

**Results Express yourself on what matters to you!**  
**Survey to improve our knowledge of the youth in the Val-Saint-François**  
**Date of the survey: 13 mars 2020**

Context: the survey was carried out as part of a school activity, just before the government's containment announcements related to the Covid-19 pandemic. The survey stopped ahead schedule due to school closing, the same day.

*Note: in order to make the qualitative responses easier to read, the unanswered or incomprehensible elements (eg. no, I don't know, nothing, etc.) have been removed from the text.*

## Eligibility

### 1. In which municipality do you live?

Municipality	Pourcentage %	nombre n
Richmond	54%	20
Canton de Melbourne	8%	3
Windsor	3%	1
Cleveland	3%	1
Canton de Valcourt	3%	1
Racine	3%	1
Maricourt	3%	1
Other *	24%	9
Total	101%	37

*Dans le questionnaire pour la communauté anglophone, le choix autre n'est pas un critère d'exclusion.  
 Other : Aucune précision dans le questionnaire.*

Municipality	Aucun répondant
Bonsecours	0
Kingsbury	0
Lawrenceville	0
Saint-Anne-de-la-Rochelle	0
Saint-Claude	0
St-Denis-de-Brompton	0
Saint-François-Xavier-de-Brompton	0
Stoke	0
Ulverton	0
Valcourt	0
Val Joli	0

Pôles	Pourcentage %	nombre n
Windsor	3%	1
Richmond	65%	24
Valcourt	8%	3
Other	24%	9
Total	100%	37

Constat\* :

- Les répondants vivent principalement à Richmond.

\* = Constat qui diffère du constat des répondants francophones.

## 2. How old are you?

Old	%	n
12 ans	19%	7
13 ans	19%	7
14 ans	8%	3
15 ans	32%	12
16 ans	16%	6
17 ans	5%	2
18 à 25 ans	0%	0
Total	99	37

Constat\* :

- Il y a une répartition des répondants dans les divers groupes d'âge à l'exception des 18-25 ans.
- Tous les répondants sont mineurs.

## 3. What is your gender?

Gender	%	n
Female	68%	25
Male	32%	12
Genderless	0%	0
Total	100%	37

Constat\* :

- Les deux tiers des répondants sont des filles et le tiers des répondants sont des garçons.

## 4. Are you currently studying?

Studying	%	n	
Yes	89%	33	go to question 5
No	11%	4	go to question 6
Total	100%	37	

Constat :

- La grande majorité des répondants sont présentement aux études. Seulement une faible proportion de l'échantillon n'est plus aux études.

**5. Please indicate the grade level you are currently pursuing**

Level	%	n
Grade 6 <sup>th</sup>	6%	2
Sec. 1	21%	7
Sec. 2	6%	2
Sec. 3	27%	9
Sec. 4	21%	7
Sec. 5	18%	6
Professional training	0%	0
Cegep	0%	0
University	0%	0
Other	0%	0
<b>Total</b>	<b>99%</b>	<b>33</b>

Constat :

- Similaire à l'âge des répondants, il y a une répartition des divers niveaux scolaires des répondants mineurs.

**6. Please indicate the last grade level completed**

Level	%	n
Grade 6 <sup>th</sup>	50%	2
Sec. 1	50%	2
Sec. 2		
Sec. 3		
Sec. 4		
Sec. 5		
Professional training		
Cegep		
University		
Other		
<b>Total</b>	<b>100%</b>	<b>4</b>

## Section 2 : Improve our knowledge of young people of our territory

**7. For each following word, write the first word that comes to your mind:**

Comments:

Future	Positive	Negative	Neutral	Total
n	29	4	4	37
%	78%	11%	11%	100%

Repetition:

Future	Family	Work	Futur project related to school
n	4	13	7
%	11%	35%	19%

Constat :

- La majorité des répondants perçoivent l'avenir positivement.

Comments :

<b>My town</b>	Positive	Negative	Neutral	Name of the town	Total
n	<b>10</b>	<b>8</b>	<b>4</b>	<b>15</b>	<b>37</b>
%	<b>27%</b>	<b>22%</b>	<b>11%</b>	<b>41%</b>	<b>100%</b>

Constat :

- Cette question n'a pas été bien comprise par les répondants car près de la moitié des répondants ont indiqué le nom de leur ville.

Comments :

<b>School</b>	Positive	Negative	Neutral	Name of the school	Total
n	<b>8</b>	<b>8</b>	<b>7</b>	<b>14</b>	<b>37</b>
%	<b>22%</b>	<b>22%</b>	<b>19%</b>	<b>38%</b>	<b>100%</b>

Constat :

- Cette question n'a pas été bien comprise par les répondants car plus du tiers des répondants ont indiqué le nom de leur école.

Comments :

<b>Parents</b>	Positive	Negative	Neutral	Total
n	<b>19</b>	<b>2</b>	<b>13</b>	<b>34</b>
%	<b>56%</b>	<b>6%</b>	<b>38%</b>	<b>100%</b>

Constat :

- La moitié des répondants perçoivent leurs parents positivement.

\*Voir les feuilles Excel pour le détail de l'analyse.

## 8. What is your passion, what makes you feel great? *Select all the answers that apply.*

Chaque ligne est sur 100% n=37

<b>Passion</b>	<b>%</b>	<b>n</b>
Outings activities with friends	<b>54%</b>	<b>20</b>
Arts, music et culture	<b>51%</b>	<b>19</b>
Sports, outdoors	<b>49%</b>	<b>18</b>
Nature, environment	<b>32%</b>	<b>12</b>
Various games (society, cards, full-size, etc.)	<b>30%</b>	<b>11</b>
Video games	<b>27%</b>	<b>10</b>
Other	<b>27%</b>	<b>10</b>

Constat\*:

- 3 types de passions se dégagent du sondage, les sorties et les activités entre amis, l'art, la musique et la culture et le sport et le plein air. Ces thèmes pourraient inspirer des aspects de vos actions pour rejoindre les jeunes.

9. From the following list and in order of importance, select the 3 most important things that stress you out (1 = the most stressful). 1<sup>er</sup> choix = 5points / 2<sup>e</sup> choix = 3 points / 3<sup>e</sup> choix=1 point

Stress	Points	Rang
My grades and take my exams / Studies	126	1
Not feeling good in my body / in my head	47	2
My life at school	25	3
My performance in sport or activity I do	23	4
My family	18	5
Social networks	13	6
Climate changes / environment	13	6
Money	13	6
Illness / Mourning	10	7
Conflicts	8	8
My love life	5	9
My social life, friends	0	---
My work	0	---
Other	0	---

Constat :

- Les notes et les examens est l'élément le plus stressant et il se dégage particulièrement des autres réponses.

10. What are the people and the ways you use to manage your stress? / Chaque ligne est sur 100%

Diminuer le stress	%	n
My immediate family (parents, brothers, sisters)	58%	21
Sports	41%	15
Reading	38%	14
Drawing	35%	13
Writing	32%	12
Food	32%	12
My boyfriend / girlfriend	30%	11
Video games	22%	8
Social networks	14%	5
My extended family (grandparents, uncle, aunt, cousin)	11%	4
Adults around me (coach, tacher, boss, intervenant, etc.)	11%	4
Yoga / relaxation techniques	11%	4
Smoking / Vaping	11%	4
Consumption (alcohol, drugs, medication)	5%	2
Other	30%	11

Other	n
Friends	2
Exercise	3
Music	2
Good eating habits	1
Slepp schedule	1
swimming	1
Nature	1

Walking my dog	1
Stay alone	1
Playing puzzles or board game	1

Un répondant peut donner plusieurs réponses

Constat :

- Le moyen pour diminuer le stress qui se dégage est la famille des répondants. Cependant, plusieurs autres moyens : le sport, la lecture, le dessin, l'écriture, la nourriture, l'amoureux.se ont obtenu plusieurs réponses. À noter : le choix « amis » n'a pas été inscrit dans les choix de réponses (oubli), ce qui peut entraîner un biais dans les réponses données.

### 11. Complete the following sentences. « *In my life, at school, in my town ...* :

**It would be great if ...**

	Wish for myself	Wish related to school environment	Stop something unpleasant	Wish related to society/relationships	Concrete project
n	7	10	7	6	6
%	20%	29%	20%	17%	17%

**I worry about ...**

	Future	Friends/Family/Others	School	Health and safety
n	9	6	9	4
%	26%	17%	26%	11%

**I would like to start ...**

	Personal improvement/change	Learning/Developing a skill or talent	Specific project	Work/Money
n	11	7	5	8
%	33%	21%	15%	24%

\*Voir les feuilles Excel pour le détail de l'analyse.

### 12. What would help you or had helped you to achieve better results at school? *Check all the answers that apply.* Chaque ligne est sur 100% n=37

Help to achieve	%	n
Sleep better / more hours of sleep	52%	19
Get help for homeworks, study, understanding	35%	13
Have better relationship with my teachers	27%	10
Work less hours	19%	7
I don't feel the need for better results	19%	7
Having more support from my family	16%	6
Less time spent in front of screens	16%	6
Other	30%	11

Constat :

- Avoir un meilleur sommeil et dormir davantage est l'élément qui aiderait les répondants à avoir de meilleurs résultats à l'école. Cet élément se dégage particulièrement des autres réponses. Cet aspect pourrait inspirer une action pour soutenir la réussite scolaire.

### Section 3 : Better understand the life habits of young people

13. In average, how many hours, do you spend in front of a screen during a weekend day? (computer, television, cellphone, tablet) n=37

Screen	%	n
Less than 1 hour	5%	2
1 to 2 hours	22%	8
3 to 4 hours	46%	17
5 to 6 hours	14%	5
7 hours and more	14%	5
<b>Total</b>	<b>101</b>	<b>37</b>

Constats :

- 74% des répondants passent plus que le temps recommandé (2h/jour) devant leur écran une journée de fin de semaine.
- Ce constat pourrait inspirer une action pour soutenir les saines habitudes de vie des jeunes.

14. What do you like or watch the most often when you go on internet or on your cellphone? *Select all the answers that apply.* Chaque ligne est sur 100% n=37

Like watch	%	n
Videos or movies (Youtube, Tiktok, etc.)	95%	35
Social networks (Facebook, Instagram, etc.)	54%	20
Chat applications (messenger, SMS, etc.)	51%	19
Video games alone (not online)	27%	10
Online video games (interaction with others)	24%	9
Newspapers / news	16%	6
Contents related to sexuality	3%	1
Dating websites	0%	0
Other	16%	6

Other	n
artisanal tutorials	1
It's crystal documentaries on what I like to study on	1
music	1
Puzzles game	1
Research info on things I'm curious about, like psychology	1
star wars	1

Constats :

- Les quatre choses que les jeunes aiment regarder sur leur écran sont : les vidéos ou film, les réseaux sociaux, les applications pour jaser et des jeux vidéo avec d'autres personnes.
- Trois des quatre choses que les jeunes aiment regarder sur leur écran sont des sites permettant des échanges sociaux avec les autres.

15. **Where do you usually go to socialize, meet friends, other mates? *Select all the answers that apply.* Chaque ligne est sur 100% n=37**

Where socialize	%	n
School	78%	29
At a friend's house	65%	24
Social networks	43%	16
At home	39%	14
Organized activities (sports, cultural, artistic, scientific, etc.)	30%	11
No place, I prefer to be alone	16%	6
Park / Street	14%	5
Restaurant / Bar	5%	2
Maison des jeunes	3%	1
Other	6%	2

Other	n
Plans... on the phone, etc.	1
I don't socialize	1

Constat :

- Les trois lieux que fréquentent les répondants sont l'école, les amis et les réseaux sociaux. Ces aspects peuvent influencer la promotion de vos actions.

16. **Do you get involved (participate in activities, volunteering, a club, a committee) in your city, at school or in an association / organization? n=37**

Involed	%	n
Yes	41%	15
No	59%	22
<b>Total</b>	<b>100%</b>	<b>37</b>

Constat :

- Un peu plus du tiers des répondants s'impliquent dans leur municipalité.

**Yes, please specify what are your involvements**

*Student council, yearbook, Basketball*

*sports like hockey*

*Sports*

*sports*

*Scouts, School announcers, School sport teams (basketball, soccer, running, etc.), lego club at school, 4H*

*Scouts, School announcers, Lego club at school, 4H*

*in dance*

*i work on a farm and have volunteered at a dog place*

*i do participate in a lot but cant specify*

*I am part of a skating club and teach little kids how to skate*

*I am in the air cadets and I always volunteer to do activities I want an award for that last year I do it I've got wheels on so I can go to my summer camps and become a Dirll instructor*

*I am in a drama class that I perform different plays*

*Games club and debate club (school)*

*club*

*Cadet activities because I want to pass my levels and get promoted every year so I'd become the highest rank someday even if they don't think I ever will.*

*4-H, basketball, volleyball*

**17. If you had the opportunity to get involved in your city, at school or in an association / organization what would you like to do?**

*Volunteer to help poor people and running races*

*nothing really are town is quite and doesn't do much.*

*Mental health organization*

*Manage sports*

*leadership at school*

*Im not sure, maybe (2)*

*im intrested in photographing*

*I'd like to get involved in a business startup program.*

*I'd like to be be apart of maybe a dancing society and maybe help out with our elderly more.*

*I wouldn't or maybe help locally at anything.*

*I would pass the opportunity because I can't speak to people I get all nervous cus my brain is dumb*

*I would like to go in a painting class because I love painting and I am good at it but I want to get better*

*i would like to do i dont know*

*I would like to be a volunteer politician*

*i dont really know i like my free time*

*i don't know (4)*

*help the environment*

*help the homeless take care of kids meet the community*

*help others*

*help at the vet*

*club optimiste de Valcourt*

*club (2)*

*Clean up garbage to start off with*

*At the Maison des jeunnes or an environmental group*

*A Friday night horror movie club. Ages 12-16*

*A board games club would be fun (a place to play board games, maybe go to competitions)*

*A board game club (a place to play board games and maybe have competitions)*

## Section 4 : The desired changes

### 18. If you had the power to change something in your town or in your school, what would it be?

*work*

*The social hierarchy*

*that we dont always have suspensions or in shcools or detention for nothing and we have more help the people that need it*

*Something to do*

*School would be organized in a way that everyone of every age can go and ONLY learn on the subjects they WANT and NEED in order to pursue their desired career*

*Pollution to start off with, than spirit in peoples wills*

*people would make better dissitions*

*Paint the walls of pur school*

*Nothing (2)*

*no more homework*

*my teacher she really doesnt know how to teach*

*more trees planted*

*More time to sleep*

*More sports*

*More clubs at school and more time for activities*

*Mentality but I don't really care anymore. They would maybe change themselves one day I have nothing to with that. Everyone wants change but no one wants to change in the end so I'd rather keep changing to get my dreams which Are going to make the biggest changes*

*Make it more accepting of lgbt*

*Lowered expectations*

*longer lunches*

*LESS SCHOOL DAYS! like 3 i find 5 can be very overwhelming.*

*I'm not too sure, I'd maybe change ways where people could meet up, or have places where people can spend time together at school*

*I'm not sure, I don't know (2)*

*If we didn't want to public speak in school they shouldnt force us to because mannnn I get the throw up feeling I would change the fact that everyone judges people on their appearance and not on their personality. also, change peoples perspective on strangers.*

*I would change at my school the number of hours per day*

*I dont know but anything to stop making me and other people feel safer*

*I do not know yet but I did not observe anything that would need changing by myself of my friends I guess time will tell if something needs to be changed then I would an answer*

*How much there is to do here*

*have a soccer tournament every month at school*

*environment*

*bullying / grades*

**19. Here are the activities that have been proposed by young people in the community in the recent years. Choose 3 activities that you find the most interesting to set up in your community (you can suggest extra activities).**

Activities	Points	Rang
Places to « chill » or meet other young people, public spaces more welcoming for young people	17	1
More sports / outdoor activities	14	2
More artistic or cultural activities	14	2
Activities to improve my knowledge, learn new things	11	3
More accessible activities (free transport, free, in both languages, etc.)	10	4
Sport or leisure equipment in the town (ex: Skatepark)	9	5
Move more easily on foot or by bike in my town	8	6
A beautiful and well-maintained living area	7	7
Activities to be in contact with other cultures, other languages, other generations	5	8
Other	4	9

Constat :

- Les trois activités qui ont été choisi par les répondants sont des lieux pour flâner, plus d'activité artistiques ou culturelle et plus d'activités sportives. Ces aspects peuvent inspirer vos actions.

**20. If you had an advice to give to your parents or adults around you, what would it be?**

*after a long day or in the morning one comment can affect you the rest of your day. stay possitive*

*Be there for your kids*

*Continue what your doing now*

*Don't be limited to this town*

*Don't be so serious all the time*

*Don't forget about how hard things seem for teenagers. Our brains have only been developing the emotion part of our brains and our rational part of the brain will only develop when we're around 20-25 years old, so for us, every emotion is enhanced (stress, sadness, anger)*

*everything will be ok*

*Give more freedom to your kids. We aren't going to do something stupid with out supervision. And stop getting after us to do things like chores, we have long sometimes bad days at school*

*help even if we sat no*

*i dont know because all adults are different*

*I think my advice would be to let your kids or teenagers around you have more freedom, protect them yes but give them freedom of speech and let the choose their path to live*

*keep an eye on your children*

*Leave yo child alone. DO NOT be over protective. let your child live and do stuff*

*not give up on any obstacles*

*Nothing. My advice would be more insulting both to adults and young people so I rather not. Maybe to live for something instead of living useless lives because I think there is MUCH more than were shown,told and see around us.*

*But I'll do that alone*

*Remain involved with your children/youth's interests*

*support your children make them a good person*

*that just cause you don't understand your kids doesn't give you the right to make them feel like they're not worth the help*

*to be careful what you say and not let your opinion cloud facts*

*to listen what there childerens has to say  
Try and understand what teenagers are feeling or going through  
Try to buy most of your food made locally  
We are not all the same as you, we are not perfect*

**21. Do you have any comments or suggestions?**

*get a better teacher for math  
I wish there were more events in the spring-fall and summer in our town, and not the dumb "come support this"  
events. Rather more events that actually interest people such and artisanal festivals. organized camping or hunting  
trips  
The town should be a safe environment for the young kids. Not a place to be afraid to go out  
we just should have more help at school and etc.*