

SUPPORTING BC YOUTH: SPORTS COACHES

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.



Over a quarter (27%) of BC youth had asked a sports coach for help in the past year. Males were the most likely to have asked a coach for help (32% vs. 23% of females and 18% of non-binary youth).

AMONG YOUTH WHO ASKED A SPORTS COACH FOR HELP...

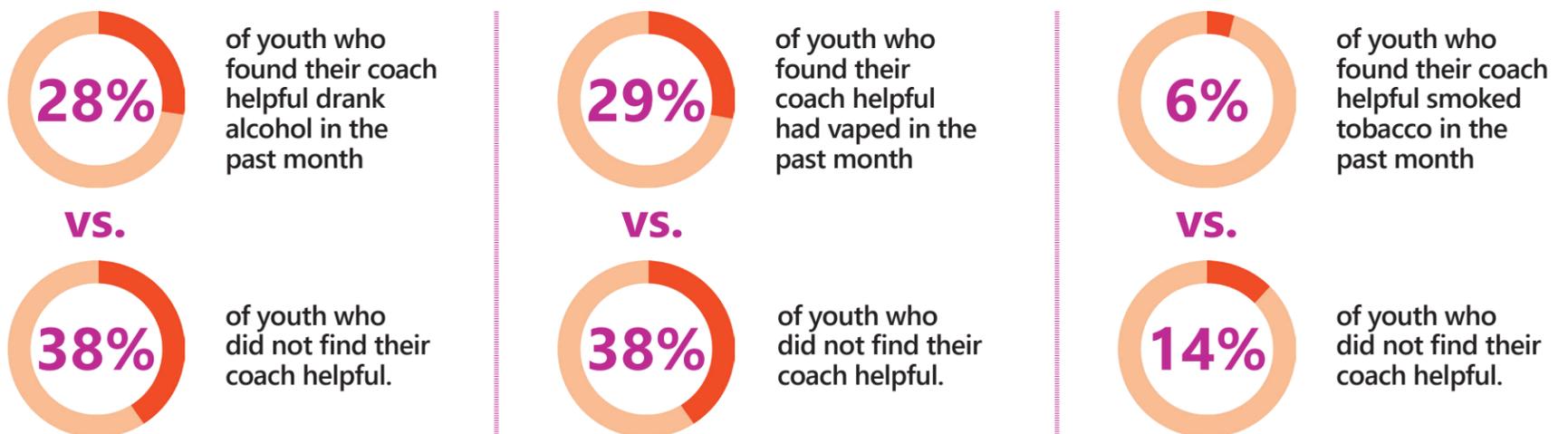


94%

found the experience helpful.

Males were the most likely to find their sports coach helpful (95% vs. 93% of females and 81% of non-binary youth).

Youth with a helpful sports coach were less likely to have used substances in the past month.



Young people who found a sports coach helpful were less likely to:

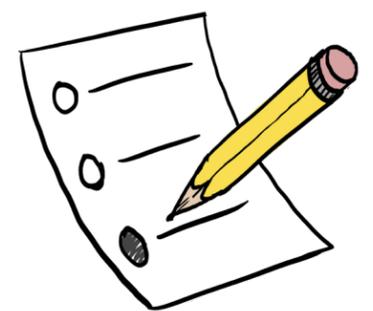
- Experience extreme stress (6% vs. 23% of youth who did not find a sports coach helpful) or extreme despair (3% vs. 17%) in the past month.
- Self-harm (11% vs. 30%), consider suicide (8% vs. 30%), or attempt suicide (2% vs. 14%) in the past year.
- Have skipped school in the past month (22% vs. 33%).
- Have had a concussion in the past year (18% vs. 24%).

Among those who did get a concussion:



Students who found their sports coach helpful were more likely to:

- Feel like a part of their community (56% vs. 34% of youth who did not find a sports coach helpful).
- Feel like an adult in their community really cared about them (75% vs. 57%).
- Be able to identify something they were really good at (90% vs. 73%).
- Feel that the activities they were involved in were meaningful (86% vs. 57%), and that their ideas were listened to and valued (60% vs. 29%).
- Experience good or excellent health (92% vs. 72%) and mental health (88% vs. 62%).
- Feel good about themselves (75% vs. 46%) and hopeful for their future (80% vs. 53%).
- Feel safe at school, including in changing rooms (90% vs. 65%).



Illustrations by Alex van der Marel