



# Teens Talk 2016

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A Kids Help Phone report on the well-being of teens in Canada



# Teens talk, but is Canada listening?

Each week Kids Help Phone connects with thousands of young people, helping to reduce their distress, and building their self-confidence and emotional strengths as they navigate through their most challenging moments of need. But we know there are so many more who need help and aren't reaching out. That's why we created *Teens Talk*. Using data from our annual National Teen Survey, we've compiled this report for two reasons: 1) To better understand the challenges teens are facing and 2) To engage Canadians in an important dialogue about how we can make our country safer, healthier and friendlier to young people.

We learned a lot from our 2015 survey, but it also raised a lot of questions. How are the issues experienced by teens inter-connected? What factors influence the likelihood that a teen will experience a problem? What prevents teens from reaching out?

As we explored the results of our 2016 survey, we found some very concerning connections.

We learned that teens who experience issues with their body or self-image, or violence at school or home, are at least twice as likely to seriously consider suicide compared to the general teen population.

We also learned that the online search habits of teens reveals a lot about their well-being. In fact, it's a primary indicator of the likelihood that they are experiencing a problem of some kind. So while they may not speak to anyone, their fingers are doing a lot of talking. The question is, are we listening?

Understanding how youth connect to each other and to their support networks, as well as the barriers they face to seeking help, will be absolutely crucial to how we, as a country, can create solutions to the biggest challenges that our teens face today.

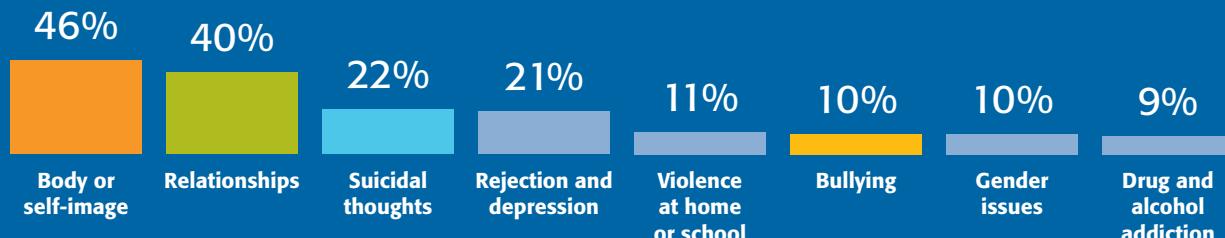
*Teens Talk* is a starting point in the discussion.

**To learn more about how you can help teens,  
visit [kidshelpphone.ca/teenstalk](http://kidshelpphone.ca/teenstalk).**

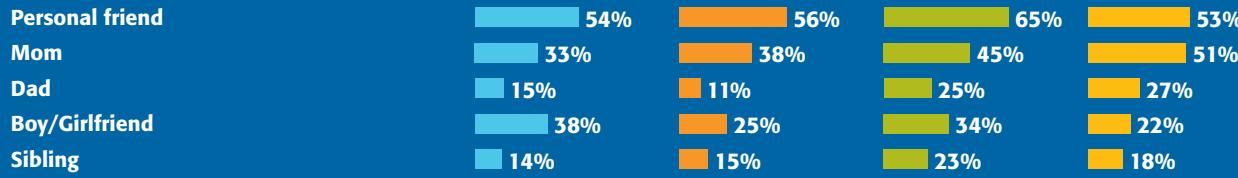
## About the survey

1,319 teens in Canada between the ages of 13 and 18 were surveyed using online panels. The results were weighted for statistical representation across age and gender in each province.

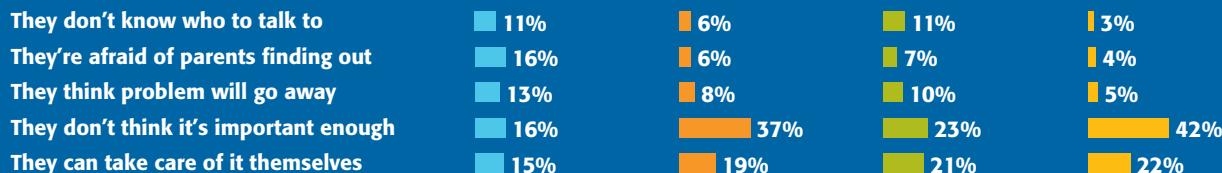
## Top problems reported by teens



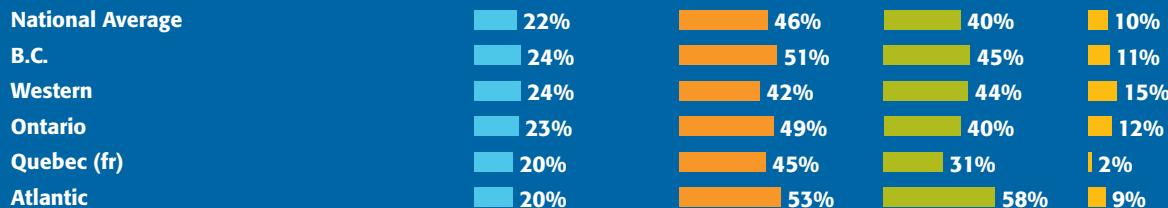
## Who teens talk to



## Why teens don't talk



## Provincial snapshot



# Suicidal thoughts

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1 in 5

Approximately one-in-five teens (22%) report that they seriously considered suicide in the last 12 months.



46%

Almost half of these teens also reported they had a plan — meaning they had given consideration to how, when and where they would attempt suicide.

Girls twice as likely

Girls are twice as likely to have seriously considered suicide compared to boys.



## Of teens who reported seriously considering suicide:

55% also searched the web or social media for information on suicide

75% also experienced body or self-image problems

27% also experienced violence at home or school

23% also experienced addictions to drugs or alcohol



# Body or self-image

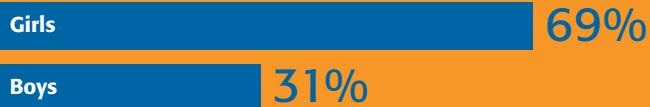
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46%

Nearly half of all teens in Canada report that they experience body or self-image problems, making it the most prevalent concern among teens today. A body or self-image problem is defined in our survey as the self-perception of not measuring up to what friends, family or society expect, or the feeling of inadequacy when compared to others.

2 in 3 Girls

Girls are more than twice as likely as boys to report body or self-image concerns, however, 31% of teenage boys also reported body image issues.



## Of teens who reported body or self-image problems:

79% also searched the web or social media for information on body or self-image

62% also tried to lose weight

48% also self-identified as overweight

63% also experienced relationship problems with family, friends



# Relationships

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2 in 5

With 40% of teens reporting that they experience important relationship problems with family or friends within the last 12 months, relationship concerns are the second most common issue experienced by teens in our survey.



66%

Relationship problems with friends and family are the most common topic that teens will speak to someone about, with 66% reporting they had done so.

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Of teens who reported an important relationship problem:

 74% also experienced body or self-image issues

 22% also experienced violence at home

 74% also experienced discrimination or rejection



# Bullying

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1 in 10

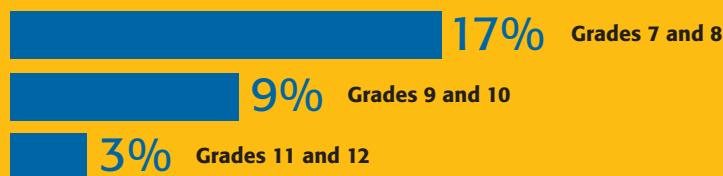
In the last 12 months, 10% of teens have reported that they have experienced bullying – defined in our survey as when one or more individuals tease, threaten, spread rumours about, hit, shove, or hurt another individual.



## Of teens who reported bullying:

### Age

Bullying is much more common among younger teens and significantly decreases in frequency as they get older. 17% of teens in grades 7 and 8 report experiencing bullying, compared to only 9% in grades 9 and 10, and 3% in grades 11 and 12.



### Location

Bullying is twice as likely to be reported by teens in Ontario and almost one-and-a-half times more likely to be reported in the Western provinces. However, teens in Quebec are 70% less likely to report bullying.



**KidsHelpPhone.ca  
1800 668 6868**

**Kids Help Phone**

**Join the conversation today at [kidshelpphone.ca/teenstalk](http://kidshelpphone.ca/teenstalk)**

**La version française est aussi disponible.**

**Contactez-nous au 1-866-814-1010 pour en savoir plus ou pour commander.**



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