Nipissing

2026

PLANET Youth®
PLANÈTE jeunesse NIPISSING

WELLBEING

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

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

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

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

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

DIGITAL LIFE

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

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

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

9% Feel lonely after using digital social platforms

68% Feel withdrawn when they're away from digital social platforms

COMMUNITY

76% Often or almost always feel safe in their community



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

60% Feel like they belong in their community*

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

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

SUBSTANCE USE

22% Were drunk in the past 30 days

42% Drink at least one energy drink everyday

17% Vape daily

9% Use cannabis daily

6% Smoke cigarettes daily

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

*Strongly agree and agree to the statement