

RBC Future Launch Youth Outlook Study



Overall, young Canadians are faring better in mental health, happiness, and life satisfaction compared to last year.

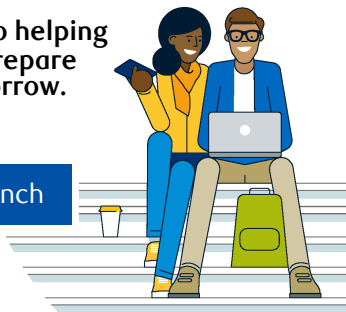
While many are now grappling with uncertainty in the post-COVID era, young Canadians **appear to be facing the future with positivity.**

- Eight in 10 report satisfaction with their life, more report **feeling happy, motivated, excited**, and fewer young Canadians report feeling overwhelmed or isolated compared to last year.
- However, gains have not been even as **young women and girls, those living with a disability, and those in the LGBTQ2S+ community continue to struggle.**
- **Men/boys continue to fare better than women/girls**, with around six in ten excited about the future (56% vs. 42% women/girls) and their future in the workforce (63% vs. 54%). Men/boys are also more confident they can achieve a happy life (68% vs. 63%) and manage the stress of a job (84% vs. 75%).
- **The youngest Canadians (aged 14-17) continue to be more optimistic compared to older youth** as those aged 18-29 feel more pressure to succeed (66% vs. 50% aged 14-17), are more likely to be worried about the future (31% vs. 12%) and feel more anxious about the environment (31% vs. 18%).

RBC is committed to helping young Canadians prepare for the jobs of tomorrow.

Learn more at

rbc.com/futurelaunch



Key Findings



80% are **satisfied with their lives** (+3 points since 2022) and 57% say their life gives them a sense of purpose (+3 points).



46% (+7 points) are **happy with their current jobs** 'most of the time' and 58% (+4 points) are **excited about their future in the workforce.**



14-17 year olds show the biggest improvement when it comes to **having a mentor they can count on for advice** (54%, +12 points).



79% (+2 points) are still **confident in their ability to manage the stress of a job.**



33% (+6 points) rated **persistence/grit as a beneficial skill** in helping to achieve a job in one's desired career.



Young Canadians are divided on whether they will **access mental health services in the next 12 months**, with 22% unsure if they are likely to or not.

BUT MANY ARE STILL RELUCTANT TO ACCESS THE RESOURCES THAT THEY NEED...

Would not access resources



These proportions are higher among those aged 18-29 years (45%), who have poor finances (52%), poor family life (55%) and poor mental health (55%).