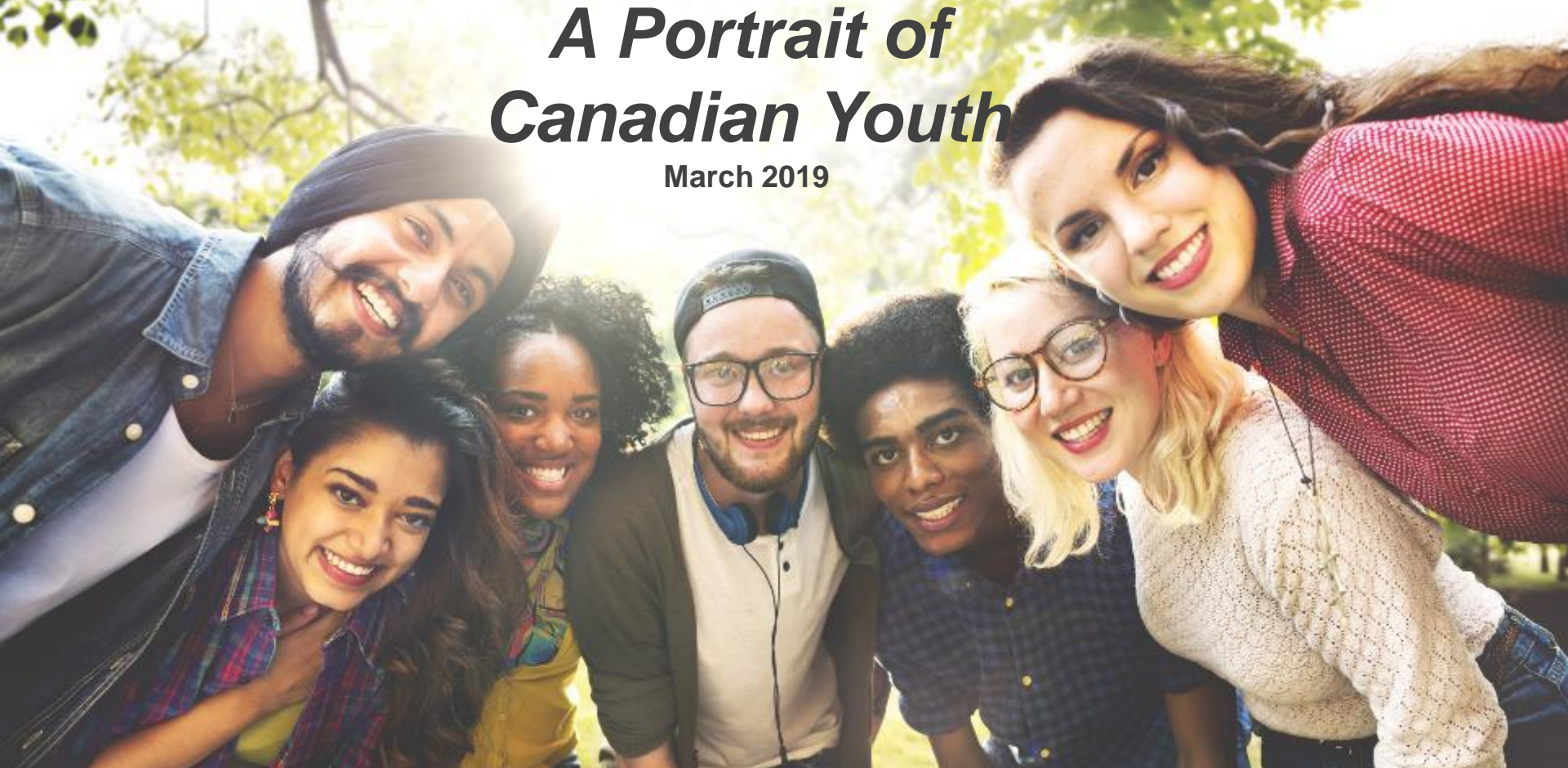


# A Portrait of Canadian Youth

March 2019



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Statistics  
Canada

Statistique  
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Today's **YOUTH**  
are unlike  
any generation  
before!

They are **MORE...**

- diverse**
- connected**
- socially engaged**
- educated**



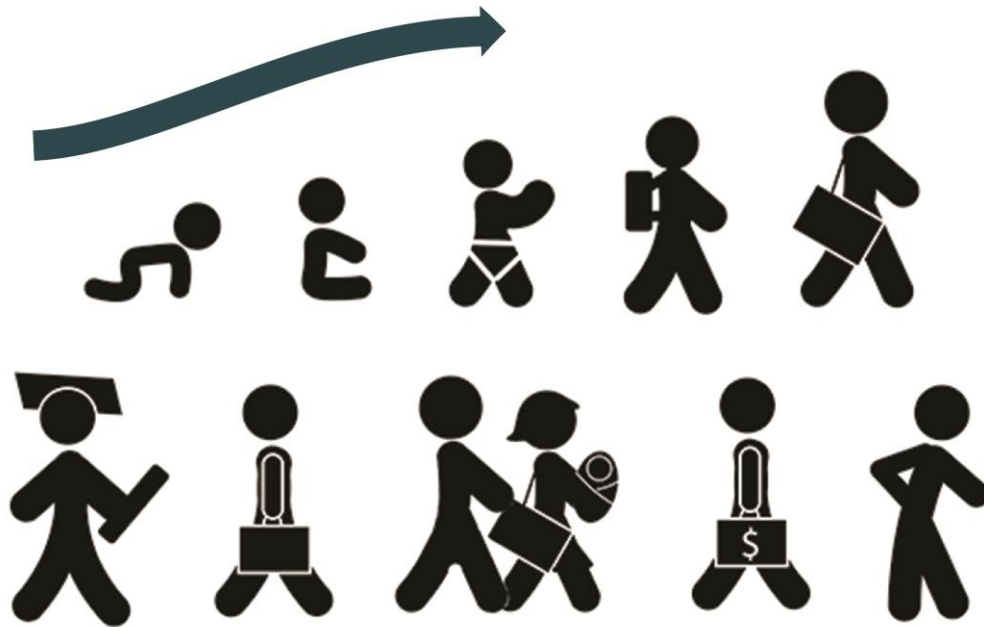
# Many youth are reaping the BENEFITS but others face CHALLENGES

such as...

- ✓ finding a full time job
- ✓ social exclusion
- ✓ cyberbullying
- ✓ mental health challenges and addiction
- ✓ higher risk of being obese



## Also important to think about today's youth within the entire life course



It is important to remember that today's youth will become Canada's future parents, prime-age workers, and seniors. Their early experiences and vulnerabilities can shape their outcomes later in life.

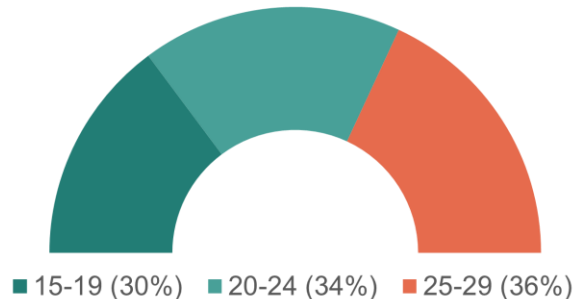
# Who are Canadian youth and where do they live?



# Canadian youth in numbers

There are over  
**7 million**  
youth across the country,  
aged **15 to 29**.

Proportion of Canadian youth, by age group, 2018



In July 2018, 15-29 year-olds represented 19.2% of the country's population. Medium growth population projections suggest that this proportion will fall to 18% by 2035.

Between 2008 and 2018, the number of youth aged 25 to 29 increased the most. The number of youth aged 15 to 19 declined.



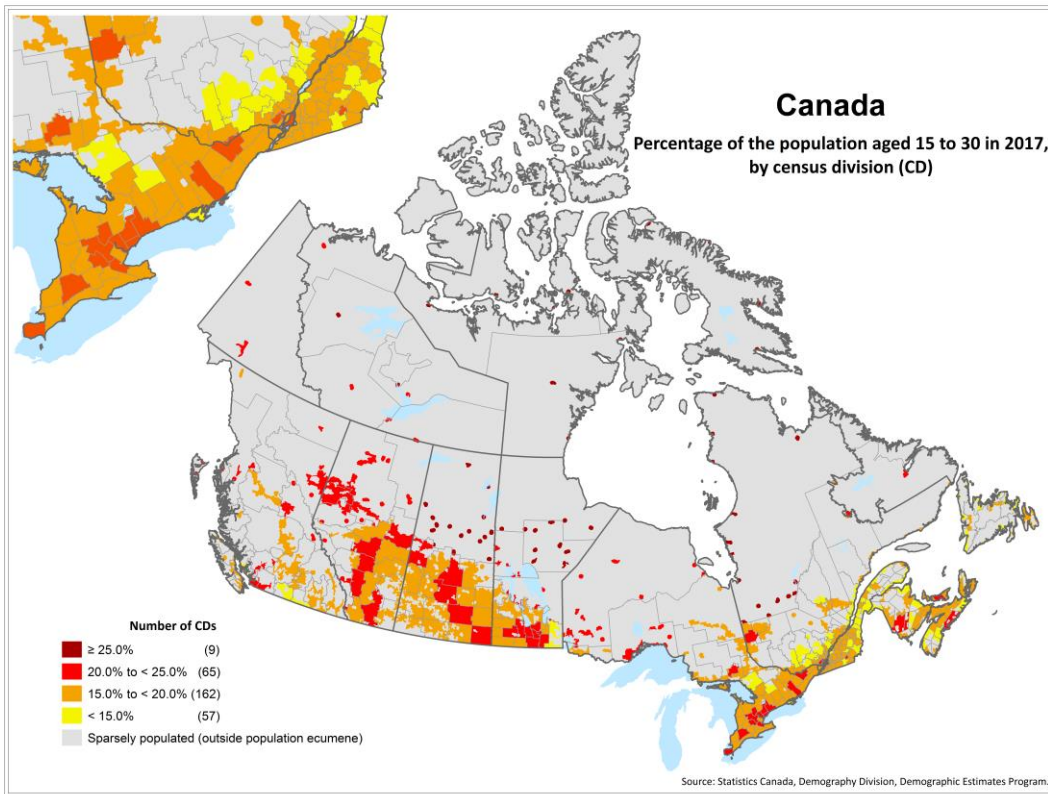
## Did you know?

Similar to other countries, Canada's youth represent a smaller share of the population than in the past. ”

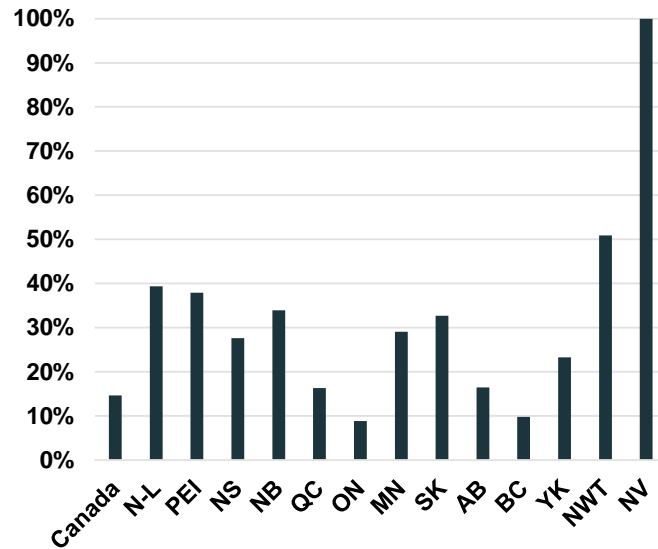
Sources: Statistics Canada, 2018 and 2008 Demographic Estimates Program (preliminary and final estimates) and Population Projections for Canada, Provinces and Territories.



# Youth's share of the population highest in Western Canada and the North



% of youth aged 15 to 29 who do not live in a town<sup>1</sup> or large urban centre<sup>2</sup>, by province, 2017



<sup>1</sup> Census agglomeration or <sup>2</sup> Census metropolitan area

Source: Statistics Canada, 2017, Demographic Estimates Program (preliminary estimates).

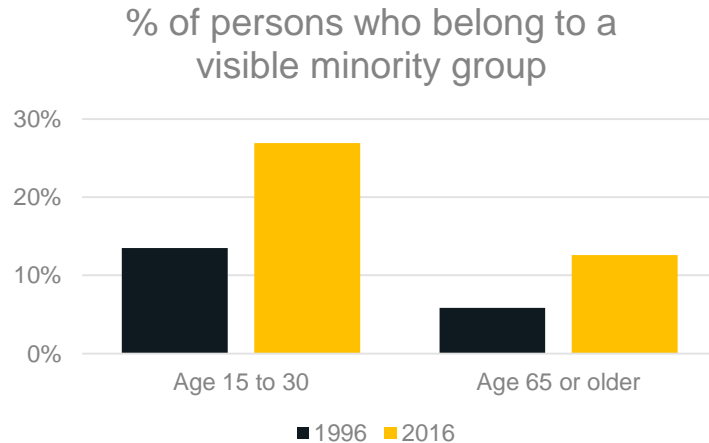


# Youth are highly diverse

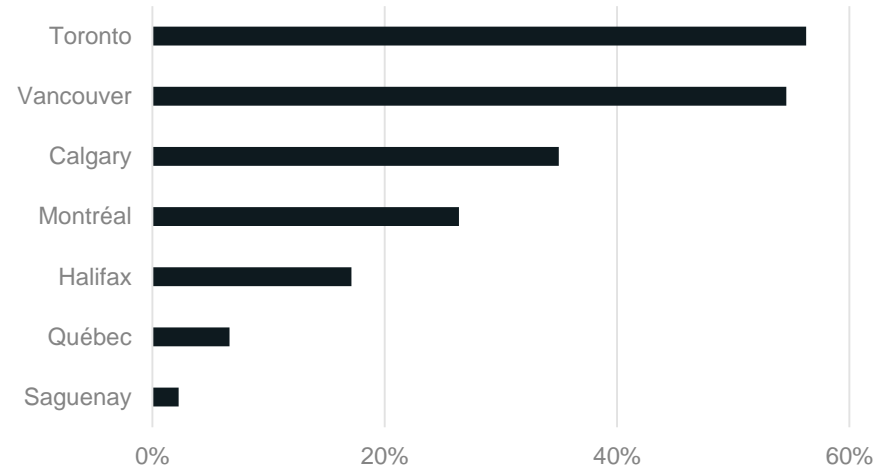
In 2016



of youth aged 15 to 30 were identified as members of a visible minority group, compared with 13% in 1996



Proportion of youth aged 15 to 30 who belong to a visible minority group, selected CMAs, 2016 Census of Population



**Did you know?**  
Almost 74% of youth have friends from another ethnic group.

Sources: Statistics Canada, 1996 and 2016 Census and 2013 General Social Survey on Social Identity.



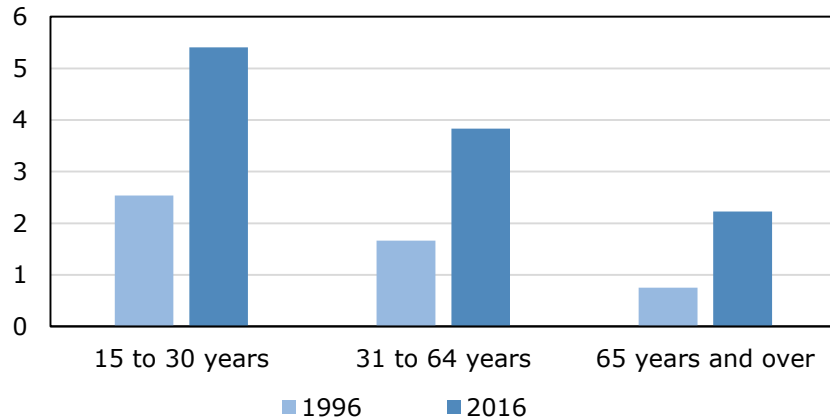


# Youth are highly diverse

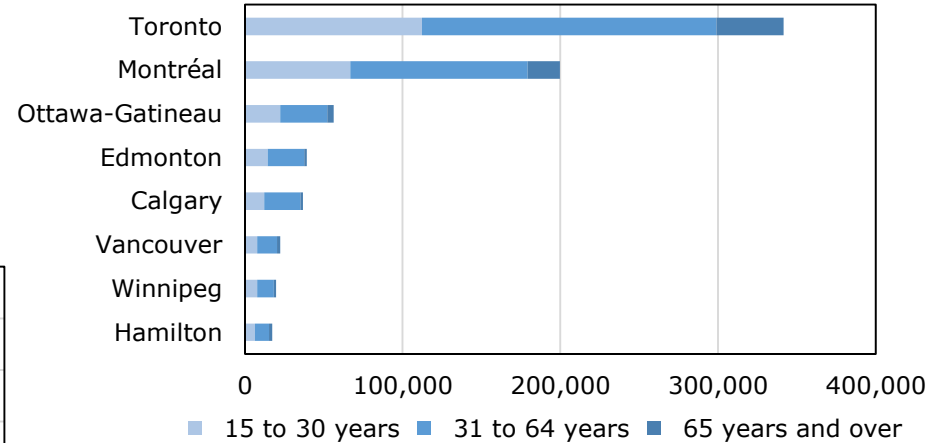
In 2016, 5.4% of youth aged 15 to 30 identified as Black, compared with 2.5% in 1996.

There were slightly more Black females (51.6%) than Black males.

Percent of the youth aged 15 to 30 who self-identified as Black, Canada, 2016



Black population in selected census metropolitan areas by age groups, Canada, 2016

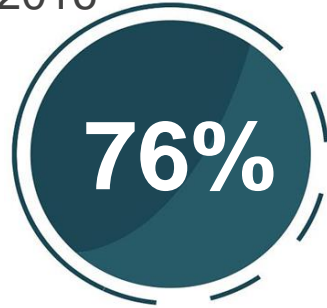


Toronto, Montréal and Ottawa-Gatineau are the CMA's with the highest Black populations.

Sources: Statistics Canada, 2016 and 1996 Census and 2013 General Social Survey on Social Identity.

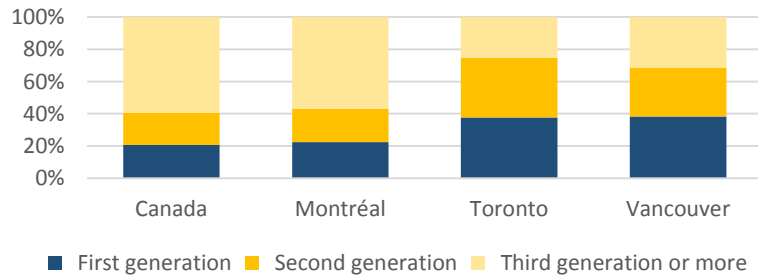
# Youth are highly diverse

In 2016

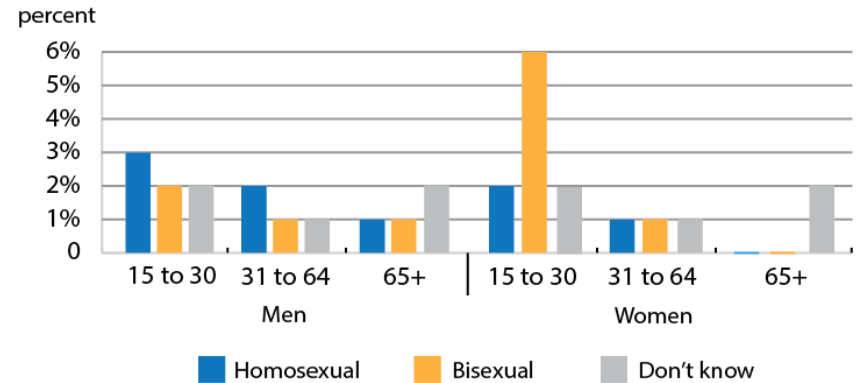


of youth in Toronto were immigrants (1<sup>st</sup> generation) or had at least one parent who is an immigrant (2<sup>nd</sup> generation)

The generational status of youth aged 15 to 30, Canada and selected CMAs, 2016  
Census of Population



About 5% to 8% of Canadian youth (aged 15 to 30) consider themselves to be either homosexual or bisexual

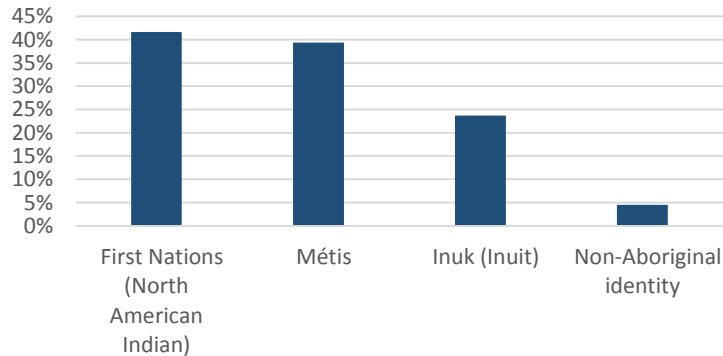


Sources: Statistics Canada, 2016 Census and 2016 General Social Survey on Canadians at Work and Home.

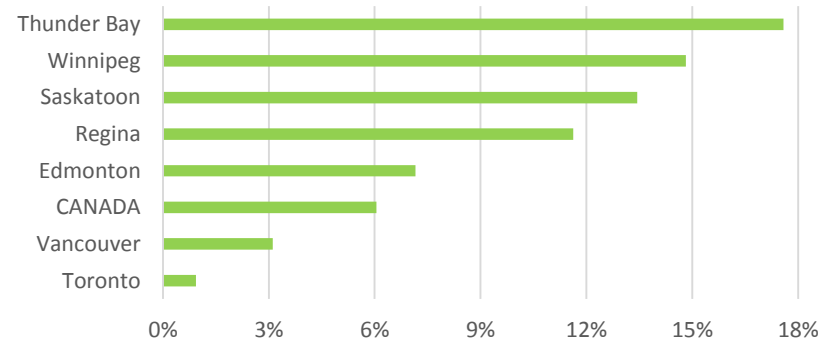
# The number of young Indigenous people is growing

From 2006 to 2016, the number of First Nations, Métis and Inuit youth aged 15 to 30 increased by 39%, compared to just over 5% for non-Indigenous youth.

Percent increase in number of youth, aged 15 to 30, by Aboriginal identity, 2006 to 2016



Proportion of youth aged 15 to 30 who are First Nations, Métis or Inuit, selected CMAs, 2016 Census of Population



Note: 'Indigenous identity' refers to whether the person identified with the Aboriginal peoples of Canada. This includes those who are First Nations (North American Indian), Métis or Inuk (Inuit) and/or those who are Registered or Treaty Indians (that is, registered under the Indian Act of Canada), and/or those who have membership in a First Nation or Indian band. Aboriginal peoples of Canada are defined in the Constitution Act, 1982, Section 35 (2) as including the Indian, Inuit and Métis peoples of Canada. The term Indigenous identity is being used to correspond to the data derived from the Aboriginal identity questions as asked in the 2006 and 2016 Census.

Sources: Statistics Canada, 2016 and 2006 Census.

# More youth are living with their parents

In 2016, **57%** of youth aged 15 to 30, were living with their parents, which is practically unchanged from 56% in 2001.

However, the largest increase was for youth aged 27 to 30 years old. 22% were living with their parents in 2016 compared to 18% in 2001. This varied significantly by CMA.

Toronto	36%
Hamilton	30%
Vancouver	28%
CANADA	22%
Montréal	19%
Calgary	16%
Québec	9%



Sources: Statistics Canada, 2016 and 2001 Census.



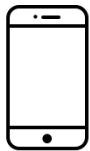
# What are Canadian youth doing?



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# Youth are more **CONNECTED** than any other generation



**Nearly 100%** of youth aged 15 to 30 use the Internet on a daily basis or own their own smartphone – broadly similar across all provinces and across all household income groups.



**77%** of youth aged 15 to 30 use the Internet to follow news and current affairs.

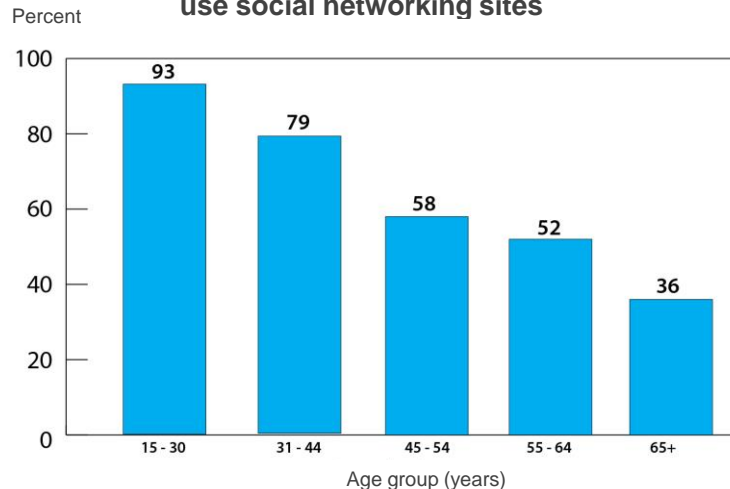


**One half** of youth aged 25 to 30 conduct transactions on the Internet at least weekly – almost twice that of older Canadians.



**93%** of youth aged 15 to 30 use social networking sites.

**Virtually all youth aged 15 to 30 use social networking sites**



Note: Includes only those that reported using the internet.  
Source: 2013 General Social Survey.

**17%**

**But higher technology use also brings new challenges**

of youth aged 15 to 30 said they were cyberbullied or cyberstalked in the past 5 years.

Sources: Statistics Canada, 2016 General Social Survey on Canadian at Work and Home, 2013 General Social Survey on Social Identity and 2012 Program for the International Assessment of Adult Competencies.



# Youth are less likely to vote but are still socially and civically ENGAGED

## Giving, volunteering and participating



67% of 15 to 30 years olds are members of a group, organization or association, compared with 65% for the overall Canadian population.



48% of youth aged 15 to 30 volunteer.

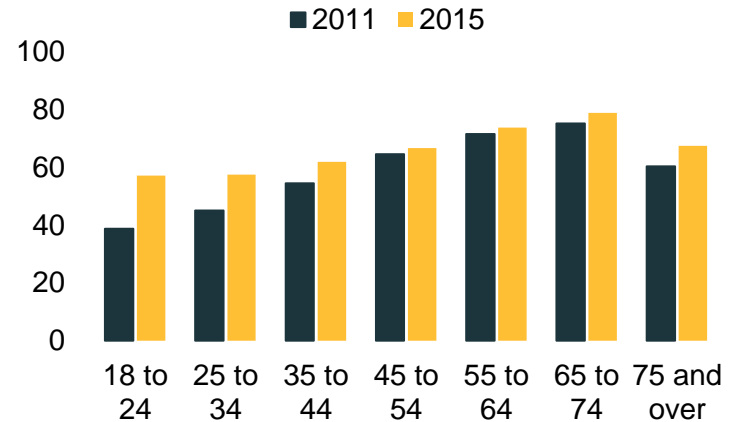


71% of those aged 15 to 30 said they gave to a charitable or non-profit organization.



45% of youth aged 15 to 30 have confidence in Canadian Parliament, compared with 38% for the general population.

Voting rates in federal elections by age group, 2011 and 2015



### Did you know?

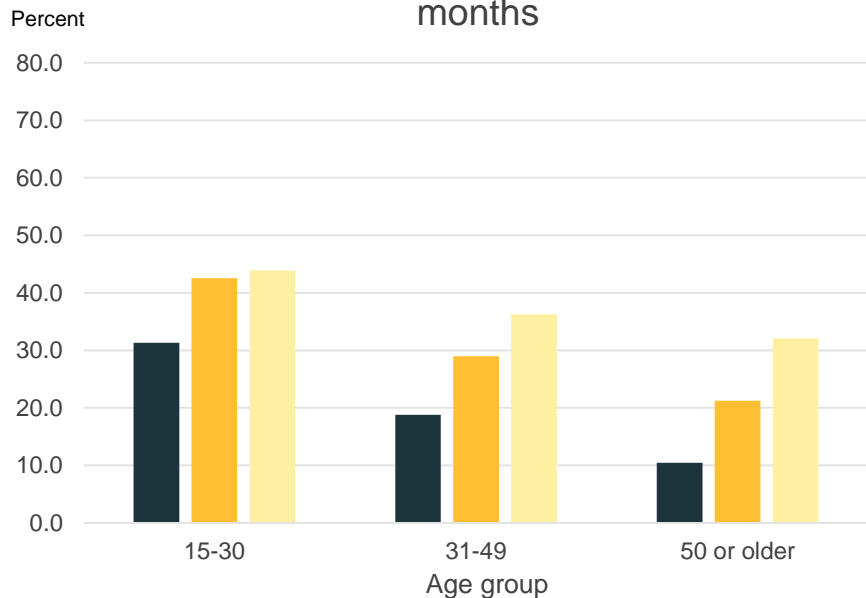
The proportion of young people aged 15 to 30 who stated that they rarely or never followed news and current affairs almost doubled, from 12% in 2003 to 23% in 2013.

Youth aged 15 to 30 contribute 23% of all volunteer hours in Canada.

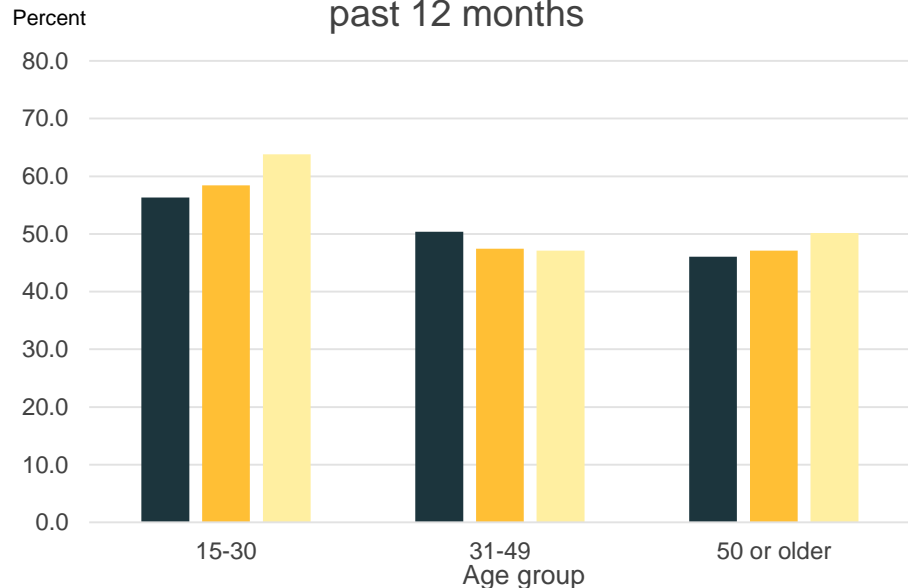


# Youth participate actively in sports, arts and cultural activities

## Participation in sports during past 12 months



## Participation in arts/cultural activities during past 12 months



Low household income (<\$60,000)

Moderate household income (\$60,000 to \$139,999)

High household income (\$140,000 or more)

Source: Statistics Canada, 2016 General Social Survey on Canadians at Work and Home.

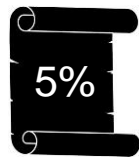


# Youth are more EDUCATED than ever



97%

of 15 year olds attend school



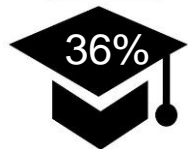
5%

of 21 year olds enroll in apprenticeship programs



24%

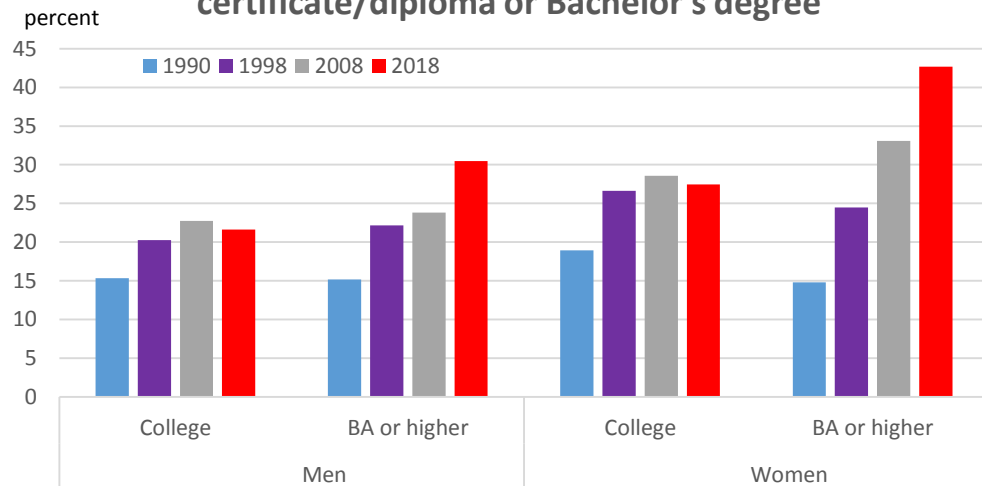
of 19 year olds in college



36%

of 21 year olds at university

Percentage of youth, 25-30, with a college certificate/diploma or Bachelor's degree



## Did you know?

A large gap in postsecondary enrolment remains between youth from lower and higher income families. Non-financial factors, such as academic performance and parental education, play a significant role.

In 2016, 9% of men and 5% of women aged 25 to 34 had not completed high school, compared to 22% and 19%, respectively, in 1990. In 2011, 31% of Indigenous men and 25% of Indigenous women had not completed high school.

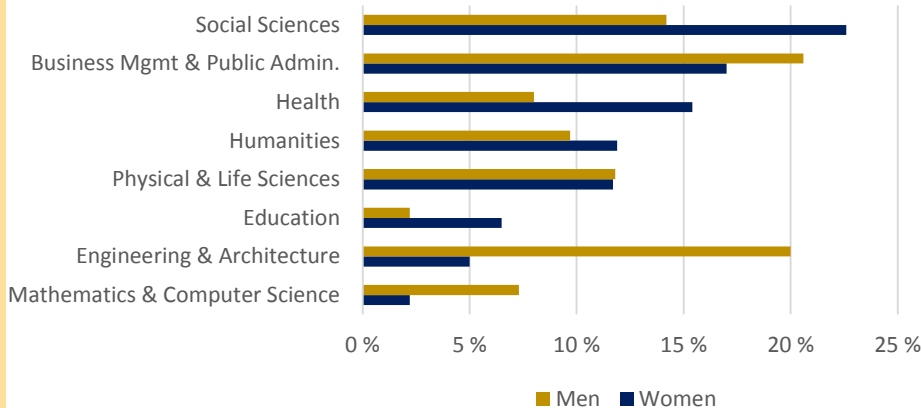


Sources: Statistics Canada, Education Indicators in Canada: Report of the Pan-Canadian Education Indicators Program September 2017, 1990 to 2018 Labour Force Survey and 2011 National Household Survey.

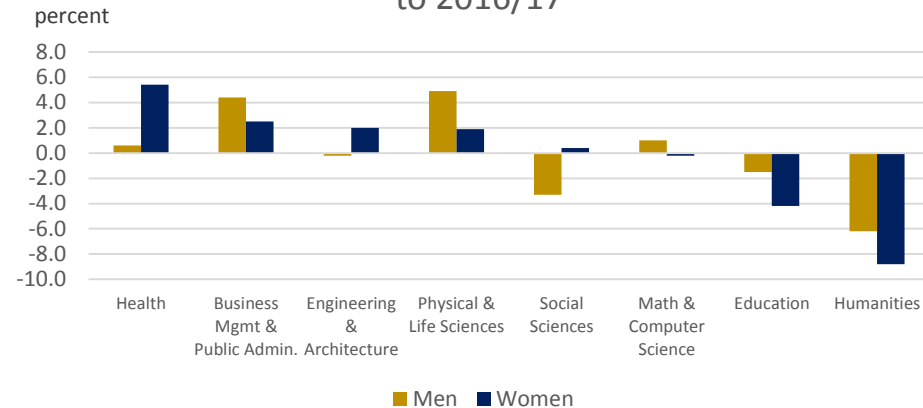


# Young men and women continue to enter different types of programs and fields of study

Selected major fields of study among university students aged 15 to 29 years, 2016/17



Change in major fields of study undertaken by university students aged 15 to 29 years, 1992/93 to 2016/17



## Did you know?

Literacy and numeracy scores are higher among 15 to 29 year olds than any other age group.



Sources: Statistics Canada, 2016-2017 and 1992-1993 Postsecondary Student Information System and 2012 Programme for the International Assessment of Adult Competencies.



# Lifetime earnings vary considerably across educational attainment and fields of study



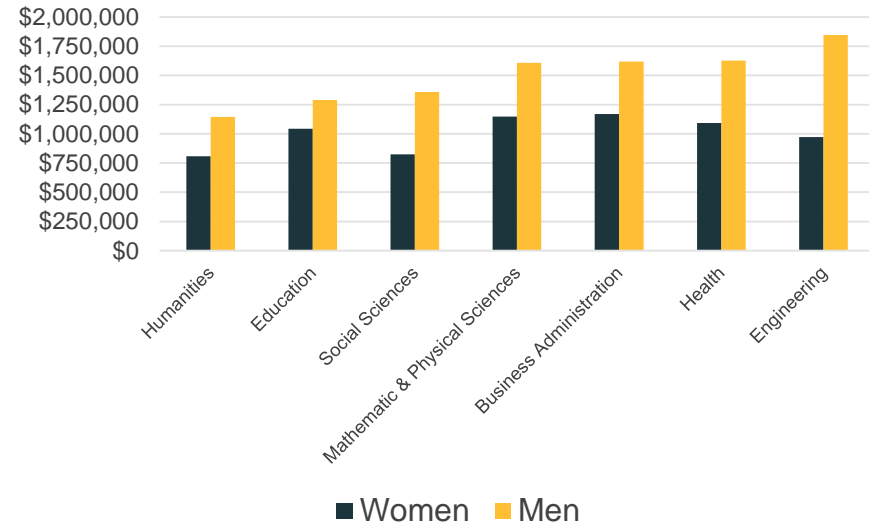
Among youth from the early 1990s, average cumulative earnings through their thirties and forties were **over \$700,000** higher among men with a bachelor's degree than among men with a high school diploma.

Among women, the difference was **\$442,000**.

These results varied significantly by field of study:

- Men with an engineering degree made over **50%** more than men with a degree in the humanities.
- Women in mathematics, physical sciences and business administration made **25%** more than women in the social sciences.

Median cumulative earnings over 20 years among an early 1990s cohort of bachelor degree holders, by sex and selected fields of study



Sources: Statistics Canada, 2014, "The cumulative earnings of postsecondary graduates over 20 years: results by field of study," *Economic Insights*, Longitudinal Worker File and 1991 Census.

# Costs of education have increased and many graduates continue to be burdened with debt



Average tuition fees for full-time Canadian undergraduate students increased faster than the rate of inflation over the last decade.



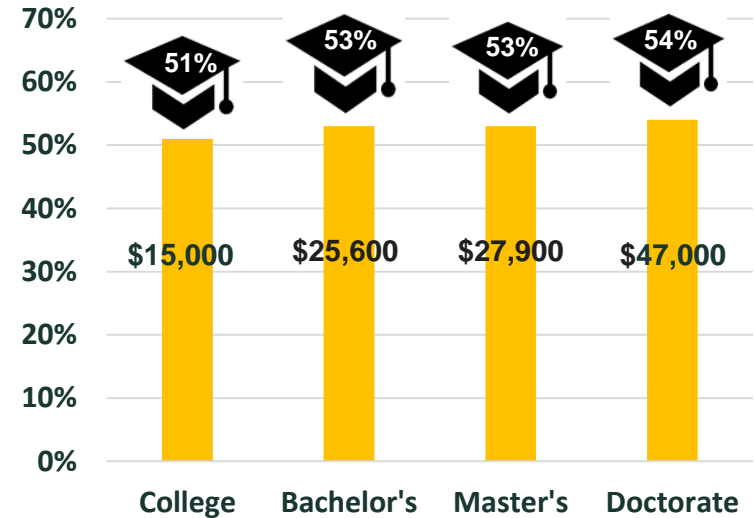
Average tuition fees for full-time Canadian undergraduate students are lowest in Newfoundland and Labrador and Quebec, and highest in Ontario and Nova Scotia.



53% of youth aged 15 to 30 years graduating with a bachelor's degree have student debts, similar to the early 2000s.

Sources: Statistics Canada, 2008/2009 to 2018/2019 Tuition and Living Accommodation Costs, 2013 National Graduates Survey, class of 2009/10 and 2002 National Graduate Survey, class of 2000.

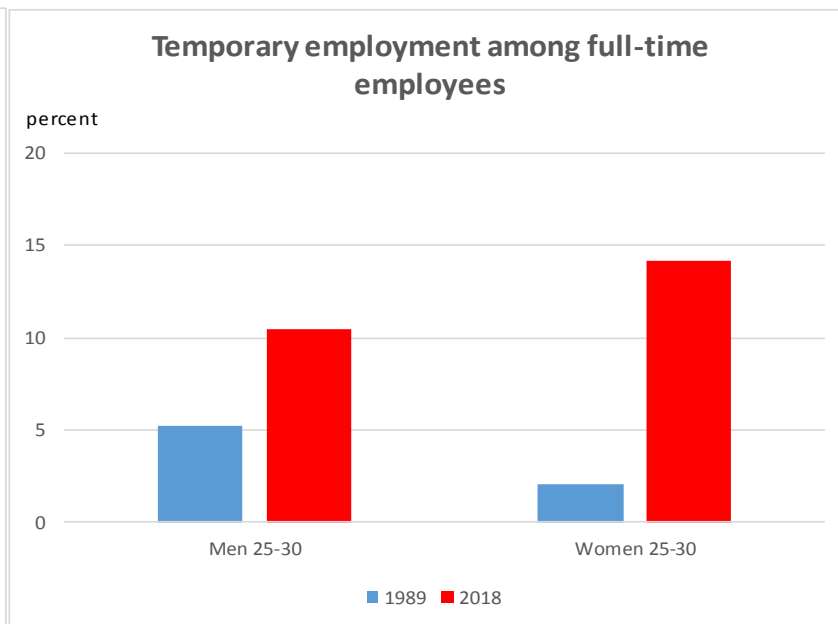
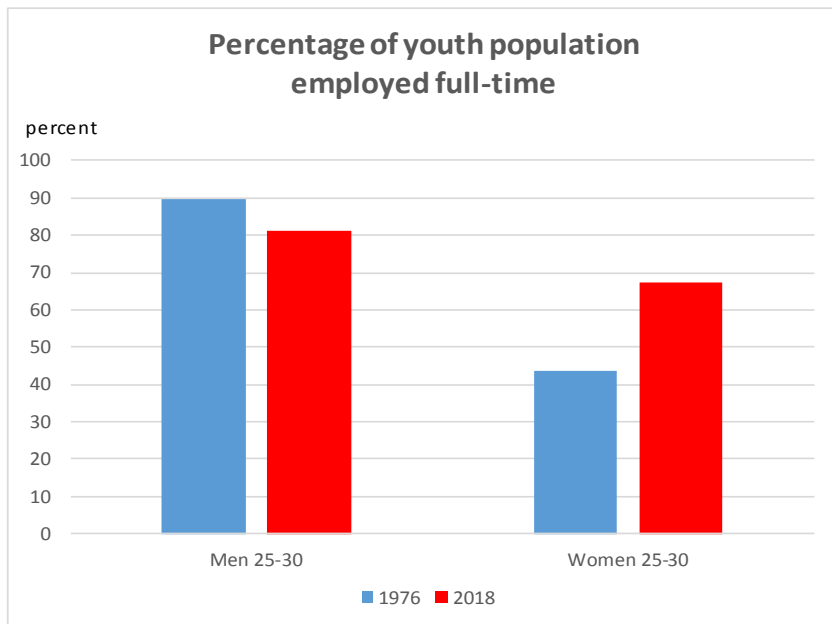
Percentage of graduates aged 15 to 30 years with student debt and average debt at graduation among those with debt



# How are Canadian youth doing?



# Fewer young men in full-time or permanent JOBS...



Note: Full-time students excluded. Full-time employment refers to 30 hours or more per week. Due to data limitations, individuals are aged 25-29 in 1989.  
Sources: 1989, General Social Survey and Labour Force Survey (March and September files).



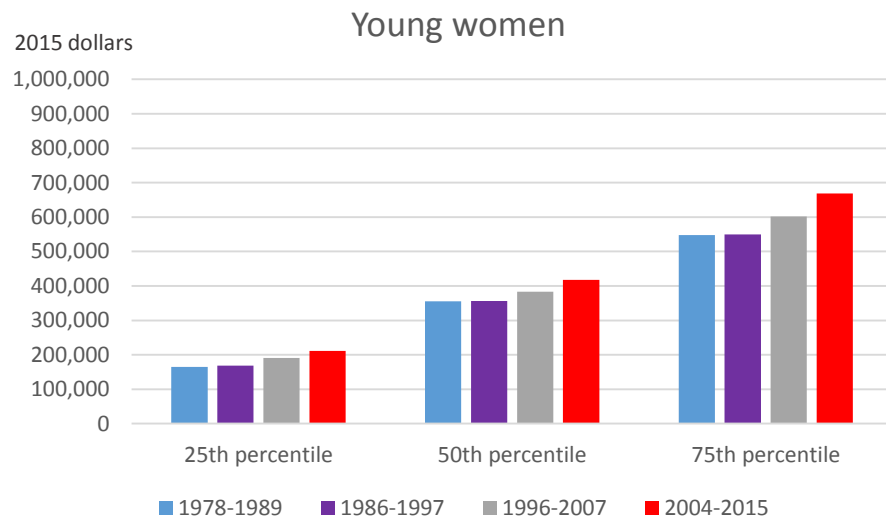
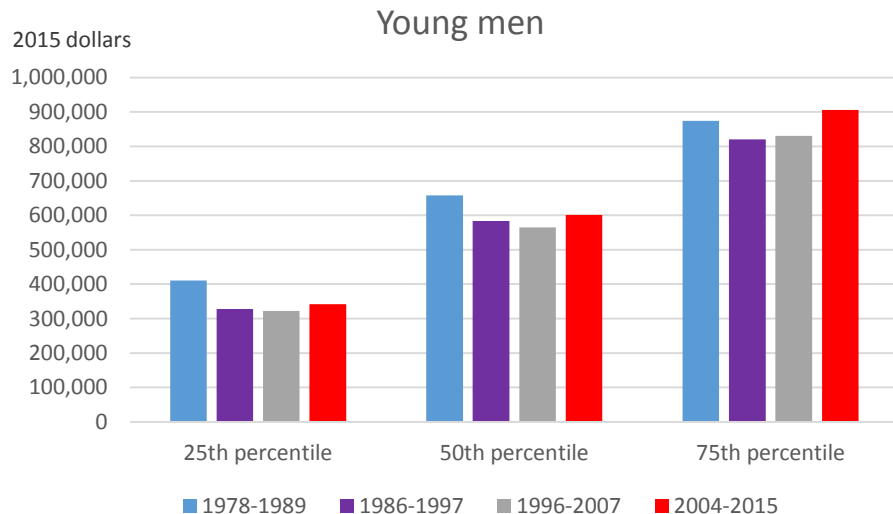
## Did you know?

The percentage of young women employed full-time rose because of their growing labour force participation.



# ...resulting in lower earnings at the middle and lower end of the EARNINGS distribution

## CUMULATIVE EARNINGS FROM AGE 28 TO 39, SELECTED COHORTS



### Did you know?

Young men and women at the top of the earnings distribution are faring better than ever.



### Did you know?

In contrast to young men, young women have significantly increased their annual hours of work and moved to better-paid occupations, resulting in higher cumulative earnings.



# Some of the OCCUPATIONS in which youth are working

## Among employed women aged 15 to 30 ...

... about **19%** worked in professional occupations such as nurses, teachers and accountants.

... about **14%** worked in technical and paraprofessional occupations such as paralegals and health technicians.

... about **14%** worked in administrative occupations such as office administrators.

... about **28%** worked in personal and customer service occupations, such as food and beverage servers and information services representatives.

... about **19%** worked in sales occupations, such as cashiers and retail salespersons.

## Among employed men aged 15 to 30 ...

... about **13%** worked in professional occupations such as computers and IT professionals, accountants and engineers.

... about **9%** worked in technical and paraprofessional occupations such as computer tech support, firefighters and police officers.

... about **15%** worked in industrial and construction occupations, such as electricians, carpenters and mechanics.

... about **18%** worked in personal and customer service occupations, such as cooks and food and beverage servers.

... about **15%** worked in sales occupations, such as retail salespersons and store shelf stockers, clerks and order fillers.



Source: Statistics Canada, 2018 Labour Force Survey.

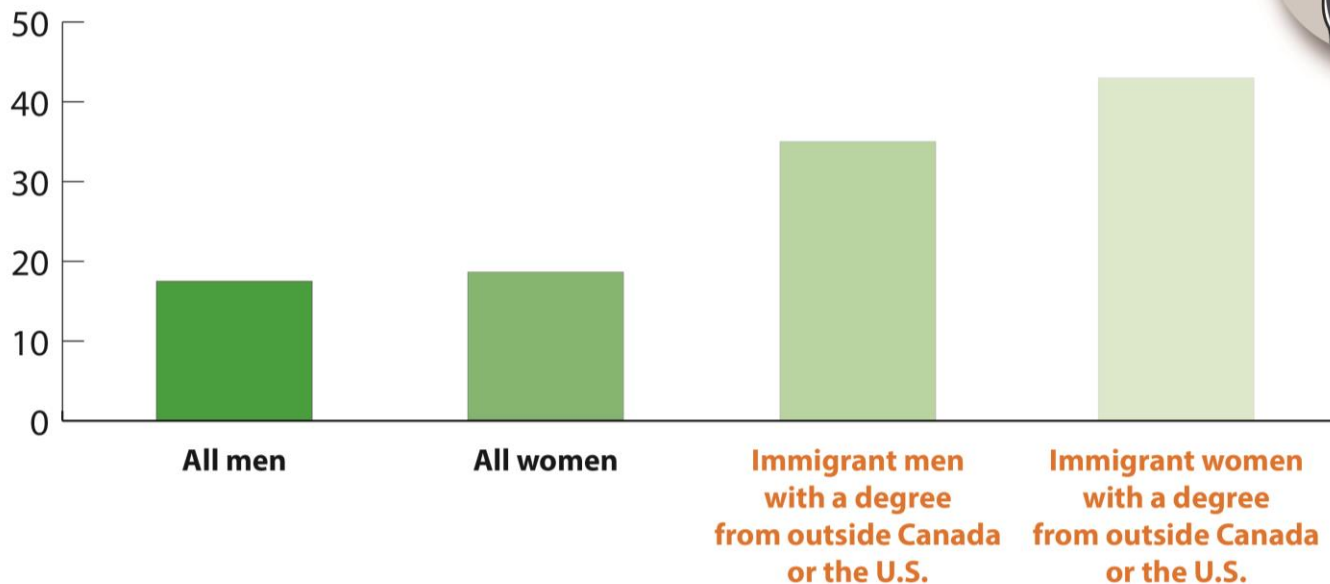


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# Some groups are more likely to be overqualified than others

Proportion of youth aged 25 to 34 with a university degree working in occupations requiring high school education or less



Source: Statistics Canada, 2011 National Household Survey.



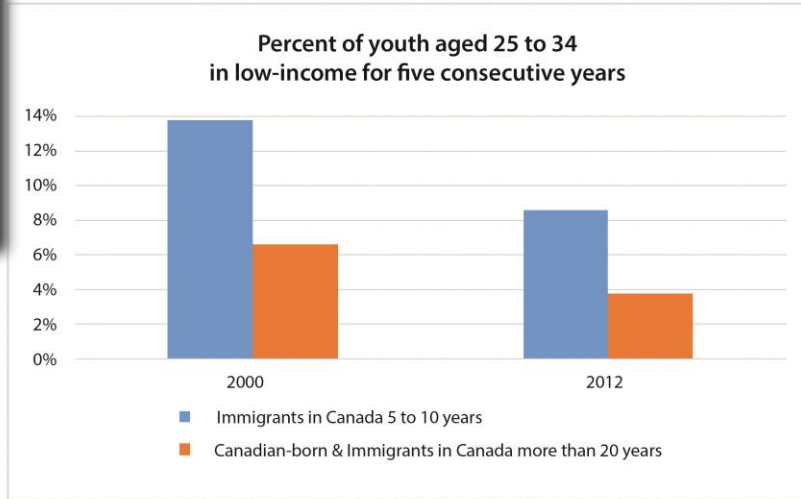
# Low income rates among Canadians aged 15 to 30

## Persons aged 15 to 30

<b>Total</b>	<b>13.1%</b>
<b>Not residing with any family members</b>	<b>27.9%</b>
<b>Aboriginal people off-reserve</b>	<b>21.4%</b>
<b>With a disability</b>	<b>22.4%</b>

### “Did you know?”

In 2014, **6.6%** of young Canadians aged 15 to 30 reported that they had ever temporarily lived with family, friends, in their car, or anywhere else because they had nowhere else to live—a situation referred to as ‘hidden’ or ‘concealed’ homelessness.



Note: Results are based on the low income measure after tax (LIM-AT).

Sources: Statistics Canada, 2017, “Chronic low income among immigrants in Canada and its communities,” *Analytical Studies Branch Research Paper Series*, 2015 Canadian Income Survey, 2014 General Social Survey – Victimization (Canadians’ Safety) and Longitudinal Immigration Database.



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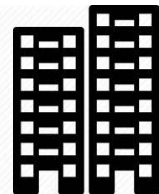
# HOMEOWNERSHIP among youth recently declined for the first time in 20 years



Homeownership among younger adults aged 20 to 29 remained significantly lower than for older Canadians.

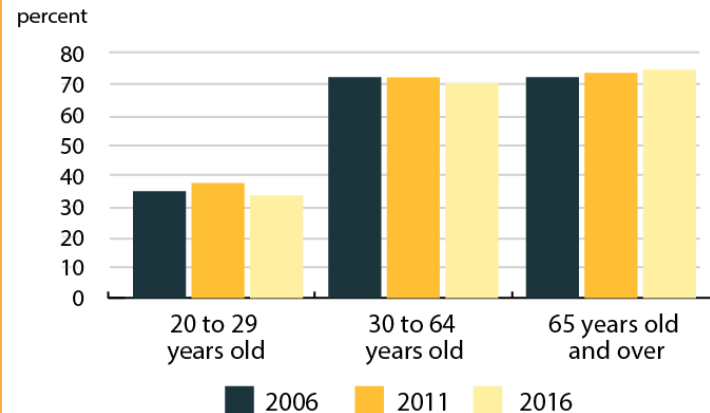


Between 2006 and 2016, homeownership rates declined across all age groups, except for those aged 65 years old and over. This follows several decades of gradual increase. The decline was largest for younger adults, particularly over the past 5 years.



Coincides with other broader trends such as the rising share of youth who are living with their parents, delays in starting a family, and the increase in housing costs.

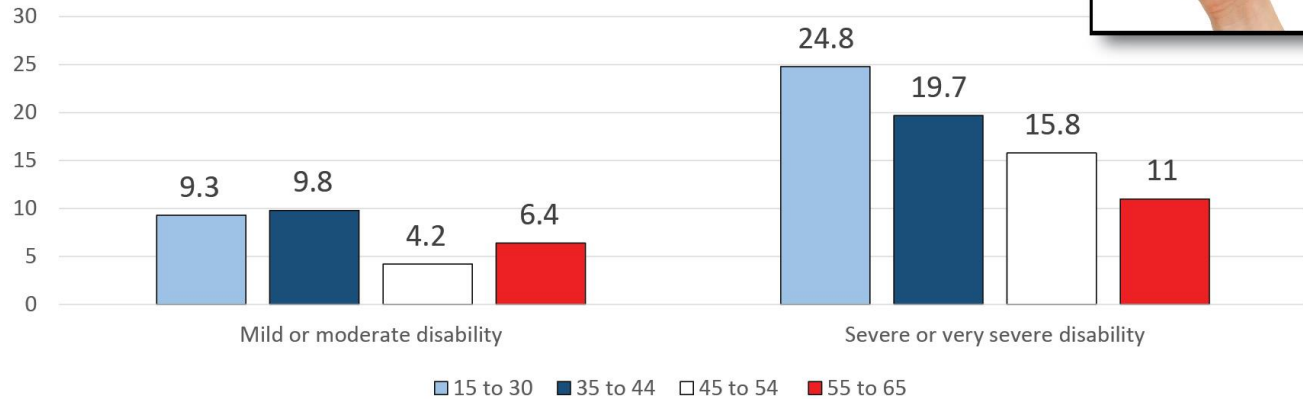
Homeownership rates by selected age groups, 2006 to 2016



Sources: Statistics Canada, 2011 National Household Survey and 2006 and 2016 Census of Population.

# One-quarter of youth with severe disability say they have been refused a job because of their condition

Proportion of persons with disabilities who said they have been refused a job because of their condition, by age group and severity of disability, 2017



## Did you know?

887,730 youth aged 15 to 30 -- or 13% -- report that they have a disability (whether it be physical, sensory, cognitive, or mental health-related).

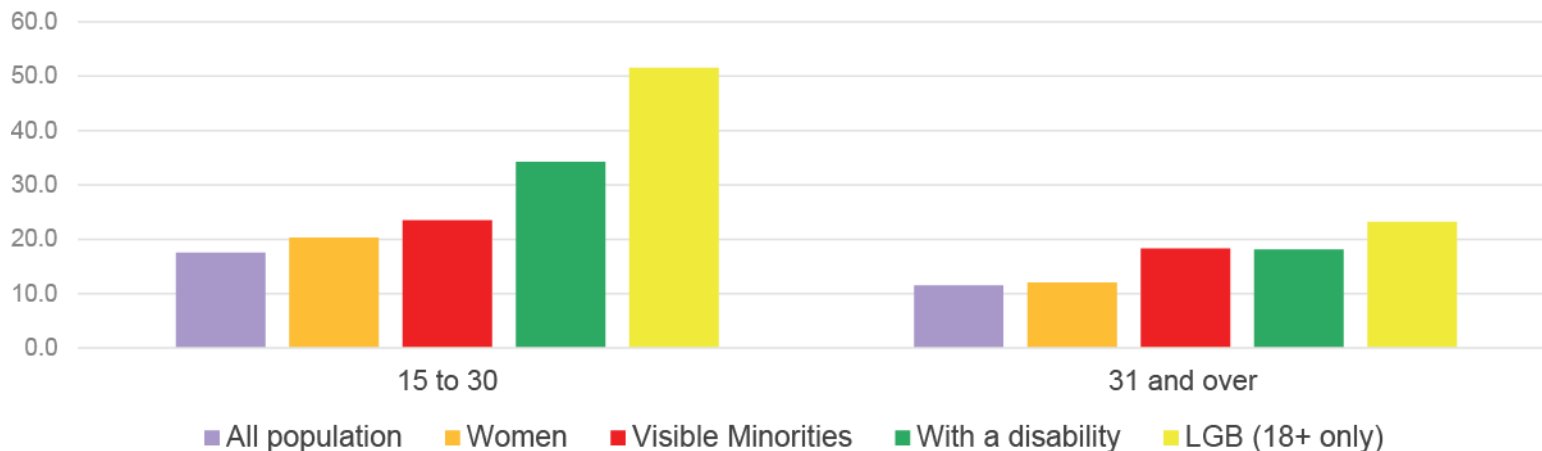


Source: Statistics Canada, 2017 Canadian Survey on Disability.



# Youth aged 15 to 30 are more likely to report that they experienced discrimination

Proportion of individuals who reported that they experienced discrimination in the past 5 years, 2014



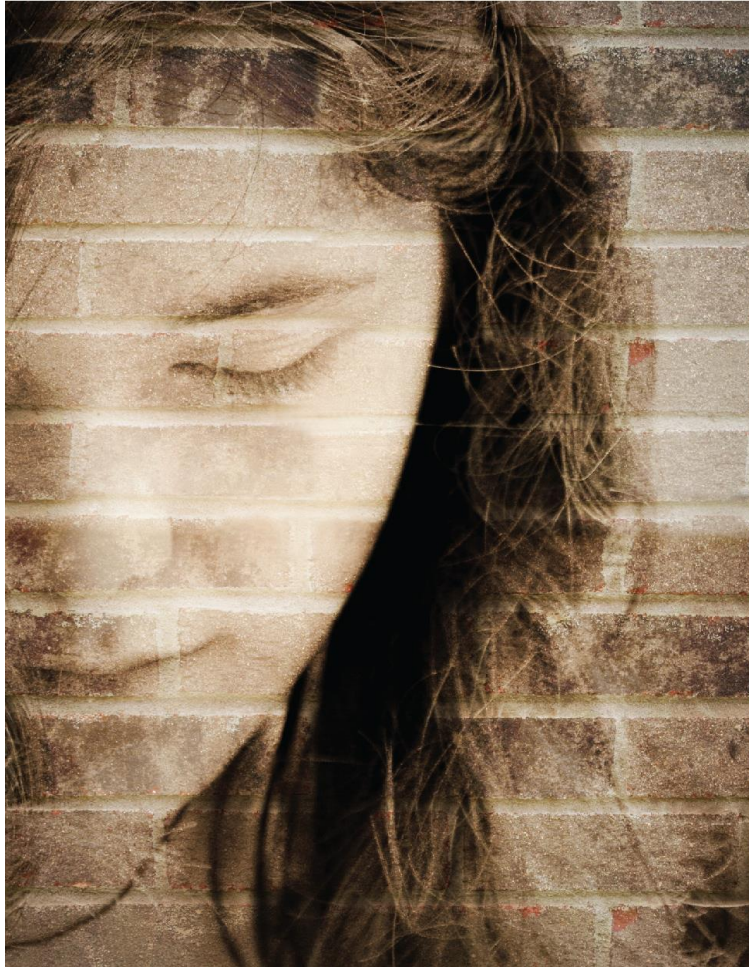
Note: Numbers for the lesbian, gay and bisexual (LGB) population are based on respondents aged 18 and older.



## Did you know?

In 2016, 16% of young men and 12% of young women reported experiencing at least one aspect of social isolation. Results were broadly similar across all youth and compared with older adults.





## Some **young men and women** face serious mental health problems

- Rates of mood disorder are highest among youth aged **15 to 30** compared to other age groups: young women in particular have the highest rate (**12%**).
- Approximately **60%** of youth who have experienced mood disorder have also had suicidal thoughts in their lifetime.
- **Suicide** is the second leading cause of death among youth aged 15 to 29.
  - **15.7** deaths per **100,000** for young **men**
  - **6.7** deaths per **100,000** for young **women**
- **Approximately half (53%)** of youth with depression or suicidal thoughts have sought professional support.

Sources: Statistics Canada, 2014 Vital Statistics and 2012 Canadian Community Health Survey – Mental Health.



# Indigenous youth are particularly at risk for poor mental health

- **15.4%** of off-reserve First Nations and **18.5%** of Métis youth aged 15 to 30 report having a mood disorder.
- Rates of acute care hospitalizations for intentional self-harm are high among Aboriginal youth age **15 to 30**.
  - **64 per 100,000** for First Nations youth living on-reserve
  - **42 per 100,000** for First Nations youth living off-reserve
  - **20 per 100,000** for Métis youth
  - **90 per 100,000** for Inuit youth

Sources: Statistics Canada, 2015-2017 Canadian Community Health Survey, 2011 National Household Survey; and CIHI 2011-2016 Discharge Abstract Database.



# High rates of obesity and physical inactivity put youth at risk for heart disease later in life

The share of youth **15-30** who are overweight or obese increased significantly since the late 1970s—from **24% to about 40%** in the early 2000s. The share has remained stable over the last decade.

Youth are also not meeting physical activity guidelines—only **1 in 5** are meeting the recommended **150** minutes of physical activity per week.

Only **22%** of young men and **32%** of young women (**aged 15-30**) consume the recommended 5 servings of fruits and vegetables per day.

These factors are potentially putting youth at risk of cardiovascular disease later in life.

Based on a new CanHeart Index which measures risk factors for heart disease including diet, weight and physical activity, approximately **1 in 4 youth aged 20-29** rank as having poor heart health.





# Drinking, smoking, and cannabis use by young people have generally declined ... but new challenges are emerging



Smoking rates for both young men and women have dropped significantly since the early 2000s.



Heavy drinking by young men has also declined, but has increased for young women.



While cannabis use is still generally higher among youth compared to older Canadians, it has generally decreased for youth.

## Today's youth are dealing with the challenges of new drugs and addictions



Opioid-related hospitalization rates rise fastest among youth.

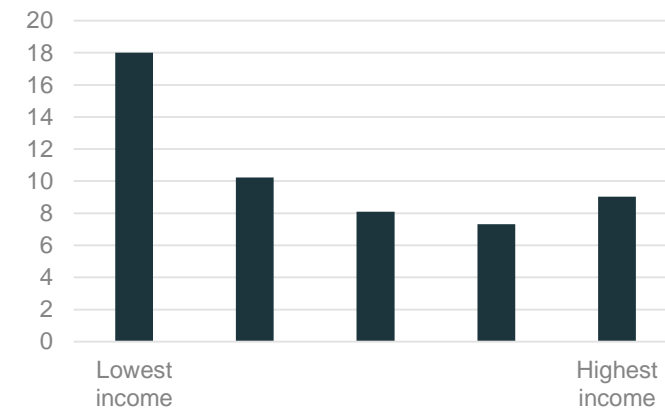
Rate of hospital based opioid events increased by 27% in the last 5 years (CIHI, 2018).



Rates of opioid related hospitalizations are up to 5 times higher among Indigenous youth and 2 times higher among lower income households.

## Opioid hospitalizations by income

Rate of opioid hospitalizations (per 100,000) among youth aged 15 to 30 by level of household income, 2011-2016



Sources: Statistics Canada, 2011 National Household Survey, 2011-2016 Discharge Abstract Database and 2011-2016 Canadian Vital Statistics Deaths databases.



## Did you know?

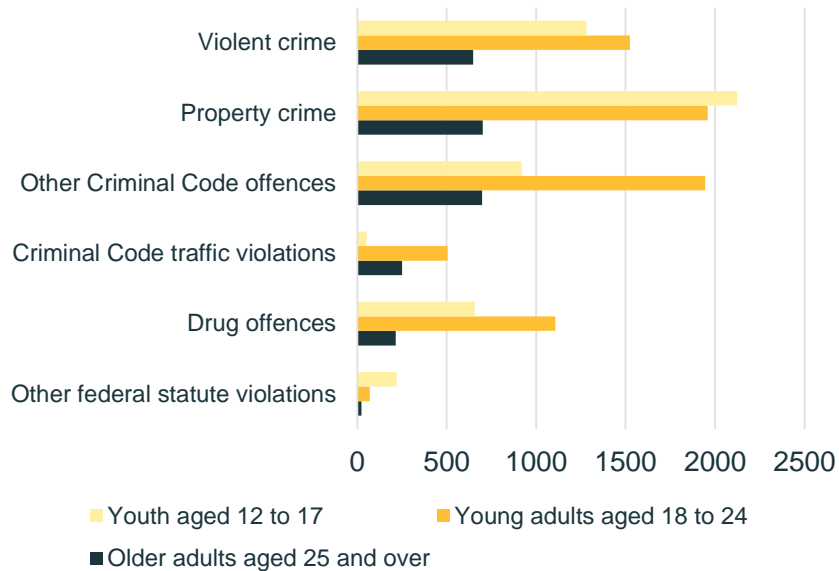
Daily or occasional smoking dropped from 31% of young men aged 15 to 30 in 2003 to about one fifth in 2017. For young women, about 14% reported smoking in 2017 compared to 26% in 2003. Heavy drinking for males aged 15 to 30 was 31% in 2017, down from almost 40% in 2003. Heavy drinking for young women increased from 19% in 2003 to 24% in 2017.

Sources: Statistics Canada, 2017 and 2002/2003 Canadian Community Health Survey.

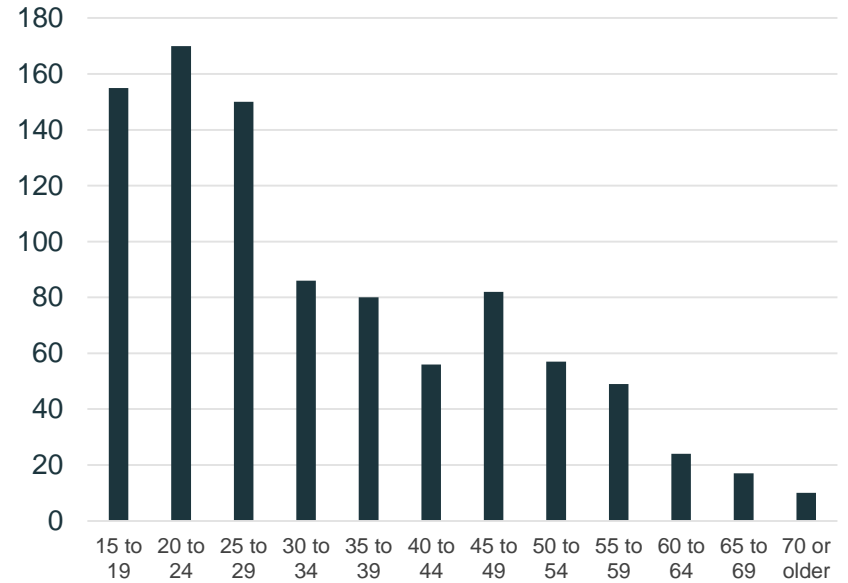


# Youth are more likely to commit crimes...but also more likely to be victims of violent crimes

Rate of persons per 100,000 population accused of selected offences, by age group of accused and offence type



Rate of violent victimization per 1,000 population, by age group of victim, 2014



Note: Violent victimization includes sexual assault, robbery and physical assault.

Sources: Statistics Canada, Canadian Centre for Justice Statistics, 2014 Incident-based Uniform Crime Reporting Survey and 2014 General Social Survey – Victimization.



# What's next?



Statistics  
Canada

Statistique  
Canada

# Not the end of the story...let's TALK

- Canada's youth continue to be a large and important group within the Canadian population.
- They are more diverse, educated, and connected and socially engaged than past youth, and in many ways are well positioned to succeed in today's complex global society.
- In many ways they are very different from younger generations before them...and from their parents and grandparents today.
- But not all young people are sharing these benefits. Some youth are unemployed or are in temporary jobs. Some are struggling with mental health challenges, addictions, and homelessness. And not everyone feels included.

