



Results the 2013 BC Adolescent Health Survey

## Fraser South





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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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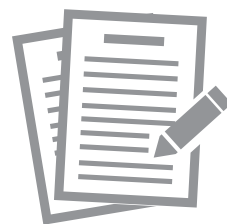
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# Key findings

Findings from the 2013 BC Adolescent Health Survey showed that most youth in Fraser South 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. Survey findings also identified some groups of students who may need additional support, as well as protective factors that are linked to better outcomes among youth.

- Fraser South is ethnically and culturally diverse. For example, 22% of students were born outside of Canada and 61% spoke a language other than English at home.
- Consistent with provincial findings, local students were less likely to rate their mental health as good or excellent than their overall health. However, 84% of youth in Fraser South rated their mental health as good or excellent, which was higher than the percentage across the province (81%).
- Sixteen percent of local students reported having a mental health condition (compared to 19% provincially), and 10% of youth (5% of males vs. 15% of females) did not access mental health services when they thought they needed to. The most common reasons for not accessing these services included not wanting their parents to know, and thinking or hoping the problem would go away.
- Males generally reported better mental health than females, including feeling happy and calm more often in the past month, as well as lower rates of self-harm, suicidal ideation, and suicide attempts.
- Around half of students (59% of males vs. 47% of females) slept for eight hours or more on the night before taking the survey. Most students (86% of females and 79% of males) were doing something such as homework or using their cellphone after the time they were expected to be asleep.
- In the past year, 28% of males and 22% of females were injured seriously enough to require medical attention. Fifteen percent of local students (18% of males vs. 12% of females) experienced a concussion during this time period.
- More students were engaging in injury prevention behaviour than five years earlier. For example, 74% always wore a seat belt when in a motor vehicle compared to 63% in 2008.
- A greater percentage of local females were classified as obese in 2013 than in 2008 (4% vs. 2%), while rates for males remained stable at 8%.

- Rates of ever having oral sex and other types of sex were lower in Fraser South than across the province, and reflected local decreases from 2008. Local youth were as likely as their peers across BC to have used a condom the last time they had sex, but were less likely to have used a condom the last time they had oral sex.
- Compared to their peers across the province, students in Fraser South were less likely to report ever smoking tobacco, drinking alcohol, or using marijuana. There were also local improvements from 2008. For example, youth were more likely to wait until the age of 15 to first drink alcohol or use marijuana, compared to five years earlier.
- Students were more likely to be teased and socially excluded than in 2008, while rates of being physically attacked or assaulted improved for females, and remained unchanged for males. Despite these bullying experiences, the percentage of students who felt safe at school increased.
- Eleven percent of students had been physically abused, and 8% had been sexually abused at some point. These percentages reflected local decreases from 2008.
- Students in Fraser South reported higher levels of school connectedness than students across the province. Local students also felt safer in every area of their school in 2013 than in 2008.
- Protective factors which appeared to improve outcomes for even the most vulnerable youth included physical activity, meaningful engagement in activities, nutrition, and getting eight or more hours of sleep. Local results also highlighted the importance of supportive relationships with peers and adults, including family, teachers, and other professionals.



# 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](http://www.mcs.bc.ca)), 16 reports at the Health Service Delivery Area level will be published over the coming year. This report focuses on students in the Fraser South Health Service Delivery Area.

Fraser South Health Service Delivery Area is comprised of Langley (SD 35), Surrey (SD 36), and Delta (SD 37). All school districts in this region participated in the survey, as they did in 2008.

Due to increased participation of school districts in other parts of the Fraser, we are able to produce a Fraser South report for the first time. The results presented in this report provide the most comprehensive and representative picture of youth health in Fraser South.

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 South 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 South students who participated in the survey are included throughout this report.



## PARTICIPATING SCHOOL DISTRICTS

### Northern Health Authority

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

### Fraser Health Authority

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

### Vancouver Coastal Health Authority

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

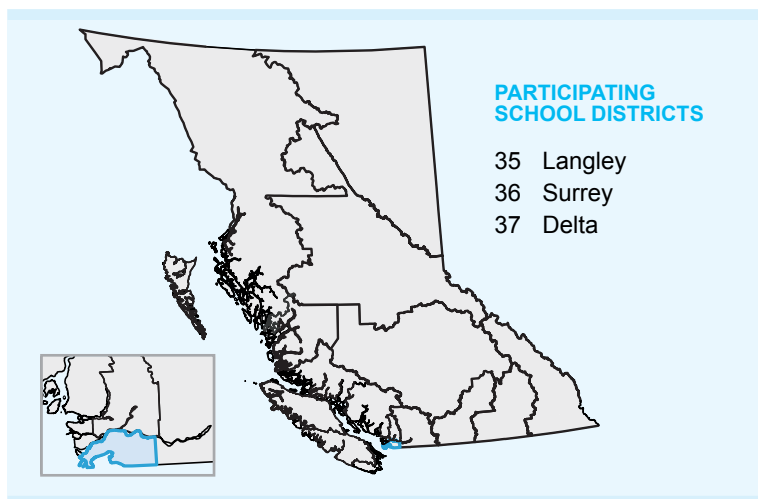
### Vancouver Island Health Authority

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

### Interior Health Authority

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

## FRASER SOUTH HEALTH SERVICE DELIVERY AREA



### ONLINE

A fact sheet explaining the methodology of the survey can be found at [www.mcs.bc.ca](http://www.mcs.bc.ca).

# Youth in Fraser South

## Ethnic & cultural background

In the 2013 BC Adolescent Health Survey, students in Fraser South most commonly reported that they were of European heritage (41%), which was below the provincial rate of 53%, and a local decrease from 47% in 2008. Twenty-six percent of local students were of South Asian heritage, which was above the provincial rate of 10%.

There was also an increase in the percentage of youth identifying as East Asian (13% in 2008 vs. 16% in 2013), Southeast Asian (7% in 2008 vs. 12% in 2013), and Australian/Pacific Islander (2% in 2008 vs. 3% in 2013). There was a decrease in the percentage of youth who did not know their background (7% in 2008 vs. 5% in 2013).

| Family background            |     |
|------------------------------|-----|
| European                     | 41% |
| South Asian                  | 26% |
| East Asian                   | 16% |
| Southeast Asian              | 12% |
| Aboriginal                   | 5%  |
| Latin/South/Central American | 4%  |
| African                      | 3%  |
| Australian/Pacific Islander  | 3%  |
| West Asian                   | 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.

## ABORIGINAL STUDENTS

Five percent of local students identified as Aboriginal, which was a decrease from 7% in 2008, and lower than the provincial rate of 10%.

Among local students who identified as Aboriginal, 56% were First Nations, 37% were Métis and 11% specified another Aboriginal group, such as Blackfoot and Cherokee (youth could select more than one Aboriginal identity if it were applicable).

Seven percent of Aboriginal youth spoke an Aboriginal language, which was below the provincial rate of 14%. Eight percent had ever lived on reserve.

## NEW CANADIANS

Twenty-two percent of students were born outside of Canada, which was above the provincial rate of 19%, and an increase from 2008 (19%). Among local students born outside Canada, 16% had lived here less than two years, and 30% had lived here between 2 and 5 years.

Fifteen percent of local students born outside Canada were international students, and 5% were refugees.

## LANGUAGE

Students in this region were less likely to speak only English at home than their peers across the province (39% vs. 51%). Thirty percent reported speaking another language at home most of the time, which was higher than the provincial rate of 21%, and reflected a local increase from five years previous (23% in 2008).

## Sexual orientation & gender identity

Local students identified with a range of sexual orientations, and percentages were generally similar to those across the province.

Also consistent with the province, males were more likely to identify as completely straight (87% vs. 79% of females), whereas females were more likely to identify as mostly straight (7% vs. 3% of males), as well as bisexual (3% vs. 1%), and questioning. Male and female students were equally likely to identify as gay or lesbian, and to report not having attractions.

Both male and female students in Fraser South were less likely to identify as completely straight in 2013 (83%) than in 2008 (87%).

Students were asked if they identified as transgender. Less than one percent of youth identified this way. Aboriginal students were also asked if they identified as Two Spirit. The percentage who identified this way could not be released due to the risk of deductive disclosure.

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

## Home life

Similar to the rest of the province, 95% of students lived with at least one parent (including a step-parent), which was a decrease from five years previously (97% in 2008). Local youth were more likely than those across the province to be living with their father or stepfather (74% vs. 71%), their siblings or step-siblings (66% vs. 58%), or with their grandparents (13% vs. 9%).

Mirroring the provincial picture, the vast majority of youth (86%) reported that their parents or guardians worked locally, while 13% had at least one parent who worked somewhere else in BC or Canada, and 6% had a parent who worked abroad. Three percent of youth indicated that their parents did not work.

| Who youth lived with most of the time |     |
|---------------------------------------|-----|
| Mother/stepmother                     | 87% |
| Father/stepfather                     | 74% |
| Sibling(s)/stepsibling(s)             | 66% |
| Grandparent(s)                        | 13% |
| Both parents at different times       | 8%  |
| Other adult(s) related to me          | 5%  |
| Other children or youth               | 2%  |
| Other adult(s) not related to me      | 1%  |
| Two mothers/two fathers               | 1%  |
| I live alone                          | 1%  |
| Foster parent(s)                      | <1% |
| 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. ➔

## Stable home

Eight percent of youth had run away in the past year. As was seen provincially, females were more likely than males to have run away (9% vs. 7%), although local females were less likely to have run away than their peers across BC (9% vs. 11%).

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

When compared to youth who had moved house, those who had stayed in the same home for the past year were more likely to plan to continue their education beyond high school (90% vs. 85%). They were also more likely to feel there was an adult in their community or neighbourhood who cared about them (59% vs. 53%), and were less likely to have attempted suicide in the past year (5% vs. 8%).

Youth with a mental or emotional health condition who had not moved in the past year reported better mental health than their peers who had moved. For example, they were less likely to have attempted suicide (26% vs. 44% of those who had moved), or to have self-harmed (53% vs. 67%\*) in the past 12 months.

## Government care

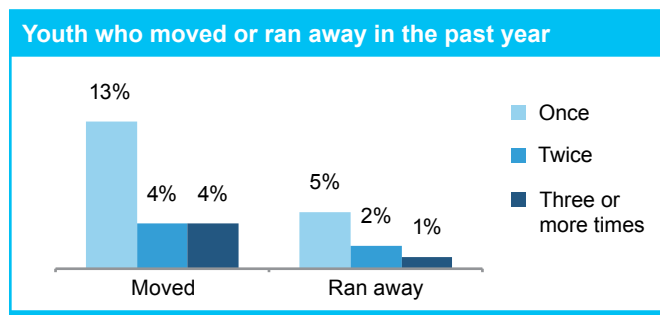
A little under 2% of Fraser South students had ever lived in foster care, and 1% had lived in a group home. One percent were currently in government care.

Reflective of youth in care across the province, half of local students with care experience had moved in the past year. Students with care experience were more likely to have moved in the past year compared to those who had not been in care (50%\* vs. 20%), and were more likely to have moved three or more times (20% vs. 4% of students who had not been in government care).

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 age-eligible local students had 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, 59% of youth (54% of males vs. 64% of females) had some caretaking responsibilities, such as caring for pets or other animals (41% of males vs. 46% of females), and caring for a relative (e.g., a relative with a disability or younger sibling; 20% of males vs. 29% of females).

Local students were more likely than those across BC to be caring for a relative (25% vs. 20% provincially), and were less likely to be caring for pets or other animals (44% vs. 52% provincially).

Students who took care of a relative were more likely than other students to be dealing with associated challenges, such as missing out on extracurricular activities because they could not afford them (16% vs. 11% without these caretaking responsibilities) or because they were too busy (51% vs. 44%).

“ I feel responsible for my siblings and I feel a lot of stress since my parents divorced.”

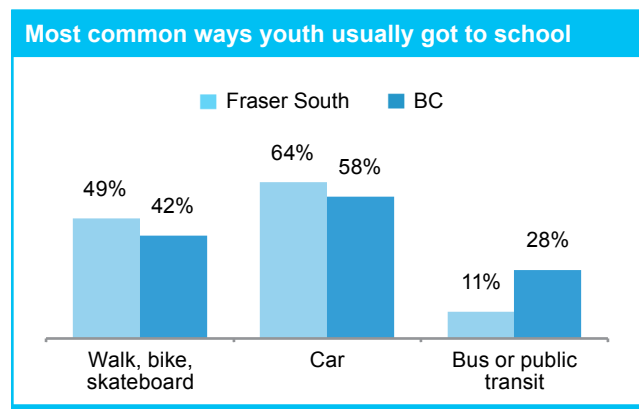
## Transportation

Students were asked about the method of transport they usually used to get to school. Forty-nine percent used active means, including walking, biking, or skateboarding. Sixty-four percent (61% of males vs. 67% of females) got to school by car, and 11% took a bus or other public transit. One percent of students usually hitchhiked to school.

Youth who were dependent on public transit to get to school were more likely to have missed out on extracurricular activities because they could not get there or home (26% vs. 16% of youth who did not use a bus to get to school).

When asked about transportation in general, 75% of Fraser South youth used public transit, which was similar to the provincial rate. Also similar to the provincial rates, males were twice as likely as females to have hitchhiked somewhere in the past month (4% vs. 2%).

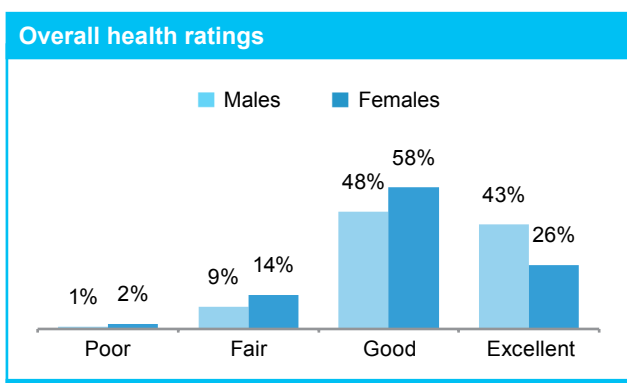
Twenty-nine percent of Fraser South youth held some sort of driver's licence, including 20% who had a learner's licence and 9% who had a novice licence.



# Physical health

Consistent with provincial findings, most students (87%) rated their health as good or excellent. Males were less likely than females to rate their health as good, and more likely to rate it as excellent.

Compared to five years previous, students were more likely to rate their health as excellent (34% in 2013 vs. 30% in 2008), and less likely to rate it as either poor (1% vs. 2%) or fair (11% vs. 14%).



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

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

## Health conditions & disabilities

Twenty-four percent of students (20% males vs. 27% females) had at least one health condition or disability, which was lower than the provincial rate of 26%.

Females were more likely than males to report having a mental or emotional health condition (13% vs. 3%) or a long term or chronic condition (10% vs. 8%).

When students were asked about specific mental health conditions such as an Anxiety Disorder or Depression, the percentage with a mental or emotional health condition doubled (see page 15 for more details).

Among youth with a health condition or disability, 40% (31% males vs. 46% females) had a condition that sometimes prevented them from doing things their peers could do, and 4% had a condition that always prevented them from participating in these activities.

| Youth with a health condition or disability                 |    |
|---|----|
| Long term or chronic condition (e.g., diabetes or asthma)   | 9% |
| Mental or emotional health condition                        | 8% |
| Learning disability   | 3% |
| Behavioural condition                                       | 3% |
| Sensory disability  | 3% |
| Allergies severe enough to require an epinephrine injection | 2% |
| Physical disability   | 1% |

Note: Youth could choose more than one response.



I have really good health.”

## Foregone medical care

In the past year, 7% of students (6% males vs. 8% females) did not get medical help when they thought they needed it. This was lower than the 2013 provincial rate (8%), and down locally from 12% in 2008.

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

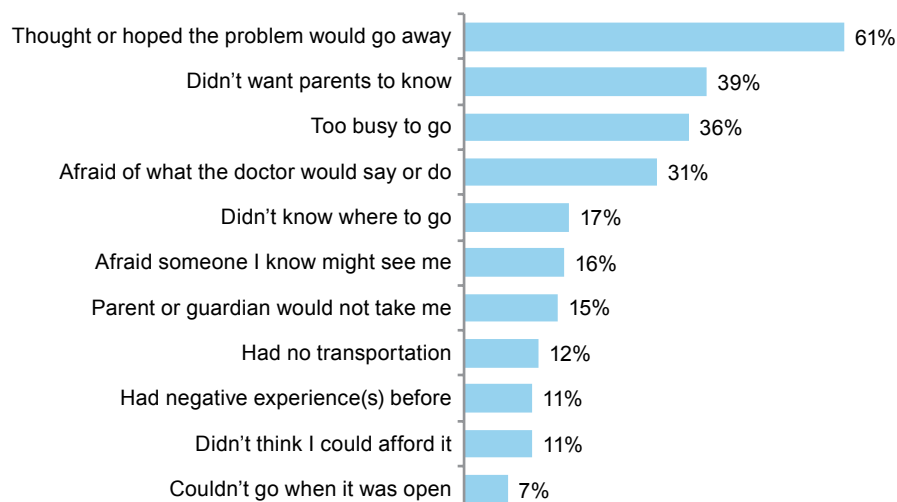
Compared to five years prior, Fraser South students were more likely to have missed out on needed medical care because they did not want their parents to know (39% in 2013 vs. 18% in 2008), did not know where to go (17% vs. 10% in 2008), and were afraid someone they knew might see them (16% vs. 5% in 2008).

Females were more likely than males to miss out on needed medical care because they thought or hoped the problem would go away (68% vs. 49%\*), and because they were afraid someone they know would see them (20% vs. 10%).

## Dental visits

Similar to the picture across the province, 85% of local students had visited the dentist in the past 12 months, 5% had last visited more than 24 months ago, and 2% (2% of males vs. 1% of females) had never been to the dentist. For 8% 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)**



Note: Youth could choose more than one response.



# Sleep

It is recommended that adolescents get between 8.5 and 9.25 hours of sleep each night. In Fraser South, 53% of students (59% of males vs. 47% of females) slept for eight hours or more on the night before taking the survey, while 5% (4% of males vs. 5% of females) slept for four hours or less.

Older students slept less than younger ones. For example, 38% of 18-year-olds slept for eight or more hours on the night before taking the survey, compared to 82% of those aged 12 or younger.

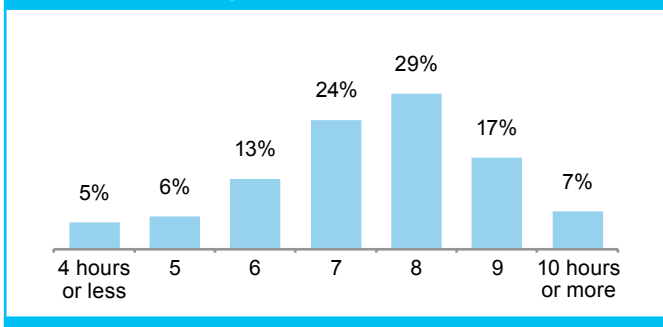
Comparable to the provincial picture, 86% of females and 79% of males were doing something such as homework or using their cellphone after the time they were expected to be asleep. For example, 48% of local students (43% of males vs. 53% of females) were doing homework after they were expected to go to sleep.

Some students were at particular risk of not getting enough sleep. For example, 39% of students who had been physically or sexually abused slept eight or more hours the night before taking the survey, compared to 55% of students who had not experienced abuse.

The more hours of sleep students got, the more likely they were to rate their mental health as good or excellent. Sleep was a protective factor for all youth, including the most vulnerable. For example, youth who had been abused who slept for at least eight hours were less likely than those who slept fewer hours to have self-harmed in the past year (31% vs. 41%), and to have foregone necessary mental or emotional health services (21% vs. 34%).

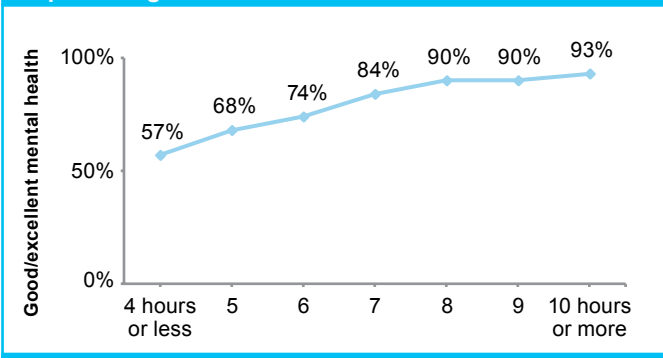
Similarly, Fraser South students with a mental or emotional health condition who slept for eight or more hours were more likely than those who slept fewer hours to have only positive aspirations for the future (82% vs. 68%).

Hours slept last night



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

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



Note: Not all differences were statistically significant.



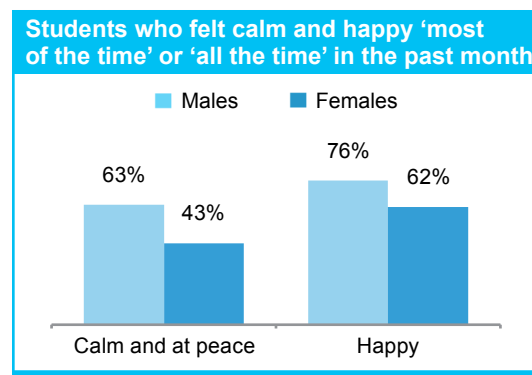
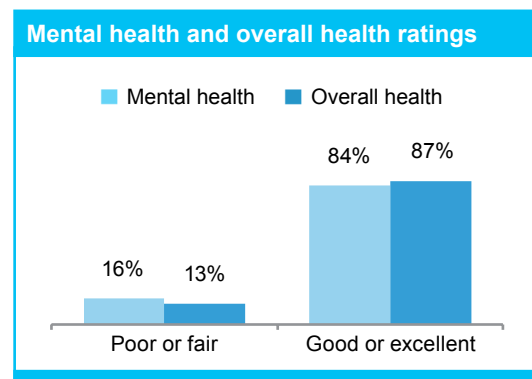


# Mental health

Most youth (84%) rated their mental health as good or excellent, which was higher than the percentage across the province (81%). As was the case throughout BC, males were more likely than females to rate their mental health as good or excellent (89% vs. 79%), whereas females were more likely to rate it as fair or poor (21% vs. 11% of males).

Consistent with provincial findings, 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 (90% of males vs. 73% of females) and felt they were as competent as most of their peers (92% 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 (81% vs. 72%).

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

## Mental health conditions

Students were asked about specific mental health conditions and 16% indicated at least one condition. As was the case provincially, females were more likely than males to have at least one condition (19% vs. 12%). Females were also more likely to have multiple conditions (8% vs. 3% of males).

Youth most commonly reported having Depression (8%), Anxiety Disorder (8%), and/or Attention Deficit/Hyperactivity Disorder (ADHD; 4%). Females were more likely than males to have Anxiety Disorder (11% vs. 4%) and Depression (11% vs. 4%).

Males and females reported comparable rates of ADHD, unlike in the province as a whole where the percentage was higher among males.

Local students were less likely than students across the province to report having at least one condition (16% vs. 19% provincially), and to specifically report having an addiction to alcohol or other drugs (1% vs. 2% provincially). Local males were also less likely than males across BC to indicate having Depression (4% vs. 5%) and ADHD (5% vs. 7%).

## Stress & despair

As seen provincially, most students (81%) reported feeling some level of stress in the past month. 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. Local males and females were more likely to report experiencing some level of despair in 2013 than five years earlier (52% vs. 46% in 2008).

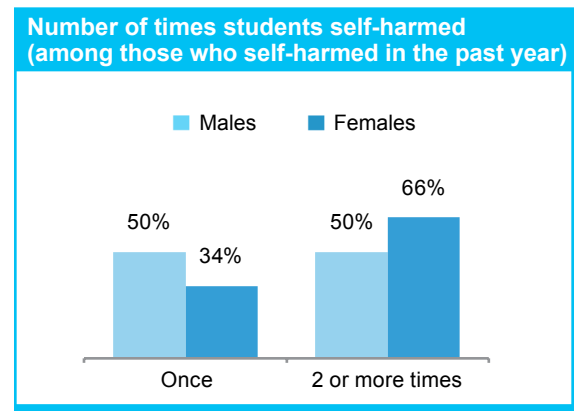
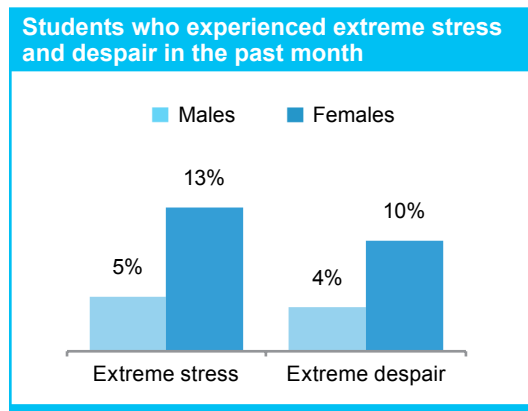
As was the case with extreme stress, percentages of students reporting extreme despair were comparable to those in the province as a whole. Local females were more likely to experience extreme despair in 2013 than 2008 (10% vs. 8%) but the percentages among males were comparable over time.

Percentages of extreme stress and despair tended to be higher among older students. For example, 4% of students aged 13 or younger experienced extreme despair, compared to 8% of those aged 17 or 18.

## Self-harm

Reflecting the provincial picture, 8% of males and 21% of females reported cutting or injuring themselves on purpose without trying to kill themselves in the past year.

Males were more likely to self-harm once, whereas females were more likely to do so multiple times. For example, 25% of females who self-harmed did so six or more times, compared to 12% of males.



I feel like people's expectations of me are far too high. I am unable to meet these expectations and unable to cope with the induced stress."

**Females were more than twice as likely as males to have seriously considered or attempted suicide in the past year.**

## Suicide

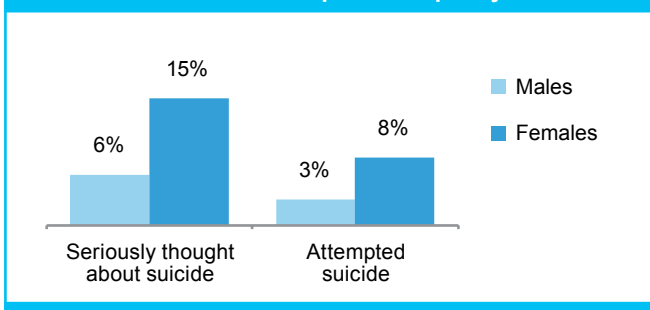
Eleven percent of local students seriously thought about killing themselves in the past year, which was comparable to the provincial rate. Males were less likely in 2013 than in 2008 to have thought about suicide (6% vs. 8%), whereas the percentages for females were similar over time.

The percentages of males and females who attempted suicide in the past year were similar to those in the province as a whole. Local females in 2013 were more likely than in 2008 to have attempted suicide (8% vs. 6%), whereas the percentage for local males did not change over time.

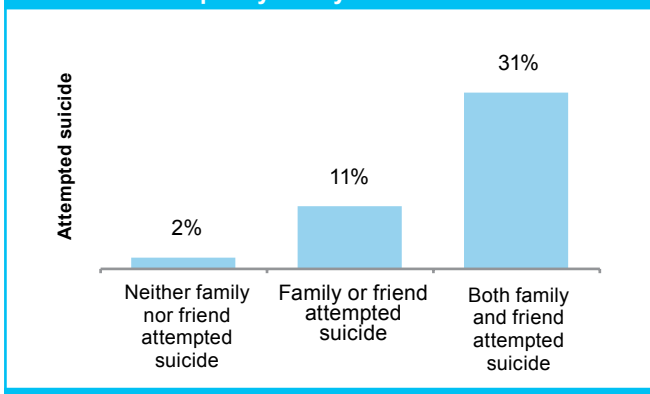
A known risk factor for attempting suicide is having a family member or close friend attempt or die by suicide. Eleven percent of students reported that a family member had tried to kill themselves at some point (4% in the past year), and 20% reported that a close friend had attempted suicide (14% in 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 than students who had either a friend or family member attempt suicide or who had neither experience.

**Suicide ideation and attempts in the past year**



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



**Teachers should talk to students about depression/suicide with their classes.”**

## 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 in prison, homeless, or dead.

Students in Fraser South were less likely than those across the province to see themselves having a home of their own in five years (23% vs. 26%), but they were also less likely to indicate not knowing what the future held for them (11% vs. 13% provincially).

## Foregoing mental health services

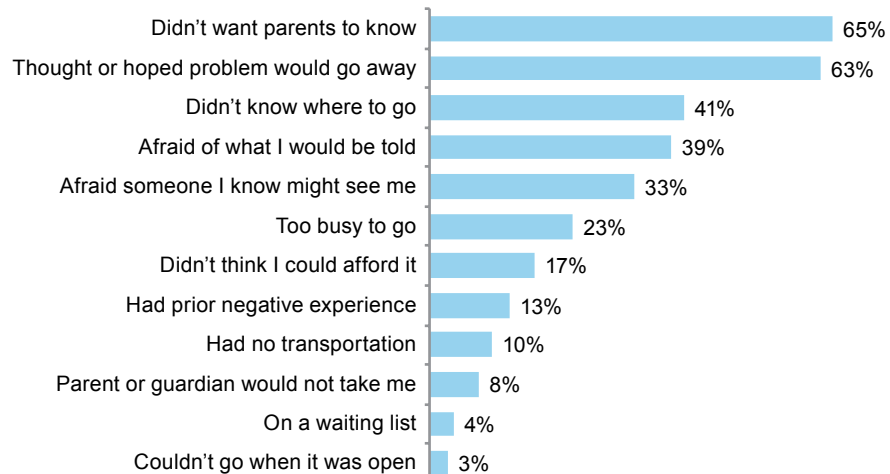
In the past year, 10% of local students (5% of males vs. 15% of females) reported not accessing mental health services when they thought they needed to. These rates were similar to those in the province as a whole.

Local males were less likely to miss out on needed mental health services in 2013 than five years earlier (5% vs. 7% in 2008), whereas the percentages for females were similar over time.

As was the case provincially, the most common reasons for local males and females not accessing needed mental health services included not wanting their parents to know, and thinking or hoping the problem would go away. The only gender difference was that females were more likely than males to not access services because of fear of what they would be told (43% vs. 28%).

Consistent with findings across BC, local students who did not access needed mental health services were more likely in 2013 than five years earlier to list certain reasons for not doing so. These included not wanting their parents to know (65% in 2013 vs. 43% in 2008), thinking or hoping the problem would go away (63% vs. 56%), fearing that someone they knew might see them (33% vs. 21%), and thinking they could not afford to access services (17% vs. 11%).

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



Note: Youth could choose more than one response.

“

I think more info should be advertised about mental health services!”

# Injuries & injury prevention

In the past year, 28% of male and 22% of female students were injured seriously enough to require medical attention. This was similar to provincial findings and to local percentages in 2008.

Sixty-two percent of injuries happened while playing or training for sports or other recreational activities. Also, 7% occurred when students were walking or running outside, 5% when riding a bicycle, 3% when fighting with someone, 3% when riding or driving in a car, and 3% when rollerblading or skateboarding. Three percent of students were using a cellphone or portable electronic device when they were injured.

## Concussions

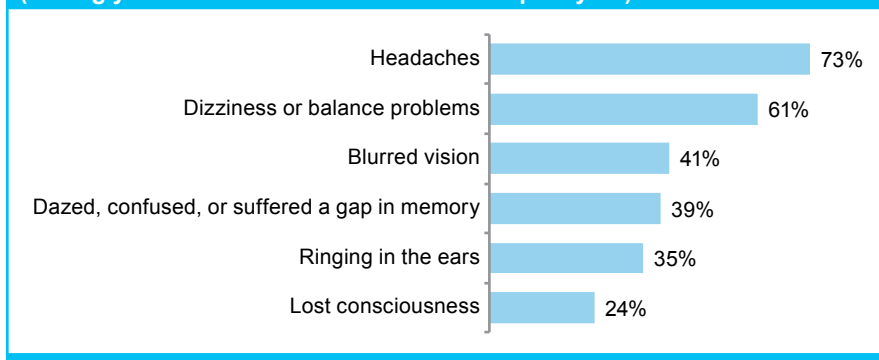
Fifteen percent of youth (18% of males vs. 12% of females) had a concussion in the past year. Eleven percent had one concussion, 3% had two, and 1% had three or more. The most common symptoms were headaches and/or dizziness or balance problems.

In the past year, 13% of Fraser South youth who had experienced a concussion had not accessed needed medical help. Among these youth, 21% reported that the reason they had not accessed care was because they had previously had a negative experience with medical care.

## 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 got injured playing volleyball.  
I'm out for this year."

**9%** of students got a ride in a vehicle with a driver who had been drinking or using marijuana in the past month.

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## Injury prevention

Similar to youth across the province, 74% of local male and female students always wore their seat belt when riding in a motor vehicle. This rate reflected an increase from 63% in 2008.

Youth in Fraser South were more likely to take injury prevention seriously in some activities than others. For example, 72% always wore a helmet when snowboarding or skiing, while 32% always wore one when riding a bike.

Wearing a helmet was linked to a lower risk of having a concussion or other serious injury. For example, 15% of youth who always wore a helmet when using ice skates had a concussion in the past year, compared to 21% of those who never wore a helmet. They were also less likely to have had multiple concussions. As well, 24% of local youth who always wore a helmet when on a bicycle had been seriously injured in the past year, which was below the 28% who never wore a helmet when cycling.

Five percent of local youth who had tried drinking had ever driven a car after drinking alcohol, which was similar to the provincial rate, and a decline from 12% in 2008. It was more common for youth to have driven after using marijuana, which 14% of marijuana users had ever done (a decrease from 19% in 2008), and 8% had done in the past month. Both of these rates were similar to what was reported in the province overall.

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

Twenty-two percent of Fraser South students had been a passenger in a vehicle with a driver who had been drinking or using marijuana.



# Nutrition

Ninety-three percent of youth reported eating fruit or vegetables at least once on the day before taking the survey, which was consistent with the provincial rate and an increase from the local percentage in 2008 (90%).

Canada's Food Guide recommends that males aged 14–18 should eat eight servings of fruit and vegetables daily and females should eat seven servings. Youth aged 13 and younger need six servings. However, 35% of local students had fruit or vegetables only once or twice on the day before taking the survey, which was consistent with students across the province.

Males were more likely than females to have consumed fast food (50% vs. 45%), traditional foods from their background (52% vs. 43%), water (98% vs. 96%), pop or soda (46% vs. 32%), and energy drinks (7% vs. 4%), whereas females were more likely to have drunk coffee or coffee-based beverages (30% vs. 24% of males).

When compared to their peers across the province, local students were more likely to have consumed fast food (48% vs. 41%) and traditional foods from their background (48% vs. 38%), and were less likely to have eaten food grown or caught by them or their family (8% vs. 12% provincially). In addition, local females were more likely to have drunk pop or soda (32% vs. 27% of females across BC), and less likely to have eaten vegetables (80% vs. 83% of females across BC).

| What students ate and drank yesterday     |      |      |                  |
|---|------|------|------------------|
|   | 2008 | 2013 | Change from 2008 |
| Fruit                                     | 77%  | 85%  | ↑                |
| Vegetables or green salad                 | 73%  | 80%  | ↑                |
| Sweets (cookies, candy, chocolate, etc)   | 65%  | 78%  | ↑                |
| Fast food (pizza, hot dogs, fries, etc)   | 52%  | 48%  | ↓                |
| Traditional foods from youth's background | NA   | 48%  |                  |
| Food grown or caught by youth or family   | NA   | 8%   |                  |
| Water                                     | 92%  | 97%  | ↑                |
| Pop or soda                               | 44%  | 39%  | ↓                |
| Coffee or coffee-based beverages          | 25%  | 27%  | --               |
| Energy drinks                             | 10%  | 5%   | ↓                |

NA The question was not asked.

-- The percentages in 2008 and 2013 were comparable.



Youth who ate fruit or vegetables three or more times the previous day were more likely than those who ate fewer servings to feel calm (57% vs. 48%) and to feel happy (73% vs. 63%) most or all of the time in the past month. In addition, females who ate at least three servings of fruit or vegetables were more likely to report good or excellent mental health (83% vs. 73% of females who ate fewer portions), and were less likely to report extreme stress (11% vs. 15%) or extreme despair (7% vs. 13%) in the past month.

There was a link between diet and exercise, as youth who had eaten three or more servings of fruits or vegetables on the day before taking the survey were more likely to be engaging in physical activity. For example, 62% participated in informal sports on a weekly basis compared to 47% of those who were not eating as healthily, with a similar relationship seen for organized sports.

Among local students with a mental or emotional health condition, those who had eaten three or more servings of fruit or vegetables were more likely to rate their general health as good or excellent (65% vs. 47% who ate fewer servings) and to have only positive future aspirations, such as having a job, going to school, or being engaged in their community (79% vs. 64%).

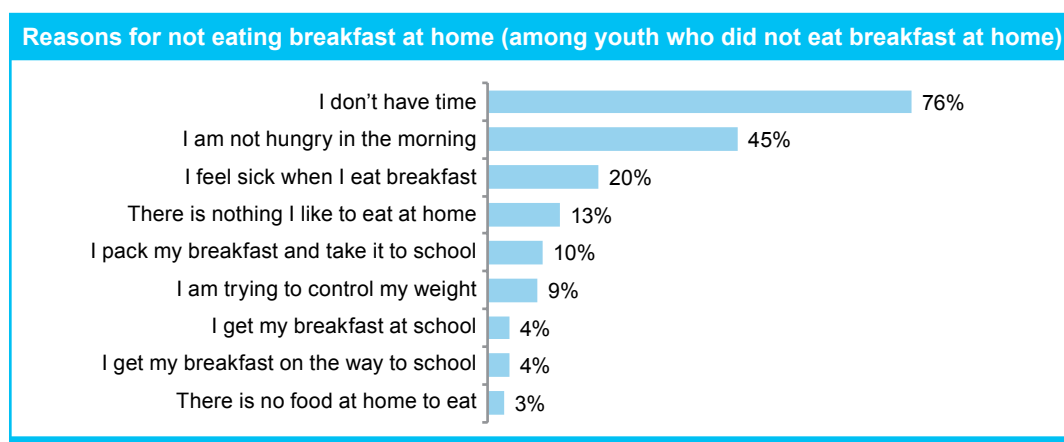
## Breakfast

Twelve percent of Fraser South students (9% of males vs. 15% of females) reported never eating breakfast on school days, while 56% of students (63% of males vs. 48% of females) reported always eating breakfast. These rates were consistent with those seen across BC.

There was an increase in the percentage of local male students who reported always eating breakfast, from 55% in 2008 to 63% in 2013, while there was no change among females.

Among youth who did not eat breakfast at home, the reasons were generally similar to those seen provincially. However, local students were more likely to report not eating breakfast at home because they did not have time (76% vs. 73% of students across BC).

Local males were more likely than females to report not eating breakfast at home because they got their breakfast at school (5% vs. 3% of females), or on the way to school (6% vs. 3%).



Note: Youth could choose more than one response.



Females were more likely than males to report not eating breakfast because they were not hungry in the morning (50% vs. 39% of males), there was nothing they liked to eat at home (15% vs. 10%), they felt sick when they ate breakfast (27% vs. 10%), they were trying to control their weight (13% vs. 4%), and because they packed their breakfast and took it to school (12% vs. 7%).

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 (90% vs. 76%), better nutrition (such as eating fruit or vegetables three or more times the previous day; 64% vs. 50%), and to have slept for eight or more hours the previous night (60% vs. 43%).

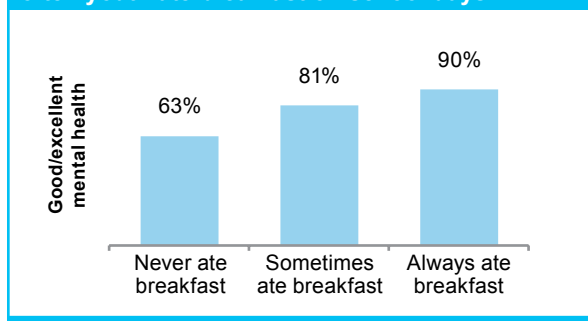
## Going to bed hungry

Ninety-five percent of youth in Fraser South never went to bed hungry because there was insufficient money for food at home, while 5% went to bed hungry sometimes and less than 1% went to bed hungry often or always.

There was a local decrease in the percentage of students going to bed hungry often or always (from 2% in 2008). Local students were less likely than their peers across BC to report going to bed hungry at least sometimes (6% vs. 7%).

Youth who indicated going to bed hungry at least sometimes were more likely to also report not having any food at home to eat for breakfast (22% vs. 1% who never went to bed hungry).

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



## Def.

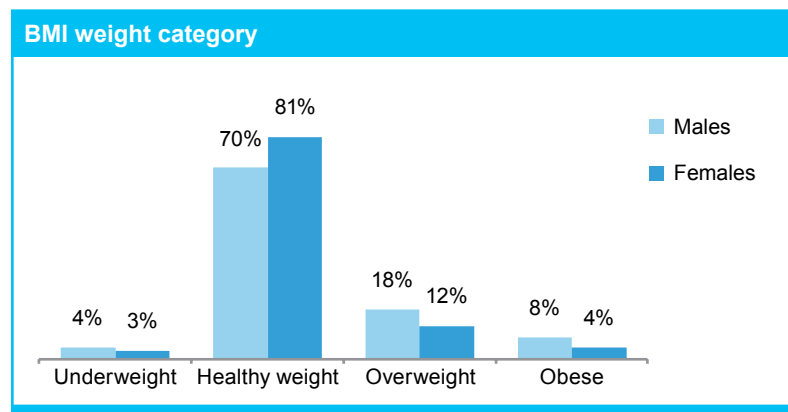
Youth who **WENT TO BED HUNGRY** refers to youth who went to bed hungry because there was not enough money for food at home. —

# 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, 76% of youth were a healthy weight for their age and gender, while 3% were underweight, 15% were overweight, and 6% were obese. These percentages were similar to those seen in the province as a whole.

Males in Fraser South were more likely than females to be overweight or obese. Although rates of males who were overweight and obese were comparable to those seen five years ago, a greater percentage of females in 2013 were obese compared to 2008 (4% vs. 2%).



Note: The difference between males and females who were underweight was not statistically significant.



I feel I eat healthy, and I still gain weight.”

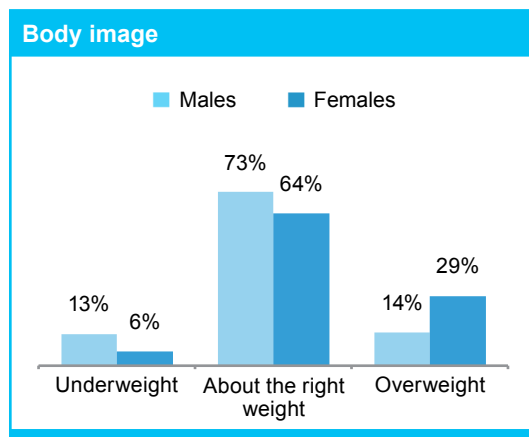


**22%** of healthy weight females thought they were overweight, compared to 5% of healthy weight males.

## Body image

Students were also asked how they saw themselves. Sixty-nine percent felt they were about the right weight, whereas 10% thought they were underweight, and the remaining 22% felt they were overweight.

Similar to results seen in 2008, 33% of healthy weight males were trying to gain weight (vs. 4% of healthy weight females), and over half (51%) of healthy weight females were trying to lose weight (vs. 15% of healthy weight males).



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

## Eating behaviours

In the past year, 27% of youth (20% of males vs. 35% of females) had binge eaten in the past year, with 6% (5% of males vs. 8% of females) having done so weekly. Six percent of youth had vomited on purpose after eating (purged), with 1% having done so weekly. Females were twice as likely as males to engage in purging behaviour. Percentages of bingeing and purging were comparable to those across BC.

Youth who reported poorer mental health were more likely to binge eat in the past year. For example, 14% of youth who rated their mental health as poor or fair had binge eaten on a weekly basis, compared to 5% of youth with good or excellent mental health.

Also, 17% of students who did not feel happy during the past month binge ate on a weekly basis compared to 4% of students who felt happy most or all of the time. Similar relationships were found between mental health and engaging in purging behaviour.



**I think some people around me are not eating/vomiting but I don't know what to do."**

# Sexual behaviour

## Oral sex

Eighteen percent of students reported ever having oral sex, which was a decrease from 22% in 2008. The percentage of students who ever had oral sex was lower in this region than in the province as a whole (23%).

Although equal percentages of males and females indicated having had oral sex, males were more likely to have received oral sex (17% vs. 14% of females), whereas females were more likely to have given it (18% vs. 9% of males). The rate of ever having oral sex increased with age.

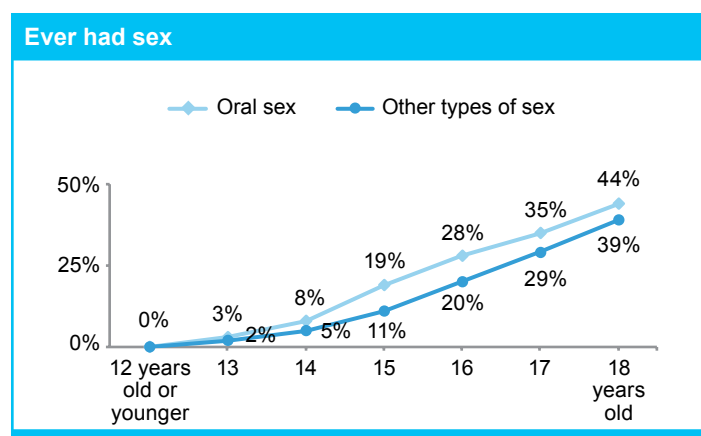
## Sex (excluding oral sex)

Fourteen percent of local male and female students indicated ever having sex, other than oral sex or masturbation, which was lower than the provincial rate of 19%. In Fraser South, there was a decrease from five years previous in the percentage of male and female students who ever had sex (18% in 2008).

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

## CONDOM USE

Twelve 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. Fraser South youth were less likely than those in the province as a whole (17%) to report using a condom the last time they had oral sex.



## AGE YOUTH FIRST HAD SEX

Youth who ever had sex most commonly reported first doing so at age 15 or 16. This was similar to the 2013 provincial picture as well as to the 2008 local results.

Youth were waiting longer to have sex than in previous years. Among students who ever had sex, 29% had first done so at age 14 or younger, which was lower than the percentage in 2008 (36%).

As was found across BC, local males were more likely than females to have first had sex before age 12.

## PARTNERS

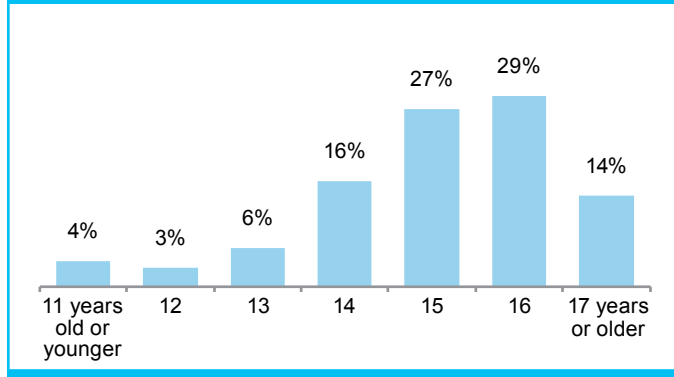
Among students who ever had sex, the majority (58%) had one sexual partner during the past year, while 17% had two partners, and 19% had three or more partners. Six percent of students who had ever had sex had not done so during the past year. These rates were comparable to those found provincially.

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

## SUBSTANCE USE

Comparable to the province as a whole, 22% of local students who ever had sex reported using alcohol or other substances before they had sex the last time. This rate reflected a decline from 30% five years earlier.

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



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

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

## CONDOM USE

Similar to students across the province, 71% of local 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 was an increase from 62% in 2008. Males were more likely than females to have used a condom the last time they had sex (75% vs 66%; among those who ever had sex).

## CONTRACEPTION

When students were asked about what efforts they or their partner made to prevent pregnancy the last time they had sex, they most commonly reported using condoms, birth control pills, and withdrawal (which is not a reliable method of birth control). These percentages were similar to the provincial picture, and to local rates in 2008.

Five percent of Fraser South students indicated they did not try to prevent pregnancy the last time they had sex.

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

## Pregnancy

Overall, 1% of youth reported ever being pregnant or causing a pregnancy, which was comparable to the rate seen in the province as a whole. As in 2008, 6% of students who ever had sex reported pregnancy involvement.

## Sexually transmitted infections

One percent of all students reported having 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 that seen across the province. The STI rate among local students was comparable to that seen five years earlier.

| Most common efforts made to prevent pregnancy during last time students had sex (among students who indicated ever having sex) |     |
|--|-----|
| Condoms  | 63% |
| Birth control pills  | 43% |
| Withdrawal   | 40% |
| Emergency contraception  | 7%  |
| Not sure   | 4%  |

Note: Youth could choose more than one response.

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

# Tobacco use

Sixteen percent of youth in this region had ever tried smoking tobacco, which was below the provincial rate of 21%. The rate of trying smoking had decreased for females (from 25% in 2008 to 14% in 2013), but the percentage for males in 2013 (19%) was similar to five years earlier. As a result, while local females were more likely than males to have ever smoked in 2008, males had higher rates than females in 2013.

Local youth started smoking at a later age than youth in the province overall. Among those who had tried smoking, 16% first did so at age 12 or younger (compared to 21% provincially). There were also local improvements. For example, fewer youth first smoked at 12 or younger than in 2008 (23%), while more were waiting until they were 15 or older (51% vs. 41% in 2008).

Youth used a variety of different tobacco products in the past month. Among those who had ever smoked, 46% had smoked cigarettes, 33% had smoked cigars or cigarillos (45% of males vs. 17% of females), 18% used electronic cigarettes with nicotine (22% of males vs. 13% of females), and 17% had used a hookah.

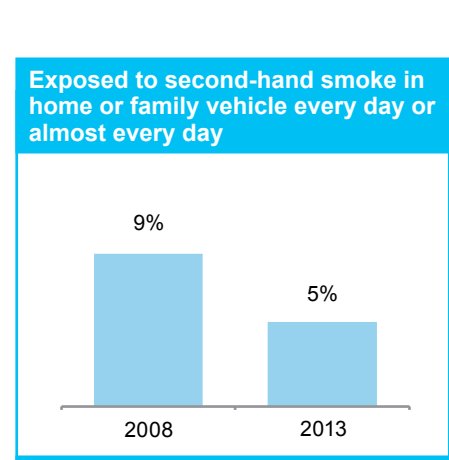
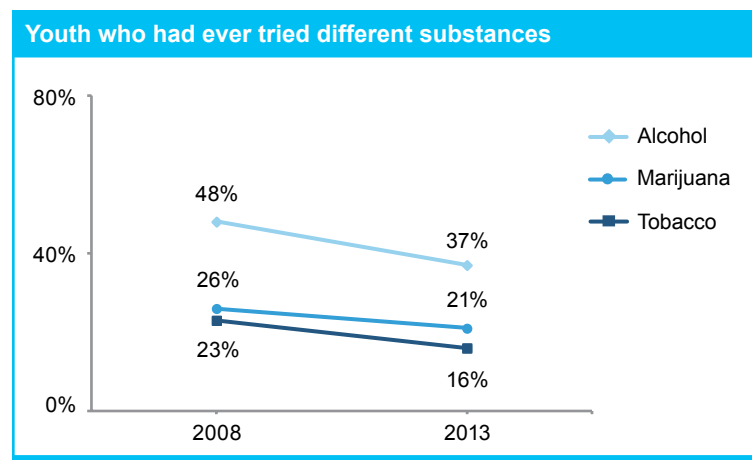
Among youth who had smoked, virtually no females had used chewing tobacco, but 21% of males had used it in the past month.

Forty-eight percent of youth who had tried smoking reported doing so in the past month (53% of males vs. 42% of females). This rate was similar to the provincial rate, and unchanged locally from 2008. Five percent had smoked every day in the past month.

Among youth who had ever smoked, 24% had successfully quit in the past year. Twelve percent had tried to quit but had started again.

In the past month, 7% of smokers had used a product to help them stop smoking.

Being exposed to smoking is considered to be a risk factor for starting to smoke. Sixteen percent of Fraser South 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 every day, which was a decrease from 2008.



# Alcohol, marijuana, & other drug use

## Alcohol

The percentage of youth in this region who had tried alcohol dropped from 48% in 2008 to 37% in 2013. This rate was lower than the provincial percentage (45%).

Local students who had tried alcohol reported having their first drink at a similar age to youth across the province.

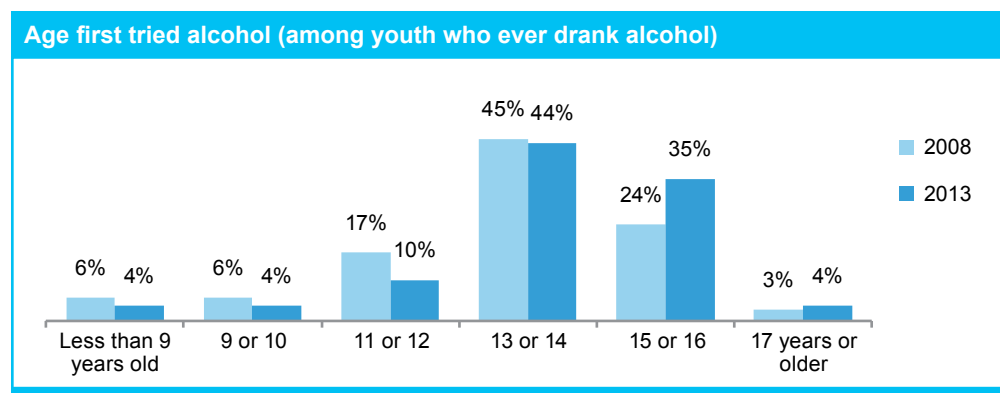
Delaying the onset of alcohol and marijuana use has been shown to reduce the risk of future substance dependence and other associated challenges. As a result, in 2010 the BC Ministry of Health Services and Ministry of Children and Family Development aimed to see a 10% reduction in the percentage of BC students who first use alcohol or marijuana before the age of 15. Among local youth who had tried alcohol, 61% had their first drink before turning 15, which was a decrease from 74% in 2008.

Thirty-six 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, which was similar to the provincial rate. This percentage reflected a local decrease from 2008 (41%).

Fourteen percent of youth drank last Saturday. Specifically, 11% had liquor, 8% had beer (10% of males vs. 5% of females), 6% drank coolers (4% of males vs. 9% of females), and 2% had wine.

Among youth who drank last Saturday, 62% had mixed different types of alcohol (with 21% having mixed three or four different types), and 15% mixed alcohol with energy drinks.

Consistent with the provincial picture, among youth who drank last Saturday, 65% of females had four or more drinks and 68% of males had five or more drinks, which is considered binge drinking.



Note: The differences between 2008 and 2013 for 13 or 14 years old and for 17 years or older were not statistically significant.

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



**7%** of youth used marijuana last Saturday.

## Marijuana

About one fifth (21%) of local youth had ever tried marijuana, which was lower than seen provincially (26%) and also a decrease from the local rate in 2008 (26%). Fraser South males were more likely than females to have tried marijuana (23% vs. 20%).

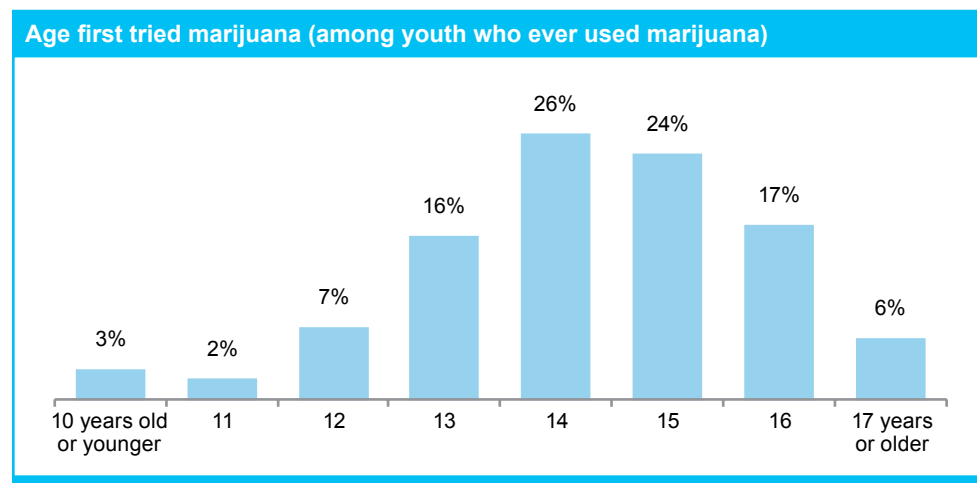
Among those who had tried marijuana, 53% (58% of males vs. 47% of females) had first used it at age 14 or younger, which was lower than the provincial rate (59%).

Youth were waiting longer to use marijuana than their peers in previous years. For example, in 2013 47% of those who used marijuana had first done so when they were 15 or older, compared to 38% in 2008.

Similar to results five years ago, 58% of youth who had tried marijuana (63% of males vs. 53% of females) had used it in the past month. Twenty-two percent had used it on six or more days during that month.

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 7% in 2008.

Among youth who had tried marijuana, their most common source for this substance was a youth outside their family (80%). Twenty percent got their marijuana from an adult outside their family (24% of males vs. 15% of females), and 4% got it from an adult inside their family. Five percent of students obtained their marijuana from another youth in their family.



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

## Substances other than alcohol & marijuana

Youth in Fraser South had tried a variety of substances other than alcohol and marijuana, but the use of many of these substances decreased from 2008. Youth most commonly used prescription pills without a doctor's consent (10%), although the use of these had decreased from 2008 (15%). There was also a decrease in the use of cocaine (3% vs. 4% in 2008), hallucinogens (2% vs. 4%), ecstasy (4% vs. 6%), mushrooms (3% vs. 5%), and inhalants (2% vs. 3%).

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

The rates of trying most of these substances were similar to the province overall. However, local youth were less likely than those across BC to have used hallucinogens (2% vs. 4%) or mushrooms (3% vs. 5%).

## Consequences of substance use

Over half of youth who had used alcohol or other substances reported negative consequences in the past year (52%).

Females were more likely than males to report that they did something they could not remember (42% vs. 31%) and that they had lost friends or broke up with a partner (10% vs. 6%). Males, on the other hand, were more likely to have damaged property (12% vs. 5% of females), gotten into a physical fight (10% vs. 4%), and gotten into trouble with police (10% vs. 4%) as a result of their substance use.

In the past year, a total of 4% of local youth were either told or felt that they needed help for their substance use. Specifically, 2% needed help for their alcohol use, 3% for their marijuana use, and 1% for their other drug use.

## Reported reasons for using

For the first time, the survey asked students who had used alcohol or other drugs about their reasons for using the last time they had done so. The most common reasons were wanting to have fun (65%), because their friends were doing it (34%), and wanting to experiment (32%).



Hugs, not drugs!”

**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 that I couldn't remember       | 37% |
| Passed out  | 28% |
| Got injured   | 14% |
| Argued with family members                              | 14% |
| School work or grades changed                           | 10% |
| Damaged property  | 8%  |
| Lost friends or broke up with a girlfriend or boyfriend | 8%  |
| Got into a physical fight                               | 7%  |
| Got in trouble with police                              | 7%  |
| Had sex when I didn't want to                           | 5%  |
| Overdosed (OD'ed)                                       | 2%  |

Note: Youth could choose more than one response.

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

|  | <b>Males</b> | <b>Females</b> |
|--|--------------|----------------|
| I wanted to have fun                     | 60%          | 70%            |
| I wanted to try it/experiment            | 30%          | 33%            |
| My friends were doing it                 | 29%          | 39%            |
| Because of stress                        | 17%          | 26%            |
| I felt down or sad                       | 12%          | 21%            |
| I felt like there was nothing else to do | 10%          | 10%            |
| To manage physical pain                  | 4%           | 8%             |
| I was pressured into doing it            | 3%           | 4%             |
| I thought it would help me focus         | 3%           | 2%             |
| Other                                    | 21%          | 16%            |

Note: Youth could choose more than one response.

Note: The differences between males and females for using substances to help focus, to experiment, and being pressured into it were not statistically significant.



I need weed to sleep.”

# School

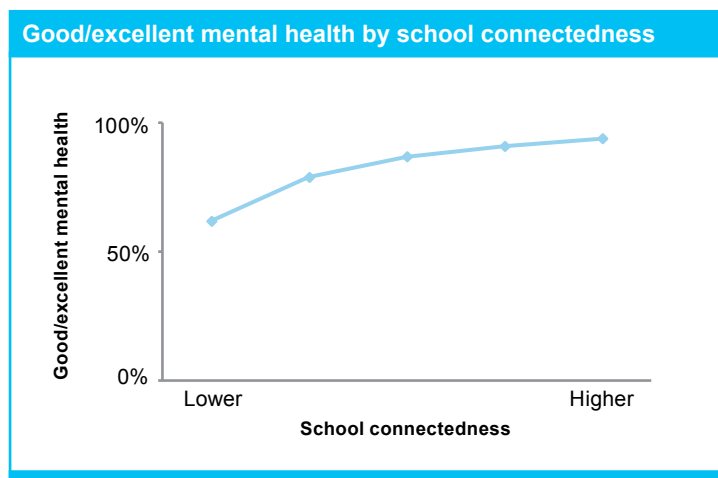
## School connectedness

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

Most students felt like they were a part of their school (65%), were happy to be at school (70%), and felt safe there (79%). The majority also felt that they were treated fairly by school staff (76%), they got along with their teachers (74%), and their teachers cared about them (65%). Around half (49%) felt that school staff other than teachers cared about them.

Compared to five years previous, the percentage of students who felt safe at their school increased (from 75% in 2008), while the percentage who felt like they were a part of their school went down (from 68% in 2008).

School connectedness was associated with positive mental health. For example, youth with a mental or emotional health condition were more likely to feel good about themselves if they felt more connected to their school. Similarly, youth who had been teased, excluded, and/or assaulted in the past year were more likely to have only positive aspirations for the future if they felt more connected to their school.



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

## School safety

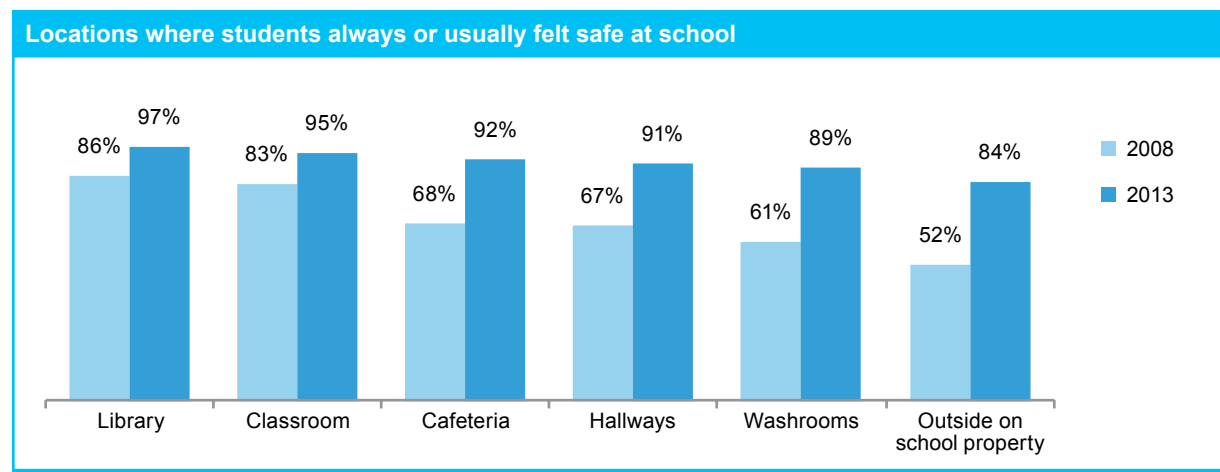
Males felt safer than females in the hallways and stairwells (93% vs. 90%), cafeteria (93% vs. 90%), outside on school grounds (86% vs. 83%), and getting to/from school (91% vs. 87%). In other locations around their school, males and females felt equally safe. Students in Fraser South felt safer in every area of their school in 2013 than in 2008.

In terms of overall feelings of safety at school, 31% strongly agreed that they felt safe at school. These youth were less likely to have missed school in the past month (50% vs. 73%\* of those who did not feel safe), and were more likely to have post-secondary plans (92% vs. 65%\*). They were also more likely to rate their overall health as good or excellent (94% vs. 58%\*), as well as their mental health (92% vs. 58%\*).

## 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 report always doing so.



## School absences

Overall, 55% of local students (52% of males vs. 59% of females) had missed classes on at least one day in the past month. The most common reason for missing class was illness, with females more likely than males to have missed school for this reason (44% vs. 37%).

Females were also more likely than males to have missed school because of bullying (4% vs. 2%), and were equally likely to have missed school for other reasons, including skipping (22%), family responsibilities (11%), and work (2%).

Older students were generally more likely to have missed school due to skipping class. For example, 7% of students aged 13 had skipped class on at least one day in the past month, compared to 41% of students aged 18.

Rates of missing school were comparable to those throughout BC, with the exception that local females were less likely than females across the province to have missed school due to family responsibilities (12% vs. 14%).

## Educational aspirations

Ninety-one percent of students (90% of males vs. 92% of females) expected to graduate from high school. Eighty-nine percent (87% of males vs. 91% of females) anticipated continuing their education beyond high school, such as through university, college, or trade school.

Males in Fraser South were more likely than males throughout the province to have post-secondary aspirations (87% vs. 83% provincially), and the rate for females was similar to the rest of BC.

The percentage of students who did not expect to finish high school, and those who expected to finish high school but not pursue post-secondary studies, decreased from 2008 to 2013.

Consistent with provincial results, 9% of students had not thought about their school plans or did not yet know what they were.



# Bullying & discrimination

## In-person bullying

Students were asked about a range of bullying experiences they may have had in the past year, either as the perpetrator or victim. Youth were asked specifically about their bullying experiences with other youth at school or on the way to or from school. (Cyberbullying is discussed on page 47 in the section about technology use.)

### TEASING

In the past year, 34% of students (29% of males vs. 40% of females) had been teased at least once to the point where they felt bad or extremely uncomfortable. This rate was lower than the provincial rate of 37%, but higher than the local percentage five years earlier (30% in 2008).

Ten percent of students (8% of males vs. 13% of females) experienced teasing on three or more occasions in the past year, which was comparable to the provincial rate.

For both males and females, rates of being teased began rising after age 13, peaked at ages 14–15, and then declined.

## SOCIAL EXCLUSION

In the past year, 34% of local students (26% of males vs. 41% of females) reported being socially excluded at least once, which was consistent with the provincial picture. There was an increase in the rate of students experiencing exclusion, from 29% in 2008.

Nine percent of students (6% of males vs. 11% of females) were socially excluded on three or more occasions, which was lower than the provincial rate (10%).

### ASSAULT

In the past year, 7% students (10% of males vs. 4% of females) reported being physically attacked or assaulted at least once and 1% were attacked on three or more occasions. The rate for local females was lower than for females across BC (5%), but there was no difference among males.

Compared to local rates in 2008, there was a decrease in the rate of physical assault among local females, from 6% to 4%, but no change for males.



I was bullied as a child so I have very low self-esteem. It stopped after grade 8 because the principal at my third school finally listened to my story.”

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

## Impacts of bullying

Youth who were teased, excluded or assaulted in the past year were more likely than those who were not bullied to report skipping class in the past month (26% vs. 18%).

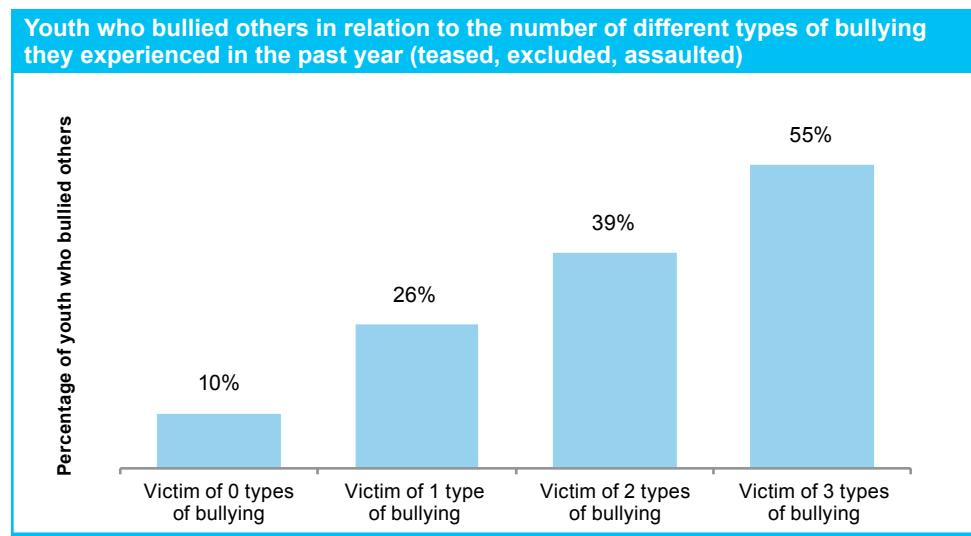
Five percent of youth (4% of males vs. 6% of females) reported that they had not participated in extracurricular activities (e.g. sports, dance, art, or clubs) because they were worried about being bullied.

Students who had been bullied were more likely than those who had not been bullied to report missing out on extracurricular activities due to fear of being bullied further. For example, 12% of youth who had been teased reported missing out on activities for fear of being bullied, compared to 2% who had not been teased. Similar relationships were found among youth who had been socially excluded, physically assaulted, or cyberbullied.

## Perpetrators

In the past year, 11% of Fraser South students reported they had teased another youth at school or on the way to or from school with the intention of making them feel bad or extremely uncomfortable. Additionally, 13% had socially excluded another youth, and 3% had physically attacked or assaulted someone. These rates were consistent with the provincial rates.

Males were more likely than females to have assaulted (5% vs. 1%) or teased others (14% vs. 9%), which mirrored the provincial picture. However, there was no gender difference for excluding another youth, unlike across BC where females were more likely than males to have excluded 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, 23% of students who had been teased in the past year teased others during this same time frame, compared to 5% who had not been teased. Similarly, students who had been excluded themselves were more likely to exclude others (24% vs. 8% who had not been excluded), and students who had been physically attacked or assaulted were more likely to assault others (22% vs. 2% of those who had not been assaulted).

The percentage of youth in Fraser South who experienced racial discrimination was higher than reported in BC as a whole (14% vs. 11% provincially), while the percentage who reported being discriminated against because of their or their family's income was lower (4% vs. 5% provincially).

Males were less likely to report being discriminated against based on their physical appearance in 2013 than five years previous (14% vs. 18%), whereas females were more likely to experience discrimination for this reason (24% vs. 19% in 2008).

## Discrimination

Youth in Fraser South identified various discrimination experiences. Females were more likely than males to report being discriminated against because of their physical appearance (24% vs. 14%), their age (11% vs. 6%), being seen as different (15% vs. 10%), and their gender or sex (10% vs. 2%).

| Perceived reasons for being discriminated against in the past year |     |
|--|-----|
| Physical appearance  | 19% |
| Race, ethnicity, or skin colour                                    | 14% |
| Being seen as different  | 12% |
| Age  | 8%  |
| Gender/sex   | 6%  |
| Sexual orientation (being or thought to be gay or lesbian)         | 4%  |
| Income or family income  | 4%  |
| A disability   | 2%  |

Note: Youth could choose more than one response.



# Physical abuse, sexual abuse, & sexual harassment

## Physical abuse

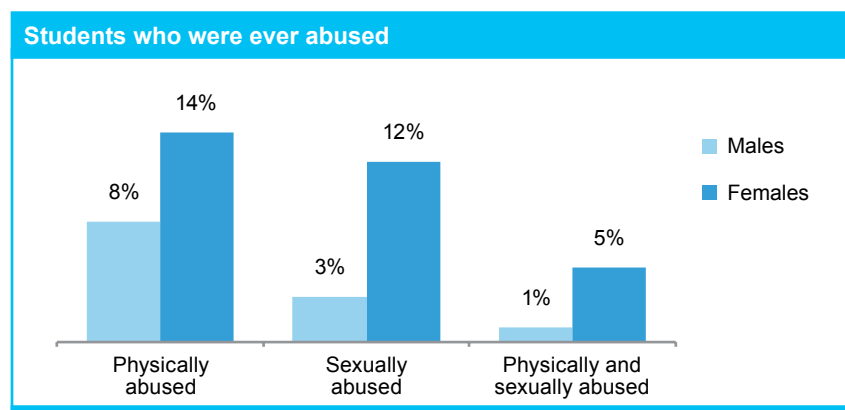
Eleven percent of students in Fraser South had been physically abused at some point in their life. Local males were less likely than those across BC to have been physically abused (8% vs. 10% provincially) but there was no difference among females. There was a local decrease from five years previous (16% in 2008) for both males (from 14% to 8%) and females (from 19% to 14%).

## Sexual abuse

When youth were asked specifically if they had ever been sexually abused, 5% of students (2% of males vs. 9% of females) recognized they had experienced this type of abuse. This was lower than five years previous for females (12%) and unchanged for males.

Youth were also asked about other forms of sexual abuse they might not have recognized as abuse. For example, 4% (2% of males vs. 7% 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.

When all these forms of sexual abuse were considered, a total of 8% of local students (3% of males vs. 12% of females) were sexually abused in 2013. This was lower than the provincial rate of 9%, and represented a local decrease from 10% 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.**

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## Sexual harassment

In Fraser South, 31% of males had experienced verbal sexual harassment in the past year, which was similar to the provincial rate and a local decrease from 36% in 2008. Twenty-one percent had been harassed once or twice and 10% had experienced it three or more times.

Forty-four percent of female students had experienced verbal sexual harassment, which was also consistent with the provincial rate, and a local decrease from 53% in 2008. Seventeen percent were verbally sexually harassed three or more times.

Consistent with the provincial picture, 8% of males were physically sexually harassed in the past year. This was a decrease from 15% in 2008. Twenty-three percent of female students experienced this type of harassment in the past year, which was also consistent with the provincial rate, and a local decrease from 33% in 2008.

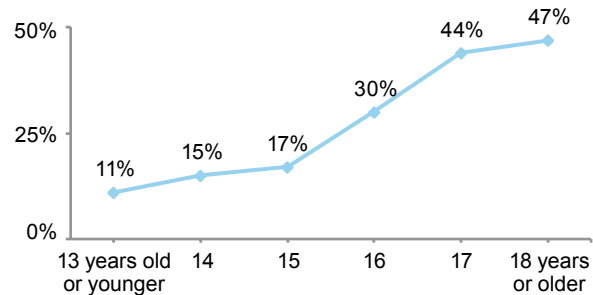


# Employment

A total of 24% of male and female students in Fraser South worked at a paid job during the school year. This was below the provincial rate (29%), and down locally from 37% in 2008.

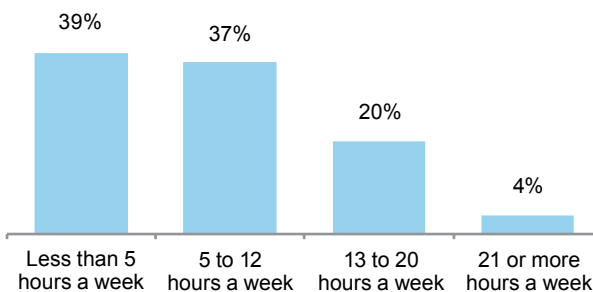
Four percent (6% of males vs. 3% of females) of employed students worked 21 or more hours each week. Local females were less likely than those provincially to work this much, as 5% of employed females throughout BC worked 21 or more hours each week.

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)



# Physical activity, sports, & leisure

## Physical activity

The Canadian Physical Activity Guidelines recommend that youth aged 12 to 17 do an hour of moderate to vigorous physical activity every day. Similar to the provincial results, 16% of local students (22% of males vs. 11% of females) met these guidelines. Also similar to the provincial picture, females were more likely than males to have not exercised at all during the past week (12% vs. 7%).

Younger students were more likely to have met the physical activity guidelines. For example, 21% of students aged 12 or younger had exercised for an hour daily in the past week, compared to 8% 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. Similar to youth across BC, 60% of students age 18 and older (71% of males vs. 50%\* 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 better health outcomes. For example, those who exercised daily during the past week were more likely to have slept for eight or more hours on the previous night (64% vs. 50% of students who exercised on fewer days), and to rate their mental health as good or excellent (88% vs. 83%).

Physical activity may be particularly beneficial for those with challenges in their lives. For example, local youth who had been teased, excluded, and/or assaulted who exercised on at least three days in the past week were more likely to feel good about themselves (73% vs. 65% of youth who had been bullied who exercised on two or fewer days), as well as their skills and abilities (84% vs. 76%).



I haven't exercised in a long time and want to get back into shape for the summer, but I'm too lazy."

**88%** of students who played weekly organized sports reported good or excellent mental health, compared to 77% who never participated.

## Sports

During the past year, students in Fraser South were as likely as students throughout BC to have participated in weekly informal sports (such as road hockey, hiking, and skateboarding; 56%), organized sports (56%), and yoga, dance, or exercise classes (17%).

The local rates for weekly participation declined from 2008, when 60% of students participated in organized sports, 68% in informal sports, and 23% in yoga, dance, or exercise classes.

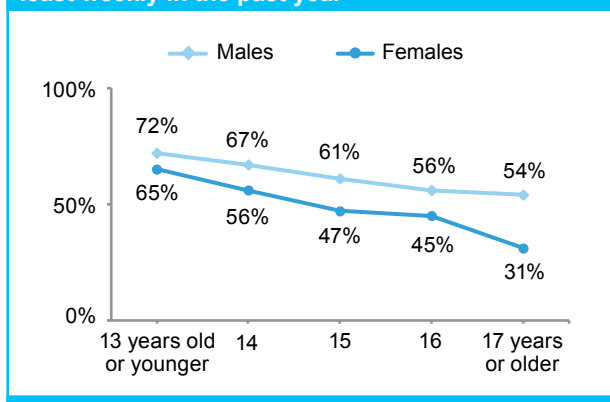
Males were more likely than females to be involved on a weekly basis in informal sports (66% vs. 45%) and organized sports (62% vs. 49%), while females were more likely than males to be taking weekly dance, yoga, or exercise classes (26% vs. 8%).

Older students were less likely than younger ones to play organized sports on a weekly basis. This was consistent with the provincial picture.

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 at all to rate their mental health as good or excellent (87% vs. 78%) or to have slept for eight hours or more on the previous night (57% vs. 47%).

Among youth who had been physically and/or sexually abused, those who played organized sports on a weekly basis were more likely to rate their overall health as good or excellent (81% vs. 70% of those who played less often). Similarly, 82% of youth who had been abused who took part in weekly informal sports rated their health as good or excellent, compared to 67% who did not participate in informal sports.

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



Note: Not all age differences were statistically significant.

Note: The gender difference at 13 years old or younger was not statistically significant.



**My health is good, I am involved in my school soccer team as well as in club soccer.”**

## 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 male and female students gave was being too busy, although not being able to afford to participate was a reality for almost 1 in 10 males and 16% of females.

| Barriers to participation in activities |       |         |
|---|-------|---------|
|   | Males | Females |
| Too busy                                | 39%   | 51%     |
| Couldn't get there or home              | 14%   | 21%     |
| Activity wasn't available in community  | 10%   | 14%     |
| Couldn't afford to                      | 9%    | 16%     |
| Worried about being bullied             | 4%    | 6%      |

## 2010 Winter Olympics

Three years after the 2010 Winter Olympic and Paralympic Games, 19% of males and 12% of females reported that they were more physically active as a result of the Games. This was higher than the provincial rate for males (15%), but similar to the provincial rate for females.

Nine percent of local males and 6% of females felt they had more sports opportunities as a result of the Games, which was comparable to the rates throughout BC.

## Gambling

While the legal gambling age in BC is 19, 9% of Fraser South students had gambled in the past 12 months (14% of males vs. 5% of females). Almost all of these youth were aged 18 or younger. This was similar to the 2013 provincial rate, but represented a local decrease from 40% in 2008.

Three percent of students (4% of males vs. 1% of females) had gambled more than once a month during the past year. This represented a decrease from 4% in 2008.



# Technology use

Ninety-one percent of females and 87% of males owned a cellphone or other portable electronic communication device. Ninety-eight percent of students 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 and parent(s) as well as to chat online or for social networking. Males were more than twice as likely as females to use their phone to engage in sexting (13% vs. 6%) and to bully others (3% vs. 1%).

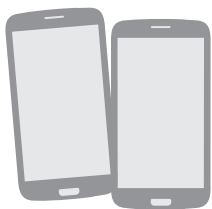
## Def.

**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               | 90%                         | 45%                      | 61%           | 73%          |
| Play games/entertainment/music         | 85%                         | 32%                      | 46%           | 71%          |
| Communicate with parent(s)/guardian(s) | 80%                         | 19%                      | 34%           | 65%          |
| Find information                       | 78%                         | 19%                      | 60%           | 49%          |
| Chat online or social networking       | 77%                         | 33%                      | 44%           | 65%          |
| Engage in sexting                      | 10%                         | 2%                       | 3%            | 9%           |
| Communicate with teachers              | 9%                          | 1%                       | 4%            | 5%           |
| 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.





Seventy-seven percent of students were online or on their phone after they were supposed to be asleep. The most common activities included surfing the Internet (58%), using a phone to talk or text (56%), and chatting online or social networking (56%).

Eleven percent of students reported that they did not have a cellphone or other such device. There were some differences between these students and those who had a phone. For example, students without a phone were more likely to rate their mental health as good or excellent (88% vs. 84% with a phone) and to have slept for eight or more hours the previous night (63% vs. 51%). They were also more likely to feel happy at their school (76% vs. 69% with a phone) and to feel that their teachers cared about them (70% vs. 64%).

In contrast, students with a phone were more likely to have an adult outside their family they felt comfortable talking to (32% vs. 22% of youth without a phone) and to have one or more close friends (97% vs. 94%).

| Technology use after students were expected to go to sleep |       |         |
|--|-------|---------|
|  | Males | Females |
| Surfing the Internet                                       | 61%   | 56%     |
| Chatting online or social networking                       | 52%   | 60%     |
| Using a phone to chat or text                              | 50%   | 62%     |
| Online gaming  | 36%   | 20%     |

## Online safety

Twelve percent of students (9% of males vs. 16% of females) reported that they had been cyberbullied in the past year, which was a decrease from 18% (13% males vs. 22% females) in 2008. Females in Fraser South were less likely than females across the province to have been cyberbullied (16% vs. 19%), but there was no difference for males.

Six percent of students indicated that they had cyberbullied someone else in the past year, with males more likely than females to have done so (7% vs. 5%).

Females were twice as likely as males to report meeting someone through the Internet who made them feel unsafe (16% vs. 8% of males).



I was depressed for 3 years because of bullying online by friends in grade 7.”

# Youth engagement

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

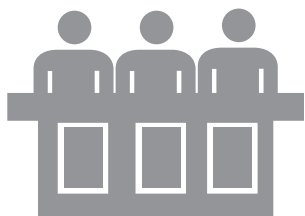
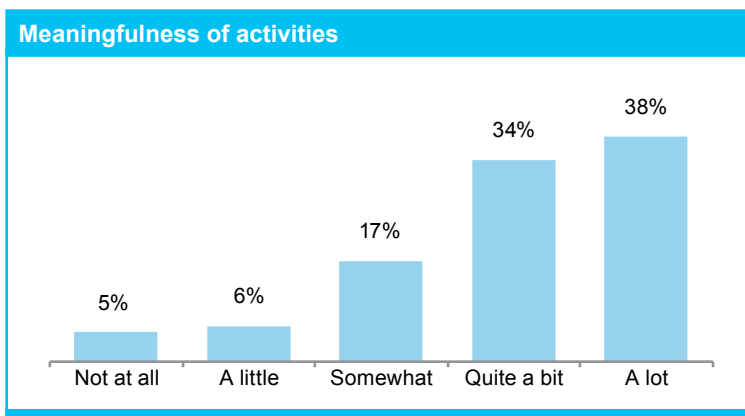
As with the provincial picture, 71% of Fraser South students reported that the activities they were involved in were at least quite a bit meaningful to them. This was similar to local results in 2008.

However, when asked if they felt that their ideas were listened to and acted upon in these activities, only 46% of local students felt that they were to a significant extent. This percentage reflected a local decrease from 53% five years earlier.

There were many positive associations for youth who felt meaningfully engaged and listened to in their activities. For example, students who felt their ideas were listened to at least quite a bit were more likely to rate their overall health as good or excellent (93% vs. 75% of students who felt their ideas were not listened to as much).

Among youth who had been teased, excluded, or assaulted in the past year, those who felt their activities were more than somewhat meaningful were more likely to feel good about themselves (76% vs. 55% of those who did not feel the activities they engaged in were meaningful).

Similarly, youth who had been bullied were more likely to rate their mental health as good or excellent if they felt the activities they were engaged in were meaningful (80% vs. 66% of those who did not feel this way).



# Family relationships

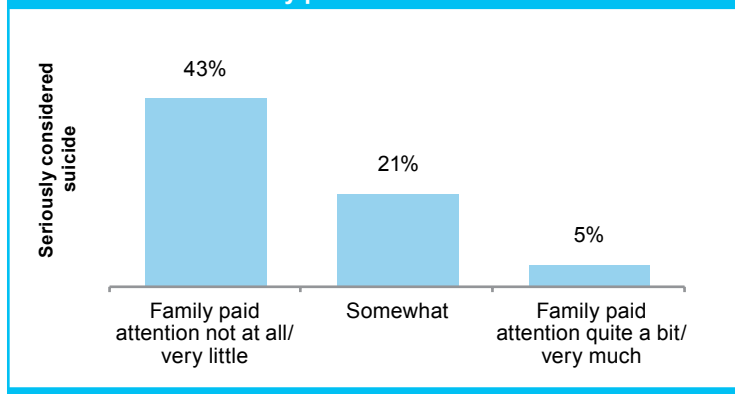
The BC AHS asked youth about their sense of connectedness to their family. Consistent with the provincial picture, most students in Fraser South felt their family paid attention to them (76%), they had fun together (70%), and their family understood them (61%). Females were less likely than males to feel their family understood them (55% vs. 68%) or paid attention to them (73% vs. 79%).

Seven percent felt their family did not pay attention to them, 10% felt their family did not have fun together, and 16% felt that their family did not understand them.

There were positive associations between family relationships and mental health. For example, students who felt their family paid attention to them were less likely than those who did not feel this way to have attempted suicide (2% vs. 24%) or self-harmed (9% vs. 40%) in the past year. They were also more likely to report feeling good about themselves (89% vs. 47%) and their abilities (92% vs. 61%).

Additionally, among students who had tried alcohol, those who felt their family paid attention to them were less likely to have tried alcohol before age 15 (58% vs. 71%). They were also less likely to have had alcohol last Saturday (37% vs. 51% who did not feel their family paid attention to them), or to have engaged in binge drinking during the past month (33% vs. 44%).

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



## Def.

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

There was a positive association between family relationships and injury prevention. For example, students who felt that their family understood 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 (12% vs. 27%) or using marijuana (9% vs. 18%). They were also less likely to have ever driven a car while under the influence of alcohol or other drugs (3% vs. 6%).

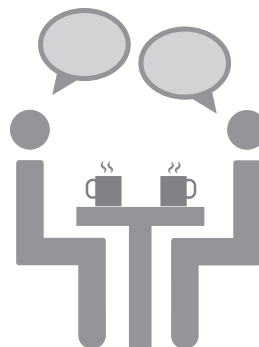
In addition, students who felt their family understood them were more likely to plan to continue their education after high school (91% vs. 82% who did not feel their family understood them), and to have only positive aspirations for the future (94% vs. 80%).

The more connected youth who had been physically and/or sexually abused felt to their family, the more likely they were to report their mental health and overall health as good or excellent.

Students were asked on the survey if there was an adult in their family they could turn to if faced with a serious problem. Similar to the provincial picture, 73% of students (76% of males vs. 71% of females) indicated that there was. Students who had such an adult in their lives were less likely to miss out on mental health services when they felt they needed them (5% vs. 23% of students who did not feel they could turn to an adult relative).

Among youth who identified as gay, lesbian, or bisexual, those who felt they had an adult in their family to talk to were less likely to have attempted suicide in the past year than those who did not have a supportive adult in their family.

In addition, among youth with a mental or emotional health condition, those who had an adult in their family to talk to were more than twice as likely to report feeling good about themselves (46% vs. 20%), and were less likely to have self-harmed (41%\* vs. 68%), considered suicide (35% vs. 65%), or attempted suicide (19% vs. 40%) in the past year.



I just need someone who understands me. Someone who actually cares.”

**75%** of youth in Fraser South ate an evening meal with their parents most or all of the time in the past month.

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## Parental monitoring

Consistent with students across BC, 78% of youth in Fraser South reported that their parents always or mostly knew what they were doing in their free time. Ten percent 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 (52% vs. 71% of students whose parents were not monitoring their spare time). They were also more likely to have slept for eight or more hours on the night before taking the survey (57% vs. 35%).

Youth who ate their evening meals with their parents most or all of the time were more likely to report consuming fruit or vegetables three or more times yesterday (62% vs. 41% who never or rarely ate with their parents). They were also more likely to rate their mental health as good or excellent (88% vs. 64%), and to feel good about themselves (85% vs. 65%) and their abilities (91% vs. 74%). They were also less likely to have missed out on needed mental health care (8% vs. 21%) or medical care (5% vs. 17%).

Youth with a mental or emotional health condition who ate evening meals with their parents most or all of the time were more likely than those who never or rarely did so to have only positive aspirations (such as going to school or having a job; 79% vs. 64%\*), and were less likely to have seriously considered suicide (45% vs. 69%\*) or attempted suicide (25% vs. 37%) during the past year.



# Supportive & caring adults outside the family

## Adult to turn to for support

Similar to the provincial rates, 31% of local youth felt they had an adult outside their family they could turn to if faced with a problem. Provincially, females were more likely than males to identify a supportive adult outside their family, but this gender difference did not exist in Fraser South.

Students who could identify a supportive adult outside their family were more likely to have post-secondary plans (91% vs. 88% without this support) and to feel like a part of their community (46% vs. 39%).

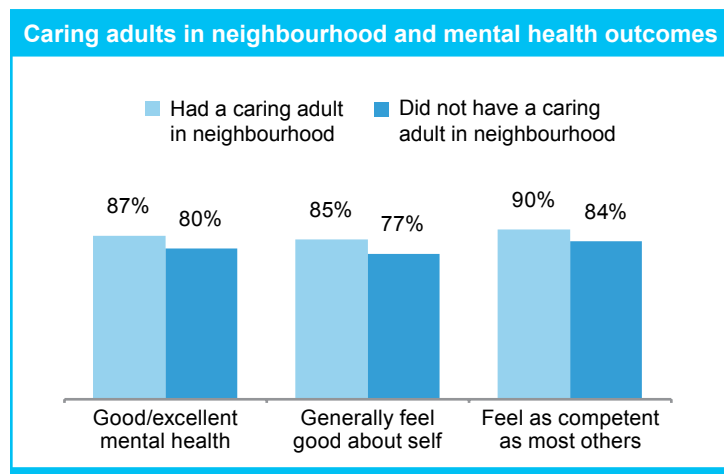
Among youth who had been teased, socially excluded, or assaulted, those who had an adult outside of their family to talk to were more likely than those without this support to feel good about their abilities (85% vs. 80%) and to have only positive aspirations for the future (93% vs. 88% without an adult outside of their family to talk to).

## Local adult who cares

Fifty-eight percent of students reported having an adult in their neighbourhood or community (beyond their school or family) who cared about them. Local females were less likely than females across BC to report having such an adult in their lives (59% vs. 63% provincially) but there was no difference among males.

Students who reported having an adult in their community who cared about them were more likely to feel that the activities they engaged in were meaningful to them (78% vs. 62% who did not have a caring adult in their community), and to feel that their ideas were listened to and acted upon in these activities (54% vs. 35%).

**Feeling cared about by an adult outside the family was associated with positive mental health.**



# Help seeking

When students needed help, they most commonly approached friends (68% of males vs. 81% of females) and family members (69% of males vs. 73% of females).

Students also sought support from a variety of different professionals, most commonly teachers, doctors, school counsellors, and sports coaches. Females in this region were less likely than those throughout BC to have sought help from a school counsellor (26% vs. 29%).

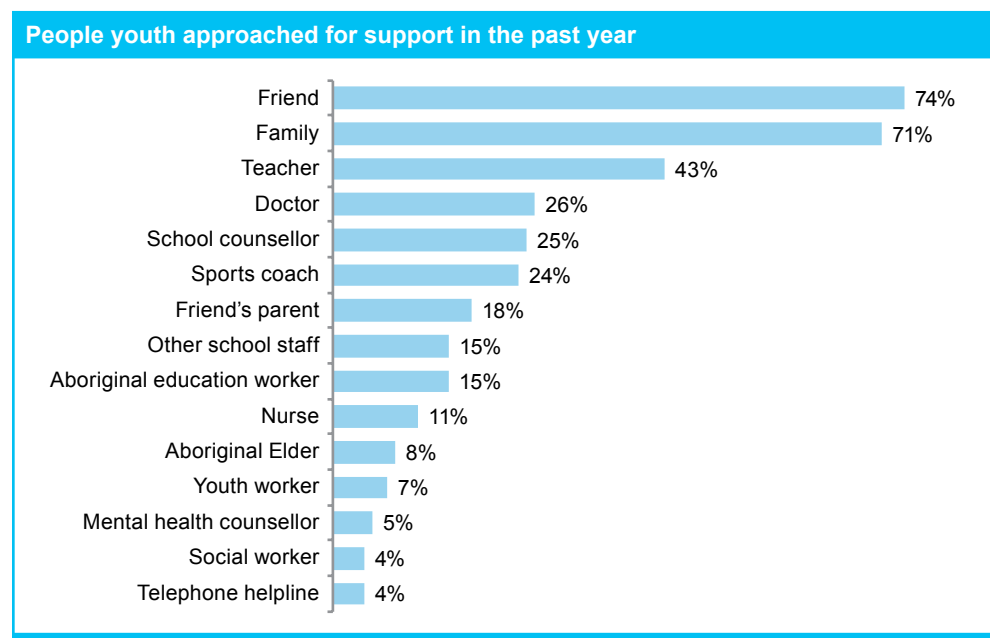
Males were more likely than females to have sought help from a friend's parent (20% vs. 16%), a teacher (47% vs. 39%), other school staff (18% vs. 13%), a nurse (13% vs. 9%), and a sports coach (29% vs. 18%).

The majority of male and female students found the people they approached 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 school counsellor for help were less likely than their peers who had not been bullied to have found the counsellor helpful (78% vs. 89%).

When youth found the adults in their lives to be helpful, there were health benefits. Among youth who had been bullied, for example, those who had asked their school counsellor for help and found this experience helpful were less likely to have self-harmed in the past year (27% vs. 42% of those who asked for help but did not find it useful), or to have engaged in binge drinking during the past month (33% vs. 49%\*); among youth who had tried alcohol).

In addition, among youth who had been physically and/or sexually abused and asked a teacher for help, those who found the assistance helpful were less likely than those who did not find the support helpful to have self-harmed in the past year (26% vs. 45%\*).



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

# Peer relationships

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

A third (33%) of students had been in a romantic relationship in the past year, which was a decrease from 54% in 2008. Among these students, 5% of male and female youth had been the victim of dating violence. While the percentage of students in a dating relationship was lower in Fraser South than in BC overall (39%), the rates of violence within relationships were comparable. The local rate was also similar to 2008.

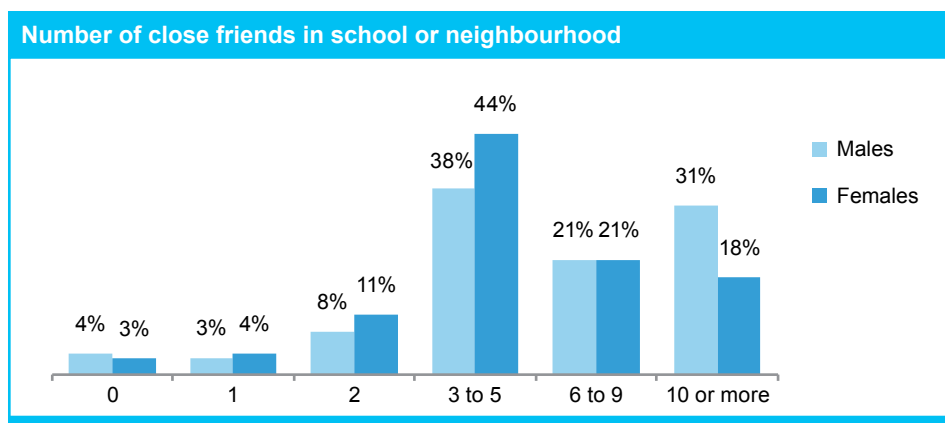
In total, 97% of male and female students reported having at least one close friend. Males were more likely than females to report having three or more close friends (86% vs. 82%).

There were positive associations with having more than just one or two 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. 79%).

Having more than two close friends appeared to be protective for youth who had been bullied. For example, students with three or more friends who had been teased were more likely than those with fewer friends to feel good about themselves (71% vs. 54%) and their abilities (82% vs. 70%). Similar relationships were found among students who had been socially excluded.

## 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. They generally had friends who would be upset with them for engaging in most of the behaviours. Further, students in Fraser South were more likely than their peers throughout BC to have friends who would be upset with them if they got arrested (81% vs. 78%), dropped out of school (89% vs. 87%), got drunk (52% vs. 44%), or used marijuana (63% vs. 58%).



Note: The difference between males and females who reported having 0 friends was not statistically significant.

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

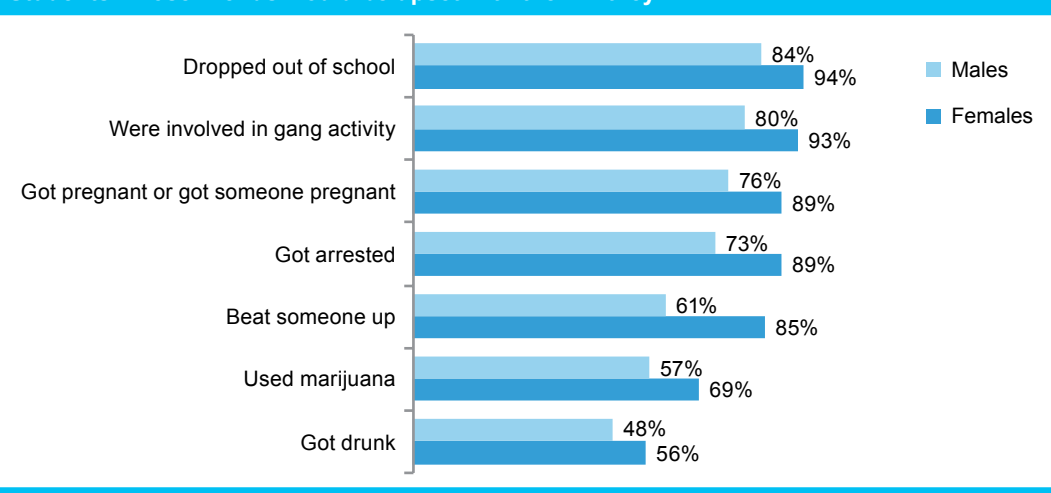


**84%** of local students had three or more close friends.

Students whose friends would be upset with them if they beat someone up were less likely to have assaulted someone than those whose friends would not be upset with them for this reason (2% vs. 6%). In addition, students whose friends would be upset with them for dropping out of school were more likely to have post-secondary plans (90% vs. 83% of those whose friends would not be upset with them for this reason).

Having friends with pro-social attitudes was linked to positive health for students who were facing challenges in their lives. For example, among students who had felt or been told in the past year that they needed help for their alcohol use, rates of past-month binge drinking were lower for those whose friends would be upset with them if they got drunk than for those whose friends would not be upset with them for getting drunk.

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



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

|                                      | 2008 | 2013 | Change from 2008 |
|--------------------------------------|------|------|------------------|
| Dropped out of school                | 86%  | 89%  | ↑                |
| Were involved in gang activity       | NA   | 87%  |                  |
| Got pregnant or got someone pregnant | 76%  | 83%  | ↑                |
| Got arrested                         | 68%  | 81%  | ↑                |
| Beat someone up                      | 54%  | 73%  | ↑                |
| Used marijuana                       | --   | 63%  |                  |
| Got drunk                            | 40%  | 52%  | ↑                |

NA The question was not asked.

-- The percentages in 2008 and 2013 were comparable.

# Neighbourhood safety

Reflecting the provincial picture, 81% of youth in Fraser South always felt safe inside their home. However, local youth were less likely than their peers across the province to always feel safe in their neighbourhood during the day (58% vs. 64%) or at night (21% vs. 28%).

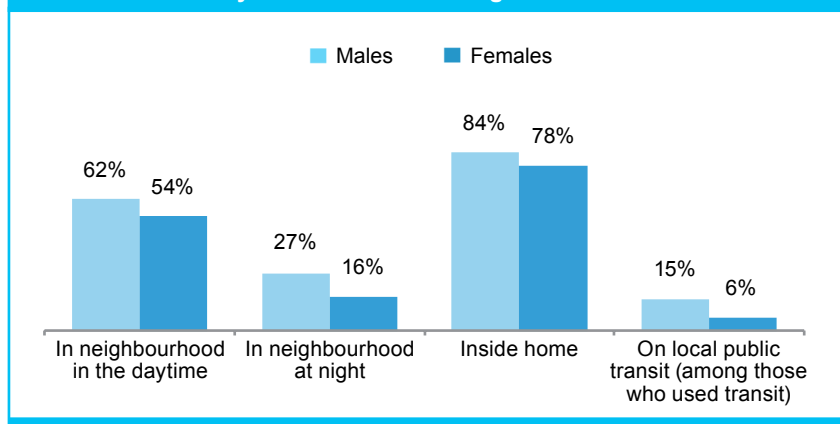
Among youth who used transit, 10% always felt safe doing so, while 5% never did. Local youth were less likely to always feel safe on transit than those across BC (17%).

When compared to youth who never felt safe in their neighbourhood during the day, those who always felt safe were more likely plan to continue their education after high

school (91% vs. 62%\*), and to have only positive future aspirations (93% vs. 67%\*). They were also less likely to have missed out on necessary mental or emotional health care (7% vs. 20%\*).

Local students who had been physically abused were less likely than those who had not been abused to always feel safe in their neighbourhood in the daytime (40% vs. 60%) or at night (10% vs. 22%). However, if these students did feel safe in their neighbourhood during the day, they were more likely to go outside to engage in informal sports and to have only positive aspirations for their future, compared to youth who had been abused who never felt safe.

Students who always felt safe in their neighbourhood



Note: The difference between males and females in always feeling safe inside their home was not statistically significant.

**Males were more likely than females to always feel safe in every part of their neighbourhood.**

# Community connectedness & cultural engagement

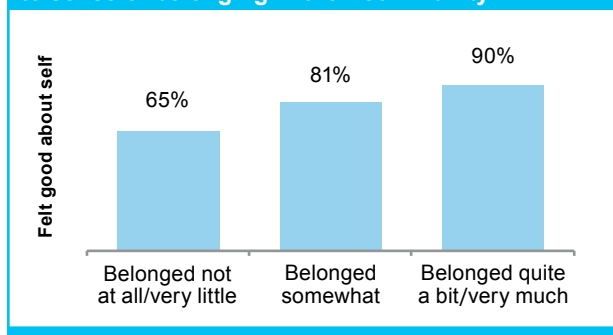
## Community connectedness

Students were asked how much they felt like a part of their community. Reflecting the provincial picture, 41% reported that they felt quite a bit or very much connected to their community.

There were many benefits associated with feeling like a member of the community. For example, youth who felt like they belonged in their community were more likely to feel good about themselves and to feel that they were skilled and competent.

Youth who had been victimized also specifically benefitted from feeling like a part of their community. For example, youth who had been teased in the past year were more likely to rate their mental health as good or excellent if they felt connected to their community (85%) than if they only somewhat felt that way (73%), or did not feel connected (58%). Similarly, the more connected youth who had been socially excluded felt to their community, the less likely they were to have missed out on accessing needed mental health services (12% vs. 27% of those who were very little or not at all connected), or to have self-harmed in the past year (16% vs. 35%).

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



## Cultural engagement

In addition to feelings about their community, students were asked about their engagement in their culture. Nine percent of Fraser South youth participated in cultural or traditional activities at least weekly, which was higher than the provincial rate (7%).

Involvement in cultural or traditional activities was linked to a number of benefits. For example, youth who were involved in traditional activities on a weekly basis were more likely than those involved less often to have volunteered weekly.



# Summary list of protective factors

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

| PROTECTIVE FACTOR   | EXAMPLE   |
|---|---|
| Stable home   | When compared to youth who had moved house, those who had stayed in the same home for the past year were more likely to feel there was an adult in their community or neighbourhood who cared about them.   |
| Eight or more hours of sleep  | Students with a mental health condition who slept for eight or more hours the previous night were more likely than those who slept fewer hours to have only positive aspirations for the future.  |
| Good nutrition  | Among students with a mental health condition, those who had eaten three or more portions of fruit or vegetables the previous day were more likely than those who had consumed fewer portions to rate their general health as good or excellent.                      |
| Sports and exercise   | 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 and to have slept for eight or more hours on the previous night.  |
| Feeling safe at home, in school, and the community or neighbourhood | Among youth who had been physically abused, those who always felt safe in their neighbourhood in the daytime were more likely than those who never felt safe to go outside to participate in informal sports, and to have only positive aspirations for their future. |
| Feeling connected to school   | The more connected students felt to their school, the better their mental health ratings.   |
| Feeling engaged in activities                                       | Students who felt their ideas were listened to and valued were more likely to rate their overall health as good or excellent compared to students who did not feel their ideas were listened to as much.  |
| Feeling connected to family   | Students who felt their family understood them were less likely than those who did not feel this way to have driven a car while under the influence of drugs or alcohol, or been a passenger with a driver who had been drinking or using marijuana.                  |

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

Students whose parents were aware of what they were doing in their free time were more likely to have slept for eight or more hours on the night before taking the survey.

**Adult in the family students could talk to**

Among youth who identified as gay, lesbian, or bisexual, those who felt they had an adult in their family to talk to were less likely to have attempted suicide in the past year than their peers who did not have a supportive adult in their family.

**A supportive adult outside family**

Students who could identify a supportive adult outside their family were more likely than students without this support to have post-secondary plans and to feel like a part of their community.

**Adult outside their family who cares about them**

Students who reported having an adult in their community who cared about them were more likely to feel good about themselves and their abilities, compared to their peers without such an adult in their lives.

**Helpful sources of support**

Among youth who had been bullied and had asked their school counsellor for help, those who found the assistance helpful were less likely than those who did not find the support helpful to have self-harmed in the past year.

**Having close friends (excluding online friends)**

Students with three or more friends who had been teased were more likely than those with fewer friends to feel good about themselves and their abilities.

**Having friends with pro-social attitudes**

Among students who had needed help for their alcohol use, those whose friends would be upset with them if they got drunk were less likely to report binge drinking in the past month than those whose friends would not be upset with them for this reason.

**Community connectedness**

Youth who had been teased were more likely to rate their mental health as good or excellent if they felt connected to their community.

**Cultural engagement**

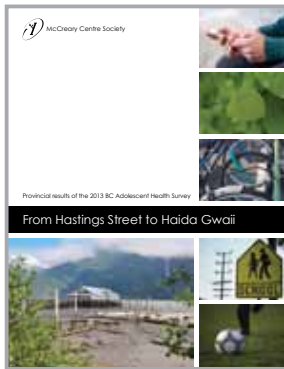
Youth who engaged in traditional or cultural activities were more likely to also be volunteering in their community.

# 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](http://www.mcs.bc.ca). Upcoming reports include a sexual health report and 15 other regional reports at the Health Service Delivery Area level.

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



