

# Fraser South



McCreary  
Centre Society

## BC Adolescent Health Survey

**59%** of males and **47%** of females aged 12 – 19 slept for eight or more hours on the night before taking the survey.



**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.



**74%** of youth always wore a seat belt when in a motor vehicle.

**10%** of youth did not access mental health services when they thought they needed to.



**15%** of youth experienced a concussion in the past year.

Local youth felt **safer** in their school than in 2008.

Physical activity, meaningful engagement in activities, nutrition, and getting eight or more hours of sleep appeared to improve outcomes for **even the most vulnerable youth.**

Local results also highlighted the importance of

**supportive relationships**

with peers and adults, including family, teachers, and other professionals.

Compared to their peers across the province, youth in Fraser South were **less likely** to report ever smoking tobacco, drinking alcohol, or using marijuana.

