

# Alcohol Use Among Niagara Students



**18%** of **grade 7 and 8** students have drunk more than a sip of alcohol in the past 12 months



**41%** of **secondary** students have drunk alcohol in the past 4 weeks



**18%** of **secondary** students felt drunk for the first time in elementary school



**30%** of **secondary** students have played drinking games in the past 4 weeks

**60%** of **secondary** students have drunk more than a sip of alcohol in the past 12 months

## How easy is it to get alcohol?

**32%**

of **grade 7 and 8** students think it is easy to get alcohol

**Easy**

**74%**

of **secondary** students think it is easy to get alcohol

## How harmful is drinking 5 or more drinks once or twice each weekend?



**34%** of **grade 7 to 12** students think that there is no risk or a slight risk from drinking 5 or more drinks once or twice each weekend

## Do you disapprove of adults drinking 5 or more drinks once or twice each weekend?

**72%**

of **grade 7 and 8** students disapprove or strongly disapprove



**42%**

of **secondary** students disapprove or strongly disapprove

# Cannabis Use Among Niagara Students



**35%**

of **secondary** students  
have used cannabis in the  
past 12 months



**23%**

of **secondary** students  
have used cannabis in the  
past 4 weeks



**86%**

of **secondary** students  
who use cannabis get it  
from their friends



How easy  
is it to get  
cannabis?

**65%**

of **secondary**  
students think it is  
easy to get cannabis



How harmful  
is regular  
marijuana use?

**36%**

of **secondary**  
students believe  
there is no risk or a  
slight risk



Do you disapprove  
of adults regularly  
using marijuana?

**62%**

of **secondary**  
students disapprove  
or strongly  
disapprove

**10%**

of **grade 7 and 8**  
students believe  
there is no risk or a  
slight risk

**94%**

of **grade 7 and 8**  
students disapprove  
or strongly  
disapprove

# Tobacco and E-Cigarette Use Among Niagara Students



**21%** of secondary students have used tobacco cigarettes in the past 12 months



**25%** of secondary students have used an e-cigarette in the past 12 months



**8%** of secondary students are daily tobacco cigarette smokers



**21%** of secondary students have used a waterpipe in the past 12 months



How easy is it to get tobacco cigarettes?

**21%**

of grade 7 and 8 students think it is easy to get tobacco cigarettes

**66%**

of secondary students think it is easy to get tobacco cigarettes



How harmful is smoking 1 or 2 cigarettes per day?

**31%**

of grade 7 to 12 students believe there is no risk or a slight risk



How harmful is the regular use of e-cigarettes?

**49%**

of grade 7 and 8 students believe there is no risk or a slight risk

**61%**

of secondary students believe there is no risk or a slight risk

# Drug Use Among Niagara Students



**12%**

of secondary students have used pain relief medicine without a prescription in the past 12 months



**24%**

of secondary students have been drunk or high while on school property in the past 12 months



**31%**

of secondary students have had someone try to sell them drugs in the past 12 months



**26%**

of secondary students have seen someone selling illegal drugs in their neighbourhood in the past 12 months



**29%**

of secondary students think that drug use is a big problem in their school

## How easy is it to get pain relief pills without a prescription?

**12%**

of grade 7 and 8 students think it is easy to get pain relief pills

**Easy**

**25%**

of secondary students think it is easy to get pain relief pills

## How harmful is it to take pain relief pills that are not prescribed for you?



**16%** of grade 7 to 12 students believe that there is no risk or a slight risk from using pain relievers that were not prescribed to them



# Mental Health Among Niagara Students



**20%** of grade 7 and 8 students and  
**22%** of secondary students have seen a medical professional related to their mental health in the past 12 months



**9%** of grade 7 and 8 students and  
**20%** of secondary students were flagged as having probable serious psychological distress



**20%** of grade 7 and 8 students and  
**33%** of secondary students have wanted to talk about mental health but did not know where to turn



**17%** of secondary students have seriously considered suicide in the past 12 months

help!

Females have a higher percentage who didn't know where to turn

stress

Females have a higher percentage who were flagged as having probable serious psychological distress

## Self-rated mental health

**13%**

of grade 7 and 8 students rate their mental health as fair or poor



**22%**

of secondary students rate their mental health as fair or poor

**14%**

of grade 7 and 8 students describe their stress as a lot or more than they could take in the past 4 weeks



**31%**

of secondary students describe their stress as a lot or more than they could take in the past 4 weeks

stress

Females have a higher percentage who describe their stress as a lot or almost more than they can take

help!

Females have a higher percentage in the fair or poor category

# Head Injuries Among Niagara Students

**50%** of grade 7 and 8 students always wore a helmet when riding a bike in the past 12 months



**21%** of secondary students always wore a helmet when riding a bike in the past 12 months

**13%** of grade 7 to 12 students have had **one** head injury where they had to stay in the hospital overnight or have been knocked unconscious for more than 5 minutes in their lifetime



**8%** of grade 7 to 12 students have had **2 or more** head injuries where they had to stay in the hospital overnight or have been knocked unconscious for more than 5 minutes in their lifetime

**6%**

of grade 7 to 12 students have had this type of head injury in the past 12 months



**30%** of these types of head injuries are caused by sports



**40%** of students did not miss any days of school because of their head injury

**41%** of students missed less than 1 week

# Road Safety Behaviours Among Niagara Students

In the past 12 months...



**10%** of grade 7 and 8 students rode in a vehicle with someone who had consumed alcohol before driving

**16%** of secondary students rode in a vehicle with someone who had consumed alcohol before driving



**2%** of grade 7 and 8 students rode in a vehicle with someone who had used drugs before driving

**18%** of secondary students rode in a vehicle with someone who had used drugs before driving



**4%** of secondary students who have a license have driven within an hour of consuming 2 or more alcoholic drinks



**10%** of secondary students who have a license have driven within an hour of using marijuana or hashish



**43%** of secondary students who have a license have texted while driving

**80%** of grade 7 and 8 students always wear a seatbelt when in a vehicle



**71%** of secondary students always wear a seatbelt when in a vehicle

# Activity Behaviours Among Niagara Students

**38%** of grade 7 and 8 students get the recommended 9 or more hours of sleep per night



**9%** of secondary students get the recommended 9 or more hours of sleep per night

**59%** of grade 7 and 8 students are physically active for at least 60 minutes on most days of the week



**46%** of secondary students are physically active for at least 60 minutes on most days of the week



For health benefits, children and youth should accumulate at least 60 minutes of heart pumping activity per day

**48%** of grade 7 and 8 students spend 3 or more hours each day in front of a screen in their free time



**65%** of secondary students spend 3 or more hours each day in front of a screen in their free time



For health benefits, screen time for children and youth should be limited to no more than 2 hours per day

# Eating Habits Among Niagara Students

**16%** of **grade 7 and 8** students meet the daily recommended servings of vegetables and fruits each day



**5%** of **secondary** students meet the daily recommended servings of vegetables and fruits each day

**17%** of **grade 7 and 8** students have had 5 or more sugar-sweetened beverages in the past week



**26%** of **secondary** students have had 5 or more sugar-sweetened beverages in the past week

Eating more vegetables and fruit and drinking fewer sugar-sweetened beverages can help improve the diet quality of Niagara students

**62%** of **grade 7 and 8** students had breakfast on all 5 school days in the past week



**44%** of **secondary** students had breakfast on all 5 school days in the past week

Eating a nutritious breakfast can help improve students concentration in the classroom

**Building healthy eating habits in students can help them stay on the path to health for years to come**

# The School Environment in Niagara

**94%** of grade 7 and 8 students feel safe at school



**96%** of secondary students feel safe at school

**89%** of grade 7 and 8 students feel close to people at their school



**84%** of secondary students feel close to people at their school

**90%** of grade 7 and 8 students feel like they are a part of their school



**81%** of secondary students feel like they are a part of their school



**28%** of grade 7 and 8 students were bullied during this school year

**27%** of secondary students were bullied during this school year



**22%** of secondary students were offered, sold, or given drugs on school property in the past year

# Health Behaviours Among Niagara Students



**20%** of grade 7 and 8 students and

**33%** of secondary students have wanted to talk about mental health but did not know where to turn



**17%** of secondary students have seriously considered suicide in the past 12 months

Females have a higher percentage who did not know where to turn and had a higher percentage who have more stress than they could take



**14%** of grade 7 and 8 students and

**31%** of secondary students describe their stress as a lot or more than they could take



**41%** of secondary students have consumed alcohol in the past 4 weeks



**21%** of secondary students have consumed enough alcohol to feel drunk in the past 4 weeks



**30%** of secondary students have played drinking games in the past 4 weeks



**21%** of secondary students have used tobacco cigarettes in the past 12 months



**25%** of secondary students have used an e-cigarette in the past 12 months

**62%** of grade 7 and 8 students had breakfast on all 5 school days in the past week



**44%** of secondary students had breakfast on all 5 school days in the past week

**38%** of grade 7 and 8 students get the recommended 9 or more hours of sleep per night



**9%** of secondary students get the recommended 9 or more hours of sleep per night



**2%** of grade 7 and 8 students and **18%** of secondary students rode in a vehicle with someone who had used drugs before driving in the past 12 months



**43%** of secondary students who have a license have texted while driving in the past 12 months

Males have a higher percentage who texted while driving



**22%** of secondary students were offered, sold, or given drugs on school property in the past 12 months



**24%** of secondary students have been drunk or high on school property in the past 12 months

## Legend

Data presented in the infographics have been colour-coded to help with interpretation.

- Data presented in **purple** are percentages that are combined for grades 7 through 12 students
- Data presented in **blue** are percentages that are not significantly different between grade 7 and 8 students and secondary students
- Data presented in **pink** (grade 7 and 8 students) and **orange** (secondary students) are percentages that are significantly different from each other
- Data is also presented in **orange** for secondary students when data are not reportable for grade 7 and 8 students, or the questions are not asked to grade 7 and 8 students