

# SUPPORTING BC YOUTH: SOCIAL WORKERS

This poster uses data from McCreary Centre Society's BC Adolescent Health Survey (BC AHS). The most recent BC AHS was completed in 2018 by over 38,000 youth aged 12–19. To learn more about the survey and view other posters and reports, please visit [mcs.bc.ca](http://mcs.bc.ca).



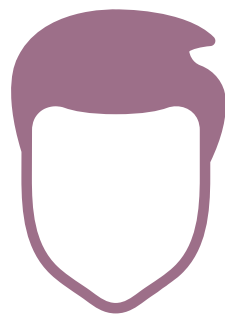
In the past year, 6% of BC youth had asked a social worker for help. Non-binary youth were three times more likely than males and females to have asked for help (e.g., 18% of non-binary youth vs. 6% of males).

## YOUTH WERE MORE LIKELY TO ASK A SOCIAL WORKER FOR HELP IF THEY...

- Had government care experience (37% vs. 5% of youth without care experience).
- Had a health condition or disability (9% vs. 5% of youth without a health condition or disability).
- Came to Canada as a refugee (15% vs. 5% of youth born in Canada) or international student (13% vs. 5%).



## AMONG YOUTH WHO ASKED A SOCIAL WORKER FOR HELP...

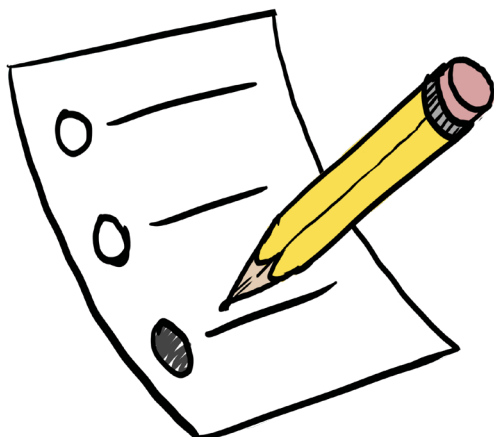


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found the experience helpful.

Males were the most likely to find a social worker helpful (e.g., 74% of males vs. 63% of females).

Students who found a social worker helpful were more likely to:



- Rate their overall health (76% vs. 62% who did not find a social worker helpful) and mental health (72% vs. 46%) as good or excellent.
- Feel hopeful for their future (60% vs. 44%), report their life was going well (68% vs. 45%), and usually feel good about themselves (57% vs. 39%).
- Sleep for eight or more hours the previous night (48% vs. 37%).
- Plan to continue their education after high school (77% vs. 70%).
- Feel like a part of their community (46% vs. 30%).
- Feel like their ideas were listened to and valued (39% vs. 28%).
- Participate in cultural activities at least weekly over the past year (12% vs. 8%).

Youth who found a social worker helpful were more likely to have an adult they could talk to about their problems.



# 83%

of youth who found a social worker helpful had an adult in their life they could talk to about their problems

vs.

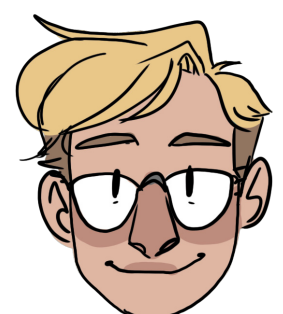


# 65%

who did not find a social worker helpful.

Youth who found a social worker helpful were less likely to:

- Miss class in the past month (76% vs. 84% who did not find a social worker helpful).
- Carry a weapon to school in the past month (8% vs. 15%).
- Go to bed hungry at least sometimes because there was not enough money for food (18% vs. 27%).
- Experience extreme stress (15% vs. 30%) or extreme despair (11% vs. 24%) in the past month.
- Miss out on needed medical help (21% vs. 47%; among youth who needed this) and mental health services (18% vs. 40%) in the past year.
- Self-harm (24% vs. 41%), seriously consider suicide (23% vs. 45%), or attempt suicide (12% vs. 23%) in the past year.



Illustrations by Alex van der Marel