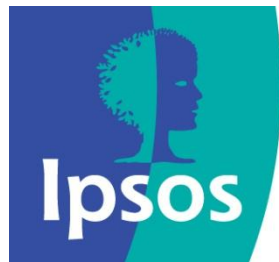


**Landmark RBC/Ipsos Reid Survey of Canadian Youth Finds
Dramatic Decline in Happiness, Optimism During Late Teens**
*Just 57% of Youth Aged 18 to 21 Feel That They Can Achieve
Anything They Want*

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Landmark RBC/Ipsos Reid Survey of Canadian Youth Finds Dramatic Decline in Happiness, Optimism During Late Teens

Just 57% of Youth Aged 18 to 21 Feel That They Can Achieve Anything They Want

Toronto, ON – A landmark survey of nearly 2,400 Canadian youth aged 10 to 25, conducted by Ipsos Reid on behalf of RBC, has found a dramatic shift in attitudes, behaviours and beliefs as teens reach early adulthood and the realities of life set in. In comparison with youth aged 10 to 17, youth aged 18 to 21 are less happy, less optimistic, less excited about their future, smile less often, and are less likely to say their life has meaning and that they can achieve anything they want.

Girls Happier than Boys, but Boys More Excited about the Future...

Most Canadian youth aged 10-13 (90%) and 14 to 17 (82%) would describe themselves as typically a 'happy' person, however, just seven in ten youth aged 18 to 21 (70%) and 22 to 25 (70%) say they're happy – representing a dramatic decline in happiness in the late-teen years. The erosion in happiness is particularly quick for boys, as most boys aged 14 to 17 report being happy (81%), while only 63% of those aged 18 to 21 say they usually feel happy, a decline of 18 points in just a few years. By comparison, 69% of girls aged 18 to 21 say they're usually happy, suggesting that boys' entry into adulthood, whether it be post-secondary school or work, is more of a shock to their system than it is for girls.

When it comes to their level of excitement about the future, however, boys (67%) are more excited than girls (60%) are, overall. Moreover, just as happiness declines among late teens,

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so too does excitement for the future. Most youth aged 10-13 are excited for the future (76%), but that proportion dips among 14 to 17 year olds (66%) and especially among 18 to 21 year olds (53%), before rebounding to 59% among 22 to 25 year olds. Interestingly, only 47% of girls aged 18 to 21 are excited about the future, compared to 33% who are worried, and 20% who are neutral – making them the cohort least excited about the future.

Attitudes Towards Life, Future, Family Change in Late Teens...

The study revealed that while pre-teens and high-school aged kids are generally quite positive about their life, future and family, those aged 18 to 21 are often the least likely to feel this way. As teens age, they're less likely to say they have a good life, that their family believes in them and makes them feel good, and that they can achieve anything they want. The table below illustrates these shifts in behaviour.

% who agree with each statement	10-13	14-17	18-21	22-25
I have a good life	94%	88%	76%	75%
My parent(s) believe in me	93%	93%	77%	70%
My family makes me feel good	94%	89%	69%	73%
I feel that I can achieve anything I want	80%	73%	57%	59%

Statistical analysis has determined that, for youth aged 18 to 21, the feeling that you can achieve anything you want is a key driver of excitement for the future. It's important to note, then, that just 53% of girls aged 18 to 21, and 62% of boys aged 18 to 21 feel this way – significant declines from those aged 14 to 17.

Satisfaction with Life, Tendency towards Optimism Drops among Late Teens...

The study also shows a significant drop in satisfaction with one's life in the late teen years. While 95% of teens aged 14 to 17 say they're satisfied with their life, satisfaction dips sharply to 82% among those aged 18 to 21, and 79% among those aged 22 to 25. The most pronounced drop in satisfaction appears to be relating to one's physical health, with satisfaction dropping from 90% among 14 to 17 year olds to just 67% among 18 to 21 year olds – and just 63% among girls aged 18 to 21, specifically.

Girls Smile More than Boys, Worry more than Boys...

The poll also gauged the frequency with which youth experience some of the most basic feelings of life, from being happy, sad, laughing, smiling, frustrated or angry. In every case, positive feelings were more diminished among the 18 to 21 year old youth compared to the 14 to 17 year old cohort; similarly, negative feelings were more prominent among the older youth. The chart below illustrates the shift in feelings that occurs in the late teens.

Frequency of Feeling (Always, Usually)	14-17	18-21	22-25
<i>Positive Feelings</i>			
Happy	81%	61%	65%
Smiling	78%	59%	62%
Positive	75%	60%	62%
Laughing	72%	62%	60%
<i>Negative Feelings</i>			
Stressed	16%	49%	44%
Worried	13%	44%	36%
Frustrated	12%	25%	22%

Negative	7%	19%	16%
Sad	4%	17%	15%
Angry	7%	13%	12%

In almost every case (with the exception of laughing), the low-point of the positive feeling, and the high-point of the negative feeling was among the 18 to 21 year olds.

Comparing genders, the data show that in most cases the decrease in positive feelings was more acute for boys, but the increase of negative feelings was more acute for girls. Some of the more dramatic changes in feelings are:

- 74% of boys aged 14 to 17 smile frequently, compared to just 47% of boys aged 18 to 21.
- 75% of boys aged 14 to 17 describe themselves as positive, compared to just 55% of boys aged 18 to 21.
- 17% of girls aged 14 to 17 say they're frequently stressed, compared to 58% of girls aged 14 to 17.
- 17% of girls aged 14 to 17 say they're frequently worried, compared to 51% of girls aged 14 to 17.

What do Canadian Youth Worry About?...

Girls tend to worry more than boys do, but there appears to be a lot of worrying in general. In order, youth aged 14 to 25 worry about money (68%), things happening in the world (66%), getting or having a job (63%), knowing what career to pursue (57%), their parents (50%), their job that they do have (50%), their grades (49%), getting accepted to a post-secondary school (48%), relationships with friends (33%) and things happening in their community (30%).

In most cases, the figures are higher among girls than boys.

Mentorship and Confidence...

A majority (51%) of youth aged 14 and older say that the opinions of a mentor are ‘important’ (13% very/38% somewhat) on how they feel, think and behave, highlighting the relevance of having positive role models in the lives of Canadian youth. Mentors appear to be particularly important for those aged 14 to 17, as six in ten (61%) say they are important on how they act.

And while most (89%) agree that they are interested and curious in learning new things (only 3% disagree), only 62% agree that they are confident that they have the knowledge and skills needed to find a job they want – with boys aged 22 to 25 being least confident (56%).

Conversely, 16% disagree that they are confident that they have the knowledge and skills to find a job they want, while 21% neither agree nor disagree.

These are some of the findings of an Ipsos Reid poll conducted on behalf of RBC from October 20 to November 3rd. For the survey, a sample of 2,387 youth aged 10 to 25 was interviewed online, via the Ipsos I-Say panel. Quotas and weights were employed to ensure that the sample as closely as possible reflects the overall population of Canadian youth. The accuracy of online polls is measured using a credibility interval. In this case, the aggregate results are considered accurate to within +/- 2.3 percentage points, 19 times out of 20, of what the results would have been had the entire population of youth in Canada been surveyed. The credibility interval will be wider for sub-sets of the population: for example, the sample size for each age range (10-13, 14-17, 18-21, 22-25) is approximately 600, resulting in a credibility interval of +/- 4.6 percentage points. All sample surveys and polls may be subject to other sources of error, including, but not limited to coverage error, and measurement error.

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