Gen Alpha in Canada: The Next Generation

A new OneHope International study explores the beliefs and experiences of preteens in Canada. It is based on a survey of 422 young people aged 11-13 and examines their faith, family relationships, digital lives, views on sex and gender, and mental health.

49% identify as Christian

But only **14%** demonstrate the beliefs and practices of an emerging committed Christian

68% say faith, religion or their spiritual journey is an important part of their identity



19% regularly participate in alternative spiritual practices, such as astrology, tarot or crystal healing

For Canadian preteens, there is a gap between identifying as Christian and engaging with Scripture

19% affirm that the Bible is the Word of God

32% never read or listen to the Bible on their own

83% turn to parents and family for guidance about right and wrong

3+ hours

Gen Alpha is deeply connected and digital-first. Preteens spend on average three hours and 18 minutes per day online outside of schoolwork, and one in five report spending more than five hours online daily

73% of Christian preteens feel confident sharing their faith

But only **57%** feel responsible to do so



Gen Alpha is experiencing significant mental-health challenges at a young age. More than one third report experiencing loneliness or high anxiety, and nearly one in five report depression, with non-religious preteens reporting nearly double the rates of loneliness and high anxiety compared to their Christian peers