

POSITIVE MENTAL HEALTH OF YOUTH



POSITIVE MENTAL HEALTH IS THE CAPACITY TO FEEL, THINK AND ACT IN WAYS THAT ENHANCE OUR ABILITY TO ENJOY LIFE AND DEAL WITH THE CHALLENGES WE FACE.

IN GRADE 10:

12% OF GIRLS
and **24% OF BOYS**
strongly agreed
that they had
CONFIDENCE
IN THEMSELVES



22% OF GIRLS
and **28% OF BOYS**
strongly agreed
that they were
FULL OF ENERGY



42% OF GIRLS
and **55% OF BOYS**
reported
high levels of
LIFE SATISFACTION



Data are from the 2013/14 Health Behaviour in School-aged Children, a research study that aims to gain insight into youth health and well-being, and their social contexts.

RELATIONSHIPS MATTER!
We can all play a role in promoting positive mental health among youth.

Read our report *Health Behaviour in School-aged Children (HBSC) in Canada: Focus on Relationships* to learn more.

Visit Canada.ca/Health and search for HBSC.



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