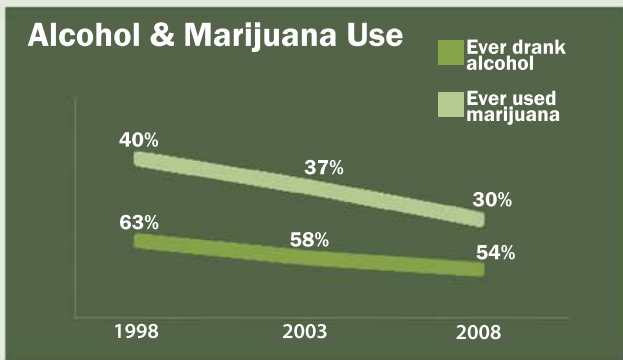


Alcohol and marijuana use among BC youth decreased from 1998 to 2008.



“ I have smoked marijuana before but don't anymore.”

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, Building Protective Factors and Sexual Behaviour.



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:



Substance Use Results of BC Adolescent Health Survey

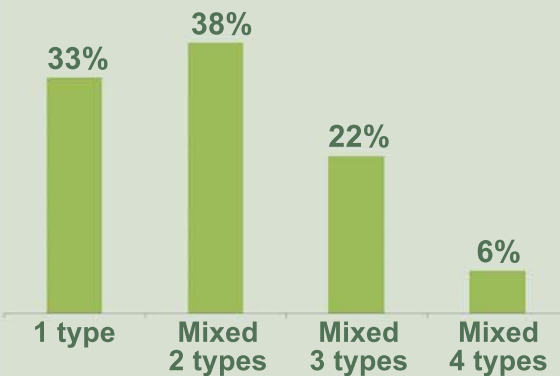




Binge drinking can lead to short and long term health problems. Of youth who had tried alcohol, 44% reported binge drinking (5 or more drinks within a couple of hours) in the past month.

Mixing alcoholic drinks can increase the negative effects of drinking. When asked about last Saturday, more than half of youth who had drank alcohol reported mixing two or more alcoholic drinks.

Mixing alcoholic drinks (beer, wine, coolers, liquor) among students



Note: Percentages do not equal 100% due to rounding

Among students who used marijuana, they most commonly started using at 13 or 14 years old. 24% of youth use marijuana on 20 or more days in the past month.

| Ever used other drugs | 2003 | 2008 |
|-----------------------|------|------|
| Prescription pills | 9% | 15% |
| Hallucinogens | 7% | 9% |
| Mushrooms | 13% | 8% |
| Cocaine | 5% | 4% |

Did you know?

Youth who reported using drugs or alcohol experienced a range of negative consequences. For example, 41% became so intoxicated that they could not remember what they had done, and 31% had passed out. Other consequences included family and relationship problems, violence, injury and unwanted sexual intercourse.

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.

Alcohol and Drug Information and Referral Service

604-660-9382

BC Toll Free: 1-800-663-1441 24 hours, 7 days a week

Deaf and hard of hearing callers: TTY 604-875-0885

(collect calls accepted) or text 604-836-6381

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.