



HEALTHY

R

AND **SO, WHY** THEY ARE **IMPORTANT!**

50000000



RELATIONSHIPS



HEALTHY RELATIONSHIPS

ARE IMPERATIVE TO **HEALTHY DEVELOPMENT**. THEY HELP YOUTH FEEL VALUED, SUPPORTED, AND PROTECTED FROM STRESSORS THEY INEVITABLY ENCOUNTER.

THE NUMBER OF KIDS WITH HIGH-QUALITY RELATIONSHIPS IS





WHAT'S THE
BIG DEAL?

ACTUALLY, IT'S A



DEAL.

HEALTHY RELATIONSHIPS AFFECT BOTH THE MENTAL AND PHYSICAL WELL BEING OF OUR YOUTH. LET'S TAKE A LOOK.

8

DOMAINS AFFECTED BY
RELATIONSHIP QUALITY

BASED ON THE 2014 TRENDS REPORT

by Drs. Wendy Craig & Debra Pepler*

NUMBER

1

**MENTAL
HEALTH**

HIGH

LOW



38% MORE YOUTH IN HIGH-QUALITY RELATIONSHIPS WITH THEIR PARENTS REPORT GOOD MENTAL HEALTH THAN THOSE WITH LOW-QUALITY.

2

STATISTICALLY, KIDS WHO HAVE HIGHER QUALITY RELATIONSHIPS WITH THEIR PEERS HAVE BETTER OVERALL HEALTH.

OVERALL

HEALTH



3



HEALTHY
EATING

INTERESTING FACT:

HEALTHY EATING INCREASES AS THE QUALITY OF YOUTH RELATIONSHIPS WITH THEIR NEIGHBOURHOODS INCREASE.

AS
RELATIONSHIP QUALITY
WITH PARENTS AND SCHOOLS

4



FIGHTING

INCREASES

DECREASES

QUALITY OF LIFE

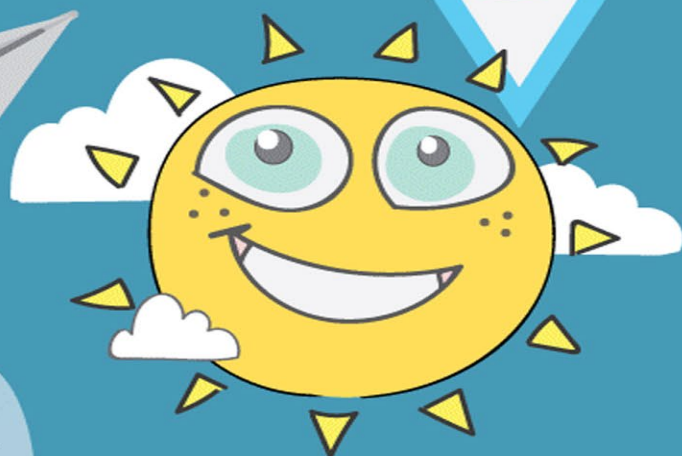
25% MORE

YOUTH

REPORT A HIGH-QUALITY OF LIFE IF THEY HAVE A POSITIVE RELATIONSHIP WITH THEIR

PARENTS

5



KIDS WITH **HIGH-QUALITY** PARENT RELATIONSHIPS ARE ALMOST **20%** LESS LIKELY TO SUFFER

INJURIES

THAN THOSE WITH LOW QUALITY RELATIONSHIPS



THEY ALSO HAVE ...

NEARLY A **20%**

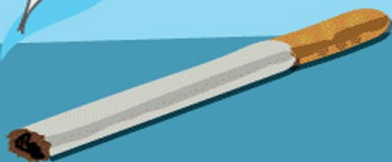
REDUCTION IN CANNABIS USE

A MORE THAN **15%**

REDUCTION IN ALCOHOL CONSUMPTION

AND OVER A **10%**

REDUCTION IN SMOKING & HARD DRUG USE





AND LAST BUT NOT LEAST

KIDS WITH HEALTHY RELATIONSHIPS WITH PEERS & PARENTS
SEE A **20%** AND **15%** DECREASE

8 in **VICTIMIZATION**

RESPECTIVELY

BUT LET'S NOT FORGET ...

THESE TYPES OF RELATIONSHIPS ARE DECLINING.

so, fewer youth are experiencing the benefits of healthy relationships.



WE NEED TO

focus on improving the quality of all important relationships and the practices of all adults involved in the lives of children.



* all stats retrieved from the Trends Analysis of Canadian Data from the Health Behaviour in School-Aged Children (HBSC) survey from 2002, 2006, and 2010 (2014) by Drs. Wendy Craig & Debra Pepler

visit **PREVNet.ca** for more info

OH, AND ALSO

SHARE THIS GRAPHIC

