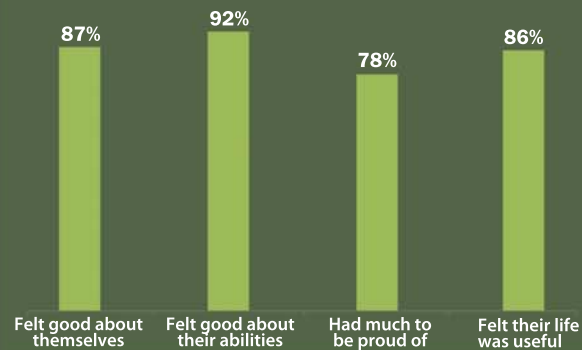


Most BC youth reported high self esteem.

Students rated their self-esteem



“ I am generally a happy healthy person. ”

This is one of a series of 12 pamphlets sharing the results of the BC Adolescent Health Survey with young people. Other pamphlets in the series include: Nutrition, Injuries, Smoking, Weight & Body Image, Health & Accessing Health Care, School & Work, Sport & Leisure Activities, Abuse & Violence, Sexual Behaviour, Building Protective Factors and Substance Use.



Information presented here is taken from the 2008 BC Adolescent Health Survey which was completed by 30,000 youth in grades 7-12. The results of this survey are published in *A Picture of Health*, as well as other youth friendly reports and fact sheets. These are available free on our website. If you are interested in learning more about the results, or how to use the results to improve youth health in your community, visit www.mcs.bc.ca.



McCreary Centre Society
3552 Hastings Street East
Vancouver, BC V5K 2A7
www.mcs.bc.ca

A Picture of Health:

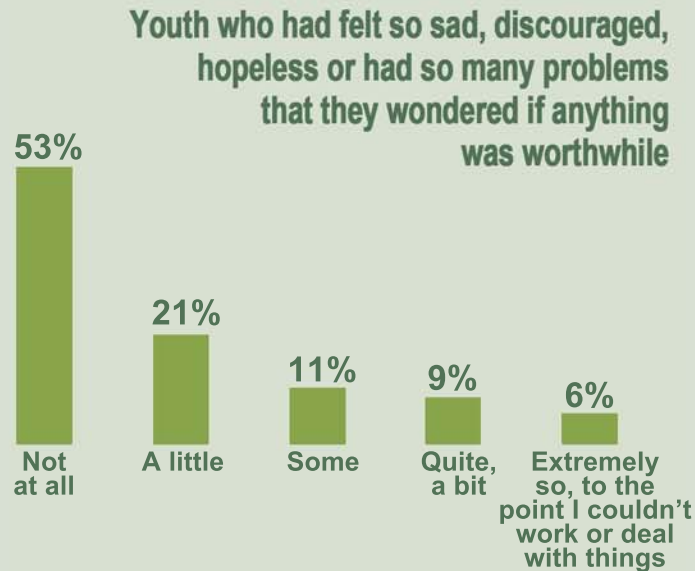


Mental & Emotional Health Results of BC Adolescent Health Survey





Most youth reported feeling some stress or pressure in the past 30 days (84%). As in 1998 and 2003, a total of 14% of students reported that the stress in their lives was almost more than they could take.



Females were more likely than males to report extreme levels of stress in the past month (18% vs. 10%) to the point that they could not work or function effectively. Older youth were more likely to report extreme levels of stress than younger youth.

Sometimes youth will hurt themselves as a way of coping with stress and pain in their lives. A total of 17% of youth indicated cutting or injuring themselves on purpose without trying to kill themselves.

Did you know?

Suicide is the second leading cause of death among youth aged 12-18 in BC. However, youth who didn't use drugs or alcohol were less likely to attempt suicide.

Resources

HealthLink BC

Anywhere in BC: 8-1-1

TTY (Deaf and hearing-impaired): 7-1-1

www.healthlinkbc.ca

Easy access to non-emergency health information and services.

Local Youth Clinic

Search online for youth clinics in your area.

They are free, confidential and full of professional doctors and nurses who are happy to help.

Kids Help Phone

1-800-668-6868

www.kidshelpphone.ca

Free and anonymous phone and web counselling that is confidential, non-judgemental and available 24/7 for both children and teenagers.

Youth In BC

604.872.3311 (Greater Vancouver)

1.866.661.3311 (Toll-Free)

www.youthinbc.com

A volunteer driven organization committed to helping people help themselves and others deal with crisis.