Planet Youth

Survey Results 2026

West Nipissing & 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.

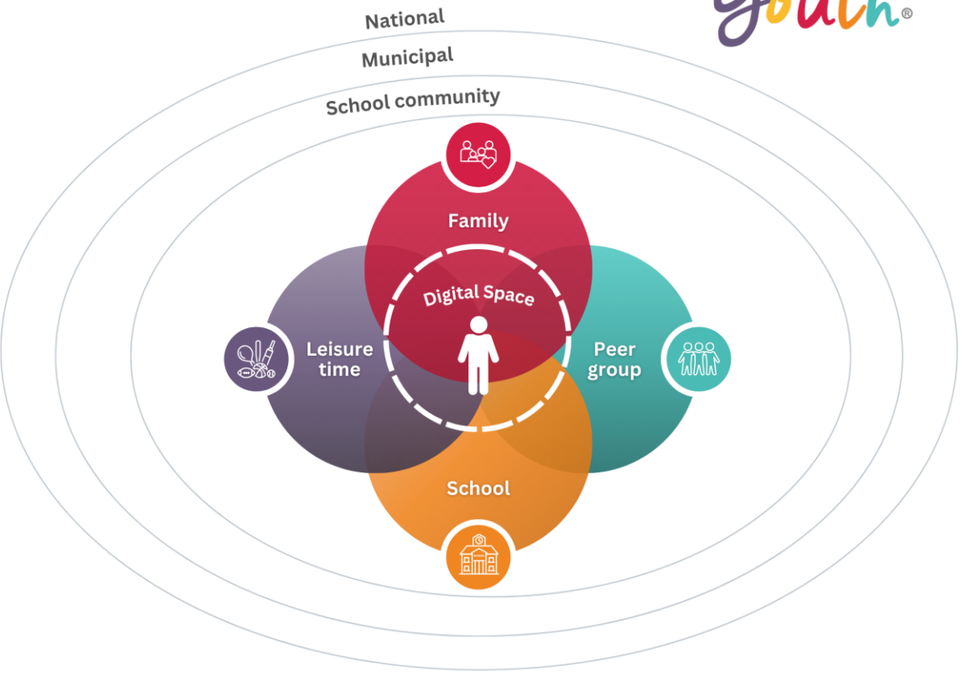
Universal prevention

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

PLANET Youth®

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.

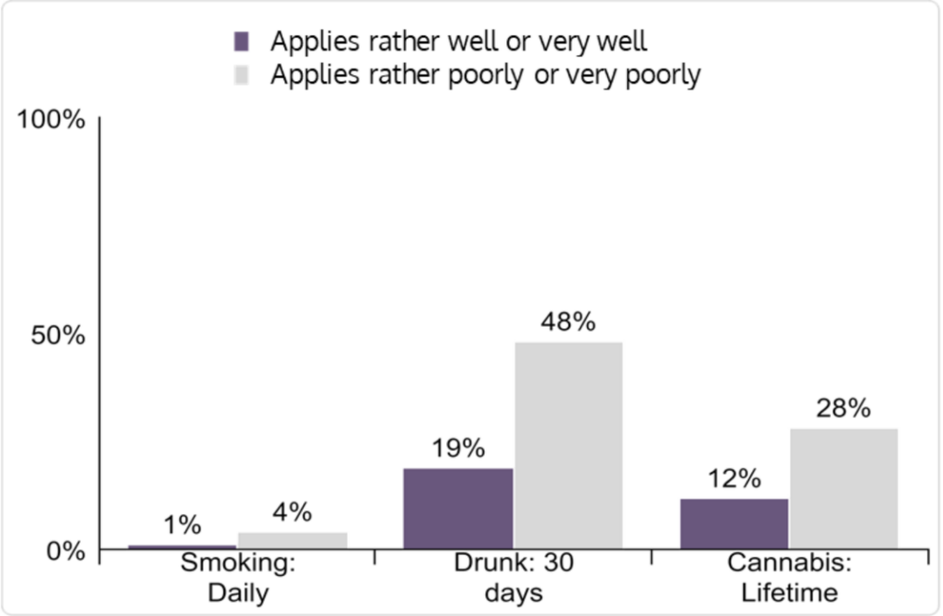


How to Read These Charts

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

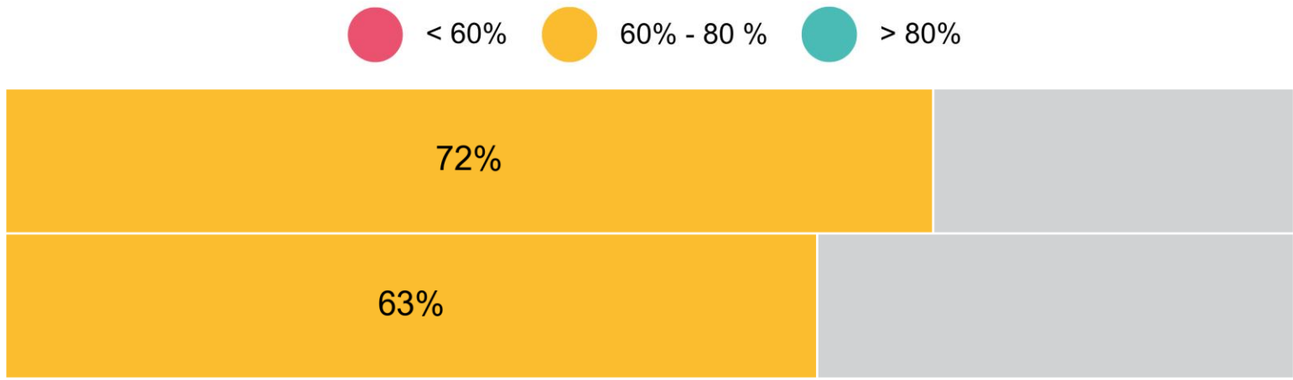
What this shows

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

West Nipissing & Surrounding Area - 2026

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



Survey Response Rates

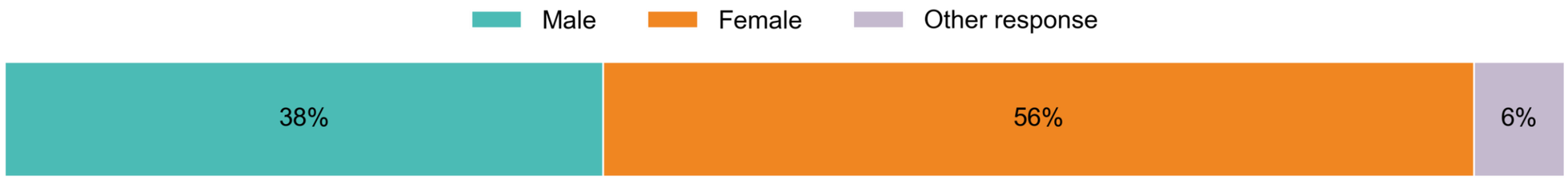
The response rate shows how many surveys had at least 25% of the survey questions answered out of all the students in the grades asked to take part. How trustworthy and useful the survey results are depends on this response rate:

- **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

West Nipissing & Surrounding Area - 2026

		Male	Female	Other response	Total
2026	**Nipissing**	262	309	48	619
2026	**West Nipissing & Surrounding Area**	66	96	10	172
2024	Nipissing	354	316	34	704
2024	West Nipissing & Surrounding Area	78	89	7	174



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

West Nipissing Bay & Surrounding Area - 2026

		Grade 9	Grade 10	Grade 11	Grade 12	Grade 13	Unknown	Total
2026	**West Nipissing & Surrounding Area**	23	131	14	3	1	-	172
2024	West Nipissing & Surrounding Area	20	127	27	-	-	-	174

West Nipissing & Surrounding Area

2026

FAMILY

90% Often or almost always feel safe at home

87% Find it is easy to receive caring and warmth from their parents/caregivers

79% Say their parents/caregivers set rules about when they should be home in the evenings

91% Think their parents/ caregivers know who they are with in the evenings

91% Think their parents/ caregivers know where they are in the evenings

SCHOOL

60% Often or almost always feel safe at school



80% Have friends at school that care about them*

24% Say the students at their school are nice to each other*

60% Think the adults at school care about them*

75% Get along with their teachers*

LEISURE TIME

20% Do not participate in any organized out-of-school activities supervised by adults

19% Play sports with a club 3 times a week or more



22% Participate in arts & creative activities once a week or more

42% Stayed outside after midnight once or more in the past week

PEER GROUP

38% Say most or almost all of their friends drink alcohol

11% 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



65% Say it is easy to have discussions about personal matters with their friends

*Strongly agree and somewhat agree to the statement

West Nipissing & Surrounding Area

2026

WELLBEING

30% Go to bed at 10 PM or earlier on school nights

28% Of **girls** say their mental health is good or very good

58% Of **boys** say their mental health is good or very good

56% Of **girls** say their physical health is good or very good

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

DIGITAL LIFE

36% Feel in control of how much time they spend on digital social platforms

43% Spend on average 4 hours or more on social media a day

20% Spend on average 4 hours or more playing video games a day

10% Feel lonely after using digital social platforms

62% Feel withdrawn when they're away from digital social platforms

COMMUNITY

68% Often or almost always feel safe in their community



52% Think it is good to live in their community*

55% Feel like they belong in their community*

49% Think people in their community accept them for who they are*

37% Take part in local events or activities in their community*

SUBSTANCE USE

26% Were drunk in the past 30 days

47% Drink at least one energy drink everyday

17% Vape daily

5% Use cannabis daily

1% Smoke cigarettes daily

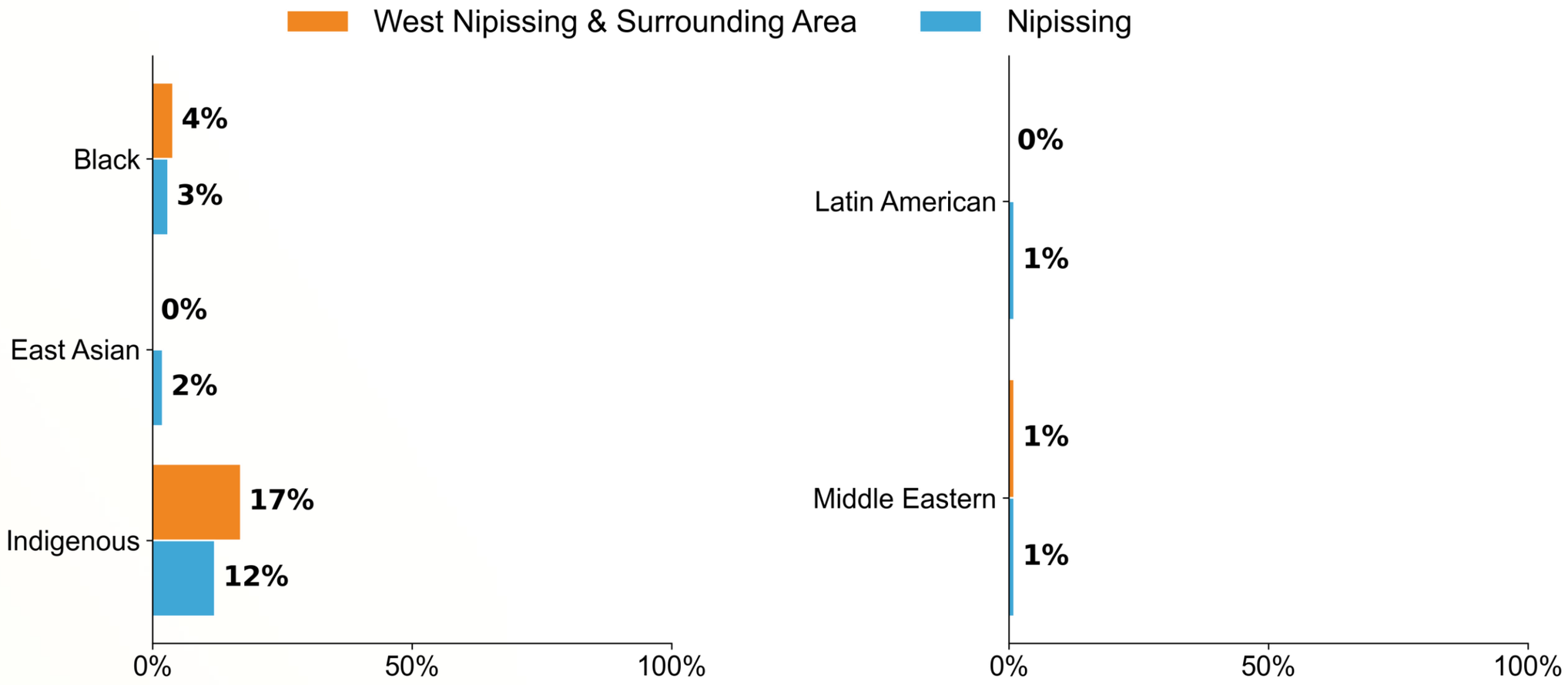
"Digital social platforms" are apps and online spaces for connecting with others, like social media, forums, or in-game chat.

*Strongly agree and agree to the statement

GENERAL INFORMATION

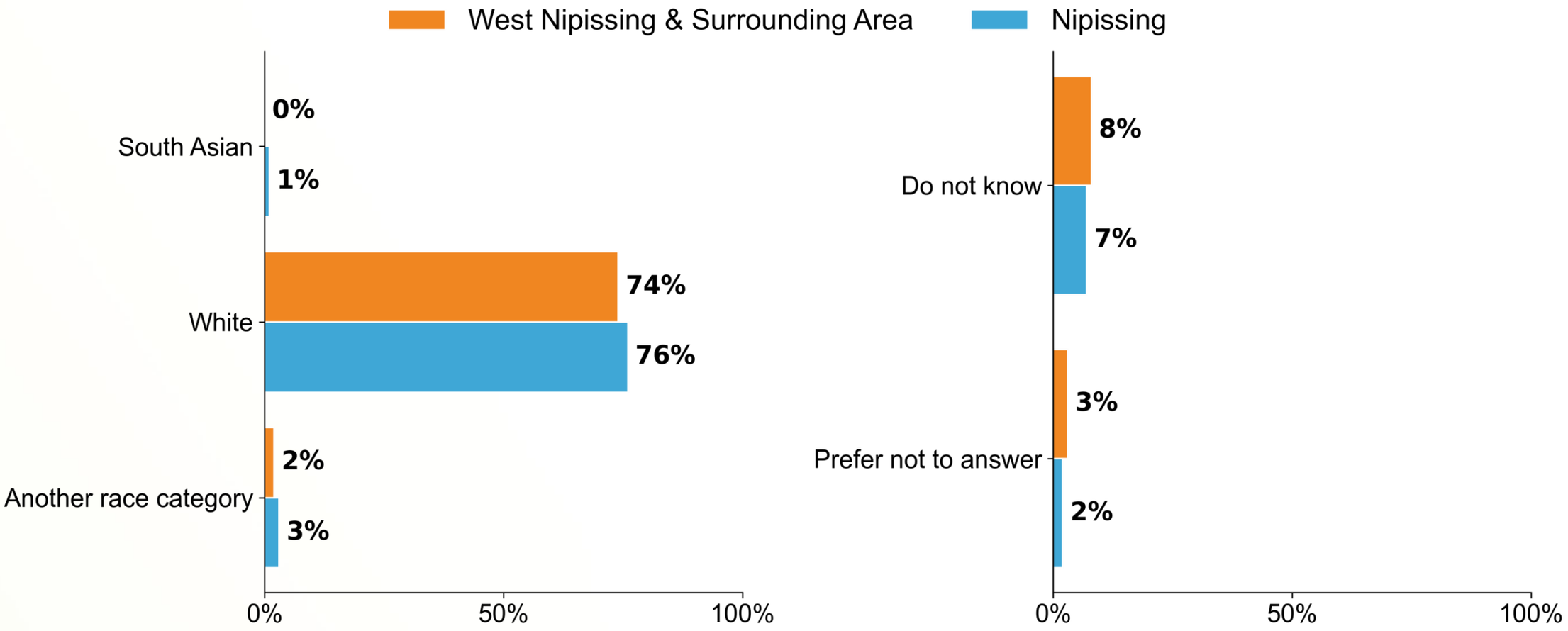
PLANET Youth®

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



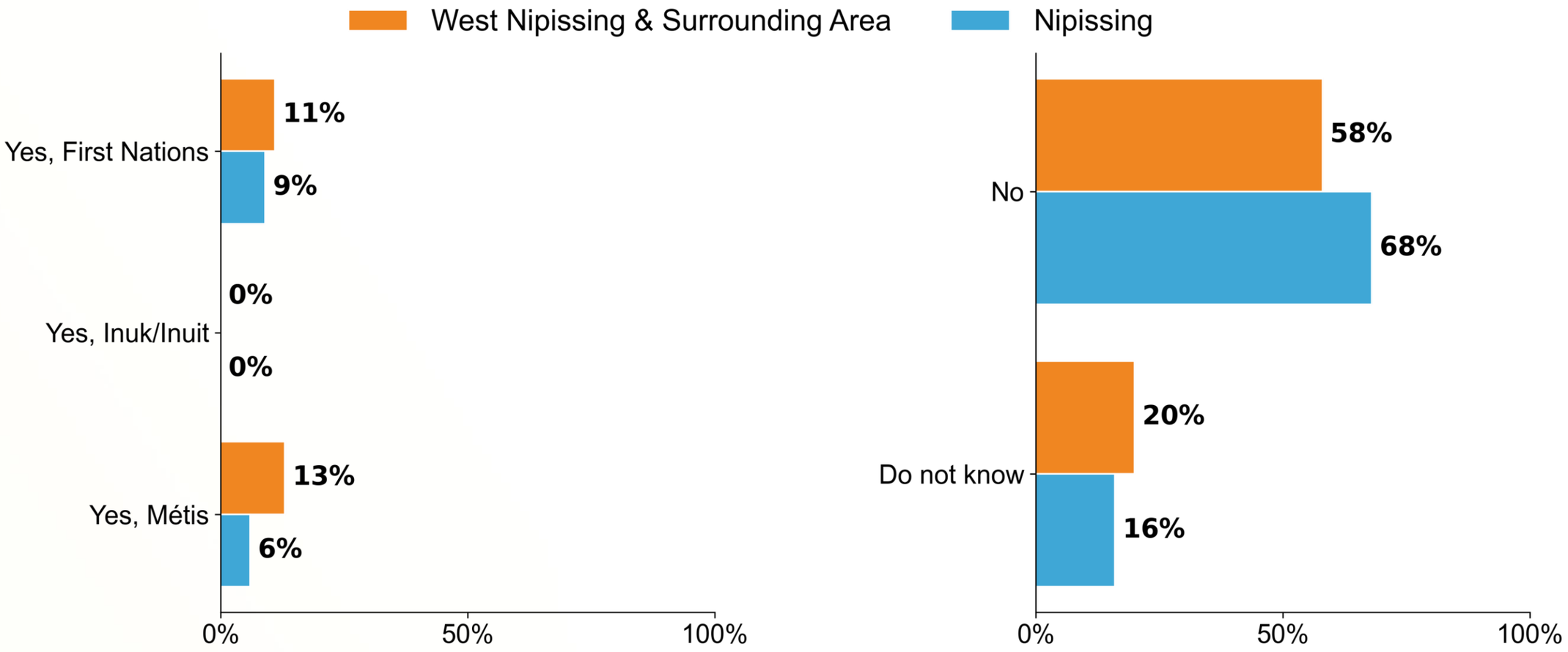
General information

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



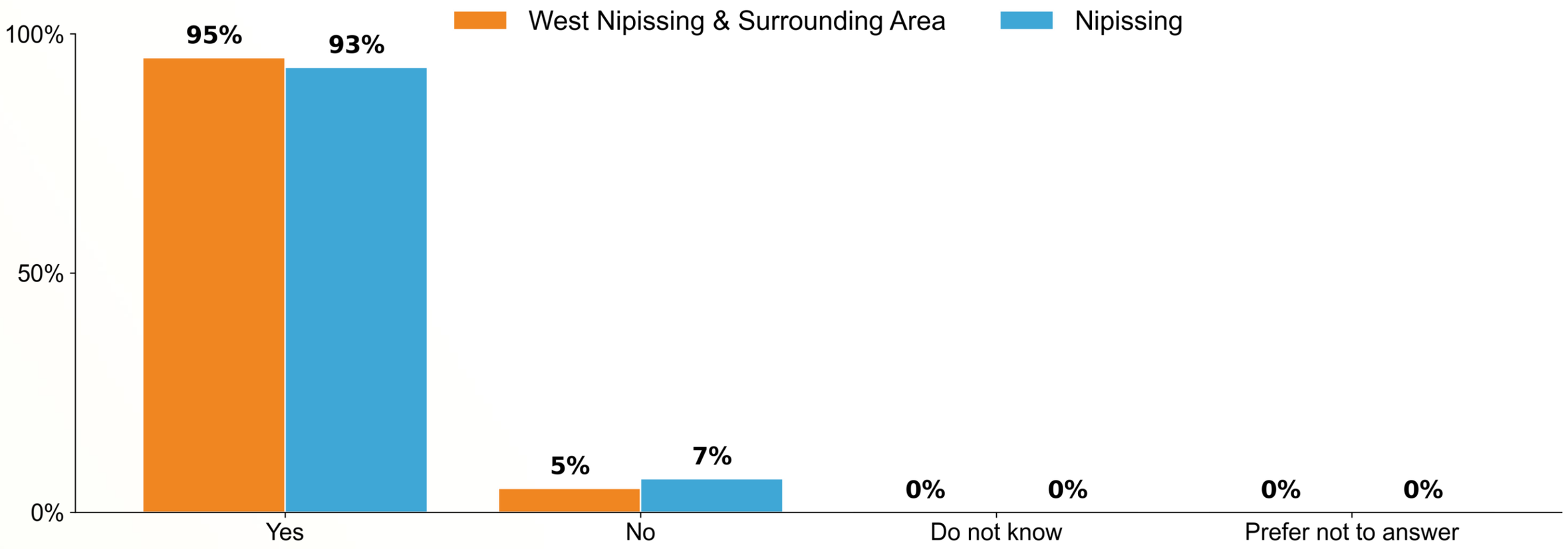
General information

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



General information

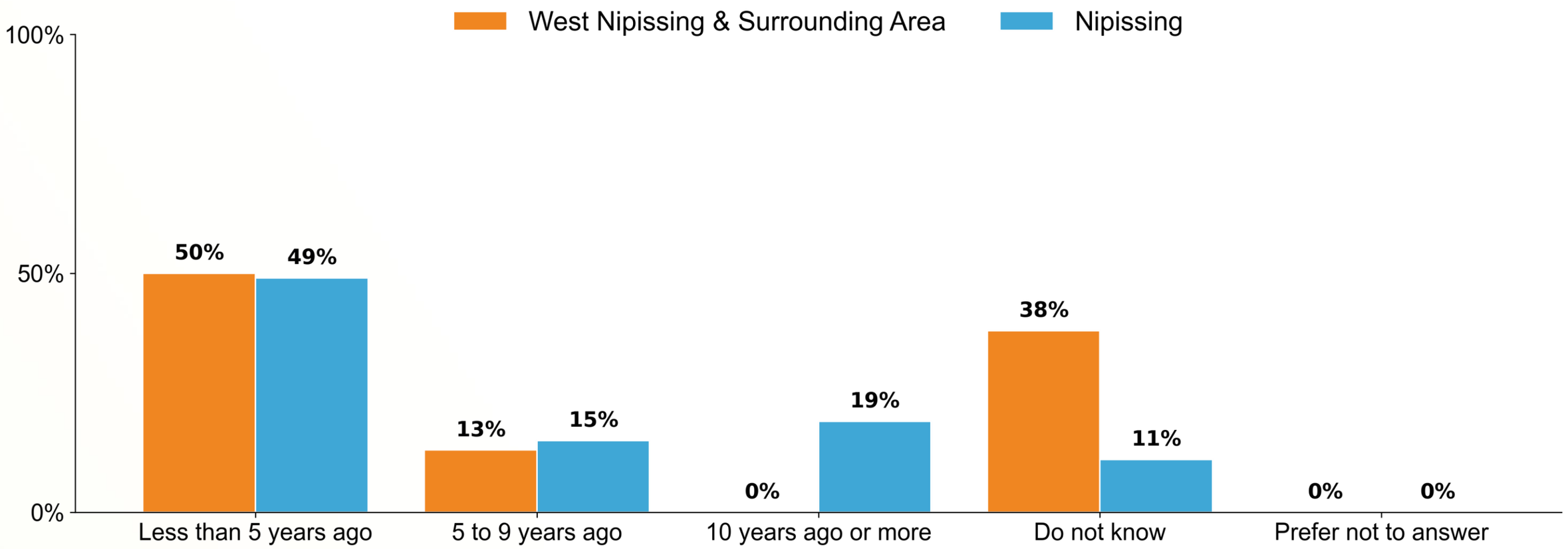
Adolescents respond to the following question: **Were you born in Canada?**



West Nipissing & Surrounding Area - 2026

General information

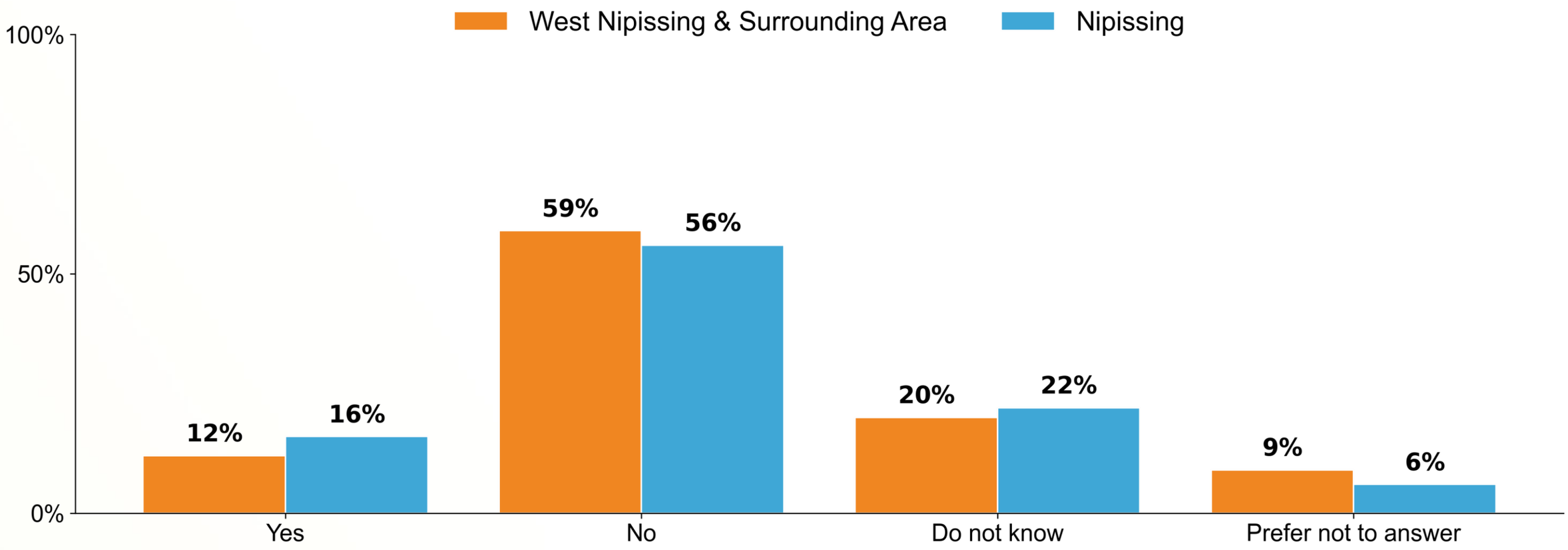
Adolescents who were not born in Canada state when they arrived in Canada



West Nipissing & 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



General information

SUBSTANCE USE

PLANET Youth

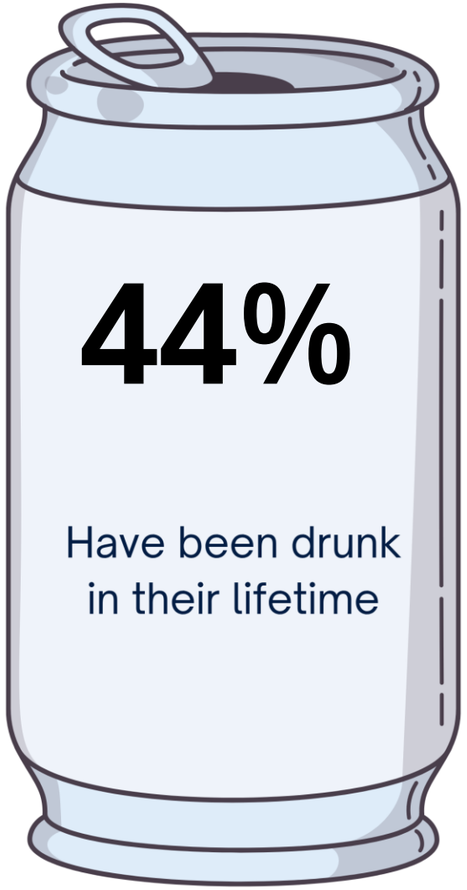
Substance use

37%
Tried alcohol at the age of 13 or younger

26%
Have been drunk in the last 30 days

54%
Sometimes or often drink alcohol in their own home*

31%
Get alcohol from a family member*



Vaping

39%
Have vaped in their lifetime

17%
Vape daily



Cigarette smoking

23%
Have smoked cigarettes in their lifetime

1%
Smoke cigarettes daily



Cannabis use

24%
Have used cannabis in their lifetime

5%
Use cannabis daily

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

Substance use

Females

47%
Have been drunk in their lifetime

26%
Have been drunk in the last 30 days

37%
Tried alcohol at the age of 13 or younger



Males

41%
Have been drunk in their lifetime

28%
Have been drunk in the last 30 days

39%
Tried alcohol at the age of 13 or younger

Vaping

27% Females

20% Males

Have vaped in the last 30 days

Cigarette smoking

7% Females

5% Males

Have smoked cigarettes in the last 30 days

Cannabis use

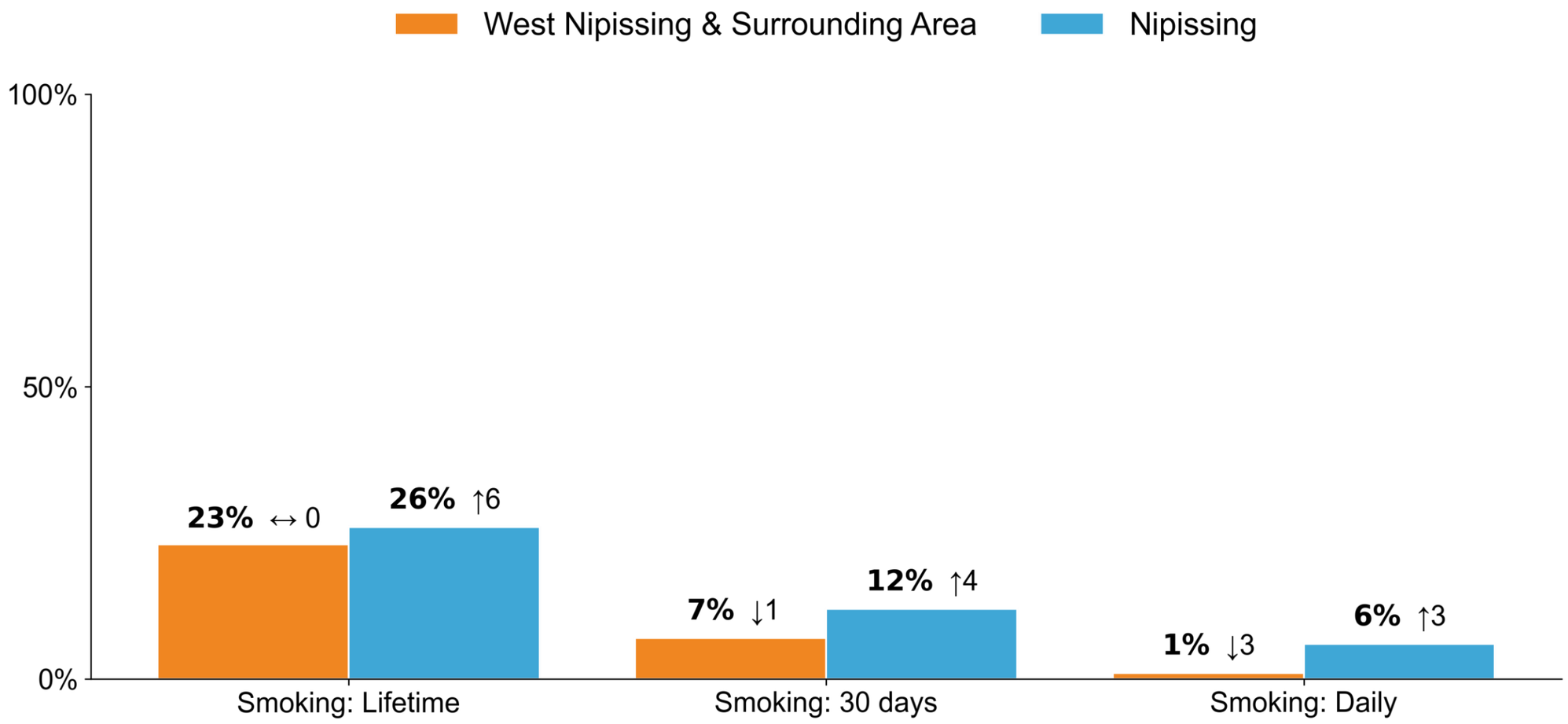
16% Females

15% Males

Have used cannabis in the last 30 days

PLANET Youth

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

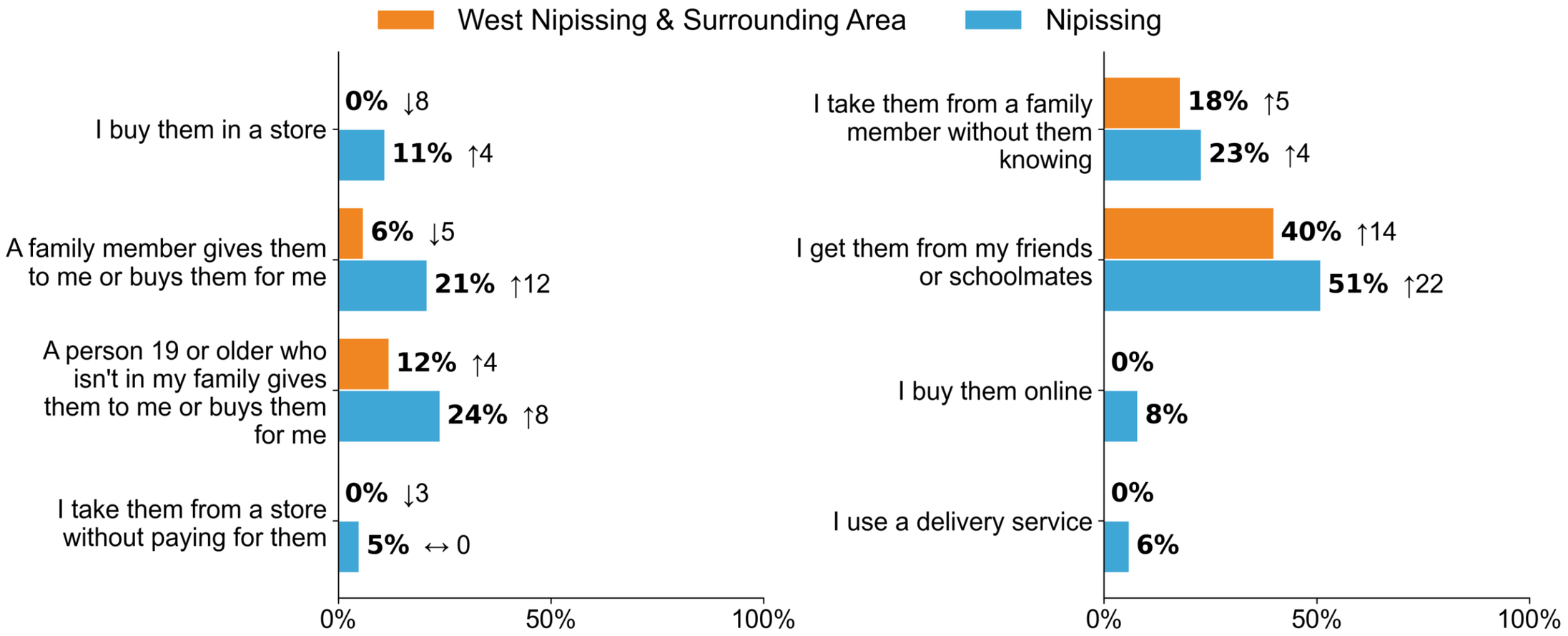


West Nipissing & Surrounding Area - 2026

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

Substance Use

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

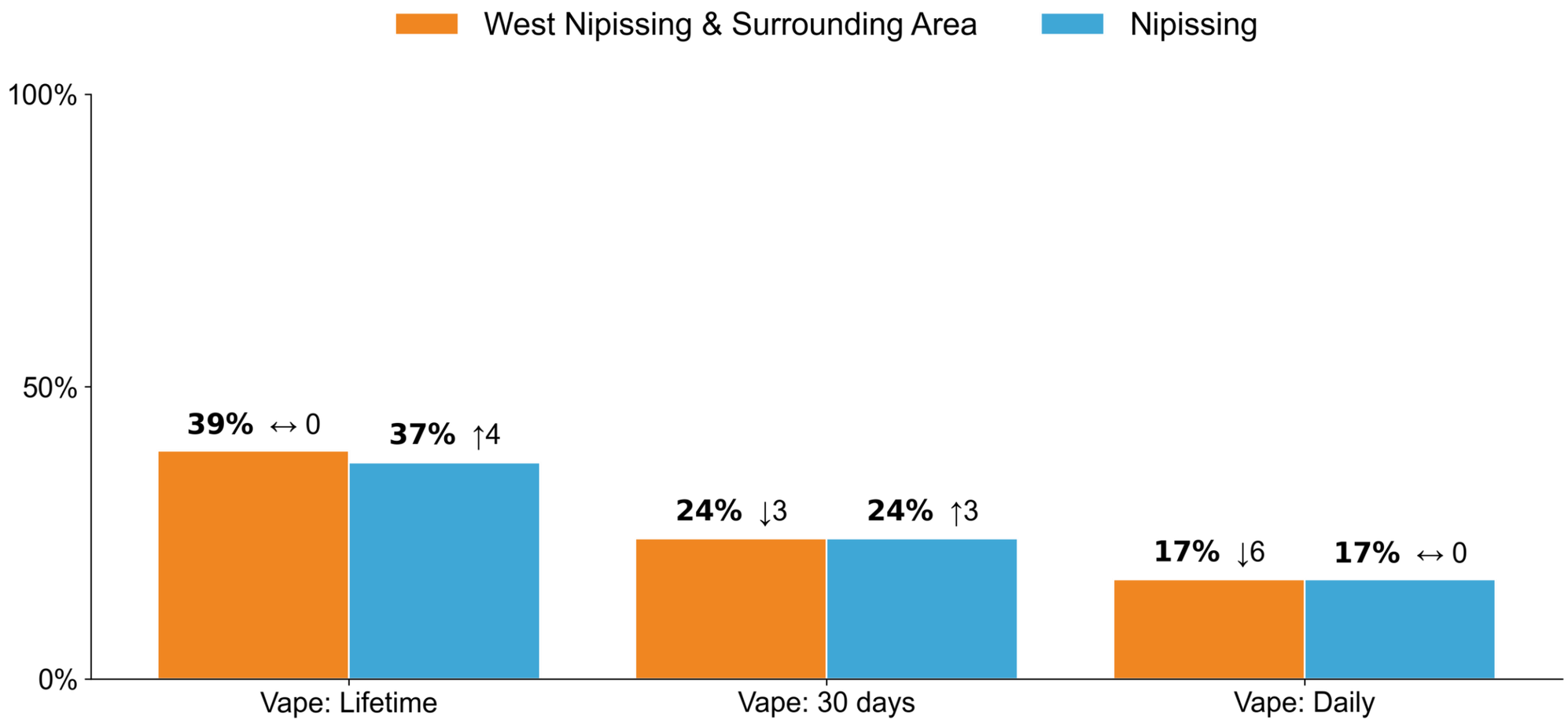


West Nipissing & Surrounding Area - 2026

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

Substance Use

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

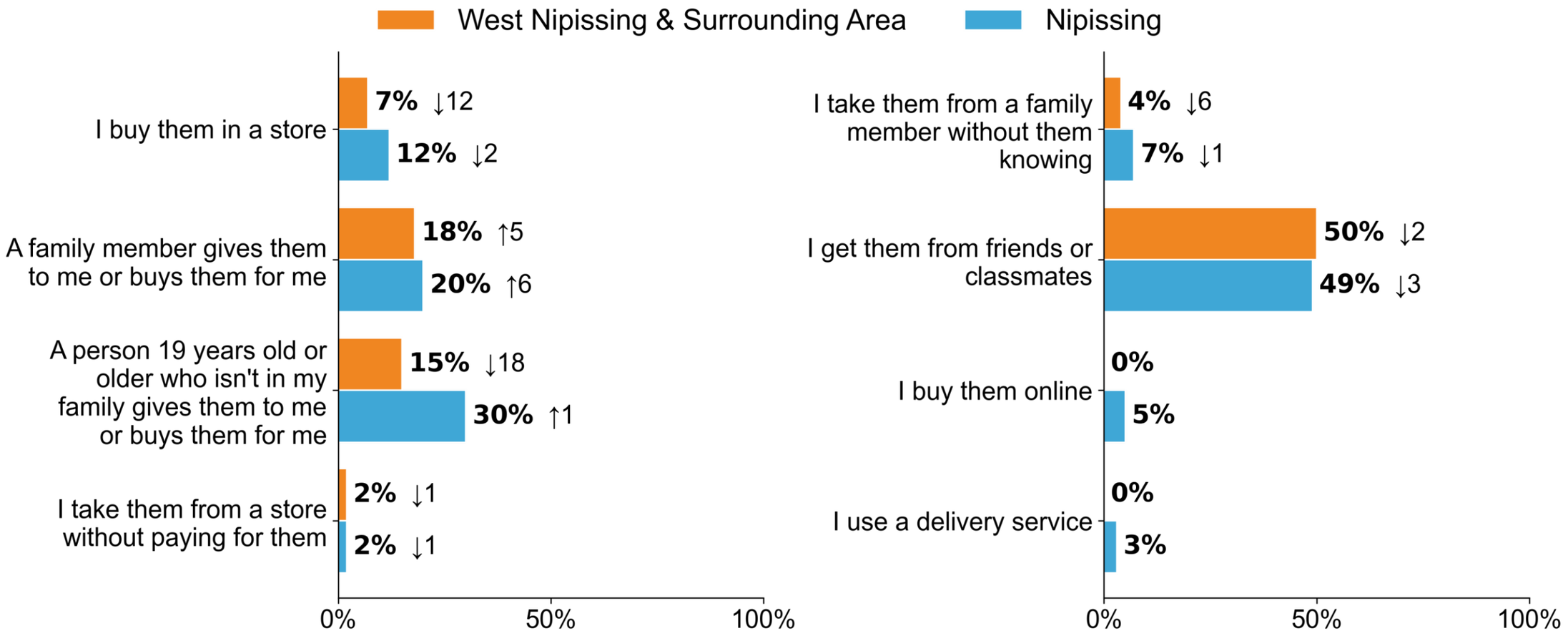


West Nipissing & Surrounding Area - 2026

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

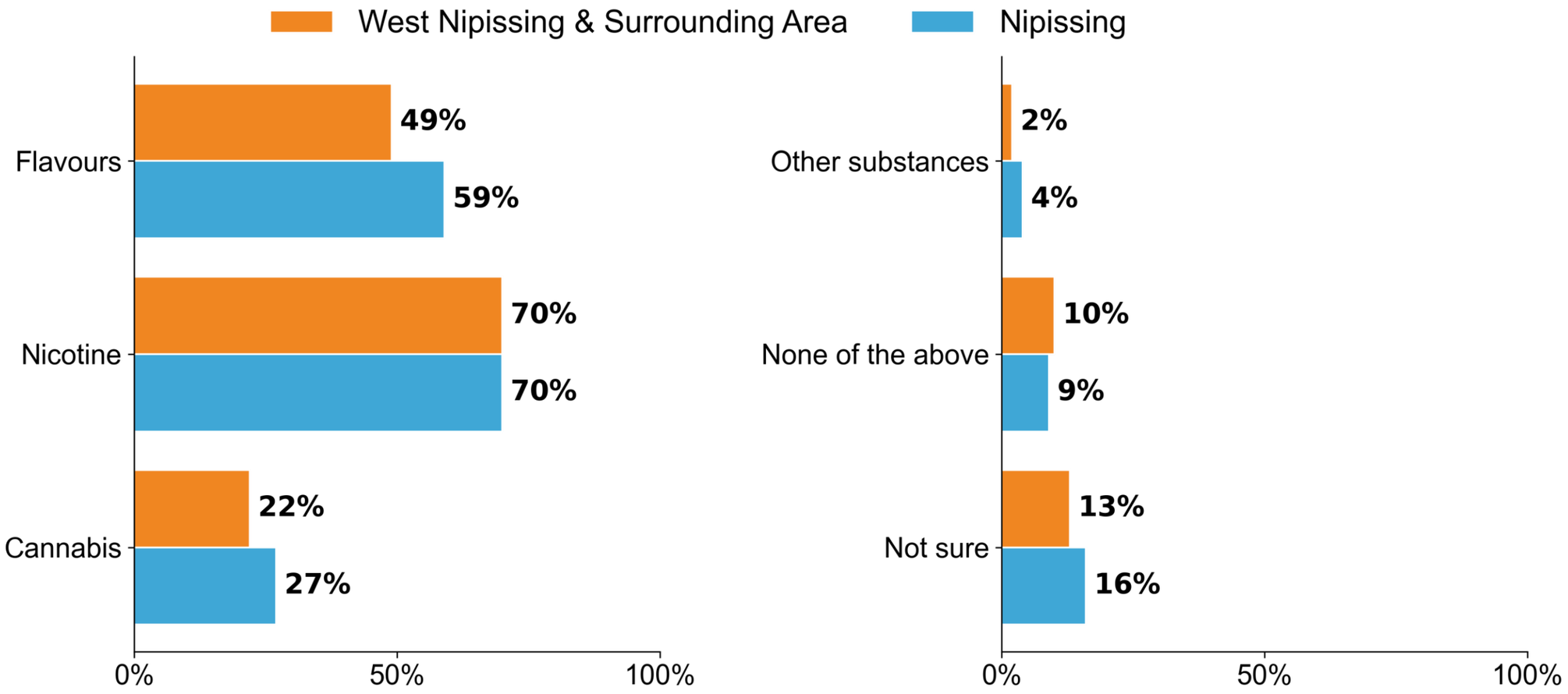


West Nipissing & Surrounding Area - 2026

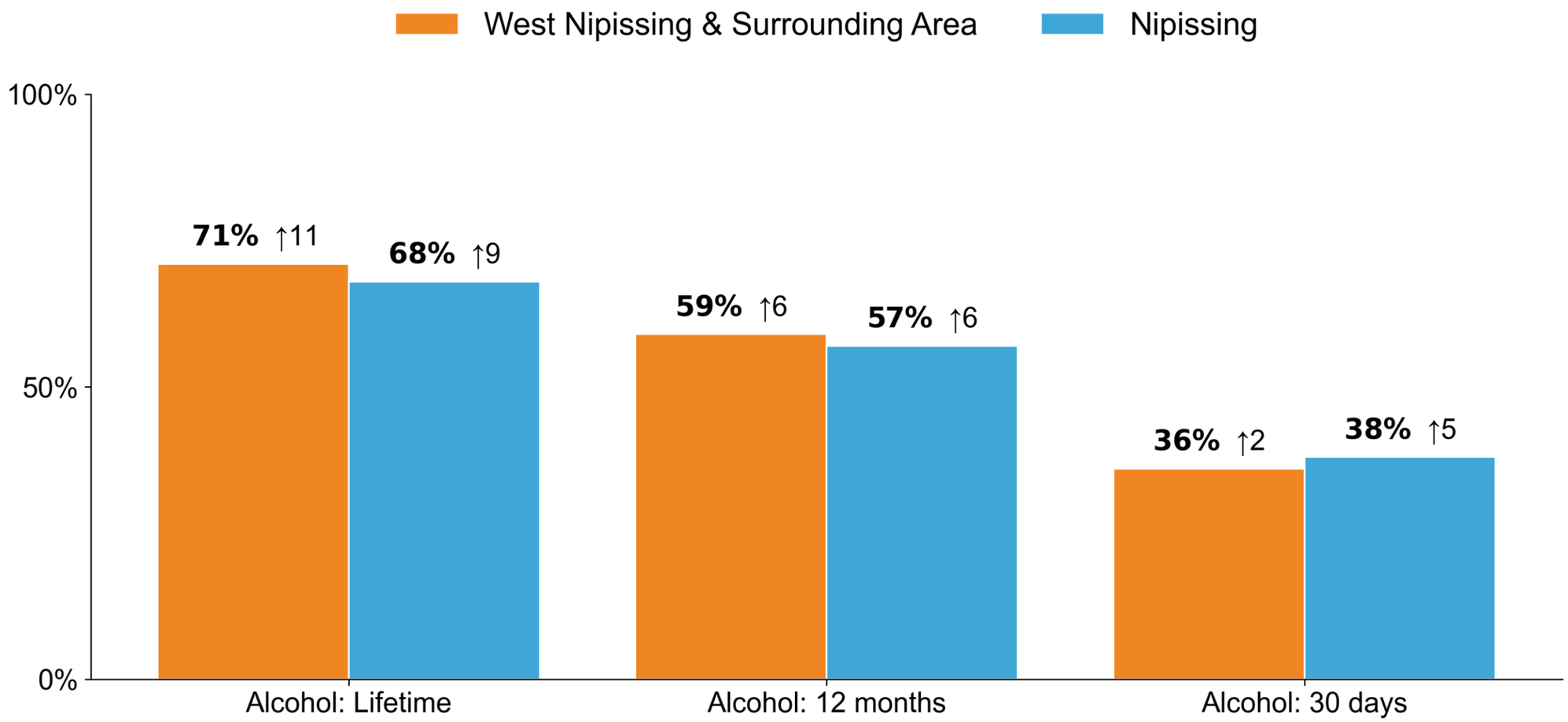
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

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

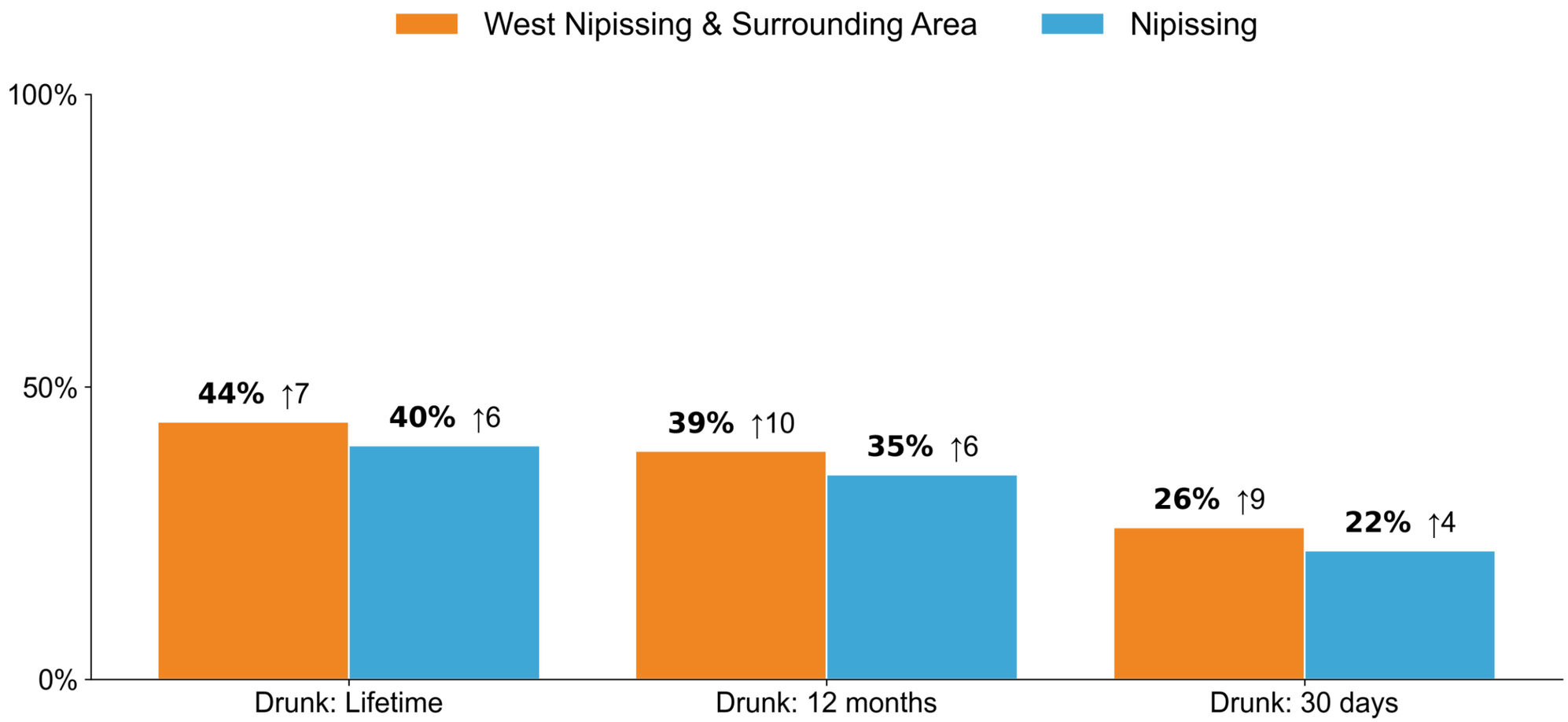


West Nipissing & Surrounding Area - 2026

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

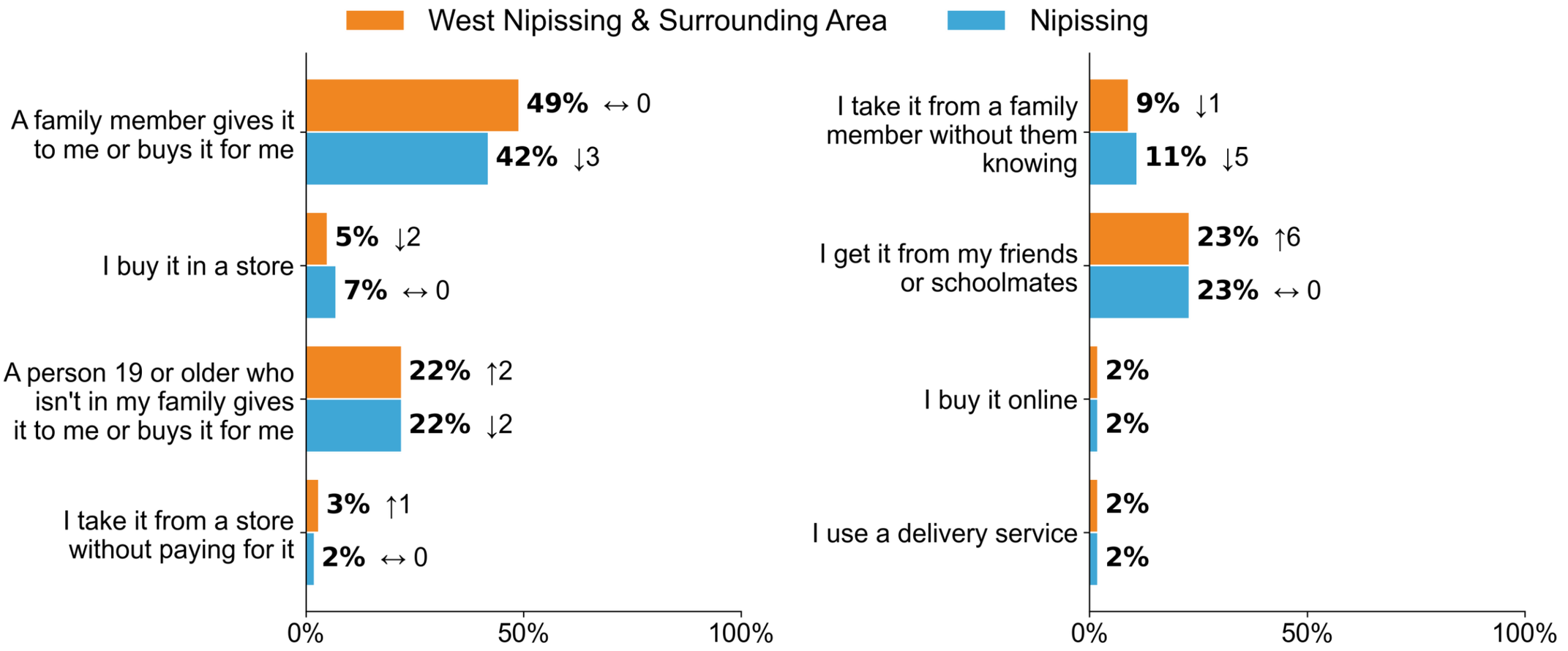


West Nipissing & Surrounding Area - 2026

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

Substance Use

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

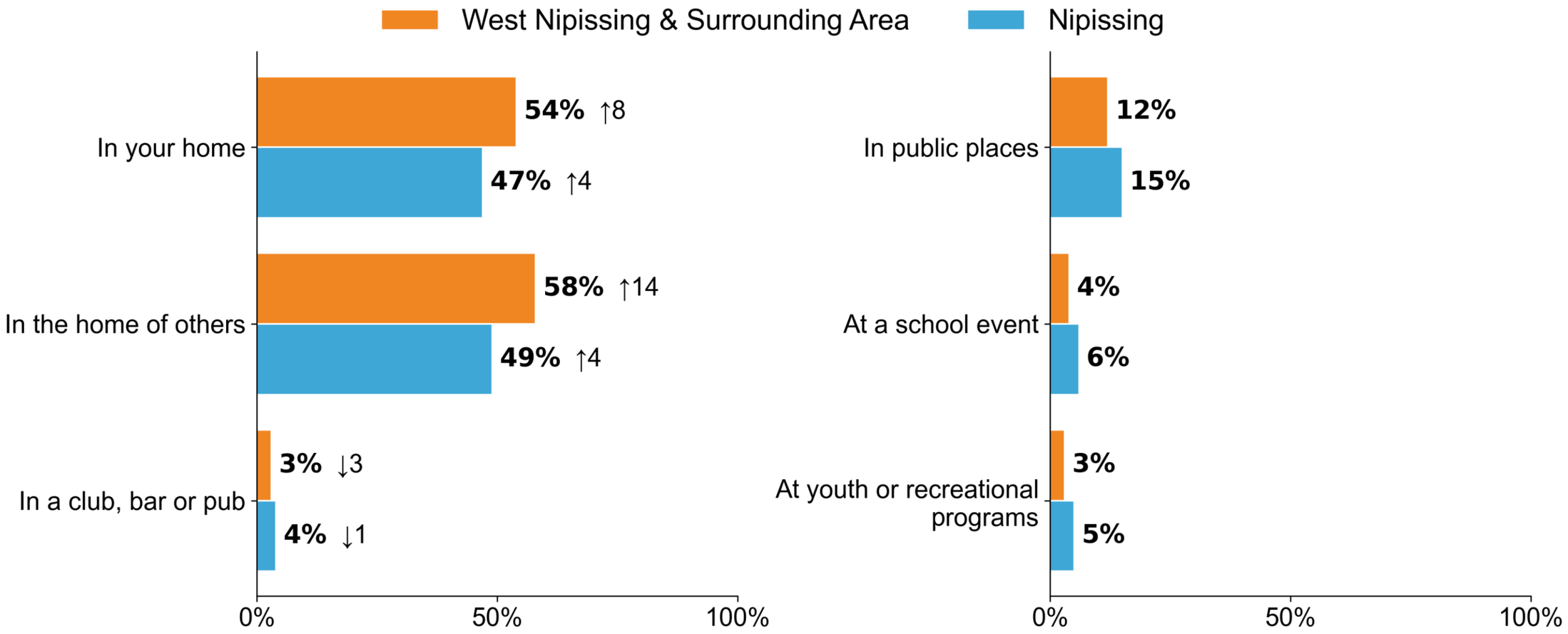


West Nipissing & Surrounding Area - 2026

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

Substance Use

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

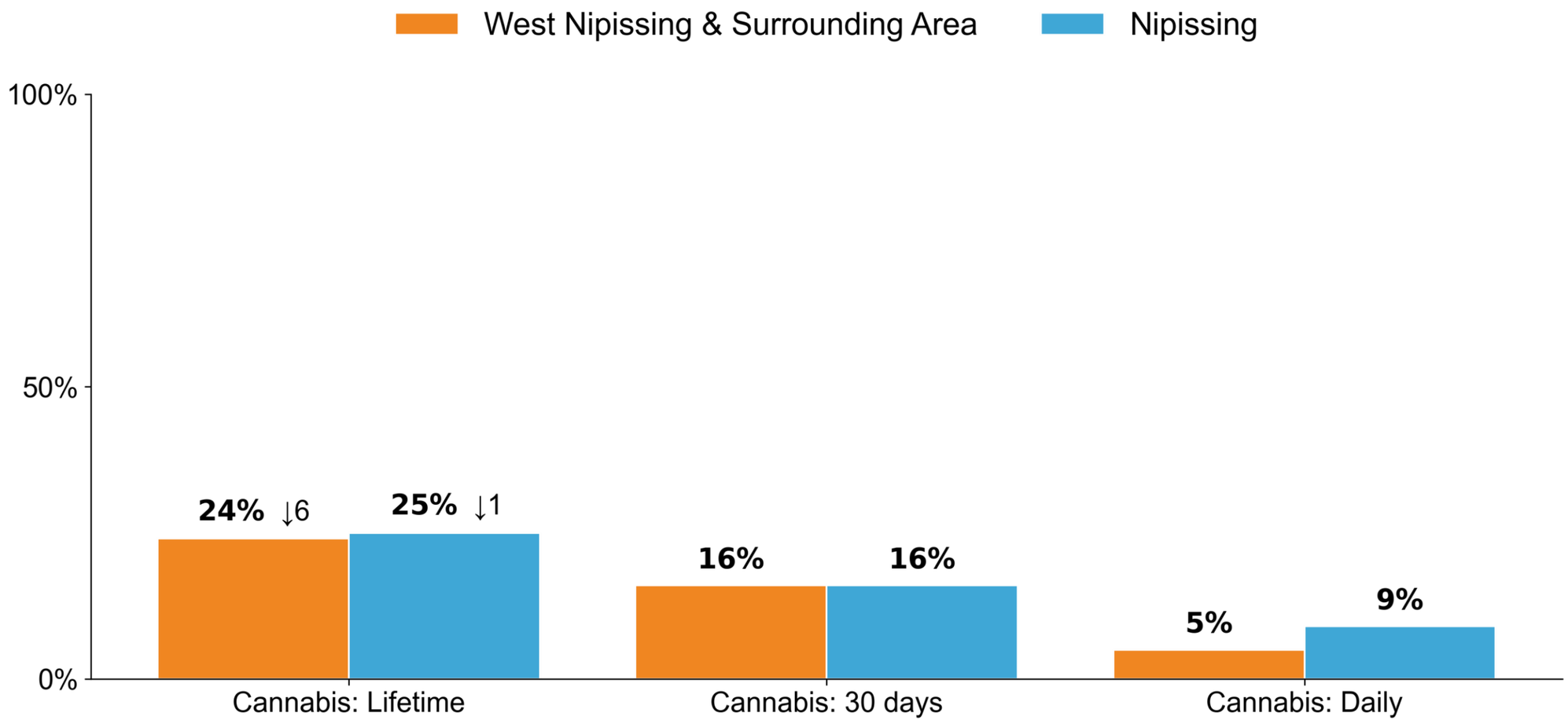


West Nipissing & Surrounding Area - 2026

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

Substance Use

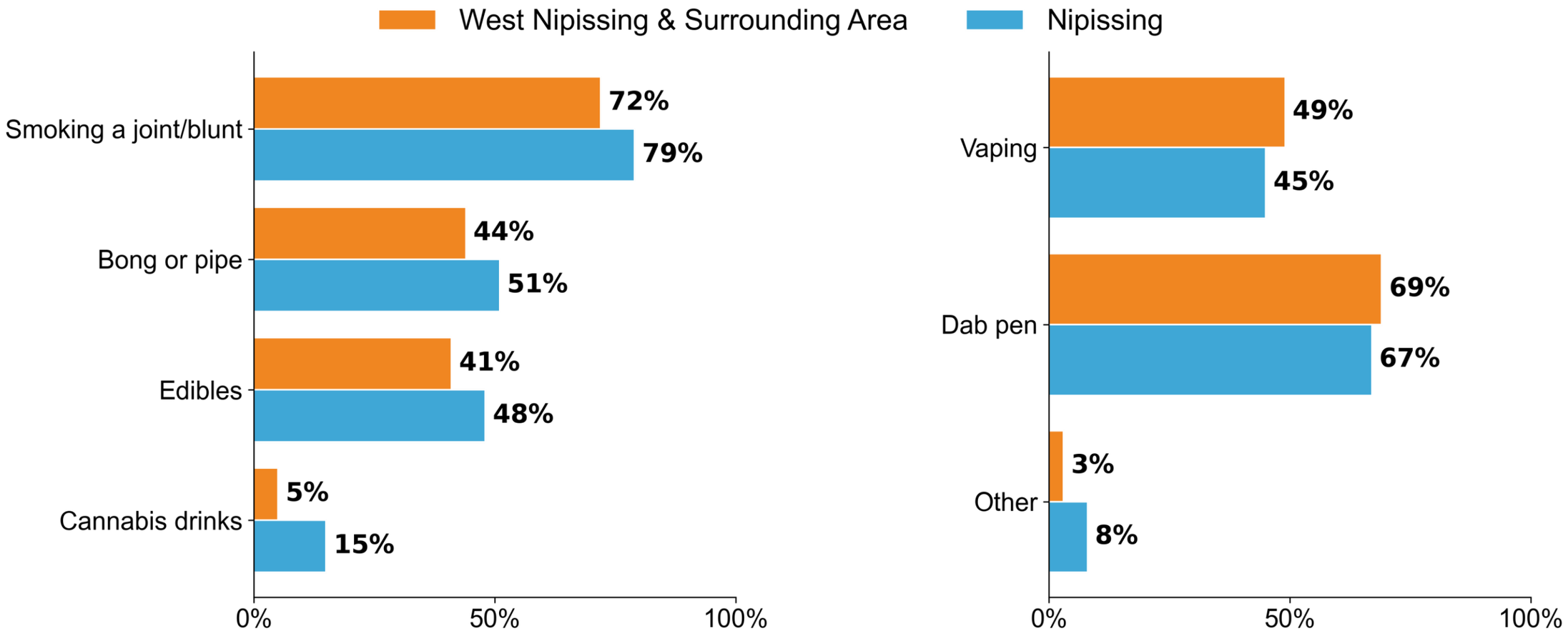
Percentage of adolescents who have used cannabis **once or more** in their lifetime, in the past 30 days and use cannabis daily



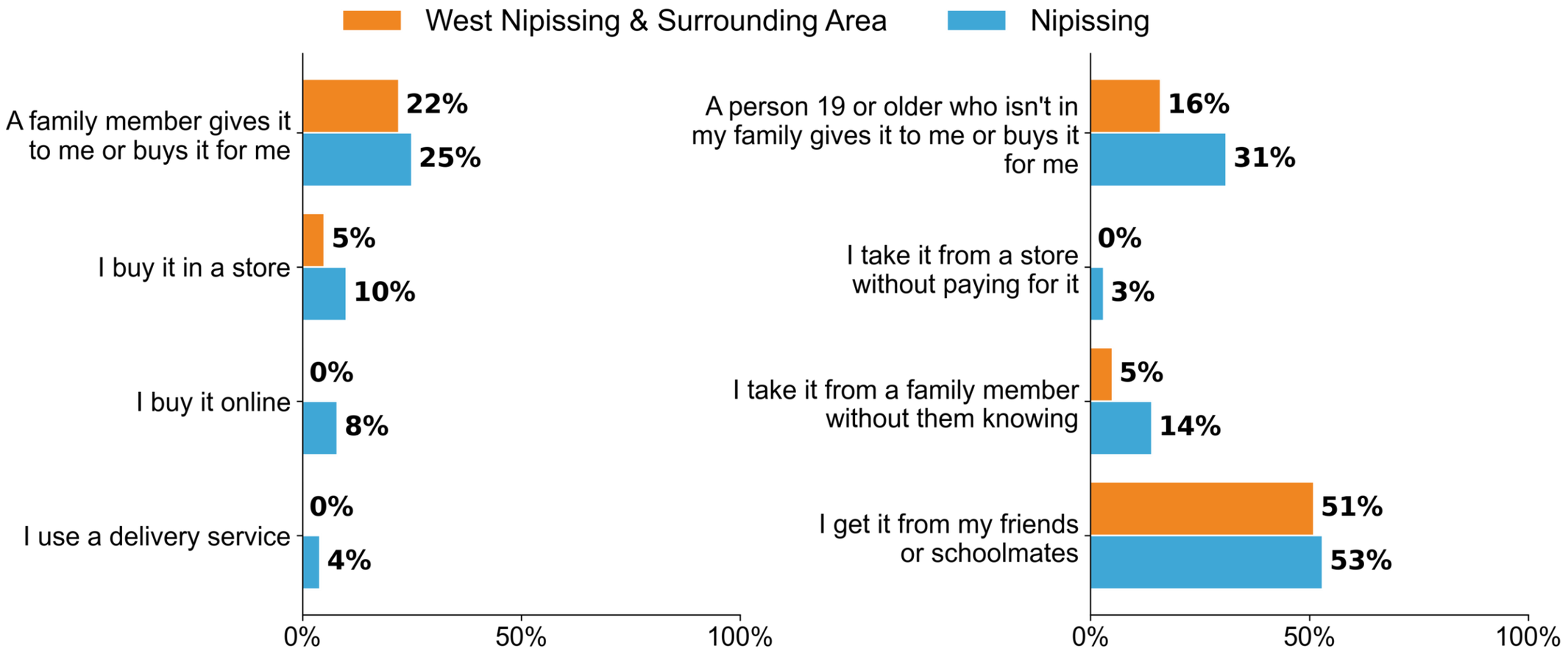
West Nipissing & Surrounding Area - 2026

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

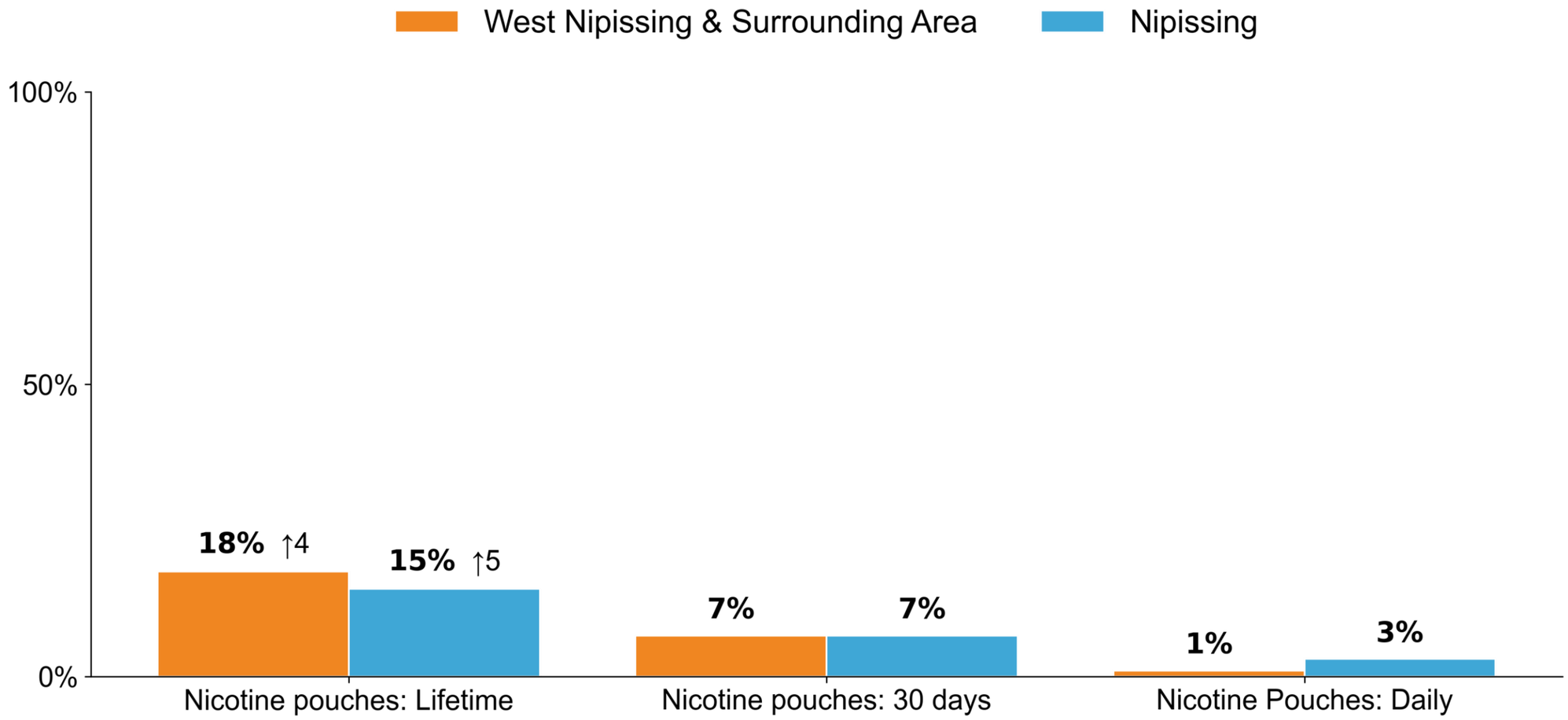
Percentage of respondents who have used cannabis **once or more**, by form of use



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



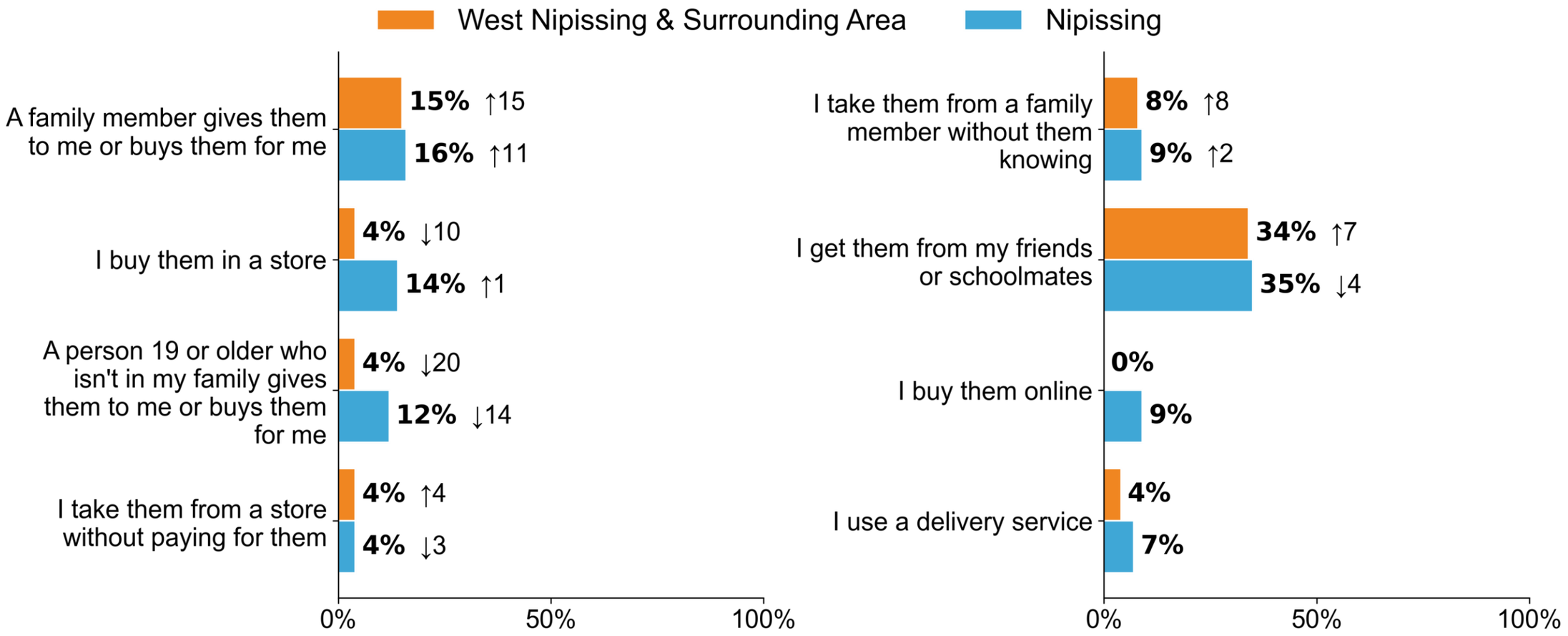
Percentage of adolescents who have used nicotine pouches **once or more** in their lifetime, in the past 30 days and use nicotine pouches on a daily basis



West Nipissing & Surrounding Area - 2026

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

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

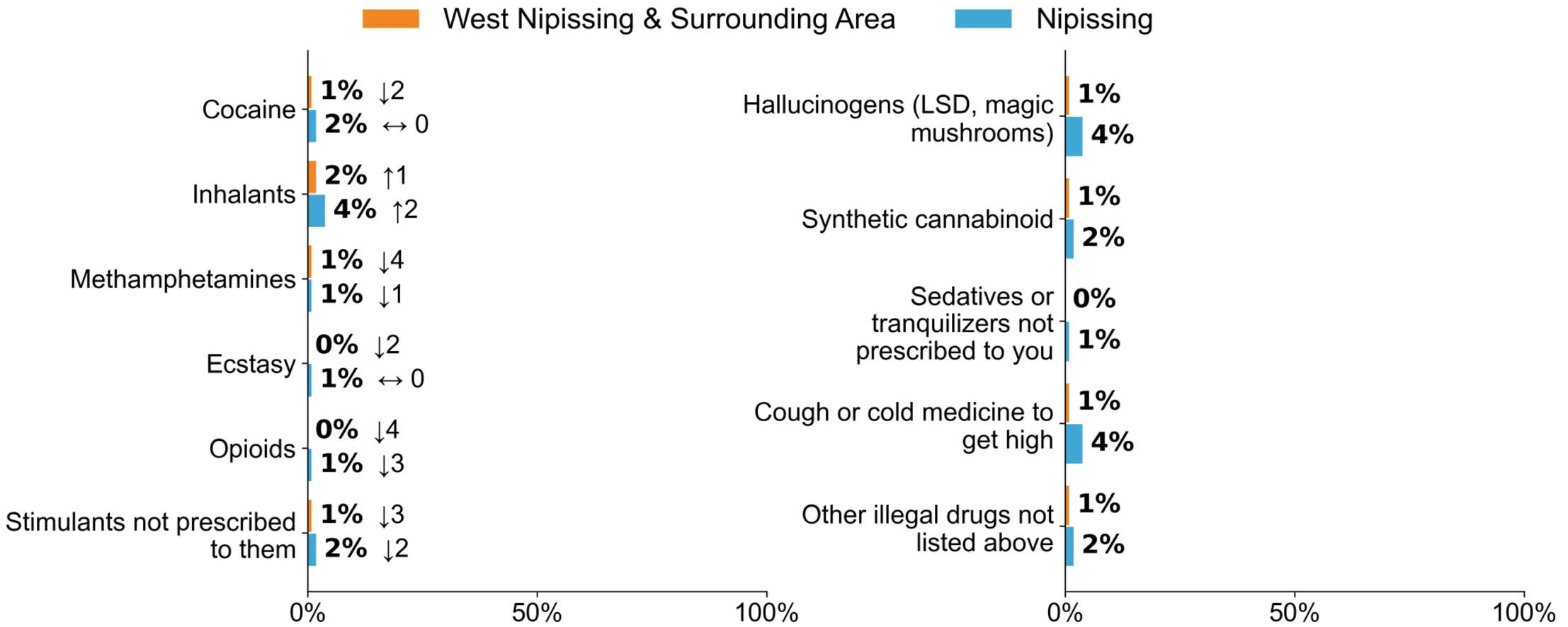


West Nipissing & Surrounding Area - 2026

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

Substance Use

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

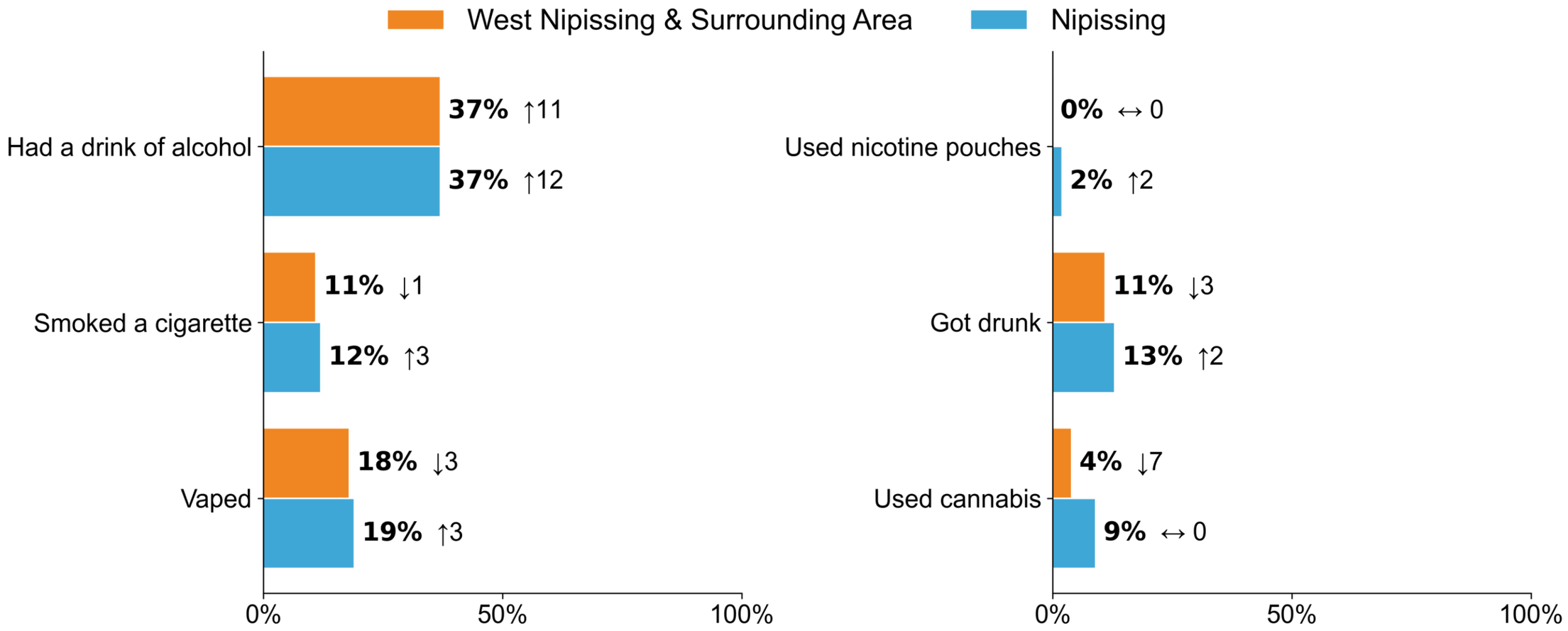


West Nipissing & Surrounding Area - 2026

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**

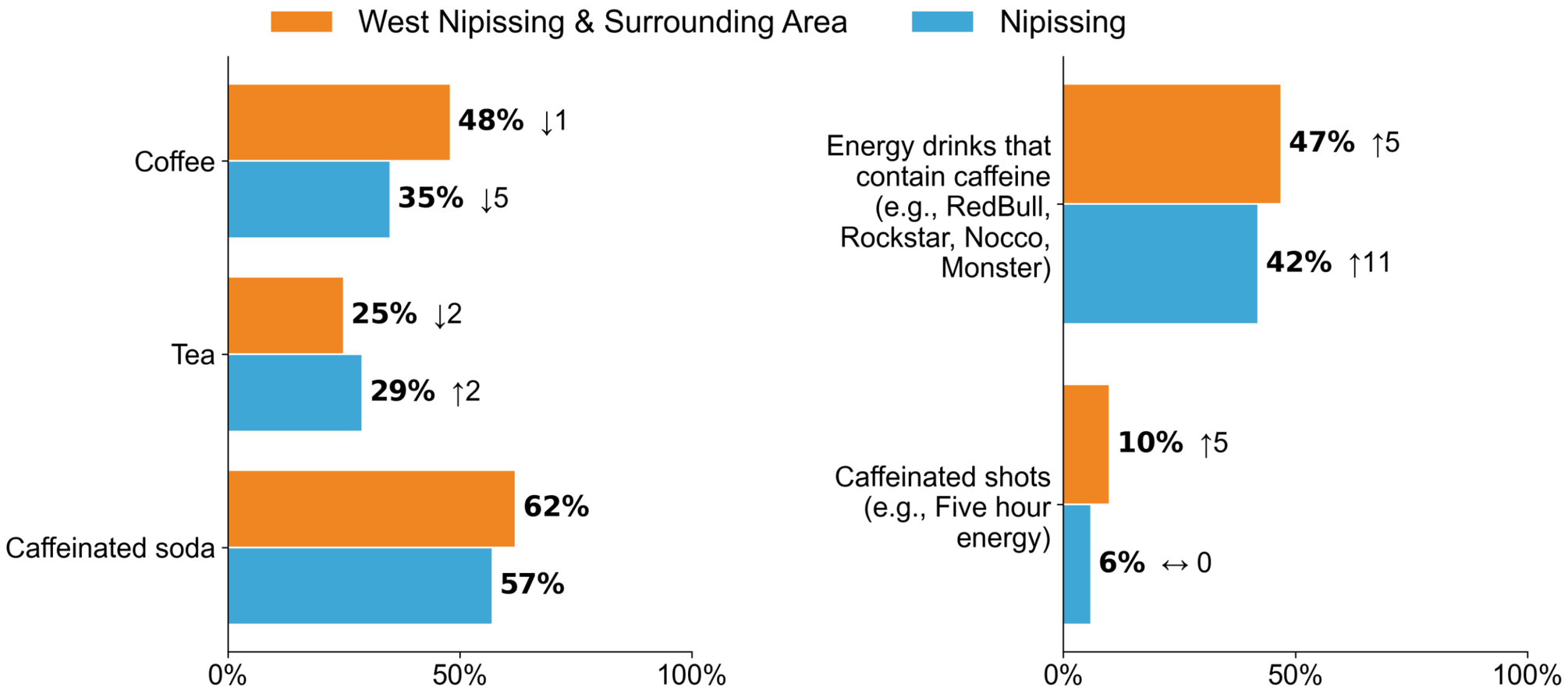


West Nipissing & Surrounding Area - 2026

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**



West Nipissing & Surrounding Area - 2026

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

Substance Use

FAMILY

PLANET Youth®

Family

91%

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

91%

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

79%

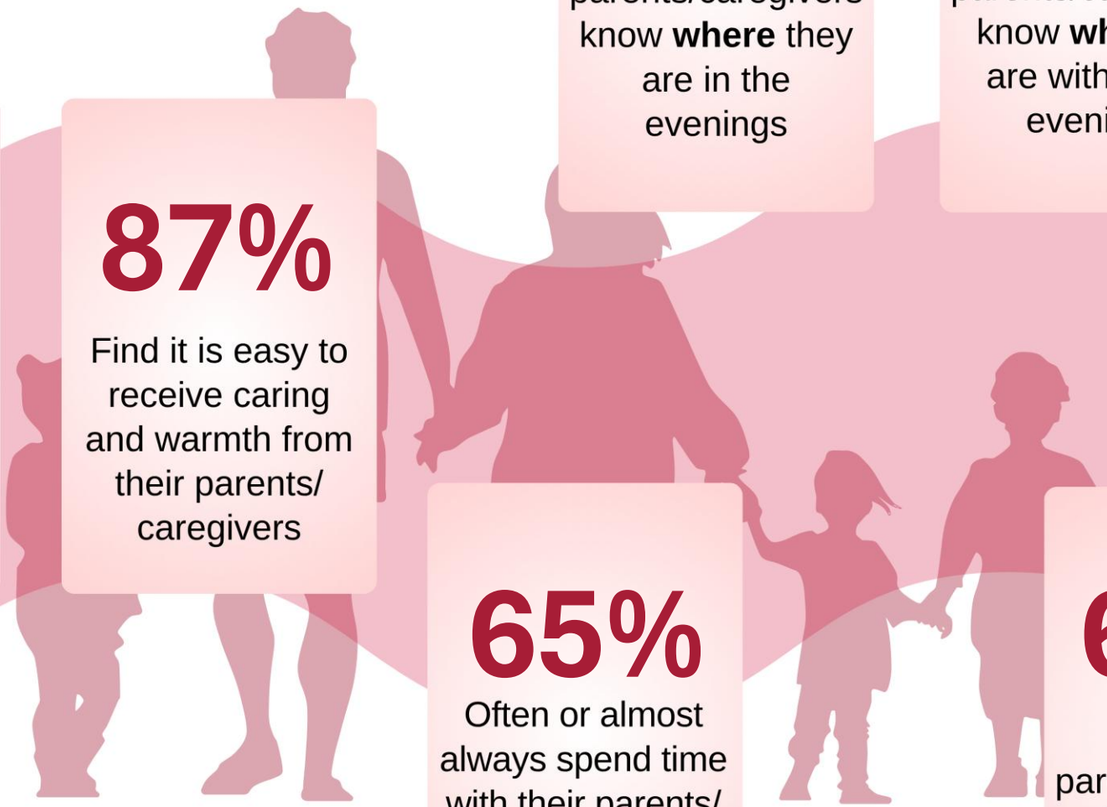
Say their parents/ caregivers set rules **when** they should be home in the evenings

90%

Feel safe at home often or almost always

87%

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



65%

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

64%

Say their parents/caregivers disapprove* of drunkenness

90%

Say their parents/caregivers disapprove* of cannabis use

PLANET Youth®

*Disapprove: not allow or discourage it

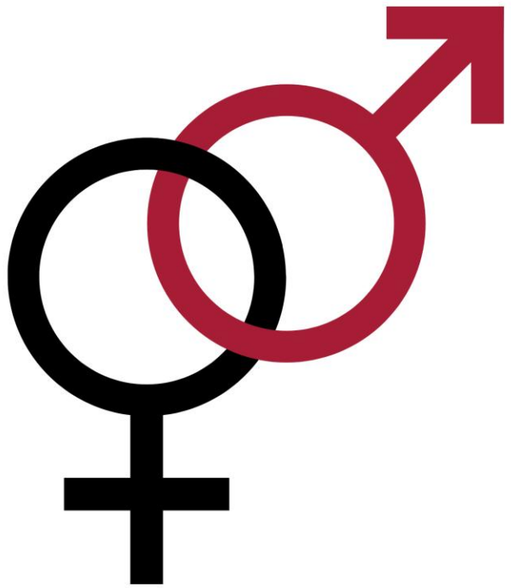
Family

Females

93%
Feel safe at home often or almost always

86%
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

89%
Feel safe at home often or almost always

91%
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

90% Females | **91%** Males

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

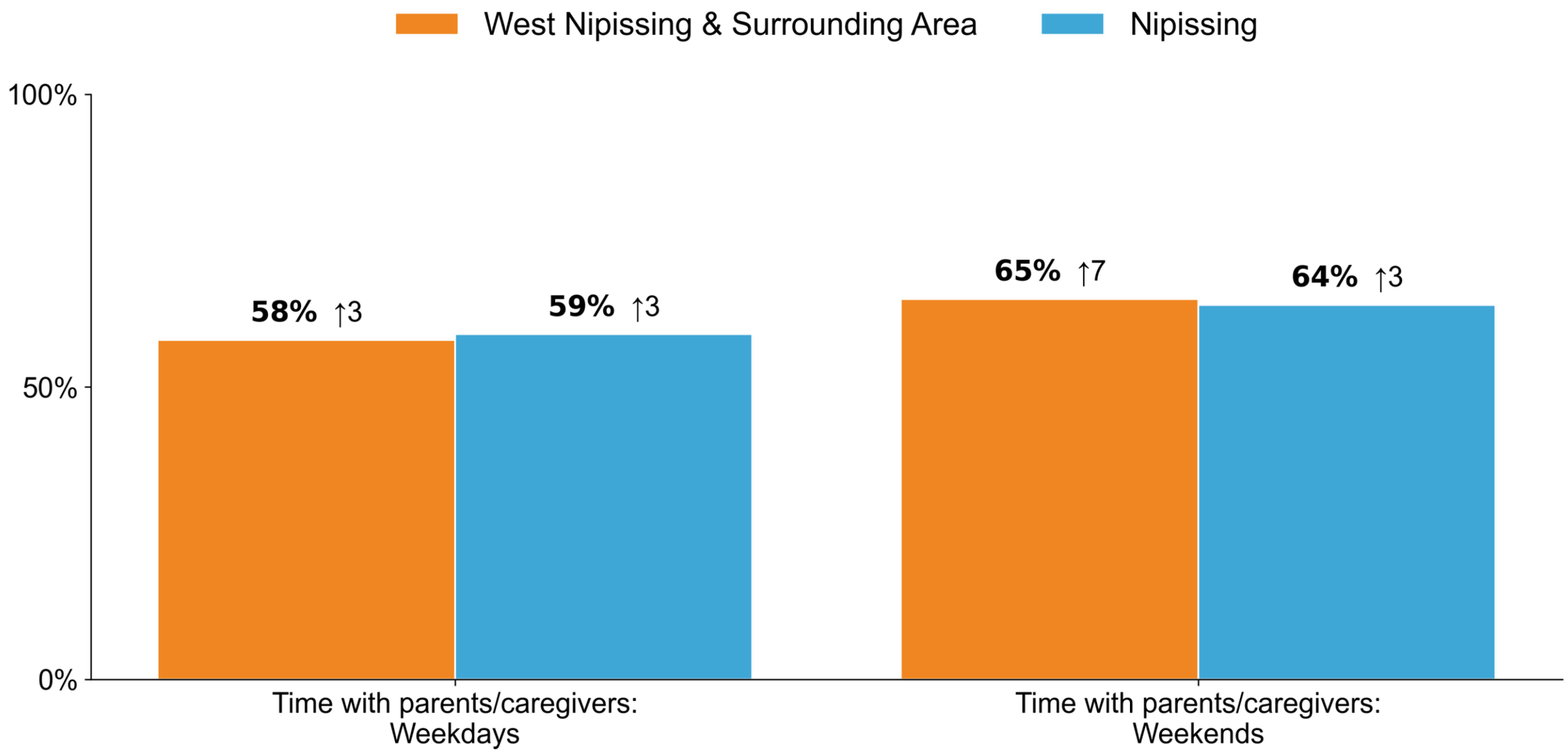
92% Females | **91%** Males

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

81% Females | **75%** Males

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

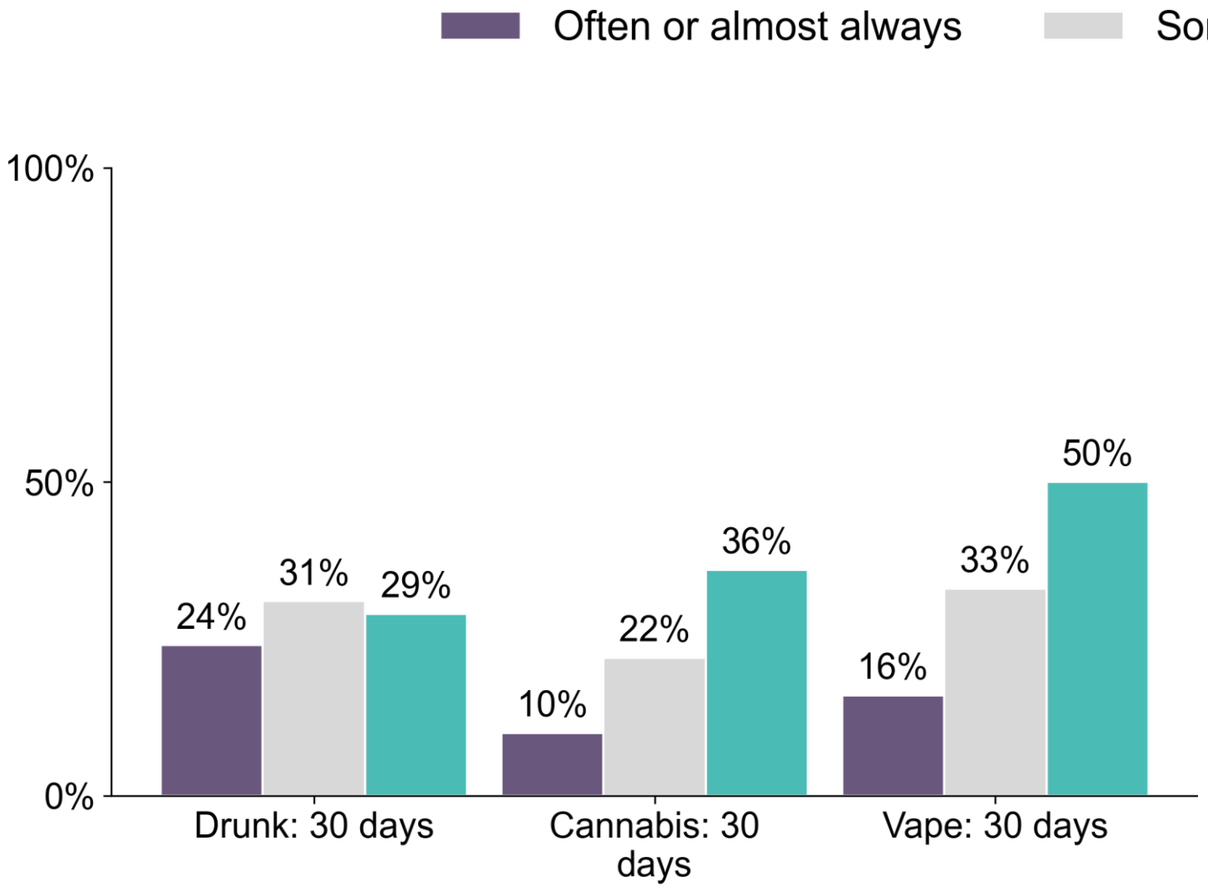
Percentage of adolescents who spend time with their parents / caregivers **often** or **almost always** on weekdays and weekends



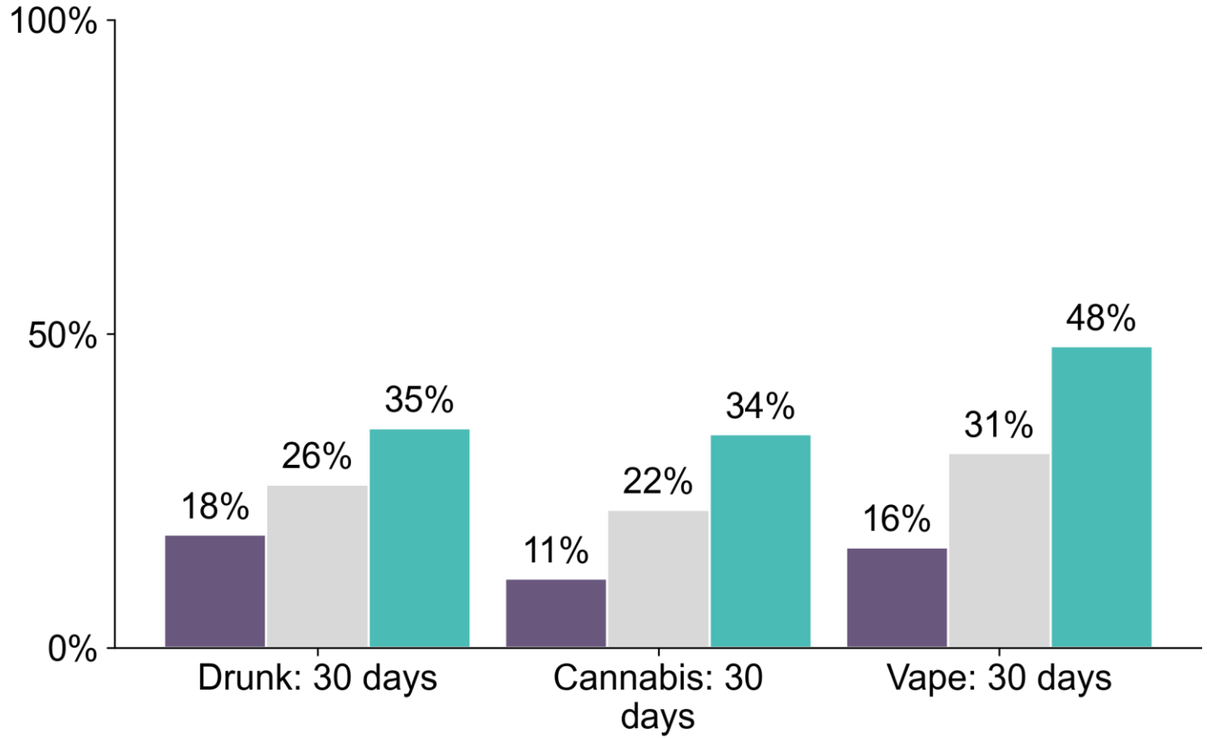
West Nipissing & Surrounding Area - 2026

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

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



West Nipissing & Surrounding Area

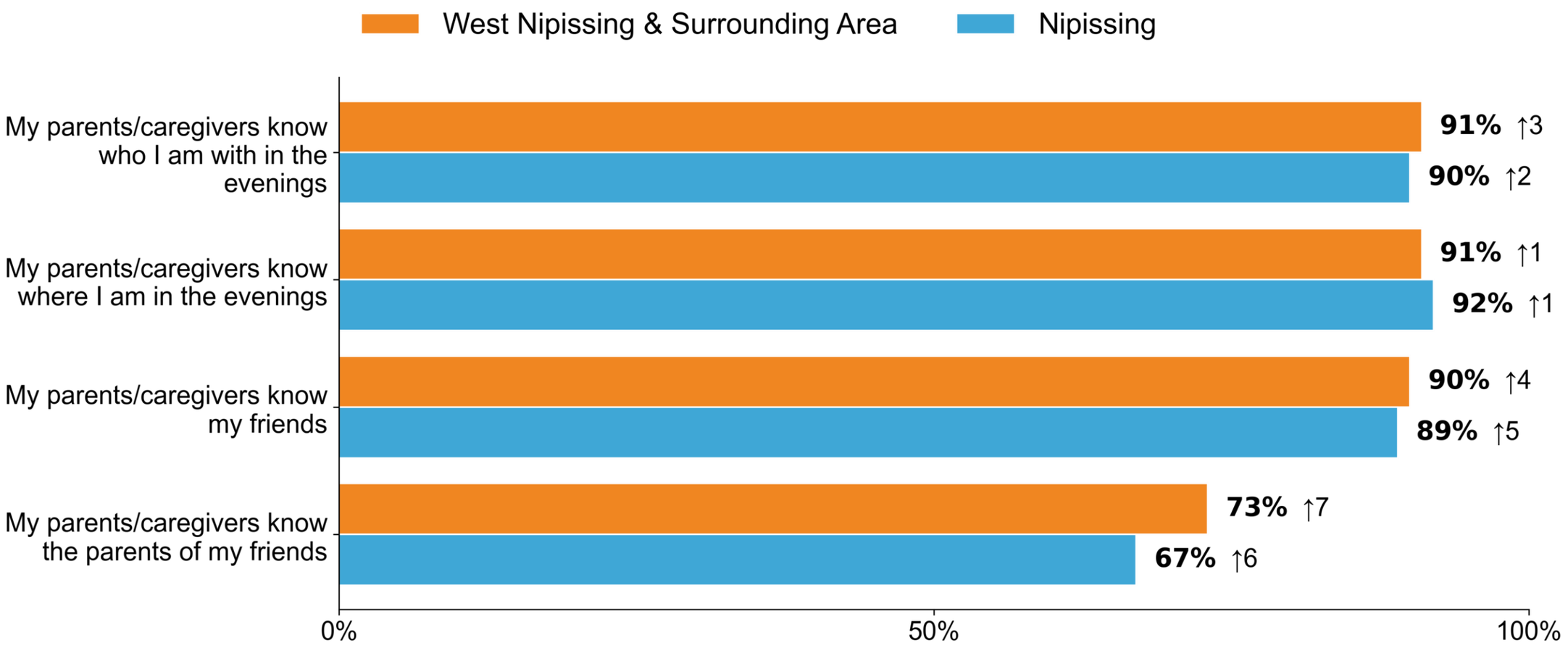


Nipissing

West Nipissing & Surrounding Area - 2026

Family

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

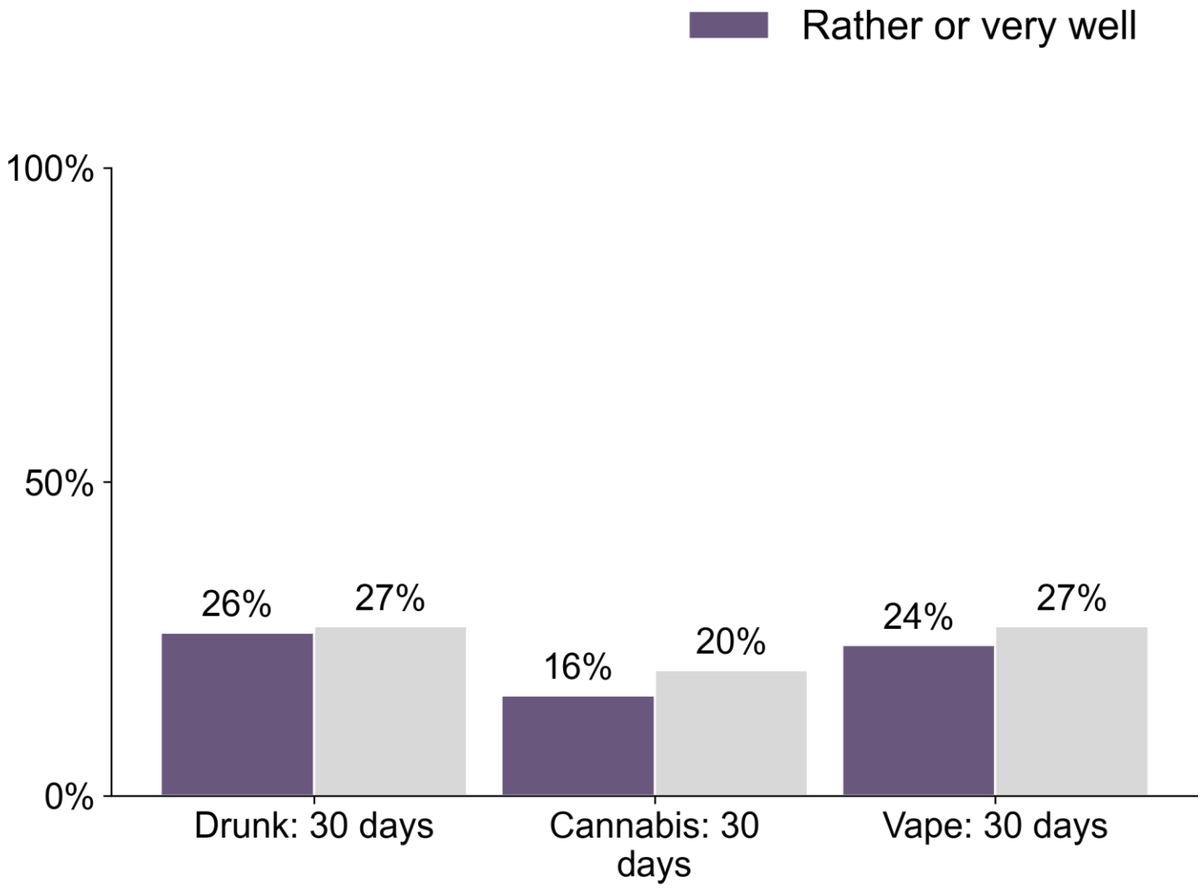


West Nipissing & Surrounding Area - 2026

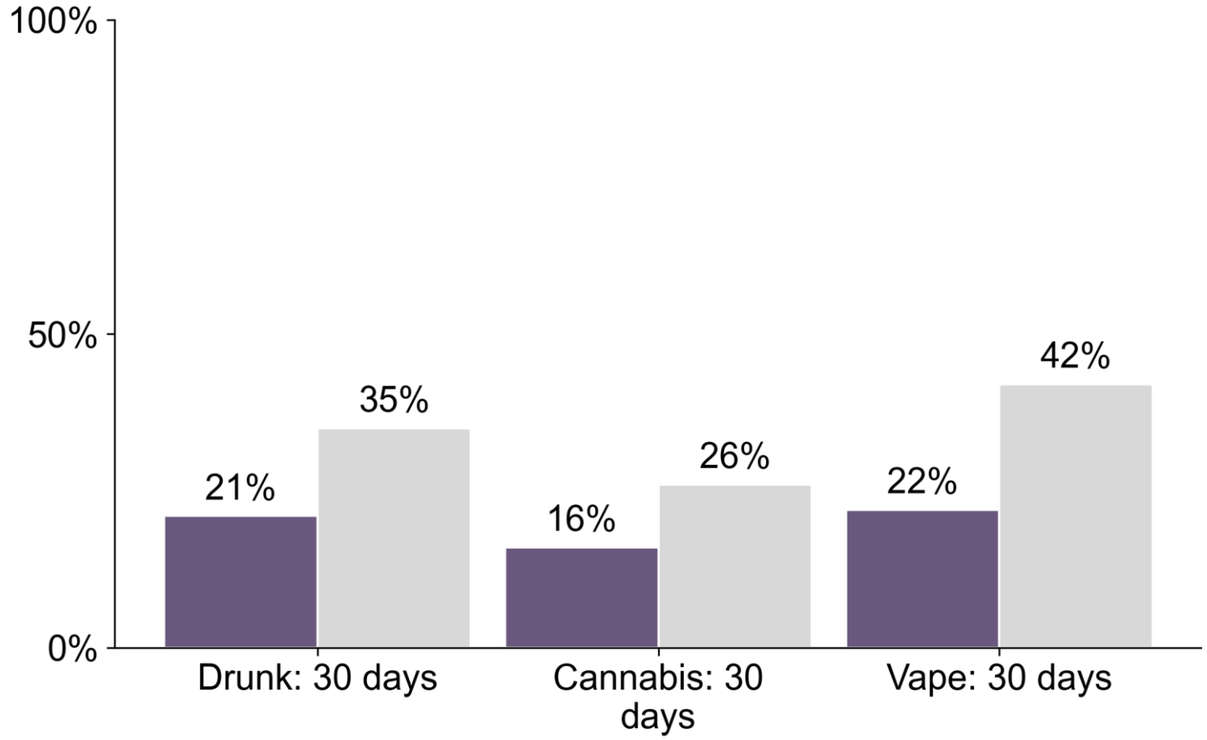
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Family

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



West Nipissing & Surrounding Area

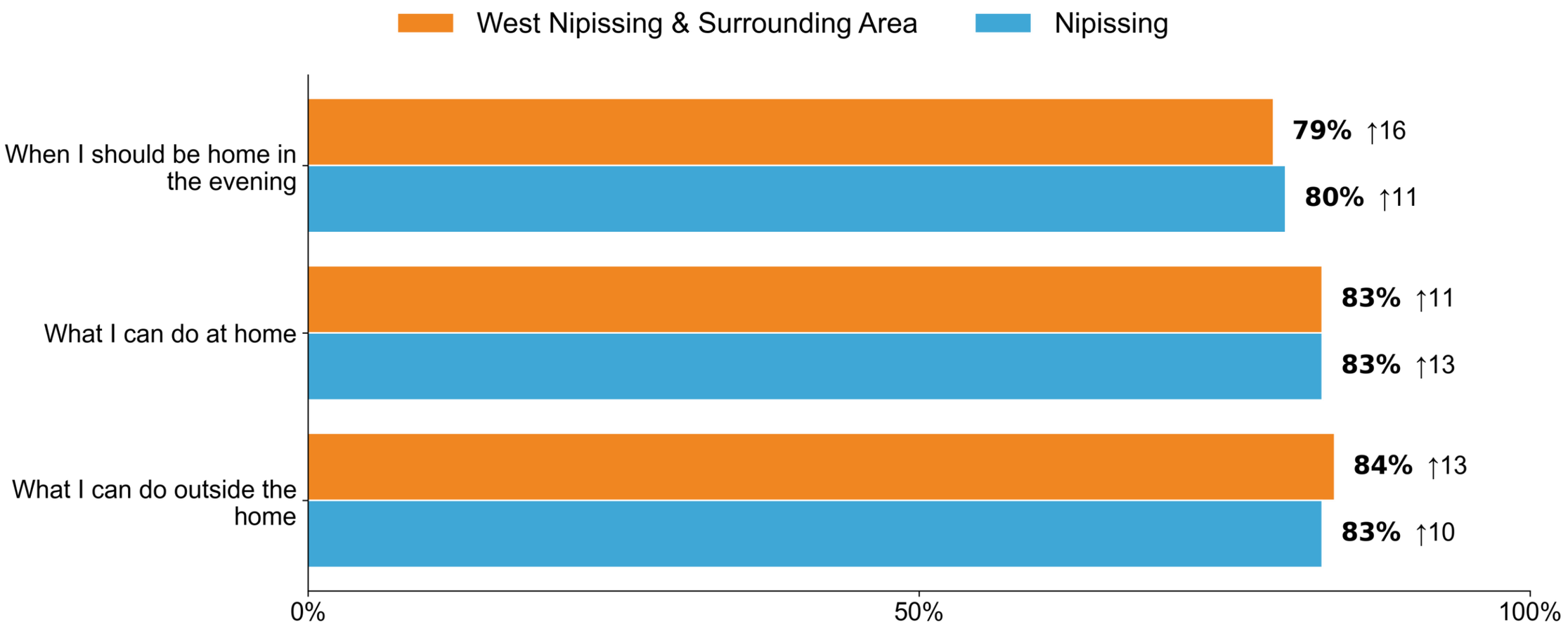


Nipissing

West Nipissing & Surrounding Area - 2026

Family

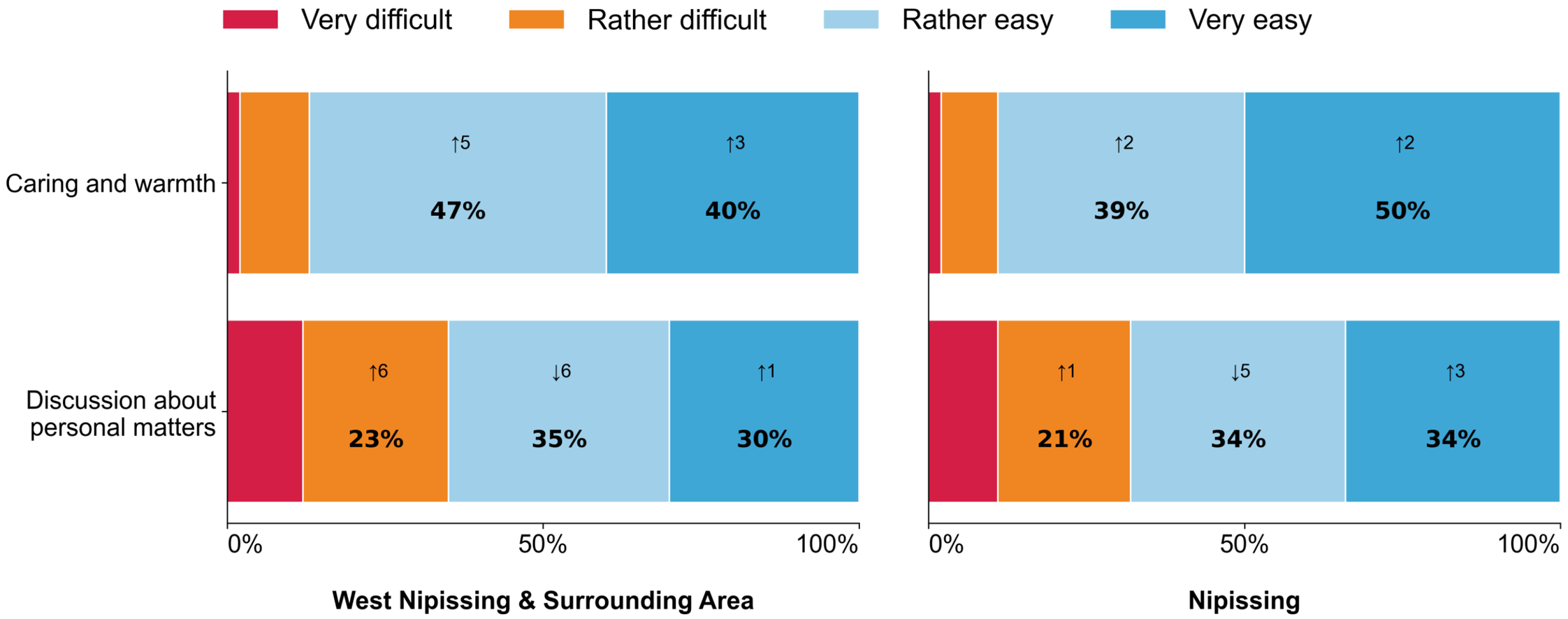
Percentage of adolescents reporting that parental rules on the following apply **rather well** or **very well** to them



West Nipissing & Surrounding Area - 2026

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

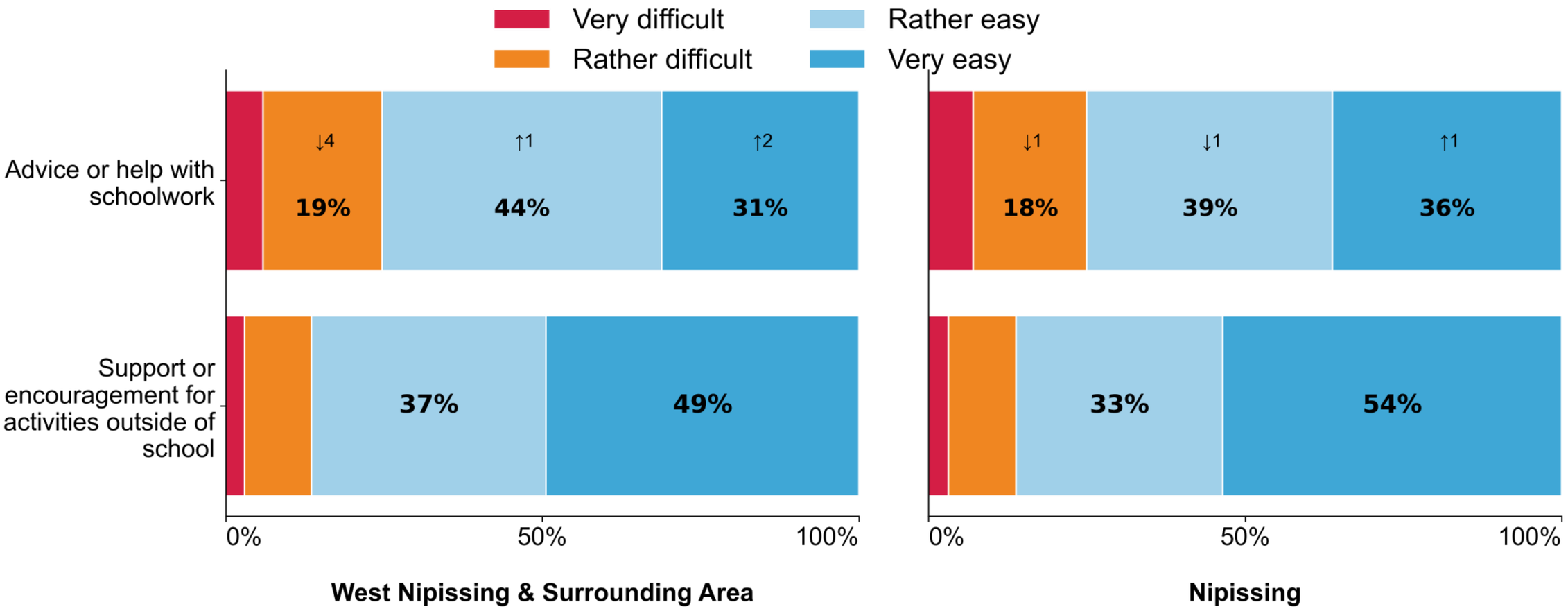
Adolescents report how **easy** or **difficult** it is to receive the following from their parents/caregivers **-Part 1**



West Nipissing & Surrounding Area - 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**

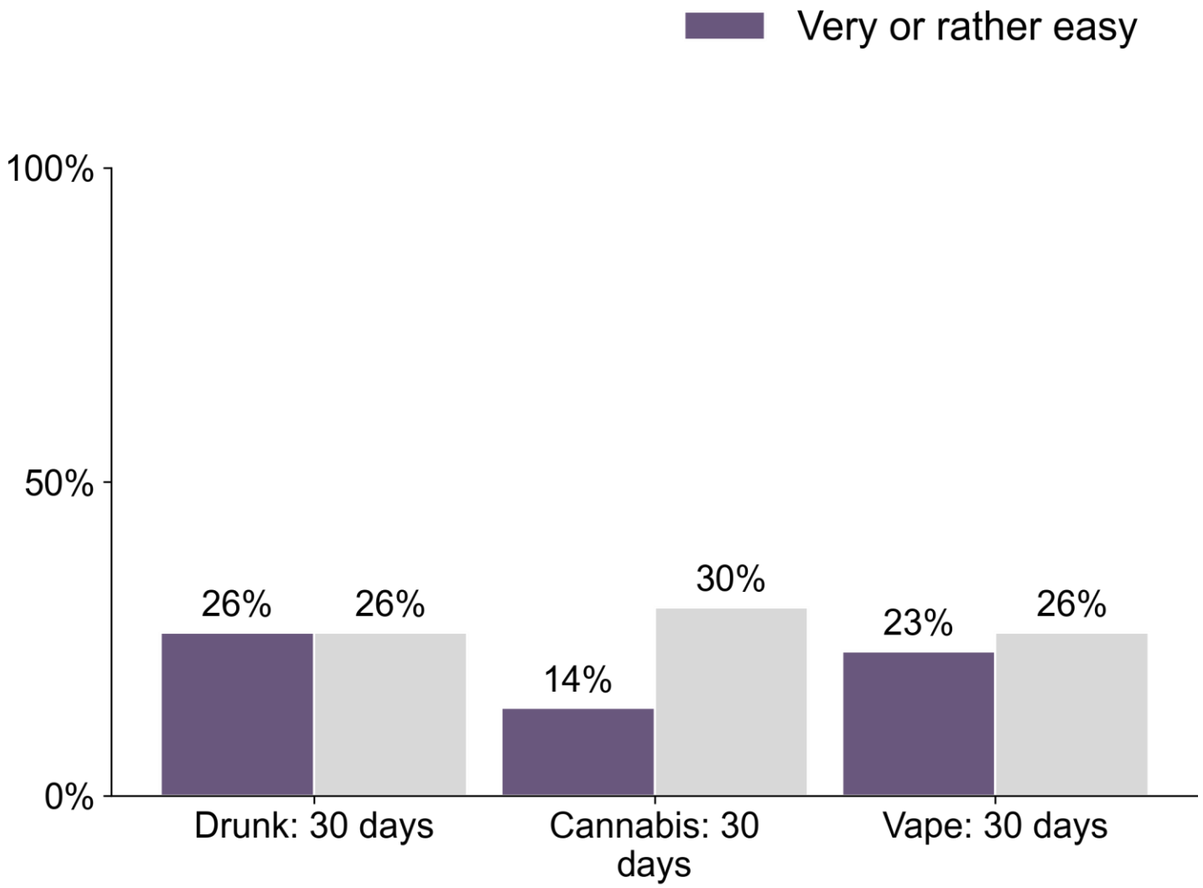


West Nipissing & Surrounding Area - 2026

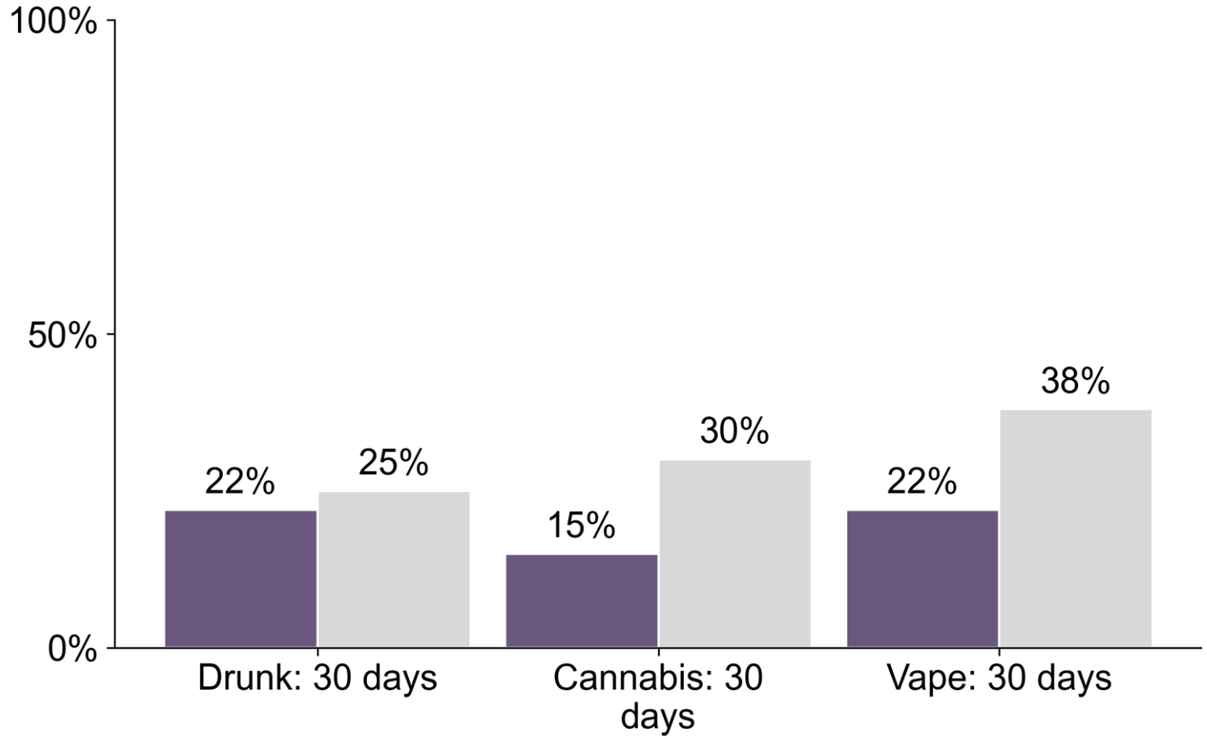
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Family

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



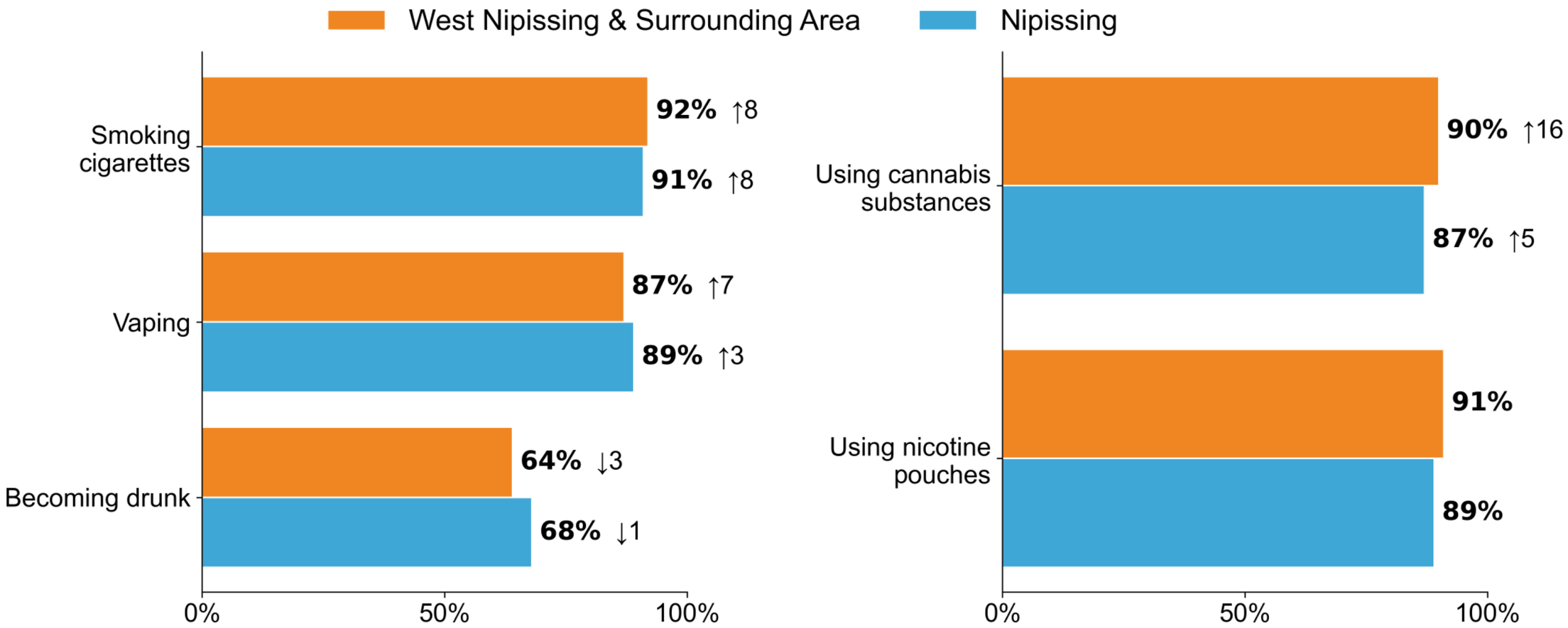
West Nipissing & Surrounding Area



Nipissing

West Nipissing & Surrounding Area - 2026

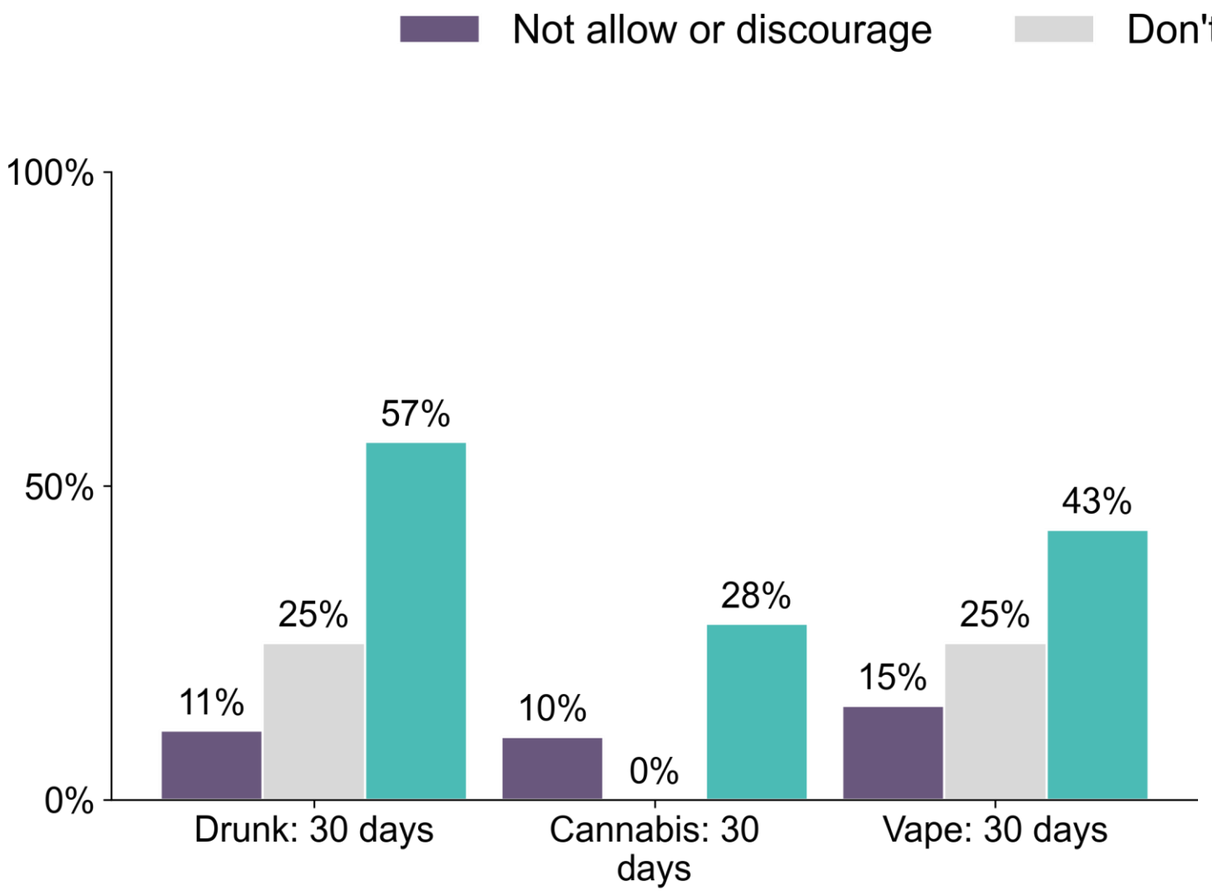
Perceived parental reactions to substance use: Adolescent perceptions of whether parents / caregivers would **not allow** or **discourage** the following types of substance use



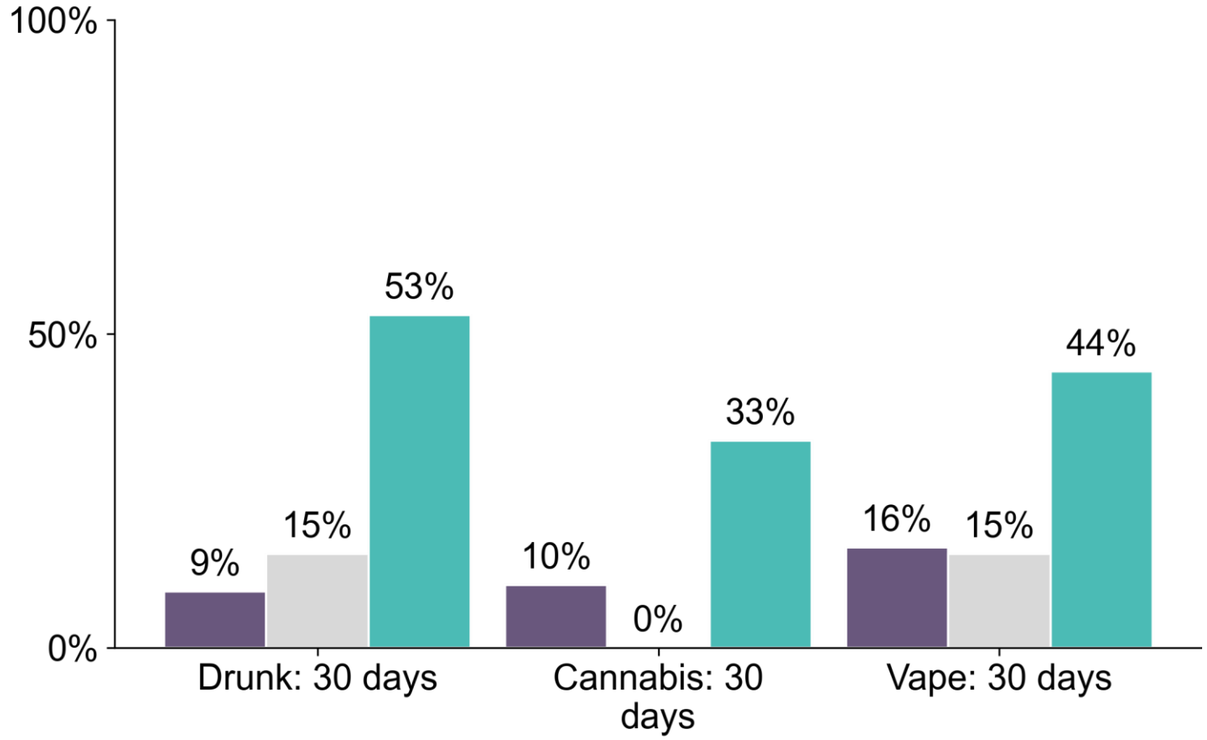
West Nipissing & Surrounding Area - 2026

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



West Nipissing & Surrounding Area

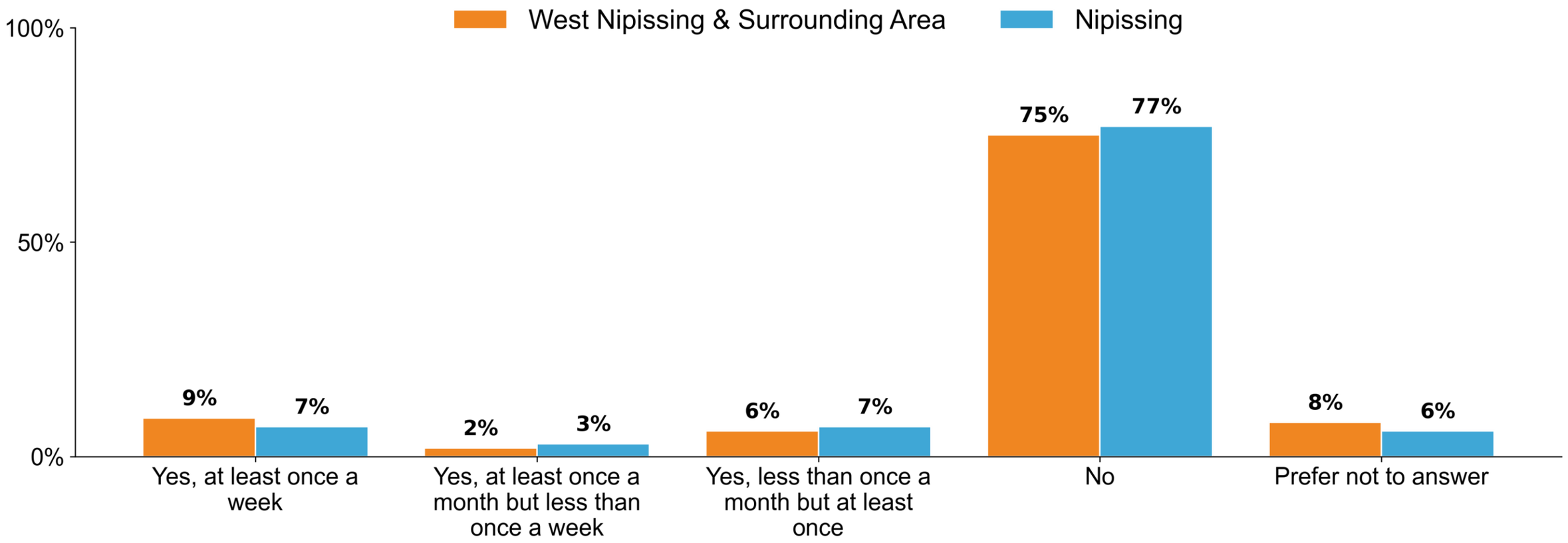


Nipissing

West Nipissing & 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

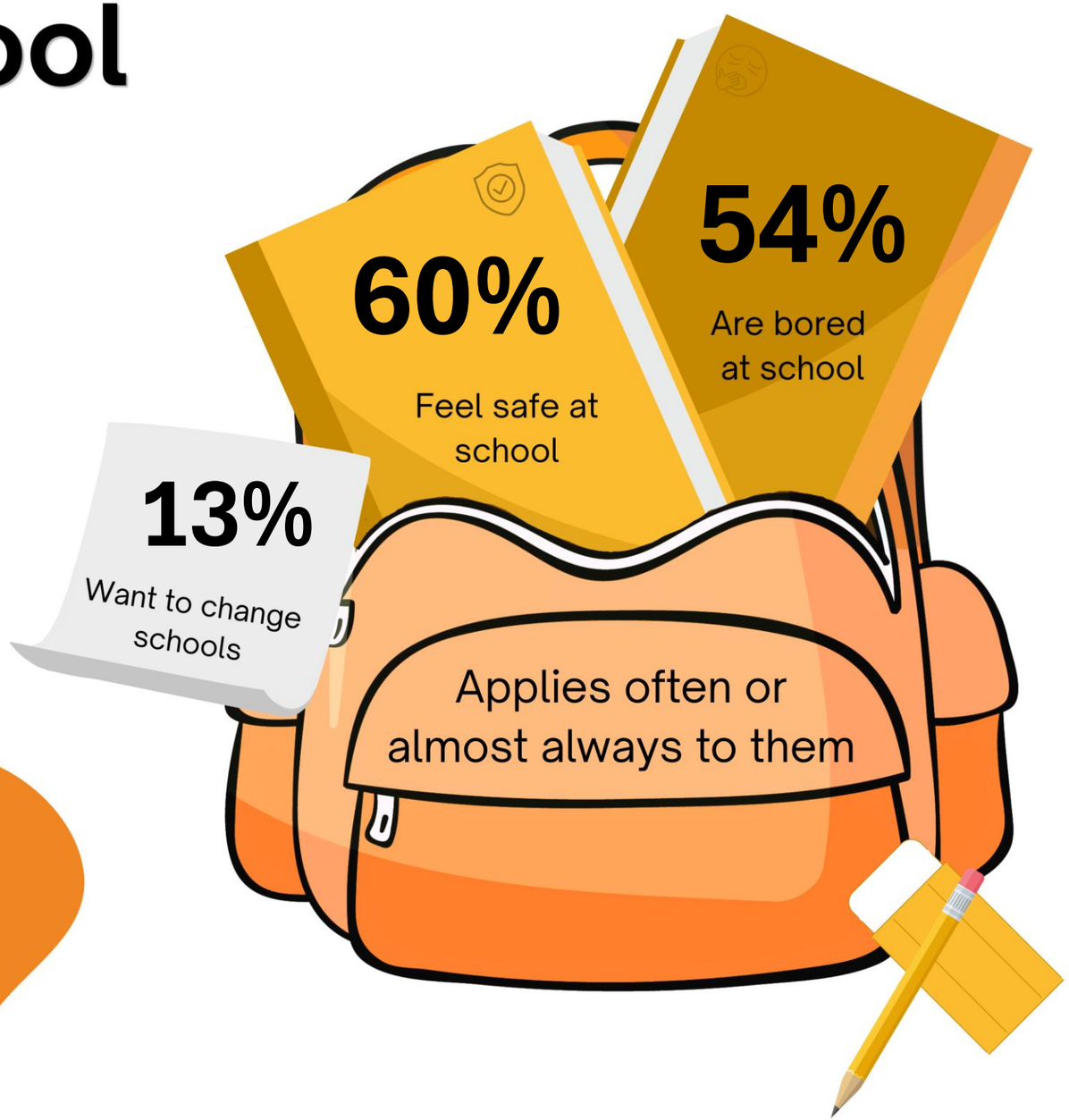


West Nipissing & Surrounding Area - 2026

SCHOOL

PLANET Youth®

School



80%

Have friends at school who care about them

60%

Think the adults at their school care about them

75%

Get along with their teachers

PLANET Youth®

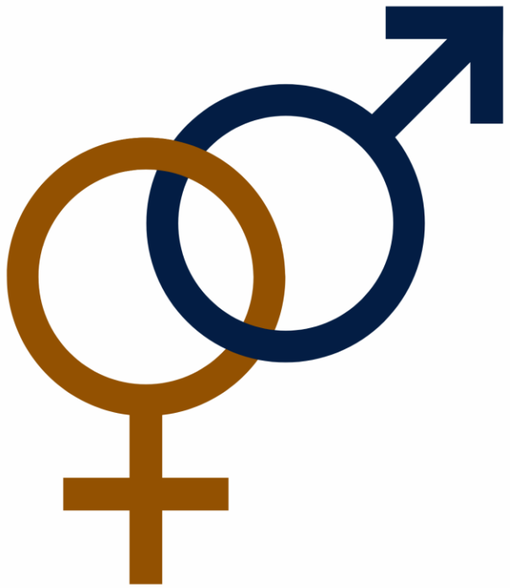
School

Females

48%
Are often or almost always bored at school

60%
Think the adults at their school care about them

82%
Have friends at school who care about them



Males

64%
Are often or almost always bored at school

62%
Think the adults at their school care about them

82%
Have friends at school who care about them

59% Females | **68%** Males

Often or almost always feel safe at school

75% Females | **79%** Males

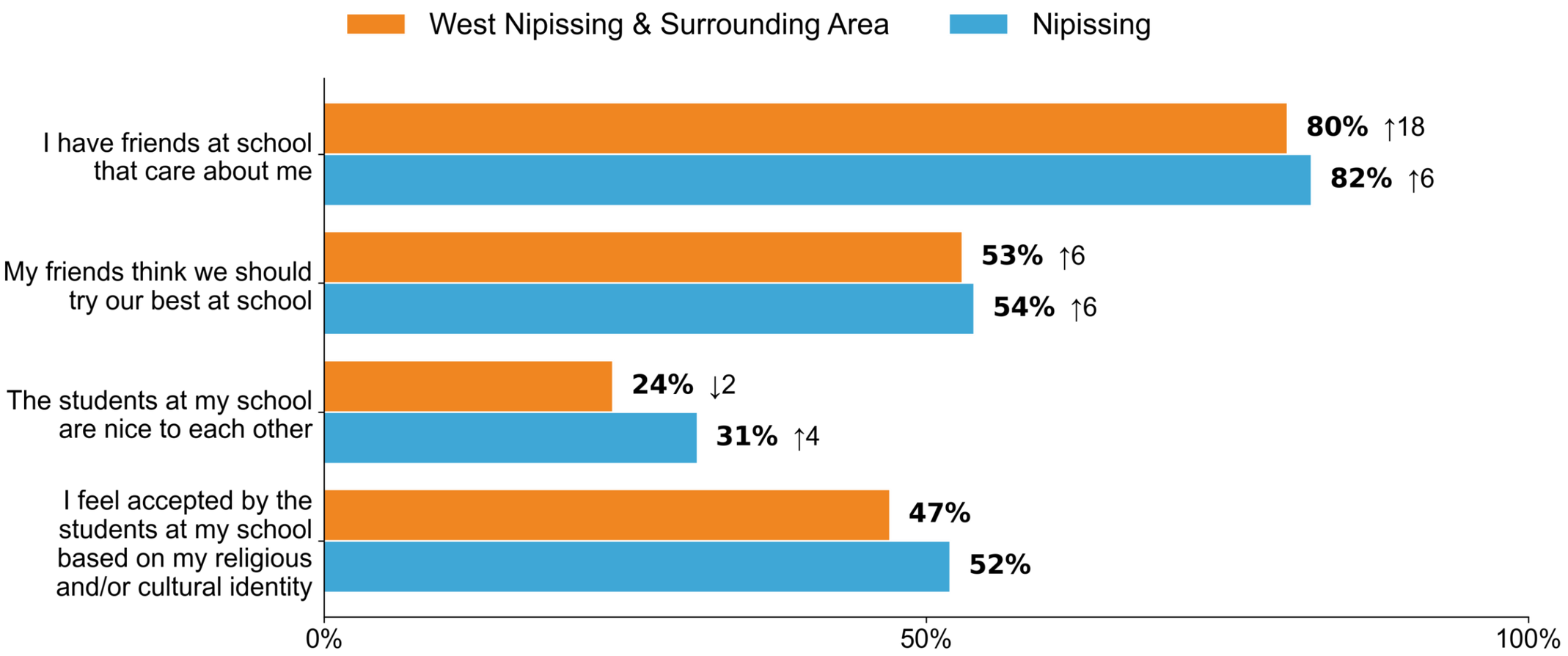
Agree or strongly agree to getting along with their teachers

17% Females | **8%** Males

Often or almost always want to change schools

PLANET Youth

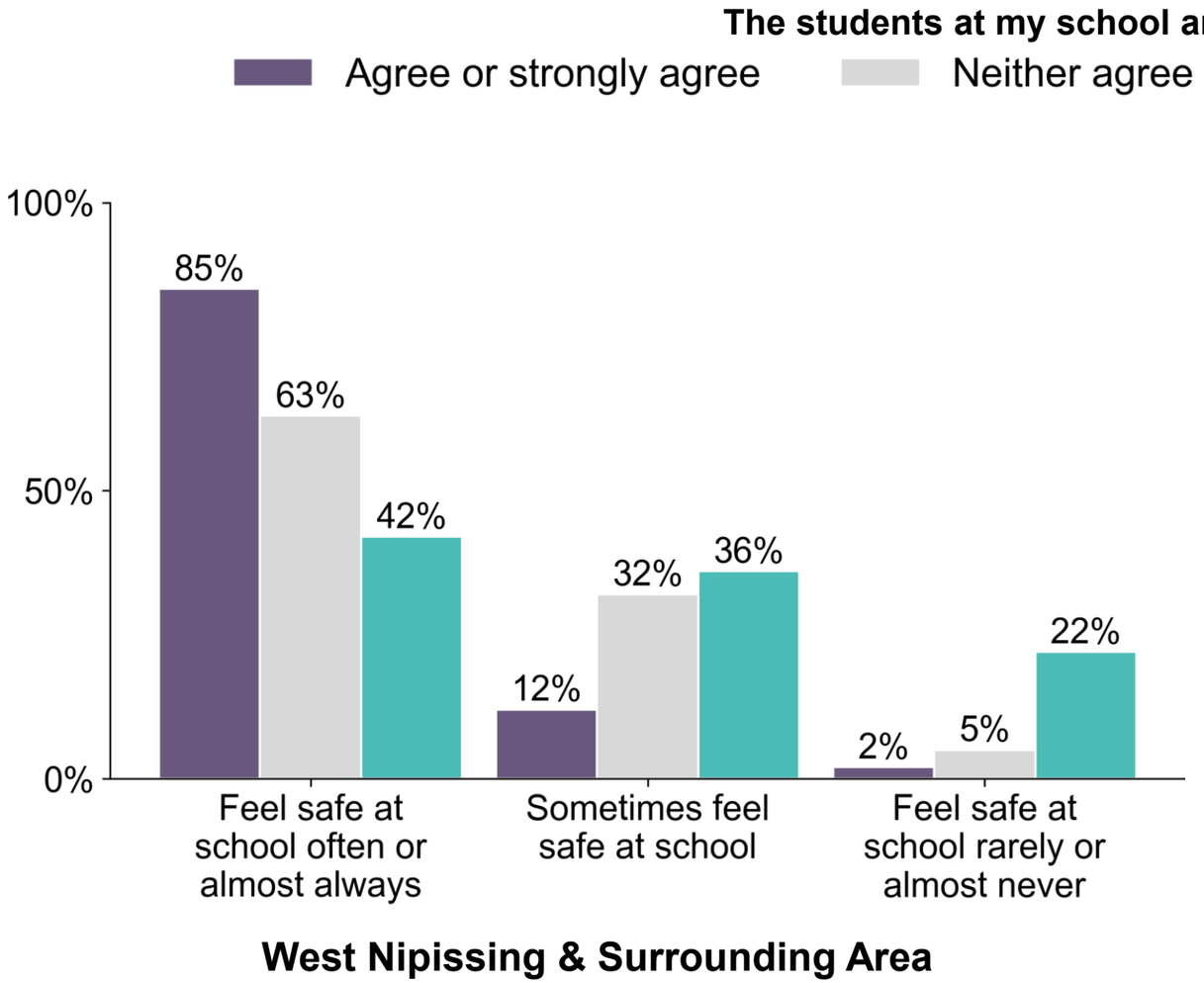
Percentage of adolescents who **agree somewhat** or **strongly agree** with the following statements about peer support in school



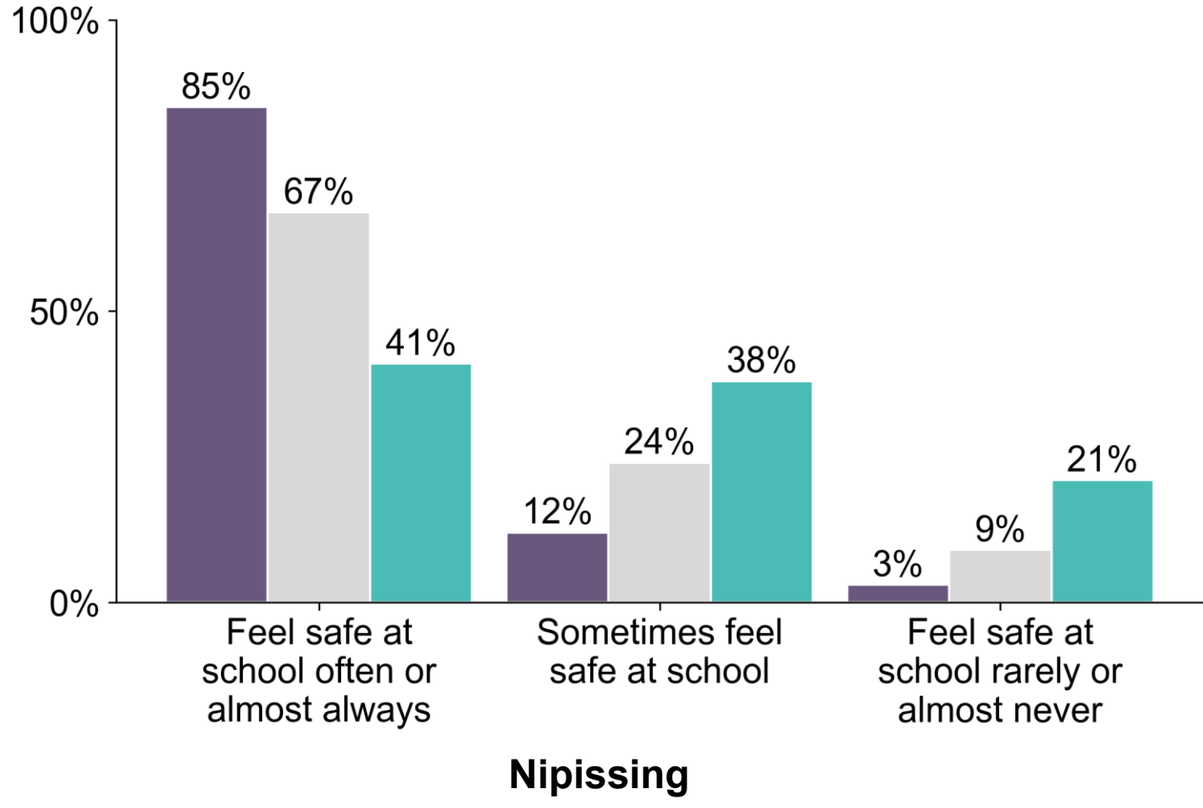
West Nipissing & Surrounding Area - 2026

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

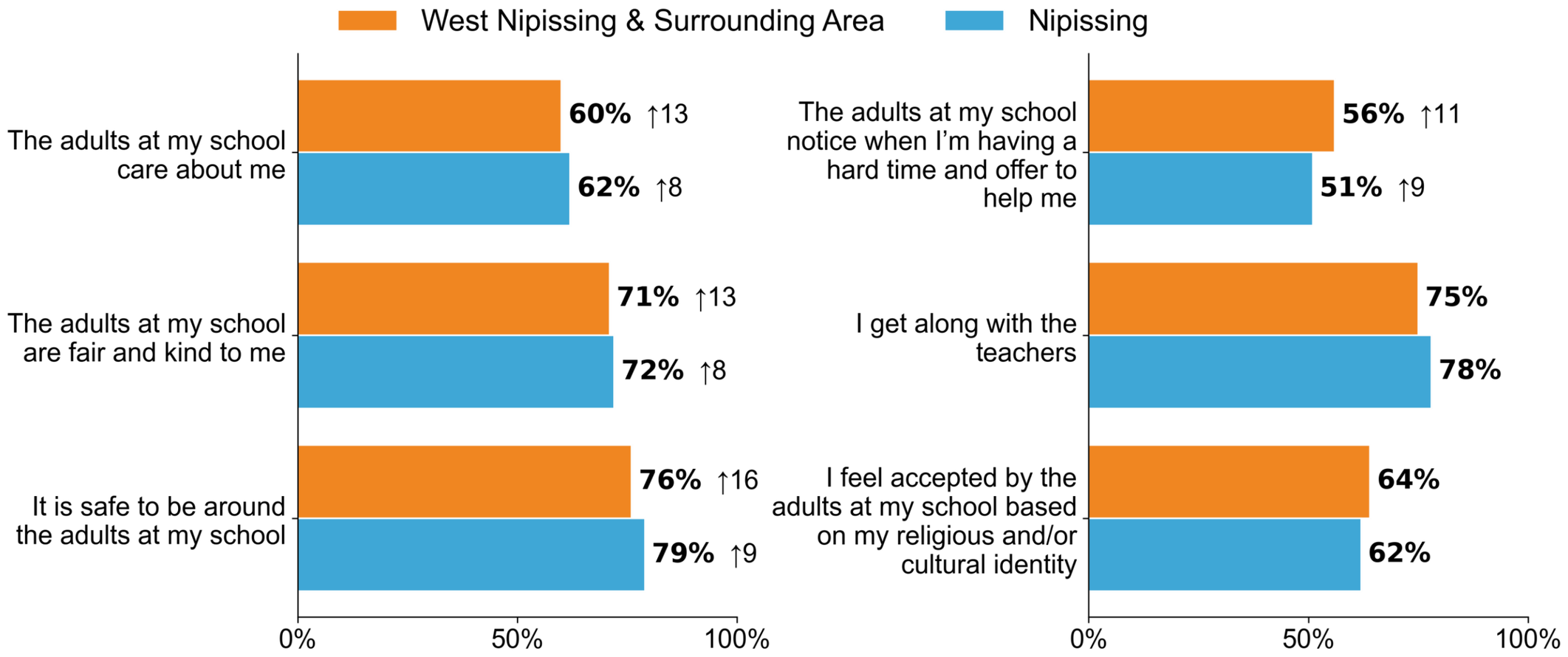


West Nipissing & Surrounding Area



Nipissing

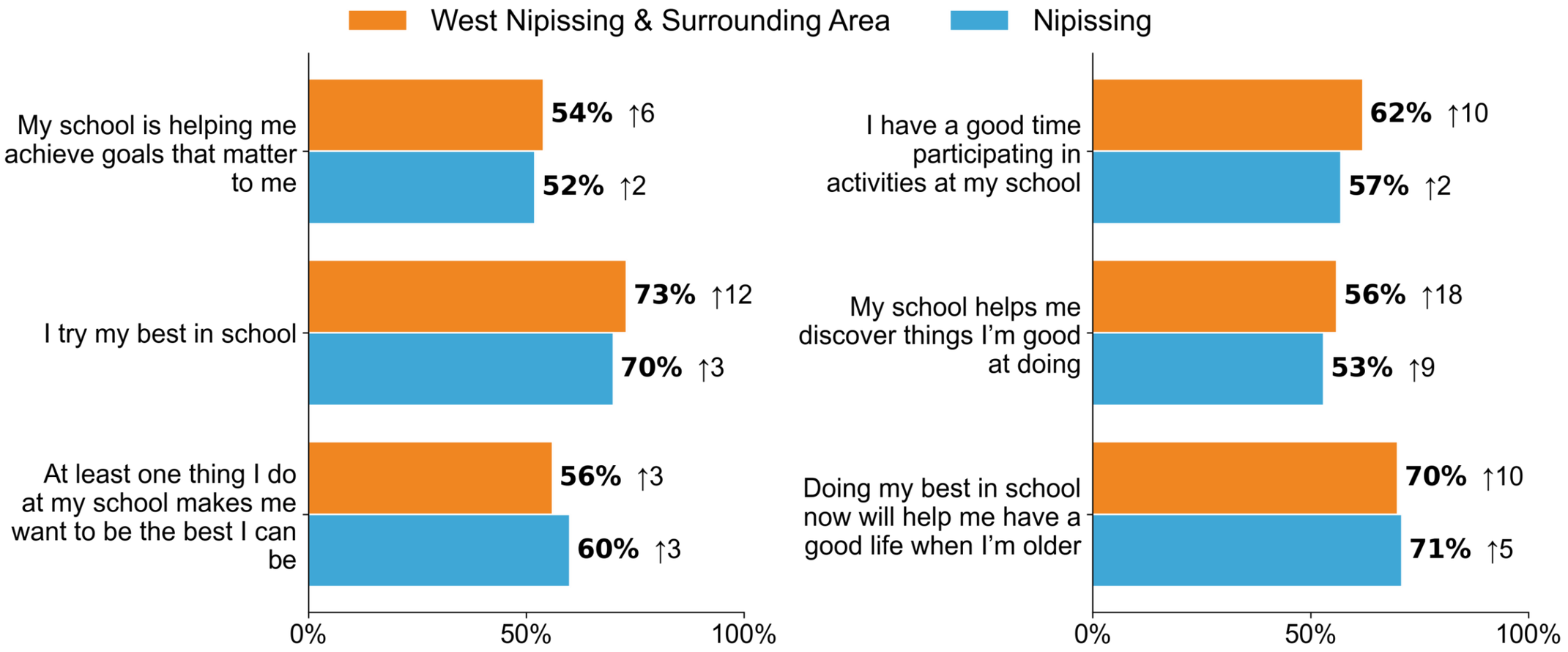
Percentage of adolescents who **agree somewhat** or **strongly agree** with the following statements about adult support in school



West Nipissing & Surrounding Area - 2026

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

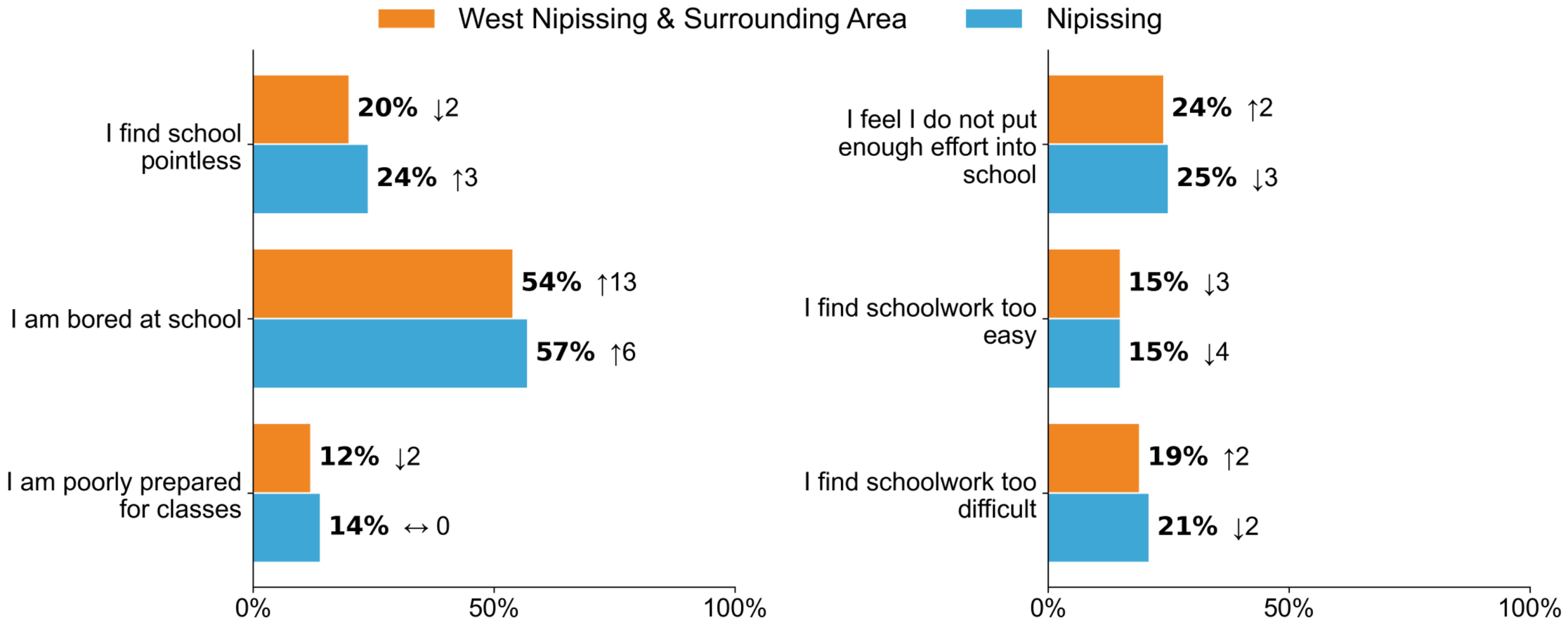
Percentage of adolescents who **agree somewhat** or **strongly agree** with the following statements about school activities and efforts



West Nipissing & Surrounding Area - 2026

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

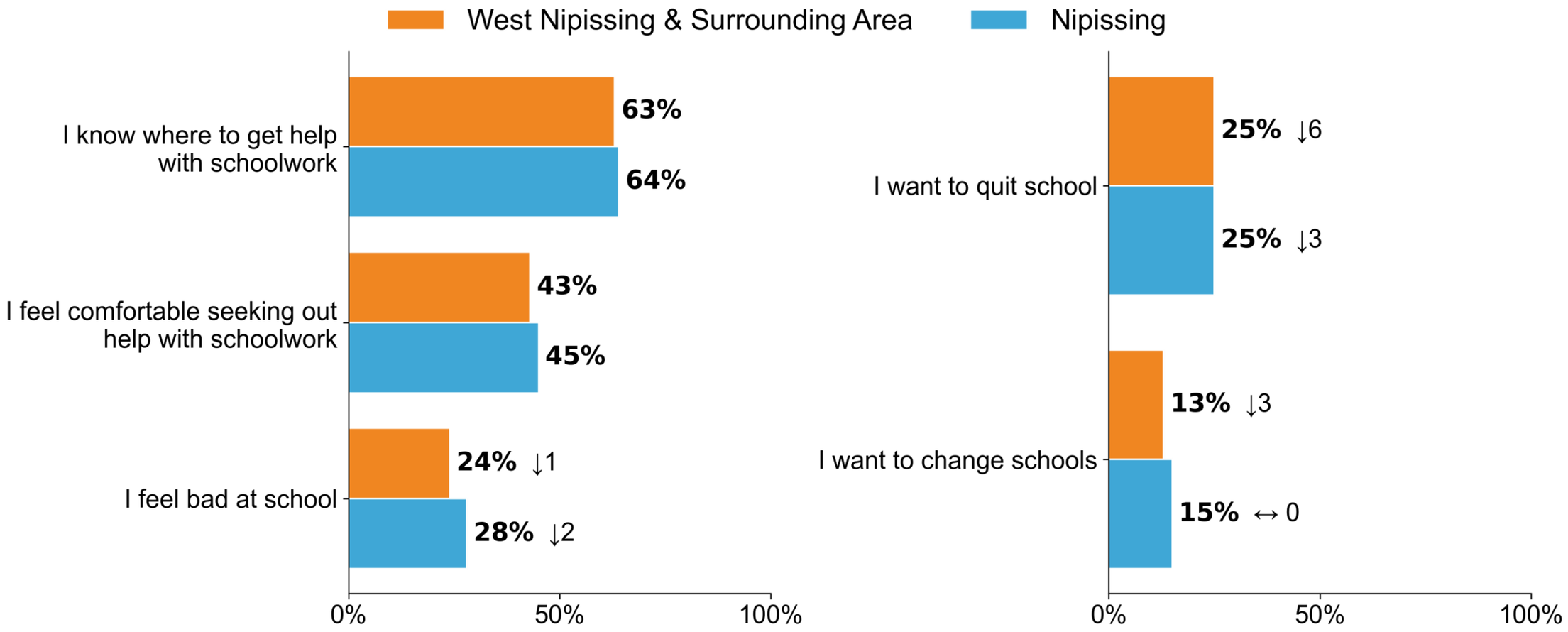
Percentage of adolescents who report that the following school / study attitude applies **often** or **almost always** to them **-Part 1**



West Nipissing & Surrounding Area - 2026

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

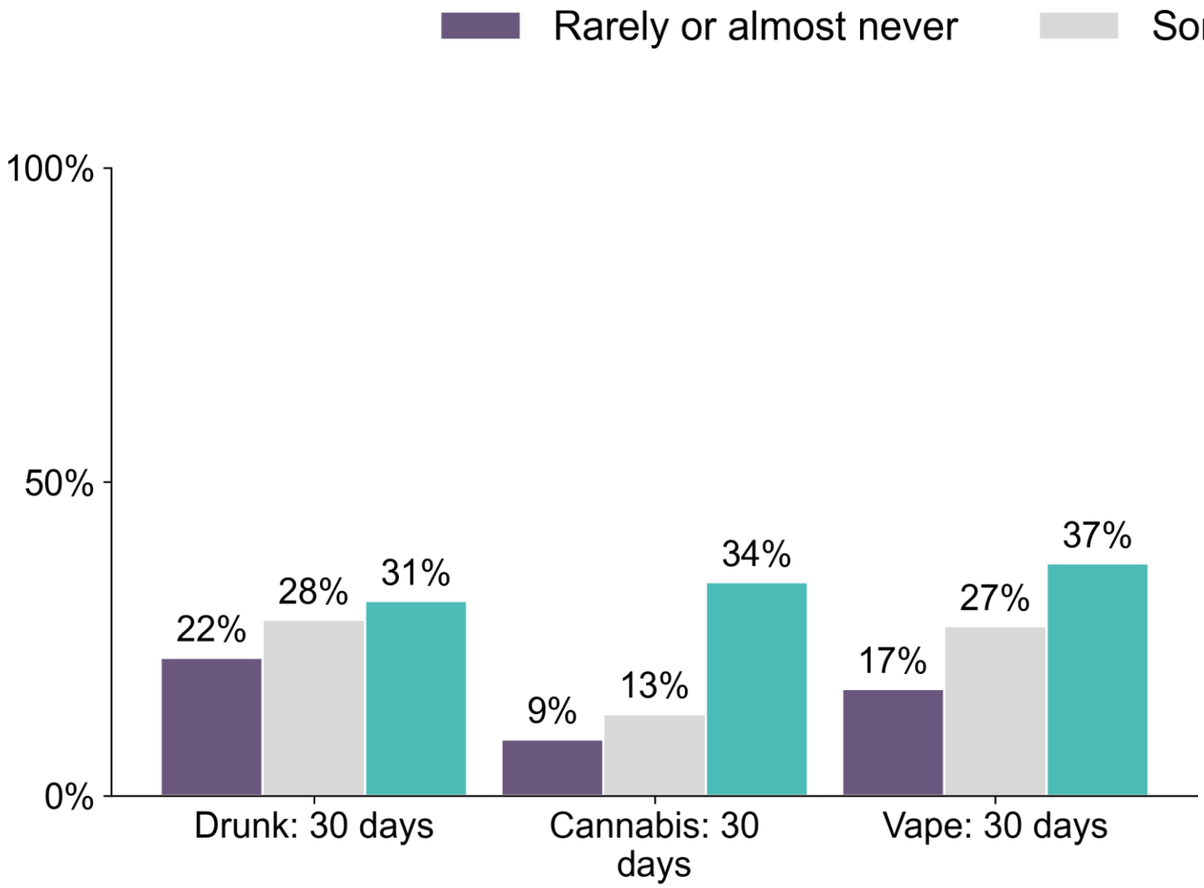
Percentage of adolescents who report that the following school / study attitude applies **often** or **almost always** to them **-Part 2**



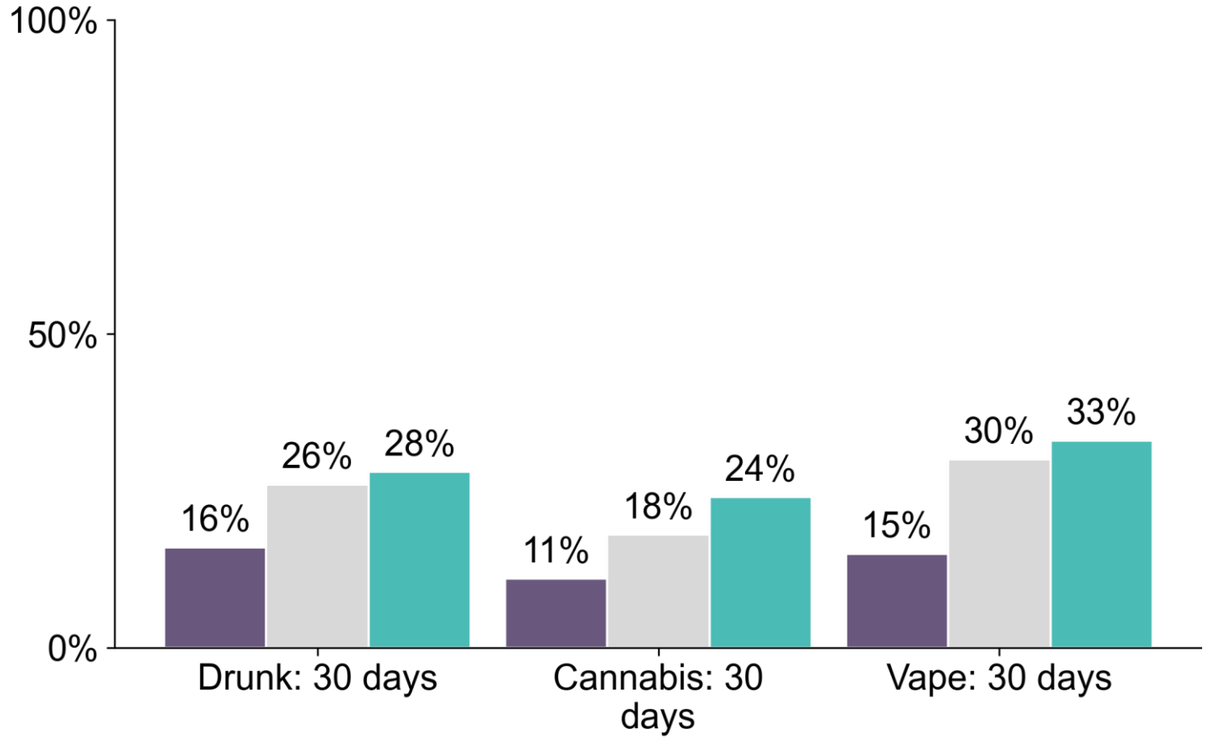
West Nipissing & Surrounding Area - 2026

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"**



West Nipissing & Surrounding Area

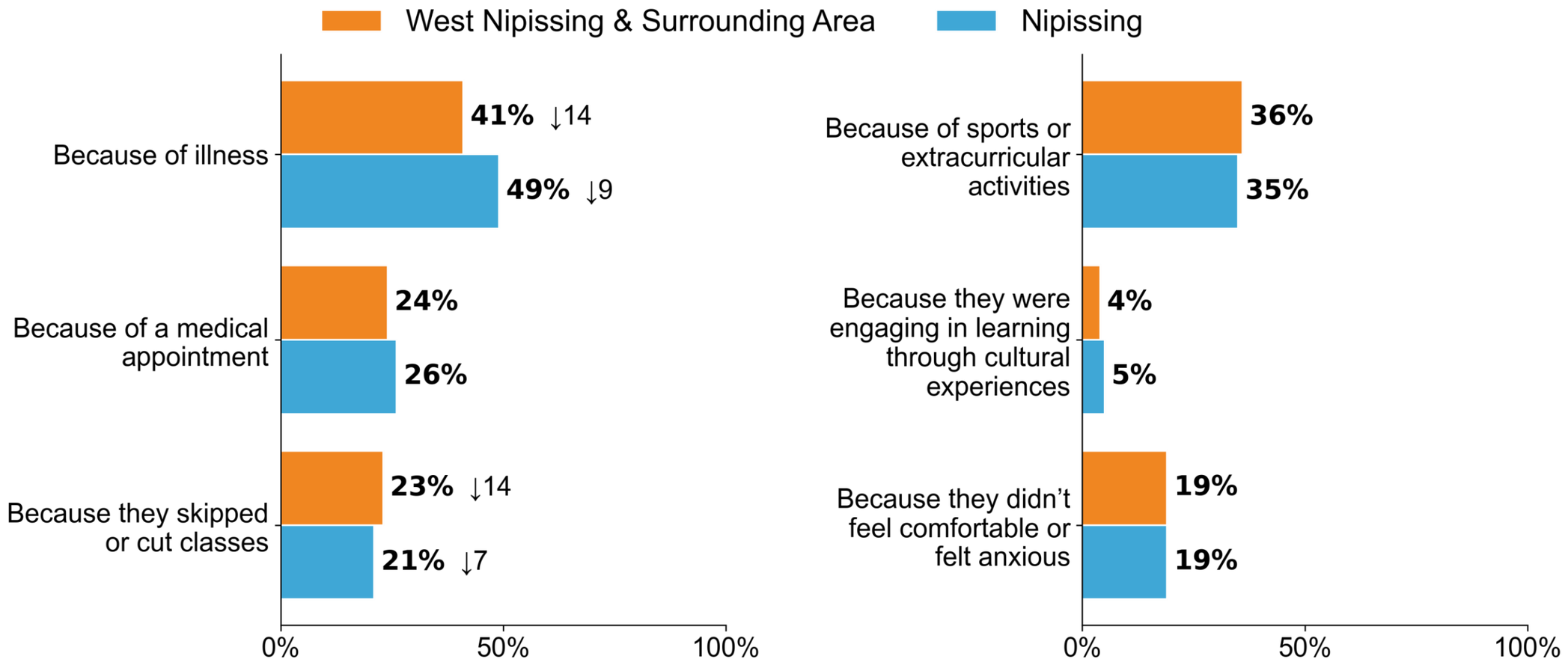


Nipissing

West Nipissing & Surrounding Area - 2026

School

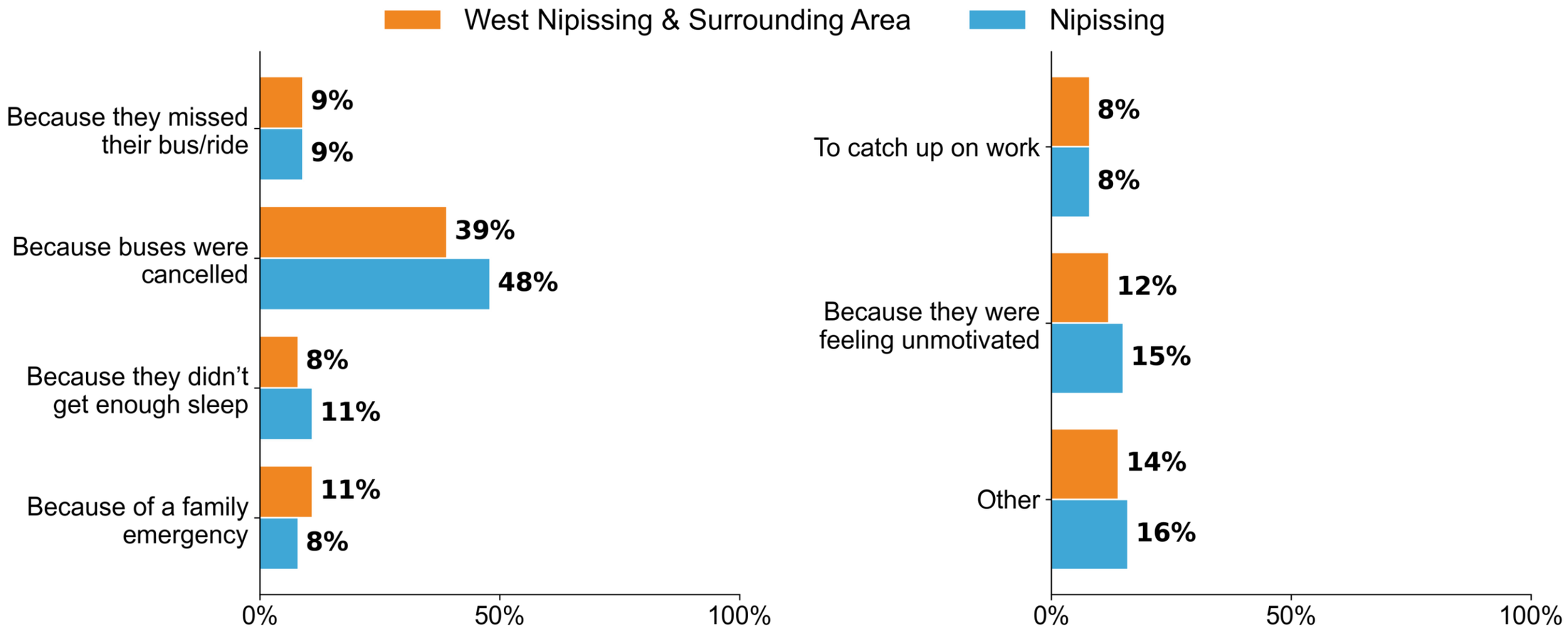
Percentage of adolescents who were absent from school for **2 or more full days** in the past month due to the following reasons **-Part 1**



West Nipissing & Surrounding Area - 2026

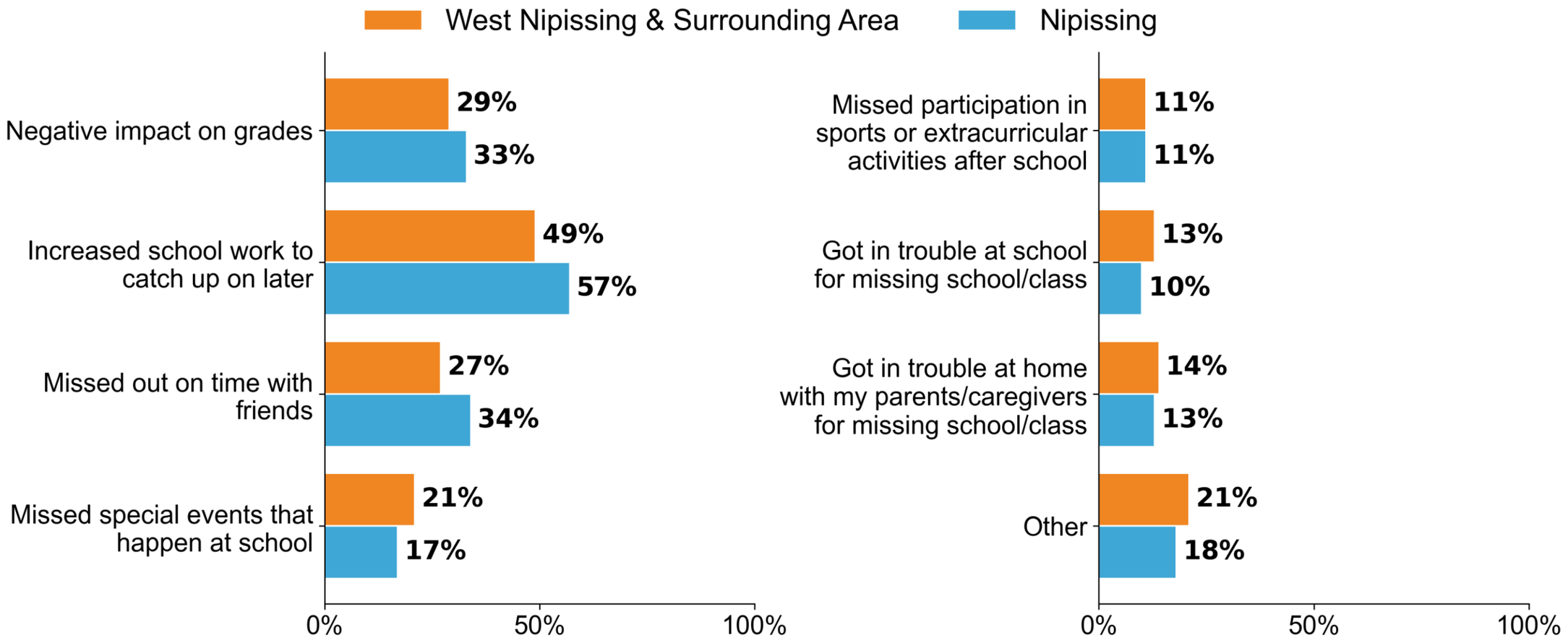
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

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**



West Nipissing & Surrounding Area - 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



LEISURE TIME

PLANET Youth®

Leisure Time

19%

Play sports with a club three times or more a week

22%

Participate in arts and creative activities at least once a week

20%

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



PLANET Youth®

Outside Late

42%

Were outside after midnight at least once a week

Physical activity

38%

Are physically active for one hour or more per day

Gambling

9%

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

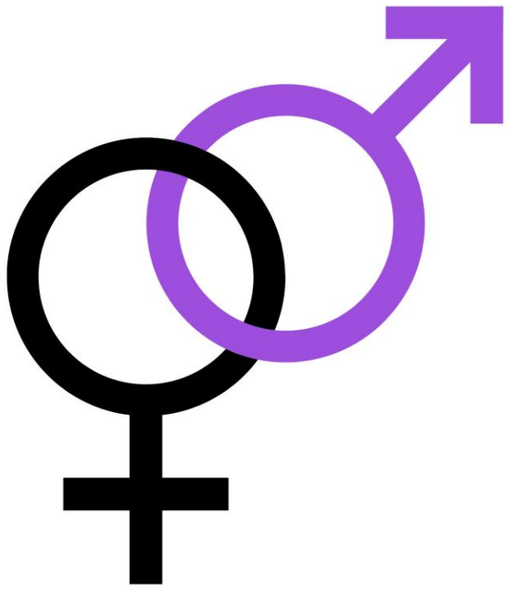
Leisure Time

Females

18%
Play sports with a club three times or more a week

24%
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



Males

23%
Play sports with a club three times or more a week

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

20%
Do not participate in any organized out-of-school activities supervised by adults

Outside Late

38% Females

52% Males

Were outside after midnight at least once a week

Physical activity

37% Females

43% Males

Are physically active for one hour or more per day

Gambling

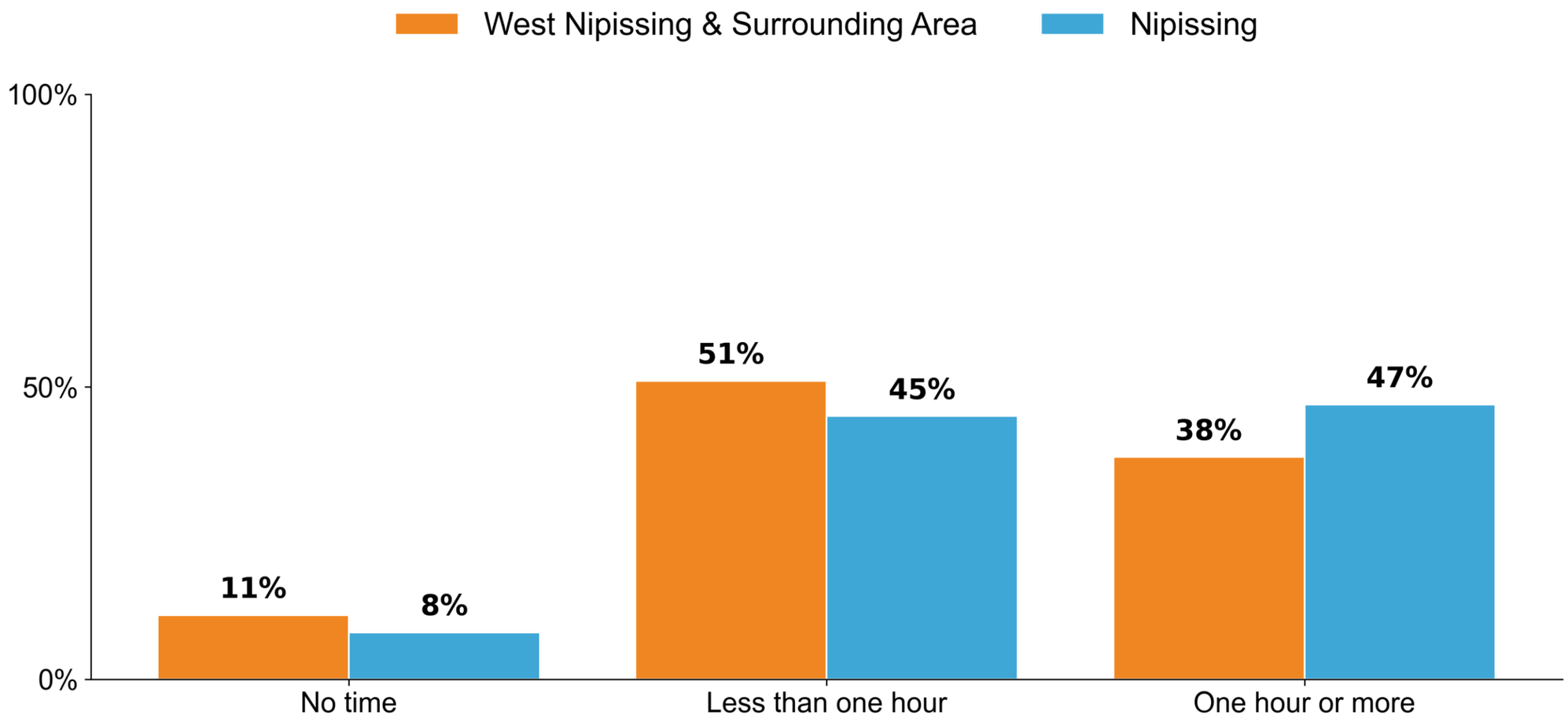
5% Females

15% 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

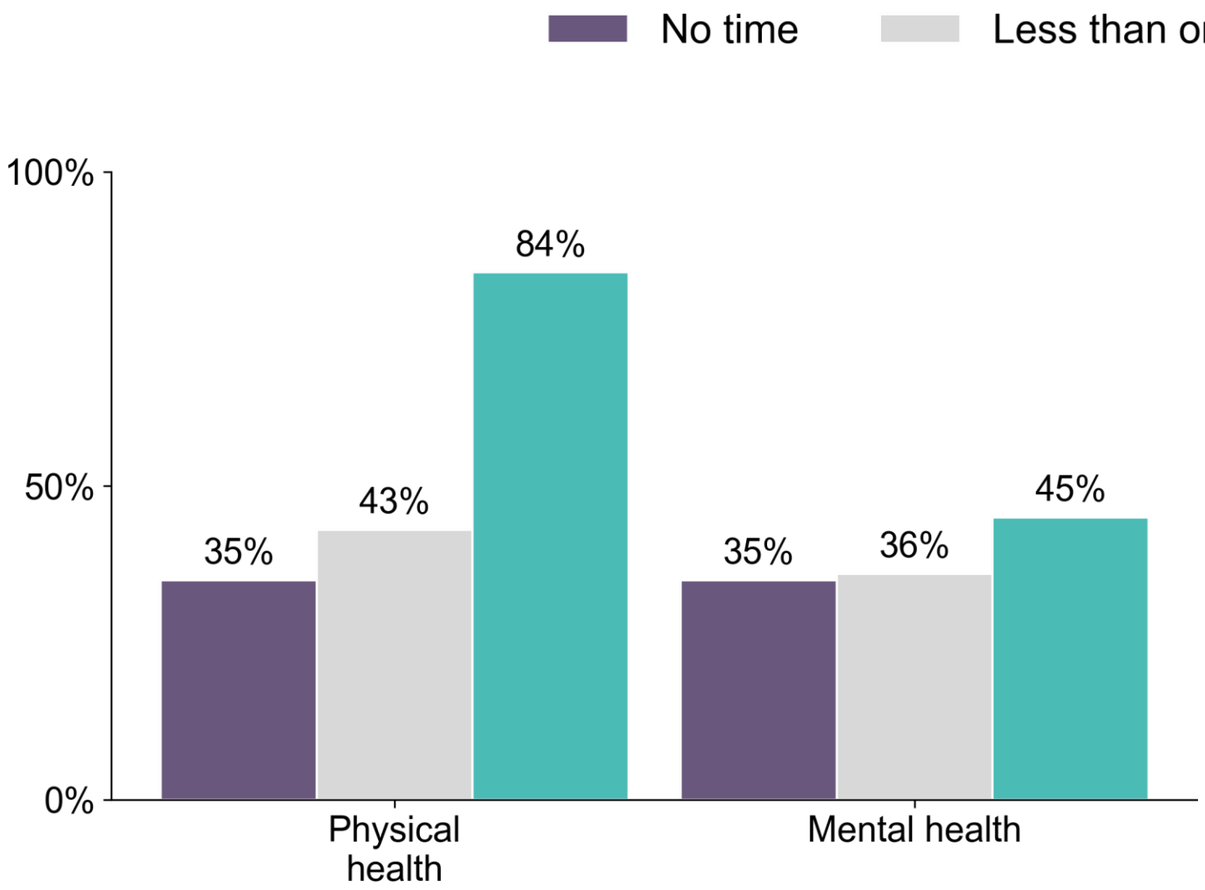


West Nipissing & Surrounding Area - 2026

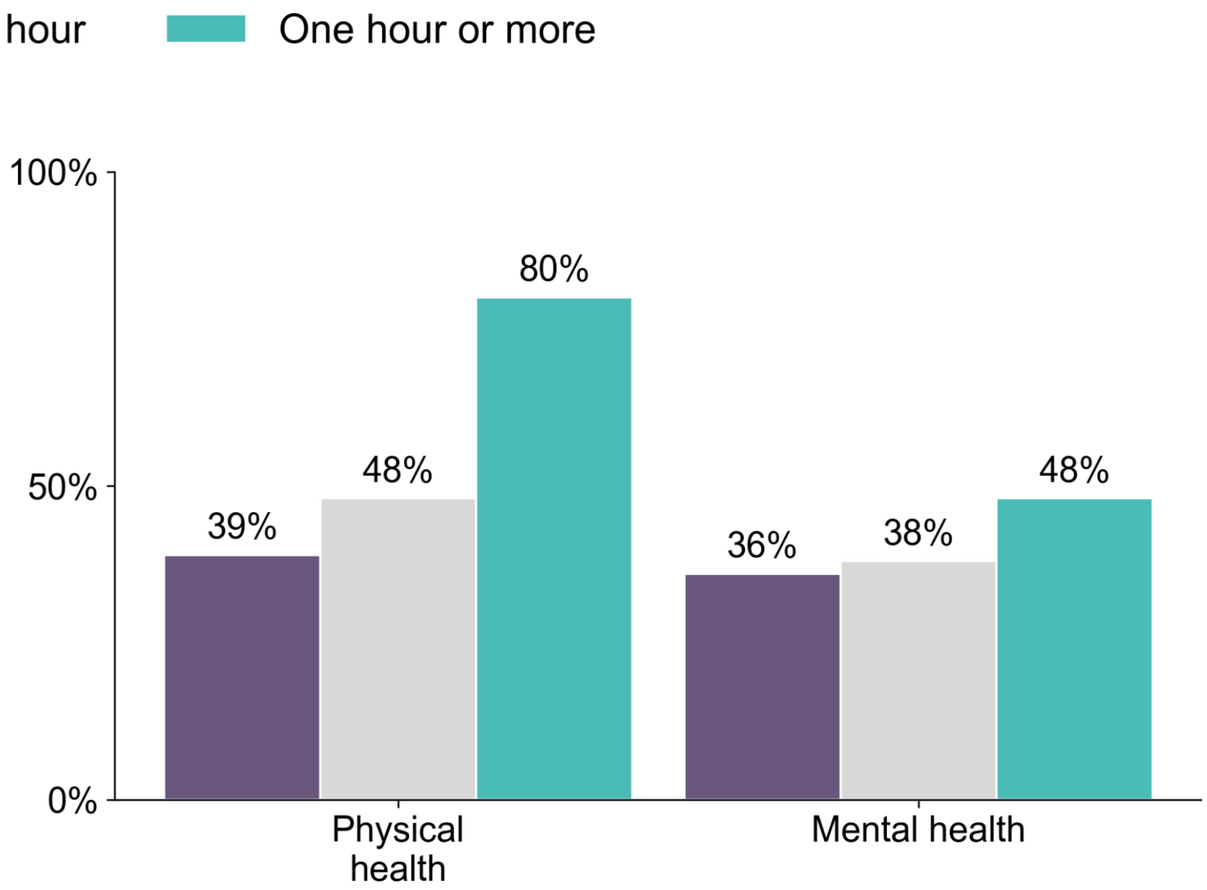
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Leisure Time

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



West Nipissing & Surrounding Area

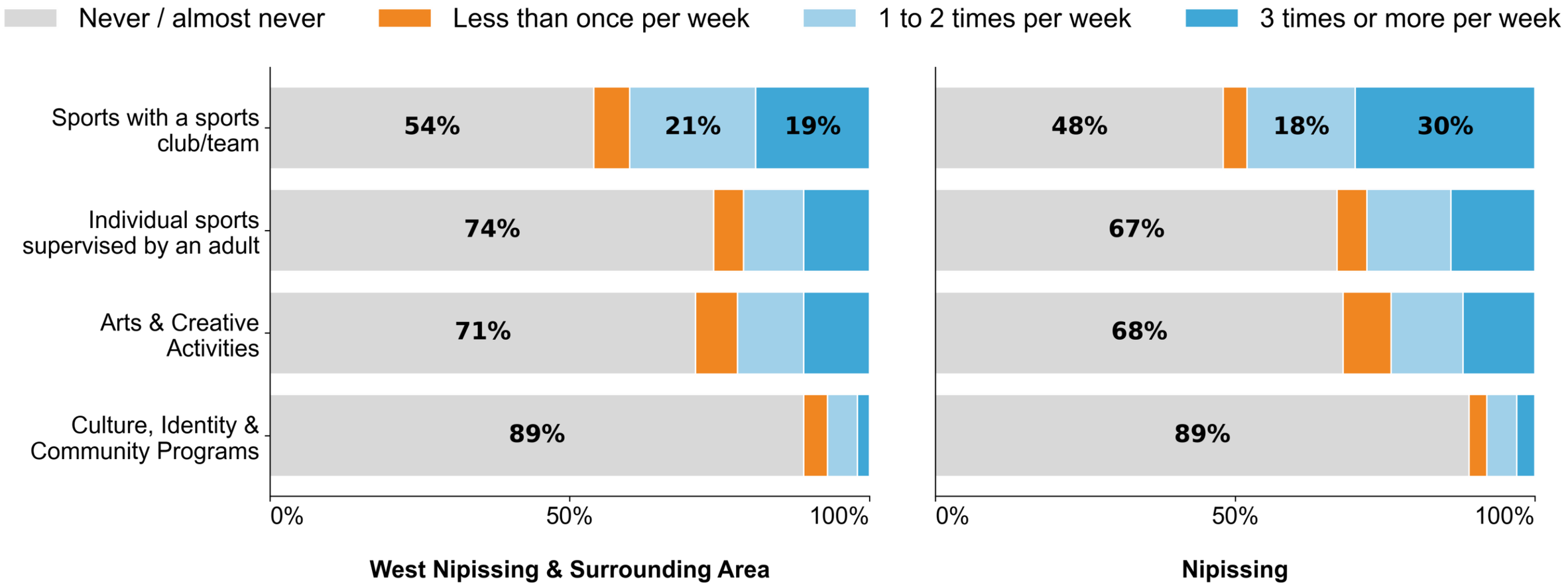


Nipissing

West Nipissing & Surrounding Area - 2026

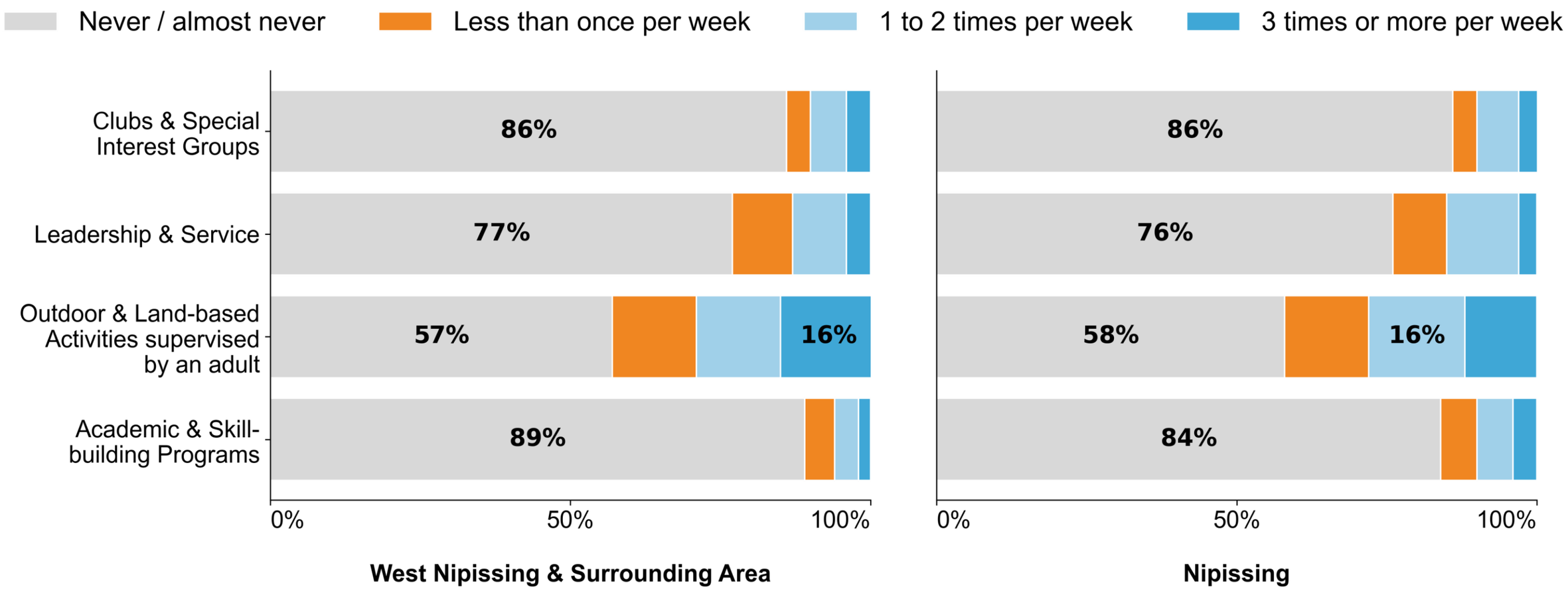
Leisure Time

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



Leisure Time

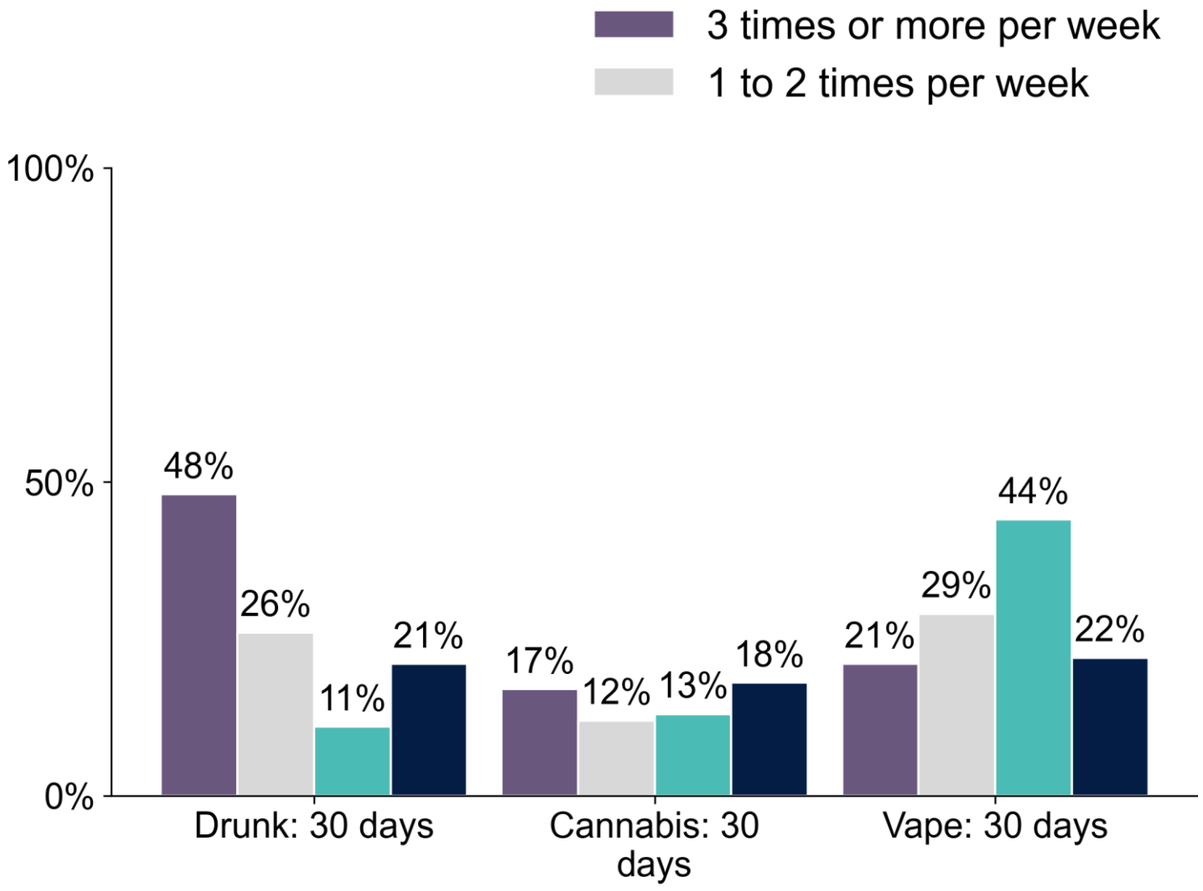
Percentage of adolescents who participate in the following out-of-school activities that are supervised by adults **-Part 2**



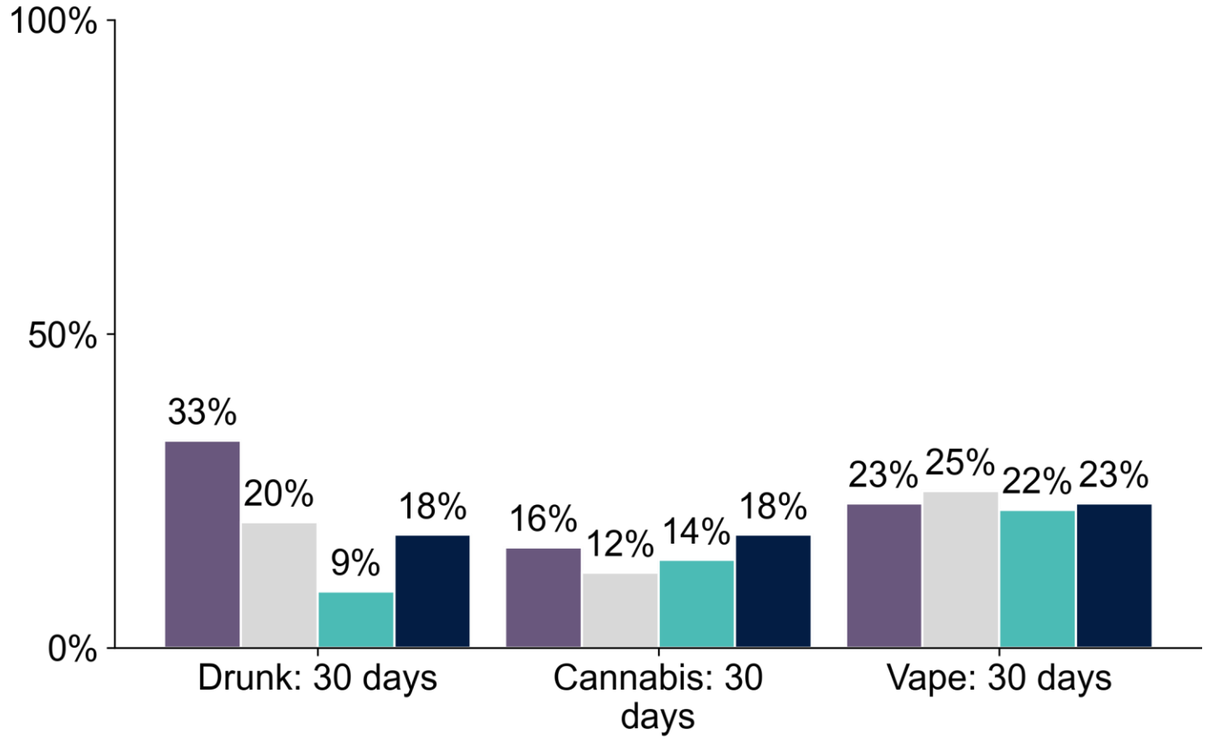
West Nipissing & Surrounding Area - 2026

Leisure Time

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



West Nipissing & Surrounding Area

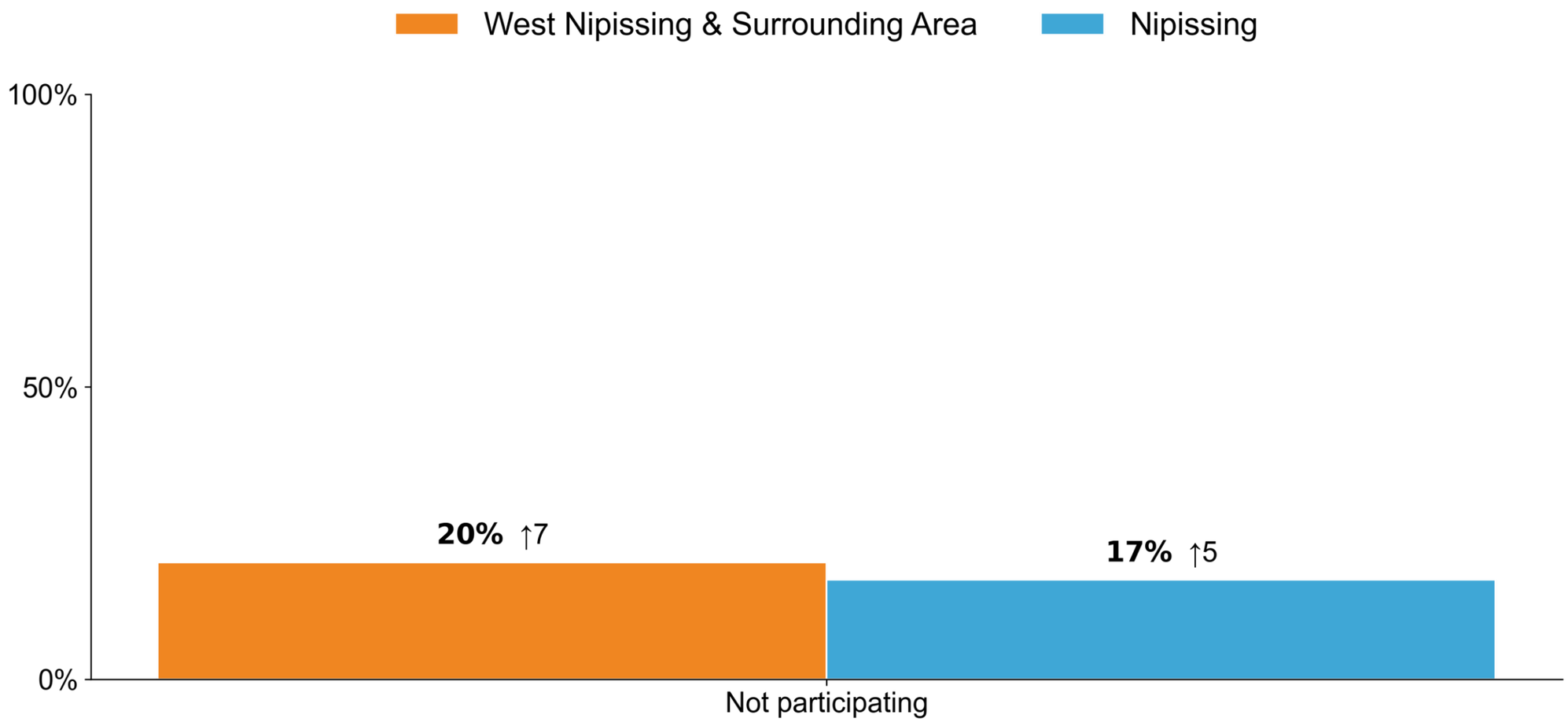


Nipissing

West Nipissing & Surrounding Area - 2026

Leisure Time

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

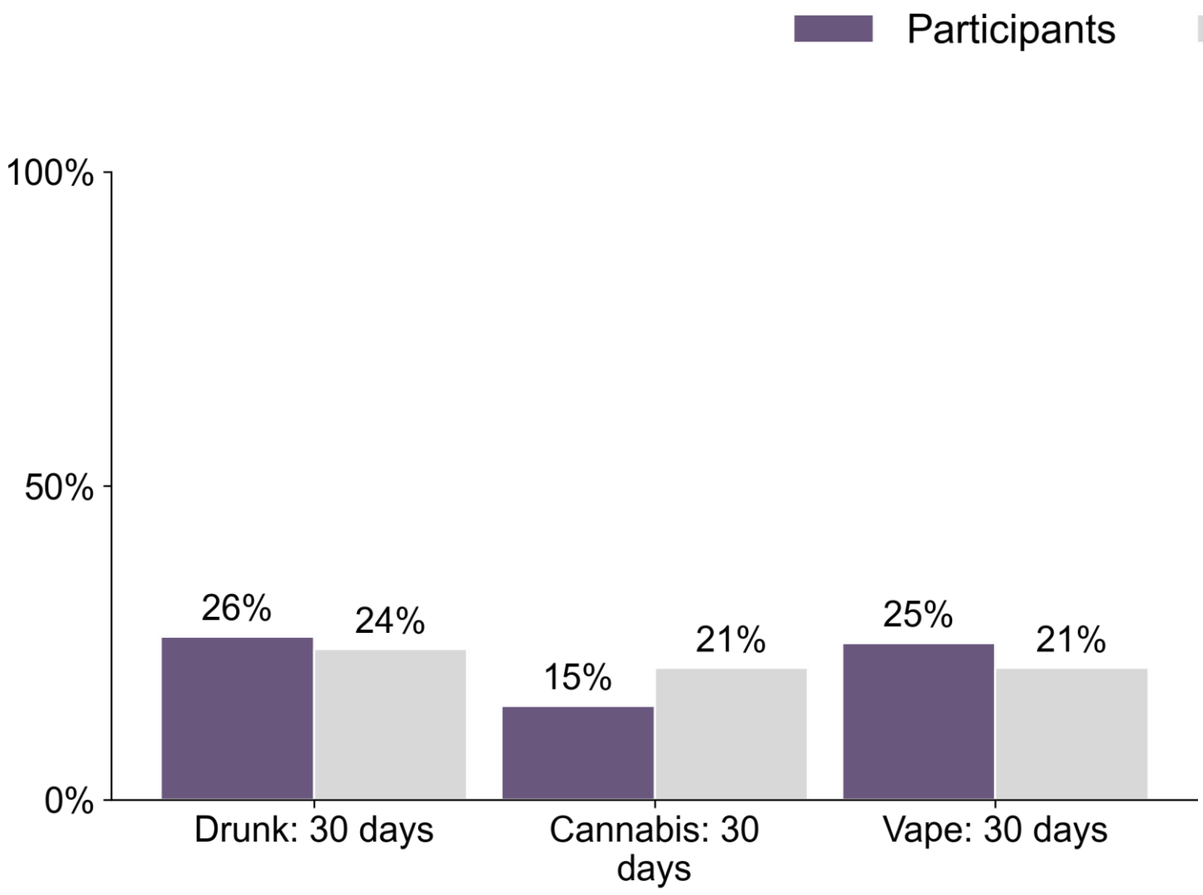


West Nipissing & Surrounding Area - 2026

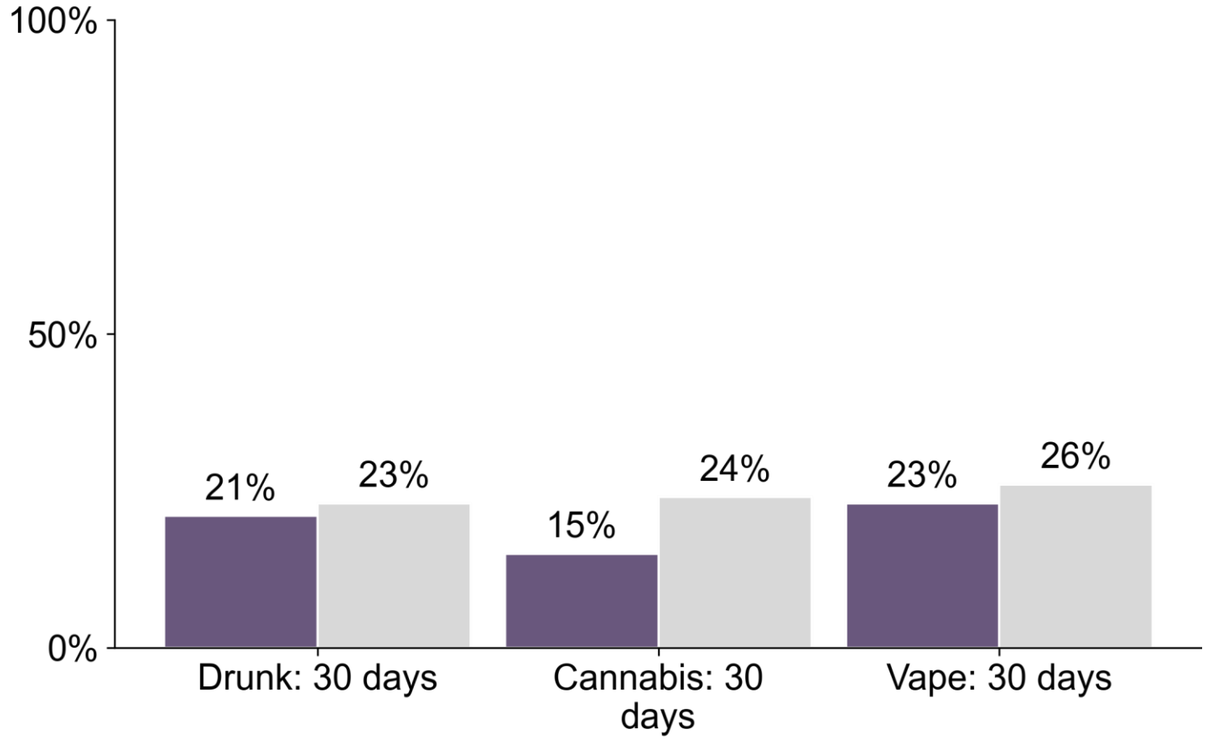
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Leisure Time

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



West Nipissing & Surrounding Area

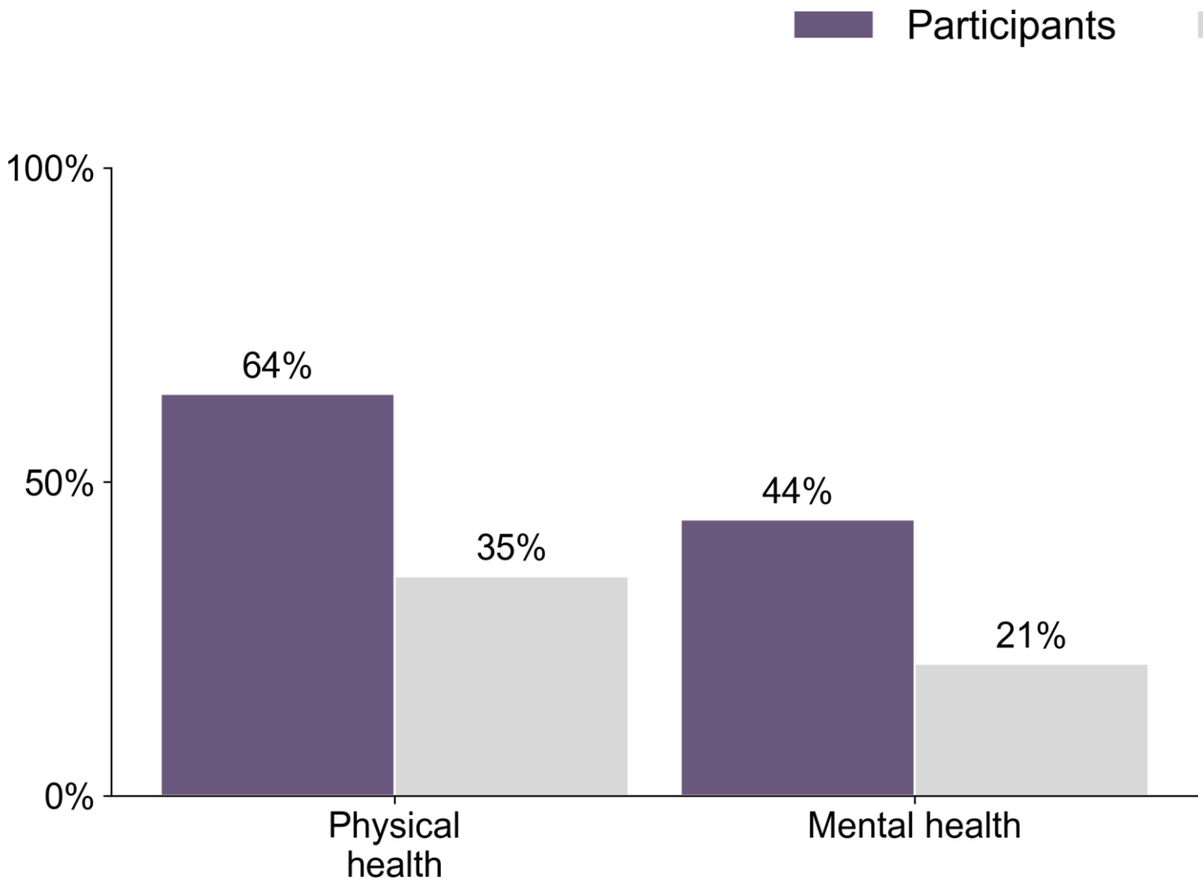


Nipissing

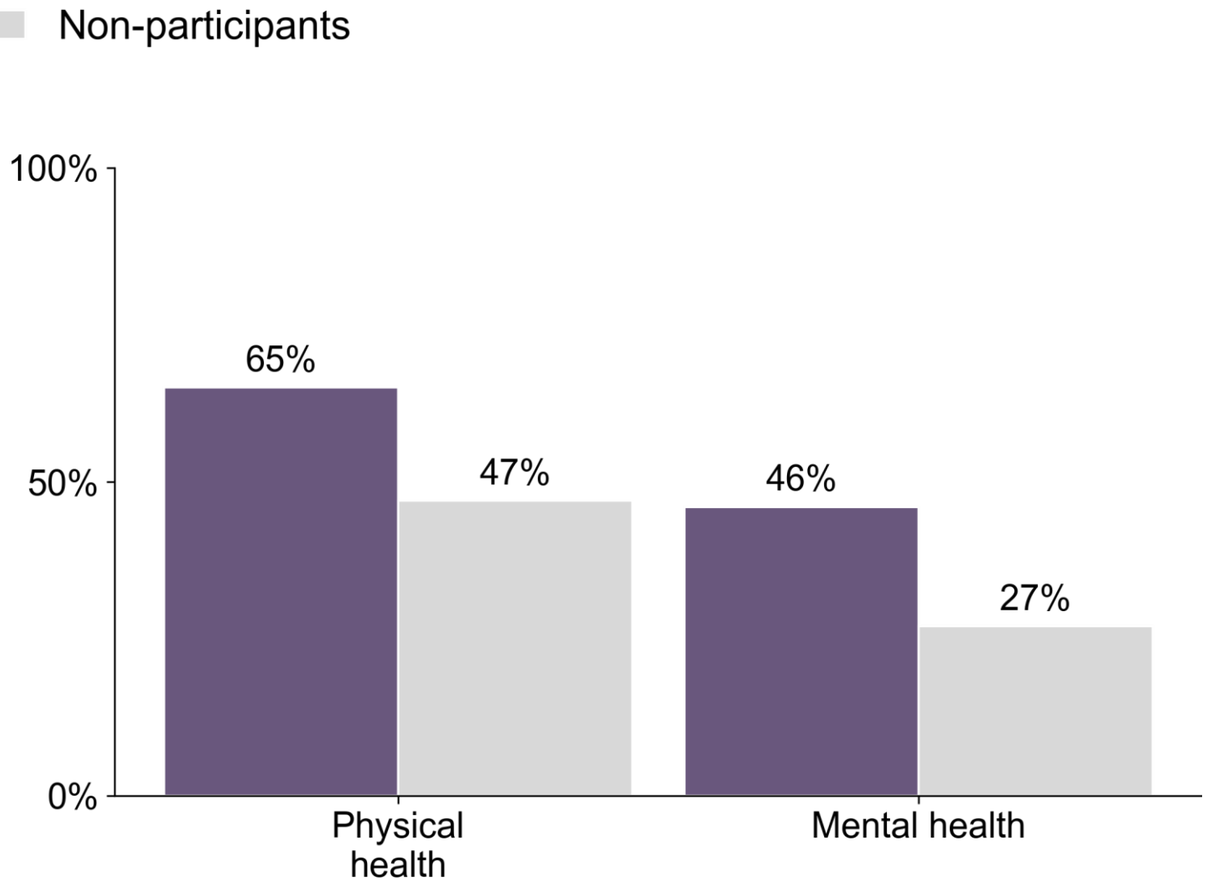
West Nipissing & Surrounding Area - 2026

Leisure Time

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



West Nipissing & Surrounding Area

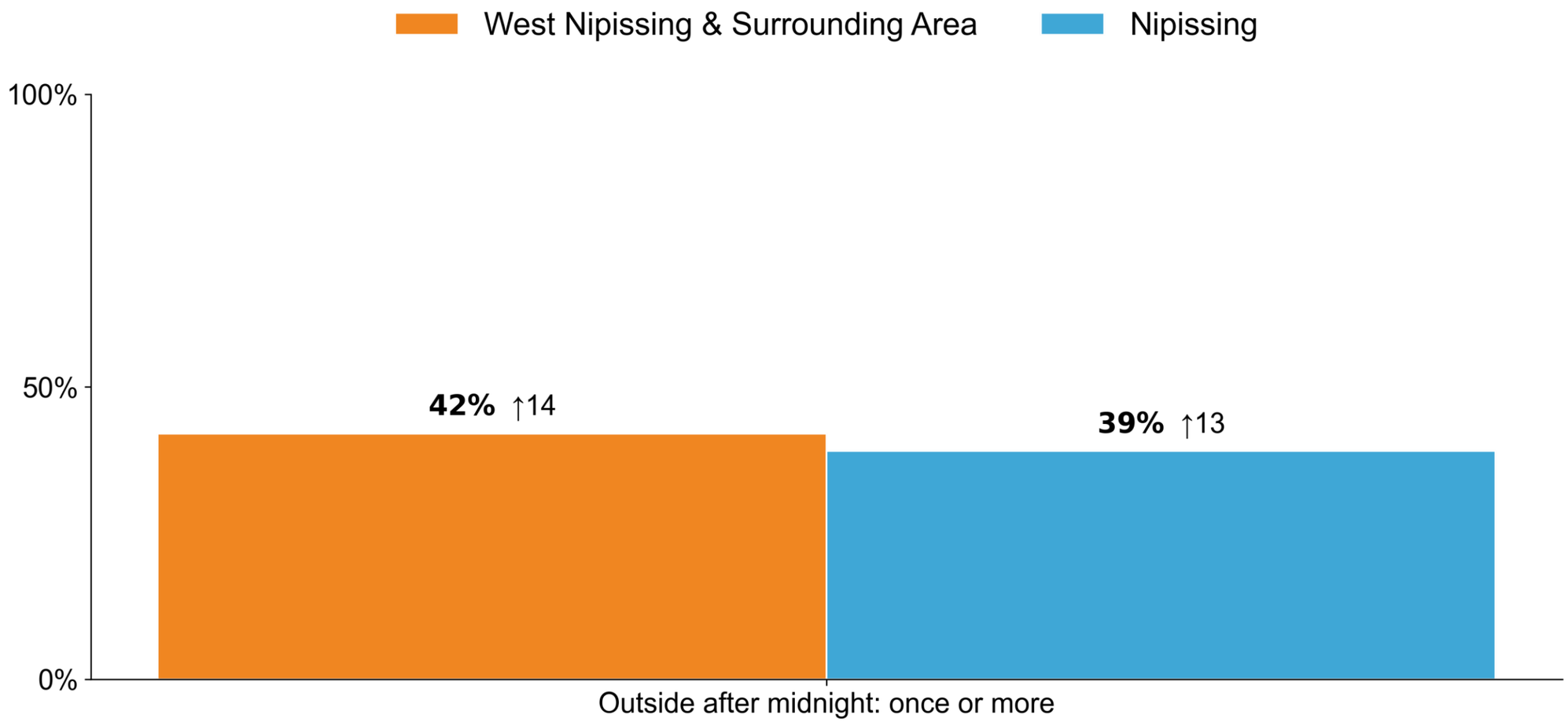


Nipissing

West Nipissing & Surrounding Area - 2026

Leisure Time

Late outside hours in the previous week

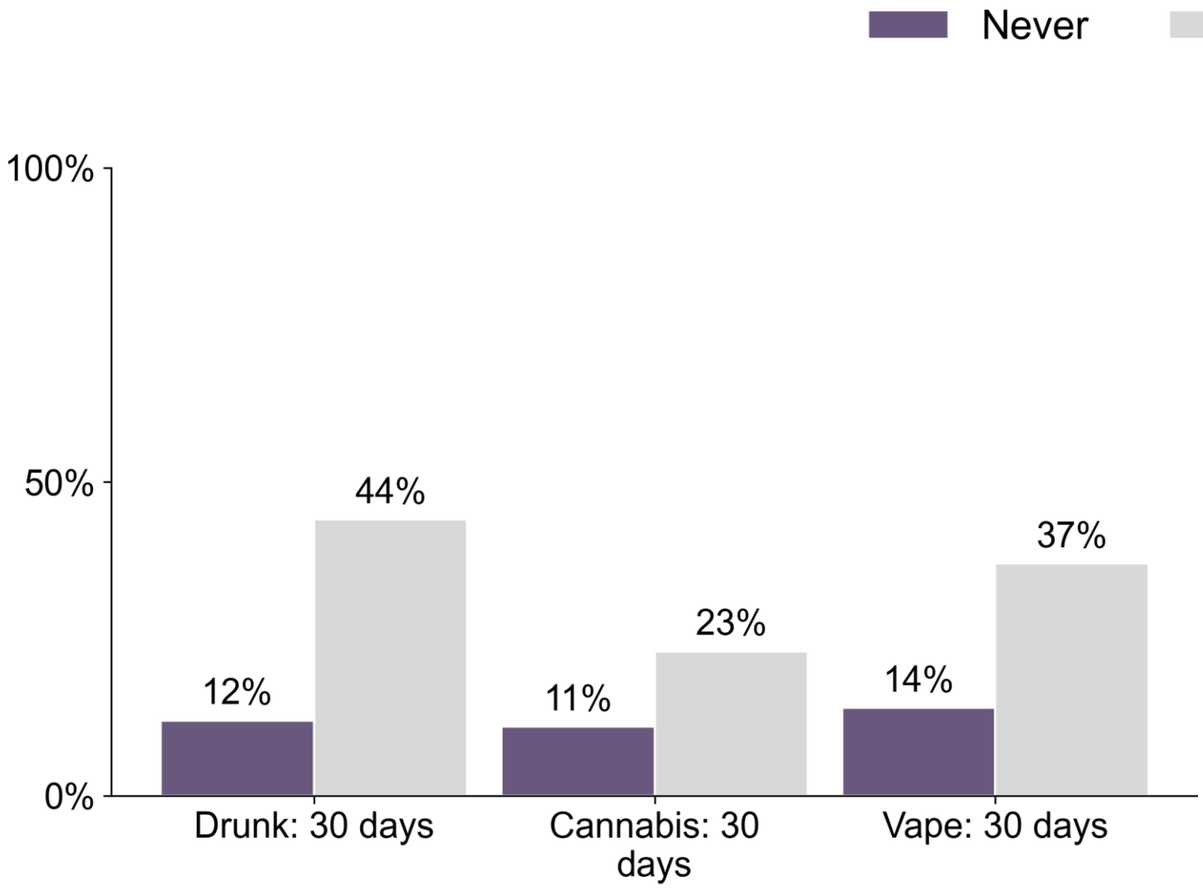


West Nipissing & Surrounding Area - 2026

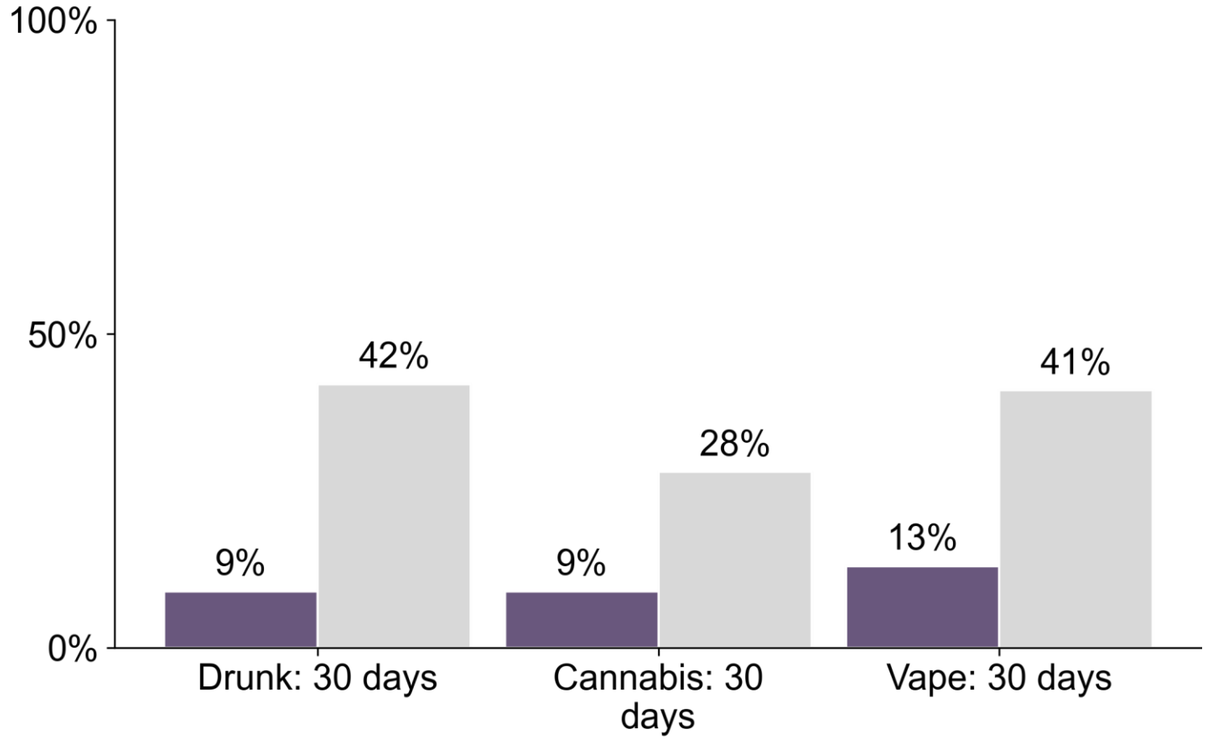
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

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**



West Nipissing & Surrounding Area

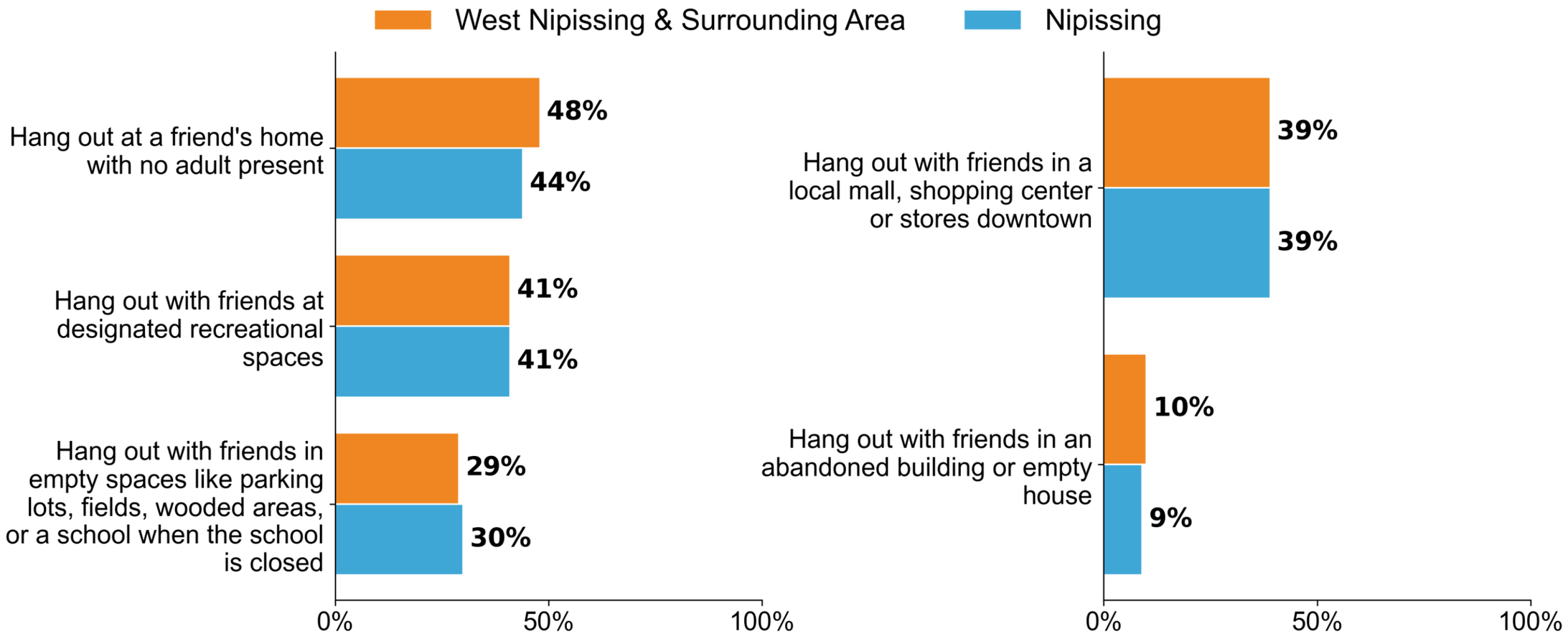


Nipissing

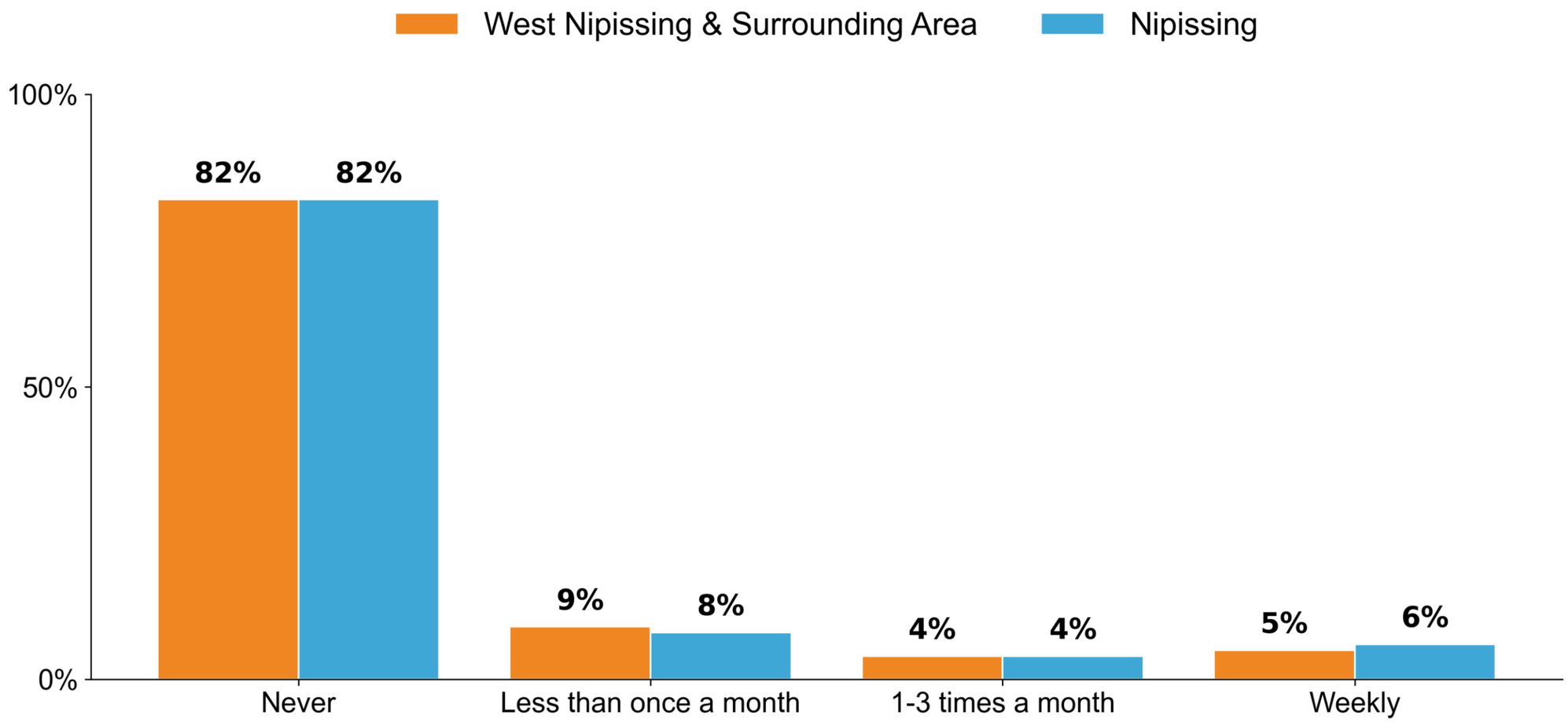
West Nipissing & Surrounding Area - 2026

Leisure Time

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



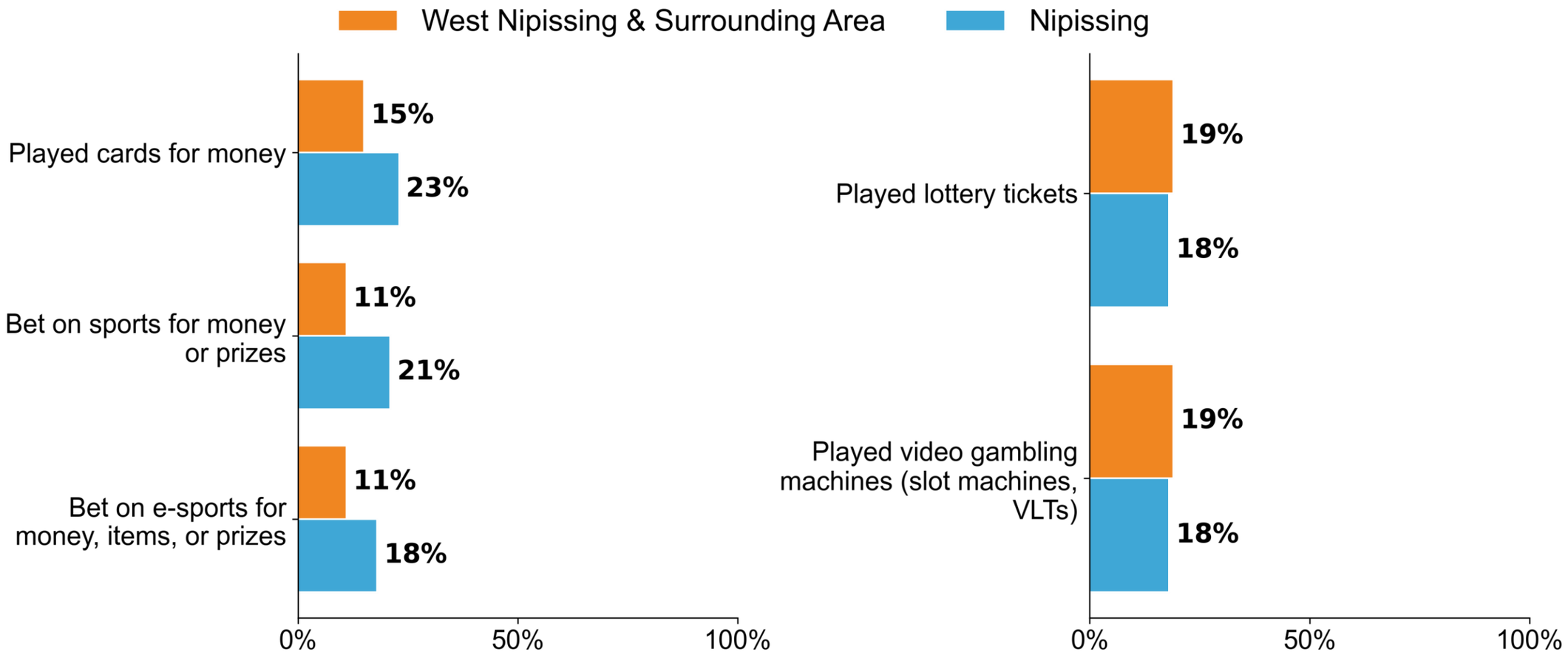
Number of times in the past 12 months adolescents have gambled for money, or spent money in games/apps to try to win prizes, items, or special features



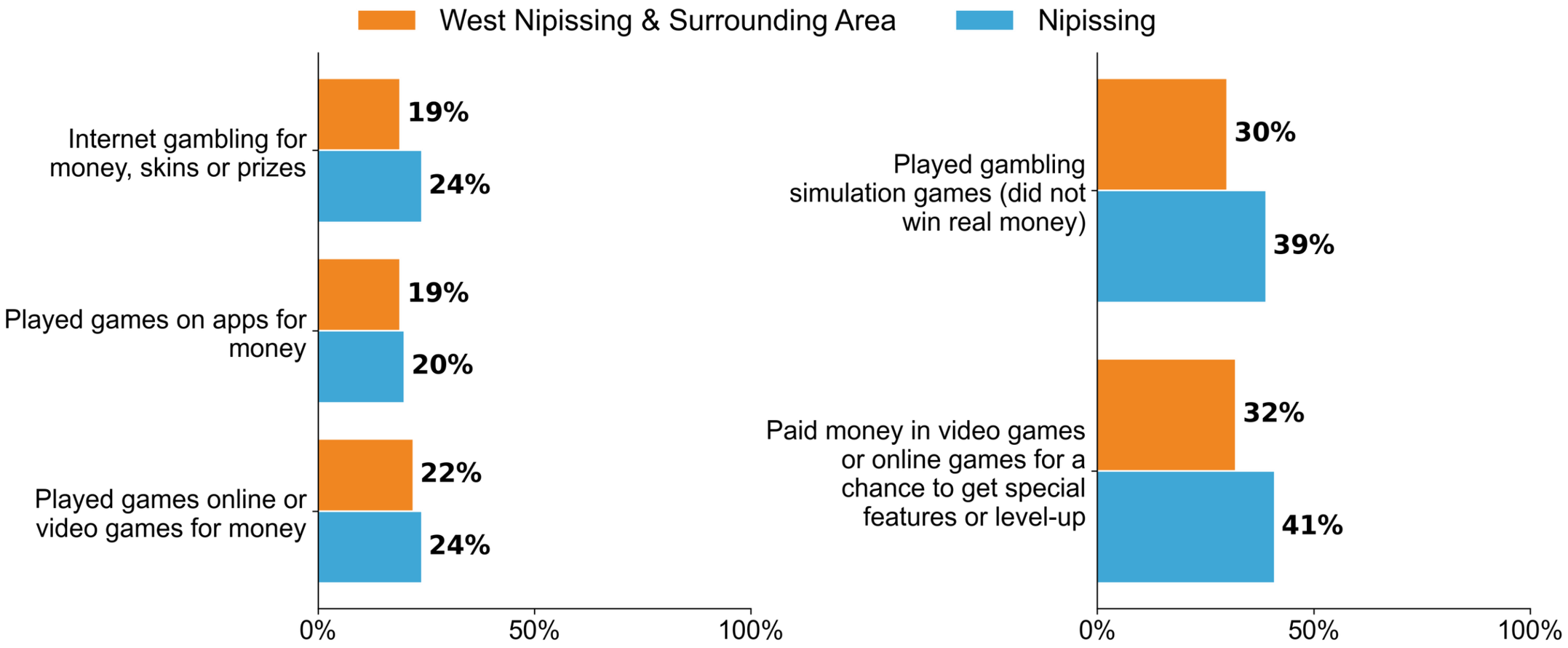
West Nipissing & Surrounding Area - 2026

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**:



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**:



PEER GROUP

PLANET Youth®

80%

32%

65%

11%

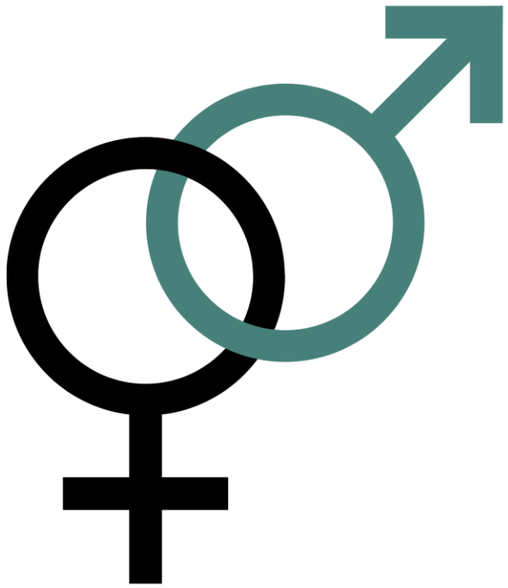
27%

17%

Peer Group

PLANET Youth®

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



Females

83%
Caring and warmth

67%
Discussion about personal matters

73%
Advice or help with schoolwork

Males

78%
Caring and warmth

69%
Discussion about personal matters

73%
Advice or help with schoolwork

34% **Females** | **28%** **Males**

Say most or almost all of their friends become drunk

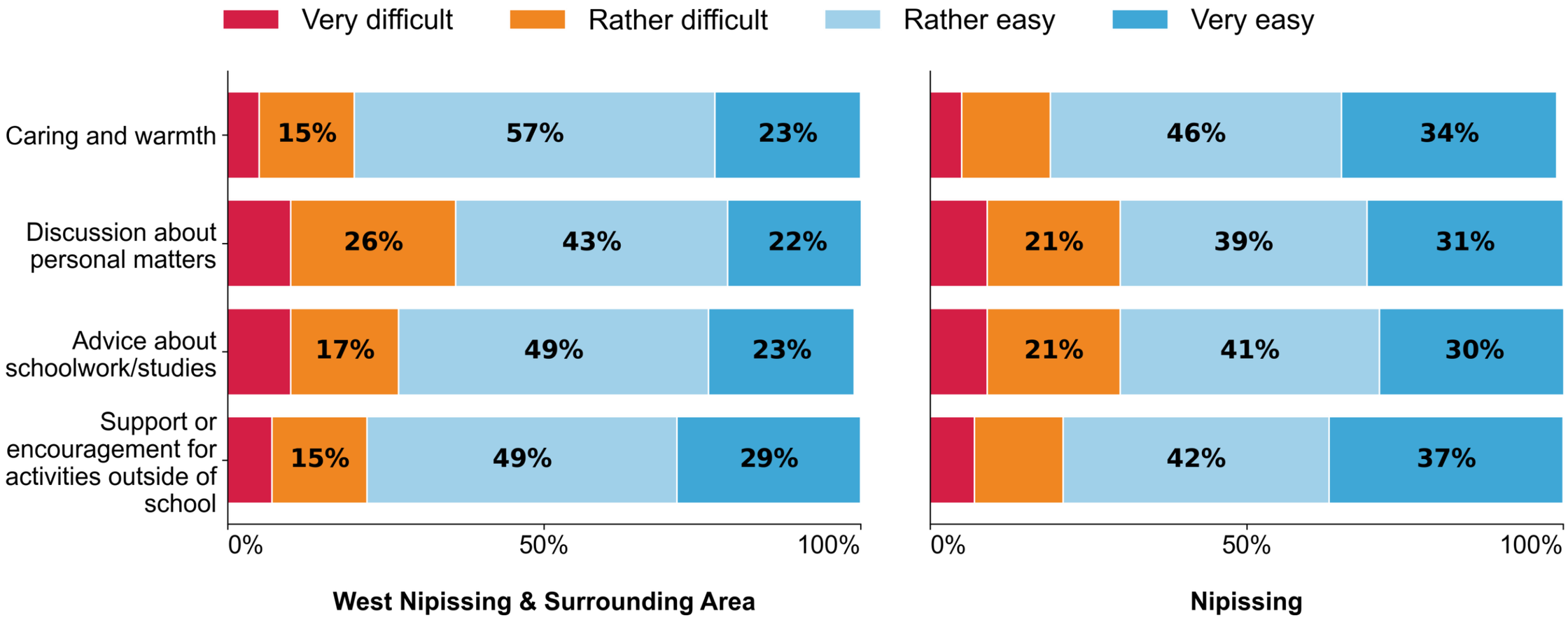
30% **Females** | **22%** **Males**

Say most or almost all of their friends vape

16% **Females** | **16%** **Males**

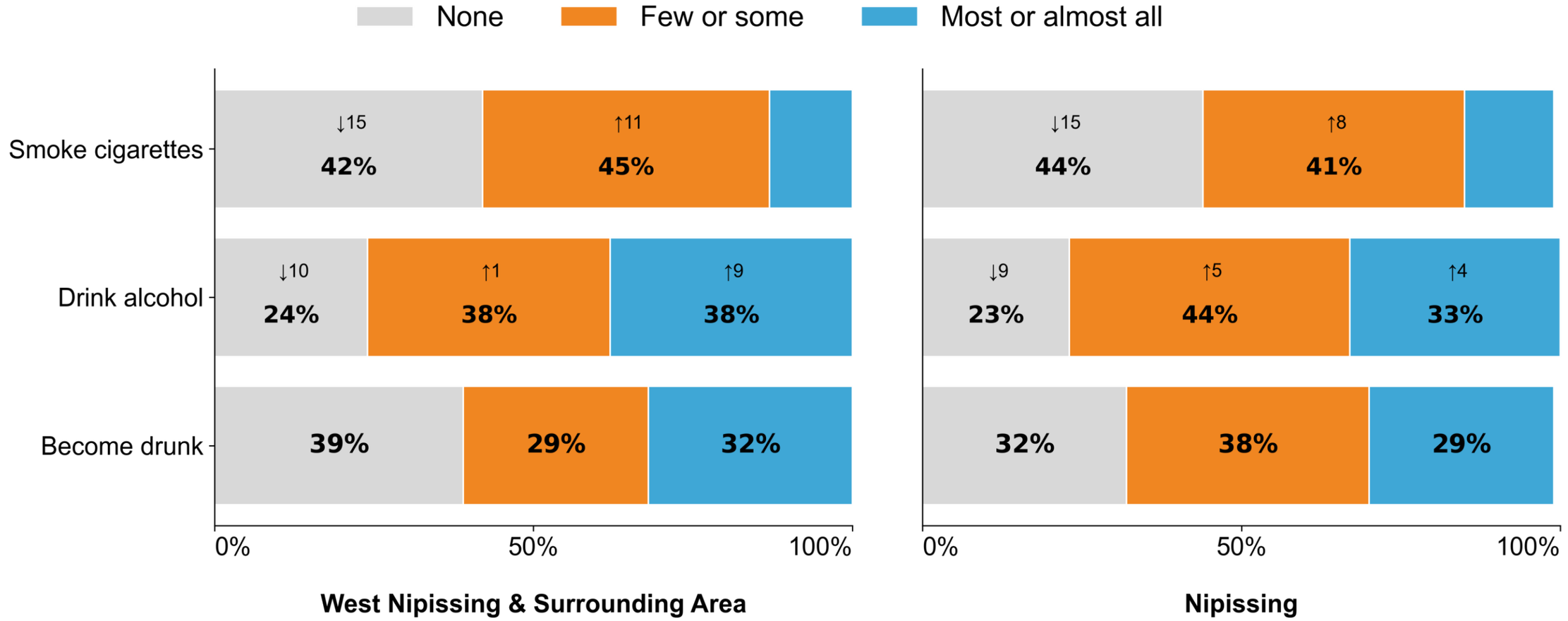
Say most or almost all of their friends use cannabis

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



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.

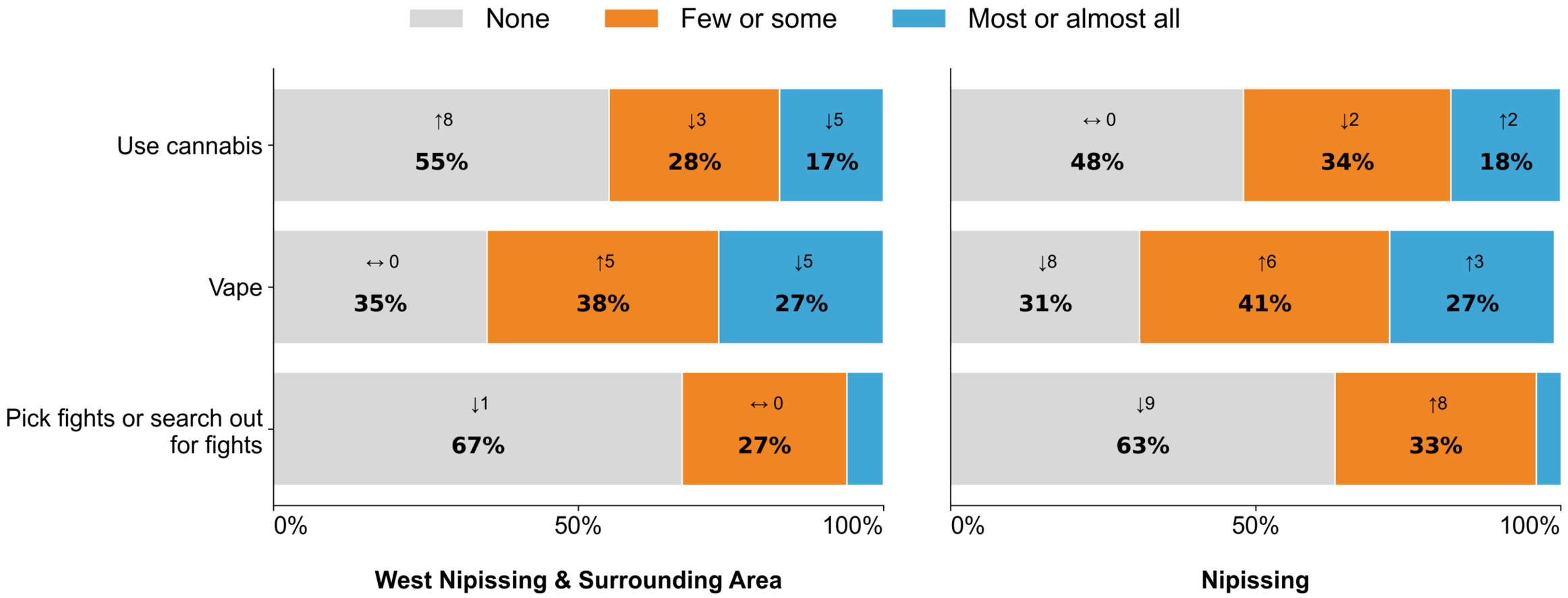


West Nipissing & Surrounding Area - 2026

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**

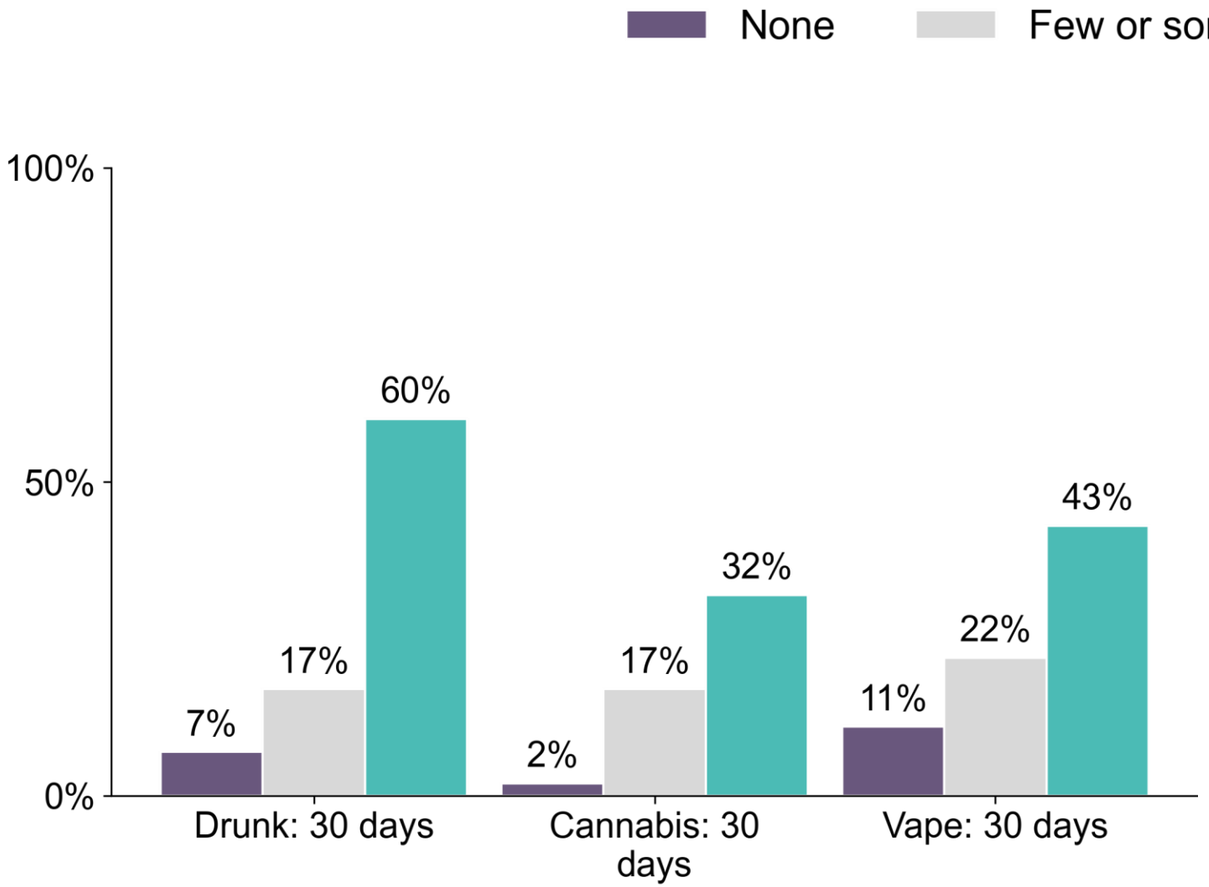


West Nipissing & Surrounding Area - 2026

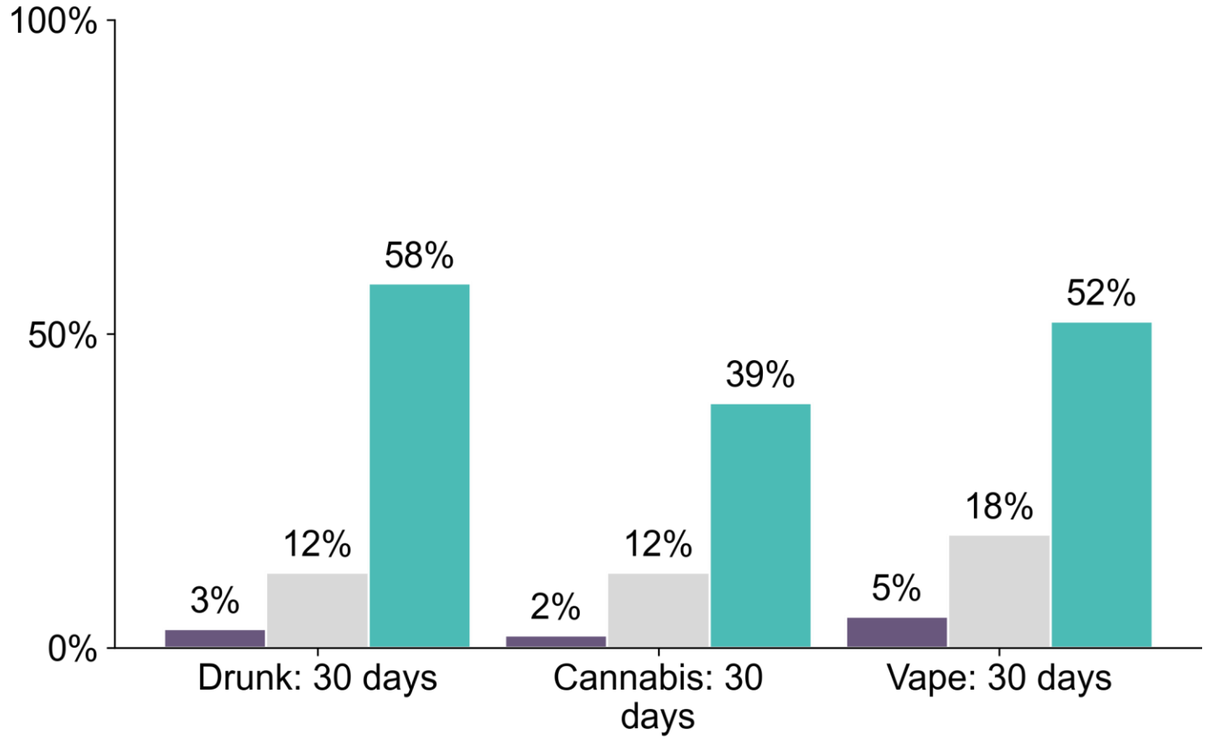
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Peer Group

Substance use cross-referenced with perceived level of peer drunkenness



West Nipissing & Surrounding Area

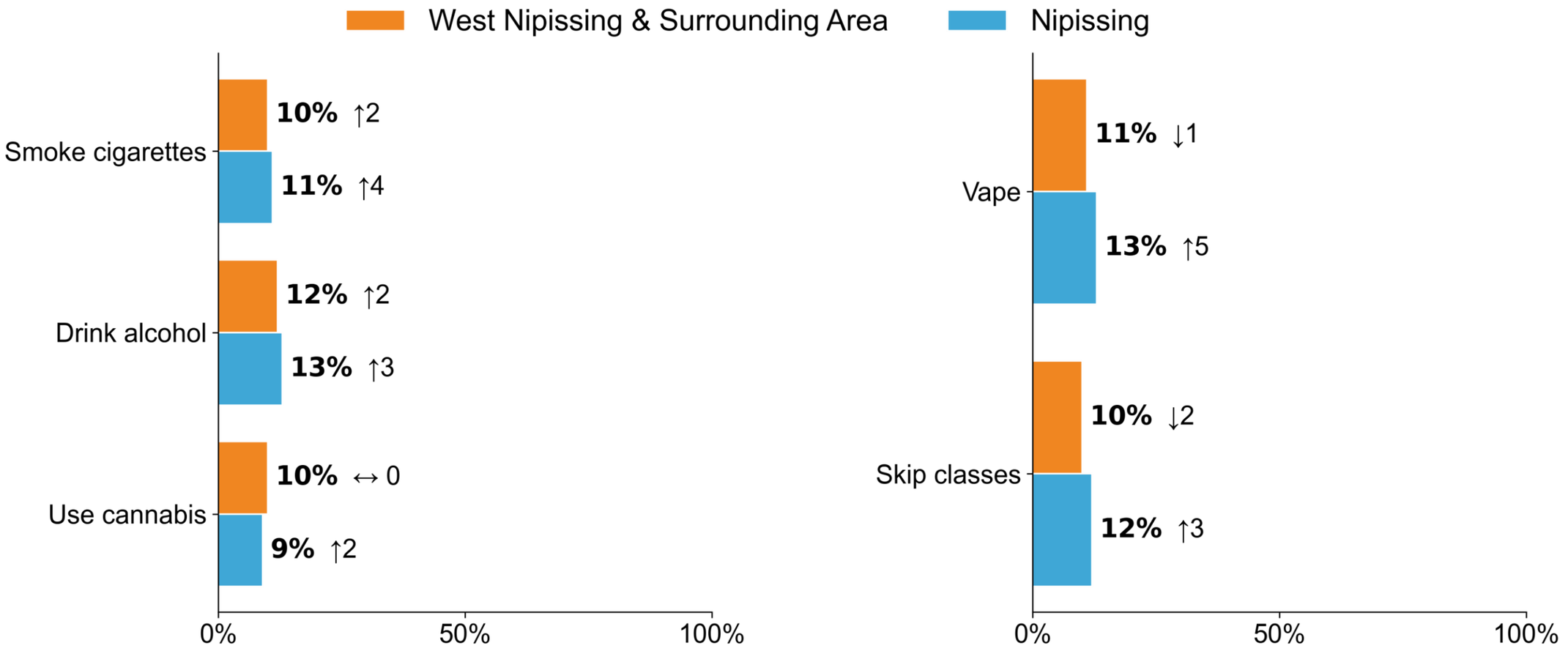


Nipissing

West Nipissing & 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

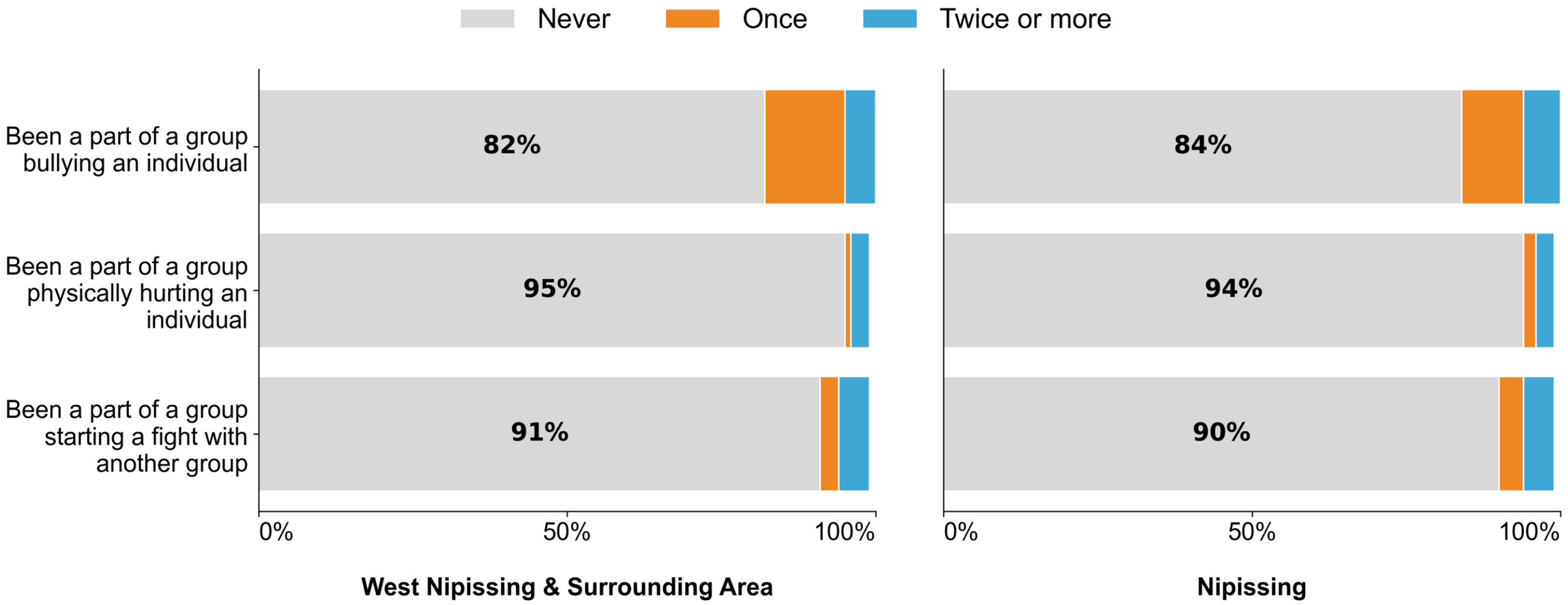


West Nipissing & Surrounding Area - 2026

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

Peer Group

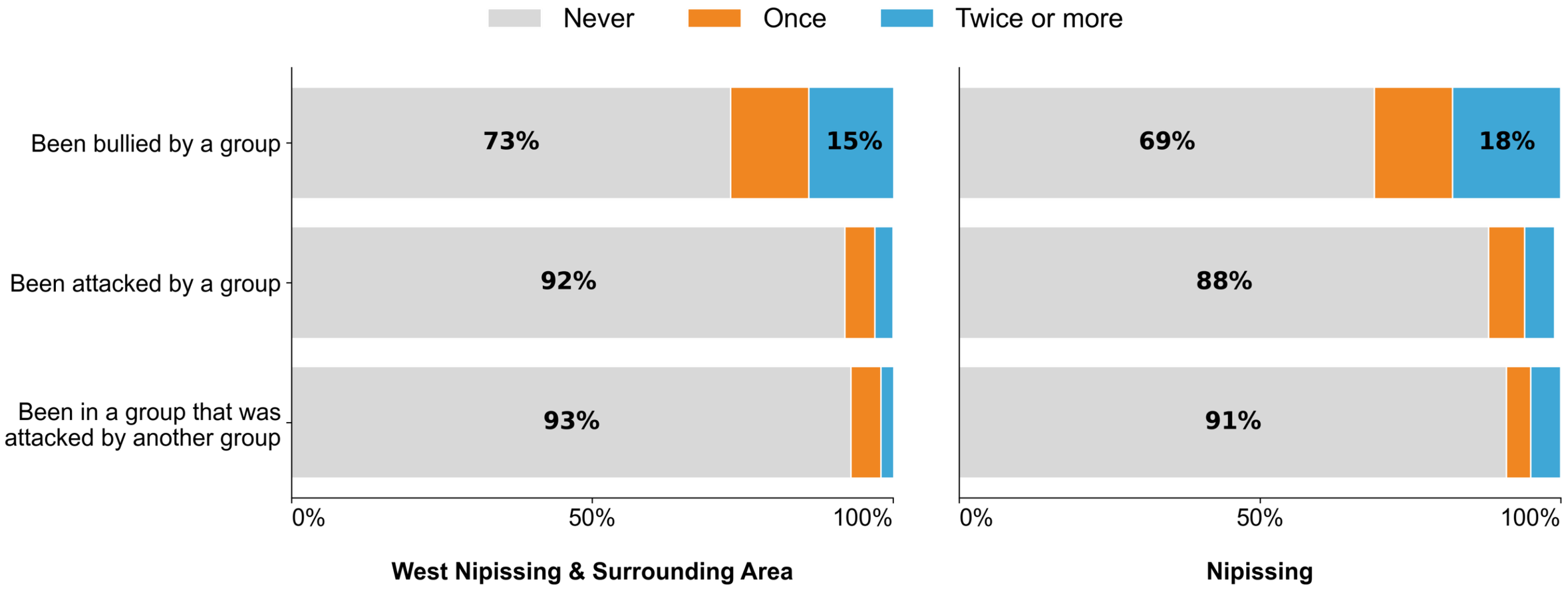
Adolescents report how often the following have happened in the last 12 months **-Part 1**



West Nipissing & Surrounding Area - 2026

Peer Group

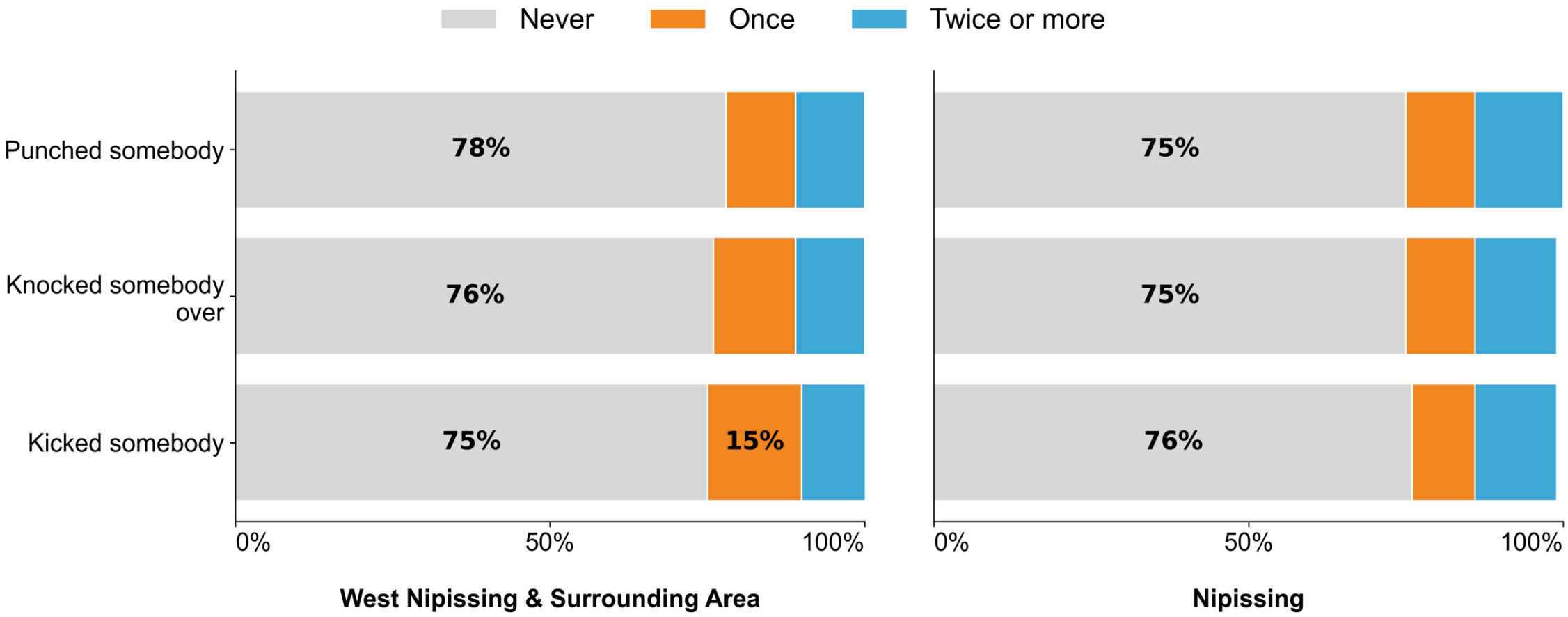
Adolescents report how often the following have happened in the last 12 months **-Part 2**



West Nipissing & Surrounding Area - 2026

Peer Group

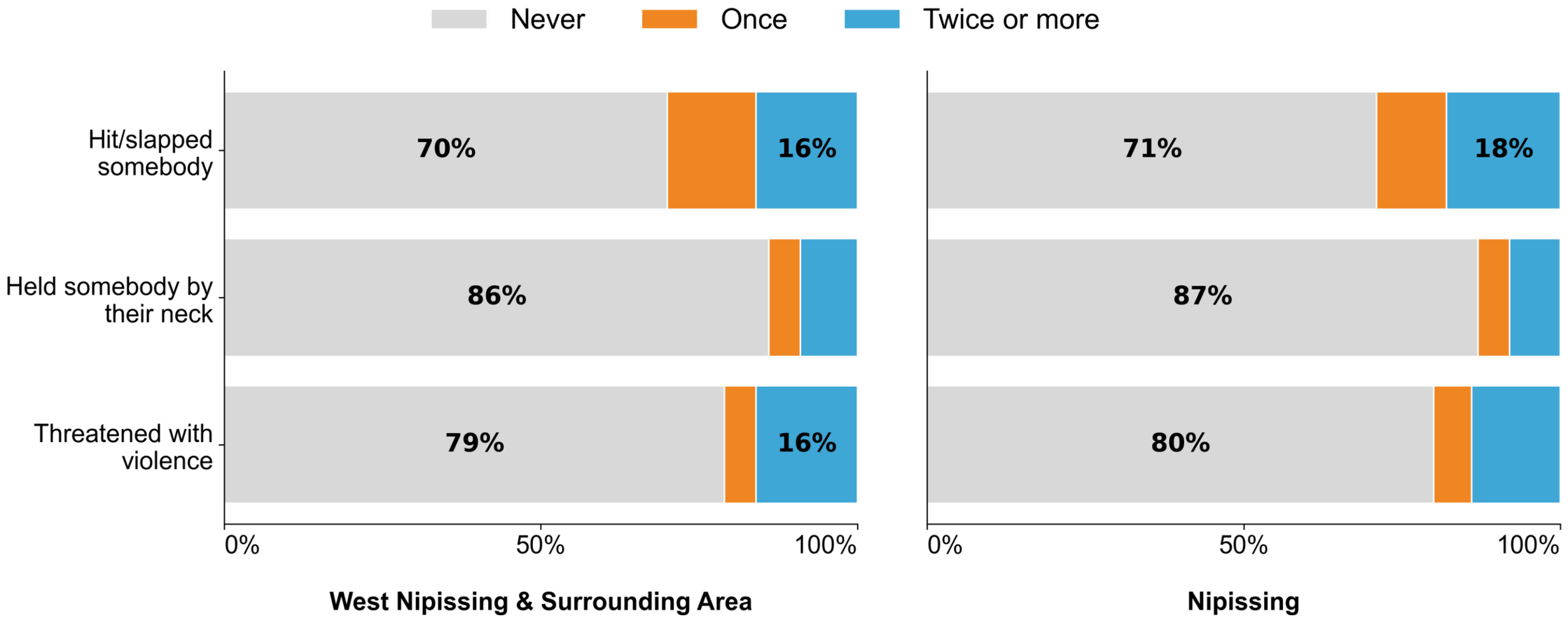
Adolescents report how often they have done the following in the last 12 months **-Part 1**



West Nipissing & Surrounding Area - 2026

Peer Group

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

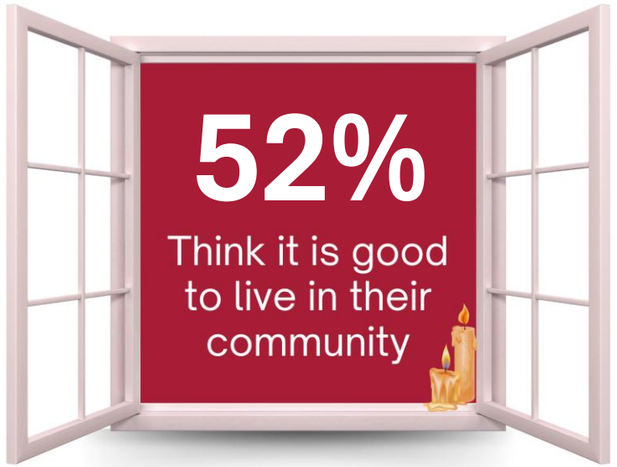


Peer Group

COMMUNITY

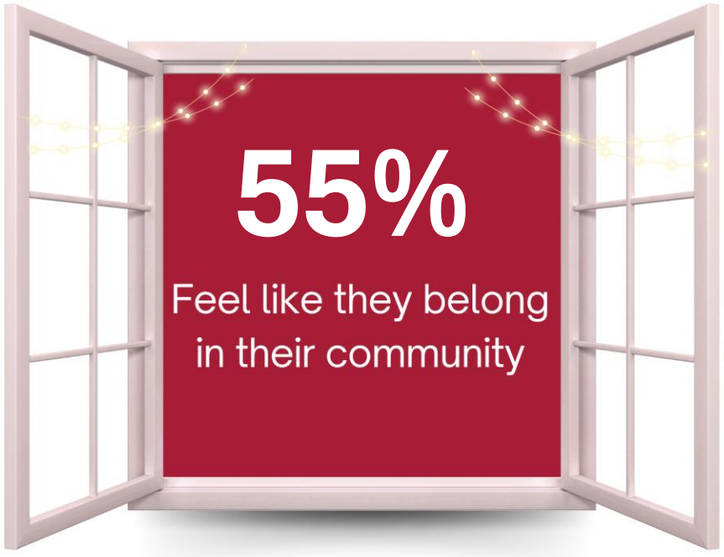
PLANET Youth®

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

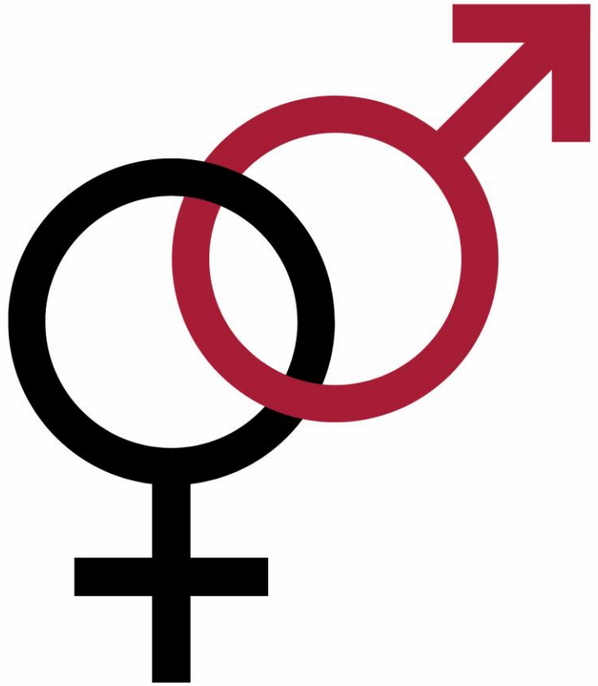
Females

63%
Feel safe in their neighbourhood

41%
Think there is a lot of local events or activities available in their community

40%
See a future for themselves in their community

50%
Think it is good to live in their community



Males

83%
Feel safe in their neighbourhood

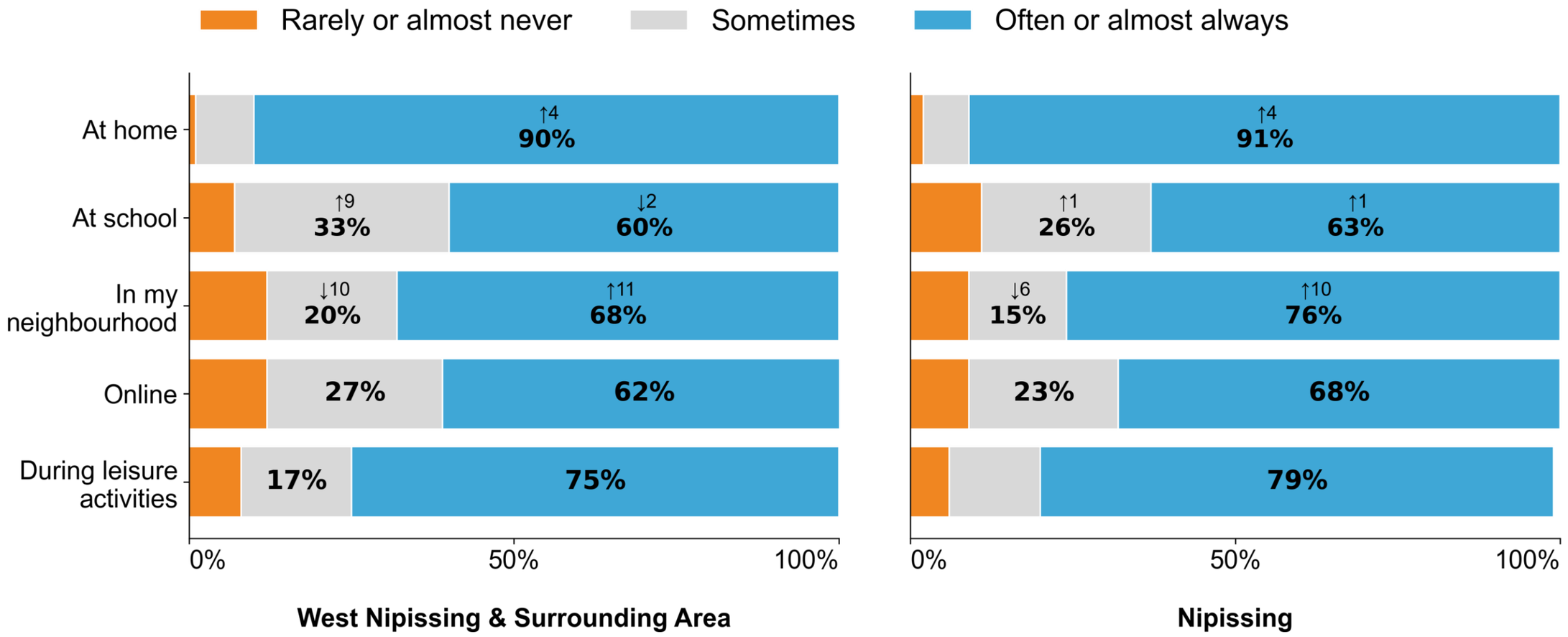
47%
Think there is a lot of local events or activities available in their community

54%
See a future for themselves in their community

56%
Think it is good to live in their community

PLANET Youth®

Adolescents report whether they feel safe at the following locations

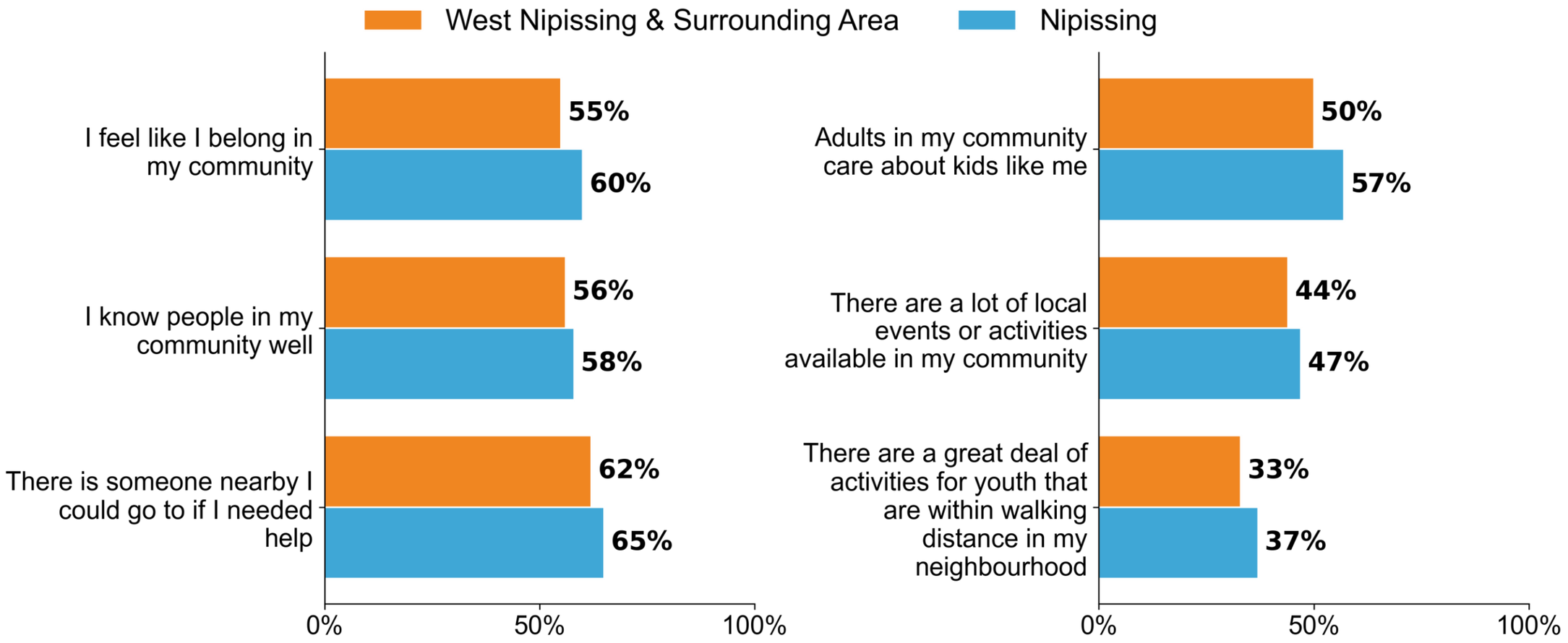


West Nipissing & Surrounding Area - 2026

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

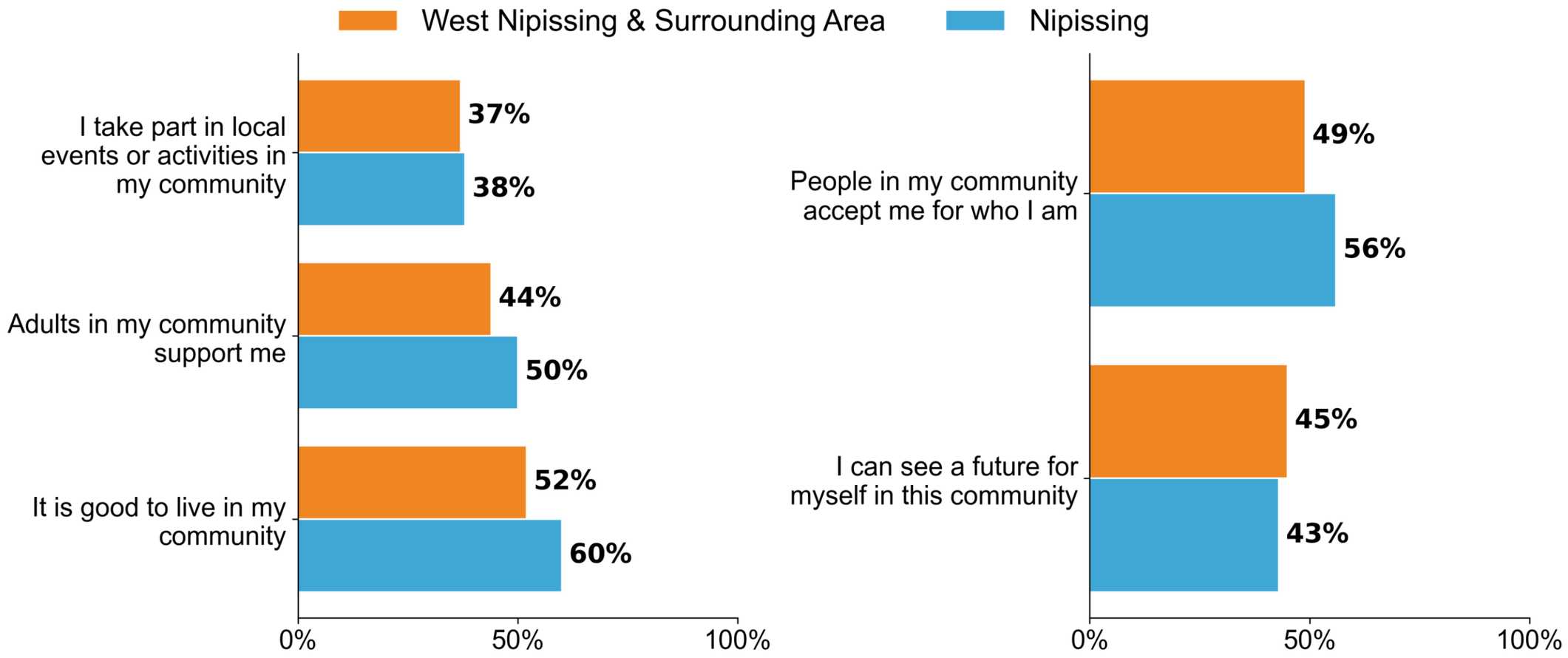
Community

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



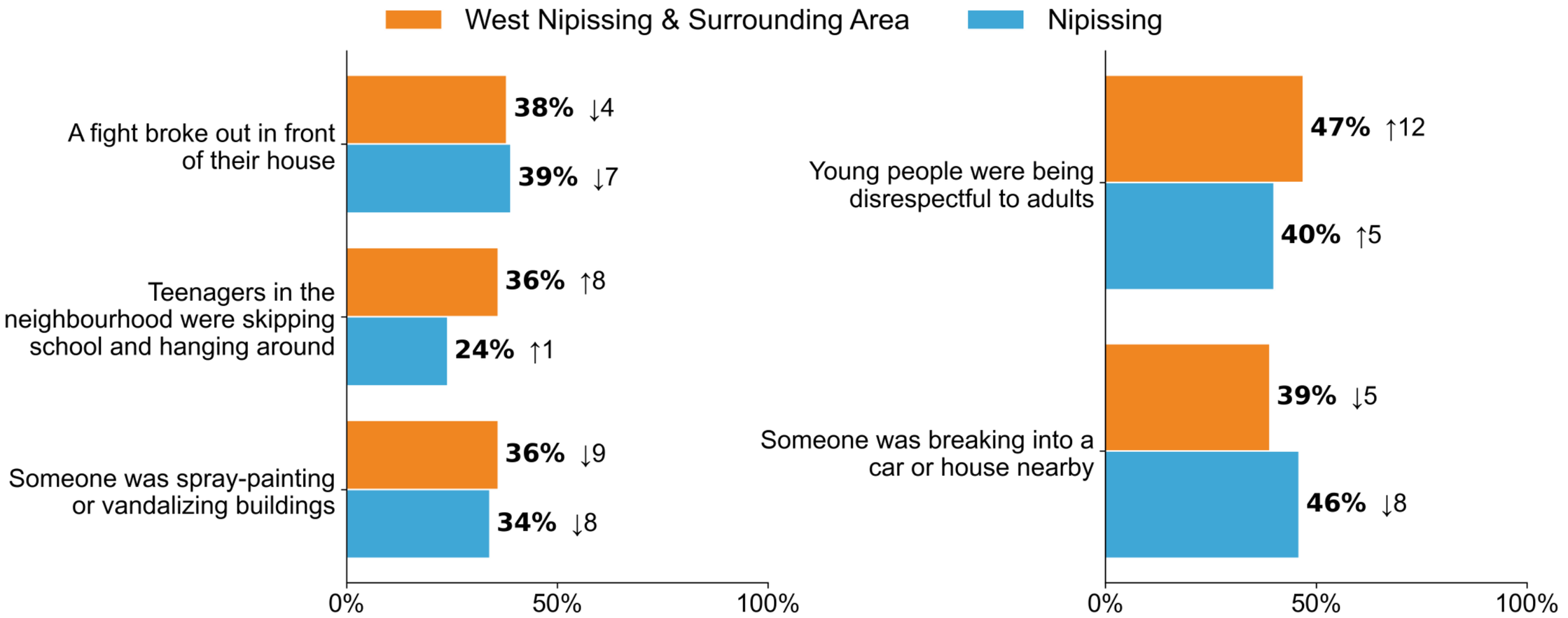
West Nipissing & Surrounding Area - 2026

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



West Nipissing & 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



West Nipissing & Surrounding Area - 2026

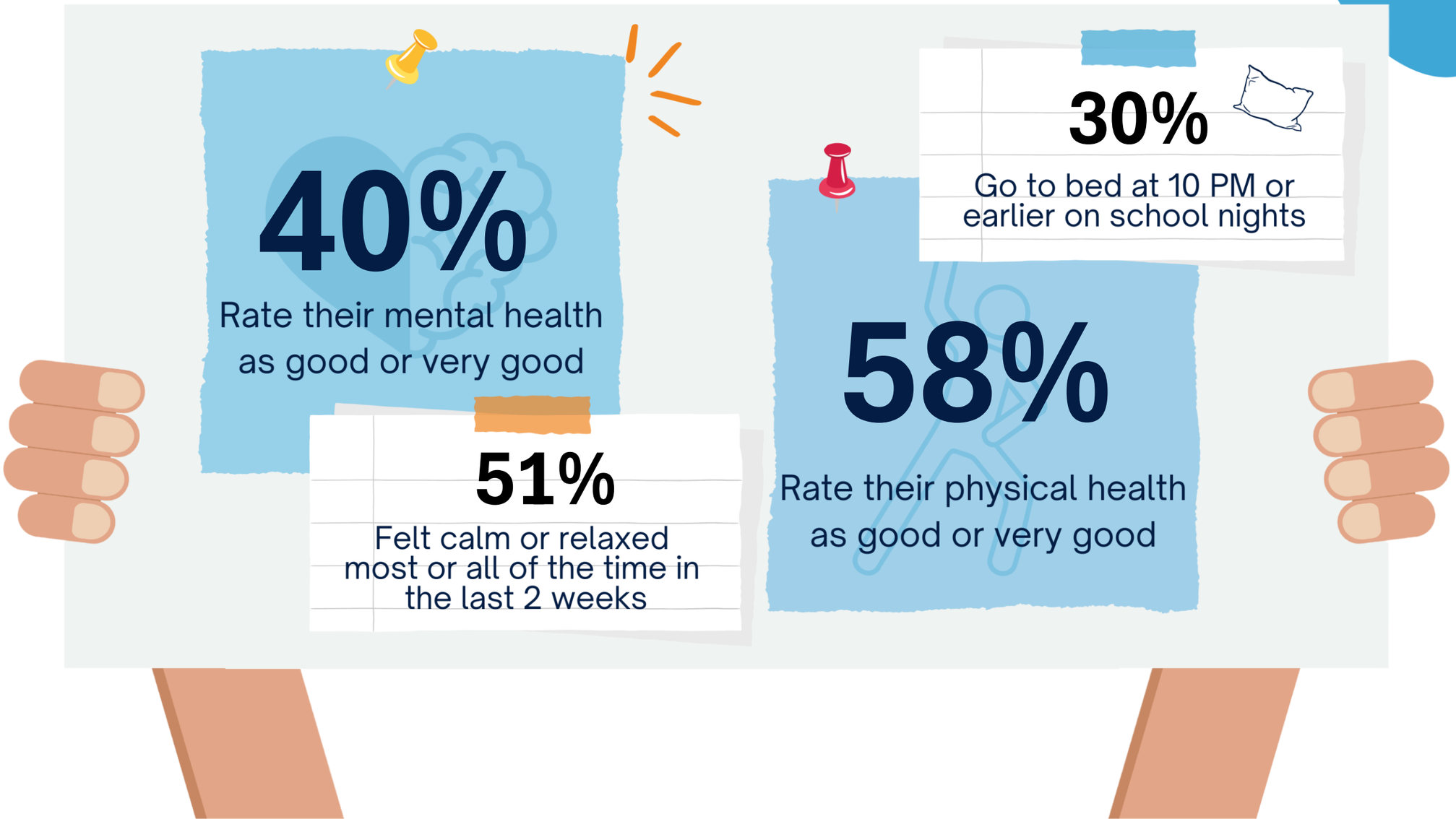
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Community

WELLBEING

PLANET Youth®

Wellbeing


40%
Rate their mental health as good or very good
51%
Felt calm or relaxed most or all of the time in the last 2 weeks
30%
Go to bed at 10 PM or earlier on school nights
58%
Rate their physical health as good or very good

Wellbeing

Females

32%
Go to bed at 10 PM or earlier on school nights

28%
Rate their mental health as good or very good

56%
Rate their physical health as good or very good

43%
Felt calm or relaxed most or all of the time in the last 2 weeks





Males

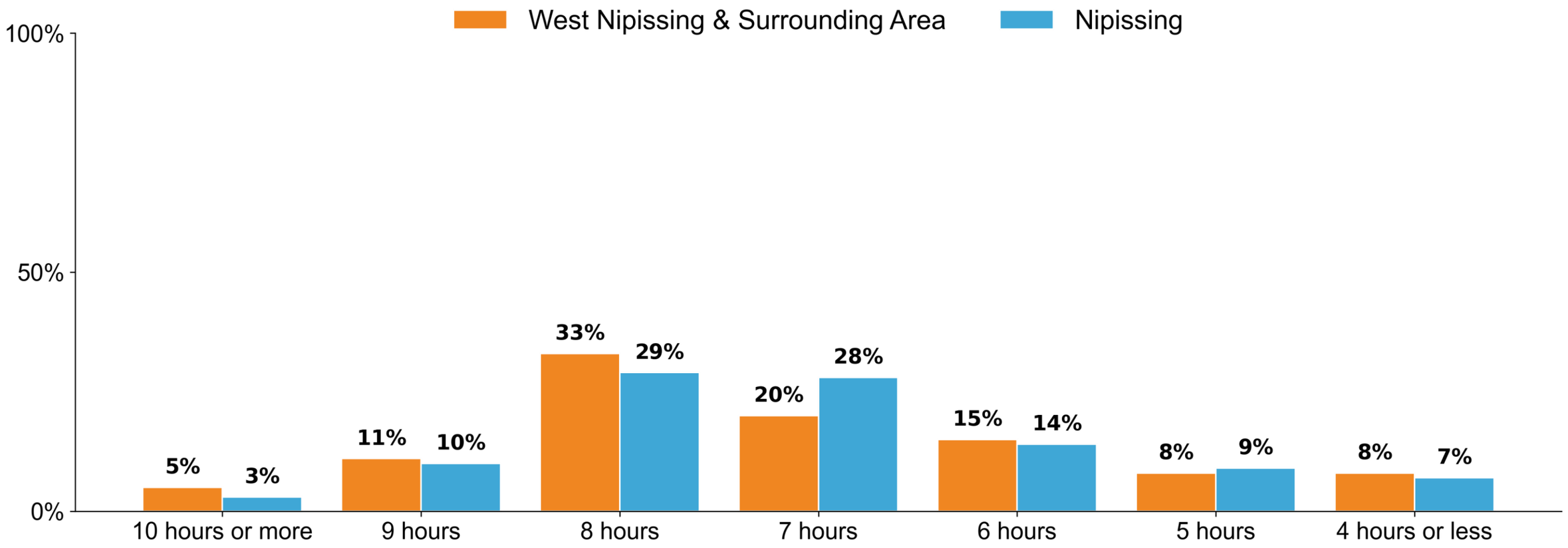
23%
Go to bed at 10 PM or earlier on school nights

58%
Rate their mental health as good or very good

62%
Rate their physical health as good or very good

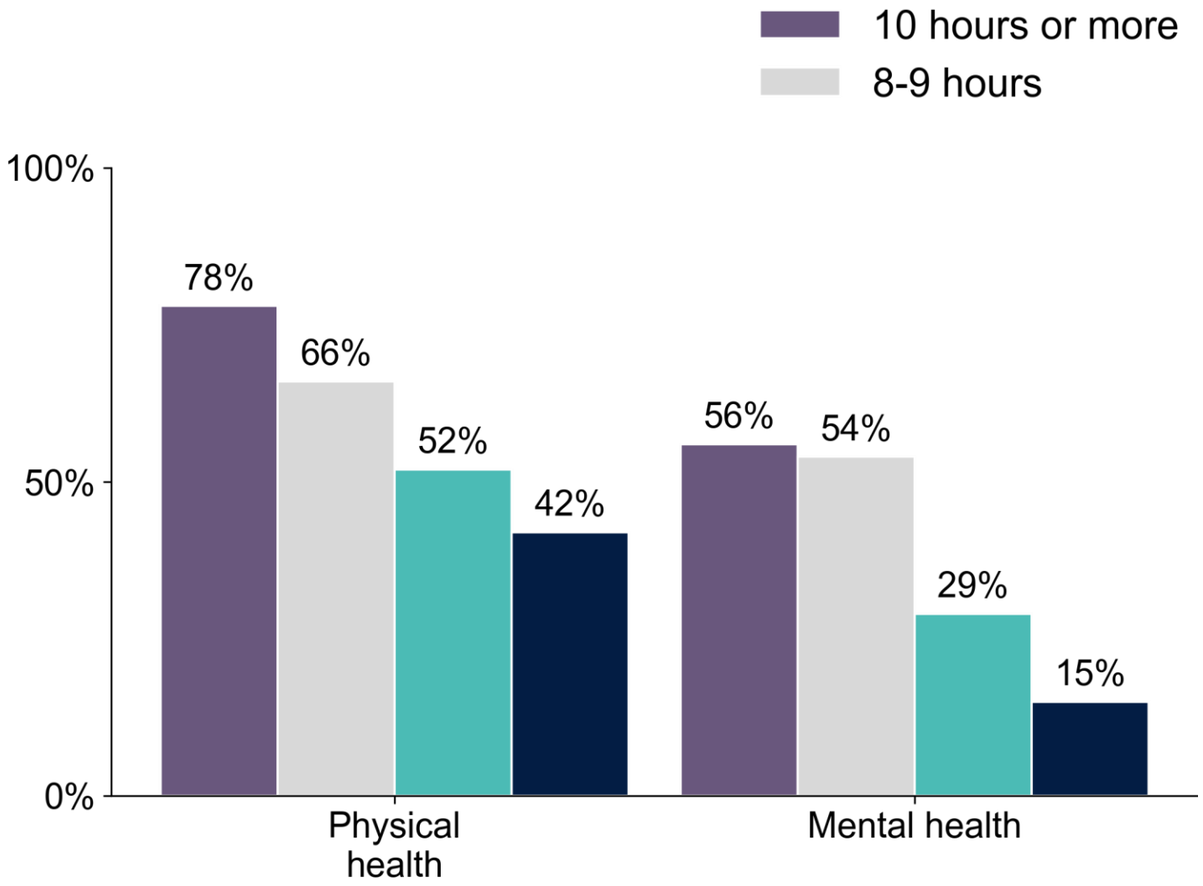
66%
Felt calm or relaxed most or all of the time in the last 2 weeks

Sleep - Average number of sleeping hours of adolescents

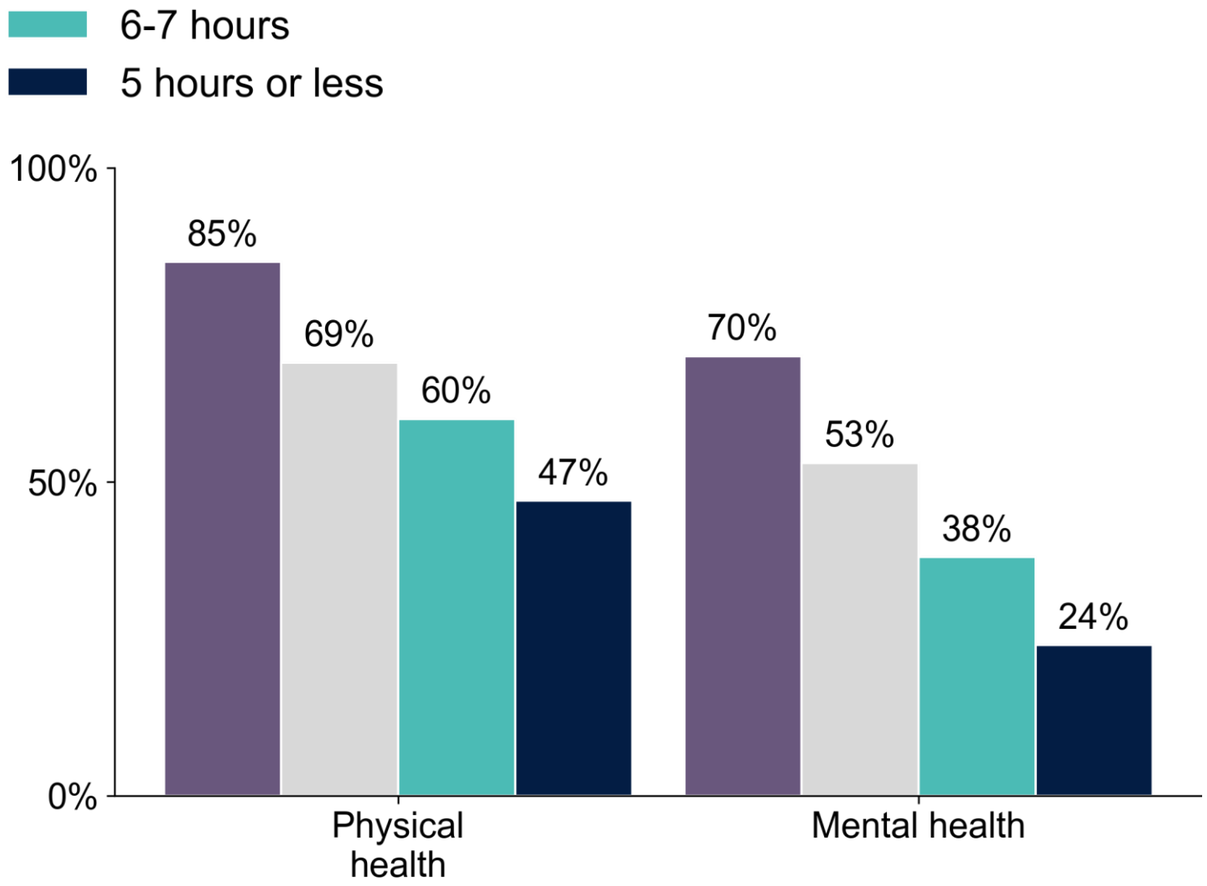


*Due to a mistranslation, the French questionnaire asked about overall sleep hours, whereas the English questionnaire asked about sleep hours on weeknights specifically. Note that this skews the results, with the largest differences observed in the extremes.

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

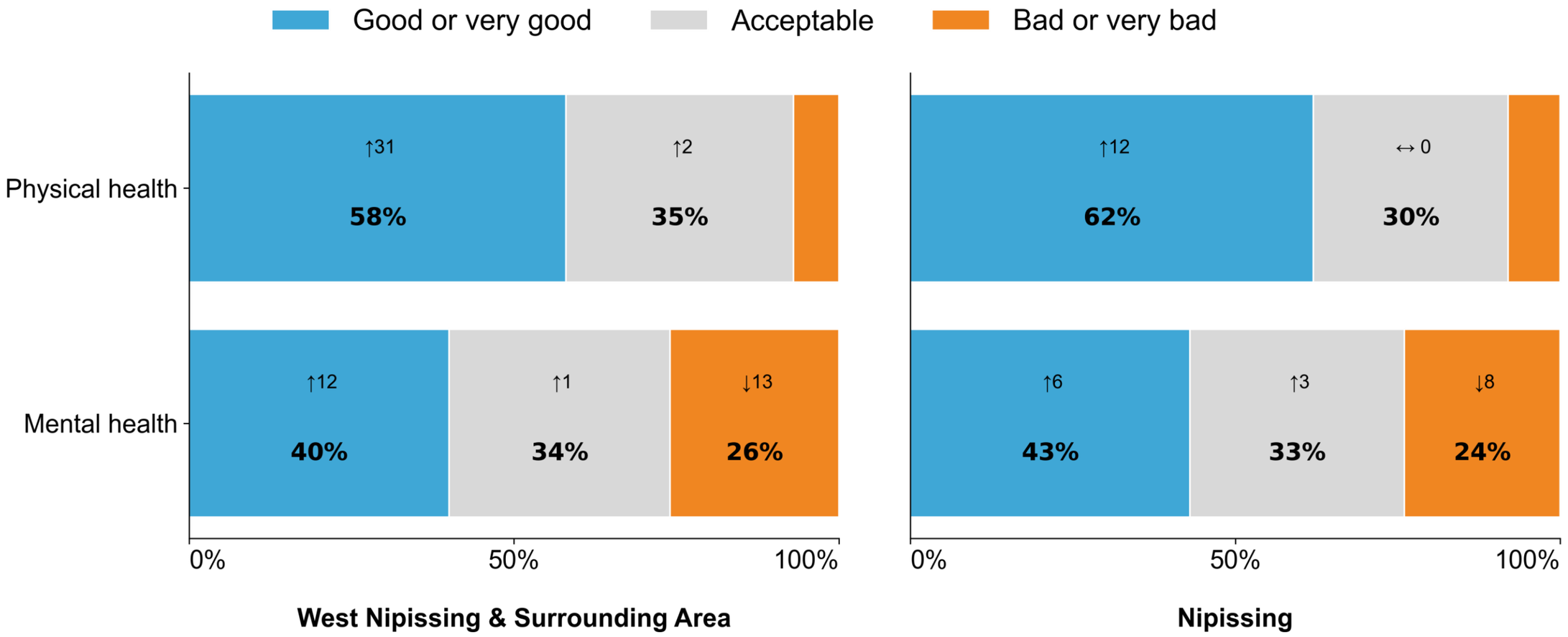


West Nipissing & Surrounding Area



Nipissing

Adolescents rate their physical and mental health

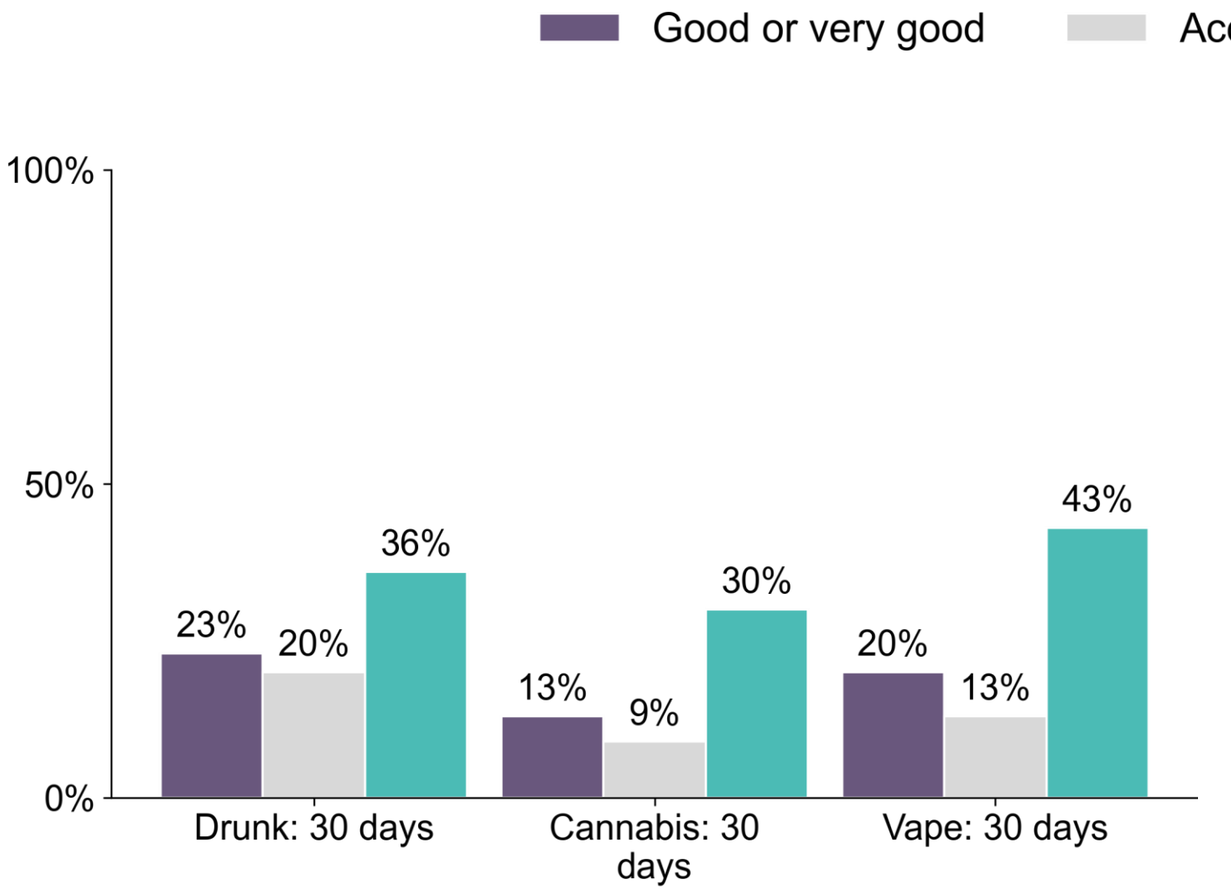


West Nipissing & Surrounding Area - 2026

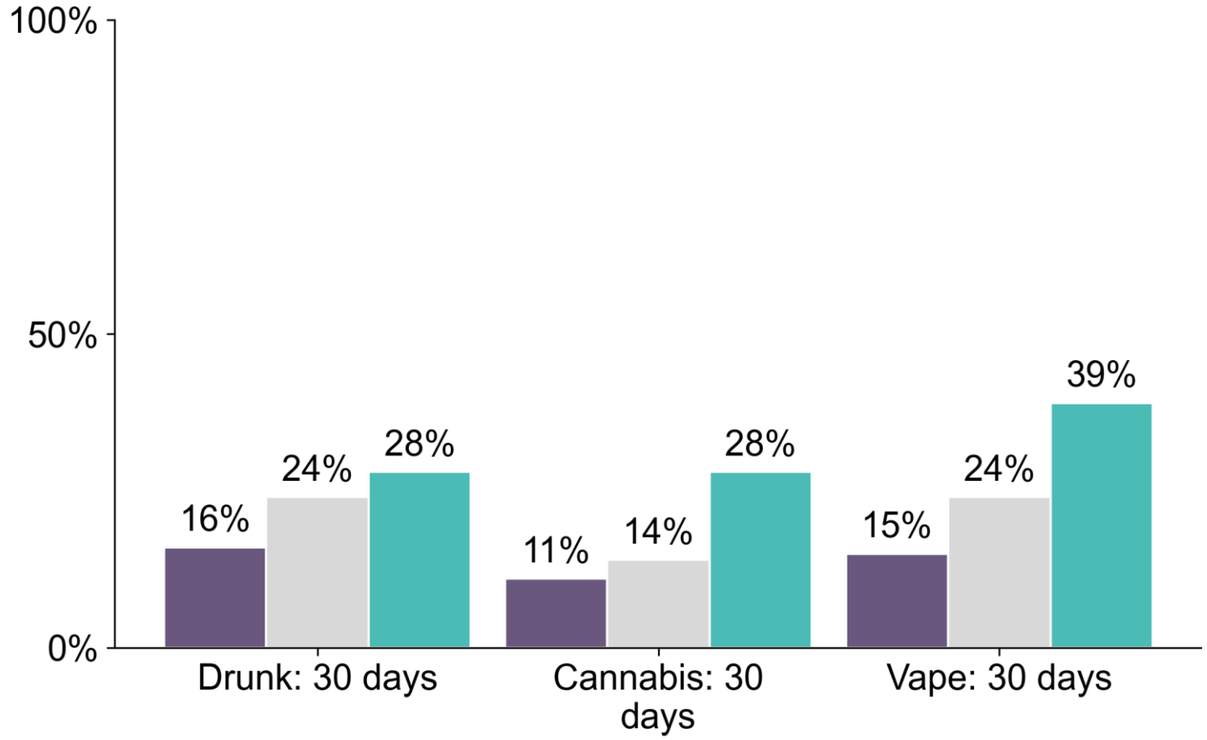
The percentage point increase ↑, decrease ↓, or no change ↔ from 2024 is indicated after the arrows

Wellbeing

Substance use cross-referenced with mental health



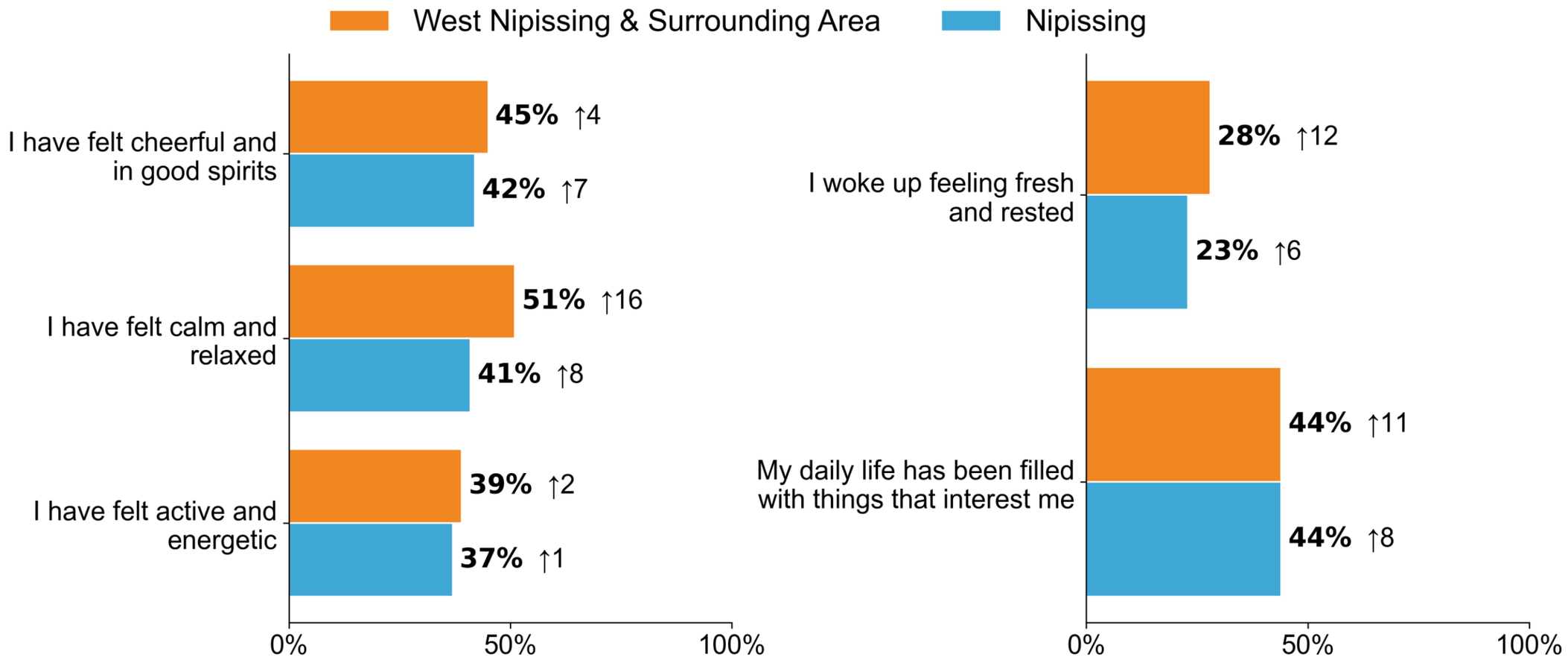
West Nipissing & Surrounding Area



Nipissing

West Nipissing & Surrounding Area - 2026

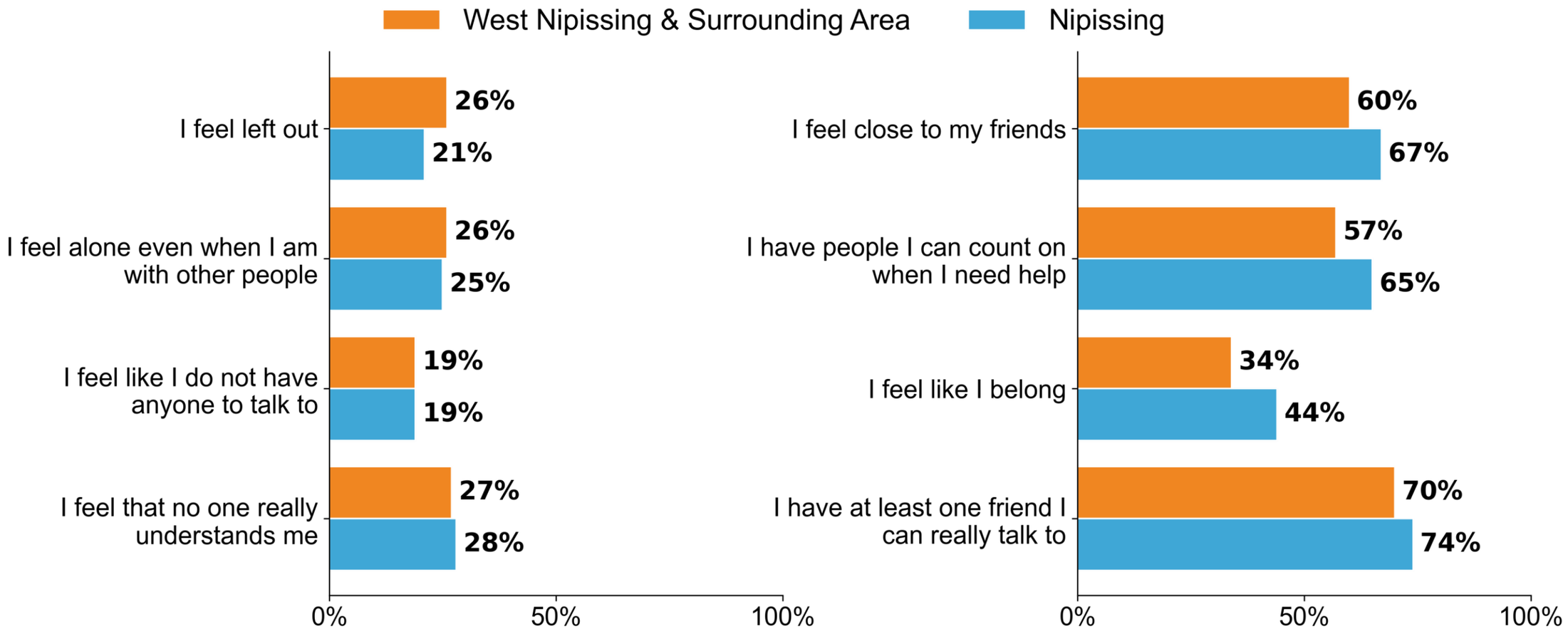
Percentage of adolescents who report that the following statements applied to them **all of the time** and **most of the time** in the past 2 weeks



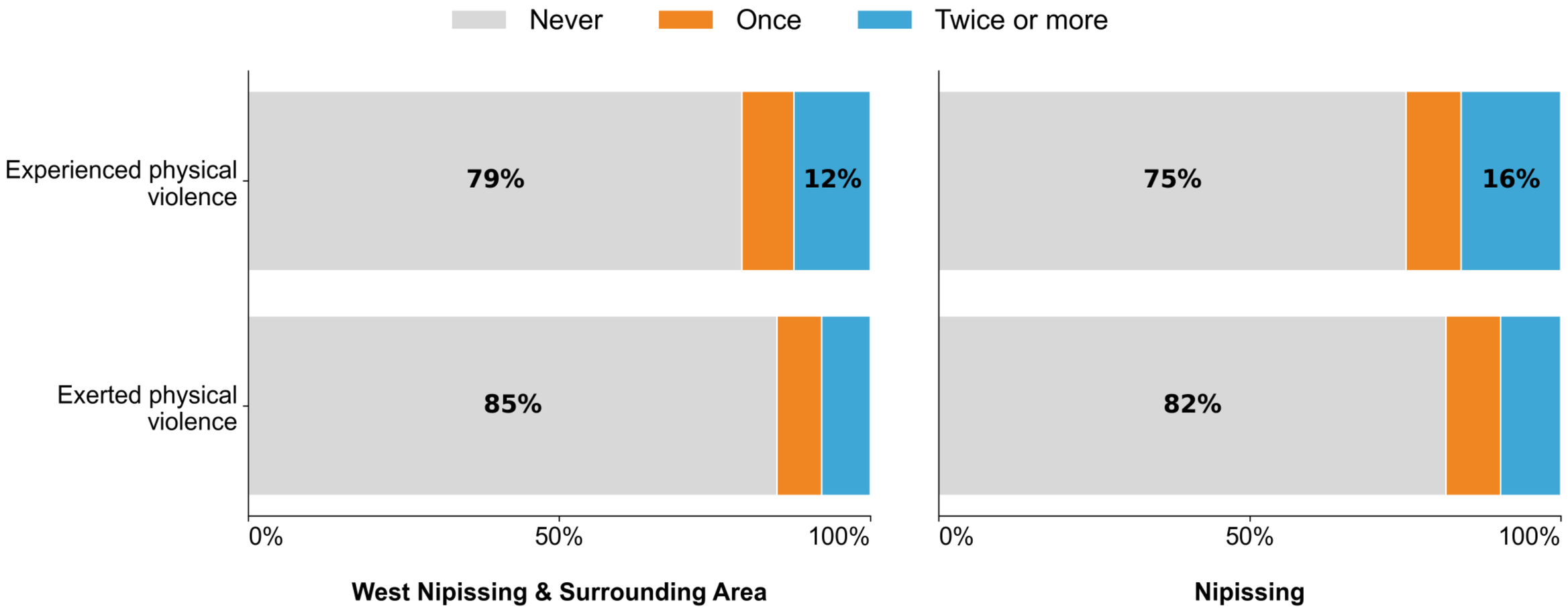
West Nipissing & Surrounding Area - 2026

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**



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



DIGITAL LIFE

PLANET Youth®

Digital Life

PLANET Youth

36%
Feel in control of how much time they spend on digital social platforms

17%
Feel more connected to others after using digital social platforms

Say the following statements apply often or very often to them

30%
Use digital social platforms when they're feeling down or stressed

62%
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

20%

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

Social Media Use

43%

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

YouTube

14%

Spend on average 4 hours or more on YouTube a day

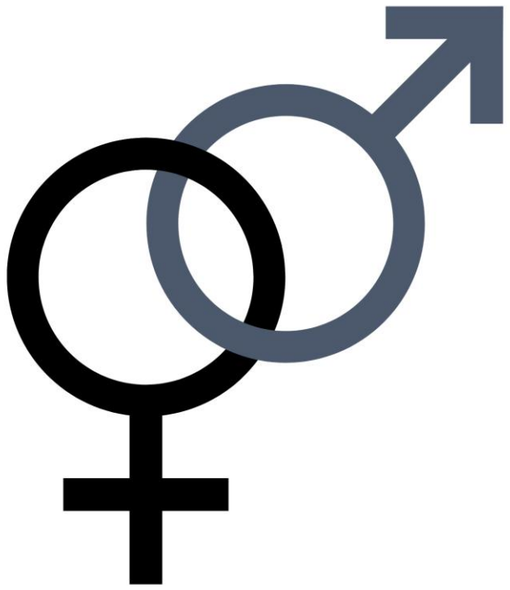
Digital Life

Females

53%
Often or almost always feel safe online

19%
Feel left out when they see others doing things without them on digital social platforms

35%
Compare themselves to others on digital social platforms in a way that affects their self-esteem



Males

77%
Often or almost always feel safe online

14%
Feel left out when they see others doing things without them on digital social platforms

14%
Compare themselves to others on digital social platforms in a way that affects their self-esteem

Video Games

10% Females

34% Males

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

Social Media Use

51% Females

31% Males

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

YouTube

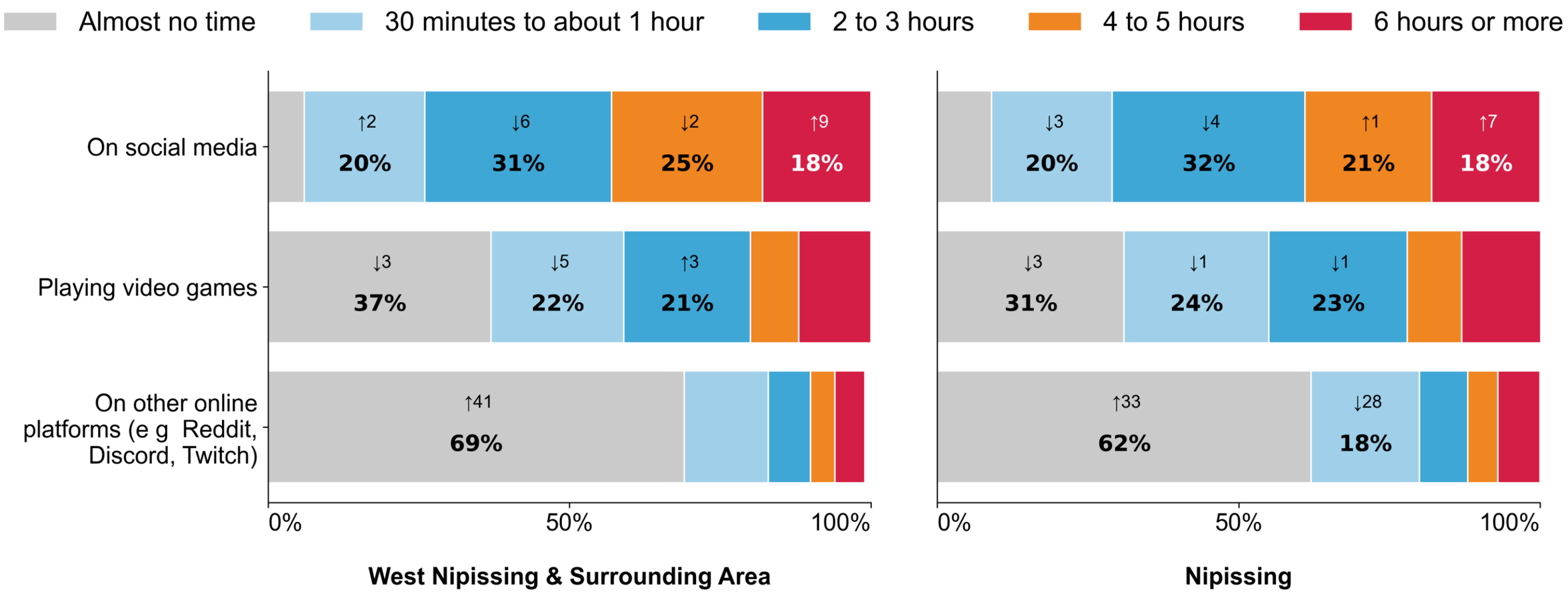
13% Females

16% 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.

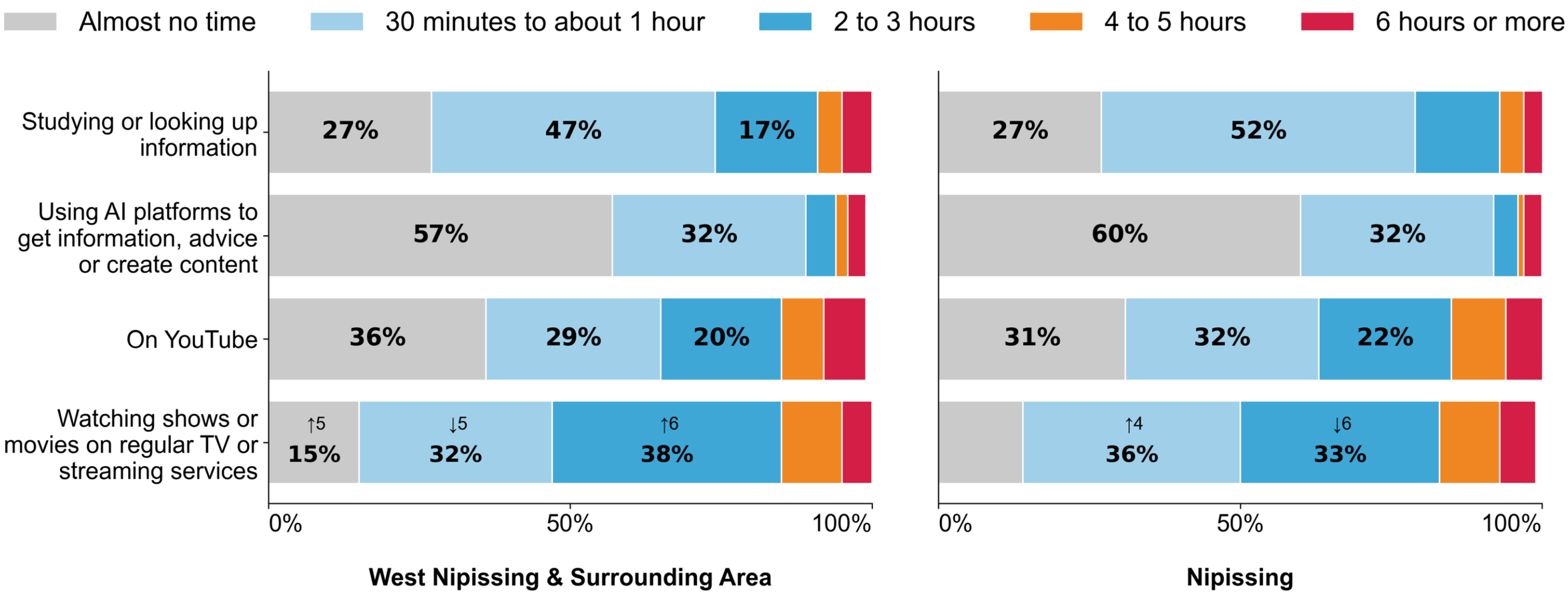
Average daily time adolescents spend on screen-based activities **-Part 1**



West Nipissing & Surrounding Area - 2026

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

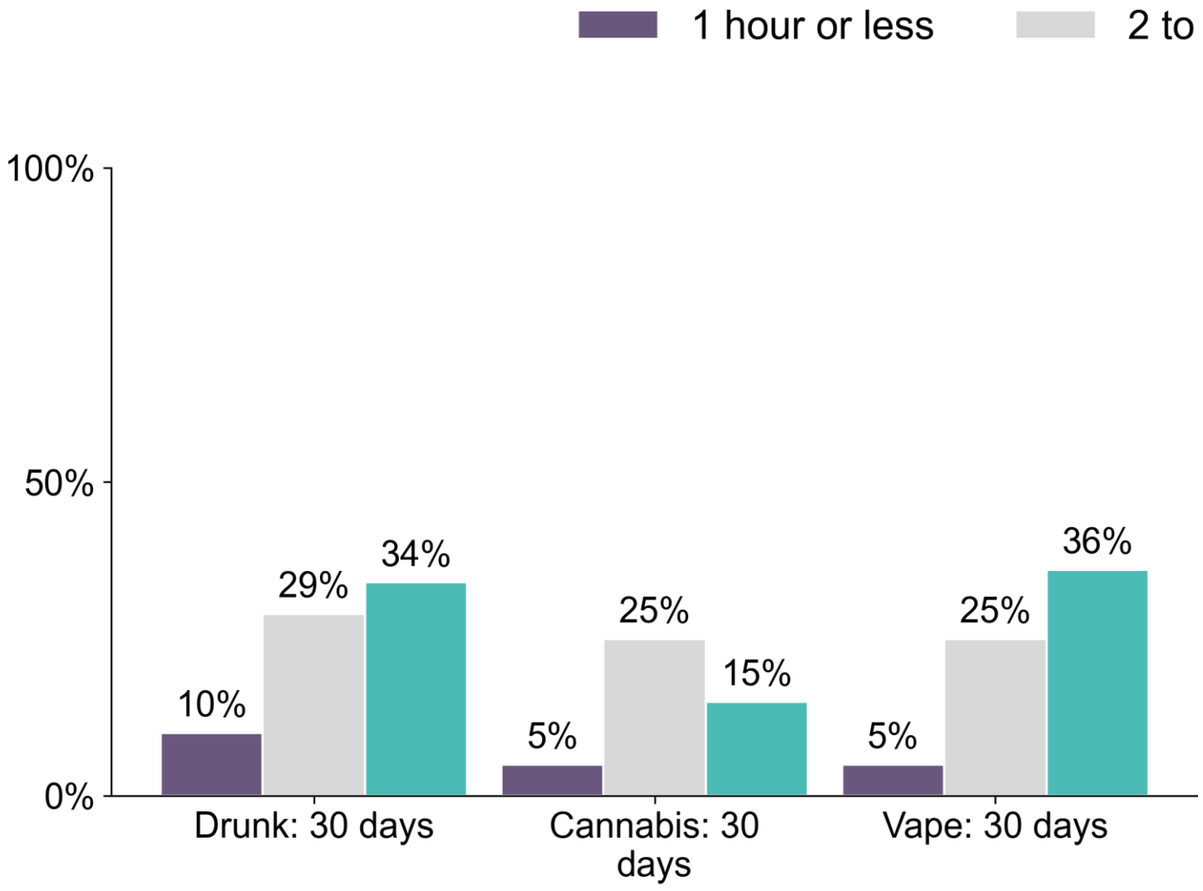
Average daily time adolescents spend on screen-based activities **-Part 2**



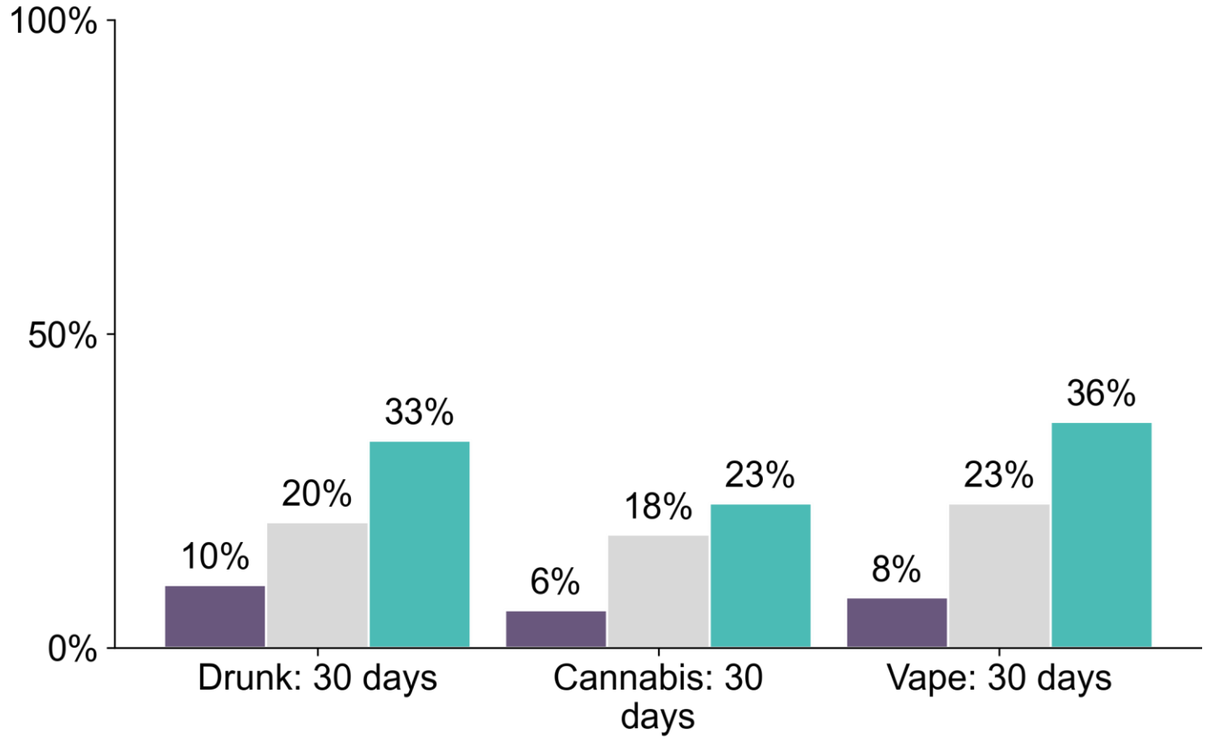
West Nipissing & Surrounding Area - 2026

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



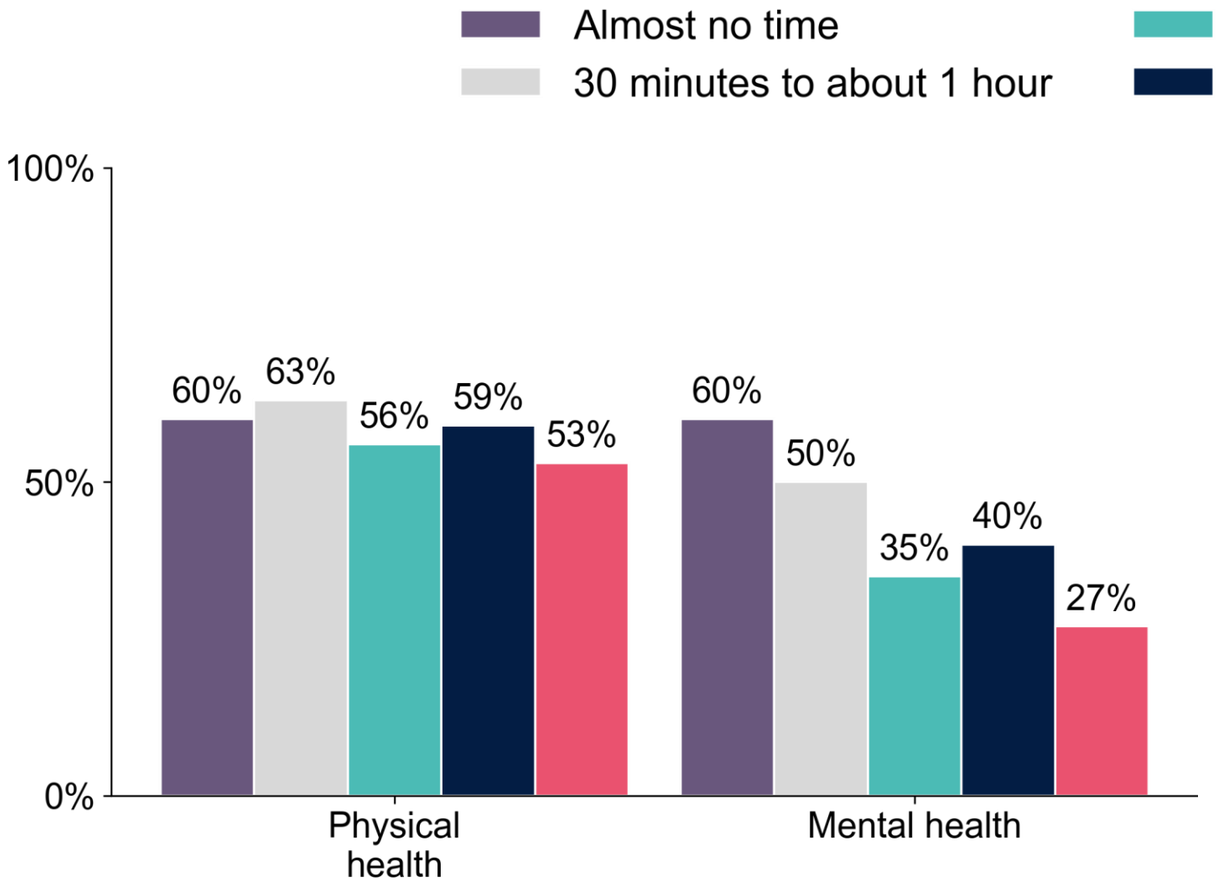
West Nipissing & Surrounding Area



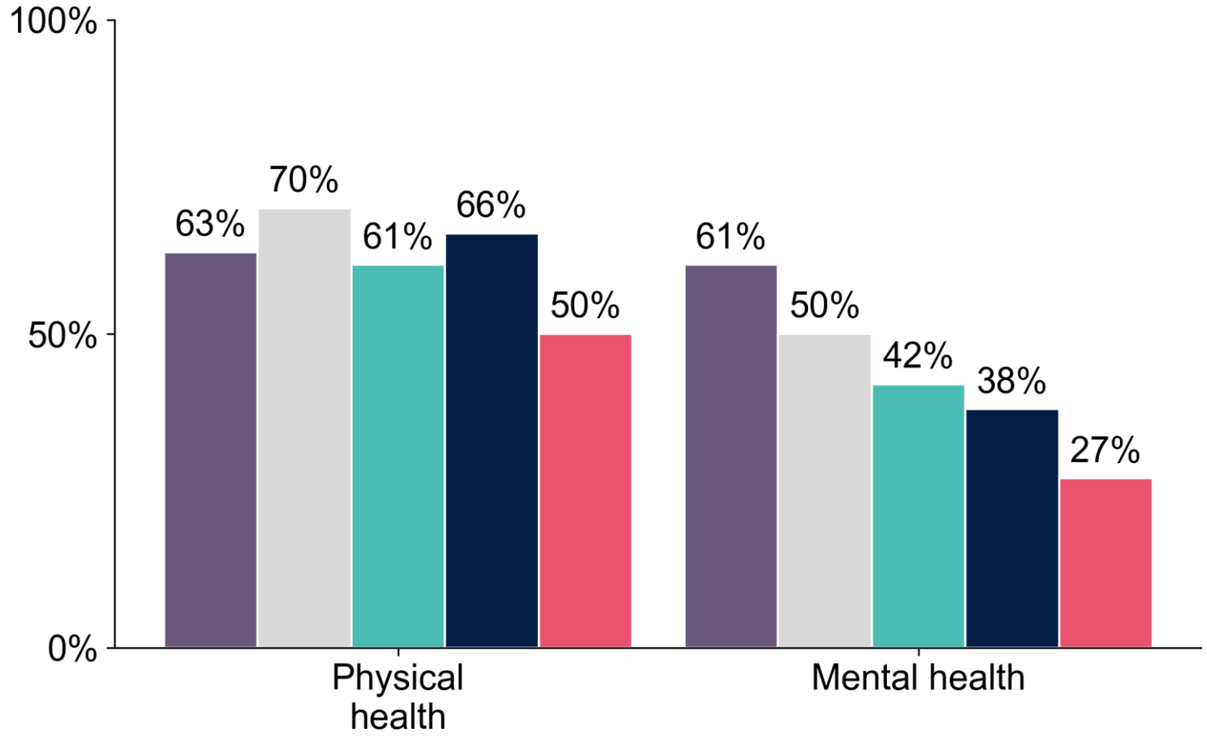
Nipissing

West Nipissing & Surrounding Area - 2026

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



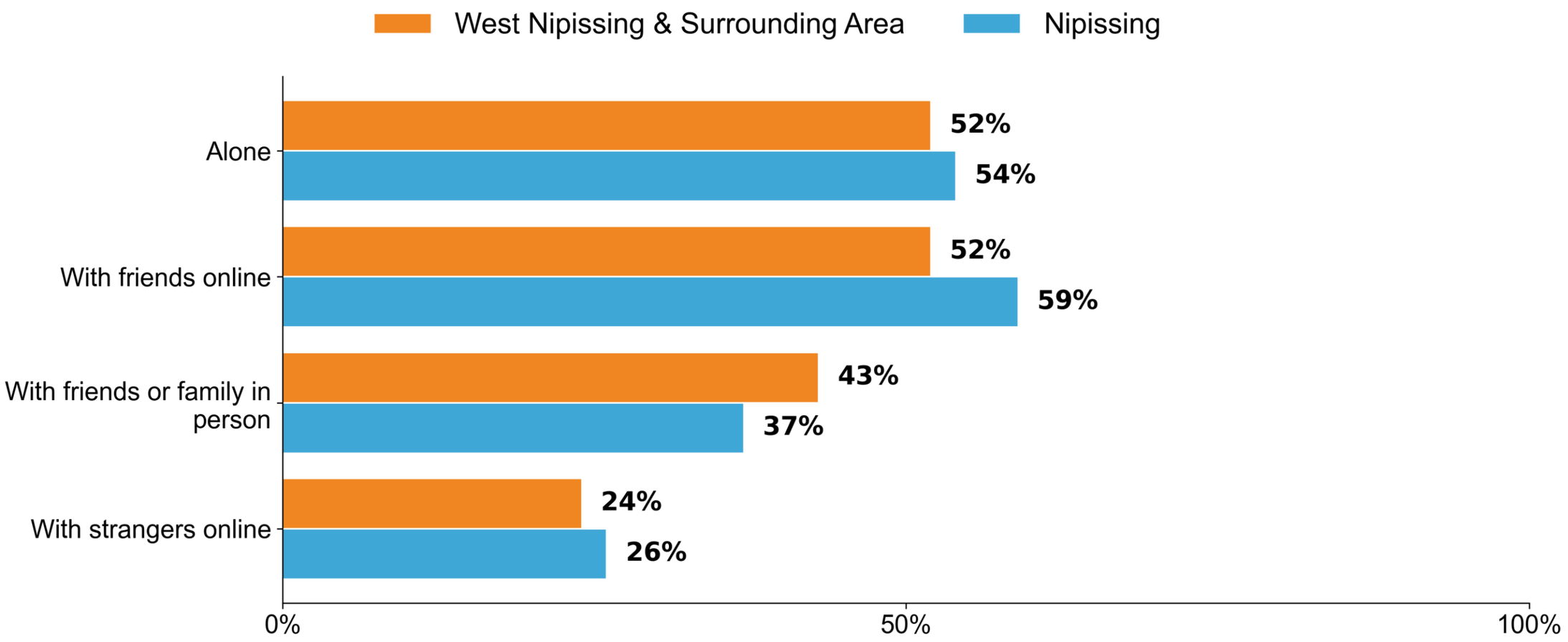
West Nipissing & Surrounding Area



Nipissing

West Nipissing & Surrounding Area - 2026

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

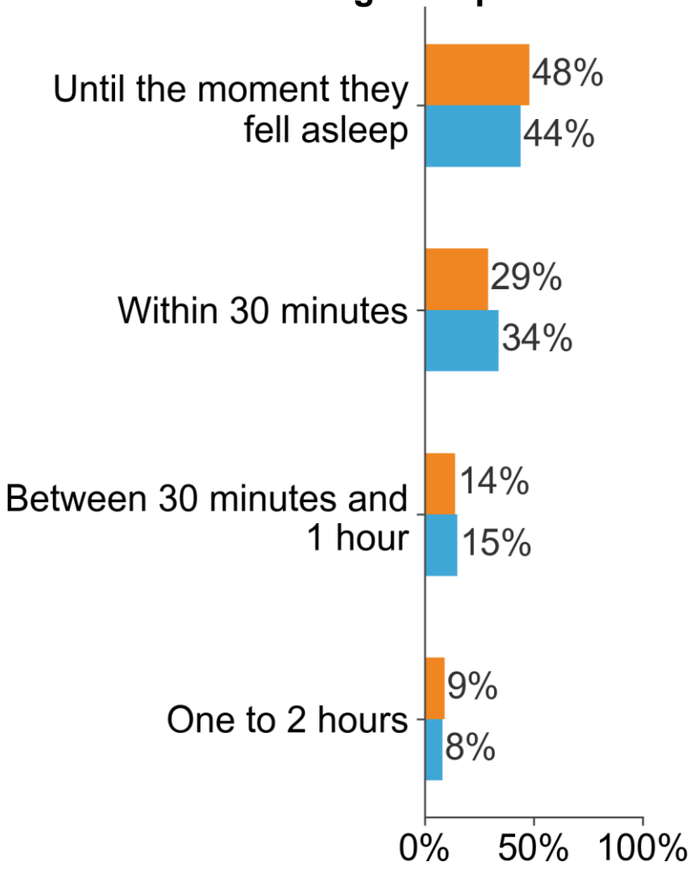


West Nipissing & Surrounding Area - 2026

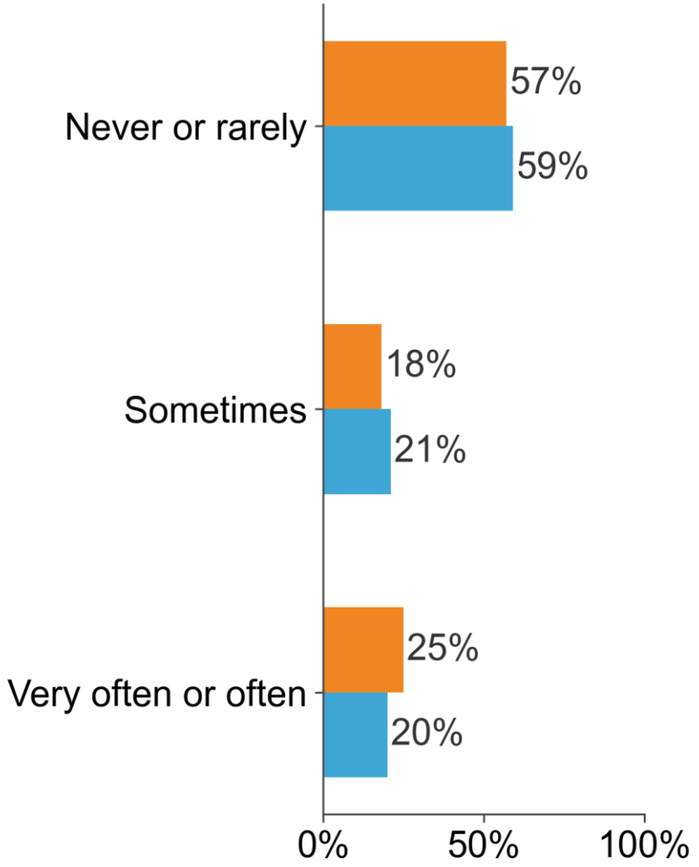
Phone use among adolescents

West Nipissing & Surrounding Area Nipissing

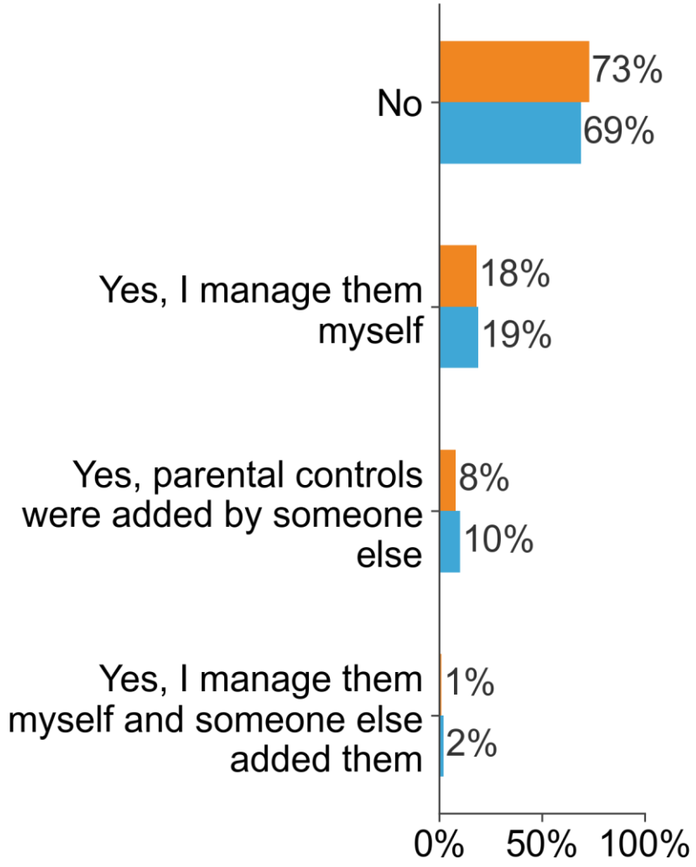
Adolescents report the average time passed between them using electronics and falling asleep



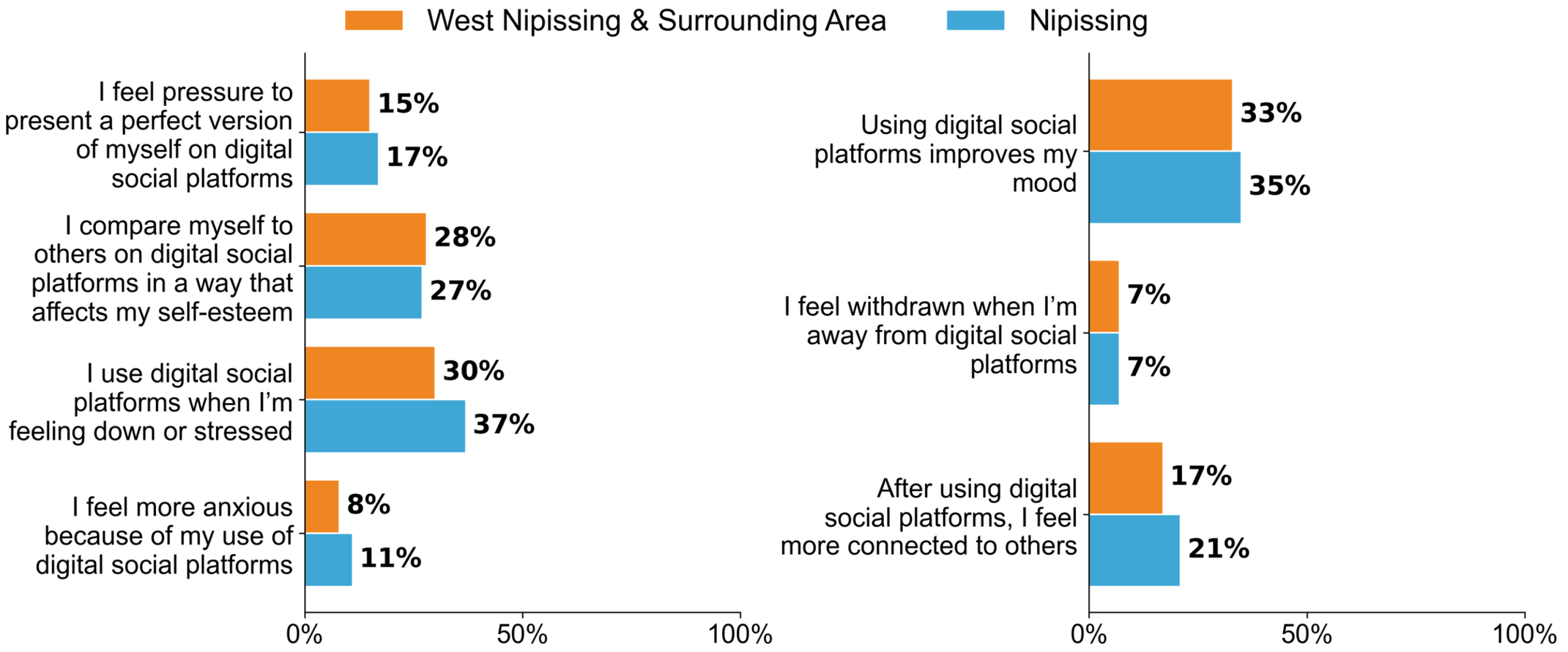
Adolescents report if they use their phone between midnight and 6am



Adolescents report if they have controls on their phone to manage how they use it

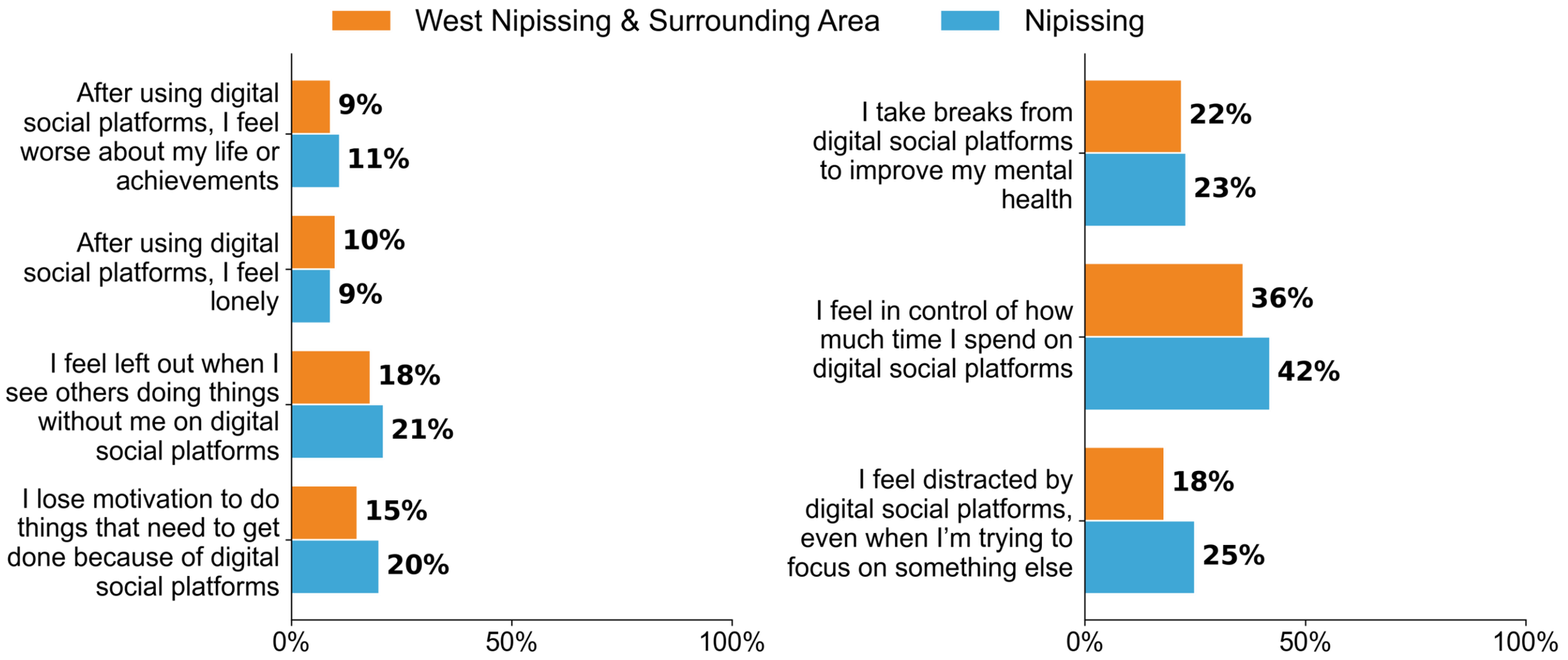


Percentage of adolescents who say the following statements about digital social platforms apply to them **often** or **very often** - Part 1



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.

PLANET Youth®

www.planetyouth.org