



2018 Every Student Counts Survey: Overall Student's Mental Health and Well-Being

Students' Demographic data were collected in November 2018 through the Every Student Counts Survey (ESCS). Results from this survey are being used to inform Board and school improvement planning to support student achievement and well-being, and create more equitable and inclusive school environments.

The Mental Health and Well-being Themed report underscores YRDSB's continued commitment to human rights, equity, anti-racism and anti-oppression, particularly in connection to providing safe, caring, welcoming, healthy and inclusive schools to improve the learning outcomes and well-being of underserved students. While a range of data are used to support students by monitoring systemic impacts on student experiences and outcomes, this report focuses on the self-reported mental health and well-being of students in Grades 7-12 at YRDSB, emphasizing the 2018-2019 school year when the ESCS was administered.

Data Interpretation Notes

The percentages reported in this infographic are based on the responses of students who selected "All the time" or "Often".

The percentages reported for Racial Identity are based on "Single Race" selections.

The "No Selection" category collapsed the following responses to each identity survey question: not sure, I do not understand this question or when no response was provided.

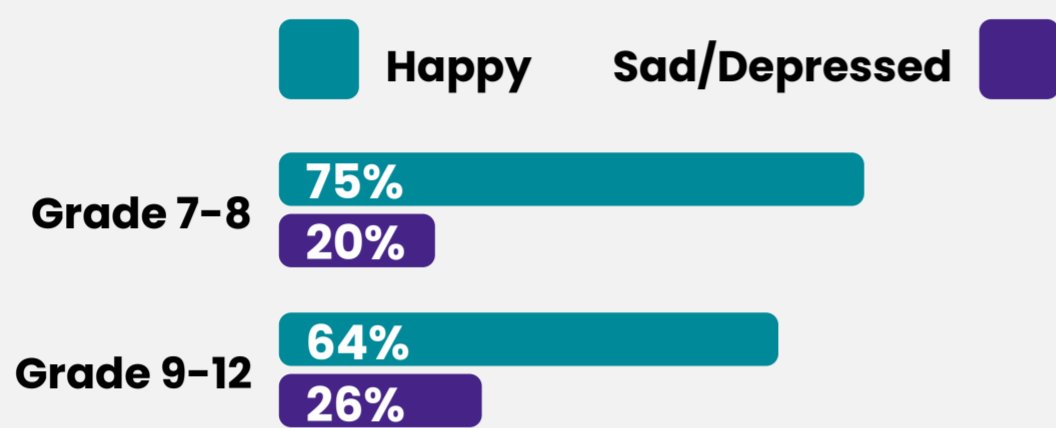
NR in tables or graphs denotes there were less than 15 students in a particular group and therefore the resulting figure is Not Reported (NR) to preserve the privacy of the students.

Anti-Oppression Note

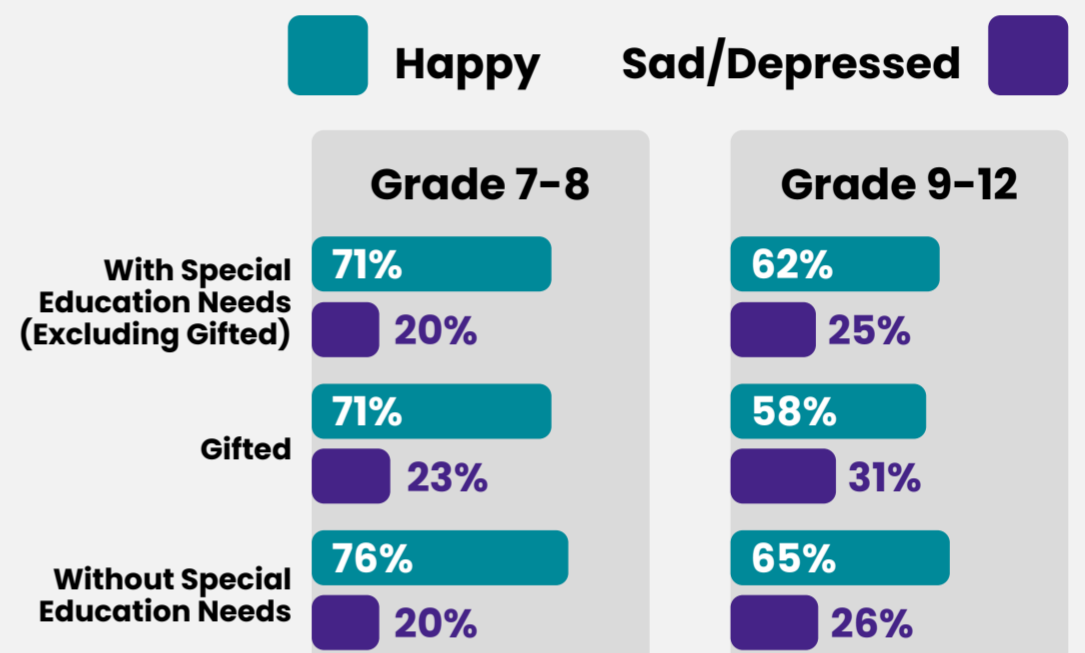
Disproportionalities are the direct result of inequities within and beyond schools and school boards and not a reflection of deficits within students and families. As such, it is important to review these findings through an Anti-Oppressive Framework with the understanding that:

biases must be examined to ensure that students, families, and communities are not further marginalized or stigmatized in reviewing and interpreting data; overrepresentation of students from specific identity groups reflect systemic inequities; and, responses to disproportionalities in group representation must focus on strategies and initiatives to promote equitable institutional structures and practices.

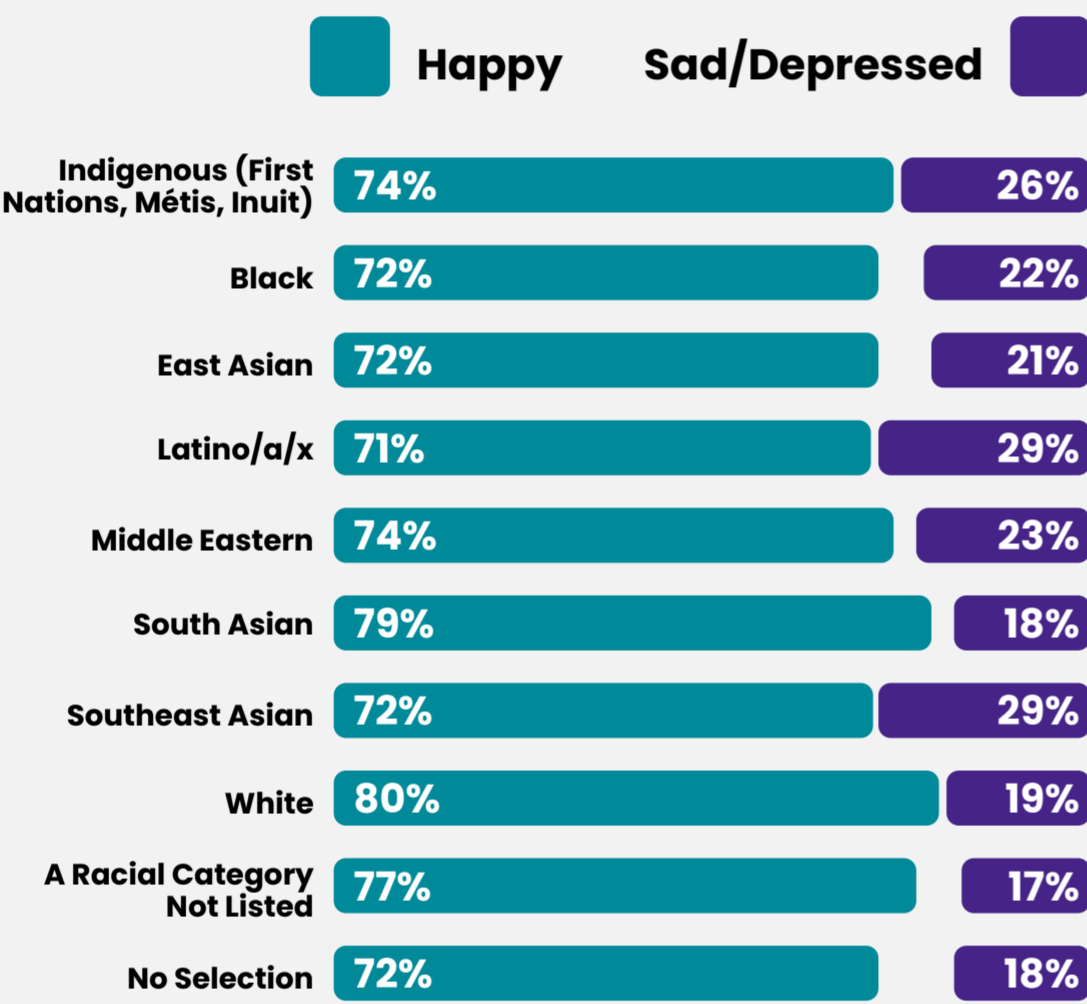
Overall Emotional Well-Being, 2018-19, Gr. 7-12



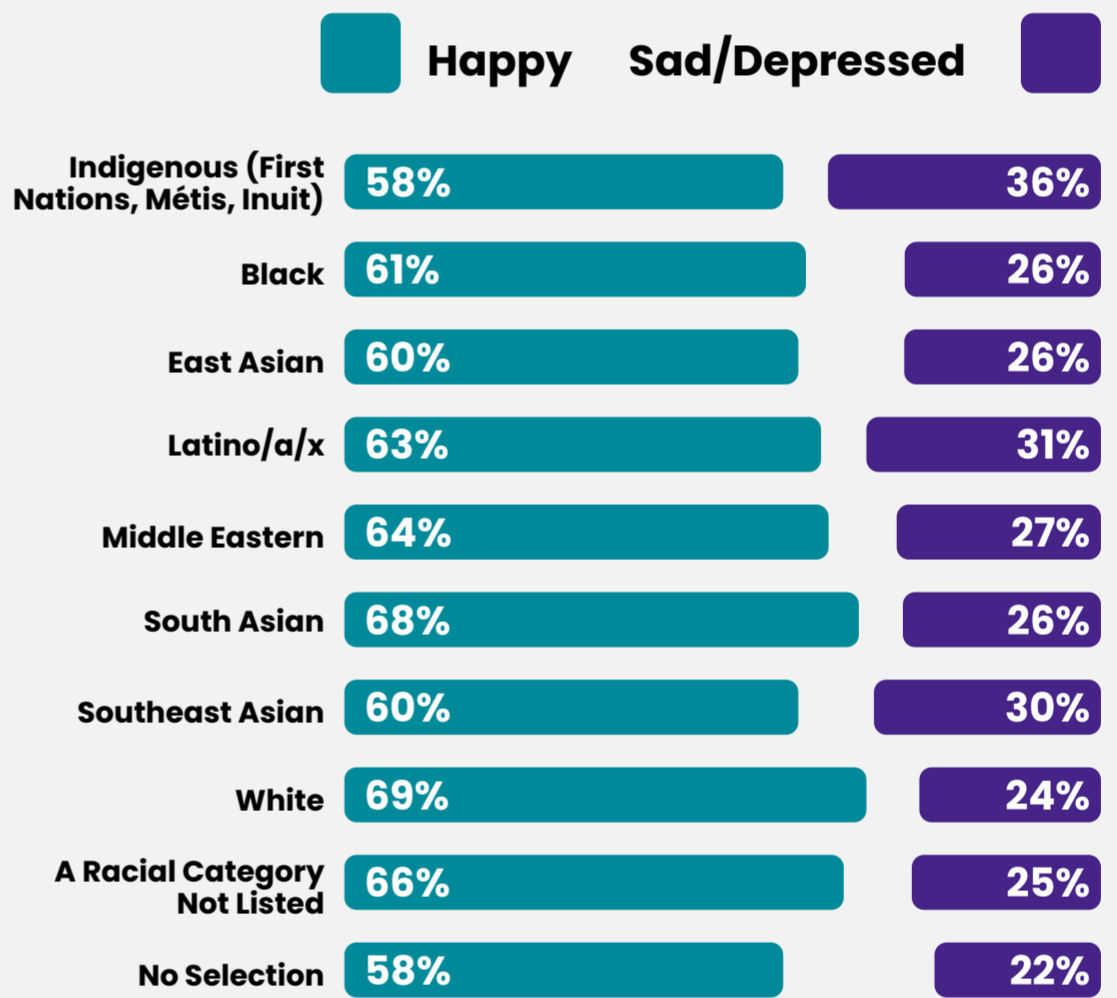
Emotional Well-Being by Special Education Need, 2018-19, Gr. 7-12



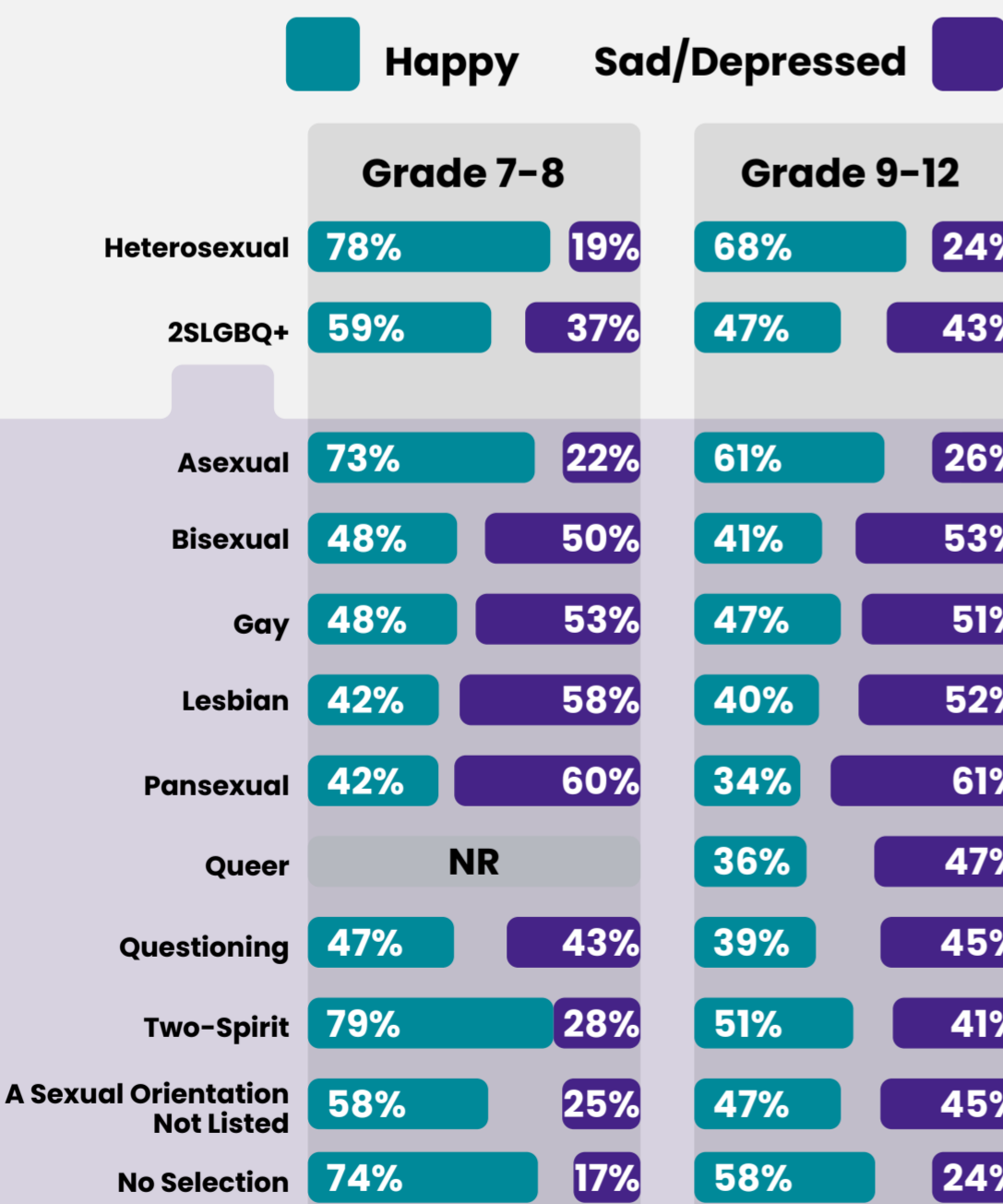
Emotional Well-Being by Racial and Indigenous Identity, 2018-19, Gr. 7-8



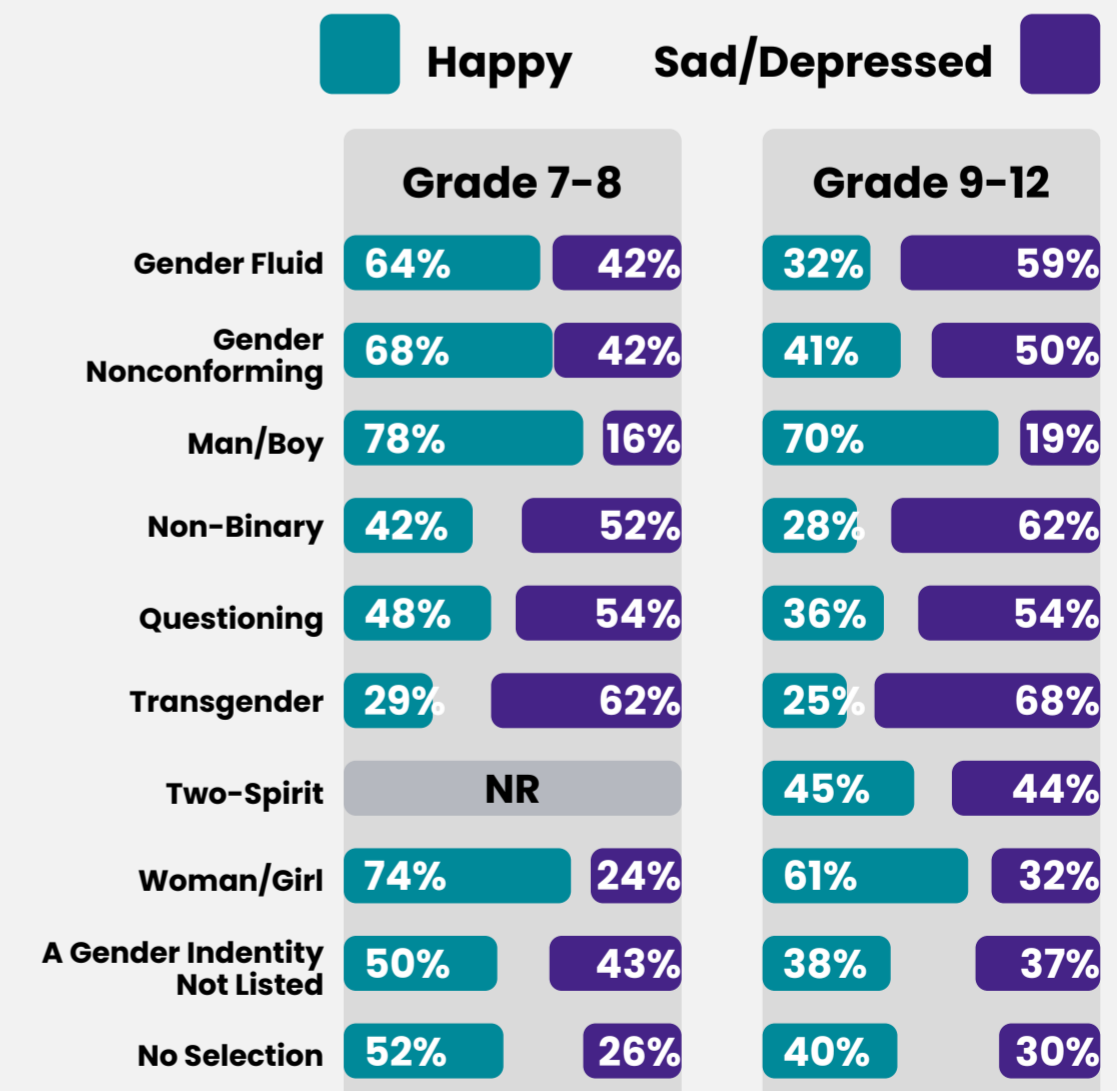
Emotional Well-Being by Racial and Indigenous Identity, 2018-19, Gr. 9-12



Emotional Well-Being by Sexual Orientation, 2018-19, Gr. 7-12



Emotional Well-Being by Gender Identity, 2018-19, Gr. 7-12



Moving Forward

- Implement the ABCs of Mental Health Lesson Series for K-12 (Acknowledge, Bridge, Connection). The series is designed with an anti-oppressive framework, which identifies and challenges oppressive ideologies such as pathologization, universalism, and deficit thinking.
- Place the individual student at the centre of our actions.
- Ensure active family and student voice in the proactive planning to support students.
- Enhance the Family Mental Health Newsletter 2021-22 editions with emphasis on tips for families and encouraging dialogue with schools in efforts to provide accessible communications for families (e.g., encouraging participation in web events, and drop-ins for families and youth).
- Provide culturally relevant and responsive mental health care.
- Centre intersecting social identities for students in affirming practices in programming, services and supports.
- Continue to build collaborative relationships with external organizations and agencies that provide culturally, racially, and linguistically relevant mental health services.
- Enhance and extend student leadership for mental health initiatives in tandem with student leaders and other stakeholders.
- To provide feedback or questions about any section of this Report about accessibility, or if you require the report in a different format for accessibility reasons please contact the Human Rights Commissioner's Office at 905-884-2046 ext. 311 or aoda@yrdsb.ca

For more details, please access [the full report](#).

*Source: Every Student Counts Survey & Student Information System