

# Information for students



Your class is one of thousands that will be taking part in this year's BC Adolescent Health Survey. The survey helps schools, communities, and services understand what young people need to keep them safe and healthy.



## Who is doing the survey?

A BC youth health charity called McCreary Centre Society developed the survey with young people. You might have met us last year when we were asking students across BC what questions should be on the survey.

We also run youth employment and engagement programs, and give out grants to young people wanting to improve youth health in their school or community. Check us out at [mcs.bc.ca](http://mcs.bc.ca).



## Why would I do this survey?

We know you get asked to do lots of surveys and might be wondering why you should bother doing this one, especially if it seems like nothing changes.

We do this survey every five years, and the results have led to lots of changes in the province and in your school district.

By asking questions about things that young people have told us are important, we can find out what is working well now and what needs to improve. For example, when we last did the survey lots of young people told us why they sometimes don't access services that they need. We shared this information with those services to help them improve their supports and be more welcoming for young people.



## What is on the survey?

The survey asks about things that affect your health and well-being like sleep, food, working, substance use, and relationships at school and in the community. We have also added new questions on topics young people have told us are important to include, such as support from friends, problems with social media, and sex education.

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 wellness (like physical activity and caring relationships). We also ask some questions about your background to make sure we are including all groups of young people.

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. Some of the questions might not feel relevant to you but are important for other young people.

It is OK to skip any questions you don't understand or can't answer. There is room at the end of the survey for you to add anything else that we haven't asked you about, if you want to.

### Here is what some young people in BC have said about the survey:

*"This survey actually gets it! Most surveys are clearly designed by adults. This one actually asks about what's important to us."*

*"I wouldn't change a thing on this survey. It asks about EXACTLY what is going on for kids in my school."*

*"You can tell that a lot of care has gone into creating this survey, and that you really care about what's going on for us."*



## How does it all work?

Some classes are doing the survey on paper and some are doing it online. Your teacher will let you know which, and will also let you know if you will need to access your school's WiFi or charge a device.

- 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.
- You can also stop the survey at any time.

A nurse comes to your class to give out the surveys or share the survey link. 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 happens after I've finished the survey?

You will be given a card with our details on in case you want to connect or get involved in one of our projects. The card also has information about helplines and other sources of support.

When we have all the surveys back, we share the data through reports, posters, fact sheets, workshops, and presentations.



**We can also come to your school and support you to create projects to improve youth health, if you are interested. You can also apply for up to \$500 to do project to improve youth health and wellness at: [mcs.bc.ca/pdf/2018\\_bcahs\\_yag\\_application.pdf](https://mcs.bc.ca/pdf/2018_bcahs_yag_application.pdf).**



## What do I do if have any questions?

If you have any questions or want more information, please contact us at: 604-291-1996 or [ahs@mcs.bc.ca](mailto:ahs@mcs.bc.ca).

You can also check out our website ([mcs.bc.ca](https://mcs.bc.ca)) and Instagram ([@mccrearyouth](https://www.instagram.com/mccrearyouth)).

We really hope you will fill in the survey and help improve services and supports for young people in BC.