

# 2018 BC Adolescent Health Survey



Your class is one of nearly 2,000 across BC that has been chosen to take part in this year's BC Adolescent Health Survey. The survey is used to learn more about the health of young people in Grades 7-12. It has questions which ask about what you know, feel and do about your health including your physical and mental health, relationships at school, substance use and technology use.

## Information for students

Here we explain about the BC Adolescent Health Survey, what sort of questions are on it, why we ask these questions and what we do with your answers. If you still have questions after you have read this, our contact information is at the end of this sheet.



### Who we are and what we do

McCreary Centre Society is a BC charity which does this survey every 5 years. We also do lots of youth projects, and give out grants to young people who want to improve youth health in their school or community. You might have met us last year when we were asking young people what questions should be included on the survey. The results of the survey will be used by schools, communities and government policy makers to improve the lives of young people across the province.



### About the survey

By asking you about your health, we can get a true picture of what it is like growing up in BC. We can find out what is working well and what needs to improve to better support young people. Because we have been doing this survey since 1992, we can also see how things are changing. For example, when we last did the survey in 2013 we saw that fewer young people were drinking alcohol than before, but more were feeling stressed and anxious.

Some of the questions have been asked every time we have done the survey. For 2018, we have added some new questions based on what students have told us are their biggest health concerns. These include questions about mental health, sleep and online relationships. There is also room at the end of the survey for you to tell us if you think there is anything else that impacts your health or the health of your friends that we haven't asked you about.

The survey takes most students 30-40 minutes to complete. There are no right or wrong answers and no one will judge you for what you write. You don't have to answer any questions you don't want to and can skip any questions. You can also stop the survey at any time.

A nurse comes to your class to give out the surveys. The nurse makes sure no one at the school sees your answers and that no one can link you to what you write on the survey. They can also answer any questions you might have about the survey or your health in general.

You should not put your name on the survey. We will not share your survey with anyone.\*

*\*The only time we might have to share some of your answers is if you do write your name on the survey AND tell us that you are being abused or plan to hurt yourself or someone else. We might have to share this with a social worker to keep you safe.*



### What is on the survey?

The questions on the survey reflect what lots of diverse young people in different schools across BC have told us is important to them and affects their health. Some of them might not feel relevant to you and your experiences, but are important for other young people.

We ask about things like what you eat and drink, and what activities you do. We also ask about your experiences and relationships at school, your community, your family, your friends and your pets.

We ask about things that might be a risk to your health (such as smoking, stress, bullying and drinking and driving) as well as things that promote your health and wellness (like physical activity, sleep and caring relationships).

Some of the questions are about topics some people find sensitive or uncomfortable like sex, abuse and drug use. We ask these questions to help us understand how many young people are experiencing these things and what sort of support they might need.

There are questions about your ethnic or cultural background. If you don't know this, you might want to find out before taking the survey—it is also OK to skip the questions you don't understand or can't answer.



### What happens after I've finished the survey?

You will be given a card which has our contact details in case you want to talk about the survey, get a copy of the results or get involved in one of our youth projects. The card also has information about local helplines and other sources of support. You should talk to the nurse or your school counsellor if you are upset or worried by anything, or have a question about your health after taking the survey.

When we have all the surveys back, we create provincial and local reports and fact sheets of the results. We are also happy to come to your school and share the results. If you are interested, we can support you to create projects to improve youth health.



### Still got questions or want more info?

We really hope you will fill in the survey and help improve services and supports for young people in BC. If you still have questions or want more information, please contact us at:

604-291-1996

ahs@mcs.bc.ca

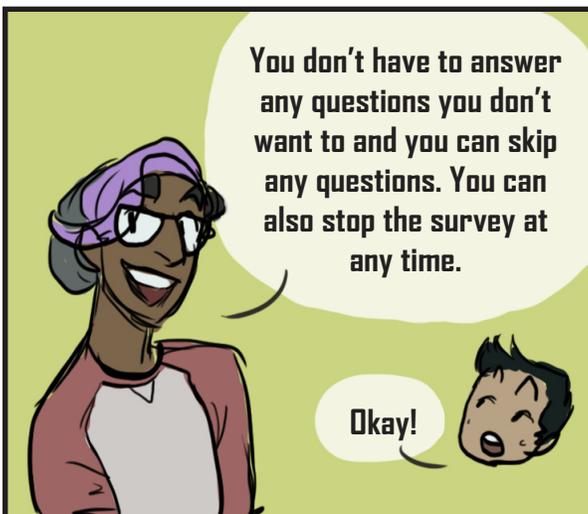


@mccrearycentre



McCrearyCentre

You can check out our website for more information and if you would like to see some examples of how young people have used the survey results to create change in their school and community—[www.mcs.bc.ca](http://www.mcs.bc.ca).



### Youth Action Grants

Youth Action Grants are a project of McCreary's Youth Advisory & Action Council. The grants are available to support youth-led projects to improve youth health and wellness in BC communities which participate in the survey.

To receive up to \$500 for your youth-led project, download an application form and tell us about your idea at <http://youthactiongrants.wordpress.com>.