

Youth Development Instrument:

A snapshot of youth well-being during the COVID-19
pandemic

Youth well-being and resilience in pandemic times

Tamarack Institute
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Acknowledgement

YOUTH DEVELOPMENT INSTRUMENT

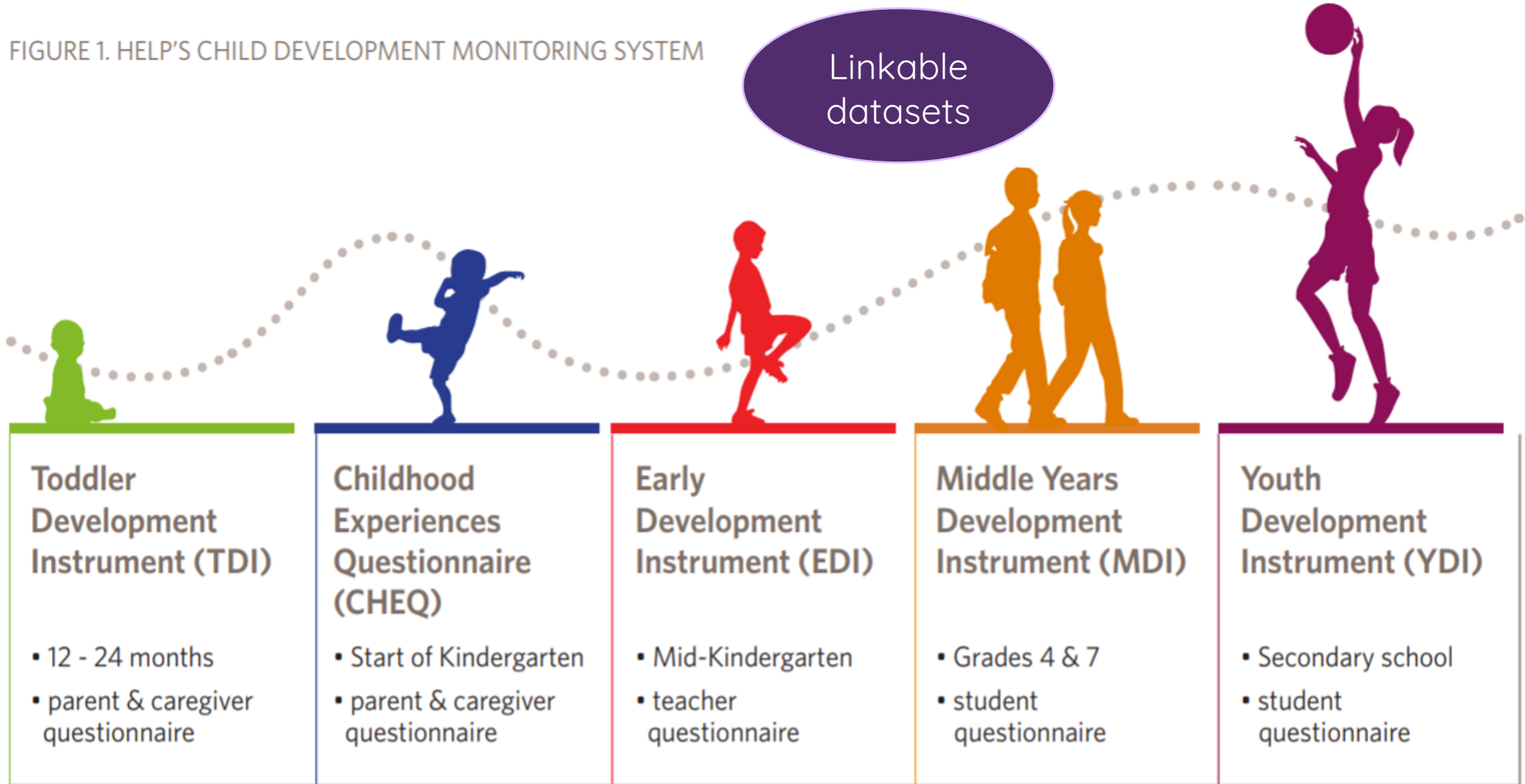
I am grateful to live
and work on the
unceded traditional
territories of the
Kwkwetlem,
Musqueam, Squamish,
Stó:lō and Tsleil-
Waututh First Nations.



What is the YDI?

- **Collaboration:** BCCDC, SFU, HELP-UBC
- **Digital survey for 16-17 year olds** (45 min.)
- **Pilot Phase 1:** 6 school districts (SD)
 - Abbotsford, Kootenay Lake, Maple Ridge-Pitt Meadows, Pacific Rim, Revelstoke, Sunshine Coast
- **Pilot Phase 2:** Onboarding SDs in Nov/Dec 2021
 - Survey implementation in Jan-Mar 2022
- **Questions on:**
 - Social-emotional development
 - Social well-being
 - Learning environment & engagement
 - Physical & mental well-being
 - Vision of the future
 - Pandemic impact

FIGURE 1. HELP'S CHILD DEVELOPMENT MONITORING SYSTEM



Rationale

YOUTH DEVELOPMENT INSTRUMENT



01

An important **development period** that defines future health, social and well-being trajectories

02

Worsening **trends** in mental health, injury, substance use, obesity, and perceived daily life stress

03

Early prevention is a powerful tool that can be used to improve youth trajectories

Youth Advisory Council



Greatest challenges facing youth according to the Youth Advisory Council

Provincial Policy & Practice Advisory Board



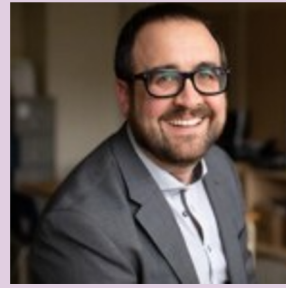
Kelly Angelus

Manager, Ministry of Children
& Family Development



Scott Carlson

Director, Ministry of Mental
Health & Addictions



Jeremy Church

District Principal, SD44



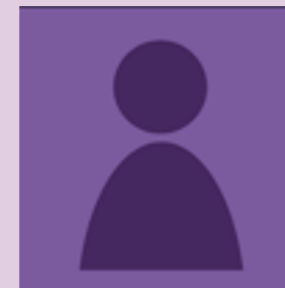
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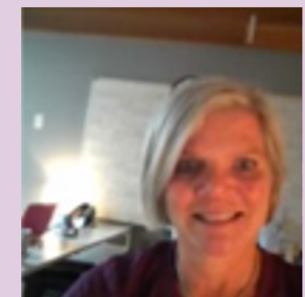
Kenneth Tupper

Director, Ministry of Health



Dzung Vo

Head, BC Children's
Hospital



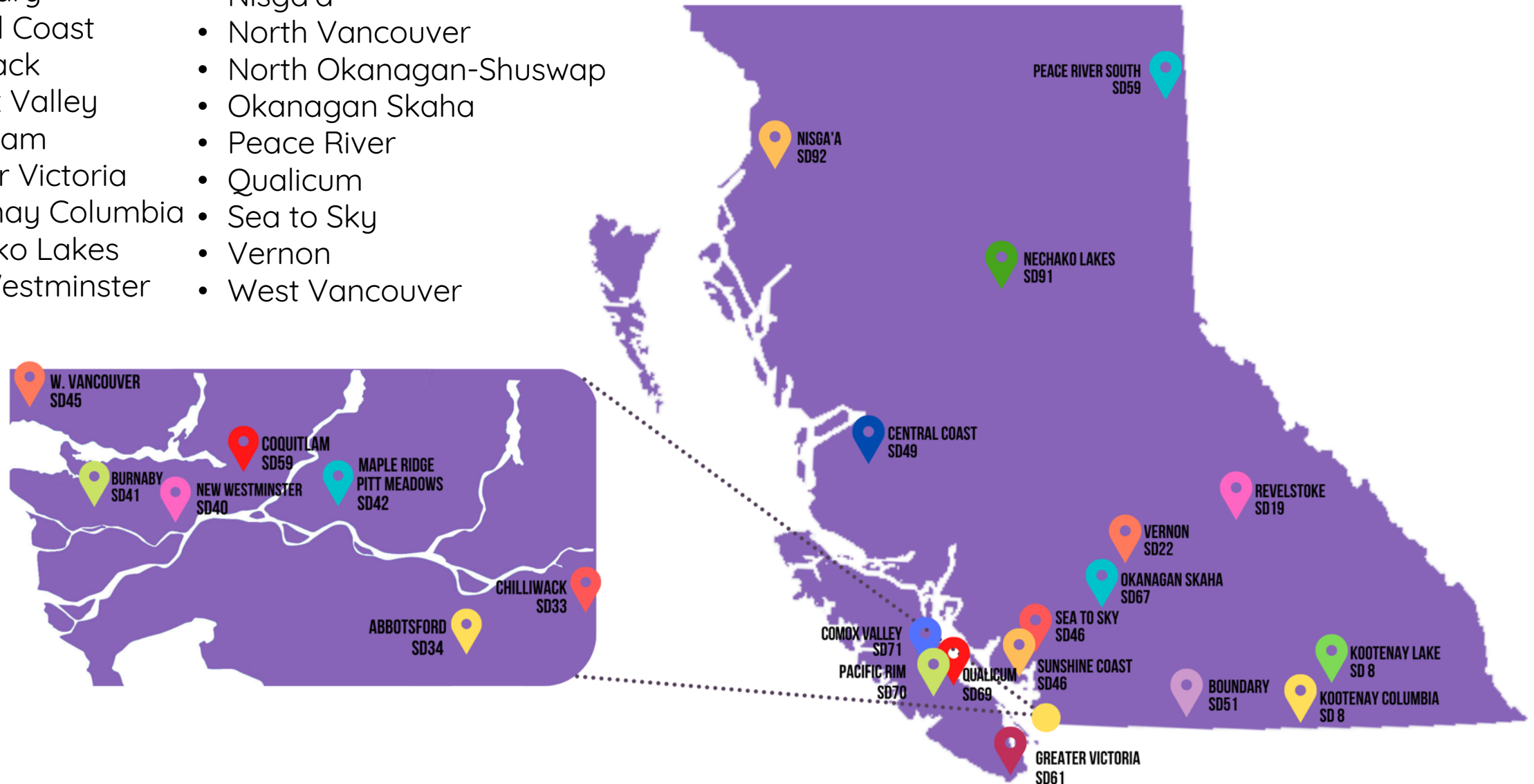
Tanya Walton

Teacher for
Counsellors, SD42

New Districts

- Boundary
- Central Coast
- Chilliwack
- Comox Valley
- Coquitlam
- Greater Victoria
- Kootenay Columbia
- Nechako Lakes
- New Westminster
- Nisga'a
- North Vancouver
- North Okanagan-Shuswap
- Okanagan Skaha
- Peace River
- Qualicum
- Sea to Sky
- Vernon
- West Vancouver

YDI Pilot Districts - Phase 2



Five YDI Dimensions



SOCIAL AND
EMOTIONAL
LEARNING



SOCIAL WELL-
BEING



LEARNING
ENVIRONMENT
AND
ENGAGEMENT



PHYSICAL AND
MENTAL WELL-
BEING



NAVIGATING
THE WORLD

Demographics (Phase 1 of YDI Pilot)

POPULATION			
Total sample			2350
GENDER IDENTITY			
Male			49%
Female			44%
In another way			3%
ETHNICITY			
Indigenous peoples in Canada	7%	East Asian	6%
White	62%	Southeast Asian	4%
Black	3%	South Asian	18%
Latin, Central or South American	3%	Other	6%
Middle Eastern	2%		

IMMIGRATION

Born in Canada	83%
Born outside of Canada	15%

LANGUAGES SPOKEN AT HOME

English only	64%
English and other language(s)	26%
Other language(s) only	7%

PARENTAL EDUCATION

Graduate or Professional Degree (e.g., Masters, PhD)	6%
University Degree (e.g., Bachelors)	4%
College Program (e.g., diploma, certificate, apprenticeship)	21%
High school or less	17%
I don't know/Not applicable	15%

FAMILY AFFLUENCE

High	33%
Medium	48%
Low	17%

Social-Emotional Development

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SOCIAL AND EMOTIONAL DEVELOPMENT

Emotional regulation

"When I want to feel more positive emotion, I change the way I'm thinking about the situation"

Perserverance

"I am a hard worker"

Optimism

"I am optimistic about my future"

Empathy

"After being with a friend who is sad about something, I usually feel sad"

Self-efficacy

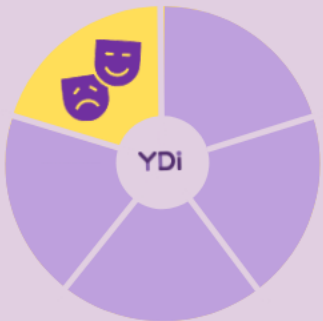
"I can succeed if I put my mind to it"

Purpose and Meaning

"My life has a clear sense of purpose"

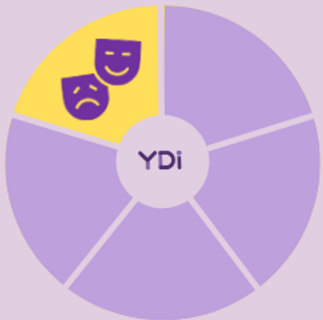
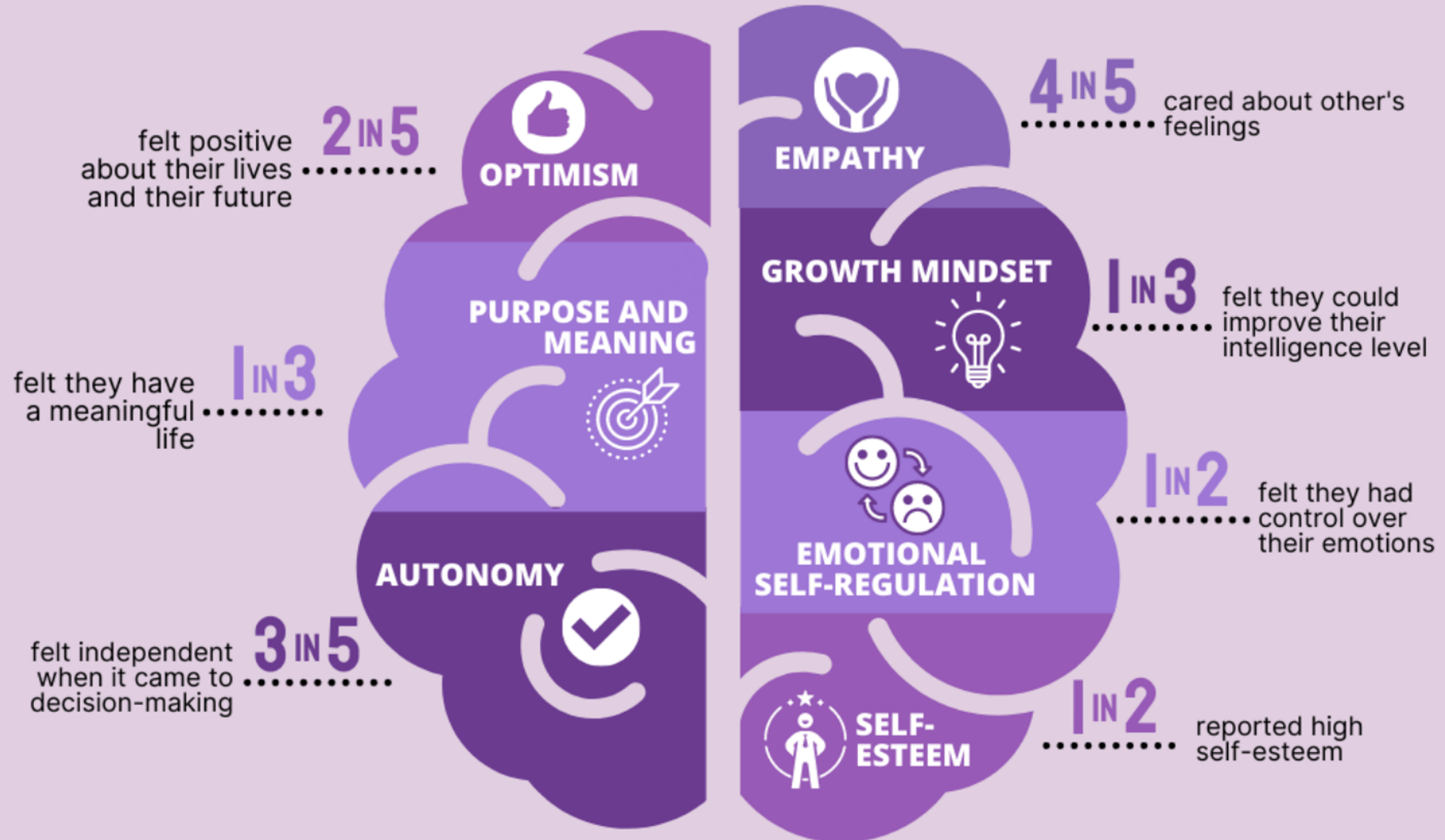
Autonomy

"I decide most of my life decisions"





SOCIAL & EMOTIONAL DEVELOPMENT



Social Well-being

YOUTH DEVELOPMENT INSTRUMENT

SOCIAL WELL-BEING

Friendship Intimacy



"I have a friend I can tell everything to"

"How would you describe your sense of belonging to your local community?"

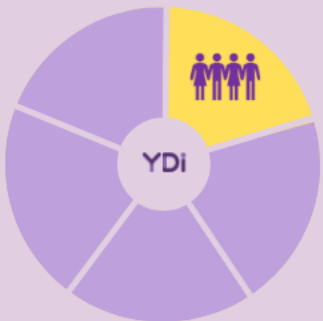


Community Belonging

Supportive Adults at Home



"In my home, there is a parent of another adult who really cares about me"





SOCIAL WELL-BEING

30% experienced discrimination at least once a week

OVERALL MOST REPORTED REASONS FOR EXPERIENCING DISCRIMINATION

18% AGE
16% GENDER
14% PHYSICAL APPEARANCE
10% RACE



72%

were close to a parent or caregiver

71%

felt supported by adults in their home



69%

had at least one close friend

47%

felt like they fit in with their peers

71%

had supportive friends



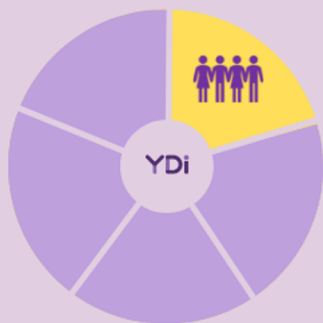
19%

reported feeling lonely



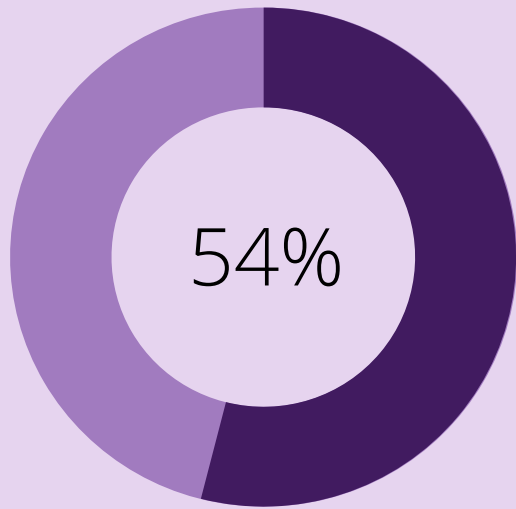
35%

had an adult in the community who cares about them



Sense of Belonging

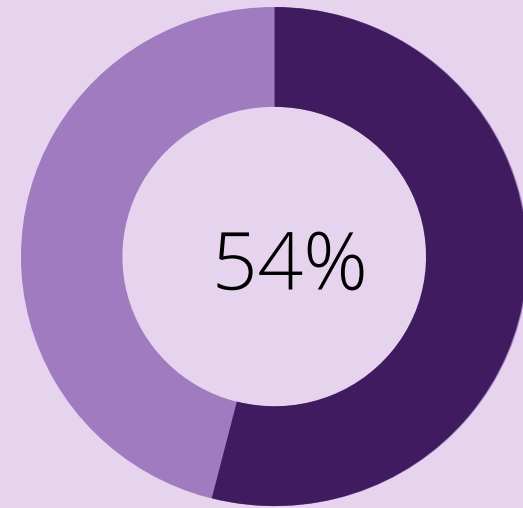
School Belonging



reporting **"Agree a little"** or **"Agree a lot"**
to either of the following prompts:

- "I feel like I belong in this school"
- "I feel like I am important to this school"

Community Belonging



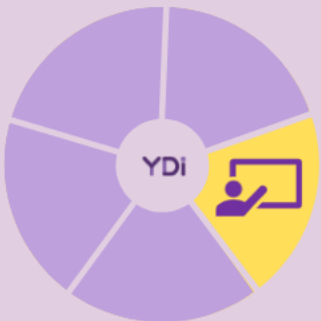
reporting **"Somewhat strong"** or **"Very strong"**
to the following prompt:

- "How would you describe your sense of belonging to your local community"

Learning Engagement & Environment

YOUTH DEVELOPMENT INSTRUMENT

LEARNING ENVIRONMENT & ENGAGEMENT





LEARNING ENVIRONMENT & ENGAGEMENT

BULLYING

% of students who reported experiencing different forms of bullying at least once during the school year

CYBERBULLYING 24%

SOCIAL BULLYING 38%

VERBAL BULLYING 29%

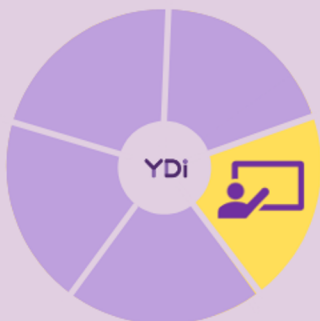
PHYSICAL BULLYING 11%

4 IN 5 FELT AT LEAST SOME SCHOOL PRESSURE

1 IN 3 FELT A SENSE OF SCHOOL BELONGING

2 IN 5 FELT SUPPORTED BY AN ADULT AT SCHOOL

2 IN 5 FELT THEY HAD A CARING SCHOOL ENVIRONMENT



Physical and Mental Well-being

YOUTH DEVELOPMENT INSTRUMENT

PHYSICAL AND MENTAL WELL-BEING



Eating Habits

"During the past 7 days, on how many days did you eat breakfast?"

zzZ



Sleep

"How often do you get a good night's sleep?"



Physical Activity

"Over a typical week, on how many days you engage in moderate to vigorous physical activity?"



General Mental Health

"In general, would you say your mental health is...?"



YDi



PHYSICAL WELL-BEING

48%

rated their overall health as very good or excellent

OVERALL HEALTH



SOCIAL MEDIA USE

45%

Reported spending **more than 2 hours** on social media per day

DISORDERED EATING



15%

reported losing more than 15 lbs in a 3-month period

31%

reported making themselves sick because they were uncomfortably full

SCREEN TIME

77%

Reported **more than 2 hours** of screen time per day

30%



0-2 DAYS

49%



3-6 DAYS

17%



7 DAYS

13%



7 NIGHTS

52%



3-6 NIGHTS

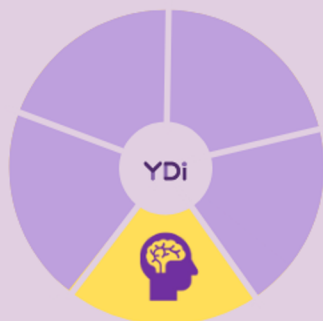
31%



0-2 NIGHTS

IN A WEEK, HOW OFTEN ARE YOUTH ENGAGING IN PHYSICAL ACTIVITY FOR AT LEAST AN HOUR?

HOW OFTEN ARE YOUTH GETTING A GOOD NIGHT'S SLEEP PER WEEK?





MENTAL WELL-BEING

31%
were highly concerned about
their appearance



37%
screened positive for
depression



41%
screened positive for
generalized anxiety



27%
worried about being disliked



42%
rated their mental
health as 'fair' or 'poor'



5%
reported binge
drinking regularly*

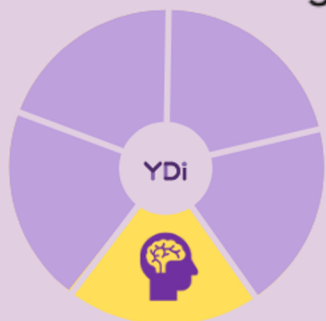


10%
reported smoking
cannabis regularly*



12%
reported vaping regularly*

*one or more times a week

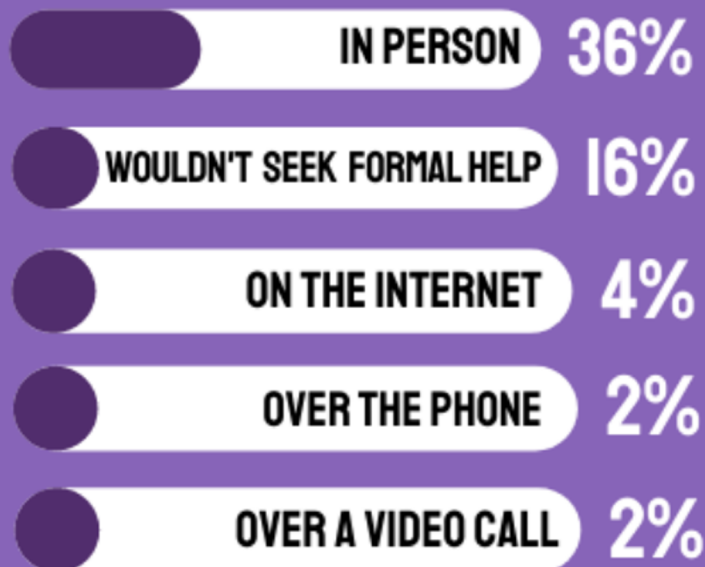




MENTAL WELL-BEING



HOW DO YOUTH PREFER
TO GET MENTAL HEALTH
HELP?

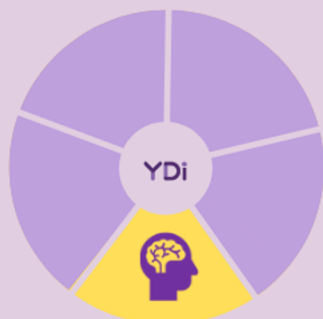


37%

SAID THEY DID NOT SEEK
MENTAL HEALTH HELP EVEN
THOUGH THEY NEEDED IT

MOST REPORTED REASONS FOR NOT SEEKING HELP

- 24% THOUGHT THEY COULD SELF-MANAGE IT
- 13% NEVER GOT AROUND TO IT OR WERE TOO BUSY
- 12% WERE AFRAID OF BEING JUDGED BY OTHERS
- 11% THOUGHT THE HELP WOULDN'T BE BENEFICIAL
- 10% DIDN'T KNOW WHERE TO GET HELP



Navigating the World

YOUTH DEVELOPMENT INSTRUMENT

NAVIGATING THE WORLD



Gender Inequality

"On the whole, men make better political leaders than women do"

Eco-anxiety

"Over the last 2 weeks, how often have you been bothered by feeling nervous, anxious or on edge when thinking about climate change"

Views on Multiculturalism

"We should recognize that cultural and racial diversity is a fundamental characteristic of Canadian society"

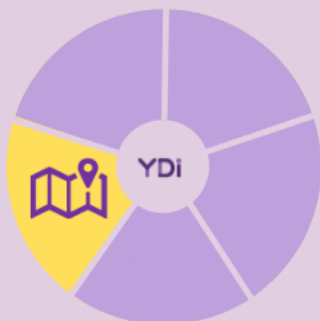
Civic Engagement

"When you're old enough, do you plan to vote in national (federal) elections?"

Stress of Future Uncertainty

"Please rate whether the following have been sources of stress for you:

- Concern about your future
- Having to make decisions about future work or education





NAVIGATING THE WORLD

82%

had plans to graduate from post-secondary education



34%

said they plan to vote in the future



92%

said they want to be a good parent



79%

said they want to own a home



81%

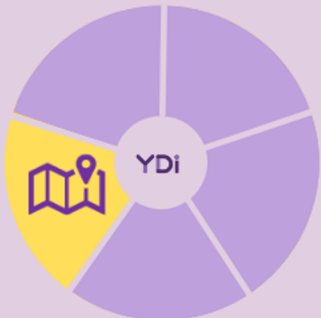
said they want a job that helps society



TOP 10 GLOBAL CONCERNS

Youth selected the most important issues they believe are impacting the world.

- 78% CLIMATE CHANGE
- 75% POLLUTION
- 73% RACIAL INEQUALITY
- 71% VIOLENCE AGAINST WOMEN
- 71% VIOLENT CRIMES
- 69% GENDER INEQUALITY
- 68% INACCESSIBILITY TO QUALITY HEALTHCARE
- 67% HATE CRIMES
- 67% INACCESSIBILITY TO SAFE WATER
- 66% TERRORISM



30%

felt stressed about their future



83%

endorse gender equality



2 IN 3

value cultural diversity



37%

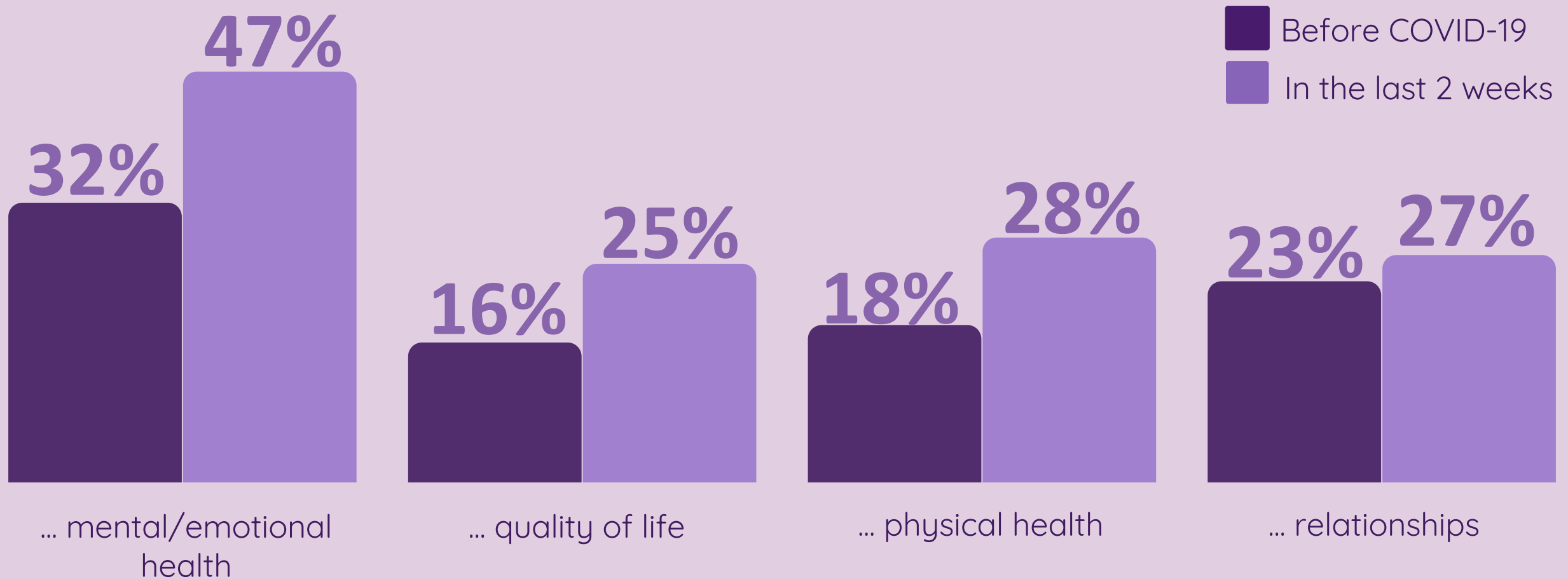
had a prosocial orientation

COVID-19 Impacts

YOUTH DEVELOPMENT INSTRUMENT

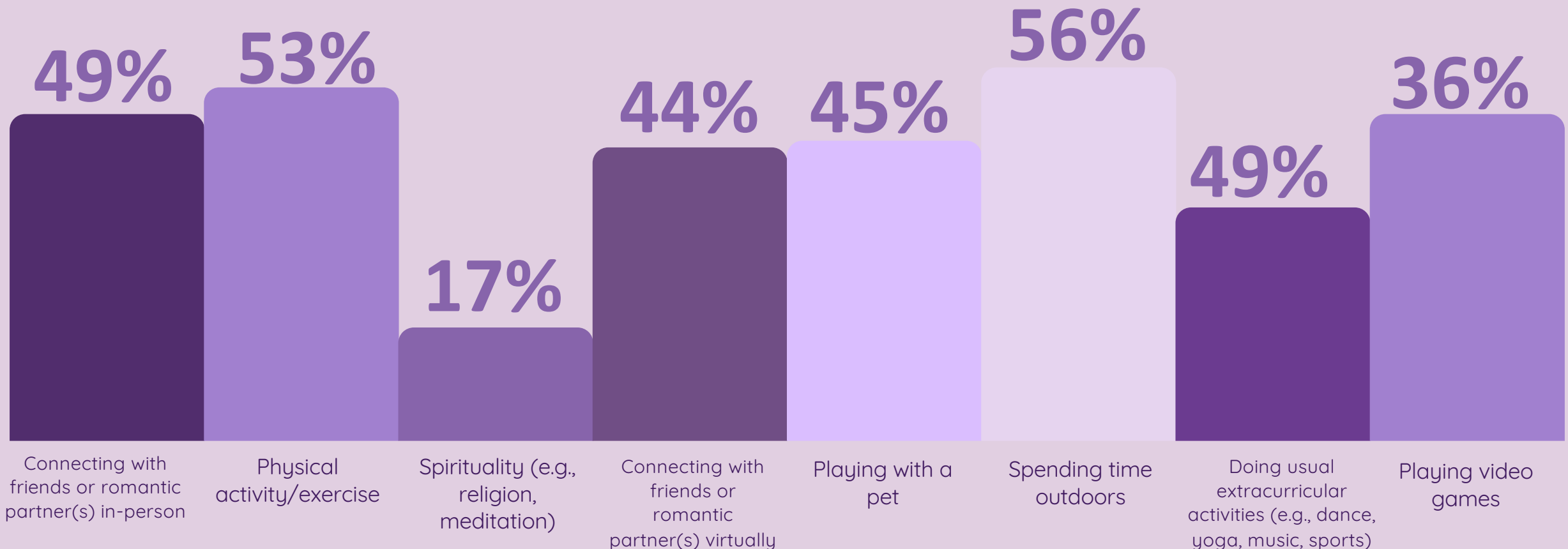
COVID-19 Related Changes in Health & Well-Being

% reporting "fair" or "poor" outcomes in...



Coping Strategies for Distressing Events

Activities which were endorsed as helpful with managing distressing events such as the COVID-19 pandemic



Thank you!

QUESTIONS?



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Youth
Development
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CHART

CAPTURING HEALTH AND RESILIENCE TRAJECTORIES