

## BC ADOLESCENT HEALTH SURVEY

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





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



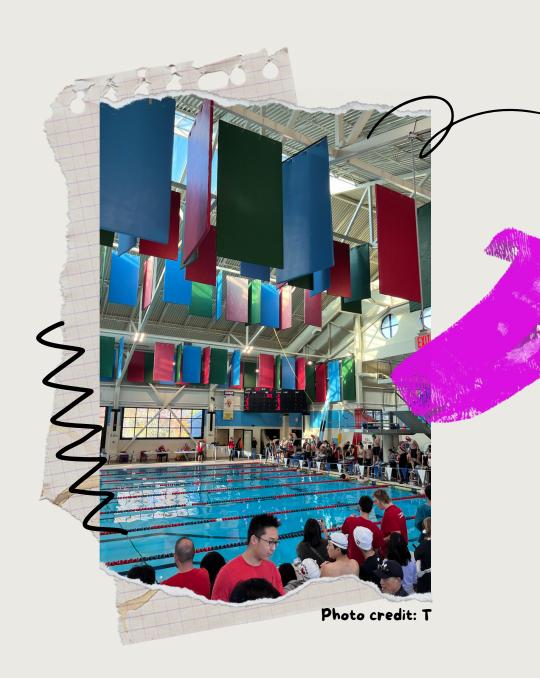
### - WHAT DO -EXTRACURRIUCULAR ACTIVITIES LOOK LIKE TO ME?

#### Photo credit: C



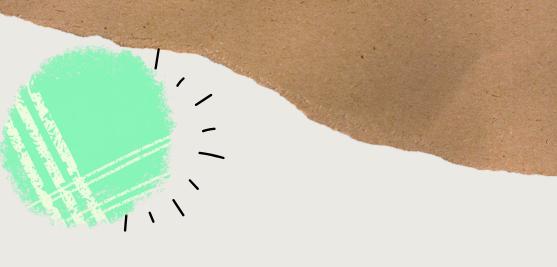


Photo credit: A









# 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



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.





# 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.



