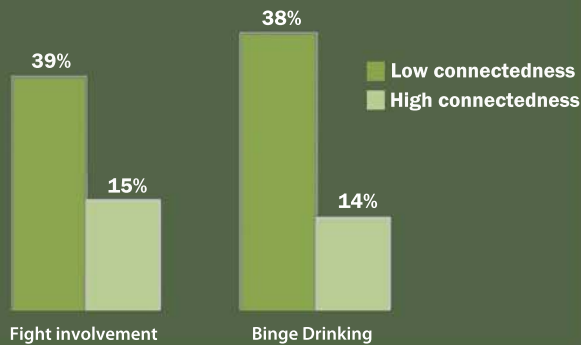


Protective factors promote health & reduce the negative effect of some health risk behaviours.

Health by family connectedness in BC



“I think a family that is there for you helps a lot.”

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, Mental & Emotional Health, Sexual Behaviour 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:



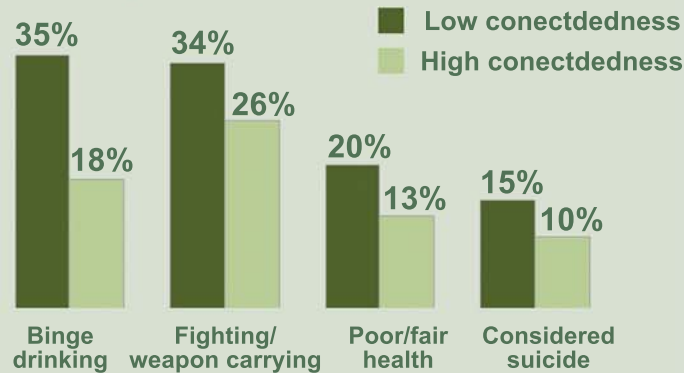
Building Protective Factors Results of BC Adolescent Health Survey



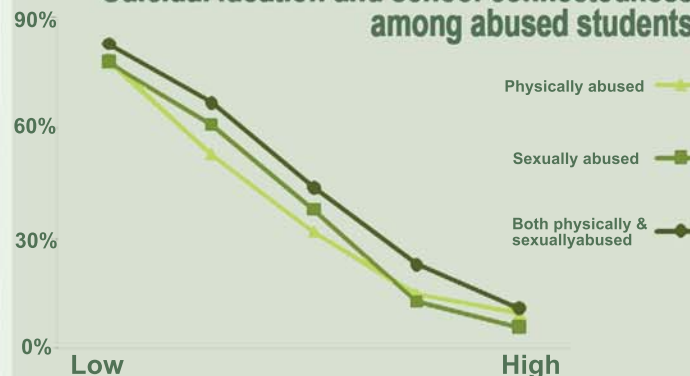


The more highly connected youth were to their family or school, the less likely they were to report poor or fair health, suicidal thoughts and attempt as well as binge drinking.

Health by level of ethnic/cultural connectedness



Suicidal ideation and school connectedness among abused students



Youth who were the most highly connected to their culture were the least likely to report poor/fair health. Also, youth who were most engaged in their extracurricular activities were less likely to have seriously considered or attempted suicide in the past year. Having peers with healthy attitudes about risky behaviours was the strongest protective factor for binge drinking.

Did you know?

Protective factors can assist even the most vulnerable youth, such as those from unstable homes, students who go hungry or youth who have been abused. Among youth who were bullied or harassed, those who felt they had input in their extracurricular activities were much less likely than their peers to have considered suicide in the past year.

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.