



Results of the 2013 BC Adolescent Health Survey

East Kootenay



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RESULTS OF THE 2013 BC ADOLESCENT HEALTH SURVEY

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McCreary Centre Society is a non-government not-for-profit committed to improving the health of BC youth through research and community-based projects. Founded in 1977, the Society sponsors and promotes a wide range of activities and research to identify and address the health needs of young people in the province.



Youth health • Youth research • Youth engagement



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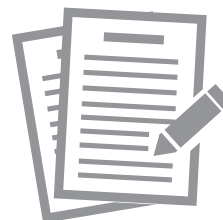
Key findings

Findings from the 2013 BC Adolescent Health Survey showed that most youth in East Kootenay reported good physical and mental health; felt connected to their family, school, and community; had positive plans for the future; and were engaging in health promoting behaviours which will assist them to transition successfully to adulthood.

However, the survey findings also highlighted some differences between this region and the province as a whole, as well as identified some groups of students who may need additional support. Youth in this area reported higher rates of some health risk behaviours than seen provincially, but there were local improvements from previous years. Protective factors were also found that appear to be linked to better outcomes.

- The percentage of students in East Kootenay born outside Canada doubled (from 4% in 2008 to 8% in 2013) but remained below the provincial rate of 19%. Students were more likely than their peers across the province to identify as European (71% vs. 53%) and Aboriginal (15% vs. 10%).
- Comparable to the provincial rates, 92% of youth never went to bed hungry, while 6% went to bed hungry sometimes, and 2% went to bed hungry often or always. Females were more likely than males to report going to bed hungry at least sometimes (10% vs. 6%). There was a local increase in the percentage of youth who never went to bed hungry, from 87% in 2008.
- In the past year, 11% of East Kootenay students (5% of males vs. 16% of females) reported not accessing needed mental health services, and 9% of students (6% of males vs. 12% of females) did not get medical help when they thought they needed it.
- Males generally reported better mental health than females, including higher rates of self-confidence and sense of competence, and lower rates of suicide ideation (11% vs. 19%) and suicide attempts (5% vs. 10%) in the past year.
- In the past year, a third of students were injured seriously enough to require medical attention. This percentage was higher than the rate across BC for both males (37% vs. 30% provincially) and females (29% vs. 24% provincially). However, this was a local decrease, from 43% in 2003 and 38% in 2008.
- More than 1 in 5 students experienced a concussion in the past year (26% of males vs. 17% of females). Mirroring what was seen provincially, 16% of youth who had a concussion had not accessed needed medical help.
- Rates of ever having sex were higher than those across BC; however, there was a decrease in the percentage of youth who ever had sex (other than oral sex or masturbation), from 33% in 2003 to 29% in 2013. Also, most local youth who ever had sex (64%) reported using a condom or other latex barrier the last time they had sex, which was similar to the percentage throughout the province.

- Youth in East Kootenay were more likely than their peers across the province to have ever tried tobacco, alcohol, or marijuana. However, there were local improvements over time, including reductions in the use of all three substances across survey years. Also, youth who drank alcohol were waiting longer to have their first drink than five years previous, with 74% having their first drink before age 15 compared to 84% in 2008.
- Eight percent of youth who had tried drinking had ever driven a car after drinking alcohol, which reflected a local decline from 14% in 2008. It was more common for local youth to have driven after using marijuana, which 20% of marijuana users had ever done, and 11% had done in the past month.
- Rates of physical abuse as well as physical and verbal sexual harassment decreased from previous survey years for both males and females. Rates of sexual abuse decreased for males but not for females. As was the case provincially, female students were more likely than males to have experienced physical abuse, sexual abuse, physical sexual harassment, and verbal sexual harassment in the past year.
- Fifty-six percent of students (61% of males vs. 51% of females) slept for eight or more hours the night before taking the survey, and 6% slept four hours or less. Most youth (78%) were online and/or on their phone after their expected bedtime.
- Females were more likely than males to be a healthy weight for their age and gender (79% vs. 70%), while males were more likely than females to be obese (9% vs. 4%). Sixteen percent of healthy weight females thought they were overweight, compared to 5% of healthy weight males. Also, nearly half (49%) of healthy weight females were trying to lose weight, and 29% of healthy weight males were trying to gain weight.
- Protective factors which appeared to improve outcomes for even the most vulnerable youth included physical activity, meaningful engagement in activities, nutrition, and getting eight or more hours of sleep. Local results also highlighted the importance of supportive relationships with peers and adults, including family, teachers, and other professionals.
- Sixty-nine percent of students (65% of males vs. 72% of females) reported having an adult in their neighbourhood or community (beyond their school or family) who cared about them. This percentage was higher than the provincial rate (61%). Feeling cared about by an adult outside the family was associated with positive mental health, including higher rates of self-confidence and perceived competence, and lower rates of suicide attempts.



Introduction

Between February and June 2013, 29,832 students in Grades 7–12 completed the BC Adolescent Health Survey (BC AHS) in schools across British Columbia. These students answered 130 questions about their health, and about the risk and protective factors in their lives.

This is the fifth time students have been asked to complete the survey since 1992. Fifty-six of the 59 BC school districts participated in the survey. This is seven more than when the survey was last conducted in 2008.

In addition to a provincial report (*From Hastings Street to Haida Gwaii* available at www.mcs.bc.ca), 16 reports at the Health Service Delivery Area level will be published over the coming year. This report focuses on students in the East Kootenay Health Service Delivery Area.

The East Kootenay Health Service Delivery Area is comprised of Southeast Kootenay (SD 05), Rocky Mountain (SD 06), and Kootenay Lake (SD 08). All school districts in this region participated in the survey in 2013, 2008, and 2003, which allowed for the inclusion of trends over the past decade. The results presented in this report provide the most comprehensive and representative picture of youth health in East Kootenay.

When reading this report it is important to keep in mind that the survey was administered in English to youth in public schools. This means that youth who were absent that day, had limited English language comprehension, or were not attending a mainstream class are not included in these results.

All comparisons and associations included in this report are statistically significant at $p < .05$. This means there is up to a 5% likelihood that these results occurred by chance. Comparisons between East Kootenay and the province are statistically significant at $p < .01$. Where relevant, differences in tables or charts that are not statistically significant are noted.



SYMBOLS USED IN THIS REPORT

- * The percentage should be interpreted with caution as the standard error was relatively high but still within a releasable range.

NR The percentage could not be released due to the risk of deductive disclosure.



QUOTES

Quotes from East Kootenay students who participated in the survey are included throughout this report.

PARTICIPATING SCHOOL DISTRICTS

Northern Health Authority

- 28 Quesnel
- 50 Haida Gwaii
- 52 Prince Rupert
- 57 Prince George
- 59 Peace River South
- 60 Peace River North
- 81 Fort Nelson
- 82 Coast Mountains
- 91 Nechako Lakes
- 92 Nisga'a

Fraser Health Authority

- 33 Chilliwack
- 34 Abbotsford
- 35 Langley
- 36 Surrey
- 37 Delta
- 40 New Westminster
- 41 Burnaby
- 42 Maple Ridge-Pitt Meadows
- 43 Coquitlam
- 78 Fraser-Cascade

Vancouver Coastal Health Authority

- 38 Richmond
- 39 Vancouver
- 44 North Vancouver
- 45 West Vancouver
- 46 Sunshine Coast
- 47 Powell River
- 48 Sea To Sky
- 49 Central Coast

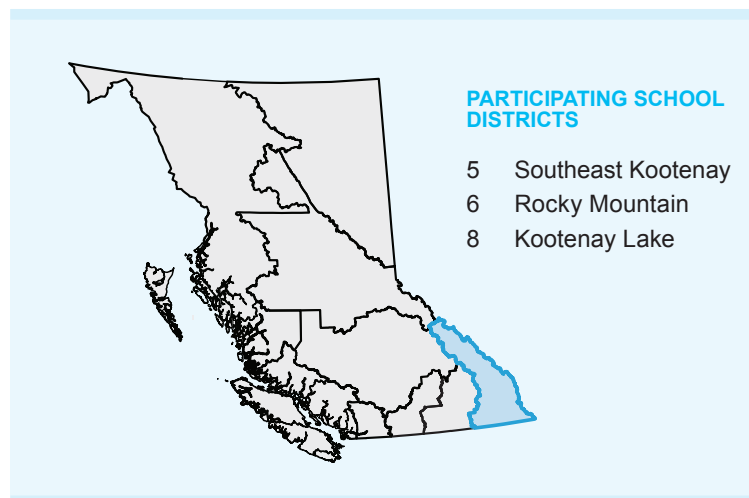
Vancouver Island Health Authority

- 61 Greater Victoria
- 62 Sooke
- 63 Saanich
- 64 Gulf Islands
- 68 Nanaimo-Ladysmith
- 69 Qualicum
- 70 Alberni
- 71 Comox Valley
- 72 Campbell River
- 79 Cowichan Valley
- 84 Vancouver Island West
- 85 Vancouver Island North

Interior Health Authority

- 05 Southeast Kootenay
- 06 Rocky Mountain
- 08 Kootenay Lake
- 10 Arrow Lakes
- 19 Revelstoke
- 20 Kootenay-Columbia
- 22 Vernon
- 23 Central Okanagan
- 27 Cariboo-Chilcotin
- 51 Boundary
- 53 Okanagan Similkameen
- 58 Nicola-Similkameen
- 67 Okanagan Skaha
- 73 Kamloops/Thompson
- 74 Gold Trail
- 83 North Okanagan-Shuswap

EAST KOOTENAY HEALTH SERVICE DELIVERY AREA



ONLINE

A fact sheet explaining the methodology of the survey can be found at www.mcs.bc.ca.

Youth in East Kootenay

Ethnic & cultural background

In the 2013 BC Adolescent Health Survey, students in East Kootenay most commonly reported that they were of European heritage (71%), which was above the provincial rate of 53% and similar to the local percentage in previous years.

Family background	
European	71%
Aboriginal	15%
Latin/South/Central American	5%
African	3%
East Asian	3%
Australian/Pacific Islander	2%
Southeast Asian	2%
South Asian	1%
West Asian	NR
Other	2%
Don't know	16%

Note: Youth could choose more than one response.

Note: If youth did not feel any of the listed options represented their background, they could choose to write in their own identity. Most of these students wrote Canadian.

NR: Percentage could not be released due to the risk of deductive disclosure.

There was an increase in the percentage of youth identifying as having African heritage (from 1% in 2003 and 2008 to 3% in 2013), East Asian heritage (from 2% in 2003 to 3% in 2013), and Latin/South/Central American heritage (from 2% in 2008 to 5% in 2013).

Sixteen percent of local students did not know their family background, which was double the rate of students in BC overall (8%).

ABORIGINAL STUDENTS

Comparable to 2008, 15% of local students identified as Aboriginal, which was higher than the provincial rate (10%).

Among students who identified as Aboriginal, 45% were First Nations, 49% Métis, and 7% specified another Aboriginal group, such as Iroquois (youth could select more than one Aboriginal identity if it were applicable).

Ten percent of local Aboriginal students had ever lived on reserve, which was below the provincial rate of 26%. Ten percent of Aboriginal youth spoke an Aboriginal language, which was consistent with findings across the province.



I am bisexual but no one knows and I'm afraid my dad won't love me anymore if I tell."

NEW CANADIANS

Eight percent of students were born outside of Canada, which was below the provincial rate of 19% and reflected a local increase from 4% in 2008. Among local students born outside Canada, 42%* had lived in the country less than two years, and 44%* were here as international students.

LANGUAGE

The majority of students (73%) spoke only English at home, which was unchanged from previous years and above the provincial rate of 51%. Twenty-two percent reported sometimes speaking a language other than English at home, and 5% spoke another language at home most of the time (compared to 21% provincially).

Sexual orientation & gender identity

Local students identified with a range of sexual orientations. Reflecting the provincial picture, males were more likely than females to identify as completely straight (91% vs. 77%), whereas females were more likely to identify as mostly straight (9% vs. 3% of males) and bisexual. Male and female students were equally likely to identify as gay/lesbian, questioning, or to report not having attractions.

Sexual orientation	
Completely straight	83%
Mostly straight	6%
Bisexual	4%
Gay or lesbian	NR
Questioning	2%
Don't have attractions	5%

NR: Percentage could not be released due to the risk of deductive disclosure.

The percentage of local females who identified as completely straight decreased over time, from 84% in 2003 to 77% in 2013, and the percentage of those identifying as bisexual rose from 2% in 2003 to 6% in 2013.

Students were asked if they identified as transgender. The percentage who identified this way was too small to release. Similarly, the percentage of Aboriginal students who identified as Two Spirit could not be released due to risk of deductive disclosure.

Home life

Similar to the rest of the province, students were less likely to be living with at least one parent (including a step-parent) than in previous years (94% vs. 96% in 2003 and 2008).

Most common people youth lived with	
Mother/stepmother	82%
Father/stepfather	72%
Sibling(s)/stepsibling(s)	52%
Both parents at different times	9%
Grandparent(s)	5%
Other adult(s) related to me	2%
Other adult(s) not related to me	2%
Other children or youth	2%

Note: Youth could choose more than one response.

In this report

PARENT refers to students' parent or guardian. →

11% of males and 18% of females had run away in the past year.

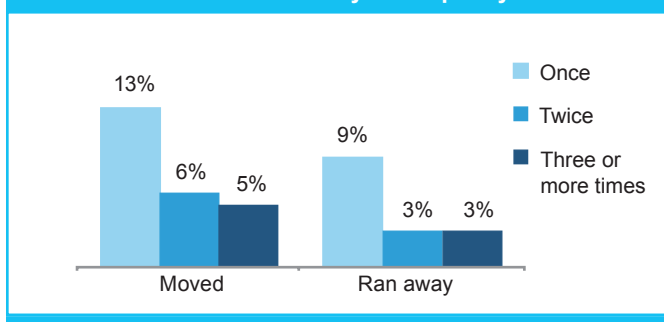
The majority of youth (91%) reported that their parent(s) or guardian(s) worked locally, which was above the provincial rate of 88%. Fourteen percent had at least one parent worked somewhere else in Canada, and 3% worked abroad. Mirroring the provincial picture, 3% of students reported that their parents did not work.

STABLE HOME

Similar to rates across BC, 23% of East Kootenay students had moved from one home to another in the past year, and 5% had moved three or more times.

Having a stable home has been shown to be a protective factor in the lives of youth. When compared to youth who had moved house, youth who had stayed in the same home for the past year were more likely to feel like a part of their community (44% vs. 33%) and to be taking part in community life, such as participating in weekly organized sports (school teams, swimming lessons, etc.; 58% vs. 45%). Youth who had not moved were also more likely than those who had moved to report positive mental health, such as usually feeling good about themselves (82% vs. 70%) and about their abilities (86% vs. 75%).

Youth who moved or ran away in the past year



Youth with a debilitating health condition who stayed in the same home for the past year were more likely than those who had moved to rate their overall health as good or excellent (75%* vs. 56%*). They were also more likely to identify an adult in their neighbourhood or community who cared about them (70%* vs. 52%* of those who had moved) and to feel like a part of their community.

Government care

Similar to findings across BC, 3% of East Kootenay students had ever lived in foster care and 2% had lived in a group home. One percent were currently in government care.

More than half of local students with care experience (58%*) had moved in the past year, compared to 22% of students who had not been in care. Those with care experience were also more likely to have moved three or more times.

Among youth who had been in government care, those who had not changed address in the past year were less likely than those who had moved to report extreme stress in the past month, and were more likely to feel as competent as their peers.

Def.

In this report, when the term **GOVERNMENT CARE** is used, it refers to youth living in a foster home or group home.

32% of students held some sort of driver's licence, including 18% who had a learner's licence and 13% who had a novice licence.

A young person who is on a Youth Agreement is not considered to be in the care of the Ministry of Children and Family Development. A Youth Agreement supports independent living for 16- to 18-year-olds (and occasionally 15-year-olds) who are homeless and cannot live with their family. Three percent of local students in this age group had lived on a Youth Agreement.

Caretaking responsibilities

On an average school day, 75% of students (71% of males vs. 78% of females) had some caretaking responsibilities, such as caring for pets or other animals (67% of males vs. 73% of females) or caring for a relative (e.g., a relative with a disability or younger sibling; 15% of males vs. 22% of females). Local students were as likely as those across BC to be caring for a relative but were more likely to be caring for pets or other animals (70% vs. 52% provincially).

Students who took care of a relative were more likely than other students to be dealing with associated challenges, such as missing out on extracurricular activities because they could not afford them (27% vs. 13% without caretaking responsibilities).

Transportation

Students were asked what method of transport they usually used to get to school. Forty percent (43% of males vs. 37% of females) used active means, including walking, biking or skateboarding. Fifty-eight percent (54% males vs. 62% females) got to school by car, and 1% usually hitchhiked to school. Students in this region were more likely than those across BC to usually get to school by bus or public transit (35% vs. 28%).

Youth who were dependent on transit to get to school were more likely to have missed out on extracurricular activities because they could not get there (22% vs. 9% of youth who did not use a bus to get to school).

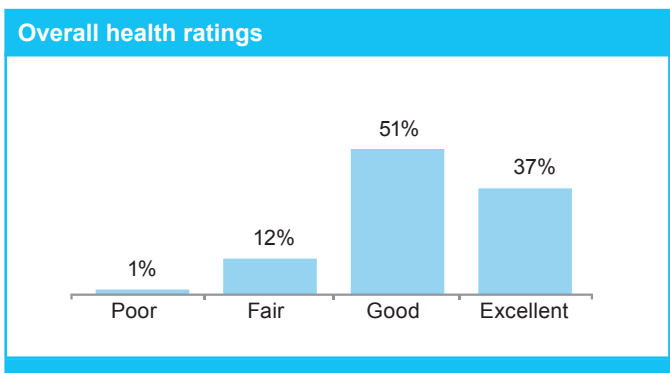
When asked about transportation in general, 52% of youth used public transit, which was lower than the provincial rate of 73%. Four percent of students had hitchhiked somewhere in the past month, which was similar to the rate across BC.



Physical health

Consistent with provincial findings, most students (87%) rated their health as good or excellent. This rate represented a return to 2003 levels, after a decrease to 83% in 2008.

Males were less likely than females to rate their health as good (46% vs. 55%) and more likely to rate it as excellent (43% vs. 31%).



Note: Percentages do not equal 100% due to rounding.

Health conditions & disabilities

Twenty-eight percent of students (22% of males vs. 33% of females) had at least one health condition or disability, which was similar to the provincial picture.

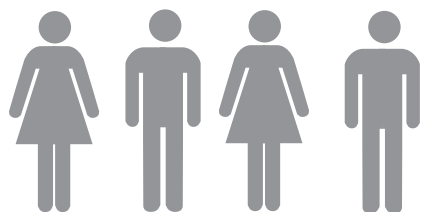
Females were more than three times as likely as males to report having a mental or emotional health condition (16% vs. 5%). When students were asked about specific mental health conditions, the percentage reporting such a health condition rose (see p. 17 for more details).

Among youth with a health condition or disability, 45% had a condition that at least sometimes prevented them from doing things their peers could do.

Youth with a health condition or disability	
Mental or emotional health condition	11%
Long term or chronic condition (e.g., diabetes or asthma)	11%
Behavioural condition	5%
Learning disability	4%
Sensory disability	3%
Allergies severe enough to require an epinephrine injection	2%
Physical disability	NR

Note: Youth could choose more than one response.

NR: Percentage could not be released due to the risk of deductive disclosure.



Foregone medical care

In the past year, 9% of students (6% of males vs. 12% of females) did not get medical help when they thought they needed it. This was similar to the 2013 provincial rate and lower than the 2008 local rate of 16%.

Among students who did not access needed medical care, the most common reason was thinking or hoping the problem would go away. Other common reasons included not wanting their parents to know, being afraid of what the doctor would say or do, and being too busy to go.

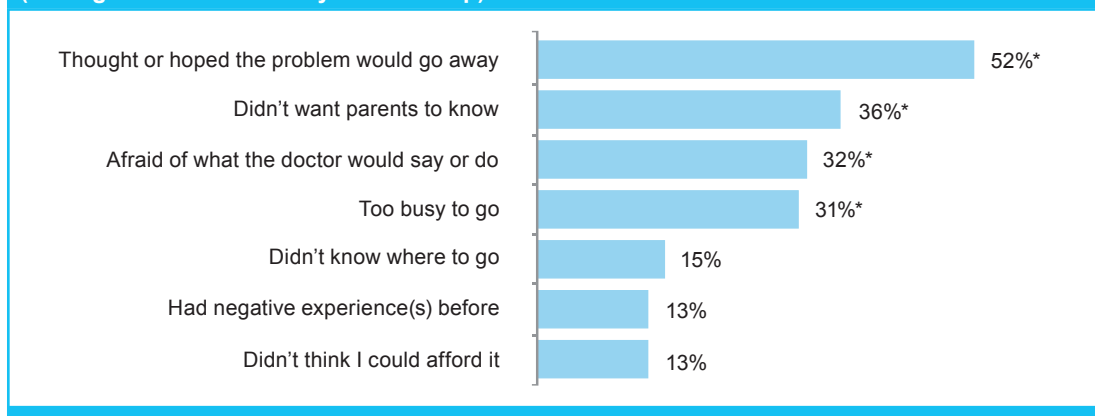
East Kootenay students were more likely than five years previous to have missed out on needed medical help because they were afraid of what the doctor would say or do (32%* in 2013 vs. 17% in 2008) or because they did not know where to go (15% vs. 5%).

Dental visits

Similar to the picture across the province, 86% of local students had visited the dentist in the past 12 months, while 4% had last visited more than 24 months ago, and 1% had never been to the dentist.

For 8% of students who had ever been to the dentist, their last visit was for pain.

Most common reasons students missed out on needed medical help in the past year (among those who felt they needed help)



Note: Youth could choose more than one response.

* The percentage should be interpreted with caution as the standard error was relatively high but still within a releasable range.



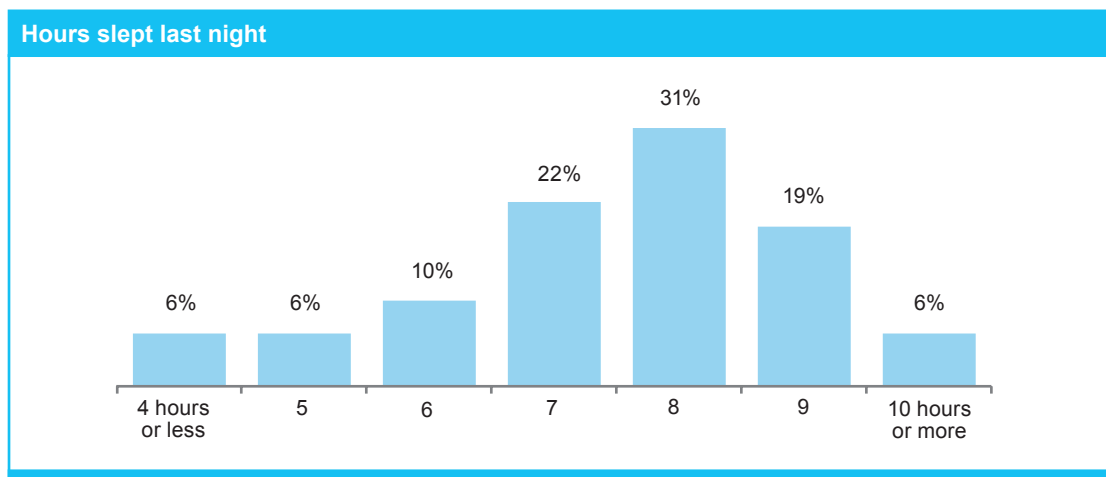
If I have questions about my health I use the internet to get answers because I'm not as embarrassed."

Sleep

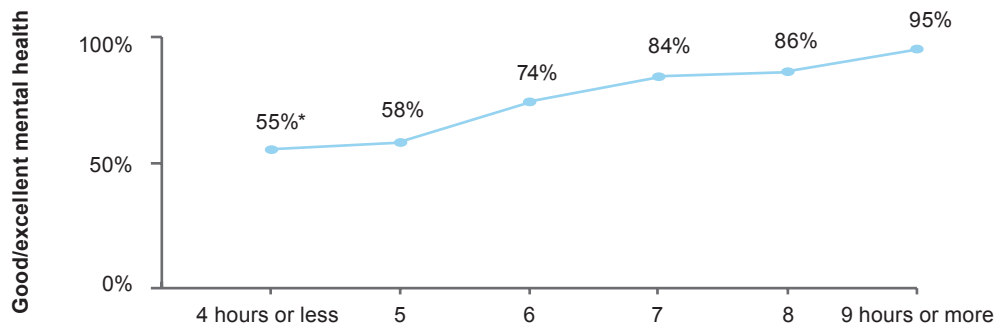
It is recommended that adolescents get between 8.5 and 9.25 hours of sleep each night. Similar to the provincial picture, 56% of students (61% of males vs. 51% of females) slept for eight hours or more on the night before taking the survey, while 6% slept for four hours or less.

Older students slept less than younger ones. For example, 41%* of students who were 18 years old slept for eight or more hours on the night before taking the survey, compared to 79% of students age 12 and younger.

Reflecting the provincial picture, 78% of local students were online and/or on their phone after the time they were supposed to be asleep. Also, 38% of students (29% of males vs. 45% of females) were doing homework after their expected bedtime.



Good/excellent mental health in relation to hours slept last night



Note: Not all differences were statistically significant.

* The percentage should be interpreted with caution as the standard error was relatively high but still within a releasable range.

Some students were at particular risk for not getting enough sleep. For example, 39% of students who had been physically or sexually abused slept eight or more hours the night before taking the survey, compared to 60% of students who had not experienced abuse. However, if these youth had slept for at least eight hours, they were less likely than those who slept fewer hours to have self-harmed in the past year (21%* vs. 39%*).

Similarly, students who had been socially excluded and slept for at least eight hours were more likely than those who slept fewer hours to feel good about themselves (72% vs. 60%) and about their skills and abilities (81% vs. 67%).

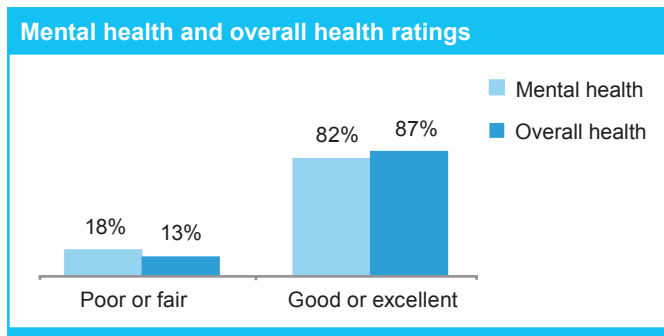


Mental health

Most youth (82%) rated their mental health as good or excellent. Males were more likely than females to rate their mental health this way (89% vs. 77%), whereas females were more likely to rate it as fair or poor (23% vs. 11% of males). These findings were similar to those across the province.

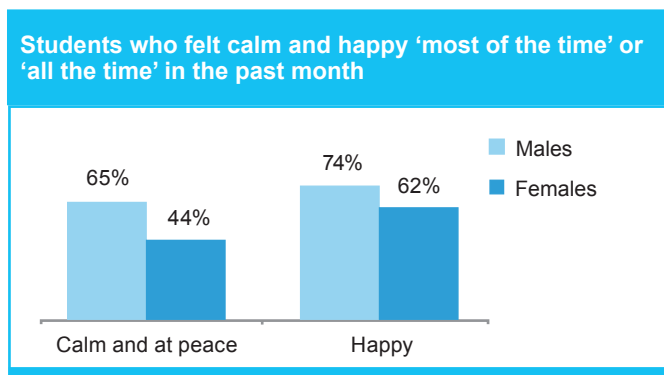
Also consistent with the provincial picture, students were less likely to rate their mental health as good or excellent than their overall health.

The majority of students felt good about themselves (89% of males vs. 71% of females) and felt they were as competent as most of their peers (90% of males vs. 78% of females).



Most students reported excelling in at least one area, such as sports, school, the arts, or relationships. As with self-confidence, males were more likely than females to indicate they were really good at something (82% vs. 76%).

Males were also more likely than females to feel happy and to feel calm and at peace most or all of the time in the past month.



Mental health conditions

Students were asked about specific mental health conditions. As was the case provincially, females were more likely than males to have at least one condition (27% vs. 19%).

Youth most commonly reported having Depression (12%), Anxiety Disorder (9%), Attention Deficit/Hyperactivity Disorder (ADHD; 7%), and/or an addiction to alcohol or other drugs (6%). Females were more likely than males to have Anxiety Disorder (13% vs. 3%) and Depression (15% vs. 7%). The percentages of males and females reporting ADHD were similar, unlike across the province where ADHD was more common among males.

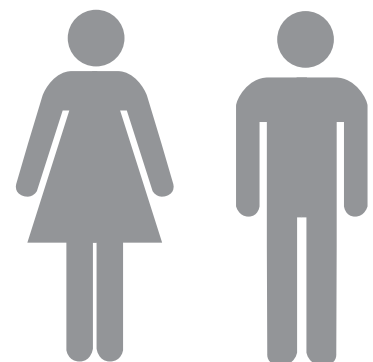
East Kootenay students were more likely than their peers across BC to have at least one condition (23% vs. 19%), and to specifically have an addiction to alcohol or other drugs. Addiction rates were higher for both local males (6% vs. 2% provincially) and females (5% vs. 2% provincially).

Stress & despair

Most students (81%) reported feeling at least some stress in the past month. Reflecting the provincial picture, females were more likely than males to experience extreme stress that prevented them from functioning properly (11% vs. 7%).

Students were also asked the extent to which they felt so sad, discouraged, or hopeless that they wondered if anything was worthwhile. Fifty percent reported feeling some level of despair in the past month, and 7% reported extreme levels.

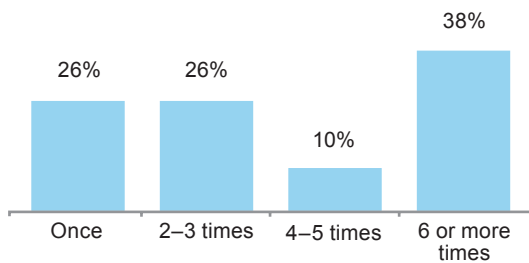
Males and females were equally likely to report extreme despair, unlike in the province as a whole where rates were higher among females. Rates of extreme despair were similar to five years previous for both males and females.



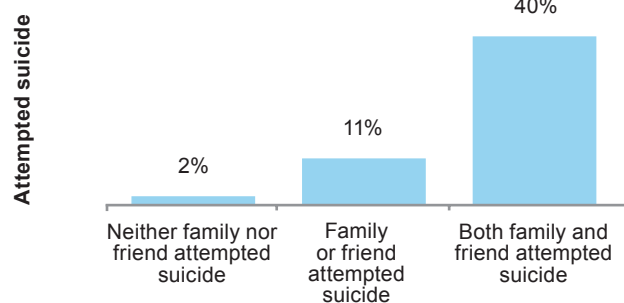
Self-harm

Reflecting the provincial picture, 10% of males and 22% of females reported cutting or injuring themselves on purpose without trying to kill themselves in the past year.

**Number of times students self-harmed
(among those who self-harmed in the past year)**



**Youth who attempted suicide in the past year in relation
to suicide attempts by family or close friends**



Suicide

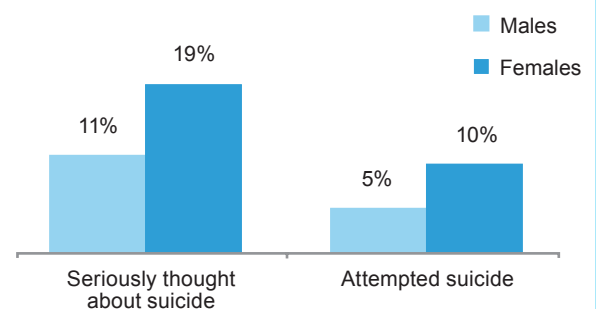
Females were more likely than males to have seriously thought about killing themselves and to have attempted suicide in the past year, with similar rates across the province.

Local percentages of suicide ideation and attempts were comparable over time, with the exception that females were less likely to have seriously thought about suicide in 2013 and 2008 than a decade ago (26% in 2003).

A known risk factor for attempting suicide is having a family member or close friend attempt or die by suicide. Seventeen percent of students reported that a family member had tried to kill themselves at some point (7% in the past year), and 27% reported that a close friend had attempted suicide (19% in the past year).

Students who indicated that both a friend and a family member had attempted suicide were more likely to have attempted suicide themselves in the past year, compared to students who had either a friend or family member attempt suicide or to students who had neither experience.

Suicide ideation and attempts in the past year





Depression is big for me. I'm not open with it at all and have little idea on where to go to get help. I'm worried about hurting myself."

Hope for the future

Students were asked where they saw themselves in five years. Most envisioned positive circumstances, including having a job or career, being in school, having a home of their own, having a family, and/or being engaged in their community. A small minority saw negative circumstances, including being dead (2%), in prison (1%), or homeless. Twelve percent indicated not knowing what the future held for them.

East Kootenay students were less likely than those across the province to see themselves in school in five years (41% vs. 52%), and were more likely to envision having a family (17% vs. 13% provincially) and a home of their own (34% vs. 26%).

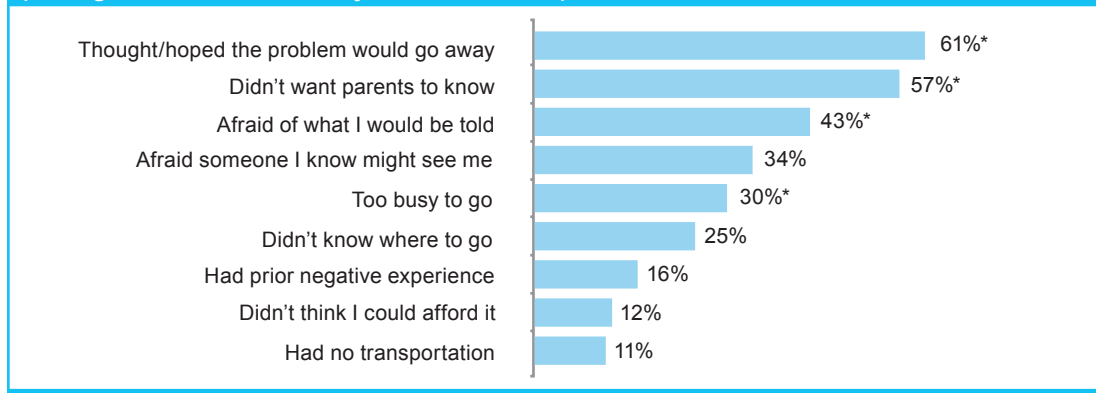
Local females were less likely than five years earlier to have missed out on these needed services (23% in 2008), but there was no significant change over time for males.

As was the case throughout BC, the most common reasons for local students not accessing needed mental health services included thinking or hoping the problem would go away, not wanting their parents to know, and feeling fearful of what they would be told. East Kootenay students were less likely than those across the province to have missed out on accessing needed services because they did not know where to go (25% vs. 40% provincially). There were no significant changes over time.

Foregoing mental health services

In the past year, 11% of East Kootenay students (5% of males vs. 16% of females) reported not accessing mental health services when they thought they needed to. These rates were similar to those in the province as a whole.

Most common reasons for not accessing mental health services in the past year (among students who felt they needed services)



Note: Youth could choose more than one response.

* The percentage should be interpreted with caution as the standard error was relatively high but still within a releasable range.

Injuries & injury prevention

Injuries

In the past year, 33% of students were injured seriously enough to require medical attention. This percentage was higher than the rate across BC for both males (37% vs. 30% provincially) and females (29% vs. 24% provincially). However, there was a local decrease in injuries over time, from 43% in 2003 and 38% in 2008.

Fifty percent of injuries happened while youth were playing or training for sports or other recreational activities. Also, 11% happened when youth were snowboarding or skiing, 6% when walking or running outside, and 6% when riding or driving in a car. Six percent of students who were injured were using a cellphone or portable electronic device at the time.

Concussions

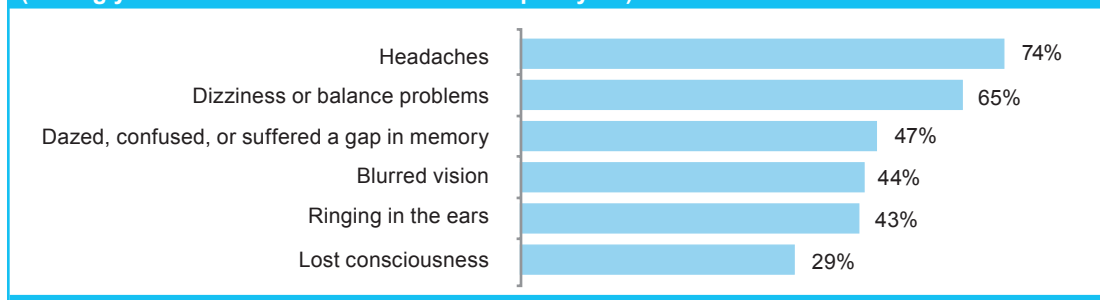
One in five students had a concussion in the past year (26% of males vs. 17% of females). Sixteen percent had one concussion, 2% had two, 1% had three, and 1% had four or more. The most common symptoms experienced were headaches and/or dizziness or balance problems.

Mirroring what was seen provincially, 16% of East Kootenay youth who had experienced a concussion in the past year had not accessed needed medical help.

Def.

A **CONCUSSION** was defined in the survey as a head injury where youth lost consciousness, were dazed, confused, or suffered from a gap in their memory.

Concussion symptoms experienced
(among youth who had a concussion in the past year)



Note: Youth could choose more than one response.

“

I hurt my knee in sports.”

49%

of youth who had driven after using alcohol or marijuana in the past month did not have a driver's licence.

Injury prevention

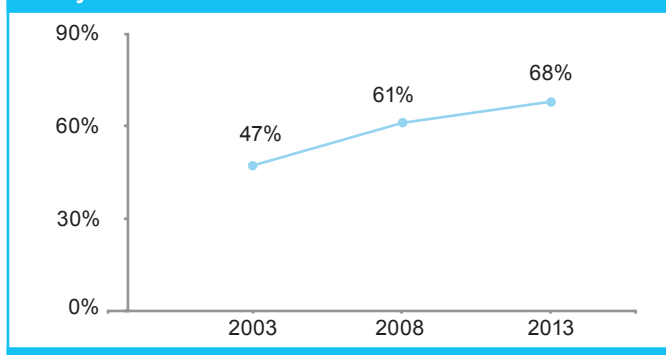
Sixty-eight percent of male and female youth always wore their seat belt when riding in a motor vehicle. This rate was lower than for youth across the province (74%), but reflected a local increase from previous survey years.

East Kootenay youth were more likely to take injury prevention seriously in some activities than others. For example, 82% always wore a helmet when snowboarding or skiing, while 39% always wore one when riding a bike (45% of males vs. 33% of females).

Wearing a helmet was linked to a lower risk of having a serious injury. For example, 4% of youth who always wore a helmet when snowboarding suffered multiple concussions, compared to 13% who sometimes or never wore one.

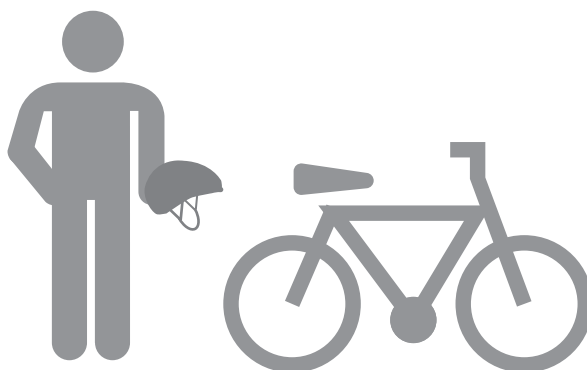
Eight percent of East Kootenay youth who had tried drinking had ever driven a car after drinking alcohol, which reflected a local decline from 14% in 2008. It was more common for local youth to have driven after using marijuana, which 20% of marijuana users had ever done (no different from the 2008 rate), and 11% had done in the past month. These findings mirrored the provincial picture.

Always wore a seat belt



Males were more likely than females to have driven after using marijuana (26% vs. 15%; among youth who had ever used marijuana). There was no local gender difference in driving after using alcohol.

Forty-one percent of students had ever been a passenger in a vehicle with a driver who had been drinking or using marijuana, and 18% had done so in the past month. Females were more likely to have ever been a passenger with an impaired driver (45% vs. 37% of males).



Nutrition

In this section, findings were similar to the provincial results unless noted.

Canada's Food Guide recommends that males aged 14–18 should eat eight servings of fruit and vegetables daily and females should eat seven servings. Youth aged 13 and younger need six servings. However, 36% of local students who completed the survey had fruit or vegetables only once or twice the previous day.

Ninety-three percent of youth reported eating fruit or vegetables at least once on the day before taking the survey.

East Kootenay males were more likely than females to have had fast food (43% vs.

31%), traditional foods from their background (24% vs. 18%), food grown or caught by them or their family (24% vs. 16%), pop or soda (46% vs. 33%), and energy drinks (14% vs. 6%) the day before taking the survey. Females were more likely to have had vegetables or green salad (84% vs. 77% of males).

When compared to their peers across the province, local students were more likely to have consumed coffee or coffee-based beverages (33% vs. 27% provincially), food grown or caught by them or their family (19% vs. 12%), and energy drinks (10% vs. 6%). They were less likely to have eaten fast food (36% vs. 41% provincially) and traditional foods from their background (20% vs. 38%).

What students ate and drank yesterday (one or more times)			
	2008	2013	Change from 2008
Fruit	79%	85%	↑
Vegetables or green salad	76%	81%	↑
Sweets (cookies, candy, chocolate, etc.)	62%	78%	↑
Fast food (pizza, hot dogs, fries, etc.)	51%	36%	↓
Traditional foods from youth's background	NA	20%	
Food grown or caught by youth or family	NA	19%	
Water	94%	96%	↑
Pop or soda	43%	39%	--
Coffee or coffee-based beverages	27%	33%	↑
Energy drinks	17%	10%	↓

Note: NA means that the question was not asked.

“ I am a vegan!”

Youth who ate fruit or vegetables three or more times the previous day were less likely than those who had fewer servings to report feeling extreme despair in the past month (5% vs. 9%), and were more likely to feel calm (59% vs. 46%) and happy (74% vs. 60%).

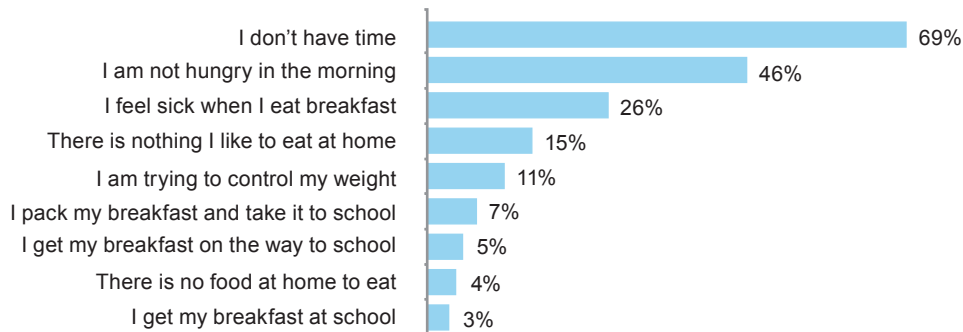
There was a link between diet and exercise, as youth who had eaten three or more servings of fruit or vegetables the previous day were more likely to be engaging in physical activity. For example, 70% participated in informal sports on a weekly basis, compared to 53% who had fewer servings. A similar pattern was found for playing organized sports.

Breakfast

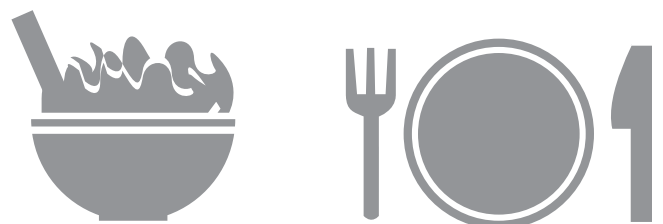
The percentage of local students who always ate breakfast on school days increased over the past decade, from 48% in 2003 to 52% in 2013 (58% of males vs. 47% of females). Fifteen percent of youth reported never eating breakfast on school days (12% of males vs. 19% of females), which was lower than the rate a decade ago (20% in 2003).

Among youth who did not eat breakfast at home, females were more likely than males to report not doing so because they were not hungry in the morning (53% vs. 37%), they felt sick when they ate breakfast (32% vs. 16%), or they were trying to control their weight. Males were more likely than females to report not eating breakfast at home because they got their breakfast on the way to school.

Reasons for not eating breakfast at home
(among youth who did not eat breakfast at home)



Note: Youth could choose more than one response.



Youth who always ate breakfast on school days were more likely than those who ate breakfast less often or not at all to report good or excellent mental health (90% vs. 74%), better nutrition (such as eating fruit or vegetables three or more times yesterday; 66% vs. 45%), and to have slept for eight or more hours the previous night (67% vs. 44%).

Going to bed hungry

Comparable to the provincial rates, 92% of youth in East Kootenay never went to bed hungry, while 6% went to bed hungry sometimes, and 2% went to bed hungry often or always. Females were more likely than males to report going to bed hungry at least sometimes (10% vs. 6%).

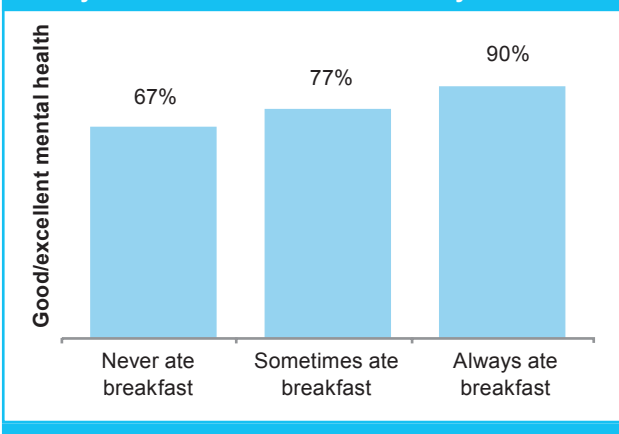
There was a local increase in the percentage of youth who never went to bed hungry, from 87% in 2008.

Youth who indicated going to bed hungry at least sometimes were more likely to also report not having any food at home to eat for breakfast.

Def.

Youth who **WENT TO BED HUNGRY** refers to youth who went to bed hungry because there was not enough money for food at home.

Good or excellent mental health in relation to how often youth ate breakfast on school days



Body weight & body image

Body weight

Students' body mass index (BMI) was calculated from their self-reported height and weight measurements. According to their BMI, 75% of youth were a healthy weight for their age and gender, while 2% were underweight, 17% overweight, and 6% were obese. These rates were consistent with those across the province.

Females were more likely than males to be a healthy weight (79% vs. 70%), while males were more likely than females to be obese (9% vs. 4%). There was no gender difference for being underweight or overweight.

The percentage of youth who were underweight increased from a decade ago (1% in 2003 to 2% in 2013), and the percentage of males who were a healthy weight decreased (from 76% to 70%).

Youth who ate three or more servings of fruit on the day before taking the survey were less likely to be obese or overweight than youth who did not eat fruit or ate fruit only once (17% vs. 28%). Similar relationships were found between eating three or more servings of vegetables and students' BMI.



16% of healthy weight females thought they were overweight, compared to 5% of healthy weight males.

Body image

Students were asked how they saw themselves. Seventy-two percent felt they were about the right weight, whereas 7% thought they were underweight, and 20% felt they were overweight.

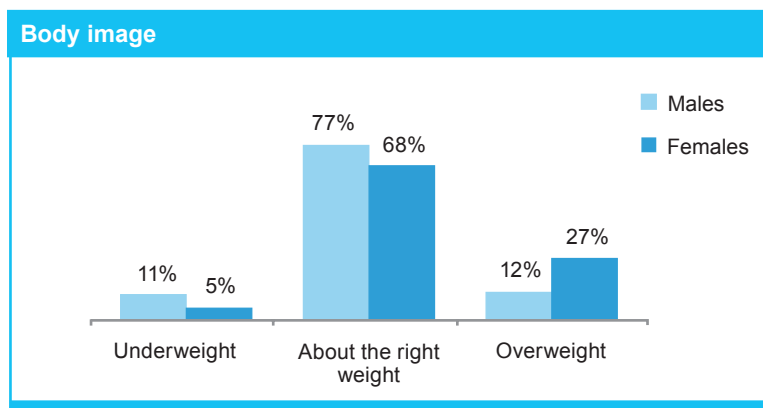
While 29% of healthy weight males were trying to gain weight (vs. 5% of healthy weight females), nearly half (49%) of healthy weight females were trying to lose weight (vs. 13% of healthy weight males).

Eating behaviours

Comparable to rates across BC, 15% of males and 33% of females reported binge eating in the past year, with 6% of students (4% of males vs. 8% of females) having done so on a weekly basis.

Four percent of males and 12% of females had vomited on purpose after eating (purged) in the past year, and 2% purged weekly.

Youth who reported poorer mental health were more likely to binge eat in the past year. For example, 13% of youth who rated their mental health as poor or fair reported binge eating on a weekly basis, compared to 5% of youth with good or excellent mental health. Also, 14% of students who did not feel happy during the past month binge ate on a weekly basis compared to 4% of students who felt happy most or all of the time. Similar patterns were found between mental health and purging behaviour.



I had an eating disorder that affected my whole life. I would like to see more awareness on the subject throughout schools and community groups.”

Sexual behaviour

Students were asked if they had ever had oral sex or sex other than oral sex or masturbation. If they answered 'yes' to either of these questions, they answered some additional questions.

Oral sex

Thirty percent of students reported ever having oral sex, which was higher than the provincial rate (23%) but lower than the local rate five years previous (35% in 2008). Twenty-four percent of students had given oral sex (18% of males vs. 29% of females), and 25% of students had received it. The rate of ever having oral sex increased with age.

CONDOM USE

Nineteen percent of students who had oral sex reported that they or their partner had used a condom or other barrier the last time they had oral sex, with similar rates for males and females and to students across the province.

Sex (excluding oral sex)

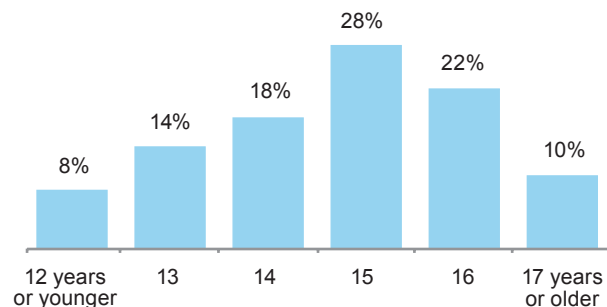
Twenty-nine percent of local male and female students indicated ever having sex, other than oral sex or masturbation. This rate was higher than that found provincially (19%) but reflected a local decrease from 33% in 2003.

Consistent with the pattern for oral sex, older students were more likely than younger ones to have had sex.

AGE YOUTH FIRST HAD SEX

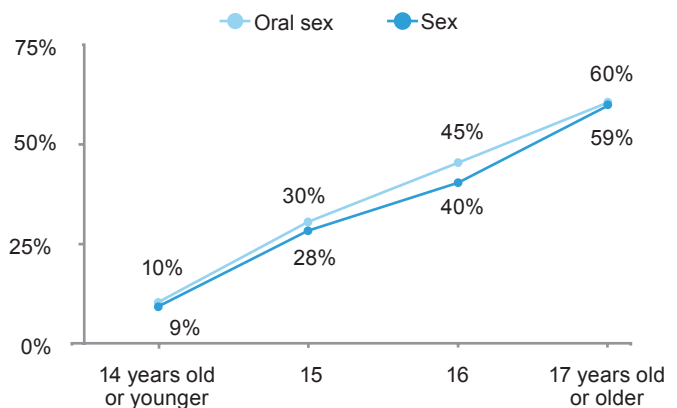
Youth who had ever had sex most commonly reported first doing so at age 15, which was similar to the provincial picture. As in previous years, 40% of local students first had sex before age 15.

Age first had sex
(among youth who had ever had sex)



Note: Sex refers to sex other than oral sex or masturbation.

Ever had sex



Note: Sex refers to sex other than oral sex and masturbation.

5% of students last had sex with a same sex partner.

PARTNERS

Among students who had ever had sex, 5% had not had sex in the past year, while 45% had one sexual partner during this time, 28% had two partners, and 23% had three or more partners.

Eighty-nine percent of youth who had ever had sex reported having opposite gender partners exclusively in the past year.

SUBSTANCE USE

Comparable to the province as a whole, 25% of students who ever had sex reported using alcohol or other substances before they had sex the last time. For females, this represented a decrease from 36% in 2003, but there was no change over time among males.

CONDOM USE

Similar to students across the province, 64% of youth (75% of males vs. 57% of females) who ever had sex reported that they or their partner had used a condom or other latex barrier the last time they had sex. This rate was lower than the percentage a decade ago (71% in 2003).

CONTRACEPTION

When students were asked what efforts they or their partner made to prevent pregnancy the last time they had sex, they most commonly reported using condoms (64%), birth control pills (52%), and withdrawal (35%—which is not a reliable method of birth control). In addition, 9% reported using emergency contraception to prevent pregnancy. These rates were similar to those found provincially.

Compared to a decade ago, East Kootenay students were more likely to use birth control pills (52% in 2013 vs. 43% in 2003) and emergency contraception (9% vs. 3%) to prevent pregnancy.

Pregnancy

Overall, 1% of youth reported ever being pregnant or causing a pregnancy. The rate was four percent among male and female students who had ever had sex, which was comparable to the provincial percentage and to the local rates over the past decade.

Sexually transmitted infections

Throughout the province, 1% of students had been told by a doctor or nurse at some point that they had a sexually transmitted infection (STI). Locally, the percentage was too low to report due to the risk of deductive disclosure.

Tobacco use

Twenty-nine percent of youth had ever tried smoking tobacco. This percentage was above the provincial rate of 21% but reflected a local reduction from 2003 (49%) and 2008 (38%).

Males and females were equally likely to have ever smoked, which was not the case in 2003 when females were more likely to have done so.

Local youth started smoking at a similar age to youth across the province. Among those who had ever tried smoking, 26% first did so at age 12 or younger, while 37% waited until they were 15 or older. Compared to a decade ago, local youth were more likely to wait until they were at least 15 years old before trying to smoke (21% first smoked at age 15 or older in 2003).

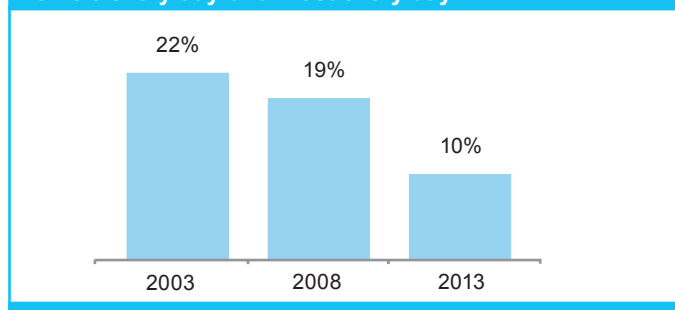
Youth used a variety of different tobacco products in the past month. Among those who had ever smoked, 50% smoked cigarettes (44% of males vs. 56% of females), 47% smoked cigars or cigarillos, 22% used a hookah, 18% used chewing tobacco (30% of males vs. 7% of females), and 16% used electronic cigarettes with nicotine.

Fifty-eight percent of youth who had tried smoking reported smoking in the past month. This rate was higher than the provincial rate (48%) and above the local rate in 2003 (44%). Twelve percent had smoked every day in the past month.

Among youth who had ever smoked, 21% had successfully quit smoking in the past year. Thirteen percent had tried to quit smoking but had started again. These percentages were comparable to those across BC. In the past month, 8% of smokers had used a product to help them stop smoking.

Being exposed to smoking is considered a risk factor for starting to smoke. Twenty-nine percent of students were exposed to tobacco smoke inside their home or family vehicle at least sometimes (compared to 21% provincially). Ten percent had this experience almost every day or every day, which reflected a decrease from 2008 and 2003.

Exposed to second-hand smoke in home or family vehicle every day or almost every day



Note: The difference between 2003 and 2008 was not statistically significant.

Alcohol, marijuana, & other drug use

Alcohol

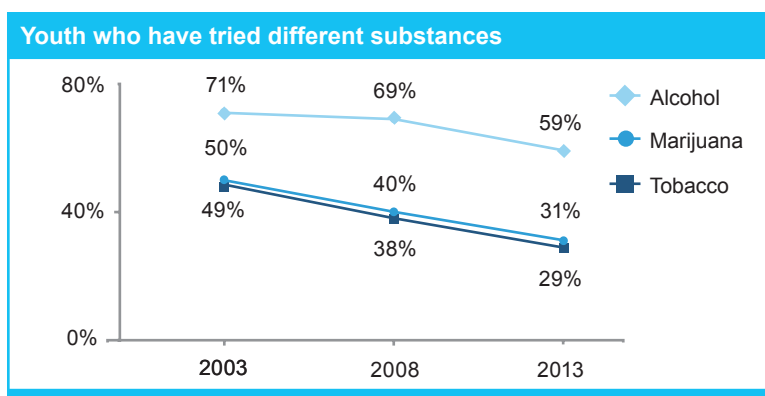
After staying consistent between 2003 and 2008, the percentage of youth in this region who had tried alcohol dropped to 59% in 2013. This rate remained higher than the provincial rate of 45%.

Delaying the onset of alcohol and marijuana use has been shown to reduce the risk of future substance dependence and other associated challenges. As a result, in 2010 the BC Ministry of Health Services and Ministry of Children and Family Development aimed to see a 10% reduction in the percentage of BC students who first use alcohol or marijuana before the age of 15. Among local youth who had tried alcohol, 74% had their first drink before turning 15, which was higher than the provincial rate of 65% but reflected a local decrease from 84% in 2008.

In the past month, 42% of youth who had tried alcohol reported having five or more drinks within a couple of hours on at least one occasion. This rate was similar to the provincial rate and reflected a local decrease from 49% in 2008 after staying consistent between 2003 and 2008.

Over a quarter of youth (26%) drank last Saturday. Specifically, 20% had liquor, 15% drank beer (19% of males vs. 13% of females), 14% drank coolers (8% of males vs. 19% of females), and 3% had wine. Among youth who drank last Saturday, 70% had mixed different types of alcohol, with 28% mixing three or four different types. Fifteen percent of youth who drank last Saturday mixed alcohol with energy drinks (20% of males vs. 11% of females).

Among youth who drank last Saturday, 72% of females had four or more drinks and 74% of males had five or more drinks, which is defined as binge drinking.



Note: The difference between 2003 and 2008 among youth who had tried alcohol was not statistically significant.



If I have questions about my health I use the internet to get answers because I'm not as embarrassed."

12%

of youth used marijuana the previous Saturday (15% of males vs. 10% of females) and 10% used both alcohol and marijuana that day.

Marijuana

East Kootenay youth were more likely to have tried marijuana than was seen provincially (31% vs. 26% across BC). However, the percentage of local students who had tried marijuana decreased from 50% in 2003 and 40% in 2008.

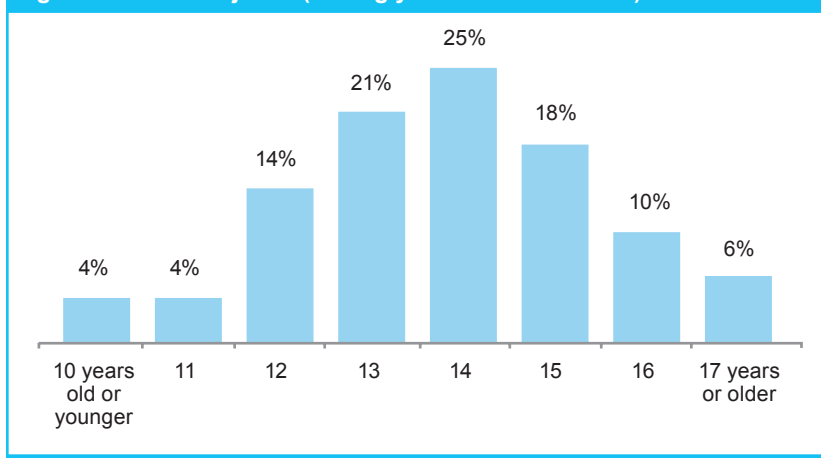
Among youth who had tried marijuana, 67% of males and females had first used it at age 14 or younger (compared to 59% provincially), with similar local rates over the past decade.

Similar to results over the past decade, 59% of youth who had tried marijuana used it in the past month. Twenty-eight percent of youth (35% of males vs. 22% of females) had used it six or more days during that month, which was an increase from five years previous (21% in 2008).

Thirty-two percent of students who had tried alcohol and marijuana reported using both substances on the Saturday before taking the survey (38% of males vs. 27% of females).

Reflecting the provincial pattern, local students who used marijuana most commonly got it from a youth outside their family (85%). Sixteen percent got their marijuana from an adult outside their family, and 5% from another youth in their family. The percentage of students who got marijuana from an adult inside their family was too small to release.

Age first tried marijuana (among youth who ever used)



Note: Percentages do not equal 100% due to rounding.

Substances other than alcohol & marijuana

East Kootenay youth had tried a variety of substances other than alcohol and marijuana. The most common were prescription pills without a doctor's consent (11%), although the use of these substances decreased from 17% in 2008. There was also a decrease in the use of inhalants (4% in 2013 vs. 6% in 2008). There was no change from five years previous in the use of mushrooms (10%), hallucinogens (7%), ecstasy (6%), cocaine (4%), amphetamines (2%), crystal meth (2%), heroin (1%), or steroids without a doctor's prescription (1%).

For the first time, the survey included questions about ketamine or GHB, which 2% of youth had tried.

Most common consequences of substance use in the past year (among youth who had used alcohol or other substances during that time)

Was told I did something I couldn't remember	38%
Passed out	29%
Got injured	15%
Argued with family members	14%
Lost friends or broke up with a girlfriend or boyfriend	9%
Got into a physical fight	9%
Damaged property	8%
Schoolwork or grades changed	8%
Got in trouble with police	7%
Had sex when I didn't want to	7%
Overdosed	3%

Note: Youth could choose more than one response.

There were no gender differences in the use of substances other than alcohol and marijuana, except that males were more likely than females to have tried hallucinogens (10% vs. 5%).

The percentages of local students who had tried most substances were similar to those across the province, but local youth were more likely to have tried mushrooms (10% vs. 5%), hallucinogens (7% vs. 4%), and inhalants (4% vs. 2%).

Consequences of substance use

Over half of youth (54%) who had used alcohol or other substances reported negative consequences in the past year. Females were more likely than males to have done something they could not remember (43% vs. 32%), to have argued with family members (18% vs. 9%), to have had sex when they did not want to, or to have overdosed.

In the past year, 7% of students were either told or felt that they needed help for their substance use. Specifically, 4% needed help for their alcohol use, 4% for their marijuana use, and 3% for their use of other drugs.



I don't know why I use marijuana. I have to smoke a lot to get high and it's a waste of time and money."

Reported reasons for using

For the first time, the survey asked students who had used alcohol or other drugs about their reasons for doing so the last time they had used. The most common reasons were wanting to have fun, because their friends were doing it, and wanting to experiment.

Females were more likely than males to have used substances because they felt down or sad (22% vs. 13%) or because they wanted to experiment (29% vs. 18%).

Most common reasons for using substances the last time (among youth who ever used alcohol or other drugs)

I wanted to have fun	67%
My friends were doing it	36%
I wanted to try it/experiment	25%
Because of stress	21%
I felt down or sad	18%
I felt like there was nothing else to do	9%
To manage physical pain	6%
I was pressured into doing it	5%
Because of an addiction	3%
I thought it would help me focus	2%

Note: Youth could choose more than one response.

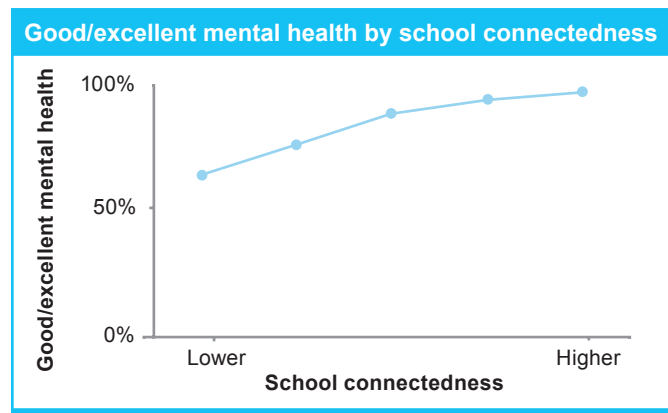
School

School connectedness

School connectedness was measured using a scale which included students' feelings about school and their school community. Students in East Kootenay reported lower school connectedness than students across the province.

Most youth felt that they were treated fairly by school staff (72%), they got along with their teachers (66%), and their teachers cared about them (57%). In addition, half of students (50%) felt that school staff other than teachers cared about them.

Fifty-seven percent of East Kootenay students felt like a part of their school, which was similar to the rate in 2003 and 2008. Sixty percent of students were happy to be at their school, which was similar to the local rate in 2008 but higher than a decade earlier (51% in 2003).



The more connected students felt to their school, the better their mental health ratings. School connectedness also had benefits for certain groups of youth. For example, youth who had been physically abused were more likely to rate their mental health as good or excellent if they felt more connected to their school.

School safety

Students felt safer in every area of their school in 2013 than in previous survey years. Male and female students felt equally safe in each area of their school.

In terms of overall feelings of safety at school, 74% agreed or strongly agreed that they felt safe at school, which was similar to 2008.

Youth who felt safe at school were less likely than those who did not feel safe to have missed school in the past month. Also, they were more likely to have post-secondary plans (86% vs. 57%* who did not feel safe), and to rate their overall health as good or excellent (91% vs. 63%*) as well as their mental health (87% vs. 57%*).

Weapon carrying

Six percent of students (8% of males vs. 4% of females) carried a weapon, such as a knife or bat, to school in the past month. This rate was similar to that seen across the province.

Two percent of students reported that they always carried a weapon at school.

School absences

Overall, 64% of East Kootenay students had missed classes on at least one day in the past month. Illness was the most common reason for missing school across the province, but local students were more likely to have missed school for this reason (48% vs. 42% provincially).

Males and females were equally likely to have missed school because of skipping (25%), family responsibilities (15%), and work (4%). Four percent of students reported missing school because of bullying, with females three times as likely as males to have missed school for this reason.

Older students were generally more likely than younger ones to have skipped school.

Educational aspirations

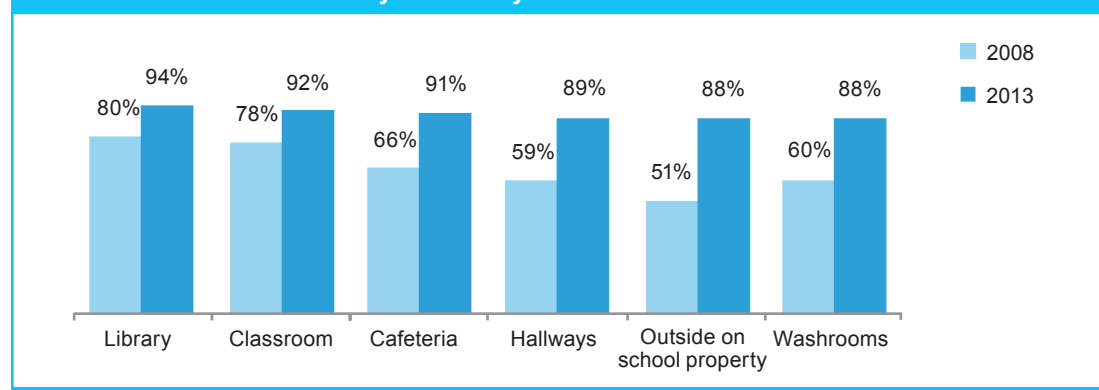
Similar to the provincial picture, less than 1% of youth did not plan to finish high school, while 5% expected to finish high school but not continue to post-secondary education (compared to 10% in 2003).

Local students were less likely than those throughout the province to anticipate continuing their education beyond high school, such as through university, college, or trade school (81% vs. 86%). As was found across BC, males were less likely than females to have post-secondary plans (77% vs. 85%).

Eight percent of students (11% of males vs. 6% of females) had not thought about their school plans, while 5% did not know what their school plans were (compared to 18% in 2003). These results were similar to those found provincially.

A variety of factors were associated with post-secondary plans. For example, students who had been physically assaulted by another youth in the past year were less likely to anticipate continuing their education beyond high school (73% vs. 83% who had not been assaulted), while students with higher levels of family connectedness were more likely than those with lower levels of connectedness to have post-secondary plans.

Locations where students always or usually felt safe at school



Bullying & discrimination

In-person bullying

Students were asked about a range of bullying experiences they may have had in the past year, either as the perpetrator or victim. Youth were asked specifically about their bullying experiences with other youth at school or on the way to or from school. (Cyberbullying is discussed on p. 46 in the section about technology use.)

TEASING

In the past year, 39% of students (32% of males vs. 45% of females) had been teased to the point where they felt bad or extremely uncomfortable. This percentage was similar to the provincial rate and to the local rates over the past decade.

Thirteen percent of male and female students had been teased on three or more occasions in the past year.

SOCIAL EXCLUSION

In the past year, 39% of local students (27% of males vs. 49% of females) reported being socially excluded at least once. This was above the provincial rate of 35% and reflected a gradual increase from 10 years previous (35% in 2003).

Similar to youth across the province, 11% of students (7% of males vs. 15% of females) were socially excluded on three or more occasions.

ASSAULT

In the past year, 9% of male and female students reported being physically attacked or assaulted, and 1% had this experience on three or more occasions. There was a local decrease in the percentage of male students who had been assaulted, from 16% in 2003, but there was no change over time among females.

Impacts of bullying

Students who had been the victim of a particular type of bullying were more likely to perpetrate that same type of bullying. For example, 26% of students who had been teased in the past year reported teasing others during this same time frame, compared to 7% who had not been teased. Similarly, students who had been excluded themselves were more likely to exclude others (25% vs. 9% who had not been excluded), and students who had been physically attacked or assaulted were more likely to assault others (31% vs. 2% of those who had not been assaulted).

The more types of bullying youth experienced, the more likely they were to also bully others. For example, more than half of youth who were the victim of three types of bullying reported bullying others, compared to 9% of youth who did not experience any bullying victimization.

6% of youth (3% of males vs. 7% of females) did not participate in extracurricular activities (e.g., sports, dance, art, or clubs) because they were worried about being bullied.

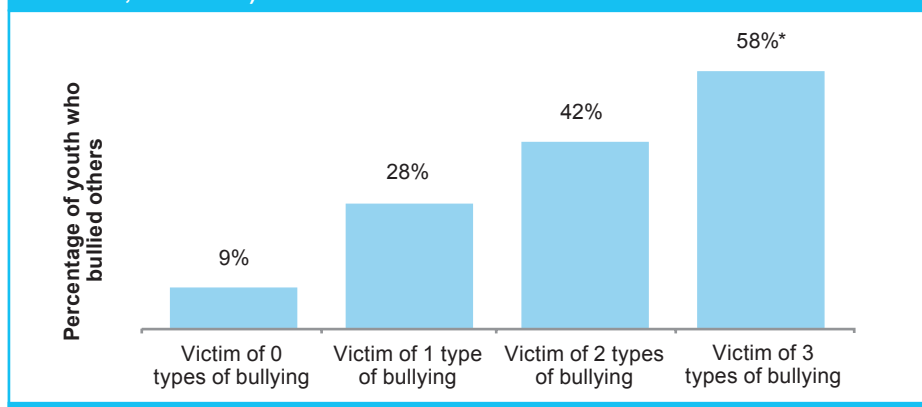
Youth who were teased, excluded, or assaulted in the past year were more likely to report skipping class in the past month (28% vs. 20% who had not experienced any of these types of bullying), and to skip class on three or more occasions (8% vs. 4%).

Youth who had been bullied were more likely than their peers who had not been bullied to report not participating in extracurricular activities. For example, 11% of youth who had been teased reported not taking part in extracurricular activities because they were worried about being further bullied, compared to 2% of youth who had not been teased. Similar patterns were seen for youth who had been socially excluded (11% vs. 2%), assaulted (15% vs. 5%), or cyberbullied (21% vs. 3%).

Perpetrators

In the past year, 14% of local students reported they had teased another youth at school or on the way to or from school with the intention of making them feel bad or extremely uncomfortable. Additionally, 15% of students had socially excluded another youth, and 4% had physically attacked or assaulted another youth. These percentages were similar to those across BC. There were no significant gender differences in the different types of bullying behaviours.

Youth who were perpetrators of bullying in relation to the number of different types of bullying they experienced in the past year (teased, excluded, assaulted)



* The percentage should be interpreted with caution as the standard error was relatively high but still within a releasable range.

Discrimination

Youth identified a number of different discrimination experiences. Females were more likely than males to report being discriminated against because of their physical appearance (25% vs. 16%), being seen as different (17% vs. 10%), their age (14% vs. 6%), and their gender or sex (11% vs. 4%).

There was a local decrease in the percentage of males who felt discriminated against because of their race or ethnicity, from 10% in 2008 to 7% in 2013, while the percentage was unchanged for females.

Perceived reasons for being discriminated against in the past year	
Physical appearance	21%
Being seen as different	14%
Age	10%
Gender/sex	8%
Race, ethnicity, or skin colour	7%
Income or family income	7%
Sexual orientation (being or thought to be gay or lesbian)	5%
A disability	4%

Note: Youth could choose more than one response.

Physical abuse, sexual abuse, & sexual harassment

Physical abuse

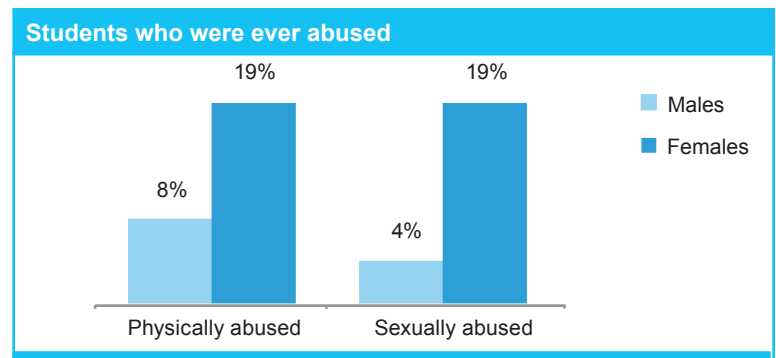
Similar to rates across the province, 14% of local students (8% of males vs. 19% of females) had been physically abused at some point in their life. Among females, the percentage decreased from five years previous (28% in 2008) and was comparable to the 2003 rate. The percentage of males who were physically abused was lower than in previous survey years (16% in 2003 and 2008).

Sexual abuse

When youth were asked specifically if they had ever been sexually abused, 10% of students (more females than males) recognized they had experienced this type of abuse.

Youth were also asked about other forms of sexual abuse they might not have recognized as abuse. For example, 7% of students were forced into sexual activity against their will by another youth, and 2% by an adult. Also, 2% were the younger of an illegal age pairing the first time they had sex.

When all these forms of sexual abuse were considered, a total of 12% of students had been sexually abused. This rate reflected a local decrease among male students (from 7% in 2008 to 4% in 2013) but was unchanged over time among females.



Note: Sexual abuse included being forced into sexual activity by another youth or adult, or being the younger of an illegal age pairing the first time they had sex.

6% of students (more females than males) were both physically and sexually abused.

Females were more likely than males to have experienced verbal or physical sexual harassment in the past year.

The sexual abuse rate among local males was consistent with that for males across BC, but the rate among local females was higher than what was seen provincially (19% vs. 13% provincially).

Sexual harassment

In this section, findings were similar to the provincial results.

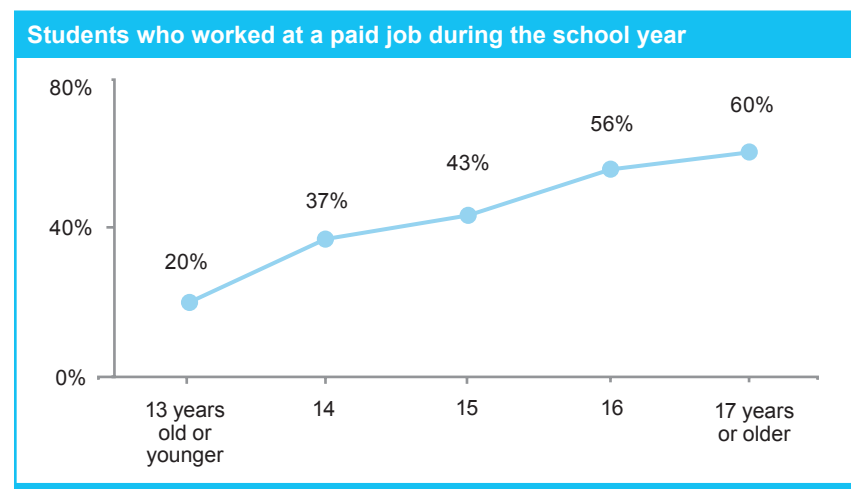
A third of males experienced verbal sexual harassment in the past year (21% had this experience once, and 12% experienced it three or more times). This reflected a local decrease from 41% in 2008. Among local females, 51% had experienced verbal sexual harassment (33% experienced it once, and 18% three or more times), which was a local decrease from 64% in 2008.

There were also local decreases in rates of physical sexual harassment. Nine percent of males were physically sexually harassed in the past year (6% once or twice, and 3% three or more times), which was a reduction from previous survey years (19% in 2008). Thirty percent of females experienced physical sexual harassment (23% once or twice, and 8% three or more times), which was also a decrease from previous survey years (49% in 2008).

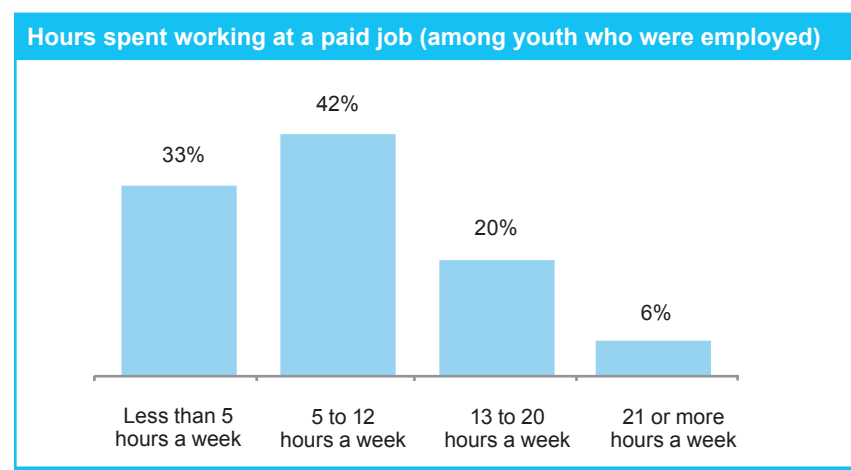


Employment

A total of 41% of students worked at a paid job during the school year. This percentage was higher than the provincial rate (29%) but reflected a local decrease from 50% in 2003.



Note: Not all differences were statistically significant.



Note: Percentages do not equal 100% due to rounding.

6% of employed students worked 21 or more hours each week.

Physical activity, sports, & leisure

Physical activity

The Canadian Physical Activity Guidelines recommend that youth aged 12 to 17 do an hour of moderate to vigorous physical activity every day. Similar to the provincial picture, 19% of local students (27% of males vs. 13% of females) met these guidelines, while 8% of students did not exercise at all during the past week.

Younger students were generally more likely than older ones to have met the physical activity guidelines. For example, 27% of students aged 12 or younger had exercised for an hour daily in the past week, compared to 15% of students aged 17.

Canadian Guidelines recommend that individuals aged 18 and older take part in 150 minutes of moderate to vigorous physical activity each week. Most students aged 18 and older (78%*) met these recommendations by participating in 60 minutes of exercise on at least three days in the past week. This was higher than the provincial rate of 61%.

Physical activity was associated with better health. For example, those who exercised daily during the past week were more likely than those who exercised on fewer days to have slept for eight or more hours the night before taking the survey (67% vs. 53%) and to rate their overall health as good or excellent (94% vs. 86%).



Older students were generally less likely than younger ones to play organized sports on a weekly basis.

Sports

During the past year, 63% of students in East Kootenay (71% of males vs. 57% of females) took part in informal sports on a weekly basis, such as road hockey, hiking, or skateboarding. This reflected a local decrease from 76% in 2003.

Local females were more likely to take part in weekly informal sports than females across BC (57% vs. 50%), while the rate was similar to the province among males.

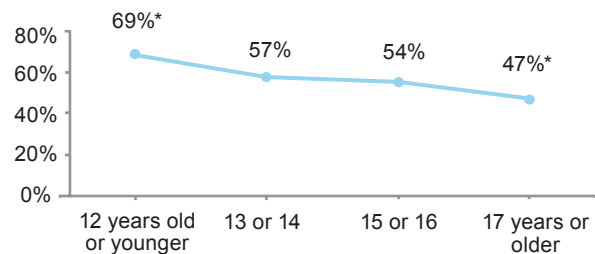
Consistent with the provincial rate, 55% of youth participated weekly in organized sports, which was comparable to the percentage in previous survey years.

Also similar to the province and to previous survey years, 21% of youth (8% of males vs. 31% of females) took part in yoga, dance, or exercise classes on a weekly basis.

There were health benefits to being involved in sports and exercise classes. For example, youth who took part in organized sports on a weekly basis were more likely than those who did not take part to have slept for eight or more hours the previous night (61% vs. 48%) and to rate their mental health as good or excellent (88% vs. 75%). Similar findings were seen for informal sports.

Among youth who had been physically and/or sexually abused, those who took part in informal sports on a weekly basis were more likely to report good or excellent overall health (82% vs. 57%* of those who did not play informal sports).

Students who participated in organized sports at least weekly in the past year



Note: Not all differences were statistically significant.

* The percentage should be interpreted with caution as the standard error was relatively high but still within a releasable range.

“

Some communities need more athletic programs.”

Barriers to participation

Students were asked about the reasons they might not have participated in sports and other activities in the past year. The most common reason was being too busy, although not being able to afford to participate was a reality for more than 1 in 10 males and for 2 in 10 females.

Barriers to participation in activities		
	Males	Females
Too busy	35%	48%
Activity wasn't available in community	18%	24%
Couldn't get there or home	10%	16%
Couldn't afford to	11%	20%
Worried about bullying	3%	7%

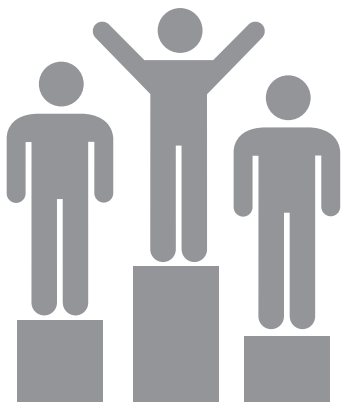
2010 Winter Olympics

Three years after the 2010 Winter Olympic and Paralympic Games, 13% of local students reported that they were more physically active and 7% felt they had more sports opportunities because of the Games. These percentages reflected those seen across the province.

Gambling

While the legal gambling age in BC is 19, 12% of East Kootenay students (16% of males vs. 8% of females) had gambled in the past 12 months, and almost all these students were aged 18 and younger. This percentage was similar to the provincial rate and represented a local decrease from 53% in 2003 and 43% in 2008.

Also reflecting the provincial picture, 3% of East Kootenay students who had gambled in the past year did so more than once a month (more males than females). This rate was similar to that seen in 2008 but lower than the percentage in 2003 (6%).



Technology use



My eldest sister has a gaming addiction and literally obsesses and uses all of her time to play this game.”

The majority of students (92%) owned a cellphone or other portable electronic communication device (compared to 90% provincially). Most of these students (98%) had used their device on the previous school day.

Youth who had a phone most commonly used it for communicating with friends, playing games/entertainment/music, communicating with parent(s), chatting online or social networking, and for finding information.

Females were more likely than males to use their cellphone to communicate with friends, communicate with parent(s), and for chatting online or social networking, whereas males were more likely to use their phone to engage in sexting and for bullying others. Students in East Kootenay were more likely to be sexting than was seen provincially (15% vs. 10%).

Seventy-eight percent of students were online or on their phone after they were supposed to be asleep. The most common activities included using a phone to talk or text (65%), chatting online or social networking (57%), and surfing the Internet (56%).

Used cellphone to...	Did this on last school day	When activity took place		
		Before school	During school	After school
Communicate with friends	89%	41%	60%	67%
Play games/entertainment/music	84%	34%	46%	65%
Communicate with parent(s)	83%	22%	45%	59%
Chat online or social networking	77%	29%	40%	61%
Find information	70%	18%	47%	43%
Sexting	15%	2%	4%	13%
Communicate with teachers	8%	NR	4%	4%
Bully others	3%	NR	2%	2%

Note: Sexting is the sending of explicit photographs or messages via cellphone or other similar device.

Note: Youth could choose more than one response.

NR: The percentage could not be released due to the risk of deductive disclosure.

Def.

CELLPHONE refers to a cellphone, smart phone, or similar portable electronic communication device.

Online safety

Sixteen percent of local students (8% of males vs. 23% of females) reported that they had been cyberbullied in the past year. Rates of cyberbullying for males decreased from five years previous (14% in 2008), but there was no change over time for females. Eight percent of students reported that they had cyberbullied someone else in the past year.

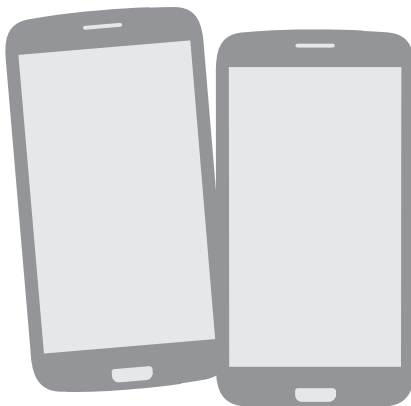
Technology use after students were expected to go to sleep		
	Males	Females
Surfing the Internet	56%	56%
Using a phone to chat or text	61%	69%
Chatting online or social networking	51%	61%
Online gaming	39%	22%

As with in-person bullying, students who had been cyberbullied were more likely to not take part in extracurricular activities because they were worried about being bullied (21% vs. 3% who had not been cyberbullied).

Additionally, females were over twice as likely as males to have met someone through the Internet who made them feel unsafe (19% vs. 9%).

Students without a cellphone

Eight percent of students reported that they did not have a cellphone or other such device. There were some differences between these students and those who had a phone. For example, students without a cellphone were less likely than their peers with a phone to have attempted suicide in the past year. However, students with a cellphone were more likely than those without a phone to feel safe at school (75% vs. 63%*) and to take part in weekly extracurricular activities such informal sports (64% vs. 46%* without a cellphone).



Youth engagement



We need more youth activities in school, government funded.”

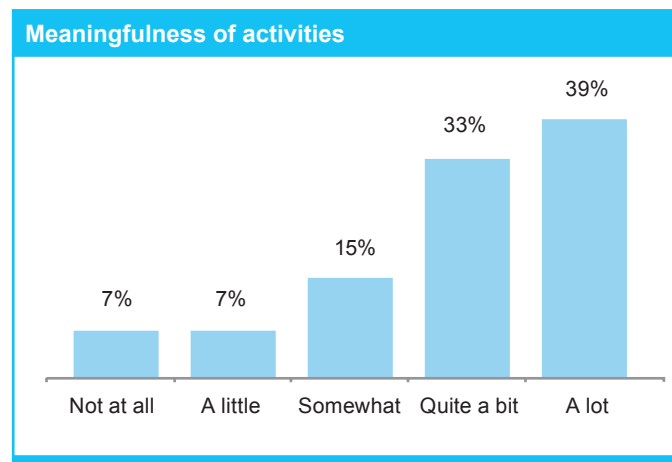
Students were asked about their level of engagement in the activities they took part in. Specifically, they were asked how meaningful they felt their activities were and how much they felt their ideas were listened to and valued within these activities.

Seventy-two percent of students reported that the activities they were involved in were at least quite a bit meaningful to them. This percentage was similar to the 2013 provincial rate and the local rate in 2008.

When asked if they felt that their ideas were listened to and acted upon in these activities, 42% of students felt that they were to a significant extent. This was also similar to the provincial picture, but lower than the 2008 local percentage (47%).

There were many positive associations for youth who felt valued within their activities. For example, students who felt their ideas were listened to at least quite a bit were more likely to rate their overall health as good or excellent (93% vs. 76% of those who felt their ideas were not listened to as much).

Among youth who had been teased, excluded or assaulted in the past year, those who felt their activities were at least quite meaningful were more likely to feel good about themselves than those who felt their activities were not meaningful (74% vs. 44%*). Similarly, youth who had been bullied were more likely to rate their mental health as good or excellent if they felt they were engaged in meaningful activities (79% vs. 59%*).



Note: Percentages do not equal 100% due to rounding.

Family relationships

The AHS asked youth about their sense of connectedness to their family. Similar to the province, most students in East Kootenay reported that their family paid attention to them (72%), they had fun together (70%), and their family understood them (59%) quite a bit or very much.

Males were more likely than females to feel that their family understood them (63% vs. 55%) and paid attention to them (77% vs. 68%).

Ten percent of students (7% of males vs. 13% of females) felt their family did not pay attention to them, while 12% felt their family did not have fun together, and 17% of students (13% of males vs. 21% of females) felt their family did not understand them. Local females were more likely than their peers across BC to report feeling that their family paid very little or no attention to them (13% vs. 9% provincially).

Youth who felt that their family paid attention to them were more likely to have made safer decisions than their peers who felt that their family did not pay attention to them. For example, they were less likely to have ever

been a passenger in a vehicle with someone who had been drinking (30% vs. 55%) or using marijuana (18% vs. 45%), and were more likely to always wear a seat belt when riding in a motor vehicle (73% vs. 50%*). They were also more likely to report good or excellent mental health and higher self-confidence than youth who felt their family did not pay attention to them.

Similarly, students who felt their family understood them were less likely than those who did not feel this way to have ever tried alcohol (52% vs. 77%), marijuana (22% vs. 54%), or other drugs (e.g., prescription pills without a doctor's consent, cocaine, mushrooms).

Family connectedness was a protective factor for vulnerable youth. For example, youth with an emotional or mental health condition who felt their family paid attention to them were more likely than those who did not feel this way to have only positive aspirations for the future, such as attending school, having a job, or being engaged in their community. They were also half as likely to have seriously considered suicide or self-harmed in the past month, compared to those who felt their family did not pay attention to them.

Def.

FAMILY CONNECTEDNESS included students feeling that members of their family paid attention to them, had fun together, and understood them. —

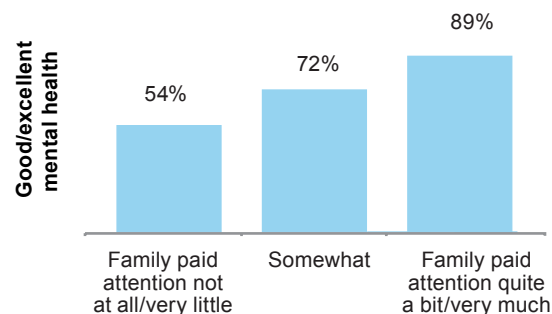
Among youth who had moved three or more times in the past year, those with higher levels of family connectedness all reported good or excellent general health and mental health, which was not the case among those with lower connectedness.

Students were asked if there was an adult in their family they could turn to if faced with a serious problem. Three-quarters of students (79% of males vs. 72% of females) indicated that there was, which was consistent with the provincial rate. Students who had such an adult in their lives were less likely to miss out on mental health services when they felt they needed them (6% vs. 27% of students who did not feel they could turn to an adult relative).

In addition, lesbian, gay, or bisexual youth who felt they had an adult in their family to talk to were more likely than those without this support to report having only positive aspirations for the future, and less likely to have seriously considered suicide in the past year.

Among students with a debilitating health condition, those who had an adult in their family they could talk to were more likely to report having slept for eight or more hours the previous night (40%* vs. 22%* who did not have an adult relative to talk to) and were more likely to rate their mental health as good or excellent (60%* vs. 26%*).

Good or excellent mental health in relation to how much students felt their family paid attention to them



Parental monitoring

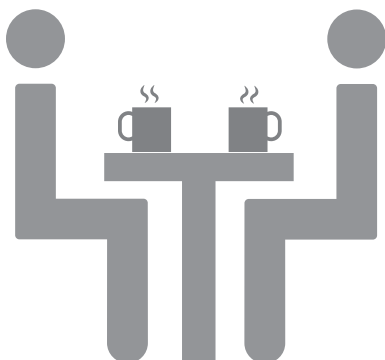
Consistent with students across BC, 77% of local students reported that their parents always or mostly knew what they were doing in their free time. Eleven percent of youth reported that their parents never or rarely knew what they were doing.

Students whose parents were aware of what they were doing in their free time were less likely to be texting or chatting on their phone after they were expected to be asleep (63% vs. 80% whose parents were not monitoring their spare time). They were also more likely to have slept for eight or more hours on the night before taking the survey (61% vs. 32%).

Consistent with the province, 76% of local students ate an evening meal with their parents most or all of the time in the past month. Parental presence at meal times was linked to positive health. For example, even youth who ate their evening meals with their parents sometimes were more likely than those who rarely or never ate with their

parents to feel good about themselves (76% vs. 50%*) and their abilities (80% vs. 61%). They were also more likely to rate the overall health as good or excellent (82% vs. 68%) and to report good nutrition such as eating fruit or vegetables three or more times the previous day (49% vs. 34%* who rarely or never ate with their parents).

Among youth who had been teased in the past year, those who ate evening meals with their parents most or all of the time in the past month were more likely than those who never or rarely ate with their parents to have slept for eight or more hours the previous night (51% vs. 26%*), as well as to report having only positive aspirations for the future, and to be involved in sports on a weekly basis.



Supportive & caring adults outside the family

Adult to turn to for help

Thirty-six percent of local youth (31% of males vs. 40% of females) felt they had an adult outside their family they could turn to if faced with a problem. Local females were more likely than females across BC to feel this way (34% provincially).

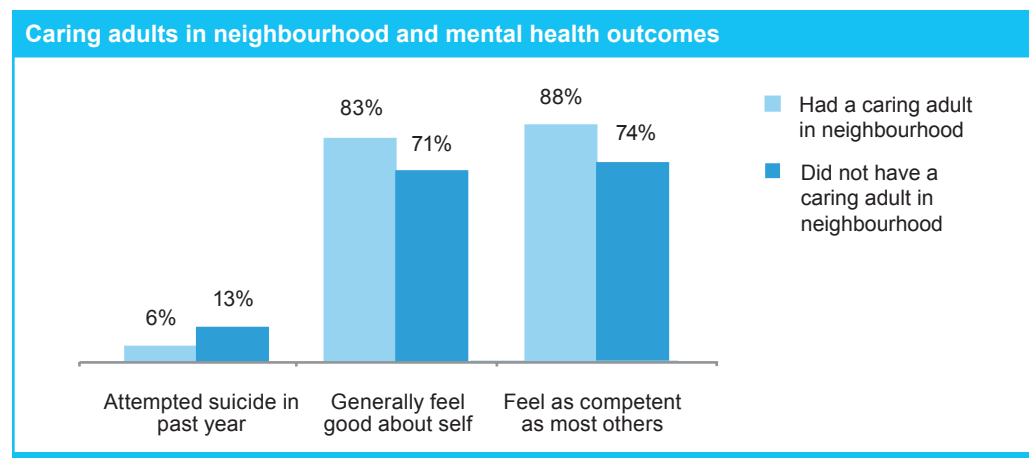
Students who could identify a supportive adult outside of their family were more likely to feel like a part of their community (47% vs. 39% without this support) and to have post-secondary plans (85% vs. 79%). This was also true for youth who had challenges in their lives. For example, among students who had been teased, socially excluded, or assaulted, those who had an adult outside of their family to talk to were more likely than those without this support to have only positive aspirations for the future (92% vs. 83%).

Local adult who cares

Sixty-nine percent of students (65% of males vs. 72% of females) reported having an adult in their neighbourhood or community (beyond their school or family) who cared about them. This percentage was higher than the provincial rate (61%).

Feeling cared about by an adult in their community was associated with positive mental health, including higher rates of self-confidence and perceived competence, and lower rates of suicide attempts.

Students with an adult in their community who cared about them were also more likely to feel that the activities they engaged in were meaningful (78% vs. 58% who could not identify a local adult who cared) and to feel that their ideas were listened to and acted upon (49% vs. 27%).



Help seeking

When students needed help, they most commonly approached friends and family members. Students also sought support from a variety of professionals.

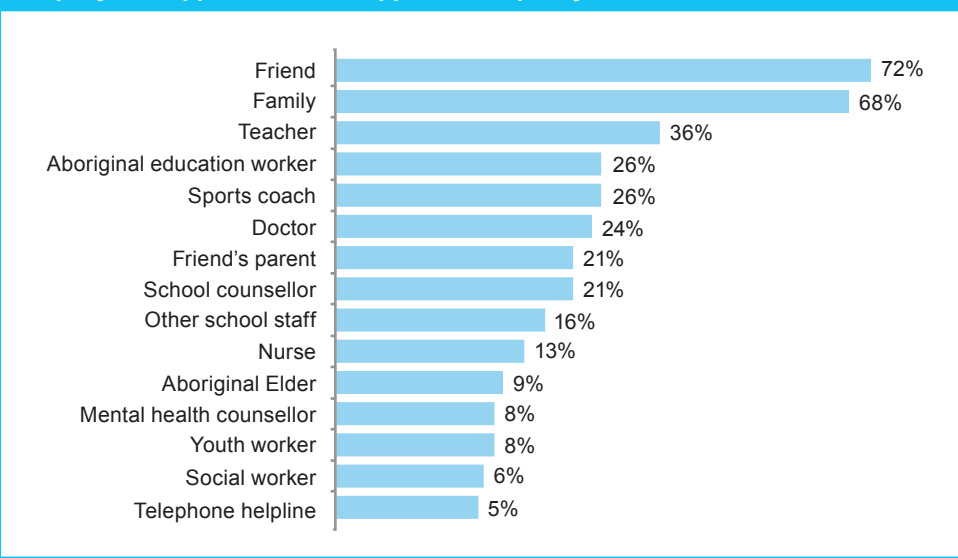
Females were more likely than males to have sought help from a friend (80% vs. 63%) and family member (71% vs. 63%), while males were more likely than females to have sought help from a teacher (40% vs. 33%).

Students in this area were less likely than those in the province as a whole to seek the help of a teacher (36% vs. 41%) or school counsellor (21% vs. 27%). However, local Aboriginal students were more likely than Aboriginal students across BC to seek the help of an Aboriginal education worker (26% vs. 17%).

The majority of male and female students found the people they approached for help to be helpful, although some vulnerable groups were less likely to feel this way. For example, youth who had been teased, socially excluded and/or assaulted who asked a teacher for help were less likely than their peers who had not been bullied to have found the teacher helpful. However, when these students found the teacher helpful, they were less likely to have attempted suicide.

In addition, youth who had been physically and/or sexually abused and found their school counsellor helpful were less likely than those who did not find their school counsellor helpful to have seriously considered suicide in the past year.

People youth approached for support in the past year



Note: The rates for accessing an Aboriginal education worker and an Elder are among Aboriginal youth.

Peer relationships

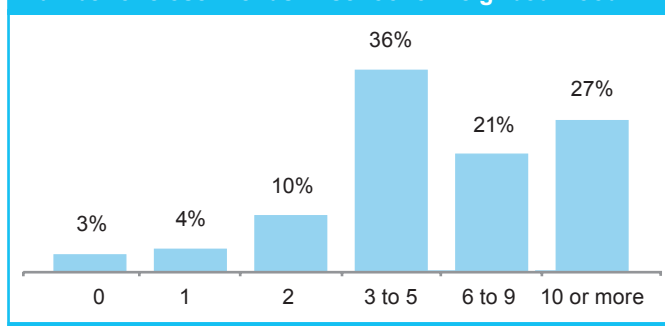
Fifty-four percent of students had been in a romantic relationship in the past year, which was higher than the provincial rate of 39%. Among local students in a romantic relationship, 6% of male and female youth had been the victim of dating violence. This rate was similar to that seen across the province and to the local rate in previous survey years.

In total, 97% of students reported having at least one close friend. Females were three times as likely as males to report having only one close friend, whereas males were more likely than females to report having ten or more close friends (32% vs. 23%).

There were positive associations with having more than just one or two close friends. For example, students who had three or more close friends in their school or neighbourhood were more likely than those with fewer friends to have only positive future aspirations (89% vs. 75%). They were also less likely to have been teased, excluded, or assaulted in the past year (51% vs. 64%).

Having more than two close friends appeared to be protective for youth who had been bullied. For example, students with three or more friends who had been socially excluded were more likely than those with fewer friends to feel good about their skills and abilities (77% vs. 61%^{*}). A similar pattern was found for students who had been teased.

Number of close friends in school or neighbourhood



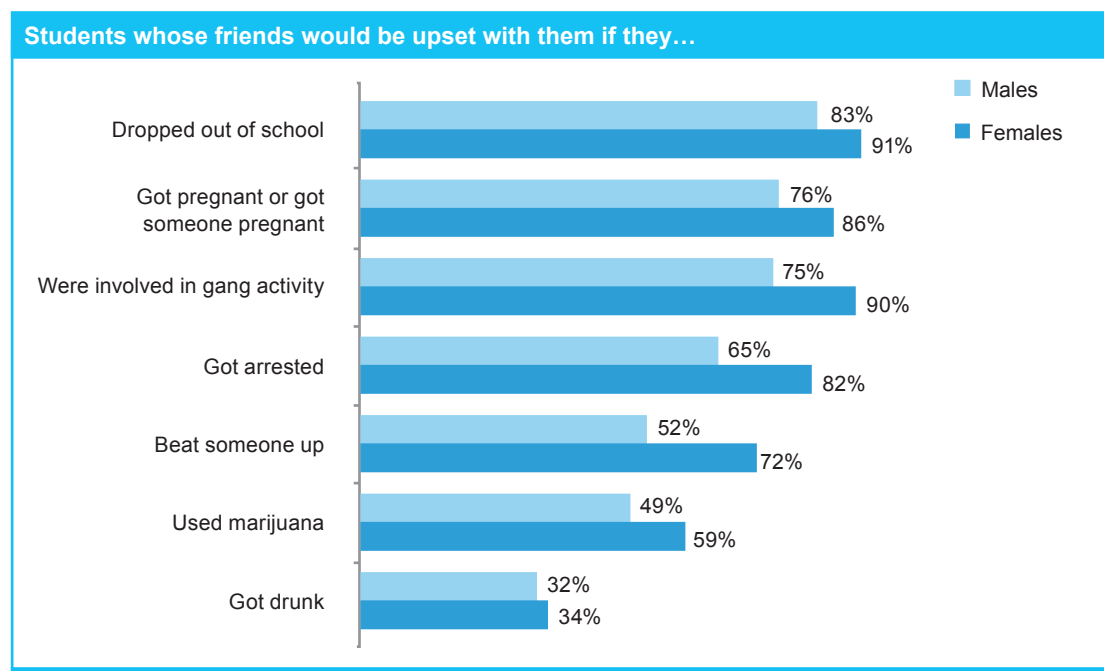
Note: Percentages do not equal 100% due to rounding.

83% of local students had three or more close friends.



Friends with pro-social attitudes

Students were asked if their friends would be upset with them if they were involved in certain risk behaviours, such as getting arrested, dropping out of school, or using marijuana. Students generally had friends who would be upset with them for engaging in most of these behaviours. However, local youth were less likely than those throughout BC to have friends who would be upset with them if they beat someone up (63% vs. 71%) or got drunk (34% vs. 44%).



Note: The difference between males and females whose friends would be upset with them if they got drunk was not statistically significant.

Having pro-social peers was a protective factor. For example, local students whose friends would be upset with them if they beat someone up were less likely to have assaulted someone than those whose friends would not be upset with them for this reason (2% vs. 8%). In addition, students whose friends would be upset with them for dropping out of school were more likely to have post-secondary plans (84% vs. 71% of those whose friends would not be upset if they dropped out).

Students whose friends would be upset with them if they...			
	2008	2013	Change from 2008
Dropped out of school	84%	87%	--
Were involved in gang activity	NA	83%	
Got pregnant or got someone pregnant	72%	81%	↑
Got arrested	61%	74%	↑
Beat someone up	42%	63%	↑
Used marijuana	51%	54%	--
Got drunk	27%	34%	↑

Note: NA means that the question was not asked.

Note: -- means that the percentages in 2008 and 2013 were comparable.



Neighbourhood safety

Reflecting the provincial picture, 82% of youth always felt safe inside their home and 67% felt that way in their neighbourhood in the daytime. Local youth were more likely than their peers across the province to always feel safe in their neighbourhood at night (38% vs. 28% provincially).

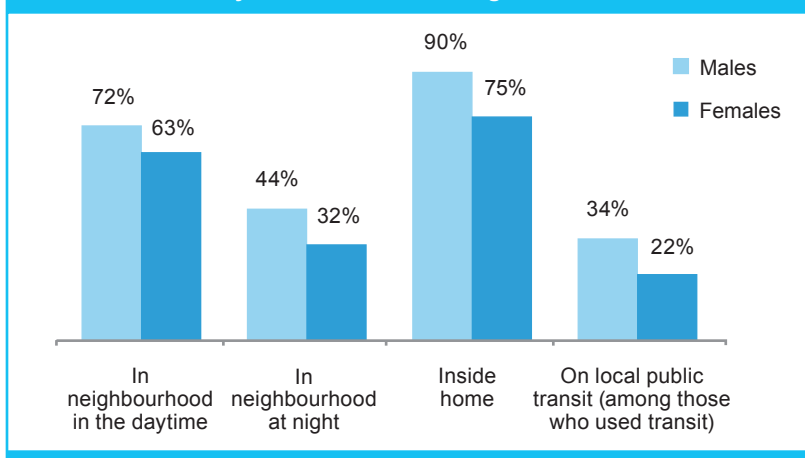
Among youth who used transit, 27% always felt safe doing so, which was higher than the provincial rate (17%), but 9% never felt safe using transit, which was also higher than the provincial percentage (5%).

Youth who always felt safe in their neighbourhood during the day were more likely than those who rarely or never felt safe to rate their mental health as good or excellent (88% vs. 43%*), to plan to continue their education after high school (83% vs. 42%*), and to have only positive future aspirations (90% vs. 49%*).

Local students with a debilitating health condition were less likely to always feel safe in their neighbourhood in the daytime (57% vs. 71%) or at night (30% vs. 41%). However, if these students did feel safe in their neighbourhood during the day they were less likely to have seriously considered or attempted suicide in the past year, and less likely to have forgone mental health services if they felt they needed them.



Students who always felt safe in their neighbourhood



Males were more likely than females to always feel safe in their neighbourhood (day or night), inside their home, and on transit.

Community connectedness & cultural engagement

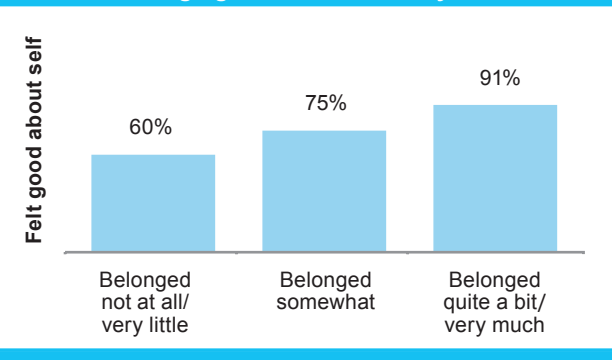
Community connectedness

In East Kootenay, as across the province, 42% of students reported that they felt quite a bit or very much connected to their community.

There were positive associations for youth who felt connected to their community. For example, they were more likely to feel good about themselves and their abilities, and they were less likely than those who did not feel connected to have binge drunk in the past month (38% vs. 49%; among youth who ever drank).

Youth who had been victimized also specifically benefitted from feeling like a part of their community. For example, youth who had been physically or sexually abused were more likely to be planning to continue their education beyond high school if they felt connected to their community (89% vs. 63%* who did not feel like a part of their community). They were also more likely to usually feel good about themselves (81% vs. 41%* who did not feel like a part of their community), to be playing organized sports on a weekly basis (56%* vs. 28%*) and were less likely to have ever tried alcohol (75%* vs. 89%).

Youth who felt good about themselves in relation to sense of belonging in their community



Cultural engagement

In addition to feelings about their community, students were asked about their engagement in their culture. Similar to the rate across the province, 6% of students participated in cultural or traditional activities at least weekly. Youth who were involved in traditional activities over the past year were more likely to feel like they were a part of their community than those who did not take part in these activities, and were more likely to have volunteered on a weekly basis.



Summary list of protective factors

Throughout this report a number of protective factors in the lives of East Kootenay students have been identified. This chapter provides a list of some of those protective factors along with an example for each.

PROTECTIVE FACTOR	EXAMPLE
Stable home	Youth who had stayed in the same home for the past year were more likely than those who had moved to be taking part in community life, such as participating in weekly organized sports.
Eight or more hours of sleep	Youth who had been physically or sexually abused who slept for eight or more hours were less likely than those who slept fewer hours to have self-harmed in the past year.
Good nutrition	Students who ate three or more servings of fruit or vegetables on the day before taking the survey were less likely than their peers who had fewer servings to report feeling extreme despair in the past month.
Sports and exercise	Among youth who had been teased, excluded, and/or assaulted, those who exercised on at least three days in the past week were more likely than those who exercised on two or fewer days to feel good about their skills and abilities.
Feeling safe at home, in school, and the community or neighbourhood	Students who always felt safe in their neighbourhood during the day were less likely than those who never or rarely felt safe to have attempted suicide in the past year.
Feeling connected to school	Youth who had been physically abused were more likely to rate their mental health as good or excellent if they felt more connected to their school.
Feeling engaged in activities	Students who felt their ideas were listened to at least quite a bit were more likely than those who felt listened to not at all or only a little to rate their overall health as good or excellent.
Feeling connected to family	Youth who felt their family paid attention to them were less likely than those who did not feel this way to have ever been a passenger in a vehicle with someone who had been drinking.

PROTECTIVE FACTOR**EXAMPLE****Parental monitoring**

Students whose parents were aware of what they were doing in their free time were less likely than those whose parents were not monitoring their spare time to be texting or chatting on their phone after they were expected to be asleep.

Adult in the family students could talk to

Among students with a debilitating health condition, those who had an adult in their family to talk to if they were having a serious problem were more likely than those without such a relative to rate their mental health as good or excellent.

A supportive adult outside family

Youth who could identify a supportive adult outside of their family were more likely than those without this support to have post-secondary plans.

Adult outside their family who cares about them

Students with an adult in their community who cared about them were more likely than those who could not identify a local adult who cared to feel that the activities they engaged in were meaningful.

Helpful sources of support

Youth who had been physically and/or sexually abused who had asked their school counsellor for help and found this experience helpful were less likely than those who did not find their school counsellor helpful to have seriously considered suicide in the past year.

Having close friends (excluding online friends)

Among students who had been socially excluded, those with three or more friends were more likely than those with fewer friends to feel good about their skills and abilities.

Having friends with pro-social attitudes

Students whose friends would be upset with them if they beat someone up were less likely to have assaulted someone than those whose friends would not be upset with them for this reason.

Community connectedness

Among youth who had tried alcohol, those who felt connected to their community were less likely than those who did not feel connected to have been binge drinking in the past month.

Cultural engagement

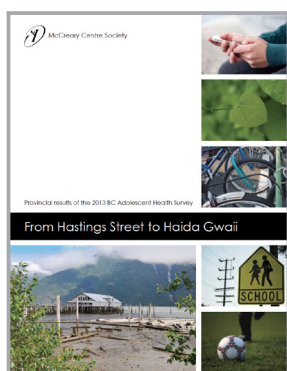
Youth who were involved in traditional activities on a weekly basis were more likely than those who did not take part in these activities to have also volunteered weekly.

How to use these results

McCreary will continue to produce reports and other resources using the results of the 2013 BC Adolescent Health Survey. All of the resources can be accessed at www.mcs.bc.ca. Upcoming reports include a sexual health report and a report about protective factors in the lives of BC youth with government care experience.

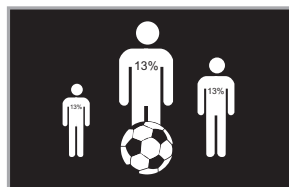
If you would like to join our community mailing list to receive updates about when new reports are released, when webinar presentations are scheduled, and other news related to the BC Adolescent Health Survey, please contact community@mcs.bc.ca.

A selection of BC AHS resources



From Hastings Street to Haida Gwaii

This report offers a comprehensive picture of the health and health behaviours of BC youth.



This film shares responses from key BC figures to results of the BC Adolescent Health Survey.



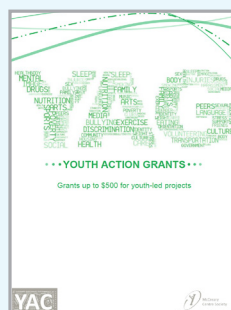
This PowerPoint provides an overview of the provincial BC Adolescent Health Survey results. It is aimed at adult audiences. McCreary staff are also available to present local and provincial results.

YOUTH RESOURCES



This and other posters were designed by McCreary's Youth Advisory and Action Council (YAC) for a youth audience.

Other resources for youth include interactive workshops and the Next Steps program which uses the results of the survey to engage youth in local community projects.



McCreary's YAC has a granting program open to students in school districts which participated in the survey. Grants of up to \$500 are awarded to youth who wish to conduct a project that aims to address a local youth health issue.

