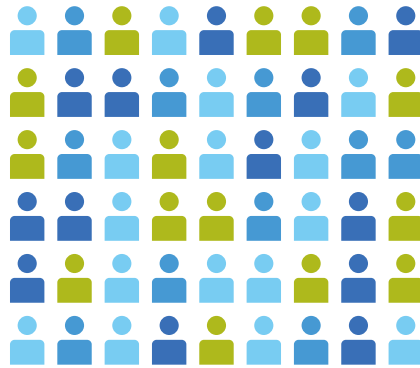


FIVE NUMBERS

YOU NEED TO KNOW ABOUT CHILDREN & YOUTH IN OTTAWA

CHILDREN & YOUTH IN OTTAWA



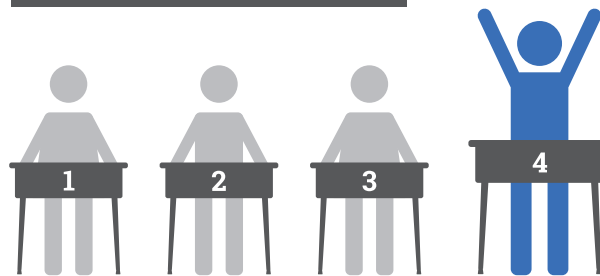
206,000

children and youth in Ottawa.
We can help them all to grow up great.

[Almost 1/4 of the population]



SCHOOL READINESS



25%

of children across Ottawa are not ready to start school

[That's 1 in 4 children!]

SOCIAL INTERACTION

Many children spend up to 7 hours a day in front of a screen (TV, computer, phone)

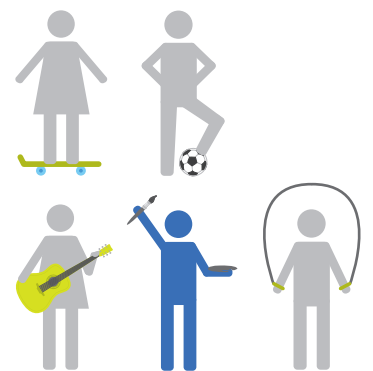


3 HOURS

alone each day puts children at risk

(risk for drug and alcohol use, stress, depression and behaviour problems, lower self-esteem and academic achievement)

MENTAL HEALTH



1 IN 5

children and youth has a mental health problem

EARLY CHILDHOOD PROGRAMS

4 DOLLARS

return on every dollar invested in early childhood programs