

# The 2025 Ontario Student Drug Use and Health Survey

## Information for Schools and School Boards

### PURPOSE

- The Ontario Student Drug Use and Health Survey (OSDUHS) is an anonymous population health survey of students in grades 7 to 12 in Ontario's publicly funded schools.
- The survey has been conducted by the Centre for Addiction and Mental Health (CAMH) every two years since 1977 with the purpose of identifying population trends in, and risk/protective factors related to, student drug use (e.g., alcohol, cannabis, vapes), mental health (e.g., symptoms of depression, suicide, self-harm), physical health (e.g., screen time, physical activity), bullying, gambling, and social media.
- The OSDUHS is the longest ongoing school survey in Canada and one of the longest in the world, and is a leading source of information about the health of Ontario students.

### SAMPLE

- The expected sample size for the 2025 OSDUHS is about 15,000 students in grades 7 to 12 from about 250 randomly-selected schools across Ontario.
- Within each selected elementary/middle school, two 7th grade classes and two 8th grade classes will be randomly selected (or one in each grade if two are not available).
- Within each secondary school, two classes in each grade between grades 9 and 12 will be randomly selected (or one in each grade if two are not available).

### PROCEDURE

- The CAMH Research Ethics Board (REB) has approved this study.
- The **Institute for Social Research (ISR)** at York University is administering the survey in schools across the province on CAMH's behalf.
- Schools that are interested in participating will be asked for a list of all classes by grade, from which a random selection will be made by ISR.
- The survey will be in the field across the province from October 2024 to June 2025. Schools/classes can schedule a date during this period that is most convenient for teachers and students.
- Teachers of the selected classes will be asked to distribute the parental consent/student assent forms to students, who, in turn, will seek the signature of a parent/guardian. Schools can choose the option of an online parental consent form procedure, which requires emailing parents the invitation/consent form link on CAMH's behalf. Only those students with parental consent can participate.
- The survey will be administered in the classroom by trained ISR staff during a single class period. Students will need about 30 minutes to complete the survey. Total survey administration time will be about 45 minutes.
- Students will be asked to complete an online anonymous questionnaire using either the school's device (e.g., a laptop) or a personal device with internet connection. They will be told that participation is voluntary and anonymous, they can skip any question they do not want to answer, and that they can stop at any time for any reason.
- Board permitting, the school principal and teachers of the selected classes will be given a Tim Hortons gift card worth \$15 as a token of thanks for their assistance. Schools with a sufficient sample size will be provided with a brief school-level infographic.

### STUDY OUTCOMES

- The findings will be reported in two provincial trend reports describing drug use and related harms, and mental health and well-being, as well as our population health factsheet series, and infographics ([www.camh.ca/osduhs](http://www.camh.ca/osduhs)).
- OSDUHS findings are used by public health units, and other provincial agencies to monitor established health objectives, and inform policies and programs.

For more details, please see our **Frequently Asked Questions (FAQs)** at [www.camh.ca/osduhs](http://www.camh.ca/osduhs).

To view the 2025 OSDUHS online questionnaire and information flyer, please visit [www.isryorku.ca/osduhs](http://www.isryorku.ca/osduhs).