

5 NUMBERS

YOU NEED TO KNOW ABOUT CHILDREN AND YOUTH IN OTTAWA



206,000

CHILDREN AND YOUTH IN OTTAWA THAT WE CAN HELP TO GROW UP GREAT



25%

OF CHILDREN ACROSS OTTAWA ARE NOT READY TO START SCHOOL



\$4

RETURN ON EVERY DOLLAR INVESTED IN EARLY CHILDHOOD PROGRAMS



1 in 5

1 in 5

CHILDREN AND YOUTH HAS A MENTAL HEALTH PROBLEM



3 hours

ALONE EACH DAY PUTS CHILDREN AT RISK

5 NUMBERS

YOU NEED TO KNOW ABOUT CHILDREN AND YOUTH IN OTTAWA

We can help 206,000 children and youth Grow Up Great



There are 206,000 children and youth living in Ottawa – almost a quarter of the total population. Each of them deserves to Grow Up Great, and they need community support to help them reach their full potential. Waiting for solutions is not an option; we must act.

The Ottawa Child and Youth Initiative (OCYI) is made up of over 80 organizations and service providers from across Ottawa. We work together to foster the healthy development of children and youth through research, advocacy and program development. Our vision is simple: to help children and youth Grow Up Great.

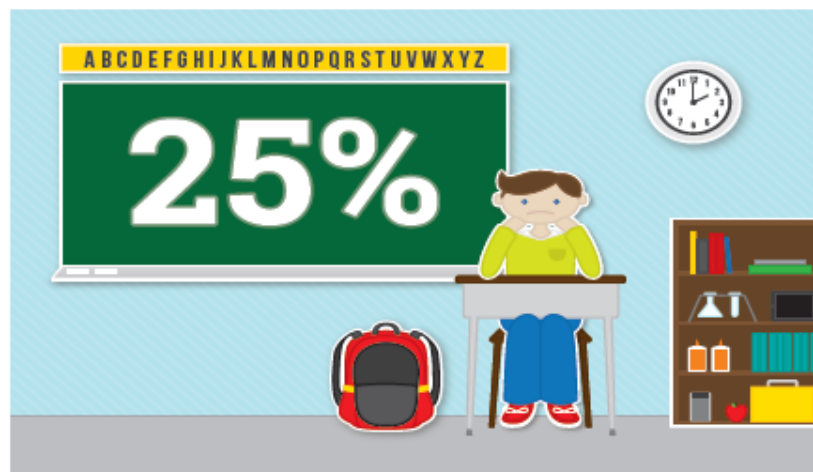
We work together to encourage community participation and collaboration, and to create positive change in our communities. OCYI serves as a supportive base from which we can nourish the positive and healthy development of children and youth in our community.

Together, we can make sure
every child has the opportunity to Grow Up Great.

5 CHIFFRES

QUE VOUS DEVEZ CONNAÎTRE AU SUJET DES ENFANTS ET LES JEUNES À OTTAWA

25% of children across Ottawa are not ready to start school



Starting school is a major milestone in a child's life, full of promise and potential. However, 25% of children across Ottawa face challenges when starting school.

Getting ready for school begins long before the bell rings – young children are always learning, growing and reaching for critical developmental milestones. School readiness and the achievement of these milestones depend not only on the child's ability, but also on other aspects in a child's family, neighbourhood, community, and society. That's why we must work together to ensure that all young children reach their full potential.

A comprehensive range of quality early learning opportunities and programs like quality child care, family support programs, and full-day kindergarten are essential for school success and help to meet the diverse needs of our community.

Being ready for school is a big deal for families;
it needs to be a big deal for us, too.

5 NUMBERS

YOU NEED TO KNOW ABOUT CHILDREN AND YOUTH IN OTTAWA

\$4 return on every dollar invested in early childhood programs



We all have a role to play in ensuring that infants and children have the chance to Grow Up Great. Early learning opportunities for young children dramatically increase a child's chance of success and good health. Providing young children with high-quality settings in which they can learn, play, and grow has both immediate and long-lasting effects for the kids – and, it's good for the economy.

Early childhood programs have a \$4 return on every dollar invested, and even more for children who are disadvantaged. Parents feel more comfortable re-entering the workforce, and the societal costs of special education, social assistance, and crime are all reduced.

Children who participate in quality early learning and care programs have higher skill development, are more successful at school, and are more likely to complete high school and pursue post-secondary education. By investing in early childhood programs, we can help mitigate the effects of poverty and build a more skilled workforce.

Investing in children is investing in our whole community.

5 NUMBERS

YOU NEED TO KNOW ABOUT CHILDREN AND YOUTH IN OTTAWA

1 in 5 children and youth has a mental health problem



The impact of mental illness isn't always easy to see, so it can be easy to ignore. We know that one in five kids has a mental health problem, but many of them don't get the help they need to live healthy lives. Kids need to know it's okay to talk about their mental health and they need support in finding the right treatment.

Depression, anxiety, eating disorders, disruptive behaviours, developmental delays, and ADHD can lead to poor school performance, negative behaviour, and addiction. These conditions deeply affect the way kids think, feel, and act.

We need to promote positive health and early identification. Many mental health problems begin in childhood and adolescence, and early treatment can make a big difference.

Let's talk about mental health –
let's give our kids the support they need.

5 NUMBERS

YOU NEED TO KNOW ABOUT CHILDREN AND YOUTH IN OTTAWA

3 hours alone each day puts kids at risk



The bell rings and school is over, but the day isn't done. What children and youth do during out-of-school time is critical to them, their families, and our community. Students who spend three or more consecutive hours alone per day are at increased risk of drug and alcohol use, stress, anger, depression and problem behaviours. Their academic performance is likely to suffer, and they might not be making time for the recommended 60 minutes of physical activity each day.

Canadian youth spend an average of over seven hours a day in front of a screen – watching TV, playing games, social networking or surfing the internet. Much of this time is spent alone. The 'critical hours' can be a time for children and youth to develop and enhance physical abilities, social and emotional skills, and discover lifelong interests and talents, but only if the resources are available. Only 25% of children and youth living in low income are involved in arts and recreation programs.

Affordable, accessible, and high-quality community programs can ensure that all children and youth have the chance to socialize in a positive environment while developing their skills, interests and talents.

When it comes to the critical out-of-school hours,
we all need to get involved.