Overview of the *Health Behaviours of School-Aged Children* (HBSC) Survey

- HBSC is a multi-national survey sponsored by the World Health Organization that takes place on a 4-year cycle.
- The survey focuses on the self-reported health behaviours and experiences of children in grades 6-10 and covers a wide range of topics such as:
  - Contextual Influences (relationships at home, school, with peers, and in their community)
  - Health Promoting Behaviours (healthy eating, physical activity, sleep, etc.)
  - Health Risk Behaviours (sedentary activity, injuries, bullying, substance abuse, early/risky sexual health practices, etc.)
- For each cycle there is an international report, a national report, and a Yukon-specific report that compares YT results w. rest-of-Canada.
- The last two cycles (2010 and 2014), YT also commissioned a more detailed, extended report to provide further info on the experiences of Yukon youth. These reports are available on-line at:
- For the first time in 2017/18, a tri-territorial survey will be introduced: A very similar set of questions will be asked in each territory which will allow us to focus on issues that are of most interest across the North and allow for cross-territorial comparisons.
- To inform development of the Yukon questionnaire, significant consultations took place with input gathered from many partners and stakeholders. This has resulted in a questionnaire that is more culturally relevant for Yukon.
- HBSC implementation in Yukon represents an effective partnership b/w the Departments of HSS and Yukon Education.

What is the Purpose of the HBSC Study in Yukon?

- The main purpose of the study is to learn information about young people in Yukon that can help us improve their lives.
- The results will provide a wealth of information to guide health promotion programming, help develop positive interventions, and inform curriculum development and school policy.
- Previous HBSC studies in Yukon revealed some areas of concern about young people in Yukon, particularly around substance use and mental health; The 2018 study will follow-up on the 2010 and 2014 studies and will be helpful in confirming and examining trends among Yukon youth.

How is the Survey Conducted in Yukon?

- In order to ensure the highest possible data quality, Health has contracted with the Yukon Bureau of Statistics (YBS) to administer the survey throughout the Yukon.
- YBS trains interviewers to travel to each community to administer the survey in gr. 6-10 classrooms.
- The survey questions will be read aloud to all students (in previous years, it was only read aloud to grades 6/7)
- YBS arranges the school visits to collect the data. Prior to the data collection date, each school will receive a package from YBS that includes information about the study, parental consent forms, and a survey for administrators that should be completed prior to YBS’ visit.
- An implicit consent process is used; that is, parents who do not want their children to participate will indicate this on the consent form that is sent home prior to the data being collected in each classroom.
- Survey administration time ranges from a low of about 45 minutes to a high of 1 hour 15 minutes.
Student Confidentiality and Well-Being

- The classroom teacher is invited to stay in the classroom while the survey is being administered but will be asked not to walk about so that the students’ answers can remain confidential.
- Each survey will be put into its own envelope and sealed by the student.
- In every class, the interviewers will introduce the survey, explain the importance of collecting these data, how the results will be used, and answer any questions students may have.
- The survey questions are selected for their potential value and based on best evidence that asking them does not put students at any additional risk (in fact, there is good evidence that asking them can actually have a protective effect), but due to the sensitive nature of some of the questions, we want to be prepared for the possibility that some students may be feeling emotional or upset after filling-out the survey.
- HSS Health Promotion Unit (HPU) will be surveying all communities where the data will be collected to identify individuals and services who are available to help young people in distress to make them aware of the survey and to confirm when it is taking place. All survey respondents will be provided with contact info for services and resources both w/in their community and other confidential, anonymous sources of support.

What Happens After the Data is Collected?

- YBS will collect the surveys and forward to Queens University, where researchers will analyze the data.
- Queen’s will prepare a report on Yukon data later in 2018. Comparison data with Canada will be available a year after that.
- Once we have the Yukon report, HPU personnel plan to follow-up in the communities and classrooms where the data was collected to share the results, talk about what they could mean in each community, and discuss possible next steps.

Where Can I Get More Information about Yukon’s HBSC Study?

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