

EXTRACURRICULAR ACTIVITIES



A PRODUCT OF THE 2023 BC AHS



BC ADOLESCENT HEALTH SURVEY

- Completed every 5 years
- Grades 7 - 12
- About **38,500 students** filled it out in **2023**





Photo credit: S

In 2023, 14% of students participated in dance, yoga, or exercise classes with an instructor at least weekly in the past 12 months.



— WHAT DO —
EXTRACURRICULAR
ACTIVITIES LOOK LIKE
TO ME?

Photo credit: C



Photo credit: A



Photo credit: T

CHECK, MATE!



Photo credit: C

Photo credit: A



GETTING
OUTSIDE

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WHAT STOPS YOU FROM DOING EXTRACURRICULAR ACTIVITIES?

**In 2023, 40% of youth
reported being too
busy to participate in
extracurricular
activities**

*"I am generally tired a lot
from the various extra
activities I am involved
with, on top of school."*

**Grade 11 student,
Interior**

*"I would like to
participate in school
sports, but the pressure
and stress prevents me
from doing this."*

Grade 10 student, Island



Photo credit: T



STUDENTS WHO EXPERIENCED MEANINGFUL
ENGAGEMENT IN THEIR ACTIVITIES WERE MORE
LIKELY TO REPORT:

- POSITIVE MENTAL HEALTH
- TO FEEL AN ADULT IN THEIR COMMUNITY
CARED ABOUT THEM
- TO FEEL CONNECTED TO THEIR
COMMUNITY.



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CREATED BY
MCCREARY'S
YAC



This zine was created by McCreary Centre Society's Youth Advisory and Action Council as part of a series to reflect on the findings of the 2023 BC AHS.

To find out more about the BC AHS and for details about how to join the Youth Advisory and Action Council, visit mcs.bc.ca.

