

## We have been following a group of children and their families for more than 20 years...

Since the end of the 1990s, the Institut de la statistique du Québec has been watching thousands of Québec children grow up. After following these children and their families for 20 years, we have gathered a wealth of information on the factors that affect the development and well-being of Québec children.

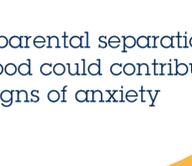
Here are a few of the many findings we have obtained over the years:

# CHILDHOOD

Children whose parents start reading to them at an early age are more likely than other children to start school on the right foot and to pass the ministerial examinations at the end of elementary school.

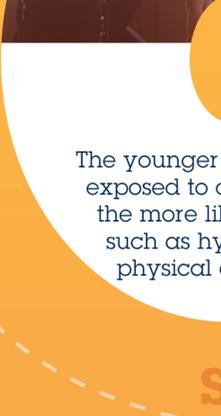


## sleep



Lack of sleep during childhood increases the risk of being overweight around age 6.

## anxiety



Experiencing parental separation during childhood could contribute to increased signs of anxiety or depression.



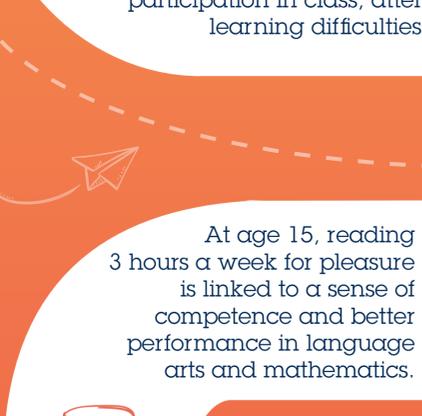
The younger and the longer children are exposed to difficult socio-economic conditions, the more likely they are to exhibit behaviours such as hyperactivity, inattention, opposition, physical aggressiveness, etc.

## shyness

Anxiety, shyness and victimization decrease between the end of Grade 6 and the end of Secondary I.



# ADOLESCENCE



Motivation and sense of competence in mathematics decline during the transition to secondary school.



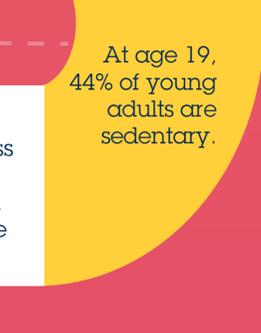
1+2=3

12-year-old students at risk of dropping out of secondary school experience difficulties that were already noticeable at age 7: lower participation in class, attention problems, learning difficulties in reading, etc.

At age 15, reading 3 hours a week for pleasure is linked to a sense of competence and better performance in language arts and mathematics.



Starting to work during adolescence leads to a sense of satisfaction and well-being.



## well-being

Nearly **9 out of 10 19-year-olds** say they are satisfied or very satisfied with their lives.

# ADULTHOOD

**What contributes to this sense of satisfaction:**

**1** A satisfactory relationship with their mother or father



**3**

Secondary school or vocational diploma

**2**

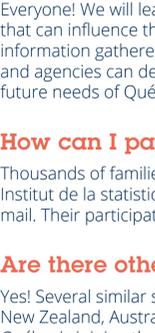
Social support

At age 19, 42% of young adults spend at least 3 hours a day on social media.



Young adults who are sedentary are less likely to be satisfied with their lives than those who are active in their leisure time.

At age 19, 44% of young adults are sedentary.



## A new generation under study!

The reality of families and children has changed a lot in 20 years, which is why the Institut de la statistique du Québec is conducting a second edition of the study, entitled *Growing Up in Québec*.

### Who will benefit from it?

Everyone! We will learn more about children's living situations and the factors that can influence their development and well-being. Thanks to the wealth of information gathered through studies such as *Growing Up in Québec*, departments and agencies can design programs and services that better meet the current and future needs of Québec families.

### How can I participate in the study?

Thousands of families will be selected at random throughout the province by the Institut de la statistique du Québec. These families will receive an invitation by mail. Their participation will contribute to the success of the study!

### Are there other studies like this one?

Yes! Several similar studies have been underway in England, Scotland, Ireland, New Zealand, Australia and France for the past decades, and *Growing Up in Québec* is joining them!

To learn more about the study:

[statistique.quebec.ca/growingupinquébec](http://statistique.quebec.ca/growingupinquébec)



## Testimonies from participants in the first study

"We are happy to have participated in research that will improve our understanding of children's development in their living environment and provide possible courses of action to ensure the well-being of future generations."

"It makes us proud to know that our modest contribution can have an impact on studies related to the development of our children."

"We've always been very happy to take part in such a credible and serious study."

"Having to answer all kinds of questions on our child's life and environment and on our own psychological and physical state forces us to look inward and reflect. It's like a snapshot in time, if I can put it that way!"