



Prince Edward Island Report

Cannabis use
Obesity
Mental health
Physical activity
Alcohol use
Smoking
Sedentary behaviour



2024-25



Thank you for participating in the 2024-25 COMPASS survey

This is the province's customized School Health Profile.

This report shows the 2024-25 COMPASS survey results from participating grade 7 to 12 students enrolled at **34** schools across the province. In some cases, results may not add up to 100% due to rounding. Among participating schools, 74% of students participated in COMPASS this year.

Examples of recommended actions and resources can be found in the "Recommendations and Resources" section at the bottom of the page. These recommendations and resources are targeted to individual schools. A more detailed list of health promotion resources can be accessed on the COMPASS website.

If you have questions about the data that are not reported in the profile, please contact the COMPASS Research Project Lead (see below).

For more information and additional resources, please visit www.uwaterloo.ca/compass-system/about or contact:

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Listed below are contacts from the PEI Chief Public Health Office and the Department of Education and Early Years. These contacts may be helpful in providing additional health resources:

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Sample demographics in Prince Edward Island

Among students in PEI:

Sample by grade:
 18% Grade 7
 18% Grade 8
 18% Grade 9
 15% Grade 10
 16% Grade 11
 14% Grade 12

Sample by age:
 1% 11 years or younger
 17% 12 years
 18% 13 years
 18% 14 years
 15% 15 years
 16% 16 years
 13% 17 years
 1% 18 years
 <1% 19 years or older

Sample by race:
 70% White
 22% Another race or multiple
 5% I don't know
 2% I prefer not to say

Sample by sex at birth*:
 51% Female
 47% Male

Sample by gender*:
 49% Girl/Woman
 47% Boy/Man
 3% Gender-diverse**

Sample by place of birth:
 66% PEI
 17% Elsewhere in Canada
 18% Outside of Canada

Sample by years lived in Canada:
 75% Born in Canada
 10% 1 to 5 years
 11% 6 or more years

WHY IS THIS IMPORTANT?
 Demographic data helps to assess the extent to which the survey has collected a diverse range of perspectives and experiences. This data can be used by schools to build evidence-informed initiatives that aim to improve equity.



*Values will not add up to 100% since some students selected "I prefer not to say"

**Gender-diverse includes non-binary person, Two-Spirit, and "I describe my gender differently"





Healthy Eating Outcomes in Prince Edward Island

Among students in PEI:



85%
drink plain water 7 days per week



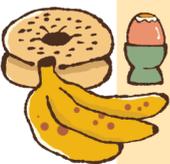
22%
drink high-energy drinks at least once a week



73%
drink sugar-sweetened beverages at least once a week



5%
sometimes go to bed hungry because there is not enough money to buy food



25%
eat breakfast provided from a school breakfast program at least once a week



25%
eat lunch provided from a school lunch program at least once a week



42%
eat fruit 7 days per week
48% COMPASS average*

41%
eat veggies 7 days per week
51% COMPASS average*

43%
eat breakfast daily

WHY IS THIS IMPORTANT?

Healthy eating is important for growth and development and helps youth to learn, succeed, and achieve academic success. Healthy eating is about food choices and how, when, where and why one eats. Eating a healthy diet is important for youth to attain and maintain good health and reduce risk of many chronic diseases. Promoting a healthy relationship with food helps to create an inclusive learning environment that encourages student well-being.

RECOMMENDATIONS AND RESOURCES

- Actively promote student nutrition programs, such as breakfast, snack, and healthy school lunch programs, that are available to students every day. Check out the [PEI School Food program](#).
- Ensure your school is following the school board's [Nutrition in Schools](#) policy which guides school personnel and school communities in the development of healthy school environments that support student learning and success by encouraging students, staff and parents/guardians to make nutritious food and beverage choices.
- Encourage students to make food choices that follow [Canada's Food Guide](#). Foster awareness by incorporating classroom lessons that promote healthy eating habits and support [healthy eating at school](#).





Healthy Weight Outcomes in Prince Edward Island

Among students in PEI:

56%

are trying to change (lose or gain) their weight

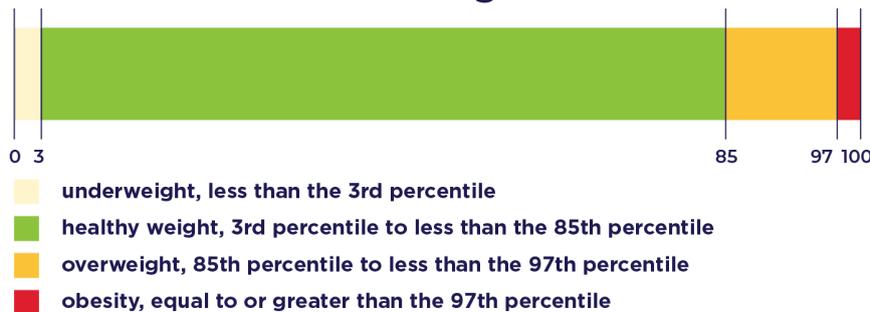
52%

describe themselves as being about the right weight

70%

of students had BMIs in the "healthy weight" percentile range (3rd to 84th percentile)

BMI Percentile Ranges for Youth



Body Mass Index (BMI) is a measure of weight in relation to height and is a screening tool to help health professionals assess weight in relation to health risks. BMI percentiles are used to describe a child's weight in relation to other children of the same age and sex. For example, a BMI percentile of 70 means a child's weight is higher than the weight of 70% of children of the same age and sex. BMI is not intended to diagnose excess body fat, and there are limitations to using BMI. Specifically, it does not take into account the body frame, fat distribution, or muscle mass.

WHY IS THIS IMPORTANT?

At present, BMI is the only Canadian guideline and measure available, but it's only one piece of the puzzle to assess if a child is at a healthy weight. A child's BMI is one screening tool used by health professionals to support families who have concerns about their child's weight. A normal and healthy body weight is influenced by numerous factors, including biology, behaviours, mental health, and social/environmental factors (e.g., where someone lives, their income, social relationships). Excess body fat puts youth at risk of developing preventable health problems, including type-2 diabetes, cardiovascular disease, cancer, and joint problems. However, focusing on obesity and weight loss may have unintended harmful effects, including weight-based bullying and discrimination, poor body image, and unhealthy weight-control behaviours such as disordered eating patterns or eating disorders. Research from COMPASS and elsewhere shows weight dissatisfaction and perceptions of being overweight predict lower engagement in health behaviours and poor mental health, regardless of actual body size.

RECOMMENDATIONS AND RESOURCES

- Consider adopting a strength-based program and avoid weight-targeted messaging. See the [National Eating Disorders Association](#) for toolkits and guidance on addressing body image, eating, fitness, and weight concerns.
- Focus on anti-diet approaches to food and nutrition education such as [teaching nutrition](#), [healthy eating education](#), and positive food behaviors such as using [Canada's Food Guide](#).
- [PEI Bridge the gap](#) provides online resources and support to PEI youth with healthy eating, eating disorders, self-esteem and body image, stress/anxiety, and other related topics.



Physical Activity Outcomes in Prince Edward Island

Among students in PEI:

75%

are meeting the national guideline of 60 min/day of physical activity

71% COMPASS average*



52% reported strength training at least 3 days/week



40% reported participating in intramural sports or non-competitive sports clubs



40% reported participating in varsity sports



55% reported participating in sports outside of school

WHY IS THIS IMPORTANT?

Being physically active is an effective way to improve and maintain physical and mental health, reduce risk of chronic diseases (e.g., heart disease, stroke, type-2 diabetes, some cancers), support growth and development, and help youth to concentrate, learn, and achieve academic success. Unfortunately, physical activity levels tend to decline over adolescence, particularly among females. Teens report dropping out of sports and physical activities due to increased competition, not feeling “good enough,” and lack of time related to greater academic demands.

RECOMMENDATIONS AND RESOURCES

- Promote adherence to the [Canadian 24-Hour Movement Guidelines](#), which encourages 60 minutes of moderate to vigorous physical activity per day alongside light physical activity throughout the day, as well as vigorous activity and muscle and bone strengthening activities at least 3 days per week.
- Share equipment-free exercise resources with students, such as those from [ACTIVE Kids](#) for a fun, physically active break during class, while on breaks, or at home.
- Encourage students to access PEI [Island Trails](#) to explore outdoor recreation and nature, [Recreation PEI tools and resources](#), and [Go PEI](#) for free community recreational activities.



Screen Time Outcomes in Prince Edward Island

Among students in PEI:

5% are meeting the national guideline of 2 hours or less of recreational screen time/day

5% COMPASS average*



Surfing the internet:
1.0 hours/day



Texting, messaging, emailing:
1.0 hours/day



Browsing/scrolling social media:
1.9 hours/day



Watching/streaming TV shows or movies:
1.5 hours/day

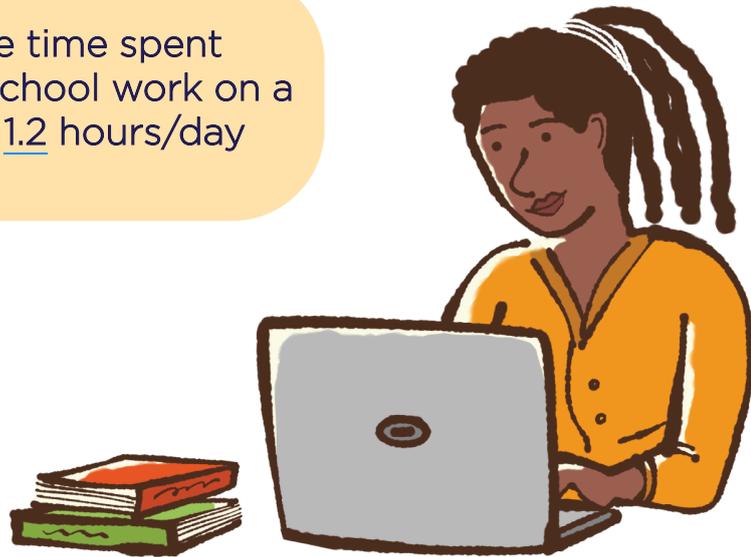


Playing video/computer games:
1.3 hours/day



Video calling (e.g., Facetime, Skype, Zoom):
0.8 hours/day

Average time spent doing school work on a screen: 1.2 hours/day



WHY IS THIS IMPORTANT?

Youth spend a considerable amount of time sitting throughout the school day, often in front of screens or using devices. Studies suggest that the amount of time spent being sedentary increases physical and mental health risks, regardless of the amount of time spent being physically active.

RECOMMENDATIONS AND RESOURCES

- Promote adherence to the [Canadian 24-Hour Movement Guidelines](#), which encourage teens to engage in no more than 2 hours per day of recreational screen time.
- While students are in school, promote adherence to the [school-related sedentary behaviour guidelines](#) released by the Sedentary Behavior Research Network, which encourage the use of screens when they are the best pedagogical tool for the job, and limit screen use in other situations.
- Educators and parents can access information and tools at [Cyber Safe Care](#) to help youth develop the critical thinking skills they need to interact with media, and tackle internet safety concerns in a positive way.



Sleep Outcomes in Prince Edward Island

Among students in PEI:

63% are meeting the national guideline of 8 to 10 hours of sleep per night

60% COMPASS average*

On average, students reported getting
8.3 hours
of sleep per weekday night

On average, students reported getting
9.3 hours
of sleep per weekend night

76% reported their sleep quality as good in the past week



WHY IS THIS IMPORTANT?

Shorter sleep duration during adolescence has been associated with depressed mood, reduced motivation, lower academic achievement, and behavioural and physical health problems. Adequate sleep, both in quantity and quality, is shown to improve adolescents' cognitive functioning, alertness, and energy throughout the day. A natural shift in circadian rhythms occurs at puberty, causing adolescents to get tired and fall asleep later, which conflicts with early school start times. As a result, sleep quantity typically declines over the duration of secondary school. Using screens and electronic media and being exposed to the screen's light before trying to sleep, especially within 1-2 hours of bedtime, can make it harder to fall asleep. Sugar-sweetened beverages (e.g., pop) and caffeinated beverages such as energy drinks, coffee, and iced coffee/cappuccino beverages can also impact sleep.

RECOMMENDATIONS AND RESOURCES

- Promote adherence to the [Canadian 24-Hour Movement Guidelines](#) which encourage teens to get 8-10 hours of uninterrupted sleep, with consistent bed and wake-up times.
- Based on your school's Health and Physical Education curriculum, promote healthy sleep hygiene, including behaviours aimed at mitigating sources of stress (e.g., completing schoolwork before dinner as opposed to late at night and avoiding phones in bed).
- At [Caring for Kids](#), educators and parents can access information about teens, sleep, and other healthy living, behaviour and development topics (like screens and digital media).





Tobacco Use and Vaping Outcomes in Prince Edward Island

Among students in PEI:

13%

have used an e-cigarette (vape) in the last 30 days

15% COMPASS average*



6%

have smoked a cigarette in the last 30 days

5% COMPASS average*



Among students that have never smoked a cigarette,

20%

would smoke if offered one by a friend

Among students that reported vaping in the last 30 days:

53%

have used an e-cigarette (vape) to relax and/or relieve stress/anxiety

43%

have used an e-cigarette (vape) because they were curious / to try something new

6%

have used an e-cigarette (vape) to help quit smoking cigarettes



WHY IS THIS IMPORTANT?

Cigarettes and most e-cigarettes contain nicotine, which is highly addictive and can harm the developing adolescent brain, impair memory, impact concentration, increase anxiety and depression, and increase risk for future addiction to other drugs. Evidence suggests that vaping and cigarette use co-occur, raising concern about the rise in vaping prevalence in young adolescents. Youth perceptions of nicotine use as low risk for both danger and addiction make this important for public health education and prevention efforts.

RECOMMENDATIONS AND RESOURCES

- Maintain, enforce, and clearly communicate the school board's tobacco and smoke-free school [policy](#) and [procedure](#), which prohibits tobacco and e-cigarette use - including cigarettes, vaping devices, and cigars on school property.
- Educate students on the risks of vaping, tobacco, and other nicotine products (i.e. nicotine pouches). Educator resources and interactive games are available from [Not an Experiment](#), [LungNSPEI](#), and [Live Well PEI](#).
- Educators, parents, and health professionals can access resources and cessation program supports for youth through the [PEI Smoking Cessation Program](#), including [PEI's Quit Your Way Guide](#) to support youth in their quit journey.

Note: Substance use rates tend to increase as students progress through secondary school. The inclusion of grade 7 and 8's in these measures will likely result in lower overall percentages in substance use than expected when comparing to COMPASS schools with only grade 9-12's. Please refer to the grade comparison page to gain more perspective on substance use among students at your schools.



Alcohol Use Outcomes in Prince Edward Island

Among students in PEI:

20%

reported drinking alcohol in the last 30 days

13%

reported binge drinking in the last 30 days (consuming 5 drinks of alcohol or more on one occasion)

14% COMPASS average*

Among students that reported drinking alcohol in the last 30 days,

35%

of them reported drinking alcohol when they were all by themselves

11%

reported riding in a vehicle when the driver had been drinking alcohol, in the last 30 days



WHY IS THIS IMPORTANT?

Alcohol is the most common drug used by high school students. Research demonstrates that delayed onset of alcohol use is vital to healthy brain development and good mental health. Alcohol use by youth increases drastically between grades 9 to 12. Evidence from COMPASS has shown a clear link between drinking onset and declines in academic achievement. Alcohol impairs decision-making and is a major cause of early mortality among youth via accidents and self-harm. Early experience with alcohol use is a serious risk factor for developing long-standing problems that continue into adulthood, including dependence and chronic disease.

RECOMMENDATIONS AND RESOURCES

- Maintain, enforce and clearly communicate the school board's [Alcohol and Drugs](#) policy to ensure schools are alcohol and drug-free. Engage students in discussions about policy implementation and compliance.
- Utilize [Canada's Guidelines on Alcohol and Health](#) and access resources for [educators](#) and [youth](#) through the Canadian Centre on Substance Abuse (CCSA). PEI's [Less Is Best campaign](#) also has resources such as posters and tent cards that can be used in high-traffic areas throughout the school to aid in education and awareness.
- Ensure students are aware of resources and supports available to them 24 hours a day, 7 days a week, through [PEI Bridge the gapp](#), [211-PEI](#), and [Health PEI's mental health and addictions access line](#).



Cannabis Use Outcomes in Prince Edward Island

Among students in PEI:

9%

reported using
cannabis in the last
30 days

8% COMPASS average*

Among students that
reported using
cannabis in the last
30 days,

67%

of them reported
using cannabis when
they were all by
themselves

8%

reported riding in a
vehicle when the
driver had been
using cannabis, in
the last 30 days



WHY IS THIS IMPORTANT?

Cannabis is one of the most commonly used substances among young people. The younger someone is when they start using cannabis frequently, the higher risk of addiction and serious health problems such as anxiety, depression, schizophrenia, and psychosis. Many youth perceive cannabis use to have low risk. Evidence from COMPASS and elsewhere has shown that students who use cannabis are more likely to report using other substances, report greater symptoms of anxiety and depression, and may experience a decrease in academic achievement over time. High-risk cannabis use (e.g., high frequency, high potency) among youth is an important issue to address as it has been shown to negatively impact a teen's perception, memory, judgment, reasoning, motivation, school performance, and risk-taking behaviour.

RECOMMENDATIONS AND RESOURCES

- Maintain, enforce and clearly communicate the school board's [Alcohol and Drugs](#) policy to ensure schools are alcohol and drug-free. Engage students in discussions about policy implementation and compliance.
- Utilize [Canada's Lower-Risk Cannabis Use Guidelines](#) as recommended by the Centre for Addiction and Mental Health (CAMH).
- Share information about local resources and supports available through [211-PEI](#). Cannabis resources can be found on PEI [Just the Facts](#) campaign website. Educator toolkits, such as [Drug Free Kids Cannabis Talk Kit](#), [CSSDP's toolkit for educating youth](#), and [CCSA's cannabis communication guide](#), are available to initiate discussion about cannabis with students.





Bullying Outcomes in Prince Edward Island

Among students in PEI within the last 30 days:

29% have been bullied

19% COMPASS average*

11% have bullied others

Types of Bullying



20% have been verbally attacked

6% have been victims of sexual harassment



7% have been victims of cyber-attacks



11% have been victims of social bullying (e.g. being purposely excluded from a group)

6% have been physically attacked

Reasons for being bullied



3% have been bullied for their race/ethnicity/culture

5% have been bullied for a physical, learning, or emotional challenge

2% have been bullied because their family isn't as wealthy as others



2% have been bullied for their sexual orientation

2% have been bullied for their gender identity



7% have been bullied due to their weight

10% have been bullied due to another aspect of their image/appearance

WHY IS THIS IMPORTANT?

Adolescents who have been bullied are more likely to report detentions, suspensions, receiving a failing grade, carrying weapons, and skipping school. Weight-based bullying tends to be the most frequently reported cause of bullying. Students who are victims of bullying are also more likely to start bullying others. Bullying can have a lifelong impact on mental health and future relationships.

RECOMMENDATIONS AND RESOURCES

- Provide resources to teachers, students, and parents about cyberbullying and outline procedures to follow when cyberbullying occurs.
- Educators and other school staff can access resources from [PREVNet](#), and [Legal Info PEI Cyberbullying](#) to learn more about bullying and engage students in conversations about bullying.
- Additional resources are available through [PEI Bridge the gap](#) and [211-PEI](#).





Mental Health Outcomes in Prince Edward Island

Among students in PEI:

65% rated their mental health as good, very good, or excellent
72% COMPASS average*

69%

agree their life is purposeful and meaningful

72%

agree they have supportive and rewarding social relationships

69%

agree they are engaged and interested in their daily activities

77%

agree they actively contribute to the happiness and well-being of others

80%

agree they are competent and capable in the activities that are important to them

68%

agree they are optimistic about their future

66%

agree they can talk about their problems with their friends

59%

agree they can talk about their problems with their family



27%

reported feeling lonely on most days in the last week



21%

felt depressed most days in the last week



33%

felt nervous, anxious, or on edge on most days in the last 2 weeks

WHY IS THIS IMPORTANT?

Mentally healthy youth are better able to learn and manage life's challenges. Positive mental health is characterized by engagement and motivation, self-awareness, self-efficacy, hope for the future, and a sense of purpose and belonging. All students can benefit from learning self-regulation and social-emotional skills to better cope with negative emotions, reduce the probability of some mental disorders, and improve the management of existing mental health issues. Students' mental health and well-being can be impacted by a wide variety of social, cultural, structural, and systemic factors. Meaningful and trusting relationships with adults and feeling like one "matters" are among the strongest predictors of student mental health and well-being.

RECOMMENDATIONS AND RESOURCES

- Help reduce the stigma associated with mental health by prioritizing it within the school environment and programming. The [Pan-Canadian Joint Consortium for School Health](#) provides several toolkits to assist schools in developing a healthy school environment.
- Use culturally appropriate approaches when discussing mental health with minority groups. Some helpful resources include the [School Mental Health Action Kit](#) and the [We Matter Campaign](#).
- Share resources for mental health and addiction [helplines](#), [supports](#), and [open access counselling](#) available through 211-PEI and Health PEI.



School Connectedness & Academic Achievement Outcomes in Prince Edward Island

Among students in PEI:

75%

feel they are part of their school

77% COMPASS average*

82%

feel safe at school

84%

feel that teachers treat them fairly

79%

feel close to people at school

65%

feel happy to be at their school

63%

would like to complete a post-secondary education

88%

think getting good grades is important



WHY IS THIS IMPORTANT?

School connectedness is an important and modifiable protective factor for multiple youth health outcomes. School connectedness is defined as a sense of belonging and safety at school, and positive relationships with classmates and teachers. Youth who feel more connected to their school report lower rates of depression, problematic substance use, and violence. COMPASS research has found that school connectedness is one of the strongest preventative factors for anxiety and depression, and it provides protective efforts among youth. The benefits of school connectedness are particularly significant for students who are at higher risk for adverse health outcomes, including racialized, gender diverse, and lower socioeconomic status populations; however, these youth report less favourable perceptions of their school environments.

RECOMMENDATIONS AND RESOURCES

- The [Pan-Canadian Joint Consortium for School Health](#) provides a number of resources to assist schools in developing a healthy school environment.
- The [BC School Connectedness Action Guide](#) and the [Secondary School Toolkit](#) developed by Middlesex London Health Unit are resources that can assist schools in creating positive and safe school cultures.





Equity and Inclusion Outcomes in Prince Edward Island

Among students in PEI:

57% report ever feeling unwelcome or uncomfortable at school for at least one of the following reasons...

their race/ethnicity/culture:

9%

their religion:

5%

their family not being as wealthy/rich as others:

7%

their gender identity:

5%

their sexual orientation:

6%

their image/appearance:

32%

an emotional challenge:

14%

a learning challenge:

7%

a physical challenge:

5%

their marks at school:

15%

other reasons:

19%



WHY IS THIS IMPORTANT?

When students feel welcomed and accepted in their school, they are more likely to succeed academically. How welcome a student feels at schools tends to vary by race, ethnicity, religion, sexuality, and socioeconomic status. These variations may contribute to disparities in academic achievement, mental well-being, and physical health among different student populations. Staff training and school-based initiatives can help to reduce these disparities and increase all students' sense of belonging. Educators should work to create inclusive school resources (e.g., posters) and environments where all students see themselves represented in the curriculum and extra-curricular activities. Helping students feel valued, appreciated, and respected in school can support academic achievement and overall well-being, as well as promote participation in school-based activities that foster positive health behaviours.

RECOMMENDATIONS AND RESOURCES

- Encourage student-led and student-centred, with additional consideration for marginalized students, initiatives, events, and programs that promote inclusiveness and foster a positive school culture. Student-led initiatives tend to be more effective compared to those led by adults (i.e., school staff, parents, or community partners).
- Share the [Equity, Diversity, and Inclusion Report \(PDF\)](#) with educators, which provides strategies for incorporating these concepts into their teaching journey.
- Help create an [inclusive school environment for 2SLGBTQI students](#) and consider [youth strategies for tackling gender-based violence in schools](#).

Climate Change and Eco-Anxiety Outcomes in Prince Edward Island

Among students in PEI:

11%

reported they often or almost always believe they can do something to help address the problem of climate change

12% COMPASS average*

13%

reported they often or almost always try to reduce behaviours that contribute to climate change

4%

reported thinking about climate change often or almost always makes it difficult for them to sleep

3%

reported climate change often or almost always interferes with their ability to get work or school assignments done



WHY IS THIS IMPORTANT?

Eco-anxiety is a growing issue facing adolescents as climate change progresses. Often defined as anxiousness about the effects of climate change on both future generations and the environment, eco-anxiety more often affects children and youth than adults. Climate change anxiety is found to be linked to poorer mental health outcomes, including low mood, helplessness, and depression. Equipping youth with the skills needed to cope with these worries can positively impact their mental health and ability to make positive contributions to combating climate change.

RECOMMENDATIONS AND RESOURCES

- [Eco-Anxious Stories](#) provides resources, stories, and workshops to help people cope and connect to others dealing with eco-anxiety. Consider sharing their [Quick Tips for Eco-Anxiety](#) resource that covers steps to accepting your climate emotions.
- Encourage youth to take action on climate change through engagement in [GenAction](#) and by learning more about [PEI's Climate Adaptation Plan](#).
- Support students in setting up a club at their school to learn more and engage with climate change/adaptation leaders in PEI (e.g., work underway through [UPEI School of Climate Change and Adaptation](#)).

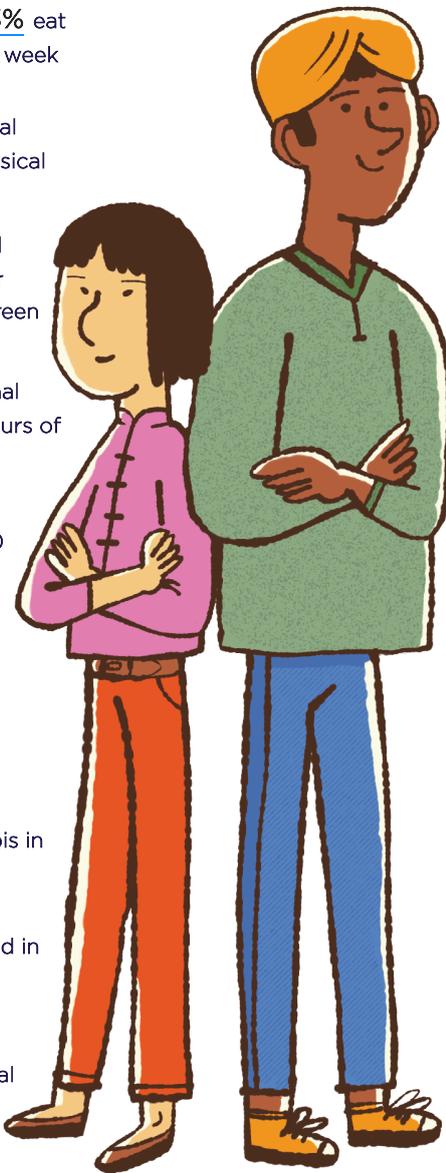


Gender Comparisons in Prince Edward Island

Among girls in PEI:

Among boys in PEI:

-  **44%** eat fruit and **43%** eat vegetables 7 days per week
-  **73%** meet the National guideline for daily physical activity
-  **6%** meet the National guideline of 2 hours or less of recreational screen time per day
-  **64%** meet the National guideline of 8 to 10 hours of sleep per night
-  **5%** have smoked a cigarette in the last 30 days
-  **14%** reported vaping in the last 30 days
-  **13%** reported binge drinking in the last 30 days
-  **8%** have used cannabis in the last 30 days
-  **28%** have been bullied in the last 30 days
-  **57%** rated their mental health as good, very good, or excellent
-  **74%** feel they are a part of their school
-  **11%** often or almost always believe they can do something to help address the problem of climate change



Note: Other gender response options are collected, but to maintain student privacy due to small sample size, findings are presented here in boys and girls only

-  **41%** eat fruits and **40%** eat vegetables 7 days per week
-  **78%** meet the National guideline for daily physical activity
-  **5%** meet the National guideline of 2 hours or less of recreational screen time per day
-  **62%** meet the National guideline of 8 to 10 hours of sleep per night
-  **7%** have smoked a cigarette in the last 30 days
-  **12%** reported vaping in the last 30 days
-  **13%** reported binge drinking in the last 30 days
-  **9%** have used cannabis in the last 30 days
-  **28%** have been bullied in the last 30 days
-  **75%** rated their mental health as good, very good, or excellent
-  **78%** feel they are a part of their school
-  **10%** often or almost always believe they can do something to help address the problem of climate change



Grade Comparisons in Prince Edward Island

Among students in PEI:

	7	8	9	10	11	12
Eat fruit 7 days per week	50%	47%	45%	37%	36%	36%
Eat vegetables 7 days per week	44%	40%	42%	41%	38%	39%
Meet the National guideline for daily physical activity	76%	78%	79%	76%	69%	69%
Meet the National guideline of 2 hours or less of recreational screen time per day	10%	6%	3%	3%	4%	4%
Meet the National guideline of 8 to 10 hours of sleep per night	65%	70%	66%	64%	56%	54%
Reported smoking a cigarette in the last 30 days	1%	2%	4%	7%	13%	12%
Reported vaping in the last 30 days	2%	5%	8%	16%	26%	30%
Reported binge drinking in the last 30 days	2%	4%	6%	16%	29%	31%
Have used cannabis in the last 30 days	1%	2%	5%	9%	18%	22%
Have been bullied in the last 30 days	32%	34%	32%	26%	23%	21%
Rated their mental health as good, very good, or excellent	76%	70%	65%	59%	59%	54%
Feel they are a part of their school	84%	78%	73%	73%	72%	68%
Believe they can do something to help address the problem of climate change	15%	9%	9%	10%	11%	12%

Note: To maintain student confidentiality, grade results are reported as <5% for small percentages if the grade sample size is less than 95 and N/A if the grade sample size is less than 30.



Year Comparisons in Prince Edward Island

Among students in PEI:

	2022-23	2023-24	2024-25
Eat fruit 7 days per week	40%	39%	42%
Eat vegetables 7 days per week	41%	40%	41%
Meet the National guideline for daily physical activity	78%	75%	75%
Meet the National guideline of 2 hours or less of recreational screen time per day	3%	5%	5%
Meet the National guideline of 8 to 10 hours of sleep per night	57%	61%	63%
Reported smoking a cigarette in the last 30 days	8%	7%	6%
Reported vaping in the last 30 days	18%	16%	13%
Reported binge drinking in the last 30 days	16%	14%	13%
Have used cannabis in the last 30 days	13%	11%	9%
Have been bullied in the last 30 days	29%	30%	29%
Rated their mental health as good, very good, or excellent	59%	59%	65%
Feel they are a part of their school	70%	74%	75%
Believe they can do something to help address the problem of climate change	13%	11%	11%

Note: Small differences in percentages with previous reports may be due to rounding.





A Message from COMPASS Leadership

Thank you for participating in the COMPASS survey. We hope you find this report informative and useful. By participating in the COMPASS study, schools from your province will help to shape future youth health research and practice across Canada and internationally for years to come. We have enjoyed working with your schools and hope to continue working with you and your local public health professionals to help make schools the healthiest environment possible for students.

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