



Results of the 2013 BC Adolescent Health Survey

Fraser East



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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

This is the first time McCreary has produced a report at the Health Service Delivery Area level for Fraser East. Local findings from the 2013 BC Adolescent Health Survey showed that most youth 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 also found some differences between this region and the province as a whole, as well as identified some groups of students who may need additional support. The results also highlighted some protective factors that appear to be linked to better outcomes for these and other youth.

- Twenty percent of males and 14% of females had a concussion in the past year. The most common symptoms experienced were headaches; dizziness or balance problems; blurred vision; being dazed, confused, or suffering a gap in memory; and ringing in the ears.
- Eighteen percent of students had ever tried smoking. Among these youth a quarter had successfully quit smoking in the past year (30% of males vs. 21% of females).
- Students in Fraser East were less likely to have tried alcohol and some other drugs (e.g., hallucinogens and ketamine) than their peers across the province. Locally, 17% of youth drank alcohol on the Saturday before taking the survey. Among these youth 59% of males and 67% of females engaged in binge drinking.
- Almost half of students (48%) did not get at least eight hours of sleep on the night before taking the survey. The more hours of sleep students got, the more likely they were to report positive mental health.

- Eighty-four percent of females and 79% of males were doing something such as texting, online gaming, or homework after they were expected to be asleep.
- In the past year, 13% of students reported not accessing mental health services when they thought they needed to. This rate was higher than that in the province as a whole (11%). Local students were also more likely to miss out on medical care (10% vs. 8%).
- Similar to the provincial rate, 8% of males and 25% of females reported cutting or injuring themselves on purpose without trying to kill themselves in the past year.
- The percentage of female students who considered suicide was higher than seen provincially (20% vs. 17%). The percentage who actually attempted suicide was similar (11%).
- Canada's Food Guide recommends that youth eat at least six servings of fruit and vegetables. Consistent with students across the province, more than a third of local students had fruit or vegetables only once or twice that day (36%) and 7% had no fruit or vegetables.
- Seventeen percent of students (24% of females vs. 8% of males) reported that they had been cyberbullied in the past year. Females in Fraser East were more likely than females across the province to have been cyberbullied (24% vs. 19%). Six percent of students admitted that they had cyberbullied someone else.
- Most students felt connected to their school, felt safe there, and got along well with their peers, teachers, and other school staff.
- Some of the protective factors which appeared to improve outcomes for even the most vulnerable youth included physical activity, nutrition, and sleep. Local results also highlight the importance of supportive relationships with peers and adults including family, teachers, and other professionals.



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 Fraser East Health Service Delivery Area.

The Fraser East Health Service Delivery Area includes Mission (SD 75), Abbotsford (SD 34), Chilliwack (SD 33), and Fraser-Cascade (SD 78) school districts. Although

Mission was one of three school districts across the province which did not participate in the survey, the participation of Abbotsford and Chilliwack for the first time means that we have been able to produce a report focused on the Fraser East. The results presented in this report provide the most comprehensive and representative picture of local youth health.

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 Fraser East and the province are statistically significant at $p < .01$. 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 students who participated in the survey in Fraser East 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

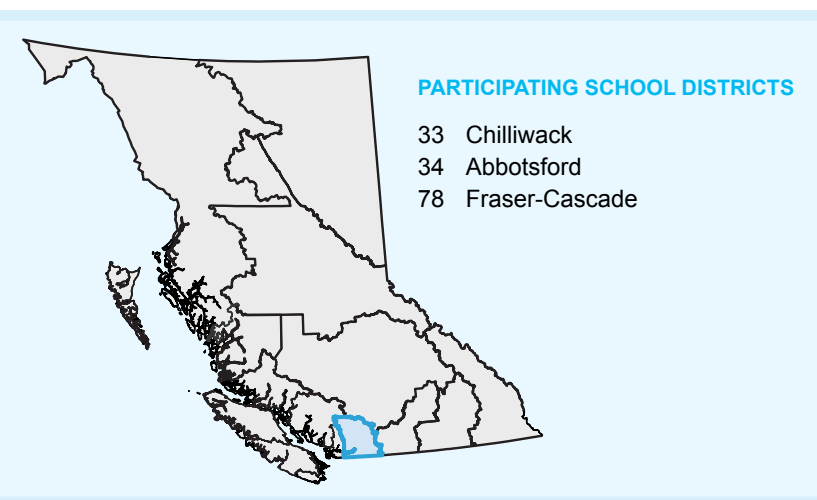
Vancouver Island Health Authority

- 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

FRASER EAST HEALTH SERVICE DELIVERY AREA



ONLINE

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

Youth in Fraser East

Ethnic & cultural background

In the 2013 BC Adolescent Health Survey, students in Fraser East most commonly reported that they were of European heritage (57%), which was consistent with the provincial rate. Locally, students were twice as likely to identify as being of South Asian descent (21% vs. 10% provincially).

Family background	
European	57%
South Asian	21%
Aboriginal	11%
East Asian	8%
Latin/South/Central American	4%
Southeast Asian	3%
African	2%
Australian/Pacific Islander	2%
West Asian	1%
Other	2%
Don't know	9%

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.

ABORIGINAL STUDENTS

Eleven percent of students identified as Aboriginal. Among Aboriginal youth, 62% were First Nations, 36% were Métis, and 6% specified another Aboriginal group, such as Cherokee (youth could select more than one Aboriginal identity if it were applicable).

Twenty-two percent of Aboriginal students had ever lived on reserve, and 10% spoke an Aboriginal language.

NEW CANADIANS

Eleven percent of Fraser East students were born outside of Canada, which was below the provincial rate of 19%.

Among local students born outside Canada, 19% had lived here less than two years, and 32% had lived here between two and five years. Twenty-three percent of students born outside Canada were international students, and 4% were refugees.

LANGUAGE

Fifty-five percent of students spoke only English at home, which was similar to the provincial rate. A quarter of youth (25%) sometimes spoke a language other than English at home, and 20% reported speaking another language at home most of the time.



It is hard to find friends here in Canada.”

Sexual orientation & gender identity

The percentages of local students identifying with the different sexual orientations were generally similar to percentages across the province.

The percentage of Fraser East students who identified as transgender was too small to report.

Although the majority of Aboriginal students did not know what the term meant, 6% of local Aboriginal youth identified as Two Spirit. This reflected the provincial picture.

Sexual orientation	
Completely straight	83%
Mostly straight	5%
Bisexual	3%
Gay or lesbian	1%
Questioning	2%
Don't have attractions	8%

Home life

Similar to the rest of the province, 95% of students in Fraser East reported living with at least one parent (including a step-parent) most of the time.

Eighty-eight percent of youth reported that their parent(s) or guardian(s) worked locally. In comparison to the province, local students were less likely to have a parent who worked abroad (4% vs. 6%), but were more likely to have a parent working outside their home community somewhere else in Canada (16% vs. 11%). Local students were equally likely as their peers across the province to report that their parents did not work (3%).

People youth lived with	
Mother/stepmother	85%
Father/stepfather	72%
Sibling(s)/stepsibling(s)	61%
Grandparent(s)	12%
Both parents at different times	8%
Other adult(s) related to me	4%
Other adult(s) not related to me	2%
Other children or youth	1%
Foster parent(s)	1%
Two mothers/two fathers	1%
I live alone	NR
My own child or children	NR

Note: Youth could choose more than one response.

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

In this report

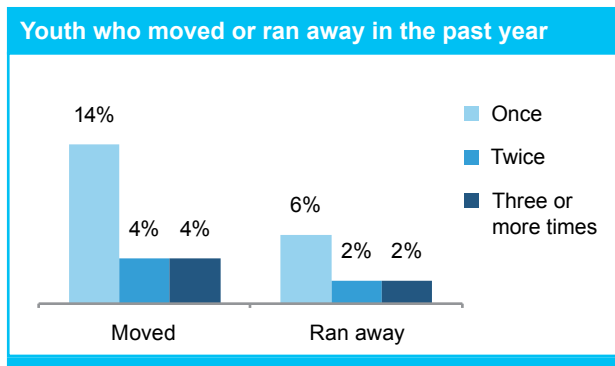
For the rest of this report, **PARENT** refers to students' parent or guardian.

Stable home

Overall, 10% of local students had run away in the past year. Similar to the province, females were more likely to have run away (12% vs. 7% males).

Having a stable home has been shown to be a protective factor in the lives of youth. Similar to the provincial rates, 21% of Fraser East students had moved from one home to another in the past year, and 4% had moved three or more times.

When compared to youth who had moved house, youth who had stayed in the same home for the past year were more likely to be taking part in community life. For example, youth who had not moved were more likely to play organized sports weekly (55% vs. 44% of youth who had moved) and to feel that there was an adult in their neighbourhood or community who cared about them (65% vs. 56%).



Among youth who were facing other challenges in their lives, having a stable home may be particularly important. For example, youth who had been teased in the past year were more likely to identify that there was an adult in their neighbourhood or community who cared about them if they had not moved (64% vs. 51% of youth who had been teased who had moved in the past year).

Government care & Youth Agreements

Two percent of Fraser East students had ever lived in foster care, and 1% had lived in a group home. One percent were currently in government care.

Reflecting the provincial findings, 47%* of local students who had lived in government care had moved in the past year, compared to 21% of students who had not lived in a foster home or group home.

As with other youth, if youth with government care experience had lived at one address for the past year, there appeared to be benefits. For example, they were more likely to report feeling happy most or all of the time compared to those who had moved.

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. The percentage of local students who had lived on a Youth Agreement was too small to report.

Def.

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

35% of males walked, biked, or skateboarded to school compared to 28% of females.

Caretaking responsibilities

On an average school day, 60% of males and 70% of females had some caretaking responsibilities. These included caring for pets or other animals (53% of males vs. 60% of females), and/or caring for a relative (such as a relative with a disability or a younger sibling; 15% of males vs. 25% of females). The rate of caring for a relative was similar to the province, but students in Fraser East were more likely to be caring for pets or other animals (57% vs. 52% of youth across BC).

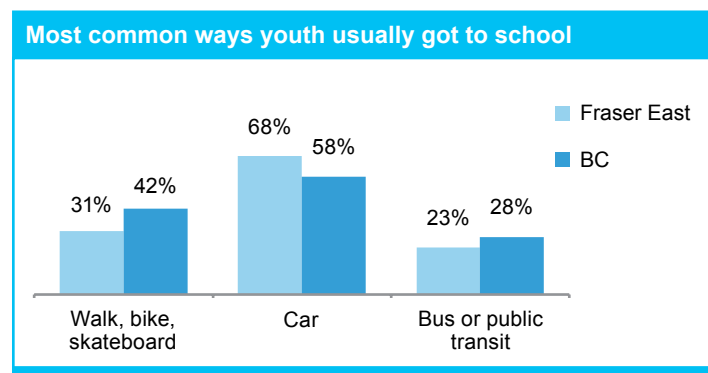
Youth who were dependent on public transit to get to school were more likely to have missed out on extracurricular activities because they could not get there or home (25% vs. 17% of youth who did not use transit to get to school).

When asked about transportation in general, 57% of Fraser East youth used public transit, which was below the provincial rate of 73%. Two percent of local youth had hitchhiked somewhere in the past month (3% of males vs. 1% of females), which was also below the provincial rate of 3%.

Transportation

Students were asked about what method of transport they usually used to get to school. Students in Fraser East were more likely than their peers across the province to get to school by car, and less likely to use public transit or active means (such as walking or cycling) to get to school. One percent of students in this area usually hitchhiked to school.

Thirty-one percent of Fraser East youth held some sort of driver's licence. Specifically, 20% had a learner's licence and 11% had a novice licence.



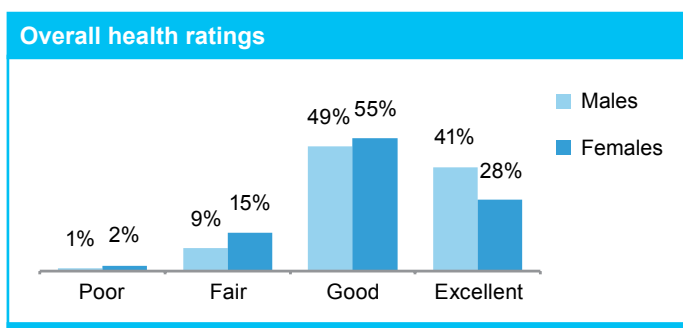
Note: Youth could choose more than one response.



Physical health

Youth were asked a number of questions about their physical health. Results for Fraser East were comparable to the provincial results unless noted.

Eighty-six percent of youth (90% of males vs. 83% of females) reported that their health was good or excellent.



Note: The difference between males and females who rated their health as poor was not statistically significant.

Health conditions & disabilities

Twenty-seven percent of students (21% of males vs. 33% of females) had at least one health condition or disability. Females were more likely than males to report having a long term or chronic condition (13% vs. 7%), a mental health condition (17% vs. 6%), or a behavioural condition (5% vs. 3%).

Among youth with a health condition or disability, 45% (35% of males vs. 51% of females) had a condition that sometimes prevented them from doing things their peers could do, and 5% had a condition that always prevented them from participating in these activities.

Youth with a health condition or disability	
Mental or emotional health condition	12%
Long term or chronic condition (e.g., diabetes or asthma)	10%
Behavioural condition	4%
Sensory disability	4%
Learning disability	3%
Allergies severe enough to require an epinephrine injection	2%
Physical disability	1%

Note: Youth could choose more than one response.

The percentage of youth reporting a mental or emotional health condition was higher when students were asked about specific conditions such as Depression or Anxiety Disorder (see page 16).



Doctor said I was the healthiest person she met.”



13% of local females missed out on needed medical care, compared to 7% of local males.

Foregone medical care

Local students were more likely than those across the province to miss out on medical care that they felt they needed, as one in ten had not accessed needed care in the past year, compared to 8% across the province.

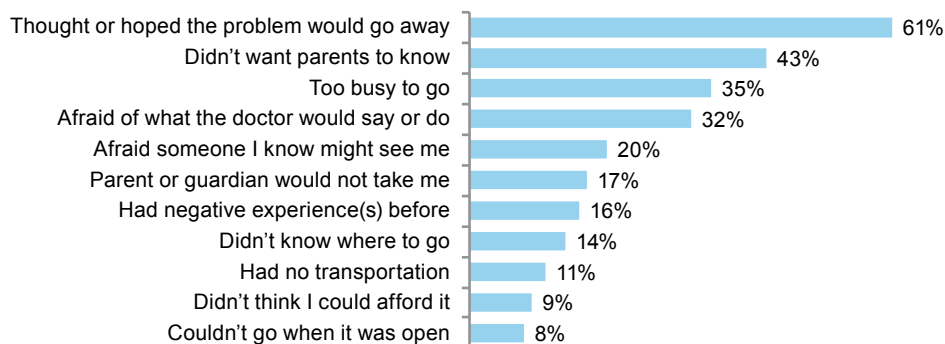
Among students who did not access needed medical care, the most common reason for not doing so was that they thought or hoped the problem would go away. The next most common reason for females was not wanting their parents to know (51% vs. 25%* of males), while for males it was being too busy to go (45%* vs. 30% of females). Another common reason included being afraid of what the doctor would say or do (18% of males vs. 38% of females).

Females were also more likely than males to not access medical care because they had negative experience(s) before and because they were afraid someone they knew might see them.

Dental visits

Most local students (84%) had visited the dentist in the past 12 months, 5% had last visited more than 24 months ago, and 1% had never been to the dentist. For 11% of females and 7% of males their last visit to the dentist had been for pain.

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



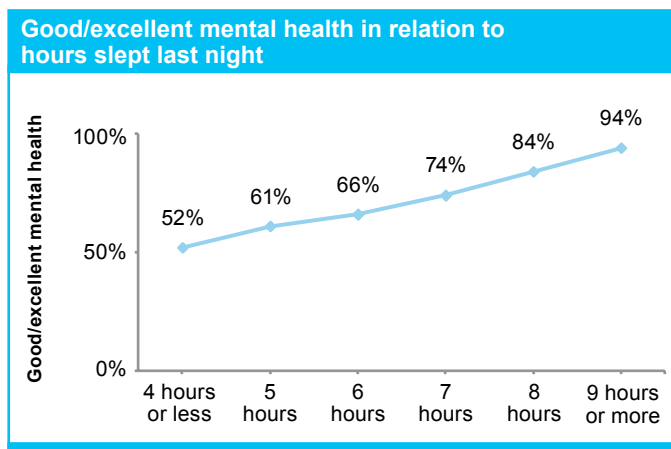
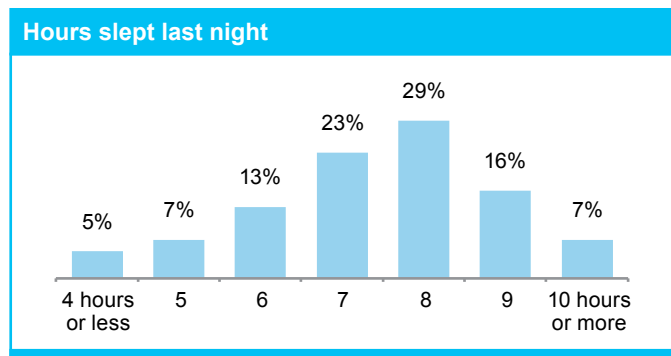
Note: Youth could choose more than one response.



I am prone to stomach aches, headaches, and fainting. Each of these happen at least twice a month.”

Sleep

The National Sleep Foundation recommends that adolescents have 8.5 to 9.25 hours of sleep each night. The BC AHS included a question which asked how many hours of sleep students got on the night before they took the survey. In Fraser East, 52% of students (57% of males vs. 47% of females) slept for eight hours or more, while 5% of male and female students slept for four hours or less.



Older students slept less than younger ones. For example, 38% of students who were 17 years old slept for eight or more hours on the night before taking the survey, compared to 75% of students age 12 and younger.

Eighty-four percent of females and 79% of males were doing something after they were supposed to be asleep, including 45% (41% of males vs. 48% of females) who were doing homework (see page 44 in the Technology use section for more details).

The more hours of sleep students got, the more likely they were to rate their mental health as good or excellent.

Some students were at particular risk of not getting enough sleep. For example, in Fraser East 31% of students who had been physically or sexually abused slept eight or more hours the night before taking the survey, compared to 56% of students who had not experienced abuse.

However, youth who had been abused who slept for at least eight hours reported better mental health. For example, they were less likely to have foregone needed mental or emotional health services (22% vs. 44% of youth who had been abused who slept less than eight hours), and were almost half as likely to have self-harmed (24% vs. 46%) in the past year.

Only 30%* of local lesbian, gay, or bisexual (LGB) students slept for eight or more hours. LGB youth who did get this much sleep were less likely than those who slept fewer hours to have seriously considered suicide in the past year, and were more likely to have only positive future aspirations.

Mental health

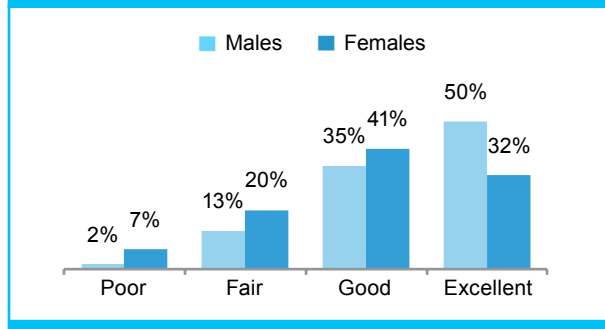
Most youth (79%) rated their mental health as good or excellent. This percentage was lower than the rate across the province (81%). As was the case provincially, males were more likely than females to rate their mental health as excellent.

Consistent with BC findings, local students were less likely to rate their mental health as good or excellent compared to their overall health.

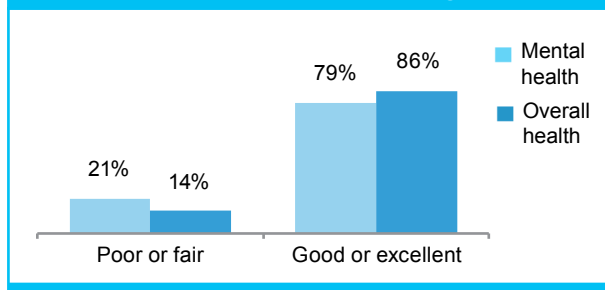
The majority of students felt good about themselves (89% of males vs. 68% of females) and felt they were as competent as most of their peers (90% of males vs. 81% of females).

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 (83% vs. 70%). 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.

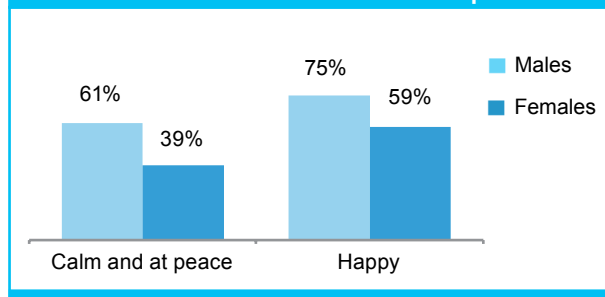
Mental health ratings



Mental health and overall health ratings



Students who felt calm and happy 'most of the time' or 'all the time' in the past month



I like to think of myself as a nice, positive person with a great life, family, and friends. I have great opportunities and love being a kid!”

12% of local students reported experiencing Depression, compared to 10% of students across the province.

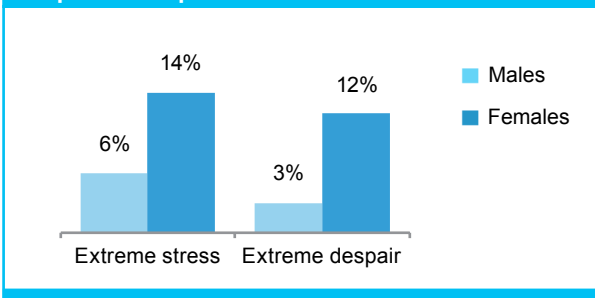
Mental health conditions

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 (24% vs. 15%). They were also more likely to have multiple conditions (11% vs. 3% of males).

Youth most commonly reported having Depression (12%), Anxiety Disorder (10%), and/or Attention Deficit/Hyperactivity Disorder (ADHD; 5%). Other conditions included an addiction to alcohol or other drugs (2%), Post-Traumatic Stress Disorder (PTSD; 1%), and Autism or Asperger's (1%).

Females were more likely than males to report Depression (16% vs. 6%), Anxiety Disorder (15% vs. 4%), and PTSD. Males and females were equally likely to have ADHD, unlike in the province as a whole where the percentage was higher among males.

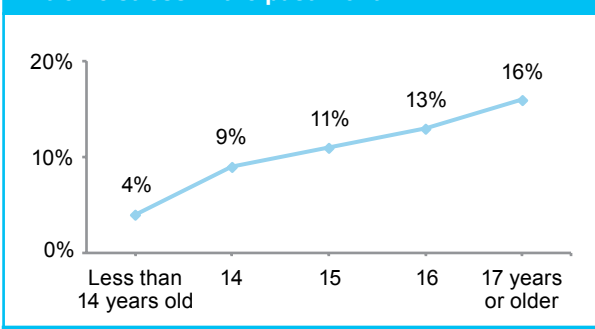
Students who experienced extreme stress and despair in the past month



Stress & despair

Most students (82%) reported feeling stressed in the past month. Females were more likely than males to experience extreme stress that prevented them from functioning properly.

Extreme stress in the past month



Note: Not all differences between ages were statistically significant.

Students were also asked the extent to which they felt so sad, discouraged, or hopeless that they wondered if anything was worthwhile. Fifty-three percent reported feeling at least some level of despair in the past month.

As was the case with extreme stress, percentages of students reporting extreme despair were comparable to those in the province as a whole. These extreme levels of stress and despair were higher among older students than younger ones.

Self-harm

Eight percent of males and 25% of females reported cutting or injuring themselves on purpose without trying to kill themselves in the past year. These percentages were similar to those in the province as a whole.

Suicide

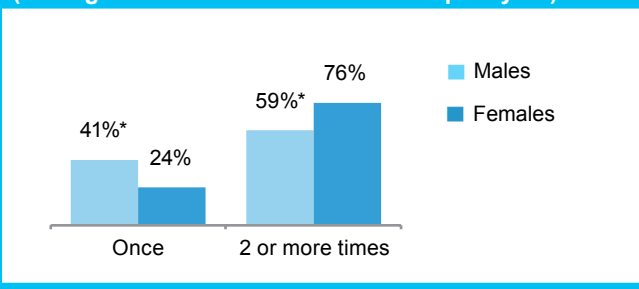
Similar to the picture across the province, 9% of males seriously thought about killing themselves in the past year and 4% actually attempted suicide in the past year.

The percentage of female students who considered suicide was higher than seen across the province (20% vs. 17%). However, the percentage who actually attempted suicide was similar (11%).

A known risk factor for attempting suicide is having had a family member or close friend attempt or die by suicide. Fourteen percent of students reported that a family member had tried to kill themselves at some point (5% in the past year), and 27% reported that a close friend had attempted suicide (19% in the past year).

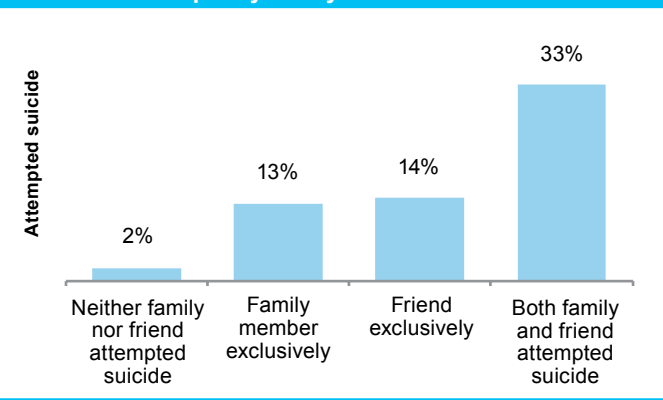
Students who indicated that both a friend and a family member had attempted suicide were more likely to have attempted suicide themselves in the past year, compared to students who had either a friend or family member attempt suicide and to students who had neither experience.

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



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

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



Note: The difference between family exclusively and friend exclusively was not statistically significant.



The number for the suicide hotline should be advertised more.”

19% of females did not get mental health care that they thought they needed, compared to 6% of males.

Hope for the future

Students were asked where they saw themselves in five years. Most envisioned positive circumstances, including having a job or career (68%), being in school (50%), having a home of their own (28%), having a family (16%), and/or being engaged in their community (13%).

A small minority of students saw negative circumstances in their future, including being in prison (1%), homeless (1%), or dead (2%). Eleven percent indicated not knowing what the future held for them.

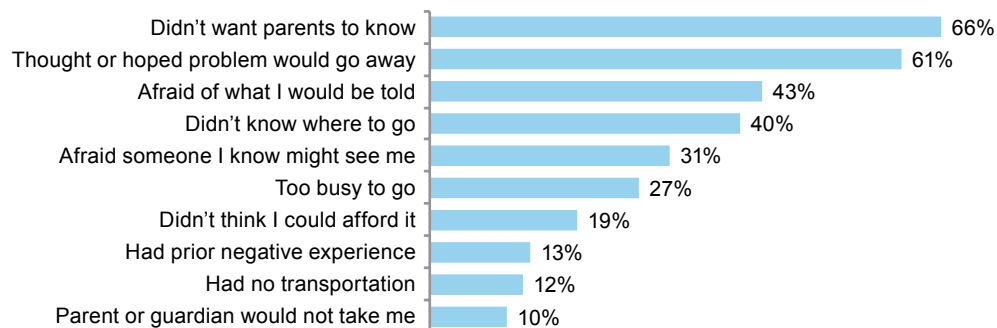
Students were more likely than those across the province to see themselves in a job (68% vs. 64% provincially) and having a family (16% vs. 13%) in five years. They were less likely to indicate not knowing where they saw themselves in five years (11% vs. 13%).

Foregoing mental health services

In the past year, 13% of students reported not accessing mental health services when they thought they needed to, which was higher than that in the province as a whole (11%). Females were more likely than males to have forgone mental health services.

As was the case provincially, the most common reasons for not accessing needed mental health services included students not wanting their parents to know, thinking or hoping the problem would go away, feeling fearful of what they would be told, and not knowing where to go.

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.



I have a lot of hope even after all I've been through."

Injuries & injury prevention

Injuries

In the past year, 30% of male and 24% of female Fraser East students were injured seriously enough to require medical attention, which was similar to the province.

Youth were most commonly injured playing or training for sports or other recreational activities (64%). Seven percent of injuries happened when walking or running outside, 5% when riding a bicycle, and 4% when driving or riding in a car or other motor vehicle. Males were more likely to have been injured on a bicycle, while females were more likely to have been injured when walking or running outside.

Three percent of youth who had been injured reported that they had been using a cellphone or other portable electronic device when the injury happened.

Concussions

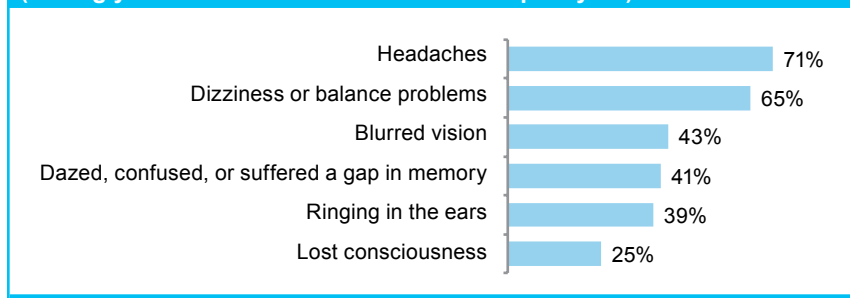
Seventeen percent of students (20% of males vs. 14% of females) had a concussion in the past year. Fourteen percent had one concussion, 2% had two, 1% had three, and 1% had four or more. The most common symptoms experienced were headaches and dizziness or balance problems.

Mirroring what was seen provincially, 22% of Fraser East 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 would normally be extremely physically active, but because of my knee injury I have been off sports since September.”

15% of youth who had ever driven after using alcohol or marijuana did not have a driver's licence.

Injury prevention

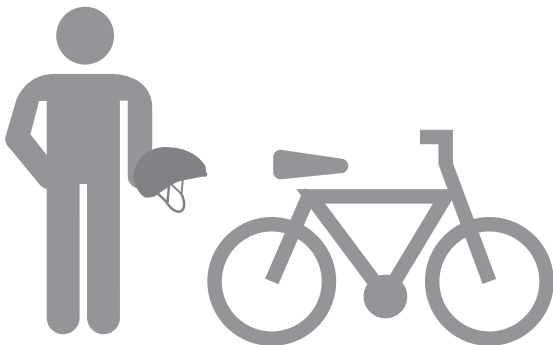
Similar to youth across the province, 75% of male and female youth always wore their seat belt when riding in a motor vehicle, and 1% never did.

Fraser East youth took injury prevention more seriously in some activities over others. For example, 67% always wore a helmet when snowboarding or skiing, while 29% always wore one when riding a bike.

Wearing a helmet was linked to a lower chance of having a concussion or other serious injury. For example, 15% of youth who always wore a helmet when riding a bike had a concussion in the past year, compared to 21% who never wore a helmet.

Similar to youth across the province, 6% of local students who had tried alcohol had ever driven a car after drinking. It was more common for local youth to have driven after using marijuana than after alcohol, which 15% of marijuana users had ever done, and 8% had done in the past month.

Twenty-five percent of all Fraser East students had been a passenger in a vehicle with a driver who had been drinking or using marijuana (22% of males vs. 28% of females), and 10% had done so in the past month.



Nutrition

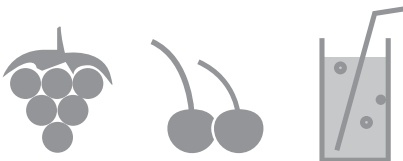
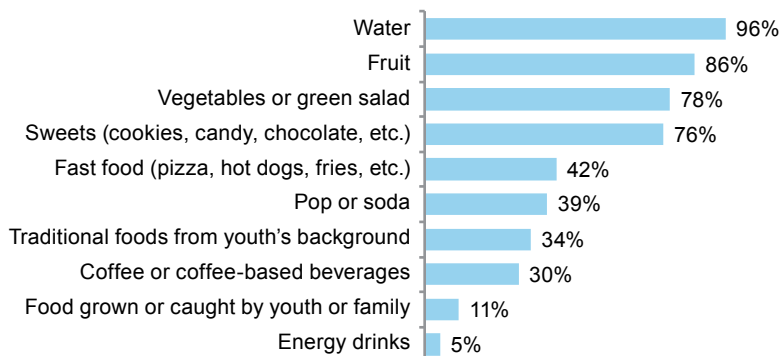
Ninety-three percent of youth reported eating fruit or vegetables at least once on the day before taking the survey.

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. Consistent with students across the province, more than a third of local students had fruit or vegetables only once or twice that day (36%). The percentage who ate fruit or vegetables three or more times was lower than across the province (56% vs. 60%).

There were some gender differences in what youth consumed yesterday. Males were more likely than females to have consumed fast food (44% vs. 40%), traditional foods from their background (38% vs. 31%), foods grown or caught by them or their family (13% vs. 9%), and pop or soda (45% vs. 34%). However, females were more likely to have drunk coffee or coffee-based beverages (33% vs. 26% of males).

When compared to their peers across the province, local students were less likely to have eaten vegetables or green salad (78% vs. 82%). Females were more likely to have drunk pop or soda than their peers across BC (34% vs. 27%), while there were no differences for males.

What youth ate and drank yesterday



It is hard to eat healthy because fruit etc. is not cheap at all. It's cheaper to buy junk food."

Youth who reported eating fruit or vegetables three or more times on the day before taking the survey were more likely to report good or excellent mental health (83% vs. 74% who consumed fewer or no servings of fruit or vegetables). They were also more likely to report feeling calm (53% vs. 44%) and happy (71% vs. 60%) most or all of the time in the past month.

In addition, female students who reported eating fruit or vegetables three or more times were less likely to report extreme stress (12% vs. 17% who consumed fewer or no servings), and extreme despair (9% vs. 14%).

There were also benefits to good nutrition among Fraser East students with challenges in their lives. For example, among youth with a debilitating health condition, those who had eaten three or more servings of fruit or vegetables were more likely to have slept for eight or more hours on the night before taking the survey (36% vs. 24% who ate less fruit and vegetables).

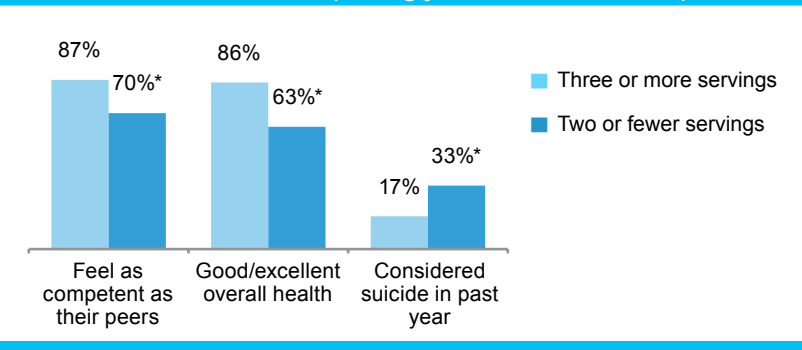
Students who are obese are at risk for low self-esteem and mental health conditions such as Depression. Eating a healthy diet may be a protective factor against this. For example, among youth who were obese those who ate fruit or vegetables three or more times were twice as likely as those who ate fewer servings to report feeling as competent as their peers, and to report good or excellent overall health. They were also less likely to have considered suicide in the past year.

Breakfast

Consistent with the provincial picture, 14% of local students reported never eating breakfast on school days and 51% always ate breakfast.

Female students were more likely to never eat breakfast on school days (18% vs. 9% of males), and male students were more likely to always eat breakfast (61% vs. 42% of females).

Number of servings of fruit or vegetables consumed yesterday in relation to health outcomes (among youth who were obese)



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

Among youth who did not eat breakfast at home, the reasons were generally similar to those seen provincially, although local youth were less likely to report that they got their breakfast at school (3% vs. 6% across BC).

There were a number of gender differences in reasons for missing breakfast. Females were more likely than males to report they didn't have time (76% vs. 68%), there was nothing they liked to eat at home (17% vs. 11%), they were not hungry in the morning (49% vs. 38%), they felt sick when they ate breakfast (31% vs. 10%), and they were trying to control their weight (16% vs. 4%).

Also, females were more likely to pack a breakfast and take it to school (11% vs. 3%), while males were more likely to report they got breakfast at school (5% vs. 2% of females).

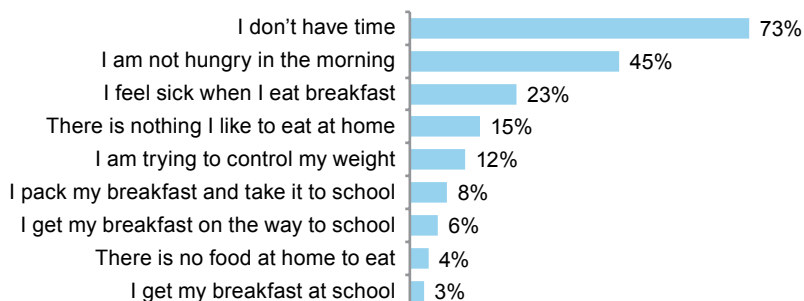
Youth who always ate breakfast on school days were more likely than those who ate breakfast less often or not at all to report good or excellent mental health (87% vs. 70%), better nutrition such as eating fruit or vegetables three or more times yesterday (66% vs. 47%), and to have slept for eight or more hours the previous night (61% vs. 43%).

Going to bed hungry

Consistent with the province, 92% of youth in Fraser East never went to bed hungry because there was insufficient money for food at home. Seven percent reported going to bed hungry sometimes, and 1% went to bed hungry often or always.

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 (19% vs. 1% of those who did not go to bed hungry).

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



Note: Youth could choose more than one response.



Def.

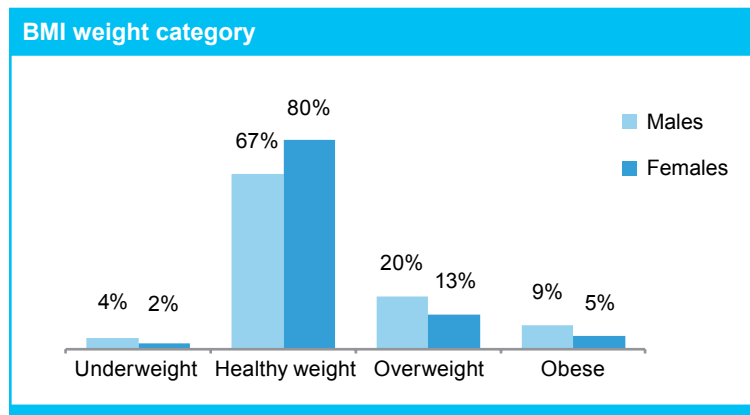
Youth who **WENT TO BED HUNGRY** refers to youth who went to bed hungry because there was not enough money for food at home.

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, 74% of Fraser East youth were a healthy weight for their age and gender, while 3% were underweight, 16% were overweight, and 7% were obese. These rates were similar to those seen in the province.

Females were more likely than males to be a healthy weight, while males were more likely to be underweight, overweight, or obese.



“

I have gained weight (about 8 kg) in 2 years (not in a healthy way) after I came to Canada.”



Body image

Students were asked how they saw themselves. Sixty-six percent of youth felt they were about the right weight, whereas 10% thought they were underweight, and the remaining 24% felt they were overweight.

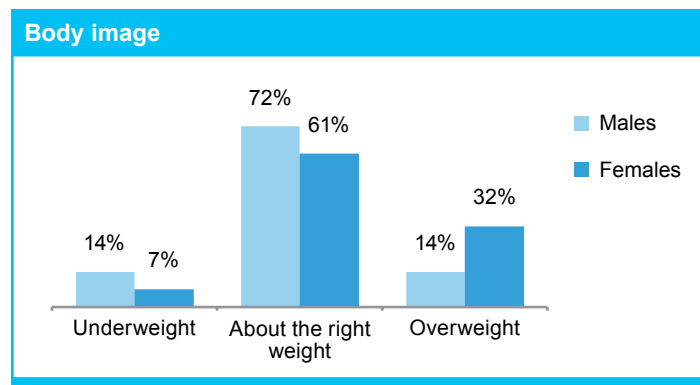
Twenty-four percent of healthy weight females thought they were overweight, compared to 5% of healthy weight males.

While 34% of healthy weight males were trying to gain weight (vs. 4% of healthy weight females), over half (53%) of healthy weight females were trying to lose weight (vs. 16% of healthy weight males).

Eating behaviours

In the past year, 27% of youth (19% of males vs. 35% of females) had binge eaten, and 6% (4% of males vs. 9% of females) had done so weekly. Eight percent of youth (6% of males vs. 10% of females) had vomited on purpose after eating (purged), and 2% had done so weekly.

Youth who reported poorer mental health were more likely to binge eat in the past year. For example, while 18% of youth who rated their mental health as poor or fair had binge eaten on a weekly basis, 3% of youth with good or excellent mental health had done so. Similar relationships were found between mental health and engaging in purging behaviour.



I feel fat and I am trying to lose weight but I can't, it is too hard."

Sexual behaviour

Students were asked if they had ever had oral sex or sex other than oral sex and masturbation. If they answered 'yes' to either of these questions, they answered some additional questions. Responses from students in Fraser East reflected those of their provincial peers, except where noted.

Oral sex

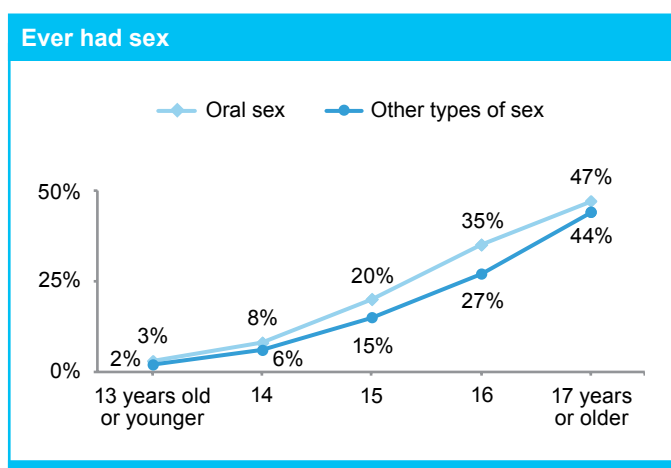
Twenty-two percent of students reported ever having oral sex. Nineteen percent of youth indicated they had received oral sex, with equal percentages for males and females. However, females were more likely to have given oral sex (21% vs. 11% of males). The rate of ever having oral sex increased with age.

CONDOM USE

Twenty-five percent of male and female 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, which was higher than that seen in the province (17%).

Sex (excluding oral sex)

Nineteen percent of local male and female students indicated ever having sex, other than oral sex or masturbation. Consistent with the pattern for oral sex, older students were more likely than younger ones to have had sex.



“

Sex education in Canada sucks.
Not as bad as the States, but still.”

AGE YOUTH FIRST HAD SEX

Youth who ever had sex most commonly reported first doing so at age 15 or 16.

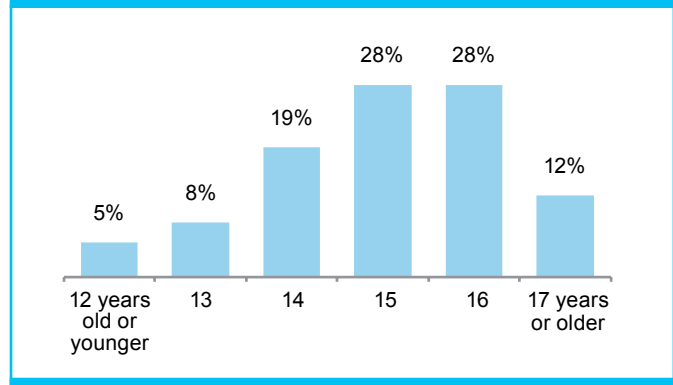
PARTNERS

Among students who had ever had sex, the majority (54%) had one sexual partner during the past year. Twenty-one percent had sex with two partners during this time, while 19% had sex with three or more partners. Six percent of students who ever had sex had not done so during the past year. Among youth who ever had sex, 87% reported having opposite gender partners exclusively in the past year.

SUBSTANCE USE

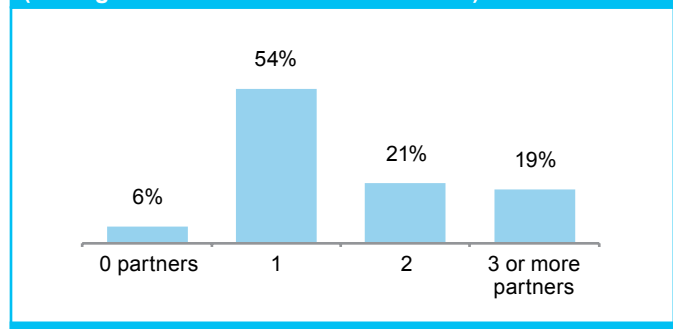
A quarter of Fraser East students who had ever had sex reported using alcohol or other substances before they had sex the last time. Males and females were equally likely to have engaged in this behaviour.

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



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

Number of sexual partners students had in past year (among students who had ever had sex)



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

1% of youth reported ever being pregnant or causing a pregnancy.

CONDOM USE

Seventy-one percent of students who ever had sex reported that they or their partner had used a condom or other latex barrier the last time they had sex. Males in Fraser East were more likely than females to have used a condom the last time they had sex (77% vs. 66%, among those who ever had sex).

CONTRACEPTION

When students were asked about what efforts they or their partner made to prevent pregnancy the last time they had sex, they most commonly reported using condoms, withdrawal (which is not a reliable method of birth control), and birth control pills.

For 5% of students the last time they had sex was with a same sex partner.

Sexually transmitted infections

Overall, 1% of students had been told by a doctor or nurse at some point that they had a sexually transmitted infection (STI).

Efforts made to prevent pregnancy during last time students had sex (among students who indicated ever having sex)	
Condoms	64%
Withdrawal	45%
Birth control pills	44%
Emergency contraception	7%
Not sure	3%
Depo Provera	2%
Other method prescribed by doctor or nurse (e.g., IUD, patch, ring)	NR

Note: Youth could choose more than one response.

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



You need to teach about different kinds of birth control and condoms. People do stupid stuff because they don't know another way exists."

Tobacco use

Similar to the overall provincial picture, 18% of youth in Fraser East had ever tried smoking. Provincially, males were more likely to smoke than females, but this pattern was not seen locally as both genders were equally likely to have smoked.

The ages that local students started smoking were reflective of youth across the province. Among those who had ever smoked, 20% first did so at 12 years old or younger, while 47% waited until they were 15 years old or older. There were no gender differences in the age that youth first started smoking, except males who had ever smoked were more likely to have first smoked before the age of 9 (9% vs. 0% of females).

Local females were as likely as those across the province to have smoked in the past month, males were less likely (39% vs. 51% of males provincially).

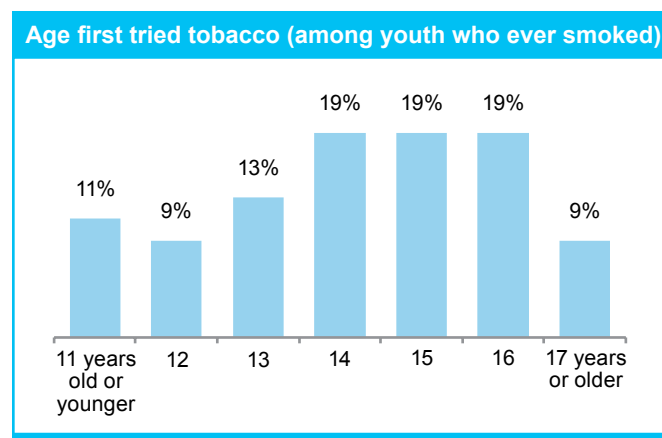
Similar to the provincial picture, 6% of youth who had tried smoking smoked every day.

Youth who had ever smoked used a variety of different tobacco products in the past month. Forty-three percent had smoked cigarettes, 34% had smoked cigars or cigarillos (41% of males vs. 29% of females), 14% had used a hookah, 13% used electronic cigarettes with nicotine, and 9% used chewing tobacco (almost all males).

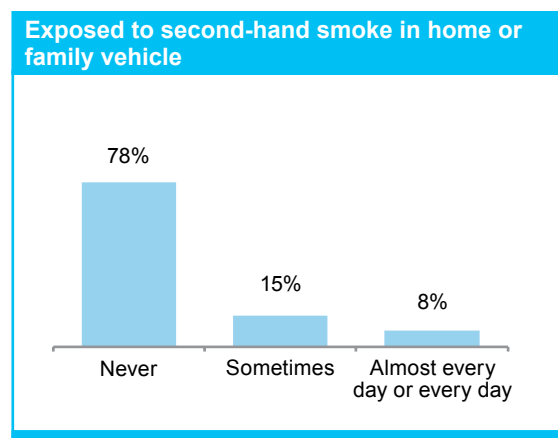
Among youth who had ever smoked, 25% had successfully quit smoking in the past year (30% of males vs. 21% of females), and 13% had tried to quit but had started again. These rates were similar to the province. In the past month, 6% of youth who ever tried smoking had used a product to help them stop smoking.

Exposure to second-hand smoke

Being exposed to smoking is considered to be a risk factor for starting to smoke. More than one in five local students (22%) were exposed to tobacco smoke inside their home or family vehicle at least sometimes, which was similar to the provincial rate.



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



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

Alcohol, marijuana, & other drug use

Alcohol

Students in Fraser East were less likely to have tried alcohol than their peers across the province (41% vs. 45%). Provincially, males and females were equally likely to have tried alcohol. This was not the case in Fraser East where 38% of local males had drunk alcohol compared to 43% of females.

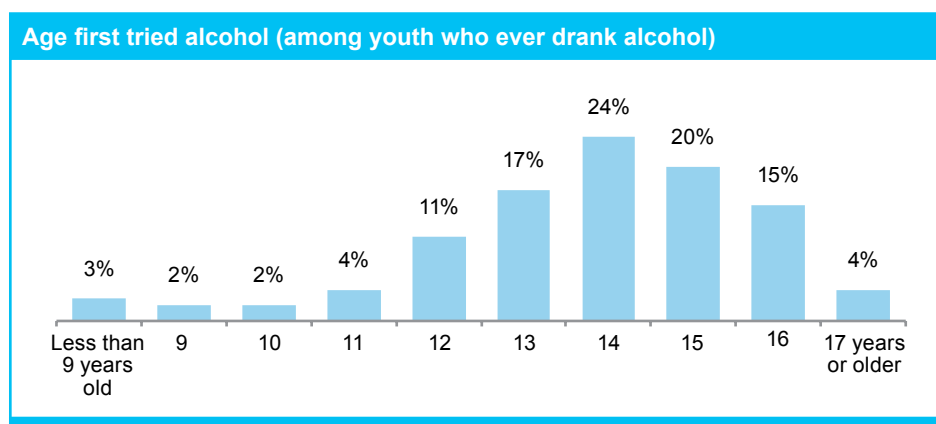
The age at which young people had their first drink of alcohol was generally consistent with provincial findings. Among Fraser East youth who had tried alcohol, 62% first drank before turning 15 years old.

Thirty-five percent of male and female youth who had tried alcohol drank five or more drinks within a couple of hours on at least one occasion in the past month, similar to youth across the province.

Overall, 17% of youth drank last Saturday (14% of males vs. 19% of females). Specifically, 8% had beer, 2% had wine, 13% had liquor, and 9% drank coolers. Females were more likely to have drunk liquor (15% vs. 10% of males) or coolers (13% vs. 4%).

Among youth who drank last Saturday, 64% had mixed different types of alcohol, with 25% mixing three or four different types (16% of males vs. 30% of females). Twenty percent of youth who drank last Saturday mixed alcohol with energy drinks.

Among youth who drank last Saturday, the majority binge drank: 67% of females had four or more drinks and 59% of males had five or more drinks. Both were similar to provincial rates.



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

Marijuana

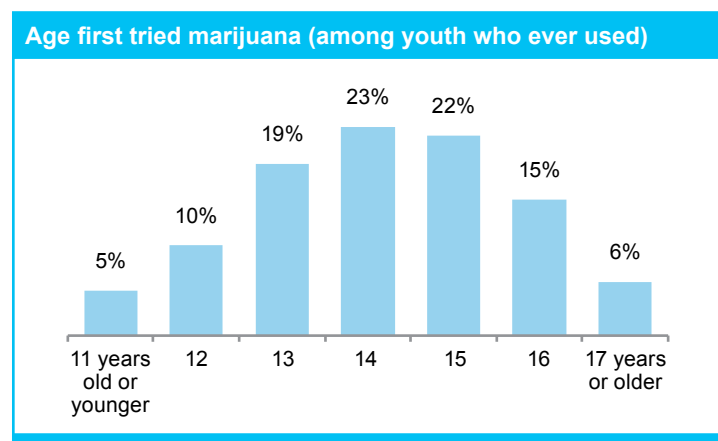
Twenty-two percent of youth had tried marijuana. Among local youth who had tried marijuana, 57% had done so before their 15th birthday.

Comparable with the provincial picture, 54% of those who ever tried marijuana used it in the past month. Twenty-one percent used it on six or more days, including 5% who used it on all 30 days.

On the Saturday before taking the survey, 7% of local youth used marijuana and 5% used both alcohol and marijuana.

Similar to youth across the province, among youth who had tried marijuana their most common source was a youth outside their family (83%). Eighteen percent got their marijuana from an adult outside their family, 5% from a youth in their family, and 5% from an adult inside their family.

Locally, females were more likely than males to get their marijuana from a youth outside their family, while males more frequently reported getting marijuana from an adult outside their family.



Substances other than alcohol & marijuana

Fraser East youth had tried a variety of substances other than alcohol and marijuana including prescription pills without a doctor's consent (12%), mushrooms (4%), ecstasy/MDMA (3%), inhalants (2%), cocaine (2%), hallucinogens (2%), amphetamines (1%), crystal meth (1%), heroin (1%), ketamine (1%), and steroids without a doctor's prescription (1%).

Males were more likely than females to have used hallucinogens (3% vs. 1%) and steroids, whereas females were more likely to have used prescription pills without a doctor's consent (14% vs. 10% of males).

The rates of trying most substances were similar to the province overall, but youth in Fraser East were less likely to have tried hallucinogens (2% vs. 4% provincially), mushrooms (4% vs. 5%), and ketamine.

Consequences of substance use

Fifty-three percent of youth (45% of males vs. 59% of females) who had used alcohol or other substances reported negative consequences in the past year.

Females were more likely to report that they had passed out (35% vs. 26% of males), been told they did something they couldn't remember (47% vs. 31%), been injured (18% vs. 10%), argued with family members (17% vs. 8%), lost friends or broke up with a boyfriend or girlfriend (15% vs. 4%), and had overdosed. Males more frequently reported having damaged property (9% vs. 4% of females).

In the past year, a total of 4% of Fraser East youth were either told or felt that they needed help for their substance use. When asked specifically about substances, 2% needed help for their alcohol use, 2% for their marijuana use, and 1% for their other drug use.

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	40%
Passed out	31%
Got injured	15%
Argued with family members	13%
Lost friends or broke up with a girlfriend or boyfriend	10%
School work or grades changed	9%
Had sex when I didn't want to	7%
Damaged property	6%
Got in trouble with police	6%
Got into a physical fight	6%
Overdosed	1%

Note: Youth could choose more than one response.

Reasons for substance use

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

Females were more likely to have used substances because they wanted to have fun (70% vs. 57% of males), their friends were doing it (36% vs. 25%), because of stress

(32% vs. 18%), or because they felt down or sad (28% vs. 9%). Males, on the other hand, were more likely than females to say they didn't intend to use substances (e.g., someone spiked their drink).

Females in Fraser East were more likely than those in the province as a whole to have used substances because they felt down or sad (28% vs. 21%) or because of stress (32% vs. 25%).

Most common reasons for using substances the last time (among youth who ever used alcohol or other drugs)	
I wanted to have fun	64%
My friends were doing it	31%
I wanted to try it/experiment	29%
Because of stress	26%
I felt down or sad	20%
I felt like there was nothing else to do	11%
To manage physical pain	7%
I was pressured into doing it	4%
I thought it would help me focus	3%
Because of an addiction	2%
I didn't mean to do it	1%
Other	18%

Note: Youth could choose more than one response.



**I don't take drugs or alcohol
and never have in my life."**

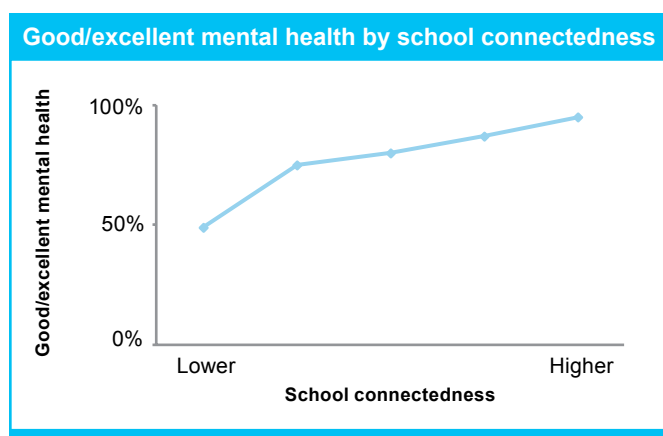
School

School connectedness

School connectedness was measured using a scale which included students' feelings about school and their school community. Students in Fraser East reported similar levels of school connectedness as students across the province.

Most students felt like they were a part of their school (62%), were happy to be at school (69%), and felt safe there (79%). The majority also felt that they were treated fairly by school staff (76%), they got along with their teachers (73%), and their teachers cared about them (66%). Also, 51% felt that school staff other than teachers cared about them.

School connectedness appeared to have particularly positive associations for vulnerable youth. For example, among youth with a mental or emotional health condition, all those who reported higher levels of school connectedness had post-secondary plans, compared to 71% with the lowest levels of connectedness. Similarly, youth who had been teased, excluded, and/or assaulted in the past year were more likely to have positive aspirations for the future if they felt more connected to their school.



The more connected students felt to their schools, the better their mental health ratings.



School safety

The majority of students felt safe in all areas of their school. Fraser East male and female students felt equally safe in most areas of their school, but males were more likely than females to feel safe in the hallways and stairwells (92% vs. 89%), outside on school property (87% vs. 84%), and getting to or from school (93% vs. 89%).

Youth who felt safest at school were less likely than those who felt the least safe to have missed school in the past month (47% vs. 72%*), and were more likely to have post-secondary aspirations (93% vs. 56%*). Youth who felt safe at school also reported better general health (93% vs. 66%*) and were more likely to rate their mental health as good or excellent (91% vs. 46%*).

School absences

Overall, 52% of males and 61% of females had missed classes on at least one day in the past month. The most common reason for this was illness (40% of males vs. 47% of females). Females were also more likely than males to have missed school because of bullying (4% vs. 2%) and family responsibilities (14% vs. 10%), and equally likely

to have missed for other reasons including skipping (19%) and work (3%).

Older students were generally more likely than younger ones to have missed school, and specifically to have been absent due to skipping, work, and family responsibilities.

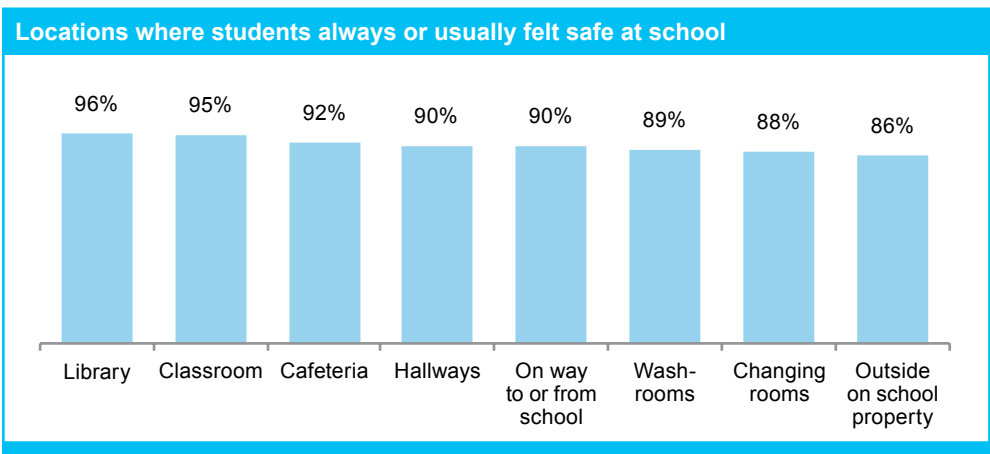
Weapon carrying

In the past month, 4% of local students (6% of males vs. 2% of females) carried a weapon to school, such as a knife or bat. One percent reported that they always carried a weapon at school.

Educational aspirations

Comparable to provincial results, 90% of Fraser East students expected to graduate from high school, and 87% anticipated continuing their education beyond high school, such as through university, college, or trade school.

Consistent with provincial results, 5% of youth had not thought about their school plans and a similar percentage did not know what their school plans were.



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 page 44 in the section about technology use.)

Local rates of being teased, socially excluded, or assaulted were similar to the province as a whole.

TEASING

In the past year, 39% of students in Fraser East (31% of males vs. 45% of females) had been teased at least once to the point where they felt bad or extremely uncomfortable. Twelve percent of male and female students experienced teasing on three or more occasions in the past year.

For females, rates of being teased were the lowest at 12 years old or younger, peaked at 14–15, and declined after that. For males, rates of being teased were also the lowest at 12 years old or younger, they then rose sharply at age 13, and remained consistent after that.

SOCIAL EXCLUSION

In the past year, 35% of Fraser East students (23% of males vs. 45% of females) reported being socially excluded at least once. Eleven percent (6% of males vs. 15% of females) experienced social exclusion on three or more occasions.

ASSAULT

Seven percent of students (9% of males vs. 5% of females) reported being physically attacked or assaulted at least once in the past year. One percent were physically attacked or assaulted on three or more occasions.

Impacts of bullying

Youth who were teased, excluded, or assaulted in the past year were more likely to report skipping class in the past month (22% vs. 16% who had not experienced any of these types of bullying). They were also more likely to have skipped three or more times (6% vs. 3% of youth who had not experienced any of these types of bullying).

Six percent of youth (3% of males vs. 8% of females) reported that they had not participated in extracurricular activities (e.g., sports, dance, art, or clubs) because they were worried about being bullied.

Youth who experienced bullying were more likely to miss out on extracurricular activities because they were afraid they would be bullied there too. For example, 25% of those who were assaulted reported not participating in activities because they were worried about being bullied compared to 5% who had not been assaulted.

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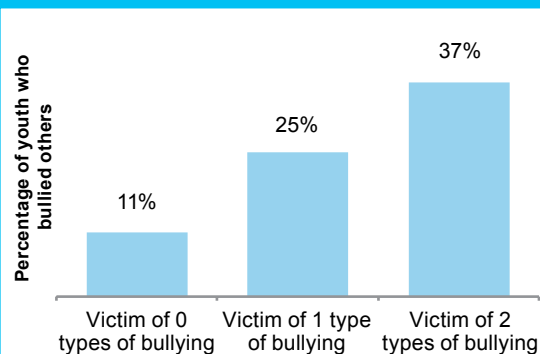
I am bullied almost every day but I force myself to go to school.”

Perpetrators

In the past year, 12% of students (15% of males vs. 9% of females) 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, 14% of students had socially excluded another youth, and 3% (4% of males vs. 2% of females) had physically attacked or assaulted another youth.

Students who had been the victim of a particular type of bullying were more likely to perpetrate that same type of bullying. For example, 20% of students who had been teased in the past year teased others during this same time frame, compared to 6% who had not been teased. Similarly, students who had been excluded themselves were more likely to exclude others (23% vs. 9% who had not been excluded), and students who had been physically attacked or assaulted were more likely to assault others (18% vs. 2% of those who had not been assaulted).

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



The more types of bullying youth experienced, the more likely they were to also bully others. For example, youth who had not been teased, excluded, or assaulted in the past year were less likely to bully others than those who experienced one type, and youth who experienced one type of bullying were less likely to bully others than those who experienced two types of bullying.

Discrimination

Youth in Fraser East identified a number of different discrimination experiences.

There were some gender differences in experiences of discrimination. Females were more likely than males to report being discriminated against because of their physical appearance (27% vs. 17%), being seen as different (16% vs. 12%), their age (12% vs. 5%), and their sex or gender (10% vs. 2%).

The percentage of youth in Fraser East who felt discriminated against because of their physical appearance was higher than seen provincially (22% vs. 19%), while all other discrimination rates were comparable.

Perceived reasons for being discriminated against in the past year

Physical appearance	22%
Being seen as different	15%
Race, ethnicity, or skin colour	11%
Age	9%
Gender/sex	6%
Income or family income	5%
Sexual orientation (being or thought to be gay or lesbian)	5%
A disability	3%

Note: Youth could choose more than one response.

Physical abuse, sexual abuse, & sexual harassment

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

Physical abuse & sexual abuse

Students were asked about their experiences of physical and sexual abuse, as well as their experiences with sexual harassment.

Thirteen percent of students in Fraser East had been physically abused at some point in their life.

When asked specifically if they had ever been sexually abused, 7% of youth recognized they had experienced this type of abuse.

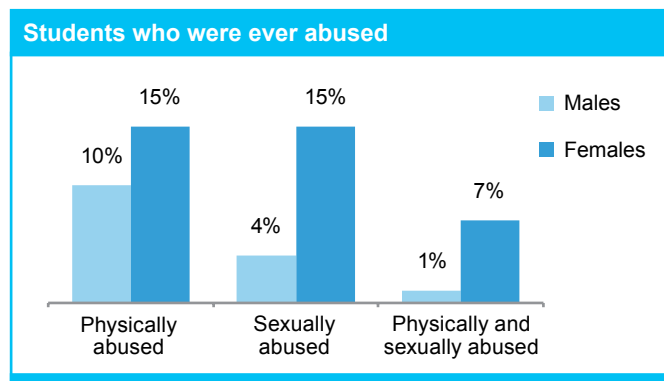
Youth were also asked about other forms of sexual abuse they might not have recognized as abuse. Five percent were forced into sexual activity against their will by another youth and 1% by an adult. In addition, 1% of youth were the younger of an illegal age pairing the first time they had sex.

When all these forms of sexual abuse were considered, a total of 10% of students were sexually abused.

Sexual harassment

In the past year, 29% of males experienced verbal sexual harassment, including 9% who were verbally harassed three or more times. Nine percent of males were physically sexually harassed, with 2% having this experience more than twice.

Half of female students were verbally sexually harassed in the past year, and 17% had this experience three or more times. Twenty-seven percent of female students experienced physical sexual harassment, with 8% having experienced it more than twice.



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.

Consistent with the province, females were more likely than males to experience abuse and sexual harassment.

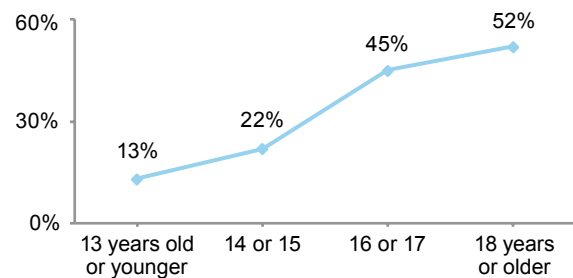
Employment

A total of 29% of students in Fraser East worked at a paid job during the school year, with older students more likely to be working than younger ones.

Similar to the provincial picture, male and female students were equally likely to have worked at a paid job.

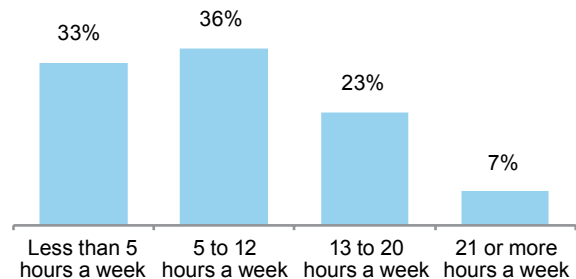
Also reflective of the provincial picture, 7% of those who were employed worked 21 or more hours each week.

Students who worked at a paid job during the school year

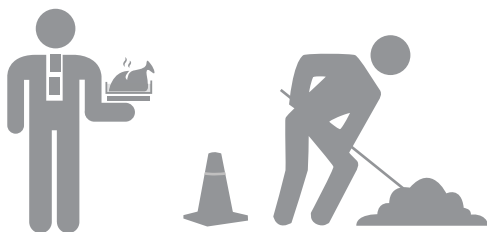


Note: Not all differences between ages were statistically significant.

Hours spent working at a paid job (among youth who were employed)



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



I have a job because my parents are unable to pay for clothing, etc for me.”

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. Provincially, 17% of students exercised for an hour a day in the past week. The rate was similar in Fraser East, where 24% of males and 12% of females met these guidelines.

Provincially, females were less likely than males to have exercised in the past week. This was not the case locally. In Fraser East, 8% of male and female students had not exercised.

Younger female students were more likely than older females to have met the physical activity guidelines. For example, 16% of females aged 12 or younger had exercised for at least an hour a day in the past week compared to 8% of females aged 17. This age difference did not exist among males.

Canadian guidelines recommend that individuals aged 18 and older take part in 150 minutes of moderate to vigorous physical activity each week. Similar to youth across BC, 62%* of students aged 18 and older met these recommendations by participating in 60 minutes of exercise on at least three days in the past week.

Physical activity was associated with better health outcomes. For example, those who exercised daily during the past week were more likely to have slept for eight or more hours on the previous night (61% vs. 50% of students who exercised on fewer days).

Physical activity may be particularly beneficial for those with challenges in their lives. For example, local youth who had been teased, excluded, and/or assaulted and had exercised on at least three days in the past week were more likely to feel good about themselves (68% vs. 59% of youth who had been bullied who exercised on two or fewer days) as well as their skills and abilities (82% vs. 69%).



I love playing tennis and baseball, and basically like to exercise.”



Sports

During the past year, students in Fraser East were as likely as students throughout BC to have taken part in weekly informal sports (such as road hockey, hiking, and skateboarding; 56%); organized sports (53%); and yoga, dance, or exercise classes (19%).

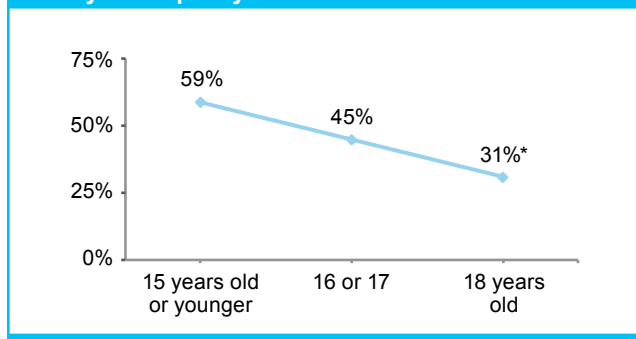
Males were more likely than females to be involved on a weekly basis in informal sports (65% vs. 49%) and organized sports (58% vs. 49%), while females were more likely to be taking weekly dance, yoga, or exercise classes (30% vs. 6% of males).

As was seen throughout BC, older students were less likely than younger ones to play weekly organized sports.

There were health benefits to being involved in sports and exercise classes. For example, youth who took part in informal sports on a weekly basis were more likely than those who did not take part to rate their mental health as good or excellent (82% vs. 73%).

Among youth who had been physically and/or sexually abused, those who played weekly organized sports were more likely to rate their overall health as good or excellent (78% vs. 64% of youth who had been abused who did not play organized sports). Similarly, 75% of youth who had been abused who took part in informal sports rated their health as good or excellent, compared to 61%* who did not do informal sports.

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



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



I would like to be more active by playing a sport such as volleyball in my community.”

Barriers to participation

Students were asked about the reasons why 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 1 in 10 males and 2 out of 10 females.

Local students were more likely than students across BC to indicate that the reason they did not participate in sports and other activities was because they could not get there or home (19% vs. 16%), although they were less likely to report that the activity was not available in their community (11% vs. 13%).

2010 Winter Olympics

Three years after the 2010 Winter Olympic and Paralympic Games, 15% of males and 11% of females reported that they were more physically active as a result of the Games. These rates were comparable to students throughout BC, as were the percentages of local male and female students who felt they had more sports opportunities as a result of the Games (8% vs. 5%).

Gambling

While the legal gambling age in BC is 19, 9% of Fraser East students aged 12 to 19 (14% males vs. 5% females) had gambled in the past 12 months. Almost all of these students were aged 18 or younger. This was comparable with the province as a whole. Locally, 3% of students (4% of males vs. 1% of females) had gambled more than once a month during the past year.

Barriers to participation in activities		
	Males	Females
Too busy	38%	50%
Couldn't get there or home	16%	22%
Couldn't afford to	13%	20%
Activity wasn't available in community	9%	12%
Worried about being bullied	3%	8%

Note: Youth could choose more than one response.



I was stopped from participating due to the cost but the school helped.”

Technology use

Compared to youth across the province, fewer students in Fraser East reported that they had a cellphone (87% vs. 90%). The majority who owned a phone (97%) had used their device on the previous school day.

Females were more likely than males to use their cellphone to communicate with friends, for chatting online or social networking, and to communicate with parent(s), whereas males were more likely to use their phone to engage in sexting.

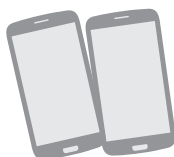
Youth who had a cellphone most commonly used it to communicate with friends, play games/entertainment/music, communicate with parent(s), chat online or participate in social networking, and to find information.

Used cellphone to...	Did this on last school day	When activity took place		
		Before school	During school	After school
Communicate with friends	88%	43%	56%	70%
Playing games/entertainment/music	82%	32%	39%	68%
Communicate with parent(s)/guardian(s)	77%	18%	34%	60%
Chat online or social networking	77%	31%	37%	65%
Find information	69%	17%	44%	46%
Communicate with teachers	10%	2%	4%	6%
Sexting	8%	1%	2%	7%
Bully others	1%	NR	1%	1%

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.

77% of students were online or on their phone after they were supposed to be asleep.

Technology use after students were expected to go to sleep		
	Males	Females
Surfing the Internet	58%	53%
Chatting online or social networking	51%	62%
Using a phone to chat or text	49%	66%
Online gaming	37%	20%

Note: The difference between males and females who surfed the Internet after they were expected to go to sleep was not statistically significant.

Seventy-nine percent of females and 75% of males 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 (58%), chatting online or social networking (57%), and for surfing the Internet (55%).

Online safety

Seventeen percent of students reported that they had been cyberbullied in the past year. Females in Fraser East were more likely than females across the province to be cyberbullied (24% vs. 19%), while males were as likely as their peers elsewhere to have this experience (8%). Six percent of students admitted that they had cyberbullied someone else in the past year.

Females were more than twice as likely as males to have reported meeting someone through the Internet who made them feel unsafe (19% of females vs. 7% of males).

Students without a cellphone

Thirteen percent of students reported that they did not have a cellphone or other such device. Not having a phone may be linked to poverty. Students without a phone were more likely to report going to bed hungry at least sometimes (11% vs. 7% with a device). They were also more likely to miss out on extracurricular activities. For example, they were less likely to be playing weekly organized sports (43% vs. 54% with a phone), informal sports (46% vs. 58%) and to be taking dance, yoga, or exercise classes (10% vs. 21%).

However, there were some positive associations for young people who did not have a cellphone. For example, students without a phone were more likely to be happy at school and to feel school staff cared about them. These students were also more likely to rate their mental health as good or excellent (85% vs. 78% with a phone), to feel happy all or most of the time (74% vs. 65%), to feel good about themselves (85% vs. 76%), to get at least eight hours of sleep (60% vs. 50%), and to feel like their family understood them (66% vs. 56%).

Youth engagement

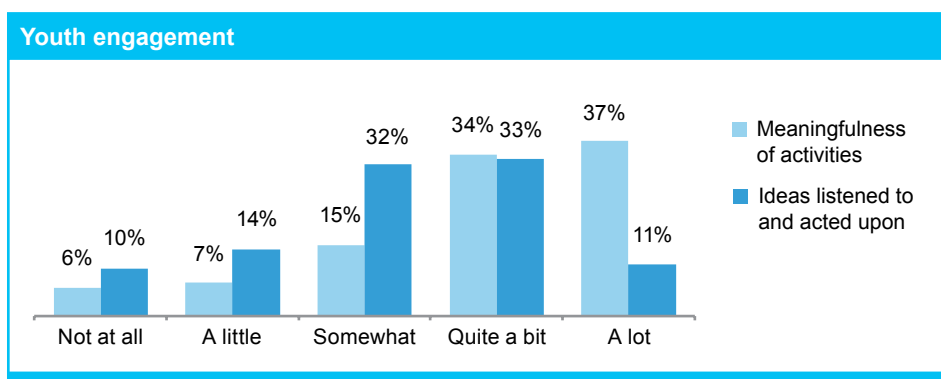
Students were asked about their level of engagement in the activities they took part in. Specifically, they were asked about how meaningful they felt their activities were and how much they felt their ideas were listened to and valued within these activities. Results for youth in Fraser East and those across the province were generally comparable.

While nearly three quarters of students reported that the activities they were involved in were at least quite a bit meaningful to them, less than half felt that their ideas were listened to and acted upon to this extent.

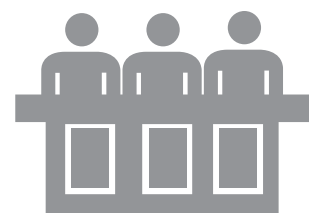
There were many positive associations for youth who felt valued within the activities they took part in and who felt that those

activities were meaningful. For example, students who felt their ideas were listened to at least quite a bit were more likely to rate their overall health as either good or excellent (92% vs. 73% of students who did not feel their ideas were listened to).

Among youth who had been teased, excluded, or assaulted in the past year, those who felt their activities were more than somewhat meaningful were more likely to feel good about themselves (71% vs. 44% of youth who had been bullied who did not feel their activities were meaningful). Similarly, youth who had been bullied were more likely to rate their mental health as good or excellent if they were engaged in meaningful activities (73% vs. 49%).



Note: The difference between students who felt their activities were quite a bit meaningful and that their ideas were quite a bit listened to was not statistically significant.



Family relationships

The BC AHS asked youth about their sense of connectedness to their family. Similar to the provincial results, most local students felt their family paid attention to them (74%), they had fun together (68%), and their family understood them (58%). However, 9% felt their family did not pay attention to them, 12% felt their family did not have fun together, and 18% felt that their family did not understand them.

Female students were less likely than male students to think their family understood them (52% vs. 65%) and that their family paid attention to them (69% vs. 78%). Also, females in Fraser East were more likely to feel that their family did not understand them compared to females across BC (22% vs. 19%).

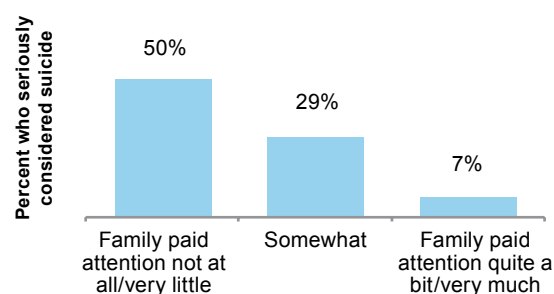
Students who felt their family paid attention to them were less likely than those who did not feel this way to have considered suicide in the past year. They were also twice as likely to rate their mental health as good or excellent, twice as likely to feel good about themselves, and also more likely to feel as competent as others.

There was a positive association between family relationships and reduced health risk behaviours. For example, students who felt that 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 (17% vs. 38%).

Family connectedness was also a protective factor for youth who had been bullied. Among youth who had been teased, for example, those with higher levels of family connectedness were more likely to feel good about themselves than those with lower levels of family connectedness. In addition, the more that socially excluded students felt connected to their family, the more likely they were to report good or excellent mental health.

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 mental health and felt as competent as most of their peers. This was not the case among those with lower levels of connectedness.

Suicide ideation in the past year in relation to how much students felt their family paid attention to them



“ I have an excellent home life.”

Adult in family to turn to

Students were asked on the survey if there was an adult in their family they could turn to if faced with a serious problem. In Fraser East, 71% of students (75% of males vs. 68% of females) indicated that there was.

Students who had such an adult in their lives were less likely to miss out on mental health services when they felt that they needed them (7% vs. 30% of students who did not feel they could turn to an adult relative). Furthermore, among youth with a mental or emotional health condition, those who felt they had an adult in their family to talk to were less likely than those without this support to have self-harmed (48%* vs. 68%), to have seriously considered suicide (52%* vs. 69%), or to have attempted suicide (28% vs. 42%) in the past year.

More than two thirds of youth had asked a family member for help in the past year (64% of males vs. 71% of females). Youth who had been bullied were less likely than those who had not been bullied to have found their family members to be helpful. However, when youth who had been bullied did find their family to be helpful, they were twice as likely to feel good about themselves (76% vs. 42%* of those who did not find their family to be helpful). They were also less likely than those without such support to have self-harmed (18% vs. 39%*), seriously considered suicide (15% vs. 36%*), and to have attempted suicide (7% vs. 21%*) in the past year.

Parental monitoring

Consistent with students across BC, 77% of Fraser East youth reported that their parents usually knew what they were doing in their free time, although one in ten reported that their parents never or rarely knew what they were doing.

Students who reported that their parents knew what they were doing in their spare time were less likely to be texting or chatting on their phone after they were expected to be asleep (54% vs. 72% of those 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 (56% vs. 34%).

Consistent with the province, 72% of youth (74% of males vs. 70% of females) ate an evening meal with their parents most or all of the time, while 14% never or rarely ate an evening meal with their parents.

Youth who ate dinner with their parents most or all of the time were more likely to report consuming fruit or vegetables three or more times yesterday (62% vs. 43% who ate with their parents less often). They were also more likely to feel good about themselves (83% vs. 58%) and their abilities (88% vs. 73%), and were less likely to have missed out on needed mental health care (10% vs. 28%) as well as needed medical care (7% vs. 23%) in the past year.



Supportive & caring adults outside the family

Adult to turn to for support

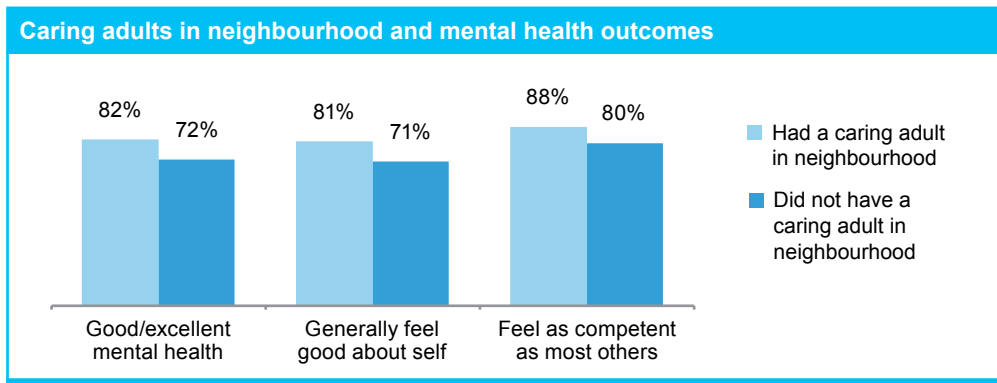
Similar to the provincial rates, 34% of local youth (30% of males vs. 36% of females) felt they had an adult outside their family they could turn to if faced with a problem. Students who could identify a supportive adult outside of their family were more likely to feel like a part of their community (41% vs. 34% without this support).

Among those who had been physically and sexually abused, youth who had a supportive adult outside of their family to talk to were almost twice as likely to feel good about themselves (53%* vs. 27%*), and half as likely to have engaged in binge drinking in the past month (26%* vs. 52%*).

Local adult who cares

Consistent with the provincial rate, 63% of male and female students in this region reported having an adult in their neighbourhood or community (beyond their school or family) who cared about them. This differed from the provincial results, where females were more likely than males to feel this way.

Feeling cared about by an adult outside the family was associated with positive mental health outcomes. Youth who had such an adult in their lives were also more likely to feel that the activities they engaged in were meaningful (77% vs. 62% who could not identify a local adult who cared about them), and that their ideas were listened to and acted upon (51% vs. 33%).



“

I have received an extreme amount of help and support from staff at my school.”

Help seeking

When students in Fraser East needed help, they most commonly approached friends and family members. This was similar to students throughout BC, though males in Fraser East were less likely than males provincially to ask a friend for help (61% vs. 65%).

Students also sought support from a variety of different professionals in their lives, most commonly teachers, school counsellors, doctors, and sports coaches.

There were some gender differences. Females were more likely to have sought help from their friends (80% vs. 61% of males), family (71% vs. 64%), and a school counsellor (30% vs. 21%); whereas males were more likely to have sought help from a nurse (11% vs. 8%) or sports coach (30% vs. 20%).

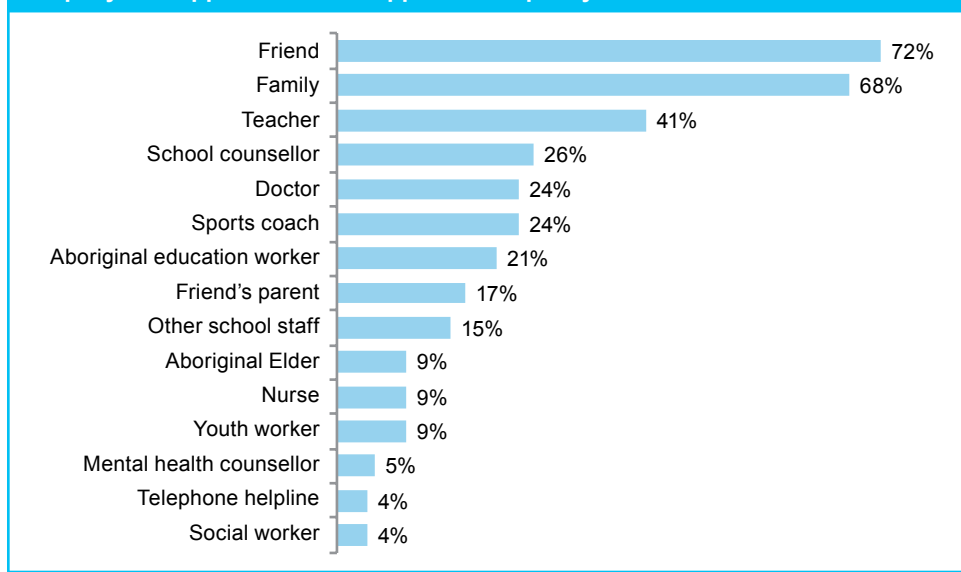
Local males were also more likely to have sought help from a doctor (26% vs. 22% of females), which was not a gender difference found provincially. In fact, female youth in this region were less likely than those in the province as a whole to seek the help of a doctor (22% vs. 25%).

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. Locally, youth who had been teased, socially excluded, and/or assaulted who asked a school counsellor for help were less likely than their peers who had not been bullied to have found the counsellor helpful (81% vs. 88%).

However, when the people youth approached were helpful, there were health benefits. For example, youth who had been bullied who found their school counsellor helpful were less likely to have self-harmed (23% vs. 42%* of youth who had been bullied who did not find a school counsellor helpful) or to have attempted suicide (13% vs. 29%*) in the past year. They were also more likely to have only positive aspirations for the future (92% vs. 79%*) and to feel good about themselves (70% vs. 44%*) and their abilities (83% vs. 66%*).

In addition, youth with a mental or emotional health condition who found their teacher to be helpful were more likely to feel good about themselves, compared to those who did not find their teacher to be helpful.

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.

“ My friend found her mental health counsellor really helpful, wish I had one.”

Peer relationships

Forty-one percent of students in Fraser East had been in a dating relationship in the past year. Among those who had been in a romantic relationship, 6% of male and female youth had been the victim of dating violence. These rates were similar to those found throughout the province.

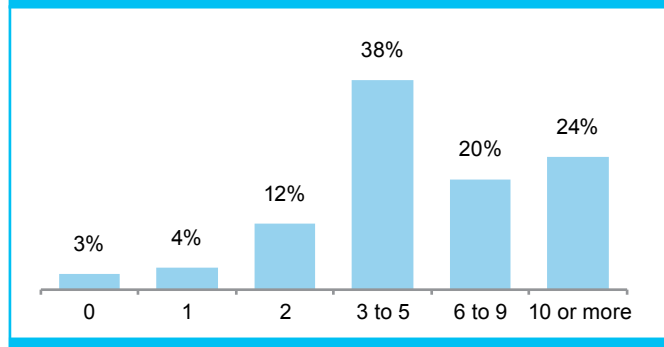
The majority of students reported having three or more close friends in their school or neighbourhood (85% of males vs. 79% of females). Females were more likely than males to have between two and five close friends, whereas males were more likely to have ten or more close friends.

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 rate their overall health as good or excellent (89% vs. 76%). They were also less likely to have been teased, excluded, or assaulted in the past year (48% vs. 66%).

Even if students had experienced one of these forms of bullying, having at least three close friends appeared to be protective. For example, youth who had been teased were more likely to feel good about their abilities if they had three or more friends (81% vs. 61% of those with fewer friends). This was also true for students who had been socially excluded (83% vs. 61%).



Number of close friends in school or neighbourhood



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

Friends with pro-social attitudes

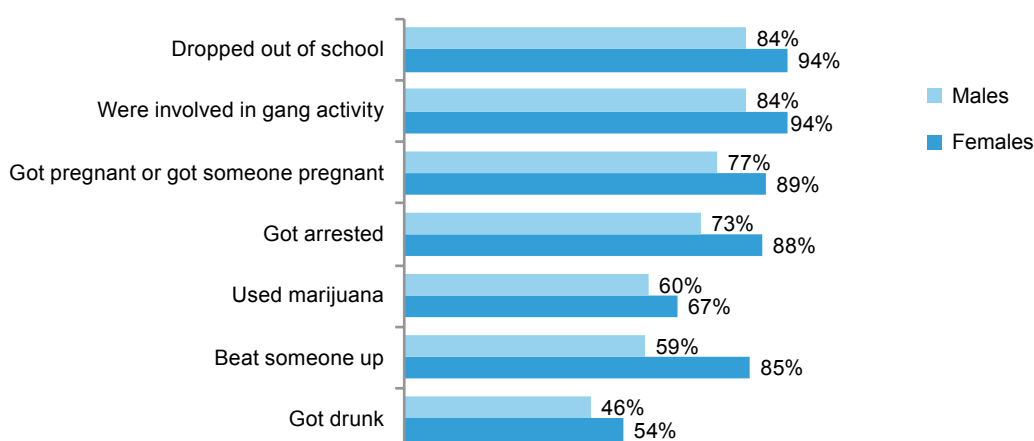
Students were asked if their friends would be upset with them if they were involved in certain risk behaviours, such as getting arrested, dropping out of school, and using marijuana. Most students had friends who would be upset with them for engaging in such behaviours.

Local students were more likely than those throughout BC to have friends who would be upset with them if they got arrested (81% vs. 78%), were involved in gang activity (89% vs. 85%), used marijuana (64% vs. 58%), or got drunk (50% vs. 44%).

Having pro-social peers was a protective factor for Fraser East youth. For example, students whose friends would be upset with them for dropping out of school were more likely to have post-secondary plans (90% vs. 74% whose friends would not be upset for this reason). Also, students whose friends would be upset with them if they beat someone up were less likely to have assaulted someone (1% vs. 6% of those whose friends would not be upset).

Further, students who drank in the past month were less likely to have been binge drinking if they had friends who would be upset with them for getting drunk, compared to those whose friends would not get upset (41%* vs. 62%).

Students whose friends would be upset with them if they...



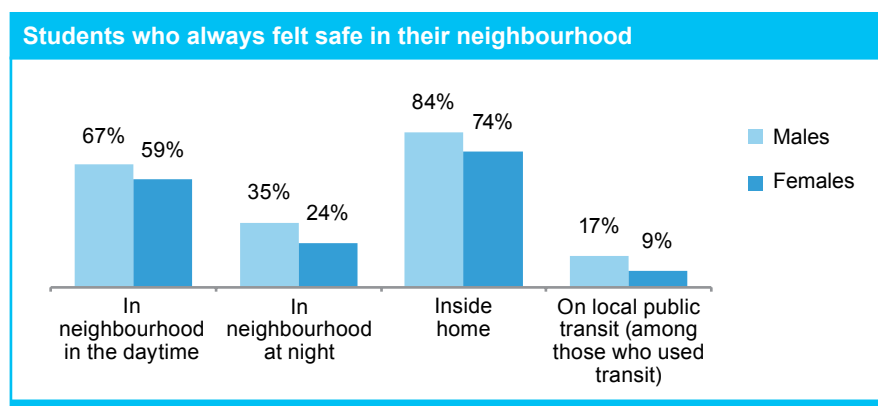
Neighbourhood safety

Reflective of the picture across the province, most local youth always felt safe inside their home (79%) and in their neighbourhood during the day (63%), and at night (29%). However, local youth who used public transit were less likely than their peers across the province to always feel safe using it (13% vs. 17%) and more likely to never feel safe (7% vs. 5%).

Youth who always felt safe in their neighbourhood during the day were more likely than those who did not feel safe to go outside and participate in informal sports such as road hockey, skateboarding, or cycling on a weekly basis. They were also more likely to describe their mental health as good or excellent (86% vs. 63%* who never felt safe).

Feeling safe was associated with positive mental health even among the most vulnerable youth. For example, students who had been physically abused were less likely to always feel safe in their neighbourhood at night (20% vs. 31%) or during the day (45% vs. 66%). However, if these students did feel safe in their neighbourhood during the day, they were less likely to miss out on accessing needed mental health services in their community.

Similarly, immigrant youth who always felt safe in their neighbourhood during the day were more likely to feel happy in the past month, compared to immigrant youth who never felt safe.



Males were more likely than females to always feel safe in their neighbourhood, in their homes, and on transit.

Community connectedness & cultural engagement

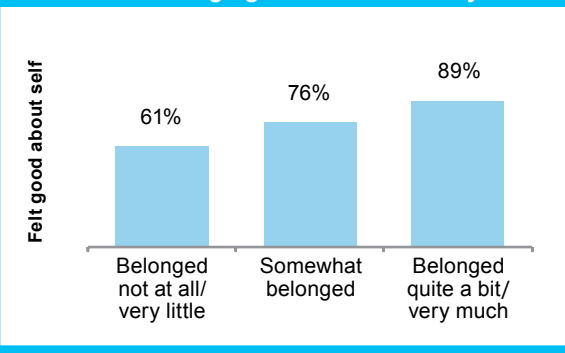
Community connectedness

Students were asked how much they felt like a part of their community. In Fraser East, as was seen across BC, 37% of students reported that they felt quite a bit or very much connected to their community.

There were many benefits associated with students feeling like a part of their community. For example, these youth were more likely to report good or excellent mental health and overall health, and were more likely to feel good about themselves and their abilities.

Youth who had been victimized also specifically benefited from being a part of their community. For example, youth who had been teased in the past year were more likely to rate their mental health as good or excellent if they felt connected to their community (79%) than if they only somewhat felt that way (67%) or did not feel connected (49%). Similarly, the more connected that youth who had been socially excluded felt to their community, the more likely they were to feel good about themselves (79% vs. 41% of those who were very little or not at all connected).

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 questions about their engagement in their culture. Similar to youth across the province, 8% of Fraser East youth participated in cultural or traditional activities at least weekly (6% of males vs. 9% of females).

Youth who were involved in traditional activities on a weekly basis were more likely to only see a positive future for themselves. They were also over three times as likely to have volunteered weekly (45% vs. 14%), and were less likely to have been binge drinking in the past month (9% vs. 16%).

Summary list of protective factors

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

PROTECTIVE FACTOR	EXAMPLE
Stable home	When compared to youth who had moved house, youth who had stayed in the same home for the past year were more likely to be taking part in community life (such as participating in sports). They were also more likely to be able to identify an adult in their community who cared about them.
Eight or more hours of sleep	The more hours of sleep students got, the more likely they were to rate their mental health as good or excellent.
Good nutrition	Youth who were obese who ate three or more servings of fruit or vegetables were more likely than those who ate less healthily to report good or excellent mental health.
Sports and exercise	Students who exercised daily during the past week were more likely to have slept for eight or more hours on the night before taking the survey.
Feeling safe at home, in school, and the community or neighbourhood	Youth who always felt safe in their neighbourhood during the day were more likely than those who did not feel safe to participate in informal sports such as road hockey, skateboarding, or cycling on a weekly basis.
Feeling connected to school	The more connected students felt to their school, the more likely they were to rate their mental health as good or excellent.
Feeling engaged and valued in their activities	Students who felt their ideas were listened to and valued within the activities they took part in were more likely to rate their overall health as good or excellent.
Feeling like family pays attention to them	Students who felt that their family paid attention to them were more likely to engage in injury prevention behaviours. For example, they were less likely to have ever been a passenger in a vehicle with someone who had been drinking.

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

Students who reported that their parents knew 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 (54% vs. 72% of those 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 (56% vs. 34%).

Adult in the family students could talk to

Students who had an adult in their family they could talk to were less likely to miss out on mental health services when they felt that they needed them in the past year (7% vs. 30% of students who did not feel they could turn to an adult relative).

A supportive adult outside family

Among those who had been physically and sexually abused, youth who had a supportive adult outside of their family to talk to were twice as likely to feel good about themselves, and half as likely to have engaged in binge drinking in the past month.

Adult outside their family who cares about them

Students with an adult in their community who cared about them were more likely than those without this support to feel that the activities they engaged in were meaningful and to feel that their ideas were listened to and acted upon.

Helpful sources of support

Youth with a mental or emotional health condition who found a teacher to be helpful were more likely to feel good about themselves, compared to those who asked for help but did not find a teacher to be helpful.

Having close friends (excluding online friends)

Students who had three or more close friends in their school or neighbourhood were more likely than those with fewer friends to rate their overall health as good or excellent (89% vs. 76%).

Having friends with pro-social attitudes

Compared to students with friends who would not care, students whose friends would be upset with them for dropping out of school were more likely to have post-secondary plans, and students whose friends would be upset with them if they beat someone up were less likely to have assaulted someone.

Community connectedness

Youth who felt like they were a part of their community were more likely to usually feel good about themselves and to feel like they had skills and competencies.

Cultural engagement

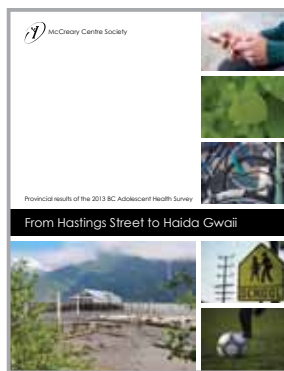
Youth who were involved in traditional cultural activities on a weekly basis were more likely to only see a positive future for themselves. They were also over three times more likely to be volunteering weekly, and were less likely to have been binge drinking in the past month.

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 15 other regional reports at the Health Service Delivery Area level.

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

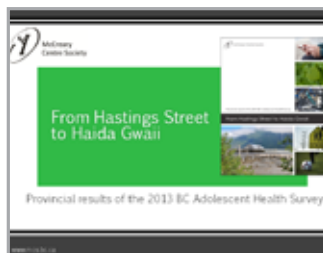


From Hastings Street to Haida Gwaii

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.

