

Youth Check-in

April 2026



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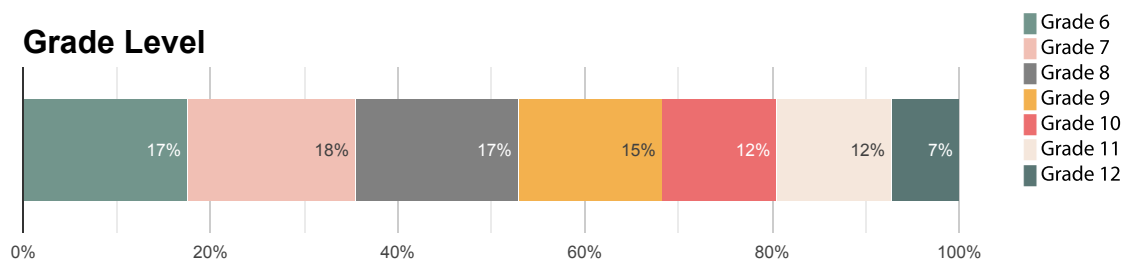
Mental Health Collaborative Initiative
 Anglophone School District - West
 April 2026

The Youth Check-in (YCI) is administered two times a year to provide check-ins with students on actionable school themes related to student mental health, school relevance, and student relatedness. Each survey report includes the presentation of descriptive information for each question and index. Each index result is presented on a six-point scale where "1" and "2" are categorized as low, "3" and "4" denote middle and "5" and "6" refer to a high outcome.

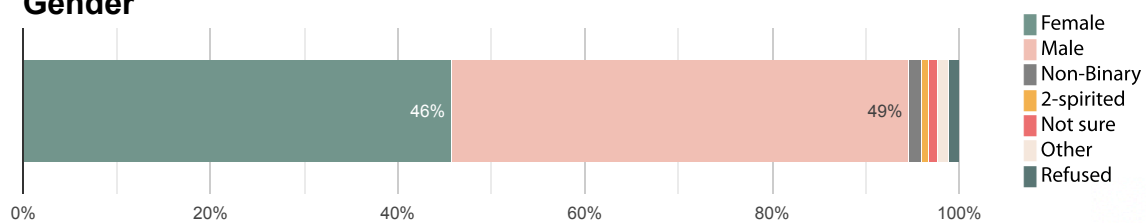
Demographics

Number of participants: 8953

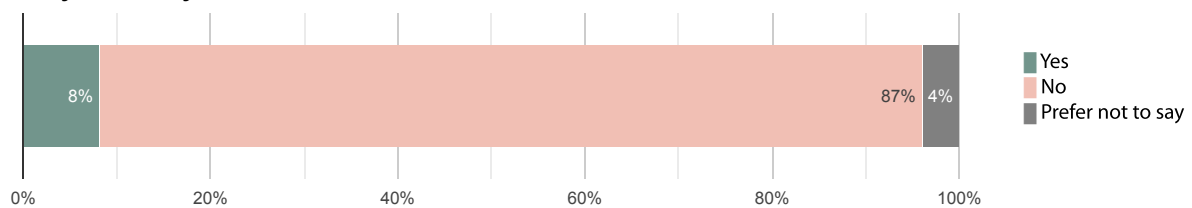
Grade Level



Gender



Do you identify as First Nations?

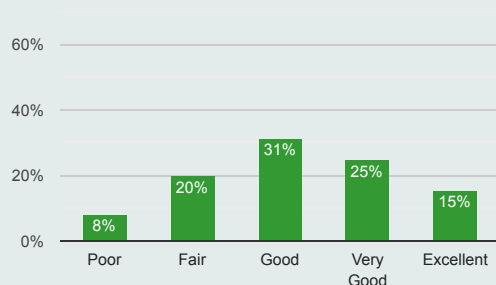


Percentages may not add up to 100 due to rounding.

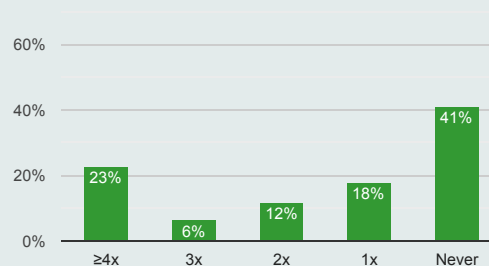
Mental Health Index = 4

The Mental Health Index provides a measure of students' reported mental health. Questions forming this index reflect students' perceptions of their own mental health, inclusive of experienced feelings related to features of anxiety and/or depression, and level of perceived need for support.

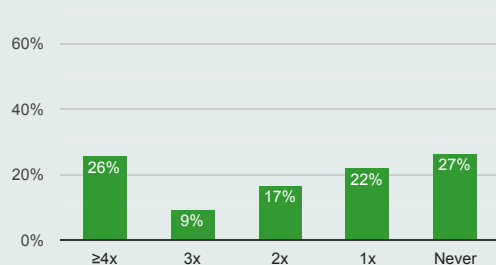
In general, would you say your mental health is:



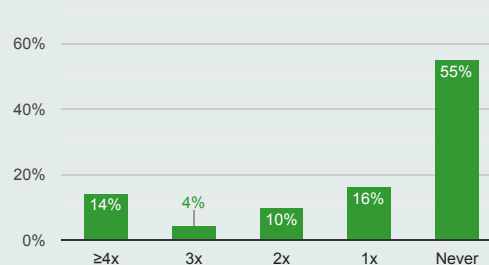
How often did you feel like you needed to talk to someone about your emotional or mental health in the last year?



How often have you had anxious feelings in the past two weeks?



How often have you felt depressed in the past two weeks?



What is the main reason why you may not have talked to someone about a personal mental health problem?

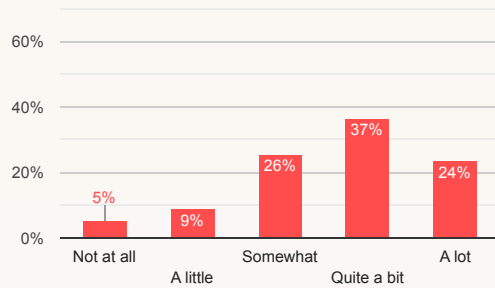
I did not need to talk to someone	53%
I did talk to someone	14%
I am waiting for my first appointment	1%
I did not think that help was available	2%
I thought the problem would go away on its own	10%
I was told the wait time would be too long	1%
I felt uncomfortable going for help	17%
I did not know where to go to get help	2%

School Relevance Index = 4

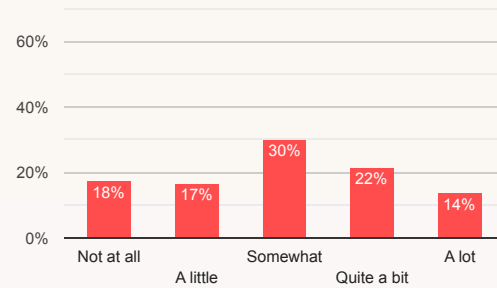
The School Relevance Index provides a measure of the relevance of academic and learning experiences. Questions forming this index reflect students' perceptions related to the importance or significance of school for learning, developing new skills, understanding the world, and embracing a positive personal view of self for the future.

How much does the following statement describe you?

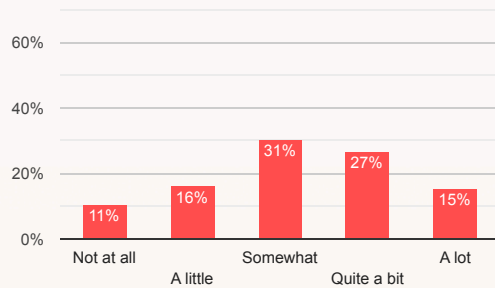
I have opportunities to develop skills that will be useful later in life:



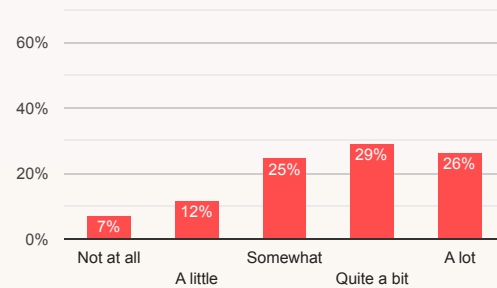
At my school we learn things that make me proud of my race/ethnicity/culture/heritage:



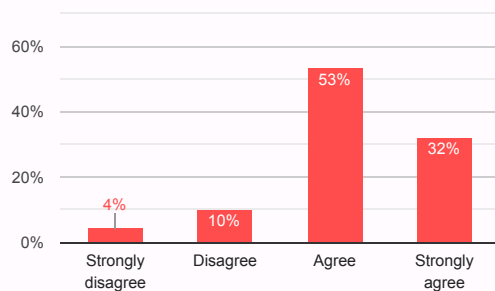
The things I learn at school help me understand the world:



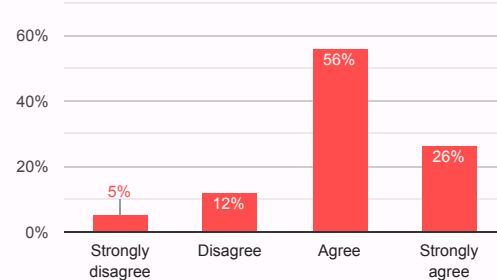
The things I learn at school are important for my future:



I have ideas about different careers I could do after high school:



I feel positive about my future:

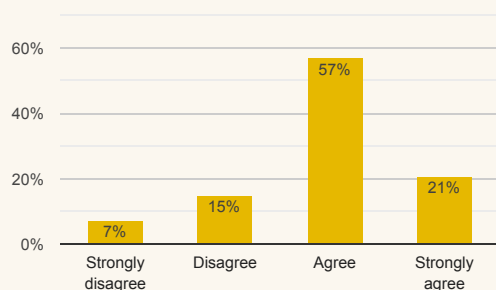


School Relatedness Index = 4

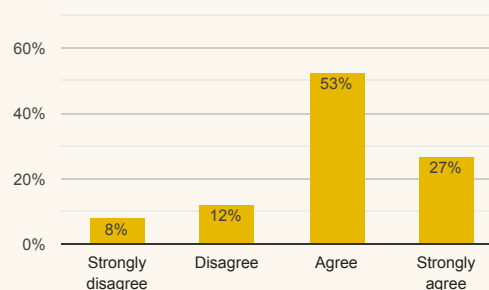
The School Relatedness Index provides a measure of students' involvement and experience with positive and supportive interactions. Questions forming this index reflect students' perceptions related to the presence of close relationships with others, the existence of supportive student interactions, the availability of caring adults within the school setting, and the extent to which students feel they are part of their school.

How much do you agree or disagree with the following statements about learning at your school?

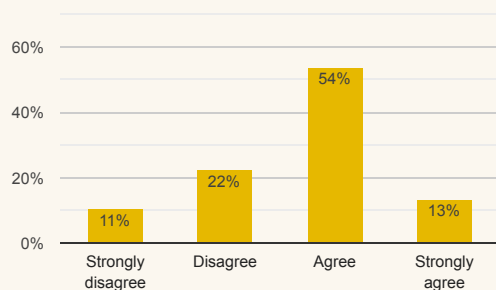
I feel close to people at my school:



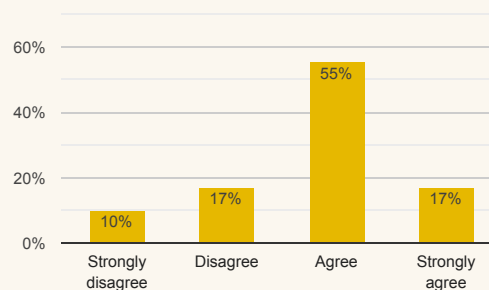
There is a least one adult at school I can go to for help:



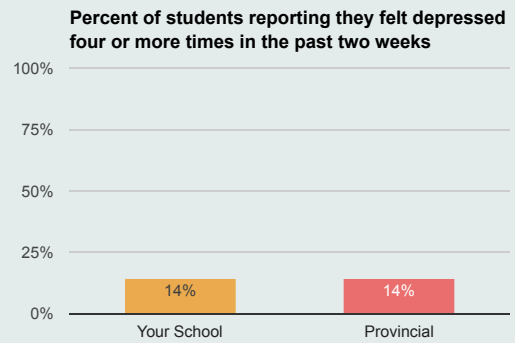
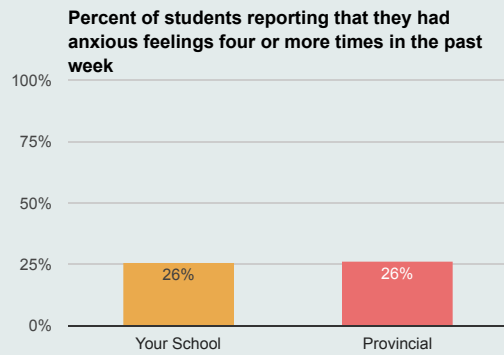
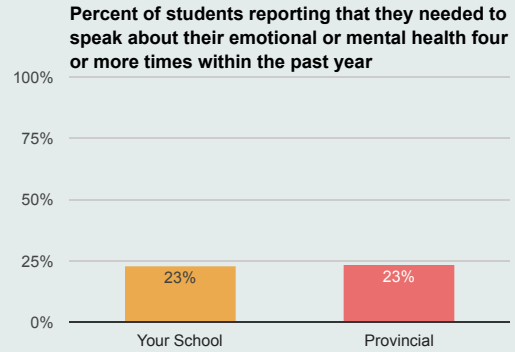
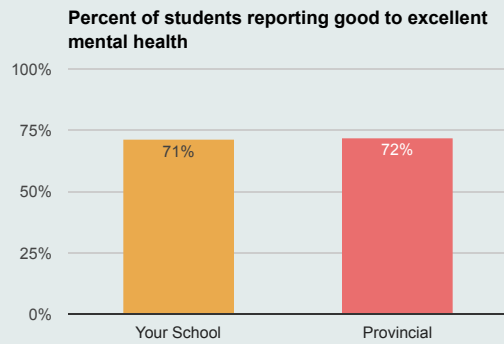
I feel supported by students at my school:



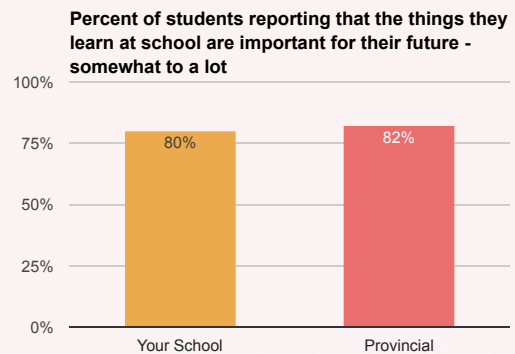
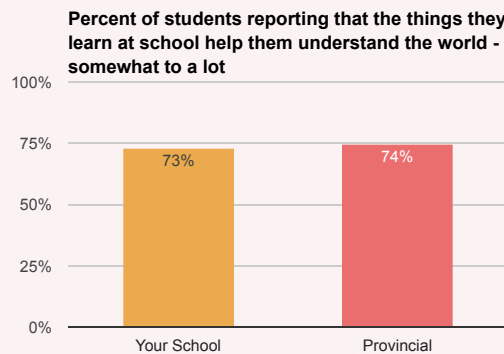
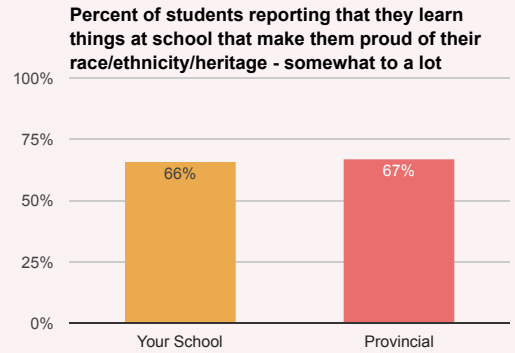
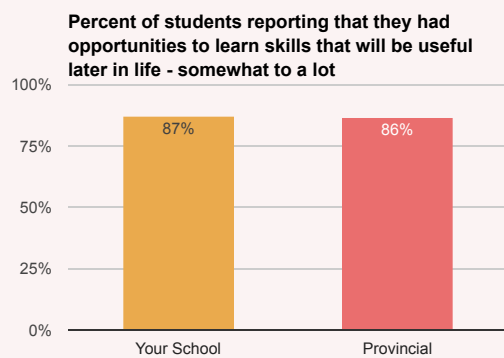
I feel like I am part of my school:



Mental Health



School Relevance



School Relatedness

