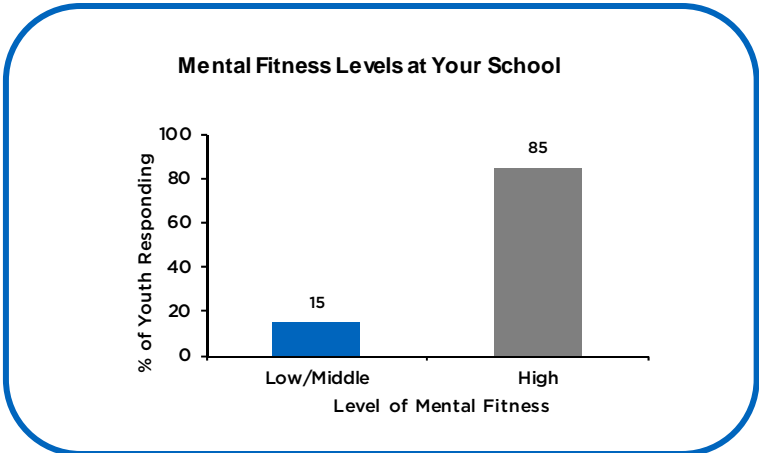


SHAPES/YSS-PEI is a provincial survey of Prince Edward Island students in grades 5 – 12 conducted by the University of Prince Edward Island, in partnership with the PEI Department of Education and Early Childhood Development. Below is a summary of some of the data collected from youth at your school in the areas of: mental fitness, physical activity, healthy eating and smoking. You will also see some ideas presented for how your school can make a difference. Please note: for more detailed results, as well as information about local organizations and resources available, see your complete 2010-2011 SHAPES/YSS-PEI School Health Profile. For more information, please visit: [www.upei.ca/cshr/shapes](http://www.upei.ca/cshr/shapes).

**15%** of youth at your school have low or middle levels of mental fitness.

**Your School can help:**

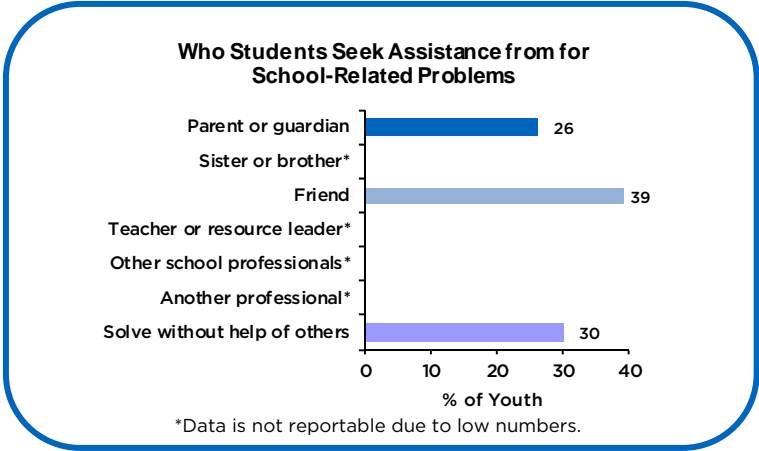
- Identify factors that are important in developing and maintaining high mental fitness levels in youth to help develop targeted programs, policies, curricula, and interventions that can foster positive emotional well-being.
- Establish an inclusive classroom environment and create opportunities for student participation in school life beyond the classroom.
- Implement a curriculum that teaches interpersonal communication and emotional management.



**39%** of youth at your school seek help from friends for school-related problems.

**Your School can help:**

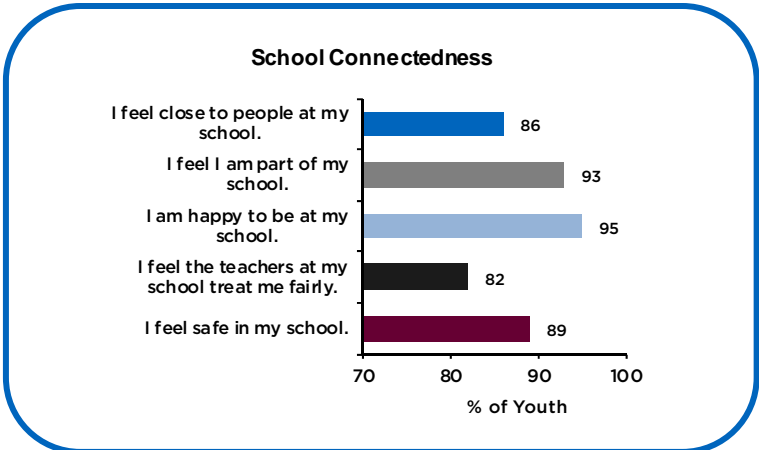
- Dedicate resources and programs to helping peers learn how to support one another in an effective manner and provide sound advice.
- Provide opportunities for training for faculty and staff about mental fitness/positive mental health issues specific to children and youth.
- Post Kids Help Phone (or other similar programs) posters around the school to increase awareness of resources available to youth.



**7%** of youth do not feel as though they are a part of their school.

**Your School can help:**

- Youth who feel an attachment to their school and consider their teachers to be supportive are less likely to engage in unhealthy or risky behaviours.
- Provide diverse opportunities for youth to be meaningfully involved, learn, and be recognized.
- Work with youth, faculty, staff, and parents to identify simple changes or modifications that would make the school's physical environment more pleasant.



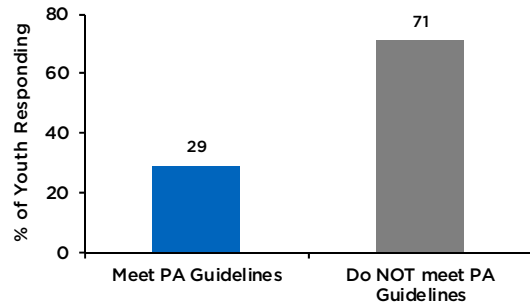
29%

of youth at your school currently meet national physical activity guidelines.

**Your School can help:**

- Post Canada's Physical Activity Guidelines and Food Guide in cafeterias and other youth gathering locations.
- Set class or school goals for physical fitness.
- Provide and maintain facilities to encourage physical activity (e.g., bike friendly areas, skateboard parks, etc.).
- Incorporate activity time into the morning schedule.

**Youth at Your School Meeting Physical Activity Guidelines**



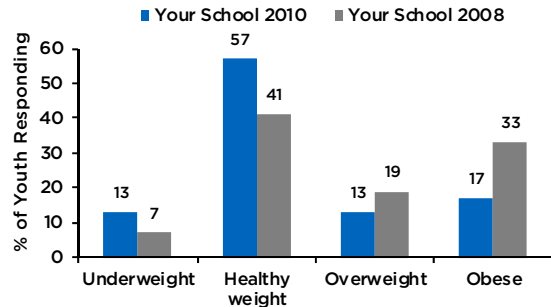
57%

of youth at your school fall into a healthy weight range for their age.

**Your School can help:**

- Any Physical Education or Health unit talking about nutrition and weight should include teaching students about proper weight and false perceptions.
- Have students keep a food diary for a few days to raise awareness about where they can improve their dietary habits.
- Set class or school goals for physical fitness; develop competitions between other classes or other schools, incorporate 10 minutes activity time into morning schedule, or have a student vs. teacher challenge.

**Categories of Self-Reported Height and Weight**



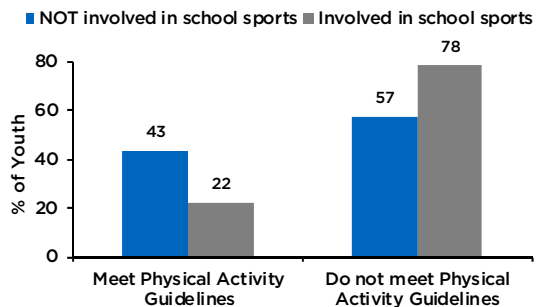
65%

of youth at your school participate in physical activity both inside and outside of school.

**Your School can help:**

- Provide opportunities for extracurricular physical activities before and after school.
- Encourage active classes such as nature walks, field trips, and science experiments that involve activity or being outdoors.
- Reminders (announcements, posters, etc.) about activities and programs can increase student awareness.

**Student Physical Activity Levels When Involved in School-Organized Activities**



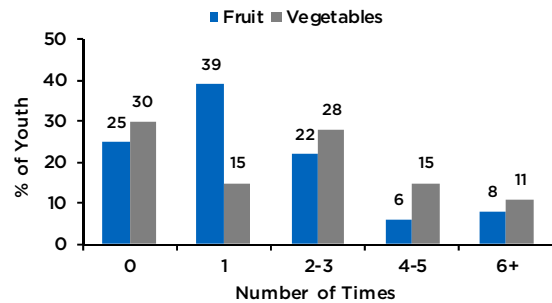
62%

**of youth at your school do not eat the recommended daily amount (6 or more) of fruit and vegetables.**

**Your School can help:**

- Host student forums to discuss healthy eating.
- Invite chefs to teach about healthy cooking.
- Promote a fruit or vegetable of the month.
- Partner with local food producers to help youth learn about locally-grown foods.

**Combined Number of Times Youth Consumed Fruit and Vegetables**



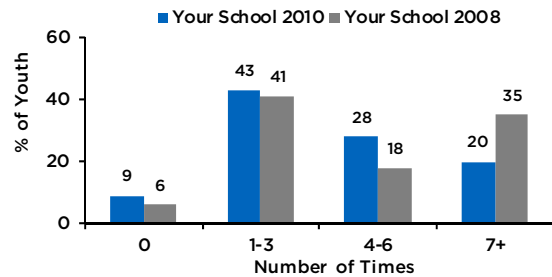
91%

**of youth at your school reported consuming high fat, salty, or sugar snacks or drinks yesterday.**

**Your School can help:**

- Include healthy snacking information in announcements, newsletters and on the school's website.
- Promote and/or advertise only healthy food choices.
- Do not offer less healthy foods (e.g., candy, soft drinks, and chips) as a reward to students for good behaviour, academic achievement, or participation in fundraising activities.
- Consistency between classroom learning and the types of foods available in the cafeteria helps students apply the skills acquired in the classroom.

**Combined Number of Times Youth Consumed High Fat, Salty or Sugar Snacks or Drinks Yesterday**



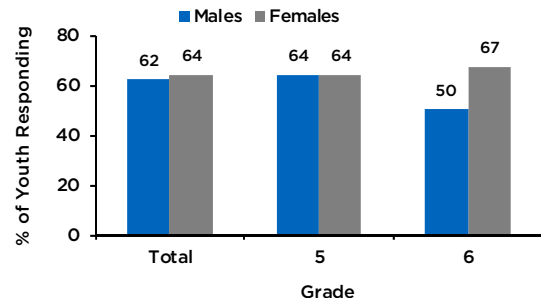
63%

**of youth at your school report eating breakfast every day in a usual school week.**

**Your School can help:**

- Partner with the PEI Healthy Eating Alliance (coordinator of funding sources) to offer a breakfast program at your school if you do not already have one.
- Provide students and parents with information about the importance of healthy breakfast habits.
- Consider the relative cost of healthy vs. unhealthy breakfast and lunch options in your school cafeteria.

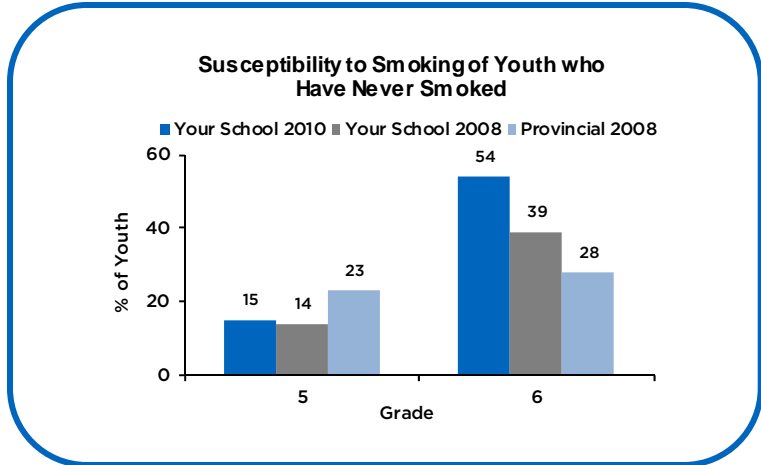
**Percentage of Youth who Eat Breakfast Everyday in a Usual School Week**



**25%** of youth at your school have low confidence in their ability to remain smoke-free in the future.

**Your School can help:**

- Educate youth about the short and long-term negative health and social effects of smoking.
- Include youth who don't smoke in tobacco prevention efforts because they can learn ways to positively impact their peers and will be less susceptible to smoking in the future.
- Correct inaccurate perceptions about what are normal behaviours among youth.



**Few** youth at your school reported having ever tried smoking a cigarette.

**Your School can help:**

- Teach media literacy skills to inform youth how they are targeted by tobacco companies.
- Involve youth in writing letters to local merchants reminding them that it is illegal to sell tobacco to minors and offering to work to find solutions.
- Teach and emphasize the reasons behind anti-smoking laws; for example, the negative health effects of smoking and the bad example it sets for younger students.

