

Get the facts

STAYING CONNECTED

ABSTRACT

(i.e. a sample of what's to come)

Do Canadian high school students who feel more connected to their school, and the people there, experience other health benefits? In this research they found they do!

INTRODUCTION

(i.e. why is this research important)

Previous research has shown that students who have low school connectedness also report poorer self-rated health.

METHODS

(i.e. how the researchers tested their question)

Researchers gave surveys to 33 313 students in grades 9-12 from across Canada. Each student included in this study had to complete the survey during at least two different years, so that the researchers could measure whether their responses **changed over time**.

To measure school connectedness the researchers asked the students to answer how much they agreed or disagreed with each of these five statements:

1. "I feel close to people at my school"
2. "I feel part of my school"
3. "I am happy to be at my school"
4. "I feel the teachers at my school treat me fairly"
5. "I feel safe at my school"

The researchers also asked students questions to find out how much time they spent being physically active, and how often they smoked cigarettes, used marijuana or participated in binge drinking.

RESULTS

(i.e. what the researchers found)

↓ school connectedness

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↓ likelihood of exercising at least 60-minutes/day

↑ likelihood of smoking cigarettes

↑ likelihood of using marijuana

↑ likelihood of binge drinking

DISCUSSION

(i.e. what do the results mean?)

Feeling connected to your school is good for your health! Plan an activity or, socially distanced event, to increase school connectedness in your school community! Continue to the next page to learn more.

Study details retrieved from: [Weatherson, K. A., O'Neill, M., Lau, E. Y., Qian, W., Leatherdale, S. T., & Faulkner, G. E. J. \(2018\). The Protective Effects of School Connectedness on Substance Use and Physical Activity. *Journal of Adolescent Health, 63*: 724-731. doi: 10.1016/j.jadohealth.2018.07.002](#)

Take action

STAYING CONNECTED

Right now, while we are all social distancing, you might not feel as connected to your school, teachers, or other students as you usually do.

How do we stay feeling connected to school and the people there if we aren't going to an actual school building? This is new for everyone so there isn't any research telling us the best way to do it.

But it's a great opportunity to try somethings out! Do you have a creative idea for how to stay connected to your teachers and/or other students at your school? Every successful event or program started as an idea...

And we are here to help you make your idea happen!

Whether you're looking for help connecting with an organization in your community, or help to apply for a grant to fund your idea, email us at dashbcresources@gmail.com to let us know what you want to do and we will be happy to do what we can to help.

Some grants that might be relevant:

- [Responsive Neighbourhood Small Grants](#)
- [Youth Action Grants](#)

OTHER WAYS STUDENTS ARE STAYING CONNECTED:

- GSA (Gay-Straight or Gender and Sexuality Alliance) meet-ups from schools across the province have gone virtual. Do you want to host a GSA meet-up for your school? Contact a teacher or administrator to help you set-up a secure meeting online. Find out more [here](#).
- Students are taking turns looking after their school gardens.
- Some schools are hosting virtual graduations and prom events. We even heard of a school hosting a virtual talent show! What a fun idea!

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