

## Young Canadians say the pandemic has opened up new opportunities in the world of work, even as it continues to affect their mental health and social life

The world may be returning to a 'new normal', but young Canadians don't have a 'normal' to return to given many are transitioning to college/university, getting a job, or living away from home.

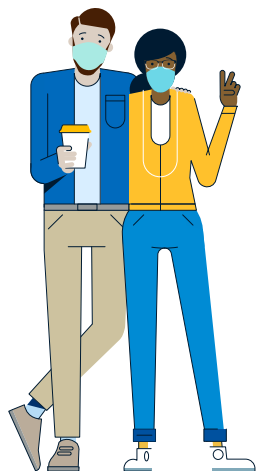
While they have missed out on important life milestones and continue to feel the effects, eight in ten (79%) young Canadians say **the pandemic has opened new opportunities for them in the world of work** and a majority (54%) are **excited about their future in the workforce**.



However, social life and mental health suffered the most. **Youth who identify as LGBTQ2S+ or as having a disability could especially benefit from supports to help with their confidence, resilience, and prospects for the job market.**

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

Learn more at [rbc.com/futurelaunch](https://www.rbc.com/futurelaunch).



## Key Findings



8 in 10 (77%) are satisfied with their lives, although this is down 7 points since 2020



6 in 10 (61%) believe they can achieve a fulfilling career, despite the challenges that face them



4 in 10 (39%) have a mentor they can count on to give them advice



Half (51%) say the pandemic has had a negative impact on their social lives and on their mental health.



Young Canadians identified mental well-being supports and services as the number-one area where they need the most support, even ahead of skills development and career opportunities.

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

43%



These proportions are higher among those who identify as LGBTQ2S+ (52%), Indigenous (51%), a person of colour (50%), or have a disability (47%).