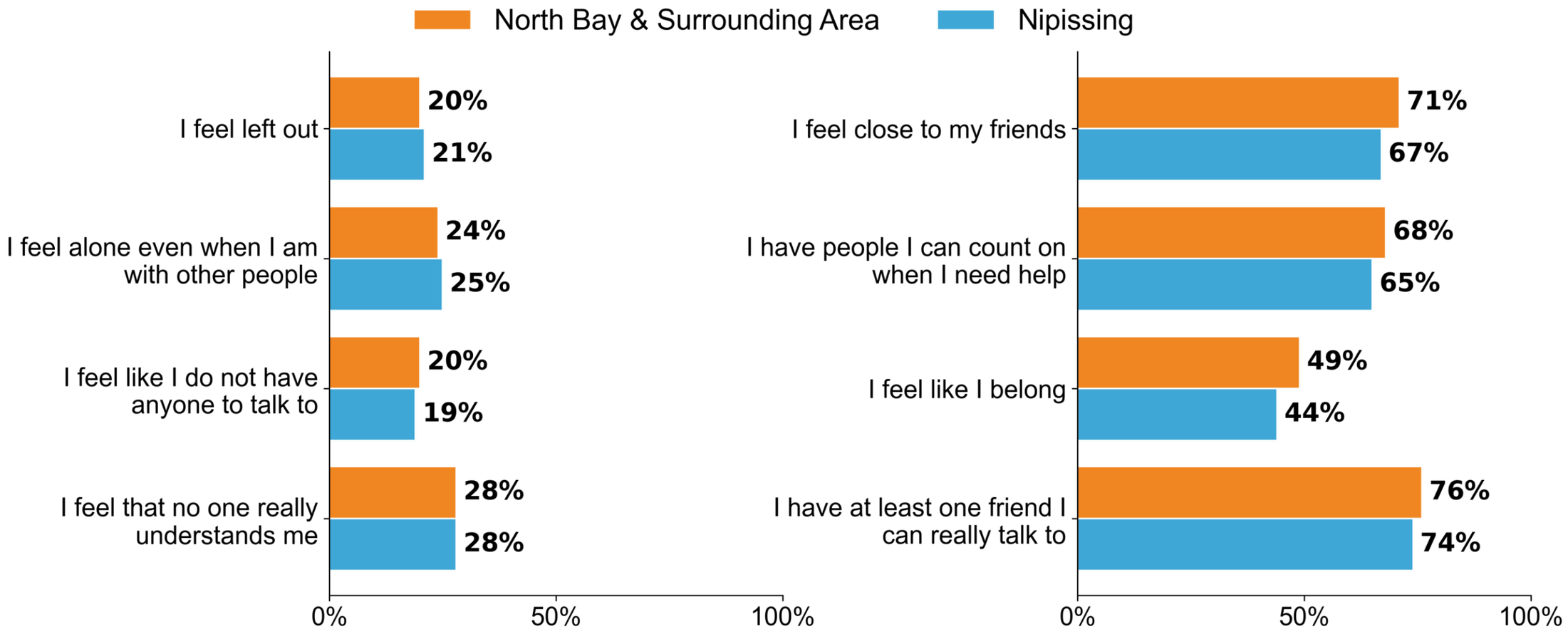
Percentage of adolescents who report that the following statements applied to them **all of the time** and **most of the time** in the past 2 weeks



North Bay & Surrounding Area - 2026

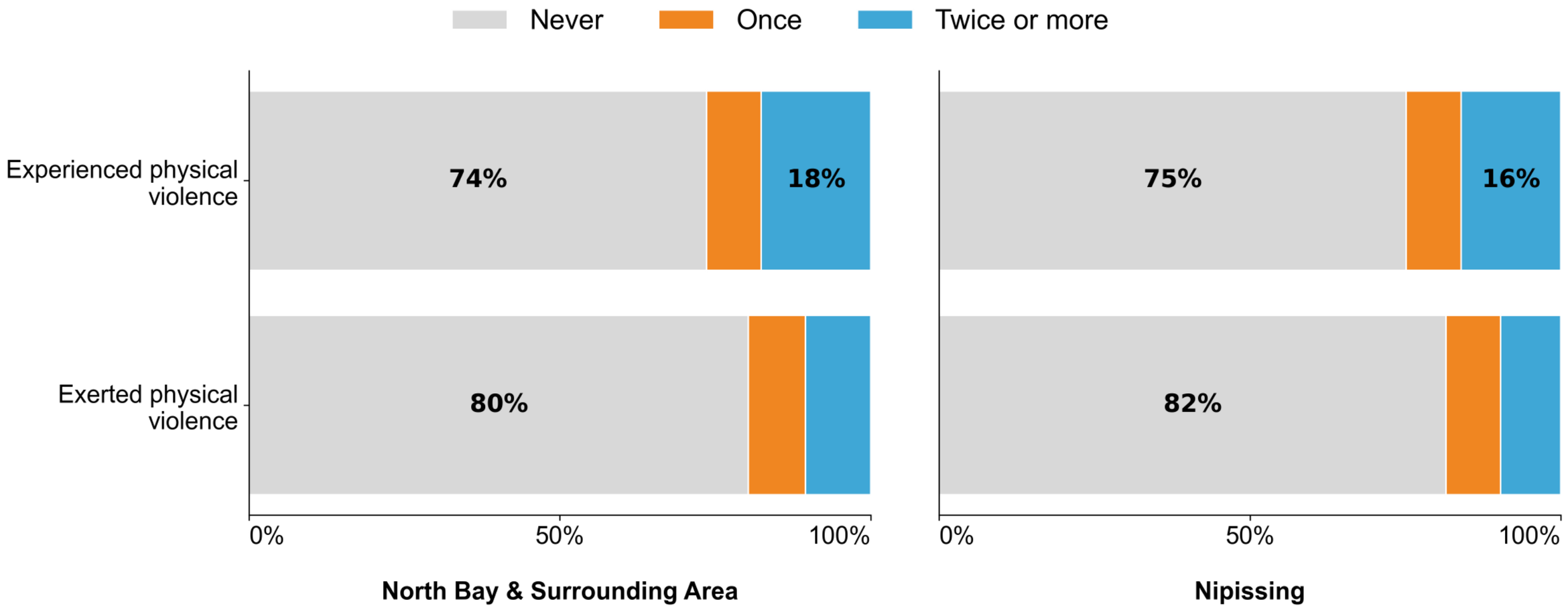
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

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



North Bay & Surrounding Area - 2026

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



DIGITAL LIFE

PLANET Youth®

Digital Life

PLANET Youth

45%
Feel in control of how much time they spend on digital social platforms

23%
Feel more connected to others after using digital social platforms

Say the following statements apply often or very often to them

40%
Use digital social platforms when they're feeling down or stressed

72%
Often or almost always feel safe online

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

Video Games

24%

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

Social Media Use

37%

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

YouTube

15%

Spend on average 4 hours or more on YouTube a day

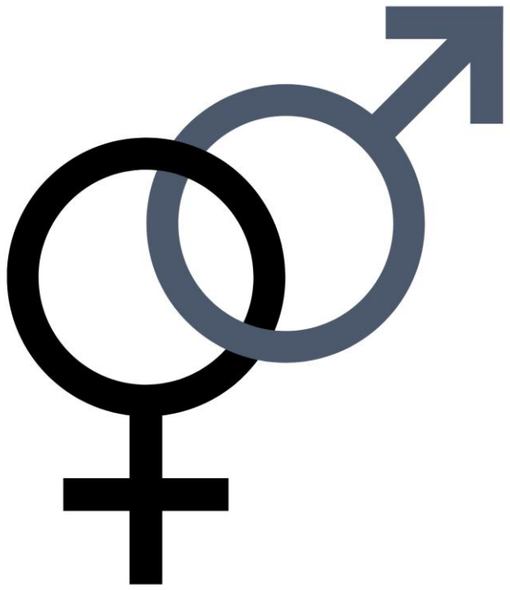
Digital Life

Females

63%
Often or almost always feel safe online

28%
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

81%
Often or almost always feel safe online

16%
Feel left out when they see others doing things without them on digital social platforms

18%
Compare themselves to others on digital social platforms in a way that affects their self-esteem

Video Games

8% Females

38% Males

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

Social Media Use

37% Females

36% Males

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

YouTube

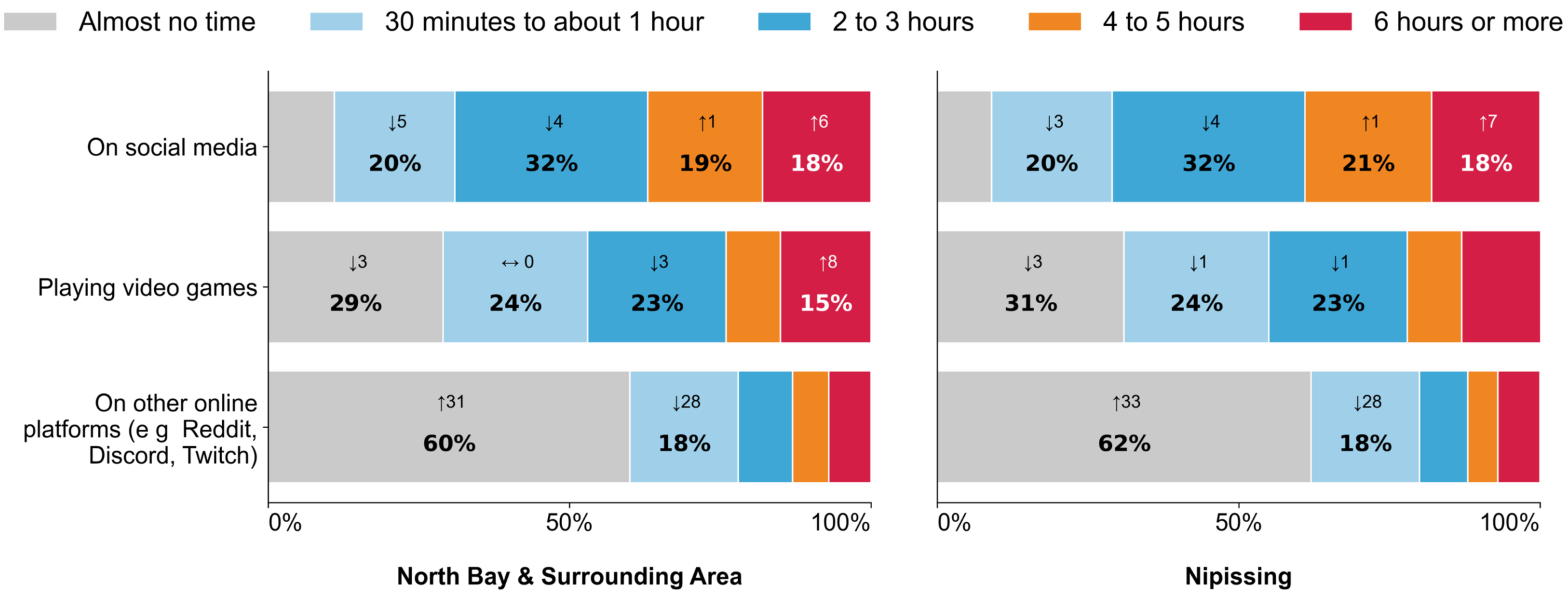
11% Females

17% Males

Spend on average 4 hours or more on YouTube a day

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

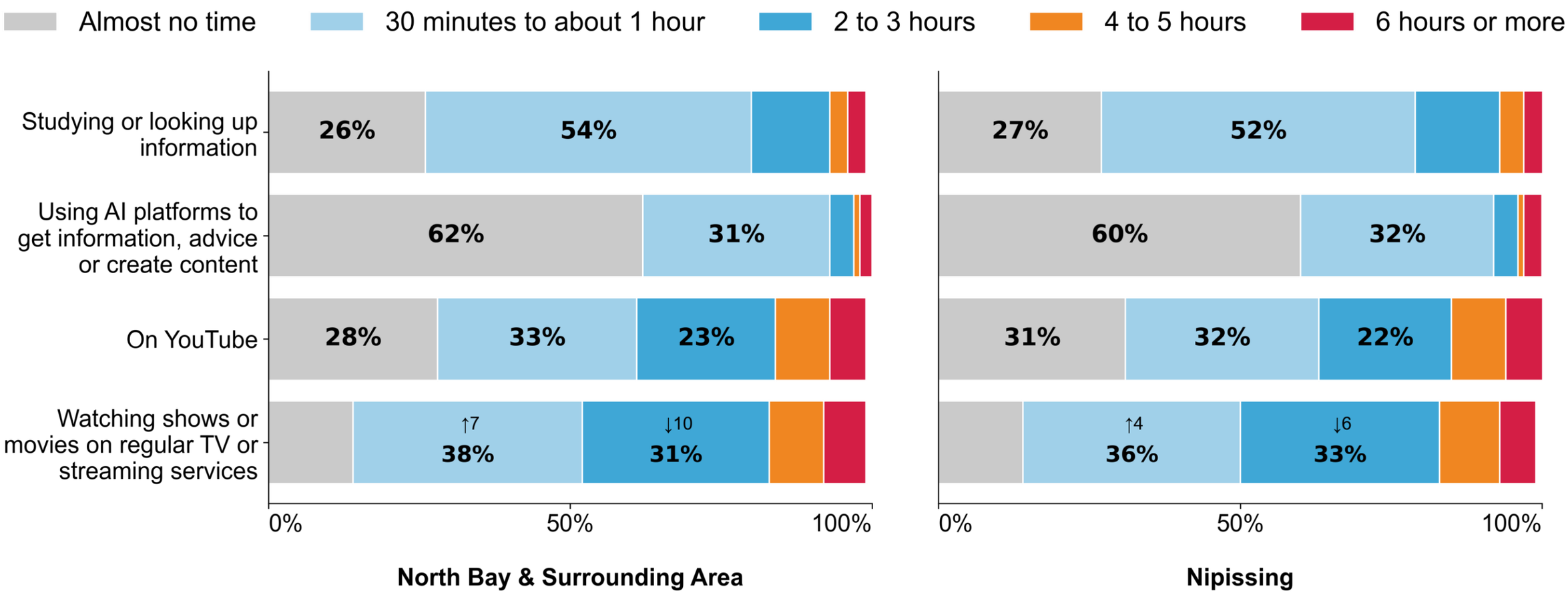
Average daily time adolescents spend on screen-based activities **-Part 1**



North Bay & Surrounding Area - 2026

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

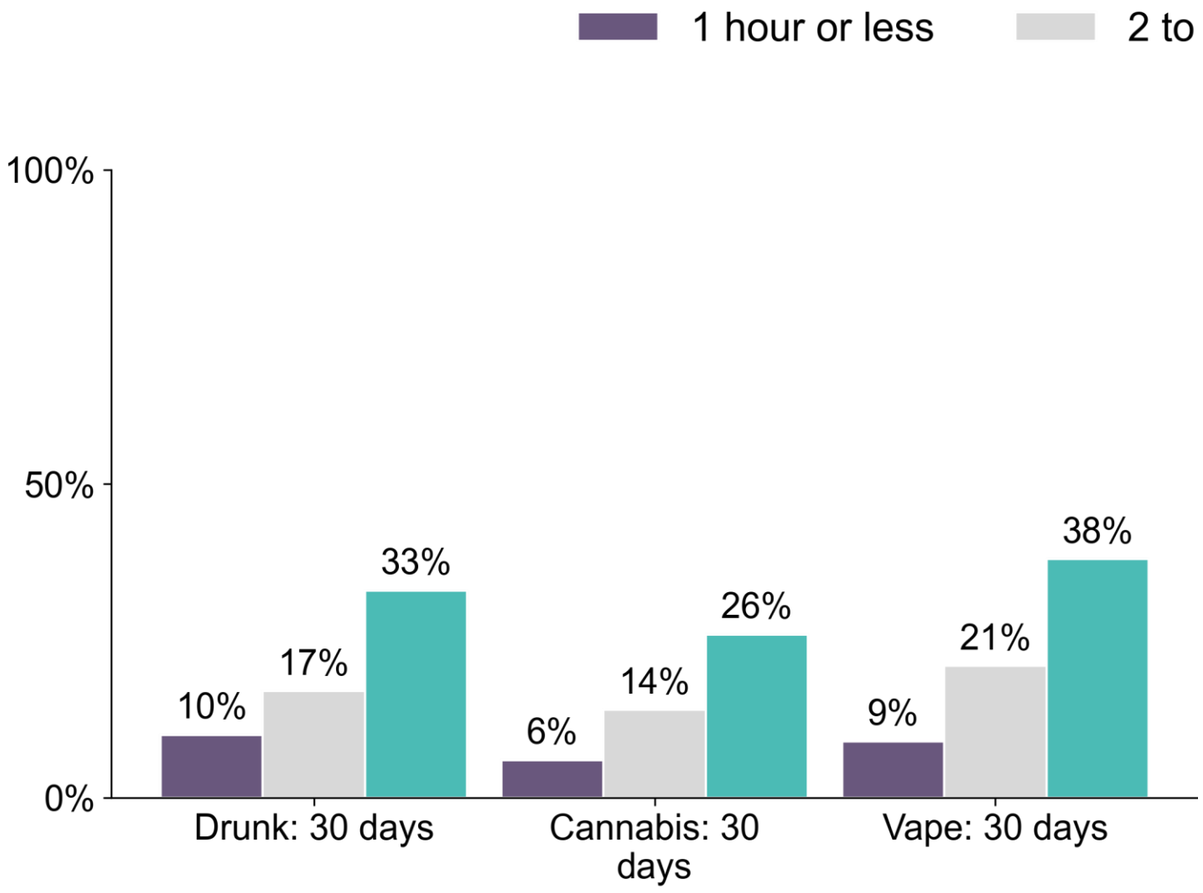
Average daily time adolescents spend on screen-based activities **-Part 2**



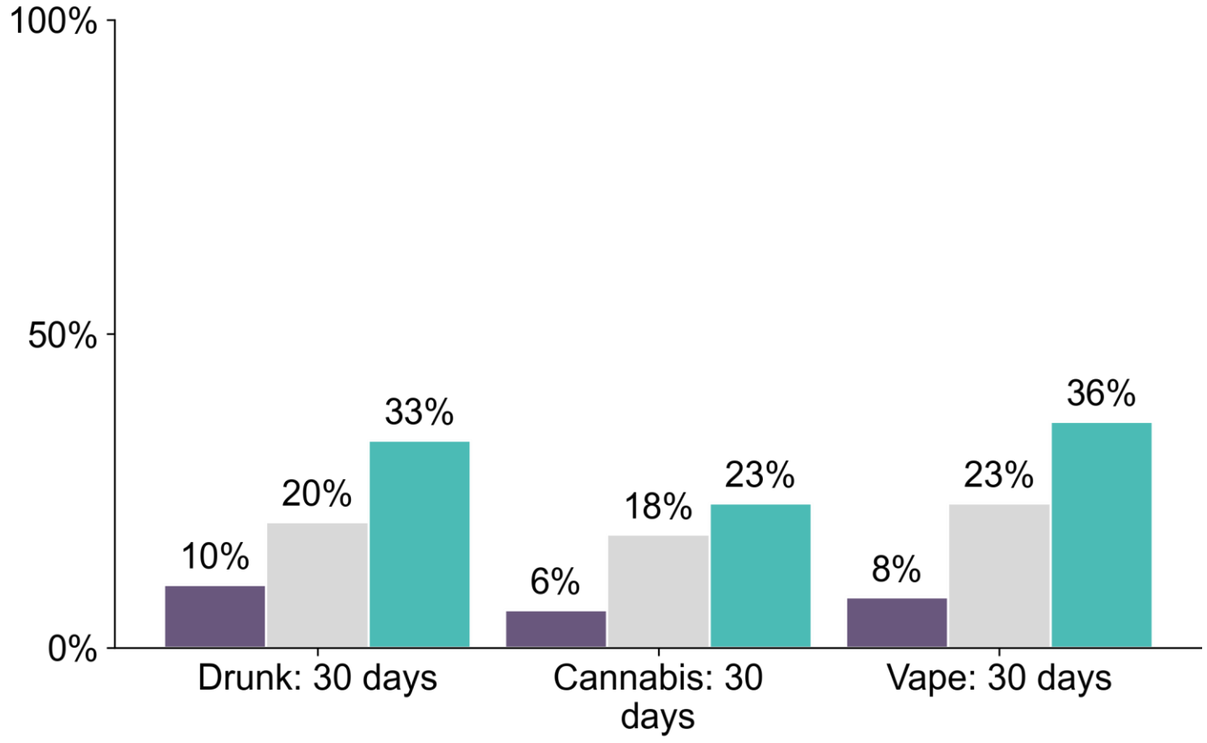
North Bay & Surrounding Area - 2026

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



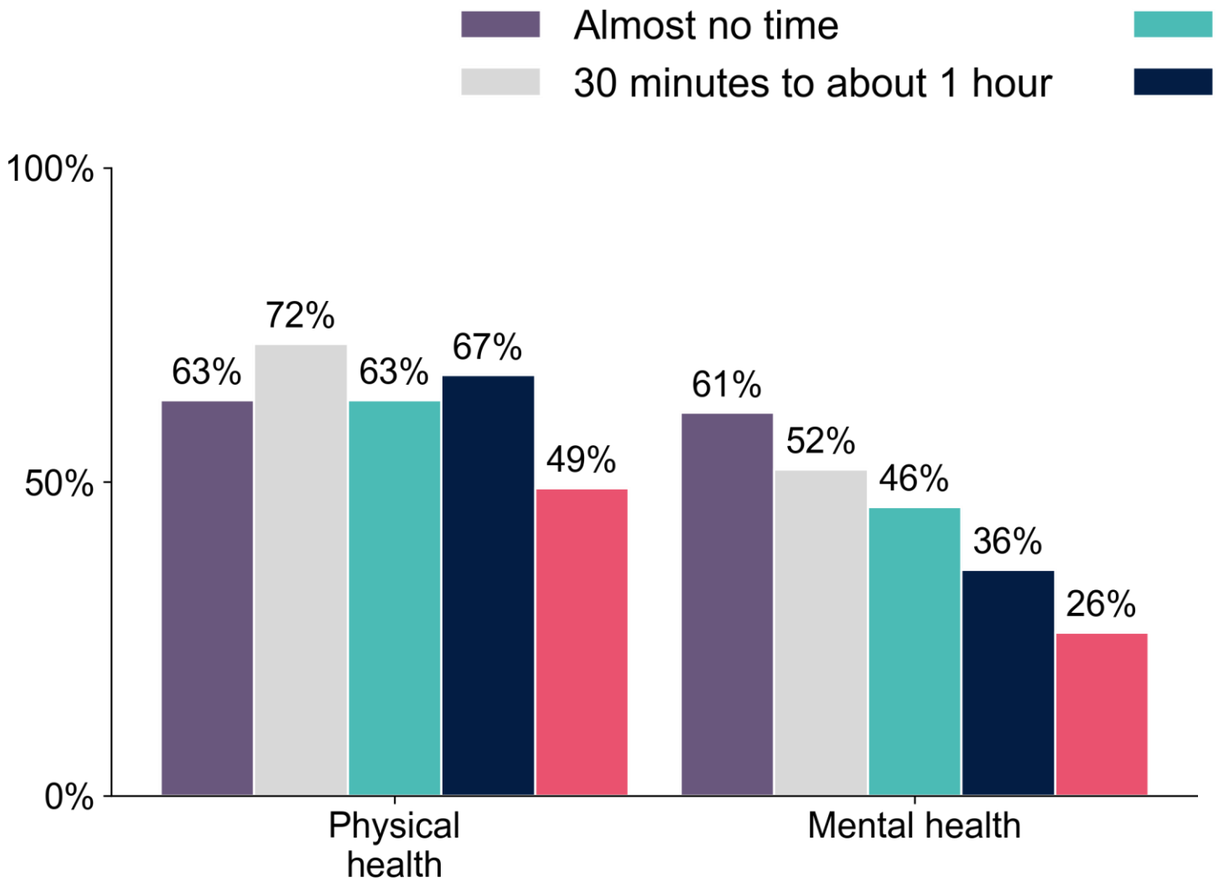
North Bay & Surrounding Area



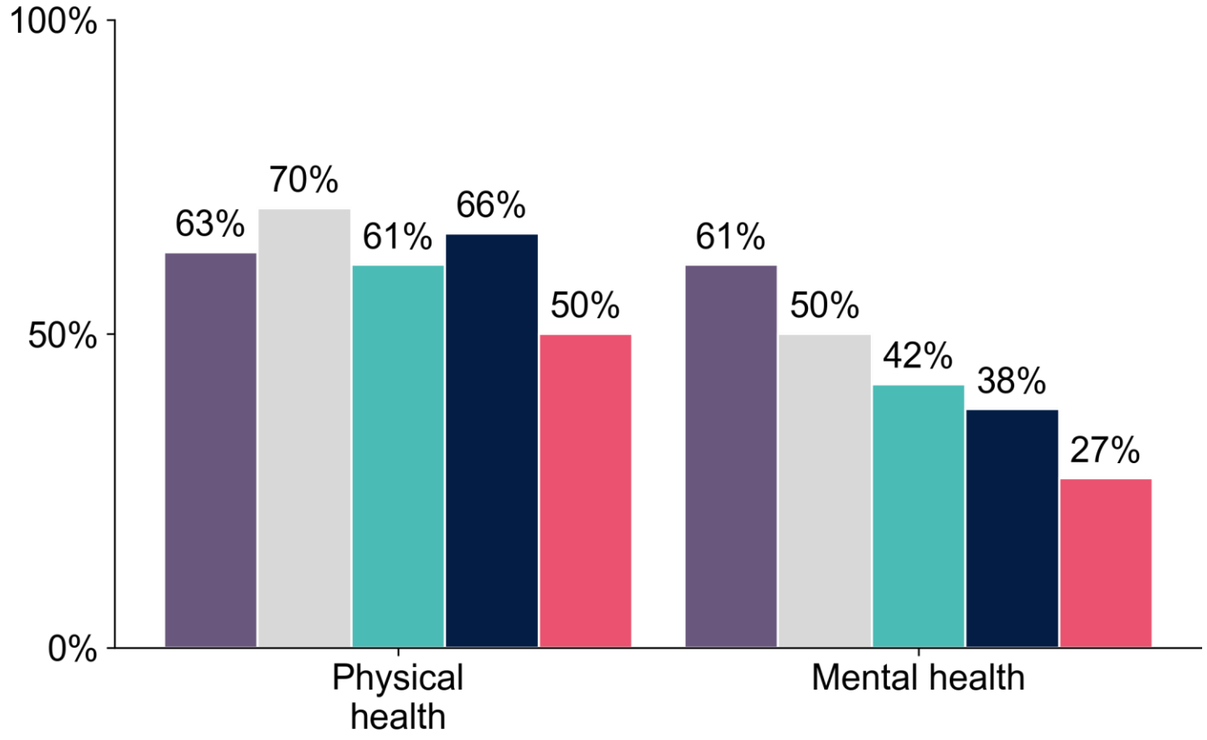
Nipissing

North Bay & Surrounding Area - 2026

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



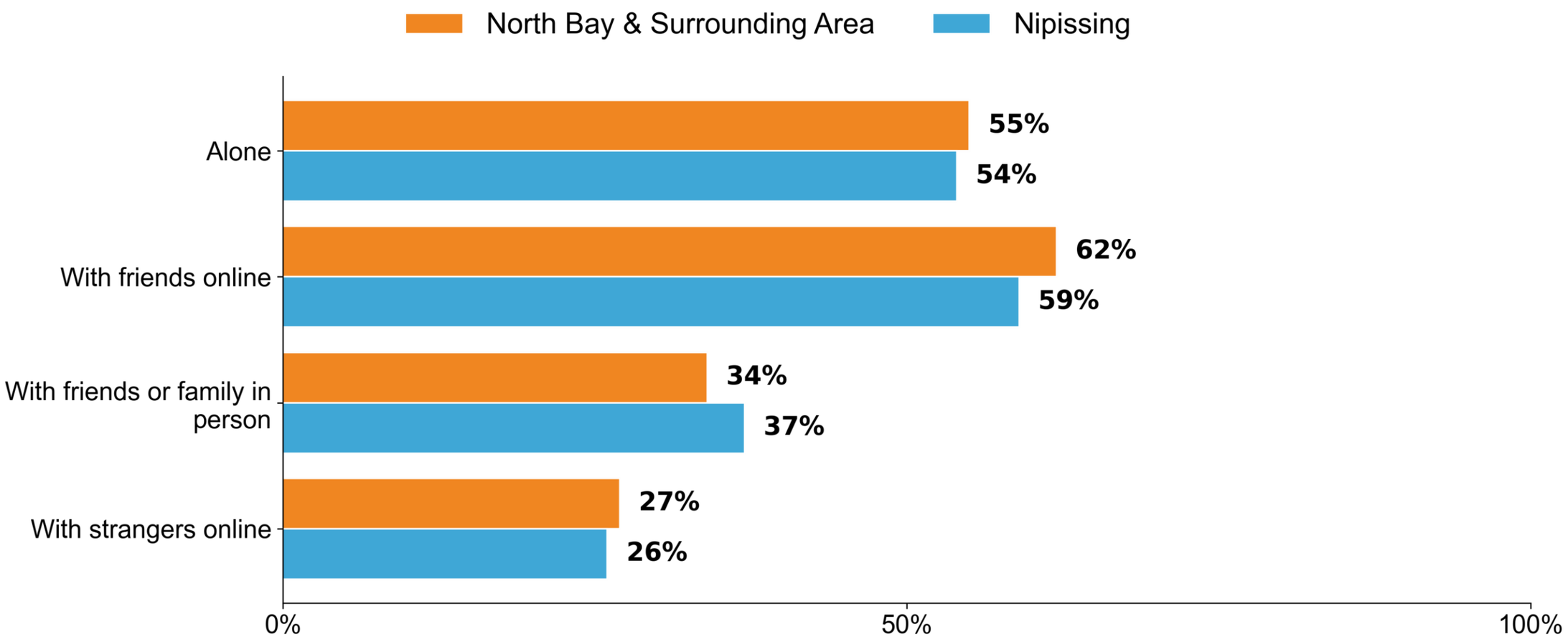
North Bay & Surrounding Area



Nipissing

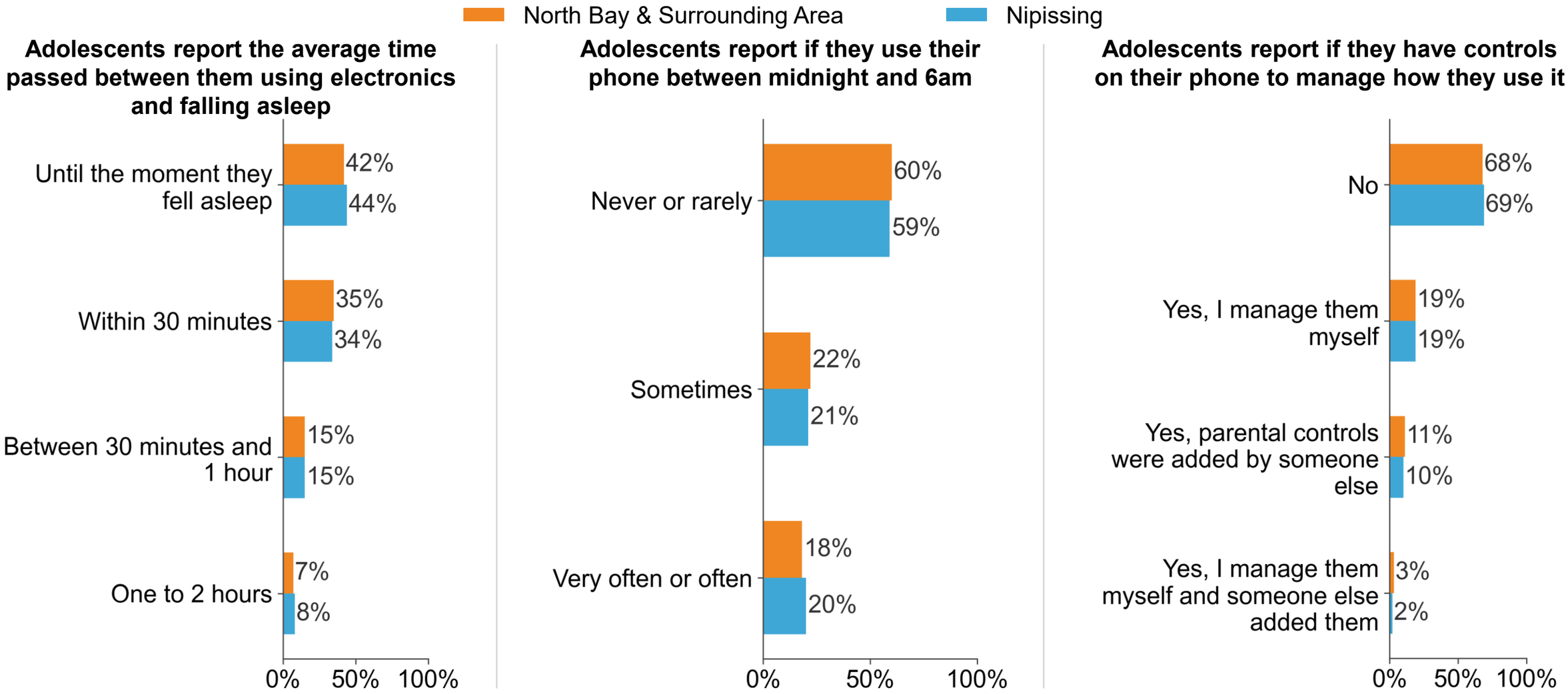
North Bay & Surrounding Area - 2026

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

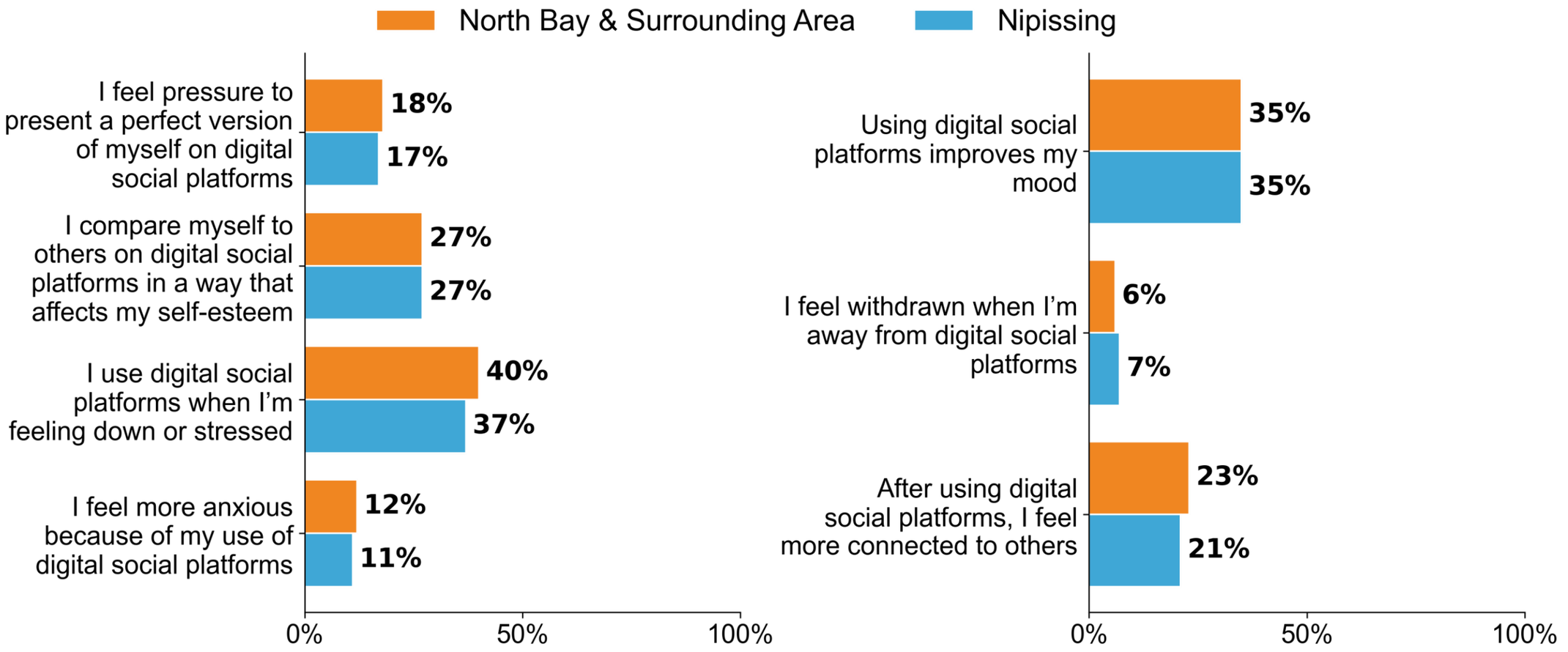


North Bay & Surrounding Area - 2026

Phone use among adolescents

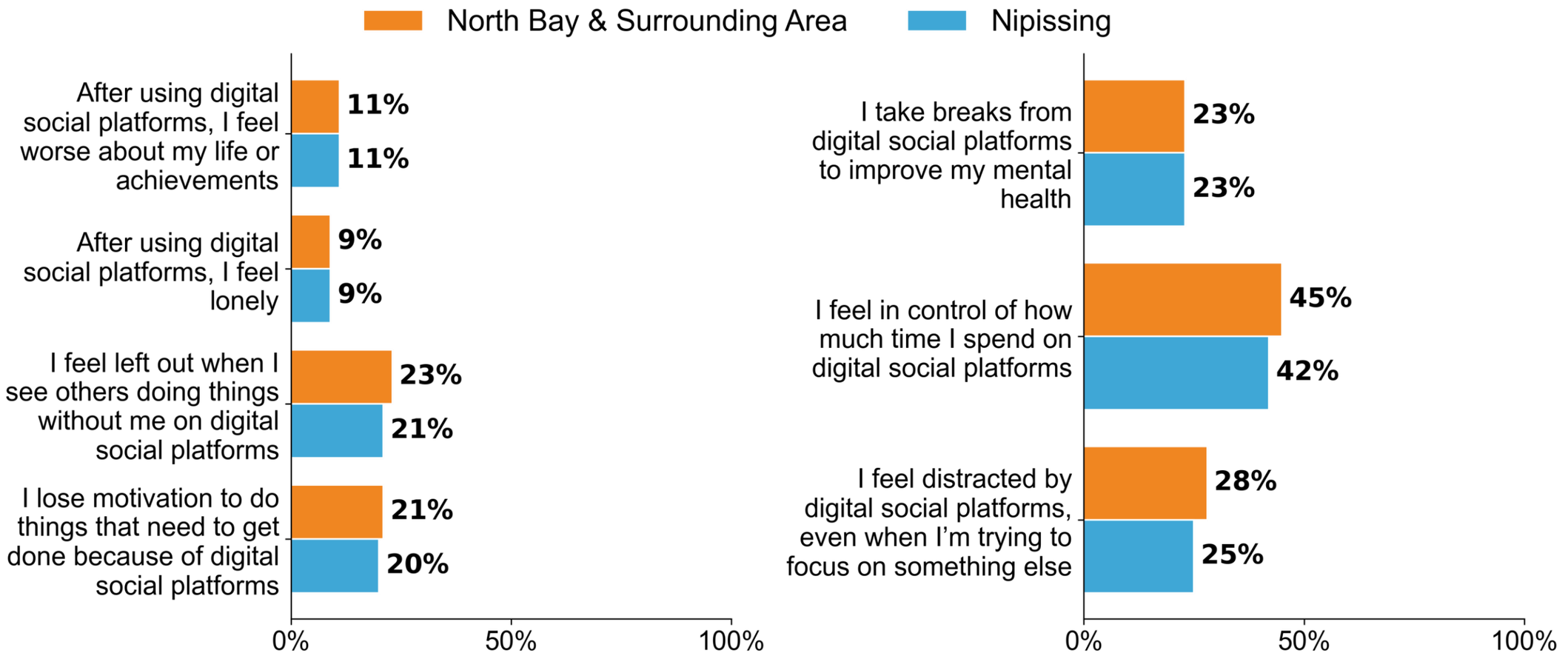


Percentage of adolescents who say the following statements about digital social platforms apply to them **often** or **very often** - Part 1



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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