



Results of the 2013 BC Adolescent Health Survey

Fraser North



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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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Quotes from Fraser North students who participated in the survey are included throughout this report.

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Key findings

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

However, the survey findings also highlighted some differences between this region and the province as a whole, as well as identified some groups of students who may need additional support. Protective factors were also found that appear to be linked to better outcomes.

- Students in Fraser North were more likely to be of East Asian heritage and were less likely to identify as European or Aboriginal compared to their peers across the province. They were also more likely than youth across BC to have been born outside Canada (32% vs. 19% provincially) and to usually speak a language other than English at home (31% vs. 21%).
- Most students rated their overall health and mental health as good or excellent. However, students were more likely to rate their overall health this way than their mental health.
- Males generally reported better mental health than females, including higher rates of self-confidence and sense of competence, and lower rates of self-harm and suicide attempts. However, both local males and females were more likely to have attempted suicide in 2013 than five years earlier.
- Nine percent of students (6% of males vs. 11% of females) did not get medical help in the past year when they thought they needed it, which was an improvement from the rate five years previous (11% in 2008). However, there was an increase in the percentage of youth not accessing needed medical care or mental health care because they did not want their parents to know.
- Students in Fraser North were less likely than those across BC to have slept for eight or more hours the previous night (50% vs. 53%). Seventy-eight percent of students were online or on their phone after they were supposed to be asleep, and 48% (43% of males vs. 53% of females) were doing homework after their expected bedtime, which was higher than the rate across BC (45%).

- In the past year, 26% of males and 23% of females were injured seriously enough to require medical attention. Fourteen percent of students had a concussion during this same time period (17% of males vs. 12% of females).
- There were improvements in some injury prevention behaviours. For example, 76% of local youth always wore a seat belt when in a vehicle, compared to 67% five years previous. The percentage of youth who had tried alcohol who had ever driven a car after drinking halved (from 8% in 2008 to 4% in 2013).
- A third of students had eaten fruit or vegetables only once or twice the day before completing the survey, which was consistent with students across the province. Local students were less likely than those across BC to have consumed pop or soda (31% vs. 35%), coffee or coffee-based beverages (24% vs. 27%), and energy drinks (3% vs. 6%). They were more likely to have had traditional foods from their background (49% vs. 38% provincially).
- Rates of ever smoking tobacco or trying alcohol were lower than those across BC and were lower than the local rates five years previous. Fraser North youth were also less likely to have tried marijuana than their peers across the province (20% vs. 26%). In addition, students were waiting longer to use alcohol and marijuana than those in previous survey years.
- Most students felt connected to their school and felt that their teachers cared about them. They were more likely to feel safe and happy at school compared to five years ago. However, rates of school-based bullying, including social exclusion (among females) and teasing, increased from 2008.
- In the past year, 55% of students took part in organized sports on a weekly basis, while 55% took part in weekly informal sports (e.g., road hockey, hiking, and skateboarding), and 18% took part in weekly yoga, dance, or exercise classes. The participation rates in all of these activities were lower than what was seen five years previous.
- Protective factors which were linked to health benefits included physical activity, meaningful engagement in activities, nutrition, and getting eight or more hours of sleep. Local results also highlighted the importance of supportive relationships with peers and adults, including family, teachers, and other professionals.



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 have been published. This report focuses on students in the Fraser North Health Service Delivery Area.

The Fraser North Health Service Delivery Area is comprised of New Westminster (SD 40), Burnaby (SD 41), Maple Ridge-Pitt Meadows (SD 42), and Coquitlam (SD 43). All school districts in this region participated in the survey in 2013 and 2008, which allowed for the inclusion of trends over the past five years. The results presented in this report provide the most comprehensive and representative picture of youth health in Fraser North.

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 North and the province are statistically significant at $p < .01$. Where relevant, differences in tables or charts that are not statistically significant are noted.



SYMBOLS USED IN THIS REPORT

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

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



QUOTES

Quotes from Fraser North students who participated in the survey are included throughout this report.

PARTICIPATING SCHOOL DISTRICTS

Northern Health Authority

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

Fraser Health Authority

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

Vancouver Coastal Health Authority

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

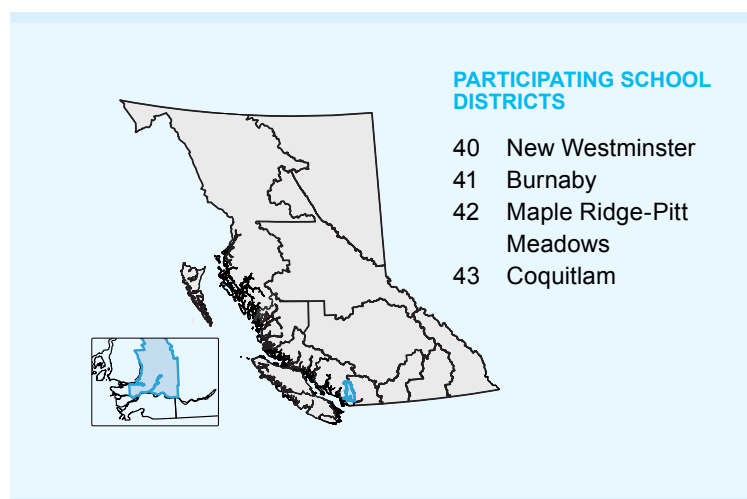
Vancouver Island Health Authority

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

Interior Health Authority

- 05 South Fraser North
- 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 NORTH 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 North

Ethnic & cultural background

In the 2013 BC Adolescent Health Survey, students in Fraser North most commonly reported that they were of European heritage (47%), which was below the provincial rate of 53%. Local students were also less likely than their peers across BC to identify as South Asian (5% vs. 10% provincially), but were more likely to identify as East Asian (33% vs. 18% provincially) and West Asian (5% vs. 2%).

Family background	
European	47%
East Asian	33%
Southeast Asian	8%
Aboriginal	5%
Latin/South/Central American	5%
South Asian	5%
West Asian	5%
African	3%
Australian/Pacific Islander	2%
Other	2%
Don't know	5%

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.

Five percent of local students did not know their background, which was below the rate for students in BC overall (8%). There were no local changes in family background from 2008.

ABORIGINAL STUDENTS

Local students were less likely than youth across BC to identify as Aboriginal (5% vs. 10% provincially). Among students who identified as Aboriginal, 62% were First Nations, 30% were Métis, and 9% specified another Aboriginal group, such as Iroquois (youth could select more than one Aboriginal identity if it were applicable).

Nine percent of Aboriginal youth had ever lived on reserve, which was below the provincial rate (26%). Seven percent of Aboriginal youth spoke an Aboriginal language, compared to 14% provincially.

NEW CANADIANS

Thirty-two percent of students were born outside of Canada, which was above the provincial rate of 19% and unchanged from five years previous.

Among local students born outside Canada, 22% had lived here less than two years and the same percentage were international students. Four percent of youth born outside Canada were refugees.



My father works long distance so when he does live with us he seems a stranger.”

LANGUAGE

Forty-two percent of students in Fraser North spoke only English at home, compared to 51% provincially. Twenty-eight percent sometimes spoke another language at home, and 31% spoke another language most of the time (compared to 21% provincially).

Sexual orientation & gender identity

Local students identified with a range of sexual orientations, and percentages were similar to those across the province. The only difference was that local females were less likely to identify as bisexual (3% vs. 4% of females across BC).

Also consistent with the province, males were more likely than females to identify as completely straight (84% vs. 75%), whereas females were more likely to identify as mostly straight (10% vs. 4% of males), bisexual (3% vs. 1%), and questioning (3% vs. 1%).

Both male and female students in Fraser North were less likely to identify as completely straight in 2013 than in 2008 (80% vs. 86%). There was also an increase in the percentage of female students identifying as lesbian from five years previous.

Sexual orientation	
Completely straight	80%
Mostly straight	7%
Bisexual	2%
Gay or lesbian	1%
Questioning	2%
Don't have attractions	9%

Students were asked if they identified as transgender, and 1% of youth identified this way. Aboriginal students were also asked if they identified as Two Spirit, and 7% of Aboriginal youth identified this way. These percentages were similar to those across BC.

Home life

Similar to the rest of the province, 94% of students lived with at least one parent (including a step-parent), which was a decrease from five years previously (96%). Among students who did not live with their parents, 21% lived with siblings, 31% lived with other adult relatives, and 31% reported living with other adults not related to them.

Who youth lived with most of the time	
Mother/stepmother	86%
Father/stepfather	72%
Sibling(s)/stepsibling(s)	61%
Grandparent(s)	8%
Both parents at different times	7%
Other adult(s) related to me	4%
Other adult(s) not related to me	3%
Other children or youth	2%
Two mothers/two fathers	<1%
I live alone	<1%
Foster parent(s)	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

PARENT refers to students' parent or guardian. ➔

9% of youth had run away in the past year.

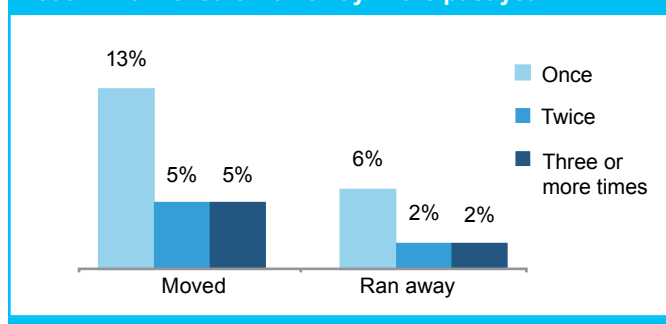
The majority of youth (84%) reported that their parent(s) or guardian(s) worked locally, which was below the provincial rate of 88%. Eight percent reported that a parent worked abroad (compared to 6% provincially), while 11% had at least one parent who worked somewhere else in BC or Canada. Four percent reported that their parents did not work, which was consistent with the rest of the province.

STABLE HOME

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

Having a stable home has been shown to be a protective factor in the lives of youth. When compared to youth who had moved house, youth who had stayed in the same home for the past year were more likely to be taking part in community life. For example, they were more likely to participate in organised sports on a weekly basis, such as on school teams or through swimming lessons (57% vs. 47% of youth who had moved). Youth who had not moved were also more likely to feel that there was an adult in their neighbourhood or community who cared about them (60% vs. 50%).

Youth who moved or ran away in the past year



Government care

Similar to the picture across the province, 2% of Fraser North students had ever lived in foster care and 2% had lived in a group home. One percent were currently in government care.

Reflective of youth in care across the province, almost half of local students with care experience had moved in the past year (49%*), which was higher than the rate among youth who had not been in care (21%). Youth with government care experience were also more likely to have moved three or more times in the past year (16% vs. 4% of those who had not been in care).

There appeared to be health benefits for youth with government care experience who had lived at the same address over the past year. For example, they were more likely than those who had moved to report planning to continue their education beyond high school.

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. One percent of local students reported ever having been on a Youth Agreement.

Def.

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

Caretaking responsibilities

On an average school day, 56% of youth (51% of males vs. 60% of females) had some caretaking responsibilities, such as caring for a pet or other animals (40% of males vs. 50% of females) and/or caring for a relative (e.g., a relative with a disability or younger sibling; 17% of males vs. 21% of females). Rates of caring for relatives were similar to those across the province, but local students were less likely to be caring for pets or other animals (45% vs. 52% provincially).

Students who took care of a relative were more likely than other students to be dealing with associated challenges, such as missing out on extracurricular activities because they were too busy (53% vs. 47% of those without caretaking responsibilities). In addition, Fraser North females who took care of a relative were more likely than local females without such responsibilities to miss out on activities because they could not afford them (28% vs. 17%).

Transportation

Students were asked what method of transport they usually used to get to school. Forty-five percent of local students (48% of males vs. 42% of females) used active means, including walking, biking, or skateboarding. Fifty-eight percent (54% of males vs. 62% of females) got to school by car, while 26% used the bus or public transit, and 1% (more males than females) usually hitchhiked to school. These results were similar to those found provincially.

Youth who were dependent on transit to get to school were more likely to have missed out on extracurricular activities because they could not get there (21% vs. 15% of those who did not use a bus to get to school).

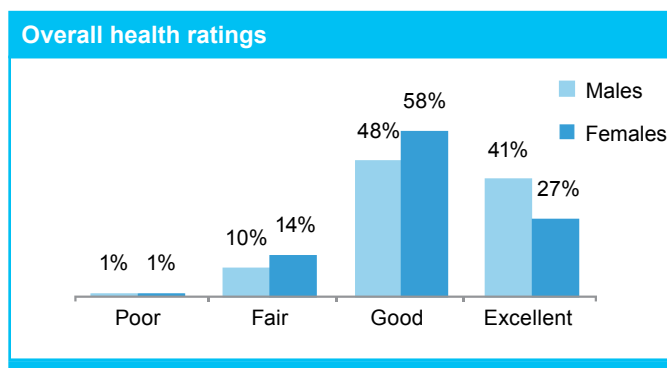
When asked about transportation in general, 82% of Fraser North youth used public transit, which was higher than the provincial rate of 73%. Three percent of students had hitchhiked somewhere in the past month, which was similar to the rate found across BC.

Twenty-seven percent of Fraser North youth held some sort of driver's licence. Specifically, 18% had a learner's licence and 8% had a novice licence.



Physical health

Consistent with provincial findings, 87% of students (89% of males vs. 85% of females) rated their health as good or excellent. This represented an increase from 84% in 2008. Males were more likely than females to rate their health as excellent.



Health conditions & disabilities

A quarter of students (21% of males vs. 28% of females) had at least one health condition or disability, which was similar to the provincial picture.

Females were more likely than males to report having a mental or emotional health condition (14% vs. 5%).

The percentage of students reporting a mental or emotional health condition was higher when students were asked about specific conditions such as Depression or Anxiety Disorder (see page 17).

Among youth with a health condition or disability, 41% (30% of males vs. 48% 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	10%
Long term or chronic condition (e.g., diabetes or asthma)	9%
Learning disability	3%
Sensory disability	3%
Allergies severe enough to require an epinephrine injection	2%
Behavioural condition	2%
Physical disability	1%

Note: Youth could choose more than one response.



I am unable to do certain daily activities because of my physical set-back. Even though it's not noticeable to everyone, it's a struggle."



In school, vision tests would be cool because I know lots of kids with vision problems (including me) whose parents don't want to take them to the doctor."

Foregone medical care

In the past year, 9% of students (6% of males vs. 11% of females) did not get medical help when they thought they needed it. This was lower than the 2008 local rate of 11% and comparable to the 2013 provincial rate.

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

Females were more likely than males to miss out on needed medical care because they thought or hoped the problem would go away (60% vs. 46%*), did not want their parents to know (41% vs. 24%), were afraid of what the doctor would say or do (32% vs. 15%), did not know where to go (21% vs. 12%), and because they were afraid of being seen.

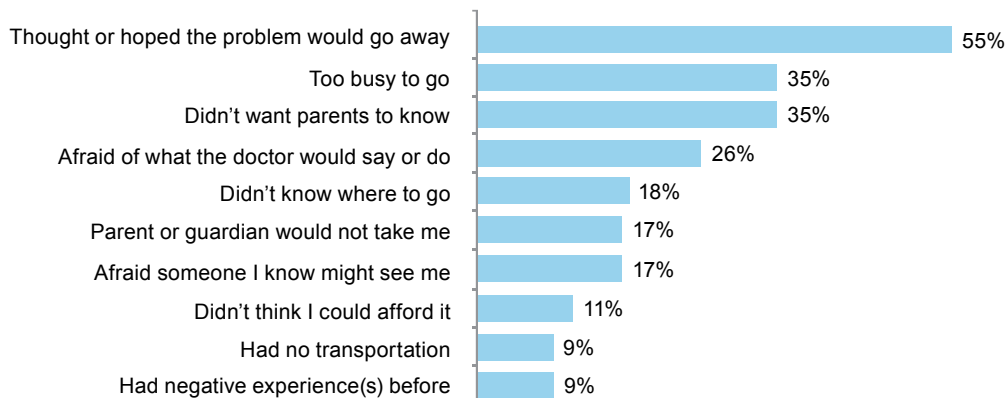
Compared to 2008, Fraser North females were more likely to miss out on needed medical help because they did not want their parents to know (41% in 2013 vs. 24% in 2008), were afraid of what the doctor would say or do (32% vs. 19%), did not know where to go (21% vs. 11%), and because they were afraid of being seen (22% vs. 9%). However, local females were less likely than in 2008 to miss out on needed medical help because they could not go when it was open. Among local males, there were no differences across survey years.

Dental visits

Similar to the picture across the province, 84% of local students had visited the dentist in the past 12 months, while 5% had last visited more than 24 months ago, and 2% had never been to the dentist.

For 9% of students, 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)



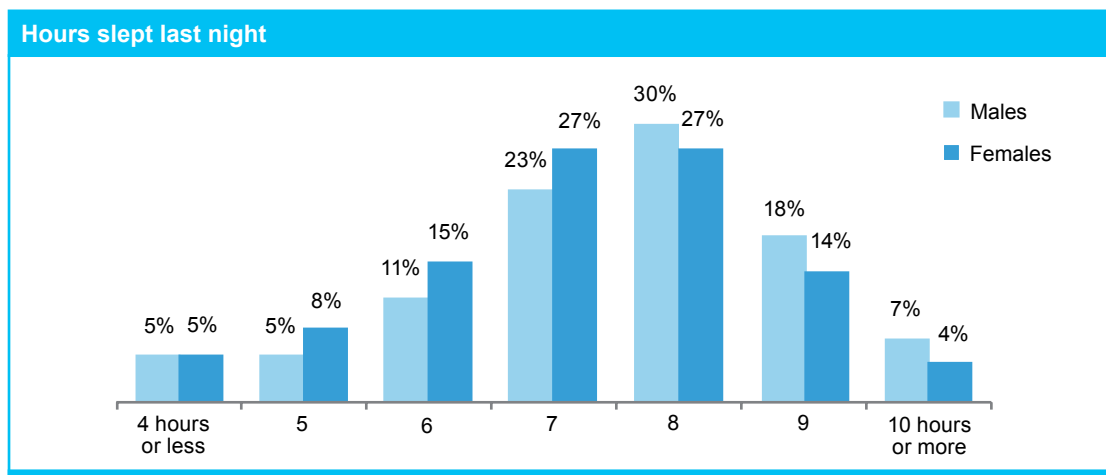
I am really healthy, but my teeth are not. Dentist is expensive here."

Sleep

It is recommended that adolescents get between 8.5 and 9.25 hours of sleep each night. In Fraser North, 55% of males and 45% of females slept for eight or more hours on the night before taking the survey, while 5% of students slept for four hours or less. Local students were less likely than those across BC to have slept for eight or more hours (50% vs. 53%).

Comparable to the provincial picture, 78% of local students (74% of males vs. 81% of females) were online and/or on their phone after the time they were supposed to be asleep. Also, 48% of students (43% of males vs. 53% of females) were doing homework after their expected bedtime, which was higher than the rate across BC (45%).

Older students slept less than younger ones. For example, 32% of 18-year-olds slept for eight or more hours on the night before taking the survey, compared to 78% of students aged 12 and younger.

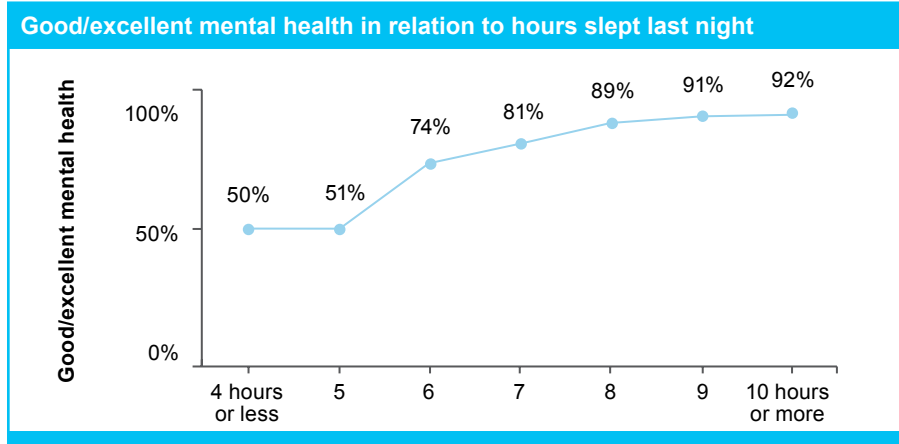


Note: Percentages for males do not equal 100% due to rounding.

Note: The differences between males and females who slept for 7 hours or 8 hours were not statistically significant.



I suffer from insomnia.”



Note: Not all differences were statistically significant.

Some students were at particular risk for not getting enough sleep. For example, 36% of youth with a debilitating health condition or disability slept eight or more hours the previous night, compared to 44% of youth with a condition that was not debilitating, and 53% of youth who did not have a health condition or disability.

The more hours of sleep students got, the more likely they were to rate their mental health as good or excellent. Getting enough sleep was protective for all youth. For example, youth with a debilitating health condition or disability who slept for at least eight hours were more likely to rate their mental health as good or excellent (53% vs. 28% of those who slept fewer hours) and were less likely to have seriously considered suicide (35% vs. 54%) or attempted suicide (20% vs. 33%) in the past year.

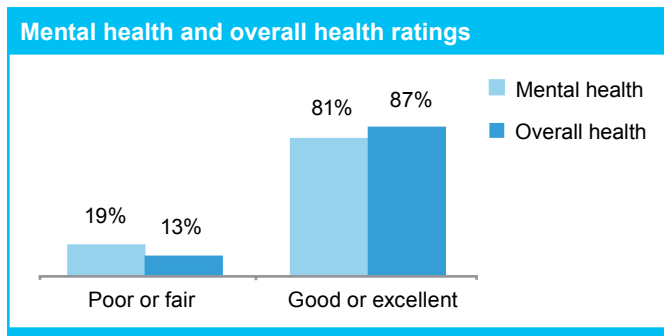


Mental health

Most youth (81%) rated their mental health as good or excellent. Males were more likely than females to rate their mental health this way (88% vs. 75%), whereas females were more likely to rate it as fair or poor (25% vs. 12% of males). These findings were similar to those across the province.

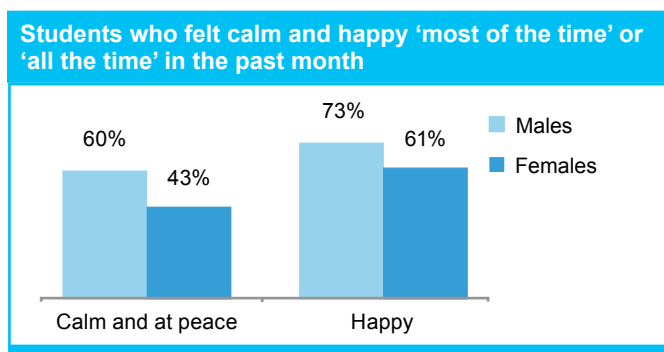
Also consistent with the provincial picture, students were less likely to rate their mental health as good or excellent than their overall health.

The majority of students felt good about themselves (89% of males vs. 71% of females) and felt they were as competent as most of their peers (90% of males vs. 83% 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 (80% 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.





I overcame my depression with the help of my parents & friends and when I found my passion for music.”

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 (21% vs. 12%). They were also more likely to have multiple conditions (8% vs. 2% of males).

Youth in Fraser North most commonly reported having Depression (9%), Anxiety Disorder (8%), and/or Attention Deficit/Hyperactivity Disorder (ADHD; 4%). Females were more likely than males to have Depression (14% vs. 5%) and Anxiety Disorder (12% vs. 3%). Males and females reported comparable rates of ADHD, unlike across the province where ADHD was more common among males.

Local males and females were less likely than their peers across BC to report having ADHD (4% vs. 6% provincially) and an addiction to alcohol or other drugs (1% vs. 2%).

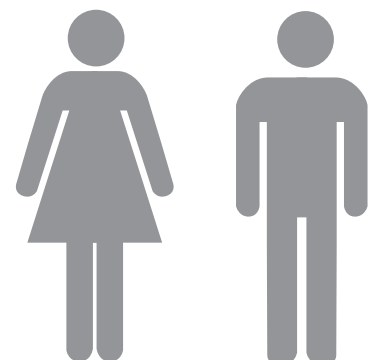
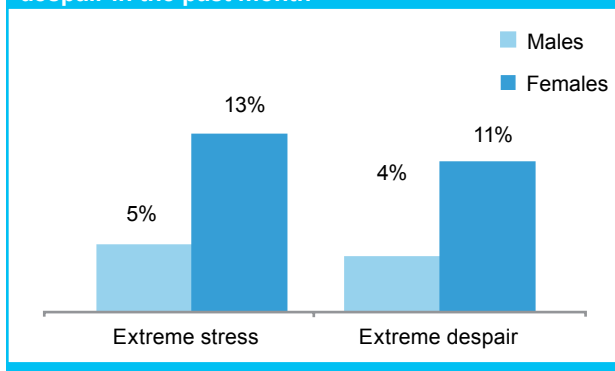
Stress & despair

Most students (84%) reported feeling at least some stress in the past month. Reflecting the provincial picture, females were more likely than males to experience extreme stress that prevented them from functioning properly.

Students were also asked the extent to which they felt so sad, discouraged, or hopeless that they wondered if anything was worthwhile. Fifty-seven percent reported feeling some level of despair in the past month (higher than the provincial rate of 52%), and 8% reported extreme levels (comparable to the provincial rate). As was the case with extreme stress, females were more likely than males to report extreme despair.

Among local males, rates of extreme despair were similar to five years ago, whereas for females, the percentage was higher in 2013 than in 2008 (11% vs. 8%).

Students who experienced extreme stress and despair in the past month





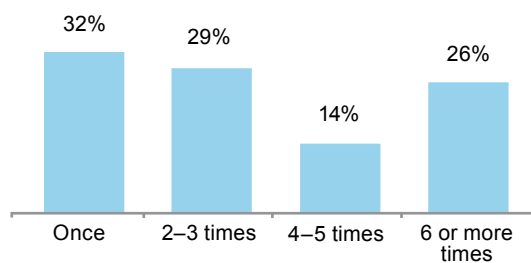
When I am under a lot of pressure, I cut myself.”

Self-harm

Reflecting the provincial picture, 7% of males and 21% of females reported cutting or injuring themselves on purpose without trying to kill themselves in the past year.

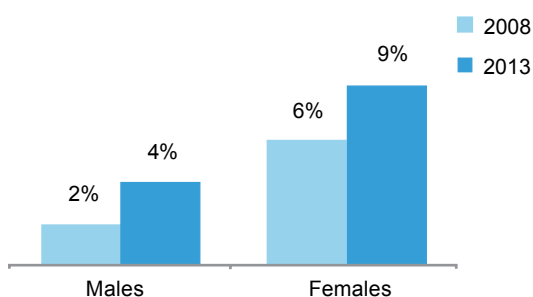
Among students who self-harmed, males were more likely than females to have done so once in the past year (46% vs. 28%), whereas females were more likely to have done so multiple times (72% vs. 54% of males).

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



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

Suicide attempts in the past year



Suicide

Mirroring the provincial picture, females were more likely than males to have seriously thought about killing themselves in the past year (17% vs. 8%). Local females were more likely to have seriously thought about suicide in 2013 than five years earlier (12% in 2008), while there was no change over time among males.

Females were also more likely than males to have attempted suicide in the past year (9% vs. 4%), with similar rates across the province. Both males and females were more likely to have attempted suicide in 2013 than five years earlier.



A few times last year I contemplated suicide... but I'm fine now... I'll never actually go through with it.”

A known risk factor for attempting suicide is having a family member or close friend attempt or die by suicide. Eleven percent of students reported that a family member had tried to kill themselves at some point (4% in the past year), and 22% reported that a close friend had attempted suicide (16% in the past year).

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

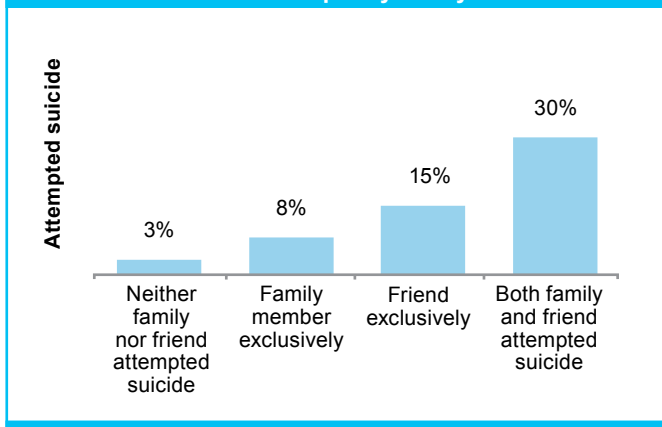
Hope for the future

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

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

Students in Fraser North were more likely than their peers across the province to see themselves in school in five years (56% vs. 52%), and were less likely to envision having a home of their own (23% vs. 26%).

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



Foregoing mental health services

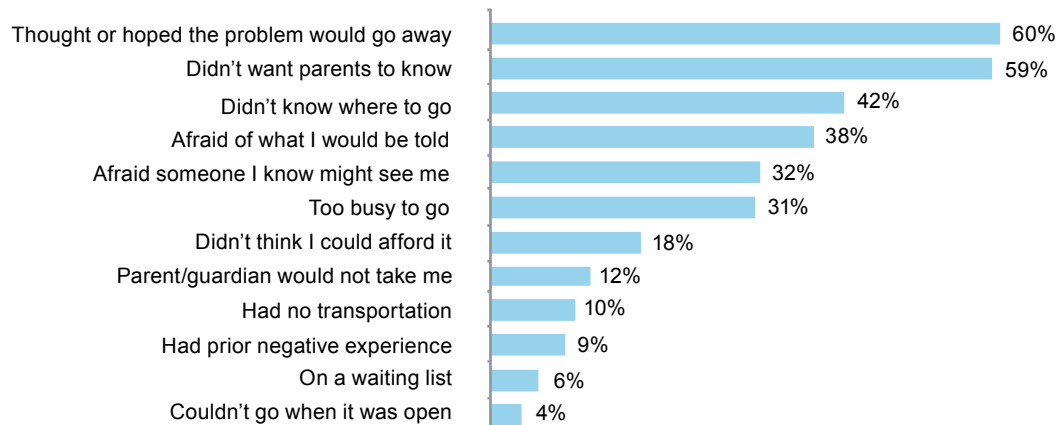
In the past year, 12% of students (5% of males vs. 18% of females) reported not accessing mental health services when they thought they needed to. These rates were similar to those in the province as a whole.

Local males were less likely than five years earlier to have missed out on needed services (8% in 2008), but there was no change over time among females.

As was the case throughout BC, the most common reasons for local students not accessing needed mental health services included thinking or hoping the problem would go away, and not wanting their parents to know.

Reflecting the provincial picture, local students were more likely than five years earlier to report certain reasons for not accessing mental health services they felt they needed. These included not wanting their parents to know (59% in 2013 vs. 41% in 2008), not knowing where to go (42% vs. 33%), feeling fearful that someone they knew might see them (32% vs. 18%), thinking they could not afford it (18% vs. 10%), and feeling that their parents or guardians would not take them (12% vs. 6%).

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



Injuries & injury prevention

In the past year, 26% of male and 23% of female students were injured seriously enough to require medical attention. These rates were comparable to those five years previous. Local males were less likely than males across BC to have been injured (30% provincially) but there was no difference among females.

Most youth who were injured did so playing or training for sports or other recreational activities (62%). Also, 8% of injuries happened when youth were walking or running outside, 6% when youth were riding a bicycle, 6% when snowboarding or skiing, and 3% when riding or driving in a car. Five percent of students who were injured were using a cellphone or other portable electronic device at the time.

Concussions

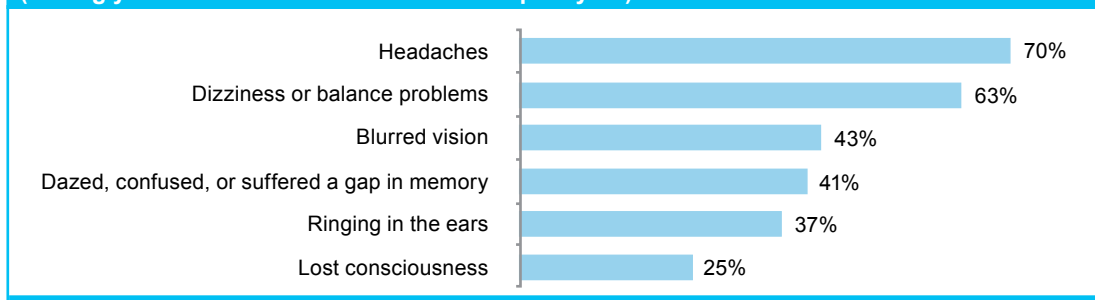
Fourteen percent of students had a concussion in the past year (17% of males vs. 12% of females). Ten percent had one concussion, 3% had two, 1% had three concussions, and 1% had four or more. The most common symptoms experienced were headaches and/or dizziness or balance problems.

Mirroring what was seen provincially, 19% of Fraser North youth who had experienced a concussion in the past year had not accessed needed medical help.

Def.

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

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



Note: Youth could choose more than one response.

“

I hurt my ankle during soccer.”

23%

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

Injury prevention

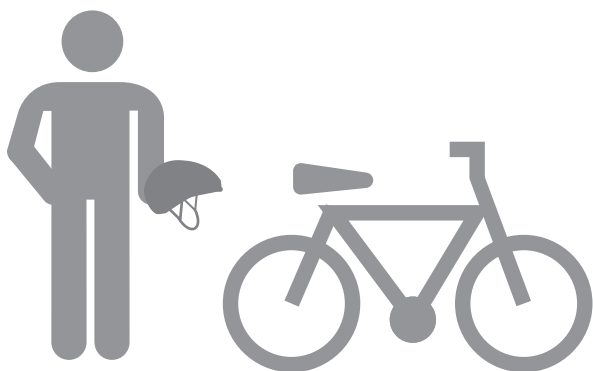
Similar to youth across the province, 76% of local youth always wore a seat belt, while 1% never did. Local students were more likely to wear a seat belt in 2013 than five years previous (67% in 2008).

Fraser North youth were more likely to take injury prevention seriously in some activities than others. For example, 74% always wore a helmet when snowboarding or skiing, while 41% always wore one when riding a bike, and 29% always did so when skateboarding or roller-skating.

Wearing a helmet was linked to a lower risk of having a concussion or other serious injury. For example, 12% of youth who always wore a helmet when riding a bike had a concussion in the past year, compared to 21% of youth who never wore a helmet. These students were also less likely to have suffered multiple concussions. Also, 25% of local youth who always wore a helmet when skateboarding had been seriously injured in the past year, which was below the 34% who never wore a helmet during that activity.

Four percent of youth who had tried alcohol had ever driven a car after drinking, which was below the provincial rate of 5% and a decline from 8% in 2008. It was more common for local youth to have driven after using marijuana, which 15% of marijuana users had ever done (similar to the rate in 2008), and which 8% had done in the past month. Both of these rates were comparable to those across the province.

Twenty percent of students had been a passenger in a vehicle with a driver who had been drinking or using marijuana, and 8% had done so in the past month. Females were more likely to have ever been in a vehicle with an impaired driver (23% vs. 17% of males).



Nutrition

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, and youth aged 13 and younger need six servings. However, a third of local students (33%) had fruit or vegetables only once or twice on the day before taking the survey, which was consistent with students across the province.

Ninety-five percent of youth reported eating fruit or vegetables at least once on the day before taking the survey, which was above the provincial rate (94%) and reflected a local increase from 2008 (93%).

Females were more likely than males to have consumed vegetables or green salad (85% vs. 81%), sweets (80% vs. 75%), and

coffee or coffee-based drinks (27% vs. 21%) the previous day, while males were more likely to have consumed fast food (44% vs. 33% of females), traditional foods from their background (53% vs. 45%), food grown or caught by them or their family (11% vs. 8%), pop or soda (39% vs. 24%), and energy drinks (4% vs. 3%).

When compared to their peers across the province, local students were less likely to have consumed pop or soda (31% vs. 35% of youth across BC), coffee or coffee-based beverages (24% vs. 27%), food grown or caught by them or their family (9% vs. 12%), and energy drinks (3% vs. 6%). Local students were more likely to have consumed traditional foods from their background (49% vs. 38%).

What students ate and drank yesterday (one or more times)			
	2008	2013	Change from 2008
Fruit	82%	87%	↑
Vegetables or green salad	80%	83%	↑
Sweets (cookies, candy, chocolate, etc.)	64%	78%	↑
Fast food (pizza, hot dogs, fries, etc.)	45%	38%	↓
Traditional foods from youth's background	NA	49%	
Food grown or caught by youth or family	NA	9%	
Water	95%	97%	↑
Pop or soda	41%	31%	↓
Energy drinks	9%	3%	↓
Coffee or coffee-based beverages	24%	24%	--

Note: NA means that the question was not asked.

-- means that the percentage in 2008 was comparable to the rate in 2013.



For low-income families, very little is done to help provide balanced meals to the children.”

There was a link between diet and exercise, as youth who had eaten three or more servings of fruit or vegetables on the day before taking the survey were more likely to be engaging in physical activity. For example, 60% played informal sports on a weekly basis compared to 47% who were not eating as healthily, and 60% played organized sports weekly compared to 45% who had fewer servings of fruit or vegetables.

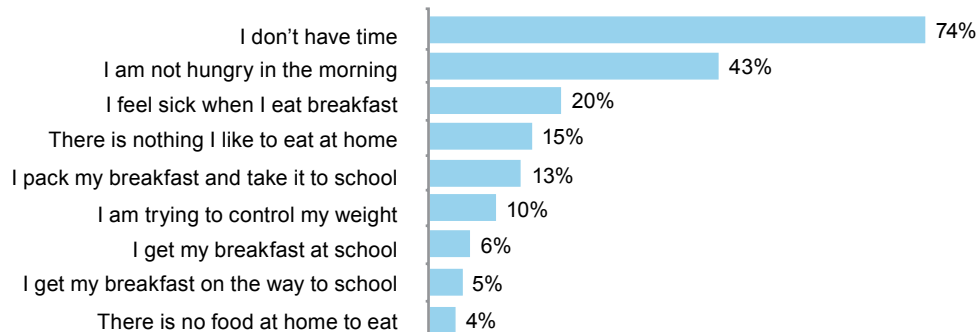
Among students who were classified as obese, those who ate three or more servings of fruit or vegetables the previous day were more likely than those who had fewer servings to take part in weekly informal sports (52%* vs. 33%*). They were also more likely to rate their mental health as good or excellent (86% vs. 67%* of those who had fewer servings).

Breakfast

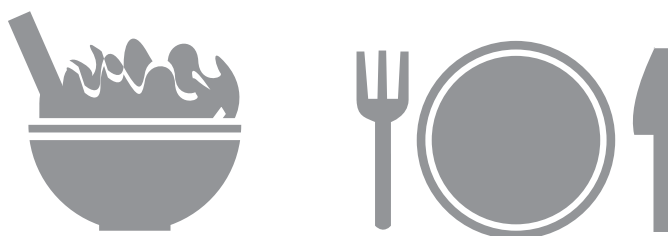
Consistent with the provincial rate, 12% of students (9% of males vs. 15% of females) reported never eating breakfast on school days, and 57% (63% of males vs. 52% of females) always ate breakfast. This was an increase for males from 59% in 2008.

Among youth who did not eat breakfast at home, females were more likely than males to report not doing so because they were not hungry in the morning (48% vs. 36%), they felt sick when they ate breakfast (28% vs. 10%), there was nothing they liked to eat at home (17% vs. 12%), that they packed their breakfast and took it to school (16% vs. 8%), and they were trying to control their weight (15% vs. 3%).

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



Note: Youth could choose more than one response.



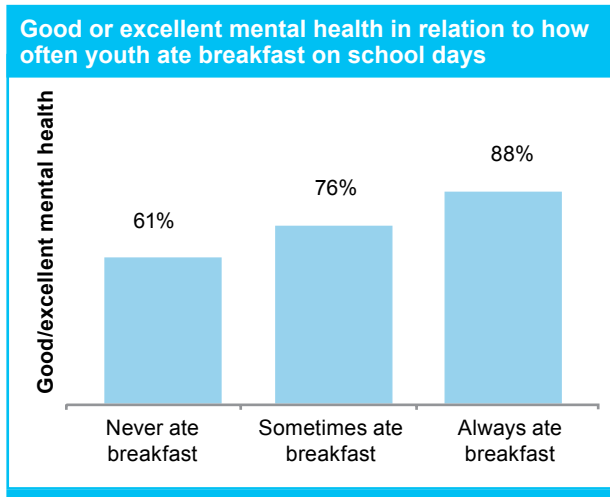
Youth who always ate breakfast on school days were more likely than those who ate breakfast less often to report good or excellent mental health. They were also more likely to report better nutrition, such as eating fruit or vegetables three or more times yesterday (68% vs. 54%), and to have slept for eight or more hours the previous night (57% vs. 41%).

Going to bed hungry

Consistent with the province, 93% of youth never went to bed hungry because there was insufficient money for food at home, while 6% went to bed hungry sometimes, and 1% went to bed hungry often or always.

There was a local increase in the percentage of youth who never went to bed hungry (from 90% in 2008), and a decrease in the percentage who went to bed hungry often or always (from 2% in 2008).

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



Def.

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

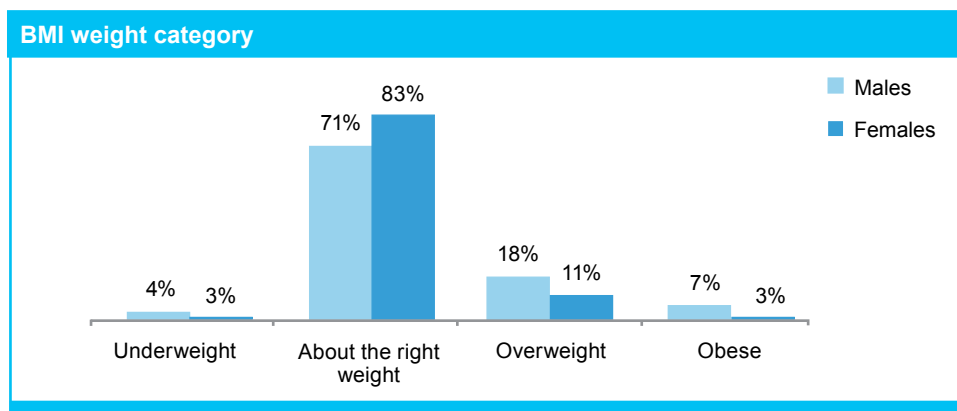
Body weight & body image

Body weight

Students' body mass index (BMI) was calculated from their self-reported height and weight measurements. According to their BMI, 77% of youth were a healthy weight for their age and gender, while 4% were underweight, 14% overweight, and 5% were obese. This distribution was similar to that seen in BC as a whole.

The rate of students who were a healthy weight decreased from five years previous (79% in 2008). A greater percentage of males were underweight than in 2008 (4% in 2013 vs. 2% in 2008), while a greater percentage of females were obese (3% in 2013 vs. 2% in 2008).

Students who ate vegetables three or more times the previous day were more likely to be a healthy weight than those who did not have any servings of vegetables (80% vs. 72%).



A lot of teens (males, including myself) are using nutritional supplements to aid in weight lifting... I would like to know the long term effects it has on teens.”

23% of healthy weight females thought they were overweight, compared to 4% of healthy weight males.

Body image

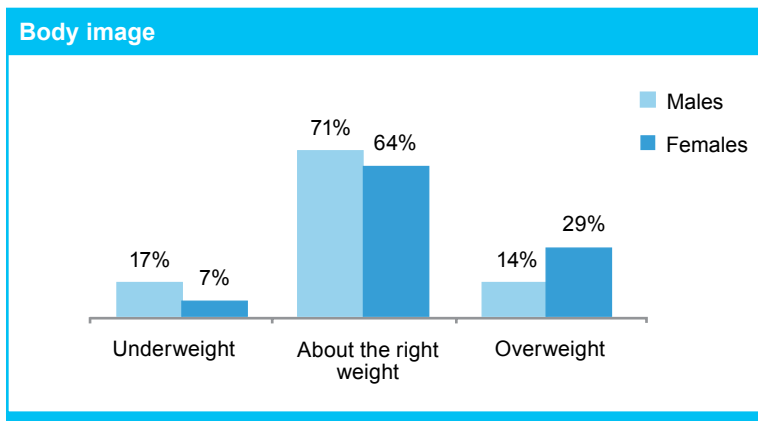
Students were also asked how they saw themselves. Sixty-seven percent of youth felt they were about the right weight, whereas 11% thought they were underweight and the remaining 22% felt they were overweight.

A third of healthy weight males (33%) were trying to gain weight (vs. 4% of healthy weight females), while 56% of healthy weight females were trying to lose weight (vs. 12% of healthy weight males).

Eating behaviours

Twenty-nine percent of youth (20% of males vs. 37% of females) had binge eaten in the past year, with 6% having done so on a weekly basis (4% of males vs. 9% of females). Eight percent of youth (6% of males vs. 9% of females) had vomited on purpose after eating (purged) in the past year, and 1% had done so weekly (more females than males). These rates were consistent with those across the province.

Youth who reported poorer mental health were more likely to binge eat in the past year. For example, 15% of youth who rated their mental health as poor or fair had binge eaten on a weekly basis in the past year, compared to 4% of youth with good or excellent mental health. Similar patterns were found between mental health and purging behaviour.



“

I suffer from anorexia and image distortion.”

Sexual behaviour

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

Oral sex

Eighteen percent of students reported ever having oral sex, which was lower than both the 2013 provincial rate (23%) and the 2008 local rate (21%). Thirteen percent of students had given oral sex (10% of males vs. 16% of females), while 16% of students had received oral sex (18% of males vs. 14% of females). The rate of ever having oral sex increased with age.

CONDOM USE

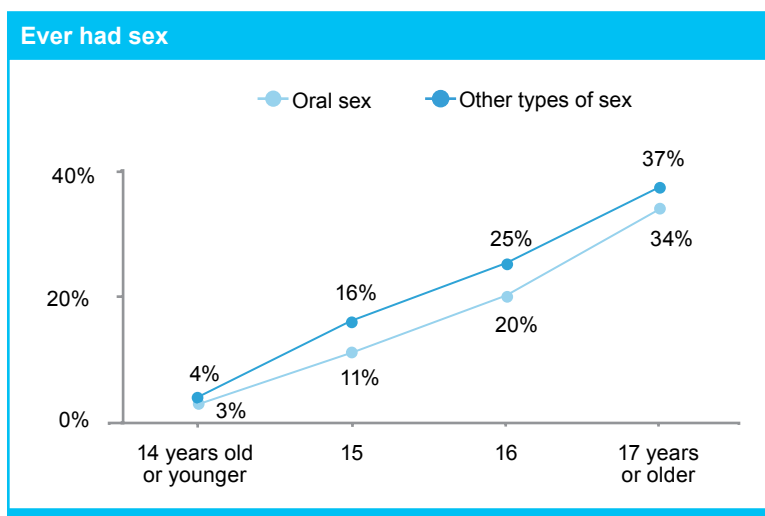
Sixteen percent of students who had oral sex reported that they or their partner had used a condom or other barrier the last time they had oral sex, with similar rates for males and females and to students across the province.

Sex (excluding oral sex)

Fifteen percent of local male and female students indicated ever having sex, other than oral sex or masturbation. This rate was lower than the provincial percentage (19%).

Local males were less likely than those five years previous to report ever having sex (19% in 2008) but there was no significant change over time among females.

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



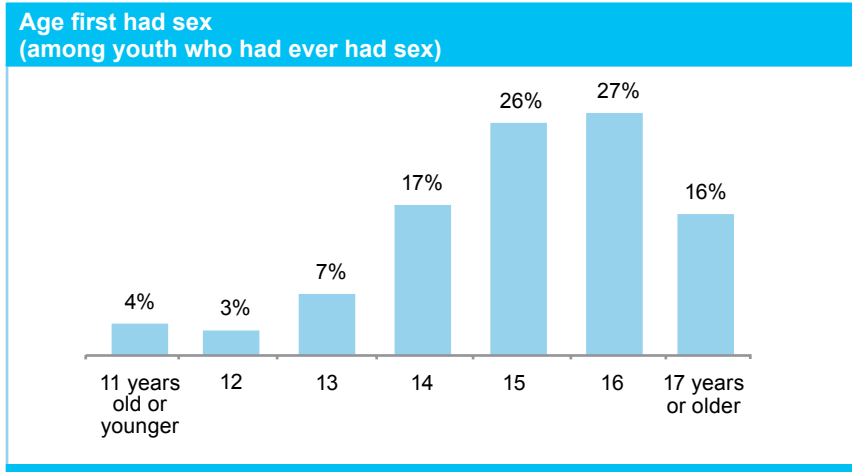
Note: Not all differences were statistically significant.

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

4% of students last had sex with a same sex partner.

AGE YOUTH FIRST HAD SEX

Youth who ever had sex most commonly reported first doing so at age 15 or 16, which was similar to the provincial picture. The percentage of local students who first had sex before age 15 decreased from 39% in 2008 to 31% in 2013.



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

PARTNERS

Among students who ever had sex, 6% had not had sex in the past year, 57% had one sexual partner during that time, 17% had two partners, and 19% had three or more partners. These rates were comparable to those found provincially.

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



If I were to have sexual intercourse with anyone in my teen years I would have to be in a relationship with the boy/girl for at least 7 months to 1 year.”

SUBSTANCE USE

Comparable to the province as a whole, 22% of students who ever had sex reported using alcohol or other substances before they had sex the last time. This represented a local decrease from 28% in 2008.

CONDOM USE

Seventy-one percent of Fraser North youth who ever had sex reported that they or their partner had used a condom or other latex barrier the last time they had sex. This rate was comparable to that seen in 2008 and to the provincial rate.

CONTRACEPTION

When students were asked what efforts they or their partner made to prevent pregnancy the last time they had sex, they most commonly reported using condoms (67%), birth control pills (43%), and withdrawal (33%—which can be an unreliable method of birth control). In addition, 7% of students reported using emergency contraception to prevent pregnancy, which was higher than the local rate in 2008 (4%).

Similar to the provincial picture, 4% of students indicated that they did not try to prevent pregnancy the last time they had sex.

Pregnancy

Overall, 1% of youth reported ever being pregnant or causing a pregnancy. The rate was 5% among male and female students who had ever had sex, which was comparable to the rate in 2008 and to the provincial percentage.

Sexually transmitted infections

One percent of local youth reported that they had been told by a doctor or nurse at some point that they had a sexually transmitted infection (STI). The rate was 2% among youth who ever had sex (including oral sex), which was similar to the provincial rate and to the local percentage in 2008.

Tobacco use

Seventeen percent of local youth had ever smoked tobacco, which was below the provincial rate of 21%. This was also a local reduction from five years previous (25% in 2008).

Local youth started smoking at a similar age to youth across the province. Among those who had ever smoked, 20% first did so at age 12 or younger, while 47% waited until they were 15 or older. There was no change from 2008 in the age that Fraser North youth first started smoking.

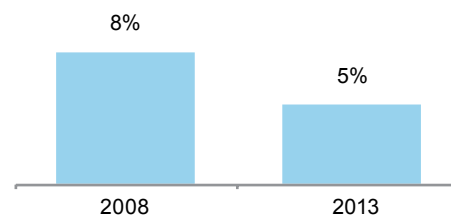
Youth used a variety of different tobacco products in the past month. Among those who had ever smoked, 48% had smoked cigarettes, 24% had smoked cigars or cigarillos (32% of males vs. 15% of females), 26% had used a hookah, 14% smoked electronic cigarettes with nicotine, and 13% used chewing tobacco (mostly males).

Forty-five percent of youth who had ever smoked reported smoking in the past month. This was similar to both the provincial rate and the local rate in 2008. Five percent had smoked every day in the past month.

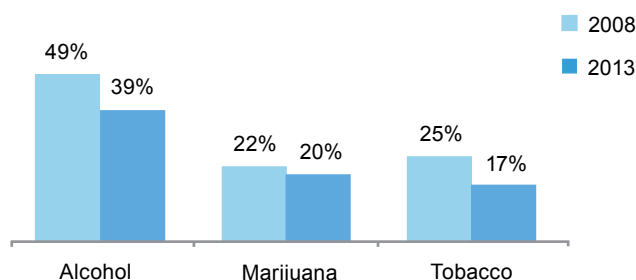
Among youth who had ever smoked, 26% had successfully quit smoking in the past year and 12% had tried to quit but had started again. These rates were comparable to the provincial picture. In the past month, 4% of youth who had tried smoking had used a product to help them stop smoking.

Being exposed to smoking is considered a risk factor for starting to smoke. Eighteen percent of Fraser North youth were exposed to tobacco smoke inside their home or family vehicle at least sometimes (compared to 21% provincially). Five percent had this experience daily or almost daily.

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



Youth who have tried different substances



Note: The difference between 2008 and 2013 for youth who had tried marijuana was not statistically significant.

Alcohol, marijuana, & other drug use

Alcohol

The percentage of youth who had tried alcohol dropped from 49% in 2008 to 39% in 2013.

Local students were less likely to have tried alcohol than their peers across the province (39% vs. 45%). Also, those who had tried alcohol reported having had their first drink at an older age. Forty percent waited to have their first drink at age 15 or older, compared to 35% provincially.

Delaying the onset of alcohol and marijuana use has been shown to reduce the risk of future substance dependence and other associated challenges. As a result, in 2010 the BC Ministry of Health Services and Ministry of Children and Family Development aimed to see a 10% reduction in the percentage of BC students who first use alcohol or

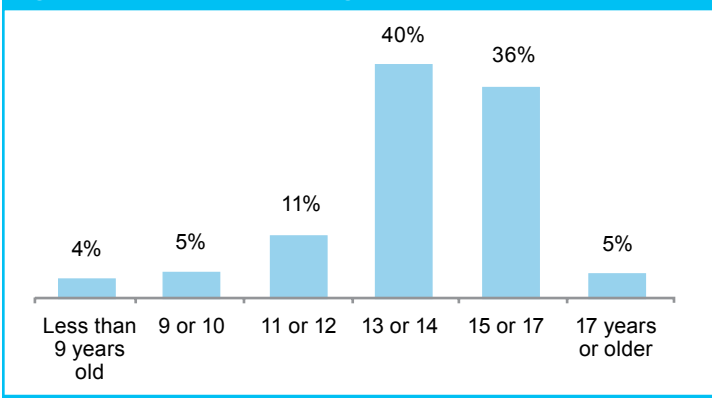
marijuana before the age of 15. Among local youth who had tried alcohol, 60% had their first drink before turning 15 years old, which was a decrease from 72% in 2008.

Thirty-five percent of youth who had tried alcohol reported having five or more drinks within a couple of hours on at least one occasion in the past month. This was similar to the provincial results as well as to the local rate in 2008.

Sixteen percent of youth drank on the Saturday before completing the survey. Specifically, 12% had liquor, 8% had beer (10% of males vs. 6% of females), 7% drank coolers (5% of males vs. 9% of females) and 3% had wine. Among youth who drank last Saturday, 62% had mixed different types of alcohol, with 21% having mixed three or four types.

Among youth who drank last Saturday, 63% of females had four or more drinks and 65% of males had five or more drinks, which is defined as binge drinking. This was consistent with rates across BC.

Age first tried alcohol (among those who ever drank)



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

14% of youth who drank last Saturday mixed alcohol with energy drinks.



I have drunk alcohol but I never got drunk.”

6% of youth used marijuana last Saturday.

Marijuana

Local youth were less likely to have tried marijuana than their peers across BC (20% vs. 26% provincially). The percentage of local students who had tried marijuana was comparable to that in 2008.

Among those who had tried marijuana, 49% of students (53% of males vs. 45% of females) had first used it at age 14 or younger. This percentage was lower than the provincial rate (59%).

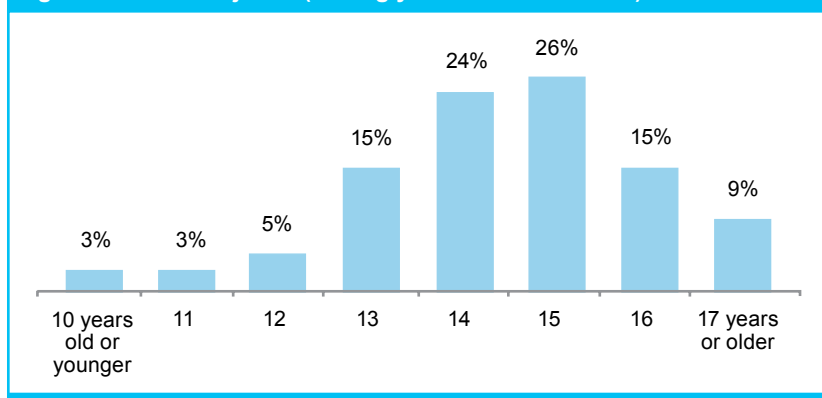
Youth were waiting longer to use marijuana than their peers in previous years. For example, in 2013 51% of those who used marijuana had first done so when they were aged 15 or older, compared to 39% in 2008.

Similar to results five years previous, 51% of youth who had tried marijuana had used it in the past month. Twenty percent of those who had tried marijuana had used it on six or more days during that month (27% of males vs. 13% of females).

There was a decrease in the percentage of students who had used both alcohol and marijuana on the Saturday before taking the survey. Four percent had mixed these substances in 2013, compared to 6% in 2008.

Among youth who had tried marijuana, their most common source for this substance was a youth outside their family (86%). Fourteen percent got their marijuana from an adult outside their family (18% of males vs. 10% of females), 6% got it from a youth inside their family and 3% got it from an adult in their family.

Age first tried marijuana (among youth who ever used)



I have never & will never do drugs!"

Substances other than alcohol & marijuana

Similar to the provincial picture, youth had tried a variety of substances other than alcohol and marijuana. The most common substances were prescription pills without a doctor's consent (11%; 9% of males vs. 12% of females), although the use of this drug decreased from 2008 (15%). There was also a decrease in the use of cocaine (3% in 2013 vs. 4% in 2008), ecstasy (3% vs. 6%), mushrooms (3% vs. 5%), hallucinogens (2% vs. 3%), inhalants (1% vs. 3%), and crystal meth (<1% vs. 1%).

There was no change between 2008 and 2013 in the use of amphetamines (1%), heroin (1%), and steroids without a doctor's prescription (1%). For the first time, the survey included questions about ketamine or GHB, which 1% of youth had tried.

Youth in Fraser North were less likely than those across the province to have tried hallucinogens (2% vs. 4% provincially), ecstasy (3% vs. 4%), mushrooms (3% vs. 5%), and inhalants (1% vs. 2%).

Consequences of substance use

Half of youth (50%) who had used alcohol or other substances reported negative consequences in the past year. Among these youth, females were more likely than males to have argued with family members (14% vs. 9%) or to have done something they could not remember (42% vs. 29%), while males were more likely to have damaged property (10% vs. 4% of females).

In the past year, 3% of local students were either told they needed help or felt that they needed help for their substance use. Specifically, 2% needed help for their alcohol use, 2% for their marijuana use, and 1% for their other drug use. Males were more likely to have needed help for their marijuana use (2% vs. 1% of females).

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	36%
Passed out	26%
Got injured	13%
Argued with family members	11%
School work or grades changed	9%
Damaged property	7%
Lost friends or broke up with a girlfriend or boyfriend	6%
Had sex when I didn't want to	6%
Got in trouble with police	5%
Got into a physical fight	5%
Overdosed	2%

Note: Youth could choose more than one response.

Reported reasons for using

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 than males to report using substances because their friends were doing it (39% vs. 32%), because of stress (23% vs. 16%), because they felt down or sad (18% vs. 10%), or to have fun (66% vs. 58%).

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

I wanted to have fun	62%
My friends were doing it	36%
I wanted to try it/experiment	30%
Because of stress	19%
I felt down or sad	14%
I felt like there was nothing else to do	8%
To manage physical pain	5%
I thought it would help me focus	3%
I was pressured into doing it	4%

Note: Youth could choose more than one response.

School

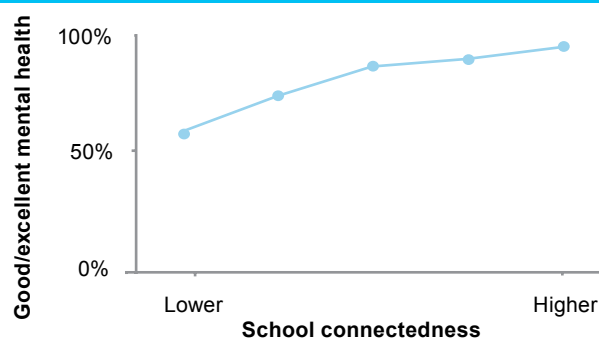
School connectedness

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

Most students felt that they were treated fairly by school staff (75%), they got along with their teachers (74%), and their teachers cared about them (65%). In addition, 45% felt that school staff other than teachers cared about them.

Sixty-one percent of students felt like they were a part of their school, which was similar to the 2008 rate. The percentage of students who felt safe at their school increased from five years previous (72% in 2008 vs. 79% in 2013), as did the percentage who felt happy at their school (66% vs. 69%).

Good/excellent mental health by school connectedness



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

School connectedness had positive associations for youth experiencing challenges in their lives. For example, youth who had been socially excluded were more likely to have only positive aspirations for the future if they felt more connected to their school. In addition, youth with a mental or emotional health condition were more likely to feel good about themselves if they felt more connected to their school.

School safety

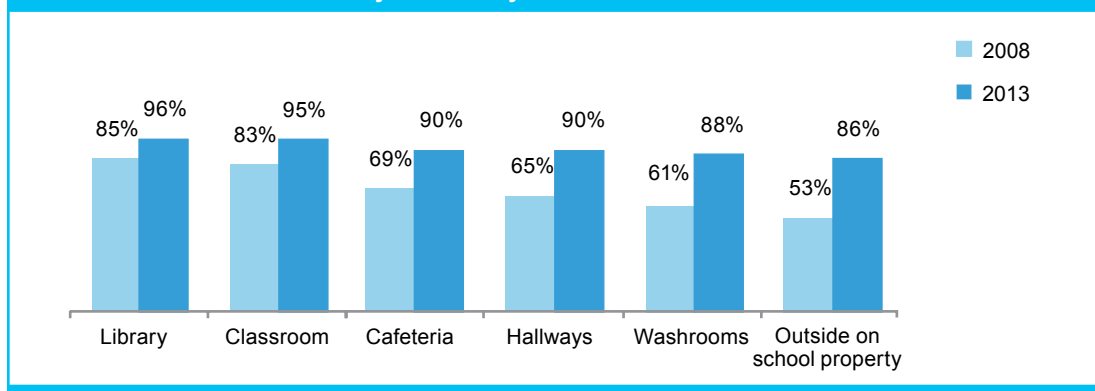
Students in Fraser North felt safer in every area of their school in 2013 than in 2008. Males were more likely than females to feel safe in the hallways and stairwells (92% vs. 88%), the cafeteria (92% vs. 89%), and getting to or from school (91% vs. 88%).

In terms of overall feelings of safety at school, 79% agreed or strongly agreed that they felt safe at school. These youth were less likely to have missed school in the past month (51% vs. 70% of those who did not feel safe at school) and were more likely to have post-secondary plans (91% vs. 83%). Youth who felt safe at school were also more likely to rate their overall health as good or excellent (90% vs. 69%) as well as their mental health (85% vs. 49%).

“

I think schools should have uniforms so nobody will be judged on what they wear.”

Locations where students always or usually felt safe at school



Weapon carrying

Three percent of students (5% of males vs. 2% of females) carried a weapon, such as a knife or bat, to school in the past month. This was lower than the provincial rate of 4%.

One percent of students reported that they always carried a weapon at school, with males more likely than females to have done so.

School absences

Overall, 54% of Fraser North students (50% of males vs. 58% of females) had missed classes on at least one day in the past month. Illness was the most common reason for missing school (34% of males vs. 43% of females), both locally and across BC. However, local students were less likely than those throughout the province to have missed school due to illness (39% vs. 42%).

Females were more likely than males to have missed school because of bullying (4% vs. 2%). Males and females were equally likely to have missed school because of skipping (23%), family responsibilities (10%), and work (3%). Local students were less likely than those across BC to have missed school because of family responsibilities (13% provincially).

Older students were more likely than younger ones to have missed school due to skipping. Students aged 14 were the most likely to have missed school due to bullying.

Educational aspirations

Ninety percent of students anticipated continuing their education beyond high school (such as through university, college, or trade school), compared to 86% of students across BC. Similar to the provincial picture, local males were less likely than females to have post-secondary plans (88% vs. 91%).

Five percent of students had not thought about their school plans, 3% did not know what their school plans were and 1% did not expect to graduate from high school.

Bullying & discrimination

In this section, results were similar to the province unless otherwise noted.

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 48 in the section about technology use.)

TEASING

In the past year, 38% of local students (32% of males vs. 44% of females) had been teased at least once to the point where they felt bad or extremely uncomfortable. This percentage reflected an increase from 32% in 2008.

Eleven percent of students (9% of males vs. 13% of females) experienced teasing on three or more occasions in the past year.

For females, rates of being teased peaked at 13 and 14 years old, whereas for males rates were comparable across age.

SOCIAL EXCLUSION

Thirty-four percent of students (25% of males vs. 42% of females) reported being socially excluded at least once in the past year. There was an increase in the percentage of female students experiencing exclusion, from 36% in 2008, but there was no change over time among males. Ten percent of students (7% of males vs. 12% of females) were socially excluded on three or more occasions.

Female students experienced a decrease in social exclusion after age 15, while for males rates remained consistent across age groups.

ASSAULT

In the past year, 7% of students (9% of males vs. 5% of females) reported being physically attacked or assaulted, and 1% had this experience three or more times (2% of males vs. 1% of females). There was no change in the rates of physical assault from five years previous.

Impacts of bullying

Youth who had been teased, excluded or assaulted in the past year were more likely to report skipping class in the past month (27% vs. 18% who had not experienced bullying) and to skip class on three or more occasions (9% vs. 4%).



“There should be a STOP BULLYING group in our community for kids who don’t feel they belong and want to put an end to [bullying].”

Five percent of youth (3% of males vs. 7% of females) reported not having participated in extracurricular activities (e.g., sports, dance, art, or clubs) because they were worried about being bullied.

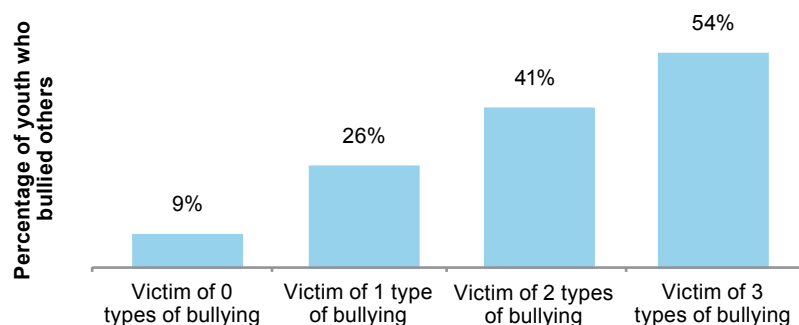
Youth who had been bullied were more likely to report not participating in activities because they were worried about being further bullied. For example, 18% of youth who had been physically assaulted missed out on activities for fear of being bullied, compared to 4% of youth who had not been assaulted.

Perpetrators

Females were more likely than males to exclude others, whereas males were more likely to tease or assault others.

In the past year, 11% of Fraser North students (13% of males vs. 10% of females) reported that they had teased another youth at school or on the way to or from school with the intention of making them feel bad or extremely uncomfortable. Additionally, 15% of students (13% of males vs. 17% of females) had socially excluded another youth, and 2% of students (4% of males vs. 1% of females) had physically attacked or assaulted another youth.

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



The more types of bullying youth experienced, the more likely they were to also bully others.

Students who had been the victim of a particular type of bullying were more likely to perpetrate that same type of bullying. For example, 21% of students who had been teased in the past year teased others during the same time frame, compared to 5% who had not been teased. Similarly, students who had been excluded themselves were more likely to exclude others (28% vs. 9% who had not been excluded), and students who had been physically attacked or assaulted were more likely to assault others (16% vs. 1% of those who had not been assaulted).

Discrimination

Local youth identified a number of different discrimination experiences. Females were more likely than males to report being discriminated against because of their physical appearance (25% vs. 13%), being seen as different (15% vs. 11%), their age (9% vs. 6%), and their gender or sex (9% vs. 2%).

The percentage of local females who experienced racial discrimination was higher than reported by females across BC (13% vs. 10%).

Compared to five years previous, there was a decrease in the rate of local males who experienced racial discrimination (15% in 2008 vs. 12% in 2013), and an increase in the rate of local females who experienced discrimination based on their physical appearance (18% in 2008 vs. 25% in 2013).

Perceived reasons for being discriminated against in the past year	
Physical appearance	19%
Being seen as different	13%
Race, ethnicity, or skin colour	13%
Age	8%
Gender/sex	6%
Income or family income	5%
Sexual orientation (being or thought to be gay or lesbian)	4%
A disability	3%

Note: Youth could choose more than one response.

Physical abuse, sexual abuse, & sexual harassment

Physical abuse

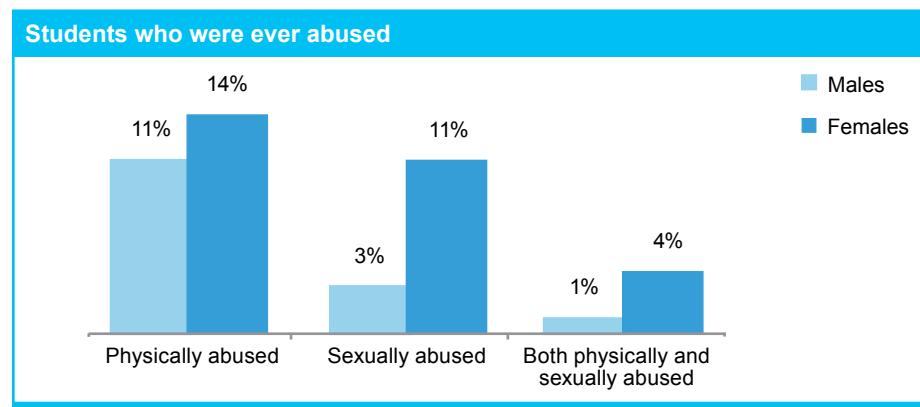
Consistent with the experiences of youth across the province, 12% of students (11% of males vs. 14% of females) had been physically abused at some point in their life. This reflected a local decrease from 16% in 2008.

Youth were also asked about other forms of sexual abuse they might not have recognized as abuse. For example, 4% of students (1% of males vs. 6% of females) were forced into sexual activity against their will by another youth, and 1% by an adult. In addition, 1% of students were the younger of an illegal age pairing the first time they had sex.

Sexual abuse

When youth were asked specifically if they had ever been sexually abused, 5% of students (2% of males vs. 8% of females) recognized they had experienced this type of abuse. This was a decrease among females from 11% in 2008, and remained unchanged for males.

When all these forms of sexual abuse were considered, a total of 7% of students (3% of males vs. 11% of females) had been sexually abused. This percentage was below the provincial rate (9%) and reflected a local decrease among females (from 13% in 2008).



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.

Females were more likely than males to have experienced verbal or physical sexual harassment.

Sexual harassment

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

Thirty-two percent of local males had experienced verbal sexual harassment in the past year (11% had experienced it three or more times), which was comparable to the percentage five years previous. Forty-four percent of female students had experienced verbal sexual harassment (15% had this experience three or more times), which was a decrease from 52% in 2008.

Eight percent of males had been physically sexually harassed in the past year (2% experienced it three or more times), which was a decrease from 13% in 2008. Twenty-five percent of females experienced physical sexual harassment in the past year (5% had this experience three or more times), which also reflected a decrease from 35% in 2008.

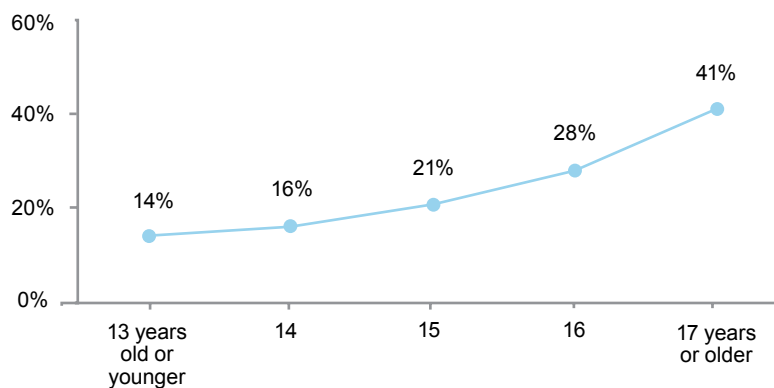


Employment

A quarter of students in Fraser North worked at a paid job during the school year. This was lower than the provincial rate of 29% as well as the local rate five years previous (35% in 2008).

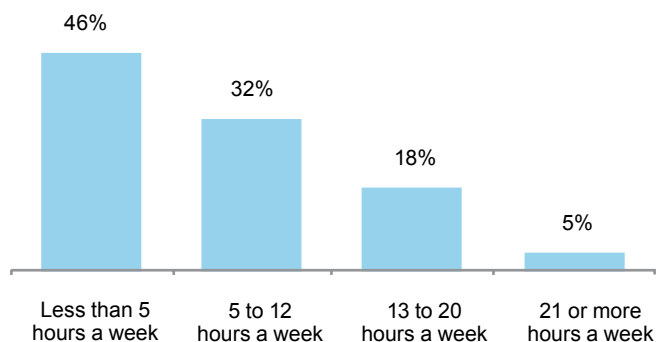
Similar to the picture across BC, 5% of employed students in Fraser North worked 21 or more hours each week.

Students who worked at a paid job during the school year



Note: Not all age differences were statistically significant.

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



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

Physical activity, sports, & leisure

In this section, results were similar to the province unless otherwise noted.

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. In Fraser North, 15% of students (19% of males vs. 12% of females) met these guidelines. Ten percent of students (8% of males vs. 11% of females) had not exercised at all in the past week.

Younger students were generally more likely than older ones to have met the physical activity guidelines. For example, 24% of students aged 12 or younger had exercised an hour daily in the past week, compared to 10% of students aged 17.

Canadian Guidelines recommend that individuals aged 18 and older take part in 150 minutes of moderate to vigorous physical activity each week. Fifty-six percent of students age 18 and older (68% of males vs. 45% of females) met these recommendations by participating in 60 minutes of exercise on at least three days in the past week.

Physical activity was associated with health benefits. For example, those who exercised daily during the past week were more likely to have slept for eight or more hours the previous night (62% vs. 48% of students who exercised on fewer days) and to rate their mental health as good or excellent (86% vs. 80%).

Local youth who had been teased, excluded, and/or assaulted who exercised on at least three days in the past week were more likely than those who exercised on fewer days to feel good about themselves (72% vs. 66%) and about their skills and abilities (83% vs. 73%).



I want to be more physically active but I'm always busy especially during the Grade 12 year. I wish I'm still active in university even though it is highly unlikely."

Sports

During the past year, 55% of students (60% of males vs. 50% of females) played organized sports on a weekly basis. This was lower than the local rate five years ago (60% in 2008).

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

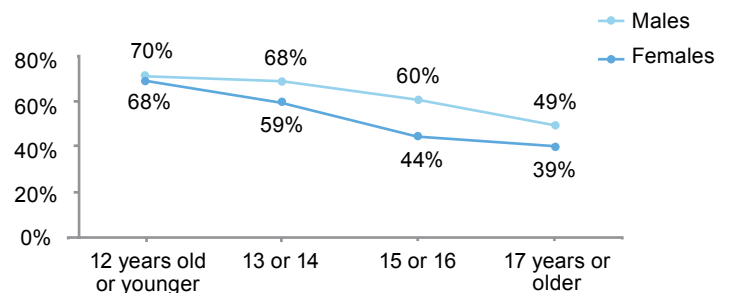
Sixty-four percent of males and 47% of females took part in weekly informal sports, such as road hockey, hiking, and skateboarding. Local youth were less likely than those across BC to participate (55% vs. 58% provincially). They were also less likely to participate than their local peers five years previous (67% in 2008).

Eighteen percent of youth (7% of males vs. 29% of females) took part in weekly yoga, dance, or exercise classes, which was lower than the percentage in 2008 (23%).

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 (84% vs. 75%) or to have slept for eight or more hours the previous night (54% vs. 47%). A similar pattern was seen for organized sports, where 85% of students who played organized sports reported good or excellent mental health, compared to 74% who never participated.

Among youth who had been physically or sexually abused, those who took part in organized sports on a weekly basis were more likely to rate their overall health as good or excellent (85% vs. 70% of those who did not play organized sports). Similarly, 84% of youth who had been abused who participated in informal sports rated their health as good or excellent, compared to 66% who did not participate.

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



Note: Not all differences were statistically significant.

“

Sports have literally saved my life.”

Barriers to participation

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

Barriers to participation in activities		
	Males	Females
Too busy	42%	53%
Couldn't get there or home	13%	20%
Couldn't afford to	11%	19%
Activity wasn't available in community	11%	14%
Worried about bullying	3%	7%

2010 Winter Olympics

Three years after the 2010 Winter Olympic and Paralympic Games, 13% of students (15% of males vs. 12% of females) reported that they were more physically active as a result of the Games, and 6% felt they had more sports opportunities as a result of the Games. These rates mirrored the provincial picture.

Gambling

While the legal gambling age in BC is 19, 10% of Fraser North students (14% of males vs. 5% of females) had gambled in the past 12 months and the majority of these youth were aged 18 and under. This percentage was similar to the provincial rate but represented a local decrease from 39% in 2008.

Three percent of students (5% of males vs. 1% of females) who had gambled in the past year did so more than once a month. This rate also was comparable to that seen across BC and represented a decrease from 4% in 2008.



Technology use

Ninety percent of youth in Fraser North (88% of males and 92% of females) owned a cellphone or other portable electronic communication device. The majority (98%) had used their device on the previous school day.

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

Females were more likely than males to use their cellphone to communicate with friends, communicate with parents, and to chat online or social network. Males were more likely to use their phone to bully others (3% vs. 2% of females) and to engage in sexting (10% vs. 6%). However, males were less likely than their peers across the province to engage in sexting (13% provincially).

Def.

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

Used cellphone to...	Did this on last school day	When activity took place		
		Before school	During school	After school
Communicate with friends	89%	44%	61%	71%
Play games/entertainment/music	83%	30%	46%	68%
Communicate with parent(s)	83%	17%	34%	67%
Find information	71%	17%	51%	46%
Chat online or for social networking	71%	27%	36%	62%
Communicate with teachers	9%	2%	4%	5%
Sexting	8%	2%	2%	7%
Bully others	2%	<1%	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.



It is true that students are exposed to more technology, from computers to cellphones. Consequently, the health of the students is negatively affected. The eye-sight is greatly affected by the number of hours one spends staring at a screen.”

Females were more than twice as likely as males to have met someone through the Internet who made them feel unsafe (19% vs. 9%).

Seventy-eight percent of students (74% of males vs. 81% of females) were online or on their phone after they were supposed to be asleep. The most common activities included surfing the Internet (62%), chatting online or social networking (56%), and using a phone to talk or text (55%).

Ten percent of students reported that they did not have a cellphone or other such device. There were differences between these students and those who had a phone. For example, students without a cellphone were more likely than their peers with a phone to rate their mental health as good or excellent (85% vs. 80% with a phone), to have slept for eight or more hours the previous night (63% vs. 49%), and to feel connected to school.

Students with a cellphone were more likely than students without a phone to report having an adult outside their family they felt comfortable talking to (31% vs. 25% without a phone).

Online safety

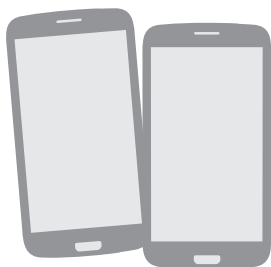
Consistent with provincial findings, 14% of students (10% of males vs. 17% of females) reported that they had been cyberbullied in the past year. Six percent reported that they had cyberbullied someone else in the past year.

Students who had been cyberbullied were more likely to have missed out on extracurricular activities because they were worried about being bullied (16% vs. 3% who had not been cyberbullied).

Technology use after students were expected to go to sleep

	Males	Females
Surfing the Internet	60%	63%
Chatting online or social networking	50%	62%
Using a phone to chat or text	47%	63%
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.



I was bullied via texting, Facebook, and in real life by people at my school.”

Youth engagement

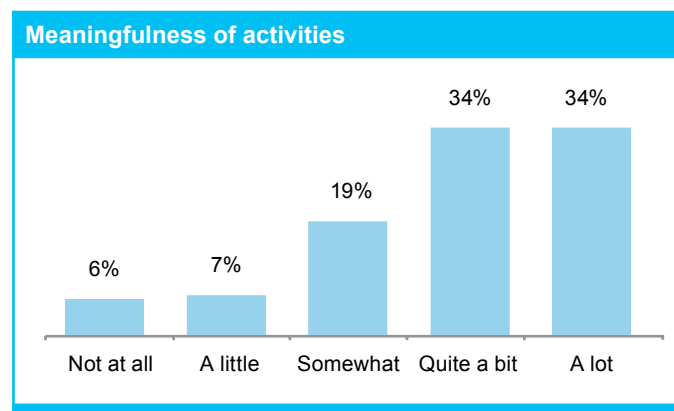
Students were asked about their level of engagement in the activities they took part in. Specifically, they were asked how meaningful they felt their activities were and how much they felt their ideas were listened to and valued within these activities.

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

When asked if they felt that their ideas were listened to and acted upon in these activities, 46% of students felt that they were to a significant extent. This was also similar to the 2013 provincial picture but lower than the 2008 local rate of 50%.

There were positive associations for youth who felt valued within the activities they took part in. For example, students who felt their ideas were listened to at least quite a bit were more likely to rate their overall health as good or excellent (93% vs. 73% of those who did not feel their ideas were listened to as much).

Among youth who had been bullied in the past year, those who felt their activities were at least quite a bit meaningful were more likely than those who did not feel their activities were as meaningful to report feeling good about themselves (75% vs. 51%) and to rate their mental health as good or excellent (78% vs. 56%).



Family relationships

The BC AHS asked youth about their sense of connectedness to their family. Similar to results across the province, most students reported that their family paid attention to them (76%), they had fun together (68%), and their family understood them (59%) quite a bit or very much. Males were more likely than females to feel that their family understood them (63% vs. 55%) and paid attention to them (79% vs. 74%).

Also consistent with the province, 8% of local students (6% of males vs. 9% of females) felt their family did not pay attention to them, while 12% felt their family did not have fun together, and 16% (14% of males vs. 18% of females) felt their family did not understand them.

There was an association between family relationships and injury prevention. For example, students who felt their family paid attention to them quite a bit or very much 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 alcohol (13% vs. 25%) or using marijuana (8% vs. 20%). In addition, they were more likely to report always wearing a seat belt when riding in a motor vehicle (78% vs. 69% who felt their family did not pay attention to them).

Students who felt their family paid attention to them were also more likely to report good or excellent mental health and less likely to try substances than their peers who did not feel their family paid attention to them. For example, they were less likely to have ever tried alcohol (33% vs. 55%), marijuana (14% vs. 33%), and other substances (11% vs. 27%) such as mushrooms, cocaine, and prescription pills without a doctor's consent.

Among youth with an unstable home life (such as those who had moved three or more times in the past year), those with the highest levels of family connectedness were more likely than those with lower levels to rate their overall health and mental health as good or excellent. They were also more likely to be planning to continue their education beyond high school.

Students were asked on the survey if there was an adult in their family they could turn to if faced with a serious problem. Locally, 72% of students (74% of males vs. 70% of females) indicated that there was, which was consistent with the provincial rate. Students who had such an adult in their lives were less likely to miss out on needed mental health services (6% vs. 26% of students who did not feel they could turn to an adult relative).

Def.

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



I love to be around my older sister and friends because they care.”

In addition, lesbian, gay, and bisexual youth who felt they had an adult in their family to talk to were more likely than those without this support to rate their mental health as good or excellent (59%* vs. 34%*) and to feel good about themselves (71%* vs. 37%*), and were less likely to have self-harmed in the past year (32%* vs. 55%*).

Among students with a debilitating health condition, those who had an adult in their family to talk to if they were having a serious problem were less likely to have missed out on needed medical care (15% vs. 42%) and mental health services (28% vs. 63%) in the past year.

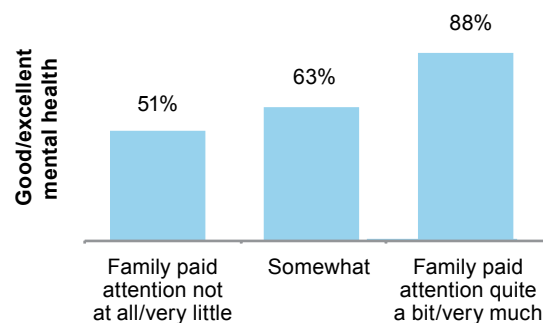
Parental monitoring

Consistent with students across BC, 75% of Fraser North students reported that their parents always or mostly knew what they were doing in their free time. One in ten youth reported that their parents never or rarely knew what they were doing.

Students whose parents were aware of what they were doing in their free time were less likely to be texting or chatting on their phone after they were expected to be asleep (51% vs. 67% of students whose parents were not monitoring their spare time). They were also more likely to have slept for eight or more hours the previous night (54% vs. 34%).

Parental presence at meal times was linked to positive health. For example, youth who ate their evening meals with their parents at least sometimes were more likely than those who rarely or never ate with their parents to rate their overall health as good or excellent (88% vs. 76%) and to report eating fruit or vegetables three or more times the day before completing the survey (64% vs. 47%).

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



Supportive & caring adults outside the family

Adult to turn to for help

Reflecting the provincial picture, 30% of local youth (27% of males vs. 33% of females) felt they had an adult outside their family they could turn to if faced with a problem.

Students who had an adult outside their family to turn to were more likely to feel like a part of their community (42% vs. 37% without this support). Among students who had been physically or sexually abused, those who had such an adult in their lives were more likely to feel good about themselves (65% vs. 55% without such an adult) and their abilities (83% vs. 70%).

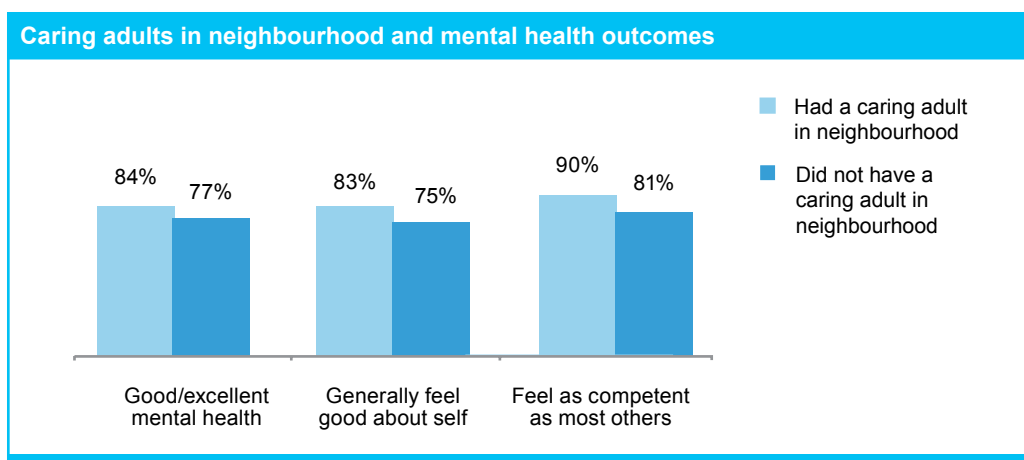
“Had it not been for my soccer coach and my principal I would be dead... or suicidal.”

Local adult who cares

Mirroring the provincial picture, 58% of local students (55% of males vs. 60% of females) reported having an adult in their neighbourhood or community (beyond their school or family) who cared about them.

Feeling cared about by an adult outside the family was also associated with positive mental health, including youth feeling good about themselves and their abilities, and a lower risk of seriously considering suicide in the past year.

Students with an adult in their community who cared about them were more likely to feel that the activities they engaged in were meaningful (75% vs. 59% who could not identify a local adult who cared about them) and to feel that their ideas were listened to and acted upon (53% vs. 35%).

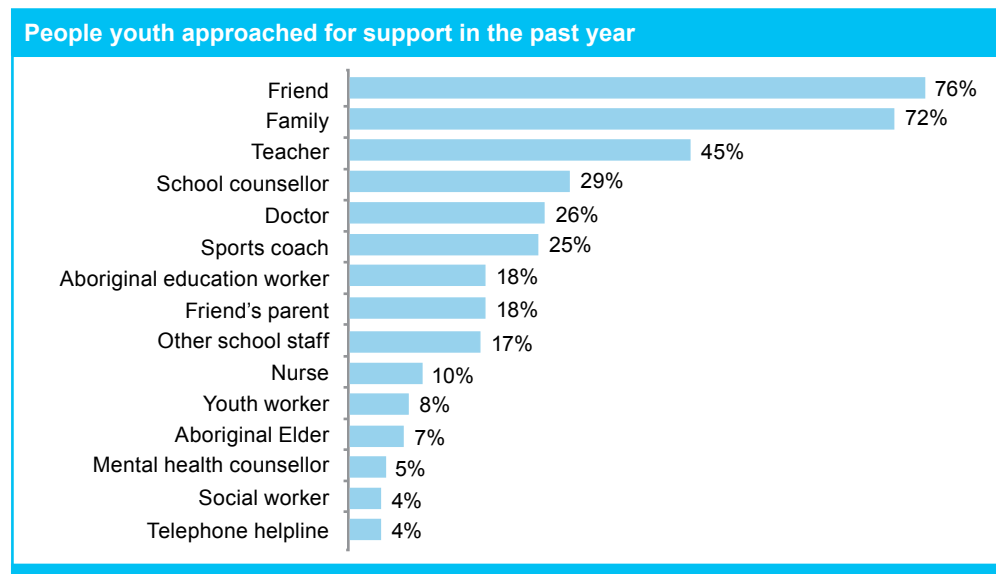


Help seeking

When students in Fraser North needed help, they most commonly approached friends and family members. This was similar to students throughout BC, although local students were more likely to ask their friends (76% vs. 73% provincially) or family (72% vs. 69%) for help. Students also sought support from a variety of different professionals, most commonly teachers, school counsellors, doctors, and sports coaches.

Females were more likely than males to have sought help from a friend (83% vs. 69%), family member (74% vs. 69%), or mental health counsellor (6% vs. 4%). In comparison, males were more likely to have sought the help of a teacher (47% vs. 42% of females), other school staff (19% vs. 15%), nurse (11% vs. 8%), or sports coach (29% vs. 21%).

Local youth were more likely than students in the province as a whole to seek the help of a teacher (45% vs. 41%).



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

Most male and female students generally found the people they approached for help to be helpful, although some vulnerable groups were less likely to feel this way. For example, youth who had been teased, socially excluded, and/or assaulted who asked a teacher for help were less likely than their peers who had not been bullied to have found a teacher helpful (88% vs. 95%).

When youth found the adults in their lives to be helpful, there were health benefits. For example, youth who had been bullied who asked their teacher for help and found this experience helpful were less likely to have seriously considered suicide in the past year (13% vs. 31%* who did not find their teacher helpful).

In addition, youth who had been physically and/or sexually abused and found their school counsellor helpful were more likely than those who did not find their school counsellor helpful to have only positive aspirations for the future (88% vs. 73%*).



I am getting help for my depression and going to see counsellors.”

Peer relationships

One third (33%) of students had been in a romantic relationship in the past year, which was lower than the provincial rate of 39% and lower than the local rate five years previous (53% in 2008).

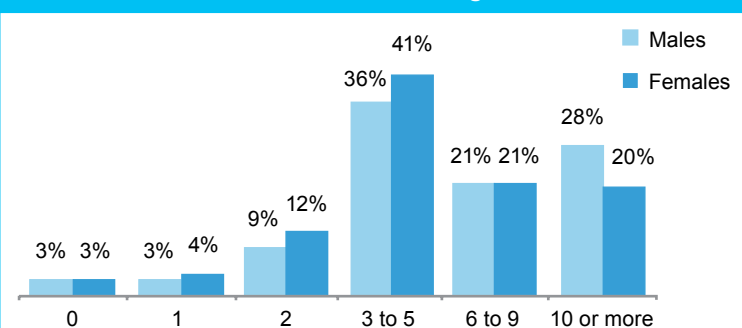
Among students in a romantic relationship, 6% of male and female youth had been the victim of dating violence, which was comparable to the rate across BC and to the local rate of dating violence in 2008.

In total, 97% of Fraser North students reported having at least one close friend, and 83% had three or more close friends (85% of males vs. 81% of females).

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. 75%). They were also less likely to have been teased, excluded, or assaulted in the past year (49% vs. 58%).

Having more than two close friends appeared to be protective for youth who had been bullied. For example, among students who had been socially excluded, those with three or more friends were more likely than those with fewer friends to feel good about themselves (70% vs. 50%) and about their skills and abilities (81% vs. 63%). Also, among students who had been teased, those with three or more friends were more likely to have only positive future aspirations (90% vs. 82% of those with fewer friends).

Number of close friends in school or neighbourhood



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

Note: The difference between males and females who had 1 friend was not statistically significant.

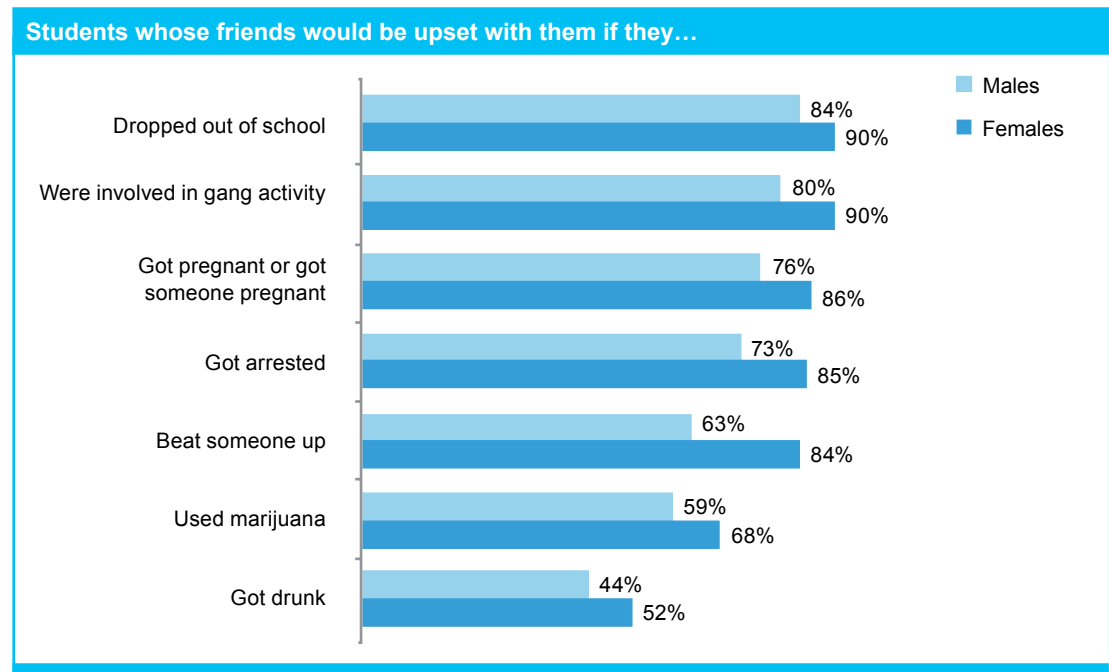


I don't know if I can actually trust my 'friends' who think they are 'popular' just because they have a boyfriend."



Friends with pro-social attitudes

Students were asked if their friends would be upset with them if they were involved in certain risk behaviours, such as getting arrested, dropping out of school, or using marijuana. Fraser North students generally had friends who would be upset with them for engaging in most of these behaviours. They were more likely than those throughout BC to have friends who would be upset with them if they used marijuana (64% vs. 58%) or got drunk (48% vs. 44%).



Having pro-social peers was a protective factor. For example, local students whose friends would be upset with them if they beat someone up were less likely to have assaulted someone than those whose friends would not be upset with them for this reason (1% vs. 5%). In addition, students whose friends would be upset with them for dropping out of school were more likely to have post-secondary plans (91% vs. 84% of those whose friends would not be upset with them for dropping out of school).

Further, students who drank in the past month were less likely to have been binge drinking during this period if they had friends who would be upset with them for getting drunk (29%* vs. 62% of those whose friends would not be upset with them for getting drunk; among youth who ever drank).

Students whose friends would be upset with them if they...			
	2008	2013	Change from 2008
Dropped out of school	85%	87%	↑
Were involved in gang activity	NA	85%	
Got pregnant or got someone pregnant	75%	81%	↑
Got arrested	69%	79%	↑
Beat someone up	57%	74%	↑
Used marijuana	64%	64%	--
Got drunk	39%	48%	↑

Note: NA means that the question was not asked.

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



Neighbourhood safety

Reflecting the provincial picture, 80% of youth always felt safe inside their home. Local youth were less likely than their peers across the province to always feel safe in their neighbourhood during the day (60% vs. 64% provincially) or at night (23% vs. 28%). Among youth who used transit, 14% always felt safe doing so (lower than the 17% provincially), while 4% never did.

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

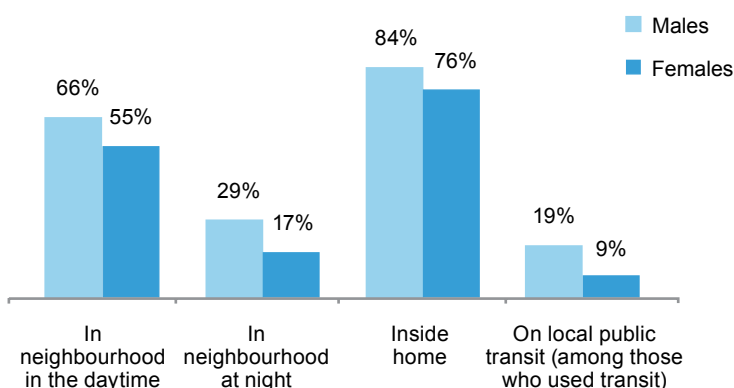
When compared to youth who never felt safe in their neighbourhood during the day, those who always felt safe were more likely to rate their mental health as good or excellent (86% vs. 72%*), plan to continue their education after high school (91% vs. 79%*), and to have only positive future aspirations (91% vs. 80%).

In addition, youth who always felt safe in their neighbourhood during the day were less likely to have attempted suicide in the past year (5% vs. 19%*) and to have missed out on needed medical care (7% vs. 16%).

Local students who were born outside of Canada were less likely to always feel safe in their neighbourhood in the daytime (56% vs. 62% of youth born in Canada). However, if these students did feel safe in their neighbourhood during the day, they were more likely to spend time outdoors doing weekly informal sports, such as hiking, biking, or skateboarding (54% vs. 37%* of those who never or rarely felt safe).



Students who always felt safe in their neighbourhood



Community connectedness & cultural engagement

Community connectedness

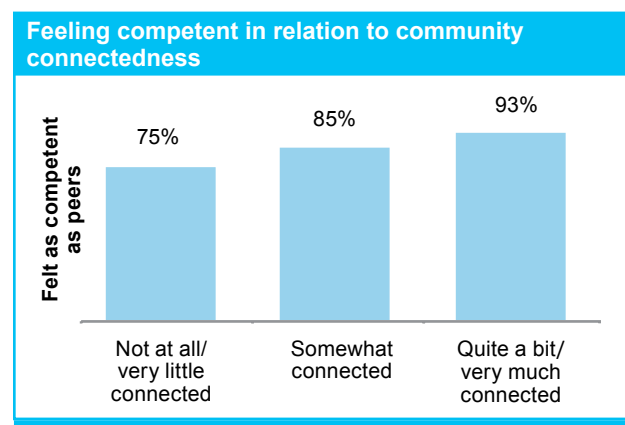
Students were asked how much they felt like a part of their community. Similar to youth across BC, 38% of students reported that they felt quite a bit or very much connected to their community.

There were benefits associated with students feeling like a part of their community. For example, these youth were more likely to play sports or volunteer weekly, and were more likely to feel good about themselves and their abilities.

Youth who had been victimized also specifically benefitted from feeling like a part of their community. For example, among youth who had experienced verbal or physical sexual harassment in the past year, those who felt connected to their community were less likely than those who did not feel connected to have missed out on accessing needed mental health services (15% vs. 27%) or medical care (12% vs. 24%) in the past year.

Cultural engagement

In addition to feelings about their community, students were asked about their engagement in their culture. Similar to youth across the province, 7% of students participated in cultural or traditional activities at least weekly. Youth who were involved in traditional activities on a weekly basis were more likely to feel good about themselves (86% vs. 78% of those who never participated). Also, youth who had eaten traditional foods from their culture the day before completing the survey were more likely to rate their mental health as good or excellent (84% vs. 78% of those who had not eaten these foods).



Summary list of protective factors

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

PROTECTIVE FACTOR	EXAMPLE
Stable home	Youth who had not moved in the past year were more likely than those who had moved to feel there was an adult in their neighbourhood or community who cared about them.
Eight or more hours of sleep	Youth with a debilitating health condition or disability who slept for eight or more hours were more likely than those who slept fewer hours to rate their mental health as good or excellent.
Good nutrition	Among students who were classified as obese, those who ate three or more servings of fruit or vegetables on the day before taking the survey were more likely than their peers who had fewer servings to have participated in informal sports on a weekly basis.
Sports and exercise	Students who exercised daily during the past week were more likely than their peers who exercised less often to have slept for eight or more hours the previous night.
Feeling safe at home, in school, and the community or neighbourhood	If youth who were born outside of Canada felt safe in their neighbourhood during the day, they were more likely to be spending time outdoors doing weekly informal sports, such as hiking, cycling, or skateboarding.
Feeling connected to school	Youth with a mental or emotional health condition were more likely to feel good about themselves if they felt more connected to their school.
Feeling engaged in activities	Students who felt their ideas were listened to at least quite a bit were more likely than those who did not feel their ideas were listened to as much to rate their health as good or excellent.
Feeling connected to family	Youth who felt their family paid attention to them were less likely than those who did not feel this way to have ever been a passenger in a vehicle with someone who had been drinking.

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

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

Adult in the family students could talk to

Among youth with a debilitating health condition, those who had an adult in their family to talk to if they were having a serious problem were less likely than those without such a relative to have missed out on needed medical care.

A supportive adult outside family

Youth who had an adult outside their family to talk to were more likely than those without such an adult to feel like a part of their community.

Adult outside their family who cares about them

Students with an adult in their community who cared about them were more likely than those who could not identify such an adult to report good or excellent mental health and to feel that the activities they engaged in were meaningful.

Helpful sources of support

Among youth who had been bullied and asked their teacher for help, those who found this experience helpful were less likely than those who did not find their teacher helpful to have seriously considered suicide in the past year.

Having close friends (excluding online friends)

Among students who had been socially excluded, those with three or more friends in their school or neighbourhood were more likely than those with fewer friends to feel good about themselves.

Having friends with pro-social attitudes

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

Community connectedness

Among youth who had experienced verbal or physical sexual harassment in the past year, those who felt connected to their community were less likely to have missed out on accessing needed mental health services or medical care than those who did not feel connected.

Cultural engagement

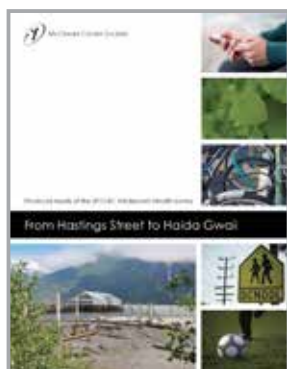
Youth who were involved in traditional activities on a weekly basis were more likely to feel good about themselves, compared to those who never participated.

How to use these results

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

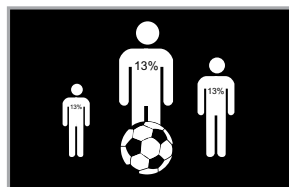
If you would like to join our community mailing list to receive updates about when new reports are released, when webinar presentations are scheduled, and other news related to the BC Adolescent Health Survey, please contact community@mcs.bc.ca.

A selection of BC AHS resources



From Hastings Street to Haida Gwaii

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



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



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

YOUTH RESOURCES



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

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



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

