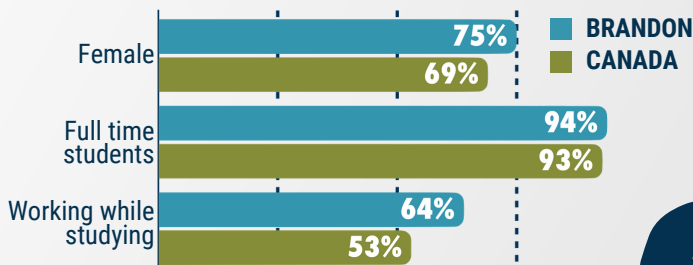


MY HEALTH, YOUR HEALTH, OUR HEALTH

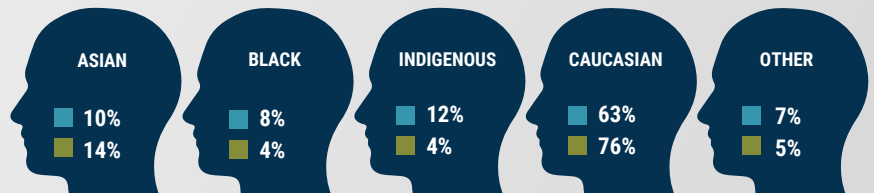
at Brandon University

This infographic presents results of a recent study on student mental health and risk behaviour, conducted in November 2018. In total, 330 students completed the survey. Results are compared to a national survey* conducted in 41 Canadian universities in 2016.

PARTICIPANT PROFILE



Median age: 22.4 yrs for Brandon
23 yrs for Canada



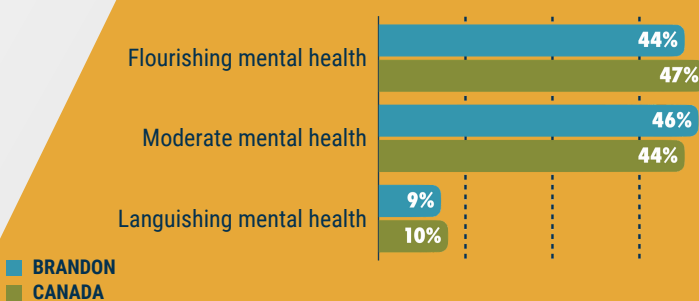
Brandon University participants:

- 35% were first year students
- 51% had a student debt, which most will pay off themselves
- 45% depended on their parents for financial support
- 11% had moved from another country to study in Brandon

RESULTS

Mental health scores for Brandon participants were similar to students in Canadian universities.

Mental Health Score

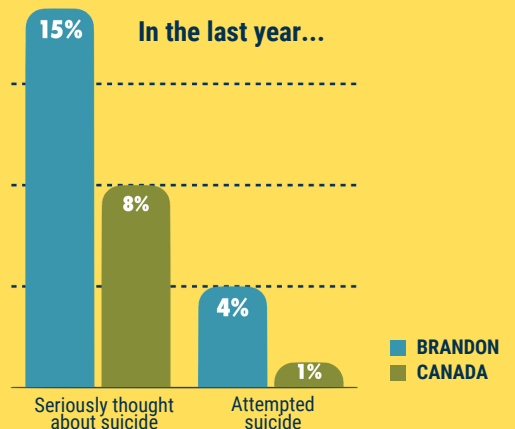


Many reported being a victim of bullying in the last year:

- 29% were verbally threatened
- 43% were ridiculed or mocked
- 20% were told mean things about their race or culture
- 34% were told mean things about their body shape, weight or appearance



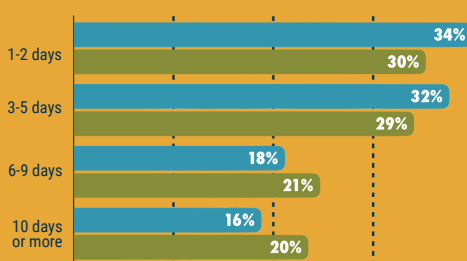
However, more report suicidal ideation and attempts.



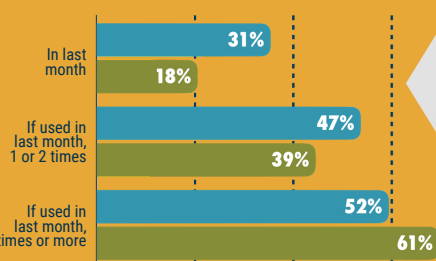
Alcohol and cannabis use in the month preceding the survey...

- Overall, 8% of BU participants have never consumed alcohol and 42% have never consumed cannabis, as compared to 16% and 58% respectively in Canadian Universities.

Alcohol use

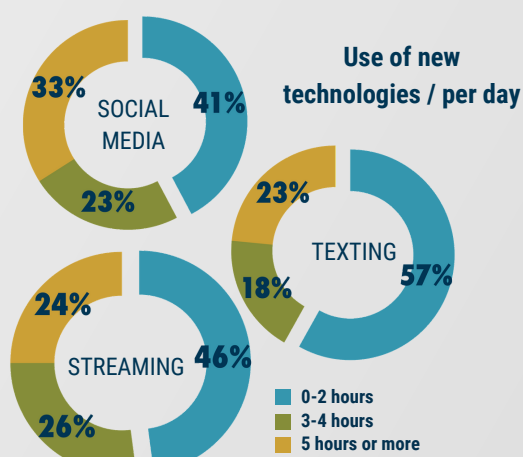


Cannabis use



- Legalization of cannabis will not change their cannabis use, said 64% of participants.

New technologies are an important part of life, but to what extent have they become a distraction?



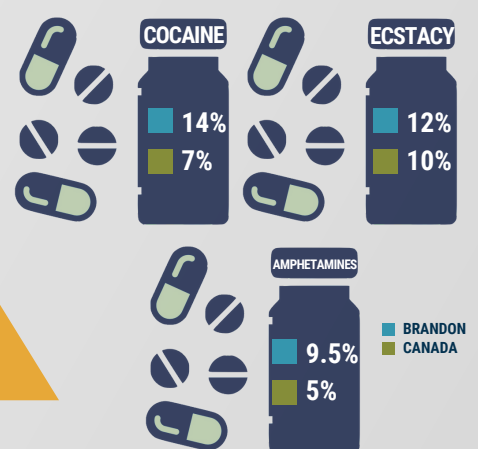
Sexuality

27% were subject to inappropriate sexual comments or unwanted physical contact

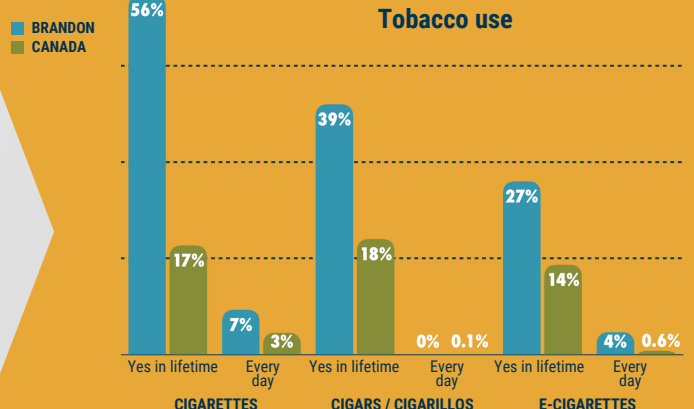
8.5% were physically forced and 13% were intimidated into having sex in their lifetime

54% of sexually active participants rarely or never used a condom; 43% used withdrawal as a method of contraception

Illegal drug use (lifetime)



Tobacco use



44% of BU participants reported vaping in their lifetime

Student Services Personal Counsellors

Office: 102 A.E. McKenzie Building
Phone: (204) 727-9737
to schedule an appointment

Westman Crisis Services Mobile Crisis Unit (24/7)

(204) 725-4411
1-888-379-7699



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* Canadian Reference Group Data Report, Spring 2016, American College Health Association, https://www.acha.org/NCHA/ACHA-NCHA_Data/Publications_and_Reports/NCHA/Data/Reports_ACHA-NCHA16c.aspx