

# 2023 YOUTH IMPACT SURVEY

## IMMIGRANT SNAPSHOT

The Youth Impact Survey (YIS) is our community's opportunity to hear directly from young people about their well-being. It's based on the Canadian Index of Child and Youth Well-being, a framework developed by UNICEF Canada to better understand how children and youth are doing across the country.

The Children and Youth Planning Table's (CYPT) vision is happy, healthy children and youth—today and tomorrow, applies to all children and youth in our community. Given the importance of centering equity, social inclusion, and anti-discrimination in our belonging-related work, we are disaggregating the 2023 YIS across several demographic and identity-based dimensions.

### WHAT IS DISAGGREGATED DATA?

Disaggregated data is data that is broken down into smaller units or groups; in our case, demographic categories. When possible, we disaggregate data to paint a more reflective picture of the experiences and needs of the diverse children and youth in our community. (For example, what are the experiences of 9 to 12 year olds, as opposed to all youth ages 9 to 18.) This helps us reveal trends or patterns that might be hidden when focusing only on the total (i.e., aggregate) numbers.

It is important to remember that the data presented in this snapshot only reflects the responses from the children and youth who filled out the 2023 YIS. While we are excited to have received 1,876 responses in 2023, we also recognize that our survey does not capture the experiences and input of ALL children and youth in Waterloo Region. Percentages based on smaller number of respondents and comparisons between 2021 and 2023 survey responses should be interpreted with caution.

### TAKING ACTION

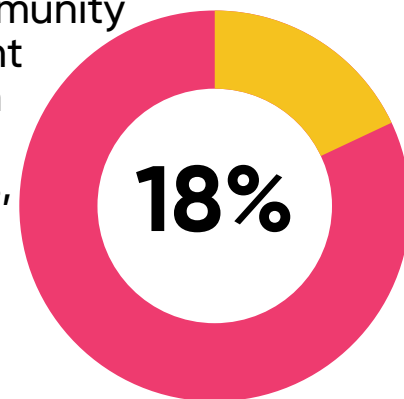
The Youth Impact Survey lets us learn directly from young people in Waterloo Region about their well-being—how they're doing and what they're doing. Listening to what children and youth have to say is a good first step to making our community a better place.

After completing the survey, young people were asked what they think should happen next with the data. Here's what they think adults should do:

- **Make Changes:** Take the initiative to change programs to make things better for young people in Waterloo Region. Do their best to make our whole community better, including the places that young people use.
- **Understand Everyone:** Learn and better understand the diverse needs of young people in our community, and work at being inclusive.
- **Share Results:** Young people want us to share the results of the YIS with others in the community, including schools, community centres, government, and other institutions.
- **Reach Out:** Personally reach out to young people more often.

### RESPONDENT BREAKDOWN

From the 1,867 YIS survey responses, 344 youth identified as immigrants (in other words, were not born in Canada). This breaks down to 18%. The Waterloo Region Immigration Partnership defines immigrant as anyone born outside Canada who is now living, working or studying in this community (including permanent residents, Canadian citizens, refugees, temporary residents, refugee claimants, and international students).



### SENSE OF BELONGING

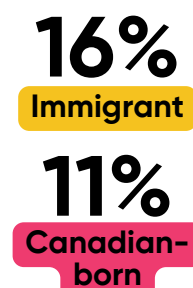
71% of all YIS respondents said they felt a very strong or somewhat strong sense of belonging to their community.

Between 2021 and 2023, we see that belonging went up from 67% to 73% for immigrant youth.



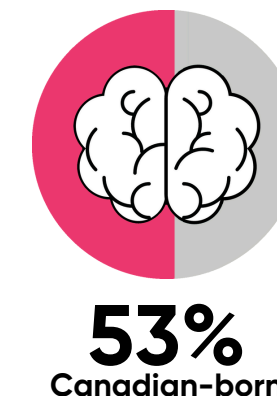
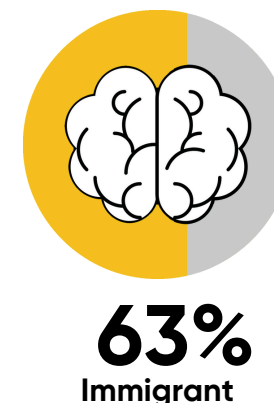
### HOUSING (IN)SECURITY

Youth experiencing homelessness or hidden homelessness has increased from 8% in 2021 to 13% in 2023. In 2023, 16% of immigrant youth and 11% of Canadian-born youth experienced homelessness (visible or hidden).



### SELF-ASSESSED MENTAL HEALTH

55% of survey respondents described their mental health as more positive, however it varied 10 percentage points between immigrant youth and those who were Canadian-born. We only see slight differences between the immigrant data from 2021 to 2023: 67% vs. 63% respectively.



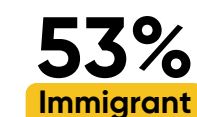
### LIFE SATISFACTION

78% of young people said they had at least a moderate level of life satisfaction—an increase (7 percentage points) from 2021. There is almost no difference between immigrant and Canadian-born youth.



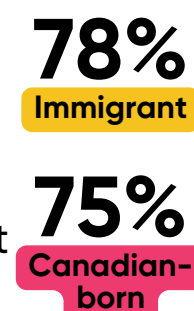
### VALUED MEMBER OF COMMUNITY

51% of respondents felt like they are a valued member of their community. This breaks down to 53% immigrant youth and 48% Canadian-born youth.

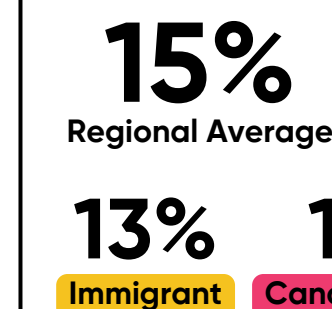


### SELF-ASSESSED PHYSICAL HEALTH

While the majority of respondents across Waterloo Region (76%) described their physical health as positive, there were only slight differences between immigrant and Canadian-born youth.



### FOOD (IN)SECURITY



The number of young people who at least sometimes go to school or bed hungry has increased from 5% in 2021 to 15% in 2023. (The regional average is higher than the disaggregated data as there were youth who did not identify whether they were immigrant or Canadian-born).



# Children and Youth Planning Table of Waterloo Region

## EXPERIENCES OF DISCRIMINATION

All together, 48% of young people said they had experienced at least one form of discrimination. This is similar for both Immigrant and Canadian-born survey respondents (46% and 48% respectively). There is a larger difference between experiences of discrimination because of ethnicity or culture, specifically. While 17% of survey respondents reported this type of discrimination, this breaks down to 26% of immigrant respondents and 14% of Canadian-born survey respondents.



## BULLYING



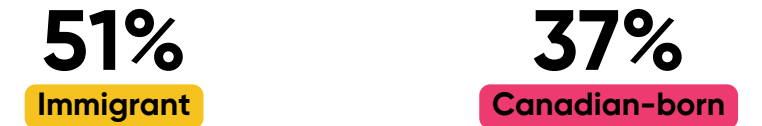
Collectively, 62% of youth experienced at least one or more types of bullying once or twice in the last month. Looking closely, we see that there is a 12 percentage point difference between immigrant and Canadian-born youth.



## HELPING AT HOME

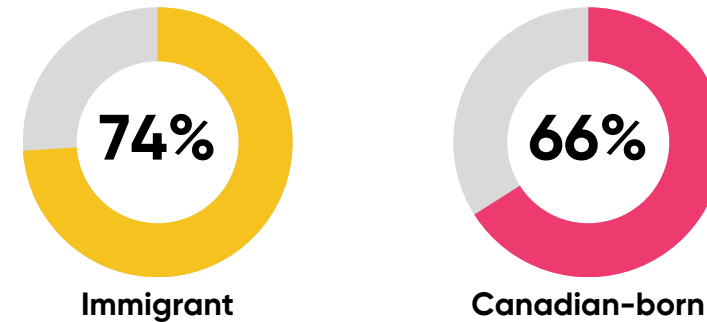


40% of young people said they spent at least 3 hours a week helping out at home doing things like making meals, doing chores, or taking care of family members. Breaking this down, we see a 14 percentage point difference between immigrant and Canadian-born youth.

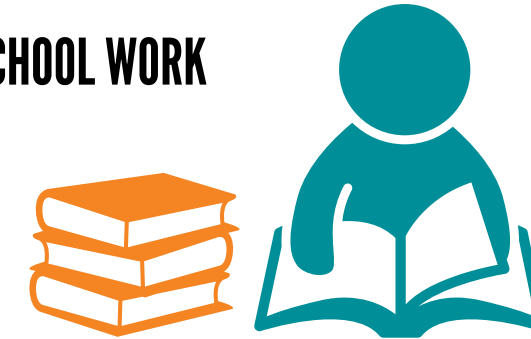


## FEELINGS ABOUT SCHOOL

We asked youth in Waterloo Region their feelings about school. Collectively, 68% of youth either liked school a bit or a lot. There is an 8 percentage point difference between immigrant and Canadian-born youth.



## MANAGING SCHOOL WORK



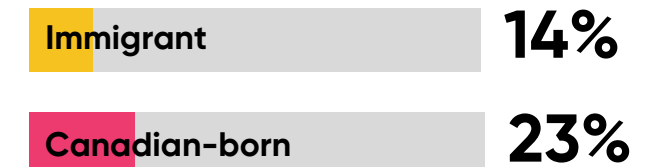
31% of youth said they had more work than they could handle. Although immigrant youth had more positive feelings about school, they also said they were more likely to have more work than they could handle. (36% vs. 29% respectively).



## VIDEO GAMES



Collectively, 21% of YIS respondents were playing video games at least 3 hours per day – with 14% of immigrant respondents compared to 23% of Canadian-born respondents.



## SOME CONTEXT ON SURVEY RESPONDENT DEMOGRAPHIC DIFFERENCES:

We asked survey respondents to self identify their racial background. 54% of all respondents indicated that they were racialized (any racial identity other than White). Immigrants were more likely to be racialized (91% of immigrant youth compared to 39% among Canadian-born youth).

Overall, 73% of survey respondents said their first language was English, with immigrants much less likely than Canadian-born youth to have English as their first language (29% vs. 89% respectively).

We also asked about religious and/or spiritual affiliation. Overall, 37% of respondents said they had no religion. Breaking this down, we see that 14% of immigrant respondents and 44% of Canadian-born respondents said they had no religion. This is a 31 percentage point difference.

Click here to read more!



## ACCESS TO HEALTH CARE PROVIDERS

Collectively, 72% of YIS respondents said they had a regular health care provider they could connect with when they needed health care. Breaking this down, we see a 17 percentage point difference between immigrant and Canadian-born youth.

