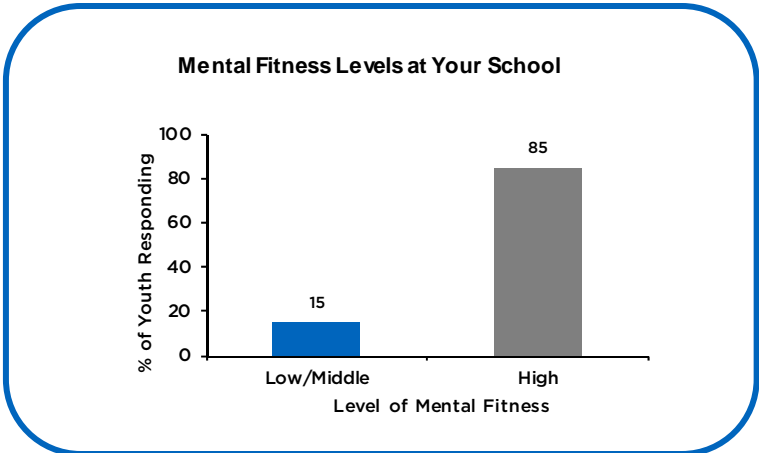


SHAPES/YSS-PEI is a provincial survey of Prince Edward Island students in grades 5 – 12 conducted by the University of Prince Edward Island, in partnership with the PEI Department of Education and Early Childhood Development. Below is a summary of some of the data collected from youth at your school 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.

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

Your School can help:

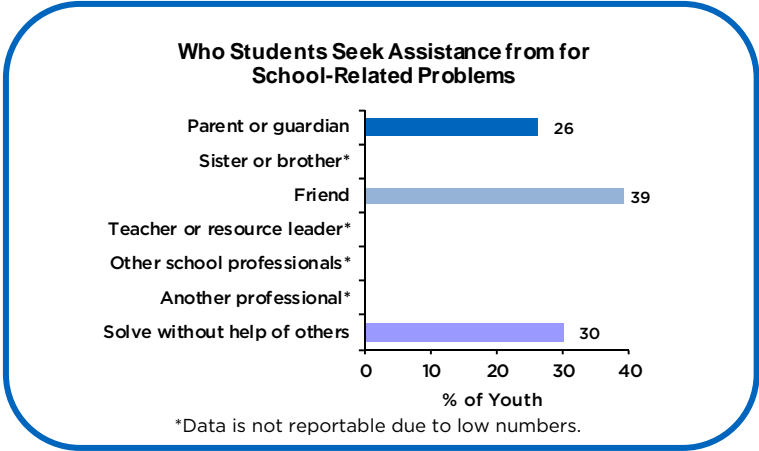
- Identify factors that are important in developing and maintaining high mental fitness levels in youth to help develop targeted programs, policies, curricula, and interventions that can foster positive emotional well-being.
- Establish an inclusive classroom environment and create opportunities for 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:

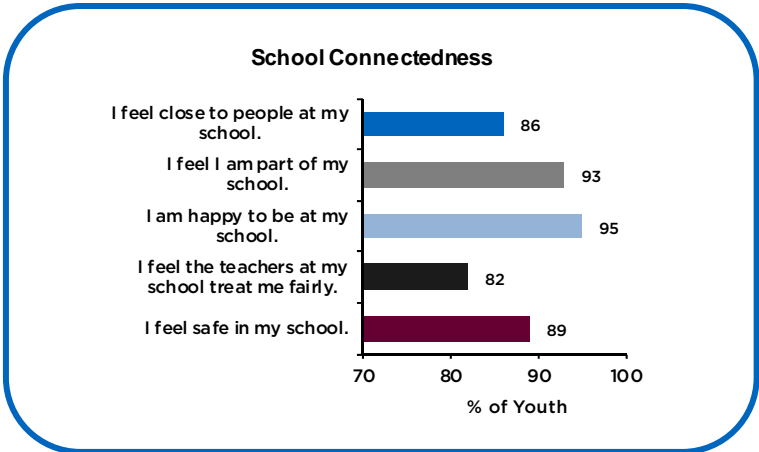
- Dedicate resources and programs to helping peers learn how to support one another in an effective manner and provide sound advice.
- Provide opportunities for training for faculty and staff about mental fitness/positive mental health issues specific to children and youth.
- Post Kids Help Phone (or 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.



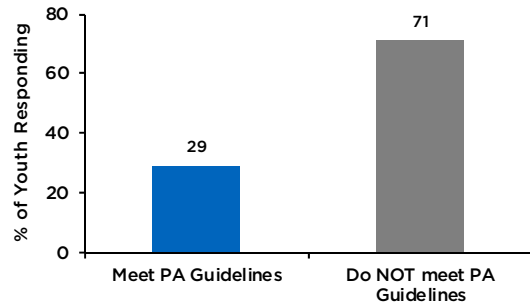
29%

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



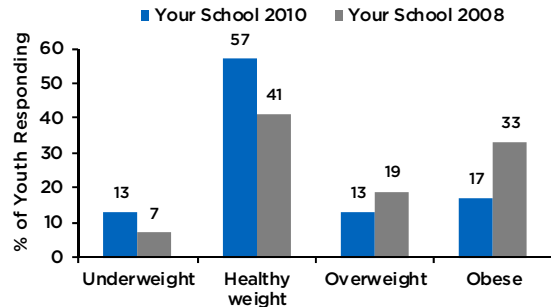
57%

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



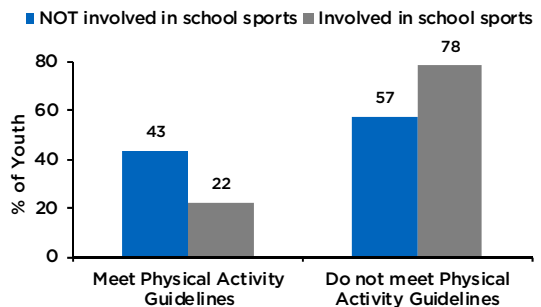
65%

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



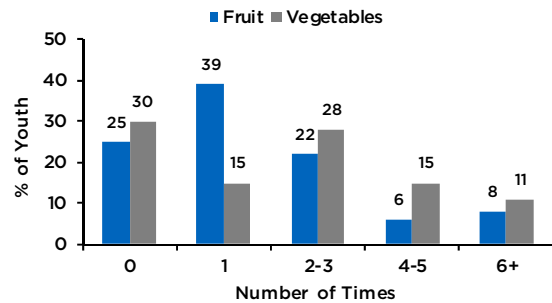
62%

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



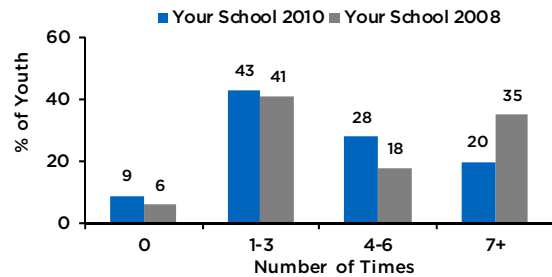
91%

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



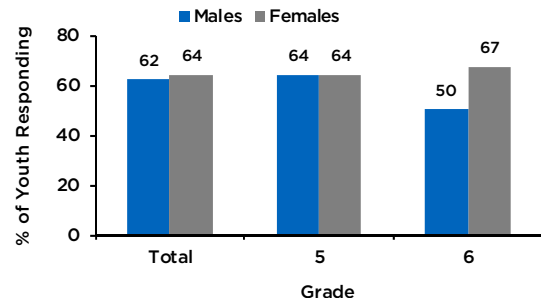
63%

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.

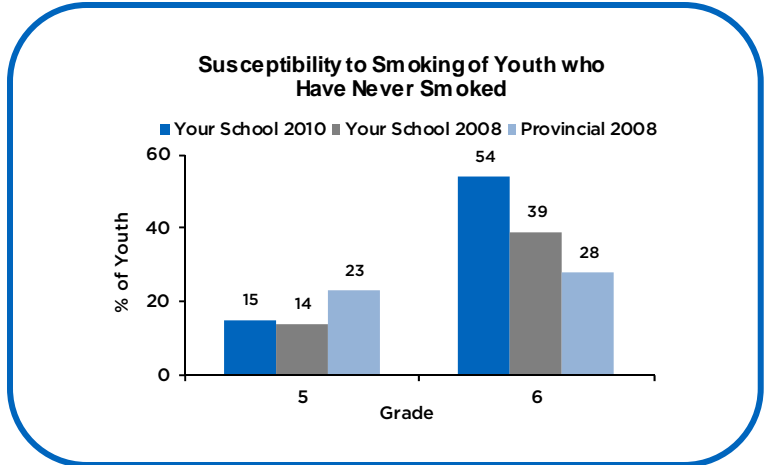
Percentage of Youth who Eat Breakfast Everyday in a Usual School Week



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.

