

An Overview of Youth Health in Montréal

UNDERSTAND, MOBILIZE, TAKE ACTION



Family Support

HIGHLIGHTS

The family environment plays a key role in adolescent development. In the Québec Health Survey of High School Students (QHS) “family support” is one of the indicators used to describe the family environment of young people in Montréal. It refers to warm and attentive relationships between teens and their parents, who express their expectations and ensure that family rules are respected.¹⁻²



Nearly three-quarters (72%) of high school students in Montréal perceive that they have a high level of family support. This proportion decreases between school grades 1 to 5 and has been declining slightly since 2016-2017.



Families’ socioeconomic and sociodemographic conditions are linked to young people’s perception of social support.

- ▶ Young people whose families’ financial situation is average or above average report receiving high levels of family support more often than those whose financial situation is below average.
- ▶ There is great diversity in family situations and composition.

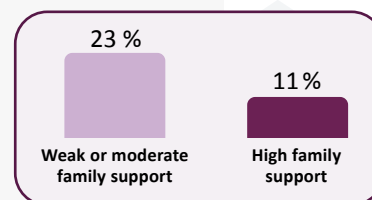


Young people who receive a high level of family support perceive themselves to be in better mental health than those with weak or moderate support.

- ▶ Young people who receive a high level of family support are more likely (proportionally) to report flourishing mental health than those who receive weak or moderate support (43% vs. 15%).

Young people who report a high level of family support are less likely to engage in risky substance use, are less at risk of delinquent behaviour, and are less at risk of dropping out of school.

- ▶ The proportion of young people at high risk of dropping out of school is half as high among those who report high family support as among those with weak or moderate family support.



These data from the Montréal context are consistent with the literature showing that family support is a protective factor for the health and development of adolescents. It is therefore essential to take early action to create socioeconomic conditions that are conducive to the adoption of warm, attentive, and caring practices and to the presence of a secure family environment. In addition, the establishment of universal parenting support programs must be strengthened throughout Montréal, with intensity proportional to parents’ needs. It is also essential to support community organizations and community coalitions working with families, as well as to promote public policies that are favourable to them.

1. Plaisance C. Développement des compétences parentales auprès des familles dans les établissements publics [Internet] [Mémoire doctoral]. [Québec]: Laval; 2020. Disponible sur: <https://corpus.ulaval.ca/server/api/core/bitstreams/7e7b15df-1418-4c2e-9f87-d90c29209757/content>

2. Lacharité C, Pierce T, Calille S, Baker M, Pronovost M. LesCahiersDuCEIDEF (no 3) ; Penser la parentalité au Québec : un modèle théorique et un cadre conceptuel [Internet]. 2025 [cité 12 août 2025]. Disponible sur: https://oraprdnt.uqtr.quebec.ca/portail/docs/FWG/GSC/Publication/1535/17/15405/1/619742/4/O0004608533_LesCahiersDuCEIDEF_no3.pdf

