

A DAY IN THE LIFE OF CANADIAN CHILDREN AND YOUTH IN 2023

This infographic provides a snapshot of the daily lives and routines of **children aged 5 to 11** and **youth aged 12 to 17**, using data from the 2023 Canadian Health Survey on Children and Youth.

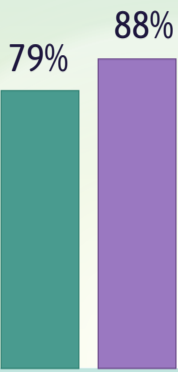


Going to school

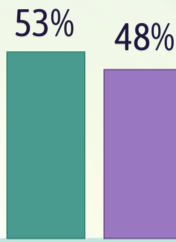
Children were more likely than youth to often or always look forward to going to school



Children



Youth

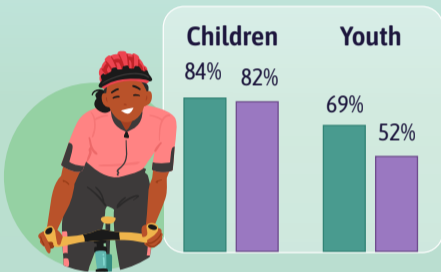


Boys+ Girls+

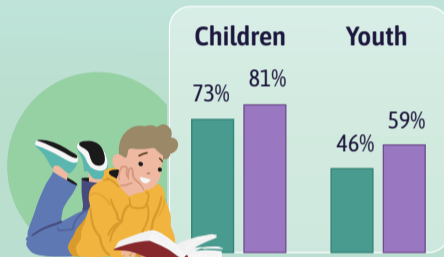


Weekly activities and free time

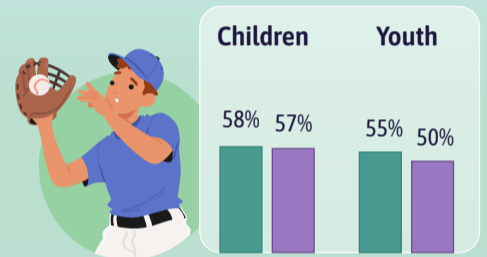
Youth were less likely to participate in certain activities than children



Participated in an outdoor physical activity for **at least 1 hour**



Read for enjoyment with a parent or on their own for **at least 1 hour**



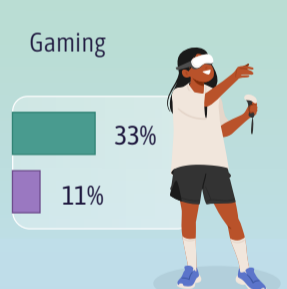
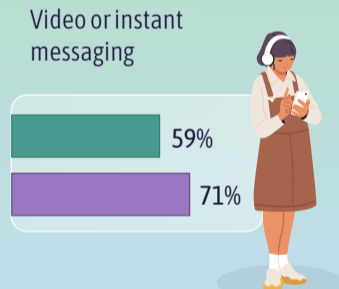
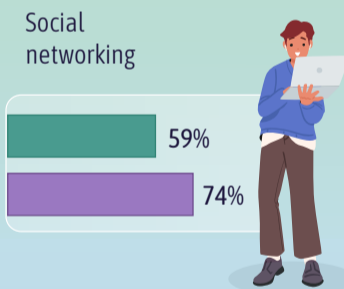
Participated in a physical activity with a coach or instructor



Time spent online

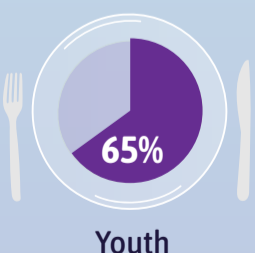
Social networking and messaging were more common among girls+, while gaming was more common among boys+

Proportion of **youth** who did online activities constantly or several times a day

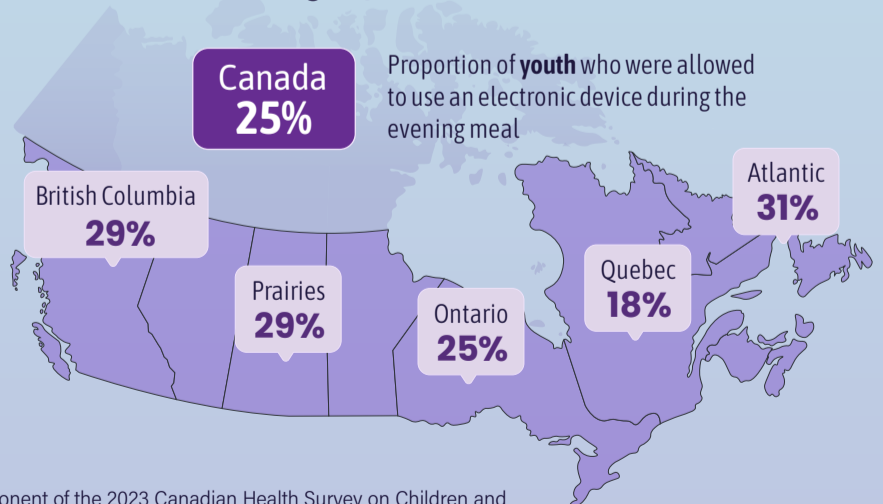


Evening meal and family time

Children were more likely than youth to eat with their family in the evening 5 or more days a week



Youth in Quebec were least likely to be allowed to use an electronic device during the evening meal



Proportion of **youth** who were allowed to use an electronic device during the evening meal

Notes:

- The data in this infographic are taken from the cross-sectional component of the 2023 Canadian Health Survey on Children and Youth (CHSCY), which consisted of a random sample of respondents aged 1 to 17 as of January 31, 2023, who were living in the provinces. It excludes children and youth living in the territories, on First Nations reserves and other Indigenous settlements in the provinces, children and youth living in foster homes, and the institutionalized population.
- In this infographic, the "girls+" category includes girls as well as some non-binary persons, while the "boys+" category includes boys as well as some non-binary persons.

Source: Statistics Canada, Canadian Health Survey on Children and Youth, 2023.

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